

BARBADOS NATIONAL RECORDS AS AT 18 June 2014

**WOMEN**

<b>Event</b>	<b>Time/Distance</b>	<b>Name</b>	<b>Place</b>	<b>Date</b>
100m	11.26	Shakera Reece	Mexico	25 October 2011
200m	22.91	Jade Bailey	Bridgetown	22 June 2008
400m	51.04	Lorna Forde	Los Angeles, USA	10 Jun 1978
800m	2:03.59	Sheena Gooding	Bahamas	11 July 2005
1500m	4.32.64	Sheena Gooding	Batton Rogue, USA	20 March 2008
3000m	10:39.21	Yvette Mayers	New Orleans, USA	19 Apr 1998
5000m	18:40.00	Yvette Mayers	New Orleans, USA	17 Apr 1998
MAR	3:06:07	Caroline Moorat	Port-Of-Spain	7 Jun 1987
100mH	12.98	Kierre Beckles	Clairmont, USA	13 May 2014
400m H	53.36	Andrea Blackett	Sevilla, Spain	25 Aug 1999
High Jump	1.88	Desiree Crichlow	El Paso, USA	17 May 2003
Long Jump	6.55	Akela Jones	Gulf Shores, USA	22 May 2014.
Triple Jump	13.35	Seidre Forde	Austin, USA	4 April 2008
Shot Put	17.14	Shernelle Nicholls	Lincoln, USA	11-13 May 2007
Discus	52.00	Shernelle Nicholls	Columbia,USA	29 March 2008
Javelin	47.00	Deandra Dottin	St. Kitts	24 March 2008
Javelin*	49.08	Wendy Griffith	Philadelphia, USA	28 Apr 1983
Hammer	52.81	Shernelle Nicholls	Lawrence, USA	19 April 2007
Heptathlon	5489	Lauren Maul	Atlanta, USA	17 May 2002
4x100m	44.34	Lyn Marie Cox, Genna Williams Lian Lucas, Jade Bailey	Sherbrooke, Canada	1 Aug 2004
4x400m	3:30.72	Mellisa Starker, Andrea Blackett Tanya Oxley, Joanne Durant	Winnipeg, Canada	30 Jul 1999

\* Old Implement

Date: 18 June 2014