

State Records As At 16-Dec-11

EVENT	AGE	NAME	PERF	DATE	WA	AUS	WLD	ET or HT	Location
		60 Metres			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	7.4	18-Nov-78	S				
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	A		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	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	Peggy Macliver	9.43	02-Apr-10	S	A		HT (+2.0)	WAAC
60 Metres	W70	Pat Carr	10.6	28-Feb-02	S				
60 Metres	W75	Pat Carr	10.99	06-Apr-07	S			ET (+1.6)	Hobart
60 Metres	W80	Lorna Lauchlan	15.9	22-Feb-11	S			HT	McGillivray
		100 Metres			S				
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	W35	Kath Holland	12.0	08-Feb-78	S	A			85.70%
100 Metres	W40	Kath Holland	12.4	06-Dec-80	S				86.95%
100 Metres	W45	Lynne Choate	12.97	12-Apr-98	S				89.67%
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	Pat Carr	16.4	07-Mar-02	S				89.09%
100 Metres	W75	Pat Carr	17.9	29-Mar-07	S			HT (+0.2)	ECAC
100 Metres	W80	Lorna Lauchlan	32.2	08-Feb-11	S			HT	McGillivray
		200 Metres			S				
200 Metres	W30	Rosanne Kemp	25.1	07-Apr-96	S				84.21%
200 Metres	W35	Kath Holland	24.6	26-Mar-79	S	A			85.91%
200 Metres	W40	Kath Holland	25.6	01-Jan-81	S				87.54%
200 Metres	W45	Lynne Choate	26.93	12-Apr-98	S				89.27%
200 Metres	W50	Barbara Blurton	28.0	21-Nov-02	S			HT	92.10%
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	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	Pat Carr	35.9	24-Mar-02	S				86.18%
200 Metres	W75	Pat Carr	39.7	29-Mar-07	S			HT (+0.4)	ECAC
200 Metres	W80	Phyllis Head	80.8	25-Mar-01	S				44.42%
		400 Metres			S				
400 Metres	W30	Rosanne Kemp	57.2	05-Apr-96	S				83.62%
400 Metres	W35	Kath Holland	56.0	23-Mar-78	S	A			88.51%
400 Metres	W40	Barbara Blurton	58.4	19-Mar-94	S				89.70%
400 Metres	W45	Kath Holland	60.66	27-Jun-85	S				91.22%
400 Metres	W50	Barbara Blurton	62.0	21-Nov-02	S				95.37%
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	Peggy Macliver	73.24	07-Aug-09	S	X		ET	Lahti
400 Metres	W70	Lorraine Lopes	90.1	27-Jan-11	S			HT	ECAC
400 Metres	W75	Glenice Shanahan	2:13.4	25-Mar-00	S				60.65%
400 Metres	W80	Phyllis Head	3:12.4	24-Mar-01	S				46.74%
		800 Metres			S				
800 Metres	W30	Terri Bent	2:18.8	05-Apr-92	S				81.61%
800 Metres	W35	Karen Gobby	2:21.26	01-Nov-90	S				80.19%
800 Metres	W40	Barbara Blurton	2:17.8	20-Mar-94	S				87.57%
800 Metres	W45	Anne Shaw	2:20.4	20-Feb-93	S				86.73%
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	Peggy Macliver	2:53.0	23-Aug-07	S			HT	ECAC
800 Metres	W65	Peggy Macliver	3:04.65	03-Apr-11	S			HT	ECAC
800 Metres	W70	Lorraine Lopes	3:10.54	12-Jul-11	S			ET	Sacramento
800 Metres	W75	Glenice Shanahan	5:25.0	26-Mar-00	S				62.21%
800 Metres	W80	Phyllis Head	8:34.8	06-Feb-01	S				44.58%
		1500 Metres			S				
1500 Metres	W30	Tessa Brockwell	4:34.5	01-Mar-87	S				84.93%
1500 Metres	W35	Niamh Keane	4:43.62	20-Apr-03	S			ET	Perry Lakes
1500 Metres	W40	Karen Gobby	4:46.3	06-Apr-96	S				85.84%
1500 Metres	W45	Anne Shaw	4:56.4	06-Apr-96	S				91.02%
1500 Metres	W50	Anne Shaw	4:53.8	19-Mar-98	S	X			94.16%
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 Peggy Macliver	6:29.5	03-Dec-09	S		HT	ECAC	87.76%
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%
	1 Mile			S				
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 Anne Shaw	5:35.0	13-Mar-91	S				81.00%
1 Mile	W45 Anne Shaw	5:18.6	14-Mar-96	S				90.39%
1 Mile	W50 Margaret Robinson	6:03.0	26-Nov-89	S				83.42%
1 Mile	W55 Barbara Blurton	6:09.4	02-Jun-05	S		HT	ECAC	86.42%
1 Mile	W60 Barbara Blurton	6:37.3	20-May-10	S		HT	ECAC	86.21%
1 Mile	W65 Peggy Macliver	7:04.0	28-Jan-10	S		HT	ECAC	87.12%
1 Mile	W70 Lorraine Lopes	7:14.5	05-May-11	S	A	HT	ECAC	93.87%
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%
	3000 Metres			S				
3000 Metres	W30 Tessa Brockwell	9:42.6	12-Mar-87	S				86.23%
3000 Metres	W35 Karen Gobby	10:12.0	12-Jan-91	S				83.09%
3000 Metres	W40 Jan Kelly	10:32.9	03-Feb-96	S				82.93%
3000 Metres	W45 Anne Shaw	10:33.0	19-Dec-96	S	X			91.72%
3000 Metres	W50 Anne Shaw	10:44.4	18-Dec-97	S	X			91.25%
3000 Metres	W55 Anne Shaw	11:17.0	06-Mar-03	S	X	HT (2 wat	ECAC	92.77%
3000 Metres	W60 Gillian Young	12:55.6	13-Dec-07	S		HT	ECAC	86.89%
3000 Metres	W65 Peggy Macliver	14:20.7	22-Oct-09	S		HT	ECAC	84.48%
3000 Metres	W70 Lorraine Lopes	14:17.2	12-May-11	S	A	HT	ECAC	93.70%
3000 Metres	W75 Glenice Shanahan	23:46.0	09-Dec-99	S				60.54%
	5000 Metres			S				
5000 Metres	W30 Tessa Brockwell	17:04.0	05-Apr-87	S				84.55%
5000 Metres	W35 Karen Gobby	17:07.7	01-Nov-90	S				85.13%
5000 Metres	W40 Karen Gobby	17:52.2	07-Apr-96	S				84.60%
5000 Metres	W45 Anne Shaw	18:20.8	21-Nov-96	S				88.83%
5000 Metres	W50 Anne Shaw	18:18.4	29-Mar-98	S	X			91.29%
5000 Metres	W55 Anne Shaw	19:23.9	20-Apr-03	S		HT	Perry Lakes	92.04%
5000 Metres	W60 Gillian Young	21:41.0	16-Mar-08	S		HT	ECAC	88.37%
5000 Metres	W65 Peggy Macliver	24:14.9	26-Nov-09	S		HT	ECAC	85.29%
5000 Metres	W70 Lorraine Lopes	23:33.5	28-Jun-11	S		HT	WAAS	96.98%
5000 Metres	W75 Lil Heatly	45:09.3	26-Mar-06	S		HT	ECAC	54.39%
	10,000 Metres			S				
10,000 Metres	W30 Sue Malaxos	32:46.9	14-Dec-95	S				91.60%
10,000 Metres	W35 Karen Gobby	37:00.0	13-Apr-90	S				81.95%
10,000 Metres	W40 Karen Gobby	37:30.8	05-Apr-96	S				83.37%
10,000 Metres	W45 Anne Shaw	38:00.6	27-Nov-97	S				88.91%
10,000 Metres	W50 Anne Shaw	37:31.9	24-Mar-00	S	A			93.65%
10,000 Metres	W55 Maureen Stewart	44:54.3	05-Apr-96	S				81.57%
10,000 Metres	W60 Gillian Young	46:03.1	06-Mar-08	S		HT	ECAC	85.54%
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%
	Half Marathon			S				
Half Marathon	W30 Tessa Brockwell	1:19:04	07-Jun-87	S	X			83.38%
Half Marathon	W35 Karen Gobby	1:14:47	15-Sep-91	S	X			89.12%
Half Marathon	W40 Karen Gobby	1:19:07	05-May-96	S				87.47%
Half Marathon	W45 Anne Shaw	1:21:19	29-Jun-97	S				93.09%
Half Marathon	W50 Anne Shaw	1:31:35	12-Aug-02	S				88.18%
Half Marathon	W55 Helen Lysaght	1:40:19	01-Jul-07	S		HT	Gold Coast	81.59%
Half Marathon	W60 Gillian Young	1:42:00	22-Mar-09	S		HT	Perth	87.35%
Half Marathon	W65 Lorraine Lopes	1:56:00	17-May-09	S		HT	Bunbury	87.08%
Half Marathon	W70 Lorraine Lopes	1:56:58	16-May-10	S		HT	Bunbury	87.83%
	Marathon			S				
Marathon	W30 Tessa Brockwell	2:54:29	17-Nov-85	S	X			77.64%
Marathon	W35 Karen Gobby	2:36:40	21-Jul-91	S	A			87.67%
Marathon	W40 Karen Gobby	2:54:32	21-Jul-96	S				81.45%
Marathon	W45 Anne Shaw	3:01:19	21-Jul-97	S				87.07%
Marathon	W50 Anne Shaw	2:57:06	05-Jul-98	S				90.29%
Marathon	W55 Liz Neville	3:28:54	13-Apr-08	S		HT	London	82.95%
Marathon	W60 Gillian Young	3:50:22	06-Jul-08	S		HT	Perth	79.68%
Marathon	W65 Margery Forden	4:18:50	08-Jul-07	S				77.01%
	One Hour			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				
	80 Metres Hurdles (76.2cm) W40 - W55			S				
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	W55 Dorothy Anderson	18.2	31-Mar-90	S	X			66.76%
	80 Metres Hurdles (68.6cm) W60+			S				

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%
	100 Metres Hurdles (84cm) W30 - W35			S					
100 Metres Hurdles	W30 Eileen Hindle	14.3	01-Nov-83	S	A				85.42%
100 Metres Hurdles	W35 Eileen Hindle	14.5	29-Nov-87	S	A				86.03%
	300 Metres Hurdles (76.2cm) W50 - W55			S					
300 Metres Hurdles	W50 Kath Holland	54.7	17-Mar-91	S					82.48%
	300 Metres Hurdles (68.6cm) W60+			S					
300 Metres Hurdles	W65 Ruth Johnson	71.46	04-Apr-10	S			ET	WAAS	77.22%
	400 Metres Hurdles (76.2cm) W30 - W45			S					
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 Eileen Hindle	67.7	12-Feb-89	S					83.09%
400 Metres Hurdles	W45 Eileen Hindle	71.9	22-Oct-94	S					84.21%
	2000 Metres Steeplechase (76.2cm)			S					
2000m Steeplechase	W30 Toni Phillips	9:59.4	10-Feb-07	S			HT	Perry Lakes	64.58%
2000m Steeplechase	W35 Kerriann Bresser	9:15.9	10-Feb-07	S			HT	Perry Lakes	72.53%
2000m Steeplechase	W40 Anne Shaw	7:44.9	15-Feb-92	S	X				89.51%
2000m Steeplechase	W45 Anne Shaw	8:02.0	04-Feb-96	S	A				89.67%
2000m Steeplechase	W50 Anne Shaw	8:14.6	26-Mar-98	S	X				88.69%
2000m Steeplechase	W55 Anne Shaw	8:23.96	19-Apr-03	S	A		ET	Perry Lakes	90.25%
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%
	1500 Metres Walk			S					
1500 Metres Walk	W30 Cathrin Holland	8:58.0	11-Jan-90	S					62.73%
1500 Metres Walk	W35 Rose-Marie Holloway	7:29.5	20-Sep-94	S					77.32%
1500 Metres Walk	W40 Lyn Ventris	7:24.0	22-Feb-00	S					80.75%
1500 Metres Walk	W45 Lyn Ventris	6:52.67	06-Nov-03	S			ET	Canberra	89.74%
1500 Metres Walk	W50 Lyn Ventris	6:45.8	25-Mar-07	S	A		HT	ECAC	93.57%
1500 Metres Walk	W55 Lyn Ventris	7:00.30	09-Oct-11	S	A		ET	Adelaide	94.33%
1500 Metres Walk	W60 Val Millard	8:59.2	16-Mar-08	S			HT	ECAC	77.89%
1500 Metres Walk	W65 Valerie Tyson	9:57.0	19-Mar-88	S					75.24%
1500 Metres Walk	W70 Valerie Tyson	10:50.0	18-Dec-91	S					71.75%
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%
	3000 Metres Walk			S					
3000 Metres Walk	W30 Cathrin Holland	18:32.8	15-Mar-89	S					62.55%
3000 Metres Walk	W35 Rose-Marie Holloway	15:44.1	20-Sep-94	S					75.92%
3000 Metres Walk	W40 Lyn Ventris	14:05.7	24-Mar-01	S	A				88.13%
3000 Metres Walk	W45 Lyn Ventris	13:57.43	16-Mar-02	S	A	W	ET	Perry Lakes	89.72%
3000 Metres Walk	W50 Lyn Ventris	13:54.3	24-Mar-07	S	A	W	HT	ECAC	93.86%
3000 Metres Walk	W55 Lyn Ventris	14:26.99	08-Oct-11	S	A	W	ET	Adelaide	94.51%
3000 Metres Walk	W60 Val Millard	18:49.3	15-Mar-08	S			HT	ECAC	77.22%
3000 Metres Walk	W65 Valerie Tyson	20:38.3	01-Nov-87	S					73.81%
3000 Metres Walk	W70 Valerie Tyson	19:56.0	12-Feb-92	S	X				81.64%
3000 Metres Walk	W75 Sylvia Byers	23:41.5	02-Apr-11	S			HT	ECAC	75.28%
3000 Metres Walk	W80 Lorna Lauchlan	25:02.3	02-Apr-11	S			HT	ECAC	77.87%
	5000 Metres Walk			S					
5000 Metres Walk	W30 Cathrin Holland	32:07.0	23-Feb-89	S					61.70%
5000 Metres Walk	W35 Bronwyn Salter	25:57.0	08-Feb-86	S					76.96%
5000 Metres Walk	W40 Lyn Ventris	23:24.5	23-Mar-01	S	A				90.63%
5000 Metres Walk	W45 Lyn Ventris	23:42.5	25-Feb-05	S	A	W	HT	McGillivray	92.48%
5000 Metres Walk	W50 Lyn Ventris	23:37.78	07-Apr-07	S	A	W	ET	Hobart	94.43%
5000 Metres Walk	W55 Lyn Ventris	24:16.7	07-Oct-11	S	A	W		Adelaide	96.42%
5000 Metres Walk	W60 Valerie Millard	31:55.19	22-Mar-08	S			ET	Sydney	78.33%
5000 Metres Walk	W65 Lorna Lauchlan	34:03.7	06-Apr-96	S					77.15%
5000 Metres Walk	W70 Valerie Tyson	35:13.7	29-Mar-92	S					80.00%
5000 Metres Walk	W75 Sylvia Byers	38:07.90	03-Apr-10	S			ET	WAAS	80.04%
5000 Metres Walk	W80 Lorna Lauchlan	40:13.87	03-Apr-10	S			ET	WAAS	83.18%
	10,000 Metres Track Walk			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 Lyn Ventris	46:35.65	09-Feb-02	S	A	W	ET	Canberra	95.10%
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%
	10 Kilometres Road Walk			S					
10K Road Walk	W35 Rose-Marie Holloway	57:30	01-Oct-94	S					73.45%
10K Road Walk	W40 Lyn Ventris	47:25	17-Apr-01	S	A				92.66%
10K Road Walk	W45 Lyn Ventris	48:34	17-Apr-06	S	A		HT	Canberra	94.60%
10K Road Walk	W50 Lyn Ventris	48:27	09-Apr-07	S	A	W	HT	Hobart	95.75%
10K Road Walk	W55 Lyn Ventris	50:32	12-Oct-11	S	A	W	HT	Adelaide	96.67%
10K Road Walk	W60 Valerie Millard	66:37	21-Jul-07	S			HT	Melbourne	77.74%
10K Road Walk	W65 Lorraine Lopes	66:00	05-Jun-05	S					83.85%
10K Road Walk	W70 Lorna Lauchlan	71:37	26-Jun-01	S					84.70%
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%

	20 Kilometres Road Walk				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	1:34:44	16-Dec-01	S	A	W	HT (102.1	Melbourne	97.28%
20K Road Walk	W50 Lyn Ventris	1:39:51	29-May-11	S	A	W	HT	Melbourne	101.33%
20K Road Walk	W60 Lynne Schickert	2:37:44	18-Apr-04	S			HT	Auckland	71.04%
20K Road Walk	W65 Lynne Schickert	2:35:19.9	16-Jul-11	S			ET	Sacramento	80.40%
	High Jump				S				
High Jump	W30 Eileen Hindle	1.49	20-Dec-81	S					72.33%
High Jump	W35 Carolyn Wills	1.56	15-Mar-08	S			ECAC		80.41%
High Jump	W40 Eileen Hindle	1.45	25-Mar-89	S					76.37%
High Jump	W45 Eileen Hindle	1.36	20-Mar-94	S					76.01%
High Jump	W50 Eileen Hindle	1.20	25-Mar-00	S					72.29%
High Jump	W55 Dot Jarvis	1.11	25-Mar-06	S			ECAC		70.69%
High Jump	W60 Ruth Johnson	1.09	19-Apr-03	S				Perry Lakes	76.76%
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%
	Long Jump				S				
Long Jump	W30 Eileen Hindle	5.55	10-Apr-82	S					75.34%
Long Jump	W35 Eileen Hindle	5.72	01-Jan-88	S					75.51%
Long Jump	W40 Eileen Hindle	5.47	04-Feb-89	S					82.78%
Long Jump	W45 Eileen Hindle	5.14	01-Feb-95	S					81.33%
Long Jump	W50 Eileen Hindle	4.70	14-Jan-98	S					78.51%
Long Jump	W55 Eileen Hindle	4.12	22-Jan-04	S			ECAC		73.97%
Long Jump	W60 Dorothy Whittam	3.87	15-Mar-97	S					75.12%
Long Jump	W65 Pat Carr	3.85	28-Mar-98	S	A				82.80%
Long Jump	W70 Pat Carr	3.51	23-Mar-02	S	A				81.31%
Long Jump	W75 Pat Carr	3.23	24-Mar-07	S	A		-0.7	ECAC	82.83%
Long Jump	W80 Phyllis Head	0.92	10-Feb-04	S				Bunbury	27.06%
	TripleJump				S				
TripleJump	W30 Melissa Foster	10.53	03-Mar-11	S			+1.9	ECAC	70.39%
TripleJump	W30 Melissa Foster	10.67	24-Nov-11	S			?	ECAC	72.14%
TripleJump	W35 Eileen Hindle	11.57	01-Mar-87	S	A	X			82.82%
TripleJump	W40 Eileen Hindle	10.90	14-Jan-89	S	X	X			79.91%
TripleJump	W45 Eileen Hindle	10.13	20-Mar-94	S					79.08%
TripleJump	W50 Dorothy Whittam	9.32	03-Dec-88	S					79.93%
TripleJump	W55 Dorothy Whittam	8.76	20-Mar-94	S	X				82.10%
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 Pat Carr	7.64	24-Mar-02	S	A				88.02%
TripleJump	W75 Pat Carr	6.71	25-Mar-07	S	A		-1.1	ECAC	85.37%
	Pole Vault				S				
	Discus (1kg) W30 – W75				S				
Discus Throw	W30 Byrony Glass	39.66	15-Mar-09	S				Perry Lakes	51.64%
Discus Throw	W35 Cathrin Holland	33.54	05-Apr-92	S					44.93%
Discus Throw	W40 Louise Oswald	30.08	27-Oct-09	S				WAAS	43.36%
Discus Throw	W45 Sharon Moloney	28.36	20-Nov-07	S				Bunbury	44.25%
Discus Throw	W50 Kate Glass	26.25	27-Mar-04	S				ECAC	48.09%
Discus Throw	W55 Kate Glass	26.71	19-Dec-06	S				McGillivray	50.91%
Discus Throw	W60 Bev Hamilton	24.42	25-Mar-07	S				ECAC	51.75%
Discus Throw	W65 Bev Hamilton	23.16	21-Apr-11	S				Brisbane	53.90%
Discus Throw	W70 Barbara Campbell	20.19	02-Dec-10	S				ECAC	53.57%
	Discus (0.75kg) W75+ (WMA 2009)				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	
	Hammer (4kg) W30 - W45				S				
Hammer Throw	W30 Byrony Glass	60.21	19-Apr-10	S				WAAS	84.82%
Hammer Throw	W35 Sarah Edmiston	35.35	09-Dec-11	S					52.28%
Hammer Throw	W40 Lynn Carter	34.52	24-Mar-89	S	X	X			58.31%
Hammer Throw	W45 Eileen Hindle	26.12	21-Oct-99	S					59.32%
	Hammer (3kg) W50+				S				
Hammer Throw	W50 Kate Glass	43.27	07-Dec-04	S				McGillivray	75.74%
Hammer Throw	W55 Kate Glass	41.73	27-Feb-07	S				McGillivray	76.00%
Hammer Throw	W60 Kate Glass	36.11	09-Jul-11	S				Sacramento	73.16%
Hammer Throw	W65 Bev Hamilton	28.94	08-Apr-11	S				WAAS	64.42%
Hammer Throw	W70 Dorothy Whittam	20.53	15-Mar-08	S				ECAC	53.66%
	Hammer (2kg) W75+ (WMA 2009)				S				
Hammer Throw	W75 Raema McMillan	21.04	21-Dec-04	S				McGillivray	
Hammer Throw	W80 Raema McMillan	22.36	04-Apr-10	S				WAAS	
	Heavy Weight Throw (9.08kg) W30 - W45				S				
Heavy Weight Throw	W30 Byrony Glass	17.75	05-Apr-10	S				WAAS	90.98%
Heavy Weight Throw	W35 Sandra Smith	8.15	15-Mar-97	S					47.47%
Heavy Weight Throw	W40 Louise Oswald	9.21	04-Apr-10	S				WAAS	56.69%
Heavy Weight Throw	W45 Eileen Hindle	8.81	05-Mar-98	S					63.66%
	Heavy Weight Throw (7.26kg) W50 - W55				S				
Heavy Weight Throw	W50 Kate Glass	12.79	10-Apr-04	S				Melbourne	70.98%

Heavy Weight Throw	W55 Kate Glass	12.79	17-Apr-06	S		Canberra	73.71%
	Heavy Weight Throw (5.45kg) W60+			S			
Heavy Weight Throw	W60 Kate Glass	13.44	03-Apr-11	S		ECAC	74.17%
Heavy Weight Throw	W65 Bev Hamilton	12.18	01-Dec-11	S		ECAC	75.70%
Heavy Weight Throw	W70 Dorothy Whittam	9.40	29-Mar-09	S		ECAC	68.81%
	Heavy Weight Throw (4kg) W75+ (WMA 2009)			S			
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	
	Javelin (600g) W30 - W45			S			
Javelin Throw	W30 Kate Adams	34.52	03-Apr-10	S		WAAS	47.29%
Javelin Throw	W35 Carolyn Wills	31.32	13-Jan-09	S		Bunbury	45.86%
Javelin Throw	W40 Louise Oswald	28.00	18-Feb-10	S		ECAC	44.09%
Javelin Throw	W45 Sharon Moloney	24.26	02-Apr-11	S		ECAC	45.00%
	Javelin (500g) W50 - W55			S			
Javelin Throw	W50 Kate Glass	21.65	02-Nov-04	S		McGillivray	43.52%
Javelin Throw	W55 Lisa Kirsch	24.58	04-Apr-10	S		WAAS	52.02%
	Javelin (400g) W60+			S			
Javelin Throw	W60 Kate Glass	23.92	03-Apr-10	S		WAAS	57.21%
Javelin Throw	W65 Bev Hamilton	19.83	22-Apr-11	S		Brisbane	53.14%
Javelin Throw	W70 Raema McMillan	17.73	20-Mar-99	S			55.51%
Javelin Throw	W75 Raema McMillan	16.82	12-Mar-05	S	X	ECAC	63.33%
Javelin Throw	W80 Raema McMillan	15.34	03-Apr-10	S	A	WAAS	69.51%
	Shot Put (4kg) W30 - W45			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		Perry Lakes	53.56%
Shot Put	W35 Carolyn Wills	10.09	13-Feb-07	S		Bunbury	49.03%
Shot Put	W40 Lynne Meakins	9.92	29-Apr-93	S			51.38%
Shot Put	W45 G Rapley	8.54	26-Mar-89	S			49.71%
	Shot Put (3kg) W50+			S			
Shot Put	W50 Kate Glass	10.96	09-Oct-04	S		Perry Lakes	70.89%
Shot Put	W55 Kate Glass	10.40	16-Mar-08	S		ECAC	72.57%
Shot Put	W60 Bev Hamilton	10.43	29-Mar-09	S		ECAC	82.52%
Shot Put	W65 Bev Hamilton	8.95	16-Dec-10	S		ECAC	74.13%
Shot Put	W70 Raema McMillan	6.99	26-Mar-00	S			69.21%
	Shot Put (2kg) W75+ (WMA 2009)			S			
Shot Put	W75 Raema McMillan	7.59	13-Mar-05	S	X	ECAC	
Shot Put	W80 Raema McMillan	7.12	16-Mar-08	S	A	ECAC	
Shot Put	W80 Raema McMillan	7.12	02-Mar-10	S	A	ECAC	
	Pentathlon (LJ/J/200/D/800) 2010 Tables			S			
	(^2002 Tables)(*Old Tables)			S			
	(see separate Combined Event sheet for full details)			S			
Pentathlon	W30 Rosanne Kemp	2468	08-Apr-96	S		HT Perry Lakes	
Pentathlon	W35 Eileen Hindle	2724	20-Apr-87	S		HT Sydney	
Pentathlon	W40 Sharon Moloney	1682	20-Mar-05	S		HT ECAC	
Pentathlon	W40 Eileen Hindle	(*3166 old)	27-Mar-89	S			
Pentathlon	W45 Eileen Hindle	(*3007 old)	01-Apr-95	S			
Pentathlon	W45 Lynne Choate	2503	18-Mar-01	S		HT ECAC	
Pentathlon	W50 Kath Holland	(*3199 old)	10-Mar-91	S	X		
Pentathlon	W50 Lynne Choate	2282	21-Apr-03	S		ET Perry Lakes	
Pentathlon	W55 Peggy Macliver	3124	13-Jan-00	S	X	HT	
Pentathlon	W60 Peggy Macliver	3161	18-Mar-07	S	A	HT ECAC	
Pentathlon	W65 Pat Carr	2839	13-Jan-00	S		HT ECAC	
Pentathlon	W70 Pat Carr	2502	09-Jan-03	S		HT ECAC	
Pentathlon	W75 Pat Carr	2506	18-Mar-07	S	A	HT ECAC 750g Discus	
Pentathlon	W80 Phyllis Head	514	16-Jan-01	S	X	HT Bunbury	
	Oceania Pentathlon (LJ/J/100/S/800) 2010 Tables			S			
	(^2002 Tables)			S			
	(see separate Combined Event sheet for full details)			S			
Pentathlon	W30 Melissa Foster	2198	19-Mar-11	S		HT ECAC	
Pentathlon	W35 Carolyn Wills	2768	09-Mar-09	S		ET Tauranga	
Pentathlon	W40 Simone Solomon	1904	05-Apr-10	S		ET WAAS	
Pentathlon	W45 Cathy McCloskey	2370	19-Mar-11	S		HT ECAC	
Pentathlon	W50 Carol Bowman	1303	22-Jan-09	S		HT ECAC	
Pentathlon	W55 Lynne Choate	2562	05-Apr-10	S		ET WAAS	
Pentathlon	W60 Peggy Macliver	2888	21-Mar-09	S		HT ECAC	
Pentathlon	W65 Peggy Macliver	3453	05-Apr-10	S		ET WAAS	
	Heptathlon (*Old Tables)			S			
Heptathlon	W35 Eileen Hindle	*4383	04-Mar-85	S			
	Throws Pentathlon (H/S/D/J/W) 2010 Tables			S			
	(^2002 Tables)(*Old Tables)			S			
	(see separate Combined Event sheet for full details)			S			
Throws Pentathlon	W30 Byrony Glass	3631	12-Apr-09	S	A	Adelaide	
Throws Pentathlon	W35 Sandra Smith	1833	15-Mar-97	S		ECAC	
Throws Pentathlon	W40 Louise Oswald	2395	04-Apr-10	S		WAAS	
Throws Pentathlon	W45 Sharon Moloney	2250	15-Mar-08	S		ECAC	
Throws Pentathlon	W50 Kate Glass	3328	09-Oct-04	S		Perry Lakes	
Throws Pentathlon	W55 Kate Glass	3732	23-Mar-08	S		Sydney	

Throws Pentathlon	W60	Kate Glass	3674	15-Jul-11	S			Sacramento
Throws Pentathlon	W65	Bev Hamilton	3637	24-Apr-11	S			Brisbane
Throws Pentathlon	W70	Raema McMillan	2971	24-Mar-01	S			ECAC
Throws Pentathlon	W75	Raema McMillan	3413	20-Apr-03	S			Perry Lakes
## Lighter Weights					S			
Throws Pentathlon	W75	Raema McMillan	3413	12-Mar-05	S			Perry Lakes
Throws Pentathlon	W80	Raema McMillan	3862	04-Apr-10	S			WAAS
		4 x 100 Metres Relay			S			
4 x 100 Metres Relay	W30	WAVAC Team	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	WAVAC Team	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	MAWA Team	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	W50	MAWA Team	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	MAWA Team	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	MAWA Team	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			
		4 x 400 Metres Relay			S			
4 x 400 Metres Relay	W30	WAVAC Team	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	MAWA Team	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	WAVAC Team	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	MAWA Team	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	MAWA Team	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	W60	MAWA Team	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	MAWA Team	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			S			
4 x 800 Metres Relay	W30	MAWA Team	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 MAWA Team	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 MAWA Team	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 MAWA Team	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 MAWA Team	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 MAWA Team	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 MAWA Team	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			S				
4 x 1500 Metres Relay	W30 MAWA Team	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 MAWA Team	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 MAWA Team	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 MAWA Team	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 MAWA Team	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 MAWA Team	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 MAWA Team	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 MAWA Team	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		