

State Records as at 31-Mar-26

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	Mandy Mason	8.18	12-Mar-22	S			ET (+0.0)	ECAC
60 Metres	W55	Mandy Mason	7.76	10-Nov-23	S	A		ET (+1.5)	WAAS
60 Metres	W60	Cathy McCloskey	9.13	21-Mar-24	S			ET (+0.0)	ECAC
60 Metres	W65	Peggy Macliver	9.43	02-Apr-10	S	X		HT (+2.0)	WAAS
60 Metres	W70	Maureen Keshwar	9.58	17-Feb-22	S	A		ET (+0.6)	ECAC
60 Metres	W75	Barbara Blurton	10.64	21-Aug-25	S			ET (+0.0)	ECAC
60 Metres	W80	Luella Jenkins	11.68	25-Mar-23	S			ET (+1.4)	ECAC
60 Metres	W85	Ruth Johnson	12.70	19-Mar-26	S			ET (-0.6)	ECAC
100 Metres									
100 Metres	W30	Jodie Lambert	11.53	22-Jun-02	S	X		ET (+1.7)	Darwin
100 Metres	W35	Wendy Seegers	12.01	15-Jan-16	S	X		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	Mandy Mason	12.82	11-Feb-22	S			ET (+1.5)	WAAS
100 Metres	W55	Mandy Mason	12.15	01-Dec-23	S	A	W	Et (+1.9)	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	Barbara Blurton	15.60	16-Feb-21	S	A		ET (+2.0)	WAAS
100 Metres	W75	Barbara Blurton	16.59	29-Mar-25	S			ET (+1.6)	ECAC
100 Metres	W80	Ruth Johnson	19.39	18-Mar-23	S			ET (+0.7)	ECAC
100 Metres	W85	Ruth Johnson	22	22-Mar-26	S			ET (-1.2)	ECAC
100 Metres	W90	Joy Duncan	1:43.91	27-Oct-16	S			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)	Perth
200 Metres	W45	Lynne Choate	26.93	12-Apr-98	S				
200 Metres	W50	Mandy Mason	26.95	25-Apr-22	S			ET (+0.5)	Perth
200 Metres	W55	Mandy Mason	24.63	25-Nov-23	S	A	W	ET (+1.7)	WAAS
200 Metres	W60	Peggy Macliver	30.73	08-Apr-07	S			ET (-0.6)	Hobart
200 Metres	W65	Barbara Blurton	31.1	27-Feb-20	S			HT (1.7)	ECAC
200 Metres	W70	Barbara Blurton	32.17	16-Feb-21	S	A		ET (+2.0)	WAAS
200 Metres	W75	Barbara Blurton	35.07	03-Apr-25	S			ET (+0.8)	ECAC
200 Metres	W80	Ruth Johnson	39.89	27-Mar-21	S			ET (0.0)	ECAC
200 Metres	W85	Ruth Johnson	47.02	29-Mar-26	S			ET (+0.1)	ECAC
400 Metres									
400 Metres	W30	Rosanne Kemp	57.2	05-Apr-96	S				
400 Metres	W35	Wendy Seegers	55.72	17-Dec-15	S	X		ET	WAAS
400 Metres	W40	Wendy Seegers	56.99	20-Mar-16	S			ET	ECAC
400 Metres	W45	Sharon Davis	60.30	14-Sep-18	S			ET	Malaga
400 Metres	W50	Barbara Blurton	62.0	21-Nov-02	S				
400 Metres	W55	Mandy Mason	57.86	31-Mar-24	S	A	W	ET	Hobart
400 Metres	W60	Peggy Macliver	69.16	12-Apr-04	S			ET	Melbourne
400 Metres	W65	Barbara Blurton	71.34	20-Feb-20	S			ET	ECAC
400 Metres	W70	Barbara Blurton	71.78	10-Dec-20	S	A	X	ET	ECAC
400 Metres	W75	Barbara Blurton	1:26.15	01-May-25	S			ET	ECAC
400 Metres	W80	Ruth Johnson	1:39.25	28-Mar-21	S			ET	ECAC
800 Metres									
800 Metres	W30	Susan Andrews	2:00.0	02-Jun-02	S			HT	Perry Lakes, mixed
800 Metres	W35	Angie Ross	2:13.89	01-Feb-19	O			ET	Perth
800 Metres	W35	Angie Ross	2:11.79	16-Mar-19	S			ET	WAAS
800 Metres	W40	Angie Ross	2:11.06	04-Apr-21	S			ET	WAAS
800 Metres	W45	Sharon Davis	2:17.27	14-Dec-18	S			ET	Perth
800 Metres	W50	Sharon Davis	2:20.93	06-Dec-23	S			ET	WAAS
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	Margaret Saunders	2:51.7	12-Mar-19	S			HT	WAAS
800 Metres	W70	Margaret Saunders	3:00.71	05-Jan-24	S	A		ET	ECAC
800 Metres	W75	Lorraine Lopes	3:26.25	14-Mar-15	S	X		ET	WAAS
800 Metres	W80	Ruth Johnson	4:14.05	14-Mar-21	S	X		ET	ECAC
800 Metres	W85	Ruth Johnson	4:51.99	22-Mar-26	S			ET	ECAC
1000 Metres									
1000 Metres	W30	Kimberly Young	3:11.8	27-Jun-24	S	A		HT	ECAC
1000 Metres	W35	Vanessa Carson	3:15.0	29-Mar-18	S			HT	ECAC
1000 Metres	W40	Sharon Davis	2:59.6	12-Jul-18	S	A		HT	ECAC
1000 Metres	W45	Sharon Davis	3:03.62	16-Jan-20	S			ET	ECAC
1000 Metres	W50	Anne Shaw	3:21.1	01-Oct-98	S	A			
1000 Metres	W55	Barbara Blurton	3:24.3	19-May-05	S	A		HT	ECAC
1000 Metres	W60	Margaret Saunders	3:32.3	27-Jan-15	S	A		HT	WAAS

1000 Metres	W65	Margaret Saunders	3:42.6	15-Oct-19	S	A	HT	WAAS
1000 Metres	W70	Barbara Blurton	4:11.2	13-Aug-20	S	X	HT	ECAC
1000 Metres	W70	Margaret Saunders	3:52.65	18-Jan-24	S	A	ET	ECAC
1000 Metres	W75	Gillian Young	4:45.53	30-Nov-23	S	A	ET	ECAC
1000 Metres	W80	Ruth Johnson	5:46.15	09-Feb-23	S	A	ET	ECAC
		1500 Metres			S			
1500 Metres	W30	Patricia Starling	4:21.01	14-Feb-98	O			
1500 Metres	W30	Bernadette Williams	4:15.31	23-Feb-19	S		ET	Sydney
1500 Metres	W35	Angie Ross	4:39.7	09-Dec-18	O		HT	WAAS
1500 Metres	W35	Angie Ross	4:33.22	11-Dec-20	S		ET	WAAS
1500 Metres	W40	Angie Ross	4:30.11	05-Mar-21	S		ET	WAAS
1500 Metres	W45	Sharon Davis	4:49.56	16-Sep-18	S		ET	Malaga
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	Margaret Saunders	5:58.2	05-Nov-19	S		HT	WAAS
1500 Metres	W70	Margaret Saunders	6:20.02	25-Aug-24	S		ET	Gothenburg
1500 Metres	W75	Lorraine Lopes	7:09.6	16-Jun-15	S	X	HT	WAAS
1500 Metres	W80	Ruth Johnson	8:52.38	26-Mar-23	S		ET	ECAC
1500 Metres	W85	Ruth Johnson	10:10.6	17-Mar-26	S		HT	Bunbury
		Mile			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	W50	Fiona Leonard	6:03.0	08-Mar-18	S		HT	ECAC
Mile	W55	Fiona Leonard	6:03.36	29-Jan-26	S		ET	ECAC
Mile	W60	Margaret Saunders	6:07.8	28-Oct-14	S		HT	WAAS
Mile	W65	Margaret Saunders	6:25.8	08-Oct-19	S		HT	ECAC
Mile	W70	Lorraine Lopes	7:14.5	05-May-11	S	X	HT	ECAC
Mile	W75	Lorraine Lopes	7:46.5	21-Apr-15	S	A	HT	WAAS
Mile	W80	Lynne Schickert	12:47.56	14-Apr-22	S		ET	ECAC
		3000 Metres			S			
3000 Metres	W30	Tessa Brockwell	9:42.6	12-Mar-87	S			
3000 Metres	W35	Nera Jareb	9:39.46	22-Jan-21	S		ET	WAAS
3000 Metres	W40	Angie Ross	9:57.37	21-Oct-22	S		ET	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	06-Mar-03	S	X	HT (2 watShes)	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	Gillian Young	14:05.7	19-Apr-18	S		HT	ECAC
3000 Metres	W75	Lorraine Lopes	14:40.2	24-Feb-15	S	A	HT	WAAS
		5000 Metres			S			
5000 Metres	W30	Bernadette Williams	16:43.49	01-Feb-19	S		ET	WAAS
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	Clare Wardle	18:15.74	18-Nov-20	S		ET	WAAS
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	Sue Zlnay	22:14.41	02-Mar-25	S		ET	ECAC
5000 Metres	W70	Lorraine Lopes	23:04.3	08-Apr-12	S		HT	Melbourne
5000 Metres	W75	Gillian Young	26:00.23	15-Mar-23	S		ET	ECAC
		10,000 Metres			S			
10,000 Metres	W30	Sue Malaxos	32:46.9	14-Dec-95	S			
10,000 Metres	W35	Nera Jareb	35:09.16	14-Dec-19	S		ET	Melbourne
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	S	A		
10,000 Metres	W55	Claudia Seke	41:54.86	13-Mar-25	S			ECAC
10,000 Metres	W60	Gillian Young	46:03.1	06-Mar-08	S		HT	ECAC
10,000 Metres	W65	Sue Zlnay	47:53.19	13-Mar-25	S		ET	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	05-Mar-15	S	X	HT	WAAS
10,000 Metres	W80	Kathleen Hannig	1:36:14.7	18-Mar-21	S		HT	ECAC
10,000 Metres	W85	Kathleen Hannig	1:52:11.84	19-Mar-26	S		ET	ECAC
		10 Kilometres Road Run			S			
10km Road Run	W45	Astrid Roberts	37:17	18-Jul-21	S			Joondalup
		Half Marathon			S			
Half Marathon	W30	Nera Jareb	1:15.29	02-Aug-20	S		ET	Perth
Half Marathon	W35	Karen Gobby	1:14:47	15-Sep-91	S	X		
Half Marathon	W40	Karen Gobby	1:19:07	05-May-96	S			
Half Marathon	W45	Astrid Roberts	1:19:52	11-Feb-23	S			Busseton
Half Marathon	W50	Astrid Roberts	1:20:16.04	25-May-25	S		CT	Perth
Half Marathon	W55	Janet Ferguson	1:33:02	06-Nov-16	S		HT	Perth
Half Marathon	W60	Janet Ferguson	1:31:56	07-Aug-22	S		CT	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
Half Marathon	W75	Gillian Young	2:18:08	17-Aug-25	S		HT	Perth
		Marathon			S			
Marathon	W30	Rochelle Rodgers	2:34:45	23-Feb-19	S			Shizuoka
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	Astrid Roberts	2:47:05	05-Nov-23	S			New York
Marathon	W50	Astrid Roberts	2:48:06	02-Mar-25	S			Tokyo
Marathon	W55	Claudia Seke	3:21:59	12-Oct-25	S		chip	Perth
Marathon	W60	Christine Pattinson	03:47:54	06-Nov-16	S		HT	Perth
Marathon	W65	Liz Neville	03:47:11	06-Nov-16	S		HT	Perth
		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	Clare Wardle	14,264	30-Sep-25	S			ECAC
One Hour	W55	Rochelle Airey	11,169	30-Sep-25	S			ECAC
One Hour	W70	Julie Wison	10,432	15-Oct-24	S			ECAC
One Hour	W75	Gillian Young	9,250	30-Sep-25	S			ECAC
		80 Metres Hurdles (76.2cm) W40 - W55			S			
80 Metres Hurdles	W40	Eileen Hindle	11.8	25-Mar-89	S	X	X	
80 Metres Hurdles	W45	Toni Phillips	13.70	18-Mar-17	S		ET (+1.9)	Bendigo
80 Metres Hurdles	W50	Vicki Cobby	14.89	25-Apr-22	S		ET (+1.1)	Perth
80 Metres Hurdles	W55	Jenn Parker	14.68	01-Feb-25	S		ET (+0.9)	Perth
		80 Metres Hurdles (68.6cm) W60+			S			
80 Metres Hurdles	W60	Maureen Keshwar	18.25	04-Nov-16	S		ET (+0.7)	Perth
80 Metres Hurdles	W65	Maureen Keshwar	18.08	27-Apr-19	S		ET (+0.8)	Melbourne
80 Metres Hurdles	W70	Ruth Johnson	20.9	21-Jan-12	S		HT	Bunbury
		100 Metres Hurdles (84cm) W30 - W35			S			
100 Metres Hurdles	W30	Eileen Hindle	14.29	20-Mar-82	S		ET (+1.9)	Brisbane
100 Metres Hurdles	W35	Eileen Hindle	14.0	04-Feb-84	S	A	HT	Perth
		200 Metres Hurdles (68.6cm) W70+			S			
200 Metres Hurdles	W70	Maureen Keshwar	44.99	05-Jul-22	S		ET (-0.7)	Tampere
		300 Metres Hurdles (76.2cm) W50 - W55			S			
300 Metres Hurdles	W50	Kath Holland	54.7	17-Mar-91	S			
300 Metres Hurdles	W55	Jenn Parker	52.87	17-Aug-24	S		ET	Gothenburg
		300 Metres Hurdles (68.6cm) W60 - W65			S			
300 Metres Hurdles	W60	Carol Bowman	73.45	13-Apr-19	S		ET	ECAC
300 Metres Hurdles	W65	Maureen Keshwar	69.75	26-Apr-18	S		ET	Perth
		400 Metres Hurdles (76.2cm) W30 - W45			S			
400 Metres Hurdles	W30	Eileen Hindle	60.31	20-Mar-81	S		ET	Adelaide
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			
		2000 Metres Steeplechase (76.2cm)			S			
2000m Steeplechase	W30	Jessica Smith	8:07.04	18-Feb-21	S		ET	ECAC
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	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	9:10.19	07-Sep-18	S		ET	Malaga
2000m Steeplechase	W65	Margaret Saunders	9:29.52	05-Sep-19	S	A	ET	Mackay
2000m Steeplechase	W70	Gillian Young	10:03.49	25-Jan-18	S	X	X	Dunedin
2000m Steeplechase	W75	Gillian Young	11:01.5	11-Mar-23	S	W	HT	Sydney
2000m Steeplechase	W80	Ruth Johnson	14:39.8	09-Dec-23	S	A	HT	Bunbury
2000m Steeplechase	W85	Ruth Johnson	16:08.3	14-Feb-26	S	A	HT	Bunbury
		1500 Metres Walk			S			
1500 Metres Walk	W30	Melissa Lewis	6:58.99	27-Mar-21	S		ET	ECAC
1500 Metres Walk	W35	Melissa Lewis	7:19.82	29-Mar-24	S		ET	Hobart
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	Peggy Macliver	10:44.46	13-Apr-19	S		ET	ECAC
1500 Metres Walk	W80	Peggy Macliver	11:32.04	18-Apr-25	S		ET	Adelaide
1500 Metres Walk	W85	Lorna Lauchlan	12:47.43	14-Mar-15	S		ET	WAAS
		3000 Metres Walk			S			
3000 Metres Walk	W30	Melissa Lewis	14:15.86	22-Jan-21	S		ET	WAAS
3000 Metres Walk	W35	Melissa Lewis	15:28.98	26-Feb-25	S		ET	WAAS
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	X	X	Perry Lakes
3000 Metres Walk	W50	Lyn Ventris	13:54.3	24-Mar-07	S	A	W	HT
3000 Metres Walk	W55	Lyn Ventris	14:16.41	24-Mar-12	S	A	W	ET

3000 Metres Walk	W60	Karyn Tolardo	18:30.00	29-Mar-26	S			ET	ECAC
3000 Metres Walk	W65	Lyn Ventris	17:29.38	17-Mar-24	S			Et	ECAC
3000 Metres Walk	W70	Valerie Tyson	19:56.0	12-Feb-92	S	X			
3000 Metres Walk	W75	Peggy Macliver	22:20.27	14-Apr-19	S			ET	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			S				
5000 Metres Walk	W30	Melissa Lewis	25:25.11	12-Mar-21	S			ET	WAAS
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	23:42.4	25-Feb-05	S	X	X	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	25:41.58	27-Apr-18	S	A	W	ET	Perth
5000 Metres Walk	W65	Lyn Ventris	28:28.86	12-Mar-22	S			ET	ECAC
5000 Metres Walk	W70	Valerie Tyson	35:13.7	29-Mar-92	S				
5000 Metres Walk	W75	Peggy Macliver	37:40.35	29-Apr-19	S			ET	Melbourne
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			S				
10,000 Metres Walk	W30	Melissa Lewis	54:17.66	20-Feb-21	S			ET	WAAS
10,000 Metres Walk	W35	Melissa Lewis	55:59.51	22-Feb-24	S			ET	WAAS
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			S				
10K Road Walk	W30	Melissa Lewis	52:38.71	19-Jun-21	S			ET	Perth
10K Road Walk	W35	Melissa Lewis	56:49	17-Aug-24	S				Gothenburg
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	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	Lyn Ventris	53:26	10-Sep-18	S	A	W	HT	Malaga
10K Road Walk	W65	Lyn Ventris	63:50	01-Apr-24	S				Hobart
10K Road Walk	W70	Lorna Lauchlan	71:37	26-Jun-01	S				
10K Road Walk	W75	Lynne Schickert	01:20:04	09-Jul-17	S				Perth
10K Road Walk	W80	Sylvia Byers	82:09	03-Jul-16	S			HT	Perth
		20 Kilometres Road Walk			S				
20K Road Walk	W30	Melissa Lewis	01:48:46	15-Aug-21	S	A		HT	Perth
20K Road Walk	W35	Melissa Lewis	2:00:07	25-Aug-24	S				Gothenburg
20K Road Walk	W40	Lyn Ventris	01:39:26	13-May-01	S	X			
20K Road Walk	W45	Lyn Ventris	01:34:15	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	Lyn Ventris	1:58:27	14-Sep-18	S			HT	Malaga
20K Road Walk	W65	Lynne Schickert	2:35:19.9	16-Jul-11	S			ET	Sacramento
20K Road Walk	W70	Lynne Schickert	02:49:50	14-Aug-15	S			HT	Lyon
20K Road Walk	W75	Lynne Schickert	02:52:27	04-Nov-16	S	X		HT	Perth
		High Jump			S				
High Jump	W30	Rachael McCree	1.57	07-Feb-26	S				Perth
High Jump	W35	Vanessa Ward	1.80	10-Jan-98	S	A			Perth
High Jump	W40	Mariette Botha	1.52	07-Mar-26	S				Canberra
High Jump	W45	Lisa Limonas	1.42	27-Jan-15	S				WAAS
High Jump	W50	Sue Coate	1.40	05-Sep-19	S				Mackay
High Jump	W55	Jenn Parker	1.38	28-Nov-24	S				ECAC
High Jump	W60	Gay Wyatt	1.12	06-Feb-14	S				ECAC
High Jump	W65	Gay Wyatt	1.11	03-Feb-22	S				ECAC
High Jump	W70	Gay Wyatt	1.09	15-Feb-24	S				ECAC
High Jump	W75	Gillian Young	1.03	19-Jan-23	S				ECAC
High Jump	W80	Lynne Schickert	1.00	02-Apr-22	S	A			
High Jump	W85	Lynne Schickert	0.85	22-Mar-26	S				ECAC
		Long Jump			S				
Long Jump	W30	Eileen Hindle	6.07	25-Mar-79	S				Perry Lakes
Long Jump	W35	Melissa Foster	5.78	14-Mar-15	S			+0.5	WAAS
Long Jump	W35	Melissa Foster	5.78	26-Apr-18	S			+0.0	Perth
Long Jump	W40	Melissa Foster	5.73	05-Jul-22	S			1.3	Tampere
Long Jump	W45	Melissa Foster	5.71	25-Feb-24	S	A	W	+0.0	Perth
Long Jump	W50	Eileen Hindle	4.70	14-Jan-98	S				
Long Jump	W55	Jenn Parker	4.62	08-Feb-24	S			2.0	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	X			
Long Jump	W75	Pat Carr	3.23	24-Mar-07	S	X		-0.7	ECAC
Long Jump	W80	Ruth Johnson	2.58	12-Mar-22	S			+1.1	ECAC
		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	X		+0.3	Lyon

TripleJump	W40	Melissa Foster	12.04	08-Jul-22	S	A	-0.4	Tampere
TripleJump	W45	Melissa Foster	11.91	11-Apr-24	S	A	0	Adelaide
TripleJump	W50	Dorothy Whittam	9.32	03-Dec-88	S			
TripleJump	W55	Jenn Parker	9.26	01-Apr-24	S		-0.2	Hobart
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	X		
TripleJump	W75	Pat Carr	6.71	25-Mar-07	S	X	-1.1	ECAC
TripleJump	W80	Ruth Johnson	6.36	27-Mar-21	S		-0.1	ECAC
TripleJump	W85	Ruth Johnson	5.54	29-Mar-26	S		0.9	ECAC
		Pole Vault			S			
Pole Vault	W30	Nicolai Morris	2.40	24-Feb-23	S			WAAS
Pole Vault	W35	Amanda Bisk	3.80	28-Feb-26	S			WAAS
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
Pole Vault	W50	Sue Coate	2.05	12-Mar-21	S			WAAS
Pole Vault	W55	Sue Coate	2.40	09-Oct-23	S			Adelaide
Pole Vault	W55	Sue Coate	2.40	09-Feb-24	S			WAAS
Pole Vault	W55	Sue Coate	2.40	10-Sep-25	S			Bunbury
		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	37.66	01-Jul-17	O			Perth
Discus Throw	W40	Sarah Edmiston	37.98	12-Jan-19	S			Christchurch
Discus Throw	W45	Sarah Edmiston	39.13	18-Feb-22	S			WAAS
Discus Throw	W50	Jennifer Parker	31.99	14-Feb-19	S			ECAC
Discus Throw	W55	Jennifer Parker	30.51	18-Dec-25	S			ECAC
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	08-Apr-17	S			ECAC
		Discus (0.75kg) W75+ (WMA 2009)			S			
Discus Throw	W75	Bev Hamilton	21.02	18-Nov-21	S			ECAC
Discus Throw	W80	Luella Jenkins	18.63	16-Mar-24	S			ECAC
Discus Throw	W85	Raema McMillan	13.81	05-Feb-13	S	X		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	X		Canberra
Hammer Throw	W40	Byrony Glass	51.75	26-Apr-18	S	X		Perth
Hammer Throw	W45	Jennifer Parker	35.19	19-Oct-17	S			ECAC
		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	Bev Hamilton	30.17	06-Jan-22	S			ECAC
Hammer Throw	W80	Ruth Johnson	22.53	27-Mar-21	S			ECAC
		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	X	WAAS
Heavy Weight Throw	W40	Byrony Glass	16.12	29-Apr-18	S	A		Perth
Heavy Weight Throw	W45	Jennifer Parker	10.28	16-Sep-17	S			ECAC
		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
		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
		Weight Throw (4kg) W75+ (WMA 2009)			S			
Heavy Weight Throw	W75	Bev Hamilton	11.01	30-Jan-22	S			ECAC
Heavy Weight Throw	W80	Luella Jenkins	10.54	07-Oct-23	S			Bunbury
Heavy Weight Throw	W85	Raema McMillan	9.90	19-Mar-13	S	A		WAAS
		Single Arm Weight (16lb)			S			
Single Arm Weight	W40	Michelle Krokosz	8.46	22-Nov-25	S			Bunbury
Single Arm Weight	W50	Andrea Penny	7.15m	07-Feb-26	S			Bunbury
		Single Arm Weight (8.8lb)			S			
Single Arm Weight	W60	Sharon Moloney	8.26	22-Nov-25	S			Bunbury
Single Arm Weight	W80	Luella Jenkins	8.47	22-Nov-25	S			Bunbury
		Super Weight (35lb) W30 - W45			S			
Super Weight	W35	Michelle Krokosz	4.86	16-Dec-23	S			Bunbury
Super Weight	W40	Michelle Krokosz	4.41	22-Nov-25	S			Bunbury
Super Weight	W45	Jacinta Thompson	4.42	12-Mar-26	S			ECAC
		Super Weight (25lb) W50 - W55			S			
Super Weight	W50	Jennifer Parker	8.14	13-Aug-20	S			ECAC
Super Weight	W55	Jennifer Parker	7.29	03-Mar-24	S			Bunbury

	Super Weight (20lb) W60 – W74				S		
Super Weight	W60 Sharon Moloney	6.33	11-Nov-23		S		Bunbury
	Super Weight (16lb) W75+				S		
Super Weight	W75 Bev Hamilton	7.13	30-Jan-22		S		ECAC
Super Weight	W80 Luella Jenkins	6.61	25-Sep-22		S	A	Bunbury
	Heavy Weight Throw (56lb) W30+				S		
56lb Weight	W30 Rachael McCree	2.33m	26-Apr-25		S		Bunbury
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
56lb Weight	W50 Jennifer Parker	3.05	19-Mar-20		S		ECAC
56lb Weight	W55 Paula Kennedy	3.29	02-Mar-24		S		Bunbury
56lb Weight	W60 Sharon Moloney	2.32	27-Apr-24		S		Bunbury
56lb Weight	W75 Bev Hamilton	1.73	30-Jan-22		S		ECAC
56lb Weight	W80 Luella Jenkins	1.85	02-Mar-24		S		Bunbury
	Heavy Weight Throw (100lb) W30+				S		
100lb Weight	W35 Michelle Krokosz	2.03	01-Feb-25		S		Bunbury
100lb Weight	W40 Michelle Krokosz	2.12	24-May-25		S		Bunbury
100lb Weight	W45 Andrea Penny	1.14	30-Jan-22		S		ECAC
100lb Weight	W50 Jennifer Parker	1.68	24-Jun-23		S		Bunbury
100lb Weight	W55 Paula Kennedy	2.33	23-Dec-23		S	A	Bunbury
100lb Weight	W60 Sharon Moloney	1.24	03-Mar-24		S		Bunbury
100lb Weight	W75 Bev Hamilton	0.87	03-Mar-24		S		Bunbury
100lb Weight	W80 Luella Jenkins	0.86	02-Feb-24		S		Bunbury
	Javelin (600g) W30 - W45				S		
Javelin Throw	W30 Sally Wijesundera	47.14	04-Feb-96		S		
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 Cheryl Quinlivan	31.02	27-Mar-21		S		ECAC
	Javelin (500g) W50 - W55				S		
Javelin Throw	W50 Melissa Tipene	34.82	16-Mar-24		S		ECAC
Javelin Throw	W55 Sue Coate	32.19	08-Sep-25		S		Brisbane
	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 Barbara Wilson	18.51	19-Apr-25		S		Adelaide
	Javelin (400g) W60+				S		
Javelin Throw	W75 Raema McMillan	16.82	12-Mar-05		S		
Javelin Throw	W80 Luella Jenkins	17.22	09-Mar-24		S		ECAC
Javelin Throw	W85 Raema McMillan	12.09	10-Mar-13		S	X	
	Shot Put (4kg) W30 - W45				S		
Shot Put	W30 Byron Glass	12.12	24-Feb-08		S		Perry Lakes
Shot Put	W30 Byron Glass	12.12	09-Mar-08		S		
Shot Put	W35 Byron Glass	11.44	08-Apr-12		S		
Shot Put	W40 Byron Glass	11.18	26-Apr-18		S		Perth
Shot Put	W45 Colleen Finnerty	10.35	26-Apr-18		S		Perth
	Shot Put (3kg) W50 – W70				S		
Shot Put	W50 Yolanda Carstens	10.99	26-Apr-18		S		Perth
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 Bev Hamilton	8.07	12-Mar-22		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		
Shot Put	W85 Ruth Johnson	5.15	17-Jan-26		S		Bunbury
	Oceania Pentathlon (LJ/J/100/S/800) 2023 Tables				S		
	(500g javelin from 2014 W60-W70)				S		
	(see separate Combined Event sheet for full details)				S		HT
Pentathlon	W30 Melissa Foster	2668	01-Apr-13		S	X	HT
Pentathlon	W35 Melissa Foster	2722	07-Mar-15		S		ECAC
Pentathlon	W40 Melissa Foster	3159	03-Apr-22		S		WAAS
Pentathlon	W45 Melissa Foster	3381	22-Mar-26		S		Brisbane
Pentathlon	W50 Sue Coate	2988	06-Sep-19		S		ET
Pentathlon	W55 Sue Coate	3619	18-Mar-23		S	X	ET
Pentathlon	W60 Gay Wyatt	1931	29-Apr-18		S		ET
Pentathlon	W65 Maureen Keshwar	2710	29-Apr-18		S		ET
Pentathlon	W70 Maureen Keshwar	2989	27-Feb-22		S	X	ET
Pentathlon	W75 Ruth Johnson	2473	06-Apr-19		S		ET
Pentathlon	W80 Ruth Johnson	2574	14-Mar-21		S		ET
Pentathlon	W85 Ruth Johnson	2363	22-Mar-26		S		ET
	Heptathlon 2023 Tables (*Old Tables)				S		
Heptathlon	W30 Rachael McCree	2208	08-Feb-26		S		ET
Heptathlon	W35 Eileen Hindle	4355	04-Mar-85		S		
Heptathlon	W40 Melissa Foster	4436	09-Jan-22		S		ET
Heptathlon	W45 Melissa Foster	4586	08-Feb-26		S		ET
Heptathlon	W50 Jennifer Parker	4297	19-Nov-23		S		ET
Heptathlon	W55 Jennifer Parker	4733	02-Feb-25		S		ET

Heptathlon	W60	Carol Bowman	2263	07-Jan-18	S		ET	Bendigo	
Heptathlon	W70	Carol Bowman	2197	02-Feb-25	S		ET	Perth	
Decathlon 2023 Tables									
Decathlon	W55	Sue Coate	6415	23-Feb-25	S	X	X	ET	Brisbane
Decathlon	W55	Sue Coate	6603	08-Feb-26	S	A		ET	Perth
Throws Pentathlon (H/S/D/J/W) 2023 Tables									
(*2002 Tables)(*Old Tables) (500g javelin from 2014 W60)									
(see separate Combined Event sheet for full details)									
Throws Pentathlon	W30	Byrony Glass	3242	12-Apr-09	S		A		
Throws Pentathlon	W35	Byrony Glass	3105	07-Mar-15	S				WAAS
Throws Pentathlon	W40	Byrony Glass	3243	28-Apr-18	S				Perth
Throws Pentathlon	W45	Jennifer Parker	2605	07-Apr-18	S				Bunbury
Throws Pentathlon	W50	Jennifer Parker	2978	22-Feb-20	S				Bunbury
Throws Pentathlon	W55	Kate Glass	3209	23-Mar-08	S				WAAS
Throws Pentathlon	W60	Kate Glass	2671	15-Mar-14	S				WAAS
Throws Pentathlon	W65	Bev Hamilton	3040	07-Mar-15	S				WAAS
Throws Pentathlon	W70	Bev Hamilton	3463	18-Apr-16	S				Adelaide
Throws Pentathlon	W75	Raema McMillan	^3579	20-Apr-03	S				
## Lighter Weights									
Throws Pentathlon	W75	Barbara Campbell	2852	02-Mar-13	S				Perry Lakes
Throws Pentathlon	W80	Luella Jenkins	3140	18-Mar-23	S				ECAC
Throws Pentathlon	W85	Ruth Johnson	2564	17-Jan-26	S				Bunbury
HEAVY WEIGHT PENTATHLON (2023 Tables)									
(see separate Combined Event sheet for full details)									
Weight Throw Pentathlon	W35	Byrony Glass	3808	25-Jun-16	S		A		WAAS
Weight Throw Pentathlon	W40	Byrony Glass	3587	17-Sep-17	S				ECAC
Weight Throw Pentathlon	W45	Jennifer Parker	1855	22-Jan-17	S				ECAC
Weight Throw Pentathlon	W50	Jennifer Parker	2754	09-Jan-21	S				Bunbury
Weight Throw Pentathlon	W55	Jennifer Parker	2872	03-Mar-24	S				Bunbury
Weight Throw Pentathlon	W60	Sharon Moloney	2332	11-Nov-23	S				Bunbury
Weight Throw Pentathlon	W65	Kate Glass	2257	25-Jun-16	S				WAAS
Weight Throw Pentathlon	W70	Bev Hamilton	2993	22-Jan-17	S				ECAC
Weight Throw Pentathlon	W75	Bev Hamilton	2434	25-Sep-22	S				Bunbury
Weight Throw Pentathlon	W80	Luella Jenkins	3351	25-Sep-22	S				Bunbury
4 x 100 Metres Relay									
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	55.07	28-Apr-19	S				
4 x 100 Metres Relay	W40	Juliana Kelly	55.07	28-Apr-19	S				
4 x 100 Metres Relay	W40	Sharon Davis	55.07	28-Apr-19	S				
4 x 100 Metres Relay	W40	Lisa Limonas	55.07	28-Apr-19	S				
4 x 100 Metres Relay	W40	Melissa Foster	55.07	28-Apr-19	S			ET	Melbourne
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	57.28	12-Dec-20	S				
4 x 100 Metres Relay	W50	Jennifer Parker	57.28	12-Dec-20	S				
4 x 100 Metres Relay	W50	Sue Coate	57.28	12-Dec-20	S				
4 x 100 Metres Relay	W50	Lisa Limonas	57.28	12-Dec-20	S				
4 x 100 Metres Relay	W50	Christine de Vries	57.28	12-Dec-20	S			ET	WAAS
4 x 100 Metres Relay	W55	MAWA Team	61.16	11-Dec-21	S				
4 x 100 Metres Relay	W55	Cathy McCloskey	61.16	11-Dec-21	S				
4 x 100 Metres Relay	W55	Sue Coate	61.16	11-Dec-21	S				
4 x 100 Metres Relay	W55	Kathy Lawson	61.16	11-Dec-21	S				
4 x 100 Metres Relay	W55	Fran Cherry	61.16	11-Dec-21	S			ET	WAAS
4 x 100 Metres Relay	W55	MAWA Team	57.71	30-Mar-24	S				
4 x 100 Metres Relay	W55	Jennifer Parker	57.71	30-Mar-24	S				
4 x 100 Metres Relay	W55	Sue Coate	57.71	30-Mar-24	S				
4 x 100 Metres Relay	W70	Maureen Keshwar	57.71	30-Mar-24	S				
4 x 100 Metres Relay	W55	Mandy Mason	57.71	30-Mar-24	S			ET	Hobart
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	MAWA Team	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	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	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	X	
		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	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	X	HT
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	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		