

WMA RECORDS INDOOR - WOMEN (updated 16 October 2015)							
60m							
W 35	7.01	Merlene Ottey	JAM	38	21/02/99	?	
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 Shephard	USA	50	08/03/15	New York, USA	
W 55	8.01	Nicole Alexis	FRA	55	25/03/15	Torun, 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	9.55	Kathy Bergen	USA	75	01/03/15	Colorado Sprgs, USA	
W 80	10.37	Irene Obera	USA	80	15/03/14	Boston, USA	
W 85	12.57	Nora Wedemo	SWE	87	21/01/01	Stockholm, SWE	
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	
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	26.24	Joy Upshaw	USA	50	06/03/11	Albuquerque, USA	
W 55	26.13	Nicole Alexis	FRA	55	27/03/15	Torun, POL	
W 60	28.23	Karla DelGrande	CAN	60	28/03/14	Budapest, HUN	
W 65	30.10	Ingrid Meier	GER	65	05/04/12	Jyväskylä, FIN	
W 70	31.86	Kathy Bergen	USA	72	18/03/12	Bloomington, USA	
W 75	34.53	Christa Bortignon	CAN	75	18/03/12	Bloomington, USA	
W 80	36.53	Irene Obera	USA	80	16/03/14	Boston, USA	
W 85	51.80	Nora Wedemo	SWE	87	11/02/01	Bollnäs, SWE	
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	61.29	Caroline Powell	GBR	54	22/03/08	Clermont-Ferrand, FRA	
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	71.89	Carolyn Cappetta	USA	65	24/03/01	Boston, USA	
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	2:30.53	Carol Peebles	USA	85	11/02/07	Kinosha, USA	
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 Podkopayeva	RUS	41	06/02/94	Grenoble, FRA	
W 45	2:14.38	Alisa Harvey	USA	45	10/02/11	Annapolis, USA	
W 50	2:21.09	Clare Elms	GBR	50	16/02/14	London, GBR	
W 55	2:27.84	Laura Mahady	GBR	55	22/03/13	San Sebastian, ESP	
W 60	2:37.67	Agnes Hitchmough	GBR	61	18/03/12	London, GBR	
W 65	2:47.75	Lydia Ritter	GER	65	19/01/04	Ludvigshafen, GER	
W 70	3:01.04	Riet Jonkers	NED	71	14/03/15	Gent, BEL	
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	5:59.98	Ivy Granstrom	CAN	87	28/03/99	Boston, USA	
W 90	7:14.89	Mary Norckauer	USA	90	07/03/15	Baton Rouge, USA	
1500m							
W 35	4:03.08	Mary Slaney	USA	38	01/03/97	(null)	
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	4:58.13	Aurora Perez	ESP	55	03/02/13	Antequera, ESP	
W 60	5:10.44	Lidia Zentner	GER	60	01/02/14	Ludvigshafen, GER	
W 65	5:36.88	Angela Copson	GBR	65	28/02/08	New York, USA	
W 70	6:10.65	Rimma Vasina	RUS	70	20/03/11	Gent, BEL	
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	

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1mile							
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		5:07.32	Clare Elms	GBR	51	02/04/15	London, GBR
W 55		5:19.87	Kathryn Martin	USA	55	02/03/07	New York, USA
W 60		5:47.25	Kathryn Martin	USA	60	15/03/14	Boston, USA
W 65		6:05.85	Ros Tabor	GBR	65	02/04/15	London, GBR
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
3000m							
W 35		8:39.14	Regina Jacobs	USA	35	05/03/99	(null)
W 40		9:01.24	Marina Ivanova	RUS	42	10/02/05	Volgograd, RUS
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		10:35.76	Kathryn Martin	USA	55	23/03/07	Boston, USA
W 60		11:16.54	Lidia Zentner	GER	60	18/01/14	Fürth, GER
W 65		11:49.53	Angela Copson	GBR	65	19/03/13	San Sebastian, ESP
W 70		12:58.41	Rimma Vasina	RUS	70	16/03/11	Gent, BEL
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		25:57.92	Ivy Granstrom	CAN	87	26/03/99	Boston, USA
4x200m							
W35		1:43.74	Lesley,Young,McLoughlin,Ruddock	GBR		30/03/14	Budapest, HUN
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		1:52.95	Schüßler,Seifert,Fritsche,Fuhrmann	GER		20/03/06	Linz, AUT
W55		1:55.90	Trimble,Filer,McClelland,Horder	GBR		30/03/14	Budapest, HUN
W60		2:02.39	Trimble,Nelson,Godsell,Powell	GBR		28/03/15	Torun, POL
W65		2:09.74	Foerster,Schommeler,Kraeche,Meier	GER		30/03/14	Sindelfingen, GER
W70		2:33.08	Staubermann,Kümmerle-Valk,Holzknicht,Sauer	GER		20/03/11	Gent, BEL
W75		3:28.53	Noort,Carrier,Montgomery,Bortignon	CAN		18/02/12	Kamloops, CAN
W80		4:15.33	Sorensen,Buschhaus,Kotelko,Smith	CAN		06/03/10	Kamloops, CAN
4x400m							
W35-39		4:06.97	Daley,Williams,Walles,Dendy	USA		28/03/10	Boston, USA
W40-49		4:09.13	Shook,Roux,Hunter,Roberts	USA		28/03/10	Boston, USA
W50-59		4:26.18	Hoffman,Jasper,Hayden,Hunter	USA		14/02/14	New York, USA
W60-69		5:16.99	Michelsohn,Ingalls,Daprano,Tasker-Rothenberg	USA		28/03/04	Boston, USA
W70-79		7:21.74	Harada,Szawlowski,Parsi,Hayes	USA		28/03/10	Boston, USA
4x800m							
W35-39		10:01.9	Mannen,Miloski,Pearsall,Martin	USA		22/03/03	New York, USA
W40-49		9:25.49	Valle,Ballou,Olen,Genet	USA		27/03/10	Boston, USA
W50-59		10:24.90	Shook,Hayden,Groenendaal,Jasper	USA		15/03/14	Boston, USA
W60-69		13:42.73	Harada,Parsi,Wright,Reed	USA		27/03/04	Boston, 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		9.84	Phil Raschker	USA	56	23/03/03	Boston, USA
W 60		10.04	Phil Raschker	USA	60	23/03/07	Boston, USA
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		13.39	Christa Bortignon	CAN	75	16/03/12	Bloomington, USA

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High Jump							
W 35		1.97	Venelina Veneva-Mateev	BUL	36	18/02/11	Bucharest, ROM
W 40		1.94	Venelina Veneva-Mateev	BUL	40	15/02/15	Bobrich, BUL
W 45		1.65	Dinah Heymans	RSA	45	07/04/12	Jyväskylä, FIN
W 50		1.57	Wendy Laing	GBR	50	20/03/13	San Sebastian, ESP
W 55	a	1.48	Renate Vogel	GER	55	06/03/99	Malmö, SWE
W 55	b	1.48	Weia Reinboud	NED	59	29/03/09	Ancona, ITA
W 60		1.46	Weia Reinboud	NED	61	04/03/12	Apeldorf, GER
W 65		1.35	Weia Reinboud	NED	65	14/03/15	Gent, BEL
W 70		1.30	Ursula Stelling	GER	70	03/03/12	Erfurt, GER
W 75		1.20	Rietje Dijkman	NED	75	15/02/15	Apeldoorn, NED
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		4.61	Stacy Dragila	USA	37	30/01/09	New York, 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		3.31	Brigitte van de Kamp	NED	52	22/03/13	San Sebastian, ESP
W 55		2.98	Kay Glynn	USA	58	28/08/11	Fort Collins, USA
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		2.11	Florence Meiler	USA	72	05/01/07	Hannover, USA
W 75		1.95	Florence Meiler	USA	76	09/01/11	Hannover, USA
W 80		1.43	Christel Happ	GER	81	16/03/11	Gent, BEL
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		5.45	Joy Upshaw	USA	50	05/03/11	Albuquerque, USA
W 55		4.79	Phil Raschker	USA	55	22/03/02	Boston, USA
W 60		4.58	Christiane Schmalbruch	GER	62	06/03/99	Malmö, SWE
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		3.71	Chrisiane Schmalbruch	GER	77	27/03/14	Budapest, HUN
W 80		2.92	Rosemarie Kreiskott	GER	80	20/03/11	Gent, BEL
W 85		2.01	Senni Sopanen	FIN	86	27/03/14	Budapest, HUN
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		12.22	Muriel Glovil	FRA	45	27/03/14	Budapest, HUN
W 50		10.69	Anna Wlodarczyk	POL	51	30/03/03	Boston, USA
W 55		10.36	Janine Kortbeek	NED	56	14/02/10	Apeldoorn, NED
W 60		10.07	Janine Kortbeek	NED	61	15/02/15	Apeldoorn, NED
W 65		9.04	Edith Graff	BEL	65	25/03/07	Helsinki, FIN
W 70		8.18	Carol LaFayette-Boyd	CAN	71	09/02/13	Regina, CAN
W 75		7.87	Christiane Schmalbruch	GER	77	29/03/14	Budapest, HUN
W 80		6.33	Elsa Enarsson	SWE	81	06/03/11	Karlstrona, SWE
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

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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		14.53	Alexandra Marghieva	MDA	52	07/04/12	Jyväskylä, FIN
W 55		14.53	Mihaela Loghin	ROU	58	18/03/11	Gent, BEL
W 60		13.70	Mihaela Loghin	ROU	62	23/03/15	Torun, POL
W 65		12.00	Tamara Danilova	RUS	66	15/03/06	Linz, AUT
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	01/02/14	Erfurt, GER
W 85		7.40	Rachel Hanssens	BEL	85	23/03/15	Torun, 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
Weight Throw							
W 35		18.02	Byrony Glass	AUS	35	05/02/13	Perth, AUS
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		16.68	Oneithea Lewis	USA	50	06/03/11	Albuquerque, USA
W 55		14.99	Vanessa Hilliard	USA	55	21/03/97	Boston, USA
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		12.42	Margaret Tosh	CAN	74	17/03/12	Saskatoon, CAN
W 75		14.24	Margaret Tosh	CAN	76	01/02/14	Saskatoon, CAN
W 80		10.75	Susanne Wissinger	GER	80	30/03/14	Budapest, HUN
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 Veremiyshuk	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		15:46.08	Jeanine Vignat	FRA	60	25/03/15	Torun, POL
W 65		17:38.4	Mary Worth	GBR	66	12/02/95	Birmingham ,GBR
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
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		4758	Marie Kay	AUS	50	01/03/10	Kamloops, CAN
W 55		4502	Phil Raschker	USA	56	28/03/03	Boston, USA
W 60		4546	Phil Raschker	USA	60	23/03/07	Boston, USA
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		4494	Christa Bortignon	CAN	75	16/03/12	Bloomington, USA
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