

## 70 - 74 YEAR OLD FEMALE (OUTDOOR)

### 50M

2019 Sheila Allison 9.74

### 100M

2011 Christa Bortignon 15.86  
2010 Christa Bortignon 17.32  
2019 Sheila Allison 19.28  
2018 Sheila Allison 19.82  
2008 Ella Lee 20.04  
2009 Ella Lee 22.94  
2010 Ella Lee 21.25  
2017 Sheila Allison 21.25  
2016 Sheila Allison 21.41

### 200M

2011 Christa Bortignon 34.04  
2008 Diane Palmason 35.43  
2010 Christa Bortignon 37.52  
2019 Sheila Allison 40.20  
2008 Ella Lee 42.10  
2018 Sheila Allison 42.74  
2017 Sheila Allison 44.76  
2016 Lynette Baldock 45.20  
2008 Frances Steinfeld 45.24  
2019 Lynette Baldock 45.82  
2017 Lynette Baldock 45.84  
2016 Sheila Allison 46.12  
2018 Lynette Baldock 46.46  
2011 Frances Steinfeld 47.91

### 400M

2008 Diane Palmason 1:18.88  
2011 Christa Bortignon 1:25.16  
2010 Christa Bortignon 1:32.50  
2019 Sheila Allison 1:34.91  
2018 Sheila Allison 1:38.94  
2017 Lynette Baldock 1:47.82  
2019 Lynette Baldock 1:49.89  
2016 Lynette Baldock 1:50.99  
2017 Sheila Allison 1:50.00  
2016 Sheila Allison 1:51.86  
2018 Lynette Baldock 1:53.24  
2011 Frances Steinfeld 1:54.62

### 800M

2008 Diane Palmason 3:18.15  
2011 Christa Bortignon 3:42.20  
2018 Sheila Allison 4:00.59  
2016 Lynette Baldock 4:04.50  
2018 Lynette Baldock 4:06.30  
2010 Christa Bortignon 4:07.42  
2017 Lynette Baldock 4:07.66  
2016 Sheila Allison 4:09.54  
2019 Lynette Baldock 4:15.04  
2017 Sheila Allison 4:15.54

### 1500M

2008 Diane Palmason 6:39.93  
2018 Sheila Allison 7:55.01  
2018 Lynette Baldock 7:55.55  
2017 Lynette Baldock 7:56.26  
2019 Sheila Allison 7:57.39  
2016 Lynette Baldock 8:03.77  
2016 Sheila Allison 8:23.77  
2008 Frances Steinfeld 8:24.23  
2017 Sheila Allison 8:44.63

### 3000M

2017 Lynette Baldock 16:22.08  
2019 Sheila Allison 16:44.01  
2018 Sheila Allison 16:56.49  
2018 Lynette Baldock 17:03.95  
2008 Frances Steinfeld 29:26.86  
2016 Lynette Baldock 29:30.92  
2016 Sheila Allison 29:31.41  
2017 Sheila Allison 29:56.49

### 5000M

2004 Lenore Montgomery 24:43.81  
2017 Lynette Baldock 28:48.31  
2018 Sheila Allison 28:50.21  
2018 Lynette Baldock 28:50.22  
2019 Sheila Allison 29:19.88  
2008 Frances Steinfeld 29:26.86  
2016 Lynette Baldock 29:30.92  
2016 Sheila Allison 29:31.41  
2017 Sheila Allison 29:56.49  
2019 Lynette Baldock 30:37.68

### 10 000M

2016 Lynette Baldock 1:00:45.68  
2016 Sheila Allison 1:01:08.51  
2008 Frances Steinfeld 1:02:35.02  
2011 Frances Steinfeld 1:06:50.64

### 10KM ROAD RACE

2017 Lynette Baldock 1:00:39.00  
2016 Sheila Allison 1:02:06.00  
2017 Sheila Allison 1:03:41.00

### 80M HURDLES (27"@7.0m)

2011 Christa Bortignon 20.20

### 200M HURDLES (27")

2011 Christa Bortignon 43.71

**HIGH JUMP**

2011	Christa Bortignon	1.15
2010	Christa Bortignon	1.12

**LONG JUMP**

2011	Christa Bortignon	3.48
2010	Christa Bortignon	3.27
2016	Lynette Baldock	2.33
2019	Sheila Allison	2.31
2018	Lynette Baldock	2.12
2018	Sheila Allison	2.07
2019	Lynette Baldock	1.97

**TRIPLE JUMP**

2011	Christa Bortignon	7.87
2010	Christa Bortignon	7.30
2017	Lynette Baldock	6.08
2016	Lynette Baldock	5.84
2019	Sheila Allison	5.69
2018	Sheila Allison	5.66
2017	Sheila Allison	5.37
2019	Lynette Baldock	5.41

**SHOT PUT (3kg)**

2008	Linda Paulic	7.44
2011	Frances Steinfeld	6.37
2010	Christa Bortignon	6.32
2008	Frances Steinfeld	6.26
2012	Frances Steinfeld	6.04

**DISCUS (1kg)**

2011	Frances Steinfeld	14.68
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**JAVELIN (400g)**

2010	Christa Bortignon	10.99
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**PENTATHLON (60MH, HJ, SP, LJ, 800M)**

2011	Christa Bortignon	3379
2010	Christa Bortignon	3023

**HEPTATHLON (60MH, HJ, SP, 200M, LJ, JT, 800M)**

2011	Christa Bortignon	4840
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