

STFC Sprint Top Ten Lists

* hand time amended by .24

MEN

100

Adam Kunkel	10.58	York	2000	Jim Lavigne	15.65	Kitchener	2000
Liam Card	10.6	Kincardine	1999	Jeff Weber	15.98	Kitchener	2000
Chris Slade	11.02	New Brunswick	1990	Keith Kunkel	16.26	Kitchener	1998
Lyndon McDowell	11.15	Texas	2001	Ryan Small	19.6	Kincardine	2009
Scott Mooney	11.34*	Kincardine	1989				
Ian Galloway	11.35	York	1989				
Ian Elliot	11.36*	Kincardine	1995				
Evan Porter	11.59	Kitchener	2010				
Ryan Caughy	11.64	Windsor	2018				
Kevin Laing	11.64*	Kincardine	1989				

200

Adam Kunkel	21.08	Etobicoke	2002				
Liam Card	21.60	Sarnia	1998				
Chris Slade	22.44	New Brunswick	1990				
Tim Middlekoop	22.44*	Kincardine	1990				
Scott Mooney	22.89	Etobicoke	1990				
Ian Galloway	23.04*	Kincardine	1990				
Ian Elliot	23.32*	Kincardine	1996				
Jason Lash	23.40	Toledo	1991				
Chris Robson	23.4	Kincardine	1999				
Paul Ponomayov	23.47	Kitchener	2007				

400

Liam Card	46.82	Winnipeg	1999				
Tim Middlekoop	47.54	Etobicoke	1991				
Adam Kunkel	48.38	Hamilton	2003				
Scott Mooney	49.03	Hamilton					
Lyndon McDowell	49.24	Iowa	2000				
Alan Herron	50.01	Sudbury	1990				
Evan Porter	50.28	London	2010				
Cameron Hoggarth	51.22	Toronto	2014				
Chris Robson	51.24	Sarnia	1999				
Ian Elliott	51.87	Kitchener	1996				

100mH

M. Cardy	13.9	Kitchener	1988
Adam Kunkel	13.98	BC	1998
Lance Eckenswelier	15.03	London	2004
Jason Laliberte	15.26	Ottawa	2002
Abe Fischer	15.29	Kitchener	2012
Jeff Weber	15.38	Toronto	2000
Keith Kunkel	15.79	Toronto	2000
Josh Metcalfe	16.05	New Liskeard	2000
Jim May	16.48	Sarnia	1998
Tyler Graham	18.6	London	2002

110mH

Adam Kunkel	13.78(39")	Windsor	2000
Lyndon McDowell	14.86	Texas	2001
Mat West	15.07 (36")	Kitchener	2011
Mat West	15.10 (39")	Miramar	2011
Scott Mooney	15.16(42")	Kitchner	1990
M. Middlebro'	15.54	York	1993

200mH

Jason Laliberte	27.49	Ottawa	2002
Tyler Graham	27.83	Ottawa	2002
Keith Kunkel	32.81	Sarnia	1998
Drew McKeachnie	37.98	Guelph	2010

300mH

Adam Kunkel	38.45	Sarnia	1998
Tim Middlekoop	40.3	Hamilton	1989
Andy Fawcett	40.8	Toronto	2008
Jim Lavigne	41.32	Kitchener	2000
Ben Hancock	42.73	Kitchener	2006
Jeff Weber	42.52	Kitchener	2000
Tyler Graham	43.10	Sudbury	2002
Jason Laliberte	43.3	Kincardine	2003
Abe Fischer	43.35	Windsor	2012
Rob Aubin	43.5		
Lance Eckensweiler	43.79	Etobicoke	2004

400mH

Adam Kunkel	49.49	Victoria	2003
Scott Mooney	52.04	Ottawa	1993
Tim Middlekoop	54.90	Kitchener	1990
Andy Fawcett	59.18	Kitchener	2009
Colin Bokhout	59.95	London	2010
Scott McGregor	60.9	Kitchener	1984
Jeff Weber	60.92	Toronto	2000
Jim May	61.89	Sarnia	1998
Ben Hancock	62.94	Kincardine	2006
Keith Kunkel	63.87	Toronto	2000

Para-Sports

60

Rick Carr	8.21	Toronto	2007
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100

Rick Carr	12:23	London	2012
Rick Carr	12.28	London	2008
Andy Shaw	13.74	Hamilton	2000
Harry Mattiussi	15.10	Calgary	2012

200

Rick Carr	25.39	Guelph	2006
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300m

Rick Carr	43.14	Toronto	2007
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WOMEN

100

Vivienne Stephens	11.96	Etobicoke	1991
Donalda Duprey	12.00	London	1984
Jeanette Wood	12.20	York	1989
Jordaine Leeder	12.27	London	2009
Simone Cowan	12.30	Sudbury	1983
Collette Courtney	12.45	Juv. Sr's	1994
Kayla Smith	12.53	London	2010
Marg Hendershot	12.55	Finland	1991
Kim Haig	12.57	Kitchener	1998
Jamie Lewis	12.59	London	2001

200

Donalda Duprey	23.84	LSU	1994
Jordaine Leeder	24.47	Guelph	2007
Vivienne Stephens	25.13	York	1990
Collette Courtney	25.31	Saskatoon	1993
Marg Hendershot	25.79	Toledo	1991
Rita Rudell	25.79	Toronto	2010
Becky Smith	25.94*	Kincardine	1996
Angie O'Handley	26.05	Sudbury	1996
Michelle Colley	26.12	Windsor	1987
Jamie Lewis	26.17	Sarnia	2001
Caitlyn MacMillan	26.17	Kitchener	2010

400

Donalda Duprey	53.64	York	1993
Jeanette Wood	53.79	Etobicoke	1989
Collette Courtney	56.84	York	1993
Becky Smith	57.56	Ottawa	1994
Marg Hendershot	58.13	Finland	1991
Michelle Colley	58.61	Etobicoke	1989
Kelly Dinsmore	58.70	Saint John	1990
Caitlyn MacMillan	59.46	London	2010
Rita Rudell	59.52	Windsor	2006
Nancy Gray	59.74*		

80mH

Donalda Duprey	11.25	Kingston	1984
Alex Morrow	12.01	Sudbury	2011
Caitlyn MacMillan	12.30	Guelph	2008
Rita Rudell	12.43	York	2006
Ginine Posthumus	12.64	Kitchener	1998
Alex Morrow	12.73	London	2010
N. Gruter	13.24	London	1987
Carolyn Hodgson	13.27	Kitchener	2007
Nancy Gray	13.42	London	1983
Erika French	13.92	Guelph	2008

100mH

Donalda Duprey	13.08		1994
Rita Rudell	14.27	Windsor	2010
Caitlyn MacMillan	14.64	Kitchener	2010
Alex Morrow	14.77	London	2013
Emily MacLeod	15.62	Kitchener	2010
Carolyn Hodgson	17.21	Kitchener	2007
Kim Haig	17.5	Kincardine	1998
Ginine Posthumus	18.65	Sarnia	1998

200mH

Rita Rudell	28.75	Windsor	2006
Alex Morrow	28.80	Toronto	2011
Caitlyn MacMillan	29.99	Windsor	2006

300mH

Donalda Duprey	43.2	London	1983
Alex Morrow	44.99	Brockville	2012
Caitlyn MacMillan	45.00	Hamilton	2008
Nancy Gray	46.94	London	1983
Rita Rudell	47.50	Kitchener	2005
Jamie Lewis	48.8	London	2002
Laura O'Brien	49.00	Brantford	1996
Ginine Posthumus	50.00	Kitchener	1998
Jordan Fawcett	50.69	Hamilton	2009
Amy Mitchell	51.9	Kitchener	1998

400mH

Donalda Duprey	55.10		1995
Nancy Grey	61.00		
Caitlyn MacMillan	62.67	London	2010
Rita Rudell	63.26	Kitchener	2009
Becky Smith	64.54		
Ginine Posthumus	68.00	Kitchener	1998
Laura O'Brien	73.00		1997
Carolyn Hodgson	75.83	Ottawa	2007