

Philomena Mensah

100m, 4x100m



Surrey, BC

PERSONAL DATA:

Sex:	Female	Height:	156 cm / 5'2"
Born:	11 May 1975	Weight:	53 kg / 117 lbs
Birthplace:	Accra -GHA	Marital Status:	Married
Hometown:	Accra - GHA	Club:	Coquitlam Cheetahs
Residence:	Surrey, BC - CAN	Coach:	Daniel St-Hilaire
Languages:	Twi, English	Occupation:	Full-time Athlete

PERSONAL BEST:

50m - 6.07 – 21 Feb 1999 - 1999 Meeting Gaz de France, Lievin - FRA
60m - 7.02 – 11 Feb 2000 - Maebahi, JPN (07MAR99) / Flanders - BEL
100m - 11.03 – 10 Aug 1999 - Sierra Nevada - ESP

2002 CANADIAN RANKING:

3 rd	100m	11.50	26 Jun 2002	Calgary, AB – CAN
2 nd	60m	7.43	09 Feb 2002	WA Invitational, Seattle – USA
1 st	4x100m	44.30	28 Jun 2002	Calgary, AB – CAN

PAST PERFORMANCES:

2003	Salt Lake City, UT – USA (60m)	1r2	7.18a (indoor) iPB
	World Indoor Championships, Birminham – UK (60m)	7sf1	7.34 (indoor)
2002	Calgary, AB – Can (100m)	1	11.50a
	Canadian Championships, Edmonton, AB - CAN (100m)	2	11.58
	Jerome, Burnaby, BC – CAN (100m)	1	11.63
	WA Invitational, Seattle – USA (60m)	1	7.43
	Calgary, AB – CAN (4x100m)	1	44.30a
2001	Did not compete (pregnancy)		
2000	Grand Prix IAAF, Osaka – JAP (100m)	5	11.35
	Meeting Gaz de France, Lievin - FRA (60m)	2	7.04
1999	Canadian Championships, Winnipeg – CAN (100m)	1	11.17
	Canadian Championships, Winnipeg - CAN (200m)	1	23.04
	World Indoor Championships, Maebashi - JPN (60m)	4	7.06
1998	Commonwealth Games, Kuala Lumpur - MAS (100m)	2	11.19
	Commonwealth Games, Kuala Lumpur - MAS (200m)	7	23.28
	Commonwealth Games, Kuala Lumpur - MAS (4x100m)	5	44.23
	Canadian Championships, Montreal - CAN (100m)	1	11.08
	Canadian Championships, Montreal - CAN (200m)	1	23.43
1997	Canadian Championships, Abbotsford - CAN (100m)	1	11.22
	Canadian Championships, Abbotsford - CAN (200m)	1	23.56

HUMAN INTEREST:

Mensah previously represented Ghana internationally before immigrating to Canada after the 1994 Commonwealth Games...she first settled in Montreal and then moved out west to work with coach Mike Murray in Vancouver in October 1997... now coached by Daniel St-Hilaire.