

WMA RECORDS INDOOR - WOMEN (updated 8 February 2018)						
60m						
W 35	7.01	Merlene Ottey	JAM	38	21/02/99	Lievin, FRA
W 40	7.17	Merlene Ottey	SLO	42	07/03/03	Linz, AUT
W 45	7.30	Merlene Ottey	SLO	46	09/02/07	Leipzig, GER
W 50	8.03	Renee Shepherd	USA	50	08/03/15	New York, USA
W 55	8.01	Nicole Alexis	FRA	55	25/03/15	Torun, POL
W 60	8.56	Karla DelGrande	CAN	60	19/01/14	Toronto, CAN
W 65	8.80	Ingrid Meier	GER	65	04/04/12	Jyväskylä, FIN
W 70	9.21	Kathy Bergen	USA	70	27/03/10	Boston, USA
W 75	9.49	Kathy Bergen	USA	76	05/03/16	Albuquerque, USA
W 80	10.37	Irene Obera	USA	80	15/03/14	Boston, USA
W 85	12.57	Nora Wedemo	SWE	87	21/01/01	Stockholm, SWE
W 90	15.14	Olga Kotelko	CAN	91	02/03/10	Kamloops, CAN
W 95	16.53	Olga Kotelko	CAN	95	26/03/14	Budapest, HUN
200m						
W 35	23.04	Sandra Myers	ESP	35	17/02/96	Torino, ITA
W 40	23.93	Merlene Ottey	SLO	42	28/01/03	Wien, AUT
W 45	25.44	Maryvonne Icarre	FRA	45	09/01/11	Faubonne, FRA
W 50	25.94	Maryvonne Icarre	FRA	50	01/04/16	Ancona, ITA
W 55	26.13	Nicole Alexis	FRA	55	27/03/15	Torun, POL
W 60	28.23	Karla DelGrande	CAN	60	28/03/14	Budapest, HUN
W 65	30.10	Ingrid Meier	GER	65	05/04/12	Jyväskylä, FIN
W 70	31.86	Kathy Bergen	USA	72	18/03/12	Bloomington, USA
W 75	33.06	Kathy Bergen	USA	75	08/03/15	New York, USA
W 80	36.53	Irene Obera	USA	80	16/03/14	Boston, USA
W 85	51.80	Nora Wedemo	SWE	87	11/02/01	Bollnäs, SWE
W 90	60.72	Olga Kotelko	CAN	91	03/03/10	Kamloops, CAN
W 95	74.14	Olga Kotelko	CAN	95	28/03/14	Budapest, HUN
400m						
W 35	51.99	Helena Fuchsova	CZE	35	18/02/01	Praha, CZE
W 40	56.15	Barbara Aknin	FRA	42	22/03/08	Clermont-Ferrand, FRA
W 45	56.99	Marie Kay	AUS	48	22/03/08	Clermont-Ferrand, FRA
W 50	60.17	Maryvonne Icarre	FRA	50	03/04/16	Ancona, ITA
W 55	62.11	Caroline Powell	GBR	59	09/03/13	London, GBR
W 60	64.76	Caroline Powell	GBR	60	30/03/14	Budapest, HUN
W 65	70.34	Jeanette Flynn	AUS	65	25/03/17	Daegu, KOR
W 70	77.74	Riet Jonkers	NED	70	26/12/13	Gent, BEL
W 75	81.28	Jeanne Daprano	USA	75	16/03/12	Bloomington, USA
W 80	1:31.10	Emma Mazzenga	ITA	80	30/03/14	Budapest, HUN
W 85	2:11.47	Lenore Montgomery	CAN	85	13/02/16	Kamloops, CAN
W 90	3:13.45	Mary Norckauer	USA	90	07/03/15	Baton Rouge, LA
800m						
W 35	1:58.37	Helena Fuchsova	CZE	36	25/02/01	Lievin, FRA
W 40	2:01.59	Yekaterina Podkopayeva	RUS	41	06/02/94	Grenoble, FRA
W 45	2:14.38	Alisa Harvey	USA	45	10/02/11	Annapolis, USA
W 50	2:18.14	Alisa Harvey	USA	51	20/02/16	Landover, MD
W 55	2:27.84	Laura Mahady	GBR	55	22/03/13	San Sebastian, ESP
W 60	2:37.67	Agnes Hitchmough	GBR	61	18/03/12	London, GBR
W 65	2:44.35	Kathryn Martin	USA	65	19/02/17	Albuquerque, USA
W 70	3:01.04	Riet Jonkers	NED	71	14/03/15	Gent, BEL
W 75	3:16.21	Jeanne Daprano	USA	75	04/04/12	Jyväskylä, FIN
W 80	3:39.51	Alice Cole	CAN	80	28/03/14	Budapest, HUN
W 85	4:09.58	Melitta Czerwenka-Nagel	GER	85	31/03/16	Ancona, ITA
W 90	7:14.89	Mary Norckauer	USA	90	07/03/15	Baton Rouge, USA

1500m						
W 35	4:03.08	Mary Slaney	USA	38	01/03/97	Atlanta, USA
W 40	4:05.19	Yekaterina Podkopayeva	URS	44	09/03/97	Paris, FRA
W 45	4:28.13	Corinne Debaets	BEL	45	22/02/09	Gent, BEL
W 50	4:40.07	Clare Elms	GBR	50	08/03/14	London, GBR
W 55	4:56.51	Fiona Matteson	GBR	55	28/01/17	Glasgow, GBR
W 60	5:10.44	Lidia Zentner	GER	60	01/02/14	Ludvigshafen, GER
W 65	5:25.29	Kathryn Martin	USA	65	25/03/17	Daegu, KOR
W 70	6:10.65	Rimma Vasina	RUS	70	20/03/11	Gent, BEL
W 75	6:47.04	Melitta Czerwenka-Nagel	GER	75	20/03/06	Linz, AUT
W 80	7:38.11	Helly Visser	CAN	80	01/03/14	Edmonton, CAN
W 85	8:47.83	Melitta Czerwenka-Nagel	GER	85	30/01/16	Ludvigshafen, GER
1mile						
W 35	4:29.46	Helen Clitheroe	GBR	36	20/02/10	Birmingham ,GBR
W 40	4:44.81	Sonja Friend-Uhl	USA	40	03/03/12	Blacksburg, USA
W 45	4:54.82	Corinne Debaets	BEL	45	26/12/08	Gent, BEL
W 50	5:03.60	Lucy Elliott	GBR	50	02/01/17	London, GBR
W 55	5:19.87	Kathryn Martin	USA	55	02/03/07	New York, USA
W 60	5:47.25	Kathryn Martin	USA	60	15/03/14	Boston, USA
W 65	5:51.74	Kathryn Martin	USA	65	02/03/17	New York, USA
W 70	6:45.8	Marie Michelsohn	USA	70	09/02/12	New York, USA
W 75	7:13.51	Jeanne Daprano	USA	75	17/03/12	Bloomington, USA
W 80	8:19.70	Helly Visser	CAN	80	15/03/14	Edmonton, CAN
W 85	13:00.96	Ivy Granstrom	CAN	87	27/03/99	Boston, USA
3000m						
W 35	8:39.14	Regina Jacobs	USA	35	05/03/99	Maebashi, JPN
W 40	8:58.20	Nuria Fernandez	ESP	40	03/03/17	Belgrade, SRB
W 45	9:11.67	Nicole Leveque	FRA	45	11/02/96	Paris, FRA
W 50	9:56.39	Fiona Matheson	GBR	50	28/12/11	Glasgow, GBR
W 55	10:21.52	Fiona Matheson	GBR	55	04/01/17	Glasgow, GBR
W 60	11:16.54	Lidia Zentner	GER	60	18/01/14	Fürth, GER
W 65	11:35.98	Kathryn Martin	USA	65	22/03/17	Daegu, KOR
W 70	12:54.89	Lavinia Petrie	AUS	73	22/03/17	Daegu, KOR
W 75	13:55.58	Elfriede Hodapp	GER	76	03/03/12	Erfurt, GER
W 80	15:57.73	Helly Visser	CAN	80	08/02/14	Edmonton, CAN
W 85	18:38.76	Melitta Czerwenks-Nagel	GER	85	13/02/16	Erfurt, GER
4x200m						
W35	1:43.74	Lesley,Young,McLoughlin,Ruddock	GBR		30/03/14	Budapest, HUN
W40	1:44.34	Moritz,Heidrich,Grissmer,Görling	GER		14/03/04	Sindelfingen, GER
W45	1:46.38	Berend,Kauerhof,Grissmer,Schultz	GER		22/03/08	Clermont-Ferrand, FRA
W50	1:50.40	Berend, Joerg,Koegst,Burzlauff	GER		03/04/16	Ancona, ITA
W55	1:55.90	Trimble,Filer,McClelland,Horde	GBR		30/03/14	Budapest, HUN
W60	2:02.39	Trimble,Nelson,Godsell,Powell	GBR		28/03/15	Torun, POL
W65	2:09.74	Foerster,Schommler,Kraehe,Meier	GER		30/03/14	Sindelfingen, GER
W70	2:33.08	Staubermann,Kümmerle-Valk,Holzknacht,Sauer	GER		20/03/11	Gent, BEL
W75	3:03.64	Mills,Osborne,Tracey,Fraser	GBR		03/04/16	Ancona, ITA
W80	4:15.33	Sorensen,Buschhaus,Kotelko,Smith	CAN		06/03/10	Kamloops, CAN
4x400m						
W35-39	4:05.13	Reynolds,de Boer,Penado,Heath	USA		06/03/16	Albuquerque, USA
W40-49	4:03.72	Friend-Uhl,Gentile,Walles,McGower	USA		06/03/16	Albuquerque, USA
W50-59	4:26.18	Hoffman,Jasper,Hayden,Hunter	USA		14/02/14	New York, USA
W60-69	5:16.99	Michelsohn,Ingalls,Daprano,Tasker-Rothenber	USA		28/03/04	Boston, USA
W70-79	7:21.74	Harada,Szawlowski,Parsi,Hayes	USA		28/03/10	Boston, USA
4x800m						
W35-39	10:01.9	Mannen,Miloski,Pearsall,Martin	USA		22/03/03	New York, USA
W40-49	9:25.49	Valle,Ballou,Olen,Genet	USA		27/03/10	Boston, USA
W50-59	10:24.90	Shook,Hayden,Groenendaal,Jasper	USA		15/03/14	Boston, USA
W60-69	12:12.46	Broad,Richards,Steinbach,Martin	USA		21/03/15	Winston Salem, USA

60m Hurdles							
W 35		7.74	Gail Devers	USA	36	03/01/03	Boston, USA
W 40		7.86	Gail Devers	USA	40	02/02/07	New York, USA
W 45		8.79	Christine Müller	SUI	45	13/03/04	Sindelfingen, GER
W 50		9.26	Christine Müller	SUI	50	28/03/09	Ancona, ITA
W 55		9.71	Joy Upshaw	USA	55	05/03/16	Albuquerque, USA
W 60		9.90	Jane Horder	GBR	60	24/03/17	Daegu, KOR
W 65		10.58	Edith Graff	BEL	65	25/03/07	Helsinki, FIN
W 70		11.37	Asta Larsson	SWE	70	02/02/02	Lund, SWE
W 75		13.39	Christa Bortignon	CAN	75	16/03/12	Bloomington, USA
W80		13.76	Irene Obera	USA	81	21/03/15	Winston-Salem, USA
High Jump							
W 35		1.98	Ruth Beitia	ESP	36	06/03/16	Madrid, ESP
W 40		1.94	Venelina Veneva-Mateev	BUL	40	15/02/15	Bobrich, BUL
W 45		1.65	Dinah Heymans	RSA	45	07/04/12	Jyväskylä, FIN
W 50		1.57	Wendy Laing	GBR	50	20/03/13	San Sebastian, ESP
W 55		1.50	Wendy Laing	GBR	55	04/02/18	Manchester, GBR
W 60		1.46	Weia Reinboud	NED	61	04/03/12	Apeldorf, GER
W 65		1.35	Weia Reinboud	NED	65	14/03/15	Gent, BEL
W 70		1.30	Ursula Stelling	GER	70	03/03/12	Erfurt, GER
W 75		1.25	Kathy Bergen	USA	76	05/03/16	Albuquerque, USA
W 80		1.09	Rosemary Chrimes	GBR	80	08/03/14	London, GBR
W 85		0.89	Olga Kotelko	CAN	85	14/03/04	Sindelfingen, GER
W 90		0.77	Olga Kotelko	CAN	93	16/02/13	Kamloops, CAN
W 95		0.78	Olga Kotelko	CAN	95	26/03/14	Budapest, HUN
Pole Vault							
W 35		4.61	Stacy Dragila	USA	37	30/01/09	New York, USA
W 40		4.05	Doris Auer	AUT	40	21/01/12	Wien, AUT
W 45		3.55	Irie Hill	GBR	45	26/03/14	Budapest, HUN
W 50		3.31	Brigitte van de Kamp	NED	52	22/03/13	San Sebastian, ESP
W 55		2.98	Kay Glynn	USA	58	28/08/11	Fort Collins, USA
W 60		3.01	Nadine O'Connor	USA	63	26/02/06	Colorado Springs, USA
W 65		2.90	Nadine O'Connor	USA	67	21/03/09	Landover, USA
W 70		2.12	Karin Förster	GER	70	19/03/17	Münster, GER
W 75		1.95	Florence Meiler	USA	76	09/01/11	Hanover, USA
W 80		1.76	Florence Meiler	USA	81	10/01/16	Hanover, USA
Long Jump							
W 35		6.86	Heike Drechsler	GER	35	27/02/00	Gent, BEL
W 40		6.64	Tatyana Ter-Mesrobian	RUS	41	05/01/10	St. Petersburg, RUS
W 45		5.75	Phil Raschker	USA	47	05/03/94	Chicago, USA
W 50		5.45	Joy Upshaw	USA	50	05/03/11	Albuquerque, USA
W 55		4.97	Ramona Pfeiffer	GER	55	04/03/17	Erfurt, GER
W 60		4.58	Christiane Schmalbruch	GER	62	06/03/99	Malmö, SWE
W 65		4.36	Ingrid Meier	GER	65	06/02/12	Winnipeg, CAN
W 70		3.99	Carol LaFayette-Boyd	CAN	70	02/03/13	Hamburg, GER
W 75		3.71	Chrisiane Schmalbruch	GER	77	27/03/14	Budapest, HUN
W 80		3.28	Christa Bortignon	CAN	80	02/04/17	Kamloops, CAN
W 85		2.01	Senni Sopanen	FIN	86	27/03/14	Budapest, HUN
W 90		1.70	Olga Kotelko	CAN	92	20/03/11	Kamloops, CAN
W 95		1.57	Olga Kotelko	CAN	95	27/03/14	Budapest, HUN

Triple Jump							
W 35		14.82	Yamile Aldama	GBR	39	09/03/12	Istanbul, YUR
W 40		13.95	Yamile Aldama	GBR	40	13/03/13	Göteborg, SWE
W 45		12.41	Muriel Glovil	FRA	45	16/03/14	Nantes, FRA
W 50		10.79	Valentyna Krepkina	UKR	51	23/03/17	Daegu, KOR
W 55		10.52	Petra Herrmann	GER	56	14/02/16	Erfurt, GER
W 60		10.07	Janine Kortbeek	NED	61	15/02/15	Apeldoorn, NED
W 65		9.86	Akiko Ohinata	JPN	65	23/03/17	Daegu, KOR
W 70		8.18	Carol LaFayette-Boyd	CAN	71	09/02/13	Regina, CAN
W 75		7.87	Christiane Schmalbruch	GER	77	29/03/14	Budapest, HUN
W 80		7.42	Christa Bortignon	CAN	80	01/04/17	Kamloops, CAN
W 85		4.26	Senni Sopanen	FIN	86	29/03/14	Budapest, HUN
W 90		4.14	Olga Kotelko	CAN	91	05/03/10	Kamloops, CAN
W 95		3.68	Olga Kotelko	CAN	95	29/03/14	Budapest, HUN
Shot Put							
W 35		21.47	Helena Fibingerova	CZE	35	09/02/85	Jablonec, CZE
W 40		19.16	Antonina Ivanova	URS	41	24/02/74	Moskva, RUS
W 45		16.49	Zdenka Silhava	CZE	45	13/02/00	Praha, CZE
W 50		14.53	Alexandra Marghieva	MDA	52	07/04/12	Jyväskylä, FIN
W 55		14.53	Mihaela Loghin	ROU	58	18/03/11	Gent, BEL
W 60		13.70	Mihaela Loghin	ROU	62	23/03/15	Torun, POL
W 65		12.00	Tamara Danilova	RUS	66	15/03/06	Linz, AUT
W 70		10.82	Evaun B. Williams	GBR	70	18/03/08	Clermont-Ferrand, FRA
W 75		11.39	Anne C. Rülöw	GER	75	03/03/12	Erfurt, GER
W 80		10.44	Susanne Wissinger	GER	80	01/03/14	Erfurt, GER
W 85		7.40	Rachel Hanssens	BEL	85	23/03/15	Torun, POL
W 90		5.74	Olga Kotelko	CAN	92	19/03/11	Kamloops, CAN
W 95		4.73	Olga Kotelko	CAN	95	27/03/14	Budapest, HUN
Weight Throw							
W 35		18.02	Byrony Glass	AUS	35	05/02/13	Perth, AUS
W 40		17.12	Oneithea Lewis	USA	42	28/03/03	Boston, USA
W 45		16.28	Oneithea Lewis	USA	47	28/03/08	Boston, USA
W 50		17.19	Gonny Mik	NED	50	20/02/16	Sittard, NED
W 55		16.09	Mirja Marketta Kokko	FIN	55	11/03/17	Stockholm, SWE
W 60		16.70	Inge Faldager	DEN	60	18/03/08	Clermont-Ferrand, FRA
W 65		16.91	Myrle Mensey	USA	65	29/03/14	Budapest, HUN
W 70		12.42	Margaret Tosh	CAN	74	17/03/12	Saskatoon, CAN
W 75		14.34	Gudrun Mellmann	GER	75	24/03/17	Daegu, KOR
W 80		10.75	Susanne Wissinger	GER	80	30/03/14	Budapest, HUN
W 85		8.72	Hilja Bakhoff	EST	85	05/04/12	Jyväskylä, FIN
W 90		7.51	Olga Kotelko	CAN	92	02/03/11	Kamloops, CAN
W 95		6.97	Olga Kotelko	CAN	95	30/03/14	Budapest, HUN

