

45 - 49 YEAR OLD FEMALE (OUTDOOR)

60M

2017 Sharon Evans 9.68

100M

2009 Kim Ross 13.47
2011 Georgina Titus 13.62
2006 Megan Rankin 14.14
2008 Megan Rankin 14.18
2018 Sharon Evans 14.96
2018 Tamara Robertson 15.00
2017 Sharon Evans 15.40
2016 Sharon Evans 15.52
2002 Sarita Burrowes 16.09
2014 Rachel Fouladi 17.19
2015 Rachel Fouladi 17.74
2016 Julie Valente 18.94
2015 Sherry Rierson 20.87

200M

2009 Kim Ross 27.89
2018 Tamara Robertson 31.49
2018 Sharon Evans 31.51
2017 Sharon Evans 32.27
2016 Sharon Evans 32.74
2002 Sarita Burrowes 33.19
2019 Candace Lee 33.64
2014 Rachel Fouladi 37.50
2015 Rachel Fouladi 37.83
2015 Sherry Rierson 44.31

400M

2014 Rachel Fouladi 1:21.64
2015 Rachel Fouladi 1:21.87
2013 Rachel Fouladi 1:27.48

800M

2015 Rachel Fouladi 3:09.69
2014 Rachel Fouladi 3:23.82
2013 Rachel Fouladi 3:24.40
2016 Julie Valente 3:33.79

1500M

2015 Rachel Fouladi 6:17.18
2013 Rachel Fouladi 6:47.32
2016 Julie Valente 7:14.77

3000M

2013 Rachel Fouladi 14:21.38

80M HURDLES (30"@8.0m)

2014 Rachel Fouladi 18.89

400M HURDLES (30")

2014 Rachel Fouladi 1:41.15

1500M RACE WALK

2013 Rachel Fouladi 10:20.25
2014 Rachel Fouladi 10:53.79

3000M RACEWALK

2014 Rachel Fouladi 23:27.92

HIGH JUMP

2016 Sharon Evans 1.20
2017 Sharon Evans 1.10
2014 Rachel Fouladi 1.05

POLE VAULT

2019 Candace Lee 1.80
2018 Candace Lee 1.65

LONG JUMP

2011 Georgina Titus 4.63
2018 Sharon Evans 4.19
2017 Sharon Evans 3.96
2016 Sharon Evans 3.95
2018 Tamara Robertson 3.86
2014 Rachel Fouladi 3.04

TRIPLE JUMP

2018 Sharon Evans 8.77
2017 Sharon Evans 8.19
2016 Sharon Evans 8.00
2014 Rachel Fouladi 6.88

SHOT PUT (4kg)

2014 Rachel Fouladi 4.64

JAVELIN (600g)

2011 Georgina Titus 26.03
2018 Tamara Robertson 13.70

HAMMER THROW (4kg)

2014 Rachel Fouladi 11.70