

Q.M.A. LADIES' RECORDS AS AT 1st OCTOBER, 2018

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 Dauphinat	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 Dauphinat	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 Dauphinat	2017	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	Jeanette Flynn	2018	30.55	A
W70	Marge Allison	2015	32.97	
W75	Laurie Delbridge	1998	43.5	
W80	Mavis Collins	1998	60.43	
W85	Christiane Dauphinat	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 Dauphinat	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	2018	69.01	A
W70	Marge Allison	2015	76.60	
W75	Lorna Thompson	2003	1.53.61	
W80	Lorna Thompson	2007	2.08.92	
W85	Christiane Dauphinat	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	2.16.05	A
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 Dauphinat	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	Kerri Hodge	2018	4.43.65	
W45	Jeanette Flynn	1997	4.33.29	A
W50	Jeanette Flynn	2005	4.42.00	A
W55	Louisa Abram	2018	4.59.36	A
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	Kerri Hodge	2018	5.07.23	
W45	Jeanette Flynn	1997	5.07.95	A
W50	Jeanette Flynn	2004	5.13.6	A
W55	Jeanette Flynn	2006	5.27.57	A
W60	Jeanette Flynn	2012	5.56.00	A
W65	Jeanette Flynn	2017	6.17.10	A
W70	Irene Davey	2017	8.17.84	

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	Louisa Abram	2018	10.51.56	A
W60	Anne Ryan	2015	11.46.00	A

W65	Jeanette Flynn	2017	13.27.58	
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	Nerissa O'Donnell	2017	18.11.71	
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	2018	18.24.57	A
W60	Anne Ryan	2016	21.06.56	
W65	Jeanette Flynn	2017	23.11.62	
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	Jeanette Flynn	2017	50.11.50	
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	Jodie Watson	2018	9.19.20	
W45	Irene Davey	1997	8.58.7	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	
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	A
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	Brenda Gannon	2017	7.51.78	
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 Dauphinet	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
W75	Noela McKinven	2018	12.52.43
W80	Christiane Dauphinet	14	12.12.99
W85	Christiane Dauphinet	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 Dauphinet	01	19.56.80
W75	Lorna Thompson	2002	20.42.15
W80	Lorna Thompson	2008	22.15.42 A
W85	Christiane Dauphinet	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 Dauphinet	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 Dauphinet	00	68.14.5
W70	Christiane Dauphinet	01	70.59.7
W75	Lorna Thompson	2002	70.48.2
W80	Christiane Dauphinet	12	1:23.08

LONG JUMP

W30	Maree Bugeja	2005	5.61
W35	Jan Hynes	1983	5.89 A
W40	Glynis Cearn	2001	5.77 A
W45	Marie Kay	2008	5.52 A
W50	Marie Kay	2010	5.41 W
W55	Marie Kay	2016	5.01 A
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 Cearn	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	Carol Davis	2018	7.55
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	Carol Davis	2018	25.51 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
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	Una Lund	2018	25.32 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 Dauphinet	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	38.87
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	Una Lund	2018	13.54 A
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 (4637)	2015	4482 A
W80	Heather Doherty	2014	4269 A
W95	Ruth Frith	2006	4026
W100	Ruth Frith	2009	5743 A
W100	Ruth Frith	2011	5180W

HEAVY WEIGHT RECORDS

56lb WEIGHT

W30	Jessica Day	2016	3.78
W35	Fionnula Connors	2017	4.37
W40	Althea Mackie	2013	5.00 A
W45	Althea Mackie	2016	5.16 A
W55	Desley Ross	2018	1.71
W60	Robyn Wales	2016	1.85
W65	Rosemary Kopittke	2018	1.57
W70	Margarita Jakabsons	2007	1.82

100lb WEIGHT (not Qld Recs)

QMA Members Best Results

W30	Jessica Day	2016	2.13
W40	Althea Mackie	2014	1.96
W45	Althea Mackie	2018	2.25
W70	Margarita Jakabsons	2000	0.85

HEAVY WEIGHT PENTATHLON

(Rescored with 2016 Scoring)

W30	Jessica Day	2016	1974
W40	Althea Mackie	2014	4382
W45	Althea Mackie	2018	4245 A
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 400	2009	3062
W60	Carol Davis 500	2016	3417 A
W65	Marge Allison 400	2012	3468
W65	Carol Davis 500	2017	4063 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 Cocksedg	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	Julie Brims	52
2000	Wilma Perkins	68
	Tamara Paterson	51
	Lee-Anne Nelson	46 55.95

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 Cocksedg	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	Tamara Paterson	51
2018	Julia Nicholas	56
	Karen Lakin	54
	Julie Brims	52 2.06.82

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
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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	Marcia 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 1ST OCTOBER, 2018

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

4 x 100m RELAY				4 x 200m RELAY INDOOR (Not Qld)							
W35+	Julie Brims	2008	47.74 A	W50+	Wilma Perkins	2001	4.24.92 A	W35+	Caroline Layt	2010	2.08.29 A
W40+	Julie Brims	2009	48.01 W	W60+	Wilma Perkins	2011	4.55.53 A	W40+	Caroline Layt	2008	
W45+	Julie Brims	2011	48.92 W	W65+	Carol Davis	2017	4.52.76 W		Marie Kay	2008	1.49.98 A
W50+	Julie Brims	2018	51.89 A		Jeanette Flynn	2017	4.52.76 W	W50	Julie Brims	2017	1.57.02 A
W65+	Carol Davis	2017	60.60 A	W70+	Marge Allison	2015	5.32.95 W	W60+	Wilma Perkins	2014	
	Wilma Perkins	2017	60.60 A		Jean Hampson	2015	5.32.95 W		Linda Lynch	2014	
W70	Marge Allison	2016	69.00 A	W75+	Carol Melling	2016	7.11.20 A		Jeanette Flynn	2014	2.07.39 A
4 x 400m RELAY				4 x 800m RELAY							
W35+	Cherie Smee	2001	4.02.04 A	W55+	Jeanette Flynn	2007	10.31.0 A	W65+	Jeanette Flynn	2017	
W40+	Leanne Smith	2001	3.57.28 A		Betty Menzies	2007			Wilma Perkins	2017	2.19.47 A
	Glynis Cearns	2001	3.57.28 A		Fay McNeill	2007		W70+	Noreen Parrish	2017	
W45+	Julie Brims	2011	4.01.22 W	W60+	Jeanette Flynn	2013	11.22.59 A		Jean Hampson	2017	2.49.19 A

QUEENSLAND BEST PERFORMANCES (RECORDS) - LADIES: 1ST OCT, 2018

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	Nerissa O'Donnell	2018	1:25.37
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	2018	1:26.02
W60	Anne Ryan	2016	1:31.54
W65	Betty Menzies	2009	1:47.35
W70	Irene Davey	2017	2:13.18
W75	Lorna Thompson	2003	2:32.18

MARATHON

W30	Dell Grant	1987	3.40.14
W35	Lyn Stern	1994	3:02.05
W40	Kerri Hodge	2018	2.49.08
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

W35	Erika O'Reilly	2018	40.15
W40	Kerri Hodge	2018	37.13
W45	Nicola Bowker	2017	38.51
W50	Marion Hermitage	2016	44.30
W55	Louisa Abram	2017	38.46
W60	Anne Ryan	2017	46.51
W65	Irene Davey	2014	57.38
W70	Betty Menzies	2015	55.32

CROSS COUNTRY

3000 METRES (3km)

W30	Katie Menzies	2011	11.37
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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	Irene Davey	2018	23.40
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

6000 METRES (6km)

W70	Irene Davey	2018	36.23
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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	2018	30.29
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

W40	Brenda Gannon	2018	46.06
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
W75	Noela McKinven	2018	2:09.36

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
W75	Joan Purcell	2018	2:40.10

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
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W50	Julie Brims	12.63	2018
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
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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
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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
 W55 Louisa Abram 18.24.57 2018

AMA CHAMPIONSHIP RECORDS HELD BY QMA MEMBERS (as at 29/04/18)

10,000 METRES

W35 Desiree Letherby *SA 35.39 1983

HALF MARATHON

W35 Shiloh Watts 1:25.27 2017
 W45 Glenda Banaghan 1:22.34 2011
 W55 Louisa Abram 1:26.35 2017

MARATHON

W70 Lesley Le Vaillant 4:34.59 2013

300m HURDLES

W60 Marge Allison *Nsw 54.87 2005

1500m TRACK WALK

W80 Christiane Dauphinat 11.32.7 2011

5000m TRACK WALK

W80 Christiane Dauphinat 39.04.68 2011

10km ROAD WALK (Best Times)

W75 Lorna Thompson 74.53 2005
 W75 Christiane Dauphinat 74.53 2007

HIGH JUMP

W40 Deann Mayfield 1.70 2005
 W50 Marie Kay 1.45 2010

LONG JUMP

W40 Helen Searle *Nsw 5.59 1983
 W45 Marie Kay *Nsw 5.21 2006
 W50 Marie Kay 5.41 2010

TRIPLE JUMP

W30 Maree Bugeja 11.68 2006
 W40 Julie Brims 11.17 2007

POLE VAULT

W60 Wilma Perkins 2.33 2010
 W65 Wilma Perkins 2.10 2015

DISCUS THROW

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

SHOT PUT

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

HAMMER THROW

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

JAVELIN THROW

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(withShot 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

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 W51 11.09 Darw
 2018 Julie Brims W52 11.34 Per

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*ns 4337 Bris
 1999 Heather Doherty W65 4587 Cbra
 2000 Helen Searle W60*ns 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 150.57%

2008 Ruth Frith W98 Throws 155.27%
 2009 Ruth Frith W99 Throws 121.67%
 2010 Ruth Frith W100 Throws 205.22%
 2011 Julie Brims W45 Sprints 97.94%
 2015 Helen Searle W75 Throws 102.49%
 2017 Helen Searle W77 Throws 76.52%
 2018 Louisa Abram W55 Dist 94.32%

AMA YEARLY AWARDS

SPRINTS/HURDLES

2006 Marge Allison W60
 2012 Julie Brims W45
 2018 Julie Brims W50

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

JUMPS

2011 Marie Kay W50

THROWS

2005 Heather Doherty W70

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
 2018 Jeanette Flynn W65

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

AMA HALL OF FAME

2015 Heather Doherty
 2016 Marge Allison
 2018 Wilma Perkins
 2018 Stan Perkins

AMA WINTER THROWING CHAMPIONSHIPS – CHAMPIONSHIP RECORDS AS AT OCTOBER, 2018

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
 W100Ruth Frith 2010 5.62

DISCUS THROW			
W60 Helen Searle	2001	32.03	
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

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

AMA WINTER THROWING CHAMPIONSHIPS – CHAMPIONSHIP RECORDS AS AT OCTOBER, 2018

HELD BY QMA MEMBERS

W95 Ruth Frith	2kg	2005	5.09
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HAMMER THROW

W60 Helen Searle	2001	46.09	
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

WEIGHT THROW

W60 Helen Searle	2000	16.22
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W100 Ruth Frith	2010	4.06	
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

THROWS PENTATHLON

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

WEIGHT FOR DISTANCE

W45 Althea Mackie	2018	12.81
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56lb WEIGHT

W40 Althea Mackie	2013	5.00
W45 Althea Mackie	2017	4.74

100lb WEIGHT

W45 Althea Mackie	2017	2.25
HEAVY WEIGHT PENTATHLON		
W60 Helen Searle	2002	4871
W65 Helen Searle	2005	4772

OCEANIA RECORDS - LADIES - QMA MEMBERS (As at JANUARY, 2018)

60 METRES

W45 Marie Kay	8.41	2008
W65 Wilma Perkins	9.52	2015

100 METRES

W40 Julie Brims	12.54	2006
W45 Marie Kay	13.16	2006
W65 Wilma Perkins	15.43	2015

200 METRES

W30 Wilma Perkins	25.80	1984
W40 Julie Brims	26.15	2006
W45 Marie Kay	26.55	2006
W65 Jeanette Flynn	30.55	2018

400 METRES

W35 Marge Allison	58.50	1984
W45 Marie Kay	59.27	2006
W60 Jeanette Flynn	68.94	2014
W65 Jeanette Flynn	69.01	2018
W70 Marge Allison	79.76	2006

800 METRES

W55 Louisa Abram	2.31.44	2018
W60 Jeanette Flynn	2.40.31	2014
W65 Jeanette Flynn	2.45.36	2018

1500 METRES

W55 Louisa Abram	4.59.36	2018
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5000 METRES

W55 Louisa Abram	18.44.52	2018
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80m HURDLES (0.762m)

W40 Marie Kay	13.10	2004
W45 Marie Kay	12.34	2008
W50 Marie Kay	13.14	2012

400m HURDLES (0.762m)

W45 Marie Kay	64.70	2006
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300m HURDLES (0.762m)

W55 Wilma Perkins	58.90	2006
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200m HURDLES (0.686m)

W70 Marge Allison	39.37	2012
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5000m TRACK WALK

W80 Christiane Dauphinet	39.24.83	2012
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10km ROAD WALK (Best Perf)

W80 Christiane Dauphinet	1:20.32	2012
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JAVELIN (500g from 2014)

W60 Wilma Perkins	21.72	2014
W65 Wilma Perkins	24.51	2015

JAVELIN (400g from 2000)

W75 Heather Doherty	19.78	2008
W80 Heather Doherty	19.45	2014
W90 Ruth Frith	10.09	2002
W95 Ruth Frith	7.98	2004

HAMMER (4kg)

W45 Althea Mackie	41.80	2015
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HAMMER (3kg)

W55 Helen Searle	45.98	1996
W65 Helen Searle	39.51	2006
W70 Helen Searle	33.07	2012

HAMMER (2kg from 2010)

W90 Ruth Frith	11.85	2002
W95 Ruth Frith	11.16	2006

W100 Ruth Frith	9.64	2012
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DISCUS (1kg)

W60 Helen Searle	29.73	2002
W65 Helen Searle	27.53	2006

DISCUS (0.75kg from 2010)

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

SHOT PUT (3kg)

W60 Helen Searle	12.31	2000
W65 Helen Searle	11.58	2004
W70 Helen Searle	9.16	2012

SHOT PUT (2kg from 2010)

W80 Heather Doherty	7.44	2014
W85 Ruth Frith	5.42	1996
W90 Ruth Frith	5.21	2002
W95 Ruth Frith	4.72	2004

WEIGHT THROW (9.08kg-20lb)

W35 Fionnula Connors	10.81	2018
W45 Althea Mackie	12.84	2015

WEIGHT THROW (5.54kg-12lb)

W65 Helen Searle	16.44	2004
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WEIGHT THROW (4kg from 2010)

W80 Heather Doherty	9.63	2014
W95 Ruth Frith	5.16	2006

HIGH JUMP

W45 Marie Kay	1.48	2006
W50 Marie Kay	1.45	2012
W65 Wilma Perkins	1.18	2015

LONG JUMP

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

TRIPLE JUMP

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

POLE VAULT

W45 Wilma Perkins	2.20eq	1998
W50 Wilma Perkins	2.30	2002
W55 Wilma Perkins	2.20	2006
W60 Wilma Perkins	2.30	2010

PENTATHLON Updated

W30 Wilma Perkins	2864	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	2845	2014
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100 Metres	17.72
Shot Put	6.05
Long Jump	3.30
Javelin	14.97
800 Metres	3.38.21

THROWS PENTATHLON

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
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New Weight Specifications from 2010

W75 Heather Doherty	3850	2012
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Hammer	22.75
Shot Put	7.79
Discus	23.46
Javelin	17.39
Weight	10.03

W80 Heather Doherty	4108	2014
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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	3461*	2002

Hammer	12.49
Shot Put	4.97
Discus	10.31
Javelin	10.51
Weight	5.71

W95 Ruth Frith Updated	3779	2006
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Hammer	11.08
Shot Put	4.35
Discus	9.78
Javelin	6.43
Weight	5.16

***old pre 2010 implement specs**

HEPTATHLON Updated

W40 Lee-Anne Grosvenor	4068	2014
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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	Hurdles	15.10	800 Metres	2.53.86
200 Metres	28.22	High Jump	1.24	W70 Marge Allison	5022 2015
Long Jump	4.69	Shot Put	6.93		
Javelin	30.33	200 Metres	31.90		
800 Metres	2.52.47	Long Jump	3.66		
W60 Marge Allison	5076 2008	Javelin	18.48		

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

These are Asia/Pan Pacific Masters Records

60 METRES		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
W40 Julie Brims	7.99 2010	W60 Jeanette Flynn	2.39.21 2014	8KM CROSS COUNTRY	
W45 Tanya Bougoure	8.25 2014	W65 Jeanette Flynn	2.47.17 2016	W45 Glenda Banaghan	30.37.95 2010
W55 Wendy Doran	8.86 2004	W80 Mavis Collins	6.21.7h 1998	W55 Anne Ryan	36.38.50 2014
W60 Wendy Doran	9.04 2010	1500 METRES		LONG JUMP	
W65 Carol Davis	9.21 2016	W40 Marcia Sheer	4.54.33 1998	W40 Michelle Mackey	5.15 2012
100 METRES		W45 Jeanette Flynn	4.59.35 1998	W45 Lisa Crouch	4.70 2008
W35 Julie Brims	12.59 2004	W50 Marcia Sheer	5.11.17 2010	W55 Noela Brameld	3.91 2008
W40 Julie Brims	12.46 2010	W55 Jeanette Flynn	5.24.78 2008	W60 Jean Hampson	3.67 2008
W55 Wendy Doran	13.96 2004	5000 METRES		HIGH JUMP	
W60 Wendy Doran	14.63 2010	W40 Marcia Sheer	18.04.66 1998	W35 Deann Mayfield	1.65 1998
W65 Carol Davis	14.85 2016	W50 Marcia Sheer	19.20.90 2008	W40 Deann Mayfield	1.71 2002
200 METRES		W55 Betty Menzies	21.29.34 2000	W45 Deann Mayfield	1.60 2008
W40 Julie Brims	25.50 2010	W55 Anne Ryan	19.53.66 2010	W50 Deann Mayfield	1.56 2012
W55 Wendy Doran	29.13 2004	80m HURDLES		W65 Daphne Pirie	1.15 2000
W60 Wendy Doran	30.31 2010	W40 Marie Kay	12.94 2004	W65 Wilma Perkins	1.15 2014
W65 Wendy Sheaves-Doran	31.11 2014	W45 Jill Pryor	13.94 2006	POLE VAULT	
W70 Marge Allison	33.78 2014	W50 Jill Pryor	13.82 2008	W40 Michelle Schafer	2.00 2000
400 METRES		W60 Marge Allison	15.34 2008	W40 Phyllis Kwok	2.00 2004
W35 Julie Brims	59.39 2004	W65 Wilma Perkins	17.50 2014	W45 Wilma Perkins	2.40 1998
W40 Marie Kay	59.39 2000	100m HURDLES		W50 Wilma Perkins	2.45 2000
W55 Jeanette Flynn	66.11 2008	W35 Olivia Stewart	16.69 2000	W55 Wilma Perkins	2.30 2006
W60 Marge Allison	68.17 2004	200m HURDLES		W65 Wilma Perkins	2.00 2014
W65 Marge Allison	70.64 2010	W70 Marge Allison	38.28 2014	JAVELIN THROW	
W70 Marge Allison	79.42 2014	300m HURDLES		W30 Tanya Krome	27.33 2004
4x100m Relay		W65 Marge Allison	56.69 2010	W50 Yasha Watkins	32.07 2004
QMA Members included in Teams		400m HURDLES		W55 Noreen Parrish	25.51 2000
W30+ Julie Brims	50.55 2010	W35 Julie Brims	65.69 2004	W65 Heather Doherty	26.71 1998
Rebecca Lima		W40 Marie Kay	72.64 2004	W70 Heather Doherty	23.18 2004
Kylie Denny		2000m STEEPLECHASE		W75 Heather Doherty	18.44 2008
W35+ Julie Brims	53.74 2014	W30 Anne Venema	9.12.32 2008	W85 Margaret Russell	9.17 2002
W40+ Olivia Stewart	57.26 2008	W55 Irene Davey	10.21.09 2004	DISCUS THROW	
W45+ Michelle Schafer	59.93 2006	W65 Irene Davey	10.26.48 2012	W30 Tanya Krome	29.33 2006
W50+ Wilma Perkins	55.40 2000	3000m TRACK WALK		W65 Heather Doherty	29.86 1998
Hazel McDonnell		W50 Felicia Schmidt	16.28.10 2002	W70 Heather Doherty	22.31 2004
W60+ Lesley Hamilton	67.10 2008	W75 Lorna Thompson	20.42.15 2002	W75 Heather Doherty	23.04 2008
Jean Hampson		W80 Christiane Dauphinat	23.48.25 2012	W80 Norma Murdoch	13.93 2006
Hazel McDonnell		5000m TRACK WALK		SHOT PUT	
W65+ Sheila Abrahams	1.20.03 2000	W45 Nyle Sunderland	28.37.79 2016	W65 Heather Doherty	10.15 1998
Rosemary Gidley		W50 Felicia Schmidt	28.41.36 2002	W75 Heather Doherty	8.40 2008
Daphne Pirie		W65 Sally Lynch	34.03.18 2008	W80 Norma Murdoch	5.90 2006
Dot Gale		W75 Lorna Thompson	35.23.70 2002	HAMMER THROW	
4x400m Relay		W80 Christiane Dauphinat	40.31.16 2012	W35 Fionnula Connors	39.46 2016
QMA Members included in Teams		10km ROAD WALK		W40 Althea Mackie	39.78 2012
W30+ Marcia Sheer	4.28.28 2006	W40 Lyn Lewis	59.46.0h 1998	W80 Norma Murdoch	18.64 2006
W35+ Karen Whitehead	4.35.45 2000	W45 Nyle Sunderland	59.17.00 2014	WEIGHT THROW	
Lynda Bateson		W50 Felicia Schmidt	57.27.0h 2002	W35 Finn Connors	11.15 2016
Rosemary Cameron		W60 Sally Lynch	1:04.45.00 2006	W80 Norma Murdoch	8.35 2006
Cherie Smee		W70 Lorna Thompson	1:10.58.00 1998	THROWS PENTATHLON (to 2010)	
W40+ Petrina Brown	4.22.37 2014	W80 Lorna Thompson	1:21.35.00 2008	W30 Tanya Krome	1898 2006
Julie Brims		4KM CROSS COUNTRY		W35 Kerry Pickvance	2362 2000
W45+ Michelle Schafer	5.16.12 2006	W30 Katie Menzies	16.37.48 2010	W50 Yasha Watkins	3014 2004
800 METRES		W45 Marcia Sheer	16.00.59 2006	W60 Eunice Jenkins	2470 2000
W30 Katie Menzies	2.24.52 2010	W50 Marcia Sheer	16.07.18 2010	W65 Heather Doherty	4119 1998
W35 Lynda Bateson	2.26.5h 1998	W55 Paula Moorhouse	19.55.00 2008	W70 Heather Doherty	3803 2004
W40 Marcia Sheer	2.25.5h 1998	W60 Jean Hampson	21.17.63 2006	W75 Heather Doherty	3917 2008
		W65 Jean Hampson	23.14.00 2012	W80 Norma Murdoch	3178 2006