

Q.M.A. WOMENS RECORDS AS AT 05th MARCH, 2024

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
W55	Julie Brims	2023	8.25	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	12.24	W
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	Jessica Veurman	2023	13.99	
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	25.07	W
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)

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	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	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)

W60	Jeanette Flynn	2014	5.45.40	A
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1 MILE

W30	Kayla Toro	2023	5:56.70	
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	2023	9:28.70	

2000 METRES

W30	Kayla Toro	2023	7:34.45	
W35	Kate Cecil	2022	7.26.27	
W40	Taryn Axelsen	2023	7:49.29	
W50	Peta Dunne	2022	8.05.70	
W55	Tia Jones	2021	7.51.49	
W60	Susan Thornton	2023	8.53.87	
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	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	7.51.74	os
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	2023	8.30.41	
W50	Irene Davey	1998	8.55.39	os
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

W35	Eliana Seymour	2023	9.20	A
W55	Maryann Hearn	2023	10.34	A
W70	Carol Davis	2023	12.92	A

60m HURDLES INDOOR (not Qld)

W35	Eliana Seymour	2023	9.01	A
W50	Marie Kay	2010	9.55	A

Q.M.A. WOMENS RECORDS AS AT 05th MARCH, 2024

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
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 2023 5:19.15
W40 Tracey Hollis 2023 5:17.72
W45 Brenda Gannon 2023 4:00.15
W65 Mary McGregor 2023 5:36.20
W80 Noela McKinnen 2023 6:43.87

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 Dauphinét 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 Dauphinét 14 12.12.99
W85 Christiane Dauphinét 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
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 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 Dauphinét 01 19.56.80
W75 Lorna Thompson 2002 20.42.15
W80 Lorna Thompson 2008 22.15.42 A
W85 Christiane Dauphinét 16 24.16.19

3000m TRK.WK. INDOOR (not Qld)

W35 Dash Newington 2022 19.38.62 A
W75 Joan Purcell 2017 22.05.70 A

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 Dauphinét 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 Dauphinét 00 68.14.5
W70 Christiane Dauphinét 01 70.59.7
W75 Lorna Thompson 2002 70.48.2
W80 Christiane Dauphinét 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 2023 7.16

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 2024 1.41 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 2024 3.62
W40 Samantha Clare 2024 3.15
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 2024 3.70 A
W60 Wilma Perkins 2010 2.40 A
W65 Wilma Perkins 2019 1.90 A
W70 Wilma Perkins 2023 1.60 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 Lesley Duncan 2024 26.31
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

Q.M.A. WOMENS RECORDS AS AT 05th MARCH, 2024

SHOT PUT 4kg (W30-49)

W30	Nicole Luyten	2023	12.12
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

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	2024	44.05
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)

(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
W100	Ruth Frith	2009	3916 A
W100	Ruth Frith	2011	3837W

HEAVY WEIGHT RECORDS

56lb WEIGHT

W30	Nicole Luyten	2023	3.79
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	Leanne Hilton	2024	3.38
W60	Maria Drury	2022	2.60
W65	Maria Drury	2023	2.52
W70	Valerie Silver	2023	1.84
W75	Hazel McDonnell	2024	1.81

100lb WEIGHT

W30	Jessica Day	2016	2.13
W35	Miranda Ramsden	2022	2.39 A
W40	Miranda Ramsden	2023	2.07
W45	Althea Mackie	2018	2.25
W50	Althea Mackie	2023	2.18 A
W55	Heather Lamb	2022	1.49
W60	Maria Drury	2022	1.36
W65	Maria Drury	2023	1.13
W70	Margarita Jekabsons	2000	0.85
W75	Hazel McDonnell	2023	0.92

100lb WEIGHT INDOOR (not Qld)

W40	Miranda Ramsden	2023	2.20
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SUPER HEAVY WEIGHT THROW

*** Qld Historical – All Time Recs**

~Qld Current Recs are from 5/10/19

35lb SUPER WEIGHT – W30-49

~W30	Nicole Luyton	2023	7.24
~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	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
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16lb SUPER WEIGHT – W75+

~W75	Hazel McDonnell	2024	6.16
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HEAVY WEIGHT PENTATHLON

(Rescored with 2023 Scoring)

W30	Nicole Luyten	2023	2512
W35	Dash Newington	2022	1944
W40	Althea Mackie	2014	2999
W45	Althea Mackie	2018	3426 A
W50	Althea Mackie	2022	3571
W55	Heather Lamb	2024	2036
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

HEAVY WEIGHT PENT.INDOORS

W35	Dash Newington	2022	1822
W50	Althea Mackie	2022	3583

PENTATHLON (Jav:400g/500g)

(* Old Specifications)

(Rescored with 2023 Scoring)

W30	Anne Venema	2009	1940
*W30	Wilma Perkins	1984	2864
W35	Leonie Hoffman	2012	2792 A
*W35	Wilma Perkins	1986	3110
W40	Lee-Anne Grosvenor	2015	3189 A
*W40	Jan Hynes	1986	3601
W45	Lisa Crouch	2009	3476 A
W50	Lee-Anne Nelson	2022	3707 A
W55	Tamara Patterson	2024	2250
W60	Marge Allison	400	2009 2850
W60	Carol Davis	500	2016 3168 A
W65	Marge Allison	400	2012 3189
W65	Carol Davis	500	2017 3898 A
W70	Carol Davis	2022	3492 A
W75	Marge Allison	2020	3085
*With pre-2000 Javelin			

PENTATHLON INDOOR (not Qld)

W50	Marie Kay	2010	4440 W
W60	Wilma Perkins	2014	3126 A
W65	Marge Allison	2010	3371 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	5833 A
W55	Marie Kay	2015	6217 A
W60	Marge Allison	2008	4731 A
W65	Marge Allison	400g	2010 4765
W65	Wilma Perkins	2015	4881 A
W70	Carol Davis	2021	5444 W
W75	Marge Allison	2020	4553 A

HEPTATHLON (Old Spec-Rescored)

W30	Wilma Perkins	1984	3777
W35	Jan Hynes	1984	4524

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	

QUEENSLAND RECORDS (OUT OF STADIUM) - : 18th JANUARY, 2024

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 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 2:48.06AW
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
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 Sylvie Martin 2021 55.02
W75 Irene Davey 2023 1:9:16.4

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 Brenda Gannon 2023 27.43
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 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

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 1:28.51
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
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 1st APRIL 2023)

60 METRES

W30	Fiona Cullen	7.95	2011
W45	Julie Brims	7.75	2011
W50	Julie Brims	8.14	2016
W55	Julie Brims	8.24	2022
W70	Annette Horsnell	10.00	2008
W70	Carol Davis	10.00	2023

100 METRES

W45	Julie Brims	12.55	2011
W50	Julie Brims	12.63	2018
W55	Julie Brims	12.82	2022
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
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
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	
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 (2023

Scoring) #New Specs from 2005

W85	Ruth Frith	*Nsw	2775	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

HEPTATHLON (2023 Scoring)

W30	Leanne McMurdy	3192	2003
W75	Marge Allison	4553	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
2023	Julie Brims	W57	11.16	Syd

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
2006	Julie Brims		W40
2010	Marge Allison	4x100m	W65

AMA CHAMPIONSHIP RECORDS HELD BY QMA MEMBERS (as at 1st APRIL 2023)

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 Athletics

* Represented for other state before
joining Q

AMA WINTER THROWING CHAMPIONSHIPS – CHAMPIONSHIP RECORDS AS AT 02/10/2023

JAVELIN THROW

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	9.49
W100 Ruth Frith	2010	8.20

SHOT PUT

W30 Nicole Luyton	2023	12.12
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
W80 Lorraine Birtwell	2023	5.77
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	2005	14.09
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	5.33
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

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
W45 Althea Mackie	2018	2.25
W50 Althea Mackie	2023	2.18

SUPER WEIGHT

W30 Nicole Luyton (35lb)	2023	7.42
W40 Althea Mackie 35lb	2012	7.75
W50 Althea Mackie 25lb	2022	9.82
W70 Rosemary Kopitke 20lb	2022	3.41

HEAVY WEIGHT PENTATHLON

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

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