

65 - 69 YEAR OLD FEMALE (OUTDOOR)

50M

2016	Urith Hayley	8.63
2016	Deborah Lee	8.63
2017	Deborah Lee	8.92
2018	Deborah Lee	9.06
2019	Marie Johnson	9.21
2019	Deborah Lee	9.25
2019	Karen Shook	9.49
2019	Naomi Moriyama	9.59

60M

2018	Deborah Lee	10.66
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100M

2016	Urith Hayley	15.96
2017	Urith Hayley	16.48
2018	Urith Hayley	16.51
2019	Urith Hayley	16.91
2016	Deborah Lee	17.21
2015	Deborah Lee	17.36
2017	Deborah Lee	17.37
2019	Marie Johnson	17.41
2018	Deborah Lee	17.42
2018	Karen Shook	17.49
2019	Karen Shook	17.89
2019	Deborah Lee	18.21
2000	Velma Gardner	19.06

200M

2016	Urith Hayley	33.27
2018	Urith Hayley	34.99
2017	Urith Hayley	35.07
2019	Urith Hayley	36.39
2016	Deborah Lee	37.21
2018	Karen Shook	37.37
2015	Deborah Lee	37.53
2019	Karen Shook	39.66
2000	Velma Gardner	43.36
2001	Klazina Noort	43.41
2016	Lynette Baldock	43.99

400M

2019	Marie Johnson	1:27.37
2012	Lynette Baldock	1:35.76
2013	Lynette Baldock	1:38.99
2014	Lynette Baldock	1:39.17
2015	Lynette Baldock	1:40.37
2016	Lynette Baldock	1:47.82

800M

2012	Lynette Baldock	3:42.37
2019	Marie Johnson	3:43.58
2015	Lynette Baldock	3:45.84
2013	Lynette Baldock	3:47.43
2014	Lynette Baldock	3:47.72
2016	Lynette Baldock	3:57.98
2011	Lynette Baldock	3:59.51

1500M

2012	Lynette Baldock	7:09.00
2019	Janet Ross	7:12.86
2012	Lynette Baldock	7:16.70
2018	Janet Ross	7:17.47
2013	Lynette Baldock	7:23.56
2015	Lynette Baldock	7:28.64
2014	Lynette Baldock	7:28.83
2018	Suzanne Sharp	7:42.64
2016	Lynette Baldock	7:48.02
2019	Suzanne Sharp	7:50.32

3000M

2012	Lynette Baldock	12:58.41
2018	Janet Ross	14:48.99
2011	Lynette Baldock	14:58.79
2014	Lynette Baldock	15:11.35
2015	Lynette Baldock	15:38.90
2013	Lynette Baldock	15:39.22
2018	Suzanne Sharp	15:54.15
2016	Lynette Baldock	16:11.08

5000M

2012	Lynette Baldock	24:58.00
2014	Lynette Baldock	24:50.13
2011	Lynette Baldock	26:17.00
2018	Janet Ross	26:18.92
2013	Lynette Baldock	26:35.21
2019	Janet Ross	27:12.33
2019	Suzanne Sharp	27:21.02
2004	Frances Steinfeld	27:30.44
2015	Lynette Baldock	27:45.89
2018	Pat MacDonald	36:40.10

8000M

2011	Lynette Baldock	41:26.00
2012	Lynette Baldock	43:06.00

10 000M

2012	Lynette Baldock	52:16.00
2011	Lynette Baldock	52:25.00
2013	Lynette Baldock	56:10.00
2014	Lynette Baldock	59:35.10

1500M RACEWALK

2019	Suzanne Sharp	9:21.26
2018	Suzanne Sharp	9:31.13
2012	Ellie Halcrow	10:00.21

3000M RACE WALK

2018	Suzanne Sharp	19:30.49
2018	Suzanne Sharp	19:37.48

5000M RACE WALK

2019	Suzanne Sharp	32:47.07
2018	Suzanne Sharp	34:19.03

10 000M RACE WALK

2016 Pat MacDonald 1:18:21.56

5000M POWER WALK

2016 Pat MacDonald 36:59.92

2019 Pat MacDonald 39:09.26

80M HURDLES (27")

2016 Urith Hayley 17.37

2018 Deborah Lee 17.58

2017 Urith Hayley 17.84

2015 Deborah Lee 17.90

2016 Deborah Lee 17.97

2019 Urith Hayley 17.98

2018 Urith Hayley 18.07

2019 Deborah Lee 18.30

2017 Deborah Lee 18.38

2019 Naomi Moriyama 19.45

300M HURDLES (27")

2019 Naomi Moriyama 1:19.80

POLE VAULT

2018 Urith Hayley 1.50

2016 Urith Hayley 1.30

STANDING LONG JUMP

2017 Deborah Lee 1.77

2016 Deborah Lee 1.70

LONG JUMP

2016 Deborah Lee 3.66

2017 Deborah Lee 3.66

2015 Deborah Lee 3.50

2018 Deborah Lee 3.45

2019 Deborah Lee 3.39

2013 Lynette Baldock 2.92

2014 Lynette Baldock 2.81

2012 Lynette Baldock 2.80

2015 Lynette Baldock 2.66

TRIPLE JUMP

2015 Deborah Lee 8.35

2018 Deborah Lee 7.87

2016 Deborah Lee 7.73

2017 Deborah Lee 7.56

2019 Deborah Lee 7.54

2013 Lynette Baldock 6.59

2012 Lynette Baldock 6.58

2014 Lynette Baldock 6.23

2015 Lynette Baldock 5.54

HIGH JUMP

2016 Deborah Lee 1.15

2015 Deborah Lee 1.10

2016 Urith Hayley 1.10

2017 Deborah Lee 1.10

2019 Deborah Lee 1.10

DISCUS (1kg)

2015 Gabriella Moro 25.45

2019 Naomi Moriyama 17.12

2011 Kathy Brand 16.10

2000 Velma Gardner 14.73

HAMMER THROW (3kg)

2015 Gabriella Moro 25.59

2011 Kathy Brand 25.18

2019 Karen Shook 13.32

WEIGHT THROW (12lbs)

2015 Gabriella Moro 10.57

2019 Karen Shook 5.69

SHOT PUT (3kg)

2015 Gabriella Moro 8.89

2016 Urith Hayley 6.73

2019 Naomi Moriyama 6.00

2019 Karen Shook 5.08

2019 Suzanne Sharp 5.14

JAVELIN THROW (500gr)

2019 Naomi Moriyama 16.38

2016 Urith Hayley 15.95

2018 Pat MacDonald 14.61

2017 Urith Hayley 14.15

2016 Pat MacDonald 13.45

2019 Pat MacDonald 13.08

2019 Karen Shook 9.36

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

2017 Urith Hayley 2417