

Shauna Malek
200m, 400m, 400m Hurdles



London, ON



PERSONAL DATA:

Sex:	Female	Height:	5' 7"
Born:	August 25, 1990	Weight:	117 lbs
Birthplace:	London, Ontario		
Residence:	London, Ontario	Coach:	Sandy Cooper-Ryder
Languages:	English, Polish, French	Occupation	Student

Personal Best: 200m – **25.47**/ 400m – **57.20**/ 400m hurdles – **1:01.93**

Past Performances:

Event	Time	Name	Date
200m	25.47	RCL District A Championship	23/06/2007
200m	25.48	Ontario Legion Championships (Ottawa)	21/07/2007
400m	57.21	Ontario Legion Championships (Timmins)	14/07/2006
400m	57.20	Legion Nationals (Burnaby, B.C)	12/08/2006
400m Hurdles	1:01.93	OTFA National Qualifier	16/06/2007
400m Hurdles	1:02.92	Ontario Legion Championships (Ottawa)	21/07/2007

Indoor			
Event	Time	Name	Date
200m	26.08	OTFA Indoor Championships – Juvenile & Senior	18/02/2007
400m	57.31	USA National Scholastic Indoor Championships (New York)	9/03/2007

Shauna attends Sir Frederick Banting Secondary School where she has been an honours student for the past three years. She has also been the recipient of the grade 9 and 10 French (Moderns) Award, the Grade 9 and 11 Physical Education Award and has received the Outstanding Athlete of the Year award for grade 9, 10 and 11. Shauna competes in Cross-Country, Volleyball and Track and Field at Banting. She has been female MVP for Track and Field since she started in grade 10. Shauna was named W.O.S.S.A.A. Junior Girls Track and Field Individual Champion in 2005-06 and in 2006-07, was named TVRAA Central Senior Girls Track and Field Individual Champion.

At the provincial high school level, Shauna won two silvers in 300m Hurdles and 400m as well as helping her team win gold in the 4 X 100m relay at OFSAA 06. As a first year senior, she placed 4th in the 400m hurdles and won silver in the 4 X 100m relay at OFSAA 07. She also holds the record for Junior girls 400m dash at TVRAA CEC (58.82) and W.O.S.S.A (59.00) and holds the junior girls 300m hurdles record at W.O.S.S.A (46.42). For the past 2 summers, Shauna has attended the RCL Championships, winning 5 medals (2 gold - 4 X 100m, 4 X 400, 1 silver – 400m and 2 bronze – 400m hurdles and 200m) in 06 and winning 2 medals in 07 (Gold – 400m hurdles, Silver – 400m). She also was a member of Team Canada in the 2007 5th IAAF World Youth Track and Field Championships in the Czech Republic. She placed 19th in the 400m hurdles and ran in the preliminary rounds for the women's relay, which ended up winning a bronze in the final.

Outside of track, Shauna has been playing competitive soccer since grade 6. She was a member of the 2006, 16 and under U.S.A Cup winning team and has won various tournaments in her career. She enjoys scrap-booking and spending time with her friends. Shauna is multi-lingual, highly communicative and relates extremely well to people, all around the world.