

VICTORIAN MASTERS ATHLETICS (INC) & VICTORIAN OVER 30 RECORDS as at 10/9/21

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* Australian Masters Record

World Masters Record

Italics indicates record set when not a VMA member (you need to be a financial member to receive a certificate), or a medically pending record.

Note: only one decimal place indicates hand timing.

MEN				WOMEN					
60 METRES		DATE	LOCATION	60 METRES		DATE	LOCATION		
M30	*Robert Vidler	6.96	21/4/11	Brisbane	W30	Angela Phillips	8.12	6/4/12	Albert Park
M35	*Robert Vidler	7.21	6/4/12	Albert Park		<i>Angela Phillips</i>	7.32	3/4/11	Doncaster
M40	Leigh Phelan	7.26	26/3/17	Doncaster	W35	Jess Dux	8.21	18/8/19	Doncaster
M45	Mark Harper	7.31	24/4/21	Doncaster	W40	Narelle Lehmann	8.04	6/4/12	Albert Park
M50	Peter O'Dwyer	7.55	24/3/19	Doncaster	W45	Linda Buttigieg	8.56	2/4/10	Perth
M55	Paul Turner	7.81	29/3/09	Box Hill	W50	Jacinta Burns	8.70	26/4/18	Perth
M60	Paul Turner	8.02	15/3/15	Doncaster	W55	Linda Caligiuri	8.88	27/4/19	Albert Park
M65	Bob Wishart	8.19	29/3/09	Box Hill	W60	Margaret Tweedie	9.44	26/3/17	Doncaster
M70	Bob Wishart	8.56	25/3/12	Doncaster	W65	Vivienne Cash	9.77	27/4/19	Albert Park
M75	*Bob Wishart	8.64	24/3/19	Doncaster	W70	Jan Morrey	10.17	21/3/10	Murrumbeena
M80	Graeme Noden	9.67	24/3/19	Doncaster	W75	Gladys Wishart	11.21	24/3/19	Doncaster
M85	Leo Coffey	10.78	15/3/15	Doncaster	W80	Shirley Coppock	12.39	26/3/17	Doncaster
M90	*Jim Sinclair	12.12	3/4/15	Bankstown	W85	Shirley Coppock	14.40	24/4/21	Doncaster
M95	*Jim Sinclair	15.24	1/9/19	Mackay	W90	*Margaret Prowse	25.54	25/3/12	Doncaster
100 METRES				100 METRES					
M30	Robert Vidler	10.89	20/3/10	Murrumbeena	W30	Lisa Ford	12.4	6/12/97	Geelong
	<i>Adam Basil</i>	10.33	26/11/05			<i>Suzanne Broadrick</i>	11.57	18/8/00	Sydney
M35	Peter O'Dwyer	11.04	8/10/02	Olympic Park	W35	Debra Tomsett	12.3	19/3/94	Aberfeldie
M40	Simon Jackson	11.20	2/3/19	Albert Park		<i>Suzanne Broadrick</i>	11.89	10/1/04	Perth
M45	Bob Wishart	11.2	18/3/89	Murrumbeena	W40	Debra Tomsett	12.4	28/3/98	Murrumbeena
	Mark Harper	11.43	24/4/21	Doncaster	W45	Barbara Blurton	12.9	25/3/95	Aberfeldie
M50	Gary Barker	11.6	25/3/95	Aberfeldie	W45	Margaret Tweedie	12.9	16/3/02	Murrumbeena
	Peter O'Dwyer	11.81	24/3/18	Doncaster	W50	Margaret Tweedie	13.5	20/1/07	Bendigo
M55	Gary Barker	11.8	20/3/99	Murrumbeena	W55	Linda Caligiuri	14.04	19/12/20	Aberfeldie
M60	Bob Wishart	12.3	1/4/06	Murrumbeena	W60	Kathy Heagney	14.42	24/3/12	Doncaster
M65	Bob Wishart	12.96	28/3/09	Box Hill	W65	Jan Morrey	15.26	5/3/05	Murrumbeena
M70	*Bob Wishart	13.28	6/4/12	Albert Park	W70	Gwen Davidson	15.9	20/3/93	Murrumbeena
M75	*Bob Wishart	13.56	25/3/17	Doncaster	W75	Gwen Davidson	18.00	9/99	Adelaide
M80	*Leo Coffey	15.27	21/4/11	Brisbane	W80	*Gwen Davidson	19.93	2/11/03	Canberra
M85	*Charlie Booth	16.98	7/89	Eugene USA	W85	*Shirley Coppock	22.16	24/4/21	Doncaster
M90	*Jim Sinclair	19.63	14/3/15	Doncaster	W90	*Margaret Prowse	43.22	6/4/12	Albert Park
M95	*Jim Sinclair	25.39	2/9/19	Mackay					
200 METRES				200 METRES					
M30	Terry Baldwin	22.4	24/3/96	Murrumbeena	W30	Lisa Ford	25.5	14/12/96	Olympic Park
	<i>Cameron Mackenzie</i>	21.18	17/2/00	Melbourne		<i>Denise Boyd</i>	23.09	20/3/83	Melbourne
M35	*Peter O'Dwyer	21.98	30/11/02	Geelong	W35	Chris McArdle	25.55	3/8/89	Oregon USA
M40	Bob Wishart	22.0	14/3/82	Collingwood		Debra Tomsett	25.3	20/3/94	Aberfeldie
M45	Mark Harper	23.37	25/4/21	Doncaster		<i>Suzanne Broadrick</i>	24.68	27/1/04	Aberfeldie
M50	Joe Tennant	23.4	1976	Box Hill	W40	Narelle Lehmann	26.48	7/4/12	Albert Park
M55	Keith Howden	24.68	15/4/01	Bankstown NSW	W45	Barbara Blurton	26.0	24/3/96	Murrumbeena
M60	Rob Mayston	25.48	26/3/17	Doncaster	W50	Anne Stobaus	27.7	24/3/96	Murrumbeena
M65	Bob Wishart	27.16	21/3/10	Murrumbeena	W55	Anne Stobaus	28.8	16/3/97	Aberfeldie
M70	Charles Scarff	28.1	20/3/94	Aberfeldie	W60	*Margaret Tweedie	29.99	1/11/16	Perth
M75	*Bob Wishart	28.42	26/3/17	Doncaster	W65	Vivienne Cash	32.75	28/4/19	Albert Park
M80	*Mike Johnston	31.82	31/3/02	Adelaide	W70	Jan Morrey	34.05	3/4/10	Perth
M85	*Mike Johnston	35.79	10/9/07	Riccione	W75	Lavinia Petrie	40.08	15/10/18	Doncaster
M90	*Jim Sinclair	43.12	15/3/15	Doncaster	W80	Shirley Coppock	44.35	26/3/17	Doncaster
M95					W85	*Shirley Coppock	50.16	25/4/21	Doncaster
					W90	*Margaret Prowse	97.22	3/4/11	Doncaster
400 METRES				400 METRES					
M30	Andrew Wilcox	49.41	11/10/02	Olympic Park	W30	Rhonwen Binney	58.3	4/90	Olympic Park
	<i>Cameron Mackenzie</i>	46.87	15/1/00	Canberra		<i>Raelene Boyle</i>	51.08	4/9/82	Brisbane
M35	Peter O'Dwyer	48.69	11/10/02	Olympic Park	W35	Debra Tomsett	58.04	30/3/95	Olympic Park
	<i>Andrew Wilcox</i>	48.13	14/2/04	Olympic Park	W40	Judy Pollock	57.0	2/4/83	Olympic Park
M40	*Robert McCubbin	49.33	12/4/04	Olympic Park	W45	*Barbara Blurton	57.91	7/95	Buffalo USA
M45	Andrew Wilcox	51.28	14/8/15	Lyon France	W50	Barbara Blurton	61.11	13/7/01	Brisbane
M50	Andrew Wilcox	53.16	23/2/19	Alberk Park	W55	Anne Stobaus	64.2	16/11/96	Aberfeldie
M55	*Colin McCurry	55.08	11/7/03	Puerto Rico	W60	*Anne Stobaus	67.30	10/7/01	Brisbane
M60	Robert Mayston	57.72s	28/4/18	Perth	W65	Kathryn Heagney	73.96	19/3/16	Doncaster
M65	Keith Howden	61.5	16/8/11	Collingwood	W70	*Anne Stobaus	76.63	16/7/11	Sacramento
M70	Mike Johnston	66.02	7/95	Buffalo USA	W75	Lavinia Petrie	89.1	8/10/18	Doncaster
M75	Mike Johnston	68.57	11/4/98	Brisbane	W80	Shirley Coppock	116.68	25/3/17	Doncaster
M80	Mike Johnston	72.85	1/4/02	Adelaide	W85	*Shirley Coppock	140.26	24/4/21	Doncaster
M85	*Mike Johnston	1.25.99	17/3/07	Murrumbeena	W90	*Margaret Prowse	216.47	2/4/11	Doncaster
M90	*Jim Sinclair	1.51.93	5/4/15	Bankstown					
800 METRES				800 METRES					
M30	Paul Schnyder	1.55.4	29/3/97	Olympic Park	W30	Rosemary Lucas	2.14.4	1/3/86	Adelaide
	<i>Jeffery Risely</i>	1.45.41	8/8/21	Tokyo		<i>Margaret Crowley</i>	1.59.97	8/9/00	Brisbane
M35	*Robert McCubbin	1.53.10	18/1/03	Ballarat	W35	Ann Holcombe	2.12.9	12/2/85	Olympic Park

	<i>*James McEniry</i>	1.52.00	18/2/06	MCG Melb		Anna Kasapis	2.12.90	10/11/16	Albert Park
M40	*Robert McCubbin	1.51.56	14/3/04	Canberra		<i>*Judy Pollock</i>	1.59.93	14/7/76	Montreal
M45	Neil MacDonald	1.59.11	1/8/89	Eugene USA	W40	Judy Pollock	2.12.1	20/3/83	Sandringham
M50	Tom Roberts	2.00.7	22/4/84	Canberra	W45	Barbara Blurton	2.14.7	16/2/96	Olympic Park
M55	*Tom Roberts	2.05.07	7/89	Eugene USA	W50	Barbara Blurton	2.24.5	17/6/01	Doncaster
M60	Mark Hipworth	2.15.35	14/1/21	Box Hill	W55	Ann Holcombe	2.25.0	27/8/02	Murrumbeena
M65	Michael Barrand	2.19.96	13/8/82	USA	W60	Anne Stobaus	2.40.28	9/7/01	Brisbane
M70	Kevin Solomon	2.30.45	11/9/18	Malaga	W65	Anne Stobaus	2.55.99	Oct 2009	Sydney
M75	Mike Johnston	2.51.71	29/3/97	Olympic Park	W70	*Anne Stobaus	3.03.94	11/7/11	Sacramento
M80	Mike Johnston	3.05.6	24/3/02	Murrumbeena	W75	*Lavinia Petrie	3.18.2	8/10/18	Doncaster
M85	*Mike Johnston	3.34.5	18/3/07	Murrumbeena	W80	Margaret Prowse	6.42.29	6/3/05	Murrumbeena
M90	Eddie Gamble	6.16.13	14/4/06	Canberra	W85	Margaret Prowse	6.35.91	14/4/06	Canberra
1500 METRES					1500 METRES				
M30	Tim Crosbie	3.58.7	20/3/93	Murrumbeena	W30	Kate Seibold-Crosbie	4.25.11	26/1/06	Canberra
	<i>*Pat Scammell</i>	3.35.62	17/7/91	Rome		<i>*Linden Hall</i>	3.59.01	4/9/21	
M35	Dean Paulin	3.56.45	11/10/02	Olympic Park	W35	Anna Kasapis	4.30.27	26/2/16	Albert Park
	<i>*Pat Scammell</i>	3.44.25	14/6/96	Ingolstadt		<i>*Judy Pollock</i>	4.14.22	28/7/76	Montreal
M40	*Richard Polkinghorn	3.55.32	17/2/06	MCG Melb	W40	Dot Browne	4.31.8	3/4/83	Olympic Park
M45	*Robert Schwerkolt	4.00.20	15/3/11	Box Hill	W45	Judy Pollock	4.40.4	4/85	Toronto
M50	#Tom Roberts	4.05.2	22/3/84	Murrumbeena	W50	Bronwen Cardy	4.59.2	16/3/02	Aberfeldie
M55	Jack Ryan	4.17.6		Box Hill	W55	*Ann Holcombe	5.00.1	23/11/02	Murrumbeena
M60	Kevin Solomon	4.39.89	8/3/08	Olympic Park	W60	Jean Albury	5.36	4/90	Olympic Park
M65	*Jack Ryan	4.41.82	11/87	Melbourne		Jan Morrey	5.36.93	5/11/00	Southport
M70	Randall Hughes	5.14.8	25/3/95	Aberfeldie	W65	*Lavinia Petrie	5.56.1	30/1/10	Doncaster
M75	Randall Hughes	5.32.09	3/4/99	Canberra	W70	*Lavinia Petrie	6.04.06	3/11/14	Gold Coast
M80	Bob Lewis	6.34.57	22/3/08	Blacktown	W75	*Lavinia Petrie	6.48.39	24/4/21	Doncaster
M85	*Peter Brownbill	7.53.0	13/3/04	Murrumbeena	W80	Jean Knox	10.41.9	8/3/08	Olympic Park
M90	*Peter Brownbill	9.32.0	4/6/08	Mentone	W85				
1 MILE					1 MILE				
M30	Matt Hallett	6.21	11/6/19	Collingwood	W30	Kate Seibold-Crosbie	5.00.49	29/9/05	Olympic Park
	<i>*Pat Scammell</i>	3.55.17	25/2/92	Olympic Park		<i>*Linden Hall</i>	4.21.38	4/9/21	Brussels
M35	Tim Crosbie	4.35.5	2/3/00	East Burwood	W35	Anna Kasapis	4.54.2	23/2/16	Albert Park
	<i>*Steve Austin</i>	4.08.97	18/12/86	Olympic Park	W40	Anna Kasapis	4.58.5	6/2/18	Melbourne Uni
M40	Tony Wilson	4.21.27	13/12/07	Olympic Park	W45	Kate Seibold	5.34.51	9/2/21	Box Hill
M45	*Robert Schwerkolt	4.27.70	16/2/12	Melbourne Uni	W50	Stacey van Dueren	5.42.8	16/2/12	Melbourne Uni
M50	*Tom Roberts	4.30.06	6/12/87	Olympic Park	W55	Bronwen Cardy	5.38.26	30/1/07	Olympic Park
M55	Jack Ryan	4.40.4	15/12/77		W60	Lavinia Petrie	6.05.7	26/2/04	East Burwood
M60	Mark Hipworth	5.14.15	9/2/21	Box Hill	W65	*Theresa Baird	6.30.4	11/7/07	Noble Park
M65	*Jack Ryan	5.05.61	6/12/87	Olympic Park	W70	*Lavinia Petrie	6.33.96	31/3/14	Doncaster
M70	George Rennie	5.53.6	22/8/12	Collingwood	W75	Lavinia Petrie	7.11.9	17/9/18	Doncaster
M75	Bob Lewis	6.26.5	26/2/04	East Burwood	W80				
M90	#Peter Brownbill	10.30.9	18/6/08	Mentone	W85	*Margaret Prowse	13.34.3	24/9/07	Doncaster
3,000 METRES					3,000 METRES				
M30	Matt Hallett	9:50	18/6/19	Collingwood	W30	Kate Seibold-Crosbie	9.45.60	9/3/06	Olympic Park
	<i>*Darren Lynch</i>	7.45.53	20/2/99	Sydney		<i>*Sarah Jamieson</i>	8.48.41	3/8/07	London
M35					W35	Anna Kasapis	9.56.60	10/11/15	Albert Park
	<i>*Steve Moneghetti</i>	8.09.47	10/12/97	Melbourne	W40	Anna Kasapis	9.59.94	1/4/21	Box Hill
M40	Tim Crosbie	8.57.21	30/11/02	Geelong	W45	Julie Norney	10.13	19/12/13	Melb Uni
M45	Robert Schwerkolt	8.49.0	10/4/11	Murrumbeena		<i>*Trish Wallace</i>	9.56.7	21/10/95	Melbourne
M50	Christopher Lynch	9.16.9	5/11/05	Box Hill	W50	*Julie Norney	10.29.84	1/4/21	Box Hill
M55	Jack Ryan	9.12.8	24/1/78	Olympic Park	W55	*Stacey van Dueren	10.54.6	20/12/12	Albert Park
M60	Peter Rushen	10.20.04	1/4/21	Box Hill	W60	Lavinia Petrie	11.58.9	6/12/03	Knox
M65	Mike McAvoy	11.15.29	13/9/00	Geelong	W65	*Theresa Baird	12.07.18	25/4/07	Springvale
M70	Kevin Solomon	11.31.07	24/3/19	Torun	W70	#Lavinia Petrie	12.52.03	18/11/14	Bendigo
M75	Ashley Page	14.20	15/4/18	Moorabbin	W75	Lavinia Petrie	15.45.6	8/10/18	Doncaster
M80	Bob Lewis	15.08	2/10/08	East Burwood	W80	Pam Mews	28.50	23/4/17	Murrumbeena
M90	*Eddie Gamble	24.28.6	18/6/05	Mentone	W85	Margaret Prowse	26.21.8	24/9/07	Doncaster
5,000 METRES					5,000 METRES				
M30	Stephen Dinneen	14.41.02	8/10/13	Geelong	W30	Kate Seibold-Crosbie	16.48.36	19/11/06	Burwood
	<i>*Steve Austin</i>	13.22.98	14/7/81	Lausanne		<i>*Sarah Jamieson</i>	15.02.90	24/3/06	MCG Melb
M35	Colin O'Brien	14.42.3	2/4/83	Murrumbeena	W35	Dot Browne	17.43.9		Box Hill
	<i>*Steve Moneghetti</i>	13.43.95	25/2/98	Melbourne		<i>*Anne Cross</i>	15.26.65	8/9/00	Brisbane
M40	*Steve Austin	14.01.7	28/11/91	Melbourne	W40	Sinead Diver	16.13.3	27/2/18	Melbourne Uni
M45	*Steve Austin	14.59	12/11/97	Springvale	W45	*Dot Browne	17.33.3	30/3/86	Adelaide
M50	*Colin O'Brien	15.49.3	15/6/97	Doncaster	W50	*Bronwen Cardy	17.44.75	31/3/02	Adelaide
M55	Jack Ryan	15.52.8	24/4/78	Olympic Park	W55	*Stacey van Dueren	18.37.25	22/11/12	Albert Park
M60	Ewen Wilson	17.52.83	31/3/13	Canberra	W60	*Theresa Baird	19.21.3	28/11/01	Noble Park
M65	Stan Nicholls	18.10			W65	*Theresa Baird	20.42.5	18/3/07	Murrumbeena
M70	Randall Hughes	19.38	30/3/97	Olympic Park	W70	#Lavinia Petrie	21.34.08	9/3/14	Hobart
M75	*Randall Hughes	20.18.04	4/4/99	Canberra	W75	#Lavinia Petrie	23.30.93	28/4/19	Albert Park
M80	Bob Lewis	25.09.27	23/3/08	Blacktown	W80				
M85	Peter Brownbill	29.24.79	11/4/04	Olympic Park	W85	*Margaret Prowse	45.33.2	24/9/07	Doncaster
M90	*Peter Brownbill	36.52.1	21/5/08	Mentone	W90				
10,000 METRES					10,000 METRES				
M30	Gregory Adam	41.24	14/5/19	Collingwood	W30	Georgann Peterson	36.52.8	4/87	NSW
	<i>*Steve Moneghetti</i>	27.48.94	14/12/95	Olympic Park		<i>Carolyn Schuwalow</i>	32.35.83	5/12/98	Melbourne
M35	Graeme Kipp	30.41.2	1/4/83	Olympic Park	W35	Petrina Trowbridge	35.49	16/12/86	Olympic Park
	<i>*Steve Moneghetti</i>	28.09.96	18/12/97	Olympic Park		<i>Carolyn Schuwalow</i>	34.29.25	17/8/00	Sydney
M40	*Steve Austin	29.23.05	4/92	Olympic Park	W40	#Sinead Diver	31.25.49	28/9/19	Doha

	<i>*Steve Moneghetti</i>	28.33.68	14/12/02	Olympic Park	W45	*Bronwen Cardy	36.06.26	13/4/01	Bankstown
M45	Rodney Goodwin	32.16.19	12/87	Olympic Park	W50	Theresia Baird	38.00.3	4/92	Hobart
	<i>*John Wilson</i>	31.29	1/12/03	Olympic Park	W55	*Bronwen Cardy	37.50.93	6/4/07	Hobart
M50	Grant Simpson	33.11	4/12/19	Aberfeldie	W60	*Theresia Baird	39.21.1	27/10/01	Murrumbeena
M55	Jack Ryan	33.36.2			W65	Theresia Baird	42.07.1	20/5/07	Collingwood
M60	Peter Rushen	37.02.5	11/5/21	Collingwood	W70	#Lavinia Petrie	44.36.7	6/12/16	Aberfeldie
M65	Stan Nicholls	37.52.2	15/11/77	Box Hill	W75	Lavinia Petrie	50.17.3	11/5/21	Collingwood
M70	Alan Burgoyne	40.40	17/12/85	Olympic Park					
M75	*Randall Hughes	43.05.41	21/4/00	Hobart					
M80	Bob Lewis	52.24.4	21/3/08	Blacktown					
M85	*Ken Matchett	60.52.92	6/4/07	Hobart					
ONE HOUR RUN (currently not listed by WMA)					ONE HOUR RUN (currently not listed by WMA)				
M30					W30	Kym Osmond	14,111	28/9/15	Doncaster
	<i>John Duck</i>	18,249	1983	Glen Waverley	W35	Julie Norney	14,674	24/9/07	Doncaster
M35	Peter Hannaford	18,304		Glen Waverley	W40	Julie Norney	15,101	26/9/11	Doncaster
	<i>*Magnus Michelsson</i>	19,471	17/12/05	Geelong	W45	#Julie Norney	15,421	28/9/15	Doncaster
M40	Peter Hannaford	17,719		Waverley	W50	#Stacey Van Dueren	15,142	27/9/10	Doncaster
	<i>#Steve Moneghetti</i>	19,710	17/12/05	Geelong	W55	#Bronwen Cardy	15,323	24/9/07	Doncaster
M45	Robert Schwerkolt	17,621	26/9/11	Doncaster	W60	#Bronwen Cardy	14,109	28/9/15	Doncaster
M50	Mike McAvoy	16,900	24/8/88	Geelong	W65	#Lavinia Petrie	13,640	26/9/11	Doncaster
M55	Mike McAvoy	16,355	22/8/90	Geelong	W70	#Lavinia Petrie	13,044	13/9/13	Doncaster
M60	Mike McAvoy	15,640	2/11/94	Geelong	W75	#Lavinia Petrie	12,218	24/9/18	Doncaster
M65	Ted Paulin	14,877	27/9/04	Doncaster	W80	*Margaret Prowse	5,840	27/9/04	Doncaster
M70	Ted Paulin	13,659	29/9/08	Doncaster	W85	#Margaret Prowse	6,469	24/9/07	Doncaster
M75	*Bob Lewis	13,038	29/9/03	Doncaster					
M80	*Bob Lewis	10,850	29/9/08	Doncaster					
HALF MARATHON					HALF MARATHON				
M30	Stephen Dinneen	66.42	12/10/14	Melbourne	W30	Kate Seibold-Crosbie	77.45	4/9/05	Burnley
	<i>*Steve Moneghetti</i>	60.06	24/1/93	Tokyo		<i>Silvana Trampuz</i>	72.56	19/3/00	Rome
M35	John Meagher	67.05.24	13/10/02	Carlton	W35	Petrina Trowbridge	80.40	8/6/86	Burnley
	<i>*Andrew Letherby</i>	63.17	2/1/09	Marugame		<i>Jenny Dowie</i>	76.10	4/6/95	Melbourne
M40	Peter Hunt	68.14	10/90	Frankston	W40	#Sinead Diver	68.55	3/2/19	Canberra
	<i>*Steve Moneghetti</i>	64.33	22/5/05	Sydney	W45	Julie Norney	78.39	3/7/16	Gold Coast
M45	Neil Ryan	71.06	1988	Melbourne	W50	Stacey van Dueren	82.01	9/10/11	Melbourne
	<i>*Steve Moneghetti</i>	67.53	19/9/10	Sydney	W55	*Stacey van Dueren	82.21	14/10/12	Melbourne
M50	*Steve Moneghetti	69.43	12/10/14	Melbourne	W60	#Theresia Baird	86.16	12/12/01	Knox
M55	Barry Brooks	74.42	4/6/95	Melbourne	W65	*Lavinia Petrie	1.37.53	9/6/09	Burnley
M60	Mark Purvis	81.16	2/7/17	Gold Coast	W70	#Lavinia Petrie	1.37.38	12/1/14	Bendigo
M65	Tony Berry	86.07	13/10/02	Carlton	W75	*Corrie De Groot	2.11.15	12/9/04	Burnley
M70	Barry Brooks	90.08	10/10/10	Melbourne					
M75	*Tony Berry	93.51	10/10/10	Melbourne					
M80	Bill Page	1.59.28	5/9/10	Burnley					
M85	Ken Matchett	2.23.01	13/12/06	Knox					
MARATHON					MARATHON				
M30	*Brian Simmons	2.26.20	25/11/90	South Melbourne	W30	*Kate Seibold-Crosbie	2.44.11	5/6/05	Christchurch
	<i>*Steve Moneghetti</i>	2.08.33	2/4/95	London		<i>Kate Smyth</i>	2.33.39	22/10/06	Chicago
M35	Brian Simmons	2.25.01	12/4/92	Canberra	W35	Petrina Trowbridge	2.46.50	12/10/86	Melbourne
	<i>*Steve Moneghetti</i>	2.10.00	13/4/92	Tokyo		<i>June Petrie</i>	2.43.39	14/12/03	Taiwan
M40	Carl Stevenson	2.26.44			W40	*Sinead Diver	2.25.19	14/10/18	Melbourne
	<i>*Steve Moneghetti</i>	2.17.14	2/3/03	Lake Biwa	W45	Colleen Stephens	2.51.02	1997	Melbourne
M45	Peter Hannaford	2.32.16	14/10/84	Melbourne	W50	Lavinia Petrie	3.03.36	3/4/93	Melbourne
M50	Barry Brooks	2.38.13	5/6/94	Melbourne	W55	*Jean Albury	3.09.14	1984	Melbourne
	<i>Peter Gaffney</i>	2.34.49	8/10/06	Melbourne	W60	Shirley Young	3.27.44	1992	Melbourne
M55	Barry Brooks	2.39.57	20/10/96	Melbourne	W65	*Lavinia Petrie	3.28.24	5/7/10	Gold Coast
M60	Barry Brooks	2.57.25	14/7/01	Brisbane	W70	#Lavinia Petrie	3.38.53	22/2/15	Wangaratta
M65	Randall Hughes	2.59.45	6/10/91	Port Melbourne	W75	*Shirley Young	4.36.46	9/10/05	Melbourne
M70	Randall Hughes	3.09.00	10/95	Melbourne					
M75	Ken Matchett	4.01.19	10/97	Melbourne					
M80	Ken Matchett	5.17.41	13/4/03	Canberra					
M85	Ken Matchett	5.25.19	15/4/07	Canberra					
3,000 STEEPLECHASE (.914m/3')					2,000 STEEPLECHASE (.762m/2'6" from 2000)				
M30	Glenn Tarran	10.10.7	7/10/95	Olympic Park	W30	*Kate Seibold-Crosbie	7.08.7	26/11/05	Murrumbeena
	<i>Bob Hendy</i>	8.43.2	20/2/77	Melbourne	W35	Laurel Gore	7.48.34	7/10/02	Olympic Park
M35	*Jeff Broderick	8.53.57	8/2/92	Olympic Park	W40	Sharon Pedersen	7.24.87	15/3/14	Burwood East
M40	*Jeff Broderick	9.10.2	16/11/95	Olympic Park	W45	*Sharon Pedersen	7.41.09	26/1/18	Geelong
M45	*Jeff Broderick	9.24.4	10/2/00	Olympic Park	W50	Janis Wright	8.30.10	14/7/01	Brisbane
M50	Bob Hendy	10.02.6	7/10/95	Olympic Park	W55	Kathy Heagney	8.55.70	16/4/06	Canberra
M55	Bill Hughes	11.12.99	12/87	Olympic Park	W60	*Jan Morrey	8.52.30	3/11/00	Southport
2,000 STEEPLECHASE (.762m/2'6" from 2000)					2,000 STEEPLECHASE (.762m/2'6" from 2000)				
M60	Terry Pearce	7.23.53	6/11/16	Perth	W65	*Marlene Gourlay	9.37.33	24/3/18	Doncaster
M65	Bob Gardiner	7.51.48	14/7/01	Brisbane	W70	Kathryn Heagney	11.16.92	23/1/21	Ballarat
M70	Bob Gardiner	8.51.2	1/4/06	Murrumbeena					
M75	Stan Nicholls	10.32.2	11/87	Olympic Park					
M80	Eddie Gamble	12.25	29/3/97	Olympic Park					
	<i>Lloyd Morgan</i>	12.11.2	28/3/09	Box Hill					
M85	Ken Matchett	13.23.05	7/4/07	Hobart					
110 METRE HURDLES (.991m/3'3")					100 METRE HURDLES (.840m/2'9")				
M30	Terry Baldwin	15.1	23/3/96	Murrumbeena	W30	Jennifer Baldwin	16.9	28/3/98	Murrumbeena
	<i>*Kyle Vander-Kyp</i>	13.65	28/2/04	Sydney		<i>*Pam Ryan</i>	12.5	28/6/72	Warsaw

M35	David Ancrum	14.97	23/3/19	Doncaster	W35	Debra Tomsett	16.0	20/3/93	Murrumbeena
M40	Brad Krawczyk	15.76	5/11/16	Doncaster	90 METRE HURDLES (.762m/2'6" , 7.5m spacing in 2004 & 2005)				
M45	*Brad Krawczyk	15.56	24/4/21	Doncaster	W40	Jennifer Baldwin	16.5	1/4/06	Murrumbeena
100 METRE HURDLES (.914m/3' in 2004 & 2005)					W45	Joanne Russell	14.72	5/3/05	Murrumbeena
M40	Terry Baldwin	15.39	17/3/07	Murrumbeena	80 METRE HURDLES (.762m/2'6")				
M45	Josian Phillippe	15.5	28/3/98	Murrumbeena	W40	Gaelyne Kenshole	13.30	14/3/15	Doncaster
M50	*Ted Barnard	15.03	7/10/95	Olympic Park	W45	Joanne Russell	13.24	25/3/05	Brisbane
M55	Luke Di Biasi	16.24	27/10/18	Doncaster	W50	Joanne Russell	13.89	17/3/07	Murrumbeena
M60	David Mather	16.92	4/92	Hobart	W55	Michele Hossack	13.92	4/11/16	Perth
M65	David Mather	18.24	28/3/97	Olympic Park	(.686m/2'3" from 2000)				
90 METRE HURDLES (.840m/2'9")					W60	Christine Bridle	18.63	13/1/19	Bendigo
M55	Richard Trembath	13.8	20/3/99	Murrumbeena	W65	Gwen Davidson	20.09	7/89	Eugene USA
M60	Ken Priestley	14.8	8/4/00	Murrumbeena	W70	Anna Zeitzen-Vanderberg	22.27	25/3/05	Brisbane
90 METRE HURDLES (.840m/2'9" , 7.5m spacing, from 2004 & 2005)					60 METRE HURDLES (.686m/2'3" from 2004)				
M60	Richard Trembath	15.44	13/3/04	Murrumbeena	W70	Anna Zeitzen-Vanderberg	15.55	13/3/04	Murrumbeena
80 METRE HURDLES (.762m/2'6")									
M65	*Richard Trembath	13.4	19/8/07	Doncaster					
M70	Don Chambers	14.14	5/10/07	Adelaide					
M75	*Don Chambers	15.03	22/12/12	Bendigo					
(.686m/2'3" from 2000)									
M80	Mike Hall	18.25	27/4/19	Albert Park					
M85	Brian Greaves	23.81	24/4/21	Doncaster					
M90	*Vic Younger	44.4	30/3/03	Murrumbeena					
60 METRE HURDLES (.686m/2'3" from 2004)									
M75	Gordon Gourlay	14.1	1/4/06	Murrumbeena					
M80	George Goode	17.4	8/3/08	Olympic Park					
400 METRE HURDLES (.914m/3')					400 METRE HURDLES (.762m/2'6")				
M30	Michael Skerritt	57.0	29/3/98	Murrumbeena	W30	Rhonwen Binney	63.4	16/3/91	Murrumbeena
	<i>Rohan Robinson</i>	50.7	26/2/02	?		<i>Kerry Soanes</i>	62.0	21/12/89	Melbourne
M35	Terry Baldwin	57.1	29/3/98	Murrumbeena	W35	Jeanette Van Den Bulk	64.53	1/3/15	Albert Park
	<i>Leigh Miller</i>	54.98	5/12/98	Melbourne	W40	Jeanette Van Den Bulk	67.45	26/4/17	Auckland
M40	*Noel Clough	54.3		Box Hill	W45	Joanne Russell	68.59	26/3/05	Brisbane
M45	*Cameron Yorke	57.94	25/4/21	Doncaster	300 METRE HURDLES (.762m/2'6" from 2004)				
(.840m/2'9" from 2000)					W45	Joanne Russell	49.65	6/3/05	Murrumbeena
M50	Luke de Biasi	60.81	24/10/15	Doncaster	W50	Margaret Tweedie	49.38	18/3/07	Murrumbeena
M55	*Luke de Biasi	61.42	7/9/18	Malaga	W55	*Michele Hossack	49.49	7/9/18	Malaga
300 METRE HURDLES (.840m/2'9")					W60	Margaret Tweedie	53.28	1/11/16	Perth
M50	Mike Hall	44.3	19/3/89	Murrumbeena	200 METRE HURDLES (.600m/2') from 2004				
M55	*Richard Trembath	44.0	21/3/99	Murrumbeena	W70	Anna Zeitzen-Vanderberg	52.3	14/3/04	Murrumbeena
(.762m)									
M60	*Richard Trembath	45.19	29/3/03	Launceston					
M65	David McConnell	48.1	14/10/17	Frankston					
(.686m from 2000)									
M70	Richard Trembath	53.45	4/11/12	Southport					
M75	Don Chambers	61.37	8/7/12	Canberra					
200 METRE HURDLES (.686m) from 2004									
M75	Gordon Gourlay	41.49	6/3/05	Murrumbeena					
M80	Mike Hall	45.58	26/4/21	Doncaster					
1,500 METRES WALK					1,500 METRES WALK				
M30	Aaron McDonough	7.50.14	12/12/06	Epping	W30	Sharon Schnyder	6.48	29/3/98	Murrumbeena
	<i>Clyde Riddoch</i>	6.11	3/12/83	Olympic Park	W35	*Sharon Schnyder	6.47	9/4/00	Murrumbeena
M35	Daniel Walters	6.02.05	24/3/19	Doncaster	W40	*Heather McDonald	6.45	3/90	Murrumbeena
M40	Paul Kennedy	6.15	3/2/01	Aberfeldie	W45	*Heather McDonald	6.49	23/3/96	Murrumbeena
M45	*Paul Kennedy	6.14.29	2004	Aberfeldie	W50	Pam Tindal	6.59.00	21/3/10	Murrumbeena
M50	*Andrew Jamieson	6.21.1	4/3/99	East Burwood	W55	Heather Carr	7.11.91	12/11/05	Murrumbeena
M55	*Murray Dickinson	6.44.1	7/10/95	Olympic Park	W60	*Heather Carr	7.18.50	21/3/10	Murrumbeena
M60	*Andrew Jamieson	6.52.50	9/3/08	Olympic Park	W65	*Brenda Riley	7.48.2	6/3/05	Murrumbeena
M65	*Andrew Jamieson	6.52.56	25/3/12	Doncaster	W70	*Jean Albury	8.24	9/4/00	Murrumbeena
M70	*Ralph Bennett	8.00.40	6/4/12	Albert Park	W75	*Jean Knox	9.55	24/3/02	Murrumbeena
M75	*Bob Gardiner	7.57.44	3/4/11	Doncaster	W80	Nance Jeffreys	11.32	3/90	Murrumbeena
M80	Gunther Ilgoutz	9.57.55	26/4/19	Albert Park	W85	Nance Jeffreys	13.44.3	7/10/95	Olympic Park
M85	George Knott	12.04.6	7/10/95	Olympic Park	W90				
2,000 METRES WALK					2,000 METRES WALK				
M30	Aaron McDonough	10.26.13	16/12/06	Epping	W30	unclaimed			
	<i>Paul Kennedy</i>	7.52.1	3/2/90	Aberfeldie	W35	*Kelly Ruddick	8.22	16/2/13	Albert Park
M35	Daniel Walters	8.26.75	13/1/18	Geelong	W40	*Kelly Ruddick	8.46.8	16/11/13	Ballarat
	<i>Paul Kennedy</i>	7.50.65	13/11/93	Aberfeldie	W45	*Kelly Ruddick	8.33.4	22/2/20	Albert Park
M40	Ross Reid	8.43	2/12/95	Murrumbeena	W50	*Pam Tindal	9.35.7	5/2/11	Box Hill
	<i>Paul Kennedy</i>	8.06.48	12/2/00	Aberfeldie	W55	*Heather Carr	9.57.5	25/11/06	Knox
M45	*Paul Kennedy	8.22.77	16/10/04	Aberfeldie	W60	*Heather Carr	9.54.9	18/12/10	Murrumbeena
M50	*Andrew Jamieson	8.33	6/3/00	Box Hill	W65	*Heather Carr	10.52.2	21/1/17	Cranbourne
M55	*Andrew Jamieson	8.47.7	25/2/03	Box Hill	W70	*Heather Carr	11.47.0	18/1/20	Ringwood
M60	*Andrew Jamieson	9.13.5	13/11/10	Box Hill	W75	*Gwen Steed	13.34.9	19/10/19	Mt Evelyn
M65	*Andrew Jamieson	9.10.4	27/10/12	Box Hill					
M70	*Andrew Jamieson	10.28.3	18/1/20	Ringwood					
M75	*Bob Gardiner	11.20.1	22/10/11	Box Hill					
M80	*Bob Gardiner	13.44.7	19/1/19	Doncaster					
3,000 METRES WALK					3,000 METRES WALK				
M30	Aaron McDonough	16.30.9	17/3/07	Murrumbeena	W30	Kylie Irshad	16.11	1/4/06	Murrumbeena

	<i>*David Smith</i>	11.00.56	24/1/87	Sydney		Lorraine Jachno	12.48.76	25/2/92	Melbourne
M35	Willi Sawall	11.28.2	15/3/80	Olympic Park	W35	Kelly Ruddick	13.02.10	12/1/13	Geelong
M40	#Willi Sawall	11.28.21	21/2/82	Albert Park	W40	#Kelly Ruddick	12.58.85	9/1/16	Ballarat
M45	*Paul Kennedy	12.50.2	11/2/03	Aberfeldie	W45	#Kelly Ruddick	13.11.6	11/1/20	Ballarat
M50	*Andrew Jamieson	12.59.5	27/1/00	Olympic Park	W50	Pam Tindal	14.58.27	20/3/10	Murrumbeena
	<i>*Willi Sawall</i>	12.56	2/12/93	Olympic Park	W55	Heather Carr	15.08.4	24/3/07	Knox
M55	*Andrew Jamieson	13.21.7	27/3/03	Box Hill	W60	#Heather Carr	15.21.94	22/1/11	Ballarat
	<i>#Willi Sawall</i>	12.44	14/12/96	Geelong	W65	#Brenda Riley	16.22.1	1/4/06	Murrumbeena
M60	*Andrew Jamieson	13.24.07	31/3/07	Olympic Park	W70	#Heather Carr	17.50.6	11/1/20	Frankston
M65	*Andrew Jamieson	14.13.6	3/11/12	Doncaster	W75	#Gwen Steed	20.04.5	21/10/17	Burwood East
M70	*Andrew Jamieson	15.17	8/10/16	East Burwood	W80	Nance Jeffreys	24.00		
M75	*Bob Gardiner	17.01.00	2/4/11	Doncaster	W85	Nance Jeffreys	27.36	10/94	Brisbane
M80	*Tom Daintry	18.44	5/4/92	Murrumbeena					
M85	#Gus Theobald	19.31	10/4/82	Perth					
M90	#Gus Theobald	21.21	5/4/87	Murrumbeena					
5,000 METRES WALK					5,000 METRES WALK				
M30	Kevin Cassidy	26.46	20/3/93	Murrumbeena	W30	Sharon Schnyder	24.42	28/3/98	Murrumbeena
	<i>*David Smith</i>	18.52.87	21/2/86	Canberra		Lorraine Jachno	22.17.32	14/1/90	Melbourne
M35	Mark Donahoo	21.21	19/3/94	Aberfeldie	W35	Kelly Ruddick	21.50.13	1/3/13	Sydney
	<i>Simon Baker</i>	19.57.43	12/3/94		W40	#Kelly Ruddick	21.46.68	29/3/14	Brisbane
M40	#Willi Sawall	19.45.65	31/3/84	Olympic Park	W45	Heather McDonald	25.04.5	10/94	Brisbane
M45	Mark Donahoo	22.53.8	1/3/07	Olympic Park	W50	Pam Tindal	25.07.11	2/3/11	Olympic Park
	<i>*Willi Sawall</i>	21.12.19	31/3/90	Olympic Park	W55	Heather Carr	25.54.11	24/2/07	Olympic Park
M50	*Andrew Jamieson	22.19.3	22/2/01	Olympic Park	W60	#Heather Carr	26.10.22	2/3/11	Olympic Park
	<i>*Willi Sawall</i>	21.38.3	19/3/92	Olympic Park	W65	#Brenda Riley	27.19.1	12/2/06	Coburg
M55	*Andrew Jamieson	22.40.11	4/7/01	Brisbane	W70	*Jean Albury	29.42.75	22/4/00	Hobart
	<i>#Willi Sawall</i>	22.11.5		Ballarat	W75	Gwen Steed	35.10	31/1/18	Mentone
M60	#Andrew Jamieson	22.38.7	1/3/07	Olympic Park	W80	Nance Jeffreys	39.04	4/90	Olympic Park
M65	*Andrew Jamieson	24.14.04	14/4/12	Albert Park	W85	Nance Jeffreys	45.08	6/10/95	Olympic Park
M70	*Andrew Jamieson	26.42.08	26/10/16	Perth	W90				
M75	*Tom Daintry	28.02.26	12/87	Olympic Park					
M80	*Gus Theobald	30.42	8/8/77	Swedon					
M85	#Gus Theobald	33.14.2	10/4/82	Perth					
M90	#Gus Theobald	35.09.5	4/87	NSW					
10k ROAD WALK					10k ROAD WALK				
M30	Adam Patterson	67.06	7/4/07	Hobart	W30	Kylie Bonney	53.01	17/1/02	Geelong
	<i>*David Smith</i>	38.20.9	15/9/85	Sydney		Lorraine Jachno	45.25	16/6/90	Grasseau
M35	Mark Donahoo	43.45	9/4/94	Box Hill	W35	Kelly Ruddick	46.54	29/5/11	Middle Park
M40	*Mark Donahoo	43.47.9	26/6/99	Middle Park	W40	#Kelly Ruddick	45.26	17/8/13	Middle Park
M45	*Mark Donahoo	46.40.4	21/6/03	Middle Park	W45	Kelly Ruddick	47.30	14/7/18	Middle Park
M50	*Andrew Jamieson	45.41	26/6/99	Middle Park	W50	Pam Tindal	52.19	15/5/10	Middle Park
	<i>*Willi Sawall</i>	44.10.1	5/1/92	Albert Park	W55	Heather Carr	53.41.1	21/7/07	Middle Park
M55	*Andrew Jamieson	46.32.8	30/7/05	Middle Park	W60	#Heather Carr	53.56.6	5/6/10	Middle Park
M60	#Andrew Jamieson	46.22.1	21/7/07	Middle Park	W65	#Brenda Riley	55.31.8	13/11/05	Middle Park
M65	#Andrew Jamieson	48.38.5	19/5/12	Middle Park	W70	*Jean Albury	62.31	24/4/00	Hobart
M70	#Andrew Jamieson	53.17	23/7/16	Middle Park	W75	Sylvia Machin	72.54	31/10/17	Perth
M75	*Bob Gardiner	59.55	9/4/12	Albert Park	W80	*Nance Jeffreys	77.32	10/89	Adelaide
M80	*Tom Daintry	64.23	25/4/93	Knox	W85	Nance Jeffreys	92.41	8/10/95	Olympic Park
M85	George Knott	88.29	31/3/97	Olympic Park					
M90	#Gus Theobald	77.52	22/1/90						
15k ROAD WALK					15k ROAD WALK				
M30	Rhydian Copley	60.17	27/6/21	Middle Park	W30	Justijana Roseman	91.54	18/5/08	Ballarat
M35	Daniel Walters	71.36	24/6/18	Middle Park	W35	Kelly Ruddick	71.53	3/2/13	Middle Park
M40	Stuart Kollmorgen	71.44	29/5/11	Middle Park	W40	Kelly Ruddick	70.12	3/7/15	Middle Park
M45	Pramesh Prasad	76.29	11/5/19	Middle Park	W45	Kelly Ruddick	73.49	11/5/19	Middle Park
M50	Andrew Jamieson	69.19	21/5/00	Ballarat	W50	Pam Tindal	82.26	25/6/11	Middle Park
M55	Andrew Jamieson	72.36	25/6/05	Middle Park	W55	Heather Carr	87.31	24/5/09	Bendigo
M60	Andrew Jamieson	70.43	3/5/08	Middle Park	W60	Heather Carr	84.48	18/7/10	Ballarat
M65	Andrew Jamieson	74.44	18/5/13	Middle Park	W65	Heather Carr	89.14	3/7/15	Middle Park
M70	Andrew Jamieson	88.56	9/6/19	Canberra	W70	Heather Carr	105.20	6/12/20	Middle Park
M75	Bob Gardiner	90.48	18/5/13	Middle Park					
20k ROAD WALK					20k ROAD WALK				
M30					W30	Justijana Roseman	1.56.56	13/1/08	Middle Park
	<i>*David Smith</i>	1.19.22	19/7/87			Simone Wolowiec	1.34.49	31/4/05	
M35	*Willi Sawall	1.24.05	23/3/80	Sydney	W35	Kelly Ruddick	1.39.56	21/8/11	Canberra
M40	#Willi Sawall	1.21.36	4/7/82	Albert Park	W40	*Kelly Ruddick	1.33.15	1/9/13	Hobart
M45	#Willi Sawall	1.25.03	27/8/88	Canberra	W45	Kelly Ruddick	1.44.27	9/9/18	Middle Park
M50	*Andrew Jamieson	1.34.38	18/7/99	Middle Park	W50	Pam Tindal	1.51.07	27/6/10	Middle Park
M55	*Andrew Jamieson	1.35.13	18/8/01	Coburg	W55	Heather Carr	1.54.17	19/8/06	Middle Park
M60	#Andrew Jamieson	1.35.39	24/6/08	Middle Park	W60	#Heather Carr	1.56.18	29/5/11	Middle Park
M65	#Andrew Jamieson	1.40.14	29/7/12	Middle Park	W65	#Brenda Riley	1.57.39	17/12/06	Middle Park
M70	#Andrew Jamieson	1.52.36	26/6/16	Middle Park	W70	*Heather Carr	2.22.49	6/12/20	Middle Park
M75	*Tom Daintry	1.59.20	22/6/86	Murrumbeena	W75	Margaret Beaumont	2.57.00	4/8/13	Middle Park
M80	*Gus Theobald	2.11.55	13/8/77	Swedon	W80	*Margaret Beaumont	3.17.34	5/8/18	Adelaide
M85	#Gus Theobald	2.26.07	21/8/82						
M90	#Gus Theobald	2.34.01	21/4/87	NSW					
30k ROAD WALK					30k ROAD WALK				
M30					W30				
	<i>*David Smith</i>	2.05.59	10/5/86	Canberra	W35				

M35	*Willi Sawall	2.10.11	1980		W40	Michelle Thompson	3.08.30	9/9/12	Middle Park
M40	*Willi Sawall	2.08.01	16/5/82			*Tracy Feiner	2.54.21	29/7/18	Middle Park
M45	*Willi Sawall	2.19.40	1987		W45	*Kelly Ruddick	2.37.36	29/7/18	Middle Park
	*Willi Sawall	2.17.02	29/5/88		W50				
M50	*Andrew Jamieson	2.31.20	5/9/99		W55				
M55	*Andrew Jamieson	2.32.05	9/11/03	Middle Park	W60	*Heather Carr	3.19.01	11/9/11	Middle Park
M60	#Andrew Jamieson	2.28.55	3/5/09	Middle Park	W65	*Heather Carr	3.37.02	13/9/15	Middle Park
M65	*Andrew Jamieson	2.39.25	11/9/11	Middle Park					
50K ROAD WALK					50k ROAD WALK				
M30					W30				
	*Simon Baker	3.43.13	28/8/89		W35				
M35	*Willi Sawall	3.46.34	6/4/80		W40	*Tracy Feiner	4.59.44	1/12/19	South Yarra
M40	*Willi Sawall	3.59.48	16/8/82		W45	#Kelly Ruddick	4.54.31	2/12/18	South Yarra
M45					W50				
M50					W55	#Liz Feldman	5.45.08	24/10/04	Middle Park
	*Willi Sawall	4.12.57	14/4/92		W60	*Liz Feldman	6.05.43	11/9/11	Middle Park
M55	*Andrew Jamieson	4.46.44	24/10/04	Middle Park					
M60	#Andrew Jamieson	4.23.16	14/12/08	Middle Park					
M65	#Colin Heywood	5.05.34	1/12/19	South Yarra					
HIGH JUMP					HIGH JUMP				
M30	Terry Baldwin	1.90	2/4/94	Homebush	W30	Glenis Johnson	1.47	4/90	Olympic Park
	Tim Forsyth	2.10	26/1/06	Canberra		Gabrielle Conroy	1.82	7/1/06	Melbourne
M35	Brendan Leane	1.90			W35	Irie Hill	1.65	11/3/06	Murrumbeena
M40	Graeme Morrish	1.95	10/4/82	Perth	W40	Irie Hill	1.51	20/3/10	Murrumbeena
M45	David Hoyle	1.87	16/7/11	Sacramento		Coll McLaren	1.60	11/2/12	Albert Park
M50	Luke De Biasi	1.70	19/10/14	Doncaster	W45	Karen Carah	1.50	28/10/16	Perth
M55	Richard Brophy	1.61	24/4/21	Doncaster	W50	Karen Carah	1.42	27/4/19	Albert Park
M60	Tom Hancock	1.54			W55	Michele Hossack	1.41	2/11/16	Perth
M65	Tom Hancock	1.47	16/3/02	Aberfeldie	W60	Margaret Tweedie	1.25	12/11/16	Mt Evelyn
M70	*Geoff Shaw	1.42	3/11/18	Bendigo	W65	Gwen Davidson	1.22	12/87	Olympic Park
M75	*Gordon Gourlay	1.33	15/4/05	Adelaide	W70	*Gwen Davidson	1.16	10/4/93	Adelaide
M80	*Tom Hancock	1.22	6/11/16	Perth	W75	*Gwen Davidson	1.12	9/99	Adelaide
M85	Brian Greaves	1.10	24/4/21	Doncaster					
M90	*Vic Younger	0.95	10/4/04	Olympic Park					
LONG JUMP					LONG JUMP				
M30	Terry Baldwin	6.48	19/3/94	Aberfeldie	W30	Glenis Johnson	5.55	10/12/88	Doncaster
	Roger Groppi	6.48	25/3/95	Aberfeldie		Kym Burns	6.16	14/2/02	?
	*Leigh Stuart	7.93	24/3/01		W35	Glenis Johnson	5.43	13/2/93	Doncaster
M35	*Russell Sarah	6.82	19/3/83	Sandringham	W40	Narelle Lehmann	4.78	24/3/12	Doncaster
M40	Robert Lehmann	6.66	7/4/12	Albert Park		Melissa Foster	4.82	24/4/21	Doncaster
M45	Justin Hanrahan	6.55	5/8/15	Lyon France	W45	Salli-Ann Lee	4.88	30/3/03	
M50	*Luke De Biasi	6.11	19/3/16	Doncaster	W50	Susan Chapman	4.49	7/4/12	Albert Park
M55	*Luke De Biasi	6.11	10/11/18	Newport	W55	Margaret Tweedie	4.21	24/3/12	Doncaster
M60	Robert Mayston	5.24	25/3/17	Doncaster	W60	Margaret Tweedie	4.34	5/11/16	Perth
M65	Graeme Noden	5.01	18/4/03	Perth	W65	Gwen Davidson	3.62	4/90	Olympic Park
M70	*Mike Johnston	4.75	16/10/91	Brisbane	W70	*Gwen Davidson	3.51	7/3/93	Murrumbeena
M75	Graeme Noden	4.07	6/1/14	Bendigo	W75	Gwen Davidson	2.79	28/3/98	Murrumbeena
M80	*Graeme Noden	3.99	26/4/18	Perth	W80				
M85	Brian Greaves	3.02	22/5/21	Cairns	W85				
M90	*Vic Younger	2.53	16/3/03	Murrumbeena					
POLE VAULT					POLE VAULT				
M30	Steven Polizzi	4.10	23/1/07	Knox	W30	*Irie Hill	4.00	11/10/02	Olympic Park
	Don Baird	5.36	8/6/79	Eugene USA	W35	*Irie Hill	4.20	4/3/06	Box Hill
	Viktor Markov	5.70	5/2/06	Sydney	W40	*Irie Hill	3.80	14/4/10	Perth
	Viktor Chistiakov	5.70	1/7/06	Padua Italy	W45	*Dawn Hartigan	3.50	19/3/02	Olympic Park
M35	Rob Hill	4.81	26/1/09	Geelong	W50	#Dawn Hartigan	3.40	6/3/07	Coburg
M40	Rob Hill	4.60	14/11/09	SAF Nathan	W55	#Dawn Hartigan	3.26	23/3/13	Melb Uni
M45	Ken Priestley	3.92	26/1/85	Murrumbeena	W60	*Dawn Hartigan	2.80	17/3/19	Melb Uni
M50	*Chris Boylen	3.75	15/3/15	Doncaster					
M55	*Chris Boylen	3.70	1/2/20	Doncaster					
M60	Rob Barclay	3.30	14/11/98	Box Hill					
M65	*Rob Barclay	3.20	31/1/04	Box Hill					
M70	George Schillinger	3.10	5/1/19	Box Hill					
	Geoff Shaw	3.10	13/1/19	Bendigo					
M75	George Schillinger	2.81	25/4/21	Doncaster					
M80	Brian Greaves	1.60	18/4/16	Adelaide					
M85	Vic Younger	1.60	13/7/01	Brisbane					
M90	*Vic Younger	1.42	5/4/03	Murrumbeena					
TRIPLE JUMP					TRIPLE JUMP				
M30	Roger Groppi	13.10	30/3/97	Olympic Park	W30	Irie Hill	11.29	8/10/02	Olympic Park
	Marat Safiullin	15.88	13/1/07	Melbourne	W35	Glenis Johnson	10.75	14/2/93	Doncaster
M35	*Russell Sarah	14.63	4/4/81	Box Hill	W40	Gaelyne Kenshole	10.32	5/4/15	Bankstown
M40	*Russell Sarah	14.14	24/1/87	Bendigo		Melissa Foster	11.67	25/4/21	Doncaster
M45	Nick Hodgson	12.98	31/3/13	Canberra	W45	Gaelyne Kenshole	10.18	18/4/16	Adelaide
M50	*Nick Hodgson	13.11	24/1/15	Bendigo	W50	Sue Haylock	9.14	8/10/02	Olympic Park
M55	Nick Hodgson	11.63	26/1/20	Geelong	W55	Margaret Tweedie	8.85	8/4/12	Albert Park
M60	Cliff West	10.63	4/4/81	Box Hill	W60	Margaret Tweedie	8.43	27/10/16	Perth
M65	Harry Logan	10.16	29/1/83		W65	Gwen Davidson	7.95	4/92	Hobart
	Mike Johnston	10.16	5/4/87	Murrumbeena	W70	Gwen Davidson	7.46	21/3/93	Murrumbeena

M70	Mike Johnston	9.46	11/4/93	Adelaide	W75	Gwen Davidson	6.29	29/3/98	Murrumbeena
M75	Julian Jacotine	8.68	5/4/15	Bankstown	W80				
M80	Brian Greaves	7.86	18/4/16	Adelaide	W85				
M85	*Leo Coffey	7.00	15/3/15	Doncaster	W90				
M90	Vic Younger	5.29	5/4/03	Murrumbeena					
SHOT PUT		(7.26kg)			SHOT PUT		(4kg)		
M30	*Shane Carstairs	16.22	12/3/20	Doncaster	W30	*Chris Schultz	15.71	18/3/84	Murrumbeena
	<i>John Minns</i>	<i>18.27</i>	<i>2/4/02</i>			<i>*Gael Martin</i>	<i>18.52</i>	<i>28/3/87</i>	<i>Sydney</i>
M35	Angelo Pagano	14.59	6/2/99	Aberfeldie	W35	*Chris Schultz	15.41	5/12/87	Melbourne
	<i>John Minns</i>	<i>18.07</i>	<i>14/2/04</i>		W40	*Chris Schultz	14.36	24/3/91	Melbourne
M40	Russell Short	14.73	3/9/12	London	W45	*Chris Schultz	13.18	15/2/98	Olympic Park
M45	Russell Short	15.01	8/9/16	Rio de Janeiro			(3kg)	18/3/90	
		(6kg)			W50	*Chris Schultz	14.39	6/7/01	Brisbane
M50	Graeme Rose	13.91	6/10/97	Canberra	W55	Chris Schultz	11.39	20/1/06	Christchurch
M55	Graeme Rose	13.23	1/8/99	Gateshead UK			(3kg)		
		(5kg)			W60	Chris Schultz	10.56	24/10/13	Brazil
M60	Graeme Rose	13.27	25/3/05	Brisbane	W65	Rhondda Dundas	8.95	2/4/10	Perth
M65	*Aivars Pavulins	13.02	7/89	San Diego		Chris Schultz	8.95	14/8/15	Lyon France
		(4kg)	7/11/93		W70	Rhondda Dundas	8.43	8/11/15	Murrumbeena
M70	Rudi Hochreiter	12.82	8/11/97	Geelong			(2kg)		
M75	Rudi Hochreiter	11.56	17/11/01	Geelong	W75	Rhondda Dundas	8.11	22/3/20	Murrumbeena
		(3kg)			W80	Val Worrell	7.22	22/3/15	Murrumbeena
M80	*Tom Hancock	11.77m	1/10/16	Wollongong	W85				
M85	*John Fraser	7.94	2/7/00	Murrumbeena	W90				
M90	John Fraser	6.90	13/3/05	Murrumbeena					
DISCUS		(2kg)			DISCUS		(1kg)		
M30	*Graham Hicks	50.57	14/12/08	Murrumbeena	W30	*Chris Schultz	50.04	30/1/85	Olympic Park
	<i>*Aaron Neighbour</i>	<i>64.26</i>	<i>18/5/08</i>	<i>Salinas USA</i>		<i>Gael Martin</i>	<i>58.24</i>	<i>14/3/87</i>	<i>Canberra</i>
M35	Graham Hicks	47.32	26/3/17	Doncaster	W35	*Chris Schultz	48.90	14/1/89	Melbourne
M40	Geoff Tyler	48.14	16/1/93	Doncaster	W40	*Chris Schultz	48.52	18/7/91	Turku Finland
M45	*Geoff Tyler	49.08	13/3/94	Homebush	W45	*Chris Schultz	44.38	9/1/99	Geelong
		(1.5kg)					(1kg)		
M50	Richard Fejer	46.07	7/4/12	Albert Park	W50	*Chris Schultz	41.00	23/1/01	Melbourne
M55	Graeme Rose	42.65	30/1/99	Box Hill	W55	Chris Schultz	33.54m	21/1/06	Christchurch
		(1kg)					(1kg)		
M60	Tom Hancock	46.10	22/3/98	Murrumbeena	W60	Dorn Jenkins	29.01	29/10/16	Perth
M65	Tom Hancock	46.79	12/1/02	Box Hill	W65	Lydia Widera	25.72	14/3/93	Murrumbeena
M70	Rudi Hochreiter	40.14	6/12/97	Geelong	W70	Lydia Widera	22.10	23/3/96	Murrumbeena
M75	Rudi Hochreiter	35.77	15/12/01	Geelong			(750gm)		
M80	*Tom Hancock	33.63	15/10/16	Doncaster	W75	Val Worrell	22.03	22/8/10	Murrumbeena
M85	John Fraser	21.73	12/12/99	Murrumbeena	W80	Val Worrell	17.81	14/3/15	Doncaster
M90	*John Fraser	19.72	13/4/05	Brisbane	W85				
HAMMER		(7.26kg)			HAMMER		(4kg)		
M30	Graham Hicks	44.89	14/12/08	Murrumbeena	W30	Raelene Warren	46.50	8/3/08	Olympic Park
	<i>*Hans Lotz</i>	<i>71.24</i>	<i>20/2/82</i>	<i>Melbourne</i>		<i>Anni Hansen</i>	<i>50.35</i>	<i>27/2/04</i>	<i>Sydney</i>
M35	*Hans Lotz	67.92	8/3/87		W35	Gabrielle Neighbour	57.95	25/3/17	Doncaster
	<i>*Hans Lotz</i>	<i>73.80</i>	<i>25/4/83</i>	<i>Melbourne</i>	W40	Chris Schultz	41.56	2/3/91	Olympic Park
M40	*Hans Lotz	66.94	5/12/87	Olympic Park	W45	Anni Rowe	43.41	19/1/19	Box Hill
M45	*Hans Lotz	59.62	16/1/94	Mentone			(3kg)		
		(6kg)			W50	Jan Davies	48.66	5/4/96	Perth
M50	*Hans Lotz	60.39	28/3/98	Murrumbeena	W55	Jan Davies	46.90	2/11/96	Miami Qld
M55	*Ken Readwin	49.34	6/4/96	Perth	W60	Dorn Jenkins	43.84	16/8/15	Murrumbeena
		(5kg)			W65	*Dorn Jenkins	42.42	21/3/21	Murrumbeena
M60	*Wim Van Weenen	50.62	17/12/94	Mentone	W70	Rhondda Dundas	31.50	5/7/15	Murrumbeena
M65	*Wim Van Weenen	50.38	15/2/97	Box Hill			(2kg)		
		(4kg)			W75	Val Worrell	32.17	8/7/11	Sacramento
M70	*Wim Van Weenen	48.74	23/2/03	Murrumbeena	W80	*Val Worrell	25.77	22/3/15	Murrumbeena
M75	*Wim Van Weenen	43.84	2/3/08	Murrumbeena	W85				
		(3kg)			W90				
M80	*Wim Van Weenen	41.98	6/4/12	Albert Park					
M85	Wim Van Weenen	27.56	25/3/17	Doncaster					
M90	#John Fraser	24.61	13/3/05	Murrumbeena					
JAVELIN		(800g)			JAVELIN		(600g)		
M30	Graham Hicks	52.09	14/12/08	Murrumbeena	W30	Kelly Carvill	34.10	1/4/01	Murrumbeena
	<i>*Robert Lethbridge</i>	<i>67.32</i>	<i>13/2/88</i>	<i>Melbourne</i>		<i>*Petra Rivers</i>	<i>64.18</i>	<i>19/3/83</i>	<i>Melbourne</i>
M35	*Tony Shield	62.11	3/1/07	Gold Coast	W35	Natasha Franchina	34.42	24/3/18	Doncaster
	<i>*Manfred Rohkamper</i>	<i>69.32</i>	<i>26/10/89</i>	<i>Melbourne</i>	W40	Natasha Franchina	34.44	23/3/19	Doncaster
M40	Graeme Rose	55.48	29/3/87	Murrumbeena	W45	Dawn Hartigan	33.73	7/10/02	Olympic Park
M45	Graeme Rose	54.82	16/10/91	Brisbane			(500g)		
		(700g)			W50	Dawn Hartigan	32.26	2/8/09	Lahti
M50	Andrew Farr	54.79	7/7/01	Brisbane	W55	Chris Schultz	23.05	2/4/06	Murrumbeena
M55	Graeme Rose	50.38	13/4/01	Bankstown			(500g)		
		(600g)			W60	Cindy Goy	27.13	29/4/19	Albert Park
M60	Graeme Rose	48.98	14/3/04	Murrumbeena	W65	Dorn Jenkins	19.78	21/3/21	Murrumbeena
M65	Aivars Pavulins	45.00	7/89	Eugene USA	W70	Jennifer Deravin	17.01	16/3/14	Burwood East
		(500g)					(400g)		
M70	Tom Hancock	37.03	10/12/09	Sydney	W75	Jennifer Deravin	17.14	14/3/15	Doncaster
M75	Rudi Hochreiter	32.47	31/1/04	Geelong	W80	Val Worrell	13.96	14/3/15	Doncaster
		(400g)			W85				

M80	Tom Hancock	32.88	31/10/16	Perth	W90				
M85	Vic Younger	19.91	6/7/01	Brisbane					
M90	*Vic Younger	17.01	23/3/03	Murrumbeena					
HEAVY HAMMER		(15.88kg/35lb)			HEAVY HAMMER		(9.072kg/20lb)		
M30	Graham Hicks	13.07	14/12/08	Murrumbeena	W30	Raelene Warren	13.26	8/3/08	Murrumbeena
M35	Russell Devine	17.76	12/4/04	Olympic Park	W35	Christine Schultz	12.79	4/87	Murrumbeena
M40	*Hans Lotz	16.60	4/92	Murrumbeena	W40	Christine Schultz	12.44	10/94	Brisbane
M45	Hans Lotz	15.70	2/4/95	Murrumbeena	W45	Christine Schultz	13.57	29/3/97	Olympic Park
		(11.34kg/25lb)					(7.258kg/16lb)		
M50	Hans Lotz	19.71	29/3/98	Murrumbeena	W50	Jan Davies	14.77	5/4/96	Perth
M55	*Phil Spivey	18.81	29/4/19	Albert Park	W55	Jan Davies	14.58	20/3/99	Murrumbeena
		(9.072kg/20lb)					(5.449kg/12lb)		
M60	*Graeme Rose	19.03	14/4/06	Canberra	W60	*Dorn Jenkins	17.58	20/3/16	Doncaster
M65	*Willem Van Weenen	18.57	29/3/97	Olympic Park	W65	*Dorn Jenkins	16.55	25/4/21	Doncaster
		(7.258kg/16lb)					(4kg)		
M70	*Willem Van Weenen	17.96	24/3/02	Murrumbeena	W70	Rhondda Dundas	11.85	16/8/15	Cairns
M75	*Willem Van Weenen	15.98	30/8/09	Murrumbeena	W75	*Val Worrell	11.57	5/4/10	Perth
		(5.449kg/12lb)					(9.72kg/22lb)		
M80	Willem Van Weenen	16.58	25/3/12	Doncaster	W85				
M85	*John Fraser	12.99	8/4/00	Murrumbeena	W90				
M90	*John Fraser	10.11	13/3/05	Murrumbeena					
SUPER WEIGHT		(25.4kg/56lb)			SUPER WEIGHT		(15.88kg/35lb)		
M30	Shane Carstairs	8.29	20/6/21	Murrumbeena	W30				
M35	Colin Newman	8.53	23/2/20	Murrumbeena	W35	Megan Champion	5.68	24/11/19	Murrumbeena
M40	Shane Benbow	6.49	27/9/15	Murrumbeena	W40				
M45	Russell Devine	9.05	28/9/14	Murrumbeena	W45				
M50	Patrick Carroll	6.86	24/6/18	Mentone					
M55	Roger Glass	7.62	21/10/07	Mentone	W50	Linda Buttigieg	7.44	25/9/16	Murrumbeena
		(20kg/44lb)			M55	Narelle Messerle	6.42	24/9/17	Murrumbeena
M60	Paul Olsson	8.20	26/1/20	Murrumbeena					
M65	Marty Galea	5.92	17/1/21	Murrumbeena	W60	*Dorn Jenkins	11.31	22/9/19	Murrumbeena
		(15.88kg/35lb)			W65	Donna Clarke	3.87	25/8/19	Murrumbeena
M70	Peter Young	6.13	24/9/17	Murrumbeena	W70	Rhondda Dundas	5.45	24/9/17	Murrumbeena
M75	*Graeme Rose	7.27	24/11/19	Murrumbeena					
		(11.34kg/25lb)			W75	Rhondda Dundas	7.27	26/1/20	Murrumbeena
M80	*Tom Hancock	9.25	26/1/20	Murrumbeena	W80	Jane Kinsey	4.35	20/6/21	Murrumbeena
56lb HEAVY WEIGHT					56lb HEAVY WEIGHT				
M30	Shane Carstairs	8.29	20/6/21	Murrumbeena	W30				
M35	Colin Newman	8.53	23/2/20	Murrumbeena	W35	Megan Champion	3.39	22/9/19	Murrumbeena
M40	Shane Benbow	6.49	27/9/15	Murrumbeena	W40	Linda Buttigieg	3.08	30/8/09	Murrumbeena
M45	Russell Devine	9.05	28/9/14	Murrumbeena	W45	Linda Buttigieg	3.92	22/9/13	Murrumbeena
M50	Patrick Carroll	6.86	24/6/18	Mentone	W50	Linda Buttigieg	3.48	27/9/15	Murrumbeena
M55	Roger Glass	7.62	21/10/07	Mentone	W55	Judy Coram	3.32	3/10/05	Canberra
M60	*Roger Glass	7.49	3/10/11	Canberra	W60	Narelle Messerle	2.89	29/9/18	Wollongong
M65	*Wim Van Weenen	6.18	1/10/01	Canberra	W65	Beverley Hugo	1.93	2/10/06	Canberra
		*Roger Glass			W70	Rhondda Dundas	2.26	24/9/17	Murrumbeena
M70	*Wim Van Weenen	5.84	22/3/15	Murrumbeena	W75	Jane Kinsey	1.60	24/6/18	Mentone
M75	*Wim Van Weenen	5.05	30/8/09	Murrumbeena	W80	Jane Kinsey	1.46	20/6/21	Murrumbeena
M80	*Wim Van Weenen	4.30	22/9/13	Murrumbeena					
100lb HEAVY WEIGHT					100lb HEAVY WEIGHT				
M30	Shane Carstairs	4.23	20/6/21	Murrumbeena	W30	unclaimed			
M35	Colin Newman	3.70	23/6/19	Murrumbeena	W35	Kylie Benbow	1.27	28/9/14	Murrumbeena
M40	Shane Benbow	3.05	25/9/16	Murrumbeena	W40	Kylie Benbow	1.30	27/9/15	Murrumbeena
M45	Simon Van Baalen	4.60	10/1/21	Murrumbeena	W45	Linda Buttigieg	1.72	22/9/13	Murrumbeena
M50	Nick Connell	3.02	29/9/18	Wollongong	W50	Linda Buttigieg	1.84	27/9/15	Murrumbeena
M55	Roger Glass	3.22	1/10/07	Canberra	W55	Judy Coram	1.46	3/10/05	Canberra
M60	*Roger Glass	3.68	3/10/11	Canberra	W60	Narelle Messerle	1.49	5/10/19	Canberra
M65	*Bill Binks	3.09	2/10/06	Canberra	W65				
		*Roger Glass			W70	Rhondda Dundas	1.06	24/9/17	Murrumbeena
M70	*Wim Van Weenen	2.74	2/10/06	Canberra	W75	Jane Kinsey	0.82	24/6/18	Mentone
M75	Bill Binks	2.21	25/9/16	Murrumbeena	W80				
M80	*Wim Van Weenen	1.99	22/9/13	Murrumbeena					
THROWS PENTATHLON (2015 Tables)					THROWS PENTATHLON (2015 Tables)				
M30	*Graham Hicks	3,444	14/12/08	Murrumbeena	W30	Tamicka Hicks	2,991	24/8/08	Murrumbeena
M35	Roger Glass	2,862	27/3/88	Murrumbeena	W35	*Christine Schultz	3,795	7/12/87	Olympic Park
M40	Hans Lotz	3,718	11/4/92	Murrumbeena	W40	Christine Schultz	3,933	24/2/91	Murrumbeena
M45	Rod Guy	3,785	11/5/91	Murrumbeena	W45	*Christine Schultz	4,174	26/7/97	Durban
M50	Graeme Rose	4,037	22/7/95	Buffalo USA	W50	*Christine Schultz	4,371	13/7/01	Brisbane
M55	*Graeme Rose	4,174	4/7/99	Murrumbeena	W55	Jan Davies	4,006	5/4/99	Canberra
M60	*Graeme Rose	4,242	14/4/06	Canberra	W60	*Dorn Jenkins	4,437	16/8/15	Murrumbeena
M65	*Graeme Rose	4,325	12/4/09	Adelaide	W65	*Dorn Jenkins	4,711	21/3/21	Murrumbeena
M70	Tom Hancock	3,942	21/11/10	Murrumbeena	W70	Rhondda Dundas	4,007	6/12/15	Murrumbeena
M75	*Tom Hancock	4,188	15/7/11	Sacramento	W75	Rhondda Dundas	3,432	22/3/20	Murrumbeena
M80	*Tom Hancock	4,741	5/11/16	Perth	W80	Val Worrell	3,841	22/3/15	Murrumbeena
M85	John Fraser	3,449	12/12/99	Murrumbeena	W85				
M90	*John Fraser	4,187	13/3/05	Murrumbeena	W90				
HEAVY WEIGHT PENTATHLON (2015 Tables)					HEAVY WEIGHT PENTATHLON (2015 Tables)				
M30	Warren Benbow	2,795	27/9/15	Murrumbeena	W30				
M35	Colin Newman	3,350	23/2/20	Murrumbeena	W35	Megan Champion	2,335	22/9/19	Murrumbeena

M40	Shane Benbow	2,862	27/9/15	Murrumbeena	W40	Megan Champion	2,852	21/2/21	Murrumbeena
M45	Simon Van Baalen	3,896	1/2/21	Murrumbeena	W45	Linda Buttigieg	2,985	28/9/14	Murrumbeena
M50	Russell Devine	3,906	21/2/21	Murrumbeena	W50	Linda Buttigieg	3,479	27/9/15	Murrumbeena
M55	Roger Glass	4,328	14/9/08	Murrumbeena	W55	Narelle Messerle	2,689	24/9/17	Murrumbeena
M60	*Roger Glass	4,459	25/9/11	Murrumbeena	W60	*Dorn Jenkins	5,115	24/9/17	Murrumbeena
M65	Ken Priestly	4,078	4/10/04	Canberra	W65	*Dorn Jenkins	5,609	21/2/21	Murrumbeena
	*Roger Glass	4,331	25/9/16	Murrumbeena					
M70	*Graeme Rose	4,326	6/10/14	Canberra	W70	Rhondda Dundas	3,611	24/9/17	Murrumbeena
M75	*Ken Priestley	4,335	7/10/13	Canberra	W75	Rhondda Dundas	3,548	23/2/20	Murrumbeena
M80	Tom Hancock	4,580	23/9/18	Murrumbeena	W80				
PENTATHLON w/200m & Discus (2015 Scoring)					PENTATHLON w/100m & Shot Put (2015 scoring)				
M30	Terry Baldwin	3,121	3/3/96	Murrumbeena	W30	Jitka Hiscox	3,236	19/4/16	Adelaide
M35	*Terry Baldwin	3,494	1/3/98	Murrumbeena	W35	Jennifer Baldwin	2,624	19/1/02	Geelong
M40	Justin Hanrahan	3,277	4/3/12	Murrumbeena	W40	Jennifer Baldwin	2,727	15/3/09	Murrumbeena
M45	David Sheehan	3,126	12/4/93	Adelaide	W45	Rachel Little	3,322	6/4/15	Bankstown
M50	*Terry Hicks	3,566	23/10/04	Cook Islands	W50	*Donna Burgess	3,583	1/4/13	Canberra
M55	*Luke De Biasi	3,716	17/3/19	Murrumbeena	W55	Margaret Tweedie	3,212	4/3/12	Murrumbeena
M60	*Rudi Hochreiter	3,858	3/12/87	Olympic Park	W60	Christine Bridle	3,250	17/3/19	Murrumbeena
M65	*Rudi Hochreiter	3,798	28/3/92		W65	Donna Clarke	2,418	11/4/21	Doncaster
M70	*Mike Johnston	3,816	15/10/91	Brisbane	W70	Lavinia Petrie	2,712	23/3/14	Murrumbeena
M75	Stan Stankovic	2,837	7/3/99	Murrumbeena	W75				
M80	Graeme Noden	2,822	29/4/18	Perth	W80				
M85	Vic Younger	1,711	4/3/01	Murrumbeena	W85				
M90	*Vic Younger	1,884	16/3/03	Murrumbeena	W90				
DECATHLON (2015 Scoring)					HEPTATHLON (2015 Scoring)				
M30	Terry Baldwin	6,320	22/12/96	Olympic Park	W30	Jennifer Baldwin	3,475	21/1/98	Olympic Park
	Stephen Cain	7,787	July 2014	Glasgow		*Carolyn Fox	4,448	21/12/98	Olympic Park
M35	Steven Polizzi	5,268	13/1/08	Doncaster	W35	Jennifer Baldwin	3,945	10/2/02	Brisbane
	*Peter Urban	6,336	10/1/88	Olympic Park	W40	Jennifer Baldwin	3,803	4/10/09	Collingwood
M40	Justin Hanrahan	6,165	17/10/13	Brazil	W45	Karen Carah	4,883	9/1/16	Bendigo
M45	Justin Hanrahan	7,216	1/3/15	Albert Park	W50	Michelle Hossack	4,510	5/1/14	Bendigo
M50	*Justin Hanrahan	7,017	13/2/21	Bendigo	W55	Christine Bridle	4,248	6/1/13	Bendigo
M55	*Terry Hicks	5,928	20/12/09	Bendigo	W60	Christine Bridle	4,322	13/1/19	Bendigo
M60	*Rudi Hochreiter	6,911	27/7/89	Eugene USA	W65	Gwen Davidson	4,143	28/7/89	Melbourne
M65	Geoff Shaw	6,233	7/1/18	Bendigo	W70				
M70	*Geoff Shaw	7,307	13/1/19	Bendigo	W75				
M75	Don Chambers	5,456	22/12/12	Bendigo	W80				
M80	Allan Wood	2,799	13/1/19	Bendigo	W85				
M90	*Vic Younger	3,133	23/2/03	Brisbane	W90				
4 X 100M RELAY MEN									
M30	Mark Harper 43, Simon Jackson 40, Henry Au-Yeung 31, Brett Maurer 43						60.03	28/4/19	Albert Park
M35	*Leigh Phelan 36, Robert Lehmann 40, Geoffrey Pittman 38, Robbie Vidler 35						44.02	8/4/12	Albert Park
M40	Kurt Golonka 47, Geoffrey Pittman 43, Alexander Newman 41, Leigh Phelan 41						45.75	26/11/16	Albert Park
M45	Mark Giglio 45, Stewart Dobrzynski 47, Craig Sanford 49, Andrew Wilcox 49						47.05	29/4/18	Perth
M50	Paul O'Neill 52, Shawn Hennig 50, Rob Italia 52, John Hilditch 56						50.21	29/4/18	Perth
M55	Peter Lamb 55, Richard Kerridge, Phil Rosevear 55, Keith Howden 59						50.6	22/2/05	Murrumbeena
M60	Phil Rosevear 60, Keith Howden 64, Peter Lamb 60, Dennis Aspinall 62						51.3	14/3/10	Murrumbeena
M65	Alan Wood 68, Gerry Robinson 67, Con Matthews, Ron Arthur 66						57.1	22/2/06	Murrumbeena
M70	Mike Johnson, Charles Scarff, Rudi Hochreiter, Jim Thomson 70						55.5	1997	Murrumbeena
M75	Graeme Noden 79, Mike Hall 78, Russ Oakley 77, Bob Wishart 75						62.66	11/6/17	Darwin
4 X 100M RELAY WOMEN									
W30	Rachel Barrett 34, Jess Dux 34, Rhiannon Lester 39, Sarah Lewis 33						52.64	28/4/19	Albert Park
W35	Salli-Ann Lee, Barbara Courtney, Jennifer Baldwin 36, Bronwen Loizou						52.60	1/4/02	Adelaide
W40	Narelle Lehmann 42, Rachel Little 45, Kathy Heagney 62, Donna Burgess 50						54.42	31/3/13	Canberra
W45	Salli-ann Lee, Marg Tweedie 50, Cathy McDonald, Dorn Jenkins 49						54.1	22/2/05	Murrumbeena
W50	Margaret Tweedie 57, Vivienne Cash 60, Jayne Matthews 51, Leanne Monk 55						57.93	8/4/12	Albert Park
W55	Nyala Millar, Anne Stobaus 60, June Reeves 56, Jan Morrey 62						60.47	1/4/02	Adelaide
W60	Nyala Miller, Glad Wishart 60, Sylvia Machin 63, Jan Morrey 65						72.8	22/2/05	Murrumbeena
W65	Marlene Stanway 67, Marg Beaumont 67, Pam Mews 71, Jan Morrey 66						88.7	28/2/06	Murrumbeena
4 X 200M RELAY MEN									
M30									
M35	John Braszell 47, Warren Burke 39, Mohammed Reese 37, David Woods 40						1.53.3	25/3/07	Murrumbeena
M40	Dominic Condello 45, Mark Harper 41, Colin Ritchie 51, Mark Giglio 43						1.42.83	15/12/16	Aberfeldie
M45	John Schuijers 54, Paul Skipper 46, Peter Neale 46, Andrew Evans 46						1.46.29	16/12/14	Doncaster
M50	*Mike Hall, Bob Wishart, Ross Kent, Graeme Noden						1.46.0	3/11/96	Murrumbeena
M55	*Barry Pomeroy, Mike Hall, Ross Kent, Graeme Noden						1.44.7	23/3/97	Frankston
M60	David Mather, Leo Charles, Kevin Marion, Max Brook						1.57.0		
M65	*Ken Bruce 65, David McConnell 65, Graham Ford 68, Phil Rosevear 68						2.00.52	11/9/17	Doncaster
M70	*John Reid, Ron Aust, Mike Johnson, Jim Thompson						2.03.5		
M80	*Gerry Heilmann 83, Michael Johnston 85, Jim Sinclair 82, Jimmy Thompson 80						2.33.9	25/3/07	Murrumbeena
4 X 200M RELAY WOMEN									
W30									
W40	*Amanda Emmett 44, Christie Faulks 46, Sonya Pollard 40, Margaret Tweedie 52						1.51.0	25/3/07	Murrumbeena
W45	Toni Phillips 46, Anne Buckley 51, Debby Kirne 53, Kathryn Heagney 68						2.32.65	10/11/18	Bendigo
W50	Sharon Barr 57, Donna-Marie Elms 57, Debby Kirne 53, Anne Buckley 51						3.09.26	11/1/19	Bendigo
W55	Nyala Millar, Glad Wishart, Joy Herbert, Jan Morrey						2.18.6		
4 X 400M RELAY MEN									
M30									
M35	*William Little 35, Kulan Ranasinghe 38, Simon Jackson 37, Leigh Phelan 41						3.28.00	14/1/17	Aberfeldie

M40	Andrew Wilcox 48, Mark Harper 42, James Deane 45, Mark Giglio 44	3.35.18	12/6/17	Darwin
M45	Mark Giglio Vic, Nathan Crowley Vic, Shane Ezard Vic, Andrew Wilcox Vic	3.30.42	16/9/18	Malaga
M50	Keith Moody, Ian McLeod, Ross Kent, Neil MacDonald	3.52.8		
M55	Peter Lamb, Ian McLeod, Richard Kerridge, Keith Howden	4.01.7	22/2/05	Murrumbeena
M60	Rob Mayston 60, Terry Hicks 62, David McConnell 64, Andrew Watts 61	4.08.96	11/6/17	Darwin
M65	Jim Thomson, Norm Keith, Alex Harris, Mike Johnston	4.39.6		
M70	Ron Arthur 70, Russell Oakley 70, Graeme Noden 72, Donald Chambers 72	5.14.3	14/3/10	Murrumbeena
4 X 400M RELAY WOMEN				
W30	Anna Kasapis 41, Jess Dux 34, Julie Aylward 46, Sarah Lewis 33	4.19.66	28/4/19	Albert Park
W35	Rachel Little 44, Talitha Crawford 40, Narelle Lehmann 41, Fiona Harper 38	4.12.13	9/4/12	Albert Park
W40	Rachel Little 46, Sharon Pedersen 42, Jacinta Burns 46, Narelle Lehmann 44	4.16.06	29/11/14	Albert Park
W45	Marg Tweedie 48, Cathy McDonald, Jenny Stephens, Dorn Jenkins 49	4.32.2	22/2/05	Murrumbeena
	<i>Rachel Little 46, Donna Burgess 52, Narelle Lehmann 45, Lindy Singleton</i>	4.27.92	28/11/16	Albert Park
W50	Anne Buckley 50, Anne Kidman 63, Helen Stanley 62, Jacinta Burns 50	5.43.60	29/4/18	Perth
W55	Helen Anderson 56, Kathryn Heagney 68, Heather Farley 64, Susan Howell 57	5.16.58	28/4/19	Albert Park
W60	Glad Wishart 61, Sylvia Machin 63, Jan Morrey 65, Nyara Miller	6.18.2	22/2/05	Murrumbeena
4 X 800M RELAY MEN				
M30				
M35	John Braszell 47, Warren Burke 39, Mohammed Reese 37, David Woods 39	9.58.3	25/3/07	Murrumbeena
M40	*Andrew Evans 41, John Schuijers 49, Danny Hecker 41, Paul Skipper 41	8.46.68	28/2/10	Olympic Park
M45	Mark Crawford 48, David Murrhy 49, Graham Walter 48, Andrew Watts 51	9.43.7	25/3/07	Murrumbeena
M50	Ray Kelly, Norm Johnston, Paul McCullum, Peter Duggan	9.59.0		
M55	Frank Prowse 55, David McConnell, Richard Kerridge 59, John Browne 56	10.37.6	1/10/07	Doncaster
M60	Doug Adeney 62, Des Middleton 60, Graham Philpott 64, David Sheehan 60	10.48.6	25/3/07	Murrumbeena
M65	Keith Bird, Bob Turnbull, Dick Kirkman, Peter Colthup	11.41.1		
M70	*Alan Burgoyne, Andy Smith, Eddie Gamble, Cliff Barling	11.44.1		
M80	Gerry Heilmann 83, Michael Johnston 85, Ken Matchett 85, Jim Sinclair 82	17.24.2	25/3/07	Murrumbeena
4 X 800M RELAY WOMEN				
W30				
W35	Carmel Pardy, Olya Bojczuk, Kim Wright, Maureen Arch	13.29.0	29/3/05	Murrumbeena
W45	#Simone Quin 46, Julia Smith 46, Susan Michelsson 48, Kate Seibold 45	10.30.32	30/1/21	Box Hill
W55	Theresia Baird 65, Bronwen Cardy 55, Kathryn Heagney 56, Sandra Middleton 58	12.19.8	25/3/07	Murrumbeena
4 X 1500M RELAY MEN (currently not listed by WMA)				
M30				
M35				
	<i>*Scott Peacock, Neil Robertson, Chris MacDonald, Andrew Scott</i>	17.20.4	20/3/11	Murrumbeena
M40	Ian Winnen 43, Shane Derby 44, John Schuijers 44, Christopher Boylen 41	20.58.4	19/7/06	Collingwood
	<i>*James McEniry, Anthony Lee, Dave Venour, James Atkinson</i>	18.02	20/3/11	Murrumbeena
M45	*Andrew Egginton 54, Kynan Dawes 45, Tony Langelaan 49, Robert Schwerkolt 49	18.20.62	28/11/15	Albert Park
M50	*John Meagher 53, Andrew Egginton 55, Scott Lawrence 55, Rob Schwerkolt 50	18.35.10	26/11/16	Albert Park
M55				
M60	Wayne Fitzsimmons 61, George Rennie 63, Mike Boylen 65, Barry Boyd 61	22.43.4	19/7/06	Collingwood
4 X 1500M RELAY WOMEN (currently not listed by WMA)				
W30				
W35				
W40	*Julia Edwards 41, Kirsten Jackson 46, Simone Quin 41, Kate Seibold 40	20.29.56	28/11/15	Albert Park