

## 40 - 44 YEAR OLD FEMALE (INDOOR)

### 60M

2009	Georgina Titus	8.61
2015	Sharon Evans	9.33
<b>2023</b>	<b>Marina Khonina</b>	<b>9.52</b>
<b>2023</b>	<b>Halimah Beaulieu</b>	<b>9.68</b>

### 200M

2015	Sharon Evans	32.23
<b>2023</b>	<b>Halimah Beaulieu</b>	<b>32.98</b>

### 300M

<b>2023</b>	<b>Halimah Beaulieu</b>	<b>51.97</b>
<b>2023</b>	<b>Marina Khonina</b>	<b>52.31</b>

### 800M

2019	Olesea Chitul	3:02.41
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### LONG JUMP

2015	Sharon Evans	4.00
2019	Olesea Chitul	3.92
<b>2023</b>	<b>Halimah Beaulieu</b>	<b>3.14</b>

### HIGH JUMP

2019	Olesea Chitul	3.92
<b>2023</b>	<b>Halimah Beaulieu</b>	<b>1.25</b>
2015	Sharon Evans	1.10

### 60M Hurdles (30")

2019	Olesea Chitul	12.56
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### 1500M RACE WALK

2014	Nardene Hammond	7:19.70
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### 3000M RACE WALK

2014	Nardene Hammond	15:34.52
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### SHOT PUT (4kg)

2019	Olesea Chitul	7.53
2016	Tara Hirota	7.25
<b>2023</b>	<b>Halimah Beaulieu</b>	<b>5.74</b>

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

2019	Olesea Chitul	2101
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