

BARBADOS NATIONAL RECORDS AS AT 24 October 2025

**WOMEN**

<b>Event</b>	<b>Time/Distance</b>	<b>Name</b>	<b>Place</b>	<b>Date</b>
100m	11.14(+2.0)	Tristan Evelyn	Tampa, USA	16 May 2021
200m	22.59(+1.5)	Sada Williams	Spanish Town, JAM	09 March 2024
400m	49.58	Sada Williams	Budapest, Hungary	21 August 2023
800m	2:02.23	Sade Sealy	Lima, PER	07 August 2019
1500m	4.25.61	Sade Sealy	Bridgetown, BAR	22 February 2020
3000m	10.36.37	Layla Haynes	Bridgetown, BAR	23 February 2020
5000m	18:37.13	Isis Gaskin	Atlantic, USA	1 May 2025
MAR	3:06:07	Caroline Moorat	Port-Of-Spain, TTO	7 June 1987
100mH	12.88(-1.0)	Kierre Beckles	Beijing, CHN	27 August 2015
400m H	53.36	Andrea Blackett	Sevilla, ESP	25 August 1999
High Jump	1.95	Akela Jones	Azusa, USA	13 April 2016
Long Jump	6.80 (+0.2)	Akela Jones	California, USA	29 May 2021
Triple Jump	13.35(0.2)	Seidre Forde	Austin, USA	4 April 2008
Shot Put	17.14	Shernelle Nicholls	Lincoln, USA	13 May 2007
Discus	52.00	Shernelle Nicholls	Columbia,USA	29 March 2008
Javelin	47.00	Deandra Dottin	Bassatere, SKN	24 March 2008
Javelin*	49.08	Wendy Griffith	Philadelphia, USA	28 April 1983
Hammer	58.21	Shernelle Nicholls	Lawrence, USA	19 April 2007
Heptathlon**	6307	Akela Jones	Azusa, USA	13-14 April 2016
4x100m	44.34	Lyn Marie Cox, Genna Williams Lian Lucas, Jade Bailey	Sherbrooke, CAN	1 August 2004
4x400m	3:30.72	Mellisa Starker, Andrea Blackett Tanya Oxley, Joanne Durant	Winnipeg, CAN	30 July 1999

\* Old Implement

**100mH	High Jump	Shot	200m	Long Jump	Javelin	800m	
13.36(+1.5)	1.95	14.64	23.28(+1.9)	6.12(+0.4)	38.97	2.28.70	13-14 April 2016

Date: 24 October 2025