

# FEMALE | OPEN OUTDOOR TF + ROAD

LAST UPDATED: 2024-08-16

EVENT	RECORD		ATHLETE	YOB	CLUB	LOCATION	DATE
100m	11.03	1.0	 Philomena Mensah	1975	COQC	Monachil, ESP	08/10/1999
200m	22.6h		 Patty Loverock	1953	VOCA	Quebec City, QC	08/10/1976
	23.09	1.0	 Philomena Mensah	1975	COQC	Flagstaff, AZ	07/10/1998
	23.09	1.9	 Tara Perry	1974	COQC	Irvine, CA	05/04/1996
400m	51.88		 Camille Noel	1974	UCLA	Berkeley, CA	05/21/1993
800m	1:58.39		 Dianne Cummins	1974	UNBC	Rieti, ITA	09/02/2001
1000m	2:34.14		 Dianne Cummins	1974	UNBC	Brussels, BEL	08/30/2002
1500m	4:00.27		 Lynn Williams	1960	KJAK	Brussels, BEL	08/14/1995
Mile	4:23.28		 Leah Pells	1964	UNBC	Zurich, SWI	08/17/1996
2000m	5:34.49		 Angela Chalmers	1970	VRTC	Sheffield, GBR	09/04/1994
3000m	8:32.17		  Angela Chalmers	1970	VRTC	Victoria, BC	08/23/1994
3000mSC	9:20.58		  Ceili McCabe	2001	UNBC	Los Angeles, CA	05/18/2024
3000mRW	13:30.13		Karen Foan	1979	UBCT	Burnaby, BC	04/12/2003
5000m	14:54.98		 Courteny Babcock	1972	MTWT	Paris, FRA	08/30/2003
5000mRW	22:34.31		 Olivia Lundman	2003	NTFC	Coquitlam, BC	06/02/2024
10000m	31:41.59		 Natasha Wodak	1981	PIHR	Stanford, CA	05/02/2015
10000mRW	47:16.77		Nicola Evangelista	1988	WALK	Coquitlam, BC	07/15/2012
20000mRW	1:47:22.00		Megan Wylie	1985	WALK	Coquitlam, BC	06/22/2010
100mH   0.84m	13.27	1.5	Katarina Vlahovic	2000	UATH	Lubbock, TX	05/15/2022
400mH   0.76m	56.12		Yvonne Mensah	1985	KJAK	Lawrence, KS	4/19/2008
High Jump	1.98		 Debbie Brill	1953	UNBC	Rieti, ITA	09/02/1984
Pole Vault	4.45		Carly Dockendorf	1983	UNBC	Livermore, CA	06/02/2007
Long Jump	6.99	0.8	  Christabel Nettey	1991	UNBC	Eugene, OR	05/29/2015
Triple Jump	13.45	-1.8	Yvonne Mensah	1985	KJAK	Knoxville, TN	05/27/2006
Shot Put   4.00K	16.34		Nona Abashidze	1955	KJAK	Kelowna, BC	06/29/1996
Discus Throw	60.50		Agnes Esser	1995	PATH	Victoria, BC	06/12/2024
Hammer Throw   4.00K	78.62		  Camryn Rogers	1999	KJAK	Los Angeles, CA	06/27/2023
Javelin Throw   600G	64.83		  Elizabeth Gleadle	1988	TBIR	Kawasaki, JPN	05/10/2015
Heptathlon	6314		 Georgia Ellenwood	1995	UNBC	Ratingen, GER	06/20/2021

13.40 (1.6) / 1.76m / 12.29m / 24.29 (-0.5) / 6.20m (0.4) / 48.57m / 2:11.45

## ROAD

Mile Road	4:37		Glynis Sim	1998	TBIR	Riga, LAT	10/01/2023
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EVENT	RECORD	ATHLETE	YOB	CLUB	LOCATION	DATE
5K Road	15:36	 Natasha Wodak	1981	PIHR	Vancouver, BC	04/16/2019
8K Road	25:28	  Natasha Wodak	1981	PIHR	Saanichton, BC	10/13/2019
10K Road	28:34	  Natasha Wodak	1981	UNBC	Ottawa, ON	05/25/2024
15K Road	52:26	Kinsey Middleton	1992	UNBC	Valencia, ESP	03/24/2018
20K Road	1:06.07	 Natasha Wodak	1981	PIHR	Houston, TX	01/19/2020
30K Road	1:42.03	 Malindi Elmore	1980	UBCO	Berlin, GER	09/24/2023
5K Race Walk	25:34	Joean Lu	2000	WALK	Philadelphia, PA	08/17/2019
10K Race Walk	49:15	Katelyn Ramage	1993	WALK	Victoria, BC	03/29/2015
20K Race Walk	1:37:32	Nicola Evangelista	1988	WALK	Beijing, CHN	08/23/2015
Half Marathon	1:09.41	 Natasha Wodak	1981	PIHR	Houston, TX	01/19/2020
Marathon	2:23.12	  Natasha Wodak	1981	PIHR	Berlin, GER	09/25/2022

