



## NATIONAL CHAMPIONSHIPS RECORDS - WOMEN

Class	Event	Record	Year	Name	Organisation	Remarks
T13	100m	14.50	2003	Zaimoonisah Bte M Yussoff	Individual	
T20	100m	13.91	2012	Khairuna Bte Md S	Individual	
T36	100m	18.54	2019	Maisarah Binte Mohamed Hassan	WRAS	
T37	100m	16.82	2003	Tan Li Bing	Individual	
T52	100m	28.38	2010	Norsilawati Binte Sa'at	Individual	
T54	100m	31.01	2003	Lee Yuan Ping	Individual	
T13	200m	31.19	2003	Zaimoonisah Bte M Yussoff	Individual	
T20	200m	31.87	2014	Michelle Yogeswari	APSN-DSS	
T36	200m	38.61	2005	Nazariah Bte Ahmadini	Individual	
T37	200m	35.37	2003	Tan Li Bing	Individual	
T52	200m	50.57	2005	Norsilawati Binte Sa'at	Individual	
T13	400m	1:12.77	2004	Zaimoonisah Bte M Yussoff	Individual	
T20	400m	1:09.23	2003	Nasheela Begum d/o Nizamwudin	APSN-TSS	
T36	400m	1:10.43	2003	Nazariah Bte Ahmadini	Individual	
T37	400m	01:22.9	2003	Tan Li Bing	Individual	
T52	400m	1:55.28	2005	Norsilawati Binte Sa'at	Individual	
T20	800m	3:42.24	2018	Evelyn Lim Jia Xuan	APSN-DSS	
T20	1500m	7:23.15	2019	Evelyn Lim Jia Xuan	APSN-DSS	
T20	4x100m	1:06.84	2017	Team Relay A	Grace Orchard School	

T20	4x400m	6:59.38	2003	Habidah, Nasheela, Siti Mariani Tan Zhu Chin	APSN-TSS
T20	Long Jump	3.69m	2017	Siti Nurhayati Binte Ali Aksar Khan	Grace Orchard School
F51	Club Throw	7.00m	2019	Seow Sin Sin	WRAS
F20	Discus Throw	10.77m	2003	Siti Mariani	APSN-TSS
F20	Javelin Throw	7.86m	2003	Tan Zhu Choo	APSN-TSS
F57	Javelin Throw	7.78m	2017	Nithiah d/o Aridas	WRAS
F20	Shot Put	5.55m	2019	Sunandi Gurung	Metta School
F57	Shot Put	4.38m	2017	Nithiah d/o Aridas	WRAS

Note:

- > The above events' classes include both local and international classification. The national championships are based on local sanctioned events' classification.
- > Some classes are not included until new record being created whereas some were already obsolete.