

40 - 44 YEAR OLD FEMALE (OUTDOOR)

100M

2008	Georgina Titus	13.58
2003	Megan Delmonico	13.74
2004	Megan Rankin	13.74
2002	Megan Delmonico	13.79
2007	Georgina Titus	14.06
2005	Megan Rankin	14.07
2013	Liz Johnson	14.10
2015	Liz Johnson	14.12
2015	Sharon Evans	14.73
2008	Zelda Webber	14.85
2017	Olesea Chittul	14.92
2014	Sharon Evans	15.33

200M

2008	Georgina Titus	28.08
2004	Megan Rankin	28.39
2013	Liz Johnson	28.54
2001	Megan Delmonico	28.76
2003	Megan Delmonico	28.73
2014	Liz Johnson	29.35
2015	Liz Johnson	29.70
2008	Zelda Webber	30.22
2017	Olesea Chittul	30.58
2015	Sharon Evans	30.77
2018	Olesea Chittul	31.36
2019	Olesea Chittul	32.18

400M

2002	Megan Delmonico	1:07.85
2017	Olesea Chittul	1:08.29
2003	Megan Delmonico	1:08.38
2018	Olesea Chittul	1:11.90
2019	Olesea Chittul	1:15.28

800M

2018	Olesea Chitul	2:50.01
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80M HURDLES (30")

2018	Olesea Chitul	16.77
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1500M RACE WALK

2012	Nardene Hammond	7:16.98
2013	Nardene Hammond	7:22.25

3000M RACE WALK

2013	Nardene Hammond	14:39.51
2014	Nardene Hammond	15:04.64
2015	Nardene Hammond	15:15.00
2012	Nardene Hammond	15:40.76

5000M RACE WALK

2015	Nardene Hammond	25:42.01
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10 000M RACE WALK

2015	Nardene Hammond	57:02.00
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20 000M RACE WALK

2015	Nardene Hammond	1:57:00.00
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LONG JUMP

2008	Georgina Titus	4.86
2014	Sharon Evans	4.18
2015	Sharon Evans	3.89
2017	Olesea Chittul	3.88
2018	Olesea Chittul	3.69

HIGH JUMP

2018	Olesea Chitul	1.25
2015	Sharon Evans	1.20
2019	Olesea Chitul	1.15

DISCUS (1kg)

2008	Georgina Titus	22.63
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SHOTPUT (4kg)

2017	Olesea Chittul	7.90
2018	Olesea Chittul	7.71
2019	Olesea Chittul	6.89

JAVELIN (600gr)

2017	Olesea Chittul	20.01
2018	Olesea Chittul	19.29

PENTATHLON (800M, 80MH, LJ, HJ, SP)

2008	Georgina Titus	22.63
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