

35 - 39 YEAR OLD FEMALE (OUTDOOR)

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

400M		
2015	Natasha Bacchus	1:04.53

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

SHOT PUT (4kg)		
2014	Natasha Bacchus	6.80

4X100M RELAY		
2007	Megan Rankin (46), Zelda Webber (39), Georgina Titus (42), Kim Ross (46)	54.96

35 - 39 YEAR OLD FEMALE (INDOOR)

50M		
2015	Natasha Bacchus	7.34

60M		
2015	Natasha Bacchus	8.43

200M		
2015	Natasha Bacchus	28.52