



## CANADIAN ALL-TIME INDOORS RANKINGS AS OF DECEMBER 31, 2007

COMPILED BY CECIL SMITH ([cecilsmith@eol.ca](mailto:cecilsmith@eol.ca))

### WOMEN

#### Abbreviations

<b>a</b> – altitude	<b>=@</b> - enroute to longer distance
<b>+</b> - hand time converted	<b>p</b> – pentathlon
<b>mx</b> – mixed race	<b>s</b> – semifinal
<b>O/T</b> – in excess of 200m	<b>r</b> – race #

#### 50m

6.05@	Philomena Mensah	74	2	Lievin FRA	Feb 13 00
6.16	Angela Bailey	62	1	Toronto(UT)	Feb 25 84
6.26	Esi Benyarku	76	3r2	Los Angeles	Jan 20 01
6.30	Julie Rocheleau(now Baumann)	64	2	Hamilton	Jan 13 89
6.31	Keturah Anderson	68	4	Ottawa	Jan 31 87
6.31	Martha Adusei	76	2	Saskatoon	Jan 18 00
6.38	Jenni Hucul	88	2	Saskatoon	Feb 09 03
6.40	Tarama Perry	74	3	Saskatoon	Jan 08 00
6.41	Karen Clarke	71	3	Ottawa	Jan 18 92
6.41	Atia Weekes	80	2	Saskatoon	Jan 09 99
10					
6.41	Toyin Olupona	83	1h2	Hamilton	16 Feb 01
6.42	Marjorie Bailey(nee Turner)	47	1	Quebec City	Mar 10 74
6.42	Alexis Paul Macdonald	60	2	Toronto(MC)	Feb 08 81
6.42	Karen Nelson	63	1	Moncton	Mar 20 82
6.43	Tanya Brothers	63	1	Sherbrooke	Feb 26 83
6.43	Tonya Redhead	66	3	Hamilton	Jan 11 91
6.44	Sonia Paquette	73	1	Quebec City	Feb 25 94
6.45	Sharon Lane	58	4	Toronto(MC)	Feb 23 80
6.46	Margot Howe	53	1h	Montreal(CR)	Feb 13 77
6.46	Angella Taylor(now Issajenko)	58	1	Edmonton	Feb 24 79
20					
6.46	Sandra Gilkes	61	2	Saskatoon	Feb 27 82
6.46	Susan Seymour-Merlau	75	2	Hamilton	Jan 16 99
6.48	Chantal Desrosiers	61	2	Sherbrooke	Feb 08 81
6.48	Diana Clark	65	2	Sherbrooke	Feb 27 83
6.48	Donna Smellie	64	1	Montreal	Jan 18 86
6.49	Faye Blackwood(also Sealy)	57	3	Saskatoon	Feb 27 82
6.49	Angela Phipps	64	3	Sherbrooke	Feb 26 83
6.49	Cathy Chrusch	60	1	Edmonton	Feb 18 84
6.50	Susan Durrell	63	1h	Toronto(MC)	Feb 25 84
6.51	Rosey Edeh	66	1	Sherbrooke	Mar 10 84
30					
6.51	Faye Roberts	63	1	Winnipeg	Feb 01 91
6.51	Dionne Wright	73	4	Hamilton	Jan 14 94
6.52	Debra-Lynn Beauchamp	61	3s	Toronto(MC)	Feb 25 84
6.52	Esmie Lawrence	61	2	Edmonton	Feb 18 84
6.52	Irma Grant	69	1	Hamilton	Jan 15 93

## 60m

7.02	Philomena Mensah	74	1h2	Maebashi Jap	Mar 07 99
7.12	Angela Bailey	62	4	Indianapolis	Mar 08 87
7.23	Toyin Olupona	83	3	Lexington KY	Feb 29 04
7.25	Patty Loverock	53	1	Portland OR	Feb 01 76
7.26	Erica Broomfield	77	1	Toronto(MC)	Feb 05 06
7.27	Martha Adusei	76	2	Halle Ger	Feb 16 01
7.28	Simone Tomlinson	76	1	Blacksburg VA	Feb 23 98
7.28	Priscilla Lopes	82	1	Lincoln NE	Feb 28 04
7.30	Erica Broomfield	77	1	Syracuse	Feb 20 00
7.31	Yvonne Mensah	85	1h1	Champaign ILL	Feb 25 07
10					
7.33	Keturah Anderson	68	1	Edmonton	Feb 22 86
7.34	Julie Rocheleau (now Baumann)	64	3	Sherbrooke	Jan 24 88
7.34	Marita Wiggins (nee Payne)	60	2	Windsor	Feb 20 88
7.34	Esi Benyarku	76	1h3	Toronto(MC)	Feb 17 01
7.35	Esmie Lawrence	61	1	Winnipeg	Feb 06 88
7.36	Shelley-Ann Brown	80	1h3	Lincoln NB	Feb 23 01
7.37	Sonia Paquette	73	1	Edmonton	Apr11 84
7.37	Perdita Felicien	80	1h2	University PK	Feb 23 02
7.39	Karen Clarke	71	1	Saskatoon	Feb 15 92
7.39	Kerri-Ann Mitchell	83	2	Norman OK	Feb 21 04
20					
7.40A	Danielle Kot	79	3h1	Flagstaff AZ	Feb 24 01
7.40	Daniella Vega	80	1	Montreal	Feb 21 04
7.40	Nikki Martin		1h5	Albuquerque NM	Feb 09 07
7.40	Angela Whyte	80	1	Moscow ID	Feb 04 06
7.41	Dionne Wright	73	1s	Windsor	Mar 04 94
7.43	Faye Blackwood (also Sealy)	57	3	Edmonton	Feb 22 86
7.43	Irma Grant	69	1	Toronto(MC)	Mar 09 93
7.43	Susan Seymour-Merlau	75	1	Notre Dame	Feb 21 97
7.44	Tara Perry	74	6h	Barcelona	Mar 10 95
7.44	Atia Weekes	80	3	Edmonton	Feb 08 97
30					
7.44	Naabiana Salifu	75	1	Notre Dame	Feb 03 01
7.44	Angela Whyte	80	1	Moscow ID	Mar 07 03
7.44	Krysha Bayley	82	4h1	Lexington KY	Feb 28 04
7.44	Genevieve Thibault	86	1	Montreal(MG)	Mar 08 07
7.45	Tonya Redhead	66	1s	Saskatoon	Feb 15 92
7.45	Amorette Bradshaw	78	1	Edmonton	Feb 12 00
7.45	Jenni Hucul	88	3	Saskatoon	Feb 09 03
7.46	Foy Williams	73	1	Windsor	Mar 08 97
7.46	Venolyn Clarke	67	3	Hamilton	Feb 16 01
7.46	Daniella Carrington	82	1	Windsor	Mar 15 03
40					
7.46	Adrienne Power	81	1	Moncton	Jan 14 06
7.47	Laura Wilson	79	1	Sherbrooke	Mar 10 01
7.48	France Gareau	67	4	Edmonton	Feb 22 86
7.48	Faye Roberts	63	2	Saskatoon	Feb 16 91
7.48	Ruky Abdulai	85	h	Johnson city	Mar 08 07
7.48	Chantelle Vernon	82	4r3	Johnson City	Jan 21 06
7.49	Tanya Brothers	63	1	Toronto	Mar 12 83
7.49	Cathy Chrusch	60	5	Edmonton	Feb 22 86
7.49	Dena Burrows	72	1s	Winnipeg	Feb 20 93
7.49	Margaret Fox	77	5	Houston TX	Feb 01 97
50					
7.49	Jessica Czaikowski	84	4s	Boston	Mar 03 07
7.50	Angela Phipps	64	5	Sherbrooke	Jan 24 88
7.50	Lisa Kosh	72	2h	Edmonton	Feb 14 98
7.50	Lami Oyewumi		1	Montreal(MG)	Mar 13 99
7.50	Ashley Purnell	83	2	New York	Mar 10 02
7.50	Nicole Buchholz	82	2	Seattle	Jan 14 06
7.50	Flings Joyner-Agyapong	88	2	Toronto(MC)	Feb 19 06
7.51a	Tara Perry	74	3	Flagstaff AZ	Feb 08 03

7.52	Angella Issajenko (nee Taylor)	58	1	Windsor	Dec 17 94
7.52	Sue Seymour Merlau		4	Saskatoon	Jan 14 01
60					
7.53	Noella Lee Pong	60	h	Saskatoon	Mar 14 87
7.53	Angela Morris	71	2	Edmonton	Feb 17 90
7.53	Latoya Austin	76	1	Ypsilanti MI	Feb 14 97
7.53	Martine Cloutier-LeBlanc	80	1	Sherbrooke	Mar 09 02
7.53	Jessica Zelinka	81	1	Winnipeg	Feb 24 07
7.54	Alexis Paul-Macdonald	61	2	Saskatoon	Mar 13 81
7.54	Erica Witter	76	3h	Lexington KY	Feb 25 96
7.54	Jocelyn Adu-Gyamfi	81	1h2	Windsor	Mar 15 03
7.54	Asha James	79	2	Toronto(MC)	Feb 08 04
7.54	Tabia Charles	85	1h2	Toronto(MC)	Feb 03 07
70					
7.55	Lornette Day	66	5	Edmonton	Feb 21 87
7.55	Tracy Smith	64	1	Toronto(MC)	Jan 23 88
7.55	Laurel Sharun	75	4	Edmonton	Feb 13 00
7.55	Candice Murrays		1	Toronto(MC)	Jan 14 06
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## 200m

23.32	Angela Bailey	62	1	Sherbrooke	Jan 15 84
23.46	Angela Phipps	64	1	Sherbrooke	Feb 01 87
23.47	Stacey Bowen	69	1s	Indianapolis	Mar 12 93
23.50	Priscilla Lopes	82	2	Lincoln	Feb 25 06
23.53	Marita Wiggins (nee Payne)	60	1	Windsor	Feb 21 88
23.62@	Philomena Mensah	75	1	Colorado	Jan 29 00
23.69	Erica Broomfield	77		Syracuse	Feb 21 99
23.69	Adrienne Power	81	1r1	Boston	Feb 10 06
23.79	Jillian Richardson-Briscoe	65	1	Winnipeg	Feb 21 93
23.80	Esmie Lawrence	61	2	Edmonton	Feb 23 86
10					
23.80A	Margaret Fox	77	2	Air Acad Col	Feb 22 97
23.85	Esther Akinsulie	84	1r1	Boston	Feb 10 07
23.86	Yvonne Mensah	85	1r1	Champaign ILL	Feb 24 07
23.88	Ashley Purnell	83	1	Nampa	Feb 08 03
23.90A	Ladonna Antoine	74	1	Pocatello ID	Feb 01 97
24.03	Simone Tomlinson	76	1h	Blacksburg VA	Feb 23 98
24.09	Foy Williams	73	1	Boston MA	Jan 25 97
24.12	France Gareau	67	1	Saskatoon	Feb 17 91
24.13	Karen Clarke	71	2	Edmonton	Feb 02 92
24.20	Tanya Brothers	63	3h	Sherbrooke	Feb 26 83
20					
24.22	Shelly-Ann Brown	80	3h1	Lincoln NB	Feb 28 03
24.24+	Angella Taylor (now Issajenko)	58	1	Toronto	Feb 17 79
24.24	Kerri-Ann Mitchell	83	3	Fayetteville	Jan 18 03
24.24	Toyin Olupona	83	3h2	University PK	Jan 31 04
24.26	Cathy Chrusch	60	4	Edmonton	Feb 23 86
24.26	Krysha Bayley	84	4h1	Gainesville	Mar 01 03
24.28	Kimberley Hyacinthe	89	2/s	New York	Mar 12 06
24.31	Molly Killingbeck	59	1s	Toronto(MC)	Feb 24 80
24.31	Samantha Watt	75	3	Greensboro NC	Feb 25 95
24.32	Sonia Paquette	73	1	Winnipeg	Jan 30 93
30					
24.35	Susan Durrell	63	1	North York	Feb 26 84
24.39	Patricia Mayers	85	1h1	Johnson City	Mar 09 07
24.41	Rosey Edeh	66	2	North York	Mar 13 83
24.41	Judith Fraser	73	3h	Lincoln NB	Feb 11 94
24.44+	Joanne Mctaggert	54	1	Colorado	Jan 29 77
24.44	Alison Howard	75	1	Winnipeg	Feb 06 99
24.46	Mame Twumasi	75	3	Winnipeg	Feb 21 93
24.48	Colene Taffe	66	5	Sherbrooke	Feb 26 83
24.49	Naabiana Salifu	65	1	Toronto(MC)	Feb 21 99

24.49	Ayden Ollivier	83	1	Windsor	Mar 03 02
40					
<b>24.49</b>	Phylicia George		3	Albuquerque NM	Feb 10 07
24.51	Candice Jones	73	4	Glasgow Sco	Mar 05 00
<b>24.51</b>	Sherraine Pencil	85	4	Albuquerque NM	Feb 25 06
<b>24.52</b>	Nikkie Martin		3	Albuquerque NM	Feb 10 07
24.55	Faye Blackwood(Sealy)	57	2s	Toronto	Feb 24 80
24.58	Alanna Yakiwchuk	65	4	Winnipeg	Feb 21 93
24.59	Althea Wilson(nee Thomas)	67	1	Michigan	Jan 18 97
24.63	Irma Grant	69	5	Winnipeg	Feb 21 93
24.64+	Marjorie Bailey(nee Turner)	47	1	Quebec City	Mar 09 74
<b>24.66</b>	Omoye Ugiabe	87	2h11	Fayetteville	Feb 10 06
50					
24.67	Andrea Pinnock	73	3	Boston MA	Jan 25 97
24.68	Tomikka Harrison	76	1	Windsor	Mar 07 04
24.69	Jenni Hucul	88	1	Winnipeg	Mar 08 03
24.70	Cheryl Allen	73	1h	Las Vegas NV	Feb 23 96
24.70	Lami Oyewumi		2h	Roxbury MA	Feb 02 98
24.72	Sandra Gilkes	61	1h	Saskatoon	Feb 28 82
24.73	Nicole Devonish	73	2	Winnipeg	Jan 30 93
24.73	Tara Perry	74	3	Winnipeg	Jan 30 93

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#### Oversized Track

<b>23.78</b>	Angela Whyte	80	1r1	Moscow ID	Feb 04 06
23.82	Erica Witter	76	1	Lexington	Feb 25 96
23.88	Krysha Bayley	84	3h3	Lexington	Feb 23 04
23.93A	Atia Weekes	80	1h3	Pocatello	Feb 21 98
24.15A	Dena Burrows	72	2	Colorado	Feb 27 93

#### 300m

37.17	Jillian Richardson(Briscoe)	65	1	Sindelfingen	Feb 05 88
37.21	Angela Bailey	62	1	Toronto(MC)	Dec 18 83
37.23	Esmie Lawrence	61	1	Winnipeg	Feb 06 88
37.35	Adrienne Power	81	1	Winnipeg	Mar 11 05
37.55	Foy Williams	73	1	Toronto(MC)	Mar 01 97
<b>38.15</b>	Erica Broomfield	77	1	Montreal	Jan 27 07
38.16	Alana Yakiwchuk	65	1	Winnipeg	Mar 10 90
38.39	France Gareau	67	2	Winnipeg	Mar 10 90
38.39	Atia Weekes	80	1	Edmonton	Feb 14 98
38.42	Lami Oyewumi	76	1	Montreal(MG)	Mar 12 99
10					
38.42	Candice Jones	73	1	Edmonton	Feb 13 99
38.44+	Joanne Mctaggert	54	1	Edmonton	Feb 28 75
<b>38.51</b>	Carline Muir	87	1	Saskatoon	Mar 10 06
38.54	Ladonna Aantoiné	74	1	Saskatoon	Jan 31 98
38.54	Esther Akinsulie	84	2	Montreal(MG)	Feb 19 05
38.55	Cheryl Allen	72	1	Winnipeg	Mar 03 90
38.56	Gwen Wall	63	1	Saskatoon	Mar 02 84
38.56	Alison Howard	75	2	Edmonton	Feb 14 99
38.58	Karlyn Serby	81	1	Winnipeg	Feb 27 04
38.61	Martine Cloutier-LeBlanc	80	2	Winnipeg	Mar 11 05
20					
38.64+	Joyce Yakubowich(nee Sadowick)	53	2	Edmonton	Feb 28 75
38.68	Susan Durrell	63	2	Sherbrooke	Mar 10 84
38.70	Rosey Edeh	66	2	Windsor	Mar 09 85
38.74+	Molly Killingbeck	59	1	Toronto(MC)	Jan 17 87
38.77	Isabelle Roy	68	1h	Winnipeg	Mar 13 92
38.79	Lisa Kroll	65	2	Saskatoon	Mar 02 84
38.80	Sintra Lewis	75	1	Winnipeg	Feb 25 00
38.85	Noella Lee Pong	60	2	Saskatoon	Mar 14 87
38.86	Kim Moffatt		1	Montreal(MG)	Mar 12 99
38.88	Faye Blackwood(also Sealy)	57	1	Toronto(MC)	Jan 29 80
30					

38.88	Irma Grant	69	1	Toronto	Mar 10 93
38.93	Sandra Gilkes	61	1	Sherbrooke	Mar 13 82
38.94+	Jill Giffen(ne Ross/now Woolley)	58	2	Toronto	Jan 23 82
38.95	Cathy Chrusch	60	2	Saskatoon	Dec 28 85
38.95	Venolyn Clarke	67	2	Winnipeg	Mar 10 95
38.95	Charlotte Plummer	77	1	Toronto(MC)	Feb 08 04
39.00	Tanya Brothers	63	1	Toronto	Mar 12 83
39.00	Karlene Houghton	72	1	Toronto(MC)	Feb 12 00
39.06	Nicki Knapp	67	2	Winnipeg	Mar 12 88
39.08	Maxine Scringer	65	3	Saskatoon	Mar 14 87
40					
39.09	Catherine Bond (now Mills)	67	3	Winnipeg	Mar 10 90
39.10	Claudine Kamgong	76	2	Winnipeg	Feb 02 03
39.12	Andrea Pinnock	73	2	Toronto(MC)	Mar 01 97
39.13	Daniella Carrington		1	Windsor	Feb 22 02
39.14	Maxine Walkes(now Thompson)	64	3	Winnipeg	Mar 12 88

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#### Resident Foreigner

37.07	Kaltouma Nadjina(Chad)		1	Winnipeg	Jan 29 05
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#### Oversized Track

38.69	Esther Akinsulie	84	1	Ottawa	Jan 28 06
39.12	Yvonne Mensah	85	1r5	Notre Dame	Feb 04 06
39.14+	Margot Howe	58	1	Moscow ID	Mar 03 79

### 400m

51.69	Jillian Richardson(Briscoe)	65	1	Birmingham GB	Feb 22 92
52.40	Charmaine Crooks	61	2	Sindelfingen	Feb 26 89
52.81	Samantha George	76		Fayetteville	Mar 10 00
52.82	Esmie Lawrence	61	1	Edmonton	Feb 21 87
52.93	Rosey Edeh	66	2	Sindelfingen	Mar 06 94
53.22	Foy Williams	73	1	Southbend IN	Feb 05 00
53.48	Adwoa Gyasi-Mako		2r1	Fayetteville	Feb 24 02
53.63	Donald Duprey	67	1	Winnipeg	Feb 20 93
53.87	Andrea Pinnock	73	2	Boston MA	Jan 25 97
53.93	Yvonne Saunders(now Mondesire)	52	1	Montreal	Mar 15 74
10					
54.04	Kerri-Ann Mitchell	83	3r4	Fayetteville	Feb 13 04
54.10	Diane Cummins	74	1	Vienna AUT	Mar 09 03
54.22	Jenna Martin	88	4h2	Fayetteville	Mar 09 07
54.26	Gwen Wall	63	1	Edmonton	Feb 16 85
54.30	Molly Killingbeck	59	5	Edmonton	Feb 21 87
54.34	Brenda Walsh	52		Quebec City	Mar 17 74
54.39	Joyce Yakubowich(nee Sadowick)	53	1	Montreal	Feb 26 77
54.39	Alanna Yakiwchuk	65	2	Winnipeg	Feb 20 93
54.41	Marita Payne (now Wiggins)	60	1	Sherbrooke	Jan 13 85
54.45	Samantha Watt	75	2	Blacksburg VA	Feb 23 98
20					
54.50	Carline Muir	87	2	New York NY	Mar 12 95
54.51	Andrea Thomas		3	Boston MA	Jan 31 99
54.54+	Margaret Stride (nee McGowan)	54	1	Toronto	Feb 07 76
54.55	Ladonna Antoine	74	2	Saskatoon	Jan 11 98
54.55	Tawa Babatunde	79	1r3	Fayetteville	Feb 14 03
54.58	Ann Lariviere	60	1	Sherbrooke	Jan 14 84
54.59	Patricia Mayers	85	1	Johnson City	Mar 10 07
54.81	Anne Mackie-Morelli	55	1	Edmonton	Feb 24 79
54.81	Tanya Cyrus	84	3h1	Lincoln NE	Feb 05 05
54.85	Cheryl Allen	72	1	Saskatoon	Feb 15 92
30					
54.88	Debbie Campbell(now Fell)	58	1	Montreal(CR)	Mar 17 78
54.92A	Judith Fraser	73	4	Reno NV	Feb 26 94
54.94+	Faye Blackwood(also Sealy)	57	2h	Toronto	Jan 12 80
54.95	Micheline Racette	56	1H	Toronto	Feb 23 80
54.97	Erica Peterson	73	2	Saskatoon	Feb 15 92

55.04+	Janette Wood	60	1	Toronto(MC)	Feb 17 79
55.04	Lori Ewing	63	2	Edmonton	Feb 16 85
55.09	Giselle Plantz	54	1	Saskatoon	Feb 27 82
55.12	Martine Cloutier Leblanc	85	2r1	Boston	Feb 09 07
55.17	Maxine Scringer	68	4	Winnipeg	Feb 07 87
40					
55.18	Danielle Kot	79	3	Saskatoon	Feb 07 04
55.20	Gail Harris	66	5	Winnipeg	Feb 07 87
55.24	Tawa Babatunde	79	1	Fayetteville	Jan 23 04
55.24	Omoye Ugiage	87	2r1	Champaign ILL	Feb 25 07
44					

#### Oversized Track

53.05A	Ladonna Antoine	74	1	Pocatello ID	Feb 12 94
53.44	Jenna Martin	88	2h2	Lexington KY	Feb 24 07
53.57	Ashley Purnell	83	1	Seattle WA	Mar 05 05
54.00	Ruky Abdula	85	1	Seattle WA	Feb 11 07
54.20	Aimee Teteris	79	1	Seattle WA	Feb 12 06
54.50A	Judith Fraser	73	1	Flagstaff AZ	Feb 19 94
54.50	Stacy Bowen	69	3	Lexington KY	Feb 04 95

#### Resident Foreigner

52.99	Kaltouma Nadjina	76	1	Saskatoon	Feb 05 05
54.27	Robin Marks	61	4	Edmonton	Feb 21 87
54.55	Rita Paulaviciene	61	1	Saskatoon	Feb 18 95

#### 600m

1:27.63	Camille Cato	63	1	Sherbrooke	Mar 10 84
1:28.13	Christine Slythe	61	2	Sherbrooke	Mar 10 84
1:28.68	Aimee Teteris	79	1	Winnipeg	Feb 04 06
1:28.76	Gwen Wall	63	4	Sherbrooke	Jan 15 84
1:29.2,	Heather Henniger	73		Halifax	Jan 26 03
1:29.36	Gail Harris	65	2	Winnipeg	Feb 06 88
1:29.51	Holly Ratzlaff	84	1	Montreal(MG)	Mar 08 07
1:29.83	Jillian Richardson(now Briscoe)	65	1	Saskatoon	Mar 14 87
1:29.88	Molly Killingbeck	59	1	Saskatoon	Dec 28 86
1:29.94	Alanna Yakiwchuk	65		Winnipeg	Mar 13 92
10					
1:29.97	Sarah Ali-Khan	73	1	Windsor	Mar 15 03
1:30.14+	Eleanor Mahal	57	1	Toronto(MC)	Feb 04 77
1:30.14	Nicky Knapp	67	1	Winnipeg	Mar 11 88
1:30.20	Susan Porter	64	2	Saskatoon	Mar 14 87
1:30.34+	Charmaine Crooks	61	2	Toronto(MC)	Feb 17 84
1:30.35	Carolyn Comeau	64	2	Edmonton	Feb 28 87
1:30.43	Renee Belanger	62	1	Sherbrooke	Feb 09 86
1:30.48	Paula McLaughlin	82	2	Windsor	Mar 15 03
1:30.54+	Rachelle Campbell	66		Toronto(MC)	Jan 17 75
1:30.56	Giselle Plantz	54	1	Toronto(MC)	Mar 06 82
20					
1:30.58	Foy Williams	73	1	Toronto (MC)	Jan 10 04
1:30.63	Charlotte Plummer	77	2	Toronto(UT)	Jan 10 04
1:30.69	Nicole Sinn (nee/now Masil)	64	1	Winnipeg	Mar 09 90
1:30.69	Amber Mosewich	84	1	Winnipeg	Mar 12 05
1:30.74+	Brenda Walsh	52	1	Winnipeg	Jan 13 73
1:30.84+	Joan Wenzel(ne Eddy now Fox)	53	1	Toronto(MC)	Jan 18 75
1:30.81	Nicole Edwards	86		Simmons	Jan 20 06
1:30.84	Lisa Whalen	81	3	Winnipeg	Mar 12 05
1:30.89	Martine Cloutier-Leblanc	85	2	Montreal(MG)	Mar 08 07
1:31.01	Andrea Pinnock	73	1	Windsor	Mar 04 95
30					
1:31.04+	Maureen Houghton	60	1	Winnipeg	Jan 26 84
1:31.06	Maxine Scringer	68	3	Saskatoon	Mar 14 87
1:31.08	Grace Verbeek	58	3	Sherbrooke	Feb 01 87
1:31.09	Susan Durrell	63	2	Edmonton	Mar 14 86
1:31.17	Jill Mcdermid	68	1	Edmonton	Jan 20 95

1:31.29	Susan Kozak	63	3	Toronto	Mar 12 83
1:31.29	Brenda Baker	68	2	Winnipeg	Mar 13 92
1:31.30	Paula Peters	73	1	Winnipeg	Mar 10 95
1:31.31	Elise Braithwaite	66	1	Toronto(MC)	Feb 09 85
1:31.31	Joanne Otto	66	3	Edmonton	Mar 14 86

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#### Oversized Track

1:28.55	Aimee Teteris	79	1	Seattle Wa	Jan 17 04
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### 800m

2:00.68	Diane Cummins	74	2	Karlsruhe	Feb 28 03
2:01.63	Charmaine Crooks	61	3s	Seville Esp	Mar 09 91
2:02.62	Heather Henniger	73	4	Fayetteville	Feb 14 04
2:03.15	Aimee Teteris	78	3	Budapest	Feb 24 04
2:03.74+Y	Yvonne Saunders(now Mondesire)52		1	Toronto	Feb 01 75
2:03.94	B.Microberts(nee Lind Peterson/Townsend)57		2	Kobe	Mar 08 85
2:04.4,+Y	Abigail Hoffman	47	2	Toronto	Feb 01 75
2:04.55	Christine Slythe	61	1	Hanover NH	Jan 08 84
2:04.59	Sarah Howell	69	6	Ghent BEL	Feb 09 94
2:04.68	Victoria Lynch(now Pounds)	70	3	Indianapolis	Mar 12 94
10					
2:04.94	Jean Fletcher	70	2h	Indianapolis	Mar 11 94
2:05.36	Nicole Masil(nee/now Masil)	64	2	Saskatoon	Feb 17 91
2:05.41	Caitlin Bailey	88	1h	Boston	Mar 03 07
2:05.44+	Debbie Campbell (now Fell)	58	1	Edmonton	Feb 16 80
2:05.51	Kate Vermuelen	80	2	Winnipeg	Jan 31 04
2:05.54+	Gail Harris	66	1	Boston	Mar 04 90
2:05.76	Nicky Knapp	67	1	Windsor	Feb 05 89
2:05.84+	Anne Mackie-Morelli	55	1	Edmonton	Feb 25 79
2:05.94+	Francine Gendron	55	1	Montreal	Mar 17 78
2:06.10	Katya Kostetskaya		6	Fayetteville	Mar 09 07
20					
2:06.12	Paula Schnurr	64	2	Windsor	Feb 05 89
2:06.14	Carolyn Comeau	64	1	Winnipeg	Feb 08 86
2:06.24+	Joan Wenzel (nee Eddy now Fox)53		2	Edmonton	Mar 09 75
2:06.44+Y	Roberta Angeloni(nee Picco)	48	3	Toronto	Feb 01 75
2:06.62	Krestena Sullivan	74	4	Indianapolis	Mar 09 96
2:06.64+	Grace Verbeek	58	2	Edmonton	Mar 01 81
2:06.67	Camille Cato	63	1	Windsor	Feb 21 88
2:06.67	Nicole Edwards	86	1	University P	Feb 12 05
2:06.89	Renee Belanger	62	2	Sherbrooke	Feb 01 87
2:06.94+	Linda Halvorsen	55		Edmonton	Feb 09 74
30					
2:06.94+	Debbie Mitchell(also Pearson)	56	4	Toronto	Feb 01 75
2:06.96	Mary Burzminski	60	2	Edmonton	Feb 22 87
2:07.04+	Glenda Reiser	55	2	Quebec City	Mar 10 74
2:07.38	Candice Lessmeister	73	1	Fort Worth	Feb 19 94
2:07.44	Nancy Rettie	62	1	Winnipeg	Jan 17 87
2:07.74+Y	Maureen Crowley	53	1	Toronto	Feb 14 75

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#### Oversized Track

2:02.91	Heather Henniger	73	1	Seattle WA	Feb 15 03
2:03.84	Rebecca Johnstone	86	1h1	Seattle WA	Jan 27 07
2:04.84	Nicole Edwards	86	3	South Bend IN	Feb 03 07
2:05.64	Diane Cummins	74	2	Seattle	Jan 14 06
2:05.89	Aimee Teteris	78	2	Seattle	Feb 11 06
2:05.93	Jule Howard	83	3	Seattle WA	Feb 10 07
2:05.95	Kate Vermeulen	76	3	Seattle	Feb 11 06
2:07.04	Julie Cote	72	1	Champaign	Feb 11 95

#### Resident Foreigner

2:03.10	Rita Paulaviciene	61	4	Atlanta GA	Mar 02 95
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## 1000m

2:38.24	Diane Cummins	74	3	Lievin FRA	Feb 23 03
2:41.22	Christine Slythe	61	2	Sherbrooke	Jan 13 85
2:41.70	Paula Schnurr	64	1	Toronto(MC)	Jan 16 93
2:43.01	Kate Vermeulen	80	1	ECAC Chps	99
2:43.08	Nancy Rettie	62	3	Syracuse	Mar 09 85
2:43.78	Carolyn Comeau	64	1	Minneapolis	Jan 24 87
2:44.13	Patricia Wellman	64	2	Winnipeg	Mar 12 88
2:44.37	Camille Cato	63	2h	Oklahoma C	Mar 13 87
2:44.47	Carmen Douma	77	2	Syracuse	Feb 20 00
2:45.14	McRoberts(Lind Peterson-now Townsend)	57	3	Sher	Jan 16 83
10					
2:45.1	Sarah Ali-Kahn	73	1	Montreal(CR)	Dec 13 03
2:45.4	Heather Hennigar	73	1	Halifax	Feb 04 06
2:46.07	Megan Brown		1	Toronto(UT)	Feb 17 07
2:46.27	Elise Braithwaite	66	2	Windsor	Mar 07 87
2:46.42	Nicole Sinn (nee/now Masil)	64	1	Winnipeg	Mar 10 90
2:46.47	Angela Graham	75	3	Syracuse NY	Feb 16 97
2:46.58	Sarah Ali-Khan	73	1	Windsor	Mar 14 03
2:46.77	Mary Burzminski	60	2	Edmonton	Feb 22 85
2:46.78	Megan Metcalfe	82	1	University	Jan 31 04
2:46.82	Sharon Mackinnon	62	3	Winnipeg	Mar 12 88
20					
2:46.93	Lori Durward	72	1	Winnipeg	Feb 21 97
2:46.95	Hilary Edmonson	81	1	Toronto	Jan 07 06
2:47.1h	Leanna MacLean	82		Halifax	Feb 03 07
2:47.25	Leah Pells	64	2	Saskatoon	Feb 09 03
2:47.31	Sarah Howell	69			95
2:47.45	Kathy Butler	73	1	Toronto(MC)	Mar 10 93
2:47.60	Edyta Seminska	81	1	Winnipeg	Feb 27 04
2:47.64	Sarah Dillabaugh	73	1	Windsor	Mar 07 97
2:47.84	Nancy Rooks(now Tinari)	59	1	Toronto(MC)	Feb 20 82
2:47.90	Nicole Ali	64	1	Lincoln NB	Feb 15 86
30					
2:47.90	Lara Leitch	67	2	Winnipeg	Mar 10 90
2:48.01	Shannon Slater	82	2	Winnipeg	Feb 27 04
2:48.14+	Debbie Mitchell(also Pearson)	56		Toronto	Jan 11 75
2:48.17	Lisa Lebreque	60	1	Toronto(UT)	Jan 08 05
2:48.28	Carole Rouillard	60	3	Sherbrooke	Jan 13 85
2:48.31	Sandra Tenaglia	71	2	Toronto(MC)	Mar 10 93
2:48.32	Jacqueline Malette	86		Windsor	Feb 24 06
2:48.34+	Grace Verbeek	58	1	Montreal	Jan 24 87
2:48.44+	Francoise Garceau(now Gardiner)	62	2	Montreal(CR)	Jan 24 87
2:48.44	Lisa Whalen	82	1	Winnipeg	Mar 11 05
40					
2:48.46	Nathalie Cote	73	1	Windsor	Mar 13 98
2:48.47	Megan Brown	85	1	Ithaca NY	Feb 11 06
2:48.71	Lauren Aldwinkle	74	1	Edmonton	Mar 12 94
2:48.74+	Sandra Rettie(now Gardiner)	59	1	Winnipeg	Jan 26 84
2:48.92	Jennifer Willms	71	3	Toronto	Mar 10 93
2:49.07	Christine Whiteside	63	3	Windsor	Mar 07 87
46					

## 1500m

4:08.18	Carmen Douma-Hussar	77	2	Budapest HUN	Mar 06 04
4:09.38	Brit McRoberts(now Townsend)	57	2	E.Rutherford	Feb 09 85
4:09.96	Hilary Edmonson	81	4	Stockholm SWE	Feb 20 07
4:10.24+@	Lynn Williams (nee Kanuka)	60		Los Angeles	Jan 17 86
4:11.80	Paula Schnurr	64	1	Hamilton	Jan 14 94
4:12.44	Sarah Howell	69	2	Hamilton	Jan 14 94
4:13.18	Angela Chalmers (also Espinoza)	63	3	Hamilton	Jan 14 94
4:13.44+	Abigail Hoffman	47	1	Toronto	Feb 22 75

4:13.74+	Debbie Mitchell(also Pearson)	56	2	Toronto	Feb 22 75
4:15.20	Deborah Bowker (nee Scott)	58	1	Hamilton	Jan 12 90
10					
4:15.46	Carolyn Comeau	64	1	Winnipeg	Feb 07 87
4:15.64+	Glenda Reiser	55	2	Toronto	Feb 15 74
4:15.91	Nancy Rettie	62	2	Winnipeg	Feb 07 87
4:16.52	Karen Harvey-Sullivan	72	6	Roxbury MA	Feb 05 00
4:17.11	Robyn Meagher	67	2	Winnipeg	Mar 11 88
4:17.24+	Nancy Rooks (now Tinari)	59	1	Toronto	Jan 20 79
4:17.84+	Thelma Wright (nee Fynn)	51	2	Los Angeles	Feb 06 76
4:18.43	Ulla Marquette(nee Hansen)	58	2	Winnipeg	Feb 21 93
4:18.45	Cindy Grant (now O'Krane)	63	1	Winnipeg	Feb 06 88
4:18.75	Megan Brown	85	1	Montreal(MG)	Mar 10 07
20					
4:18.98	Catherine Lindsay	66	2		89
4:19.04+	Alison Wiley	63	1	Los Angeles	Feb 19 83
4:19.13	Nathalie Cote	73	1	Windsor	Mar 08 97
4:19.67	Leah Pells	64	2	Hamilton	Jan 11 91
4:19.99	Judy Elfassy	73	8	Roxbury MA	Feb 05 00
4:20.51	Karen Dunstan	66	2	Edmonton	Feb 17 90
4:20.64+	Maureen Crowley	53	2	Portland OR	Jan 31 76
4:20.95	Sarah Dillabaugh	63	2	Windsor	Mar 08 97
4:21.28	Christine Slythe	61	1	Montreal(CR)	Jan 18 86
4:21.54	Muffy Mcleod	60	3	Syracuse NY	Mar 08 85
30					
4:21.54	Pam Klassen	66	1	Indianapolis	Mar 07 87
4:21.55	Jill Purola	63	3	Windsor	Mar 08 85
4:22.49	Lisa Lebreque	60	1	Toronto(UT)	Jan 10 04

## Mile

4:27.77	Lynn Williams(nee Kanuka)	60	1	Los Angeles	Jan 17 86
4:28.43	Carmen Douma-Hussar	77	1	New York(Arm)	Jan 22 05
4:31.03	Malindi Elmore	80	3r3	Fayetteville	Feb 10 06
4:31.66	Angela Chalmers(also Espinoza)	63	1	New York	Feb 03 95
4:31.91	Hilary Edmondson	81	3	New York(Arm)	Jan 22 05
4:31.91	Megan Metcalfe	82	3	New York NY	Jan 21 06
4:32.26	Brit McRoberts(now Townsend)	57	5	New York	Feb 14 86
4:33.95	Paula Schnurr	64	3	New York	Feb 05 93
4:35.69	Lisa Lebreque	77	5	New York(Arm)	Jan 22 05
4:36.00	Courtney Babcock	72	2	New York NY	Feb 03 06
10					
4:36.54	Katherine Butler	73	1	Madison WI	Feb 01 97
4:36.66	Megan Brown	85	1	Boston	Jan 26 07
4:37.52	Angela Graham	75	4	Indianapolis	Mar 08 97
4:37.52	Krestena Sullivan	74	5	Indianapolis	Mar 08 97
4:37.64+	Deborah Bowker(nee Scott)	58	8	Inglewood	Feb 16 90
4:38.33	Sarah Howell	69	4	Atlanta GA	Mar 05 94
4:38.67	Christine Slythe	61	1	Baton Rouge	Feb 23 85
4:39.07	Kate Vermuelen		1	Indianapolis	Mar 06 99
4:40.24	Leah Pells	64	2	Houston	Feb 03 96
4:40.86	Pam Klassen	66	1	Fort Worth	Feb 20 88
20					
4:41.06	Lauren King	81	2h2	Fayetteville	Mar 12 04
4:41.12	Tracy Robertson	77	1	Fayetteville	Feb 27 00
4:41.35	Alex Becker	87	1	Fayetteville	Jan 20 07
4:41.41	Candice Lessmeister	73	2	Indianapolis	Mar 12 94
4:41.48	Amber McGown	84	5h1	Fayetteville	Mar 10 06
4:41.52	Nancy Rettie	62	2	Louisiana	Feb 09 85
4:42.11	Cindy Grant (now O'Krane)	63	3	Vancouver	Jan 16 88
4:42.15	Marissa Sexsmith	79	2	University Pk	Jan 29 00
4:42.55	Sarah Dupre-Healy	76	2	Boston MA	Feb 15 03
4:42.56	Andrea Grove	73	1	Allston MA	Jan 25 97
30					

4:42.67	Nicole Edwards	86	6	Fayetteville	Mar 11 06
4:42.76	Courtney Inman	80	4h2	Fayetteville	Mar 14 03
4:42.77	Julie Cote	72	4h	Indianapolis	Mar 11 94
4:43.37	Ulla Marquettenee Hansen)	58	5	Vancouver	Jan 16 88
4:43.64	Victoria Pounds(nee Lynch)	70	2	Gainesville	Jan 26 97
4:43.65	Muffy Mcleod	60	3	Baton Rouge	Feb 09 85
4:43.84+	Abigail Hoffman	47	3	New York City	Feb 27 76
4:44.00	Carol Henry	82	5	New York NY	Feb 05 05
4:44.07	Carole Harris	66	6	W. Lafayette	Feb 27 88
4:44.08	Heather Hennigar	73	2	Boston	Feb 10 06

40

4:44.56	Karen Harvey	71	8	Indianapolis	Mar 12 94
4:44.76	Sarah Dillabuagh	73	1	Ypsilanti MI	Feb 14 97
4:45.14	Kate Wiley	62	3	Bloomington	Feb 11 83
4:45.20	Lisa Reed (now Presedo)	65	2	Baton Rouge	Feb 07 87
4:45.51	Heather Degeest	77	5	Los Angeles	Feb 07 98
4:45.54	Judith Leroy		2	Ypsilanti	Feb 14 97
4:46.79	Emily Kroshus	83	1	New York	Mar 12 00
4:46.90	Alyson Kohlmeier	86	1	Ann Arbor MI	Jan 29 05
4:46.94	Lisa Ouellet	77	8	Indianapolis	Feb 12 00
4:47.21	Coralena Velsen	69	2	Gainesville	Feb 23 92

50

4:47.21	Pauline Arnill	75	1	East Lansing	Jan 28 95
4:47.25	Sharolyn Shields	79	1	Lincoln NB	Feb 06 99
4:47.34+	Gerri Fitch (nee Ashdown)	54	3	Portland OR	Jan 30 82
4:47.54+	Debbie Mitchell(also Pearson)	56			79
4:47.97	Tambra Dunn	78	3	Allston MA	Jan 18 98
4:48.19	Deanna Arnill	75	2	East Lansing	Jan 28 95
4:48.24	Malloy		4	Los Angeles	Jan 17 86
4:48.35	Caroline Kerr		1	Gainesville	Feb 02 96
4:48.38	Angela Froese	76	2	Portland OR	Feb 13 94
4:48.59	Laura Maludzinski	83	3	Harvard	Feb 11 06

60

4:48.70	Kirsty Smith		2	State Coll PA	Jan 29 05
4:48.94+	Glenda Reiser	55		New York City	Feb 25 72
4:49.48	Carole Rouillard	60	1	Dartmouth NH	Jan 06 85
4:49.54+	Wendy van Mierlo	59	1	Cedar Falls I	Feb 24 84

#### Oversized Track

4:31.87	Courtney Babcock	72	1	Seattle	Feb 11 06
4:36.25	Sarah Howell	89	1	Johnson City	Jan 22 94
4:38.37	Lauren King	82	2	Notre Dame IN	Mar 08 03
4:38.58	Megan Brown	85	1	Notre Dame IN	Feb 04 06
4:38.65	Rebecca Johnstone		2	Seattle WA	Feb 10 07
4:39.48	Melindi Elmore	80	2	Seattle WA	Mar 07 03
4:40.24	Courtney Inman	80	1	Nampa ID	Mar 01 03
4:41.21	Nicole Edwards	86	2	Notre Dame	Feb 04 06
4:42.42	Diane Cummins	74	1	Seattle Wa	Mar 02 02
4:42.87	Kate Vermeulen	80	2	Seattle WA	Mar 06 04

10

4:43.57	Julia Howard	83	1	Seattle WA	Jan 13 07
4:43.87	Alyson Kohlmeier	86	4	Notre Dame PA	Feb 05 05
4:44.58	Dana Buchanan	84	4	Seattle	Mar 04 06
4:46.68	Darolyn Trembath	82		1 Des Mones IA	Feb 12 05
4:47.59	Tanya Wright	81	3	Ames IW	Feb 15 03
4:48.24	Rebecca Stallwood	78	1	Kent OH	Jan 08 02

#### 3000m

8:50.80	Lynn Williams(nee Kanuka)	60	6	Indianapolis	Mar 07 87
8:57.69	Malindi Elmore	80	5	Boston	Jan 27 07
8:58.17	Megan Metcalfe	82	2	New York NY	Feb 25 05
8:59.20	Carmen Douma-Hussar	77	6	Boston MA	Jan 29 05
9:03.48	Courtney Babcock	72	8	Boston MA	Jan 28 06
9:04.72	Ulla Marquette (nee Hansen)	58	5	Toronto	Mar 13 93

9:04.88	Brenda Shackleton	67	1	Winnipeg	Mar 11 88
9:04.99	Deborah Scott (now Bowker)	58	1	Paris Fra	Jan 19 85
9:09.14+	Lizanne Bussieres(now Chafe)	61	1	London On	Dec 09 89
9:09.53	Hilary Edmondson	81	9	Boston MA	Jan 29 05
10					
9:09.83	Katherine Butler	73	1	Madison WI	Jan 18 97
9:11.32	Pam Klassen	66	1h	Oklahoma City	Mar 13 87
9:11.71	Angela Espinoza(now Chalmers)	63	2	Edmonton	Feb 18 90
9:12.29	Nancy Rooks (now Tinari)	59	1	Toronto(MC)	Feb 13 83
9:13.09	Sarah Dupre	76	10	Boston MA	Feb 01 03
9:13.24+	Gerri Fitch (nee Ashdown)	54	2	Portland OR	Feb 19 83
9:13.48	Tara Quinn-Smith	79	10	Boston MA	Jan 28 06
9:14.37	Lisa Lebrecque	77	11	Boston MA	Jan 29 05
9:14.40	Sue Lee (nee French)	60	1	Winnipeg	Feb 07 87
9:14.69	Anne Marie Malone(now Macrow)	60	1	Toronto	Mar 12 83
20					
9:14.82	Lucille Smith	67	1	Winnipeg	Mar 10 90
9:15.83	Sarah Dillabaugh	73	1	Montreal(MG)	Feb 19 00
9:15.93	Angela Graham	75	6	Boston MA	Jan 30 00
9:16.12	Sarah Howell	59	1	Winnipeg	Feb 06 99
9:16.20	Judy Elfassy	73	7	Boston MA	Jan 30 00
9:16.42	Lisa Harvey	70	2	Winnipeg	Mar 10 90
9:16.81	Carol Henry	82	7	Fayetteville	Mar 09 02
9:17.05	Wendy van Mierlo	59	1	Gainesville	Mar 02 84
9:17.79	Sandra Anschuetz(now Glisky)	63	2	Toronto	Mar 12 83
9:18.10	Jill Purola	63	1	Winnipeg	Feb 05 89
30					
9:18.15	Sharolyn Shileds	79	3	Indianapolis	Mar 06 99
9:18.62	Karen Dunstan	66	3	Edmonton	Feb 18 90
9:18.95	Kim Bird	61	11	Syracuse	Mar 10 84
9:19.10	Alex Becker	87	2	Fayetteville	Feb 10 07
9:19.11	Lisa Reed (now Presedo)	65	3	Gainesville	Feb 28 87
9:19.61	Coralena Velsen	69	4	Indianapolis	Mar 13 93
9:19.70	Karen Harvey-Sullivan	72	1	Indianapolis	Feb 12
9:20.68	Tonya Todd	71	2	Indianapolis	Mar 12 94
9:21.90	Carole Rouillard	60	1	Montreal(CR)	Jan 18 86
9:21.46	Megan Brown	85	1	Fayetteville	Mar 09 07
40					
9:22.34+	Sally Beach(nee Lithgow now Steele)	54	1	Toronto	Feb 20 77
9:22.67	Beth Wightman		1	Toronto(UT)	Feb 17 07
9:23.40	Kate Wiley	62	1	Boston MA	Feb 18 84
43					
<b>Oversized Track</b>					
9:00.27	Malindi Elmore	80	1	Seattle	Jan 30 04
9:09.99	Carmen Douma-Hussar	77	1	Notre Dame	Mar 08 03
9:10.34	Andrea Grove	73	2	Seattle WA	Jan 28 06
9:12.70	Megan Brown	85	1	Notre Dame IN	Feb 03 07
9:14.59	Courtney Inman	80	2	Seattle WA	Jan 29 05
9:17.61	Coralena Velson	69	3	Ames IW	Feb 13 93
9:19.52	Lauren King		5	Notre Dame	Feb 08 03
7					
<b>Mixed Race</b>					
9:07.74+Mx	Alison Wiley	63	1	Toronto(MC)	Mar 12 82
9:22.0	Kristen Woodruff		1	Halifax NS	Feb 15 03
 <b>5000m</b>					
15:37.02	Katherine Butler	73	1	Indianapolis	Feb 08 97
15:57.90	Sarah Dupre-Healy	76	1	Boston MA	Feb 13 04
15:58.61	Alyson Kohlmeier	86	1	Madison WI	Feb 26 06
16:01.14+	Kate Wiley	62	1	New Haven CT	Feb 26 83
16:08.17	Emily Kroshus	83	7	Fayetteville	Mar 12 04
16:11.96	Courtney Babcock	72	1	East Lansing	Feb 12 94
16:12.44+	Wendy van Mierlo	59	1	Columbus OH	Jan 15 83

16:12.94+	Lizanne Bussieres	61	2	Hannover NH	Jan 08 88
16:13.36	Sherri Smith	76	8	Indianapolis	Mar 05 99
16:15.52	Danette Doetzel	86	4	Boston	Jan 28 06
10					
16:19.64+	Carole Rouillard	60	1	Hannover NH	Jan 11 86
16:22.44	Tara Struyk	81	1	Boston MA	Mar 06 04
16:23.34	Michelle King		1	East Lansing	Feb 01 97
16:24.60	Diane Nukuri		2	Champaign ILL	Feb 25 07
16:26.58	Rebecca Stallwood	78	1	Boston MA	Jan 27 02
16:27.72	Pam Klassen	67	2		88
16:27.79	Danette Doetzel	84	3	Boston	Mar 03 07
16:28.02	Amy Kohlmeier	84	3	Akron OH	Feb 17 07
16:29.53	Jenn Feenstra		2	Indianapolis	Feb 09 02
16:30.28	Michelle Carson	82	2	New York	Feb 14 03
20					
16:32.44+	Caroline Crabtree	61	1	Winnipeg	Jan 19 85
16:33.03	Carol Henry	82		3 Chapel Hill NC	Feb 18 05
16:33.24	Tara Quinn		1	Bloomington	Feb 22 02
16:37.00	Donna Levy	68	1	Fayetteville	Jan 23 98
16:37.34+	Alison Wiley	63	1	Toronto(MC)	Jan 16 82
16:43.29	Tracy Robertson	77	2	Fayetteville	Feb 27 00
16:43.34+	Kim Bird	61	1	Blacksburg VA	Jan 27 84
16:45.13	Cindy Durocher	81	5	New York	Feb 14 03
16:46.64+	Bonnie Lefrank	57	2	Hannover NH	Jan 11 86
16:49.04+	Sandra Rettie(now Gardiner)	59	2	Winnipeg	Jan 19 85
30					
16:50.63	Patrice Kuntz		1	Gainesville	Feb 27 97
31					
<b>Oversized Track</b>					
16:24.59	Michelle Carson	82	3	Notre Dame	Mar 07 03
<b>Mixed Race</b>					
16:13.65	Alyson Kohlmeier	86	2	Notre Dame	Feb 03 06
16:17.24	Sue French(now Lee)	60	1	London ON	Jan 06 85

## 50mh

6.78@	Keturah Anderson	68	1	Lievin Fra	Feb 21 99
6.84	Julie Rocheleau (now Baumann)	64	1	Hamilton	Jan 15 88
6.86	Perdita Felicien	80	2	Lievin FRA	Feb 26 05
6.89	Karen Nelson	63	2	Hamilton	Jan 15 88
6.98	Sharon Lane	58	1	Edmonton	Feb 16 80
7.00A	Leslie Tashlin	69		Reno Nevada	Feb 09 96
7.03A	Angela Coon (now Francis)	66	5	Reno Nevada	Feb 10 95
7.07	Faye Blackwood(also Sealy)	57	1	Toronto(MC)	Feb 26 84
7.08	Leslie Estwick	60	1	Ottawa	Jan 26 91
7.13	Sonia Paquette	73	1	Quebec City	Feb 26 94
10					
7.15	Karen Bowen	61	3	Sherbrooke	Feb 26 83
7.16	Martha Adusei	76	1	Hamilton	Feb 25 00
7.22	Sylvia Forgrave(nee Malgadey)	57	2	Toronto(MC)	Feb 26 84
7.23	Susan Kameli(nee Bradley)	56	3	Edmonton	Feb 03 79
7.25	Diane Jones(now Konihowski)	51	1	Montreal	Feb 26 77
7.25	Cecilia Branch	57	1	Montreal	Jan 18 86
7.30	Jill Giffen(nee Ross now Woolley)	58	p	Toronto	Jan 26 82
7.31	Joanne Mcleod(also Finkbeiner)	58	2	Montreal	Feb 26 77
7.31	Sandra Cooper	55	1p	Montreal(CR)	Feb 26 77
7.31	Donalda Duprey	67	4	Hamilton	Feb 13 87
20					
7.32	Susan Farley	58	2s	Edmonton	Feb 25 79
7.34	Joanne Jones (also Anderson)	55	2 p	Montreal	Feb 26 77
7.34	Yolanda Jones	67	3	Toronto(MC)	Feb 03 85
7.34	Seema Kamal	69	1	Winnipeg	Jan 30 93
7.34	Janna Nikkel	73	1	Winnipeg	Mar 03 94
7.34	Veronica Dyer	77	2	Hamilton	Feb 15 02

7.36	Norma Love	58	3	Saskatoon	Feb 28 82
7.38	Jean Sparling	55	2s	Edmonton	Feb 25 79
7.40	Liz Mcblain(nee Vanderstam)	48	p	Montreal	Feb 26 77
7.41	Nancy McCuaig	65	1	Edmonton	Feb 19 83
30					
7.42	Elizabeth Damann	53	1	Quebec City	Mar 09 74
7.43	Lesa Mayes	68	1	Winnipeg	Feb 05 89
7.44	Donna Smellie	64	5	Hamilton	Jan 13 89
33					

## 55mh

7.40	Julie Rocheleau	64	1	New York	Feb 26 88
7.48	Keturah Anderson	68	1	Notre Dame	Feb 25 88
7.48a	Angela Whyte	80	1h2	Kearns UT	Feb 21 03
7.51	Angela Coon-Francis	66	2	Johnson City	Jan 28 95
7.61	Karen Nelson	63	3	Oklahoma OK	Mar 14 87
7.75	Sonia Paquette	73			
7.76	Lesley Tashlin	69	2	Boston MA	Jan 20 96
7.78	Lisa Duffus	75	1	Houston TX	Feb 22 97
7.83	Donalda Duprey	67	2	Baton Rouge	Jan 21 95
7.84	Valerie Beckles	69	1	Ypsilanti MI	Feb 17 89
10					
7.87	Jessica Czaikowski	84	1h4	Morgantown WV	Dec 04 04
7.98	Veronica Dyer	77		Syracuse NY	Feb 02 02
7.99	Lesley Estwick	60	2	Boston MA	Jan 25 92
8.00	Vanessa Fryer	76	2	Lincoln NB	Feb 28 98
8.03	Laverne Hypolite	64	1	Reno NV	Feb 03 96
8.04	Esther Medema(now Sieben)	71	1	Washington	Feb 92
8.05	Veronica Dyer	77	3h	Syracuse NY	Feb 25 96
8.04	Trisha Blair		1	Pocatello ID	Feb 23 02
8.05	Tracy Higgs	72			
8.09	Rosey Edeh	66	3	Fort Worth	Feb 18 89
20					
8.10	Carla Wilson	66	6	Lincoln NB	Feb 27 88
8.14	Leanne Wall	73	1	Syracuse NY	Feb 04 95
8.16	Angela Bouet	71	5	Hanover NH	Jan 06 95
8.16	Jane Loskot(now Wick)	75	1	Vermillion	Feb 25 96
8.17	Karen Gubbels	73	3	Moscow ID	Feb 12 93
8.18	Janna Nikkel	73	1	Minneapolis	Jan 25 97
8.22	Michaela Colluney	72	4	Moscow ID	Feb 12 93
8.25	Francis Sealy	75	1h	Las Vegas	Feb 23 96
8.27	Carol Hood	68	6s	Lincoln NB	Feb 07 92
29					

## 60mh

7.75	Perdita Felicien	80	1	Budapest HUN	Mar 07 04
7.84	Priscilla Lopes	82	1	Fayetteville	Mar 10 06
7.90	Keturah Anderson	68	1h1	Lievin Fra	Feb 21 99
8.01	Julie Rocheleau(now Baumann)	64	2	Lievin	Jan 28 89
8.01	Angela Whyte	80	1h1	Moscow ID	Feb 17 06
8.12	Lesley Tashlin	69	2h	Atlanta	Mar 02 96
8.15	Yvonne Mensah	85	5h2	Fayetteville AR	Mar 11 05
8.18	Angela Coon-Francis	66	1	Windsor	Dec 17 94
8.19	Jessica Zelinka	81	2	Saskatoon	Feb 04 06
8.20	Shelley-Ann Brown	80	1	Lincoln NB	Feb 23 02
10					
8.22	Faye Blackwood(also Sealy)	57	1	Edmonton	Feb 23 86
8.22	Martha Adusei	76	2	Glasgow SCO	Mar 05 00
8.23	Sonia Paquette	73	1	Windsor	Mar 07 97
8.23	Jessica Czaikowski	84	2	Boston MA	Mar 06 05
8.31	Donna Smellie	64	1h	Edmonton	Feb 21 87

8.34	Karen Nelson	63	1	Windsor	Mar 03 84
8.34	Veronica Dyer	77	1s2	Syracuse NY	Feb 19 00
8.35	Sheena Johnson		1r2	Edmonton	Jan 21 07
8.36	Yolanda Jones	67	1	Saskatoon	Feb 16 92
8.36	Lisa Duffus	75	1	Ames IW	Feb 28 97
20					
8.37	Stephanie Wenner		2	Windsor	Mar 12 04
8.39	Donalda Duprey	67	4	Winnipeg	Feb 21 93
8.39	Tanya Lypka(now Collins)	72	1	Saskatoon	Feb 24 95
8.40	Andrea Vinet	82	2	Sheffield GBR	Mar 11 07
8.41	Connie Graham-Lavertu	63	2	Saskatoon	Feb 16 92
8.42	Geneviève Thibault	86	h	Montreal(MG)	Mar 09 07
8.43	Sylvia Forgrave(nee Malgadey)	57	2	Toronto(MC)	Feb 02 86
8.45	Jill Giffen(nee Ross now Wooley)	58	3	Toronto	Feb 11 84
8.45	Leslie Estwick	60	1	Saskatoon	Feb 17 91
8.45	Jana Nikkel	73	1	Winnipeg	Feb 25 94
30					
8.46	Cecilia Branch	57	3	Toronto(MC)	Feb 02 86
8.46	Seema Kamal	69	1	Edmonton	Feb 26 93
8.46	Catherine Bond-Mills	67	1	Windsor	Feb 22 98
8.46	Frances Keating	85	4	Lincoln NB	Feb 26 05
8.48	Susan Kameli(nee Bradley)	56	1	London ON	Jan 21 83
8.48	Esther Medema(now Sieben)	71	1	Edmonton	Feb 23 96
8.48	Racquel Shaw			Blacksburg VA	Mar 17 00
8.48	Marie-Eve Dugas	85	1h1	Saskatoon	Mar 10 06
8.49	Heather Berfland	87	1	Nampa	Feb 23 07
8.50	Karen Bowen	61	1	Toronto	Mar 12 83
40					
8.50	Olubusola Adeagbo	83	6	Lexington KY	Feb 07 04
8.51	Valerie Beckles	69	1	Windsor	Jan 18 92
8.51	Ashley Purnell	83	4	Saskatoon	Jan 13 02
8.52	Melanie Lachapelle	82	1	Windsor	Dec 14 02
8.52	Nikkita Holder	87	4h2	Champaign ILL	Feb 24 07
8.52	Kelley Park	82	1h2	Saskatoon	Mar 10 06
8.55	Tracy Higgs	72	1	Windsor	Mar 03 95
8.55	Vanessa Fryer	77	1	Edmonton	Feb 12 00
8.55	Karyn Humber	66	4	Edmonton	Mar 12 94
8.56	Jessica King	81	1	Edmonton	Feb 09 02
50					
8.58	Krissy Liphardt	80	1	Lafayette MI	Feb 19 00
8.58	Colleen Prendergast	7	3h3	Minneapolis	Feb 26 00
8.58	Kim Vanderhoek	80	p	Edmonton	Feb 15 04
8.58	Ruky Abdulai		2	Seattle	Jan 14 06
8.61	Julie Artuso	78		Montreal(MG)	Dec 18 99
8.62	Chantal Brisebois	60	2	Montreal(CR)	Mar 17 78
8.62	Andrea Vinet	82	2	Edmonton	Feb 24 06
8.63	Janice Fisher	67	2	Windsor	Mar 09 85
8.63	Jane Felling	59	2	Edmonton	Feb 23 86
8.63	Andrea Little	69	2	Saskatoon	Feb 17 91
60					
8.63	Lisa Soron		2	Windsor	Mar 13 98
8.63	Esther Akinsulie	84	1	Hannover NH	Jan 07 07
8.63	Jenni Hucul	88	h	Montreal(MG)	Mar 09 07
63					

### 3000m walk / marche

12:32.34	Ann Peel (now Luba)	61	7	Budapest	Mar 04 89
12:33.62	Alison Baker	64	6h	Toronto	Mar 12 93
12:47.57	Janice McCaffrey	61	2	Boston	Jan 23 93
12:57.74	Tina Poitras	70	2	Osaka Jap	Feb 11 92
13:20.48	Holly Gerke(nee Burton)	64	3	Edmonton	Feb 17 90
13:22.25	Lora Rigutto	68	2	Hamilton	Jan 15 88
13:23.70	Corinne Whissel	71	4	Saskatoon	Feb 15 92

13:30.27	Deborah Powell	58	4	Hamilton	Jan 15 88
13:31.25	Louise Aubin	66	4	New York	Feb 26 88
13:35.14	Joan Bender	63	1	Toronto(MC)	Feb 9 97
10					
13:35.93	Pascale Grand	67	3	Winnipeg	Feb 20 93
13:46.64+	Rachel Robichaud	71	1	Toronto(MC)	Jan 22 95
13:49.1	Rachel Lavallee	86	1	Toronto MC	Apr 24 05
14:17.78	Nanci Sweazey (nee Patton)	55	4	Toronto(MC)	Feb 13 83
14:23.38	Marina Crivello	79	1	Toronto(MC)	Feb 10 02
14:26.25	Susan Hornung	65	4	Saskatoon	Feb 17 95
14:36.44+	Mandy Holland	63	2	Sherbrooke	Feb 26 83
14:37.69	Micheline Daneau	60	1	Montreal	Jan 18 86
14:38.77	Bonnie Boucher	51	3	Windsor	Feb 20 88
14:41.87	Sian Spacey	64	1	Edmonton	Feb 22 86
20					
14:42.31	Brigitte Leblanc	62	2	Toronto(MC)	Feb 09 92
14:43.40	Mylene Dupere	73	3	Sherbrooke	Feb 24 90
14:45.14	Rebecca Lavallee	83	2	Toronto(MC)	Jan 20 02
14:47.23	Joanne Irvine	76	5	Saskatoon	Feb 16 91
14:55.44	Esther Nicole	80	1	Sherbrooke	Feb 27 99
14:57.14+	Elizabeth Peters	66	1		87
14:58.96	Cynthia Burgess	65	3	Toronto(MC)	Feb 14 88
15:03.02	Leslee Kerwin	72	4	Sherbrooke	Feb 24 90
15:03.09	Sylvie Turnbull	72	5	Sherbrooke	Feb 24 90
15:05.24+	Joellen Floer		3	Edmonton	Feb 03 90
30					

## High Jump / Saut en hauteur

1.99	Debbie Brill	53	1	Edmonton	Jan 23 82
1.95	Nicole Forrester	76	5	Arnstadt GER	Feb 03 07
1.92	Jeannie Cockroft	65	1	Vancouver	Jan 16 88
1.91	Wanita Dykstra(now May)	75	p	Lincoln NB	Feb 23 96
1.91	Marissa Cadienhead	76	4	Weinhei GER	Feb 11 04
1.88	Coralea Brown	72	1	Windsor	Feb 21 88
1.87	Brigitte Bittner(now Reid)	55	1	Edmonton	Feb 21 76
1.87	Tammy Lutz	63	1	Edmonton	Mar 15 86
1.87	Linda Cameron(nee McCurdy)	63	3	Ottawa	Jan 20 89
1.87	Roberta Waldner(nee Thoen)	68	1	Edmonton	Mar 96
10					
1.86	Diane Jones(now J-Konihowski)	51	1	Saskatoon	Dec 29 75
1.87	Julie White	60	1	Toronto	Feb 13 76
1.86	Shari Orders	67	1	Toronto	Dec 04 87
1.86	Kristen Mathews	82	1	Toronto(UT)	Jan 11 03
1.85	Leslie Estwick	60	1	Toronto(MC)	Feb 02 86
1.85	Whitney Evans	80	4	Fayetteville	Mar 14 03
1.84	Alison Armstrong(now Doherty)	6	1 p	Edmonton	Feb 22 86
1.84	Catherine Bond(now Mills)	67	1	Winnipeg	Mar 09 90
1.83	Louise Walker(nee Hanna)	51	4=	Toronto	Feb 14 75
1.83	Becky Bryan	72	1	Toronto(MC)	Feb 27 93
20					
1.83	Michelle Laviolette	70	1	Portland OR	Feb 13 94
1.83	Christina Livingston	67	2	Bloomington	Feb 06 98
1.82	Margaret Woods	60		Edmonton	Feb 24 79
1.81	Anne Fillion	55	1	Montreal	Jan 17 76
1.81	Sara McGladdery	69	1	Seattle	Jan 15 95
1.81	Nathalie Belfort	75	1	Notre Dame	Jan 25 97
1.81	Olga Mankovskaya	80	1	Windsor	Feb 14 04
1.81	Ruky Abdulai	85	1	Seattle WA	Jan 27 07
1.80	Sandra Cooper	55	1	London ON	Mar 12 77
1.80	Jill Giffen(nee Ross now Wooley)	58	p	Canyon	Feb 20 82
30					
1.80	Annie Potvin	63	1	Moncton	Mar 21 82
1.80	Carol Anne Leslie	65	1	Montreal	Dec 04 82

1.80	Leanne Madill	69	1	Toronto	Dec 09 88
1.80	Sheri Umeris	67	1	Edmonton	Jan 19 92
1.80	Rosemary Balsom	70	1	Toronto(MC)	Feb 07 93
1.80	Kristen Mathews	87	1	Montreal(MG)	Mar 10 07

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#### Resident Foreigner

1.80	Desa Gesladotteir		1	Toronto	Feb 17 80
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#### Pole Vault / Saut à la perche

4.41	Dana Ellis-Buller	79	1	Albuquerque NM	Feb 03 07
4.38	Kelsie Hendry	82	1	Hamilton	Feb 18 05
4.35	Stephanie McCann	77	2	Flagstaff	Feb 07 04
4.31	Carly Dockendorf	83	1	Seattke WA	Jan 13 07
4.25	Ardin Harrison-Tucker	74	3	Los Angeles	Feb 23 02
4.15	Jackie Honey	75	1	Winnipeg	Mar 02 02
4.11	Trista Bernier	71	1	Jonesboro	Apr 13 98
4.11	Adrienne Vangool	85	1	Winnipeg	Feb 23 07
4.10	Gabriella Duclos-Lasnier	88	1	Tucson	Mar 03 07
4.00	Janice Creighton	83	1	Saskatoon	Mar 10 06

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4.00	Brynne Anderson	82	2	Hamilton	Feb 24 06
3.95	Simona Kovacic	80	1	Lafayette	Jan 25 03
3.95	Melissa Feinstein	79	1	Stanford	Jan 05 99
3.95	Sue Kupper	85	7	Hamilton	Feb 15 07
3.92	Jenniger Bassement		2	Seattle WA	Feb 11 07
3.91	Karla McGee	82	1	Moscow ID	Mar 06 04
3.90	Leah Vause	87	4	Saskatoon	Feb 03 07
3.90	Susanne Fish	82	1	Windsor	Feb 24 07
3.85	Elyse Menard	80	1	Montreal(MG)	Jan 26 02
3.82	Kristen Hagel	76	7	Montreal(MG)	Mar 10 00

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3.81	Jennifer Hunter	77	1	Seattle Wa	Jan 12 02
3.81	Ariane Beaumont-Courteau	90	1	Hannover NH	Jan 06 07
3.81	Patricia Gauthier	85	13	Seattle	Feb 11 06
3.80	Rebecca Chambers	70	1	Windsor	Mar 13 98
3.80	Alicia Bryenton	78	3	South Bend	Feb 26 99
3.80	Holly Speight	77	2	Moscow ID	Feb 10 01
3.80	Arielle Mitchell	82	3	Sherbrooke	Mar 08 02
3.77	Terry Milot	71	1	Edmonton	Feb 10 01
3.75	Leanna Carriere	85	2	Edmonton	Jan 22 06
3.70	Tanya Krynen	80	2	Windsor	Mar 14 03

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3.70	Karolina Nieznalska	84	4=	Windsor	Mar 12 04
3.70	Brynn Anderson	82	1	Winnipeg	Jan 29 05
3.70	Amara Gossin	83	1	Montreal(MG)	Jan 29 05
3.70	Caroline Jean	80	1	Sherbrooke	Jan 21 06
3.70	Mélanie Blouin			Montreal(MG)	Feb 17 07
3.70	Ashley Jeffs	87	3	Windsor	Feb 24 06
3.70	Hannah Moffatt	84	4	Saskatoon	Mar 10 06
3.67	Melanie Frigon	82	1	Dartmouth	Jan 08 06
3.65	Jenna Goddard	76	2	Windsor	Mar 05 99
3.65	Renee Evans	85	1	Toronto(MC)	Jan 19 03

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3.65	Dayna Maaten		4	Ann Arbor	Feb 17 07
3.65	Nikki Jeske	82	2c3	Reno NV	Jan 21 05
3.65	Jen Sulpher		16	Notre Dame	Feb 04 06
3.60	Robyn Mroz		1	Toronto(MC)	Jan 20 02
3.60	Jen Payne		1	Montreal(MG)	Jan 24 04
3.60	Kate Sauks		1	Toronto(MC)	Feb 28 04
3.60	Chelsey Wedman	84	7	Windsor	Mar 12 04
3.60	Dayna Maaten	85	4	Windsor	Feb 24 06
3.60	Lindy Schneider		3	Edmonton	Feb 24 06
3.60	Kate Sauks	84	2	Windsor	Feb 17 06

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3.60	Heather Zavaduk	86	1	Boston	Feb 17 06
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### Long Jump / Saut en longueur

6.57	Krysha Bayley	84	1	Clemson	Jan 21 05
6.52	Tabia Charles	85	2	Blacksburg VA	Feb 24 06
6.50	Nicole Devonish	73	2	Lincoln NB	Feb 21 97
6.46	Alice Falaiye	78	4	Fayetteville	Mar 10 00
6.42	Karen Nelson	63	1	Oklahoma City	Mar 11 88
6.42	Trina Radske	75	1	Ames IW	Feb 08 97
6.41	Tracy Smith	64	1	Edmonton	Feb 22 87
6.39	Tonya Redhead	66	1	Saskatoon	Feb 16 92
6.37	Diane Jones(now Jones Konihowski)51		1	Montreal	Feb 27 77
6.34	Ruky Abdulai	85	2	Johnson City	Mar 10 06
10					
6.33	Nancy Gillis(now Lanovaz)	63	1	Edmonton	Feb 02 91
6.32	Jill Giffen(nee Ross now Woolley)58		1	Ama'rio	Feb 20 82
6.30	Yvonne Mensah	85	1	Champaign ILL	Feb 24 07
6.29	Catherine Bond-Mills	67	p	Saskatoon	Feb 15 92
6.27	Vanessa Monar(now Enweani)	69	1	Edmonton	Feb 18 90
6.26	Brenda Eisler (nee Lee Eisler)	51	1	L.Angeles	Feb 07 75
6.25	Sharon Clarke	63	5	Oklahoma City	Mar 14 86
6.25	Veronica Dyer	77			99
6.25	Simidele Adeagbo	81	1	Nampa ID	Jan 29 05
6.24	Carol Galloway	64			Feb 09 85
20					
6.24A	Tracy Dulmage	71	2	Laramie WY	Mar 05 93
6.19	Debbie van Kiegebelt	54		Toronto	Mar 13 71
6.19	Connie Polman-Tuin	63	p	Toronto	Feb 07 87
6.17	Linda Spenst	62	p	Edmonton	Feb 21 87
6.17	Lana Jolly	67		3 Saskatoon	Feb 16 92
6.17	Kerri-Ann Mitchell	83	1	Joplin MO	Jan 12 02
6.16	Jocelyn Adu-Gyamfi	81	1	Windsor	Jan 18 03
6.14	Jane Cox (now Kolodnicki)	69	1	Winnipeg	Mar 10 90
6.12	Leslie Estwick	60	1	Syracuse NY	Jan 21 95
6.11	Donna Smellie	64	3	Edmonton	Feb 21 87
30					
6.10	Kelly Dinsmore	71	1	Windsor	Mar 05 94
6.10	Stephanie Gouin		1	Windsor	Mar 08 97
6.09	Kairy Hennessy(now Loucks)	66	2	Saskatoon	Feb 16 91
6.09	Simone Lemieux	68	1	Quebec City	Feb 25 94
6.09	Michelle Hastick	73	1	Toronto(MC)	Feb 14 98
6.09	Angela Whyte	80	1	Seattle WA	Mar 01 03
6.07	Ruth Pugh	63	1	Toronto	Feb 08 81
6.06A	Heather Korol	71	3	Flagstaff AZ	Mar 02 90
6.05	Nicole Ali	64	1	Toronto(MC)	Feb 07 82
6.05	Maureen Mcbride	64	1		Dec 03 89
40					
6.05	Seema Kamal	69	1	Saskatoon	Feb 13 93
6.04	Althea Williams	75	1	Cornell NY	Feb 12 00
6.02	Tasha Monroe	81	1	Toronto(MC)	Dec 12 04
<b>Low Sand Pit</b>					
6.06	Althea Williams	75	1	Ithaca NY	Feb 08 97

### Triple Jump / Triple saut

14.02	Tabia Charles	95	1	Notre Dame	Mar 03 07
13.67	Althea Williams	75	1	Toronto(UT)	Feb 25
13.40	Simidale Adeagbo	81	2	Seattle WA	Jan 28 06
13.38	Colleen Ramharak	82	1	Notre Dame	Mar 05 05
13.32	Michelle Hastick	73	2	Baton Rouge	Jan 15 00

13.30	Yvonne Mensah	85	1	Champaign ILL	Feb 25 07
13.23	Simidele Adeagbo	81	2	Nampa ILL	Jan 28 05
13.04	Kelly Dinsmore	71	1	Ypsilanti Mi	Feb 17 95
12.98	Sharon Clarke	63	1	Baton Rouge	Mar 02 86
12.89	Laverne Clark	67	2	Flagstaff AZ	Feb 24 90
10					
12.87	Tracy Dulmage	71	1	Laramie WY	Jan 20 95
12.83	Denisha Williams	75	1	Windsor	Mar 13 98
12.81	Andrea Daniel	70	1	Carbondale Il	Jan 15 94
12.72	Janine Polischuk	85	1	montreal(MG)	Mar 10 07
12.68	Krysha Bayley	84	7	Gainesville	Mar 02 03
12.60	Erika Forster	70	2	Winnipeg	Feb 21 93
12.60	Stephany Reid	80	2	Ames IW	Mar 01 02
12.59	Jennifer Williamson	73	1	Windsor	Mar 7 97
12.58	Karen Nelson	63	2	Gainesville	Jan 30 88
12.58	Kimberly Dykxhoorn			Toronto(MC)	Mar 07 98
20					
12.57	Simone Lemieux	68	1	Dartmouth NH	Jan 08 94
12.57	Nicole Devonish	73	1	Ft. Worth	Feb 18 95
12.54	Emily Rudan	75		Norman OK	Feb 11 95
12.50	Jennifer Jones	73	1	Toronto(MC)	Feb 23 03
12.48	Joanne Gomez	67	1	Lincoln NB	Jan 28 89
12.47A	Danielle Kot	79	1	Logan UT	Dec 10 99
12.46	Jenna Goddard	76	1		Feb 14 97
12.42	Andrea Hastick	68	2	Edmonton	Mar 11 94
12.39	Makela Nkemdirim	75	3	Winnipeg	Feb 21 93
12.37	Pam Prophet	64	1	Syracuse NY	Jan 26 86
30					
12.37	Jama Ross	72		Boston MA	Feb 15 97
12.33	Yolisa Lawrence		2	Boston MA	Jan 26 02
12.31	Kim Braithwaite	82	1	Windsor	Mar 13 04
12.30	Neb Zachariah	87	1	Winnipeg	Mar 12 05
12.29	Alanna Boudreau		2	Windsor	Mar 13 04
12.24	Jocelyn Adu-Gyamfu	81	1	Toronto(UT)	Feb 20 04
12.24	Kelley Park	82	1	London ON	Jan 21 06
12.21	Jan Shreve	84	1	Windsor	Mar 11 03
12.20	Sonia Agbessi	72	1	Montreal(MG)	Mar 01 96
12.20	Kerri-Ann Mitchell	83	2	Joplin MO	Jan 11 02
40					
12.17	Jennifer Hunter	77	4	Windsor	Mar 08 96
12.16	Brigitte Bigras		4	Windsor	Mar 13 98
12.14	Alanna Boudreau	83	2	Montreal(MG)	Mar 10 07
12.12	Gini-Lynne Girard	72	1	Ashlands	Feb 11 94
12.12	Melissa Habok	75	5	Winnipeg	Mar 10 95
12.12	Sarah kipping		3	Montreal(MG)	Mar 10 07
12.10	Stephanie Gouin		6	Windsor	Mar 13 98
12.08	Mandi Tasche	80	1	Edmonton	Feb 28 03
48					
<b>Low Sand Pit</b>					
13.20	Althea Williams	75	1	Ithaca NY	Feb 08 97

## Shot put / Poids

17.02	Carmen Ionesco	51	3	Montreal	Mar 09 79
16.96	Rosemary Hauch	57	1	Blacksburg VA	Jan 29 82
16.74	Georgette Reed	67	1	Winnipeg	Jan 20 95
16.57	Lieja Tunks	76	1	hamilton	Feb 15 07
16.46	Melody Torcolacci	60	1	Edmonton	Feb 23 86
16.35	Cindy Crapper	62	1	Baton Rouge	Feb 26 83
16.23	Diane Jones(Jones Konihowski)	51	1	Montreal	Feb 26 77
16.14	Nancy Mccredie	45		Toronto	Jan 24 64
16.00	Lucette Moreau	56	3	Montreal(CR)	Mar 17 78
15.99	Liz Polyak	64	2	Baton Rouge	Mar 02 86
10					

15.97	Tina McDonald	76	1	Toronto(MC)	Feb 20 00
15.92	Jane Haist	49	1	Montreal	Mar 15 74
15.90	Marie-Josée Lejour	79	3		Feb 19 00
15.85	Liz Toman	78		Colorado Spgs	Feb 26 00
15.83	Catherine Griffin	69	1	Sherbrooke	Jan 24 93
15.74	Robin Lyons	77	2	Laramie WY	Feb 18 00
15.53	Shannon Kekula(now Kristiansen)	66	1	Edmonton	Feb 18 89
15.46	Carol Larose	78	1	Montreal(MG)	Feb 22 03
15.33	Carol Martin	48		Toronto	Mar 10 72
15.29	Dagmar Pesaxova				94
20					
15.24	Nicole Chimko	78	3	Ames IW	Mar 07 98
15.18	Maureen Dowds	48	2	Edmonton	Feb 22 76
15.13	Julie Labonte	90	1	Montreal(CR)	Jan 13 07
15.12	Michele Fournier	77	1	Toronto(MC)	Feb 05 95
15.12	Kate Forbes	82	1	Lethbridge	Dec 14 03
15.08	Suzanne Pecht(nee Atkinson)	67	1	Edmonton	Feb 07 87
15.06	Sandy Ketterer	63	1	Edmonton	Feb 20 83
14.96	Michelle Brotherton	68	1	Saskatoon	Feb 16 91
14.93	Sultana Frizell	84	1	Ottawa	Feb 19 06
14.85	Erin Breaugh	66	1	Toronto(MC)	Feb 09 92
30					
14.80	Melanie Leitch		3	Toronto (UT)	Feb 24 95
14.74	Daisy VanRavenswaay	84	3	Syracuse NY	Feb 11 05
14.74	Jessica Zelinka	81	1	Montreal(MG)	Mar 09 07
14.72	Valerie Tulloch	72	5	Fort Worth TX	Feb 18 94
14.70	Kaitlyn Andrews	88	2	houston TX	Feb 17 07
14.65	Becky Sjare	58	1	London ON	Mar 06 78
14.64	Lianne Coombe	80	1	Toronto(UT)	Feb 06 99
14.56	Doreen Garner	54	2	Edmonton	Feb 05 83
14.53	J. Kernes		2	Winnipeg	Jan 27 95
14.51	Joanne Rothery	66	2	Edmonton	Feb 19 89
40					
14.46	Julie Elders	71	2	Winnipeg	Jan 30 93
14.44	Tashlyn Chase	67	2	Windsor	Feb 22 92
14.43	Joanne Jones (also Anderson)	55	1	Edmonton	Feb 19 77
14.43	Meghan Weaver	85	4	Nampa ID	Feb 25 06
14.40	Judy Gitzic	67	1	Boston MA	Feb 14 87
14.39	Courtney Bovin	72	2	Sherbrooke	Mar 08 02
46					
<b>Resident Foreigner</b>					
18.69	Lieja Tunks(HOL)		1	Ghent BEL	Feb 15 03

### Weight Throw / Marteau en sale

21.84	Amy Moses	82	2	Gainesville	Mar 04 05
21.62	Robin Lyon	77	2	Colorado Sp	Feb 25 00
20.71	Crystal Smith	81	2	Lexington KY	Jan 19 07
20.37	Sultana Frizell	84	11	Fayetteville	Mar 12 05
19.70	Emily Turland	84	10	Fayetteville	Mar 09 07
19.66	Kate Forbes	82	1	Winnipeg	Mar 10 05
19.65	Michele Fournier	77	1	Gainesville	Jan 30 99
19.57	Marie-Josée Lejour	79	7	Fayetteville	Mar 08 02
19.28	Novelle Murray	84	1	Nampa IA	Feb 24 07
19.11	Megan Reid	83	1	Edmonton	Feb 13 05
10					
18.18	Caltha Seymour			Newark NJ	Feb 10 07
18.11	Andrea Karpala	82	1	Greencastle IN	Feb 26 05
18.09	Carol Stevenson	81	2	Seattle WA	Feb 01 03
18.01	Gladys Nortey	72	3	Atlanta GA	Mar 02 96
17.91	Jennilee Way	84	1	Edmonton	Feb 06 05
17.84	Sarah Fletcher	78	1		00
17.71	Rochelle kokayko	87	5	Clemson	Jan 20 06
17.59	Nathalie Thenor	81	1	Montreal(CR)	Feb 22 02

17.44	Andrea Stelter	80	2	Reno NV	Feb 09 02
17.30	Daisy Van Ravenswaay	84	3	Boston MA	Feb 11 05
20					
17.19	Lianne Coombe	80	1	Toronto (MC)	Dec 30 99
17.17	Catherine Griffin	69	2	Boston MA	Jan 23 93
16.99	Noreena Bodaglo	74	1	Montreal(MG)	Mar 13 99
16.99	Angela Machaj	85	2		Feb 02 03
16.98	Nicole Clarke	79		Montreal(MG)	Dec 01 01
16.96	Tina Mcdonald	76	1	Toronto(MC)	Feb 20 00
16.95	Sara Jibb		1	Windsor	Feb 23 07
16.93	Ruth Conlon	76			99
16.86	Mikaela Patterson	86		Clemson	Feb 12 05
16.83	Jennifer Brown	80	4	Winnipeg	Mar 10 05
30					
16.68	Elizabeth Dubourt	86	4	Regina	Feb 26 05
16.43	Heather Schidlowsky	82	2	Saskatoon	Feb 06 04
16.38	Heather Steacy	88	1	Lethbridge	Feb 03 07
16.27	Melissa These	80		Windsor	Mar 11 04
15.97	Karla Johnson	78	4	Montreal(MG)	Mar 13 99
15.88	Heidi Epp	80	2	Edmonton	Mar 01 03
15.78	Heather Patterson	86		Windsor	Feb 24 06
15.65	Jennifer Padriano	82	7	Moscow ID	Feb 16 01
15.60	Erin Sepic	77	2	Dartmouth NH	Jan 09 00
15.57	Courtney Bovin	77		Windsor	Feb 22 02
40					
15.55	Meagan Weaver	85	1	Toronto(MC)	Feb 08 04
15.54	Rebecca Atkinson	77	5	Montreal(MG)	Mar 13 99
15.51	Maureen Watson	80	1	Thunder Bay	Jan 24 04
43					
<b>Nationality Query</b>					
18.58	Anna Dolegiewicz	82	1	Logan UT	Jan 31 04