

WCSSAA
ALL TIME TOP 10 BEST TRACK AND FIELD PERFORMANCES
2004 -2022

SENIOR GIRLS 3000 METERS

Athlete	School	Performance	Place	Year	Record/Notes
McKAY, Tarah	EDSS	10:11.2	1	2005	* HT
DOHERTY, Lauren	GCI	10:36.32	1	2009	ET
MASON, Danielle	GCI	10:46.0	1	2007	HT
MACGILLIVRAY, Holly	SJAM	10:46.82	1	2019	ET
GHAZARIAN, Madeleine	PHS	10:57.27	1	2016	ET
DAVIES, Juliette	CHCI	11:04.49	1	2017	ET
HURAS, Emily	WODSS	11:09.43	2	2017	ET
SWEENEY, Paige	CHCI	11:15.13	2	2019	ET
BROWN, Vanessa	HHSS	11:20.99	3	2017	ET
McCUAIG, Sarah	SJAM	11:21.0	2	2007	HT

JUNIOR GIRLS 3000 METERS

GHAZARIAN, Madeleine	PHS	10:18.35	1	2015	* ET
DAVIES, Juliette	CHCI	10:50.64	2	2015	ET
GIBSON, Laura	CHCI	11:04.3	1	2006	* HT
MASON, Danielle	GCI	11:10.6	2	2006	HT
MACGILLIVRAY, Holly	SJAM	11:18.44	1	2018	ET
MARTIN, Taylor	CHCI	11:20.19	1	2010	ET
HILDEBRAND, Alex	EDSS	11:25.84	1	2012	ET
THOMPSON, Dayna	WODSS	11:36.86	1	2022	ET
DRYGALA, Marina	BCI	11:38.61	2	2010	ET
HILDEBRAND, Julia	EDSS	11:39.49	2	2012	ET

NOVICE GIRLS 3000 METERS

DOHERTY, Lauren	GCI	10:56.8	1	2006	* HT
CARSON, Lindsay	SSS	11:07.0	1	2004	* HT
HURAS, Emily	WODSS	11:16.63	1	2015	ET
STEWART, Kieran	EDSS	11:22.68	1	2019	ET
DAVIES, Juliette	CHCI	11:24.80	1	2014	ET
DAY, Maya	GRCI	11:32.16	1	2013	ET
HESCH, Alex	HHSS	11:36.28	2	2019	ET
MARTIN, Taylor	CHCI	11:39.00	1	2009	ET
CHAPMAN, Sarah	WCI	11:48.86	1	2017	ET
YARDLEY, Rebecca	CHCI	11:52.6	1	2007	HT

SENIOR BOYS 3000 METERS

Athlete	School	Performance	Place	Year	Record/Notes
DEKKER, Kyle	GRCI	8:49.6	1	2005	* HT
ZAGHLOL, Abdu	JHSS	9:04.06	1	2010	ET
BANNON, Matt	EDSS	9:04.89	1	2012	ET
THORNTON, Jason	JHSS	9:07.54	2	2010	ET
ARNDT, Scott	WCI	9:07.88	1	2019	* ET
SHEPHERD, Andrew	CHCI	9:07.95	1	2016	ET
SOHAIB, Ikram	WCI	9:21.83	2	2009	ET
MARTIN, Jon	CHCI	9:22.74	3	2009	ET
KIRK, James	GPSS	9:23.97	1	2008	ET
BREDIN, Etienne	KCI	9:25.1	2	2004	HT

JUNIOR BOYS 3000 METERS

ARNDT, Scott	WCI	9:32.60	1	2017	* ET
BANNON, Matt	EDSS	9:35.82	1	2011	* ET
ZAGHLOL, Abdu	JHSS	9:37.54	1	2008	* ET
SHEPHERD, Andrew	CHCI	9:40.20	1	2014	ET
HAYES, Reid	SJAM	9:44.74	1	2010	ET
MILROY, Derek	KCI	9:46.00	1	2019	ET
THORNTON, Jason	JHSS	9:49.15	2	2008	ET
KIRK, James	GPSS	9:53.4	1	2005	* HT
IKRAM, Usama	WCI	9:56.37	2	2010	ET
ARMOUR, Andrew	GCI	9:56.4	2	2005	HT

NOVICE BOYS 3000 METERS

BANNON, Matt	EDSS	9:34.08	1	2010	* ET
SHIELDS, Gavin	PHS	9:52.31	1	2009	* ET
QAHWASH, Osama	GRCI	9:57.4	1	2007	* HT
THORNTON, Jason	JHSS	9:57.6	2	2007	HT
BEDI, Nick	WCI	10:06.06	1	2011	ET
ZAGHOL, Abdu	JHSS	10:06.3	3	2007	HT
WING, Tanner	CHCI	10:11.04	2	2011	ET
SCHROEDER, Nick	FHCI	10:15.26	2	2010	ET
MOTZ, Chris	WCI	10:15.42	3	2011	ET
HALLAM, Lucas	BCI	10:19.49	1	2019	ET