

# WMA STADIA RECORDS - WOMEN



## 100m

W 35	10.62	0.4	Shelly-Ann Fraser-Pryce	JAM	35	10/08/22	Monaco, MON
W 40	11.09	2.0	Merlene Ottey	SLO	44	03/08/04	Liege, BEL
W 45	11.34	1.8	Merlene Ottey	SLO	47	12/08/08	Glasgow, GBR
W 50	11.67	0.9	Merlene Ottey	SLO	50	13/07/10	Novo Mesto, GER
W 55	12.15	1.9	Mandy Mason	AUS	55	01/12/23	Perth, AUS
W 60	13.20	+0.0	Nicole Barilly Alexis	FRA	62	30/06/22	Tampere, FIN
W 65	13.91	0.6	Karla Del Grande	CAN	65	11/08/18	Toronto, CAN
W 70	14.73	1.4	Ingrid Meier	GER	70	30/06/17	Zittau, GER
W 75	15.03	0.6	Carol LaFayette-Boyd	CAN	76	04/08/18	Surrey, CAN
W 80	16.23	1.3	Kathy Bergen	USA	81	19/09/21	San Diego, USA
	16.23	1.6	Carol LaFayette-Boyd	CAN	80	30/07/22	Regina, CAN
W 85	18.14	+0.0	Christa Bortignon	CAN	85	13/08/22	Surrey, CAN
W 90	21.25	1.1	Emiko Saito	JPN	90	16/10/21	Ageo, JPN
W 95	30.16	-0.6	Elena Pagu	ROU	95	28/08/21	Bucharest, ROU
W100	39.62	0.2	Julia Hawkins	USA	101	10/06/17	Birmingham, USA
W105	1:02.95	1.3	Julia Hawkins	USA	105	06/11/21	Hammond, USA

## 200m

W 35	21.81	-0.6	Shelly-Ann Fraser-Pryce	JAM	35	21/07/22	Eugene, USA
W 40	22.72	1.4	Merlene Ottey	SLO	44	23/08/04	Athens, GRE
W 45	23.82	0.2	Merlene Ottey	SLO	46	27/08/06	Bánska Bystrica, SLO
W 50	24.33	0.9	Merlene Ottey	SLO	50	18/07/10	Valenje, SLO
W 55	24.63	1.7	Mandy Mason	AUS	56	23/11/23	Perth, AUS
W 60	27.78	-2.1	Nicole Barilly Alexis	FRA	62	03/07/22	Tampere, FIN
W 65	28.53	1.2	Karla Del Grande	CAN	65	05/08/18	Surrey, CAN
W 70	31.30	0.7	Ingrid Meier	GER	70	02/07/17	Zittau, GER
W 75	31.56	-0.7	Carol LaFayette-Boyd	CAN	76	09/09/18	Málaga, ESP
W 80	34.38	0.5	Carol LaFayette-Boyd	CAN	80	29/07/22	Regina, CAN
W 85	40.20	0.3	Christa Bortignon	CAN	85	27/08/22	Surrey, CAN
W 90	53.35	-0.2	Emiko Saito	JPN	91	07/08/22	Chiba, JPN
W 95	1:12.99	-0.4	Diane Friedman	USA	96	22/07/17	Bedford, USA
W100	1:29.79	-0.5	Diane Friedman	USA	100	15/08/21	Rochester, USA

## 400m

W 35	49.46		Allyson Felix	USA	35	03/08/21	Tokyo, JPN
W 40	53.68		Sara Montecinos	CHI	40	20/03/94	Cali, COL
W 45	56.14		Angela Henry-Nott	USA	45	23/07/21	Ames, USA
W 50	57.55		Sally Cooke	GBR	52	12/06/22	Derby, GBR
W 55	59.36		Julie Brims	AUS	55	23/01/21	Brisbane, AUS
W 60	1:02.34		Sue McDonald	USA	60	21/07/23	Greensboro, USA
W 65	1:07.23		Elizabeth Deak	USA	65	21/07/23	Greensboro, USA
W 70	1:11.78		Barbara Blurton	AUS	70	10/12/20	Perth, AUS
W 75	1:17.71		Michelle Peroni	FRA	76	26/09/23	Piscara, ITA
W 80	1:29.84		Rietje Dijkman	NED	80	09/09/19	Venice, ITA
W 85	1:41.63		Emiko Saito	JPN	86	29/04/17	Chiba, JPN
W 90	2:12.71		Emiko Saito	JPN	91	03/04/22	Ishioka, JPN
W 95	3:10.21		Heather Lee	AUS	95	15/10/22	George's Hall, AUS

## 800m

W 35	1:56.53	Lyubov Gurina	RUS	36	30/07/94	Hetchtel, BEL
W 40	1:59.25	Yekaterina Podkopayeva	URS	42	30/06/94	Luxembourg, LUX
W 45	2:02.82	Yekaterina Podkopayeva	URS	46	26/06/98	Moscow, RUS
W 50	2:12.50	Eva Trost	GER	50	03/08/18	Neustadt, GER
W 55	2:19.63	Anne Gilshinan	IRL	55	08/06/19	Leixlip, IRE
W 60	2:22.52	Sue McDonald	USA	60	06/05/23	Los Angeles, USA
W 65	2:39.61	Sabra Harvey	USA	67	31/10/16	Perth, AUS
W 70	2:50.22	Alison Bourgeois	SUI	70	24/06/23	Laval, FRA
W 75	3:07.19	Angela Copson	GBR	75	01/07/22	Tampere, FIN
W 80	3:30.41	Yoko Nakano	JPN	82	11/09/18	Málaga, ESP
W 85	3:58.15	Yoko Nakano	JPN	85	23/11/21	Tokyo, JPN
W 90	5:01.35	Melitta Czerwenka-Nagel	GER	90	30/09/20	Pfungstadt, GER
W 95	6:49.14	Heather Lee	AUS	95	22/10/22	Homebush, AUS

## 1500m

W 35	3:57.73	Maricica Puica	ROU	35	30/08/85	Bruxelles, BEL
W 40	3:59.78	Yekaterina Podkopayeva	URS	42	18/07/94	Nice, FRA
W 45	4:05.44	Yekaterina Podkopayeva	URS	46	03/08/98	Moscow, RUS
W 50	4:35.40	Nicole Weijling-Dissel	NED	50	11/08/17	Utrecht, NED
W 55	4:41.46	Anne Gilshinan	IRL	55	22/06/19	Belfast, GBR
W 60	5:02.68	Sue McDonald	USA	60	07/10/23	Las Vegas, USA
W 65	5:25.65	Kathryn Martin	USA	65	11/08/17	Toronto, CAN
W 70	5:46.9h	Angela Copson	GBR	70	04/06/17	Nuneaton, GBR
W 75	6:14.88	Jeanie Rice	USA	75	23/07/23	Greensboro, USA
W 80	6:52.77	Yoko Nakano	JPN	80	23/07/16	Tokyo, JPN
W 85	7:37.31	Yoko Nakano	JPN	85	13/11/21	Tokyo, JPN
W 90	12:34.67	Lenore Montgomery	CAN	90	12/09/20	Surrey, CAN
W 95	12:46.55	Heather Lee	AUS	95	05/11/22	Campbelltown, AUS

## One Mile

W 35	4:17.33	Maricica Puica	ROU	35	21/08/85	Zürich, SUI
W 40	4:23.78	Yekatarina Podkopayeva	URS	40	09/06/93	Rome, ITA
W 45	4:48.42	Yekatarina Podkopayeva	URS	45	13/09/97	Fukuoka, JPN
W 50	4:57.83	Nicole Weijling-Dissel	NED	50	27/08/17	Lisse, NED
W 55	5:08.47	Anne Gilshinan	IRL	55	07/08/19	Dublin, IRL
W 60	5:28.02	Sue McDonald	USA	60	03/06/23	Claremont, CA
W 65	5:54.59	Angela Copson	GBR	68	19/07/15	Solihull, GBR
W 70	6:38.30	Sharon Gerl	USA	70	06/05/18	Eugene, USA
W 75	6:58.44	Jeanne Daprano	USA	75	21/07/12	Pasadena, USA
W 80	7:34.74	Yolande Marchal	FRA	80	12/10/19	La Seyne, FRA
W 85	10:55.25	Blanche Cummings	USA	85	20/06/15	Norwalk, USA
W 90	11:30.62	Dot Sowerby	USA	90	23/07/23	Greensboro, USA
W 95	13:41.36	Heather Lee	AUS	96	03/12/22	Bass Hill, AUS

## 3000m

W 35	8:27.83	Maricica Puica	ROM	35	07/09/85	Roma, ITA
W 40	9:03.40	Nuria Fernández Dominguez	ESP	40	24/06/17	Lille, FRA
W 45	9:17.27	Yekaterina Podkopayeva	URS	45	22/06/97	München, GER
W 50	9:47.20	Gitte Karlshøj	DEN	50	19/05/09	Århus, DEN
W 55	10:03.90	Silke Schmidt	GER	55	10/07/15	Utrecht, NED
W 60	10:28.94	Silke Schmidt	GER	60	22/08/19	Rotterdam, NED
W 65	11:42.8h	Kathryn Martin	USA	65	03/09/17	Alexandria, USA
W 70	12:13.12	Angela Copson	GBR	71	01/09/18	Solihull, GBR
W 75	13:55.58	Yoko Nakano	JPN	76	21/09/12	Okayama City, JPN
W 80	14:27.49	Yoko Nakano	JPN	81	27/10/17	Wakayama, JPN
W 85	16:39.15	Yoko Nakano	JPN	85	23/11/21	Tokyo, JPN

## 5000m

W 35	14:33.84	Edith Masai	KEN	39	02/06/06	Oslo, NOR
W 40	15:04.87	Joanne Pavey	GBR	40	05/06/14	Rome, ITA
W 45	15:55.71	Nicole Leveque	FRA	45	01/06/96	Angers, FRA
W 50	16:51.17	Gitte Karlshøj	DEN	50	23/06/09	Århus, DEN
W 55	17:29.28	Silke Schmidt	GER	55	27/06/15	Eindhoven, NED
W 60	17:59.16	Silke Schmidt	GER	60	07/08/19	Wageningen, NED
W 65	20:08.17	Kathryn Martin	USA	65	28/10/16	Perth, AUS
W 70	20:56.13	Angela Copson	GBR	70	25/06/17	Birmingham, GBR
W 75	22:41.46	Jeanie Rice	USA	75	20/07/23	Greensboro, USA
W 80	25:40.14	Yoko Nakano	JPN	82	12/09/18	Málaga, ESP
W 85	27:38.13	Yoko Nakano	JPN	85	13/11/21	Tokyo, JPN
W 95	44:03.75	Heather Lee	AUS	96	12/03/23	Homebush, AUS

## 10000m

W 35	30:53.20	Joanne Pavey	GBR	38	03/08/12	London, GBR
W 40	31:25.49	Sinead Diver	AUS	42	27/09/19	Doha, QAT
W 45	32:34.06	Evy Palm	SWE	46	04/09/88	Helsinki, FIN
W 50	35:05.7h	Fiona Matheson	GBR	50	16/10/11	Coatbridge, GBR
W 55	36:46.96	Sally Gibbs	NZL	56	09/11/19	Wellington, NZL
W 60	37:38.98	Sally Gibbs	NZL	60	18/11/23	Wellington, NZL
W 65	41:40.27	Angela Copson	GBR	65	05/08/12	Oxford, GBR
W 70	44:25.14	Angela Copson	GBR	70	28/07/17	Århus, DEN
W 75	46:53.07	Jeanie Rice	USA	75	22/07/23	Greensboro, USA
W 80	51:46.65	Yoko Nakano	JPN	82	06/05/18	Tokyo, JPN
W 85	1:26:15.07	Vladyklana Kokina	UKR	87	21/09/14	Kyiv, UKR

# WMA STADIA RECORDS - WOMEN



## 4x100m

W35	47.65	Stafford,Springer,Hutchinson,Mark-Baird	TTO	16/08/15	Lyon, FRA
W40	48.01	Mogentale,Brimms,Bezuidenhout,Strong	AUS	08/08/09	Lahti, FIN
W45	48.92	Motti,Brimms,Forster,Mogentale	AUS	23/04/11	Brisbane, AUS
W50	50.70	Mason,Brimms,Lambert,Delaney	AUS	09/07/22	Tampere, FIN
W55	53.19	Maksinovic,Brimms,Noon,Forster	AUS	03/04/22	Brisbane, AUS
W60	55.77	Drecoll,Reichert,Hoffman,Hoffman	GER	09/07/00	Jyväskylä, FIN
W65	1:00.31	Zörner,Buchholz,Reismann,Meier	GER	16/08/15	Lyon, FRA
W70	1:04.28	Foerster,Zoerner,Stump,Meier	GER	05/08/17	Århus, DEN
W75	1:10.19	Obera,Jordan,Donley,Meiler	USA	17/07/11	Sacramento, USA
W80	1:21.06	Donley,Meiler,Chou,Obera	USA	16/08/15	Lyon, FRA
W85	1:50.31	Styles,Peterson,Valien,Stewart	USA	26/07/13	Berea, USA

## 4x400m

W35	3:50.80	Mitchell,Mathews,Beadhall,Gabriel	GBR	08/08/99	Gateshead, GBR
W40	3:56.02	Seidel,Gazda-Sagolla,Kroner,Heidrich	GER	25/08/02	Potsdam, GER
W45	4:01.22	Forster,Motti,Mogentale,Brimms	AUS	24/04/11	Brisbane, AUS
W50	4:10.80	Mahady,Horder,Saunders-Mullins,Powell	GBR	08/08/09	Lahti, FIN
W55	4:23.52	McDonald,Valle,Rohl,Brockner	USA	25/07/21	Ames, USA
W60	4:41.85	West,Godsell,Horder,Powell	GBR	16/09/18	Malaga, ESP
W65	4:52.76	Davis, Blurton, Flynn, Peake	AUS	12/06/17	Darwin, AUS
W70	5:32.95	Macliver,Hampson,Lang,Allison	AUS	16/08/15	Lyon, FRA
W75	6:53.27	Robinson,Worsley,Michelsohn,Green	USA	21/07/19	Toronto, CAN
W80	7:59.18	Green,Daprano,Langenwalter,Hurrell	USA	16/09/18	Malaga, ESP

## 4x800m

W35	9:25.27	Rizzo, Metz, Reifer, McGrath	USA	09/07/11	New York, USA
W40	9:16.91	Boyle,Babcock,Cummins,MacMillan	CAN	29/08/16	Vancouver, CAN
W45	9:43.13	Nelson,Kovacs,Davis,Cordy	AUS	11/03/23	Homebush, AUS
W50	10:14.64	Olen,Arlin,Ballou,Valle	USA	13/07/19	Ames, USA
W55	10:36.35	Saint-Louis,Pearsall,Stobbbe,Harvey	USA	20/07/23	Greensboro, USA
W60	11:06.02	Harvey,Richards,Steinbach,Martin	USA	20/07/14	Winston-Salem, USA
W65	14:49.29	Combs,Lucking,Mullis-Dubow,Williams	USA	30/07/22	Lexington, USA
W70	14:45.88	Lammet,Staubermann,Reintraut,Ritter	GER	27/09/13	Essen, GER
W75	21:24.50	Berger,Staab,Trotto,Hill	USA	20/07/23	Greensboro, USA

## 2000m Steeplechase

W 35	6:27.11		Victoria Mitchell	AUS	35	03/12/17	Sydney, AUS
W 40	6:49.58		Lisa Ryan	USA	41	17/07/11	Sacramento, USA
W 45	6:50.81		Kristie Booth	GBR	45	15/07/23	Yeovil, GBR
W 50	7:42.04		Marie-Claude Bodilis-Loaëc	FRA	50	02/07/11	Nantes, FRA
W 55	7:51.91		Lisa Margaret Thomas	GBR	56	15/08/21	London, GBR
W 60	8:16.93		Sue McDonald	USA	60	15/10/23	Montecito, USA
W 65	8:52.49		Kathryn Martin	USA	65	12/08/17	Toronto, CAN
W 70	9:46.79		Marlene Anne Gourlay	AUS	70	20/03/22	Melbourne, AUS
W 75	11:01.5h		Gillian Young	AUS	75	11/03/23	Sydney, AUS
W 80	13:38.34		Anne Martin	GBR	80	06/11/16	Perth, AUS
W 85	16:55.73		Anne Martin	GBR	86	08/07/22	Tampere, FIN

## 100m Hurdles

W 35	12.40	1.2	Gail Devers	USA	35	02/07/02	Lausanne, SWI
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## 80m Hurdles

W 40	11.24	0.1	Monica Pellegrinelli	SUI	40	31/08/05	San Sebastian, ESP
W 45	11.51	0.3	Christine Müller	SUI	46	22/07/04	Randers, DEN
W 50	12.08	2.0	Christine Müller	SUI	50	10/07/09	Vaterstetten, GER
W 55	12.31	0.8	Helgi Lamp	EST	55	17/07/99	Haapsalu, EST
W 60	12.90	-0.1	Jane Horder	GBR	60	02/08/17	Århus, DEN
W 65	13.22	1.8	Jane Horder	GBR	66	11/06/22	Derby, GBR
W 70	15.72	-0.8	Marianne Maier	AUT	73	28/10/16	Perth, AUS
W 75	17.24	0.5	Riet Jonkers-Slegers	NED	75	27/07/19	Dilbeek, BEL
W 80	18.70	-0.1	Irene Obera	USA	82	04/11/16	Perth, AUS
W 85	26.69	0.6	Florence Meiler	USA	87	22/7/21	Ames, USA

## 400m Hurdles

W 35	52.94		Marina Stepanova	URS	36	17/09/86	Tashkent, UZB
W 40	58.35		Barbara Gähling	GER	42	21/07/07	Erfurt, GER
W 45	1:02.85		Barbara Gähling	GER	45	27/06/10	Kaiserslautern, GER

## 300m Hurdles

W 50	44.90		Barbara Gähling	GER	50	11/08/15	Lyon, FRA
W 55	46.74		Barbara Gähling	GER	57	08/05/22	Cologne, GER
W 60	48.89		Sue McDonald	USA	60	23/07/23	Greensboro, USA
W 65	52.41		Jane Horder	GBR	66	22/09/23	Pescara, ITA

## 200m Hurdles

W 70	36.71	0.7	Marge Alison	AUS	70	11/08/15	Lyon, FRA
W 75	39.89	+0.0	Christa Bortignon	CAN	76	18/05/13	Kamloops, CAN
W 80	42.24	1.2	Irene Obera	USA	80	20/07/14	Winston-Salem, USA
W 85	1:42.04	0.4	Tami Graf	USA	85	25/07/21	Ames, USA

## 3000m Race Walk

W 35	12:02.39	Kerry Junna-Saxby	AUS	35	28/02/97	Melbourne, AUS
W 40	13:19.7h	Suzanne Griesbach	FRA	41	22/02/87	Lievin, FRA
W 45	13:19.48	Kelly Ruddick	AUS	45	23/03/19	Melbourne, AUS
W 50	13:54.3h	Lynette Ventris	AUS	50	24/03/07	Perth, AUS
W 55	14:16.41	Lynette Ventris	AUS	55	24/03/12	Perth, AUS
W 60	15:21.94	Heather Carr	AUS	61	22/01/11	Ballarat, AUS
W 65	16:22.1h	Brenda Riley	AUS	66	01/04/06	Melbourne, AUS
W 70	17:50.6h	Heather Carr	AUS	70	11/01/20	Frankston, AUS
W 75	19:18.90	Jacqueline Wilson	NZL	75	26/02/21	Inglewood, NZL
W 80	21:08.2h	Aina Engberg	SWE	80	30/05/03	Västerås, SWE
W 85	23:24.89	Heather Lee	AUS	85	05/11/12	Southport, AUS
W 90	24:52.25	Heather Lee	AUS	92	06/10/19	Mile End, AUS

## 5000m Race Walk

W 35	20:12.41	Elisabetta Perronne	ITA	35	02/08/03	Rieti, ITA
W 40	21:57.40	Kelly Ruddick	AUS	40	07/10/13	Geelong, AUS
W 45	22:47.17	Kelly Ruddick	AUS	48	26/02/22	Melbourne, AUS
W 50	23:37.78	Lynette Ventris	AUS	50	07/04/07	Hobart, AUS
W 55	23:57.58	Siw Karlström	SWE	55	01/09/12	Göteborg, SWE
W 60	25:41.58	Lynette Ventris	AUS	61	27/04/18	Perth, AUS
W 65	27:19.1h	Brenda Riley	AUS	66	12/02/06	Coburg, AUS
W 70	29:16.0h	Britta Tibbling	SWE	71	21/07/89	San Diego, USA
W 75	31:58.65	Jacqueline Wilson	NZL	75	28/02/21	Inglewood, NZL
W 80	34:48.49	Britta Tibbling	SWE	81	06/08/99	Gateshead, GBR
W 85	40:06.96	Heather Lee	AUS	85	03/11/12	Southport, AUS
W 90	41:04.87	Heather Lee	AUS	91	27/04/18	Perth, AUS

## High Jump

W 35	2.01	Inga Babakova	UKR	35	03/06/03	Oslo, NOR
	2.01	Ruth Beitia Vila	ESP	35	17/08/14	Zürich, SUI
W 40	1.87	Iryná Mykhalchenko	UKR	40	13/06/12	Yalta, UKR
W 45	1.76	Debbie Brill	CAN	46	06/08/99	Gateshead, GBR
W 50	1.68	Julia Machin	GBR	51	31/05/21	Bedford, GBR
W 55	1.55	Florence Picaut	FRA	55	18/05/08	Versailles, FRA
W 60	1.48	Frauke Viebahn	GER	62	28/05/22	Stendal, GER
W 65	1.42	Weia Reinboud	NED	65	21/06/15	Den Helder, NED
W 70	1.34	Weia Reinboud	NED	71	18/09/21	Hengelo, NED
W 75	1.24	Carol LaFayette-Boyd	CAN	76	10/09/18	Málaga, ESP
W 80	1.18	Rietje Dijkman	NED	82	31/10/21	Hilversum, NED
W 85	.95	Rosa Pedersen	DEN	85	07/08/15	Lyon, FRA
	.95	Christa Bortignon	CAN	85	27/08/22	Surrey, CAN
W 90	.88	Rosa Pedersen	DEN	92	07/06/22	Odense, DEN
W 95	.75	Olga Kotelko	CAN	95	18/05/14	Kamloops, CAN

## Pole Vault

W 35	4.91		Jennifer Suhr	USA	37	30/03/19	Austin, USA
W 40	4.15		Carolin Hingst	GER	42	21/05/23	Dillingen-Diefflen, GER
W 45	3.76		Irie Hill	GBR	46	03/07/15	Regensburg, GER
W 50	3.46		Irie Hill	GBR	50	29/09/19	Holzgerlingen, GER
W 55	3.26		Dawn Hartigan	AUS	56	23/03/13	Melbourne, AUS
W 60	3.12		Nadine O'Connor	USA	64	22/07/06	Long Beach, USA
W 65	3.19		Nadine O'Connor	USA	67	17/07/09	San Diego, USA
W 70	2.95		Nadine O'Connor	USA	70	13/07/12	San Diego, USA
W 75	2.03		Florence Meiler	USA	76	04/07/10	Valatie, USA
W 80	1.83		Florence Meiler	USA	80	21/06/14	Albany, USA
W 85	1.55		Florence Meiler	USA	85	20/06/19	Albuquerque, USA

## Long Jump

W 35	6.99	1.9	Heike Drechsler	GER	35	29/09/00	Sydney, AUS
W 40	6.55	1.2	Tatyana Ter-Mesrobian	RUS	40	18/07/08	Kazan, RUS
W 45	5.70	-0.2	Magdalena Hristova	BUL	45	24/09/22	Thessaloniki, GRE
W 50	5.48	0.5	Maria Costanza Moroni	ITA	52	04/09/21	Mondovi, ITA
W 55	5.46	-1.5	Renata Novosel	CRO	55	08/07/23	Varaždin, CRO
W 60	4.75	+0.0	Christiane Schmalbruch	GER	60	19/07/97	Durban, RSA
W 65	4.64	0.8	Christiane Schmalbruch	GER	65	16/08/02	Athens, GRE
W 70	4.26	1.9	Carol Lafayette-Boyd	CAN	70	10/08/12	Saint John, CAN
W 75	4.09	0.1	Carol Lafayette-Boyd	CAN	75	12/08/17	Toronto, CAN
W 80	3.69	0.9	Carol Lafayette-Boyd	CAN	80	30/07/22	Regina, CAN
W 85	3.11	-0.7	Christa Bortignon	CAN	86	24/08/23	Abbotsford, CAN
W 90	2.54	1.7	Rosa Pedersen	DEN	91	08/06/21	Odense, DEN
W 95	1.28	1.5	Olga Kotelko	CAN	95	17/05/14	Kamloops, CAN

## Triple Jump

W 35	14.73	0.5	Caterine Ibargüen	COL	35	05/10/19	Doha, QAT
W 40	14.06	1.5	Yamilé Aldama	GBR	40	01/06/13	Eugene, USA
W 45	12.30	0.1	Barbara Lah	ITA	47	11/05/19	San Biagio di Callalta, ITA
W 50	11.66		Akiko Ohinata	JPN	54	08/08/04	Skikishima, JPN
W 55	10.97		Akiko Ohinata	JPN	56	25/06/06	Kofu, JPN
W 60	11.04	1.0	Akiko Ohinata	JPN	60	06/06/10	Tajimi City, JPN
W 65	9.81	1.2	Akiko Ohinata	JPN	65	14/06/15	Nagano-shi, JPN
W 70	8.98	-0.03	Akiko Ohinata	JPN	71	01/05/21	Tajimi City, JPN
W 75	8.19	0.4	Carol LaFayette-Boyd	CAN	75	10/06/17	Regina, CAN
W 80	7.45	-3.0	Carol LaFayette-Boyd	CAN	80	17/07/22	Saskatoon, CAN
W 85	6.62	+0.0	Christa Bortignon	CAN	86	25/08/23	Abbotsford, CAN
W 90	4.25	0.2	Olga Kotelko	CAN	90	18/09/09	Richmond, CAN
W 95	3.37	0.4	Olga Kotelko	CAN	95	18/05/14	Kamloops, CAN

## Shot Put

W 35	21.46	4kg	Larisa Peleshenko	RUS	36	26/08/00	Moskva, RUS
W 40	19.05	4kg	Antonina Ivanova	URS	40	28/08/73	Orel, RUS
W 45	16.95	4kg	Zdenka Silhava	CZE	45	26/06/99	Ostrava, CZE
W 50	15.15	3kg	Alexandra Marghieva	MOL	50	04/08/09	Lahti, FIN
W 55	14.47	3gk	Sigrin Kofink	GER	56	21/07/91	Turku, FIN
W 60	13.68	3kg	Mihaela Loghin	ROU	60	09/06/12	Bucharest, ROU
W 65	13.36	3gk	Mihaela Loghin	ROU	65	01/07/17	Bucharest, ROU
W 70	11.02	3kg	Rosemary Chrimes	GBR	70	07/06/03	Derby, GBR
W 75	12.12	2kg	Marianne Maier	AUT	75	04/09/18	Málaga, ESP
W 80	10.10	2kg	Marianne Maier	AUT	81	22/09/23	Pescara, ITA
W 85	8.93	2kg	Evaun Williams	GBR	85	22/09/23	Pescara, ITA
W 90	6.58	2kg	Myrtle Acton	CAN	90	11/08/23	Langley, CAN
W 95	5.32	2kg	Gabre Gabric	ITA	95	23/07/10	Nyíregyháza, HUN
W100	4.10	2kg	Ruth Frith	AUS	100	22/08/10	Southport, AUS

## Discus

W 35	69.60	1kg	Faina Melnik Veleva	URS	35	09/09/80	Donetsk, UKR
W 40	67.89	1kg	Iryná Yatchenko	BLR	42	29/06/08	Staiki, BLR
W 45	64.09	1kg	Zdenka Silhava	CZE	45	11/08/99	Pardubice, CZE
W 50	46.11	1kg	Olga Cherniavskaia	RUS	51	11/08/15	Lyon, FRA
W 55	43.36	1kg	Tamara Danilova	RUS	57	10/08/96	Prien, GER
W 60	40.76	1kg	Carol Finsrud	USA	60	14/10/17	San Marcos, USA
W 65	37.62	1kg	Tamara Danilova	RUS	66	28/08/05	San Sebastian, ESP
W 70	33.55	1kg	Tamara Danilova	RUS	70	23/07/10	Nyíregyháza, HUN
W 75	31.56	.75kg	Tamara Danilova	RUS	76	16/10/15	Nice, FRA
W 80	26.53	.75kg	Anne-Chatrine Rühlow	GER	80	25/05/17	Padeborn, GER
W 85	21.39	.75kg	Sumiko Yamakawa	BRA	85	21/11/23	Lima, PER
W 90	15.28	.75kg	Myrtle Acton	CAN	90	12/08/23	Langley, CAN
W 95	12.86	.75kg	Gabre Gabric	ITA	95	21/07/10	Nyíregyháza, HUN
W100	9.30	.75kg	Ruth Frith	AUS	101	02/04/11	Brisbane, AUS

## Hammer

W 35	78.48	4kg	Anita Włodarczyk	POL	35	08/03/21	Tokyo, JPN
W 40	67.57	4kg	Iryna Sekachova	UKR	40	14/06/17	Kyiv, UKR
W 45	56.21	4kg	Oneithea Lewis	USA	45	16/07/05	Denver, USA
W 50	55.46	3gk	Oneithea Lewis	USA	50	22/07/10	Sacramento, USA
W 55	51.30	3kg	Marja-Leena Parviainen	AUS	58	10/10/02	Melbourne, AUS
W 60	47.17	3gk	Mirja Kokko	FIN	60	29/05/22	Kouvola, FIN
W 65	44.38	3gk	Jutta Schäfer	GER	65	17/08/97	Schweinfurt, GER
W 70	39.24	3kg	Eva Nohl	GER	70	03/10/19	Effeltrich, GER
W 75	39.64	2kg	Evaun Williams	GBR	75	19/10/13	Porto Alegre, BRA
W 80	37.85	2kg	Evaun Williams	GBR	80	12/09/18	Málaga, ESP
W 85	31.11	2kg	Evaun Williams	GBR	85	26/09/23	Pescara, ITA
W 90	20.47	2kg	Myrtle Acton	CAN	90	11/08/23	Langley, CAN
W 95	14.92	2kg	Olga Kotelko	CAN	95	16/05/14	Kamloops, CAN
W100	11.30	2kg	Ruth Frith	AUS	101	10/10/10	Turner, AUS



## Javelin

W 35	68.92	600g	Kathryn Mitchell	AUS	35	11/04/18	Gold Coast, AUS
W 40	63.08	600g	Barbora Špotáková	CZE	40	09/07/21	Monaco, MON
W 45	50.47	600g	Elisabeth Wallander	SWE	45	21/08/05	Helsingborg, SWE
W 50	47.53	500g	Felicea Tilea Ureche	ESP	50	24/03/18	Madrid, ESP
W 55	44.44	500g	Nataša Bezjak Urbančič	SLO	56	21/08/02	Potsdam, GER
W 60	41.14	500g	Genowefa Patla	POL	60	29/03/23	Toruń, POL
W 65	37.32	500g	Linda Cohn	USA	65	13/04/18	Cerritos, USA
W 70	31.88	500g	Linda Cohn	USA	70	03/03/23	Long Beach, USA
W 75	29.92	400g	Evaun Williams	GBR	75	22/10/13	Porto Alegre, BRA
W 80	27.51	400g	Evaun Williams	GBR	81	27/03/19	Toruń, POL
W 85	24.24	400g	Evaun Williams	GBR	85	22/09/23	Pescara, ITA
W 90	16.97	400g	Harriet Bloemker	USA	90	16/07/22	Lincoln, USA
W 95	11.24	400g	Olga Kotelko	CAN	95	29/03/14	Budapest, HUN
W100	6.43	400g	Ruth Frith	AUS	100	23/08/09	Southport, AUS

## Weight Throw

W 35	19.27	9.08k	Vânia Sofia de Sousa Silva	POR	38	14/07/18	Leirra, POR
W 40	19.09	9.08k	Oneithea Lewis	USA	42	28/09/02	Newark, USA
W 45	17.88	9.08k	Oneithea Lewis	USA	45	13/08/05	Arlington, USA
W 50	18.76	7.26k	Oneithea Lewis	USA	51	11/07/11	Sacramento, USA
W 55	17.50	7.26k	Gonny Mik	NED	55	29/07/20	Dissen, GER
W 60	18.90	5.45k	Mirja Kokko	FIN	60	29/05/22	Kouvola, FIN
W 65	17.34	5.45k	Annie van Anholt	NED	67	22/03/14	Roermond, NED
W 70	15.09	5.45k	Myrle Mensey	USA	70	29/06/19	Troy, USA
W 75	14.74	4.00k	Evaun Williams	GBR	75	24/10/13	Porto Alegre, BRA
W 80	13.25	4.00k	Kirsti Viitanen	FIN	80	27/08/22	Lahti, FIN
W 85	11.59	4.00k	Evaun Williams	GBR	85	26/09/23	Pescara, ITA
W 90	8.57	4.00k	Rosa Pedersen	DEN	92	27/08/22	Ballerup, DEN
W 95	6.72	4.00k	Olga Kotelko	CAN	95	15/06/14	Langley, CAN
W100	4.68	4.00k	Ruth Frith	AUS	101	02/04/11	Brisbane, AUS

## Throws Pentathlon

W 35	3589	Rachel Andres	CAN	36	23/09/23	Calgary, CAN
W 40	4260	Oneithea Lewis	USA	43	23/08/03	Fort Collins, USA
W 45	4206	Oneithea Lewis	USA	45	13/08/05	Arlington, USA
W 50	4074	Oneithea Lewis	USA	50	07/08/10	Lisle, USA
W 55	3639	Margarethe Tomanek	BEL	56	08/10/05	Bogen, GER
W 60	4167	Carol Finsrud	USA	60	15/10/17	San Marcos, USA
W 65	4780	Anne Kirstine Jensen	DEN	65	07/07/19	Silkeborg, DEN
W 70	4163	Myrle Mensey	USA	70	03/08/19	Lisle, USA
W 75	4465	Evaun Williams	GBR	75	25/10/13	Porto Alegre, BRA
W 80	4932	Evaun Williams	GBR	80	12/09/18	Málaga, ESP
W 85	5150	Evaun Williams	GBR	86	26/09/23	Pescara, ITA
W 90	3975	Myrtle Acton	CAN	90	11/08/23	Langley, CAN
W 95	3967	Olga Kotelko	CAN	95	16/05/14	Kamloops, CAN
W100	3832	Ruth Frith	AUS	101	02/04/11	Brisbane, AUS

## Pentathlon

W 35	4073	Christel Voss	GER	36	31/07/79	Hannover, GER
W 40	4235	Diana Norman	GBR	41	13/09/15	Sutton Surrey, GBR
W 45	4285	Diana Norman	GBR	47	12/09/21	Sutton Surrey, GBR
W 50	4225	Anna Wlodarczyk	POL	51	08/08/02	Orono, USA
W 55	4414	Neringa Jakstiene	USA	55	18/07/19	Toronto, CAN
W 60	4391	Maria Rosa Escribano Checa	ESP	60	21/09/19	Tarragona, ESP
W 65	4358	Marianne Maier	AUT	65	01/08/08	Ljubljana, SLO
W 70	3923	Riet Jonkers-Slegers	NED	70	16/06/14	Tilburg, NED
W 75	3843	Riet Jonkers-Slegers	NED	75	18/08/19	Brugge, BEL
W 80	3277	Christa Bortignon	CAN	81	03/08/18	Surrey, CAN
W85	2202	Florence Meiler	USA	87	22/07/21	Ames, USA

## Heptathlon

W 35	6622	Sabine Braun	GER	37	10/08/02	München, GER
W 40	5706	Sonia Del Prete	FRA	40	05/06/10	Tours, FRA
W 45	5856	Tatjana Schilling	GER	48	08/09/19	Venice, ITA
W 50	6165	Tatjana Schilling	GER	53	29/09/23	Pescara, ITA
W 55	6282	Barbara Gähling	GER	57	02/07/22	Tampere, FIN
W 60	6269	Sue McDonald	USA	60	13/08/23	Walnut, USA
W 65	5603	Weia Reinboud	NED	65	31/05/15	Stendal, GER
W 70	5444	Carol Davis	AUS	70	07/02/21	Brisbane, AUS
W 75	5436	Riet Jonkers-Slegers	NED	75	02/06/19	Stendal, GER
W 80	4142	Irene Obera	USA	82	29/10/16	Perth, AUS
W 85	3631	Christa Bortignon	CAN	85	28/08/22	Surrey, CAN