Q.M.A. WOMENS RECORDS AS AT 15th OCTOBER, 2026

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 and Long/Triple Jumps. 3 Watch Times are needed for any other distance longer than 800m to be recognised. Lap Scoring required distances longer than1500m.

60 METRES

W30	Loreen Kaliyati	*2025*	7.89	
W35	Julie Brims	*2005*	7.99	
W40	Julie Brims	*2006*	7.92	
W45	Julie Brims	*2011*	7.75	**A**
W50	Julie Brims	*2020*	7.96	
W55	Julie Brims	*2021*	7.95	
W60	Wendy Sheaves-Doran	*10*	9.04	
W65	Carol Davis	*2016*	9.12	
W70	Carol Davis	*2021*	9.69	
W75	Carol Davis	*2026*	10.05	**A**
W80	Lorna Thompson	*2007*	15.05	
W85	Christiane Dauphinet	*2017*	17.08	

100 METRES

W30	Loreen Kaliyati	*2025*	12.30	
W35	Una Lund	*1980*	12.1	
W40	Julie Brims	*2007*	12.37	
W45	Julie Brims	*2011*	12.37	**A**
W50	Julie Brims	*2020*	12.10	**A**
W55	Julie Brims	*2021*	12.24	
W60	Wilma Perkins	*2010*	14.59	
W65	Carol Davis	*2016*	14.61	
W70	Wilma Perkins	*2020*	15.83	
W75	Carol Davis	*2026*	16.50	
W80	Marge Allison	*2024*	19.10	
W85	Christiane Dauphinet	*2017*	28.37	
W90	Christiane Dauphinet	*2022*	34.02	

100 YARDS

W30	Fiona Cullen	*2011*	12.05	
W35	Carly Carmichael	*2022*	12.03	
W40	Julie Brims	*2006*	11.68	
W45	Julie Brims	*2011*	11.60	
W50	Julie Brims	*2020*	11.20	
W55	Jessica Veurman	*2023*	13.99	
W60	Wilma Perkins	*2010*	13.98	
W65	Carol Davis	*2016*	13.54	
W70	Wilma Perkins	*2019*	14.65	
W75	Wilma Perkins	*2026*	18.14	
W85	Christiane Dauphinet	*17*	27.00	

200 METRES

W30	Loreen Kaliyati	*2025*	25.00	
W35	Wilma Perkins	*1987*	25.2	
W40	Julie Brims	*2007*	25.13	
W45	Julie Brims	*2011*	25.21	**A**
W50	Julie Brims	*2020*	24.87	**A**
W55	Julie Brims	*2021*	25.07	
W60	Marge Allison	*2005*	30.03	
W65	Jeanette Flynn	*2018*	30.55	**A**
W70	Carol Davis	*2021*	32.58	
W75	Carol Davis	*2026*	34.69	
W80	Marge Allison	*2025*	37.67	**A**
W85	Christiane Dauphinet	*2016*	65.94	
W90	Christiane Dauphinet	*2022*	76.28	**A**

300 METRES

W30	Ashleigh Gibson	*2024*	41.20	
W35	Lauren McAdam	*2024*	41.52	
W40	Julie Brims	*2010*	41.11	
W45	Adrienne McIvor	*2016*	40.29	
W50	Julie Brims	*2016*	41.47	
W55	Julie Brims	*2021*	40.57	
W60	Wendy Sheaves-Doran	*10*	48.38	
W65	Carol Davis	*2016*	49.11	
W70	Carol Davis	*2022*	52.53	
W75	Marge Allison	*2020*	57.89	
W80	Marge Allison	*2026*	63.28	
W85	Christiane Dauphinet	*16*	1.44.87	

400 METRES

W30	Angelina Blackburn	*2022*	56.96	
W35	Nicolette Hargrave	*2025*	55.66	**A**
W40	Adrienne McIvor	*2015*	56.47	
W45	Adrienne McIvor	*2016*	56.60	**A**
W50	Julie Brims	*2020*	58.55	
W55	Julie Brims	2021	59.36	
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	Carol Davis	*2026*	81.04	**A**
W80	Marge Allison	*2025*	88.63	**W**
W85	Christiane Dauphinet	*2016*	2.22.65	
W90	Christiane Dauphinet	*2022*	3.14.42	**A**

800 METRES

W30	Katie Menzies	*2012*	2:21.56	
W35	Nicolette Hargrave	*2026*	2:09.50	**A**
W40	Adrienne McIvor	*2015*	2:15.03	
W45	Adrienne McIvor	*2016*	2:11.19	**A**
W50	Jeanette Flynn	*2005*	2:16.05	**A**
W55	Jeanette Flynn	*2007*	2:21.98	**A**
W60	Jeanette Flynn	*2013*	2:33.96	
W65	Jeanette Flynn	*2016*	2:43.39	**A**
W70	Carol Davis	*2021*	3:05.52	
W75	Carol Davis	*2026*	3:23.03	
W80	Marge Allison	*2026*	4:10.51	
W85	Christiane Dauphinet	*16*	5:26.22	**A**

1500 METRES

W30	Tayla Bevan	*2025*	4:46.79	
W35	Olga Firsova	*2021*	4.28.19	
W40	Olga Firsova	*2023*	4:25.30	**A**
W45	Jeanette Flynn	*1997*	4.33.29	
W50	Jeanette Flynn	*2005*	4.42.00	**A**
W55	Louisa Abram	*2018*	4.59.36	
W60	Jeanette Flynn	*2012*	5.28.07	
W65	Jeanette Flynn	*2016*	5.47.83	**A**
W70	Anne Ryan	*2026*	6:14.70	
W75	Marge Allison	*2019*	7.22.42	
W80	Lorna Thompson	*2008*	10.21.26	

1 MILE

W30	Kayla Toro	*2023*	5:56.70	
W35	Petrina Brown	*2007*	5.55.67	
W40	Olga Firsova	*2025*	4:54.10	
W45	Jeanette Flynn	*1997*	5.07.95	
W50	Jeanette Flynn	*2004*	5.13.6	**A**
W55	Jeanette Flynn	*2006*	5.27.57	**A**
W60	Jeanette Flynn	*2012*	5.56.00	
W65	Jeanette Flynn	*2017*	6.17.10	**A**
W70	Anne Ryan	*2026*	7:10.99	
W75	Irene Davey	*2023*	9:28.70	

2000 METRES

W30	Kayla Toro	*2024*	7:34.45	
W35	Kate Cecil	*2022*	7.26.27	
W40	Taryn Axelsen	*2023*	7:49.29	
W45	Jane Hoskin	*2025*	7:11.65	
W50	Peta Dunne	*2022*	8.05.70	
W55	Tia Jones	*2021*	7.51.49	
W60	Susan Thornton	*2025*	8:29.69	
W70	Irene Davey	*2020*	10:58.39	
W75	Irene Davey	*2023*	12:09.06	

3000 METRES

W30	Nerissa O'Donnell	*2019*	10.19.87	
W35	Olga Firsova	*2023*	9.12.32	
W40	Olga Firsova	*2024*	9.27.98	
W45	Kerri Hodge	*2019*	10.04.8	
W50	Marcia Sheer	*2009*	10.41.00	
W55	Louisa Abram	*2018*	10.51.56	
W60	Anne Ryan	*2015*	11.46.00	
W65	Anne Ryan	*2022*	13.10.92	
W70	Betty Menzies	*2015*	15.47.34	
W75	Lorna Thompson	*2002*	17.46.0	
W80	Lorna Thompson	*2007*	20.28.81	

5000 METRES

W30	Nerissa O'Donnell	*2017*	18:11.71	
W35	Olga Firsova	*2022*	16:06.70	**A**
W40	Glenda Banaghan	*2007*	17.05.51	
W45	Kerri Hodge	*2019*	17:25.96	
W50	Marcia Sheer	*2009*	18:24.31	
W55	Louisa Abram	*2018*	18.24.57	**A**
W60	Anne Ryan	*2016*	21:06.56	
W65	Anne Ryan	*2021*	22.51.99	
W70	Anne Ryan	*2026*	23:07.79	
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	Olga Firsova	*2021*	34.07.27	**A**
W40	Glenda Banaghan	*2007*	35.48.40	
W45	Glenda Banaghan	*2009*	36.47.37	
W50	Nicola Bowker	*2022*	39.15.18	
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	
W35	Tressa Lindenberg	*2006*	7.41.34	
W40	Kerri Hodge	*2017*	7.39.18	
W45	Kerri Hodge	*2019*	7.33.24	**A**
W50	Peta Dunne	*2024*	8:26.61	
W55	Miwa Kolb	*2023*	9.09.14	
W60	Irene Davey	*2008*	9.57.16	
W65	Irene Davey	*2012*	10.26.48	
W70	Irene Davey	*2017*	11.29.95	
W75	Irene Davey	*2022*	13.25.76	

60m HURDLES

W30	Nicole Luyten	2025	12.42	
W35	Eliana Seymour	*2023*	9.20	**A**
W40	Eliana Seymour	2024	9.03	**A**
W45	Janet Webber	*2024*	12.26	
W50	Janet Webber	*2026*	10.50	
W55	Maryann Hearn	*2023*	9.82	**A**
W65	Marge Allison	*2010*	11.05	**A**
W70	Carol Davis	*2023*	12.92	**A**
W75	Carol Davis	2026	12.45	**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	
W65	Wilma Perkins	*2016*	15.09	
W70	Carol Davis	*2021*	16.98	**A**
W75	Carol Davis	*2026*	17.62	**A**

100 METRES HURDLES

W30	Eliana Seymour	*2016*	13.94	**A**
W35	Eliana Seymour	*2024*	14.72	**A**

200 METRES HURDLES

W70	Marge Allison	*2015*	36.71	**W**
W70	Carol Davis	*2021*	36.53	**A**

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	**A**

400 METRES HURDLES

W30	Jo Sherman	*1999*	65.74
W35	Lauren McAdam	*2004*	65.47

W40	Jan Hynes	*1987*	62.80	**A**
W45	Jan Hynes	*1994*	64.09	

800M TRACK WALK

W30	Roisin O'Dwyer-Mazur	*2025*	4:31.76	
W35	Roslyn Kirwin	*2026*	4:26.87	
W40	Tracey Hollis	*2023*	5:17.72	
W45	Brenda Gannon	*2023*	4:00.15	
W50	Brenda Gannon	*2026*	4:17.33	
W55	Jodie Craswell	*2026*	4:47.36	
W65	Mary McGregor	*2023*	5:36.20	
W80	Noela McKinnen	*2023*	6:43.87	

1500M TRACK WALK

W30	Jodie Wilson	2025	7:48.52	
W35	Barbara Keelan	*1997*	8.34.10	
W40	Brenda Gannon	*2017*	7.51.78	
W45	Brenda Gannon	*2021*	7.43.12	
W50	Felicja Schmidt	*2002*	8.01.65	
W55	Erika Woodward	*2021*	8.23.51	
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	
W85	Christiane Dauphinet	*16*	12.16.53	

1 MILE TRACK WALK

W30	Roisin O'Dwyer-Mazur	2026	9:55.51	
W35	Roslyn Kirwin	*2026*	10:05.18	
W40	Brenda Gannon	*2019*	8.16.90	
W45	Brenda Gannon	*2019*	8.49.82	
W50	Erika Woodward	*2020*	9.17.06	
W55	Erika Woodward	*2022*	8.55.36	
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*	12.50.66	
W80	Christiane Dauphinet	*14*	12.12.99	
W85	Christiane Dauphinet	*17*	13.29.56	

2000M TRACK WALK

W30	Roisin O'Dwyer-Mazur	*2025*	12:14.39	
W35	Roslyn Kiriwin	*2025*	12:48.65	
W45	Brenda Gannon	*2021*	10.29.46	
W50	Erika Woodward	*2020*	11.33.20	
W55	Erika Woodward	*2022*	11.18.61	
W75	Noela McKinven	*2020*	16.13.33	
W80	Noela McKinnen	*2023*	16:53.87	

3000M TRACK WALK

W30	Karen Iselin	*1989*	13.55.8	**A**
W35	Lyn Gordon	*1992*	14.42.7	
W40	Olga Firsova	*2024*	9:27.98	
W45	Georgina Mackay	*1994*	15.58.3	
W50	Erika Woodward	*2016*	16.24.97	
W55	Erika Woodward	*2021*	17.22.51	
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	
W85	Christiane Dauphinet	2019	24.16.19	

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	Erika Woodward	*2021*	29.48.67	
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	
W80	Lorna Thompson	*2007*	38.54.73	
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 Cearns	*2001*	5.77	
W45	Marie Kay	*2008*	5.52	
W50	Marie Kay	*2010*	5.41	**A**
W55	Marie Kay	*2016*	5.01	**A**
W60	Wilma Perkins	*2011*	4.32	
W65	Carol Davis	*2018*	4.07	**A**
W70	Carol Davis	*2021*	4.01	**A**
W75	Carol Davis	*2026*	3.32	
W80	Gene Mogg	*1992*	1.74	

TRIPLE JUMP

W30	Maree Bugeja	*2006*	11.68	
W35	Dash Newington	*2024*	11.32	
W40	Glynis Cearns	*2001*	11.45	
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*	7.90	
W70	Carol Davis	*2023*	7.16	
W75	Carol Davis	*2026*	7.22	

HIGH JUMP

W30	Ashleigh Reid	*2022*	1.71	**A**
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	Deann Mayfield	*2022*	1.41	**A**
W65	Marge Allison	*2009*	1.27	**A**
W70	Carol Davis	*2021*	1.14	
W75	Marge Allison	*2020*	1.12	

POLE VAULT

W30	(Ruth Miller	*1991*	2.00	
W30	(Roisin O'Dwyer-Mazur	*2026*	2.00	
W35	Dash Newington	*2024*	3.70	
W40	Dash Newington	*2025*	3.72	
W45	Wilma Perkins	*1998*	2.62	
W50	Wilma Perkins	*2000*	2.70	
W55	Wilma Perkins	*2005*	2.50	
W60	Wilma Perkins	*2010*	2.33	
W65	Wilma Perkins	*2016*	2.19	**A**
W70	Wilma Perkins	*2020*	2.06	**A**
W75	Wilma Perkins	*2025*	1.85	**A**

JAVELIN 600grms (W30-49)

W30	Sallyann Moller	*2016*	36.32	
W35	Leonie Hoffman	*2013*	35.82	
W40	Lee-Anne Grosvenor	*13*	31.88	
W45	Marie Kay	*2009*	32.30	

JAVELIN 500grms (W50-74)

W50	Sueli Dashwood	*2016*	38.12	**A**
W55	Marie Kay	*2016*	33.69	
W60	Lesley Duncan	*2025*	30.74	**A**
W65	Carol Davis	*2018*	25.51	
W70	Carol Davis	*2021*	22.70	

JAVELIN 400grms (W75+)

W75	Carol Davis	*2026*	21.88	
W80	Heather Doherty	*2014*	19.45	
W85	Heather Doherty	*2018*	11.42	
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**

New World Specs.for W75+ .75kg

W75	Una Lund	*2018*	25.32	**A**
W80	Heather Doherty	*2014*	22.28	**A**
W85	Heather Doherty	*2018*	14.89	**A**
W95	Ruth Frith	*2006*	10.90	**A**
W100	Ruth Frith	*2011*	9.30	**W**

SHOT PUT 4kg (W30-49)

W30	Nicole Luyten	*2025*	12.79	
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**

New World Specif. for W75+ 2kg

W75	Helen Searle	*2015*	10.40	**A**
W80	Helen Searle	*2019*	9.24	**A**
W85	Heather Doherty	*2018*	5.21	
W95	Ruth Frith	*2004*	5.25	**A**
W100	Ruth Frith	*2010*	4.48	**A**
W100	Ruth Frith	*2010*	4.10	**W**

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	Althea Mackie	*2024*	44.05	
W55	Althea Mackie	*2025*	41.75	
W60	Helen Searle	*2001*	46.09	**W**
W65	Helen Searle	*2006*	41.41	
W70	Helen Searle	*2009*	34.86	

New World Specif. for W75+ 2kg

W75	Helen Searle	*2015*	32.55	
W80	Helen Searle	*2019*	27.03	
W85	Heather Doherty	*2018*	17.80	
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	Althea Mackie	*2022*	14.29	
W55	Althea Mackie	*2025*	13.66	

WEIGHT THROW 5.45kg (W60-69)

W60	*Helen Searle*	*2002*	*16.55*	
W65	*Helen Searle*	*2004*	*16.44*	
W70	*Helen* Searle	*2009*	13.94	

New World Specif. for W75+ 4kg

W75	Una Lund	*2018*	13.54	**A**
W80	Heather Doherty	*2014*	9.64	

W85	Heather Doherty	*2018*	7.35	
W95	Ruth Frith	*2005*	6.23	**A**
W100	Ruth Frith	*2009*	4.88	**A**
W100	Ruth Frith	*2011*	4.68	**W**

THROWS PENTATHLON (4&5 Jav)
(Rescored with 2023 Scoring)

W30	Kelly Humphries	*2012*	2914
W35	Kerry Pickvance	*2000*	2123
W40	Kathy Newman	*2008*	2746
W45	Althea Mackie	*2015*	2947
W50	Althea Mackie	*2020*	2963
W55	Una Lund	*2000*	3305
W60	Helen Searle	*2001*	4219
W65	Helen Searle	*2005*	4405
W70	Helen Searle 400	*2009*	4213
W70	Helen Searle 500	*2014*	3036

New World Specifications for W75+

W75	Helen Searle	*2015*	3605	**A**
W80	Heather Doherty	*2014*	3374	
W85	Heather Doherty	*2019*	2341	
W90	Ruth Frith	2003	2294	
W95	Ruth Frith	*2006*	3391	**A**
W100	Ruth Frith	*2009*	3916	**A**
W100	Ruth Frith	*2011*	3837	**W**

HEAVY WEIGHT RECORDS
56lb WEIGHT

W30	Nicole Luyten	*2025*	4.98	
W35	Fionnula Connors	*2017*	4.37	
W40	Althea Mackie	*2013*	5.00	
W45	Althea Mackie	*2016*	5.16	**A**
W50	Althea Mackie	*2020*	4.71	**A**
W55	Althea Mackie	*2025*	4.01	**A**
W60	Heather Lamb	*2025*	2.65	
W65	Maria Drury	*2023*	2.52	
W70	Jill Taylor	*2026*	2.83	**A**
W75	Hazel McDonnell	*2024*	1.81	

100lb WEIGHT

W30	Nicole Luyten	*2026*	2.21	
W35	Miranda Ramsden	*2022*	2.39	**A**
W40	Miranda Ramsden	*2025*	2.18	
W45	Althea Mackie	*2018*	2.25	
W50	Althea Mackie	*2023*	2.18	
W55	Althea Mackie	*2026*	2.07	
W60	(Heather Lamb	*2026*	1.43	
W60	(Lesley Duncan	*2026*	1.43	
W65	Maria Drury	*2023*	1.13	
W70	Margarita Jekabsons	*2000*	0.85	
W75	Hazel McDonnell	*2023*	0.92	

SUPER HEAVY WEIGHT THROW
* Qld Historical – All Time Recs
~Qld Current Recs are from 5/10/19
35lb SUPER WEIGHT – W30-49

~W30	Nicole Luyten	*2025*	8.16
~W35	Dash Newington	*2022*	6.54
*W40	Althea Mackie	*2012*	7.75
~W40	Tracey Hollis	*2025*	6.2
*W45	Althea Mackie	*2018*	8.01 **A**
~W45	Tina Eilola	*2023*	5.34

25lb SUPER WEIGHT – W50-59

W50	Althea Mackie	*2020*	10.03
*W55	Carolyn Boyd	*2011*	5.56
~W55	Leanne Hilton	*2024*	5.98

20lb SUPER WEIGHT – W60-74

*W60	Helen Searle	*2002*	9.85
*W65	Helen Searle	*2006*	8.66
~W60	Desley Vasley	*2024*	5.13
~W65	Maria Drury	*2023*	6.21
~W70	Wilma Perkins	*2019*	5.04

16lb SUPER WEIGHT – W75+

~W75	Hazel McDonnell	*2024*	6.16

SINGLE ARM WEIGHT 16lb W30-W45

W30	Nicole Luyten	*2023*	14.12
W35	Dash Newington	*2022*	10.44
W45	Althea Mackie	*2018*	12.81 **A**

SINGLE ARM WEIGHT 12lb W50-W55

W50	Althea Mackie	*2022*	16.97
W55	Althea Mackie	*2025*	15.83

SINGLE ARM WEIGHT 8.8lb W60-W70

W60	Lesley Duncan	*2025*	13.08
W65	Maria Drury	*2024*	10.55
W70	Rosemary Kopittke	2023	6.23

SINGLE ARM WEIGHT 6.6lb W75+

HEAVY WEIGHT PENTATHLON
(Rescored with 2023 Scoring)

W30	Nicole Luyten	*2025*	2743
W35	Dash Newington	*2022*	2385
W40	Althea Mackie	*2014*	2999
W45	Althea Mackie	*2018*	3426
W50	Althea Mackie	*2022*	3571
W55	Althea Mackie	*2025*	3667
W60	Helen Searle	*2002*	4012
W65	Helen Searle	*2005*	4201
W70	Helen Searle	*2010*	3467
W75	Hazel McDonnell	*2024*	2570
W80	Lorraine Birtwell	*2023*	3019
W100	Ruth Frith	*2010*	4244

PENTATHLON (Jav:400g/500g)
(Rescored with 2023 Scoring)

W30	Nicole Luyten	*2026*	2435	
W35	Leonie Hoffman	*2012*	2792	**A**
W40	Lee-Anne Grosvenor	*2015*	3189	**A**
W45	Lisa Crouch	*2009*	3476	**A**
W50	Lee-Anne Nelson	*2023*	3707	**A**
W55	Tamara Patterson	*2024*	2389	
W60	Marge Allison 400	*2009*	2850	
W60	Carol Davis 500	*2016*	3168	
W65	Marge Allison 400	*2012*	3189	
W65	Carol Davis 500	*2017*	3898	**A**
W70	Carol Davis	*2022*	3488	**A**
W75	Carol Davis	*2026*	3781	**A**

HEPTATHLON
(Rescored with 2023 Scoring)

W30	Emily Keehn	*2022*	3240	
W35	Julie Brims	*2005*	3671	
W40	Julie Brims	*2006*	4324	
W45	Marie Kay	*2009*	5784	**A**
W50	Marie Kay	*2011*	5870	**A**
W55	Marie Kay	*2015*	6217	**A**
W60	Marge Allison	*2008*	4731	
W65	Wilma Perkins	*2015*	4881	**A**
W70	Carol Davis	2021	5444	**W**
W75	Carol Davis	*2026*	5237	**A**

HEPTATHLON (Old Spec-Rescored)

W30	Wilma Perkins	*1984*	3777
W35	Jan Hynes	*1984*	4524

DECATHLON

W30	Roisin O'Dwyer-Mazur	2025	2872	**A**
W35	Dash Newington	*2024*	4637	**A**
W40	Dash Newington	*2025*	6366	**W**
W50	Lee-Anne Nelson	*2026*	6401	**W**
W55	Bronwyn Battersby	*2026*	3980	
W65	Wilma Perkins	2015	6249	**A**
W75	Wilma Perkins	*2026*	3438	**W**

4 x 100 METRES RELAY

W30	Dominique Wright	31	
2025	Victoria de Ruyter	39	
	Ashleigh Gibson	31	
	Loreen Kaliyati	34	50.56
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 McIvor	45	
	Julie Brims	50	50.91
W45	Julie Brims	52	
2000	Cherie Bell		
	Helena Grono		
	Lee-Anne Nelson	46	52.26
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
W70	Rosemary Dean	70	
2022	Kathy Rourke	71	
	Marge Allison	77	
	Carol Davis	71	1:13.50

4 x 200 METRES RELAY

W30	Victoria de Ruyter	39		
2025	Dominique Wright	31		
	Ashleigh Gibsont	31		
	Loreen Kaliyati	34	1:45.10	**A**
W35	Brenda Ashley	43		
2024	Belinda Faulks	39		
	Dash Newington	40		
	Nicolette Hardgrave	37	1:54.68	**A**
W40	Belinda Faulks	40		
2025	Lee-Anne Nelson	53		
	Dash Newington	41		
	Natalie Hartmann	44	1:51.38	
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	**A**
W55	Jessica Veurman	56		
2023	Tamara Patterson	57		
	Jodie Craswell	55		
	Karen Larkin	60	2:12.80	

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	Belinda Faulks	40	
2025	Dash Newington	41	
	Natalie Hartmann	44	
	Gillian Kehoe	45	4:18.00
W45	Renee Briffa	47	
2022	Lee-Anne Nelson	50	
	Janet Webber	47	
	Julie Brims	56	4.18.24
W50	Wilma Perkins	50	
2000	Bonnie Cochrane	50	
	Hazel McDonnell	50	

	Lois Hennes	50	4.42.33
W55	Marge Allison	77	
2022	Tamara Paterson	55	
	Jessica Veurman	55	
	Karen Lakin	58	5.19.46
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	Taryn Axelson	41	
2022	Lee-Anne Nelson	50	
	Jess Anderson	43	
	Renee Briffa	46	10.33.95
W45	Marcy Sheer	52	
2010	Wendy Stewart	48	
	Anne Ryan	55	
	Glenda Banaghan	46	10.43.91
W50	Peta Dunne	51	
2023	Lee-Anne Nelson	51	
	Heidi Storer	52	
	Joanna Boyd	51	10:41.24
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	21.42.68 **A**
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	27.04.27 **A**

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

4 x 100m RELAY

W35+	Julie Brims	*2008*	47.74	**A**
W40+	Julie Brims	*2009*	48.01	**W**
W45+	Julie Brims	*2011*	48.92	**W**
W50+	Julie Brims	*2022*	50.70	**W**
W55+	Julie Brims	*2022*	53.19	**W**
W65+	Carol Davis	*2017*	60.60	**A**
	Wilma Perkins	*2017*	60.60	**A**
W70	Wilma Perkins	*2024*	68.50	**A**

4 x 400m RELAY

W35+	Lauren McAdam	*2026*	4.00.01	**A**
	Belinda Faulks	*2026*	4.00.01	**A**
	Nicolette Hargrave	*2026*	4.00.01	**A**
W40+	Leanne Smith	*2001*	3.57.28	**A**
	Glynis Cearns	*2001*	3.57.28	**A**
W45+	Julie Brims	*2011*	4.01.22	**W**
W50+	Julie Brims	*2024*	4:09.92	**W**
W55+	Julie Brims	*2022*	4:35.16	**A**
W60+	Wilma Perkins	*2011*	4.55.53	**A**
W65+	Carol Davis	*2017*	4.52.76	**W**
	Jeanette Flynn	*2017*	4.52.76	**W**
W70+	Marge Allison	*2015*	5.32.95	**W**
	Jean Hampson	*2015*	5.32.95	**W**
W75+	Carol Melling	*2016*	7.11.20	**A**

4 x 800m RELAY

W45+	Lee-Anne Nelson	*2023*	9.43.13	**A**
W55+	Jeanette Flynn	*2007*	10.31.0	**A**
	Betty Menzies	*2007*	10.31.0	**A**
	Fay McNeill	*2007*	10.31.0	**A**
W60+	Jeanette Flynn	*2013*	11.22.59	**A**

QUEENSLAND RECORDS (OUT OF STADIUM) AS AT 30th SEPTEMBER, 2026

TRACK EVENTS (STADIUM)

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 Records will be deleted when bettered by an Official Record.

60 METRES

W35	Julie Brims	*2004*	7.7

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ROAD RUNS

HALF MARATHON

W30	Nerissa O'Donnell	*2019*	1:19.49
W35	Shiloh Watts	*2016*	1:23.15
W40	Glenda Banaghan	*2007*	1:19.10
W45	Kerri Hodge	*2019*	1:19.39
W50	Nicola Bowker	*2022*	1:24.00
W55	Krishna Stanton	*2023*	1:21.12
W60	Anne Ryan	*2016*	1:31.54
W65	Betty Menzies	*2009*	1:47.35
W70	S.Thureau-Martin	*2023*	2:08.40
W75	Lorna Thompson	*2003*	2:32.18

MARATHON

W30	Nerissa O'Donnell	*2019*	2:51.22
W35	Lyn Stern	*1994*	3:02.05
W40	Beth McKenzie	*2022*	2.38.19
W45	Kerri Hodge	*2019*	2:45.35
W50	Nicola Bowker	*2022*	2:56.47
W55	Krishna Stanton	2022	2:48.06 **A**
W60	Susan Thornton	*2023*	3:37.59
W65	Lesley Le Vaillant	*2010*	3:50.00
W70	Lesley Le Vaillant	*2013*	4:34.59

10km ROAD RUN

W30	Nerissa O'Donnell	*2019*	36.46
W35	Olga Firsova	*2022*	33.53 **A**
W40	Kerri Hodge	*2018*	37.13
W45	Kerri Hodge	*2019*	36.07
W50	Nicola Bowker	*2022*	38:55.4
W55	Krishna Stanton	*2022*	38.24.0
W60	Susan Thornton	*2023*	45.08.1
W65	Anne Ryan	*2022*	44.15
W70	Anne Ryan	*2026*	48:59:1
W75	Sylvie Martin	*2026*	*59:00*

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	Felicja 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
W45	(Kerri Hodge	*2019*	15.30
W50	Marcia Sheer	*2010*	15.01
W55	Anne Ryan	*2013*	14.52
W60	Susan Thornton	*2022*	19.02
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	Felicja Schmidt	*2000*	21.18
W55	Betty Menzies	*2000*	22.08
W65	Bev Wallace	*2000*	32.03

6000 METRES (6km)

W35	Erika O'Reilly	*2019*	27.50
W40	Michelle Kunde	*2021*	31.39
W45	Kerri Hodge	*2021*	24.14
W50	Caroline Bailey	*2021*	29.43
W55	Miya Kolb	*2022*	27.16
W60	Susan Thornton	*2022*	31.00
W65	Anne Ryan	*2021*	28.36
W70	Anne Ryan	*2026*	28:34

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	Jodie Wison	*2026*	30:19
W40	Brenda Gannon	*2019*	28.33
W45	Brenda Gannon	2023	27.43
W50	Nyle Sunderland	*2019*	28.45
W55	Erika Woodward	*2021*	30.13
W60	Anne Weekes	*2026*	29:49
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

W30	Patricia Hibbs	2026	51:49
W40	Brenda Gannon	*2018*	46.06
W45	Brenda Gannon	*2024*	47:01
W55	Erika Woodward	*2023*	50:45
W60	Sally Lynch	*2008*	54.44
W65	Sally Lynch	*2009*	53.23
W75	Christiane Dauphinet	*2007*	59.11
W80	Christiane Dauphinet	*2011*	61.38

HALF MARATHON WALK

W50	Brenda Gannon	*2026*	2:14:49.00 **A**

10KM

W30	Jodie Wilson	*2026*	1:04:16
W35	Karen Iselin	*1994*	55.50
W40	Lyn Lewis	*1999*	55.58
W45	Nyle Sunderland	*2012*	57.00
W50	Felicja Schmidt	*2002*	57.27
W55	Erika Woodward	*2022*	1:01.17
W60	Anne Weekes	*2026*	1:01:07
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

W45	Brenda Gannon	*2021*	1:28.51
W50	Nyle Sunderland	*2019*	1:32.01
W55	Erika Woodward	*2022*	1:38.00
W60	Noela McKinven	*2005*	1:53.31
W75	Noela McKinven	*2018*	2:09.36
W80	Noela McKinven	2023	2:15.59

20KM

W40	Lyn Lewis	*1999*	2:00.49
W45	Judy Moller	*2002*	2:01.13
W50	Felicja 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

50KM

W45	Brenda Gannon	*2020*	6:18.17

AMA INDOOR RECORDS HELD BY QMA MEMBERS AS AT 30th SEPTEMBER 2026

There are no indoor facilities in Queensland. As a result, there are no QMA indoor records. QMA athletes are able to compete at interstate and international indoor venues and competitions. They can and are therefore able to qualify for AMA Indoor Records.

***A**-Australian Record, **CR**-Australian Championship Record*

60 METRES INDOOR (not Qld)

W50	Julie Brims	*2017*	8.08	**A**
W55	Julie Brims	2023	8.25	**A**
W70	Noreen Parrish	*2012*	10.31	**A**
W75	Noreen Parrish	*2017*	11.42	**A**

200 METRES INDOOR (not Qld)

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**

400 METRES INDOOR (not Qld)

W45	Marie Kay	*2008*	56.99	**W**
W55	Julie Brim	2025	67.51	
W65	Jeanette Flynn	*2017*	70.34	**A**
W75	Noreen Parrish	*2017*	1.51.08	**A**

800 METRES INDOOR (not Qld)

W60	Jeanette Flynn	*2014*	2.41.40	**A**
W65	Jeanette Flynn	*2017*	2.44.45	**A**

1500 METRES INDOOR (not Qld)

W60	Jeanette Flynn	*2014*	5.45.40	**A**

3000 METRES INDOOR (not Qld)

W60	Anne Ryan	*2014*	12.28.31	**A**

60m HURDLES INDOOR (not Qld)

W35	Eliana Seymour	2023	9.01	**A**
W40	Eliana Seymour	2025	9.11	**A**
W50	Marie Kay	*2010*	9.55	**A**
W60	Wilma Perkins	*2010*	10.81	**A**
W65	Marge Allison	*2010*	11.05	**A**
W75	Wilma Perkins	2025	15.36	**A**

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**
W75	Wilma Perkins	2025	2.82	**A**

HIGH JUMP INDOOR (not Qld)

W35	Dash Newington	*2024*	1.45	**A**
W50	Marie Kay	*2006*	1.51	**A**
W60	Wilma Perkins	*2012*	1.23	**A**
W65	Marge Allison	*2010*	1.17	**A**

POLE VAULT INDOOR (not Qld)

W35	Dash Newington	*2024*	3.70	**A**
W65	Wilma Perkins	*2019*	1.90	**A**
W70	Wilma Perkins	*2023*	1.60	**A**
W75	Wilma Perkins	*2025*	1.50	**A**

SHOT PUT INDOOR (not Qld)

W30	Nicole Luyten	2026	12.42	**A**
W30	Nicole Luyten	2025	11.63	**CR**
W50	Marie Kay	*2010*	12.30	**A**

WEIGHT THROW INDOOR (not Qld)

W30	Nicole Luyten	2026	13.69	**A**
W30	Nicole Luyten	2025	12.97	**CR**
W45	Althea Mackie	*2017*	12.06	**A**

56lb WEIGHT INDOOR (not Qld)

W30	Nicole Luyten	2026	4.91	**A**
W30	Nicole Luyten	2025	4.87	**CR**

100lb WEIGHT INDOOR (not Qld)

W30	Nicole Luyten	2026	2.00	**A**
W30	Nicole Luyten	2025	1.97	**CR**

SUPER WEIGHT THROW INDOOR (not Qld)

W30	Nicole Luyten	2026	8.72	**A**
W30	Nicole Luyten	2025	8.27	**CR**

HTHEAVY WEIG PENT.INDOORS

W30	Nicole Luyten	2026	2929	**A**
W30	Nicole Luyten	2025	2512	**CR**

PENTATHLON INDOOR (not Qld)

W50	Marie Kay	*2010*	4440	**A**
W65	Marge Allison	*2010*	3371	**A**

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

4 x 200m RELAY INDOOR (Not Qld)

W35+	Eliana Seymour	*2023*	2.03.99	**A**
W40+	Marie Kay	*2008*	1.49.98	**A**
W50	Julie Brims	2023	1.54.21	**A**
	Maryann Hearn	2023	1:54.21	**A**
W55	Julie Brims	2025	1:52.64	**W**
W65+	Jeanette Flynn	*2017*	2.19.47	**A**
	Wilma Perkins	*2017*	2.19.47	**A**
W70+	Noreen Parrish	*2017*	2.49.19	**A**
	Jean Hampson	*2017*	2.49.19	**A**

4 x 200m MIXED RELAY INDOOR (Not QLD)

X70	Dieter Lacko	*2023*		**A**
	Wilma Perkins			
	Lynne Schickert		3:02.60	**A**
X75	Wilma Perkins	*2025*	3:01.64	**A**

AMA CHAMPIONSHIP RECORDS HELD BY QMA MEMBERS
as at 30th SEPTEMBER 2026

* Represented for other States before joining Queensland.

60 METRES

W45	Julie Brims	7.75	*2011*
W50	Julie Brims	8.14	*2016*
W75	Carol Davis	10.07	*2026*

100 METRES

W50	Julie Brims	12.63	*2018*
W65	Daphne Pirie	14.7	*1987*

200 METRES

W40	Julie Brims	25.14	*2008*
W45	Julie Brims	25.21	*2011*
W50	Julie Brims	26.09	*2016*
W55	Julie Brims	25.97	*2022*
W70	Marge Allison	33.40	*2016*
W75	Carol Davis	34.69	*2026*

400 METRES

W35	Nicoette Hargrave	56.91	*2026*
W50	Marge Allison *Nsw	59.5	*1995*
W60	Marge Allison *Nsw	67.37	*2005*
W65	Jeanette Flynn	70.37	2017
W80	Marge Allison	96.59	2025

800 METRES

W35	Nicolette Hargrave	2:11.43	2026
W50	Jeanette Flynn	2:18.07	*2005*
W65	Jeanette Flynn	2:48.56	*2017*

1500 METRES

W35	Marcia Sheer SA	4:30.16	*1993*
W50	Jeanette Flynn	4:49.04	*2004*

5000 METRES

W35	Marcia Sheer SA	16:42.74	*1994*
W40	Glenda Banaghan	17:05.51	*2007*
W55	Louisa Abram	18:24.57	*2018*

10,000 METRES

W35	Desiree Letherby	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*

80m HURDLES

W40	Eliana Seymour	12.03	*2025*

300m HURDLES

W60	Marge Allison *Nsw	54.87	*2005*

HALF MARATHON ROAD WALK

W50	Brenda Gannon	2:14:49	*2026*

HIGH JUMP

W30	Ashleigh Reid	1.71	*2022*
W40	Deann Mayfield	1.70	*2005*
W50	Janet Webber	1.48	*2026*
W60	Dean Mayfield	1.36	*2022*

LONG JUMP

W50	Marie Kay	5.41	*2010*

TRIPLE JUMP

W30	Maree Bugeja	11.68	*2006*

POLE VAULT

W65	Wilma Perkins	2.10	*2015*
W70	Wilma Perkins	1.80	*2023*
W75	Wilma Perkins	1.60	*2025*

DISCUS THROW

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*
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*
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	Heather Doherty	3k	14.93	*2022*
W90	Ruth Frith *Nsw	3k	13.13	*2000*
W95	Ruth Frith	2k	12.93	*2005*
W100	Ruth Frith	2k	10.87	*2011*

JAVELIN THROW

W60	Lesley Duncan		29.43	2024
W65	Marie Kay	500g	24.61	*2025*
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*
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*

HEAVY WEIGHT PENTATHLON

W30	Nicole Luyton	2024	2691
W80	Lorraime Birtwell	2023	3019

THROWS PENTATHLON (2023 Scoring) #New Specs from 2005

W85	Ruth Frith	*Nsw	2588	*1998*
W90	Ruth Frith	*Nsw	2931	*2000*
W95	Ruth Frith	#ns	3391	*2005*
W100	Ruth Frith	#ns	3717	*2010*

PENTATHLON(withShot from 2009)

W35	Leonie Hoffman	2792	*2012*
W40	Lee-Anne Grosvenor	3189	*2015*
W50	Lee-Anne Nelson	3707	2023
W65	Carol Davis	3407	*2016*
W70	Carol Davis	3488	*2022*
W75	Carol Davis	3781	*2026*

HEPTATHLON (2023 Scoring)

W30	Leanne McMurdy	3192	*2003*
W70	Imogen Stanhope	1878	*2026*
W75	Carol Davis	5237	*2026*

DECATHLON (2023 Scoring)

W30	Roisin O'Dwyer-Mazur	2459	*2026*
W50	Lee-Anne Nelson	6401	*2026*
W75	Wilma Perkins	3438	*2026*

4x400m RELAY

180+ 4:11.34 *2024*
Julie Brims 58, Radika Lucas 45
Lee-Anne Nelson 52Nicolette Hargrave 36
240+ 5:19.46 *2022*
Marge Allison 77, Tamara Paterson 55
Jessica Veurman 55, Karen Lakin 55

4x400m MIXED RELAY

120+ 3:51.39 *2026*
Colin Coulthard 41, Lauren McAdam 39,
Don Sanka Small 48, Ashleigh Gibson 32
180+ 4:03.04 *2025*
Gary Parkinson 57, Lee-Anne Nelson 53
Graham Scully 51, Renee Briffa 50
240+ 4:48.07 *2026*
Stephen Kenney 52, Kelly Gurski 56
Mark Lepper 64, Susan Thornton 64

CHAMPION of CHAMPIONS SPRINTS

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
2019	Julie Brims	W53	11.61	Mel
2022	Julie Brims	W56	11.18	Bris
2023	Julie Brims	W57	11.16	Syd
2025	Julie Brims	W59	10.84	Adel

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	Bris

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%
2011	Ruth Frith W100	Throws	186.52%
2015	Helen Searle W75	Throws	102.49%
2017	Helen Searle W77	Throws	76.52%
2017	Jeanette Flynn W65	M/Dis	91.53%
2018	Louisa Abram W55	Dist	94.32%

AMA YEARLY AWARDS SPRINTS/HURDLES

2005	Marge Allison	W60
2011	Julie Brims	W45
2017	Julie Brims	W50
2018	Julie Brims	W50
2023	Julie Brims	W55

AMA CHAMPIONSHIP RECORDS HELD BY QMA MEMBERS
as at 30th SEPTEMBER 2026

MIDDLE DISTANCE/STEEPLECHASE

2003	Jeanette Flynn	W50
2005	Jeanette Flynn	W50
2013	Jeanette Flynn	W60
2014	Jeanette Flynn	W60
2016	Jeanette Flynn	W65

DISTANCE

2009	Glenda Banaghan	W45
2018	Louisa Abram	W55
2025	Tia Jones	W60

JUMPS

2010	Marie Kay	W50

THROWS

2004	Heather Doherty	W70
2020	Althea Mackie	W50

MULTI EVENTS/RELAYS

2000	Helen Searle *Nsw	W60
2001	Marie Kay *Nsw	W40
2003	Marie Kay *Nsw	W40
2005	Marie Kay	W45
2006	Julie Brims	W40
2010	Marge Allison 4x100m	W65
2010	Noreen Parrish 4x100m	W65
2016	Wilma Perkins	W65
2020	Marge Allison	W75
2022	Julie Brims 4x100m	W50
2023	Lee-Anne Nelson	W50
2024	Dash Newington	W35

MOST OUTSTANDING FEMALE ATHLETE

1999	Heather Doherty	W65
2004	Jeanette Flynn	W50
2006	Marie Kay	W45
2008	Marie Kay	W45
2009	Marie Kay	W45
2015	Marge Allison	W70
2016	Julie Brims	W50
2020	Julie Brims	W50
2021	Carol Davis	W70
2024	Julie Brims	W55
2025	Marge Allison	W80

MOST OUTSTANDING INDIVIDUAL PERFORMANCE

2004	Ruth Frith	W95
2005	Noreen Parrish	W60
2007	Marie Kay	W45
2015	Marie Kay	W55
2017	Jeanette Flynn	W65
2021	Julie Brims	W55

AMA HALL OF FAME

2015	Heather Doherty
2016	Marge Allison
2018	Wilma Perkins

ADMINISTRATOR/OFFICIAL

2004	Judy Cooper
2009	Heather Doherty
2019	Irene Davey

AMA/AAVAC MERIT AWARD

2001	Judy Cooper	Services to Qld
2015	Hazel McDonnell	Services to AMA

SPECIAL RECOGNITION AWARD

2018 Wilma Perkins W65
For services to Aust.Masters Athletics

* Represented for other state before joining Q

JAVELIN THROW

W65	Denise Quinn (500g)	2022	19.20
W90	Ruth Frith	*2001*	10.00
W95	Ruth Frith	*2008*	5.78
W100	Ruth Frith	*2010*	5.62

DISCUS THROW

W30	Emily Keehn	*2023*	37.31
W60	Helen Searle	*2001*	32.03
W65	Helen Searle	*2005*	26.34
W80	Lorraine Birtwell	*2023*	16.12
W90	Ruth Frith 1kg	*2001*	11.46
W95	Ruth Frith 750g	*2005*	10.51
W100	Ruth Frith	*2010*	8.20

SHOT PUT

W30	Nicole Luyten	*2026*	12.48
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 2kg	*2010*	4.06

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
W80	Lorraine Birtwell	*2023*	20.40
W90	Ruth Frith 3kg	*2001*	12.96
W95	Ruth Frith 2kg	*2006*	13.71
W100	Ruth Frith	*2010*	11.30

WEIGHT THROW

W60	Helen Searle	*2000*	16.22
W80	Lorraine Birtwell	*2023*	9.17
W90	Ruth Frith 5.45lb	*2003*	5.96
W95	Ruth Frith	*2006*	5.58
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

W30	Nicole Luyton	*2023*	14.12
W45	Althea Mackie	*2018*	12.81
W50	Althea Mackie	*2023*	16.07

56lb WEIGHT

W40	Althea Mackie	*2013*	5.00
W45	Althea Mackie	*2017*	4.74

100lb WEIGHT

W35	Miranda Ramsden	*2022*	2.36
W50	Althea Mackie	*2023*	2.18

SUPER WEIGHT

W30	Nicole Luyton (35lb)	*2026*	8.71
W80	Lorraine Birtwell(16lb)	*2023*	5.38

SINGLE ARM WEIGHT

W30	Nicole Luyten	*2023*	14.12
W45	Althea Mackie	*2018*	12.81

HEAVY WEIGHT PENTATHLON

W45	Althea Mackie	*2018*	3426
W60	Helen Searle	*2002*	4012
W65	Helen Searle	*2005*	4201
W80	Lorraine Birtwell	*2023*	3019

THROWS PENTATHLON (2023Tables)

W75	Helen Searle	2014	3365
W80	Lorraine Birtwell	2023	2552
W95	Ruth Frith	2006	3393
W100	Ruth Frith	2010	3756

OCEANIA RECORDS – LADIES – QMA MEMBERS (As at 18 SEPTEMBER 2025)

60 METRES

W30	Kelly McAndrew	7.67	2025
W40	Eliana Seymour	8.24	2025
W65	Wilma Perkins	9.52	*2015*

100 METRES

W30	Kelly McAndrew	12.30	2025
W40	Julie Brims	12.54	*2006*
W45	Marie Kay	13.16	*2006*
W55	Julie Brims	13.48	*2025*
W65	Carol Davis	15.31	*2019*

200 METRES

W30	Kelly McAndrew	24.98	*2025*
W40	Julie Brims	26.15	*2006*
W45	Marie Kay	26.55	*2006*
W65	Jeanette Flynn	30.55	*2018*
W80	Marge Allison	37.67	*2025*

400 METRES

W35	Nicolette Hargrave	57.03	2025
W45	Marie Kay	59.27	*2006*
W50	Renee Briffa	62.12	*2025*
W60	Jeanette Flynn	68.94	*2014*
W65	Jeanette Flynn	69.01	*2018*
W70	Marge Allison	79.76	*2006*
W80	Marge Allison	88.63	*2025*

800 METRES

W35	Nicolette Hargrave	2:10.64	2025
W45	Elsie Norbury	2:27.1	2019
W55	Louisa Abram	2.31.44	*2018*
W65	Jeanette Flynn	2.45.36	*2018*

1500 METRES

W30	Tayla Bevan	4:46.79	2025
W55	Louisa Abram	4.59.36	*2018*

5000 METRES

W55	Louisa Abram	18.44.52	*2018*

80m HURDLES (0.762m)

W40	Eliana Seymour	11.95	*2025*
W45	Marie Kay	12.34	*2008*
W50	Marie Kay	13.14	*2012*

400m HURDLES (0.762m)

W35	Lauren McAdam	67.02	*2025*
W45	Marie Kay	64.70	*2006*

300m HURDLES (0.762m)

W55	Wilma Perkins	58.90	*2006*

200m HURDLES (0.686m)

W70	Marge Allison	39.37	*2012*

1500m TRACK WALK

W30	Patricia Hibbs	8:45.78	*2025*
W35	Roslyn Kirwin	9:39.2*3*	*2025*
W50	Joy Dale	10:32.0	2025

JAVELIN (600grm)

W30	Sallyann Moller	36.20	*2019*

JAVELIN (500g from 2000)

W50	Lee-Anne Nelson	31.32	*2025*

JAVELIN (500g from 2014)

W60	Lesley Duncan	26.61	*2025*
W65	Marie Kay	28.16	*2025*

JAVELIN (400g from 2000)

W75	Heather Doherty	19.78	*2008*
W80	Heather Doherty	19.45	*2014*
W85	Heather Doherty	8.68	*2019*
W90	Ruth Frith	10.09	*2002*
W95	Ruth Frith	7.98	*2004*

DISCUS (1kg)

W60	Helen Searle	29.73	*2002*
W65	Helen Searle	27.53	*2006*

DISCUS (0.75kg from 2010)

W80	Heather Doherty	20.30	*2014*
W85	Heather Doherty	13.84	*2019*
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*

HAMMER (4kg)

W45	Althea Mackie	41.80	2015

HAMMER (3kg)

W55	Helen Searle	45.98	*1996*
W65	Helen Searle	39.51	*2006*
W70	Helen Searle	33.07	*2012*
W80	Helen Searle	27.03	*2019*

HAMMER (2kg from 2010)

W85	Heather Doherty	16.82	*2019*
W90	Ruth Frith	11.85	*2002*
W95	Ruth Frith	11.16	*2006*
W100	Ruth Frith	9.64	*2012*

WEIGHT THROW (9.08kag-20lb)

W45	Althea Mackie	12.84	*2015*

WEIGHT THROW (5.54kg-12lb)

W65	Helen Searle	16.44	*2004*

WEIGHT THROW (4kg from 2010)

W80	Heather Doherty	9.63	*2014*
W85	Heather Doherty	6.82	*2019*
W95	Ruth Frith	5.16	*2006*

HIGH JUMP

W50	Janet Webber	1.46	*2025*
W65	Wilma Perkins	1.18	*2015*

LONG JUMP

W50	Marie Kay	5.23	*2012*
W65	Carol Davis	4.05	*2019*

TRIPLE JUMP

W40	Julie Brims	10.59	*2006*
W50	Helen Searle	9.54	*1990*
W65	Carol Davis	7.90	*2019*

POLE VAULT

W30	Emma Coogan	3.10	*2025*
W35	Nicolai Morris	2.60	*2025*
W40	Samantha Clare	3.10	*2025*
W60	Wilma Perkins	2.30	*2010*
W75	Wilma Perkins	1.80	*2025*

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	
W50	Lee-Anne Nelson	3593	*2025*
	100 Metres	13.91	
	Shot Put	9.95	
	Long Jump	4.41	
	Javelin	28.17	
	800 Metres	2:32.81	
W65	Carol Davis 500Jav	3808	*2019*
	100 Metres	16.11	
	Shot Put	7.03	
	Long Jump	3.80	
	Javelin	22.63	
	800 Metres	3.12.21	
W70	Carol Davis 500Jav	3161	*2025*
	100 Metres	16.68	
	Shot Put	6.07	
	Long Jump	3.32	
	Javelin	16.41	
	800 Metres	3:28.36	

THROWS PENTATHLON

New Weight Specifications from 2010

W85	Heather Doherty	2341	*2019*
	Hammer	15.66	
	Shot Put	4.77	
	Discus	12.50	
	Javelin	7.62	
	Weight	6.23	
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*
	Hammer	11.08	
	Shot Put	4.35	
	Discus	9.78	
	Javelin	6.43	
	Weight	5.16	
	2004		

HEPTATHLON Updated

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	
W70	Marge Allison	5022	*2015*
	Hurdles	17.92	
	High Jump	1.02	
	Shot Put	5.99	
	200 Metres	35.18	
	Long Jump	2.75	
	Javelin	16.44	
	800 Metres	3.25.94	