

FEMALE	NAME	YEAR	PERF.	DATE	LOCATION
100M	1 JANICE ZAWASKI	1982	12.47	12-Jul-96	CALGARY
UNDER 16	2 EMMA LEE	2010	12.52	10-May-24	CALGARY
	3 KATHERINE DRAGON	2009	12.76	6-Jul-24	EDMONTON
	4 VANESSA BARR	1993	12.98	12-May-07	ST ALBERT
	5 BRIANNA CATHCART	2008	12.98	21-Jul-23	OKOTOKS
	6 BREANNE CARTER	1988	12.99	30-Jun-03	KELOWNA
	7 CHRISTI FERGUSON	1970	13.01	8-Jul-85	CALGARY
	8 KELSEY RICHARD	1992	13.02	30-Jun-07	KELOWNA
	9 GWYNNE FEDORUK	1969	13.04	24-Jul-83	LETHBRIDGE
	10 DACIA DELLEZAY	1979	13.04	28-May-94	ST. ALBERT
	11 TATYJANIA KHOUNVISETH	1998	13.08	28-Jul-13	CALGARY
	12 KAMI GAINSFORTH	1995	13.19	15-May-10	CALGARY
	13 KATERINE DRAGON	2009	13.21	17-Jun-23	CALGARY
	14 ERIKA OSWALD	1990	13.24	20-Jul-04	RED DEER
	15 COLLETTE GOUDREAU	1974	13.28	3-Jul-88	CALGARY
	16 ANGIE REMBOWSKI	1965	13.34	21-Jul-79	CALGARY
	17 LYNN MURRAY	1964	13.34	21-Jul-79	CALGARY
	18 NICOLLE HARYSH	1995	13.34	15-May-10	CALGARY
	19 CHELSY LINK	1979	13.40	17-May-94	RED DEER
	20 DAWN CHITRINA	1983	13.44	30-May-98	ST ALBERT
FEMALE	NAME	YEAR	PERF.	DATE	LOCATION
200M	1 JANICE ZAWASKI	1982	25.10	9-Jun-96	CALGARY
UNDER 16	2 ABIOLA OMOYAYI	2009	26.04	20-Jun-24	CALGARY
	3 TATYJANIA KHOUNVISETH	1998	26.39	6-Jul-13	MEDICINE HAT
	4 NICOLLE HARYSH	1995	26.48	18-Jun-10	CALGARY
	5 ARIELLE BOCK	1994	26.53	30-May-09	MEDICINE HAT
	6 KATERINE DRAGON	2009	26.87	2-Jun-24	LEDUC
	7 CHRISTI FERGUSON	1970	26.97	24-Jun-84	LANGLEY
	8 VANESSA BARR	1993	27.00	13-May-07	ST ALBERT
	9 CHELSEA LINK	1979	27.09	17-Jul-94	CALGARY
	10 KELSEY RICHARD	1992	27.21	1-Jul-07	KELOWNA
	11 LYNN MURRAY	1964	27.24	21-Jul-79	CALGARY
	12 EMMA LEE	2010	27.24	11-May-25	CALGARY
	13 ANGIE REMBOWSKI	1965	27.34	21-Jul-79	CALGARY
	14 VICKY LYNCH	1970	27.34	29-Jun-84	CALGARY
	15 TANYA WRIGHT	1981	27.34	27-May-95	ST ALBERT
	16 BREANNE CARTER	1988	27.37	21-Jun-03	EDMONTON
	17 GWYNNE FEDORUK	1969	27.44	23-Jul-83	LETHBRIDGE
	18 BREANNA CATHCART	2008	27.44	9-Jul-23	SHERWOOD PARK
	19 BARB DROLET	1972	27.44	4-Jul-87	EDMONTON
	20 ERIKA OSWALD	1990	27.50	29-May-04	ST ALBERT
FEMALE	NAME	YEAR	PERF.	DATE	LOCATION
300M	1 ABIOLA OMOYAYI	2009	40.93	10-Aug-24	CALGARY
UNDER 16	2 NICOLLE HARYSH	1995	41.69	11-Aug-10	LANGLEY
	3 NATASHA SMALLWOOD	1996	42.37	12-Jun-11	CALGARY
	4 HANNAH GREGORY	2010	42.37	30-Jun-24	KELOWNA
	5 GINELLE DEMONE	1998	43.37	6-Jul-13	MEDICINE HAT
	6 NOELLE CAKMAK	1997	44.20	17-Jul-11	REGINA
	7 ARIELLE BOCK	1994	44.36	11-Jul-09	MEDICINE HAT
	8 MARY MACLEAN	2008	44.59	21-Jul-23	OKOTOKS
	9 LIBBY DUNN	2006	44.74	24-Jul-21	CALGARY
	10 IZZY SEILER	2006	45.00	12-Sep-20	LEDUC
	11 ARYONNAH KNEE	2009	45.04	12-May-24	CALGARY
	12 BRYNN HEBERT	2002	45.19	23-Jul-17	SHERWOOD PARK
	13 OLIVIA LAKE	2004	45.20	9-Jun-18	LEDUC
	14 ALCIA SWANSON	1998	45.34	6-Jul-13	MEDICINE HAT
	15 JORDAN TAYLOR	1995	45.39	12-Jun-09	CALGARY
	16 CHAVA PARMAR	1997	45.90	24-Jun-12	ST ALBERT
	17 CHEYENNE GOH	1999	45.96	2-Jun-13	ST ALBERT
	18 MAELLE DREBERT	2011	46.32	11-May-25	CALGARY
	19 JULIANA CHIPIUK	2005	46.86	2-Jun-19	LEDUC
FEMALE	NAME	YEAR	PERF.	DATE	LOCATION
400M	1 JANICE ZAWASKI	1982	54.96	2-Aug-97	CALGARY
UNDER 16	2 TANYA WRIGHT	1981	58.53	27-Jul-96	CALGARY
	3 VICKY LYNCH	1970	59.10	14-Jul-84	CALGARY
	4 JENNIFER KEMP	1983	59.69	15-Jun-98	CALGARY
	5 JENNY VANKEMPEN	1982	59.66	1-Aug-87	CALGARY
	6 BARB DROLET	1972	60.40	1-Aug-97	CALGARY
	7 GWYNNE FEDORUK	1969	60.58	23-Jul-83	LETHBRIDGE
	8 DEBBIE FOSTER	1978	61.06	17-Jul-93	CALGARY
	9 NATASHA SMALLWOOD	1996	61.09	7-May-12	LETHBRIDGE
	10 RAELEEN HUNTER	1987	61.22	30-Jun-02	KELOWNA
	11 CARA GIBSON	1977	61.27	3-Jul-92	RED DEER
	12 ABIOLA OMOYAYI	2009	61.27	23-May-24	LANGLEY
	13 NOELLE CAKMAK	1997	61.80	26-Mar-12	ST ALBERT
	14 CANDICE JONES	1973	61.99	3-Jul-88	CALGARY
	15 JENNY ZAWASKI	1977	62.22	3-Jul-92	RED DEER
	16 DEANNA MONSON	1971	62.49	26-Jul-86	WINNIPEG
	17 CHRISTINE ZAWASKI	1981	62.79	25-Jun-94	RED DEER
	18 RILEY LAFORGE	1994	62.85	28-Jun-08	KELOWNA
	19 VANESSA HALWA	1979	63.03	17-Jul-94	CALGARY
	20 ERIKA OSWALD	1990	63.20	25-Jun-04	CALGARY
FEMALE	NAME	YEAR	PERF.	DATE	LOCATION
800M	1 JENNIFER KEMP	1983	2:10.39	25-Jul-98	CAYMAN ISLANDS
UNDER 16	2 TANYA WRIGHT	1981	2:12.54	10-Aug-96	SHERBROOKE
	3 NATASHA SMALLWOOD	1996	2:14.73	6-Aug-11	OTTAWA
	4 GINELLE DEMONE	1998	2:15.26	11-Aug-13	LANGLEY
	5 MEADOW DREBERT	2006	2:16.42	10-Jul-21	EDMONTON
	6 VICKI LYNCH	1970	2:16.58	3-Aug-85	SASKATOON
	7 HANNAH GREGORY	2010	2:16.60	10-Aug-25	CALGARY
	8 JANICE ZAWASKI	1982	2:16.83	29-Jun-96	KELOWNA
	9 HALEY KEIRSTEAD	1999	2:17.16	16-Aug-14	LANGLEY
	10 JENNY VAN KEMPEN	1982	2:17.34	10-Aug-96	SHERBROOKE
	11 ADRIA SNOWDON	1986	2:19.71	14-Apr-01	ARCADIA
	12 MARY MACLEAN	2008	2:20.23	25-Jun-23	EDMONTON
	13 ALCIA SWANSON	1998	2:20.81	20-Jul-13	SHERWOOD PARK
	14 DEANNA MONSON	1971	2:21.10	13-Jul-86	CALGARY
	15 BARB DROLET	1972	2:22.48	11-Jul-87	EDMONTON
	16 BRYNN HEBERT	2002	2:22.61	1-Jul-17	KELOWNA
	17 JULIANA CHIPIUK	2005	2:22.78	14-Jul-19	REGINA
	18 LIBBY DUNN	2006	2:23.06	12-Sep-20	LEDUC
	19 GWYNNE FEDORUK	1969	2:23.08	24-Jul-83	LETHBRIDGE
	20 DEBBIE FOSTER	1978	2:23.57	15-Aug-93	SASKATOON
FEMALE	NAME	YEAR	PERF.	DATE	LOCATION
1200M	1 HANNAH GREGORY	2010	3:39.72	8-Aug-25	CALGARY
UNDER 16	2 HALEY KEIRSTEAD	1999	3:40.14	15-Aug-14	LANGLEY
	3 GINELLE DEMONE	1998	3:46.11	9-Aug-13	LANGLEY
	4 BRYNN HEBERT	2002	3:46.73	22-Jul-17	SHERWOOD PARK
	5 JULIANA CHIPIUK	2005	3:47.42	16-Jun-19	CALGARY
	6 ALCIA SWANSON	1998	3:50.63	6-Jul-13	MEDICINE HAT
	7 NATASHA SMALLWOOD	1996	3:51.57	24-Jun-10	WINNIPEG
	8 MADDY OXTON	1997	3:56.97	27-Jul-12	LETHBRIDGE
	9 LIBBY DUNN	2006	3:57.08	24-Jul-21	CALGARY
	10 KYRA SHEPPARD	2007	3:57.85	14-May-22	CALGARY
	11 RILEY LAFORGE	1994	3:58.36	11-Jul-09	MEDICINE HAT
	12 CLAIR KELLER	2010	3:59.88	2-Jun-24	LEDUC
	13 DEVIN FLINT	1996	4:00.80	15-May-10	CALGARY
	14 MAELLE DREBERT	2011	4:03.60	4-Jul-25	SHERWOOD PARK
	15 ASHLYNN UDHOLM	1995	4:06.53	20-Jul-10	PEACE RIVER
	16 CHRISTINE SIMARD	1996	4:09.52	3-Jul-11	KELOWNA
	17 REEGAN BROADBENT	2002	4:10.20	15-Jul-16	LEDUC
	18 PEYTON SANDERS	2011	4:14.25	4-Jul-25	SHERWOOD PARK
	19 SIERRA HALWA	1997	4:14.41	28-May-11	CALGARY
	20 GEMMA MORAN	1996	4:21.44	26-Jun-10	ST ALBERT
FEMALE	NAME	YEAR	PERF.	DATE	LOCATION
1500M	1 TANYA WRIGHT	1981	4:44.20	29-Jun-96	KELOWNA
UNDER 16	2 VICKY LYNCH	1970	4:46.35	3-Aug-85	SASKATOON
	3 JENNIFER KEMP	1983	4:49.38	25-Jul-98	CALGARY
	4 MEADOW DREBERT	2006	4:49.87	6-Aug-21	SHERWOOD PARK
	5 BARB DROLET	1972	4:51.95	11-Jul-87	EDMONTON
	6 JENNY VAN KEMPEN	1982	4:54.47	1-Jun-96	VANCOUVER
	7 RILEY LAFORGE	1994	4:56.06	28-Jun-08	KELOWNA
	8 NICOLE MARVIN	1980	4:58.31	15-Jul-95	CALGARY
	9 CHRISTINE ZAWASKI	1981	4:59.59	15-Jul-95	CALGARY
	10 DEANNA MONSON	1971	4:59.85	10-Aug-86	SUBURBY
	11 STEPHANIE AITKEN	1987	5:03.44	15-Jun-02	CALGARY
	12 BRETT FOLEY	1982	5:04.18	25-Jul-97	LLOYDMINSTER
	13 TASHA WATSON	1975	5:07.95	24-Jun-89	RED DEER
	14 ADRIA SNOWDON	1986	5:08.48	27-May-00	ST ALBERT
	15 JOELLE STENGEL	1988	5:08.95	30-Jun-02	KELOWNA
	16 KYLA CUNNINGHAM	1977	5:10.35	31-Jul-93	CALGARY
	17 HEATHER KRUEGER	1978	5:10.94	4-Jul-93	CALGARY
	18 TANYA ANDERSON	1971	5:12.70	26-Jul-86	WINNIPEG
	19 TARA LABRANCHE	1985	5:13.40	8-Jul-00	EDMONTON
	20 JODY ARBUCKLE	1976	5:13.64	18-May-91	VANCOUVER
FEMALE	NAME	YEAR	PERF.	DATE	LOCATION
2000M	1 HALEY KEIRSTEAD	1999	6:33.12	12-Aug-14	LANGLEY
UNDER 16	2 MEADOW DREBERT	2006	6:41.15	12-Sep-20	LEDUC
	3 JULIANA CHIPIUK	2005	6:44.13	26-May-19	WINNIPEG
	4 HANNAH GREGORY	2010	6:45.23	21-Jul-24	ST ALBERT
	5 ALCIA SWANSON	1998	6:51.51	10-Aug-13	LANGLEY
	6 RILEY LAFORGE	1994	7:00.50	11-Jul-09	MEDICINE HAT
	7 BRYNN HEBERT	2002	7:01.70	15-Jul-17	WINNIPEG
	8 KYRA SHEPPARD	2007	7:17.29	26-Jun-22	LEDUC
	9 DEVIN FLINT	1996	7:20.17	20-Jul-10	PEACE RIVER
	10 CHRISTINE SIMARD	1996	7:24.06	12-Jun-11	CALGARY
	11 MADDY OXTON	1997	7:24.93	27-Jul-12	LETHBRIDGE
	12 MARY MACLEAN	2008	7:27.49	29-May-22	ST ALBERT
	13 ASHLYNN UDHOLM	1995	7:28.58	12-Jun-09	CALGARY
	14 GINELLE DEMONE	1998	7:29.32	13-May-12	CALGARY
	15 REEGAN BROADBENT	2002	7:34.57	29-May-16	ST ALBERT
	16 SIERRA HALWA	1997	7:55.51	15-May-11	CALGARY
	17 BROOKLYN JOHNSTON	2007	8:09.60	12-Jun-22	KELOWNA
	18 LAUREN DELLEZAY	2005	8:25.53	29-Jun-18	CALGARY
FEMALE	NAME	YEAR	PERF.	DATE	LOCATION
3000M	1 JENNIFER KEMP	1983	10:38.27	30-Jun-98	KELOWNA
UNDER 16	2 BARB DROLET	1972	10:40.51	10-Aug-86	SUBURBY
	3 BRETT FOLEY	1982	10:58.91	29-Jun-97	KELOWNA
	4 NICOLE MARVIN	1981	10:59.57	16-Jul-95	CALGARY
	5 CHRISTINE ZAWASKI	1980	11:09.27	21-Jul-95	CALGARY
	6 HALEY KEIRSTEAD	1999	11:09.64	17-Aug-14	EDMONTON
	7 STEPHANIE AITKEN	1987	11:10.71	17-May-02	CAMROSE
	8 JAMIE JOHNSON	1983	11:14.00	30-Jun-98	KELOWNA
	9 RILEY LAFORGE	1994	11:14.25	4-Jul-09	EDMONTON
	10 DEANNA MONSON	1971	11:18.08	24-May-86	LEDUC
	11 TASHA WATSON	1975	11:19.06	24-Jun-89	

