

## Alberta Outdoor Records - Men

Event	Performance		Name	Affiliation	Venue	Date
<b>100m</b>	10.06	1.7	Sam Effah (88)	UC Athletics Club	Miramar, Florida	July 9 2010
<b>200m</b>	20.31	0.2	Bryan Barnett (87)	Capital City	Osaka, Japan	Aug 27 2007
<b>400m</b>	44.44		Tyler Christopher (83)	UA Athletics Club	Helsinki, Finland	Aug 12 2005
<b>800m</b>	1'46.87		Doug Wournell (61)	Calgary Thunderbolts	Burnaby, BC	May 26 1984
<b>1500m</b>	3'40.15		Peter Corrigan (89)	Running Room AC	Toronto, ON	July 7 2012
<b>5000m</b>	13'38.31		Jeremy Deere (75)	Calgary Spartans	Victoria, BC	Aug 11 2000
<b>10000m</b>	28'12.0h		Peter Butler (58)	Calgary Spartans	Vancouver, BC	July 18 1981
<b>Marathon</b>	2:10'56		Stefan Fekner (52)	Edmonton Road Runners	Okanagan, BC	May 21 1995
<b>110m Hurdles</b>	14.18		Kendal Beckles (75)	Calgary International	Victoria, BC	Aug 11 2000
<b>400m Hurdles</b>	48.24		Adam Kunkel (81)	Legacy Athletics	Rio de Janeiro, BRA	July 27 2007
<b>3000m SC</b>	8'38.8h		Rob Evans (59)	Calgary Spartans	Seattle, WA	May 17 1980
<b>20km RW</b>	1:21'46		Tim Berrett (65)	Leduc Track	Victoria, BC	Aug 13 2000
<b>50km RW</b>	3:50'20		Tim Berrett (65)	Leduc Track	Tijuana, Mexico	Mar 21 2004
<b>High Jump</b>	2.22		Cory Siermachesky (69)	Capital City	Calgary, AB	July 23 1989
<b>Pole Vault</b>	5.41		Deryk Theodore (89)	Edmonton International	Edmonton, AB	June 7 2016
<b>Long Jump</b>	7.90	2.0	Kyle McDuffie (60)	Edmonton Olympic Club	Ottawa, On	Aug 3 1985
<b>Triple Jump</b>	16.29		Oral O'Gilvie (69)	Capital City	Modesto, CA	May 10 1997
<b>Discus</b>	55.89		Jim Steacy (84)	Chinook Track	Victoria, BC	July 10 2004
<b>Hammer</b>	79.13		Jim Steacy (84)	Chinook Track	Lethbridge, AB	May 16 2008
<b>Javelin</b>	74.84		Kyle Nielsen (89)	Chinook Track	Lethbridge, AB	May 18 2014
<b>Shot Put</b>	18.44		Chris Meisner (83)	Chinook Track	Victoria, BC	July 19 2003
<b>Decathlon</b>	8626		Michael Smith (69) (11.23 - 7.72 - 16.94 - 1.97 - 48.69 - 14.77 - 52.90 - 4.90- 71.71- 4'41.95)	Calgary Track West	Gotzis, Austria	May 6 1996

<b>4x100m</b>	40.02	James Dutton Brad McCuaig (70) Kofi Yekakpro Ricardo Greenidge	Calgary International	Calgary, AB	June 20 1999
<b>4x100m - Club</b>	40.02	James Dutton Brad McCuaig (70) Kofi Yekakpro Ricardo Greenidge	Calgary International	Calgary, AB	June 20 1999
<b>4x200m</b>	1'36.32	Yembeh Moiba (90) Elliot Ward (98) Clayton Hayes (88) Marin Boucher (00)	Capital City	Sherwood Park, AB	June 13 2015
<b>4x200m - Club</b>	1'36.32	Yembeh Moiba (90) Elliot Ward (98) Clayton Hayes (88) Marin Boucher (00)	Capital City	Sherwood Park, AB	June 13 2015
<b>4x400m</b>	3'10.90	Ian Gordon G. Bell R. Jacson Brian Cookshaw	Team Alberta	Sudbury, ON	Aug 24 1974
<b>4x400m - Club</b>	3'11.63		Calgary Spartans	Winnipeg, MB	July 1 1984
<b>4x800m</b>	8'46.72		Edmonton Harriers	Sherwood Park, AB	June 13 2005
<b>4x800m - Club</b>	8'46.72		Edmonton Harriers	Sherwood Park, AB	June 13 2005
<b>4x1500m</b>	Vacant				
<b>4x1500m - Club</b>	Vacant				
<b>Medley 400m x 200m x 200m x 800m</b>	3'38.21	Colesen Faunt (98) Chubba Hubbard (99) Mehrddad Shokooi (99) Ryan Smeeton (98)	Team Alberta Midgets	Langley, BC	Aug 11 2013
<b>Medley - Club 400m x 200m x 200m x 800m</b>	Vacant				

## Alberta Outdoor Records - Women

Event	Performance		Name	Affiliation	Venue	Date
<b>100m</b>	11.37		Esmie Lawrence (61)	Calgary Spartans	Rabat, Morocco	July 14 1989
<b>200m</b>	23.07		Atia Weeks (80)	Calgary International	Flagstaff, AZ	July 9 1998
<b>400m</b>	49.91		Jillian Richardson (65)	Calgary Spartans	Seoul, Korea	Aug 25 1988
<b>800m</b>	2'01.62		Mary Burzminski (60)	Edmonton Columbians	Rome, Italy	Aug 28 1987
<b>1500m</b>	4'05.65		Malindi Elmore (80)	UC Athletics Club	Paris, France	July 6 2007
<b>5000m</b>	15'06.44		Jessica O'Connell (89)	UC Athletics Club	Stanford, CA	May 2 2015
<b>10000m</b>	32'30.08		Aster Demisse (83)	Edmonton Thunder	Vancouver, BC	June 4 2005
<b>Marathon</b>	2:33'51		Sandy Jacobson (66)	Calgary Spartans	Paris, France	Aug 31 2003
<b>100m Hurdles</b>	12.63	1.4	Angela Whyte (80)	Unattached Alberta	Carson, CA	May 20 2007
<b>400m Hurdles</b>	55.58		Tawa Dortch-Babatunde (77)	Edmonton Olympic Club	Helsinki, Finland	Aug 5 2005
<b>3000m SC</b>	9'43.63		Maria Bernard (93)	UC Athletic Club	Portland, OR	June 16 2017
<b>10km RW</b>	51'01		Holly Gerke (64)	Edmonton Racewalk	Vancouver, BC	May 2 2004
<b>20km RW</b>	1:34'50		Janice McCaffrey (59)	Calgary Track West	Victoria, BC	Aug 13 2000
<b>High Jump</b>	1.86		Christina Livingston (67)	Calgary Track West	Calgary, AB	June 22 1997
	1.86		Whitney Evans (80)	Calgary Warriors	Sacramento, CA	June 14 2003
	1.86		Whitney Evans (80)	Calgary Warriors	Claremont, CA	Apr 15 2005
<b>Pole Vault</b>	4.35		Lindsay Mix (89)	Edmonton International	Tempe, AZ	Apr 9 2016
<b>Long Jump</b>	6.62	0.3	Krysha Bayley (84)	Legacy Athletics	Edmonton, AB	Aug 6 2001
<b>Triple Jump</b>	13.12		Nancy Lanovaz (63)	Rocky Mountain Royals	Ottawa, ON	June 11 1993
<b>Discus</b>	55.84		Rachel Andres (87)	Unattached Alberta	Sherwood Park, AB	July 13 2014
<b>Hammer</b>	72.16		Heather Stacey (88)	Chinook Track	Tempe, AZ	Apr 6 2012
<b>Javelin</b>	64.83		Elizabeth Gleadle (88)	Chinook Track	Kawasaki, Japan	May 10 2015
<b>Shot Put</b>	17.01		Georgette Reed (67)	Calgary Spartans	Sydney, Australia	Feb 11 1996

<b>Heptathlon</b>	6314	Jessica Zelinka (81) (13.32 (-0.1) - 1.76 - 14.32 - 24.22 (-2.1) - 6.19 (0.1) - 41.52 - 2'12.48)	UC Athletics Club	Gotzis, Austria	May 27 2006
<b>4x100m</b>	45.62	Maxine Scringler (68) Esmie Lawrence (61) Cathy Chrusch (60) Gail Harris (66)	Calgary Spartans	Phoenix, AZ	Apr 5 1986
<b>4x100m - Club</b>	45.62	Maxine Scringler (68) Esmie Lawrence (61) Cathy Chrusch (60) Gail Harris (66)	Calgary Spartans	Phoenix, AZ	Apr 5 1986
<b>4x200m</b>	1'47.19		UC Athletics Club	Calgary, AB	July 4 2012
<b>4x200m - Club</b>	1'47.19		UC Athletics Club	Calgary, AB	July 4 2012
<b>4x400m</b>	3'37.26	Maxine Scringler (68) Esmie Lawrence (61) Gail Harris (66) Cathy Chrusch (60)	Calgary Spartans	Phoenix, AZ	Apr 5 1986
<b>4x400m - Club</b>	3'37.26	Maxine Scringler (68) Esmie Lawrence (61) Gail Harris (66) Cathy Chrusch (60)	Calgary Spartans	Phoenix, AZ	Apr 5 1986
<b>4x800m</b>	10'15.59		Edmonton Harriers	Sherwood Park, AB	June 13 2015
<b>4x800m - Club</b>	10'15.59		Edmonton Harriers	Sherwood Park, AB	June 13 2015
<b>4x1500m</b>	Vacant				
<b>4x1500m - Club</b>	Vacant				
<b>Medley 400m x 200m x 200m x 800m</b>	4'05.40	Candace Wonago (01) Allie Ruptash (02) Julia Lovsin (01) Olivia Cooper (01)	Team Alberta Midgets	Ste Therese, QC	Aug 6 2016
<b>Medley - Club 400m x 200m x 200m x 800m</b>	Vacant				