

WMA RECORDS OUTDOOR - WOMEN (updated 30 September 2016)							
100m							
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		14.76	Kathy Bergen	USA	70	17/04/10	Walnut, USA
W 75		15.31	Kathy Bergen	USA	75	18/04/15	Walnut, USA
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		35.48	Katsuko Iwaki	JPN	95	03/10/10	Fukuroi City, JPN
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		31.39	Kathy Bergen	USA	72	22/07/12	Pasadena, USA
W 75		33.79	Kathy Bergen	USA	75	10/08/15	Lyon, FRA
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		79.96	Katsuko Iwaki	JPN	96	30/10/11	Shizuoka City, JPN
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		75.81	Riet Jonkers-Slegers	NED	70	26/10/13	Porto Alegre, BRA
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		2:41.81	Diane Palmason	CAN	65	09/08/03	Eugene, USA
W 70		2:59.55	Elfriede Hodapp	GER	70	26/06/06	Löffingen, GER
W 75		3:07.35	Jeanne Daprano	USA	75	23/10/11	Moor Park, USA
W 80		3:43.62	Alice Cole	CAN	80	29/06/14	Toronto, CAN
W 85		4:15.99	Melitta Czerwenka-Nagel	GER	85	09/08/15	Lyon, FRA
W 90		6:59.18	Rosario Iglesias	MEX	90	09/07/01	Brisbane, AUS

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	5:29.85	Sabra Harvey	USA	65	19/07/14	Winston-Salem, USA	
W 70	6:00.50	Rimma Vasina	RUS	71	15/09/11	Lignano, ITA	
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	Zevenbergse, 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	
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	15:34.64	Melitta Czerwenka-Nagel	GER	80	29/07/10	Saarbrücken, GER	
W 85	24:08.62	Ivy Granstrom	CAN	86	28/06/98	Eugene, USA	
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	20:10.09	Angela Copson	GBR	66	15/09/13	Birmingham, GBR	
W 70	21:34.08	Lavinia Petrie	AUS	70	09/03/14	Hobart, AUS	
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	31:34.61	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	44:43.27	Lavinia Petrie	AUS	70	07/04/14	Hobart, AUS	
W 75	50:00.93	Melitta Czerwenka-Nagel	GER	75	28/06/05	Saarbrücken, GER	
W 80	55:26.46	Denise Leclerc	FRA	80	21/10/13	Porto Alegre, BRA	
W 85	1:26:15.07	Vladyklina 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	Åarhus, FIN
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		66.05	Schuele,Schneiderhan,Haule,Mangler	GER		17/10/93	Miyazaki, JPN
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		4:49.58	Godsell,Trimble,Roe,Powell	GBR		16/08/15	Lyon, FRA
W65		5:16.39	Allison,MacIiver,Stobaus,Parrish	AUS		17/07/11	Sacramento, USA
W70		5:32.95	MacIiver,Hampson,Lang,Allison	AUS		16/08/15	Lyon, FRA
W75		6:58.70	Petley,Cumming, VanDerVeeken,Peters	NZL		08/08/09	Lahti, FIN
W80		8:39.32	Chou,Harada,Donley,Obera	USA		16/08/15	Lyon, FRA
4x800m							
W35-39		9:25.27	Rizzo, Metz, Reifer, McGrath	USA		09/07/11	New York, USA
W40-49		9:16.91	Boyl,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,Stauber,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		9:00.2	Marie Michelsohn	USA	66	04/10/08	Goleta, USA
W 70		10:20.43	Marie Michelsohn	USA	70	03/08/12	Lisle, USA
W 75		11:40.62	Anne Martin	GBR	75	17/07/11	Sacramento, USA
W 80		15:43.23	Florence Meiler	USA	81	16/08/15	Lyon, FRA
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		13.26	Phil Raschker	USA	60	04/09/07	Riccione, ITA
W 65		14.03	Edith Graff	BEL	66	10/08/08	Ljubljana, SLO
W 70		16.04	Marianne Maier	AUT	70	16/10/13	Porto Alegre, BRA
W 75		17.44	Christa Bortignon	CAN	76	21/08/13	Kamloops, CAN
W 80		19.32	Irene Obera	USA	81	15/08/15	Lyon, FRA

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		49.00	Jane Horder	GBR	55	21/07/12 Derby, GBR
W 60		51.64	Marge Alison	AUS	60	26/08/05 San Sebastian, ESP
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		49:25.20	Maria Ramirez Bautista	MEX	90	05/09/07 Riccione, ITA
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		1.22	Rietje Dijkman	NED	76	07/08/15 Lyon, FRA
W 75		1.22	Kath 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		5.01	Christiane Schmalbruch	GER	56	01/08/93	Lübeck, GER
		5.01	Marie Kay	AUS	56	20/02/16	Sydney, AUS
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		3.77	Paula Schneiderhan	GER	75	04/10/97	Nieder-Olm, GER
W 80		3.05	Christel Happ	GER	80	02/07/10	Kevelaer, GER
W 85		2.93	Rosa Pedersen	DEN	85	12/08/15	Lyon, FRA
W 90		1.77	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		8.11	Christa Bortignon	CAN	75	10/10/12	St. George, USA
W 80		6.55	Elsa Enarsson	SWE	80	11/09/10	Olofström, SWE
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	Lughlin Mihaela	ROM	60	09/06/12	Bucharest, ROM
W 65		12.21	Sigrin Kofink	GER	65	19/08/00	Kevelaer, GER
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		9.50	Rosemary Chrimes	GBR	80	26/06/13	Birmingham ,GBR
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		24.42	Susanne Wissinger	GER	80	01/03/14	Erfurt, 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		72.36	Olga Kuzenkova	RUS	36	02/08/07	Tula, RUS
W 40		57.08	Oneithea Lewis	USA	44	06/04/05	Reading, USA
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		16.71	Olga Kotelko	CAN	92	08/07/11	Sacramento, USA
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 Nerius	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	a400g	41.28	Gertraud Schönauer	AUT	60	12/07/97	Dasing, GER
W 60	b500g	37.50	Linda Cohn	USA	61	02/05/14	Northridge, USA
W 65	a400g	38.07	Evaun B. Williams	GBR	68	27/07/06	Poznan, GER
W 65	b500g	31.79	Weia Reinboud	NED	65	11/06/16	Amersfoort, NED
W 70	a400g	33.73	Evaun B. Williams	GBR	71	03/08/09	Lahti, FIN
W 70	b500g	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 Schaefer	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		7.90	Olga Kotelko	CAN	91	17/09/10	Courtenay, CAN
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	a400g	4789*	Helen Searle	AUS	60	24/04/00	Hobart, AUS
W 60	b500g	4519	Anne Jensen	DEN	61	16/08/15	Lyon, FRA
W 65	a400g	5313*	Evaun B. Williams	GBR	68	29/07/06	Poznan, GER
W 65	b500g	4754	Myrle Mensey	USA	66	18/09/15	Kent, USA
W 70	a400g	5683*	Evaun B. Williams	GBR	70	02/08/08	Ljubljana, SLO
W 70	b500g	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 Wlodarczyk	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	a400g	6341*	Phil Raschker	USA	60	10/06/07	Hoover, USA
W 60	b500g	6043	Rita Hanscom	USA	61	28/06/15	San Antonio, USA
W 65	500g	6253	Weia Reinboud	NED	65	31/05/15	Stendal, GER
W 70	a400g	6253*	Marianne Maier	AUT	70	17/10/13	Porto Alegre, BRA
W 70	b500g	6218	Marianne Maier	AUT	71	23/08/14	Izmir, TUR
W 75		6519	Christa Bortignon	CAN	76	04/08/13	Torino, ITA
W 80		5730	Florence Meiler	USA	81	05/08/15	Lyon, FRA