

**WMA RECORDS INDOOR - WOMEN (updated 1 December 2019)****60m**

W 35	7.01	Merlene Ottey	JAM	38	21/02/99	Lievin, FRA
W 40	7.17	Merlene Ottey	SLO	42	07/03/03	Linz, AUT
W 45	7.30	Merlene Ottey	SLO	46	09/02/07	Leipzig, GER
W 50	8.03	Renee Shepherd	USA	50	08/03/15	New York, USA
W 55	8.01	Nicole Alexis	FRA	55	25/03/15	Toruń, POL
W 60	8.56	Karla DelGrande	CAN	60	19/01/14	Toronto, CAN
W 65	8.80	Ingrid Meier	GER	65	04/04/12	Jyväskylä, FIN
W 70	9.21	Kathy Bergen	USA	70	27/03/10	Boston, USA
W 75	9.40	Carol LaFayette-Boyd	CAN	75	10/02/18	Regina, CAN
W 80	10.37	Irene Obera	USA	80	15/03/14	Boston, USA
W 85	12.28	Irene Obera	USA	85	27/03/19	Toruń, POL
W 90	15.14	Olga Kotelko	CAN	91	02/03/10	Kamloops, CAN
W 95	16.53	Olga Kotelko	CAN	95	26/03/14	Budapest, HUN
W100	24.79	Julia Hawkins	USA	102	17/03/18	Landover, USA

**200m**

W 35	23.04	Sandra Myers	ESP	35	17/02/96	Torino, ITA
W 40	23.93	Merlene Ottey	SLO	42	28/01/03	Wien, AUT
W 45	25.44	Maryvonne Icarre	FRA	45	09/01/11	Faubonne, FRA
W 50	25.94	Maryvonne Icarre	FRA	50	01/04/16	Ancona, ITA
W 55	26.13	Nicole Alexis	FRA	55	27/03/15	Toruń, POL
W 60	28.23	Karla Del Grande	CAN	60	28/03/14	Budapest, HUN
W 65	29.73	Karla Del Grande	CAN	65	29/03/19	Toruń, POL
W 70	31.86	Kathy Bergen	USA	72	18/03/12	Bloomington, USA
W 75	32.26	Carol LaFayette-Boyd	CAN	76	10/03/19	Edmonton, CAN
W 80	36.53	Irene Obera	USA	80	16/03/14	Boston, USA
W 85	44.18	Irene Obera	USA	85	2/29/2019	Toruń, POL
W 90	60.72	Olga Kotelko	CAN	91	03/03/10	Kamloops, CAN
W 95	74.14	Olga Kotelko	CAN	95	28/03/14	Budapest, HUN

**400m**

W 35	51.99	Helena Fuchsova	CZE	35	18/02/01	Praha, CZE
W 40	56.15	Barbara Aknin	FRA	42	22/03/08	Clermont-Ferrand, FRA
W 45	56.99	Marie Kay	AUS	48	22/03/08	Clermont-Ferrand, FRA
W 50	60.17	Maryvonne Icarre	FRA	50	03/04/16	Ancona, ITA
W 55	62.11	Caroline Powell	GBR	59	09/03/13	London, GBR
W 60	64.76	Caroline Powell	GBR	60	30/03/14	Budapest, HUN
W 65	68.39	Karla Del Grande	CAN	65	26/03/19	Toruń, POL
W 70	77.74	Riet Jonkers	NED	70	26/12/13	Gent, BEL
W 75	81.28	Jeanne Daprano	USA	75	16/03/12	Bloomington, USA
W 80	1:31.10	Emma Mazzenga	ITA	80	30/03/14	Budapest, HUN
W 85	1:51.89	Emma Mazzenga	ITA	85	26/03/19	Toruń, POL
W 90	3:13.45	Mary Norckauer	USA	90	07/03/15	Baton Rouge, LA

**800m**

W 35	1:58.37	Helena Fuchsova	CZE	36	25/02/01	Lievin, FRA
W 40	2:01.59	Yekaterina Podkopyeva	RUS	41	06/02/94	Grenoble, FRA
W 45	2:14.38	Alisa Harvey	USA	45	10/02/11	Annapolis, USA
W 50	2:16.73	Eva Trost	GER	50	10/02/18	München, GER
W 55	2:22.34	Virgina Mitchell	GBR	56	28/03/19	Toruń, POL
W 60	2:36.57	Lesley Hinz	USA	60	18/03/18	Landover, MD
W 65	2:44.35	Kathryn Martin	USA	65	19/02/17	Albuquerque, USA
W 70	2:50.57	Sabra Harvey	USA	70	28/03/19	Toruń, POL
W 75	3:16.21	Jeanne Daprano	USA	75	04/04/12	Jyväskylä, FIN
W 80	3:39.51	Alice Cole	CAN	80	28/03/14	Budapest, HUN
W 85	4:09.58	Melitta Czerwenka-Nagel	GER	85	31/03/16	Ancona, ITA
W 90	7:14.89	Mary Norckauer	USA	90	07/03/15	Baton Rouge, USA

**1500m**

W 35	4:01.67	Regina Jacobs	USA	39	16/03/03	Birmingham, GBR
W 40	4:05.19	Yekaterina Podkopayeva	URS	44	09/03/97	Paris, FRA
W 45	4:28.13	Corinne Debaets	BEL	45	22/02/09	Gent, BEL
W 50	4:40.07	Clare Elms	GBR	50	08/03/14	London, GBR
W 55	4:50.75	Clare Elms	GBR	55	24/02/19	London, GBR
W 60	5:10.44	Lidia Zentner	GER	60	01/02/14	Ludwigshafen, GER
W 65	5:25.29	Kathryn Martin	USA	65	25/03/17	Daegu, KOR
W 70	5:49.12	Angela Copson	GBR	70	10/03/18	London, GBR
W 75	6:47.04	Melitta Czerwenka-Nagel	GER	75	20/03/06	Linz, AUT
W 80	7:38.11	Helly Visser	CAN	80	01/03/14	Edmonton, CAN
W 85	8:47.83	Melitta Czerwenka-Nagel	GER	85	30/01/16	Ludwigshafen, GER

**1 mile**

W 35	4:29.46	Helen Clitheroe	GBR	36	20/02/10	Birmingham, GBR
W 40	4:44.81	Sonja Friend-Uhl	USA	40	03/03/12	Blacksburg, USA
W 45	4:54.82	Corinne Debaets	BEL	45	26/12/08	Gent, BEL
W 50	5:03.60	Lucy Elliott	GBR	50	02/01/17	London, GBR
W 55	5:15.44	Clare Elms	GBR	55	30/01/19	London, GBR
W 60	5:43.75	Lesley Hinz	USA	60	20/03/18	Winston-Salem, USA
W 65	5:51.74	Kathryn Martin	USA	65	02/03/17	New York, USA
W 70	6:45.8	Marie Michelsohn	USA	70	09/02/12	New York, USA
W 75	7:13.51	Jeanne Daprano	USA	75	17/03/12	Bloomington, USA
W 80	8:19.70	Helly Visser	CAN	80	15/03/14	Edmonton, CAN
W 85	13:00.96	Ivy Granstrom	CAN	87	27/03/99	Boston, USA
W 90	15:15.58	Betty Lindberg	USA	94	02/03/19	Winston-Salem, USA

**3000m**

W 35	8:39.14	Regina Jacobs	USA	35	05/03/99	Maebashi, JPN
W 40	8:58.20	Nuria Fernandez	ESP	40	03/03/17	Belgrade, SRB
W 45	9:11.67	Nicole Leveque	FRA	45	11/02/96	Paris, FRA
W 50	9:56.39	Fiona Matheson	GBR	50	28/12/11	Glasgow, GBR
W 55	10:13.40	Clare Elms	GBR	55	10/03/19	London, GBR
W 60	11:16.54	Lidia Zentner	GER	60	18/01/14	Fürth, GER
W 65	11:35.98	Kathryn Martin	USA	65	22/03/17	Daegu, KOR
W 70	12:37.45	Angela Copson	GBR	70	11/03/18	London, GBR
W 75	13:55.58	Elfriede Hodapp	GER	76	03/03/12	Erfurt, GER
W 80	15:57.73	Helly Visser	CAN	80	08/02/14	Edmonton, CAN
W 85	18:38.76	Melitta Czerwenka-Nagel	GER	85	13/02/16	Erfurt, GER

**4x200m**

W35	1:42.53	Gasowska,Balcerak,Lemiesz,Grot	POL		30/03/19	Toruń, POL
W40	1:44.34	Moritz,Heidrich,Grissmer,Görling	GER		14/03/04	Sindelfingen, GER
W45	1:46.38	Berend,Kauerhof,Grissmer,Schultz	GER		22/03/08	Clermont-Ferrand, FRA
W50	1:50.40	Berend, Joerg,Koegst,Burzlauff	GER		03/04/16	Ancona, ITA
W55	1:55.90	Trimble,Filer,McClelland,Horner	GBR		30/03/14	Budapest, HUN
W60	2:00.37	Godsell, Filer,Horner,Powell	GBR		24/03/18	Madrid, ESP
W65	2:09.74	Foerster,Schommler,Kraehe,Meier	GER		30/03/14	Sindelfingen, GER
W70	2:33.08	Staubermann,Kümmerle-Valk,Holzknicht,Sauer	GER		20/03/11	Gent, BEL
W75	2:50.72	Ritter,Eriksen,Glatzki,Venn	GER		30/03/19	Toruń, POL
W80	3:18.43	Obera,Langewalter,Meiler,Green	USA		30/03/19	Toruń, POL

**4x400m**

W35	4:05.13	Reynolds,de Boer,Penado,Heath	USA		06/03/16	Albuquerque, USA
W40	4:03.72	Friend-Uhl,Gentile,Walles,McGower	USA		06/03/16	Albuquerque, USA
W45	5:28.31	Hoslyn,Rupp,DeHaven,Harris	USA		03/03/19	Winston-Salem, USA
W50	4:26.18	Hoffman,Jasper,Hayden,Hunter	USA		14/02/14	New York, USA
W60	5:16.99	Michelsohn,Ingalls,Daprano,Tasker-Rothenber	USA		28/03/04	Boston, USA
W65	6:55.32	Hudnall,Lucking,Mullis Dubow,Aderhold	USA		03/03/19	Winston-Salem, USA
W70	7:21.74	Harada,Szawlowski,Parsi,Hayes	USA		28/03/10	Boston, USA

**4x800m**

W35	10:01.9	Mannen,Miloski,Pearsall,Martin	USA		22/03/03	New York, USA
W40	9:25.49	Valle,Ballou,Olen,Genet	USA		27/03/10	Boston, USA
W50	10:09.38	Morata,Muñoz,Ruiz,Gutierrez	ESP		03/03/19	Antequera, ESP
W60	12:12.46	Broad,Richards,Steinbach,Martin	USA		21/03/15	Winston Salem, USA
W65	15:41.51	Hudnall,Mullis Dubow,Lucking,Aderhold	USA		02/03/19	Winston Salem, USA

**60m Hurdles**

W 35	7.74	Gail Devers	USA	36	03/01/03	Boston, USA
W 40	7.86	Gail Devers	USA	40	02/02/07	New York, USA
W 45	8.79	Christine Müller	SUI	45	13/03/04	Sindelfingen, GER
W 50	9.26	Christine Müller	SUI	50	28/03/09	Ancona, ITA
W 55	9.48	Neringa Jakstiene	USA	55	29/03/19	Toruń, POL
W 60	9.80	Jane Horder	GBR	61	03/02/18	Loughborough, GBR
W 65	10.58	Edith Graff	BEL	65	25/03/07	Helsinki, FIN
W 70	11.37	Asta Larsson	SWE	70	02/02/02	Lund, SWE
W 75	13.17	Reit Jonkers-Slegers	NED	75	29/03/19	Toruń, POL
W80	13.76	Irene Obera	USA	81	21/03/15	Winston-Salem, USA
W85	24.06	Irene Obera	USA	85	30/03/19	Toruń, POL

**High Jump**

W 35	1.98	Ruth Beitia	ESP	36	06/03/16	Madrid, ESP
W 40	1.94	Venelina Veneva-Mateev	BUL	40	15/02/15	Bobrich, BUL
W 45	1.67	Alison Wood	USA	45	25/03/19	Toruń, POL
W 50	1.60	Petra Bajeat	FRA	53	29/03/19	Toruń, POL
W 55	1.55	Wendy Laing	GBR	55	21/03/18	Madrid, ESP
W 60	1.46	Weia Reinboud	NED	61	04/03/12	Apeldoorn, NED
W 65	1.39	Weia Reinboud	NED	65	13/02/16	Apeldoorn, NED
W 70	1.30	Ursula Stelling	GER	70	03/03/12	Erfurt, GER
W 75	1.25	Kathy Bergen	USA	76	05/03/16	Albuquerque, USA
W 80	1.09	Rosemary Chrimes	GBR	80	08/03/14	London, GBR
W 85	0.89	Olga Kotelko	CAN	85	14/03/04	Sindelfingen, GER
W 90	0.77	Olga Kotelko	CAN	93	16/02/13	Kamloops, CAN
W 95	0.78	Olga Kotelko	CAN	95	26/03/14	Budapest, HUN

**Pole Vault**

W 35	4.81	Jennifer Suhr	USA	36	18/02/18	Albuquerque, USA
W 40	4.05	Doris Auer	AUT	40	21/01/12	Wien, AUT
W 45	3.55	Irie Hill	GBR	45	26/03/14	Budapest, HUN
W 50	3.51	Irie Hill	GBR	50	30/03/19	Toruń, POL
W 55	3.02	Brigitte van de Kamp	NED	57	03/02/18	Apeldoorn, NED
W 60	3.01	Nadine O'Connor	USA	63	26/02/06	Colorado Springs, USA
W 65	2.90	Nadine O'Connor	USA	67	21/03/09	Landover, USA
W 70	2.12	Karin Förster	GER	70	19/03/17	Münster, GER
W 75	1.95	Florence Meiler	USA	76	09/01/11	Hanover, USA
W 80	1.76	Florence Meiler	USA	81	10/01/16	Hanover, USA

**Long Jump**

W 35	6.86	Heike Drechsler	GER	35	27/02/00	Gent, BEL
W 40	6.64	Tatyana Ter-Mesrobian	RUS	41	05/01/10	St. Petersburg, RUS
W 45	5.75	Phil Raschker	USA	47	05/03/94	Chicago, USA
W 50	5.57	Petra Bajeat	FRA	53	25/03/19	Toruń, POL
W 55	5.22	Neringa Jakstiene	USA	55	25/03/19	Toruń, POL
W 60	a 4.58	Christiane Schmalbruch	GER	62	06/03/99	Malmö, SWE
W 60	b 4.58	Maria Rosa Escribano Checa	ESP	60	26/03/19	Toruń, POL
W 65	4.36	Ingrid Meier	GER	65	06/02/12	Winnipeg, CAN
W 70	3.99	Carol LaFayette-Boyd	CAN	70	02/03/13	Hamburg, GER
W 75	3.97	Carol LaFayette-Boyd	CAN	75	20/01/18	Edmonton, CAN
W 80	3.28	Christa Bortignon	CAN	80	26/03/19	Toruń, POL
W 85	2.04	Irene Obera	USA	85	02/03/19	Winston-Salem, USA
W 90	1.70	Olga Kotelko	CAN	92	20/03/11	Kamloops, CAN
W 95	1.57	Olga Kotelko	CAN	95	27/03/14	Budapest, HUN

**Triple Jump**

W 35	14.82	Yamile Aldama	GBR	39	09/03/12	Istanbul, YUR
W 40	13.95	Yamile Aldama	GBR	40	13/03/13	Göteborg, SWE
W 45	12.41	Muriel Glovil	FRA	45	16/03/14	Nantes, FRA
W 50	10.79	Valentyna Krepkina	UKR	51	23/03/17	Daegu, KOR
W 55	11.09	Neringa Jakstiene	USA	55	28/03/19	Toruń, POL
W 60	10.07	Janine Kortbeek	NED	61	15/02/15	Apeldoorn, NED
W 65	9.86	Akiko Ohinata	JPN	65	23/03/17	Daegu, KOR
W 70	8.18	Carol LaFayette-Boyd	CAN	71	09/02/13	Regina, CAN
W 75	8.46	Carol LaFayette-Boyd	CAN	75	21/01/18	Edmonton, CAN
W 80	7.42	Christa Bortignon	CAN	80	01/04/17	Kamloops, CAN
W 85	4.26	Senni Sopanen	FIN	86	29/03/14	Budapest, HUN
W 90	4.14	Olga Kotelko	CAN	91	05/03/10	Kamloops, CAN
W 95	3.68	Olga Kotelko	CAN	95	29/03/14	Budapest, HUN

**Shot Put**

W 35	21.47	Helena Fibingerova	CZE	35	09/02/85	Jablonec, CZE
W 40	19.16	Antonina Ivanova	URS	41	24/02/74	Moskva, RUS
W 45	16.49	Zdenka Silhava	CZE	45	13/02/00	Praha, CZE
W 50	15.17	Alexandra Marghieva	MDA	51	19/03/11	Gent, BEL
W 55	14.53	Mihaela Loghin	ROU	58	18/03/11	Gent, BEL
W 60	13.70	Mihaela Loghin	ROU	62	23/03/15	Toruń, POL
W 65	12.18	Mihaela Loghin	ROU	66	25/03/19	Toruń, POL
W 70	10.82	Evaun B. Williams	GBR	70	18/03/08	Clermont-Ferrand, FRA
W 75	11.39	Anne C. Rülöw	GER	75	03/03/12	Erfurt, GER
W 80	10.44	Susanne Wissinger	GER	80	01/03/14	Erfurt, GER
W 85	7.40	Rachel Hanssens	BEL	85	23/03/15	Toruń, POL
W 90	5.74	Olga Kotelko	CAN	92	19/03/11	Kamloops, CAN
W 95	4.73	Olga Kotelko	CAN	95	27/03/14	Budapest, HUN
W100	2.77	Julia Hawkins	USA	102	17/03/18	Landover, USA

**Weight Throw**

W 35	17.79	Anna Soderberg	SWE	36	06/02/10	Goteborg, SWE
W 40	17.12	Oneithea Lewis	USA	42	28/03/03	Boston, USA
W 45	16.28	Oneithea Lewis	USA	47	28/03/08	Boston, USA
W 50	17.19	Gonny Mik	NED	50	20/02/16	Sittard, NED
W 55	16.22	Mirja Kokko	FIN	56	17/02/18	Tampere, FIN
W 60	16.70	Inge Faldager	DEN	60	18/03/08	Clermont-Ferrand, FRA
W 65	16.91	Myrle Mensey	USA	65	29/03/14	Budapest, HUN
W 70	15.47	Myrle Mensey	USA	70	13/02/19	Grinnell, USA
W 75	14.34	Gudrun Mellmann	GER	75	24/03/17	Daegu, KOR
W 80	12.75	Evaun Williams	GBR	81	26/03/19	Toruń, POL
W 85	8.72	Hilja Bakhoff	EST	85	05/04/12	Jyväskylä, FIN
W 90	7.51	Olga Kotelko	CAN	92	02/03/11	Kamloops, CAN
W 95	6.97	Olga Kotelko	CAN	95	30/03/14	Budapest, HUN

**3000m Race Walk**

W 35	12:23.46	Maria Jose Poves Novella	ESP	35	09/03/14	Zaragoza, ESP
W 40	12:33.1	Olena Veremiychuk	UKR	40	26/02/00	Kyiv, UKR
W 45	13:08.40	Theresa Vaill	USA	45	24/02/08	Boston, USA
W 50	14:18.0	Siw Karlström	SWE	54	10/03/12	Uddervalla, SWE
W 55	14:51.24	Lynette Ventris	AUS	55	04/04/12	Jyväskylä, FIN
W 60	15:39.97	Marie-Astrid Monmessin	FRA	60	19/02/16	Nogent-sur-Oise, FRA
W 65	16:57.96	Heather Carr	AUS	67	19/03/17	Daegu, KOR
W 70	18:26.5	Beryl Randle	GBR	70	27/02/99	Birmingham, GBR
W 75	20:50.01	Kate Marrs	USA	75	28/03/04	Boston, USA
W 80	21:34.4	Aina Engberg	SWE	81	21/02/04	Västerås, SWE
W 85	23:30.8	Aina Engberg	SWE	85	16/03/08	Huddinge, SWE
W 90	27:27.78	Elena Pagu	ROU	92	26/03/19	Toruń, POL

**Pentathlon**

W 35	4347	Inma Clopes Gasull	ESP	35	02/03/03	Valencia, ESP
W 40	4440	Sonia Del Prete	FRA	41	17/03/11	Gent, BEL
W 45	4588	Barbara Gähling	GER	46	17/03/11	Gent, BEL
W 50	4900	Petra Bajeat	FRA	53	29/03/19	Toruń, POL
W 55	4894	Neringa Jakstiene	USA	55	03/01/19	Winston Salem, USA
W 60	4648	Maria Rosa Escribano Checa	ESP	60	29/03/19	Toruń, POL
W 65	4713	Phil Raschker	USA	65	03/04/12	Jyväskylä, FIN
W 70	4676	Riet Jonkers-Slegers	NED	70	25/03/14	Budapest, HUN
W 75	4987	Riet Jonkers-Slegers	NED	75	29/03/19	Toruń, POL
W 80	3817	Irene Obera	USA	81	20/03/15	Winston Salem, USA
W 90	2326	Olga Kotelko	CAN	93	03/04/12	Jyväskylä, FIN