

INDOOR RECORDS - AUSTRALIAN MASTERS ATHLETICS

18-Jul-22

Australian Masters Athletics Inc Club Records compiled by AMA Records Officer, Clyde Riddoch, 40 Beauchamp Street, Preston Vic 3072,

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From: WMA Indoors Championships: 1st Sindelfingen, Germany, 2004; 2nd Linz, Austria, 2006; 3rd Clermont-Ferrand, France, 2008; 4th Canada, 2010; 5th Jyvaskyla, Finland, 2012; 6th Budapest, Hungary, 2014; 7th Daegu, South Korea, 2017; 8th Torun, Poland, 2019.

Also from 2003, 2007, 2008, 2012 & 2018 USA Masters, Boston; British Masters 2008 & 2013; and Munich 2014.

Italics indicates record set when not a financial member of Australian Masters Athletics

MEN						WOMEN					
AGE		NAME	STATE	TIME	DATE	AGE		NAME	STATE	TIME	DATE
60 METRES						60 METRES					
M35	AR	Adam Farlow	ACT	7.36s	2019	W35	AR	Melissa Foster	WA	8.16s	2017
M40	AR	Ashley McMahon	NSW	7.21s	2019	W40	AR	Monique Perry	NSW	7.94s	2019
M45	AR	Rob Colling	WA	7.28s	2016	W45	AR	Lenore Lambert	NSW	8.22s	2017
M50	AR	Stephen Jones	QLD	7.81s	2017	W50	AR	Julie Brims	QLD	8.08s	2017
M55	AR	Peter Crombie	NSW	7.81s	2003	W55	AR	Lynda Douglass	NSW	8.71s	2017
	AR	Rudy Kocis	WA	7.81s	2017	W60	AR	Kathy Heagney	VIC	9.17s	2012
M60	AR	Peter Crombie	NSW	7.98s	2006	W65	AR	Lyn Peake	SA	9.48s	2017
M65	AR	Peter Crombie	NSW	8.35s	2010	W70	AR	Noreen Parrish	QLD	10.31s	2012
M70	AR	Peter Crombie	NSW	8.39s	2017	W75	AR	Noreen Parrish	QLD	11.42s	2017
M75	AR	Don Chambers	VIC	9.39s	2013						
M80	AR	Radovan Leovic	ACT	11.51s	2010						
M85	AR	Radovan Leovic	ACT	12.17s	2014						
M90	AR	Jim Sinclair	Vic	13.56s	2017						
200 METRES						200 METRES					
M35	AR	Jay Stone	NSW	22.68s	2017	W35	AR	Ranell Hobson	NSW	28.67s	2010
M40	AR	Ashley McMahon	NSW	23.53s	2016	W40	AR	Monique Perry	NSW	26.68s	2019
M45	AR	Mark Giglio	VIC	23.40s	2019	W45	AR	Marie Kay	QLD	25.85s	2008
M50	AR	Andrew Wilcox	VIC	24.30s	2019	W50	AR	Julie Brims	QLD	26.11s	2017
M55	AR	Peter Crombie	NSW	24.85s	2003	W55	AR	Lynda Douglass	NSW	29.52s	2017
M60	AR	Peter Crombie	NSW	25.59s	2006	W60	AR	Kathy Heagney	VIC	30.60s	2012
M65	AR	Peter Crombie	NSW	26.95s	2010	W65	AR	Marge Allison	QLD	31.79s	2010
M70	AR	Peter Crombie	NSW	27.30s	2017	W70	AR	Noreen Parrish	QLD	35.86s	2012
M75	AR	Don Chambers	VIC	32.69s	2013	W75	AR	Noreen Parrish	QLD	41.54s	2017
M80	AR	Radovan Leovic	ACT	41.82s	2010						
M85	AR	Radovan Leovic	ACT	42.41s	2014						
M90	AR	Jim Sinclair	VIC	50.13s	2017						
400 METRES						400 METRES					
M35	AR	Jay Stone	NSW	50.25s	2017	W35					
M40	AR	Ken Telfer	ACT	52.99s	2008	W40	AR	Marie Kay	NSW	61.58s	2004
M45	AR	Andrew Wilcox	VIC	52.02s	2014	W45	AR	#Marie Kay	QLD	56.99s	2008

M50	AR	Andrew Wilcox	VIC	53.44s	2019	W50	AR	Gianna Mogentale	NSW	62.20s	2014
M55	AR	Peter Crombie	NSW	57.04s	2004	W55	AR	Robyn Suttor	NSW	69.99s	2014
M60	AR	Peter Crombie	NSW	57.62s	2006	W60	AR	Kathy Heagney	VIC	70.35s	2012
M65	AR	Peter Crombie	NSW	62.36s	2010	W65	AR	Jeanette Flynn	QLD	70.34s	2017
M70	AR	Peter Crombie	NSW	63.29s	2017	W70	AR	Paula Moorhouse	NSW	88.71s	2019
M75	AR	Don Chambers	VIC	85.53s	2013	W75	AR	Noreen Parrish	QLD	1m 51.08s	2017
M80	AR	Rad Leovic	ACT	88.33s	2008						
M85	AR	Rad Leovic	ACT	99.74s	2014						
M90	AR	Jim Sinclair	VIC	2m 11.16s	2017						
800 METRES						800 METRES					
M30	AR	Brendan Whelan	QLD	2m 04.24s	2008	W35	AR	Melissa Foster	WA	3m 00.62s	2017
M45	AR	Nathan Crowley	VIC	2m 01.85	2019	W40	AR	Amanda Coombe	TAS	2m 33.31s	2010
M50	AR	Scott Lawrence	VIC	2m 13.88s	2012	W45	AR	Sharon Davis	WA	2m 18.01s	2019
M55	AR	Peter Hawes	QLD	2m 14.87s	2012	W50	AR	Marie Kay	QLD	2m 46.78s	2010
M60	AR	Neil MacDonald	VIC	2m 16.91s	2004		AR	<i>Lucy Di Benedetto</i>	VIC	<i>2m 29.74s</i>	<i>2022</i>
M65	AR	Kevin Solomon	VIC	2m 25.37s	2014	W55	AR	Deborah Drennan	NSW	2m 42.69s	2016
M70	AR	Allan Mayfield	SA	2m 31.16s	2019	W60	AR	Jeanette Flynn	QLD	2m 41.40s	2014
M75	AR	Peter Sandery	SA	2m 54.22s	2017	W65	AR	Jeanette Flynn	QLD	2m 44.45s	2017
M80	AR	Rad Leovic	ACT	3m 44.71s	2008	W70	AR	Lavinia Petrie	VIC	3m 10.27s	2017
M85	AR	Rad Leovic	ACT	4m 00.62s	2014	W75	AR	Fran Harris	ACT	5m 45.37s	2017
1000 METRES											
M40	AR	Geoffrey Gibbons	TAS	2m 53.38s	2017						
M50	AR	Andrew Brooker	WA	3m 08.58s	2019						
M55	AR	Philip Hniat	TAS	3m 21.26s	2019						
M60	AR	John Fienieg	NSW	3m 46.38s	2017						
M65	AR	Joe Begley	QLD	4m 34.46s	2019						
M70	AR	Ken Daniels	QLD	4m 40.41s	2010						
M75	AR	Don Chambers	VIC	6m 22.77s	2013						
M80	AR	Rad Leovic	ACT	4m 47.96s	2008						
M85	AR	Rad Leovic	ACT	5m 35.95s	2014						
1500 METRES						1500 METRES					
M35	AR	Stephen Dinneen	VIC	4m 04.97s	2017	W35					
M40	AR	Campbell McLennan	VIC	4m 14.31s	2014	W40	AR	Kriszta Kovacs	NSW	5m 02.89s	2014
M45	AR	Nathan Crowley	VIC	4m 15.08s	2019	W45					
M50	AR	Ken Wilson	NSW	4m 29.14s	2019	W50	AR	Petrina Brown	QLD	5m 58.00s	2019
M55	AR	Kevin Solomon	VIC	4m 27.49s	2004		AR	<i>Lucy Di Benedetto</i>	VIC	<i>4m 45.71s</i>	<i>2022</i>
M60	AR	Neil MacDonald	VIC	4m 54.17s	2004	W55	AR	Deborah Drennan	NSW	5m 44.28s	2017
M65	AR	Kevin Solomon	VIC	4m 52.81s	2014	W60	AR	Jeanette Flynn	QLD	5m 45.40s	2014
M70	AR	Peter Sandery	SA	5m 20.16s	2012	W65	AR	Paula Moorhouse	NSW	6m 24.89s	2017
M75	AR	Peter Sandery	SA	6m 15.77s	2017	W70	AR	Lavinia Petrie	VIC	6m 22.44s	2017
M80	AR	Rad Leovic	ACT	8m 19.76s	2010						

M85	AR	Rad Leovic	ACT	9m 28.87s	2014						
MILE											
M30	AR	Brendan Whelan	QLD	4m 31.43s	2008						
M45	AR	Colin Dalton	NSW	5m 34.88s	2016						
M50	AR	Scott Lawrence	Vic	4m 52.24s	2012						
M55	AR	Robert Pearce	SA	5m 25.02s	2008						
M60	AR	Kevin Solomon	VIC	5m 01.62s	2008						
M65	AR	Peter Sandery	SA	5m 22.70s	2008						
3000 METRES						3000 METRES					
M30	AR	Brendan Whelan	QLD	9m 02.38s	2008	W35					
M35	AR	Stephen Dinneen	VIC	8m 52.41s	2017	W40					
M45	AR	Darren Purcell	NSW	9m 14.14s	2019	W45					
M50	AR	Alan Stacey	QLD	10m 53.45s	2017	W50	AR	Lucy Di Benedetto	VIC	10m 50.56s	2022
M55	AR	Kevin Solomon	VIC	9m 30.32s	2004	W55	AR	Anne Ryan	QLD	12m 28.31s	2014
M60	AR	Kevin Solomon	VIC	10m 11.85s	2008	W60					
M65	AR	Peter Sandery	SA	10m 36.54s	2008	W65					
M70	AR	Peter Sandery	SA	11m 16.60s	2012	W70	AR	Lavinia Petrie	VIC	12m 54.89s	2017
M75	AR	Peter Sandery	SA	12m 36.92s	2017						
M80	AR	Rad Leovic	ACT	15m 56.73s	2008						
M85	AR	Rad Leovic	ACT	19m 59.79s	2014						
60 METRES HURDLES						60 METRES HURDLES					
M40	AR	Geoffrey Gibbons	TAS	8.74s	2017	W30	AR	Sally Pearson	QLD	7.91s	2017
M45	AR	Kris Wardecki	NSW	10.12s	2014	W35	AR	Melissa Foster	WA	9.79s	2017
M50	AR	Dean Taylor	NSW	10.59s	2017	W40	AR	Marie Kay	NSW	9.71s	2004
M55	AR	Steve McGugan	NSW	9.94s	2010	W45	AR	Marie Kay	NSW	9.43s	2006
M60	AR	Conrad Burge	ACT	9.78s	2012	W50	AR	Marie Kay	QLD	9.55s	2010
M65	AR	Joe Begley	QLD	12.70s	2019	W55	AR	Sally Stagles	NSW	9.82s	2017
M70	AR	Don Chambers	VIC	10.54s	2010	W60	AR	Wilma Perkins	QLD	10.81s	2010
M75	AR	Don Chambers	VIC	11.33s	2014	W65	AR	Marge Allison	QLD	11.05s	2010
M80	AR	Rad Leovic	ACT	15.33s	2008	W75	AR	Fran Harris	ACT	15.38s	2017
M85	AR	Rad Leovic	ACT	25.35s	2014						
3000 METRES WALK						3000 METRES WALK					
M35						W35	AR	Dash Newington	QLD	19m 38.62s	2022
M40	AR	Dean Nipperess	QLD	13m 19.77s	2014	W50	AR	Anne Weekes	NSW	17m 32.63s	2017
M45	AR	Dean Nipperess	QLD	16m 15.10s		W55	AR	#Lyn Ventris	WA	14m 51.24s	2017
M50	AR	Mark Donahoo	VIC	13m 55.43s	2012	W60	AR	Heather Carr	VIC	15m 54.75s	2010
M55	AR	Mark Donahoo	VIC	14m 17.18s	2014	W65	AR	#Heather Carr	VIC	16m 57.96s	2017
M65	AR	Andrew Jamieson	VIC	14m 39.77s	2012	W70	AR	Lynne Schickert	WA	21m 38.23s	2010
M70	AR	Andrew Jamieson	VIC	16m 24.18s	2017	W75	AR	Joan Purcell	QLD	22m 05.70s	2017
HIGH JUMP						HIGH JUMP					
M40	AR	Geoffrey Gibbons	TAS	1.69m	2017	W35	AR	Dash Newington	QLD	1.36m	2022

M50	AR	Andrew Brooker	WA	1.63m	2019	W40	AR	Irie Hill	VIC	1.52m	2010
M55	AR	John Fienieg	NSW	1.48m	2012	W45	AR	Lenore Lambert	NSW	1.54m	2017
M60	AR	John Fienieg	NSW	1.36m	2017	W50	AR	Marie Kay	QLD	1.51m	2010
M65	AR	Joe Begley	QLD	1.12m	2019	W60	AR	Wilma Perkins	QLD	1.23m	2012
M70	AR	Viddy Jermacons	SA	1.19m	2019	W65	AR	Marge Allison	QLD	1.17m	2010
M75	AR	Don Chambers	VIC	1.15m	2014	W70	AR				
M80	AR	Rad Leovic	ACT	0.99m	2008	W75	AR	Fran Harris	ACT	0.94m	2017
M85	AR	Rad Leovic	ACT	0.91m	2014						
LONG JUMP						LONG JUMP					
M30	AR	Fabrice Lapierre	NSW	8.25m	2016	W35	AR	Melissa Foster	WA	5.71m	2014
M40	AR	Brad Krawczyk	VIC	6.41m	2019	W40	AR	Melissa Foster	WA	5.54m	2019
M50	AR	Andrew Brooker	WA	5.06m	2019	W45	AR	Marie Kay	QLD	5.57m	2008
M55	AR	Viddy Jermacans	QLD	4.99m	2006	W50	AR	Marie Kay	QLD	5.20m	2012
M60	AR	Wayne Marriott	NSW	4.44m	2017	W55	AR	Sally Stagles	NSW	4.13m	2017
M65	AR	Joe Begley	QLD	3.94m	2019	W60	AR	Wilma Perkins	QLD	4.09m	2010
M70	AR	Don Chambers	VIC	3.93m	2010	W65	AR	Jean Hampson	QLD	3.35m	2014
M75	AR	Don Chambers	VIC	3.63m	2014	W70	AR	Jean Hampson	QLD	3.05m	2017
M80	AR	Rad Leovic	ACT	3.11m	2008	W75	AR	Fran Harris	ACT	2.38m	2017
M85	AR	Rad Leovic	ACT	2.26m	2014						
TRIPLE JUMP						TRIPLE JUMP					
M40	AR	Jamie Muscat	NSW	8.04m	2018	W35	AR	Melissa Foster	WA	11.82m	2014
M50	AR	Nick Hodgson	VIC	12.50m	2014	W40	AR	Melissa Foster	WA	11.54m	2019
M55	AR	Viddy Jermacans	QLD	8.88m	2006	W45	AR	Selina Ellis	NSW	6.70m	2017
M60	AR	Wayne Marriott	NSW	8.64m	2017	W60	AR	Leanne Monk	VIC	6.66m	2019
M70	AR	Don Chambers	VIC	8.24m	2010	W70	AR	Lynne Schickert	WA	5.46m	2012
M75	AR	Don Chambers	VIC	7.75m	2014	W75	AR	Fran Harris	ACT	5.78m	2017
M80	AR	Rad Leovic	ACT	6.98m	2008						
M85	AR	Rad Leovic	ACT	4.82m	2014						
POLE VAULT						POLE VAULT					
M35	AR	Warren Hill	VIC	3.00m	2004	W35	AR	Dash Newington	QLD	2.55m	2022
M40	AR	Howard Arbuthnot	QLD	4.40m	2010	W40	AR	Irie Hill	VIC	3.65m	2010
M50	AR	George Jankowski	NSW	2.65m	2017	W45	AR	Dawn Hartigan	VIC	3.35m	2004
M60	AR	Craig Elliott	QLD	2.60m	2018	W50					
M70	AR	George Schillinger	Vic	2.90m	2017	W60	AR	Wilma Perkins	QLD	2.40m	2010
M75	AR	Don Chambers	VIC	2.10m	2013	W65	AR	Wilma Perkins	QLD	1.90m	2019
M85	AR	Rad Leovic	ACT	1.00m	2014						
SHOT PUT						SHOT PUT					
M30	AR	Shane Carstairs	VIC	14.31m	2022	W30					
M35	AR	Grzegorz Urbanowicz	WA	12.19m	2014	W35	AR	Kathleen Adams	NSW	10.41m	2019
M40	AR	Jamie Muscat	NSW	13.61m	2018	W40	AR	Kelly Hunter	NSW	10.58m	2021
M45	AR	Jamie Muscat	NSW	12.70m	2021	W45	AR	Caroline Layt	NSW	10.93m	2014

M50	AR	Tim Lowrey	QLD	10.79m	2019	W50	AR	Marie Kay	QLD	12.30m	2010
M55	AR	Grant Edwards	ACT	12.40m	2018	W55	AR	Gabi Watts	NSW	11.31m	2021
M60	AR	Bob Banens	ACT	11.31m	2010	W60	AR	Jill Taylor	NSW	9.01m	2019
M65	AR	Gavin Murray	NSW	11.69m	2019	W65	AR	Jill Taylor	NSW	8.45m	2020
M70	AR	Don Chambers	VIC	9.98m	2010	W70	AR	Mary Thomas	NSW	8.08m	2017
M75	AR	Ray Green	ACT	10.02m	2019	W75	AR	Mary Thomas	NSW	8.36m	2019
M80	AR	Rad Leovic	ACT	7.37m	2008	W80	AR	Jane Kinsey	VIC	4.74m	2022
M85	AR	Rad Leovic	ACT	6.34m	2014						
M90	AR	Brian Sharpe	NSW	4.70m	2021						
WEIGHT THROW						WEIGHT THROW					
M30	AR	Shane Carstairs	VIC	12.41m	2022	W30					
M35	AR	Grzegorz Urbanowicz	WA	12.19m	2014	W35	AR	Melissa Holahan	NSW	13.45m	2019
M40	AR	Jamie Muscat	NSW	13.66m	2019	W40	AR	Althea Mackie	QLD	12.61m	2014
M45	AR	Jamie Muscat	NSW	12.62m	2021	W45	AR	Althea Mackie	QLD	12.06m	2017
M50	AR	Terrence Gibbs	NSW	14.25m	2007	W50	AR	Gabi Watts	NSW	14.22m	2019
M55	AR	Grant Edwards	ACT	16.54m	2018	W55	AR	Gabi Watts	NSW	14.08m	2021
M60	AR	Robert Clark	NSW	16.55m	2021	W60	AR	Jill Taylor	NSW	13.78m	2019
M65	AR	Gavin Murray	NSW	15.31m	2021	W65	AR	Dorn Jenkins	VIC	15.61m	2022
M70	AR	Don Chambers	VIC	12.05m	2010	W70	AR	Mary Thomas	NSW	10.34m	2017
M75	AR	Ray Green	ACT	12.67m	2019	W75	AR	Jan Banens	ACT	11.92m	2017
M80	AR	Noel Donahoe	NSW	9.63m	2020	W80	AR	Jane Kinsey	VIC	6.52	2022
M85	AR	Rad Leovic	ACT	6.93m	2014						
M90	AR	Brian Sharpe	NSW	6.16m	2021						
35lb WEIGHT THROW											
M50	AR	Russ Devine	VIC	12.76m	2022						
M55	AR	Grant Edwards	ACT	8.62m	2018						
M60	AR	Phil Spivey	VIC	13.88m	2022						
M65	AR	Paul Olsson	VIC	8.44m	2022						
SUPER WEIGHT THROW				56lb		SUPER WEIGHT THROW				35lb	
M30	AR	Shane Carstairs	VIC	7.39m	2022	W30					
M35	AR	Colin Newman	VIC	7.07m	2022	W35	AR	Melissa Holahan	NSW	6.89m	2019
M40	AR	Jamie Muscat	NSW	9.14m	2019	W40	AR	Megan Champion	VIC	6.86m	2022
M45	AR	Jamie Muscat	NSW	8.41m	2021	W45	AR	Maria Cimino	NSW	7.24m	2020
M50	AR	Tim Lowrey	QLD	5.96m	2019					25lb	
M55	AR	Robert Clark	NSW	6.51m	2019	W50	AR	Gabi Watts	NSW	11.11m	2019
				44lb		W55	AR	Gabi Watts	NSW	9.87m	2021
M60	AR	Robert Clark	NSW	8.72m	2021					20lb	
M65	AR	Gavin Murray	NSW	7.70m	2021	W60	AR	Sharon Gibbons	ACT	9.85m	2019
				35lb		W65	AR	Dorn Jenkins	VIC	10.88m	2022
M70	AR					W70	AR	Mary Thomas	NSW	7.68m	2017
M75	AR	Ray Green	ACT	7.02m	2019					16lb	

				25lb		W75	AR	Mary Thomas	NSW	7.79m	2019
M80	AR	Noel Donahoe	NSW	7.51m	2020	W80	AR	Jane Kinsey	VIC	4.21m	2022
M90	AR	Brian Sharpe	NSW	3.70m	2021						
56LB WEIGHT THROW						56LB WEIGHT THROW					
M65	AR	Clyde Riddoch	VIC	2.39m	2022	W45	AR	Niki Johansen	VIC	4.18m	2022
M80	AR	George Christodoulou	VIC	2.36m	2022	W55	AR	Heather Lamb	VIC	2.49m	2022
						W60	AR	Narelle Messerle	VIC	2.36m	2022
100LB WEIGHT THROW						100LB WEIGHT THROW					
M30	AR	Shane Carstairs	VIC	3.81m	2022						
M45	AR	Simon Van Baalen	VIC	3.80m	2022	W45	AR	Niki Johansen	VIC	1.67m	2022
M55	AR	Nick Connell	VIC	2.31m	2022						
M80	AR	George Christodoulou	VIC	1.22m	2022						
HEAVY WEIGHT PENTATHLON						HEAVY WEIGHT PENTATHLON					
M30	AR					W30	AR				
M35	AR					W35	AR				
M40	AR	Shane Carstairs	VIC	2406	2022	W40	AR				
M45	AR					W45	AR	Niki Johansen	VIC	3330	2022
M50	AR					W50	AR				
M55	AR					W55	AR	Heather Lamb	VIC	2163	2022
M60	AR					W60	AR				
M65	AR	Paul Olsson	VIC	3625	2022	W65	AR				
M70	AR					W70	AR				
M75	AR					W75	AR	Rhondda Dundas	VIC	2589	2022
M80	AR					W80	AR	Jane Kinsey	VIC	2153	2022
PENTATHLON			Re-scored with 2010 Tables			PENTATHLON					
M35	AR	Matthew McDowall	WA	3,292 points	2018	W35	AR	Melissa Foster	WA	2,282 points	2017
(60mH 9.22s, LJ 6.18m, SP 11.93m, HJ 1.76m, 1000m 3m 03.7s)						(60mH 10.20s, LJ 5.33m, SP 8.42m, HJ NH, 800 3m 00.62s)					
M40	AR	Geoffrey Gibbons	TAS	3,564 points	2017	W40	AR	Marie Kay	NSW	3,431 points	2004
(60mH 8.83s, LJ 5.88m, SP 10.37m, HJ 1.69m, 1000m 2m 53.3s)						(60mH 9.71s, LJ 5.13m, SP 8.80m, HJ 1.45m, 800 2m 57.32s)					
M50	AR	Andrew Brooker	WA	3,292 points	2019	W45	AR	Marie Kay	NSW	4,259 points	2006
(60mH 10.83s, LJ 5.06m, SP 9.20m, HJ 1.63m, 1000m 3m 08.5s)						(60mH 9.43s, LJ 5.41m, SP 10.02m, HJ 1.51m, 800 2m 39.79s)					
M55	AR	John Fienieg	NSW	2,932 points	2012	W50	AR	Marie Kay	QLD	4,758 points	2010
(60mH 11.45s, LJ 4.57m, SP 8.51m, HJ 1.48m, 1000m 3m 43.6s)						(60mH 9.55s, LJ 5.16m, SP 12.30m, HJ 1.51m, 800 2m 46.78s)					
M60	AR	John Fienieg	NSW	2,891 points	2017	W60	AR	Wilma Perkins	QLD	3,473 points	2014
(60mH 12.04s, LJ 4.19m, SP 8.55m, HJ 1.36m, 1000m 3m 46.3s)						(60mH 11.28s, LJ 3.96m, SP 7.96m, HJ 1.18m, 800m 3m 48.42s)					
M65	AR	Joe Begley	QLD	2,479 points	2019	W65	AR	Marge Allison	QLD	3,799 points	2010
(60mH 12.70s, LJ 3.94m, SP 7.85m, HJ 1.12m, 1000m 4m 34.4s)						(60mH 11.53s, LJ 3.13m, SP 6.57m, HJ 1.17m, 800 3m 08.99s)					
M70	AR	Don Chambers	VIC	2,990 points	2010	W70					

(60mH 10.73s, LJ 3.70m, SP 8.85m, HJ 1.11m, 1000m 5m 00.31s)											
M75	AR	Don Chambers	VIC	2,968 points	2014	W75	AR	Fran Harris	ACT	2,400 points	2017
(60mH 11.33s, LJ 3.63m, SP 8.98m, HJ 1.15m, 1000m DNF)						(60mH 15.52s, LJ 2.11m, SP 6.03m, HJ 0.94m, 800m 5m 45.37s)					
M80	AR	Rad Leovic	ACT	2,883 points	2008	W80					
(60mH 15.33s, LJ 2.91m, SP 7.37m, HJ 0.99m, 1000m 4m 47.96s)											
M85	AR	Rad Leovic	ACT	2,239 points	2014						
(60mH 25.35s, LJ 2.26m, SP 6.34m, HJ 0.91m, 1000m 5m 35.95s)											
4 x 200 METRES RELAY						4 x 200 METRES RELAY					
M35	AR	Jay Stone 39	NSW	1m 33.25s	2019	W35	AR	Ranell Hobson 37	NSW	2m 08.29s	2010
		Ashley McMahon 43	NSW					Kathy Heagney 59	VIC		
		William Little 37	VIC					Amanda Coombe 42	TAS		
		Adam Farlow 36	NSW					Caroline Layt 44	NSW		
M40	AR	Kris Wardecki 41	NSW	1m 37.56s	2010	W40	AR	Jacqueline Bezuidenhou	NSW	1m 49.98s	2008
		Ken Telfer 42	ACT					Caroline Layt 42	NSW		
		Stephen Jones 46	QLD					Janet Naylon 41	NSW		
		Andrew Wilcox 41	VIC					Marie Kay 48	QLD		
M45	AR	Mark Giglio 46	VIC	1m 45.47s	2019	W45	AR	Robyn Suttor	NSW	2m 00.02s	2014
		Nathan Crowley 45	VIC					Gianna Mogentale	NSW		
		Andrew Brooker 50	WA					Caroline Layt	NSW		
		Ken Wilson 52	NSW					Janet Naylon	NSW		
M50	AR	Colin Smith 56	WA	1m 42.25s	2019	W50	AR	Gianna Mogentale 53	NSW	1m 57.02s	2017
		Andrew Wilcox 50	VIC					Julie Brims 51	QLD		
		Ken Telfer 51	ACT					Janet Naylon 50	NSW		
		John Hilditch 57	VIC					Philipa Wight 53	NSW		