

## 60 - 64 YEAR OLD FEMALE (OUTDOOR)

### 50M

2020	Cindy O'Brien Hugh	8.01
2019	Cindy O'Brien Hugh	8.28
2016	Marie Johnson	8.62
2016	Valerie Scott	8.64
2016	Urith Hayley	8.69
2018	Marie Johnson	8.76
2017	Valerie Scott	9.07
2016	Naomi Moriyama	9.92

### 60M

2017	Anne Sturgeon	11.19
------	---------------	-------

### 100M

2015	Elaine Whidden	14.60
2017	Elaine Whidden	14.69
2018	Cindy O'Brien Hugh	14.72
2016	Elaine Whidden	14.92
2021	Cindy O'Brien Hugh	15.12
2019	Cindy O'Brien Hugh	15.13
<b>2023</b>	<b>Cindy O'Brien Hugh</b>	<b>15.15</b>
2018	Elaine Whidden	15.19
2019	Elaine Whidden	15.21
2020	Cindy O'Brien Hugh	15.21
2022	Cindy O'Brien Hugh	15.44
2011	Urith Hayley	15.97
2015	Urith Hayley	16.14
2014	Urith Hayley	16.18
2016	Marie Johnson	16.19
2016	Valerie Scott	16.31
2014	Marie Johnson	16.44
2015	Marie Johnson	16.55
2016	Urith Hayley	16.60
2017	Valerie Scott	16.73
2018	Marie Johnson	16.83
2015	Valerie Scott	17.20
2001	Terri White	17.37
2009	Michelle Hankey	17.37
2008	Michelle Hankey	17.58
2014	Deborah Lee	17.58
2017	Anne Sturgeon	17.61
2001	Ella Lee	17.73
2015	Deborah Lee	17.93
2000	Ella Lee	18.05
2013	Deborah Lee	18.41
2017	Naomi Moriyama	19.40
2016	Naomi Moriyama	19.41

### 200M

2015	Elaine Whidden	30.27
2017	Elaine Whidden	30.61
2016	Elaine Whidden	30.90
2018	Elaine Whidden	30.99
2018	Cindy O'Brien Hugh	31.42
2019	Elaine Whidden	31.84
2019	Cindy O'Brien Hugh	31.88
2022	Cindy O'Brien Hugh	32.04
<b>2023</b>	<b>Cindy O'Brien Hugh</b>	<b>32.46</b>
2021	Cindy O'Brien Hugh	32.78
2011	Urith Hayley	33.17
2014	Urith Hayley	33.84
2016	Valerie Scott	34.44
2015	Urith Hayley	34.60
2014	Marie Johnson	34.68
2015	Valerie Scott	34.71
2015	Marie Johnson	34.74
2021	Sharon Hann	34.79
2016	Marie Johnson	35.38
2017	Valerie Scott	35.45
2018	Marie Johnson	35.81
2016	Urith Hayley	36.28
2008	Michelle Hankey	36.43
2018	Valerie Scott	36.70
2001	Terri White	36.98
2017	Anne Sturgeon	37.79
2015	Deborah Lee	39.67
2000	Ella Lee	41.39

### 400M

2016	Elaine Whidden	1:14.32
2015	Elaine Whidden	1:14.67
2017	Elaine Whidden	1:15.46
2016	Coleen Ross	1:16.52
2019	Cindy O'Brien Hugh	1:17.53
2015	Marie Johnson	1:19.23
2018	Elaine Whidden	1:19.95
2016	Valerie Scott	1:20.39
2015	Valerie Scott	1:20.82
2016	Marie Johnson	1:21.35
2021	Sharon Hann	1:22.12
2014	Marie Johnson	1:23.15
2017	Valerie Scott	1:23.86
2018	Marie Johnson	1:25.40
2017	Anne Sturgeon	1:25.43
2008	Michelle Hankey	1:26.10
2001	Frances Steinfeld	1:31.83
2000	Frances Steinfeld	1:32.20
2002	Frances Steinfeld	1:35.89
2018	Jocelyn Robinson	1:41.37

## 60 - 64 YEAR OLD FEMALE (OUTDOOR)

### 800M

2016	Coleen Ross	2:57.31
<b>2023</b>	<b>Nancy Tinari</b>	<b>3:02.23</b>
2017	Anne Sturgeon	3:15.80
2021	Cindy O'Brien Hugh	3:22.27
2016	Marie Johnson	3:24.56
2022	Cindy O'Brien Hugh	3:24.98
2015	Valerie Scott	3:25.70
<b>2023</b>	<b>Cindy O'Brien Hugh</b>	<b>3:31.88</b>
2000	Frances Steinfeld	3:32.74
2008	Michelle Hankey	3:40.82
2016	Suzanne Sharp	3:44.85
2018	Marie Johnson	3:52.30
2011	Lynette Baldock	3:59.51

### 1500M

<b>2023</b>	<b>Nancy Tinari</b>	<b>6:16.52</b>
2001	Frances Steinfeld	7:11.80
2016	Suzanne Sharp	7:13.15
2000	Frances Steinfeld	7:15.74
2011	Lynette Baldock	7:18.14
2017	Suzanne Sharp	7:25.19

### 3000M

2011	Lynette Baldock	14:58.79
2000	Frances Steinfeld	15:34.58
2017	Suzanne Sharp	15:41.36

### 5000M

2016	Suzanne Sharp	25:24.04
2001	Frances Steinfeld	25:47.23
2011	Lynette Baldock	26:21.54

### CROSS COUNTRY (8K)

2000	Francis Steinfeld	52:01
------	-------------------	-------

### 10000M

2016	Suzanne Sharp	52:54.10
2011	Lynette Baldock	54:08.53
2001	Frances Steinfeld	54:39.92

### 80M HURDLES (27" @ 7.0m)

2022	Cindy O'Brien Hugh	14.77
2021	Cindy O'Brien Hugh	14.98
<b>2023</b>	<b>Cindy O'Brien Hugh</b>	<b>15.16</b>
2020	Cindy O'Brien Hugh	15.21
2015	Urith Hayley	17.40
2014	Urith Hayley	17.84
2009	Michelle Hankey	18.04
2014	Deborah Lee	18.60
2013	Urith Hayley	19.41
2018	Naomi Moriyama	19.68
2017	Naomi Moriyama	20.29
2016	Naomi Moriyama	21.67
2015	Deborah Lee	22.66

### 300M HURDLES (27")

2021	Laurie Ritchie	1:09.84
2009	Michelle Hankey	1:11.84

### 5K ROAD RACE

2019	Lori Graham	49:43.00
2018	Lori Graham	50:57.00

### 5000M POWER WALK

2016	Suzanne Sharp	34:28.26
------	---------------	----------

### 10KM RACE WALK - ROAD

2017	Suzanne Sharp	58:21.00.00
2016	Suzanne Sharp	1:10.44.00

## 60 - 64 YEAR OLD FEMALE (OUTDOOR)

### 1500M RACE WALK

2016	Suzanne Sharp	9:36.29
2017	Suzanne Sharp	9:39.55

### HIGH JUMP

2022	Cindy O'Brien Hugh	1.25
2021	Cindy O'Brien Hugh	1.18
<b>2023</b>	<b>Cindy O'Brien Hugh</b>	<b>1.16</b>
2014	Deborah Lee	1.15
2014	Urith Hayley	1.10
2015	Deborah Lee	1.10
2015	Urith Hayley	1.10
2016	Urith Hayley	1.06
2014	Eleonore Tremblay	1.00

### 3000M RACE WALK

2017	Suzanne Sharp	19:45.24
2016	Suzanne Sharp	19:49.53

### LONG JUMP

2018	Cindy O'Brien Hugh	4.07
2019	Cindy O'Brien Hugh	3.94
2021	Cindy O'Brien Hugh	3.88
2022	Cindy O'Brien Hugh	3.83
<b>2023</b>	<b>Cindy O'Brien Hugh</b>	<b>3.74</b>
2020	Cindy O'Brien Hugh	3.67
2012	Deborah Lee	3.56
2014	Deborah Lee	3.55
2015	Deborah Lee	3.36
2011	Urith Hayley	3.34
2013	Deborah Lee	3.33
2011	Deborah Lee	3.24
2015	Urith Hayley	3.17
2016	Urith Hayley	3.04
2013	Urith Hayley	2.98
2001	Terri White	2.73
2014	Eleonore Tremblay	2.54

### 5000M RACE WALK

2017	Suzanne Sharp	33:56.97
2016	Suzanne Sharp	34:10.49

### TRIPLE JUMP

2014	Deborah Lee	7.60
2015	Deborah Lee	7.55
2011	Lynette Baldock	6.14

### STANDING LONG JUMP

2018	Joyce Essex	1.19
------	-------------	------

## 60 - 64 YEAR OLD FEMALE (OUTDOOR)

### SHOT PUT (3kg)

2012 Lynda Braun	9.51
2010 Rose Hare	9.31
2011 Gabriella Moro	9.17
2013 Lynda Braun	9.12
2014 Lynda Braun	8.71
2010 Gabriella Moro	8.14
<b>2023 Cindy O'Brien Hugh</b>	<b>7.83</b>
2022 Cindy O'Brien Hugh	7.43
2020 Cindy O'Brien Hugh	7.05
2008 Michelle Hankey	6.75
2021 Cindy O'Brien Hugh	6.61
2020 Denise Begg	6.40
2014 Urith Hayley	6.38
2000 Frances Steinfeld	6.27
2001 Frances Steinfeld	5.96
2016 Urith Hayley	5.77
2016 Naomi Moriyama	5.75
2017 Joyce Essex	5.75
2001 Terri White	5.69
2016 Joyce Essex	5.63
2018 Joyce Essex	5.57
2019 Joyce Essex	5.51
2021 Joyce Essex	5.05
2018 Lori Graham	4.91

### DISCUS (1kg)

2010 Rose Hare	24.50
2010 Gabriella Moro	23.94
2014 Lynda Braun	21.33
2013 Lynda Braun	20.42
2008 Linda Paulic	19.75
2012 Lynda Braun	19.19
2020 Denise Begg	16.27
2001 Frances Steinfeld	14.46
2017 Naomi Moriyama	14.02
2017 Joyce Essex	13.77
2018 Naomi Moriyama	13.71
2018 Joyce Essex	13.55
2018 Lori Graham	13.06
2019 Joyce Essex	12.86
2021 Joyce Essex	12.56
2016 Naomi Moriyama	12.53
2016 Joyce Essex	12.00

### JAVELIN (400g)

2011 Gabriella Moro	22.13
2013 Lynda Braun	21.19
2010 Rose Hare	20.87
2011 Urith Hayley	20.38
2012 Lynda Braun	20.21
2010 Gabriella Moro	19.73
2016 Valerie Scott	19.73
2014 Lynda Braun	19.63
2021 Sharon Hann	19.48
2017 Valerie Scott	19.14
2018 Cindy O'Brien Hugh	19.09
2019 Cindy O'Brien Hugh	18.94
2015 Valerie Scott	18.80
2017 Naomi Moriyama	18.40
2021 Cindy O'Brien Hugh	17.97
2000 Ella Lee	17.49
2018 Valerie Scott	17.08
2020 Cindy O'Brien Hugh	16.99
2022 Cindy O'Brien Hugh	16.53
2018 Naomi Moriyama	16.46
2008 Linda Paulic	16.28
2016 Urith Hayley	15.63
2014 Urith Hayley	14.53
2018 Lori Graham	13.06
2020 Denise Begg	12.69
2016 Naomi Moriyama	11.94
2019 Joyce Essex	11.10
2016 Joyce Essex	11.03
2014 Deborah Lee	11.01
2018 Joyce Essex	10.65
2017 Joyce Essex	10.62
2021 Joyce Essex	10.57

## 60 - 64 YEAR OLD FEMALE (OUTDOOR)

### HAMMER THROW (3kg)

2013	Lynda Braun	25.33
2014	Lynda Braun	23.26
2011	Gabriella Moro	22.39
2012	Lynda Braun	21.93
2014	Urith Hayley	20.59
2013	Urith Hayley	20.52
2015	Urith Hayley	20.29
2017	Joyce Essex	18.24
2020	Denise Begg	18.15
2018	Joyce Essex	18.14
2019	Joyce Essex	17.93
2021	Joyce Essex	17.71
2018	Lori Graham	16.93
2015	Marie Johnson	16.30
2016	Joyce Essex	15.09

### WEIGHT THROW (12lbs)

2014	Lynda Braun	11.08
2013	Lynda Braun	10.78
2012	Lynda Braun	9.81
2020	Denise Begg	9.65
2014	Urith Hayley	9.41
2021	Joyce Essex	6.69
2013	Urith Hayley	6.64
2018	Joyce Essex	6.61
2019	Joyce Essex	6.58
2017	Joyce Essex	6.46
2016	Joyce Essex	6.25
2018	Lori Graham	5.73

### WEIGHT PENTATHLON (HT, SP, DT, JT, WT)

2013	Lynda Braun	3079
2014	Lynda Braun	2771
2018	Lori Graham	1653
2021	Joyce Essex	1588
2019	Joyce Essex	1537
2017	Joyce Essex	1523
2016	Joyce Essex	1462

### PENTATHLON (60MH, HJ, SP, LJ, 800M)

2022	Cindy O'Brien Hugh	3425
<b>2023</b>	<b>Cindy O'Brien Hugh</b>	<b>3048</b>
2014	Urith Hayley	2302

### HEPTATHLON (100MH, 200M, 800M, HJ, LJ, SP, JT)

2022	Cindy O'Brien Hugh	4779
2021	Cindy O'Brien Hugh	4561