

85 - 89 YEAR OLD FEMALE (OUTDOOR)

50M

2023	Christa Bortignon	9.25
2023	Renate Cheetham	14.74

100M

2022	Christa Bortignon	18.14
2023	Christa Bortignon	18.24
2004	Ann Fleming	23.66
2023	Renate Cheetham	28.42

800M

2015	Lenore Montgomery	4:33.86
2017	Lenore Montgomery	4:48.21

5000M

2015	Lenore Montgomery	32:36.20
2016	Lenore Montgomery	33:21.73

1500M RACE WALK

2023	Renate Cheetham	12:56.16
------	-----------------	----------

LONG JUMP

2023	Christa Bortignon	3.11
2022	Christa Bortignon	3.03

SHOT PUT (2kg)

2023	Christa Bortignon	6.04
2022	Christa Bortignon	6.00
2023	Renate Cheetham	5.59

WEIGHT THROW (4kg from May 01 2010)

2023	Renate Cheetham	5.70
------	-----------------	------

HEPTATHLON (100MH, 200M, 800M, HJ, LJ, SP, JT)

2022	Christa Bortignon	5807
------	-------------------	------

200M

2022	Christa Bortignon	39.58
2023	Christa Bortignon	40.94
2023	Renate Cheetham	1:10.94

1500M

2015	Lenore Montgomery	9:06.76
2016	Lenore Montgomery	9:16.87
2017	Lenore Montgomery	9:24.77

5000M RACE WALK

2023	Renate Cheetham	46:33.78
------	-----------------	----------

TRIPLE JUMP

2023	Christa Bortignon	6.62
2022	Christa Bortignon	6.35

JAVELIN (400g)

2023	Christa Bortignon	11.64
2022	Christa Bortignon	11.39
2023	Renate Cheetham	8.86

400M

2017	Lenore Montgomery	2:10.81
2015	Lenore Montgomery	2:11.85
2023	Renate Cheetham	3:12.12

3000M

2017	Lenore Montgomery	19:58.05
------	-------------------	----------

STANDING LONG JUMP

2023	Christa Bortignon	1.52
------	-------------------	------

3000M POWER WALK

2023	Renate Cheetham	26:16.72
------	-----------------	----------

HIGH JUMP

2022	Christa Bortignon	.95
2023	Christa Bortignon	.90

DISCUS (.75g from May 01 2010)

2023	Christa Bortignon	15.18
------	-------------------	-------