

VICTORIAN MASTERS ATHLETICS (INC) & VICTORIAN OVER 30 RECORDS as at 20/7/2022

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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	21/04/11	Brisbane	W30	Angela Phillips	8.12	6/04/12	Albert Park
M35	*Robert Vidler	7.21	6/04/12	Albert Park		<i>Angela Phillips</i>	<i>7.32</i>	<i>3/04/11</i>	<i>Doncaster</i>
M40	Leigh Phelan	7.26	26/03/17	Doncaster	W35	Jess Dux	8.21	18/08/19	Doncaster
M45	Mark Harper	7.31	24/04/21	Doncaster	W40	Narelle Lehmann	8.04	6/04/12	Albert Park
M50	Peter O'Dwyer	7.55	24/03/19	Doncaster	W45	Linda Buttigieg	8.56	2/04/10	Perth
M55	Paul Turner	7.81	29/03/09	Box Hill	W50	Jacinta Burns	8.70	26/04/18	Perth
M60	Paul Turner	8.02	15/03/15	Doncaster	W55	Linda Caligiuri	8.88	27/04/19	Albert Park
M65	*Robert Mayston	8.02	1/04/22	SAF Nathan	W60	Margaret Tweedie	9.44	26/03/17	Doncaster
M70	Bob Wishart	8.56	25/03/12	Doncaster	W65	Vivienne Cash	9.77	27/04/19	Albert Park
M75	*Bob Wishart	8.64	24/03/19	Doncaster	W70	Jan Morrey	10.17	21/03/10	Murrumbeena
M80	Graeme Noden	9.67	24/03/19	Doncaster	W75	Gladys Wishart	11.21	24/03/19	Doncaster
M85	Leo Coffey	10.78	15/03/15	Doncaster	W80	Kathy Skultety	12.22	5/12/21	Doncaster
M90	*Jim Sinclair	12.12	3/04/15	Bankstown	W85	*Shirley Coppock	13.48	19/06/22	Box Hill
M95	*Jim Sinclair	15.24	1/09/19	Mackay	W90	Margaret Prowse	25.54	25/03/12	Doncaster
100 METRES				100 METRES					
M30	Robert Vidler	10.89	20/03/10	Murrumbeena	W30	Lisa Ford	12.4	6/12/97	Geelong
	<i>Adam Basil</i>	<i>10.33</i>	<i>26/11/05</i>			<i>Suzanne Broadrick</i>	<i>11.57</i>	<i>18/08/00</i>	<i>Sydney</i>
M35	Peter O'Dwyer	11.04	8/10/02	Olympic Park	W35	Debra Tomsett	12.3	19/03/94	Aberfeldie
M40	Simon Jackson	11.20	2/03/19	Albert Park		<i>Suzanne Broadrick</i>	<i>11.89</i>	<i>10/01/04</i>	<i>Perth</i>
M45	*Mark Harper	11.32	20/03/22	Albert Park	W40	Debra Tomsett	12.4	28/03/98	Murrumbeena
M50	Gary Barker	11.6	25/03/95	Aberfeldie	W45	Barbara Blurton	12.9	25/03/95	Aberfeldie
	Peter O'Dwyer	11.81	24/03/18	Doncaster	W45	Margaret Tweedie	12.9	16/03/02	Murrumbeena
M55	Gary Barker	11.8	20/03/99	Murrumbeena	W50	Margaret Tweedie	13.5	20/01/07	Bendigo
M60	Rob Mayston	12.83	23/03/19	Doncaster	W55	Linda Caligiuri	14.04	19/12/20	Aberfeldie
M65	*Rob Mayston	12.50	12/03/22	Geelong	W60	Kathy Heagney	14.42	24/03/12	Doncaster
M70	*Bob Wishart	13.28	6/04/12	Albert Park	W65	Jan Morrey	15.26	5/03/05	Murrumbeena
M75	*Bob Wishart	13.56	25/03/17	Doncaster	W70	Vivienne Cash	16.04	20/03/22	Albert Park
M80	*Leo Coffey	15.27	21/04/11	Brisbane	W75	Gwen Davidson	18.00	9/99	Adelaide
M85	*Charlie Booth	16.98	7/89	Eugene USA	W80	Kathy Skultety	19.24	20/03/22	Albert Park
M90	*Jim Sinclair	19.63	14/03/15	Doncaster	W85	*Shirley Coppock	22.16	24/04/21	Doncaster
M95	*Jim Sinclair	25.39	2/09/19	Mackay	W90	*Margaret Prowse	43.22	6/04/12	Albert Park
200 METRES				200 METRES					

M30	Brendan Ashcroft	22.24	7/03/21	SOPAC	W30	Lisa Ford	25.5	14/12/96	Olympic Park
	<i>Cameron Mackenzie</i>	<i>21.18</i>	<i>17/02/00</i>	<i>Melbourne</i>		<i>*Denise Boyd</i>	<i>23.09</i>	<i>20/03/83</i>	<i>Melbourne</i>
M35	*Peter O'Dwyer	21.98	30/11/02	Geelong	W35	Chris McArdle	25.55	3/08/89	Oregon USA
M40	Bob Wishart	22.0	14/03/82	Collingwood		Debra Tomsett	25.3	20/03/94	Aberfeldie
M45	Mark Harper	22.99	24/01/21	Ballarat		<i>Suzanne Broadrick</i>	<i>24.68</i>	<i>27/01/04</i>	Aberfeldie
M50	Bob Wishart	24.5	26/03/95	Aberfeldie	W40	Narelle Lehmann	26.48	7/04/12	Albert Park
M55	Keith Howden	24.68	15/04/01	Bankstown NSW	W45	Barbara Blurton	26.0	24/03/96	Murrumbeena
M60	Rob Mayston	25.48	26/03/17	Doncaster	W50	Anne Stobaus	27.7	24/03/96	Murrumbeena
M65	*Rob Mayston	25.00	2/04/22	SAF Nathan	W55	Anne Stobaus	28.8	16/03/97	Aberfeldie
M70	Charles Scarff	28.1	20/03/94	Aberfeldie	W60	*Margaret Tweedie	29.99	1/11/16	Perth
M75	*Bob Wishart	28.42	26/03/17	Doncaster	W65	Vivienne Cash	32.75	28/04/19	Albert Park
M80	*Mike Johnston	31.82	31/03/02	Adelaide	W70	Vivienne Cash	33.70	19/03/22	Albert Park
M85	*Mike Johnston	35.79	10/09/07	Riccione	W75	Lavinia Petrie	40.08	15/10/18	Doncaster
M90	*Jim Sinclair	43.12	15/03/15	Doncaster	W80	Kathy Skultety	42.59	19/03/22	Albert Park
M95					W85	*Shirley Coppock	50.16	21/03/21	Doncaster
					W90	*Margaret Prowse	97.22	3/04/11	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>	<i>46.87</i>	<i>15/01/00</i>	<i>Canberra</i>		<i>*Raelene Boyle</i>	<i>51.08</i>	<i>4/09/82</i>	<i>Brisbane</i>
M35	Peter O'Dwyer	48.69	11/10/02	Olympic Park	W35	Debra Tomsett	58.04	30/03/95	Olympic Park
	<i>Andrew Wilcox</i>	<i>48.13</i>	<i>14/02/04</i>	<i>Olympic Park</i>	W40	Judy Pollock	57.0	2/04/83	Olympic Park
M40	*Robert McCubbin	49.33	12/04/04	Olympic Park	W45	*Barbara Blurton	57.91	7/95	Buffalo USA
M45	Andrew Wilcox	51.28	14/08/15	Lyon France	W50	Barbara Blurton	61.11	13/07/01	Brisbane
M50	Andrew Wilcox	53.16	23/02/19	Alberk Park	W55	Anne Stobaus	64.2	16/11/96	Aberfeldie
M55	*Colin McCurry	55.08	11/07/03	Puerto Rico	W60	*Anne Stobaus	67.30	10/07/01	Brisbane
M60	Robert Mayston	57.72s	28/04/18	Perth	W65	Kathryn Heagney	73.96	19/03/16	Doncaster
M65	*Robert Mayston	57.92s	12/03/22	Geelong	W70	*Anne Stobaus	76.63	16/07/11	Sacramento
M70	Mike Johnston	66.02	7/95	Buffalo USA	W75	Lavinia Petrie	89.1	8/10/18	Doncaster
M75	Mike Johnston	68.57	11/04/98	Brisbane	W80	Shirley Coppock	116.68	25/03/17	Doncaster
M80	Mike Johnston	72.85	1/04/02	Adelaide	W85	*Shirley Coppock	140.26	24/04/21	Doncaster
M85	*Mike Johnston	1.25.99	17/03/07	Murrumbeena	W90	*Margaret Prowse	216.47	2/04/11	Doncaster
M90	*Jim Sinclair	1.51.93	5/04/15	Bankstown					
800 METRES					800 METRES				
M30	Paul Schnyder	1.55.4	29/03/97	Olympic Park	W30	Rosemary Lucas	2.14.4	1/03/86	Adelaide
	<i>*Jeffery Risely</i>	<i>1.45.41</i>	<i>8/08/21</i>	<i>Tokyo</i>		<i>*Margaret Crowley</i>	<i>1.59.97</i>	<i>8/09/00</i>	<i>Brisbane</i>
M35	*Robert McCubbin	1.53.10	18/01/03	Ballarat	W35	Ann Holcombe	2.12.9	12/02/85	Olympic Park
	<i>*James McEniry</i>	<i>1.52.00</i>	<i>18/02/06</i>	<i>MCG Melb</i>		Anna Kasapis	2.12.90	10/11/16	Albert Park
M40	*Robert McCubbin	1.51.56	14/03/04	Canberra		<i>*Judy Pollock</i>	<i>1.59.93</i>	<i>14/07/76</i>	<i>Montreal</i>
M45	Neil MacDonald	1.59.11	1/08/89	Eugene USA	W40	Judy Pollock	2.12.1	20/03/83	Sandringham
M50	Tom Roberts	2.00.7	22/04/84	Canberra	W45	Barbara Blurton	2.14.7	16/02/96	Olympic Park
M55	*Tom Roberts	2.05.07	7/89	Eugene USA	W50	Barbara Blurton	2.24.5	17/06/01	Doncaster

M60	Mark Hipworth	2.15.35	14/01/21	Box Hill	W55	Ann Holcombe	2.25.0	27/08/02	Murrumbeena	
M65	Michael Barrand	2.19.96	13/08/82	USA	W60	Anne Stobaus	2.40.28	9/07/01	Brisbane	
M70	Kevin Solomon	2.30.45	11/09/18	Malaga	W65	Anne Stobaus	2.55.99	Oct 2009	Sydney	
M75	Kevin Solomon	2.51.47	1/07/22	Tampere	W70	*Anne Stobaus	3.03.94	11/07/11	Sacramento	
M80	Mike Johnston	3.05.6	24/03/02	Murrumbeena	W75	*Lavinia Petrie	3.18.2	8/10/18	Doncaster	
M85	*Mike Johnston	3.34.5	18/03/07	Murrumbeena	W80	Margaret Prowse	6.42.29	6/03/05	Murrumbeena	
M90	Eddie Gamble	6.16.13	14/04/06	Canberra	W85	Margaret Prowse	6.35.91	14/04/06	Canberra	
1500 METRES					1500 METRES					
M30	Tim Crosbie	3.58.7	20/03/93	Murrumbeena	W30	Kate Seibold-Crosbie	4.25.11	26/01/06	Canberra	
	<i>*Pat Scammell</i>	<i>3.35.62</i>	<i>17/07/91</i>	<i>Rome</i>		<i>*Linden Hall</i>	<i>3.59.01</i>	<i>4/09/21</i>		
M35	Dean Paulin	3.56.45	11/10/02	Olympic Park	W35	Anna Kasapis	4.30.27	26/02/16	Albert Park	
	<i>*Pat Scammell</i>	<i>3.44.25</i>	<i>14/06/96</i>	<i>Ingolstadt</i>		<i>*Judy Pollock</i>	<i>4.14.22</i>	<i>28/07/76</i>	<i>Montreal</i>	
M40	*Richard Polkinghorn	3.55.32	17/02/06	MCG Melb	W40	Dot Browne	4.31.8	3/04/83	Olympic Park	
M45	*Robert Schwerkolt	4.00.20	15/03/11	Box Hill	W45	Judy Pollock	4.40.4	4/85	Toronto	
M50	#Tom Roberts	4.05.2	22/03/84	Murrumbeena	W50	Lucy Di Benedetto	4.43.97	19/06/22	Montreuil	
M55	Jack Ryan	4.17.6		Box Hill	W55	*Ann Holcombe	5.00.1	23/11/02	Murrumbeena	
M60	Kevin Solomon	4.39.89	8/03/08	Olympic Park	W60	Susan Howell	5.34.48	10/06/22	Mackay	
M65	*Jack Ryan	4.41.82	11/87	Melbourne	W65	*Lavinia Petrie	5.56.1	30/01/10	Doncaster	
M70	Randall Hughes	5.14.8	25/03/95	Aberfeldie	W70	*Lavinia Petrie	6.04.06	3/11/14	Gold Coast	
M75	Randall Hughes	5.32.09	3/04/99	Canberra	W75	*Lavinia Petrie	6.48.39	24/04/21	Doncaster	
M80	Bob Lewis	6.34.57	22/03/08	Blacktown	W80	Jean Knox	10.41.9	8/03/08	Olympic Park	
M85	*Peter Brownbill	7.53.0	13/03/04	Murrumbeena	W85	Margaret Prowse	12.33.4	24/09/07	Doncaster	
M90	*Peter Brownbill	9.32.0	4/06/08	Mentone						
1 MILE					1 MILE					
M30	Matt Hallett	6.21	11/06/19	Collingwood	W30	Kate Seibold-Crosbie	5.00.49	29/09/05	Olympic Park	
	<i>*Pat Scammell</i>	<i>3.55.17</i>	<i>25/02/92</i>	<i>Olympic Park</i>		<i>*Linden Hall</i>	<i>4.21.38</i>	<i>4/09/21</i>	<i>Brussels</i>	
M35	Tim Crosbie	4.35.5	2/03/00	<i>East Burwood</i>	W35	Anna Kasapis	4.54.2	23/02/16	Albert Park	
	<i>*Steve Austin</i>	<i>4.08.97</i>	<i>18/12/86</i>	<i>Olympic Park</i>	W40	Anna Kasapis	4.58.5	6/02/18	Melbourne Uni	
M40	Tony Wilson	4.21.27	13/12/07	Olympic Park	W45	Kate Seibold	5.34.51	9/02/21	Box Hill	
M45	*Robert Schwerkolt	4.27.70	16/02/12	Melbourne Uni	W50	Stacey van Dueren	5.42.8	16/02/12	Melbourne Uni	
M50	*Tom Roberts	4.30.06	6/12/87	Olympic Park	W55	Bronwen Cardy	5.38.26	30/01/07	Olympic Park	
M55	Jack Ryan	4.40.4	15/12/77		W60	Lavinia Petrie	6.05.7	26/02/04	Burwood	
M60	Mark Hipworth	5.14.15	9/02/21	Box Hill	W65	*Theresa Baird	6.30.4	11/07/07	Noble Park	
M65	*Jack Ryan	5.05.61	6/12/87	Olympic Park	W70	*Lavinia Petrie	6.33.96	31/03/14	Doncaster	
M70	George Rennie	5.53.6	22/08/12	Collingwood	W75	Lavinia Petrie	7.11.9	17/09/18	Doncaster	
M75	Bob Lewis	6.26.5	26/02/04	East Burwood	W80					
M80	Barry Dore	10.17.46	5/12/21	Doncaster	W85	*Margaret Prowse	13.34.3	24/09/07	Doncaster	
M90	#Peter Brownbill	10.30.9	18/06/08	Mentone						
3,000 METRES					3,000 METRES					
M30	Matt Hallett	9:50	18/06/19	Collingwood	W30	Kate Seibold-Crosbie	9.45.60	9/03/06	Olympic Park	
	<i>*Darren Lynch</i>	<i>7.45.53</i>	<i>20/02/99</i>	<i>Sydney</i>		<i>*Sarah Jamieson</i>	<i>8.48.41</i>	<i>3/08/07</i>	<i>London</i>	

M35	Shane Draper	9.48	14/04/13	Murrumbeena	W35	Anna Kasapis	9.56.60	10/11/15	Albert Park
	<i>*Steve Moneghetti</i>	<i>8.09.47</i>	<i>10/12/97</i>	<i>Melbourne</i>	W40	Vanessa Wilson	9.50.9	12/02/22	Albert Park
M40	Shane Grund	8.35.7	6/03/22	Murrumbeena	W45	Julie Norney	10.13	19/12/13	Melb Uni
M45	Robert Schwerkolt	8.49	10/04/11	Murrumbeena		<i>*Trish Wallace</i>	<i>9.56.7</i>	<i>21/10/95</i>	<i>Melbourne</i>
M50	Christopher Lynch	9.16.9	5/11/05	Box Hill	W50	*Julie Norney	10.29.84	1/04/21	Box Hill
M55	Jack Ryan	9.12.8	24/01/78	Olympic Park	W55	*Stacey van Dueren	10.54.6	20/12/12	Albert Park
M60	Peter Rushen	10.20.04	1/04/21	Box Hill	W60	Lavinia Petrie	11.58.9	6/12/03	Knox
M65	Mark Purvis	11.12.22	19/06/22	Box Hill	W65	*Theresia Baird	12.07.18	25/04/07	Springvale
M70	Kevin Solomon	11.31.07	24/03/19	Torun	W70	#Lavinia Petrie	12.52.03	18/11/14	Bendigo
M75	Kevin Solomon	12.41	15/05/22	Murrumbeena	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	23/04/17	Murrumbeena
M90	*Eddie Gamble	24.28.6	18/06/05	Mentone	W85	Margaret Prowse	26.21.8	24/09/07	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>	<i>13.22.98</i>	<i>14/07/81</i>	<i>Lausaune</i>		<i>*Sarah Jamieson</i>	<i>15.02.90</i>	<i>24/03/06</i>	MCG Melb
M35	Colin O'Brien	14.42.3	2/04/83	Murrumbeena	W35	Dot Browne	17.43.9		Box Hill
	<i>*Steve Moneghetti</i>	<i>13.43.95</i>	<i>25/02/98</i>	<i>Melbourne</i>		<i>*Anne Cross</i>	<i>15.26.65</i>	<i>8/09/00</i>	Brisbane
M40	*Steve Austin	14.01.7	28/11/91	Melbourne	W40	*Sinead Diver	15.23.65	22/12/18	Geelong
M45	*Steve Austin	14.59	12/11/97	Springvale	W45	*Dot Browne	17.33.3	30/03/86	Adelaide
M50	*Colin O'Brien	15.49.3	15/06/97	Doncaster	W50	*Bronwen Cardy	17.44.75	31/03/02	Adelaide
M55	Jack Ryan	15.52.8	24/04/78	Olympic Park	W55	*Stacey van Dueren	18.37.25	22/11/12	Albert Park
M60	Ewen Wilson	17.52.83	31/03/13	Canberra	W60	*Theresia Baird	19.21.3	28/11/01	Noble Park
M65	Stan Nicholls	18.10			W65	*Theresia Baird	20.42.5	18/03/07	Murrumbeena
M70	Yassine Belaabed	19.33.11	19/03/22	Albert Park	W70	#Lavinia Petrie	21.34.08	9/03/14	Hobart
M75	*Randall Hughes	20.18.04	4/04/99	Canberra	W75	#Lavinia Petrie	23.30.93	28/04/19	Albert Park
M80	Bob Lewis	25.09.27	23/03/08	Blacktown	W80				
M85	Peter Brownbill	29.24.79	11/04/04	Olympic Park	W85	*Margaret Prowse	45.33.2	24/09/07	Doncaster
M90	*Peter Brownbill	36.52.1	21/05/08	Mentone	W90				
10,000 METRES					10,000 METRES				
M30	Gregory Adam	41.24	14/05/19	Collingwood	W30	Georgann Peterson	36.52.8	4/87	NSW
	<i>*Steve Moneghetti</i>	<i>27.48.94</i>	<i>14/12/95</i>	<i>Olympic Park</i>		<i>Carolyn Schuwalow</i>	<i>32.35.83</i>	<i>5/12/98</i>	Melbourne
M35	Graeme Kipp	30.41.2	1/04/83	Olympic Park	W35	Petrina Trowbridge	35.49	16/12/86	Olympic Park
	<i>*Steve Moneghetti</i>	<i>28.09.96</i>	<i>18/12/97</i>	<i>Olympic Park</i>		<i>Carolyn Schuwalow</i>	<i>34.29.25</i>	<i>17/08/00</i>	Sydney
M40	*Steve Austin	29.23.05	4/92	Olympic Park	W40	#Sinead Diver	31.25.49	28/09/19	Doha
	<i>*Steve Moneghetti</i>	<i>28.33.68</i>	<i>14/12/02</i>	<i>Olympic Park</i>	W45	*Bronwen Cardy	36.06.26	13/04/01	Bankstown
M45	Rodney Goodwin	32.16.19	12/87	Olympic Park	W50	Theresia Baird	38.00.3	4/92	Hobart
	<i>*John Wilson</i>	<i>31.29</i>	<i>1/12/03</i>	<i>Olympic Park</i>	W55	*Bronwen Cardy	37.50.93	6/04/07	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	20/05/07	Collingwood
M60	Peter Rushen	37.02.5	11/05/21	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	11/05/21	Collingwood

M70	Yassine Belaabed	40.13.1	17/05/22	Collingwood					
M75	*Randall Hughes	43.05.41	21/04/00	Hobart					
M80	Bob Lewis	52.24.4	21/03/08	Blacktown					
M85	*Ken Matchett	60.52.92	6/04/07	Hobart					
ONE HOUR RUN (currently not listed by WMA)					ONE HOUR RUN (currently not listed by WMA)				
M30					W30	Kym Osmond	14,111	28/09/15	Doncaster
	<i>John Duck</i>	<i>18,249</i>	<i>1983</i>	Glen Waverley	W35	Julie Norney	14,674	24/09/07	Doncaster
M35	Peter Hannaford	18,304		Glen Waverley	W40	Julie Norney	15,101	26/09/11	Doncaster
	<i>*Magnus Michelsson</i>	<i>19,471</i>	<i>17/12/05</i>	<i>Geelong</i>	W45	#Julie Norney	15,421	28/09/15	Doncaster
M40	Peter Hannaford	17,719		Waverley	W50	#Stacey Van Dueren	15,142	27/09/10	Doncaster
	<i>#Steve Moneghetti</i>	<i>19,710</i>	<i>17/12/05</i>	<i>Geelong</i>	W55	#Bronwen Cardy	15,323	24/09/07	Doncaster
M45	Robert Schwerkolt	17,621	26/09/11	Doncaster	W60	#Bronwen Cardy	14,109	28/09/15	Doncaster
M50	Mike McAvoy	16,900	24/08/88	Geelong	W65	#Lavinia Petrie	13,640	26/09/11	Doncaster
M55	Mike McAvoy	16,355	22/08/90	Geelong	W70	#Lavinia Petrie	13,044	13/09/13	Doncaster
M60	Mike McAvoy	15,640	2/11/94	Geelong	W75	#Lavinia Petrie	12,218	24/09/18	Doncaster
M65	Ted Paulin	14,877	27/09/04	Doncaster	W80	*Margaret Prowse	5,840	27/09/04	Doncaster
M70	Ted Paulin	13,659	29/09/08	Doncaster	W85	#Margaret Prowse	6,469	24/09/07	Doncaster
M75	*Bob Lewis	13,038	29/09/03	Doncaster					
M80	*Bob Lewis	10,850	29/09/08	Doncaster					
M85	Colin Silcock-Delaney	7,518	13/12/21	Doncaster					
HALF MARATHON					HALF MARATHON				
M30	Stephen Dinneen	66.42	12/10/14	Melbourne	W30	Kate Seibold-Crosbie	77.45	4/09/05	Burnley
	<i>*Steve Moneghetti</i>	<i>60.06</i>	<i>24/01/93</i>	<i>Tokyo</i>		<i>Silvana Trampuz</i>	<i>72.56</i>	<i>19/03/00</i>	<i>Rome</i>
M35	John Meagher	67.05.24	13/10/02	Carlton	W35	Petrina Trowbridge	80.40	8/06/86	Burnley
	<i>*Andrew Letherby</i>	<i>63.17</i>	<i>2/01/09</i>	<i>Marugame</i>		<i>Jenny Dowie</i>	<i>76.10</i>	<i>4/06/95</i>	Melbourne
M40	Peter Hunt	68.14	10/90	Frankston	W40	#Sinead Diver	68.50	2/02/20	Marugame
	<i>*Steve Moneghetti</i>	<i>64.33</i>	<i>22/05/05</i>	<i>Sydney</i>	W45	Julie Norney	78.39	3/07/16	Gold Coast
M45	Neil Ryan	71.06	1988	Melbourne	W50	Stacey van Dueren	82.01	9/10/11	Melbourne
	<i>*Steve Moneghetti</i>	<i>67.53</i>	<i>19/09/10</i>	<i>Sydney</i>	W55	*Stacey van Dueren	82.21	14/10/12	Melbourne
M50	*Steve Moneghetti	69.43	12/10/14	Melbourne	W60	#Theresa Baird	86.16	12/12/01	Knox
M55	Barry Brooks	74.42	4/06/95	Melbourne	W65	*Lavinia Petrie	1.37.53	9/06/09	Burnley
M60	Mark Purvis	81.16	2/07/17	Gold Coast	W70	#Lavinia Petrie	1.37.38	12/01/14	Bendigo
M65	Tony Berry	86.07	13/10/02	Carlton	W75	*Corrie De Groot	2.11.15	12/09/04	Burnley
M70	Yassine Belaabed	89.19	10/07/22	Tampere					
M75	*Tony Berry	93.51	10/10/10	Melbourne					
M80	Bill Page	1.59.28	5/09/10	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	5/06/05	Christchurch
	<i>*Steve Moneghetti</i>	<i>2.08.33</i>	<i>2/04/95</i>	<i>London</i>		<i>Kate Smyth</i>	<i>2.33.39</i>	<i>22/10/06</i>	Chicago
M35	Brian Simmons	2.25.01	12/04/92	Canberra	W35	Petrina Trowbridge	2.46.50	12/10/86	Melbourne

	<i>*Steve Moneghetti</i>	2.10.00	13/04/92	Tokyo		June Petrie	2.43.39	14/12/03	Taiwan
M40	Carl Stevenson	2.26.44			W40	*Sinead Diver	2.24.11	28/04/19	London
	<i>*Steve Moneghetti</i>	2.17.14	2/03/03	Lake Biwa	W45	Colleen Stephens	2.51.02	1997	Melbourne
M45	Peter Hannaford	2.32.16	14/10/84	Melbourne	W50	Jill Wilkie	3.00.58	Sept 2019	Berlin
M50	Barry Brooks	2.38.13	5/06/94	Melbourne	W55	*Jill Wilkie	2.56.08	12/12/21	Melbourne
	<i>Peter Gaffney</i>	2.34.49	8/10/06	Melbourne	W60	Shirley Young	3.27.44	1992	Melbourne
M55	Michael Eury	2.39.41	12/12/21	Melbourne	W65	*Lavinia Petrie	3.28.24	5/07/10	Gold Coast
M60	Barry Brooks	2.57.25	14/07/01	Brisbane	W70	#Lavinia Petrie	3.38.53	22/02/15	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	13/04/03	Canberra					
M85	Ken Matchett	5.25.19	15/04/07	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	20/02/77	Melbourne	W35	Laurel Gore	7.48.34	7/10/02	Olympic Park
M35	*Jeff Broderick	8.53.57	8/02/92	Olympic Park		<i>Victoria Mitchell</i>	7.04.89	20/03/22	Albert Park
M40	*Jeff Broderick	9.10.2	16/11/95	Olympic Park	W40	Sharon Pedersen	7.24.87	15/03/14	Burwood East
M45	*Jeff Broderick	9.24.4	10/02/00	Olympic Park	W45	*Sharon Pedersen	7.41.09	26/01/18	Geelong
M50	Bob Hendy	10.02.6	7/10/95	Olympic Park	W50	Janis Wright	8.30.10	14/07/01	Brisbane
M55	Bill Hughes	11.12.99	12/87	Olympic Park	W55	Kathy Heagney	8.55.70	16/04/06	Canberra
2,000 STEEPLECHASE		(.762m/2'6" from 2000)			W60	*Jan Morrey	8.52.30	3/11/00	Southport
M60	Terry Pearce	7.23.53	6/11/16	Perth	W65	*Marlene Gourlay	9.37.33	24/03/18	Doncaster
M65	Allan Long	7.48.76	2/04/22	SAF Nathan	W70	#Marlene Gourlay	9.46.79	20/03/22	Albert Park
M70	Bob Gardiner	8.51.2	1/04/06	Murrumbeena					
M75	Stan Nicholls	10.32.2	11/87	Olympic Park					
M80	Eddie Gamble	12.25	29/03/97	Olympic Park					
	<i>Lloyd Morgan</i>	12.11.2	28/03/09	Box Hill					
M85	Ken Matchett	13.23.05	7/04/07	Hobart					
110 METRE HURDLES		(.991m/3'3")			100 METRE HURDLES		(.840m/2'9")		
M30	Terry Baldwin	15.0	23/03/96	Murrumbeena	W30	Jennifer Baldwin	16.9	28/03/98	Murrumbeena
	<i>*Kyle Vander-Kyp</i>	13.65	28/02/04	Sydney		<i>*Pam Ryan</i>	12.5	28/06/72	Warsaw
M35	David Ancrum	14.97	23/03/19	Doncaster	W35	Debra Tomsett	16.0	20/03/93	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	24/04/21	Doncaster	W40	Jennifer Baldwin	16.5	1/04/06	Murrumbeena
100 METRE HURDLES (.914m/3')					W45	Joanne Russell	14.72	5/03/05	Murrumbeena
M40	Terry Baldwin	15.39	17/03/07	Murrumbeena	80 METRE HURDLES		(.762m/2'6"")		
M45	Josian Phillipe	15.5	28/03/98	Murrumbeena	W40	Gaelyne Kenshole	13.30	14/03/15	Doncaster
M50	*Ted Barnard	15.03	7/10/95	Olympic Park		<i>Melissa Foster</i>	13.02	20/03/22	Albert Park
M55	Luke Di Biasi	16.24	27/10/18	Doncaster	W45	Joanne Russell	13.24	25/03/05	Brisbane
M60	David Mather	16.92	4/92	Hobart	W50	Joanne Russell	13.89	17/03/07	Murrumbeena

M65	David Mather	18.24	28/03/97	Olympic Park	W55	Michele Hossack	13.92	4/11/16	Perth
90 METRE HURDLES		(.840m/2'9")					(.686m/2'3" from 2000)		
M55	Richard Trembath	13.8	20/03/99	Murrumbeena	W60	Christine Bridle	18.63	13/01/19	Bendigo
M60	Ken Priestley	14.8	8/04/00	Murrumbeena	W65	Gwen Davidson	20.09	7/89	Eugene USA
90 METRE HURDLES (.840m/2'9", 7.5m spacing, for 2004 & 2005)					W70	Anna Zeitzen-Vanderberg	22.27	25/03/05	Brisbane
M60	Richard Trembath	15.44	13/03/04	Murrumbeena	60 METRE HURDLES		(.686m/2'3" from 2004)		
80 METRE HURDLES		(.762m/2'6")			W70	Anna Zeitzen-Vanderberg	15.55	13/03/04	Murrumbeena
M65	*Richard Trembath	13.4	19/08/07	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	27/04/19	Albert Park					
M85	Brian Greaves	23.81	24/04/21	Doncaster					
M90	*Vic Younger	44.4	30/03/03	Murrumbeena					
60 METRE HURDLES		(.686m/2'3" from 2004)							
M75	Gordon Gourlay	14.1	1/04/06	Murrumbeena					
M80	George Goode	17.4	8/03/08	Olympic Park					
400 METRE HURDLES		(.914m/3')			400 METRE HURDLES		(.762m/2'6")		
M30	Michael Skerritt	57.0	29/03/98	Murrumbeena	W30	Rhonwen Binney	63.4	16/03/91	Murrumbeena
	<i>Rohan Robinson</i>	<i>50.7</i>	<i>26/02/02</i>	<i>?</i>		<i>Kerry Soanes</i>	<i>62.0</i>	<i>21/12/89</i>	<i>Melbourne</i>
M35	Terry Baldwin	57.1	29/03/98	Murrumbeena	W35	Jeanette Van Den Bulk	64.53	1/03/15	Albert Park
	<i>Leigh Miller</i>	<i>54.98</i>	<i>5/12/98</i>	<i>Melbourne</i>	W40	Jeanette Van Den Bulk	67.45	26/04/17	Auckland
M40	*Noel Clough	54.3		Box Hill	W45	Joanne Russell	68.59	26/03/05	Brisbane
M45	*Cameron Yorke	57.94	25/04/21	Doncaster	300 METRE HURDLES		(.762m/2'6" from 2004)		
		(.840m/2'9" from 2000)			W45	Joanne Russell	49.65	6/03/05	Murrumbeena
M50	Luke de Biasi	60.81	24/10/15	Doncaster	W50	Margaret Tweedie	49.38	18/03/07	Murrumbeena
M55	*Luke de Biasi	61.42	7/09/18	Malaga	W55	*Michele Hossack	49.49	7/09/18	Malaga
300 METRE HURDLES		(.840m/2'9")			W60	Margaret Tweedie	53.28	1/11/16	Perth
M50	Mike Hall	44.3	19/03/89	Murrumbeena	200 METRE HURDLES		(.600m/2') from 2004		
M55	*Richard Trembath	44.0	21/03/99	Murrumbeena	W70	Anna Zeitzen-Vanderberg	52.3	14/03/04	Murrumbeena
		(.762m)							
M60	*Richard Trembath	45.19	29/03/03	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	8/07/12	Canberra					
200 METRE HURDLES		(.686m) from 2004							
M75	Gordon Gourlay	41.49	6/03/05	Murrumbeena					
M80	Mike Hall	44.95	19/03/22	Albert Park					
1,500 METRES WALK					1,500 METRES WALK				
M30	Aaron McDonough	7.50.14	12/12/06	Epping	W30	Sharon Schnyder	6.48	29/03/98	Murrumbeena

	<i>Clyde Riddoch</i>	6.11	3/12/83	<i>Olympic Park</i>	W35	*Sharon Schnyder	6.47	9/04/00	Murrumbeena
M35	Daniel Walters	6.02.05	24/03/19	Doncaster	W40	*Heather McDonald	6.45	3/90	Murrumbeena
M40	Paul Kennedy	6.15	3/02/01	Aberfeldie	W45	*Kelly Ruddick	6.34	18/12/21	Ballarat
M45	*Paul Kennedy	6.14.29	2004	Aberfeldie	W50	Pam Tindal	6.59.00	21/03/10	Murrumbeena
M50	*Andrew Jamieson	6.21.1	4/03/99	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	21/03/10	Murrumbeena
M60	*Andrew Jamieson	6.52.50	9/03/08	Olympic Park	W65	*Brenda Riley	7.48.2	6/03/05	Murrumbeena
M65	*Andrew Jamieson	6.52.56	25/03/12	Doncaster	W70	*Jean Albury	8.24	9/04/00	Murrumbeena
M70	*Ralph Bennett	8.00.40	6/04/12	Albert Park	W75	*Jean Knox	9.55	24/03/02	Murrumbeena
M75	*Bob Gardiner	7.57.44	3/04/11	Doncaster	W80	Nance Jeffreys	11.32	3/90	Murrumbeena
M80	Gunthor Ilgontz	9.57.55	26/04/19	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>	<i>7.52.1</i>	<i>3/02/90</i>	<i>Aberfeldie</i>	W35	*Kelly Ruddick	8.22	16/02/13	Albert Park
M35	Daniel Walters	8.26.75	13/01/18	Geelong	W40	*Kelly Ruddick	8.46.8	16/11/13	Ballarat
	<i>Paul Kennedy</i>	<i>7.50.65</i>	<i>13/11/93</i>	<i>Aberfeldie</i>	W45	*Kelly Ruddick	8.33.4	22/02/20	Albert Park
M40	Ross Reid	8.43	2/12/95	Murrumbeena	W50	*Pam Tindal	9.35.7	5/02/11	Box Hill
	<i>Paul Kennedy</i>	<i>8.06.48</i>	<i>12/02/00</i>	<i>Aberfeldie</i>	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	6/03/00	Box Hill	W65	*Heather Carr	10.52.2	21/01/17	Cranbourne
M55	*Andrew Jamieson	8.47.7	25/02/03	Box Hill	W70	*Heather Carr	11.47.0	18/01/20	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	18/01/20	Ringwood					
M75	*Andrew Jamieson	10.55.9	5/02/22	Cranbourne					
M80	*Bob Gardiner	13.44.7	19/01/19	Doncaster					
M85	*Bob Gardiner	16.20.1	5/02/22	Aberfeldie					
3,000 METRES WALK					3,000 METRES WALK				
M30	Aaron McDonough	16.30.9	17/03/07	Murrumbeena	W30	Kylie Irshad	16.11	1/04/06	Murrumbeena
	<i>*David Smith</i>	<i>11.00.56</i>	<i>24/01/87</i>	<i>Sydney</i>		<i>Lorraine Jachno</i>	<i>12.48.76</i>	<i>25/02/92</i>	<i>Melbourne</i>
M35	Willi Sawall	11.28.2	15/03/80	Olympic Park	W35	Kelly Ruddick	13.02.10	12/01/13	Geelong
M40	#Willi Sawall	11.28.21	21/02/82	Albert Park	W40	#Kelly Ruddick	12.58.85	9/01/16	Ballarat
M45	*Paul Kennedy	12.50.2	11/02/03	Aberfeldie	W45	#Kelly Ruddick	13.11.6	11/01/20	Ballarat
M50	*Andrew Jamieson	12.59.5	27/01/00	Olympic Park	W50	Pam Tindal	14.58.27	20/03/10	Murrumbeena
	<i>*Willi Sawall</i>	<i>12.56</i>	<i>2/12/93</i>	<i>Olympic Park</i>	W55	Heather Carr	15.08.4	24/03/07	Knox
M55	*Andrew Jamieson	13.21.7	27/03/03	Box Hill	W60	#Heather Carr	15.21.94	22/01/11	Ballarat
	<i>#Willi Sawall</i>	<i>12.44</i>	<i>14/12/96</i>	<i>Geelong</i>	W65	#Brenda Riley	16.22.1	1/04/06	Murrumbeena
M60	*Andrew Jamieson	13.24.07	31/03/07	Olympic Park	W70	#Heather Carr	17.50.6	11/01/20	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	*Andrew Jamieson	16.47	4/12/21	Knox	W85	Nance Jeffreys	27.36	10/94	Brisbane
M80	*Tom Daintry	18.44	5/04/92	Murrumbeena					
M85	#Gus Theobald	19.31	10/04/82	Perth					
M90	#Gus Theobald	21.21	5/04/87	Murrumbeena					
5,000 METRES WALK					5,000 METRES WALK				
M30	Kevin Cassidy	26.46	20/03/93	Murrumbeena	W30	Sharon Schnyder	24.42	28/03/98	Murrumbeena
	<i>*David Smith</i>	<i>18.52.87</i>	<i>21/02/86</i>	<i>Canberra</i>		<i>Lorraine Jachno</i>	<i>22.17.32</i>	<i>14/01/90</i>	<i>Melbourne</i>
M35	Mark Donahoo	21.21	19/03/94	Aberfeldie	W35	Kelly Ruddick	21.50.13	1/03/13	Sydney
	<i>Simon Baker</i>	<i>19.57.43</i>	<i>12/03/94</i>		W40	#Kelly Ruddick	21.46.68	29/03/14	Brisbane
M40	#Willi Sawall	19.45.65	31/03/84	Olympic Park	W45	#Kelly Ruddick	22.47.17	26/02/22	Albert Park
M45	*Mark Blackwood	22.10.75	26/02/22	Albert Park	W50	Pam Tindal	25.07.11	2/03/11	Olympic Park
	<i>*Willi Sawall</i>	<i>21.12.19</i>	<i>31/03/90</i>	<i>Olympic Park</i>	W55	Heather Carr	25.54.11	24/02/07	Olympic Park
M50	*Andrew Jamieson	22.19.3	22/02/01	Olympic Park	W60	#Heather Carr	26.10.22	2/03/11	Olympic Park
	<i>*Willi Sawall</i>	<i>21.38.3</i>	<i>19/03/92</i>	<i>Olympic Park</i>	W65	#Brenda Riley	27.19.1	12/02/06	Coburg
M55	*Andrew Jamieson	22.40.11	4/07/01	Brisbane	W70	*Jean Albury	29.42.75	22/04/00	Hobart
	<i>#Willi Sawall</i>	<i>22.11.5</i>		<i>Ballarat</i>	W75	Gwen Steed	35.10	31/01/18	Mentone
M60	#Andrew Jamieson	22.38.7	1/03/07	Olympic Park	W80	Nance Jeffreys	39.04	4/90	Olympic Park
M65	*Andrew Jamieson	24.14.04	14/04/12	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	8/08/77	Swedon					
M85	#Gus Theobald	33.14.2	10/04/82	Perth					
M90	#Gus Theobald	35.09.5	4/87	NSW					
10k ROAD WALK					10k ROAD WALK				
M30	Adam Patterson	67.06	7/04/07	Hobart	W30	Kylie Bonney	53.01	17/01/02	Geelong
	<i>*David Smith</i>	<i>38.20.9</i>	<i>15/09/85</i>	<i>Sydney</i>		<i>Lorraine Jachno</i>	<i>45.25</i>	<i>16/06/90</i>	<i>Grasseau</i>
M35	Mark Donahoo	43.45	9/04/94	Box Hill	W35	Kelly Ruddick	46.54	29/05/11	Middle Park
M40	*Mark Donahoo	43.47.9	26/06/99	Middle Park	W40	#Kelly Ruddick	45.26	17/08/13	Middle Park
M45	*Mark Donahoo	46.40.4	21/06/03	Middle Park	W45	Kelly Ruddick	47.30	14/07/18	Middle Park
M50	*Andrew Jamieson	45.41	26/06/99	Middle Park	W50	Pam Tindal	52.19	15/05/10	Middle Park
	<i>*Willi Sawall</i>	<i>44.10.1</i>	<i>5/01/92</i>	<i>Albert Park</i>	W55	Heather Carr	53.41.1	21/07/07	Middle Park
M55	*Andrew Jamieson	46.32.8	30/07/05	Middle Park	W60	#Heather Carr	53.56.6	5/06/10	Middle Park
M60	#Andrew Jamieson	46.22.1	21/07/07	Middle Park	W65	#Brenda Riley	55.31.8	13/11/05	Middle Park
M65	#Andrew Jamieson	48.38.5	19/05/12	Middle Park	W70	*Jean Albury	62.31	24/04/00	Hobart
M70	#Andrew Jamieson	53.17	23/07/16	Middle Park	W75	Sylvia Machin	72.54	31/10/17	Perth
M75	Andrew Jamieson	57.36	28/05/22	Middle Park	W80	*Nance Jeffreys	77.32	10/89	Adelaide
M80	*Tom Daintry	64.23	25/04/93	Knox	W85	Nance Jeffreys	92.41	8/10/95	Olympic Park
M85	George Knott	88.29	31/03/97	Olympic Park					
M90	#Gus Theobald	77.52	22/01/90						
15k ROAD WALK					15k ROAD WALK				
M30	Rhydian Cowley	60.17	27/06/21	Middle Park	W30	Justijana Roseman	91.54	18/05/08	Ballarat

M35	Daniel Walters	71.36	24/06/18	Middle Park	W35	Kelly Ruddick	71.53	3/02/13	Middle Park
M40	Stuart Kollmorgen	71.44	29/05/11	Middle Park	W40	Kelly Ruddick	70.12	3/07/15	Middle Park
M45	Pramesh Prasad	76.29	11/05/19	Middle Park	W45	Kelly Ruddick	73.49	11/05/19	Middle Park
M50	Andrew Jamieson	69.19	21/05/00	Ballarat	W50	Pam Tindal	82.26	25/06/11	Middle Park
M55	Andrew Jamieson	72.36	25/06/05	Middle Park	W55	Heather Carr	87.31	24/05/09	Bendigo
M60	Andrew Jamieson	70.43	3/05/08	Middle Park	W60	Heather Carr	84.48	18/07/10	Ballarat
M65	Andrew Jamieson	74.44	18/05/13	Middle Park	W65	Heather Carr	89.14	3/07/15	Middle Park
M70	Andrew Jamieson	88.56	9/06/19	Canberra	W70	Heather Carr	105.20	6/12/20	Middle Park
M75	Bob Gardiner	90.48	18/05/13	Middle Park					
20k ROAD WALK					20k ROAD WALK				
M30					W30	Justijana Roseman	1.56.56	13/01/08	Middle Park
	<i>*David Smith</i>	<i>1.19.22</i>	<i>19/07/87</i>			<i>Simone Wolowiec</i>	<i>1.34.49</i>	<i>31/4/05</i>	
M35	*Willi Sawall	1.24.05	23/03/80	Sydney	W35	Kelly Ruddick	1.39.56	21/08/11	Canberra
M40	#Willi Sawall	1.21.36	4/07/82	Albert Park	W40	*Kelly Ruddick	1.33.15	1/09/13	Hobart
M45	#Willi Sawall	1.25.03	27/08/88	Canberra	W45	Kelly Ruddick	1.36.58	13/02/22	Adelaide
M50	*Andrew Jamieson	1.34.38	18/07/99	Middle Park	W50	Pam Tindal	1.51.07	27/06/10	Middle Park
M55	*Andrew Jamieson	1.35.13	18/08/01	Coburg	W55	Heather Carr	1.54.17	19/08/06	Middle Park
M60	#Andrew Jamieson	1.35.39	24/06/08	Middle Park	W60	#Heather Carr	1.56.18	29/05/11	Middle Park
M65	#Andrew Jamieson	1.40.14	29/07/12	Middle Park	W65	#Brenda Riley	1.57.39	17/12/06	Middle Park
M70	#Andrew Jamieson	1.52.36	26/06/16	Middle Park	W70	*Heather Carr	2.22.49	6/12/20	Middle Park
M75	*Tom Daintry	1.59.20	22/06/86	Murrumbeena	W75	Margaret Beaumont	2.57.00	4/08/13	Middle Park
M80	*Gus Theobald	2.11.55	13/08/77	Swedon	W80	*Margaret Beaumont	3.17.34	5/08/18	Adelaide
M85	#Gus Theobald	2.26.07	21/08/82						
M90	#Gus Theobald	2.34.01	21/04/87	NSW					
30k ROAD WALK					30k ROAD WALK				
M30					W30				
	<i>*David Smith</i>	<i>2.05.59</i>	<i>10/05/86</i>	<i>Canberra</i>	W35				
M35	*Willi Sawall	2.10.11	1980		W40	Michelle Thompson	3.08.30	9/09/12	Middle Park
M40	*Willi Sawall	2.08.01	16/05/82			<i>*Tracy Feiner</i>	<i>2.54.21</i>	<i>29/07/18</i>	<i>Middle Park</i>
M45	*Willi Sawall	2.19.40	1987		W45	*Kelly Ruddick	2.33.22	15/05/22	Fawkner Park
	<i>*Willi Sawall</i>	<i>2.17.02</i>	<i>29/05/88</i>		W50				
M50	*Andrew Jamieson	2.31.20	5/09/99		W55				
M55	*Andrew Jamieson	2.32.05	9/11/03	Middle Park	W60	*Heather Carr	3.19.01	11/09/11	Middle Park
M60	#Andrew Jamieson	2.28.55	3/05/09	Middle Park	W65	*Heather Carr	3.37.02	13/09/15	Middle Park
M65	#Andrew Jamieson	2.39.25	11/09/11	Middle Park					
35k ROAD WALK					35k ROAD WALK				
M30	Rhydian Cowley	2.37.57	15/05/22	Fawkner Park	W45	Kelly Ruddick	3.00.04	15.5.22	Fawkner Park
50k ROAD WALK					50k ROAD WALK				
M30					W30				
	<i>*Simon Baker</i>	<i>3.43.13</i>	<i>28/08/89</i>		W35				
M35	*Willi Sawall	3.46.34	6/04/80		W40	*Tracy Feiner	4.59.44	1/12/19	South Yarra

M40	*Willi Sawall	3.59.48	16/08/82		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	
	<i>*Willi Sawall</i>	<i>4.12.57</i>	<i>14/04/92</i>		W60	*Liz Feldman	6.05.43	11/09/11	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	Gogi Rai	1.91	1/04/22	SAF Nathan	W30	Glenis Johnson	1.47	4/90	Olympic Park	
	<i>Tim Forsyth</i>	<i>2.10</i>	<i>26/01/06</i>	<i>Canberra</i>		<i>Gabrielle Conroy</i>	<i>1.82</i>	<i>7/01/06</i>	<i>Melbourne</i>	
M35	Brendan Leane	1.90			W35	Irie Hill	1.65	11/03/06	Murrumbeena	
M40	Graeme Morrish	1.95	10/04/82	Perth	W40	Irie Hill	1.51	20/03/10	Murrumbeena	
M45	David Hoyle	1.87	16/07/11	Sacramento		<i>Coll McLaren</i>	<i>1.60</i>	<i>11/02/12</i>	<i>Albert Park</i>	
M50	Luke De Biasi	1.70	19/10/14	Doncaster	W45	Karen Carah	1.50	28/10/16	Perth	
M55	Richard Brophy	1.61	24/04/21	Doncaster	W50	Karen Carah	1.42	27/04/19	Albert Park	
M60	Tom Hancock	1.54			W55	Michele Hossack	1.41	2/11/16	Perth	
M65	Tom Hancock	1.47	16/03/02	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	15/04/05	Adelaide	W70	*Gwen Davidson	1.16	10/04/93	Adelaide	
M80	*Tom Hancock	1.22	6/11/16	Perth	W75	*Gwen Davidson	1.12	9/99	Adelaide	
M85	Brian Greaves	1.10	24/04/21	Doncaster						
M90	*Vic Younger	0.95	10/04/04	Olympic Park						
LONG JUMP					LONG JUMP					
M30	Gurpreet Rai	6.49	20/03/22	Albert Park	W30	Glenis Johnson	5.55	10/12/88	Doncaster	
	<i>*Leigh Stuart</i>	<i>7.93</i>	<i>24/03/01</i>			<i>Kym Burns</i>	<i>6.16</i>	<i>14/02/02</i>	<i>?</i>	
M35	*Russell Sarah	6.82	19/03/83	Sandringham	W35	Glenis Johnson	5.43	13/02/93	Doncaster	
M40	Robert Lehmann	6.66	7/04/12	Albert Park	W40	Narelle Lehmann	4.78	24/03/12	Doncaster	
M45	Justin Hanrahan	6.55	5/08/15	Lyon France		<i>Melissa Foster</i>	<i>5.32</i>	<i>20/03/22</i>	<i>Albert Park</i>	
M50	*Luke De Biasi	6.11	19/03/16	Doncaster	W45	Salli-Ann Lee	4.88	30/03/03		
M55	*Luke De Biasi	6.11	10/11/18	Newport	W50	Susan Chapman	4.49	7/04/12	Albert Park	
M60	Robert Mayston	5.24	25/03/17	Doncaster	W55	Margaret Tweedie	4.21	24/03/12	Doncaster	
M65	*Robert Mayston	5.39	20/03/22	Albert Park	W60	Margaret Tweedie	4.34	5/11/16	Perth	
M70	*Mike Johnston	4.75	16/10/91	Brisbane	W65	Gwen Davidson	3.62	4/90	Olympic Park	
M75	Graeme Noden	4.07	6/01/14	Bendigo	W70	*Gwen Davidson	3.51	7/03/93	Murrumbeena	
M80	*Graeme Noden	3.99	26/04/18	Perth	W75	Gwen Davidson	2.79	28/03/98	Murrumbeena	
M85	Brian Greaves	3.02	22/05/21	Cairns	W80					
M90	*Vic Younger	2.53	16/03/03	Murrumbeena	W85					
POLE VAULT					POLE VAULT					
M30	Steven Polizzi	4.10	23/01/07	Knox	W30	*Irie Hill	4.00	11/10/02	Olympic Park	
	<i>Don Baird</i>	<i>5.36</i>	<i>8/06/79</i>	<i>Eugene USA</i>	W35	*Irie Hill	4.20	4/03/06	Box Hill	
	<i>Viktor Markov</i>	<i>5.70</i>	<i>5/02/06</i>	<i>Sydney</i>	W40	*Irie Hill	3.80	14/04/10	Perth	

	<i>Viktor Chistiakov</i>	5.70	1/07/06	<i>Padua Italy</i>	W45	*Dawn Hartigan	3.50	19/03/02	Olympic Park
M35	Rob Hill	4.81	26/01/09	Geelong	W50	#Dawn Hartigan	3.40	6/03/07	Coburg
M40	Rob Hill	4.60	14/11/09	SAF Nathan	W55	#Dawn Hartigan	3.26	23/03/13	Melb Uni
M45	Ken Priestley	3.92	26/01/85	Murrumbeena	W60	*Dawn Hartigan	2.80	17/03/19	Melb Uni
M50	*Chris Boylen	3.75	15/03/15	Doncaster	W65	Leanne Monk	1.71	19/03/22	Albert Park
M55	*Chris Boylen	3.70	1/02/20	Doncaster					
M60	Rob Barclay	3.30	14/11/98	Box Hill					
M65	*Rob Barclay	3.20	31/01/04	Box Hill					
M70	George Schillinger	3.10	5/01/19	Box Hill					
	Geoff Shaw	3.10	13/01/19	Bendigo					
M75	*George Schillinger	2.95	22/01/22	Murrumbeena					
M80	*Jim Poulter	2.00	30/01/22	Bendigo					
M85	Vic Younger	1.60	13/07/01	Brisbane					
M90	*Vic Younger	1.42	5/04/03	Murrumbeena					
TRIPLE JUMP					TRIPLE JUMP				
M30	Gurpreet Rai	13.52	19/03/22	Albert Park	W30	Linda Allen	12.48	19/02/22	Albert Park
	<i>Marat Safiullin</i>	<i>15.88</i>	<i>13/01/07</i>	<i>Melbourne</i>	W35	Glenis Johnson	10.75	14/02/93	Doncaster
M35	*Russell Sarah	14.63	4/04/81	Box Hill	W40	Gaelyne Kenshole	10.32	5/04/15	Bankstown
M40	*Russell Sarah	14.14	24/01/87	Bendigo		<i>Melissa Foster</i>	<i>11.89</i>	<i>19/02/22</i>	<i>Albert Park</i>
M45	Nick Hodgson	12.98	31/03/13	Canberra	W45	Gaelyne Kenshole	10.18	18/04/16	Adelaide
M50	*Nick Hodgson	13.11	24/01/15	Bendigo	W50	Sue Haylock	9.14	8/10/02	Olympic Park
M55	Nick Hodgson	11.63	26/01/20	Geelong	W55	Margaret Tweedie	8.85	8/04/12	Albert Park
M60	Cliff West	10.63	4/04/81	Box Hill	W60	Margaret Tweedie	8.43	27/10/16	Perth
M65	Harry Logan	10.16	29/01/83		W65	Gwen Davidson	7.95	4/92	Hobart
	Mike Johnston	10.16	5/04/87	Murrumbeena	W70	Gwen Davidson	7.46	21/03/93	Murrumbeena
M70	Mike Johnston	9.46	11/04/93	Adelaide	W75	Gwen Davidson	6.29	29/03/98	Murrumbeena
M75	Julian Jacotine	8.68	5/04/15	Bankstown	W80				
M80	Brian Greaves	7.86	18/04/16	Adelaide	W85				
M85	*Leo Coffey	7.00	15/03/15	Doncaster	W90				
M90	Vic Younger	5.29	5/04/03	Murrumbeena					
SHOT PUT		(7.26kg)			SHOT PUT		(4kg)		
M30	*Shane Carstairs	16.22	12/03/20	Doncaster	W30	*Chris Schultz	15.71	18/03/84	Murrumbeena
	<i>John Minns</i>	<i>18.27</i>	<i>2/04/02</i>			<i>*Gael Martin</i>	<i>18.52</i>	<i>28/03/87</i>	<i>Sydney</i>
M35	Angelo Pagano	14.59	6/02/99	Aberfeldie	W35	*Chris Schultz	15.41	5/12/87	Melbourne
	<i>John Minns</i>	<i>18.07</i>	<i>14/02/04</i>		W40	*Chris Schultz	14.36	24/03/91	Melbourne
M40	Russell Short	14.73	3/09/12	London	W45	*Chris Schultz	13.18	15/02/98	Olympic Park
M45	Russell Short	15.01	8/09/16	Rio de Janeiro			(3kg)	18/03/90	
		(6kg)			W50	*Chris Schultz	14.39	6/07/01	Brisbane
M50	Graeme Rose	13.91	6/10/97	Canberra	W55	Chris Schultz	11.39	20/01/06	Christchurch
M55	Graeme Rose	13.23	1/08/99	Gateshead UK			(3kg)		
		(5kg)			W60	Chris Schultz	10.56	24/10/13	Brazil

M60	Graeme Rose	13.27	25/03/05	Brisbane	W65	Rhondda Dundas	8.95	2/04/10	Perth
M65	*Aivars Pavulins	13.02	7/89	San Diego		Chris Schultz	8.95	14/08/15	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	22/03/20	Murrumbeena
		(3kg)			W80	Val Worrell	7.22	22/03/15	Murrumbeena
M80	*Tom Hancock	11.77	1/10/16	Wollongong	W85				
M85	Tom Hancock	9.10	1/04/22	SAF Nathan	W90				
M90	John Fraser	6.90	13/03/05	Murrumbeena					
DISCUS		(2kg)			DISCUS		(1kg)		
M30	*Graham Hicks	50.57	14/12/08	Murrumbeena	W30	*Chris Schultz	50.04	30/01/85	Olympic Park
	<i>*Aaron Neighbour</i>	<i>64.26</i>	<i>18/05/08</i>	<i>Salinas USA</i>		<i>Gael Martin</i>	<i>58.24</i>	<i>14/03/87</i>	<i>Canberra</i>
M35	Graham Hicks	47.32	26/03/17	Doncaster	W35	*Chris Schultz	48.90	14/01/89	Melbourne
M40	Geoff Tyler	48.14	16/01/93	Doncaster	W40	*Chris Schultz	48.52	18/07/91	Turku Finland
M45	*Geoff Tyler	49.08	13/03/94	Homebush	W45	*Chris Schultz	44.38	9/01/99	Geelong
		(1.5kg)					(1kg)		
M50	Richard Fejer	46.07	7/04/12	Albert Park	W50	*Chris Schultz	41.00	23/01/01	Melbourne
M55	Graeme Rose	42.65	30/01/99	Box Hill	W55	Chris Schultz	33.54m	21/01/06	Christchurch
		(1kg)				Judy Pfanner	33.54m	12/02/22	Albert Park
M60	Tom Hancock	46.10	22/03/98	Murrumbeena			(1kg)		
M65	Tom Hancock	46.79	12/01/02	Box Hill	W60	Dorn Jenkins	29.01	29/10/16	Perth
M70	Rudi Hochreiter	40.14	6/12/97	Geelong	W65	Dorn Jenkins	26,26	3/07/22	Murrumbeena
M75	Rudi Hochreiter	35.77	15/12/01	Geelong	W70	Lydia Widera	22.10	23/03/96	Murrumbeena
M80	*Tom Hancock	33.63	15/10/16	Doncaster			(750gm)		
M85	Tom Hancock	23.25	1/04/22	SAF Nathan	W75	Val Worrell	22.03	22/08/10	Murrumbeena
M90	*John Fraser	19.72	13/04/05	Brisbane	W80	Val Worrell	17.81	14/03/15	Doncaster
HAMMER		(7.26kg)			HAMMER		(4kg)		
M30	Nigel Skurrie	53.32	30/01/22	Murrumbeena	W30	Natalie Debeljuh	48.11	20/03/22	Albert Park
	<i>*Hans Lotz</i>	<i>71.24</i>	<i>20/02/82</i>	<i>Melbourne</i>		<i>Anni Hansen</i>	<i>50.35</i>	<i>27/02/04</i>	<i>Sydney</i>
M35	*Hans Lotz	67.92	8/03/87		W35	Gabrielle Neighbour	57.95	25/03/17	Doncaster
	<i>*Hans Lotz</i>	<i>73.80</i>	<i>25/04/83</i>	<i>Melbourne</i>	W40	Chris Schultz	41.56	2/03/91	Olympic Park
M40	*Hans Lotz	66.94	5/12/87	Olympic Park	W45	Anni Rowe	43.41	19/01/19	Box Hill
M45	*Hans Lotz	59.62	16/01/94	Mentone			(3kg)		
		(6kg)			W50	Jan Davies	48.66	5/04/96	Perth
M50	*Hans Lotz	60.39m	28/03/98	Murrumbeena	W55	Jan Davies	46.90	2/11/96	Miami Qld
M55	*Ken Readwin	49.34	6/04/96	Perth	W60	Dorn Jenkins	43.84	16/08/15	Murrumbeena
		(5kg)			W65	*Dorn Jenkins	42.42	21/03/21	Murrumbeena
M60	*Phillip Spivey	53.74	15/05/22	Murrumbeena	W70	Rhondda Dundas	31.50	5/07/15	Murrumbeena
M65	*Wim Van Weenen	50.38	15/02/97	Box Hill			(2kg)		
		(4kg)			W75	Val Worrell	32.17	8/07/11	Sacramento
M70	*Wim Van Weenen	48.74	23/02/03	Murrumbeena	W80	*Val Worrell	25.77	22/03/15	Murrumbeena

M75	*Wim Van Weenen	43.84	2/03/08	Murrumbeena	W85				
		(3kg)			W90				
M80	*Wim Van Weenen	41.98	6/04/12	Albert Park					
M85	Tom Hancock	28.58	3/04/22	SAF Nathan					
M90	John Fraser	24.61	13/03/05	Murrumbeena					
JAVELIN		(800g)			JAVELIN		(600g)		
M30	Graham Hicks	52.09	14/12/08	Murrumbeena	W30	Kelly Carvill	34.10	1/04/01	Murrumbeena
	<i>*Robert Lethbridge</i>	<i>67.32</i>	<i>13/02/88</i>	<i>Melbourne</i>		<i>*Petra Rivers</i>	<i>64.18</i>	<i>19/03/83</i>	<i>Melbourne</i>
M35	*Tony Shield	62.11	3/01/07	Gold Coast	W35	Natasha Franchina	34.42	24/03/18	Doncaster
	<i>*Manfred Rohkamper</i>	<i>69.32</i>	<i>26/10/89</i>	<i>Melbourne</i>	W40	Natasha Franchina	35.36	20/03/22	Albert Park
M40	Graeme Rose	55.48	29/03/87	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	2/08/09	Lahti
M50	Andrew Farr	54.79	7/07/01	Brisbane	W55	Chris Schultz	23.05	2/04/06	Murrumbeena
M55	Graeme Rose	50.38	13/04/01	Bankstown			(500g)		
		(600g)			W60	Cindy Goy	27.13	29/04/19	Albert Park
M60	Graeme Rose	48.98	14/03/04	Murrumbeena	W65	Dorn Jenkins	19.78	21/03/21	Murrumbeena
M65	Aivars Pavulins	45.00	7/89	Eugene USA	W70	Jennifer Deravin	17.01	16/03/14	Burwood East
		(500g)					(400g)		
M70	Andrew Farr	38.30	1/04/22	SAF Nathan	W75	Jennifer Deravin	17.14	14/03/15	Doncaster
M75	Rudi Hochreiter	32.47	31/01/04	Geelong	W80	Val Worrell	13.96	14/03/15	Doncaster
		(400g)			W85				
M80	Tom Hancock	32.88	31/10/16	Perth	W90				
M85	Tom Hancock	21.84	2/04/22	SAF Nathan					
M90	*Vic Younger	17.01	23/03/03	Murrumbeena					
WEIGHT THROW		(15.88kg/35lb)			WEIGHT THROW		(9.072kg/20lb)		
M30	Nigel Skurrie	14.48	21/11/21	Murrumbeena	W30	Natalie Debeljuh	14.26	20/03/22	Albert Park
M35	Russell Devine	17.76	12/04/04	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	2/04/95	Murrumbeena	W45	Christine Schultz	13.57	29/03/97	Olympic Park
		(11.34kg/25lb)					(7.258kg/16lb)		
M50	Hans Lotz	19.71	29/03/98	Murrumbeena	W50	Jan Davies	14.77	5/04/96	Perth
M55	*Phil Spivey	18.81	29/04/19	Albert Park	W55	Jan Davies	14.58	20/03/99	Murrumbeena
		(9.072kg/20lb)					(5.449kg/12lb)		
M60	*Phil Spivey	20.67m	15/05/22	Murrumbeena	W60	*Dorn Jenkins	17.58	20/03/16	Doncaster
M65	*Willem Van Weenen	18.57	29/03/97	Olympic Park	W65	*Dorn Jenkins	16.55	25/04/21	Doncaster
		(7.258kg/16lb)					(4kg)		
M70	*Willem Van Weenen	17.96	24/03/02	Murrumbeena	W70	Rhondda Dundas	11.85	16/08/15	Cairns
M75	*Willem Van Weenen	15.98	30/8/09	Murrumbeena	W75	*Val Worrell	11.57	5/04/10	Perth
		(5.449kg/12lb)			W80	*Val Worrell	9.72	22/03/15	Murrumbeena
M80	Willem Van Weenen	16.58	25/03/12	Doncaster	W85				

M85	*Tom Hancock	13.36	4/04/22	SAF Nathan	W90				
M90	*John Fraser	10.11	13/03/05	Murrumbeena					
SUPER WEIGHT		(25.4kg/56lb)			SUPER WEIGHT		(15.88kg/35lb)		
M30	Nigel Skurrie	9.22	28/11/21	Murrumbeena	W30				
M35	Colin Newman	8.53	23/02/20	Murrumbeena	W35	Megan Champion	5.68	24/11/19	Murrumbeena
M40	Shane Benbow	6.49	27/09/15	Murrumbeena	W40				
M45	Russell Devine	9.05	28/09/14	Murrumbeena	W45	Nicole Johansen	6.96	15/05/22	Murrumbeena
M50	Patrick Carroll	6.86	24/06/18	Mentone			(11.34kg/25lb)		
M55	Roger Glass	7.62	21/10/07	Mentone	W50	Linda Buttigieg	7.44	25/09/16	Murrumbeena
		(20kg/44lb)			W55	Narelle Messerle	6.42	24/09/17	Murrumbeena
M60	Paul Olsson	8.20	26/01/20	Murrumbeena			(9.08kg/20lb)		
M65	Marty Galea	5.92	17/01/21	Murrumbeena	W60	*Dorn Jenkins	11.31	22/09/19	Murrumbeena
		(15.88kg/35lb)			W65	*Dorn Jenkins	10.70	23/01/22	Murrumbeena
M70	Peter Young	6.13	24/09/17	Murrumbeena	W70	Rhondda Dundas	5.45	24/09/17	Murrumbeena
M75	*Graeme Rose	7.27	24/11/19	Murrumbeena			(7.26kg/16lb)		
		(11.34kg/25lb)			W75	Rhondda Dundas	7.27	26/01/20	Murrumbeena
M80	*Tom Hancock	9.25	26/01/20	Murrumbeena	W80	Jane Kinsey	4.62	6/02/22	Murrumbeena
56lb HEAVY WEIGHT					56lb HEAVY WEIGHT				
for M30-55, see above Super Weight					W30				
					W35	Megan Champion	3.39	22/09/19	Murrumbeena
					W40	Linda Buttigieg	3.08	30/8/09	Murrumbeena
					W45	Nicole Johansen	4.17	23/01/22	Murrumbeena
					W50	Linda Buttigieg	3.48	27/09/15	Murrumbeena
					W55	Judy Coram	3.32	3/10/05	Canberra
M60	*Roger Glass	7.49	3/10/11	Canberra	W60	Narelle Messerle	2.89	29/09/18	Wollongong
M65	*Wim Van Weenen	6.18	1/10/01	Canberra	W65	Dorn Jenkins	2.80	23/01/22	Murrumbeena
	<i>*Roger Glass</i>	<i>7.32</i>	<i>22/03/15</i>	<i>Murrumbeena</i>	W70	Rhondda Dundas	2.26	24/09/17	Murrumbeena
M70	*Wim Van Weenen	5.84	2/10/06	Canberra	W75	Rhondda Dundas	1.83	28/11/21	Murrumbeena
M75	*Wim Van Weenen	5.05	30/8/09	Murrumbeena	W80	*Jane Kinsey	1.58	28/11/21	Murrumbeena
M80	*Wim Van Weenen	4.30	22/09/13	Murrumbeena					
100lb HEAVY WEIGHT					100lb HEAVY WEIGHT				
M30	*Nigel Skurrie	4.64	28/11/21	Murrumbeena	W30	unclaimed			
M35	Colin Newman	4.01	23/01/22	Murrumbeena	W35	Kylie Benbow	1.27	28/09/14	Murrumbeena
M40	Shane Benbow	3.05	25/09/16	Murrumbeena	W40	Kylie Benbow	1.30	27/09/15	Murrumbeena
M45	*Simon Van Baalen	4.61	28/11/21	Murrumbeena	W45	Nicole Johansen	1.97	24/04/22	Murrumbeena
M50	Nick Connell	3.02	29/09/18	Wollongong	W50	Linda Buttigieg	1.84	27/09/15	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				
	<i>*Roger Glass</i>	<i>3.10</i>	<i>22/03/15</i>	<i>Murrumbeena</i>	W70	Rhondda Dundas	1.06	24/09/17	Murrumbeena
M70	*Wim Van Weenen	2.74	2/10/06	Canberra	W75	Rhondda Dundas	0.95	28/11/21	Murrumbeena

M75	Bill Binks	2,21	25/09/16	Murrumbeena	W80				
M80	*Wim Van Weenen	1,99	22/09/13	Murrumbeena					
THROWS PENTATHLON (2015 Tables)					THROWS PENTATHLON (2015 Tables)				
M30	*Graham Hicks	3,444	14/12/08	Murrumbeena	W30	Natalie Debeljuh	3,031	27/03/22	Murrumbeena
M35	Rod Guy	3,041	31/03/85	Murrumbeena	W35	*Christine Schultz	3,795	7/12/87	Olympic Park
M40	Hans Lotz	3,718	11/04/92	Murrumbeena	W40	Christine Schultz	3,933	24/02/91	Murrumbeena
M45	Rod Guy	3,785	11/05/91	Murrumbeena	W45	*Christine Schultz	4,174	26/07/97	Durban
M50	Graeme Rose	4,037	22/07/95	Buffalo USA	W50	*Christine Schultz	4,371	13/07/01	Brisbane
M55	*Graeme Rose	4,174	4/07/99	Murrumbeena	W55	Jan Davies	4,006	5/04/99	Canberra
M60	*Graeme Rose	4,242	14/04/06	Canberra	W60	*Dorn Jenkins	4,437	16/08/15	Murrumbeena
M65	*Graeme Rose	4,325	12/04/09	Adelaide	W65	*Dorn Jenkins	4,711	21/03/21	Murrumbeena
M70	Tom Hancock	3,942	21/11/10	Murrumbeena	W70	Rhondda Dundas	4,007	6/12/15	Murrumbeena
M75	*Tom Hancock	4,188	15/07/11	Sacramento	W75	Val Worrell	3,853	24/03/13	Murrumbeena
M80	*Tom Hancock	4,741	5/11/16	Perth	W80	Val Worrell	3,841	22/03/15	Murrumbeena
M85	Tom Hancock	3,628	3/04/22	SAF Nathan	W85				
M90	*John Fraser	4,187	13/03/05	Murrumbeena	W90				
HEAVY WEIGHT PENTATHLON (2015 Tables)					HEAVY WEIGHT PENTATHLON (2015 Tables)				
M30	Nigel Skurrie	3,764	21/11/21	Murrumbeena	W30				
M35	Colin Newman	3,350	23/02/20	Murrumbeena	W35	Megan Champion	2,335	22/09/19	Murrumbeena
M40	Shane Benbow	2,862	27/09/15	Murrumbeena	W40	Megan Champion	2,852	21/02/21	Murrumbeena
M45	Simon Van Baalen	3,896	21/02/21	Murrumbeena	W45	Nicole Johansen	3,475	16/01/22	Murrumbeena
M50	Russell Devine	4,399	19/06/22	Murrumbeena	W50	Linda Buttigieg	3,479	27/09/15	Murrumbeena
M55	Roger Glass	4,328	14/09/08	Murrumbeena	W55	Linda Buttigieg	3,178	19/06/22	Murrumbeena
M60	*Roger Glass	4,459	25/09/11	Murrumbeena	W60	*Dorn Jenkins	5,115	24/09/17	Murrumbeena
M65	Ken Priestly	4,078	4/10/04	Canberra	W65	*Dorn Jenkins	5,609	21/02/21	Murrumbeena
	<i>*Roger Glass</i>	<i>4,331</i>	<i>25/09/16</i>	<i>Murrumbeena</i>					
M70	*Graeme Rose	4,326	6/10/14	Canberra	W70	Rhondda Dundas	3,611	24/09/17	Murrumbeena
M75	*Ken Priestley	4,335	7/10/13	Canberra	W75	Rhondda Dundas	3,548	23/02/20	Murrumbeena
M80	Tom Hancock	4,580	23/09/18	Murrumbeena	W80	Jane Kinsey	2,480	19/02/22	Murrumbeena
PENTATHLON w/200m & Discus (2015 Scoring)					PENTATHLON w/100m & SP (2015 scoring), Oceania events, not WMA				
M30	Terry Baldwin	3,121	3/03/96	Murrumbeena	W30	Jessica Dux	2,431	Feb 2018	Murrumbeena
M35	*Terry Baldwin	3,494	1/03/98	Murrumbeena	W35	Jennifer Baldwin	2,624	19/01/02	Geelong
M40	Justin Hanrahan	3,277	4/03/12	Murrumbeena	W40	Jennifer Baldwin	2,727	15/03/09	Murrumbeena
M45	David Sheehan	3,126	12/04/93	Adelaide	W45	Rachel Little	3,322	6/04/15	Bankstown
M50	Terry Hicks	3,590	27/02/05	Murrumbeena	W50	*Donna Burgess	3,583	1/04/13	Canberra
M55	*Luke De Biasi	3,716	17/03/19	Murrumbeena	W55	Margaret Tweedie	3,212	4/03/12	Murrumbeena
M60	*Rudi Hochreiter	3,858	3/12/87	Olympic Park	W60	Christine Bridle	3,250	17/03/19	Murrumbeena
M65	*Rudi Hochreiter	3,798	28/03/92		W65	Donna Clarke	2,418	11/04/21	Doncaster
M70	*Mike Johnston	3,790	15/10/91	Brisbane	W70	Lavinia Petrie	2,712	23/03/14	Murrumbeena
M75	Stan Stankovic	2,837	7/03/99	Murrumbeena	W75				
M80	Graeme Noden	2,822	29/04/18	Perth	W80				

M85	Vic Younger	1,711	4/03/01	Murrumbeena	W85				
M90	Vic Younger	1,884	16/03/03	Murrumbeena	W90				
DECATHLON (2015 Scoring)					HEPTATHLON (2015 Scoring)				
M30	Terry Baldwin	6,320	22/12/96	Olympic Park	W30	Jennifer Baldwin	3,475	21/01/98	Olympic Park
	<i>Stephen Cain</i>	<i>7,787</i>	<i>July 2014</i>	<i>Glasgow</i>		<i>*Carolyn Fox</i>	<i>4,448</i>	<i>21/12/98</i>	<i>Olympic Park</i>
M35	Steven Polizzi	5,268	13/01/08	Doncaster	W35	Jennifer Baldwin	3,945	10/02/02	Brisbane
	<i>*Peter Urban</i>	<i>6,336</i>	<i>10/01/88</i>	<i>Olympic Park</i>	W40	Jennifer Baldwin	3,803	4/10/09	Collingwood
M40	Justin Hanrahan	6,165	17/10/13	Brazil	W45	Karen Carah	4,883	9/01/16	Bendigo
M45	Justin Hanrahan	7,216	1/03/15	Albert Park	W50	Michelle Hossack	4,510	5/01/14	Bendigo
M50	*Justin Hanrahan	7,017	13/02/21	Bendigo	W55	Christine Bridle	4,248	6/01/13	Bendigo
M55	*Terry Hicks	5,928	20/12/09	Bendigo	W60	Christine Bridle	4,322	13/01/19	Bendigo
M60	*Rudi Hochreiter	6,911	27/07/89	Eugene USA	W65	Gwen Davidson	4,143	28/07/89	Melbourne
M65	Geoff Shaw	6,233	7/01/18	Bendigo	W70				
M70	*Geoff Shaw	7,307	13/01/19	Bendigo	W75				
M75	Don Chambers	5,456	22/12/12	Bendigo	W80				
M80	Allan Wood	2,799	13/01/19	Bendigo	W85				
M90	*Vic Younger	3,133	23/02/03	Brisbane	W90				
4 X 100M RELAY MEN									
M30	Mark Harper 43, Simon Jackson 40, Henry Au-Yeung 31, Brett Maurer 43						60.03	28/04/19	Albert Park
M35	*Leigh Phelan 36, Robert Lehmann 40, Geoffrey Pittman 38, Robbie Vidler 35						44.02	8/04/12	Albert Park
M40	Kurt Golonka 47, Geoffrey Pittman 43, Alexander Newman 41, Leigh Phelan 41						45.75	26/11/16	Albert Park
M45	Mark Harper 47, Brett Gilligan 45, Mark Giglio 49, Brad Krawczyk 46						45.04	9/07/22	Tampere
M50	Stewart Dobrzynski 51, Andrew Wilcox 52, Grant Murfett 54, Robert Mayston 64						49.41	10/02/22	Ballarat
M55	Peter Lamb 55, Richard Kerridge, Phil Rosevear 55, Keith Howden 59						50.6	22/02/05	Murrumbeena
M60	Phil Rosevear 60, Keith Howden 64, Peter Lamb 60, Dennis Aspinall 62						51.3	14/03/10	Murrumbeena
M65	Alan Wood 68, Gerry Robinson 67, Con Matthews, Ron Arthur 66						57.1	22/02/06	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	11/06/17	Darwin
4 X 100M RELAY WOMEN									
W30	Rachel Barrett 34, Jess Dux 34, Rhiannon Lester 39, Sarah Lewis 33						52.64	28/04/19	Albert Park
W35	Salli-Ann Lee, Barbara Courtney, Jennifer Baldwin 36, Bronwen Loizou						52.60	1/04/02	Adelaide
W40	Narelle Lehmann 42, Rachel Little 45, Kathy Heagney 62, Donna Burgess 50						54.42	31/03/13	Canberra
W45	Salli-ann Lee, Marg Tweedie 50, Cathy McDonald, Dorn Jenkins 49						54.1	22/02/05	Murrumbeena
W50	Margaret Tweedie 57, Vivienne Cash 60, Jayne Matthews 51, Leanne Monk 55						57.93	8/04/12	Albert Park
W55	Nyala Millar, Anne Stobaus 60, June Reeves 56, Jan Morrey 62						60.47	1/04/02	Adelaide
W60	Nyala Miller, Glad Wishart 60, Sylvia Machin 63, Jan Morrey 65						72.8	22/02/05	Murrumbeena
W65	Marlene Stanway 67, Marg Beaumont 67, Pam Mews 71, Jan Morrey 66						88.7	28/02/06	Murrumbeena
4 X 200M RELAY MEN									
M30									
M35	John Braszell 47, Warren Burke 39, Mohammed Reese 37, David Woods 40						1.53.3	25/03/07	Murrumbeena
M40	Dominic Condello 45, Mark Harper 41, Colin Ritchie 51, Mark Giglio 43						1.42.83	15/12/16	Aberfeldie

M45	*Mark Harper 45, Brett Maurer 45, Mark Giglio 48, Kristian Lakusa 49				1.39.86	27/03/21	Albert Park
M50	*Andrew Wilcox 52, Stewart Dobrzynski 51, Robert Mayston 64, Grant Murfett 52				1.41.89	20/11/21	Aberfeldie
M55	*Barry Pomeroy, Mike Hall, Ross Kent, Graeme Noden				1.44.7	23/03/97	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	11/09/17	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	25/03/07	Murrumbeena
4 X 200M RELAY WOMEN							
W30							
W40	*Amanda Emmett 44, Christie Faulks 46, Sonya Pollard 40, Margaret Tweedie 52				1.51.0	25/03/07	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	11/01/19	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	14/01/17	Aberfeldie
M40	Andrew Wilcox 48, Mark Harper 42, James Deane 45, Mark Giglio 44				3.35.18	12/06/17	Darwin
M45	Mark Giglio Vic, Nathan Crowley Vic, Shane Ezard Vic, Andrew Wilcox Vic				3.30.42	16/09/18	Malaga
M50	Stewart Dobrzynski 51, Grant Murfett 54, Robert Mayston 64, Andrew Wilcox 52				3.49.78	26/01/22	Albert Park
M55	Peter Lamb, Ian McLeod, Richard Kerridge, Keith Howden				4.01.7	22/02/05	Murrumbeena
M60	Rob Mayston 60, Terry Hicks 62, David McConnell 64, Andrew Watts 61				4.08.96	11/06/17	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	14/03/10	Murrumbeena
4 X 400M RELAY WOMEN							
W30	Anna Kasapis 41, Jess Dux 34, Julie Aylward 46, Sarah Lewis 33				4.19.66	28/04/19	Albert Park
W35	Rachel Little 44, Talitha Crawford 40, Narelle Lehmann 41, Fiona Harper 38				4.12.13	9/04/12	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	22/02/05	Murrumbeena
	<i>Rachel Little 46, Donna Burgess 52, Narelle Lehmann 45, Lindy Singleton</i>				<i>4.27.92</i>	<i>28/11/16</i>	<i>Albert Park</i>
W50	Anne Buckley 50, Anne Kidman 63, Helen Stanley 62, Jacinta Burns 50				5.43.60	29/04/18	Perth
W55	Helen Anderson 56, Kathryn Heagney 68, Heather Farley 64, Susan Howell 57				5.16.58	28/04/19	Albert Park
W60	Glad Wishart 61, Sylvia Machin 63, Jan Morrey 65, Nyara Miller				6.18.2	22/02/05	Murrumbeena
4 X 800M RELAY MEN							
M30							
M35	John Braszell 47, Warren Burke 39, Mohammed Reese 37, David Woods 39				9.58.3	25/03/07	Murrumbeena
M40	Andrew Evans 41, John Schuijers 49, Danny Hecker 41, Paul Skipper 41				8.46.68	28/02/10	Olympic Park
M45	#Daniel Hopkins 48, Mark Hipworth 61, Nathan Crowley 48, Craig sanford 53				8m 36.35s	24/03/22	Box Hill
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	25/03/07	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	25/03/07	Murrumbeena
4 X 800M RELAY WOMEN							
W30							
W35	Carmel Pardy, Olya Bojczuk, Kim Wright, Maureen Arch				13.29.0	29/03/05	Murrumbeena
W45	#Simone Quin 46, Julia Smith 46, Susan Michelsson 48, Kate Seibold 45				10.30.32	30/01/21	Box Hill
W55	Theresia Baird 65, Bronwen Cardy 55, Kathryn Heagney 56, Sandra Middleton 58				12.19.8	25/03/07	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	20/03/11	Murrumbeena
M40	Ian Winnen 43, Shane Derby 44, John Schuijers 44, Christopher Boylen 41				20.58.4	19/07/06	Collingwood
	<i>*James McEniry, Anthony Lee, Dave Venour, James Atkinson</i>				18.02	20/03/11	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	19/07/06	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