

Q.M.A. WOMENS' RECORDS AS AT 16th SEPTEMBER, 2022

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 Dauphinnet	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	12.24 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 Dauphinnet	2017	28.37
W90	Christiane Dauphinnet	2022	34.02 A

100 YARDS

W30	Fiona Cullen	2011	12.05
W35	Leonie Hoffman	2012	12.22
W40	Julie Brims	2006	11.68
W45	Julie Brims	2011	11.60
W50	Julie Brims	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 Dauphinnet	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 Dauphinnet	2016	65.94
W90	Christiane Dauphinnet	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 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
W85	Christiane Dauphinnet	16	1.44.87

400 METRES

W30	Brigitte Mullen	1999	57.80
W35	Wilma Perkins	1987	58.60
W35	Jan Hynes	1983	58.6
W40	Adrienne McIvor	2015	56.47
W45	Adrienne McIvor	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 Dauphinnet	16	2.22.65
W90	Christiane Dauphinnet	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 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 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 Dauphinnet	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

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

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 Cearn	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

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 Dauphinnet	16	12.16.53

Q.M.A. WOMENS' RECORDS AS AT 16th SEPTEMBER 2022

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	2021	9.00.49
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	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 Dauphinet	01	19.56.80
W75	Lorna Thompson	2002	20.42.15
W80	Lorna Thompson	2008	22.15.42 A
W85	Christiane Dauphinet	16	24.16.19

3000m TRK.WK. INDOOR (not Qld)

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 Dauphinet	16	40.36.35

10,000M TRACK WALK

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

LONG JUMP

W30	Maree Bugeja	2005	5.61
W35	Jan Hynes	1983	5.89 A
W40	Glynis Cearn	2001	5.77 A
W45	Marie Kay	2008	5.52 A
W50	Marie Kay	2010	5.41 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 Cearn	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	Jean Hampson	2015	6.34

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	2.70
W40	Michelle Schafer	2001	2.45
W45	Wilma Perkins	1998	2.62
W50	Wilma Perkins	2000	2.70
W55	Wilma Perkins	2005	2.50
W60	Wilma Perkins	2010	2.33
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
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

Q.M.A. WOMENS' RECORDS AS AT 16th SEPTEMBER, 2022

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	5180W

HEAVY WEIGHT RECORDS

56lb WEIGHT

W30	Jessica Day	2016	3.78
W35	Fionnula Connors	2017	4.37
W40	Althea Mackie	2013	5.00 A
W45	Althea Mackie	2016	5.16 A
W50	Althea Mackie	2020	4.71 A
W55	Michelle Gibson	2018	2.51
W60	Karel McClintock	2022	2.45
W65	Wilma Perkins	2018	1.72
W70	Margarita Jakabsons	2007	1.82

100lb WEIGHT

W30	Jessica Day	2016	2.13
W35	Miranda Ramsden	2022	2.36 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	0.77
W70	Margarita Jakabsons	2000	0.85

SUPER HEAVY WEIGHT THROW

* Old Historical – All Time Recs

–Old Current Recs are from 5/10/19

35lb SUPER WEIGHT – W30-49

*W30	Jessica Day	2016	6.08
~W35	Miranda Ramsden	2022	5.80
~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
H*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	Miranda Ramsden	2022	2283
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	2474
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 400	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 Old)

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 Cocksedg	34	
	Rebecca Lima	32	51.72
W35	Julie Brims	48	
2014	Lee-Anne Grosvenor	42	
	Anne Salmoni	36	
	Petrina Brown	45	54.08
W40	Michelle Mackey	43	
2016	Lee-Ann Grosvenor	44	
	Adrienne Mclvor	45	
	Julie Brims	50	50.91
W45	Julie Brims	52	
2000	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	Lee-Anne Nelson	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	Kim Cocksedg	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 Old)

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 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
W60	Marge Allison	63	
2008	Jean Hampson	62	
	Irene Davey	60	
	Betty Menzies	64	12.18.0

Q.M.A. WOMENS' RECORDS AS AT 16th SEPTEMBER, 2022

<u>W65</u>	Marge Allison	66	
<u>2010</u>	Leslie Le Vaillant	67	
	Jean Hampson	65	
	Betty Menzies	66	12.56.64 A
<u>4 x 1500 METRES RELAY</u>			
<u>W30</u>	Petrina Brown	40	
<u>2008</u>	Jeanette Flynn	57	
	Glenda Banaghan	44	
	Anne Venema	30	21.47.9 A
<u>W35</u>	Petrina Brown	47	

<u>2014</u>	Katie Menzies	37	
	Erika O'Reilly	35	
	Renee Witt	38	21.42.68 A
<u>W40</u>	Marcia Sheer	50	
<u>2009</u>	Glenda Banaghan	44	
	Petrina Brown	40	
	Jeanette Flynn	57	21.39.65
<u>W45</u>	Marcy Sheer	52	
<u>2010</u>	Glenda Banaghan	46	
	Julie Ellett	50	
	Wendy Stewart	48	22.49.02

<u>W50</u>	Fay McNeill	54	
<u>2006</u>	Jeanette Flynn	56	
	Jean Hampson	61	
	Betty Menzies	62	23.24.5
<u>W65</u>	Marge Allison	66	
<u>2010</u>	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

<u>4 x 100m RELAY</u>			
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
<u>4 x 400m RELAY</u>			
W35+	Cherie Smee	2001	4.02.04 A
W40+	Leanne Smith	2001	3.57.28 A
	Glynis Cearn	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
<u>4 x 800m RELAY</u>			
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
<u>4 x 200m RELAY INDOOR (Not Old)</u>			
W35+ Caroline Layt	2010	2.08.29	A
W40+ Caroline Layt	2008	1.49.98	A
Marie Kay	2008	1.49.98	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

QUEENSLAND RECORDS (OUT OF STADIUM) - : 16th SEPTEMBER, 2002

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	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	Anne Ryan	2012	3:21.53
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 Dauphin	2002	33.56
W75	Christiane Dauphin	2007	36.54
W80	Christiane Dauphin	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 Dauphin	2007	59.11
W80	Christiane Dauphin	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 Dauphin	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
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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 Dauphinnet		11.32.7	2011
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5000m TRACK WALK

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

W75	Lorna Thompson		74.53	2005
W75	Christiane Dauphinnet		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
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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

Scoring) #New Specs from 2005

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
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 Athletics		

AMA WINTER THROWING CHAMPIONSHIPS – CHAMPIONSHIP RECORDS AS AT 11/10/20

HELD BY QMA MEMBERS

<u>JAVELIN THROW</u>			
W90 Ruth Frith	2001	10.00	
W95 Ruth Frith	2008	5.78	
W100 Ruth Frith	2010	5.62	

<u>DISCUS THROW</u>			
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	
W100 Ruth Frith	2010	8.20	

<u>SHOT PUT</u>			
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	
<u>HAMMER THROW</u>			
W60 Helen Searle	2001	46.09	
W65 Helen Searle	2005	40.11	
W70 Helen Searle	2010	32.08	
W75 Helen Searle	2014	32.27	
W90 Ruth Frith 3kg	2001	12.96	
W95 Ruth Frith 2kg	2005	14.09	
W100 Ruth Frith	2010	11.30	

<u>WEIGHT THROW</u>			
W60 Helen Searle	2000	16.22	
W90 Ruth Frith 5.45lb	2003	5.96	
W95 Ruth Frith	2006	5.33	
W100 Ruth Frith	2010	4.30	

<u>THROWS PENTATHLON</u>			
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	

<u>WEIGHT FOR DISTANCE</u>			
W45 Althea Mackie	2018	12.81	

<u>56lb WEIGHT</u>			
W40 Althea Mackie	2013	5.00	
W45 Althea Mackie	2017	4.74	

<u>100lb WEIGHT</u>			
W45 Althea Mackie	2018	2.25	

<u>SUPER WEIGHT</u>			
W40 Althea Mackie 35lb	2012	7.75	

<u>HEAVY WEIGHT PENTATHLON</u>			
W45 Althea Mackie	2018	4245	
W60 Helen Searle	2002	4871	
W65 Helen Searle	2005	4772	

OCEANIA RECORDS - LADIES - QMA MEMBERS (As at SEPTEMBER, 2019)

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

<u>100 METRES</u>			
W40 Julie Brims	12.54	2006	
W45 Marie Kay	13.16	2006	
W65 Carol Davis	15.31	2019	

<u>200 METRES</u>			
W30 Wilma Perkins	25.80	1984	
W40 Julie Brims	26.15	2006	
W45 Marie Kay	26.55	2006	
W65 Jeanette Flynn	30.55	2018	

<u>400 METRES</u>			
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	

<u>800 METRES</u>			
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	

<u>1500 METRES</u>			
W55 Louisa Abram	4:59.36	2018	

<u>5000 METRES</u>			
W55 Louisa Abram	18:44.52	2018	

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

<u>400m HURDLES (0.762m)</u>			
W45 Marie Kay	64.70	2006	

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

<u>200m HURDLES (0.686m)</u>			
W70 Marge Allison	39.37	2012	

<u>5000m TRACK WALK</u>			
W80 Christiane Dauphinet	39:24.83	2012	

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

<u>JAVELIN (600g)</u>			
W30 Sallyann Moller	36.20	2019	

<u>JAVELIN (500g from 2014)</u>			
W60 Wilma Perkins	21.72	2014	
W65 Carol Davis	25.12	2019	

<u>JAVELIN (400g from 2000)</u>			
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	

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

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

W85 Heather Doherty	13.84	2019	
W90 Ruth Frith	10.89	2002	
W95 Ruth Frith	10.90	2006	

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

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

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

<u>HAMMER (3kg)</u>			
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	

<u>HAMMER (2kg from 2010)</u>			
W90 Ruth Frith	11.85	2002	
W95 Ruth Frith	11.16	2006	
W100 Ruth Frith	9.64	2012	

<u>WEIGHT THROW (9.08kg-20lb)</u>			
W35 Fionnula Connors	10.81	2018	

<u>WEIGHT THROW (5.54kg-12lb)</u>			
W45 Althea Mackie	12.84	2015	

<u>WEIGHT THROW (4kg from 2010)</u>			
W65 Helen Searle	16.44	2004	
W80 Heather Doherty	9.63	2014	
W85 Heather Doherty	6.82	2019	
W95 Ruth Frith	5.16	2006	

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

<u>LONG JUMP</u>			
W45 Marie Kay	5.31	2006	
W50 Marie Kay	5.23	2012	
W55 Wilma Perkins	4.29	2004	
W65 Carol Davis	4.05	2019	

<u>TRIPLE JUMP</u>			
W40 Julie Brims	10.59	2006	
W45 Marie Kay	10.68	2006	
W50 Helen Searle	9.54	1990	
W65 Carol Davis	7.90	2019	

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

<u>PENTATHLON Updated</u>			
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		

<u>THROWS PENTATHLON</u>			
W55 Helen Searle	4596	1996	

<u>New Weight Specifications from 2010</u>			
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		

<u>ARCHIVED RESULT:</u>			
W60 Helen Searle	4521	2002	
W65 Helen Searle	5399	2004	

<u>HEPTATHLON Updated</u>			
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		

<u>ARCHIVED RESULT:</u>			
W60 Marge Allison	5076	2008	

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
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

800 METRES

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	Felicja Schmidt	16.28.10	2002
W75	Lorna Thompson	20.42.15	2002
W80	Christiane Dauphiné	23.48.25	2012

5000m TRACK WALK

W45	Nyle Sunderland	28.37.79	2016
W50	Felicja Schmidt	28.41.36	2002
W75	Lorna Thompson	35.23.70	2002
W80	Christiane Dauphiné	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	Felicja 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