



**2009 CANADIAN OUTDOOR SENIOR WOMEN RECORDS**  
**As of December 31, 2009**

Event Événement	PERF	Wind Vent	Name Nom	Venue Endroit	Date
100m	10.98	0.8	Angela Bailey	Budapest HUN	6 Jul 87
200m	22.62	0.01	Marita Payne (Wiggins)	Edmonton AB	10 Jul 83
400m	49.91 49.91		Marita Payne Jillian Richardson	Los Angeles USA Seoul	6 Aug 84 25 Sept 88
800m	1:58.39		Diane Cummins	Rieti ITA	2 Sep 01
1000m	2:34.14		Diane Cummins	Brussels BEL	30 Aug 02
1500m	4:00.27		Lynn Williams	Brussels BEL	30 Aug 85
Mile	4:23.28		Leah Pells	Zurich SUI	14 Aug 96
2000m	5:34.49		Angela Chalmers	Sheffield GRB	4 Sep 94
3000m	8:32.17		Angela Chalmers	Victoria BC	23 Aug 94
5000m	14:54.98		Courtney Babcock	Paris FRA	30 Aug 03
10000m	31:44.74		Courtney Babcock	Palo Alto USA	02 May 03
Marathon	2:28:36		Silvia Ruegger	Houston USA	6 Jan 85
5kmRW(Track)	21:52.95		Pascale Grand	Belfast IRE	25 Jun 90
10kmRW(Road)	44:26		Janice McCaffrey	Eisenhuttenstadt GER	11 May 96
10kmRW(Track)	44:30.1		Alison Baker	Bergen NOR	15 May 93
20kmRW(Road)	1:34.50		Janice McCaffrey	Victoria BC	13 Aug 00
100mH	12.46	0.7	Perdita Felicien	Eugene USA	19 Jun 04
400mH	54.39		Rosey Edeh	Atlanta USA	31 Jul 96
2000msc	6:33.28		Lydia Willemse	Tallahassee FL	11 Apr 09
3000msc	9:51.10		Carol Henry	Baton Rouge LA	1 Jun 02
4x100m	43.17		Carol Howe, Patty Loverock, Joanne McTaggart, Marg Bailey	Montreal QC	31 Jul 76
4x200m	1:33.40		Foy Williams, Lindsey Lochhead,	Indianapolis PA	24 Apr 04

			Erica Witter, Danielle Vega		
4x400m	3:21.21		Charmaine Crooks, Jillian Richardson, Molly Killingbeck, Marita Payne	Los Angeles CA	11 Aug 84
4x800m	8:28.55		Melina Thibedeau, Katie Vermuelen, Heather Henniger Diane Cummins	Burnaby BC	10 May 03
4x1500m	18:10.75		Merissa Sexsmith, Rebecca Stallwood, Karin Lockhart, Megan Metcalfe	Philadelphia USA	27 Apr 01
HJ	1.98		Debbie Brill	Rieti ITA	2 Sep 84
PV	4.55		Kelsie Hendry	Prince Albert SK	14 Jun 08
LJ	6.82		Tabia Charles	Chalia GRE	07 Jun 08
TJ	13.94	1.7	Tabia Charles	Philadelphia USA	29 Apr 06
SP	17.83		Lieja Tunks	Arnhem NETH	13 Jun 07
DT	62.72		Carmen Ionescu	Montreal QC	23 Aug 79
HT	72.07		Sultana Frizell	Eugene OR	07 Jun 09
JT	58.21		Elizabeth Gleadle	Belgrade SER	09 Jul 09
Heptathlon	6490		Jessica Zelinka	Beijing CHN	16 Aug 08
	12.97, 1.77, 13.79, 23.64, 6.12, 43.91, 2:07.95 (0.4, 0.3, 0.3)				