

## 55 - 59 YEAR OLD FEMALE (OUTDOOR)

### 50M

2016	Cindy O'Brien Hugh	7.94
2017	Cindy O'Brien Hugh	8.15
2019	Laurie Ritchie	8.84
2013	Lori Graham	9.77
2016	Lori Graham	9.88
2017	Lori Graham	10.14
2015	Lori Graham	10.31
2014	Lori Graham	10.39

### 60M

2017	Cindy O'Brien Hugh	9.39
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### 100M

2016	Cindy O'Brien Hugh	14.68
2015	Cindy O'Brien Hugh	14.70
2017	Cindy O'Brien Hugh	14.79
2014	Elaine Whidden	15.35
2007	Urith Hayley	15.89
2004	Bonnie Clark	16.18
2008	Urith Hayley	16.28
2019	Laurie Ritchie	16.32
2008	Michelle Hankey	16.94
2015	Kathy Friesen	17.93
2013	Lori Graham	18.32
2014	Lori Graham	18.71
2015	Lori Graham	19.30

### 200M

2015	Cindy O'Brien Hugh	30.13
2017	Cindy O'Brien Hugh	30.57
2013	Elaine Whidden	30.59
2016	Cindy O'Brien Hugh	30.63
2014	Elaine Whidden	31.90
2007	Urith Hayley	33.59
2008	Urith Hayley	33.85
2019	Laurie Ritchie	34.13
2017	Linda Ordowski	34.79
2008	Michelle Hankey	35.23
2015	Kathy Friesen	37.57
2013	Lori Graham	38.40
2014	Lori Graham	38.92
2015	Lori Graham	41.60

### 400M

2015	Cindy O'Brien Hugh	1:10.99
2013	Elaine Whidden	1:13.26
2017	Cindy O'Brien Hugh	1:15.28
2017	Linda Ordowski	1:16.28
2016	Cindy O'Brien Hugh	1:18.66
2008	Michelle Hankey	1:24.38
2008	Urith Hayley	1:25.96
2014	Lori Graham	1:41.57
2015	Lori Graham	1:42.60
2013	Lori Graham	1:46.03

### 800M

2018	Janette Wood	2:36.60
2017	Janette Wood	2:40.50
2017	Linda Ordowski	2:59.92
2019	Annette O'Brien	3:08.39
2016	Linda Ordowski	3:08.63
2014	Lori Graham	4:04.16
2015	Lori Graham	4:05.67
2008	Urith Hayley	4:06.34

### 1500M

2018	Janette Wood	5:21.72
2017	Janette Wood	5:49.72
2017	Linda Ordowski	6:16.06
2019	Annette O'Brien	6:16.20
2016	Linda Ordowski	6:18.03
2017	Lori Graham	9:13.47

### 3000M

2016	Linda Ordowski	13:51.61
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### 10 000M

2016	Linda Ordowski	49:58.57
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### 8KM ROAD RACE

2017	Lori Graham	1:01.57
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### 10KM ROAD RACE

2016	Linda Ordowski	49:15.00
2017	Lori Graham	1:22.28

**1500M RACE WALK**

2017	Lori Graham	10:53.24
2014	Lori Graham	11:32.88
2013	Lori Graham	12:13.79
2015	Lori Graham	12.04.00

**1600M RACE WALK**

2013	Lori Graham	13:29.86
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**3000M RACE WALK**

2017	Lori Graham	23:44.90
2014	Lori Graham	24:46.27
2015	Lori Graham	25:37.62

**5000M RACE WALK**

2017	Lori Graham	39:25.07
2014	Lori Graham	40:35.00
2015	Lori Graham	42:06.63
2016	Lori Graham	42:37.20

**5KM RACE WALK - ROAD**

2017	Lori Graham	40:41.80
2014	Lori Graham	42:13.60

**10 000 RACE WALK**

2017	Lori Graham	1:24:12.80
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**10KM RACE WALK - ROAD**

2016	Lori Graham	1:32.33.00
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**1500M POWER WALK**

2013	Lori Graham	12:01.20
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**3000M POWER WALK**

2013	Lori Graham	25:12.89
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**5000M POWER WALK**

2014	Lori Graham	38:32.84
2016	Lori Graham	43:55.44
2013	Lori Graham	44:24.13

**10KM POWER WALK - ROAD RACE**

2013	Lori Graham	1:35:49.00
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**10 000M POWER WALK**

2014	Lori Graham	1:30:48.76
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**STANDING LONG JUMP**

2015	Joyce Essex	1.19
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**LONG JUMP**

2017	Cindy O'Brien Hugh	3.96
2016	Cindy O'Brien Hugh	3.79
2015	Cindy O'Brien Hugh	3.44
2008	Urith Hayley	3.07
2009	Urith Hayley	3.06

**HIGH JUMP**

2016	Cindy O'Brien Hugh	1.25
2017	Cindy O'Brien Hugh	1.25
2015	Cindy O'Brien Hugh	1.22

**SHOT PUT (3kg)**

2013	Sylvia Byers	7.68
2013	Elaine Whidden	7.32
2017	Ruth Kennedy	6.72
2018	Ruth Kennedy	6.69
2013	Lori Graham	6.13
2016	Lori Graham	5.88
2015	Joyce Essex	5.80
2014	Lori Graham	5.75
2008	Urith Hayley	5.42
2015	Lori Graham	5.25
2016	Joyce Essex	5.04
2017	Lori Graham	4.61

**DISCUS (1kg)**

2013	Sylvia Byers	17.61
2015	Joyce Essex	14.65
2015	Lori Graham	14.04
2017	Lori Graham	13.95
2016	Lori Graham	13.13
2014	Lori Graham	12.97
2016	Joyce Essex	12.84
2014	Joyce Essex	12.50
2013	Lori Graham	10.32

**JAVELIN (500gr)**

2007	Urith Hayley	21.58
2013	Sylvia Byers	19.57
2008	Urith Hayley	19.51
2008	Urith Hayley	17.01
2013	Lori Graham	14.46
2015	Lori Graham	13.99
2016	Lori Graham	13.22
2014	Lori Graham	12.96
2017	Lori Graham	11.53
2015	Joyce Essex	10.93
2016	Joyce Essex	9.62

**HAMMER THROW (3kg)**

2018	Ruth Kennedy	25.58
2017	Ruth Kennedy	25.37
2007	Urith Hayley	20.99
2008	Urith Hayley	20.84
2014	Lori Graham	19.75
2016	Lori Graham	19.32
2013	Sylvia Byers	19.09
2017	Lori Graham	18.64
2013	Lori Graham	17.99
2016	Joyce Essex	17.14
2015	Lori Graham	17.08
2014	Joyce Essex	16.47
2015	Joyce Essex	15.45

**WEIGHT THROW (16lbs)**

2013	Sylvia Byers	7.55
2014	Joyce Essex	6.46
2016	Lori Graham	6.41
2015	Lori Graham	5.75
2014	Lori Graham	5.64
2017	Lori Graham	5.31
2016	Joyce Essex	5.28
2015	Joyce Essex	4.65
2013	Lori Graham	4.45

**SUPER WEIGHT THROW (25lbs)**

2016	Lori Graham	4.01
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**THROWS PENTATHLON (HT, SP, DT, JT, WT)**

2013	Sylvia Byers	2043
2014	Lori Graham	1548
2016	Lori Graham	1531
2015	Lori Graham	1446
2013	Lori Graham	1437
2015	Joyce Essex	1323
2017	Lori Graham	1261

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

2008	Urith Hayley	1973
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