

State Records as at 08-Jan-20

EVENT	AGE	NAME	PERF	DATE	WA	AUS	WLD	ET or HT	Location
<b>60 Metres</b>					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	Wendy Seegers	7.61	27-Nov-15	S	A		ET (+1.2)	WAAS
60 Metres	W40	Lynne Choate	7.9	14-Mar-96	S				
60 Metres	W45	Lynne Choate	8.0	15-Jan-98	S				
60 Metres	W50	Lynne Choate	8.66	23-Feb-03	S	X		ET (-1.7)	Perry Lakes
60 Metres	W50	Lynne Choate	8.4	14-Jul-05	S			HT	ECAC
60 Metres	W55	Lynne Choate	8.91	19-Feb-10	S			ET (+1.7)	WAAS
60 Metres	W60	Lynne Choate	9.0	19-Mar-13	S			HT (+1.2)	WAAS
60 Metres	W65	Peggy Macliver	9.43	02-Apr-10	S	X		HT (+2.0)	WAAS
60 Metres	W70	Peggy Macliver	10.16	03-Apr-15	S			ET (-1.1)	Bankstown
60 Metres	W75	Pat Carr	10.99	06-Apr-07	S			ET (+1.6)	Hobart
60 Metres	W80	Pat Carr	12.95	25-Mar-12	S	X		ET (-0.7)	WAAS
<b>100 Metres</b>					S				
100 Metres	W30	Eileen Hindle	12.1	19-Nov-83	S	X			
100 Metres	W30	Jodie Lambert	11.53	22-Jun-02	S	X		ET (+1.7)	Darwin
100 Metres	W35	Wendy Seegers	12.01	15-Jan-16	S	A		ET (+2.0)	WAAS
100 Metres	W40	Wendy Seegers	12.18	24-Mar-16	S	A		ET (-0.8)	WAAS
100 Metres	W45	Lynne Choate	12.97	12-Apr-98	S				
100 Metres	W50	Lynne Choate	13.49	16-Mar-03	S			ET (1.9)	Perry Lakes
100 Metres	W55	Lynne Choate	13.99	02-Apr-10	S			ET (+2.0)	WAAS
100 Metres	W60	Peggy Macliver	14.90	10-Apr-04	S			ET (+0.3)	Melbourne
100 Metres	W65	Peggy Macliver	15.39	21-Apr-11	S			ET (+0.7)	Brisbane
100 Metres	W70	Peggy Macliver	16.34	26-Oct-16	S			ET (+2.0)	Perth
100 Metres	W75	Ruth Johnson	17.94	27-Oct-16	S			ET (+0.9)	Perth
100 Metres	W80	Pat Carr	22.12	24-Mar-12	S			ET (-2.2)	WAAS
100 Metres	W90	Joy Duncan	1:43.91	27-Oct-16	S			ET (+1.9)	Perth
<b>200 Metres</b>					S				
200 Metres	W30	Rosanne Kemp	25.1	07-Apr-96	S				
200 Metres	W35	Wendy Seegers	24.42	13-Nov-15	S	A		ET (+0.5)	WAAS
200 Metres	W40	Wendy Seegers	24.52	03-Mar-16	S	A		ET (+1.6)	Perth
200 Metres	W45	Lynne Choate	26.93	12-Apr-98	S				
200 Metres	W50	Mandy Mason	27.18	23-Feb-19	S			ET(+1.9)	WAAS
200 Metres	W55	Peggy Macliver	29.2	16-Dec-99	S				
200 Metres	W55	Peggy Macliver	29.2	26-Mar-00	S				
200 Metres	W60	Peggy Macliver	30.73	08-Apr-07	S			ET (-0.6)	Hobart
200 Metres	W65	Peggy Macliver	31.72	22-Apr-11	S			ET (0.5)	Brisbane
200 Metres	W70	Peggy Macliver	34.55	04-Apr-15	S			ET (-1.0)	Bankstown
200 Metres	W75	Ruth Johnson	38.57	10-Jun-17	S			ET (-1.3)	Darwin
200 Metres	W80	Pat Carr	53.55	07-Apr-12	S			ET (+0.4)	Melbourne
<b>400 Metres</b>					S				
400 Metres	W30	Rosanne Kemp	57.2	05-Apr-96	S				
400 Metres	W35	Wendy Seegers	55.72	17-Dec-15	S	A		ET	WAAS
400 Metres	W40	Wendy Seegers	56.99	20-Mar-16	S			ET	ECAC
400 Metres	W45	Sharon Davis	60.30	14-Sep-18	S			ET	Malaga
400 Metres	W50	Barbara Blurton	62.0	21-Nov-02	S				
400 Metres	W55	Barbara Blurton	63.3	21-Apr-05	S	A		HT	ECAC
400 Metres	W60	Peggy Macliver	69.16	12-Apr-04	S			ET	Melbourne
400 Metres	W65	Barbara Blurton	72.04	28-Apr-18	S			ET	Perth
400 Metres	W70	Peggy Macliver	80.38	05-Apr-15	S			ET	Bankstown
400 Metres	W75	Ruth Johnson	1:29.78	05-Nov-16	S	X		ET	Perth
400 Metres	W80	Phyllis Head	3:12.4	24-Mar-01	S				
<b>800 Metres</b>					S				
800 Metres	W30	Susan Andrews	2:00.0	02-Jun-02	S			HT	Perry Lakes, mixed
800 Metres	W35	Angie Ross	2:11.79	16-Mar-19	S			ET	WAAS
800 Metres	W40	Sharon Davis	2:16.6	19-Jul-18	S			HT	ECAC
800 Metres	W45	Sharon Davis	2:17.27	14-Dec-18	S			ET	Perth
800 Metres	W50	Barbara Blurton	2:21.7	28-Mar-04	S			HT	ECAC
800 Metres	W55	Barbara Blurton	2:27.6	21-Jul-05	S			HT	ECAC
800 Metres	W60	Margaret Saunders	2:42.4	07-Oct-14	S			HT	WAAS
800 Metres	W65	Margaret Saunders	2:51.7	12-Mar-19	S			HT	WAAS
800 Metres	W70	Lorraine Lopes	3:10.54	12-Jul-11	S			ET	Sacramento
800 Metres	W75	Lorraine Lopes	3:26.25	14-Mar-15	S	X		ET	WAAS
800 Metres	W80	Phyllis Head	8:34.8	06-Feb-01	S				
<b>1000 Metres</b>					S				
1000 Metres	W30	Denise McMorrow	3:23.5	21-Jan-99	S				
1000 Metres	W35	Vanessa Carson	3:15.0	29-Mar-18	S			HT	ECAC
1000 Metres	W40	Sharon Davis	2:59.6	12-Jul-18	S			HT	ECAC
1000 Metres	W45	Anne Shaw	3:14.5	09-Jan-97	S				
1000 Metres	W50	Anne Shaw	3:21.1	01-Oct-98	S				
1000 Metres	W55	Barbara Blurton	3:24.3	19-May-05	S			HT	ECAC
1000 Metres	W60	Margaret Saunders	3:32.3	27-Jan-15	S			HT	WAAS
1000 Metres	W65	Margaret Saunders	3:42.6	15-Oct-19	S			HT	WAAS
1000 Metres	W70	Lorraine Lopes	4:15.9	26-May-11	S			HT	ECAC
<b>1500 Metres</b>					S				
1500 Metres	W30	Bernadette Williams	4:15.31	23-Feb-19	S			ET	Sydney

1500 Metres	W35	Angie Ross	4:34.54	15-Feb-19	S		ET	WAAS
1500 Metres	W40	Sandra Voeselek	4:45.52	19-Dec-13	S		ET	WAAS
1500 Metres	W45	Sharon Davis	4:49.56	16-Sep-18	S		ET	Malaga
1500 Metres	W50	Anne Shaw	4:53.8	19-Mar-98	S	X		
1500 Metres	W55	Anne Shaw	5:16.63	19-Apr-03	S		ET	Perry Lakes
1500 Metres	W60	Gillian Young	5:50.9	28-Mar-09	S		HT	ECAC
1500 Metres	W65	Margaret Saunders	5:58.2	05-Nov-19	S		HT	WAAS
1500 Metres	W70	Lorraine Lopes	6:29.49	24-Mar-12	S	X	ET	WAAS
1500 Metres	W75	Lorraine Lopes	7:09.6	16-Jun-15	S	A	HT	WAAS
		<b>Mile</b>			S			
Mile	W30	Tessa Brockwell	5:04.0	24-Mar-87	S			
Mile	W35	Jill Chambers	5:23.0	16-Nov-86	S			
Mile	W40	Anne Shaw	5:35.0	13-Mar-91	S			
Mile	W45	Anne Shaw	5:18.6	14-Mar-96	S			
Mile	W50	Margaret Robinson	6:03.0	26-Nov-89	S			
Mile	W50	Fiona Leonard	6:03.0	08-Mar-18	S		HT	ECAC
Mile	W55	Barbara Blurton	6:09.4	02-Jun-05	S		HT	ECAC
Mile	W60	Margaret Saunders	6:07.8	28-Oct-14	S		HT	WAAS
Mile	W65	Margaret Saunders	6:25.8	08-Oct-19	S		HT	ECAC
Mile	W70	Lorraine Lopes	7:14.5	05-May-11	S	X	HT	ECAC
Mile	W75	Lorraine Lopes	7:46.5	21-Apr-15	S	A	HT	WAAS
Mile	W80	Bonnie Smith	17:57.0	26-Apr-98	S			
		<b>3000 Metres</b>			S			
3000 Metres	W30	Tessa Brockwell	9:42.6	12-Mar-87	S			
3000 Metres	W35	Karen Gobby	10:12.0	12-Jan-91	S			
3000 Metres	W40	Sandra Voeselek	10:28.9	29-Nov-13	S			WAAS
3000 Metres	W45	Anne Shaw	10:33.0	19-Dec-96	S	X		
3000 Metres	W50	Anne Shaw	10:44.4	18-Dec-97	S	X		
3000 Metres	W55	Anne Shaw	11:17.0	06-Mar-03	S	X	HT (2 watShes)	ECAC
3000 Metres	W60	Gillian Young	12:55.6	13-Dec-07	S		HT	ECAC
3000 Metres	W65	Gillian Young	13:49.2	25-Oct-12	S		HT	ECAC
3000 Metres	W70	Gillian Young	14:05.7	19-Apr-18	S		HT	ECAC
3000 Metres	W75	Lorraine Lopes	14:40.2	24-Feb-15	S	A	HT	WAAS
		<b>5000 Metres</b>			S			
5000 Metres	W30	Bernadette Williams	16:43.49	01-Feb-19	S		ET	WAAS
5000 Metres	W35	Karen Gobby	17:07.7	01-Nov-90	S			
5000 Metres	W40	Karen Gobby	17:52.2	07-Apr-96	S			
5000 Metres	W45	Anne Shaw	18:20.8	21-Nov-96	S			
5000 Metres	W50	Anne Shaw	18:18.4	29-Mar-98	S	X		
5000 Metres	W55	Janet Ferguson	19:21.05	28-Oct-16	S		ET	Perth
5000 Metres	W60	Gillian Young	21:41.0	16-Mar-08	S		HT	ECAC
5000 Metres	W65	Gillian Young	22:59.51	31-Mar-13	S		ET	Canberra
5000 Metres	W70	Lorraine Lopes	23:04.3	08-Apr-12	S		HT	Melbourne
5000 Metres	W75	Lorraine Lopes	26:41.46	28-Oct-16	S	X	ET	Perth
		<b>10,000 Metres</b>			S			
10,000 Metres	W30	Sue Malaxos	32:46.9	14-Dec-95	S			
10,000 Metres	W35	Nera Jareb	35:09.16	14-Dec-19	S		ET	Melbourne
10,000 Metres	W40	Karen Gobby	37:30.8	05-Apr-96	S			
10,000 Metres	W45	Anne Shaw	38:00.6	27-Nov-97	S			
10,000 Metres	W50	Anne Shaw	37:31.9	24-Mar-00	S	A		
10,000 Metres	W55	Maureen Stewart	44:54.3	05-Apr-96	S			
10,000 Metres	W60	Gillian Young	46:03.1	06-Mar-08	S		HT	ECAC
10,000 Metres	W65	Gillian Young	48:52.8	18-Oct-12	S		HT	ECAC
10,000 Metres	W70	Lorraine Lopes	48:59.9	15-Mar-12	S	X	HT	ECAC
10,000 Metres	W75	Lorraine Lopes	51:31.8	05-Mar-15	S	A	HT	WAAS
		<b>Half Marathon</b>			S			
Half Marathon	W30	Rochelle Rodgers	1:17:30.93	26-Aug-18	S	A	ET	Perth
Half Marathon	W35	Karen Gobby	1:14:47	15-Sep-91	S	X		
Half Marathon	W40	Karen Gobby	1:19:07	05-May-96	S			
Half Marathon	W45	Anne Shaw	1:21:19	29-Jun-97	S			
Half Marathon	W50	Dee Roe	1:30:58	04-Aug-19	S			Perth
Half Marathon	W55	Janet Ferguson	01:33:02	06-Nov-16	S		HT	Perth
Half Marathon	W60	Gillian Young	1:42:00	22-Mar-09	S		HT	Perth
Half Marathon	W65	Liz Neville	1:48:57.83	09-Oct-16	S		ET	Fremantle
Half Marathon	W70	Lorraine Lopes	01:55:49	14-Jul-13	S		HT	Perth
		<b>Marathon</b>			S			
Marathon	W30	Rochelle Rodgers	2:34:45	23-Feb-19	S			Shizuoka
Marathon	W35	Karen Gobby	2:36:40	21-Jul-91	S	A		
Marathon	W40	Tina Major	2:50:46	17-Nov-13	S			
Marathon	W45	Anne Shaw	3:01:19	21-Jul-97	S			
Marathon	W50	Anne Shaw	2:57:06	05-Jul-98	S			
Marathon	W55	Liz Neville	3:28:54	13-Apr-08	S		HT	London
Marathon	W60	Christine Pattinson	03:47:54	06-Nov-16	S		HT	Perth
Marathon	W65	Liz Neville	03:47:11	06-Nov-16	S		HT	Perth
		<b>One Hour</b>			S			
One Hour	W30	Jill Midolo	11,775	21-Oct-79	S			
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	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	Eileen Hindle	11.8	25-Mar-89	S	X	X		
80 Metres Hurdles	W45	Toni Phillips	13.70	18-Mar-17	S			ET (+1.9)	Bendigo
80 Metres Hurdles	W50	Kathy Lawson	15.29	09-Apr-17	S			ET (+1.8)	ECAC
80 Metres Hurdles	W55	Delia Baldock	17.65	27-Apr-18	S			ET (+0.8)Perth	
<b>80 Metres Hurdles (68.6cm) W60+</b>					S				
80 Metres Hurdles	W60	Maureen Keshwar	18.25	04-Nov-16	S			ET (+0.7)	Perth
80 Metres Hurdles	W65	Maureen Keshwar	18.08	27-Apr-19	S			ET (+0.8)	Melbourne
80 Metres Hurdles	W70	Ruth Johnson	20.9	21-Jan-12	S			HT	Bunbury
<b>100 Metres Hurdles (84cm) W30 - W35</b>					S				
100 Metres Hurdles	W30	Eileen Hindle	14.29	20-Mar-82	S			ET (+1.9)	Brisbane
100 Metres Hurdles	W35	Eileen Hindle	14.0	04-Feb-84	S	A		HT	Perth
<b>200 Metres Hurdles (68.6cm) W70+</b>					S				
200 Metres Hurdles	W70	Ruth Johnson	48.04	25-Mar-12	S	X		ET (+0.9)	WAAS
<b>300 Metres Hurdles (76.2cm) W50 - W55</b>					S				
300 Metres Hurdles	W50	Kath Holland	54.7	17-Mar-91	S				
300 Metres Hurdles	W55	Delia Baldock	63.98	08-Apr-17	S			ET	ECAC
<b>300 Metres Hurdles (68.6cm) W60 - W65</b>					S				
300 Metres Hurdles	W60	Carol Bowman	73.45	13-Apr-19	S			ET	ECAC
300 Metres Hurdles	W65	Maureen Keshwar	69.75	26-Apr-18	S			ET	Perth
<b>400 Metres Hurdles (76.2cm) W30 - W45</b>					S				
400 Metres Hurdles	W30	Eileen Hindle	60.31	20-Mar-81	S			ET	Adelaide
400 Metres Hurdles	W35	Kath Holland	63.7	25-Mar-78	S	X			
400 Metres Hurdles	W40	Sharon Davis	67.68	10-Nov-17	S			ET	WAAS
400 Metres Hurdles	W45	Eileen Hindle	71.9	22-Oct-94	S				
<b>2000 Metres Steeplechase (76.2cm)</b>					S				
2000m Steeplechase	W30	Jaime Lovell	8:43.72	04-Apr-19	S			ET	ECAC
2000m Steeplechase	W35	Vanessa Carson	7:47.2	16-May-17	S			HT	WAAS
2000m Steeplechase	W40	Anne Shaw	7:44.9	15-Feb-92	S	X			
2000m Steeplechase	W45	Anne Shaw	8:02.0	04-Feb-96	S				
2000m Steeplechase	W50	Anne Shaw	8:14.6	26-Mar-98	S	X			
2000m Steeplechase	W55	Anne Shaw	8:23.96	19-Apr-03	S	A		ET	Perry Lakes
2000m Steeplechase	W60	Margaret Saunders	9:10.19	07-Sep-18	S			ET	Malaga
2000m Steeplechase	W65	Margaret Saunders	9:29.52	05-Sep-19	S	A		ET	Mackay
2000m Steeplechase	W70	Gillian Young	10:03.49	25-Jan-18	S	A	W	ET	Dunedin
2000m Steeplechase	W75	Lynne Schickert	16:00.36	07-Sep-18	S			ET	Malaga
<b>1500 Metres Walk</b>					S				
1500 Metres Walk	W30	Melissa Lewis	7:32.41	28-Apr-18	S			ET	Perth
1500 Metres Walk	W35	Rose-Marie Holloway	7:29.5	20-Sep-94	S				
1500 Metres Walk	W40	Lyn Ventris	7:24.0	22-Feb-00	S				
1500 Metres Walk	W45	Lyn Ventris	6:52.67	06-Nov-03	S			ET	Canberra
1500 Metres Walk	W50	Lyn Ventris	6:45.8	25-Mar-07	S	A		HT	ECAC
1500 Metres Walk	W55	Lyn Ventris	7:00.30	09-Oct-11	S	A		ET	Adelaide
1500 Metres Walk	W60	Val Millard	8:59.2	16-Mar-08	S			HT	ECAC
1500 Metres Walk	W65	Val Millard	9:51.69	06-Apr-12	S			ET	Melbourne
1500 Metres Walk	W70	Lynne Schickert	10:23.09	25-Mar-12	S			ET	WAAS
1500 Metres Walk	W75	Peggy Macliver	10:44.46	13-Apr-19	S			ET	ECAC
1500 Metres Walk	W80	Sylvia Byers	11:33.38	05-Oct-15	S			ET	Adelaide
1500 Metres Walk	W85	Lorna Lauchlan	12:47.43	14-Mar-15	S			ET	WAAS
<b>3000 Metres Walk</b>					S				
3000 Metres Walk	W30	Melissa Lewis	16:41.4	08-Feb-19	S			HT	WAAS
3000 Metres Walk	W35	Rose-Marie Holloway	15:44.1	20-Sep-94	S				
3000 Metres Walk	W40	Lyn Ventris	14:05.7	24-Mar-01	S	X			
3000 Metres Walk	W45	Lyn Ventris	13:57.43	16-Mar-02	S	X	X	ET	Perry Lakes
3000 Metres Walk	W50	Lyn Ventris	13:54.3	24-Mar-07	S	A	W	HT	ECAC
3000 Metres Walk	W55	Lyn Ventris	14:16.41	24-Mar-12	S	A	W	ET	WAAS
3000 Metres Walk	W60	Val Millard	18:49.3	15-Mar-08	S			HT	ECAC
3000 Metres Walk	W65	Val Millard	20:28.71	24-Mar-12	S			ET	WAAS
3000 Metres Walk	W70	Valerie Tyson	19:56.0	12-Feb-92	S	X			
3000 Metres Walk	W75	Peggy Macliver	22:20.27	14-Apr-19	S			ET	ECAC
3000 Metres Walk	W80	Sylvia Byers	23:18.61	20-Mar-16	S			ET	ECAC
3000 Metres Walk	W85	Lorna Lauchlan	25:52.63	15-Mar-15	S			ET	WAAS
<b>5000 Metres Walk</b>					S				
5000 Metres Walk	W30	Melissa Lewis	27:06.98	29-Apr-19	S			ET	Melbourne
5000 Metres Walk	W35	Bronwyn Salter	25:57.0	08-Feb-86	S				
5000 Metres Walk	W40	Lyn Ventris	23:24.5	23-Mar-01	S	X			
5000 Metres Walk	W45	Lyn Ventris	23:42.4	25-Feb-05	S	A	W	HT	McGillivray
5000 Metres Walk	W50	Lyn Ventris	23:37.78	07-Apr-07	S	A	W	ET	Hobart
5000 Metres Walk	W55	Lyn Ventris	23:57.9	22-Mar-12	S	A	X	HT	Perth
5000 Metres Walk	W60	Lyn Ventris	25:41.58	27-Apr-18	S	A	W	ET	Perth
5000 Metres Walk	W65	Val Millard	33:56.9	22-Mar-12	S			HT	ECAC
5000 Metres Walk	W70	Valerie Tyson	35:13.7	29-Mar-92	S				
5000 Metres Walk	W75	Peggy Macliver	37:40.35	29-Apr-19	S			ET	Melbourne
5000 Metres Walk	W80	Sylvia Byers	39:09.42	19-Mar-16	S			ET	ECAC
5000 Metres Walk	W85	Lorna Lauchlan	41:53.65	07-Aug-15	S			ET	Lyon
<b>10,000 Metres Track Walk</b>					S				
10,000 Metres Walk	W30	Melissa Lewis	59:14.15	23-Jan-19	S			ET	WAAS
10,000 Metres Walk	W35	Joy Sanger	60:35.0	01-Oct-87	S				
10,000 Metres Walk	W40	Michelle Boyle	67:48.0	01-Dec-91	S				
10,000 Metres Walk	W45	Lyn Ventris	46:35.65	09-Feb-02	S	A	W	ET	Canberra
10,000 Metres Walk	W50	Lyn Ventris	54:32.9	21-Feb-07	S			HT	
10,000 Metres Walk	W55	Lyn Ventris	51:31.2	05-Feb-12	S			HT	WAAS

10,000 Metres Walk	W60	Lorna Lauchlan	69:53.0	01-Dec-91	S				
		<b>10 Kilometres Road Walk</b>			S				
10K Road Walk	W30	Melissa Lewis	57:11	27-Apr-19	S		HT		Melbourne
10K Road Walk	W35	Rose-Marie Holloway	57:30	01-Oct-94	S				
10K Road Walk	W40	Lyn Ventris	47:25	17-Apr-01	S	X			
10K Road Walk	W45	Lyn Ventris	48:34	17-Apr-06	S	A		HT	Canberra
10K Road Walk	W50	Lyn Ventris	48:28	09-Apr-07	S	A	W	HT	Hobart
10K Road Walk	W55	Lyn Ventris	49:15	19-Aug-12	S	A	W	HT	Perth
10K Road Walk	W60	Lyn Ventris	53:26	10-Sep-18	S	A	W	HT	Malaga
10K Road Walk	W65	Lorraine Lopes	66:00	05-Jun-05	S				
10K Road Walk	W70	Lorna Lauchlan	71:37	26-Jun-01	S				
10K Road Walk	W75	Lynne Schickert	01:20:04	09-Jul-17	S				Perth
10K Road Walk	W80	Sylvia Byers	82:09	03-Jul-16	S			HT	Perth
		<b>20 Kilometres Road Walk</b>			S				
20K Road Walk	W35	Joy Sanger	2:30:00	11-Oct-87	S				
20K Road Walk	W40	Lyn Ventris	01:39:26	13-May-01	S	X			
20K Road Walk	W45	Lyn Ventris	01:34:15	16-Dec-01	S	A	W	HT	Melbourne (102.1%)
20K Road Walk	W50	Lyn Ventris	1:39:51	29-May-11	S	A	W	HT	Melbourne
20K Road Walk	W55	Lyn Ventris	1:40:42	26-Aug-12	S	A	W	ET	Adelaide
20K Road Walk	W60	Lyn Ventris	1:58:27	14-Sep-18	S			HT	Malaga
20K Road Walk	W65	Lynne Schickert	2:35:19.9	16-Jul-11	S			ET	Sacramento
20K Road Walk	W70	Lynne Schickert	2:49:50	14-Aug-15	S			HT	Lyon
20K Road Walk	W75	Lynne Schickert	2:52:27	04-Nov-16	S	X		HT	Perth
		<b>High Jump</b>			S				
High Jump	W30	Eileen Hindle	1.49	20-Dec-81	S				
High Jump	W35	Vanessa Ward	1.80	10-Jan-98	S	A			Perth
High Jump	W40	Carolyn Wills	1.48	18-Feb-12	S				Bunbury
High Jump	W45	Lisa Limonas	1.42	27-Jan-15	S				WAAS
High Jump	W50	Sue Coate	1.40	05-Sep-19	S				Mackay
High Jump	W55	Delia Baldock	1.20	08-Apr-17	S				ECAC
High Jump	W60	Gay Wyatt	1.12	06-Feb-14	S				ECAC
High Jump	W65	Brenda Painter	1.07	08-Feb-12	S				Albany
High Jump	W70	Ruth Johnson	1.02	08-Feb-14	S				Bunbury
High Jump	W75	Ruth Johnson	1.00	17-Apr-16	S				Adelaide
		<b>Long Jump</b>			S				
Long Jump	W30	Eileen Hindle	6.07	25-Mar-79	S				Perry Lakes
Long Jump	W35	Melissa Foster	5.78	14-Mar-15	S		+0.5		WAAS
Long Jump	W35	Melissa Foster	5.78	26-Apr-18	S		+0.0		Perth
Long Jump	W40	Melissa Foster	5.68	14-Dec-19	S			-0.9	Melbourne
Long Jump	W45	Eileen Hindle	5.14	01-Feb-95	S				
Long Jump	W50	Eileen Hindle	4.70	14-Jan-98	S				
Long Jump	W55	Eileen Hindle	4.12	22-Jan-04	S				ECAC
Long Jump	W60	Dorothy Whittam	3.87	15-Mar-97	S				
Long Jump	W65	Pat Carr	3.85	28-Mar-98	S	X			
Long Jump	W70	Pat Carr	3.51	23-Mar-02	S	X			
Long Jump	W75	Pat Carr	3.23	24-Mar-07	S	X		-0.7	ECAC
Long Jump	W80	Pat Carr	2.37	24-Mar-12	S			-0.6	WAAS
		<b>Triple Jump</b>			S				
TripleJump	W30	Melissa Foster	11.47	31-Mar-13	S			-1.7	Canberra
TripleJump	W35	Melissa Foster	12.16	15-Aug-15	S	A		+0.3	Lyon
TripleJump	W40	Melissa Foster	11.52	12-Sep-18	S	A			-3.0 Malaga
TripleJump	W45	Eileen Hindle	10.13	20-Mar-94	S				
TripleJump	W50	Dorothy Whittam	9.32	03-Dec-88	S				
TripleJump	W55	Dorothy Whittam	8.76	20-Mar-94	S	X			
TripleJump	W60	Pat Carr	8.32	13-Oct-93	S	X			
TripleJump	W65	Pat Carr	8.03	15-Mar-97	S	X			
TripleJump	W65	Pat Carr	8.03	04-Aug-99	S	X		-1.1	Gateshead
TripleJump	W70	Pat Carr	7.64	24-Mar-02	S	X			
TripleJump	W75	Pat Carr	6.71	25-Mar-07	S	X		-1.1	ECAC
		<b>Pole Vault</b>			S				
Pole Vault	W30	Sally Wijesundera	1.80	04-Feb-96	S				
Pole Vault	W40	Vicki Cobby	2.10	21-Mar-14	S				WAAS
Pole Vault	W40	Vicki Cobby	2.10	05-Apr-15	S				Bankstown
Pole Vault	W45	Vicki Cobby	1.90	26-Oct-16	S				Perth
		<b>Discus (1kg) W30 - W70</b>			S				
Discus Throw	W30	Byrony Glass	39.66	15-Mar-09	S				Perry Lakes
Discus Throw	W35	Byrony Glass	36.49	09-Mar-13	S				WAAS
Discus Throw	W40	Sarah Edmiston	37.98	12-Jan-19	S				Christchurch
Discus Throw	W45	Jennifer Parker	33.63	03-Apr-18	S				WAAS
Discus Throw	W50	Jennifer Parker	31.99	14-Feb-19	S				ECAC
Discus Throw	W55	Kate Glass	26.71	19-Dec-06	S				McGillivray
Discus Throw	W60	Bev Hamilton	24.42	25-Mar-07	S				ECAC
Discus Throw	W65	Bev Hamilton	25.25	21-Mar-13	S				ECAC
Discus Throw	W70	Bev Hamilton	23.09	08-Apr-17	S				ECAC
		<b>Discus (0.75kg) W75+ (WMA 2009)</b>			S				
Discus Throw	W75	Barbara Campbell	19.13	09-Mar-13	S				WAAS
Discus Throw	W80	Raema McMillan	17.29	16-Mar-08	S	X			ECAC
Discus Throw	W85	Raema McMillan	13.81	05-Feb-13	S	X			WAAS
		<b>Hammer (4kg) W30 - W45</b>			S				
Hammer Throw	W30	Byrony Glass	60.21	19-Apr-10	S				WAAS
Hammer Throw	W35	Byrony Glass	54.67	29-Mar-13	S	A			Canberra

Hammer Throw	W40	Byrony Glass	51.75	26-Apr-18	S	A		Perth
Hammer Throw	W45	Jennifer Parker	35.19	19-Oct-17	S			ECAC
		<b>Hammer (3kg) W50 – W70</b>			S			
Hammer Throw	W50	Kate Glass	43.27	07-Dec-04	S			McGillivray
Hammer Throw	W55	Kate Glass	41.73	27-Feb-07	S			McGillivray
Hammer Throw	W60	Kate Glass	36.11	09-Jul-11	S			Sacramento
Hammer Throw	W65	Kate Glass	29.55	14-Mar-15	S			WAAS
Hammer Throw	W70	Bev Hamilton	26.07	18-Mar-16	S			WAAS
		<b>Hammer (2kg) W75+ (WMA 2009)</b>			S			
Hammer Throw	W75	Barbara Campbell	27.62	31-Jan-13	S			ECAC
Hammer Throw	W80	Raema McMillan	22.36	04-Apr-10	S			WAAS
Hammer Throw	W85	Raema McMillan	18.55	09-Mar-13	S	A		WAAS
		<b>Heavy Weight Throw (9.08kg) W30 - W45</b>			S			
Heavy Weight Throw	W30	Byrony Glass	17.75	05-Apr-10	S			WAAS
Heavy Weight Throw	W35	Byrony Glass	18.02	05-Feb-13	S	A	X	WAAS
Heavy Weight Throw	W40	Byrony Glass	16.12	29-Apr-18	S	A		Perth
Heavy Weight Throw	W45	Jennifer Parker	10.28	16-Sep-17	S			ECAC
		<b>Heavy Weight Throw (7.26kg) W50 - W55</b>			S			
Heavy Weight Throw	W50	Kate Glass	12.79	10-Apr-04	S			Melbourne
Heavy Weight Throw	W55	Kate Glass	12.79	17-Apr-06	S			Canberra
		<b>Heavy Weight Throw (5.45kg) W60 – W70</b>			S			
Heavy Weight Throw	W60	Kate Glass	13.44	03-Apr-11	S			ECAC
Heavy Weight Throw	W65	Bev Hamilton	12.18	01-Dec-11	S			ECAC
Heavy Weight Throw	W70	Bev Hamilton	11.07	20-Mar-16	S			ECAC
		<b>Heavy Weight Throw (4kg) W75+ (WMA 2009)</b>			S			
Heavy Weight Throw	W75	Barbara Campbell	10.24	02-Mar-13	S			WAAS
Heavy Weight Throw	W80	Raema McMillan	9.33	12-Feb-08	S	X		McGillivray
Heavy Weight Throw	W85	Raema McMillan	9.90	19-Mar-13	S	A		WAAS
		<b>Heavy Weight Throw (56lb) W30+</b>			S			
56lb Weight	W35	Bryony Glass	5.71	31-Jan-16	S	A		WAAS
56lb Weight	W40	Bryony Glass	5.07	17-Sep-17	S			ECAC
56lb Weight	W45	Jennifer Parker	2.80	17-Sep-17	S			ECAC
56lb Weight	W50	Jennifer Parker	2.73	30-Sep-19	S			ECAC
		<b>Heavy Weight Throw (100lb) W30+</b>			S			
100lb Weight	W40	Andrea Penny	1.01	30-Sep-19	S			ECAC
100lb Weight	W50	Jennifer Parker	1.28	30-Sep-19	S			ECAC
		<b>Javelin (600g) W30 - W45</b>			S			
Javelin Throw	W30	Sally Wijesundera	47.14	04-Feb-96	S			
Javelin Throw	W35	Carolyn Wills	31.32	13-Jan-09	S			
Javelin Throw	W40	Julie Daines	31.08	20-Mar-16	S			ECAC
Javelin Throw	W45	Bonny O' Loughlin	30.91	27-Apr-18	S			Perth
		<b>Javelin (500g) W50 - W55</b>			S			
Javelin Throw	W50	Sue Coate	31.65	02-Sep-19	S			Mackay
Javelin Throw	W55	Lisa Kirsch	24.58	04-Apr-10	S			
		<b>Javelin (500g) W60 - W70 (WMA 2014)</b>			S			
Javelin Throw	W60	Kate Glass	18.34	29-Mar-14	S			WAAS
Javelin Throw	W65	Bev Hamilton	17.55	05-Oct-15	S			Rarotonga
Javelin Throw	W70	Bev Hamilton	17.36	29-Oct-16	S			Perth
		<b>Javelin (400g) W60+</b>			S			
Javelin Throw	W75	Raema McMillan	16.82	12-Mar-05	S			
Javelin Throw	W80	Raema McMillan	15.34	03-Apr-10	S	X		WAAS
Javelin Throw	W85	Raema McMillan	12.09	10-Mar-13	S	A		
		<b>Shot Put (4kg) W30 - W45</b>			S			
Shot Put	W30	Byrony Glass	12.12	24-Feb-08	S			Perry Lakes
Shot Put	W30	Byrony Glass	12.12	09-Mar-08	S			
Shot Put	W35	Byrony Glass	11.44	08-Apr-12	S			
Shot Put	W40	Byrony Glass	11.18	26-Apr-18	S			Perth
Shot Put	W45	Colleen Finnerty	10.35	26-Apr-18	S			Perth
		<b>Shot Put (3kg) W50 – W70</b>			S			
Shot Put	W50	Yolanda Carstens	10.99	26-Apr-18	S			Perth
Shot Put	W55	Kate Glass	10.40	16-Mar-08	S			
Shot Put	W60	Bev Hamilton	10.43	29-Mar-09	S			
Shot Put	W65	Bev Hamilton	8.95	16-Dec-10	S			
Shot Put	W70	Bev Hamilton	8.27	18-Apr-16	S			Adelaide
		<b>Shot Put (2kg) W75+ (WMA 2009)</b>			S			McGillivray
Shot Put	W75	Barbara Campbell	8.02	14-Feb-13	S			ECAC
Shot Put	W80	Raema McMillan	7.12	16-Mar-08	S	X		ECAC
Shot Put	W80	Raema McMillan	7.12	02-Mar-10	S			
		<b>Oceania Pentathlon (L/J/J/100/S/800) 2010 Tables</b>			S			
		<b>(^2002 Tables) (500g javelin from 2014 W60-W70)</b>			S			
		<b>(see separate Combined Event sheet for full details)</b>			S		HT	
Pentathlon	W30	Melissa Foster	2667	01-Apr-13	S	X	HT	ECAC
Pentathlon	W35	Melissa Foster	2769	07-Mar-15	S		HT	WAAS
Pentathlon	W40	Melissa Foster	3071	29-Apr-19	S		ET	Melbourne
Pentathlon	W45	Jennifer Parker	2546	01-Dec-18	S		HT	Bunbury
Pentathlon	W50	Sue Coate	3216	06-Sep-19	S		ET	Mackay
Pentathlon	W55	Lynne Choate	2562	05-Apr-10	S			
Pentathlon	W60	Gay Wyatt	2148	29-Apr-18	S		ET	Perth
Pentathlon	W65	Maureen Keshwar	3027	29-Apr-18	S		ET	Perth
Pentathlon	W70	Peggy Macliver	3025	12-Jun-17	S		ET	Darwin
Pentathlon	W75	Ruth Johnson	3123	06-Apr-19	S		ET	ECAC

		<b>Heptathlon (*Old Tables)</b>			S		
Heptathlon	W35	Eileen Hindle	4355	04-Mar-85	S		
Heptathlon	W40	Vicki Cobby	3616	17-Oct-13	S		
Heptathlon	W45	Vicki Cobby	3925	05-Feb-17	S	ET	WAAS
Heptathlon	W50	Sue Coate	4412	02-Sep-19	S	ET	Mackay
Heptathlon	W60	Carol Bowman	2551	07-Jan-18	S	ET	Bendigo
Heptathlon	W70	Brenda Painter	2582	29-Oct-16	S	ET	Perth
		<b>Throws Pentathlon (H/S/D/J/W) 2010 Tables</b>			S		
		<b>(*2002 Tables)(*Old Tables) (500g javelin from 2014 W60</b>			S		
		<b>(see separate Combined Event sheet for full details)</b>			S		
Throws Pentathlon	W30	Byrony Glass	3831	12-Apr-09	S	A	
Throws Pentathlon	W35	Byrony Glass	3642	07-Mar-15	S		WAAS
Throws Pentathlon	W40	Byrony Glass	3731	28-Apr-18	S		Perth
Throws Pentathlon	W45	Jennifer Parker	2888	07-Apr-18	S		Bunbury
Throws Pentathlon	W50	Kate Glass	3328	09-Oct-04	S		
Throws Pentathlon	W55	Kate Glass	3732	23-Mar-08	S		WAAS
Throws Pentathlon	W60	Kate Glass	3061	15-Mar-14	S		WAAS
Throws Pentathlon	W65	Bev Hamilton	3453	07-Mar-15	S		WAAS
Throws Pentathlon	W70	Bev Hamilton	3958	18-Apr-16	S		Adelaide
Throws Pentathlon	W75	Raema McMillan	^3579	20-Apr-03	S		
		<b>## Lighter Weights</b>			S		Perry Lakes
Throws Pentathlon	W75	Barbara Campbell	3682	02-Mar-13	S		ECAC
Throws Pentathlon	W80	Raema McMillan	3862	04-Apr-10	S		
		<b>HEAVY WEIGHT PENTATHLON (2015 AMA Tables)</b>			S		
		<b>(see separate Combined Event sheet for full details)</b>			S		
Weight Throw Pentathlon	W35	Byrony Glass	4655	25-Jun-16	S	A	WAAS
Weight Throw Pentathlon	W40	Byrony Glass	4408	17-Sep-17	S		ECAC
Weight Throw Pentathlon	W45	Jennifer Parker	2304	22-Jan-17	S		ECAC
Weight Throw Pentathlon	W50				S		
Weight Throw Pentathlon	W55				S		
Weight Throw Pentathlon	W60				S		
Weight Throw Pentathlon	W65	Kate Glass	2667	25-Jun-16	S		WAAS
Weight Throw Pentathlon	W70	Bev Hamilton	3524	22-Jan-17	S		ECAC
		<b>4 x 100 Metres Relay</b>			S		
4 x 100 Metres Relay	W30	<b>WAVAC 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>MAWA Team</b>	54.90	04-Apr-15	S		
4 x 100 Metres Relay	W35	Sharon Davis	54.90	04-Apr-15	S		
4 x 100 Metres Relay	W35	Vicki Cobby	54.90	04-Apr-15	S		
4 x 100 Metres Relay	W35	Lisa Limonas	54.90	04-Apr-15	S		
4 x 100 Metres Relay	W35	Melissa Foster	54.90	04-Apr-15	S	ET	Bankstown
4 x 100 Metres Relay	W40	<b>MAWA Team</b>	55.07	28-Apr-19	S		
4 x 100 Metres Relay	W40	Juliana Kelly	55.07	28-Apr-19	S		
4 x 100 Metres Relay	W40	Sharon Davis	55.07	28-Apr-19	S		
4 x 100 Metres Relay	W40	Lisa Limonas	55.07	28-Apr-19	S		
4 x 100 Metres Relay	W40	Melissa Foster	55.07	28-Apr-19	S	ET	Melbourne
4 x 100 Metres Relay	W45	<b>MAWA Team</b>	62.38	09-Apr-12	S		
4 x 100 Metres Relay	W45	Peggy Macliver	62.38	09-Apr-12	S		
4 x 100 Metres Relay	W45	Lynne Choate	62.38	09-Apr-12	S		
4 x 100 Metres Relay	W45	Sue Coate	62.38	09-Apr-12	S		
4 x 100 Metres Relay	W45	Carol Bowman	62.38	09-Apr-12	S	HT	ECAC
4 x 100 Metres Relay	W50	<b>MAWA Team</b>	65.2	04-Apr-15	S		
4 x 100 Metres Relay	W50	Lynne Choate	65.2	04-Apr-15	S		
4 x 100 Metres Relay	W50	Carmel Meyer	65.2	04-Apr-15	S		
4 x 100 Metres Relay	W50	Brenda Painter	65.2	04-Apr-15	S		
4 x 100 Metres Relay	W50	Peggy Macliver	65.2	04-Apr-15	S	HT	Bankstown
4 x 100 Metres Relay	W55	<b>MAWA Team</b>	65.3	04-Feb-10	S		
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	HT	ECAC
4 x 100 Metres Relay	W60	<b>MAWA Team</b>	72.9	07-Feb-08	S		
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	HT	WAAS
4 x 100 Metres Relay	W65	<b>MAWA Team</b>	82.0	31-Jan-12	S		
4 x 100 Metres Relay	W65	Peggy Macliver	82.0	31-Jan-12	S		
4 x 100 Metres Relay	W65	Val Millard	82.0	31-Jan-12	S		
4 x 100 Metres Relay	W65	Christine Oldfield	82.0	31-Jan-12	S		
4 x 100 Metres Relay	W65	Lynne Schickert	82.0	31-Jan-12	S		
		<b>4 x 400 Metres Relay</b>			S		
4 x 400 Metres Relay	W30	<b>WAVAC Team</b>	4:33.90	21-Apr-03	S		
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	ET	
4 x 400 Metres Relay	W35	<b>MAWA Team</b>	4:36.06	10-Mar-14	S		

4 x 400 Metres Relay	W35	Carol Bowman	4:36.06	10-Mar-14	S			
4 x 400 Metres Relay	W35	Vicki Cobby	4:36.06	10-Mar-14	S			
4 x 400 Metres Relay	W35	Sharon Davis	4:36.06	10-Mar-14	S			
4 x 400 Metres Relay	W35	Wendy Seegers	4:36.06	10-Mar-14	S	ET		Perry Lakes
4 x 400 Metres Relay	W40	<b>MAWA Team</b>	4:32.79	11-Jun-17	S			
4 x 400 Metres Relay	W40	Lisa Limonas	4:32.79	11-Jun-17	S			
4 x 400 Metres Relay	W40	Jody Brownley	4:32.79	11-Jun-17	S			
4 x 400 Metres Relay	W40	Cathy McCloskey	4:32.79	11-Jun-17	S			
4 x 400 Metres Relay	W40	Sharon Davis	4:32.79	11-Jun-17	S	ET		Darwin
4 x 400 Metres Relay	W45	<b>MAWA Team</b>	4:52.35	12-Apr-04	S			
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	HT		ECAC
4 x 400 Metres Relay	W50	<b>MAWA Team</b>	5:12.7	25-Feb-10	S			
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	ET		Melbourne
4 x 400 Metres Relay	W55	<b>MAWA Team</b>	5:28.90	09-Apr-12	S			
4 x 400 Metres Relay	W55	Peggy Macliver	5:28.90	09-Apr-12	S			
4 x 400 Metres Relay	W55	Lynne Choate	5:28.90	09-Apr-12	S			
4 x 400 Metres Relay	W55	Carol Bowman	5:28.90	09-Apr-12	S			
4 x 400 Metres Relay	W55	Marg Saunders	5:28.90	09-Apr-12	S	HT		ECAC
4 x 400 Metres Relay	W60	<b>MAWA Team</b>	5:24.5	26-Feb-09	S			
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	HT		ECAC
4 x 400 Metres Relay	W65	<b>MAWA Team</b>	6:25.7	18-Mar-10	S	X		
4 x 400 Metres Relay	W65	Christine Oldfield	6:25.7	18-Mar-10	S	X		
4 x 400 Metres Relay	W65	Lorraine Lopes	6:25.7	18-Mar-10	S	X		
4 x 400 Metres Relay	W65	Lynne Schickert	6:25.7	18-Mar-10	S	X		
4 x 400 Metres Relay	W65	Peggy Macliver	6:25.7	18-Mar-10	S	X		
		<b>4 x 800 Metres Relay</b>			S			
					S	HT		ECAC
4 x 800 Metres Relay	W30	<b>MAWA Team</b>	12:41.0	18-Feb-10	S			
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	HT		ECAC
4 x 800 Metres Relay	W35	<b>MAWA Team</b>	11:29.8	19-Feb-09	S			
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	HT		ECAC
4 x 800 Metres Relay	W40	<b>MAWA Team</b>	11:40.8	24-Feb-11	S			
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	HT		ECAC
4 x 800 Metres Relay	W45	<b>MAWA Team</b>	11:53.3	14-Feb-08	S	X		
4 x 800 Metres Relay	W45	Marg Saunders	11:53.3	14-Feb-08	S	X		
4 x 800 Metres Relay	W45	Karen March	11:53.3	14-Feb-08	S	X		
4 x 800 Metres Relay	W45	Kay Burt	11:53.3	14-Feb-08	S	X		
4 x 800 Metres Relay	W45	Robin King	11:53.3	14-Feb-08	S	X	HT	ECAC
4 x 800 Metres Relay	W50	<b>MAWA Team</b>	12:07.9	18-Feb-10	S			
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	HT		ECAC
4 x 800 Metres Relay	W60	<b>MAWA Team</b>	12:36.6	19-Feb-09	S			
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	HT		ECAC
4 x 800 Metres Relay	W65	<b>MAWA Team</b>	15:04.3	18-Feb-10	S	X		
4 x 800 Metres Relay	W65	Peggy Macliver	15:04.3	18-Feb-10	S	X		
4 x 800 Metres Relay	W65	Christine Oldfield	15:04.3	18-Feb-10	S	X		
4 x 800 Metres Relay	W65	Lynne Schickert	15:04.3	18-Feb-10	S	X		
4 x 800 Metres Relay	W65	Lorraine Lopes	15:04.3	18-Feb-10	S	X		
		<b>4 x 1500 Metres Relay</b>			S			
					S	HT		ECAC
4 x 1500 Metres Relay	W30	<b>MAWA Team</b>	25:02.4	11-Feb-10	S			
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	HT		ECAC
4 x 1500 Metres Relay	W35	<b>MAWA Team</b>	25:01.1	31-Jan-08	S	X		
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	HT	ECAC

4 x 1500 Metres Relay	W40	<b>MAWA Team</b>	24:17.3	12-Feb-09	S			
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		HT	ECAC
4 x 1500 Metres Relay	W45	<b>MAWA Team</b>	24:32.0	31-Jan-08	S	X		
4 x 1500 Metres Relay	W45	Robin King	24:32.0	31-Jan-08	S	X		
4 x 1500 Metres Relay	W45	Karyn-Sue Gower	24:32.0	31-Jan-08	S	X		
4 x 1500 Metres Relay	W45	Karen March	24:32.0	31-Jan-08	S	X		
4 x 1500 Metres Relay	W45	Gillian Young	24:32.0	31-Jan-08	S	X	HT	ECAC
4 x 1500 Metres Relay	W50	<b>MAWA Team</b>	25:59.0	27-Jan-11	S			
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		HT	ECAC
4 x 1500 Metres Relay	W55	<b>MAWA Team</b>	26:26.9	11-Feb-10	S	A		
4 x 1500 Metres Relay	W55	Barbara Blurton	26:26.9	11-Feb-10	S	A		
4 x 1500 Metres Relay	W55	Carol Bowman	26:26.9	11-Feb-10	S	A		
4 x 1500 Metres Relay	W55	Margaret Saunders	26:26.9	11-Feb-10	S	A		
4 x 1500 Metres Relay	W55	Shirley Bell	26:26.9	11-Feb-10	S	A	HT	ECAC
4 x 1500 Metres Relay	W60	<b>MAWA Team</b>	26:30.0	12-Feb-09	S	A		
4 x 1500 Metres Relay	W60	Peggy Macliver	26:30.0	12-Feb-09	S	A		
4 x 1500 Metres Relay	W60	Jackie Halberg	26:30.0	12-Feb-09	S	A		
4 x 1500 Metres Relay	W60	Shirley Bell	26:30.0	12-Feb-09	S	A		
4 x 1500 Metres Relay	W60	Gillian Young	26:30.0	12-Feb-09	S	A	HT	ECAC
4 x 1500 Metres Relay	W65	<b>MAWA Team</b>	31:16.7	11-Feb-10	S	X		
4 x 1500 Metres Relay	W65	Christine Oldfield	31:16.7	11-Feb-10	S	X		
4 x 1500 Metres Relay	W65	Peggy Macliver	31:16.7	11-Feb-10	S	X		
4 x 1500 Metres Relay	W65	Lorraine Lopes	31:16.7	11-Feb-10	S	X		
4 x 1500 Metres Relay	W65	Lynne Schickert	31:16.7	11-Feb-10	S	X		
		<b>INDOORS</b>			S			
		<b>60 Metres</b>			S			
60 Metres	W35	Melissa Foster	8.16	21-Mar-17	S	A	ET	Daegu
60 Metres	W40	Melissa Foster	8.13	26-Mar-19	S		ET	Torun
60 Metres	W45	Deb Wolfenden	11.12	01-Mar-10	S		ET	Kamloops
60 Metres	W60	Lynne Choate	9.27	25-Mar-14	S		ET	Budapest
60 Metres	W70	Lynne Schickert	13.25	04-Apr-12	S		ET	Jyvaskyla
		<b>200 Metres</b>			S			
200 Metres	W40	Melissa Foster	27.74	29-Mar-19	S		ET	Torun
200 Metres	W60	Lynne Choate	32.07	27-Mar-14	S		ET	Budapest
200 Metres	W70	Lynne Schickert	46.79	05-Apr-12	S		ET	Jyvaskyla
		<b>400 Metres</b>			S			
400 Metres	W45	Sharon Davis	61.90	25-Mar-19	S		ET	Torun
		<b>800 Metres</b>			S			
800 Metres	W35	Melissa Foster	3:00.62	24-Mar-17	S	A	ET	Daegu
800 Metres	W45	Sharon Davis	2:18.01	28-Mar-19	S	A	ET	Torun
		<b>60 Metres Hurdles</b>			S			
60 Metres Hurdles	W35	Melissa Foster	9.79	24-Mar-17	S	A	ET	Daegu
60 Metres Hurdles	W40	Melissa Foster	9.57	30-Mar-19	S		ET	Torun
		<b>High Jump</b>			S			
High Jump	W75	Lynne Schickert	0.86	24-Mar-19	S			Torun
		<b>Long Jump</b>			S			
Long Jump	W35	Melissa Foster	5.71	28-Mar-14	S	A		Budapest
Long Jump	W40	Melissa Foster	5.54	25-Mar-19	S	A		Torun
Long Jump	W70	Lynne Schickert	2.68	06-Apr-12	S			Jyvaskyla
Long Jump	W75	Lynne Schickert	1.99	21-Mar-17	S			Daegu
		<b>Triple Jump</b>			S			
Triple Jump	W35	Melissa Foster	11.82	29-Mar-14	S	A		Budapest
Triple Jump	W40	Melissa Foster	11.54	27-Mar-19	S	A		Torun
Triple Jump	W70	Lynne Schickert	5.46	07-Apr-12	S	A		Jyvaskyla
Triple Jump	W75	Lynne Schickert	4.86	23-Mar-17	S			Daegu
		<b>3000 Metres Walk</b>			S			
3000 Metres Walk	W55	Lyn Ventris	14:51.24	04-Apr-12	S	A	W ET	Jyvaskyla
3000 Metres Walk	W70	Lynne Schickert	21:38.23	04-Apr-12	S	A	ET	Jyvaskyla
3000 Metres Walk	W75	Lynne Schickert	23:47.71	19-Mar-17	S		ET	Daegu
		<b>Shot Put</b>			S			
Shot Put	W35	Melissa Foster	8.42	24-Mar-17	S	X		Daegu
		<b>Weight Throw</b>			S			
Weight Throw	W35	Shanell Staunton	10.55	24-Mar-17	S	A		Daegu
		<b>Pentathlon</b>			S			
Pentathlon	W35	Melissa Foster	2282	24-Mar-17	S	A	ET	Daegu