

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
2013	Elaine Whidden	9.72
2018	Sharon Hann	10.00
2020	Laurie Ritchie	10.23
2015	Kathy Friesen	11.00
2015	Lori Graham	11.71
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
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

800M

2017	Lori Graham	4:28.75
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300M

2018	Linda Ordowski	58.44
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400M

2018	Linda Ordowski	1:21.36
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600M

2018	Linda Ordowski	2:15.08
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800M

2018	Linda Ordowski	3:16.87
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1500M

2018	Linda Ordowski	6:50.36
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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)

2013	Sylvia Byers	6.91
2016	Joyce Essex	5.04