

65 - 69 YEAR OLD FEMALE (OUTDOOR)

50M

2016	Urith Hayley	8.63
2016	Deborah Lee	8.63
2017	Deborah Lee	8.92

100M

2016	Urith Hayley	15.96
2017	Urith Hayley	16.48
2016	Deborah Lee	17.21
2015	Deborah Lee	17.36
2017	Deborah Lee	17.37
2000	Velma Gardner	19.06

200M

2016	Urith Hayley	33.27
2017	Urith Hayley	35.07
2016	Deborah Lee	37.21
2015	Deborah Lee	37.53
2000	Velma Gardner	43.36
2001	Klazina Noort	43.41
2016	Lynette Baldock	43.99

400M

2012	Lynette Baldock	1:35.76
2013	Lynette Baldock	1:38.99
2014	Lynette Baldock	1:39.17
2015	Lynette Baldock	1:40.37
2016	Lynette Baldock	1:47.82

800M

2012	Lynette Baldock	3:42.37
2015	Lynette Baldock	3:45.84
2013	Lynette Baldock	3:47.43
2014	Lynette Baldock	3:47.72
2016	Lynette Baldock	3:57.98
2011	Lynette Baldock	3:59.51

1500M

2012	Lynette Baldock	7:09.00
2012	Lynette Baldock	7:16.70
2013	Lynette Baldock	7:23.56
2015	Lynette Baldock	7:28.64
2014	Lynette Baldock	7:28.83
2016	Lynette Baldock	7:48.02

3000M

2012	Lynette Baldock	12:58.41
2011	Lynette Baldock	14:58.79
2014	Lynette Baldock	15:11.35
2015	Lynette Baldock	15:38.90
2013	Lynette Baldock	15:39.22
2016	Lynette Baldock	16:11.08

5000M

2012	Lynette Baldock	24:58.00
2014	Lynette Baldock	24:50.13
2011	Lynette Baldock	26:17.00
2013	Lynette Baldock	26:35.21
2004	Frances Steinfeld	27:30.44
2015	Lynette Baldock	27:45.89

8000M

2011	Lynette Baldock	41:26.00
2012	Lynette Baldock	43:06.00

10 000M

2012	Lynette Baldock	52:16.00
2011	Lynette Baldock	52:25.00
2013	Lynette Baldock	56:10.00
2014	Lynette Baldock	59:35.10

1500M RACEWALK

2012	Ellie Halcrow	10:00.21
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5000M POWER WALK

2016	Pat MacDonald	36:59.92
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10 000M RACE WALK

2016	Pat MacDonald	1:18:21.56
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80M HURDLES (27")

2016	Urith Hayley	17.37
2017	Urith Hayley	17.84
2015	Deborah Lee	17.90
2016	Deborah Lee	17.97
2017	Deborah Lee	18.38

POLE VAULT

2016	Urith Hayley	1.30
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STANDING LONG JUMP

2017	Deborah Lee	1.77
2016	Deborah Lee	1.70

LONG JUMP

2016	Deborah Lee	3.66
2017	Deborah Lee	3.66
2015	Deborah Lee	3.50
2013	Lynette Baldock	2.92
2014	Lynette Baldock	2.81
2012	Lynette Baldock	2.80
2015	Lynette Baldock	2.66

TRIPLE JUMP

2015	Deborah Lee	8.35
2016	Deborah Lee	7.73
2017	Deborah Lee	7.56
2013	Lynette Baldock	6.59
2012	Lynette Baldock	6.58
2014	Lynette Baldock	6.23
2015	Lynette Baldock	5.54

HIGH JUMP

2016	Deborah Lee	1.15
2015	Deborah Lee	1.10
2016	Urith Hayley	1.10
2017	Deborah Lee	1.10

DISCUS (1kg)

2015	Gabriella Moro	25.45
2011	Kathy Brand	16.10
2000	Velma Gardner	14.73

HAMMER THROW (3kg)

2015	Gabriella Moro	25.59
2011	Kathy Brand	25.18

WEIGHT THROW (12lbs)

2015	Gabriella Moro	10.57
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SHOT PUT (3kg)

2015	Gabriella Moro	8.89
2016	Urith Hayley	6.73

JAVELIN THROW (500gr)

2016	Urith Hayley	15.95
2017	Urith Hayley	14.15
2016	Pat MacDonald	13.45

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

2017	Urith Hayley	2417
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65 - 69 YEAR OLD FEMALE (INDOOR)

50M

2016 Deborah Lee 8.87

60M

2017 **Urith Hayley** 10.28
 2016 Deborah Lee 10.50
 2017 **Deborah Lee** 10.86

200M

2016 Deborah Lee 38.92

400M

2013 Lynette Baldock 1:41.20
 2015 Lynette Baldock 1:42.81
 2014 Lynette Baldock 1:42.92
 2016 Lynette Baldock 1:48.71

800M

2015 Lynette Baldock 3:44.83
 2013 Lynette Baldock 3:55.76
 2014 Lynette Baldock 3:56.11
 2012 Lynette Baldock 3:58.05
 2016 Lynette Baldock 4:02.39

1500M

2015 Lynette Baldock 7:25.42
 2013 Lynette Baldock 7:27.54
 2012 Lynette Baldock 7:31.38
 2014 Lynette Baldock 7:43.70
 2016 Lynette Baldock 7:46.68

3000M

2016 Lynette Baldock 15:22.86
 2013 Lynette Baldock 15:30.48
 2012 Lynette Baldock 16:02.86
 2015 Lynette Baldock 16:05.03
 2014 Lynette Baldock 16:14.74

50M HURDLES

2016 Deborah Lee 11.11

60M HURDLES (27")

2017 **Urith Hayley** 12.89
 2017 **Deborah Lee** 13.04
 2016 Deborah Lee 13.07

4X200M RELAY

2015 **Lynette Baldock (68), Gabriella Moro (68), Winnie Mackay Smith (74), Christa Bortignon (78)** 2:54.30

LONG JUMP

2012 Lynette Baldock 3.33
 2016 Deborah Lee 3.33
 2017 **Deborah Lee** 3.29
 2013 Lynette Baldock 2.85
 2015 Lynette Baldock 2.58
 2014 Lynette Baldock 2.26

TRIPLE JUMP

2016 Deborah Lee 7.58
 2017 **Deborah Lee** 7.34
 2013 Lynette Baldock 6.32
 2012 Lynette Baldock 6.06
 2014 Lynette Baldock 5.85
 2015 Lynette Baldock 5.78
 2016 Lynette Baldock 5.52

HIGH JUMP

2016 Deborah Lee 1.15
 2017 **Deborah Lee** 1.10

SHOT PUT (3kg)

2015 Gabriella Moro 8.45
 2011 Kathy Brand 6.14

WEIGHT THROW (12lbs)

2011 Kathy Brand 8.61