

# AUSTRALIAN MASTERS ATHLETICS & WORLD MASTERS ATHLETICS RECORDS

AMAI Club Records compiled by Records Officer, Clyde Riddoch, 5/1236-1238 Old Burke Road, Kew East Vic 3102

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24-Aug-11

MEN AGE		NAME	STATE	TIME	DATE	WOMEN					
						AGE		NAME	STATE	TIME	DATE
<b>60 METRES</b>						<b>60 METRES</b>					
M30	AR	ROBERT VIDLER	VIC	6.96s	2011	W30	AR	FIONA CULLEN	NSW	7.95s	2011
M35	AR	LEIGH PHELAN	VIC	7.25s	2011	W35	AR	JULIE BRIMS	QLD	7.99s	2005
		MICHAEL RODEN	ACT	7.0s h	2002			KATH HOLLAND	WA	7.4s h	1978
		KEN TELFER	ACT	7.0s h	2002	W40	AR	GIANNA MOGENTALE	NSW	7.86s	2007
M40	AR	MICHAEL RODEN	ACT	7.25s	2008	W45	AR	JULIE BRIMS	QLD	7.75s	2011
		STEVE JONES	ACT	7.0s h	2004	W50	AR	MARIE KAY	QLD	8.54s	2011
M45	AR	STEPHEN JONES	QLD	7.40s	2009			MARGARET TAYLOR	ACT	8.3s h	2001
		MICHAEL WILSON	ACT	7.1s h	1995	W55	AR	WENDY SHEAVES-DORAN	QLD	8.82s	2005
M50	AR	WAYNE COUSINS	QLD	7.40s	2001	W60	AR	WENDY DORAN	QLD	9.04s	2010
M55	AR	JOHN WIGHT	QLD	7.41s	2001	W65	AR	PEGGY MACLIVER	WA	9.43s	2010
M60	AR	PETER CROMBIE	NSW	7.94s	2006	W70	AR	ANNETTE HORSNELL	QLD	9.99s	2008
M65	AR	ROB MCDONALD	QLD	8.10s	2010	W75	AR	ANN COOPER	SA	10.23s	2007
M70	AR	GLEN WILSON	QLD	8.41s	2011	W80	AR	GWENDOLIN GLEESON	ACT	13.22s	2009
M75	AR	HUGH COOGAN	QLD	8.92s	2011	W85	AR	MARGARET PROWSE	VIC	17.9s	2007
M80	AR	TOM BROWN	QLD	9.42s	1999	W90	AR	MARGARET PROWSE	VIC	42.0s	2011
M85	AR	CHARLIE HANKINS	QLD	10.45s	2001						
<b>100 METRES</b>						<b>100 METRES</b>					
M30	AR	BRETT BLANCO	WA	10.88s	2005	W30	AR	MELISSA MEDLICOTT	NSW	11.55s	2000
M35	AR	MATTHEW PILKINGTON	NSW	10.88s	2009	W35	AR	KATH HOLLAND	WA	12.0s	1978
	WR	LINFORD CHRISTIE	GBR	9.97s	1995	WR		MERLENE OTTEY	JAM	10.74s	1996
M40	AR	REG AUSTIN	NSW	10.80s	1977	W40	AR	GIANNA MOGENTALE	NSW	12.26s	2007
	WR	TROY DOUGLAS	NED	10.29s	2003	WR		MERLENE OTTEY	SLO	11.09s	2004
M45	AR	BOB WISHART	VIC	11.2s	1989	W45	AR	JULIE BRIMS	QLD	12.37s	2011
	WR	WILLIE GAULT	USA	10.72s	2006	WR		MERLENE OTTEY	SLO	11.34s	2008
M50	AR	PETER CROMBIE	NSW	11.47s	1981	W50	AR	JULIE FORSTER	NSW	12.64s	2011
	WR	WILLIAM COLLINS	USA	10.95s	2002	WR		MERLENE OTTEY	SLO	11.67s	2010
M55	AR	BERNIE HOGAN	QLD	11.5s	1976	W55	AR	WENDY EY	SA	13.80s	1993
	WR	WILLIAM COLLINS	USA	11.44s	2008	WR		PHIL RASCHKER	USA	13.30s	2002
M60	AR	BERNIE HOGAN	QLD	12.15s	1981	W60	AR	ANN COOPER	SA	14.40s	1990
	WR	RON TAYLOR	GBR	11.70s	1995	WR		INGRID MEIER	GER	13.75s	2008
M65	AR	MALCOLM PIRIE	QLD	12.62s	1994	W65	AR	ANN COOPER	SA	14.85s	1995
	AR	PETER CROMBIE	NSW	12.62s	2010	WR		NADINE O'CONNOR	USA	14.10s	2007
	WR	STEPHEN ROBBINS	USA	12.37s	2008	W70	AR	ANN COOPER	SA	15.72s	1999
M70	AR	HUGH COOGAN	QLD	13.34s	2005	WR		KATHY BERGEN	USA	14.76s	2010
	WR	BOBBY WHILDON	USA	12.77s	2005	W75	AR	ANN COOPER	SA	16.09s	2005
M75	AR	HUGH COOGAN	QLD	14.02s	2011	WR		PAULA SCHNEIDERHAN	GER	15.91s	1997
	WR	BRUNO KIMMEL	GER	13.54s	2009	W80	AR	GWEN DAVIDSON	VIC	19.93s	2003
M80	AR	LEO COFFEY	VIC	15.27s	2011	WR		HANNA GELBRICH	GER	18.42s	1993
	WR	PAYTON JORDAN	USA	14.35s	1997	W85	AR	MARGARET PROWSE	VIC	34.53s	2007
M85	AR	CHARLIE BOOTH	VIC	16.98s	1989	WR		NORA WEDEMO	SWE	19.83s	1999
	WR	SUDA GIICHI	JPN	16.16s	1998	WR		MITSU MORITA	JPN	19.83s	2008
M90	AR	HARRY GATHERCOLE	QLD	19.99s	1997	W90	AR	unclaimed			
	WR	FREDERICO FISCHER	BRA	17.53s	2007	WR		NORA WEDEMO	SWE	23.18s	2003
M95	AR	CHARLIE BOOTH	VIC	28.57s	2002	W95	WR	MAN KAUR	IND	61.87s	###
	WR	FREDRICH MAHLO	GER	21.44s	2007						
M100	AR	LES AMEY	QLD	58.29s	2000						
	WR	HIDEKICHI MIYAZAKI	JPN	29.83s	2010						
<b>200 METRES</b>						<b>200 METRES</b>					
M30	AR	MARK ROSENBERG	NSW	22.13s	1994	W30	AR	MELISSA MEDLICOTT	NSW	23.4s	2000
M35	AR	PETER O'DWYER	VIC	21.98s	2002	W35	AR	KATH HOLLAND	WA	24.6s	1978
	WR	LINFORD CHRISTIE	GBR	20.11s	1995	WR		MERLENE OTTEY	JAM	21.93s	1995
M40	AR	REG AUSTIN	NSW	21.9s	1977	W40	AR	KYLIE STRONG	NSW	25.10s	2007
	WR	TROY DOUGLAS	NED	20.64s	2003	WR		MERLENE OTTEY	SLO	22.72s	2004
M45	AR	REG AUSTIN	NSW	22.40s	1983	W45	AR	JULIE BRIMS	QLD	25.21s	2011
	WR	WILLIE GAULT	USA	21.80s	2008	WR		MERLENE OTTEY	SLO	23.82s	2006
M50	AR	REG AUSTIN	NSW	23.1s	1987	W50	AR	MARGE ALLISON	NSW	26.4s	1995
	WR	WILLIE GAULT	USA	22.40s	2011	WR		MARIE LANDE MICHEL	PUR	25.65s	2007
M55	AR	HAL THOMAS	SA	24.02s	1992	W55	AR	WENDY SHEAVES-DORAN	QLD	28.08s	2005
	WR	WILLIAM COLLINS	USA	23.36s	2006	WR		INGRID MEIER	GER	27.26s	2003
M60	AR	PETER CROMBIE	NSW	24.83s	2005	W60	AR	ANN COOPER	SA	29.8s	1991
	WR	RON TAYLOR	GBR	24.00s	1995	AR		MARGE ALLISON	QLD	30.03s	2005
M65	AR	BERNIE HOGAN	QLD	25.6s	1985	WR		PHIL RASCHKER	USA	28.54s	2007
	AR	PETER CROMBIE	NSW	25.67s	2010	W65	AR	MARGE ALLISON	QLD	31.40s	2011
	WR	STEPHEN ROBBINS	USA	25.20s	2008	WR		NADINE O'CONNOR	USA	29.37s	2007
M70	AR	HUGH COOGAN	QLD	26.84s	2005	W70	AR	ANN COOPER	SA	32.83s	1999
	WR	GUIDO MUELLER	GER	26.48s	2009	WR		MARGARET PETERS	NZL	31.45s	2004
M75	AR	HUGH COOGAN	QLD	28.83s	2011	W75	AR	ANN COOPER	SA	<b>33.6s</b>	2004
	WR	WOLFGANG REUTER	GER	27.97s	2005	WR		PAULA SCHNEIDERHAN	GER	34.40s	1997
M80	AR	MIKE JOHNSTON	VIC	31.82s	2002	W80	AR	MARION SKARRATT	TAS	46.44s	2001
	WR	HIROO TANAKA	JPN	30.78s	2011	WR		MORITA MITSU	JPN	40.78s	2003









	WR	COURTLAND GRAY	USA	14.62s	2004		WR	PHIL RASCHKER	USA	13.26s	2007	
M65	AR	MICK STEVENSON	TAS	16.42s	2005	W65	AR	MARGE ALLISON	QLD	15.11s	2009	
	WR	ROLF GEESE	GER	15.47s	2009			EDITH GRAFF	BEL	14.03s	2008	
<b>80 METRES HURDLES</b>				<b>.762m</b>		W70	AR	ANNA ZEITZEN	TAS	20.5s	2003	
M65	AR	RICHARD TREMBATH	VIC	13.4s	2007		WR	ASTA LARSSON	SWE	16.10s	2004	
M70	AR	MICK STEVENSON	TAS	14.13s	2011	W75	AR	unclaimed				
	WR	ARNO HAMAEEKERS	GER	12.96s	2010		WR	FLORENCE MEILER	USA	18.63s	2009	
M75	AR	FRED O'CONNOR	NSW	15.78s	1999	W80	AR	unclaimed				
	WR	JAMES STOOKEY	USA	13.62s	2005		WR	JOHNNYE VALIEN	USA	24.34s	2005	
<b>80 METRES HURDLES</b>				<b>.686m</b>								
M80	AR	FRED O'CONNOR	NSW	18.64s	2005							
	WR	MELVIN LARSEN	USA	14.75s	2005							
M85	AR	VIC YOUNGER	QLD	26.65s	2000							
	WR	KIZO KIMURA	JPN	18.06s	1996							
M90	AR	VIC YOUNGER	VIC	44.4s	2003							
	WR	RALPH MAXWELL	USA	21.62s	2011							
<b>400 METRES HURDLES</b>				<b>.914m</b>		<b>400 METRES HURDLES</b>				<b>.762m</b>		
M30	AR	CAMERON YORKE	WA	53.76s	2010	W30	AR	GLENDA DOUGLASS	NSW	61.6s	1996	
M35	AR	MICHAEL EDWARDS	WA	53.79s	1992	W35	A R	STACEY QUITZAW	NSW	62.3s	1996	
	WR	DANNY MCFARLANE	JAM	48.13s	2009		WR	MARINA STEPANOVA	URS	52.94s	1986	
M40	AR	NOEL CLOUGH	VIC	54.3s	1982	W40	AR	JAN HYNES	QLD	62.80s	1987	
	WR	JAMES KING	USA	52.76s	1989		WR	BARBARA GAHLING	GER	58.35s	2007	
M45	AR	HARRY GILES	QLD	58.02s	1989	W45	AR	JAN HYNES	QLD	64.09s	1994	
	WR	GUIDO MUELLER	FRG	55.18s	1986		WR	BARBARA GAHLING	GER	62.85s	2010	
<b>400 METRES HURDLES</b>				<b>.840m</b>		<b>300 METRES HURDLES</b>				<b>.762m</b>		
M50	AR	JOHN GORDON	NSW	60.22s	1997	W50	AR	JAN HYNES	QLD	45.8s	1994	
	WR	HOWARD MOSCROP	GBR	56.56s	2008		WR	CHRISTINE MULLER	SUI	45.05s	2008	
M55	AR	RICHARD TREMBATH	VIC	62.60s	1999	W55	AR	MARGE ALLISON	NSW	51.71s	2003	
	WR	GUIDO MUELLER	GER	58.92s	1995		WR	PHIL RASCHKER	USA	49.14s	2002	
<b>300 METRES HURDLES</b>				<b>.840m</b>								
M50	AR	MICK STEVENSON	TAS	43.58s	1991							
M55	AR	RICHARD TREMBATH	VIC	44.0s	1999							
<b>300 METRES HURDLES</b>				<b>.762m</b>		<b>300 METRES HURDLES</b>				<b>.686m from 2000</b>		
M60	AR	RICHARD TREMBATH	VIC	45.19s	2003	W60	AR	MARGE ALLISON	QLD	51.64s	2005	
	WR	GUIDO MUELLER	FRG	42.31s	1999		WR	MARGE ALLISON	AUS	51.64s	2005	
M65	AR	MICK STEVENSON	TAS	47.69s	2005	W65	AR	MARGE ALLISON	QLD	54.06s	2011	
	WR	GUIDO MUELLER	GER	43.89s	2004		WR	MARGE ALLISON	AUS	54.06s	2011	
<b>300 METRES HURDLES</b>				<b>.686m</b>		W70	AR	ANNA ZEITZEN	TAS	96.1s	2003	
M70	AR	MICK STEVENSON	TAS	51.64s	2011		WR	FLORENCE MEILOR	USA	67.16s	2004	
	WR	GUIDO MUELLER	GER	45.24s	2009	W75	AR	unclaimed				
M75	AR	FRED O'CONNOR	NSW	56.29s	1999		WR	JOHNNYE VALIEN	USA	89.00s	2001	
	WR	EARL FEE	CAN	52.91s	2005							
M80	AR	FRED O'CONNOR	NSW	66.33s	2004	<b>200 METRES HURDLES</b>						
	WR	DAN BULKLEY	USA	62.61s	1999	W70	WR	NORIKO NAKAMURA	JPN	39.26s	2009	
M85	AR	VIC YOUNGER	QLD	119.8s	1998	W75	WR	BARBARA JORDAN	USA	41.71s	2011	
	WR	HUGO A DELGADO FLORES	PER	67.99s	2009							
M90	WR	ILMARI KOPPINEN	FIN	121.71s	2008							
<b>200 METRES HURDLES</b>												
M80	AR	RAD LEOVIC	ACT	52.77s	2011							
	WR	EARL FEE	CAN	36.95s	2010							
M85	WR	HUGO A DELGADO FLORES	PER	45.13s	2011							
M90	WR	RALPH MAXWELL	USA	51.31s	2010							
<b>1,500 METRES WALK</b>						<b>1,500 METRES WALK</b>						
M30	AR	CLYDE RIDDOCH	VIC	6m 11s	1983	W30	AR	SUE COOK	ACT	6m 40s	1990	
M35	AR	STEVE HAUSFELD	ACT	6m 00.3s	1988	W35	AR	SHARON SCHNYDER	VIC	6m 47s	2000	
M40	AR	DAVE THOMPSON	ACT	5m 58.9s	1986	W40	AR	HEATHER MCDONALD	VIC	6m 45s	1990	
M45	AR	PAUL KENNEDY	VIC	6m 14.29s	2003	W45	AR	HEATHER MCDONALD	VIC	6m 49s	1996	
M50	AR	ANDREW JAMIESON	VIC	6m 21.1s	1999	W50	AR	LYNETTE VENTRIS	WA	6m 45.8s	2007	
M55	AR	MURRAY DICKINSON	VIC	6m 44.1s	1995	W55	AR	HEATHER CARR	VIC	7m 11.91s	2005	
M60	AR	ANDREW JAMIESON	VIC	6m 52.50s	2008	W60	AR	HEATHER CARR	VIC	7m 18.50	2010	
M65	AR	RALPH BENNETT	VIC	7m 23.56s	2009	W65	AR	BRENDA RILEY	VIC	7m 48.2s	2005	
M70	AR	MURRAY DICKINSON	VIC	8m 04.01s	2009	W70	AR	JEAN ALBURY	TAS	8m 24s	2000	
M75	AR	BOB GARDINER	VIC	7m 57.44s	2011	W75	AR	JEAN KNOX	VIC	9m 55s	2002	
M80	AR	JACK WEBBER	SA	9m 55s	1995	W80	AR	LORNA THOMPSON	QLD	11m 12.83s	2008	
M85	AR	RICHARD KEATINGE	QLD	11m 07s	2008	W85	AR	NANCE JEFFREYS	VIC	13m 44.3s	1995	
M90	AR	PETER KENNEDY	WA	16m 11.60s	2010							
<b>2,000 METRES WALK</b>						<b>2,000 METRES WALK</b>						
M30	AR	ANDREW JACHNO	ACT	8m 43s	1994	W30	AR	MIRIAM HARDING	ACT	9m 44s	1988	
M35	AR	ROSS REID	VIC	8m 36s	1994	W35	AR	LISA WILSON	ACT	9m 42s	2004	
M40	AR	DAVE THOMPSON	ACT	8m 07s	1986	W40	AR	LYN VENTRIS	WA	9m 05.7s	2001	
M45	AR	PAUL KENNEDY	VIC	8m 22.77s	2004	W45	AR	LYN VENTRIS	WA	9m 08.6s	2006	
M50	AR	ANDREW JAMIESON	VIC	8m 33s	2000	W50	AR	PAM TINDAL	VIC	9m 35.7s	2011	
M55	AR	ANDREW JAMIESON	VIC	8m 47.7s	2003	W55	AR	HEATHER CARR	VIC	9m 57.5s	2006	
M60	AR	ANDREW JAMIESON	VIC	9m 13.5s	2010	W60	AR	HEATHER CARR	VIC	9m 54.9s	2010	
M65	AR	BOB GARDINER	VIC	10m 12s	2001	W65	AR	GWEN STEED	VIC	11m 27s	2009	
M70	AR	DICK HORSLEY	WA	11m 04s	1983	W70	AR	JAN MORREY	VIC	12m 41.1s	2010	
M75	AR	STAN JONES	WA	13m 19.2s	2005	W75	AR	GLENICE SHANAHAN	WA	16m 31s	2000	
M80	AR	STAN JONES	WA	13m 25.7s	2006							

M85	AR	FRANK HANSFORD-MILLER	WA	25m 14.8s	2002								
<b>3,000 METRES WALK (WORLD BESTS ONLY)</b>						<b>3,000 METRES WALK (WORLD BESTS ONLY)</b>							
M30	AR	IGNACIO JIMENEZ	QLD	12m 45.81s	1996	W30	AR	KAREN ISELIN	QLD	13m 55.8s	1989		
M35	AR	WILLI SAWALL	VIC	11m 28.2s	1980	W35	AR	ANNE MANNING	NSW	12m 43.2s	1995		
	WB	DAVID SMITH	AUS	11m 16.38s	1992		WB	KERRY JUNNA-SAXBY	AUS	12m 02.39	1997		
M40	AR	WILLI SAWALL	VIC	11m 28.21s	1982	W40	AR	LYNETTE VENTRIS	WA	14m 05.7s	2001		
	WB	WILLI SAWALL	AUS	11m 28.21s	1982		WB	S. GRIESBACH	FRA	13m 19.7s	1987		
M45	AR	PAUL KENNEDY	VIC	12m 50.2s	2003	W45	AR	LYNETTE VENTRIS	WA	13m 57.43s	2002		
	WB	GARY LITTLE	NZL	12m 06s	1991		WB	LYNETTE VENTRIS	AUS	13m 57.43s	2002		
M50	AR	ANDREW JAMIESON	VIC	12m 59.5s	2000	W50	AR	LYNETTE VENTRIS	WA	13m 54.3s	2007		
	WB	GARY LITTLE	NZL	12m 18s	1993		WB	LYNETTE VENTRIS	AUS	13m 54.3s	2007		
M55	AR	ANDREW JAMIESON	VIC	13m 21.7s	2003	W55	AR	HEATHER CARR	VIC	15m 08.4s	2007		
	WB	WILLI SAWALL	AUS	12m 44s	1996		WB	HEATHER CARR	AUS	15m 11.0s	2007		
M60	AR	ANDREW JAMIESON	VIC	13m 24.07s	2007	W60	AR	HEATHER CARR	VIC	<b>15m 21.94s</b>	2011		
	WB	ANDREW JAMIESON	AUS	13m 24.07s	2007		WB	HEATHER CARR	AUS	15m 30.7s	2010		
M65	AR	TOM DAINTRY	VIC	<b>14m 57.0s</b>	1978	W65	AR	BRENDA RILEY	VIC	16m 22.1s	2006		
	WB	G. CHAPLIN	GBR	15m 12.9s	1996		WB	BRENDA RILEY	AUS	16m 22.1s	2006		
M70	AR	TOM DAINTRY	VIC	15m 51.0s	1982	W70	AR	JAN MORREY	VIC	19m 15.6s	2010		
	WB	ARTHUR THOMSON	GBR	15m 15.24s	2006		WB	BRITTA TIBBLING	SWE	18m 05s	1989		
M75	AR	BOB GARDINER	VIC	17m 01.00	2011	W75	AR	LORNA THOMPSON	QLD	20m 42.15s	2002		
	WB	JAMES GRIMWADE	GBR	16m 19.5s	1987		WB	M.GORDON	SWE	20m 41s	2000		
M80	AR	TOM DAINTRY	VIC	18m 44s	1992	W80	AR	LORNA THOMPSON	QLD	22m 15.42s	2008		
	WB	JAMES GRIMWADE	GBR	17m 41.4s	1993		WB	AINA ENGBERG	SWE	21m 08.2s	2003		
M85	AR	GUS THEOBALD	VIC	19m 31.0s	1982	W85	AR	NANCE JEFFREYS	VIC	27m 36.0s	1994		
	WR	GUS THEOBALD	AUS	19m 31.0s	1982		WB	F.BENNO-CARIS	USA	27m 11.02s	2004		
M90	AR	GUS THEOBALD	VIC	21m 21.3s	1987								
	WR	GUS THEOBALD	AUS	21m 21.3s	1987								
<b>5,000 METRES WALK</b>						<b>5,000 METRES WALK</b>							
M30	AR	IGNACIO JIMENEZ	QLD	21m 38.52s	1996	W30	AR	LORRAINE JACHNO	ACT	22m 17.32s	1990		
M35	AR	DAVID SMITH	QLD	19m 53s	1994	W35	AR	ANNE MANNING	NSW	21m 37.5s	1996		
	WR	M. DAMILANO	ITA	18m 30.43s	1992		WR	ELISABETTA PERRONNE	ITA	20m 12.41s	2003		
M40	AR	WILLI SAWALL	VIC	19m 45.65s	1984	W40	AR	LYNETTE VENTRIS	WA	23m 24.5s	2001		
	WR	WILLI SAWALL	AUS	19m 45.65s	1984		WR	S. GRIESBACH	FRA	22m 49.4s	1987		
M45	AR	DAVID SMITH	QLD	22m 30.1s	2001	W45	AR	LYNETTE VENTRIS	WA	23m 42.4s	2005		
	WR	GARY LITTLE	NZL	20m 54.4s	1991		WR	LYNETTE VENTRIS	AUS	23m 42.4s	2005		
M50	AR	ANDREW JAMIESON	VIC	22m 19.3s	2001	W50	AR	LYNETTE VENTRIS	WA	23m 37.78s	2007		
	WR	GARY LITTLE	NZL	21m 01s	1992		WR	LYNETTE VENTRIS	AUS	23m 37.78s	2007		
M55	AR	ANDREW JAMIESON	VIC	22m 40.11s	2001	W55	AR	HEATHER CARR	VIC	25m 54.11s	2007		
	WR	WILLI SAWALL	AUS	22m 11.5s	1997		WR	O. MEYER	GER	25m 28.0s	1985		
M60	AR	ANDREW JAMIESON	VIC	22m 38.7s	2007	W60	AR	HEATHER CARR	VIC	<b>26m 10.22s</b>	2011		
	WR	ANDREW JAMIESON	AUS	22m 38.7s	2007		WR	HEATHER CARR	AUS	26m 29.26s	2010		
M65	AR	TOM DAINTRY	VIC	25m 44.0s	1979	W65	AR	BRENDA RILEY	VIC	27m 19.1s	2006		
	WR	GERHARD WEIDNER	GER	25m 05.2s	1999		WR	BRENDA RILEY	AUS	27m 19.1s	2006		
M70	AR	TOM DAINTRY	VIC	27m 01.8s	1982	W70	AR	JEAN ALBURY	TAS	29m 42.75s	2000		
	WR	ARTHUR THOMSON	GBR	26m 01.52s	2006		WR	BRITTA TIBBLING	SWE	29m 16s	1991		
M75	AR	TOM DAINTRY	VIC	28m 02.26s	1987	W75	AR	LORNA THOMPSON	QLD	34m 40.70s	2002		
	WR	JAMES GRIMWADE	GBR	27m 40s	1987		WR	BRITTA TIBBLING	SWE	32m 44.76s	1993		
M80	AR	GUS THEOBALD	VIC	30m 42.0s	1977	W80	AR	LORNA THOMPSON	QLD	38m 54.73s	2007		
	WR	JAMES GRIMWADE	GBR	29m 24.1s	1992		WR	BRITTA TIBBLING	SWE	34m 48.49s	1999		
M85	AR	GUS THEOBALD	VIC	33m 14.2s	1982	W85	AR	MARGARET RUSSELL	QLD	44m 52.07s	2001		
	WR	GUS THEOBALD	AUS	33m 15.0s	1982		WR	AINA ENGBERG	SWE	40m 13.37s	2008		
M90	AR	GUS THEOBALD	VIC	35m 10s	1987	W90	WB	MARIA RAMIREZ BAUTISTA	MEX	49m 25.20s	2007		
	WR	GUS THEOBALD	AUS	35m 10s	1987								
<b>10k ROAD WALK (BEST ON RECORD)</b>						<b>10k ROAD WALK (BEST ON RECORD)</b>							
M30	AB	IGNACIO JIMENEZ	QLD	46m 30s	1995	W30	AB	SUE COOK	VIC	46m 51s	1990		
M35	AB	DAVID SMITH	QLD	41m 53s	1994	W35	AB	ANNE MANNING	NSW	44m 28s	1995		
	WB	ROBERT KORZENIOWSKI	POL	38m 39s	2004		WB	KJERSTI PLATZER	NOR	41m 41s	2009		
M40	AB	MARK DONAHO	VIC	43m 47.9s	1999	W40	AB	LYNETTE VENTRIS	WA	47m 25s	2001		
	WB	WILLI SAWALL	AUS	40m 08s	1982		WB	S. GRIESBACH	FRA	47m 07s	?		
M45	AB	MARK DONAHO	VIC	46m 40.4s	2003	W45	AB	LYNETTE VENTRIS	WA	46m 35.65s	2002		
	WB	WILLI SAWALL	AUS	42m 18.0s	1988		WB	LYNETTE VENTRIS	AUS	46m 35.65s	2002		
M50	AB	ANDREW JAMIESON	VIC	45m 41s	1999	W50	AB	LYNETTE VENTRIS	WA	48m 27s	2007		
	WB	GARY LITTLE	NZL	42m 20s	1992		WB	LYNETTE VENTRIS	AUS	48m 27s	2007		
M55	AB	ANDREW JAMIESON	VIC	46m 32.8s	2005	W55	AB	HEATHER CARR	VIC	53m 41.1s	2007		
	WB	GRANZIANO MORETTI	ITA	46m 22.1s	2010		WB	HEATHER CARR	AUS	53m 41.1s	2007		
M60	AB	ANDREW JAMIESON	VIC	46m 22.1s	2007	W60	AB	HEATHER CARR	VIC	53m 56.6s	2010		
	WB	ANDREW JAMIESON	AUS	46m 22.1s	2007		WB	HEATHER CARR	AUS	53m 56.6s	2010		
M65	AB	ANDREW JAMIESON	VIC	<b>49m 27s</b>	2011	W65	AB	BRENDA RILEY	VIC	55m 32s	2005		
	WB	ANDREW JAMIESON	AUS	50m 11.38s	2011		WB	BRENDA RILEY	AUS	55m 32s	2005		
M70	AB	TOM DAINTRY	VIC	54m 17s	1981	W70	AB	JEAN ALBURY	TAS	62m 31s	2000		
	WB	ARTHUR THOMSON	GBR	54m	2007		WB	BRITTA TIBBLING	SWE	60m 18s	1988		
M75	AB	BOB GARDINER	VIC	61m 22s	2011	W75	AB	LORNA THOMPSON	QLD	72m 49s	2002		
	WB	JAMES GRIMWADE	GBR	55m 01s	1993		WB	BRITTA TIBBLING	SWE	67m 46s	1993		
M80	AB	TOM DAINTRY	VIC	64m 23s	1993	W80	AB	NANCE JEFFREYS	VIC	77m 32s	1989		
	WB	JAMES GRIMWADE	GBR	61m 25.4s	1993		WB	AINA ENGBERG	SWE	74m 12s	2004		
M85	AB	RICHARD KEATINGE	QLD	78m 52s	2008	W85	AB	NANCE JEFFREYS	VIC	92m 41.0s	1995		
	WB	RICHARD KEATINGE	AUS	78m 52s	2008		WB	AINA ENGBERG	SWE	78m 06s	2008		
M90	AB	GUS THEOBALD	VIC	77m 52s	1990	W90	WB	MARIA RAMIREZ BAUTISTA	MEX	1h 38m 07s	2007		







M75	AR	CHARLIE RANN	QLD	36.88m	2003		AR	HEATHER DOHERTY	QLD	*24.16m	2008
	WR	RADO CARMELO	ITA	49.21m	2008		WR	ROSEMARY CHRIMES	GBR	29.07m	2008
M80	AR	SYDNEY COLEMAN	WA	29.56m	1996	W80	AR	GWEN DAVIDSON	VIC	15.59m	2003
	WR	OSMO RENVALL	FIN	37.86m	1991		AR	RAEMA MCMILLAN	WA	*17.29m	2008
M85	AR	FELIKS JEKABSONS	QLD	25.28m	2008		WR	RACHEL HANSSSENS	BEL	21.34m	2003
	WR	KAUKO JOUPPILA	FIN	33.10m	2006	W85	AR	RUTH FRITH	NSW	13.92m	1998
M90	AR	JOHN FRASER	VIC	19.72m	2005		WR	NORA KUTTI	EST	15.68m	2007
	WR	DONALD PELLMAN	USA	27.93m	2005	W90	AR	RUTH FRITH	NSW	12.10m	2000
M95	AR	unclaimed					WR	OLGA KOTELKO	CAN	13.92m	2009
	WR	DONALD PELLMAN	USA	18.21m	2011	W95	AR	RUTH FRITH	QLD	9.85m	2004
M100	WR	TAKASHI SHIMOKAWARA	JPN	10.72m	2007		AR	RUTH FRITH	QLD	*10.90m	2006
							WR	GABRE GABIC	ITA	12.86m	2010
						W100	AR	RUTH FRITH	QLD	*9.30m	2011
							WR	RUTH FRITH	AUS	*9.02m	2010
<b>HAMMER</b>				<b>7.26kg</b>		<b>HAMMER</b>				<b>4kg</b>	
M30	AR	STUART RENDELL	ACT	77.53m	2006	W30	AR	KARYNE DI MARCO	NSW	64.10m	2009
M35	AR	HANS LOTZ	VIC	67.92m	1987	W35	AR	PAM MATTHEWS	VIC	48.14m	1994
	WR	IGOR ASTAPKOVICH	BLR	83.62m	1998		WR	OLGA KUSENKOVA	RUS	72.36m	2007
M40	AR	HANS LOTZ	VIC	66.94m	1987	W40	AR	JAYNE HARDY	ACT	46.33m	2004
	WR	IGOR ASTAPKOVICH	BLR	82.23m	2004		WR	ONEITHEA LEWIS	USA	57.08m	2005
M45	AR	HANS LOTZ	VIC	59.62m	1994	W45	AR	SHARON GIBBONS	ACT	43.87m	2003
	WR	MICHAEL JONES	USA	68.89m	2010		WR	ONEITHEA LEWIS	USA	56.21m	2005
<b>HAMMER</b>				<b>6kg</b>		<b>HAMMER</b>				<b>3kg</b>	
M50	AR	HANS LOTZ	VIC	60.39m	1998	W50	AR	MARJA-LEENA PARVIAINEN	NSW	51.73m	1998
	WR	JUD LOGAN	USA	71.71m	2009		WR	ONEITHEA LEWIS	USA	55.46m	2010
M55	AR	KEN READWIN	VIC	49.34m	1996	W55	AR	MARJA-LEENA PARVIAINEN	NSW	51.30m	2002
	WR	HANS POTSCHE	AUT	63.70m	1990		WR	MARJA-LEENA PARVIAINEN	AUS	51.30m	2002
<b>HAMMER</b>				<b>5kg</b>		W60	AR	HELEN SEARLE	QLD	46.09m	2001
M60	AR	WIM VAN WEENEN	VIC	50.62m	1994		WR	HELEN SEARLE	AUS	46.09m	2001
	WR	ARILD BUSTERUD	NOR	63.32m	2008	W65	AR	HELEN SEARLE	QLD	41.41m	2006
M65	AR	WIM VAN WEENEN	VIC	50.38m	1997		WR	JUTTA SCHAEFER	GER	44.38m	1997
	WR	EDWARD BURKE	USA	55.74m	2006	W70	AR	HELEN SEARLE	QLD	34.86m	2009
<b>HAMMER</b>				<b>4kg</b>			WR	EVAUN B. WILLIAMS	GBR	37.40m	2008
M70	AR	WIM VAN WEENEN	VIC	48.74m	2003					<b>*2kg from 10/2004</b>	
	WR	EDWARD BURKE	USA	59.04m	2010	W75	AR	GWEN DAVIDSON	VIC	23.82m	1999
M75	AR	WIM VAN WEENEN	VIC	43.84m	2008		AR	VAL WORRELL	VIC	*32.17m	2011
	WR	ROBERT WARD	USA	51.51m	2008		WR	SUSANNE WISSINGER	GER	32.67m	2010
				<b>3kg from 11/2005</b>		W80	AR	GWEN DAVIDSON	VIC	23.12m	2006
M80	AR	JOHN FRASER	VIC	37.18m	1996		AR	GWEN DAVIDSON	VIC	*24.20m	2005
	WR	HARVEY LEWELLYN	USA	43.11m	2010		WR	RACHEL HANSSSENS	BEL	25.94m	2010
M85	AR	ANTON TESIJA	ACT	28.01m	2000	W85	AR	RUTH FRITH	NSW	18.26m	1995
	WR	ERIK ERIKSSON	FIN	32.52m	2008		WR	OLGA KOTELKO	CAN	18.62m	2004
M90	AR	JOHN FRASER	VIC	24.61m	2005	W90	AR	RUTH FRITH	NSW	13.13m	2000
	WR	JOHN FRASER	AUS	24.61m	2005		WR	OLGA KOTELKO	CAN	16.71m	2011
M95	AR	unclaimed				W95	AR	RUTH FRITH	QLD	11.37m	2004
	WR	ANTONIA FONSECA	BRA	22.01m	2011		AR	RUTH FRITH	QLD	*13.71m	2006
M100	WR	EVERETT HOSACK	USA	8.86m	2002		WR	RUTH FRITH	AUS	11.37m	2004
						W100	AR	RUTH FRITH	QLD	*11.30m	2010
							WR	RUTH FRITH	AUS	*11.30m	2010
<b>JAVELIN</b>	<b>*Pre-1987 old centre of gravity</b>			<b>800g</b>		<b>JAVELIN</b>	<b>*Pre-2000 old centre of gravity</b>			<b>600g</b>	
M30	AR	ANDREW CURREY	NSW	86.67m	2001	W30	AR	LYNETTE SMITH	NSW	38.88m	2005
								*MARY THOMAS	NSW	49.40m	1979
M35	AR	TONY SHIELD	VIC	62.11m	2007	W35	AR	JAYNE HARDY	ACT	41.28m	2000
		*FRANCIS RYAK	NSW	64.40m	1986			*MARY THOMAS	NSW	46.98m	1983
	WR	JAN ZELEZNY	CZE	92.80m	2001		WR	STEFFI NERIUS	GER	68.34m	2008
M40	AR	JOHN KAY	NSW	66.90m	2001	W40	AR	JAYNE HARDY	ACT	39.32m	2004
	WR	JAN ZELEZNY	CZE	85.92m	2006			*MARY THOMAS	NSW	48.84m	1985
							WR	FELICIA MOLDOVAN	ROM	61.23m	2008
M45	AR	BOB BANENS	ACT	57.38m	1999	W45	AR	JAYNE HARDY	ACT	37.01m	2010
	WR	PETER BLANK	GER	77.15m	2007			*HEATHER DOHERTY	QLD	42.28m	1980
							WR	ELISABETH WALLANDER	SWE	50.47m	2005
<b>JAVELIN</b>				<b>700g from 2000</b>		<b>JAVELIN</b>				<b>500g from 2000</b>	
M50	AR	BOB BANENS	ACT	58.68m	2001	W50	AR	DAWN HARTIGAN	VIC	32.26m	2009
	WR	LUIS NOGUEIRA	ESP	71.01m	2007			MARY THOMAS	NSW	48.56m(400g)	1995
							WR	INGRID THYSSEN	GER	44.20m	2006
M55	AR	BOB BANENS	ACT	51.75m	2005	W55	AR	MARY THOMAS	NSW	39.17m	2001
	WR	MICHAEL BROWN	USA	66.11m	2010			HEATHER DOHERTY	QLD	40.10m(400g)	1989
							WR	NATASA BEZJAK	SLO	44.44m	2002
<b>JAVELIN</b>				<b>600g</b>		<b>JAVELIN</b>				<b>400g</b>	
M60	AR	BOB BANENS	ACT	49.22m	2010	W60	AR	HEATHER DOHERTY	QLD	36.08m	1993
	WR	ESA KIURU	FIN	62.47m	2007		WR	GERTRAUD SCHONAUER	AUT	41.28m	1997
M65	AR	AIVARS PAVULINS	VIC	45.00m	1989	W65	AR	MARY THOMAS	NSW	31.31m	2009
	WR	GARY STENLUND	USA	57.67m	2006		AR	EVAUN B. WILLIAMS	GBR	38.07m	2006
<b>JAVELIN</b>				<b>500g from 2000</b>		W70	AR	HEATHER DOHERTY	QLD	26.14m	2006
M70	AR	ERKKI SAARINEN	QLD	42.00m	2006		WR	EVAUN B. WILLIAMS	GBR	33.73m	2009
	WR	GARY STENLUND	USA	52.23m	2011	W75	A R	HEATHER DOHERTY	QLD	19.83m	2008
M75	AR	ERKKI SAARINEN	QLD	38.12m	2010		WR	BIRUTE KALEDIENE	LIT	26.21m	2008
	WR	VLADIMIR POROKHIN	RUS	44.54m	2011	W80	AR	RAEMA MCMILLAN	WA	15.34m	2010
<b>JAVELIN</b>				<b>400g from 2000</b>			WR	RACHEL HANSSSENS	BEL	21.83m	2010



	WR	VASILIS MANGANAS	GRE	4575	2001		WR	ONEITHEA LEWIS	USA	4752	2005
M50	AR	GRAEME ROSE	VIC	4037	1995	W50	AR	CHRIS SCHULTZ	VIC	4371	2001
	WR	TOM O JENSEN	DEN	4470	2010		WR	ONEITHEA LEWIS	USA	4800	2010
M55	AR	GRAEME ROSE	VIC	4174	1999	W55	AR	MARY THOMAS	NSW	4285	1999
	WR	ARILD BUSTERUD	NOR	4777	2003		WR	MARGARETTA TOMANEK	BEL	4581	2005
M60	AR	GRAEME ROSE	VIC	4242	2006	W60	AR	HELEN SEARLE	NSW	4789	2000
	WR	ARILD BUSTERUD	NOR	4955	2010		WR	EVAUN WILLIAMS	GBR	4673	2001
M65	AR	GRAEME ROSE	VIC	4325	2009	W65	AR	HELEN SEARLE	QLD	5013	2005
	WR	PAUL ECONOMIDES	USA	5044	2010		WR	EVAUN WILLIAMS	GBR	5313	2006
M70	AR	COLIN MURRAYLEE	QLD	4119	1999	W70	AR	HELEN SEARLE	QLD	4800	2009
	WR	BOB WARD	USA	4984	2010		WR	EVAUN WILLIAMS	GBR	5683	2008
M75	AR	TOM HANCOCK	VIC	4290	2011	W75	AR	HEATHER DOHERTY	QLD	*4053	2009
	WR	CARMELO RADO	ITA	4979	2008		AR	HEATHER DOHERTY	QLD	*3890	2011
M80	AR	JOHN FRASER	VIC	3706	1995		WR	SUSSANNA WISSINGER	GER	4924	2010
	WR	HARVEY LEWELLEN	USA	4797	2009	W80	AR	GWEN DAVIDSON	VIC	3935	2003
M85	AR	FELIKS JEKABSONS	QLD	*3897	2008		AR	RAEMA MCMILLAN	WA	*3862	2005
	WR	ERIK ERIKSSON	FIN	4773	2008		WR	RACHEL HANSSSENS	BEL	4788	2011
M90	AR	JOHN FRASER	VIC	4005	2005	W85	AR	RUTH FRITH	AUS	3977	1995
	WR	JOHN FRASER	AUS	3864	2005		WR	OLGA KOTELKO	CAN	4211	2004
M95	WR	TRENT LANE	USA	3998	2005	W90	AR	RUTH FRITH	NSW	4337	2000
							WR	OLGA KOTELKO	CAN	4287	2009
						W95	AR	RUTH FRITH	QLD	*4539	2005
							WR	GABRE GABRIC	ITA	3923	2010
						W100	AR	RUTH FRITH	QLD	*5743	2009
							WR	RUTH FRITH	AUS	*5570	2010
<b>PENTATHLON (2010 Tables) LJ, Javelin, 200m, Discus, 1500m</b>						<b>PENTATHLON (2010 Tables) 100m, Shot, Long Jump, Javelin, 800m</b>					
M30	AR	WARREN EVANS	QLD	3275	2003	W30	AR	LYNETTE SMITH	NSW	2463	2004
M35	AR	TERRY BALDWIN	VIC	3494	1998			*WILMA PERKINS	QLD	2864	1984
	WR	FRANZ MAYR	GER	3669	1991	W35	AR	LYNETTE SMITH	NSW	2825	2009
M40	AR	RAY MOONEY	VIC	3236	1987			*WILMA PERKINS	QLD	3110	1986
	WR	JOERG LORENZ	GER	3909	1997	W40	AR	LYNETTE SMITH	NSW	2960	2011
M45	AR	LLOYD MITCHELSON	NSW	3864	1985			*JAN HYNES	QLD	3601	1986
	WR	MICHAEL JANUESY	USA	3724	2003	W45	AR	LISA CROUCH	QLD	3572	2009
M50	AR	TERRY HICKS	VIC	3566	2005	W50	AR	CHRISTINE BRIDLE	VIC	3114	2009
	WR	GEORG WERTHNER	AUT	3834	2006	W55	AR	WILMA PERKINS	QLD	approx 3800	2004
M55	AR	DON FRASER	ACT	3619	1994	W60	AR	MARGARET TAYLOR	ACT	3394	2009
	WR	WIM THREELS	NED	3804	2008	W65	AR	MARG ALLISON	QLD	3468	2010
M60	AR	RUDI HOCHREITER	VIC	3858	1987	W70	AR	JAN MORREY	VIC	3052	2011
	WR	DIETER BARTZSCH	GER	4340	2000	W75	AR	SHIRLEY BRASHER	TAS	2339	2002
M65	AR	RUDI HOCHREITER	VIC	3798	1992	W80	AR	SHIRLEY BRASHER	TAS	2227	2008
	WR	ROGER KROOSMA	NOR	3944	2009			*Pre-2000 with old Javelin			
M70	AR	MIKE JOHNSTON	VIC	3816	1991	<b>OLD PENTATHLON Long Jump, Javelin, 200m, Discus, 800m (2010 Tables)</b>					
	WR	GERHARD TILMANN	GER	3755	2009	W30	AR	LYNETTE SMITH	NSW	3255	2005
M75	AR	DAVID CARR	WA	3284	2008	W35	AR	PETA BIRD	NSW	3101	1995
	WR	EDMUND SEIB	GER	3733	2002	W40	AR	JAN HYNES	QLD	3546	1987
M80	AR	FRED O'CONNOR	NSW	3247	2004	W45	AR	JAN HYNES	QLD	3720	1991
	WR	KAZIMIERZ BULEZYNSKI	POL	3646	2010	W50	AR	UNA LUND	QLD	3698	1991
M85	AR	MAURICE DAUPHINET	QLD	2770	2011	W55	AR	WILMA PERKINS	QLD	3430	2005
	WR	JAN KONARIK	CZE	3003	2002	W60	AR	PEGGY MACLIVER	WA	3161	2007
M90	AR	VIC YOUNGER	VIC	1884	2003	W65	AR	JOYCE BANNISTER	ACT	3263	1991
	WR	RALPH MAXWELL	USA	2629	2010	W70	AR	GWEN DAVIDSON	VIC	3065	1993
						W75	AR	PAT CARR	WA	2506	2007
						W80	AR	SHIRLEY BRASHER	TAS	2510	2008
<b>DECATHLON (2010 WMA Tables)</b>			<b>M80 3kg Shot from 11/2005</b>			<b>HEPTATHLON (2010 WMA Tables)</b>					
M30	AR	MATT MCEWEN	QLD	7705	2003	W30	AR	LYNETTE SMITH	NSW	3886	2005
M35	AR	JOHN GAN	QLD	5298	2006	W35	AR	MARIE KAY	NSW	4939	1999
	WR	LEV LOBODIN	RUS	8558	2004		WR	SABINE BRAUN	GER	6860	2002
M40	AR	MARK JEFFERY	WA	6036	2011	W40	AR	MARIE KAY	NSW	5609	2001
	WR	KIP JANVRIN	USA	8542	2005		WR	SONIA DEL PRETE	FRA	5843	2010
M45	AR	JOHN GORDON	NSW	6446	1993	W45	AR	MARIE KAY	QLD	6006	2009
	WR	GEORG WERTHNER	AUT	7480	2008		WR	MARIE KAY	AUS	6006	2009
M50	AR	TERRY HICKS	VIC	6167	2004	W50	AR	MARIE KAY	QLD	6202	2011
	WR	HUBERT INDRA	ITA	7556	2007		WR	MARIE KAY	AUS	6202	2011
M55	AR	TERRY HICKS	VIC	5928	2009	W55	AR	WILMA PERKINS	QLD	5200	2005
	WR	WILLIAM MURRAY	USA	7773	2009		WR	RITA HANSCOM	USA	6057	2009
M60	AR	RUDI HOCHREITER	VIC	6911	1989	W60	AR	MARJ ALLISON	QLD	5076	2008
	WR	ROLF GEESE	GER	8107	2005		WR	PHIL RASCHKER	USA	6341	2007
M65	AR	DON FRASER	ACT	6746	2005	W65	AR	MARGE ALLISON	QLD	5305	2010
	WR	ROLF GEESE	GER	7837	2009		WR	MARIANNE MAIER	GER	5870	2009
M70	AR	DON FRASER	ACT	6503	2009	W70	AR	unclaimed			
	WR	PHIL SHIPP	USA	7731	2005		WR	ERICA SAUER	GER	5352	2011
M75	AR	FRED O'CONNOR	NSW	6793	1999	W75	AR	unclaimed			
	WR	ROBERT HEWITT	USA	7954	2008		WR	CHRISTEL DONLEY	USA	5416	2010
M80	AR	FRED O'CONNOR	NSW	5593	2006	W80	AR	unclaimed			
	WR	DENNIS SULLIVAN	USA	6904	2006		WR	JOHNNY VALIEN	USA	4623	2005
M85	AR	VIC YOUNGER	QLD	4705	1999						
	WR	PEKKA PENTTILA	FIN	6671	2010						
M90	AR	VIC YOUNGER	VIC	3217	2003						
	WR	RALPH MAXWELL	USA	7069	2011						





3rd Clermont-Ferrand, France, 17-22 March 2008, 4th Kamloops, Canada 1-6 March 2010; from 2007 & 2008 USA Masters, Boston; and from British Masters, 23-24 February 2008.											
MEN					WOMEN					# World Record	
<b>60 METRES</b>					<b>60 METRES</b>						
M40	AR	Kris Wardecki	NSW	7.40s	2010	W35	AR	Ranell Hobson	NSW	8.17s	2010
M45	AR	Stephen Jones	QLD	7.57s	2010	W40	AR	Julie Brims	QLD	8.05s	2010
M50	AR	Colin Pocklington	VIC	7.88s	2010	W45	AR	Deborah Wolfenden	WA	11.12s	2010
M55	AR	John Fienieg	NSW	8.44s	2010	W50					
M60	AR	Peter Crombie	NSW	7.98s	2006	W55	AR	Kathy Heagney	VIC	9.27s	2010
M65	AR	Peter Crombie	NSW	8.35s	2010	W60	AR	Wilma Perkins	QLD	9.27s	2010
M70	AR	Don Chambers	VIC	8.95s	2010	W65	AR	Noreen Parrish	QLD	9.88s	2008
M80	AR	Radovan Leovic	ACT	11.51s	2010						
<b>200 METRES</b>					<b>200 METRES</b>						
M35	AR	Glenn Stephens	VIC	24.00s	2006	W35	AR	Ranell Hobson	NSW	28.67s	2010
M40	AR	Ken Telfer	ACT	23.90s	2008	W40	AR	Julie Brims	QLD	26.83s	2010
M45	AR	Stephen Jones	QLD	25.63s	2010	W45	AR	#Marie Kay	QLD	25.85s	2008
M50	AR	Colin Pocklington	VIC	26.13s	2010	W50	AR	Marie Kay	QLD	27.33s	2010
M55	AR	Peter Crombie	NSW	25.30s	2004	W55	AR	Kathy Heagney	VIC	31.01s	2010
M60	AR	Peter Crombie	NSW	25.59s	2006	W65	AR	Marge Allison	QLD	31.79s	2010
M65	AR	Peter Crombie	NSW	26.95s	2010						
M70	AR	Don Chambers	VIC	31.00s	2010						
M80	AR	Radovan Leovic	ACT	41.82s	2010						
<b>400 METRES</b>					<b>400 METRES</b>						
M35	AR	Glenn Stephens	VIC	52.94s	2006	W40	AR	Marie Kay	NSW	61.58s	2004
M40	AR	Ken Telfer	ACT	52.99s	2008	W45	AR	#Marie Kay	QLD	56.99s	2008
M55	AR	Peter Crombie	NSW	57.04s	2004	W50	AR	Marie Kay	QLD	62.96s	2010
M60	AR	Peter Crombie	NSW	57.62s	2006	W55	AR	Kathy Heagney	VIC	70.74s	2010
M65	AR	Peter Crombie	NSW	62.35s	2010	W65	AR	Marge Allison	QLD	74.05s	2010
M70	AR	Ken Daniels	QLD	74.45s	2010						
M80	AR	Rad Leovic	ACT	88.33s	2008						
<b>800 METRES</b>					<b>800 METRES</b>						
M30	AR	Brendan Whelan	QLD	2m 04.24s	2008	W40	AR	Amanda Coombe	TAS	2m 33.31s	2010
M50	AR	Stuart Paterson	NSW	2m 18.25s	2008	W45	AR	Marie Kay	NSW	2m 39.79s	2006
M55	AR	Robert Pearce	SA	2m 27.34s	2008	W50	AR	Marie Kay	QLD	2m 46.78s	2010
M60	AR	Neil MacDonald	VIC	2m 16.91s	2004	W55	AR	Kathy Heagney	VIC	2m 52.28s	2010
M65	AR	Peter Sandery	SA	2m 30.46s	2008	W65	AR	Marge Allison	QLD	3m 08.99s	2010
M80	AR	Rad Leovic	ACT	3m 44.71s	2008						
<b>1000 METRES</b>					<b>1000 METRES</b>						
M50	AR	Roger Pilkington	ACT	4m 12.78s	2010						
M55	AR	Viddy Jermacans	QLD	3m 43.88s	2006						
M60	AR	Viddy Jermacans	QLD	4m 09.49s	2010						
M70	AR	Ken Daniels	QLD	4m 40.41s	2010						
M80	AR	Rad Leovic	ACT	4m 47.96s	2008						
<b>1500 METRES</b>					<b>1500 METRES</b>						
M45	AR	John Lisiewicz	SA	4m 28.51s	2008	W40	AR	Amanda Coombe	TAS	5m 30.58s	2010
M50	AR	Stuart Paterson	NSW	4m 41.99s	2008						
M55	AR	Kevin Solomon	VIC	4m 27.49s	2004						
M60	AR	Neil MacDonald	VIC	4m 54.17s	2004						
M65	AR	Peter Sandery	SA	5m 07.61s	2008						
M80	AR	Rad Leovic	ACT	8m 19.76s	2010						
<b>MILE</b>					<b>MILE</b>						
M30	AR	Brendan Whelan	QLD	4m 31.43s	2008						
M55	AR	Robert Pearce	SA	5m 25.02s	2008						
M60	AR	Kevin Solomon	VIC	5m 01.62s	2008						
M65	AR	Peter Sandery	SA	5m 22.70s	2008						
<b>3000 METRES</b>					<b>3000 METRES</b>						
M30	AR	Brendan Whelan	QLD	9m 02.38s	2008						
M45	AR	John Lisiewicz	SA	9m 23.74s	2008						
M55	AR	Kevin Solomon	VIC	9m 30.32s	2004						
M60	AR	Kevin Solomon	VIC	10m 11.85s	2008						
M65	AR	Peter Sandery	SA	10m 36.54s	2008						
M80	AR	Rad Leovic	ACT	15m 56.73s	2008						
<b>60 METRES HURDLES</b>					<b>60 METRES HURDLES</b>						
M55	AR	Steve McGugan	NSW	9.94s	2010	W40	AR	Marie Kay	NSW	9.71s	2004
M60	AR	Viddy Jermacans	QLD	12.51s	2010	W45	AR	Marie Kay	NSW	9.43s	2006
M70	AR	Don Chambers	VIC	10.54s	2010	W50	AR	Marie Kay	QLD	9.55s	2010
M80	AR	Rad Leovic	ACT	15.33s	2008	W60	AR	Wilma Perkins	QLD	10.81s	2010
						W65	AR	Marge Allison	QLD	11.05s	2010
<b>3000 METRES WALK</b>					<b>3000 METRES WALK</b>						
M50	AR	Mark Wall	TAS	15m 21.33s	2008	W60	AR	#Heather Carr	VIC	15m 54.75s	2010
<b>HIGH JUMP</b>					<b>HIGH JUMP</b>						
M40	AR	Howard Arbuthnot	QLD	1.65m	2010	W40	AR	Irie Hill	VIC	1.52m	2010
M50	AR	Roger Pilkington	ACT	1.32m	2010	W45	AR	Marie Kay	NSW	1.51m	2006
M55	AR	John Fienieg	NSW	1.45m	2010	W50	AR	Marie Kay	QLD	1.51m	2010
M60	AR	Viddy Jermacans	QLD	1.28m	2010	W60	AR	Wilma Perkins	QLD	1.20m	2010
M70	AR	Ken Daniels	QLD	1.14m	2010	W65	AR	Marge Allison	QLD	1.17m	2010
M80	AR	Rad Leovic	ACT	0.99m	2008						
<b>LONG JUMP</b>					<b>LONG JUMP</b>						
M50	AR	Roger Pilkington	ACT	3.25m	2010	W35	AR	Ranell Hobson	NSW	4.43m	2010
M55	AR	Viddy Jermacans	QLD	4.99m	2006	W40	AR	Marie Kay	NSW	5.13m	2004

M60	AR	Viddy Jermacans	QLD	4.27m	2010	W45	AR	Marie Kay	QLD	5.57m	2008
M70	AR	Don Chambers	VIC	3.93m	2010	W50	AR	Marie Kay	QLD	5.19m	2010
M80	AR	Rad Leovic	ACT	3.11m	2008	W60	AR	Wilma Perkins	QLD	4.09m	2010
						W65	AR	Marge Allison	QLD	3.13m	2010
<b>TRIPLE JUMP</b>						<b>TRIPLE JUMP</b>					
M55	AR	Viddy Jermacans	QLD	8.88m	2006	W40	AR	Julie Brims	QLD	10.52m	2010
M60	AR	Viddy Jermacans	QLD	8.11m	2010						
M70	AR	Don Chambers	VIC	8.24m	2010						
M80	AR	Rad Leovic	ACT	6.98m	2008						
<b>POLE VAULT</b>						<b>POLE VAULT</b>					
M35	AR	Warren Hill	VIC	3.00m	2004	W40	AR	Irie Hill	VIC	3.65m	2010
M40	AR	Howard Arbuthnot	QLD	4.40m	2010	W45	AR	Dawn Hartigan	VIC	3.35m	2004
						W60	AR	Wilma Perkins	QLD	2.40m	2010
<b>SHOT PUT</b>						<b>SHOT PUT</b>					
M50	AR	Roger Pilkington	ACT	7.13m	2010	W40	AR	Caroline Layt	QLD	9.72m	2010
M55	AR	Steve McGugan	NSW	8.90m	2010	W45	AR	Marie Kay	NSW	10.02m	2006
M60	AR	Bob Banens	ACT	11.31m	2010	W50	AR	Marie Kay	QLD	12.30m	2010
M70	AR	Don Chambers	VIC	9.98m	2010	W65	AR	Jan Banens	ACT	7.60m	2010
M80	AR	Rad Leovic	ACT	7.37m	2008						
<b>WEIGHT THROW</b>						<b>WEIGHT THROW</b>					
M50	AR	Terrence Gibbs	NSW	14.25m	2007	W40	AR	Caroline Layt	QLD	11.29m	2010
M55	AR	Terrence Gibbs	NSW	13.90m	2010	W65	AR	Jan Banens	ACT	12.47m	2010
M60	AR	Bob Banens	ACT	14.44m	2010						
M70	AR	Don Chambers	VIC	12.05m	2010						
M80	AR	Rad Leovic	ACT	7.52m	2010						
<b>56LB WEIGHT THROW</b>						<b>56LB WEIGHT THROW</b>					
M50	AR	Terrence Gibbs	NSW	7.08m	2007						
M55	AR	Terrence Gibbs	NSW	7.00m	2010						
<b>PENTATHLON</b> *Rescored with 2010 Tables						<b>PENTATHLON</b>					
M50	AR	Roger Pilkington	ACT	1,405 points	2010	W40	AR	Marie Kay	NSW	3,311 points	2004
(60mH dnf, HJ 1.32m, SP 7.13m, LJ 3.25m, 1000m 4m 12.78s)						(60mH 9.71, HJ 1.45, SP 8.80, LJ 5.13, 800 2:57.32)					
M55	AR	Steve McGugan	NSW	2,995 points	2010	W45	AR	#Marie Kay	NSW	4,403 points	2006
(60mH 10.13s, LJ 4.17m, SP 8.90m, HJ 1.42m, 1000m 4m 09.19s)						(60mH 9.43, HJ 1.51, SP 10.02, LJ 5.41, 800 2:39.79)					
M60	AR	Viddy Jermacans	QLD	*2,505	2010	W50	AR	#Marie Kay	QLD	4,906 points	2010
(60mH 12.51s, HJ 1.28m, SP 8.06m, LJ 4.12m, 1000m 4m 09.49s)						(60mH 9.55, HJ 1.51, SP 12.30, LJ 5.16, 800 2:46.78)					
M70	AR	Don Chambers	VIC	3,131 points	2010	W65	AR	Marge Allison	QLD	4,199 points	2010
(60mH 10.73s, HJ 1.11m, SP 8.85m, LJ 3.70m, 1000m 5m 00.31s)						(60mH 11.53, HJ 1.17, SP 6.57, LJ 3.13, 800 3:08.99)					
M80	AR	Rad Leovic	ACT	3,036 points	2008						
(60mH 15.33s, LJ 2.91m, SP 7.37m, HJ 0.99m, 1000m 4m 47.96s)											
<b>4 x 200 METRES RELAY</b>						<b>4 x 200 METRES RELAY</b>					
M40	AR	Kris Wardecki 41	NSW	1m 37.56s	2010	W35	AR	Ranell Hobson 37	NSW	2m 08.29s	2010
		Ken Telfer 42	ACT					Kathy Heagney 59	VIC		
		Stephen Jones 46	QLD					Amanda Coombe 42	TAS		
		Andrew Wilcox 41	VIC					Caroline Layt 44	NSW		
M50	AR	Colin Pocklington 51	VIC	1m 51.99s	2010	W40	AR	Jacqueline Bezuidenhout	NSW	1m 49.98s	2008
		Robert Pearce 58	SA					Caroline Layt 42	NSW		
		John Fienieg 55	NSW					Janet Naylor	NSW		
		Stuart Paterson 53	NSW					Marie Kay 48	QLD		
M60	AR	Viddy Jermacans 61	QLD	1m 58.90s	2010	W60	AR	Noreen Parrish 68	QLD	2m 15.78s	2010
		Don Chambers 72	VIC					Marge Allison 65	QLD		
		Ken Daniels 72	QLD					Lesley Hamilton 66	QLD		
		Peter Crombie 65	NSW					Wilma Perkins 60	QLD		