

Women					Men				
	Mark	Name	Location	Date		Mark	Name	Location	Date
50m	7.31	Annika Marshall	Edmonton	Jan 2025	50m	6.15	Daniel Friesen	Edmonton	Jan 2026
60 m	8.4h	Annika Marshall	Med Hat	Mar 2024	60 m	7.1h	Justin Jager	Med Hat	Mar 2024
	8.54	Annika Marshall	Lethbridge	Mar 2025		7.12	Daniel Friesen	Calgary	Dec 2025
200m	30.3h	Kabri Stickel	Med Hat	Feb 2026	200m	25.7h	Christian Pinangay	Med Hat	Feb 2026
<i>200m Rel. Splt.</i>	<i>27.6h est</i>	<i>Adara Both</i>	<i>Edmonton</i>	<i>Mar 2025</i>	<i>200m Rel. Splt.</i>	<i>23.5h est</i>	<i>Daniel Friesen</i>	<i>Edmonton</i>	<i>Mar 2026</i>
300m	45.26	Cheldynn Molnar	Edmonton	Mar 2022	300m	36.49	Daniel Friesen	Edmonton	Mar 2026
400m	69.3h	Brooklyn Kaczynski	Med Hat	Mar 2024	400m	55.0h	Justin Jager	Med Hat	Feb 2023
<i>400m Rel Splt</i>	<i>63.5h est</i>	<i>Cheldynn Molnar</i>	<i>Edmonton</i>	<i>Mar 2023</i>	<i>400m Rel Splt</i>	<i>53.4h est</i>	Justin Jager	<i>Edmonton</i>	<i>Mar 2024</i>
600m	1:46.94	Cheldynn Molnar	Edmonton	Mar 2023	600m	1:27.04	Brannon Sumner	Edmonton	Mar 2023
800m	2:36.60	Reyna Woodruff	Med Hat	Feb 2026	800m	2:03.1h	Brannon Sumner	Med Hat	Feb 2023
					1000m	2:42.29	Brannon Sumner	Edmonton	Mar 2023
1000m	3:21.18	The Madison Scrimger	Edmonton	Mar 2025	1500m	4:26.59	Logan Pancoast	Lethbridge	Feb 2026
1500m	5:04.14	The Madison Scrimger	Edmonton	Mar 2025	3000m	9:45.14	Logan Pancoast	Edmonton	Mar 2026
3000m	10:54.37	The Madison Scrimger	Edmonton	Mar 2025					
					4 x 200m	1:37.36	Pinangay, J Friesen, Tahrou, D Friesen	Edmonton	Mar 2026
4 x 200m	1:59.47	Kaczynski, Marshall, Scrimger, Stickel	Red Deer	Feb 2024	4 x 400m	3:39.91	Schiller, Iwata, Jager, Sumner	Edmonton	Mar 2023
4 x 400m	4:32.31	Grover, Ross, Scrimger, Molnar	Edmonton	Mar 2023					
Rat Run 5 km	22:51	Cheldynn Molnar	Med Hat	Apr 2022	Rat Run 5 km	18:16	Brannon Sumner	Med Hat	Apr 2023
Rat Run 10 km	41:10	Becky Ross	Med Hat	Apr 2023	Rat Run 10 km	41:34	Shintaro Iwata	Med Hat	Apr 2023
					WA Tables - Best Ever Performance - Male				
					897 - Daniel Friesen 50m				
updated March 8, 2026									