

PNG ALL TIME BEST PERFORMANCES - WOMEN

With performances 31st December, 2015
and selected 2016 performances

55 metres (Automatic Timing)

1	7.37 i	Adrine MONAGI	Sioux Centre, Iowa	18 Jan 2014
	<i>7.40 i</i>	<i>Adrine MONAGI</i>	<i>Dubuque, Iowa</i>	<i>17 Jan 2015</i>
	<i>7.43 i</i>	<i>Adrine MONAGI</i>	<i>Dubuque, Iowa</i>	<i>17 Jan 2015</i>
	<i>7.45 i</i>	<i>Adrine MONAGI</i>	<i>Sioux Centre, Iowa</i>	<i>18 Jan 2014</i>
2	7.63 i	Shirley VUNATUP	Lubbock, Texas	16 Jan 2015

60 metres (Automatic Timing)

1	7.46 mx	Toea WISIL	Gold Coast	02 Feb 2014
2	7.48	Mae KOIME	Brisbane	25 May 2007
3	7.71 i	Adrine MONAGI	Grinnell, Iowa	07 Feb 2015
4	7.84	Miriam PENI	Gold Coast	20 Jun 2015
5	7.88	Raphaela BAKI	Gold Coast	01 Jun 2007
6	7.89	Helen PHILEMON	Gold Coast	08 Jun 2015
7	7.93	Nessie OGISI	Townsville	17 Apr 2004
8	7.99	Shirley VUNATUP	Adelaide	31 Oct 2015
9	8.00	Monica JONATHAN	Nuku'alofa	26 Aug 1998
10	8.04 i	Afure ADAH	Bemidji	24 Mar 2015
11	8.05	Barbara SAPEA	Port Moresby	09 Sep 1991
12	8.06 i	Priscillar JOHN	Mt Vernon, Iowa	24 Jan 2015
13	8.06	Rellie KAPUTIN	Gold Coast	08 Jun 2015
14	8.08	Iammo LAUNA	Port Moresby	09 Sep 1991
15	8.08	Della MARAVA	Nuku'alofa	26 Aug 1998
16	8.31	Mary UNIDO	Port Moresby	09 Sep 1991

60 metres (Manual Timing)

1=	7.8	Rossa MAIRA	Port Moresby	15 Feb 1997
1=	7.8	Nessie OGISI	Goroka	07 Mar 2003
1=	7.8	Mae KOIME	Goroka	15 Mar 2003
1=	7.8	Helen PHILEMON	Lae	22 Mar 2014
5=	7.9	Ale GAGOLE	Port Moresby	05 Aug 1995
5=	7.9	Mae KOIME	Goroka	07 Mar 2003
5=	7.9	Freda GEPP	Port Moresby	05 Aug 1995
8	8.0	Eunice STEVEN	Lae	22 Mar 2014
9=	8.1	Monica JONATHAN	Port Moresby	05 Aug 1995
9=	8.1	Shayne AVEFA	Port Moresby	05 Aug 1995
9=	8.1	Jenisa ULENGIT	Lae	22 Mar 2014

100 metres (Automatic Timing)

1	11.37	Mae KOIME	Brisbane, NCh	10 Mar 2007
2	11.40	Toea WISIL	Brisbane, NCh	15 Mar 2015
	<i>11.41</i>	<i>Toea WISIL</i>	<i>Melbourne</i>	<i>06 Apr 2013</i>
	<i>11.44</i>	<i>Toea WISIL</i>	<i>Glasgow, CG</i>	<i>28 Jul 2014</i>
	<i>11.46</i>	<i>Toea WISIL</i>	<i>Sydney</i>	<i>15 Mar 2014</i>
	<i>11.47</i>	<i>Toea WISIL</i>	<i>Sydney, NCh</i>	<i>13 Apr 2013</i>
	<i>11.49</i>	<i>Toea WISIL</i>	<i>Delhi, CG</i>	<i>07 Oct 2010</i>
	<i>11.49</i>	<i>Toea WISIL</i>	<i>Sydney, NCh</i>	<i>13 Apr 2013</i>
	<i>11.49</i>	<i>Toea WISIL</i>	<i>Gold Coast</i>	<i>24 Mar 2012</i>
	<i>11.49</i>	<i>Toea WISIL</i>	<i>Gold Coast</i>	<i>24 Mar 2012</i>
	<i>11.49</i>	<i>Toea WISIL</i>	<i>Gold Coast</i>	<i>28 Jun 2015</i>
	<i>11.50</i>	<i>Toea WISIL</i>	<i>Santa Monica</i>	<i>25 Jul 2009</i>
	<i>11.52</i>	<i>Toea WISIL</i>	<i>New Delhi, CG</i>	<i>07 Oct 2010</i>
	<i>11.52</i>	<i>Toea WISIL</i>	<i>Brisbane</i>	<i>07 Mar 2015</i>
	<i>11.53</i>	<i>Toea WISIL</i>	<i>Gold Coast</i>	<i>21 Jun 2015</i>
	<i>11.57</i>	<i>Toea WISIL</i>	<i>Eagle Rock</i>	<i>08 May 2010</i>
	<i>11.57</i>	<i>Mae KOIME</i>	<i>Apia, SPG</i>	<i>04 Sep 2007</i>

11.57	Toea WISIL	Brisbane	02	Jun	2012
11.57	Toea WISIL	Brisbane	23	Mar	2013
11.57	Toea WISIL	Tereora, OceCh	26	Jun	2014
11.58	Mae KOIME	Gold Coast	15	Jun	2008
11.58	Toea WISIL	Brisbane	30	Mar	2012
11.58	Toea WISIL	Brisbane	29	Mar	2014
11.58	Toea WISIL	Sydney	14	Mar	2015
11.59	Toea WISIL	Loughborough	07	Jul	2012
11.60	Toea WISIL	London, OG	03	Aug	2012
11.61	Toea WISIL	Birmingham	03	Jul	2012
11.61	Toea WISIL	Moscow, WCh	11	Aug	2013
11.61	Toea WISIL	Brisbane	07	Mar	2015
11.62	Toea WISIL	Brisbane, NCh	27	Mar	2015
11.63	Toea WISIL	Cairns, OceCh	10	May	2015
11.64	Mae KOIME	Osaka, WCh	26	Aug	2007
11.64	Mae KOIME	Gold Coast	14	Jun	2008
11.64	Toea WISIL	Brisbane	10	Mar	2012
11.64	Toea WISIL	Melbourne, NCh	04	Apr	2014
11.64	Toea WISIL	Glasgow, CG	27	Jul	2014
11.65	Toea WISIL	Stretford	19	Jun	2012
11.65	Toea WISIL	Sydney, NCh	12	Apr	2013
11.66	Mae KOIME	Susupe	26	Jun	2008
11.66	Toea WISIL	Adelaide	20	Feb	2015
11.67	Toea WISIL	Wujiang	28	May	2011
11.67	Toea WISIL	Adelaide	28	Jan	2012
11.67	Toea WISIL	Perth	22	Feb	2014
11.68	Toea WISIL	Sydney	19	Mar	2011
11.68	Toea WISIL	Gold Coast	25	Jun	2011
11.68	Toea WISIL	Sydney	18	Feb	2012
11.68	Toea WISIL	Kafika, MPG	04	Sep	2013
11.68	Toea WISIL	Melbourne	22	Mar	2014
11.69	Mae KOIME	Apia, SPG	04	Sep	2007
11.69	Toea WISIL	Melbourne	22	Mar	2014
11.70	Mae KOIME	Susupe	21	Jun	2008
11.71	Mae KOIME	Melbourne, CG	20	Mar	2006
11.71	Mae KOIME	Cairns	14	Aug	2007
11.71	Toea WISIL	Brisbane	30	Mar	2012
11.71	Toea WISIL	Brisbane	07	Mar	2014
11.71	Toea WISIL	Gold Coast	11	Jul	2014

(Top 56 performances by 2 different athletes)

3	12.10	Betty BURUA	Brisbane	24	Jan	2015
4	12.11	Adrine MONAGI	Gold Coast	28	Jun	2015
5	12.19	Barbara SAPEA	Los Angeles, OG	04	Aug	1984
6	12.20	Ann MOONEY	Adelaide, OceCh	24	Aug	2000
7	12.22	Elanga BUALA	Walnut Ca USA	25	July	1984
8	12.25	Naomi POLUM	Suva, SPG	31	Aug	1979
9	12.26	Miriam PENI	Brisbane	17	Jan	2015
10	12.25	Raphaela BAKI	Apia, SPG	04	Sep	2007
11	12.30	Monica JONATHAN	Adelaide, OceCh	24	Aug	2000
12	12.37	Sharon KWARULA	Council Bluffs, Iowa	27	Apr	2012
13=	12.40	Venessa WARO	Noumea, PG	06	Sep	2011
13=	12.40	Afure ADAH	Bismark, North Dakota	23	May	2015
15	12.44	Shirley VUNATUP	Canyon, Texas	25	Apr	2015
16	12.46	Nessie OGISI	Apia, Oce Cup	26	Jun	2003
17=	12.51	Della MARAVA	Adelaide, OceCh	24	Aug	2000
17=	12.51	Helen PHILEMON	Noumea, PG	06	Sep	2011
19	12.53	Elizabeth KAMILUS	Port Moresby	31	Jul	1991
20	12.54	Helen MUGA	Townsville, OceCh	28	Nov	1996
21	12.56	Priscillar JOHN	Mount Vernon, Iowa	04	Apr	2015
22	12.60	Mary UNIDO	Darwin, ASF	25	Apr	1993
23	12.67	Lily TUA	Brisbane	02	Feb	1991

24	12.69	Iammo LAUNA	Rarotonga, MSPG	01	Aug	1985
25	12.71	Lillyanne BEINING	Suva, OceCh	11	Jul	1990
26	12.77	Delin LEMEN	Guam, SPG	04	Aug	1975
27	12.79	Rogot WANINARA-TAULE	Suva, SPG	31	Aug	1979
28=	12.81	Freda GEPP	Pirae, SPG	17	Aug	1995
28=	12.81	Venessa BILEI	Gold Coast	19	Jul	2008
30=	12.87	Ale GAGOLE	Darwin, ASF	07	May	1995
30=	12.87	Liberty DUBO	Cairns	09	Dec	2004
32	12.96	Cathy RASEHAI	Rarotonga, MSPG	01	Aug	1985
33	12.98	Maria KAUPA	Brisbane	16	Sep	2005
34	12.99	Eunice STEVEN	Cairns	14	Aug	2007
35	13.00	Lynette BURENG	Brisbane	15	Aug	2000
36	13.01	Shayne AVEFA	Pirae, SPG	17	Aug	1995
37	13.02	Esther PAMOA	Port Moresby	31	Aug	1991
38	13.04	Yal JONATHON	Apia, SPG	10	Sep	1983
39	13.07	Dulcie ADAMS	Melbourne, PSG	28	Nov	1984
40	13.08	Lyeenn NILMO	Lae, PNG Games	22	Nov	2014
41	13.10	Tahiri HOMERANG	Port Moresby	31	Aug	1991
42	13.11	Nancy MALAMUT	Lae, NCh	19	Apr	2015
43	13.12	Nadia BAIS	Darwin, AraG	09	May	2011
44	13.14	Jacinta LANGA	Cairns	14	Aug	2007
45	13.15	Cecilia KUMALALAMENE	Gold Coast	06	Aug	2006
46	13.19	Annamason PAULIAS	Guam, SPG	04	Aug	1975
47	13.20	Geraldine BAKI	Port Moresby, NCh	21	Jul	1991
48	13.21	Winai WARO	Koror, MSPG	25	Jul	2005
49	13.23	Linda NINGO	Townsville, OceCh	28	Nov	1996
50	13.25	Nancy MARUM	Ulapia, NCh	13	Jul	2013
51	13.28	Joyce JONATHON	Port Moresby, NCh	21	Jul	1991
52	13.29	Banato IBOWA	Suva, OceCh	11	Jul	1990
53=	13.32	Serah DOWARA	Middlegate, NI	11	Dec	2001
53=	13.32	Yvonne NELSON	Ulapia, NCh	13	Jul	2013
55	13.33	Orivia MANIANA	Lae, PNG Games	23	Nov	2014
56	13.34	Priscilla SAMUEL	Cairns, OceCh	27	Jun	2012
57	13.35	Raka ALU	Nuku'alofa, MSPG	24	Aug	1989
58	13.36	Pauline KUPAI	Brisbane	23	Mar	2013
59	13.36	Lien NILMO	Lae, NCh	19	Apr	2015
60=	13.37	Bertha TOM	Port Moresby, NCh	21	Jul	1991
60=	13.37	Charlene GIUKA	Lae, NCh	19	Apr	2015
62=	13.39	Dorcas PILOKOS	Rarotonga, MSPG	01	Aug	1985
62=	13.39	Vavine RUPA	Sydney	15	Mar	1993
64=	13.40	Vivienne PASSEN	Sydney, PSG	04	Dec	1988
64=	13.40	Pauline BILLY	Port Moresby, NCh	21	Jul	1991
64=	13.40	Karo LAMA	Lae	23	Apr	2005
64=	13.40	Ludwina STEVEN	Kavieng	15	Sep	2014
64=	13.40	Franklin MALAGAU	Lae, PNG Games	22	Nov	2014
69	13.41	Anna AWOHA	Ulapia, NCh	13	Jul	2013
70=	13.42	Karo MAHA	Port Moresby, NCh	21	Jul	1991
70=	13.42	Jenny GU'U	Port Moresby	24/8	Nov	2009

Wind Assisted

11.27w	Toea WISIL	London, OG	04	Aug	2012
11.36w	Toea WISIL	Brisbane, NCh	28	Mar	2015
11.40w	Mae KOIME	Brisbane	10	Mar	2007
11.41w	Toea WISIL	Cairns, OceCh	10	May	2015
11.51w	Toea WISIL	Brisbane	15	Feb	2014
11.55w	Toea WISIL	Brisbane	24	Jan	2009
11.68w	Toea WISIL	Los Angeles	24	Apr	2010
11.70w	Mae KOIME	Canberra	27	Jan	2007
12.08w	Adrine MONAGI	Hutchinson, Kansas	15	May	2015
12.17w	Miriam PENI	Brisbane	23	Oct	2014
12.20w	Miriam PENI	Brisbane	31	Jan	2016
12.26w	Shirley VUNATUP	Hobbs, NM	18	Apr	2015

12.33w	Afure ADAH	Bismarck, USA	24	May	2014
12.43w	Shirley VUNATUP	Lubbock, Texas	03	May	2014
12.58w	Adrine MONAGI	Brisbane	12	Jan	2013
12.76w	Priscillar JOHN	Pella, Iowa	16	Apr	2014
13.35w	Julie WANINARA	Apia	12	Dec	2006

100 metres (Manual Timing)

1=	11.5	Mae KOIME	Gold Coast	02	Dec	2006
1=	11.5	Toea WISIL	Lae	25	Apr	2011
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	02	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
11=	12.2	Adrine MONAGI	Lae, NCh	07	Apr	2012
16=	12.3	Salitia PIPIT	NCh Madang	21	Sep	1974
16=	12.3	Helen MUGA	Port Moresby	14	Sep	1996
16=	12.3	Rossa MAIRA	Goroka, NCh	07	Jun	1997
19=	12.4	Yal JONATHON	NCh Goroka	04	Jul	1987
19=	12.4	Ale GAGOLE	Lae	24	Jun	1995
19=	12.4	Raphaela BAKI	Port Moresby	26	Nov	2005
19=	12.4	Sharon Henry KWARULA	Lae	11	Jun	2011
19=	12.4	Venessa WARO	Lae, NCh	16	Jul	2011
24	12.5	Freda GEPP	Goroka	7	Sep	1996
25=	12.6	Meriba WIKA	Rabaul	03	Aug	1968
25=	12.6	Esther PAMOA	Lae, NCh	04	Jul	1992
25=	12.6	Lillyanne BEINING	Lae, NCh	02	Jul	1994
25=	12.6	Shayne AVEFA	Lae	24	Jun	1995
25=	12.6	Sheila KAVANAMUR	Vunakanau	26-7	Jul	2004
25=	12.6	Joylene NASON	Goroka	15	Jul	2005
25=	12.6	Priscillar JOHN	Port Moresby	15	Jun	2013
32=	12.7	Bonek YAMANGAVA	Goroka	25	May	1979
32=	12.7	Tahiri HOMERANG	Rabaul, NCh	23	Jun	1990
32=	12.7	Linda NINGO	Lae	26	Oct	1996
32=	12.7	Wendy TONY	Lae	26	Oct	1996
32=	12.7	Serah DOWARA	Goroka	12	Sep	2004
32=	12.7	Julie WANINARA	East New Britain	16	Sep	2006
32=	12.7	Venessa BILEI	Lae	17	Mar	2007
32=	12.7	Jacinta LANGA	Lae	21	Jul	2007
32=	12.7 mx	Eunice STEVEN	Port Moresby	04	May	2013
41=	12.8	Alu RAVUSIRO	Port Moresby	23	Jul	1971
41=	12.8	Kari BADI	Port Moresby	08	Apr	1978
41=	12.8	Aumato BIBAESI	Port Moresby	18	Apr	1980
41=	12.8	AMALATO	Goroka	22	May	1982
41=	12.8	Kari KAPANI	Port Moresby	04	May	1983
41=	12.8	Cathy RASEHAI	Goroka, NCh	21	Jun	1986
41=	12.8	Banato IBOWA	Rabaul, NCh	23	Jun	1990
41=	12.8	Bertha TOM	Rabaul	29	Jun	1991
41=	12.8	Gabriella HELA	Lae, NCh	04	Jul	1992
41=	12.8	Lynette BURENG	Lae	12	Aug	2000
41=	12.8	Miriam MARUT	East New Britain	16	Sep	2006
41=	12.8	Shirley VUNATUP	Rabaul		May	2008
41=	12.8	Nadia BAIS	Lae	11	Jun	2011
54=	12.9	Dorcas PILOKOS	Lae	24	Apr	1983
54=	12.9	Dulcie ADAMS	Goroka	24	Aug	1984

54=	12.9	Dessie OKOLE	Rabaul, NCh	23	Jun	1990
54=	12.9	Priscilla KONALALI	Rabaul	13	May	1994
54=	12.9	Delilah MAGAUTU	Lae, NCh	02	Jul	1994
54=	12.9	Joyline NASON	Lae, NCh	25	Apr	2003
54=	12.9	Liberty DUBO	Vunakanau	26-7	July	2004
54=	12.9	Winai WARO	Goroka	25	Jun	2005
54=	12.9	Betty BURUA	Lae			2005
54=	12.9	Lillian TURALIR	Lae, NCh	26	Jun	2009
54=	12.9	Jenisa ULENGIT	Goroka	18	May	2014
65=	13.0	Patricia IHA	Lae	31	Mar	1979
65=	13.0	Anamason PENI	Lae	20	Apr	1979
65=	13.0	Janet EREMAS	Port Moresby	10	May	1979
65=	13.0	H. RIMENT	Rabaul	09	May	1980
65=	13.0	Julie HARRY	Port Moresby	04	May	1985
65=	13.0	Yvonne TIO	Rabaul, NCh	23	Jun	1990
65=	13.0	Janet MIDI	Rabaul, NCh	23	Jun	1990
65=	13.0	Tibur JUNIAS	Rabaul	20	Apr	1991
65=	13.0	Rose KALUA	Lae	09	May	1992
65=	13.0	Maryanne WAGON	Rabaul	13	May	1994
65=	13.0	Joyce TONNY	Lae, NCh	02	Jul	1994
65=	13.0	Vavine RUPA	Port Moresby	14	May	1994
65=	13.0	Evah BILL	Lae	26	Oct	1996
65=	13.0	Emma PALA	Vunakanau	02	May	1998
65=	13.0	Augustina IRINGA	Kainantu	07	Jul	2000
65=	13.0	Elsie ABRIAS	Lae	03	Nov	2001
65=	13.0	Raddie DANIEL	Vunakanau	26-7	Jul	2004
65=	13.0	Elizabeth NATHAN	Lae	18	Jun	2005
65=	13.0	Catherine RHAMBU	Lae			2005
65=	13.0	Sila KAVANAMUR	East New Britain	16	Sep	2006
65=	13.0	Helen TETE	Lae	06	May	2007
65=	13.0	Belinda VATMALE	Lae, NCh	12/4	Sep	2008
65=	13.0	Jacklyn TIKA	Rabaul	25	Aug	2012

Wind Assisted

11.9w	Rossa MAIRA	Port Moresby	07	Jul	1997
12.1w	Anne MOONEY	Lae	12	Aug	2000

150 metres (Automatic Timing)

1	18.34	Mae KOIME	Brisbane	08	Jun	2008
2	18.58 mx	Betty BURUA	Gold Coast	02	Mar	2014
3	18.60 mx	Adrine MONAGI	Gold Coast	20	Jun	2015
4	18.72 mx	Shirley VUNATUP	Gold Coast	20	Jun	2015
5	18.73 mx	Miriam PENI	Gold Coast	08	Jun	2015
6	19.09 mx	Helen PHILEMON	Gold Coast	20	Jun	2015
7	20.26	Vanessa BILEI	Brisbane	08	Jun	2008

Wind Assisted

18.02w	Toea WISIL	Gold Coast	02	Feb	2014
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200 metres (Automatic Timing)

1	23.46	Toea WISIL	Brisbane	10	Mar	2012
	23.46 mx	Toea WISIL	Gold Coast	27	Jun	2015
	23.53	Toea WISIL	Sydney, NCh	14	Apr	2013
	23.61	Toea WISIL	Brisbane	08	Mar	2015
	23.64	Toea WISIL	Melbourne	15	Apr	2012
	23.65	Toea WISIL	New Delhi, CG	09	Oct	2010
	23.68	Toea WISIL	New Delhi, CG	10	Oct	2010
	23.69	Toea WISIL	Melbourne	15	Apr	2012
	23.70	Toea WISIL	Sydney, NCh	14	Apr	2013
2	23.71	Mae KOIME	Cairns	16	Aug	2007
	23.71	Toea WISIL	Cairns, OceCh	08	May	2015
3	23.74	Betty BURUA	Cairns, OceCh	08	May	2015

23.75	Toea WISIL	Brisbane, NCh	29	Mar	2015
23.76	Toea WISIL	Brisbane, NCh	29	Mar	2015
23.77	Mae KOIME	Brisbane	11	Mar	2007
23.77	Toea WISIL	Los Angeles	15	May	2010
23.77	Toea WISIL	Gold Coast	28	Jun	2015
23.81	Toea WISIL	Sydney	15	Mar	2014
23.83	Toea WISIL	Adelaide	28	Jan	2012
23.84	Toea WISIL	New Delhi, CG	11	Oct	2010
23.84	Toea WISIL	Gold Coast	29	Jun	2011
23.85	Toea WISIL	Sydney	18	Feb	2012
23.86	Mae KOIME	Apia, SPG	06	Sep	2007
23.86	Toea WISIL	Brisbane	15	Mar	2013
23.95	Toea WISIL	Brisbane	11	Feb	2011
23.97	Toea WISIL	Brisbane	03	Mar	2012
23.99	Toea WISIL	Brisbane	31	Mar	2012
23.99	Toea WISIL	Brisbane	23	Mar	2013
24.00	Toea WISIL	Perth	11	Feb	2012
24.02	Toea WISIL	Adelaide	20	Feb	2015
24.02	Toea WISIL	Brisbane	08	Mar	2015
24.03	Mae KOIME	Gold Coast	15	Jun	2008
24.04	Mae KOIME	Susupe	27	Jun	2008
24.05	Toea WISIL	Port Moresby, PG	16	Jul	2015
24.06	Toea WISIL	Brisbane	19	Jan	2013
24.07	Toea WISIL	Brisbane	07	Feb	2014
24.08	Mae KOIME	Cairns	16	Aug	2007
24.10	Toea WISIL	Apia, SPG	06	Sep	2007
24.12	Toea WISIL	Kafika, MPG	06	Sep	2013
24.13	Toea WISIL	Stretford	19	Jun	2012
24.14	Toea WISIL	Irvine	02	May	2010
24.15	Toea WISIL	Santa Monica	11	Jul	2009
24.16	Toea WISIL	Eagle Rock	09	May	2009
24.16	Toea WISIL	Brisbane	22	Jan	2011
24.16	Toea WISIL	Sydney	14	Mar	2015
24.17	Toea WISIL	Brisbane	09	Mar	2013
24.20	Mae KOIME	Melbourne, CG	22	Mar	2006
24.21	Toea WISIL	Brisbane	02	Jun	2012
24.22	Mae KOIME	Brisbane	10	Mar	2006
24.23	Toea WISIL	Cairns	19	Aug	2007
24.23	Toea WISIL	Moscow, WCh	15	Aug	2013
24.24	Toea WISIL	Irvine	03	May	2009
24.24	Toea WISIL	Brisbane	14	Jun	2015

(Top 53 performances by 3 different athletes)

4	24.82	Elanga BUALA	Los Angeles, OG	08	Aug	1984
5	24.96	Ann MOONEY	Gold Coast	30	Jul	2000
6	24.99	Rossa MAIRA	Tafuna, MSPG	19	Aug	1997
7	25.07	Naomi POLUM	Suva, SPG	06	Sep	1979
8	25.18 mx	Adrine MONAGI	Gold Coast	27	Jun	2015
9	25.21	Miriam PENI	Cairns, OceCh	10	May	2015
10	25.22	Shirley VUNATUP	Canyon, Texas	25	Apr	2015
11	25.25	Salome DELL	Los Angeles	09	May	2009
12	25.26 H	Iammo LAUNA	Nuku'alofa, MSPG	28	Aug	1989
13	25.31	Elizabeth KAMILUS	Port Moresby, NCh	20	Jul	1991
14	25.36	Monica JONATHAN	Nuku'alofa, OceCh	28	Aug	1998
15	25.38	Venessa WARO	Noumea, PG	08	Sep	2011
16	25.47	Helen PHILEMON	Cairns, OceCh	25	Sep	2010
17	25.49	Barbara INGIRO-SAPEA	Apia, SPG	14	Sep	1983
18	25.57	Afure ADAH	Bismark, ND	22	May	2015
19	25.58	Donna KONIEL	Brisbane	31	Jan	2015
20	25.66	Ale GAGOLE	Nuku'alofa, OceCh	28	Aug	1998
21	25.68	Mary UNIDO	Darwin, ASF	29	Apr	1993

22	25.74 H	Lillyanne BEINING	Seoul, WJC	18	Sep	1992
23	25.82	Helen MUGA	Darwin	24	May	1999
24	25.95	Lily TUA	Tonga, MSPG	26	Aug	1989
25	26.09	Sharon Henry KWARULA	Los Angeles	09	May	2009
26	26.16	Della MARAVA	Brisbane	15	Aug	2000
27	26.17	Nessie OGISI	Cairns	10	Apr	2004
28	26.19	Freda GEPP	Pirae, SPG	22	Aug	1995
29	26.19	Eunice STEVEN	Apia, OceRCh	23	Jun	2011
30	26.20	Maria KAUPA	Brisbane	16	Sep	2005
31	26.29	Priscillar JOHN	Mount Vernon, Iowa	04	Apr	2015
32	26.30	Rogot WANINARA-TAULE	Suva, SPG	03	Sep	1979
33	26.31	Salitia PIPIT	Sydney	15	Feb	1981
34	26.49	Nancy MALAMUT	Lae, NCh	19	Apr	2015
35	26.61	Esther PAMOA	Port Moresby, NCh	20	Jul	1991
36	26.62	Raphaela BAKI	Brisbane	25	Feb	2007
37	26.65	Cecilia KUMALALAMENE	Brisbane	10	Mar	2006
38	26.69	Jacinta LANGA	Cairns	16	Aug	2007
39	26.71	Shayne AVEFA	Port Vila	13	Dec	1993
40	26.73	Pauline KUPAI	Brisbane	27	Mar	2013
41=	26.75	Delin LEMEN	Guam, SPG	08	Aug	1975
41=	26.75	Maria KAUPA	Townsville, OceCh	16/8	Dec	2004
43	26.84 P	Meg TAYLOR	Tahiti, SPG	15	Sep	1971
44=	26.93	Lynette BURENG	Adelaide, OceCh	25	Aug	2000
44=	26.93	Annie MURIA	Lae, PNG Games	27	Nov	2014
46	26.97	Lillian TURALIR	Townsville	2/4	Oct	2009
47	27.01	Dulcie ADAMS	Melbourne, PSG	28	Nov	1984
48	27.07	Charlene GIUKA	Lae, NCh	19	Apr	2015
49	27.08	Joylene NASON	Lae	24	Apr	2005
50	27.10	Venessa BILEI	Gold Coast	30	Jun	2008
51	27.11	Salome YAWAS	Lae, PNG Games	26	Nov	2014
52	27.12	Jean TITUS	Port Moresby, NCh	20	Jul	1991
53	27.18	Julie WANINARA	Apia, OceCh	15	Dec	2006
54=	27.20	Kanai KONIEL	Noumea, SPG	12	Dec	1987
54=	27.20	Lyeenn NILMO	Lae, PNG Games	25	Nov	2014
56	27.21	Karo MAHA	Port Moresby, NCh	20	Jul	1991
57=	27.23	Annamason PAULIAS	Guam, SPG	08	Aug	1975
57=	27.23	Linda NINGO	Townsville, OceCh	29	Nov	1996
57=	27.23	Priscilla SAMUEL	Cairns, OceCh	29	Jun	2012
60	27.24	Franklin MALAGAU	Lae, PNG Games	26	Nov	2014
61	27.26	Tehilah WOMOLA	Cairns, OceCh	29	Jun	2012
62	27.32	Emmahlyne OLIVER	Lae, PNG Games	25	Nov	2014
63	27.34	Joyce TONY	Auckland, OCh	25	Feb	1994
64=	27.40	Cathy RASEHAI	Rarotonga, MSPG	03	Aug	1985
64=	27.40	Orivia MANIANA	Lae, PNG Games	25	Nov	2014
66	27.43	Nadia BAIS	Lae, NCh	01	Jul	2007
67=	27.46	Bertha TOM	Port Moresby, NCh	20	Jul	1991
67=	27.46	Annie TOPAL	Ulapia, NCh	14	Jul	2013
69	27.50	Patricia HARRICKNEN	Lae, NCh	01	Jul	2007
70	27.54	Belinda VATMALE	Lae, NCh	01	Jul	2007
71	27.56	Vavine RUPA	Port Vila	13	Dec	1993
72	27.58	Yal JONATHON	Rarotonga, MSPG	03	Aug	1985
73	27.62	Ralmalyn JIM	Nuku'alofa, MSPG	26	Aug	1989
74	27.64	Lien NILMO	Lae, NCh	18	Apr	2015
75	27.65	Salome YAWAS	Lae, NCh	18	Apr	2015
76=	27.70	Evah BILL	Perth, PSG	07	Dec	1996
76=	27.70	Serah DOWARA	Middlegate	12	Dec	2001
78	27.72	Dorcas PILOKOS	Apia, SPG	12	Sep	1983
79=	27.73	Banato IBOWA	Sydney, PSG	03	Dec	1988
79=	27.73	Lorraine BAILEY	Townsville	06	May	2001
81	27.75	Karo LAMA	Lae, NCh	01	Jul	2007
82	27.76	Delvin AINUI	Lae, PNG Games	25	Nov	2014
83	27.82	Vivienne PASSEN	Sydney, PSG	03	Dec	1988

84	27.85	Wendy TONY	Perth, PSG	07	Dec	1996
<u>Wind assisted</u>						
	23.09w	Toea WISIL	Melbourne	06	Mar	2013
	23.38w	Mae KOIME	Brisbane, AusNCh	11	Mar	2007
	23.64w	Toea WISIL	Melbourne	15	Apr	2012
	23.79w	Toea WISIL	San Diego	14	Jun	2009
	23.90w	Mae KOIME	Apia, SPG	06	Sep	2007
	24.23w	Betty BURUA	Los Angeles	12	May	2012
	24.33w	Ann MOONEY	Gold Coast	05	Aug	2000
	24.34w	Toea WISIL	Perth	22	Feb	2014
	24.55w	Betty BURUA	Brisbane	30	Jan	2015
	25.19w	Miriam PENI	Apia ComYG	09	Sep	2015
	25.21w	Miriam PENI	Brisbane	25	Oct	2014
	25.26w	Miriam PENI	Brisbane	23	Nov	2014
	25.26w	Shirley VUNATUP	Hobbs, NM	18	Apr	2015
	25.33w	Afure ADAH	Bismarck, USA	24	May	2014
	25.57w	Sharon KWARULA	Tereora, OceCh	26	Jun	2014
	25.64 nwi	Adrine MONAGI	Council Bluffs, Iowa	02	May	2015
	25.83w	Sharon KWARULA	Tereora, OceCh	24	Jun	2014
	26.58w	Priscillar JOHN	Pella, Iowa	16	Apr	2014
<u>200 metres (Manual Timing)</u>						
1	23.7 mx	Toea WISIL	Lae, NCh	08	Apr	2012
2	24.5	Mae KOIME	Lae, NCh	28	Jun	2009
3	24.6	Ann MOONEY	Lae	13	Aug	2000
4	24.7	Helen PHILEMON	Lae, NCh	11	Jul	2010
5	24.8	Monica JONATHAN	Lae	24	Jun	2000
6	24.9	Elanga BUALA	Townsville	21	Apr	1984
7	25.0	Toea WISIL	Lae	22	Dec	2005
8=	25.3	Salitia PIPIT	Lae	05	Feb	1975
8=	25.3	Elizabeth KAMILUS	Port Moresby	23	May	1992
8=	25.3	Salome DELL	Lae, NCh	28	Jun	2009
8=	25.3	Afure ADAH	Kindred	09	Apr	2015
12=	25.4	Iammo LAUNA	Rabaul, NCh	24	Jun	1990
12=	25.4	Barbara INGIRO-SAPEA	Goroka, NCh	01	Jul	1984
12=	25.4	Helen MUGA	Port Moresby	13	Sep	1996
12=	25.4	Venessa WARO	Lae, NCh	17	Jul	2011
16	25.5	Rossa MAIRA	Port Moresby, NCh	29	Sep	1996
17=	25.7	Naomi POLUM	Lae, NCh	16	Jun	1979
17=	25.7	Mary UNIDO	Suva	26	Jun	1993
17=	25.7	Betty BURUA	Lae	06	Aug	2011
17=	25.7	Adrine MONAGI	Lae	31	Mar	2013
21=	25.8	Esther PAMOA	Lae, NCh	28	Jun	1992
21=	25.8	Della MARAVA	Lae	13	Aug	2000
23=	25.9H	Lillyanne BEINING	Darwin, PSG	09	Apr	1992
23=	25.9	Ale GAGOLE	Lae	25	Jun	1995
23=	25.9	Nessie OGISI	Lae, NCh	27	Apr	2003
23=	25.9	Donna KONIEL	Rabaul			
27=	26.0	Lily TUA	Rabaul, NCh	24	Jun	1990
27=	26.0	Lynette BURENG	Suva	14	Apr	2001
27=	26.0	Sharon Henry KWARULA	Lae, NCh	12/4	Sep	2008
27=	26.0	Raphaella BAKI	Lae, NCh	12/4	Sep	2008
31=	26.1	Shayne AVEFA	Lae	25	Jun	1995
31=	26.1	Serah DOWARA	Lae, NCh	26	Sep	2004
31=	26.1	Shirley VUNATUP	Lae, NCh	11	Jul	2010
34=	26.2	Banato IBOWA	Rabaul, NCh	24	Jun	1990
34=	26.2	Angela WAY	Lae	29	Mar	2003
34=	26.2	Priscilla JOHN	Port Moresby	15	Jun	2013
37=	26.3	Delilah EXON	Port Moresby, SPG	16	Aug	1969
37=	26.3	Freda GEPP	Lae	25	Jun	1995

39=	26.4	Delin LEMEN	Port Moresby, NCh	17	May	1975
39=	26.4	Rogot WANINARA-TAULE	Lae, NCh	16	Jun	1979
39=	26.4	Kari KAPANI	Port Moresby	15	Apr	1983
39=	26.4	Karo MAHA	Rabaul, NCh	24	Jun	1990
39=	26.4	Joylene NASON	Lae	26	Mar	2005
44=	26.5	G. VELOPO	Port Moresby	11	Sep	1981
44=	26.5	Dorcas PILOKOS	Lae		Apr	1983
44=	26.5	Maria KAUPA	Lae, NCh	26	Nov	2004
44=	26.5	Eunice STEVEN	Lae	09	Jun	2007
48=	26.6	Beddy LAIM	Rabaul	30	Apr	1969
48=	26.6	Ashwin GARA	Lae, NCh	16	Jun	1979
48=	26.6	Aumato BIBAESI	Port Moresby	25	Apr	1980
48=	26.6	Cathy RASEHAI	Goroka, NCh	22	Jun	1986
48=	26.6	Dessie OKOLE	Rabaul, NCh	24	Jun	1990
48=	26.6	Gabriella HELA	Lae, NCh	05	Jul	1992
48=	26.6	Bertha TOM	Lae	7	Mar	1993
48=	26.6	Linda NINGO	Lae	27	Oct	1996
48=	26.6	Joanne WARI	Port Moresby	24	Jun	2006
57=	26.7	Kila AVEA	Mt Hagen, NCh	09	May	1981
57=	26.7	Kanai KONIEL	Port Moresby	03	Oct	1987
57=	26.7	Lorraine BAILEY	Lae	24	Jun	2000
57=	26.7	Nadia BAIS	Lae, NCh	17	Jul	2011
61=	26.8	Helen LEBOLO	Lae, NCh	16	Jun	1979
61=	26.8	Yal JONATHON	Lae	20	Jun	1987
61=	26.8	Catherine WABADALA	Rabaul, NCh	24	Jun	1990
61=	26.8	Janet MIDI	Rabaul, NCh	24	Jun	1990
61=	26.8	Joyce TONNY	Lae, NCh	03	Jul	1994
61=	26.8	Wendy TONY	Vunakanau	30	Jun	1996
61=	26.8	Karo LAMA	Vunakanau	02	Jul	2004
61=	26.8	Winai WARO	Lae	13	Jun	2005
69=	26.9	Gaet NIM	Tahiti, SPG			1971
69=	26.9	Vivienne PASSEN	Lae	30	May	1987
69=	26.9	Elty WILLIE	Rabaul, NCh	24	Jun	1990
69=	26.9	Jacinta LANGA	Lae, NCh	22/4	Sep	2006
69=	26.9	Lillian TURALIR	Lae, NCh	28	Jun	2009

200 metres Indoors (Automatic Timing)

1	25.17	Betty BURUA	Baton Rouge, LA	27	Feb	2011
2	25.88	Sharon Henry KWARULA	Rock Island	11	Feb	2012
3	26.15	Adrine MONAGI	Platteville, WI	14	Feb	2015
4	26.41	Shirley VUNATUP	Lubbock, Texas	30	Jan	2015
5	26.78	Priscillar JOHN	Mankato, Minnesota	10	Jan	2015

300 metres Indoors (Automatic Timing)

1	40.12	Betty BURUA	Cape Girardeau, MO	18	Feb	2011
2	41.32	Sharon Henry KWARULA	Cedar Falls, Iowa	14	Jan	2012
3	45.26	Priscillar JOHN	Mankato, Minnesota	07	Dec	2013

300 metres (Automatic Timing)

1	38.54	Mae KOIME	Brisbane	25	May	2007
2	38.88	Ann MOONEY	Sydney	14	Sep	2000
3=	39.54	Toea WISIL	Brisbane	08	Jun	2007
3=	39.54	Betty BURUA	Gold Coast	02	Feb	2008
5	39.93	Salome DELL	Brisbane	26	Jun	2010
6	40.86	Elizabeth KAMILUS	Port Moresby	09	Sep	1991
7	41.36	Barbara SAPEA	Port Moresby	09	Sep	1991
8	41.38	Lily TUA	Port Moresby	09	Sep	1991
9	41.39	Mary UNIDO	Port Moresby	09	Sep	1991
10	41.51	Donna KONIEL	Gold Coast	23	Jun	2012
11	42.50	Esther PAMOA	Port Moresby	09	Sep	1991
12	42.76	Ale GAGOLE	Nuku'alofa	26	Aug	1998
13	43.12	Rosemary NAMI	Port Moresby	09	Sep	1991

14	44.29 mx	Rachel KAPER	Adelaide	23	Aug	2000
15	44.99	Nessie OGISI	Townsville	17	Apr	2004
16	45.26 i	Priscillar JOHN	Mankato, MN	07	Dec	2013
17	45.58	Kuki PENIAS	Port Moresby	09	Sep	1991

300 metres (Manual Timing)

1	39.3	Betty BURUA	Gold Coast	24	Feb	2012
2	41.2	Venessa WARO	Lae	10	Apr	2010
3	41.3	Shirley VUNATUP	Ulapia	22	Jun	2013
4	41.4	Ale GAGOLE	Pirae	14	Aug	1995
5	41.5	Helen PHILEMON	Suva	02	Jul	2003
6	41.8	Pauline KUPAI	Ulapia	25	May	2013
7	41.9	Monica JONATHAN	Lae	01	Apr	1999
8	42.2	Donna KONIEL	Vunakanau	20	Oct	2012
9=	42.4	Lorraine BAILEY	Suva	02	Jul	2003
9=	42.4	Shirley VUNATUP	Ulapia	04	Jan	2014
11	42.6	Tehilah WOMOLA	Ulapia	22	Jun	2013
12	42.8	Freda GEPP	Port Moresby	05	Aug	1995
13=	43.0	Shayne AVEFA	Port Moresby	05	Aug	1995
13=	43.0	Priscilla JOHN	Ulapia	25	May	2013
15	43.7	Eunice STEVEN	Lae	10	Apr	2010
16	43.8	Angela WAY	Lae	13	Feb	1999
17	43.9	Mae KOIME	Goroka	15	Mar	2003

400 metres (Automatic Timing)

1	53.19	Toea WISIL	Gold Coast	14	Aug	2010
2	53.63	Betty BURUA	Loughborough	07	Jul	2012
	<i>54.06</i>	<i>Betty BURUA</i>	<i>Birmingham</i>	<i>08</i>	<i>Jul</i>	<i>2012</i>
3	54.08	Salome DELL	Brisbane	12	Sep	2010
	<i>54.14</i>	<i>Betty BURUA</i>	<i>Los Angeles</i>	<i>02</i>	<i>Jun</i>	<i>2012</i>
	<i>54.17</i>	<i>Toea WISIL</i>	<i>Port Moresby, PG</i>	<i>15</i>	<i>Jul</i>	<i>2015</i>
4	54.29	Donna KONIEL	Port Moresby, PG	15	Jul	2015
	<i>54.32</i>	<i>Betty BURUA</i>	<i>Cardiff</i>	<i>18</i>	<i>Jul</i>	<i>2012</i>
	<i>54.32</i>	<i>Betty BURUA</i>	<i>Cairns, OceCh</i>	<i>09</i>	<i>May</i>	<i>2015</i>
	<i>54.48</i>	<i>Betty BURUA</i>	<i>New Delhi, CG</i>	<i>07</i>	<i>Oct</i>	<i>2010</i>
	<i>54.65</i>	<i>Betty BURUA</i>	<i>Gold Coast</i>	<i>12</i>	<i>Jul</i>	<i>2014</i>
	<i>54.79</i>	<i>Betty BURUA</i>	<i>New Orleans</i>	<i>01</i>	<i>May</i>	<i>2011</i>
	<i>54.81</i>	<i>Toea WISIL</i>	<i>Gold Coast</i>	<i>25</i>	<i>Jun</i>	<i>2011</i>
	<i>54.89</i>	<i>Donna KONIEL</i>	<i>Cairns, OceCh</i>	<i>09</i>	<i>May</i>	<i>2015</i>
	<i>54.90</i>	<i>Betty BURUA</i>	<i>New Delhi, CG</i>	<i>06</i>	<i>Oct</i>	<i>2010</i>
	<i>54.91</i>	<i>Toea WISIL</i>	<i>Brisbane</i>	<i>12</i>	<i>Sep</i>	<i>2010</i>
	<i>54.91</i>	<i>Betty BURUA</i>	<i>Gold Coast</i>	<i>28</i>	<i>Jun</i>	<i>2014</i>
	<i>54.96</i>	<i>Betty BURUA</i>	<i>New Orleans</i>	<i>01</i>	<i>May</i>	<i>2011</i>
	<i>54.94</i>	<i>Toea WISIL</i>	<i>Noumea, PG</i>	<i>07</i>	<i>Sep</i>	<i>2011</i>
	<i>54.99</i>	<i>Salome DELL</i>	<i>Irvine</i>	<i>02</i>	<i>May</i>	<i>2010</i>
	<i>55.01</i>	<i>Toea WISIL</i>	<i>Irvine</i>	<i>02</i>	<i>May</i>	<i>2010</i>
	<i>55.08</i>	<i>Betty BURUA</i>	<i>Brisbane</i>	<i>24</i>	<i>Jan</i>	<i>2015</i>
	<i>55.15</i>	<i>Toea WISIL</i>	<i>Apiá, PG</i>	<i>05</i>	<i>Sep</i>	<i>2007</i>
5	55.18	Ann MOONEY	Brisbane	15	Aug	2000
	<i>55.21</i>	<i>Betty BURUA</i>	<i>Port Moresby, PG</i>	<i>15</i>	<i>Jul</i>	<i>2015</i>
	<i>55.22</i>	<i>Betty BURUA</i>	<i>Stretford</i>	<i>03</i>	<i>Jul</i>	<i>2012</i>
	<i>55.23</i>	<i>Salome DELL</i>	<i>Gold Coast</i>	<i>15</i>	<i>Jun</i>	<i>2008</i>
	<i>55.25</i>	<i>Anne MOONEY</i>	<i>Sydney, OG</i>	<i>17</i>	<i>Aug</i>	<i>2000</i>
	<i>55.25</i>	<i>Toea WISIL</i>	<i>Brisbane</i>	<i>13</i>	<i>Mar</i>	<i>2009</i>
	<i>55.26</i>	<i>Betty BURUA</i>	<i>Trafford</i>	<i>03</i>	<i>Jul</i>	<i>2012</i>
	<i>55.27</i>	<i>Toea WISIL</i>	<i>Gold Coast</i>	<i>19</i>	<i>Dec</i>	<i>2012</i>
	<i>55.28</i>	<i>Toea WISIL</i>	<i>Hobart</i>	<i>10</i>	<i>Feb</i>	<i>2007</i>
	<i>55.28</i>	<i>Toea WISIL</i>	<i>Gold Coast</i>	<i>12</i>	<i>Dec</i>	<i>2012</i>
	<i>55.33</i>	<i>Betty BURUA</i>	<i>Brisbane</i>	<i>03</i>	<i>Mar</i>	<i>2012</i>
	<i>55.33</i>	<i>Betty BURUA</i>	<i>Gold Coast</i>	<i>24</i>	<i>Mar</i>	<i>2012</i>
	<i>55.36</i>	<i>Toea WISIL</i>	<i>Los Angeles</i>	<i>24/5</i>	<i>Apr</i>	<i>2009</i>
	<i>55.36</i>	<i>Donna KONIEL</i>	<i>Bangkok</i>	<i>08</i>	<i>Sep</i>	<i>2015</i>

55.44	Toea WISIL	Brisbane	21	May	2010
55.44	Betty BURUA	Brisbane	10	Mar	2012
55.44	Betty BURUA	Brisbane	06	Mar	2015
55.45	Salome DELL	Susupe	28	Jun	2008
55.47	Toea WISIL	Brisbane	23	Feb	2007
55.47	Betty BURUA	Nacogdoches	21	Mar	2009
55.48	Betty BURUA	Brisbane	07	Mar	2014
55.48	Betty BURUA	Glasgow, CG	27	Jul	2014
55.49	Salome DELL	Brisbane	19	Mar	2009
55.49	Betty BURUA	Brisbane, NCh	26	Mar	2015

(Top 47 performances from 5 different athletes)

6	56.06	Mae KOIME	Brisbane	04	Nov	2005
7	56.20	Mary UNIDO	Port Vila, MSPG	14	Dec	1993
8	56.70	Sharon KWARULA	Canyon, Texas	25	Apr	2015
9	56.82	Elanga BUALA	Los Angeles, OG	04	Aug	1984
10	57.28	Tahiri HOMERANG	Port Moresby	24	Aug	1991
11	57.44	Helen MUGA	Santa Rita, SPG	05	Jun	1999
12	57.42	Adrine MONAGI	Dubuque, Iowa	18	Apr	2015
13	57.45	Cecilia KUMALALAMENE	Lae, NCh	30	Jun	2007
14	57.59	Lily TUA	Port Moresby	24	Aug	1991
15	57.74	Rossa MAIRA	Tafuna, MSPG	16	Aug	1997
16	57.75	Venessa WARO	Cairns, OceCh	25	Sep	2010
17	57.82	Barbara INGIRO-SAPEA	Port Moresby	24	Aug	1991
18	57.96	Salitia PIPIT	Sydney	14	Feb	1981
19	58.21	Shirley VUNATUP	Ulapia, NCh	13	Jul	2013
20=	58.22	Ale GAGOLE	Pirae, SPG	17	Aug	1995
20=	58.22	Maria KAUPA	Townsville	21	Sep	2005
22	58.45	Elizabeth KAMILUS	Port Moresby, SPG	13	Sep	1991
23	58.72	Helen PHILEMON	Gold Coast	12	Sep	2010
24	59.18	Angela WAY	Nuku'alofa, OceCh	27	Aug	1998
25	59.36	Pauline KUPAI	Ulapia, NCh	13	Jul	2013
26	59.41	Kanai KONIEL	Noumea, SPG	11	Dec	1987
27	59.77	Eunice STEVEN	Port Moresby	24/8	Nov	2009
28	59.99	Delin LEMEN	Guam, SPG	07	Aug	1975
29	60.26	Tehilah WOMOLA	Ulapia, NCh	13	Jul	2013
30	60.38	Raylyne KANAM	Ulapia, NCh	07	Jun	2014
31	60.39	Lorraine BAILEY	Suva, SPG	09	Jul	2003
32=	60.50	Esther PAMOA	Port Moresby, NCh	22	Jul	1991
32=	60.50	Maria KAUPA	Cairns	11	Dec	2004
34	60.61	Kalama TOWARAP	Dubuque, Iowa	18	Apr	2015
35	60.88	Miriam PENI	Brisbane	24	Jan	2015
36	60.95	Hilda ROY	Rarotonga, MSPG	07	Aug	1985
37=	61.11	Gisung NGALAU	Suva, SPG	03	Sep	1979
37=	61.11	Kuki PENIAS	Port Moresby	24	Aug	1991
39	61.37	Lillian TURALIR	Townsville	2/4	Oct	2009
40	61.58	Karo MAHA	Port Moresby	22	Jul	1991
41	61.67	Linda MARERE	Suva, SPG	03	Sep	1979
42	61.79	Priscillar JOHN	Mount Vernon, Iowa	05	Apr	2014
43	61.81	Isila APKUP	Lae, PNG Games	25	Nov	2014
44=	62.17	Mo'uro KAIDA	Guam, SPG	05	Aug	1975
44=	62.17	Rachel KAPERERA	Brisbane	15	Aug	2000

400 metres (Manual Timing)

1	54.5	Ann MOONEY	Lae	12	Aug	2000
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	56.2	Donna KONIEL	Lae, NCh	6	Apr	2012
6	56.5	Rossa MAIRA	Port Moresby	14	Apr	1997
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	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	Cecila KUMALALAMENE	Lae	09	Sep	2006
19	59.0	Angela WAY	Nuku'alofa	03	Jun	1998
20=	59.1	Kito KAIDA	Port Moresby, SPG	15	Aug	1969
20=	59.1	Rosemary NAMI	Lae, NCh	01	Jul	1994
22=	59.2	Ale GAGOLE	Lae, NCh	30	Jun	1995
22=	59.2	Helen PHILEMON	Lae	18	Jun	2003
22=	59.2	Lorraine BAILEY	Lae	18	Jun	2003
25	59.4	Gaet NIM	Tahiti, SPG	11	Sep	1971
26=	59.5	Barbara INGIRO-SAPEA	Apia, SPG	12	Sep	1983
26=	59.5	Monica JONATHAN	Townsville	26	May	1999
28	59.6	Rachel KAPER A	Port Moresby	02	Oct	1999
29	59.7	Shirley VUNATUP	Ulapia	29	Jun	2013
30	59.9	Eunice STEVEN	Lae, NCh	10	Jul	2010
31=	60.1	Lily TUA	Port Moresby	20	Jul	1996
31=	60.1	Grace WESCOTT	Port Moresby	02	May	2001
33=	60.2	Hilda ROY	Goroka, NCh	21	Jun	1986
33=	60.2	Jacinta LANGA	Lae	29	Sep	2005
35=	60.4	Kanai KONIEL	Port Moresby, NCh	02	Jul	1988
35=	60.4	Jacinta LANGA	Lae, NCh	22/4	Sep	2006
37	60.5	Delin LEMEN	Madang, NCh	17	Sep	1977
38	60.6	Lillian TURALIR	Lae, NCh	26/8	Jun	2009
39=	60.7	Gisung NGALAU	Goroka, NCh	21	Jun	1986
39=	60.7	Miriam GOIYE	Lae, NCh	26	Apr	2003
41	60.8	Merolyn AUGA	Lae	26	Mar	2005
42=	60.9	Bertha TOM	Lae, NCh	04	Jul	1992
42=	60.9	Pauline KUPAI	Ulapia	06	Apr	2013
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
48=	61.4	Tahilah WOMOLA	Ulapia	29	Jun	2013
50	61.5	Augustina INGIRIN	Lae, NCh	15	Jul	2011
51=	61.7	Noelline JACK	Rabaul	15	Jun	1991
51=	61.7	Rubbie APOLOS	Lae, NCh	01	Jul	1994
51=	61.7	Miriam GOIYE	Lae	04	Nov	2001
51=	61.7	Rachael ISIDOR	Lae, NCh	26/8	Jun	2009
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
55=	62.0	Tuna TINE	Rabaul	11	Jun	2012
59=	62.2	Navo ANISA	Rabaul, NCh	22	Oct	1966
59=	62.2	Kari KAPANI	Port Moresby	20	Aug	1983
59=	62.2	Mirriam MARUT	East New Britain	16	Sep	2006
62=	62.4	Yal JONATHON	Port Moresby	27	Aug	1983
62=	62.4	Yameng KALEP	Port Moresby, NCh	02	Jul	1988
62=	62.4	Antonia URAKUPA	Port Moresby	05	Jul	1997
62=	62.4	Hennie MURIAI	Rabaul	18	Nov	2012
66=	62.5	Catherine RHAMBO	Lae, NCh	22/4	Sep	2006
66=	62.5	Rickinel KAMUN	Lae, NCh	12/4	Sep	2008
68=	62.6	Tibur JUNIAS	Rabaul	09	Jun	1990
68=	62.6	Shirley VONOA I	Rabaul	11	Jun	1994

70=	62.7	Kari DADI	Port Moresby	23	Jul	1983
70=	62.7	Banato IBOWA	Port Moresby, NCh	02	Jul	1988
70=	62.7	Elizabeth NATHAN	Lae	29	Sep	2005
73=	62.8	Idau WAY	Goroka, NCh	08	May	1983
73=	62.8	Jennifer AUGA	Lae	02	May	1999
73=	62.8	Serah DOWARA	Port Vila	28	Sep	2002
73=	62.8	Raphaela NAIVEL	Lae	26	Mar	2005
77=	62.9	Kila AVEA	Rabaul, NCh	15	Jun	1980
77=	62.9	Jenny WILLIE	Lae, NCh	26/8	Jun	2009
77=	62.9	Sharlyn ANIGEL	Goroka, NCh	29	Sep	2001
77=	62.9	Raylyne KANAM	Ulapia	03	May	2014
81=	63.0	Freda GEPP	Lae	09	Apr	1995
81=	63.0	Linda MARERE	Lae	04	Aug	1979
81=	63.0	Jessica KAVULIO	Vunakanau	29	Jun	1996
81=	63.0	Elizabeth NASON	Vunakanau	02	Jul	2004

400 metres Indoors (Automatic Timing)

1	55.48	Betty BURUA	Baton Rouge, LA	27	Feb	2011
2	57.06	Sharon KWARULA	Lubbock, Texas	01	Mar	2015
3	59.63	Shirley VUNATUP	Lubbock, Texas	20	Feb	2015
4	60.13	Adrine MONAGI	Platteville, WI	14	Feb	2015
5	61.84	Cecilia KUMALALAMENE	Platteville, WI	09	Feb	2013
6	63.40	Priscillar JOHN	Mt Vernon, Iowa	24	Jan	2015

500 metres Indoors (Automatic Timing)

1	1:20.32	Sharon Henry KWARULA	Rock Island	11	Feb	2012
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600 metres Indoors (Automatic Timing)

1	1:36.88	Betty BURUA	Cape Girardeau, MO	18	Feb	2011
2	1:43.59	Kalama TOWARAP	Grinnell, Iowa	07	Feb	2015

600 metres

1	1:32.44	Salome DELL	Melbourne	09	Dec	2010
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	1:37.15	Donna KONIEL	Gold Coast	23	Jun	2012
6	1:39.0	Shirley VUNATUP	Snyder, Texas	14	May	2014
7	1:41.2	Tuna TINE	Ulapia	25	May	2013
8=	1:41.5	Shirley VUNATUP	Ulapia	08	Feb	2014
8=	1:41.5	Raylyne KANAM	Ulapia	08	Feb	2008
10	1:42.0	Rosemary NAMI	Goroka	30	Jun	1993
11	1:42.4	Poro GAHEKAVE	Snyder, Texas	14	May	2014
12	1:43.0	Jenny ALBERT	Goroka	16	May	2015
13	1:44.1	Rossa MAIRA	Port Moresby	15	Feb	1997
14	1:46.0	Rubbie APOLOS	Port Moresby	05	Aug	1995

800 metres

1	2:03.53	Salome DELL	Delhi, CG	10	Oct	2010
	<i>2:03.71mx</i>	<i>Salome DELL</i>	<i>Gold Coast</i>	<i>02</i>	<i>Aug</i>	<i>2008</i>
	<i>2:05.01mx</i>	<i>Salome DELL</i>	<i>Gold Coast</i>	<i>19</i>	<i>Jul</i>	<i>2008</i>
	<i>2:05.11</i>	<i>Salome DELL</i>	<i>Eagle Rock</i>	<i>09</i>	<i>May</i>	<i>2009</i>
	<i>2:05.87mx</i>	<i>Salome DELL</i>	<i>Gold Coast</i>	<i>15</i>	<i>Jun</i>	<i>2008</i>
	<i>2:06.82</i>	<i>Salome DELL</i>	<i>Los Angeles</i>	<i>24/5</i>	<i>Apr</i>	<i>2009</i>
	<i>2:06.82</i>	<i>Salome DELL</i>	<i>Walnut</i>	<i>06</i>	<i>Jun</i>	<i>2009</i>
	<i>2:07.39mx</i>	<i>Salome DELL</i>	<i>Gold Coast</i>	<i>14</i>	<i>Jun</i>	<i>2008</i>
	<i>2:07.39</i>	<i>Salome DELL</i>	<i>Brisbane</i>	<i>20</i>	<i>Mar</i>	<i>2009</i>
	<i>2:07.91</i>	<i>Salome DELL</i>	<i>San Mateo</i>	<i>24</i>	<i>May</i>	<i>2009</i>
	<i>2:08.13</i>	<i>Salome DELL</i>	<i>Melbourne, CG</i>	<i>22</i>	<i>Mar</i>	<i>2006</i>
	<i>2:08.29</i>	<i>Salome DELL</i>	<i>Brisbane</i>	<i>21</i>	<i>Mar</i>	<i>2009</i>
	<i>2:08.64</i>	<i>Salome DELL</i>	<i>Brisbane</i>	<i>27</i>	<i>Mar</i>	<i>2009</i>
	<i>2:08.72</i>	<i>Salome DELL</i>	<i>Sydney</i>	<i>28</i>	<i>Feb</i>	<i>2009</i>

2	2:08.77	Donna KONIEL	Gold Coast	28 Jun 2015
	2:09.06	Salome DELL	Gold Coast	07 Jun 2008
	2:09.25	Salome DELL	Gold Coast	06 Aug 2009
	2:09.5mx	Salome DELL	Lae	26 Jun 2009
	2:09.58	Donna KONIEL	Cairns, OceCh	10 May 2015
	2:09.72	Salome DELL	Canberra	26 Jan 2008
	2:09.88	Salome DELL	Brisbane	22 Feb 2009
	2:10.56mx	Salome DELL	Brisbane	7 Mar 2009
	2:10.77	Salome DELL	Sydney	04 Feb 2006
	2:10.93	Salome DELL	Los Angeles	24 Apr 2010
	2:11.01	Salome DELL	North Shore	18 Mar 2008
	2:11.10	Salome DELL	Auckland	8/9 Mar 2008
	2:11.36	Salome DELL	Brisbane	23 Mar 2012
	2:11.54	Salome DELL	Brisbane	29 Feb 2008
	2:11.76	Salome DELL	Auckland	29 Mar 2008
	2:11.79	Donna KONIEL	Gold Coast	21 Jun 2015
	2:12.06	Salome DELL	Melbourne	18 Feb 2006
	2:12.07	Salome DELL	Brisbane	14 Jan 2012
	2:12.28	Salome DELL	Brisbane	10 Mar 2007

(Top 33 performances by 2 different athletes)

3	2:13.56	Cecilia KUMALALAMENE	Brisbane	20/1 Jan 2007
4	2:14.51e	Salitia PIPIT	Sydney	17 Jan 1982
5	2:15.09	Betty BURUA	Cairns, OceCh	24 Sep 2010
6	2:15.18	Tuna TINE	Cairns, OceCh	29 Jun 2012
7	2:15.2	Jenny ALBERT	Lae	20 Jun 2015
8	2:15.29	Ann MOONEY	Cairns	16 Aug 2007
9	2:18.61e	Rosemary NAMI	Port Moresby, SPG	17 Sep 1991
10	2:19.20	Miriam GOIYE	Hamilton	06 Dec 2001
11	2:19.26e	Poloni AVEK	Port Moresby, SPG	18 Sep 1991
12	2:19.85e	Elanga BUALA	Apia, SPG	09 Sep 1983
13	2:20.00	Poro GAHEKAVE	Cairns, OceCh	29 Jun 2012
14	2:20.4	Rosemary TURARE-OMUNDSEN	Lae	24 Jun 1995
15	2:20.96e	Gisung NGALAU	Noumea, SPG	11 Dec 1987
16	2:21.37e	Mo'uro KAIDA	Guam, SPG	06 Aug 1975
17	2:21.6	Rachel KAPER	Port Moresby	01 May 1999
18	2:22.3	Kito KAIDA	Port Moresby, SPG	18 Aug 1969
19	2:22.74e	Janice JIRORU	Suva, SPG	01 Sep 1979
20	2:23.64e	Kuki PENIAS	Port Moresby, NCh	20 Jul 1991
21	2:23.7	Kila AVEA	Lae	13 Jun 1981
22	2:24.71e	Rubbie APOLOS	Pirae, SPG	22 Aug 1995
23	2:24.9	Noelline JACK	Lae	22 Jun 1991
24	2:24.25	Kalama TOWARAP	Council Bluffs, Iowa	03 May 2014
25	2:25.1	Susan KAUBA	Port Moresby, NCh	17 May 1975
26	2:25.3	Sylvia RAFIAN	Lae	27 Oct 1996
27	2:25.5	Bernadette NAMAL	Noumea, SPG	13 Dec 1966
28	2:26.10	Eunice STEVEN	Apia, OceRCh	22 Jun 2011
29	2:26.3	Maria KAUPA	Lae	24 Apr 2005
30	2:26.4	Annamason PAULIAS	Lae	12 Apr 1978
31	2:26.7	Regina KOS	Lae	24 Jun 1995
32	2:26.75e	Linda MARERE	Suva, SPG	31 Aug 1979
33	2:26.8	Dephanie AITO	Lae	24 Apr 2011
34	2:26.9	Christine TALIA	Port Moresby, SPG	18 Aug 1969
35	2:26.9	Merolyn AUGA	Lae	19 Apr 2003
36	2:27.2	Peni PASTE	Port Moresby, NCh	08 Jun 1969
37	2:27.26	Selesyato UMILI	Port Moresby	27 Nov 2009
38=	2:27.33e	Agnes ANDREAS	Brisbane, PSG	30 Aug 1982
38=	2:27.33	Esther SIMON	Ulupia, NCh	08 Jun 2014
40=	2:28.0	Hilda ROY	Goroka, NCh	22 Jun 1986
40=	2:28.0	Kanai KONIEL	Port Moresby	11 Jun 1988
40=	2:28.0	Shirley VONOA	Rabaul	31 May 1991
43	2:28.1	Rachel MIRIA	Lae	03 Nov 2001

44	2:28.3	Shirley YABARA	Port Moresby	20	Sep	1986
45	2:28.4	Martha Warbat	Port Moresby	20	Sep	1986
46	2:28.5	Margreth KOMI	Lae, NCh	08	Apr	2012
47	2:28.6	Hilda MIDAL	Rabaul	08	Jun	1991
48	2:28.7	Barbara INGIRO	Townsville	27	Apr	1984
49=	2:28.8	Nuta RORFIAKE	Goroka	16	May	1986
49=	2:28.8	Susan PIDIK	Port Moresby, NCh	03	Jul	1988
51	2:28.85eH	Iammo LAUNA	Los Angeles, OG	04	Aug	1984
52	2:29.0	Tahiri HOMERANG	Port Moresby	25	Apr	1987
53	2:29.2	Velda MAVE	Goroka, NCh	01	Jul	1984
54	2:29.46	Rama KUMILGO	Lae, PNG Games	25	Nov	2014
55=	2:29.5	Joan KAMBU	Lae, NCh	22/4	Sep	2006
55=	2:29.5	Lisa AUGUSTINE	Lae, NCh	26/8	Jun	2009
57	2:29.6	Grace PETER	Rabaul, NCh	24	Jun	1990
58	2:29.9	Elisah PALO	Port Moresby	27	Nov	1993
59	2:29.91e	Evelyn DAING	Port Moresby, NCh	20	Jul	1991
60	2:30.0	Pauline ILAM	Lae, NCh	16	Jun	1979

800 metres (Indoors)

1	2:20.61	Cecilia KUMALALAMENE	Lubbock, Texas	31	Jan	2015
	2:21.18	Cecilia KUMALALAMENE	Lubbock, Texas	16	Jan	2015
	2:22.06	Cecilia KUMALALAMENE	Lubbock, Texas	20	Feb	2015
	2:23.00	Cecilia KUMALALAMENE	Albuquerque, NM	13	Feb	2015
2	2:25.89	Poru GAHEKAVE	Lubbock, Texas	20	Feb	2015
	2:26.59	Poru GAHEKAVE	Albuquerque, NM	13	Feb	2015
3	2:27.72	Kalama TOWARAP	Storm Lake, Iowa	21	Feb	2015
	2:29.89	Kalama TOWARAP	Cedar Falls, Iowa	30	Jan	2015
	2:31.44	Poru GAHEKAVE	Lubbock, Texas	30	Jan	2015
	2:31.45	Kalama TOWARAP	Mt Vernon, Iowa	24	Jan	2015
	2:33.66	Kalama TOWARAP	Platteville, Wisconsin	14	Feb	2015
4	2:34.70	Adrine MONAGI	Albuquerque, NM	06	mar	2015

1000 metres

1	3:02.7	Rosemary TURARE-OMUNDSEN	Abbotsford	06	Aug	1994
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	3:19.6	Poru GAHEKAVE	Ulapia	25	Jan	2014
6	3:20.6	Jenny ALBERT	Goroka	17	Jan	2015
7	3:20.6	Tuna TINE	Goroka	13	Feb	2015
8	3:21.0	Gisung NGALAU	Port Moresby	20	Jun	1987
9	3:21.2	Bala NICHOLAS	Goroka	16	May	2015
10	3:22.4	Carolyn MANDO	Goroka	16	May	2015
11	3:22.9	Shirley YABARA	Port Moresby	20	Jun	1987
12	3:23.7	Donna KONIEL	Ulapia	19	Jan	2013
13	3:24.74e	Lydia JEFFRY	Port Moresby	09	Sep	1991
14	3:27.1	Cynthia PENIAS	Port Moresby	20	Jun	1987
15=	3:27.9	Gerthrude JOE	Ulapia	12	Jan	2013
15=	3:27.9	Cecilia KUMAN	Ulapia	12	Jan	2013
17	3:28.1	Paulina WILLIAMS	Port Moresby	20	Jun	1987
18	3:28.4	Shirley VONOA	Rabaul	04	May	1991
19	3:29.0	Hilda ROY	Goroka	16	Jun	1985
20	3:29.6	Hilda MIDAL	Rabaul	04	May	1991
21	3:29.3	Kalama TOWARUP	Ulapia	19	Jan	2013
22	3:29.7	Lyn POKOU	Goroka	09	Apr	1999
23	3:29.8	Maryanna PETER	Ulapia	19	Jan	2013

1000 metres (Indoors)

1	3:05.94	Cecilia KUMALALAMENE	Rock Island, Illinois	11	Feb	2012
	3:08.68	Cecilia KUMALALAMENE	Lubbock, Texas	16	Jan	2015
2	3:14.58	Poru GAHEKAVE	Lubbock, Texas	30	Jan	2015

1500 metres

1	4:27.77	Salome DELL	Brisbane	11 Feb 2011
	4:33.23	Salome DELL	New Delhi, CG	07 Oct 2010
	4:37.14	Salome DELL	Susupe	21 Jun 2008
2	4:37.17	Rosemary TURARE-OMUNDSEN	Victoria, CG	28 Aug 1994
	4:38.49	Salome DELL	Brisbane	25/7 Mar 2011
	4:39.04	Salome DELL	Brisbane	21 Feb 2009
	4:39.17	Salome DELL	Brisbane	07 Feb 2009
	4:40.39	Salome DELL	Susupe	26 Aug 2008
	4:41.12	Salome DELL	Sydney	03 Feb 2006
	4:41.63	Salome DELL	Melbourne	17 Feb 2006
	4:41.81	Salome DELL	Brisbane	26 Feb 2012
	4:42.18	Salome DELL	Brisbane	05 Mar 2011
	4:44.31	Salome DELL	Brisbane	21 Jan 2006
3	4:45.44	Miriam GOIYE	Port Moresby, PG	16 Jul 2015
4	4:45.47	Jenny ALBERT	Port Moresby, PG	16 Jul 2015
5	4:45.71e	Poloni AVEK	Noumea, SPG	14 Dec 1987
	4:45.91	Rosemary OMUNDSEN	Gateshead	30 Jul 1993
	4:46.25	Poloni AVEK	Singapore	21 Aug 1988
	4:46.3	Mirriam GOIYE	Lae	21 Jun 2015
	4:46.49	Poloni AVEK	Seoul, OG	29 Sep 1988
6	4:47.0	Poro GAHEKAVE	Lae	21 Jun 2015
	4:47.05	Mirriam GOIYE	Cairns, OceCh	09 May 2015
	4:47.44	Salome DELL	Brisbane	13 Jan 2006
	4:47.54mx	Salome DELL	Gold Coast	30 Aug 2008
	4:47.80	Rosemary OMUNDSEN	Darwin	07 May 1995
	4:47.90	Salome DELL	Hamilton	06 Feb 2007
(Top 26 performances by 6 different athletes)				
7	4:49.4 mx	Cecilia KUMALALAMENE	Gold Coast	26 Jul 2007
8	4:50.19	Tuna TINE	Cairns, OceCh	28 Jun 2012
9	4:50.41e	Salitia PIPIT	Canberra	03 Feb 1982
10	4:53.54e	Janice JIRORU	Suva, SPG	06 Sep 1979
11	4:53.88	Rama KUMILGO	Lae, NCh	19 Apr 2015
12	4:54.97	Carolyn MANDO	Lae, NCh	19 Apr 2015
13	4:56.3	Rosemary NAMI	Port Moresby	30 Oct 1993
14	4:57.16	Bala NICHOLAS	Lae, PNG Games	27 Nov 2014
15	4:57.60e	Mo'uro KAIDA	Guam, SPG	09 Aug 1975
16	4:58.07e	Gisung NGALAU	Nouméa, SPG	14 Dec 1987
17	5:00.77e	Nerrie SINE	Honiara, MSPG	14 Jul 1981
18	5:02.2	Rubbie APOLOS	Moresby	22 Jul 1995
19	5:03.58	Dephanie AITO	Sydney	12 Mar 2011
20	5:04.4	Maria KUANDUMA	Lae	21 Feb 2015
21	5:05.5	Sandy BELONG	Lae, NCh	12/4 Sep 2008
22	5:05.55	Ongan AWA	Adelaide	01 Mar 2015
23	5:06.2	Maibi LEVI	Port Moresby, NCh	16 May 1975
24	5:06.5	Miriam BORAM	Lae	13 Jun 2011
25	5:06.7	Gretel APOLOS	Rabaul, NCh	15 Jun 1980
26	5:07.03e	Lydia JEFFRY	Port Moresby, NCh	22 Jul 1991
27	5:07.6	Nuta RORFIAKE	Goroka, NCh	21 Jun 1986
28	5:07.7	Merolyn AUGA	Townsville	26 May 1999
29	5:07.8	Regina KOS	Lae, NCh	02 Jul 1994
30	5:09.22	Lynn POKOU	Darwin	23 May 1999
31	5:09.8	Helen MCKENZIE	Port Moresby	29 Jun 1991
32	5:10.59	Mary KUA	Adelaide	28 Feb 2015
33	5:10.64	Azaria KASU	Lae, PNG Games	24 Nov 2014
34	5:10.7	Toia KUNDIA	Lae, NCh	07 Apr 2012
35	5:11.5	Hilda MIDAL	Rabaul, NCh	23 Jun 1990
36	5:11.6	Rachel KAPEREA	Port Moresby	08 May 1999
37	5:11.7	Elisah PALO	Port Moresby	27 Nov 1993
38	5:12.0	Sylvia RAFIAN	Lae, NCh	02 Jul 1994

39=	5:12.1	Dominica MUKA	Rabaul, NCh	23	Jun	1990
39=	5:12.1	Noelline JACK	Rabaul, NCh	23	Jun	1990
41	5:12.4	Nalaipa AROWE	Rabaul, NCh	23	Jun	1990
42	5:12.5	Ayo AVENEKO	Goroka	04	Jun	1988
43	5:12.7	Toa KUNDIA	Lae, NCh	16	Jul	2011
44	5:13.4	Margaret MIDAL	Madang, NCh	21	Sep	1974
45	5:13.4	Cecila KUMAN	Lae	06	Aug	2011
46	5:14.0	Susan PIDIK	Port Moresby, NCh	02	Jul	1988
47	5:14.4	Lisioni NAMOI	Port Moresby	10	Aug	1973
48	5:14.45	Merolyn AUGA	Lae	23	Apr	2005
49	5:15.3	Monica KAVAVAR	Rabaul, NCh	09	Sep	1972
50	5:15.5	Miriam OPU	Port Moresby, NCh	28	Sep	1996
51=	5:15.8	Judith ARADINA	Rabaul, NCh	23	Jun	1990
51=	5:15.8	Dom SINESINE	Lae, NCh	10	Jul	2010
53	5:15.82	Kalama TOWARAP	Ulapia, PNG Games	26	Nov	2012
54	5:16.14e	Shirley VONOA	Port Moresby, NCh	22	Jul	1991
55	5:16.2	Catherine TAULE	Lae, NCh	10	Jul	2010
56	5:16.3	Rachel MIRIA	Lae, NCh	15	Aug	1998
57	5:16.4	Patricia MANU	Lae, NCh	12/4	Sep	2008
58	5:16.8	Yoks RAY	Madang	05	Jul	1998
59	5:17.17e	Evelyn DAING	Port Moresby, NCh	22	Jul	1991
60	5:17.7	Margreth JOHN	Rabaul	14	Jan	2012
61	5:17.85	Rachael KOLTINGE	Ulapia, NCh	13	Jul	2013
62	5:18.11	Anna PIUS	Townsville	2/4	Oct	2009
63	5:18.29	Noelyn JULIUS	Lae, PNG Games	24	Nov	2014
64=	5:18.3	Lom PUNAKAI	Lae, NCh	02	Jul	1994
64=	5:18.3	Therry VARTOTO	Kimbe	06	Jul	2001
64=	5:18.3	Margreth KOMI	Lae, NCh	07	Apr	2012
67	5:18.4	Glenda KAVERIAGARI	Rabaul, NCh	15	Jun	1980
68	5:19.0	Rhonda OKAWIONG	Port Moresby	26	Mar	1982
69=	5:19.4	Urakume HATI	Goroka, NCh	21	Jun	1986
69=	5:19.4	Rita KAMA	Lae	6	Mar	1993
69=	5:19.4	Angela MOROVE	Port Moresby, NCh	28	Sep	1996
69=	5:19.4	Janet PETER	Lae, NCh	12/4	Sep	2008
69=	5:19.4	Giam GIDEON	Lae, NCh	10	Jul	2010
74=	5:19.6	Linda MARERE	Rabaul	26	May	1979
74=	5:19.6	Wendy TENDAKE	Port Moresby, NCh	28	Sep	1996
76=	5:19.7	Pauline ILAM	Rabaul	26	May	1979
76=	5:19.7	Gugu KARPO	Rabaul, NCh	23	Jun	1990
76=	5:19.70	Lineth MAMINA	Lae, PNG Games	24	Nov	2014
79	5:19.8	Monica MIUGLE	Lae, NCh	07	Apr	2012
80=	5:19.9	Dinah FRANCIS	Rabaul	13	May	1994
80=	5:19.9	Sylvia RAFIAN	Vunakanau	30	Jun	1996

mx - mixed gender race

Mile

1	5:08.39	Salome DELL	Auckland	24	Mar	2007
2	5:28.67	Rosemary TURARE-OMUNDSEN	Holzgerlingen	18	Jul	1995
3	5:37.2	Tuna TINE	Ulapia	26	Jan	2013
4	5:39.4	Jenny ALBERT	Ulapia	26	Jan	2013

Mile (Indoors)

1	5:23.93	Cecilia KUMALALAMENE	Wichita	02	Feb	2013
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2000 metres

1	6:42.9	Rosemary TURARE-OMUNDSEN	Victoria, BC	19	Aug	1994
2	6:59.1	Rama KUMILGO	Lae	21	Feb	2015
3	7:07.39	Tuna TINE	Gold Coast	09	Oct	2010
4	7:07.4	Jenny ALBERT	Ulapia	06	Sep	2014
5	7:11.2	Maria KUANDUMA	Lae	21	Feb	2015
6	7:12.5	Bala NICHOLAS	Lae	21	Feb	2015
7	7:19.4	Aina GOIR	Ulapia	19	Apr	2014

8	7:20.21	Poro GAHEKAVE	Brisbane	22	Jul	2007
9	7:23.15e	Helen McKENZIE	Port Moresby	09	Sep	1991
10	7:24.7	Gerthrude JOE	Ulapia	15	Feb	2014
11	7:27.5	Ongan AWA	Goroka	17	Jan	2015
12	7:33.2	Cecilia KUMAN	Ulapia	22	Feb	2014
13	7:36.15e	Dominica MUKA	Port Moresby	09	Sep	1991
14	7:42.50e	Evelyn DAING	Port Moresby	09	Sep	1991
15	7:44.4	Maryanna PETER	Ulapia	19	Jan	2013
16	8:01.29e	Terry AITSI	Port Moresby	09	Sep	1991

3000 metres

1	10:12.7	Rosemary TURARE-OMUNDSSEN	Exeter, UK	2	Aug	1993
	<i>10:16.11</i>	<i>Rosemary OMUNDSSEN</i>	<i>Victoria, CG</i>	<i>23</i>	<i>Aug</i>	<i>1994</i>
	<i>10:17.6mx</i>	<i>Rosemary OMUNDSSEN</i>	<i>Port Moresby</i>	<i>06</i>	<i>Jun</i>	<i>1992</i>
	<i>10:18.5</i>	<i>Rosemary OMUNDSSEN</i>	<i>Monckton, UK</i>	<i>28</i>	<i>Jul</i>	<i>1993</i>
	<i>10:22.0mx</i>	<i>Rosemary OMUNDSSEN</i>	<i>Port Moresby</i>	<i>14</i>	<i>Mar</i>	<i>1993</i>
	<i>10:24.9mx</i>	<i>Rosemary OMUNDSSEN</i>	<i>Port Moresby</i>	<i>23</i>	<i>May</i>	<i>1992</i>
	<i>10:26.4</i>	<i>Rosemary OMUNDSSEN</i>	<i>Port Moresby</i>	<i>18</i>	<i>Jun</i>	<i>1994</i>
	<i>10:26.92</i>	<i>Rosemary OMUNDSSEN</i>	<i>Stuttgart</i>	<i>29</i>	<i>Jun</i>	<i>1995</i>
	<i>10:27.5</i>	<i>Rosemary OMUNDSSEN</i>	<i>Port Moresby</i>	<i>21</i>	<i>May</i>	<i>1994</i>
	<i>10:27.7</i>	<i>Rosemary OMUNDSSEN</i>	<i>Lae</i>	<i>24</i>	<i>Jun</i>	<i>1995</i>
	<i>10:28.30</i>	<i>Rosemary OMUNDSSEN</i>	<i>Port Moresby, SPG</i>	<i>17</i>	<i>Sep</i>	<i>1991</i>
	<i>10:29.99</i>	<i>Rosemary OMUNDSSEN</i>	<i>Pirae</i>	<i>20</i>	<i>Aug</i>	<i>1995</i>
	<i>10:31.07</i>	<i>Rosemary OMUNDSSEN</i>	<i>Port Moresby</i>	<i>13</i>	<i>Dec</i>	<i>1993</i>
2	10:32.88e	Nuta RORFIAKE	Rarotonga, MSPG	02	Aug	1985
	<i>10:33.3</i>	<i>Rosemary OMUNDSSEN</i>	<i>Lae, NCh</i>	<i>02</i>	<i>Jun</i>	<i>1995</i>
3	10:34.44e	Poloni AVEK	Noumea, SPG	16	Dec	1987
4	10:36.2	Rama KUMILGO	Lae	22	Jun	2015
	<i>10:37.0</i>	<i>Rosemary OMUNDSSEN</i>	<i>Rabaul</i>	<i>11</i>	<i>Jun</i>	<i>1994</i>
5	10:37.4	Poro GAHKAVE	Lae	22	Jun	2015
	<i>10:37.58</i>	<i>Rosemary OMUNDSSEN</i>	<i>Weinstadt, Germany</i>	<i>08</i>	<i>Aug</i>	<i>1993</i>
	<i>10:38.8</i>	<i>Poloni AVEK</i>	<i>Port Moresby</i>	<i>03</i>	<i>Jul</i>	<i>1988</i>
	<i>10:39.88</i>	<i>Poro GAHEKAVE</i>	<i>Brisbane</i>	<i>21</i>	<i>Feb</i>	<i>2007</i>
	<i>10:41.3</i>	<i>Rosemary OMUNDSSEN</i>	<i>Lae</i>	<i>03</i>	<i>Jul</i>	<i>1994</i>
6	10:41.5	Jenny ALBERT	Lae	11	Nov	2012
7	10:41.6	Gerthrude JOE	Lae	11	Nov	2012
8	10:42.2	Cecilia KUMAN	Lae	23	Jun	2012
	<i>10:43.2</i>	<i>Poloni AVEK</i>	<i>Port Moresby</i>			<i>1988</i>
9	10:44.5	Miriam GOIYE	Lae	22	Jun	2015
	<i>10:46.6</i>	<i>Rosemary OMUNDSSEN</i>	<i>Port Moresby</i>	<i>10</i>	<i>Jun</i>	<i>1995</i>
	<i>10:47.2</i>	<i>Rosemary OMUNDSSEN</i>	<i>Port Moresby</i>	<i>09</i>	<i>Apr</i>	<i>1995</i>
	<i>10:48.3</i>	<i>Jenny ALBERT</i>	<i>Rabaul</i>	<i>14</i>	<i>Jan</i>	<i>2012</i>
	<i>10:48.7</i>	<i>Rosemary OMUNDSSEN</i>	<i>Port Moresby</i>	<i>07</i>	<i>May</i>	<i>1994</i>
	<i>10:48.78</i>	<i>Rosemary OMUNDSSEN</i>	<i>Darwin</i>	<i>29</i>	<i>Apr</i>	<i>2012</i>
	<i>10:50.2</i>	<i>Cecilia KUMAN</i>	<i>Rabaul</i>	<i>14</i>	<i>Jan</i>	<i>2012</i>
	<i>10:50.61</i>	<i>Rosemary OMUNDSSEN</i>	<i>Port Moresby, NCh</i>	<i>20</i>	<i>Jul</i>	<i>1991</i>
	<i>10:51.36</i>	<i>Poloni AVEK</i>	<i>Singapore</i>	<i>04</i>	<i>Aug</i>	<i>1988</i>
	<i>10:53.3</i>	<i>Gertrude JOE</i>	<i>Lae</i>	<i>08</i>	<i>Apr</i>	<i>2012</i>
	<i>10:54.3</i>	<i>Rosemary OMUNDSSEN</i>	<i>Rabaul</i>	<i>26</i>	<i>Mar</i>	<i>1994</i>
	<i>10:55.4</i>	<i>Gertrude JOE</i>	<i>Lae</i>	<i>23</i>	<i>Jun</i>	<i>2012</i>
10	10:58.7	Salitia PIPIT	Port Moresby, NCh	14	Jun	1982
11	10:59.59	Anna PIUS	Townsville	2/4	Oct	2009
	<i>11:00.0</i>	<i>Jenny ALBERT</i>	<i>Ulapia</i>	<i>10</i>	<i>May</i>	<i>2014</i>
	<i>11:01.0</i>	<i>Cecilia KUMAN</i>	<i>Rabaul</i>	<i>08</i>	<i>Jan</i>	<i>2012</i>
	<i>11:01.6</i>	<i>Poro GAHEKAVE</i>	<i>Lae, NCh</i>	<i>22/4</i>	<i>Sep</i>	<i>2006</i>
	<i>11:02.5</i>	<i>Cecilia KUMAN</i>	<i>Lae</i>	<i>08</i>	<i>Apr</i>	<i>2012</i>
(Top 45 performances by 11 different athletes)						
12	11:02.6	Bala NICHOLAS	Lae	22	Jun	2015
13	11:03.1	Gretel APOLOS	Rabaul, NCh	14	Jun	1980
14	11:03.3	Maryanna PETER	Lae, NCh	17	Jul	2011
15	11:03.71	Tuna TINE	Darwin, AraG	09	May	2011

16	11:03.8	Carolyn MANDO	Lae	22	Jun	2015
17	11:04.1	Gethrude JOE	Lae, NCh	17	Jul	2011
18	11:06.08	Maryanne GIGMAI	Lae, NCh	01	Jul	2007
19	11:06.28	Mary KUA	Gold Coast	11	Jul	2014
20	11:07.5	Toia KUNDI	Lae, NCh	08	Apr	2012
21	11:07.9	Aina GOIR	Kavieng	04	Jul	2013
22	11:08.8	Dephanie AITO	Lae	07	Jun	2009
23	11:09.5	Monica MIUGLE	Lae	31	Mar	2013
24	11:10.19	Rosemary NAMI	Tonga, MSPG	28	Aug	1989
25	11:10.25	Ongan AWA	Adelaide	31	Jan	2015
26	11:11.7	Maria KUANDUMA	Lae, NCh	08	Apr	2012
27	11:12.9	Miriam BORAM	Lae	12	Jun	2011
28	11:15.1	Toa KUNDIA	Lae, NCh	17	Jul	2011
29	11:15.4	Nerrie SINE	Lae	13	Jun	1981
30	11:15.8	Gugu KARPO	Rabaul, NCh	24	Jun	1990
31	11:16.86	Dominica MUKA	Port Moresby, NCh	20	Jul	1991
32	11:18.1	Cecilia KUMALALAMENE	Lae	22	Jun	2015
33	11:20.6	Jully TINAKE	Goroka	8/9	Apr	2011
34=	11:22.8	Theresa ROBERT	Rabaul, NCh	24	Jun	1990
34=	11:22.8	Lydia JEFFRY	Rabaul	15	Jun	1991
34=	11:22.8	Theresia AWE	Vunakanau	29	Jun	1996
37	11:23.14	Merolyn AUGA	Santa Rita, OceCh	02	Jul	1999
38	11:25.29	Helen McKENZIE	Port Moresby	24	Aug	1991
39	11:27.0	Ayo AVENEKO	Port Moresby	03	Jul	1988
40	11:27.4	Naomi ENOKA	Lae, NCh	22/4	Sep	2006
41	11:27.8	Ongan AWA	Lae	31	Mar	2013
42	11:28.0	Rita KAMA	Lae	6	Mar	1993
43	11:28.85e	Evelyn DAING	Port Moresby	24	Aug	1991
44	11:29.3	Lom PUNAKAI	Rabaul	11	Jun	1994
45	11:29.5	Sylvia RAFIAN	Rabaul	11	Jun	1994
46	11:29.6	Tuna TINE	Ulapia	16	Mar	2013
47	11:29.7	Roselyn MULAKE	Lae, NCh	01	Jul	1995
48	11:29.8	Janice JIRORU	Rabaul, NCh	14	Jun	1980
49	11:29.0	Angela JOE	Lae			2005
50	11:29.9	Nalaipa AROWE	Goroka	08	Jun	1990
51	11:30.1	Rosa YANG	Lae	22	Jun	1991
52	11:30.4	Andamgo JOHN	Kavieng	04	Jul	2013
53	11:32.7	Sandy BELONG	Lae, NCh	12/4	Sep	2008
54	11:33.7	Rubbie APOLOS	Rabaul	2	Aug	1993
55	11:34.3	Niba KARPO	Rabaul	15	Jun	1991
56	11:34.7	Miriam OPU	Lae, NCh	01	Jul	1995
57	11:35.2	Naice KOLA	Lae	07	Jun	2009
58	11:36.5	Tapaketeke SAWALIA	Rabaul, NCh	14	Jun	1980
59	11:36.64	Lynn POKOU	Pago Pago, NCh	15	Aug	1997
60	11:38.2	Rhonda OKAWIONG	Port Moresby, NCh	14	Jun	1982
61	11:38.3	Dinah FRANCIS	Rabaul	10	Apr	1994
62	11:38.5	Giam GIDEON	Lae, NCh	17	Jul	2011
63	11:39.2	Nuli HATE	Vunakanau	29	Jun	1996
64	11:39.4	Elvin ABEL	Vunakanau	29	Jun	1996
65	11:39.6	Elis BUNGO	Lae, NCh	08	Apr	2012
66	11:40.2	Christina	Lae, NCh	26/8	Jun	2009
67	11:40.5	Patricia MANU	Lae, NCh	12/4	Sep	2008
68	11:40.8	Cynthia PENIAS	Port Moresby	09	May	1987
69	11:41.6	Bala NICHOLAS	Goroka	24	May	2013
70	11:41.7	Dorin LEO	Goroka	24	May	2013
71	11:42.0	Anna MATHEW	Goroka	16	May	1985
72	11:42.5	Terry AITSI	Rabaul, NCh	24	Jun	1990
73	11:42.6	Bregitha GENA	Vunakanau	29	Jun	1996
74	11:43.2	Elisah PALO	Lae	13	Nov	1993
75	11:43.9	Nancy GERE	Goroka	24	May	2013
76=	11:44.3	Mang GABON	Lae, NCh	17	Jul	2011
76=	11:44.3	Lisa APA	Lae, NCh	08	Apr	2012

78	11:45.5	Martina MICHAEL	Vunakanau	31	May	1996
79	11:45.7	Sandy KOMORA	Lae	07	Jun	2009
80	11:46.0	Maria KOM	Goroka	27	Sep	2012
81	11:46.1	Elis TENGE	Lae, NCh	26/8	Jun	2009
82	11:47.6	Urakume HATI	Goroka, NCh	22	Jun	1986
83	11:47.7	Mary KUA	Lae, NCh	08	Apr	2012
84	11:48.3	Martina TOMAI	Lae, NCh	10	Jun	1978

3000m (Indoors)

1	10:52.83	Poro GAHEKAVE	Winston Salem	04	Mar	2016
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2000m Steeplechase

1	7:13.18	Rama KUMILGO	Cairns, OceCh	08	May	2015
2	7:42.54	Dephanie AITO	Sydney	13	Mar	2011
3	7:45.80	Tuna TINE	Brisbane	13	Nov	2010
4	8:07.15	Poro GAHEKAVE	Sydney, AYOF	16	Jan	2009
5	8:16.42	Maria KUANDUMA	Brisbane	12	Sep	2010

3000m Steeplechase

1	11:10.48	Rama KUMILGO	Cairns, OceCh	10	May	2015
	<i>11:15.4</i>	<i>Rama KUMILGO</i>	<i>Lae</i>	<i>20</i>	<i>Jun</i>	<i>2015</i>
	<i>11:26.51</i>	<i>Rama KUMILGO</i>	<i>Port Moresby, PG</i>	<i>17</i>	<i>Jul</i>	<i>2015</i>
2	11:31.66	Poro GAHEKAVE	Port Moresby, PG	17	Jul	2015
	<i>11:48.74</i>	<i>Poro GAHEKAVE</i>	<i>Apia, SPG</i>	<i>07</i>	<i>Sep</i>	<i>2007</i>
3	11:52.37	Caroline MANDO	Lae, NCh	19	Apr	2015
	<i>11:52.8</i>	<i>Poro GAHEKAVE</i>	<i>Lae</i>	<i>20</i>	<i>Jun</i>	<i>2015</i>
	<i>11:53.08</i>	<i>Rama KUMILGO</i>	<i>Lae, NCh</i>	<i>19</i>	<i>Apr</i>	<i>2015</i>
	<i>11:54.71</i>	<i>Poro GAHEKAVE</i>	<i>Cairns</i>	<i>17</i>	<i>Aug</i>	<i>2007</i>
	<i>12:00.73</i>	<i>Poro GAHEKAVE</i>	<i>Adelaide</i>	<i>07</i>	<i>Nov</i>	<i>2015</i>
4	12:02.13	Maria KUANDUMA	Lae, NCh	19	Apr	2015
	<i>12:02.76</i>	<i>Maria KUANDUMA</i>	<i>Cairns, OceCh</i>	<i>10</i>	<i>May</i>	<i>2015</i>
	<i>12:03.32</i>	<i>Carolyn MANDO</i>	<i>Port Moresby, PG</i>	<i>17</i>	<i>Jul</i>	<i>2015</i>
	<i>12:03.48</i>	<i>Rama KUMILGO</i>	<i>Lae, PNG Games</i>	<i>25</i>	<i>Nov</i>	<i>2014</i>
	<i>12:08.83</i>	<i>Maria KUANDUMA</i>	<i>Brisbane</i>	<i>08</i>	<i>Mar</i>	<i>2015</i>
5	12:10.43	Dephanie AITO	Cairns, OceCh	24	Sep	2010
	<i>12:13.22</i>	<i>Poro GAHEKAVE</i>	<i>Kafika, MPG</i>	<i>06</i>	<i>Sep</i>	<i>2013</i>
	<i>12:19.69</i>	<i>Maria KUANDUMA</i>	<i>Cairns, OceCh</i>	<i>24</i>	<i>Sep</i>	<i>2010</i>
6	12:21.13	Tuna TINE	Cairns, OceCh	24	Sep	2010
	<i>12:22.2</i>	<i>Carolyn MANDO</i>	<i>Lae</i>	<i>22</i>	<i>Jun</i>	<i>2015</i>
	<i>12:30.9</i>	<i>Maria KUANDUMA</i>	<i>Lae</i>	<i>22</i>	<i>Jun</i>	<i>2015</i>
	<i>12:35.65</i>	<i>Poro GAHEKAVE</i>	<i>Brisbane</i>	<i>6/7</i>	<i>Apr</i>	<i>2009</i>
	<i>12:45.47</i>	<i>Maria KUANDUMA</i>	<i>Lae, PNG Games</i>	<i>25</i>	<i>Nov</i>	<i>2014</i>
7	12:54.36	Cecilia KUMALALAMENE	Great Bend, Kansas	6/7	Apr	2012
8	12:59.68	Maryanna PETER	Kafika, MPG	06	Sep	2013
	<i>13:00.19</i>	<i>Poro GAHEKAVE</i>	<i>Lubbock, Texas</i>	<i>30</i>	<i>Apr</i>	<i>2015</i>
	<i>13:04.19</i>	<i>Poro GAHEKAVE</i>	<i>Lubbock, Texas</i>	<i>04</i>	<i>Apr</i>	<i>2015</i>
9	13:07.60	Merina OJARI	Lae, PNG Games	25	Nov	2014

(28 performances by 9 different athletes)

5000 metres

1	18:09.30e	Rosemary TURARE-OMUNSEN	Flein	26	Jul	1995
	<i>18:18.1</i>	<i>Rosemary OMUNSEN</i>	<i>Lae, NCh</i>	<i>30</i>	<i>Jun</i>	<i>1995</i>
	<i>18:19.1mx</i>	<i>Rosemary OMUNSEN</i>	<i>Port Moresby</i>	<i>11</i>	<i>Apr</i>	<i>1992</i>
2	18:23.83	Rama KUMILGO	Port Moresby, PG	13	Jul	2015
3	18:24.48	Ongan AWA	Port Moresby, PG	13	Jul	2015
	<i>18:29.8</i>	<i>Rosemary OMUNSEN</i>	<i>Port Moresby</i>	<i>30</i>	<i>Oct</i>	<i>1993</i>
	<i>18:30.32</i>	<i>Ongan AWA</i>	<i>Adelaide</i>	<i>07</i>	<i>Feb</i>	<i>2015</i>
	<i>18:31.1mx</i>	<i>Rosemary OMUNSEN</i>	<i>Port Moresby</i>	<i>27</i>	<i>Nov</i>	<i>1993</i>
	<i>18:34mx</i>	<i>Rosemary OMUNSEN</i>	<i>Port Moresby</i>	<i>09</i>	<i>Oct</i>	<i>1993</i>
	<i>18:36.7mx</i>	<i>Rosemary OMUNSEN</i>	<i>Lae</i>	<i>16</i>	<i>Oct</i>	<i>1993</i>
	<i>18:32.10</i>	<i>Rama KUMILGO</i>	<i>Lae, NCh</i>	<i>17</i>	<i>Apr</i>	<i>2015</i>
4	18:38.2	Mary KUA	Lae	22	Jun	2015

	18:38.66	Mary KUA	Port Moresby, PG	13 Jul 2015
5	18:39.60	Miriam GOIYE	Lae, NCh	17 Apr 2015
	18:45.31	Mary KUA	Lae, PNG Games	24 Nov 2014
6	18:48.06	Poro GAHEKAVE	Apia, SPG	03 Sep 2007
	18:48.4	Ongan AWA	Lae	22 Jun 2015
7	18:48.6	Maria KUANDUMA	Lae, NCh	26 Jun 2009
	18:49.6	Rosemary OMUNDSEN	Port Moresby	20 May 1995
	18:54.11	Ongan AWA	Lae, PNG Games	24 Nov 2014
	18:55.39	Ongan AWA	Cairns, OceCh	09 May 2015
8	18:55.4	Anna PIUS	Lae	24 Apr 2011
9	18:57.4	Gertrude JOE	Lae	24 Apr 2011
	18:58.10	Poro GAHEKAVE	Cairns	14 Aug 2007
	18:58.3	Mary KUA	Lae	31 Mar 2013
	18:58.80	Ongan AWA	Lae, NCh	17 Apr 2015
10	18:59.2	Monica MIUGLE	Lae	31 Mar 2013
11	19:01.0	Christiana MUMA	Lae, NCh	26 Jun 2009
	19:03.9mx	Rosemary TURARE	Port Moresby	21 Mar 1992
	19:05.92	Miriam GOIYE	Adelaide	07 Feb 2015
12	19:06.4	Cecilia KUMAN	Malabunga	31 Dec 2011
13	19:07.93	Bala NICHOLAS	Lae, PNG Games	24 Nov 2014
	19:10.2	Anna PIUS	Lae	26 Sep 2009
14	19:12.9	Jenny ALBERT	Lae	24 Apr 2011
	19:13.4	Rosemary OMUNDSEN	Lae	15 Aug 1998
15	19:13.6	Aina GOIR	Lae	31 Mar 2013
	19:15.05	Mary KUA	Adelaide	07 Feb 2015
16	19:17.4	Dephanie AITO	Lae, NCh	12/4 Sep 2008
	19:18.10	Bala NICHOLAS	Lae, NCh	17 Apr 2015
17	19:19.0	Jenny TINAKE	Lae	24 Apr 2011
	19:19.6	Gertrude JOE	Lae	07 Apr 2012
	19:19.8	Cecilia KUMAN	Lae	07 Apr 2012
18	19:22.5	Maryanna PETER	Lae, NCh	15 Jul 2011
	19:23.09	Mary KUA	Cairns, OceCh	09 May 2015
19	19:28.2	Tuna TINE	Lae	24 Apr 2010
	19:28.46	Rosemary OMUNDSEN	Nuku'alofa, OceCh	28 Jul 1998
(Top 46 performances by 19 different athletes)				
20	19:42.7	Toia KUNDI	Lae, NCh	07 Apr 2012
21	19:46.65	Lynn POKOU	Darwin	24 May 1999
22	19:53.97	Andamgo JOHN	Ulapia, NCh	14 Jul 2013
23	19:57.9	Catherine TAULE	Rabaul	20 Oct 2012
24	20:01.9	Nais KOLA	Lae, NCh	15 Jul 2011
25	20:11.10	Elis BUNGO	Ulapia, PNG Games	26 Nov 2012
26	20:11.30	Alenda JERRY	Lae, NCh	17 Apr 2017
27	20:15.80	Josepha TAPILAS	Ulapia, PNG Games	26 Nov 2012
28	20:22.7	Giam GIDEON	Lae	11 Jun 2011
29	20:24.7mx	Erima LAKI	Port Moresby	04 Oct 1987
30	20:27.60	Mor GUNDU	Lae, NCh	17 Apr 2015
31	20:29.0	Merolyn AUGA	Madang	04 Jul 1998
32	20:29.1	Sandy BELONG	Lae, NCh	12/4 Sep 2008
33	20:30.1	Dom KUADUMA	Lae, NCh	12/4 Sep 2008
34	20:32.6	Susan JOSEPH	Lae, NCh	30 Jun 1995
35	20:34.0	Cynthia PENIAS	Port Moresby	14 May 1988
36	20:34.00	Isenia KASU	Ulapia, PNG Games	26 Nov 2012
37	20:35.2	Miriam OPU	Port Moresby, NCh	27 Sep 1996
38	20:38.4	Carolyn MANDO	Goroka	29 May 2015
39	20:39.30	Susan KAI	Ulapia, PNG Games	26 Nov 2012
40	20:41.0	Agatha BIK	Lae	29 Sep 2005
41	20:44.7	Kelo IDILONEY	Lae, NCh	22/4 Sep 2006
42	20:45.20	Nama WAU	Lae, NCh	17 Apr 2015
43	20:46.2	Clen TOPIAS	Goroka	15/7 May 2009
44	20:48.50	Maria KUA	Lae, NCh	17 Apr 2015

45	20:52.1	Mang GABOL	Lae, NCh	15	Jul	2011
46	20:57.6mx	Helen McKENZIE	Port Moresby	18	Jun	1988
47	21:13.2	Elisah PALO	Port Moresby	30	Oct	1993
48=	21:17.4	Ruth KELAGA	Port Moresby, NCh	27	Sep	1996
48=	21:17.4	Maria YANI	Goroka	15/7	May	2009
50	21:18.6	Naice KOLA	Goroka	15/7	May	2009
51	21:19.4mx	Lydia JEFFRY	Rabaul	18	May	1991
52	21:19.64	Maryanne GIGMAI	Lae, NCh	29	Jun	2007
53	21:19.73	Anna MUKALE	Lae, NCh	29	Jun	2007
54	21:22.3	Giam GEDION	Lae, NCh	09	Jul	2010
55	21:27.6	Jenny GISPE	Lae, NCh	27	Sep	2002
56	21:27.9	Miriam MOSES	Lae, NCh	27	Sep	2002
57	21:28.90	Clayleen STEVEN	Kavieng	21	Sep	2015
58	21:31.81	Rachael JETHRO	Ulapia, NCh	07	Jun	2014
59	21:35.00	Jacinta IAMU	Ulapia, PNG Games	26	Nov	2012
60	21:36mx	Janet WINGUR	Port Moresby	30	Aug	1986
61	21:39.6	Miriam GOIYE	Lae	13	Jun	2005
62	21:41.53	Samantha FELIX	Port Moresby	26	Nov	2009
63	21:41.8	Lyncy KAUPA	Lae, NCh	27	Sep	2002
64	21:43.00	Joan KOMA	Lae, NCh	17	Apr	2015
65	21:44.51	Rachael MARK	Port Moresby	26	Nov	2009
66	21:48.86	Tonia CHAUKA	Lae, PNG Games	24	Nov	2014
67	21:53.6	Magreth KUMUKA	Lae, NCh	26	Jun	2009
68	21:55.51	Melisha PAUL	Lae, PNG Games	24	Nov	2014
69	21:58.2	Rebecca PHILLIP	Goroka, NCh	06	Jun	1997
70	21:58.72	Miriam ELUIDA	kavieng	21	Sep	2015
71	22:00.04	Nancy KOTARI	Port Moresby	26	Nov	2009
72	22:04.3	Aipua JONATHAN	Goroka	25	May	2013
73	22:05.5	Naomi GAHEKAVE	Goroka	15/7	May	2009
74	22:08.5	Elizabeth PETER	Lae, NCh	29	Sep	2005
75	22:08.8	Bala NICHOLAS	Lae	07	Apr	2012
76=	22:10.3	Bregitha GENA	Vunakanau	30	Jun	1996
76=	22:10.3	Rhonda KAUPA	Goroka	15/7	May	2009
78	22:16.4	Emmanuella JAMES	Goroka	25-27	Sep	2015
79	22:19.7	Masonty LAWRENCE	Port Moresby	02	Oct	1999
80	22:21.6	Joan VINA VANA	Rabaul	25	Aug	2012
81	22:22.85	Bivivian KOIT	Ulapia, PNG Games	26	Nov	2012
82	22:28.0	Linda TOM	Lae, NCh	09	Jul	2010
83	22:31.9	Rose KAIGLO	Kainantu	08	Jul	2000
84	22:37.7	Sisa BONNY	Port Moresby	02	Oct	1999
85	22:39.7	Linda GIRAGU	Madang	04	Jul	1998
86	22:48.19	Molly KILA	Lae, PNG Games	24	Nov	2014
87	22:51.9	Matilda ANTON	Goroka	25-27	Sep	2015
88	22:53.3	Elis DUM	Lae, NCh	30	Jun	1995
89	22:54.6	Rachel MIRIA	Goroka	30	Sep	2001
90	22:59.4	Anna SINGA	Lae	11	Aug	2000
91	23:05.0	Une MOZAREKE	Goroka	26	Sep	2012
92	23:05.1	Giwai YOBALÉ	Goroka	25-27	Sep	2015
93	23:05.49	Ruth IVI	Lae, PNG Games	24	Nov	2014
94	23:06.28	Joy REREVATE	Port Moresby	26	Nov	2009
95	23:07.6	Betty MARTIN	Madang	04	Jul	1998
96	23:09.1	Berryl TAGOS	Kainantu	08	Jul	2000
97	23:18.1	Nama WAU	Goroka	25-27	Sep	2015
98	23:21.62	Melisha KIVANG	Lae, NCh	29	Jun	2007
99	23:31.8	Kondo KIAK	Kainantu	08	Jul	2000
100	23:32.18	Glorine KOBADA	Lae, PNG Games	24	Nov	2014
101	23:38.8	Wendy TENDAKE	Port Moresby, NCh	27	Sep	1996

10 000 metres

1	38:01.73	Rosemary TURARE-OMUNDSEN	Port Vila, MSPG	11	Dec	1993
	<i>38:11.37</i>	<i>Rosemary OMUNDSEN</i>	<i>Pirae</i>	<i>18</i>	<i>Aug</i>	<i>1995</i>
	<i>38:31.43</i>	<i>Rosemary OMUNDSEN</i>	<i>Darwin</i>	<i>27</i>	<i>Apr</i>	<i>1993</i>

2	38:43.8	Rosemary OMUNDSEN	Lae	02	Jul	1994
	39:07.97	Ongan AWA	Port Moresby, PG	15	Jul	2015
	39:11.37	Rosemary OMUNDSEN	Pirae, SPG	18	Aug	1995
	39:11.8mx	Rosemary OMUNDSEN	Port Moresby	17	Mar	1993
	39:31.92	Rosemary OMUNDSEN	Darwin	09	May	1995
	39:56.82	Rosemary OMUNDSEN	Port Moresby, SPG	14	Sep	1991
3	39:57.5	Mary KUA	Adelaide	04	Feb	2015
4	40:12.02	Miriam GOIYE	Port Moresby, PG	15	Jul	2015
	40:26.9	Miriam GOIYE	Adelaide	04	Feb	2015
	40:29.3	Ongan AWA	Adelaide	04	Feb	2015
	40:39.52	Mary KUA	Cairns, OceCh	08	May	2015
	40:42.9mx	Rosemary OMUNDSEN	Lae	13	Nov	1993
	40:43.91	Miriam GOIYE	Brisbane	05	Mar	2015
	40:49.63	Mary KUA	Ulapia, NCh	12	Jul	2013
	40:57.79	Miriam GOIYE	Cairns, OceCh	08	May	2015
5	40:59.4	Gertrude JOE	Lae, NCh	06	Apr	2012
	40:59.7	Miriam GOIYE	Lae, NCh	19	Apr	2015
6	41:00.9	Cecilia KUMAN	Lae, NCh	06	Apr	2012
	41:09.25	Ongan AWA	Brisbane	05	Mar	2015
	41:10.60	Cecilia KUMAN	Ulapia, PNG Games	24	Nov	2012
7	41:21.99	Anna PIUS	Noumea, PG	07	Sep	2011
	41:22.8	Ongan AWA	Lae, NCh	19	Apr	2015
8	41:26.48	Poro GAHEKAVE	Apia, SPG	05	Sep	2007
	41:32.82	Mary KUA	Ulapia, NCh	06	Jun	2014
9	41:51.1	Susan JOSEPH	Lae, NCh	02	Jul	1994
	41:59.67	Ongan AWA	Ulapia, NCh	12	Jul	2013
	42:02.79	Rosemary OMUNDSEN	Barcelona, OG	01	Aug	1992
10	42:17.60	Aina GOIR	Ulapia, PNG Games	24	Nov	2012
11	42:21.8mx	Cynthia PENIAS	Port Moresby	19	Jun	1988
12	42:39.50	Allenda JERRY	Lae, PNG Games	22	Nov	2014
	42:44.0	Rosemary OMUNDSEN	Port Moresby	24	May	1997
13	42:54.11	Josepha TAPILAS	Ulapia, PNG Games	24	Nov	2012
	42:59.49	Ongan AWA	Ulapia, NCh	06	Jun	2014
14	43:48.93e	Evelyn DAING	Port Moresby, SPG	14	Sep	1991
	43:53.2	Alenda JERRY	Lae	19	Apr	2015
	44:02.68	Gertrude JOE	Ulapia, NCh	06	Jun	2014
15	44:09.04e	Dominica MUKA	Port Moresby, SPG	14	Sep	1991
	44:25.67	Dominica MUKA	Port Moresby	21	Jul	1991
	44:41.8	Anna PIUS	Lae	06	Apr	2012
(Top 42 performances from 15 different athletes)						
16	44:44.5	Lynn POKOU	Lae	02	May	1999
17	45:02.0	Mariana PETER	Goroka	26	Sep	2012
18	45:11.85	Jacinta IAMU	Ulapia, PNG Games	24	Nov	2012
19	46:05.6	Merolyn AUGA	Lae	02	May	1999
20	46:17.3	Elisah PALO	Lae, NCh	03	Jul	1992
21	46:32.20	Aloisia TOBUL	Ulapia, PNG Games	24	Nov	2012
22	47:15.8	Bala NICHOLAS	Goroka	18	May	2014
23	48:02.14	Janet WAKA	Ulapia, PNG Games	24	Nov	2012
24	48:34.09	Molly KILA	Lae, PNG Games	22	Nov	2014
25	50:24.5mx	Jonica HOSEA	Goroka, NCh	2	Jul	1993

The following performance is noteworthy, but it cannot be added to the main list above because Mary KUA was disqualified for removing her name bib during the course of the race.

	39:21.91	Mary KUA	Port Moresby, PG	15	Jul	2015
Half Marathon						
1	1:27:21	Rosemary TURARE-OMUNDSEN	Port Moresby	05	Jun	1994
	1:28:44	Rosemary OMUNDSEN	Darwin	01	May	1993
	1:30:41	Rosemary OMUNDSEN	Port Moresby	23	Oct	1994
2	1:31:22	Miriam GOIYE	Port Moresby, PG	18	Jul	2015
	1:31:53	Rosemary OMUNDSEN	Port Moresby	29	Aug	1993
	1:31:55	Rosemary OMUNDSEN	Port Moresby	04	Jun	1995

	1:31:57	Rosemary OMUNDSEN	Port Moresby	21	Mar	1993
	1:33:28	Rosemary OMUNDSEN	Port Moresby	02	May	1992
	1:34:48	Rosemary OMUNDSEN	Port Moresby	27	Oct	1991
3	1:35:22	Terry AITSI	Port Moresby	02	Jun	1991
4	1:38:48	Bala NICHOLAS	Port Moresby, PG	18	Jul	2015
5	1:40:19	Cecilia KUMALALAMENE	Atlanta	19	Nov	2011
6	1:43:58	Cecilia KUMAN	Kokopo, PNG Games	30	Nov	2012
7	1:44:52	Cynthia PENIAS	Port Moresby	02	Jun	1991
8	1:46:46	Jacinta IAMU	Kokopo, PNG Games	30	Nov	2012
9	1:46:54	Susan KAI	Kokopo, PNG Games	30	Nov	2012
10	1:57:30	Joy ARINGANA	Kokopo, PNG Games	30	Nov	2012
11	1:58:03	Isenia KASU	Kokopo, PNG Games	30	Nov	2012
12	1:58:13	Pollin AGUA	Kokopo, PNG Games	30	Nov	2012
13	1:58:28	Evelyn DAING	Port Moresby	02	Jun	1991
14	2:00:24	Toia KUNDI	Kokopo, PNG Games	30	Nov	2012
15	2:06:06	Poloni AVEK	Port Moresby	02	Jun	1991
16	2:06:59	Immaculate ABARA	Port Moresby	27	Oct	1991
17	2:09:25	Elizabeth AOB	Kokopo, PNG Games	30	Nov	2012

Marathon

1	3:41:14	Rosemary TURARE-OMUNDSEN	Goroka	13	Nov	1994
2	3:53:00	Salitia PIPIT	Canberra	12	Apr	1981
	3:54:19	Rosemary OMUNDSEN	Port Vila, MSPG	16	Dec	1993
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)

1	7.87	Sharon Henry KWARULA	Lubbock, Texas	01	Mar	2015
	7.90	Sharon Henry KWARULA	Lubbock, Texas	28	Feb	2014
	8.01	Sharon Henry KWARULA	Lubbock, Texas	02	Mar	2014
	8.02	Sharon Henry KWARULA	Lubbock, Texas	16	Jan	2015
	8.03	Sharon Henry KWARULA	Lubbock, Texas	30	Jan	2015
	8.06	Sharon Henry KWARULA	Lubbock, Texas	01	Mar	2014
	8.09	Sharon Henry KWARULA	Lubbock, Texas	16	Jan	2015

60 metres Hurdles Indoors (Automatic Timing)

1	8.46	Sharon Henry KWARULA	Birmingham, AL	13	Mar	2015
	8.47	Sharon Henry KWARULA	Birmingham, AL	14	Mar	2015
	8.48	Sharon Henry KWARULA	Albuquerque, MN	14	Feb	2015
	8.56	Sharon Henry KWARULA	Albuquerque, NM	14	Feb	2015
	8.64	Sharon Henry KWARULA	Winston-Salem, NC	14	Mar	2014
	8.68	Sharon Henry KWARULA	Alamosa, California	15	Feb	2014
	8.69	Sharon Henry KWARULA	Albuquerque, NM	07	Feb	2015
	8.71	Sharon Henry KWARULA	Sopot, Poland	07	Mar	2014
	8.72	Sharon Henry KWARULA	Albuquerque, NM	07	Feb	2015
	8.75	Sharon Henry KWARULA	Albuquerque, NM	25	Jan	2014
	8.77	Sharon Henry KWARULA	Alamosa, California	15	Feb	2014
	8.82	Sharon Henry KWARULA	Albuquerque, NM	25	Jan	2014
	9.00	Sharon Henry KWARULA	Pittsburg	29	Jan	2016
2	9.16	Adrine MONAGI	Grinnell, Iowa	07	Feb	2015
	9.26 P	Adrine MONAGI	Storm Lake, Iowa	20	Feb	2015
	9.41 P	Adrine MONAGI	Albuquerque, NM	06	Mar	2015
	9.43	Adrine MONAGI	Mankato, Minnesota	10	Jan	2015

60 metres Hurdles (Automatic Timing)

1	10.77	Venessa BILEI	Brisbane	08	Jun	2008
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100 metres Hurdles (Automatic Timing)

1	13.52	Sharon KWARULA	Norwalk, California	18	Apr	2015
	13.56	Sharon KWARULA	Canyon, Texas	26	Apr	2014
	13.59	Sharon KWARULA	Walnut, California	17	Apr	2015
	13.64	Sharon KWARULA	Canyon, Texas	25	Apr	2015
	13.67	Sharon KWARULA	San Marcos, Texas	28	Mar	2015
	13.88	Sharon KWARULA	San Marcos, Texas	29	Mar	2014
	13.91	Sharon KWARULA	Canyon, Texas	12	Apr	2014
	13.92	Sharon KWARULA	San Angelo, Texas	09	May	2015
	14.00	Sharon KWARULA	Austin, Texas	27	Mar	2015
	14.03	Sharon KWARULA	Kingsville, Texas	02	May	2014
	14.16	Sharon KWARULA	Allendale, Michigan	22	May	2015
	14.22	Sharon KWARULA	Allendale, Michigan	23	May	2014
	14.31	Sharon KWARULA	Levelland, Tx	17	May	2012
	14.40	Sharon KWARULA	Port Moresby, PG	16	Jul	2015
2	14.42	Lillyanne BEINING	Victoria, CG	24	Aug	1994
	14.43	Sharon KWARULA	Tereora, OceCh	25	Jun	2014
	14.48	Lillyanne BEINING	Kamloops, BC	10	Aug	1994
	14.55	Lillyanne BEINING	Brisbane	10	Feb	1994
	14.56	Sharon KWARULA	Council Bluffs	26	Apr	2012
	14.56	Sharon KWARULA	Levelland, Tx	16	May	2012
	14.61	Lillyanne BEINING	Hamilton, NZL		Feb	1994
	14.68	Lillyanne BEINING	Seoul, WJrC	17	Sep	1992
	14.68 H	Lillyanne BEINING	Seoul WJrC	18	Sep	1992
3	14.73	Adrine MONAGI	Gold Coast	21	Jun	2015
	14.77	Lillyanne BEINING	Port Vila, MSPG	14	Dec	1993
	14.79	Sharon KWARULA	Des Moines	24	Mar	2012
	14.81	Sharon KWARULA	Lawrence, KS	17-20	Apr	2013
	14.81	Sharon KWARULA	Gold Coast	12	Jul	2014
	14.83	Sharon KWARULA	Council Bluffs	26	Apr	2012
4	14.83	Afure ADAH	Port Moresby, PG	16	Jul	2015
	14.87	Lillyanne BEINING	Canberra, NCh	14	Mar	1992
	14.88	Lillyanne BEINING	Port Moresby, SPG	17	Sep	1991
	14.90 H	Adrine MONAGI	Hutchinson, Kansas	14	May	2015
	14.93	Lillyanne BEINING	Brisbane	22	Oct	1991
	14.94	Lillyanne BEINING	Brisbane	22	Oct	1992
	14.99 H	Adrine MONAGI	Port Moresby, PG	15	Jul	2015
	15.03	Lillyanne BEINING	Brisbane	20	Oct	1990
5	15.07	Barbara INGIRO-SAPEA	Walnut, Ca USA	25	Jul	1984
	15.08	Adrine MONAGI	Brisbane	14	Jun	2015
	15.09 H	Lillyanne BEINING	Darwin, AG	09	Apr	1992
6	15.10 H	Iammo LAUNA	Port Moresby, SPG	17	Sep	1991
	15.12	Lillyanne BEINING	Brisbane	03	Nov	1990
	15.14 H	Lillyanne BEINING	Canberra, NCh	16	Mar	1992
7	15.17	Elizabeth KAMILUS	Port Vila, MSPG	14	Dec	1993
	15.18	Elizabeth KAMILUS	Port Moresby, SPG	17	Sep	2013
	15.18	Elizabeth KAMILUS	Darwin, ASF	27	Apr	1993
8	15.29	Helen PHILEMON	Gold Coast	27	Jun	2015
	15.30 H	Helen PHILEMON	Port Moresby, PG	15	Jul	2015
	15.32	Helen PHILEMON	Brisbane	14	Jun	2015
	15.42 H	Iammo LAUNA	Los Angeles, OG	03	Aug	1984
	15.45 H	Iammo LAUNA	Auckland, CG	27	Jan	1990
	15.45 H	Lillyanne BEINING	Sydney	22	Feb	1991
	15.49	Lillyanne BEINING	Suva, OceCh	13	Jul	1990
	15.49	Iammo LAUNA	Nuku'alofa, MSPG	28	Aug	1989
(Top 54 performances by 8 different athletes)						
9	15.76	Lily TUA	Tonga, MSPG	29	Aug	1989
10	15.99P	Meg TAYLOR	Tahiti, SPG	14	Sep	1971
11	16.13	Naomi POLUM	Guam, SPG	05	Aug	1975
12	16.22	Annamason PAULIUS	Guam, SPG	05	Aug	1975
13	16.43 H	Eunice STEVEN	Port Moresby, PG	15	Jul	2015

14	16.91	Delin LEMEN	Guam, SPG	05	Aug	1975
15	17.14	Raylyne KANAM	Ulapia, NCh	14	Jul	2013
16	17.21	Delvin AINUI	Ulapia, NCh	14	Jul	2013
17	17.38	Kari KAPANI	Apia, SPG	12	Sep	1983
18	17.46	Venessa BILEI	Lae, NCh	30	Jun	2007
19	17.79	Joyce BIGIGLEN	Lae, PNG Games	26	Nov	2014
20	18.93	Marlyn MALIO	Lae, PNG Games	26	Nov	2014
21	19.15	Gwen POKANA	Ulapia, NCh	14	Jul	2013
22	19.18	Damaris PAROM	Ulapia, PNG Games	28	Nov	2012
23	19.20	Naomi KERARI	Ulapia, PNG Games	26	Nov	2012
24	19.27	Hildah KAROL	Ulapia, PNG Games	26	Nov	2012

Wind Assisted

13.51w	Sharon KWARULA	Canyon, Texas	11	Apr	2015
13.71w	Sharon KWARULA	San Angelo, Texas	08	May	2015
13.84w	Sharon KWARULA	Kingsville, Texas	03	May	2014
13.94w	Sharon KWARULA	Austin, Texas	28	Mar	2014
14.08w	Sharon KWARULA	Hutchinson, KS	18	May	2013
14.10w	Sharon KWARULA	Hutchinson, KS	17	May	2013
14.13w	Lillyanne BEINING	Auckland	25	Feb	1994
14.41w	Sharon KWARULA	Wichita, KS	13	Apr	2013
14.59 nwi	Sharon KWARULA	Council Bluffs, IA	4-5	May	2013
14.61 nwi	Sharon KWARULA	Fayetteville	31	Mar	2012
14.64w	Sharon KWARULA	Great Bend, Ks	6/7	Apr	2012
14.65w	Lillyanne BEINING	Brisbane	24	Nov	1990
14.98w	Sharon KWARULA	Lawrence	20	Apr	2012
15.11w	Afure ADAH	Bismark, ND	23	May	2015
15.17w	Afure ADAH	Bismark, ND	24	May	2015
15.22 nwi	Afure ADAH	Grand Forks, ND	6	May	2015
15.28 nwi	Sharon KWARULA	Council Bluffs, IA	06	Apr	2013
15.40w	Adrine MONAGI	Lacrosse, WI	08	May	2015
15.42 nwi	Afure ADAH	West Fargo, ND	02	May	2015
15.68w H	Adrine MONAGI	Waverley	02	Apr	2015
15.71w	Helen PHILEMON	Brisbane, NCh	26	Mar	2015
15.85w	Helen PHILEMON	Kafika, MPG	06	Sep	2013
16.51w	Donna KONIEL	Kafika, MPG	06	Sep	2013
16.59w	Adrine MONAGI	Pella, Iowa	16	Apr	2014
16.64w	Adrine MONAGI	Pella, Iowa	16	Apr	2014

100 metres Hurdles (Manual Timing)

1	14.4	Elizabeth KAMILUS	Lae	16	Oct	1993
2=	14.6	Lillyanne BEINING	Brisbane	8	Oct	1993
2=	14.6	Sharon 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	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
17=	17.0	Eunice STEVEN	Lae	05	Apr	2014
19	17.4	Sonale WALAGA	Goroka, NCh	01	Jul	1984
20	17.6	Florence KARMEL	Goroka	04	Jun	1988
21	17.8	Rogot TAULE	Lae, NCh	16	Jun	1979

22	18.0	Helen LEBOLO	Lae, NCh	16	Jun	1979
300 metres Hurdles (Automatic Timing)						
1	43.29 mx	Donna KONIEL	Gold Coast	20	Jun	2015
2	44.05	Afure ADAH	Bismark, ND	24	May	2015
3	44.26	Lillyanne BEINING	Melbourne	25	Mar	1990
4	45.25	Lily TUA	Port Moresby	09	Sep	1991
5	46.61	Tahiri HOMERANG	Port Moresby	09	Sep	1991
400 metres Hurdles (Automatic Timing)						
1	58.02	Betty BURUA	Brisbane, NCh	29	Mar	2015
2	58.28	Donna KONIEL	Port Moresby, PG	17	Jul	2015
3	58.40	Sharon KWARULA	Allendale, Michigan	23	May	2015
	<i>58.45</i>	<i>Sharon KWARULA</i>	<i>San Angelo, Texas</i>	<i>09</i>	<i>May</i>	<i>2015</i>
	<i>58.80</i>	<i>Betty BURUA</i>	<i>Brisbane, NCh</i>	<i>27</i>	<i>Mar</i>	<i>2015</i>
	<i>59.10</i>	<i>Betty BURUA</i>	<i>Cairns, OceCh</i>	<i>10</i>	<i>May</i>	<i>2015</i>
	<i>59.16</i>	<i>Donna KONIEL</i>	<i>Melbourne</i>	<i>21</i>	<i>Mar</i>	<i>2015</i>
	<i>59.17</i>	<i>Sharon KWARULA</i>	<i>Walnut, California</i>	<i>17</i>	<i>Apr</i>	<i>2015</i>
	<i>59.56</i>	<i>Donna KONIEL</i>	<i>Brisbane</i>	<i>08</i>	<i>Mar</i>	<i>2015</i>
	<i>59.77</i>	<i>Sharon KWARULA</i>	<i>Allendale, Michigan</i>	<i>24</i>	<i>May</i>	<i>2014</i>
	<i>59.80</i>	<i>Betty BURUA</i>	<i>Melbourne</i>	<i>21</i>	<i>Mar</i>	<i>2015</i>
	<i>59.82</i>	<i>Sharon KWARULA</i>	<i>Tereora, OceCh</i>	<i>26</i>	<i>Jun</i>	<i>2014</i>
	<i>59.97</i>	<i>Sharon KWARULA</i>	<i>Allendale, Michigan</i>	<i>21</i>	<i>May</i>	<i>2015</i>
	<i>60.17</i>	<i>Sharon KWARULA</i>	<i>Port Moresby, PG</i>	<i>17</i>	<i>Jul</i>	<i>2015</i>
	<i>60.18</i>	<i>Sharon KWARULA</i>	<i>Canyon, Texas</i>	<i>11</i>	<i>Apr</i>	<i>2015</i>
	<i>60.23</i>	<i>Sharon KWARULA</i>	<i>Allendale, Michigan</i>	<i>22</i>	<i>May</i>	<i>2014</i>
	<i>60.27</i>	<i>Sharon KWARULA</i>	<i>Allendale, Michigan</i>	<i>22</i>	<i>May</i>	<i>2014</i>
	<i>60.28</i>	<i>Sharon KWARULA</i>	<i>San Angelo</i>	<i>08</i>	<i>May</i>	<i>2015</i>
	<i>60.31</i>	<i>Sharon KWARULA</i>	<i>Lubbock, Texas</i>	<i>04</i>	<i>Apr</i>	<i>2015</i>
	<i>60.32</i>	<i>Sharon KWARULA</i>	<i>Kingsville, Texas</i>	<i>02</i>	<i>May</i>	<i>2014</i>
	<i>60.53</i>	<i>Sharon KWARULA</i>	<i>Austin, Texas</i>	<i>27</i>	<i>May</i>	<i>2014</i>
	<i>60.77</i>	<i>Sharon KWARULA</i>	<i>Levelland, Texas</i>	<i>17</i>	<i>May</i>	<i>2012</i>
	<i>60.77</i>	<i>Sharon KWARULA</i>	<i>Canyon, Texas</i>	<i>26</i>	<i>Apr</i>	<i>2014</i>
	<i>60.96</i>	<i>Sharon KWARULA</i>	<i>Cedar Falls</i>	<i>04</i>	<i>May</i>	<i>2012</i>
	<i>60.99</i>	<i>Sharon KWARULA</i>	<i>Fayetteville</i>	<i>31</i>	<i>Mar</i>	<i>2012</i>
	<i>61.02</i>	<i>Betty BURUA</i>	<i>Brisbane</i>	<i>07</i>	<i>Feb</i>	<i>2015</i>
	<i>61.02</i>	<i>Donna KONIEL</i>	<i>Brisbane, NCh</i>	<i>27</i>	<i>Mar</i>	<i>2015</i>
	<i>61.04</i>	<i>Donna KONIEL</i>	<i>Brisbane</i>	<i>06</i>	<i>Mar</i>	<i>2015</i>
	<i>61.06</i>	<i>Betty BURUA</i>	<i>Brisbane</i>	<i>07</i>	<i>Feb</i>	<i>2014</i>
4	61.11	Tahiri HOMERANG	Port Moresby, NCh	21	Jul	1991
	<i>61.23</i>	<i>Sharon KWARULA</i>	<i>Kingsville, Texas</i>	<i>03</i>	<i>May</i>	<i>2014</i>
	<i>61.37</i>	<i>Sharon KWARULA</i>	<i>Hutchinson, KS</i>	<i>18</i>	<i>May</i>	<i>2013</i>
	<i>61.37</i>	<i>Betty BURUA</i>	<i>Kafika, MPG</i>	<i>06</i>	<i>Sep</i>	<i>2013</i>
	<i>61.41</i>	<i>Sharon KWARULA</i>	<i>Levelland</i>	<i>16</i>	<i>May</i>	<i>2012</i>
	<i>61.47</i>	<i>Sharon KWARULA</i>	<i>Eagle Rock</i>	<i>07</i>	<i>Jun</i>	<i>2008</i>
	<i>61.50</i>	<i>Donna KONIEL</i>	<i>Ulapia, NCh</i>	<i>07</i>	<i>Jun</i>	<i>2014</i>
	<i>61.54</i>	<i>Donna KONIEL</i>	<i>Cairns, OceCh</i>	<i>29</i>	<i>Jun</i>	<i>2012</i>
	<i>61.63</i>	<i>Donna KONIEL</i>	<i>Kafika, MPG</i>	<i>06</i>	<i>Sep</i>	<i>2013</i>
	<i>61.74</i>	<i>Sharon KWARULA</i>	<i>Council Bluffs</i>	<i>27/8</i>	<i>Apr</i>	<i>2012</i>
	<i>61.83</i>	<i>Sharon KWARULA</i>	<i>Susupe</i>	<i>28</i>	<i>Jun</i>	<i>2008</i>
5	61.86	Elizabeth KAMILUS	Port Moresby, NCh	21	Jul	1991
	<i>61.96</i>	<i>Sharon KWARULA</i>	<i>Hutchinson, KS</i>	<i>17</i>	<i>May</i>	<i>2013</i>
	<i>62.05</i>	<i>Sharon KWARULA</i>	<i>Susupe</i>	<i>21</i>	<i>Jun</i>	<i>2008</i>
	<i>62.06</i>	<i>Donna KONIEL</i>	<i>Tereora, OceCh</i>	<i>26</i>	<i>Jun</i>	<i>2014</i>
	<i>62.10</i>	<i>Sahron KWARULA</i>	<i>Council Bluffs, IA</i>	<i>4-5</i>	<i>May</i>	<i>2013</i>
	<i>62.26</i>	<i>Sharon KWARULA</i>	<i>Great Bend, Ks</i>	<i>6/7</i>	<i>Apr</i>	<i>2012</i>
	<i>62.28</i>	<i>Sharon KWARULA</i>	<i>Des Moines</i>	<i>24</i>	<i>Mar</i>	<i>2012</i>
	<i>62.29</i>	<i>Sharon KWARULA</i>	<i>Azusa</i>	<i>17</i>	<i>Apr</i>	<i>2009</i>
	<i>62.38</i>	<i>Sharon KWARULA</i>	<i>Irvine</i>	<i>03</i>	<i>May</i>	<i>2009</i>
	<i>62.47</i>	<i>Donna KONIEL</i>	<i>Lae, PNG Games</i>	<i>24</i>	<i>Nov</i>	<i>2014</i>
	<i>62.52</i>	<i>Sharon KWARULA</i>	<i>Glasgow, CG</i>	<i>29</i>	<i>Jul</i>	<i>2014</i>
	<i>62.54</i>	<i>Sharon KWARULA</i>	<i>Los Angeles</i>	<i>26</i>	<i>Apr</i>	<i>2008</i>

	62.60	Donna KONIEL	Singapore	22	Aug	2011
	62.91	Donna KONIEL	Brisbane	28	Mar	2013
6	62.94	Lily TUA	Port Moresby, SPG	18	Sep	1991
	62.99	Sharon KWARULA	Darwin, AG	11	May	2011
	62.99	Sharon KWARULA	Gold Coast	11	Jul	2014
	63.12	Sharon KWARULA	Lawrence	20	Apr	2012
	63.15	Sharon KWARULA	Lawrence, KS	17-20	Apr	2013
	63.17	Sharon KWARULA	San Diego	14	Jun	2009
	63.22	Elizabeth KAMILUS	Port Vila, MSPG	11	Dec	1993
	63.24	Sharon KWARULA	Cairns	19	Aug	2007
	63.41	Donna KONIEL	Brisbane	26	Mar	2011
	63.44	Sharon KWARULA	Ulapia, NCh	07	Jun	2014
	63.55	Sharon KWARULA	Gold Coast	15	Mar	2008

(Top 65 performances by 6 different athletes)

7	64.16	Mae KOIME	Suva, SPG	09	Jul	2003
8	66.26	Raylyne KANAM	Tereora, OceCh	26	Jun	2014
9	67.15	Merolyn AUGA	Koror, MSPG	26	Jul	2005
10	69.84	Kari KAPANI	Apia, SPG	08	Sep	1983
11	70.62	Hellen PHILEMON	Lae, NCh	01	Jul	2007
12	75.85	Jessica GALE	Ulapia, PNG Games	24	Nov	2012
13	76.74	Euphrasia HELMUT	Lae, PNG Games	24	Nov	2014
14	77.74	Martina MARTIN	Ulapia, NCh	07	Jun	2014
15	78.19	Sharmna HORATA	Lae, PNG Games	24	Nov	2014
16	79.36	Gwen POKANA	Ulapia, PNG Games	24	Nov	2012

(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)

1=	61.2	Elizabeth KAMILUS	Lae, NCh	05	Jul	1992
1=	61.2	Sharon Henry KWARULA	Lae, NCh	16	Jul	2011
1=	61.2	Donna KONIEL	Lae, NCh	7/8	Apr	2012
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	68.9	Merolyn AUGA	Lae	13	Jul	2005
12	69.1	Kari KAPANI	Port Moresby	27	Aug	1983
13	69.5	Alle GAGOLE	Port Moresby	11	Apr	1999
14	70.7	Banato IBOWA	Port Moresby	12	Apr	2003
15	72.7	Sonale WALAGA	Goroka, NCh	01	Jul	1984
16	73.4	Raylyne KANAM	Ulapia	19	Apr	2014
17	75.0	Patricia IHA	Goroka			1984
18	75.6	Catherine RHAMBO	Lae, NCh	22/4	Sep	2006
19	75.7	Raphaëla BAKI	Lae	01	Oct	2005
20	77.0	Bertha TOM	Rabaul	02	May	1992
21	78.1	Hilda MIDAL	Rabaul	25	Apr	1992
22	81.4	Aidah NAKIKUS	Rabaul	25	Apr	1992

4 x 100 metres Relay (Automatic Timing) *

1	45.99	PAPUA NEW GUINEA (Koime, Wisil, Mooney, Baki)	Apia, SPG	08	Sep	2007
2	46.24	PAPUA NEW GUINEA (Philemon, Wisil, Burua, Koime)	Bangalore, Asian GO	05	Jun	2010

3	46.27	PAPUA NEW GUINEA (Peni, Wisil, Monagi, Kwarula)	Port Moresby, PG	17	Jul	2015
4	46.30	PAPUA NEW GUINEA (Philemon, Wisil, Kwarula, Waro)	Noumea, PG	09	Sep	2011
5	46.31	PAPUA NEW GUINEA (Wisil, Burua, Philemon, Peni)	Cairns, OceCh	09	May	2015
6	46.75	PAPUA NEW GUINEA (Philemon, Wisil, Monagi, Burua)	Kafika, MPG	06	Sep	2013
7	46.86	PAPUA NEW GUINEA (Koime, Wisil, Burua, Philemon)	Cairns, OceCh	25	Sep	2010
8	47.12	PAPUA NEW GUINEA (Koime, Wisil, Philemon, Burua)	Pune, Asian GP	01	Jun	2010
9	47.13	PAPUA NEW GUINEA (Koime, Wisil, Kumalalamene, Baki)	Sydney	17	Feb	2007
10	47.27	PAPUA NEW GUINEA	Saipan, OceCh		Jun	2008
11	47.31	PAPUA NEW GUINEA (Philemon, Wisil, Burua, Kwarula)	Singapore	21	Aug	2011
12	47.88	PAPUA NEW GUINEA (Philemon, Wisil, Koniel, Kwarula)	Tereora, OceCh	25	Jun	2014
13	47.93	PAPUA NEW GUINEA (Muga, Jonathan, Unido, Marava)	Santa Rita, SPG	11	Jun	1999
14	48.03	PAPUA NEW GUINEA (Gepp, Gagole, Jonathon, Avefa)	Pirae, SPG	24	Aug	1995
15	48.09	PNG PLUS (Koime, Bulikiobo*, Baki, Wisil)	Brisbane	24	Feb	2007
16	48.30	PAPUA NEW GUINEA (Burua, Koime, Kumalalamene, Wisil)	Apia, OceCh	16	Dec	2006
17	48.40	PAPUA NEW GUINEA JNR (Bilei, Wisil, Kumalalamene, Baki)	Beijing, WJCh	19	Aug	2006
18	48.41	PAPUA NEW GUINEA (Waro, Wisil, Vunatup, Koniel)	Brisbane	23	Mar	2013
19	48.49	PAPUA NEW GUINEA (Avefa, Unido, Beining, Kamilus)	Port Vila, MSPG	16	Dec	1993
20	48.52	PAPUA NEW GUINEA (Jonathon, Koniel, Sapea, Launa)	Noumea, SPG	16	Dec	1987
21	48.68	PAPUA NEW GUINEA (Steven, Langa, Kumalalmene, Baki)	Cairns	14	Aug	2007
22	48.74	PAPUA NEW GUINEA (Marava, Mooney, Koime, Jonathan)	Adelaide, OceCh	25	Aug	2000
23	48.95	PAPUA NEW GUINEA (Ogisi, Koime, Philemon, Jonathon)	Suva, SPG	12	Jul	2003
24	48.99	PAPUA NEW GUINEA (Sapea, Tua, Pamo, Launa)	Port Moresby	31	Aug	1991
25	49.04	PAPUA NEW GUINEA	Lae	23	Apr	2005
26	49.07	PAPUA NEW GUINEA (Launa, Jonathon, Tua, Alu)	Nuku'alofa, MSPG	30	Aug	1989
27	49.08	PAPUA NEW GUINEA (Buala, Kapani, Ingiro, Jonathon)	Apia, SPG	15	Sep	1983
28	49.08	PAPUA NEW GUINEA (Gagole, Marava, Way, Jonathan)	Nuku'alofa, OceCh	28	Aug	1998
29	49.08	PAPUA NEW GUINEA	Gold Coast	06	Aug	2009
30	49.16	PAPUA NEW GUINEA (Wisil, Koime, Ogisi, W. Waro)	Koror, MSPG	29	Jul	2005
31	49.20	EAST NEW BRITAIN (Vunatup, Burua, Koniel, Waro)	Ulapia, NCh	14	Jul	2013
32	49.40	PORT MORESBY	Port Moresby, NCh	22	Jul	1991
33	49.45	MOROBE	Port Moresby	28	Nov	2009
34	49.50	PAPUA NEW GUINEA (D. Koniel, Kwarula, Bais. P. John)	Darwin, AraG	10	May	2011
35	49.54	EAST NEW BRITAIN (Tika, Burua, Vunatup, Koniel)	Ulapia, PNG Games	29	Nov	2012

36	49.55	PAPUA NEW GUINEA (Homerang, Tua, Ibowa, Launa)	Suva, OceCh	14 Jul	1990
37	49.65	PAPUA NEW GUINEA (Steven, Philemon, Koniel, Wisil)	Sydney	19 Mar	2010
38	49.71	MOROBE (Steven, Philemon, Monagi, Waro)	Ulapia, PNG Games	28 Nov	2012
39	49.74	PAPUA NEW GUINEA (Ogisi, Koime, Bureng, Marava)	Middlegate, MSPG	14 Dec	2001
40	49.92	PAPUA NEW GUINEA	Suva, SPG	08 Sep	1979
41	49.97	PAPUA NEW GUINEA (Jonathon, Rasehai, Taule, Launa)	Rarotonga, MSPG	09 Aug	1985
42	50.20	MOROBE "A"	Port Moresby	24/8 Nov	2009
43	50.38	EAST NEW BRITAIN (Malamut, Tutuai, Topal, Koniel)	Lae, PNG Games	27 Nov	2014
44	50.38	MOROBE (Philemon, Yawas, Wilson, Waro)	Lae, PNG Games	27 Nov	2014
45	50.49	MOROBE (Steven, Philemon, Monagi, Waro)	Ulapia, PNG Games	29 Nov	2012
46	50.52	PAPUA NEW GUINEA	Guam, SPG	07 Aug	1975
47	50.65	PAPUA NEW GUINEA (Monagi, Koniel, Womola Samuel)	Cairns, OceCh	28 Jun	2012
48	50.70	PAPUA NEW GUINEA	Guam, SPG	06 Aug	1975
4 x 100 metres Relay (Manual Timing) *					
1	45.8	PAPUA NEW GUINEA (Philemon, Wisil, Burua, Koime)	Lae, NCh	10 Jul	2010
2	48.2	PAPUA NEW GUINEA (Muga, Unido, Jonathan, Marava)	Darwin, AG	24 May	1999
3	48.4	MIXED TEAM (Womola, Wisil, Vunatup, Koniel)	Lae, NCh	08 Apr	2012
4	48.5	PAPUA NEW GUINEA (Gepp, Gagole, Jonathon, Avefa)	Pirae	14 Aug	1995
5	48.7	MOROBE (Belei, Wisil, Kumalalamene, Steven)	Lae, NCh	22/4 Sep	2006
6	48.9	PORT MORESBY (Pamoa, Kamilus, Kapalu, Launa)	Lae, NCh	05 Jul	1992
7	48.9	LAE (Philemon, V. Waro, Vunatup, Monagi)	Lae, NCh	16 Jul	2011
8	48.9	MOROBE (Philemon, Monagi, John, Waro)	Lae, NCh	08 Apr	2012
9	49.1	PAPUA NEW GUINEA "A" (Philemon, V. Waro, Vunatup, Monagi)	Lae	12 Jun	2011
10=	49.2	PORT MORESBY (Bais, Koime, Langa, Baki)	Lae, NCh	22/4 Sep	2006
10=	49.2	PORT MORESBY (Koime, Harricknen, Bais, Wisil)	Lae, NCh	12/4 Sep	2008
12=	49.4	PAPUA NEW GUINEA "B" (Koniel, Kwarula, Bais, John)	Lae	12 Jun	2011
12=	49.4	PORT MORESBY	Lae, NCh	16 Jul	2011
14	49.9	LAE (Rose, Vatmale, Philemon, Bilei)	Lae, NCh	12/4 Sep	2008
15	50.0	LAE (Steven, Philemon, Kumalalamene, John)	Lae, NCh	26/8 Sep	2009
16	50.2	MOROBE (Bilei, Wisil, Kumalalamene, Steven)	Lae	09 Sep	2006
17	50.4	PAPUA NEW GUINEA (Pipit, Nim, Taylor, Kennedy)	Tahiti, SPG	15 Sep	1971
18	50.4	LAE	Lae, NCh	10 Jul	2010
19	50.5	PAPUA NEW GUINEA (Bureng, Marava, Ogisi, Koime)	Goroka	28 Nov	2001

20	50.6	LAE (Steven, Kumalalamene, Baki, Langa)	Lae, NCh	12/4 Sep	2008
21=	50.7	PAPUA NEW GUINEA	Port Moresby	23 Sep	1969
21=	50.7	EASTERN HIGHLANDS	Goroka, NCh	22 Jun	1986
21=	50.7	PORT MORESBY SNRS	Lae, NCh	15 Aug	1998
21=	50.7	PAPUA NEW GUINEA (Bureng, Marava, Ogisi, Koime)	Goroka	30 Nov	2001
25=	50.8	EASTERN HIGHLANDS	Goroka, NCh	05 Jul	1987
25=	50.8	PORT MORESBY U18	Lae, NCh	02 Jul	1994
27	50.9	GOROKA / RABAUL	Lae	23 Jun	1991
28=	51.0	PORT MORESBY Juniors (Hela, Baki, James, Toop)	Lae, NCh	05 Jul	1992
28=	51.0	EASTERN HIGHLANDS (Kusunan, Kamilus, Avefa, Tonny)	Lae, NCh	02 Jul	1994
28=	51.0	PORT MORESBY	Lae, NCh	10 Jul	2010
4 x 400 metres Relay *					
1	3:40.40	PAPUA NEW GUINEA (Burua, Dell, Philemon, Wisil)	Delhi, CG	11 Oct	2010
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	3:45.13	PAPUA NEW GUINEA (Kwarula, Koniel, Adah, Wisil)	Port Moresby, PG	16 Jul	2015
6	3:45.32	PAPUA NEW GUINEA (Dell, Koniel, Kwarula, Wisil)	Noumea, PG	09 Sep	2011
7	3:45.73mx	PAPUA NEW GUINEA (Koime, Burua, Dell, Wisil)	Brisbane	10 Feb	2006
8	3:46.26	PAPUA NEW GUINEA (Koniel, Wisil, Kwarula, Burua)	Glasgow, CG	01 Aug	2014
9	3:46.94	PAPUA NEW GUINEA (Wisil, Koniel, Dell, Burua)	Brisbane	14 Feb	2012
10	3:47.88	PAPUA NEW GUINEA (Koime, Dell, Burua, Wisil)	Melbourne, CG	25 Mar	2006
11	3:50.50e	PAPUA NEW GUINEA (Unido, Tua, Sapea, Homerang)	Port Moresby, SPG	21 Sep	1991
12	3:51.8	PNG NATIONAL TEAM	Lae, NCh	11 Jul	2010
13	3:52.20	"PNG A" (Dell, Burua, Mooney, Wisil)	Lae, NCh	01 Jul	2007
14=	3:52.66	PAPUA NEW GUINEA (Unido, Nami, Gagole, Kamilus)	Port Vila, MSPG	16 Dec	1993
14=	3:52.66	PAPUA NEW GUINEA (Burua, Koniel, Tine, Peni)	Cairns, OceCh	10 May	2015
16	3:52.82	PAPUA NEW GUINEA (Vunatup, Wisil, Koniel, Burua)	Kafika, MPG	06 Sep	2013
17	3:52.95	PAPUA NEW GUINEA (Koime, Dell, Kumalalamene, Wisil)	Melbourne	19 Feb	2006
18	3:54.12	PAPUA NEW GUINEA (Mooney, Henry, Steven, Wisil)	Cairns	19 Aug	2007
19	3:54.14	PAPUA NEW GUINEA (Kumalalamene, Dell, Burua, Wisil)	Brisbane	27 Jan	2006
20	3:55.96	PAPUA NEW GUINEA (Muga, Jonathan, Unido, Mooney)	Santa Rita, SPG	11 Jun	1999
21	3:57.01	PAPUA NEW GUINEA (Kaupa, Wisil, Dell, Kumalalamene)	Lae	24 Apr	2005
22	3:57.1	LAE	Lae, NCh	12/4 Sep	2008
23	3:57.7	PORT MORESBY (Kapera, Kamilus, Maira, Kapalu)	Port Moresby	24 May	1997

24	3:57.78e	PORT MORESBY (Tua, Kapalu, Penias, Homerang)	Port Moresby, NCh	22	Jul	1991
25	3:58.97	PAPUA NEW GUINEA (Wisil, Kaupa, Dell, Koime)	Koror, MSPG	29	Jul	2005
26	3:59.52	PAPUA NEW GUINEA (Koniel, Kanam, Steven, Kwarula)	Tereora, OceCh	26	Jun	2014
27	3:59.54e	PAPUA NEW GUINEA (Ngalau, Sapea, Tua, Koniel)	Noumea, SPG	18	Dec	1987
28	4:00.20	PAPUA NEW GUINEA (Kwarula, Dell, Steven, Wisil)	Gold Coast	4	Aug	2009
29	4:00.4	MIXED TEAM (Womola, Tine, Vunatup, Koniel)	Lae, NCh	08	Apr	2012
30	4:01.77	PAPUA NEW GUINEA (Koniel, Gahekave, Womola, Tine)	Cairns, OceCh	29	Jun	2012
31	4:02.1	MOROBE (Wisil, Steven, Auga, Kumalalamene)	Lae, NCh	22/4	Sep	2006
32	4:02.41	PAPUA NEW GUINEA (Kwarula, Dell, Steven, Wisil)	Gold Coast	04	Aug	2009
33	4:02.72e	PAPUA NEW GUINEA (Buala, Sine, Ingiro, Pipit)	Honiara, MSPG	13	Jul	1981
34	4:03.01e	PAPUA NEW GUINEA (Ngalau, Marere, Polum, Jiroru)	Suva, SPG	08	Sep	1979
35	4:03.17e	PAPUA NEW GUINEA (Buala, Ingiro, Jonathon, Kapani)	Apia, SPG	15	Sep	1983
36	4:03.37	"PNG B" (Kumalalamene, Henry, Brian, Steven)	Lae, NCh	01	Jul	2007
37	4:03.56	EAST NEW BRITAIN (Koniel, Tine, Vunatup, Burua)	Ulapia, PNG Games	29	Nov	2012
38	4:03.60e	PAPUA NEW GUINEA (Apolos, Way, Avefa, Gagole)	Pirae, SPG	24	Aug	1995
39	4:03.6	GOROKA (Henry, Burua, Goiye, Dell)	Lae, NCh	22/4	Sep	2006
40	4:03.95	PAPUA NEW GUINEA (Muga, Kapera, Marava, Mooney)	Darwin, AG	24	May	1999
41	4:04.1	EASTERN HIGHLANDS #1	Lae, NCh	26	Sep	2004
42	4:04.83	PAPUA NEW GUINEA (Bailey, Way, Philemon, Koime)	Suva, SPG	12	Jul	2003
43	4:04.8	LAE	Lae, NCh	11	Jul	2010
44	4:04.9	GOROKA / RABAUL (Unido, Sapea, Jack, Kamilus)	Lae	23	Jun	1991
45	4:04.96e	PAPUA NEW GUINEA (Nami, Turare, Kamilus, Unido)	Darwin, AG	29	Apr	1993
46	4:05.2	PORT MORESBY (Kapalu, Pamo, Palo, Kamilus)	Lae, NCh	05	Jul	1992
47	4:05.24	PAPUA NEW GUINEA (Vunatup, Koniel, Waro, Kupai)	Brisbane	23	Mar	2013
48	4:05.56	EAST NEW BRITAIN (Kanam, Koniel, Oliver, Muria)	Lae, PNG Games	27	Nov	2014
49	4:05.8	PORT MORESBY (Kapalu, Maira, -----, -----)	Port Moresby, NCh	29	Sep	1996
50	4:06.87	MOROBE "A"	Port Moresby	28	Nov	2009
51	4:07.15	PAPUA NEW GUINEA (Bailey, Kaupa, Goiye, Koime)	Middlegate, MSPG	14	Dec	2001
52	4:08.47e	PAPUA NEW GUINEA (Rasehai, Launa, Jonathon, Roy)	Rarotonga, MSPG	09	Aug	1985
53	4:08.8	PORT MORESBY (Kapera, Koime, Urakupa, Mooney)	Port Moresby	03	Oct	1999
54	4:08.8	MOROBE (Steven, Waro, John, Monagi)	Lae, NCh	08	Apr	2012
55	4:09.39e	PAPUA NEW GUINEA (Tua, Ibow, Kamilus, Homerang)	Suva, OceCh	14	Jul	1990
56	4:09.6	LAE	Lae, NCh	28	Jun	2009

57	4:11.20	PAPUA NEW GUINEA	Cairns	09	Dec	2004
58	4:11.35e	EASTERN HIGHLANDS (Unido, Sapea, ?, ?)	Port Moresby, NCh	22	Jul	1991
59	4:12.04	MOROBE (Steven, Gamini, Taelabu, Calep)	Lae, PNG Games	26	Nov	2014
60	4:12.3	PORT MORESBY (Muga, Kapera, Unido, Mooney)	Port Moresby	11	Apr	1999
61	4:13.1	EAST NEW BRITAIN (Kamilus, Maira, Mareve, Junias)	Rabaul, NCh	24	Jun	1990
62	4:13.2	PORT MORESBY	Lae	23	Jun	1991
63	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

1	1.77	Rellie KAPUTIN	Port Moresby, PG	14	Jul	2015
2	1.76	Angela WAY	Santa Rita, SPG	05	Jun	1999
	1.74	Angela WAY	Tafuna, MSPG	15	Aug	1997
	1.73	Rellie KAPUTIN	Dubuque, Iowa	18	Apr	2015
3	1.71 H	Adrine MONAGI	Port Moresby, PG	15	Jul	2015
4	1.70	Nettie ELISHA-BOBOLA	Brisbane, PSG	30	Aug	1982
	1.70	Angela WAY	Lae	09	May	1998
	1.70	Angela WAY	Koror	29	May	1999
	1.70	Angela WAY	Lae	15	May	2001
	1.70	Angela WAY	Goroka, NCh	29/30	Sep	2001
	1.70	Angela WAY	Hamilton	06	Dec	2001
	1.70 i	Rellie KAPUTIN	Albuquerque, NM	07	Mar	2015
	1.70	Rellie KAPUTIN	Council Bluffs, Iowa	02	May	2015
	1.69 mx	Rellie KAPUTIN	Gold Coast	20	Jun	2015
5	1.68	Ileen MALAI	Sheffield, WSG	24	Jul	1991
	1.68	Angela WAY	Adelaide	16	Mar	1996
	1.67	Ileen MALAI	Port Moresby	09	Jun	1990
	1.67	Angela WAY	Lae	01	Jul	1994
	1.67	Angela WAY	Pirae, SPG	17	Aug	1995
6	1.67	Delilah KAMI	Lae, NCh	30	Jun	2007
	1.67 i	Rellie KAPUTIN	Storm Lake, Iowa	22	Feb	2014
	1.67 i	Rellie KAPUTIN	Dubuque, Iowa	17	Jan	2015
	1.67	Adrine MONAGI	La Crosse, WI	08	May	2015
	1.66	Nettie BOBOLA	Port Moresby	30	May	1987
7	1.67	Naomi KERARI	Port Moresby, PG	14	Jul	2015
	1.66	Angela WAY	Adelaide	30	Mar	1996
	1.66 i	Rellie KAPUTIN	Storm Lake, Iowa	21	Feb	2015
	1.66	Adrine MONAGI	Gold Coast	20	Jun	2015
	1.65	Ileen MALAI	Brisbane	09	Feb	1991
8=	1.65	Lillyanne BEINING	Lae, NCh	01	Jul	1994
	1.65	Angela WAY	Darwin	11	May	1995
	1.65	Angela WAY	Port Moresby	22	Jul	1995
	1.65	Angela WAY	Port Vila	23	May	1998
	1.65	Angela WAY	Lae	15	Aug	1998
	1.65	Angela WAY	Port Vila	14	Jul	2001
	1.65	Angela WAY	Papakura	08	Dec	2001
8=	1.65	Nellie LESLIE	Lae, NCh	30	Jun	2007
	1.65	Rellie KAPUTIN	Des Moines, Iowa	25	Apr	2014
	1.65 i	Rellie KAPUTIN	Mankato, Minnesota	10	Jan	2015
	1.65 i	Rellie KAPUTIN	Platteville, WI	14	Feb	2015
	1.65	Rellie KAPUTIN	Des Moines, Iowa	27	Mar	2015
	1.65	Rellie KAPUTIN	Waverly, Iowa	02	Apr	2015
	1.65	Rellie KAPUTIN	Brisbane	14	Jun	2015
	1.65	Rellie KAPUTIN	Gold Coast	27	Jun	2015

(44 performances by 9 different athletes)

10=	1.63	Janet KORARE	Goroka	12	Jun	1993
10=	1.63	Jolina UWAIK	Lae, NCh	16	Aug	1998
12	1.56	Grace JESSEM	Lae, NCh	10	Jul	2010
13=	1.55	Cathy RASEHAI	Goroka	22	Mar	1986
13=	1.55	Idau WAY	Goroka, NCh	05	Jul	1987
13=	1.55	Annie TOPAL	Ulapia	22	Jun	2013
13=	1.55	Patricia TOROKON	Lae, PNG Games	24	Nov	2014
13=	1.55 H	Helen PHILEMON	Lae, NCh	18	Apr	2015
18=	1.53 H	Iammo LAUNA	Los Angeles, OG	03	Aug	1984
18=	1.53	Lydia MOMBERGER	Goroka, NCh	05	Jul	1987
18=	1.53	Susie BRAY	Lae, NCh	25	Sep	2004
18=	1.53 H	Eunice STEVEN	Apia, SPG	05	Sep	2007
18=	1.53	Lillian TURALIR	Port Moresby	24/8	Nov	2009
23=	1.52	Gabriella HELA	Port Moresby		Jun	1992
23=	1.52	irianny HAAY	Port Moresby	25	Aug	2013
25=	1.50	Helen LAVAKI	Madang, NCh	21	Sep	1974
25=	1.50	Jennifer MIRIA	Kwikila, PNG	14	Sep	1972
25=	1.50	Gamini ILAGI	Rabaul, NCh	24	Jun	1990
25=	1.50	Monica KERINA	Lae, NCh	30	Jun	2007
25=	1.50	Lollita MALIAKI	Lae, NCh	30	Jun	2007
25=	1.50	Miriam YENA	Lae, NCh	25	Sep	2004
25=	1.50	Delilah ZUTI	Port Moresby	24/8	Nov	2009
25=	1.50	Irianny HAAY	Ulapia	18	Jan	2014
33=	1.49	Tahiri HOMERANG	Goroka, NCh	22	Jun	1986
33=	1.49	Vavine GABI	Kainantu	08	Jul	2000
33=	1.49	Heidi MICHAELS	Lae	10	Jun	2001
33=	1.49	Millicent BOKALEN	Vunakanau	03	Jul	2001
37=	1.48	Agnella KREWANTY	Rabaul, NCh	24	Jun	1990
37=	1.48	Clair HOU	Port Moresby, NCh	20	Jul	1991
37=	1.48	Mary UNIDO	Goroka	27	Jun	1992
37=	1.48	Molong KUSUNAN	Goroka	12	Jun	1993
37=	1.48	Gwen LANGO	Lae	11/3	Aug	2000
42=	1.47	Therese KUPE	Lae, NCh	17	Jun	1979
42=	1.47	Aileen MIKA	Vunakanau		Jun	2000
44=	1.46P	Meg TAYLOR	Pirae, SPG	14	Sep	1971
44=	1.46	Linda KORONG	Rabaul	08	Jun	1979
44=	1.46	Ethy	Goroka	24	May	1986
44=	1.46	Florence KARMEI	Goroka		Dec	1988
44=	1.46	Jeanette MULAS	Rabaul	31	May	1991
44=	1.46	Margaret MIEMBRE	Lae	01	Jul	1994
44=	1.46	Patricia HARRICKNEN	Lae			2005
44=	1.46	Janelle MORAMORO	Lae, NCh	26/8	Jun	2009
52=	1.45	Pritia MATAGAL	Port Moresby, SPG			1969
52=	1.45	Lucy LOLIU	Madang, NCh	21	Sep	1974
52=	1.45	Rita LAVAKI	Rabaul, NCh	15	Jun	1980
52=	1.45	Desmah THOMAS	Goroka, NCh	08	May	1983
52=	1.45	Lois	Lae	17	May	1986
52=	1.45	Karina ASIBA	Port Moresby	11	May	1991
52=	1.45	Mary PAU	Vunakanau	31	May	1996
52=	1.45	Opiab BILL	Lae	10	Jun	2001
52=	1.45	Jenny POSOLOP	Lae	10	Jun	2001
52=	1.45	Sharon BAILEY	Goroka	29/30	Jun	2001
52=	1.45	Irianny HAAY	Ulapia, PNG Games	27	Nov	2012
52=	1.45	Tehilah WOMOLA	Ulapia	22	Jun	2013
Pole Vault						
1	2.30	Delilah KAMI	Brisbane	14	Jun	2015
	<i>2.20</i>	<i>Delilah KAMI</i>	<i>Port Moresby, PG</i>	<i>13</i>	<i>Jul</i>	<i>2015</i>
2	1.85	Mathilda LEONG	Malala, Madang		Sep	1998

Long Jump

1	5.97	Rellie KAPUTIN	Port Moresby, PG	17	Jul	2015
	5.91	<i>Rellie KAPUTIN</i>	<i>Des Moines, Iowa</i>	10	Apr	2015
	5.86	<i>Rellie KAPUTIN</i>	<i>Gold Coast</i>	06	Jun	2015
	5.79 <i>i</i>	<i>Rellie KAPUTIN</i>	<i>Storm Lake, Iowa</i>	20	Feb	2015
2	5.75	Lily TUA	Port Moresby	13	Jul	1991
3	5.74	Rossa MAIRA	Port Moresby, NCh	28	Sep	1996
	5.73 <i>i</i>	<i>Rellie KAPUTIN</i>	<i>New York City</i>	07	Mar	2014
4	5.70	Tahiri HOMERANG	Port Moresby	13	Jul	1991
5	5.66	Adrine MONAGI	Port Moresby, PG	17	Jul	2015
6	5.63	Helen PHILEMON	Lae, NCh	11	Jul	2010
	5.69	<i>Tahiri HOMERANG</i>	<i>Rabaul, NCh</i>	23	Jun	1990
	5.65	<i>Lily TUA</i>	<i>Rabaul, NCh</i>	23	Jun	1990
	5.60 <i>i</i>	<i>Rellie KAPUTIN</i>	<i>Mt Vernon, Iowa</i>	24	Jan	2015
	5.59 <i>i</i>	<i>Rellie KAPUTIN</i>	<i>Mankato, Minnesota</i>	11	Jan	2014
	5.59 <i>i</i>	<i>Rellie KAPUTIN</i>	<i>Dubuque, Iowa</i>	17	Jan	2015
7	5.57	Angela WAY	Lae	18	Apr	1999
	5.57 <i>i</i>	<i>Rellie KAPUTIN</i>	<i>Sioux Centre, Iowa</i>	18	Jan	2014
	5.57	Helen PHILEMON	Lae	03	May	2014
	5.55	Tahiri HOMERANG	Port Moresby	21	Jul	1991
	5.55	Angela WAY	Port Moresby	01	May	1999
	5.55	Angela WAY	Goroka	29/30	Sep	2001
8	5.55	Eunice STEVEN	Lae, NCh	08	Apr	2012
	5.54 <i>i</i>	<i>Rellie KAPUTIN</i>	<i>Mankato, Minnesota</i>	07	Dec	2013
	5.54 <i>i</i>	<i>Rellie KAPUTIN</i>	<i>Storm Lake, Iowa</i>	22	Feb	2014
	5.54 <i>i</i>	<i>Rellie KAPUTIN</i>	<i>Grinnell, Iowa</i>	07	Feb	2015
	5.53	Rossa MAIRA	Port Moresby	24	May	1997
	5.53 <i>i</i>	<i>Rellie KAPUTIN</i>	<i>Albuquerque, NM</i>	06	Mar	2015
	5.52	Helen PHILEMON	Lae	24	Apr	2011
	5.52	<i>Rellie KAPUTIN</i>	<i>Mankato, Minnesota</i>	01	Feb	2014
9	5.51	Nola BOLA	Lae, NCh	04	Jul	1992
	5.51	Helen PHILEMON	Ulapia, NCh	14	Jul	2013
10=	5.50	Claire HOU	Port Moresby	13	Jul	1991
	5.50	Rossa MAIRA	Lae	04	Jul	1992
10=	5.50	Geraldine BAKI	Lae, NCh	04	Jul	1992
12	5.49	Iammo LAUNA	Port Moresby	13	Apr	1985
13	5.47	Annie TOPAL	Rabaul	11	Aug	2012
	5.47 <i>i</i>	<i>Rellie KAPUTIN</i>	<i>Mankato, Minnesota</i>	10	Jan	2015
	5.48	<i>Rellie KAPUTIN</i>	<i>Gold Coast</i>	28	Jun	2015
	5.46	Angela WAY	Port Vila, MSPG	13	Dec	1993
	5.46	<i>Rellie KAPUTIN</i>	<i>Council Bluffs, Iowa</i>	03	May	2014
(Top 40 performances by 13 different athletes)						
14	5.45	Dorcas PILOKOS	Port Moresby	13	Apr	1985
15	5.44	Cathy RASEHAI	MSPG Raro	06	Aug	1985
16	5.43	Annamason PAULIUS	Lae	13	Jul	1977
17=	5.40H	Lillyanne BEINING	Canberra, AusCh	17	Mar	1992
17=	5.40	Gabriella HELA	Lae, NCh	04	Jul	1992
19	5.39	Betty BURUA	Brisbane	01	Mar	2014
20	5.25	Jolina UWAIK	Lae, NCh	15	Aug	1998
21	5.24	Delilah EXON				1967
22=	5.23	Shirley POLONG	Rabaul	29	Jun	1991
22=	5.23	Nasi SINYOI	Port Moresby		Jun	1992
22=	5.23	Priscilla KONALALI	Rabaul	13	May	1994
25	5.21	Ann MOONEY	Port Moresby	02	Oct	1999
26	5.20	Monica JONATHAN	Port Moresby	02	Oct	1999
27	5.19	Ausustina TADIRING	Malabunga	20	Sep	1995
28	5.18	Lily MULAKE	Kerowagi		Jun	1994
29=	5.15	Maria ELIAS	Lae, NCh	18	Sep	1976
29=	5.15	Nancy JOE	Kerowagi		Jun	1994
29=	5.15	Adrine MONAGI	Des Moines, Iowa	11	Apr	2014

32=	5.08	Ayawato DUDI	Madang	03	Apr	1971
32=	5.08	Christine IAHE	Lae, NCh	01	Jul	1994
32=	5.08	Lynette BURENG	Kainantu	09	Jul	2000
35	5.07	Lorraine BAILEY	Lae	15	Jul	2000
36=	5.06	Millie TOOP	Port Moresby		June	1992
36=	5.06	Dillian NASON	Goroka	10	Apr	2014
36=	5.06	Joyce BIGIGLEN	Goroka	18	May	2014
39=	5.05	Bess HULI	Goroka	11	May	1979
39=	5.05	Barbara INGIRO-SAPEA	Lae			1984
41	5.04	Delilah KAMI	Apia, SPG	07	Sep	2007
42=	5.03	Theodora NAMBESA	Lae, NCh	08	Sep	1973
42=	5.03	Rutina BATA	Lae, NCh	16	Jun	1979
42=	5.03	Rogot TAULE	Port Moresby	27	Apr	1985
45=	5.02	Kari KAPANI	Goroka, NCh	07	May	1983
45=	5.02	Marina KAISER	Goroka		Jul	1983
47	5.01	Mary MALARA	Port Moresby	02	Jun	1990
48	4.99	O. OWAI	Port Moresby	10	Sep	1981
49=	4.98	Nancy WASIP	Goroka, NCh	21	Jun	1986
49=	4.98	Esther APUAHE	Lae, NCh	04	Jul	1992
51=	4.97	Karo KELLY	Port Moresby	13	Apr	1985
51=	4.97	Leonie KALANG	Goroka	16	Jun	1985
51=	4.97	Rinke NUMAI	Lae, NCh	04	Jul	1992
54=	4.96	Yal JONATHON	Goroka	07	Jun	1986
54=	4.96	Grace KUA	Lae, NCh	04	Jul	1992
54=	4.96	Rosie SIGORO	Rabaul	6	Aug	1993
54=	4.96	Salota KONIEL	Goroka, NCh	2	Jul	1993
54=	4.96	Joylin YARIYARI	Goroka	15/7	May	2009
59	4.95	Bepi PEP	Mount Hagen	05	Sep	1980

Wind Assisted

5.92 nwi	Rellie KAPUTIN	Council Bluffs, Iowa	01	May	2015
5.88 nwi	Rellie KAPUTIN	Hutchinson, Kansas	16	May	2015
5.68 nwi	Rellie KAPUTIN	Des Moines, Iowa	27	Mar	2015
5.67w	Angela WAY	Pirae, SPG	22	Aug	1995
5.62w	Rellie KAPUTIN	Gold Coast	20	Jun	2015
5.59w	Helen PHILEMON	Cairns, OceCh	08	May	2015
5.56w	Rellie KAPUTIN	Tereora, OceCh	24	Jun	2014
5.49w	Clare HOU	Port Moresby	04	May	1996
5.47w	Rellie KAPUTIN	Ulapia, NCh	08	Jun	2014
5.46w	Angela WAY	Tafuna, MSPG	20	Aug	1997
5.34w	Adrine MONAGI	Brisbane	06	Jun	2015
5.32w	Helen PHILEMON	Tereora, OceCh	24	Jun	2014
5.28w	Rellie KAPUTIN	Pella, Iowa	19	Apr	2014
5.16w	Joyce BIGIGLEN	Ulapia, NCh	08	Jun	2014
5.15w	Delilah KAMI	Apia, SPG	07	Sep	2007
5.10w	Maryanne TUTUAI	Ulapia, NCh	08	Jun	2014
5.09w	Dillian NASON	Ulapia, NCh	08	Jun	2014

Triple Jump

1	12.65	Rellie KAPUTIN	Port Moresby, PG	16	Jul	2015
	<i>12.31</i>	<i>Rellie KAPUTIN</i>	<i>Hutchinson, Kansas</i>	<i>11</i>	<i>Apr</i>	<i>2015</i>
	<i>12.22 i</i>	<i>Rellie KAPUTIN</i>	<i>Albuquerque, NM</i>	<i>07</i>	<i>Mar</i>	<i>2015</i>
	<i>12.04</i>	<i>Rellie KAPUTIN</i>	<i>Des Moines, Iowa</i>	<i>11</i>	<i>Apr</i>	<i>2015</i>
2	12.03	Angela WAY	Pirae, SPG	18	Aug	1995
3	11.99	Annie TOPAL	Port Moresby, PG	16	Jul	2015
4	11.95	Betty BURUA	Kafika, MPG	06	Sep	2013
	<i>11.84</i>	<i>Angela WAY</i>	<i>Lae</i>	<i>17</i>	<i>Apr</i>	<i>1999</i>
	<i>11.84</i>	<i>Rellie KAPUTIN</i>	<i>Gold Coast</i>	<i>08</i>	<i>Jun</i>	<i>2015</i>
	<i>11.79 i</i>	<i>Rellie KAPUTIN</i>	<i>Grinnell, Iowa</i>	<i>08</i>	<i>Feb</i>	<i>2014</i>
	<i>11.76</i>	<i>Rellie KAPUTIN</i>	<i>Gold Coast</i>	<i>21</i>	<i>Jun</i>	<i>2015</i>
	<i>11.75</i>	<i>Angela WAY</i>	<i>Port Moresby</i>	<i>02</i>	<i>May</i>	<i>1999</i>
	<i>11.69 i</i>	<i>Rellie KAPUTIN</i>	<i>Storm Lake, Iowa</i>	<i>22</i>	<i>Feb</i>	<i>2014</i>

	11.68	<i>i</i>	Rellie KAPUTIN	New York City	08	Mar	2014
	11.63		Betty BURUA	Rabaul	29	Sep	2012
	11.63		Rellie KAPUTIN	Gold Coast	27	Jun	2015
	11.62		Angela WAY	Darwin	07	May	1995
	11.61	<i>i</i>	Rellie KAPUTIN	Storm Lake, Iowa	21	Feb	2015
	11.60		Angela WAY	Goroka	29/30	Sep	2001
	11.58		Betty BURUA	Nouméa, PG	05	Sep	2011
	11.54	<i>i</i>	Rellie KAPUTIN	Platteville, WI	14	Feb	2015
	11.48		Angela WAY	Rabaul, NCh	24	Jun	1990
	11.45		Angela WAY	Santa Rita, SPG	08	Jun	1999
	11.45		Angela WAY	Middlegate, MSPG	13	Dec	2001
	11.42		Angela WAY	Lae	13	Nov	2001
	11.35		Rellie KAPUTIN	Tereora, OceCh	25	Jun	2014
	11.32		Angela WAY	Port Moresby	22	Jul	1991
	11.30		Angela WAY	Nuku'alofa, OceCh	28	Aug	1998
	11.30	<i>i</i>	Rellie KAPUTIN	Sioux Center, Iowa	18	Jan	2014
	11.29		Angela WAY	Lae, NCh	01	Jul	1995
	11.27		Rellie KAPUTIN	Council Bluffs, Iowa	03	May	2014
	11.22		Betty BURUA	Port Moresby	25	Aug	2013
	11.19		Annie TOPAL	Ulapia, NCh	13	Apr	2013
	11.17		Angela WAY	Port Vila, MSPG	10	Dec	1993
	11.17		Rellie KAPUTIN	Mesa, Arizona	15	May	2014
	11.15		Annie TOPAL	Ulapia, PNG Games	27	Nov	2012
	11.12		Betty BURUA	Townsville	12	Dec	2004
	11.12		Betty BURUA	Brisbane	01	Feb	2014
5	11.11		Miriam PENI	Brisbane	03	Aug	2014
	11.10		Angela WAY	Malabunga	03	Jun	1995
	11.07		Betty BURUA	Lae	26	Sep	2004
6	11.07		Naomi KERARI	Canyon, Texas	25	Apr	2015
	11.03		Annie TOPAL	Kafika, MPG	06	Sep	2013
7	11.01		Tahiri HOMERANG	NCh Rabaul	24	Jun	1990
	11.01		Annie TOPAL	Ulapia	22	Jun	2013
	11.00		Betty BURUA	Lae	23	Apr	2005
(46 performances by 7 different athletes)							
8	10.94		Coleen TIOTI	Lae, NCh	02	Jul	1994
9=	10.92		Augustina TADIRING	Vunakanau	31	May	1996
9=	10.92		Rachel LENNIE	Goroka	29/30	Sep	2001
11	10.91		Lily TUA	NCh Rabaul	24	Jun	1990
12	10.87		Gabriella HELA	Port Moresby	06	Jun	1992
13	10.85		Nicole LEE	Lae, PNG Games	25	Nov	2014
14	10.80		Jacinta LANGA	Port Moresby	26	Nov	2009
15	10.73		Nola BOLA	NCh Rabaul	24	Jun	1990
16	10.68		Rachel LENNY	Kainantu	07	Jul	2000
17	10.65		Maryanne TUTUAI	Lae, PNG Games	25	Nov	2014
18	10.62		Shirley POLONG	NCh Port Moresby	22	Jul	1991
19	10.61		Delilah KAMI	Lae, NCh	12/4	Sep	2008
20	10.60		Felicitas BURENG	Lae, NCh	10	Jul	2010
21	10.58		Sussie BRAY	Vunakanau	05	Jul	2004
22	10.57		Lily MULAKE	Kerowagi		Jun	1994
23	10.55		Rossa MAIRA	Port Moresby	22	May	1993
24	10.54		Caroline AUGUSTINE	NCh Rabaul	24	Jun	1990
25	10.53		Christine IAHE	Lae, NCh	01	Jul	1995
26	10.50		Priscilla KONALALI	Lae, NCh	02	Jul	1994
27	10.49		Malinda ANGELOS	Kerowagi		Jun	1994
28=	10.36		Jossie MAKEU	NCh Rabaul	24	Jun	1990
28=	10.36		Ann MOONEY	Port Moresby	02	Oct	1999
30	10.34		Julie JOHN	Rabaul	09	May	1991
31=	10.31		Helen WALTER	Kerowagi		Jun	1994
31=	10.31		Siam SERAVE	Kimbe	07	Jul	2001
33	10.30		Jolina UWAIK	Agana, Guam, OceCh	02	Jul	1999

34	10.28	Joyce BIGIGLEN	Lae, PNG Games	24	Nov	2014
35	10.26	Naegeli HULAPE	Rabaul	18	May	1990
36	10.24	Lynette BURENG	Vunakanau	8/9	May	2002
37	10.22	Rita KAMA	Lae, NCh	02	Jul	1995
38=	10.21	Josephine KAMOD	Goroka		Dec	1988
38=	10.21	Serah DOWARA	Port Vila	05	Sep	2001
40=	10.20	Emmah PALA	Malabunga	07	Jun	1995
38=	10.20	Rachel SURAB	Lae, NCh	15	Nov	2004
41=	10.19	Lydia WILLIAM	Kimbe	07	Jul	2001
41=	10.19	Miriam YENA	Lae, NCh	26	Sep	2004
43=	10.17	Christine IAHE	Port Moresby	23	May	1992
43=	10.17	Fiona APELIS	Port Moresby, NCh	29	Sep	1996
45=	10.16	Claire HOU	Port Moresby, NCh	22	Jul	1991
45=	10.16	Jennifer NURUA	Port Moresby	03	Oct	1999
47	10.15	Lydia MURO	Malabunga	26	Apr	1994
48	10.14	Anna LONGBUT	Rabaul	6	Aug	1993
49	10.11	Rose NUKU	Goroka, NCh	2	Jul	1993
50=	10.10	Pauline ARAZI	Malabunga	07	Jun	1995
50=	10.10	Lily MULAKE	Kerowagi	26	Sep	1999
52	10.07	Suzanne GURRA	Vunakanau	8/9	May	2002
53	10.06	Esther KUA	Kerowagi		Jun	1994
54	10.05	Nicole PIRPIR	Lae, NCh	12/4	Sep	2008
55	10.04	Saet KEKETE	Lae, NCh	30	Jun	2007
56	10.03	Anna PIUS	Rabaul	01	Jun	1990
57	10.02	Manuela KONALALI	Malabunga	20	Sep	1995
58=	10.01	Nicole LEE	Ulapia, PNG Games	27	Nov	2012
58=	10.01	Dillian NASON	Goroka	18	May	2014
60	10.00	Cecilia ROCCUS	Malabunga	07	Jun	1995

Wind Assisted

12.23w	Rellie KAPUTIN	Des Moines, Iowa	11	Apr	2015
11.83w	Betty BURUA	Nouméa, PG	05	Sep	2011
11.75w	Naomi KERARI	Lubbock, Texas	30	April	2015
11.68nwi	Rellie KAPUTIN	Council Bluffs, Iowa	02	May	2015
11.67w	Rellie KAPUTIN	Ulapia, NCh	07	Jun	2014
11.50w	Annie TOPAL	Ulapia, NCh	07	Jun	2014
11.28w	Naomi KERARI	Lubbock, Texas	04	Apr	2015
11.16w	Naomi KERARI	Hobbs, NM	18	Apr	2015
11.00w	Joyce BIBIGLEN	Ulapia, NCh	07	Jun	2014
10.97w	Grace TOBONG	Ulapia, NCh	07	Jun	2014
10.96w	Dillian NASON	Ulapia, NCh	07	Jun	2014
10.54w	Maryanne TUTUAI	Ulapia, NCh	07	Jun	2014

Shot Putt

1	13.50H	lammo LAUNA	Port Moresby, SPG	17	Sep	1991
	13.46	lammo LAUNA	Victoria	19	Aug	1994
	13.30	lammo LAUNA	Pirae, SPG	14	Aug	1995
	13.24	lammo LAUNA	Port Moresby	31	Aug	1991
	13.16	lammo LAUNA	Pirae	18	Aug	1995
	13.10	lammo LAUNA	Port Moresby	22	May	1993
	13.09	lammo LAUNA	Prince George, BC	13	Aug	1994
	13.04	lammo LAUNA	Rabaul, NCh	24	Jun	1990
	13.03	lammo LAUNA	Goroka, NCh	02	Jul	1993
	13.03	lammo LAUNA	London	21	Jul	1993
	13.02	lammo LAUNA	Alice Springs	19	Oct	1992
	12.99	lammo LAUNA	Port Moresby	20	Apr	1985
	12.97	lammo LAUNA	Lae			1997
	12.87	lammo LAUNA	Suva, OceCh	11	Jul	1990
	12.86	lammo LAUNA	Port Moresby	16	May	1998
	12.79	lammo LAUNA	Lae	30	Jun	1995
	12.78	lammo LAUNA	Port Moresby	06	Jun	1992
	12.78	lammo LAUNA	Port Moresby	05	Jun	1993

	12.76	<i>lammo LAUNA</i>	<i>Canberra</i>	15	<i>Feb</i>	1992
	12.73	<i>lammo LAUNA</i>	<i>Port Moresby</i>	15	<i>Aug</i>	1987
	12.72	<i>lammo LAUNA</i>	<i>Canberra</i>	25	<i>Oct</i>	1997
	12.71H	<i>lammo LAUNA</i>	<i>Port Moresby</i>	02	<i>Jul</i>	1988
	12.71	<i>lammo LAUNA</i>	<i>Victoria, CG</i>	24	<i>Aug</i>	1994
2	12.71	Lillyanne BEINING	Goroka	25	Jun	1994
	12.66	<i>lammo LAUNA</i>	<i>Abbotsford, BC</i>	06	<i>Aug</i>	1994
	12.65	<i>lammo LAUNA</i>	<i>Exeter, UK</i>	02	<i>Aug</i>	1993
	12.56	<i>lammo LAUNA</i>	<i>Tokyo, WCh</i>	24	<i>Aug</i>	1991
	12.56	Lillyanne BEINING	<i>Port Moresby</i>	18	Jun	1994
	12.47	<i>lammo LAUNA</i>	<i>Adelaide</i>	08	May	1992
	12.46	<i>lammo LAUNA</i>	<i>Port Moresby</i>	27	Jun	1992

(Top 30 performances by 2 different athletes)

3	11.86	Lavah TINGDAI	Pirae, SPG	11	Sep	1971
4	11.50	Barbara NICOLAS	Goroka	21	Jan	2014
5	11.49	Jane PULU	Lae	05	Jun	2015
6	11.45	Veronica WEIANG	Port Moresby			1987
7	11.29	Kuni NAMUR-TIGILAI	Port Moresby, NCh	20	Jul	1991
8	11.25	Augustine TATA	Vunakanau			1998
9	11.22P	Meg TAYLOR	SPG Tahiti	14	Sep	1971
10	11.17	Elizabeth YAMASON	SPG Port Moresby	14	Sep	1991
11	10.95	Sharon TOAKO	Dubuque	18	Apr	2015
12	10.91	Helen PETER	Goroka	30	May	1981
13	10.90	Petronilla NARME	Rabaul	02	May	1980
14	10.81	Irene MUGA	Port Moresby	14	Mar	1993
15	10.77	Rachel WALLY	Goroka, NCh	3	Jul	1993
16	10.76	Barbara KEKENA	Lae, NCh	10	Jul	2010
17	10.72	Elizabeth APALA	Port Moresby			1988
18	10.72	Kapu KAPI	Port Moresby, PG	13	Jul	2015
19	10.66	Salaniet PASKALIS	Vunakanau	8/9	May	2002
20	10.63	Manoka GOROGO	Goroka, NCh	3	Jul	1993
21=	10.60	Kathy IPA	Kainantu	09	Jul	2000
21=	10.60	Kapu KAPI	Laeq	05	Jun	2015
23	10.51	Regina OTMAR	Goroka, NCh	01	Jul	1984
24	10.50	Dora NEBIM	NCh Rabaul	24	Jun	1990
25	10.40	Janet AMEAN	Goroka	22	May	1982
26	10.34	Nancy WASIP	Goroka, NCh	24	May	1986
27	10.33	Joan FRANCIS	Vunakanau	8/9	May	2002
28	10.29	Susie KANSEN	Lae	27	Jul	1977
29	10.25	Leeane DAVID	Malabunga	09	Jun	1995
30	10.21	Tambitha SILAS	Rabaul, NCh	09	Sep	1972
31=	10.19	Cathy ITUNGA	Lae	10	Jun	1968
31=	10.19	Lily POROLI	Lae, PNG Games	25	Nov	2014
33	10.16	Eunice STEVEN	Lae	22	Sep	2012
34	10.10	Marina KAISER	Goroka, NCh	01	Jul	1984
35	10.03	Bernadette HENEHA	Lae, NCh	16	Jun	1979
36	10.01	Maria TEINE	Lae, NCh	02	Jul	1994
37=	10.00	Rebecca SAMSON	Lae, NCh	30	Jun	1995
37=	10.00	Josephine NOAH	Lae, NCh	10	Jul	2010
39	9.99	Magdaline BOBOLA	Goroka, NCh	05	Jul	1987

Discus

1	38.46	lammo LAUNA	Port Moresby	5	Jun	1993
	38.04	<i>lammo LAUNA</i>	<i>Alice Springs</i>	19	Oct	1992
2	38.00	Kuni NAMUR-TIGILAI	NCh Port Moresby	22	Jul	1991
	37.96	<i>lammo LAUNA</i>	<i>Lae, NCh</i>	05	Jul	1992
	37.88	<i>lammo LAUNA</i>	<i>Port Moresby</i>	07	May	1994
	37.70	<i>lammo LAUNA</i>	<i>Port Moresby</i>	23	Apr	1994
	37.20	<i>lammo LAUNA</i>	<i>Goroka, NCh</i>	07	Jun	1997
	37.14	<i>lammo LAUNA</i>	<i>Port Moresby</i>	13	Jun	1992
	36.88	<i>lammo LAUNA</i>	<i>Goroka</i>	20/1	May	1990

	36.66	<i>Iammo LAUNA</i>	<i>Goroka</i>	25	Jun	1994
	36.65	<i>Iammo LAUNA</i>	<i>Port Moresby</i>	16	May	1998
	36.40	<i>Iammo LAUNA</i>	<i>Port Moresby</i>	28	Jun	1992
	36.36	<i>Iammo LAUNA</i>	<i>Port Moresby</i>	22	Jul	1991
	36.22	<i>Iammo LAUNA</i>	<i>Port Moresby</i>	14	Mar	1993
	36.18	<i>Iammo LAUNA</i>	<i>Port Moresby</i>	21	May	1994
	35.44	<i>Iammo LAUNA</i>	<i>Port Moresby</i>	19	Jun	1994
3	35.82	Meg TAYLOR	Port Moresby	28	Aug	1970
	35.81	<i>Iammo LAUNA</i>	<i>Rabaul, NCh</i>	24	Jun	1990
	35.62	<i>Iammo LAUNA</i>	<i>Goroka, NCh</i>	22	Jun	1986
4	34.86	Irene MUGA	SPG Port Moresby	18	Sep	1991
5	34.80	Lilly POROLI	Gerehu	03	May	2014
	34.64	<i>Iammo LAUNA</i>	<i>Goroka, NCh</i>	03	Jul	1993
	34.34	<i>Iammo LAUNA</i>	<i>Port Moresby</i>	11	Jun	1995
6	33.94	Mioko APELIS	SPG Port Moresby	18	Aug	1969
7	33.78	Elizabeth YAMASON	NCh Port Moresby	22	Jul	1991
	33.62	<i>Iammo LAUNA</i>	<i>Lae</i>	02	Jul	1994
	33.46	<i>Iammo LAUNA</i>	<i>Lae</i>	01	Jul	1995
	33.32	<i>Iammo LAUNA</i>	<i>Port Moresby, NCh</i>	28	Sep	1996
8	33.32	Regina OTMAR	NCh Goroka	01	Jul	1984
(Top 29 performances by 8 different athletes)						
9	32.32	Joan ASANGA	Ulapia, PNG Games	27	Nov	2012
10	32.28	Janet AMEAN	Goroka, NCh	80	May	1983
11	32.21	Serah COLIN				1966
13	31.94	Perpetua VARAEGAI	Rabaul, NCh	23	Oct	1966
14	31.70	Helen PETER				1981
15	31.64	Christine TARU	Kerowagi		Jun	1994
16	31.50	Petronilla NARME	Rabaul	03	Jun	1979
17	31.41	Rose TINARONG	Port Moresby, NCh	7/8	Jun	1969
18	31.38	Penelope BURE	Port Moresby	28	Jun	1992
19	31.20	Lavah TINGDAI	Pirae, SPG			1971
20	31.15	Lily POROLI	Cairns, OceCh	09	May	2015
21	31.07	Maria WELL	Goroka	29	Jun	1991
22=	30.96	Rose TINARONG	Port Moresby, SPG			1969
22=	30.96	Saima BEN	Port Moresby, NCh	22	Jul	1991
24	30.92	Kovina RIVA	Port Moresby	02	Jun	1990
25	30.60	Janet PETER				1981
26	30.35	Julian LATAN	Vunakanau	8/9	May	2002
27	30.30	Lydia MURO	Rabaul	12	Jun	1994
28	30.18	Ephreddie JUBILEE	Lae	15	Jan	1994
29	30.10	Helen POGLO	Lae, NCh	01	Jul	1994
30	29.92	Geralda LINGLING	Vunakanau	31	May	1996
31	29.82	Magdaline BOBOLA	Port Moresby, NCh	02	Jul	1988
32	29.37	Christie SOGAWO	Ulapia, NCh	07	Jun	2014
33	29.32	Posa KAVORA	Port Moresby, NCh	02	Jul	1988
Hammer Throw						
1	35.78	Jacklyn TRAVERTZ	Port Moresby, PG	14	Jul	2015
2	31.88	Sharon TOAKO	Council Bluffs, Iowa	02	May	2015
	31.60	<i>Sharon TOAKO</i>	<i>Lae</i>	30	May	2015
	31.38	<i>Sharon TOAKO</i>	<i>Lae</i>	05	Jun	2015
	30.88	<i>Jacklyn TRAVERTZ</i>	<i>Lae</i>	05	Jun	2015
	29.68	<i>Sharon TOAKO</i>	<i>Port Moresby</i>	19	Jun	2015
	29.25	<i>Sharon TOAKO</i>	<i>Port Moresby, PG</i>	14	Jul	2015
	27.74	<i>Jacklyn TRAVERTZ</i>	<i>Lae</i>	30	May	2015
	27.40	<i>Jacklyn TRAVERTZ</i>	<i>Port Moresby</i>	19	Jun	2015
	26.89	<i>Sharon TOAKO</i>	<i>Des Moines</i>	24	Apr	2015
3	26.88	Iammo LAUNA	Canberra	29	Oct	1997
4	26.36	Kapu KAPI	Lae	05	Jun	2015
	25.83	<i>Kapu KAPI</i>	<i>Port Moresby, PG</i>	14	Jul	2015
5	25.40	Lily POROLI	Port Moresby	19	Mar	2014

	<i>25.11</i>	<i>Kapu KAPI</i>	<i>Port Moresby</i>	<i>19 Jun 2015</i>
6	21.25	Irene KWARULA	Port Moresby	19 Mar 2014
7	19.90	Walo MAHA	Canberra	26 Oct 1997
	<i>19.19</i>	<i>Kapu KAPI</i>	<i>Lae</i>	<i>30 May 2015</i>
8	17.84	Lina UVAU	Canberra	26 Oct 1997
9	17.28	Veitu DIRO	Canberra	26 Oct 1997
10	16.14	Wendy LOI	Canberra	29 Oct 1997

(21 performances by 10 different athletes)

Javelin (Pre 1999 implement)

1	51.96	lammo LAUNA	Port Moresby	20 May 1995
	<i>51.90</i>	<i>lammo LAUNA</i>	<i>Weinstadt</i>	<i>08 Aug 1993</i>
	<i>51.54</i>	<i>lammo LAUNA</i>	<i>Exeter, UK</i>	<i>02 Aug 1993</i>
	<i>51.20</i>	<i>lammo LAUNA</i>	<i>Port Moresby</i>	<i>03 Jun 1995</i>
	<i>50.98</i>	<i>lammo LAUNA</i>	<i>Port Moresby</i>	<i>28 May 1994</i>
	<i>50.86</i>	<i>lammo LAUNA</i>	<i>Port Moresby</i>	<i>30 May 1992</i>
	<i>50.86</i>	<i>lammo LAUNA</i>	<i>Bedford, UK</i>	<i>24 Jul 1993</i>
	<i>50.50</i>	<i>lammo LAUNA</i>	<i>Port Moresby</i>	<i>28 Jun 1992</i>
	<i>50.40</i>	<i>lammo LAUNA</i>	<i>Port Moresby, NCh</i>	<i>21 Jul 1991</i>
	<i>50.36</i>	<i>lammo LAUNA</i>	<i>Port Moresby</i>	<i>19 Jun 1994</i>
	<i>50.10</i>	<i>lammo LAUNA</i>	<i>Port Moresby</i>	<i>15 Jun 1991</i>
	<i>50.10</i>	<i>lammo LAUNA</i>	<i>Birmingham, UK</i>	<i>16 Jul 1993</i>
	<i>50.04</i>	<i>lammo LAUNA</i>	<i>Port Moresby</i>	<i>18 May 1991</i>
	<i>50.00</i>	<i>lammo LAUNA</i>	<i>Port Moresby</i>	<i>30 Apr 1994</i>
	<i>49.80H</i>	<i>lammo LAUNA</i>	<i>Nuku'alofa, MSPG</i>	<i>29 Aug 1989</i>
	<i>49.70</i>	<i>lammo LAUNA</i>	<i>Lae, NCh</i>	<i>05 Jul 1992</i>
	<i>49.62</i>	<i>lammo LAUNA</i>	<i>Port Moresby</i>	<i>11 Jun 1995</i>
	<i>49.46</i>	<i>lammo LAUNA</i>	<i>Canberra</i>	<i>01 Mar 1993</i>
	<i>49.30H</i>	<i>lammo LAUNA</i>	<i>Auckland, CG</i>	<i>28 Feb 1990</i>
	<i>49.22</i>	<i>lammo LAUNA</i>	<i>Port Moresby</i>	<i>30 Oct 1993</i>
	<i>49.20</i>	<i>lammo LAUNA</i>	<i>Victoria, CG</i>	<i>26 10 1994</i>
	<i>49.08</i>	<i>lammo LAUNA</i>	<i>Auckland</i>	<i>01 Feb 1990</i>
	<i>48.78</i>	<i>lammo LAUNA</i>	<i>Canberra</i>	<i>26 Oct 1997</i>
	<i>48.68</i>	<i>lammo LAUNA</i>	<i>Port Moresby</i>	<i>23 May 1992</i>
	<i>48.64</i>	<i>lammo LAUNA</i>	<i>Goroka, NCh</i>	<i>03 Jul 1993</i>
	<i>48.60</i>	<i>lammo LAUNA</i>	<i>Port Moresby</i>	<i>14 Mar 1993</i>
	<i>48.58</i>	<i>lammo LAUNA</i>	<i>Gateshead, UK</i>	<i>30 Jul 1993</i>
	<i>48.54</i>	<i>lammo LAUNA</i>	<i>Port Moresby</i>	<i>08 Apr 1995</i>
	<i>48.50</i>	<i>lammo LAUNA</i>	<i>Pirae</i>	<i>20 Aug 1995</i>
	<i>48.46</i>	<i>lammo LAUNA</i>	<i>Port Moresby</i>	<i>27 Nov 1993</i>
	<i>48.26H</i>	<i>lammo LAUNA</i>	<i>Port Moresby, NCh</i>	<i>03 Jul 1988</i>
	<i>48.18</i>	<i>lammo LAUNA</i>	<i>Wellington, NCh</i>	<i>08 Mar 1987</i>
	<i>48.02</i>	<i>lammo LAUNA</i>	<i>Suva, OceCh</i>	<i>13 Jul 1990</i>

(Top 33 performances by the same athlete)

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
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	35.80	Nancy WASIP	Goroka	16 Jun 1985

20	35.29	Ursula MANAM	Port Moresby, NCh	17	May	1975
21	35.28	Maria WELL	Goroka, NCh	3	Jul	1993
22	35.04	B. BAUPUA	Port Moresby	04	Oct	1987
23	34.74	Lydia MOMBERGER	Port Moresby			1988
24	34.70	Jacklyn BOLA	Malabunga	21	Sep	1995
25	34.34	Nancy MAMBU	Lae, NCh	04	Jul	1992
26	34.10	Penelope BURE	Port Moresby	9	Oct	1993
27	33.82	Lydia AINNY	Vunakanau	16	May	1997
28	33.72	Damarish KARANI	Rabaul	6	Aug	1993
29	33.56	Grace GUAN	Rabaul, NCh	23	Jun	1990
30	33.38	Magdaline BOBOLA	Port Moresby, NCh	02	Jul	1988
31	33.37	Nerolyn TUMU	Madang	03	Jul	1998
32	33.34	Fiona APELIS	Vunakanau	28	Jun	1996
33	33.10	Catherine JONAH	Goroka, NCh	07	May	1983
34	33.04	Maria TEINE	Port Moresby, NCh	21	Jul	1991
35	32.96	Veronica ANIS	Rabaul	07	Aug	1992
36	32.90	Magdlin GRAI	Lae, NCh	04	Jul	1992
37	32.76	Christine TAIMEN	Lae	16	Aug	1998
38	32.40	Joyce HENRY	Vunakanau	16	May	1997
39	32.28	Josephine BUNA	Goroka, NCh	3	Jul	1993
40	32.14	Rebecca SAMSON	Lae	01	Jul	1994
41	32.12	Ela PAUL	Lae, NCh	04	Jul	1992
42	32.04	I. HARO	Suva, SPG			1963
43=	31.94	Kini KOLTS	Rabaul, NCh	15	Jun	1980
43=	31.94	Denise SARAGUM	Rabaul, NCh	23	Jun	1990
45	31.92	Grace RIMBAO	Lae, NCh	04	Jul	1992
46	31.84	Gema NAIMANA	Kerowagi	27	Sep	1999
47	31.80	Veronica NAKIN	Port Moresby	25	May	1997
48	31.78	Christine TARU	Vunakanau	28	Jun	1996
49	31.68	Marian KURA	Lae	01	Jul	1994
50	31.59	Angeline	Kerowagi	16/8	Jun	2000
51	31.22	Lucy BILL	Goroka, NCh	05	Jul	1987
52	31.10	Sevetia ZARA	Goroka, NCh	20	May	1989

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

Javelin (Post 1999 implement)

1	48.10	Iammo LAUNA	Port Moresby	05	May	2001
2	42.99	Sharon TOAKO	Hutchinson, Kansas	16	May	2015
	42.33	Sharon TOAKO	Mesa, Arizona	16	May	2014
	41.98	Sharon TOAKO	Kavieng	21-23	Sep	2015
	41.84	Sharon TOAKO	Pella, Iowa	16	Apr	2014
	41.43	Sharon TOAKO	Council Bluffs, Iowa	02	May	2015
	41.10	Sharon TOAKO	Council Bluffs, Iowa	03	May	2014
3	40.95	Jane PULU	Cairns, OceCh	09	May	2015
	40.90	Sharon TOAKO	La Crosse, Wisconsin	08	May	2015
	40.80	Sharon TOAKO	Dubuque, Iowa	18	Apr	2015
	40.77	Jane PULU	Port Moresby, PG	16	Jul	2015
	40.35	Sharon TOAKO	Des Moines, Iowa	27	Mar	2015
4	40.11	Adrine MONAGI	Des Moines, Iowa	12	Apr	2014
	40.07	Sharon TOAKO	Des Moines	25	Apr	2014
	40.05	Sharon TOAKO	Ulapia, NCh	07	Jun	2014
	38.92 H	Jane PULU	Ulapia, NCh	07	Jun	2014
	39.87	Sharon TOAKO	Port Moresby, PG	16	Jul	2015
	39.55	Adrine MONAGI	Gold Coast	06	Jun	2015
	39.38	Sharon TOAKO	Des Moines, Iowa	11	Apr	2015
	39.32	Jane PULU	Lae, NCh	19	Apr	2015
	38.77 H	Jane PULU	Lae, PNG Games	27	Nov	2014
	38.71	Sharon TOAKO	Mount Vernon, Iowa	05	Apr	2014
	38.71	Adrine MONAGI	Des Moines, Iowa	26	Apr	2014
	38.26	Adrine MONAGI	Tereora, OceCh	26	Jun	2014
5	38.24	Joan ASANGA	Brisbane	25	Feb	2007
	38.24	Sharon TOAKO	Des Moines, Iowa	12	Apr	2014

	38.18	Sharon TOAKO	Ulapia	15	Jun	2013
	38.09	Sharon TOAKO	Des Moines, Iowa	25	Apr	2015
	37.64	Jane PULU	Lae, PNG Games	25	Nov	2014
	37.55	Jane PULU	Brisbane	06	Mar	2015
	37.48 H	Adrine MONAGI	Council Bluffs, Iowa	03	May	2014
6	37.38	Eunice STEVEN	Lae, PNG Games	26	Nov	2014
	37.30 H	Adrine MONAGI	Mesa, Arizona	15	May	2014
	37.28	Adrine MONAGI	Council Bluffs, Iowa	02	May	2015
	37.19	Sharon TOAKO	Lae	30	May	2015
	37.11 H	Adrine MONAGI	Tereora, OceCh	25	Jun	2014
	37.11	Jane PULU	Lae	30	May	2015
	37.04	Eunice STEVEN	Brisbane	31	May	2014
	37.00	Sharon TOAKO	Kokopo	18	May	2013
	36.89	Eunice STEVEN	Lae	19	Apr	2014
	36.60	Jane PULU	Ulapia	10	May	2014
	36.59	Jane PULU	Gold Coast	08	Nov	2014
	36.56	Adrine MONAGI	Des Moines, Iowa	27	Mar	2015
	36.50	Sharon TOAKO	Ulapia	29	Jun	2013
	36.14	Adrine MONAGI	Council Bluffs, Iowa	03	May	2014
	36.08	Eunice STEVEN	Lae	03	May	2014
	35.96	Sharon TOAKO	Des Moines, Iowa	22	Mar	2014
	35.96	Eunice STEVEN	Lae	29	Mar	2014
	35.95	Sharon TOAKO	Kavieng	06	Jul	2013
	(49 performances by 6 different athletes)					

7	35.83	Veronica KASA	Vunakanau	03	Jul	2001
8	35.57	Jenny PIKA	Ulapia	22	Jun	2013
9	35.55	Fiona R	Goroka	6/7	Jun	2010
10	35.20	Yaname AFUTI	Goroka	15/7	May	2009
11	34.82	Tabitha WAKAME	Kavieng	21-23	Sep	2015
12	33.10	Magret K	Goroka	6/7	Jun	2010
13	32.89	Leoni LAKI	Wewak	24	May	2014
14	32.37	Seraphina N	Goroka	6/7	Jun	2010
15	32.05	Samantha WIAU	Goroka	24	May	2014
16	31.52	Rose KUMIE	Lae, NCh	19	Apr	2015
17	31.10	Venessa N	Goroka	6/7	Jun	2010
18	30.78	Giroava ALU	Hamilton, NZ	01	Mar	2000
19	30.78	Raphaella BAKI	Ulapia, NCh	08	Jun	2014

Pentathlon (Indoors)

1	3405 pts	Adrine MONAGI	Storm Lake, Iowa	20	Feb	2015
	<i>3252 pts</i>	<i>Adrine MONAGI</i>	<i>Albuquerque, NM</i>	<i>06</i>	<i>Mar</i>	<i>2015</i>
		<i>(9.26, 1.61m, 9.73, 5.42m, 2:36.59)</i>				
		<i>(9.41, 1.59, 9.67, 5.00, 2:34.70)</i>				

Heptathlon (1985 Tables)

1	5037 pts	Iammo LAUNA	Nuku'alofa, MSPG	29	Aug	1989
	(15.49, 1.53, 25.26, 12.25 / 5.20, 49.80, 2:38.29)					
2	5019 pts	Adrine MONAGI	Port Moresby, PG	16	Jul	2015
	(14.99 [+0.9], 1.71, 9.85, 25.87 [-2.2] / 5.87 [+2.3], 35.53, 2:38.67)					
	<i>5018pts</i>	<i>Iammo LAUNA</i>	<i>Port Moresby, SPG</i>	<i>18</i>	<i>Sep</i>	<i>1991</i>
	<i>(15.10 [+1.6], 1.47, 13.50, 25.83 [-1.9] / 5.22 [+2.2], 47.52, 2:37.94)</i>					
3	4923 pts	Lillyanne BEINING	Seoul, WJC	19	Sep	1992
	(14.68, 1.62, 11.43, 25.74 / 5.20, 39.76, 2:41.62)					
	<i>4915 pts</i>	<i>Iammo LAUNA</i>	<i>Los Angeles, OG</i>	<i>04</i>	<i>Aug</i>	<i>1984</i>
	<i>(15.43, 1.52, 11.55, 26.26 / 5.04, 46.50, 2:28.85)</i>					
	<i>4870 pts</i>	<i>Lillyanne BEINING</i>	<i>Canberra</i>	<i>17</i>	<i>Mar</i>	<i>1992</i>
	<i>(15.14 [-0.8], 1.58, 11.54, 25.80 [+1.0] / 5.40, 34.96, 2:33.68)</i>					
	<i>4864 pts</i>	<i>Lillyanne BEINING</i>	<i>Darwin, PacSchG</i>	<i>10</i>	<i>Apr</i>	<i>1992</i>
	<i>(15.09, 1.62, 11.55, 25.9 / 5.27, 36.26, 2:35.25)</i>					

	4833 pts	Iammo LAUNA	Auckland, CG	28	Jan	1990
	(15.45 [+1.4], 1.46, 12.25, 25.74[+2.5], 5.22 [+3.2], 49.30, 2:45.80)					
	4772	Iammo LAUNA	Nouméa	18	Dec	1987
	(15.96 [-1.31], 1.52, 12.33, 26.05 [-2.30] / 4.93 [+2.01], 45.30, 2:35.62)					
	4751 pts	Lillyanne BEINING	Port Moresby, SPG	18	Sep	1991
	(14.89 [+1.6], 1.59, 11.22, 26.55 [-1.9], 5.26 [+1.7], 35.38, 2:37.57)					
	4720 pts	Adrine MONAGI	Hutchinson, Kansas	15	May	2015
	(14.90 [+1.3], 1.58, 9.18, 25.61 [-0.1] / 5.15 [+0.9], 34.45, 2:30.77)					
	4566 pts	Iammo LAUNA	Seoul, OG	25	Sep	1988
	(16.42, 1.50, 11.78, 26.16 / 4.88, 46.38, 2:43.43)					
	4566 pts	Lillyanne BEINING	Sydney	23	Feb	1991
	(15.45, 1.54, 10.69, 26.17 / 5.21, 34.00, 2:38.50)					
4	4451 pts	Helen PHILEMON	Port Moresby, PG	16	Jul	2015
	(15.30 [+0.9], 1.50, 9.77, 25.99 [-2.2] / 5.60 [+2.1], 25.67, 2:38.36)					
	4437 pts	Lillyanne BEINING	Port Vila, MSPG	11	Dec	1993
	(15.5, 1.60, 11.39, 27.2 / 5.27 [+3.1], 35.80, 2:52.57)					
	4324 pts	Iammo LAUNA	Kuala Lumpur		Aug	1986
	(16.2, 11.72, 1.45, 27.3 / 4.87, 42.96, 2:47.5)					
	4274 pts	Adrine MONAGI	Mesa, Arizona	16	May	2014
	(16.25, 1.54, 8.01, 26.09, / 5.02, 33.75, 2:35.82)					
5	4259 pts	Eunice STEVEN	Port Moresby, PG	16	Jul	2015
	(16.43 [+0.9], 1.53, 9.33, 27.91 [-2.2] / 5.30 [+3.1], 35.92, 2:38.89)					
	4249 pts	Eunice STEVEN	Lae, NCh	18	Apr	2015
	(16.98, 1.49, 9.12, 26.90 / 5.26, 35.89, 2:35.26)					
	4231 pts	Helen PHILEMON	Brisbane, NCh	27	Mar	2015
	(15.71w, 1.47, 8.57, 26.14 / 5.18, 29.45, 2:37.91)					
	4120 pts	Eunice STEVEN	Lae, PNG Games	27	Nov	2014
	(16.88, 1.49, 9.00, 27.18 / 4.89, 36.30, 2:36.57)					
	4096 pts	Eunice STEVEN	Brisbane, NCh	27	Mar	2015
	(17.23, 1.47, 9.26, 27.46 / 5.21, 35.01, 2:28.35)					
	4011 pts	Adrine MONAGI	Council Bluffs, Iowa	03	May	2014
	(17.59, 1.47, 8.53, 27.01 / 5.06, 37.48, 2:41.95)					
	3976 pts	Adrine MONAGI	Ulapia, NCh	07	Jun	2014
	(1.55, 27.58, 7.88, 5.38/17.08, 35.49, 2:55.40)					
	3927 pts	Eunice STEVEN	Townsville	12	Jun	2011
	(18.01, 1.43, 8.86, 26.99 / 4.74, 32.16, 2:27.82)					
	3885 pts	Eunice STEVEN	Ulapia, NCh	07	Jun	2014
	(1.49, 28.12, 9.23, 5.27 / 18.43, 33.34, 2:41.49)					
	3877 pts	Eunice STEVEN	Kafika, MPG	06	Sep	2013
	(17.75 [+2.1], 1.47, 8.81, 27.54 [+1.6] / 4.65 [-2.2], 37.20, 2:39.89)					
	3797 pts	Eunice STEVEN	Noumea, PG	08	Sep	2011
	(17.68 [-1.6], 1.48, 9.26, 28.25 [0.0] / 4.80 [+2.8], 32.09, 2:40.94)					
	3792 pts	Helen PHILEMON	Lae, NCh	18	Apr	2015
	(15.49, 1.55, 9.66, 25.90 / nd, 25.74, 2:35.39)					
	3672 pts	Eunice STEVEN	Ulapia, PNG Games	29	Nov	2012
	(18.90, 1.52, 8.96, 28.87 / 5.00, 34.49, 2:48.33)					
	3547 pts	Eunice STEVEN	Apia, SPG	06	Sep	2007
	(20.46 [+0.7], 1.53, 8.88, 26.81 / 4.54 [+0.9], 28.22, 2:40.99)					
6	3474 pts	Jane PULU	Lae, PNG Games	27	Nov	2014
	(18.54, 1.31, 10.43, 28.53 / 4.41, 38.77, 2:53.97)					
	3543 pts	Eunice STEVEN	Ulapia, NCh	14	Jul	2013
	(19.15 [nwi], 1.42, 8.15, 27.47 [nwi] / 4.78 [nwi], 35.17, 2:48.80)					
	3215 pts	Jane PULU	Ulapia, NCh	07	Jun	2014
	(1.30, 29.53, 10.04, 4.50 / 20.36, 38.92, 2:55.19)					
	(Top 34 performances by 6 different athletes)					
7	2745 pts	Concieta WAKORE	Lae, PNG Games	27	Nov	2014
	(20.33, 1.28, 7.19, 29.62 / 4.62, 19.19, 2:47.32)					
8	2698 pts	Irianny HAAY	Lae, PNG Games	27	Nov	2014
	(19.98, 1.43, 8.27, 29.68 / 4.12, 22.84, 3:13.47)					
9	2444 pts	Nicole NILMO	Lae, PNG Games	27	Nov	2014
	(20.71, 1.25, 7.12, 29.64 / 4.26, 21.26, 3:07.28)					

10	2347 pts	Dulcie MOMO	Goroka, NCh	22 Jun	1986
11	2194 pts (19.82, nh, 7.35, 29.36 / 4.41, 26.10, 3:22.66)	Sharon TOROT	Lae, PNG Games	27 Nov	2014
12	2167 pts (22.39, 1.35, 6.96, 34.26, 4.09, 26.17, 3:09.46)	Damaris WAKIP	Ulapia, PNG Games	28 Nov	2012
13	1436pts	Grace PATRICK	Goroka, NCh	22 Jun	1986
	(4023 pts)*	Marina KAISER	Goroka	Jul	1983

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

Windy Performance

4341 pts	Adrine MONAGI	Waverly, Iowa	03 Apr	2015
(15.68 [+2.9], 1.58, 9.94, 26.42 [nwi] / 5.03 [+3.5], 30.45, 2:43.45)				
4226 pts	Adrine MONAGI	Tereora, OceCh	25 Jun	2014
(16.01 [+3.7], 1.49, 8.50, 26.73 [+4.4] / 4.95 [+1.7], 37.11, 2:39.48)				
4203 pts	Eunice STEVEN	Tereora, OceCh	25 Jun	2014
(16.77 [nwi], 1.46, 9.27, 27.18 [+2.7] / 5.33 [+0.0], 34.00, 2:35.96)				

Lists updated 12th February, 2016

ALL CORRECTIONS AND ADDITIONS TO **ATHLETICS PNG** WHO WILL FORWARD THEM TO THE
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Many more performances might be added to the lists as old results and ranking lists come to light and are examined.