

## FEMALE SENIOR - OUTDOOR

100 M			200 M			400 M		
2001	LAURA WILSON	12.09	2018	GEORGIA ELLENWOOD	24.21	2016	FIONA BENSON	56.41
2016	ALTYN BEKIVOIA	12.61	2015	GEORGIA ELLENWOOD	24.45	2015	ANASTASIA PEARSE	58.33
			2016	GEORGIA ELLENWOOD	24.60	2016	KATERINA MARYSCHUK	62.82
			2001	LAURA WILSON	24.78	2016	JORDAN PIERCY	1:02.05
			2013	LEAH ROBINSON (T37)	31.98	2013	LEAH ROBINSON (T37)	1:13.03
800 M			1500 M			5000 M		
2015	FIONA BENSON	1:59.59	2015	FIONA BENSON	4:05.24	2016	LISA BROOKING	16:11.58
2016	FIONA BENSON	2:03.11	2017	REGAN YEE	4:09.29	2017	LINDSEY CARSON	16:28.32
2017	MEG HARRADINE	2:09.52	2016	REGAN YEE	4:09.88	2013	FIONA BENSON	17:50.22
2015	SARAH INGLIS	2:09.98	2015	SARAH INGLIS	4:12.99	2017	MIKAELA SMART	18:10.43
2016	MEG HARRADINE	2:11.36	2016	FIONA BENSON	4:16.95			
2015	REGAN YEE	2:11.67	2015	REGAN YEE	4:22.43	MILE		
2015	MEG HARRADINE	2:13.77	2013	FIONA BENSON	4:27.88	2015	FIONA BENSON	4:25.79
2018	GEORGIA ELLENWOOD	2:14.28	2016	MIRELLE MARTENS	4:28.67	3000 M		
2013	FIONA BENSON	2:15.08	2017	LINDSAY CARSON	4:33.89	2016	HANNAH RYAN	10:08.69
2013	MEG HARRADINE	2:16.15	2016	HANNAH RYAN	4:38.76	2000M STEEPLECHASE		
			400 M HURDLES			2013	FIONA BENSON	7:01.91
			2015	ANASTASIA PEARSE	1:00.64	HIGH JUMP		
			HEPTATHLON			2018	GEORGIA ELLENWOOD	1.81
			2018	GEORGIA ELLENWOOD	6173	2015	GEORGIA ELLENWOOD	1.80
			2015	GEORGIA ELLENWOOD	5786	2016	GEORGIA ELLENWOOD	1.80
			JAVELIN			2016	KATERINA MARYSHUK	1.47
			2012	TIFFANY MATTEAZZI	56.20	2016	ALTYN BEKIVOIA	1.37
			2013	TIFFANY MATTEAZZI	55.04	SHOT PUT		
			2015	MELISSA FRASER	54.87	1991	KELLY ANNE KEMPF	14.72
			2016	MELISSA FRASER	50.93	2018	GEORGIA ELLENWOOD	12.69
			1991	KELLY ANNE KEMPF	50.08	2016	GEORGIA ELLENWOOD	12.67
			2018	GEORGIA ELLENWOOD	45.94	2001	ALENA ZIBIN	12.56
			2016	GEORGIA ELLENWOOD	42.42	2015	GEORGIA ELLENWOOD	11.92
			2015	GEORGIA ELLENWOOD	41.92	2013	KELSEY ADRAIN	9.25
			2013	KELSEY ADRAIN	27.95	2016	KATERINA MARYSHUK	8.62
100 M HURDLES								
2018	GEORGIA ELLENWOOD	13.60						
2016	GEORGIA ELLENWOOD	13.81						
2015	GEORGIA ELLENWOOD	14.02						
3000M STEEPLECHASE								
2016	REGAN YEE	9:53.99						
2015	REGAN YEE	10:06.14						
2017	JOANNA WILLIAMS	11:15.53						
LONG JUMP								
2016	GEORGIA ELLENWOOD	6.19						
2018	GEORGIA ELLENWOOD	6.11						
2015	GEORGIA ELLENWOOD	6.08						
2016	KATERINA MARYSHUK	4.65						
2013	KELSEY ADRAIN	4.28						
2016	ALTYN BEKIVOIA	4.20						

## ENIOR - INDOOR

60M HURDLES			600 M			800 M		
2018	GEORGIA ELLENWOOD	8.52	2017	MEG HARRADINE	1:35.89	2017	REGAN YEE	2:07.97
2016	GEORGIA ELLENWOOD	8.61	2014	MEG HARRADINE	1:38.61	2017	MEG HARRADINE	2:14.68
2015	GEORGIA ELLENWOOD	8.75	2015	MEG HARRADINE	1:38.88	2016	GEORGIA ELLENWOOD	2:15.70
2017	GEORGIA ELLENWOOD	8.75	2017	SOPHIE PAULS	1:47.27	2015	MEG HARRADINE	2:15.94
2017	SOPHIE PAULS	10.34	2017	KATIE MARYSCHUK	1:50.68	2016	MEG HARRADINE	2:17.38
						2015	GEORGIA ELLENWOOD	2:18.33
						2018	ADRIANNA KLASSEN	2:26.27
						2017	SOPHIE PAULS	2:30.72
1000 M			1500 M			3000M		
2017	REGAN YEE	2:48.97	2014	FIONA BENSON	4:27.54	2018	REGAN YEE	8:58.29
2014	FIONA BENSON	2:50.97	2014	MEG HARRADINE	4:55.94	2017	REGAN YEE	9:07.59
			2015	MEG HARRADINE	4:55.94	2017	JOANNA WILLIAMS	10:07.52
LONG JUMP			HIGH JUMP			1 MILE		
2016	GEORGIA ELLENWOOD	6.03	2016	GEORGIA ELLENWOOD	1.82	2017	REGAN YEE	4:35.43
2015	GEORGIA ELLENWOOD	6.02	2015	GEORGIA ELLENWOOD	1.77	2017	JOANNA WILLIAMS	5:16.48
2017	GEORGIA ELLENWOOD	6.01	2017	GEORGIA ELLENWOOD	1.74			
2018	GEORGIA ELLENWOOD	5.86	2017	SOPHIE PAULS	1.54			
2014	ALLISON GALLAUGHER	5.33						
2017	SOPHIE PAULS	4.77						
SHOT PUT			PENTATHLON					
2017	GEORGIA ELLENWOOD	12.54	2016	GEORGIA ELLENWOOD	4392			
2015	GEORGIA ELLENWOOD	12.50	2015	GEORGIA ELLENWOOD	4223			
2015	GEORGIA ELLENWOOD	12.03	2017	GEORGIA ELLENWOOD	4104			
2017	SOPHIE PAULS	9.31	2017	SOPHIE PAULS	2899			