

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 Fairweather 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	Marie Boyd	2D:15:22:23	Glendale USA	31/12/2018

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



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*	Bernadette Benson WA	15:24:44	Campbelltown NSW	16/06/2019
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	09/04/2000

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				

* These performances are recognised by AURA as Australian Records.

6 Hours				
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

12 Hours				
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

24 Hours				
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	Gemma Worland NSW	146.063km	Canberra ACT	17/03/2019
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	Nikki Wynd VIC	317.894km	Canberra ACT	17/03/2019
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	Marie Boyd	151.760km	Glendale USA	30/12/2018

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
W70	Marie Boyd	360.851km	Glendale USA	03/01/2019