

AMY A. KIRKHAM

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EDUCATION

Postdoctorate - Advanced Imaging for Cardio-Oncology, Apr 2016-present

Department of Biomedical Engineering, Faculty of Medicine and Dentistry
University of Alberta, Edmonton, AB

Supervisor: Richard Thompson, PhD; Co-supervisor: Ian Paterson, MD

Awards:

- 1) Canadian Institutes of Health Research Fellowship (2016-2019): \$165,000
- 2) Alberta Innovates - Health Solutions Clinician Fellowship (2016-2019): \$225,000

PhD - Cardiovascular & Exercise Oncology, Sep 2010-Feb 2016 (LOA 09/11-08/12)

Rehabilitation Sciences, Department of Physical Therapy, Faculty of Medicine
University of British Columbia, Vancouver, BC

Thesis title: Exercise Cardio-Protection from Chemotherapy for Breast Cancer

Supervisor: Kristin Campbell, BSc PT, PhD

Awards:

- 3) Mary Adele Norman Postgraduate Award in Medical Research (2016): \$2800
- 4) Canadian Institutes of Health Research Canada Graduate Scholarships - Doctoral Award (2010-2011, 2012-2014): \$105,000
- 5) UBC Four Year Doctoral Fellowship (2010-2011, 2012-2015): \$20,000
- 6) Canadian Institutes of Health Research Canada Graduate Scholarships – Michael Smith Foreign Study Supplement (2014): \$6,000; used to study echocardiography-derived myocardial mechanics with Professor Rob Shave at Cardiff Metropolitan University, Wales
- 7) UBC Urban Poling Activator Award (2014): \$2,000
- 8) American College of Sports Medicine Foundation Doctoral Student Research Grant (2013): \$5,000
- 9) American College of Sports Medicine Annual Meeting Cancer Interest Group Karen Hornbostel Memorial Trainee Award (2013): \$250
- 10) Canadian Cancer Society Travel Award (2013): \$1100

Masters of Science - Exercise Oncology, Sep 2008- Oct 2010

School of Human Kinetics, Faculty of Education
University of British Columbia, Vancouver, BC

Thesis title: Comparison of Aerobic Exercise Intensity Prescription Methods in Breast Cancer Patients and Survivors

Supervisor: Don McKenzie, MD, PhD

Awards:

- 12) UBC Faculty of Education Graduate Student Research Grant (2010): \$883
- 13) Canadian Institutes of Health Research Canada Graduate Scholarship - Master's Award (2009): \$17,500
- 14) Michael Smith Foundation for Health Research – Junior Graduate Studentship (2009): \$22,500, declined \$13,000
- 15) UBC University Graduate Fellowship (2009): \$16,000, declined
- 16) UBC Faculty of Education Award (2008): \$1300

Bachelor of Science Cum Laude – Kinesiology, 2003-2008

Certificate - Athletic Therapy, 2004-2007

School of Kinesiology and Health Science, Faculty of Health
York University, Toronto, ON

Awards:

- 17) York Kinesiology and Health Science Honour Award (2007): \$500
- 18) York Dean's Honour Roll (2003-4, 2004-05, 2006-07, 2007-08)
- 19) York Kinesiology - Robert Munroe Menzies Award (2006): \$500
- 20) Canadian Interuniversity Sports Academic All-Canadian (2005/06, 2007/08)
- 21) York University Sport and Academic Excellence Award (2004-2008): \$10,500 total
- 22) Koch Industries Inc. Achievement Award (2003-2006): \$6,000 total
- 23) York University Entrance Scholarship (2003): \$2,000
- 24) York University Faculty of Pure & Applied Science Scholarship (2003): \$4,000

PUBLICATIONS & PRESENTATIONS

Peer-reviewed manuscripts

Accepted

1. Campbell KL, Kam JWY, Liu Ambrose T, Handy TC, Lim H, Hayden S, Hsu L, Neil-Sztramko SE, **Kirkham AA**, Gotay CC, McKenzie DC, Boyd LA. Effect of aerobic exercise on cancer-associated cognitive impairment: A proof-of-concept RCT. *Psycho-Oncol*, accepted January 6, 2017. Impact factor: 3.3.
2. **Kirkham AA**, Klika RJ, Ballard TM, Downey P, Campbell KL. Effective translation of research to practice: Hospital-based rehabilitation program improves health-related physical fitness and quality of life of cancer survivors. *Journal of the National Comprehensive Cancer Network* 2016;14(12):1555-62. Impact factor: 4.2.
3. **Kirkham AA**, Neil-Sztramko SE, Morgan J, Hodson S, Weller SK, McRae T, Campbell KL. Fee-for-service cancer rehabilitation programs improve health-related quality of life. *Current Oncology* 2016; 23(4):233-40. Impact factor: 1.8.
4. **Kirkham AA**, Bland K, Sayyari S, Campbell KL, Davis M. Clinically Relevant Physical Benefits of Exercise Interventions in Breast Cancer Survivors. *Current Oncology Reports* 2016; 18(2):12. Impact factor: 2.8.
5. **Kirkham AA**, Davis MK. Exercise prevention of cardiovascular disease in breast cancer survivors. *Journal of Oncology*, special issue: "Cancer and Cardiovascular Disease: The Complex Labyrinth" 2015; Article ID 917606. Impact factor: 1.2.
6. **Kirkham AA**, Neil SE, Morgan J, Hodson S, Weller SK, McRae T, Campbell KL. Health-related physical fitness assessment in a community-based cancer rehabilitation setting. *Supportive Care in Cancer* 2015; 23(9):2525-33. Impact factor: 2.4.
7. **Kirkham AA**, Virani SA, Campbell KL. The utility of cardiac stress testing for detection of cardiovascular disease in breast cancer survivors: A systematic review. *International Journal of Women's Health* 2015;7:127-140. Impact factor: 0.8.
8. **Kirkham AA**, Pahl KE, Elliot RM, Scott JA, Doria SC, Davidson HK, Neil-Sztramko SE, Campbell KL, Camp PG. Utility of equations to estimate peak oxygen uptake and work rate from a six-minute walk test in patients with COPD in a clinical setting. *Journal of Cardiopulmonary Rehabilitation and Prevention* 2015; 35(6):431-8. Impact factor: 1.6.
9. Neil SE, **Kirkham AA**, Hung SH, Niksirat N, Nishikawa K, Campbell KL. Aerobic capacity and upper limb strength are reduced in women diagnosed with breast cancer: A systematic review. *Journal of Physiotherapy* 2014;60(4):189-200. Impact factor: 3.7.
10. Takacs J, **Kirkham AA**, Brown J, Marriot E, Monkman D, Havey J, Hung S, Campbell KL, Hunt MH. Lateral trunk lean gait modification increases the energy cost of treadmill walking in those with knee osteoarthritis. *Osteoarthritis and Cartilage* 2014;22(2):203-9. Impact factor: 4.2.
11. **Kirkham AA**, Campbell KL, McKenzie DC. Comparison of aerobic exercise intensity prescription methods in breast cancer. *Medicine & Science in Sports & Exercise*

2013;45(8):1443-50. Impact factor: 4.5.

- Campbell KL, Van Patten CL, Neil SE, **Kirkham AA**, Gotay CC, Gelmon KA, McKenzie DC. Feasibility of a lifestyle intervention on body weight and serum biomarkers in breast cancer survivors with overweight and obesity. *Journal of the Academy of Nutrition and Dietetics* 2012;112(4): 559-67. Impact factor: 3.4.

In preparation (drafts under review by co-authors)

- Kirkham AA**, van Patten C, Gelmon KA, McKenzie DC, Bonsignore A, Bland KA, Campbell KL. An oncologist-referred exercise and healthy eating program as a part of supportive adjuvant care for early breast cancer: an effectiveness trial.
- Kirkham AA**, Bonsignore A, Bland KA, van Patten C, McKenzie DC, Gelmon KA, Campbell KL. Exercise prescription methods and adherence during and after chemotherapy and radiation treatment for breast cancer: One size does not FITT all.
- Kirkham AA**, Bland KA, Shave R, Stohr E, Eves N, McKenzie DC, Gelmon K, Virani SA, Bovard J, Warburton DER, Campbell KL. Randomized controlled trial of the effects of a single exercise session on the acute cardiac function response to doxorubicin in breast cancer patients.
- Kirkham AA**, Bland KA, Shave R, Stohr E, Eves N, McKenzie DC, Gelmon K, Virani SA, Bovard J, Warburton DER, Campbell KL. A randomized controlled trial of the cumulative effect of an aerobic exercise session 24 hours prior to each doxorubicin treatment for breast cancer on markers of cardiotoxicity and treatment symptoms.
- Kirkham AA**, Lloyd M, Claydon V, Campbell KL. A longitudinal study of the influence of breast cancer treatment and exercise on clinical indices of autonomic function.
- Balneaves LG, Truant TLO, Van Patten C, **Kirkham A**, Waters E, Campbell KL. Patients and oncologist' perspectives on physician referrals to a lifestyle intervention program.

Published conference abstracts

- Kirkham AA**, Shave RE, Eves ND, McKenzie DC, Gelmon K, Warburton DER, Virani SA, Campbell KL. Moderate exercise training prevents doxorubicin-related deterioration of subclinical marker of cardiac dysfunction in breast cancer. *Appl Physiol Nutr Metab* 2016 41(9 Suppl 4):S367. Poster presented at Canadian Society of Exercise Physiology Annual General Meeting, Victoria, BC, October 14, 2016.
- Bland KA, **Kirkham AA**, van Patten CL, Bonsignore A, McKenzie DC, Gelmon KA, Campbell KL. Changes in quality of life among women engaging in exercise programming as a part of supportive care during and post adjuvant breast cancer treatment. *Appl Physiol Nutr Metab* 2016 41(9 Suppl 4):S343. Poster presented at Canadian Society of Exercise Physiology Annual General Meeting, Victoria, BC, October 14, 2016.
- Wollmann HM, **Kirkham AA**, van Patten CL, Bonsignore A, McKenzie DC, Gelmon KA, Campbell KL. Comparison of strength improvements during and post adjuvant breast cancer treatment. *Appl Physiol Nutr Metab* 2016 41(9 Suppl 4):S397. Poster presented at Canadian Society of Exercise Physiology Annual General Meeting, Victoria, BC, October 13, 2016.
- Kirkham AA**, Shave R, Stohr E, Gelmon K, Eves ND, McKenzie DC, Warburton DER, Virani SA, Campbell KL. The effect of exercise 24-hours before chemotherapy on cardiac function and symptoms in breast cancer. *Med Sci Sports Exerc* 2016; 48(5S Suppl 1):831. Poster presented at American College of Sports Medicine Annual General Meeting, Boston, MA. June 3, 2016.
- Bland KA, **Kirkham AA**, van Patten CL, Neil-Sztramko SE, Bonsignore A, Gelmon KA, McKenzie DC, Campbell KL. Patient-reported Barriers to Exercise and Predictors of Exercise Adherence During Adjuvant Chemotherapy for Breast Cancer. *Med Sci Sports Exerc* 2016; 48(5S Suppl 1):333. Thematic poster presented at American College of Sports Medicine Annual General Meeting, Boston, MA. June 2, 2016.
- Balneaves LG, Truant TLO, Campbell KL, Van Patten C, Waters E, **Kirkham A**.

- Patients and oncologist' perspectives on physician referrals to a lifestyle intervention program. Poster presentation at the 12th International Conference of the Society for Integrative Oncology. Boston, MA, USA. November 2015.
7. Rafn BS, **Kirkham A**, Klika R, Downey P, Ballard T, Campbell KL. The effect of a clinical cancer rehabilitation program on arm function and quality of life in breast cancer survivors. *Support Care Cancer* 2015; 23(Suppl 1):300. Poster presented at International Annual Meeting on Supportive Care in Cancer, Copenhagen, Denmark, June 27, 2015.
 8. Klika R, **Kirkham A**, Campbell K, Downey P, Ballard T. Evaluation of the Strides to Strength™ cancer rehabilitation program. *Med Sci Sports Exerc* 2015; 47(5S):315-316. Poster presented at American College of Sports Medicine Annual General Meeting, San Diego, CA. May 28, 2015.
 9. **Kirkham, AA**, Morgan J, Hodson S, McRae T, Campbell KL. Assessment of a series of physical fitness tests in a community-based cancer rehabilitation setting. *Med Sci Sports Exerc* 2014;46(5 Suppl):127. Thematic poster presented at American College of Sports Medicine Annual General Meeting, Orlando FL; May 28, 2014.
 10. Hung SH, Neil SE, **Kirkham AA**, Niksirat N, Campbell, KL. Physical function in breast cancer survivors: A systematic review and comparison to healthy normative data. *Med Sci Sports Exerc* 2014;46(5 Suppl):382. Poster presented at American College of Sports Medicine World Congress on Exercise is Medicine, Orlando FL; May 29, 2014.
 11. **Kirkham, AA**, Morgan J, Hodson S, McRae T, Campbell KL. Urban cancer-specific community exercise programs: Who enrolls and what changes occur? *Med Sci Sports Exerc* 2014;46(5 Suppl):366. Poster presented at American College of Sports Medicine World Congress on Exercise is Medicine, Orlando FL; May 29, 2014.
 12. Campbell KL, Kam J, Boyd LA, Handy TC, Lim H, Hayden S, Hsu L, Neil SE, **Kirkham AA**, Gotay CC, McKenzie DC, Liu-Ambrose T. Effect of exercise on cancer-associated cognitive dysfunction: A proof-of-concept randomized controlled trial. *J Clin Oncol* 32(15 suppl):9583. Poster presented at the Annual Meeting of the American Society of Clinical Oncology, Chicago USA, May 30-June 3, 2014.
 13. **Kirkham, AA**, Virani SA, Campbell KL. The utility of exercise or pharmacological stress in identifying cardiac damage in breast cancer survivors. *Med Sci Sports Exerc* 2013;45(5 Suppl 1):215. Thematic poster presented at American College of Sports Medicine Annual General Meeting, Indianapolis, IN; May 30, 2013.
 14. **Kirkham AA**, Campbell KL, McKenzie DC. Comparison of aerobic intensity prescription methods in breast cancer patients and survivors. *Med Sci Sports Exerc* 2011;43(5 Suppl): S7. Thematic poster presented at American College of Sports Medicine Annual General Meeting, Denver, CO; June 2011.
 15. **Kirkham AA**, Neil SE, Campbell KL, McKenzie DC. An easy method for adjusting heart rate targets to account for training adaptations throughout exercise interventions with breast cancer survivors. *Appl Physiol Nutr Metab* 2010;35(S1). Poster presented at Canadian Society of Exercise Physiology Annual General Meeting, Toronto, ON; Nov. 2010.
 16. Feehan L, Li LC, MacIntyre D, Harris S, **Kirkham A** and the Osteo-Fx Review Team. Exercise program elements deemed important by physiotherapists in exercise prescription following osteoporotic fracture. *Arthritis and Rheumatism*, 2010;60(10 suppl):1882.
 17. **Kirkham AA**, Campbell KL, Jespersen DK and McKenzie DC. Exercise intensity prescription for women with breast cancer undergoing chemotherapy. *Appl Physiol Nutr Metab* 2009;34(S1):S48-S49. Oral presentation at Canadian Society of Exercise Physiology Annual General Meeting, Vancouver, BC: Nov. 2009.

Invited presentations

1. Back to basics: Applying training principles for effective exercise prescription in cancer patients; Symposium at American College of Sports Medicine Annual Meeting, Boston, MA, June 2016
2. Exercise Therapy for Breast Cancer Treatment Side Effects; Pharmaceutical Outcomes

- & Policy Innovations Seminar, UBC; Vancouver, BC, May 26, 2015
- 3. The role of acute and chronic exercise in cardioprotection from anthracycline chemotherapy for breast cancer; Lions Gate Hospital Community Chemotherapy Centre; North Vancouver, BC; September 11, 2014
- 4. Exercise is medicine: The benefits of exercise during cancer treatment; Burnaby General Hospital Community Chemotherapy Centre; Burnaby, BC; August 20, 2014
- 5. Exercise for cancer survivors: What does it look like outside research?; School of Health and Social Care, University of Surrey (satellite location); Glasgow, Scotland; July 9, 2014
- 6. Assessment and prescription in exercise oncology; Cardiac Rehabilitation, Atrium Health Ltd. Centre for Exercise and Health; Coventry, England; July 1, 2014
- 7. Exercise cardioprotection from chemotherapy for breast cancer; School of Sport, Cardiff Metropolitan University; Cardiff, Wales; June 20, 2014
- 8. Exercise cardioprotection from breast cancer anthracycline-induced cardiotoxicity; British Columbia Cancer Agency Vancouver Centre; Vancouver, BC; May 24, 2014
- 9. Prescription of exercise intensity in breast cancer and beyond; StepUp 2013; Vancouver, Canada; April 30, 2013
- 10. Breast cancer and exercise prescription; University of British Columbia Human Kinetics Courses: Exercise Prescription; Vancouver, Canada; March 9, 2011

RESEARCH OPERATING GRANTS

- 1. Susan G. Komen (International) Postdoctoral Research Fellowship Grant (direct operating costs). "Short-term lifestyle interventions for cardio-protection from anthracyclines." \$180,000 USD; competitive LOI accepted Oct 2016, pending full application results Apr 2017.
- 2. Anita Cochrane Memorial Endowment Fund Award at the British Columbia Cancer Foundation (Provincial), "The effects of exercise before doxorubicin infusion on cardiac function in breast cancer patients" (PhD thesis); \$6,840; 2014.
- 3. American College of Sports Medicine Foundation (International) Doctoral Student Research Grant, "Cardio-protective effects of exercise during chemotherapy" (PhD thesis); \$5,000; 2013.
- 4. UBC (Institutional) Faculty of Education Graduate Student Research Grant, "Comparison of aerobic exercise intensity prescription methods among breast cancer patients during and after chemotherapy" (MSc thesis project); \$883; 2010.

TEACHING, TEACHING ASSISTANTSHIPS, AND RESEARCH ASSISTANTSHIPS

- 1. Instructor, PHTH 517 - Exercise and Movement I (Exercise Physiology Module), UBC Department of Physical Therapy (Sept 2015)
- 2. Teaching Assistant, International Summer School (Recovery from Injury and Disease; Exercise is Medicine Modules), UBC Faculty of Medicine (July-August 2015)
- 3. Clinical Skills Assistant, PHTH 514 - Clinical Skills I (Emergency care, Athletic taping, Cardiorespiratory examination, and Exercise testing Labs), UBC Department of Physical Therapy (Sept-Oct for 2010-2015)
- 4. Research Assistant, Exercise and cancer-associated cognitive function (May 2011-Jan 2014)
- 5. Teaching Assistant, KIN 103 - Active Health Laboratory sessions, UBC Human Kinetics Undergraduate Program (Jan.-Apr. 2010)
- 6. Project Manager, Randomized Anastrozole Exercise Trial, (Sept. 2009-Jan. 2010)
- 7. Research Assistant, Diet and Physical Activity Pilot Study, (2009-2010)
- 8. Research Assistant, Randomized Controlled Trial of Combined Aerobic and Resistance Exercise in Breast Cancer Survivors Receiving Chemotherapy: The CARE Trial, (2008-2011)
- 9. Research Assistant, Arthritis Research Centre of Canada, supervisor: Dr. Linda Li (Jan.-Sept. 2009)
- 10. Teaching Assistant, KIN 190 - Anatomy and Physiology I Laboratory sessions, UBC Human Kinetics Undergraduate Program (Sept. 2008-Apr. 09)

MENTORSHIP AND SUPERVISION

1. Primary supervisor of UAlberta KIN Practicum for Jillian Christiansen (Jan.-Apr. 2017)
2. Primary supervisor of undergraduate volunteers, Cheryl So, (2011-2012), Bav Kaur (Sept 2014 -Apr 2015), Savanna Rowe (Jan 2015 –Apr 2016), Hannah Kappur (summer term 2015)
3. UBC Kinesiology Mentorship Program, Sarah Sayyari, (Oct.-Apr. 2014)
4. UBC Work Learn Program supervisor, Chris Grellman (Sep 2014-Apr 2015)
5. UBC Work Learn Program supervisor, Nima Omid-Fard (Sept. 2014-April 2015)
6. UBC Work Learn Program supervisor, Cristina Trasolini (May 2014-April 2014)
7. UBC Faculty of Medicine Research Award supervisor, Sean Nugent (summer term 2014)
8. Rehabilitation Sciences MSc students, Negin Niksirat, Stanley Hung (2012-2014)
9. UBC Work Learn Program supervisor, Kortni Pelli (2013-2014)
10. UBC Kinesiology Mentorship Program, Shaolin Rahman (2013-2014)
11. Tri-council Graduate Student Applications, Rehabilitation Sciences Graduate Program, UBC (2012-present)
12. UBC Masters of Physical Therapy Students Research Group, Metabolic Cost of Trunk Lean Study (2012-2013)
13. UBC Masters of Physical Therapy Students Research Group, Can the 6-minute Walk Test Predict VO₂peak in COPD patients? (2012-2013)

ACADEMIC CONFERENCES & COURSES

Conferences

1. Global Cardio-Oncology Summit (Vancouver, BC, 2016)
2. Canadian Society of Exercise Physiology Annual General Meeting (Victoria, BC, 2016)
3. American College of Sports Medicine Annual Meeting (Boston, MA, 2016)
4. Global Cardio-Oncology Summit (Nashville, TN, 2015)
5. European Congress of Sport Science Annual Congress (Amsterdam, NL, 2014)
6. American College of Sports Medicine Annual Meeting (Orlando, FL, 2014)
7. Canadian Cardiac Oncology Network Annual Conference (Ottawa, ON, 2014)
8. Okanagan Cardiovascular and Respiratory Symposium, (Vernon, BC, 2014)
9. Heart and Lung Fest, (Vancouver, BC, 2014)
10. American College of Sports Medicine Annual Meeting (Indianapolis, 2013)
11. American College of Sports Medicine Annual Meeting (Denver, CO, 2011)
12. Canadian Society of Exercise Physiology Annual General Meeting (Toronto, ON, 2010)
13. Canadian Cardiovascular Congress (Montreal, QC, 2010)
14. Canadian Society of Exercise Physiology Annual General Meeting (Vancouver, BC, 2009)
15. Energy Balance, Cancer Prognosis and Survivorship Conference (TREC-FHCRC-NCI sponsored) (Seattle 2009)
16. American College of Sports Medicine Annual Meeting (Seattle, WA, 2009)

Advanced courses

17. Analyzing Repeated Measures Data: ANOVA and Mixed Model Approaches, (8 weeks, Online, 2016)
18. International Intensive Graduate Course in Exercise & Clinical Physiology, Concordia University, (5 days, Montreal, QC, 2010)
19. Cardiovascular Ultrasound in Sport and Exercise Sciences, Human Kinetics, UBC-Okanagan, (5 days, Kelowna, BC, 2010)
20. Instructional Skills for Graduate Students, Teaching and Academic Growth (4 days, Vancouver, BC, 2010)
21. Publication and Grant Writing Workshop, CIHR-funded Quality of Life Training Program in Rehabilitation Research, (5 days, Vancouver, BC, 2010)
22. Introduction to and Applications of Hierarchical Linear Modeling/ Linear Mixed Effects Models, Department of Statistics, UBC (3 days, Vancouver, BC, 2009)

SERVICE

Committees

1. Cardiopulmonary Clinician Scientist Search Committee, Department of Physical Therapy, UBC, 2012
2. Student Advisory Committee, Clinical Exercise Physiology Association, 2009-2010
3. Communications Officer, Canadian Society of Exercise Physiology Graduate Student Committee, 2009-2011
4. Member, Admissions Committee, Athletic Therapy Program, York University, 2007
5. Publicity Director, York University Sports Council, 2007-2008

Operating grant review

1. Dutch Cancer Society (KWF Kankerbestrijding), Amsterdam, NL
2. Tenovus Cancer Care, Cardiff, United Kingdom

Journal review

1. Cochrane Breast Cancer Group, Cochrane Database of Systematic Reviews
2. Supportive Care in Cancer
3. PLOSOne
4. Hypothesis Journal
5. Medicine & Science in Sports & Exercise

ATHLETIC ACHIEVEMENTS

1. Several podium performances in Half-Ironman races as a Professional Triathlete (2010)
2. Selected for British Columbia's Elite Long Course Triathlon Team (2009 & 2010)
3. 3rd elite woman, British Columbia Time Trial (cycling) Provincial Championship (2010)
4. Represented Canada (19th, women 25-29) at the Olympic Triathlon Age Group World Championships in Australia (2009)
5. 2nd, women 25-29, 4th overall, National Olympic Triathlon Championships (2009)
6. Represented Canada (8th, women 20-24) at the Sprint Triathlon Age Group World Championships in Vancouver, BC (2008)
7. 2nd, women 20-24, National Olympic Triathlon Championships (2008) and National Sprint Triathlon Championship (2007)
8. 2nd, senior women's team, National Cross Country Championship (2007)
9. Ontario University Athletics Cross Country All-Star (2007)
10. Varsity Cross Country Team Captain, York University (2006-08)
11. Varsity Cross Country MVP, York University (2003-04, 2007-08)
12. York Lions Track and Field Achievement Award (2005)
13. York Lions Varsity Athlete-of-the-Week (2004, 2007)
14. York University Excalibur's Varsity Athlete-of-the-Year nomination (2004)
15. 10th, 3000m, Canadian Interuniversity Sport Track & Field National Championship (2004)