

# 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	13.73	0.7 Nicole Barilly Alexis	FRA	65	04/06/25	Niort, FRA
W 70	14.37	-0.6 Sara Montecinos	CHI	71	24/11/25	Ottawa, CAN
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	17.97	-0.8 Kathy Bergen	USA	85	18/07/25	Huntsville, USA
W 90	21.25	1.1 Emiko Saito	JPN	90	16/10/21	Ageo, JPN
W 95	28.85	-0.6 Shizuko Kawamoto	JPN	95	11/06/23	Hiroshima, JPN
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	30.05	0.6 Karla Del Grande	CAN	71	30/06/24	Toronto, CAN
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	50.33	+0.2 Emma Maria Mazzenga	ITA	90	02/06/24	Mestre, ITA
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	57.86	Mandy Mason	AUS	56	31/03/24	Hobart, AUS
W 60	1:01.73	Sue McDonald	USA	61	19/07/24	Sacramento, USA
W 65	1:07.23	Elizabeth Deak	USA	65	21/07/23	Greensboro, USA
W 70	1:10.62	Sara Montecinos	CHI	70	23/08/24	Gothenburg, SWE
W 75	1:17.71	Michelle Peroni	FRA	76	26/09/23	Piscara, ITA
W 80	1:28.63	Marge Allison	AUS	80	08/09/25	Brisbane, AUS
W 85	1:37.34	Kathleen Stewart	GBR	85	21/06/25	Jarrow, GBR
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 Podkopyeva	URS	42	30/06/94	Luxembourg, LUX
W 45	2:02.82	Yekaterina Podkopyeva	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, IRL
W 60	2:22.52	Sue McDonald	USA	60	06/05/23	Los Angeles, USA
W 65	2:38.05	Nancy Simmons	USA	66	19/10/25	Montecito, USA
W 70	2:50.22	Alison Bourgeois	SUI	70	24/06/23	Laval, FRA
W 75	2:58.12	Sarah Roberts	GBR	75	05/05/25	Stevenage, GBR
W 80	3:30.41	Yoko Nakano	JPN	82	11/09/18	Málaga, ESP
W 85	3:36.14	Yolande Marchal	FRA	85	30/05/25	Cannes, FRA
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 Podkopyeva	URS	42	18/07/94	Nice, FRA
W 45	4:05.44	Yekaterina Podkopyeva	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	4:56.85	Clare Elms	GBR	61	05/08/25	Tonbridge, GBR
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	5:59.45	Sarah Roberts	GBR	75	21/09/25	Hemel Hempstead, GBR
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	11:30.62	Dot Sowerby	USA	90	23/07/23	Greensboro, USA
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 Podkopyeva	URS	40	09/06/93	Rome, ITA
W 45	4:48.42	Yekatarina Podkopyeva	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	5:18.97	Clare Elms	GBR	61	23/07/25	Wimbledon, GBR
W 65	5:54.59	Angela Copson	GBR	68	19/07/15	Solihull, GBR
W 70	6:33.46	Anna Garnier	GBR	70	23/07/25	Wimbledon, GBR
W 75	6:40.32	Sarah Roberts	GBR	75	24/05/25	Oxford, GBR
W 80	7:17.19	Jan Holmquist	USA	80	08/06/24	Concord, USA
W 85	9:46.65	Norma Minkowitz	USA	86	13/07/24	New Britain, USA
W 90	12:48.59	Heather Lee	AUS	93	11/01/20	Wollongong, AUS
W 95	13:41.36	Heather Lee	AUS	96	03/12/22	Bass Hill, AUS

# WMA STADIA RECORDS - WOMEN



## 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 Podkopyeva	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	11:19.82	Maryse Le Gallo	FRA	65	04/05/25	Auray, FRA
W 70	12:13.12	Angela Copson	GBR	71	01/09/18	Solihull, GBR
W 75	12:38.84	Sarah Roberts	GBR	75	13/07/25	Cambridge, GBR
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	17:50.72	Sally Gibbs	NZL	60	22/03/24	Christchurch, NZL
W 65	19:21.72	Mariko Yugeta	JPN	65	05/05/24	Ageo, JPN
W 70	20:56.13	Angela Copson	GBR	70	25/06/17	Birmingham, GBR
W 75	21:25.8h	Sarah Roberts	GBR	75	25/09/25	Hemel Hempstead, GBR
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	36:38.32	Michelle Rohl	USA	56	14/06/25	Portland, USA
W 60	37:38.98	Sally Gibbs	NZL	60	18/11/23	Wellington, NZL
W 65	39:57.40	Mariko Yugeta	JPN	65	26/05/24	Ageo, JPN
W 70	44:25.14	Angela Copson	GBR	70	28/07/17	Århus, DEN
W 75	45:59.81	Sarah Roberts	GBR	75	24/05/25	Oxford, GBR
W 80	51:46.65	Yoko Nakano	JPN	82	06/05/18	Tokyo, JPN
W 85	1:26:15.07	Vladyklena Kokina	UKR	87	21/09/14	Kyiv, UKR

## 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	Kirstie Booth	GBR	45	15/07/23	Yeovil, GBR
W 50	7:30.45	Nuria Etxegarai Carbajo	ESP	52	20/06/25	La Nucia , ESP
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
W 90	20:54.78	Florence Meiler	USA	91	18/07/25	Huntsville, USA

## 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
	11.24	1.2 Olutoyin Augustus	NGR	44	18/07/24	Sacramento, USA
W 45	11.47	-1.1 Olutoyin Augustus	NGR	45	21/06/25	Houston, USA
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	25.27	0.6 Sumiko Yamakawa Imoto	BRA	86	24/8/24	Gothenburg, SWE
W 90	34.55	0.1 Florence Meiler	USA	90	18/7/24	Sacramento, USA

## 400m Hurdles

W 35	52.58	Dalilah Muhammad	USA	35	11/07/25	Mon, MON
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	47.63	Barbara Gähling	GER	60	22/08/25	Gotha, GER
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

## 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
W 90	1.30	Florence Meiler	USA	91	20/07/25	Huntsville, USA

## 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	1.64	Julia Machin	GBR	55	14/09/25	Derby, GBR
W 60	1.54	Barbara Gähling	GER	60	29/05/25	Köln, 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	1.28	Weia Reinboud	NED	75	25/05/25	Oosterhout, NED
W 80	1.18	Rietje Dijkman	NED	82	31/10/21	Hilversum, NED
W 85	1.05	Kathy Bergen	USA	85	07/06/25	Moonpark, USA
W 90	.92	Florence Meiler	USA	90	22/06/24	Charlottesville, USA
W 95	.75	Olga Kotelko	CAN	95	18/05/14	Kamloops, CAN

## 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	5.71	+0.0 Melissa Annette Foster	AUS	45	25/02/24	Perth, AUS
W 50	5.72	1.1 Sandrine Hennart	BEL	51	23/06/24	Forest, BEL
W 55	5.46	-1.5 Renata Novosel	CRO	55	08/07/23	Varaždin, CRO
W 60	4.89	-0.4 Neringa Jakstiene	USA	60	18/07/24	Sacramento, USA
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 Ibarguen	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	10.12	1.9	Petra Herrmann	GER	65	28/09/24	Neukieritzsch, GER
W 70	8.98	-.03	Akiko Ohinata	JPN	71	01/05/21	Tajimi City, JPN
W 75	8.48	+1.5	Akiko Ohinata	JPN	75	24/08/25	Fului City, JPN
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	4.55	+0.0	Florence Meiler	USA	91	01/08/25	Ames, USA
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	MDA	50	04/08/09	Lahti, FIN
W 55	14.47	3kg	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	3kg	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	10.67	2kg	Marianne Maier	AUT	81	08/06/24	Höchst, AUT
W 85	9.42	2kg	Evaun Williams	GBR	86	17/08/24	Gothenburg, SWE
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	22.42	.75kg	Evaun Williams	GBR	86	18/08/24	Gothenburg, SWE
W 90	15.83	.75kg	Myrtle Acton	CAN	90	24/08/23	Abbotsford, 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	74.64	4kg Anita Włodarczyk	POL	40	15/09/25	Tokyo, JPN
W 45	56.21	4kg Oneithea Lewis	USA	45	16/07/05	Denver, USA
W 50	55.57	3gk Angela Herzner	USA	50	21/06/25	Mesa, USA
W 55	51.30	3kg Marja-Leena Parviainen	AUS	58	10/10/02	Melbourne, AUS
W 60	47.28	3gk Gonny Mik	GER	60	30/08/25	Bremen, GER
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	42.99	2kg Myrle Mensey	USA	75	10/08/24	Ladue, USA
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 Bežjak 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	34.83	500g Vanda Srbová	CZE	70	22/05/24	Kladno, CZE
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	24.78	400g Evaun Williams	GBR	86	19/08/24	Gothenburg, SWE
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	16.15	5.45k Dorn Jenkins	AUS	70	06/09/25	Brisbane, AUS
W 75	16.34	4.00k Myrle Mensey	USA	76	19/07/25	Huntsville, USA
W 80	13.84	4.00k Kirsti Viitanen	FIN	80	06/08/24	Turku, FIN
W 85	11.97	4.00k Evaun Williams	GBR	86	22/08/24	Gothenburg, SWE
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	3944	Rachel Andres	CAN	37	31/08/24	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	4088	Angela Herzner	USA	50	21/06/25	Mesa, USA
W 55	3639	Margarethe Tomanek	BEL	56	08/10/05	Bogen, GER
W 60	4450	Donna Beard	USA	61	03/10/25	Las Vegas, 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	4752	Julia Machin	GBR	55	26/07/25	London, GBR
W 60	4921	Neringa Jakstiene	USA	60	18/07/24	Sacramento, USA
W 65	4422	Marie Rosa Escribano Checa	ESP	65	05/10/24	Tarragona, ESP
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
W90	2218	Florence Meiler	USA	90	18/07/24	Sacramento, 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	6420	Tatjana Schilling	GER	55	12/10/25	Madeira, POR
W 60	6826	Barbara Gähling	GER	60	09/06/25	Limburgerhof, GER
W 65	5788	Maria Rosa Escribano Checa	ESP	65	14/07/24	Tarragona, ESP
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

## Decathlon

W 35	4451	Jayne Wyss	USA	38	10/08/25	Charlottesville, USA
W 40	6366	Dash Newington	GBR	41	21/12/25	Brisbane, AUS
W 45	4488	Deia Goff	USA	48	10/08/25	Charlottesville, USA
W 50	6401	Lee-Anne Nelson	AUS	54	15/02/26	Brisbane, AUS
W 55	6869	Geraldine Finegan	IRL	59	5/4/2025	Reusell, NED
W 60	5820	Janean Shannon	USA	62	10/08/25	Charlottesville, USA
W 65	6538	Daphne Scott	USA	65	10/08/25	Charlottesville, USA
W 70	5297	Kay Glynn	USA	72	10/08/25	Charlottesville, USA
W 75	3438	Wilma Perkins	AUS	76	15/02/26	Brisbane, AUS
W 80	2524	Nancy Berger	USA	80	10/08/25	Charlottesville, 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	14:04.27	Michelle Rohl	USA	58	27/04/24	Philadelphia, USA
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	17:13.55	Janine Vignat	FRA	70	04/05/25	Bourg en Bresse, FRA
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	23:32.84	Michelle Rohl	USA	58	27/04/25	Philadelphia, USA
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	34:34.50	Anne Centner	RSA	80	20/08/24	Gothenburg, SWE
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

## 4x100m

W35	47.65	Stafford, Springer, Hutchinson, Mark-Baird	TTO	16/08/15	Lyon, FRA
W40	48.01	Mogentale, Brims, Bezuidenhout, Strong	AUS	08/08/09	Lahti, FIN
W45	48.92	Motti, Brims, Forster, Mogentale	AUS	23/04/11	Brisbane, AUS
W50	50.70	Mason, Brims, Lambert, Delaney	AUS	09/07/22	Tampere, FIN
W55	53.19	Maksinovic, Brims, Noon, Forster	AUS	03/04/22	Brisbane, AUS
W60	55.37	Mogentale, Forster, Wight, deVries	AUS	23/03/24	Sydney, AUS
W65	1:00.09	Matsuo, Takahashi, Hori, Utagawa	JPN	08/11/25	Tokyo, JPN
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	3:48.68	Giscombe, Elder, Trucks, Charles	USA	21/07/24	Sacramento, USA
W40	3:51.85	Hufenbecher, Zivic, Trucks, Matthews	USA	07/06/25	Moorpark, USA
W45	4:01.22	Forster, Motti, Mogentale, Brims	AUS	24/04/11	Brisbane, AUS
W50	4:09.92	Cordy, Brims, Lambert, Delaney	AUS	25/08/24	Gothenburg, SWE
W55	4:23.52	McDonald, Valle, Rohl, Brockner	USA	25/07/21	Ames, USA
W60	4:30.03	Thomas, Anthony, Ellacott, Mitchell	GBR	19/10/25	Madeira, POR
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	Málaga, ESP

## 4x800m

W35	9:16.18	Cox, Gettings, English, Frey	IRL	31/07/24	Dublin, IRL
W40	9:16.91	Boyle, Babcock, Cummins, MacMillan	CAN	29/08/16	Vancouver, CAN
W45	9:26.38	Booth, Shaw, Carney, Doyle	GBR	24/08/25	Nuneaton, GBR
W50	10:02.78	Vahey, Devine, Connellan, Leech	IRL	16/07/25	Dublin, IRL
W55	10:35.80	Saint-Louis, LaShore, Stobbbe, Harvey	USA	30/06/24	Union, USA
W60	10:38.86	Mitchell, Hausler, Anthony, Elms	GBR	24/08/25	Nuneaton, GBR
W65	11:38.1	Williamson, Garnier, Fabes, Brooks	GBR	12/09/25	Derby, GBR
W70	13:26.86	Kenny, Glavey, Lynch, McCabe	IRL	31/07/24	Dublin, IRL
W75	15:00.44	Kenny, Kelly, McNeils, Galvey	IRL	30/07/25	Dublin, IRL
W80	29:02.65	Radle, Hartman, Hodges-Hite, Barnette	USA	17/07/25	Huntsville, USA

## 4x400m Mixed

35	3:36.07	Robson, Balogun, Cox, Sutton	GBR	18/10/25	Madeira, POR
40	3:39.33	Olgren, Johansson, Eklof, Tigner	SWE	18/10/25	Madeira, POR
45	4:03.83	McMahon, Perry, Tolpigin, Power	AUS	20/04/25	Adelaide, AUS
50	3:44.59	Wallen, Akervall, Sunneborn, Hermundstad	SWE	18/10/25	Madeira, POR
55	3:56..45	Ramirez, Franco, Lopéz, Colas	ESP	18/10/25	Madeira, POR
60	4:04.77	Elie, Mitchell, Odele, Thomas	GBR	18/10/25	Madeira, POR
65	4:35.66	Cocke, Tolfes, Baars, Wählstedt	SWE	18/10/25	Madeira, POR
70	4:57.21	Kreemke, Goettner, Michelchen, Rett	GER	18/10/25	Madeira, POR
75					
80	7:57.70	Juopperi, Holmberg, Yla-Liedenpohja, Pihlaja	FIN	18/10/25	Madeira, POR