

#### 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
2008	Zelda Webber	14.85
<b>2017</b>	<b>Olesea Chittul</b>	<b>14.92</b>
2014	Sharon Evans	15.33

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
<b>2017</b>	<b>Olesea Chittul</b>	<b>30.58</b>
2015	Sharon Evans	30.77

400M		
2002	Megan Delmonico	1:07.85
<b>2017</b>	<b>Olesea Chittul</b>	<b>1:08.29</b>
2003	Megan Delmonico	1:08.38

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

LONG JUMP		
2008	Georgina Titus	4.86
2014	Sharon Evans	4.18
2015	Sharon Evans	3.89
<b>2017</b>	<b>Olesea Chittul</b>	<b>3.88</b>

HIGH JUMP		
2015	Sharon Evans	1.20

DISCUS (1kg)		
2008	Georgina Titus	22.63

SHOTPUT (4kg)		
<b>2017</b>	<b>Olesea Chittul</b>	<b>7.90</b>

JAVELIN (600gr)		
<b>2017</b>	<b>Olesea Chittul</b>	<b>20.01</b>

4X100M RELAY		
2008	Megan Rankin (47), Zelda Webber (40), Georgina Titus (43), Kim Ross (47)	53.54
2002	Clare Ann Quirk (45), Avril Douglas (44), Marg Ratcliff (40), Megan Rankin (41)	53.63

#### 40 - 44 YEAR OLD FEMALE (INDOOR)

60M		
2009	Georgina Titus	8.61
2015	Sharon Evans	9.33

200M		
2015	Sharon Evans	32.23

1500M RACE WALK		
2014	Nardene Hammond	7:19.70

3000M RACE WALK		
2014	Nardene Hammond	15:34.52

HIGH JUMP		
2015	Sharon Evans	1.10

LONG JUMP		
2015	Sharon Evans	4.00

SHOT PUT (4kg)		
2016	Tara Hirota	7.25