

Q.M.A. LADIES' RECORDS AS AT 13th FEBRUARY, 2009

60 METRES

| | |
|-------------------------|----------------|
| W30 Michelle Curtis | 8.35 |
| W35 Julie Brims | 7.99 AR |
| W40 Julie Brims | 7.92 |
| W45 Lisa Crouch | 8.35 AR |
| W50 Jill Pryor | 8.68 |
| W55 Wendy Sheaves-Doran | 8.82 AR |
| W60 Annette Horsnell | 9.44 AR |
| W65 Annette Horsnell | 9.61 AR |
| W70 Annette Horsnell | 9.99 AR |
| W75 Laurie Delbridge | 12.43 |
| W80 Lorna Thompson | 15.05 |

60 METRES INDOOR

| | |
|--------------------|----------------|
| W65 Noreen Parrish | 9.88 AR |
|--------------------|----------------|

100 METRES

| | |
|----------------------|-------|
| W30 Wilma Perkins | 12.2 |
| W35 Una Lund | 12.1 |
| W40 Julie Brims | 12.37 |
| W45 Jan Hynes | 12.8 |
| W45 Wilma Perkins | 13.03 |
| W50 Daphne Pirie | 13.17 |
| W55 Wendy Doran | 13.96 |
| W60 Una Lund | 14.78 |
| W60 Annette Horsnell | 14.7 |
| W65 Annette Horsnell | 15.1 |
| W70 Annette Horsnell | 16.05 |
| W75 Laurie Delbridge | 19.7 |
| W80 Gene Mogg | 23.0 |
| W85 Margaret Russell | 56.45 |

100 YARDS

| | |
|----------------------|-------|
| W35 Jodie Schubert | 13.13 |
| W40 Julie Brims | 11.68 |
| W45 Phyllis Kwok | 13.65 |
| W50 Noela Brameld | 14.35 |
| W55 Hazel McDonnell | 13.43 |
| W60 Hazel McDonnell | 14.89 |
| W70 Annette Horsnell | 15.56 |

200 METRES

| | |
|-------------------------|-----------------|
| W30 Brigitte Mullen | 25.15 |
| W35 Wilma Perkins | 25.2 |
| W40 Julie Brims | 25.13 |
| W45 Jan Hynes | 25.63 AR |
| W50 Jan Hynes | 26.84 |
| W55 Wendy Sheaves-Doran | 28.08 AR |
| W60 Marge Allison | 30.03 AR |
| W65 Aileen Hogan | 32.15 |
| W70 Annette Horsnell | 34.20 |
| W75 Laurie Delbridge | 43.5 |
| W80 Mavis Collins | 60.43 |

200 METRES INDOOR

| | |
|---------------|-----------------|
| W45 Marie Kay | 25.85 WR |
|---------------|-----------------|

300 METRES

| | |
|-------------------------|---------|
| W30 Caroline Litchfield | 44.63 |
| W35 Julie Brims | 41.81 |
| W40 Julie Brims | 41.72 |
| W45 Leanne Smith | 44.48 |
| W50 Wendy Sheaves-Doran | 48.34 |
| W55 Wendy Sheaves-Doran | 46.07 |
| W60 Marge Allison | 50.75 |
| W65 Annette Horsnell | 63.45 |
| W70 Sheila Abrahams | 2.07.29 |
| W75 Lorna Thompson | 1.19.75 |

400 METRES

| | |
|---------------------|----------------|
| W30 Brigitte Mullen | 57.80 |
| W35 Wilma Perkins | 58.60 |
| W35 Jan Hynes | 58.6 |
| W40 Jan Hynes | 58.21 |
| W45 Jan Hynes | 57.8 AR |
| W50 Jan Hynes | 61.11 |

| | |
|----------------------|-------------------|
| W55 Jeanette Flynn | 63.6 |
| W60 Marge Allison | 67.51 |
| W65 Aileen Hogan | 76.24 |
| W70 Aileen Hogan | 1.31.54 |
| W75 Lorna Thompson | 1.53.61 |
| W80 Lorna Thompson | 2.08.92 AR |
| W85 Margaret Russell | 4.06.75 |

400 METRES INDOOR

| | |
|---------------|-----------------|
| W45 Marie Kay | 56.99 AR |
|---------------|-----------------|

800 METRES

| | |
|--------------------|-------------------|
| W30 Lynda Bateson | 2.24.1 |
| W35 Jan Hynes | 2.20.3 |
| W40 Marcie Sheer | 2.20.69 |
| W45 Jeanette Flynn | 2.13.13 AR |
| W50 Jeanette Flynn | 2.16.05 WR |
| W55 Jeanette Flynn | 2.21.98 WR |
| W60 Betty Menzies | 2.46.0 |
| W65 Judy Cox | 3.27.16 |
| W70 Mavis Collins | 4.02.17 |
| W75 Lorna Thompson | 4.15.38 |
| W80 Lorna Thompson | 4.56.9 |

1500 METRES

| | |
|-----------------------|-------------------|
| W30 Tressa Lindenberg | 4.53.44 |
| W35 Tressa Lindenberg | 4.57.64 |
| W40 Marcie Sheer | 4.44.27 |
| W45 Jeanette Flynn | 4.33.29 AR |
| W50 Jeanette Flynn | 4.42.00 AR |
| W55 Jeanette Flynn | 5.02.4 |
| W60 Betty Menzies | 5.42.4 |
| W65 Sheena Daly | 7.00.9 |
| W70 Lorna Thompson | 7.51.30 |
| W75 Lorna Thompson | 8.48.25 |
| W80 Lorna Thompson | 10.21.26 |

1 MILE

| | |
|--------------------|-------------------|
| W30 Anne Venema | 6.12.80 |
| W35 Petrina Brown | 5.55.67 |
| W40 Petrina Brown | 6.00.95 |
| W45 Marcy Sheer | 5.30.45 |
| W50 Jeanette Flynn | 5.13.6 AR |
| W55 Jeanette Flynn | 5.27.57 WR |
| W60 Betty Menzies | 6.16.38 |

3000 METRES

| | |
|-----------------------|--------------------|
| W30 Tressa Lindenberg | 10.20.43 |
| W35 Marion Hayes | 10.24.8 |
| W40 Desiree Letherby | 9.59.03 |
| W45 Marcie Sheer | 11.03.7 |
| W50 Fay McNeill | 11.11.2 |
| W55 Fay McNeill | 12.19.89 |
| W60 Betty Menzies | 12.24.48 |
| W65 Sheena Daly | 13.48.50 |
| W70 Lorna Thompson | 17.17.9 |
| W75 Lorna Thompson | 17.46.0 AR |
| W80 Lorna Thompson | 20.28.81 AR |

5000 METRES

| | |
|------------------------|--------------------|
| W30 Jill Barret-Maybir | 18.15.2 |
| W35 Marion Hayes | 18.01.29 |
| W40 Glenda Banaghan | 17.05.51 |
| W45 Hazel Edmond | 18.59.05 |
| W50 Fay McNeill | 19.07.30 |
| W55 Betty Menzies | 21.00.08 |
| W60 Betty Menzies | 22.14.8 |
| W65 Sheena Daley | 26.41.09 |
| W70 Lorna Thompson | 30.27.32 |
| W75 Lorna Thompson | 29.48.53 |
| W80 Lorna Thompson | 36.05.23 AR |

10,000 METRES

| | |
|-----------------------|----------|
| W30 Tressa Lindenberg | 38.27.0 |
| W35 Cathy Gillett | 38.09.7 |
| W40 Glenda Banaghan | 35.48.40 |
| W45 Fay McNeill | 42.16.27 |

| | |
|--------------------|---------|
| W50 Fay McNeill | 39.28.2 |
| W55 Betty Menzies | 43.41.2 |
| W60 Betty Menzies | 45.50.1 |
| W65 Willa Reiffel | 65.15.2 |
| W70 Lorna Thompson | 67.42.2 |
| W75 Lorna Thompson | 65.19.9 |

2000M STEEPLECHASE

| | |
|-----------------------|------------|
| W30 Anne Nowill | 8.45.29 |
| W30 Tressa Lindenberg | 7.51.74 os |
| W35 Tressa Lindenberg | 7.41.34 |
| W40 Glenda Banaghan | 8.42.9 |
| W45 Lynda Bateson | 9.41.69 |
| W45 Lyn Lewis | 9.07.9 os |
| W50 Fay McNeill | 9.02.82 |
| W50 Irene Davey | 8.55.39 os |
| W55 Irene Davey | 9.29.76 |
| W60 Irene Davey | 9.57.16 |

80 METRES HURDLES

| | |
|---------------------|-----------------|
| W40 Glynis Cearns | 11.66 AR |
| W45 Marie Kay | 12.34 AR |
| W50 Jan Hynes | 12.8 AR |
| W55 Una Lund | 14.24 |
| W60 Una Lund | 14.24 AR |
| W65 Lesley Hamilton | 18.68 |

100 METRES HURDLES

| | |
|------------------|-------|
| W30 Maree Bugeja | 17.00 |
| W35 Jan Hynes | 14.9 |

300 METRES HURDLES

| | |
|-------------------|-----------------|
| W50 Jan Hynes | 45.8 AR |
| W50 Jan Hynes | 47.01 |
| W55 Wilma Perkins | 55.00 |
| W60 Marge Allison | 51.64 WR |

400 METRES HURDLES

| | |
|-----------------|-----------------|
| W30 Jo Sherman | 65.74 |
| W35 Julie Brims | 65.69 |
| W40 Jan Hynes | 62.80 AR |
| W45 Jan Hynes | 64.09 WR |

1500M TRACK WALK

| | |
|------------------------|--------------------|
| W35 Barbara Keelan | 8.34.10 |
| W40 Lynda Bateson | 9.26.1 |
| W45 Judy Moller | 8.21.69 |
| W50 Felicja Schmidt | 8.01.65 |
| W55 Sally Lynch | 8.39.51 |
| W60 Sally Lynch | 8.11.27 |
| W65 Sally Lynch | 9.36.22 |
| W70 Christiane Dauphin | 10.08.6 |
| W75 Lorna Thompson | 10.20.98 |
| W80 Lorna Thompson | 11.12.83 AR |

3000M TRACK WALK

| | |
|------------------------|--------------------|
| W30 Karen Iselin | 13.55.8 AR |
| W35 Lyn Gordon | 14.42.7 |
| W40 Lyn Lewis | 15.34.9 |
| W45 Georgina Mackay | 15.58.3 |
| W50 Felicja Schmidt | 16.28.10 |
| W55 Noela McKinven | 17.56.6 |
| W60 Sally Lynch | 17.51.63 |
| W65 Sally Lynch | 19.10.21 |
| W70 Christiane Dauphin | 19.56.80 |
| W75 Lorna Thompson | 20.42.15 AR |
| W80 Lorna Thompson | 22.15.42 AR |

5000M TRACK WALK

| | |
|---------------------|----------|
| W30 Karen Iselin | 24.13.2 |
| W35 Lyn Gordon | 25.23.5 |
| W40 Karen Iselin | 25.55.34 |
| W45 Lyn Lewis | 27.47.00 |
| W50 Felicja Schmidt | 28.03.69 |
| W55 Noela McKinven | 30.17.93 |
| W60 Sally Lynch | 30.29.0 |

Q.M.A. LADIES' RECORDS AS AT 13th FEBRUARY, 2009

| | |
|----------------------|--------------------|
| W65 Lorna Thompson | 33.23.99 |
| W70 Lorna Thompson | 34.06.8 |
| W75 Lorna Thompson | 34.40.70 AR |
| W80 Lorna Thompson | 38.54.73 AR |
| W85 Margaret Russell | 44.52.07 AR |

10,000M TRACK WALK

| | |
|--------------------------|----------|
| W30 Karen Iselin | 50.58.0 |
| W35 Lyn Gordon | 53.50.8 |
| W40 Lyn Lewis | 55.14.3 |
| W45 Georgina Mackay | 56.23.7 |
| W50 Felicja Schmidt | 58.04.8 |
| W55 Noela McKinven | 63.02.4 |
| W60 Sally Lynch | 65.35.00 |
| W65 Christiane Dauphinet | 68.14.5 |
| W70 Christiane Dauphinet | 70.59.7 |
| W75 Lorna Thompson | 70.48.2 |

LONG JUMP

| | |
|-------------------|----------------|
| W30 Maree Bugeja | 5.61 |
| W35 Jan Hynes | 5.89 AR |
| W40 Glynis Cearns | 5.77 AR |
| W45 Marie Kay | 5.52 AR |
| W50 Jan Hynes | 5.25 AR |
| W55 Wilma Perkins | 4.40 |
| W60 Una Lund | 4.16 |
| W65 Janette Bevis | 3.29 |
| W70 Una Banath | 1.96 |
| W75 Eileen Woods | 1.46 |
| W80 Gene Mogg | 1.74 |

LONG JUMP INDOOR

| | |
|---------------|----------------|
| W45 Marie Kay | 5.57 AR |
|---------------|----------------|

TRIPLE JUMP

| | |
|---------------------|-----------------|
| W30 Maree Bugeja | 11.68 AR |
| W35 Julie Brims | 10.95 |
| W40 Glynis Cearns | 11.45 AR |
| W45 Jan Hynes | 10.58 |
| W50 Jan Hynes | 9.97 |
| W55 Una Lund | 8.97 |
| W60 Una Lund | 8.80 |
| W65 Lesley Hamilton | 6.58 |

HIGH JUMP

| | |
|--------------------|----------------|
| W30 Julie Walklate | 1.60 |
| W35 Deann Mayfield | 1.73 AR |
| W40 Deann Mayfield | 1.71 AR |
| W45 Deann Mayfield | 1.62 AR |
| W50 Patsy Waters | 1.41 |
| W55 Daphne Pirie | 1.35 AR |
| W60 Marge Allison | 1.25 AR |
| W65 Daphne Pirie | 1.20 |

POLE VAULT

| | |
|----------------------|----------------|
| W30 Ruth Miller | 2.00 |
| W35 Michelle Schafer | 2.20 |
| W40 Michelle Schafer | 2.45 |
| W45 Wilma Perkins | 2.62 |
| W50 Wilma Perkins | 2.70 |
| W55 Wilma Perkins | 2.50 AR |

JAVELIN

| | |
|----------------------|-----------------|
| W30 Jodi Mackrill | 30.92 |
| W30 Vicki Goodall | 31.48 os |
| W35 Kerry Pickvance | 28.12 |
| W35 Una Lund | 38.20 os |
| W40 Michelle Schafer | 30.99 |
| W40 Una Lund | 37.88 os |
| W45 Michelle Schafer | 31.50 |
| W45 Heather Doherty | 42.28 os |
| W50 Yasha Watkins | 32.20 AR |
| W55 Una Lund | 27.80 |
| W60 Heather Doherty | 36.08 AR |
| W65 Heather Doherty | 31.02 AR |
| W70 Heather Doherty | 26.14 AR |

| | |
|----------------------|-----------------|
| W75 Heather Doherty | 19.83 AR |
| W80 Norma Murdoch | 13.69 |
| W85 Margaret Russell | 7.80 |
| W90 Ruth Frith | 9.84 |
| W95 Ruth Frith | 9.03 WR |

DISCUS

| | |
|-----------------------|-----------------|
| W30 Katrina Robertson | 36.58 |
| W35 Una Lund | 39.96 |
| W40 Una Lund | 42.30 |
| W45 Una Lund | 39.38 |
| W50 Una Lund | 38.46 |
| W55 Una Lund | 35.30 AR |
| W60 Heather Doherty | 33.24 AR |
| W65 Heather Doherty | 30.74 AR |
| W70 Heather Doherty | 25.45 AR |
| W75 Heather Doherty | 21.02 AR |
| W80 Gene Mogg | 11.38 |
| W85 Margaret Russell | 9.01 |
| W90 Ruth Frith | 10.36 |
| W95 Ruth Frith | 9.85 WR |

New Aust. Specifications for W75+

| | |
|---------------------|----------------------|
| W75 Heather Doherty | .75k 24.16 AR |
|---------------------|----------------------|

New World Specifications for W80+

| | |
|-------------------|-----------------------|
| W80 Norma Murdoch | .75k 13.93 |
| W95 Ruth Frith | .75k 10.90 WRp |

SHOT PUT

| | |
|-----------------------|-----------------|
| W30 Katrina Robertson | 11.65 |
| W35 Una Lund | 11.86 |
| W40 Una Lund | 11.90 |
| W45 Una Lund | 11.30 |
| W50 Una Lund | 12.17 |
| W55 Heather Doherty | 11.70 |
| W60 Heather Doherty | 12.18 |
| W65 Helen Searle | 11.58 AR |
| W70 Heather Doherty | 8.62 AR |
| W75 Heather Doherty | 7.36 AR |
| W80 Gene Mogg | 5.76 |
| W85 Margaret Russell | 3.94 |
| W90 Ruth Frith | 4.85 |
| W95 Ruth Frith | 4.72 WR |

New Aust. Specifications for W75+

| | |
|---------------------|-------------------|
| W75 Heather Doherty | 2k 8.40 AR |
| W80 Norma Murdoch | 2k 6.03 |
| W95 Ruth Frith | 2k 5.25 AR |

HAMMER

| | |
|----------------------|-----------------|
| W30 Gail Peterson | 36.28 |
| W35 Gail Peterson | 37.08 |
| W40 Kathy Newman | 42.95 |
| W45 Yasha Watkins | 32.38 |
| W50 Yasha Watkins | 33.59 |
| W55 Heather Doherty | 33.80 |
| W60 Helen Searle | 46.09 WR |
| W65 Helen Searle | 41.41 AR |
| W70 Heather Doherty | 24.03 |
| W75 Heather Doherty | 19.01 |
| W80 Mary Vickers | 11.19 |
| W85 Margaret Russell | 9.87 |
| W90 Ruth Frith | 12.94 |
| W95 Ruth Frith | 11.37 WR |

New Aust. Specifications for W75+

| | |
|---------------------|--------------------|
| W75 Heather Doherty | 2k 23.16 AR |
| W80 Norma Murdoch | 2k 18.84 |
| W95 Ruth Frith | 2k 13.71 AR |

WEIGHT THROW

| | |
|-------------------|-----------------|
| W30 Gail Peterson | 11.80 |
| W35 Gail Peterson | 11.99 |
| W40 Kathy Newman | 11.38 |
| W45 Yasha Watkins | 9.26 |
| W50 Una Lund | 12.12 |
| W55 Una Lund | 11.43 |
| W60 Helen Searle | 16.55 |
| W65 Helen Searle | 16.44 WR |

| | |
|---------------------|-----------------|
| W70 Heather Doherty | 10.54 |
| W75 Heather Doherty | 7.88 |
| W80 Mary Vickers | 5.05 |
| W90 Ruth Frith | 5.63 |
| W95 Ruth Frith | 5.16 WRp |

New Aust. Specifications for W75+

| | |
|---------------------|--------------------|
| W75 Heather Doherty | 4k 10.33 AR |
| W80 Norma Murdoch | 4k 9.07 |
| W95 Ruth Frith | 4k 6.23 AR |

WEIGHT PENTATHLON

| | |
|----------------------|----------------|
| W30 Tanya Krome | 2370 |
| W30 Gail Peterson | 2524 os |
| W35 Kerry Pickvance | 2512 |
| W35 Gail Peterson | 2938 os |
| W40 Kathy Newman | 3403 |
| W45 Michelle Schafer | 3036 |
| W45 Yasha Watkins | 3724 os |
| W50 Yasha Watkins | 3530 |
| W55 Una Lund | 3914 |
| W60 Helen Searle | 5139 |
| W65 Helen Searle | 5387 AR |
| W70 Heather Doherty | 4636 AR |
| W75 Heather Doherty | 4202 |
| W80 Mary Vickers | 2531 |
| W90 Ruth Frith | 4389 os |

New World Discus Specific. for W80+

| | |
|----------------|-----------------|
| W95 Ruth Frith | 6750 WRp |
|----------------|-----------------|

New Aust. Specifications for W75+

| | |
|---------------------|----------------|
| W75 Heather Doherty | 4815 AR |
| W80 Norma Murdoch | 4019 |
| W95 Ruth Frith | 7383 AR |

AUST. HEAVY WEIGHT RECORDS

56lb WEIGHT

| | |
|-------------------------|----------------|
| W70 Margarita Jekabsons | 1.82 AR |
|-------------------------|----------------|

100lb WEIGHT

| | |
|-------------------------|----------------|
| W70 Margarita Jekabsons | 0.85 AR |
|-------------------------|----------------|

PENTATHLON

| | |
|--------------------|-----------------|
| W30 Leanne McMurdy | 2021 |
| W30 Julie Walklate | 2605 os |
| W35 Julie Brims | 2650 |
| W35 Wilma Perkins | 2913 os |
| W40 Lisa Crouch | 3119 |
| W40 Jan Hynes | 3443 Aos |
| W45 Maree Ryan | 2531 |
| W45 Jan Hynes | 3698 Aos |
| W50 Wilma Perkins | 3204 |
| W50 Una Lund | 3719 Aos |
| W55 Wilma Perkins | 3532 AR |
| W60 Marge Allison | 3125 |
| W65 Judy Cox | 2467 |

HEPTATHLON

| | |
|---------------------|----------------|
| W30 Leanne McMurdy | 3192 |
| W30 Wilma Perkins | 3777 os |
| W35 Julie Brims | 3726 |
| W35 Jan Hynes | 4586 os |
| W40 Julie Brims | 4528 |
| W45 Maree Kay | 5860 |
| W50 Wilma Perkins | 5119 AR |
| W55 Wilma Perkins | 5471 AR |
| W60 Marge Allison | 5546 AR |
| W65 Lesley Hamilton | 4393 |

os: old specification records will be recognised until bettered .

WR: World Record

AR: Australian Record

Q.M.A. LADIES RECORDS AS AT 13th FEBRUARY, 2009

4 x 100 METRES RELAY

| | | |
|-----|---|-------|
| W30 | Julie Brims Marie Kay Dianne Alderman Natalie Jenkinson | 52.67 |
| W35 | Rosemary Cameron Glenda Barnard Karen Bucholz Janet McMillan | 54.10 |
| W40 | Phyllis Kwok Karen Lakin Lexia Willmington Julie Brims | 55.37 |
| W45 | Kathy Rourke Lois Hennes Wilma Perkins Bonnie Cochrane | 57.0 |
| W50 | Wilma Perkins Lois Hennes Bonnie Cochrane Hazel McDonnell | 56.24 |
| W55 | Hazel McDonnell Wilma Perkins Noreen Parrish Marge Allison | 59.57 |
| W60 | Hazel McDonnell Annette Horsnell Marge Allison Lesley Hamilton | 62.64 |

| | | |
|-----|--|-------|
| W65 | Daphne Pirie Rosemary Gidley Sheila Abrahams Dot Gale | 80.03 |
|-----|--|-------|

4 x 200 METRES RELAY

| | | |
|-----|---|---------|
| W35 | Julie Brims Karen Lakin Petrina Brown Jodie Schubert | 1.59.31 |
|-----|---|---------|

4 x 400 METRES RELAY

| | | |
|-----|---|---------|
| W30 | Marge Allison Julie Brims Hilary Gatenby Natalie Jenkinson | 4.24.75 |
| W35 | Petrina Brown Julie Brims Karen Lakin Jeanette Flynn | 4.21.69 |
| W40 | Jenny Kirby Yasmin Steffe Lyn Newman Karen Lakin | 4.40.63 |
| W50 | Wilma Perkins Bonnie Cochrane Hazel McDonnell Lois Hennes | 4.42.33 |
| W60 | Marge Allison Jean Hampson Betty Menzies Irene Davey | 5.14.72 |

4 x 800 METRES RELAY

| | | | |
|-----|--|----------|----|
| W30 | Petrina Brown Anne Venema Glenda Banaghan Jeanette Flynn | 10.21.11 | AR |
| W35 | Petrina Brown Karen Lakin Donna Emerson Glenda Banaghan | 11.31.70 | |
| W40 | Petrina Brown Glenda Banaghan Julie Brims Jeanette Flynn | 10.46.73 | |
| W55 | Jeanette Flynn Kate Heagney Vic Betty Menzies Fay McNeill | 10.31.0 | AR |
| W60 | Marge Allison Jean Hampson Irene Davey Betty Menzies | 12.18.0 | AR |

4 x 1500 METRES RELAY

| | | | |
|-----|---|----------|----|
| W30 | Petrina Brown Jeanette Flynn Glenda Banaghan Anne Venema | 21.47.9 | AR |
| W40 | Marcy Sheer Glenda Banaghan Petrina Brown Jeanette Flynn | 21.39.65 | AR |
| W50 | Fay McNeill Jeanette Flynn Jean Hampson Betty Menzies | 23.24.5 | AR |

RELAYS: THE FOLLOWING MEMBERS WERE PART OF A TEAM INCLUDING INTERSTATE COMPETITORS WHO SET RECORDS IN NATIONAL AND INTERNATIONAL COMPETITION.

4 x 100m RELAYS:

| | | | |
|-----|---|-------|----|
| W35 | Julie Brims | 47.74 | AR |
| W40 | Kim Mansell Cherie Smee Glynis Cearns | 49.27 | AR |
| W45 | Wilma Perkins | 50.57 | WR |
| W50 | Wilma Perkins Hazel McDonnell | 53.74 | AR |

| | | | |
|-----|------------------------------|-------|----|
| W60 | Annette Horsnell Una Lund | 59.48 | AR |
| W65 | Daphne Pirie | 68.73 | AR |

4 x 400m RELAYS:

| | | | |
|-----|-------------------------------|---------|----|
| W35 | Cherie Smee | 4.02.04 | AR |
| W40 | Leanne Smith Glynis Cearns | 3.57.28 | WR |

| | | | |
|-----|---------------------------------|---------|----|
| W50 | Wilma Perkins | 4.24.92 | AR |
| W60 | Marge Allison Noreen Parrish | 4.57.86 | AR |
| W65 | Daphne Pirie Sheila Abrahams | 6.48.42 | AR |

4 x 200m RELAY INDOOR

| | | | |
|------|-----------|---------|----|
| W40+ | Marie Kay | 1.49.98 | AR |
|------|-----------|---------|----|

QUEENSLAND BEST PERFORMANCES - LADIES: AT 13th FEBRUARY, 2009

TRACK EVENTS

QBP Times for 60 Metres, 100 Yards and 300 Metres will no longer be recognised. These Events are now Queensland Records. All Track Records must be set with either Electronic Times or 3 Watches for Hand Timing, and with a wind gauge reading for all sprints up to and including 200 metres. The remaining QBP Records will be deleted when bettered by an Official Record.

60 METRES

| | | |
|-----|------------------|------|
| W35 | Julie Brims | 7.7 |
| W45 | Wilma Perkins | 8.2 |
| W50 | Wilma Perkins | 8.2 |
| W55 | Wilma Perkins | 8.5 |
| W60 | Annette Horsnell | 9.1 |
| W65 | Annette Horsnell | 9.4 |
| W80 | Lorna Thompson | 14.6 |

100 YARDS

| | | |
|-----|------------------|------|
| W35 | Deann Mayfield | 12.1 |
| W45 | Wilma Perkins | 11.8 |
| W50 | Wilma Perkins | 12.2 |
| W55 | Annette Horsnell | 13.7 |
| W60 | Annette Horsnell | 13.4 |
| W65 | Annette Horsnell | 14.3 |

300 METRES

| | | |
|-----|---------------------|------|
| W50 | Wilma Perkins | 46.3 |
| W55 | Wendy Sheaves-Doran | 45.7 |
| W60 | Marge Allison | 50.4 |
| W65 | Annette Horsnell | 59.8 |

ROAD RUNS

HALF MARATHON

| | | |
|-----|-------------------|---------|
| W30 | Helen Sanderson | 1:48.40 |
| W35 | Tressa Lindenberg | 1:23.40 |
| W40 | Glenda Banaghan | 1:24.25 |
| W45 | Joan Darlington | 1:28.53 |
| W50 | Joan Darlington | 1:29.59 |
| W55 | Betty Menzies | 1:35.03 |
| W60 | Betty Menzies | 1:40.25 |

| | | |
|-----|----------------|---------|
| W65 | Joan Stubbings | 2:28.37 |
| W70 | Lorna Thompson | 2:30.13 |
| W75 | Lorna Thompson | 2:32.18 |

MARATHON

| | | |
|-----|--------------------|---------|
| W35 | Lyn Stern | 3:02.05 |
| W40 | Glenda Banaghan | 2:52.41 |
| W45 | Hazel Edmond | 3:04.23 |
| W50 | Joan Darlington | 3:19.12 |
| W55 | Betty Menzies | 3:35.14 |
| W60 | Lesley Le Vaillant | 3:53.09 |
| W65 | Lesley Le Vaillant | 3:51.59 |

CROSS COUNTRY

3000 METRES

| | | |
|-----|------------------|-------|
| W30 | Anne Nowill | 13.30 |
| W35 | Glenda Banaghan | 11.08 |
| W40 | Glenda Banaghan | 10.12 |
| W45 | Noela Brameld | 15.33 |
| W50 | Felicja Schmidt | 12.22 |
| W55 | Desiree Letherby | 14.02 |
| W60 | Marge Allison | 14.10 |
| W65 | Sheila Abrahams | 25.02 |

QUEENSLAND BEST PERFORMANCES - LADIES: AT 13th FEBRUARY, 2009

4000 METRES

| | |
|----------------------|-------|
| W30 Anne Venema | 18.49 |
| W35 Petrina Brown | 17.46 |
| W40 Glenda Banaghan | 13.54 |
| W45 Marcy Sheer | 16.01 |
| W50 Felicja Schmidt | 17.26 |
| W55 Desiree Letherby | 17.37 |
| W60 Jean Hampson | 20.12 |
| W70 Bev Williams | 32.03 |

5000 METRES

| | |
|---------------------|-------|
| W35 Glenda Banaghan | 19.29 |
| W40 Glenda Banaghan | 17.38 |
| W50 Felicja Schmidt | 21.18 |
| W55 Betty Menzies | 22.08 |
| W65 Bev Wallace | 32.03 |

8000 METRES

| | |
|---------------------|-------|
| W30 Helen Sanderson | 42.46 |
| W35 Glenda Banaghan | 30.34 |
| W40 Glenda Banaghan | 29.12 |
| W45 Hazel Edmond | 34.27 |
| W50 Fay McNeill | 33.22 |
| W55 Paula Moorhouse | 37.14 |
| W60 Jean Hampson | 41.13 |
| W65 Joan Stubbings | 51.04 |

W70 Sheila Abrahams 1.31.08

10,000 METRES

| | |
|--------------------|-------|
| W30 Judy Briscoe | 43.21 |
| W35 Lyn Stern | 39.39 |
| W40 Marcie Sheer | 40.59 |
| W45 Fay McNeill | 44.35 |
| W50 Fay McNeill | 43.18 |
| W55 Betty Dent | 50.27 |
| W60 Beryl Doocey | 55.54 |
| W65 Joan Stubbings | 57.39 |

ROAD WALKS

5KM

| | |
|--------------------------|-------|
| W30 Leanne McMurdy | 35.32 |
| W45 Judy Moller | 28.44 |
| W50 Felicja Schmidt | 29.28 |
| W55 Noela McKinven | 30.23 |
| W60 Sally Lynch | 30.51 |
| W65 Sally Lynch | 32.32 |
| W70 Christiane Dauphinet | 33.56 |
| W75 Christiane Dauphinet | 36.54 |

8KM

| | |
|--------------------------|-------|
| W75 Christiane Dauphinet | 59.11 |
|--------------------------|-------|

W60 Sally Lynch 54.44

10KM

| | |
|--------------------------|-------------------|
| W30 Cathy Vaughan | 1:24.30 |
| W35 Karen Iselin | 55.50 |
| W40 Lyn Lewis | 55.58 |
| W45 Judy Moller | 57.43 |
| W50 Felicja Schmidt | 57.27 |
| W55 Noela McKinven | 1:02.12 |
| W60 Sally Lynch | 1:03.03 |
| W65 Sally Lynch | 1:07.26 |
| W70 Christiane Dauphinet | 1:10.34 |
| W75 Lorna Thompson | 1:12.49 AB |
| W80 Lorna Thompson | 1:21.35 |

15KM

| | |
|--------------------|---------|
| W50 Judy Moller | 1:36.55 |
| W60 Noela McKinven | 1:53.31 |

20KM

| | |
|---------------------|---------|
| W40 Lyn Lewis | 2:00.49 |
| W45 Judy Moller | 2:01.13 |
| W50 Felicja Schmidt | 2:02.54 |
| W55 Noela McKinven | 2:09.58 |
| W60 Noela McKinven | 2:18.45 |
| W65 Noela McKinven | 2h32.09 |