

Jan Banens Stats

| Record level | Event | Age group | Performance | Date | Place |
|-------------------|------------------------|-----------|-------------|---------------|------------------|
| World | Hammer Throw | W45 | 36.00m | Mar 1990 | Caulfield |
| World | Hammer Throw | W50 | 43.04m | 12 Apr 1992 | AMA Hobart |
| World | Hammer Throw | W50 | 43.32m | 8 Nov 1992 | Caulfield |
| World | Hammer Throw | W50 | 44.56m | 7 Feb 1993 | Caulfield |
| World | Hammer Throw | W50 | 46.02m | 14 Mar 1993 | Caulfield |
| World | Hammer Throw | W50 | 46.68m | 21 Mar 1993 | AMA Adelaide |
| World | Hammer Throw | W50 | 47.78m | 20 Sep 1994 | WMG Brisbane |
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| Australian | Hammer Throw | W45 | 36.94m | 16 Mar 1991 | Caulfield |
| Australian | Hammer Throw | W45 | 37.14m | 16 Oct 1991 | Brisbane |
| Australian | Hammer Throw | W50 | 47.80m | 28 Sep 1994 | Brisbane |
| Australian | Weight Throw | W50 | 14.00m | 16 April 1995 | Caulfield |
| Australian | Hammer Throw | W55 | 46.90m | 2 Nov 1996 | Gold Coast |
| Australian | Weight Throw | W55 | 14.58m | 21 Mar 1999 | Murrumbeena |
| Australian | 56lb Weight Throw | W65 | 2.57m | 28 Oct 2006 | Canberra |
| Australian | 56lb Weight Throw | W65 | 2.59m | 24 Feb 2007 | Canberra |
| Australian | 100lb Weight Throw | W65 | 1.19m | 24 Mar 2007 | Canberra |
| Australian | 100lb Weight Throw | W65 | 1.29m | 28 Jul 2007 | Canberra |
| Australian | 56lb Weight Throw | W65 | 2.71m | 23 Feb 2008 | Canberra |
| Australian | 100lb Weight Throw | W65 | 1.40m | 24 May 2008 | Canberra |
| Australian | Shot Put (indoor) | W65 | 7.60m | 3 Mar 2010 | Kamloops, Canada |
| Australian | Weight Throw (indoor) | W65 | 12.47m | 5 Mar 2010 | Kamloops Canada |
| Australian | Hammer Throw | W70 | 34.96m | 17 Nov 2011 | Canberra |
| Australian | Hammer Throw | W70 | 35.67m | 26 Nov 2011 | Canberra |
| Australian | Throws Pentathlon | W70 | 3693pts | 16 Mar 2014 | Canberra |
| Australian | Hammer Throw | W75 | 33.87m | 20 Oct 2016 | Canberra |
| Australian | Hammer Throw | W75 | 34.25m | 26 Oct 2016 | Perth |
| Australian | Weight Throw | W75 | 13.48m | 28 Oct 2016 | Perth |
| Australian | Hammer Throw | W75 | 35.84m | March 2017 | Daegu, Korea |
| Australian | Weight Throw (indoors) | W75 | 11.92m | March 2017 | Daegu, Korea |
| Australian | Shot Put (indoors) | W75 | 8.05m | March 2017 | Daegu, Korea |
| Australian | Weight Throw | W75 | 13.54m | 24 April 2017 | WMG Auckland NZ |
| Australian | Hammer Throw | W80 | 29.73m | 26 Mar 2022 | Canberra |
| Australian | Weight Throw | W80 | 10.85m | 3 Apr 2022 | Brisbane |
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| Victorian | Weight Throw | W50 | 13.70m | 11 Sep 1994 | Murrumbeena |
| Victorian | Weight Throw | W50 | 13.87m | 13 Nov 1994 | Murrumbeena |
| Victorian | Throws Pentathlon | W50 | 3709pts | 5 Apr 1996 | Perth |
| Victorian | Weight Throw | W50 | 14.77m | 5 Apr 1996 | Perth |
| Victorian | Hammer Throw | W50 | 48.66m | 6 Apr 1996 | Perth |
| Victorian | Weight Throw | W55 | 13.08m | 2 Feb 1997 | Murrumbeena |
| Victorian | Throws Pentathlon | W55 | 3940pts | 2 Feb 1997 | Murrumbeena |
| Victorian | Weight Throw | W55 | 13.14m | 2 Mar 1997 | Murrumbeena |

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| Victorian | Throws Pentathlon | W55 | 3994pts | 22 Mar 1998 | Murrumbeena |
| Victorian | Weight Throw | W55 | 13.79m | 22 Mar 1998 | Murrumbeena |
| Victorian | Shot Put | W55 | 9.18m | 22 Mar 1998 | Murrumbeena |
| Victorian | Weight Throw | W55 | 14.58m | 20 Mar 1999 | Murrumbeena |
| Victorian | Throws Pentathlon | W55 | 4150pts | 5 Apr 1999 | Canberra |
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| ACT | Hammer Throw | W55 | 38.70m | 2 Oct 2000 | Canberra |
| ACT | Hammer Throw | W55 | 38.85m | 23 Nov 2000 | Canberra |
| ACT | Hammer Throw | W55 | 40.55m | 4 Jan 2001 | Canberra |
| ACT | Weight Throw | W55 | 13.17m | 1 Feb 2001 | Canberra |

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| Record level | Event | Age group | Performance | Date | Place |
|--------------|------------------------------|-----------|-------------|-------------|-------------------|
| ACT | Hammer Throw | W55 | 41.92m | 8 Feb 2001 | Canberra |
| ACT | Hammer Throw | W55 | 43.20m | 10 Feb 2001 | Canberra |
| ACT | Hammer Throw | W55 | 43.35m | 8 Mar 2001 | Canberra |
| ACT | Throws Pentathlon | W55 | 3622pts | 15 Apr 2001 | Canberra |
| ACT | Throws Pentathlon | W55 | 3688pts | 9 Jun 2001 | Campbelltown, NSW |
| ACT | Hammer Throw | W55 | 43.63m | 30 Jun 2001 | Canberra |
| ACT | Throws Pentathlon | W55 | 3806pts | 30 Sep 2001 | Canberra |
| ACT | Hammer Throw | W60 | 39.23m | 1 Nov 2001 | Canberra |
| ACT | Weight Throw | W60 | 15.88m | 9 Nov 2001 | Canberra |
| ACT | Hammer Throw | W60 | 41.12m | 15 Nov 2001 | Canberra |
| ACT | Hammer Throw | W60 | 42.39m | 29 Nov 2001 | Canberra |
| ACT | Weight Throw | W60 | 16.07m | 10 Jan 2002 | Canberra |
| ACT | Throws Pentathlon | W60 | 4045pts | 13 Jan 2002 | Canberra |
| ACT | Weight Throw | W60 | 16.11m | 7 Feb 2002 | Canberra |
| ACT | Throws Pentathlon | W60 | 4082pts | 31 Mar 2002 | Canberra |
| ACT | Throws Pentathlon | W60 | 4086pts | 13 Oct 2003 | Canberra |
| ACT | Throws Pentathlon | W60 | 4138pts | 21 Apr 2003 | Perth |
| ACT | Hammer Throw | W60 | 43.18m | 5 Oct 2003 | Canberra |
| ACT | Throws Pentathlon | W60 | 4177pts | 11 Apr 2004 | Melbourne |
| ACT | Throws Pentathlon | W60 | 4262pts | 21 Mar 2004 | Canberra |
| ACT | 100lb Weight Throw | W60 | 0.93m | 1 Aug 2004 | Canberra |
| ACT | Hammer Throw | W65 | 32.92m | 26 Oct 2006 | Canberra |
| ACT | 56lb Weight Throw | W65 | 2.57m | 28 Oct 2006 | Canberra |
| ACT | Weight Throw | W65 | 13.47m | 2 Nov 2006 | Canberra |
| ACT | Hammer Throw | W65 | 34.25m | 9 Nov 2006 | Canberra |
| ACT | Javelin Throw (500g) | W70 | 17.87m | 7 Aug 2015 | Canberra |
| ACT | Throws Pentathlon (500g jav) | W70 | 3771pts | 16 Aug 2015 | Canberra |
| ACT | Hammer Throw | W75 | 33.87m | 20 Oct 2016 | Canberra |
| ACT | Discus | W75 | 16.80m | 20 Oct 2016 | Canberra |
| ACT | Hammer | W75 | 34.25m | 26 Oct 2016 | Canberra |
| ACT | Weight | W75 | 13.48m | 28 Oct 2016 | Canberra |
| ACT | Discus | W75 | 16.92m | 31 Oct 2016 | Perth |
| ACT | Shot Put | W75 | 8.49m | 1 Nov 2016 | Perth |
| ACT | Throws Pentathlon | W75 | 4182pts | 4 Nov 2016 | Perth |
| ACT | Hammer | W75 | 34.46m | 26 Nov 2016 | Canberra |
| ACT | Discus | W75 | 18.32m | 1 Dec 2016 | Canberra |
| ACT | Throws Pentathlon | W75 | 4271pts | 12 Mar 2017 | Canberra |
| ACT | Weight | W75 | 13.54m | 24 Apr 2017 | WVG Auckland NZ |
| ACT | Hammer | W75 | 36.51m | 20 May 2017 | Canberra |
| ACT | Heavy weight pentathlon | W75 | 4250pts | 13 Aug 2017 | Canberra |
| ACT | Shot put | W80 | 6.99m | 30 Oct 2021 | Canberra |

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| ACT | Hammer | W80 | 29.73m | Mar 2022 | Canberra |
| ACT | Weight throw | W80 | 10.84m | 4 Apr 2022 | AMA Champs Brisbane |
| ACT | Throws Pentathlon | W80 | 4056pts | 10 Apr 2022 | AMA Champs Brisbane |
| ACT | Throws Pentathlon | W65 | 4002pts | 12 Nov 2006 | Canberra |
| ACT | Hammer Throw | W65 | 35.54m | 23 Nov 2006 | Canberra |
| ACT | Weight Throw | W65 | 14.11m | 4 Jan 2007 | Canberra |
| ACT | Throws Pentathlon | W65 | 4345pts | 14 Jan 2007 | Canberra |
| ACT | Hammer Throw | W65 | 36.10m | 14 Jan 2007 | Canberra |
| ACT | Shot Put | W65 | 8.54m | 14 Jan 2007 | Canberra |
| ACT | Weight Throw | W65 | 14.29m | 28 Feb 2008 | Canberra |
| ACT | Weight Throw | W65 | 14.56m | 2 Mar 2008 | Canberra |
| ACT | Hammer Throw | W65 | 38.18m | 13 Mar 2008 | Canberra |
| Record | Event | Age Group | Performance | Date | Place |
| ACT | Throws Pentathlon | W65 | 4385pts | 24-Mar-08 | Canberra |
| ACT | Heavy Weights Pentathlon | W65 | 4200pts | May 2011 | Canberra |
| ACT | Hammer Throw | W70 | 33.12m | 20 Oct 2011 | Canberra |
| ACT | Discus Throw | W70 | 19.17m | 20 Oct 2011 | Canberra |
| ACT | Weight Throw | W70 | 13.54m | 27 Oct 2011 | Canberra |
| ACT | Hammer Throw | W70 | 34.96m | 17 Nov 2011 | Canberra |
| ACT | Heavy Weights Pentathlon | W70 | 4699pts | Nov 2011 | Canberra |
| ACT | Hammer Throw | W70 | 35.67m | 26 Nov 2011 | Canberra |
| ACT | Discus Throw | W70 | 19.32m | 1 Dec 2011 | Canberra |
| ACT | Field Pentathlon | W70 | 1450pts | 8 Dec 2011 | Canberra |
| ACT | Throws Pentathlon (400g Jav) | W70 | 4069pts | 18 Dec 2011 | Canberra |
| ACT | Shot Put | W70 | 7.53m | 18 Dec 2011 | Canberra |
| ACT | Shot Put | W70 | 7.56m | 23 Feb 2012 | Canberra |
| ACT | Shot Put | W70 | 7.96m | 29 Sep 2012 | Canberra |
| ACT | Throws Pentathlon (500g jav) | W70 | 3693pts | 16 Mar 2014 | Canberra |
| ACT | Javelin Throw (500g) | W70 | 15.23m | 29 Mar 2014 | Canberra |
| ACT | Javelin Throw (500g) | W70 | 15.84m | 6 Oct 2014 | Canberra |
| ACT | Javelin Throw (500g) | W70 | 16.53m | 1 Nov 2014 | Canberra |

Jan's All-time World Rankings

As ascertained from her best performances and those recorded on www.mastersranking.com and www.mastersathletics.net

Hammer

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|-----|------------------|--------|
| W50 | 8 th | 48.66m |
| W55 | 5 th | 46.90m |
| W60 | 10 th | 43.18m |
| W65 | 6 th | 38.18m |
| W70 | 3 rd | 35.67m |
| W75 | 4 th | 35.84m |
| W80 | 3 rd | 29.73m |

Weight

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| W50 | 10th | 14.77m |
| W55 | 9th | 14.58m |
| W60 | 8th | 16.11m |
| W65 | 9th | 14.56m |
| W70 | 4th | 13.54m |
| W75 | 5th | 13.54m |
| W80 | 6th | 10.85m |

Jan's Best Hammer, Weight and Throws Pentathlon for the various age groups

| Age Group | Hammer | Weight | Throws Pentathlon |
|-----------|--------|--------|-------------------|
| W45 | 37.14m | | |
| W50 | 48.66m | 14.77m | |
| W55 | 46.90m | 14.58m | 4173pts |
| W60 | 43.18m | 16.11m | 4262pts |
| W65 | 38.18m | 14.56m | 4385pts |
| W70 | 35.67m | 13.54m | 3771pts |
| W75 | 35.84m | 13.54m | 4182pts |
| W80 | 29.73m | 10.85m | 4054pts |

Medal Placings - World Masters Athletics Champs (WMA), World Masters Games (WMG), Australian Masters Athletics (AMA), Oceania Championships (OMA), Australian Masters Games (AMG)

| Competition | Event | Age Group | Placing | Performance | Date | Place |
|----------------------------------|-------------------|-----------|---------|-------------|------|--------------------------|
| WMA Outdoor Championships | | | | | | |
| | Hammer Throw | W45 | Bronze | 33.58m | 1989 | Eugene, USA |
| | Hammer Throw | W50 | Silver | 43.08m | 1993 | Myazaki, Japan |
| | Throws Pentathlon | W50 | Bronze | 3522pts | 1993 | Myazaki, Japan |
| | Hammer Throw | W50 | Gold | 45.42m | 1995 | Buffalo, USA |
| | Hammer Throw | W55 | Gold | 44.40m | 1997 | Durban, South. Africa |
| | Hammer Throw | W55 | Silver | 43.92m | 1999 | Gateshead, Great Britain |
| | Hammer Throw | W55 | Silver | 43.56m | 2001 | Brisbane, Australia |
| | Hammer Throw | W60 | Gold | 38.30m | 2005 | San Sebastian, Spain |
| | Weight Throw | W60 | Silver | 14.10m | 2005 | San Sebastian, Spain |
| | Hammer Throw | W65 | Silver | 35.01m | 2007 | Riccione, Italy |
| | Weight Throw | W65 | Bronze | 13.18m | 2007 | Riccione, Italy |
| | Hammer Throw | W65 | Gold | 34.12m | 2011 | Sacramento, USA |
| | Weight Throw | W65 | Gold | 12.58m | 2011 | Sacramento, USA |
| | Throws Pentathlon | W65 | Gold | 3562pts | 2011 | Sacramento, USA |
| | Hammer Throw | W70 | Silver | 29.57m | 2013 | Porto Alegre, Brazil |
| | Weight Throw | W70 | Bronze | 11.79m | 2013 | Porto Alegre, Brazil |
| | Hammer Throw | W70 | Silver | 30.19m | 2015 | Lyon, France |
| | Weight Throw | W70 | Silver | 11.31m | 2015 | Lyon, France |
| | Hammer Throw | W75 | Gold | 34.25m | 2016 | Perth, Australia |
| | Weight Throw | W75 | Gold | 13.48m | 2016 | Perth, Australia |
| | Throws Pentathlon | W75 | Silver | 4182pts | 2016 | Perth, Australia |
| | Hammer Throw | W75 | Gold | 33.17m | 2018 | Malaga, Spain |
| | Weight Throw | W75 | Gold | 12.75m | 2018 | Malaga, Spain |

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| WMA Indoor Championships | | | | | | |
|---------------------------------|-------------------|-----|--------|---------|------|-----------------------|
| | Hammer Throw | W65 | Gold | 34.00m | 2010 | Kamloops, Canada |
| | indoor Weight | W65 | Gold | 12.47m | 2010 | Kamloops, Canada |
| | indoor Shot Put | W65 | Gold | 7.60m | 2010 | Kamloops, Canada |
| | Javelin | W65 | Silver | 19.75m | 2010 | Kamloops, Canada |
| | Discus | W65 | Bronze | 17.59m | 2010 | Kamloops, Canada |
| | Hammer | W75 | Silver | 35.84m | 2017 | Daegu, Korea |
| | Indoor Weight | W75 | Silver | 11.92m | 2017 | Daegu, Korea |
| | Javelin | W75 | Silver | 17.93m | 2017 | Daegu, Korea |
| | Indoor Shot Put | W75 | Bronze | 8.05m | 2017 | Daegu, Korea |
| World Masters Games | | | | | | |
| | Hammer Throw | W50 | Gold | 47.78m | 1994 | Brisbane, Australia |
| | Hammer Throw | W60 | Gold | 38.90m | 2002 | Melbourne, Australia |
| | Weight Throw | W60 | Gold | 15.53m | 2002 | Melbourne, Australia |
| | Throws Pentathlon | W60 | Gold | 4086pts | 2002 | Melbourne, Australia |
| | Discus Throw | W60 | Bronze | 20.57m | 2002 | Melbourne, Australia |
| | Shot Put | W60 | Bronze | 8.72m | 2002 | Melbourne, Australia |
| | Hammer Throw | W65 | Silver | 33.60m | 2009 | Sydney, Australia |
| | Weight Throw | W65 | Bronze | 12.46m | 2009 | Sydney, Australia |
| | Throws Pentathlon | W65 | Bronze | 4068pts | 2009 | Sydney, Australia |
| | Hammer Throw | W75 | Gold | 32.62m | 2017 | Auckland, New Zealand |
| | Weight Throw | W75 | Gold | 13.54m | 2017 | Auckland, New Zealand |
| | Throws Pentathlon | W75 | Silver | 3973pts | 2017 | Auckland, New Zealand |
| | Shot Put | W75 | Bronze | 7.73m | 2017 | Auckland, New Zealand |
| | Discus | W75 | Bronze | 17,38m | 2017 | Auckland, New Zealand |

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| Competition | Event | Age Group | Placing | Performance | Date | Place |
|--|-------------------|-----------|---------|-------------|------|--------------------------|
| Oceania Masters Athletics Championships | | | | | | |
| | Hammer Throw | W60 | Gold | 42.20m | 2002 | Geelong, Australia |
| | Throws Pentathlon | W60 | Silver | 4045pts | 2002 | Geelong, Australia |
| | Javelin | W60 | Silver | 22.41m | 2002 | Geelong, Australia |
| | Discus | W60 | Silver | 21.68m | 2002 | Geelong, Australia |
| | Shot Put | W60 | Silver | 8.58m | 2002 | Geelong, Australia |
| | Hammer Throw | W60 | Gold | 39.55m | 2004 | Rarotonga, Cook Islands |
| | Weight Throw | W60 | Gold | 15.63m | 2004 | Rarotonga, Cook Islands |
| | Throws Pentathlon | W60 | Silver | 3742pts | 2004 | Rarotonga, Cook Islands |
| | Shot Put | W60 | Silver | 8.59pts | 2004 | Rarotonga, Cook Islands |
| | Discus Throw | W60 | Bronze | 18.58m | 2004 | Rarotonga, Cook Islands |
| | Hammer | W60 | Gold | 39.08m | 2006 | Christchurch, NZ |
| | Weight | W60 | Gold | 14.94m | 2006 | Christchurch, NZ |
| | Throws Pentathlon | W60 | Gold | 4063pts | 2006 | Christchurch, NZ |
| | Shot Put | W60 | Gold | 8.76m | 2006 | Christchurch, NZ |
| | Discus | W60 | Bronze | 20.35m | 2006 | Christchurch, NZ |
| | Javelin | W60 | Silver | 20.45m | 2006 | Christchurch, NZ |
| | Hammer | W65 | Gold | 35.11m | 2008 | Townsville, Australia |
| | Weight | W65 | Gold | 12.74m | 2008 | Townsville, Australia |
| | Throws Pentathlon | W65 | Gold | 4102pts | 2008 | Townsville, Australia |
| | Shot Put | W65 | Gold | 7.81m | 2008 | Townsville, Australia |
| | Discus | W65 | Silver | 19.90m | 2008 | Townsville, Australia |
| | Javelin | W65 | Gold | 20.42m | 2008 | Townsville, Australia |
| | Hammer | W65 | Silver | 32.82m | 2010 | Tahiti, French Polynesia |
| | Weight | W65 | Gold | 12.28m | 2010 | Tahiti, French Polynesia |
| | Throws Pentathlon | W65 | Gold | 3659pts | 2010 | Tahiti, French Polynesia |
| | Shot Put | W65 | Silver | 7.19m | 2010 | Tahiti, French Polynesia |
| | Discus | W65 | Silver | 17.63m | 2010 | Tahiti, French Polynesia |
| | Javelin | W65 | Gold | 19.58m | 2010 | Tahiti, French Polynesia |
| | Hammer | W70 | Silver | 30.39m | 2012 | Tauranga, NZ |
| | Weight | W70 | Gold | 12.41m | 2012 | Tauranga, NZ |
| | Throws Pentathlon | W70 | Gold | 4048pts | 2012 | Tauranga, NZ |
| | Shot Put | W70 | Silver | 7.41m | 2012 | Tauranga, NZ |
| | Discus | W70 | Bronze | 17.51m | 2012 | Tauranga, NZ |
| | Javelin | W70 | Bronze | 18.66m | 2012 | Tauranga, NZ |
| | Hammer | W70 | Gold | 30.13m | 2014 | Bendigo, Australia |
| | Weight | W70 | Gold | 10.73m | 2014 | Bendigo, Australia |
| | Throws Pentathlon | W70 | Gold | 3721pts | 2014 | Bendigo, Australia |
| | Shot Put | W70 | Silver | 6.76m | 2014 | Bendigo, Australia |
| | Discus | W70 | Silver | 15.69 | 2014 | Bendigo, Australia |
| | Javelin | W70 | Gold | 14.84m | 2014 | Bendigo, Australia |
| | Hammer | W70 | Bronze | 27.98m | 2015 | Rarotonga, Cook Islands |
| | Weight | W70 | Bronze | 11.55m | 2015 | Rarotonga, Cook Islands |

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|--|-------------------|-----|--------|---------|------|-------------------------|
| | Throws Pentathlon | W70 | Silver | 3786pts | 2015 | Rarotonga, Cook Islands |
| | Shot Put | W70 | Bronze | 7.08m | 2015 | Rarotonga, Cook Islands |
| | Javelin | W70 | Bronze | 17.63m | 2015 | Rarotonga, Cook Islands |

Other Outstanding Masters Performances

| | | | | | | |
|--|----------|-----|--------|---------|------|---------------------------------|
| USA Masters Athletics Championships | | | | | | |
| | Hammer | W45 | Gold | 33.96m | 1989 | San Diego, USA |
| | Hammer | W50 | Gold | 47.36m | 1995 | Lansing, USA |
| British Masters Athletics Championships | | | | | | |
| | Hammer | W55 | Gold | 44.38m* | 1999 | Edinburgh, GB <i>*Champ Rec</i> |
| | Shot Put | W55 | Bronze | 8.86m | 1999 | Edinburgh, GB |
| | Discus | W55 | Silver | 24.90m | 1999 | Edinburgh, GB |
| | Javelin | W55 | Bronze | 21.39m | 1999 | Edinburgh, GB |

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| New Zealand Masters Championships | | | | | | |
| | Hammer | W65 | Gold | 32.88m | 2011 | Hastings, NZ |
| | Weight | W65 | Gold | 12.67m | 2011 | Hastings, NZ |
| | Shot Put | W65 | Silver | 7.39m | 2011 | Hastings, NZ |
| | Discus | W65 | Silver | 17.24 | 2011 | Hastings, NZ |
| | Javelin | W65 | Silver | 17.26 | 2011 | Hastings, NZ |
| | Throw Pentathlon | W65 | Gold | 3722pts | 2011 | Hastings, NZ |
| World Throwers Club Hungary | | | | | | |
| | Weight | W55 | Gold | 16.03m | 1999 | Tata, Hungary |
| | Throws Pentathlon | W55 | Gold | 4010pts | 1999 | Tata, Hungary |

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