

WMA RECORDS OUTDOOR - WOMEN (updated 4 September 2017)							
100m		wind					
W 35	10.74		Merlene Ottey	JAM	36	09/09/96	Milano, ITA
W 40	11.09		Merlene Ottey	SLO	44	03/08/04	Liege, BEL
W 45	11.34		Merlene Ottey	SLO	47	12/08/08	Glasgow, GBR
W 50	11.67		Merlene Ottey	SLO	50	13/07/10	Novo Mesto, GER
W 55	12.80		Nicole Alexis	FRA	55	20/06/15	Ivre Sur Seine, FRA
W 60	13.63		Karla Del Grande	CAN	61	18/07/14	Winston-Salem, USA
W 65	14.10		Nadine O'Connor	USA	65	30/06/07	San Marcos, USA
W 70	14.73	1.4	Ingrid Meier	GER	70	30/06/17	Zittau, GER
W 75	15.15	0.6	Carol LaFayette-Boyd	CAN	75	10/06/17	Regina, CAN
W 80	16.81		Irene Obera	USA	80	19/07/14	Winston-Salem, USA
W 85 a	19.83		Nora Wedemo	SWE	86	21/08/99	Norrtälje, SWE
W 85 b	19.83		Mitsu Morita	JPN	85	20/07/08	Isahaya City, JPN
W 90	23.15		Mitsu Morita	JPN	90	06/10/13	Kyoto, JPN
W 95	30.18		Diane Friedman	USA	96	22/07/17	Bedford, USA
W 100	39.62	0.2	Julia Hawkins	USA	101	10/06/17	Birmingham, USA
200m							
W 35	21.93		Merlene Ottey	JAM	35	25/08/95	Brussels, BEL
W 40	22.72		Merlene Ottey	SLO	44	23/08/04	Athens, GRE
W 45	23.82		Merlene Ottey	SLO	46	27/08/06	Bánska Bystrica, SLO
W 50	24.33		Merlene Ottey	SLO	50	18/07/10	Valenje, SLO
W 55	26.36		Nicole Alexis	FRA	55	28/06/15	Norgent Sur M., FRA
W 60	28.11		Karla Del Grande	CAN	60	22/10/13	Porto Alegre, BRA
W 65	29.37		Nadine O'Connor	USA	65	08/07/07	Del Mar, USA
W 70	31.30	0.7	Ingrid Meier	GER	70	02/07/17	Zittau, GER
W 75	31.89	1.5	Carol LaFayette-Boyd	CAN	75	13/08/17	Toronto, CAN
W 80	36.80		Irene Obera	USA	80	20/07/14	Winston-Salem, USA
W 85	45.65		Mitsu Morita	JPN	85	20/07/08	Isahaya City, JPN
W 90	55.62		Mitsu Morita	JPN	90	30/06/13	Nagasaki, JPN
W 95	1:12.99		Diane Friedman	USA	96	22/07/17	Bedford, USA
400m							
W 35	50.56		Aurelia Penton	CUB	35	15/07/78	Medellin, COL
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	68.21		Diane Palmason	CAN	65	08/08/03	Eugene, USA
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	1:31.21		Emma Mazzenga	ITA	80	01/09/13	Padova, ITA
W 85	1:49.46		Nina Naumenko	RUS	86	16/09/11	Lignano, ITA
W 90	2:46.56		Emilia Garcia de Fontán	COL	90	15/08/15	Lyon, FRA
800m							
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	2:16.05		Jeanette Flynn	AUS	53	29/01/05	Brisbane, AUS
W 55	2:21.98		Jeanette Flynn	AUS	55	03/03/07	Brisbane, AUS
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	2:51.49		Angela Copson	GBR	70	05/08/17	Århus, DEN
W 75	3:07.35		Jeanne Daprano	USA	75	23/10/11	Moor Park, USA
W 80	3:38.15		Yoko Nakano	JPN	80	17/09/16	Nigata, JPN
W 85	4:15.99		Melitta Czerwenka-Nagel	GER	85	09/08/15	Lyon, FRA
W 90	6:57.56		Betty Lindberg	USA	92	24/05/16	Atlanta, 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	4:36.79	Clare Elms	GBR	50	05/07/14	Eton, GBR	
W 55	4:51.26	Silke Schmidt	GER	55	16/07/15	Rotterdam, NED	
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	5:00.59	Gitte Karlshøj	DEN	51	21/08/10	Århus, DEN	
W 55	5:17.37	Silke Schmidt	GER	56	02/09/15	Zevenberge, NED	
W 60	5:42.65	Kathryn Martin	USA	61	17/07/13	Franklyn Square, USA	
W 65	5:54.59	Angela Copson	GBR	68	19/07/15	Solihull, GBR	
W 70	6:47.91	Jeanne Daprano	USA	70	05/05/07	Durham, 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	9:11.2	Joyce Smith	GBR	40	30/04/78	London, GBR	
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	10:54.04	Lidia Zentner	GER	60	04/09/13	Pfungstadt, GER	
W 65	11:48.2	Angela Copson	GBR	65	25/07/12	Leicester, GBR	
W 70	12:52.03	Lavinia Petrie	AUS	71	18/11/14	Dendigo, AUS	
W 75	13:55.58	Yoko Nakano	JPN	76	21/09/12	Okayama City, JPN	
W 80	14:47.89	Yoko Nakano	JPN	80	17/09/16	Nigata, 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	18:48.62	Lidia Zentner	GER	60	27/08/13	Flein, GER	
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	24:03.90	Yoko Nakano	JPN	77	06/10/13	Kyoto, JPN	
W 80	26:33.60	Denise Leclerc	FRA	80	29/08/14	Izmir, TUR	
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	31:33.44	Jo Pavey	GBR	42	08/12/16	Rio de Janeiro, BRA	
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	36:53.81	Silke Schmidt	GER	55	02/05/15	Ohrdruf, GER	
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	53:12.59	Yoko Nakano	JPN	80	06/05/17	Tokyo, JPN	
W 85	1:26:15.07	Vladyklena 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		54.31		Priestman, Lewington, Parsons, Bonner	GBR		01/04/08 Århus, DEN
W60		55.77		Drecoll, Reichert, Hoffman, Hoffman	GER		09/07/00 Jyväskylä, FIN
W65		60.31		Zörner, Buchholz, Reismann, Meier	GER		16/08/15 Lyon, FRA
W70		64.28		Foerster, Zoerner, Stump, Meier	GER		05/08/17 Århus, DEN
W75		70.19		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		4:28.74		Trimble, Howe, Mullim, Power	GBR		24/07/10 Nyiregyháza, HUN
W60		4:44.07		Godsell, Roe, Horder, Powell	GBR		06/08/17 Århus, DEN
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		6:58.70		Petley, Cumming, VanDerVeecken, Peters	NZL		08/08/09 Lahti, FIN
W80		8:26.42		Harada, Donley, Obera, Daprano	USA		06/11/16 Perth, AUS
4x800m							
W35-39		9:25.27		Rizzo, Metz, Reifer, McGrath	USA		09/07/11 New York, USA
W40-49		9:16.91		Boyle, Babcock, Cummins, MacMillan	CAN		29/08/16 Vancouver, CAN
W50-59		10:24.21		Shisler, Allers, Groenendaal, Jasper	USA		20/07/14 Winston-Salem, USA
W60-69		11:06.02		Harvey, Richards, Steinbach, Martin	USA		20/07/14 Winston-Salem, USA
W70-79		14:45.88		Lammet, Staubermann, Reintraut, Ritter	GER		27/09/13 Essen, GER
2000m Steeplechase							
W 35		6:30.83		Leslie Lehane	USA	35	31/07/98 Orono, USA
W 40		6:49.58		Lisa Ryan	USA	41	17/07/11 Sacramento, USA
W 45		6:58.89		Lisa Valle	USA	45	17/07/11 Sacramento, USA
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		8:52.65		Kathryn Martin	USA	65	12/08/17 Toronto, CAN
W 70		10:20.43		Marie Michelsohn	USA	70	03/08/12 Lisle, USA
W 75		11:30.55		Xuhua Chen	CHN	76	06/11/16 Perth, AUS
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		Gail Devers	USA	35	02/07/02 Lausanne, SWI
80m Hurdles							
W 40		11.24		Monica Pellegrinelli	SUI	40	31/08/05 San Sebastian, ESP
W 45		11.51		Christine Müller	SUI	46	22/07/04 Raleigh, USA
W 50		12.08		Christine Müller	SUI	50	10/07/09 Vaterstetten, GER
W 55		12.31		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		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		17.44		Christa Bortignon	CAN	76	21/08/13 Kamloops, CAN
W 80		18.70	-0.1	Irene Obera	USA	82	04/11/16 Perth, AUS

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	Marge Alison	AUS	70	11/08/15	Lyon, FRA
W 75		39.89	Christa Bortignon	CAN	76	18/05/13	Kamloops, CAN
W 80		42.24	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		13:57.43	Lynette Ventris	AUS	46	16/03/02	Perth, 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		18:05.0	Britta Tibbling	SWE	71	05/07/89	Ostersund, SWE
W 75		20:41.0	Miriam Gordon	USA	75	10/09/00	Miami, USA
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
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		26:10.22	Heather Carr	AUS	61	04/03/11	Melbourne, 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		44:28.33	Elena Pagu	ROU	90	27/10/16	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		1.60	Debbie Brill	CAN	51	19/06/04	Langley, CAN
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		1.23	Carol LaFayette-Boyd	CAN	75	11/06/17	Regina, CAN
W 75		1.22	Kathy Bergen	USA	75	06/06/15	Pasadena, USA
W 80		1.10	Rosemary Chrimes	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		4.55		Stacy Dragila	USA	38	28/06/09	Eugene, 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		3.40		Dawn Hartigan	AUS	50	06/03/07	Coburg, AUS
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		1.25		Johnnye Valien	USA	85	08/07/11	Sacramento, USA
Long Jump								
W 35		6.99		Heike Drechsler	GER	35	29/09/00	Sydney, AUS
W 40		6.55		Tatyana Ter-Mesrobian	RUS	40	18/07/08	Kazan, RUS
W 45		5.62		Kriemhild Mann	GER	45	28/04/12	Osterode, GER
W 50		5.41		Marie Kay	AUS	50	02/04/10	Perth, AUS
W 55		5.06		Ramona Pfeiffer	GER	55	03/09/16	Essen, GER
W 60		4.75		Christiane Schmalbruch	GER	60	19/07/97	Durban, RSA
W 65		4.64		Christiane Schmalbruch	GER	65	16/08/02	Athens, GRE
W 70		4.26		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		3.45	1.6	Christiane Schmalbruch	GER	80	10/06/17	Rostock, GER
W 85		2.93		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		Olga Kotelko	CAN	95	17/05/14	Kamloops, CAN
Triple Jump								
W 35		14.65		Yamilé Aldama	GBR	39	31/05/12	Roma, ITA
W 40		14.06		Yamilé Aldama	GBR	40	01/06/13	Eugene, USA
W 45		12.01		Murielle Glovil	FRA	47	15/10/15	Lyon, FRA
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		Akiko Ohinata	JPN	60	06/06/10	Tajimi City, JPN
W 65		9.68		Akiko Ohinata	JPN	65	17/05/15	Ise, JPN
W 70		8.65		Christiane Schmalbruch	GER	72	02/08/09	Lahti, FIN
W 75		8.19		Carol LaFayette-Boyd	CAN	75	10/06/17	Regina, CAN
W 80		7.36	1.6	Christiane Schmalbruch	GER	80	10/06/17	Rostock, GER
W 85		5.50		Ruth Frith	AUS	86	25/03/95	Sydney, AUS
W 90		4.25		Olga Kotelko	CAN	90	18/09/09	Richmond, CAN
W 95		3.37		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		Loghlin Mihaela	ROM	60	09/06/12	Bucharest, ROM
W 65		13.08		Loghlin Mihaela	ROU	65	30/07/17	Århus, DEN
W 70		11.02		Rosemary Chrimes	GBR	70	07/06/03	Derby, GBR
W 75		11.10		Evaun B. Williams	GBR	75	18/10/13	Porto Alegre, BRA
W 80		9.66		Anne Chatrine Rühlow	GER	80	25/05/17	Padeborn, GER
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	39.24	Karen Illgen	GER	61	15/06/02	Halle, GER	
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	37.40	Evaun B. Williams	GBR	70	02/08/08	Ljubljana, SLO	
W 75	39.64	Evaun B. Williams	GBR	75	19/10/13	Porto Alegre, BRA	
W 80	29.58	Susanne Wissinger	GER	80	28/03/14	Budapest, HUN	
W 85	26.80	Rachel Hanssens	BEL	85	25/08/14	Izmir, TUR	
W 90	18.21	Hilja Bakhoff	EST	90	30/08/17	Århus, DEN	
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	68.34	Steffi Neri	GER	36	31/08/08	Elstal, GER	
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	47.14	Genowefa Patla	POL	52	12/08/15	Lyon, FRA	
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	32.02	Weia Reinboud	NED	65	25/09/16	Woerden, NED	
W 70	27.78	Carol Frost	USA	70	21/06/15	Ames, USA	
W 75	29.92	Evaun B. Williams	GBR	75	22/10/13	Porto Alegre, BRA	
W 80	21.83	Rachel Hanssens	BEL	81	22/07/10	Nyiregyháza, HUN	
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	18.02	Bryrony Glass	AUS	35	05/02/13	Perth, AUS	
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	15.00	Jutta Schäfer	ITA	72	10/03/04	Sindelfingen, GER	
W 75	14.74	Evaun B. Williams	GBR	75	24/10/13	Porto Alegre, BRA	
W 80	10.56	Rachel Hanssens	BEL	83	22/08/12	Zittau, GER	
W 85	9.23	Hilja Bakhoff	EST	87	26/08/14	Izmir, TUR	
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	4637	Tiny Hellendoorn	NED	62	24/06/17	Sint-Niklaas, BEL	
W 65	4780	Myrle Mensey	USA	67	06/08/16	Lisle, USA	
W 70	4418	Maria Luisa Fancello	ITA	71	29/08/14	Izmir, TUR	
W 75	5528	Evaun B. Williams	GBR	75	25/10/13	Porto Alegre, BRA	
W 80	4845	Susanne Wissinger	GER	80	28/09/14	Baunatal, GER	
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	4362	Inma Clopes Gasull	ESP	35	07/06/03	Murcia, ESP	
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	4511	Phil Raschker	USA	55	08/08/02	Orono, USA	
W 60	4635	Phil Raschker	USA	60	02/08/07	Orono, USA	
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	4743	Christa Bortignon	CAN	75	09/08/12	Saint John, CAN	
W 80	4319	Florence Meiler	USA	80	17/07/14	Winston-Salem, USA	
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	6006	Marie Kay	AUS	49	29/07/09	Lahti, FIN	
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	6519	Christa Bortignon	CAN	76	04/08/13	Torino, ITA	
W 80	6071	Irene Obera	USA	82	29/10/16	Perth, AUS	