

State Records As At	16-Dec-11
---------------------	-----------

	AGE	NAME	PERF	DATE	WA	AUS
		1000 Metres				S
1000 Metres	W30	Denise McMorrow	3:23.5	21-Jan-99	S	
1000 Metres	W35	Maxine Santich	3:24.3	16-Oct-91	S	
1000 Metres	W40	Maxine Santich	3:00.4	18-Mar-92	S	
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	
1000 Metres	W60	Barbara Blurton	3:50.1	27-Jan-11	S	
1000 Metres	W65	Peggy Macliver	4:06.0	26-May-11	S	
1000 Metres	W70	Lorraine Lopes	4:15.9	26-May-11	S	
		50 Kilometres				S
50 Kilometres	W35	Robin King	4:37:27	01-Mar-97	S	
50 Kilometres	W40	Geraldine Carlton	5:12:34	18-May-08	S	
50 Kilometres	W45	Trish Spain	5:21:11	16-Oct-87	S	
50 Kilometres	W50	Christine Pattison	4:24:54	17-May-09	S	
		50 Miles				S
50 Miles	W45	Trish Spain	8:36:00	27-May-89	S	
		100 Kilometres				S
100 Kilometres	W45	Trish Spain	11:13:58	27-May-89	S	
		150 Kilometres				S
150 Kilometres	W45	Trish Spain	18:41:52	27-May-89	S	
		100 Miles				S
100 Miles	W45	Trish Spain	20:05:16	27-May-89	S	
		24 Hours				S
24 Hours	W40	Colleen Milbourne	161,044	27-May-89	S	
24 Hours	W45	Trish Spain	191,207	27-May-89	S	
		90 Metres Hurdles (76.2cm) W40 - W45				S
90 Metres Hurdles	W40	Jan Main	22.2	29-Oct-94	S	
90 Metres Hurdles	W45	Eileen Hindle	13.7	08-Jan-94	S	
		300 Metres Hurdles (76.2cm)				S
300 Metres Hurdles	W45	Kath Holland	53.6	15-Oct-88	S	
		1500 Metres Steeplechase				S
1500m Steeplechase	W35	Sheryl Bell	6:47.7	05-Apr-87	S	
1500m Steeplechase	W40	Erica Mercer	6:33.6	19-Mar-88	S	
		1000 Metres Walk				S
1000 Metres Walk	W35	Cathrin Holland	5:41.8	12-Oct-94	S	
1000 Metres Walk	W40	Robin King	4:53.0	25-Nov-99	S	
1000 Metres Walk	W45	Lesley Romeo	5:26.0	18-Mar-92	S	
1000 Metres Walk	W50	Rebecca Cook	5:53.0	07-Oct-99	S	
1000 Metres Walk	W55	Dorothy Whittam	6:03.0	14-Oct-92	S	
1000 Metres Walk	W55	Lynne Schickert	6:03.0	04-Nov-99	S	
1000 Metres Walk	W60	Lynne Schickert	5:55.1	13-Nov-03	S	
1000 Metres Walk	W65	Lorna Lauchlan	6:44.9	13-Nov-97	S	
1000 Metres Walk	W70	Valerie Tyson	7:02.1	16-Oct-91	S	
1000 Metres Walk	W75	Glenice Shanahan	8:25.0	11-Nov-99	S	
		2000 Metres Walk				S
2000 Metres Walk	W30	Kelly Hind	10:56.2	13-Mar-05	S	
2000 Metres Walk	W35	Rose-Marie Holloway	11:03.3	19-Mar-94	S	
2000 Metres Walk	W40	Lyn Ventris	9:05.7	25-Mar-01	S	
2000 Metres Walk	W45	Lyn Ventris	9:08.6	26-Mar-06	S	
2000 Metres Walk	W50	Rebecca Cooker	11:58.0	16-Nov-94	S	
2000 Metres Walk	W55	Lorna Lauchlan	12:04.0	01-Dec-87	S	
2000 Metres Walk	W60	Lynne Schickert	12:24.0	18-Dec-03	S	

2000 Metres Walk	W65	Lorna Lauchlan	13:26.0	23-Nov-95	S	
2000 Metres Walk	W70	Valerie Tyson	13:50.0	04-Apr-92	S	
2000 Metres Walk	W75	Glenice Shanahan	16:31.0	03-Feb-00	S	
		1 Mile Walk				S
1 Mile Walk	W30	Katrina Spilsbury	11:21.5	03-Dec-98	S	
1 Mile Walk	W35	Snow McSwain	10:26.3	03-Dec-98	S	
1 Mile Walk	W40	Robin King	8:02.0	02-Dec-99	S	
1 Mile Walk	W45	Lesley Romeo	8:47.0	29-Nov-92	S	
1 Mile Walk	W50	Valerie Millard	9:59.0	02-Dec-99	S	
1 Mile Walk	W55	Dorothy Whittam	9:57.0	18-Nov-92	S	
1 Mile Walk	W60	Val Millard	9:31.2	17-Apr-08	S	
1 Mile Walk	W65	Lynne Schickert	10:51.8	20-Dec-07	S	
1 Mile Walk	W70	Lynne Schickert	11:27.1	20-Oct-11	S	
1 Mile Walk	W75	Glenice Shanahan	13:05.0	02-Dec-99	S	
		10,000 Metres Track Walk				S
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
10,000 Metres Walk	W50	Rose-Marie Holloway	68:50.0	16-Feb-05	S	
10,000 Metres Walk	W55	Dorothy Whittam	69:24.0	01-Dec-91	S	
10,000 Metres Walk	W60	Lorna Lauchlan	69:53.0	01-Dec-91	S	
		Javelin (400g) W50-55				S
Javelin Throw	W50	Kath Holland	22.24	16-Mar-91	S	
Javelin Throw	W55	Dot Nicholaidis	24.70	19-Mar-94	S	
		Pentathlon (LJ/J/200/D/800) (pre 1997 tables)				S
Pentathlon	W30	Rosanne Kemp	2695	08-Apr-96	S	
Pentathlon	W35	Eileen Hindle	3119	05-Apr-87	S	
Pentathlon	W40	Eileen Hindle	3166	27-Mar-89	S	
Pentathlon	W45	Eileen Hindle	3007	01-Apr-95	S	
Pentathlon	W50	Kath Holland	3199	10-Mar-91	S	X
Pentathlon	W55	Dorothy Whittam	2909	01-Apr-94	S	
Pentathlon	W60	Pat Carr	3118	01-Apr-94	S	X
		Pentathlon (LJ/J/200/Shot/800)(AG)				S
Pentathlon	W30	Katrina Spilsbury	2138	14-Mar-99	S	
Pentathlon	W35	Snow McSwain	2136	09-Mar-97	S	X
Pentathlon	W40	Lynne Choate	2434	09-Mar-97	S	X
Pentathlon	W45	Lynne Choate	2962	13-Apr-98	S	
Pentathlon	W50	Peggy Macliver	3124	14-Mar-99	S	X
Pentathlon	W55	Kath Holland	2615	09-Mar-97	S	A
Pentathlon	W60	Dorothy Whittam	3159	09-Mar-97	S	A
Pentathlon	W65	Pat Carr	3451	09-Mar-97	S	A
Pentathlon	W70	Glenice Shanahan	1025	15-Jan-98	S	
		Pentathlon (WAVA)				S
Pentathlon	W30	Eileen Hindle	*3422	01-Jan-81	S	A
Pentathlon	W35	Eileen Hindle	*3461	01-Jun-85	S	
		6 Hours Relay				S
6 Hours Relay	W40	MAWA Team	78.7km	10-Dec-11	S	
6 Hours Relay	W40	Jodie Osborne	78.7km	10-Dec-11	S	
6 Hours Relay	W40	Liz Neville	78.7km	10-Dec-11	S	
6 Hours Relay	W40	Robin King	78.7km	10-Dec-11	S	
6 Hours Relay	W40	Claire Walkley	78.7km	10-Dec-11	S	
6 Hours Relay	W40	Kate Sommerville	78.7km	10-Dec-11	S	
6 Hours Relay	W40	Jane Elton	78.7km	10-Dec-11	S	
		24 Hours Relay				S
24 Hours Relay	W35	WAVAS Team	353.437km	21-Oct-84	S	X
24 Hours Relay	W35	Jill Chambers	353.437km	21-Oct-84	S	X

24 Hours Relay	W35	Alicia Ansell	353.437km	21-Oct-84	S	X
24 Hours Relay	W35	Cheryl Amies	353.437km	21-Oct-84	S	X
24 Hours Relay	W35	Jan Fletcher	353.437km	21-Oct-84	S	X
24 Hours Relay	W35	Margaret Harman	353.437km	21-Oct-84	S	X
24 Hours Relay	W35	Doreen Dow	353.437km	21-Oct-84	S	X
24 Hours Relay	W35	Trish Spain	353.437km	21-Oct-84	S	X
24 Hours Relay	W35	Joanne Collins	353.437km	21-Oct-84	S	X
24 Hours Relay	W35	Margery Forden	353.437km	21-Oct-84	S	X
24 Hours Relay	W35	Sandy Walton	353.437km	21-Oct-84	S	X
24 Hours Relay	W40	WAVAS Team	314.313km	21-Oct-84	S	X
24 Hours Relay	W40	Joan Pellier	314.313km	21-Oct-84	S	X
24 Hours Relay	W40	Joan Slinger	314.313km	21-Oct-84	S	X
24 Hours Relay	W40	Val Pach	314.313km	21-Oct-84	S	X
24 Hours Relay	W40	Enid Crowther	314.313km	21-Oct-84	S	X
24 Hours Relay	W40	Lorna Butcher	314.313km	21-Oct-84	S	X
24 Hours Relay	W40	Kath Penton	314.313km	21-Oct-84	S	X
24 Hours Relay	W40	Eliza O'Day	314.313km	21-Oct-84	S	X
24 Hours Relay	W40	Dorothy Whittam	314.313km	21-Oct-84	S	X
24 Hours Relay	W40	Mary Robinson	314.313km	21-Oct-84	S	X
24 Hours Relay	W40	Marilyn Acreman	314.313km	21-Oct-84	S	X
		10 Kilometres Road Run			S	
10K Road Run	W30	Tessa Brockwell	35:07	14-Jun-87	S	
10K Road Run	W35	Karen Gobby	34:36	22-Sep-91	S	
10K Road Run	W40	Anne Shaw	38:23	21-Jul-91	S	
10K Road Run	W45	Jill Chambers	38:59	14-May-95	S	
10K Road Run	W50	Anne Shaw	38:24	28-May-00	S	
10K Road Run	W55	Anne Shaw	41:55	29-Jun-03	S	
10K Road Run	W60	Gillian Young	46:09	24-May-09	S	
10K Road Run	W65	Ann Turner	51:53	29-Jun-03	S	
10K Road Run	W70	Lorraine Lopes	51:17	02-May-10	S	
10K Road Run	W75	Glenice Shanahan	84:02	20-Jun-99	S	
		15 Kilometres Road Run			S	
15K Road Run	W30	Tessa Brockwell	52:57	28-Jun-87	S	
15K Road Run	W35	Karen Gobby	52:25	01-Sep-91	S	
15K Road Run	W40	Anne Shaw	1:00:04	24-Jun-89	S	
15K Road Run	W45	Jill Chambers	1:01:13	28-May-95	S	
15K Road Run	W50	Anne Shaw	59:17	06-Jun-99	S	
15K Road Run	W55	Gillian Young	1:11:49	11-Jun-06	S	
15K Road Run	W60	Gillian Young	1:10:57	08-Jun-08	S	
15K Road Run	W65	Lorraine Lopes	1:16:22	03-May-09	S	
15K Road Run	W70	Lorraine Lopes	1:20:19	30-May-10	S	
		16 Kilometres Road Run			S	
16K Road Run	W35	Karen Gobby	58:09	17-Feb-91	S	
16K Road Run	W40	Jan Kelly	1:06:57	23-Apr-95	S	
16K Road Run	W45	Jill Chambers	1:07:58	23-Apr-95	S	
16K Road Run	W50	Anne Shaw	1:05:24	25-Apr-99	S	
16K Road Run	W55	Liz Neville	1:14:28	24-Feb-08	S	
16K Road Run	W60	Gillian Young	1:19:58	10-Apr-11	S	
16K Road Run	W65	Ann Turner	1:30:31	16-Jun-02	S	
		10 Miles Road Run			S	
10 Miles Road Run	W30	Colleen Milbourne	1:10:07	13-Jul-80	S	
10 Miles Road Run	W35	Karen Gobby	56:38	01-Oct-92	S	
10 Miles Road Run	W40	Anne Shaw	1:05:13	04-Aug-91	S	
10 Miles Road Run	W45	Tuula Vaalsta	1:07:43	21-Jul-85	S	
10 Miles Road Run	W50	Anne Shaw	1:05:47	09-Jul-00	S	
10 Miles Road Run	W55	Margery Forden	1:18:17	09-Jul-00	S	

10 Miles Road Run	W60	Liz Neville	1:27:26	04-Dec-11	S
10 Miles Road Run	W65	June Strachan	1:29:03	24-Jun-90	S
		20 Kilometres Road Run			S
20K Road Run	W30	Jill Midolo	1:37:48	24-May-81	S
20K Road Run	W35	Karen Gobby	1:10:42	30-Jun-91	S
20K Road Run	W40	Anne Deanus	1:55:00	23-May-82	S
20K Road Run	W45	Tuula Vaalsta	1:27:54	12-May-85	S
20K Road Run	W50	Lorna Lauchlan	1:45:51	24-May-81	S
		25 Kilometres Road Run			S
25K Road Run	W30	Tessa Brockwell	1:42:18	21-Jun-87	S
25K Road Run	W35	Robin King	1:49:37	07-Jul-96	S
25K Road Run	W40	Sue Prewett	1:46:36	05-Jun-94	S
25K Road Run	W45	Jill Chambers	1:44:13	05-Jun-94	S
25K Road Run	W50	Anne Shaw	1:40:00	20-Jun-99	S
25K Road Run	W55	Gillian Young	2:04:46	18-Jun-06	S
25K Road Run	W60	Gillian Young	2:07:05	14-Jun-09	S
25K Road Run	W65	Ann Turner	2:16:33	08-Jun-03	S
25K Road Run	W70	Lorraine Lopes	2:24:35	06-Jun-10	S
		20 Miles Road Run			S
20 Miles Road Run	W30	Jill Midolo	2:37:42	12-Apr-81	S
20 Miles Road Run	W35	Karen Gobby	2:04:49	10-Jun-90	S
20 Miles Road Run	W45	Tuula Vaalsta	2:28:47	30-Jun-85	S
20 Miles Road Run	W55	Margery Forden	3:07:14	30-May-99	S
		8 Kilometres Road Walk			S
8K Road Walk	W45	Jenni Shillington	60:55	03-Aug-03	S
8K Road Walk	W50	Rose-Marie Holloway	55:59	15-Jun-08	S
8K Road Walk	W55	Valerie Millard	52:40	22-Feb-04	S
8K Road Walk	W60	Lynne Schickert	55:33	22-Feb-04	S
8K Road Walk	W65	Dorothy Whittam	63:06	06-Jun-04	S
8K Road Walk	W70	Lorna Lauchlan	62:33	02-May-04	S
		15 Kilometres Road Walk			S
15K Road Walk	W40	Michelle Boyle	1:41:24	02-Jun-91	S
15K Road Walk	W45	Jill Midolo	1:49:37	28-May-95	S
15K Road Walk	W50	Dorothy Whittam	1:42:25	02-Jun-91	S
15K Road Walk	W55	Valerie Millard	1:40:32	06-Jun-04	S
15K Road Walk	W60	Lynne Schickert	1:42:52	19-Jun-05	S
15K Road Walk	W65	Lorraine Lopes	1:44:12	19-Jun-05	S
15K Road Walk	W70	Lorna Lauchlan	1:54:58	06-Jun-04	S
		16 Kilometres Road Walk			S
16K Road Walk	W55	Valerie Millard	1:51:36	30-Apr-06	S
16K Road Walk	W60	Dorothy Whittam	1:52:22	06-Jun-99	S
16K Road Walk	W65	Lorraine Lopes	1:57:21	17-Apr-05	S
16K Road Walk	W70	Anne Turner	2:27:23	15-Apr-07	S
		Half Marathon Road Walk			S
Half Marathon Road Walk	W35	Joy Sanger	2:37:56	01-Jan-87	S
Half Marathon Road Walk	W40	Michelle Mison	2:32:43	01-Jan-90	S
Half Marathon Road Walk	W45	Lyn Ventris	1:45:48	21-May-06	S
Half Marathon Road Walk	W50	Lyn Ventris	1:47:02	17-May-09	S
Half Marathon Road Walk	W55	Valerie Millard	2:26:41	18-May-03	S
Half Marathon Road Walk	W60	Dorothy Whittam	2:15:09	01-Jan-97	S
Half Marathon Road Walk	W65	Lorraine Lopes	2:32:31	31-Jul-05	S
Half Marathon Road Walk	W70	Pat Ainsworth	3:07:04	21/05/06	S