



ATHLETICS FIJI

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Women's Top 10 All-Time

Updated by: Athletics Fiji (22/09/2026)

Women's 100m

All Time	Performance	Athlete	Venue	Year
1	11.55s	Makelesi Bulikiobo	Brisbane, Australia	2007
2	11.82s	Heleina Young	Apia, Samoa	2019
3	11.87s	Vaciseva Tavaga	Canberra, Australia	1996
4	11.92s	Litiana Miller	Santa Rita, USA	1999
5	11.94s	Makereta Naulu	Suva, Fiji	2016
6	11.98s	Sisilia Seavula	Iowa, USA	2017
7	12.00s	Rachael Rogers	Sydney Australia	1993
8	12.02s	Younis Bese	Cairns, Australia	2015
9	12.04s	Sera Nasilivata	Suva, Fiji	2026
10	12.10s	Filomena Navula	Suva, Fiji	2022

Women's 100m Hurdles

All Time	Performance	Athlete	Venue	Year
1	13.62s	Rachael Rogers	Canberra, Australia	1998
2	14.65s	Fane Sauvakacolo	Minnesota, USA	2023
3	14.65s	Miriama Chambault	Christchurch, New Zealand	1974
4	14.71s	Milika Tuivanuavou	Apia, Samoa	2007
5	15.00s	Joana Vakasobuduru	North Carolina, USA	2026
6	15.15s	Sainiana Tukana	Noumea, New Caledonia	1987
7	15.21s	Elenani Tinai	Apia, Samoa	2019
8	15.37s	Alisha Dickinson	Mesa, USA	2014
9	15.40s	Ana Baleiveicau	Stephenville, USA	2015
10	15.52s	Rosi Tamani	Brisbane, Australia	1992

Women's 200m

All Time	Performance	Athlete	Venue	Year
1	23.22s	Makelesi Bulikiobo	Heusden-Zolder, Belgium	2008
2	24.01s	Heleina Young	Koror, Palau	2025
3	24.07s	Vaciseva Tavaga	Canberra, Australia	1996
4	24.35s	Younis Bese	Cairns, Australia	2015

5	24.48s	Joana Vakasobuduru	Missouri, USA	2025
6	25.53s	Alena Vadrassamu	Apia, Samoa	2007
7	24.64s	Rachael Rogers	Brisbane, Australia	1993
8	24.71s	Mereoni Raluve	Suva, Fiji	2003
9	24.78s	Litiana Miller	Santa Rita, USA	1999
10	24.83s	Josivini Maria	Santa Rita, USA	1999

Women's 400m

All Time	Performance	Athlete	Venue	Year
1	51.89s	Makelesi Bulikiobo	Brisbane, Australia	2004
2	55.35s	Mereoni Raluve	Suva, Fiji	2003
3	55.41s	Miriama Senokonoko	Apia, Samoa	2011
4	55.62s	Vaciseva Tavaga	Bucharest, Romania	1995
5	56.07s	Heleina Young	Koror, Palau	2025
6	56.21s	Paulini Korowaqa	Apia, Samoa	2007
7	56.84s	Vasiti Vatureba	Brisbane, Australia	2003
8	56.81s	Joana Vakasobuduru	Missouri, USA	2025
9	56.88s	Alaiwalu Raiyawa	Port Moresby, PNG	2015
10	57.01s	Miriama Radiniwaimaro	Suva, Fiji	2003

Women's 400m Hurdles

All Time	Performance	Athlete	Venue	Year
1	61.01s	Ana Baleveicau	Apia, Samoa	2019
2	61.50s	Rachael Rogers	Suva, Fiji	2003
3	61.90s	Sainiana Tukana	Noumea, New Caledonia	1987
4	62.25s	Apikali Kainoco	Santa Rita, USA	1999
5	62.72s	Laisa Dibuka	Tafuna, American Samoa	1997
6	64.84s	Asenaca Shaw	Pirae, Tahiti	1995
7	65.17s	Rosi Tamani	Brisbane, Australia	1993
8	67.47s	Ledua Baker	Suva, Fiji	2003
9	68.33s	Joana Vakasobuduru	Missouri, USA	2026
10	69.30s	Alisha Dickinson	Suva, Fiji	2015

Women's 800m

All Time	Performance	Athlete	Venue	Year
1	2:08.81s	Makelesi Bulikiobo	Brisbane, Australia	2008
2	2:11.12s	Salome Tabuatalei	Pirae, Tahiti	1995
3	2:11.73s	Karolina Tanono	Brisbane, Australia	1993
4	2:13.94s	Ilisapeci Lagilau	Port Vila, Vanuatu	1993
5	2:14.31s	Vasiti Vatureba	Brisbane, Australia	2003

6	2:15.99s	Sisilia Dauniwe	Port Vila, Vanuatu	1993
7	2:17.75s	Kavita Maharaj	Gold Coast, Australia	2009
8	2:18.47s	Adi Ceva Lutumailagi	Koror, Palau	2025
9	2:18.83s	Glandness Simpson	Koror, Palau	2025
10	2:19.34s	Reena Devi	Tereora, Cook Islands	1985

Women's 1500m

All Time	Performance	Athlete	Venue	Year
1	4:39.10s	Salome Tabuatalei	Suva, Fiji	1995
2	4:43.22s	Karolina Tanono	Brisbane, Australia	1993
3	4:43.57s	Kavita Maharaj	Brisbane, Australia	2010
4	4:50.00s	Glandness Simpson	Suva, Fiji	2025
5	4:50.81s	Donna Cavuilati	Tereora, Cook Islands	1985
6	4:50.94s	Kelera Vetuku	Noumea, New Caledonia	1987
7	4:51.39s	Rusila Radinibeqa	Suva, Fiji	1979
8	4:51.50s	Sebuita Senivetaukula	Suva, Fiji	1997
9	4:54.40s	Katalaini Tinaitadrua	Suva, Fiji	1994
10	4:54.80s	Ekari Raika	Suva, Fiji	1995

Women's 5000m

All Time	Performance	Athlete	Venue	Year
1	18:22.60s	Salome Tabuatalei	Suva, Fiji	1995
2	18:37.65s	Akesa Drotini	Apia, Samoa	2007
3	19:26.60s	Asena Tinai	Suva, Fiji	2003
4	19:46.10s	Eleni Divute	Suva, Fiji	2003
5	20:07.00s	Sereina Liku	Suva, Fiji	2008
6	20:12.40s	Ashika Lal	Suva, Fiji	2003
7	20:22.79s	Vilimaina Naituku	Apia, Samoa	2019
8	20:40.80s	Sereana Veikoso	Suva, Fiji	1996
9	20:44.00s	Vika Tuilomana	Suva, Fiji	2016
10	21:48.94s	Mereseini Naidau	Suva, Fiji	2016

Women's 10,000m

All Time	Performance	Athlete	Venue	Year
1	38:49.60s	Salome Tabuatalei	Suva, Fiji	1993
2	40:48.00s	Lois Grimmer	Suva, Fiji	1992
3	41:55.42s	Niumai Ragatamatani	Port Moresby, PNG	1991
4	42:52.25s	Vilimaina Naituku	Apia, Samoa	2019
5	46:08.40s	Iva Bati Nabutulovo	Suva, Fiji	1992
6	51:17.96s	Fulori Masau	Suva, Fiji	2023

7	52:10.45s	Sharmila Lata	Suva, Fiji	2018
8	1:05:23.01s	Noeline Mallam	Suva, Fiji	2018

Women's Half Marathon

All Time	Performance	Athlete	Venue	Year
1	1:25:00s	Salome Tabuatalei	Noumea, New Caledonia	1996
2	1:51:30s	Veronica McCoy	Nadi, Fiji	1998
3	1:57:30s	Wendy Robert	Suva, Fiji	2015
4	1:58:01s	Bronwyn Wiseman	Suva, Fiji	2015
5	1:59:19s	Tess Martin	Suva, Fiji	2015
6	2:00:06s	Alisha Dickinson	Suva, Fiji	2015
7	2:23:20s	Grace Koro	Nadi, Fiji	1998
8	2:28:24s	Angela Birch	Nadi, Fiji	1997
9	2:41:12s	Mereoni Wainiqolo	Nadi, Fiji	1997

Women's Pole Vault

All Time	Performance	Athlete	Venue	Year
1	3.73m	Eseta Finau	California, USA	2018
2	2.90m	Iowana Sera Vakaloloma	Suva, Fiji	2003
3	1.45m	Apikali Kainoco	Suva, Fiji	1998
4	1.45m	Marica Likulewadua	Suva, Fiji	1998

Women's High Jump

All Time	Performance	Athlete	Venue	Year
1	1.71m	Shawntell Lockington	Suva, Fiji	2017
2	1.70m	Mereoni White	Pirae, Tahiti	1995
3	1.67m	Kelera Nacewa	Wanganui, New Zealand	1997
4	1.66m	Sainiana Tukana	Noumea, New Caledonia	1987
5	1.66m	Teresia Maretina	Ba, Fiji	2009
6	1.66m	Adi Ulamila Reva	Suva, Fiji	2026
7	1.65m	Rosalia Raqato	Suva, Fiji	1997
8	1.65m	Diana Maramanikaibau	Suva, Fiji	2010
9	1.64m	Annie Tokona	Suva, Fiji	1987
10	1.64m	Senimila Agile Tolo	Suva, Fiji	1988

Women's Long Jump

All Time	Performance	Athlete	Venue	Year
1	6.12m	Miriama Chambault	Noume'a, New Caledonia	1979
2	6.05m	Sokoveti Ssalaniquiqi	Apia, Samoa	2007
3	5.93m	Milika Tuivanuavou	Indiana, USA	2013
4	5.93m	Ana Ramacake	Suva, Fiji	1967
5	5.91m	Ellia Green	Melbourne, Australia	2011
6	5.90m	Makelesi Tumalevu	Suva, Fiji	2008
7	5.89m	Marica Likulewadua	Suva, Fiji	1994
8	5.87m	Veniana Ranadi	Suva, Fiji	2026
9	5.80m	Marica Leawere	Suva, Fiji	2003
10	5.73m	Rosi Tamani	Port Moresby, PNG	1991

Women's Triple Jump

All Time	Performance	Athlete	Venue	Year
1	12.86m	Milika Tuivanuavou	Claremont, USA	2013
2	12.46m	Miriama Senokonoko	Port Vila, Vanuatu	2017
3	12.25m	Sokoveti Salaniquiqi	Suva, Fiji	2003
4	11.84m	Salanietia Tamani	Suva, Fiji	1994
5	11.80m	Asinate Kasowaqa	Suva, Fiji	2017
6	11.66m	Sereseini Vesoko	Suva, Fiji	2015
7	11.63m	Alani Latianara	Pirae, Tahiti	1995
8	11.56m	Samantha Lutu	Suva, Fiji	2026
9	11.44m	Akanise Coa	Suva, Fiji	2025
10	11.43m	Vani Ratudina	Brisbane, Australia	1993

Women's Shot Put (4kg)

All Time	Performance	Athlete	Venue	Year
1	16.04m	Maryann Macedru	Oregon, USA	2026
2	14.73m	Milika Tuivanuavou	Port Moresby, PNG	2015
3	14.49m	Maria Livanawa Disolaki	Santa Rita, USA	1999
4	13.14m	Joana Vakasobuduru	Iowa, USA	2026
5	13.12m	Sereseini Savui	Suva, Fiji	2008
6	13.11m	Merewai Turukawa	Suva, Fiji	1964
7	13.04m	Mere Qalo	Suva, Fiji	2013
8	13.00m	Mereoni Vibose	Melbourne, Australia	1983
9	12.87m	Vulavou Vakalutukali	Suva, Fiji	2008
10	12.56m	Sera Cawanibuka	Port Vila, Vanuatu	1993

Women's Hammer Throw (4kg)

All Time	Performance	Athlete	Venue	Year
1	62.71m	Deborah Bulai	Florida, USA	2023
2	40.72m	Tavaita Bulai	Turlock, USA	2012
3	39.74m	Milika Tuivanuavou	Azusa, USA	2012
4	38.74m	Mereoni Vibose	Sydney, Australia	1984
5	37.81m	Maria Livanawa Disolaki	Suva, Fiji	1998
6	30.34m	Sera Cawanibuka	Tafuna, American Samoa	1997
7	27.40m	Romera Tabuavuni	Suva, Fiji	1995
8	27.01m	Sulueti Tagilala	Aldershot, Great Britain	2005
9	26.36m	Atelaite Marama	Suva, Fiji	1993
10	25.79m	Sainiana Lesu	Suva, Fiji	2003

Women's Discus Throw (1kg)

All Time	Performance	Athlete	Venue	Year
1	48.75m	Deborah Bulai	Los Angeles, USA	2022
2	48.29m	Loata Lewageena	Suva, Fiji	2025
3	47.76m	Mereoni Vibose	Suva, Fiji	1983
4	46.88m	Breanna Rabakewa	Suva, Fiji	2026
5	45.00m	Milika Tuivanuavou	Santa Barbara, USA	2013
6	44.05m	Sinairi Erasito	Koror, Palau	2025
7	43.91m	Sulueti Tagilala	Cosford, Great Britain	2004
8	43.74m	Avisake Bulai	Texas, USA	2017
9	43.09m	Reki Roberts	Sydney, Australia	2025
10	42.61m	Eleni Rakasi	Sydney, Australia	2026

Women's Javelin Throw (600g)

All Time	Performance	Athlete	Venue	Year
1	49.28m	Sisilia Lau	Suva, Fiji	2003
2	45.32m	Loata Lewageena	Koror, Palau	2025
3	44.05m	Milika Tuivanuavou	Indiana, USA	2010
4	44.01m	Joana Vakasobuduru	Iowa, USA	2026
5	43.83m	Miliakere Nikolau	Koror, Palau	2025
6	43.49m	Elena Caucau	Suva, Fiji	2018
7	43.03m	Katarina Lilicama	Suva, Fiji	2017
8	42.62m	Salanieta Vereivalu	Suva, Fiji	2026
9	42.43m	Susana Vakotia	Suva, Fiji	2011
10	42.25m	Maria Tawake	Suva, Fiji	2005

Women's Heptathlon

All Time	Performance	Athlete	Venue	Year
1	4822pts	Sainiana Tukana	Noume'a, New Caledonia	1987
2	4805pts	Joana Vakasobuduru	North Carolina, USA	2026
3	4550pts	Elenani Tinai	Apia, Samoa	2019
4	4473pts	Sokoveti Salaniqiqi	Suva, Fiji	2009
5	4270pts	Milika Tuivanuavou	Fresno, USA	2009
6	4265pts	Vani Senokonoko	Tafuna, American Samoa	1997
7	4250pts	Reki Roberts	Koror, Palau	2025
8	4188pts	Rosi Tamani	Brisbane, Australia	1992
9	4090pts	Apikali Kainoco	Santa Rita, USA	1999
10	4081pts	Seraseini Likuwaqa	Suva, Fiji	2003