

WMA STADIA CHAMPIONSHIP RECORDS - WOMEN



100m	Perf	Name	Country	
W35	11.81	Nicole Berridge	AUS	Daegu, KOR 2026
W40	11.99	Zdenka Musinska	CZE	Durban, RSA 1997
W45	12.22	Renee Henderson	USA	Lahti, FIN 2009
W50	12.39	Julie Brims	AUS	Perth, AUS 2016
W55	12.75	Julie Brims	AUS	Tampere, FIN 2022
W60	13.20	Nicole Alexis	FRA	Tampere, FIN 2022
W65	14.04	Karla Del Grande	CAN	Málaga, ESP 2018
W70	14.70	Karla Del Grande	CAN	Göteborg, SWE 2024
	14.70	Wendy Alexis	CAN	Daegu, KOR 2026
W75	15.41	Carol LaFayette-Boyd	CAN	Málaga, ESP 2018
W80	17.11	Barbro Bobäck	SWE	Göteborg, SWE 2024
W85	19.68	Sumiko Yamakawa Imoto	BRA	Göteborg, SWE 2024
W90	25.05	Olga Kotenko	CAN	Lahti, FIN 2009
W95	61.87	Man Kaur	IND	Sacramento, USA 2011
200m				
W35	24.14	Evelyn Ashford	USA	Miyazaki, JPN 1993
W40	24.65	Easter Grant	USA	Göteborg, SWE 2024
W45	25.05	Maryvonne Icarre	FRA	Sacramento, USA 2011
W50	25.65	Marie Lande Mathieu	PUR	Riccione, ITA 2007
W55	26.48	Julie Brims	AUS	Tampere, FIN 2022
W60	27.44	Joetta Clark Diggs	USA	Daegu, KOR 2026
W65	28.83	Karla Del Grande	CAN	Málaga, ESP 2018
W70	30.22	Sara Montecinos	CHI	Daegu, KOR 2026
W75	31.56	Carol LaFayette-Boyd	CAN	Málaga, ESP 2018
W80	36.86	Barbro Bobäck	SWE	Göteborg, SWE 2024
W85	41.83	Kathleen Stewart	GBR	Göteborg, SWE 2024
W90	52.08	Emma Maria Mazzenga	ITA	Göteborg, SWE 2024
W95	2:29.90	Man Kaur	IND	Sacramento, USA 2011
W100	3:14.65	Man Kaur	IND	Málaga, ESP 2018
400m				
W35	54.69	Maria Magnolia Figueiredo	BRA	Caroline, PUR 2003
W40	55.85	Aneta Lemiesz	POL	Göteborg, SWE 2024
W45	56.15	Marie Lande Mathieu	PUR	Caroline, PUR 2003
W50	57.66	Marie Lande Mathieu	PUR	Riccione, ITA 2007
W55	1:00.07	Esther Colas	ESP	Tampere, FIN 2022
W60	1:03.77	Sue McDonald	USA	Göteborg, SWE 2024
W65	1:07.78	Edel Maguire	IRL	Daegu, KOR 2026
W70	1:09.59	Sara Montecinos	CHI	Daegu, KOR 2026
W75	1:20.97	Christa Bortignon	CAN	Porto Alegre, BRA 2013
W80	1:32.75	Corinne Collins	AUS	Perth, AUS 2016
W85	1:39.24	Kathleen Stewart	GBR	Göteborg, SWE 2024
W90	2:26.00	Lynne Hurrell	USA	Göteborg, SWE 2024

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800m

W35	2:07.91	Yvonne Joyce	GBR	Gateshead, GBR 1999
W40	2:09.51	Denise Toner	IRL	Tampere, FIN 2022
W45	2:15.78	Katja Blunden	FIN	Gothenburg, SWE 2024
W50	2:18.25	Eva Trost	GER	Málaga, ESP 2018
W55	2:21.16	Anne Gilshinan	IRL	Tampere, FIN 2022
W60	2:25.42	Sue McDonald	USA	Gothenburg, SWE 2024
W65	2:39.61	Sabra Harvey	USA	Perth, AUS 2016
W70	2:54.63	Angela Copson	GBR	Málaga, ESP 2018
W75	3:07.19	Angela Copson	GBR	Tampere, FIN 2022
W80	3:30.41	Yoko Nakano	JPN	Málaga, ESP 2018
W85	4:15.99	Melitta Czerwenka-Nagel	GER	Lyon, FRA 2015
W90	5:16.16	Lynne Hurrell	USA	Gothenburg, SWE 2024

1500m

W35	4:24.99	Corinne Debaets	BEL	Brisbane, AUS 2001
W40	4:28.52	Sonja Friend-Uhl	USA	Sacramento, USA 2011
W45	4:32.05	Olga Nelyubova	RUS	Lahti, FIN 2009
W50	4:38.80	Eva Trost	GER	Málaga, ESP 2018
W55	4:44.50	Anne Gilshinan	IRL	Tampere, FIN 2022
W60	4:59.45	Anne Gilshinan	IRL	Gothenburg, SWE 2024
W65	5:32.97	Angela Copson	GBR	Lyon, FRA 2015
W70	5:48.07	Angela Copson	GBR	Málaga, ESP 2018
W75	6:26.74	Angela Copson	GBR	Tampere, FIN 2022
W80	7:32.22	Johanna Luther	GER	Miyazaki, JPN 1993
W85	8:50.42	Melitta Czerwenka-Nagel	GER	Lyon, FRA 2015

5000m

W35	16:25.55	Chantel Dallenbach	FRA	Brisbane, AUS 2001
W40	16:44.28	Gabriele Anderson-Schiess	SUI	Rome, ITA 1985
W45	16:53.00	Corinne De Baets	BEL	Lahti, FIN 2009
W50	17:24.63	Gitte Karlshøj	DEN	Lahti, FIN 2009
W55	17:46.52	Sally Gibbs	NZL	Málaga, ESP 2018
W60	19:28.50	Kristine Clark	USA	Gotenburg, SWE 2024
W65	20:08.17	Kathryn Martin	USA	Perth, AUS 2016
W70	20:58.33	Sarah Roberts	GBR	Gotenburg, SWE 2024
W75	22:46.86	Jeannie Rice	USA	Gotenburg, SWE 2024
W80	25:40.14	Yoko Nakano	JPN	Málaga, ESP 2018
W85	33:35.62	Melitta Czerwenka-Nagel	GER	Lyon, FRA 2015

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Short Hurdles

W35	13.67	Marina Sloushkina	RUS	Durban, RSA 1997
W40	11.37	Moniker Pelligrinelli	SUI	Riccione, ITA 2007
	11.37	Annette Funck	GER	Málaga, ESP 2018
W45	11.53	Olutoyin Augustus	NGR	Daegu, KOR 2026
W50	12.19	Joy Upshaw	USA	Sacramento, USA 2011
W55	12.49	Allison Murphy	USA	Daegu, KOR 2026
W60	12.94	Neringa Jakstiene	USA	Gothenburg, SWE 2024
W65	13.46	Sally Stagles	AUS	Daegu, KOR 2026
W70	15.61	Somsanga Boonnok	THA	Daegu, KOR 2026
W75	17.37	Marianne Maier	AUT	Málaga, ESP 2018
W80	18.70	Irene Obera	USA	Perth, AUS 2016
W85	25.27	Sumiko Yamakawa Imoto	BRA	Gothenburg, SWE 2024

Long Hurdles

W35	59.61	Wanessa de Melo	BRA	Gothenburg, SWE 2024
W40	59.76	Barbara Gähling	GER	San Sebastián, ESP 2005
W45	1:04.01	Paulina Orell Sahlberg	SWE	Daegu, KOR 2026
W50	44.90	Barbara Gähling	GER	Lyon, FRA 2015
W55	49.49	Michele Hossack	AUS	Málaga, ESP 2018
W60	50.96	Natsuko Horibe	JPN	Daegu, KOR 2026
W65	54.06	Marge Allison	AUS	Sacramento, USA 2011
W70	36.71	Marge Allison	AUS	Lyon, FRA 2015
W75	41.71	Barbara Jordan	USA	Sacramento, USA 2011
W80	49.19	Irene Obera	USA	Lyon, FRA 2015

Steeplechase

W35	6:51.32	Eva Arias Aira	ESP	Málaga, ESP 2018
W40	6:49.58	Lisa Ryan	USA	Sacramento, USA 2011
W45	6:51.51	Minori Hayakari	JPN	Málaga, ESP 2018
W50	7:34.48	Nuria Etxegarai Carbajo	ESP	Gothenburg, SWE 2024
W55	7:58.43	Margaret Orman	NZL	Durban, RSA 1997
W60	8:57.21	Dalene Sonnekus	RSA	Daegu, KOR 2026
W65	9:03.71	Jane Wickham Essery	ESP	Daegu, KOR 2026
W70	10:25.65	Gillian Young	AUS	Málaga, ESP 2018
W75	11:30.55	Xuhua Chen	CHN	Perth, AUS 2016
W80	13:38.34	Anne Martin	GBR	Perth, AUS 2016
W85	16:55.73	Anne Martin	GBR	Tampere, FIN 2022

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High Jump

W35	1.76	Lidija Lapajne	SLO	Buffalo, USA 1995
W40	1.74	Ekaterina Krasovskiy	AUT	Göteborg, SWE 2024
W45	1.76	Debbie Brill	CAN	Gateshead, GBR 1999
W50	1.55	Marcela Ines Barrientos Karmelic	CHI	Lyon, FRA 2015
	1.55	Petra Bajeat	FRI	Málaga, ESP 2018
W55	1.50	Frauke Viebahn	GER	Málaga, ESP 2018
W60	1.46	Neringa Jakstiene	USA	Göteborg, SWE 2024
	1.46	Monica Buizza	ITA	Daegu, KOR 2026
W65	1.39	Weia Reinboud	NED	Lyon, FRA 2015
	1.39	Edel Maguire	IRL	Göteborg, SWE 2024
W70	1.26	Rosemary Chrimes	GBR	Caroline, PUR 2003
W75	1.24	Carol LaFayette-Boyd	CAN	Málaga, ESP 2018
W80	1.11	Barbro Gadle	SWE	Tampere, FIN 2022
W85	0.95	Rosa Elvina Pedersen	DEN	Lyon, FRA 2015
W90	0.82	Olga Kotelko	CAN	Lahti, FIN 2009

Pole Vault

W35	3.75	Irie Hill	GBR	Riccione, ITA 2007
W40	3.71	Irie Hill	GBR	Lahti, FIN 2009
W45	3.60	Irie Hill	GBR	Lyon, FRA 2015
W50	3.35	Malin Weiland	SWE	Göteborg, SWE 2024
W55	3.11	Irie Hill	GBR	Göteborg, SWE 2024
W60	2.75	Sue Yeomans	GBR	Perth, AUS 2016
W65	2.50	Sue Yeomans	GBR	Málaga, ESP 2018
W70	2.55	Kay Glynn	USA	Göteborg, SWE 2024
W75	1.96	Flo Meiler	USA	Sacramento, USA 2011
W80	1.80	Flo Meiler	USA	Lyon, FRA 2015
W85	1.25	Johnnye Valien	USA	Sacramento, USA 2011

Long Jump

W35	6.31	Marina Sloushkina	RUS	Durban, RSA 1997
W40	5.93	Heidi Häggblom	FIN	Tampere, FIN 2022
W45	5.63	Magdalena Hristova	BUL	Göteborg, SWE 2024
W50	5.33	Petra Bajeat	FRA	Málaga, ESP 2018
W55	5.20	Petra Bajeat	FRA	Tampere, FIN 2022
W60	4.74	Neringa Jakstiene	USA	Göteborg, SWE 2024
W65	4.47	Carol Lafayette-Boyd	CAN	Riccione, ITA 2007
W70	4.16	Christiane Schmalbruch	GER	Riccione, ITA 2007
W75	3.78	Carol Lafette-Boyd	CAN	Málaga, ESP 2018
W80	3.18	Christiane Schmalbruch	GER	Málaga, ESP 2018
W85	2.93	Rosa Elvina Pedersen	DEN	Lyon, FRA 2015
W90	1.77	Olga Kotelko	CAN	Lahti, FIN 2009
W95	0.89	Senni Sopanen	FIN	Göteborg, SWE 2024

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Triple Jump

W35	12.55	Elina Torro	FIN	Tampere, FIN 2022
W40	12.48	Conceicao Aparecida Geremias	BRA	Durban, RSA 1997
W45	12.01	Murielle Glovil	FRA	Lyon, FRA 2015
W50	11.10	Andrea Szirbucz	HUN	Göteborg, SWE 2024
W55	10.82	Petra Herrmann	GER	Lyon, FRA 2015
W60	10.24	Neringa Jakstiene	USA	Daegu, KOR 2026
W65	9.13	Edith Graff	BEL	Lahti, FIN 2009
W70	8.65	Christiane Schmalbruch	GER	Lahti, FIN 2009
W75	8.05	Akiko Ohinata	JPN	Daegu, KOR 2026
W80	6.85	Christiane Schmalbruch	GER	Málaga, ESP 2018
W85	5.18	Ruth Frith	AUS	Buffalo, USA 1995
W90	4.02	Olga Kotenko	CAN	Lahti, FIN 2009

Shot Put

W35	15.53	Maria Slok Hansen	DEN	Málaga, ESP 2018
W40	15.02	Skaidrite Paikova	RUS	Turku, FIN 1991
W45	14.46	Tetiana Nasonova	UKR	Daegu, KOR 2026
W50	15.15	Alexandra Marghieva	MDA	Lahti, FIN 2009
W55	14.47	Sigrun Kofink	GER	Turku, FIN 1991
W60	13.28	Zhang Hong	CHN	Göteborg, SWE 2024
W65	11.98	Zhang Hong	CHN	Daegu, KOR 2026
W70	10.68	Rosemary Chrimes	GBR	Caroline, PUR 2003
W75	12.12	Marianne Maier	AUT	Málaga, ESP 2018
W80	10.60	Marianne Maier	AUT	Göteborg, SWE 2024
W85	9.42	Evaun Williams	GBR	Göteborg, SWE 2024
W90	5.59	Nora Kutti	EST	Lyon, FRA 2015
W95	4.44	Nora Kutti	EST	Málaga, ESP 2018

Discus

W35	52.25	Sabine Rumpf	GER	Málaga, ESP 2018
W40	55.46	Sandorne Pallay	HUN	Eugene, USA 1989
W45	48.65	Carol Finsrud	USA	San Sebastián, ESP 2005
W50	46.11	Olga Cherniavskaia	RUS	Lyon, FRA 2015
W55	40.90	Eha Runne	EST	Málaga, ESP 2018
W60	40.73	Carol Finsrud	USA	Málaga, ESP 2018
W65	37.62	Tamara Danilova	RUS	San Sebastián, ESP 2005
W70	29.63	Maija Jakobsone	LAT	Budapest, HUN 2014
W75	29.09	Maija Jakobsone	LAT	Málaga, ESP 2018
W80	23.74	Sumiko Yamakawa Imoto	BRA	Málaga, ESP 2018
W85	22.42	Evaun Williams	GBR	Göteborg, SWE 2024
W90	14.80	Olga Kotenko	CAN	Lahti, FIN 2009
W95	11.17	Olga Kotenko	CAN	Budapest, HUN 2014

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Hammer

W35	60.75	Tracey Andersson	SWE	Gotenburg, SWE 2024
W40	56.88	Amy Haapanen	USA	Gainesville, USA 2025
W45	49.54	Margrith Duss-Müller	SUI	San Sebastián, ESP 2005
W50	54.67	Oneithea Lewis	USA	Sacramento, USA 2011
W55	50.25	Connie Hodel	SUI	Málaga, ESP 2018
W60	47.19	Claudine Cacaut	FRA	Gainesville, USA 2025
W65	40.27	Evaun Williams	GBR	Sindelfingen, GER 2004
W70	36.18	Evaun Williams	GBR	Lahti, FIN 2009
W75	39.64	Evaun Williams	GBR	Porto Alegre, BRA 2013
W80	37.85	Evaun Williams	GBR	Málaga, ESP 2018
W85	31.04	Evaun Williams	GBR	Gotenburg, SWE 2024
W90	19.62	Julia Huapaya	PER	Málaga, ESP 2018

Javelin

W35	48.01	Veronica Becuzzi	ITA	Riccione, ITA 2007
W40	46.17	Karen Scholz	GER	San Sebastián, ESP 2005
W45	53.76	Indre Jakubaityte	LTU	Tampere, FIN 2022
W50	47.14	Genowefa Patla	POL	Lyon, FRA 2015
W55	40.75	Genowefa Patla	POL	Toruń, POL 2019
W60	41.14	Genowefa Patla	POL	Toruń, POL 2023
W65	34.81	Linda Cohn	USA	Málaga, ESP 2018
W70	32.73	Vanda Srbová	CZE	Gotenburg, SWE 2024
W75	29.92	Evaun Williams	GBR	Porto Alegre, BRA 2013
W80	27.51	Rosa Elvina Pedersen	DEN	Toruń, POL 2019
W85	24.78	Evaun Williams	GBR	Gotenburg, SWE 2024
W90	13.54	Olga Kotelko	CAN	Lahti, FIN 2009
W95	11.24	Olga Kotelko	CAN	Budapest, HUN 2014
W100	4.56	Man Kaur	IND	Málaga, ESP 2018

Weight Throw

W35	18.34	Vania Silva	POR	Málaga, ESP 2018
W40	17.06	Lucy Marshall	GBR	Gothenburg, SWE 2024
W45	15.48	Christine McCahill	NZL	Sacramento, USA 2011
W50	18.76	Oneithea Lewis	USA	Sacramento, USA 2011
W55	15.61	Gonny Mik	NED	Gothenburg, SWE 2024
	15.61	Jenny Meyer Klein	FRA	Gothenburg, SWE 2024
W60	17.36	Annie van Anholt	NED	Riccione, ITA 2007
W65	15.15	Inge Faldager	DEN	Perth, AUS 2016
W70	13.66	Jutta Schäfer	GER	San Sebastián, ESP 2005
W75	15.84	Myrle Mensey	USA	Gothenburg, SWE 2024
W80	12.60	Kirsti Viitanen	FIN	Gothenburg, SWE 2024
W85	11.97	Evaun Williams	GBR	Gothenburg, SWE 2024
W90	7.03	Nora Kutti	EST	Lyon, FRA 2015

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Heptathlon

W35	5293	Beatrice Puiu	ROU	Gothenburg, SWE 2024
W40	5964	Beatrice Puiu	ROU	Daegu, KOR 2026
W45	5784	Marie Kay	AUS	Lahti, FIN 2009
W50	6114	Barbara Gähling	GER	Lyon, FRA 2015
W55	6282	Barbara Gähling	GER	Tampere, FIN 2022
W60	5884	Neringa Jakstiene	USA	Daegu, KOR 2026
W65	5502	Mariá Rosa Escribano Checa	ESP	Gothenburg, SWE 2024
W70	5235	Marianne Maier	AUT	Perth, AUS 2016
W75	5167	Marianne Maier	AUT	Málaga, ESP 2018
W80	4142	Irene Obera	USA	Perth, AUS 2016
W85	1647	Christel Donley	USA	Gothenburg, SWE 2024

Throws Pentathlon

W35	3589	Marie-Josée Le Tour	CAN	Lyon, FRA 2015
W40	3987	Oneitha Lewis	USA	Caroline, PUR 2003
W45	3966	Carol Finsrud	USA	Caroline, PUR 2003
W50	4006	Carol Finsrud	USA	Riccione, ITA 2007
W55	3867	Anne Kirstine	DEN	Lahti, FIN 2009
W60	4199	Heleen Knobel	RSA	Daegu, KOR 2026
W65	4150	Weiping Tian	CHN	Daegu, KOR 2026
W70	4106	Inger Marie Vingdal	NOR	Daegu, KOR 2026
W75	4465	Evaun Williams	GBR	Porto Alegre, BRA 2013
W80	4932	Evaun Williams	GBR	Málaga, ESP 2018
W85	5117	Evaun Williams	GBR	Gothenburg, SWE 2024
W90	3323	Olga Kotelko	CAN	Lahti, FIN 2009

5000m Walk

W35	22:58.44	Janice McCaffrey	CAN	Buffalo, USA 1995
W40	23:27.24	Lynette Ventris	AUS	Brisbane, AUS 2001
W45	24:00.68	Lynette Ventris	AUS	San Sebastián, ESP 2005
W50	24:25.56	Lynette Ventris	AUS	Sacramento, USA 2011
W55	25:25.50	Michelle Rohl	USA	Gothenburg, SWE 2024
W60	26:15.58	Lynette Ventris	AUS	Málaga, ESP 2018
W65	28:28.24	Heidi Mäder	SUI	Lahti, FIN 2009
W70	30:32.14	Britta Tibbling	SWE	Eugene, USA 1989
W75	32:44.76	Britta Tibbling	SWE	Miyazaki, JPN 1993
W80	34:34.50	Anne Centner	RSA	Gothenburg, SWE 2024
W85	41:20.34	Christiane Dauphiné	AUS	Perth, AUS 2016
W90	44:28.33	Elena Pagu	ROM	Perth, AUS 2016

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4x100m Relay

W35	47.30	United States of America	USA	Daegu, KOR 2026
W40	48.01	Australia	AUS	Lahti, FIN 2009
W45	49.39	Germany	GER	Lahti, FIN 2009
W50	50.70	Australia	AUS	Tampere, FIN 2022
W55	53.21	United States of America	USA	Göteborg, SWE 2024
W60	54.22	Japan	JPN	Daegu, KOR 2026
W65	56.88	Australia	AUS	Daegu, KOR 2026
W70	1:06.05	Germany	GER	Miyazaki, JPN 1993
W75	1:10.19	United States of America	USA	Sacramento, USA 2011
W80	1:21.06	United States of America	USA	Lyon, FRA 2015

4x400m Relay

W35	3:50.80	Great Britain & N. Ireland		Gateshead, GBR 1999
W40	3:57.00	United States of America		Göteborg, SWE 2024
W45	4:04.93	Australia		Lyon, FRA 2015
W50	4:09.92	Australia		Göteborg, SWE 2024
W55	4:30.25	Germany		Göteborg, SWE 2024
W60	4:41.85	Great Britain & N. Ireland		Málaga, ESP 2018
W65	5:02.25	United States of America		Göteborg, SWE 2024
W70	5:32.95	Australia		Lyon, FRA 2015
W75	6:58.70	New Zealand		Lahti, FIN 2009
W80	7:59.18	United States of America		Málaga, ESP 2018