

55 - 59 YEAR OLD FEMALE (OUTDOOR)

50M

2016	Cindy O'Brien Hugh	7.94
2017	Cindy O'Brien Hugh	8.15
2019	Laurie Ritchie	8.84
2013	Lori Graham	9.77
2016	Lori Graham	9.88
2017	Lori Graham	10.14
2015	Lori Graham	10.31
2014	Lori Graham	10.39

60M

2017	Cindy O'Brien Hugh	9.39
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100M

2016	Cindy O'Brien Hugh	14.68
2015	Cindy O'Brien Hugh	14.70
2017	Cindy O'Brien Hugh	14.79
2014	Elaine Whidden	15.35
2007	Urith Hayley	15.89
2004	Bonnie Clark	16.18
2008	Urith Hayley	16.28
2019	Laurie Ritchie	16.32
2008	Michelle Hankey	16.94
2023	Jennifer Wilson	17.23
2015	Kathy Friesen	17.93
2013	Lori Graham	18.32
2014	Lori Graham	18.71
2015	Lori Graham	19.30
2023	Helena Smolock	21.73

200M

2015	Cindy O'Brien Hugh	30.13
2017	Cindy O'Brien Hugh	30.57
2013	Elaine Whidden	30.59
2016	Cindy O'Brien Hugh	30.63
2014	Elaine Whidden	31.90
2007	Urith Hayley	33.59
2008	Urith Hayley	33.85
2019	Laurie Ritchie	34.13
2017	Linda Ordowski	34.79
2008	Michelle Hankey	35.23
2023	Jennifer Wilson	35.64
2015	Kathy Friesen	37.57
2013	Lori Graham	38.40
2014	Lori Graham	38.92
2015	Lori Graham	41.60

400M

2015	Cindy O'Brien Hugh	1:10.99
2013	Elaine Whidden	1:13.26
2017	Cindy O'Brien Hugh	1:15.28
2017	Linda Ordowski	1:16.28
2016	Cindy O'Brien Hugh	1:18.66
2022	Carol Montgomery	1:18.84
2008	Michelle Hankey	1:24.38
2008	Urith Hayley	1:25.96
2014	Lori Graham	1:41.57
2015	Lori Graham	1:42.60
2013	Lori Graham	1:46.03

800M

2018	Janette Wood	2:36.60
2017	Janette Wood	2:40.50
2022	Carol Montgomery	2:49.16
2020	Carol Montgomery	2:49.73
2017	Linda Ordowski	2:59.92
2019	Annette O'Brien	3:08.39
2016	Linda Ordowski	3:08.63
2014	Lori Graham	4:04.16
2015	Lori Graham	4:05.67
2008	Urith Hayley	4:06.34

1500M

2022	Carol Montgomery	5:18.40
2018	Janette Wood	5:21.72
2021	Carol Montgomery	5:26.58
2023	Carol Montgomery	5:29.37
2017	Janette Wood	5:49.72
2020	Carol Montgomery	5:40.32
2021	Leslie Stevens	6:00.30
2017	Linda Ordowski	6:16.06
2019	Annette O'Brien	6:16.20
2016	Linda Ordowski	6:18.03
2017	Lori Graham	9:13.47

3000M

2022	Carol Montgomery	11:19.04
2021	Carol Montgomery	11:28.68
2021	Leslie Stevens	13:02.88
2016	Linda Ordowski	13:51.61

10 000M

2023	Carol Montgomery	43:11.22
2016	Linda Ordowski	49:58.57

300M HURDLES (30")

2020	Laurie Ritchie	1:07.61
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8KM ROAD RACE

2017 Lori Graham 1:01.57

10KM ROAD RACE

2016 Linda Ordowski 49:15.00
2017 Lori Graham 1:22.28

1500M RACE WALK

2017 Lori Graham 10:53.24
2014 Lori Graham 11:32.88
2013 Lori Graham 12:13.79
2015 Lori Graham 12.04.00

1600M RACE WALK

2013 Lori Graham 13:29.86

3000M RACE WALK

2017 Lori Graham 23:44.90
2014 Lori Graham 24:46.27
2015 Lori Graham 25:37.62

5000M RACE WALK

2017 Lori Graham 39:25.07
2014 Lori Graham 40:35.00
2015 Lori Graham 42:06.63
2016 Lori Graham 42:37.20

5KM RACE WALK - ROAD

2017 Lori Graham 40:41.80
2014 Lori Graham 42:13.60

10 000 RACE WALK

2017 Lori Graham 1:24:12.80

10KM RACE WALK - ROAD

2016 Lori Graham 1:32.33.00

1500M POWER WALK

2013 Lori Graham 12:01.20

3000M POWER WALK

2013 Lori Graham 25:12.89

5000M POWER WALK

2014 Lori Graham 38:32.84
2016 Lori Graham 43:55.44
2013 Lori Graham 44:24.13

10KM POWER WALK - ROAD RACE

2013 Lori Graham 1:35:49.00

10 000M POWER WALK

2014 Lori Graham 1:30:48.76

STANDING LONG JUMP

2015 Joyce Essex 1.19

LONG JUMP

2017 Cindy O'Brien Hugh 3.96
2016 Cindy O'Brien Hugh 3.79
2015 Cindy O'Brien Hugh 3.44
2008 Urith Hayley 3.07
2009 Urith Hayley 3.06

HIGH JUMP

2016 Cindy O'Brien Hugh 1.25
2017 Cindy O'Brien Hugh 1.25
2015 Cindy O'Brien Hugh 1.22

SHOT PUT (3kg)

2013 Sylvia Byers 7.68
2013 Elaine Whidden 7.32
2023 Jessie (Jie) Shao 7.23
2017 Ruth Kennedy 6.72
2018 Ruth Kennedy 6.69
2013 Lori Graham 6.13
2016 Lori Graham 5.88
2015 Joyce Essex 5.80
2014 Lori Graham 5.75
2008 Urith Hayley 5.42
2015 Lori Graham 5.25
2016 Joyce Essex 5.04
2017 Lori Graham 4.61

DISCUS (1kg)

2023 Jessie (Jie) Shao 18.00
2013 Sylvia Byers 17.61
2015 Joyce Essex 14.65
2015 Lori Graham 14.04
2017 Lori Graham 13.95
2016 Lori Graham 13.13
2014 Lori Graham 12.97
2016 Joyce Essex 12.84
2014 Joyce Essex 12.50
2013 Lori Graham 10.32

JAVELIN (500gr)

2007 Urith Hayley 21.58
2013 Sylvia Byers 19.57
2008 Urith Hayley 19.51
2023 Jessie (Jie) Shao 18.90
2008 Urith Hayley 17.01
2013 Lori Graham 14.46
2015 Lori Graham 13.99
2016 Lori Graham 13.22
2014 Lori Graham 12.96
2017 Lori Graham 11.53
2015 Joyce Essex 10.93
2016 Joyce Essex 9.62

55 - 59 YEAR OLD FEMALE (OUTDOOR)**HAMMER THROW (3kg)**

2018	Ruth Kennedy	25.58
2017	Ruth Kennedy	25.37
2022	Julie Valente	21.38
2007	Urith Hayley	20.99
2008	Urith Hayley	20.84
2014	Lori Graham	19.75
2016	Lori Graham	19.32
2013	Sylvia Byers	19.09
2017	Lori Graham	18.64
2013	Lori Graham	17.99
2016	Joyce Essex	17.14
2015	Lori Graham	17.08
2014	Joyce Essex	16.47
2015	Joyce Essex	15.45

WEIGHT THROW (16lbs)

2013	Sylvia Byers	7.55
2014	Joyce Essex	6.46
2016	Lori Graham	6.41
2015	Lori Graham	5.75
2014	Lori Graham	5.64
2017	Lori Graham	5.31
2016	Joyce Essex	5.28
2015	Joyce Essex	4.65
2013	Lori Graham	4.45

SUPER WEIGHT THROW (25lbs)

2016	Lori Graham	4.01
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WEIGHT PENTATHLON (HT, SP, DT, JT, WT)

2013	Sylvia Byers	2043
2014	Lori Graham	1548
2016	Lori Graham	1531
2015	Lori Graham	1446
2013	Lori Graham	1437
2015	Joyce Essex	1323
2017	Lori Graham	1261

PENTATHLON (80MH, HJ, SP, LJ, 800M)

2008	Urith Hayley	1973
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