

40 - 44 YEAR OLD FEMALE (OUTDOOR)

100M

2008	Georgina Titus	13.58
2003	Megan Delmonico	13.74
2004	Megan Rankin	13.74
2002	Megan Delmonico	13.79
2007	Georgina Titus	14.06
2005	Megan Rankin	14.07
2013	Liz Johnson	14.10
2015	Liz Johnson	14.12
2015	Sharon Evans	14.73
2022	Marina Khonina	14.76
2008	Zelda Webber	14.85
2023	Marina Khonina	14.89
2017	Olesea Chittul	14.92
2023	Halimah Beaulieu	15.00
2021	Marina Khonina	15.02
2014	Sharon Evans	15.33
2020	Olesea Chittul	15.80
2022	Marina Khrisanova	16.30

200M

2008	Georgina Titus	28.08
2004	Megan Rankin	28.39
2013	Liz Johnson	28.54
2001	Megan Delmonico	28.76
2003	Megan Delmonico	28.73
2014	Liz Johnson	29.35
2015	Liz Johnson	29.70
2008	Zelda Webber	30.22
2017	Olesea Chittul	30.58
2022	Marina Khonina	30.59
2015	Sharon Evans	30.77
2023	Marina Khonina	30.96
2023	Halimah Beaulieu	31.30
2018	Olesea Chittul	31.36
2022	Halimah Beaulieu	31.55
2021	Marina Khonina	31.57
2019	Olesea Chittul	32.18
2022	Marina Khrisanova	32.96
2020	Olesea Chittul	33.00
2023	Marina Khrisanova	33.13
2021	Marina Khrisanova	34.58

300M

2023 Halimah Beaulieu 51.59

400M

2002	Megan Delmonico	1:07.85
2017	Olesea Chittul	1:08.29
2003	Megan Delmonico	1:08.38
2022	Marina Khonina	1:11.52
2018	Olesea Chittul	1:11.90
2022	Halimah Beaulieu	1:14.03
2019	Olesea Chittul	1:15.28

800M

2023	Marina Khrisanova	2:48.63
2018	Olesea Chitul	2:50.01
2022	Marina Khrisanova	2:52.48
2021	Marina Khrisanova	2:53.37
2022	Halimah Beaulieu	3:01.57

80M HURDLES (30")

2023	Marina Khrisanova	16.63
2018	Olesea Chitul	16.77
2022	Marina Khrisanova	17.07
2021	Marina Khrisanova	18.63
2022	Halimah Beaulieu	19.44

400M HURDLES (30")

2022 Halimah Beaulieu 1:25.58

1500M RACE WALK

2012	Nardene Hammond	7:16.98
2013	Nardene Hammond	7:22.25

3000M RACE WALK

2013	Nardene Hammond	14:39.51
2014	Nardene Hammond	15:04.64
2015	Nardene Hammond	15:15.00
2012	Nardene Hammond	15:40.76

5000M RACE WALK

2015 Nardene Hammond 25:42.01

10 000M RACE WALK

2015 Nardene Hammond 57:02.00

20 000M RACE WALK

2015 Nardene Hammond 1:57:00.00

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LONG JUMP

2008	Georgina Titus	4.86
2022	Claire Kariya	4.28
2014	Sharon Evans	4.18
2015	Sharon Evans	3.89
2017	Olesea Chittul	3.88
2018	Olesea Chittul	3.69
2022	Halimah Beaulieu	3.69
2022	Marina Khrisanova	3.38
2021	Marina Khrisanova	3.31

HIGH JUMP

2022	Claire Kariya	1.50
2018	Olesea Chitul	1.25
2015	Sharon Evans	1.20
2021	Marina Khrisanova	1.18
2019	Olesea Chitul	1.15
2022	Halimah Beaulieu	1.13
2022	Marina Khrisanova	1.13
2023	Marina Khrisanova	1.10

DISCUS (1kg)

2008	Georgina Titus	22.63
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SHOTPUT (4kg)

2017	Olesea Chittul	7.90
2018	Olesea Chittul	7.71
2022	Claire Kariya	7.70
2023	Claire Kariya	7.40
2020	Olesea Chittul	7.03
2019	Olesea Chittul	6.89
2022	Marina Khrisanova	6.09
2023	Marina Khrisanova	6.07
2021	Marina Khrisanova	5.81
2020	Marina Khrisanova	5.67
2022	Halimah Beaulieu	4.97

JAVELIN (600gr)

2022	Claire Kariya	30.45
2020	Olesea Chittul	21.00
2017	Olesea Chittul	20.01
2018	Olesea Chittul	19.29
2020	Marina Khrisanova	15.24
2021	Marina Khrisanova	14.58
2022	Marina Khrisanova	12.65
2022	Halimah Beaulieu	9.92

HEPTATHLON (100MH, 200M, 800M, HJ, LJ, SP, JT)

2022	Marina Khrisanova	2344
2021	Marina Khrisanova	2171
2022	Halimah Beaulieu	2101