

CMLSAA Track & Field Records Updated June 2025

Junior Varsity Girls - Grade 6				
Event	Result	Name	School	Year
100m	13.09s	Loveth O	Captain Nichola Goddard	2015/16
200m	30.77s	London B	Twelve Mile Coulee	2022/23
300m	30.83	Avery B	Captain Nichola Goddard	2022/2023
600m	1:56.00s	Ceyda-Anne A	Captain Nichola Goddard	2015/16
800m	02:55.9	Carlie C	Senator Patrick Burns	2022/23
1000m	3:40.59s	Isabel M	Captain Nichola Goddard	2015/16
1200m	04:44.7	Tehya Campbell	Lakeshore	2023/2024
1500m	05:57.2	Carlie C	Senator Patrick Burns	2022/23
Discus (750g)	20.44m	Reese S	R.T. Alderman	2018/19
Shot Put (3kg)	7.36m	Natasha R	Lakeshore	2025
High Jump	1.30m	Sophie W	Valley Creek	2022/23
Long Jump	4.12m	Jordy W	Mountain Park	2015/16
60m Hurdles	11.75s	Azlynn F	Branton	2021/22
4x100 Relay	1:00.07s	Hannah G, Saana E, Stella C, Aven M	Branton	2025

Junior Girls - Grade 7				
Event	Result	Name	School	Year
100m	12.70s	Kim W	Rideau Park	1974
100m	12.70s	Lisa B	Simon Fraser	1978
200m	26.69s	Jill M	Rideau Park	1981
300m	43.58s	Chandra E	Woodman	1999
400m	1:01.64s	Heather M	Rideau Park	1981
600m	1:53.43s	Jeanna P	Branton	1993
800m	2:25.82s	Cheryl W	Mount Royal	1982
1000m	3:35.80s	Jeanna P	Branton	1993
1200m	4:27.99s	Zoe R	Simon Fraser	2025
1500m	5:14.10s	Susan H	Rideau Park	1978
2000m				
3000m				
60mH	10.04s	Andrea S	Sir Wilfred Laurier	1993
80mH	12.60s	Kim W	Rideau Park	1974
Discus (0.75kg)	29.77m	Jennifer J	Bishop Pinkham	1976
Discus (1kg)	29.10m	Krista G	Wilma Hansen	2007
Shot Put (3kg)	11.27m	Jennifer J	Bishop Pinkham	1976
High Jump	1.54m	Jill S	Louis Riel	1985
Long Jump	4.81m	Cathy C	Branton	1973
4 x 100m	54.20s	Nancy H, Patty K, Tracy K, Susan W	F.E. Osborne	1975

Intermediate Girls- Grade 8				
Event	Result	Name	School	Year
100m	12.50s	Karen A	Rideau Park	1978
200m	25.13s	Cathy R	John Ware	1979
300m	43.29s	Kelly S	Senator P. Burns	1993
400m	1:0019s	Heather M	Rideau Park	1982
600m	1:48.16s	Lauren P	F.E. Osborne	1997
800m	2:24.70s	Cora F	Milton Williams	1974
1000m	3:23.23s	Tareyn W	F.E. Osborne	2003
1200m				
1500m	4:47.00s	Kelly E	Simon Fraser	1987
2000m				
3000m				
60mH	9.95s	Laura G	Vincent Massey	1993
80mH	12.00s	Kelly M	Simon Fraser	1979
Discus (0.75kg)	23.52m	Emily B	Elboya	1979
Discus (1kg)	32.86m	Candy S		1979
Shot Put (3kg)	12.30m	Candy S	Riverside	1979
High Jump	1.58m	Kelly R/Daiya D	Nickle/Vincent Massey	2008 2024
Long Jump	5.22m	Laura B	Branton	1987
4 x 100m	52.20s	Karen A, Siam H, Shaina W, Anita V	Rideau Park	Unknown

Senior Girls- Grade 9				
Event	Result	Name	School	Year
100m	12.00s	Teneshia P	Annie Gale	2003
200m	25.50s	Christine P	Rosedale	1986
300m	41.80s	Mallory H	Robert Warren	2003
400m	56.90s	Christine P	Rosedale	1986
600m	1:43.09s	Claire B	David Thompson	2007
800m	2:17.10s	Cathy H	Milton Williams	1974
1000m	3:18.04s	Natalie T	Woodman	1999
1200m	4:19.96s	Elane F	Branton	2025
1500m	4:53.52s	Devon P	Vincent Massey	1998
2000m				
3000m				
60mH	9.39s	Sasha K	Mount Royal	2000
80mH	11.90s	Kelly M	Simon Fraser	1977
Discus (0.75kg)	27.84m	Laura M	Rideau Park	2007
Discus (1kg)	35.21m	Araski T	Louis Riel	1977
Shot Put (3kg)	13.11m	Janna K	Woodman	1997
High Jump	1.64m	Debbie VK	R.T. Alberman	1975
Long Jump	5.74m	Laura B	Branton	1979
4 x 100m	51.30s	Cheryl R, Chery D, Lynna I, Nancy D	F.E. Osborne	1979

Junior Varsity Boys - Grade 6				
Event	Result	Name	School	Year
100m	12.53s	Tanish C	Annie Gale	2015/16
200m	29.21s	Eoin G	Robert Warren	2022/23
300m	30.92	Peter M	Branton	2022/23
600m	1:50.42s	Nureldin K	Sir Wilfred Laurier	2018/19
800m	2:40.22s	Eoin G	Robert Warren	2022/23
1000m	3:26.75s	Gibson B	Captain Nichola Goddard	2015/16
1200m	4:18.06s	Ryden E	Dr. Martha Cohen	2024/25
1500m	5:23.70s	Ryder D	Elboya	2022/23
Discus (750g)	21.06m	Ty R	Mountain Park	2015/16
Shot Put (3kg)	9.35m	Lascelles B	Branton	2022/23
High Jump	1.40m	Evan D, Collin M/Jett B	Twelve Mile Coulee/Lakeshore	2024/25
Long Jump	4.50m	Jackson A	Twelve Mile Coulee	2018/19
60m Hurdles	11.71s	Julian L	Branton	2022/23
4x100 Relay	58.74s	Julian L, Nolan J, Ben C, Peter M	Branton	2022/23

Junior Boys - Grade 7				
Event	Result	Name	School	Year
100m	11.50s	Daryl M	Sir Sam Steele	1978
200m	24.80s	Daryl M	Sir Sam Steele	1979
300m	42.10s	Alex H	Vincent Massey	1993
400m	54.12s	Scott H	Milton Williams	1982
600m	1:43.50s	C R	Simon Fraser	1997
800m	2:12.70s	Doug W	Simon Fraser	1974
1000m	3:11.30s	Brett S	Robert Warren	2003
1500m	4:41.10s	Jeff G	Simon Fraser	1987
2000m				
1200m	03:53.5	Kieran G	Branton	2023/2024
3000m				
60mH	9.26s	Graeme R	Branton	1993
80mH	10.02s	Chase R	Vincent Massey	1998
Discus (0.75kg)	32.46m	Patito M	Sir John Franklin	1992
Discus (1kg)	39.62	Josh C	David Thompson	2007
Shot Put (3kg)	11.95m	Don G	A.E. Cross	1979
Shot Put (4kg)	11.91m	Spencer L	A.E. Cross	2007
High Jump	1.69m	Jared H	F.E. Osborne	2008
Long Jump	5.44m	Brian U	Sir John A Macdonald	1987
4 x 100m	47.92	Qui D, Carter B, Rick D, James T	Vincent Massey	Unknown

Intermediate Boys- Grade 8				
Event	Result	Name	School	Year
100m	11.36s	Curtis M	Sir John A Macdonald	1978
200m	23.50s	Steve S	Nickle	1979
300m	39.54s	Pao T	Clarence Sansom	1993
400m	53.00s	Doug W	Simon Fraser	1982
600m	1:35.24s	Pao T	Clarence Sansom	1997
800m	2:03.30s	Doug W	Simon Fraser	1974
1000m	3:03.59s	Greg L	R.T. Alderman	2003
1500m	4:29.40s	Travis S	R.T. Alderman	1987
1200m	3:49.59s	Kieran G	Branton School	2025
2000m				
3000m				
60mH	8.60s	Warren P	Annie Gale	1993
80mH	11.20s	Tony M	Nickle	1998
Discus (1kg)	46.53m	Renny H	Parkdale	
Discus (1kg)	46.53m	Lee A	Colonel MacLeod	2007
Shot Put (4kg)	14.21m	Lee A	Colonel MacLeod	
High Jump	1.82m	Thien T	Colonel Irvine	2008
Long Jump	5.86m	Jay C	G.P. Vanier	1987
4 x 100m	47.92s	Ryan B, Jarred J, Jason L, Raymond M	Vincent Massey	Unknown

Senior Boys- Grade 9				
Event	Result	Name	School	Year
100m	11.10s	Jay C	G.P. Vanier	1978
100m	11.10s	Tony M	Nickle	1978
200m	23.00s	Greg P	Nickle	1979
200m	23.00s	Rob F	Bob Edwards	1979
300m	37.63s	Bolivar C	F.E. Osborne	1993
400m	52.58s	Roger M	Harold Panabaker	1982
600m	1:28.06s	Trent R	Branton	1997
800m	2:01.23s	Jonathon P	Parkdale	1974
1200m	3:27.28s	Noel F	Branton School	2025
1000m	2:45.44s	Mihai P	R.T. Alderman	2003
1500m	4:18.44s	Pierre F	R.T. Alderman	1987
2000m				
3000m				
60mH	8.29s	Demetrius B	Clarence Sansom	1993
80mH	10.70s	Tony W	Wilma Hansen	1998
Discus (1kg)	50.50m	Harold M	Melville Scott	
Shot Put (4kg)	15.92s	Chris Z	Louis Riel	
High Jump	1.93m	Craig N	Clarence Sansom	2008
Long Jump	6.47m	Rob S	Sacred Heart	1987
4 x 100m	46.85s	Brad S, Roger M, Jeff P, Ryan P	Harold Panabaker	Unknown