

50 - 54 YEAR OLD FEMALE (OUTDOOR)

50M		
2012	Lori Graham	10.52

60M		
2017	Julie Valente	12.25

100M		
2011	Megan Rankin	14.50
2013	Megan Rankin	15.69
2003	Sarita Burrowes	16.35
2004	Urith Hayley	16.40
2007	Sarita Burrowes	16.82
2017	Julie Valente	18.66
2013	Lori Graham	19.44
2012	Lori Graham	19.57

200M		
2011	Megan Rankin	31.56
2003	Sarita Burrowes	33.80
2004	Urith Hayley	34.70
2017	Julie Valente	38.58

400M		
2017	Julie Valente	3:29.95

800M		
2016	Leslie Stevens	2:42.44

1500M		
2016	Leslie Stevens	5:41.23
2017	Julie Valente	6:48.64

3000M		
2016	Leslie Stevens	12:22.15

5000M		
2017	Leslie Stevens	21:39.43

1500M RACEWALK		
2012	Lori Graham	13:44.31

3000M POWER WALK		
2012	Lori Graham	25:38.30

2000M STEEPLE CHASE (30")		
2016	Leslie Stevens	8:41.67
2017	Leslie Stevens	9:31.22

4X100M RELAY		
2013	Jill Elliot (), Urith Hayley (62) , Megan Rankin (52), Elaine Whidden (58)	1:01.33
2005	Urith Hayley (54), Louise Reed (70), Marg Radcliffe (63), Doreen Hawthorn (53)	1:04.58
2014	Urith Hayley (51), Marie Johnson (53), Deborah Lee (50), Rachel Fouladi (46)	1:08.71

JAVELIN (500g)		
2011	Leeane Howard	25.68
2004	Urith Hayley	20.97

50 - 54 YEAR OLD FEMALE (INDOOR)

60M		
2013	Lori Graham	11.98

1500M RACE WALK		
2013	Lori Graham	13:40.63