

State Records APRIL 2008

(** denotes Australian Record)

(# denotes World Record)

EVENT	AGE	NAME	PERF	DATE	%
60 Metres					
60 Metres	W30	Pauline Dawson	8.0	8-Oct-88	
60 Metres	W30	Rosanne Kemp	8.0	9-Mar-96	
60 Metres	W35	Kath Holland	7.4	18-Nov-78	
60 Metres	W40	Lynne Choate	7.9	14-Mar-96	
60 Metres	W45	Lynne Choate	8.0	15-Jan-98	
60 Metres	W50	Lynne Choate	8.66**	23-Feb-03	
60 Metres	W50	Lynne Choate	8.4	14-Jul-05	
60 Metres	W55	Lynne Choate	9.0	21-Feb-08	
60 Metres	W60	Peggy Macliver	9.1	25-Jan-07	
60 Metres	W60	Peggy Macliver	9.45	6-Apr-07	
60 Metres	W65	Pat Carr	9.8	8-Oct-98	
60 Metres	W70	Pat Carr	10.6	28-Feb-02	
60 Metres	W75	Pat Carr	10.99	6-Apr-07	
60 Metres	W80	Phyllis Head	24.5	3-Feb-04	
100 Metres					
100 Metres	W30	Eileen Hindle	12.1	19-Nov-83	85.01%
100 Metres	W30	Eileen Hindle	12.1	3-Dec-83	85.01%
100 Metres	W35	Kath Holland	12.0**	8-Feb-78	85.70%
100 Metres	W40	Kath Holland	12.4	6-Dec-80	86.95%
100 Metres	W45	Lynne Choate	12.97	12-Apr-98	89.67%
100 Metres	W50	Lynne Choate	13.49	16-Mar-03	90.94%
100 Metres	W55	Peggy Macliver	14.1	23-Dec-99	90.01%
100 Metres	W60	Peggy Macliver	14.90	10-Apr-04	90.91%
100 Metres	W65	Pat Carr	15.4	27-Feb-97	90.70%
100 Metres	W70	Pat Carr	16.4	7-Mar-02	89.09%
100 Metres	W75	Pat Carr	17.9	29-Mar-07	87.46%
100 Metres	W80	Phyllis Head	34.7	24-Mar-01	48.08%
200 Metres					
200 Metres	W30	Rosanne Kemp	25.1	7-Apr-96	84.21%
200 Metres	W35	Kath Holland	24.6**	26-Mar-79	85.91%
200 Metres	W40	Kath Holland	25.6	1-Jan-81	87.54%
200 Metres	W45	Lynne Choate	26.93	12-Apr-98	89.27%
200 Metres	W50	Barbara Blurton	28.0	21-Nov-02	92.10%
200 Metres	W55	Peggy Macliver	29.2	16-Dec-99	91.37%
200 Metres	W55	Peggy Macliver	29.2	26-Mar-00	91.37%
200 Metres	W60	Peggy Macliver	30.73	8-Apr-07	94.82%
200 Metres	W65	Pat Carr	33.6	9-Mar-97	87.83%
200 Metres	W70	Pat Carr	35.9	24-Mar-02	86.18%
200 Metres	W75	Pat Carr	39.7	29-Mar-07	81.54%
200 Metres	W80	Phyllis Head	80.8	25-Mar-01	44.42%
400 Metres					
400 Metres	W30	Rosanne Kemp	57.2	5-Apr-96	83.62%
400 Metres	W35	Kath Holland	56.0**	23-Mar-78	88.51%
400 Metres	W40	Barbara Blurton	58.4	19-Mar-94	89.70%
400 Metres	W45	Kath Holland	60.66	27-Jun-85	91.22%
400 Metres	W50	Barbara Blurton	62.0	21-Nov-02	95.37%
400 Metres	W55	Barbara Blurton	63.3**	21-Apr-05	96.13%
400 Metres	W60	Peggy Macliver	69.16	12-Apr-04	92.26%
400 Metres	W65	Ruth Johnson	81.7	25-Mar-06	81.43%
400 Metres	W70	Pat Carr	95.0	21-Feb-02	75.68%
400 Metres	W75	Glenice Shanahan	2:13.4	25-Mar-00	60.65%
400 Metres	W80	Phyllis Head	3:12.4	24-Mar-01	46.74%
800 Metres					
800 Metres	W30	Terri Bent	2:18.8	5-Apr-92	81.61%
800 Metres	W35	Karen Gobby	2:21.26	1-Nov-90	80.19%
800 Metres	W40	Barbara Blurton	2:17.8	20-Mar-94	87.57%
800 Metres	W45	Anne Shaw	2:20.4	20-Feb-93	86.73%
800 Metres	W50	Barbara Blurton	2:21.7	28-Mar-04	94.41%
800 Metres	W55	Barbara Blurton	2:27.6	21-Jul-05	91.85%
800 Metres	W60	Peggy Macliver	2:53.0	23-Aug-07	89.40%
800 Metres	W65	Ruth Johnson	3:12.4	18-Mar-07	85.42%
800 Metres	W70	Glenice Shanahan	4:22.5	1-Apr-95	67.91%
800 Metres	W75	Glenice Shanahan	5:25.0	26-Mar-00	62.21%

800 Metres	W80	Phyllis Head	8:34.8	6-Feb-01	44.58%
		1500 Metres			
1500 Metres	W30	Tessa Brockwell	4:34.5	1-Mar-87	84.93%
1500 Metres	W35	Niamh Keane	4:43.62	20-Apr-03	85.13%
1500 Metres	W40	Karen Gobby	4:46.3	6-Apr-96	85.84%
1500 Metres	W45	Anne Shaw	4:56.4	6-Apr-96	91.02%
1500 Metres	W50	Anne Shaw	4:53.8	19-Mar-98	94.16%
1500 Metres	W55	Anne Shaw	5:16.63	19-Apr-03	93.30%
1500 Metres	W60	Jackie Halberg	5:55.03	14-Sep-07	90.58%
1500 Metres	W65	Ruth Johnson	6:42.0	24-Mar-07	86.38%
1500 Metres	W70	Glenice Shanahan	9:27.9	20-Nov-97	65.32%
1500 Metres	W75	Glenice Shanahan	11:31.7	18-Nov-99	58.62%
		1 Mile			
1 Mile	W30	Tessa Brockwell	5:04.0	24-Mar-87	83.00%
1 Mile	W35	Jill Chambers	5:23.0	16-Nov-86	79.27%
1 Mile	W40	Anne Shaw	5:35.0	13-Mar-91	81.00%
1 Mile	W45	Anne Shaw	5:18.6	14-Mar-96	90.39%
1 Mile	W50	Margaret Robinson	6:03.0	26-Nov-89	83.42%
1 Mile	W55	Barbara Blurton	6:09.4	2-Jun-05	86.42%
1 Mile	W60	Jackie Halberg	6:54.9	12-Jul-07	83.77%
1 Mile	W65	Pat Carr	8:53.2	3-Dec-98	70.39%
1 Mile	W70	Glenice Shanahan	10:00.3	19-Dec-96	66.78%
1 Mile	W75	Glenice Shanahan	11:28.5	2-Dec-99	63.65%
1 Mile	W80	Bonnie Smith	17:57.0	26-Apr-98	44.87%
		3000 Metres			
3000 Metres	W30	Tessa Brockwell	9:42.6	12-Mar-87	86.23%
3000 Metres	W35	Karen Gobby	10:12.0	12-Jan-91	83.09%
3000 Metres	W40	Jan Kelly	10:32.9	3-Feb-96	82.93%
3000 Metres	W45	Anne Shaw	10:33.0**	19-Dec-96	91.72%
3000 Metres	W50	Anne Shaw	10:44.4	18-Dec-97	91.25%
3000 Metres	W55	Anne Shaw	11:17.0	6-Mar-03	92.77%
3000 Metres	W60	Margaret Robinson	13:10.9	5-Nov-98	85.21%
3000 Metres	W65	Margaret Robinson	14:48.2	6-Nov-03	81.86%
3000 Metres	W70	Glenice Shanahan	20:53.3	4-Dec-97	66.39%
3000 Metres	W75	Glenice Shanahan	23:46.0	9-Dec-99	60.54%
		5000 Metres			
5000 Metres	W30	Tessa Brockwell	17:04.0	5-Apr-87	84.55%
5000 Metres	W35	Karen Gobby	17:07.7	1-Nov-90	85.13%
5000 Metres	W40	Karen Gobby	17:52.2	7-Apr-96	84.60%
5000 Metres	W45	Anne Shaw	18:20.8	21-Nov-96	88.83%
5000 Metres	W50	Anne Shaw	18:18.4	29-Mar-98	91.29%
5000 Metres	W55	Anne Shaw	19:23.9	20-Apr-03	92.04%
5000 Metres	W60	Gillian Young	21:41.0	16-Mar-08	88.37%
5000 Metres	W65	Margaret Robinson	24:50.7	30-Oct-03	83.22%
5000 Metres	W70	Glenice Shanahan	33:47.0	2-Apr-95	66.46%
5000 Metres	W75	Lil Heatly	45:09.3	26-Mar-06	54.39%
		10,000 Metres			
10,000 Metres	W30	Sue Malaxos	32:46.9	14-Dec-95	91.60%
10,000 Metres	W35	Karen Gobby	37:00.0	13-Apr-90	81.95%
10,000 Metres	W40	Karen Gobby	37:30.8	5-Apr-96	83.37%
10,000 Metres	W45	Anne Shaw	38:00.6	27-Nov-97	88.91%
10,000 Metres	W50	Anne Shaw	37:31.9**	24-Mar-00	93.65%
10,000 Metres	W55	Maureen Stewart	44:54.3	5-Apr-96	81.57%
10,000 Metres	W60	Gillian Young	46:03.1	6-Mar-08	85.54%
10,000 Metres	W65	Margaret Robinson	51:58.4	13-Nov-03	81.98%
		Half Marathon			
Half Marathon	W30	Tessa Brockwell	1:19:04	7-Jun-87	83.38%
Half Marathon	W35	Karen Gobby	1:14:47	15-Sep-91	89.12%
Half Marathon	W40	Karen Gobby	1:19:07	5-May-96	87.47%
Half Marathon	W45	Anne Shaw	1:21:19	29-Jun-97	93.09%
Half Marathon	W50	Anne Shaw	1:31:35	12-Aug-02	88.18%
Half Marathon	W55	Helen Lysaght	1:40:19	1-Jul-07	81.59%
Half Marathon	W60	Gillian Young	1:46:22	12-Aug-07	82.55%
Half Marathon	W65	June Strachan	1:56:58	1-Jul-90	80.95%
Half Marathon	W70	Phyllis Head	3:02:26	6-May-90	56.31%
		Marathon			
Marathon	W30	Tessa Brockwell	2:54:29	17-Nov-85	77.64%
Marathon	W35	Karen Gobby	2:36:40**	21-Jul-91	87.67%

Marathon	W40	Karen Gobby	2:54:32	21-Jul-96	81.45%
Marathon	W45	Anne Shaw	3:01:19	21-Jul-97	87.07%
Marathon	W50	Anne Shaw	2:57:06	5-Jul-98	90.29%
Marathon	W55	Margery Forden	3:45.20	8-Jul-01	80.26%
Marathon	W60	Margery Forden	3:56:37	6-Jul-03	78.78%
Marathon	W65	Margery Forden	4:18:50	8-Jul-07	77.01%
One Hour					
One Hour	W30	Jill Midolo	11,775	21-Oct-79	
One Hour	W35	Maxine Santich	14,092	21-Jun-89	
One Hour	W40	Ruby Maddison	11,378	28-Oct-81	
One Hour	W45	Margaret Warren	11,254	27-Oct-82	
One Hour	W50	Lorna Lauchlan	12,838	27-Oct-82	
80 Metres Hurdles (76.2cm) W40 - W55					
80 Metres Hurdles	W40	Eileen Hindle	11.8	25-Mar-89	92.69%
80 Metres Hurdles	W45	Eileen Hindle	13.6	19-Mar-94	84.87%
80 Metres Hurdles	W55	Dorothy Anderson	18.2	31-Mar-90	66.76%
80 Metres Hurdles (68.6cm) W60+					
80 Metres Hurdles	W60	Luella Jenkins	18.6	12-Mar-05	71.02%
80 Metres Hurdles	W65	Ruth Johnson	19.1	24-Mar-07	75.75%
100 Metres Hurdles (84cm) W30 - W35					
100 Metres Hurdles	W30	Eileen Hindle	14.3**	1-Nov-83	85.42%
100 Metres Hurdles	W35	Eileen Hindle	14.5**	29-Nov-87	86.03%
300 Metres Hurdles (76.2cm) W50 - W55					
300 Metres Hurdles	W50	Kath Holland	54.7	17-Mar-91	82.48%
400 Metres Hurdles (76.2cm) W30 - W45					
400 Metres Hurdles	W30	Eileen Hindle	63.2	21-Feb-82	82.63%
400 Metres Hurdles	W35	Kath Holland	63.7	25-Mar-78	84.27%
400 Metres Hurdles	W40	Eileen Hindle	67.7	12-Feb-89	83.09%
400 Metres Hurdles	W45	Eileen Hindle	71.9	22-Oct-94	84.21%
2000 Metres Steeplechase (76.2cm)					
2000m Steeplechase	W30	Toni Phillips	9:59.4	10-Feb-07	64.58%
2000m Steeplechase	W35	Kerriann Bresser	9:15.9	10-Feb-07	72.53%
2000m Steeplechase	W40	Anne Shaw	7:44.9	15-Feb-92	89.51%
2000m Steeplechase	W45	Anne Shaw	8:02.0**	4-Feb-96	89.67%
2000m Steeplechase	W50	Anne Shaw	8:14.6	26-Mar-98	88.69%
2000m Steeplechase	W55	Anne Shaw	8:23.96**	19-Apr-03	90.25%
2000m Steeplechase	W60	Margaret Robinson	10:34.6	18-Mar-99	79.26%
2000m Steeplechase	W65	Margaret Robinson	10:50.90	19-Apr-03	82.20%
1500 Metres Walk					
1500 Metres Walk	W30	Cathrin Holland	8:58.0	11-Jan-90	
1500 Metres Walk	W35	Rose-Marie Holloway	7:29.5	20-Sep-94	
1500 Metres Walk	W40	Lyn Ventris	7:24.0	22-Feb-00	
1500 Metres Walk	W45	Lyn Ventris	6:52.67	6-Nov-03	
1500 Metres Walk	W50	Lyn Ventris	6:45.8**	25-Mar-07	
1500 Metres Walk	W55	Dorothy Whittam	9:08.5	15-Feb-92	
1500 Metres Walk	W60	Val Millard	8:59.2	16-Mar-08	
1500 Metres Walk	W65	Valerie Tyson	9:57.0	19-Mar-88	
1500 Metres Walk	W70	Valerie Tyson	10:50.0	18-Dec-91	
1500 Metres Walk	W75	Lorna Lauchlan	12:09.0	16-Mar-08	
3000 Metres Walk					
3000 Metres Walk	W30	Cathrin Holland	18:32.8	15-Mar-89	
3000 Metres Walk	W35	Rose-Marie Holloway	15:44.1	20-Sep-94	
3000 Metres Walk	W40	Lyn Ventris	14:05.7**	24-Mar-01	
3000 Metres Walk	W45	Lyn Ventris	13:57.43#	16-Mar-02	
3000 Metres Walk	W50	Lyn Ventris	13:54.3#	24-Mar-07	
3000 Metres Walk	W55	Lorna Lauchlan	18:14.0	1-Sep-87	
3000 Metres Walk	W60	Val Millard	18:49.3	15-Mar-08	
3000 Metres Walk	W65	Valerie Tyson	20:38.3	1-Nov-87	
3000 Metres Walk	W70	Valerie Tyson	19:56.0**	12-Feb-92	
3000 Metres Walk	W75	Glenice Shanahan	25:21.0	19-Jun-99	
5000 Metres Walk					
5000 Metres Walk	W30	Cathrin Holland	32:07.0	23-Feb-89	
5000 Metres Walk	W35	Bronwyn Salter	25:57.0	8-Feb-86	
5000 Metres Walk	W40	Lyn Ventris	23:24.5**	23-Mar-01	
5000 Metres Walk	W45	Lyn Ventris	23:42.5#	25-Feb-05	
5000 Metres Walk	W50	Lyn Ventris	23:37.78#	7-Apr-07	
5000 Metres Walk	W55	Lorna Lauchlan	31:21.7	4-Dec-88	
5000 Metres Walk	W60	Valerie Millard	31:55.19	22-Mar-08	

5000 Metres Walk	W65	Lorna Lauchlan	34:03.7	6-Apr-96
5000 Metres Walk	W70	Valerie Tyson	35:13.7	29-Mar-92
5000 Metres Walk	W75	Glenice Shanahan	42:14.9	24-Mar-00
5000 Metres Walk	W80	Florence Davies	44:58.0	29-Mar-97
10,000 Metres Track Walk				
10,000 Metres Walk	W35	Joy Sanger	60:35.0	1-Oct-87
10,000 Metres Walk	W40	Michelle Boyle	67:48.0	1-Dec-91
10,000 Metres Walk	W45	Lyn Ventris	46:35.65#	9-Feb-02
10,000 Metres Walk	W50	Lyn Ventris	54:32.9	21-Feb-07
10,000 Metres Walk	W55	Dorothy Whittam	69:24.0	1-Dec-91
10,000 Metres Walk	W60	Lorna Lauchlan	69:53.0	1-Dec-91
10 Kilometres Road Walk				
10K Road Walk	W35	Rose-Marie Holloway	57:30	1-Oct-94
10K Road Walk	W40	Lyn Ventris	47.25**	17-Apr-01
10K Road Walk	W45	Lyn Ventris	48:34	17-Apr-06
10K Road Walk	W50	Lyn Ventris	48:27#	9-Apr-07
10K Road Walk	W55	Valerie Millard	65.01	12-Apr-04
10K Road Walk	W60	Valerie Millard	66:37	21-Jul-07
10K Road Walk	W65	Lorraine Lopes	66:00	5-Jun-05
10K Road Walk	W70	Lorna Lauchlan	71:37	26-Jun-01
10K Road Walk	W75	Glenice Shanahan	1:55:00	17-Jun-01
20 Kilometres Road Walk				
20K Road Walk	W35	Joy Sanger	2:30:00	11-Oct-87
20K Road Walk	W40	Lyn Ventris	1:39:26**	13-May-01
20K Road Walk	W45	Lyn Ventris	1:34:44#	16-Dec-01
20K Road Walk	W50	Lyn Ventris	1:42:28#	24-Jun-07
20K Road Walk	W60	Lynne Schickert	2:37:44	18-Apr-04
20K Road Walk	W65	Lynne Schickert	2:36:55	14-Sep-07
High Jump				
High Jump	W30	Eileen Hindle	1.49	20-Dec-81
High Jump	W35	Carolyn Wills	1.56	15-Mar-08
High Jump	W40	Eileen Hindle	1.45	25-Mar-89
High Jump	W45	Eileen Hindle	1.36	20-Mar-94
High Jump	W50	Eileen Hindle	1.20	25-Mar-00
High Jump	W55	Dot Jarvis	1.11	25-Mar-06
High Jump	W60	Ruth Johnson	1.09	19-Apr-03
High Jump	W65	Ruth Johnson	1.03	26-Dec-06
Long Jump				
Long Jump	W30	Eileen Hindle	5.55	10-Apr-82
Long Jump	W35	Eileen Hindle	5.72	1-Jan-88
Long Jump	W40	Eileen Hindle	5.47	4-Feb-89
Long Jump	W45	Eileen Hindle	5.14	1-Feb-95
Long Jump	W50	Eileen Hindle	4.70	14-Jan-98
Long Jump	W55	Eileen Hindle	4.12	22-Jan-04
Long Jump	W60	Dorothy Whittam	3.87	15-Mar-97
Long Jump	W65	Pat Carr	3.85**	28-Mar-98
Long Jump	W70	Pat Carr	3.51**	23-Mar-02
Long Jump	W75	Pat Carr	3.23**	24-Mar-07
Long Jump	W80	Phyllis Head	0.92	10-Feb-04
TripleJump				
TripleJump	W30	Katrina Spilsbury	10.45	21-Mar-99
TripleJump	W35	Eileen Hindle	11.57**	1-Mar-87
TripleJump	W40	Eileen Hindle	10.90	14-Jan-89
TripleJump	W45	Eileen Hindle	10.13	20-Mar-94
TripleJump	W50	Dorothy Whittam	9.32	3-Dec-88
TripleJump	W55	Dorothy Whittam	8.76	20-Mar-94
TripleJump	W60	Pat Carr	8.32	13-Oct-93
TripleJump	W65	Pat Carr	8.03**	15-Mar-97
TripleJump	W65	Pat Carr	8.03**	4-Aug-99
TripleJump	W70	Pat Carr	7.64**	24-Mar-02
TripleJump	W75	Pat Carr	6.71**	25-Mar-07
Discus (1kg) W30 - W75				
Discus Throw	W30	Byrony Glass	39.36	22-Mar-08
Discus Throw	W35	Cathrin Holland	33.54	5-Apr-92
Discus Throw	W40	Lynn Carter	29.56	25-Mar-89
Discus Throw	W45	Sharon Moloney	28.36	20-Nov-07
Discus Throw	W50	Kate Glass	26.25	27-Mar-04
Discus Throw	W55	Kate Glass	26.71	19-Dec-06

Discus Throw	W60	Bev Hamilton	24.42	25-Mar-07
Discus Throw	W65	Raema McMillan	19.88	20-Mar-94
Discus Throw	W70	Raema McMillan	18.17	7-Jan-99
Discus Throw	W75	Raema McMillan	16.49	13-Mar-07
Discus (0.75kg) W75+ (AMA Trial)				
Discus Throw	W75	Raema McMillan	18.56**	14-Dec-04
Discus (0.75kg) W80+				
Discus Throw	W80	Raema McMillan	17.29**	16-Mar-08
Hammer (4kg) W30 - W45				
Hammer Throw	W30	Byrony Glass	55.76	9-Mar-08
Hammer Throw	W35	Sandra Smith	22.14	15-Mar-97
Hammer Throw	W40	Lynn Carter	34.52	24-Mar-89
Hammer Throw	W45	Eileen Hindle	26.12	21-Oct-99
Hammer (3kg) W50+				
Hammer Throw	W50	Kate Glass	43.27	7-Dec-04
Hammer Throw	W55	Kate Glass	41.73	27-Feb-07
Hammer Throw	W60	Dorothy Whittam	23.93	20-Mar-99
Hammer Throw	W65	Dorothy Whittam	23.81	15-Mar-02
Hammer Throw	W70	Dorothy Whittam	20.53	15-Mar-08
Hammer Throw	W75	Raema McMillan	18.20	12-Dec-06
Hammer Throw	W80	Raema McMillan	15.45	18-Dec-07
Hammer (2kg) W75+ (AMA Trial)				
Hammer Throw	W75	Raema McMillan	21.04	21-Dec-04
Hammer Throw	W80	Raema McMillan	20.18	18-Dec-07
Heavy Weight Throw (9.08kg) W30 - W45				
Heavy Weight Throw	W30	Byrony Glass	16.44	16-Mar-08
Heavy Weight Throw	W35	Sandra Smith	8.15	15-Mar-97
Heavy Weight Throw	W40	Sandra Smith	8.25	28-Mar-98
Heavy Weight Throw	W45	Eileen Hindle	8.81	5-Mar-98
Heavy Weight Throw (7.26kg) W50 - W55				
Heavy Weight Throw	W50	Kate Glass	12.79	10-Apr-04
Heavy Weight Throw	W55	Kate Glass	12.79	17-Apr-06
Heavy Weight Throw (5.45kg) W60+				
Heavy Weight Throw	W60	Dorothy Whittam	10.33	28-Mar-98
Heavy Weight Throw	W65	Dorothy Whittam	10.50	26-Oct-04
Heavy Weight Throw	W70	Dorothy Whittam	8.89	16-Mar-08
Heavy Weight Throw	W75	Raema McMillan	7.75	14-Oct-03
Heavy Weight Throw	W80	Phyllis Head	3.24	25-Mar-00
Heavy Weight Throw (4kg) W75+ (AMA Trial)				
Heavy Weight Throw	W75	Raema McMillan	9.86**	26-Mar-06
Heavy Weight Throw	W80	Raema McMillan	9.33**	12-Feb-08
Javelin (600g) W30 - W45				
Javelin Throw	W30	Sharon Moloney	30.62	27-Mar-93
Javelin Throw	W35	Carolyn Wills	31.06	24-Mar-07
Javelin Throw	W40	Sharon Moloney	25.84	12-Mar-05
Javelin Throw	W45	Dorothy Whittam	22.80	16-Mar-86
Javelin (500g) W50 - W55				
Javelin Throw	W50	Kate Glass	21.65	2-Nov-04
Javelin Throw	W55	Kate Glass	24.14	6-Apr-07
Javelin (400g) W60+				
Javelin Throw	W60	Raema McMillan	22.80	26-Mar-89
Javelin Throw	W65	Kath Holland	19.04	26-Mar-06
Javelin Throw	W70	Raema McMillan	17.73	20-Mar-99
Javelin Throw	W75	Raema McMillan	16.82**	12-Mar-05
Javelin Throw	W80	Raema McMillan	14.93**	19-Feb-08
Shot Put (4kg) W30 - W45				
Shot Put	W30	Byrony Glass	12.12	24-Feb-08
Shot Put	W30	Byrony Glass	12.12	9-Mar-08
Shot Put	W35	Carolyn Wills	10.09	13-Feb-07
Shot Put	W40	Lynne Meakins	9.92	29-Apr-93
Shot Put	W45	G Rapley	8.54	26-Mar-89
Shot Put (3kg) W50+				
Shot Put	W50	Kate Glass	10.96	9-Oct-04
Shot Put	W55	Kate Glass	10.40	16-Mar-08
Shot Put	W60	Bev Hamilton	9.52	22-Sep-07
Shot Put	W65	Dorothy Whittam	7.55	23-Oct-04
Shot Put	W70	Raema McMillan	6.99	26-Mar-00
Shot Put	W75	Raema McMillan	6.38	26-Oct-04

Shot Put	W80	Betty Baumann	4.64	27-Mar-93
		Shot Put (2kg) W75+ (AMA Trial)		
Shot Put	W75	Raema McMillan	7.59**	13-Mar-05
Shot Put	W80	Raema McMillan	7.12**	16-Mar-08
		Pentathlon (LJ/J/200/D/800) 2002 (*Old Tables)		
		(see separate Multi-Event sheet for full details)		
Pentathlon	W30	Rosanne Kemp	2468	8-Apr-96
Pentathlon	W35	Eileen Hindle	(*3119 old)	5-Apr-87
Pentathlon	W40	Sharon Moloney	1610	20-Mar-05
Pentathlon	W40	Eileen Hindle	(*3166 old)	27-Mar-89
Pentathlon	W45	Lynne Choate	2486	18-Mar-01
Pentathlon	W45	Eileen Hindle	(*3007 old)	1-Apr-95
Pentathlon	W50	Kath Holland	(*3199 old)	10-Mar-91
Pentathlon	W55	Peggy Macliver	3236	13-Jan-00
Pentathlon	W60	Peggy Macliver	3367**	18-Mar-07
Pentathlon	W65	Pat Carr	3144	13-Jan-00
Pentathlon	W70	Pat Carr	2786	9-Jan-03
Pentathlon	W75	Pat Carr	2789**	18-Mar-07
Pentathlon	W80	Phyllis Head	598	16-Jan-01
		Heptathlon (* Old Tables)		
Heptathlon	W35	Eileen Hindle	*4383	4-Mar-85
		Weight Pentathlon (H/S/D/J/W) 2002 (*Old Tables)		
		(see separate Multi-Event sheet for full details)		
Weight Pentathlon	W30	Byrony Glass	3604	23-Mar-08
Weight Pentathlon	W35	Sandra Smith	1931	15-Mar-97
Weight Pentathlon	W40	Sharon Moloney	2270	12-Mar-05
Weight Pentathlon	W45	Sharon Moloney	2546	15-Mar-08
Weight Pentathlon	W50	Kate Glass	3451	9-Oct-04
Weight Pentathlon	W55	Kate Glass	3902	23-Mar-08
Weight Pentathlon	W60	Bev Hamilton	3157	15-Mar-08
Weight Pentathlon	W65	Dorothy Whittam	3242	23-Mar-02
Weight Pentathlon	W70	Raema McMillan	3263	24-Mar-01
Weight Pentathlon	W75	Raema McMillan	3579	20-Apr-03
Weight Pentathlon	W80	Phyllis Head	1608	15-Mar-00
p-07				
		4 x 100 Metres Relay		
4 x 100 Metres Relay	W30	WA Team	54.03	5-Apr-99
		Lynne Choate, Rosanne Kemp Katrina Spilsbury, R. Johnson		
4 x 100 Metres Relay	W35	WAVAC Team	59.72	24-Apr-00
		Pat Carr, Peggy Macliver Rosanne Kemp, Lyn Ventris		
4 x 100 Metres Relay	W60	MAWA Team	72.9	7-Feb-08
		Lynne Schickert, Val Millard Peggy Macliver, Gillian Young		
		4 x 400 Metres Relay		
4 x 400 Metres Relay	W30	WAVAC Team	4:33.90	21-Apr-03
		Lynne Choate, Toni Phillips Delia Baldock, Julie Martin-Tinker		
4 x 400 Metres Relay	W35	WAVAC Team	5:04.82	24-Apr-00
		Peggy Macliver, Valerie Prescott Lyn Ventris, Rosanne Kemp		
4 x 400 Metres Relay	W40	WAVAC Team	5:03.33	21-Apr-03
		Peggy Macliver, Anne Stingemore Robin King, Anne Shaw		
4 x 400 Metres Relay	W45	MAWA Team	4:52.35	12-Apr-04
		Peggy Macliver, Lynne Choate Lyn Ventris, Barbara Blurton		
4 x 400 Metres Relay	W50	MAWA Team	5:54.2	21-Feb-08
		Carol Bowman, Sarah Ladwig Lynne Choate, Tessa Brockwell		
4 x 400 Metres Relay	W60	MAWA Team	6:09.8	21-Feb-08
		Gillian Young, Peggy Macliver Val Millard, Lynne Schickert		
		4 x 800 Metres Relay		
4 x 800 Metres Relay	W40	MAWA Team	12:48.6	14-Feb-08
		Delia Baldock, Carol Bowman Jacqui Sanders, Kerriann Bresser		

4 x 800 Metres Relay	W45 MAWA Team Marg Saunders, Karen March Kay Burt, Robin King	11:53.3**	14-Feb-08
4 x 800 Metres Relay	W60 MAWA Team Peggy Macliver, Jackie Halberg Christine Oldfield, Gillian Young	13:04.9	14-Feb-08
4 x 1500 Metres Relay	4 x 1500 Metres Relay W35 MAWA Team Toni Phillips, Coby Wakeling Kerriann Bresser, Carol Bowman	29:07.1**	20-Dec-07
4 x 1500 Metres Relay	W35 MAWA Team Saskia Letham, Toni Phillips Carol Bowman, Liz Neville	25:01.1	31-Jan-08
4 x 1500 Metres Relay	W45 MAWA Team Robin King, Karyn-Sue Gower Karen March, Gillian Young	24:32.0**	31-Jan-08
4 x 1500 Metres Relay	W60 MAWA Team Peggy Macliver, Jackie Halberg Christine Oldfield, Gillian Young	26:47.3**	20-Dec-07