

55 - 59 YEAR OLD FEMALE (INDOOR)

60M

| | | |
|-------------|------------------------|--------------|
| 2016 | Cindy O'Brien Hugh | 9.16 |
| 2018 | Cindy O'Brien Hugh | 9.21 |
| 2017 | Cindy O'Brien Hugh | 9.47 |
| 2015 | Cindy O'Brien Hugh | 9.58 |
| 2020 | Sharon Hann | 9.64 |
| 2013 | Elaine Whidden | 9.72 |
| 2018 | Sharon Hann | 10.00 |
| 2020 | Laurie Ritchie | 10.19 |
| 2020 | Karen Sieben | 10.23 |
| 2023 | Jennifer Wilson | 10.66 |
| 2015 | Kathy Friesen | 11.00 |
| 2015 | Lori Graham | 11.71 |
| 2022 | Julie Valente | 11.90 |
| 2017 | Lori Graham | 12.01 |

200M

| | | |
|------|--------------------|-------|
| 2016 | Cindy O'Brien Hugh | 30.84 |
| 2018 | Cindy O'Brien Hugh | 31.85 |
| 2013 | Elaine Whidden | 32.00 |
| 2018 | Sharon Hann | 32.28 |
| 2017 | Cindy O'Brien Hugh | 32.30 |
| 2015 | Cindy O'Brien Hugh | 33.41 |
| 2020 | Sharon Hann | 34.22 |
| 2015 | Kathy Friesen | 38.79 |
| 2015 | Lori Graham | 41.76 |

400M

| | | |
|------|--------------------|---------|
| 2018 | Cindy O'Brien Hugh | 1:19.04 |
| 2013 | Elaine Whidden | 1:23.26 |
| 2022 | Julie Valente | 1:33.10 |

800M

| | | |
|------|-------------|---------|
| 2017 | Lori Graham | 4:28.75 |
|------|-------------|---------|

300M

| | | |
|------|----------------|-------|
| 2018 | Linda Ordowski | 58.44 |
|------|----------------|-------|

400M

| | | |
|------|----------------|---------|
| 2018 | Linda Ordowski | 1:21.36 |
| 2020 | Sharon Hann | 1:26.50 |

600M

| | | |
|------|----------------|---------|
| 2018 | Linda Ordowski | 2:15.08 |
|------|----------------|---------|

800M

| | | |
|------|----------------|---------|
| 2018 | Linda Ordowski | 3:16.87 |
|------|----------------|---------|

1500M

| | | |
|------|------------------|---------|
| 2022 | Carol Montgomery | 5:33.41 |
| 2018 | Linda Ordowski | 6:50.36 |

3000M

| | | |
|------|------------------|----------|
| 2022 | Carol Montgomery | 11:43.45 |
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LONG JUMP

| | | |
|------|--------------------|------|
| 2018 | Cindy O'Brien Hugh | 3.88 |
| 2017 | Cindy O'Brien Hugh | 3.78 |
| 2016 | Cindy O'Brien Hugh | 3.73 |

HIGH JUMP

| | | |
|------|--------------------|------|
| 2016 | Cindy O'Brien Hugh | 1.25 |
| 2017 | Cindy O'Brien Hugh | 1.20 |

1500M RACE WALK

| | | |
|------|-------------|----------|
| 2017 | Lori Graham | 11:25.51 |
| 2015 | Lori Graham | 12:12.06 |
| 2014 | Lori Graham | 12:35.80 |

3000M RACE WALK

| | | |
|------|-------------|----------|
| 2017 | Lori Graham | 24:16.25 |
| 2015 | Lori Graham | 25:18.39 |
| 2014 | Lori Graham | 26:49.00 |

SHOT PUT (3kg)

| | | |
|------|--------------|------|
| 2013 | Sylvia Byers | 6.91 |
| 2017 | Lori Graham | 5.22 |
| 2016 | Joyce Essex | 4.95 |

WEIGHT THROW (16lbs)

| | | |
|------|---------------|------|
| 2022 | Julie Valente | 7.60 |
| 2013 | Sylvia Byers | 6.91 |
| 2016 | Joyce Essex | 5.04 |