

WMA INDOOR RECORDS - WOMEN



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 Barilly Alexis	FRA	55	25/03/15	Toruń, POL
W 60	8.33	Nicole Barilly Alexis	FRA	63	29/03/23	Toruń, POL
W 65	8.80	Ingrid Meier	GER	65	04/04/12	Jyväskylä, FIN
W 70	9.17	Karla Del Grande	CAN	71	02/02/25	Toronto, CAN
W 75	9.40	Carol LaFayette-Boyd	CAN	75	10/02/18	Regina, CAN
W 80	9.89	Carol LaFayette-Boyd	CAN	80	04/02/23	Regina, CAN
W 85	10.98	Kathy Bergen	USA	85	21/02/25	Gainesville, USA
W 90	13.91	Emma Mazzenga	ITA	90	20/03/24	Toruń, POL
W 95	16.53	Olga Kotelko	CAN	95	26/03/14	Budapest, HUN
W100	24.79	Julia Hawkins	USA	102	17/03/18	Landover, USA

200m

W 35	22.59	Allyson Felix	USA	35	21/02/21	Fayetteville, USA
W 40	23.93	Merlene Ottey	SLO	42	28/01/03	Wien, AUT
W 45	25.35	Angela Henry	USA	48	17/02/24	Albuquerque, USA
W 50	25.94	Maryvonne Icarre	FRA	50	01/04/16	Ancona, ITA
W 55	26.13	Nicole Barilly Alexis	FRA	55	27/03/15	Toruń, POL
W 60	27.34	Nicole Barilly Alexis	FRA	63	31/03/23	Toruń, POL
W 65	29.40	Marie-Lande Mathieu	PUR	68	27/03/25	Gainesville, USA
W 70	30.33	Wendy Alexis	CAN	70	28/03/25	Gainesville, USA
W 75	32.26	Carol LaFayette-Boyd	CAN	76	10/03/19	Edmonton, CAN
W 80	35.51	Carol LaFayette-Boyd	CAN	80	28/03/25	Gainesville, USA
W 85	41.16	Kathleen Stewart	GBR	85	22/02/25	London, GBR
W 90	51.08	Emma Mazzenga	ITA	90	10/03/24	Padova, ITA
W 95	1:14.14	Olga Kotelko	CAN	95	28/03/14	Budapest, HUN

400m

W 35	51.87	Marika Popowicz-Drapala	POL	35	18/02/24	Toruń, POL
W 40	54.63	Aneta Lemiesz	POL	41	05/02/22	Spala, POL
W 45	56.99	Marie Kay	AUS	48	22/03/08	Clermont-Ferrand, FRA
W 50	58.64	Helen Hermundstad	SWE	51	30/03/25	Gainesville, USA
W 55	59.66	Janelle Delaney	AUS	55	30/03/25	Gainesville, USA
W 60	1:02.94	Sue McDonald	USA	60	01/02/24	New York, USA
W 65	1:06.94	Edel Maguire	IRL	65	30/03/25	Gainesville, USA
W 70	1:11.34	Karla Del Grande	CAN	70	27/03/23	Toruń, POL
W 75	1:21.28	Jeanne Daprano	USA	75	16/03/12	Bloomington, USA
W 80	1:30.37	Kathleen Stewart	GBR	80	07/03/20	London, GBR
W 85	1:40.00	Kathleen Stewart	GBR	85	02/02/25	Glasgow, GBR
W 90	2:06.34	Emma Mazzenga	ITA	90	19/03/24	Toruń, POL

WMA INDOOR RECORDS - WOMEN



800m

W 35	1:58.37	Helena Fuchsova	CZE	35	25/02/01	Lievin, FRA
W 40	2:01.59	Yekaterina Podkopayeva	RUS	41	06/02/94	Grenoble, FRA
W 45	2:12.24	Alejandra Galvez Miras	ESP	45	11/02/23	Ourense, ESP
W 50	2:16.73	Eva Trost	GER	50	10/02/18	Müchen, GER
W 55	2:20.10	Anne Gilshinan	IRL	55	08/03/20	Athlone, IRL
W 60	2:23.68	Sue McDonald	USA	60	27/01/24	Boston, USA
W 65	2:42.61	Karen Brooks	GBR	65	26/01/25	Sheffield, GBR
W 70	2:50.57	Sabra Harvey	USA	70	28/03/19	Toruń, POL
W 75	2:57.32	Sarah Roberts	GBR	75	22/02/25	London, GBR
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	5:27.80	Melitta Czerwenka-Nagel	GER	91	23/02/22	Braga, POR

1500m

W 35	4:01.67	Regina Jacobs	USA	39	16/03/03	Birmingham, GBR
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	4:43.59	Anne Gilshinan	IRL	57	19/01/22	Abbotstown, IRL
W 60	5:03.1h	Clare Elms	GBR	61	16/02/25	London, GBR
W 65	5:25.29	Kathryn Martin	USA	65	25/03/17	Daegu, KOR
W 70	5:49.12	Angela Copson	GBR	70	10/03/18	London, GBR
W 75	5:58.15	Sarah Roberts	GBR	75	23/02/25	London, GBR
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	Ludwigshafen, GER
W 90	11:38.34	Melitta Czerwenka-Nagel	GER	91	26/02/22	Braga, POR

1 mile

W 35	4:29.46	Helen Clitheroe	GBR	36	20/02/10	Birmingham, GBR
W 40	4:38.73	Sasha Gollish	CAN	40	27/02/22	Toronto, CAN
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	5:07.01	Anne Gilshinan	IRL	56	08/12/21	Abbotstown, IRL
W 60	5:27.66	Anne Gilshinan	IRL	60	27/11/24	Abbotstown, IRL
W 65	5:51.74	Kathryn Martin	USA	65	02/03/17	New York, USA
W 70	6:18.45	Kathryn Martin	USA	71	02/03/23	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	9:45.24	Sandra Folzer	USA	85	18/01/25	Ithaca, USA
W 90	15:10.31	Edna Hyer	USA	90	18/01/25	Ithaca, USA

WMA INDOOR RECORDS - WOMEN



3000m

W 35	8:39.14	Regina Jacobs	USA	35	05/03/99	Maebashi, JPN
W 40	8:58.20	Nuria Fernández Dominguez	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	10:13.40	Clare Elms	GBR	55	10/03/19	London, GBR
W 60	10:43.34	Clare Elms	GBR	61	08/03/25	Altone, IRL
W 65	11:35.98	Kathryn Martin	USA	65	22/03/17	Daegu, KOR
W 70	12:24.36	Nora Cary	USA	71	26/03/25	Gainesville, USA
W 75	12:28.82	Sarah Roberts	GBR	75	26/03/25	Gainesville, USA
W 80	15:57.73	Helly Visser	CAN	80	08/02/14	Edmonton, CAN
W 85	18:38.76	Melitta Czerwenka-Nagel	GER	85	13/02/16	Erfurt, GER

60m Hurdles

W 35	7.74	Gail Devers	USA	36	03/01/03	Boston, USA
W 40	8.68	Avril Dillon	IRL	44	11/03/23	Dublin, IRL
	8.68	Olutoyin Augustus	NGR	44	22/03/24	Chicago, USA
W 45	8.50	Olutoyin Augustus	NGR	45	02/02/25	Houston, USA
W 50	9.26	Christine Müller	SUI	50	28/03/09	Ancona, ITA
W 55	9.48	Neringa Jakstiene	USA	55	29/03/19	Toruń, POL
W 60	9.66	Neringa Jakstiene	USA	60	21/03/24	Chicago, USA
W 65	9.98	Jane Horder	GBR	66	04/02/23	Loughborough, GBR
W 70	11.37	Asta Larsson	SWE	70	02/02/02	Lund, SWE
W 75	13.03	Sally Hine	GBR	75	26/01/25	Sheffield, GBR
W 80	13.76	Irene Obera	USA	81	21/03/15	Winston-Salem, USA
W 85	18.73	Florence Meiler	USA	87	18/03/22	New York, USA
W 90	23.62	Florence Meiler	USA	90	24/03/25	Gainesville, USA

High Jump

W 35	1.98	Ruth Beitia Vila	ESP	36	06/03/16	Madrid, ESP
W 40	1.94	Venelina Veneva-Mateeva	BUL	40	15/02/15	Bobrich, BUL
W 45	1.67	Alison Wood	USA	45	25/03/19	Toruń, POL
W 50	1.61	Alison Wood	USA	50	21/01/24	Colorado Springs, USA
W 55	1.55	Wendy Laing	GBR	55	21/03/18	Madrid, ESP
W 60	1.50	Frauke Viebahn	GER	60	09/02/20	Düsseldorf, GER
W 65	1.43	Frauke Viebahn	GER	65	02/03/25	Frankfurt, GER
W 70	1.32	Weia Reinboud	NED	71	12/02/22	Apeldoorn, NED
W 75	1.25	Kathy Bergen	USA	76	05/03/16	Albuquerque, USA
W 80	1.20	Kathy Bergen	USA	80	16/02/20	Houston, USA
W 85	1.01	Kathy Bergen	USA	85	23/02/25	Gainesville, USA
W 90	.90	Florence Meiler	USA	90	24/03/25	Gainesville, USA
W 95	.78	Olga Kotelko	CAN	95	26/03/14	Budapest, HUN

Pole Vault

W 35	4.85	Jennifer Suhr	USA	38	15/02/20	Albuquerque, USA
W 40	4.05	Doris Auer	AUT	40	21/01/12	Wien, AUT
W 45	3.56	Malin Forséll	SWE	45	08/02/25	Stockholm, SWE
W 50	3.51	Irie Hill	GBR	50	30/03/19	Toruń, POL
W 55	3.30	Irie Hill	GBR	55	20/03/24	Toruń, POL
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	2.90	Kay Glynn	USA	70	19/02/23	Colorado Springs, USA
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
W 85	1.65	Florence Meiler	USA	85	26/01/20	Providence, USA
W 90	1.37	Florence Meiler	USA	90	29/03/25	Gainesville, 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	5.64	Sandrine Hennart	BEL	51	17/12/23	Obourg, BEL
W 55	5.29	Renata Novosel	CRO	55	04/03/23	Zagreb, CRO
W 60	4.77	Neringa Jakstiene	USA	61	27/03/25	Gainesville, USA
W 65	4.36	Ingrid Meier	GER	65	12/04/12	Jyväskylä, FIN
W 70	4.18	Kay Glynn	USA	70	05/02/23	Dubuque, USA
W 75	3.97	Carol LaFayette-Boyd	CAN	75	20/01/18	Edmonton, CAN
W 80	3.54	Carol LaFayette-Boyd	CAN	80	10/12/22	Regina, CAN
W 85	2.70	Christa Bortignon	CAN	85	27/02/22	Kamloops, CAN
W 90	2.23	Rosa Pedersen	DEN	91	05/02/22	Randers, DEN
W 95	1.57	Olga Kotelko	CAN	95	27/03/14	Budapest, HUN

Triple Jump

W 35	14.82	Yamilé Aldama	GBR	39	10/03/12	Istanbul, TUR
W 40	13.95	Yamilé Aldama	GBR	40	13/03/13	Göteborg, SWE
W 45	12.41	Murielle Glovil	FRA	45	16/03/14	Nantes, FRA
W 50	11.69	Andrea Szirbucz	HUN	50	30/03/23	Toruń, POL
W 55	11.09	Neringa Jakstiene	USA	55	28/03/19	Toruń, POL
W 60	10.35	Neringa Jakstiene	USA	61	22/02/25	Gainesville, USA
W 65	9.86	Akiko Ohinata	JPN	67	23/03/17	Daegu, KOR
W 70	8.35	Kay Glynn	USA	70	05/02/23	Dubuque, USA
W 75	8.46	Carol LaFayette-Boyd	CAN	75	21/01/18	Edmonton, CAN
W 80	7.66	Carol LaFayette-Boyd	CAN	80	03/02/23	Regina, CAN
W 85	6.35	Christa Bortignon	CAN	85	26/02/22	Kamloops, CAN
W 90	4.50	Florence Meiler	USA	90	30/03/25	Gainesville, USA
W 95	3.68	Olga Kotelko	CAN	95	29/03/14	Budapest, HUN

Shot Put

W 35	21.47	4k Helena Fibingerova	CZE	35	09/02/85	Jablonec, CZE
W 40	19.16	4k Antonina Ivanova	URS	41	24/02/74	Moskva, RUS
W 45	16.49	4k Zdenka Silhava	CZE	45	13/02/00	Praha, CZE
W 50	15.17	3k Alexandra Marghieva	MDA	51	19/03/11	Gent, BEL
W 55	14.53	3k Mihaela Loghin	ROU	58	18/03/11	Gent, BEL
W 60	13.70	3k Mihaela Loghin	ROU	62	23/03/15	Toruń, POL
W 65	12.18	3k Mihaela Loghin	ROU	66	25/03/19	Toruń, POL
W 70	10.82	3k Evaun Williams	GBR	70	18/03/08	Clermont-Ferrand, FRA
W 75	11.39	2k Anne-Chatrine Rühlow	GER	75	03/03/12	Erfurt, GER
W 80	10.84	2k Marianne Maier	AUT	82	22/02/25	Dornbim, AUT
W 85	8.27	2k Sumiko Yamakawa	BRA	85	27/03/23	Toruń, POL
W 90	5.87	2k Rosa Pedersen	DEN	91	05/02/22	Randers, DEN
W 95	4.73	2k Olga Kotelko	CAN	95	27/03/14	Budapest, HUN
W100	2.77	2k Julia Hawkins	USA	102	17/03/18	Landover, USA

Weight Throw

W 35	17.96	9.08k Emily Adams	USA	39	21/02/25	Gainesville, USA
W 40	17.12	9.08k Oneithea Lewis	USA	42	28/03/03	Boston, USA
W 45	16.28	9.08k Oneithea Lewis	USA	47	28/03/08	Boston, USA
W 50	17.19	7.26k Gonny Mik	NED	50	20/02/16	Sittard, NED
W 55	16.36	7.26k Mireille Kosmala	LUX	55	28/01/24	Sittard, NED
W 60	16.90	5.45k Oneithea Lewis	USA	62	11/03/23	Louisville, USA
W 65	16.91	5.45k Myrle Mensey	USA	65	29/03/14	Budapest, HUN
W 70	15.47	5.45k Myrle Mensey	USA	70	13/02/19	Grinnell, USA
W 75	16.82	4.00k Myrle Mensey	USA	76	27/03/25	Gainesville, USA
W 80	12.75	4.00k Evaun Williams	GBR	81	26/03/19	Toruń, POL
W 85	8.72	4.00k Hilja Bakhoff	EST	85	05/04/12	Jyväskylä, FIN
W 90	7.51	4.00k Olga Kotelko	CAN	92	02/03/11	Kamloops, CAN
W 95	6.97	4.00k Olga Kotelko	CAN	95	30/03/14	Budapest, HUN

3000m Race Walk

W 35	12:23.46	María José Poves Novella	ESP	35	09/03/14	Zaragoza, ESP
W 40	12:33.1h	Olena Veremiychuk	UKR	40	26/02/00	Kyiv, UKR
W 45	13:08.40	Teresa Vaill	USA	45	24/02/08	Boston, USA
W 50	14:18.0h	Siw Karlström	SWE	54	10/03/12	Uddervalla, SWE
W 55	14:19.74	Michelle Rohl	USA	58	22/03/24	Chicago, USA
W 60	15:39.97	Marie-Astrid Monmessin	FRA	60	19/02/16	Nogent-Sur-Oise, FRA
W 65	16:52.97	Marie-Astrid Monmessin	FRA	68	01/03/24	Lyon, FRA
W 70	17:39.27	Maria Orlete Mendes	POR	71	28/03/23	Toruń, POL
W 75	20:02.27	Antonina Tyshko	UKR	75	28/03/23	Toruń, POL
W 80	21:34.4h	Aina Engberg	SWE	81	21/02/04	Västerås, SWE
W 85	23:30.8h	Aina Engberg	SWE	85	16/03/08	Huddinge, SWE
W 90	27:25.90	Elena Pagu	ROU	92	26/03/19	Toruń, POL

Pentathlon

W 35	4796	Sabine Braun	GER	35	09/03/01	Lisboa, POR
W 40	4295	Sonia Del Prete	FRA	41	17/03/11	Gent, BEL
W 45	4480	Barbara Gähling	GER	46	17/03/11	Gent, BEL
W 50	4590	Petra Bajeat	FRA	53	29/03/19	Toruń, POL
W 55	4532	Neringa Jakstiene	USA	55	03/01/19	Winston-Salem, USA
W 60	4787	Neringa Jakstiene	USA	60	21/03/24	Chicago, USA
W 65	4262	Maria Rosa Escribano Checa	ESP	65	04/02/24	Sabadell, ESP
W 70	4047	Riet Jonkers-Slegers	NED	70	25/03/14	Budapest, HUN
W 75	4084	Riet Jonkers-Slegers	NED	75	29/03/19	Toruń, POL
W 80	2725	Irene Obera	USA	81	20/03/15	Winston-Salem, USA
W 85	2388	Florence Meiler	USA	87	18/03/22	New York, USA
W 90	2531	Florence Meiler	USA	90	24/03/25	Gainesville, USA

4x200m

W 35	1:41.48	Trucks,Giscombe,O'Connor,Grant	USA	25/03/24	Chicago, USA
W 40	1:44.34	Moritz,Heidrich,Grissmer,Görling	GER	14/03/04	Sindelfingen, GER
W 45	1:46.38	Berend,Kauerhof,Grissmer,Schultz	GER	22/03/08	Clermont-Ferrand, FRA
W 50	1:50.40	Berend,Joerg,Koegst,Burzlauff	GER	03/04/16	Ancona, ITA
W 55	1:52.64	Ingram,Brims,Lambert,Delaney	AUS	30/03/25	Gainesville, USA
W 60	1:56.99	Upshaw,Deak,McDonald,Bridgette	USA	23/03/24	Chicago, USA
W 65	2:07.42	LaFayette-Boyd,Macherzynska,Del Grande,Alexis	CAN	30/03/25	Gainesville, USA
W 70	2:15.34	Godsell,Nelson,Saunder,Powell	GBR	21/03/24	Toruń, POL
W 75	2:50.72	Ritter,Eriksen,Glatzki,Venn	GER	30/03/19	Toruń, POL
W 80	3:18.43	Obera,Langewalter,Meiler,Green	USA	30/03/19	Toruń, POL

4x200m Mixed

35	1:36.71	Butler,Orchard,Ndecky,Mignard	USA	30/03/25	Gainesville, USA
40	1:35.25	Grant,O'Connor,Major,Echols	USA	30/03/25	Gainesville, USA
45	1:38.58	Halvatzis,Roberts,Blunt,Torres	USA	30/03/25	Gainesville, USA
50	1:44.64	Yarmul,Murphy,DeLisle,Haack	USA	30/03/25	Gainesville, USA
55	1:48.14	McGowan,Collier,Cook,Bridges	USA	30/03/25	Gainesville, USA
60	1:52.82	McDonald,Williams,Boda,Campbell	USA	30/03/25	Gainesville, USA
65	2:01.53	Maxwell,Deak,Spruill,Cottong	USA	30/03/25	Gainesville, USA
70	2:06.61	Johns-Rees,Simpson,Jones,Stevens	USA	30/03/25	Gainesville, USA
75	2:27.98	McMullan,Hartzler,Parnell,Bryant Jr	USA	30/03/25	Gainesville, USA
80	3:04.07	Robinson,Moolenaar,Keesling,Pierce	USA	30/03/25	Gainesville, USA

WMA INDOOR RECORDS - WOMEN



4x400m

W 35	4:00.11	Trucks,Matthews,Elder,Giscombe	USA	24/03/24	Chicago, USA
W 40	4:03.72	Friend-Uhl,Gentile,Walles,McGower	USA	06/03/16	Albuquerque, USA
W 45	4:22.46	Eronn,Take,Åkervall,Hermundstad	SWE	07/03/20	Sätra, SWE
W 50	4:22.10	McGowan,Harvey J,Rohl,DeOliveira	USA	20/03/22	New York, USA
W 55	4:27.07	Brockner,Harvey A,Collier,McDonald	USA	20/03/22	New York, USA
W 60	4:58.48	Kelley,Rath,Hayden,Jasper	USA	24/03/24	Chicago, USA
W 65	5:15.97	Bellaire,Hayden,Loyd,Deak	USA	23/02/25	Gainesville, USA
W 70	7:21.74	Harada,Szawlowski,Parsi,Hayes	USA	28/03/10	Boston, USA
W 75	8:02.78	Aderhold,McCarter,Allen,Hudnall	USA	23/02/25	Gainesville, USA
W 80	9:26.13	Kightlinger,Hensley,Moolenaar,Robinson	USA	23/02/25	Gainesville, USA

4x800m

W 35	9:05.25	Högberg,Liljegren,Faager,Tilgner	SWE	28/03/20	Örebro, SWE
W 40	9:25.49	Valle,Ballou,Olen,Genet	USA	27/03/10	Boston, USA
W 45	9:34.21	Booth,Shaw,Sturzaker,Doyle	GBR	29/12/23	Sheffield, GBR
W 50	10:09.38	Carabante,Perez,Alvarez,Romero	ESP	03/03/19	Antequera, ESP
W 55	10:37.94	Saint-Louis,Chiti,McDonald,Stobbe	USA	19/03/22	New York, USA
W 60	11:23.32	Hayden,Rath,Jasper,Torneden	USA	22/03/24	Chicago, USA
W 65	14:55.12	Steinbach,DeHaven,Simpson,Bellaire	USA	22/03/24	Chicago, USA
W 70	16:07.70	Ozell,Mullis Dubow,Lucking,Levinson	USA	21/02/25	Gainesville, USA
W 75	20:07.68	McCarter,Hudnall,Allen,McMulan	USA	21/02/25	Gainesville, USA
W 80	25:48.82	Barnett,Staab,Raspberry,Hodges-Hite	USA	21/02/25	Gainesville, USA