

Kilomaitres de Lasalle List of Top Performances

Boys

Girls

Name	Event	Boys		Girls	
		Indoors	Outdoors	Indoors	Outdoors
Dendra Green	60m			7.56	2016
Lucanus Robinson		6.72	2016		
Simon Tzaud	60mh	9.98	2015		
Kaylyn Williams				10.03	2017
Lucanus Robinson	100m			10.37	2016
Deondra Green					11.75 2016
Kaylyn Williams	100mh				16.76 2017
Simon Tzaud	110mh			18.31	2014
Deondra Green	200m			24.97	2016
Lucanus Robinson		21.97	2014	21.14	2016
Dendra Green	300m			40.63	2015
Roger Kelroy	400m			52.49	2017
Joash Trotman Allen		54.61	2020		
Kaylyn Willians				1:02.27	2017
Simon Tzaud	400mh			01:05.6	2015
Kaylyn Williams					01:09.4 2015
Kaylyn Williams	600m			1:46.00	2016
Marc-Antoine Ricard		1:27.38	2012		1:55.20 2010
Kaylyn Williams	800m			2:31.35	2016
Marc-Antoine Ricard		2:04.07	2015	2:00.50	2014

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Emmanuel Phillip	HJ	1.90m	2010	1.90m	2010
Nicole Riley					1.70m 2006
Bryanna Reid				1.63	2016
Lucanus Robinson	LJ	6.69	2013	6.91	2013
Deondra Green				5.11	2015
Christiona Laccome	TJ			9.05	2010
Marc-Antoine Ricard	1000m	2:45.81	2012		
Simon Tzaud				03:13.9	2014
Kaylyn Williams					3:32.85 2010
Emily Chen	1200m			4:21.48	2020
Rehab Qitout					04:23.1 2017
Seif-Eddine Djeddaiet		3:32.91	2015	3:22.16	2015
Zacharie Turgeon	Mile	5:05.95	2020	6:19.24	2020
Emily Chen	1500m			6:09.39	2020
Seif Jeddaiet		4:29.93	2015		5:43.06 2019
Rehab Qitout	2000m			8:17.47	2018
Zacharie Turgeon		7:27.79	2017		
Sherissa Nichols	3000m			14:11.47	2018
Zacharie Turgeon		11:38.42	2018		
Simon Tzaud	Penthalon	2643	2015		

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Kaylyn Williams				2685	2016
Kaylyn Williams	Heptathlon				3824 2016
Naquita Williams	Hammer 4kg				58.25 2019
Michael Locquiao			31.86 2011		
Miranda Tcheutchoua	Hammer (16lb)			19.86	2019
Shaylin Scantlebury		12.56m	2013		
Naquita Williams	Hammer (20lb)			18.45	2020
Brandon Horsford		17.64	2012		
Miranda Tcheutchoua	Hammer (3kg)				61.52 2018
Maxine Haran	SP (7.26)			13.04	2009
Antonie-Moabi Nzambe-Bugugu		12.35m	2016		
Antonie-Moabi Nzambe-Bugugu	SP (6KG)			12.85m	2015
Brandon Horsford		9.63			
Michael Locquiao	SP (4kg)	11.21	2011	12.09	2011
Parfaite Moussouanga				10.46	2020
Parfaite Moussouanga	SP (3kg)			13.83	2015
Jan Morin		6.74	2020		
Parfaite Moussouanga	Discus (1)				44.82m 2015
Brandon Horsford	Discus (1.5)			36.34m	2012

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Kaylyn Williams	Javelin (600g)				28.84 2017
Maxime Haran	(800g)		44.26 2010		