

75 - 79 YEAR OLD FEMALE (OUTDOOR)

50M			100M			200M		
2015	Christa Bortignon	8.68	2013	Christa Bortignon	15.82	2013	Christa Bortignon	33.86
2016	Christa Bortignon	9.35	2012	Christa Bortignon	15.99	2012	Christa Bortignon	34.66
2016	Renate Cheetham	13.16	2015	Christa Bortignon	16.55	2015	Christa Bortignon	35.00
			2016	Christa Bortignon	16.80	2016	Christa Bortignon	35.93
			2010	Klazina Noort	20.74	2010	Klazina Noort	44.80
			2008	Klazina Noort	21.75	2008	Klazina Noort	45.19
			2011	Klazina Noort	22.08	2011	Klazina Noort	47.87
			2017	Renate Cheetham	25.50	2014	Frances Steinfeld	53.05
			2014	Renate Cheetham	25.77	2013	Frances Steinfeld	54.28
			2015	Renate Cheetham	25.77	2017	Renate Cheetham	55.97
			2016	Renate Cheetham	26.42	2015	Renate Cheetham	56.22
						2016	Renate Cheetham	56.29
						2014	Renate Cheetham	56.50
						2015	Frances Steinfeld	1:00.77

400M			800M			1500M		
2013	Christa Bortignon	1:19.53	2012	Christa Bortignon	3:39.57	2008	Lenore Montgomery	7:57.41
2012	Christa Bortignon	1:25.07	2013	Christa Bortignon	3:52.03	2017	Renate Cheetham	9:57.10
2015	Christa Bortignon	1:27.87	2008	Lenore Montgomery	4:04.61	2015	Renate Cheetham	10:10.63
2008	Lenore Montgomery	1:51.48	2013	Frances Steinfeld	4:41.19	2016	Renate Cheetham	10:16.28
2013	Frances Steinfeld	2:06.55	2016	Renate Cheetham	5:08.83	2014	Renate Cheetham	10:47.46
2014	Frances Steinfeld	2:08.09	2017	Renate Cheetham	5:12.18			
2017	Renate Cheetham	2:11.97	2015	Renate Cheetham	5:18.41			
2016	Renate Cheetham	2:14.41	2014	Renate Cheetham	5:24.19			
2015	Renate Cheetham	2:18.11	2011	Mae Turek	7:52.03			
2014	Renate Cheetham	2:22.35						

3000M			5000M			10 000M		
2017	Karin Vickers	16:33.41	2014	Karin Vickers	25:43.02	2008	Lenore Montgomery	1:00:17.24
2016	Renate Cheetham	18:26.41	2008	Lenore Montgomery	27:25.07	2017	Renate Cheetham	1:16:03.00
2017	Renate Cheetham	21:05.26	2015	Renate Cheetham	37:21.61	2016	Renate Cheetham	1:18:07.67
2015	Renate Cheetham	21:44.74	2016	Renate Cheetham	38:15.52			
			2017	Renate Cheetham	38:25.71			
			2008	Klazina Noort	41:12.36			

80M HURDLES (27" @ 7.0m)			200M HURDLES (27")		
2013	Christa Bortignon	17.44	2013	Christa Bortignon	39.89
2012	Christa Bortignon	19.71	2012	Christa Bortignon	41.22
2015	Christa Bortignon	21.88	2015	Christa Bortignon	42.35

1500M RACEWALK			3000M RACEWALK			5000M RACEWALK		
2015	Renate Cheetham	10:39.98	2017	Renate Cheetham	24:58.47	2017	Renate Cheetham	40:33.93
2016	Renate Cheetham	12:03.75				2008	Klazina Noort	41:12.36
2017	Renate Cheetham	12:27.00				2016	Renate Cheetham	44:13.49
2014	Renate Cheetham	12:27.76						

5000M POWER WALK			10 000M POWER WALK			STANDING LONG JUMP		
2014	Renate Cheetham	38:22.96	2014	Renate Cheetham	1:20.24.00	2015	Christa Bortignon	1.66
2015	Renate Cheetham	39:51.77				2016	Christa Bortignon	1.62

HIGH JUMP			LONG JUMP			TRIPLE JUMP		
2013	Christa Bortignon	1.09	2013	Christa Bortignon	3.72	2012	Christa Bortignon	8.11
2012	Christa Bortignon	1.13	2012	Christa Bortignon	3.67	2013	Christa Bortignon	7.96
2016	Christa Bortignon	.91	2015	Christa Bortignon	3.38	2015	Christa Bortignon	7.47
2015	Christa Bortignon	.90	2016	Christa Bortignon	3.30	2016	Christa Bortignon	7.27

SHOT PUT (2kg from May 01 2010)			DISCUS (.75g from May 01 2010)			JAVELIN (400g)		
2012	Christa Bortignon	7.56	2013	Frances Steinfeld	16.27	2013	Christa Bortignon	16.30
2013	Frances Steinfeld	7.22	2014	Frances Steinfeld	16.13	2015	Christa Bortignon	14.81
2011	Mae Turek	7.02	2011	Mae Turek	15.67	2011	Mae Turek	14.43
2016	Christa Bortignon	6.97	2015	Frances Steinfeld	13.56	2016	Christa Bortignon	13.44
2014	Frances Steinfeld	6.85				2012	Christa Bortignon	13.42
2015	Frances Steinfeld	6.54				2016	Renate Cheetham	8.85

75 - 79 YEAR OLD FEMALE (OUTDOOR)

HAMMER THROW (2kg from May 01 2010)		
2011	Mae Turek	18.46

WEIGHT THROW (4kg from May 01 2010)		
2011	Mae Turek	7.61
2015	Frances Steinfeld	7.16

WEIGHT PENTATHLON (HT, SP, DT, JT, WT)		
2011	Mae Turek	2889

PENTATHLON (60MH, HJ, SP, LJ, 800M)		
2012	Christa Bortignon	4743
2013	Christa Bortignon	4250

HEPTATHLON (HUR, HJ, SP, 200M, LJ, JT, 800M)		
2013	Christa Bortignon	6519
2012	Christa Bortignon	4840

75 - 79 YEAR OLD FEMALE (INDOOR)

50M		
2015	Christa Bortignon	8.64
2013	Christa Bortignon	8.70
2016	Christa Bortignon	8.73

60M		
2012	Christa Bortignon	10.04
2013	Christa Bortignon	10.06
2015	Christa Bortignon	10.22
2016	Christa Bortignon	10.25
2009	Klazina Noort	12.83
2012	Klazina Noort	14.02
2017	Renate Cheetham	15.54

200M		
2012	Christa Bortignon	34.53
2013	Christa Bortignon	34.82
2015	Christa Bortignon	36.33
2016	Christa Bortignon	36.72
2010	Klazina Noort	45.63
2012	Klazina Noort	53.16
2016	Renate Cheetham	58.17
2017	Renate Cheetham	59.34

400M		
2012	Christa Bortignon	1:24.80
2013	Christa Bortignon	1:26.12
2016	Renate Cheetham	2:16.26
2017	Renate Cheetham	2:25.50

800M		
2012	Christa Bortignon	3:47.46
2013	Christa Bortignon	3:45.05
2017	Renate Cheetham	5:18.13
2016	Renate Cheetham	5:22.96

1500M		
2016	Renate Cheetham	10:28.88
2017	Renate Cheetham	10:13.47

3000M		
2016	Renate Cheetham	20:58.43

50M HURDLES		
2015	Christa Bortignon	11.52

60M HURDLES (27")		
2012	Christa Bortignon	13.39
2015	Christa Bortignon	13.86
2013	Christa Bortignon	13.92

1500M RACE WALK		
2017	Renate Cheetham	12:26.83

HIGH JUMP		
2012	Christa Bortignon	1.12
2013	Christa Bortignon	1.05
2015	Christa Bortignon	1.00

LONG JUMP		
2012	Christa Bortignon	3.67
2013	Christa Bortignon	3.55
2016	Christa Bortignon	3.31
2015	Christa Bortignon	3.27

TRIPLE JUMP		
2013	Christa Bortignon	7.75
2012	Christa Bortignon	7.43
2015	Christa Bortignon	7.33
2016	Christa Bortignon	7.25

SHOT PUT (2kg)		
2012	Christa Bortignon	7.71
2013	Christa Bortignon	7.44
2016	Christa Bortignon	7.08

PENTATHLON (60MH, HJ, SP, LJ, 800M)		
2012	Christa Bortignon	4494
2013	Christa Bortignon	4250

4X200M RELAY		
2012	Klazina Noort (79), Ruth Carrier (81), Lenore Montgomery (81), Christa Bortignon (75)	3:28.53