

THROWS PENTATHLON - AMA CHAMPIONSHIP RECORDS - MEN										
Age	Name	State	Points	Date	Hammer	Shot Put	Discus	Javelin	Weight	
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 – as above in Australian records Stuart Gyngell M40 3,946 & M45 4,199										
M50	Stuart Gyngell	NSW	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	Colin 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										
THROWS PENTATHLON using 2016 WMA AGE FACTORS – WOMEN										
Age	Name	State	Points	Date	Hammer	Shot Put	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	Dom Jenkins	Vic	4,443	7.10.15	43.51	8.85	28.72	21.85	15.57		
					1310	746	768	576	1043		
W65	Dom Jenkins	Vic	4,711	21.3.21	42.46	8.64	23.16	19.78	15.91		
					1435	817	684	590	1185		
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-06	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	Shot Put	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		
W50	Marja-Leena Parviaiven	NSW	4,252	13.4.98	51.73	9.11	34.85	22.40	16.29		
					1301	627	767	489	1068		
W55	Gabriele Watts	NSW	4,253	4.4.22	40.17	11.61	31.03	22.61	13.9		
					1070	922	746	529	986		

W60	Dom Jenkins	Vic	4,042	28.4.18	39.84	8.89	20.26	20.01	16.11		
					1182	750	507	519	1084		
W65	Jill Taylor	NSW	3,544	4.4.22	30.04	7.48	21.51	14.06	12.25		
					959	688	626	392	879		
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	Mary Thomas	NSW	3,911	4.4.22	29.76	7.84	21.16	14.84	9.67		
					1073	818	764	549	707		
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	Warren Button	WA	3,835	9.1.21	22.09 20lb	20.65 25lb	14.60 35lb	11.19 20kg	8.71 56lb		
					801	848	712	752	722		
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	Ricard Meiring	ACT	4,877	15.1.20	23.57 20lb	20.84 25lb	15.63 35lb	11.63 20kg	9.33 56lb		
					1026	1023	924	949	959		
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	Lajos Joni	Qld	4,385	12.9.21	19.30 12lb	18.74 16lb	16.90 20lb	14.23 25lb	10.54 35lb		

					778	882	957	942	826		
M70	Ossi Igel	WA	4,682	9.1.21	21.12 4kg	19.67 12lb	17.32 16lb	14.21 20lb	12.22 25lb		
					883	932	1009	908	950		
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 Leovic	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		
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	Gabi Watts	NSW	4,623	19.12.21	18.32 4kg	15.29 12lb	12.68 16lb	11.41 20lb	9.66 25lb		
					876	880	887	985	995		
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	Dorn Jenkins	Vic	5,609	21.2.21	20.25 3kg	18.42 4kg	15.19 12lb	13.09 16lb	10.35 20lb		
					1056	1089	1124	1185	1155		
W70	Jan Banens	ACT	4,699	1.11.11	16.53 3kg	13.93 4kg	12.36 12lb	10.06 16lb	7.16 20lb		
					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		

PENTATHLON w/Discus & 200m - AMA CHAMPIONSHIP RECORDS – MEN										
Age	Name	State	Points	Date	Long Jump	Javelin	200m	Discus	1500m	
M30	Gogi Rai	Vic	3,042	4.4.22	6.28	43.49	23.18	33.00	4:51.43	
					648	493	767	524	610	
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	24.8	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	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	32.9	26.31	8:32.08	
					707	596	717	618	372	
M80	Fred O'Connor	NSW	3,247	12.4.04	3.58	26.3	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										
PENTATHLON w/Shot Put & 100m, using 2016 WMA AGE FACTORS – WOMEN										
Age	Name	State	Points	Date	100m	Shot Put	Long Jump	Javelin	800m	
W30	Jitka Hiscox	NSW	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	Lee-Anne Nelson	Qld	3,656	22.1.22	14.05	9.61	4.34	28.5	2:41.49		
					871	668	683	619	815		
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		
W70	Maureen Keshwar	WA	3,439	27.2.22	15.76	8.09	3.34	14.50	4:32.40		
					1018	862	744	485	330		
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	6.6	2.96	19.71	4:44.94		
					988	773	975	927	709		
W85	Gwen Gleeson	ACT	1,980	25.2.16	25.6	3.34	1.51	5.88	6:56.17		
					492	398	403	283	404		

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

Age	Name	State	Points	Date	100m	Shot Put	Long Jump	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		
DECATHLON using 2016 WMA AGE FACTORS											
Age	Name	State	Points	Date	100m	Long Jump	Shot Put	High Jump	400m		
					Hurdles	Discus	Pole Vault	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	Jul-14	11.33	6.73	13.87	1.99	51.07		
					789	750	720	794	766		
				Jul-14	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		
				15.1.17	16.31	34.13	4.06	50.41	4:37.66		
					716	556	651	604	711		
M40	Geoffrey Gibbons	Tas	7,022	7.1.17	11.79	6.29	10.20	1.71	52.85		
					797	778	567	619	841		
				8.1.17	15.71	28.83	3.90	48.41	4:39.55		
					853	499	673	627	770		
M45	Paul Jeffery	WA	7,867 WR	23.11.19	11.55	6.05	11.41	1.70	53.97		
					922	809	711	687	867		
				24.11.19	16.75	38.49	3.80	55.87	4:58.91		
					810	795	719	820	727		
M50	Justin Hanrahan	Vic	7,017	13.2.21	12.67	5.89	12.28	1.68	57.75		

					774	869	752	758	789		
				14.2.21	16.21	38.17	3.10	32.57	5:27.10		
					782	644	562	442	645		
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	4.8	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	68.72		
					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		
				1999	27.34	17.82	1.70	17.22	DNF		
					161	559	626	471	0		
M90	Vic Younger	Vic	3,133	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		
DECATHLON - AMA CHAMPIONSHIP RECORDS											
Age	Name	State	Points	Date	100m	Long Jump	Shot Put	High Jump	400m		
					Hurdles	Discus	Pole Vault	Javelin	1500m		
M30	Warren Evans	Qld	6,352	22.2.03	11.64	6.39	12.20	1.73	53.7		
					723	673	619	577	652		
				23.2.03	16.15	44.02	4.65	53.38	6:08.95		
					689	747	804	639	229		
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	11.3	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 – as above in Australian records Justin Hanrahan 7,017											
M55	Nelson Viney	Qld	5,192	22.2.03	13.40	4.79	7.43	1.25	66.8		
					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	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 records Don Fraser 6,746											
M70 - as above in Australian records Geoff Shaw 7,307											
M75	Don Chambers	Vic	4,566	4.1.14	16.10	3.67	8.54	1.10	92.31		
					665	723	603	585	274		
				5.1.14	18.44	16.73	1.85	19.15	dnf		

					509	347	472	388	0		
M80	Rad Leovic	ACT	3,765	28.2.09	19.4	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											
HEPTATHLON using 2016 WMA AGE FACTORS											
Age	Name	State	Points	Date	Hurdles	High Jump	Shot Put	200m	Long Jump	Javelin	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	2.53.73
					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	Aug-09	12.32	1.6	10.79	26.96	5.05	32.30	2.41.70
					1058	1041	719	960	831	673	724
W50	Marie Kay	Qld	6,202	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
W60	Marge Allison	Qld	5,076	28/29.7.08	15.1	1.24	6.93	31.9	3.66	18.4	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	Carol Davis	Qld	6,375	6/7.2.21	16.98	1.14	6.55	32.96	3.68	19.96	3.05.52
					1017	978	671	1049	921	704	1035
W75	Marge Allison	Qld	5,901	22/23.2.20	18.67	1.09	6.83	37.51	2.9	13.43	3.33.28
					1081	1054	695	928	677	488	978
HEPTATHLON - AMA CHAMPIONSHIP RECORDS											
Age	Name	State	Points	Date	Hurdles	High Jump	Shot Put	200m	Long Jump	Javelin	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	3,301	4/5.1.20	DNF	0.88	5.33	35.38	3.18	12.11	3:18.30
					0	491	454	738	543	326	749
W75	as above in Australian records Marge Allison 5,618										
INDOORS PENTATHLON using 2016 WMA AGE FACTORS – MEN											
Age	Name	State	Points	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	1.69	10.37	5.88	2:53.38		
					893	602	579	675	815		
M50	Andrew Brooker	WA	3,292	27.3.19	10.83	1.63	9.2	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	1.36	8.55	4.19	3:46.38		
					539	602	526	563	661		
M65	Joe Begley	Qld	2,479	27.3.19	12.7	1.12	7.85	3.94	4:34.46		
					524	426	527	582	420		
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		

INDOORS PENTATHLON using 2016 WMA AGE FACTORS - WOMEN

Age	Name	State	Points	Date	60m Hurdles	High Jump	Shot Put	Long Jump	800m		
W35	Melissa Foster	WA	2,282	24.3.17	10.2	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	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	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		