

NCCMA STADIA RECORDS - WOMEN



100m

W 35	10.62	0.4	Shelly-Ann Fraser-Pryce	JAM	35	10/08/22	Monaco, MON
W 40	12.02	1.6	Easter Grant	USA	40	13/05/23	Cleveland, USA
W 45	12.10	1.6	Renee Henderson	USA	45	02/08/09	Lahti, FIN
W 50	12.50	1.6	Phil Raschker	USA	50	17/05/97	Atlanta, USA
W 55	13.12	1.4	Andrea Collier	USA	56	21/07/23	Greensboro, USA
W 60	13.63	0.5	Karla Del Grande	CAN	61	19/07/14	Winston-Salem, USA
W 65	13.91	0.6	Karla Del Grande	CAN	65	11/08/18	Toronto, CAN
W 70	14.70	-0.8	Karla Del Grande	CAN	71	14/07/24	Hamilton, CAN
W 75	15.03	0.6	Carol LaFayette-Boyd	CAN	76	04/08/18	Surrey, CAN
W 80	16.23	1.3	Kathy Bergen	USA	81	19/09/21	San Diego, USA
	16.23	1.6	Carol LaFayette-Boyd	CAN	80	30/07/22	Regina, CAN
W 85	18.14	+0.0	Christa Bortignon	CAN	85	13/08/22	Surrey, CAN
W 90	24.19	0.6	Diane Hoffman	USA	91	27/07/19	Worcester, USA
W 95	30.18	-0.3	Diane Friedman	USA	96	22/07/17	Bedford, USA
W100	39.62	0.2	Julia Hawkins	USA	101	10/06/17	Birmingham, USA
W105	1:02.95	1.3	Julia Hawkins	USA	105	06/11/21	Hammond, USA

200m

W 35	21.81	-0.6	Shelly-Ann Fraser-Pryce	JAM	35	21/07/22	Eugene, USA
W 40	24.65	-0.3	Easter Grant	USA	41	19/08/24	Gothenburg, SWE
W 45	25.28	0.0	Renee Henderson	USA	46	12/07/11	Sacramento, USA
W 50	25.72	-0.1	Phil Raschker	USA	50	23/07/97	Durban, RSA
W 55	26.64	1.7	Emmanuelle Mcgowan	USA	55	09/07/23	Eugene, USA
W 60	28.11	0.7	Karla Del Grande	CAN	60	22/10/13	Porto Alegre, BRA
W 65	28.53	1.2	Karla Del Grande	CAN	65	05/08/18	Surrey, CAN
W 70	30.05	0.6	Karla Del Grande	CAN	71	30/06/24	Toronto, CAN
W 75	31.56	-0.7	Carol LaFayette-Boyd	CAN	76	09/09/18	Málaga, ESP
W 80	34.38	0.5	Carol LaFayette-Boyd	CAN	80	29/07/22	Regina, CAN
W 85	40.20	0.3	Christa Bortignon	CAN	85	27/08/22	Surrey, CAN
W 90	56.33	1.9	Diane Hoffman	USA	91	27/07/19	Worcester, USA
W 95	1:12.99	-0.4	Diane Friedman	USA	96	22/07/17	Bedford, USA
W100	1:29.79	-0.5	Diane Friedman	USA	100	15/08/21	Rochester, USA

400m

W 35	49.46		Allyson Felix	USA	35	03/08/21	Tokyo, JPN
W 40	56.51		Christina Trucks	USA	40	01/06/24	Rancho Cordova, USA
W 45	56.14		Angela Henry-Nott	USA	45	23/07/21	Ames, USA
W 50	59.49		Kristy Matthews	USA	51	22/07/24	Sacramento, USA
W 55	1:02.40		Avril Douglas	CAN	55	25/08/01	Toronto, CAN
	1:02.40		Emmanuelle Mcgowan	USA	55	21/07/23	Greensboro, USA
W 60	1:01.73		Sue McDonald	USA	61	19/07/24	Sacramento, USA
W 65	1:07.23		Elizabeth Deak	USA	65	21/07/23	Greensboro, USA
W 70	1:16.72		Karla Del Grande	CAN	71	29/06/24	Toronto, CAN
W 75	1:19.53		Christa Bortignon	CAN	76	22/08/13	Kamloops, CAN
W 80	1:30.84		Mary Smith	USA	80	22/07/21	Ames, USA
W 85	1:50.04		Norma Minkowitz	USA	85	11/07/23	Pittsburgh, USA
W 90	2:26.00		Lynne Hurrell	USA	90	23/08/24	Gothenburg, SWE
W 95	3:21.00		Diane Friedman	USA	98	27/07/19	Bedford, USA

NCCMA STADIA RECORDS - WOMEN



800m						
W 35	1:57.27	Jearl Miles-Clark	USA	37	23/08/04	Athens, GRE
W 40	2:01.38	Diane Cummins	CAN	40	08/07/14	Victoria, CAN
W 45	2:13.67	Alisa Harvey	USA	45	09/04/11	Fairfax, USA
W 50	2:16.62	Maureen de St Croix	CAN	50	17/06/03	Burnaby, CAN
W 55	2:22.01	Michelle Rohl	USA	56	15/05/22	Rochester, USA
W 60	2:22.52	Sue McDonald	USA	60	06/05/23	Los Angeles, USA
W 65	2:39.61	Sabra Harvey	USA	67	31/10/16	Perth, AUS
W 70	2:50.66	Sabra Harvey	USA	70	19/07/19	Toronto, CAN
W 75	3:07.35	Jeanne Daprano	USA	75	23/10/11	Moor Park, USA
W 80	3:42.37	Alice Cole	CAN	83	30/07/16	Sherbrooke, CAN
W 85	4:33.86	Lenore Montgomery	CAN	85	27/08/15	Burnaby, CAN
W 90	5:16.16	Lynne Hurrell	USA	90	15/08/24	Gothenburg, SWE
W 95	6:53.99	Colleen Sandstrom Milliman	USA	96	07/05/23	Eugene, USA
1500m						
W 35	4:00.35	Regina Jacobs	USA	36	29/08/99	Sevilla, ESP
W 40	4:10.16	Ruth Wysocki	USA	40	13/06/97	Indianapolis, USA
W 45	4:29.61	Sonja Friend-Uhl	USA	45	01/04/16	Gainesville, USA
W 50	4:40.92	Maureen de St Croix	CAN	50	15/06/03	Langley, CAN
W 55	4:47.62	Michelle Rohl	USA	56	07/07/22	Tampere, FIN
W 60	5:02.38	Sue McDonald	USA	60	07/10/23	La Vegas, USA
W 65	5:25.65	Kathryn Martin	USA	65	11/08/17	Toronto, CAN
W 70	5:59.18	Sabra Harvey	USA	70	14/07/19	Ames, USA
W 75	6:14.88	Jeannie Rice	USA	75	23/07/23	Greensboro, USA
W 80	7:39.05	Lynne Hurrell	USA	80	31/05/15	Hayward, USA
W 85	9:06.76	Lenore Montgomery	CAN	85	28/08/15	Burnaby, CAN
W 90	11:30.62	Dorothy Sowerby	USA	90	23/07/23	Greensboro, USA
W 95	20:27.85	Hollyce Kirkland	USA	95	10/07/15	St. Paul, USA
5000m						
W 35	14:45.11	Shannon Rowbury	USA	35	14/08/20	Monaco, MON
W 40	15:45.94	Jennifer Rhines	USA	41	01/05/16	Palo Alto, USA
W 45	16:01.73	Monica Joyce	USA	49	24/05/08	Waltham, USA
W 50	17:23.35	Maria Zambrano	CAN	51	02/07/22	Kelowna, CAN
W 55	17:44.11	Michelle Rohl	USA	56	14/04/22	Lewisburg, USA
W 60	19:14.8h	Marion Irvine	USA	60	19/10/89	,
W 65	20:08.17	Kathryn Martin	USA	65	28/10/16	Perth, AUS
W 70	22:27.73	Sabra Harvey	USA	70	20/07/19	Toronto, CAN
W 75	22:41.46	Jeannie Rice	USA	75	20/07/23	Greensboro, USA
W 80	28:11.90	Lenore Montgomery	CAN	82	23/08/12	Burnaby, CAN
W 85	32:36.20	Lenore Montgomery	CAN	85	26/08/15	Burnaby, CAN

NCCMA STADIA RECORDS - WOMEN



4x100m

W35	47.65	Stafford, Springer, Hutchinson, Mark-Baird	TTO	16/08/15	Lyon, FRA
W40	48.54	McIntyre, Trucks, Gibb-Gabriel, Grant	USA	17/08/24	Gothenburg, SWE
W45	50.87	McGowan, Clark, Konrad, Upshaw	USA	16/08/15	Lyon, FRA
W50	51.88	Upshaw, Palmer, Scotti, Shook	USA	17/07/11	Sacramento, USA
W55	53.21	Brockner, McGowan, Kirk, Collier	USA	17/08/24	Gothenburg, SWE
W60	55.78	Jakstiene, Upshaw, Williams, Bridgette	USA	17/08/24	Gothenburg, SWE
W65	1:02.76	Banks, Funk, Seki, Black	USA	17/08/24	Gothenburg, SWE
W70	1:12.01	Palmason, Crosthwaite, Reed, Bortignon	CAN	16/09/10	Coutenay, CAN
W75	1:10.19	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	3:48.68	Giscombe, Elder, Trucks, Charles	USA	21/07/24	Sacramento, USA
W40	3:56.27	Roberts, Henderson, Brooker, Miles-Clark	USA	25/04/08	Philadelphia, USA
W45	4:10.95	McGowan, Daley, Konrad, Gentile	USA	16/08/15	Lyon, FRA
W50	4:23.24	DeOliveira, Collier, Ballou, Hawkins	USA	25/07/21	Ames, USA
W55	4:23.52	McDonald, Valle, Rohl, Brockner	USA	25/07/21	Ames, USA
W60	4:42.06	Jasper, Clarke, Springer	USA	25/08/24	Gothenburg, SWE
W65	5:02.25	Funk, Hinz, Loyd, Deak	USA	25/08/24	Gothenburg, SWE
W70	6:12.25	McCarron-Egner, Visser, Reed, Palmason	CAN	09/10/08	Calgary, CAN
W75	6:53.27	Robinson, Worsley, Michelsohn, Green	USA	21/07/19	Toronto, CAN
W80	7:59.18	Green, Daprano, Langenwalter, Hurrell	USA	16/09/18	Malaga, ESP

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	7:36.45	Shari Boyle	CAN	50	10/06/23	Moncton, CAN
W 55	8:13.10	Kathryn Martin	CAN	58	23/07/10	Sacramento, USA
W 60	8:16.93	Sue McDonald	USA	60	15/10/23	Santa Barbara, USA
W 65	8:52.49	Kathryn Martin	USA	65	12/08/17	Toronto, CAN
W 70	10:20.43	Marie-Louise Michelsohn	USA	70	03/08/12	Lisle, USA
W 75	11:30.52	Marie-Louise Michelsohn	USA	76	30/09/18	Santa Barbara, USA
W 80	15:40.78	Tami Graf	USA	81	07/07/18	Worcester, USA
W 85	18:55.84	Florence Meiler	USA	87	23/07/21	Ames, USA

NCCMA STADIA RECORDS - WOMEN



100m Hurdles

W 35	12.40	1.2	Gail Devers	USA	35	02/07/02	Lausanne, SWI
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80m Hurdles

W 40	11.25	0.9	Leslie Estwick	CAN	40	12/07/01	Brisbane, AUS
W 45	12.02	-1.1	Rachel Guest	USA	45	28/03/21	Surprise, USA
W 50	12.19	-1.9	Joy Upshaw-Margerum	USA	50	16/07/11	Sacramento, USA
W 55	12.54	1.2	Neringa Jakstiene	USA	55	19/07/19	Toronto, CAN
W 60	12.94	-1.5	Neringa Jakstiene	USA	60	24/08/24	Gothenburg, SWE
W 65	14.31	-1.2	Nadine O'Connor	USA	65	14/09/07	Riccione, ITA
W 70	16.33	0.0	Kay Glynn	USA	70	20/07/23	Greensboro, USA
W 75	17.44	0.7	Christa Bortignon	CAN	76	21/08/13	Kamloops., CAN
W 80	18.70	-0.1	Irene Obera	USA	82	4/11/16	Perth, AUS
W 85	26.69	0.6	Florence Meiler	USA	87	22/07/21	Ames, USA
W 90	34.55	0.1	Florence Meiler	USA	90	18/7/24	Sacramento, USA

400m Hurdles

W 35	53.32		Sandra Glover	USA	36	13/08/05	Helsinki, FIN
W 40	1:03.95		Lisa Daley	USA	41	11/07/11	Sacramento, USA
W 45	1:05.92		Latrica Dendy	USA	45	07/09/18	Málaga, ESP

300m Hurdles

W 50	46.17		Joy Upshaw-Margerum	USA	50	24/09/11	Point Loma, USA
W 55	49.14		Phil Raschker	USA	55	11/08/02	Orono, USA
W 60	48.84		Sue McDonald	USA	61	21/07/24	Sacramento, USA
W 65	54.00		Karla Del Grande	CAN	68	15/08/21	Toronto, CAN

200m Hurdles

W 70	37.31	-0.1	Karla Del Grande	CAN	71	11/06/24	Toronto, CAN
W 75	39.89	+0.0	Christa Bortignon	CAN	76	18/05/13	Kamloops, CAN
W 80	42.24	1.2	Irene Obera	USA	80	20/07/14	Winston-Salem, USA
W 85	1:42.04	0.4	Tami Graf	USA	85	25/07/21	Ames, USA

High Jump

W 35	1.95		Amy Acuff	USA	36	29/06/12	Eugene, USA
W 40	1.79		Amy Acuff	USA	40	01/07/16	Eugene, USA
W 45	1.76		Debbie Brill	CAN	46	06/08/99	Gateshead, GBR
W 50	1.62		Pamela McCartney	USA	50	11/08/21	Fort Collins, USA
W 55	1.49		Amy Haddad	USA	56	29/04/23	Des Moines, USA
W 60	1.48		Neringa Jakstiene	USA	60	14/08/24	Gothenburg, SWE
W 65	1.33		Kathy Bergen	USA	65	10/06/05	Pittsburgh, USA
W 70	1.30		Kathy Bergen	USA	70	24/07/10	Sacramento, USA
W 75	1.24		Carol LaFayette-Boyd	CAN	76	10/09/18	Málaga, ESP
W 80	1.15		Kathy Bergen	USA	80	02/10/20	Marble Falls, USA
W85	.95		Christa Bortignon	CAN	85	27/08/22	Surrey, CAN
W 90	.92		Florence Meiler	USA	90	22/06/24	Charlottesville, USA
W 95	.75		Olga Kotelko	CAN	95	18/05/14	Kamloops, CAN

NCCMA STADIA RECORDS - WOMEN



Pole Vault

W 35	4.91	Jennifer Suhr	USA	37	30/03/19	Austin, USA
W 40	3.50	Stephanie Colby	USA	41	19/07/19	Toronto, CAN
W 45	3.38	Phil Raschker	USA	47	17/05/94	Atlanta, USA
W 50	3.25	Phil Raschker	USA	52	20/10/99	Orlando, USA
W 55	3.08	Kay Glynn	USA	58	20/06/11	Humble, USA
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	1.55	Florence Meiler	USA	85	20/06/19	Albuquerque, USA
W 90	1.23	Florence Meiler	USA	90	23/06/24	Charlottesville, USA

Long Jump

W 35	6.79	0.7	Jackie Joyner-Kersey	USA	35	09/08/97	Athens, GRE
W 40	5.68	0.4	Veronica Amarasekara	USA	42	08/08/03	Eugene, USA
W 45	5.37	1.5	Joy Upshaw-Margerum	USA	47	09/08/08	Spokane, USA
W 50	5.40	1.7	Phil Raschker	USA	50	13/04/97	Atlanta, USA
W 55	5.06	-1.6	Neringa Jakstiene	USA	55	16/06/19	Albuquerque, USA
W 60	4.89	-0.4	Neringa Jakstiene	USA	60	18/07/24	Sacramento, USA
W 65	4.47	0.8	Carol Lafayette-Boyd	CAN	65	14/09/07	Riccione, ITA
W 70	4.26	1.9	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	3.69	0.9	Carol Lafayette-Boyd	CAN	80	30/07/22	Regina, CAN
W 85	3.11	-0.7	Christa Bortignon	CAN	86	24/08/23	Abbotsford, CAN
W 90	1.80	-0.6	Florence Meiler	USA	90	22/06/24	Charlottesville, USA
W 95	1.28	1.5	Olga Kotelko	CAN	95	17/05/14	Kamloops, CAN

Triple Jump

W 35	13.44	2.4	Crystal Manning	USA	35	18/06/21	Eugene, USA
W 40	11.38	0.4	Cicely Darling	USA	43	15/04/22	Azusa, USA
W 45	10.80		Phil Raschker	USA	46	12/08/93	Provo, USA
W 50	10.49	1.3	Phil Raschker	USA	50	23/07/97	Durban, RSA
W 55	10.49	1.6	Neringa Jakstiene	USA	55	21/07/19	Toronto, CAN
W 60	10.26	0	Neringa Jakstiene	USA	60	09/10/24	St. George, USA
W65	8.87	1.3	Muriel Gieni	CAN	65	13/08/23	Langley, CAN
W 70	8.43	1.5	Carol Lafayette-Boyd	CAN	71	06/07/13	Saskatoon, CAN
W 75	8.19	0.4	Carol LaFayette-Boyd	CAN	75	10/06/17	Regina, CAN
W 80	7.45	-3.0	Carol LaFayette-Boyd	CAN	80	17/07/22	Saskatoon, CAN
W 85	6.62	+0.0	Christa Bortignon	CAN	86	25/08/23	Abbotsford, CAN
W 90	4.25	0.2	Olga Kotelko	CAN	90	18/09/09	Richmond, CAN
W 95	3.37	0.4	Olga Kotelko	CAN	95	18/05/14	Kamloops, CAN

NCCMA STADIA RECORDS - WOMEN



Shot Put

W 35	17.72	4kg	Michelle Carter	USA	36	26/06/22	Eugene, USA
W 40	15.09	4kg	Oneithea Lewis	USA	42	17/07/02	Lancaster, USA
W 45	14.50	4kg	Angela Herzner	USA	46	18/04/21	Scottsdale, USA
W 50	14.65	3kg	Monica Kendall	USA	50	10/06/06	Gresham, USA
W 55	13.27	3gk	Monica Kendall	USA	57	22/06/13	Gresham, USA
W 60	12.58	3kg	Monica Kendall	USA	60	17/07/16	Grand Rapids, USA
W 65	11.31	3gk	Monica Kendall	USA	65	12/12/21	San Mateo, USA
W 70	10.27	3kg	Carol Frost	USA	70	02/08/15	Lincoln, USA
W 75	10.39	2kg	Margaret Tosh	CAN	76	15/06/14	Regina, CAN
W 80	9.50	2kg	Margaret Tosh	CAN	80	10/02/18	Regina, CAN
W 85	7.72	2kg	Elsbeth Padia	USA	85	22/10/23	Hayward, USA
W 90	6.58	2kg	Myrtle Acton	CAN	90	11/08/23	Langley, CAN
W 95	4.91	2kg	Olga Kotelko	CAN	95	16/05/14	Kamloops, CAN

Discus

W 35	69.17	1kg	Gia Lewis-Smallwood	USA	35	30/08/14	Angers, FRA
W 40	60.94	1kg	Gia Lewis-Smallwood	USA	42	18/06/21	Eugene, USA
W 45	50.85	1kg	Carol Finsrud	USA	48	04/08/05	Honolulu, USA
W 50	45.67	1kg	Carol Finsrud	USA	50	15/09/07	Riccione, ITA
W 55	40.39	1kg	Carol Finsrud	USA	55	28/07/12	Austin, USA
W 60	40.76	1kg	Carol Finsrud	USA	60	14/10/17	San Marcos, USA
W 65	35.15	1kg	Carol Finsrud	USA	65	29/07/22	Lexington, USA
W 70	29.07	1kg	Carol Frost	USA	70	02/08/15	Lincoln, USA
W 75	26.43	.75kg	Yuko Nakano	CAN	78	07/08/21	Sherwood Park, CAN
W 80	23.75	.75kg	Yuko Nakano	CAN	80	26/05/24	St. Albert, CAN
W 85	19.31	.75kg	Elsbeth Padia	USA	86	21/07/24	Sacramento, USA
W 90	15.28	.75kg	Myrtle Acton	CAN	90	12/08/23	Langley, CAN
W 95	12.04	.75kg	Olga Kotelko	CAN	95	17/05/14	Kamloops, CAN

Hammer

W 35	67.23	4kg	Lisa Wilson	USA	35	09/07/23	Eugene, USA
W 40	57.08	4kg	Oneithea Lewis	USA	44	04/06/05	Reading, USA
W 45	56.21	4kg	Oneithea Lewis	USA	45	16/07/05	Denver, USA
W 50	55.46	3gk	Oneithea Lewis	USA	50	22/07/10	Sacramento, USA
W 55	49.46	3kg	Vanessa Hilliard	USA	55	05/04/97	Naples, USA
W 60	46.84	3gk	Oneithea Lewis	USA	61	22/07/21	Ames, USA
W 65	40.97	3gk	Carol Finsrud	USA	65	23/07/22	Dedham, USA
W 70	38.63	3kg	Myrle Mensey	USA	70	19/07/19	Toronto, CAN
W 75	42.99	2kg	Myrle Mensey	USA	75	10/08/24	Ladue, USA
W 80	30.70	2kg	Margaret Tosh	CAN	80	08/09/18	Saskatoon, CAN
W 85	22.33	2kg	Myrtle Acton	CAN	88	21/08/21	Langley, CAN
W 90	20.47	2kg	Myrtle Acton	CAN	90	11/08/23	Langley, CAN
W 95	14.92	2kg	Olga Kotelko	CAN	95	16/05/14	Kamloops, CAN

NCCMA STADIA RECORDS - WOMEN



Javelin

W 35	68.11	600g	Kara Winger	USA	36	01/09/22	Bruxelles, BEL
W 40	47.46	600g	Amelie Koloska	CAN	41	21/08/85	Toronto, CAN
W 45	41.57	600g	Monica Kendall	USA	48	12/06/04	Sandy, USA
W 50	44.17	500g	Durelle Schimek	USA	54	23/10/22	Hayward, USA
W 55	40.94	500g	Durelle Schimek	USA	56	07/10/24	St. George, USA
W 60	37.50	500g	Linda Cohn	USA	61	02/05/14	Northridge, USA
W 65	37.32	500g	Linda Cohn	USA	65	13/04/18	Cerritos, USA
W 70	31.88	500g	Linda Cohn	USA	70	03/03/23	Long Beach , USA
W 75	25.61	400g	Madelaine Cazal	USA	75	24/07/13	Berea, USA
W 80	22.47	400g	Margaret Tosh	CAN	80	08/09/18	Saskatoon, CAN
W 85	19.18	400g	Elsbeth Padia	USA	85	11/07/23	Pittsburgh, USA
W 90	16.98	400g	Harriet Bloemker	USA	90	16/07/22	Lincoln, USA
W 95	11.24	400g	Olga Kotelko	CAN	95	29/03/14	Budapest, HUN
W100	6.25	400g	Diane Friedman	USA	100	15/08/21	Rochester, USA

Weight Throw

W 35	17.64	9.08k	Marie-Josée Lejour	CAN	35	16/03/14	Montréal, CAN
W 40	19.09	9.08k	Oneithea Lewis	USA	42	28/09/02	Newark, USA
W 45	17.88	9.08k	Oneithea Lewis	USA	45	13/08/05	Arlington, USA
W 50	18.76	7.26k	Oneithea Lewis	USA	51	11/07/11	Sacramento, USA
W 55	16.17	7.26k	Oneithea Lewis	USA	58	05/08/18	Seattle, USA
W 60	17.79	5.45k	Oneithea Lewis	USA	61	22/07/21	Ames, USA
W 65	17.20	5.45k	Myrle Mensey	USA	68	15/07/17	Baton Rouge, USA
W 70	15.09	5.45k	Myrle Mensey	USA	70	29/06/19	Troy, USA
W 75	16.24	4.00k	Myrle Mensey	USA	75	21/07/24	Sacramento, USA
W 80	11.64	4.00k	Margaret Tosh	CAN	80	08/09/18	Saskatoon, CAN
W 85	9.87	4.00k	Myrtle Acton	CAN	87	19/09/20	Vernon, CAN
W 90	7.90	4.00k	Olga Kotelko	CAN	91	17/09/10	Courtney, CAN
W 95	6.72	4.00k	Olga Kotelko	CAN	95	15/06/14	Langley, CAN

NCCMA STADIA RECORDS - WOMEN



Throws Pentathlon

W 35	3944	Rachel Andres	CAN	37	31/08/24	Calgary, CAN
W 40	4260	Oneithea Lewis	USA	43	23/08/03	Fort Collins, USA
W 45	4206	Oneithea Lewis	USA	45	13/08/05	Arlington, USA
W 50	4074	Oneithea Lewis	USA	50	07/08/10	Lisle, USA
W 55	3758	Oneithea Lewis	USA	58	14/07/18	Chelmsford, USA
W 60	4377	Donna Beard	USA	60	04/08/24	Coquitlan, CAN
W 65	4538	Carol Finsrud	USA	65	23/07/22	Dedham, USA
W 70	4163	Myrle Mensey	USA	70	03/08/19	Lisle, USA
W 75	4290	Margaret Tosh	CAN	75	07/09/14	Saskatoon, CAN
W 80	4300	Margaret Tosh	CAN	80	08/09/18	Saskatoon, CAN
W 85	3501	Myrtle Acton	CAN	85	14/09/19	Kelowna, CAN
W 90	3975	Myrtle Acton	CAN	90	11/08/23	Langley, CAN
W 95	3967	Olga Kotelko	CAN	95	16/05/14	Kamloops, CAN

Pentathlon

W 35	3486	Clare Look-Jaeger	USA	39	04/08/05	Honolulu, USA
W 40	3719	Anne Sluder	USA	42	23/07/15	Jacksonville, USA
W 45	4130	Phil Raschker	USA	46	11/08/93	Provo, USA
W 50	3937	Marsha Baird	USA	50	7/18/204	Sacramento, USA
W 55	4414	Neringa Jakstiene	USA	55	18/07/19	Toronto, CAN
W 60	4921	Neringa Jakstiene	USA	60	18/07/24	Sacramento, USA
W 65	4002	Nadine O'Connor	USA	67	09/07/09	Oshkosh, USA
W 70	3665	Kay Glynn	USA	70	20/07/23	Winston-Salem, USA
W 75	3626	Christa Bortignon	CAN	75	09/08/12	St. John, CAN
W 80	3277	Christa Bortignon	CAN	81	03/08/18	Surrey, CAN
W 85	2202	Florence Meiler	USA	87	22/07/21	Ames, USA
W90	2218	Florence Meiler	USA	90	18/07/24	Sacramento, USA

5000m Race Walk

W 35	22:35.10	Janice McCaffrey	CAN	38	11/04/98	Philadelphia, USA
W 40	22:54.73	Joanne Dow	USA	41	15/07/05	New York, USA
W 45	23:17.33	Joanne Dow	USA	45	25/04/09	Philadelphia, USA
W 50	26:25.52	Maryanne Daniel	USA	52	30/04/11	Philadelphia, USA
W 55	18:04.00	Johanna Flipsen	CAN	57	09/08/12	St John, CAN
W 60	28:09.21	Johanna Flipsen	CAN	60	08/07/15	Lyon, FRA
W 65	29:29.72	Beverly LaVeck	USA	65	05/07/01	Brisbane, AUS
W 70	30:42.96	Louise Walters	USA	71	23/07/10	Sacramento, USA
W 75	34:31:84	Jennie Binning	CAN	75	20/08/00	Kamloops, CAN
W 80	37:10.27	Mariam Gordon	USA	80	26/08/05	San Sebastian, ESP
W 85	41:55.90	Jean Horne	CAN	85	04/09/18	Mal;aga, ESP