

State Records As At 17-Jul-11

EVENT	AGE	NAME	PERF	DATE	WA	AUS	WLD	ET or HT	Location
	<b>60 Metres</b>								
60 Metres	W30	Valerie Prescott	8.3	13-Jan-79	S				
60 Metres	W30	Pauline Dawson	8.0	08-Oct-88	S	X			
60 Metres	W30	Rosanne Kemp	8.0	09-Mar-96	S	X			
60 Metres	W35	Kath Holland	8.0	19-Nov-77					
60 Metres	W35	Kath Holland	8.0	03-Dec-77					
60 Metres	W35	Kath Holland	8.0	17-Dec-77					
60 Metres	W35	Kath Holland	7.8	14-Jan-78					
60 Metres	W35	Kath Holland	7.8	11-Feb-78					
60 Metres	W35	Kath Holland	7.4	18-Nov-78	S				
60 Metres	W40	Janet Jarvis	8.6	19-Nov-88					
60 Metres	W40	Eileen Hindle	8.5	07-Jan-89					
60 Metres	W40	Eileen Hindle	8.4	14-Jan-89					
60 Metres	W40	Janet Jarvis	8.3	25-Feb-89					
60 Metres	W40	Lynne Choate	8.2	11-Jan-96					
60 Metres	W40	Lynne Choate	7.9	14-Mar-96	S				
60 Metres	W45	Kath Holland	8.7	30-Oct-88					
60 Metres	W45	Kath Holland	8.2	04-Nov-89					
60 Metres	W45	Lynne Choate	8.0	15-Jan-98	S				
60 Metres	W50	Dorothy Whittam	9.2	23-Oct-88					
60 Metres	W50	Janet Jarvis	8.7	19-Oct-95					
60 Metres	W50	Lynne Choate	8.66	23-Feb-03	S	A	ET (-1.7)	Perry Lakes	
60 Metres	W50	Lynne Choate	8.4	14-Jul-05	S		HT	ECAC	
60 Metres	W55	Pat Carr	10.4	19-Nov-88					
60 Metres	W55	Pat Carr	10.4	25-Feb-89					
60 Metres	W55	Dorothy Anderson	10.0	13-Jan-90					
60 Metres	W55	Pat Carr	10.0	03-Feb-90					
60 Metres	W55	Lynne Choate	9.2	17-Jan-08			HT	ECAC	
60 Metres	W55	Lynne Choate	9.0	21-Feb-08			HT	ECAC	
60 Metres	W55	Lynne Choate	9.0	22-Jan-09			HT	ECAC	
60 Metres	W55	Lynne Choate	8.9	25-Jun-09			HT	ECAC	
60 Metres	W55	Lynne Choate	9.04	10-Apr-09			ET (0.0)	Adelaide	
60 Metres	W55	Lynne Choate	8.91	19-Feb-10	S		ET (+1.7)	WAAS	
60 Metres	W60	Noela Medcalf	10.6	11-Jan-96					
60 Metres	W60	Dorothy Whittam	10.0	03-Oct-96					
60 Metres	W60	Peggy Macliver	9.9	11-Jan-05			HT	McGillivray	
60 Metres	W60	Peggy Macliver	9.6	05-Oct-06			HT	ECAC	
60 Metres	W60	Peggy Macliver	9.1	25-Jan-07	S		HT	ECAC (AR but no wind reading)	
60 Metres	W60	Peggy Macliver	9.45	06-Apr-07	S		ET (+0.8)	Hobart	
60 Metres	W65	Val Wheeler	18.3	03-Oct-96					
60 Metres	W65	Pat Carr	10.1	18-Dec-97					
60 Metres	W65	Pat Carr	9.8	08-Oct-98					
60 Metres	W65	Peggy Macliver	9.7	25-Feb-10			HT	ECAC	
60 Metres	W65	Peggy Macliver	9.43	02-Apr-10	S	A	HT (+2.0)	WAAC	
60 Metres	W70	Glenice Shanahan	14.4	14-Mar-96					
60 Metres	W70	Pat Carr	10.6	28-Feb-02	S				
60 Metres	W75	Pat Carr	11.4	22-Mar-07			HT	ECAC	
60 Metres	W75	Pat Carr	10.99	06-Apr-07	S		ET (+1.6)	Hobart	
60 Metres	W80	Phyllis Head	27.2	05-Feb-02					
60 Metres	W80	Phyllis Head	24.5	03-Feb-04		X	HT	Bunbury	
60 Metres	W80	Lorna Lauchlan	15.9	22-Feb-11	S		HT	McGillivray	
	<b>100 Metres</b>								
100 Metres	W30	Valerie Prescott	13.7	02-Dec-78	S				
100 Metres	W30	Eileen Hindle	12.2	07-Nov-81					
100 Metres	W30	Eileen Hindle	12.1	19-Nov-83	S	X			85.01%
100 Metres	W30	Eileen Hindle	12.1	03-Dec-83	S	X			85.01%
100 Metres	W30	Sally Wijesundera	12.1	25-Feb-96	O				
100 Metres	W35	Kath Holland	12.5	09-Apr-77					
100 Metres	W35	Kath Holland	12.4	01-Aug-77					
100 Metres	W35	Kath Holland	12.4	10-Dec-77					
100 Metres	W35	Kath Holland	12.3	11-Jan-78					
100 Metres	W35	Kath Holland	12.2	14-Jan-78					
100 Metres	W35	Kath Holland	12.0	21-Jan-78					
100 Metres	W35	Kath Holland	12.0	08-Feb-78	S	A			85.70%
100 Metres	W40	Dorothy Whittam	14.3	01-Jan-79					
100 Metres	W40	Kath Holland	13.1	05-Apr-80					
100 Metres	W40	Kath Holland	12.6	08-Nov-80					
100 Metres	W40	Kath Holland	12.6	13-Nov-80					
100 Metres	W40	Kath Holland	12.4	06-Dec-80	S				86.95%
100 Metres	W45	Dorothy Goodwin	13.8	14-Apr-79					
100 Metres	W45	Dorothy Whittam	13.8	07-Jan-82					
100 Metres	W45	Dorothy Whittam	13.7	06-Feb-82					
100 Metres	W45	Dorothy Whittam	13.7	24-Jan-85					
100 Metres	W45	Kath Holland	13.25	23-Jun-85					
100 Metres	W45	Janet Jarvis	13.2	21-Nov-90					
100 Metres	W45	Janet Jarvis	13.2	02-Feb-91					
100 Metres	W45	Eileen Hindle	13.1	08-Jan-94					
100 Metres	W45	Lynne Choate	12.9	19-Mar-98					
100 Metres	W45	Lynne Choate	12.97	12-Apr-98	S				89.67%
100 Metres	W50	Lorna Lauchlan	16.4	06-Nov-80					
100 Metres	W50	Lorna Lauchlan	16.0	01-Mar-81					
100 Metres	W50	Pat Carr	15.9	10-Apr-82					
100 Metres	W50	Pat Carr	15.8	19-Mar-83					
100 Metres	W50	Pat Carr	15.3	24-Jan-85					
100 Metres	W50	Pat Carr	15.0	24-Jan-85					
100 Metres	W50	Dorothy Whittam	14.4	11-Dec-86					
100 Metres	W50	Dorothy Whittam	14.0	17-Feb-87					
100 Metres	W50	Dorothy Whittam	13.7	05-Nov-87					
100 Metres	W50	Kath Holland	13.5	02-Feb-91					
100 Metres	W50	Lynne Choate	13.49	16-Mar-03	S		ET (1.9)	Perry Lakes	90.94%

100 Metres	W55 Valerie Tyson	18.1	24-Jan-80				
100 Metres	W55 Lorna Lauchlan	17.2	22-Jun-85				
100 Metres	W55 Pat Carr	15.2	06-Mar-87				
100 Metres	W55 Pat Carr	15.1	01-Feb-88				
100 Metres	W55 Dorothy Whittam	14.8	21-Dec-91				
100 Metres	W55 Dorothy Whittam	14.8	27-Mar-93				
100 Metres	W55 Peggy Macliver	14.2	04-Nov-99				
100 Metres	W55 Peggy Macliver	14.1	23-Dec-99				
100 Metres	W55 Lynne Choate	14.41	01-Aug-09			ET (+0.9) Lahti	90.01%
100 Metres	W55 Lynne Choate	13.99	02-Apr-10	S		ET (+2.0) WAAS	90.43%
100 Metres	W60 Valerie Tyson	19.8	23-Mar-85				<b>94.07%</b>
100 Metres	W60 June Strachan	19.6	15-Mar-86				
100 Metres	W60 Pat Carr	16.1	26-Feb-92				
100 Metres	W60 Pat Carr	15.6	04-Mar-92				
100 Metres	W60 Pat Carr	15.5	27-Mar-93				
100 Metres	W60 Pat Carr	15.3	30-Apr-93				
100 Metres	W60 Dorothy Whittam	15.3	15-Mar-97				
100 Metres	W60 Peggy Macliver	14.90	10-Apr-04	S		ET (+0.3) Melbourne	90.91%
100 Metres	W65 Phyllis Head	25.2	15-Mar-80				
100 Metres	W65 Valerie Tyson	20.2	19-Mar-88				
100 Metres	W65 Pat Carr	15.4	27-Feb-97				90.70%
100 Metres	W65 Peggy Macliver	15.51	01-Aug-09			ET (+1.0) Lahti	91.46%
100 Metres	W65 Peggy Macliver	15.42	02-Apr-10			ET (+0.8) WAAS	92.80%
100 Metres	W65 Peggy Macliver	15.39	21-Apr-11	S		ET (+0.7) Brisbane	93.83%
100 Metres	W70 Valerie Tyson	21.3	04-Apr-92				
100 Metres	W70 Pat Carr	16.4	07-Mar-02	S			89.09%
100 Metres	W75 Phyllis Head	31.4	02-Apr-95				
100 Metres	W75 Glenice Shanahan	27.3	27-Jan-00				
100 Metres	W75 Pat Carr	20.4	22-Feb-07			HT ECAC	
100 Metres	W75 Pat Carr	19.5	15-Mar-07			HT ECAC	
100 Metres	W75 Pat Carr	18.0	24-Mar-07			HT (+1.2) ECAC	
100 Metres	W75 Pat Carr	17.9	29-Mar-07	S		HT (+0.2) ECAC	87.46%
100 Metres	W80 Phyllis Head	39.7	18-Jan-00				
100 Metres	W80 Phyllis Head	34.7	24-Mar-01				48.08%
100 Metres	W80 Lorna Lauchlan	32.2	08-Feb-11	S		HT McGillivray	51.79%
100 Metres	W85			S			
	<b>200 Metres</b>			S			
200 Metres	W30 Valerie Prescott	31.2	02-Dec-78				
200 Metres	W30 Valerie Prescott	29.8	03-Feb-79				
200 Metres	W30 Eileen Hindle	25.6	05-Dec-81				
200 Metres	W30 Eileen Hindle	24.8	20-Dec-81				
200 Metres	W30 Eileen Hindle	24.6	13-Feb-82				
200 Metres	W30 Eileen Hindle	24.6	20-Feb-82				
200 Metres	W30 Eileen Hindle	25.57	01-Jan-83	X			
200 Metres	W30 Rosanne Kemp	25.1	07-Apr-96	S			84.21%
200 Metres	W35 Kath Holland	26.6	10-Apr-77				
200 Metres	W35 Kath Holland	26.1	19-Nov-77				
200 Metres	W35 Kath Holland	25.7	03-Dec-77				
200 Metres	W35 Kath Holland	25.6	07-Dec-77				
200 Metres	W35 Kath Holland	25.6	14-Jan-78				
200 Metres	W35 Kath Holland	25.1	04-Feb-78				
200 Metres	W35 Kath Holland	24.9	11-Feb-78				
200 Metres	W35 Kath Holland	24.6	26-Mar-79	S	A		85.91%
200 Metres	W40 Kath Holland	26.9	06-Apr-80				
200 Metres	W40 Kath Holland	26.0	13-Dec-80				
200 Metres	W40 Kath Holland	25.6	01-Jan-81	S			87.54%
200 Metres	W45 Nora Berry	45.9	01-Jan-79				
200 Metres	W45 Lorna Lauchlan	38.8	21-Feb-80				
200 Metres	W45 Pat Carr	36.2	18-Dec-80				
200 Metres	W45 Dorothy Whittam	29.4	03-Dec-81				
200 Metres	W45 Dorothy Whittam	29.0	23-Jan-82				
200 Metres	W45 Dorothy Whittam	28.7	28-Feb-82				
200 Metres	W45 Kath Holland	27.35	25-Jun-85				
200 Metres	W45 Kath Holland	27.1	14-Mar-87				
200 Metres	W45 Eileen Hindle	26.9	20-Mar-94				
200 Metres	W45 Lynne Choate	26.7	29-Mar-98				
200 Metres	W45 Lynne Choate	26.93	12-Apr-98	S			89.27%
200 Metres	W50 Lorna Lauchlan	34.9	23-Oct-80				
200 Metres	W50 Lorna Lauchlan	34.5	18-Dec-80				
200 Metres	W50 Lorna Lauchlan	34.2	11-Mar-82				
200 Metres	W50 Pat Carr	32.2	11-Apr-82				
200 Metres	W50 Dorothy Whittam	29.9	15-Jan-87				
200 Metres	W50 Dorothy Whittam	29.7	01-Nov-87				
200 Metres	W50 Dorothy Whittam	29.6	18-Feb-89				
200 Metres	W50 Kath Holland	29.3	08-Dec-90				
200 Metres	W50 Kath Holland	29.0	09-Jan-91				
200 Metres	W50 Kath Holland	28.1	02-Feb-91				
200 Metres	W50 Barbara Blurton	28.0	21-Nov-02	S		HT	92.10%
200 Metres	W55 Valerie Tyson	48.70	01-Jan-79				
200 Metres	W55 Valerie Tyson	41.8	31-Jan-80				
200 Metres	W55 Valerie Tyson	41.5	21-Feb-80				
200 Metres	W55 June Strachan	40.6	24-Mar-85				
200 Metres	W55 Lorna Lauchlan	35.2	01-Dec-86				
200 Metres	W55 Pat Carr	32.0	12-Mar-87				
200 Metres	W55 Pat Carr	31.6	23-Mar-87				
200 Metres	W55 Dorothy Whittam	31.6	03-Jan-93				
200 Metres	W55 Dorothy Whittam	31.6	20-Jan-93				
200 Metres	W55 Dorothy Whittam	31.0	28-Mar-93				
200 Metres	W55 Dorothy Whittam	30.8	01-May-93				
200 Metres	W55 Peggy Macliver	29.7	09-Dec-99				
200 Metres	W55 Peggy Macliver	29.2	16-Dec-99	S			91.37%
200 Metres	W55 Peggy Macliver	29.2	26-Mar-00	S			91.37%
200 Metres	W60 Valerie Tyson	45.4	24-Mar-85				
200 Metres	W60 Valerie Tyson	43.4	11-Feb-86				

200 Metres	W60 Valerie Tyson	43.3	20-Mar-88					
200 Metres	W60 Pat Carr	37.0	04-Nov-92					
200 Metres	W60 Pat Carr	34.2	03-Jan-93					
200 Metres	W60 Pat Carr	32.3	28-Mar-93					
200 Metres	W60 Pat Carr	32.3	01-May-93					
200 Metres	W60 Pat Carr	32.3	19-Oct-94					
200 Metres	W60 Dorothy Whittam	32.2	24-Oct-96					
200 Metres	W60 Peggy Macliver	31.09	11-Apr-04			ET (-2.2)	Melbourne, AMA Champs.	
200 Metres	W60 Peggy Macliver	30.73	08-Apr-07	S		ET (-0.6)	Hobart	<b>94.82%</b>
200 Metres	W65 Phyllis Head	68.3	24-Mar-85					
200 Metres	W65 Phyllis Head	54.2	15-Mar-86					
200 Metres	W65 Phyllis Head	51.7	04-Apr-87					
200 Metres	W65 Phyllis Head	49.6	28-Nov-87					
200 Metres	W65 Valerie Tyson	45.3	26-Mar-89					
200 Metres	W65 Pat Carr	35.1	06-Mar-97					
200 Metres	W65 Pat Carr	33.6	09-Mar-97					87.83%
200 Metres	W65 Peggy Macliver	33.0	18-Jun-09			HT	ECAC	89.41%
200 Metres	W65 Peggy Macliver	32.49	03-Aug-09			ET (-1.2)	Lahti	91.48%
200 Metres	W65 Peggy Macliver	32.15	03-Aug-09			ET (-1.4)	Lahti	92.45%
200 Metres	W65 Peggy Macliver	31.72	22-Apr-11	S		ET (0.5)	Brisbane	95.43%
200 Metres	W70 Valerie Tyson	44.7	05-Apr-92					
200 Metres	W70 Pat Carr	35.9	24-Mar-02	S				86.18%
200 Metres	W75 Phyllis Head	65.5	01-Apr-95					
200 Metres	W75 Glenice Shanahan	57.7	26-Mar-00					
200 Metres	W75 Pat Carr	46.8	22-Feb-07			HT	ECAC	
200 Metres	W75 Pat Carr	43.4	15-Mar-07			HT	ECAC	
200 Metres	W75 Pat Carr	39.7	29-Mar-07	S		HT (+0.4)	ECAC	81.54%
200 Metres	W80 Phyllis Head	82.0	11-Jan-00					
200 Metres	W80 Phyllis Head	80.8	25-Mar-01	S				44.42%
200 Metres	W85							
	<b>400 Metres</b>			S				
400 Metres	W30 Jill Midolo	88.0	15-Nov-79					
400 Metres	W30 Valerie Prescott	75.5	01-Dec-79					
400 Metres	W30 Valerie Prescott	73.5	28-Jan-80					
400 Metres	W30 Eileen Hindle	58.2	28-Nov-81					
400 Metres	W30 Eileen Hindle	57.9	20-Feb-82					
400 Metres	W30 Eileen Hindle	57.7	27-Feb-82	X				
400 Metres	W30 Rosanne Kemp	57.6	02-Apr-95					
400 Metres	W30 Rosanne Kemp	57.2	05-Apr-96	S				83.62%
400 Metres	W35 Kath Holland	56.5	01-Aug-77					
400 Metres	W35 Kath Holland	56.0	23-Mar-78	S	A			88.51%
400 Metres	W40 Dorothy Whittam	77.0	15-Nov-79					
400 Metres	W40 Kath Holland	59.3	07-Apr-80					
400 Metres	W40 Barbara Blurton	58.4	19-Mar-94	S				89.70%
400 Metres	W45 Dorothy Goodwin	69.9	27-Jul-79					
400 Metres	W45 Dorothy Whittam	69.7	20-Dec-81					
400 Metres	W45 Dorothy Whittam	68.7	14-Jan-82					
400 Metres	W45 Dorothy Whittam	67.8	10-Apr-82					
400 Metres	W45 Kath Holland	60.66	27-Jun-85	S				91.22%
400 Metres	W50 Lorna Lauchlan	84.8	20-Feb-80					
400 Metres	W50 Lorna Lauchlan	83.9	09-Oct-80					
400 Metres	W50 Lorna Lauchlan	80.8	27-Nov-80					
400 Metres	W50 Pat Carr	80.4	13-Jan-83					
400 Metres	W50 Pat Carr	79.85	08-Apr-83					
400 Metres	W50 Pat Carr	74.55	27-Jun-85					
400 Metres	W50 Dorothy Whittam	74.0	04-Dec-86					
400 Metres	W50 Dorothy Whittam	71.1	18-Apr-87					
400 Metres	W50 Dorothy Whittam	70.2	15-Oct-87					
400 Metres	W50 Kath Holland	68.3	15-Dec-90					
400 Metres	W50 Kath Holland	67.3	19-Jan-91					
400 Metres	W50 Kath Holland	64.9	06-Feb-91					
400 Metres	W50 Kath Holland	64.8	06-Mar-91					
400 Metres	W50 Kath Holland	64.41	01-Jul-91	X				
400 Metres	W50 Barbara Blurton	62.22	11-Oct-02					
400 Metres	W50 Barbara Blurton	62.0	21-Nov-02	S				95.37%
400 Metres	W55 Valerie Tyson	104.0	15-Nov-79					
400 Metres	W55 Valerie Tyson	93.1	24-Jan-80					
400 Metres	W55 Lorna Lauchlan	88.1	29-Oct-85					
400 Metres	W55 Lorna Lauchlan	86.0	16-Mar-86					
400 Metres	W55 Pat Carr	76.7	06-Mar-87					
400 Metres	W55 Pat Carr	76.1	19-Mar-87					
400 Metres	W55 Pat Carr	75.5	21-Mar-87					
400 Metres	W55 Dorothy Anderson	72.5	31-Mar-90					
400 Metres	W55 Peggy Macliver	67.7	19-Jun-99					
400 Metres	W55 Peggy Macliver	67.56	04-Aug-99					
400 Metres	W55 Peggy Macliver	65.52	07-Aug-99					
400 Metres	W55 Peggy Macliver	65.0	25-Mar-00					
400 Metres	W55 Barbara Blurton	64.68	28-Mar-05			ET	Brisbane	
400 Metres	W55 Barbara Blurton	63.3	21-Apr-05	S	A	HT	ECAC	<b>96.13%</b>
400 Metres	W60 Phyllis Head	107.2	19-Mar-83					
400 Metres	W60 Pat Carr	82.8	19-Feb-92					
400 Metres	W60 Pat Carr	80.52	31-Mar-94					
400 Metres	W60 Noela Medcalf	78.9	02-Apr-95					
400 Metres	W60 Peggy Macliver	69.16	12-Apr-04	S		ET	Melbourne	92.26%
400 Metres	W65 Phyllis Head	114.2	04-Apr-86					
400 Metres	W65 Phyllis Head	110.3	29-Nov-87					
400 Metres	W65 Pat Carr	81.9	26-Jul-97					
400 Metres	W65 Ruth Johnson	81.7	25-Mar-06			HT	ECAC	81.43%
400 Metres	W65 Peggy Macliver	76.3	09-Jul-09			HT	ECAC	
400 Metres	W65 Peggy Macliver	73.24	07-Aug-09	S	X	ET	Lahti	90.99%
400 Metres	W70 Phyllis Head	135.5	26-Jan-91					
400 Metres	W70 Phyllis Head	131.3	04-Apr-92					
400 Metres	W70 Glenice Shanahan	121.2	28-Mar-96					
400 Metres	W70 Pat Carr	95.0	21-Feb-02					75.68%

400 Metres	W70 Lorraine Lopes	90.1	27-Jan-11	S	HT	ECAC	81.60%
400 Metres	W75 Phyllis Head	2:32.8	02-Apr-95				
400 Metres	W75 Glenice Shanahan	2:13.4	25-Mar-00	S			60.65%
400 Metres	W80 Phyllis Head	3:32.0	04-Jan-00				
400 Metres	W80 Phyllis Head	3:12.4	24-Mar-01	S			46.74%
400 Metres	W85						
	<b>800 Metres</b>			S			
800 Metres	W30 Jo Stone	3:04.9	22-Nov-79				
800 Metres	W30 Jo Stone	3:04.9	11-Dec-80				
800 Metres	W30 Eileen Hindle	2:22.2	31-Oct-81				
800 Metres	W30 Jill Chambers	2:21.7	17-Dec-83				
800 Metres	W30 Jill Chambers	2:19.3	07-Jan-84				
800 Metres	W30 Terri Bent	2:18.8	05-Apr-92	S			81.61%
800 Metres	W30 Patricia Starling	2:05.55	13-Feb-98	OX			
800 Metres	W30 Susan Andrews	2:00.0	02-Jun-02	O	HT	Perry Lakes, mixed	
800 Metres	W35 Kath Holland	2:35.4	10-Apr-77				
800 Metres	W35 Kath Holland	2:29.8	10-Feb-79				
800 Metres	W35 Jill Chambers	2:22.0	03-Nov-84				
800 Metres	W35 Karen Gobby	2:21.26	01-Nov-90	S			80.19%
800 Metres	W40 Dorothy Whittam	3:41.0	20-Dec-79				
800 Metres	W40 Kath Holland	2:34.0	06-Apr-80				
800 Metres	W40 Kath Holland	2:29.6	28-Nov-81				
800 Metres	W40 Anne Shaw	2:26.0	24-Mar-90				
800 Metres	W40 Anne Shaw	2:22.0	15-Apr-90				
800 Metres	W40 Anne Shaw	2:22.0	05-Jan-91				
800 Metres	W40 Anne Shaw	2:21.8	23-Feb-91				
800 Metres	W40 Anne Shaw	2:20.4	16-Nov-91				
800 Metres	W40 Anne Shaw	2:19.1	15-Feb-92				
800 Metres	W40 Barbara Blurton	2:17.8	20-Mar-94	S			87.57%
800 Metres	W45 Nora Berry	4:24.2	30-Dec-79				
800 Metres	W45 Nora Berry	4:23.0	10-Jan-80				
800 Metres	W45 Lorna Lauchlan	3:31.0	21-Feb-80				
800 Metres	W45 Dorothy Whittam	3:07.75	29-Oct-81				
800 Metres	W45 Margaret Robinson	2:50.8	04-Apr-84				
800 Metres	W45 Margery Forden	2:46.6	27-Nov-86				
800 Metres	W45 Kath Holland	2:44.7	05-Apr-87				
800 Metres	W45 Kath Holland	2:41.0	01-Feb-88				
800 Metres	W45 Kath Holland	2:38.6	12-Feb-89				
800 Metres	W45 Peggy Macliver	2:35.1	11-Nov-89				
800 Metres	W45 Peggy Macliver	2:28.2	27-Jan-90				
800 Metres	W45 Anne Shaw	2:20.4	20-Feb-93	S			86.73%
800 Metres	W50 Lorna Lauchlan	3:17.0	04-Dec-80				
800 Metres	W50 Lorna Lauchlan	3:13.0	02-Apr-81				
800 Metres	W50 Lorna Lauchlan	3:12.33	29-Oct-81				
800 Metres	W50 Lorna Lauchlan	3:06.7	21-Oct-82				
800 Metres	W50 Margaret Robinson	2:47.9	26-Mar-89				
800 Metres	W50 Margaret Robinson	2:47.0	15-Apr-90				
800 Metres	W50 Kath Holland	2:45.4	02-Feb-91				
800 Metres	W50 Kath Penton	2:45.0	21-Oct-92				
800 Metres	W50 Peggy Macliver	2:34.23	03-Apr-94	X			
800 Metres	W50 Peggy Macliver	2:33.6	07-Apr-96				
800 Metres	W50 Barbara Blurton	2:27.0	07-Nov-02				
800 Metres	W50 Barbara Blurton	2:24.23	08-Dec-02		ET	Perry Lakes	
800 Metres	W50 Barbara Blurton	2:21.7	28-Mar-04	S	HT	ECAC	94.41%
800 Metres	W55 Valerie Tyson	4:28.7	20-Dec-79				
800 Metres	W55 Valerie Tyson	4:20.0	10-Jan-80				
800 Metres	W55 Valerie Tyson	3:46.1	21-Feb-80				
800 Metres	W55 Lorna Lauchlan	3:32.7	12-Nov-85				
800 Metres	W55 Lorna Lauchlan	3:22.0	16-Mar-86				
800 Metres	W55 Pat Carr	3:06.8	19-Feb-87				
800 Metres	W55 Dorothy Anderson	2:53.3	01-Apr-90				
800 Metres	W55 Peggy Macliver	2:39.75	31-Jul-99				
800 Metres	W55 Peggy Macliver	2:32.29	03-Aug-99	X		Gateshead	
800 Metres	W55 Barbara Blurton	2:31.66	25-Mar-05		ET	Brisbane	
800 Metres	W55 Barbara Blurton	2:27.9	26-May-05		HT	ECAC	
800 Metres	W55 Barbara Blurton	2:27.6	21-Jul-05	S	HT	ECAC	91.85%
800 Metres	W60 Phyllis Head	3:55.2	11-Apr-82				
800 Metres	W60 Phyllis Head	3:43.2	20-Mar-83				
800 Metres	W60 Pat Carr	3:37.57	20-Apr-92				
800 Metres	W60 Pat Carr	3:29.6	21-Mar-93				
800 Metres	W60 Pat Carr	3:28.53	01-Apr-94				
800 Metres	W60 Noela Medcalf	3:07.9	01-Apr-95				
800 Metres	W60 Ruth Johnson	3:07.80	18-Apr-03		ET	Perry Lakes, AMA Champs.	
800 Metres	W60 Peggy Macliver	2:53.46	09-Apr-04		ET	Melbourne	
800 Metres	W60 Peggy Macliver	2:52.5	26-Jul-07	U	HT	ECAC	
800 Metres	W60 Peggy Macliver	2:53.0	23-Aug-07	S	HT	ECAC	89.40%
800 Metres	W65 Phyllis Head	4:04.0	15-Mar-86				
800 Metres	W65 Phyllis Head	3:58.6	20-Mar-88				
800 Metres	W65 Pat Carr	3:39.8	09-Mar-97				
800 Metres	W65 Noela Medcalf	3:38.8	26-Mar-00				
800 Metres	W65 Margaret Robinson	3:22.88	18-Apr-03		ET	Perry Lakes, AMA Champs.	
800 Metres	W65 Ruth Johnson	3:22.6	19-Mar-06		HT	ECAC	
800 Metres	W65 Ruth Johnson	3:21.4	26-Mar-06		HT	ECAC	
800 Metres	W65 Ruth Johnson	3:12.4	18-Mar-07		HT	ECAC	85.42%
800 Metres	W65 Peggy Macliver	3:10.2	19-Nov-09		HT	ECAC	84.74%
800 Metres	W65 Peggy Macliver	3:06.7	10-Dec-09		HT	ECAC	86.33%
800 Metres	W65 Peggy Macliver	3:04.65	03-Apr-11	S	HT	ECAC	90.07%
800 Metres	W70 Phyllis Head	4:54.0	26-Jan-91				
800 Metres	W70 Phyllis Head	4:48.2	05-Apr-92				
800 Metres	W70 Glenice Shanahan	4:22.5	01-Apr-95				67.91%
800 Metres	W70 Lorraine Lopes	3:49.0	12-Jan-10		HT	McGillivray	77.84%
800 Metres	W70 Lorraine Lopes	3:37.3	21-Jan-10		HT	ECAC	82.03%
800 Metres	W70 Lorraine Lopes	3:32.97	02-Apr-10		ET	WAAS	83.70%
800 Metres	W70 Lorraine Lopes	3:20.0	03-Feb-11	X	HT	ECAC	91.28%

800 Metres	W70	Lorraine Lopes	3:10.54	12-Jul-11	S	ET	Sacramento	95.81%	
800 Metres	W75	Phyllis Head	5:47.8	01-Apr-95					
800 Metres	W75	Glenice Shanahan	5:28.2	11-Nov-99					
800 Metres	W75	Glenice Shanahan	5:25.0	26-Mar-00	S			62.21%	
800 Metres	W80	Phyllis Head	8:35.5	23-Jan-01					
800 Metres	W80	Phyllis Head	8:34.8	06-Feb-01	S			44.58%	
800 Metres	W85				S				
<b>1500 Metres</b>									
1500 Metres	W30	Jo Stone	6:14.9	29-Nov-79					
1500 Metres	W30	Jill Midolo	5:59.0	05-Mar-81					
1500 Metres	W30	Eileen Hindle	5:09.8	07-Nov-81					
1500 Metres	W30	Eileen Hindle	5:16.6	19-Dec-81			time error?		
1500 Metres	W30	Jill Chambers	4:41.0	17-Dec-83					
1500 Metres	W30	Jill Chambers	4:39.3	01-Jan-84					
1500 Metres	W30	Tessa Brockwell	4:34.5	01-Mar-87	S			84.93%	
1500 Metres	W30	Patricia Starling	4:21.01	14-Feb-98	O				
1500 Metres	W35	Kath Holland	5:27.9	01-Jan-77					
1500 Metres	W35	Jan Fletcher	5:25.0	16-Feb-84					
1500 Metres	W35	Sheryl Amies	5:24.5	31-Mar-84					
1500 Metres	W35	Jill Chambers	4:59.2	23-Mar-85					
1500 Metres	W35	Maxine Santich	4:57.4	25-Mar-89					
1500 Metres	W35	Karen Gobby	4:46.7	31-Mar-90					
1500 Metres	W35	Niamh Keane	4:43.62	20-Apr-03	S	ET	Perry Lakes	85.13%	
1500 Metres	W40	Bev Wall	6:20.9	31-Jan-80					
1500 Metres	W40	Margaret Robinson	5:24.0	19-Mar-82					
1500 Metres	W40	Margaret Robinson	5:21.3	10-Apr-82					
1500 Metres	W40	Anne Shaw	5:20.5	25-Mar-89					
1500 Metres	W40	Anne Shaw	5:01.0	03-Feb-90					
1500 Metres	W40	Anne Shaw	4:56.5	31-Mar-90					
1500 Metres	W40	Anne Shaw	4:55.0	14-Apr-90					
1500 Metres	W40	Anne Shaw	4:52.4	01-Mar-91					
1500 Metres	W40	Karen Gobby	4:46.3	06-Apr-96	S			85.84%	
1500 Metres	W45	Nora Berry	8:14.9	29-Nov-79					
1500 Metres	W45	Lorna Lauchlan	6:40.0	06-Mar-80					
1500 Metres	W45	Tuula Vaalsta	6:21.9	06-Oct-83					
1500 Metres	W45	Margaret Robinson	5:44.0	31-Mar-84					
1500 Metres	W45	Joan Pellier	5:34.0	29-Nov-84					
1500 Metres	W45	Peggy Macliver	5:19.4	10-Dec-89					
1500 Metres	W45	Peggy Macliver	5:17.8	17-Feb-90					
1500 Metres	W45	Anne Shaw	5:11.1	27-Mar-93					
1500 Metres	W45	Anne Shaw	5:12.5	01-May-93					
1500 Metres	W45	Anne Shaw	5:03.9	15-Jan-94					
1500 Metres	W45	Anne Shaw	5:03.0	23-Nov-95					
1500 Metres	W45	Anne Shaw	4:57.7	28-Mar-96					
1500 Metres	W45	Anne Shaw	4:56.4	06-Apr-96	S			91.02%	
1500 Metres	W50	Lorna Lauchlan	6:37.0	02-Oct-80					
1500 Metres	W50	Lorna Lauchlan	6:11.0	01-Jan-81					
1500 Metres	W50	Lorna Lauchlan	6:21.0	10-Apr-82					
1500 Metres	W50	Lorna Lauchlan	6:06.0	11-Aug-82					
1500 Metres	W50	Margaret Robinson	5:30.1	23-May-89					
1500 Metres	W50	Anne Shaw	5:04.9	15-Jan-98	X				
1500 Metres	W50	Anne Shaw	4:59.6	19-Feb-98					
1500 Metres	W50	Anne Shaw	4:53.8	19-Mar-98	S	X		94.16%	
1500 Metres	W55	Valerie Tyson	7:40.8	31-Jan-80					
1500 Metres	W55	Lorna Lauchlan	6:45.1	29-Jun-85					
1500 Metres	W55	Lorna Lauchlan	6:39.0	22-Feb-86					
1500 Metres	W55	Pat Carr	6:33.0	26-Feb-87					
1500 Metres	W55	Dorothy Anderson	6:15.2	31-Mar-90					
1500 Metres	W55	Peggy Macliver	5:47.3	03-Feb-00					
1500 Metres	W55	Peggy Macliver	5:29.3	25-Mar-00					
1500 Metres	W55	Anne Shaw	5:16.63	19-Apr-03	S	ET	Perry Lakes	93.30%	
1500 Metres	W60	Phyllis Head	7:42.0	10-Apr-82					
1500 Metres	W60	Phyllis Head	7:06.0	19-Mar-83					
1500 Metres	W60	Noela Medcalf	6:43.7	02-Apr-95					
1500 Metres	W60	Noela Medcalf	6:41.2	30-Apr-95					
1500 Metres	W60	Peggy Macliver	6:34.0	23-Nov-06		HT	ECAC		
1500 Metres	W60	Peggy Macliver	6:30.2	01-Mar-07		HT	ECAC		
1500 Metres	W60	Jackie Halberg	6:23.6	24-Mar-07		HT	ECAC		
1500 Metres	W60	Jackie Halberg	6:13.30	10-Sep-07		ET	Riccione		
1500 Metres	W60	Jackie Halberg	5:55.03	14-Sep-07		ET	Riccione	90.58%	
1500 Metres	W60	Gillian Young	5:50.9	28-Mar-09	S	HT	ECAC	91.64%	
1500 Metres	W65	Phyllis Head	8:36.0	16-Mar-86					
1500 Metres	W65	Phyllis Head	7:59.2	04-Apr-87					
1500 Metres	W65	Phyllis Head	7:58.8	19-Mar-88					
1500 Metres	W65	Phyllis Head	7:57.6	25-Mar-89					
1500 Metres	W65	Pat Carr	7:49.0	20-Nov-97					
1500 Metres	W65	Margaret Robinson	6:47.90	20-Apr-03		ET	Perry Lakes, AMA Champs.		
1500 Metres	W65	Ruth Johnson	6:42.0	24-Mar-07		HT	ECAC	86.38%	
1500 Metres	W65	Peggy Macliver	6:29.5	03-Dec-09	S	HT	ECAC	87.76%	
1500 Metres	W70	Phyllis Head	10:02.1	04-Apr-92					
1500 Metres	W70	Glenice Shanahan	9:43.4	28-Mar-96					
1500 Metres	W70	Glenice Shanahan	9:43.0	17-Oct-96					
1500 Metres	W70	Glenice Shanahan	9:27.9	20-Nov-97				65.32%	
1500 Metres	W70	Lorraine Lopes	7:09.6	21-Jan-10		HT	ECAC	82.03%	
1500 Metres	W70	Lorraine Lopes	6:42.0	10-Feb-11	X	HT	ECAC	93.86%	
1500 Metres	W70	Lorraine Lopes	6:38.71	22-Apr-11	X	ET	Brisbane	94.64%	
1500 Metres	W70	Lorraine Lopes	6:38.2	24-May-11	X	HT	WAAS	94.76%	
1500 Metres	W70	Lorraine Lopes	6:31.96	15-Jul-11	S	A	ET	Sacramento	96.27%
1500 Metres	W75	Glenice Shanahan	11:31.7	18-Nov-99	S			58.62%	
1500 Metres	W75	Lil Heatly	11:22.4	16-Oct-03	O	HT	ECAC		
1500 Metres	W80				S				
<b>1 Mile</b>									
1 Mile	W30	Tessa Brockwell	5:04.0	24-Mar-87	S			83.00%	
1 Mile	W35	Jill Chambers	5:23.0	16-Nov-86	S			79.27%	

1 Mile	W40 Alicia Ansell	6:00.0	18-Oct-84						
1 Mile	W40 Anne Shaw	5:35.0	13-Mar-91	S				81.00%	
1 Mile	W45 Margery Forden	6:08.0	18-Dec-86						
1 Mile	W45 Peggy Macliver	5:55.0	26-Nov-89						
1 Mile	W45 Peggy Macliver	5:50.0	14-Dec-89						
1 Mile	W45 Peggy Macliver	5:44.0	02-Dec-90						
1 Mile	W45 Anne Shaw	5:31.5	08-Feb-96						
1 Mile	W45 Anne Shaw	5:18.6	14-Mar-96	S				90.39%	
1 Mile	W50 Lorna Lauchlan	6:35.0	18-Nov-82						
1 Mile	W50 Margaret Robinson	6:03.0	26-Nov-89	S				83.42%	
1 Mile	W55 Pat Carr	6:59.0	26-Mar-87						
1 Mile	W55 Peggy Macliver	6:20.0	02-Dec-99						
1 Mile	W55 Barbara Blurton	6:09.4	02-Jun-05	S		HT	ECAC	86.42%	
1 Mile	W60 Valerie Tyson	9:10.0	18-Oct-84						
1 Mile	W60 Margaret Robinson	7:52.7	02-Dec-99						
1 Mile	W60 Margaret Robinson	7:30.0	06-Dec-01						
1 Mile	W60 Peggy Macliver	7:20.5	14-Dec-06			HT	ECAC		
1 Mile	W60 Peggy Macliver	7:11.0	19-Dec-06			HT	McGillivray		
1 Mile	W60 Jackie Halberg	6:54.9	12-Jul-07			HT	ECAC	83.77%	
1 Mile	W60 Gillian Young	6:39.8	17-Apr-08			HT	ECAC	85.67%	
1 Mile	W60 Barbara Blurton	6:37.3	20-May-10	S		HT	ECAC	86.21%	
1 Mile	W65 Pat Carr	8:53.2	03-Dec-98			HT		70.39%	
1 Mile	W65 Peggy Macliver	7:30.0	17-Dec-09			HT	ECAC	82.09%	
1 Mile	W65 Peggy Macliver	7:04.0	28-Jan-10	S		HT	ECAC	87.12%	
1 Mile	W70 Glenice Shanahan	10:00.3	19-Dec-96					66.78%	
1 Mile	W70 Lorraine Lopes	7:14.5	05-May-11	S	A	HT	ECAC	<b>93.87%</b>	
1 Mile	W75 Glenice Shanahan	11:28.5	02-Dec-99	S				63.65%	
1 Mile	W80 Bonnie Smith	17:57.0	26-Apr-98	S				44.87%	
	<b>3000 Metres</b>			S					
3000 Metres	W30 Gloria Sutherland	15:28.0	01-Jan-79						
3000 Metres	W30 Jo Stone	13:33.0	08-Nov-79						
3000 Metres	W30 Tessa Brockwell	10:24.0	20-Dec-86						
3000 Metres	W30 Tessa Brockwell	10:12.0	17-Jan-87						
3000 Metres	W30 Tessa Brockwell	9:55.0	14-Feb-87						
3000 Metres	W30 Tessa Brockwell	9:52.0	18-Feb-87						
3000 Metres	W30 Tessa Brockwell	9:42.6	12-Mar-87	S				86.23%	
3000 Metres	W35 Alicia Ansell	11:27.0	03-Nov-83						
3000 Metres	W35 Maxine Santich	11:11.0	07-Oct-89						
3000 Metres	W35 Karen Gobby	10:12.0	12-Jan-91	S				83.09%	
3000 Metres	W40 Bev Wall	13:15.0	07-Feb-80						
3000 Metres	W40 Alicia Ansell	11:43.0	11-Oct-84						
3000 Metres	W40 Anne Shaw	11:32.0	12-Jan-91						
3000 Metres	W40 Anne Shaw	10:41.4	01-Mar-91						
3000 Metres	W40 Jan Kelly	10:32.9	03-Feb-96	S				82.93%	
3000 Metres	W45 Lorna Lauchlan	15:30.0	07-Feb-80						
3000 Metres	W45 Joan Pellier	11:28.0	07-Jan-86						
3000 Metres	W45 Anne Shaw	11:27.2	13-Nov-93						
3000 Metres	W45 Anne Shaw	11:24.1	29-Oct-94						
3000 Metres	W45 Anne Shaw	11:22.0	02-Nov-94						
3000 Metres	W45 Anne Shaw	11:00.0	09-Nov-95						
3000 Metres	W45 Anne Shaw	10:52.0	30-Nov-95						
3000 Metres	W45 Anne Shaw	10:51.1	11-Jan-96						
3000 Metres	W45 Anne Shaw	10:50.0	18-Jan-96						
3000 Metres	W45 Anne Shaw	10:48.0	01-Feb-96						
3000 Metres	W45 Anne Shaw	10:47.0	10-Oct-96						
3000 Metres	W45 Anne Shaw	10:39.1	09-Nov-96						
3000 Metres	W45 Anne Shaw	10:33.0	19-Dec-96	S	X			91.72%	
3000 Metres	W50 Lorna Lauchlan	13:08.0	04-Nov-82						
3000 Metres	W50 Margaret Robinson	11:52.9	04-Mar-89						
3000 Metres	W50 Anne Shaw	10:49.7	04-Dec-97						
3000 Metres	W50 Anne Shaw	10:44.4	18-Dec-97	S	X			91.25%	
3000 Metres	W55 Lorna Lauchlan	13:54.0	26-Nov-87						
3000 Metres	W55 Peggy Macliver	13:07.0	14-Oct-99						
3000 Metres	W55 Anne Shaw	12:01.2	09-Jan-03		X	HT	ECAC		
3000 Metres	W55 Anne Shaw	11:17.0	06-Mar-03	S	X	HT	(2 wat ECAC	92.77%	
3000 Metres	W60 Lorna Lauchlan	17:23.8	03-Feb-93						
3000 Metres	W60 Pat Carr	16:50.0	26-Jan-94						
3000 Metres	W60 Noela Medcalf	16:22.9	16-Oct-97						
3000 Metres	W60 Margaret Robinson	13:10.9	05-Nov-98					85.21%	
3000 Metres	W60 Gillian Young	12:55.6	13-Dec-07	S		HT	ECAC	86.89%	
3000 Metres	W65 Pat Carr	18:05.3	16-Oct-97						
3000 Metres	W65 Margaret Robinson	15:00.6	16-Oct-03			HT	ECAC		
3000 Metres	W65 Margaret Robinson	14:48.2	06-Nov-03			HT	ECAC	81.86%	
3000 Metres	W65 Peggy Macliver	14:20.7	22-Oct-09	S		HT	ECAC	84.48%	
3000 Metres	W70 Glenice Shanahan	21:12.6	14-Nov-96						
3000 Metres	W70 Glenice Shanahan	20:59.7	16-Oct-97					66.39%	
3000 Metres	W70 Glenice Shanahan	20:53.3	04-Dec-97						
3000 Metres	W70 Lorraine Lopes	15:27.4	12-Jan-10			HT	McGillivray	85.12%	
3000 Metres	W70 Lorraine Lopes	14:47.8	11-Mar-10		X	HT	ECAC	88.95%	
3000 Metres	W70 Lorraine Lopes	14:17.2	12-May-11	S	A	HT	ECAC	<b>93.70%</b>	
3000 Metres	W75 Glenice Shanahan	23:46.0	09-Dec-99	S				60.54%	
3000 Metres	W75 Lil Healty	23:44.8	13-Nov-03	O		HT	ECAC		
	<b>5000 Metres</b>			S					
5000 Metres	W30 Jill Midolo	23:06.0	28-Feb-80						
5000 Metres	W30 Jill Midolo	22:08.0	11-Dec-80						
5000 Metres	W30 Jill Midolo	22:00.0	26-Feb-81						
5000 Metres	W30 Lee Docksey	21:23.0	25-Nov-82						
5000 Metres	W30 Jill Chambers	18:51.0	03-Mar-84						
5000 Metres	W30 Tessa Brockwell	17:04.0	05-Apr-87	S				84.55%	
5000 Metres	W35 Joan Slinger	21:42.0	30-Oct-80						
5000 Metres	W35 Joan Slinger	21:18.2	11-Dec-80						
5000 Metres	W35 Alicia Ansell	20:04.0	18-Mar-82						
5000 Metres	W35 Alicia Ansell	19:25.0	03-Feb-83						
5000 Metres	W35 Jill Chambers	18:39.7	23-Mar-85						

5000 Metres	W35 Karen Gobby	17:45.0	24-Mar-90						
5000 Metres	W35 Karen Gobby	17:40.3	01-Apr-90						
5000 Metres	W35 Karen Gobby	17:19.0	15-Apr-90						
5000 Metres	W35 Karen Gobby	17:07.7	01-Nov-90	S				85.13%	
5000 Metres	W40 Dorothy Whittam	31:51.6	13-Mar-80						
5000 Metres	W40 Dorothy Whittam	29:00.0	30-Oct-80						
5000 Metres	W40 Dorothy Whittam	26:46.0	11-Dec-80						
5000 Metres	W40 Dorothy Whittam	26:43.0	26-Feb-81						
5000 Metres	W40 Joan Pellier	24:50.0	26-Nov-81						
5000 Metres	W40 Joan Pellier	24:39.0	15-Jan-82						
5000 Metres	W40 Margaret Robinson	20:39.0	11-Apr-82						
5000 Metres	W40 Anne Shaw	19:56.1	26-Mar-89						
5000 Metres	W40 Anne Shaw	19:01.3	01-Apr-90						
5000 Metres	W40 Anne Shaw	18:48.0	15-Apr-90						
5000 Metres	W40 Jill Chambers	18:40.7	20-Mar-94						
5000 Metres	W40 Karen Gobby	17:52.2	07-Apr-96	S				84.60%	
5000 Metres	W45 Lorna Lauchlan	24:48.0	26-Feb-80						
5000 Metres	W45 Margaret Warren	24:27.0	26-Nov-81						
5000 Metres	W45 Margaret Robinson	21:50.3	31-Mar-84						
5000 Metres	W45 Joan Pellier	20:29.0	15-Nov-84						
5000 Metres	W45 Maureen Stewart	20:17.2	26-Mar-89						
5000 Metres	W45 Anne Shaw	19:32.9	30-Apr-93						
5000 Metres	W45 Anne Shaw	19:28.0	19-Oct-94						
5000 Metres	W45 Anne Shaw	19:10.0	26-Oct-95						
5000 Metres	W45 Anne Shaw	18:49.0	07-Dec-95						
5000 Metres	W45 Anne Shaw	18:36.6	04-Jan-96						
5000 Metres	W45 Anne Shaw	18:27.4	07-Apr-96						
5000 Metres	W45 Anne Shaw	18:20.8	21-Nov-96	S				88.83%	
5000 Metres	W50 Lorna Lauchlan	25:00.0	13-Mar-80						
5000 Metres	W50 Lorna Lauchlan	24:15.0	30-Oct-80						
5000 Metres	W50 Lorna Lauchlan	22:38.0	11-Dec-80						
5000 Metres	W50 Lorna Lauchlan	22:34.0	26-Nov-81						
5000 Metres	W50 Lorna Lauchlan	22:33.0	11-Apr-82						
5000 Metres	W50 Lorna Lauchlan	22:13.0	28-Nov-82						
5000 Metres	W50 Margaret Robinson	20:08.1	26-Mar-89						
5000 Metres	W50 Anne Shaw	18:36.4	11-Dec-97						
5000 Metres	W50 Anne Shaw	18:30.2	05-Mar-98						
5000 Metres	W50 Anne Shaw	18:18.4	29-Mar-98	S	X			91.29%	
5000 Metres	W55 Valerie Tyson	28:00.0	28-Feb-80						
5000 Metres	W55 June Strachan	28:00.0	23-Mar-85						
5000 Metres	W55 Lorna Lauchlan	26:12.0	16-Mar-86						
5000 Metres	W55 Lorna Lauchlan	24:05.0	01-Sep-87						
5000 Metres	W55 Lorna Lauchlan	23:47.7	01-Dec-87						
5000 Metres	W55 Jill Bowers	22:47.8	30-Apr-93						
5000 Metres	W55 Maureen Stewart	22:15.0	04-Jan-95						
5000 Metres	W55 Maureen Stewart	21:50.6	07-Apr-96						
5000 Metres	W55 Anne Shaw	19:23.9	20-Apr-03	S		HT	Perry Lakes	92.04%	
5000 Metres	W60 Phyllis Head	27:21.0	11-Apr-82						
5000 Metres	W60 June Strachan	27:12.2	05-Apr-87						
5000 Metres	W60 June Strachan	26:38.0	26-Mar-89						
5000 Metres	W60 Margaret Robinson	24:50.8	29-Mar-98						
5000 Metres	W60 Margaret Robinson	24:34.9	25-Mar-01						
5000 Metres	W60 Margery Forden	23:47.9	01-Nov-01						
5000 Metres	W60 Jackie Halberg	23:46.9	19-Apr-07			HT	ECAC		
5000 Metres	W60 Jackie Halberg	23:28.8	14-Jun-07			HT	ECAC		
5000 Metres	W60 Jackie Halberg	22:45.0	23-Aug-07			HT	ECAC		
5000 Metres	W60 Gillian Young	22:02.9	29-Nov-07			HT	ECAC		
5000 Metres	W60 Gillian Young	21:41.0	16-Mar-08	S		HT	ECAC	88.37%	
5000 Metres	W65 Phyllis Head	28:26.1	05-Apr-87						
5000 Metres	W65 Phyllis Head	27:22.9	01-Dec-87						
5000 Metres	W65 Ann Turner	26:05.6	25-Mar-01						
5000 Metres	W65 Jill Bowers	25:13.6	20-Apr-03			HT	Perry Lakes, AMA Champs.		
5000 Metres	W65 Margaret Robinson	24:50.7	30-Oct-03			HT	ECAC	83.22%	
5000 Metres	W65 Peggy MacIver	24:14.9	26-Nov-09	S		HT	ECAC	85.29%	
5000 Metres	W70 Glenice Shanahan	33:47.0	02-Apr-95					66.46%	
5000 Metres	W70 Lorraine Lopes	25:00.3	03-Mar-11			HT	ECAC	91.37%	
5000 Metres	W70 Lorraine Lopes	24:21.25	23-Apr-11			ET	Brisbane	93.91%	
5000 Metres	W70 Lorraine Lopes	23:45.9	02-Jun-11			HT	ECAC	96.13%	
5000 Metres	W70 Lorraine Lopes	23:33.5	28-Jun-11	S		HT	WAAS	<b>96.98%</b>	
5000 Metres	W75 Lil Heatly	45:09.3	26-Mar-06	S		HT	ECAC	54.39%	
5000 Metres	W80			S					
	<b>10,000 Metres</b>								
10,000 Metres	W30 Jo Stone	46:47.7	06-Oct-79						
10,000 Metres	W30 Jill Midolo	44:14.5	19-Mar-81						
10,000 Metres	W30 Lee Docksey	42:03.0	15-Dec-82						
10,000 Metres	W30 Jill Chambers	40:26.2	01-Apr-84						
10,000 Metres	W30 Tessa Brockwell	36:14.9	21-Feb-87						
10,000 Metres	W30 Sue Malaxos	32:46.9	14-Dec-95	S				91.60%	
10,000 Metres	W35 Bev Wall	50:17.0	06-Oct-79						
10,000 Metres	W35 Jo Stone	48:12.0	29-Jan-81						
10,000 Metres	W35 Jan Fletcher	47:13.0	18-Dec-81						
10,000 Metres	W35 Jan Fletcher	47:04.0	11-Feb-82						
10,000 Metres	W35 Jan Fletcher	44:59.0	04-Mar-82						
10,000 Metres	W35 Jan Fletcher	44:06.2	25-Mar-82						
10,000 Metres	W35 Alicia Ansell	41:08.9	09-Apr-82						
10,000 Metres	W35 Alicia Ansell	40:06.0	03-Mar-83						
10,000 Metres	W35 Jill Chambers	40:05.0	24-Mar-85						
10,000 Metres	W35 Maxine Santich	39:00.45	01-Mar-87						
10,000 Metres	W35 Karen Gobby	37:16.1	24-Mar-90						
10,000 Metres	W35 Karen Gobby	37:00.0	13-Apr-90	S				81.95%	
10,000 Metres	W40 Dorothy Whittam	57:37.0	01-Mar-80						
10,000 Metres	W40 Dorothy Whittam	55:49.5	09-Apr-81						
10,000 Metres	W40 Marilyn Acreman	53:04.0	09-Apr-82						
10,000 Metres	W40 Enid Crowther	50:15.0	03-Mar-83						

10,000 Metres	W40 Margaret Robinson	45:51.0	20-Mar-83						
10,000 Metres	W40 S. Drummond	45:05.0	24-Mar-85						
10,000 Metres	W40 Alicia Ansell	42:24.0	30-Nov-86						
10,000 Metres	W40 Anne Shaw	39:36.6	24-Mar-90						
10,000 Metres	W40 Karen Gobby	37:30.8	05-Apr-96	S				83.37%	
10,000 Metres	W45 Lorna Lauchlan	51:39.0	14-Feb-80						
10,000 Metres	W45 Tuula Vaalsta	50:59.4	20-Mar-83						
10,000 Metres	W45 Margaret Robinson	47:13.6	01-Apr-84						
10,000 Metres	W45 Joan Pellier	45:01.0	18-Dec-84						
10,000 Metres	W45 Joan Pellier	42:11.0	07-Mar-85						
10,000 Metres	W45 Anne Shaw	41:22.6	31-Mar-95						
10,000 Metres	W45 Anne Shaw	38:39.0	24-Nov-95						
10,000 Metres	W45 Anne Shaw	38:26.9	14-Dec-95						
10,000 Metres	W45 Anne Shaw	38:02.3	29-Feb-96						
10,000 Metres	W45 Anne Shaw	38:00.6	27-Nov-97	S				88.91%	
10,000 Metres	W50 Lorna Lauchlan	51:27.0	27-Mar-80						
10,000 Metres	W50 Lorna Lauchlan	47:17.0	29-Jan-81						
10,000 Metres	W50 Lorna Lauchlan	46:31.0	19-Mar-81						
10,000 Metres	W50 Lorna Lauchlan	45:58.3	25-Mar-81						
10,000 Metres	W50 Margaret Robinson	43:10.0	29-Nov-89						
10,000 Metres	W50 Anne Shaw	39:22.00	13-Nov-98						
10,000 Metres	W50 Anne Shaw	37:31.9	24-Mar-00	S	A			93.65%	
10,000 Metres	W55 June Strachan	61:45.5	09-Apr-82						
10,000 Metres	W55 Lorna Lauchlan	50:01.0	11-Dec-85						
10,000 Metres	W55 Jill Bowers	47:46.4	29-Apr-93						
10,000 Metres	W55 Maureen Stewart	46:30.5	31-Mar-95						
10,000 Metres	W55 Maureen Stewart	44:54.3	05-Apr-96	S				81.57%	
10,000 Metres	W60 Phyllis Head	57:56.1	01-Apr-84						
10,000 Metres	W60 Margaret Robinson	51:33.5	13-Nov-98						
10,000 Metres	W60 Peggy MacIver	51:17.7	12-Oct-06			HT	ECAC		
10,000 Metres	W60 Gillian Young	47:44.4	25-Oct-07			HT	ECAC		
10,000 Metres	W60 Gillian Young	46:03.1	06-Mar-08	S		HT	ECAC	85.54%	
10,000 Metres	W65 Phyllis Head	100:22.5	12-Mar-88						
10,000 Metres	W65 Ann Turner	53:34.8	23-Mar-01						
10,000 Metres	W65 Ann Turner	53:34.0	26-Apr-01						
10,000 Metres	W65 Ann Turner	52:27.4	18-Apr-03			HT	Perry Lakes, AMA Champs.		
10,000 Metres	W65 Margaret Robinson	51:58.4	13-Nov-03	S		HT	ECAC	81.98%	
10,000 Metres	W70 Lorraine Lopes	50:48.70	02-Apr-10	S		ET	WAAS	91.31%	
	<b>Half Marathon</b>			S					
Half Marathon	W30 Jo Stone	1:58:37	23-Sep-79						
Half Marathon	W30 Gloria Sutherland	1:54:07	25-May-80						
Half Marathon	W30 Colleen Milbourne	1:53:38	31-Aug-80						
Half Marathon	W30 Colleen Milbourne	1:38:47	03-May-81						
Half Marathon	W30 Colleen Milbourne	1:37:50	20-Aug-81						
Half Marathon	W30 Sheryl Bell	1:35:00	14-Apr-85						
Half Marathon	W30 Tessa Brockwell	1:19:57	03-May-87						
Half Marathon	W30 Tessa Brockwell	1:19:04	07-Jun-87	S	X			83.38%	
Half Marathon	W35 Bev Wall	2:06:44	17-Sep-78						
Half Marathon	W35 Joan Slinger	2:02:10	23-Sep-79						
Half Marathon	W35 Joan Slinger	1:41:06	03-May-81						
Half Marathon	W35 Barbra Leach	1:31:59	01-Sep-81						
Half Marathon	W35 Jill Chambers	1:25:18	14-Apr-84						
Half Marathon	W35 Jill Chambers	1:23:54	24-Jun-84						
Half Marathon	W35 Karen Gobby	1:20:42	07-May-89						
Half Marathon	W35 Karen Gobby	1:19:59	05-Nov-89						
Half Marathon	W35 Karen Gobby	1:17:57	06-May-90						
Half Marathon	W35 Karen Gobby	1:17:04	01-Jul-90						
Half Marathon	W35 Karen Gobby	1:16:14	16-Dec-90						
Half Marathon	W35 Karen Gobby	1:16:01	05-May-91						
Half Marathon	W35 Karen Gobby	1:14:53	19-May-91						
Half Marathon	W35 Karen Gobby	1:14:47	15-Sep-91	S	X			89.12%	
Half Marathon	W40 Anne Deanus	2:06:07	01-Sep-81						
Half Marathon	W40 Joan Pellier	2:06:07	01-Sep-81						
Half Marathon	W40 Anne Deanus	1:50:18	25-Jul-82						
Half Marathon	W40 Doreen Dow	1:38:20	24-Apr-83						
Half Marathon	W40 Alicia Ansell	1:29:43	14-Apr-85						
Half Marathon	W40 Margery Forden	1:37:54	02-Jun-85						
Half Marathon	W40 Anne Shaw	1:24:13	15-Dec-91						
Half Marathon	W40 Karen Gobby	1:19:07	05-May-96	S				87.47%	
Half Marathon	W45 Margaret Warren	1:55:09	24-Apr-83						
Half Marathon	W45 Joan Pellier	1:39:50	14-Apr-85						
Half Marathon	W45 Joan Pellier	1:38:19	02-Jun-85						
Half Marathon	W45 Tuula Vaalsta	1:32:13	14-Sep-86						
Half Marathon	W45 Jill Chambers	1:29:25	15-May-94						
Half Marathon	W45 Jill Chambers	1:28:16	05-May-96						
Half Marathon	W45 Anne Shaw	1:21:19	29-Jun-97	S				93.09%	
Half Marathon	W50 Lorna Lauchlan	1:53:50	31-Aug-80						
Half Marathon	W50 Lorna Lauchlan	1:52:47	03-May-81						
Half Marathon	W50 Lorna Lauchlan	1:51:56	01-Sep-81						
Half Marathon	W50 Lorna Lauchlan	1:49:21	29-Aug-82						
Half Marathon	W50 Lorna Lauchlan	1:47:19	06-Feb-83						
Half Marathon	W50 Lorna Lauchlan	1:47:13	31-Jul-83						
Half Marathon	W50 Lorna Lauchlan	1:46:05	24-Jun-84						
Half Marathon	W50 Margaret Robinson	1:39:39	01-Jul-90						
Half Marathon	W50 Margery Forden	1:38:48	01-Sep-91						
Half Marathon	W50 Margery Forden	1:37:10	09-May-93						
Half Marathon	W50 Anne Shaw	1:31:35	12-Aug-02	S				88.18%	
Half Marathon	W55 June Strachan	2:43:12	24-Apr-83						
Half Marathon	W55 Lorna Lauchlan	1:56:03	14-Apr-85						
Half Marathon	W55 Ann Turner	1:49:22	01-Sep-91						
Half Marathon	W55 Jill Bowers	1:48:58	26-Apr-93						
Half Marathon	W55 Margery Forden	1:46:16	21-May-00						
Half Marathon	W55 Liz Neville	1:40:22	11-Mar-07			HT	Perth		
Half Marathon	W55 Helen Lysaght	1:40:19	01-Jul-07	S		HT	Gold Coast	81.59%	

Half Marathon	W60 Phyllis Head	2:04:44	24-Apr-83					
Half Marathon	W60 Phyllis Head	2:02:09	31-Jul-83					
Half Marathon	W60 Phyllis Head	2:00:27	14-Apr-84					
Half Marathon	W60 Ann Turner	1:56:43	18-May-98					
Half Marathon	W60 Ann Turner	1:55:46	21-May-00					
Half Marathon	W60 Margery Forden	1:48:31	12-Aug-01					
Half Marathon	W60 Gillian Young	1:46:22	12-Aug-07		HT	Perth	82.55%	
Half Marathon	W60 Gillian Young	1:45:41	18-May-08		HT	Bunbury	83.08%	
Half Marathon	W60 Gillian Young	1:42:00	22-Mar-09	S	HT	Perth	87.35%	
Half Marathon	W65 Phyllis Head	2:13:37	07-May-89					
Half Marathon	W65 June Strachan	1:56:58	01-Jul-90				80.95%	
Half Marathon	W65 Lorraine Lopes	1:56:00	17-May-09	S	HT	Bunbury	87.08%	
Half Marathon	W70 Phyllis Head	3:02:26	06-May-90		HT		56.31%	
Half Marathon	W70 Lorraine Lopes	1:56:58	16-May-10	S	HT	Bunbury	87.83%	
	<b>Marathon</b>			S				
Marathon	W30 Jill Midolo	4:11:12	24-Jun-79					
Marathon	W30 Jo Stone	4:04:04	12-Aug-79					
Marathon	W30 Jill Midolo	3:37:30	07-Jun-81					
Marathon	W30 Colleen Milbourne	3:31:26	22-Nov-81					
Marathon	W30 Tessa Brockwell	2:54:29	17-Nov-85	S	X		77.64%	
Marathon	W35 Bev Wall	4:31:51	24-Jun-79					
Marathon	W35 Diane Turner	3:46:24	12-Aug-79					
Marathon	W35 Barbra Leach	3:24:23	15-Jun-80					
Marathon	W35 Barbra Leach	3:19:40	14-Sep-80					
Marathon	W35 Barbra Leach	3:13:00	07-Jun-81					
Marathon	W35 Karen Gobby	2:43:57	29-Jul-90					
Marathon	W35 Karen Gobby	2:36:40	21-Jul-91	S	A		87.67%	
Marathon	W40 Doreen Dow	3:54:08	14-Apr-84					
Marathon	W40 Alicia Ansell	3:17:33	05-Aug-84					
Marathon	W40 Jan Kelly	3:07:16	17-Jul-94					
Marathon	W40 Karen Gobby	2:54:32	21-Jul-96	S			81.45%	
Marathon	W45 Margaret Robinson	3:35:54	05-Aug-84					
Marathon	W45 Tuula Vaalsta	3:13:59	15-Sep-85					
Marathon	W45 Anne Shaw	3:01:19	21-Jul-97	S			87.07%	
Marathon	W50 Lorna Lauchlan	4:04:21	15-Jun-80					
Marathon	W50 Margery Forden	3:25:33	01-Nov-91					
Marathon	W50 Anne Shaw	2:57:06	05-Jul-98	S			<b>90.29%</b>	
Marathon	W55 Margery Forden	3:45:21	18-May-97					
Marathon	W55 Margery Forden	3:45:20	08-Jul-01				80.26%	
Marathon	W55 Liz Neville	3:28:54	13-Apr-08	S	HT	London	82.95%	
Marathon	W60 Margery Forden	3:56:37	06-Jul-03				78.78%	
Marathon	W60 Gillian Young	3:50:22	06-Jul-08	S	HT	Perth	79.68%	
Marathon	W65 Jill Bower	4:59:44	11-Jul-04					
Marathon	W65 Margery Forden	4:18:50	08-Jul-07	S			77.01%	
Marathon	W70			S				
	<b>One Hour</b>			S				
One Hour	W30 Jill Midolo	10,052	22-Oct-78					
One Hour	W30 Jill Midolo	11,775	21-Oct-79	S				
One Hour	W35 Joan Slinger	11,945	21-Oct-79					
One Hour	W35 Barbra Leach	13,963	28-Oct-81					
One Hour	W35 Maxine Santich	14,092	21-Jun-89	S				
One Hour	W40 Ruby Maddison	11,378	28-Oct-81	S				
One Hour	W45 Lorna Lauchlan	11,150	21-Oct-79					
One Hour	W45 Margaret Warren	11,254	27-Oct-82	S				
One Hour	W50 Lorna Lauchlan	12,838	27-Oct-82	S				
	<b>80 Metres Hurdles (76.2cm) W40 - W55</b>			S				
80 Metres Hurdles	W40 Luella Jenkins	16.9	19-Mar-83					
80 Metres Hurdles	W40 Jan Fletcher	15.4	15-Mar-86					
80 Metres Hurdles	W40 Eileen Hindle	11.8	25-Mar-89	S	X	X	92.69%	
80 Metres Hurdles	W45 Eileen Hindle	13.6	19-Mar-94	S			84.87%	
80 Metres Hurdles	W50							
80 Metres Hurdles	W55 Dorothy Anderson	18.2	31-Mar-90	S	X		66.76%	
	<b>80 Metres Hurdles (68.6cm) W60+</b>			S				
80 Metres Hurdles	W60 Phyllis Head	37.1	19-Mar-83					
80 Metres Hurdles	W60 Luella Jenkins	19.00	18-Apr-03		ET	Perry Lakes, AMA Champs.		
80 Metres Hurdles	W60 Luella Jenkins	18.6	12-Mar-05	S	HT (0.0)	ECAC	71.02%	
80 Metres Hurdles	W65 Ruth Johnson	19.1	24-Mar-07	S	HT (+2.0)	ECAC	75.75%	
80 Metres Hurdles	W70							
80 Metres Hurdles	W75							
	<b>100 Metres Hurdles (84cm) W30 - W35</b>			S				
100 Metres Hurdles	W30 Joanne Walker	20.2	28-Jan-80					
100 Metres Hurdles	W30 Eileen Hindle	14.23	25-Mar-79	O	ET (NW1)	Perry Lakes		
100 Metres Hurdles	W30 Eileen Hindle	14.6	28-Nov-81					
100 Metres Hurdles	W30 Eileen Hindle	14.29	20-Mar-82	O	ET (+1.9)	Brisbane		
100 Metres Hurdles	W30 Eileen Hindle	14.3	01-Nov-83	S	A		85.42%	
100 Metres Hurdles	W35 Eileen Hindle	14.64	30-Mar-84	O	ET (0.0)	Melbourne		
100 Metres Hurdles	W35 Eileen Hindle	14.5	29-Nov-87	S	A		86.03%	
	<b>300 Metres Hurdles (76.2cm) W50 - W55</b>			S				
300 Metres Hurdles	W50 Kath Holland	54.7	17-Mar-91	S			82.48%	
300 Metres Hurdles	W55							
	<b>300 Metres Hurdles (68.6cm) W60+</b>			S				
300 Metres Hurdles	W60							
300 Metres Hurdles	W65 Ruth Johnson	71.3	29-Mar-09		HT	ECAC	76.02%	
300 Metres Hurdles	W65 Ruth Johnson	71.46	04-Apr-10	S	ET	WAAS	77.22%	
300 Metres Hurdles	W70							
	<b>400 Metres Hurdles (76.2cm) W30 - W45</b>			S				
400 Metres Hurdles	W30 Eileen Hindle	60.31	20-Mar-81	O	ET	Adelaide		
400 Metres Hurdles	W30 Eileen Hindle	63.7	28-Nov-81					
400 Metres Hurdles	W30 Eileen Hindle	63.2	21-Feb-82	S	X		82.63%	
400 Metres Hurdles	W35 Kath Holland	63.7	25-Mar-78	S	X		84.27%	
400 Metres Hurdles	W40 Kath Holland	72.7	06-Feb-82					
400 Metres Hurdles	W40 Eileen Hindle	70.0	04-Feb-89					
400 Metres Hurdles	W40 Eileen Hindle	67.7	12-Feb-89	S			83.09%	
400 Metres Hurdles	W45 Dorothy Whittam	88.2	11-Apr-82		X			

400 Metres Hurdles	W45 Dorothy Whittam	86.8	20-Mar-83		X				
400 Metres Hurdles	W45 Kath Holland	72.8	01-Feb-88						
400 Metres Hurdles	W45 Eileen Hindle	71.9	22-Oct-94	S					84.21%
	<b>2000 Metres Steeplechase (76.2cm)</b>			S					
2000m Steeplechase	W30 Toni Phillips	10:06.4	05-May-05			HT	ECAC		
2000m Steeplechase	W30 Toni Phillips	9:59.4	10-Feb-07	S		HT	Perry Lakes	64.58%	
2000m Steeplechase	W35 Gillian Edmonds	10:00.5	14-Mar-02						
2000m Steeplechase	W35 Gillian Edmonds	9:35.00	19-Apr-03			ET	Perry Lakes		
2000m Steeplechase	W35 Fiona Ellis	9:23.2	25-Mar-06			HT	ECAC		
2000m Steeplechase	W35 Kerriann Bresser	9:15.9	10-Feb-07	S		HT	Perry Lakes	72.53%	
2000m Steeplechase	W40 Erica Mercer	9:02.13	30-Nov-87		X				
2000m Steeplechase	W40 Anne Shaw	8:34.1	25-Mar-89		X	X			
2000m Steeplechase	W40 Anne Shaw	8:16.1	24-Feb-90		X	X			
2000m Steeplechase	W40 Anne Shaw	8:01.2	10-Mar-90		X	X			
2000m Steeplechase	W40 Anne Shaw	7:58.0	14-Apr-90		X	X			
2000m Steeplechase	W40 Anne Shaw	7:53.6	09-Mar-91		X	X			
2000m Steeplechase	W40 Anne Shaw	7:50.6	30-Nov-91		X	X			
2000m Steeplechase	W40 Anne Shaw	7:48.8	04-Jan-92		X	X			
2000m Steeplechase	W40 Anne Shaw	7:44.9	15-Feb-92	S	X				89.51%
2000m Steeplechase	W45 Erica Mercer	8:49.1	25-Mar-89		X				
2000m Steeplechase	W45 Erica Mercer	8:39.7	22-Mar-90		X				
2000m Steeplechase	W45 Anne Shaw	8:11.8	10-Feb-93		X				
2000m Steeplechase	W45 Anne Shaw	8:02.4	17-Feb-93		A				
2000m Steeplechase	W45 Anne Shaw	8:02.0	04-Feb-96	S	A				89.67%
2000m Steeplechase	W50 Margaret Robinson	9:14.7	22-Mar-90		X				
2000m Steeplechase	W50 Margaret Robinson	9:08.0	14-Apr-90		X	X			
2000m Steeplechase	W50 Anne Shaw	8:14.6	26-Mar-98	S	X				88.69%
2000m Steeplechase	W55 Margaret Robinson	10:45.0	06-Apr-96						
2000m Steeplechase	W55 Anne Shaw	8:25.4	16-Mar-03		X	HT (x3)	Perry Lakes		
2000m Steeplechase	W55 Anne Shaw	8:23.96	19-Apr-03	S	A	ET	Perry Lakes	<b>90.25%</b>	
2000m Steeplechase	W60 Margaret Robinson	11:19.4	26-Mar-98						
2000m Steeplechase	W60 Margaret Robinson	10:34.6	18-Mar-99	S	X				79.26%
2000m Steeplechase	W65 Margaret Robinson	10:50.90	19-Apr-03	S		ET	Perry Lakes	82.20%	
2000m Steeplechase	W70								
2000m Steeplechase	W75			S					
	<b>1500 Metres Walk</b>			S					
1500 Metres Walk	W30 Jill Midolo	9:38.0	12-Mar-81						
1500 Metres Walk	W30 Cathrin Holland	8:58.0	11-Jan-90	S					
1500 Metres Walk	W35 Bronwyn Salter	7:42.0	01-Jan-86						
1500 Metres Walk	W35 Rose-Marie Holloway	7:29.5	20-Sep-94	S					
1500 Metres Walk	W40 Jo Stone	7:51.0	01-Feb-88						
1500 Metres Walk	W40 Rose-Marie Holloway	7:29.9	24-Feb-96						
1500 Metres Walk	W40 Rose-Marie Holloway	7:29.5	09-Mar-96						
1500 Metres Walk	W40 Lyn Ventris	7:24.0	22-Feb-00	S					
1500 Metres Walk	W45 Margaret Stone	8:39.0	22-Oct-87						
1500 Metres Walk	W45 Lesley Romeo	8:17.0	24-Feb-93						
1500 Metres Walk	W45 Lyn Ventris	6:52.67	06-Nov-03	S		ET	Canberra		
1500 Metres Walk	W50 Lorna Lauchlan	8:57.0	17-Jan-85						
1500 Metres Walk	W50 Peggy MacIver	8:55.0	07-Dec-94						
1500 Metres Walk	W50 Valerie Millard	8:51.0	23-Dec-99						
1500 Metres Walk	W50 Lyn Ventris	6:45.8	25-Mar-07	S	A	HT	ECAC		
1500 Metres Walk	W55 Lorna Lauchlan	9:10.0	20-Nov-86						
1500 Metres Walk	W55 Dorothy Whittam	9:08.5	15-Feb-92	S					
1500 Metres Walk	W60 Phyllis Head	9:53.0	11-Apr-82						
1500 Metres Walk	W60 Dorothy Whittam	9:46.0	31-Oct-96						
1500 Metres Walk	W60 Dorothy Whittam	9:42.0	14-Nov-96						
1500 Metres Walk	W60 Dorothy Whittam	9:40.0	25-Feb-99						
1500 Metres Walk	W60 Lynne Schickert	9:36.6	10-Jan-02						
1500 Metres Walk	W60 Lynne Schickert	9:31.5	16-Oct-03			HT	ECAC		
1500 Metres Walk	W60 Lynne Schickert	9:28.3	21-Oct-03			HT	McGillivray		
1500 Metres Walk	W60 Luella Jenkins	9:21.9	12-Nov-02			HT	Bunbury		
1500 Metres Walk	W60 Val Millard	8:59.2	16-Mar-08	S		HT	ECAC		
1500 Metres Walk	W65 Valerie Tyson	9:57.0	19-Mar-88	S					
1500 Metres Walk	W70 Phyllis Head	12:00.0	26-Jan-91						
1500 Metres Walk	W70 Valerie Tyson	10:50.0	18-Dec-91	S					
1500 Metres Walk	W75 Phyllis Head	14:32.0	06-Dec-95						
1500 Metres Walk	W75 Glenice Shanahan	13:01.1	28-Oct-99						
1500 Metres Walk	W75 Glenice Shanahan	12:38.8	09-Dec-99						
1500 Metres Walk	W75 Lorna Lauchlan	12:09.0	16-Mar-08			HT	ECAC		
1500 Metres Walk	W75 Lorna Lauchlan	12:07.0	29-Mar-09			HT	ECAC	73.25%	
1500 Metres Walk	W75 Sylvia Byers	10:57.92	02-Apr-10	S		ET	WAAS	76.01%	
1500 Metres Walk	W80 Lorna Lauchlan	11:55.36	02-Apr-10	S		ET	WAAS	75.71%	
	<b>3000 Metres Walk</b>			S					
3000 Metres Walk	W30 Cathrin Holland	18:32.8	15-Mar-89	S					
3000 Metres Walk	W35 Jo Stone	19:10.0	01-Jan-81						
3000 Metres Walk	W35 Jan Fletcher	18:18.0	27-Jan-83						
3000 Metres Walk	W35 Bronwyn Salter	17:22.9	23-Mar-85						
3000 Metres Walk	W35 Bronwyn Salter	16:26.3	25-Jan-86						
3000 Metres Walk	W35 Rose-Marie Holloway	15:44.1	20-Sep-94	S					
3000 Metres Walk	W40 Margaret Warren	21:34.0	18-Feb-82						
3000 Metres Walk	W40 Luella Jenkins	21:17.3	01-Mar-83						
3000 Metres Walk	W40 Enid Crowther	20:21.0	01-Jan-85						
3000 Metres Walk	W40 Jo Stone	19:39.0	07-Mar-85						
3000 Metres Walk	W40 Enid Crowther	19:39.0	07-Mar-85						
3000 Metres Walk	W40 Jo Stone	19:17.4	11-Feb-86						
3000 Metres Walk	W40 Jo Stone	19:05.0	15-Mar-86						
3000 Metres Walk	W40 Jo Stone	18:41.0	22-Jan-87						
3000 Metres Walk	W40 Jo Stone	18:07.8	04-Apr-87						
3000 Metres Walk	W40 Jo Stone	17:25.0	01-Sep-87						
3000 Metres Walk	W40 Rose-Marie Holloway	16:03.2	02-Apr-95						
3000 Metres Walk	W40 Rose-Marie Holloway	15:47.1	18-Dec-96						
3000 Metres Walk	W40 Lyn Ventris	15:16.3	20-Mar-99						
3000 Metres Walk	W40 Lyn Ventris	15:04.4	01-Jan-00						
3000 Metres Walk	W40 Lyn Ventris	14:41.7	25-Mar-00						



5000 Metres Walk	W55 Lorna Lauchlan	31:58.0	30-Nov-87							
5000 Metres Walk	W55 Lorna Lauchlan	31:21.7	04-Dec-88	S						
5000 Metres Walk	W60 Valerie Tyson	36:04.0	31-Mar-86							
5000 Metres Walk	W60 Lorna Lauchlan	33:36.7	24-Mar-90							
5000 Metres Walk	W60 Lorna Lauchlan	33:34.0	30-Apr-93							
5000 Metres Walk	W60 Valerie Millard	33:31.3	14-Feb-07			HT	McGillivray			
5000 Metres Walk	W60 Valerie Millard	31:55.19	22-Mar-08	S		ET	Sydney			
5000 Metres Walk	W65 Phyllis Head	37:02.9	05-Apr-87							
5000 Metres Walk	W65 Valerie Tyson	36:02.0	01-Sep-87							
5000 Metres Walk	W65 Valerie Tyson	35:23.0	01-Nov-87							
5000 Metres Walk	W65 Valerie Tyson	34:34.57	01-Dec-87							
5000 Metres Walk	W65 Valerie Tyson	34:13.0	02-Apr-88							
5000 Metres Walk	W65 Lorna Lauchlan	34:03.7	06-Apr-96	S						
5000 Metres Walk	W70 Valerie Tyson	36:35.0	04-Mar-92							
5000 Metres Walk	W70 Valerie Tyson	35:13.7	29-Mar-92	S						
5000 Metres Walk	W75 Phyllis Head	47:50.5	06-Apr-96							
5000 Metres Walk	W75 Glenice Shanahan	42:14.9	24-Mar-00							
5000 Metres Walk	W75 Lorna Lauchlan	42:07.1	12-Feb-09			HT	ECAC	77.92%		
5000 Metres Walk	W75 Sylvia Byers	38:07.90	03-Apr-10	S		ET	WAAS	80.04%		
5000 Metres Walk	W80 Florence Davies	47:34.2	06-Apr-96							
5000 Metres Walk	W80 Florence Davies	44:58.0	29-Mar-97							
5000 Metres Walk	W80 Lorna Lauchlan	40:13.87	03-Apr-10	S		ET	WAAS	83.18%		
5000 Metres Walk	W85			S						
	<b>10,000 Metres Track Walk</b>			S						
10,000 Metres Walk	W35 Joy Sanger	60:35.0	01-Oct-87	S				68.23%		
10,000 Metres Walk	W40 Michelle Boyle	67:48.0	01-Dec-91	S				62.75%		
10,000 Metres Walk	W45 Margaret Stone	66:36.0	29-Oct-87							
10,000 Metres Walk	W45 Lyn Ventris	46:35.65	09-Feb-02	S	A	W	ET	Canberra	<b>95.10%</b>	
10,000 Metres Walk	W50 Rose-Marie Holloway	68:50.0	16-Feb-05				HT	Perry Lakes		
10,000 Metres Walk	W50 Lyn Ventris	54:32.9	21-Feb-07	S			HT		85.05%	
10,000 Metres Walk	W55 Dorothy Whittam	69:24.0	01-Dec-91	S					70.39%	
10,000 Metres Walk	W60 Lorna Lauchlan	69:53.0	01-Dec-91	S					75.05%	
	<b>10 Kilometres Road Walk</b>			S						
10K Road Walk	W30			S						
10K Road Walk	W35 Joy Sanger	61:52	01-Dec-87							
10K Road Walk	W35 Rose-Marie Holloway	57:30	01-Oct-94	S				73.45%		
10K Road Walk	W40 Marion Fawkes	54:32	27-Mar-89							
10K Road Walk	W40 Lyn Ventris	53:01	05-Apr-99							
10K Road Walk	W40 Lyn Ventris	52:39	20-Jun-99							
10K Road Walk	W40 Lyn Ventris	51:19	24-Apr-00							
10K Road Walk	W40 Lyn Ventris	47:25	17-Apr-01	S	A			92.66%		
10K Road Walk	W45 Nora Berry	86:29	05-Nov-78							
10K Road Walk	W45 Margaret Stone	66:17	04-Apr-88							
10K Road Walk	W45 Margaret Stone	64:38	27-Mar-89							
10K Road Walk	W45 Jacqueline Billington	63:29	01-Jul-89							
10K Road Walk	W45 Margaret Stone	61:48	16-Apr-90							
10K Road Walk	W45 Barbara Atkinson	60:00.38	20-Jul-97							
10K Road Walk	W45 Lyn Ventris	50:47	12-Oct-02							
10K Road Walk	W45 Lyn Howell (Ventris)	49:47.6	21-Apr-03				HT	Perry Lakes		
10K Road Walk	W45 Lyn Ventris	48:54	12-Apr-04				HT	Melbourne		
10K Road Walk	W45 Lyn Ventris	48:34	17-Apr-06	S	A		HT	Canberra	94.60%	
10K Road Walk	W50 Shirley Cross	78:02	01-Dec-87							
10K Road Walk	W50 Jacqui Beamont	74:48	27-Mar-89							
10K Road Walk	W50 Dorothy Whittam	68:20	01-Apr-91							
10K Road Walk	W50 Dorothy Whittam	67:20	18-May-91							
10K Road Walk	W50 Lesley Romeo	66:05	08-Apr-96							
10K Road Walk	W50 Lyn Ventris	48:27	09-Apr-07	S	A	W	HT	Hobart	<b>95.75%</b>	
10K Road Walk	W55 Valerie Tyson	86:29	05-Nov-78							
10K Road Walk	W55 Lorna Lauchlan	65:39	01-Jul-89							
10K Road Walk	W55 Valerie Millard	65:01	12-Apr-04	S			HT	Melbourne	76.85%	
10K Road Walk	W60 Valerie Wheeler	88:02	01-Oct-94							
10K Road Walk	W60 Valerie Wheeler	84:16	08-Apr-96							
10K Road Walk	W60 Dorothy Whittam	72:36	15-Feb-98							
10K Road Walk	W60 Lynne Schickert	70:18.0	17-Jan-02							
10K Road Walk	W60 Lynne Schickert	70:11.2	21-Jul-02							
10K Road Walk	W60 Lorraine Lopes	68:12	27-Jun-04							
10K Road Walk	W60 Lorraine Lopes	67:13	18-Jul-04							
10K Road Walk	W60 Lynne Schickert	65:04	05-Jun-05	U						
10K Road Walk	W60 Valerie Millard	66:37	21-Jul-07	S			HT	Melbourne	77.74%	
10K Road Walk	W65 Valerie Tyson	72:52	03-Apr-88							
10K Road Walk	W65 Valerie Tyson	72:46	27-Mar-89							
10K Road Walk	W65 Lorna Lauchlan	72:03	08-Apr-96							
10K Road Walk	W65 Lorraine Lopes	66:00	05-Jun-05	S				83.85%		
10K Road Walk	W70 Valerie Tyson	81:25	14-Jun-92							
10K Road Walk	W70 Valerie Tyson	78:54	28-Jun-92							
10K Road Walk	W70 Lorna Lauchlan	74:42	02-Apr-01							
10K Road Walk	W70 Lorna Lauchlan	71:37	26-Jun-01	S				84.70%		
10K Road Walk	W75 Glenice Shanahan	1:55:00	17-Jun-01					57.66%		
10K Road Walk	W75 Lorna Lauchlan	86:47	07-Jun-09					81.13%		
10K Road Walk	W75 Sylvia Byers	81:12.2	05-Apr-10	S				Perry Lakes	80.12%	
10K Road Walk	W80 Lorna Lauchlan	82:18.4	05-Apr-10	S				Perry Lakes	87.38%	
	<b>20 Kilometres Road Walk</b>			S						
20K Road Walk	W30			S						
20K Road Walk	W35 Joy Sanger	2:30:00	11-Oct-87	S				57.08%		
20K Road Walk	W40 Lyn Ventris	01:39:26	13-May-01	S	A			92.14%		
20K Road Walk	W45 Lyn Ventris	1:45:20	29-Feb-04		X	X	HT		89.17%	
20K Road Walk	W45 Lyn Ventris	01:44:09	18-Apr-04		X	X	HT	Auckland	90.18%	
20K Road Walk	W45 Lyn Ventris	1:39:09	06-Mar-05		X	X	HT (100.c	Sydney	95.67%	
20K Road Walk	W45 Lyn Ventris	1:34:44	16-Dec-01	S	A	W	HT (102.1	Melbourne	97.28%	
20K Road Walk	W50 Lyn Ventris	1:42:28	24-Jun-07				HT	Perth(undf WR)	94.49%	
20K Road Walk	W50 Lyn Ventris	1:54:52	14-Sep-07				HT	Riccione	84.29%	
20K Road Walk	W50 Lyn Ventris	1:45:13	14-Dec-08		X	X	HT	Melbourne	94.02%	
20K Road Walk	W50 Lyn Ventris	1:45:04	16-Jul-10		X	X	HT	Perth	95.15%	
20K Road Walk	W50 Lyn Ventris	1:39:51	29-May-11	S	A	W	HT	Melbourne	<b>101.33%</b>	

20K Road Walk	W55							
20K Road Walk	W60 Lynne Schickert	2:37:44	18-Apr-04	S	HT	Auckland	71.04%	
20K Road Walk	W65 Lynne Schickert	2:36:55	14-Sep-07		HT	Riccione	74.63%	
20K Road Walk	W65 Lynne Schickert	2:35:19.9	16-Jul-11	S	ET	Sacramento	80.40%	
	<b>High Jump</b>			S				
High Jump	W30 Eileen Hindle	1.49	20-Dec-81	S			72.33%	
High Jump	W35 Vanessa Ward	1.80	10-Jan-98	O				
High Jump	W35 Kath Counsel	1.06	31-Jan-82					
High Jump	W35 Erica Mercer	1.34	01-Jan-83					
High Jump	W35 Eileen Hindle	1.49	04-Mar-85					
High Jump	W35 Carolyn Wills	1.55	12-Mar-05			ECAC		
High Jump	W35 Carolyn Wills	1.56	15-Mar-08	S		ECAC	<b>80.41%</b>	
High Jump	W40 Erica Mercer	1.20	01-Apr-84					
High Jump	W40 Erica Mercer	1.22	23-Mar-85					
High Jump	W40 Erica Mercer	1.27	15-Mar-86					
High Jump	W40 Eileen Hindle	1.45	25-Mar-89	S			76.37%	
High Jump	W45 Thelma Manley	1.20	01-Apr-82					
High Jump	W45 Eileen Hindle	1.36	20-Mar-94	S			76.01%	
High Jump	W45 Debra Cox	1.45	19-Nov-10	O		WAAS	81.92%	
High Jump	W50 Thelma Manley	1.15	15-Mar-86					
High Jump	W50 Sheila Howard	1.15	28-Mar-93					
High Jump	W50 Erica Mercer	1.17	01-Jul-94					
High Jump	W50 Eileen Hindle	1.20	25-Mar-00	S			72.29%	
High Jump	W55 Dorothy Anderson	1.10	13-Jan-90					
High Jump	W55 Dot Nicholaidis	1.10	20-Mar-94					
High Jump	W55 Dot Jarvis	1.10	12-Mar-05			ECAC		
High Jump	W55 Dot Jarvis	1.11	25-Mar-06	S		ECAC	70.69%	
High Jump	W60 Ruth Johnson	0.95	23-Mar-02					
High Jump	W60 Ruth Johnson	1.04	20-Oct-02					
High Jump	W60 Ruth Johnson	1.09	19-Apr-03	S		Perry Lakes	76.76%	
High Jump	W65 Ruth Johnson	0.95	14-Feb-06			Bunbury		
High Jump	W65 Ruth Johnson	1.00	25-Mar-06			ECAC		
High Jump	W65 Ruth Johnson	1.03	26-Dec-06			Bunbury	76.22%	
High Jump	W65 Brenda Painter	1.03	15-Dec-10			Albany	77.44%	
High Jump	W65 Brenda Painter	1.05	19-Jan-11	S		Albany	78.95%	
High Jump	W65 Brenda Painter	1.05	22-Apr-11	S		Brisbane	78.95%	
High Jump	W70							
High Jump	W75							
High Jump	W80							
	<b>Long Jump</b>			S				
Long Jump	W30 J. Wijesundera	3.96	28-Jan-80					
Long Jump	W30 Eileen Hindle	6.07	25-Mar-79	O		Perry Lakes		
Long Jump	W30 Eileen Hindle	5.40	01-Jan-82					
Long Jump	W30 Eileen Hindle	5.55	10-Apr-82	S			75.34%	
Long Jump	W35 Kath Holland	5.19	09-Apr-77					
Long Jump	W35 Eileen Hindle	5.68	02-Mar-85					
Long Jump	W35 Eileen Hindle	5.70	28-Feb-87					
Long Jump	W35 Eileen Hindle	5.72	01-Jan-88	S			75.51%	
Long Jump	W40 Dorothy Whittam	3.37	11-Dec-80					
Long Jump	W40 Dorothy Whittam	3.78	02-Apr-81					
Long Jump	W40 Dorothy Whittam	3.92	31-May-84					
Long Jump	W40 Janet Jarvis	4.28	11-Feb-86					
Long Jump	W40 Janet Jarvis	4.29	16-Mar-86					
Long Jump	W40 Janet Jarvis	4.77	15-Jan-87					
Long Jump	W40 Janet Jarvis	5.12	04-Dec-87					
Long Jump	W40 Eileen Hindle	5.40	29-Jan-89					
Long Jump	W40 Eileen Hindle	5.47	04-Feb-89	S			82.78%	
Long Jump	W45 Dorothy Goodwin	4.22	25-Jan-79					
Long Jump	W45 Kath Holland	4.47	25-Mar-89					
Long Jump	W45 Janet Jarvis	4.67	31-Mar-90					
Long Jump	W45 Eileen Hindle	4.91	16-Jan-94					
Long Jump	W45 Eileen Hindle	5.03	04-Jan-95					
Long Jump	W45 Eileen Hindle	5.14	01-Feb-95	S			81.33%	
Long Jump	W50 Lorna Lauchlan	2.43	11-Dec-80					
Long Jump	W50 Lorna Lauchlan	2.43	01-Mar-81					
Long Jump	W50 Lorna Lauchlan	2.55	02-Apr-81					
Long Jump	W50 Lorna Lauchlan	2.69	15-Oct-81					
Long Jump	W50 Thelma Manley	2.94	16-Mar-86					
Long Jump	W50 Dorothy Whittam	3.79	04-Dec-86					
Long Jump	W50 Dorothy Whittam	4.10	04-Apr-87					
Long Jump	W50 Dorothy Whittam	4.24	28-Nov-87					
Long Jump	W50 Kath Holland	4.38	04-Apr-92					
Long Jump	W50 Eileen Hindle	4.70	14-Jan-98	S			78.51%	
Long Jump	W55 Valerie Tyson	2.20	11-Dec-80					
Long Jump	W55 Pat Carr	3.39	28-Mar-87					
Long Jump	W55 Pat Carr	3.76	01-Feb-88					
Long Jump	W55 Dorothy Anderson	4.09	31-Mar-90		X			
Long Jump	W55 Eileen Hindle	4.12	22-Jan-04	S		ECAC	73.97%	
Long Jump	W60 Pat Carr	3.65	19-Feb-92					
Long Jump	W60 Pat Carr	3.83	27-Mar-93					
Long Jump	W60 Pat Carr	3.86	09-Oct-93					
Long Jump	W60 Dorothy Whittam	3.87	15-Mar-97	S			75.12%	
Long Jump	W65 Valerie Tyson	1.83	19-Mar-88					
Long Jump	W65 Pat Carr	3.47	09-Mar-97					
Long Jump	W65 Pat Carr	3.61	15-Mar-97					
Long Jump	W65 Pat Carr	3.68	19-Jul-97					
Long Jump	W65 Pat Carr	3.76	15-Jan-98		X			
Long Jump	W65 Pat Carr	3.85	28-Mar-98	S	A		82.80%	
Long Jump	W70 Phyllis Head	1.19	27-Mar-93					
Long Jump	W70 Glenice Shanahan	1.95	01-Apr-95					
Long Jump	W70 Pat Carr	3.51	23-Mar-02	S	A		81.31%	
Long Jump	W75 Phyllis Head	1.05	22-Nov-95					
Long Jump	W75 Phyllis Head	1.07	06-Apr-96					
Long Jump	W75 Phyllis Head	1.13	27-Nov-96					

Long Jump	W75	Glenice Shanahan	1.45	25-Mar-00						
Long Jump	W75	Pat Carr	3.09	08-Mar-07		X	+0.5	ECAC		
Long Jump	W75	Pat Carr	3.23	24-Mar-07	S	A	-0.7	ECAC	<b>82.83%</b>	
Long Jump	W80	Phyllis Head	0.89	04-Jan-00						
Long Jump	W80	Phyllis Head	0.92	10-Feb-04	S			Bunbury	27.06%	
Long Jump	W85									
		<b>TripleJump</b>				S				
TripleJump	W30	Joy Sanger	8.67	04-Feb-86						
TripleJump	W30	Pauline Dawson	9.14	05-Apr-87						
TripleJump	W30	Pauline Dawson	9.96	26-Mar-89						
TripleJump	W30	Katrina Spilsbury	10.21	19-Feb-98						
TripleJump	W30	Katrina Spilsbury	10.37	29-Mar-98						
TripleJump	W30	Katrina Spilsbury	10.43	28-Jan-99						
TripleJump	W30	Katrina Spilsbury	10.45	21-Mar-99					70.66%	
TripleJump	W30	Melissa Foster	10.53	03-Mar-11	S		+1.9	ECAC	70.39%	
TripleJump	W35	Kath Holland	8.82	22-Feb-79						
TripleJump	W35	Eileen Hindle	9.69	18-Feb-86						
TripleJump	W35	Eileen Hindle	11.57	01-Mar-87	S	A	X		82.82%	
TripleJump	W40	Janet Jarvis	7.93	03-Dec-85						
TripleJump	W40	Janet Jarvis	8.67	04-Feb-86						
TripleJump	W40	Janet Jarvis	8.79	18-Feb-86						
TripleJump	W40	Janet Jarvis	10.04	27-Nov-86						
TripleJump	W40	Janet Jarvis	10.11	18-Apr-87						
TripleJump	W40	Janet Jarvis	10.44	01-Dec-87						
TripleJump	W40	Eileen Hindle	10.90	14-Jan-89	S	X	X		79.91%	
TripleJump	W45	Dorothy Whittam	7.75	19-Nov-83						
TripleJump	W45	Dorothy Whittam	8.06	03-Dec-85						
TripleJump	W45	Kath Holland	9.43	20-Mar-88						
TripleJump	W45	Janet Jarvis	9.45	01-Apr-90						
TripleJump	W45	Janet Jarvis	9.46	26-Jan-91						
TripleJump	W45	Janet Jarvis	9.52	30-Jan-91						
TripleJump	W45	Janet Jarvis	9.55	16-Feb-91						
TripleJump	W45	Janet Jarvis	9.76	17-Mar-91						
TripleJump	W45	Janet Jarvis	10.06	31-Mar-91						
TripleJump	W45	Eileen Hindle	10.13	20-Mar-94	S				79.08%	
TripleJump	W50	Lorna Lauchlan	6.04	19-Nov-83						
TripleJump	W50	Dorothy Whittam	8.45	19-Feb-87						
TripleJump	W50	Dorothy Whittam	8.76	19-Apr-87			X			
TripleJump	W50	Dorothy Whittam	9.28	29-Nov-87			X	X		
TripleJump	W50	Dorothy Whittam	9.32	03-Dec-88	S				79.93%	
TripleJump	W55	Lorna Lauchlan	5.08	03-Dec-85						
TripleJump	W55	Lorna Lauchlan	5.48	29-Nov-86						
TripleJump	W55	Pat Carr	7.59	05-Apr-87						
TripleJump	W55	Pat Carr	7.60	01-Sep-87						
TripleJump	W55	Pat Carr	8.75	28-Nov-87			X	X		
TripleJump	W55	Dorothy Whittam	8.76	20-Mar-94	S		X		82.10%	
TripleJump	W60	Pat Carr	6.98	16-Dec-92						
TripleJump	W60	Pat Carr	7.53	13-Jan-93						
TripleJump	W60	Pat Carr	7.78	28-Mar-93						
TripleJump	W60	Pat Carr	8.29	12-Apr-93			X			
TripleJump	W60	Pat Carr	8.32	13-Oct-93	S		X		81.81%	
TripleJump	W65	Pat Carr	8.03	15-Mar-97	S		A		84.44%	
TripleJump	W65	Pat Carr	8.03	04-Aug-99	S		A	-1.1	Gateshead	87.48%
TripleJump	W70	Glenice Shanahan	4.44	21-Nov-97						
TripleJump	W70	Pat Carr	7.64	24-Mar-02	S		A		<b>88.02%</b>	
TripleJump	W75	Pat Carr	6.71	25-Mar-07	S		A	-1.1	ECAC	85.37%
TripleJump	W80									
TripleJump	W85									
		<b>Pole Vault</b>				S				
Pole Vault	W30	Sally Wijesundera	1.80	04-Feb-96	O				35.71%	
Pole Vault	W35									
Pole Vault	W40									
Pole Vault	W45									
Pole Vault	W50									
Pole Vault	W55									
Pole Vault	W60									
Pole Vault	W65									
Pole Vault	W70									
Pole Vault	W75									
		<b>Discus (1kg) W30 – W75</b>				S				
Discus Throw	W30	Lesley Brown	15.83	13-Dec-79						
Discus Throw	W30	J. Wijesundera	17.20	28-Jan-80						
Discus Throw	W30	Eileen Hindle	18.44	20-Dec-81						
Discus Throw	W30	Kath Counsel	20.38	26-Feb-82						
Discus Throw	W30	Cathrin Holland	26.74	12-Feb-87						
Discus Throw	W30	Cathrin Holland	28.36	01-Sep-87						
Discus Throw	W30	Cathrin Holland	28.50	15-Mar-89						
Discus Throw	W30	Cathrin Holland	29.79	26-Oct-89						
Discus Throw	W30	Cathrin Holland	34.20	01-Mar-90						
Discus Throw	W30	Byrony Glass	37.79	06-Apr-07					Hobart	
Discus Throw	W30	Byrony Glass	39.36	22-Mar-08					Sydney	
Discus Throw	W30	Byrony Glass	39.66	15-Mar-09	S				Perry Lakes	51.64%
Discus Throw	W35	Kath Holland	26.26	10-Apr-77						
Discus Throw	W35	Barbara Campbell	29.04	03-Dec-77						
Discus Throw	W35	Cathrin Holland	29.70	29-Mar-92						
Discus Throw	W35	Cathrin Holland	33.54	05-Apr-92	S				44.93%	
Discus Throw	W40	Dorothy Whittam	18.75	13-Dec-79						
Discus Throw	W40	Dorothy Whittam	19.14	16-Oct-80						
Discus Throw	W40	Kath Holland	22.76	14-Jan-82						
Discus Throw	W40	Jan Fletcher	25.22	05-Apr-87						
Discus Throw	W40	Lynn Sarter	29.56	25-Mar-89						
Discus Throw	W40	Louise Oswald	30.08	27-Oct-09	S				WAAS	43.36%
Discus Throw	W45	Dorothy Goodwin	19.20	18-Feb-79						

Discus Throw	W45 Dorothy Whittam	19.92	30-Jan-81					
Discus Throw	W45 Dorothy Whittam	20.00	30-Jan-83					
Discus Throw	W45 Kath Holland	22.58	21-Jan-87					
Discus Throw	W45 Kath Holland	23.80	05-Feb-87					
Discus Throw	W45 Kath Holland	24.24	25-Mar-89					
Discus Throw	W45 Sharon Moloney	26.34	30-Oct-07			Bunbury		
Discus Throw	W45 Sharon Moloney	28.36	20-Nov-07	S		Bunbury	44.25%	
Discus Throw	W50 Lorna Lauchlan	13.20	06-Nov-80					
Discus Throw	W50 Lorna Lauchlan	14.98	12-Nov-81					
Discus Throw	W50 Lorna Lauchlan	13.70	12-Nov-81					
Discus Throw	W50 Dorothy Whittam	19.84	08-Jan-87					
Discus Throw	W50 Dorothy Whittam	19.96	26-Mar-87					
Discus Throw	W50 Kath Holland	22.82	01-Apr-90					
Discus Throw	W50 Kath Holland	25.10	17-Mar-91					
Discus Throw	W50 Kate Glass	26.25	27-Mar-04	S		ECAC	48.09%	
Discus Throw	W55 Valerie Tyson	8.48	15-Nov-79					
Discus Throw	W55 Lorna Lauchlan	13.20	22-Oct-85					
Discus Throw	W55 Lorna Lauchlan	13.78	01-Nov-85					
Discus Throw	W55 Pat Carr	15.10	26-Mar-87					
Discus Throw	W55 Lorna Lauchlan	15.53	01-Feb-88					
Discus Throw	W55 Dorothy Anderson	17.24	01-Apr-90					
Discus Throw	W55 Dorothy Whittam	18.26	05-Apr-92					
Discus Throw	W55 Dorothy Whittam	19.04	03-Jan-93					
Discus Throw	W55 Noela Medcalf	20.02	17-Oct-94					
Discus Throw	W55 Kath Holland	20.24	16-Jan-97					
Discus Throw	W55 Kath Holland	20.38	27-Feb-97					
Discus Throw	W55 Kath Holland	21.02	16-Mar-97					
Discus Throw	W55 Kate Glass	24.37	22-Feb-05			McGillivray		
Discus Throw	W55 Kate Glass	26.21	07-Mar-06			McGillivray		
Discus Throw	W55 Kate Glass	26.45	26-Mar-06			ECAC		
Discus Throw	W55 Kate Glass	26.71	19-Dec-06	S		McGillivray	50.91%	
Discus Throw	W60 Phyllis Head	10.72	20-Mar-83					
Discus Throw	W60 Phyllis Head	11.10	01-Apr-84					
Discus Throw	W60 Raema McMillan	17.07	01-Feb-88					
Discus Throw	W60 Raema McMillan	17.24	27-Oct-88					
Discus Throw	W60 Raema McMillan	17.38	08-Dec-88					
Discus Throw	W60 Noela Medcalf	21.06	07-Mar-96					
Discus Throw	W60 Luella Jenkins	21.14	11-Mar-03					
Discus Throw	W60 Bev Hamilton	23.02	07-Dec-06			ECAC		
Discus Throw	W60 Bev Hamilton	23.37	14-Dec-06			ECAC		
Discus Throw	W60 Bev Hamilton	23.55	22-Feb-07			ECAC		
Discus Throw	W60 Bev Hamilton	23.55	27-Feb-07			McGillivray		
Discus Throw	W60 Bev Hamilton	24.42	25-Mar-07	S		ECAC	51.75%	
Discus Throw	W65 Phyllis Head	11.21	16-Mar-86					
Discus Throw	W65 Valerie Tyson	12.55	01-Feb-88					
Discus Throw	W65 Valerie Tyson	13.07	08-Mar-90					
Discus Throw	W65 Valerie Tyson	13.72	06-Mar-91					
Discus Throw	W65 Raema McMillan	17.72	06-Jan-93					
Discus Throw	W65 Raema McMillan	17.80	28-Mar-93					
Discus Throw	W65 Raema McMillan	18.54	01-May-93					
Discus Throw	W65 Raema McMillan	19.88	20-Mar-94				47.44%	
Discus Throw	W65 Bev Hamilton	22.30	17-Dec-10				51.90%	
Discus Throw	W65 Bev Hamilton	23.16	21-Apr-11	S		Brisbane	53.90%	
Discus Throw	W70 Betty Baumann	10.54	08-Jan-87					
Discus Throw	W70 Betty Baumann	11.14	05-Apr-87					
Discus Throw	W70 Valerie Tyson	12.80	28-Mar-93					
Discus Throw	W70 Raema McMillan	18.17	07-Jan-99				49.60%	
Discus Throw	W70 Barbara Campbell	20.19	02-Dec-10	S		ECAC	53.57%	
Discus Throw	W75 Betty Baumann	10.83	19-Mar-88					
Discus Throw	W75 Betty Baumann	13.14	23-Feb-89					
Discus Throw	W75 Raema McMillan	15.92	19-Apr-03					
Discus Throw	W75 Raema McMillan	15.98	09-Oct-04			Perry Lakes, AMA Champs.		
Discus Throw	W75 Raema McMillan	16.02	21-Nov-06			Perry Lakes		
Discus Throw	W75 Raema McMillan	16.29	19-Dec-06			McGillivray		
Discus Throw	W75 Raema McMillan	16.49	13-Mar-07			McGillivray	58.52%	
Discus Throw	W80 Betty Baumann	9.42	28-Mar-93				29.51%	
	<b>Discus (0.75kg) W75+ (WMA 2009)</b>			S				
Discus Throw	W75 Raema McMillan	18.56	14-Dec-04	S	X	McGillivray		
Discus Throw	W80 Raema McMillan	17.29	16-Mar-08	S	A	ECAC		
	<b>Hammer (4kg) W30 - W45</b>			S				
Hammer Throw	W30 Joan Merrifield	11.56	27-Jan-93					
Hammer Throw	W30 Sharon Moloney	15.18	20-Mar-94					
Hammer Throw	W30 Sharon Moloney	18.86	17-Oct-94					
Hammer Throw	W30 Sharon Moloney	20.22	31-Mar-95					
Hammer Throw	W30 Sharon Moloney	22.74	17-Jan-96					
Hammer Throw	W30 Tracey Brown	33.98	28-Mar-04			ECAC		
Hammer Throw	W30 Tracey Brown	34.10	10-Apr-04			Melbourne		
Hammer Throw	W30 Sally Wijesundera	38.90	04-Feb-96					
Hammer Throw	W30 Byrony Glass	53.93	06-Apr-07		X	Hobart		
Hammer Throw	W30 Byrony Glass	54.12	13-Jan-08		X	Perry Lakes		
Hammer Throw	W30 Byrony Glass	54.22	20-Jan-08		X	Perry Lakes		
Hammer Throw	W30 Byrony Glass	55.17	27-Jan-08		X	Perry Lakes		
Hammer Throw	W30 Byrony Glass	55.76	09-Mar-08		X	Perry Lakes		
Hammer Throw	W30 Byrony Glass	56.23	19-Oct-08			Perry Lakes	75.62%	
Hammer Throw	W30 Byrony Glass	57.73	11-Jan-09			Perry Lakes	77.64%	
Hammer Throw	W30 Byrony Glass	57.77	28-Feb-09			Perry Lakes	77.69%	
Hammer Throw	W30 Byrony Glass	58.72	02-Apr-10			WAAS	82.72%	
Hammer Throw	W30 Byrony Glass	60.21	19-Apr-10	S		WAAS	84.82%	
Hammer Throw	W35 Joy Sanger	9.72	20-Nov-86					
Hammer Throw	W35 Sandra Smith	19.22	28-Mar-93					
Hammer Throw	W35 Sandra Smith	20.56	20-Mar-94					
Hammer Throw	W35 Sandra Smith	22.14	15-Mar-97	S			32.74%	
Hammer Throw	W40 Sandi Hodge	12.66	20-Nov-86					
Hammer Throw	W40 Lynn Carter	34.52	24-Mar-89	S	X	X	58.31%	

Hammer Throw	W45 Margaret Stone	15.44	01-Mar-88			
Hammer Throw	W45 Margaret Stone	16.80	11-Nov-89			
Hammer Throw	W45 Margaret Stone	17.18	10-Feb-90			
Hammer Throw	W45 Margaret Stone	18.74	15-Apr-90			
Hammer Throw	W45 Toni Frank	19.80	26-Jan-91			
Hammer Throw	W45 Jan Main	20.18	26-Nov-95			
Hammer Throw	W45 Eileen Hindle	21.06	21-Dec-96			
Hammer Throw	W45 Eileen Hindle	21.20	16-Jan-97			
Hammer Throw	W45 Eileen Hindle	21.84	25-Jan-97			
Hammer Throw	W45 Eileen Hindle	22.12	14-Mar-97			
Hammer Throw	W45 Eileen Hindle	26.12	21-Oct-99	S		59.32%
	<b>Hammer (3kg) W50+</b>			S		
Hammer Throw	W50 Dorothy Whittam	14.58	20-Nov-86			
Hammer Throw	W50 Dorothy Whittam	24.62	01-Nov-87			
Hammer Throw	W50 Dorothy Whittam	25.80	01-Apr-88			
Hammer Throw	W50 Eileen Hindle	26.65	24-Mar-00			
Hammer Throw	W50 Kate Glass	37.36	19-Apr-03		Perry Lakes, AMA Champs.	
Hammer Throw	W50 Kate Glass	41.81	10-Apr-04		Melbourne	
Hammer Throw	W50 Kate Glass	43.27	07-Dec-04	S	McGillivray	75.74%
Hammer Throw	W55 Lorna Lauchlan	12.14	01-Mar-87			
Hammer Throw	W55 Lorna Lauchlan	17.26	02-Nov-89			
Hammer Throw	W55 Dorothy Whittam	23.00	16-Nov-91			
Hammer Throw	W55 Dorothy Whittam	23.74	07-Dec-91			
Hammer Throw	W55 Dorothy Whittam	24.12	21-Oct-92			
Hammer Throw	W55 Dorothy Whittam	24.44	07-Nov-92			
Hammer Throw	W55 Eileen Hindle	25.15	29-Jan-04		ECAC	
Hammer Throw	W55 Eileen Hindle	26.22	12-Feb-04		ECAC	
Hammer Throw	W55 Kate Glass	40.25	01-Mar-05		McGillivray	
Hammer Throw	W55 Kate Glass	41.46	13-Mar-05		ECAC	
Hammer Throw	W55 Kate Glass	41.73	27-Feb-07	S	McGillivray	76.00%
Hammer Throw	W60 Raema McMillan	14.76	24-Mar-89			
Hammer Throw	W60 Raema McMillan	14.94	10-Mar-91			
Hammer Throw	W60 Raema McMillan	15.38	05-Apr-92			
Hammer Throw	W60 Lorna Lauchlan	15.48	27-Jan-93			
Hammer Throw	W60 Noela Medcalf	18.68	31-Mar-95			
Hammer Throw	W60 Noela Medcalf	20.64	30-Apr-95			
Hammer Throw	W60 Noela Medcalf	20.90	06-Apr-96			
Hammer Throw	W60 Dorothy Whittam	21.86	05-Dec-96			
Hammer Throw	W60 Dorothy Whittam	22.86	14-Mar-97			
Hammer Throw	W60 Dorothy Whittam	23.20	15-Mar-97			
Hammer Throw	W60 Dorothy Whittam	23.30	18-Dec-97			
Hammer Throw	W60 Dorothy Whittam	23.93	20-Mar-99			
Hammer Throw	W60 Bev Hamilton	26.09	28-Mar-09		ECAC	55.35%
Hammer Throw	W60 Bev Hamilton	26.55	14-Feb-10		WAAS	57.68%
Hammer Throw	W60 Bev Hamilton	27.60	19-Feb-10		WAAS	59.96%
Hammer Throw	W60 Bev Hamilton	28.20	26-Feb-10		WAAS	61.26%
Hammer Throw	W60 Kate Glass	34.20	02-Apr-10		WAAS	67.76%
Hammer Throw	W60 Kate Glass	35.31	04-Apr-10		WAAS	69.96%
Hammer Throw	W60 Kate Glass	36.11	09-Jul-11	S	Sacramento	73.16%
Hammer Throw	W65 Raema McMillan	13.76	28-Mar-93			
Hammer Throw	W65 Raema McMillan	17.24	01-May-93			
Hammer Throw	W65 Raema McMillan	18.32	05-Apr-96			
Hammer Throw	W65 Raema McMillan	19.62	06-Apr-96			
Hammer Throw	W65 Dorothy Whittam	23.81	15-Mar-02			53.00%
Hammer Throw	W65 Bev Hamilton	28.70	09-Dec-10		ECAC	63.84%
Hammer Throw	W65 Bev Hamilton	28.94	08-Apr-11	S	WAAS	64.42%
Hammer Throw	W70 Phyllis Head	5.68	20-Mar-94			
Hammer Throw	W70 Raema McMillan	16.26	20-Mar-99			
Hammer Throw	W70 Raema McMillan	18.07	25-Mar-00			
Hammer Throw	W70 Dorothy Whittam	20.53	15-Mar-08	S	ECAC	53.66%
Hammer Throw	W75 Phyllis Head	4.06	21-Feb-96			
Hammer Throw	W75 Phyllis Head	4.32	05-Apr-96			
Hammer Throw	W75 Phyllis Head	4.88	18-Dec-96			
Hammer Throw	W75 Phyllis Head	5.38	15-Mar-97			
Hammer Throw	W75 Phyllis Head	5.52	21-Jan-98			
Hammer Throw	W75 Phyllis Head	6.01	10-Feb-98			
Hammer Throw	W75 Phyllis Head	6.09	03-Mar-98			
Hammer Throw	W75 Raema McMillan	16.71	20-Apr-03		Perry Lakes, AMA Champs.	
Hammer Throw	W75 Raema McMillan	16.92	28-Nov-06		McGillivray	
Hammer Throw	W75 Raema McMillan	18.20	12-Dec-06		McGillivray	59.69%
Hammer Throw	W80 Phyllis Head	4.50	04-Jan-00			
Hammer Throw	W80 Phyllis Head	4.82	24-Mar-00			
Hammer Throw	W80 Phyllis Head	5.31	25-Mar-00			
Hammer Throw	W80 Raema McMillan	15.45	18-Dec-07		McGillivray	54.65%
	<b>Hammer (2kg) W75+ (WMA 2009)</b>			S		
Hammer Throw	W75 Raema McMillan	15.75	07-Dec-04		McGillivray	
Hammer Throw	W75 Raema McMillan	21.04	21-Dec-04	S	McGillivray	
Hammer Throw	W80 Raema McMillan	20.18	18-Dec-07		McGillivray	
Hammer Throw	W80 Raema McMillan	20.96	28-Mar-09		ECAC	
Hammer Throw	W80 Raema McMillan	21.91	02-Apr-10		WAAS	
Hammer Throw	W80 Raema McMillan	22.36	04-Apr-10	S	WAAS	
	<b>Heavy Weight Throw (9.08kg) W30 - W45</b>			S		
Heavy Weight Throw	W30 Sharon Moloney	6.50	05-Apr-96			
Heavy Weight Throw	W30 Katrina Spilsbury	6.59	05-Mar-98			
Heavy Weight Throw	W30 Tracey Brown	10.30	11-Mar-04		ECAC	
Heavy Weight Throw	W30 Tracey Brown	10.81	27-Mar-04		ECAC	
Heavy Weight Throw	W30 Tracey Brown	12.18	12-Apr-04		Melbourne	
Heavy Weight Throw	W30 Byrony Glass	15.95	08-Apr-07	X	Hobart	
Heavy Weight Throw	W30 Byrony Glass	16.41	09-Apr-07	X	Hobart	
Heavy Weight Throw	W30 Byrony Glass	16.44	16-Mar-08	X	ECAC	
Heavy Weight Throw	W30 Byrony Glass	17.41	29-Mar-09		ECAC	87.75%
Heavy Weight Throw	W30 Byrony Glass	17.59	13-Apr-09		Adelaide	90.16%
Heavy Weight Throw	W30 Byrony Glass	17.75	05-Apr-10	S	WAAS	92.59%
Heavy Weight Throw	W35 Sandra Smith	7.20	05-Apr-96			

Heavy Weight Throw	W35 Sandra Smith	8.15	15-Mar-97	S		47.47%
Heavy Weight Throw	W40 Sandra Smith	8.25	28-Mar-98			48.99%
Heavy Weight Throw	W40 Louise Oswald	8.30	12-Jan-10		McGillivray	51.33%
Heavy Weight Throw	W40 Louise Oswald	8.48	02-Feb-10		McGillivray	52.55%
Heavy Weight Throw	W40 Louise Oswald	8.74	23-Mar-10		McGillivray	54.05%
Heavy Weight Throw	W40 Louise Oswald	9.21	04-Apr-10	S	WAAS	56.69%
Heavy Weight Throw	W45 Jan Main	5.16	05-Apr-96			
Heavy Weight Throw	W45 Eileen Hindle	6.92	10-Oct-96			
Heavy Weight Throw	W45 Eileen Hindle	7.86	09-Oct-97			
Heavy Weight Throw	W45 Eileen Hindle	7.95	21-Nov-97			
Heavy Weight Throw	W45 Eileen Hindle	8.35	05-Feb-98			
Heavy Weight Throw	W45 Eileen Hindle	8.81	05-Mar-98	S		63.66%
	<b>Heavy Weight Throw (7.26kg) W50 - W55</b>			S		
Heavy Weight Throw	W50 Luella Jenkins	6.12	05-Apr-96			
Heavy Weight Throw	W50 Pixie Doore	7.42	28-Mar-98			
Heavy Weight Throw	W50 Eileen Hindle	9.18	20-Mar-99			
Heavy Weight Throw	W50 Eileen Hindle	9.55	04-Nov-99			
Heavy Weight Throw	W50 Kate Glass	11.94	21-Apr-03		Perry Lakes, AMA Champs	
Heavy Weight Throw	W50 Kate Glass	12.17	27-Mar-04		ECAC	
Heavy Weight Throw	W50 Kate Glass	12.79	10-Apr-04	S	Melbourne	70.98%
Heavy Weight Throw	W55 Dorothy Whittam	8.24	12-Jan-92			
Heavy Weight Throw	W55 Eileen Hindle	8.97	11-Mar-04		ECAC	
Heavy Weight Throw	W55 Eileen Hindle	9.30	28-Mar-04		ECAC	
Heavy Weight Throw	W55 Kate Glass	12.70	12-Mar-05		ECAC	
Heavy Weight Throw	W55 Kate Glass	12.79	17-Apr-06	S	Canberra	73.71%
	<b>Heavy Weight Throw (5.45kg) W60+</b>			S		
Heavy Weight Throw	W60 Dorothy Whittam	9.37	10-Oct-96			
Heavy Weight Throw	W60 Dorothy Whittam	9.37	15-Mar-97			
Heavy Weight Throw	W60 Dorothy Whittam	9.58	05-Feb-98			
Heavy Weight Throw	W60 Dorothy Whittam	10.33	28-Mar-98			
Heavy Weight Throw	W60 Bev Hamilton	10.79	28-Mar-09		ECAC	62.33%
Heavy Weight Throw	W60 Bev Hamilton	10.79	29-Mar-09		ECAC	62.33%
Heavy Weight Throw	W60 Bev Hamilton	11.05	13-Apr-09		Adelaide	63.84%
Heavy Weight Throw	W60 Bev Hamilton	12.35	12-Oct-09		Sydney	71.35%
Heavy Weight Throw	W60 Kate Glass	12.90	04-Apr-10		WAAS	69.95%
Heavy Weight Throw	W60 Kate Glass	13.44	03-Apr-11	S	ECAC	74.17%
Heavy Weight Throw	W65 Raema McMillan	7.33	05-Apr-96			
Heavy Weight Throw	W65 Raema McMillan	7.85	15-Mar-97			
Heavy Weight Throw	W65 Lorna Lauchlan	7.86	28-Mar-98			
Heavy Weight Throw	W65 Dorothy Whittam	10.19	21-Apr-03		Perry Lakes, AMA Champs.	
Heavy Weight Throw	W65 Dorothy Whittam	10.50	26-Oct-04		Rarotonga	68.72%
Heavy Weight Throw	W65 Bev Hamilton	11.99	09-Dec-10	S	ECAC	72.63%
Heavy Weight Throw	W70 Raema McMillan	7.32	20-Mar-99			
Heavy Weight Throw	W70 Raema McMillan	8.75	25-Mar-00			
Heavy Weight Throw	W70 Dorothy Whittam	8.89	16-Mar-08		ECAC	
Heavy Weight Throw	W70 Dorothy Whittam	9.17	28-Mar-09		ECAC	63.37%
Heavy Weight Throw	W70 Dorothy Whittam	9.40	29-Mar-09	S	ECAC	68.81%
Heavy Weight Throw	W75 Phyllis Head	3.66	05-Apr-96	X		
Heavy Weight Throw	W75 Phyllis Head	3.70	15-Mar-97			
Heavy Weight Throw	W75 Raema McMillan	7.64	20-Apr-03		Perry Lakes, AMA Champs.	
Heavy Weight Throw	W75 Raema McMillan	7.75	14-Oct-03			62.30%
Heavy Weight Throw	W80 Phyllis Head	3.24	25-Mar-00			31.12%
	<b>Heavy Weight Throw (4kg) W75+ (WMA 2009)</b>			S		
Heavy Weight Throw	W75 Raema McMillan	9.71	12-Mar-05		ECAC	
Heavy Weight Throw	W75 Raema McMillan	9.86	26-Mar-06	S	A	ECAC
Heavy Weight Throw	W80 Raema McMillan	9.33	12-Feb-08	S	A	McGillivray
	<b>Javelin (600g) W30 - W45</b>			S		
Javelin Throw	W30	13.64	06-Dec-79			
Javelin Throw	W30 Joanne Walker	14.52	15-Jan-81			
Javelin Throw	W30 Joanne Walker	19.96	03-Dec-81			
Javelin Throw	W30 Eileen Hindle	21.26	19-Dec-81			
Javelin Throw	W30 Eileen Hindle	22.54	11-Jan-83			
Javelin Throw	W30 G. Wittorff	26.36	26-Mar-89			
Javelin Throw	W30 Sharon Moloney	30.62	27-Mar-93			41.95%
Javelin Throw	W30 Kate Adams	34.52	03-Apr-10	S	WAAS	47.29%
Javelin Throw	W30 Sally Wijesundera	47.14	04-Feb-96	O		
Javelin Throw	W35 Kath Holland	19.64	15-Feb-78			
Javelin Throw	W35 Jan Fletcher	19.82	03-Dec-81			
Javelin Throw	W35 Jan Fletcher	20.31	14-Jan-82			
Javelin Throw	W35 Jan Fletcher	22.32	31-Jan-82			
Javelin Throw	W35 Jan Fletcher	24.30	31-Mar-84			
Javelin Throw	W35 Cathrin Holland	24.30	12-Jan-94			
Javelin Throw	W35 Cathrin Holland	25.14	13-Mar-94			
Javelin Throw	W35 Carolyn Wills	26.32	14-Feb-06		Bunbury	
Javelin Throw	W35 Carolyn Wills	26.68	18-Jan-07		ECAC	
Javelin Throw	W35 Carolyn Wills	28.11	20-Feb-07		Bunbury	
Javelin Throw	W35 Carolyn Wills	31.06	24-Mar-07		ECAC	
Javelin Throw	W35 Carolyn Wills	31.32	13-Jan-09	S	Bunbury	45.86%
Javelin Throw	W40 Dorothy Whittam	18.52	28-Jan-80			
Javelin Throw	W40 Kath Holland	20.76	01-Feb-82			
Javelin Throw	W40 Jan Fletcher	21.80	11-Feb-86			
Javelin Throw	W40 Jan Fletcher	22.21	16-Mar-86			
Javelin Throw	W40 Jan Fletcher	23.86	04-Apr-87			
Javelin Throw	W40 Lynne Meakins	24.84	27-Mar-93			
Javelin Throw	W40 Sharon Moloney	25.84	12-Mar-05		ECAC	
Javelin Throw	W40 Louise Oswald	26.02	10-Nov-09		WAAS	39.02%
Javelin Throw	W40 Louise Oswald	26.60	08-Jan-10		WAAS	39.89%
Javelin Throw	W40 Louise Oswald	28.00	18-Feb-10	S	ECAC	44.09%
Javelin Throw	W45 Nora Berry	10.96	24-Jan-80			
Javelin Throw	W45 Dorothy Whittam	16.18	03-Dec-81			
Javelin Throw	W45 Dorothy Whittam	17.82	28-Jan-82			
Javelin Throw	W45 Dorothy Whittam	18.26	13-Feb-82			
Javelin Throw	W45 Dorothy Whittam	18.94	13-Jan-83			

Javelin Throw	W45 Dorothy Whittam	20.14	28-Jan-83				
Javelin Throw	W45 Dorothy Whittam	20.58	10-Feb-83				
Javelin Throw	W45 Dorothy Whittam	20.62	23-Mar-85				
Javelin Throw	W45 Dorothy Whittam	22.80	16-Mar-86				43.58%
Javelin Throw	W45 Sharon Moloney	24.26	02-Apr-11	S	ECAC		45.00%
	<b>Javelin (500g) W50 - W55</b>			S			
Javelin Throw	W50 Eileen Hindle	17.10	25-Mar-00				
Javelin Throw	W50 Barbara Wilson	21.04	23-Mar-02				
Javelin Throw	W50 Kate Glass	21.14	28-Mar-04		ECAC		
Javelin Throw	W50 Kate Glass	21.65	02-Nov-04	S	McGillivray		43.52%
Javelin Throw	W55 Valerie PresSott	17.45	25-Mar-00				
Javelin Throw	W55 Luella Jenkins	18.34	18-Mar-01				
Javelin Throw	W55 Luella Jenkins	19.54	23-Mar-02				
Javelin Throw	W55 Kate Glass	21.32	01-Mar-05		McGillivray		
Javelin Throw	W55 Kate Glass	24.06	12-Mar-05		ECAC		
Javelin Throw	W55 Kate Glass	24.14	06-Apr-07		Hobart		52.48%
Javelin Throw	W55 Lisa Kirsch	24.58	04-Apr-10	S	WAAS		52.02%
	<b>Javelin (400g) W60+</b>			S			
Javelin Throw	W60 Phyllis Head	10.90	19-Aug-83				
Javelin Throw	W60 Raema McMillan	18.73	01-Feb-88				
Javelin Throw	W60 Raema McMillan	19.31	19-Mar-88				
Javelin Throw	W60 Raema McMillan	20.00	13-Oct-88				
Javelin Throw	W60 Raema McMillan	22.80	26-Mar-89				55.73%
Javelin Throw	W60 Kate Glass	23.92	03-Apr-10	S	WAAS		57.21%
Javelin Throw	W65 Phyllis Head	9.94	16-Mar-86				
Javelin Throw	W65 Valerie Tyson	10.90	01-Feb-88				
Javelin Throw	W65 Valerie Tyson	11.28	26-Mar-89				
Javelin Throw	W65 Raema McMillan	14.32	25-Nov-92				
Javelin Throw	W65 Raema McMillan	17.00	09-Dec-92				
Javelin Throw	W65 Raema McMillan	17.94	20-Jan-93				
Javelin Throw	W65 Raema McMillan	18.60	03-Feb-93				
Javelin Throw	W65 Raema McMillan	18.76	19-Mar-94				
Javelin Throw	W65 Raema McMillan	19.02	20-Feb-97				
Javelin Throw	W65 Kath Holland	19.04	26-Mar-06		ECAC		51.01%
Javelin Throw	W65 Bev Hamilton	19.81	16-Dec-10		ECAC		53.08%
Javelin Throw	W65 Bev Hamilton	19.83	22-Apr-11	S	Brisbane		53.14%
Javelin Throw	W70 Betty Baumann	10.30	08-Jan-87				
Javelin Throw	W70 Betty Baumann	10.48	01-Mar-87				
Javelin Throw	W70 Betty Baumann	10.92	05-Apr-87				
Javelin Throw	W70 Raema McMillan	16.00	05-Apr-87				
Javelin Throw	W70 Raema McMillan	16.81	20-Mar-99				
Javelin Throw	W70 Raema McMillan	17.73	20-Mar-99	S			55.51%
Javelin Throw	W75 Betty Baumann	10.38	01-Feb-88				
Javelin Throw	W75 Betty Baumann	10.94	26-Mar-89				
Javelin Throw	W75 Betty Baumann	11.25	22-Feb-90				
Javelin Throw	W75 Raema McMillan	15.15	20-Apr-03		Perry Lakes, AMA Champs.		
Javelin Throw	W75 Raema McMillan	15.41	28-Oct-03		McGillivray		
Javelin Throw	W75 Raema McMillan	16.07	09-Oct-04		Perry Lakes (unoff. AR)		
Javelin Throw	W75 Raema McMillan	16.39	21-Dec-04		McGillivray (unoff. AR)		
Javelin Throw	W75 Raema McMillan	16.25	01-Feb-05	X	McGillivray		
Javelin Throw	W75 Raema McMillan	16.82	12-Mar-05	S	ECAC		63.33%
Javelin Throw	W80 Betty Baumann	9.62	27-Mar-93				
Javelin Throw	W80 Raema McMillan	13.44	11-Dec-07		McGillivray		
Javelin Throw	W80 Raema McMillan	13.87	18-Dec-07		McGillivray		
Javelin Throw	W80 Raema McMillan	14.93	19-Feb-08	X	McGillivray		62.56%
Javelin Throw	W80 Raema McMillan	15.27	12-Jan-10	X	ECAC		69.19%
Javelin Throw	W80 Raema McMillan	15.34	03-Apr-10	S	WAAS		69.51%
Javelin Throw	W85						
Javelin Throw	W90			S			
	<b>Shot Put (4kg) W30 - W45</b>			S			
Shot Put	W30 Lesley Brown	7.30	22-Nov-79				
Shot Put	W30 Barbara Wilson	7.54	15-Mar-86				
Shot Put	W30 Cathrin Holland	8.20	29-Jan-87				
Shot Put	W30 Cathrin Holland	8.67	02-Feb-89				
Shot Put	W30 Cathrin Holland	8.71	26-Mar-89				
Shot Put	W30 M. Prior	9.99	01-Apr-90				
Shot Put	W30 Tracey Brown	10.04	28-Mar-04		ECAC		
Shot Put	W30 Tracey Brown	10.25	09-Apr-04		Melbourne		
Shot Put	W30 Sally Wijesundera	11.27	20-Dec-95	X			
Shot Put	W30 Byrony Glass	12.03	06-Apr-07		Hobart		
Shot Put	W30 Byrony Glass	12.07	06-Jan-08		Perry Lakes		
Shot Put	W30 Byrony Glass	12.12	24-Feb-08	S	Perry Lakes		
Shot Put	W30 Byrony Glass	12.12	09-Mar-08	S	Perry Lakes		53.56%
Shot Put	W35 Barbara Campbell	9.00	03-Dec-77				
Shot Put	W35 Kath Holland	9.04	25-Jan-78				
Shot Put	W35 Margaret Taylor	9.41	26-Feb-87				
Shot Put	W35 Lorraine Hastie	9.62	29-Apr-93				
Shot Put	W35 Carolyn Wills	9.62	11-Feb-06		Bunbury		
Shot Put	W35 Carolyn Wills	9.92	24-Sep-06		Bunbury		
Shot Put	W35 Carolyn Wills	10.09	13-Feb-07	S	Bunbury		49.03%
Shot Put	W40 Kath Holland	8.01	08-Dec-80				
Shot Put	W40 Janet Jarvis	8.03	26-Nov-88				
Shot Put	W40 Margaret Taylor	8.04	16-Mar-91				
Shot Put	W40 Lynne Meakins	9.57	27-Mar-93				
Shot Put	W40 Lynne Meakins	9.92	29-Apr-93	S			51.38%
Shot Put	W45 Nora Berry	6.73	20-Mar-80				
Shot Put	W45 Dorothy Whittam	7.10	07-Jan-82				
Shot Put	W45 Dorothy Whittam	7.97	31-Jan-82				
Shot Put	W45 Dorothy Whittam	8.24	26-Jan-83				
Shot Put	W45 G Rapley	8.54	26-Mar-89	S			49.71%
	<b>Shot Put (3kg) W50+</b>			S			
Shot Put	W50 Lorna Lauchlan	6.16	09-Oct-80				
Shot Put	W50 Lorna Lauchlan	6.29	18-Dec-80				
Shot Put	W50 Dorothy Whittam	7.21	06-Nov-86				

Shot Put	W50 Dorothy Whittam	7.91	05-Feb-87				
Shot Put	W50 Dorothy Whittam	8.10	05-Apr-87				
Shot Put	W50 Dorothy Whittam	8.41	19-Mar-88				
Shot Put	W50 Dorothy Whittam	8.53	26-Nov-88				
Shot Put	W50 Dorothy Whittam	8.59	26-Mar-89				
Shot Put	W50 Kate Glass	10.39	28-Mar-04		ECAC		
Shot Put	W50 Kate Glass	10.96	09-Oct-04	S	Perry Lakes	70.89%	
Shot Put	W55 Lorna Lauchlan	5.60	05-Nov-85				
Shot Put	W55 Lorna Lauchlan	5.62	01-Dec-87				
Shot Put	W55 Lorna Lauchlan	6.30	17-Nov-88				
Shot Put	W55 Lorna Lauchlan	6.78	26-Mar-89				
Shot Put	W55 Dorothy Anderson	8.33	01-Apr-90				
Shot Put	W55 Dorothy Whittam	8.64	01-Dec-92				
Shot Put	W55 Dorothy Whittam	8.72	01-Dec-93				
Shot Put	W55 Kate Glass	10.37	22-Feb-05		McGillivray		
Shot Put	W55 Kate Glass	10.40	16-Mar-08	S	ECAC	72.57%	
Shot Put	W60 Phyllis Head	4.47	19-Mar-83				
Shot Put	W60 Raema McMillan	6.26	19-Mar-88				
Shot Put	W60 Raema McMillan	6.42	26-Mar-89				
Shot Put	W60 Raema McMillan	6.45	01-Apr-90				
Shot Put	W60 Raema McMillan	6.57	16-Mar-91				
Shot Put	W60 Lorna Lauchlan	7.02	11-Mar-92				
Shot Put	W60 Lorna Lauchlan	7.21	04-Apr-92				
Shot Put	W60 Dorothy Whittam	7.87	17-Oct-96				
Shot Put	W60 Dorothy Whittam	8.82	31-Oct-96				
Shot Put	W60 Bev Hamilton	9.13	01-Mar-07		ECAC		
Shot Put	W60 Bev Hamilton	9.13	15-Mar-07		ECAC		
Shot Put	W60 Bev Hamilton	9.52	22-Sep-07		Fremantle		
Shot Put	W60 Bev Hamilton	10.43	29-Mar-09	S	ECAC	82.52%	
Shot Put	W65 Phyllis Head	4.11	23-Mar-85				
Shot Put	W65 Phyllis Head	4.79	15-Mar-86				
Shot Put	W65 Valerie Tyson	5.38	29-Jan-87				
Shot Put	W65 Valerie Tyson	5.98	19-Mar-88				
Shot Put	W65 Raema McMillan	6.48	09-Dec-92				
Shot Put	W65 Raema McMillan	6.89	29-Apr-93				
Shot Put	W65 Lorna Lauchlan	7.32	02-Apr-95				
Shot Put	W65 Lorna Lauchlan	7.45	16-Mar-97				
Shot Put	W65 Dorothy Whittam	7.55	23-Oct-04		Rarotonga	67.23%	
Shot Put	W65 Bev Hamilton	8.95	16-Dec-10	S	ECAC	74.13%	
Shot Put	W70 Betty Baumann	5.00	06-Nov-86				
Shot Put	W70 Betty Baumann	5.21	15-Jan-87				
Shot Put	W70 Betty Baumann	5.50	26-Feb-87				
Shot Put	W70 Valerie Tyson	5.51	20-Nov-91				
Shot Put	W70 Valerie Tyson	5.62	27-Mar-93				
Shot Put	W70 Raema McMillan	6.48	21-Jan-99				
Shot Put	W70 Raema McMillan	6.64	04-Feb-99				
Shot Put	W70 Raema McMillan	6.68	20-Mar-99				
Shot Put	W70 Raema McMillan	6.99	26-Mar-00	S		69.21%	
Shot Put	W75 Betty Baumann	5.06	20-Mar-88				
Shot Put	W75 Betty Baumann	5.06	26-Mar-89				
Shot Put	W75 Raema McMillan	6.33	20-Apr-03		Perry Lakes, AMA Champs.		
Shot Put	W75 Raema McMillan	6.38	26-Oct-04		McGillivray	71.13%	
Shot Put	W80 Betty Baumann	4.64	27-Mar-93			59.21%	
	<b>Shot Put (2kg) W75+ (WMA 2009)</b>			S			
Shot Put	W75 Raema McMillan	7.06	07-Dec-04		McGillivray		
Shot Put	W75 Raema McMillan	7.32	14-Dec-04		McGillivray		
Shot Put	W75 Raema McMillan	7.59	13-Mar-05	S	ECAC		X
Shot Put	W80 Raema McMillan	6.76	11-Dec-07		ECAC		
Shot Put	W80 Raema McMillan	7.12	16-Mar-08	S	ECAC		A
Shot Put	W80 Raema McMillan	7.12	02-Mar-10	S	ECAC		A
Shot Put	W85						
	<b>Pentathlon (LJ/J/200/D/800) 2010 Tables</b>			S			
	<b>(^2002 Tables)(*Old Tables)</b>			S			
	<b>(see separate Combined Event sheet for full details)</b>			S			
Pentathlon	W30 Cathrin Holland	2198	10-Mar-91				
Pentathlon	W30 Sharon Moloney	2408	01-Apr-95				
Pentathlon	W30 Rosanne Kemp	2468	08-Apr-96	S	HT	Perry Lakes	
		<sup>^2468</sup>					
		<sup>*2474</sup>					
Pentathlon	W35 Eileen Hindle	2724	20-Apr-87	S	HT	Sydney	
		<sup>^2916</sup>					
		<sup>*3119</sup>					
Pentathlon	W40 Dorothy Whittam	1723	06-Apr-80				
Pentathlon	W40 Peggy Macliver	2256	19-Feb-89				
Pentathlon	W40 Sharon Moloney	1496	21-Apr-03		ET	Perry Lakes	
Pentathlon	W40 Sharon Moloney	1682	20-Mar-05	S	HT	ECAC	
		<sup>^1610</sup>					
Pentathlon	W40 Eileen Hindle	(*3166 old)	27-Mar-89	S			
Pentathlon	W45 Lorna Lauchlan	1672	06-Apr-80				
Pentathlon	W45 Kath Holland	2932	05-Apr-87				
Pentathlon	W45 Eileen Hindle	(*3007 old)	01-Apr-95	S			
Pentathlon	W45 Lynne Choate	*2513	19-Mar-00		HT	ECAC	
Pentathlon	W45 Lynne Choate	2503	18-Mar-01	S	HT	ECAC	
		<sup>^2486</sup>					
		<sup>*2688</sup>					
Pentathlon	W50 Dorothy Whittam	2661	05-Apr-87				
Pentathlon	W50 Kath Holland	(*3199 old)	10-Mar-91	S	X		
Pentathlon	W50 Eileen Hindle	1923	19-Mar-00		HT	ECAC	
		<sup>*2040</sup>					
Pentathlon	W50 Lynne Choate	2282	21-Apr-03	S	ET	Perry Lakes	
		<sup>^2320</sup>					
Pentathlon	W55 Valerie Tyson	1971	06-Apr-80				
Pentathlon	W55 Pat Carr	2338	05-Apr-87				
Pentathlon	W55 Dorothy Whittam	2751	03-Jan-93				

Pentathlon	W55 Dorothy Whittam	2909	01-Apr-94				
Pentathlon	W55 Peggy Macliver	3124	13-Jan-00	S	X	HT	
		<sup>^</sup> 3236					
		<sup>^</sup> 3347					
Pentathlon	W55 Peggy Macliver	<sup>^</sup> 3227	19-Mar-00			HT	ECAC
		<sup>^</sup> 3321					
Pentathlon	W60 Pat Carr	1511	20-Nov-91				
Pentathlon	W60 Pat Carr	2380	03-Jan-93				
Pentathlon	W60 Pat Carr	2940	21-Mar-93				
Pentathlon	W60 Pat Carr	2973	01-Apr-94		X	ET	Sydney
		<sup>^</sup> 3044					
Pentathlon	W60 Peggy Macliver	3253	19-Mar-06		X	HT	ECAC
Pentathlon	W60 Peggy Macliver	3161	18-Mar-07	S	A	HT	ECAC
		<sup>^</sup> 3367					
Pentathlon	W65 Pat Carr	2839	13-Jan-00	S		HT	ECAC
		<sup>^</sup> 3144					
		<sup>^</sup> 3147					
Pentathlon	W70 Pat Carr	<sup>^</sup> 2407	10-Mar-02			HT	ECAC
Pentathlon	W70 Pat Carr	2502	09-Jan-03	S		HT	ECAC
		<sup>^</sup> 2786					
Pentathlon	W75 Pat Carr	2506	18-Mar-07	S	A	HT	ECAC 750g Discus
		<sup>^</sup> 2789					
Pentathlon	W80 Phyllis Head	514	16-Jan-01	S	X	HT	Bunbury
		<sup>^</sup> 598					
		<sup>^</sup> 605					
	<b>Oceania Pentathlon (L/J/J/100/S/800) 2010 Tables</b>			S			
	<b>(<sup>^</sup>2002 Tables)</b>			S			
	<b>(see separate Combined Event sheet for full details)</b>			S			
Pentathlon	W30 Melissa Foster	1788	21-Jan-10			HT	ECAC
Pentathlon	W30 Melissa Foster	2017	05-Apr-10			ET	WAAS
		<sup>^</sup> 2017					
Pentathlon	W30 Melissa Foster	2198	19-Mar-11	S		HT	ECAC
Pentathlon	W35 Carolyn Wills	2455	22-Jan-09			HT	ECAC
Pentathlon	W35 Carolyn Wills	2768	09-Mar-09	S		ET	Tauranga
		<sup>^</sup> 2700					
Pentathlon	W40 Simone Solomon	1532	21-Jan-10			HT	ECAC
Pentathlon	W40 Simone Solomon	1904	05-Apr-10	S		ET	WAAS
		<sup>^</sup> 1870					
Pentathlon	W45 Sharon Moloney	1806	22-Jan-09			HT	ECAC
Pentathlon	W45 Sharon Moloney	2230	05-Apr-10			ET	WAAS
		<sup>^</sup> 2298					
Pentathlon	W45 Cathy McCloskey	2370	19-Mar-11	S		HT	ECAC
Pentathlon	W50 Carol Bowman	1303	22-Jan-09	S		HT	ECAC
		<sup>^</sup> 1368					
Pentathlon	W55 Carol Bowman	1575	21-Jan-10			HT	ECAC
Pentathlon	W55 Lynne Choate	2562	05-Apr-10	S		ET	WAAS
		<sup>^</sup> 2753					
Pentathlon	W60 Peggy Macliver	2888	21-Mar-09	S		HT	ECAC
		<sup>^</sup> 3168					
Pentathlon	W65 Lynne Schickert	1500	22-Jan-09			HT	ECAC
Pentathlon	W65 Ruth Johnson	2888	21-Mar-09			HT	ECAC
Pentathlon	W65 Peggy Macliver	3778	21-Jan-10			HT+NW	ECAC
Pentathlon	W65 Peggy Macliver	3453	05-Apr-10	S		ET	WAAS
		<sup>^</sup> 3858					
	<b>Heptathlon (*Old Tables)</b>			S			
Heptathlon	W30						
Heptathlon	W35 Eileen Hindle	<sup>^</sup> 4383	04-Mar-85	S			
Heptathlon	W40						
Heptathlon	W45						
Heptathlon	W50						
	<b>Throws Pentathlon (H/S/D/J/W) 2010 Tables</b>			S			
	<b>(<sup>^</sup>2002 Tables)(*Old Tables)</b>			S			
	<b>(see separate Combined Event sheet for full details)</b>			S			
Throws Pentathlon	W30 Sharon Moloney	1814	05-Apr-96				Perry Lakes
		<sup>^</sup> 1817					
Throws Pentathlon	W30 Tracey Brown	2383	27-Mar-04				ECAC
Throws Pentathlon	W30 Tracey Brown	2422	11-Apr-04				Melbourne
Throws Pentathlon	W30 Byrony Glass	3573	08-Apr-07		X		Hobart
Throws Pentathlon	W30 Byrony Glass	3580	15-Mar-08		X		ECAC
Throws Pentathlon	W30 Byrony Glass	3604	23-Mar-08				Sydney
Throws Pentathlon	W30 Byrony Glass	3631	12-Apr-09	S	A		Adelaide
		<sup>^</sup> 3831					
Throws Pentathlon	W35 Sandra Smith	<sup>^</sup> 1436	05-Apr-96				
Throws Pentathlon	W35 Sandra Smith	1833	15-Mar-97	S			ECAC
		<sup>^</sup> 1931					
		<sup>^</sup> 1890					
Throws Pentathlon	W40 Sandra Smith	<sup>^</sup> 2123	28-Mar-98				ECAC
Throws Pentathlon	W40 Sharon Moloney	2205	20-Apr-03				Perry Lakes
Throws Pentathlon	W40 Sharon Moloney	2270	12-Mar-05				ECAC
Throws Pentathlon	W40 Louise Oswald	2395	04-Apr-10	S			WAAS
		<sup>^</sup> 2588					
Throws Pentathlon	W45 Jan Main	<sup>^</sup> 1608	05-Apr-96				
Throws Pentathlon	W45 Eileen Hindle	<sup>^</sup> 2089	15-Mar-97				
Throws Pentathlon	W45 Eileen Hindle	2254	28-Mar-98				
		<sup>^</sup> 2143					
Throws Pentathlon	W45 Sharon Moloney	2250	15-Mar-08	S			ECAC
		<sup>^</sup> 2546					
Throws Pentathlon	W50 Luella Jenkins	<sup>^</sup> 1558	05-Apr-96				
Throws Pentathlon	W50 Luella Jenkins	<sup>^</sup> 1605	15-Mar-97				
Throws Pentathlon	W50 Pixie Doore	<sup>^</sup> 2217	28-Mar-98				
Throws Pentathlon	W50 Eileen Hindle	<sup>^</sup> 2240	25-Mar-00				
Throws Pentathlon	W50 Eileen Hindle	2353	23-Mar-02				ECAC
		<sup>^</sup> 2310					
Throws Pentathlon	W50 Kate Glass	3299	27-Mar-04				ECAC

Throws Pentathlon	W50 Kate Glass	3328	09-Oct-04	S		Perry Lakes
		<sup>^</sup> 3451				
Throws Pentathlon	W55 Dorothy Whittam	2732	03-Dec-92			
		*2941				
Throws Pentathlon	W55 Kate Glass	3888	12-Mar-05			ECAC
Throws Pentathlon	W55 Kate Glass	3732	23-Mar-08	S		Sydney
		<sup>^</sup> 3902				
Throws Pentathlon	W60 Dorothy Whittam	3023	15-Mar-97			ECAC
		*2985				
Throws Pentathlon	W60 Bev Hamilton	3157	15-Mar-08			ECAC
Throws Pentathlon	W60 Bev Hamilton	3367	28-Mar-09			ECAC
Throws Pentathlon	W60 Bev Hamilton	3412	18-Oct-09			Sydney
		<sup>^</sup> 3596				
Throws Pentathlon	W60 Kate Glass	3674	15-Jul-11	S		Sacramento
Throws Pentathlon	W65 Raema McMillan	*2758	05-Apr-96			
Throws Pentathlon	W65 Raema McMillan	3023	15-Mar-97			
		*2843				
Throws Pentathlon	W65 Dorothy Whittam	3126	23-Mar-02			ECAC
		<sup>^</sup> 3242				
		*3192				
Throws Pentathlon	W65 Bev Hamilton	3533	19-Mar-11			ECAC
Throws Pentathlon	W65 Bev Hamilton	3637	24-Apr-11	S		Brisbane
Throws Pentathlon	W70 Raema McMillan	*3109	25-Mar-00			
Throws Pentathlon	W70 Raema McMillan	2971	24-Mar-01	S		ECAC
		<sup>^</sup> 3263				
		*3186				
Throws Pentathlon	W75 Phyllis Head	*1278	05-Apr-96		X	
Throws Pentathlon	W75 Phyllis Head	*1363	15-Mar-97			
Throws Pentathlon	W75 Raema McMillan	3413	20-Apr-03	S		Perry Lakes
		<sup>^</sup> 3579				
<b>## Lighter Weights</b>				S		
Throws Pentathlon	W75 Raema McMillan	3413	12-Mar-05	S		Perry Lakes
		<b>##4240</b>				
Throws Pentathlon	W80 Phyllis Head	1608	15-Mar-00			ECAC
		*1406				
Throws Pentathlon	W80 Raema McMillan	<b>##4645</b>	15-Mar-08			ECAC
Throws Pentathlon	W80 Raema McMillan	<b>##4669</b>	11-Oct-08			Perry Lakes
Throws Pentathlon	W80 Raema McMillan	3862	04-Apr-10	S		WAAS
		<b>##4817</b>				
Throws Pentathlon	W85					
	<b>4 x 100 Metres Relay</b>			S		
4 x 100 Metres Relay	W30 <b>WA Team</b>	54.03	05-Apr-99	S		
4 x 100 Metres Relay	W30 Lynne Choate	54.03	05-Apr-99	S		
4 x 100 Metres Relay	W30 Rosanne Kemp	54.03	05-Apr-99	S		
4 x 100 Metres Relay	W30 Katrina Spilsbury	54.03	05-Apr-99	S		
4 x 100 Metres Relay	W30 R. Johnson	54.03	05-Apr-99	S		
4 x 100 Metres Relay	W35 <b>WAVAS Team</b>	59.72	24-Apr-00	S		
4 x 100 Metres Relay	W35 Pat Carr	59.72	24-Apr-00	S		
4 x 100 Metres Relay	W35 Peggy Macliver	59.72	24-Apr-00	S		
4 x 100 Metres Relay	W35 Rosanne Kemp	59.72	24-Apr-00	S		
4 x 100 Metres Relay	W35 Lyn Ventris	59.72	24-Apr-00	S		
4 x 100 Metres Relay	W40 <b>MAWA Team</b>	60.8	05-Feb-09	S	HT	ECAC
4 x 100 Metres Relay	W40 Peggy Macliver	60.8	05-Feb-09	S		
4 x 100 Metres Relay	W40 Delia Baldock	60.8	05-Feb-09	S		
4 x 100 Metres Relay	W40 Kerriann Bresser	60.8	05-Feb-09	S		
4 x 100 Metres Relay	W40 Valetta Boddy	60.8	05-Feb-09	S		
4 x 100 Metres Relay	W45				HT	ECAC
4 x 100 Metres Relay	W50 <b>MAWA Team</b>	71.5	10-Feb-11	S		
4 x 100 Metres Relay	W50 Lynne Choate	71.5	10-Feb-11	S		
4 x 100 Metres Relay	W50 Bernie O'Callaghan	71.5	10-Feb-11	S		
4 x 100 Metres Relay	W50 Carol Bowman	71.5	10-Feb-11	S		
4 x 100 Metres Relay	W50 Gillian Young	71.5	10-Feb-11	S		
4 x 100 Metres Relay	W55 <b>MAWA Team</b>	65.3	04-Feb-10	S	HT	ECAC
4 x 100 Metres Relay	W55 Peggy Macliver	65.3	04-Feb-10	S		
4 x 100 Metres Relay	W55 Lynne Choate	65.3	04-Feb-10	S		
4 x 100 Metres Relay	W55 Carol Bowman	65.3	04-Feb-10	S		
4 x 100 Metres Relay	W55 Gillian Young	65.3	04-Feb-10	S		
4 x 100 Metres Relay	W60 <b>MAWA Team</b>	72.9	07-Feb-08	S	HT	ECAC
4 x 100 Metres Relay	W60 Lynne Schickert	72.9	07-Feb-08	S		
4 x 100 Metres Relay	W60 Val Millard	72.9	07-Feb-08	S		
4 x 100 Metres Relay	W60 Peggy Macliver	72.9	07-Feb-08	S		
4 x 100 Metres Relay	W60 Gillian Young	72.9	07-Feb-08	S		
	<b>4 x 400 Metres Relay</b>			S		
4 x 400 Metres Relay	W30 <b>WAVAS Team</b>	5:27.1	28-Jan-80			
4 x 400 Metres Relay	W30 Dorothy Whittam	5:27.1	28-Jan-80			
4 x 400 Metres Relay	W30 Wall	5:27.1	28-Jan-80			
4 x 400 Metres Relay	W30 Sally Wijesundera	5:27.1	28-Jan-80			
4 x 400 Metres Relay	W30 Val Prescott	5:27.1	28-Jan-80			
4 x 400 Metres Relay	W30 <b>WAVAS Team</b>	4:56.71	05-Apr-99			
4 x 400 Metres Relay	W30 <b>WAVAS Team</b>	4:33.90	21-Apr-03	S	ET	Perry Lakes
4 x 400 Metres Relay	W30 Lynne Choate	4:33.90	21-Apr-03	S		
4 x 400 Metres Relay	W30 Toni Phillips	4:33.90	21-Apr-03	S		
4 x 400 Metres Relay	W30 Delia Baldock	4:33.90	21-Apr-03	S		
4 x 400 Metres Relay	W30 Julie Martin-Tinker	4:33.90	21-Apr-03	S		
4 x 400 Metres Relay	W35 <b>WAVAS Team</b>	5:04.82	24-Apr-00		ET	
4 x 400 Metres Relay	W35 Peggy Macliver	5:04.82	24-Apr-00			
4 x 400 Metres Relay	W35 Valerie PresSott	5:04.82	24-Apr-00			
4 x 400 Metres Relay	W35 Lyn Ventris	5:04.82	24-Apr-00			
4 x 400 Metres Relay	W35 Rosanne Kemp	5:04.82	24-Apr-00			
4 x 400 Metres Relay	W35 <b>MAWA Team</b>	4:48.3	26-Feb-09	S	HT	ECAC
4 x 400 Metres Relay	W35 Kerriann Bresser	4:48.3	26-Feb-09	S		
4 x 400 Metres Relay	W35 Simone Solomon	4:48.3	26-Feb-09	S		
4 x 400 Metres Relay	W35 Delia Baldock	4:48.3	26-Feb-09	S		
4 x 400 Metres Relay	W35 Toni Phillips	4:48.3	26-Feb-09	S		

4 x 400 Metres Relay	W40 <b>WAVAS Team</b>	5:03.33	21-Apr-03	S		ET	Perry Lakes
4 x 400 Metres Relay	W40 Peggy Macliver	5:03.33	21-Apr-03	S			
4 x 400 Metres Relay	W40 Anne Stingemore	5:03.33	21-Apr-03	S			
4 x 400 Metres Relay	W40 Robin King	5:03.33	21-Apr-03	S			
4 x 400 Metres Relay	W40 Anne Shaw	5:03.33	21-Apr-03	S			
4 x 400 Metres Relay	W45 <b>MAWA Team</b>	4:52.35	12-Apr-04	S		ET	Melbourne
4 x 400 Metres Relay	W45 Peggy Macliver	4:52.35	12-Apr-04	S			
4 x 400 Metres Relay	W45 Lynne Choate	4:52.35	12-Apr-04	S			
4 x 400 Metres Relay	W45 Lyn Ventris	4:52.35	12-Apr-04	S			
4 x 400 Metres Relay	W45 Barbara Blurton	4:52.35	12-Apr-04	S			
4 x 400 Metres Relay	W50 <b>MAWA Team</b>	5:54.2	21-Feb-08			HT	ECAC
4 x 400 Metres Relay	W50 Carol Bowman	5:54.2	21-Feb-08				
4 x 400 Metres Relay	W50 Sarah Ladwig	5:54.2	21-Feb-08				
4 x 400 Metres Relay	W50 Lynne Choate	5:54.2	21-Feb-08				
4 x 400 Metres Relay	W50 Tessa Brockwell	5:54.2	21-Feb-08				
4 x 400 Metres Relay	W50 <b>MAWA Team</b>	5:12.7	25-Feb-10	S		HT	ECAC
4 x 400 Metres Relay	W50 Barbara Blurton	5:12.7	25-Feb-10	S			
4 x 400 Metres Relay	W50 Carol Bowman	5:12.7	25-Feb-10	S			
4 x 400 Metres Relay	W50 Karyn Gower	5:12.7	25-Feb-10	S			
4 x 400 Metres Relay	W50 Margaret Saunders	5:12.7	25-Feb-10	S			
4 x 400 Metres Relay	W55						
4 x 400 Metres Relay	W60 <b>MAWA Team</b>	6:09.8	21-Feb-08			HT	ECAC
4 x 400 Metres Relay	W60 Gillian Young	6:09.8	21-Feb-08				
4 x 400 Metres Relay	W60 Peggy Macliver	6:09.8	21-Feb-08				
4 x 400 Metres Relay	W60 Val Millard	6:09.8	21-Feb-08				
4 x 400 Metres Relay	W60 Lynne Schickert	6:09.8	21-Feb-08				
4 x 400 Metres Relay	W60 <b>MAWA Team</b>	5:24.5	26-Feb-09	S		HT	ECAC
4 x 400 Metres Relay	W60 Gillian Young	5:24.5	26-Feb-09	S			
4 x 400 Metres Relay	W60 Shirley Bell	5:24.5	26-Feb-09	S			
4 x 400 Metres Relay	W60 Jackie Halberg	5:24.5	26-Feb-09	S			
4 x 400 Metres Relay	W60 Peggy Macliver	5:24.5	26-Feb-09	S			
4 x 400 Metres Relay	W65 <b>MAWA Team</b>	6:25.7	18-Mar-10	S	A	HT	ECAC
4 x 400 Metres Relay	W65 Christine Oldfield	6:25.7	18-Mar-10	S	A		
4 x 400 Metres Relay	W65 Lorraine Lopes	6:25.7	18-Mar-10	S	A		
4 x 400 Metres Relay	W65 Lynne Schickert	6:25.7	18-Mar-10	S	A		
4 x 400 Metres Relay	W65 Peggy Macliver	6:25.7	18-Mar-10	S	A		
4 x 800 Metres Relay	<b>4 x 800 Metres Relay</b>			S			
4 x 800 Metres Relay	W30 <b>MAWA Team</b>	12:41.0	18-Feb-10	S		HT	ECAC
4 x 800 Metres Relay	W30 Delia Baldock	12:41.0	18-Feb-10	S			
4 x 800 Metres Relay	W30 Kerriann Bresser	12:41.0	18-Feb-10	S			
4 x 800 Metres Relay	W30 Michelle Thomas	12:41.0	18-Feb-10	S			
4 x 800 Metres Relay	W30 Simone Solomon	12:41.0	18-Feb-10	S			
4 x 800 Metres Relay	W35 <b>MAWA Team</b>	11:29.8	19-Feb-09	S		HT	ECAC
4 x 800 Metres Relay	W35 Toni Phillips	11:29.8	19-Feb-09	S			
4 x 800 Metres Relay	W35 Delia Baldock	11:29.8	19-Feb-09	S			
4 x 800 Metres Relay	W35 Simone Solomon	11:29.8	19-Feb-09	S			
4 x 800 Metres Relay	W35 Kerriann Bresser	11:29.8	19-Feb-09	S			
4 x 800 Metres Relay	W40 <b>MAWA Team</b>	12:48.6	14-Feb-08			HT	ECAC
4 x 800 Metres Relay	W40 Delia Baldock	12:48.6	14-Feb-08				
4 x 800 Metres Relay	W40 Carol Bowman	12:48.6	14-Feb-08				
4 x 800 Metres Relay	W40 Jacqui Sanders	12:48.6	14-Feb-08				
4 x 800 Metres Relay	W40 Kerriann Bresser	12:48.6	14-Feb-08				
4 x 800 Metres Relay	W40 <b>MAWA Team</b>	11:40.8	24-Feb-11	S		HT	ECAC
4 x 800 Metres Relay	W40 Niamh Keane	11:40.8	24-Feb-11	S			
4 x 800 Metres Relay	W40 Simone Solomon	11:40.8	24-Feb-11	S			
4 x 800 Metres Relay	W40 Delia Baldock	11:40.8	24-Feb-11	S			
4 x 800 Metres Relay	W40 Kerriann Bresser	11:40.8	24-Feb-11	S			
4 x 800 Metres Relay	W45 <b>MAWA Team</b>	11:53.3	14-Feb-08	S	A	HT	ECAC
4 x 800 Metres Relay	W45 Marg Saunders	11:53.3	14-Feb-08	S	A		
4 x 800 Metres Relay	W45 Karen March	11:53.3	14-Feb-08	S	A		
4 x 800 Metres Relay	W45 Kay Burt	11:53.3	14-Feb-08	S	A		
4 x 800 Metres Relay	W45 Robin King	11:53.3	14-Feb-08	S	A		
4 x 800 Metres Relay	W50 <b>MAWA Team</b>	13:30.8	19-Feb-09			HT	ECAC
4 x 800 Metres Relay	W50 Marg Saunders	13:30.8	19-Feb-09				
4 x 800 Metres Relay	W50 Theresa Howe	13:30.8	19-Feb-09				
4 x 800 Metres Relay	W50 Sarah Ladwig	13:30.8	19-Feb-09				
4 x 800 Metres Relay	W50 Carol Bowman	13:30.8	19-Feb-09				
4 x 800 Metres Relay	W50 <b>MAWA Team</b>	12:07.9	18-Feb-10	S		HT	ECAC
4 x 800 Metres Relay	W50 Marg Saunders	12:07.9	18-Feb-10	S			
4 x 800 Metres Relay	W50 Carol Bowman	12:07.9	18-Feb-10	S			
4 x 800 Metres Relay	W50 Karyn-Sue Gower	12:07.9	18-Feb-10	S			
4 x 800 Metres Relay	W50 Barbara Blurton	12:07.9	18-Feb-10	S			
4 x 800 Metres Relay	W60 <b>MAWA Team</b>	13:04.9	14-Feb-08		X	HT	ECAC
4 x 800 Metres Relay	W60 Peggy Macliver	13:04.9	14-Feb-08		X		
4 x 800 Metres Relay	W60 Jackie Halberg	13:04.9	14-Feb-08		X		
4 x 800 Metres Relay	W60 Christine Oldfield	13:04.9	14-Feb-08		X		
4 x 800 Metres Relay	W60 Gillian Young	13:04.9	14-Feb-08		X		
4 x 800 Metres Relay	W60 <b>MAWA Team</b>	12:36.6	19-Feb-09	S		HT	ECAC
4 x 800 Metres Relay	W60 Gillian Young	12:36.6	19-Feb-09	S			
4 x 800 Metres Relay	W60 Jackie Halberg	12:36.6	19-Feb-09	S			
4 x 800 Metres Relay	W60 Shirley Bell	12:36.6	19-Feb-09	S			
4 x 800 Metres Relay	W60 Peggy Macliver	12:36.6	19-Feb-09	S			
4 x 800 Metres Relay	W65 <b>MAWA Team</b>	15:04.3	18-Feb-10	S	A	HT	ECAC
4 x 800 Metres Relay	W65 Peggy Macliver	15:04.3	18-Feb-10	S	A		
4 x 800 Metres Relay	W65 Christine Oldfield	15:04.3	18-Feb-10	S	A		
4 x 800 Metres Relay	W65 Lynne Schickert	15:04.3	18-Feb-10	S	A		
4 x 800 Metres Relay	W65 Lorraine Lopes	15:04.3	18-Feb-10	S	A		
4 x 1500 Metres Relay	<b>4 x 1500 Metres Relay</b>			S			
4 x 1500 Metres Relay	W30 <b>MAWA Team</b>	28:47.9	12-Feb-09			HT	ECAC
4 x 1500 Metres Relay	W30 Sarah Ladwig	28:47.9	12-Feb-09				
4 x 1500 Metres Relay	W30 Carol Bowman	28:47.9	12-Feb-09				
4 x 1500 Metres Relay	W30 Toni Phillips	28:47.9	12-Feb-09				
4 x 1500 Metres Relay	W30 Melissa Young	28:47.9	12-Feb-09				
4 x 1500 Metres Relay	W30 <b>MAWA Team</b>	25:02.4	11-Feb-10	S		HT	ECAC

4 x 1500 Metres Relay	W30 Katrina Bolden	25:02.4	11-Feb-10	S					
4 x 1500 Metres Relay	W30 Toni Phillips	25:02.4	11-Feb-10	S					
4 x 1500 Metres Relay	W30 Simone Solomon	25:02.4	11-Feb-10	S					
4 x 1500 Metres Relay	W30 Kerriann Bresser	25:02.4	11-Feb-10	S					
4 x 1500 Metres Relay	W35 <b>MAWA Team</b>	29:07.1	20-Dec-07		X		HT		ECAC
4 x 1500 Metres Relay	W35 Toni Phillips	29:07.1	20-Dec-07		X				
4 x 1500 Metres Relay	W35 Coby Wakeling	29:07.1	20-Dec-07		X				
4 x 1500 Metres Relay	W35 Kerriann Bresser	29:07.1	20-Dec-07		X				
4 x 1500 Metres Relay	W35 Carol Bowman	29:07.1	20-Dec-07		X				
4 x 1500 Metres Relay	W35 <b>MAWA Team</b>	25:01.1	31-Jan-08	S	X		HT		ECAC
4 x 1500 Metres Relay	W35 Saskia Letham	25:01.1	31-Jan-08	S	X				
4 x 1500 Metres Relay	W35 Toni Phillips	25:01.1	31-Jan-08	S	X				
4 x 1500 Metres Relay	W35 Carol Bowman	25:01.1	31-Jan-08	S	X				
4 x 1500 Metres Relay	W35 Liz Neville	25:01.1	31-Jan-08	S	X				
4 x 1500 Metres Relay	W40 <b>MAWA Team</b>	24:17.3	12-Feb-09	S			HT		ECAC
4 x 1500 Metres Relay	W40 Delia Baldock	24:17.3	12-Feb-09	S					
4 x 1500 Metres Relay	W40 Kerriann Bresser	24:17.3	12-Feb-09	S					
4 x 1500 Metres Relay	W40 Simone Solomon	24:17.3	12-Feb-09	S					
4 x 1500 Metres Relay	W40 Niamh Keane	24:17.3	12-Feb-09	S					
4 x 1500 Metres Relay	W45 <b>MAWA Team</b>	25:00.9	20-Dec-07		X	X	HT		ECAC
4 x 1500 Metres Relay	W45 Delia Baldock	25:00.9	20-Dec-07		X	X			
4 x 1500 Metres Relay	W45 Karen March	25:00.9	20-Dec-07		X	X			
4 x 1500 Metres Relay	W45 Liz Neville	25:00.9	20-Dec-07		X	X			
4 x 1500 Metres Relay	W45 Robin King	25:00.9	20-Dec-07		X	X			
4 x 1500 Metres Relay	W45 <b>MAWA Team</b>	24:32.0	31-Jan-08	S	A	W	HT		ECAC
4 x 1500 Metres Relay	W45 Robin King	24:32.0	31-Jan-08	S	A	W			
4 x 1500 Metres Relay	W45 Karyn-Sue Gower	24:32.0	31-Jan-08	S	A	W			
4 x 1500 Metres Relay	W45 Karen March	24:32.0	31-Jan-08	S	A	W			
4 x 1500 Metres Relay	W45 Gillian Young	24:32.0	31-Jan-08	S	A	W			
4 x 1500 Metres Relay	W50 <b>MAWA Team</b>	25:59.0	27-Jan-11	S			HT		ECAC
4 x 1500 Metres Relay	W50 Margaret Saunders	25:59.0	27-Jan-11	S					
4 x 1500 Metres Relay	W50 Peggy Macliver	25:59.0	27-Jan-11	S					
4 x 1500 Metres Relay	W50 Carol Bowman	25:59.0	27-Jan-11	S					
4 x 1500 Metres Relay	W50 Robin King	25:59.0	27-Jan-11	S					
4 x 1500 Metres Relay	W55 <b>MAWA Team</b>	26:26.9	11-Feb-10	S	A	W	HT		ECAC
4 x 1500 Metres Relay	W55 Barbara Blurton	26:26.9	11-Feb-10	S	A	W			
4 x 1500 Metres Relay	W55 Carol Bowman	26:26.9	11-Feb-10	S	A	W			
4 x 1500 Metres Relay	W55 Margaret Saunders	26:26.9	11-Feb-10	S	A	W			
4 x 1500 Metres Relay	W55 Shirley Bell	26:26.9	11-Feb-10	S	A	W			
4 x 1500 Metres Relay	W60 <b>MAWA Team</b>	26:47.3	20-Dec-07		X	X	HT		ECAC
4 x 1500 Metres Relay	W60 Peggy Macliver	26:47.3	20-Dec-07		X	X			
4 x 1500 Metres Relay	W60 Jackie Halberg	26:47.3	20-Dec-07		X	X			
4 x 1500 Metres Relay	W60 Christine Oldfield	26:47.3	20-Dec-07		X	X			
4 x 1500 Metres Relay	W60 Gillian Young	26:47.3	20-Dec-07		X	X			
4 x 1500 Metres Relay	W60 <b>MAWA Team</b>	26:30.0	12-Feb-09	S	A	W	HT		ECAC
4 x 1500 Metres Relay	W60 Peggy Macliver	26:30.0	12-Feb-09	S	A	W			
4 x 1500 Metres Relay	W60 Jackie Halberg	26:30.0	12-Feb-09	S	A	W			
4 x 1500 Metres Relay	W60 Shirley Bell	26:30.0	12-Feb-09	S	A	W			
4 x 1500 Metres Relay	W60 Gillian Young	26:30.0	12-Feb-09	S	A	W			
4 x 1500 Metres Relay	W65 <b>MAWA Team</b>	31:16.7	11-Feb-10	S	A	W	HT		ECAC
4 x 1500 Metres Relay	W65 Christine Oldfield	31:16.7	11-Feb-10	S	A	W			
4 x 1500 Metres Relay	W65 Peggy Macliver	31:16.7	11-Feb-10	S	A	W			
4 x 1500 Metres Relay	W65 Lorraine Lopes	31:16.7	11-Feb-10	S	A	W			
4 x 1500 Metres Relay	W65 Lynne Schickert	31:16.7	11-Feb-10	S	A	W			