

| 50 Km  |                         |             |                     |            |
|--------|-------------------------|-------------|---------------------|------------|
| W20    | Elkie Belcher QLD       | 3:35:48     | Gold Coast QLD      | 11/12/2016 |
| W25    | Natasha Fraser VIC      | 3:39:06     | Sydney NSW          | 15/09/2013 |
| W30 *  | Sandra Timmer-Arends    | 3:29:04     | Canberra ACT        | 18/04/1998 |
| W35 *  | Sandra Timmer-Arends    | 3:23:22     | Canberra ACT        | 11/04/1999 |
| W40    | Jackie Fair-weather ACT | 3:19:12     | Canberra ACT        | 13/04/2008 |
| W45    | Rachel Glasson NSW      | 3:35:58     | Wangaratta VIC      | 23/10/2016 |
| W50    | Lavinia Petrie VIC      | 3:41:57     | Canberra ACT        | 10/04/1994 |
| W55    | Carol Baird ACT         | 4:18:51     | Canberra ACT        | 10/04/2005 |
| W60    | Tina Torpy              | 4:13:32     | Canberra ACT        | 15/04/2007 |
| 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 |                         |             |                     |            |
| W20    | Larissa Tichon NSW      | 10:17:12    | Canberra ACT        | 16/02/2013 |
| W25    | Larissa Tichon NSW      | 8:54:27     | Auckland, NZ        | 07/05/2017 |
| W30    | Kirstin Bull VIC        | 7:39:28     | Winschoten NED      | 12/09/2015 |
| W35    | Kirstin Bull VIC        | 7:34:25     | Los Alcazares SPAIN | 27/11/2016 |
| W40    | Jackie Fairweather ACT  | 7:41:23     | Keswick UK          | 19/09/2009 |
| W45 *  | Lavinia Petrie VIC      | 8:22:17     | Kurow NZ            | 28/12/1992 |
| W50    | Tia Jones, QLD          | 8:33:19     | Adelaide SA         | 09/07/2016 |
| W55    | Pam Muston ACT          | 10:17:07    | Gold Coast QLD      | 11/06/2017 |
| W60    | Marie Boyd              | 15:17:20    | Brisbane QLD        | 20/06/2010 |
| W65    | Shirley Young VIC       | 10:47:13    | Canberra ACT        | 15/09/1996 |
| W70    | Shirley Young VIC       | 10:59:00    | Canberra ACT        | 03/03/2003 |
| W75    |                         |             |                     |            |
| 200 Km |                         |             |                     |            |
| W20    | Larissa Tichon NSW      | 23:48:21    | Coburg VIC          | 06/04/2014 |
| W25    | Lee Piantadosi SA       | 23:06:02    | Adelaide SA         | 12/07/2015 |
| W30    | Sharon Scholz VIC       | 21:05:53    | Brive FRANCE        | 14/05/2010 |
| W35    | Meredith Quinlan NSW    | 21:51:43    | Brive FRANCE        | 14/05/2010 |
| W40    | Jodie Osborne QLD       | 20:25:09    | Taipei, TAIWAN      | 22/11/2015 |
| W45    | Bernadette Benson WA    | 19:58:31    | Coburg VIC          | 06/04/2014 |
| W50    | Tia Jones QLD           | 21:54:32    | Taipei, TAIWAN      | 02/12/2018 |
| W55    | Carol Baird ACT         | 27:03:43    | Gold Coast QLD      | 12/08/2005 |
| W60    | Marie Boyd              | 1D:20:32:56 | Texas USA           | 17/11/2012 |
| W65    | Marie Boyd              | 1D:21:26:43 | Anchorage USA       | 10/08/2014 |
| W70    |                         |             |                     |            |

**500 Km**

|     |                        |             |              |            |
|-----|------------------------|-------------|--------------|------------|
| W20 |                        |             |              |            |
| W25 |                        |             |              |            |
| W30 |                        |             |              |            |
| W35 | Dipali Cunningham VIC  | 4D:00:08:06 | New York USA | 14/09/1997 |
| W40 | Dipali Cunningham VIC  | 3D:13:43:55 | New York USA | 02/05/2001 |
| W45 | Georgina McConnell NSW | 3D:23:51:52 | Colac VIC    | 19/11/1992 |
| W50 | Dipali Cunningham VIC  | 3D:11:28:24 | New York USA | 29/04/2009 |
| W55 |                        |             |              |            |
| W60 |                        |             |              |            |
| W65 | Marie Boyd             | 5D:16:39:28 | Glendale USA | 03/01/2016 |

**1000 Km**

|        |                        |              |              |            |
|--------|------------------------|--------------|--------------|------------|
| W20    |                        |              |              |            |
| W25    |                        |              |              |            |
| W30    |                        |              |              |            |
| W35    | Dipali Cunningham VIC  | 8D:17:31:10  | New York USA | 19/09/1997 |
| W40 ** | Cynthia Cameron        | 8D:10:55:00  | SYDNEY-MELB. | 27/03/1987 |
| W45    |                        |              |              |            |
| W50    | Georgina McConnell NSW | 10D:19:50:58 | Nanango QLD  | 24/03/1996 |
| W55    |                        |              |              |            |
| W60    |                        |              |              |            |
| W65    |                        |              |              |            |

**50 Miles**

|       |                       |         |                  |            |
|-------|-----------------------|---------|------------------|------------|
| W20   | Larissa Tichon NSW    | 8:21:05 | Sydney NSW       | 15/06/2013 |
| W25   | Lee Piantadosi SA     | 7:39:14 | Adelaide SA      | 12/07/2015 |
| W30   | Marita Eisler QLD     | 6:23:50 | Gold Coast QLD   | 08/06/2014 |
| W35 * | Mary Morgan WA        | 6:07:29 | Victoria CANADA  | 31/08/1994 |
| 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   | Tia Jones QLD         | 6:49:44 | Adelaide SA      | 09/07/2016 |
| W55   | Marina Brun-Smits NSW | 8:23:47 | Gold Coast QLD   | 08/06/2014 |
| 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 |

\* These performances are recognised by AURA as Australian Records.

| 100 Miles |                              |             |                 |            |
|-----------|------------------------------|-------------|-----------------|------------|
| W20       | Larissa Tichon NSW           | 18:57:01    | Coburg VIC      | 06/04/2014 |
| W25       | Lee Piantadosi SA            | 18:06:11    | Adelaide SA     | 12/07/2015 |
| W30       | Sharon Scholz VIC            | 15:57:37    | Brisbane QLD    | 19/06/2011 |
| W35       | Susannah Harvey-Jamieson QLD | 16:56:35    | Coburg VIC      | 19/04/2009 |
| W40       | Jodie Osborne QLD            | 15:33:56    | Soochow, Taiwan | 22/11/2015 |
| W45       | Bernadette Benson WA         | 15:38:18    | Coburg VIC      | 06/04/2014 |
| W50       | Tia Jones QLD                | 16:52:31    | Adelaide SA     | 09/07/2017 |
| W55       | Carol Baird ACT              | 18:36:45    | Adelaide SA     | 01/10/2006 |
| W60       | Marie Boyd                   | 1D:08:55:13 | Texas USA       | 16/11/2012 |
| W65       | Shirley Young VIC            | 23:30:29    | Coburg VIC      | 22/08/1998 |
| W70       | Shirley Young VIC            | 20:39:10    | Coburg VIC      | 21/03/1996 |

| 500 Miles |                       |             |              |            |
|-----------|-----------------------|-------------|--------------|------------|
| W20       |                       |             |              |            |
| W25       |                       |             |              |            |
| W30       |                       |             |              |            |
| W35       | Dipali Cunningham VIC | 6D:22:54:50 | New York USA | 17/09/1997 |
| W40       | Dipali Cunningham VIC | 5D:21:54:19 | New York USA | 05/05/2001 |
| W45       |                       |             |              |            |
| W50       | Dipali Cunningham VIC | 5D:20:33:42 | New York USA | 02/05/200  |
| W55       |                       |             |              |            |
| W60       |                       |             |              |            |
| W65       |                       |             |              |            |

| 1000 Miles |                       |              |              |            |
|------------|-----------------------|--------------|--------------|------------|
| W20        |                       |              |              |            |
| W25        |                       |              |              |            |
| W30        |                       |              |              |            |
| W35        | Dipali Cunningham VIC | 13D:20:18:40 | New York USA | 24/09/1997 |
| W40        |                       |              |              |            |
| W45        |                       |              |              |            |
| W50        |                       |              |              |            |
| W55        |                       |              |              |            |

| <b>6 Hours</b>  |                        |           |                  |            |
|-----------------|------------------------|-----------|------------------|------------|
| W20             | Larissa Tichon NSW     | 60.800km  | Sydney NSW       | 15/06/2013 |
| W25             | Lee Piantadosi SA      | 66.000km  | Adelaide SA      | 12/07/2015 |
| W30             | Sharon Scholz VIC      | 71.927km  | Coburg VIC       | 07/03/2010 |
| W35 *           | Linda Meadows VIC      | 78.742km  | East Burwood VIC | 18/06/1994 |
| W40             | Jackie Fairweather ACT | 75.000km  | Gold Coast QLD   | 07/06/2009 |
| W45             | Lavinia Petrie VIC     | 75.741Km  | East Burwood VIC | 19/06/1993 |
| W50             | Tia Jones QLD          | 74.671km  | Barcelona, SPAIN | 16/12/2017 |
| 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 |
| <b>12 Hours</b> |                        |           |                  |            |
| W20             | Larissa Tichon NSW     | 115.545km | Canberra ACT     | 16/02/2013 |
| W25             | Lee Piantadosi SA      | 118.800km | Adelaide SA      | 12/07/2015 |
| W30             | Sharon Scholz VIC      | 131.311km | Brisbane QLD     | 18/06/2011 |
| W35 *           | Mary Morgan WA         | 130.832km | Bunbury WA       | 03/04/1994 |
| W40             | Jodie Osborne QLD      | 128.286km | Soochow, Taiwan  | 22/11/2015 |
| W45             | Bernadette Benson WA   | 133.535km | Sydney NSW       | 14/06/2014 |
| W50             | Tia Jones QLD          | 131.066km | Bruce ACT        | 18/03/2017 |
| 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      | 100.00km  | Shepparton VIC   | 15/09/1996 |
| W70             | Shirley Young VIC      | 103.600km | Coburg VIC       | 09/04/2000 |
| <b>24 Hours</b> |                        |           |                  |            |
| W20             | Larissa Tichon NSW     | 202.028km | Coburg VIC       | 06/04/2014 |
| W25             | Lee Piantadosi SA      | 207.354km | Adelaide SA      | 12/07/2015 |
| W30             | Sharon Scholz VIC      | 224.885km | Brive FRANCE     | 14/05/2010 |
| W35             | Meredith Quinlan NSW   | 217.931km | WALES            | 22/09/2011 |
| W40             | Jodie Osborne QLD      | 230.244km | Turin ITALY      | 12/04/2015 |
| W45             | Bernadette Benson WA   | 238.261km | Coburg VIC       | 06/04/2014 |
| W50             | Tia Jones QLD          | 218.177km | Taipei, TAIWAN   | 02/12/2018 |
| W55             | Carol Baird ACT        | 194.945km | Adelaide SA      | 15/10/2005 |
| W60             | Marie Boyd             | 146.539km | Brisbane QLD     | 20/06/2010 |
| W65             | Shirley Young VIC      | 162.300km | Coburg VIC       | 23/08/1998 |
| W70             | Shirley Young VIC      | 176.810km | Coburg VIC       | 09/04/2000 |

**48 Hours**

|     |                       |           |                 |            |
|-----|-----------------------|-----------|-----------------|------------|
| W20 |                       |           |                 |            |
| W25 |                       |           |                 |            |
| W30 | Sharon Scholz VIC     | 333.026km | Caboolture QLD  | 01/08/2010 |
| W35 | Dipali Cunningham VIC | 297.728km | New York USA    | 28/10/1996 |
| W40 | Nikki Wynd VIC        | 343.044km | Canberra ACT    | 18/03/2016 |
| W45 | Sabina Hamaty NSW     | 310.507km | Caboolture, QLD | 09/08/2015 |
| W50 | Dipali Cunningham VIC | 332.534km | CZECH REPUBLIC  | 31/07/2011 |
| W55 | Carol Baird ACT       | 298.089km | Gold Coast QLD  | 12/08/2005 |
| W60 | Marie Boyd            | 215.652km | Texas USA       | 17/11/2012 |
| W65 | Marie Boyd            | 209.659km | Anchorage USA   | 10/08/2014 |
| W70 |                       |           |                 |            |

**6 Days**

|     |                        |           |                  |            |
|-----|------------------------|-----------|------------------|------------|
| W20 |                        |           |                  |            |
| W25 |                        |           |                  |            |
| W30 |                        |           |                  |            |
| W35 | Dipali Cunningham VIC  | 704.892km | New York USA     | 01/11/1996 |
| W40 | Dipali Cunningham VIC  | 821.862km | New York USA     | 05/05/2001 |
| W45 | Georgina McConnell NSW | 738.103km | Campbelltown NSW | 24/11/1990 |
| W50 | Dipali Cunningham VIC  | 825.593km | New York USA     | 02/05/2009 |
| W55 | Dipali Cunningham VIC  | 764.438km | New York USA     | 29/04/2014 |
| W60 |                        |           |                  |            |
| W65 | Marie Boyd             | 501.767km | Glendale USA     | 03/01/2016 |