

Outdoor Track and Field Womens Open

	NAME	YEAR	PERF.	DATE	LOCATION
SENIOR WOMEN	1 ESTHER MEDEMA	1971	12.31	29-Jun-96	KELOWNA
	2 SUSAN HUMBKE	1972	12.37	18-Jul-93	CALGARY

100M SENIOR WOMEN 200M	1 CANDICE JONES	1973	24.44	30-Jul-94	VICTORIA
	2 ASHLEY PATTERSON	1987	24.73	07-Apr-07	OGDEN
	3 ESTHER MEDEMA	1971	25.15	22-Mar-95	MAR DEL PLATA
	4 SUSAN HUMBKE	1972	25.35	18-Jul-93	CALGARY
	5 VICKY LYNCH	1970	26.56	22-Jun-91	CALGARY

SENIOR WOMEN 400M	1 ASHLEY PATTERSON	1987	55.31	12-May-07	SAN DIEGO
	2 CANDICE JONES	1973	55.39	30-Jul-94	VICTORIA
	3 TANYA WRIGHT	1981	56.86	30-Jun-01	KELOWNA
	4 VICKY LYNCH	1970	57.12	18-Jun-94	CALGARY
	5 JEN KEMP	1983	57.43	16-Apr-05	LONG BEACH
	6 RAELEEN HUNTER	1987	57.75	07-Jul-07	CALGARY

SENIOR WOMEN 800M	1 VICKY LYNCH	1970	02:03.4	05-Jun-92	AUSTIN
	2 JENNY KEMP	1983	02:05.1	31-May-03	FAIRFAX
	3 TANYA WRIGHT	1981	02:05.3	27-Apr-01	DES MOINES
	4 RAELEEN HUNTER	1987	02:06.1	08-Jun-07	VANCOUVER
	5 BRYNN HEBERT	2002	2:12:50	09-Jul-23	SHERWOOD PARK
	6 JENNY ZAWASKI	1977	02:18.5	13-Jul-99	SASKATOON
	7 MEGGAN HODGE	1983	02:24.5	12-Apr-03	STARKVILLE
	8 ESTHER MEDEMA	1971	02:29.6	30-Jul-94	VICTORIA
	9 SHAY OSTAPOWICH	1976	02:41.6	29-Jun-96	KELOWNA

SENIOR WOMEN 1500M	1 VICKY LYNCH	1970	04:17.2	10-May-92	HOT SPRINGS
	2 JENNY KEMP	1983	04:21.3	14-Apr-05	MOUNT SAC
	3 TANYA WRIGHT	1981	04:29.5	06-May-04	HUNTSVILLE
	4 GINELLE DEMONE	1998	04:30.9	23-Mar-18	TALLAHASSEE
	5 BRYNN HEBERT	2002	04:38.8	09-Jul-23	SHERWOOD PARK
	6 MEGGAN HODGE	1983	04:40.8	19-Apr-03	FORT WORTH
	7 PAULA FOLEY		06:27.1	03-Jul-95	KELOWNA
	8 CAROL ZAWASKI		06:29.8	03-Jul-95	KELOWNA

**SENIOR
WOMEN
3000M**

1	JEN KEMP	1983	10:06.8	03-Apr-04	OHIO
2	MEGGAN HODGE	1983	10:14.6	22-May-03	STARKVILLE
3	TANYA WRIGHT	1981	10:45.4	29-Jun-01	KELOWNA
4	SHAY OSTAPOWICH	1976	11:53.9	29-Jun-96	KELOWNA
5	LORI BROHMAN	1957	13:10.0	29-Jun-01	KELOWNA
6	CAROLE ZAWASKI	1957	13:22.8	02-Jul-95	KELOWNA
7	LORI NISHIYAMA	1958	13:43.0	30-Jun-00	KELOWNA
8	ENYD POMERLEAU	1962	13:54.1	30-Jun-98	KELOWNA
9	JACKIE LAIRD	1949	14:06.0	01-Jul-94	KELOWNA
10	MICHELLE KRAMPS	1970	14:23.8	30-Jun-98	KELOWNA

**SENIOR
WOMEN
5000M**

1	MEGGAN HODGE	1983	17:21.9	02-Apr-03	PENN
2					
3					

**SENIOR
WOMEN
HIGH JUMP**

1	LINDSEY BERGEVIN	1989	1.8	16-May-09	CALGARY
2	MARIANNE BEYER	1960	1.7	02-Aug-85	OTTAWA
3	KIRSTEN LINDBERG	1973	1.65	18-Jul-93	CALGARY
4	ESTER MEDEMA	1971	1.65	07-May-94	TUCSON
5	SHERI CAMPBELL	1987	1.65	03-Jun-07	VANCOUVER

**SENIOR
WOMEN
LONG JUMP**

1	ESTHER MEDEMA	1971	5.96	17-Jul-94	CALGARY
2	SUSAN HUMBKE	1972	5.43	07-May-94	TUCSON
3	KIRSTEN LINDBERG	1973	4.82	04-Jul-93	KELOWNA

**SENIOR
WOMEN
TRIPLE JUMP**

1	ASHLEY PATTERSON	1987	11.82	02-May-07	OGDEN
2					
3					

**SENIOR
WOMEN
SHOT**

1	ESTHER MEDEMA	1971	12.27	21-May-94	CALGARY
2	KIRSTEN LINDBERG	1973	11.25	18-Jul-93	CALGARY
3	MARIANNE BEYER	1960	10.3	02-Aug-85	OTTAWA
4	LORETTA CAMPBELL	1970	10.21	16-Jun-90	RED DEER
5	MICHELLE KRAMPS	1971	8.35	28-Jun-98	KELOWNA
6	ENNYD POPMERLEAU	1962	6.57	28-Jun-98	KELOWNA
7	CONNIE LUNDE	1963	6.39	29-Jun-97	KELOWNA
8	ROSE LICKACZ	1953	4.71	28-Jun-98	KELOWNA

**SENIOR
WOMEN
DISCUS**

1	MARIANNE BEYER	1960	37.22	10-May-86	EDMONTON
2	KIRSTEN LINDBERG	1973	33.4	04-Jul-93	KELOWNA
3	MICHELLE KRAMPS	1971	21.88	28-Jun-98	KELOWNA
4	ENNYD POMERLEAU	1962	15.88	28-Jun-98	KELOWNA

**SENIOR
WOMEN
JAVELIN**

1	LORETTA CAMPBELL	1970	44.26	22-Jul-90	CALGARY
2	ESTHER MEDEMA	1971	39.16	29-Jun-96	KELOWNA
3	MARIANNE BEYER	1960	32.08	10-May-86	EDMONTON
4	MICHELLE KRAMPS	1971	30.18	28-Jun-98	KELOWNA
5	KIRSTEN LINDBERG	1973	29.3	18-Jul-93	CALGARY
6	SHAY OSTAPOWICH	1976	23.38	29-Jun-96	KELOWNA

**SENIOR
WOMEN
HAMMER**

1	ENNYD POMERLEAU	1962	21	28-Jun-98	KELOWNA
2	MICHELLE KRAMPS	1971	18.9	29-Jun-97	KELOWNA
3					

**SENIOR
WOMEN
100M HURDLES**

1	ESTHER MEDEMA	1971	13.34	17-Jun-95	CALGARY
2	SUSAN HUMBKE	1972	16.07	04-Jul-93	KELOWNA
3	KIRSTEN LINDBERG	1973	16.73	04-Jul-93	KELOWNA
4	MARIANNE BEYER	1960	17.7	02-Aug-85	OTTAWA

**SENIOR
WOMEN
3000M STEEPLE**

1	MEGGAN HODGE	1983	10:46.0	15-May-05	NASHVILLE
2					
3					

Updated Oct 2023