

Italics indicates a better performance as a non financial member of MAWA

State Records as at 19-Nov-16

EVENT	AGE	NAME	PERF	DATE	WA	AUS	WLD	ET or HT	Location
60 Metres									
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
100 Metres									
100 Metres	W30	Eileen Hindle	12.1	19-Nov-83	S	X			
100 Metres	W30	Eileen Hindle	12.1	03-Dec-83	S	X			
100 Metres	W30	<i>Sally Wijesundera</i>	12.1	25-Feb-96	O				
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	Pat Carr	16.4	07-Mar-02	S				
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	<i>Joy Duncan</i>	1:43.91	27-Oct-16	O			ET (+1.9)	Perth
200 Metres									
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)	
200 Metres	W45	Lynne Choate	26.93	12-Apr-98	S				
200 Metres	W50	Barbara Blurton	28.0	21-Nov-02	S			HT	
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
100 Metres	W75	Ruth Johnson	39.72	17-Apr-16	S			ET (-1.5)	Adelaide
200 Metres	W80	Pat Carr	53.55	07-Apr-12	S			ET (+0.4)	Melbourne
400 Metres									
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	Kath Holland	60.66	27-Jun-85	S				
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	Peggy Macliver	73.24	07-Aug-09	S	X		ET	Lahti
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	A		ET	Perth
400 Metres	W80	Phyllis Head	3:12.4	24-Mar-01	S				
800 Metres									
800 Metres	W30	Terri Bent	2:18.8	05-Apr-92	S				
800 Metres	W30	<i>Susan Andrews</i>	2:00.0	02-Jun-02	O			HT	Perry Lakes, mixed
800 Metres	W35	Karen Gobby	2:21.26	01-Nov-90	S				
800 Metres	W40	Barbara Blurton	2:17.8	20-Mar-94	S				
800 Metres	W45	Anne Shaw	2:20.4	20-Feb-93	S				
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	Peggy Macliver	3:02.2	17-Mar-12	S			HT	ECAC
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	A		ET	WAAS
800 Metres	W80	Phyllis Head	8:34.8	06-Feb-01	S				

									S
1000 Metres	W30	Denise McMorrow	3:23.5	21-Jan-99					S
1000 Metres	W35	Rosemary Giles	3:18.4	03-Mar-15		HT	Bunbury		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		HT	ECAC		S
1000 Metres	W60	Margaret Saunders	3:32.3	27-Jan-15		HT	WAAS		S
1000 Metres	W65	Peggy Macliver	4:06.0	26-May-11		HT	ECAC		S
1000 Metres	W70	Lorraine Lopes	4:15.9	26-May-11		HT	ECAC		S
									S
									S
1500 Metres	W30	Tessa Brockwell	4:34.5	01-Mar-87					S
1500 Metres	W30	Patricia Starling	4:21.01	14-Feb-98					O
1500 Metres	W35	Niamh Keane	4:43.62	20-Apr-03		ET	Perry Lakes		S
1500 Metres	W40	Sandra Voesenek	4:45.52	19-Dec-13		ET	WAAS		S
1500 Metres	W45	Anne Shaw	4:56.4	06-Apr-96					S
1500 Metres	W50	Anne Shaw	4:53.8	19-Mar-98		X			S
1500 Metres	W55	Anne Shaw	5:16.63	19-Apr-03		ET	Perry Lakes		S
1500 Metres	W60	Gillian Young	5:50.9	28-Mar-09		HT	ECAC		S
1500 Metres	W65	Gillian Young	6:21.84	09-Mar-13		ET	WAAS		S
1500 Metres	W70	Lorraine Lopes	6:29.49	24-Mar-12		X	ET	WAAS	S
1500 Metres	W75	Lil Heatly	11:22.4	16-Oct-03			HT	ECAC	O
1500 Metres	W75	Lorraine Lopes	7:09.6	16-Jun-15		A	HT	WAAS	S
									S
									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	W55	Barbara Blurton	6:09.4	02-Jun-05		HT	ECAC		S
Mile	W60	Margaret Saunders	6:07.8	28-Oct-14		HT	WAAS		S
Mile	W65	Peggy Macliver	7:04.0	28-Jan-10		HT	ECAC		S
Mile	W70	Lorraine Lopes	7:14.5	05-May-11		X	HT	ECAC	S
Mile	W75	Lorraine Lopes	7:46.5	21-Apr-15		A	HT	WAAS	S
Mile	W80	Bonnie Smith	17:57.0	26-Apr-98					S
									S
									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 Voesenek	10:28.9	29-Nov-13			WAAS		S
3000 Metres	W45	Anne Shaw	10:33.0	19-Dec-96		X			S
3000 Metres	W50	Anne Shaw	10:44.4	18-Dec-97		X			S
3000 Metres	W55	Anne Shaw	11:17.0	06-Mar-03		X	HT (2 wat	ECAC	S
3000 Metres	W60	Gillian Young	12:55.6	13-Dec-07			HT	ECAC	S
3000 Metres	W65	Gillian Young	13:49.2	25-Oct-12			HT	ECAC	S
3000 Metres	W70	Lorraine Lopes	14:17.2	12-May-11		X	HT	ECAC	S
3000 Metres	W75	Lil Heatly	23:44.8	13-Nov-03			HT	ECAC	O
3000 Metres	W75	Lorraine Lopes	14:40.2	24-Feb-15		A	HT	WAAS	S
									S
									S
5000 Metres	W30	Tessa Brockwell	17:04.0	05-Apr-87					S
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		X			S
5000 Metres	W55	Anne Shaw	19:23.9	20-Apr-03			HT	Perry Lakes	S
5000 Metres	W60	Gillian Young	21:41.0	16-Mar-08			HT	ECAC	S
5000 Metres	W65	Gillian Young	22:59.51	31-Mar-13			ET	Canberra	S
5000 Metres	W70	Lorraine Lopes	23:04.3	08-Apr-12			HT	Melbourne	S
5000 Metres	W75	Lorraine Lopes	26:41.46	28-Oct-16		A	ET	Perth	S
									S
									S
10,000 Metres	W30	Sue Malaxos	32:46.9	14-Dec-95					S
10,000 Metres	W35	Karen Gobby	37:00.0	13-Apr-90					S
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		A			S
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			HT	ECAC	S
10,000 Metres	W65	Gillian Young	48:52.8	18-Oct-12			HT	ECAC	S
10,000 Metres	W70	Lorraine Lopes	48:59.9	15-Mar-12		X	HT	ECAC	S
10,000 Metres	W75	Lorraine Lopes	51:31.8	05-Mar-15		A	HT	WAAS	S
									S
									S
Half Marathon	W30	Tessa Brockwell	1:19:04	07-Jun-87		X			S
Half Marathon	W35	Karen Gobby	1:14:47	15-Sep-91		X			S
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	Anne Shaw	1:31.35	12-Aug-02	S				
Half Marathon	W55	Janet Ferguson	1:33:02	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	1:55:49	14-Jul-13	S		HT	Perth	
Half Marathon	W75	Jill Bower	2:43:45	06-Nov-16	O		HT	Perth	
Marathon									
Marathon	W30	Tessa Brockwell	2:54:29	17-Nov-85	S	X			
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	3:47:54	06-Nov-16	S		HT	Perth	
Marathon	W65	Liz Neville	3:47:11	06-Nov-16	S		HT	Perth	
One Hour									
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									
80 Metres Hurdles	W40	Eileen Hindle	11.8	25-Mar-89	S	X	X		
80 Metres Hurdles	W45	Eileen Hindle	13.6	19-Mar-94	S				
80 Metres Hurdles	W50	Robyn Feutrill	17.33	20-Mar-16	S			ET (+0.8) ECAC	
80 Metres Hurdles	W55	Dorothy Anderson	18.2	31-Mar-90	S	X			
80 Metres Hurdles (68.6cm) W60+									
80 Metres Hurdles	W60	Maureen Keshwar	18.25	04-Nov-16	S			ET (+0.7) Perth	
80 Metres Hurdles	W65	Ruth Johnson	19.1	24-Mar-07	S			HT (+2.0) ECAC	
80 Metres Hurdles	W70	Ruth Johnson	20.9	21-Jan-12	S			HT Bunbury	
100 Metres Hurdles (84cm) W30 - W35									
100 Metres Hurdles	W30	Eileen Hindle	14.29	20-Mar-82	O			ET (+1.9) Brisbane	
100 Metres Hurdles	W30	Eileen Hindle	14.3	01-Nov-83	S	X			
100 Metres Hurdles	W35	Eileen Hindle	14.64	30-Mar-84	O			ET (0.0) Melbourne	
100 Metres Hurdles	W35	Eileen Hindle	14.5	29-Nov-87	S	A			
200 Metres Hurdles (68.6cm) W70+									
200 Metres Hurdles	W70	Ruth Johnson	48.04	25-Mar-12	S	X		ET (+0.9) WAAS	
300 Metres Hurdles (76.2cm) W50 - W55									
300 Metres Hurdles	W50	Kath Holland	54.7	17-Mar-91	S				
300 Metres Hurdles (68.6cm) W60 - W65									
300 Metres Hurdles	W60	Carol Bowman	80.61	19-Apr-16	S			ET Adelaide	
300 Metres Hurdles	W65	Ruth Johnson	71.46	04-Apr-10	S			ET WAAS	
400 Metres Hurdles (76.2cm) W30 - W45									
400 Metres Hurdles	W30	Eileen Hindle	60.31	20-Mar-81	O			ET Adelaide	
400 Metres Hurdles	W30	Eileen Hindle	63.2	21-Feb-82	S	X			
400 Metres Hurdles	W35	Kath Holland	63.7	25-Mar-78	S	X			
400 Metres Hurdles	W40	Eileen Hindle	67.7	12-Feb-89	S				
400 Metres Hurdles	W45	Eileen Hindle	71.9	22-Oct-94	S				
2000 Metres Steeplechase (76.2cm)									
2000m Steeplechase	W30	Kristy Devereux	9:36.9	15-Mar-16	S		HT	WAAS	
2000m Steeplechase	W35	Kerriann Bresser	9:15.9	10-Feb-07	S		HT	Perry Lakes	
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	9:11.0	10-Mar-15	S		HT	WAAS	
2000m Steeplechase	W65	Gillian Young	10:02.49	30-Mar-13	S	A	ET	Canberra	
2000m Steeplechase	W70	Erica Mercer	12:58.82	03-Aug-13	S		ET	Turin	
2000m Steeplechase	W75	Lynne Schickert	16:59.78	06-Nov-16	S		ET	Perth	
1500 Metres Walk									
1500 Metres Walk	W30	Cathrin Holland	8:58.0	11-Jan-90	S				
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	Sylvia Byers	10:57.92	02-Apr-10	S		ET	WAAS	
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	
3000 Metres Walk									
3000 Metres Walk	W30	Cathrin Holland	18:32.8	15-Mar-89	S				
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	A	W	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	Sylvia Byers	23:41.5	02-Apr-11	S			HT	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	
5000 Metres Walk										
5000 Metres Walk	W30	Cathrin Holland	32:07.0	23-Feb-89	S					
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	23:42.5	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	27:51.27	27-Oct-16	S			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	Sylvia Byers	38:07.90	03-Apr-10	S			ET	WAAS	
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	
10,000 Metres Track Walk										
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					
10 Kilometres Road Walk										
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	48:27	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	Valerie Millard	66:37	21-Jul-07	S			HT	Melbourne	
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	1:20:53	31-Oct-16	S				Perth	
10K Road Walk	W80	Sylvia Byers	82:09	03-Jul-16	S			HT	Perth	
20 Kilometres Road Walk										
20K Road Walk	W35	Joy Sanger	2:30:00	11-Oct-87	S					
20K Road Walk	W40	Lyn Ventris	1:39:26	13-May-01	S	X				
20K Road Walk	W45	Lyn Ventris	1:34:44	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	Lynne Schickert	2:37:44	18-Apr-04	S			HT	Auckland	
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			HT	Perth	
High Jump										
High Jump	W30	Eileen Hindle	1.49	20-Dec-81	S					
High Jump	W35	Vanessa Ward	1.80	10-Jan-98	O	A				
High Jump	W35	Carolyn Wills	1.56	15-Mar-08	S				ECAC	
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	W45	Debra Cox	1.45	19-Nov-10	O				WAAS	
High Jump	W50	Sue Coate	1.39	28-Oct-16	S				Perth	
High Jump	W55	Dot Jarvis	1.11	25-Mar-06	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	
Long Jump										
Long Jump	W30	Eileen Hindle	6.07	25-Mar-79	O				Perry Lakes	
Long Jump	W30	Melissa Foster	5.57	09-Mar-13	S			-0.9	WAAS	
Long Jump	W35	Melissa Foster	5.78	14-Mar-15	S			+0.5	WAAS	
Long Jump	W40	Eileen Hindle	5.47	04-Feb-89	S					
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	A		
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
		Triple Jump			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	Eileen Hindle	10.90	14-Jan-89	S	X	X	
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	A		
TripleJump	W75	Pat Carr	6.71	25-Mar-07	S	X	-1.1	ECAC
		Pole Vault			S			
Pole Vault	W30	Sally Wijesundera	1.80	04-Feb-96	O			
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
		Discus (1kg) W30 - W70			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	33.95	05-Jul-16	S			WAAS
Discus Throw	W45	Paula Kennedy	29.15	01-Feb-14	S			Bunbury
Discus Throw	W50	Kate Glass	26.25	27-Mar-04	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	22.91	04-Nov-16	S			Perth
		Discus (0.75kg) W75+ (WMA 2009)			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	A		WAAS
		Hammer (4kg) W30 - W45			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	Sarah Edmiston	38.19	06-Sep-16	S			WAAS
Hammer Throw	W45	Christine Schelfhout	28.59	14-Jan-16	S			WAAS
		Hammer (3kg) W50 - W70			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
		Hammer (2kg) W75+ (WMA 2009)			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
		Heavy Weight Throw (9.08kg) W30 - W45			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	W	WAAS
Heavy Weight Throw	W40	Sarah Edmiston	11.67	21-Aug-16	S			WAAS
Heavy Weight Throw	W45	Paula Kennedy	9.58	04-Nov-16	S			Perth
		Heavy Weight Throw (7.26kg) W50 - W55			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
		Heavy Weight Throw (5.45kg) W60 - W70			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
		Heavy Weight Throw (4kg) W75+ (WMA 2009)			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
		Heavy Weight Throw (56lb) W30+			S			
56lb Weight	W35	Byrony Glass	5.71	31-Jan-16	S			WAAS
56lb Weight	W40	Cheryl McMahan	3.59	31-Jan-16	S			WAAS
		Javelin (600g) W30 - W45			S			
Javelin Throw	W30	Kate Adams	34.52	03-Apr-10	S			
Javelin Throw	W30	Sally Wijesundera	47.14	04-Feb-96	O			
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	Paula Kennedy	27.32	04-Mar-14	S			

		Javelin (500g) W50 - W55			S			
Javelin Throw	W50	Yolanda Carstens	30.18	20-Mar-16	S			ECAC
Javelin Throw	W55	Lisa Kirsch	24.58	04-Apr-10	S			
		Javelin (500g) W60 - W70 (WMA 2014)			S			WAAS
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
		Javelin (400g) W60+			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		
		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			
Shot Put	W35	Byrony Glass	11.44	08-Apr-12	S			
Shot Put	W40	Lynne Meakins	9.92	29-Apr-93	S			
Shot Put	W45	Paula Kennedy	9.62	10-Dec-13	S			
		Shot Put (3kg) W50 – W70			S			
Shot Put	W50	Kate Glass	10.96	09-Oct-04	S			
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
		Shot Put (2kg) W75+ (WMA 2009)			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			
		Oceania Pentathlon (LJ/J/100/S/800) 2010 Tables			S			
		(^2002 Tables) (500g javelin from 2014 W60-W70)			S			
		(see separate Combined Event sheet for full details)			S			
Pentathlon	W30	Melissa Foster	2667	01-Apr-13	S	A	HT	ECAC
Pentathlon	W35	Melissa Foster	2769	07-Mar-15	S		HT	WAAS
Pentathlon	W40	Vicki Cobby	2540	09-Jan-14	S		HT	ECAC
Pentathlon	W45	Sue Coate	2376	09-Apr-12	S		HT	ECAC
Pentathlon	W50	Cathy McCloskey	2687	09-Jan-14	S		HT	ECAC
Pentathlon	W55	Lynne Choate	2562	05-Apr-10	S			
Pentathlon	W60	Carol Bowman	2021	12-Mar-16	S		HT	ECAC
Pentathlon	W70	Lynne Schickert	1396	15-Mar-14	S			
		Heptathlon (*Old Tables)			S			
Heptathlon	W35	Eileen Hindle	4355	04-Mar-85	S			
Heptathlon	W40	Vicki Cobby	3616	17-Oct-13	S			
Heptathlon	W70	Brenda Painter	2582	29-Oct-16	S		ET	Perth
		Throws Pentathlon (H/S/D/J/W) 2010 Tables			S			
		(^2002 Tables)(*Old Tables) (500g javelin from 2014 W60)			S			
		(see separate Combined Event sheet for full details)			S			Perry Lakes
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	Cheryl McMahon	2799	02-Oct-16	S			WAAS
Throws Pentathlon	W45	Paula Kennedy	2677	18-Jan-14	S			
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			
## Lighter Weights					S			Perry Lakes
Throws Pentathlon	W75	Barbara Campbell	3682	02-Mar-13	S			ECAC
Throws Pentathlon	W80	Raema McMillan	3862	04-Apr-10	S			
		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	MAWA Team	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	MAWA Team	59.15	18-Apr-16	S			
4 x 100 Metres Relay	W40	Lynne Choate	59.15	18-Apr-16	S			
4 x 100 Metres Relay	W40	Peggy Macliver	59.15	18-Apr-16	S			
4 x 100 Metres Relay	W40	Lisa Limonas	59.15	18-Apr-16	S			

4 x 100 Metres Relay	W40	Sharon Davis	59.15	18-Apr-16	S		ET	Adelaide
4 x 100 Metres Relay	W45	MAWA Team	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	MAWA Team	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	MAWA Team	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	MAWA Team	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	MAWA Team	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			
		4 x 400 Metres Relay			S			
4 x 400 Metres Relay	W30	WAVAC Team	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	MAWA Team	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	WAVAC Team	5:03.33	21-Apr-03	S			
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		ET	Melbourne
4 x 400 Metres Relay	W45	MAWA Team	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	MAWA Team	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	MAWA Team	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	MAWA Team	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	X	HT	ECAC
4 x 400 Metres Relay	W65	MAWA Team	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			
		4 x 800 Metres Relay			S		HT	ECAC
4 x 800 Metres Relay	W30	MAWA Team	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	MAWA Team	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	MAWA Team	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	X	HT	ECAC
4 x 800 Metres Relay	W45	MAWA Team	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		HT	ECAC
4 x 800 Metres Relay	W50	MAWA Team	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	X	HT	ECAC
4 x 800 Metres Relay	W60	MAWA Team	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	X	HT	ECAC
4 x 800 Metres Relay	W65	MAWA Team	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			
		4 x 1500 Metres Relay						
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	X	HT	ECAC
4 x 1500 Metres Relay	W35	MAWA Team	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		HT	ECAC
4 x 1500 Metres Relay	W40	MAWA Team	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	MAWA Team	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	MAWA Team	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	MAWA Team	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	MAWA Team	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	MAWA Team	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		