

## 70 - 74 YEAR OLD FEMALE (INDOOR)

### 60M

2011	Christa Bortignon	9.86
2022	Deborah Lee	11.28
<b>2023</b>	<b>Urith Hayley</b>	<b>11.28</b>
2019	Sheila Allison	12.06
2022	Deanna Clark	12.09
2018	Sheila Allison	12.96

### 200M

2011	Christa Bortignon	36.64
2019	Sheila Allison	42.13
<b>2023</b>	<b>Urith Hayley</b>	<b>42.74</b>
2018	Sheila Allison	47.25
2017	Lynette Baldock	49.03
2019	Lynette Baldock	49.22
2020	Lynette Baldock	53.29

### 400M

2011	Christa Bortignon	1:24.50
2022	Deanna Clark	1:38.39
2019	Sheila Allison	1:41.20
2018	Sheila Allison	1:50.41
2018	Lynette Baldock	1:53.18
2020	Lynette Baldock	1:56.61
2019	Lynette Baldock	1:57.21
2017	Lynette Baldock	1:59.79

### 800M

2011	Christa Bortignon	3:55.10
2019	Sheila Allison	4:03.97
2019	Lynette Baldock	4:13.03
2018	Lynette Baldock	4:17.24
2017	Lynette Baldock	4:19.36
2018	Sheila Allison	4:24.48
2020	Lynette Baldock	4:39.00

### 1500M

2019	Sheila Allison	8:04.56
2018	Lynette Baldock	8:13.81
2019	Lynette Baldock	8:17.77
2017	Lynette Baldock	8:17.81
2018	Sheila Allison	8:29.98

### 3000M

2018	Lynette Baldock	17:03.52
2020	Lynette Baldock	17:54.07
2019	Lynette Baldock	18:05.44

### 60M HURDLES (27")

2022	Deborah Lee	14.35
2011	Christa Bortignon	14.45
<b>2023</b>	<b>Urith Hayley</b>	<b>14.56</b>

### HIGH JUMP

2011	Christa Bortignon	1.10
2022	Deborah Lee	1.07

### LONG JUMP

2011	Christa Bortignon	3.36
2022	Deborah Lee	3.10
2018	Lynette Baldock	2.48
2019	Lynette Baldock	2.37
2019	Sheila Allison	2.29
2018	Sheila Allison	2.21
2020	Lynette Baldock	1.88

### TRIPLE JUMP

2011	Christa Bortignon	7.41
2022	Deborah Lee	7.08
2018	Lynette Baldock	5.91
2017	Lynette Baldock	5.66
2019	Sheila Allison	5.62
2018	Sheila Allison	5.54
2019	Lynette Baldock	5.41
2020	Lynette Baldock	5.09

### SHOT PUT (3kg)

2011	Christa Bortignon	6.18
<b>2023</b>	<b>Urith Hayley</b>	<b>5.70</b>
2022	Deborah Lee	4.79
2020	Sheila Allison	4.60

### WEIGHT THROW (12lb)

2022	Deborah Lee	7.58
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### PENTATHLON (60MH, HJ, SP, LJ, 800M)

2011	Christa Bortignon	3379
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