

QMA. LADIES' DISTANCE RECORDS AS AT 13/02/2009

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	

QMA MENS' DISTANCE RECORDS AS AT 13/02/2009

3000 METRES

M30	Brendan Whelan	8.46.49
M35	Peter Edwards	9.00.4
M40	Shane George	8.51.25
M45	David Sweeney	8.56.46 AR
M50	Ron Peters	9.19.75
M55	Alan Bradford	9.48.8
M60	Alan Bradford	10.04.4
M65	Alan Bradford	10.30.50
M70	Colin McLeod	11.26.8
M75	Norm Gulbransen	13.04.6
M80	Norm Pearce	15.46.64 AR

3000 METRES INDOOR

M30	Brendan Whelan	9.02.38 AR
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5000 METRES

M30	Rod Stones	15.08.5
M35	Brian Enders	15.11.46
M40	Shane George	15.15.24
M45	David Sweeney	15.29.64
M50	Alan Bradford	15.51.2
M55	Alan Bradford	16.03.9
M60	Alan Bradford	17.11.9
M65	Colin McLeod	17.51.34
M70	Colin McLeod	19.20.5
M75	Norm Gulbransen	21.48.4
M80	Norm Pearce	26.59.81

10,000 METRES

M30	Rod Stones	31.15.0
M35	Ron Irwin	31.17.0
M40	Joe Patterson	31.57.0
M45	Ron Peters	31.48.69 AR
M50	Ron Peters	32.54.8 AR
M55	Alan Bradford	33.42.3
M60	Alan Bradford	35.51.81
M65	Colin McLeod	37.02.3
M70	Colin McLeod	41.08.6
M75	Norm Gulbransen	45.57.9
M80	Win Foster	70.23.5