



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

Event Événement	PERF	Wind Vent	Name Nom	Venue Endroit	Date
100m	11.08	1.4	Philomena Mensah	Montreal	1998
200m	22.64 22.64	2.1 4.2	Jillian Richardson Marita Payne*	Ottawa Winnipeg	1989 1984
400m	50.57		Charmaine Crooks	Montreal	1990
800m	1:59.46		Diane Cummins	Victoria	2004
1500m	4:04.51		Malindi Elmore	Victoria	2004
5000m	15:08.90		Emilie Mondor	Victoria	2003
10000m	32:14.52		Courtney Babcock+	Burnaby	2002
100mH	12.60 12.45	0.9 2.1	Perdita Felicien Perdita Felicien*	Victoria Victoria	2004 2004
400mH	55.29		Rosey Edeh	Coquitlam	1993
3000msc	10:17.24		Danelle Woods	Windsor	2007
20kmRW	1:34:50		Janice McCaffrey	Victoria	2000
High Jump	1.95		Nicole Forrester	Windsor	2008
Pole Vault	4.35 =4.35 4.35		Stephanie McCann Stephanie McCann Kelsie Hendry	Edmonton Ottawa Toronto	2002 2006 25 Jun 09
Long Jump	6.61 6.72	0.1 2.3	Donna Smellie Donna Smellie*	Ottawa Ottawa	1985 1985
Triple Jump	13.92	1.6	Tabia Charles	Windsor	2008
Shot Put	17.43		Lieja Tunks	Windsor	2007
Discus	59.58		Carmen Ionesco	Montreal	1978
Hammer	70.94		Sultana Frizell	Windsor	2008
Javelin	54.89		Krista Woodward	Windsor	2007
Heptathlon	6058		Catherine Bond-Mills	Coquitlam	1993
(100mH: 13.93/ HJ: 1.79/ SP: 13.21/ 200m: 24.64/ LJ: 6.34/ JT: 41.68/ 800m: 2:18.20)					

\* Championship Best Performance in all conditions (windy/nwi)