

## 75 - 79 YEAR OLD FEMALE (INDOOR)

### 50M

2015	Christa Bortignon	8.64
2013	Christa Bortignon	8.70
2016	Christa Bortignon	8.73

### 60M

2012	Christa Bortignon	10.04
2013	Christa Bortignon	10.06
2015	Christa Bortignon	10.22
2016	Christa Bortignon	10.25
2022	Avril Douglas	10.87
<b>2023</b>	<b>Deanna Clark</b>	<b>11.86</b>
2009	Klazina Noort	12.83
2012	Klazina Noort	14.02
2017	Renate Cheetham	15.54

### 200M

2012	Christa Bortignon	34.53
2013	Christa Bortignon	34.82
2015	Christa Bortignon	36.33
2016	Christa Bortignon	36.72
2022	Avril Douglas	38.88
2010	Klazina Noort	45.63
2012	Klazina Noort	53.16
2016	Renate Cheetham	58.17
2017	Renate Cheetham	59.34

### 400M

2012	Christa Bortignon	1:24.80
2013	Christa Bortignon	1:26.12
2022	Avril Douglas	1:30.99
2016	Renate Cheetham	2:16.26
2017	Renate Cheetham	2:25.50

### 800M

2012	Christa Bortignon	3:47.46
2013	Christa Bortignon	3:45.05
2017	Renate Cheetham	5:18.13
2016	Renate Cheetham	5:22.96

### 1500M

2016	Renate Cheetham	10:28.88
2017	Renate Cheetham	10:13.47

### 3000M

2016	Renate Cheetham	20:58.43
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### 50M HURDLES

2015	Christa Bortignon	11.52
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### 60M HURDLES (27")

2012	Christa Bortignon	13.39
2015	Christa Bortignon	13.86
2013	Christa Bortignon	13.92

### 1500M RACE WALK

2017	Renate Cheetham	12:26.83
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### HIGH JUMP

2012	Christa Bortignon	1.12
2013	Christa Bortignon	1.05
2015	Christa Bortignon	1.00

### LONG JUMP

2012	Christa Bortignon	3.67
2013	Christa Bortignon	3.55
2016	Christa Bortignon	3.31
2015	Christa Bortignon	3.27

### TRIPLE JUMP

2013	Christa Bortignon	7.75
2012	Christa Bortignon	7.43
2015	Christa Bortignon	7.33
2016	Christa Bortignon	7.25

### SHOT PUT (2kg)

2012	Christa Bortignon	7.71
2013	Christa Bortignon	7.44
2016	Christa Bortignon	7.08

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

2012	Christa Bortignon	4494
2013	Christa Bortignon	4250