

35 - 39 YEAR OLD FEMALE (OUTDOOR)

50M

2020 Halimah Beaulieu 8.11

100M

2015 Natasha Bacchus 13.19

2012 Liz Johnson 13.57

2014 Natasha Bacchus 13.69

200M

2015 Natasha Bacchus 27.38

2014 Natasha Bacchus 27.67

2012 Liz Johnson 28.14

2019 Marina Khrisanova 32.26

400M

2015 Natasha Bacchus 1:04.53

800M

2018 Marina Khrisanova 2:53.06

2000M STEEPLE CHASE (30")

2021 Halimah Beaulieu 10:36.40

5KM RACE WALK

2011 Nardene Hammond 26:43.68

10KM RACE WALK

2012 Nardene Hammond 53.09

2011 Nardene Hammond 54.09.89

20KM RACE WALK

2011 Nardene Hammond 1:53:53.21

LONG JUMP

2019 Marina Khrisanova 3.32

TRIPLE JUMP

2023 Emily Lynch 9.11

HIGH JUMP

2023 Emily Lynch 1.60

SHOT PUT (4kg)

2014 Natasha Bacchus 6.80

JAVELIN (600g)

2019 Marina Khrisanova 10.27