

## PNG ALL TIME BEST PERFORMANCES - WOMEN

With performances to 20<sup>th</sup> February, 2012

### 60 metres (Automatic Timing)

1	<b>7.48</b>	<b>Mae KOIME</b>	<b>Brisbane</b>	<b>25 May 2007</b>
2	7.60	Toea WISIL	Brisbane	02 Mar 2007
3	7.88	Raphaela BAKI	Gold Coast	01 Jun 2007
4	7.93	Nessie OGISI	Townsville	17 Apr 2004
5	8.00	Monica JONATHAN	Nuku'alofa	26 Aug 1998
6	8.05	Barbara SAPEA	Port Moresby	09 Sep 1991
7	8.08	Iammo LAUNA	Port Moresby	09 Sep 1991
8	8.08	Della MARAVA	Nuku'alofa	26 Aug 1998
9	8.11	Raphaela BAKI	Brisbane	07 Feb 2007
10	8.31	Mary UNIDO	Port Moresby	09 Sep 1991

### 60 metres (Manual Timing)

1=	<b>7.8</b>	<b>Rossa MAIRA</b>	<b>Port Moresby</b>	<b>15 Feb 1997</b>
1=	<b>7.8</b>	<b>Nessie OGISI</b>	<b>Goroka</b>	<b>07 Mar 2003</b>
1=	<b>7.8</b>	<b>Mae KOIME</b>	<b>Goroka</b>	<b>15 Mar 2003</b>
4=	7.9	Ale GAGOLE	Port Moresby	05 Aug 1995
4=	7.9	Mae KOIME	Goroka	07 Mar 2003
4=	7.9	Freda GEPP	Port Moresby	05 Aug 1995
7=	8.1	Monica JONATHAN	Port Moresby	05 Aug 1995
7=	8.1	Shayne AVEFA	Port Moresby	05 Aug 1995

### 100 metres (Automatic Timing)

1	<b>11.37</b>	<b>Mae KOIME</b>	<b>Brisbane, NCh</b>	<b>10 Mar 2007</b>
2	11.49	Toea WISIL	Delhi, CG	07 Oct 2010
3	12.19	Barbara SAPEA	Los Angeles, OG	04 Aug 1984
4	12.20	Ann MOONEY	Adelaide, OceCh	24 Aug 2000
5	12.22	Elanga BUALA	Walnut Ca USA	25 July 1984
6	12.25	Naomi POLUM	Suva, SPG	31 Aug 1979
7	12.25	Raphaela BAKI	Apia, SPG	04 Sep 2007
8	12.30	Monica JONATHAN	Adelaide, OceCh	24 Aug 2000
9	12.40	Venessa WARO	Noumea, PG	06 Sep 2011
10	12.46	Nessie OGISI	Apia, Oce Cup	26 Jun 2003
11	12.47	Betty BURUA	Brisbane	12 Sep 2010
12	12.51	Della MARAVA	Adelaide, OceCh	24 Aug 2000
13	12.51	Helen PHILEMON	Noumea, PG	06
14	12.53	Elizabeth KAMILUS	Port Moresby	31 Jul 1991
15	12.54	Helen MUGA	Townsville, OceCh	28 Nov 1996
16	12.60	Mary UNIDO	Darwin, ASF	25 Apr 1993
17	12.67	Lily TUA	Brisbane	02 Feb 1991
18	12.69	Iammo LAUNA	Rarotonga, MSPG	01 Aug 1985
19	12.71	Lillyanne BEINING	Suva, OceCh	11 Jul 1990
20	12.77	Delin LEMEN	Guam, SPG	04 Aug 1975
21	12.79	Rogot WANINARA-TAULE	Suva, SPG	31 Aug 1979
22=	12.81	Freda GEPP	Pirae, SPG	17 Aug 1995
22=	12.81	Venessa BILEI	Gold Coast	19 Jul 2008
24=	12.87	Ale GAGOLE	Darwin, ASF	07 May 1995
24=	12.89	Adrine MONAGI	Isle of Man, CYG	
24=	12.87	Liberty DUBO	Cairns	09 Dec 2004
27	12.89	Sharon KWARULA	Darwin, AraG	09 May 2011
28	12.96	Cathy RASEHAI	Rarotonga, MSPG	01 Aug 1985
29	12.98	Maria KAUPA	Brisbane	16 Sep 2005
30	12.99	Eunice STEVEN	Cairns	14 Aug 2007
31	13.00	Lynette BURENG	Brisbane	15 Aug 2000
32	13.01	Shayne AVEFA	Pirae, SPG	17 Aug 1995

33	13.02	Esther PAMOA	Port Moresby	31	Aug	1991
34	13.04	Yal JONATHON	Apia, SPG	10	Sep	1983
35	13.05	Shirley VUNATUP	Bangalore, AsianGP	05	Jun	2010
36	13.07	Dulcie ADAMS	Melbourne, PSG	28	Nov	1984
37	13.10	Tahiri HOMERANG	Port Moresby	31	Aug	1991
38	13.12	Nadia BAIS	Darwin, AraG	09	May	2011
39	13.14	Jacinta LANGA	Cairns	14	Ag	2007
40	13.15	Cecilia KUMALALAMENE	Gold Coast	06	Aug	2006
41	13.19	Annamason PAULIAS	Guam, SPG	04	Aug	1975
42	13.20	Geraldine BAKI	Port Moresby, NCh	21	Jul	1991
43	13.21	Winai WARO	Koror, MSPG	25	Jul	2005
44	13.23	Linda NINGO	Townsville, OceCh	28	Nov	1996
45	13.28	Joyce JONATHON	Port Moresby, NCh	21	Jul	1991
46	13.29	Banato IBOWA	Suva, OceCh	11	Jul	1990
47=	13.32	Serah DOWARA	Middlegate, NI	11	Dec	2001
47=	13.32	Liberty DUBO	Townsville, OceCh	16/8	Dec	2004
49	13.35	Raka ALU	Nuku'alofa, MSPG	24	Aug	1989
50	13.37	Bertha TOM	Port Moresby, NCh	21	Jul	1991
51=	13.39	Dorcas PILOKOS	Rarotonga, MSPG	01	Aug	1985
51=	13.39	Vavine RUPA	Sydney	15	Mar	1993
53=	13.40	Vivienne PASSEN	Sydney, PSG	04	Dec	1988
53=	13.40	Pauline BILLY	Port Moresby, NCh	21	Jul	1991
53=	13.40	Karo LAMA	Lae	23	Apr	2005
56	13.41	Priscillah JOHN	Port Moresby	24/8	Nov	2009
57=	13.42	Karo MAHA	Port Moresby, NCh	21	Jul	1991
57=	13.42	Jenny GU'U	Port Moresby	24/8	Nov	2009

Windy performances

13.35w

Julie WANINARA

Apia

12 Dec

2006

100 metres (Manual Timing)

<b>1</b>	<b>11.6</b>	<b>Toea WISIL</b>	<b>Lae, NCh</b>	<b>12/4</b>	<b>Sep</b>	<b>2008</b>
2	11.7	Mae KOIME	Lae	27	Jun	2009
3	11.9	Monica JONATHAN	Lae	12	Aug	2000
4=	12.0	Elanga BUALA	Goroka	02	Jun	1984
4=	12.0	Ann MOONEY	Lae	12	Aug	2000
6=	12.1	Barbara INGIRO-SAPEA	Goroka	02	Jun	1984
6=	12.1	Iammo LAUNA	Port Moresby	19	Apr	1986
6=	12.1	Naomi POLUM	Port Moresby	19	Apr	1986
6=	12.1	Elizabeth KAMILUS	Lae, NCh	04	Jul	1992
6=	12.1	Helen PHILEMON	Lae	09	May	1998
11=	12.2	Lily TUA	Port Moresby	19	Apr	1986
11=	12.2	Mary UNIDO	Goroka, NCh	3	Jul	1993
11=	12.2	Della MARAVA	Lae	12	Aug	2000
11=	12.2	Nessie OGISI	Lae	16	Apr	2003
15=	12.3	Salitia PIPIT-MUGA	NCh Madang	21	Sep	1974
15=	12.3	Helen MUGA	Port Moresby	14	Sep	1996
15=	12.3	Rossa MAIRA	Goroka, NCh	07	Jun	1997
18=	12.4	Yal JONATHON	NCh Goroka	04	Jul	1987
18=	12.4	Ale GAGOLE	Lae	24	Jun	1995
18=	12.4	Raphaela BAKI	Port Moresby	26	Nov	2005
18=	12.4	Sharon Henry KWARULA	Lae	11	Jun	2011
18=	12.4	Vanessa WARO	Lae, NCh	16	Jul	2011
23	12.5	Freda GEPP	Goroka	7	Sep	1996
24=	12.6	Meriba WIKA	Rabaul	03	Aug	1968
24=	12.6	Esther PAMOA	Lae, NCh	04	Jul	1992
24=	12.6	Lillyanne BEINING	Lae, NCh	02	Jul	1994
24=	12.6	Shayne AVEFA	Lae	24	Jun	1995
24=	12.6	Sheila KAVANAMUR	Vunakanau	26-7	Jul	2004
24=	12.6	Joylene NASON	Goroka	15	Jul	2005
24=	12.6	Venessa WARO	Lae, NCh	10	Jul	2010

31=	12.7	Bonek YAMANGAVA	Goroka	25	May	1979
31=	12.7	Tahiri HOMERANG	Rabaul, NCh	23	Jun	1990
31=	12.7	Linda NINGO	Lae	26	Oct	1996
31=	12.7	Wendy TONY	Lae	26	Oct	1996
31=	12.7	Julie WANINARA	East New Britain	16	Sep	2006
31=	12.7	Venessa BILEI	Lae	17	Mar	2007
31=	12.7	Jacinta LANGA	Lae	21	Jul	2007
38=	12.8	Alu RAVUSIRO	Port Moresby	23	Jul	1971
38=	12.8	Kari BADI	Port Moresby	08	Apr	1978
38=	12.8	Aumato BIBAESI	Port Moresby	18	Apr	1980
38=	12.8	AMALATO	Goroka	22	May	1982
38=	12.8	Kari KAPANI	Port Moresby	04	May	1983
38=	12.8	Cathy RASEHAI	Goroka, NCh	21	Jun	1986
38=	12.8	Banato IBOWA	Rabaul, NCh	23	Jun	1990
38=	12.8	Bertha TOM	Rabaul	29	Jun	1991
38=	12.8	Gabriella HELA	Lae, NCh	04	Jul	1992
38=	12.8	Lynette BURENG	Lae	12	Aug	2000
38=	12.8	Serah DOWARA	Port Vila	03	Sep	2001
38=	12.8	Miriam MARUT	East New Britain	16	Sep	2006
38=	12.8	Shirley VUNATUP	Rabaul		May	2008
38=	12.8	Nadia BAIS	Lae	11	Jun	2011
38=	12.8	Adrine MONAGI	Lae, NCh	16	Jul	2011
53=	12.9	Dorcas PILOKOS	Lae	24	Apr	1983
53=	12.9	Dulcie ADAMS	Goroka	24	Aug	1984
53=	12.9	Dessie OKOLE	Rabaul, NCh	23	Jun	1990
53=	12.9	Priscilla KONALALI	Rabaul	13	May	1994
53=	12.9	Delilah MAGAUTU	Lae, NCh	02	Jul	1994
53=	12.9	Joyline NASON	Lae, NCh	25	Apr	2003
53=	12.9	Liberty DUBO	Vunakanau	26-7	July	2004
53=	12.9	Winai WARO	Goroka	25	Jun	2005
53=	12.9	Betty BURUA	Lae			2005
51=	12.9	Eunice STEVEN	Lae	09	Jun	2007
51=	12.9	Lillian TURALIR	Lae, NCh	26	Jun	2009
64=	13.0	Patricia IHA	Lae	31	Mar	1979
64=	13.0	Anamason PENI	Lae	20	Apr	1979
64=	13.0	Janet EREMAS	Port Moresby	10	May	1979
64=	13.0	H. RIMENT	Rabaul	09	May	1980
64=	13.0	Julie HARRY	Port Moresby	04	May	1985
64=	13.0	Yvonne TIO	Rabaul, NCh	23	Jun	1990
64=	13.0	Janet MIDI	Rabaul, NCh	23	Jun	1990
64=	13.0	Tibur JUNIAS	Rabaul	20	Apr	1991
64=	13.0	Maryanne WAGON	Rabaul	13	May	1994
64=	13.0	Joyce TONNY	Lae, NCh	02	Jul	1994
64=	13.0	Vavine RUPA	Port Moresby	14	May	1994
64=	13.0	Evah BILL	Lae	26	Oct	1996
64=	13.0	Emma PALA	Vunakanau	02	May	1998
64=	13.0	Augustina IRINGA	Kainantu	07	Jul	2000
64=	13.0	Elsie ABRIAS	Lae	03	Nov	2001
64=	13.0	Raddie DANIEL	Vunakanau	26-7	Jul	2004
64=	13.0	Elizabeth NATHAN	Lae	18	Jun	2005
64=	13.0	Catherine RHAMBU	Lae			2005
64=	13.0	Sila KAVANAMUR	East New Britain	16	Sep	2006
64=	13.0	Helen TETE	Lae	06	May	2007
64=	13.0	Belinda VATMALE	Lae, NCh	12/4	Sep	2008
64=	13.0	Priscilla JOHN	Goroka	15/7	May	2009

200 metres (Automatic Timing)

<b>1</b>	<b>23.65</b>	<b>Toea WISIL</b>	<b>Delhi, CG</b>	<b>09</b>	<b>Oct</b>	<b>2010</b>
2	23.71	Mae KOIME	Cairns	16	Aug	2007
3	24.82	Elanga BUALA	Los Angeles, OG	08	Aug	1984
4	24.96	Ann MOONEY	Gold Coast	30	Jul	2000
5	24.99	Rossa MAIRA	Tafuna, MSPG	19	Aug	1997

6	25.02	Betty BURUA	Saipan, OceCh	28	Jun	2008
7	25.07	Naomi POLUM	Suva, SPG	06	Sep	1979
8	25.25	Salome DELL	Los Angeles	09	May	2009
9	25.26H	Iammo LAUNA	Nuku'alofa, MSPG	28	Aug	1989
10	25.31	Elizabeth KAMILUS	Port Moresby, NCh	20	Jul	1991
11	25.36	Monica JONATHAN	Nuku'alofa, OceCh	28	Aug	1998
12	25.38	Venessa WARO	Noumea, PG	08	Sep	2011
13	25.47	Helen PHILEMON	Cairns, OceCh	25	Sep	2010
14	25.49	Barbara INGIRO-SAPEA	Apia, SPG	14	Sep	1983
15	25.66	Ale GAGOLE	Nuku'alofa, OceCh	28	Aug	1998
16	25.68	Mary UNIDO	Darwin, ASF	29	Apr	1993
17	25.74 H	Lillyanne BEINING	Seoul, WJC	18	Sep	1992
18	25.82	Helen MUGA	Darwin	24	May	1999
19	25.95	Lily TUA	Tonga, MSPG	26	Aug	1989
20	26.09	Sharon Henry KWARULA	Los Angeles	09	May	2009
21	26.16	Della MARAVA	Brisbane	15	Aug	2000
22	26.17	Nessie OGISI	Cairns	10	Apr	2004
23	26.19	Freda GEPP	Pirae, SPG	22	Aug	1995
24	26.19	Eunice STEVEN	Apia, OceRCh	23	Jun	2011
25	26.20	Maria KAUPA	Brisbane	16	Sep	2005
26	26.30	Rogot WANINARA-TAULE	Suva, SPG	03	Sep	1979
27	26.31	Salitia PIPIT-MUGA	Sydney	15	Feb	1981
28	26.46	Jacinta LANGA	Townsville, OceCh	16/8	Dec	2004
29	26.61	Esther PAMOA	Port Moresby, NCh	20	Jul	1991
30	26.62	Raphaella BAKI	Brisbane	25	Feb	2007
31	26.65	Cecilia KUMALALAMENE	Brisbane	10	Mar	2006
32	26.71	Shayne AVEFA	Port Vila	13	Dec	1993
33=	26.75	Delin LEMEN	Guam, SPG	08	Aug	1975
33=	26.75	Maria KAUPA	Townsville, OceCh	16/8	Dec	2004
35	26.84 P	Meg TAYLOR	Tahiti, SPG	15	Sep	1971
36=	26.93	Lynette BURENG	Adelaide, OceCh	25	Aug	2000
36=	26.93	Shirley VUNATUP	Canberra, PSG	04	Dec	2008
38	26.97	Lillian TURALIR	Townsville	2/4	Oct	2009
39	27.01	Dulcie ADAMS	Melbourne, PSG	28	Nov	1984
40	27.08	Joylene NASON	Lae	24	Apr	2005
41	27.10	Venessa BILEI	Gold Coast	30	Jun	2008
42	27.12	Jean TITUS	Port Moresby, NCh	20	Jul	1991
43	27.16	Jacinta LANGA	Lae, NCh	01	Jul	2007
44	27.18	Julie WANINARA	Apia, OceCh	15	Dec	2006
45	27.20	Kanai KONIEL	Noumea, SPG	12	Dec	1987
46	27.21	Karo MAHA	Port Moresby, NCh	20	Jul	1991
47	27.23	Annamason PAULIAS	Guam, SPG	08	Aug	1975
48	27.32	Linda NINGO	Townsville, OceCh	29	Nov	1996
49	27.34	Joyce TONY	Auckland, OCh	25	Feb	1994
50	27.40	Cathy RASEHAI	Rarotonga, MSPG	03	Aug	1985
51	27.43	Nadia BAIS	Lae, NCh	01	Jul	2007
52	27.46	Bertha TOM	Port Moresby, NCh	20	Jul	1991
53	27.50	Patricia HARRICKNEN	Lae, NCh	01	Jul	2007
54	27.54	Belinda VATMALE	Lae, NCh	01	Jul	2007
55	27.56	Vavine RUPA	Port Vila	13	Dec	1993
56	27.58	Yal JONATHON	Rarotonga, MSPG	03	Aug	1985
57=	27.70	Evah BILL	Perth, PSG	07	Dec	1996
57=	27.70	Serah DOWARA	Middlegate	12	Dec	2001
59	27.72	Dorcas PILOKOS	Apia, SPG	12	Sep	1983
60=	27.73	Banato IBOWA	Sydney, PSG	03	Dec	1988
60=	27.73	Lorraine BAILEY	Townsville	06	May	2001
62	27.75	Karo LAMA	Lae, NCh	01	Jul	2007
63	27.82	Vivienne PASSEN	Sydney, PSG	03	Dec	1988
64	27.85	Wendy TONY	Perth, PSG	07	Dec	1996
	23.38w	Mae KOIME	Brisbane, AusNCh	11	Mar	2007
	24.33w	Ann MOONEY	Gold Coast	05	Aug	2000

150 metres (Automatic Timing)

<b>1</b>	<b>18.34</b>	<b>Mae KOIME</b>	<b>Brisbane</b>	<b>08 Jun</b>	<b>2008</b>
2	20.26	Vanessa BILEI	Brisbane	08 Jun	2008

200 metres (Manual Timing)

<b>1</b>	<b>24.5</b>	<b>Mae KOIME</b>	<b>Lae, NCh</b>	<b>28 Jun</b>	<b>2009</b>
2	24.6	Ann MOONEY	Lae	13 Aug	2000
3	24.7	Helen PHILEMON	Lae, NCh	11 Jul	2010
4	24.8	Monica JONATHAN	Lae	24 Jun	2000
5	24.9	Elanga BUALA	Townsville	21 Apr	1984
6	25.0	Toea WISIL	Lae	22 Dec	2005
7=	25.3	Salitia INGIRO-MUGA	Lae	05 Feb	1975
7=	25.3	Elizabeth KAMILUS	Port Moresby	23 May	1992
7=	25.3	Salome DELL	Lae, NCh	28 Jun	2009
10=	25.4	Iammo LAUNA	Rabaul, NCh	24 Jun	1990
10=	25.4	Barbara INGIRO-SAPEA	Goroka, NCh	01 Jul	1984
10=	25.4	Helen MUGA	Port Moresby	13 Sep	1996
10=	25.4	Venessa WARO	Lae, NCh	17 Jul	2011
14	25.5	Rossa MAIRA	Port Moresby, NCh	29 Sep	1996
15	25.6	Venessa WARO	Lae, NCh	11 Jul	2010
16=	25.7	Naomi POLUM	Lae, NCh	16 Jun	1979
16=	25.7	Mary UNIDO	Suva	26 Jun	1993
16=	25.7	Betty BURUA	Lae	06 Aug	2011
19=	25.8	Esther PAMOA	Lae, NCh	28 Jun	1992
19=	25.8	Della MARAVA	Lae	13 Aug	2000
21=	25.9H	Lillyanne BEINING	Darwin, PSG	09 Apr	1992
21=	25.9	Ale GAGOLE	Lae	25 Jun	1995
21=	25.9	Nessie OGISI	Lae, NCh	27 Apr	2003
24=	26.0	Lily TUA	Rabaul, NCh	24 Jun	1990
24=	26.0	Lynette BURENG	Suva	14 Apr	2001
24=	26.0	Sharon Henry KWARULA	Lae, NCh	12/4 Sep	2008
24=	26.0	Raphaela BAKI	Lae, NCh	12/4 Sep	2008
28=	26.1	Shayne AVEFA	Lae	25 Jun	1995
28=	26.1	Serah DOWARA	Lae, NCh	26 Sep	2004
28=	26.1	Betty BURUA	Lae	09 Jun	2007
28=	26.1	Shirley VUNATUP	Lae, NCh	11 Jul	2010
32=	26.2	Banato IBOWA	Rabaul, NCh	24 Jun	1990
32=	26.2	Angela WAY	Lae	29 Mar	2003
32=	26.3	Delilah EXON	Port Moresby, SPG	16 Aug	1969
32=	26.3	Freda GEPP	Lae	25 Jun	1995
32=	26.4	Delin LEMEN	Port Moresby, NCh	17 May	1975
37=	26.4	Rogot WANINARA-TAULE	Lae, NCh	16 Jun	1979
37=	26.4	Kari KAPANI	Port Moresby	15 Apr	1983
37=	26.4	Karo MAHA	Rabaul, NCh	24 Jun	1990
37=	26.4	Joylene NASON	Lae	26 Mar	2005
41=	26.5	G. VELOPO	Port Moresby	11 Sep	1981
41=	26.5	Dorcas PILOKOS	Lae	Apr	1983
41=	26.5	Maria KAUPA	Lae, NCh	26 Nov	2004
41=	26.5	Eunice STEVEN	Lae	09 Jun	2007
45=	26.6	Beddy LAIM	Rabaul	30 Apr	1969
45=	26.6	Ashwin GARA	Lae, NCh	16 Jun	1979
45=	26.6	Aumato BIBAESI	Port Moresby	25 Apr	1980
45=	26.6	Cathy RASEHAI	Goroka, NCh	22 Jun	1986
45=	26.6	Dessie OKOLE	Rabaul, NCh	24 Jun	1990
45=	26.6	Gabriella HELA	Lae, NCh	05 Jul	1992
45=	26.6	Bertha TOM	Lae	7 Mar	1993
45=	26.6	Linda NINGO	Lae	27 Oct	1996
45=	26.6	Joanne WARI	Port Moresby	24 Jun	2006
54=	26.7	Kila AVEA	Mt Hagen, NCh	09 May	1981
54=	26.7	Kanai KONIEL	Port Moresby	03 Oct	1987

54=	26.7	Lorraine BAILEY	Lae	24	Jun	2000
54=	26.7	Joylene NASON	Vunakanau	02	Jul	2004
54=	26.7	Nadia BAIS	Lae, NCh	17	Jul	2011
54=	26.7	Adrine MONAGI	Lae, NCh	17	Jul	2011
60=	26.8	Helen LEBOLO	Lae, NCh	16	Jun	1979
60=	26.8	Yal JONATHON	Lae	20	Jun	1987
60=	26.8	Catherine WABADALA	Rabaul, NCh	24	Jun	1990
60=	26.8	Janet MIDI	Rabaul, NCh	24	Jun	1990
60=	26.8	Joyce TONNY	Lae, NCh	03	Jul	1994
60=	26.8	Wendy TONY	Vunakanau	30	Jun	1996
60=	26.8	Karo LAMA	Vunakanau	02	Jul	2004
60=	26.8	Winai WARO	Lae	13	Jun	2005
68=	26.9	Gaet NIM	Tahiti, SPG			1971
68=	26.9	Vivienne PASSEN	Lae	30	May	1987
68=	26.9	Elty WILLIE	Rabaul, NCh	24	Jun	1990
68=	26.9	Jacinta LANGA	Lae, NCh	22/4	Sep	2006
68=	26.9	Lillian TURALIR	Lae, NCh	28	Jun	2009

200 metres Indoors (Automatic Timing)

<b>1</b>	<b>25.31</b>	<b>Betty BURUA</b>	<b>Fayetteville</b>	<b>06</b>	<b>Mar</b>	<b>2009</b>
2	25.88	Sharon Henry KWARULA	Rock island	11	Feb	2012

300 metres Indoors (Automatic Timing)

<b>1</b>	<b>41.32</b>	<b>Sharon Henry KWARULA</b>	<b>Cedar Falls, Iowa</b>	<b>14</b>	<b>Jan</b>	<b>2012</b>
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300 metres (Automatic Timing)

<b>1</b>	<b>38.54</b>	<b>Mae KOIME</b>	<b>Brisbane</b>	<b>25</b>	<b>May</b>	<b>2007</b>
2	38.88	Ann MOONEY	Sydney	14	Sep	2000
3	39.54	Toea WISIL	Brisbane	08	Jun	2007
4	39.93	Salome DELL	Brisbane	26	Jun	2010
5	40.86	Elizabeth KAMILUS	Port Moresby	09	Sep	1991
6	41.36	Barbara SAPEA	Port Moresby	09	Sep	1991
7	41.38	Lily TUA	Port Moresby	09	Sep	1991
8	41.39	Mary UNIDO	Port Moresby	09	Sep	1991
9	42.10	Donna KONIEL	Gold Coast	24	Jul	2011
10	42.50	Esther PAMOA	Port Moresby	09	Sep	1991
11	42.76	Ale GAGOLE	Nuku'alofa	26	Aug	1998
12	43.12	Rosemary NAMI	Port Moresby	09	Sep	1991
13	44.29 mx	Rachel KAPERHA	Adelaide	23	Aug	2000
14	44.99	Nessie OGISI	Townsville	17	Apr	2004
15	45.58	Kuki PENIAS	Port Moresby	09	Sep	1991

300 metres (Manual Timing)

<b>1</b>	<b>41.2</b>	<b>Venessa WARO</b>	<b>Lae</b>	<b>10</b>	<b>Apr</b>	<b>2010</b>
2	41.4	Ale GAGOLE	Pirae	14	Aug	1995
3	41.5	Helen PHILEMON	Suva	02	Jul	2003
4	41.9	Monica JONATHAN	Lae	01	Apr	1999
5	42.4	Lorraine BAILEY	Suva	02	Jul	2003
6	42.8	Freda GEPP	Port Moresby	05	Aug	1995
7	43.0	Shayne AVEFA	Port Moresby	05	Aug	1995
8	43.7	Eunice STEVEN	Lae	10	Apr	2010
9	43.8	Angela WAY	Lae	13	Feb	1999
10	43.9	Mae KOIME	Goroka	15	Mar	2003

400 metres (Automatic Timing)

<b>1</b>	<b>53.19</b>	<b>Toea WISIL</b>	<b>Gold Coast</b>	<b>14</b>	<b>Aug</b>	<b>2010</b>
2	54.08	Salome DELL	Brisbane	12	Sep	2010
3	54.33	Betty BURUA	Cairns, OceCh	24	Sep	2010
4	55.18	Ann MOONEY	Brisbane	15	Aug	2000
5	56.06	Mae KOIME	Brisbane	04	Nov	2005
6	56.20	Mary UNIDO	Port Vila, MSPG	14	Dec	1993
7	56.82	Elanga BUALA	Los Angeles, OG	04	Aug	1984

8	57.28	Tahiri HOMERANG	Port Moresby	24	Aug	1991
9	57.44	Helen MUGA	Santa Rita, SPG	05	Jun	1999
10	57.43	Sharon Henry KWARULA	Eagle Rock, USA	10	May	2008
11	57.45	Cecilia KUMALALAMENE	Lae, NCh	30	Jun	2007
12	57.59	Lily TUA	Port Moresby	24	Aug	1991
13	57.71	Donna KONIEL	Darwin, AraG	09	May	2011
14	57.74	Rossa MAIRA	Pago Pago, MSPG	16	Aug	1997
15	57.75	Venessa WARO	Cairns, OceCh	25	Sep	2010
16	57.82	Barbara INGIRO-SAPEA	Port Moresby	24	Aug	1991
17	57.96	Salitia PIPIT-MUGA	Sydney	14	Feb	1981
18=	58.22	Ale GAGOLE	Pirae, SPG	17	Aug	1995
18=	58.22	Maria KAUPA	Townsville	21	Sep	2005
20	58.45	Elizabeth KAMILUS	Port Moresby, SPG	13	Sep	1991
21	58.72	Helen PHILEMON	Gold Coast	12	Sep	2010
22	59.18	Angela WAY	Nuku'alofa, OceCh	27	Aug	1998
23	59.41	Kanai KONIEL	Noumea, SPG	11	Dec	1987
24	59.77	Eunice STEVEN	Port Moresby	24/8	Nov	2009
25	59.99	Delin LEMEN	Guam, SPG	07	Aug	1975
26	60.39	Lorraine BAILEY	Suva, SPG	09	Jul	2003
27=	60.50	Esther PAMOA	Port Moresby, NCh	22	Jul	1991
27=	60.50	Maria KAUPA	Cairns	11	Dec	2004
29	60.95	Hilda ROY	Rarotonga, MSPG	07	Aug	1985
30=	61.11	Gisung NGALAU	Suva, SPG	03	Sep	1979
30=	61.11	Kuki PENIAS	Port Moresby	24	Aug	1991
32	61.37	Lillian TURALIR	Townsville	2/4	Oct	2009
33	61.58	Karo MAHA	Port Moresby	22	Jul	1991
34	61.61	Lorraine BAILEY	Brisbane	15	Aug	2000
35	61.67	Linda MARERE	Suva, SPG	03	Sep	1979
36=	62.17	Mo'uro KAIDA	Guam, SPG	05	Aug	1975
36=	62.17	Rachel KAPERERA	Brisbane	15	Aug	2000

#### 400 metres (Manual Timing)

<b>1</b>	<b>54.5</b>	<b>Ann MOONEY</b>	<b>Lae</b>	<b>12</b>	<b>Aug</b>	<b>2000</b>
2	55.4	Toea WISIL	Lae, NCh	12/4	Sep	2008
3	55.5	Salome DELL	Lae, NCh	12/4	Sep	2008
4	56.3	Betty BURUA	Lae, NCh	10	Jul	2010
5	56.5	Rossa MAIRA	Port Moresby	14	Apr	1997
6	56.9	Donna KONIEL	Lae	12	Jun	2011
7	57.2	Mae KOIME	Gold Coast	11	Nov	2006
8	57.4	Sharon Henry KWARULA	Lae	12	Jun	2011
9=	57.6	Esther PAMOA	Lae, NCh	04	Jul	1992
9=	57.6	Elizabeth KAMILUS	Port Moresby	30	Oct	1993
11=	57.8	Elanga BUALA	Lae			1984
11=	57.8	Mary UNIDO	Port Moresby	09	Oct	1993
13	57.9	Venessa WARO	Lae, NCh	9	Jul	2010
14	58.0	Helen MUGA	Port Moresby	02	May	1999
15	58.1	Salitia PIPIT-MUGA	Port Moresby	20	Aug	1971
16	58.2	Maria KAUPA	Brisbane	18	Sep	2005
17=	58.8	Tahiri HOMERANG	Lae	22	Jun	1991
17=	58.8	Mae KOIME	Lae, NCh	25	Sep	2004
17=	58.8	Cecila KUMALALAMENE	Lae	09	Sep	2006
20	59.0	Angela WAY	Nuku'alofa	03	Jun	1998
21=	59.1	Kito KAIDA	Port Moresby, SPG	15	Aug	1969
21=	59.1	Rosemary NAMI	Lae, NCh	01	Jul	1994
23=	59.2	Ale GAGOLE	Lae, NCh	30	Jun	1995
23=	59.2	Helen PHILEMON	Lae	18	Jun	2003
23=	59.2	Lorraine BAILEY	Lae	18	Jun	2003
26	59.4	Gaet NIM	Tahiti, SPG	11	Sep	1971
27=	59.5	Barbara INGIRO-SAPEA	Apia, SPG	12	Sep	1983
27=	59.5	Monica JONATHAN	Townsville	26	May	1999
29	59.6	Rachel KAPERERA	Port Moresby	02	Oct	1999
30	59.9	Eunice STEVEN	Lae, NCh	10	Jul	2010

31	60.0	Shirley VUNATUP	Lae	24	Apr	2010
32=	60.1	Lily TUA	Port Moresby	20	Jul	1996
32=	60.1	Grace WESCOTT	Port Moresby	02	May	2001
34=	60.2	Hilda ROY	Goroka, NCh	21	Jun	1986
34=	60.2	Jacinta LANGA	Lae	29	Sep	2005
36=	60.4	Kanai KONIEL	Port Moresby, NCh	02	Jul	1988
36=	60.4	Jacinta LANGA	Lae, NCh	22/4	Sep	2006
38	60.5	Delin LEMEN	Madang, NCh	17	Sep	1977
39	60.6	Lillian TURALIR	Lae, NCh	26/8	Jun	2009
40=	60.7	Gisung NGALAU	Goroka, NCh	21	Jun	1986
40=	60.7	Miriam GOIYE	Lae, NCh	26	Apr	2003
42	60.8	Merolyn AUGA	Lae	26	Mar	2005
43	60.9	Bertha TOM	Lae, NCh	04	Jul	1992
44	61.0	Christine TALIA	Port Moresby, SPG	14	Aug	1969
45	61.2	Sylvia RAFIAN	Lae	26	Oct	1996
46=	61.3	Henapa SOKO	Madang, NCh	17	Sep	1977
46=	61.3	Lillian TURALIR	Lae	08	Jun	2009
48	61.4	Rachel LENNY	Lae	15	Jul	2000
49	61.5	Augustina INGIRIN	Lae, NCh	15	Jul	2011
50=	61.7	Noelline JACK	Rabaul	15	Jun	1991
50=	61.7	Rubbie APOLOS	Lae, NCh	01	Jul	1994
50=	61.7	Miriam GOIYE	Lae	04	Nov	2001
50=	61.7	Rachael ISIDOR	Lae, NCh	26/8	Jun	2009
54	61.9	Tehila WOMOLA	Lae, NCh	16	Jul	2011
55=	62.0	Karo MAHA	Rabaul, NCh	23	Jun	1990
55=	62.0	Esther TIMOTHY	Goroka	02	Jun	1990
55=	62.0	Augustina INGIRIN	Lae, NCh	10	Jul	2010
58=	62.2	Navo ANISA	Rabaul, NCh	22	Oct	1966
58=	62.2	Kari KAPANI	Port Moresby	20	Aug	1983
58=	62.2	Miriam MARUT	East New Britain	16	Sep	2006
61=	62.4	Yal JONATHON	Port Moresby	27	Aug	1983
61=	62.4	Yameng KALEP	Port Moresby, NCh	02	Jul	1988
61=	62.4	Antonia URAKUPA	Port Moresby	05	Jul	1997
64=	62.5	Catherine RHAMBO	Lae, NCh	22/4	Sep	2006
64=	62.5	Rickinel KAMUN	Lae, NCh	12/4	Sep	2008
66=	62.6	Tibur JUNIAS	Rabaul	09	Jun	1990
66=	62.6	Shirley VONOA	Rabaul	11	Jun	1994
68=	62.7	Kari DADI	Port Moresby	23	Jul	1983
68=	62.7	Banato IBOWA	Port Moresby, NCh	02	Jul	1988
68=	62.7	Elizabeth NATHAN	Lae	29	Sep	2005
71=	62.8	Idau WAY	Goroka, NCh	08	May	1983
71=	62.8	Jennifer AUGA	Lae	02	May	1999
71=	62.8	Serah DOWARA	Port Vila	28	Sep	2002
71=	62.8	Raphaella NAIVEL	Lae	26	Mar	2005
75=	62.9	Kila AVEA	Rabaul, NCh	15	Jun	1980
75=	62.9	Jenny WILLIE	Lae, NCh	26/8	Jun	2009
77=	63.0	Linda MARERE	Lae	04	Aug	1979
77=	63.0	Jessica KAVULIO	Vunakanau	29	Jun	1996

400 metres Indoors (Automatic Timing)

<b>1</b>	<b>56.19</b>	<b>Betty BURUA</b>	<b>Fayetteville</b>	<b>06</b>	<b>Mar</b>	<b>2009</b>
2	58.23	Sharon KWARULA	Ames, Iowa	20	Jan	2012

500 metres Indoors (Automatic Timing)

<b>1</b>	<b>1:20.32</b>	<b>Sharon Henry KWARULA</b>	<b>Rock Island</b>	<b>11</b>	<b>Feb</b>	<b>2012</b>
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600 metres

<b>1</b>	<b>1:32.44</b>	<b>Salome DELL</b>	<b>Melbourne</b>	<b>09</b>	<b>Dec</b>	<b>2010</b>
2	1:32.45	Betty BURUA	Melbourne	09	Dec	2010
3	1:35.15	Cecilia KUMALALAMENE	Brisbane	25	Mar	2007
4	1:36.75	Ann MOONEY	Brisbane	25	Mar	2007
5	1:42.0	Rosemary NAMI	Goroka	30	Jun	1993



6	1:42.25	Donna KONIEL	Gold Coast	09	Oct	2010
7	1:44.1	Rossa MAIRA	Port Moresby	15	Feb	1997
8	1:46.0	Rubbie APOLOS	Port Moresby	05	Aug	1995

**800 metres**

<b>1</b>	<b>2:03.53</b>	<b>Salome DELL</b>	<b>Delhi, CG</b>	<b>10</b>	<b>Oct</b>	<b>2010</b>
2	2:13.56	Cecilia KUMALALAMENE	Brisbane	20/1	Jan	2007
3	2:14.51e	Salitia PIPIT-MUGA	Sydney	17	Jan	1982
4	2:15.09	Betty BURUA	Cairns, OceCh	24	Sep	2010
5	2:15.29	Ann MOONEY	Cairns	16	Aug	2007
6	2:16.80	Donna KONIEL	Noumea, PG	06	Sep	2011
7	2:18.61e	Rosemary NAMI	Port Moresby, SPG	17	Sep	1991
8	2:19.20	Miriam GOIYE	Hamilton	06	Dec	2001
9	2:19.26e	Poloni AVEK	Port Moresby, SPG	18	Sep	1991
10	2:19.39	Tuna TINE	Cairns, OceCh	24	Sep	2010
11	2:19.85e	Elanga BUALA	Apia, SPG	09	Sep	1983
12	2:20.4	Rosemary OMUNDSEN	Lae	24	Jun	1995
13	2:20.96e	Gisung NGALAU	Noumea, SPG	11	Dec	1987
14	2:21.37e	Mo'uro KAIDA	Guam, SPG	06	Aug	1975
15	2:21.6	Rachel KAPER A	Port Moresby	01	May	1999
16	2:22.1	Jenny ALBERT	Lae, NCh	17	Jul	2011
17	2:22.3	Kito KAIDA	Port Moresby, SPG	18	Aug	1969
18	2:22.74e	Janice JIRORU	Suva, SPG	01	Sep	1979
19	2:23.64e	Kuki PENIAS	Port Moresby, NCh	20	Jul	1991
20	2:23.7	Kila AVEA	Lae	13	Jun	1981
21	2:24.71e	Rubbie APOLOS	Pirae, SPG	22	Aug	1995
22	2:24.9	Noelline JACK	Lae	22	Jun	1991
23	2:25.1	Susan KAUBA	Port Moresby, NCh	17	May	1975
24	2:25.3	Sylvia RAFIAN	Lae	27	Oct	1996
25	2:26.3	Maria KAUPA	Lae	24	Apr	2005
26	2:25.5	Bernadette NAMAL	Noumea, SPG	13	Dec	1966
27	2:25.42	Poro GAHEKAVE	Gold Coast	11	Aug	2007
28	2:26.10	Eunice STEVEN	Apia, OceRCh	22	Jun	2011
29	2:26.4	Annamason PAULIAS	Lae	12	Apr	1978
30	2:26.7	Regina KOS	Lae	24	Jun	1995
31	2:26.75e	Linda MARERE	Suva, SPG	31	Aug	1979
32	2:26.8	Dephanie AITO	Lae	24	Apr	2011
33	2:26.9	Christine TALIA	Port Moresby, SPG	18	Aug	1969
34	2:27.2	Peni PASTE A	Port Moresby, NCh	08	Jun	1969
35	2:27.26	Seleseyato UMILI	Port Moresby	27	Nov	2009
36	2:27.33e	Agnes ANDREAS	Brisbane, PSG	30	Aug	1982
37=	2:28.0	Hilda ROY	Goroka, NCh	22	Jun	1986
37=	2:28.0	Kanai KONIEL	Port Moresby	11	Jun	1988
37=	2:28.0	Shirley VONOA I	Rabaul	31	May	1991
40	2:28.1	Rachel MIRIA	Lae	03	Nov	2001
41	2:28.3	Shirley YABARA	Port Moresby	20	Sep	1986
42	2:28.4	Martha WARBAT	Port Moresby	20	Sep	1986
43	2:28.6	Hilda MIDAL	Rabaul	08	Jun	1991
44=	2:28.7	Barbara INGIRO	Townsville	27	Apr	1984
44=	2:28.7	Merolyn AUGA	Lae	24	Apr	2005
46=	2:28.8	Nuta RORFIAKE	Goroka	16	May	1986
46=	2:28.8	Susan PIDIK	Port Moresby, NCh	03	Jul	1988
48	2:28.85eH	Iammo LAUNA	Los Angeles, OG	04	Aug	1984
49	2:29.0	Tahiri HOMERANG	Port Moresby	25	Apr	1987
50	2:29.2	Velda MAVE	Goroka, NCh	01	Jul	1984
51=	2:29.5	Joan KAMBU	Lae, NCh	22/4	Sep	2006
51=	2:29.5	Lisa AUGUSTINE	Lae, NCh	26/8	Jun	2009
53	2:29.6	Grace PETER	Rabaul, NCh	24	Jun	1990
54	2:29.9	Elisah PALO	Port Moresby	27	Nov	1993
55	2:29.91e	Evelyn DAING	Port Moresby, NCh	20	Jul	1991
56	2:30.0	Pauline ILAM	Lae, NCh	16	Jun	1979

**800 metres (Indoors)**

<b>1</b>	<b>2:24.74</b>	<b>Cecilia KUMALALAMENE</b>	<b>Sioux Central, Iowa</b>	<b>04</b>	<b>Feb</b>	<b>2012</b>
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**1000 metres**

<b>1</b>	<b>3:02.7</b>	<b>Rosemary OMUNDSEN</b>	<b>Abbotsford</b>	<b>06</b>	<b>Aug</b>	<b>1994</b>
2	3:12.13e	Poloni AVEK	Port Moresby	09	Sep	1991
3	3:12.8	Regina KOS	Rarotonga	03	May	1995
4	3:17.71 mx	Miriam GOIYE	Adelaide	23	Aug	2000
5	3:21.0	Gisung NGALAU	Port Moresby	20	Jun	1987
6	3:22.9	Shirley YABARA	Port Moresby	20	Jun	1987
7	3:24.74e	Lydia JEFFRY	Port Moresby	09	Sep	1991
8	3:27.1	Cynthia PENIAS	Port Moresby	20	Jun	1987
9	3:28.1	Paulina WILLIAMS	Port Moresby	20	Jun	1987
10	3:28.4	Shirley VONOA	Rabaul	04	May	1991
11	3:29.0	Hilda ROY	Goroka	16	Jun	1985
12	3:29.6	Hilda MIDAL	Rabaul	04	May	1991
13	3:29.7	Lyn POKOU	Goroka	09	Apr	1999

**1000 metres (Indoors)**

<b>1</b>	<b>3:09.92</b>	<b>Cecilia KUMALALAMENE</b>	<b>Ames, Iowa</b>	<b>20</b>	<b>Jan</b>	<b>2012</b>
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**1500 metres**

<b>1</b>	<b>4:27.77</b>	<b>Salome DELL</b>	<b>Brisbane</b>	<b>11</b>	<b>Feb</b>	<b>2011</b>
2	4:37.17e	Rosemary OMUNDSEN	Victoria, CG	28	Aug	1994
3	4:45.71e	Poloni AVEK	Noumea, SPG	14	Dec	1987
4	4:49.4 (mx)	Cecilia KUMALALAMENE	Gold Coast	26	Jul	2007
5	4:50.30	Tuna TINE	Darwin, AraG	08	May	2011
6	4:50.41e	Salitia PIPIT-MUGA	Canberra	03	Feb	1982
7	4:53.2	Jenny ALBERT	Lae	24	Apr	2011
8	4:53.54e	Janice JIRORU	Suva, SPG	06	Sep	1979
9	4:56.3	Rosemary NAMI	Port Moresby	30	Oct	1993
10	4:57.60e	Mo'uro KAIDA	Guam, SPG	09	Aug	1975
11	4:57.63	Poro GAHEKAVE	Brisbane	24	Feb	2007
12	4:58.07e	Gisung NGALAU	Nouméa, SPG	14	Dec	1987
13	5:00.77e	Nerrie SINE	Honiara, MSPG	14	Jul	1981
14	5:02.2	Rubbie APOLOS	Moresby	22	Jul	1995
15	5:03.58	Dephanie AITO	Sydney	12	Mar	2011
16	5:05.5	Sandy BELONG	Lae, NCh	12/4	Sep	2008
17	5:06.2	Maibi LEVI	Port Moresby, NCh	16	May	1975
18	5:06.5	Miriam BORAM	Lae	13	Jun	2011
19	5:06.7	Gretel APOLOS	Rabaul, NCh	15	Jun	1980
20	5:07.03e	Lydia JEFFRY	Port Moresby, NCh	22	Jul	1991
21	5:07.6	Nuta RORFIAKE	Goroka, NCh	21	Jun	1986
22	5:07.7	Merolyn AUGA	Townsville	26	May	1999
23	5:07.8	Regina KOS	Lae, NCh	02	Jul	1994
24	5:08.5	Miriam GOIYE	Lae	27	Mar	2005
25	5:09.22	Lynn POKOU	Darwin	23	May	1999
26	5:09.8	Helen McKENZIE	Port Moresby	29	Jun	1991
27	5:11.5	Hilda MIDAL	Rabaul, NCh	23	Jun	1990
28	5:11.6	Rachel KAPERA	Port Moresby	08	May	1999
29	5:11.7	Elisah PALO	Port Moresby	27	Nov	1993
30	5:12.0	Sylvia RAFIAN	Lae, NCh	02	Jul	1994
31=	5:12.1	Dominica MUKA	Rabaul, NCh	23	Jun	1990
31=	5:12.1	Noelline JACK	Rabaul, NCh	23	Jun	1990
33	5:12.4	Nalaipa AROWE	Rabaul, NCh	23	Jun	1990
34	5:12.5	Ayo AVENEKO	Goroka	04	Jun	1988
35	5:12.7	Toa KUNDIA	Lae, NCh	16	Jul	2011
36	5:13.4	Margaret MIDAL	Madang, NCh	21	Sep	1974
37	5:13.4	Cecila KUMAN	Lae	06	Aug	2011
38	5:14.0	Susan PIDIK	Port Moresby, NCh	02	Jul	1988
39	5:14.4	Lisioni NAMOI	Port Moresby	10	Aug	1973
40	5:14.45	Merolyn AUGA	Lae	23	Apr	2005

41	5:15.3	Monica KAVAVAR	Rabaul, NCh	09	Sep	1972
42	5:15.5	Miriam OPU	Port Moresby, NCh	28	Sep	1996
43=	5:15.8	Judith ARADINA	Rabaul, NCh	23	Jun	1990
43=	5:15.8	Dom SINESINE	Lae, NCh	10	Jul	2010
45	5:16.14e	Shirley VONOA	Port Moresby, NCh	22	Jul	1991
46	5:16.2	Catherine TAULE	Lae, NCh	10	Jul	2010
47	5:16.3	Rachel MIRIA	Lae, NCh	15	Aug	1998
48	5:16.34	Maria KUANDUMA	Gold Coast	28	Aug	2010
49	5:16.4	Patricia MANU	Lae, NCh	12/4	Sep	2008
50	5:16.8	Yoks RAY	Madang	05	Jul	1998
51	5:17.17e	Evelyn DAING	Port Moresby, NCh	22	Jul	1991
52	5:18.11	Anna PIUS	Townsville	2/4	Oct	2009
53=	5:18.3	Lom PUNAKAI	Lae, NCh	02	Jul	1994
53=	5:18.3	Therry VARTOTO	Kimbe	06	Jul	2001
55	5:18.4	Glenda KAVERIAGARI	Rabaul, NCh	15	Jun	1980
56	5:19.0	Rhonda OKAWIONG	Port Moresby	26	Mar	1982
57=	5:19.4	Urakume HATI	Goroka, NCh	21	Jun	1986
57=	5:19.4	Rita KAMA	Lae	6	Mar	1993
57=	5:19.4	Angela MOROVE	Port Moresby, NCh	28	Sep	1996
57=	5:19.4	Janet PETER	Lae, NCh	12/4	Sep	2008
57=	5:19.4	Giam GIDEON	Lae, NCh	10	Jul	2010
62=	5:19.6	Linda MARERE	Rabaul	26	May	1979
62=	5:19.6	Wendy TENDAKE	Port Moresby, NCh	28	Sep	1996
64=	5:19.7	Pauline ILAM	Rabaul	26	May	1979
64=	5:19.7	Gugu KARPO	Rabaul, NCh	23	Jun	1990
66=	5:19.9	Dinah FRANCIS	Rabaul	13	May	1994
66=	5:19.9	Sylvia RAFIAN	Vunakanau	30	Jun	1996

Mile

<b>1</b>	<b>5:08.39</b>	<b>Salome DELL</b>	<b>Auckland</b>	<b>24</b>	<b>Mar</b>	<b>2007</b>
2	5:28.67	Rosemary OMUNDSEN	Holzgerlingen	18	Jul	1995

2000 metres

<b>1</b>	<b>6:42.9</b>	<b>Rosemary OMUNDSEN</b>	<b>Victoria, BC</b>	<b>19</b>	<b>Aug</b>	<b>1994</b>
2	7:07.39	Tuna TINE	Gold Coast	09	Oct	2010
3	7:20.21	Poru GAHEKAVE	Brisbane	22	Jul	2007
4	7:23.15e	Helen MCKENZIE	Port Moresby	09	Sep	1991
5	7:36.15e	Dominica MUKA	Port Moresby	09	Sep	1991
6	7:42.50e	Evelyn DAING	Port Moresby	09	Sep	1991
7	8:01.29e	Terry AITSI	Port Moresby	09	Sep	1991

3000 metres

<b>1</b>	<b>10:12.7</b>	<b>Rosemary OMUNDSEN</b>	<b>Exeter, UK</b>	<b>2</b>	<b>Aug</b>	<b>1993</b>
2	10:32.88e	Nuta RORFIAKE	Rarotonga, MSPG	02	Aug	1985
3	10:34.44e	Poloni AVEK	Noumea, SPG	16	Dec	1987
4	10:39.88	Poru GAHEKAVE	Brisbane	21	Feb	2007
5	10:47.2	Jenny ALBERT	Lae, NCh	17	Jul	2011
6	10:48.9	Cecila KUMAN	Malabunga	27	Dec	2011
7	10:58.7	Salitia PIPIT-MUGA	Port Moresby, NCh	14	Jun	1982
8	10:59.59	Anna PIUS	Townsville	2/4	Oct	2009
9	11:03.1	Gretel APOLOS	Rabaul, NCh	14	Jun	1980
10	11:03.3	Mariana PETER	Lae, NCh	17	Jul	2011
11	11:03.71	Tuna TINE	Darwin, AraG	09	May	2011
12	11:04.1	Gertrude JOE	Lae, NCh	17	Jul	2011
13	11:06.08	Maryanne GIGMAI	Lae, NCh	01	Jul	2007
14	11:08.8	Defeny AITO	Lae	07	Jun	2009
15	11:10.19e	Rosemary NAMI	Tonga, MSPG	28	Aug	1989
16	11:12.7	Maria KUANDUMA	Lae	24	Apr	2010
17	11:12.9	Miriam BORAM	Lae	12	Jun	2011
18	11:15.1	Toa KUNDIA	Lae, NCh	17	Jul	2011
19	11:15.4	Nerrie SINE	Lae	13	Jun	1981
20	11:15.8	Gugu KARPO	Rabaul, NCh	24	Jun	1990

21	11:16.86e	Dominica MUKA	Port Moresby, NCh	20	Jul	1991
22	11:20.6	Jully TINAKE	Goroka	8/9	Apr	2011
23=	11:22.8	Theresa ROBERT	Rabaul, NCh	24	Jun	1990
23=	11:22.8	Lydia JEFFRY	Rabaul	15	Jun	1991
23=	11:22.8	Theresia AWE	Vunakanau	29	Jun	1996
26	11:23.14	Merolyn AUGA	Santa Rita, OceCh	02	Jul	1999
27	11:25.29	Helen McKENZIE	Port Moresby	24	Aug	1991
28	11:27.0	Ayo AVENEKO	Port Moresby	03	Jul	1988
29	11:27.4	Naomi ENOKA	Lae, NCh	22/4	Sep	2006
30	11:28.0	Rita KAMA	Lae	6	Mar	1993
31	11:28.85e	Evelyn DAING	Port Moresby	24	Aug	1991
32	11:29.3	Lom PUNAKAI	Rabaul	11	Jun	1994
33	11:29.5	Sylvia RAFIAN	Rabaul	11	Jun	1994
34	11:29.7	Roselyn MULAKE	Lae, NCh	01	Jul	1995
35	11:29.8	Janice JIRORU	Rabaul, NCh	14	Jun	1980
36	11:29.0	Angela JOE	Lae			2005
37	11:29.9	Nalaipa AROWE	Goroka	08	Jun	1990
38	11:30.1	Rosa YANG	Lae	22	Jun	1991
39=	11:32.7	Sandy BELONG	Lae, NCh	12/4	Sep	2008
39=	11:33.7	Rubbie APOLOS	Rabaul	2	Aug	1993
41	11:34.3	Niba KARPO	Rabaul	15	Jun	1991
42	11:34.7	Miriam OPU	Lae, NCh	01	Jul	1995
43	11:35.2	Naice KOLA	Lae	07	Jun	2009
44	11:36.5	Tapaketeke SAWALIA	Rabaul, NCh	14	Jun	1980
45	11:36.64	Lynn POKOU	Pago Pago, NCh	15	Aug	1997
46	11:38.2	Rhonda OKAWIONG	Port Moresby, NCh	14	Jun	1982
47	11:38.5	Giam GIDEON	Lae, NCh	17	Jul	2011
48	11:39.2	Nuli HATE	Vunakanau	29	Jun	1996
49	11:39.4	Elvin ABEL	Vunakanau	29	Jun	1996
50	11:40.2	Christina	Lae, NCh	26/8	Jun	2009
51	11:40.5	Patricia MANU	Lae, NCh	12/4	Sep	2008
52	11:40.8	Cynthia PENIAS	Port Moresby	09	May	1987
53	11:42.0	Anna MATHEW	Goroka	16	May	1985
54	11:42.5	Terry AITSI	Rabaul, NCh	24	Jun	1990
55	11:42.6	Bregitha GENA	Vunakanau	29	Jun	1996
56	11:43.2	Elisah PALO	Lae	13	Nov	1993
57	11:44.3	Mang GABON	Lae, NCh	17	Jul	2011
58	11:45.5	Martina MICHAEL	Vunakanau	31	May	1996
59	11:45.7	Sandy KOMORA	Lae	07	Jun	2009
60	11:46.1	Elis TENGE	Lae, NCh	26/8	Jun	2009
61	11:47.6	Urakume HATI	Goroka, NCh	22	Jun	1986
62	11:48.3	Martina TOMAI	Lae, NCh	10	Jun	1978

mx - mixed race

#### 2000m Steeplechase

<b>1</b>	<b>7:42.54</b>	<b>Dephanie AITO</b>	<b>Sydney</b>	<b>13</b>	<b>Mar</b>	<b>2011</b>
2	7:45.80	Tuna TINE	Brisbane	13	Nov	2010
3	8:07.15	Poro GAHEKAVE	Sydney, AYOF	16	Jan	2009
4	8:16.42	Maria KUANDUMA	Brisbane	12	Sep	2010

#### 3000m Steeplechase

<b>1</b>	<b>11:48.74</b>	<b>Poro GAHEKAVE</b>	<b>Apia, SPG</b>	<b>07</b>	<b>Sep</b>	<b>2007</b>
2	12:10.43	Dephanie AITO	Cairns, OceCh	24	Sep	2010
3	12:19.69	Maria KUANDUMA	Cairns, OceCh	24	Sep	2010
4	12:21.13	Tuna TINE	Cairns, OceCh	24	Sep	2010

#### 5000 metres

<b>1</b>	<b>18:09.30e</b>	<b>Rosemary OMUNDSEN</b>	<b>Flein</b>	<b>26</b>	<b>Jul</b>	<b>1995</b>
2	18:48.06	Poro GAHEKAVE	Apia, SPG	03	Sep	2007
3	18:48.6	Maria KUANDUMA	Lae, NCh	26	Jun	2009
4	18:55.4	Anna PIUS	Lae	24	Apr	2011

5	18:57.4	Gertrude JOE	Lae	24	Apr	2011
6	19:01.0	Christiana MUMA	Lae, NCh	26	Jun	2009
7	19:06.4	Cecilia KUMAN	Malabunga	31	Dec	2011
8	19:12.9	Jenny ALBERT	Lae	24	Apr	2011
9	19:17.4	Defeny AITO	Lae, NCh	12/4	Sep	2008
10	19:19.0	Jenny TINAKE	Lae	24	Apr	2011
11	19:22.5	Mariana PETER	Lae, NCh	15	Jul	2011
12	19:28.2	Tuna TINE	Lae	24	Apr	2010
13	19:46.65	Lynn POKOU	Darwin	24	May	1999
14	19:51.7	Toa KUNDIA	Lae, NCh	15	Jul	2011
15	20:01.9	Nais KOLA	Lae, NCh	15	Jul	2011
16	20:22.7	Giam GIDEON	Lae	11	Jun	2011
17	20:24.7mx	Erima LAKI	Port Moresby	04	Oct	1987
18	20:29.0	Merolyn AUGA	Madang	04	Jul	1998
19	20:29.1	Sandy BELONG	Lae, NCh	12/4	Sep	2008
20	20:30.1	Dom KUADUMA	Lae, NCh	12/4	Sep	2008
21	20:32.6	Susan JOSEPH	Lae, NCh	30	Jun	1995
22	20:34.3mx	Cynthia PENIAS	Port Moresby	31	May	1986
23	20:35.2	Miriam OPU	Port Moresby, NCh	27	Sep	199
24	20:41.0	Agatha BIK	Lae	29	Sep	2005
25	20:44.7	Kelo IDILONEY	Lae, NCh	22/4	Sep	2006
26	20:46.2	Clen TOPIAS	Goroka	15/7	May	2009
27	20:52.1	Mang GABOL	Lae, NCh	15	Jul	2011
28	20:57.6mx	Helen MCKENZIE	Port Moresby	18	Jun	1988
29	21:13.2	Elisah PALO	Port Moresby	30	Oct	1993
30=	21:17.4	Ruth KELAGA	Port Moresby, NCh	27	Sep	1996
30=	21:17.4	Maria YANI	Goroka	15/7	May	2009
32	21:18.6	Naice KOLA	Goroka	15/7	May	2009
33	21:19.4mx	Lydia JEFFRY	Rabaul	18	May	1991
34	21:19.64	Maryanne GIGMAI	Lae, NCh	29	Jun	2007
35	21:19.73	Anna MUKALE	Lae, NCh	29	Jun	2007
36	21:22.3	Giam GEDION	Lae, NCh	09	Jul	2010
37	21:27.6	Jenny GISPE	Lae, NCh	27	Sep	2002
38	21:27.9	Miriam MOSES	Lae, NCh	27	Sep	2002
39	21:36mx	Janet WINGUR	Port Moresby	30	Aug	1986
40	21:39.6	Miriam GOIYE	Lae	13	Jun	2005
41	21:41.8	Lyncy KAUPA	Lae, NCh	27	Sep	2002
42	21:53.6	Magreth KUMUKA	Lae, NCh	26	Jun	2009
43	21:58.2	Rebecca PHILLIP	Goroka, NCh	06	Jun	1997
44	22:05.5	Naomi GAHEKAVE	Goroka	15/7	May	2009
45=	22:10.3	Bregitha GENA	Vunakanau	30	Jun	1996
45=	22:10.3	Rhonda KAUPA	Goroka	15/7	May	2009
47	22:19.7	Masonty LAWRENCE	Port Moresby	02	Oct	1999
48	22:31.9	Rose KAIGLO	Kainantu	08	Jul	2000
49	22:37.7	Sisa BONNY	Port Moresby	02	Oct	1999
50	22:39.7	Linda GIRAGU	Madang	04	Jul	1998
51	21:41.53	Samantha FELIX	Port Moresby	26	Nov	2009
52	21:44.51	Rachael MARK	Port Moresby	26	Nov	2009
53	22:00.04	Nancy KOTARI	Port Moresby	26	Nov	2009
54	22:05.5	Naomi GAHEKAVE	Goroka	15/7	May	2009
55	22:10.3	Rhonda KAUPA	Goroka	15/7	May	2009
56	22:28.0	Linda TOM	Lae, NCh	09	Jul	2010
49	22:53.3	Elis DUM	Lae, NCh	30	Jun	1995
57	22:54.6	Rachel MIRIA	Goroka	30	Sep	2001
58	22:59.4	Anna SINGA	Lae	11	Aug	2000
59	23:06.28	Joy REREVATE	Port Moresby	26	Nov	2009
60	23:07.6	Betty MARTIN	Madang	04	Jul	1998
61	23:09.1	Berryl TAGOS	Kainantu	08	Jul	2000
62	23:21.62	Melisha KIVANG	Lae, NCh	29	Jun	2007
63	23:31.8	Kondo KIAK	Kainantu	08	Jul	2000
64	23:38.8	Wendy TENDAKE	Port Moresby, NCh	27	Sep	1996

mx - mixed race

10 000 metres

<b>1</b>	<b>38:01.73e</b>	<b>Rosemary OMUNDSEN</b>	<b>Port Vila, MSPG</b>	<b>11 Dec 1993</b>
2	41:21.99	Anna PIUS	Noumea, PG	07 Sep 2011
3	41:26.48	Poru GAHEKAVE	Apia, SPG	05 Sep 2007
4	41:51.1	Susan JOSEPH	Lae, NCh	02 Jul 1994
5	42:21.8mx	Cynthia PENIAS	Port Moresby	19 Jun 1988
6	42:35.6	Cecilia KUMAN	Lae, NCh	16 Jul 2011
7	42:42.83	Gertrude JOE	Noumea, PG	07 Sep 2011
8	43:48.93e	Evelyn DAING	Port Moresby, SPG	14 Sep 1991
9	44:09.04e	Dominica MUKA	Port Moresby, SPG	14 Sep 1991
10	44:44.5	Lynn POKOU	Lae	02 May 1999
11	46:05.6	Merolyn AUGA	Lae	02 May 1999
12	46:17.3	Elisah PALO	Lae, NCh	03 Jul 1992
13	50:24.5mx	Jonica HOSEA	Goroka, NCh	2 Jul 1993

Half Marathon

<b>1</b>	<b>1:27:21</b>	<b>Rosemary OMUNDSEN</b>	<b>Port Moresby</b>	<b>05 Jun 1994</b>
2	1:40:19	Cecilia KUMALALAMENE	Atlanta	19 Nov 2011

Marathon

<b>1</b>	<b>3:41:14</b>	<b>Rosemary OMUNDSEN</b>	<b>Goroka</b>	<b>13 Nov 1994</b>
2	3:53:00	Salitia MUGA	Canberra	12 Apr 1981
3	4:11:35	Terry AITSI	Goroka	13 Sep 1992
4	4:18:55	Pia KILA	Port Moresby	29 Mar 1981

(The following two performances are noteworthy but cannot be counted for National Ranking purposes as the course was approximately 500 metres short)

	3:39:20	Terry AITSI	Port Moresby, SPG	20 Sep 1991
	4:08:52	Evelyn DAING	Port Moresby, SPG	20 Sep 1991

55 metres Hurdles Indoors (Automatic Timing)

<b>1</b>	<b>8.44</b>	<b>Sharon Henry KWARULA</b>	<b>Decorah, Iowa</b>	<b>18 Feb 2012</b>
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60 metres Hurdles Indoors (Automatic Timing)

<b>1</b>	<b>9.15</b>	<b>Sharon Henry KWARULA</b>	<b>Cedar Falls, Iowa</b>	<b>28 Jan 2014</b>
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60 metres Hurdles (Automatic Timing)

<b>1</b>	<b>10.77</b>	<b>Venessa BILEI</b>	<b>Brisbane</b>	<b>08 Jun 2008</b>
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100 metres Hurdles (Automatic Timing)

<b>1</b>	<b>14.42</b>	<b>Lillyanne BEINING</b>	<b>Victoria, CG</b>	<b>24 Aug 1994</b>
2	14.70	Sharon KWARULA	Noumea, PG	09 Sep 2011
3	15.07	Barbara INGIRO-SAPEA	Walnut, Ca USA	25 Jul 1984
4	15.10H	Iammo LAUNA	Port Moresby, SPG	17 Sep 1991
5	15.17	Elizabeth KAMILUS	Port Vila, MSPG	14 Dec 1993
6	15.76	Lily TUA	Tonga, MSPG	29 Aug 1989
7	15.99P	Meg TAYLOR	Tahiti, SPG	14 Sep 1971
8	16.13	Naomi POLUM	Guam, SPG	05 Aug 1975
9	16.22	Annamason PAULIUS	Guam, SPG	05 Aug 1975
10	16.91	Delin LEMEN	Guam, SPG	05 Aug 1975
11	16.94	Eunice STEVEN	Apia, OceRCh	23 Jun 2011
12	17.38	Kari KAPANI	Apia, SPG	12 Sep 1983
13	17.46	Venessa BILEI	Lae, NCh	30 Jun 2007

100 metres Hurdles (Manual Timing)

<b>1</b>	<b>14.4</b>	<b>Elizabeth KAMILUS</b>	<b>Lae</b>	<b>16 Oct 1993</b>
2=	14.6	Lillyanne BEINING	Brisbane	8 Oct 1993
2=	14.6	Sharon Henry KWARULA	Lae, NCh	17 Jul 2011
4	15.3	Barbara INGIRO-SAPEA	Goroka, NCh	01 Jul 1984
5=	15.5	Naomi POLUM	Port Moresby	18 Jul 1975
5=	15.5	Iammo LAUNA	Rabaul, NCh	23 Jun 1990
7	15.6	Lily TUA	Rabaul, NCh	23 Jun 1990
8	15.7 P	Annamason PAULIUS	Brisbane, AusCh	16 Feb 1978

9	15.9	Helen PHILEMON	Lae, NCh	17	Jul	2011
10=	16.2	Kari KAPANI	Port Moresby	27	Aug	1983
10=	16.2	Esther PAMOA	Port Moresby	21	Mar	1992
12	16.3	Meg TAYLOR	Port Moresby	13	Aug	1971
13=	16.4	Salitia PIPIT-MUGA	Madang	23	Apr	1971
13=	16.4	Delin LEMEN	Port Moresby	03	May	1975
15	16.7	Rossa MAIRA	Lae, NCh	04	Jul	1992
16	16.9	Venessa BILEI	Lae, NCh	12/4	Sep	2008
17	17.0	Marina KAISER	Goroka, NCh	01	Jul	1984
18	17.4	Sonale WALAGA	Goroka, NCh	01	Jul	1984
19	17.8	Rogot TAULE	Lae, NCh	16	Jun	1979
20	18.0	Helen LEBOLO	Lae, NCh	16	Jun	1979

#### 300 metres Hurdles (Automatic Timing)

<b>1</b>	<b>44.26</b>	<b>Lillyanne BEINING</b>	<b>Melbourne</b>	<b>25</b>	<b>Mar</b>	<b>1990</b>
2	45.25	Lily TUA	Port Moresby	09	Sep	1991
3	46.61	Tahiri HOMERANG	Port Moresby	09	Sep	1991

#### 400 metres Hurdles (Automatic Timing)

<b>1</b>	<b>61.11</b>	<b>Tahiri HOMERANG</b>	<b>Port Moresby, NCh</b>	<b>21</b>	<b>Jul</b>	<b>1991</b>
2	61.47	Sharon Henry KWARULA	Los Angeles	07	Jun	2008
3	61.86	Elizabeth KAMILUS	Port Moresby, NCh	21	Jul	1991
4	62.60	Donna KONIEL	Singapore	20	Aug	2011
5	62.94	Lily TUA	Port Moresby, SPG	18	Sep	1991
6	64.16	Mae KOIME	Suva, SPG	09	Jul	2003
7	65.39	Betty BURUA	Singapore	20	Aug	2011
8	67.15	Merolyn AUGA	Koror, MSPG	26	Jul	2005
9	69.84	Kari KAPANI	Apia, SPG	08	Sep	1983

(The following performances are noteworthy, but cannot be included for either ranking or record purposes. In the Final of the 400mH in the PG, Noumea, the second flight of hurdles was missing and the athletes cleared only nine hurdles).

60.39	Betty BURUA	Nouméa, PG	08	Sep	2011
60.49	Sharon Henry KWARULA	Nouméa, PG	08	Sep	2011

#### 400 metres Hurdles (Manual Timing)

<b>1=</b>	<b>61.2</b>	<b>Elizabeth KAMILUS</b>	<b>Lae, NCh</b>	<b>05</b>	<b>Jul</b>	<b>1992</b>
<b>1=</b>	<b>61.2</b>	<b>Sharon Henry KWARULA</b>	<b>Lae, NCh</b>	<b>16</b>	<b>Jul</b>	<b>2011</b>
3	62.0	Donna KONIEL	Lae	25	Apr	2011
4	63.9	Betty BURUA	Lae	09	Aug	2011
5	64.0	Tahiri HOMERANG	Lae	23	Jun	1991
6	65.1	Lily TUA	Port Moresby	15	Jun	1991
7	65.8	Mae KOIME	Lae, MelCh	25	Apr	2003
8	66.2	Rossa MAIRA	Lae, NCh	05	Jul	1992
9	67.6	Barbara INGIRO-SAPEA	Goroka	02	Jun	1984
10	68.8	Venessa BILEI	Lae, NCh	12/4	Sep	2008
11	69.1	Kari KAPANI	Port Moresby	27	Aug	1983
12	69.5	Alle GAGOLE	Port Moresby	11	Apr	1999
13	70.7	Banato IBOWA	Port Moresby	12	Apr	2003
14	72.7	Sonale WALAGA	Goroka, NCh	01	Jul	1984
15	75.0	Patricia IHA	Goroka			1984
16	75.6	Catherine RHAMBO	Lae, NCh	22/4	Sep	2006
17	75.7	Raphaela BAKI	Lae			2005
18	78.1	Hilda MIDAL	Rabaul	25	Apr	1992
19	81.4	Aidah NAKIKUS	Rabaul	25	Apr	1992

#### 4 x 100 metres Relay (Automatic Timing) \*

<b>1</b>	<b>45.99</b>	<b>PAPUA NEW GUINEA</b> <b>(Koime, Wisil, Mooney, Baki)</b>	<b>Apia, SPG</b>	<b>08</b>	<b>Sep</b>	<b>2007</b>
2	46.24	PAPUA NEW GUINEA (Philemon, Wisil, Burua, Koime)	Bangalore, Asian GO	05	Jun	2010
3	46.30	PAPUA NEW GUINEA (Philemon, Wisil, Kwarula, Waro)	Noumea, PG	09	Sep	2011

4	46.86	PAPUA NEW GUINEA (Koime, Wisil, Burua, Philemon)	Cairns, OceCh	25	Sep	2010
5	47.12	PAPUA NEW GUINEA (Koime, Wisil, Philemon, Burua)	Pune, Asian GP	01	Jun	2010
6	47.13	PAPUA NEW GUINEA (Koime, Wisil, Kumalalamene, Baki)	Sydney	17	Feb	2007
7	47.27	PAPUA NEW GUINEA	Saipan, OceCh		Jun	2008
8	47.31	PAPUA NEW GUINEA (Philemon, Wisil, Burua, Kwarula)	Singapore	21	Aug	2011
9	47.93	PAPUA NEW GUINEA (Muga, Jonathon, Unido, Marava)	Santa Rita, SPG	11	Jun	1999
10	48.03	PAPUA NEW GUINEA (Gepp, Gagole, Jonathon, Avefa)	Pirae, SPG	24	Aug	1995
11	48.09	PNG PLUS (Koime, Bulikiobo*, Baki, Wisil)	Brisbane	24	Feb	2007
12	48.30	PAPUA NEW GUINEA (Burua, Koime, Kumalalamene, Wisil)	Apia, OceCh	16	Dec	2006
13	48.40	PAPUA NEW GUINEA JNR (Bilei, Wisil, Kumalalamene, Baki)	Beijing, WJCh	19	Aug	2006
14	48.49	PAPUA NEW GUINEA (Avefa, Unido, Beining, Kamilus)	Port Vila, MSPG	16	Dec	1993
15	48.52	PAPUA NEW GUINEA (Jonathon, Koniel, Sapea, Launa)	Noumea, SPG	16	Dec	1987
16	48.68	PAPUA NEW GUINEA (Steven, Langa, Kumalalamene, Baki)	Cairns	14	Aug	2007
17	48.74	PAPUA NEW GUINEA (Marava, Mooney, Koime, Jonathon)	Adelaide, OceCh	25	Aug	2000
18	48.95	PAPUA NEW GUINEA (Ogisi, Koime, Philemon, Jonathon)	Suva, SPG	12	Jul	2003
19	48.99	PAPUA NEW GUINEA (Sapea, Tua, Pamo, Launa)	Port Moresby	31	Aug	1991
20	49.04	PAPUA NEW GUINEA	Lae	23	Apr	2005
21	49.07	PAPUA NEW GUINEA (Launa, Jonathon, Tua, Alu)	Tonga, MSPG	30	Aug	1989
22	49.08	PAPUA NEW GUINEA (Buala, Kapani, Ingiro, Jonathon)	Apia, SPG	15	Sep	1983
23	49.08	PAPUA NEW GUINEA (Gagole, Marava, Way, Jonathon)	Nuku'alofa, OceCh	28	Aug	1998
24	49.08	PAPUA NEW GUINEA	Gold Coast	06	Aug	2009
25	49.16	PAPUA NEW GUINEA	Koror, MSPG	29	Jul	2005
26	49.40	PORT MORESBY	Port Moresby, NCh	22	Jul	1991
27	49.45	MOROBE	Port Moresby	28	Nov	2009
28	49.50	PAPUA NEW GUINEA (D. Koniel, Kwarula, Bais. P. John)	Darwin, AraG	10	May	2011
29	49.55	PAPUA NEW GUINEA (Homerang, Tua, Ibow, Launa)	Suva, OceCh	14	Jul	1990
30	49.65	PAPUA NEW GUINEA (Steven, Phielon, Koniel, Wisil)	Sydney	19	Mar	2010
31	49.74	PAPUA NEW GUINEA (Ogisi, Koime, Bureng, Marava)	Middlegate, MSPG	14	Dec	2001
32	49.92	PAPUA NEW GUINEA	Suva, SPG	08	Sep	1979
33	49.97	PAPUA NEW GUINEA (Jonathon, Rasehai, Taule, Launa)	Rarotonga, MSPG	09	Aug	1985
34	50.20	MOROBE "A"	Port Moresby	24/8	Nov	2009
35	50.52	PAPUA NEW GUINEA	Guam, SPG	07	Aug	1975
36	50.70	PAPUA NEW GUINEA	Guam, SPG	06	Aug	1975
<b>4 x 100 metres Relay (Manual Timing) *</b>						
1	45.8	<b>PAPUA NEW GUINEA (Philemon, Wisil, Burua, Koime)</b>	<b>LAE, NCh</b>	<b>10</b>	<b>Jul</b>	<b>2010</b>
2	48.2	PAPUA NEW GUINEA (Muga, Unido, Jonathon, Marava)	Darwin	24	May	1999



3	48.5	PAPUA NEW GUINEA (Gepp, Gagole, Jonathon, Avefa)	Pirae	14 Aug	1995
4	48.7	MOROBE (Belei, Wisil, Kumalalamene, Steven)	Lae, NCh	22/4 Sep	2006
5	48.9	PORT MORESBY (Pamoa, Kamilus, Kapalu, Launa )	Lae, NCh	05 Jul	1992
6	48.9	LAE (Philemon, V. Waro, Vunatup, Monagi)	Lae, NCh	16 Jul	2011
7	49.1	PAPUA NEW GUINEA "A" (Philemon, V. Waro, Vunatup, Monagi)	Lae	12 Jun	2011
8=	49.2	PORT MORESBY (Bais, Koime, Langa, Baki)	Lae, NCh	22/4 Sep	2006
8=	49.2	PORT MORESBY (Koime, Harricknen, Bais, Wisil)	Lae, NCh	12/4 Sep	2008
10=	49.4	PAPUA NEW GUINEA "B" (Koniel, Kwarula, Bais, John)	Lae	12 Jun	2011
10=	49.4	PORT MORESBY	Lae, NCh	16 Jul	2011
12	49.9	LAE (Rose, Vatmale, Philemon, Bilei)	Lae, NCh	12/4 Sep	2008
13	50.0	LAE (Steven, Philemon, Kumalalamene, John)	Lae, NCh	26/8 Sep	2009
14	50.2	MOROBE (Belei, Wisil, Kumalalamene, Steven)	Lae	09 Sep	2006
15	50.4	PAPUA NEW GUINEA (Pipit, Nim, Taylor, Kennedy)	Tahiti, SPG	15 Sep	1971
16	50.4	LAE	Lae, NCh	10 Jul	2010
17	50.5	PAPUA NEW GUINEA (Bureng, Marava, Ogisi, Koime)	Goroka	28 Nov	2001
18	50.6	LAE (Steven, Kumalalamene, Baki, Langa)	Lae, NCh	12/4 Sep	2008
19=	50.7	PAPUA NEW GUINEA	Port Moresby	23 Sep	1969
19=	50.7	EASTERN HIGHLANDS	Goroka, NCh	22 Jun	1986
19=	50.7	PORT MORESBY SNRS	Lae, NCh	15 Aug	1998
19=	50.7	PAPUA NEW GUINEA (Bureng, Marava, Ogisi, Koime)	Goroka	30 Nov	2001
23=	50.8	EASTERN HIGHLANDS	Goroka, NCh	05 Jul	1987
23=	50.8	PORT MORESBY U18	Lae, NCh	02 Jul	1994
25	50.9	GOROKA / RABAUL	Lae	23 Jun	1991
26=	51.0	PORT MORESBY Juniors (Hela, Baki, James, Toop)	Lae, NCh	05 Jul	1992
26=	51.0	EASTERN HIGHLANDS (Kusunan, Kamilus, Avefa, Tonny)	Lae, NCh	02 Jul	1994
26=	51.0	PORT MORESBY	Lae, NCh	10 Jul	2010
<u>4 x 400 metres Relay *</u>					
1	<b>3:40.40</b>	<b>PAPUA NEW GUINEA (Burua, Dell, Philemon, Wisil)</b>	<b>Delhi, CG</b>	<b>11 Oct</b>	<b>2010</b>
2	3:40.55	PAPUA NEW GUINEA (Koime, Mooney, Dell, Wisil)	Apia, SPG	08 Sep	2007
3	3:43.22	PAPUA NEW GUINEA (Wisil, Dell, Philemon, Burua)	Pune, Asian GP	01 Jun	2010
4	3:43.76	PAPUA NEW GUINEA (Wisil, Koime, Burua, Dell)	Bangalore, Asian GP	05 Jun	2010
5	3:45.32	PAPUA NEW GUINEA (Dell, Koniel, Kwarula, Wisil)	Noumea, PG	09 Sep	2011
6	3:45.73	PAPUA NEW GUINEA (Koime, Burua, Dell, Wisil)	Brisbane	10 Feb	2006
7	3:46.94	PAPUA NEW GUINEA (Wisil, Koniel, Dell, Burua)	Brisbane	14 Feb	2012
8	3:47.88	PAPUA NEW GUINEA (Koime, Dell, Burua, Wisil)	Melbourne, CG	25 Mar	2006

9	3:50.50e	PAPUA NEW GUINEA (Unido, Tua, Sapea, Homerang)	Port Moresby,SPG	21	Sep	1991
10	3:51.8	PNG NATIONAL TEAM	Lae, NCh	11	Jul	2010
11	3:52.20	"PNG A" (Dell, Burua, Mooney, Wisil)	Lae, NCh	01	Jul	2007
12	3:52.66	PAPUA NEW GUINEA (Unido, Nami, Gagole, Kamilus)	Port Vila, MSPG	16	Dec	1993
13	3:52.95	PAPUA NEW GUINEA (Koime, Dell, Kumalalamene, Wisil)	Melbourne	19	Feb	2006
14	3:54.12	PAPUA NEW GUINEA (Mooney, Henry, Steven, Wisil)	Cairns	19	Aug	2007
15	3:54.14	PAPUA NEW GUINEA (Kumalalamene, Dell, Burua, Wisil)	Brisbane	27	Jan	2006
16	3:55.96	PAPUA NEW GUINEA (Muga, Jonathan, Unido, Mooney)	Santa Rita, SPG	11	Jun	1999
17	3:57.01	PAPUA NEW GUINEA (Kaupa, Wisil, Dell, Kumalalamene)	Lae	24	Apr	2005
18	3:57.1	LAE	Lae, NCh	12/4	Sep	2008
19	3:57.7	PORT MORESBY (Kapera, Kamilus, Maira, Kapalu)	Port Moresby	24	May	1997
20	3:57.78e	PORT MORESBY (Tua, Kapalu, Penias, Homerang)	Port Moresby, NCh	22	Jul	1991
21	3:58.97	PAPUA NEW GUINEA	Koror, MSPG	29	Jul	2005
22	3:59.54e	PAPUA NEW GUINEA (Ngalau, Sapea, Tua, Koniel)	Noumea, SPG	18	Dec	1987
23	4:00.20	PAPUA NEW GUINEA (Kwarula, Dell, Sterven, Wisil)	Gold Coast	4	Aug	2009
24	4:02.1	MOROBE (Wisil, Steven, Auga, Kumalalamene)	Lae, NCh	22/4	Sep	2006
25	4:02.41	PAPUA NEW GUINEA (Kwarula, Dell, Steven, Wisil)	Gold Coast	04	Aug	2009
26	4:02.72e	PAPUA NEW GUINEA (Buala, Sine, Ingiro, Muga)	Honiara, MSPG	13	Jul	1981
27	4:03.01e	PAPUA NEW GUINEA (Ngalau, Marere, Polum, Jiroru)	Suva, SPG	08	Sep	1979
28	4:03.17e	PAPUA NEW GUINEA (Buala, Ingiro, Jonathon, Kapani)	Apia, SPG	15	Sep	1983
29	4:03.37	"PNG B" (Kumalalamene, Henry, Brian, Steven)	Lae, NCh	01	Jul	2007
30	4:03.60e	PAPUA NEW GUINEA (Apolos, Way, Avefa, Gagole)	Pirae, SPG	24	Aug	1995
31	4:03.6	GOROKA (Henry, Burua, Goiye, Dell)	Lae, NCh	22/4	Sep	2006
32	4:03.95	PAPUA NEW GUINEA (Muga, Kapera, Marava, Mooney)	Darwin	24	May	1999
33	4:04.1	EASTERN HIGHLANDS #1	Lae, NCh	26	Sep	2004
34	4:04.83	PAPUA NEW GUINEA (Bailey, Way, Philemon, Koime)	Suva, SPG	12	Jul	2003
35	4:04.8	LAE	Lae, NCh	11	Jul	2010
36	4:04.9	GOROKA / RABAUL (Unido, Sapea, Jack, Kamilus)	Lae	23	Jun	1991
37	4:04.96e	PAPUA NEW GUINEA (Nami, Turare, Kamilus, Unido)	Darwin, ASF	29	Apr	1993
38	4:05.2	PORT MORESBY (Kapalu, Pamo, Palo, Kamilus)	Lae, NCh	05	Jul	1992
39	4:05.8	PORT MORESBY (Kapalu, Maira, -----)	Port Moresby, NCh	29	Sep	1996
40	4:06.87	MOROBE "A"	Port Moresby	28	Nov	2009
41	4:07.15	PAPUA NEW GUINEA (Bailey, Kaupa, Goiye, Koime)	Middlegate, MSPG	14	Dec	2001
42	4:08.47e	PAPUA NEW GUINEA (Rasehai, Launa, Jonathon, Roy)	Rarotonga, MSPG	09	Aug	1985

43	4:08.8	PORT MORESBY (Kapera, Koime, Urakupa, Mooney)	Port Moresby	03	Oct	1999
44	4:09.39e	PAPUA NEW GUINEA (Tua, Ibowa, Kamilus, Homerang)	Suva, OceCh	14	Jul	1990
45	4:09.6	LAE	Lae, NCh	28	Jun	2009
46	4:11.20	PAPUA NEW GUINEA	Townsville	09	Dec	2004
47	4:11.35e	EASTERN HIGHLANDS (Unido, Sapea, ?, ?)	Port Moresby, NCh	22	Jul	1991
48	4:12.3	PORT MORESBY (Muga, Kapera, Unido, Mooney)	Port Moresby	11	Apr	1999
49	4:13.1	EAST NEW BRITAIN (Kamilus, Maira, Mareve, Junias)	Rabaul, NCh	24	Jun	1990
50	4:13.2	PORT MORESBY	Lae	23	Jun	1991
51	4:13.34e	PORT MORESBY JNRS	Port Moresby, NCh	22	Jul	1991

\*

Relay teams may include non PNG citizens - but not for record purposes. This convention was introduced in the 1970's and has continued to the present. Very few expatriates now compete in the sport, but it was common pre-Independence and in the early years of Independence.

#### High Jump

<b>1</b>	<b>1.76</b>	<b>Angela WAY</b>	<b>Santa Rita, SPG</b>	<b>05</b>	<b>Jun</b>	<b>1999</b>
2	1.70	Nettie ELISHA-BOBOLA	Brisbane, PSG	30	Aug	1982
3	1.68	Ileen MALAI	Sheffield, WSG	24	Jul	1991
4	1.67	Delilah KAMI	Lae, NCh	30	Jun	2007
5=	1.65	Lillyanne BEINING	Lae, NCh	01	Jul	1994
5=	1.65	Nellie LESLIE	Lae, NCh	30	Jun	2007
7=	1.63	Janet KORARE	Goroka	12	Jun	1993
7=	1.63	Jolina UWAIK	Lae, NCh	16	Aug	1998
9	1.56	Grace JESSEM	Lae, NCh	10	Jul	2010
10=	1.55	Cathy RASEHAI	Goroka	22	Mar	1986
10=	1.55	Idau WAY	Goroka, NCh	05	Jul	1987
10=	1.55	Naomi KERARI	Lae, NCh	16	Jul	2011
13=	1.53H	Iammo LAUNA	Los Angeles, OG	03	Aug	1984
13=	1.53	Lydia MOMBERGER	Goroka, NCh	05	Jul	1987
13=	1.53	Susie BRAY	Lae, NCh	25	Sep	2004
13=	1.53H	Eunice STEVEN	Apia, SPG	05	Sep	2007
13=	1.53	Lillian TURALIR	Port Moresby	24/8	Nov	2009
18	1.52	Gabriella HELA	Port Moresby		Jun	1992
19=	1.50	Helen LAVAKI	Madang, NCh	21	Sep	1974
19=	1.50	Jennifer MIRIA	Kwikila, PNG	14	Sep	1972
19=	1.50	Gamini ILAGI	Rabaul, NCh	24	Jun	1990
19=	1.50	Jolina UWAIK	Agana, Guam, OceCh	03	Jul	1999
19=	1.50	Monica KERINA	Lae, NCh	30	Jun	2007
19=	1.50	Lollita MALIAKI	Lae, NCh	30	Jun	2007
19=	1.50	Miriam YENA	Lae, NCh	25	Sep	2004
19=	1.50	Delilah ZUTI	Port Moresby	24/8	Nov	2009
27=	1.49	Tahiri HOMERANG	Goroka, NCh	22	Jun	1986
27=	1.49	Vavine GABI	Kainantu	08	Jul	2000
27=	1.49	Heidi MICHAELS	Lae	10	Jun	2001
27=	1.49	Millicent BOKALEN	Vunakanau	03	Jul	2001
31=	1.48	Agnella KREWANTY	Rabaul, NCh	24	Jun	1990
31=	1.48	Clair HOU	Port Moresby, NCh	20	Jul	1991
31=	1.48	Mary UNIDO	Goroka	27	Jun	1992
31=	1.48	Molong KUSUNAN	Goroka	12	Jun	1993
31=	1.48	Gwen LANGO	Lae	11/3	Aug	2000
31=	1.48	Heidi MICHAELS	Lae	09	Sep	2002
31=	1.48	Grace JESSEM	Lae, NCh	26/8	Jun	2009
38=	1.47	Therese KUPE	Lae, NCh	17	Jun	1979
38=	1.47	Aileen MIKA	Vunakanau		Jun	2000
40=	1.46P	Meg TAYLOR	Pirae, SPG	14	Sep	1971
40=	1.46	Linda KORONG	Rabaul	08	Jun	1979

40=	1.46	Ethy	Goroka	24	May	1986
40=	1.46	Florence KARMEL	Goroka		Dec	1988
40=	1.46	Jeanette MULAS	Rabaul	31	May	1991
40=	1.46	Patricia HARRICKNEN	Lae			2005
40=	1.46	Janelle MORAMORO	Lae, NCh	26/8	Jun	2009
47=	1.45	Pritia MATAGAL	Port Moresby, SPG			1969
47=	1.45	Lucy LOLIU	Madang, NCh	21	Sep	1974
47=	1.45	Rita LAVAKI	Rabaul, NCh	15	Jun	1980
47=	1.45	Desmah THOMAS	Goroka, NCh	08	May	1983
47=	1.45	Karina ASIBA	Port Moresby	11	May	1991
47=	1.45	Margaret MIEMBRE	Lae, NCh	01	Jul	1994
47=	1.45	Mary PAU	Vunakanau	31	May	1996
47=	1.45	Opiab BILL	Lae	10	Jun	2001
47=	1.45	Jenny POSOLOP	Lae	10	Jun	2001
47=	1.45	Sharon BAILEY	Goroka	29/30	Jun	2001

Pole Vault

<b>1</b>	<b>1.85</b>	<b>Mathilda LEONG</b>	<b>Malala, Madang</b>		<b>Sep</b>	<b>1998</b>
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Long Jump

<b>1</b>	<b>5.75</b>	<b>Lily TUA</b>	<b>Port Moresby</b>	<b>13</b>	<b>Jul</b>	<b>1991</b>
2	5.74	Rossa MAIRA	Port Moresby, NCh	28	Sep	1996
3	5.70	Tahiri HOMERANG	Port Moresby	13	Jul	1991
4	5.63	Helen PHILEMON	Lae, NCh	11	Jul	2010
5	5.57	Angela WAY	Lae	18	Apr	1999
6	5.51	Nola BOLA	Lae, NCh	04	Jul	1992
7=	5.50	Claire HOU	Port Moresby	13	Jul	1991
7=	5.50	Geraldine BAKI	Lae, NCh	04	Jul	1992
9	5.49	Iammo LAUNA	Port Moresby	13	Apr	1985
10	5.45	Dorcas PILOKOS	Port Moresby	13	Apr	1985
11	5.44	Cathy RASEHAI	MSPG Raro	06	Aug	1985
12	5.43	Annamason PAULIUS	Lae	13	Jul	1977
13=	5.40H	Lillyanne BEINING	Canberra, AusCh	17	Mar	1992
13=	5.40	Gabriella HELA	Lae, NCh	04	Jul	1992
15	5.25	Jolina UWAIK	Lae, NCh	15	Aug	1998
16	5.24	Delilah EXON				1967
17=	5.23	Shirley POLONG	Rabaul	29	Jun	1991
17=	5.23	Nasi SINYOI	Port Moresby		Jun	1992
17=	5.23	Priscilla KONALALI	Rabaul	13	May	1994
20	5.21	Ann MOONEY	Port Moresby	02	Oct	1999
21	5.20	Monica JONATHAN	Port Moresby	02	Oct	1999
22	5.19	Ausustina TADIRING	Malabunga	20	Sep	1995
23	5.18	Lily MULAKE	Kerowagi		Jun	1994
24	5.15	Maria ELIAS	Lae, NCh	18	Sep	1976
25	5.15	Nancy JOE	Kerowagi		Jun	1994
26	5.10	Betty BURUA	Lae, NCh	15	Nov	2004
27	5.08	Ayawato DUDI	Madang	03	Apr	1971
28=	5.08	Christine IAHE	Lae, NCh	01	Jul	1994
28=	5.08	Lynette BURENG	Kainantu	09	Jul	2000
30	5.07	Lorraine BAILEY	Lae	15	Jul	2000
31	5.06	Millie TOOP	Port Moresby		June	1992
32=	5.05	Bess HULI	Goroka	11	May	1979
32=	5.05	Barbara INGIRO-SAPEA	Lae			1984
34	5.04	Delilah KAMI	Apia, SPG	07	Sep	2007
35=	5.03	Theodora NAMBESA	Lae, NCh	08	Sep	1973
35=	5.03	Rutina BATA	Lae, NCh	16	Jun	1979
35=	5.03	Rogot TAULE	Port Moresby	27	Apr	1985
38=	5.02	Kari KAPANI	Goroka, NCh	07	May	1983
38=	5.02	Marina KAISER	Goroka		Jul	1983

38=	5.02	Delilah KAMI	Cairns	19	Aug	2007
41	5.01	Mary MALARA	Port Moresby	02	Jun	1990
42=	4.99	O. OWAI	Port Moresby	10	Sep	1981
42=	4.99	Eunice STEVEN	Darwin, AraG	08	May	2011
44	4.98	Nancy WASIP	Goroka, NCh	21	Jun	1986
45=	4.97	Karo KELLY	Port Moresby	13	Apr	1985
45=	4.97	Leonie KALANG	Goroka	16	Jun	1985
47=	4.96	Yal JONATHON	Goroka	07	Jun	1986
47=	4.96	Rosie SIGORO	Rabaul	6	Aug	1993
47=	4.96	Salota KONIEL	Goroka, NCh	2	Jul	1993
47=	4.96	Joylin YARIYARI	Goroka	15/7	May	2009
51	4.95	Bepi PEP	Mount Hagen	05	Sep	1980

### Triple Jump

<b>1</b>	<b>12.03</b>	<b>Angela WAY</b>	<b>Pirae, SPG</b>	<b>18</b>	<b>Aug</b>	<b>1995</b>
2	11.58	Betty BURUA	Noumea, PG	05	Sep	2011
3	11.01	Tahiri HOMERANG	NCh Rabaul	24	Jun	1990
4	10.94	Coleen TIOTI	Lae, NCh	02	Jul	1994
5	10.92	Augustina TADIRING	Vunakanau	31	May	1996
6	10.92	Rachel LENNIE	Goroka	29/30	Sep	2001
7	10.91	Lily TUA	NCh Rabaul	24	Jun	1990
8	10.87	Gabriella HELA	Port Moresby	06	Jun	1992
9	10.80	Jacinta LANGA	Port Moresby	26	Nov	2009
10	10.73	Nola BOLA	NCh Rabaul	24	Jun	1990
11	10.68	Rachel LENNY	Kainantu	07	Jul	2000
12	10.62	Shirley POLONG	NCh Port Moresby	22	Jul	1991
13=	10.61	Delilah KAMI	Lae, NCh	12/4	Sep	2008
13=	10.61	Annie TOPAL	Lae, NCh	17	Jul	2011
15	10.60	Felicitas BURENG	Lae, NCh	10	Jul	2010
16	10.58	Sussie BRAY	Vunakanau	05	Jul	2004
17	10.57	Lily MULAKE	Kerowagi		Jun	1994
18	10.55	Rossa MAIRA	Port Moresby	22	May	1993
19	10.54	Caroline AUGUSTINE	NCh Rabaul	24	Jun	1990
20	10.53	Christine IAHE	Lae, NCh	01	Jul	1995
21=	10.50	Priscilla KONALALI	Lae, NCh	02	Jul	1994
21=	10.50	Kelly KAPUTIN	Port Moresby	26	Nov	2009
23	10.49	Malinda ANGELOS	Kerowagi		Jun	1994
24=	10.36	Jossie MAKEU	NCh Rabaul	24	Jun	1990
24=	10.36	Ann MOONEY	Port Moresby	02	Oct	1999
26	10.34	Julie JOHN	Rabaul	09	May	1991
27=	10.31	Helen WALTER	Kerowagi		Jun	1994
27=	10.31	Siam SERAVE	Kimbe	07	Jul	2001
29	10.30	Jolina UWAIK	Agana, Guam, OceCh	02	Jul	1999
30	10.26	Naegeli HULAPE	Rabaul	18	May	1990
31	10.24	Lynette BURENG	Vunakanau	8/9	May	2002
32	10.22	Rita KAMA	Lae, NCh	02	Jul	1995
33=	10.21	Josephine KAMOD	Goroka		Dec	1988
33=	10.21	Serah DOWARA	Port Vila	05	Sep	2001
35=	10.20	Emmah PALA	Malabunga	07	Jun	1995
35=	10.20	Rachel SURAB	Lae, NCh	15	Nov	2004
37=	10.19	Lydia WILLIAM	Kimbe	07	Jul	2001
37=	10.19	Miriam YENA	Lae, NCh	26	Sep	2004
39=	10.17	Christine I	Port Moresby	23	May	1992
39=	10.17	Fiona APELIS	Port Moresby, NCh	29	Sep	1996
41=	10.16	Claire HOU	Port Moresby, NCh	22	Jul	1991
41=	10.16	Jennifer NURUA	Port Moresby	03	Oct	1999
43	10.15	Lydia MURO	Malabunga	26	Apr	1994
44	10.14	Anna LONGBUT	Rabaul	6	Aug	1993
45	10.11	Rose NUKU	Goroka, NCh	2	Jul	1993
46=	10.10	Pauline ARAZI	Malabunga	07	Jun	1995
46=	10.10	Lily MULAKE	Kerowagi	26	Sep	1999

48	10.07	Suzanne GURRA	Vunakanau	8/9	May	2002
49	10.06	Esther KUA	Kerowagi		Jun	1994
50	10.05	Nicole PIRPIR	Lae, NCh	12/4	Sep	2008
51	10.04	Saet KEKETE	Lae, NCh	30	Jun	2007
52	10.03	Anna PIUS	Rabaul	01	Jun	1990
53	10.02	Manuela KONALALI	Malabunga	20	Sep	1995
54	10.00	Cecilia ROCCUS	Malabunga	07	Jun	1995

Windy Performances

11.83w

Betty BURUA

Nouméa, PG

05 Sep 2011

Shot Putt

<b>1</b>	<b>13.50H</b>	<b>Iammo LAUNA</b>	<b>Port Moresby, SPG</b>	<b>17</b>	<b>Sep</b>	<b>1991</b>
2	12.71	Lillyanne BEINING	Goroka	25	Jun	1994
3	11.86	Lavah TINGDAI	Pirae, SPG	11	Sep	1971
4	11.29	Kuni NAMUR-TIGILAI	Port Moresby, NCh	20	Jul	1991
5	11.25	Augustine TATA	Vunakanau			1998
6	11.22P	Meg TAYLOR	SPG Tahiti	14	Sep	1971
7	11.17	Elizabeth YAMASON	SPG Port Moresby	14	Sep	1991
8	11.11	Veronica WEIANG	Port Moresby	25	Jun	1988
9	10.91	Helen PETER	Goroka	30	May	1981
10	10.90	Petronilla NARME	Rabaul	02	May	1980
11	10.81	Irene MUGA	Port Moresby	14	Mar	1993
12	10.77	Rachel WALLY	Goroka, NCh	3	Jul	1993
13	10.76	Barbara KEKENA	Lae, NCh	10	Jul	2010
14	10.66	Salaniet PASKALIS	Vunakanau	8/9	May	2002
15	10.63	Manoka GOROGO	Goroka, NCh	3	Jul	1993
16	10.60	Kathy IPA	Kainantu	09	Jul	2000
17	10.51	Regina OTMAR	Goroka, NCh	01	Jul	1984
18	10.50	Dora NEBIM	NCh Rabaul	24	Jun	1990
19	10.40	Janet AMEAN	Goroka	22	May	1982
20	10.34	Nancy WASIP	Goroka, NCh	24	May	1986
21	10.33	Joan FRANCIS	Vunakanau	8/9	May	2002
22	10.29	Susie KANSEN	Lae	27	Jul	1977
23	10.25	Leeane DAVID	Malabunga	09	Jun	1995
24	10.21	Tambitha SILAS	Rabaul, NCh	09	Sep	1972
25	10.19	Cathy ITUNGA	Lae	10	Jun	1968
26	10.10	Marina KAISER	Goroka, NCh	01	Jul	1984
27	10.03	Bernadette HENEHA	Lae, NCh	16	Jun	1979
28	10.01	Maria TEINE	Lae, NCh	02	Jul	1994
29=	10.00	Rebecca SAMSON	Lae, NCh	30	Jun	1995
29=	10.00	Josephine NOAH	Lae, NCh	10	Jul	2010
31	9.99	Magdaline BOBOLA	Goroka, NCh	05	Jul	1987

Discus

<b>1</b>	<b>38.46</b>	<b>Iammo LAUNA</b>	<b>Port Moresby</b>	<b>5</b>	<b>Jun</b>	<b>1993</b>
2	38.00	Kuni NAMUR-TIGILAI	NCh Port Moresby	22	Jul	1991
3	35.82	Meg TAYLOR	Port Moresby	28	Aug	1970
4	34.86	Irene MUGA	SPG Port Moresby	18	Sep	1991
5	33.94	Mioko APELIS	SPG Port Moresby	18	Aug	1969
6	33.78	Elizabeth YAMASON	NCh Port Moresby	22	Jul	1991
7	33.32	Regina OTMAR	NCh Goroka	01	Jul	1984
8	32.28	Janet AMEAN	Goroka, NCh	80	May	1983
9	32.21	Serah COLIN				1966
10	32.16H	Eunice STEVEN	Townsville	12	Jun	2011
11	31.94	Perpetua VARAEGAI	Rabaul, NCh	23	Oct	1966
12	31.70	Helen PETER				1981
13	31.64	Christine TARU	Kerowagi		Jun	1994
14	31.50	Petronilla NARME	Rabaul	03	Jun	1979
15	31.41	Rose TINARONG	Port Moresby, NCh	7/8	Jun	1969
16	31.38	Penelope BURE	Port Moresby	28	Jun	1992
17	31.20	Lavah TINGDAI	Pirae, SPG			1971

18	31.07	Maria WELL	Goroka	29	Jun	1991
19=	30.96	Rose TINARONG	Port Moresby, SPG			1969
19=	30.96	Saima BEN	Port Moresby, NCh	22	Jul	1991
21	30.92	Kovina RIVA	Port Moresby	02	Jun	1990
22	30.60	Janet PETER				1981
23	30.35	Julian LATAN	Vunakanau	8/9	May	2002
24	30.30	Lydia MURO	Rabaul	12	Jun	1994
25	30.18	Ephreddie JUBILEE	Lae	15	Jan	1994
26	30.10	Helen POGLO	Lae, NCh	01	Jul	1994
27	29.92	Geralda LINGLING	Vunakanau	31	May	1996
28	29.82	Magdaline BOBOLA	Port Moresby, NCh	02	Jul	1988
29	29.32	Posa KAVORA	Port Moresby, NCh	02	Jul	1988

#### Hammer Throw

<b>1</b>	<b>26.88</b>	<b>Iammo LAUNA</b>	<b>Canberra</b>	<b>29</b>	<b>Oct</b>	<b>1997</b>
2	19.90	Walo MAHA	Canberra	26	Oct	1997
3	17.84	Lina UVAU	Canberra	26	Oct	1997
4	17.28	Veitu DIRO	Canberra	26	Oct	1997
5	16.14	Wendy LOI	Canberra	29	Oct	1997

#### Javelin (Pre 1999 implement)

<b>1</b>	<b>51.96</b>	<b>Iammo LAUNA</b>	<b>Port Moresby</b>	<b>20</b>	<b>May</b>	<b>1995</b>
2	40.24	Jacinta PATU	Rabaul	21	Oct	1972
3	40.22	Kuni NAMUR-TIGILAI	NCh Madang	17	Sep	1977
4	39.84	Lillyanne BEINING	Port Moresby	30	Oct	1993
5	39.72	Regina OTMAR	MSPG Raro	03	Aug	1985
6	39.40	Ephreddie JUBILEE	Lae	15	Jan	1994
7	39.22	Sophie BILUR	NCh Port Moresby	15	Oct	1967
8	38.78	Bernadette MAGAE	NCh Rabaul	15	Jun	1980
9	38.52	Geralda LINGLING	Vunakanau	15	Jun	1996
10	38.24	Joan ASANGA	Brisbane	25	Feb	2007
11	37.88	Saima BEN	NCh Goroka	04	Jul	1987
12	37.74	Clara SAKLENG	NCh Rabaul	24	Jun	1990
13	37.28	Agatha AISI	NCh Port Moresby	03	Jul	1988
14	36.84	Veronica WEIANG	Port Moresby	18	Jun	1988
15	36.78	Bernadette PANAU	Rabaul, NCh	15	Jun	1980
16	36.70	Rhona META	Port Moresby	02	Jun	1979
17	35.96	Felicitas PIDIK	Vunakanau	30	Jun	1996
18	35.89	Susan AGABAN	Rabaul, NCh	09	Sep	1972
19	35.29	Ursula MANAM	Port Moresby, NCh	17	May	1975
20	35.28	Maria WELL	Goroka, NCh	3	Jul	1993
21	35.04	B. BAUPUA	Port Moresby	04	Oct	1987
22	34.70	Jacklyn BOLA	Malabunga	21	Sep	1995
23	34.34	Nancy MAMBU	Lae, NCh	04	Jul	1992
24	34.10	Penelope BURE	Port Moresby	9	Oct	1993
25	33.82	Lydia AINNY	Vunakanau	16	May	1997
26	33.74	Nancy WASIP	Goroka, NCh	21	Jun	1986
27	33.72	Damarish KARANI	Rabaul	6	Aug	1993
28	33.56	Grace GUAN	Rabaul, NCh	23	Jun	1990
29	33.38	Magdaline BOBOLA	Port Moresby, NCh	02	Jul	1988
30	33.37	Nerolyn TUMU	Madang	03	Jul	1998
31	33.10	Catherine JONAH	Goroka, NCh	07	May	1983
32	33.04	Maria TEINE	Port Moresby, NCh	21	Jul	1991
33	33.02	Lydia MOMBERGER	Port Moresby	30	Apr	1988
34	32.90	Magdlin GRAI	Lae, NCh	04	Jul	1992
35	32.40	Joyce HENRY	Vunakanau	16	May	1997
36	32.28	Josehpine BUNA	Goroka, NCh	3	Jul	1993
37	32.12	Ela PAUL	Lae, NCh	04	Jul	1992
38	32.04	I. HARO	Suva, SPG			1963
39=	31.94	Kini KOLTS	Rabaul, NCh	15	Jun	1980
39=	31.94	Denise SARAGUM	Rabaul, NCh	23	Jun	1990
41	31.92	Grace RIMBAO	Lae, NCh	04	Jul	1992

42	31.84	Gema NAIMANA	Kerowagi	27	Sep	1999
43	31.80	Veronica NAKIN	Port Moresby	25	May	1997
44	31.78	Christine TARU	Vunakanau	28	Jun	1996
45	31.59	Angeline	Kerowagi	16/8	Jun	2000
46	31.22	Lucy BILL	Goroka, NCh	05	Jul	1987
47	31.10	Sevetia ZARA	Goroka, NCh	20	May	1989

(The 1999 and 2000 additions to the list were made with the old-specification javelin)

Javelin (Post 1999 implement)

<b>1</b>	<b>48.10</b>	<b>Iammo LAUNA</b>	<b>Port Moresby</b>	<b>05</b>	<b>May</b>	<b>2001</b>
2	38.24	Joan ASANGA	Brisbane	25	Feb	2007
3	35.83	Veronica KASA	Vunakanau	03	Jul	2001
4	35.55	Fiona R	Goroka	6/7	Jun	2010
5	35.20	Yaname AFUTI	Goroka	15/7	May	2009
6	33.10	Magret K	Goroka	6/7	Jun	2010
7	32.71	Eunice STEVEN	Apia, OceRCh	23	Jun	2011
8	32.37	Seraphina N	Goroka	6/7	Jun	2010
9	31.10	Venessa N	Goroka	6/7	Jun	2010
10	30.78	Giroava ALU	Hamilton, NZ	01	Mar	2000

Heptathlon (1985 Tables)

<b>1</b>	<b>5037pts</b>	<b>Iammo LAUNA</b>	<b>Nuku'alofa, MSPG</b>	<b>28-29</b>	<b>Aug</b>	<b>1989</b>
	<b>(15.49, 1.53, 25.26, 12.25 / 5.20, 49.80, 2:38.29)</b>					
2	4923pts	Lillyanne BEINING	Seoul, WJC	18-19	Sep	1992
	(14.68, 1.62, 11.43, 25.74 / 5.20, 39.76, 2:41.62)					
3	(4023pts)*	Marina KAISER	Goroka		Jul	1983
4	3927pts	Eunice STEVEN	Townsville	12	Jun	2011
	(18.01, 1.43, 8.86, 26.99 / 4.74, 32.16, 2:27.82)					
5	2347pts	Dulcie MOMO	Goroka, NCh	21-22	Jun	1986
6	1436pts	Grace PATRICK	Goroka, NCh	21-22	Jun	1986

\* Scored using the pre-1985 Tables. The performance cannot be re-scored with the current Tables until the details are known.

Lists updated 20<sup>th</sup> February, 2012

ALL CORRECTIONS AND ADDITIONS TO *ATHLETICS PNG* WHO WILL FORWARD THEM TO THE  
COMPILER - Bob Snow

<p>Many more performances will be added to the lists as old results and ranking lists come to light and are examined.</p>
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