

## 45 - 49 YEAR OLD FEMALE (INDOOR)

### 50M

2016 Rachel Fouladi 9.66

### 60M

2018 Sharon Evans 9.26  
2016 Sharon Evans 9.52  
2017 Sharon Evans 9.57  
2018 Tamara Robertson 9.64  
2015 Rachel Fouladi 10.65  
2016 Rachel Fouladi 11.35  
2015 Sherry Rierson 12.45  
2016 Julie Valente 12.52

### 200M

2018 Sharon Evans 32.28  
2017 Sharon Evans 33.10  
2016 Rachel Fouladi 37.48  
2015 Sherry Rierson 46.71

### 400M

2016 Rachel Fouladi 1:22.26  
2015 Rachel Fouladi 1:26.35

### 800M

**2023 Olesea Chitul 3:02.72**  
2015 Rachel Fouladi 3:03.88  
2016 Rachel Fouladi 3:09.63

### 1500M

2016 Rachel Fouladi 6:16.34

### 3000M

2016 Rachel Fouladi 13:31.35

### 50M HURDLES

2016 Rachel Fouladi 13.42

### 60M HURDLES (30")

**2023 Olesea Chitul 13.00**  
2016 Rachel Fouladi 16.35

### 1500M RACE WALK

2015 Rachel Fouladi 9:51.58  
2016 Rachel Fouladi 10:13.51

### 3000M RACE WALK

2015 Rachel Fouladi 20:24.82  
2016 Rachel Fouladi 21:24.80

### LONG JUMP

**2023 Olesea Chitul 4.48**  
2018 Sharon Evans 3.80  
2017 Sharon Evans 3.73  
2018 Tamara Robertson 3.49  
2015 Rachel Fouladi 2.87

### TRIPLE JUMP

2018 Sharon Evans 8.58  
2017 Sharon Evans 8.11  
2015 Rachel Fouladi 6.88  
2016 Rachel Fouladi 6.60

### HIGH JUMP

2018 Sharon Evans 1.25  
**2023 Olesea Chitul 1.19**

### SHOT PUT (4kg)

2022 Daisy Kumar 7.86  
**2023 Olesea Chitul 7.48**  
2015 Rachel Fouladi 4.10

### WEIGHT THROW (20lb)

2022 Daisy Kumar 7.70

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

**2023 Olesea Chitul 2425**