



CLUB RECORDS - Updated: Feb 15/21 **Indoor / Outdoor / Roads**

LEGEND:

AGE GROUPS

- OPEN** - 23 yrs. old or over as of Dec. 31st
in the year of competition
- U23** - 20, 21 or 22 yrs. old or under as of Dec. 31st
in the year of competition
- U20** - 18 or 19 yrs. old as of Dec. 31st
in the year of competition
- U18** - 16 or 17 yrs. old as of Dec. 31st
in the year of competition
- U16** - 14-15 yrs. old as of Dec. 31st
in the year of competition
- U14** - 13 yrs. old or under as of Dec. 31st
in the year of competition
- U12** - 12 yrs. old or under as of Dec. 31st
in the year of competition

DATE:

DAY / MONTH / YEAR ie: 03-Mar-17

Female - Club records / INDOORS (All-Time)

400m

NAME:	TIME:	AGE:	DATE:
Clare Teron	1:06.37	U14	10-Apr-16
Ava Luong	1:14.54	U12	23-Feb-20

600m

NAME:	TIME:	AGE:	DATE:
Alexandra Lucki	1:35.29	U23	30-Jan-16
Mikaela Lucki	1:37.83	U20	04-Feb-17
Mikaela Lucki	1:38.74	U18	06-Feb-16

800m

NAME:	TIME:	AGE:	DATE:
Mikaela Lucki	2:11.66	U23	06-Feb-21
Mikaela Lucki	2:17.96	U20	12-Feb-17
Mikaela Lucki	2:15.99	U18	06-Mar-16
Clare Teron	2:20.63	U16	02-Mar-19
Clare Teron	2:26.59	U14	10-Feb-18
Clare Teron	2:45.18	U12	10-Apr-16

1000m

NAME:	TIME:	AGE:	DATE:
Alexandra Lucki	2:46.67	U23	14-Jan-17
Mikaela Lucki	3:00.48	U20	05-Mar-17
Mikaela Lucki	2:58.71	U18	06-Feb-16

1200m

NAME:	TIME:	AGE:	DATE:
Sophia Lucki	3:48.15	U16	04-Mar-18
Clare Teron	3:53.40	U14	03-Mar-18
Mackenzie	4:25.83	U12	23-Feb-20

1500m

NAME:	TIME:	AGE:	DATE:
Alexandra Lucki	4:19.98	OPEN	18-Jan-20
Alexandra Lucki	4:24.34	U23	06-Feb-16
Mikaela Lucki	4:46.77	U20	05-Mar-17
Mikaela Lucki	4:45.58	U18	06-Mar-16
Sophia Lucki	5:02.01	U16	20-Jan-18
Clare Teron	5:17.96	U14	26-Mar-17
Clare Teron	5:33.38	U12	09-Apr-16

Mile

NAME:	TIME:	AGE:	DATE:
Alexandra Lucki	4:34.02	OPEN	24-Jan-20
Alexandra Lucki	4:40.84	U23	10-Feb-18
Mikaela Lucki	4:50.90	U20	11-Mar-17
Mikaela Lucki	5:08.49	U18	13-Mar-16

2000m

NAME:	TIME:	AGE:	DATE:
Sophie Bowe	7:01.31	U16	02-Mar-19
Caitlin Graham	7:16.08	U14	04-Mar-18

3000m

NAME:	TIME:	AGE:	DATE:
Alexandra Lucki	9:01.51	OPEN	15-Feb-20
Alexandra Lucki	9:37.94	U23	04-Feb-17
Julia Cameron	10:22.30	U20	03-Jan-20
Sophia Bowe	10:32.80	U18	03-Jan-20

3200m

NAME:	TIME:	AGE:	DATE:
Julia Cameron	11:09.69	U20	09-Feb-20
Sophia Bowe	11:10.72	U18	09-Feb-20

RELAYS:

4x800m

NAME:	TIME:	AGE:	DATE:
Julia Cameron	10:28.73	U20	11-Jan-20
Rebecca Wong			
Joselyn Rivera-Marcotte			
Laura Peters			
Sophia Bowe	10:16.73	U18	11-Jan-20
Grace Cousineau			
Katherine Switt			
Kayla Sanderson-Kirby			

Female - Club records / OUTDOORS (All-Time)

400m

NAME:	TIME:	AGE:	DATE:
Kate Fenwick	1:05.81	U14	28-Jul-18
Kate Fenwick	1:08.08	U12	23-Jul-17

800m

NAME:	TIME:	AGE:	DATE:
Alexandra Lucki	2:07.99	U23	29-Jun-17
Mikaela Lucki	2:12.99	U20	08-Jul-17
Sophia Lucki	2:12.40	U18	21-Jul-19
Sophia Lucki	2:15.10	U16	01-Jul-18
Clare Teron	2:26.03	U14	12-Jun-18
Clare Teron	2:42.99	U12	14-Jun-16

1200m

NAME:	TIME:	AGE:	DATE:
Sofia Bowe	3:47.73	U16	10-Jul-18
Jocelyn Ringler	4:28.67	U12	23-Jul-16

1500m

NAME:	TIME:	AGE:	DATE:
Alexandra Lucki	4:13.39	OPEN	07-Jul-19
Alexandra Lucki	4:18.87	U23	25-May-18
Mikaela Lucki	4:29.77	U20	16-Jun-18
Sophia Lucki	4:36.61	U18	16-Jun-19
Sophia Lucki	4:45.61	U16	06-Sep-18
Clare Teron	5:02.80	U14	12-Jun-18
Caroline Hodgson	5:25.66	U12	11-Jun-19

Mile

NAME:	TIME:	AGE:	DATE:
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2000m

NAME:	TIME:	AGE:	DATE:
Hannah Fraser	7:27.43	U16	05-Jul-18
Clare Teron	7:37.00	U14	--.---.---

3000m

NAME:	TIME:	AGE:	DATE:
Alexandra Lucki	9:09.99	OPEN	07-Jul-19
Alexandra Lucki	9:47.34	U23	26-Mar-16
Anastasia Alexeef	10:45.44	U20	16-May-17
Madeline Smart-Reed	10:24:43	U18	21-Jun-16
Sofia Bowe	10:24.48	U16	21-Jul-19

5000m

NAME:	TIME:	AGE:	DATE:
Alexandra Lucki	15:52.71	OPEN	25-Jul-19
Alexandra Lucki	16:48.29	U23	17-Jul-18
Julia Cameron	18:38.10*	U20	30-Oct-20

1500m S/C

NAME:	TIME:	AGE:	DATE:
Anastasia Alexeef	5:23.38	U20	15-May-17

2000m S/C

NAME:	TIME:	AGE:	DATE:
Julia Cameron	8:01.42	U20	10-Jul-19

3000m S/C

NAME:	TIME:	AGE:	DATE:
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Male - Club records / INDOORS (All-Time)

300m

NAME:	TIME:	AGE:	DATE:
Avery Li	41.92	U14	---.---.17

400m

NAME:	TIME:	AGE:	DATE:
Avery Li	58.44	U16	---.---.18
Harry Daly	1:08.88	U14	09-Apr-16

600m

NAME:	TIME:	AGE:	DATE:
Triphon Moodie	1:17.35	U23	09-Feb-17
Miles Avalos	1:26.14	U20	19-Feb-16
Aiden Webster	1:27.68	U18	02-Feb-19
Aiden Webster	1:26.56	U16	15-Feb-18

800m

NAME:	TIME:	AGE:	DATE:
Miles Avalos	1:59.38	U20	06-Mar-16
Avery Li	2:16.88	U16	---.---.18
Avery Li	2:25.21	U14	---.---.17
Kinnon Ringler	2:37.40	U12	10-Apr-16

1000m

NAME:	TIME:	AGE:	DATE:
Triphon Moodie	2:24.34	U23	12-Feb-16
Ivan Mihelic	2:37.26	U20	01-Dec-19
Aiden Webster	2:40.98	U18	01-Dec-19
Bradley Squarek	2:49.06	U16	---.---.---

1200m

NAME:	TIME:	AGE:	DATE:
Roman Mironov	3:22.59	U16	03-Feb-18
William Squarek	4:18.76	U12	09-Apr-16

1500m

NAME:	TIME:	AGE:	DATE:
Ben Carson	3:52.89	U23	21-Jan-17
Ehab El-Sandali	3:53.77	U20	16-Jan-16
Justin Jelaca	4:06.90	U18	11-Jan-20
Justin Jelaca	4:19.20	U16	---.---.---
Sam Hodgson	5:04.07	U14	23-Mar-19
Kinnon Ringler	5:08.94	U12	09-Apr-16

Mile

NAME:	TIME:	AGE:	DATE:
Ehab El-Sandali	4:07.04	U23	18-Feb-18

2000m

NAME:	TIME:	AGE:	DATE:
Roman Mironov	5:49.71	U16	15-Feb-18
Kinnon Ringler	7:10.82	U14	04-Mar-18

3000m

NAME:	TIME:	AGE:	DATE:
Ehab El-Sandali	8:03.50	U23	10-Feb-18
Ehab El-Sandali	8:33.10	U20	19-Feb-16
Owen Lockyer	8:47.40*	U18	12-Dec-20
Roman Mironov	9:04.22*	U18	26-Jan-20
Daniel Rosen	9:36.0	U16	---.---.---

5000m

NAME:	TIME:	AGE:	DATE:
Ben Carson	14:30.25	U23	27-Jan-17
Ehab El-Sandali	14:18.97	U20	03-Dec-16

RELAYS:

4x800m

NAME:	TIME:	AGE:	DATE:
Ehab El-Sandali	8:13.50	U20	14-Feb-16
Miles Avalos			
Paul Robinson			
Jake Carroll			
Roman Mironov	8:40.92	U18	11-Jan-20
Julian Zamparo			
Alexander Megias			
Jack Chios			

Male - Club records / OUTDOORS (All-Time)

400 m

NAME:	TIME:	AGE:	DATE:
Aiden Webster	51.82	U16	06-Jun-18
Avery Li	57.75	U14	--.---.17
John O'Reilly	1:05.06	U12	14-Jun-16

800m

NAME:	TIME:	AGE:	DATE:
Triphon Moodie	1:49.89	U23	09-Jul-16
Miles Avalos	1:56.21	U20	29-May-16
Justin Jelaca	1:56.40*	U18	09-Aug-20
Jose Castro	1:57.59*	U18	01-Jul-19
Aiden Webster	1:58.91	U16	06-Jul-18
Sam Hodgson	2:20.84	U14	11-Jun-19
John O'Reilly	2:30.77	U12	14-Jun-16

1200m

NAME:	TIME:	AGE:	DATE:
Justin Jelaca	3:15.99	U16	---.---.---
William Squarek	4:23.10	U14	---.---.---

1500m

NAME:	TIME:	AGE:	DATE:
Triphon Moodie	3:46.06	U23	11-Jun-17
Josh McGillivary	3:56.27	U20	11-Jun-17
Justin Jelaca	3:57.20*	U18	19-Aug-20
Jose Castro	4:01.19*	U18	16-Jun-19
Justin Jelaca	4:11.40	U16	---.---.---
Roman Mironov	4:54.24	U14	14-Jun-16
Kinnon Ringler	5:04.20	U12	23-Jul-16

2000m

NAME:	TIME:	AGE:	DATE:
Roman Mironov	5:57.59	U16	---.---.---

3000m

NAME:	TIME:	AGE:	DATE:
Ben Carson	8:31.32	U23	29-May-26
Ehab El-Sandali	8:16.91	U20	29-May-16
Owen Lockyer	8:41.50*	U18	11-Jul-20
Ben Miske	8:52.41*	U18	08-Jun-19
Roman Mironov	9:06.63	U16	---.---.---

5000m

NAME:	TIME:	AGE:	DATE:
Ehab El-Sandali	13:52.50	U23	21-Apr-18
Josh McGillivary	14:50.99	U20	28-May-17
Owen Lockyer	14:53.10*	U18	29-Nov-20

10000m

NAME:	TIME:	AGE:	DATE:
Ehab El-Sandali	29:16.15	U23	05-May-19
Ehab El-Sandali	30:13.52	U20	14-May-16

2000m S/C

NAME:	TIME:	AGE:	DATE:
Ben Miske	6:01.15	U18	07-Jun-19

3000m S/C

NAME:	TIME:	AGE:	DATE:
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Open - Road Race Records (All-Time)

MEN:

DISTANCE:	NAME:	TIME:	DATE:
5km	Ben Carson	15:12	25-Mar-18
8km	Ehab El-Sandali	25:11	11-Apr-16
10km	Ehab El-Sandali	29:02	15-Nov-19
10 miles	Ben Carson	50:36	26-Dec-18
½ Mar.	Ben Carson	1:07:17	20-Jan-19

WOMEN:

DISTANCE:	NAME:	TIME:	DATE:
5km	Alexandra Lucki	17:00	27-Oct-19
8km	Julia Cameron	32:35	27-Jan-19
10km	Alexandra Lucki	35:28	03-Nov-19
10 miles	Alexandra Lucki	1:02:29	26-Dec-18
½ Mar.			

U20 - Road Race Recor(All-Time)

MEN:

DISTANCE:	NAME:	TIME:	DATE:
5km	Peter Minbashian	15:24	11-Mar-19
8km	Ehab El-Sandali	25:11	11-Apr-16
10km	Josh McGillivary	30:12	04-May-17
½ Mar.			

WOMEN:

DISTANCE:	NAME:	TIME:	DATE:
5km	Julia Cameron	18:41	15-Apr-19
8km	Julia Cameron	32:35	27-Jan-19
10km			
10 miles	Mikaela Lucki	1:03:32	26-Dec-18
½ Mar.			