

**Australian Women 3000m All-Time List****Primary Source: Athletics Australia – Paul Jenès****Last Updated – 28/02/2012**

<b>Rank</b>	<b>Time</b>	<b>Name</b>	<b>State</b>	<b>DOB</b>	<b>Place</b>	<b>Location</b>	<b>Date</b>	<b>Age</b>
1	11.51.26	Kerry Saxby-Junna	N	20/06/1961	1	Melbourne	07/02/1991	29
2	12.22.09	Gabrielle Blythe	V	09/03/1969	2	Melbourne	24/02/1994	24
3	12.26.87	Anne PembrokeManning	N	13/11/1959	3	Melbourne	24/02/1994	34
4	12.27.74	Jane Saville	N	05/11/1974	2	Melbourne	25/02/1993	28
5	12.36.21	Natalie Saville	N	07/09/1978	1	Sydney	09/12/1995	17
6	12.40.84	Teresa Letherby	Q	05/04/1972	2	Melbourne	29/02/1996	25
7	12.42.1	Sue Orr-Cook	V	23/04/1958	1	Canberra	10/03/1984	25
8	12.43.0	Michelle French	N	10/04/1982	mix	Sydney	08/11/1997	15
9	12.45.95	Beki Lee	N	25/11/1986	mix	Sydney	18/02/2012	25
10	12.46.13	Tanya Holliday	S	21/09/1988	mix	Sydney	18/02/2012	23
11	12.46.76	Jenny Jones	Q	20/04/1967	mix	Brisbane	14/11/1992	25
12	12.48.4	Cheryl Webb	N	03/10/1976	mix	Sydney	22/11/1997	21
13	12.48.76	Lorraine Jachno	V	21/09/1959	2	Melbourne	25/02/1992	32
14	12.48.87	Claire Tallent	S	06/07/1981	mix	Brisbane	07/02/2009	27
15	12.49.2	Linda Coffee	N	31/07/1977	mix	Sydney	13/01/1996	18
16	12.51.56	Wendy Muldoon	V	27/05/1971	3	Melbourne	29/02/1996	24
17	12.51.6	Louise Nicholson	V	26/12/1966	mix	Melbourne	20/02/1992	25
18	12.56.6	Jane Lewry Barbour	S	27/07/1966	mix	Adelaide	05/03/1994	27
19	12.59.4	Bev Wilkins Hayman	N	09/05/1961	mix	Sydney	21/01/1989	27
20	13 12.9	Megan Szirom	V	18/08/1977	mix	Melbourne	07/01/2006	28
21	13.02.71	Sally Pierson	V	10/03/1963	1	Melbourne	21/02/1982	18
22	13.03.99	Jantien Saltet	N	24/01/1972	4	Brisbane	31/01/1993	21
23	13.04.68	Kellie Wapshott	V	23/08/1981	mix	Sydney	27/02/2010	28
24	13.05.95	Nicole Fagan	N	24/07/1989	mix	Sydney	18/02/2012	22
25	13.06.03	Simone Wolowiec	V	12/02/1974	4	Melbourne	24/02/1994	20
26	13.06.97	Regan Lamble	V	14/10/1991	mix	Sydney	18/02/2012	20
27	13.10.80	Laura Johnson	N	31/08/1984	1	Nassau,Bahamas	12/07/2002	17
28	13.13.7	Sharon Schnyder	V	01/07/1964	mix	Melbourne	14/11/1991	25
29	13.14.0	Tracy Rosengrave	V	28/08/1977	mix	Melbourne	04/03/2000	22
30	13.18.48	Renee McAskill	N	11/03/1982	2	Sydney	22/02/1998	15
31	13.21.45	Natalie Camplin	Q	26/03/1969	5	Brisbane	01/02/1992	22
32	13.25.56	Rachel Tallent	V	20/02/1993	mix	Sydney	18/02/2012	18
33	13.26.32	Celia Massie Bertei	V	18/01/1966	6	Melbourne	24/02/1994	18

34 13.26.51 Kelly Ruddick

V 19/04/73 mix Ballarat

08/01/11 37

**Australian Women 5000m All-Time List****Primary Source: Athletics Australia – Paul Jenès****Last Updated – 20/02/2012**

<b>Rank</b>	<b>Time</b>	<b>Name</b>	<b>State</b>	<b>DOB</b>	<b>Place</b>	<b>Location</b>	<b>Date</b>	<b>Age</b>
1	20:03.0	Kerry Saxby-Junna	N	20/06/1961	1	Sydney	11/02/1996	34
2	21:03.33	Jess Rothwell	V	18/06/1989	1	Melbourne	20/02/2009	19
3	21:19.19	Cheryl Webb	N	03/10/1976	2	Sydney	14/02/2009	32
4	21:21.25	Tanya Holliday	S	21/09/1988	mix	Sydney	18/02/2012	23
5	21:23.60	Beki Lee	N	25/11/1986	mix	Sydney	18/02/2012	25
6	21:29.12	Claire Tallent	S	06/07/1981	mix	Sydney	18/02/2012	30
7	21:25.6	Anne Pembroke-Manning	N	13/11/1959	mix	Sydney	12/02/1994	34
8	21:32.26	Jane Saville	N	05/11/1974	1	Melbourne	01/03/1997	26
9	21:34.23	Natalie Saville	N	07/09/1978	2	Melbourne	01/03/1997	18
10	21:45.16	Lisa Sheridan-Paolini	N	10/12/1962	1	Sydney	20/02/2000	37
11	21:46.70	Kellie Wapshott	V	23/03/1981	mix	Melbourne	10/02/2008	26
12	21:47.6	Gabrielle Blythe	V	09/03/1969	mix	Canberra	12/03/1993	24
13	21:59.0	Teresa Letherby	Q	05/04/1972	3	Sydney	11/02/1996	23
14	22:01.50	Linda Coffee	N	31/07/1977	2	Sydney	18/02/1996	18
15	22:04.42	Sue Orr-Cook	V	23/04/1958	1	Melbourne	01/04/1984	25
16	22:05.76	Michelle French	N	01/04/1982	2	Melbourne	19/02/2006	23
17	22:067.54	Regan Lambie	V	14/10/1991	mix	Sydney	18/02/2012	20
18	22:08:00	Megan Szirom	V	18/08/1977	1	Melbourne	23/06/2007	29
19	22:08.5	Jenny Jones-Billington	Q	20/04/1967	4	Brisbane	06/03/1993	25
20	22:13.0	Simone Wolowiec	V	12/02/1974	mix	Melbourne	20/11/1997	23
21	22:15.0	Sally Pierson	V	10/03/1963	1	Melbourne	27/01/1984	20
22	22:15.5	Jane Lewry-Barbour	S	27/07/1966	1	Adelaide	16/02/1994	27
23	22:17.32	Lorraine Young-Jachno	V	21/09/1959	4	Sydney	04/01/1990	30
24	22:23.04	Nicole Fagan	N	24/07/1989	mix	Sydney	18/02/2012	22
25	22:24.9	Wendy Muldoon	V	27/05/1971	mix	Melbourne	09/03/1995	23
26	22:31.18	Lisa Grant	N	26/04/1985	3	Sydney	09/12/2091	20
27	22:34.30	Jo Strangman	A	17/11/1975	mix	Canberra	17/02/1995	19
28	22:35.15	Jillian Hosking	A	12/02/1987	2	Canberra GP event	30/01/2010	22
29	22:36.6	Jantien Saltet	N	24/01/1972	mix	Sydney	28/11/1992	20
30	22:37.8	Bev Wilkins-Hayman	N	09/05/1961	1	Sydney	05/11/1988	27
31	22:40.3	Sharon Schnyder	V	01/07/1964	1	Bendigo	25/01/1992	27
32	22:41.2	Louise Nicholson	V	26/12/1966	1	Melbourne	05/01/1992	25
33	22:44.6	Celia Massie-Bertei	V	18/01/1966	mix	Melbourne	14/01/1991	24
34	22:44.66	Renee McAskill	N	11/03/1982	3	Sydney	07/03/1996	13
35	22:49.3	Jill Barrett-Maybir	Q	13/07/1964	7	Sydney	10/03/1996	31
36	22:50.32	Rachel Tallent	V	20/02/1993	mix	Sydney	18/02/2012	18
37	22:52.70	Laura Johnson	N	31/08/1984	1	Darwin	28/06/2002	17

38	22:57.67	Paige Hooper	S	09/09/1992	4	Ostrava, Czech Rep	12/07/2007	14
39	22:58.0	Kelly Ruddick	1	19/04/1973	1	Ballarat	21/01/2011	37
40	22:59.19	Rachel Thompson	N	21/11/1962	2	Sydney	24/02/1985	22

**Australian Women 10 km All-Time List****Primary Source: Athletics Australia – Paul Jenès****Last Updated – 16/11/2011**

<b>Rank</b>	<b>Time</b>	<b>Name</b>	<b>State</b>	<b>DOB</b>	<b>Place</b>	<b>Location</b>	<b>Date</b>	<b>Age</b>
1	41.30	Kerry Saxby-Junna	N	20/06/1961	1	Canberra	27/08/1988	27
2	42.15	Jane Saville	N	05/11/1974	6	Eisenhuttenstadt	8/05/1999	24
3	43.28	Gabrielle Blythe	V	09/03/1969	-	Hawkesbury	10/07/1993	24
4	44.01	Jess Rothwell	V	18/06/1989	1	Melbourne	15/02/2009	19
5	44.27	Anne Pembroke-Manning	N	13/11/1959	1	Melbourne	21/01/1996	26
6	44.52	Cheryl Webb	N	03/10/1976	1	Melbourne (Aust 20km split)	7/03/2009	32
7	44.55	Tanya Holliday	S	21/09/1988	1	Adelaide	16/07/2011	22
8	45.06	Claire Tallent	S	06/07/1981	10	La Coruna, Spain (IAAF 20km split)	19/06/2010	28
9	45.10	Natalie Saville	N	07/09/1978	2	Melbourne	27/02/1997	18
10	45.15	Lisa Sheridan Paolini	N	10/12/1962	1	Sydney	17/08/2000	37
11	45.18	Jill Barrett-Maybir	Q	13/07/1964	3	Melbourne	27/02/1997	26
12	45.19	Sue Cook	V	23/04/1958	1	Brisbane	28/06/1987	39
13	45.22	Wendy Muldoon	V	27/05/1971	1	Melbourne	19/07/1998	27
14	45.25	Lorraine Young Jachno	V	21/09/1959	1	Melbourne	19/05/1991	31
15	45.38	Sally Pierson	V	10/03/1963	1	Melbourne	8/05/1982	20
16	45.40	Simone Wolowiec	V	12/02/1974	1	Melbourne	14/12/1997	23
17	45.42	Regan Lambie	V	14/10/1991	12	Taicang, China (IAAF 20km split)	22/04/2011	19
18	45.51	Jane Lewry Barbour	S	09/05/1961	2	Melbourne	21/01/1996	24
19	46.06	Jenny Jones Billington	Q	20/04/1967	1	Canberra	28/08/1993	26
20	46.06	Teresa Letherby	Q	05/04/1972	3	Melbourne	17/12/1995	23
21	46.10	Jillian Hosking	A	12/02/1987	3	Hobart (Aust 20km split)	13/02/2010	23
22	46.23	Kellie Wapshott	V	23/03/1981	2	Melbourne (Aust 20 km split)	23/02/2008	26
23	46.30	Megan Szirom	V	18/08/1977	1	Melbourne	2/06/2007	29
24	46.35	Lyn Ventris	W	02/10/1956		Canberra	8/02/2002	45
25	46.38	Nicole Fagan	N	24/07/1989	1	Sydney	24/07/2010	21
26	46.50	Bev Wilkins Hayman	N	09/05/1961	1	Richmond	24/05/1986	25
27	46.53	Kelly Ruddick	V	19/04/1973	1	Melbourne	7/08/2011	38
28	47.01	Linda Coffee	N	31/07/1977	1	Naumburg	28/04/1996	18
29	47.02	Celia Massie Bertei	V	18/01/1966	2	Melbourne	19/05/1991	25
30	47.25	Beki Lee	N	25/11/1986	22	Taicang, China (IAAF 20km split)	22/04/2011	24
31	47.25	Sharon Schnyder	V	10/07/1964	3	Melbourne	25/08/1991	27
32	47.26	Sue Narbey	W	25/11/1964	2	Canberra	24/08/1985	20
33	47.28	Carolyn Vanstan Ferguson	V	14/08/1968	4	Melbourne	25/08/1991	23
34	47.28	Jo Strangman	A	17/11/1975	5	Canberra	29/01/1995	19
35	47.30	Lisa Grant	N	24/06/1985	3	Hobart	27/08/2006	21
36	47.34	Michelle French	N	10/04/1982	-	Melbourne	2/07/2006	24
37	47.41	Jantien Saltet	N	24/01/1972	6	Canberra	25/01/1993	21

38	47.42	Rachel Thompson	N	21/11/1962	1	Sydney	28/04/1984	21
39	48.00	Natalie Camplin	N	26/03/1969	6	Adelaide	4/03/1992	23
40	48.04	Laura Johnson	N	31/08/1984	10	Kingston, Jamaica (Track)	18/07/2002	17
41	48.04.62	Melissa Hayes	N	24/08/1991	2	Gold Coast, Aust U20 10000m	2/08/2008	16
42	48.11	Tracey Rosengrave	V	25/08/1977	1	Melbourne	15/07/2001	23
43	48.26	Jenny Crooks	S	09/04/1976	9	Melbourne	27/02/1997	20
44	48.40	Rachel Tallent	V	20/02/1993	1	Hobart	19/02/2011	17
45	48.44	Karen Iselin	Q	21/09/1956	1	Brisbane	23/07/1989	32
46	48.47	Anne Ryan	N	02/07/1962	3	Adelaide	26/06/1983	20
47	48.52	Natalie McKean	N	13/06/1971	8	Melbourne	25/08/1991	20
48	49.03	Beth Alexander	V	28/11/1992	2	Hobart	13/02/2010	17
49	49.05	Miriam Harding	A	02/06/1956	1	Canberra	27/05/1989	32
50	49.06	Louise Nicholson	V	26/12/1966	4	Melbourne	8/12/1991	24
51	49.12.58	Paige Hooper	S	09/09/1992	2	Sydney, Aust U20 10000m	12/03/2010	17
52	49.32	Debbie Foster	T	20/12/1979	1	Ballarat	11/05/1997	17
53	49.34	Fiona Alldis	N	30/08/1988	2	Canberra	31/01/2004	15
54	49.37	Heather McDonald	V	13/08/1949	24	Grassau, Austria	16/06/1990	40

**Australian Women 20 km All-Time List****Primary Source: Athletics Australia – Paul Jenès****Last Updated – 11/12/2011**

<b>Rank</b>	<b>Time</b>	<b>Name</b>	<b>State</b>	<b>DOB</b>	<b>Place</b>	<b>Location</b>	<b>Date</b>	<b>Age</b>
1	1:27.44.0	Jane Saville	N	05/11/1974	4	Naumburg,Germany	02/05/2004	29
2	1:29.36.0	Kerry Saxby-Junna	N	02/06/1961	2	Naumburg,Germany	30/04/2000	38
3	1:29.44.0	Cheryl Webb	N	03/10/1976	1	Melbourne	07/03/2009	32
4	1:30.25.0	Jess Rothwell	V	18/06/1989	2	Melbourne	07/03/2009	19
5	1:31.34.0	Natalie Saville	N	07/09/1978	25	Naumburg,Germany	02/05/2004	25
6	1:31.39.0	Regan Lamble	V	14/10/1991	12	Taicang, China	22/04/2011	19
7	1:32.02.0	Claire Tallent	S	06/07/1981	10	La Coruna, Spain	19/06/2010	28
8	1:32.57.0	Kellie Wapshott	V	23/08/1981	2	Melbourne	23/02/2008	26
9	1:33.00.0	Lisa Sheridan-Paolini	N	10/12/1962	1	Sydney	08/07/2000	37
10	1:33.09.0	Beki Lee	N	25/11/1986	2	Melbourne	11/12/2011	25
11	1:33.45.0	Megan Szirom	V	18/08/1977	4	Melbourne	07/03/2009	31
12	1:34.13.0	Jillian Hosking	A	12/02/1987	3	Hobart, Aust 20km	13/02/2010	23
13	1:34.27.0	Anne Pembroke-Manning	N	13/11/1959	1	Hawkesbury	10/07/1993	33
14	1:34.35.0	Wendy Muldoon	V	27/05/1971	1	Melbourne	16/08/1998	27
15	1:34.44.0	Simone Wolowiec	V	12/02/1974	1	Canberra	16/01/2000	25
16	1:34.44.0	Lyn Ventris	W	02/10/1956	1	Melbourne	16/12/2001	45
17	1:35.55.0	Nicole Fagan	N	24/07/1989	3	Hobart, Aust 20km	19/02/2011	21
18	1:36.16.0	Jenny Jones-Billington	Q	20/04/1967	2	Hawkesbury	10/07/1993	26
19	1:36.19.0	Sally Pierson	V	10/03/1963	1	Melbourne	15/07/1984	21
20	1:36.23.0	Sue Orr-Cook	V	23/04/1958	1	Canberra	07/07/1984	28
21	1:36.40.0	Lisa Grant	N	26/04/1985	4	Sydney	04/02/2006	20
22	1:37.32.0	Michelle French	N	01/04/1982	3	Melbourne	02/12/2006	24
23	1:37.34.0	Teresa Letherby	Q	05/04/1972	2	Adelaide	03/09/1995	23
24	1:37.48.0	Jill Barrett-Maybir	NT	13/07/1964	1	Sydney	07/09/1997	33
25	1:37.54.0	Tanya Holliday	S	21/09/1988	1	Canberra	28/08/2011	22
26	1:37.59.0	Bev Wilkins-Hayman	N	09/05/1961	1	Sydney	15/07/1989	28
27	1:39.02.0	Jane Lewry-Barbour	S	27/07/1966	3	Hawkesbury	10/07/1993	26
28	1:39.03.0	Jo Strangman	A	17/11/1975	1	Sydney	05/08/1995	19
29	1:39.49.0	Sue Narbey	W	25/11/1964	1	Perth	13/07/1985	20
30	1:39.56.0	Kelly Ruddick	V	19/04/1973	2	Canberra	28/08/2011	38
31	1:40.02.0	Gabrielle Blythe	V	09/03/1969	1	Melbourne	24/05/1992	23
32	1:40.36.0	Sharon Schnyder	V	01/07/1964	1	Adelaide	14/07/1991	27
33	1:40.38.0	Jenny Crooks	S	09/04/1976	2	Melbourne	01/09/1996	20
34	1:40.39.0	Jess Heazlewood	N	30/05/1987	7	Melbourne	07/03/2009	21
35	1:40.49.0	Carolyn Vanstan-Ferguson	V	14/08/1968	1	Melbourne	08/09/1991	23
36	1:40.49.0	Tracy Rosengrave	V	25/08/1977	3	Melbourne	06/07/1997	19
37	1:41.17.0	Anne Ryan	N	02/07/1962	3	Canberra	13/07/1985	23

38	1.41.29.0	Lorraine Young-Jachno	V	21/09/1959	2	Richmond	14/07/1990	30
39	1.41.55.0	Jess Heazlewood	N	30/05/1987	7	Melbourne	23/02/2008	20
40	1:42.17.0	Lara Kara-Ali	S	06/02/1978	4	Melbourne	12/12/1999	21
41	1:42.22.0	Heather McDonald	V	13/08/1949	1	Melbourne	12/09/1993	44
42	1:42.46.0	Laura Johnson	N	31/08/1984	6	Sydney	28/02/2004	19