



Athletics Manitoba Outdoor Records

as of October 2016

Age Categories: The best performance by an Athletics Manitoba member anywhere

Open: The best performance by any athlete within the province of Manitoba

Red Indicates record set Outdoors 2016

Age Class	Event	Wind	Mark	Date Set	Record Holder	Affiliation	Location
WOMEN							
Senior	100m		11.70	Jul-20-82	TANYA BROTHERS	GALAXY TC	COLORADO SPRINGS
			11.70	Jul-26-91	FAYE ROBERTS	MANITOBA	MONTREAL
Junior	100m		11.70	Jul-20-82	TANYA BROTHERS	GALAXY TC	COLORADO SPRINGS
Youth	100m		11.96	Jul-12-80	TANYA BROTHERS	GALAXY TC	SUDBURY
Midget	100m	0.4	12.27	Jul -17-11	TEGAN TURNER	MANITOBA	REGINA
Midget	150m		19.11	Jul-10-10	SASANIE WANIGASEKARA	SA TOUGH TRACK	WINNIPEG
Open	200m		22.83	Jul-28-99	DEBBIE FERGUSON	BAHAMAS	WINNIPEG
Senior	200m		23.45	Jul-20-82	TANYA BROTHERS	GALAXY TC	COLORADO SPRINGS
Junior	200m		23.45	Jul-20-82	TANYA BROTHERS	GALAXY TC	COLORADO SPRINGS
Youth	200m	0.4	24.51	Aug 27-09	CARLY PARACHOLSKI	MANITOBA	CHARLOTTETOWN
Midget	200m	-1.9	25.15	Jul-5-14	VICTORIA TACHINSKI	SA TOUGH TRACK	WINNIPEG
Midget	300m		39.10	Aug-16-14	VICTORIA TACHINSKI	MANITOBA	LANGLEY
Open	400m		50.77	Jun-30-84	MARITA PAYNE	YORK OPTIMISTS	WINNIPEG
Senior	400m		52.67	May-28-92	ALANNA YAKIWCHUK	RAIDERS TC	PROVO
Junior	400m		53.38	Aug-6-16	VICTORIA TACHINSKI	SA TOUGH TRACK	Ste-Therese, QC
Youth	400m		53.38	Aug-6-16	VICTORIA TACHINSKI	SA TOUGH TRACK	Ste-Therese, QC
Midget	400m		54.51	Apr-19-14	VICTORIA TACHINSKI	SA TOUGH TRACK	NORWALK, CA
Open	800m		1:59.95	Jul-25-99	LETITIA VRIESDE	SURINAME	WINNIPEG
Senior	800m		2:01.84	Aug-3-13	NICOLE SIFUENTES	UNATTACHED	GENT, BELGIUM
Junior	800m		2:03.58	Jun-25-16	VICTORIA TACHINSKI	SA TOUGH TRACK	NASHVILLE, TN
Youth	800m		2:03.58	Jun-25-16	VICTORIA TACHINSKI	SA TOUGH TRACK	NASHVILLE, TN
Midget	800m		2:07.91	Aug-17-14	VICTORIA TACHINSKI	MANITOBA	LANGLEY
Midget	1200m		3:36.45	Aug-09-13	JENNIE BARAGAR-PETRASH	MANITOBA	LANGLEY
Open	1500m		4:13.32	Jun-10-84	DEBBIE SCOTT	VIKINGS TC	WINNIPEG
Senior	1500m		4:01.61	Sep-3-94	ANGELA CHALMERS	CANADA	PARIS
Junior	1500m		4:16.49	May-25-13	JULIA ZRINYI	U. OF CONNECTICUT	GREENSBORO, NC
Youth	1500m		4:23.7h	Jun-22-79	ANGELA CHALMERS	SUNDOWNERS TC	VANCOUVER
Midget	1500m		4:27.3h	Aug- 5-78	ANGELA CHALMERS	CANADA	MONTREAL
Senior	2000m		5:34.49	Sep-4-94	ANGELA CHALMERS	CANADA	SHEFFIELD
Midget	2000m		6:25.59	Aug-10-13	JENNIE BARAGAR-PETRASH	MANITOBA	LANGLEY



Athletics Manitoba Outdoor Records

as of October 2016

Age Categories: The best performance by an Athletics Manitoba member anywhere

Open: The best performance by any athlete within the province of Manitoba

Red Indicates record set Outdoors 2016

Age Class	Event	Wind	Mark	Date Set	Record Holder	Affiliation	Location
WOMEN							
Open	3000m		9:02.69	Jul-01-84	LYNNE WILLIAMS	VALLEY ROYALS	WINNIPEG
Senior	3000m		8:32.17	Aug-23-94	ANGELA CHALMERS	CANADA	VICTORIA
Junior	3000m		9:14.81	Aug-16-85	PAM KLASSEN	MANITOBA	ST. JOHN'S
Youth	3000m		9:29.0h	May-23-82	CAROL HOWE	RAIDERS TC	ST. JOHN'S
Open	5000m		15:56.19	Jun-26-99	KATHY BUTLER	PACIFIC STORM	WINNIPEG
Senior	5000m		15:27.58	APR 26/13	NICOLE SIFUENTES	UNATTACHED	STANFORD, CA
Junior	5000m		17:23.28	Aug-15-05	SARAH-ANNE BRAULT	COLLEGE LOUIS RIEL	REGINA
Open	10000m		32:56.51	Jul-28-99	N. ROCHA DE LA CRUZ	MEXICO	WINNIPEG
Senior	10000m		32:29.69	May 4-08	ANDREA GROVE-MCDONOUGH	MOUNTAIN WEST TRACK CLUB	PALO ALTO, CA
Junior	10000m		34:29.13	Mar-31-01	MICHELLE CARSON	UNATTACHED	STANFORD
Midget	80mH	0.762m-8.0m	12.10	Jul 11-09	MICHELLE HEBERT	MANITOBA	MEDICINE HAT
Open	100mH	0.84m-8.5m	12.76	Jun-26-99	KETURAH ANDERSON	PHOENIX ATHLETICS	WINNIPEG
Senior	100mH	0.84m-8.5m	13.83	Jun-26-99	JANNA NIKKEL	ECHO ATHLETICS	WINNIPEG
Junior	100mH	0.84m-8.5m	13.88	Jul-20-91	JANNA NIKKEL	CANADA	KINGSTON
Youth	100mH	0762m-8.5m	-2.0	15.12	Aug-9-13	ROBYN WEAR	MANITOBA
Midget	200mH	0.762m-35m	29.42	Jul 11-09	MICHELLE HEBERT	MANITOBA	MEDICINE HAT
Youth	300mH	0.762m-35m	43.65	Jul-21-10	MELISSA KITCHING	MANITOBA	WINNIPEG
Open	400mH	0.762m-35m	53.44	Jul-28-99	DAIMI PERNIA FIGUEROA	CUBA	WINNIPEG
Senior	400mH	0.762m-35m	58.65	Apr-17-15	MELISSA KITCHING	NORTH DAKOTA STATE	NORWALK, CA
Junior	400mH	0.762m-35m	59.66	Jul-27-85	RUTH HADDEN	TAKUS TC	BURNABY
Youth	400mH	0.762m-35m	1:01.68	Jul-30-89	LISA OMICHINSKI	MANITOBA	SHERWOOD PARK
Midget	1500m	StplCh	no water	5:09.62	Aug-7-16	CECILIA HOWES	MANITOBA
Senior	2000m	StplCh		6:45.40	Aug-16-13	ERIN TESCHUK	SHERBROOKE
Junior	2000m	StplCh		6:45.40	Aug-16-13	ERIN TESCHUK	SHERBROOKE
Youth	2000m	StplCh		7:19.61	Aug-15-05	ALEX BELL	REGINA
Midget	2000m	StplCh		7:53.66	May 25-09	TAYLOR SPRAGUE	WINNIPEG
Open	3000m	StplCh		10:17.55	Jun-27-99	KAREN HARVEY	S. WINDSOR KC
Senior	3000m	StplCh		9:40.07	Aug-24-15	ERIN TESCHUK	CANADA
Junior	3000m	StplCh		11:38.86	Aug-08-07	MÉLANIE GRÉGOIRE	MANITOBA WCSG
Youth	3000m	StplCh		11:56.89	Jun-24-06	JANELLE GAUDET	STRIDE AHEAD TOUGH TRACK



Athletics Manitoba Outdoor Records

as of October 2016

Age Categories: The best performance by an Athletics Manitoba member anywhere

Open: The best performance by any athlete within the province of Manitoba

Red Indicates record set Outdoors 2016

Age Class	Event	Wind	Mark	Date Set	Record Holder	Affiliation	Location
WOMEN							
Open	4x100m Relay		42.62	Jul-30-99	JAMAICA	K. RICHARDS, A. BAILEY, B. GRANT, P. GOWDIE	WINNIPEG
Senior	4x100m Relay		46.32	Aug-15-81	MANITOBA	CHERYL CROXFORD SANDY GILKES TANYA BROTHERS FAYE ROBERTS	THUNDER BAY
Junior	4x100m Relay		47.15	Aug-10-15	MANITOBA	TEGAN TURNER, SCIERA OPALEKE, KYIA GILES, RACHEL MCLEOD	WOOD BUFFALO, AB
Youth	4x100m Relay		47.26	Jun-21-80	MANITOBA	TANYA BROTHERS FAYE ROBERTS ELYSA JAMEN CHANTAL ASTON	WINNIPEG
Midget	4x100m Relay		49.89	Aug-09-09	MANITOBA	S. WANIGASEKARA, AMY ANDRUSHKO, MICHELLE HEBERT, KATIE STAUB	SHERBROOKE
Open	4x200m Relay		1:39.9h	May-01-82	GALAXY TC	SANDY GILKES, TANYA BROTHERS, CHANTEL ASTON, DONNA FERGUSON	WINNIPEG
Senior	4x200m Relay		1:39.9h	May-01-82	GALAXY TC	SANDY GILKES, TANYA BROTHERS, CHANTEL ASTON, DONNA FERGUSON	WINNIPEG
Junior	4x200m Relay		1:45.8h	Jul-10-77	WINGS TC	MONA COCHINGYAN, LISA POLESCHUK, KAREN POWELL, PENNY GILHULY	WINNIPEG
Youth	4x200m Relay		1:47.8h	May-01-81	TAKUS TC	LESLIE ALISON DOROTHY MACKENZIE ANDREA PACI NANCY MCCUAIG	WINNIPEG
Midget	4x200m Relay		1:48.20	Jun-14-87	TAKUS TC	JANNA NIKKEL, SHERRIE REIMER, LINDSAY INGRAM, CATHY ADAMS	WINNIPEG
Open	4x400m Relay		3:26.70	Jul-30-99	CUBA	J. DUPORTY, Z. CALATAYUD, I. BONNE, D. PERNIA	WINNIPEG
Senior	4x400m Relay		3:47.0h	Aug-14-79	MANITOBA	MAVIS CURTIS, C. MACPHERSON, NANCY RETTIE, ANGELA CHALMERS	SASKATOON
Junior	4x400m Relay		3:50.5h	Aug- 1-77	MANITOBA	MAVIS CURTIS, MAUREEN HOUGHTON, ROSANNE MURPHY, M COCHINGYAN	ST. JOHN'S
Youth	4x400m Relay		3:51.75	Aug - 7-11	MANITOBA	AMY ANDRUSHKO, ERIN TESCHUK, JULIA ZRINYI, MELANIE BARAN	OTTAWA
Midget	4x400m Relay		4:07.95	Jul 18-09	WPG OPTIMIST	KATIE TAKATCH, KATIE LAVALLEE, MICHELLE HEBERT, ERIN TESCHUK	WINNIPEG
Open	4x800m Relay		9:03.9h	May-01-82	RAIDERS TC	NANCY RETTIE, CAROL HOWE, VICKI AGAR, SANDY RETTIE	WINNIPEG
Senior	4x800m Relay		9:03.9h	May-01-82	RAIDERS TC	NANCY RETTIE, CAROL HOWE, VICKI AGAR, SANDY RETTIE	WINNIPEG
Junior	4x800m Relay		9:35.0h	May-14-88	RAIDERS TC	C. MURPHY, A. PERNITSKY, J. NEUFELD, M. BUISSON	WINNIPEG



Athletics Manitoba Outdoor Records

as of October 2016

Age Categories: The best performance by an Athletics Manitoba member anywhere

Open: The best performance by any athlete within the province of Manitoba

Red Indicates record set Outdoors 2016

Age Class	Event	Wind	Mark	Date Set	Record Holder	Affiliation	Location
WOMEN							
Open	1600m	Sprt Medly	4-2-2-8	4:09.3h	May-14-88	RAIDERS TC	NANCY TAYLOR, HEATHER LEE-KIN, M. WINNIPEG
Senior	1600m	Sprt Medly	4-2-2-8	4:09.3h	May-14-88	RAIDERS TC	BRAITHWAITE, BRENDA BAKER NANCY TAYLOR, HEATHER LEE-KIN, M. WINNIPEG
Junior	1600m	Sprt Medly	4-2-2-8	4:10.2h	May-14-88	RAIDERS TC	BRAITHWAITE, BRENDA BAKER CHERYL MURPHY, LEANNE HARRISON, WINNIPEG
Youth	1600m	Sprt Medly	4-2-2-8	4:26.75	Jun-16-01	MANITOBA	TRISHA BEST, A. PERNITSKY MANITOBA BRANDON
Midget	1600m	Sprt Medly	4-2-2-8	4:08.09	Aug 10-08	MANITOBA/NWO	MEAGAN PARACHOLSKI, MELISSA SHERBROOKE
Open	4000m	Dist Medly	4-8-12-16	12:52.7h	May-14-88	RAIDERS TC	KITCHING, AMY ANDRUSHKO, CARLY CAROL BOYLE, VICKI AGAR, CHERYL WINNIPEG
Senior	4000m	Dist Medly	4-8-12-16	12:52.7h	May-14-88	RAIDERS TC	MURPHY, VELVET CADRE CAROL BOYLE, VICKI AGAR, CHERYL WINNIPEG
Open	High Jump		1.94m	Jul-01-84	DEBBIE BRILL	BC	MURPHY, VELVET CADRE WINNIPEG
Senior	High Jump		1.79m	Aug-20-97	TAMMY MAHON	MANITOBA	BRANDON
Junior	High Jump		1.79m	Aug-20-97	TAMMY MAHON	MANITOBA	BRANDON
Youth	High Jump		1.79m	Aug-20-97	TAMMY MAHON	MANITOBA	BRANDON
Midget	High Jump		1.73m	Jul- 1-95	TAMMY MAHON	TREHERNE	WINNIPEG
			1.73m	Aug-10-96	TAMMY MAHON	UNATTACHED	KITCHENER
Open	Pole Vault		4.51m	Jul-15-05	DANA BULLER	KITCHENER	WINNIPEG
Senior	Pole Vault		4:30m	Jun-30-12	VICTORIA DRESSLER	WOA	CALGARY
Junior	Pole Vault		3.65m	Jun 25-13	SAMANTHA ALLEGRO	WOA	WINNIPEG
Youth	Pole Vault		3.41m	Jul 3-09	SARAH BOILA	WOA	WINNIPEG
Midget	Pole Vault		2.95m	May 23-08	CARISSA GAUTHIER	WOA	WINNIPEG
Open	Long Jump		6.59m	Jul-24-99	MAUREEN MAGGI	BRAZIL	WINNIPEG
Senior	Long Jump		6.39m	Apr-14-91	LAVERN CLARKE	U. OF NEW MEXICO	ALBUQUERQUE, NM
Junior	Long Jump		5.83m	Aug- 1-68	KAY THOMSON	FLYING M AC	TORONTO
			5.83m	Jul-28-13	JOY BECKER	MANITOBA	CALGARY
Youth	Long Jump		5.78m	Jun-23-90	JANNA NIKKEL	MANITOBA	BLAINE, WA
Midget	Long Jump		5.42m	Jun- 8-88	GLADYS NORTEY	SISLER	WINNIPEG
Open	Triple Jump		14.77m	Jul-28-99	YAMILE ALDAMA POZA	CUBA	WINNIPEG
Senior	Triple Jump		13.04m	Mar-23-91	LAVERN CLARKE	U. OF NEW MEXICO	ALBUQUERQUE, NM
Junior	Triple Jump	0.9	12.14m	Jun-11-16	REBEKAH ECKERT	FLYING M AC	BRANDON
Youth	Triple Jump	-0.1	11.85m	Aug-10-15	REBEKAH ECKERT	MANITOBA	WOOD BUFFALO, AB
Midget	Triple Jump		11.07m	Jun 23-98	ALANNA BOUDREAU	WOA	WINNIPEG



Athletics Manitoba Outdoor Records

as of October 2016

Age Categories: The best performance by an Athletics Manitoba member anywhere

Open: The best performance by any athlete within the province of Manitoba

Red Indicates record set Outdoors 2016

Age Class	Event	Wind	Mark	Date Set	Record Holder	Affiliation	Location
WOMEN							
Open	Shot Put	4kg	19.06m	Jul-27-99	CONNIE PRICE-SMITH	USA	WINNIPEG
Senior	Shot Put	4kg	16.99m	Jun- 7-87	MELODY TORCOLACCI	MANITOBA	KELOWNA
Junior	Shot Put	4kg	13.82m	Apr-29-89	SUSANNE DANDENAULT	U OF WASHINGTON	FLAGSTAFF, AZ
Youth	Shot Put	4kg	13.61m	May-7-16	TAYLOR HEALD	Flying M AC	MOORHEAD
Youth	Shot Put L	3kg	14.74m	Jun-26-16	TAYLOR HEALD	Flying M AC	WINNIPEG
Midget	Shot Put	4kg	12.55m	Jun-26-85	SUSANNE DANDENAULT	AOTC	WINNIPEG
Midget	Shot Put L	3kg	14.48m	Aug-16-14	TAYLOR HEALD	MANITOBA	LANGLEY
Open	Hammer	4kg	67.79m	Jul-08-00	DAWN ELLERBE	NYAC	WINNIPEG
Senior	Hammer	4kg	56.26m	Jun-11-93	THERESA BRICK	AOTC	WINNIPEG
Junior	Hammer	4kg	46.86m	Jun-30-93	NOREENA BODAGLO	AOTC	COQUITLAM
Youth	Hammer	4kg	39.01m	May 07-16	TAYLOR HEALD	Flying M AC	MOORHEAD
Youth	Hammer L	3kg	50.43m	May-18-13	MADELINE BEAUVAIS	STRIDE AHEAD TOUGH TRACK	LETHBRIDGE
Midget	Hammer	4kg	23.58m	Aug- 7-94	RAPHAEL DICOSMO	MANITOBA	OTTAWA
Midget	Hammer L	3kg	45.50m	Aug-19-12	MADELINE BEAUVAIS	STRIDE AHEAD TOUGH TRACK	CHARLOTTETOWN
Open	Discus	1kg	60.92m	Jul-30-99	ELISANGELA ADRIANO	BRAZIL	WINNIPEG
Senior	Discus	1kg	58.40m	Jun-11-93	THERESA BRICK	AOTC	WINNIPEG
Junior	Discus	1kg	50.08m	May- 6-89	SUSANNE DANDENAULT	U OF WASHINGTON	SEATTLE, WA
Youth	Discus	1kg	47.57m	May 26-16	TAYLOR HEALD	Flying M AC	LETHBRIDGE
Midget	Discus	1kg	38.92m	Jul-20-14	TAYLOR HEALD	MANITOBA	SASKATOON
Open	Javelin	600g	65.85m	Jul-25-99	OSLEIDYS MENENDEZ	CUBA	WINNIPEG
Senior	Javelin	600g	48.08m	May-18-16	BROOKE-LYNN BOYD	WPG OPTIMIST	WINNIPEG
Junior	Javelin	600g	44.17m	Jun-27-15	BROOKE-LYNN BOYD	WPG OPTIMIST	WINNIPEG
Youth	Javelin	600g	35.51m	Aug-6-10	AMY GRACEFFO	MANITOBA / N.W.O.	OTTAWA
Youth	Javelin L	500g	34.60m	Jul-20-14	TAYLOR HEALD	MANITOBA	SASKATOON
Midget	Javelin	600g	30.10m	Jul-21-07	JODY ADAMSON	MANITOBA	REGINA
Youth	Javelin L	500g	34.60m	Jul-20-14	TAYLOR HEALD	MANITOBA	SASKATOON
Open	Heptathlon		6290	Jul-28-99	MAGALYS GARCIA LELIEBRE	CUBA	WINNIPEG
Senior	Heptathlon		4980	Jul-12-81	JANET SCOTT	PRAIRIES	WINNIPEG
Junior	Heptathlon		4712	Jul-29-12	AMY GRACEFFO	SA TOUGH TRACK	WINNIPEG
Youth	Heptathlon		4785	Jul-6-13	ROBYN WEAR	WPG OPTIMIST	WINNIPEG
Midget	Heptathlon		2843	Jun-24-06	JENNA GAUDET	STRIDE AHEAD TOUGH TRACK	WINNIPEG



Athletics Manitoba Outdoor Records

as of October 2016

Age Categories: The best performance by an Athletics Manitoba member anywhere

Open: The best performance by any athlete within the province of Manitoba

Red Indicates record set Outdoors 2016

Age Class	Event	Wind	Mark	Date Set	Record Holder	Affiliation	Location
MEN							
Open	100m		10.08	Jul-25-99	BERNARD WILLIAMS	USA	WINNIPEG
Senior	100m		10.33	May-25-85	COURTNEY BROWN	RAIDERS TC	PROVO
Junior	100m		10.75	Aug-10-03	DONOVAN ALEXANDER	MANITOBA	SELKIRK
Youth	100m		10.84	Jul- 3-82	COURTNEY BROWN	AOTC	WINNIPEG
Midget	100m		11.06	Aug-13-80	COURTNEY BROWN	AOTC	WINNIPEG
Midget	150m		17.50	Jul 10-10	JOSHUA AHLBAUM-ATEAH	SA TOUGH TRACK	WINNIPEG
Open	200m		20.30	Jul-28-99	CLAUDINEI SILVA	BRAZIL	WINNIPEG
Senior	200m		20.51	May-25-85	COURTNEY BROWN	RAIDERS TC	PROVO
Junior	200m		20.81	Jun-30-84	COURTNEY BROWN	RAIDERS TC	WINNIPEG
Youth	200m		20.93	Aug- 1-82	COURTNEY BROWN	CANADA	BERQUISIMETO
Midget	200m	0.0	23.33	Jun-26-16	MATHIEU INDOME	WPG OPTIMIST	WINNIPEG
Midget	300m		36.91	Aug-16-14	JACK KENNEDY	MANITOBA	LANGLEY
Open	400m		44.59	Jul-25-99	GREGORY HAUGHTON	JAMAICA	WINNIPEG
Senior	400m		45.87	May-23-87	COURTNEY BROWN	RAIDERS TC	HOUSTON
Junior	400m		47.06	Jul-19-03	NATHAN VADEBONCOEUR	WOA	BRIDGEPORT
Youth	400m		48.45	Aug-12-00	ERIK SPROLL	MB/NWO	CALGARY
Midget	400m		51.26	Aug 09-08	MATTHEW FITKOWSKY	MANITOBA /N.W.O.	SHERBROOKE
Open	800m		1:45.38	Jul-25-99	JOHNNY GRAY	USA	WINNIPEG
Senior	800m		1:46.65	Jul- 7-01	DARRYL FILLION	UNATTACHED	MONTREAL
Junior	800m		1:49.17	May-25-01	ERIK SPROLL	MANITOBA	VICTORIA
Youth	800m		1:50.44	Jun-6-14	SHANE DILLON	SA TOUGH TRACK	GREENSBORO, NC
Midget	800m		1:58.51	Aug-19-12	JAY ORT	MANITOBA	CHARLOTTETOWN
Midget	1200m		3:13.05	Aug-17-12	JAY ORT	MANITOBA	CHARLOTTETOWN
Open	1500m		3:41.20	Jul-30-99	GRAHAM HOOD	CANADA	WINNIPEG
Senior	1500m		3:40.07	Aug- 8-90	CHRIS WEBER	PACESETTER	MONTREAL
Junior	1500m		3:47.1h	Jun-13-86	HENRY KLASSEN	TAKUS TC	VICTORIA
Youth	1500m		3:55.65	Jul 31-14	JAY ORT	UNATTACHED	WINNIPEG
Midget	1500m		4:10.4h	Aug- 7-98	ERIK SPROLL	MANITOBA	PRINCE GEORGE
Midget	2000m		6:03.72	Aug-18-12	ALEXANDRE ROUGEAU	MANITOBA	CHARLOTTETOWN
Open	3000m		8:06.19	May-21-91	CHRIS WEBER	AOTC	WINNIPEG
Senior	3000m		7:56.48	Jul-18-95	CHRIS WEBER	RENEGADES	FRANCE
Junior	3000m		8:23.76	Aug- 20-14	JAY ORT	CANADA	CHINA
Youth	3000m		8:23.76	Aug- 20-14	JAY ORT	CANADA	CHINA



Athletics Manitoba Outdoor Records

as of October 2016

Age Categories: The best performance by an Athletics Manitoba member anywhere

Open: The best performance by any athlete within the province of Manitoba

Red Indicates record set Outdoors 2016

Age Class	Event	Wind	Mark	Date Set	Record Holder	Affiliation	Location
MEN							
Open	5000m		13:42.04	Jul-24-99	GALVIN MARTINEZ	MEXICO	WINNIPEG
Senior	5000m		13:36.12	Jul- 2-95	CHRIS WEBER	RENEGADES	GATESHEAD, ENGIAND
Junior	5000m		14:14.4h	Jul-13-80	CAREY PENNER	MANITOBA	SUDBURY
Open	10000m		28:43.50	Jul-27-99	ENENILSON SILVA	BRAZIL	WINNIPEG
Senior	10000m		28:16.51	Jul-25-75	CHRIS MCCUBBINS	CANADA	MONTREAL
Junior	10000m		30:16.6h	Jul-06-74	RICK BOURRIER	MANITOBA	SASKATOON
Midget	100mH	0.84m-8.5m	14.25	Jul 10-10	ERIC GUY	WPG OPTIMIST	WINNIPEG
Open	110mH	1.067m-9.14m	13.17	Jul-30-99	ANIER GARCIA ORTIZ	CUBA	WINNIPEG
Senior	110mH	1.067m-9.14m	13.54	Aug-15-05	JARED MACLEOD	CANADA / WOA	ISTANBUL
Junior	110mH	0.991m-9.14m	14.10	Aug-24-13	ERIC GUY	CANADA	MEDELLIN, COLUMBIA
Youth	110mH	0.914m-9.14m	14.60	Jun-23-12	ERIC GUY	WPG OPTIMIST	WINNIPEG
Midget	200mH	0.762m	27.25	Jun-25-11	CHAD ENNS	WPG OPTIMIST	WINNIPEG
Youth	300mH	0.84m	40.25	Aug-17-14	ZACHARY MEDAL	MANITOBA	LANGLEY
Open	400mH	0.914m	48.23	Jul-28-99	ERONILDES ARAUJO	BRAZIL	WINNIPEG
Senior	400mH	0.914m	50.8h	Jun-18-68	WES BROOKER	MANITOBA	RANDALL'S ISLAND, NY
Junior	400mH	0.914m	53.0h	Jun-28-81	DAN MOROZ	TAKUS TC	TORONTO
Youth	400mH	0.84m	57.73	Jul 11-09	TERRENCE SAMPSON	MANITOBA	WINNIPEG
Youth	1500m	StplCh	4:18.3h	Aug-11-73	LAWRIE LEWIS	MANITOBA	BURNABY
Midget	1500m	StplCh	4:27.5h	Aug-27-71	LAWRIE LEWIS	MANITOBA	WINNIPEG
Youth	2000m	StplCh	6:03.94	Aug-12-06	GREG MILLER	MANITOBA / N.W.O.	BURNABY
Midget	2000m	StplCh	6:39.59	Aug-06-05	GREG MILLER	MANITOBA	EDMONTON
Open	3000m	StplCh	8:32.41	Jun-27-99	JOEL BOURGEOIS	MTL OLYMPIQUE	WINNIPEG
Senior	3000m	StplCh	8:35.39	Jun- 8-91	HENRY KLASSEN	AM	BURNABY
Junior	3000m	StplCh	9:02.76	Jun- 2-02	KRISTJAN HUNTER	MANITOBA	BURNABY
Youth	3000m	StplCh	10:02.76	Jun-24-06	GREG MILLER	WOA	WINNIPEG
Youth	1500m	Racewalk	7:57.89.	Aug-11-07	JASON REDPATH	MANITOBA / N.W.O.	OROMOCTO



Athletics Manitoba Outdoor Records

as of October 2016

Age Categories: The best performance by an Athletics Manitoba member anywhere

Open: The best performance by any athlete within the province of Manitoba

Red Indicates record set Outdoors 2016

Age Class	Event	Wind	Mark	Date Set	Record Holder	Affiliation	Location
MEN							
Open	4x100m Relay		38.18	Jul-30-99	BRAZIL	R. OLIVIERA, C. SILVA, E. RIBEIRO, C. SILVA	WINNIPEG
Senior	4x100m Relay		40.71	Jul-31-83	MANITOBA		CALGARY
Junior	4x100m Relay		41.95	Aug-8-07	MANITOBA WCSG	ZACHARIE DURAND, DAVID SZCZEPANIAK, KIERAN MOOLCHAN,	STRATHCONA COUNTY
Youth	4x100m Relay		43.4h	Aug-21-82	MANITOBA	GREG BRYSON, ANDREW ENNS, DAVE MACKENZIE, COURTNEY BROWN	FREDERICTON
Midget	4x100m Relay		45.94	Aug-15-99	MANITOBA	R. SYLVESTER, A. FUNSTON, J. FIELDS, N. VADEBONCOEUR	SUDBURY
Open	4x200m Relay		1:31.2h	Jul-19-69	RAZORBACK TC		WINNIPEG
Senior	4x200m Relay		1:24.3h	Jul-26-69	MANITOBA		CALGARY
Junior	4x200m Relay		1:31.2h	Jul-19-69	RAZORBACK TC		WINNIPEG
Youth	4x200m Relay		1:36.7h	Jun-22-70	WINGS TC		WINNIPEG
Midget	4x200m Relay		1:42.3h	May-01-82	AOTC	DOUG MACKENZIE, RON DELL, DEREK ROLSTONE, DAVID NEWBERRY	WINNIPEG
Open	4x400m Relay		2:57.97	Jul-30-99	JAMAICA	M. MCDONALD, G. HAUGHTON, D. MCFARLANE, D. CLARKE	WINNIPEG
Senior	4x400m Relay		3:12.60	Aug-21-97	MANITOBA		BRANDON
Junior	4x400m Relay		3:19.5h	Aug-13-77	MANITOBA	DAVE KOZUSKA, BRENT KONANTZ, DAVE MORGAN, JIM PARTAKER	ST. JOHNS
Youth	4x400m Relay		3:23.84	Aug-11-13	MANITOBA	J. AHLBAUM-ATEAH, S. JOHNSON, SHANE DILLON, CONNOR BOYD	LANGLEY
Midget	4x400m Relay		3:41.6h	Jul-29-84	MANITOBA	JAMIE STEER, RON KING, DAVID POWELL, SCOTT BREAKLY	WINNIPEG
Open	4x800m Relay		7:44.3h	Jun-26-85	RAIDERS TC	GREG ATHAYDE, ROB GUY, WYNN GMITROSKI, RODGER LORENZO	WINNIPEG
Senior	4x800m Relay		7:44.3h	Jun-26-85	RAIDERS TC	GREG ATHAYDE, ROB GUY, WYNN GMITROSKI, RODGER LORENZO	WINNIPEG
Junior	4x800m Relay		7:55.4h	Jul-31-72	RAZORBACK TC	LAURIE LEWIS, ELTON NOGA, CRAIG JOHNSTON, MURRAY ARDIES	WINNIPEG
Youth	4x800m Relay		8:41.47	May-02-81	TAKUS TC		WINNIPEG
Open	4x1500m Relay		18:24.4h	May-20-72	RAZORBACK TC	RON MELNICHUK, BARRY STEWART, WAYNE MCMAHON, LARRY SWITZER	WINNIPEG
Senior	4x1500m Relay		16:01.5h	May-11-87	RAIDERS TC	CHAD JOHNSTON, GLEN REDPATH, ROB GUY, KEVIN CHRISTIANSON	RICHMOND



Athletics Manitoba Outdoor Records

as of October 2016

Age Categories: The best performance by an Athletics Manitoba member anywhere

Open: The best performance by any athlete within the province of Manitoba

Red Indicates record set Outdoors 2016

Age Class	Event	Wind	Mark	Date Set	Record Holder	Affiliation	Location
MEN							
Open	1600m	Sprt Medly	4-2-2-8	3:28.8h	May-14-88	RAIDERS TC	DWAYNE FALK, CAL LANGFORD, GENE DE LA SIEGGA, DOUG MCKELLAN WINNIPEG
Senior	1600m	Sprt Medly	4-2-2-8	3:28.8h	May-14-88	RAIDERS TC	DWAYNE FALK, CAL LANGFORD, GENE DE LA SIEGGA, DOUG MCKELLAN WINNIPEG
Junior	1600m	Sprt Medly	4-2-2-8	3:40.0h	Aug-23-70	MANITOBA	ABBOTSFORD
Youth	1600m	Sprt Medly	4-2-2-8	3:33.20	May-6-11	KELVIN	MATTHEW FITKOWSKY, LEVI NEUFELD, PATRICK DUNCAN, RIEL WILLMOTT SIOUX FALLS, SD
Midget	1600m	Sprt Medly	4-2-2-8	3:50.81	Aug-18-02	MANITOBA	DREW NEUFELD, STEVE SYDORCHUK, STEFAN ARNASON, DAVID KURY SHERBROOK
Open	4000m	Dist Medly	4-8-12-16	10:20.0h	May-17-88	RAIDERS TC	BUDDY VOTH, CAL LANGFORD, RIC CHAPMAN, DARCY READY WINNIPEG
Senior	4000m	Dist Medly	4-8-12-16	10:20.0h	May-17-88	RAIDERS TC	BUDDY VOTH, CAL LANGFORD, RIC CHAPMAN, DARCY READY WINNIPEG
Open		High Jump		2.26m	Jun-30-84	MILT OTTEY	YO WINNIPEG
Senior		High Jump		2.19m	Jul-28-13	ALHAJI MANSARAY	MANITOBA CALGARY
Junior		High Jump		2.19m	Jul-28-13	ALHAJI MANSARAY	MANITOBA CALGARY
Youth		High Jump		2.04m	Jul-11-07	LUCAS RODEWALD	CANADA OSTRAVA, CZR
Midget		High Jump		1.96m	Jun-29-74	GARRY SCOTT	MANITOBA WINNIPEG
Open		Pole Vault		5.60m	Jul-27-99	PATRICK MANSON	USA WINNIPEG
Senior		Pole Vault		4.78m	Jul-6-07	CLIFF CAINES	WOA WINNIPEG
Junior		Pole Vault		4.40m	Jul-31-82	DON LAWSON	CANADA BERQUISIMETO
Youth		Pole Vault		4.50m	Jun-14-11	VITALIY BILENKO	WPG OPTIMIST FLORENCE, ITALY
Midget		Pole Vault		3.41m	Jul-6-13	JAMES KENNY	WPG OPTIMIST WINNIPEG
Open		Long Jump		8.52m	Jul-25-99	IVAN PEDROSO SOLER	CUBA WINNIPEG
Senior		Long Jump		7.93m	Jul- 8-00	MIKE LABERGE	FLYING M AC FLAGSTAFF, AZ
Junior		Long Jump		7.33m	Jul-21-06	NATHAN LABBE	WOA SHERBROOKE
Youth		Long Jump		7.00m	Jun-25-05	NATHAN LABBE	UNATTACHED WINNIPEG
Midget		Long Jump		6.47m	Jun-20-86	JASON BOGEN	ROBERT ANDREWS WINNIPEG
Senior		Triple Jump		15.92m	Aug- 1-87	DEXTOR BELTON	MANITOBA OTTAWA
Junior		Triple Jump		14.51m	Jul- 6-53	JACK SMYTH	WAA HOUNDS WINNIPEG
Youth		Triple Jump		13.65m	Jul-27-07	DAVID WALFORD	WOA ABBOTSFORD
		Triple Jump		13.65m	Jul-28-13	LUXON GLOR	TEAM MANITOBA CALGARY
Midget		Triple Jump		12.60m	Aug-9-13	THOMAS WALSER	MANITOBA/NWO LANGLEY



Athletics Manitoba Outdoor Records

as of October 2016

Age Categories: The best performance by an Athletics Manitoba member anywhere

Open: The best performance by any athlete within the province of Manitoba

Red Indicates record set Outdoors 2016

Age Class	Event	Wind	Mark	Date Set	Record Holder	Affiliation	Location
MEN							
Open	Shot Put	7.27kg	19.93m	Jul-24-99	BRADLEY MEARS	USA	WINNIPEG
Senior	Shot Put	7.27kg	19.88m	Aug-13-85	BRUCE PIRNIE	Manitoba	REGINA
Junior	Shot Put	6kg	16.70m	Jun-16-13	CURTIS URNIEZIUS	UNATTACHED	LETHBRIDGE
Youth	Shot Put	5kg	15.77m	Jul-21-85	BOJAN PAUNOVIC	AOTC	EDMONTON
Midget	Shot Put	4kg	15.03m	Jun-27-87	DAVID GRAYSTONE	AOTC	MOOSE JAW
Open	Hammer	7.27kg	79.61m	Jul-27-99	LANCE DEAL	USA	WINNIPEG
Senior	Hammer	7.27kg	66.58m	Aug-31-89	DAREN MCFEE	RAIDERS TC	WINNIPEG
Junior	Hammer	6kg	60.46m	May-25-13	CURTIS URNIEZIUS	UNATTACHED	WINNIPEG
Youth	Hammer	5kg	50.28m	Jul-26-11	CURTIS URNIEZIUS	BISON T&F	WINNIPEG
Midget	Hammer	5kg	27.44m	Jun-26-04	CLINTON STEVENSON	PEGUIS CENTRAL	WINNIPEG
Midget	Hammer	4kg	40.30m	Jul-24-10	JAYDEN BUCHANAN	TEAM MANITOBA	WINNIPEG
Open	Discus	2kg	65.89m	Jul-15-05	JASON TUNKS	LONDON WESTERN	WINNIPEG
Senior	Discus	2kg	62.99m	May-18-05	DARIUSZ SLOWIK	WOA	SALINAS
Junior	Discus	1.75kg	52.86m	Jun-26-75	CHUCK SIGFUSSON	UNATTACHED	WINNIPEG
Youth	Discus	1.5kg	49.54m	Jul-21-73	CHUCK SIGFUSSON	UNATTACHED	WINNIPEG
Midget	Discus	1kg	45.50m	Jun-26-04	CLINTON STEVENSON	PEGUIS CENTRAL	WINNIPEG
Open	Javelin	800g	79.30m	Jul-08-92	ED KOMINSKI	USA	WINNIPEG
Senior	Javelin	800g	73.76m	May- 7-88	MIKE BRENNAN	AOTC	WINNIPEG
Junior	Javelin	800g	59.69m	Aug 10-15	BORZAH YANKEY	MANITOBA	WOOD BUFFALO, AB
Youth	Javelin	700g	57.74m	Jul-24-10	MAX COTE	TEAM MANITOBA	WINNIPEG
Midget	Javelin	600g	48.18m	Jun-20-87	DALE BARNYCH	MANITOBA	SASKATOON
Open	Decathlon		8170	Jul-25-99	CHRIS HUFFINS	USA	WINNIPEG
Senior	Decathlon		7741	May-24-87	GORD ORLIKOW	CANADA	GOTZIS
Junior	Decathlon		6397	Jul-09-89	JASON KINASH	AOTC	SASKATOON
Youth	Octathlon		5587	Aug-07-04	STEPHAN ARNASON	MANITOBA/NWO	SUDBURY