

VICTORIAN MASTERS ATHLETICS (INC) & VICTORIAN OVER 30 RECORDS as at 18 March 2025

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Please advise of any errors or omissions, but note that the VMA website is updated by the VMA webmaster.

* Australian Masters Record # or ** 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						
AGE	NAME	TIME	PERCENT	LOCATION	AGE	NAME	TIME	PERCENT	LOCATION		
60 METRES					60 METRES						
M30	Robert Vidler	6.96	21/04/11	91.09%	Brisbane	W30	Emily Solah	8.04	25/01/25	86.44%	Canberra
M35	Robert Vidler	7.21	6/04/12	88.00%	Albert Park		<i>Angela Phillips</i>	<i>7.32</i>	<i>3/04/11</i>	<i>94.95%</i>	<i>Doncaster</i>
M40	Leigh Phelan	7.26	26/03/17	89.23%	Doncaster	W35	Jess Dux	8.21	18/08/19	84.65%	Doncaster
M45	Mark Harper	7.31	24/04/21	90.66%	Doncaster	W40	Narelle Lehmann	8.04	6/04/12	87.05%	Albert Park
M50	Peter O'Dwyer	7.55	24/03/19	89.96%	Doncaster	W45	Linda Buttigieg	8.56	2/04/10	84.37%	Perth
M55	Paul Turner	7.81	29/03/09	89.31%	Box Hill	W50	Anne Rossi	8.39	15/03/25	89.47%	Doncaster
M60	Paul Turner	8.02	15/03/15	89.52%	Doncaster	W55	Karen Carah	8.80	15/03/25	89.17%	Doncaster
M65	*Robert Mayston	8.02	1/04/22	92.35%	SAF Nathan	W60	Linda Caligiuri	8.87	17/03/24	91.74%	Doncaster
M70	Bob Wishart	8.56	25/03/12	89.48%	Doncaster	W65	Vivienne Cash	9.77	27/04/19	85.44%	Albert Park
M75	*Bob Wishart	8.64	24/03/19	93.33%	Doncaster	W70	Margaret Tweedie	10.00	15/03/25	86.72%	Doncaster
M80	*Bob Wishart	9.39	12/02/23	89.27%	Doncaster	W75	Gladys Wishart	11.21	24/03/19	81.15%	Doncaster
M85	Leo Coffey	10.64	17/03/24	83.17%	Doncaster	W80	Kathy Skultety	11.77	12/02/23	81.63%	Doncaster
M90	*Jim Sinclair	12.12	3/04/15	79.75%	Bankstown	W85	Shirley Coppock	13.48	19/06/22	77.14%	Box Hill
M95	*Jim Sinclair	15.24	1/09/19	71.68%	Mackay	W90	Margaret Prowse	25.54	25/03/12	45.41%	Doncaster
100 METRES					100 METRES						
M30	Robert Vidler	10.89	20/03/10	87.97%	Murrumbeena	W30	Lisa Ford	12.4	6/12/97	84.18%	Geelong
	<i>Adam Basil</i>	<i>10.33</i>	<i>26/11/05</i>	<i>92.74%</i>			<i>Suzanne Broadrick</i>	<i>11.57</i>	<i>18/08/00</i>	<i>91.96%</i>	<i>Sydney</i>
M35	Peter O'Dwyer	11.04	8/10/02	87.11%	Olympic Park	W35	Debra Tomsett	12.3	19/03/94	84.85%	Aberfeldie
M40	Simon Jackson	11.20	2/03/19	88.29%	Albert Park		<i>Suzanne Broadrick</i>	<i>11.89</i>	<i>10/01/04</i>	<i>89.49%</i>	<i>Perth</i>
M45	Leigh Phelan	11.29	9/03/24	92.69%	Albert Park	W40	Debra Tomsett	12.4	28/03/98	84.95%	Murrumbeena
M50	Peter O'Dwyer	11.81	24/03/18	88.90%	Doncaster	W45	Barbara Blurton	12.9	25/03/95	84.87%	Aberfeldie
M55	Gary Barker	11.8	20/03/99	90.04%	Murrumbeena		Margaret Tweedie	12.9	16/03/02	84.87%	Murrumbeena
M60	Rob Mayston	12.83	23/03/19	87.39%	Doncaster	W50	Anne Rossi	13.41	15/03/25	88.08%	Doncaster
M65	*Rob Mayston	12.49	15/03/25	96.24%	Doncaster	W55	Karen Carah	13.62	25/01/25	90.25%	Bendigo
M70	*Bob Wishart	13.28	6/04/12	90.76%	Albert Park	W60	Linda Caligiuri	14.26	29/03/24	89.79%	Hobart
M75	*Bob Wishart	13.56	25/03/17	92.44%	Doncaster	W65	Jan Morrey	15.26	5/03/05	86.06%	Murrumbeena
M80	*Bob Wishart	14.93	15/03/25	90.17%	Doncaster	W70	Vivienne Cash	16.04	20/03/22	85.60%	Albert Park
M85	Charlie Booth	16.98	7/89	82.26%	Eugene USA	W75	Gwen Davidson	18.00	9/99	79.89%	Adelaide
M90	*Jim Sinclair	18.63	14/03/15	82.29%	Doncaster	W80	Kathy Skultety	19.24	20/03/22	79.07%	Albert Park
M95	*Jim Sinclair	25.39	2/09/19	68.75%	Mackay	W85	*Shirley Coppock	22.16	24/04/21	74.46%	Doncaster
						W90	Margaret Prowse	43.22	6/04/12	42.73%	Albert Park
200 METRES					200 METRES						
M30	Brendan Ashcroft	22.24	7/03/21	86.29%	SOPAC	W30	Lisa Ford	25.5	14/12/96	84.03%	Olympic Park
	<i>Cameron Mackenzie</i>	<i>21.18</i>	<i>17/02/00</i>	<i>90.60%</i>	<i>Melbourne</i>		<i>*Denise Boyd</i>	<i>23.09</i>	<i>20/03/83</i>	<i>93.68%</i>	<i>Melbourne</i>
M35	Peter O'Dwyer	21.98	30/11/02	89.43%	Geelong	W35	Chris McArdle	25.55	3/08/89	84.66%	Oregon USA
M40	Bob Wishart	22.1	14/03/82	90.41%	Collingwood		Debra Tomsett	25.3	20/03/94	84.69%	Aberfeldie
M45	Mark Harper	22.99	24/01/21	90.41%	Ballarat		<i>Suzanne Broadrick</i>	<i>24.68</i>	<i>27/01/04</i>	<i>87.64%</i>	<i>Aberfeldie</i>
M50	Stewart Dobrzynski	24.06	2/04/22	89.03%	SAF Nathan	W40	Narelle Lehmann	26.48	7/04/12	82.77%	Albert Park
M55	Keith Howden	24.68	15/04/01	89.60%	Bankstown NSW	W45	Barbara Blurton	26.0	24/03/96	86.93%	Murrumbeena
M60	Rob Mayston	25.48	26/03/17	89.74%	Doncaster	W50	Anne Stobaus	27.7	24/03/96	85.06%	Murrumbeena
M65	*Rob Mayston	25.00	2/04/22	94.77%	SAF Nathan	W55	Karen Carah	27.73	1/03/25	90.70%	Albert Park
M70	Charles Scarff	28.1	20/03/94	86.79%	Aberfeldie	W60	Margaret Tweedie	29.99	1/11/16	86.44%	Perth
M75	Bob Wishart	28.42	26/03/17	90.03%	Doncaster	W65	Catherine Monahan	32.28	8/02/25	85.05%	Bendigo
M80	*Mike Johnston	31.82	31/03/02	84.10%	Adelaide	W70	Vivienne Cash	33.70	19/03/22	84.49%	Albert Park
M85	Mike Johnston	35.79	10/09/07	68.72%	Riccione	W75	Lavinia Petrie	40.08	15/10/18	74.73%	Doncaster
M90	Jim Sinclair	43.12	15/03/15	73.90%	Doncaster	W80	Kathy Skultety	42.59	19/03/22	75.21%	Albert Park
M95						W85	Shirley Coppock	50.16	21/03/21	70.03%	Doncaster
						W90	Margaret Prowse	97.22	3/04/11	40.92%	Doncaster
400 METRES					400 METRES						
M30	Andrew Wilcox	49.41	11/10/02	87.09%	Olympic Park	W30	Rhonwen Binney	58.3	4/90	82.56%	Olympic Park
	<i>Cameron Mackenzie</i>	<i>46.87</i>	<i>15/01/00</i>	<i>91.81%</i>	<i>Canberra</i>		<i>*Raelene Boyle</i>	<i>51.08</i>	<i>4/09/82</i>	<i>94.45%</i>	<i>Brisbane</i>
M35	Peter O'Dwyer	48.69	11/10/02	90.04%	Olympic Park	W35	Debra Tomsett	58.04	30/03/95	85.39%	Olympic Park
	<i>Andrew Wilcox</i>	<i>48.13</i>	<i>14/02/04</i>	<i>91.09%</i>	<i>Olympic Park</i>	W40	Judy Pollock	57.0	2/04/83	89.45%	Olympic Park
M40	*Robert McCubbin	49.33	12/04/04	91.56%	Olympic Park	W45	Barbara Blurton	57.91	7/95	91.37%	Buffalo USA
M45	Andrew Wilcox	51.28	14/08/15	90.83%	Lyon France	W50	Barbara Blurton	61.11	13/07/01	90.02%	Brisbane
M50	Andrew Wilcox	53.16	23/02/19	90.47%	Alberk Park	W55	Anne Stobaus	64.2	16/11/96	89.30%	Aberfeldie
M55	Colin McCurry	55.08	11/07/03	90.26%	Puerto Rico	W60	*Anne Stobaus	67.30	10/07/01	89.59%	Brisbane
M60	Robert Mayston	57.72s	28/04/18	89.15%	Perth	W65	Kathryn Heagney	73.96	19/03/16	86.02%	Doncaster
M65	*Robert Mayston	56.92s	18/03/23	94.38%	Murrumbeena	W70	Anne Stobaus	76.63	16/07/11	88.13%	Sacramento
M70	Mike Johnston	66.02	7/95	83.84%	Buffalo USA	W75	Lavinia Petrie	89.1	8/10/18	81.30%	Doncaster
M75	Mike Johnston	68.57	11/04/98	84.11%	Brisbane	W80	Shirley Coppock	116.68	25/03/17	62.18%	Doncaster
M80	Mike Johnston	72.85	1/04/02	84.15%	Adelaide	W85	*Shirley Coppock	140.26	24/04/21	63.30%	Doncaster
M85	Mike Johnston	1.25.99	17/03/07	77.81%	Murrumbeena	W90	Margaret Prowse	216.47	2/04/11	47.29%	Doncaster
M90	Jim Sinclair	1.51.93	5/04/15	67.48%	Bankstown						
800 METRES					800 METRES						
M30	Paul Schnyder	1.55.4	29/03/97	87.44%	Olympic Park	W30	Rosemary Lucas	2.14.4	1/03/86	84.83%	Adelaide
	<i>*Jeffery Risely</i>	<i>1.45.41</i>	<i>8/08/21</i>	<i>95.73%</i>	<i>Tokyo</i>		<i>*Catriona Bisset</i>	<i>1.58.44</i>	<i>26/05/24</i>	<i>96.26%</i>	<i>Eugene</i>
M35	*Robert McCubbin	1.53.10	18/01/03	89.31%	Ballarat	W35	Ann Holcombe	2.12.9	12/02/85	86.65%	Olympic Park
	<i>*Jeffery Risely</i>	<i>1.50.81</i>		<i>91.16%</i>			Anna Kasapis	2.12.90	10/11/16	86.65%	Albert Park
M40	*Robert McCubbin	1.51.56	14/03/04	94.01%	Canberra		<i>*Judy Pollock</i>	<i>1.59.93</i>	<i>14/07/76</i>	<i>96.02%</i>	<i>Montreal</i>
M45	*Simon Glendenning	1.58.59	13/03/25	93.93%	Doncaster	W40	Judy Pollock	2.12.1	20/03/83	90.16%	Sandringham
M50	Tom Roberts	2.00.7	22/04/84	93.74%	Canberra	W45	Barbara Blurton	2.14.7	16/02/96	91.72%	Olympic Park
M55	*Craig Sanford	2.05.03	10/02/24	95.07%	Aberfeldie	W50	Evette Cordy	2.18.15	22/02/25	94.45%	Albert Park
M60	Mark Hipworth	2.15.35	14/01/21	90.31%	Box Hill	W55	Ann Holcombe	2.25.0	27/08/02	92.72%	Murrumbeena
M65	Michael Barrand	2.19.96	13/08/82	90.84%	USA	W60	Anne Stobaus	2.40.28	9/07/01	88.03%	Brisbane
M70	Kevin Solomon	2.30.45	11/09/18	87.92%	Malaga	W65	Anne Stobaus	2.55.99	Oct 2009	84.53%	Sydney

M75	Kevin Solomon	2.51.47	1/07/22	81.16%	Tampere	W70	Anne Stobaus	3.03.94	11/07/11	85.71%	Sacramento
M80	Mike Johnston	3.05.6	24/03/02	80.52%	Murrumbena	W75	*Lavinia Petrie	3.18.2	8/10/18	85.31%	Doncaster
M85	Mike Johnston	3.34.5	18/03/07	76.72%	Murrumbena	W80	**Lavinia Petrie	3.42.52	17/03/24	80.64%	Doncaster
M90	Colin Silcock-Delaney	6.06.51	12/02/23	51.08%	Doncaster	W85	Margaret Prowse	6.35.91	14/04/06	52.23%	Canberra
1000 METRES						1000 METRES					
M30	<i>M.Rennie</i>	<i>3.18</i>	<i>10/09/18</i>	<i>65.91%</i>	<i>Doncaster</i>	W30	A. Fortington	3.39.7	24/01/11	67.81%	Doncaster
M35	Shane Grund	2.46.1	10/09/18	80.06%	Doncaster		<i>*Linden Hall</i>	<i>2.35.12</i>	<i>4/08/23</i>	<i>96.04%</i>	<i>Bern</i>
M40	Daniel Patience	2.56.7	8/05/23	78.15%	Doncaster	W35	L. Gore	3.32.6	27/11/00	70.11%	Doncaster
	<i>*Aleksandr Ruda</i>	<i>2.36.38</i>	<i>8/03/22</i>	<i>87.64%</i>	Box Hill	W40	Laura Tomic	3.12.23	16/12/23	80.53%	Frankston
M45	*Simon Glendenning	2.37.86	6/03/25	91.64%	Box Hill	W45	*Anna Kasapis	3.00.40	21/03/24	90.03%	Box Hill
M50	Campbell McLennan	3.01.01	16/12/23	82.49%	Epping	W50	*Evette Cordy	3.06.36	6/03/25	90.93%	Box Hill
M55	*Craig Sanford	2.47.12	21/03/24	92.29%	Box Hill	W55	*Julie Norney	3.19.18	6/03/25	88.96%	Box Hill
M60	David Nobbs	3.14	12/02/01	82.87%	Doncaster	W60	Kerryn Walshe	3.44.51	16/12/23	82.74%	Epping
	<i>Barry Greig</i>	<i>3.12.55</i>	<i>16/12/23</i>	<i>83.50%</i>	<i>Epping</i>	W65	Caroline MacDonald	4.10.1	16/12/23	77.30%	Ballarat
M65	John Braszell	3.21.46	6/03/25	83.28%	Box Hill	W70	M. Dalheim	6.02	14/04/99	56.28%	Doncaster
M70	Kevin Solomon	3.31.14	13/08/18	83.79%	Doncaster	W75	*Lavinia Petrie	4.30.8	16/03/20	80.71%	Doncaster
M75	Jim Hopkins	4.41.55	7/01/25	65.20%	Collingwood						
M80	Tom Leong	5.31.1	24/01/22	58.99%	Doncaster						
M85	Barry Dorr	7.49.9	11/03/24	45.49%	Doncaster						
1500 METRES						1500 METRES					
M30	Tim Crosbie	3.58.7	20/03/93	86.30%	Murrumbena	W30	Kate Seibold-Crosbie	4.25.11	26/01/06	86.78%	Canberra
	<i>*Pat Scammell</i>	<i>3.35.62</i>	<i>17/07/91</i>	<i>95.54%</i>	<i>Rome</i>		<i>*Linden Hall</i>	<i>3.56.40</i>	<i>7/07/24</i>	<i>97.71%</i>	<i>Paris</i>
M35	Dean Paulin	3.56.45	11/10/02	88.86%	Olympic Park	W35	Anna Kasapis	4.30.27	26/02/16	86.47%	Albert Park
	<i>Pat Scammell</i>	<i>3.44.25</i>	<i>14/06/96</i>	<i>93.70%</i>	<i>Ingolstadt</i>		<i>*Judy Pollock</i>	<i>4.14.22</i>	<i>28/07/76</i>	<i>91.93%</i>	<i>Montreal</i>
M40	Richard Polkinghorn	3.55.32	17/02/06	92.06%	MCG Melb	W40	Vanessa Wilson	4.30.97	22/12/22	89.47%	Box Hill
M45	*Robert Schwerkolt	4.00.20	15/03/11	93.23%	Box Hill	W45	Anna Kasapis	4.37.82	4/04/24	92.07%	Box Hill
M50	*Zac Ashkanasy	4.01.79	13/03/25	96.79%	Doncaster	W50	Lucy Di Benedetto	4.43.97	19/06/22	94.18%	Montreuil
M55	Jack Ryan	4.17.6	11/03/80	93.74%	Olympic Park	W55	Ann Holcombe	5.00.1	23/11/02	91.55%	Murrumbena
M60	Kevin Solomon	4.39.89	8/03/08	90.02%	Olympic Park	W60	Susan Howell	5.34.48	10/06/22	86.12%	Mackay
M65	*Jack Ryan	4.41.82	5/12/87	93.63%	Olympic Park	W65	Lavinia Petrie	5.56.1	30/01/10	85.10%	Doncaster
M70	Randall Hughes	5.14.8	25/03/95	88.14%	Aberfeldie	W70	*Lavinia Petrie	6.04.06	3/11/14	87.89%	Gold Coast
M75	Randall Hughes	5.32.09	3/04/99	88.25%	Canberra	W75	*Lavinia Petrie	6.48.39	24/04/21	83.23%	Doncaster
M80	Bob Lewis	6.34.57	22/03/08	79.21%	Blacktown	W80	*Lavinia Petrie	7.10.73	16/03/24	84.57%	Doncaster
M85	Peter Brownbill	7.53.0	13/03/04	72.42%	Murrumbena	W85	Margaret Prowse	12.33.4	24/09/07	54.31%	Doncaster
M90	Peter Brownbill	9.32.0	4/06/08	68.02%	Mentone						
1 MILE						1 MILE					
M30	Harinder Singh	5:35.26	28/07/24	66.98%	Doncaster	W30	Kate Seibold-Crosbie	5.00.49	29/09/05	83.97%	Olympic Park
	<i>*Pat Scammell</i>	<i>3.55.17</i>	<i>25/02/92</i>	<i>94.88%</i>	Olympic Park		<i>*Linden Hall</i>	<i>4.19.60</i>	<i>15/06/23</i>	<i>97.40%</i>	<i>Oslo</i>
M35	Tim Crosbie	4.35.5	2/03/00	82.70%	<i>East Burwood</i>	W35	Anna Kasapis	4.54.2	23/02/16	88.51%	Albert Park
	<i>Steve Austin</i>	<i>4.08.97</i>	<i>18/12/86</i>	<i>91.52%</i>	Olympic Park	W40	Anna Kasapis	4.58.5	6/02/18	89.38%	Melbourne Uni
M40	Tony Wilson	4.21.27	13/12/07	89.53%	Olympic Park	W45	Anna Kasapis	5.01.35	9/02/23	91.65%	Aberfeldie
M45	*Robert Schwerkolt	4.27.70	16/02/12	90.06%	Melbourne Uni	W50	Julie Norney	5.28.64	9/02/23	87.31%	Aberfeldie
M50	*Tom Roberts	4.30.06	6/12/87	92.38%	Olympic Park	W55	Julie Norney	5.38.12	6/02/24	89.05%	Aberfeldie
M55	Jack Ryan	4.40.4	15/12/77	92.44%	Olympic Park	W60	Lavinia Petrie	6.05.7	26/02/04	85.75%	Burwood
M60	Paul Viney	5.09.77	9/02/23	87.35%	Aberfeldie	W65	Theresa Baird	6.30.4	11/07/07	84.55%	Noble Park
M65	*Jack Ryan	5.05.61	6/12/87	92.89%	Olympic Park	W70	*Lavinia Petrie	6.33.96	31/03/14	88.66%	Doncaster
M70	Yassine Belaabed	5.50.93	29/09/22	85.32%	Doncaster	W75	Lavinia Petrie	7.11.9	17/09/18	86.35%	Doncaster
M75	Bob Lewis	6.26.5	26/02/04	82.23%	East Burwood	W80					
M80	Barry Dore	10.17.46	5/12/21	55.22%	Doncaster	W85	*Margaret Prowse	13.34.3	24/09/07	55.72%	Doncaster
M85											
M90	Peter Brownbill	10.30.9	18/06/08	67.91%	Mentone						
3,000 METRES						3,000 METRES					
M30	Matt Hallett	9:50	18/06/19	74.69%	Collingwood	W30	Kate Seibold-Crosbie	9.45.60	9/03/06	85.20%	Olympic Park
	<i>*Darren Lynch</i>	<i>7.45.53</i>	<i>20/02/99</i>	<i>94.66%</i>	<i>Sydney</i>		<i>*Linden Hall</i>	<i>8.40.59</i>	<i>23/03/24</i>	<i>95.84%</i>	<i>Kensington</i>
M35	Nathan Davies	9.34.4	30/04/23	76.72%	Murrumbena	W35	Anna Kasapis	9.56.60	10/11/15	83.63%	Albert Park
	<i>Steve Moneghetti</i>	<i>8.09.47</i>	<i>10/12/97</i>	<i>90.03%</i>	<i>Melbourne</i>	W40	Vanessa Wilson	9.50.9	12/02/22	86.30%	Albert Park
M40	Shane Grund	8.31.10	10/11/22	89.05%	Albert Park	W45	Anna Kasapis	9.52.97	9/03/23	89.50%	Box Hill
	<i>Steve Moneghetti</i>	<i>8.12.72</i>	<i>14/02/04</i>	<i>93.51%</i>	<i>Allston USA</i>						
M45	*Robert Schwerkolt	8.49	10/04/11	89.23%	Murrumbena	W50	*Lucy Di Benedetto	10.23.09	21/05/23	91.56%	Versailles
M50	Christopher Lynch	9.16.9	5/11/05	84.76%	Box Hill	W55	Julie Norney	10.53.35	9/11/23	89.75%	Albert Park
M55	Jack Ryan	9.12.8	24/01/78	92.71%	Olympic Park	W60	Susan Howell	11.48.2	30/04/23	86.62%	Murrumbena
M60	*Steve Moneghetti	9.30.7	1/12/22	94.10%	Collingwood	W65	*Theresa Baird	12.07.18	25/04/07	89.41%	Springvale
M65	Allan Long	10.56.7	30/04/23	86.01%	Murrumbena	W70	*Lavinia Petrie	12.52.03	18/11/14	89.76%	Bendigo
M70	Yassine Belaabed	11.24.56	10/11/22	87.18%	Albert Park	W75	Lavinia Petrie	14.24.8	30/04/23	86.00%	Murrumbena
M75	Kevin Solomon	12.41	15/05/22	83.26%	Murrumbena	W80	*Lavinia Petrie	14.48.58	5/05/24	89.30%	Murrumbena
M80	Bob Lewis	15.08	2/10/08	74.52%	East Burwood	W85	Margaret Prowse	26.21.8	24/09/07	55.98%	Doncaster
M85											
M90	Eddie Gamble	24.28.6	18/06/05	56.92%	Mentone						
5,000 METRES						5,000 METRES					
M30	Stephen Dinneen	14.41.02	8/10/13	85.96%	Geelong	W30	Kate Seibold-Crosbie	16.48.36	19/11/06	84.41%	Burwood
	<i>Steve Moneghetti</i>	<i>13.25.77</i>	<i>29/02/96</i>	<i>93.99%</i>	<i>Melbourne</i>		<i>Sarah Jamieson</i>	<i>15.02.90</i>	<i>24/03/06</i>	<i>94.27%</i>	<i>MCG Melb</i>
M35	Colin O'Brien	14.42.3	2/04/83	85.84%	Murrumbena	W35	Dot Browne	17.43.9	1979	80.00%	Box Hill
	<i>*Steve Moneghetti</i>	<i>13.43.95</i>	<i>25/02/98</i>	<i>91.92%</i>	<i>Melbourne</i>		<i>*Anne Cross</i>	<i>15.26.65</i>	<i>8/09/00</i>	<i>91.50%</i>	<i>Brisbane</i>
M40	*Steve Austin	14.01.7	28/11/91	92.37%	Melbourne	W40	*Sinead Diver	15.23.65	22/12/18	94.88%	Geelong
M45	*Steve Austin	14.59	12/11/97	89.98%	Springvale	W45	Dot Browne	17.33.3	30/03/86	86.40%	Adelaide
M50	Colin O'Brien	15.49.3	15/06/97	88.87%	Doncaster	W50	*Bronwen Cardy	17.44.75	31/03/02	89.12%	Adelaide
M55	Jack Ryan	15.52.8	24/04/78	92.80%	Olympic Park	W55	Stacey van Dueren	18.37.25	22/11/12	88.95%	Albert Park
M60	#Steve Moneghetti	15.52.9	1/12/22	97.07%	Collingwood	W60	*Theresa Baird	19.21.3	28/11/01	90.07%	Noble Park
M65	Jack Ryan	17.43.4	12/87	91.51%	Olympic Park	W65	*Theresa Baird	20.42.5	18/03/07	89.09%	Murrumbena
M70	Yassine Belaabed	19.33.11	19/03/22	87.55%	Albert Park	W70	#Lavinia Petrie	21.34.08	9/03/14	91.07%	Hobart
M75	*Randall Hughes	20.18.04	4/04/99	89.34%	Canberra	W75	#Lavinia Petrie	23.30.93	28/04/19	89.56%	Albert Park
M80	Bob Lewis	25.09.27	23/03/08	76.79%	Blacktown	W80	*Lavinia Petrie	25.58.97	17/03/24	88.20%	Doncaster
M85	Peter Brownbill	29.24.79	11/04/04	71.70%	Olympic Park	W85	*Margaret Prowse	45.33.2	24/09/07	55.70%	Doncaster
M90	Peter Brownbill	36.52.1	21/05/08	64.93%	Mentone	W90					
10,000 METRES TRACK						10,000 METRES TRACK					

M30	Russell Johnson	32.25	17/12/85	81.11%	Olympic Park	W30	Georgann Peterson	36.52.8	4/87	79.42%	NSW
	<i>*Steve Moneghetti</i>	<i>27.48.94</i>	<i>14/12/95</i>	<i>94.52%</i>	<i>Olympic Park</i>		<i>Carolyn Schuwalow</i>	<i>32.35.83</i>	<i>5/12/98</i>	<i>89.86%</i>	Melbourne
M35	Graeme Kipp	30.41.2	1/04/83	85.92%	Olympic Park	W35	Petrina Trowbridge	35.49	16/12/86	81.78%	Olympic Park
	<i>*Steve Moneghetti</i>	<i>28.09.96</i>	<i>18/12/97</i>	<i>94.32%</i>	<i>Olympic Park</i>		<i>Carolyn Schuwalow</i>	<i>34.29.25</i>	<i>17/08/00</i>	<i>84.93%</i>	Sydney
M40	*Steve Austin	29.23.05	4/92	93.82%	Olympic Park	W40	#Sinead Diver	31.25.49	28/09/19	97.60%	Doha
	<i>*Steve Moneghetti</i>	<i>28.33.68</i>	<i>14/12/02</i>	<i>96.67%</i>	<i>Olympic Park</i>	W45	Bronwen Cardy	36.06.26	13/04/01	87.48%	Bankstown
M45	Rodney Goodwin	32.16.19	12/87	87.82%	Olympic Park	W50	Theresia Baird	38.00.3	4/92	86.80%	Hobart
	<i>*John Wilson</i>	<i>31.29</i>	<i>1/12/03</i>	<i>90.01%</i>	<i>Olympic Park</i>	W55	*Bronwen Cardy	37.50.93	6/04/07	91.04%	Hobart
M50	Grant Simpson	33.11	4/12/19	88.81%	Aberfeldie	W60	*Theresia Baird	39.21.1	27/10/01	91.94%	Murrumbeena
M55	Jack Ryan	33.36.2	19/12/79	91.38%	Olympic Park	W65	*Theresia Baird	42.07.1	20/05/07	90.72%	Collingwood
M60	**John Meagher	33.32.09	28/07/24	96.92%	Doncaster	W70	#Lavinia Petrie	44.36.7	6/12/16	91.06%	Aberfeldie
M65	Stan Nicholls	37.52.2	15/11/77	88.71%	Box Hill	W75	#Lavinia Petrie	49.54.51	16/05/23	93.28%	Collingwood
M70	Yassine Belaabed	40.13.1	17/05/22	87.74%	Collingwood						
M75	*Randall Hughes	43.05.41	21/04/00	86.21%	Hobart						
M80	Bob Lewis	52.24.4	21/03/08	75.44%	Blacktown						
M85	Ken Matchett	60.52.92	6/04/07	71.15%	Hobart						
10k ROAD BESTS (WORK IN PROGRESS)						10k ROAD BESTS (WORK IN PROGRESS)					
M30	Lawrence Malone	34.37	27/08/95	75.95%	Braeside	W30	Bronwyn Hanns	39.20	18/09/94	74.47%	Devil Bend
M35	Paul Wilson	32.10	18/07/04	81.97%	Braeside		<i>Sinead Diver</i>	<i>35.47</i>	<i>7/10/11</i>	<i>82.38%</i>	<i>Melbourne</i>
	<i>*Steve Moneghetti</i>	<i>28.55</i>	<i>14/10/01</i>	<i>94.74%</i>	<i>Burnie</i>	W35	Anna Kasapis	39.51	21/07/13	73.50%	Braeside
M40	*Shane Grund	30.14	2/06/24	92.76%	Albert Park		<i>Sinead Diver</i>	<i>34.01</i>	<i>17/07/16</i>	<i>89.78%</i>	<i>Albert Park</i>
	<i>*Steve Moneghetti</i>	<i>29.34</i>	<i>16/11/03</i>	<i>94.11%</i>	<i>Melbourne</i>	W40	*Sinead Diver	31.59	3/06/18	96.94%	Launceston
M45	Terry Harrison	33.21	23/08/92	84.97%	Devil Bend	W45	Julie Norney	35.59	28/06/15	89.68%	Albert Park
	<i>*Steve Moneghetti</i>	<i>30.05</i>	<i>30/05/09</i>	<i>96.23%</i>	<i>Springvale</i>		<i>*Sinead Diver</i>	<i>32.29</i>	<i>23/10/22</i>	<i>98.53%</i>	<i>Burnie</i>
M50	Philip Bowes	34.06	16/07/06	86.42%	Braeside	W50	*Julie Norney	37.32	28/02/21	90.61%	Hobart
	<i>*Zac Ashkanasy</i>	<i>32.13</i>	<i>2/06/24</i>	<i>92.81%</i>	<i>Albert Park</i>	W55	*Julie Norney	38.15	15/10/23	91.46%	Melbourne
M55	Ray O'Connor	37.04	25/08/96	82.85%	Braeside	W60	Theresia Baird	41.11	20/07/03	88.48%	Braeside
M60	*John Meagher	33.45	2/06/24	96.31%	Albert Park	W65	*Theresia Baird	42.49	15/07/07	90.04%	Braeside
M65	Ted Paulin	39.37	18/07/04	84.80%	Braeside	W70	*Lavinia Petrie	45.42	19/07/15	89.72%	Braeside
M70	Yassine Belaabed	40.48	16/07/23	86.49%	Braeside	W75	*Lavinia Petrie	50.43	16/07/23	86.48%	Braeside
M75	Randall Hughes	43.58	2/07/00	84.56%	Braeside	W80					
M80	Bill Page	55.53	24/07/11	70.75%	Braeside						
M85	Tony Martin	72.05	21/07/13	59.45%	Braeside						
ONE HOUR RUN (currently not listed by WMA)						ONE HOUR RUN (currently not listed by WMA)					
M30	Ash Almond	11,131	2/10/23		Doncaster	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	29/12/75		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	7/02/84		Glen 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	*Lavinia Petrie	11,488	2/10/23		Doncaster
M70	Yassine Belaabed	14,119	13/11/23		Cranbourne	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	86.98%	Melbourne	W30	Kate Seibold-Crosbie	77.45	4/09/05	82.98%	Burnley
	<i>*Steve Moneghetti</i>	<i>60.06</i>	<i>24/01/93</i>	<i>96.53%</i>	<i>Tokyo</i>		<i>Silvana Trampuz</i>	<i>72.56</i>	<i>19/03/00</i>	<i>88.46%</i>	<i>Rome</i>
M35	John Meagher	67.05.24	13/10/02	87.09%	Carlton	W35	Petrina Trowbridge	80.40	8/06/86	79.98%	Burnley
	<i>Andrew Letherby</i>	<i>63.17</i>	<i>2/01/09</i>	<i>92.32%</i>	<i>Marugame</i>		<i>Jenny Dowie</i>	<i>76.10</i>	<i>4/06/95</i>	<i>84.70%</i>	Melbourne
M40	Peter Hunt	68.14	10/90	88.17%	Frankston	W40	#Sinead Diver	68.50	2/02/20	98.00%	Marugame
	<i>*Steve Moneghetti</i>	<i>64.33</i>	<i>22/05/05</i>	<i>93.20%</i>	<i>Sydney</i>	W45	Julie Norney	78.39	3/07/16	87.05%	Gold Coast
M45	Neil Ryan	71.06	1988	87.34%	Melbourne		<i>*Sinead Diver</i>	<i>69.00</i>	<i>24/04/22</i>	<i>#####</i>	<i>Gifu, Japan</i>
	<i>*Steve Moneghetti</i>	<i>67.53</i>	<i>19/09/10</i>	<i>91.48%</i>	<i>Sydney</i>	W50	Stacey van Dueren	82.01	9/10/11	86.94%	Melbourne
M50	*Steve Moneghetti	69.43	12/10/14	92.18%	Melbourne	W55	Stacey van Dueren	82.21	14/10/12	90.63%	Melbourne
M55	Barry Brooks	74.42	4/06/95	89.26%	Melbourne	W60	#Theresia Baird	86.16	12/12/01	91.08%	Knox
M60	*Steve Moneghetti	73.05	2/07/23	94.96%	Gold Coast	W65	*Lavinia Petrie	97.53	9/06/09	85.01%	Burnley
M65	Tony Berry	86.07	13/10/02	84.13%	Carlton	W70	#Lavinia Petrie	97.38	12/01/14	90.91%	Bendigo
M70	Yassine Belaabed	88.36	13/10/24	87.38%	Melbourne	W75	*Lavinia Petrie	118.14	4/09/22	80.71%	Burnley
M75	*Tony Berry	93.51	10/10/10	85.24%	Melbourne						
M80	Bill Page	119.28	5/09/10	72.14%	Burnley						
M85	Ken Matchett	143.01	13/12/06	66.86%	Knox						
MARATHON						MARATHON					
M30	Brian Simmons	2.26.20	25/11/90	83.13%	South Melbourne	W30	Kate Seibold-Crosbie	2.44.11	5/06/05	81.66%	Christchurch
	<i>Andy Buchanan</i>	<i>2.06.22</i>	<i>1/12/24</i>	<i>96.27%</i>	<i>Valencia</i>		<i>Kate Smyth</i>	<i>2.33.39</i>	<i>22/10/06</i>	<i>87.25%</i>	<i>Chicago</i>
M35	Craig Appleby	2.20.24	2/07/23	86.92%	Gold Coast	W35	Petrina Trowbridge	2.46.50	12/10/86	81.05%	Melbourne
	<i>*Liam Adams</i>	<i>2.08.39</i>	<i>2/07/23</i>	<i>94.56%</i>	<i>Gold Coast</i>		<i>June Petrie</i>	<i>2.43.39</i>	<i>14/12/03</i>	<i>82.63%</i>	<i>Taiwan</i>
M40	Carl Stevenson	2.26.44		84.35%		W40	*Lisa Weightman	2.23.15	26/02/23	97.52%	Osaka
	<i>*Steve Moneghetti</i>	<i>2.17.14</i>	<i>2/03/03</i>	<i>90.19%</i>	<i>Lake Biva</i>	W45	Colleen Stephens	2.51.02	1997	84.77%	Melbourne
M45	Peter Hannaford	2.32.16	14/10/84	84.33%	Melbourne		<i>#Sinead Diver</i>	<i>2.21.34</i>	<i>4/12/22</i>	<i>#####</i>	<i>Valencia</i>
M50	Barry Brooks	2.38.13	5/06/94	84.41%	Melbourne	W50	Jill Wilkie	3.00.58	Sept 2019	85.91%	Berlin
	<i>Peter Gaffney</i>	<i>2.34.49</i>	<i>8/10/06</i>	<i>86.26%</i>	<i>Melbourne</i>	W55	Jill Wilkie	2.56.08	12/12/21	90.01%	Melbourne
M55	Michael Eury	2.39.41	12/12/21	87.22%	Melbourne	W60	Colleen Middleton	3.18.54	23/04/23	84.06%	London
M60	Anthony George	2.53.36	13/10/24	84.89%	Melbourne	W65	*Lavinia Petrie	3.28.24	5/07/10	85.13%	Gold Coast
M65	Randall Hughes	2.59.45	6/10/91	85.06%	Port Melbourne	W70	#Lavinia Petrie	3.38.53	22/02/15	86.62%	Wangaratta
M70	Randall Hughes	3.09.00	10/95	85.21%	Melbourne	W75	*Shirley Young	4.36.46	9/10/05	73.81%	Melbourne
M75	Peter Fuller	3.51.48	15/10/23	74.39%	Melbourne						
M80	Ken Matchett	5.17.41	13/04/03	57.66%	Canberra						
M85	Ken Matchett	5.25.19	15/04/07	62.45%	Canberra						
3,000 STEEPLECHASE (.914m/3')						2,000 STEEPLECHASE (.762m/2'6" from 2000)					
M30	Glenn Tarran	10.10.7	7/10/95	77.56%	Olympic Park	W30	*Kate Seibold-Crosbie	7.08.7	26/11/05	87.28%	Murrumbeena

	<i>Bob Hendy</i>	8.43.2	20/02/77	90.53%	Melbourne	W35	Laurel Gore	7.48.34	7/10/02	83.34%	Olympic Park
M35	*Jeff Broderick	8.53.57	8/02/92	91.05%	Olympic Park		<i>Victoria Mitchell</i>	7.04.89	20/03/22	91.86%	Albert Park
M40	*Jeff Broderick	9.10.2	16/11/95	90.46%	Olympic Park	W40	Laura Tomic	7.19.77	15/03/14	90.18%	Doncaster
M45	*Jeff Broderick	9.24.4	10/02/00	91.97%	Olympic Park	W45	Sharon Pedersen	7.41.09	26/01/18	91.65%	Geelong
M50	Bob Hendy	10.02.6	7/10/95	90.05%	Olympic Park	W50	Sharon Pedersen	7.59.82	1/04/24	89.16%	Hobart
M55	Bill Hughes	11.12.99	12/87	84.49%	Olympic Park	W55	Kathy Heagney	8.55.70	16/04/06	84.90%	Canberra
3,000 STEEPLECHASE		(.838m/2'9" from 2023)				W60	*Jan Morrey	8.52.30	3/11/00	92.99%	Southport
M30	unclaimed					W65	Marlene Gourlay	9.37.33	24/03/18	92.67%	Doncaster
M35	*Craig Dodsworth	11.55.96	16/03/24	na	Doncaster	W70	#Marlene Gourlay	9.46.79	20/03/22	98.94%	Albert Park
M40	*Aleksandr Ruda	10.03.00	1/04/24	na	Hobart	W75	Heather Carr	13.30.21	13/08/24	77.07%	Gothenburg
M45	Andrew Cutting	11.27.3	18/01/25	na	Geelong						
M50	Pramesh Prasad	12.38.94	16/02/25	na	Albert Park						
M55	Andrew Evans	11.32.22	15/03/25	na	Doncaster						
2,000 STEEPLECHASE		(.762m/2'6" from 2000)									
M60	Terry Pearce	7.23.53	6/11/16	84.06%	Perth						
M65	Allan Long	7.47.9	11/03/23	83.87%	SOPAC						
M70	Bob Gardiner	8.51.2	1/04/06	78.20%	Murrumbeena						
M75	Stan Nicholls	10.32.2	11/87	69.72%	Olympic Park						
M80	Eddie Gamble	12.25	29/03/97	63.84%	Olympic Park						
	<i>Lloyd Morgan</i>	12.11.2	28/03/09	65.04%	Box Hill						
M85	Ken Matchett	13.23.05	7/04/07	65.81%	Hobart						
110 METRE HURDLES		(.991m/3'3")				100 METRE HURDLES		(.840m/2'9")			
M30	Terry Baldwin	15.0	23/03/96	83.99%	Murrumbeena	W30	Rhonwen Binney	16.7	31/03/90	72.02%	Murrumbeena
	<i>*Kyle Vander-Kyp</i>	13.65	28/02/04	93.77%	Sydney		<i>Pam Ryan</i>	12.5	28/06/72	95.76%	Warsaw
M35	David Ancrum	14.97	23/03/19	85.87%	Doncaster	W35	Debra Tomsett	16.0	20/03/93	75.64%	Murrumbeena
M40	Brad Krawczyk	15.76	5/11/16	84.24%	Perth	90 METRE HURDLES (.762m/2'6", 7.5m spacing in 2004 & 2005)					
M45	*Brad Krawczyk	15.31	11/02/23	91.30%	Doncaster	W40	Jennifer Baldwin	16.5	1/04/06	na	Murrumbeena
100 METRE HURDLES (.914m/3')						W45	Joanne Russell	14.72	5/03/05	na	Murrumbeena
M40	Terry Baldwin	15.39	17/03/07	na	Murrumbeena	80 METRE HURDLES		(.762m/2'6")			
M45	Josian Phillippe	15.5	28/03/98	na	Murrumbeena	W40	Gaelyne Kenshole	13.30	14/03/15	80.69%	Doncaster
M50	*Ted Barnard	15.03	7/10/95	87.44%	Olympic Park	W45	Joanne Russell	13.24	25/03/05	83.99%	Brisbane
M55	Luke De Biasi	16.24	27/10/18	84.61%	Doncaster	W50	Joanne Russell	13.89	17/03/07	80.06%	Murrumbeena
M60	David Mather	16.92	4/92	79.21%	Hobart	W55	Karen Carah	13.53	1/03/25	89.22%	Albert Park
M65	David Mather	18.24	28/03/97	77.61%	Olympic Park			(.686m/2'3" from 2000)			
90 METRE HURDLES		(.840m/2'9")				W60	Christine Bridle	18.63	13/01/19	67.00%	Bendigo
M55	Richard Trembath	13.8	20/03/99	na	Murrumbeena	W65	Christine Bridle	18.44	11/02/23	70.72%	Doncaster
M60	Ken Priestley	14.8	8/04/00	na	Murrumbeena	W70	Anna Zeitzen-Vanderberg	22.27	25/03/05	61.82%	Brisbane
90 METRE HURDLES (.840m/2'9", 7.5m spacing, for 2004 & 2005)						W75	Mary Leitch	37.59	15/03/25	39.34%	Doncaster
M60	Richard Trembath	15.44	13/03/04	na	Murrumbeena	60 METRE HURDLES		(.686m/2'3" from 2004)			
80 METRE HURDLES		(.762m/2'6")				W70	Anna Zeitzen-Vanderberg	15.55	13/03/04	65.69%	Murrumbeena
M65	*Richard Trembath	13.4	19/08/07	na	Doncaster						
M70	Don Chambers	14.14	5/10/07	83.24%	Adelaide						
M75	Don Chambers	15.03	22/12/12	83.76%	Bendigo						
		(.686m/2'3" from 2000)									
M80	Mike Hall	18.25	27/04/19	74.52%	Albert Park						
M85	*Brian Greaves	23.81	24/04/21	63.44%	Doncaster						
M90	*Brian Greaves	24.71	15/03/25	70.38%	Doncaster						
60 METRE HURDLES		(.686m/2'3" from 2004)									
M75	Gordon Gourlay	14.1	1/04/06	65.47%	Murrumbeena						
M80	George Goode	17.4	8/03/08	57.03%	Olympic Park						
400 METRE HURDLES		(.914m/3')				400 METRE HURDLES		(.762m/2'6")			
M30	Michael Skerritt	57.0	29/03/98	81.73%	Murrumbeena	W30	Rhonwen Binney	63.4	16/03/91	82.15%	Murrumbeena
	<i>Rohan Robinson</i>	50.7	26/02/02	91.83%	?		<i>Kerry Soanes</i>	62.0	21/12/89	84.00%	Melbourne
M35	Terry Baldwin	57.1	29/03/98	82.28%	Murrumbeena	W35	Ashleigh Palmer	60.96	2/03/24	87.74%	Albert Park
	<i>Leigh Miller</i>	54.98	5/12/98	85.81%	Melbourne	W40	Jeanette Van Den Bulk	67.45	26/04/17	81.07%	Auckland
M40	*Noel Clough	54.3		89.62%	Box Hill	W45	Joanne Russell	68.59	26/03/05	82.81%	Brisbane
M45	Cameron Yorke	57.94	25/04/21	87.64%	Doncaster	300 METRE HURDLES		(.762m/2'6" from 2004)			
		(.840m/2'9" from 2000)				W45	Joanne Russell	49.65	6/03/05	89.08%	Murrumbeena
M50	Luke de Biasi	60.81	24/10/15	87.02%	Doncaster	W50	Margaret Tweedie	49.38	18/03/07	89.56%	Murrumbeena
M55	*Luke de Biasi	61.42	7/09/18	90.09%	Malaga	W55	*Michele Hossack	49.49	7/09/18	93.11%	Malaga
300 METRE HURDLES		(.840m/2'9")				W60	Margaret Tweedie	53.28	1/11/16	90.27%	Perth
M50	Mike Hall	44.3	19/03/89	na	Murrumbeena	W65					
M55	*Richard Trembath	44.0	21/03/99	na	Murrumbeena	200 METRE HURDLES		(.600m/2') from 2004			
		(.762m)				W70	Anna Zeitzen-Vanderberg	52.3	14/03/04	65.14%	Murrumbeena
M60	*Luke de Biasi	45.13	18/11/23	85.62%	Aberfeldie						
M65	David McConnell	48.1	14/10/17	84.23%	Frankston						
		(.686m from 2000)									
M70	David McConnell	51.41	10/02/24	88.22%	Aberfeldie						
M75	Don Chambers	61.37	8/07/12	74.69%	Canberra						
200 METRE HURDLES		(.686m) from 2004									
M75	Gordon Gourlay	41.49	6/03/05	na	Murrumbeena						
M80	Mike Hall	44.95	19/03/22	73.03%	Albert Park						
1,500 METRES WALK						1,500 METRES WALK					
M30	Aaron McDonough	7.50.14	12/12/06	65.94%	Epping	W30	Sharon Schnyder	6.48	29/03/98	82.60%	Murrumbeena
	<i>*Willi Sawall</i>	6.00.4	23/10/76	87.16%	Ballarat	W35	*Sharon Schnyder	6.47	9/04/00	83.59%	Murrumbeena
M35	Daniel Walters	6.02.05	24/03/19	87.09%	Doncaster	W40	*Heather McDonald	6.45	3/90	86.45%	Murrumbeena
	<i>*Willi Sawall</i>	5.31	23/01/80	97.19%	Ballarat	W45	*Kelly Ruddick	6.34	18/12/21	92.47%	Ballarat
M40	*Willi Sawall	5.40.1	20/02/82	96.06%	Ballarat	W50	Pam Tindal	6.59	21/03/10	90.62%	Murrumbeena
M45	*Willi Sawall	5.51.8	16/12/89	98.26%	Ballarat	W55	Heather Carr	7.11.91	12/11/05	91.79%	Murrumbeena
M50	*Andrew Jamieson	6.21.1	4/03/99	87.84%	East Burwood	W60	*Heather Carr	7.18.50	21/03/10	94.81%	Murrumbeena
	<i>*Willi Sawall</i>	6.10.5	19/12/92	95.69%	Ballarat	W65	*Brenda Riley	7.48.2	6/03/05	93.70%	Murrumbeena
M55	Murray Dickinson	6.44.1	7/10/95	85.94%	Olympic Park	W70	*Jean Albury	8.24	9/04/00	92.53%	Murrumbeena
	<i>*Willi Sawall</i>	5.58.2	22/02/97	103.37%	Ballarat	W75	*Jean Knox	9.55	24/03/02	84.05%	Murrumbeena
M60	*Andrew Jamieson	6.52.50	9/03/08	87.62%	Olympic Park	W80	*Gwen Steed	10.37.7	21/10/23	86.42%	Aberfeldie
M65	*Andrew Jamieson	6.52.56	25/03/12	91.54%	Doncaster	W85	Nance Jeffreys	13.44.3	7/10/95	72.07%	Olympic Park

M70	*Ralph Bennett	8.00.40	6/04/12	82.47%	Albert Park	W90					
M75	*Bob Gardiner	7.57.44	3/04/11	87.47%	Doncaster						
M80	Gunther Ilgontz	9.57.55	26/04/19	82.96%	Albert Park						
M85	Bob Gardiner	11.00.47	16/03/25	85.70%	Doncaster						
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>Willi Sawall</i>	<i>7.45.6</i>	<i>7/06/80</i>		<i>Albert Park</i>	W45	*Kelly Ruddick	8.33.4	22/02/20		Albert Park
M40	Willi Sawall	7.52	5/06/82		Albert Park	W50	*Pam Tindal	9.35.7	5/02/11		Box Hill
M45	*Paul Kennedy	8.22.77	16/10/04		Aberfeldie	W55	*Heather Carr	9.57.5	25/11/06		Knox
M50	*Andrew Jamieson	8.33	6/03/00		Box Hill	W60	*Heather Carr	9.54.9	18/12/10		Murrumbeena
	<i>*Willi Sawall</i>	<i>8.33</i>	<i>8/05/93</i>		<i>Albert Park</i>	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	W80	*Gwen Steed	14.17.8	22/10/22		Doncaster
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	15.10.8	5/10/24		Cranbourne						
3,000 METRES WALK						3,000 METRES WALK					
M30	Aaron McDonough	16.30.9	17/03/07	65.31%	Murrumbeena	W30	Kylie Irshad	16.11	1/04/06	72.12%	Murrumbeena
	<i>*David Smith</i>	<i>11.00.56</i>	<i>24/01/87</i>	<i>97.96%</i>	<i>Sydney</i>		<i>Lorraine Jachno</i>	<i>12.48.76</i>	<i>25/02/92</i>	<i>91.10%</i>	<i>Melbourne</i>
M35	David Cash	13.18.7	5/04/87	81.02%	Murrumbeena	W35	Kelly Ruddick	13.02.10	12/01/13	90.86%	Geelong
	<i>Willi Sawall</i>	<i>11.28.2</i>	<i>15/03/80</i>	<i>94.03%</i>	<i>Olympic Park</i>	W40	#Kelly Ruddick	12.58.85	9/01/16	95.30%	Ballarat
M40	#Willi Sawall	11.38.4	21/02/82	95.90%	Albert Park	W45	#Kelly Ruddick	13.11.6	11/01/20	95.73%	Ballarat
M45	*Willi Sawall	11.57.8	3/12/89	96.44%	Olympic Park	W50	Kelly Ruddick	14.00.70	25/01/25	96.76%	Bendigo
M50	*Andrew Jamieson	12.59.5	27/01/00	93.77%	Olympic Park	W55	Heather Carr	15.08.4	24/03/07	90.38%	Knox
	<i>*Willi Sawall</i>	<i>12.48.2</i>	<i>1/02/92</i>	<i>92.16%</i>	<i>Ballarat</i>	W60	#Heather Carr	15.21.94	22/01/11	94.29%	Ballarat
M55	*Andrew Jamieson	13.21.7	27/03/03	89.59%	Box Hill	W65	#Brenda Riley	16.22.1	1/04/06	92.23%	Murrumbeena
	<i>#Willi Sawall</i>	<i>12.44</i>	<i>14/12/96</i>	<i>96.48%</i>	<i>Geelong</i>	W70	#Heather Carr	17.50.6	11/01/20	89.57%	Frankston
M60	*Andrew Jamieson	13.24.07	31/03/07	95.80%	Olympic Park	W75	*Gwen Steed	20.04.5	21/10/17	84.81%	Burwood East
M65	*Andrew Jamieson	14.13.6	3/11/12	95.67%	Doncaster	W80	*Gwen Steed	21.41.3	15/10/22	84.20%	Murrumbeena
M70	*Andrew Jamieson	15.17	8/1016	92.93%	East Burwood	W85	Nance Jeffreys	27.36	10/94	71.53%	Brisbane
M75	*Andrew Jamieson	16.47	4/12/21	89.66%	Knox						
M80	*Tom Daintry	18.44	5/04/92	85.58%	Murrumbeena						
M85	#Gus Theobald	19.31	10/04/82	88.09%	Perth						
M90	#Gus Theobald	21.21	5/04/87	86.99%	Murrumbeena						
5,000 METRES WALK						5,000 METRES WALK					
M30	Kevin Cassidy	26.46	20/03/93	67.59%	Murrumbeena	W30	Sharon Schnyder	24.42	28/03/98	81.15%	Murrumbeena
	<i>*David Smith</i>	<i>18.52.87</i>	<i>21/02/86</i>	<i>95.82%</i>	<i>Canberra</i>		<i>Lorraine Jachno</i>	<i>22.17.32</i>	<i>14/01/90</i>	<i>89.93%</i>	<i>Melbourne</i>
M35	Mark Donahoo	21.21	19/03/94	84.77%	Aberfeldie	W35	Kelly Ruddick	21.50.13	1/03/13	92.17%	Sydney
	<i>Simon Baker</i>	<i>19.57.43</i>	<i>12/03/94</i>	<i>90.69%</i>		W40	#Kelly Ruddick	21.46.68	29/03/14	95.10%	Brisbane
M40	#Willi Sawall	19.45.65	31/03/84	94.24%	Olympic Park	W45	#Kelly Ruddick	22.47.17	26/02/22	95.95%	Albert Park
M45	*Willi Sawall	21.12.19	31/03/90	90.69%	Olympic Park	W50	Kelly Ruddick	24.21.55	25/01/25	93.35%	Bendigo
M50	*Andrew Jamieson	22.19.3	22/02/01	89.28%	Olympic Park	W55	Heather Carr	25.54.11	24/02/07	89.30%	Olympic Park
	<i>*Willi Sawall</i>	<i>21.38.3</i>	<i>19/03/92</i>	<i>92.10%</i>	<i>Olympic Park</i>	W60	#Heather Carr	26.10.22	2/03/11	92.54%	Olympic Park
M55	*Andrew Jamieson	22.40.11	4/07/01	92.67%	Brisbane	W65	#Brenda Riley	27.19.1	12/02/06	93.31%	Coburg
	<i>#Willi Sawall</i>	<i>22.11.5</i>		<i>93.44%</i>	<i>Ballarat</i>	W70	*Jean Albury	29.42.75	22/04/00	90.83%	Hobart
M60	#Andrew Jamieson	22.38.7	1/03/07	95.67%	Olympic Park	W75	*Heather Carr	33.17	7/9/240	88.25%	Mentone
M65	*Andrew Jamieson	24.14.04	14/04/12	93.44%	Albert Park	W80	*Gwen Steed	37.22	7/09/24	85.26%	Mentone
M70	*Andrew Jamieson	26.42.08	26/10/16	89.83%	Perth	W85	Nance Jeffreys	45.08	6/10/95	74.04%	Olympic Park
M75	*Tom Daintry	28.02.26	12/87	90.74%	Olympic Park	W90					
M80	*Gus Theobald	30.42	8/08/77	88.47%	Swedon						
M85	#Gus Theobald	33.14.2	10/04/82	87.86%	Perth						
M90	#Gus Theobald	35.09.5	4/87	90.03%	NSW						
10k ROAD WALK						10k ROAD WALK					
M30	Adam Patterson	67.06	7/04/07	55.41%	Hobart	W30	Kylie Bonney	53.01	17/01/02	78.53%	Geelong
	<i>*Rhydian Cowley</i>	<i>38.13.51</i>	<i>11/04/24</i>	<i>97.27%</i>	<i>Adelaide</i>		<i>Lorraine Jachno</i>	<i>45.25</i>	<i>16/06/90</i>	<i>91.67%</i>	<i>Grasseau</i>
M35	Mark Donahoo	43.45	9/04/94	85.96%	Box Hill	W35	Kelly Ruddick	46.54	29/05/11	88.77%	Middle Park
	<i>*Willi Sawall</i>	<i>41.19</i>	<i>1981</i>	<i>93.07%</i>	<i>Box Hill</i>	W40	#Kelly Ruddick	45.26	17/08/13	93.17%	Middle Park
M40	*Willi Sawall	40.08	1982	96.37%	Albert Park	W45	Kelly Ruddick	47.30	14/07/18	92.34%	Middle Park
M45	*Willi Sawall	42.18	1988	94.32%	Albert Park	W50	Kelly Ruddick	50.03	14/01/24	93.33%	Middle Park
M50	*Andrew Jamieson	45.41	26/06/99	90.36%	Middle Park	W55	Heather Carr	53.41.1	21/07/07	88.79%	Middle Park
	<i>*Willi Sawall</i>	<i>44.10.1</i>	<i>5/01/92</i>	<i>93.46%</i>	<i>Albert Park</i>	W60	Heather Carr	53.56.6	5/06/10	92.75%	Middle Park
M55	*Andrew Jamieson	46.32.8	30/07/05	95.10%	Middle Park	W65	#Brenda Riley	55.31.8	13/11/05	95.06%	Middle Park
	<i>*Willi Sawall</i>	<i>45.57</i>	<i>26/04/97</i>	<i>93.26%</i>	<i>Albert Park</i>	W70	*Jean Albury	62.31	24/04/00	89.59%	Hobart
M60	#Andrew Jamieson	46.22.1	21/07/07	96.25%	Middle Park	W75	Sylvia Machin	72.54	31/10/17	82.04%	Perth
M65	#Andrew Jamieson	48.38.5	19/05/12	95.98%	Middle Park	W80	*Nance Jeffreys	77.32	10/89	82.98%	Adelaide
M70	#Andrew Jamieson	53.17	23/07/16	92.04%	Middle Park	W85	Nance Jeffreys	92.41	8/10/95	75.32%	Olympic Park
M75	Andrew Jamieson	57.36	28/05/22	89.83%	Middle Park						
M80	*Tom Daintry	64.23	25/04/93	85.26%	Knox						
M85	George Knott	88.29	31/03/97	66.37%	Olympic Park						
M90	#Gus Theobald	77.52	22/01/90	82.19%							
15k ROAD WALK						15k ROAD WALK					
M30	*Rhydian Cowley	60.17	27/06/21	94.72%	Middle Park	W30	*Lorraine Jachno	75.10	19/05/91	83.39%	Fisherman's Bend
M35	Daniel Walters	71.36	24/06/18	80.72%	Middle Park	W35	*Kelly Ruddick	71.53	3/02/13	88.03%	Middle Park
	<i>*Willi Sawall</i>	<i>61.42</i>	<i>3/05/80</i>	<i>95.05%</i>	<i>Albert Park</i>	W40	*Kelly Ruddick	70.12	3/07/15	92.79%	Middle Park
M40	*Willi Sawall	62.47	2/06/84	96.07%	Albert Park	W45	*Kelly Ruddick	73.49	11/05/19	92.07%	Middle Park
M45	*Willi Sawall	64.53	5/05/91	95.91%	Fisherman's Bend	W50	*Kelly Ruddick	79.08	20/10/24	91.03%	Middle Park
M50	Andrew Jamieson	69.19	21/05/00	95.06%	Ballarat	W55	*Heather Carr	83.40	20/05/07	89.95%	Albert Park
	<i>*Willi Sawall</i>	<i>68.35</i>	<i>28/06/92</i>	<i>93.71%</i>	<i>Bendigo</i>	W60	*Heather Carr	84.48	18/07/10	94.33%	Ballarat
M55	*Andrew Jamieson	72.36	25/06/05	92.31%	Middle Park	W65	*Heather Carr	89.14	3/07/15	96.07%	Middle Park
M60	*Andrew Jamieson	70.43	3/05/08	99.15%	Middle Park	W70	*Heather Carr	105.20	6/12/20	88.08%	Middle Park
M65	*Andrew Jamieson	74.44	18/05/13	98.92%	Middle Park						

M70	Andrew Jamieson	88.56	9/06/19	88.10%	Canberra						
M75	*Bob Gardiner	90.48	18/05/13	92.38%	Middle Park						
20k ROAD WALK						20k ROAD WALK					
M30	not claimed					W30	Justjana Roseman	1.56.56	13/01/08	72.38%	Middle Park
	*Rhydian Cowley	1.18.33	3/03/24	97.52%	Taicang, China		Simone Wolowiec	1.34.49	31/4/05	89.26%	
M35	*Willi Sawall	1.24.05	23/03/80	91.10%	Sydney	W35	Kelly Ruddick	1.39.56	21/08/11	84.69%	Canberra
M40	#Willi Sawall	1.21.36	4/07/82	95.60%	Albert Park	W40	*Kelly Ruddick	1.33.15	1/09/13	93.34%	Hobart
M45	#Willi Sawall	1.25.02	27/08/88	95.31%	Canberra	W45	Kelly Ruddick	1.36.58	13/02/22	92.83%	Adelaide
M50	*Andrew Jamieson	1.34.38	18/07/99	88.16%	Middle Park	W50	Kelly Ruddick	1.46.27	21/05/23	87.89%	Middle Park
M55	*Andrew Jamieson	1.35.13	18/08/01	91.23%	Coburg	W55	Heather Carr	1.54.17	19/08/06	85.55%	Middle Park
M60	#Andrew Jamieson	1.35.39	24/06/08	96.96%	Middle Park	W60	*Heather Carr	1.56.18	29/05/11	88.38%	Middle Park
M65	#Andrew Jamieson	1.40.14	29/07/12	96.52%	Middle Park	W65	#Brenda Riley	1.57.39	17/12/06	92.43%	Middle Park
M70	#Andrew Jamieson	1.52.36	26/06/16	90.00%	Middle Park	W70	*Heather Carr	2.22.49	6/12/20	81.16%	Middle Park
M75	*Tom Dainry	1.59.20	22/06/86	90.54%	Murrumbena	W75	Margaret Beaumont	2.57.00	4/08/13	70.42%	Middle Park
M80	*Gus Theobald	2.11.55	13/08/77	88.01%	Swedon	W80	Margaret Beaumont	3.17.34	5/08/18	68.56%	Adelaide
M85	#Gus Theobald	2.26.07	21/08/82	86.15%							
M90	#Gus Theobald	2.34.01	21/04/87	89.56%	NSW						
30k ROAD WALK						30k ROAD WALK					
M30	not claimed					W30	not claimed				
	*David Smith	2.05.59	10/05/86	91.00%	Canberra	W35	not claimed				
M35	*Willi Sawall	2.10.11	1980	93.55%		W40	Michelle Thompson	3.08.30	9/09/12	74.78%	Middle Park
M40	*Willi Sawall	2.08.01	16/05/82	97.11%			*Tracy Feiner	2.54.21	29/07/18	80.84%	Middle Park
M45	*Willi Sawall	2.17.02	29/05/88	93.89%		W45	*Kelly Ruddick	2.33.22	15/05/22	#####	Fawkner Park
M50	*Andrew Jamieson	2.31.20	5/09/99	88.37%		W50					
M55	*Andrew Jamieson	2.32.05	9/11/03	91.52%	Middle Park	W55					
M60	#Andrew Jamieson	2.28.55	3/05/09	97.53%	Middle Park	W60	*Heather Carr	3.19.01	11/09/11	88.38%	Middle Park
M65	#Andrew Jamieson	2.39.25	11/09/11	95.77%	Middle Park	W65	*Heather Carr	3.37.02	13/09/15	87.34%	Middle Park
35k ROAD WALK						35k ROAD WALK					
M30	*Rhydian Cowley	2.26.25	9/06/24	na	Canberra	W30					
M35	*Nathan Deakes	2.32.24	11/08/12	na	London	W35					
M40	*Willi Sawall	2.49.27	28/05/85	na	Douglas IOM	W40	*Tracy Feiner	3.22.44	15/09/19		Middle Park
M45	*Harry Summers	3.11.06	4/10/81	na	Valencia	W45	*Kelly Ruddick	3.00.04	15/05/22		Fawkner Park
M50	*Simon Evans	3.48.38	14/09/14	na	Middle Park	W50	*Kelly Ruddick	3.09.53	15/12/24		Fawkner Park
	*Willi Sawall	2.53.47	24/04/92	na	Fisherman's Bend	W55	*Karyn O'Neill	4.23.35	11/09/11		Middle Park
M55	*Harry Summers	3.35.57	16/05/93	na	Albert Park	W60	*Heather Carr	4.01.10	11/09/11		Middle Park
M60	*Andrew Jamieson	3.00.55	3/05/09	na	Middle Park						
M65	*Andrew Jamieson	3.17.52	11/09/11	na	Middle Park						
50k ROAD WALK						50k ROAD WALK					
M30	not claimed					W30	not claimed				
	*Simon Baker	3.43.13	28/08/89	96.54%		W35	not claimed				
M35	*Willi Sawall	3.46.34	6/04/80	95.21%	Adelaide	W40	*Tracy Feiner	4.59.44	1/12/19	85.51%	South Yarra
M40	*Willi Sawall	3.59.48	16/08/82	91.04%	Adelaide	W45	#Kelly Ruddick	4.54.31	2/12/18	91.34%	South Yarra
M45	*Willi Sawall	4.12.20	20/08/89	90.05%	Fisherman's Bend	W50					
M50						W55	#Liz Feldman	5.45.08	24/10/04	87.53%	Middle Park
	*Willi Sawall	4.12.57	14/04/92	91.84%	Knox	W60	*Liz Feldman	6.05.43	11/09/11	91.31%	Middle Park
M55	*Andrew Jamieson	4.46.44	24/10/04	84.15%	Middle Park						
M60	#Andrew Jamieson	4.23.16	14/12/08	96.94%	Middle Park						
M65											
HIGH JUMP						HIGH JUMP					
M30	Gogi Rai	1.91	1/04/22	77.96%	SAF Nathan	W30	Glenis Johnson	1.47	4/90	70.33%	Olympic Park
	Tim Forsyth	2.10	26/01/06	85.71%	Canberra		Gabrielle Conroy	1.82	7/01/06	87.08%	Melbourne
M35	*Manjula Wijesekara	1.93	11/02/23	79.88%	Doncaster	W35	Irie Hill	1.65	11/03/06	80.73%	Murrumbena
M40	Graeme Morrish	1.95	10/04/82	84.38%	Perth	W40	Irie Hill	1.51	20/03/10	77.34%	Murrumbena
M45	David Hoyle	1.87	16/07/11	84.76%	Sacramento		Coll McLaren	1.60	11/02/12	81.94%	Albert Park
M50	Luke De Biasi	1.70	19/10/14	80.86%	Doncaster	W45	Karen Carah	1.50	28/10/16	80.51%	Perth
M55	Richard Brophy	1.61	24/04/21	80.53%	Doncaster	W50	Karen Carah	1.42	27/04/19	79.98%	Albert Park
M60	Tom Hancock	1.54		81.19%		W55	Karen Carah	1.45	29/03/24	86.24%	Hobart
M65	Tom Hancock	1.47	16/03/02	81.89%	Aberfeldie	W60	Margaret Tweedie	1.25	12/11/16	77.85%	Mt Evelyn
M70	*Geoff Shaw	1.42	3/11/18	83.83%	Bendigo	W65	Gwen Davidson	1.22	12/87	80.11%	Olympic Park
M75	*Gordon Gourlay	1.33	15/04/05	84.53%	Adelaide	W70	Gwen Davidson	1.16	10/04/93	80.46%	Adelaide
M80	*Tom Hancock	1.22	6/11/16	81.69%	Perth	W75	*Gwen Davidson	1.12	9/99	82.23%	Adelaide
M85	*Brian Greaves	1.10	24/04/21	78.91%	Doncaster						
M90	*Brian Greaves	1.10	15/03/25	83.03%	Doncaster						
LONG JUMP						LONG JUMP					
M30	Glen Nicholson	6.69	16/03/24	75.96%	Doncaster	W30	Glenis Johnson	5.55	10/12/88	74.80%	Doncaster
	Leigh Stuart	7.93	24/03/01	88.60%			Kym Burns	6.16	14/02/02	83.02%	?
M35	*Russell Sarah	6.82	19/03/83	79.68%	Sandringham	W35	Glenis Johnson	5.43	13/02/93	76.12%	Doncaster
M40	Robert Lehmann	6.66	7/04/12	82.15%	Albert Park	W40	Narelle Lehmann	4.78	24/03/12	70.73%	Doncaster
M45	Justin Hanrahan	6.55	5/08/15	85.41%	Lyon France	W45	Salli-Ann Lee	4.88	30/03/03	76.33%	
M50	*Luke De Biasi	6.11	19/03/16	84.35%	Doncaster	W50	Anne Rossi	4.74	15/03/25	78.10%	Doncaster
M55	*Luke De Biasi	6.11	10/11/18	89.43%	Newport	W55	Karen Carah	4.58	2/03/25	81.12%	Albert Park
M60	Luke De Biasi	5.33	15/06/24	82.64%	Townsville	W60	Margaret Tweedie	4.34	5/11/16	81.06%	Perth
M65	*Robert Mayston	5.39	20/03/22	89.20%	Albert Park	W65	Catherine Monahan	3.74	9/02/25	75.27%	Albert Park
M70	*Mike Johnston	4.75	16/10/91	83.86%	Brisbane	W70	Gwen Davidson	3.51	7/03/93	74.65%	Murrumbena
M75	Graeme Noden	4.07	6/01/14	76.91%	Bendigo	W75	Gwen Davidson	2.79	28/03/98	63.64%	Murrumbena
M80	*Graeme Noden	3.99	26/04/18	82.14%	Perth	W80					
M85	Brian Greaves	3.02	22/05/21	69.62%	Cairns	W85					
M90	*Brian Greaves	3.10	15/03/25	83.27%	Doncaster						
POLE VAULT						POLE VAULT					
M30	Steven Polizzi	4.10	23/01/07	66.34%	Knox	W30	*Irie Hill	4.00	11/10/02	79.05%	Olympic Park
	Viktor Markov	5.70	5/02/06	92.23%	Sydney	W35	*Irie Hill	4.20	4/03/06	85.04%	Box Hill
	Viktor Chistiakov	5.70	1/07/06	92.23%	Padua Italy	W40	*Irie Hill	3.80	14/04/10	81.72%	Perth
M35	Rob Hill	4.81	26/01/09	78.64%	Geelong	W45	*Dawn Hartigan	3.50	19/03/02	78.10%	Olympic Park
	*Joel Pocklington	5.05	6/03/22	81.72%	Melb Uni	W50	#Dawn Hartigan	3.40	6/03/07	80.79%	Coburg
M40	Rob Hill	4.60	14/11/09	79.12%	SAF Nathan	W55	#Dawn Hartigan	3.26	23/03/13	82.67%	Melb Uni

M45	Cameron Baker	3.95	12/10/24	73.43%	Murrumbeena	W60	*Dawn Hartigan	2.80	17/03/19	75.93%	Melb Uni
M50	Chris Boylen	3.75	15/03/15	72.28%	Doncaster	W65	Leanne Monk	1.71	19/03/22	49.72%	Albert Park
M55	Chris Boylen	3.70	1/02/20	76.04%	Doncaster						
M60	Chris Boylen	3.35	3/02/24	74.81%	Doncaster						
M65	*Rob Barclay	3.20	31/01/04	76.11%	Box Hill						
M70	George Schillinger	3.10	5/01/19	80.18%	Box Hill						
	Geoff Shaw	3.10	13/01/19	80.18%	Bendigo						
M75	*George Schillinger	2.95	22/01/22	83.72%	Murrumbeena						
M80	*Jim Poulter	2.00	30/01/22	62.96%	Bendigo						
M85	Vic Younger	1.60	13/07/01	56.62%	Brisbane						
M90	*Vic Younger	1.42	5/04/03	58.16%	Murrumbeena						
TRIPLE JUMP						TRIPLE JUMP					
M30	Gurpreet Rai	13.52	19/03/22	73.92%	Albert Park	W30	*Linda Allen	12.48	19/02/22	80.52%	Albert Park
	<i>Marat Safiullin</i>	<i>15.88</i>	<i>13/01/07</i>	<i>86.82%</i>	<i>Melbourne</i>	W35	*Linda Allen	12.38	17/03/24	80.18%	Doncaster
M35	Russell Sarah	14.63	4/04/81	80.07%	Box Hill	W40	Gaelyne Kenshole	10.32	5/04/15	70.18%	Bankstown
M40	*Russell Sarah	14.14	24/01/87	81.30%	Bendigo	W45	Gaelyne Kenshole	10.18	18/04/16	73.58%	Adelaide
M45	Nick Hodgson	12.98	31/03/13	78.67%	Canberra	W50	Sue Haylock	9.14	8/10/02	70.34%	Olympic Park
M50	*Nick Hodgson	13.11	24/01/15	84.07%	Bendigo	W55	Margaret Tweedie	8.95	8/04/12	73.48%	Albert Park
M55	Nick Hodgson	11.63	26/01/20	79.24%	Geelong	W60	Margaret Tweedie	8.43	27/10/16	74.00%	Perth
M60	Luke De Biasi	11.02	16/12/23	80.77%	Epping	W65	Gwen Davidson	7.95	4/92	74.82%	Hobart
M65	Harry Logan	10.16	29/01/83	79.32%		W70	Gwen Davidson	7.46	21/03/93	75.50%	Murrumbeena
	Mike Johnston	10.16	5/04/87	79.32%	Murrumbeena	W75	Gwen Davidson	6.29	29/03/98	68.69%	Murrumbeena
M70	Mike Johnston	9.46	11/04/93	79.77%	Adelaide	W80					
M75	Julian Jacotine	8.68	5/04/15	79.61%	Bankstown	W85					
M80	Brian Greaves	7.86	18/04/16	79.09%	Adelaide	W90					
M85	*Leo Coffey	7.00	15/03/15	78.08%	Doncaster						
M90	*Brian Greaves	5.85	16/03/25	72.52%	Doncaster						
SHOT PUT (7.26kg)						SHOT PUT (4kg)					
M30	*Shane Carstairs	16.22	12/03/20	70.80%	Doncaster	W30	*Chris Schultz	15.71	18/03/84	73.96%	Murrumbeena
	<i>John Minns</i>	<i>18.27</i>	<i>2/04/02</i>	<i>79.75%</i>			<i>*Gael Martin</i>	<i>18.52</i>	<i>28/03/87</i>	<i>87.19%</i>	<i>Sydney</i>
M35	Shane Carstairs	14.92	24/02/24	68.13%	Albert Park	W35	*Chris Schultz	15.41	5/12/87	85.34%	Melbourne
	<i>John Minns</i>	<i>18.07</i>	<i>14/02/04</i>	<i>80.75%</i>		W40	*Chris Schultz	14.36	24/03/91	75.58%	Melbourne
M40	Russell Short	14.73	3/09/12	70.03%	London	W45	*Chris Schultz	13.18	15/02/98	74.92%	Olympic Park
M45	Russell Short	15.01	8/09/16	76.17%	Rio de Janeiro						
		(6kg)				W50	*Chris Schultz	14.39	6/07/01	76.81%	Brisbane
M50	Graeme Rose	13.91	6/10/97	68.74%	Canberra	W55	Chris Schultz	11.39	20/01/06	66.24%	Christchurch
M55	Graeme Rose	13.23	1/08/99	70.34%	Gateshead UK	W60	Chris Schultz	10.56	24/10/13	67.30%	Brazil
		(5kg)				W65	Narelle Messerle	9.03	20/08/23	63.51%	Murrumbeena
M60	Graeme Rose	13.27	25/03/05	69.62%	Brisbane	W70	Rhondda Dundas	8.43	8/11/15	66.00%	Murrumbeena
M65	*Aivars Pavulins	13.02	7/89	74.28%	San Diego						
		(4kg)	7/11/93			W75	Rhondda Dundas	8.11	22/03/20	58.33%	Murrumbeena
M70	Rudi Hochreiter	12.82	8/11/97	71.62%	Geelong	W80	Val Worrell	7.22	22/03/15	59.23%	Murrumbeena
M75	Rudi Hochreiter	11.56	17/11/01	71.28%	Geelong	W85					
		(3kg)				W90					
M80	*Tom Hancock	11.77	1/10/16	70.07%	Wollongong						
M85	Tom Hancock	9.18	12/02/23	61.70%	Doncaster						
M90	John Fraser	6.90	13/03/05	53.18%	Murrumbeena						
DISCUS (2kg)						DISCUS (1kg)					
M30	Graham Hicks	50.57	14/12/08	70.37%	Murrumbeena	W30	*Chris Schultz	50.04	30/01/85	70.07%	Olympic Park
	<i>*Aaron Neighbour</i>	<i>64.26</i>	<i>18/05/08</i>	<i>89.42%</i>	<i>Salinas USA</i>		<i>Gael Martin</i>	<i>58.24</i>	<i>14/03/87</i>	<i>81.56%</i>	<i>Canberra</i>
M35	Graham Hicks	47.32	26/03/17	65.85%	Doncaster	W35	*Chris Schultz	48.90	14/01/89	68.48%	Melbourne
M40	Geoff Tyler	48.14	16/01/93	67.67%	Doncaster	W40	*Chris Schultz	48.52	18/07/91	73.46%	Turku Finland
M45	*Geoff Tyler	49.08	13/03/94	73.67%	Homebush	W45	*Chris Schultz	44.38	9/01/99	72.98%	Geelong
		(1.5kg)				W50	*Chris Schultz	41.00	23/01/01	73.51%	Melbourne
M50	Richard Fejer	46.07	7/04/12	64.23%	Albert Park	W55	Chris Schultz	33.54	21/01/06	65.90%	Christchurch
M55	Graeme Rose	42.65	30/01/99	64.11%	Box Hill		Judy Pfanner	33.54	12/02/22	65.90%	Albert Park
		(1kg)				W60	Dorn Jenkins	29.01	29/10/16	62.85%	Perth
M60	Tom Hancock	46.10	22/03/98	61.37%	Murrumbeena	W65	Dorn Jenkins	26.26	3/07/22	63.21%	Murrumbeena
M65	Tom Hancock	46.79	12/01/02	68.06%	Box Hill	W70	Lydia Widera	22.10	23/03/96	59.68%	Murrumbeena
M70	Rudi Hochreiter	40.14	6/12/97	64.34%	Geelong						
M75	Rudi Hochreiter	35.77	15/12/01	63.85%	Geelong	W75	Val Worrell	22.03	22/08/10	58.52%	Murrumbeena
M80	*Tom Hancock	33.63	15/10/16	67.98%	Doncaster	W80	Val Worrell	17.81	14/03/15	54.60%	Doncaster
M85	*Tom Hancock	25.79	12/02/23	62.50%	Doncaster						
M90	*John Fraser	19.72	13/04/05	55.38%	Brisbane						
HAMMER (7.26kg)						HAMMER (4kg)					
M30	Fernando Canepa	54.98	20/03/10	64.79%	Murrumbeena	W30	Natalie Debeljuh	48.11	20/03/22	57.98%	Albert Park
	<i>Hans Lotz</i>	<i>71.24</i>	<i>20/02/82</i>	<i>83.95%</i>	<i>Melbourne</i>		<i>Anni Hansen</i>	<i>50.35</i>	<i>27/02/04</i>	<i>62.97%</i>	<i>Sydney</i>
M35	*Hans Lotz	67.92	8/03/87	80.04%		W35	Gabrielle Neighbour	57.95	25/03/17	74.93%	Doncaster
	<i>*Hans Lotz</i>	<i>73.80</i>	<i>25/04/83</i>	<i>86.97%</i>	<i>Melbourne</i>	W40	Briony Rheuben	47.86	24/03/24	69.60%	Murrumbeena
M40	*Hans Lotz	66.94	5/12/87	82.51%	Olympic Park		<i>Briony Rheuben</i>	<i>51.41</i>	<i>16/12/23</i>	<i>73.35%</i>	<i>Geelong</i>
M45	*Hans Lotz	59.62	16/01/94	78.22%	Mentone	W45	Anni Rowe	43.41	19/01/19	70.95%	Box Hill
		(6kg)									
M50	*Hans Lotz	60.39	28/03/98	77.16%	Murrumbeena	W50	Jan Davies	48.66	5/04/96	79.06%	Perth
M55	*Peter Baxevanis	56.21	19/08/24	79.33%	Gothenburg	W55	Jan Davies	46.90	2/11/96	77.82%	Miami Qld
		(5kg)				W60	Dorn Jenkins	43.84	16/08/15	81.07%	Murrumbeena
M60	*Phillip Spivey	56.50	11/02/23	78.70%	Doncaster	W65	*Dorn Jenkins	42.42	21/03/21	88.02%	Murrumbeena
M65	*Wim Van Weenen	50.38	15/02/97	75.69%	Box Hill	W70	Rhondda Dundas	31.50	5/07/15	73.99%	Murrumbeena
		(4kg)									
M70	*Wim Van Weenen	48.74	23/02/03	72.75%	Murrumbeena	W75	Val Worrell	32.17	8/07/11	65.91%	Sacramento
M75	*Wim Van Weenen	43.84	2/03/08	73.71%	Murrumbeena	W80	Val Worrell	25.77	22/03/15	61.37%	Murrumbeena
		(3kg)				W85					
M80	*Wim Van Weenen	41.98	6/04/12	70.10%	Albert Park	W90					
M85	Tom Hancock	31.97	11/02/23	62.69%	Doncaster						
M90	*John Fraser	24.61	13/03/05	58.55%	Murrumbeena						
JAVELIN (800g)						JAVELIN (600g)					

M30	Ash Almond	54.80	1/02/24	55.73%	Doncaster	W30	Kelly Carvill	34.10	1/04/01	47.18%	Murrumbeena
	<i>*Robert Lethbridge</i>	<i>67.32</i>	<i>13/02/88</i>	<i>68.36%</i>	<i>Melbourne</i>		<i>Petra Rivers</i>	<i>64.18</i>	<i>19/03/83</i>	<i>88.79%</i>	<i>Melbourne</i>
M35	Tony Shield	62.11	3/01/07	65.83%	Gold Coast	W35	Natasha Franchina	34.42	24/03/18	48.94%	Doncaster
	<i>*Manfred Rohkamper</i>	<i>69.32</i>	<i>26/10/89</i>	<i>81.69%</i>	<i>Melbourne</i>	W40	Gurpreet Kaur	37.45	15/03/25	62.16%	Doncaster
M40	Graeme Rose	55.48	29/03/87	63.20%	Murrumbeena	W45	Dawn Hartigan	33.73	7/10/02	58.12%	Olympic Park
M45	Graeme Rose	54.82	16/10/91	67.41%	Brisbane			(500g)			
		(700g)				W50	Nicole Johansen	34.99	15/03/25	63.88%	Doncaster
M50	Andrew Farr	54.79	7/07/01	68.39%	Brisbane	W55	Karen Carah	31.38	16/03/24	61.11%	Doncaster
M55	Graeme Rose	50.38	13/04/01	68.68%	Bankstown			(500g)			
		(600g)				W60	Cindy Goy	27.13	29/04/19	58.50%	Albert Park
M60	Graeme Rose	48.98	14/03/04	68.01%	Murrumbeena	W65	Dorn Jenkins	19.78	21/03/21	47.92%	Murrumbeena
M65	Aivars Pavulins	45.00	7/89	69.38%	Eugene USA	W70	Jennifer Deravin	17.01	16/03/14	46.68%	Burwood East
		(500g)						(400g)			
M70	Andrew Farr	38.30	1/04/22	60.54%	SAF Nathan	W75	Jennifer Deravin	17.14	14/03/15	48.15%	Doncaster
M75	Rudi Hochreiter	32.47	31/01/04	58.46%	Geelong	W80	Val Worrell	13.96	14/03/15	45.50%	Doncaster
		(400g)				W85					
M80	Tom Hancock	32.88	31/10/16	61.44%	Perth	W90					
M85	*Tom Hancock	22.69	11/02/23	52.40%	Doncaster						
M90	*Vic Younger	17.01	23/03/03	46.62%	Murrumbeena						
	WEIGHT THROW	(15.88kg/35lb)				WEIGHT THROW	(9.072kg/20lb)				
M30	Fernando Canepa	14.81	20/03/10	57.27%	Murrumbeena	W30	Natalie Debeljuh	15.37	11/02/23	60.04%	Doncaster
M35	Russell Devine	17.76	12/04/04	69.73%	Olympic Park	W35	Natalie Debeljuh	14.84	16/03/24	60.03%	Doncaster
M40	Hans Lotz	16.60	4/92	69.16%	Murrumbeena	W40	Briony Rheuben	15.51	16/03/24	69.96%	Doncaster
M45	Hans Lotz	15.70	2/04/95	69.58%	Murrumbeena	W45	Christine Schultz	13.57	29/03/97	65.32%	Olympic Park
		(11.34kg/25lb)						(7.258kg/16lb)			
M50	Hans Lotz	19.71	29/03/98	76.13%	Murrumbeena	W50	Jan Davies	14.77	5/04/96	67.39%	Perth
M55	*Peter Baxevanis	19.37	20/08/24	81.33%	Gothenburg	W55	Jan Davies	14.58	20/03/99	72.54%	Murrumbeena
		(9.072kg/20lb)						(5.449kg/12lb)			
M60	*Phil Spivey	22.10	11/02/23	87.10%	Doncaster	W60	*Dorn Jenkins	17.58	20/03/16	80.84%	Doncaster
M65	*Willem Van Weenen	18.57	29/03/97	77.80%	Olympic Park	W65	*Dorn Jenkins	16.60	11/02/23	88.20%	Doncaster
		(7.258kg/16lb)						(4kg)			
M70	*Willem Van Weenen	17.96	24/03/02	71.32%	Murrumbeena	W70	Rhondda Dundas	11.85	16/08/15	63.45%	Cairns
M75	*Willem Van Weenen	15.98	30/8/09	69.66%	Murrumbeena	W75	Val Worrell	11.57	5/04/10	71.34%	Perth
		(5.449kg/12lb)				W80	Val Worrell	9.72	22/03/15	59.93%	Murrumbeena
M80	Willem Van Weenen	16.58	25/03/12	64.04%	Doncaster	W85					
M85	*Tom Hancock	13.55	1/10/22	63.70%	SAF Nathan	W90					
M90	*John Fraser	10.11	13/03/05	56.37%	Murrumbeena						
	35lb WEIGHT THROW					35lb WEIGHT THROW					
	for M30-45, see above Weight Throw					for W30-W45, see below Super Weight					
M50	Russell Devine	13.23	19/06/22	62.80%	Murrumbeena	W50					
M55	Roger Glass	11.98	14/09/08	60.83%	Murrumbeena	W55					
M60	Phil Spivey	13.83	15/01/23	77.19%	Murrumbeena	W60					
M65	Ken Priestley	9.78	4/10/04	58.84%	Canberra	W65					
	SUPER WEIGHT	(25.4kg/56lb)				SUPER WEIGHT	(15.88kg/35lb)				
M30	Nigel Skurrie	9.22	28/11/21	62.09%	Murrumbeena	W30					
M35	Colin Newman	8.53	23/02/20	57.44%	Murrumbeena	W35	*Natalie Debeljuh	9.15	25/08/24	54.13%	Murrumbeena
M40	Colin Newman	6.59	2/06/24	47.30%	Murrumbeena	W40	Megan Champion	7.09	25/09/22	45.30%	Murrumbeena
M45	Russell Devine	9.05	28/09/14	69.47%	Murrumbeena	W45	Nicole Johansen	7.27	15/01/23	50.36%	Murrumbeena
M50	Simon Van Baalen	7.83	2/06/24	62.57%	Murrumbeena			(11.34kg/25lb)			
M55	Roger Glass	7.62	21/10/07	64.95%	Mentone	W50	Nicole Johansen	9.09	29/04/23	57.29%	Gosford
		(20kg/44lb)				W55	Linda Buttigieg	7.17	25/09/22	49.49%	Murrumbeena
M60	*Phil Spivey	11.76	24/11/24	96.70%	Murrumbeena			(9.08kg/20lb)			
M65	Paul Olsson	6.32	21/01/24	54.65%	Murrumbeena	W60	*Dorn Jenkins	11.31	22/09/19	77.83%	Murrumbeena
		(15.88kg/35lb)				W65	*Dorn Jenkins	10.85	7/08/22	82.87%	Murrumbeena
M70	Peter Young	6.13	24/09/17	41.17%	Murrumbeena	W70	Rhondda Dundas	5.45	24/09/17	46.62%	Murrumbeena
M75	*Graeme Rose	7.27	24/11/19	55.02%	Murrumbeena			(7.26kg/16lb)			
		(11.34kg/25lb)				W75	Rhondda Dundas	7.27	26/01/20	59.92%	Murrumbeena
M80	*Tom Hancock	9.25	26/01/20	65.46%	Murrumbeena	W80	Jane Kinsey	4.62	6/02/22	43.89%	Murrumbeena
M85	*Tom Hancock	5.56	1/10/22	44.94%	SAF Nathan						
	56lb HEAVY WEIGHT					56lb HEAVY WEIGHT					
	for M30-55, see above Super Weight					W30	Natalie Debeljuh	4.51	24/09/23	42.27%	Murrumbeena
						W35	Natalie Debeljuh	5.75	24/11/24	56.58%	Murrumbeena
						W40	Linda Buttigieg	3.08	30/8/09	32.27%	Murrumbeena
						W45	Nicole Johansen	4.52	1/10/22	51.35%	SAF Nathan
						W50	Nicole Johansen	4.51	29/04/23	58.60%	Gosford
						W55	Judy Coram	3.32	3/10/05	47.24%	Canberra
M60	*Phil Spivey	9.18	24/11/24	89.11%	Murrumbeena	W60	Narelle Messerle	2.89	29/09/18	47.15%	Wollongong
M65	*Wim Van Weenen	6.18	1/10/01	61.90%	Canberra	W65	Dorn Jenkins	2.80	23/01/22	50.70%	Murrumbeena
	<i>*Roger Glass</i>	<i>7.32</i>	<i>22/03/15</i>	<i>73.32%</i>	<i>Murrumbeena</i>	W70	Rhondda Dundas	2.26	24/09/17	45.84%	Murrumbeena
M70	*Wim Van Weenen	5.84	2/10/06	64.64%	Canberra	W75	Rhondda Dundas	1.83	28/11/21	43.27%	Murrumbeena
M75	*Wim Van Weenen	5.05	30/8/09	62.57%	Murrumbeena	W80	Jane Kinsey	1.59	23/04/23	43.33%	Murrumbeena
M80	*Wim Van Weenen	4.30	22/09/13	60.63%	Murrumbeena						
M85	*Tom Hancock	2.75	30/09/23	43.94%	SAF Nathan						
	100lb HEAVY WEIGHT					100lb HEAVY WEIGHT					
M30	*Nigel Skurrie	4.64	28/11/21	65.62%	Murrumbeena	W30	Selina Lee	1.18	6/08/23	25.43%	Murrumbeena
M35	Colin Newman	4.01	23/01/22	56.71%	Murrumbeena	W35	Catherine McCowan	2.22	7/10/24	52.64%	Nathan
M40	Colin Newman	3.45	2/06/24	52.00%	Murrumbeena	W40	Kylie Benbow	1.30	27/09/15	31.33%	Murrumbeena
M45	Simon Van Baalen	4.61	28/11/21	74.31%	Murrumbeena	W45	Nicole Johansen	2.01	1/10/22	52.52%	SAF Nathan
M50	Simon Van Baalen	4.55	2/06/24	76.35%	Murrumbeena	W50	Nicole Johansen	1.98	7/10/24	60.17%	Nathan
M55	Roger Glass	3.22	1/10/07	57.64%	Canberra	W55	Linda Buttigieg	1.58	28/08/22	51.71%	Murrumbeena
M60	*Roger Glass	3.68	3/10/11	71.31%	Canberra	W60	Narelle Messerle	1.49	5/10/19	55.91%	Canberra
M65	*Bill Binks	3.09	2/10/06	64.99%	Canberra	W65	Narelle Messerle	1.26	6/08/23	52.48%	Murrumbeena
	<i>*Roger Glass</i>	<i>3.10</i>	<i>22/03/15</i>	<i>65.20%</i>	<i>Murrumbeena</i>	W70	Rhondda Dundas	1.06	24/09/17	49.45%	Murrumbeena
M70	*Wim Van Weenen	2.74	2/10/06	63.69%	Canberra	W75	Rhondda Dundas	0.95	28/11/21	51.66%	Murrumbeena
M75	Bill Binks	2.21	25/09/16	57.50%	Murrumbeena	W80					

M80	Wim Van Weenen	1.99	22/09/13	58.93%	Murrumbeena							
M85	*Tom Hancock	1.42	30/09/23	47.64%	SAF Nathan							
SINGLE ARM WEIGHT THROW			25lb 11.34kg			SINGLE ARM WEIGHT THROW			16lb 7.26kg			
M30	Shane Carstairs	16.52	1/10/22		Nathan	W35	Catherine McCowan	12.44	5/10/24	50.31%	Nathan	
M45	Simon Van Baalen	13.62	1/10/22		Nathan	W45	Nicole Johansen	11.05	1/10/22		Nathan	
			20lb 9.082kg						12lb 5.45kg			
M50	Simon Van Baalen	17.87	4/10/23		Nathan	W50	Nicole Johansen	9.44	5/10/24	50.33%	Nathan	
M55	Russ Devine	19.08	4/10/23		Nathan	W55						
			16lb 7.26kg						8.8lb 4kg			
M60	Peter Wrzuszczak	15.12	5/10/24	49.88%	Nathan	W60	Narelle Messerle	11.38	1/10/22		Nathan	
			12lb 5.45kg									
M70	Clyde Riddoch	14.08	5/10/24	55.88%	Nathan							
THROWS PENTATHLON (2023 Tables)						THROWS PENTATHLON (2023 Tables)						
M30	*Graham Hicks	3,471	14/12/08		Murrumbeena	W30	Natalie Debeljuh	2,947	26/03/23		Murrumbeena	
M35	Rod Guy	3,054	31/03/85		Murrumbeena	W35	*Christine Schultz	3,400	7/12/87		Olympic Park	
M40	Hans Lotz	3,593	11/04/92		Murrumbeena	W40	Christine Schultz	3,542	24/02/91		Murrumbeena	
M45	Rod Guy	3,616	11/05/91		Murrumbeena	W45	*Christine Schultz	3,778	26/07/97		Durban	
M50	Graeme Rose	3,912	22/07/95		Buffalo USA	W50	*Christine Schultz	3,824	13/07/01		Brisbane	
M55	*Graeme Rose	4,005	4/07/99		Murrumbeena	W55	Jan Davies	3,428	5/04/99		Canberra	
M60	*Graeme Rose	3,993	14/04/06		Canberra	W60	*Dorn Jenkins	3,827	16/08/15		Murrumbeena	
M65	*Graeme Rose	4,059	12/04/09		Adelaide	W65	*Dorn Jenkins	4,050	21/03/21		Murrumbeena	
M70	Tom Hancock	3,630	21/11/10		Murrumbeena	W70	Rhondda Dundas	3,476	6/12/15		Murrumbeena	
M75	*Tom Hancock	3,888	15/07/11		Sacramento	W75	Val Worrell	2,953	24/03/13		Murrumbeena	
M80	*Tom Hancock	3,972	5/11/16		Perth	W80	Val Worrell	3,101	22/03/15		Murrumbeena	
M85	*Tom Hancock	3,418	1/10/22		SAF Nathan	W85						
M90	*John Fraser	3,114	13/03/05		Murrumbeena	W90						
HEAVY WEIGHT PENTATHLON (2022 Tables)						HEAVY WEIGHT PENTATHLON (2022 Tables)						
M30	Nigel Skurrie	3,764	21/11/21		Murrumbeena	W30	Natalie Debeljuh	3,102	6/08/23		Murrumbeena	
M35	Colin Newman	3,269	23/02/20		Murrumbeena	W35	Natalie Debeljuh	3,450	22/09/24		Murrumbeena	
M40	Shane Benbow	2,785	27/09/15		Murrumbeena	W40	Megan Champion	2,729	25/09/22		Murrumbeena	
M45	Simon Van Baalen	3,764	21/02/21		Murrumbeena	W45	Nicole Johansen	2,854	25/09/22		Murrumbeena	
M50	Russell Devine	4,194	19/06/22		Murrumbeena	W50	Nicole Johansen	3,394	29/04/23		Gosford	
M55	Russell Devine	4,197	2/10/23		SAF Nathan	W55	Linda Buttigieg	3,060	25/09/22		Murrumbeena	
M60	*Phil Spivey	5,076	17/11/24		Murrumbeena	W60	*Dorn Jenkins	4,300	24/09/17		Murrumbeena	
M65	Ken Priestley	3,960	4/10/04		Canberra	W65	*Dorn Jenkins	4,738	21/02/21		Murrumbeena	
	*Roger Glass	4,206	25/09/16		Murrumbeena	W70	Rhondda Dundas	3,065	24/09/17		Murrumbeena	
M70	*Graeme Rose	3,914	6/10/14		Canberra	W75	Rhondda Dundas	3,003	23/02/20		Murrumbeena	
M75	*Ken Priestley	3,808	7/10/13		Canberra	W80	Jane Kinsey	2,210	19/02/22		Murrumbeena	
M80	Tom Hancock	3,733	23/09/18		Murrumbeena							
M85	*Tom Hancock	3,193	2/10/23		SAF Nathan							
PENTATHLON w/200m & Discus (2023 Scoring)						PENTATHLON w/100m & SP (2023 scoring), Oceania events, not WMA						
M30	Gogi Rai	3,167	19/02/23		Albert Park	W30	Jessica Dux	2,432	Feb 2018		Murrumbeena	
M35	*Terry Baldwin	*3541	1/03/98		Murrumbeena	W35	Jennifer Baldwin	2,566	19/01/02		Geelong	
M40	Justin Hanrahan	3,268	4/03/12		Murrumbeena	W40	Jennifer Baldwin	2,633	15/03/09		Murrumbeena	
M45	Brett Gilligan	3,422	19/02/23		Albert Park	W45	Rachel Little	3,222	6/04/15		Bankstown	
M50	Terry Hicks	3,472	27/02/05		Murrumbeena	W50	Donna Burgess	3,355	1/04/13		Canberra	
M55	*Luke De Biasi	3,664	17/03/19		Murrumbeena	W55	*Karen Carah	3,918	9/02/25		Albert Park	
M60	*Rudi Hochreiter	3,682	3/12/87		Olympic Park	W60	Christine Bridle	2,982	17/03/19		Murrumbeena	
M65	*Rudi Hochreiter	3,570	28/03/92		Murrumbeena	W65	Christine Bridle	2,948	13/03/23		SOPAC	
M70	*Mike Johnston	3,499	15/10/91		Brisbane	W70	Lavinia Petrie	2,367	23/03/14		Murrumbeena	
M75	Stan Stankovic	2,598	3/98		Murrumbeena	W75	Bev Learmont	1,705	9/02/25		Albert Park	
M80	Graeme Noden	2,278	29/04/18		Perth	W80						
M85	Allan Wood	1,663	19/02/23		Albert Park	W85						
M90	Vic Younger	2,033	10/03/02		Murrumbeena	W90						
DECATHLON (2023 Scoring)						HEPTATHLON (2023 Scoring)						
M30	Terry Baldwin	6,339	22/12/96		Olympic Park	W30	Jennifer Baldwin	3,475	21/01/98		Olympic Park	
	*Stephen Cain	7,785	July 2014		Glasgow		*Carolyn Fox	4,448	21/12/98		Olympic Park	
M35	Steven Polizzi	5,217	13/01/08		Doncaster	W35	Jennifer Baldwin	3,769	10/02/02		Brisbane	
	*Peter Urban	<6336	10/01/88		Olympic Park	W40	Jennifer Baldwin	3,701	4/10/09		Collingwood	
M40	Justin Hanrahan	6,096	17/10/13		Brazil	W45	Karen Carah	4,669	9/01/16		Bendigo	
M45	Justin Hanrahan	7,079	1/03/15		Albert Park	W50	Karen Carah	4,533	15/01/23		Bendigo	
M50	*Justin Hanrahan	6,899	13/02/21		Bendigo	W55	Karen Carah	5,967	2/03/25		Albert Park	
M55	Terry Hicks	5,787	20/12/09		Bendigo	W60	Christine Bridle	3,960	13/01/19		Bendigo	
M60	*Rudi Hochreiter	6,549	27/07/89		Eugene USA	W65	Christine Bridle	4,114	15/01/23		Bendigo	
M65	Geoff Shaw	5,831	7/01/18		Bendigo	W70						
M70	*Geoff Shaw	6,671	13/01/19		Bendigo	W75						
M75	Don Chambers	4,874	22/12/12		Bendigo	W80						
M80	Allan Wood	2,282	13/01/19		Bendigo	W85						
M85	Allan Wood	2,432	15/01/23		Bendigo	W90						
M90	*Vic Younger	2,687	23/02/03		Brisbane							
HEPTATHLON (2023 Scoring)						DECATHLON (2023 Scoring)						
M60	Michael Kyriakakis	2,753	23/02/25		SAF Nathan							
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
	Marlon Cummings 44, Mark Harper 49, Brett Maurer, Chris Lim							45.55	23/11/24			Albert Park
M45	Mark Harper 47, Brett Gilligan 45, Mark Giglio 49, Brad Krawczyk 46							45.04	9/07/22			Tampere
M50	Stewart Dobrzynski 52, Andrew Wilcox 53, James Schroeter 52, Robert Mayston 65							48.22	27/11/22			Box Hill
M55	Peter Lamb 55, Richard Kerridge, Phil Rosevear 55, Keith Howden 59							50.6	22/02/05			Murrumbeena
M60	Rob Mayston 65, Andrew Watts 67, Ivan Dodin 62, Paul Foster 61							51.04	11/03/23			SOPAC
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												

