

## Q.M.A. LADIES' RECORDS AS AT 1<sup>ST</sup> AUGUST, 2017

Record times up to and including 800m must be set with Electronic Timing to be accepted as Queensland /Australian/World Records to conform to World and/or Australian Masters Rules, and a Wind Gauge reading is required for Sprints. 3 Watch Times are needed for any other distance longer than 800m to be recognised. Lap Scoring is required for distances longer than 1500 metres.

### 60 METRES

W30	Fiona Cullen	2011	7.95	A
W35	Julie Brims	2005	7.99	
W40	Julie Brims	2006	7.92	
W45	Julie Brims	2011	7.75	A
W50	Julie Brims	2016	8.01	A
W55	Wendy Sheaves-Doran	05	8.82	
W60	Wendy Sheaves-Doran	10	9.04	A
W65	Carol Davis	2016	9.12	A
W70	Annette Horsnell	2008	9.99	A
W75	Annette Horsnell	2012	11.18	
W80	Lorna Thompson	2007	15.05	
W85	Christiane Dauphinet	2017	17.08	

### 60 METRES INDOOR (not Qld)

W40	Julie Brims	2010	8.05	A
W50	Julie Brims	2017	8.08	A
W70	Noreen Parrish	2012	10.31	A
W75	Noreen Parrish	2017	11.42	A

### 100 METRES

W30	Wilma Perkins	1983	12.2	
W35	Una Lund	1980	12.1	
W40	Julie Brims	2007	12.37	
W45	Julie Brims	2011	12.37	A
W50	Julie Brims	2016	12.39	A
W55	Marie Kay	2015	13.44	A
W60	Wilma Perkins	2010	14.59	
W65	Carol Davis	2016	14.61	A
W70	Annette Horsnell	2008	16.05	
W75	Annette Horsnell	2012	18.82	
W80	Gene Mogg	1991	23.0	
W85	Christiane Dauphinet	2017	28.37	

### 100 YARDS

W30	Fiona Cullen	2011	12.05	
W35	Leonie Hoffman	2012	12.22	
W40	Julie Brims	2006	11.68	
W45	Julie Brims	2011	11.60	
W50	Julie Brims	2016	11.96	
W55	Wilma Perkins	2007	14.21	
W60	Wilma Perkins	2010	13.98	
W65	Carol Davis	2016	13.54	
W70	Annette Horsnell	2007	15.56	
W85	Christiane Dauphinet	17	27.00	

### 200 METRES

W30	Brigitte Mullen	1999	25.15	
W35	Wilma Perkins	1987	25.2	
W40	Julie Brims	2007	25.13	
W45	Julie Brims	2011	25.21	A
W50	Julie Brims	2016	25.84	A
W55	Marie Kay	2015	27.30	A
W60	Marge Allison	2005	30.03	
W65	Carol Davis	2016	30.99	
W70	Marge Allison	2015	32.97	
W75	Laurie Delbridge	1998	43.5	
W80	Mavis Collins	1998	60.43	
W85	Christiane Dauphinet	2016	65.94	

### 200 METRES INDOOR (not Qld)

W40	Julie Brims	2010	26.83	A
W45	Marie Kay	2008	25.85	A
W50	Julie Brims	2017	26.11	A
W65	Marge Allison	2010	31.79	A
W70	Noreen Parrish	2012	35.86	A
W75	Noreen Parrish	2017	41.54	A

### 300 METRES

W30	Caroline Litchfield	2000	44.63	
W35	Julie Brims	2005	41.81	
W40	Julie Brims	2010	41.11	

W45	Adrienne Mclvor	2016	40.29	
W50	Julie Brims	2016	42.72	
W55	Wendy Sheaves-Doran	04	46.07	
W60	Wendy Sheaves-Doran	10	48.38	
W65	Carol Davis	2016	49.11	
W70	Marge Allison	2016	54.68	
W75	Lorna Thompson	2002	1.19.75	
W85	Christiane Dauphinet	16	1.44.87	

### 400 METRES

W30	Brigitte Mullen	1999	57.80	
W35	Wilma Perkins	1987	58.60	
W35	Jan Hynes	1983	58.6	
W40	Adrienne Mclvor	2015	56.47	
W45	Adrienne Mclvor	2016	56.60	A
W50	Jan Hynes	1994	61.11	
W55	Jeanette Flynn	2007	63.6	
W60	Marge Allison	2006	67.51	
W60	Jeanette Flynn	2015	67.51	
W65	Jeanette Flynn	2016	69.32	A
W70	Marge Allison	2015	76.60	
W75	Lorna Thompson	2003	1.53.61	
W80	Lorna Thompson	2007	2.08.92	
W85	Christiane Dauphinet	16	2.22.65A	

### 400 METRES INDOOR (not Qld)

W45	Marie Kay	2008	56.99	W
W65	Jeanette Flynn	2017	70.34	W
W70	Noreen Parrish	2012	88.74	A
W75	Noreen Parrish	2017	1.51.08	A

### 800 METRES

W30	Katie Menzies	2012	2.21.56	
W35	Katie Menzies	2013	2.20.02	
W40	Adrienne Mclvor	2015	2.15.03	
W45	Adrienne Mclvor	2016	2.11.19	A
W50	Jeanette Flynn	2005	2.16.05W	
W55	Jeanette Flynn	2007	2.21.98W	
W60	Jeanette Flynn	2013	2.33.96	A
W65	Jeanette Flynn	2016	2.43.39	A
W70	Marge Allison	2016	3.20.84	
W75	Lorna Thompson	2002	4.15.38	
W80	Lorna Thompson	2007	4.56.9	
W85	Christiane Dauphinet	16	5.26.22	A

### 800 METRES INDOOR (not Qld)

W50	Marie Kay	2010	2.46.78	A
W60	Jeanette Flynn	2014	2.41.40	A
W65	Jeanette Flynn	2017	2.44.45	A

### 1500 METRES

W30	Tressa Lindenberg	2003	4.53.44	
W35	Katie Menzies	2014	4.56.76	
W40	Marcia Sheer	1998	4.44.27	
W45	Jeanette Flynn	1997	4.33.29	A
W50	Jeanette Flynn	2005	4.42.00	A
W55	Jeanette Flynn	2007	5.02.4	
W60	Jeanette Flynn	2012	5.28.07	A
W65	Jeanette Flynn	2016	5.47.83	A
W70	Marge Allison	2015	6.57.23	
W75	Carol Melling	2016	7.47.64	
W80	Lorna Thompson	2008	10.21.26	

### 1500 METRES INDOOR (not Qld)

W60	Jeanette Flynn	2014	5.45.40	A
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### 1 MILE

W30	Anne Venema	2008	6.12.80	
W35	Petrina Brown	2007	5.55.67	
W40	Petrina Brown	2008	6.00.95	
W45	Jeanette Flynn	1997	5.07.95	A
W50	Jeanette Flynn	2004	5.13.6	A
W55	Jeanette Flynn	2006	5.27.57A	
W60	Jeanette Flynn	2012	5.56.00	A
W65	Betty Menzies	2010	6.48.22	

### 3000 METRES

W30	Tressa Lindenberg	03	10.20.43	
W35	Marion Hayes	1993	10.24.8	
W40	Desiree Letherby	1987	9.59.03	
W45	Glenda Banaghan	2009	10.11.04	A
W50	Marcia Sheer	2009	10.41.00	
W55	Anne Ryan	2013	11.36.82	
W60	Anne Ryan	2015	11.46.00	A
W65	Betty Menzies	2009	13.29.10	

W70	Betty Menzies	2015	15.47.34	
W75	Lorna Thompson	2002	17.46.0	
W80	Lorna Thompson	2007	20.28.81	A

### 3000 METRES INDOOR (not Qld)

W60	Anne Ryan	2014	12.28.31	A
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### 5000 METRES

W30	Jill Barret-Maybir	1995	18.15.2	
W35	Marion Hayes	1994	18.01.29	
W40	Glenda Banaghan	2007	17.05.51	
W45	Glenda Banaghan	2009	17.38.96	
W50	Marcia Sheer	2009	18.24.31	
W55	Louisa Abram	2017	18.52.36	
W60	Anne Ryan	2016	21.06.56	
W65	Betty Menzies	2009	23.55.32	
W70	Betty Menzies	2016	29.12.70	
W75	Lorna Thompson	2002	29.48.53	
W80	Lorna Thompson	2008	36.05.23	

### 10,000 METRES

W30	Tressa Lindenberg	03	38.27.0	
W35	Cathy Gillett	1989	38.09.7	
W40	Glenda Banaghan	2007	35.48.40	
W45	Glenda Banaghan	2009	36.47.37	
W50	Fay McNeill	2003	39.28.2	
W55	Anne Ryan	2013	41.34.98	
W60	Anne Ryan	2015	44.10.91	
W65	Betty Menzies	2012	52.52.32	
W70	Betty Menzies	2015	57.46.29	
W75	Lorna Thompson	2003	65.19.9	

### 2000m STEEPLECHASE

W30	Anne Nowill	2008	8.45.29	
W30	Tressa Lindenberg	2000	7.51.74os	
W35	Tressa Lindenberg	2006	7.41.34	
W40	Kerri Hodge	2017	7.39.18	
W45	Lynda Bateson	2008	9.41.69	
W45	Lyn Lewis	2001	9.07.9	os
W50	Marion Hermitage	2015	8.43.79	
W50	Irene Davey	1998	8.55.39os	
W55	Irene Davey	2003	9.29.76	
W60	Irene Davey	2008	9.57.16	
W65	Irene Davey	2012	10.26.48	
W70	Irene Davey	2017	11.29.95	

### 60m HURDLES INDOOR (not Qld)

W50	Marie Kay	2010	9.55	A
W60	Wilma Perkins	2010	10.81	A
W65	Marge Allison	2010	11.05	A

### 80 METRES HURDLES

W40	Glynis Cearns	2001	11.66	A
W45	Marie Kay	2009	12.32	A
W50	Jan Hynes	1994	12.8	
W55	Marie Kay	2015	13.03	A
W60	Una Lund	2001	14.24	A
W65	Wilma Perkins	2016	15.09	A
W70	Marge Allison	2017	17.35	A

### 100 METRES HURDLES

W30	Eliana Seymour	2016	13.94	A
W35	Jan Hynes	1982	14.9	

### 200 METRES HURDLES

W70	Marge Allison	2015	36.71	W
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### 300 METRES HURDLES

W50	Jan Hynes	1994	45.8	A
W55	Wilma Perkins	2005	55.00	
W60	Marge Allison	2005	51.64	W
W65	Marge Allison	2011	54.06	W

### 400 METRES HURDLES

W30	Jo Sherman	1999	65.74	
W35	Julie Brims	2004	65.69	
W40	Jan Hynes	1987	62.80	A
W45	Jan Hynes	1994	64.09	

### 1500M TRACK WALK

W30	Cathy Vaughan	1997	10.07.20	
W35	Barbara Keelan	1997	8.34.10	
W40	Lynda Bateson	2004	9.26.1	
W45	Nyle Sunderland	2014	7.48.78	
W50	Felicja Schmidt	2002	8.01.65	
W55	Sally Lynch	2002	8.39.51	

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W60	Sally Lynch	2003	8.11.27
W65	Sally Lynch	2011	9.11.8
W70	Sally Lynch	2013	9.56.74
W75	Lorna Thompson	2002	10.20.98
W80	Lorna Thompson	2008	11.12.83 A
W85	Christiane Dauphinat	16	12.16.53

### 1 MILE TRACK WALK

W35	Lara Nurmi	2001	14.56.7
W45	Judy Moller	2001	9.01.9
W60	Merle Johnston	2001	11.47.3
W65	Sally Lynch	2011	10.44.18
W70	Noela McKinven	2014	12.15.69
W80	Christiane Dauphinat	14	12.12.99
W85	Christiane Dauphinat	17	13.29.56

### 3000M TRACK WALK

W30	Karen Iselin	1989	13.55.8 A
W35	Lyn Gordon	1992	14.42.7
W40	Lyn Lewis	1999	15.34.9
W45	Georgina Mackay	1994	15.58.3
W50	Erika Woodward	2016	16.24.97
W55	Noela McKinven	1999	17.56.6
W60	Sally Lynch	2004	17.51.63
W65	Sally Lynch	2009	18.53.08
W70	Christiane Dauphinat	01	19.56.80
W75	Lorna Thompson	2002	20.42.15 A
W80	Lorna Thompson	2008	22.15.42 A
W85	Christiane Dauphinat	16	24.16.19

### 3000m TRK.WK. INDOOR (not Qld)

W75	Joan Purcell	2017	22.05.70 A
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### 5000M TRACK WALK

W30	Karen Iselin	1989	24.13.2
W35	Lyn Gordon	1991	25.23.5
W40	Karen Iselin	1997	25.55.34
W45	Lyn Lewis	2000	27.47.00
W50	Felicja Schmidt	2001	28.03.69
W55	Noela McKinven	1998	30.17.93
W60	Sally Lynch	2003	30.29.0
W65	Sally Lynch	2009	31.43.18
W70	Lorna Thompson	1998	34.06.8
W75	Lorna Thompson	2002	34.40.70 A
W80	Lorna Thompson	2007	38.54.73 A
W85	Christiane Dauphinat	16	40.36.35

### 10,000M TRACK WALK

W30	Karen Iselin	1987	50.58.0
W35	Lyn Gordon	1991	53.50.8
W40	Lyn Lewis	1999	55.14.3
W45	Georgina Mackay	1994	56.23.7
W50	Felicja Schmidt	2001	58.04.8
W55	Noela McKinven	1997	63.02.4
W60	Sally Lynch	2005	65.35.00
W65	Christiane Dauphinat	00	68.14.5
W70	Christiane Dauphinat	01	70.59.7
W75	Lorna Thompson	2002	70.48.2
W80	Christiane Dauphinat	12	1:23.08

### LONG JUMP

W30	Maree Bugeja	2005	5.61
W35	Jan Hynes	1983	5.89 A
W40	Glynis Cearns	2001	5.77 A
W45	Marie Kay	2008	5.52 A
W50	Marie Kay	2010	5.41 W
W55	Marie Kay	2016	5.01 W
W60	Wilma Perkins	2011	4.32
W65	Wilma Perkins	2015	4.02 A
W70	Jean Hampson	2015	3.16
W75	Eileen Woods	2000	1.46
W80	Gene Mogg	1992	1.74

### LONG JUMP INDOOR (not Qld)

W45	Marie Kay	2008	5.57 A
W50	Marie Kay	2012	5.20 A
W60	Wilma Perkins	2010	4.09 A
W65	Jean Hampson	2014	3.35 A
W70	Jean Hampson	2017	3.05 A

### TRIPLE JUMP

W30	Maree Bugeja	2006	11.68 A
W35	Julie Brims	2004	10.95
W40	Glynis Cearns	2001	11.45 A
W45	Jan Hynes	1991	10.58
W50	Jan Hynes	1994	9.97

W55	Una Lund	1997	8.97
W60	Una Lund	2001	8.80
W65	Jean Hampson	2010	7.07
W70	Jean Hampson	2015	6.34

### TRIPLE JUMP INDOOR (not Qld)

W40	Julie Brims	2010	10.52 A
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### HIGH JUMP

W30	Julie Walklate	1994	1.60
W35	Deann Mayfield	1999	1.73 A
W40	Deann Mayfield	2002	1.71 A
W45	Deann Mayfield	2009	1.63 A
W50	Deann Mayfield	2012	1.56 A
W55	Deann Mayfield	2017	1.53 A
W60	Marge Allison	2009	1.26
W65	Marge Allison	2009	1.27 A
W70	Marge Allison	2017	1.11

### HIGH JUMP INDOOR (not Qld)

W50	Marie Kay	2006	1.51 A
W60	Wilma Perkins	2012	1.23 A
W65	Marge Allison	2010	1.17 A

### POLE VAULT

W30	Ruth Miller	1991	2.00
W35	Michelle Schafer	1998	2.20
W40	Michelle Schafer	2001	2.45
W45	Wilma Perkins	1998	2.62
W50	Wilma Perkins	2000	2.70
W55	Wilma Perkins	2005	2.50
W60	Wilma Perkins	2010	2.33 A
W65	Wilma Perkins	2016	2.19 A

### POLE VAULT INDOOR (not Qld)

W60	Wilma Perkins	2010	2.40 A
W65	Wilma Perkins	2017	1.80 A

### JAVELIN 600grms (W30-49)

W30	Sallyann Moller	2016	36.32
W30	Vicki Goodall	1997	31.48 os
W35	Leonie Hoffman	2013	35.82
W35	Una Lund	1981	38.20 os
W40	Lee-Anne Grosvenor	13	31.88
W40	Una Lund	1983	37.88 os
W45	Marie Kay	2009	32.30
W45	Heather Doherty	1980	42.28Ao

### JAVELIN 500grms (W50-74)

W50	Sueli Dashwood	2016	38.12 A
W55	Marie Kay	2016	33.69
W60	Wilma Perkins	2014	23.42
W65	Wilma Perkins	2015	24.51 A
W70	Una Lund	2015	18.51

### JAVELIN 400grms (W75+)

W55	Heather Doherty	1989	40.10 Ao
W60	Heather Doherty	1993	36.08 Ao
W65	Heather Doherty	1999	31.02 os
W70	Heather Doherty	2006	26.14 Ao
W75	Heather Doherty	2008	19.83
W80	Heather Doherty	2014	19.45 A
W85	Margaret Russell	2001	7.80
W90	Ruth Frith	2002	9.84
W95	Ruth Frith	2006	9.03 A
W100	Ruth Frith	2009	6.43 W

### DISCUS 1kg (W30-74)

W30	Kelly Humphries	2011	41.33
W35	Una Lund	1980	39.96
W40	Una Lund	1982	42.30
W45	Una Lund	1990	39.38
W50	Una Lund	1991	38.46
W55	Una Lund	1996	35.30 A
W60	Heather Doherty	1994	33.24 A
W65	Heather Doherty	1999	30.74 A
W70	Heather Doherty	2006	25.45 A
W75	Heather Doherty	2008	21.02 A
W80	Gene Mogg	1993	11.38
W85	Margaret Russell	2001	9.01
W90	Ruth Frith	2004	10.36
W95	Ruth Frith	2004	9.85 A

### New World Specs for W75+ .75kg

W75	Heather Doherty	2012	24.46 A
W80	Heather Doherty	2014	22.28 A
W95	Ruth Frith	2006	10.90 A
W100	Ruth Frith	2011	9.30 W

### SHOT PUT 4kg (W30-49)

W30	Katrina Robertson	1994	11.65
W35	Una Lund	1980	11.86
W40	Una Lund	1981	11.90
W45	Una Lund	1987	11.30

### SHOT PUT 3kg (W60-74)

W50	Una Lund	1991	12.17
W55	Heather Doherty	1993	11.70
W60	Heather Doherty	1993	12.18
W65	Helen Searle	2004	11.58 A
W70	Helen Searle	2011	9.98 A
W75	Heather Doherty	2008	7.36 A
W80	Gene Mogg	1991	5.76
W85	Margaret Russell	2001	3.94
W90	Ruth Frith	2002	4.85
W95	Ruth Frith	2004	4.72 A

### New World Specif. for W75+ 2kg

W75	Helen Searle	2015	10.40 A
W80	Heather Doherty	2014	7.44 A
W85	Christiane Dauphinat	16	4.69
W95	Ruth Frith	2004	5.25 A
W100	Ruth Frith	2010	4.48 A
W100	Ruth Frith	2010	4.10 W

### SHOT PUT INDOOR (not Qld)

W40	Caroline Layt	2010	9.72 A
W50	Marie Kay	2010	12.30 A
W60	Wilma Perkins	2012	8.80 A

### HAMMER 4kg (W30-49)

W30	Kelly Humphries	2014	49.28
W35	Finn Connors	2017	37.65
W40	Kathy Newman	2008	42.95
W45	Althea Mackie	2015	42.13

### HAMMER 3kg (W50-74)

W50	Yasha Watkins	2005	33.59
W55	Heather Doherty	1992	33.80
W60	Helen Searle	2001	46.09 W
W65	Helen Searle	2006	41.41 A
W70	Helen Searle	2009	34.86
W75	Heather Doherty	2008	19.01
W80	Mary Vickers	2002	11.19
W85	Margaret Russell	2001	9.87
W90	Ruth Frith	2003	12.94
W95	Ruth Frith	2004	11.37 W

### New World Specif. for W75+ 2kg

W75	Helen Searle	2015	32.55
W80	Heather Doherty	2016	22.20
W95	Ruth Frith	2006	13.71 A
W100	Ruth Frith	2010	11.30 W

### WEIGHT THROW 9.08kg (W30-49)

W30	Kelly Humphries	2012	15.32
W35	Gail Peterson	1996	11.99
W40	Althea Mackie	2015	12.93
W45	Althea Mackie	2015	13.57

### WEIGHT THROW 7.26kg (W50-59)

W50	Una Lund	1994	12.12
W55	Una Lund	1999	11.43

### WEIGHT THROW 5.56kg (W60-69)

W60	Helen Searle	2002	16.55
W65	Helen Searle	2004	16.44 A
W70	Helen Searle	2009	13.94 A
W75	Heather Doherty	2008	7.88
W80	Mary Vickers	2002	5.05
W90	Ruth Frith	2003	5.63
W95	Ruth Frith	2006	5.16 A

### New World Specif. for W75+ 4kg

W75	Helen Searle	2015	13.23
W80	Heather Doherty	2014	9.64
W95	Ruth Frith	2005	6.23 A
W100	Ruth Frith	2009	4.88 A
W100	Ruth Frith	2011	4.68 W

### WEIGHT THROW INDOOR (not Qld)

W40	Althea Mackie	2014	12.61 A
W45	Althea Mackie	2017	12.06 A

### THROWS PENTATHLON (4&5 Jav)

W30	Kelly Humphries	2012	3222
W35	Kerry Pickvance	2000	2362
W40	Kathy Newman	2008	3128
W45	Althea Mackie	2015	3348

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W50	Yasha Watkins	2006	3397
W55	Una Lund	2000	3730
W60	Helen Searle	2001	4849
W65	Helen Searle	2005	5013 A
W70	Helen Searle 400	2009	4800 A
W70	Helen Searle 500	2014	3423
W90	Ruth Frith		2960

### New Aust Discus Specific. for W75+ .75

W75	Heather Doherty	2009	4053
W95	Ruth Frith	2005	4539 A

### New World Specifications for W75+

W75	Helen Searle (4537)	2015	4482 A
W80	Heather Doherty	2014	4269 A
W95	Ruth Frith	2006	4026
W100	Ruth Frith	2009	5743 A
W100	Ruth Frith (5180)	2011	5570W

### HEAVY WEIGHT RECORDS

#### 56lb WEIGHT

W30	Jessica Day	2016	3.78
W35	Fionnula Connors	2015	3.69
W40	Althea Mackie	2013	5.00 A
W45	Althea Mackie	2016	5.16 A
W60	Robyn Wales	2016	1.85
W70	Margarita Jekabsons	2007	1.82

#### 100lb WEIGHT (not Qld Recs)

#### QMA Members Best Results

W30	Jessica Day	2016	2.13
W40	Althea Mackie	2014	1.96
W70	Margarita Jekabsons	2000	0.85

### HEAVY WEIGHT PENTATHLON

#### (Rescored with 2016 Scoring)

W30	Jessica Day	2016	1974
W40	Althea Mackie	2014	4382
W45	Althea Mackie	2016	4015
W50	Debbie Cliff	2010	1823
W55	Carolyn Boyd	2011	2703
W60	Helen Searle	2002	4775
W65	Helen Searle	2005	4970 A
W70	Helen Searle	2010	3771
W100	Ruth Frith	2010	9290

### PENTATHLON (Jav:400g/500g)

W30	Anne Venema	2009	1938
*W30	Wilma Perkins	1984	2864 A
W35	Leonie Hoffman	2012	2852 A
*W35	Wilma Perkins	1986	3110 A
W40	Lee-Anne Grosvenor	2015	3290 A
*W40	Jan Hynes	1986	3601 A
W45	Lisa Crouch	2009	3572 A
W50	Robyn Preston	2011	2544
W55	Wilma Perkins	2005	3932 A
W60	Marge Allison	2009	3062
W60	Carol Davis 500	2016	3417 A
W65	Marge Allison 400	2012	3468
W65	Carol Davis 500 (3720)	17	3942 A
W70	Marge Allison	2016	3437 A

\*With pre-2000 Javelin

### Obsolete - with Discus & 200 Metres

W35	Wilma Perkins	1987	2913
W35	Julie Brims	2005	2650
W40	Jan Hynes	1987	3546 A
W40	Julie Brims	2007	2856
W45	Jan Hynes	1991	3720 A
W50	Wilma Perkins	2002	3204
W50	Una Lund	1991	3698 A
W55	Wilma Perkins	2005	3430 A
W60	Marge Allison	2008	3125

### PENTATHLON INDOOR (not Qld)

W50	Marie Kay	2010	4758 W
W60	Wilma Perkins	2014	3473 A
W65	Marge Allison	2010	3799 A

### HEPTATHLON

W30	Leanne McMurdy	2003	3192
W35	Julie Brims	2005	3842
W40	Julie Brims	2006	4428
W45	Marie Kay	2009	6006 W
W50	Marie Kay	2011	6202 A
W55	Marie Kay	2015	6682 W

W60	Marge Allison	2008	5076 A
W65	Marge Allison 400g	2010	5305
W65	Wilma Perkins	2015	5475 A
W70	Marge Allison	2017	5342 A

### HEPTATHLON (Old Spec-Rescored)

W30	Wilma Perkins	1984	3777
W35	Jan Hynes	1984	4714

### 4 x 100 METRES RELAY

W30	Michelle Mackey	38	
2011	Fiona Cullen	31	
	Kim Cocksedge	34	
	Rebecca Lima	32	51.72
W35	Julie Brims	48	
2014	Lee-Anne Grosvenor	42	
	Anne Salmoni	36	
	Petrina Brown	45	54.08

W40	Michelle Mackey	43	
2016	Lee-Ann Grosvenor	44	
	Adrienne Mclvor	45	
	Julie Brims	50	50.91
W45	Kathy Rourke	45	
2000	Lois Hennes	50	
	Wilma Perkins	50	
	Bonnie Cochrane	50	57.0

W50	Wilma Perkins	50	
2000	Lois Hennes	50	
	Bonnie Cochrane	50	
	Hazel McDonnell	52	56.24

W55	Hazel McDonnell	59	
2007	Wilma Perkins	57	
	Noreen Parrish	65	
	Marge Allison	62	59.57

W60	Hazel McDonnell		
2009	Annette Horsnell		
	Marge Allison		
	Lesley Hamilton		62.64

W65	Jean Hampson	69	
2014	Noreen Parrish	72	
	Marge Allison	70	
	Wilma Perkins	65	66.31

### 4 x 200 METRES RELAY

W30	Kim Cocksedge	34	
2011	Lisa Crouch	47	
	Joanne Daly	49	
	Julie Brims	45	1.56.13
W35	Julie Brims	43	
2009	Karen Lakin	45	
	Petrina Brown	40	
	Jodie Schubert	36	1.59.31

W40	Helena Grono	41	
2014	Maryann Hearn	46	
	Michelle Mackey	41	
	Petrina Brown	45	1.52.38

W45	Petrina Brown	46	
2014	Karen Bradley	45	
	Karen Lakin	50	
	Julie Brims	48	1.57.51

W50	Julie Brims	50	
2016	Wilma Perkins	66	
	Jean Hampson	70	
	Karen Lakin	52	2.11.93

### 4 x 200m RELAY INDOOR (not Qld)

W35+	Caroline Layt	2010	2.08.29 A
W40+	Caroline Layt	2008	
	Marie Kay	2008	1.49.98 A
W50	Julie Brims	2017	1.57.02 A

W60	Wilma Perkins		
	Linda Lynch		
	Jeanette Flynn	2014	2.07.39 A
W65	Wilma Perkins		
	Jeanette Flynn	2017	2.19.47 A

W70	Noreen Parrish		
	Jean Hampson	2017	2.49.19 A

### 4 x 400 METRES RELAY

W30	Jodie Schubert	36	
2009	Anne Venema	31	

	Petrina Brown	40	
	Julie Brims	43	4.21.48
W35	Petrina Brown	39	
2008	Julie Brims	41	
	Karen Lakin	44	
	Jeanette Flynn	56	4.21.69
W40	Petrina Brown	46	
2014	Marie Kay	54	
	Michelle Mackey	42	
	Julie Brims	48	4.21.52
W45	Maryann Hearn	47	
2015	Petrina Brown	46	
	Karen Bradley	45	
	Karen Lakin	51	4.32.53
W50	Wilma Perkins	50	
2000	Bonnie Cochrane	50	
	Hazel McDonnell	50	
	Lois Hennes	50	4.42.33
W60	Marge Allison		
2009	Jean Hampson		
	Betty Menzies		
	Irene Davey		5.14.72
W65	Betty Menzies	66	
2010	Jean Hampson	65	
	Lesley Hamilton	67	
	Marge Allison	66	5.40.05

### 4 x 800 METRES RELAY

W30	Petrina Brown	40	
2008	Anne Venema	30	
	Glenda Banaghan	44	
	Jeanette Flynn	57	10.21.11 A
W35	Petrina Brown	45	
2014	Katie Menzies	35	
	Lee-Anne Grosvenor	42	
	Jeanette Flynn	62	10.10.71 A

W40	Petrina Brown	40	
2009	Glenda Banaghan	44	
	Julie Brims	43	
	Jeanette Flynn	57	10.46.73
W45	Marcy Sheer	52	
2010	Wendy Stewart	48	
	Anne Ryan	55	
	Glenda Banaghan	46	10.43.91

W60	Marge Allison	63	
2008	Jean Hampson	62	
	Irene Davey	60	
	Betty Menzies	64	12.18.0
W65	Marge Allison	66	
2010	Leslie Le Vaillant	67	
	Jean Hampson	65	
	Betty Menzies	66	12.56.64 A

### 4 x 1500 METRES RELAY

W30	Petrina Brown	40	
2008	Jeanette Flynn	57	
	Glenda Banaghan	44	
	Anne Venema	30	21.47.9 A
W35	Petrina Brown	47	
2014	Katie Menzies	37	
	Erika O'Reilly	35	
	Renee Witt	38	21.42.68A

W40	Marcy Sheer	50	
2009	Glenda Banaghan	44	
	Petrina Brown	40	
	Jeanette Flynn	57	21.39.65
W45	Marcy Sheer	52	
2010	Glenda Banaghan	46	
	Julie Ellett	50	
	Wendy Stewart	48	22.49.02

W50	Fay McNeill	54	
2006	Jeanette Flynn	56	
	Jean Hampson	61	
	Betty Menzies	62	23.24.5
W65	Marge Allison	66	
2010	Lesley Le Vaillant	67	
	Jean Hampson	65	
	Betty Menzies	66	27.04.27A

## Q.M.A. LADIES RECORDS AS AT 1<sup>ST</sup> AUGUST, 2017

**RELAYS: MEMBERS WHO SET RECORDS IN AUST TEAMS IN NATIONAL AND INTERNATIONAL COMPETITION.**

<u>4 x 100m RELAY</u>			<u>4 x 200m RELAY INDOOR (Not Qld)</u>		
W35+	Julie Brims	2008 47.74 A	W50+	Wilma Perkins	2001 4.24.92 A
W40+	Julie Brims	2009 48.01 W	W60+	Wilma Perkins	2011 4.55.53 A
W45+	Julie Brims	2011 48.92 W	W65+	Carol Davis	2017 4.52.76 W
W65+	Carol Davis	2017 60.60 A		Jeanette Flynn	2017 4.52.76 W
	Wilma Perkins	2017 60.60 A	W70+	Marge Allison	2015 5.32.95 W
W70	Marge Allison	2016 69.00 A		Jean Hampson	2015 5.32.95 W
			W75+	Carol Melling	2016 7.11.20 A
<u>4 x 400m RELAY</u>			<u>4 x 800m RELAY</u>		
W35+	Cherie Smee	2001 4.02.04 A	W55+	Jeanette Flynn	2007 10.31.0 A
W40+	Leanne Smith	2001 3.57.28 A		Betty Menzies	2007
	Glynis Cearns	2001 3.57.28 A		Fay McNeill	2007
W45+	Julie Brims	2011 4.01.22 W	W60+	Jeanette Flynn	2013 11.22.59 A

## QUEENSLAND BEST PERFORMANCES (RECORDS) - LADIES: AT 1<sup>ST</sup> AUGUST, 2017

### TRACK EVENTS

These QBP Times for 60 Metres are not recognised as Queensland Records. All Records up to and including 800m must be set with Electronic Timing. The remaining QBP Records will be deleted when bettered by an Official Record.

#### 60 METRES

W35	Julie Brims	2004	7.7
W55	Wilma Perkins	2004	8.5

### ROAD RUNS

#### HALF MARATHON

W30	Helen Sanderson	2002	1:48.40
W35	Shiloh Watts	2016	1:23.15
W40	Glenda Banaghan	2007	1:19.10
W45	Glenda Banaghan	2011	1:20.14
W50	Joan Darlington	1996	1:29.59
W55	Louisa Abram	2017	1:26.36
W60	Anne Ryan	2016	1:31.54
W65	Betty Menzies	2009	1:47.35
W70	Lorna Thompson	2000	2:30.13
W75	Lorna Thompson	2003	2:32.18

#### MARATHON

W30	Dell Grant	1987	3.40.14
W35	Lyn Stern	1994	3:02.05
W40	Glenda Banaghan	2008	2.52.41
W45	Elizabeth Maguire	2015	2:58.45
W50	Joan Darlington	1997	3:19.12
W55	Anne Ryan	2012	3:21.53
W60	Lesley Le Vaillant	2005	3:53.09
W65	Lesley Le Vaillant	2010	3:50.00
W70	Lesley Le Vaillant	2013	4:34.59

#### 10km ROAD RUN

W40	Olivia Lennon	2017	38.88
W45	Nicola Bowker	2017	38.51
W50	Marion Hermitage	2016	44.30
W55	Louisa Abram	2017	38.46
W60	Anne Ryan	2017	49.03
W65	Irene Davey	2014	57.38
W70	Betty Menzies	2015	55.32

### CROSS COUNTRY

### 3000 METRES (3km)

W30	Katie Menzies	2011	11.37
W35	Glenda Banaghan	2002	11.08
W40	Glenda Banaghan	2007	10.12
W45	Glenda Banaghan	2009	11.23
W50	Felicija Schmidt	2001	12.22
W55	Anne Ryan	2013	11.50
W60	Marge Allison	2008	14.10
W65	Jean Hampson	2013	16.35
W70	Jean Hampson	2017	18.48

### 4000 METRES (4km)

W30	Katie Menzies	2013	15.48
W35	Katie Menzies	2017	15.39
W40	Glenda Banaghan	2008	13.54
W45	Hubertien Wichers	2010	15.30
W50	Marcia Sheer	2010	15.01
W55	Anne Ryan	2013	14.52
W60	Anne Ryan	2016	19.28
W65	Betty Menzies	2010	19.23
W70	Jean Hampson	2017	24.59
W75	Beverley Williams	2010	34.56

### 5000 METRES (5km)

W30	Denise Hauville	1978	29.31
W35	Glenda Banaghan	2002	19.29
W40	Glenda Banaghan	2008	17.38
W45	Glenda Banaghan	2010	19.43
W50	Felicija Schmidt	2000	21.18
W55	Betty Menzies	2000	22.08
W65	Bev Wallace	2000	32.03

### 8000 METRES (8km)

W30	Katie Menzies	2010	32.14
W35	Glenda Banaghan	2002	30.34
W40	Glenda Banaghan	2007	29.12
W45	Glenda Banaghan	2011	30.28
W50	Marcia Sheer	2010	31.43
W55	Louisa Abram	2016	32.19
W60	Anne Ryan	2015	33.44
W65	Betty Menzies	2010	40.10
W70	Jean Hampson	2016	50.53
W75	Carol Melling	2016	51.07
W85	Margaret Russell	2001	1.32.40

### 10,000 METRES (10km)

W30	Judy Briscoe	1995	43.21
W35	Lyn Stern	1994	39.39
W40	Marcia Sheer	1998	40.59
W45	Fay McNeill	2000	44.35

W50	Fay McNeill	2002	43.18
W55	Betty Dent	2000	50.27
W60	Beryl Doocey	1994	55.54
W65	Joan Stubbings	1999	57.39

### ROAD WALKS

#### 5KM

W30	Leanne McMurdy	2002	35.32
W40	Nyle Sunderland	2012	28.46
W45	Judy Moller	1999	28.44
W50	Erika Woodward	2016	28.47
W55	Noela McKinven	1998	30.23
W60	Sally Lynch	2003	30.51
W65	Sally Lynch	2009	31.54
W70	Christiane Dauphinet	2002	33.56
W75	Christiane Dauphinet	2007	36.54
W80	Christiane Dauphinet	2011	38.22

#### 8KM

W55	Robyn Wales	2010	61.14
W60	Sally Lynch	2008	54.44
W65	Sally Lynch	2009	53.23
W75	Christiane Dauphinet	2007	59.11
W80	Christiane Dauphinet	2011	61.38

#### 10KM

W30	Cathy Vaughan	1997	1:24.30
W35	Karen Iselin	1994	55.50
W40	Lyn Lewis	1999	55.58
W45	Nyle Sunderland	2012	57.00
W50	Felicija Schmidt	2002	57.27
W55	Noela McKinven	1998	1:02.12
W60	Sally Lynch	2004	1:03.03
W65	Sally Lynch	2009	1:05.02
W70	Joan Purcell	2013	1:10.32
W75	Lorna Thompson	2002	1:12.49 A
W80	Christiane Dauphinet	2011	1:17.50
W85	Lorna Thompson	2012	1:28.04

#### 15KM

W50	Judy Moller	2005	1:36.55
W60	Noela McKinven	2005	1:53.31

#### 20KM

W40	Lyn Lewis	1999	2:00.49
W45	Judy Moller	2002	2:01.13
W50	Felicija Schmidt	2002	2:02.54
W55	Noela McKinven	1998	2:09.58
W60	Noela McKinven	2002	2:18.45
W65	Noela McKinven	2007	2:32.09
W70	Joan Purcell	2011	2:30.05 A

## AMA CHAMPIONSHIP RECORDS HELD BY QMA MEMBERS (as at 21/06/17)

### 60 METRES

W30	Fiona Cullen	7.95	2011
W45	Julie Brims	7.75	2011
W50	Julie Brims	8.14	2016
W60	Wendy Sheaves-Doran	9.25	2011
W70	Annette Horsnell	10.00	2008

### 100 METRES

W45	Julie Brims	12.55	2011
W65	Daphne Pirie	14.7	1987
W70	Annette Horsnell	16.14	2008

### 200 METRES

W40	Julie Brims	25.14	2008
W45	Julie Brims	25.21	2011
W50	Julie Brims	26.09	2016
W65	Marge Allison	31.40	2011
W70	Marge Allison	33.40	2016

### 400 METRES

W35	Marie Kay	*Nsw	57.41	1999
W50	Marge Allison	*Nsw	59.5	1995
W60	Marge Allison	*Nsw	67.37	2005
W65	Jeanette Flynn		70.37	2017

### 800 METRES

W50	Jenny Flynn	2.18.07	2005
W65	Jeanette Flynn	2.48.56	2017

### 1500 METRES

W35	Marcia Sheer	*SA	4.30.16	1993
W50	Jenny Flynn		4.49.04	2004
W60	Jenny Flynn		5.35.48	2013

### 5000 METRES

W35	Marcia Sheer	*SA	16.42.74	1994
W40	Glenda Banaghan		17.05.51	2007

## AMA CHAMPIONSHIP RECORDS HELD BY QMA MEMBERS (as at 21/06/17)

<b><u>10,000 METRES</u></b>			
W35	Desiree Letherby *SA	35.39	1983
<b><u>HALF MARATHON</u></b>			
W35	Shiloh Watts	1:25.27	2017
W45	Glenda Banaghan	1:22.34	2011
W55	Louisa Abram	1:26.35	2017
<b><u>MARATHON</u></b>			
W70	Lesley Le Vaillant	4:34.59	2013
<b><u>300m HURDLES</u></b>			
W60	Marge Allison *Nsw	54.87	2005
<b><u>1500m TRACK WALK</u></b>			
W80	Christiane Dauphinet	11.32.7	2011
<b><u>5000m TRACK WALK</u></b>			
W80	Christiane Dauphinet	39.04.68	2011
<b><u>10km ROAD WALK (Best Times)</u></b>			
W75	Lorna Thompson	74.53	2005
W75	Christiane Dauphinet	74.53	2007
<b><u>HIGH JUMP</u></b>			
W40	Deann Mayfield	1.70	2005
W50	Marie Kay	1.45	2010
<b><u>LONG JUMP</u></b>			
W40	Helen Searle *Nsw	5.59	1983
W45	Marie Kay *Nsw	5.21	2006
W50	Marie Kay	5.41	2010
W80	Ruth Frith *Nsw	2.14	1990
<b><u>TRIPLE JUMP</u></b>			
W30	Maree Bugeja	11.68	2006
W40	Julie Brims	11.17	2007
W80	Ruth Frith *Nsw	5.36	1994
<b><u>POLE VAULT</u></b>			
W60	Wilma Perkins	2.33	2010
W65	Wilma Perkins	2.10	2015
<b><u>DISCUS THROW</u></b>			
W60	Heather Doherty	31.78	1994
W65	Heather Doherty	30.74	1999
W70	Heather Doherty	25.30	2005
W75	Heather Doherty	.75k 24.46	2012
W80	Heather Doherty	75k 19.33	2015
W85	Ruth Frith *Nsw	1k 13.34	1998
W90	Ruth Frith *Nsw	1k 12.10	2000
W95	Ruth Frith	.75k 10.29	2005
W100	Ruth Frith	.75k 8.14	2010
<b><u>SHOT PUT</u></b>			
W55	Helen Searle *Nsw	12.00	1999
W60	Helen Searle *Nsw	12.05	2000
W65	Helen Searle	11.41	2005
W70	Helen Searle	9.67	2010
W75	Helen Searle	2k 9.48	2015
W80	Ruth Frith *Nsw	3k 6.93	1994
W85	Ruth Frith *Nsw	3k 5.52	1999
W90	Ruth Frith *Nsw	3k 5.37	2001
W95	Ruth Frith	2k 5.04	2006
W100	Ruth Frith	2k 4.37	2010
<b><u>HAMMER THROW</u></b>			
W60	Helen Searle	42.85	2002
W65	Helen Searle	41.41	2006
W85	Ruth Frith *Nsw	3k 13.36	1999
W90	Ruth Frith *Nsw	3k 13.13	2000
W95	Ruth Frith	2k 12.93	2005
W100	Ruth Frith	2k 10.87	2011
<b><u>JAVELIN THROW</u></b>			
W65	Heather Doherty 400g	30.52	1999
W65	Carol Davis 500g	23.32	2017
W70	Heather Doherty	26.14	2006

W85	Ruth Frith *Nsw	9.96	1998
W90	Ruth Frith *Nsw	9.64	2002
W95	Ruth Frith	7.70	2005
W100	Ruth Frith	5.90	2010

### **WEIGHT THROW**

W55	Helen Searle *Nsw	14.59	1999
W60	Helen Searle *Nsw	17.52	2000
W65	Helen Searle	16.10	2006
W70	Helen Searle	11.95	2010
W85	Ruth Frith *Nsw	6.07	1999
W90	Ruth Frith *Nsw	6.19	2001
W95	Ruth Frith 4k	6.00	2005
W100	Ruth Frith 4k	4.72	2010

### **THROWS PENTATHLON (2010**

#### **Scoring) #New Specs from 2005**

W55	Helen Searle *Nsw	4213	1998
W60	Helen Searle *Nsw	4789	2000
W65	Helen Searle	4939	2005
W70	Helen Searle	4572	2010
W75	Heather Doherty #ns	4053	2009
W85	Ruth Frith *Nsw	4489	1998
W90	Ruth Frith *Nsw	4337	2000
W95	Ruth Frith #ns	4539	2005
W100	Ruth Frith #ns	5426	2010

### **PENTATHLON(with Shot from 2009)**

W35	Leonie Hoffman	2852	2012
W40	Lee-Anne Grosvenor	3290	2015
W65	Wilma Perkins 500Jav	3720	2016

### **PENTATHLON (with Discus 2010)**

W40	Jan Hynes	3501/3357	1988
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### **HEPTATHLON (2010 Scoring)**

W30	Leanne McMurdy	3192	2003
W40	Lee-Anne Grosvenor	4068	2014
W50	Wilma Perkins	4406	2003
W55	Wilma Perkins	5200	2005

### **CHAMPION of CHAMPIONS**

#### **SPRINT**

1987	Wilma Perkins	W35	13.07	Syd
1994	Mavis Collins	W75	11.46	Syd
1998	Noreen Parrish *N	W55 nt		Bris
2001	Wilma Perkins	W50	11.8h	Syd
2005	Wendy Sheaves-Doran		12.11	Bris
2017	Julie Brims	W53	11.09	Darw

### **CHAMPION OF CHAMPIONS**

#### **THROWS**

2012	Joanne Pronk	W55 SP	19.93	Melb
2017	Wilma Perkins	W67 SP	20.22	Darw

### **ROYCE FOLEY TROPHY**

#### **THROWS PENTATHLON**

#### **HIGHEST POINTS (no more than once in a 5year age group)**

1997	Heather Doherty	W60	4272	Melb
1998	Helen Searle	W55*nsw	4337	Bris
1999	Heather Doherty	W65	4587	Cbra
2000	Helen Searle	W60*nsw	5022	Hob
2001	Ruth Frith	W90 *nsw	4215	Syd
2004	Heather Doherty	W70	4571	Melb
2005	Ruth Frith	W95	7380	Bris
2006	Helen Searle	W65	5145	Cbra
2009	Heather Doherty	W75	4986	Adel
2010	Ruth Frith	W100	11,169	Per
2011	Helen Searle	W70	4318	Melb

### **BRIAN FOLEY AWARD Best age-graded 800m/1500m Perf**

2017 Jeanette Flynn W65 95.62% Darw

### **AMA CHAMPIONSHIPS Best Age Graded Performances**

2007	Ruth Frith	W97	Throws
2008	Ruth Frith	W98	Throws
2009	Ruth Frith	W99	Throws
2010	Ruth Frith	W100	Throws
2011	Julie Brims	W45	Sprints
2015	Helen Searle	W75	Throws

### **AMA YEARLY AWARDS**

#### **SPRINTS/HURDLES**

2006	Marge Allison	W60
2012	Julie Brims	W45

#### **MIDDLE DISTANCE/STEEPLECHASE**

2004	Jeanette Flynn	W50
2006	Jeanette Flynn	W50
2014	Jeanette Flynn	W60
2015	Jeanette Flynn	W60
2017	Jeanette Flynn	W65

#### **DISTANCE**

2010	Glenda Banaghan	W45
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#### **JUMPS**

2011	Marie Kay	W50
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#### **THROWS**

2005	Heather Doherty	W70
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#### **MULTI EVENTS/RELAYS**

2001	Helen Searle *Nsw	W60
2002	Marie Kay *Nsw	W40
2004	Marie Kay *Nsw	W40
2006	Marie Kay	W45
2007	Julie Brims	W40
2011	Marge Allison	W65
2012	Marge Allison 4x100m	W65
2012	Noreen Parrish 4x100m	W65
2017	Wilma Perkins	W65

### **MOST OUTSTANDING FEMALE**

#### **ATHLETE**

1999	Heather Doherty	W65
2005	Jeanette Flynn	W50
2007	Marie Kay	W45
2009	Marie Kay	W45
2010	Marie Kay	W45
2016	Marge Allison	W70
2017	Julie Brims	W50

### **MOST OUTSTANDING INDIVIDUAL**

#### **PERFORMANCE**

2005	Ruth Frith	W95
2006	Noreen Parrish	W60
2008	Marie Kay	W45
2016	Marie Kay	W55

### **ADMINISTRATOR/OFFICIAL**

2005	Judy Cooper
2010	Heather Doherty

### **IAAF MASTERS ATHLETE OF THE YEAR**

2004	Jeanette Flynn	W50 Middle Dist
2010	Marie Kay	W50 Pentathlon

### **AMA/AAVAC MERIT AWARD**

2001	Judy Cooper	Services to Qld
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### **AMA HALL OF FAME**

2015	Heather Doherty
2016	Marge Allison

## AMA WINTER THROWING CHAMPIONSHIPS – CHAMPIONSHIP RECORDS AS AT OCTOBER, 2016 HELD BY QMA MEMBERS

### **JAVELIN THROW**

W60	Helen Searle	2000	26.27
W75	Helen Searle	2015	17.47
W90	Ruth Frith	2001	10.00
W95	Ruth Frith	2008	5.78
W100	Ruth Frith	2010	5.62

### **DISCUS THROW**

W60	Helen Searle	2001	32.03
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W65	Helen Searle	2005	26.34
W75	Helen Searle	2015	21.00
W90	Ruth Frith 1kg	2001	11.46
W95	Ruth Frith 750g	2005	9.49
W100	Ruth Frith	2010	8.20

### **SHOT PUT**

W55	Marie Kay	2016	11.39
W60	Helen Searle	2000	12.24

W65	Helen Searle	2005	10.53
W70	Helen Searle	2010	9.90
W75	Helen Searle	2015	9.79
W90	Ruth Frith	2001	5.10
W95	Ruth Frith 2kg	2005	5.09
W100	Ruth Frith	2010	4.06

### **HAMMER THROW**

W60	Helen Searle	2001	46.09
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## AMA WINTER THROWING CHAMPIONSHIPS – CHAMPIONSHIP RECORDS AS AT OCTOBER, 2016

### HELD BY QMA MEMBERS

W65 Helen Searle	2005	40.11
W70 Helen Searle	2010	32.08
W75 Helen Searle	2014	32.27
W90 Ruth Frith 3kg	2001	12.96
W95 Ruth Frith 2kg	2005	14.09
W100 Ruth Frith	2010	11.30
<b><u>WEIGHT THROW</u></b>		
W60 Helen Searle	2000	16.22
W65 Helen Searle	2005	16.15
W75 Helen Searle	2014	11.55

W90 Ruth Frith 5.45lb	2003	5.96
W95 Ruth Frith	2006	5.33
W100 Ruth Frith	2010	4.30
<b><u>THROWS PENTATHLON</u></b>		
W60 Helen Searle	2000	5154
W65 Helen Searle	2005	5046
W70 Helen Searle	2010	4349
W75 Helen Searle	2014	4363
W90 Ruth Frith	2001	4180
W95 Ruth Frith	2006	7193

W100 Ruth Frith	2010	5495
<b><u>56lb WEIGHT</u></b>		
W40 Althea Mackie	2013	5.00
<b><u>HEAVY WEIGHT PENTATHLON</u></b>		
W60 Helen Searle	2002	4871
W65 Helen Searle	2005	4772
<b><u>WEIGHT FOR DISTANCE</u></b>		
W30 Jessica Day	2016	8.80

## OCEANIA RECORDS - LADIES - QMA MEMBERS (As at November, 2015)

<b><u>60 METRES</u></b>		
W45 Marie Kay	8.41	2008
W65 Wilma Perkins	9.52	2015

<b><u>100 METRES</u></b>		
W40 Julie Brims	12.54	2006
W45 Marie Kay	13.16	2006
W65 Wilma Perkins	15.43	2015

<b><u>200 METRES</u></b>		
W30 Wilma Perkins	25.80	1984
W40 Julie Brims	26.15	2006
W45 Marie Kay	26.55	2006
W60 Jeanette Flynn	30.77	2014

<b><u>400 METRES</u></b>		
W35 Marge Allison	58.50	1984
W45 Marie Kay	59.27	2006
W60 Jeanette Flynn	68.94	2014
W70 Marge Allison	79.76	2006

<b><u>800 METRES</u></b>		
W50 Daphne Pirie	2.29.1	1982
W60 Jeanette Flynn	2.40.31	2014

<b><u>80m HURDLES (0.762m)</u></b>		
W40 Marie Kay	13.10	2004
W45 Marie Kay	12.34	2008
W50 Marie Kay	13.14	2012

<b><u>400m HURDLES (0.762m)</u></b>		
W30 Marie Kay	76.8	1994
W45 Marie Kay	64.70	2006

<b><u>300m HURDLES (0.762m)</u></b>		
W55 Wilma Perkins	58.90	2006

<b><u>300m HURDLES (0.686m)</u></b>		
W65 Wilma Perkins	65.55	2015

<b><u>5000m TRACK WALK</u></b>		
W75 Christiane Dauphinet	39.15.24	2008
W80 Christiane Dauphinet	39.24.83	2012

<b><u>10km ROAD WALK (Best Perf)</u></b>		
W75 Christiane Dauphinet	1:18.07	2008
W80 Christiane Dauphinet	1:20.32	2012

<b><u>JAVELIN (500g from 2014)</u></b>		
W60 Wilma Perkins	21.72	2014
W65 Wilma Perkins	24.51	2015

<b><u>JAVELIN (400g from 2000)</u></b>		
W75 Heather Doherty	19.78	2008
W80 Heather Doherty	19.45	2014
W90 Ruth Frith	10.09	2002
W95 Ruth Frith	7.98	2004

<b><u>HAMMER (4kg)</u></b>		
W45 Althea Mackie	41.80	2015

<b><u>HAMMER (3kg)</u></b>		
W55 Helen Searle	45.98	1996
W65 Helen Searle	39.51	2006
W70 Helen Searle	33.07	2012

<b><u>HAMMER (2kg from 2010)</u></b>		
W80 Heather Doherty	21.74	2014
W85 Ruth Frith	15.66	1996
W90 Ruth Frith	11.85	2002
W95 Ruth Frith	11.16	2006
W100 Ruth Frith	9.64	2012

<b><u>DISCUS (1kg)</u></b>		
W60 Helen Searle	29.73	2002
W65 Helen Searle	27.53	2006

<b><u>DISCUS (0.75kg from 2010)</u></b>		
W75 Heather Doherty	21.91	2012
W80 Heather Doherty	20.30	2014

W85 Ruth Frith	11.64	1996
W90 Ruth Frith	10.89	2002
W95 Ruth Frith	10.90	2006

<b><u>SHOT PUT (3kg)</u></b>		
W60 Helen Searle	12.31	2000
W65 Helen Searle	11.58	2004
W70 Helen Searle	9.16	2012

<b><u>SHOT PUT (2kg from 2010)</u></b>		
W80 Heather Doherty	7.44	2014
W85 Ruth Frith	5.42	1996
W90 Ruth Frith	5.21	2002
W95 Ruth Frith	4.72	2004

<b><u>WEIGHT THROW (9.08kg-20lb)</u></b>		
W35 Fionnula Connors	10.03	2015
W45 Althea Mackie	12.84	2015

<b><u>WEIGHT THROW (5.54kg-12lb)</u></b>		
W65 Helen Searle	16.44	2004
<b><u>WEIGHT THROW (4kg from 2010)</u></b>		
W80 Heather Doherty	9.63	2014
W95 Ruth Frith	5.16	2006

<b><u>HIGH JUMP</u></b>		
W45 Marie Kay	1.48	2006
W50 Marie Kay	1.45	2012
W65 Wilma Perkins	1.18	2015

<b><u>LONG JUMP</u></b>		
W30 Wilma Perkins	5.43	1984
W45 Marie Kay	5.31	2006
W50 Marie Kay	5.23	2012
W55 Wilma Perkins	4.29	2004
W65 Wilma Perkins	3.78	2015

<b><u>TRIPLE JUMP</u></b>		
W30 Marie Kay	10.73	1994
W40 Julie Brims	10.59	2006
W45 Marie Kay	10.68	2006
W50 Helen Searle	9.54	1990
W80 Ruth Frith	5.05	1992

<b><u>POLE VAULT</u></b>		
W45 Wilma Perkins	2.20eq	1998
W50 Wilma Perkins	2.30	2002
W55 Wilma Perkins	2.20	2006
W60 Wilma Perkins	2.30	2010

<b><u>PENTATHLON Updated</u></b>		
W30 Wilma Perkins	2822	1984
100 Metres	12.70	
Shot Put	9.42	
Long Jump	5.25	
Javelin	28.71	
800 Metres	2.49.4	

W40 Lee-Anne Grosvenor	3153	2014
100 Metres	13.58	
Shot Put	8.84	
Long Jump	4.51	
Javelin	27.57	
800 Metres	2.29.06	

W65 Jean Hampson	500Jav	2816	2014
100 Metres	17.72		
Shot Put	6.05		
Long Jump	3.30		
Javelin	14.97		
800 Metres	3.38.21		

<b><u>THROWS PENTATHLON</u></b>		
W55 Helen Searle	4596	1996
W60 Helen Searle Updated	4521	2002
Hammer	39.48	

Shot Put	11.49
Discus	26.29
Javelin	25.20
Weight	15.04

W65 Helen Searle	5399	2004
<b><u>New Weight Specifications from 2010</u></b>		
W75 Heather Doherty	3979	2012

Hammer	22.75
Shot Put	7.79
Discus	23.46
Javelin	17.39
Weight	10.03

W80 Heather Doherty	4269	2014
Hammer	21.74	
Shot Put	7.11	
Discus	19.38	
Javelin	17.27	
Weight	9.42	

W85 Ruth Frith	3561*	1996
W90 Ruth Frith Updated	3642*	2002

Hammer	12.49
Shot Put	4.97
Discus	10.31
Javelin	10.51
Weight	5.71

W95 Ruth Frith Updated	4026*	2006
Hammer	11.08	
Shot Put	4.35	
Discus	9.78	
Javelin	6.43	
Weight	5.16	

<b><u>HEPTATHLON Updated</u></b>		
W40 Lee-Anne Grosvenor	4068	2014

Hurdles	15.69
High Jump	1.27
Shot Put	9.05
200 Metres	27.92
Long Jump	4.54
Javelin	27.41
800 Metres	2.33.4

W50 Marie Kay	5831	2010
Hurdles	13.13	
High Jump	1.48	
Shot Put	11.19	
200 Metres	28.22	
Long Jump	4.69	
Javelin	30.33	
800 Metres	2.52.47	

W60 Marge Allison	5076	2008
Hurdles	15.10	
High Jump	1.24	
Shot Put	6.93	
200 Metres	31.90	
Long Jump	3.66	
Javelin	18.48	
800 Metres	2.53.86	

W65 Jean Hampson	3884	2014
Hurdles	18.45	
High Jump	1.03	
Shot Put	6.15	
200 Metres	38.33	
Long Jump	3.13	
Javelin	14.58	
800 Metres	3.34.73	

# ASIA-PAN PACIFIC MASTERS GAMES - QMA MEMBERS RECORDS AS AT 2016

## These are Asia/Pan Pacific Masters Records

<b><u>60 METRES</u></b>			W45 Jeanette Flynn 2.23.0h 1998	W70 Bev Williams 32.03.00 2008		
W35 Julie Brims 8.07 2004	W55 Jeanette Flynn 2.30.27 2008	W85 Alison Worrall 40.21.00 2012	<b><u>8KM CROSS COUNTRY</u></b>			
W40 Julie Brims 7.99 2010	W60 Jeanette Flynn 2.39.21 2014	W45 Glenda Banaghan 30.37.95 2010	W55 Anne Ryan 36.38.50 2014			
W45 Tanya Bougoure 8.25 2014	W65 Jeanette Flynn 2.47.17 2016	W80 Mavis Collins 6.21.7h 1998	<b><u>LONG JUMP</u></b>			
W55 Wendy Doran 8.86 2004	<b><u>1500 METRES</u></b>			W40 Michelle Mackey 5.15 2012		
W60 Wendy Doran 9.04 2010	W40 Marcia Sheer 4.54.33 1998	W45 Jeanette Flynn 4.59.35 1998	W45 Lisa Crouch 4.70 2008	W55 Noela Brameld 3.91 2008		
W65 Carol Davis 9.21 2016	W50 Marcia Sheer 5.11.17 2010	W55 Jeanette Flynn 5.24.78 2008	W60 Jean Hampson 3.67 2008			
<b><u>100 METRES</u></b>			<b><u>HIGH JUMP</u></b>			
W35 Julie Brims 12.59 2004	<b><u>5000 METRES</u></b>			W35 Deann Mayfield 1.65 1998		
W40 Julie Brims 12.46 2010	W40 Marcia Sheer 18.04.66 1998	W50 Marcia Sheer 19.20.90 2008	W40 Deann Mayfield 1.71 2002	W45 Deann Mayfield 1.60 2008		
W55 Wendy Doran 13.96 2004	W55 Betty Menzies 21.29.34 2000	W55 Anne Ryan 19.53.66 2010	W50 Deann Mayfield 1.56 2012	W65 Daphne Pirie 1.15 2000		
W60 Wendy Doran 14.63 2010	<b><u>80m HURDLES</u></b>			W65 Wilma Perkins 1.15 2014		
W65 Carol Davis 14.85 2016	W40 Marie Kay 12.94 2004	W45 Jill Pryor 13.94 2006	<b><u>POLE VAULT</u></b>			
<b><u>200 METRES</u></b>			W50 Jill Pryor 13.82 2008	W40 Michelle Schafer 2.00 2000		
W40 Julie Brims 25.50 2010	W60 Marge Allison 15.34 2008	W65 Wilma Perkins 17.50 2014	W40 Phyllis Kwok 2.00 2004	W45 Wilma Perkins 2.40 1998		
W55 Wendy Doran 29.13 2004	<b><u>100m HURDLES</u></b>			W50 Wilma Perkins 2.45 2000		
W60 Wendy Doran 30.31 2010	W35 Olivia Stewart 16.69 2000	<b><u>200m HURDLES</u></b>			W55 Wilma Perkins 2.30 2006	
W65 Wendy Sheaves-Doran 31.11 2014	W70 Marge Allison 38.28 2014	<b><u>300m HURDLES</u></b>			W65 Wilma Perkins 2.00 2014	
W70 Marge Allison 33.78 2014	<b><u>400m HURDLES</u></b>			<b><u>JAVELIN THROW</u></b>		
<b><u>400 METRES</u></b>			W35 Julie Brims 65.69 2004	W30 Tanya Krome 27.33 2004	W50 Yasha Watkins 32.07 2004	
W35 Julie Brims 59.39 2004	W40 Marie Kay 72.64 2004	<b><u>2000m STEEPLECHASE</u></b>			W55 Noreen Parrish 25.51 2000	
W40 Marie Kay 59.39 2000	<b><u>3000m TRACK WALK</u></b>			W65 Heather Doherty 26.71 1998	W70 Heather Doherty 23.18 2004	
W55 Jeanette Flynn 66.11 2008	W30 Anne Venema 9.12.32 2008	W50 Felicja Schmidt 16.28.10 2002	W75 Lorna Thompson 20.42.15 2002	W75 Heather Doherty 18.44 2008	W85 Margaret Russell 9.17 2002	
W60 Marge Allison 68.17 2004	W55 Irene Davey 10.21.09 2004	W65 Irene Davey 10.26.48 2012	<b><u>5000m TRACK WALK</u></b>			
W65 Marge Allison 70.64 2010	<b><u>10km ROAD WALK</u></b>			W65 Heather Doherty 10.15 1998	W75 Heather Doherty 8.40 2008	
W70 Marge Allison 79.42 2014	W40 Lyn Lewis 59.46.0h 1998	W45 Nyle Sunderland 59.17.00 2014	W50 Felicja Schmidt 57.27.0h 2002	W80 Norma Murdoch 5.90 2006		
<b><u>4x100m Relay</u></b>			W65 Sally Lynch 34.03.18 2008	<b><u>HAMMER THROW</u></b>		
<b><u>QMA Members included in Teams</u></b>			W75 Lorna Thompson 35.23.70 2002	W35 Fionnula Connors 39.46 2016	W40 Althea Mackie 39.78 2012	
W30+ Julie Brims 50.55 2010	W80 Christiane Dauphinat 40.31.16 2012	<b><u>4KM CROSS COUNTRY</u></b>			W80 Norma Murdoch 18.64 2006	
Rebecca Lima	<b><u>800 METRES</u></b>			<b><u>WEIGHT THROW</u></b>		
Kylie Denny	W30 Katie Menzies 2.24.52 2010	W35 Kerry Pickvance 2362 2000	W35 Finn Connors 11.15 2016	<b><u>THROWS PENTATHLON (to 2010)</u></b>		
W35+ Julie Brims 53.74 2014	W35 Lynda Bateson 2.26.5h 1998	W40 Marcia Sheer 16.00.59 2006	W80 Norma Murdoch 8.35 2006	W30 Tanya Krome 1898 2006	W35 Kerry Pickvance 2362 2000	
W40+ Olivia Stewart 57.26 2008	W40 Julie Brims 4.22.37 2014	W50 Marcia Sheer 16.07.18 2010	<b><u>800 METRES</u></b>			W50 Yasha Watkins 3014 2004
W45+ Michelle Schafer 59.93 2006	W45+ Michelle Schafer 5.16.12 2006	W55 Paula Moorhouse 19.55.00 2008	W30 Julie Brims 4.22.37 2014	W60 Eunice Jenkins 2470 2000	W65 Heather Doherty 4119 1998	
W50+ Wilma Perkins 55.40 2000	W45+ Julie Brims 4.22.37 2014	W60 Jean Hampson 21.17.63 2006	W45+ Rosemary Cameron	W70 Heather Doherty 3803 2004	W75 Heather Doherty 3917 2008	
Hazel McDonnell	W45+ Lynda Bateson 4.35.45 2000	W65 Jean Hampson 23.14.00 2012	Cherie Smee	W80 Norma Murdoch 3178 2006		
W60+ Lesley Hamilton 67.10 2008	W45+ Rosemary Cameron		W40+ Petrina Brown 4.22.37 2014			
Jean Hampson	W45+ Cherie Smee		Julie Brims			
Hazel McDonnell	W45+ Lynda Bateson 4.35.45 2000					
W65+ Sheila Abrahams 1.20.03 2000	W45+ Rosemary Cameron					
Rosemary Gidley	W45+ Cherie Smee					
Daphne Pirie	W45+ Lynda Bateson 4.35.45 2000					
Dot Gale	W45+ Rosemary Cameron					