

AMA NATIONAL POSTAL RELAY CHAMPIONSHIPS - BEST PERFORMANCES

MEN

4 X 100 METRES

M30-39	46.09s	QMA	2011
M40-49	48.49s	SAMA	2009
M50-59	50.90s	QMA	2011
M60-69	53.56s	ACTMA	2011
M70-79	58.10s	VMA	2010

4 X 400 METRES

M30-39	3m 53.29s	QMA	2008
M40-49	3m 54.9s	MAWA	2009
M50-59	4m 02.24s	QMA	2008
M60-69	4m 16.81s	ACTMA	2010
M70-79	5m 04.12s	QMA	2011
M80-89	7m 11.0s	MAWA	2010

4 X 800 METRES

M30-39	9m 16.1s	MAWA	2010
M40-49	9m 02.5s	SAMA	2010
M50-59	9m 22.9s	MAWA	2008
M60-69	10m 41.27s	QMA	2009
M70-79	13m23.30s	NSWMA	2011
M80-89	16m01.8s	MAWA	2010

4 X 800 METRES WALK

M30-39	18m 11.2s	MAWA	2009
M40-49	17m 34.37s	QMA	2008
M50-59	14m 25.85s	VMA	2009
M60-69	16m 07.00s	VMA	2008
M70-79	21m 25.0s	ACTMA	2010

WOMEN

4 X 100 METRES

W30-39	55.30s	TMA	2010
W40-49	51.40s	NSWMA	2010
W50-59	60.00s	ACTVAC	2011
W60-69	62.64s	QMA	2008
W70-79	84.51s	ACTMA	2010

4 X 400 METRES

W30-39	4m 41.72s	TMA	2010
W40-49	4m 33.38s	QMA	2011
W50-59	5m 12.7s	MAWA	2010
W60-69	5m 14.72s	QMA	2008
W70-79	7m 08.79s	ACTMA	2010

4 X 800 METRES

W30-39	10m 36.08s	NSWMA	2010
W40-49	10m 04.48s	NSWMA	2010
W50-59	11m 08.12s	NSWMA	2010
W60-69	12m 36.6s	MAWA	2009
W70-79			

4 X 800 METRES WALK

W30-39	15m 41.0s	VMA	2008
W40-49	16m 59.73s	ACTVAC	2011
W50-59	16m 19.0s	VMA	2008
W60-69	17m 14.0s	VMA	2010
W70-79	24m 34.46s	VMA	2009

HAMMER

M30-39	98.97m	MAWA	2011
M40-49	123.45m	VMA	2010
M50-59	121.63m	MAWA	2010
M60-69	104.23m	VMA	2009
M70-79	100.90	VMA	2011
M80-89	75.59m	VMA	2010

SHOT PUT

M30-39	34.79m	QMA	2008
M40-49	36.80m	NSWMA	2011
M50-59	34.01m	NSWMA	2011
M60-69	31.37m	QMA	2010
M70-79	31.43m	NSWMA	2010
M80-89	24.19m	VMA	2010

DISCUS

M30-39	106.27m	QMA	2009
M40-49	104.19m	NSWMA	2011
M50-59	112.68m	NSWMA	2011
M60-69	112.38m	NSWMA	2008
M70-79	91.87m	NSWMA	2010
M80-89	66.37m	QMA	2008

LONG JUMP

M30-39	15.78m	QMA	2008
M40-49	14.74m	MAWA	2011
M50-59	15.09m	NSWMA	2010
M60-69	13.06m	QMA	2010
M70-79	11.96m	VMA	2010

HAMMER

W30-39	100.02m	VMA	2008
W40-49	101.32m	NSWMA	2011
W50-59	94.35m	NSWMA	2010
W60-69	82.12m	ACTMA	2008
W70-79			

SHOT PUT

W30-39	30.00m	NSWMA	2009
W40-49	30.29m	NSWMA	2011
W50-59	26.20m	QMA	2010
W60-69	22.98m	QMA	2008
W70-79			

DISCUS

W30-39	96.60m	VMA	2008
W40-49	96.30m	NSWMA	2011
W50-59	65.56m	NSWMA	2011
W60-69	60.67m	QMA	2008
W70-79			

LONG JUMP

W30-39	11.60m	MAWA	2011
W40-49	13.73m	QMA	2008
W50-59	10.45m	QMA	2008
W60-69	8.93m	ACTMA	2010
W70-79			