

State Records as at	9-Jan-18
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EVENT	AGE	NAME	PERF	DATE	WA	AUS	WLD	ET or HT	Location
		<b>60 Metres</b>			S				
60 Metres	W30	Pauline Dawson	8.0	8-Oct-88	S	X			
60 Metres	W30	Rosanne Kemp	8.0	9-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	2-Apr-10	S	X		HT (+2.0)	WAAS
60 Metres	W70	Peggy Macliver	10.16	3-Apr-15	S			ET (-1.1)	Bankstown
60 Metres	W75	Pat Carr	10.99	6-Apr-07	S			ET (+1.6)	Hobart
60 Metres	W80	Pat Carr	12.95	25-Mar-12	S	X		ET (-0.7)	WAAS
		<b>100 Metres</b>			S				
100 Metres	W30	Eileen Hindle	12.1	19-Nov-83	S	X			
100 Metres	W30	Eileen Hindle	12.1	3-Dec-83	S	X			
100 Metres	W30	Jodie Lambert	11.53	22-Jun-02	O	A		ET (+1.7)	Darwin
100 Metres	W35	Wendy Seegers	12.01	15-Jan-16	S	A		ET (+2.0)	WAAS
100 Metres	W40	Wendy Seegers	12.18	24-Mar-16	S	A		ET (-0.8)	WAAS
100 Metres	W45	Lynne Choate	12.97	12-Apr-98	S				
100 Metres	W50	Lynne Choate	13.49	16-Mar-03	S			ET (1.9)	Perry Lakes
100 Metres	W55	Lynne Choate	13.99	2-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	7-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	Joy Duncan	1:43.91	27-Oct-16	O			ET (+1.9)	Perth
		<b>200 Metres</b>			S				
200 Metres	W30	Rosanne Kemp	25.1	7-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	3-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	8-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	4-Apr-15	S		ET (-1.0)	Bankstown
200 Metres	W75	Ruth Johnson	38.57	10-Jun-17	S		ET (-1.3)	Darwin
200 Metres	W80	Pat Carr	53.55	7-Apr-12	S		ET (+0.4)	Melbourne
		<b>400 Metres</b>			S			
400 Metres	W30	Rosanne Kemp	57.2	5-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	7-Aug-09	S	X	ET	Lahti
400 Metres	W70	Peggy Macliver	80.38	5-Apr-15	S		ET	Bankstown
400 Metres	W75	Ruth Johnson	1:29.78	5-Nov-16	S	A	ET	Perth
400 Metres	W80	Phyllis Head	3:12.4	24-Mar-01	S			
		<b>800 Metres</b>			S			
800 Metres	W30	Terri Bent	2:18.8	5-Apr-92	S			
<i>800 Metres</i>	<i>W30</i>	<i>Susan Andrews</i>	<i>2:00.0</i>	<i>2-Jun-02</i>	<i>O</i>		<i>HT</i>	<i>Perry Lakes, mixed</i>
800 Metres	W35	Karen Gobby	2:21.26	1-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	7-Oct-14	S		HT	WAAS
800 Metres	W65	Barbara Blurton	2:59.13	8-Apr-17	S		ET	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	6-Feb-01	S			

	<b>1000 Metres</b>				S		
1000 Metres	W30	Denise McMorrow	3:23.5	21-Jan-99	S		
1000 Metres	W35	Rosemary Giles	3:18.4	3-Mar-15	S	HT	Bunbury
1000 Metres	W40	Maxine Santich	3:00.4	18-Mar-92	S		
1000 Metres	W45	Anne Shaw	3:14.5	9-Jan-97	S		
1000 Metres	W50	Anne Shaw	3:21.1	1-Oct-98	S		
1000 Metres	W55	Barbara Blurton	3:24.3	19-May-05	S	HT	ECAC
1000 Metres	W60	Margaret Saunders	3:32.3	27-Jan-15	S	HT	WAAS
1000 Metres	W65	Barbara Blurton	4:02.1	11-May-17	S	HT	ECAC
1000 Metres	W70	Lorraine Lopes	4:15.9	26-May-11	S	HT	ECAC
	<b>1500 Metres</b>				S		
1500 Metres	W30	Tessa Brockwell	4:34.5	1-Mar-87	S		
<i>1500 Metres</i>	<i>W30</i>	<i>Patricia Starling</i>	<i>4:21.01</i>	<i>14-Feb-98</i>	O		
1500 Metres	W35	Niamh Keane	4:43.62	20-Apr-03	S	ET	Perry Lakes
1500 Metres	W40	Sandra Voesenek	4:45.52	19-Dec-13	S	ET	WAAS
1500 Metres	W45	Anne Shaw	4:56.4	6-Apr-96	S		
1500 Metres	W50	Anne Shaw	4:53.8	19-Mar-98	S	X	
1500 Metres	W55	Anne Shaw	5:16.63	19-Apr-03	S	ET	Perry Lakes
1500 Metres	W60	Gillian Young	5:50.9	28-Mar-09	S	HT	ECAC
1500 Metres	W65	Gillian Young	6:21.84	9-Mar-13	S	ET	WAAS
1500 Metres	W70	Lorraine Lopes	6:29.49	24-Mar-12	S	X	ET
<i>1500 Metres</i>	<i>W75</i>	<i>Lil Heatly</i>	<i>11:22.4</i>	<i>16-Oct-03</i>	O	<i>HT</i>	<i>ECAC</i>
1500 Metres	W75	Lorraine Lopes	7:09.6	16-Jun-15	S	A	HT
	<b>Mile</b>				S		
Mile	W30	Tessa Brockwell	5:04.0	24-Mar-87	S		
Mile	W35	Jill Chambers	5:23.0	16-Nov-86	S		
Mile	W40	Anne Shaw	5:35.0	13-Mar-91	S		
Mile	W45	Anne Shaw	5:18.6	14-Mar-96	S		
Mile	W50	Margaret Robinson	6:03.0	26-Nov-89	S		
Mile	W55	Barbara Blurton	6:09.4	2-Jun-05	S	HT	ECAC
Mile	W60	Margaret Saunders	6:07.8	28-Oct-14	S	HT	WAAS
Mile	W65	Barbara Blurton	6:56.1	27-Apr-17	S	HT	ECAC
Mile	W70	Lorraine Lopes	7:14.5	5-May-11	S	X	HT
Mile	W75	Lorraine Lopes	7:46.5	21-Apr-15	S	A	HT
Mile	W80	Bonnie Smith	17:57.0	26-Apr-98	S		

	<b>3000 Metres</b>				S			
3000 Metres	W30	Tessa Brockwell	9:42.6	12-Mar-87	S			
3000 Metres	W35	Karen Gobby	10:12.0	12-Jan-91	S			
3000 Metres	W40	Sandra Voeselek	10:28.9	29-Nov-13	S			WAAS
3000 Metres	W45	Anne Shaw	10:33.0	19-Dec-96	S	X		
3000 Metres	W50	Anne Shaw	10:44.4	18-Dec-97	S	X		
3000 Metres	W55	Anne Shaw	11:17.0	6-Mar-03	S	X	HT (2 wat.	ECAC
3000 Metres	W60	Gillian Young	12:55.6	13-Dec-07	S		HT	ECAC
3000 Metres	W65	Gillian Young	13:49.2	25-Oct-12	S		HT	ECAC
3000 Metres	W70	Lorraine Lopes	14:17.2	12-May-11	S	X	HT	ECAC
3000 Metres	W75	Lorraine Lopes	14:40.2	24-Feb-15	S	A	HT	WAAS
	<b>5000 Metres</b>				S			
5000 Metres	W30	Tessa Brockwell	17:04.0	5-Apr-87	S			
5000 Metres	W35	Karen Gobby	17:07.7	1-Nov-90	S			
5000 Metres	W40	Karen Gobby	17:52.2	7-Apr-96	S			
5000 Metres	W45	Anne Shaw	18:20.8	21-Nov-96	S			
5000 Metres	W50	Anne Shaw	18:18.4	29-Mar-98	S	X		
5000 Metres	W55	Janet Ferguson	19:21.05	28-Oct-16	S		ET	Perth
5000 Metres	W60	Gillian Young	21:41.0	16-Mar-08	S		HT	ECAC
5000 Metres	W65	Gillian Young	22:59.51	31-Mar-13	S		ET	Canberra
5000 Metres	W70	Lorraine Lopes	23:04.3	8-Apr-12	S		HT	Melbourne
5000 Metres	W75	Lorraine Lopes	26:41.46	28-Oct-16	S	A	ET	Perth
	<b>10,000 Metres</b>				S			
10,000 Metres	W30	Sue Malaxos	32:46.9	14-Dec-95	S			
10,000 Metres	W35	Karen Gobby	37:00.0	13-Apr-90	S			
10,000 Metres	W40	Karen Gobby	37:30.8	5-Apr-96	S			
10,000 Metres	W45	Anne Shaw	38:00.6	27-Nov-97	S			
10,000 Metres	W50	Anne Shaw	37:31.9	24-Mar-00	S	A		
10,000 Metres	W55	Maureen Stewart	44:54.3	5-Apr-96	S			
10,000 Metres	W60	Gillian Young	46:03.1	6-Mar-08	S		HT	ECAC
10,000 Metres	W65	Gillian Young	48:52.8	18-Oct-12	S		HT	ECAC
10,000 Metres	W70	Lorraine Lopes	48:59.9	15-Mar-12	S	X	HT	ECAC
10,000 Metres	W75	Lorraine Lopes	51:31.8	5-Mar-15	S	A	HT	WAAS



	<b>100 Metres Hurdles (84cm) W30 - W35</b>				S			
100 Metres Hurdles	W30	Eileen Hindle	14.29	20-Mar-82	O		ET (+1.9)	Brisbane
100 Metres Hurdles	W30	Eileen Hindle	14.3	1-Nov-83	S	X		
100 Metres Hurdles	W35	Eileen Hindle	14.5	29-Nov-87	S	A		
100 Metres Hurdles	W35	Eileen Hindle	14.0	4-Feb-84	O	A	HT	Perth
	<b>200 Metres Hurdles (68.6cm) W70+</b>				S			
200 Metres Hurdles	W70	Ruth Johnson	48.04	25-Mar-12	S	X	ET (+0.9)	WAAS
	<b>300 Metres Hurdles (76.2cm) W50 - W55</b>				S			
300 Metres Hurdles	W50	Kath Holland	54.7	17-Mar-91	S			
300 Metres Hurdles	W55	Delia Baldock	63.98	8-Apr-17	S		ET	ECAC
	<b>300 Metres Hurdles (68.6cm) W60 - W65</b>				S			
300 Metres Hurdles	W60	Carol Bowman	80.61	19-Apr-16	S		ET	Adelaide
300 Metres Hurdles	W65	Ruth Johnson	71.46	4-Apr-10	S		ET	WAAS
	<b>400 Metres Hurdles (76.2cm) W30 - W45</b>				S			
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	Sharon Davis	67.68	10-Nov-17	S		ET	WAAS
400 Metres Hurdles	W45	Eileen Hindle	71.9	22-Oct-94	S			
	<b>2000 Metres Steeplechase (76.2cm)</b>				S			
2000m Steeplechase	W30	Kristy Devereux	9:36.9	15-Mar-16	S		HT	WAAS
2000m Steeplechase	W35	Vanessa Carson	7:47.2	16-May-17	S		HT	WAAS
2000m Steeplechase	W40	Anne Shaw	7:44.9	15-Feb-92	S	X		
2000m Steeplechase	W45	Anne Shaw	8:02.0	4-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	X	ET	Canberra
2000m Steeplechase	W70	Gillian Young	10:25.1	21-Dec-17	S	A*	HT	ECAC
2000m Steeplechase	W75	Lynne Schickert	16:39.3	21-Dec-17	S		HT	ECAC



	<b>10,000 Metres Track Walk</b>				S				
10,000 Metres Walk	W35 Joy Sanger	60:35.0	1-Oct-87	S					
10,000 Metres Walk	W40 Michelle Boyle	67:48.0	1-Dec-91	S					
10,000 Metres Walk	W45 Lyn Ventris	46:35.65	9-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	5-Feb-12	S			HT	WAAS	
10,000 Metres Walk	W60 Lorna Lauchlan	69:53.0	1-Dec-91	S					
	<b>10 Kilometres Road Walk</b>				S				
10K Road Walk	W35 Rose-Marie Holloway	57:30	1-Oct-94	S					
10K Road Walk	W40 Lyn Ventris	47.25	17-Apr-01	S	X				
10K Road Walk	W45 Lyn Ventris	48:34	17-Apr-06	S	A		HT	Canberra	
10K Road Walk	W50 Lyn Ventris	48:28	9-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	5-Jun-05	S					
10K Road Walk	W70 Lorna Lauchlan	71:37	26-Jun-01	S					
10K Road Walk	W75 Lynne Schickert	1:20:04	9-Jul-17	S				Perth	
10K Road Walk	W80 Sylvia Byers	82:09	3-Jul-16	S			HT	Perth	
	<b>20 Kilometres Road Walk</b>				S				
20K Road Walk	W35 Joy Sanger	2:30:00	11-Oct-87	S					
20K Road Walk	W40 Lyn Ventris	1:39:26	13-May-01	S	X				
20K Road Walk	W45 Lyn Ventris	1:34:15	16-Dec-01	S	A	W	HT	Melbourne	
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	4-Nov-16	S	A		HT	Perth	
	<b>High Jump</b>				S				
High Jump	W30 Eileen Hindle	1.49	20-Dec-81	S					
<i>High Jump</i>	W35 Vanessa Ward	1.80	10-Jan-98	O	A			Perth	
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	
<i>High Jump</i>	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 Delia Baldock	1.20	8-Apr-17	S				ECAC	
High Jump	W60 Gay Wyatt	1.12	6-Feb-14	S				ECAC	
High Jump	W65 Brenda Painter	1.07	8-Feb-12	S				Albany	
High Jump	W70 Ruth Johnson	1.02	8-Feb-14	S				Bunbury	
High Jump	W75 Ruth Johnson	1.00	17-Apr-16	S				Adelaide	



	<b>Long Jump</b>				S			
Long Jump	W30 Eileen Hindle	6.07	25-Mar-79	O				Perry Lakes
Long Jump	W30 Melissa Foster	5.57	9-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	4-Feb-89	S				
Long Jump	W45 Eileen Hindle	5.14	1-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
	<b>Triple Jump</b>				S			
TripleJump	W30 Melissa Foster	11.47	31-Mar-13	S		-1.7		Canberra
TripleJump	W35 Melissa Foster	12.16	15-Aug-15	S	A	+0.3		Lyon
TripleJump	W40 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	3-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	4-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

	<b>Pole Vault</b>				S	
Pole Vault	W30 Sally Wijesundera	1.80	4-Feb-96	O		
Pole Vault	W40 Vicki Cobby	2.10	21-Mar-14	S		WAAS
Pole Vault	W40 Vicki Cobby	2.10	5-Apr-15	S		Bankstown
Pole Vault	W45 Vicki Cobby	1.90	26-Oct-16	S		Perth
	<b>Discus (1kg) W30 - W70</b>				S	
Discus Throw	W30 Byrony Glass	39.66	15-Mar-09	S		Perry Lakes
Discus Throw	W35 Byrony Glass	36.49	9-Mar-13	S		WAAS
Discus Throw	W40 Byrony Glass	36.03	8-Apr-17	S		ECAC
Discus Throw	W40 Sarah Edmiston	37.66	1-Jul-17	O		Perth
Discus Throw	W45 Jennifer Parker	32.88	14-Nov-17	S		WAAS
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	23.09	8-Apr-17	S		ECAC
	<b>Discus (0.75kg) W75+ (WMA 2009)</b>				S	
Discus Throw	W75 Barbara Campbell	19.13	9-Mar-13	S		WAAS
Discus Throw	W80 Raema McMillan	17.29	16-Mar-08	S	X	ECAC
Discus Throw	W85 Raema McMillan	13.81	5-Feb-13	S	A	WAAS
	<b>Hammer (4kg) W30 - W45</b>				S	
Hammer Throw	W30 Byrony Glass	60.21	19-Apr-10	S		WAAS
Hammer Throw	W35 Byrony Glass	54.67	29-Mar-13	S	A	Canberra
Hammer Throw	W40 Byrony Glass	49.27	9-Apr-17	S	A	ECAC
Hammer Throw	W45 Jennifer Parker	35.19	19-Oct-17	S		ECAC
	<b>Hammer (3kg) W50 – W70</b>				S	
Hammer Throw	W50 Kate Glass	43.27	7-Dec-04	S		McGillivray
Hammer Throw	W55 Kate Glass	41.73	27-Feb-07	S		McGillivray
Hammer Throw	W60 Kate Glass	36.11	9-Jul-11	S		Sacramento
Hammer Throw	W65 Kate Glass	29.55	14-Mar-15	S		WAAS
Hammer Throw	W70 Bev Hamilton	26.07	18-Mar-16	S		WAAS
	<b>Hammer (2kg) W75+ (WMA 2009)</b>				S	
Hammer Throw	W75 Barbara Campbell	27.62	31-Jan-13	S		ECAC
Hammer Throw	W80 Raema McMillan	22.36	4-Apr-10	S		WAAS
Hammer Throw	W85 Raema McMillan	18.55	9-Mar-13	S	A	WAAS

	<b>Heavy Weight Throw (9.08kg) W30 - W45</b>				S			
Heavy Weight Throw	W30	Byrony Glass	17.75	5-Apr-10	S			WAAS
Heavy Weight Throw	W35	Byrony Glass	18.02	5-Feb-13	S	A	W	WAAS
Heavy Weight Throw	W40	Byrony Glass	15.83	1-Apr-17	S			ECAC
Heavy Weight Throw	W40	Byrony Glass	15.83	9-Apr-17	S	A		ECAC
Heavy Weight Throw	W45	Jennifer Parker	10.28	16-Sep-17	S			ECAC
	<b>Heavy Weight Throw (7.26kg) W50 - W55</b>				S			
Heavy Weight Throw	W50	Kate Glass	12.79	10-Apr-04	S			Melbourne
Heavy Weight Throw	W55	Kate Glass	12.79	17-Apr-06	S			Canberra
	<b>Heavy Weight Throw (5.45kg) W60 – W70</b>				S			
Heavy Weight Throw	W60	Kate Glass	13.44	3-Apr-11	S			ECAC
Heavy Weight Throw	W65	Bev Hamilton	12.18	1-Dec-11	S			ECAC
Heavy Weight Throw	W70	Bev Hamilton	11.07	20-Mar-16	S			ECAC
	<b>Heavy Weight Throw (4kg) W75+ (WMA 2009)</b>				S			
Heavy Weight Throw	W75	Barbara Campbell	10.24	2-Mar-13	S			WAAS
Heavy Weight Throw	W80	Raema McMillan	9.33	12-Feb-08	S	X		McGillivray
Heavy Weight Throw	W85	Raema McMillan	9.90	19-Mar-13	S	A		WAAS
	<b>Heavy Weight Throw (56lb) W30+</b>				S			
56lb Weight	W35	Bryony Glass	5.71	31-Jan-16	S	A		WAAS
56lb Weight	W40	Bryony Glass	5.07	17-Sep-17	S			ECAC
56lb Weight	W45	Jennifer Parker	2.80	17-Sep-17	S			ECAC
	<b>Javelin (600g) W30 - W45</b>				S			
Javelin Throw	W30	Kate Adams	34.52	3-Apr-10	S			
<i>Javelin Throw</i>	W30	<i>Sally Wijesundera</i>	<i>47.14</i>	<i>4-Feb-96</i>	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	4-Mar-14	S			
	<b>Javelin (500g) W50 - W55</b>				S			
Javelin Throw	W50	Yolanda Carstens	30.18	20-Mar-16	S			ECAC
Javelin Throw	W55	Lisa Kirsch	24.58	4-Apr-10	S			
	<b>Javelin (500g) W60 - W70 (WMA 2014)</b>				S			WAAS
Javelin Throw	W60	Kate Glass	18.34	29-Mar-14	S			WAAS
Javelin Throw	W65	Bev Hamilton	17.55	5-Oct-15	S			Rarotonga
Javelin Throw	W70	Bev Hamilton	17.36	29-Oct-16	S			Perth
	<b>Javelin (400g) W60+</b>				S			
Javelin Throw	W75	Raema McMillan	16.82	12-Mar-05	S			
Javelin Throw	W80	Raema McMillan	15.34	3-Apr-10	S	X		WAAS
Javelin Throw	W85	Raema McMillan	12.09	10-Mar-13	S	A		

	<b>Shot Put (4kg) W30 - W45</b>				S			
Shot Put	W30 Byrony Glass	12.12	24-Feb-08	S			Perry Lakes	
Shot Put	W30 Byrony Glass	12.12	9-Mar-08	S				
Shot Put	W35 Byrony Glass	11.44	8-Apr-12	S				
Shot Put	W40 Byrony Glass	10.72	8-Apr-17	S			ECAC	
Shot Put	W45 Paula Kennedy	9.62	10-Dec-13	S				
	<b>Shot Put (3kg) W50 – W70</b>				S			
Shot Put	W50 Kate Glass	10.96	9-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	
	<b>Shot Put (2kg) W75+ (WMA 2009)</b>				S		McGillivray	
Shot Put	W75 Barbara Campbell	8.02	14-Feb-13	S			ECAC	
Shot Put	W80 Raema McMillan	7.12	16-Mar-08	S	X		ECAC	
Shot Put	W80 Raema McMillan	7.12	2-Mar-10	S				
	<b>Oceania Pentathlon (LJ/J/100/S/800)</b>				S			
Pentathlon	W30 Melissa Foster	2667	1-Apr-13	S	X	HT	ECAC	
Pentathlon	W35 Melissa Foster	2769	7-Mar-15	S		HT	WAAS	
Pentathlon	W40 Vicki Cobby	2540	9-Jan-14	S		HT	ECAC	
Pentathlon	W45 Jennifer Parker	2404	12-Jun-17	S		ET	Darwin	
Pentathlon	W50 Cathy McCloskey	2687	9-Jan-14	S		HT	ECAC	
Pentathlon	W55 Lynne Choate	2562	5-Apr-10	S				
Pentathlon	W60 Gay Wyatt	2076	1-Apr-17	S		HT	ECAC	
Pentathlon	W65 Maureen Keshwar	2616	1-Apr-17	S		HT	ECAC	
Pentathlon	W70 Peggy Macliver	3025	12-Jun-17	S		ET	Darwin	
Pentathlon	W75 Ruth Johnson	2949	12-Jun-17	S		ET	Darwin	
	<b>Heptathlon</b>				S			
Heptathlon	W35 Eileen Hindle	4355	4-Mar-85	S				
Heptathlon	W40 Vicki Cobby	3616	17-Oct-13	S				
Heptathlon	W45 Vicki Cobby	3925	5-Feb-17	S		ET	WAAS	
Heptathlon	W50 Sue Coate	3901	5-Jan-18	S		ET	WAAS	
Heptathlon	W60 Carol Bowman	2551	7-Jan-18	S		ET	Bendigo	
Heptathlon	W70 Brenda Painter	2582	29-Oct-16	S		ET	Perth	

	<b>Throws Pentathlon (H/S/D/J/W)</b>				S		
Throws Pentathlon	W30 Byrony Glass	3831	12-Apr-09	S	A		
Throws Pentathlon	W35 Byrony Glass	3642	7-Mar-15	S		WAAS	
Throws Pentathlon	W40 Byrony Glass	3512	16-Sep-17	S		ECAC	
Throws Pentathlon	W45 Jennifer Parker	2798	16-Sep-17	S		ECAC	
Throws Pentathlon	W50 Kate Glass	3328	9-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	7-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			
<i>## Lighter Weights</i>				S		Perry Lakes	
Throws Pentathlon	W75 Barbara Campbell	3682	2-Mar-13	S		ECAC	
Throws Pentathlon	W80 Raema McMillan	3862	4-Apr-10	S			
	<b>HEAVY WEIGHT PENTATHLON</b>			S			
Weight Throw Pentathlon	W35 Byrony Glass	4655	25-Jun-16	S	A	WAAS	
Weight Throw Pentathlon	W40 Byrony Glass	4408	17-Sep-17	S		ECAC	
Weight Throw Pentathlon	W45 Jennifer Parker	2304	22-Jan-17	S		ECAC	
Weight Throw Pentathlon	W65 Kate Glass	2667	25-Jun-16	S		WAAS	
Weight Throw Pentathlon	W70 Bev Hamilton	3524	22-Jan-17	S		ECAC	
	<b>4 x 100 Metres Relay</b>			S			
4 x 100 Metres Relay	W30 <b>WAVAC Team</b>	54.03	5-Apr-99	S			
4 x 100 Metres Relay	W30 Lynne Choate	54.03	5-Apr-99	S			
4 x 100 Metres Relay	W30 Rosanne Kemp	54.03	5-Apr-99	S			
4 x 100 Metres Relay	W30 Katrina Spilsbury	54.03	5-Apr-99	S			
4 x 100 Metres Relay	W30 R. Johnson	54.03	5-Apr-99	S			
4 x 100 Metres Relay	W35 <b>MAWA Team</b>	54.90	4-Apr-15	S			
4 x 100 Metres Relay	W35 Sharon Davis	54.90	4-Apr-15	S			
4 x 100 Metres Relay	W35 Vicki Cobby	54.90	4-Apr-15	S			
4 x 100 Metres Relay	W35 Lisa Limonas	54.90	4-Apr-15	S			
4 x 100 Metres Relay	W35 Melissa Foster	54.90	4-Apr-15	S		ET	Bankstown
4 x 100 Metres Relay	W40 <b>MAWA Team</b>	57.12	11-Jun-17	S			
4 x 100 Metres Relay	W40 Lisa Limonas	57.12	11-Jun-17	S			
4 x 100 Metres Relay	W40 Sharon Davis	57.12	11-Jun-17	S			
4 x 100 Metres Relay	W40 Annmarie O'Donovan	57.12	11-Jun-17	S			
4 x 100 Metres Relay	W40 Cathy McCloskey	57.12	11-Jun-17	S		ET	Darwin

4 x 100 Metres Relay	W45	<b>MAWA Team</b>	62.38	9-Apr-12	S		
4 x 100 Metres Relay	W45	Peggy Macliver	62.38	9-Apr-12	S		
4 x 100 Metres Relay	W45	Lynne Choate	62.38	9-Apr-12	S		
4 x 100 Metres Relay	W45	Sue Coate	62.38	9-Apr-12	S		
4 x 100 Metres Relay	W45	Carol Bowman	62.38	9-Apr-12	S	HT	ECAC
4 x 100 Metres Relay	W50	<b>MAWA Team</b>	65.2	4-Apr-15	S		
4 x 100 Metres Relay	W50	Lynne Choate	65.2	4-Apr-15	S		
4 x 100 Metres Relay	W50	Carmel Meyer	65.2	4-Apr-15	S		
4 x 100 Metres Relay	W50	Brenda Painter	65.2	4-Apr-15	S		
4 x 100 Metres Relay	W50	Peggy Macliver	65.2	4-Apr-15	S	HT	Bankstown
4 x 100 Metres Relay	W55	<b>MAWA Team</b>	65.3	4-Feb-10	S		
4 x 100 Metres Relay	W55	Peggy Macliver	65.3	4-Feb-10	S		
4 x 100 Metres Relay	W55	Lynne Choate	65.3	4-Feb-10	S		
4 x 100 Metres Relay	W55	Carol Bowman	65.3	4-Feb-10	S		
4 x 100 Metres Relay	W55	Gillian Young	65.3	4-Feb-10	S	HT	ECAC
4 x 100 Metres Relay	W60	<b>MAWA Team</b>	72.9	7-Feb-08	S		
4 x 100 Metres Relay	W60	Lynne Schickert	72.9	7-Feb-08	S		
4 x 100 Metres Relay	W60	Val Millard	72.9	7-Feb-08	S		
4 x 100 Metres Relay	W60	Peggy Macliver	72.9	7-Feb-08	S		
4 x 100 Metres Relay	W60	Gillian Young	72.9	7-Feb-08	S	HT	WAAS
4 x 100 Metres Relay	W65	<b>MAWA Team</b>	82.0	31-Jan-12	S		
4 x 100 Metres Relay	W65	Peggy Macliver	82.0	31-Jan-12	S		
4 x 100 Metres Relay	W65	Val Millard	82.0	31-Jan-12	S		
4 x 100 Metres Relay	W65	Christine Oldfield	82.0	31-Jan-12	S		
4 x 100 Metres Relay	W65	Lynne Schickert	82.0	31-Jan-12	S		
		<b>4 x 400 Metres Relay</b>			S		
4 x 400 Metres Relay	W30	<b>WAVAC Team</b>	4:33.90	21-Apr-03	S		
4 x 400 Metres Relay	W30	Lynne Choate	4:33.90	21-Apr-03	S		
4 x 400 Metres Relay	W30	Toni Phillips	4:33.90	21-Apr-03	S		
4 x 400 Metres Relay	W30	Delia Baldock	4:33.90	21-Apr-03	S		
4 x 400 Metres Relay	W30	Julie Martin-Tinker	4:33.90	21-Apr-03	S	ET	
4 x 400 Metres Relay	W35	<b>MAWA Team</b>	4:36.06	10-Mar-14	S		
4 x 400 Metres Relay	W35	Carol Bowman	4:36.06	10-Mar-14	S		
4 x 400 Metres Relay	W35	Vicki Cobby	4:36.06	10-Mar-14	S		
4 x 400 Metres Relay	W35	Sharon Davis	4:36.06	10-Mar-14	S		
4 x 400 Metres Relay	W35	Wendy Seegers	4:36.06	10-Mar-14	S	ET	Perry Lakes
4 x 400 Metres Relay	W40	<b>MAWA Team</b>	4:32.79	11-Jun-17	S		
4 x 400 Metres Relay	W40	Lisa Limonas	4:32.79	11-Jun-17	S		
4 x 400 Metres Relay	W40	Jody Brownley	4:32.79	11-Jun-17	S		
4 x 400 Metres Relay	W40	Cathy McCloskey	4:32.79	11-Jun-17	S		
4 x 400 Metres Relay	W40	Sharon Davis	4:32.79	11-Jun-17	S	ET	Darwin

4 x 400 Metres Relay	W45	<b>MAWA Team</b>	4:52.35	12-Apr-04	S			
4 x 400 Metres Relay	W45	Peggy Macliver	4:52.35	12-Apr-04	S			
4 x 400 Metres Relay	W45	Lynne Choate	4:52.35	12-Apr-04	S			
4 x 400 Metres Relay	W45	Lyn Ventris	4:52.35	12-Apr-04	S			
4 x 400 Metres Relay	W45	Barbara Blurton	4:52.35	12-Apr-04	S	HT	ECAC	
4 x 400 Metres Relay	W50	<b>MAWA Team</b>	5:12.7	25-Feb-10	S			
4 x 400 Metres Relay	W50	Barbara Blurton	5:12.7	25-Feb-10	S			
4 x 400 Metres Relay	W50	Carol Bowman	5:12.7	25-Feb-10	S			
4 x 400 Metres Relay	W50	Karyn Gower	5:12.7	25-Feb-10	S			
4 x 400 Metres Relay	W50	Margaret Saunders	5:12.7	25-Feb-10	S	ET	Melbourne	
4 x 400 Metres Relay	W55	<b>MAWA Team</b>	5:28.90	9-Apr-12	S			
4 x 400 Metres Relay	W55	Peggy Macliver	5:28.90	9-Apr-12	S			
4 x 400 Metres Relay	W55	Lynne Choate	5:28.90	9-Apr-12	S			
4 x 400 Metres Relay	W55	Carol Bowman	5:28.90	9-Apr-12	S			
4 x 400 Metres Relay	W55	Marg Saunders	5:28.90	9-Apr-12	S	HT	ECAC	
4 x 400 Metres Relay	W60	<b>MAWA Team</b>	5:24.5	26-Feb-09	S			
4 x 400 Metres Relay	W60	Gillian Young	5:24.5	26-Feb-09	S			
4 x 400 Metres Relay	W60	Shirley Bell	5:24.5	26-Feb-09	S			
4 x 400 Metres Relay	W60	Jackie Halberg	5:24.5	26-Feb-09	S			
4 x 400 Metres Relay	W60	Peggy Macliver	5:24.5	26-Feb-09	S	X	HT	ECAC
4 x 400 Metres Relay	W65	<b>MAWA Team</b>	6:25.7	18-Mar-10	S	X		
4 x 400 Metres Relay	W65	Christine Oldfield	6:25.7	18-Mar-10	S	X		
4 x 400 Metres Relay	W65	Lorraine Lopes	6:25.7	18-Mar-10	S	X		
4 x 400 Metres Relay	W65	Lynne Schickert	6:25.7	18-Mar-10	S	X		
4 x 400 Metres Relay	W65	Peggy Macliver	6:25.7	18-Mar-10	S			
<b>4 x 800 Metres Relay</b>					S	HT	ECAC	
4 x 800 Metres Relay	W30	<b>MAWA Team</b>	12:41.0	18-Feb-10	S			
4 x 800 Metres Relay	W30	Delia Baldock	12:41.0	18-Feb-10	S			
4 x 800 Metres Relay	W30	Kerriann Bresser	12:41.0	18-Feb-10	S			
4 x 800 Metres Relay	W30	Michelle Thomas	12:41.0	18-Feb-10	S			
4 x 800 Metres Relay	W30	Simone Solomon	12:41.0	18-Feb-10	S	HT	ECAC	
4 x 800 Metres Relay	W35	<b>MAWA Team</b>	11:29.8	19-Feb-09	S			
4 x 800 Metres Relay	W35	Toni Phillips	11:29.8	19-Feb-09	S			
4 x 800 Metres Relay	W35	Delia Baldock	11:29.8	19-Feb-09	S			
4 x 800 Metres Relay	W35	Simone Solomon	11:29.8	19-Feb-09	S			
4 x 800 Metres Relay	W35	Kerriann Bresser	11:29.8	19-Feb-09	S	HT	ECAC	
4 x 800 Metres Relay	W40	<b>MAWA Team</b>	11:40.8	24-Feb-11	S			
4 x 800 Metres Relay	W40	Niamh Keane	11:40.8	24-Feb-11	S			
4 x 800 Metres Relay	W40	Simone Solomon	11:40.8	24-Feb-11	S			
4 x 800 Metres Relay	W40	Delia Baldock	11:40.8	24-Feb-11	S			
4 x 800 Metres Relay	W40	Kerriann Bresser	11:40.8	24-Feb-11	S	X	HT	ECAC

4 x 800 Metres Relay	W45	<b>MAWA Team</b>	11:53.3	14-Feb-08	S	X		
4 x 800 Metres Relay	W45	Marg Saunders	11:53.3	14-Feb-08	S	X		
4 x 800 Metres Relay	W45	Karen March	11:53.3	14-Feb-08	S	X		
4 x 800 Metres Relay	W45	Kay Burt	11:53.3	14-Feb-08	S	X		
4 x 800 Metres Relay	W45	Robin King	11:53.3	14-Feb-08	S		HT	ECAC
4 x 800 Metres Relay	W50	<b>MAWA Team</b>	12:07.9	18-Feb-10	S			
4 x 800 Metres Relay	W50	Marg Saunders	12:07.9	18-Feb-10	S			
4 x 800 Metres Relay	W50	Carol Bowman	12:07.9	18-Feb-10	S			
4 x 800 Metres Relay	W50	Karyn-Sue Gower	12:07.9	18-Feb-10	S			
4 x 800 Metres Relay	W50	Barbara Blurton	12:07.9	18-Feb-10	S	X	HT	ECAC
4 x 800 Metres Relay	W60	<b>MAWA Team</b>	12:36.6	19-Feb-09	S			
4 x 800 Metres Relay	W60	Gillian Young	12:36.6	19-Feb-09	S			
4 x 800 Metres Relay	W60	Jackie Halberg	12:36.6	19-Feb-09	S			
4 x 800 Metres Relay	W60	Shirley Bell	12:36.6	19-Feb-09	S			
4 x 800 Metres Relay	W60	Peggy Macliver	12:36.6	19-Feb-09	S	X	HT	ECAC
4 x 800 Metres Relay	W65	<b>MAWA Team</b>	15:04.3	18-Feb-10	S	X		
4 x 800 Metres Relay	W65	Peggy Macliver	15:04.3	18-Feb-10	S	X		
4 x 800 Metres Relay	W65	Christine Oldfield	15:04.3	18-Feb-10	S	X		
4 x 800 Metres Relay	W65	Lynne Schickert	15:04.3	18-Feb-10	S	X		
4 x 800 Metres Relay	W65	Lorraine Lopes	15:04.3	18-Feb-10	S			
		<b>4 x 1500 Metres Relay</b>			S		HT	ECAC
4 x 1500 Metres Relay	W30	<b>MAWA Team</b>	25:02.4	11-Feb-10	S			
4 x 1500 Metres Relay	W30	Katrina Bolden	25:02.4	11-Feb-10	S			
4 x 1500 Metres Relay	W30	Toni Phillips	25:02.4	11-Feb-10	S			
4 x 1500 Metres Relay	W30	Simone Solomon	25:02.4	11-Feb-10	S			
4 x 1500 Metres Relay	W30	Kerriann Bresser	25:02.4	11-Feb-10	S	X	HT	ECAC
4 x 1500 Metres Relay	W35	<b>MAWA Team</b>	25:01.1	31-Jan-08	S	X		
4 x 1500 Metres Relay	W35	Saskia Letham	25:01.1	31-Jan-08	S	X		
4 x 1500 Metres Relay	W35	Toni Phillips	25:01.1	31-Jan-08	S	X		
4 x 1500 Metres Relay	W35	Carol Bowman	25:01.1	31-Jan-08	S	X		
4 x 1500 Metres Relay	W35	Liz Neville	25:01.1	31-Jan-08	S		HT	ECAC
4 x 1500 Metres Relay	W40	<b>MAWA Team</b>	24:17.3	12-Feb-09	S			
4 x 1500 Metres Relay	W40	Delia Baldock	24:17.3	12-Feb-09	S			
4 x 1500 Metres Relay	W40	Kerriann Bresser	24:17.3	12-Feb-09	S			
4 x 1500 Metres Relay	W40	Simone Solomon	24:17.3	12-Feb-09	S			
4 x 1500 Metres Relay	W40	Niamh Keane	24:17.3	12-Feb-09	S		HT	ECAC



4 x 1500 Metres Relay	W45	<b>MAWA Team</b>	24:32.0	31-Jan-08	S	X		
4 x 1500 Metres Relay	W45	Robin King	24:32.0	31-Jan-08	S	X		
4 x 1500 Metres Relay	W45	Karyn-Sue Gower	24:32.0	31-Jan-08	S	X		
4 x 1500 Metres Relay	W45	Karen March	24:32.0	31-Jan-08	S	X		
4 x 1500 Metres Relay	W45	Gillian Young	24:32.0	31-Jan-08	S	X	HT	ECAC
4 x 1500 Metres Relay	W50	<b>MAWA Team</b>	25:59.0	27-Jan-11	S			
4 x 1500 Metres Relay	W50	Margaret Saunders	25:59.0	27-Jan-11	S			
4 x 1500 Metres Relay	W50	Peggy Macliver	25:59.0	27-Jan-11	S			
4 x 1500 Metres Relay	W50	Carol Bowman	25:59.0	27-Jan-11	S			
4 x 1500 Metres Relay	W50	Robin King	25:59.0	27-Jan-11	S		HT	ECAC
4 x 1500 Metres Relay	W55	<b>MAWA Team</b>	26:26.9	11-Feb-10	S	A		
4 x 1500 Metres Relay	W55	Barbara Blurton	26:26.9	11-Feb-10	S	A		
4 x 1500 Metres Relay	W55	Carol Bowman	26:26.9	11-Feb-10	S	A		
4 x 1500 Metres Relay	W55	Margaret Saunders	26:26.9	11-Feb-10	S	A		
4 x 1500 Metres Relay	W55	Shirley Bell	26:26.9	11-Feb-10	S	A	HT	ECAC
4 x 1500 Metres Relay	W60	<b>MAWA Team</b>	26:30.0	12-Feb-09	S	A		
4 x 1500 Metres Relay	W60	Peggy Macliver	26:30.0	12-Feb-09	S	A		
4 x 1500 Metres Relay	W60	Jackie Halberg	26:30.0	12-Feb-09	S	A		
4 x 1500 Metres Relay	W60	Shirley Bell	26:30.0	12-Feb-09	S	A		
4 x 1500 Metres Relay	W60	Gillian Young	26:30.0	12-Feb-09	S	A	HT	ECAC
4 x 1500 Metres Relay	W65	<b>MAWA Team</b>	31:16.7	11-Feb-10	S	X		
4 x 1500 Metres Relay	W65	Christine Oldfield	31:16.7	11-Feb-10	S	X		
4 x 1500 Metres Relay	W65	Peggy Macliver	31:16.7	11-Feb-10	S	X		
4 x 1500 Metres Relay	W65	Lorraine Lopes	31:16.7	11-Feb-10	S	X		
4 x 1500 Metres Relay	W65	Lynne Schickert	31:16.7	11-Feb-10	S	X		

	<b><u>INDOORS</u></b>				S			
	<b>60 Metres</b>				S			
60 Metres	W35 Melissa Foster	8.16	21-Mar-17	S	A		ET	Daegu
60 Metres	W45 Deb Wolfenden	11.12	1-Mar-10	S			ET	Kamloops
60 Metres	W60 Lynne Choate	9.27	25-Mar-14	S			ET	Budapest
60 Metres	W70 Lynne Schickert	13.25	4-Apr-12	S			ET	Jyvaskyla
	<b>200 Metres</b>				S			
200 Metres	W60 Lynne Choate	32.07	27-Mar-14	S			ET	Budapest
200 Metres	W70 Lynne Schickert	46.79	5-Apr-12	S			ET	Jyvaskyla
	<b>800 Metres</b>				S			
800 Metres	W35 Melissa Foster	3:00.62	24-Mar-17	S	A		ET	Daegu
	<b>60 Metres Hurdles</b>				S			
60 Metres Hurdles	W35 Melissa Foster	9.79	24-Mar-17	S	A		ET	Daegu
	<b>High Jump</b>				S			
High Jump	W75 Lynne Schickert	0.84	20-Mar-17	S	X			Daegu
	<b>Long Jump</b>				S			
Long Jump	W35 Melissa Foster	5.71	28-Mar-14	S	A		ET	Budapest
Long Jump	W70 Lynne Schickert	2.68	6-Apr-12	S			ET	Jyvaskyla
Long Jump	W75 Lynne Schickert	1.99	21-Mar-17	S				Daegu
	<b>Triple Jump</b>				S			
Triple Jump	W35 Melissa Foster	11.82	29-Mar-14	S	A		ET	Budapest
Triple Jump	W70 Lynne Schickert	5.46	7-Apr-12	S	A		ET	Jyvaskyla
Triple Jump	W75 Lynne Schickert	4.86	23-Mar-17	S				Daegu
	<b>3000 Metres Walk</b>				S			
3000 Metres Walk	W55 Lyn Ventris	14:51.24	4-Apr-12	S	A	W	ET	Jyvaskyla
3000 Metres Walk	W70 Lynne Schickert	21:38.23	4-Apr-12	S	A		ET	Jyvaskyla
3000 Metres Walk	W75 Lynne Schickert	23:47.71	19-Mar-17	S			ET	Daegu
	<b>Shot Put</b>				S			
Shot Put	W35 Melissa Foster	8.42	24-Mar-17	S	A			Daegu
	<b>Weight Throw</b>				S			
Weight Throw	W35 Shanell Staunton	10.55	24-Mar-17	S	A			Daegu
	<b>Pentathlon</b>				S			
Pentathlon	W35 Melissa Foster	2282	24-Mar-17	S	A		ET	Daegu