



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

W20	Larissa Tichon NSW	4:46:06	Sydney NSW	15/06/2013
W25	Mallani Moloney QLD	5:09:51	Coburg VIC	13/04/2013
W30 *	Sandra Timmer-Arends VIC	3:38:18	Moe VIC	30/11/1997
W40	Bernadette Benson WA	3:55:51	Coburg VIC	23/02/2014
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

W20	Larissa Tichon NSW	10:44:03	Sydney NSW	15/06/2013
*	Felicity Joyce NSW	9:36:20	Gosford NSW	10/01/2004
W25	Mallani Moloney QLD	11:24:51	Coburg VIC	13/04/2013
W30	Sharon Scholz VIC	8:45:10	Brisbane QLD	18/06/2011
W35				
W40	Helen Stanger NSW	9:06:40	Woolongong NSW	26/03/1994
W45	Bernadette Benson WA	8:47:54	Sydney NSW	14/06/2014
W50	Dipali Cunningham VIC	10:43:00	Ottawa CANADA	25/09/2010
W55	Carol Baird ACT	10:33:52	Adelaide SA	30/09/2006
W60	Marie Boyd	15:17:20	Brisbane QLD	20/06/2010
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

W20	Larissa Tichon NSW	23:48:21	Coburg VIC	06/04/2014
W25				
W30	Sharon Scholz VIC	26:26:54	Caboolture QLD	31/07/2010
W40	Helen Stanger NSW	21:38:46	Woolongong NSW	02/04/1995
W45	Bernadette Benson WA	19:58:31	Coburg VIC	06/04/2014
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

W35
W40
W45
W50
W55
W60
W65
W70

Georgina McConnell NSW 10D:19:50:58 Nanango QLD 24/03/1996

50 MILES

W20
W25
W30
W35
W40
W45
W50
W55
W60
W65
W70

Larissa Tichon NSW	8:21:05	Sydney NSW	15/06/2013
Mallani Moloney QLD	8:47:12	Coburg VIC	13/04/2013
Sharon Scholz VIC	6:52:13	Brisbane QLD	18/06/2011
Helen Stanger NSW	6:52:42	Box Hill VIC	28/06/1986
Lavinia Petrie VIC	6:23:53	East Burwood VIC	19/06/1993
Dipali Cunningham VIC	8:24:54	Ottawa CANADA	25/09/2010
Carol Baird ACT	8:31:28	Gold Coast QLD	12/08/2005
Shirley Young VIC	7:32:44	East Burwood VIC	21/06/1992
Shirley Young VIC	7:55:08	East Burwood VIC	29/07/1995
Shirley Young VIC	8:08:55	East Burwood VIC	13/05/2000

100 MILES

W20
W25
W30
W35
W40
W45
W50
W55
W60
W65
W70
W75

Larissa Tichon NSW	18:57:01	Coburg VIC	06/04/2014
Sharon Scholz VIC	15:57:37	Brisbane QLD	19/06/2011
Jodie Osborne QLD	15:51:49	Coburg VIC	06/04/2014
Bernadette Benson WA	15:38:18	Coburg VIC	06/04/2014
Carol Baird ACT	19:29:12	Gold Coast QLD	24/08/2003
Carol Baird ACT	18:36:45	Adelaide SA	01/10/2006
Shirley Young VIC.	23:30:29	Coburg VIC	22/08/1998
Shirley Young VIC	20:39:17	Coburg VIC	09/04/2001

500 MILES

W40
W45
W50
W55
W60
W65

Georgina McConnell NSW 8D:04:31:28 Nanango QLD 21/03/1996

1000 MILES

W35
W40
W45
W50
W55

W60
W65
W70

6 HOURS

W20	Larissa Tichon NSW	60.800km	Sydney NSW	15/06/2013
*	Stephanie Burrell QLD	62.495km	Coburg VIC	10/03/2013
W25	Mallani Moloney QLD	57.200km	Coburg VIC	13/04/2013
W30	Sharon Scholz VIC	71.927km	Coburg VIC	07/03/2010
W35	Sharon Scholz VIC	65.786km	Coburg VIC	10/03/2013
*	Linda Meadows VIC	78.742km	East Burwood VIC	18/06/1994
W40	Bernadette Benson WA	74.930Km	Coburg VIC	23/02/2014
W45	Lavinia Petrie VIC	75.741Km	East Burwood VIC	19/06/1993
W50	Dipali Cunningham VIC	58.800km	Ottawa CANADA	25/09/2010
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	111.600 km	Sydney NSW	15/06/2013
W25	Mallani Moloney QLD	103.200km	Coburg VIC	13/04/2013
W30	Sharon Scholz VIC	131.311km	Brisbane QLD	18/06/2011
W35	Sharon Scholz VIC	100.800km	Sydney NSW	15/06/2013
*	Mary Morgan WA	130.832km	Bunbury WA	03/04/1994
W40	Jodie Osborne QLD	127.789km	Coburg VIC	05/04/2014
W45	Bernadette Benson WA	133.535km	Sydney NSW	14/06/2014
W50	Dipali Cunningham VIC	110.000km	Ottawa CANADA	25/09/2010
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	Larissa Tichon NSW	202.028 km	Coburg VIC	06/04/2014
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	02/04/1995
W45	Bernadette Benson WA	238.261km	Coburg VIC	06/04/2014
W50	Dipali Cunningham VIC	190.075km	Ottawa CANADA	26/09/2010
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
W75				

48 HOURS

W30	Sharon Scholz VIC	333.026km	Caboolture QLD	01/08/2010
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