

## 70 - 74 YEAR OLD FEMALE (INDOOR)

### 60M

2011	Christa Bortignon	9.86
2019	Sheila Allison	12.06
2018	Sheila Allison	12.96

### 200M

2011	Christa Bortignon	36.64
2019	Sheila Allison	42.13
2018	Sheila Allison	47.25
2017	Lynette Baldock	49.03
2019	Lynette Baldock	49.22

### 400M

2011	Christa Bortignon	1:24.50
2019	Sheila Allison	1:41.20
2018	Sheila Allison	1:50.41
2018	Lynette Baldock	1:53.18
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

### 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
2019	Lynette Baldock	18:05.44

### 60M HURDLES (27")

2011	Christa Bortignon	14.45
------	-------------------	-------

### HIGH JUMP

2011	Christa Bortignon	1.10
------	-------------------	------

### LONG JUMP

2011	Christa Bortignon	3.36
2018	Lynette Baldock	2.48
2019	Lynette Baldock	2.37
2019	Sheila Allison	2.29
2018	Sheila Allison	2.21

### TRIPLE JUMP

2011	Christa Bortignon	7.41
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

### SHOT PUT (3kg)

2011	Christa Bortignon	6.18
------	-------------------	------

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

2011	Christa Bortignon	3379
------	-------------------	------