

## 75 - 79 YEAR OLD FEMALE (OUTDOOR)

50M		
2015	Christa Bortignon	8.68
2016	Christa Bortignon	9.35
2016	Renate Cheetham	13.16

100M		
2013	Christa Bortignon	15.82
2012	Christa Bortignon	15.99
2015	Christa Bortignon	16.55
2016	Christa Bortignon	16.80
2010	Klazina Noort	20.74
2008	Klazina Noort	21.75
2011	Klazina Noort	22.08
2017	Renate Cheetham	25.50
2014	Renate Cheetham	25.77
2015	Renate Cheetham	25.77
2016	Renate Cheetham	26.42

200M		
2013	Christa Bortignon	33.86
2012	Christa Bortignon	34.66
2015	Christa Bortignon	35.00
2016	Christa Bortignon	35.93
2010	Klazina Noort	44.80
2008	Klazina Noort	45.19
2011	Klazina Noort	47.87
2014	Frances Steinfeld	53.05
2013	Frances Steinfeld	54.28
2017	Renate Cheetham	55.97
2015	Renate Cheetham	56.22
2016	Renate Cheetham	56.29
2014	Renate Cheetham	56.50
2015	Frances Steinfeld	1:00.77

400M		
2013	Christa Bortignon	1:19.53
2012	Christa Bortignon	1:25.07
2015	Christa Bortignon	1:27.87
2008	Lenore Montgomery	1:51.48
2013	Frances Steinfeld	2:06.55
2014	Frances Steinfeld	2:08.09
2017	Renate Cheetham	2:11.97
2016	Renate Cheetham	2:14.41
2015	Renate Cheetham	2:18.11
2014	Renate Cheetham	2:22.35

800M		
2012	Christa Bortignon	3:39.57
2013	Christa Bortignon	3:52.03
2008	Lenore Montgomery	4:04.61
2013	Frances Steinfeld	4:41.19
2016	Renate Cheetham	5:08.83
2017	Renate Cheetham	5:12.18
2015	Renate Cheetham	5:18.41
2014	Renate Cheetham	5:24.19
2011	Mae Turek	7:52.03

1500M		
2008	Lenore Montgomery	7:57.41
2017	Renate Cheetham	9:57.10
2015	Renate Cheetham	10:10.63
2016	Renate Cheetham	10:16.28
2014	Renate Cheetham	10:47.46

3000M		
2017	Karin Vickars	16:33.41
2016	Renate Cheetham	18:26.41
2017	Renate Cheetham	21:05.26
2015	Renate Cheetham	21:44.74

5000M		
2014	Karin Vickars	25:43.02
2008	Lenore Montgomery	27:25.07
2015	Renate Cheetham	37:21.61
2016	Renate Cheetham	38:15.52
2017	Renate Cheetham	38:25.71
2008	Klazina Noort	41:12.36

10 000M		
2008	Lenore Montgomery	1:00:17.24
2017	Renate Cheetham	1:16:03.00
2016	Renate Cheetham	1:18:07.67

80M HURDLES (27" @ 7.0m)		
2013	Christa Bortignon	17.44
2012	Christa Bortignon	19.71
2015	Christa Bortignon	21.88

200M HURDLES (27")		
2013	Christa Bortignon	39.89
2012	Christa Bortignon	41.22
2015	Christa Bortignon	42.35

1500M RACEWALK		
2015	Renate Cheetham	10:39.98
2016	Renate Cheetham	12:03.75
2017	Renate Cheetham	12:27.00
2014	Renate Cheetham	12:27.76

3000M RACEWALK		
2017	Renate Cheetham	24:58.47

5000M RACEWALK		
2017	Renate Cheetham	40:33.93
2008	Klazina Noort	41:12.36
2016	Renate Cheetham	44:13.49

5000M POWER WALK		
2014	Renate Cheetham	38:22.96
2015	Renate Cheetham	39:51.77

10 000M POWER WALK		
2014	Renate Cheetham	1:20:24.00

STANDING LONG JUMP		
2015	Christa Bortignon	1.66
2016	Christa Bortignon	1.62

HIGH JUMP		
2013	Christa Bortignon	1.09
2012	Christa Bortignon	1.13
2016	Christa Bortignon	.91
2015	Christa Bortignon	.90

LONG JUMP		
2013	Christa Bortignon	3.72
2012	Christa Bortignon	3.67
2015	Christa Bortignon	3.38
2016	Christa Bortignon	3.30

TRIPLE JUMP		
2012	Christa Bortignon	8.11
2013	Christa Bortignon	7.96
2015	Christa Bortignon	7.47
2016	Christa Bortignon	7.27

SHOT PUT (2kg from May 01 2010)		
2012	Christa Bortignon	7.56
2013	Frances Steinfeld	7.22
2011	Mae Turek	7.02
2016	Christa Bortignon	6.97
2014	Frances Steinfeld	6.85
2015	Frances Steinfeld	6.54

DISCUS (.75g from May 01 2010)		
2013	Frances Steinfeld	16.27
2014	Frances Steinfeld	16.13
2011	Mae Turek	15.67
2015	Frances Steinfeld	13.56

JAVELIN (400g)		
2013	Christa Bortignon	16.30
2015	Christa Bortignon	14.81
2011	Mae Turek	14.43
2016	Christa Bortignon	13.44
2012	Christa Bortignon	13.42
2016	Renate Cheetham	8.85

HAMMER THROW (2kg from May 01 2010)		
2011	Mae Turek	18.46

WEIGHT THROW (4kg from May 01 2010)		
2011	Mae Turek	7.61
2015	Frances Steinfeld	7.16

THROWS PENTATHLON (HT, SP, DT, JT, WT)		
2011	Mae Turek	2889

PENTATHLON (60MH, HJ, SP, LJ, 800M)		
2012	Christa Bortignon	4743
2013	Christa Bortignon	4250

HEPTATHLON (80MH, HJ, SP, 200M, LJ, JT, 800M)		
2013	Christa Bortignon	6519
2012	Christa Bortignon	4840