

35 - 39 YEAR OLD FEMALE (OUTDOOR)

100M

2015	Natasha Bacchus	13.19
2012	Liz Johnson	13.57
2014	Natasha Bacchus	13.69

200M

2015	Natasha Bacchus	27.38
2014	Natasha Bacchus	27.67
2012	Liz Johnson	28.14
2019	Marina Khrisanova	32.26

400M

2015	Natasha Bacchus	1:04.53
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800M

2018	Marina Khrisanova	2:53.06
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5KM RACE WALK

2011	Nardene Hammond	26:43.68
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10KM RACE WALK

2012	Nardene Hammond	53.09
2011	Nardene Hammond	54.09.89

20KM RACE WALK

2011	Nardene Hammond	1:53:53.21
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LONG JUMP

2019	Marina Khrisanova	3.32
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SHOT PUT (4kg)

2014	Natasha Bacchus	6.80
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JAVELIN (600g)

2019	Marina Khrisanova	10.27
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