

Q.M.A. WOMENS RECORDS AS AT 8th JANUARY, 2023

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 than 1500m.

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	2020	7.96 A
W55	Julie Brims	2021	7.95 A
W60	Wendy Sheaves-Doran	10	9.04
W65	Carol Davis	2016	9.12 A
W70	Carol Davis	2021	9.69 A
W75	Marge Allison	2019	10.84
W80	Lorna Thompson	2007	15.05
W85	Christiane Dauphinat	2017	17.08

60 METRES INDOOR (not Qld)

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	2020	12.10 A
W55	Julie Brims	2021	12.24W
W60	Wilma Perkins	2010	14.59
W65	Carol Davis	2016	14.61 A
W70	Wilma Perkins	2020	15.83
W75	Marge Allison	2019	17.08
W80	Gene Mogg	1991	23.0
W85	Christiane Dauphinat	2017	28.37
W90	Christiane Dauphinat	2022	34.02 A

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	Wilma Perkins	2007	14.21
W60	Wilma Perkins	2010	13.98
W65	Carol Davis	2016	13.54
W70	Wilma Perkins	2019	14.65
W85	Christiane Dauphinat	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	2020	24.87 A
W55	Julie Brims	2021	25.07W
W60	Marge Allison	2005	30.03
W65	Jeanette Flynn	2018	30.55 A
W70	Carol Davis	2021	32.58
W75	Marge Allison	2019	35.13
W80	Mavis Collins	1998	60.43
W85	Christiane Dauphinat	2016	65.94
W90	Christiane Dauphinat	2022	76.28 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

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	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
W85	Christiane Dauphinat	16	1.44.87

400 METRES

W30	Angelina Blackburn	2022	56.96
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	Julie Brims	2020	58.55
W55	Julie Brims	2021	59.36 W
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	Marge Allison	2019	1.25.07 A
W80	Lorna Thompson	2007	2.08.92
W85	Christiane Dauphinat	16	2.22.65
W90	Christiane Dauphinat	22	3.14.42 A

400 METRES INDOOR (not Qld)

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

800 METRES

W30	Katie Menzies	2012	2.21.56
W35	Shannon Hill	2019	2.13.69
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	2.21.98 A
W60	Jeanette Flynn	2013	2.33.96 A
W65	Jeanette Flynn	2016	2.43.39 A
W70	Carol Davis	2021	3.05.52
W75	Marge Allison	2020	3.33.28
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	Olga Firsova	2021	4.28.19
W40	Kerri Hodge	2018	4.43.65
W45	Jeanette Flynn	1997	4.33.29
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	Marge Allison	2019	7.22.42
W80	Lorna Thompson	2008	10.21.26

1500 METRES INDOOR (not Qld)

W50	Petrina Brown	2019	5.58.00
W60	Jeanette Flynn	2014	5.45.40 A

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
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
W75	Irene Davey	2022	9.30.43

2000 METRES

W35	Kate Cecil	2022	7.26.27
W40	Tracey Hollis	2022	10.15.43
W50	Peta Dunne	2022	8.05.70
W55	Tia Jones	2021	7.51.49
W70	Irene Davey	2020	10.58.39

3000 METRES

W30	Nerissa O'Donnell	2019	10.19.87
W35	Olga Firsova	2021	9.28.85
W40	Desiree Letherby	1987	9.59.03
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 A
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 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	Olga Firsova	2022	16.28.78
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	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	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
W30	Tressa Lindenberg	2000	7.51.74os
W35	Tressa Lindenberg	2006	7.41.34
W40	Kerri Hodge	2017	7.39.18
W45	Kerri Hodge	2019	7.33.24 A
W45	Irene Davey	1997	8.58.7 os
W50	Peta Dunne	2022	8.36.02
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
W75	Irene Davey	2022	13.25.76

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

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W60	Una Lund	2001	14.24
W65	Wilma Perkins	2016	15.09 A
W70	Carol Davis	2021	16.98 A
W75	Marge Allison	2020	18.67 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
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 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

800M TRACK WALK

W30	Roslyn Kirwin	2923	5.19.15
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1500M TRACK WALK

W30	Roslyn Kirwin	2021	9.24.52
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 A
W85	Christiane Dauphinat	16	12.16.53

1 MILE TRACK WALK

W30	Roslyn Kirwin	2021	11.23.64
W35	Lara Nurmi	2001	14.56.7
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 Dauphinat	14	12.12.99
W85	Christiane Dauphinat	17	13.29.56

2000M TRACK WALK

W30	Roslyn Kirwin	2021	13.42.37
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

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	Erika Woodward	2021	17.22.51
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
W80	Lorna Thompson	2008	22.15.42 A
W85	Christiane Dauphinat	16	24.16.19

3000m TRK.WK. INDOOR (not Qld)

W35	Dash Newington	2022	19.38.62 A
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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	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 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 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	Marge Allison	2020	3.02
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
W35	Julie Brims	2004	10.95
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	2022	6.62

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 A

HIGH JUMP INDOOR (not Qld)

W35	Dash Newington	2022	1.36 A
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	Dash Newington	2022	2.90
W40	Samantha Clare	2022	2.90
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

POLE VAULT INDOOR (not Qld)

W35	Dash Newington	2022	2.55 A
W60	Wilma Perkins	2010	2.40 A
W65	Wilma Perkins	2019	1.90 A

JAVELIN 600grms (W30-49)

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

O/Os/Aos: Old Specifications

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	Carol Davis	2021	22.70

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	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
W75	Heather Doherty	2008	21.02
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
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	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

Q.M.A. WOMENS RECORDS AS AT 8th JANUARY, 2023

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	

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

SHOT PUT INDOOR (not Qld)

W50	Marie Kay	2010	12.30	A
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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	2022	44.04	
W55	Heather Doherty	1992	33.80	
W60	Helen Searle	2001	46.09	W
W65	Helen Searle	2006	41.41	
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	

New World Specif. for W75+ 2kg

W75	Helen Searle	2015	32.55	
W80	Helen Searle	2019	27.03	A
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	Una Lund	1999	11.43	

WEIGHT THROW 5.56kg (W60-69)

W60	Helen Searle	2002	16.55	
W65	Helen Searle	2004	16.44	
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	

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

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	
W50	Althea Mackie	2020	3484	

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

New World Specifications for W75+

W75	Helen Searle	2015	4637	A
W80	Heather Doherty	2014	4269	A
W85	Heather Doherty	2019	2870	
W95	Ruth Frith	2006	4026	
W100	Ruth Frith	2009	5743	A
W100	Ruth Frith	2011	5180	W

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
W50	Althea Mackie	2020	4.71	A
W55	Michelle Gibson	2018	2.51	
W60	Maria Drury	2022	2.60	
W65	Maria Drury	2023	2.09	
W70	Margarita Jakobsons	2007	1.82	
W75	Lorraine Birtwell	2022	1.21	

100lb WEIGHT

W30	Jessica Day	2016	2.13	
W35	Miranda Ramsden	2022	2.39	A
W40	Althea Mackie	2014	1.96	
W45	Althea Mackie	2018	2.25	
W50	Althea Mackie	2021	2.15	A
W55	Maree Ashcroft	2022	1.42	
W60	Maria Drury	2022	1.36	
W65	Maria Drury	2023	1.13	
W70	Margarita Jakobsons	2000	0.85	

SUPER HEAVY WEIGHT THROW

*** Qld Historical – All Time Recs**

~Qld Current Recs are from 5/10/19

35lb SUPER WEIGHT – W30-49

~W30	Bianca Carr	2022	6.65	
~W35	Dash Newington	2022	6.54	
*W40	Althea Mackie	2012	7.75	A
~W40	Finn Connors	2019	6.03	
*W45	Althea Mackie	2018	8.01	A
~W45	Tina Eilola	2022	5.28	

25lb SUPER WEIGHT – W50-59

W50	Althea Mackie	2020	10.03	
*W55	Carolyn Boyd	2011	5.56	
~W55	Michelle Gibson	2019	5.53	

20lb SUPER WEIGHT – W60-74

*W60	Helen Searle	2002	9.85	
*W65	Helen Searle	2006	8.66	
~W65	Rosemary Kopittke	2019	4.37	
~W70	Wilma Perkins	2019	5.04	

16lb SUPER WEIGHT – W75+

~W75	Lorraine Birtwell	2019	4.87	
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HEAVY WEIGHT PENTATHLON

(Rescored with 2015 Scoring)

W30	Bianca Carr	2022	2518	
W35	Dash Newington	2022	2385	
W40	Althea Mackie	2014	3689	
W45	Althea Mackie	2018	4245	A
W50	Althea Mackie	2022	4246	
W55	Carolyn Boyd	2011	2416	
W60	Helen Searle	2002	4775	
W65	Helen Searle	2005	4970	
W70	Helen Searle	2010	4081	
W75	Lorraine Birtwell	2022	2496	
W100	Ruth Frith	2010	3393	

HEAVY WEIGHT PENT.INDOORS

W35	Dash Newington	2022	2240	
W50	Althea Mackie	2022	4261	

PENTATHLON (Jav:400g/500g)

(* Old Specifications)

W30	Anne Venema	2009	1938		
*W30	Wilma Perkins	1984	2864		
W35	Leonie Hoffman	2012	2852	A	
*W35	Wilma Perkins	1986	3110		
W40	Lee-Anne Grosvenor	2015	3290	A	
*W40	Jan Hynes	1986	3601		
W45	Lisa Crouch	2009	3572	A	
W50	Lee-Anne Nelson	2022	3656	A	
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	2017	4248	A
W70	Carol Davis		2022	3963	A
W75	Marge Allison		2020	3813	

*With pre-2000 Javelin

PENTATHLON INDOOR (not Qld)

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

HEPTATHLON

W30	Emily Keehn	2022	3239		
W35	Julie Brims	2005	3842		
W40	Julie Brims	2006	4428		
W45	Marie Kay	2009	6006	A	
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	Carol Davis		2021	6375	W
W75	Marge Allison		2020	5901	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	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		

Q.M.A. WOMENS RECORDS AS AT 8th JANUARY, 2023

Marge Allison 77
Carol Davis 71 1:13.50

4 x 200 METRES RELAY

W30 Kim Cockledge 34
2011 Lisa Crouch 47
Joanne Daly 49
Julie Brims 45 1.56.13 **A**
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 **A**
W50 Tamara Paterson 51
2018 Julia Nicholas 56
Karen Lakin 54
Julie Brims 52 2.06.82 **A**

4 x 200m RELAY INDOOR (not Qld)

W40 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 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 Banaghan44
Jeanette Flynn 57 10.21.11 **A**
W35 Petrina Brown 45
2014 Katie Menzies 35
Lee-Anne Grosvenor42
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 Banaghan46 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 21.42.68**A**
W40 Marcia Sheer 50
2009 Glenda Banaghan44
Petrina Brown 40
Jeanette Flynn 57 21.39.65
W45 Marcy Sheer 52
2010 Glenda Banaghan46
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 Marge Allison 2016 69.00 **A**

W50 Julie Brims 2017 1.57.02 **A**
W60+ Wilma Perkins 2014 2.07.39 **A**
Linda Lynch 2014 2.07.39 **A**
Jeanette Flynn 2014 2.07.39 **A**
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 400m RELAY

W35+ Cherie Smee 2001 4.02.04 **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 2018 4.20.07 **A**
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+ Clare Durrant 2022 10.08.92 **W**
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**

4 x 200m RELAY INDOOR (Not Qld)

W35+ Caroline Layt 2010 2.08.29 **A**
W40+ Caroline Layt 2008 1.49.98 **A**
Marie Kay 2008 1.49.98 **A**

QUEENSLAND RECORDS (OUT OF STADIUM) - : 8th JANUARY, 2023

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

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 2022 1:21.32
W60 Anne Ryan 2016 1:31.54
W65 Betty Menzies 2009 1:47.35
W70 S.Thureau-Martin 2022 2:10.07
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 2:48.06AW
W60 Leonie Pedrazzini 2022 3:40.39
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
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 2022 46.13.4
W65 Anne Ryan 2022 44.15
W70 Sylvie Martin 2021 55.02

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 Irene Davey 2019 34.30

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 Brenda Gannon 2019 28.33
W45 Judy Moller 1999 28.44
W50 Nyle Sunderland 2019 28.45
W55 Erika Woodward 2021 30.13
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 Jennifer Stuckey 2021 55.07
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 Felicja Schmidt 2002 57.27
W55 Erika Woodward 2022 1:01.17
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

W45 Brenda Gannon 2021 1:32.24
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

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
W75 Joan Purcell 2018 2:40.10 A

50KM

W45 Brenda Gannon 2020 6:18.17

AMA CHAMPIONSHIP RECORDS HELD BY QMA MEMBERS (as at 5th APRIL 2022)

60 METRES

W30 Fiona Cullen	7.95	2011
W45 Julie Brims	7.75	2011
W50 Julie Brims	8.14	2016
W60 Julie Brims	8.24	2022
W70 Annette Horsnell	10.00	2008

100 METRES

W45 Julie Brims	12.55	2011
W50 Julie Brims	12.63	2018
W65 Daphne Pirie	14.7	1987
W55 Julie Brims	12.82	2022

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
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
W55 Julie Brims	60.43	2022
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
W55 Louisa Abram	18.24.57	2018

10,000 METRES

W35 Desiree Letherby	35:39	1983
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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
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300m HURDLES

W60 Marge Allison *Nsw	54.87	2005
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1500m TRACK WALK

W80 Christiane Dauphinet	11.32.7	2011
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5000m TRACK WALK

W80 Christiane Dauphinet	39.04.68	2011
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10km ROAD WALK (Best Times)

W75 Lorna Thompson	74.53	2005
W75 Christiane Dauphinet	74.53	2007

HIGH JUMP

W30 Ashleigh Reid	1.71	2022
W40 Deann Mayfield	1.70	2005
W50 Marie Kay	1.45	2010
W60 Dean Mayfield	1.36	2022

LONG JUMP

W45 Marie Kay *Nsw	5.21	2006
W50 Marie Kay	5.41	2010

TRIPLE JUMP

W30 Maree Bugeja	11.68	2006
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POLE VAULT

W65 Wilma Perkins	2.10	2015
W70 Wilma Perkins	1.70	2022

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
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

W65 Carol Davis	500g 23.32	2017
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

<u>Scoring) #New Specs from 2005</u>			
W85 Ruth Frith *Nsw	3155	1998	
W90 Ruth Frith *Nsw	3598	2000	
W95 Ruth Frith #ns	4253	2005	
W100 Ruth Frith #ns	5061	2010	

PENTATHLON(withShot from 2009)

W35 Leonie Hoffman	2852	2012
W40 Lee-Anne Grosvenor	3290	2015
W65 Carol Davis	3715	2016
W70 Carol Davis	3963	2022

HEPTATHLON (2010 Scoring)

W30 Leanne McMurdy	3192	2003
W40 Lee-Anne Grosvenor	4068	2014
W50 Wilma Perkins	4406	2003
W55 Wilma Perkins	5200	2005
W75 Marge Allison	5618	2020

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

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
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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

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

JUMPS

2010 Marie Kay	W50
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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

AMA CHAMPIONSHIP RECORDS HELD BY QMA MEMBERS (as at 5th APRIL 2022)

2006 Julie Brims W40
2010 Marge Allison 4x100m W65
2010 Noreen Parrish 4x100m W65
2016 Wilma Perkins W65
2020 Marge Allison W75

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

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 Athletic

s

AMA WINTER THROWING CHAMPIONSHIPS – CHAMPIONSHIP RECORDS AS AT 01/11/2022**JAVELIN THROW**

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
W90 Ruth Frith 1kg	2001	11.46
W95 Ruth Frith 750g	2005	9.49
W100Ruth 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 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
W90 Ruth Frith 3kg	2001	12.96
W95 Ruth Frith 2kg	2005	14.09
W100Ruth Frith	2010	11.30

WEIGHT THROW

W60 Helen Searle	2000	16.22
W90 Ruth Frith 5.45lb	2003	5.96
W95 Ruth Frith	2006	5.33
W100Ruth 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
W50 Althea Mackie	2022	15.39

56lb WEIGHT

W40 Althea Mackie	2013	5.00
W45 Althea Mackie	2017	4.74

100lb WEIGHT

W35 Miranda Ramsden	2022	2.36
W45 Althea Mackie	2018	2.25
W50 Althea Mackie	2022	2.04

SUPER WEIGHT

W30 Bianca Carr (35lb)	2022	6.65
W40 Althea Mackie 35lb	2012	7.75
W50 Althea Mackie 25lb	2022	9.82
W70 Rosemary Kopittke20lb	2022	3.41

HEAVY WEIGHT PENTATHLON

W45 Althea Mackie	2018	4245
W60 Helen Searle	2002	4871
W65 Helen Searle	2005	4772

OCEANIA RECORDS – LADIES – QMA MEMBERS (As at SEPTEMBER 2019)

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 Carol Davis	15.31	2019

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

W45 Elsie Norbury	2:27.1	2019
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 (600g)

W30 Sallyann Moller	36.20	2019
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JAVELIN (500g from 2014)

W60 Wilma Perkins	21.72	2014
W65 Carol Davis	25.12	2019

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
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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
W85 Heather Doherty	16.82	2019

HAMMER (2kg from 2010)

W90 Ruth Frith	11.85	2002
W95 Ruth Frith	11.16	2006
W100 Ruth Frith	9.64	2012

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
W85 Heather Doherty	6.82	2019
W95 Ruth Frith	5.16	2006

HIGH JUMP

W50 Marie Kay	1.45	2012
W65 Wilma Perkins	1.18	2015

LONG JUMP

W45 Marie Kay	5.31	2006
W50 Marie Kay	5.23	2012
W55 Wilma Perkins	4.29	2004
W65 Carol Davis	4.05	2019

TRIPLE JUMP

W40 Julie Brims	10.59	2006
W45 Marie Kay	10.68	2006
W50 Helen Searle	9.54	1990
W65 Carol Davis	7.90	2019

POLE VAULT

W45 Wilma Perkins	2.20eq	1998
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 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	

THROWS PENTATHLON

W55 Helen Searle	4596	1996
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New Weight Specifications from 2010

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
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	

ASIA-PAN PACIFIC MASTERS GAMES - QMA MEMBERS RECORDS AS AT 2018

These are Asia/Pan Pacific Masters Records

TRACK & FIELD

60 METRES

W35 Julie Brims	8.07	2004
W40 Julie Brims	7.99	2010
W45 Tanya Bougoure	8.25	2014
W60 Wendy Doran	9.04	2010
W65 Carol Davis	9.21	2016

100 METRES

W35 Julie Brims	12.59	2004
W40 Julie Brims	12.46	2010
W45 Lee-Ann Nelson	13.33	2018
W55 Wendy Doran	13.96	2004
W60 Wendy Doran	14.63	2010
W65 Carol Davis	14.85	2016

200 METRES

W40 Julie Brims	25.50	2010
W50 Julie Brims	26.80	2016
W55 Wendy Doran	29.13	2004
W60 Wendy Doran	30.31	2010
W65 Wendy Sheaves-Doran	31.11	2014
W70 Marge Allison	33.78	2014

400 METRES

W35 Julie Brims	59.39	2004
W40 Marie Kay	59.39	2000
W55 Jeanette Flynn	66.11	2008
W60 Marge Allison	68.17	2004
W65 Marge Allison	70.64	2010
W70 Marge Allison	79.42	2014

4x100m Relay

QMA Members included in Teams

W30+ Julie Brims	50.55	2010
Rebecca Lima		
Kylie Denny		
W35+ Julie Brims	53.74	2014
W40+ Olivia Stewart	57.26	2008
W45+ Michelle Schafer	59.93	2006
W50+ Wilma Perkins	55.40	2000
Hazel McDonnell		
W60+ Lesley Hamilton	67.10	2008
Jean Hampson		
Hazel McDonnell		
W65+ Sheila Abrahams	1.20.03	2000
Rosemary Gidley		
Daphne Pirie		
Dot Gale		

4x400m Relay

QMA Members included in Teams

W30+ Marcia Sheer	4.28.28	2006
W35+ Karen Whitehead	4.35.45	2000
Lynda Bateson		
Rosemary Cameron		
Cherie Smee		
W40+ Petrina Brown	4.22.37	2014
Julie Brims		
W45+ Michelle Schafer	5.16.12	2006

800 METRES

W30 Katie Menzies	2.24.52	2010
W35 Lynda Bateson	2.26.5h	1998
W40 Marcia Sheer	2.25.5h	1998
W45 Jeanette Flynn	2.23.0h	1998
W55 Jeanette Flynn	2.30.27	2008
W60 Jeanette Flynn	2.39.21	2014
W65 Jeanette Flynn	2.47.17	2016
W80 Mavis Collins	6.21.7h	1998

1500 METRES

W40 Marcia Sheer	4.54.33	1998
W45 Jeanette Flynn	4.59.35	1998
W50 Marcia Sheer	5.11.17	2010
W55 Jeanette Flynn	5.24.78	2008

5000 METRES

W40 Marcia Sheer	18.04.66	1998
W50 Marcia Sheer	19.20.90	2008
W55 Betty Menzies	21.29.34	2000

80m HURDLES

W40 Marie Kay	12.94	2004
W45 Jill Pryor	13.94	2006
W50 Jill Pryor	13.82	2008
W60 Marge Allison	15.34	2008
W65 Wilma Perkins	17.50	2014

100m HURDLES

W35 Olivia Stewart	16.69	2000
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200m HURDLES

W70 Marge Allison	38.28	2014
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300m HURDLES

W65 Marge Allison	56.69	2010
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400m HURDLES

W35 Julie Brims	65.69	2004
W40 Marie Kay	72.64	2004

2000m STEEPLECHASE

W30 Anne Venema	9.12.32	2008
W55 Irene Davey	10.21.09	2004
W65 Irene Davey	10.26.48	2012

3000m TRACK WALK

W50 Felicia Schmidt	16.28.10	2002
W75 Lorna Thompson	20.42.15	2002
W80 Christiane Dauphinat	23.48.25	2012

5000m TRACK WALK

W45 Nyle Sunderland	28.37.79	2016
W50 Felicia Schmidt	28.41.36	2002
W75 Lorna Thompson	35.23.70	2002
W80 Christiane Dauphinat	40.31.16	2012

LONG JUMP

W40 Michelle Mackey	5.15	2012
W45 Lisa Crouch	4.70	2008
W55 Noela Brameld	3.91	2008
W60 Jean Hampson	3.67	2008
W65 Carol Davis	4.02	2018

TRIPLE JUMP

W65 Carol Davis	7.43	2018
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HIGH JUMP

W35 Deann Mayfield	1.65	1998
W40 Deann Mayfield	1.71	2002
W45 Deann Mayfield	1.60	2008
W50 Deann Mayfield	1.56	2012
W65 Daphne Pirie	1.15	2000
W65 Wilma Perkins	1.15	2014

POLE VAULT

W45 Wilma Perkins	2.40	1998
W50 Wilma Perkins	2.45	2000
W55 Wilma Perkins	2.30	2006
W65 Wilma Perkins	2.00	2014

JAVELIN THROW

W30 Tanya Krome	27.33	2004
W50 Yasha Watkins	32.07	2004
W55 Noreen Parrish	25.51	2000
W65 Heather Doherty	26.71	1998
W70 Heather Doherty	23.18	2004
W75 Heather Doherty	18.44	2008
W85 Margaret Russell	9.17	2002

DISCUS THROW

W30 Tanya Krome	29.33	2006
W65 Heather Doherty	29.86	1998
W70 Heather Doherty	22.31	2004
W75 Heather Doherty	23.04	2008
W80 Norma Murdoch	13.93	2006

SHOT PUT

W65 Heather Doherty	10.15	1998
W75 Heather Doherty	8.40	2008
W80 Norma Murdoch	5.90	2006

HAMMER THROW

W35 Fionnula Connors	39.46	2016
W40 Althea Mackie	39.78	2012
W45 Althea Mackie	38.68	2018
W80 Norma Murdoch	18.64	2006

WEIGHT THROW

W35 Finn Connors	11.15	2016
W80 Norma Murdoch	8.35	2006

THROWS PENTATHLON (to 2010)

W65 Heather Doherty	4119	1998
W75 Heather Doherty	3917	2008
W80 Norma Murdoch	3178	2006

OUT OF STADIUM EVENTS

10km ROAD WALK

W40 Lyn Lewis	59.46.0h	1998
W45 Nyle Sunderland	59.17.00	2014
W50 Felicia Schmidt	57.27.0h	2002
W60 Sally Lynch	1:04.45.00	2006
W70 Lorna Thompson	1:10.58.00	1998
W75 Joan Purcell	1:19.10.00	2018
W80 Lorna Thompson	1:21.35.00	2008

4KM CROSS COUNTRY

W30 Katie Menzies	16.37.48	2010
W45 Marcia Sheer	16.00.59	2006
W50 Marcia Sheer	16.07.18	2010
W55 Paula Moorhouse	19.55.00	2008
W60 Jean Hampson	21.17.63	2006
W65 Jean Hampson	23.14.00	2012
W70 Bev Williams	32.03.00	2008
W85 Alison Worrall	40.21.00	2012

8KM CROSS COUNTRY

W45 Glenda Banaghan	30.37.95	2010
W55 Anne Ryan	36.38.50	2014

BEACH MILE 2016 RESULT ONLY

QMA MEMBERS

W45 4 Petrina Brown	11.23	2016
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5KM ROAD RACE 2016 RESULTS

W50 2 Toni Ferguson	21.36	2016
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10.5KM TRAIL RUN 2016 RESULTS

W45 1 Elizabeth Cox	47.58	2016
W50 1 Toni Ferguson	50.48	2016