

**WMA RECORDS OUTDOOR - WOMEN (updated 02 January 2020)**

<b>100m</b>		<b>wind</b>					
W 35	10.74	1.3	Merlene Ottey	JAM	36	09/09/96	Milano, ITA
W 40	11.09	2.0	Merlene Ottey	SLO	44	03/08/04	Liege, BEL
W 45	11.34	1.8	Merlene Ottey	SLO	47	12/08/08	Glasgow, GBR
W 50	11.67	0.9	Merlene Ottey	SLO	50	13/07/10	Novo Mesto, GER
W 55	12.80	1.4	Nicole Alexis	FRA	55	20/06/15	Ivre Sur Seine, FRA
W 60	13.63	-0.1	Karla Del Grande	CAN	61	18/07/14	Winston-Salem, USA
W 65	13.91	0.6	Karla Del Grande	CAN	65	11/08/18	Toronto, CAN
W 70	14.73	1.4	Ingrid Meier	GER	70	30/06/17	Zittau, GER
W 75	15.03	0.6	Carol LaFayette-Boyd	CAN	76	04/08/18	Surrey, CAN
W 80	16.81	0.5	Irene Obera	USA	80	19/07/14	Winston-Salem, USA
W 85	19.37	0.5	Emiko Saitou	JPN	87	21/10/18	Hachioji, JPN
W 90	23.15		Mitsu Morita	JPN	90	06/10/13	Kyoto, JPN
W 95	30.18	-0.3	Diane Friedman	USA	96	22/07/17	Bedford, USA
W 100	39.62	0.2	Julia Hawkins	USA	101	10/06/17	Birmingham, USA
<b>200m</b>							
W 35	21.93	1.0	Merlene Ottey	JAM	35	25/08/95	Brussels, BEL
W 40	22.72	1.4	Merlene Ottey	SLO	44	23/08/04	Athens, GRE
W 45	23.82	0.2	Merlene Ottey	SLO	46	27/08/06	Bánska Bystrica, SLO
W 50	24.33	0.9	Merlene Ottey	SLO	50	18/07/10	Valenje, SLO
W 55	26.36	1.2	Nicole Alexis	FRA	55	28/06/15	Norgent Sur M., FRA
W 60	28.11	0.7	Karla Del Grande	CAN	60	22/10/13	Porto Alegre, BRA
W 65	28.53	1.2	Karla Del Grande	CAN	65	05/08/18	Surrey, CAN
W 70	31.30	0.7	Ingrid Meier	GER	70	02/07/17	Zittau, GER
W 75	31.56	-0.7	Carol LaFayette-Boyd	CAN	76	09/09/18	Malaga, ESP
W 80	36.80	0.3	Irene Obera	USA	80	20/07/14	Winston-Salem, USA
W 85	41.58	-0.8	Emiko Saitou	JPN	86	12/11/17	Kofum JPN
W 90	55.62	0.7	Mitsu Morita	JPN	90	30/06/13	Nagasaki, JPN
W 95	1:12.99	-0.4	Diane Friedman	USA	96	22/07/17	Bedford, USA
<b>400m</b>							
W 35	50.27		Jearl Miles Clark	USA	35	20/09/02	Madrid, ESP
W 40	53.68		Sara Montecinos	CHI	40	20/03/94	Cali, COL
W 45	56.15		Marie Lande Mathieu	PUR	46	12/07/03	Carolina, PUR
W 50	57.66		Marie Lande Mathieu	PUR	50	14/09/07	Riccione, ITA
W 55	60.56		Marie Mathieu	PUR	56	26/10/13	Porto Alegre, BRA
W 60	64.31		Caroline Powell	GBR	61	12/08/15	Lyon, FRA
W 65	68.08		Karla Del Grande	CAN	66	12/07/19	Toronto, CAN
W 70	73.97		Aletta Ungerer	RSA	70	05/11/16	Perth, AUS
W 75	79.53		Christa Bortignon	CAN	76	22/08/13	Kamloops, CAN
W 80	1:29.84		Rietje Dijkman	NED	80	09/09/19	Venice, ITA
W 85	1:41.63		Emiko Saito	JPN	86	29/04/17	Chiba, JPN
W 90	2:46.56		Emilia Garcia de Fontán	COL	90	15/08/15	Lyon, FRA
W 95	3:21.00		Diane Friedman	USA	98	27/07/19	Bedford, USA
<b>800m</b>							
W 35	1:56.53		Lyubov Gurina	RUS	36	30/07/94	Hetchtel, BEL
W 40	1:59.25		Yekatarina Podkopayeva	URS	42	30/06/94	Luxembourg, LUX
W 45	2:02.82		Yekatarina Podkopayeva	URS	46	26/06/98	Moscow, RUS
W 50	2:12.50		Eva Trost	GER	50	03/08/18	Neustadt, GER
W 55	2:19.63		Anne Gilshinan	IRE	55	08/06/19	Leixlip, IRE
W 60	2:33.09		Lidia Zentner	GER	60	14/09/13	Bar Le Duc, FRA
W 65	2:39.61		Sabra Harvey	USA	67	31/10/16	Perth, AUS
W 70	2:50.66		Sabra Harvey	USA	70	17/07/19	Toronto, CAN
W 75	3:07.35		Jeanne Daprano	USA	75	23/10/11	Moor Park, USA
W 80	3:30.41		Yoko Nakano	JPN	82	11/09/18	Malaga, ESP
W 85	4:15.99		Melitta Czerwenka-Nagel	GER	85	09/08/15	Lyon, FRA
W 90	5:44.50		Colleen Milliman	USA	91	06/05/18	Eugene, USA
W 95	9:30.46		Hollyce Kirkland	USA	97	10/06/17	Homewood, USA

**1500m**

W 35	3:57.73	Maricica Puica	ROM	35	30/08/85	Bruxelles, BEL
W 40	3:59.78	Yekatarina Podkopayeva	URS	42	18/07/94	Nice, FRA
W 45	4:05.44	Yekatarina Podkopayeva	URS	46	03/08/98	Moscow, RUS
W 50	4:35.40	Nicole Weijling-Dissel	NED	50	11/08/17	Utrecht, NED
W 55	4:41.46	Anne Gilshinan	IRE	55	22/06/19	Belfast, GBR
W 60	5:06.65	Lidia Zentner	GER	60	21/09/13	Helmsheim, GER
W 65	5:25.65	Kathryn Martin	USA	65	11/08/17	Toronto, CAN
W 70	5:46.9	Angela Copson	GBR	70	05/04/17	Nuneaton, GBR
W 75	6:34.22	Elfriede Hodapp	GER	75	03/07/10	Kevelaer, GER
W 80	6:52.77	Yoko Nakano	JPN	80	23/07/16	Tokyo, JPN
W 85	8:50.42	Melitta Czerwenka-Nagel	GER	85	14/08/15	Lyon, FRA

**1mile**

W 35	4:17.33	Maricica Puica	ROM	35	21/08/85	Zurich, SWI
W 40	4:23.78	Yekatarina Podkopayeva	URS	40	09/06/93	Rome, ITA
W 45	4:48.42	Yekatarina Podkopayeva	URS	45	13/09/97	Fukuoka, JPN
W 50	4:57.83	Nicole Weijling-Dissel	NED	50	27/08/17	Lisse, NED
W 55	5:08.47	Anne Gilshinan	IRE	55	07/08/19	Dublin, IRE
W 60	5:39.84	Lesley Hinz	USA	60	14/07/18	Culver City, USA
W 65	5:54.59	Angela Copson	GBR	68	19/07/15	Solihull, GBR
W 70	6:38.30	Sharon Gerl	USA	70	06/05/18	Eugene, USA
W 75	6:58.44	Jeanne Daprano	USA	75	21/07/12	Pasadena, USA
W 80	8:33.76	Helly Visser	CAN	80	31/05/14	Calgary, CAN
W 85	10:55.25	Blanche Cummings	USA	85	20/06/15	Norwalk, USA
W 90	13:26.46	Colleen Milliman	USA	90	30/04/17	Eugene, USA

**3000m**

W 35	8:27.83	Maricica Puica	ROM	35	07/09/85	Roma, ITA
W 40	9:03.40	Nuria Fernandez	ESP	40	24/06/17	Lille, FRA
W 45	9:17.27	Yekatarina Podkopayeva	URS	45	22/06/97	München, GER
W 50	9:47.20	Gitte Karlshøj	DEN	50	19/05/09	Århus, DEN
W 55	10:03.90	Silke Schmidt	GER	55	10/07/15	Utrecht, NED
W 60	10:28.94	Silke Schmidt	GER	60	22/08/19	Rotterdam, NED
W 65	11:42.8	Kathryn Martin	USA	65	03/09/17	Alexandria, USA
W 70	12:13.12	Angela Copson	GBR	71	01/09/18	Solihull, GBR
W 75	13:55.58	Yoko Nakano	JPN	76	21/09/12	Okayama City, JPN
W 80	14:27.49	Yoko Nakano	JPN	81	27/10/17	Wakayama, JPN
W 85	19:58.05	Lenore Montgomery	CAN	87	09/07/17	Burnaby, CAN

**5000m**

W 35	14:33.84	Edith Masai	KEN	39	02/06/06	Oslo, NOR
W 40	15:04.87	Joanne Pavey	GBR	40	05/06/14	Rome, ITA
W 45	15:55.71	Nicole Leveque	FRA	45	01/06/96	Angers, FRA
W 50	16:51.17	Gitte Karlshøj	DEN	50	23/06/09	Århus, DEN
W 55	17:29.28	Silke Schmidt	GER	55	27/06/15	Eindhoven, NED
W 60	17:59.16	Silke Schmidt	GER	60	07/08/19	Wageningen, NED
W 65	20:08.17	Kathryn Martin	USA	65	28/10/16	Perth, AUS
W 70	20:56.13	Angela Copson	GBR	70	25/06/17	Birmingham, GBR
W 75	23:30.93	Lavinia Petrie	AUS	75	28/04/19	Melbourne, AUS
W 80	25:40.14	Yoko Nakano	JPN	82	12/09/18	Malaga, ESP
W 85	32:36.20	Lenore Montgomery	CAN	85	26/08/15	Burnaby, CAN

**10000m**

W 35	30:53.20	Jo Pavey	GBR	38	03/08/12	London, GBR
W 40	31:25.49	Sinead Diver	AUS	42	27/09/19	Doha, QAT
W 45	32:34.06	Evy Palm	SWE	46	04/09/88	Helsinki, FIN
W 50	35:05.7	Fiona Matheson	GBR	50	16/10/11	Coatbridge, GBR
W 55	36:46.96	Sally Gibbs	NZL	56	09/11/19	Wellington, NZL
W 60	39:04.23	Bernadine Portenski	NZL	60	28/02/10	Wellington, NZL
W 65	41:40.27	Angela Copson	GBR	65	05/08/12	Oxford, GBR
W 70	44:25.14	Angela Copson	GBR	70	28/07/17	Århus, DEN
W 75	50:00.93	Melitta Czerwenka-Nagel	GER	75	28/06/05	Saarbrücken, GER
W 80	51:46.65	Yoko Nakano	JPN	82	06/05/18	Tokyo, JPN
W 85	1:26:15.07	Vladyklana Kokina	UKR	87	21/09/14	Kyiv, UKR

**4x100m**

W35	47.65	Stafford, Springer, Hutchinson, Mark-Baird	TTO	16/08/15	Lyon, FRA
W40	48.01	Mogentale, Brims, Bezuidenhout, Strong	AUS	08/08/09	Lahti, FIN
W45	48.92	Motti, Brims, Forster, Mogentale	AUS	23/04/11	Brisbane, AUS
W50	51.50	Powell, Horder, McClelland, Godsell	GBR	03/08/08	Ljubljana, SLO
W55	54.05	Triolo, Allen, Shook, Upshaw	USA	15/09/18	Malaga, ESP
W60	55.77	Drecoll, Reichert, Hoffman, Hoffman	GER	09/07/00	Jyväskylä, FIN
W65	1:00.31	Zörner, Buchholz, Reismann, Meier	GER	16/08/15	Lyon, FRA
W70	1:04.28	Foerster, Zoerner, Stump, Meier	GER	05/08/17	Århus, DEN
W75	1:10.19	Obera, Jordan, Donley, Meiler	USA	17/07/11	Sacramento, USA
W80	1:21.06	Donley, Meiler, Chou, Obera	USA	16/08/15	Lyon, FRA
W85	1:50.31	Styles, Peterson, Valien, Stewart	USA	26/07/13	Berea, USA

**4x400m**

W35	3:50.80	Mitchell, Mathews, Beadhall, Gabriel	GBR	08/08/99	Gateshead, GBR
W40	3:56.02	Seidel, Gazda-Sagolla, Kroner, Heidrich	GER	25/08/02	Potsdam, GER
W45	4:01.22	Forster, Motti, Mogentale, Brims	AUS	24/04/11	Brisbane, AUS
W50	4:10.80	Mahady, Horder, Saunders-Mullins, Powell	GBR	08/08/09	Lahti, FIN
W55	4:27.33	Rogers, Anthony, Ellacott, Virginia	GBR	15/09/19	Venice, ITA
W60	4:41.85	West, Godsell, Horder, Powell	GBR	16/09/18	Malaga, ESP
W65	4:52.76	Davis, Blurton, Flynn, Peake	AUS	12/06/17	Darwin, AUS
W70	5:32.95	Macliver, Hampson, Lang, Allison	AUS	16/08/15	Lyon, FRA
W75	6:53.27	Robinson, Worsley, Michelsohn, Green	USA	21/07/19	Toronto, CAN
W80	7:59.18	Green, Daprano, Langenwalter, Hurrell	USA	16/09/18	Malaga, ESP

**4x800m**

W35	9:25.27	Rizzo, Metz, Reifer, McGrath	USA	09/07/11	New York, USA
W40	9:16.91	Boyle, Babcock, Cummins, MacMillan	CAN	29/08/16	Vancouver, CAN
W50	10:14.64	Olen, Arlin, Ballou, Valle	USA	13/07/19	Ames, USA
W60	11:06.02	Harvey, Richards, Steinbach, Martin	USA	20/07/14	Winston-Salem, USA
W70	14:45.88	Lammet, Stauber, Reintraut, Ritter	GER	27/09/13	Essen, GER

**2000m Steeplechase**

W 35	6:27.11	Victoria Mitchell	AUS	35	03/12/17	Sydney, AUS
W 40	6:49.58	Lisa Ryan	USA	41	17/07/11	Sacramento, USA
W 45	6:51.51	Minori Hayakari	JPN	45	07/09/18	Malaga, ESP
W 50	7:42.04	Marie Bodilis-Loaëc	FRA	50	02/07/11	Nantes, FRA
W 55	7:58.43	Margaret Orman	NZL	55	27/07/97	Durban, RSA
W 60	8:37.34	Kathryn Martin	USA	62	18/07/14	Winston-Salem, USA
W 65	8:52.49	Kathryn Martin	USA	65	12/08/17	Toronto, CAN
W 70	10:03.49	Gillian Young	AUS	70	25/01/18	Dunedin, AUS
W 75	11:30.52	Marie-Louise Michelsohn	USA	76	30/09/18	Santa Barbara, USA
W 80	13:38.34	Anne Martin	GBR	80	06/11/16	Perth, AUS
W85	18:30.80	Clasina Van der Veecken	NZL	85	06/11/16	Perth, AUS

**100m Hurdles**

W 35	12.40	1.2	Gail Devers	USA	35	02/07/02	Lausanne, SWI
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**80m Hurdles**

W 40	11.24	+0.1	Monica Pellegrinelli	SUI	40	31/08/05	San Sebastian, ESP
W 45	11.51	+0.3	Christine Müller	SUI	46	22/07/04	Randers, DEN
W 50	12.08	+2.0	Christine Müller	SUI	50	10/07/09	Vaterstetten, GER
W 55	12.31	+0.8	Helgi Lamp	EST	55	17/07/99	Haapsalu, EST
W 60	12.90	-0.1	Jane Horder	GBR	60	02/08/17	Århus, DEN
W 65	14.03	+0.6	Edith Graff	BEL	66	10/08/08	Ljubljana, SLO
W 70	15.72	-0.8	Marianne Maier	AUT	73	28/10/16	Perth, AUS
W 75	17.24	+0.5	Riet Jonkers	NED	76	27/07/19	Dilbeek, BEL
W 80	18.70	-0.1	Irene Obera	USA	82	04/11/16	Perth, AUS
W 85	26.98	+0.6	Florence Meiler	USA	85	14/7/19	Ames, USA

#### 400m Hurdles

W 35	52.94		Marina Stepanova	URS	36	17/09/86	Tashkent, UZB
W 40	58.35		Barbara Gähling	GER	42	21/07/07	Erfurt, GER
W 45	62.85		Barbara Gähling	GER	45	27/06/10	Kaiserslautern, GER

#### 300m Hurdles

W 50	44.90		Barbara Gähling	GER	50	11/08/15	Lyon, FRA
W 55	48.74		Susan Frisby	GBR	57	30/07/17	Århus, DEN
W 60	49.80		Jane Horder	GBR	60	18/06/17	Exeter, GBR
W 65	54.06		Marge Alison	AUS	66	11/07/11	Sacramento, USA

#### 200m Hurdles

W 70	36.71	+0.7	Marge Alison	AUS	70	11/08/15	Lyon, FRA
W 75	39.89	+0.0	Christa Bortignon	CAN	76	18/05/13	Kamloops, CAN
W 80	42.24	+1.2	Irene Obera	USA	80	20/07/14	Winston-Salem, USA

#### 3000m Race Walk

W 35	12:02.39		K. Junna-Saxby	AUS		28/02/97	Melbourne, AUS
W 40	13:19.7		Suzanne Griesbach	FRA	41	22/02/87	Lievin, FRA
W 45	13:19.48		Kelly Ruddick	AUS	45	23/03/19	Melbourne, AUS
W 50	13:54.3		Lynette Ventris	AUS	50	24/03/07	Perth, AUS
W 55	14:16.41		Lynette Ventris	AUS	55	24/03/12	Perth, AUS
W 60	15:21.94		Heather Carr	AUS	61	22/01/11	Ballarat, AUS
W 65	16:22.1		Brenda Riley	AUS	66	01/04/06	Melbourne, AUS
W 70	17:58.1		Heather Carr	AUS	70	27/11/19	Melbourne, AUS
W 75	19:23.50		Hatue Matumoto	JPN	75	01/10/17	Tokyo, JPN
W 80	21:08.2		Aina Engberg	SWE	80	30/05/03	Västerås, SWE
W 85	23:24.89		Heather Lee	AUS	85	05/11/12	Southport, AUS
W 90	24:56.97		Heather Lee	AUS	90	23/10/17	Penguin, AUS

#### 5000m Race Walk

W 35	20:12.41		Elisabetta Perronne	ITA	35	02/08/03	Rieti, ITA
W 40	21:57.40		Kelly Ruddick	AUS	40	07/10/13	Geelong, AUS
W 45	23:42.4		Lynette Ventris	AUS	49	25/02/05	Perth, AUS
W 50	23:37.78		Lynette Ventris	AUS	50	07/04/07	Hobart, AUS
W 55	23:57.58		Siw Karlström	SWE	55	01/09/12	Göteborg, SWE
W 60	25:41.58		Lynette Ventris	AUS	61	27/04/18	Perth, AUS
W 65	27:19.1		Brenda Riley	AUS	66	12/02/06	Coburg, AUS
W 70	29:16.0		Britta Tibbling	SWE	71	21/07/89	San Diego, USA
W 75	32:44.76		Britta Tibbling	SWE	75	16/10/93	Miyazaki, JPN
W 80	34:48.49		Britta Tibbling	SWE	81	06/08/99	Gateshead, GBR
W 85	40:06.96		Heather Lee	AUS	85	03/11/12	Southport, AUS
W 90	41:04.87		Heather Lee	AUS	91	27/04/18	Perth, AUS

#### High Jump

W 35	a	2.01	Inga Babakova	UKR	35	03/06/03	Oslo, NOR
W 35	b	2.01	Ruth Beitia	ESP	35	17/08/14	Zürich, SWI
W 40		1.87	Iryná Myhalchenko	UKR	40	13/06/12	Yalta, UKR
W 45		1.76	Debbie Brill	CAN	46	06/08/99	Gateshead, GBR
W 50		1.61	Petra Bajeat	FRA	52	30/06/18	Saint Florentin, FRA
W 55		1.55	Florence Picaut	FRA	55	18/05/08	Versailles, FRA
W 60		1.47	Weia Reinboud	NED	60	19/09/10	Naaldwijk, NED
W 65		1.42	Weia Reinboud	NED	65	21/06/15	Den Helder, NED
W 70		1.30	Kathy Bergen	USA	70	24/07/10	Sacramento, USA
W 75		1.24	Carol LaFayette-Boyd	CAN	76	10/09/18	Malaga, ESP
W 80		1.10	Rosemary Chrimmes	GBR	80	21/10/13	Porto Alegre, BRA
W 85		0.95	Rosa Pedersen	DEN	85	07/08/15	Lyon, FRA
W 90		0.82	Olga Kotelko	CAN	90	01/08/09	Lahti, FIN
W 95		.75	Olga Kotelko	CAN	95	18/05/14	Kamloops, CAN

**Pole Vault**

W 35	4.91		Jennifer Suhr	USA	37	30/03/19	Austin, USA
W 40	4.10		Doris Auer	AUT	40	06/08/11	Innsbruck, AUT
W 45	3.76		Irie Hill	GBR	46	03/07/15	Regensburg, GER
W 50	3.46		Irie Hill	GBR	50	29/09/19	Holzgerlingen, GER
W 55	3.26		Dawn Hartigan	AUS	56	23/03/13	Melbourne, AUS
W 60	3.12		Nadine O'Connor	USA	64	22/07/06	Long Beach, USA
W 65	3.19		Nadine O'Connor	USA	67	17/07/09	San Diego, USA
W 70	2.95		Nadine O'Connor	USA	70	13/07/12	San Diego, USA
W 75	2.03		Florence Meiler	USA	76	04/07/10	Valatie, USA
W 80	1.83		Florence Meiler	USA	80	21/06/14	Albany, USA
W 85	1.55		Florence Meiler	USA	85	20/06/19	Albuquerque, USA

**Long Jump**

W 35	6.99	1.9	Heike Drechsler	GER	35	29/09/00	Sydney, AUS
W 40	6.55	1.2	Tatyana Ter-Mesrobian	RUS	40	18/07/08	Kazan, RUS
W 45	5.62	0.7	Kriemhild Mann	GER	45	28/04/12	Osterode, GER
W 50	5.41	1.5	Marie Kay	AUS	50	02/04/10	Perth, AUS
W 55	a 5.06	0.6	Ramona Pfeiffer	GER	55	03/09/16	Essen, GER
W 55	b 5.06	-1.6	Neringa Jakstiene	USA	55	16/06/19	Albuquerque, USA
W 60	4.75	+0.0	Christiane Schmalbruch	GER	60	19/07/97	Durban, RSA
W 65	4.64	0.8	Christiane Schmalbruch	GER	65	16/08/02	Athens, GRE
W 70	4.26	+1.9	Carol LaFayette-Boyd	CAN	70	10/08/12	Saint John, CAN
W 75	4.09	0.1	Carol LaFayette-Boyd	CAN	75	12/08/17	Toronto, CAN
W 80	a 3.45	1.6	Christiane Schmalbruch	GER	80	10/06/17	Rostock, GER
W 80	b 3.45	1.9	Rietje Dijkman	NED	80	09/09/19	Venice, ITA
W 85	2.93	-0.3	Rosa Pedersen	DEN	85	12/08/15	Lyon, FRA
W 90	1.77	+0.7	Olga Kotelko	CAN	90	07/08/09	Lahti, FIN
W 95	1.28	+1.5	Olga Kotelko	CAN	95	17/05/14	Kamloops, CAN

**Triple Jump**

W 35	14.73	+0.5	Caterine Ibarguen	COL	35	05/10/19	Doha, QAT
W 40	14.06	1.5	Yamilé Aldama	GBR	40	01/06/13	Eugene, USA
W 45	12.30	+0.1	Barbara Lah	ITA	47	11/05/19	San Biagio di Callalta, ITA
W 50	11.66		Akiko Ohinata	JPN	54	08/08/04	Skikishima, JPN
W 55	10.97		Akiko Ohinata	JPN	56	25/06/06	Kofu, JPN
W 60	11.04	1.0	Akiko Ohinata	JPN	60	06/06/10	Tajimi City, JPN
W 65	9.68	1.4	Akiko Ohinata	JPN	65	17/05/15	Ise, JPN
W 70	8.65	0.6	Christiane Schmalbruch	GER	72	02/08/09	Lahti, FIN
W 75	8.19	0.4	Carol LaFayette-Boyd	CAN	75	10/06/17	Regina, CAN
W 80	7.37	1.3	Rietje Dijkman	NED	80	05/09/19	Venice, ITA
W 85	5.50		Ruth Frith	AUS	86	25/03/95	Sydney, AUS
W 90	4.25	+0.2	Olga Kotelko	CAN	90	18/09/09	Richmond, CAN
W 95	3.37	+0.4	Olga Kotelko	CAN	95	18/05/14	Kamloops, CAN

**Shot Put**

W 35	21.46		Larisa Peleshenko	RUS	36	26/08/00	Moskva, RUS
W 40	19.05		Antonina Ivanova	URS	40	28/08/73	Orel, RUS
W 45	16.95		Denka Silhava	CZE	45	26/06/99	Ostrava, CZE
W 50	15.15		Alexandra Marghieva	MOL	50	04/08/09	Lahti, FIN
W 55	14.47		Sigrin Kofink	GER	56	21/07/91	Turku, FIN
W 60	13.68		Lughlin Mihaela	ROM	60	09/06/12	Bucharest, ROU
W 65	13.36		Lughlin Mihaela	ROU	65	01/07/17	Bucharest, ROU
W 70	11.02		Rosemary Chrimes	GBR	70	07/06/03	Derby, GBR
W 75	12.12		Marianne Maier	AUT	75	04/09/18	Malaga, ESP
W 80	10.07		Evaun Williams	GBR	80	04/09/18	Malaga, ESP
W 85	7.97		Rachel Hanssens	BEL	85	09/08/14	Allter, BEL
W 90	5.85		Nora Kutti	EST	90	09/10/12	Tartu, EST
W 95	5.32		Gabre Gabric	ITA	95	23/07/10	Nyiregyháza, HUN
W 100	4.10		Ruth Frith	AUS	101	22/08/10	Southport, AUS

**Discus Throw**

W 35	69.60	Faina Myelnik	URS	35	09/09/80	Donetsk, UKR
W 40	67.89	Iryná Yatchenko	BLR	42	29/06/08	Staiki, BLR
W 45	64.09	Zdenka Silhava	CZE	45	11/08/99	Pardubice, CZE
W 50	46.11	Olga Cherniavskaia	RUS	51	11/08/15	Lyon, FRA
W 55	43.36	Tamara Danilova	RUS	57	10/08/96	Prien, GER
W 60	40.76	Carol Finsrud	USA	60	14/10/17	San Marcos, USA
W 65	37.62	Tamara Danilova	RUS	65	28/08/05	San Sebastian, ESP
W 70	33.55	Tamara Danilova	RUS	70	23/07/10	Nyiregyháza, HUN
W 75	31.56	Tamara Danilova	RUS	76	16/10/15	Nice, FRA
W 80	26.53	Anne Chatrine Rühlow	GER	80	25/05/17	Padeborn, GER
W 85	19.49	Rachel Hanssens	BEL	85	27/08/14	Izmir, TUR
W 90	14.80	Olga Kotelko	CAN	90	06/08/09	Lahti, FIN
W 95	12.86	Gabre Gabric	ITA	95	21/07/10	Nyiregyháza, HUN
W 100	9.30	Ruth Frith	AUS	101	02/04/11	Brisbane, AUS

**Hammer Throw**

W 35	74.03	Amber Campbell	USA	35	06/07/16	Eugene, USA
W 40	67.57	Iryna Sekachova	UKR	40	14/06/17	Kyiv, UKR
W 45	56.21	Oneithea Lewis	USA	45	16/07/05	Denver, USA
W 50	55.46	Oneithea Lewis	USA	50	22/07/10	Sacramento, USA
W 55	51.30	M.-Leena Parviainen	AUS	58	10/10/02	Melbourne, AUS
W 60	46.09	Helen Searle	AUS	60	29/09/01	Canberra, AUS
W 65	44.38	Jutta Schäfer	GER	65	17/08/97	Schweinfurt, GER
W 70	39.24	Eva Nohl	GER	70	03/10/19	Effeltrich, GER
W 75	39.64	Evaun B. Williams	GBR	75	19/10/13	Porto Alegre, BRA
W 80	37.85	Evaun B. Williams	GBR	80	12/09/18	Malaga, ESP
W 85	26.80	Rachel Hanssens	BEL	85	25/08/14	Izmir, TUR
W 90	19.62	Julia Huapaya	PER	91	12/09/18	Malaga, ESP
W 95	14.92	Olga Kotelko	CAN	95	16/05/14	Kamloops, CAN
W 100	11.30	Ruth Frith	AUS	101	10/10/10	Turner, AUS

**Javelin Throw**

W 35	68.92	Kathryn Mitchell	AUS	35	11/04/18	Gold Coast, AUS
W 40	61.23	Felicia Moldovan	ROM	40	06/06/08	Bucharest, ROM
W 45	50.47	Elisabeth Wallander	SWE	45	21/08/05	Helsingborg, SWE
W 50	47.53	Felicea Tilea Ureche	ESP	50	24/03/18	Madrid, ESP
W 55	44.44	Natasa Bezjak	SLO	56	21/08/02	Potsdam, GER
W 60	37.50	Linda Cohn	USA	61	02/05/14	Northridge, USA
W 65	37.32	Linda Cohn	USA	65	13/04/18	Cerritos, USA
W 70	29.03	Masako Suzuki	JPN	70	28/10/18	Nara, JPN
W 75	29.92	Evaun B. Williams	GBR	75	22/10/13	Porto Alegre, BRA
W 80	27.51	Evaun B. Williams	GBR	81	27/03/19	Toruń, POL
W 85	18.96	Rachel Hanssens	BEL	85	15/06/14	Lebbeke, BEL
W 90	13.54	Olga Kotelko	CAN	90	03/08/09	Lahti, FIN
W 95	11.24	Olga Kotelko	CAN	95	29/03/14	Budapest, HUN
W 100	6.43	Ruth Frith	AUS	100	23/08/09	Southport, AUS

**Weight Throw**

W 35	19.27	Silva Vânia	POR	38	14/07/18	Leirra, POR
W 40	19.09	Oneithea Lewis	USA	42	28/09/02	Newark, USA
W 45	17.88	Oneithea Lewis	USA	45	13/08/05	Arlington, USA
W 50	18.76	Oneithea Lewis	USA	51	11/07/11	Sacramento, USA
W 55	17.02	Evaun B. Williams	GBR	56	10/06/94	Athens, GRE
W 60	17.84	Inge Faldager	DEN	60	24/07/08	Ljubljana, SLO
W 65	17.34	Annie van Anholt	NED	67	22/03/14	Roermond, NED
W 70	15.09	Myrle Mensey	USA	70	29/06/19	Troy, USA
W 75	14.74	Evaun B. Williams	GBR	75	24/10/13	Porto Alegre, BRA
W 80	12.68	Evaun B. Williams	GBR	80	12/09/18	Malaga, ESP
W 85	9.68	Eila Mikola	FIN	85	27/07/19	Turku, FIN
W 90	8.08	Hilja Bakhoff	EST	90	28/07/17	Århus, DEN
W 95	6.72	Olga Kotelko	CAN	95	15/06/14	Langley, CAN
W 100	4.68	Ruth Frith	AUS	101	02/04/11	Brisbane, AUS

### Throws Pentathlon

W 35	4114	Marie-Josée Le Jour	CAN	36	15/08/15	Lyon, FRA
W 40	4841	Oneithea Lewis	USA	43	23/08/03	Fort Collins, USA
W 45	4752	Oneithea Lewis	USA	45	13/08/05	Arlington, USA
W 50	4800	Oneithea Lewis	USA	50	07/08/10	Lisle, USA
W 55	4581	Margaretta Tomanek	BEL	56	08/10/05	Bogen, GER
W 60	4727	Carol Finsrud	USA	60	15/10/17	San Marcos, USA
W 65	5419	Anne Kirstine Jensen	DEN	65	07/07/19	Silkeborg, DEN
W 70	4826	Myrle Mensey	USA	70	03/08/19	Lisle, USA
W 75	5528	Evaun B. Williams	GBR	75	25/10/13	Porto Alegre, BRA
W 80	6080	Evaun B. Williams	GBR	80	12/09/18	Malaga, ESP
W 85	4846	Rachel Hanssens	BEL	85	27/08/14	Izmir, TUR
W 90	4090	Olga Kotelko	CAN	90	06/08/09	Lahti, FIN
W 95	5016	Olga Kotelko	CAN	95	16/05/14	Kamloops, CAN
W 100	5180	Ruth Frith	AUS	101	02/04/11	Brisbane, AUS

### Pentathlon

W 35	4177	Christel Voss	GER	36	31/07/79	Hannover, GER
W 40	4249	Diana Faye Norman	GBR	41	13/09/15	Sutton Surrey, GBR
W 45	4254	Phil Raschker	USA	45	11/08/93	Provo, USA
W 50	4390	Anna Włodarczyk	POL	50	08/08/02	Orono, USA
W 55	4735	Neringa Jakstiene	USA	55	18/07/19	Toronto, CAN
W 60	4714	Maria Rosa Escribano Checa	ESP	60	21/09/19	Tarragona, ESP
W 65	4894	Marianne Maier	AUT	65	01/08/08	Ljubljana, SLO
W 70	4664	Riet Jonkers-Slegers	NED	70	16/06/14	Tilburg, NED
W 75	4917	Riet Jonkers-Slegers	NED	76	18/08/19	Brugge, BEL
W 80	4838	Christa Bortignon	CAN	81	03/08/18	Surrey, CAN

### Heptathlon

W 35	6860	Sabine Braun	GER	37	10/08/02	München, GER
W 40	5843	Sonia Del Prete	FRA	40	05/06/10	Tours, FRA
W 45	6082	Tatjana Schilling	GER	48	08/09/19	Venice, ITA
W 50	6456	Barbara Gähling	GER	50	05/08/15	Lyon, FRA
W 55	6682	Marie Kay	AUS	55	05/08/15	Lyon, FRA
W 60	6043	Rita Hanscom	USA	61	28/06/15	San Antonio, USA
W 65	6253	Weia Reinboud	NED	65	31/05/15	Stendal, GER
W 70	6218	Marianne Maier	AUT	71	23/08/14	Izmir, TUR
W 75	6870	Riet Jonkers-Slager	NED	75	02/06/19	Stendal, GER
W 80	6071	Irene Obera	USA	82	29/10/16	Perth, AUS