# AMA AUSTRALIAN MULTI EVENT RECORDS DETAIL as at 1 May 2019

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**THROWS PENTATHLON using 2016 WMA AGE FACTORS - MEN**

**AGE NAME STATE POINTS DATE HAMMER SHOTPUT DISCUS JAVELIN WEIGHT**

M30 Graham Hicks Vic 3,444 14.12.08 44.89 13.94 50.57 52.09 13.07

592 725 882 620 625

M35 Darron Haworth Qld 3,672 2.11.08 51.58 14.13 52.81 37.22 16.20

728 768 945 409 822

M40 Stuart Gyngell NSW 3,946 16.4.06 43.48 17.63 47.30 41.30 14.55

659 1076 914 513 784

M45 Stuart Gyngell NSW 4,199 12.4.09 43.75 17.22 45.47 36.98 14.53

747 1143 970 490 849

M50 Todd Davey WA 4,259 1.12.18 53.23 16.00 49.82 36.71 17.65

895 1022 889 516 937

M55 Graeme Rose Vic 4,174 4.7.99 47.05 12.72 37.84 46.19 16.98

873 861 706 765 969

M60 Graeme Rose Vic 4,242 16.4.06 48.38 13.14 39.36 43.12 19.03

898 876 702 752 1014

M65 Graeme Rose Vic 4,325 12.4.09 43.98 12.12 38.97 40.46 17.05

917 882 774 786 966

M70 Keith James NSW 4,037 11.3.12 38.18 11.63 40.99 34.86 14.92

767 783 920 716 851

M75 Tom Hancock Vic 4,188 15.7.11 36.89 11.12 33.97 33.04 14.38

857 824 843 776 888

M80 Tom Hancock Vic 4,741 5.11.16 38.51 11.44 32.27 30.31 15.67

1041 927 934 791 1048

M85 Feliks Jekabsons Qld 3,805 23.3.08 27.36(3kg) 9.10(3kg) 25.28 19.44 10.35

New Specifications 856 811 856 550 732

M90 John Fraser Vic 4,187**WR** 13.3.05 24.63 6.90 19.74 12.96 10.12

Old Specification 977 1123 832 410 845

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**THROWS PENTATHLON - *AMA CHAMPIONSHIP RECORDS* - MEN**

M30 Shane Carstairs Vic 3,164 28.4.19 38.74 15.65 44.48 43.20 12.57

492 830 756 489 597

M35 Stuart Gyngell NSW 3,611 2002 44.15 17.34 45.06 43.67 14.96

602 974 781 504 750

M40, M45 & M50 – as above in **Australian records** Stuart Gyngell M40 3,946, M45 4,199 & M50 4,072

M55 Graeme Rose Vic 4,085 2001 43.32 12.29 38.90 49.48 15.99

792 827 730 832 904

M60 & M65 – as above in **Australian records** Graeme Rose M60 4,242 & M65 4,325

M70 C. Murray-Lee Qld 3,995 1999 43.22 11.11 35.12 36.41 14.83

889 742 764 755 845

M75 Tom Hancock Vic 4,036 8.4.12 35.10 10.31 35.04 29.17 15.02

807 754 875 666 934

M80 Tom Hancock Vic 4,394 11.6.17 35.75 11.12 29.20 28.99 14.57

955 896 829 749 965

M85 – as above in **Australian records** Feliks Jekabsons 3,805

**AMA AUSTRALIAN MULTI EVENT RECORDS DETAIL as at 1 May 2019**

**THROWS PENTATHLON using 2016 WMA AGE FACTORS – WOMEN**

**AGE NAME STATE POINTS DATE HAMMER SHOTPUT DISCUS JAVELIN WEIGHT**

W30 Byrony Glass WA 3,831 12.4.09 56.99 11.63 38.13 22.83 17.29

1104 637 618 342 1130

W35 Chris Schultz Vic 3,795 7.12.87 38.24 14.77 45.10 36.58 12.68

752 882 787 645 729

W40 Jayne Hardy ACT 3,929 20.4.03 41.86 10.46 37.62 39.32 14.27

915 635 692 766 921

W45 Chris Schultz Vic 4,174 26.7.97 37.24 12.68 42.46 31.12 12.94

873 870 875 645 911

W50 Chris Schultz Vic 4,371 13.7.01 37.88 13.87 40.35 32.18 12.94

902 1028 911 711 819

W55 Mary Thomas NSW 4,285 7.8.99 35.00 11.65 29.79 41.02 10.32

909 925 711 1043 697

W60 Dorn Jenkins Vic 4,443 7.10.15 43.51 8.85 28.72 21.85 15.57 1310 746 768 576 1043

W65 Mary Thomas NSW 3,690 9.1.14 27.50 7.79 23.35 22.55 10.44

862 723 690 686 729

W70 Mary Thomas NSW 4,407 16.8.15 28.82 8.57 22.60 22.69 10.69

1049 921 780 814 843

W75 Helen Searle Qld 4,482 14.2.15 31.68 10.40 20.67 17.35 10.65

1155 1134 743 658 792

W80 Heather Doherty Qld 4,108 8.1.14 21.74 7.11 19.38 17.27 9.42

866 843 829 771 864

W85 Ruth Frith NSW 3,200 7.3.98 15.48 5.57 13.25 9.82 6.51

Old specifications 692 747 660 531 570

W90 Ruth Frith Qld 3,598 24.4.00 13.13 5.22 11.81 9.33 6.00

Old specifications 711 841 756 683 607

W95 Ruth Frith Qld 4,253 Oct 2006 13.71(2kg) 4.99(2kg) 9.49(750g) 7.01 5.58(4kg)

New Specifications - before 1/1/10 – WR not accepted by WMA 993 1003 831 750 676

W100 Ruth Frith Qld 5,743 23.8.09 10.16(2kg) 4.27(2kg) 9.04(750g) 6.43 4.42(4kg)

New Specifications - before 1/1/10 – WR not accepted by WMA 1203 1114 1292 1307 827

W100 Ruth Frith Qld 5,180 2.4.11 10.14 3.96 9.30 5.63 4.68

New Specifications - after 1/1/10 998 1022 1335 1129 696

**THROWS PENTATHLON - *AMA CHAMPIONSHIP RECORDS* – WOMEN**

**AGE NAME STATE POINTS DATE HAMMER SHOTPUT DISCUS JAVELIN WEIGHT**

W30 – as above in **Australian records** Byrony Glass 3,831

W35 Byrony Glass WA 3,621 8.4.12 52.64 11.44 33.55 20.00 16.68

1102 652 553 312 1002

W40 – as above in **Australian records** Jane Hardy 3,929

W45 Chris Schultz Vic 4,160 1996 36.32 13.16 42.16 32.12 12.40

847 909 868 669 867

**AMA AUSTRALIAN MULTI EVENT RECORDS DETAIL as at 1 May 2019**

**THROWS PENTATHLON - *AMA CHAMPIONSHIP RECORDS* – WOMEN**

**AGE NAME STATE POINTS DATE HAMMER SHOTPUT DISCUS JAVELIN WEIGHT**

W50 M. Parviaiven NSW 4,252 13.4.98 51.73 9.11 34.85 22.40 16.29

1301 627 767 489 1068

W55 Helen Searle NSW 4,213 13.4.98 43.20 11.23 28.92 23.94 12.58

1165 887 687 595 879

W60 Dorn Jenkins Vic 4,042 28.4.18 39.84 8.89 20.26 20.01 16.11

1182 750 507 519 1084

W65 Bev Hamilton WA 3,415 5.4.15 26.89 8.22 20.51 16.91 10.39

839 770 591 490 725

W70 Mary Thomas NSW 4,333 5.4.15 28.78 8.28 21.87 22.12 10.86

1047 885 751 791 859

W75 Heather Doherty Qld 3,890 24.4.11 23.30 7.41 22.26 18.22 9.48

856 765 811 697 761

W80 Raema McMillan WA 3,710 4.4.10 22.36 7.03 15.57 14.87 8.33

896 833 640 674 667

W85 Ruth Frith NSW 3,155 13.4.98 14.48 5.52 12.84 10.62 6.43

Old specifications 637 739 635 583 561

W90 & W95 – as above in **Australian records** Ruth Frith W90 3,598 old specifications & W95 4,253 new specifications

W100 Ruth Frith Qld 5,061 4.4.10 10.02 4.37 8.14 5.90 4.13

New Specifications 984 1144 1145 1189 599

**HEAVY WEIGHT PENTATHLON using 2016 AMA AGE FACTORS – MEN**

**AGE NAME STATE POINTS DATE WEIGHT 1 WEIGHT 2 WEIGHT 3 WEIGHT 4 WEIGHT 5**

M30 Grezegorz Urbanowicz WA 2,981 3.10.11 16.59 20lb 14.46 25lb 12.37 35lb 9.83 20kg 7.67 56lb

578 563 585 642 613

M35 Darron Haworth Qld 4,352 6.10.08 23.16 20lb 19.49 25lb 15.69 35lb 12.96 20kg 10.78 56lb

864 812 792 919 965

M40 Ricard Meiring NSW 4,668 2.10.17 23.24 20lb 20.15 25lb 16.14 35lb 12.28 20kg 10.49 56lb

934 909 883 932 1010

M45 Stuart Gyngell NSW 4,576 1.10.12 21.25 20lb 17.77 25lb 14.34 35lb 11.66 20kg 9.83 56lb

914 855 837 952 1018

M50 Grant Edwards ACT 4,647 7.10.13 21.88 16lb 20.88 20lb 17.74 25lb 14.58 35lb 11.30 20kg

836 929 942 940 1000

M55 Grant Edwards ACT 4,675 15.4.18 21.75 16lb 19.85 20lb 16.31 25lb 13.46 35lb 10.44 20kg

896 942 925 926 986

M60 Roger Glass Vic 4,459 25.9.11 21.76 12lb 20.28 16lb 18.31 20lb 15.47 25lb 11.68 35lb

826 860 970 942 861

M65 Geoffrey Gee WA 4,095 1.10.18 21.07 12lb 18.17 16lb 14.42 20lb 12.84 25lb 9.79 35lb

858 851 792 835 754

M70 Graeme Rose Vic 4,326 6.10.14 20.11 4kg 18.94 12lb 15.84 16lb 13.11 20lb 11.22 25lb

836 893 912 827 858

M75 Ken Priestley Vic 4,335 7.10.13 20.00 4kg 15.97 12lb 13.17 16lb 11.78 20lb 9.87 25lb

929 880 803 867 856

M80 Ron Simcock NSW 5,034 5.10.15 22.96 3kg 17.98 4kg 15.64 12lb 12.70 16lb 10.48 20lb

1157 955 1046 947 929

M85 Ewan Drummond ACT 2,195 4.10.10 9.84 3kg 7.47 4kg 7.42 12lb 5.86 16lb 4.34 20lb

496 396 492 442 369

M90 Rad Leovifc ACT 1,697 12.11.17 7.10 3kg 5.72 4kg 4.73 12lb 3.67 16lb 3.43 20lb

407 341 335 289 325

**AMA AUSTRALIAN MULTI EVENT RECORDS DETAIL as at 1 May 2019**

**HEAVY WEIGHT PENTATHLON using 2016 AMA AGE FACTORS - WOMEN**

**AGE NAME STATE POINTS DATE WEIGHT 1 WEIGHT 2 WEIGHT 3 WEIGHT 4 WEIGHT 5**

W30 Karyne Di Marco NSW 4,472 5.10.09 24.25 12lb 20.30 16lb 17.12 20lb 13.94 25lb 10.00 35lb

914 908 934 918 798

W35 Bryony Glass WA 4,655 25.6.16 21.04 12lb 18.32 16lb 16.71 20lb 13.94 25lb 10.29 35lb

860 892 1005 978 920

W40 Jayne Hardy ACT 3,878 6.10.03 17.70 12lb 15.97 16lb 13.74 20lb 10.15 25lb 7.12 35lb

776 837 881 740 644

W45 Althea Mackie Qld 4,245 1.10.18 16.08 12lb 13.94 16lb 12.79 20lb 11.44 25lb 8.01 35lb

770 798 899 944 834

W50 Gabrielle Watts NSW 4,750 1.10.18 18.83 4kg 17.10 12lb 14.94 16lb 13.09 20lb 10.94 25lb

818 874 968 1047 1043

W55 Jayne Hardy ACT 4,260 12.8.18 17.33 4kg 15.04 12lb 12.66 16ib 10.42 20lb 8.08 25lb

823 863 886 886 802

W60 Dorn Jenkins Vic 5,115 24.9.17 21.38 3kg 18.51 4kg 15.44 12lb 12.96 16lb 10.68 20lb

1013 964 1033 1029 1076

W65 Helen Searle Qld 4,970 10.05 20.07 3kg 15.81 4kg 14.79 12lb 11.65 16lb 8.26 20lb

1045 917 1091 1036 881

W70 Jan Banens ACT 4,699 1.11.11 16.53 2kg 13.93 3kg 12.36 4kg 10.06 12lb 7.16 16lb

970 914 997 982 836

W75 Jan Banens ACT 4,250 13.8.17 15.19 2kg 13.42 3kg 11.45 4kg 9.19 12lb 7.71 16lb

833 807 862 865 883

W80 Mary Wahren ACT 2,214 13.8.17 9.03 2kg 7.85 3kg 6.15 4kg 4.58 12lb 3.49 16lb

528 471 461 400 354

**PENTATHLON w/Discus & 200m - using 2016 WMA AGE FACTORS - MEN**

**AGE NAME STATE POINTS DATE LONG J JAVELIN 200M DISCUS 1500M**

M30 Warren Evans Qld 3,275 12.4.03 6.61 49.65 23.29 47.03 5:29.50

723 583 758 809 402

M35 Terry Baldwin Vic 3,494 1.3.98 6.57 52.78 22.8 33.88 4:35.3

760 640 817 551 726

M40 Paul Jeffery WA 3,639 15.3.14 6.26 51.93 24.2 36.86 4:42.5

771 684 755 677 752

M45 Lloyd Mitchelson NSW 3,864 5/85 5.70 49.24 24.6 34.22 4:24.5

716 703 812 690 943

M50 Terry Hicks Vic 3,566 27.2.05 5.75 37.36 25.39 22.25 4:28.30

828 528 890 324 996

M55 Luke De Biasi Vic 3,716 17.3.19 5.88 38.97 25.75 34.23 5:46.49

987 620 860 624 625

M60 Rudi Hochreiter Vic 3,858 3.12.87 4.91 40.54 27.14 39.36 5:21.58

792 698 822 702 844

M65 Rudi Hochreiter Vic 3,798 28.3.92 4.70 35.78 28.42 40.16 6:15

845 676 808 803 666

M70 Mike Johnson Vic 3,816 15.10.91 4.75 28.00 28.1 24.76 6:06.4

1015 571 917 497 816

M75 Don Fraser ACT 3,360 27.2.14 4.26 26.97 33.02 26.36 8:07.47

977 604 708 619 452

M80 Don Fraser ACT 3,550 28.2.19 3.82 26.03 34.04 25.07 9:02.55

957 656 804 689 444

M85 Rad Leovic ACT 2,799 21.2.13 2.66 15.51 42.18 14.81 8:24.93

563 410 562 443 821

M90 Maurice Dauphinet Qld 2,955 19.4.16 2.44 15.51 50.75 18.91 12:13.17

608 518 481 790 558

**AMA AUSTRALIAN MULTI EVENT RECORDS DETAIL as at 1 May 2019**

**PENTATHLON w/Discus & 200m - *AMA CHAMPIONSHIP RECORDS* – MEN**

**AGE NAME STATE POINTS DATE LONG J JAVELIN 200M DISCUS 1500M**

M30 Geoff Gibbons Tas 2,938 24.4.11 5.96 47.52 24.31 29.07 4:37.39

578 552 665 446 697

M35 Paul Jeffery WA 3,170 9.4.12 6.10 50.93 24.21 35.51 4:53.15

650 612 709 584 615

M40 Geoff Gibbons Tas 3,270 12.6.17 5.51 48.89 24.63 32.53 4:46.21

587 635 739 580 729

M45 John Gordon NSW 3,513 1993 5.56 44.52 24.80 28.68 4:36.52

679 620 794 555 865

M50 Ken Daniels ACT 3,209 27.3.89 5.18 37.96 25.6 26.64 5:13.7

666 563 851 410 719

M55 Don Fraser ACT 3,619 1.4.94 5.65 34.06 25.65 29.22 5:18.2

913 549 868 513 776

M55 Luke De Biasi Vic 3,619(=) 29.4.19 5.79 38.61 25.89 31.74 5:44.75

957 613 847 568 634

M60 Quentin Anthony ACT 3,617 20.4.92 5.02 38.78 26.84 36.04 5:58.2

828 660 846 630 653

M65 Mike Johnston Vic 3,325 1.4.91 4.82 28.06 28.7 29.06 5:54.4

888 498 768 452 719

M70 Mike Johnston Vic 3,547 1993 4.46 24.44 29.46 25.24 6:03.78

898 480 831 509 829

M75 Fred O’Connor NSW 3,010 2001 3.63 26.68 32.90 26.31 8:32.08

707 596 717 618 372

M80 Fred O’Connor NSW 3,247 12.4.04 3.58 26.30 36.37 25.27 9:22.0

840 664 661 696 386

M85 Maurice Dauphinet Qld 2,770 24.4.11 2.88 18.63 42.89 20.35 10:46.52

670 521 527 658 394

M90 – as above in **Australian records** Maurice Dauphinet 2,955

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**PENTATHLON w/Shot Put & 100m, using 2016 WMA AGE FACTORS – WOMEN**

**AGE NAME STATE POINTS DATE 100m SHOT PUT LONG J JAVELIN 800M**

W30 Jitka Hiscox Vic 3,236 19.4.16 12.94 11.35 5.60 28.75 2:32.83

778 618 729 453 658

W35 Leonie Hoffman QLD 2,852 9.4.12 12.95 9.49 4.98 29.08 2:54.95

799 518 620 493 422

W40 Lee-Anne Grosvenor Qld 3,290 6.4.15 13.45 9.08 4.64 29.63 2:28.13

796 534 601 553 806

W45 Lisa Crouch Qld 3,572 14.3.09 13.62 10.16 4.63 28.81 2:37.55

853 670 686 590 773

W50 Donna Burgess Vic 3,583 1.4.13 14.32 9.58 4.31 24.63 2:34.73

828 666 671 522 896

W55 Wilma Perkins Qld 3,932 ’04 Raratonga 14.08 ? 4.28 ? 3:08.32

960 ? 768 ? 617

W60 Carol Davis Qld 3,417 17.1.16 14.73 6.42 3.67 18.38 2:55.53

952 505 637 469 854

W65 Carol Davis Qld 4,248 10.2.19 15.09 7.01 3.93 24.13 2:55.26

1003 637 883 741 984

**AMA AUSTRALIAN MULTI EVENT RECORDS DETAIL as at 1 May 2019**

**PENTATHLON w/Shot Put & 100m, using 2016 WMA AGE FACTORS – WOMEN**

**AGE NAME STATE POINTS DATE 100m SHOT PUT LONG J JAVELIN 800M**

W70 Marjorie Allison Qld 3,437 17.1.16 16.63 5.87 3.06 14.52 3:23.59

896 588 609 486 858

W75 Miriam Cudmore SA 3,931 19.4.16 17.37 7.35 3.22 20.42 4:21.86

937 758 853 793 590

W80 Miriam Cudmore SA 4,372 14.3.18 18.4 6.60 2.96 19.71 4:44.94

988 773 975 927 709

W85 Gwen Gleeson ACT 1,980 25.2.16 25.60 3.34 1.51 5.88 6:56.17

492 398 403 283 404

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**PENTATHLON w/Shot Put & 100m - *AMA CHAMPIONSHIP* *RECORDS* – WOMEN**

**AGE** **NAME STATE POINTS DATE 100m SHOT PUT LONG J JAVELIN 800M**

W30 - as above in **Australian records** Jitka Hiscox 3,236

W35 – as above in **Australian records** Leonie Hoffman 2,852

W40 - as above in **Australian records** Lee-Anne Grosvenor 3,290

W45 Rachel Little Vic 3,322 6.4.15 13.64 8.57 4.53 21.33 2:30.32

850 545 651 413 863

W50 – as above in **Australian records** Donna Burgess 3,583

W55 Gianna Mogentale NSW 3,708 29.4.19 13.72 7.01 4.39 21.73 2:44.67

1018 503 813 504 870

W60 Margaret Taylor ACT 3,394 13.4.09 14.81 7.18 4.24 16.38 3:20.34

941 581 880 387 605

W65 Carol Davis Qld 3,715 19.4.16 14.65 5.80 3.47 15.38 2:50.54

New Specification – 500g javelin 1068 505 668 438 1036

W70 Anne Lang SA 3,222 6.4.15 17.84 6.37 2.66 14.82 3:17.94

New Specification – 500g javelin 735 649 428 498 428

W75 - as above in **Australian records** Miriam Cudmore 3,931

W80 Jo Klemke ACT 2,634 29.4.19 22.02 5.50 2.08 10.28 5:07.61

502 621 428 437 566

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**DECATHLON using 2016 WMA AGE FACTORS**

**AGE NAME STATE POINTS DATE 100M LONG J SHOTPUT HIGH J 400M**

**HURDLES DISCUS POLE V JAVELIN 1500M**

M30 Matt McEwan Qld 7,705 15.2.03 11.23 7.20 15.08 1.97 49.78

810 862 795 785 825

16.2.03 15.22 42.91 4.80 56.64 4:57.93

796 724 849 687 572

*M30 Stephen Cain Vic 7,787 July 2014 11.33 6.73 13.87 1.99 51.07*

*789 750 720 794 766*

*14.85 44.87 4.90 62.68 4:40.29*

*868 764 880 778 678*

M35 Geoffrey Gibbons Tas 6,696 14.1.12 11.70 6.31 10.92 1.73 51.01

742 700 565 602 849

15.1.12 16.31 34.13 4.06 50.41 4:37.66

716 556 651 604 711

**AMA AUSTRALIAN MULTI EVENT RECORDS DETAIL as at 1 May 2019**

**DECATHLON using 2016 WMA AGE FACTORS**

**AGE NAME STATE POINTS DATE 100M LONG J SHOTPUT HIGH J 400M**

**HURDLES DISCUS POLE V JAVELIN 1500M**

M40 Geoffrey Gibbons Tas 7,022 7.1.17 11.79 6.29 10.20 1.71 52.85

795 778 567 619 841

8.1.17 15.71 28.83 3.90 48.41 4:39.55

853 499 673 627 770

M45 Mark Jeffery WA 7,299 14.1.16 12.42 5.67 10.15 1.77 56.26

744 707 619 758 772

15.1.16 18.76 37.65 4.20 52.12 5:02.10

607 774 856 754 708

M50 Terry Hicks Vic 6,167 20.11.04 13.11 5.57 8.06 1.50 56.33

691 776 452 577 846

21.11.04 19.45 28.47 2.40 37.45 4:24.34

461 447 342 553 1022

M55 Dave Varley Qld 6,537 23.9.17 12.79 4.79 8.28 1.42 60.14

830 648 517 577 776

24.9.17 17.24 28.69 3.00 43.97 5:47.02

742 501 603 720 623

M60 Rudi Hochreiter Vic 6,911 27.7.89 13.18 4.82 11.53 1.41 63.21

841 762 752 653 745

28.7.89 19.62 41.46 2.30 42.12 5:48.33

554 748 423 731 702

M65 Don Fraser ACT 6,746 19.2.05 13.56 4.80 9.07 1.35 67.67

861 881 627 687 680

20.2.05 19.62 33.68 2.20 37.14 6:36.60

629 648 457 708 568

M70 Geoff Shaw Vic 7,307 12.1.19 14.87 4.49 8.12 1.40 1:08.72

736 910 509 868 757

13.1.19 15.76 25.45 3.10 27.08 6:21.45

759 514 988 522 744

M75 Fred O’Connor NSW 6,748 29.7.99 14.91 3.99 9.15 1.21 78.34

850 859 655 731 610

30.7.99 15.86 29.65 1.90 25.88 7:58.9

776 715 496 574 482

M80 Don Fraser ACT 6,121 13.4.19 16.39 3.82 9.28 1.14 1:40.70

769 957 779 767 285

14.4.19 21.72 26.14 1.40 26.61 8:51.85

401 725 340 674 477

M85 Vic Younger Qld 4,637 1999 19.13 3.17 6.55 1.10 2:47.21

595 818 548 859 0

27.34 17.82 1.70 17.22 DNF

161 559 626 471 0

M90 Vic Younger Vic 3,133 **WR** 22.2.03 31.69 2.25 5.86 0.92 DNF

0 508 572 705 0

23.2.03 49.76 13.72 1.15 13.30 DNF

0 533 391 424 0

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**DECATHLON - *AMA CHAMPIONSHIP RECORDS***

**AGE NAME STATE POINTS DATE 100M LONG J SHOTPUT HIGH J 400M**

**HURDLES DISCUS POLE V JAVELIN 1500M**

M30 Warren Evans Qld 6,352 22.2.03 11.64 6.39 12.20 1.73 53.70

723 673 619 577 652

23.2.03 16.15 44.02 4.65 53.38 6:08.95

689 747 804 639 229

**AMA AUSTRALIAN MULTI EVENT RECORDS DETAIL as at 1 May 2019**

**DECATHLON - *AMA CHAMPIONSHIP RECORDS***

**AGE NAME STATE POINTS DATE 100M LONG J SHOTPUT HIGH J 400M**

**HURDLES DISCUS POLE V JAVELIN 1500M**

M35 Geoff Gibbons Tas 6,487 28.2.15 11.62 6.19 11.04 1.71 51.73

759 670 573 585 817

1.3.15 16.21 30.72 4.20 42.65 4:41.20

727 487 693 488 688

M40 – as above in **Australian records** Geoffrey Gibbons 7,022

M45 Justin Hanrahan Vic 7,216 28.2.15 11.76 6.17 11.30 1.77 54.34

676 842 703 758 852

1.3.15 17.99 33.83 3.30 43.73 5:10.42

681 680 557 607 660

M50 Peter Murray NSW 5,567 28.2.15 12.72 4.97 10.47 1.47 59.11

763 608 623 544 736

1.3.15 19.01 22.73 2.50 36.03 5:38.40

499 333 371 504 586

M55 Nelson Viney Qld 5,192 22.2.03 13.40 4.79 7.43 1.25 66.80

717 648 452 411 541

23.2.03 21.85 22.58 3.25 29.55 5:54.07

336 368 696 435 588

M60 Greg Mamalis NSW 5,875 22.2.03 13.95 4.89 10.00 1.34 70.36

703 785 636 577 507

23.3.03 18.67 30.38 2.65 27.19 6:21.87

642 509 554 420 542

M65 – as above in **Australian record** Don Fraser 6,746

M70 - as above in **Australian** record Geoff Shaw 7,307

M75 Don Chambers Vic 4,566 4/5.1.14 16.10 3.67 8.54 1.10 92.31

665 723 603 585 274

18.44 16.73 1.85 19.15 dnf

509 347 472 388 0

M80 Rad Leovic ACT 3,765 28.2.09 19.40 2.88 7.26 0.98 1:43.54

383 527 541 528 235

1.3.09 25.46 12.70 NH 17.66 7:49.17

168 289 0 399 695

M90 – as above in **Australian records** Vic Younger 3,133

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**HEPTATHLON using 2016 WMA AGE FACTORS**

# AGE NAME STATE PTS DATE HRDLES HIGHJ SHOT 200M LONGJ JAV 800M

W30 Jitka Hiscock NSW 4,626 1.4.16 15.46 1.52 11.44 26.81 5.30 32.09 2:30.34

782 644 624 728 643 516 689

W35 Marie Kay NSW 4,897 29/30.8.99 15.76 1.59 10.39 26.97 5.25 34.82 2:35.73

773 818 580 782 703 609 632

W40 Marie Kay NSW 5,609 4/5.7.01 12.61 1.64 10.14 26.68 5.55 33.11 2:32.82

851 978 612 893 899 629 747

W45 Marie Kay Qld 6,006 **WR** 8.09 12.32 1.60 10.79 26.96 5.05 32.30 2:41.70

1058 1041 719 960 831 673 724

W50 Marie Kay Qld 6,202 **WR** 6/7.7.11 12.93 1.51 11.52 27.77 5.13 31.97 2:51.40

953 1041 829 986 985 706 702

W55 Marie Kay Qld 6,682 **WR** 6/7.8.15 12.89 1.42 11.09 27.88 4.93 32.48 2:57.40

1132 1029 874 1075 1040 803 729

**AMA AUSTRALIAN MULTI EVENT RECORDS DETAIL as at 1 May 2019**

**HEPTATHLON using 2016 WMA AGE FACTORS**

# AGE NAME STATE PTS DATE HRDLES HIGHJ SHOT 200M LONGJ JAV 800M

W60 Marge Allison Qld 5,076 28/29.7.08 15.10 1.24 6.93 31.90 3.66 18.48 2:53.86

843 855 556 868 634 448 872

W65 Wilma Perkins Qld 5,475 28/29.10.16 15.09 1.15 8.26 31.95 3.44 20.78 3:38.36

1037 842 775 971 657 624 569

W70 Marge Allison Qld 5,342 27/28.4.17 17.35 1.11 5.75 33.86 2.94 13.84 3:21.25

974 916 573 986 554 459 880

W75 Frances Harris ACT 4,215 28/29.10.16 21.39 1.00 6.84 44.85 2.37 15.64 5:04.22

813 855 696 528 411 584 328

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**HEPTATHLON - *AMA CHAMPIONSHIP RECORDS***

# AGE NAME STATE PTS DATE HRDLES HIGHJ SHOT 200M LONGJ JAV 800M

W30 Leanne McMurdy Qld 3,192 22/23.2.03 19.08 1.42 8.10 28.00 4.69 21.97 2:52.82

383 534 406 631 477 326 435

W35 Jennifer Baldwin Vic 3,945 9/10.2.02 18.35 1.41 9.01 28.23 4.78 29.06 2:34.63

480 599 486 680 562 493 645

W40 Lee-Anne Grosvenor Qld 4,068 4/5.1.14 15.75 1.27 9.05 27.92 4.54 27.41 2:33.40

424 512 532 789 567 504 740

W45 Karen Carah Vic 4,883 9/10.1.16 13.73 1.48 9.02 29.20 4.57 29.04 2:57.02

843 867 580 777 665 595 556

W50 Wilma Perkins Qld 4,406 22/23.2.03 15.77 1.24 9.45 29.91 4.34 22.71 3:05.02

563 632 655 816 683 497 560

W55 Wilma Perkins Qld 5,200 19/20.2.05 15.15 1.23 9.15 30.30 4.40 24.13 3:03.31

813 724 697 883 816 600 667

W60 Christine Bridle Vic 4,322 12/13.1.19 18.63 1.24 7.25 32.60 3.49 20.06 3:27.5

439 855 587 817 567 521 538

W65 Kathryn Heagney Vic 3,065 6/7.1.18 31.80 0.88 5.88 35.33 3.00 10.88 3:28.2

0 399 514 741 469 285 657

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**INDOORS PENTATHLON using 2016 WMA AGE FACTORS – MEN**

**AGE NAME STATE PTS DATE 60m HURDLES HIGH JUMP SHOT PUT LONG JUMP 1000M**

*M35 Matthew McDowall WA 3,292 10.3.18 9.22 1.76 11.93 6.18 3:03.78*

*728 627 629 668 640*

M40 Geoffrey Gibbons Tas 3,564 22.3.17 8.83 5.88 10.37 1.69 2:53.38

893 675 579 602 815

M50 Andrew Brooker WA 3,292 27.3.19 10.83 1.63 9.20 5.06 3:08.58

605 705 533 632 817

M55 John Fienieg NSW 2,932 4.4.12 11.45 1.48 8.51 4.57 3:43.62

581 636 534 584 597

M60 John Fienieg NSW 2,891 22.3.17 12.04 4.19 8.55 1.36 3:46.38

539 563 526 602 661

M65 Joe Begley Qld 2,479 27.3.19 12.70 1.12 7.85 3.94 4:34.46

524 426 527 582 420

**AMA AUSTRALIAN MULTI EVENT RECORDS DETAIL as at 1 May 2019**

**INDOORS PENTATHLON using 2016 WMA AGE FACTORS – MEN**

**AGE NAME STATE PTS DATE 60m HURDLES HIGH JUMP SHOT PUT LONG JUMP 1000M**

M70 Don Chambers Vic 2,990 2.3.10 10.73 1.11 8.85 3.70 5:00.31

913 496 602 606 373

M75 Don Chambers Vic 2,968 25.3.14 11.33 1.15 8.98 3.63 dnf

903 669 685 711 0

M80 Rad Leovic ACT 2,883 2008 15.33 0.99 7.37 2.91 4:47.96

456 544 592 540 751

M85 Rad Leovic ACT 2,239 25.3.14 25.35 0.91 6.34 2.26 5:35.95

0 544 574 388 733

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**INDOORS PENTATHLON using 2016 WMA AGE FACTORS - WOMEN**

**AGE NAME STATE PTS DATE 60m HURDLES HIGH JUMP SHOT PUT LONG JUMP 800M**

W35 Melissa Foster WA 2,282 24.3.17 10.20 NH 8.43 5.33 3:00.62

742 0 446 726 368

W40 Marie Kay NSW 3,431 16.3.04 9.71 1.45 8.80 5.13 2:57.32

952 736 514 756 473

W45 Marie Kay NSW 4,312**WR** 18.3.06 9.43 1.51 10.02 5.41 2:39.79

1026 916 658 965 747

W50 Marie Kay Qld 4,758**WR** 1.3.10 9.55 1.51 12.30 5.16 2:46.78

1075 1041 894 994 754

W60 Wilma Perkins Qld 3,473 25.3.14 11.28 1.18 7.96 3.96 3:48.42

918 759 659 764 373

W65 Marge Allison Qld 3,799 1.3.10 11.53 1.17 6.57 3.13 3:08.99

969 879 589 522 840

W75 Fran Harris ACT 2,400 24.3.17 15.52 0.94 6.03 2.11 5:45.37

629 736 598 294 143