

65 - 69 YEAR OLD FEMALE (OUTDOOR)

50M

2023	Cindy O'Brien Hugh	8.09
2016	Urith Hayley	8.63
2016	Deborah Lee	8.63
2017	Deborah Lee	8.92
2022	Marie Johnson	8.97
2018	Deborah Lee	9.06
2019	Marie Johnson	9.21
2019	Deborah Lee	9.25
2019	Karen Shook	9.49
2019	Naomi Moriyama	9.59

60M

2018	Deborah Lee	10.66
------	-------------	-------

100M

2023	Cindy O'Brien Hugh	15.20
2020	Elaine Whidden	15.59
2022	Elaine Whidden	15.82
2016	Urith Hayley	15.96
2023	Elaine Whidden	16.03
2017	Urith Hayley	16.48
2018	Urith Hayley	16.51
2019	Urith Hayley	16.91
2016	Deborah Lee	17.21
2021	Valerie Scott	17.23
2022	Susan Chow	17.23
2022	Marie Johnson	17.28
2020	Urith Hayley	17.32
2015	Deborah Lee	17.36
2023	Valerie Scott	17.36
2017	Deborah Lee	17.37
2019	Marie Johnson	17.41
2021	Marie Johnson	17.41
2018	Deborah Lee	17.42
2018	Karen Shook	17.49
2020	Valerie Scott	17.53
2019	Karen Shook	17.89
2019	Deborah Lee	18.21
2000	Velma Gardner	19.06
2023	Lori Graham	22.35

200M

2023	Cindy O'Brien Hugh	32.19
2020	Elaine Whidden	32.63
2022	Elaine Whidden	32.98
2016	Urith Hayley	33.27
2018	Urith Hayley	34.99
2017	Urith Hayley	35.07
2022	Marie Johnson	35.90
2019	Urith Hayley	36.39
2021	Valerie Scott	36.63
2020	Valerie Scott	36.69
2022	Susan Chow	36.97
2023	Valerie Scott	37.16
2016	Deborah Lee	37.21
2018	Karen Shook	37.37
2015	Deborah Lee	37.53
2020	Urith Hayley	37.62
2019	Karen Shook	39.66
2000	Velma Gardner	43.36
2001	Klazina Noort	43.41
2016	Lynette Baldock	43.99

400M

2021	Valerie Scott	1:25.44
2023	Valerie Scott	1:26.72
2019	Marie Johnson	1:27.37
2020	Valerie Scott	1:28.66
2022	Marie Johnson	1:30.80
2022	Susan Chow	1:33.42
2012	Lynette Baldock	1:35.76
2023	Susan Chow	1:37.53
2013	Lynette Baldock	1:38.99
2021	Susan Chow	1:38.99
2014	Lynette Baldock	1:39.17
2015	Lynette Baldock	1:40.37
2016	Lynette Baldock	1:47.82

65 - 69 YEAR OLD FEMALE (OUTDOOR)

800M

2023	Cindy O'Brien Hugh	3:32.56
2012	Lynette Baldock	3:42.37
2019	Marie Johnson	3:43.58
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
2021	Suzanne Sharp	4:13.57

1500M

2012	Lynette Baldock	7:09.00
2019	Janet Ross	7:12.86
2012	Lynette Baldock	7:16.70
2018	Janet Ross	7:17.47
2013	Lynette Baldock	7:23.56
2015	Lynette Baldock	7:28.64
2014	Lynette Baldock	7:28.83
2018	Suzanne Sharp	7:42.64
2016	Lynette Baldock	7:48.02
2019	Suzanne Sharp	7:50.32

3000M

2012	Lynette Baldock	12:58.41
2018	Janet Ross	14:48.99
2011	Lynette Baldock	14:58.79
2014	Lynette Baldock	15:11.35
2015	Lynette Baldock	15:38.90
2013	Lynette Baldock	15:39.22
2018	Suzanne Sharp	15:54.15
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
2018	Janet Ross	26:18.92
2013	Lynette Baldock	26:35.21
2019	Janet Ross	27:12.33
2019	Suzanne Sharp	27:21.02
2004	Frances Steinfeld	27:30.44
2015	Lynette Baldock	27:45.89
2023	Suzanne Sharp	31:40.37
2018	Pat MacDonald	36:40.10

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

10KM ROAD RACE

2022	Suzanne Sharp	01:00:02.44
------	---------------	-------------

1500M RACEWALK

2019	Suzanne Sharp	9:21.26
2018	Suzanne Sharp	9:31.13
2012	Ellie Halcrow	10:00.21
2023	Suzanne Sharp	10:00:25
2022	Suzanne Sharp	10:06.65
2023	Lori Graham	13:41.38

3000M RACE WALK

2018	Suzanne Sharp	19:30.49
2018	Suzanne Sharp	19:37.48
2022	Suzanne Sharp	20:50.09
2021	Suzanne Sharp	21:03.23

5000M RACE WALK

2019	Suzanne Sharp	32:47.07
2018	Suzanne Sharp	34:19.03
2023	Suzanne Sharp	36:28.85

10 000M RACE WALK

2016	Pat MacDonald	1:18:21.56
------	---------------	------------

5000M POWER WALK

2022	Suzanne Sharp	35:30.26
2023	Suzanne Sharp	36:36.89
2016	Pat MacDonald	36:59.92
2019	Pat MacDonald	39:09.26

65 - 69 YEAR OLD FEMALE (OUTDOOR)

80M HURDLES (27")

2023	Cindy O'Brien Hugh	15.56
2016	Urith Hayley	17.37
2018	Deborah Lee	17.58
2017	Urith Hayley	17.84
2015	Deborah Lee	17.90
2016	Deborah Lee	17.97
2019	Urith Hayley	17.98
2018	Urith Hayley	18.07
2019	Deborah Lee	18.30
2017	Deborah Lee	18.38
2019	Naomi Moriyama	19.45
2020	Urith Hayley	19.58

300M HURDLES (27")

2022	Laurie Ritchie	1:09.10
2019	Naomi Moriyama	1:19.80

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

2023	Cindy O'Brien Hugh	3303
2017	Urith Hayley	2417

POLE VAULT

2018	Urith Hayley	1.50
2016	Urith Hayley	1.30

STANDING LONG JUMP

2017	Deborah Lee	1.77
2016	Deborah Lee	1.70

LONG JUMP

2023	Cindy O'Brien Hugh	3.73
2016	Deborah Lee	3.66
2017	Deborah Lee	3.66
2015	Deborah Lee	3.50
2018	Deborah Lee	3.45
2019	Deborah Lee	3.39
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
2018	Deborah Lee	7.87
2016	Deborah Lee	7.73
2017	Deborah Lee	7.56
2019	Deborah Lee	7.54
2013	Lynette Baldock	6.59
2012	Lynette Baldock	6.58
2014	Lynette Baldock	6.23
2015	Lynette Baldock	5.54

HIGH JUMP

2023	Cindy O'Brien Hugh	1.17
2016	Deborah Lee	1.15
2015	Deborah Lee	1.10
2016	Urith Hayley	1.10
2017	Deborah Lee	1.10
2019	Deborah Lee	1.10

DISCUS (1kg)

2015	Gabriella Moro	25.45
2019	Naomi Moriyama	17.12
2020	Pat MacDonald	16.86
2011	Kathy Brand	16.10
2000	Velma Gardner	14.73
2021	Pat MacDonald	13.73
2023	Joyce Essex	12.41
2022	Joyce Essex	11.56

HAMMER THROW (3kg)

2015	Gabriella Moro	25.59
2011	Kathy Brand	25.18
2021	Pat MacDonald	17.71
2020	Pat MacDonald	16.73
2022	Joyce Essex	16.55
2023	Joyce Essex	15.18
2019	Karen Shook	13.32

WEIGHT THROW (12lbs)

2015	Gabriella Moro	10.57
2020	Pat MacDonald	8.30
2021	Pat MacDonald	7.32
2022	Joyce Essex	6.35
2019	Karen Shook	5.69
2023	Joyce Essex	5.67

65 - 69 YEAR OLD FEMALE (OUTDOOR)

SHOT PUT (3kg)

2015	Gabriella Moro	8.89
2023	Cindy O'Brien Hugh	7.27
2016	Urith Hayley	6.73
2020	Naomi Moriyama	6.06
2019	Naomi Moriyama	6.00
2022	Joyce Essex	5.37
2019	Karen Shook	5.08
2019	Suzanne Sharp	5.14
2023	Joyce Essex	5.11
2021	Pat MacDonald	3.96

JAVELIN THROW (500gr)

2020	Valerie Scott	17.19
2019	Naomi Moriyama	16.38
2023	Susan Chow	15.99
2016	Urith Hayley	15.95
2018	Pat MacDonald	14.61
2017	Urith Hayley	14.15
2016	Pat MacDonald	13.45
2019	Pat MacDonald	13.08
2021	Pat MacDonald	12.85
2020	Pat MacDonald	12.53
2022	Joyce Essex	10.81
2023	Joyce Essex	10.75
2019	Karen Shook	9.36

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

2021	Pat MacDonald	1991
2022	Joyce Essex	1774
2023	Joyce Essex	1453