

70 - 74 YEAR OLD FEMALE (OUTDOOR)

100M			200M			400M		
2011	Christa Bortignon	15.86	2011	Christa Bortignon	34.04	2008	Diane Palmason	1:18.88
2010	Christa Bortignon	17.32	2008	Diane Palmason	35.43	2011	Christa Bortignon	1:25.16
2008	Ella Lee	20.04	2010	Christa Bortignon	37.52	2010	Christa Bortignon	1:32.50
2009	Ella Lee	22.94	2008	Ella Lee	42.10	2017	<b>Lynette Baldock</b>	<b>1:47.82</b>
2010	Ella Lee	21.25	2017	<b>Sheila Allison</b>	<b>44.76</b>	2016	Lynette Baldock	1:50.99
2017	<b>Sheila Allison</b>	<b>21.25</b>	2016	Lynette Baldock	45.20	2017	<b>Sheila Allison</b>	<b>1:50.00</b>
2016	Sheila Allison	21.41	2008	Frances Steinfeld	45.24	2016	Sheila Allison	1:51.86
			2017	<b>Lynette Baldock</b>	<b>45.84</b>	2011	Frances Steinfeld	1:54.62
			2016	Sheila Allison	46.12			
			2011	Frances Steinfeld	47.91			

  

800M			1500M			3000M		
2008	Diane Palmason	3:18.15	2008	Diane Palmason	6:39.93	2017	<b>Lynette Baldock</b>	<b>16:22.08</b>
2011	Christa Bortignon	3:42.20	2017	<b>Lynette Baldock</b>	<b>7:56.26</b>	2008	Frances Steinfeld	29:26.86
2016	Lynette Baldock	4:04.50	2016	Lynette Baldock	8:03.77	2016	Lynette Baldock	29:30.92
2010	Christa Bortignon	4:07.42	2016	Sheila Allison	8:23.77	2016	Sheila Allison	29:31.41
2017	<b>Lynette Baldock</b>	<b>4:07.66</b>	2008	Frances Steinfeld	8:24.23	2017	<b>Sheila Allison</b>	<b>29:56.49</b>
2016	Sheila Allison	4:09.54	2017	<b>Sheila Allison</b>	<b>8:44.63</b>			
2017	<b>Sheila Allison</b>	<b>4:15.54</b>						

  

5000M			10 000M			10KM ROAD RACE		
2004	Lenore Montgomery	24:43.81	2016	Lynette Baldock	1:00:45.68	2017	<b>Lynette Baldock</b>	<b>1:00:39.00</b>
2017	<b>Lynette Baldock</b>	<b>28:48.31</b>	2016	Sheila Allison	1:01:08.51	2016	Sheila Allison	1:02:06.00
2008	Frances Steinfeld	29:26.86	2008	Frances Steinfeld	1:02:35.02	2017	<b>Sheila Allison</b>	<b>1:03:41.00</b>
2016	Lynette Baldock	29:30.92	2011	Frances Steinfeld	1:06:50.64			
2016	Sheila Allison	29:31.41						
2017	<b>Sheila Allison</b>	<b>29:56.49</b>						

  

80M HURDLES (27" @ 7.0m)			200M HURDLES (27")		
2011	Christa Bortignon	20.20	2011	Christa Bortignon	43.71

  

HIGH JUMP			LONG JUMP			TRIPLE JUMP		
2011	Christa Bortignon	1.15	2011	Christa Bortignon	3.48	2011	Christa Bortignon	7.87
2010	Christa Bortignon	1.12	2010	Christa Bortignon	3.27	2010	Christa Bortignon	7.30
			2016	Lynette Baldock	2.33	2017	<b>Lynette Baldock</b>	<b>6.08</b>
						2016	Lynette Baldock	5.84
						2017	<b>Sheila Allison</b>	<b>5.37</b>

  

SHOT PUT (3kg)			DISCUS (1kg)			JAVELIN (400g)		
2008	Linda Paulic	7.44	2011	Frances Steinfeld	14.68	2010	Christa Bortignon	10.99
2011	Frances Steinfeld	6.37						
2010	Christa Bortignon	6.32						
2008	Frances Steinfeld	6.26						
2012	Frances Steinfeld	6.04						

  

PENTATHLON (60MH, HJ, SP, LJ, 800M)			HEPTATHLON (HUR, HJ, SP, 200M, LJ, JT, 800M)		
2011	Christa Bortignon	3379	2011	Christa Bortignon	4840
2010	Christa Bortignon	3023			

  

4X100M RELAY		
2010	<b>Diane Palmason</b> (72), Gerda Crosthwaite (71), Louise Reed (75), <b>Christa Bortignon</b> (73)	1:12.01
2008	<b>Ella Lee</b> (70), <b>Klazina Noort</b> (75), Louise Reed (73), <b>Diane Palmason</b> (70)	1:15.15

70 - 74 YEAR OLD FEMALE (INDOOR)

60M			200M			400M		
2011	Christa Bortignon	9.86	2011	Christa Bortignon	36.64	2011	Christa Bortignon	1:24.50
			2017	<b>Lynette Baldock</b>	<b>49.03</b>	2017	<b>Lynette Baldock</b>	<b>1:59.79</b>

  

800M			1500M		
2011	Christa Bortignon	3:55.10	2017	<b>Lynette Baldock</b>	<b>8:17.81</b>
2017	<b>Lynette Baldock</b>	<b>4:19.36</b>			

  

60M HURDLES (27")		
2011	Christa Bortignon	14.45

  

HIGH JUMP			LONG JUMP			TRIPLE JUMP		
2011	Christa Bortignon	1.10	2011	Christa Bortignon	3.36	2011	Christa Bortignon	7.41
						2017	<b>Lynette Baldock</b>	<b>5.66</b>

  

SHOT PUT (3kg)		
2011	Christa Bortignon	6.18

  

PENTATHLON (60MH, HJ, SP, LJ, 800M)		
2011	Christa Bortignon	3379