

WMA RECORDS NON-STADIA - WOMEN (updated 02 January 2023)

Marathon

W 35	2:19:19	Irina Mikitenko	GER	36	28/09/08	Berlin, GER
W 40	2:22:27	Mariya Kononova	RUS	40	08/03/15	Nagoya, JPN
W 45	2:29:00	Tatyana Pozdnyakova	UKR	47	13/10/02	Providence, USA
W 50	2:31:05	Tatyana Pozdnyakova	UKR	50	06/03/05	Los Angeles, USA
W 55	2:48:06	Krishna Stanton	AUS	56	18/05/22	London, GBR
W 60	2:52:13	Mariko Yugeta	JPN	62	31/01/21	Osaka, JPN
W 65	3:07:51	Kimi Ushiroda	JPN	65	15/12/19	Houfu, JPN
W 70	3:35:29	Helga Miketta	GER	72	13/10/13	Essen, GER
W 75	3:53:42	Yoko Nakano	JPN	76	23/11/12	Otawara, JPN
W 80	4:11:45	Yoko Nakano	JPN	81	26/02/17	Tokyo, JPN
W 85	5:14:26	Betty Jean McHugh	CAN	85	09/12/12	Honolulu, USA
W 90	8:53:08	Mavis Lindgren	USA	90	28/09/97	Portland, USA

10k Race Walk

W 35	41:41	Kjersti Plätzer	NOR	37	30/05/09	Krakow, POL
W 40	45:25	Kelly Ruddick	AUS	40	17/08/13	Melbourne, AUS
W 45	46:36	Lynette Ventris	AUS	45	09/02/02	Canberra, AUS
W 50	48:28	Lynette Ventris	AUS	50	09/04/07	Hobart, AUS
W 55	49:15	Lynette Ventris	AUS	55	19/08/12	Perth, AUS
W 60	53:26	Lynette Ventris	AUS	61	10/09/18	Málaga, ESP
W 65	55:32	Brenda Riley	AUS	66	13/11/05	Melbourne, AUS
W 70	1:00:18	Britta Tibbling	SWE	70	02/06/88	Verona, ITA
W 75	1:07:37	Elsa Meyer	RSA	75	13/11/21	Pretoria, RSA
W 80	1:14:12	Aina Engberg	SWE	81	29/07/04	Århus, DEN
W 85	1:18:06	Aina Engberg	SWE	85	20/09/08	Tibro, SWE
W 90	1:24:21	Heather Lee	AUS	91	11/11/18	Gold Coast, AUS

20k Race Walk

W 35	1:25:41	Olimpiada Ivanova	RUS	35	07/08/05	Helsinki, FIN
W 40	1:33:04	Maria Graziela Mendoza	MEX	42	04/05/05	Lima, PER
W 45	1:34:15	Lynette Ventris	AUS	45	16/12/01	Melbourne, AUS
W 50	1:39:51	Lynette Ventris	AUS	54	29/05/11	Melbourne, AUS
W 55	1:40:42	Lynette Ventris	AUS	55	26/08/12	Adelaide, AUS
W 60	1:55:34	Sandra Brown	GBR	60	15/08/09	Lea Valley, GBR
W 65	1:57:39	Brenda Riley	AUS	67	17/12/06	Melbourne, AUS
W 70	2:07:57	Elsa Meyer	RSA	70	10/08/16	Capetown, RSA
W 75	2:25:37	Jacqueline Wilson	NZL	76	02/07/22	Tampere, FIN
W 80	2:42:27	Denise Leclerc	FRA	80	26/10/13	Porto Alegre, BRA

50k Race Walk

W 35	4:09:21	Inês Henriques	POR	38	07/08/18	Berlin, GER
W 40	4:42:34	Susan Randall	USA	40	14/12/14	Santee, USA
W 45	4:54:31	Kelly Ruddick	AUS	45	02/12/18	Melbourne, AUS
W 50	5:10:52	Teresa Vaill	USA	54	28/01/17	Santee, USA
W 55	5:45:08	Elizabeth Feldman	AUS	56	24/10/04	Albert Park, AUS
W 60	5:29:04	Sandra Brown	GBR	64	27/07/13	Coventry, GBR
W 65	6:26:44	Darlene Backlund	USA	65	09/12/10	Ocean Twmsp, USA
W 70	6:09:48	Sandra Brown	GBR	70	06/10/19	Tilburg, NED