

Profile - Tara Quinn-Smith

➤ Events: 10,000m, Half Marathon, Marathon

Sex: Female
Birthdate: September 19, 1979
Birthplace: Hamilton, ON Canada
Hometown: Waterdown, ON Canada
Residence: Toronto, ON Canada
Languages spoken: English
Height: 155 cm / 5'1"
Weight: 43 kg / 95 lbs
Marital status: Married
Club: Brooks Canada Marathon Project
Coach: Hugh Cameron
Occupation: Teacher

PERSONAL BEST

Cardinal Invitational, Stanford, CA - USA (10,000m)	12th	32:43.54
Naples Daily News Half Marathon, Naples, FL – USA (Half Marathon)	1 st	1:13.52

PAST PERFORMANCES

2008		
Naples Daily News Half Marathon, Naples, FL – USA (Half Marathon)	1 st	1:13.52
2007		
TransCanada 10km National Championships, Ottawa, ON - Canada (10km)	3rd	33:50.00
2006		
Canadian 10000m Championships, Abbotsford, BC - Canada (10000m)	1st	34:08.66
Canadian Track and Field Championships, Ottawa, ON - Canada (5000m)	3rd	16:10.66
Commonwealth Games, Melbourne - Australia (10000m)	8th	33:15.50
Eastern Canadian High Performance Series, Ottawa, ON - Canada (1500m)	2nd	4:24.75
IAAF World Cross Country Championships, Fukuoka, Japan (4km)	57 th	13:57
2005		
Canadian 10000m Championships, Abbotsford, BC - Canada (10000m)	1st	33:34.05
Canadian Half Marathon Championships, Edmonton, AB - Canada (Half-Marathon)	2nd	1:14.32
Canadian Track and Field Championships, Winnipeg, MB - Canada (5000m)	2nd	16:02.90
Cardinal Invitational, Stanford, CA - USA (10000m)	12th	32:43.54
IAAF World Cross Country Championships, Saint Etienne - France (8km)	44th	29:26.00
2004		
Canadian 10000m Championships, Burnaby, BC - Canada (10000m)	5th	33:04.38
Canadian Track and Field Championships, Victoria, BC - Canada (5000m)	5th	15:58.76
NCAA Championships, Greenville , SC - USA (6km)	68th	21:60.00
Toronto Metro Challenge, Toronto, ON - Canada (1500m)	2nd	4:34.29
Waterloo Invitational Cross Country Meet, Waterloo, ON - Canada (4km)	1st	13:48.00
2003		
Canadian 10000m Championships, Burnaby, BC - Canada (10000m)	8th	36:14.58
Canadian Track and Field Championships, Victoria, BC - Canada (5000m)	11th	16:49.91
Penn Relays, Philadelphia , PA - USA (10000m)	1st	33:34.16
Raleigh Relays, Raleigh, NC - USA (5000m)	4th	16:32.64
2002		
Miami, FL - USA (3000m)	1st	9:42.42
Conference USA Championships, Louisville, KY - USA (10000m)	1st	35:05.71
Florida Relays, Talahasee, FL - USA (5000m)	1st	16:32.17
Penn Relays, Philadelphia, PA - USA (10000m)	1st	33:37.24

2001

Penn Relays, Philadelphia, PA - USA (10000m)

2nd

34:25.29

TARA IN THE NEWS

10/23/2005 Canadian runners sweep gold at North American 5 km road team championships

10/1/2005 Canadian women sixth in team event at IAAF Half Marathon World Championships