

45 - 49 YEAR OLD FEMALE (OUTDOOR)

60M

2017	Sharon Evans	9.68
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100M

2009	Kim Ross	13.47
2011	Georgina Titus	13.62
2006	Megan Rankin	14.14
2008	Megan Rankin	14.18
2017	Sharon Evans	15.40
2016	Sharon Evans	15.52
2002	Sarita Burrowes	16.09
2014	Rachel Fouladi	17.19
2015	Rachel Fouladi	17.74
2016	Julie Valente	18.94
2015	Sherry Rierson	20.87

200M

2009	Kim Ross	27.89
2017	Sharon Evans	32.27
2016	Sharon Evans	32.74
2002	Sarita Burrowes	33.19
2014	Rachel Fouladi	37.50
2015	Rachel Fouladi	37.83
2015	Sherry Rierson	44.31

400M

2014	Rachel Fouladi	1:21.64
2015	Rachel Fouladi	1:21.87
2013	Rachel Fouladi	1:27.48

800M

2015	Rachel Fouladi	3:09.69
2014	Rachel Fouladi	3:23.82
2013	Rachel Fouladi	3:24.40
2016	Julie Valente	3:33.79

1500M

2015	Rachel Fouladi	6:17.18
2013	Rachel Fouladi	6:47.32
2016	Julie Valente	7:14.77

3000M

2013	Rachel Fouladi	14:21.38
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80M HURDLES (30"@8.0m)

2014	Rachel Fouladi	18.89
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400M HURDLES (30")

2014	Rachel Fouladi	1:41.15
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1500M RACE WALK

2013	Rachel Fouladi	10:20.25
2014	Rachel Fouladi	10:53.79

3000M RACEWALK

2014	Rachel Fouladi	23:27.92
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HIGH JUMP

2016	Sharon Evans	1.20
2017	Sharon Evans	1.10
2014	Rachel Fouladi	1.05

LONG JUMP

2011	Georgina Titus	4.63
2017	Sharon Evans	3.96
2016	Sharon Evans	3.95
2014	Rachel Fouladi	3.04

TRIPLE JUMP

2017	Sharon Evans	8.19
2016	Sharon Evans	8.00
2014	Rachel Fouladi	6.88

SHOT PUT (4kg)

2014	Rachel Fouladi	4.64
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JAVELIN (600g)

2011	Georgina Titus	26.03
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HAMMER THROW (4kg)

2014	Rachel Fouladi	11.70
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4X100M RELAY

2014	Urith Hayley (51), Marie Johnson (53), Deborah Lee (50), Rachel Fouladi (46)	1:08.71
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4 X 400M RELAY

2015	Cindy O'Brien Hugh (56), Kathy Friesen (55), Winnie Mackay Smith (74), Nicola Everton (49)	6:03.24
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45 - 49 YEAR OLD FEMALE (INDOOR)

50M

2016 Rachel Fouladi 9.66

60M

2016 Sharon Evans 9.52
2017 Sharon Evans 9.57
2015 Rachel Fouladi 10.65
2016 Rachel Fouladi 11.35
2015 Sherry Rierson 12.45
2016 Julie Valente 12.52

200M

2017 Sharon Evans 33.10
2016 Rachel Fouladi 37.48
2015 Sherry Rierson 46.71

400M

2016 Rachel Fouladi 1:22.26
2015 Rachel Fouladi 1:26.35

800M

2015 Rachel Fouladi 3:03.88
2016 Rachel Fouladi 3:09.63

1500M

2016 Rachel Fouladi 6:16.34

3000M

2016 Rachel Fouladi 13:31.35

50M HURDLES

2016 Rachel Fouladi 13.42

60M HURDLES (30")

2016 Rachel Fouladi 16.35

1500M RACE WALK

2015 Rachel Fouladi 9:51.58
2016 Rachel Fouladi 10:13.51

3000M RACE WALK

2015 Rachel Fouladi 20:24.82
2016 Rachel Fouladi 21:24.80

LONG JUMP

2017 Sharon Evans 3.73
2015 Rachel Fouladi 2.87

TRIPLE JUMP

2017 Sharon Evans 8.11
2015 Rachel Fouladi 6.88
2016 Rachel Fouladi 6.60

SHOT PUT (4kg)

2015 Rachel Fouladi 4.10