



Please note that all names with an asterisk (*) are times and distances better than the record, but insufficient data does not qualify them for the record. AURA recognises these performances and the people who have achieved the times listed. If further data can be supplied by the record recipient, or any other relevant person, then AURA will review the data accordingly.

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50 Km

W40	Helen Stanger NSW	4:12:10	Woolongong NSW	26/03/1994
W45	Lavinia Petrie VIC	3:49:32	East Burwood VIC	16/06/1990
W50	Lavinia Petrie VIC	3:50:15	East Burwood VIC	25/10/1992
W55	Carol Baird ACT	4:54:58	Gosford NSW	08/01/2005
W60	Shirley Young VIC	4:28:45	East Burwood VIC	07/07/1991
W65	Shirley Young VIC	4:36:39	Moe VIC	28/11/1999
W70	Shirley Young VIC	4:50:49	East Burwood VIC	29/09/1995
W75	Shirley Young VIC	5:47:43	Moe VIC	06/11/2005

100 Km

W40	Helen Stanger NSW	9:06:40	Woolongong NSW	26/03/1994
W45	Helen Stanger NSW	9:15:22	Coburg VIC	22/08/1998
W50	Carol Baird ACT	11:14:32	Gold Coast QLD	24/08/2003
W55	Carol Baird ACT	10:33:52	Adelaide SA	30/09/2006
W60	Val Chesterton ACT	19:33:44	Coburg VIC	16/04/2005
W65	Susan Bardy SA	16:50:00	Adelaide SA	27/10/1996
W70	Shirley Young VIC	11:37:25	Coburg VIC	08/04/2000
W75				

200 Km

W40	Helen Stanger NSW	21:38:46	Woolongong NSW	02/04/1995
W45	Helen Stanger NSW	20:56:15	Coburg VIC	23/08/1998
W50	Georgina McConnell NSW	38:02:02	Colac VIC	27/03/1994
W55	Carol Baird ACT	27:03:43	Gold Coast QLD	12/08/2005
W60				
W65				
W70				

500 Km

W40				
W45	Georgina McConnell NSW	3D:23:51:52	Colac VIC	19/11/1992
W50	Georgina McConnell NSW	4D:02:57:39	Colac VIC	23/11/1995
W55				
W65				

1000 Km

W40				
W45				
W50	Georgina McConnell NSW	10D:19:50:58	Nanango QLD	24/03/1996
W55				
W60				
W65				

W70

50 MILES

W40	Helen Stanger NSW	6:52:42	Box Hill VIC	28/06/1986
W45	Lavinia Petrie VIC	6:23:53	East Burwood VIC	19/06/1993
W50	Carol Baird ACT	8:53:48	Gosford NSW	11/01/2004
W55	Carol Baird ACT	8:31:28	Gold Coast QLD	12/08/2005
W60	Shirley Young VIC	7:32:44	East Burwood VIC	21/06/1992
W65	Shirley Young VIC	7:55:08	East Burwood VIC	29/07/1995
W70	Shirley Young VIC	8:08:55	East Burwood VIC	13/05/2000

100 MILES

W40	Helen Stanger NSW	17:00:54	Woolongong NSW	26/03/1994
W45	Margaret Smith	16:01:43	Sydney NSW	1984
W50	Carol Baird ACT	19:29:12	Gold Coast QLD	24/08/2003
W55	Carol Baird ACT	18:36:45	Adelaide SA	01/10/2006
W60				
W65	Shirley Young VIC.	23:30:29	Coburg VIC	22/08/1998
W70	Shirley Young VIC	20:39:17	Coburg VIC	09/04/2001
W75				

500 MILES

W40				
W45				
W50	Georgina McConnell NSW	8D:04:31:28	Nanango QLD	21/03/1996
W55				
W60				
W65				

1000 MILES

W40
W45
W50
W55
W60
W65
W70

6 HOURS

W40	Helen Stanger NSW	69.600Km	Woolongong NSW	26/03/1994
W45	Lavinia Petrie VIC	75.741Km	East Burwood VIC	19/06/1993
W50	Georgina McConnell NSW	58.200Km	Woolongong NSW	22/03/1994
W55	Carol Baird ACT	59.600Km	Gosford NSW	08/01/2005
W60	Shirley Young VIC	63.452Km	East Burwood VIC	27/10/1991
W65	Shirley Young VIC	62.658Km	Coburg VIC	21/08/1999
W70	Shirley Young VIC	60.992km	Coburg VIC	11/11/2001
W75	Shirley Young VIC	51.707km	Moe VIC	06/11/2005

12 HOURS

W40	Helen Stanger NSW	125.157km	Woolongong NSW	26/03/1994
W45	Helen Stanger NSW	125.200km	Coburg VIC	22/08/1998
W50	Carol Baird ACT	105.865km	Gold Coast QLD	24/08/2003

W55	Carol Baird ACT	111.304km	Adelaide SA	30/09/2006
W60	Val Chesterton ACT	81.802km	Gosford NSW	06/01/2002
W65	Shirley Young VIC	91.200km	Coburg VIC	22/08/1998
W70	Shirley Young VIC	103.600km	Coburg VIC	09/04/2000
W75				

24 HOURS

W20 *	Felicity Joyce NSW	171.543km	Adelaide SA	17/10/2004
W25	Anubha Baird SA	183.240km	Adelaide SA	22/10/2000
W30	Sharon Scholz VIC	184.520km	Coburg VIC	20/04/2008
W35	Dawn Parris VIC	203.650km	Olympic Park VIC	20/08/1989
W40	Helen Stanger NSW	219.782km	Woolongong NSW	20/04/1995
W45	Helen Stanger NSW	229.080km	Coburg VIC	23/08/1998
W50	Carol Baird ACT	188.645km	Gold Coast QLD	24/08/2003
W55	Carol Baird ACT	194.945km	Adelaide SA	15/10/2005
W60	Val Chesterton ACT	109.567km	Coburg VIC	16/04/2005
W65	Shirley Young VIC	162.300km	Coburg VIC	23/08/1998
W70	Shirley Young VIC	176.810km	Coburg VIC	09/04/2000
W75				

48 HOURS

W40	Helen Stanger NSW	329.256km	Lota QLD	02/06/1995
W45	Georgina McConnell NSW	301.875km	Wynnum, QLD	06/06/1993
W50	Dawn Parris VIC	241.098km	Colac VIC	22/11/2005
W55	Carol Baird ACT	298.089km	Gold Coast QLD	12/08/2005
W60				
W65				
W70				

6 DAYS

W40	Helen Stanger NSW	691.588km	Campbelltown NSW	24/11/1990
W45	Georgina McConnell NSW	738.103km	Campbelltown NSW	24/11/1990
W50	Georgina McConnell NSW	699.318km	Colac VIC	25/11/1995
W55				
W60				