

60 - 64 YEAR OLD FEMALE (OUTDOOR)

50M

2019	Cindy O'Brien Hugh	8.28
2016	Marie Johnson	8.62
2016	Valerie Scott	8.64
2016	Urith Hayley	8.69
2018	Marie Johnson	8.76
2017	Valerie Scott	9.07
2016	Naomi Moriyama	9.92

60M

2017	Anne Sturgeon	11.19
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100M

2015	Elaine Whidden	14.60
2017	Elaine Whidden	14.69
2018	Cindy O'Brien Hugh	14.72
2016	Elaine Whidden	14.92
2019	Cindy O'Brien Hugh	15.13
2018	Elaine Whidden	15.19
2019	Elaine Whidden	15.21
2011	Urith Hayley	15.97
2015	Urith Hayley	16.14
2014	Urith Hayley	16.18
2016	Marie Johnson	16.19
2016	Valerie Scott	16.31
2014	Marie Johnson	16.44
2015	Marie Johnson	16.55
2016	Urith Hayley	16.60
2017	Valerie Scott	16.73
2018	Marie Johnson	16.83
2015	Valerie Scott	17.20
2001	Terri White	17.37
2009	Michelle Hankey	17.37
2008	Michelle Hankey	17.58
2014	Deborah Lee	17.58
2017	Anne Sturgeon	17.61
2001	Ella Lee	17.73
2015	Deborah Lee	17.93
2000	Ella Lee	18.05
2013	Deborah Lee	18.41
2017	Naomi Moriyama	19.40
2016	Naomi Moriyama	19.41

200M

2015	Elaine Whidden	30.27
2017	Elaine Whidden	30.61
2016	Elaine Whidden	30.90
2018	Elaine Whidden	30.99
2018	Cindy O'Brien Hugh	31.42
2019	Elaine Whidden	31.84
2019	Cindy O'Brien Hugh	31.88
2011	Urith Hayley	33.17
2014	Urith Hayley	33.84
2016	Valerie Scott	34.44
2015	Urith Hayley	34.60
2014	Marie Johnson	34.68
2015	Valerie Scott	34.71
2015	Marie Johnson	34.74
2016	Marie Johnson	35.38
2017	Valerie Scott	35.45
2018	Marie Johnson	35.81
2016	Urith Hayley	36.28
2008	Michelle Hankey	36.43
2018	Valerie Scott	36.70
2001	Terri White	36.98
2017	Anne Sturgeon	37.79
2015	Deborah Lee	39.67
2000	Ella Lee	41.39

400M

2016	Elaine Whidden	1:14.32
2015	Elaine Whidden	1:14.67
2017	Elaine Whidden	1:15.46
2016	Coleen Ross	1:16.52
2019	Cindy O'Brien Hugh	1:17.53
2015	Marie Johnson	1:19.23
2018	Elaine Whidden	1:19.95
2016	Valerie Scott	1:20.39
2015	Valerie Scott	1:20.82
2016	Marie Johnson	1:21.35
2014	Marie Johnson	1:23.15
2017	Valerie Scott	1:23.86
2018	Marie Johnson	1:25.40
2017	Anne Sturgeon	1:25.43
2008	Michelle Hankey	1:26.10
2001	Frances Steinfeld	1:31.83
2000	Frances Steinfeld	1:32.20
2002	Frances Steinfeld	1:35.89
2018	Jocelyn Robinson	1:41.37

800M

2016	Coleen Ross	2:57.31
2017	Anne Sturgeon	3:15.80
2016	Marie Johnson	3:24.56
2015	Valerie Scott	3:25.70
2000	Frances Steinfeld	3:32.74
2008	Michelle Hankey	3:40.82
2016	Suzanne Sharp	3:44.85
2018	Marie Johnson	3:52.30
2011	Lynette Baldock	3:59.51

1500M

2001	Frances Steinfeld	7:11.80
2016	Suzanne Sharp	7:13.15
2000	Frances Steinfeld	7:15.74
2011	Lynette Baldock	7:18.14
2017	Suzanne Sharp	7:25.19

3000M

2011	Lynette Baldock	14:58.79
2000	Frances Steinfeld	15:34.58
2017	Suzanne Sharp	15:41.36

5000M

2016	Suzanne Sharp	25:24.04
2001	Frances Steinfeld	25:47.23
2011	Lynette Baldock	26:21.54

X-Country (8K)

2000	Francis Steinfeld	52:01
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10000M

2016	Suzanne Sharp	52:54.10
2011	Lynette Baldock	54:08.53
2001	Frances Steinfeld	54:39.92

80M HURDLES (27" @7.0m)

2015	Urith Hayley	17.40
2014	Urith Hayley	17.84
2009	Michelle Hankey	18.04
2014	Deborah Lee	18.60
2013	Urith Hayley	19.41
2018	Naomi Moriyama	19.68
2017	Naomi Moriyama	20.29
2016	Naomi Moriyama	21.67
2015	Deborah Lee	22.66

300M HURDLES (27")

2009	Michelle Hankey	1:11.84
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5000M POWER WALK

2016	Suzanne Sharp	34:28.26
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5K Road Race

2019	Lori Graham	49:43.00
2018	Lori Graham	50:57.00

1500M RACE WALK

2016	Suzanne Sharp	9:36.29
2017	Suzanne Sharp	9:39.55

3000M RACE WALK

2017	Suzanne Sharp	19:45.24
2016	Suzanne Sharp	19:49.53

5000M RACE WALK

2017	Suzanne Sharp	33:56.97
2016	Suzanne Sharp	34:10.49

10KM RACE WALK - ROAD

2017	Suzanne Sharp	58:21.00.00
2016	Suzanne Sharp	1:10.44.00

STANDING LONG JUMP

2018	Joyce Essex	1.19
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HIGH JUMP

2014	Deborah Lee	1.15
2014	Urith Hayley	1.10
2015	Deborah Lee	1.10
2015	Urith Hayley	1.10
2016	Urith Hayley	1.06
2014	Eleonore Tremblay	1.00

LONG JUMP

2018	Cindy O'Brien Hugh	4.07
2019	Cindy O'Brien Hugh	3.94
2012	Deborah Lee	3.56
2014	Deborah Lee	3.55
2015	Deborah Lee	3.36
2011	Urith Hayley	3.34
2013	Deborah Lee	3.33
2011	Deborah Lee	3.24
2015	Urith Hayley	3.17
2016	Urith Hayley	3.04
2013	Urith Hayley	2.98
2001	Terri White	2.73
2014	Eleonore Tremblay	2.54

TRIPLE JUMP

2014	Deborah Lee	7.60
2015	Deborah Lee	7.55
2011	Lynette Baldock	6.14

SHOT PUT (3kg)

2012	Lynda Braun	9.51
2010	Rose Hare	9.31
2011	Gabriella Moro	9.17
2013	Lynda Braun	9.12
2014	Lynda Braun	8.71
2010	Gabriella Moro	8.14
2008	Michelle Hankey	6.75
2000	Frances Steinfeld	6.27
2014	Urith Hayley	6.38
2001	Frances Steinfeld	5.96
2016	Urith Hayley	5.77
2016	Naomi Moriyama	5.75
2017	Joyce Essex	5.75
2001	Terri White	5.69
2016	Joyce Essex	5.63
2018	Joyce Essex	5.57
2019	Joyce Essex	5.51
2018	Lori Graham	4.91

DISCUS (1kg)

2010	Rose Hare	24.50
2010	Gabriella Moro	23.94
2014	Lynda Braun	21.33
2013	Lynda Braun	20.42
2008	Linda Paulic	19.75
2012	Lynda Braun	19.19
2001	Frances Steinfeld	14.46
2017	Naomi Moriyama	14.02
2017	Joyce Essex	13.77
2018	Naomi Moriyama	13.71
2018	Joyce Essex	13.55
2018	Lori Graham	13.06
2019	Joyce Essex	12.86
2016	Naomi Moriyama	12.53
2016	Joyce Essex	12.00

JAVELIN (400g)

2011	Gabriella Moro	22.13
2013	Lynda Braun	21.19
2010	Rose Hare	20.87
2011	Urith Hayley	20.38
2012	Lynda Braun	20.21
2010	Gabriella Moro	19.73
2016	Valerie Scott	19.73
2014	Lynda Braun	19.63
2017	Valerie Scott	19.14
2018	Cindy O'Brien Hugh	19.09
2019	Cindy O'Brien Hugh	18.94
2015	Valerie Scott	18.80
2017	Naomi Moriyama	18.40
2000	Ella Lee	17.49
2018	Valerie Scott	17.08
2018	Naomi Moriyama	16.46
2008	Linda Paulic	16.28
2016	Urith Hayley	15.63
2014	Urith Hayley	14.53
2018	Lori Graham	13.06
2016	Naomi Moriyama	11.94
2019	Joyce Essex	11.10
2016	Joyce Essex	11.03
2014	Deborah Lee	11.01
2018	Joyce Essex	10.65
2017	Joyce Essex	10.62

HAMMER THROW (3kg)

2013	Lynda Braun	25.33
2014	Lynda Braun	23.26
2011	Gabriella Moro	22.39
2012	Lynda Braun	21.93
2014	Urith Hayley	20.59
2013	Urith Hayley	20.52
2015	Urith Hayley	20.29
2017	Joyce Essex	18.24
2018	Joyce Essex	18.14
2019	Joyce Essex	17.93
2018	Lori Graham	16.93
2015	Marie Johnson	16.30
2016	Joyce Essex	15.09

WEIGHT THROW (12lbs)

2014	Lynda Braun	11.08
2013	Lynda Braun	10.78
2012	Lynda Braun	9.81
2014	Urith Hayley	9.41
2013	Urith Hayley	6.64
2018	Joyce Essex	6.61
2019	Joyce Essex	6.58
2017	Joyce Essex	6.46
2016	Joyce Essex	6.25
2018	Lori Graham	5.73

THROWS PENTATHLON (HT, SP, DT, JT, WT)

2013	Lynda Braun	3079
2014	Lynda Braun	2771
2018	Lori Graham	1653
2019	Joyce Essex	1537
2017	Joyce Essex	1523
2016	Joyce Essex	1462

PENTATHLON (60MH, HJ, SP, LJ, 800M)

2014	Urith Hayley	2302
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