

50 - 54 YEAR OLD FEMALE (INDOOR)

60M

2020	Julie Valente	11.43
2018	Julie Valente	11.44
2019	Julie Valente	11.63
2013	Lori Graham	11.98

200M

2022	Tamara Robertson	32.35
2018	Julie Valente	39.17

300M

2018	Julie Valente	1:04.29
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400M

2022	Tamara Robertson	1:20.39
2019	Julie Valente	1:29.50
2018	Julie Valente	1:30.33
2018	Julie Valente	1:30.40

800M

2018	Julie Valente	3:27.10
2020	Julie Valente	3:30.11

1500M

2019	Julie Valente	6:58.37
2018	Julie Valente	7:02.71

3000M

2019	Julie Valente	15:19.03
2018	Julie Valente	15:36.68

1500M RACE WALK

2013	Lori Graham	13:40.63
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