

50 - 54 YEAR OLD FEMALE (OUTDOOR)

50M

2020	Tamara Robertson	7.89
2020	Julie Valente	10.13
2012	Lori Graham	10.52

60M

2017	Julie Valente	12.25
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100M

2011	Megan Rankin	14.50
2022	Tamara Robertson	14.84
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
2020	Julie Valente	19.21
2013	Lori Graham	19.44
2012	Lori Graham	19.57
2018	Julie Valente	19.65

200M

2022	Tamara Robertson	30.73
2011	Megan Rankin	31.56
2003	Sarita Burrowes	33.80
2004	Urith Hayley	34.70
2017	Julie Valente	38.58
2018	Julie Valente	38.78
2019	Julie Valente	40.82

400M

2022	Tamara Robertson	1:13.64
2020	Tamara Robertson	1:16.73
2017	Julie Valente	1:29.95
2020	Julie Valente	1:33.10

800M

2016	Leslie Stevens	2:42.44
2018	Julie Valente	3:12.28
2019	Julie Valente	3:18.90

1500M

2016	Leslie Stevens	5:41.23
2018	Leslie Stevens	5:47.33
2017	Julie Valente	6:48.64
2019	Julie Valente	7:12.28
2021	Julie Valente	7:20.09

3000M

2016	Leslie Stevens	12:22.15
2018	Leslie Stevens	12:35.78

5000M

2017	Leslie Stevens	21:39.43
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1500M RACEWALK

2012	Lori Graham	13:44.31
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3000M POWER WALK

2012	Lori Graham	25:38.30
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2000M STEEPLE CHASE (30")

2016	Leslie Stevens	8:41.67
2017	Leslie Stevens	9:31.22

80M HURDLES (30"@7.0m)

2023	Debra LaChance	16.82
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POLE VAULT

2018	Julie Valente	1.20
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DISCUS (1kg)

2020	Kathleen Henderson	13.25
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HAMMER THROW (3kg)

2020	Julie Valente	21.08
2021	Julie Valente	20.95
2020	Kathleen Henderson	13.07

WEIGHT THROW (12lbs)

2020	Julie Valente	7.06
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SHOT PUT (3kg)

2020	Kathleen Henderson	6.20
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JAVELIN THROW (500gr)

2011	Leeane Howard	25.68
2004	Urith Hayley	20.97
2020	Kathleen Henderson	17.20