

70 - 74 YEAR OLD FEMALE (OUTDOOR)

50M

2023	Marie Johnson	9.03
2020	Deborah Lee	9.25
2022	Deborah Lee	9.42
2019	Sheila Allison	9.74
2023	Deborah Lee	9.75
2022	Karen Shook	9.83

100M

2011	Christa Bortignon	15.86
2010	Christa Bortignon	17.32
2023	Marie Johnson	17.67
2022	Urith Hayley	17.83
2022	Deborah Lee	18.05
2023	Urith Hayley	18.07
2021	Karen Shook	18.42
2022	Deanna Clark	18.91
2022	Karen Shook	19.12
2019	Sheila Allison	19.28
2023	Deborah Lee	19.54
2018	Sheila Allison	19.82
2008	Ella Lee	20.04
2009	Ella Lee	22.94
2010	Ella Lee	21.25
2017	Sheila Allison	21.25
2016	Sheila Allison	21.41

200M

2011	Christa Bortignon	34.04
2008	Diane Palmason	35.43
2023	Marie Johnson	36.96
2010	Christa Bortignon	37.52
2023	Urith Hayley	39.52
2022	Deanna Clark	40.17
2019	Sheila Allison	40.20
2022	Urith Hayley	41.14
2008	Ella Lee	42.10
2018	Sheila Allison	42.74
2021	Karen Shook	43.31
2022	Karen Shook	44.32
2017	Sheila Allison	44.76
2016	Lynette Baldock	45.20
2008	Frances Steinfeld	45.24
2019	Lynette Baldock	45.82
2017	Lynette Baldock	45.84
2016	Sheila Allison	46.12
2018	Lynette Baldock	46.46
2011	Frances Steinfeld	47.91

400M

2008	Diane Palmason	1:18.88
2011	Christa Bortignon	1:25.16
2022	Deanna Clark	1:31.96
2010	Christa Bortignon	1:32.50
2019	Sheila Allison	1:34.91
2018	Sheila Allison	1:38.94
2022	Janet Ross	1:45.79
2017	Lynette Baldock	1:47.82
2019	Lynette Baldock	1:49.89
2016	Lynette Baldock	1:50.99
2017	Sheila Allison	1:50.00
2016	Sheila Allison	1:51.86
2018	Lynette Baldock	1:53.24
2011	Frances Steinfeld	1:54.62

800M

2008	Diane Palmason	3:18.15
2011	Christa Bortignon	3:42.20
2018	Sheila Allison	4:00.59
2022	Janet Ross	4:03.72
2016	Lynette Baldock	4:04.50
2018	Lynette Baldock	4:06.30
2010	Christa Bortignon	4:07.42
2017	Lynette Baldock	4:07.66
2016	Sheila Allison	4:09.54
2019	Lynette Baldock	4:15.04
2017	Sheila Allison	4:15.54
2023	Urith Hayley	4:42.18

1500M

2008	Diane Palmason	6:39.93
2018	Sheila Allison	7:55.01
2018	Lynette Baldock	7:55.55
2017	Lynette Baldock	7:56.26
2019	Sheila Allison	7:57.39
2016	Lynette Baldock	8:03.77
2022	Janet Ross	8:21.82
2016	Sheila Allison	8:23.77
2008	Frances Steinfeld	8:24.23
2017	Sheila Allison	8:44.63

3000M

2017	Lynette Baldock	16:22.08
2019	Sheila Allison	16:44.01
2018	Sheila Allison	16:56.49
2018	Lynette Baldock	17:03.95
2008	Frances Steinfeld	29:26.86
2016	Lynette Baldock	29:30.92
2016	Sheila Allison	29:31.41
2017	Sheila Allison	29:56.49

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5000M

2004	Lenore Montgomery	24:43.81
2017	Lynette Baldock	28:48.31
2018	Sheila Allison	28:50.21
2018	Lynette Baldock	28:50.22
2019	Sheila Allison	29:19.88
2008	Frances Steinfeld	29:26.86
2016	Lynette Baldock	29:30.92
2016	Sheila Allison	29:31.41
2017	Sheila Allison	29:56.49
2019	Lynette Baldock	30:37.68

10 000M

2016	Lynette Baldock	1:00:45.68
2016	Sheila Allison	1:01:08.51
2008	Frances Steinfeld	1:02:35.02
2011	Frances Steinfeld	1:06:50.64

10KM ROAD RACE

2017	Lynette Baldock	1:00:39.00
2016	Sheila Allison	1:02:06.00
2017	Sheila Allison	1:03:41.00

80M HURDLES (27" @7.0m)

2020	Deborah Lee	18.15
2022	Deborah Lee	18.24
2021	Deborah Lee	18.85
2022	Urith Hayley	20.03
2023	Urith Hayley	20.07
2011	Christa Bortignon	20.20
2023	Deborah Lee	20.69

200M HURDLES (27")

2011	Christa Bortignon	43.71
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1500M RACE WALK

2023	Anne McGregor Poloquin	15:07.78
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5000M POWER WALK

2023	Anne McGregor Poloquin	39:42.08
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HIGH JUMP

2011	Christa Bortignon	1.15
2010	Christa Bortignon	1.12
2022	Deborah Lee	1.11
2023	Deborah Lee	1.05
2021	Deborah Lee	1.02
2023	Urith Hayley	1.02
2022	Deanna Clark	.96
2022	Urith Hayley	.96

LONG JUMP

2011	Christa Bortignon	3.48
2022	Deborah Lee	3.35
2010	Christa Bortignon	3.27
2021	Deborah Lee	3.25
2023	Deborah Lee	3.22
2020	Deborah Lee	3.14
2023	Urith Hayley	2.39
2016	Lynette Baldock	2.33
2019	Sheila Allison	2.31
2018	Lynette Baldock	2.12
2018	Sheila Allison	2.07
2019	Lynette Baldock	1.97

TRIPLE JUMP

2011	Christa Bortignon	7.87
2010	Christa Bortignon	7.30
2022	Deborah Lee	7.26
2021	Deborah Lee	7.13
2023	Deborah Lee	6.76
2017	Lynette Baldock	6.08
2016	Lynette Baldock	5.84
2019	Sheila Allison	5.69
2018	Sheila Allison	5.66
2017	Sheila Allison	5.37
2019	Lynette Baldock	5.41

70 - 74 YEAR OLD FEMALE (OUTDOOR)

SHOT PUT (3kg)

2021	Rose Hare	8.26
2022	Rose Hare	8.26
2023	Rose Hare	8.19
2008	Linda Paulic	7.44
2021	Denise Begg	6.58
2021	Denise Begg	6.42
2011	Frances Steinfeld	6.37
2010	Christa Bortignon	6.32
2008	Frances Steinfeld	6.26
2022	Urith Hayley	6.16
2012	Frances Steinfeld	6.04
2022	Denise Begg	6.03
2023	Urith Hayley	5.85
2022	Karen Shook	5.10

DISCUS (1kg)

2021	Rose Hare	21.38
2022	Rose Hare	20.46
2023	Rose Hare	20.17
2023	Denise Begg	18.25
2021	Denise Begg	17.41
2022	Denise Begg	16.23
2011	Frances Steinfeld	14.68

JAVELIN (400g)

2021	Rose Hare	16.07
2021	Denise Begg	15.58
2023	Denise Begg	15.25
2022	Denise Begg	14.13
2023	Rose Hare	14.10
2010	Christa Bortignon	10.99
2022	Urith Hayley	10.63

HAMMER THROW (3kg)

2023	Rose Hare	27.82
2021	Rose Hare	27.76
2023	Denise Begg	27.06
2022	Rose Hare	25.56
2022	Denise Begg	24.15
2021	Denise Begg	23.47
2022	Urith Hayley	19.60
2020	Deborah Lee	17.61
2022	Deborah Lee	15.64
2022	Karen Shook	11.96

WEIGHT THROW (12LB)

2023	Denise Begg	10.48
2021	Rose Hare	10.39
2021	Denise Begg	10.28
2022	Rose Hare	10.12
2023	Rose Hare	9.95
2022	Denise Begg	9.69
2022	Urith Hayley	6.97
2022	Deborah Lee	6.13

SUPER WEIGHT THROW (20LB)

2022	Rose Hare	7.97
2023	Rose Hare	6.51

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

2011	Christa Bortignon	3379
2010	Christa Bortignon	3023
2023	Urith Hayley	1810

HEPTATHLON (60MH, HJ, SP, 200M, LJ, JT, 800M)

2011	Christa Bortignon	4840
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WEIGHT PENTATHLON (HT, SP, DT, JT, WT)

2021	Rose Hare	3774
2022	Rose Hare	3609
2021	Denise Begg	3303
2022	Denise Begg	3205
2023	Rose Hare	3091
2023	Denise Begg	2973