

50 - 54 YEAR OLD FEMALE (OUTDOOR)

50M

2012 Lori Graham 10.52

60M

2017 Julie Valente 12.25

100M

2011 Megan Rankin 14.50
2013 Megan Rankin 15.69
2003 Sarita Burrowes 16.35
2004 Urith Hayley 16.40
2007 Sarita Burrowes 16.82
2017 Julie Valente 18.66
2013 Lori Graham 19.44
2012 Lori Graham 19.57
2018 Julie Valente 19.65

200M

2011 Megan Rankin 31.56
2003 Sarita Burrowes 33.80
2004 Urith Hayley 34.70
2017 Julie Valente 38.58
2018 Julie Valente 38.78
2019 Julie Valente 40.82

400M

2017 Julie Valente 3:29.95

800M

2016 Leslie Stevens 2:42.44
2018 Julie Valente 3:12.28
2019 Julie Valente 3:18.90

1500M

2016 Leslie Stevens 5:41.23
2018 Leslie Stevens 5:47.33
2017 Julie Valente 6:48.64
2019 Julie Valente 7:12.28

3000M

2016 Leslie Stevens 12:22.15
2018 Leslie Stevens 12:35.78

5000M

2017 Leslie Stevens 21:39.43

1500M RACEWALK

2012 Lori Graham 13:44.31

3000M POWER WALK

2012 Lori Graham 25:38.30

2000M STEEPLE CHASE (30")

2016 Leslie Stevens 8:41.67
2017 Leslie Stevens 9:31.22

POLE VAULT

2018 Julie Valente 1.20

JAVELIN (500g)

2011 Leeane Howard 25.68
2004 Urith Hayley 20.97