

## NSWMA Records

18 April 2018

\*Non-Member records in Blue &amp; Italics

Age Group	Event	Record	Holder	Venue	Date	WR/AR
W30	60m	8.02	Ranell Hobson	Hobart	06-Apr-07	
	<i>60m</i>	<i>7.52</i>	<i>Jessica Knox</i>		<i>03-Dec-11</i>	<i>AR</i>
	100m	11.55	Melissa Medlicott	Sydney	17-Aug-00	<b>AR</b>
	200m	23.4	Melissa Medlicott	Darwin	02-Jul-00	<b>AR</b>
	400m	55.5	Glenda Douglass	Perth	05-Apr-96	<b>AR</b>
	800m	2:10.64	Iris Good	Sydney	1991	
	<i>800m</i>	<i>2:01.85</i>	<i>Suzy Walsham</i>	<i>Sydney</i>	<i>05-Feb-06</i>	
	1500m	4:37.32	Noni Cooper	Bankstown	21-Jan-17	
	<i>1500m</i>	<i>4:08.42</i>	<i>Suzy Walsham</i>	<i>Melbourne</i>	<i>21-Mar-06</i>	
	1 mile	5:05.07	Noni Cooper	Homebush	04-Mar-17	
	<i>1 mile</i>	<i>4:45.92</i>	<i>Melinda Witchard</i>	<i>Wollongong</i>	<i>13-Jan-18</i>	
	3000m	10:07.52	Noni Cooper	Homebush	11-Nov-17	
	<i>3000m</i>	<i>8:54.11</i>	<i>Eloise Wellings</i>	<i>Bruxelles</i>	<i>05-Sep-14</i>	
	5000m	17:03.13	Billinda Schipp	Blacktown	23-Mar-08	
	<i>5000m</i>	<i>15:01.59</i>	<i>Eloise Wellings</i>	<i>Rio de Janeiro</i>	<i>19-Aug-16</i>	<b>AR</b>
	10,000m	35:07.40	Billinda Schipp	Blacktown	01-Mar-08	<b>AR</b>
	<i>10,000m</i>	<i>31:14.94</i>	<i>Eloise Wellings</i>	<i>Rio de Janeiro</i>	<i>12-Aug-16</i>	
	8km Cross Country	33:42	Greta Truscott Emily McKenzie	Blacktown Bankstown	1/03/2008 6/04/2015	
	<i>8km Cross Country</i>	<i>29:11</i>	<i>Victoria Mitchell</i>	<i>World Cross Ctry</i>	<i>01-Jan-15</i>	
	10km Road	36:20	Noni Cooper	Homebush	06-May-17	
	<i>10km Road</i>	<i>32:23</i>	<i>Eloise Wellings</i>	<i>Marugame</i>	<i>07-Feb-16</i>	
	Half Marathon	1:22.06	Marina Dulhunty	Mosman	26-Jul-92	
	<i>Half Marathon</i>	<i>1:07.48</i>	<i>Kerryn McCann</i>	<i>Tokyo</i>	<i>10-Dec-00</i>	<b>AR</b>
	<i>Marathon</i>	<i>2:25.59</i>	<i>Kerryn McCann</i>		<i>16-Apr-00</i>	<b>AR</b>
	1500m Walk	10:59.20	Sharyn Dickson	Darwin	09-Jun-17	
#	<i>3000m Walk</i>	<i>11:53.82</i>	<i>Kerry Saxby-Junna</i>	<i>Toronto, Canada</i>	<i>13-Mar-93</i>	<b>AR</b>
	5000m Walk	28:03.85	Wendy Nixon	Bankstown	11-Feb-01	
	<i>5000m Walk</i>	<i>20:03.00</i>	<i>Kerry Saxby-Junna</i>		<i>11-Feb-96</i>	<b>AR</b>
	10,000m Walk	1:05.51	Jane Johnson		1987	
	<i>10,000m Walk</i>	<i>42:58.00</i>	<i>Kerry Saxby-Junna</i>	<i>Beijing, China</i>	<i>30-Apr-95</i>	<b>AR</b>
	<i>10km Walk Road</i>	<i>41:47</i>	<i>Kerry Saxby-Junna</i>		<i>1996</i>	<b>WB</b>
	<i>20km Walk Road</i>	<i>1:29.05</i>	<i>Jane Saville</i>	<i>LaCoruna, Spain</i>	<i>13-May-06</i>	<b>AB</b>
	100m Hurdles	15.2	Gigliola Lorizzo	Sydney	13-Mar-99	
	<i>100m Hurdles</i>	<i>14.24</i>	<i>Rasvinder Gill</i>	<i>SOPAC</i>	<i>27-Feb-16</i>	
	400m Hurdles	1:01.60	Glenda Douglass	Perth	07-Apr-96	<b>AR</b>
	2000m Steeplechase	7:12.46	Alison Rothwell	Bankstown	01-Apr-06	
<i>Interim</i>	<i>3000m Steeplechase</i>	<i>9:39.40</i>	<i>Victoria Mitchell</i>	<i>Rio de Janeiro</i>	<i>19-Aug-16</i>	
	High Jump	1.66	Lynette Smith	Brisbane	26-Mar-05	<b>AR</b>
	<i>High Jump</i>	<i>1.85</i>	<i>Donna Robertson</i>		<i>1992</i>	<b>AR</b>
	Pole Vault	3.9	Zsuzsanna Olgay-Szabo	Homebush	01-Dec-07	
	Long Jump	5.74	Jitka Hiscox	Adelaide	16-Apr-16	<b>AR</b>
#	<i>Long Jump</i>	<i>6.64</i>	<i>Nicole Boegman</i>	<i>Johannesburg, SA</i>	<i>11-Sep-98</i>	<b>AR</b>
	Triple Jump	10.91	Sue Ward	Bankstown	15-Apr-01	
	Hammer	64.1	Karyne Di Marco	Greystanes	21-Feb-10	<b>AR</b>

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Age Group	Event	Record	Holder	Venue	Date	WR/AR
W30	<i>Hammer</i>	<i>66.93</i>	<i>Debbie Sosimenko</i>		<i>2004</i>	<i>AR</i>
	Shot Put	11.56	Louise Currey			
	<i>Shot Put</i>	<i>11.63</i>	<i>Jitka Hiscox</i>	<i>SOPAC</i>	<i>20-Feb-16</i>	
	Discus	39.87	Sharyn Dickson	Perth	28-Apr-18	
	Javelin	38.88	Lynette Smith		2005	<b>AR</b>
#	<i>Javelin</i>	<i>66.8</i>	<i>Louise McPaul</i>		<i>05-Aug-00</i>	<i>AR</i>
#	Weight Throw	19.08	Karyne Di Marco	SOPAC	12-Oct-09	<b>AR</b>
	Weight 56lb	5.9	Melissa Holahan	Wollongong	07-Feb-16	<b>AR</b>
#	Weight 100lb	2.56	Karyne Di Marco	Canberra	03-Oct-09	<b>AR</b>
	Heptathlon	4626	Jitka Hiscox	SOPAC	01-Apr-16	<b>AR</b>
	<i>Heptathlon</i>	<i>5863</i>	<i>Jane Jamieson</i>		<i>2016</i>	<i>AR</i>
	Pentathlon Field	3236	Jitka Hiscox	Adelaide	19-Apr-16	<b>AR</b>
(rescored 2010)	Pentathlon Throws	3612	Karyne Di Marco (original 3828 points)	Blacktown	23-Mar-08	
(rescored 2015)	Pentathlon HW	4472	Karyne Di Marco (previously 5380 points)	Canberra	05-Oct-09	
	Relay 4 x 100m	48.86	Gianna Mogentale, Ranell Hobson, Julie Forster, Kylie Strong	Hobart	01-Apr-04	<b>AR</b>
	Relay 4 x 400m	4:14.96	Julie Forster, Ranell Hobson, Gianna Mogentale, Lynette Smith	Hobart	09-Apr-07	<b>AR</b>

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Age Group	Event	Record	Holder	Venue	Date	WR/AR
<b>W35</b>	60m	7.98	Melissa Medlicott Nicole Robinson	Sydney SOPAC	25/07/2006 22/02/2015	
	100m	12.33	Melissa Medlicott	Canberra	15-Apr-06	<b>AR</b>
	200m	25.17	Melissa Medlicott	Homebush	25-Feb-06	
	400m	56	Gaye Wallace		1996	
	800m	2:13.40	Stacey Quitzau			
	1500m	4:21.03	Belinda Martin	Melbourne	17-Apr-11	<b>AR</b>
	1 mile	4:52.3	Belinda Martin	Bankstown	10-Dec-13	
	<i>1 mile</i>	<i>4:46.19</i>	<i>Victoria Mitchell</i>	<i>Homebush</i>	<i>13-Jan-18</i>	<i><b>AR</b></i>
	3000m	9:18.51	Belinda Martin	SOPAC	12-Nov-11	<b>AR</b>
	<i>3000m</i>	<i>9:12.45</i>	<i>Kerryn McCann</i>	<i>Canberra</i>	<i>05-Feb-05</i>	
	5000m	16:12.12	Belinda Martin	Melbourne	05-Mar-11	<b>AR</b>
	<i>5000m</i>	<i>15:37.47</i>	<i>Eloise Wellings</i>	<i>SOPAC</i>	<i>02-Feb-18</i>	
	10,000m	35:29.85	Belinda Martin	SOPAC	25-Mar-11	
	<i>10,000m</i>	<i>33:01.19</i>	<i>Kerryn McCann</i>	<i>Sydney</i>	<i>02-Feb-06</i>	
	8km Cross Country	33:26	Cristine Suffolk	Hobart	2007	
	10km Road	34:56	Belinda Martin	Sydney	04-Jun-11	
	Half Marathon	1:15.21	Belinda Martin	Gold Coast	03-Jul-11	
	Marathon	2:40.13	Joanne Cowan	ACT	Apr-94	
	<i>Marathon</i>	<i>2:27.51</i>	<i>Kerryn McCann</i>	<i>New York</i>	<i>03-Nov-02</i>	<i><b>AR</b></i>
	1500m Walk	7:50.37	Anne Weekes	Bankstown	11-Feb-01	
	3000m Walk	12:43.20	Anne Manning		1995	<b>AR</b>
	<i>3000m Walk</i>	<i>12:02.39</i>	<i>Kerry Saxby-Junna</i>		<i>1997</i>	<i><b>WR/AR</b></i>
	5000m Walk	21:37.50	Anne Manning	Sydney	22-Jan-96	<b>AR</b>
	<i>5000m Walk</i>	<i>20:41</i>	<i>Kerry Saxby-Junna</i>		<i>1996</i>	<i><b>AR</b></i>
	<i>10,000m Walk</i>	<i>43:59</i>	<i>Kerry Saxby-Junna</i>	<i>Atlanta, USA</i>	<i>29-Jul-96</i>	<i><b>AR</b></i>
	10km Walk Road	44.28	Anne Manning		1995	<b>AB</b>
	<i>10km Walk Road</i>	<i>42:52</i>	<i>Kerry Saxby-Junna</i>		<i>1998</i>	<i><b>AB</b></i>
	20km Walk Road	1:36.04	Anne Manning		1995	<b>AB</b>
<b>#</b>	<i>20km Walk Road</i>	<i>1:31.18</i>	<i>Kerry Saxby-Junna</i>	<i>Sevilla, Spain</i>	<i>27-Aug-99</i>	<i><b>AB</b></i>
	100m Hurdles	15.05	Aanika Milne	Glendale	28-Jan-17	
	400m Hurdles	1:02.30	Stacey Quitzau		1996	<b>AR</b>
	2000m Steeplechase	7:24.74	Mary Fien	Hobart	Apr-07	
	<i>2000m Steeplechase</i>	<i>6:27.11</i>	<i>Victoria Mitchell</i>	<i>Homebush</i>	<i>02-Dec-17</i>	<i><b>WR/AR</b></i>
<b>Interim</b>	<i>3000m Steeplechase</i>	<i>9:53.28</i>	<i>Victoria Mitchell</i>	<i>Newcastle</i>	<i>20-Jan-18</i>	
	High Jump	1.63	Lynette Smith	SOPAC	17-Oct-09	
	Pole Vault	3.1	Montserrat Ros	Perth	26-Oct-16	
	Long Jump	5.58	Marie Kay	Canberra	04-Apr-99	
	Triple Jump	10.73	Sue Ward	Bankstown	02-Apr-06	
	Hammer	46.08	Melissa Holahan	Blacktown	07-Apr-18	
	Shot Put	11.44	Kelly Hunter	Homebush	18-Dec-16	
	Discus	43.49	Kelly Hunter	Wollongong	01-Oct-16	
	Javelin	37.21	Lynette Smith	Hobart	07-Apr-07	
	Weight Throw	14.7	Audrey Muscat	Illawong	07-Apr-18	
	Weight 56lb	4.48	Audrey Muscat	Canberra	05-Oct-15	<b>AR</b>

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Age Group	Event	Record	Holder	Venue	Date	WR/AR
<b>W35</b>	Weight 100lb	2.34	Audrey Muscat	Wollongong	03-Oct-16	<b>AR</b>
(rescored 2010)	Heptathlon	4897	Marie Kay	Gateshead, UK	29-Jul-99	<b>AR</b>
(rescored 2010)	Pentathlon Field	2825	Lynette Smith	Adelaide	13-Apr-09	
	Pentathlon Throws	3094	Melissa Holahan	Illawong	07-Apr-18	
	Pentathlon HW	2782	Audrey Muscat	Wollongong	03-Oct-16	
	Relay 4 x 100m	49.56	Ranell Hobson, Kylie Strong, Giola Campbell, Gianna Mogentale	Blacktown	23-Mar-08	
	Relay 4 x 400m	4:11.41	Ranell Hobson, Rachel Jay, Sue Ward, Gianna Mogentale	Blacktown	24-Mar-08	
	Relay 4 x 800m	10:21.03	Sue Gore, Cris Penn, Sue Ward, Gianna Mogentale	SOPAC	01-Nov-08	

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Age Group	Event	Record	Holder	Venue	Date	WR/AR
<b>W40</b>	60m	7.86	Gianna Mogentale	Hobart	06-Apr-07	<b>AR</b>
	100m	12.25	Gianna Mogentale	SOPAC	08-Mar-08	<b>AR</b>
	200m	25.1	Kylie Strong	SOPAC	01-Dec-07	<b>AR</b>
	400m	56.18	Marie Kay	Puerto Rico	12-Jul-03	<b>AR</b>
	800m	2:15.39	Stacey Quitzau	Bankstown	13-Apr-01	
	1500m	4:30.56	Belinda Martin	Bankstown	10-Dec-16	<b>AR</b>
	1 mile	5:22.23	Lisa Harrison	Illawong	31-Jul-10	
	3000m	9:36.67	Belinda Martin	SOPAC	08-Nov-14	<b>AR</b>
	5000m	17:00.65	Joanne Cowan	Homebush	1998	<b>AR</b>
	10,000m	36:11.21	Belinda Martin	Bankstown	05-Apr-15	
	8km Cross Country	29:18.03	Belinda Martin	Perth	26-Oct-16	
	10km Road	34:50	Belinda Martin	Sydney	03-May-14	
	Half Marathon	1:16.39	Belinda Martin	Sydney	18-May-14	
	Marathon	2:41.48	Joanne Cowan		Apr-95	
	1500m Walk	7:11.20	Cheryl Webb	Darwin	09-Jun-17	
	3000m Walk	14:56.21	Cheryl Webb	Bankstown	21-Jan-17	
	5000m Walk	24:52.98	Cheryl Webb	Darwin	10-Jun-17	
	10,000m Walk	1:05.16.9	Anne Weekes (TBC against W45)	Bankstown	05-Nov-02	
	10km Walk Road	53:19	Marlene Robb		01-Mar-90	
	20km Walk Road	1:53:51	Cheryl Webb	Chipping Norton	23-Jul-17	
	80m Hurdles	12.14	Marie Kay	Newcastle	05-Oct-01	
	400m Hurdles	1:04.97	Stacey Quitzau	Bankstown	13-Apr-01	
	2000m Steeplechase	8:42.20	Caroline Yarnell	Homebush	02-Feb-02	
	<i>2000m Steeplechase</i>	<i>7:58.57</i>	<i>Mary Fien</i>	<i>Homebush</i>	<i>04-Mar-17</i>	
	High Jump	1.64	Marie Kay	Brisbane	04-Jul-01	
	Pole Vault	2.01	Selina Ellis	Cairns	11-Aug-13	
	Long Jump	5.84	Marie Kay	Newcastle	05-Oct-01	
	Triple Jump	10.98	Margaret Taylor	Sydney	10-Mar-90	
	Hammer	40.36	Sharon Gibbins	Hobart	21-Apr-00	
	Shot Put	11.87	Kelly Hunter	Newcastle	13-Jan-18	
	Discus	43.04	Kelly Hunter	Darwin	09-Jun-17	
	Javelin	37.08	Lynette Smith	Sacramento, US	09-Jul-11	
	Weight Throw	12.52	Gabriele Watts	Hobart	09-Apr-07	
	Weight 56lb	4.16	Samantha Latanis	Wollongong	10-May-14	
	Weight 100lb	2.33	Samantha Latanis	Wollongong	10-May-14	<b>AR</b>
(rescored 2010)	Heptathlon	5609	Marie Kay	Brisbane	05-Jul-01	<b>AR</b>
	Pentathlon Field	3166	Alice Bohdan	Bankstown	06-Apr-15	
(rescored 2010)	Pentathlon Throws	3303	Gabriele Watts (originally 3577 points)	SOPAC	18-Oct-09	
	Pentathlon HW	2970	Samantha Latanis	Canberra	05-Oct-15	
	Relay 4 x 100m	49.24	Giola Motti, Kylie Strong, Julie Forster, Gianna Mogentale	Brisbane	23-Apr-11	
	Relay 4 x 400m	4:09.30	Karen Herrman, Catherine Kermond, Gianna Mogentale, Giola Campbell	SOPAC	18-Oct-09	
	Relay 4 x 800m	10:04.48	Nancy Newsome, Jane Boyd, Karen Hermann, Lisa Harrison	Illawong	05-Feb-10	<b>AR</b>
	Relay 4 x 1500m	22:14.2	Lisa Harrison, Karen Hermann, Robyn Basman, Linda Gard	Illawong	12-Mar-10	<b>AR</b>

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Age Group	Event	Record	Holder	Venue	Date	WR/AR
<i>W45</i>	60m	7.86	Gianna Mogentale	Perth	02-Apr-10	
	100m	12.46	Gianna Mogentale	Blacktown	09-Apr-11	
	200m	25.78	Janelle Delaney	Lyon, France	10-Aug-15	
	400m	57.37	Janelle Delaney	Lyon, France	15-Aug-15	<b>AR</b>
	800m	2:17.06	Judy Bandiera	Miyazaki	07-Oct-93	
	1500m	4:52.81	Judy Bandiera	Miyazaki	07-Oct-93	
	1 mile	5:23.62	Nancy Newsome	Bankstown	10-Dec-11	
	3000m	10:24.45	Nancy Newsome	SOPAC	12-Nov-11	
	5000m	18:16.57	Joanne Cowan	Bankstown	15-Apr-01	
	10,000m	38:11.24	Nancy Newsome	SOPAC	25-Mar-11	
	8km Cross Country	32:35	Cristine Suffolk	Perth	28-Apr-18	
	10km Road	37:39	Nancy Newsome	Homebush	04-Jun-11	
	Half Marathon	1:22.46	Joanne Cowan	Sydney	27-May-01	
	Marathon	3:22.20	Nancy Newsome	Sydney	21-Sep-14	
	1500m Walk	9:00.00	Marilyn Pearson	Sydney	14-Mar-99	
	3000m Walk	13:37.90	Marilyn Pearson		1997	
	5000m Walk	25:56.20	Marlene Robb		1993	
	10,000m Walk	1:05.16.9	Jan Dodds (TBC against W40)	Bankstown	05-Nov-02	
	10km Walk Road	53:54	Marlene Robb		1993	
	80m Hurdles	12.46	Marie Kay	San Sebastian	23-Aug-05	
	400m Hurdles	1:03.63	Lenore Lambert	Darwin	12-Jun-17	<b>AR</b>
	2000m Steeplechase	9:06.80	Caroline Yarnell	Campbelltown	06-Mar-10	
	High Jump	1.57	Marie Kay	San Sebastian	23-Aug-05	
	Pole Vault	2.45	Jann Livingston	Perth	06-Apr-96	
	Long Jump	5.33	Marie Kay	San Sebastian	28-Aug-05	
	Triple Jump	10.68	Marie Kay	Christch	20-Jan-06	
	Hammer	41.09	Gabriele Watts	Lyon, France	07-Aug-15	
	Shot Put	11.79	Mary Thomas	Eugene, US	30-Jul-89	
	Discus	36.85	Gabriele Watts	Blacktown	09-Apr-11	
	Javelin	34.02	Marie Kay	San Sebastian	23-Aug-05	
	Weight Throw	13.88	Gabriele Watts	Bankstown	05-Apr-15	<b>AR</b>
	Weight 56lb	3.94	Caroline Layt	Campbelltown	09-Feb-14	
	Weight 100lb	2.14	Caroline Layt	Campbelltown	09-Feb-14	
(rescored 2010)	Heptathlon	5921	Marie Kay	San Sebastian	24-Aug-05	
	Pentathlon Field	3140	Lenore Lambert	Sydney	11-Jan-15	
	Pentathlon Throws	3873	Gabriele Watts	Bankstown	05-Apr-15	
	Pentathlon HW	4174	Gabriele Watts	Wollongong	06-Feb-16	<b>AR</b>
	Relay 4 x 100m	52.8	Gianna Mogentale, Annette Mead, Lynda Douglass, Julie Forster Lynda Douglass, J. Bezuidenhout, G. Mogentale, Julie Forster	Wollongong Hobart	20-Feb-11 09-Mar-14	
	Relay 4 x 400m	4:20.83	Julie Forster, Lynda Douglass, Lisa Harrison, Gianna Mogentale	Hobart	10-Mar-14	
	Relay 4 x 800m	10:33.70	Cris Penn, Sue Gore, Erika Bunker, Jane Boyd	Blacktown	21-Nov-09	
	Relay 4 x 1500m	22:00.95	Cris Penn, Jane Boyd, Erika Bunker, Robyn Basman	SOPAC	19-Dec-09	<b>AR</b>

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<b>W50</b>	60m	8.17	Gianna Mogentale	Hobart	10-Mar-14	<b>AR</b>
	100m	12.64	Julie Forster	Brisbane	21-Apr-11	<b>AR</b>
	200m	26.39	Kylie Strong	Bass Hill	24-Mar-18	
	400m	58.51	Marge Allison		22-Jul-95	<b>AR</b>
	800m	2:22.02	Marge Allison	Sydney	1994	
	1500m	5:01.45	Robyn Basman	Campbelltown	22-Oct-11	
	1 mile	5:27.83	Robyn Basman	Illawong	27-Aug-11	
	3000m	10:30.27	Robyn Basman	SOPAC	12-Nov-11	<b>AR</b>
	5000m	18:30.00	Robyn Basman	Adelaide	09-Oct-11	
	10,000m	38:44.34	Angela Carpini	Lyon, France	10-Aug-15	
	8km Cross Country	30:12	Angela Carpini	Lyon, France	04-Aug-15	
	10km Road	39:00	Robyn Basman	Homebush	04-Jun-11	
	Half marathon	1:24.13	Angela Carpini	Lyon, France	10-Aug-15	
	1500m Walk	8:32.15	Anne Weekes	Auckland, NZ	25-Apr-17	
	3000m Walk	17:36.18	Anne Weekes	Homebush	18-Dec-16	
	5000m Walk	29:12.30	Dawn Keys	Melbourne	29-Nov-87	
	10,000m Walk	65:30.33	Anne Weekes	Homebush	11-Feb-17	
	10km Walk Road	60:11.00	Anne Weekes	Daegu, Korea	24-Mar-17	
	15km Walk Road	1:35:56	Anne Weekes	Chipping Norton	27-Jul-16	
	20km Walk Road	2:10.21	Anne Weekes	Adelaide	28-Aug-16	
	80m Hurdles	12.86	Sally Stagles	Brisbane	21/04/-11	<b>AR</b>
	300m Hurdles	50.34	Jacqualine Bezuidenhout	Perth	26-Apr-18	
	2000m Steeplechase	8:34.67	Marge Allison	Durban	Jul-97	
	High Jump	1.36	Sally Stagles	Hobart	10-Mar-14	
	Pole Vault	2.4	Vicki Townsend	Perth	2-Nov-16	
	Long Jump	4.66	Christine Shaw	SOPAC	11-Oct-09	
	Triple Jump	9.95	Kylie Strong	Darwin	09-Jun-17	
	Hammer	9.95	Helen Searle	Rotterdam		
	Shot Put	51.73	Marja-Leena Parviainen	Sydney	27-Mar-98	<b>AR</b>
	Discus	12.9	Gabriele Watts	Adelaide	18-Apr-16	
	Javelin	38.58	Marja-Leena Parviainen	Durban	Jul-97	
	Weight Throw	26.9	Kaye Smythe	Hobart	21-Apr-00	
	Weight 56lb	16.54	Marja-Leena Parviainen	Homebush	22-Mar-97	<b>AR</b>
	Weight 100lb	3.35	Christine Shaw	Campbelltown	11-Mar-12	
	Weight 100lb	1.5	Jill Taylor	ACT	06-Oct-08	
(rescored 2010)	Heptathlon	4812	Kaye Smythe	Gateshead, UK	30-Jul-99	
	Pentathlon Field	3479	Kaye Smythe	Bendigo	08-Jan-14	
	Pentathlon Throws	4279	Gianna Mongentale	Homebush	05-Mar-16	
	Pentathlon HW	4513	Gabriele Watts	Wollongong	03-Oct-16	<b>AR</b>
	Relay 4 x 100m	53.49	Philippa Wight (53) Kylie Strong (50) Jackie Bezuidenhout (50) Gianna Mogentale (53)	Darwin	11-Jun-17	
	Relay 4 x 400m	4:42.15	Gianna Mogentale, Lynda Douglass, Julie Forster, Robyn Suttor	Adelaide	18-Apr-16	
	Relay 4 x 800m	11:08.12	Deborah Drennan, Erika Bunker, Robyn Basman, Robyn Suttor	Illawong	05-Feb-10	<b>AR</b>
	Relay 4 x 1500m	22.34	Cris Penn, Karen Petley, Deborah Drennan, Robyn Basman	Sylvania	09-Feb-13	<b>AR</b>

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*\*Non-Member records in Blue & Italics*

Age Group	Event	Record	Holder	Venue	Date	WR/AR
<b>W55</b>	60m	8.71	Julie Forster	Adelaide	16-Apr-16	<b>AR</b>
	100m	13.89	Noreen Parrish	Durban	Jul-97	
	200m	28.27	Julie Forster	Adelaide	17/04/2016	
	400m	1:05.60	Marge Allison	Puerto Rico	12-Jul-03	
	800m	2:33.38	Robyn Basman	SOPAC	29-Mar-14	
	1500m	5:05.76	Robyn Basman	SOPAC	22-Dec-13	
	1 Mile	5:41.41	Robyn Basman	Wollongong	15-Dec-13	
	3000m	10:59.74	Robyn Basman	SOPAC	08-Nov-14	
	5000m	19:16.88	Robyn Basman	Glendale	22-Feb-14	
	10,000m	40:17.69	Robyn Basman	SOPAC	09-Mar-14	
	8km cross country	33:52.04	Rosemary Roediger	Sacramento, US	06-Jul-11	
	10km Road	38:56	Robyn Basman	Homebush	03-May-14	
	Half Marathon	1:26.47	Robyn Basman	Sydney	27-Sep-14	
	Marathon	3:57:09	Rita Webster	Gold Coast	05-Jul-15	
	1500m Walk	8:12.99	Anne Weekes	Penguin	26-Oct-17	
	3000m Walk	17:16.94	Anne Weekes	Dunedin, NZ	26-Jan-18	
	5000m Walk	29:10.05	Anne Weekes	Penguin	24-Oct-17	
	10km Walk Road	1:00:46	Anne Weekes	Dunedin, NZ	26-Jan-18	
	20km Walk Road	2:04:24	Anne Weekes	Chipping Norton	23-Jul-17	
	80m Hurdles	12.94	Sally Stagles	Perth	<b>27-Apr-18</b>	<b>AR</b>
	300m Hurdles	51.71	Marge Allison	Puerto Rico	05-Jul-03	<b>AR</b>
	2000m Steeplechase	8:49.22	Caroline Yarnell	Bankstown	04-Apr-15	
	High Jump	1.33	Christine Shaw	SOPAC	21-Feb-15	
	Pole Vault	1.9	Robyn Suttor	Perth	28-Apr-18	
	<i>Pole Vault</i>	<i>1.9</i>	<i>Robyn Suttor</i>	<i>Homebush</i>	<i>02-Dec-17</i>	
	Long Jump	4.32	Christine Shaw	Perth	05-Nov-16	
	Triple Jump	9.46	Helen Searie	Buffalo, US	14-Jul-95	
	Hammer	51.3	Marja-Leena Parviainen	Melbourne	10-Oct-02	<b>WR</b>
	Shot Put	12.09	Mary Thomas	Norfolk Island	20-Jan-00	<b>AR</b>
	Discus	31.81	Marja-Leena Parviainen	Hobart	21-Apr-00	
	Javelin	39.17	Mary Thomas	Bankstown	13-Apr-01	<b>AR</b>
	Weight Throw	15.15	Marja-Leena Parviainen	Melbourne	09-Oct-02	<b>AR</b>
	Weight 56lb	3.26	Jill Taylor	ACT	03-Oct-11	
	Weight 100lb	1.62	Jill Taylor	ACT	03-Oct-11	<b>AR</b>
(rescored 2010)	Heptathlon	4015	Gloria Seymon	Miyazaki, Japan	07-Oct-93	
	Pentathlon Field	3567	Christine Shaw	Bankstown	06-Apr-15	
	Pentathlon Throws	4285	Mary Thomas (originally 4515 points)		07-Aug-99	<b>AR</b>
(rescored 2015)	Pentathlon HW	3708	Jill Taylor (previously 3980 points)	Canberra	01-Oct-12	<b>AR</b>
	Relay 4 x 100m	1:03.81	Lynda Douglass (55) Julie Forster (56) Diane O'Toole (59) Karen Douglas (60)	Darwin	11-Jun-17	
	Relay 4 x 400m	5:30.2	R. Basman, Ellena Cubban, Karen Douglas, Deborah Drennan	Hobart	10-Mar-14	



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*\*Non-Member records in Blue & Italics*

Age Group	Event	Record	Holder	Venue	Date	WR/AR
<b>W60</b>	60m	9.31	June Lowe	Gold Coast	03-Nov-14	
	100m	14.91	Noreen Parrish	Puerto Rico	11-Jul-03	
	200m	31.04	Marge Allison	Brisbane	26-Feb-05	
	400m	1:07.37	Marge Allison	Brisbane	28-Mar-05	
	800m	2:47.97	Mary Sheehan	Campbelltown	06-Jan-13	
	1500m	5:39.29	Rosemary Roediger	SOPAC	22-Feb-15	
	1 mile	6:17.77	Rosemary Roediger	Wollongong	16-Jan-16	
	3000m	12:02.70	Rosemary Roediger	Sydney	07-Nov-15	
	5000m	20:39.34	Rosemary Roediger	SOPAC	21-Feb-15	
	10,000m	44:21.07	Rosemary Roediger	Lyon, France	10-Aug-15	
	8km cross country	35:15	Rosemary Roediger	Lyon, France	04-Aug-15	
	10km Road	42:54	Rosemary Roediger	Sydney	02-May-15	
	Half Marathon	1:35.59	Mary Sheehan	Sydney	19-May-13	
	Marathon	3:20.28	Marie O'Donovan		1993	<b>AR</b>
	1500m Walk	9:52.60	Nancy Lloyd	Hobart	13-Mar-14	
	3000m Walk	21:25.80	Renate Hagens	Gold Coast	04-Nov-00	
	5000m Walk	31:13.82	Kerry Bray	Melbourne	10-Apr-04	
	10km Walk Road	1:04.55	Olive Webb		1990	
	80m Hurdles	14.85	Marge Allison	Brisbane	25-Mar-05	
	300m Hurdles	54.87	Marge Allison	Brisbane	26-Mar-05	
	2000m Steeplechase	12:25.35	Trish Stallard	Perth	27-Apr-18	
	High Jump	1.15	June Lowe	Blacktown	03-Mar-18	
	Long Jump	3.55	June Lowe	Gold Coast	02-Nov-14	
	Triple Jump	7.36	Jill Taylor	Adelaide	18-Apr-16	
	Hammer	46.09	Helen Searle	Canberra	29-Sep-01	
<b>#</b>	Shot Put	12.67	Helen Searle	Dubbo	06-Jan-01	<b>AR</b>
	Discus	31.16	Helen Searle	Canberra	01-Oct-00	
(pre-2014)	Javelin (400g)	33.83	Mary Thomas	Rarotonga	21-Oct-04	
	Javelin (500g)	25.2	June Lowe	Adelaide	17-Apr-16	<b>AR</b>
	Weight Throw	17.52	Helen Searle	Hobart	22-Apr-00	<b>WR</b>
	Weight 56lb	2.86	Jill Senior	Campbelltown	11-Mar-12	
	Weight 100lb	1.59	Jill Taylor	Wollongong	07-Feb-16	
(not rescored)	Heptathlon	3757	Gloria Seymon	Durban	17-Jul-97	
	Pentathlon Field	1792	Jillian Senior	AIS, ACT	01-Apr-13	
(pre-2014)	Pentathlon Throws	4789	Helen Searle		24-Apr-00	<b>AR</b>
from-2014	Pentathlon Throws	3911	June Lowe	Wollongong	02-Oct-16	
	Pentathlon HW	3998	Jill Taylor	Wollongong	06-Feb-16	

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Age Group	Event	Record	Holder	Venue	Date	WR/AR
<b>W65</b>	60m	10.44	Paula Moorhouse	SOPAC	21-Feb-16	
	100m	17.17	Paula Moorhouse	SOPAC	20-Feb-16	
	200m	34.3	Paula Moorhouse	SOPAC	21-Feb-15	
	400m	1:16.09	Paula Moorhouse	Lyon, France	15-Aug-15	
	800m	2:57.36	Paula Moorhouse	Lyon, France	09-Aug-15	
	1500m	6:15.79	Paula Moorhouse	Lyon, France	14-Aug-15	
	5000m	23:36.99	Thelma Davies	Brisbane	1991	
	10,000m	50:51	Thelma Davies	Sydney	01-Mar-90	
	8km cross country	49:24	Dorothy Siepmann	Adelaide	2009	
	10km Road	48:30	Thelma Davies	Melbourne	01-Apr-90	
	Half Marathon	2:00.42	Kerry Bray	Georges Hall	04-Sep-11	
	<i>Half Marathon</i>	<i>1:44:34</i>	<i>Hideko Sato-Fraser</i>	<i>Homebush</i>	<i>28-Aug-16</i>	
	Marathon	4:41.36	Kerry Bray	New York	06-Nov-11	
	1500m Walk	9:41.92	Jan Kaufman	Homebush	02-Feb-02	
	5000m Walk	33:57	Jan Kaufman	Homebush	03-Feb-02	
	10km Walk Road	1:14.06	Judy Kenyon	Canberra	2006	
	15km Walk Road	2:15:20	Judy Brown	Chipping Norton	27-Jul-16	
	20km Walk Road	2:34.56	Joan Purcell	Blacktown	24-Mar-08	
	80m Hurdles	18.25	Judith Knight		01-Jan-94	
	300m Hurdles	1:07.37	Francis Harris	Hobart	07-Apr-07	
	<i>2000m Steeplechase</i>	<i>12:14.21</i>	<i>Rosalind Perry</i>	<i>Homebush</i>	<i>04-Mar-17</i>	
	High Jump	1.06	S Harris	Sydney	11-Mar-89	
	Long Jump	3.29	Judith Knight	Homebush	19-Mar-94	
	Triple Jump	7.29	Judith Knight		1994	
	Hammer	32.22	Mary Thomas	SOPAC	15-Oct-09	
	Shot Put	9.37	Joyce Schmidt	Bankstown	11-Feb-01	
	Discus	25.03	Mary Thomas	SOPAC	16-Oct-09	
(pre-2014)	Javelin (400g)	31.31	Mary Thomas	SOPAC	16-Oct-09	<b>AR</b>
from-2014	Javelin (500g)	23.57	Mary Thomas	Wollongong	24-Jan-14	
	Weight Throw	11.96	Mary Thomas	SOPAC	12-Oct-09	
	Weight 56lb	2.44	Mary Thomas	ACT	03-Oct-09	
	Weight 100lb	1.18	Mary Thomas	Wollongong	10-May-14	
(pre-2009)	Pentathlon Field	2270	Bev Adams	Newcastle	05-Oct-01	
(2009-2013)	Pentathlon Throws	4303	Mary Thomas	Canberra	16-Oct-09	
from-2014	Pentathlon Throws	3651	Mary Thomas	Bendigo	04-Jan-14	<b>AR</b>
(rescored 2015)	Pentathlon HW	3497	Mary Thomas (previously 3378 points)	Canberra	05-Oct-09	

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*\*Non-Member records in Blue & Italics*

Age Group	Event	Record	Holder	Venue	Date	WR/AR
<i>W70</i>	100m	18	Marie Partridge	Canberra	31-Mar-91	
	200m	40.16	Marie Partridge	Brisbane	1991	
	400m	1:32.70	Marie Partridge	Canberra	31-Mar-91	
	800m	3:36.48	Lesley Eller	Glendale	22-Feb-14	
	1500m	7:06.00	Thelma Davies	Melbourne	01-Jan-95	
	5000m	25:25.61	Thelma Davies		1994	
	10,000m	57:50.45	Kerry Bray	Auckland, NZ	27-Apr-17	
	8km cross country	1:01:22	Dorothy Siepmann	Bankstown	06-Apr-15	
	10km Road	51:43	Dorothy Tanner	Homebush	06-May-12	
	Half Marathon	1:56.28	Dorothy Tanner	Sydney	02-Sep-12	
	Marathon	4:57.44	Norma Walleit		2001	
	5000m Walk	34:17.95	Lorna Thompson	Eugene, US	05-Aug-89	
	10,000m Walk	53:26.98	Thelma Davies		1994	
	10km Walk Road	1:26.30	Renate Hagens	Adelaide	2009	
	Long Jump	2.93	Marie Partridge	Canberra	1991	
	Triple Jump	7.18	Marie Partridge		1991	
	Hammer	29.71	Mary Thomas	Lyon, France	10-Aug-15	
	Shot Put	8.57	Mary Thomas	Lyon, France	16-Aug-15	
	Discus	24.11	Mary Thomas	Lyon, France	14-Aug-15	
(pre-2014)	Javelin (400g)	19.22	Joyce Schmidt	Bankstown	02-Apr-06	
from-2014	Javelin (500g)	24.31	Mary Thomas	Lyon, France	07-Aug-15	<b>AR</b>
	Weight Throw	11.94	Mary Thomas	Cook Islands	07-Oct-15	
	Weight 56lb	2.58	Mary Thomas	Wollongong	02-Oct-17	
	Weight 100lb	1.31	Mary Thomas	Wollongong	02-Oct-17	
(pre-2009)	Pentathlon Field	1599	Olive Webb	Adelaide	01-Apr-02	
(pre-2009)	Pentathlon Throws	3678	Joyce Schmidt	Canberra	16-Apr-06	
from-2014	Pentathlon Throws	4407	Mary Thomas	Lyon, France	16-Aug-15	<b>AR</b>
(rescored 2015)	Pentathlon HW	3972	Mary Thomas (previously 3823 points)	Canberra	06-Oct-14	

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Age Group	Event	Record	Holder	Venue	Date	WR/AR
<b>W75</b>	60m	10.85	Kathleen Cook	Glendale	23-Feb-14	
	100m	17.49	Kathleen Cook	SOPAC	16-Mar-13	
	200m	37.25	Kathleen Cook	SOPAC	16-Mar-13	
	400m	1:51.53	Elvire Asprey	SOPAC	13-Oct-09	
	800m	4:34.35	Elvire Asprey	Wollongong	16-Jan-10	
	1500m Walk	11:48.79	Judith Kenyon	Perth	28-Apr-18	
	5000m Walk	39:04.0	Joan Purcell	Blacktown	03-Mar-18	
	<b>5000m Walk</b>	<b>38:16.22</b>	<b>Joan Purcell</b>	<b>Homebush</b>	<b>04-Mar-17</b>	
	10km Walk Road	82:06.00	Judith Kenyon	Darwin	12-Jun-17	
	Long Jump	2.64	Marie Partridge		1996	
	Triple Jump	6.32	Marie Partridge	Homebush	23-Mar-96	
	Hammer	25.39	Joyce Schmidt	ACT	02-Oct-10	
	Shot Put	8.14	Joyce Schmidt	ACT	02-Oct-10	
	Discus	19.72	Joyce Schmidt	Brisbane	21/04/-11	
	Javelin	14.95	Joyce Schmidt	ACT	02-Oct-10	
	Weight throw	7.8	Joyce Schmidt	ACT	03-Oct-10	
	Weight 56lb	1.88	Joyce Schmidt	ACT	04-Oct-10	
(rescored 2014)	Pentathlon Throws	3190	Joyce Schmidt (2010 = 3330 points)	Brisbane	24-Apr-11	
(rescored 2015)	Pentathlon HW	2693	Joyce Schmidt (previously 2399 points)	Canberra	04-Oct-10	
<b>W80</b>	60m	12.63	Kathleen Cook	Blacktown	03-Mar-18	
	100m	19.3	Ruth Frith		1990	
	400m	2:35.58	Marie Partridge	Newcastle	07-Oct-01	
	1 mile	13:02.06	Ailsa Cree	Illawong	31-Jul-10	<b>AR</b>
	10km Road	1:31.43	Ailsa Cree	Homebush	08-Oct-09	
	Long Jump	2.4	Ruth Frith		1990	<b>AR</b>
	Triple Jump	5.65	Ruth Frith	Miyazaki, Japan	13-Oct-93	<b>AR</b>
	Hammer	18.22	Ruth Frith		1994	
	Shot put	6.93	Ruth Frith		1994	<b>AR</b>
	Discus	8.03	Margarita Jekabsons	St Marys	26-Aug-17	
	Javelin	6.49	Margarita Jekabsons	St Marys	26-Aug-17	
	Weight Throw	6.41	Margarita Jekabsons	St Marys	26-Aug-17	
(pre-1999)	Pentathlon Throws	3852	Ruth Frith		1993	

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Age Group	Event	Record	Holder	Venue	Date	WR/AR
<b>W85</b>	100M	29.23	Laurel Barret	SOPAC	20-Feb-16	
	400m	2:44.80	Heather Lee	Gold Coast	03-Nov-14	<b>AR</b>
	800m	6:19.59	Heather Lee	Gold Coast	01-Nov-14	<b>AR</b>
	1500m	11:56.80	Heather Lee	Gold Coast	03-Nov-14	<b>AR</b>
	1500m Walk	11:36.90	Heather Lee	Melbourne	06-Apr-12	<b>AR</b>
	3000m Walk	23.24.89	Heather Lee	Gold Coast	07-Nov-12	<b>WR</b>
	5000m Walk	40.06.97	Heather Lee	Gold Coast	07-Nov-12	<b>WR</b>
	10,000m Walk	01.20.54	Heather Lee	AIS, ACT	01-Apr-13	<b>AR</b>
	10km Walk Road	1:26.30	Heather Lee	Canberra	2013	
	Long Jump	2.19	Ruth Frith	Homebush	28-Mar-95	<b>AR</b>
	Triple Jump	5.5	Ruth Frith	Homebush	25-Mar-95	<b>WR</b>
	Shot put	5.92	Ruth Frith	Sydney	1995	<b>AR</b>
	Discus	13.92	Ruth Frith		1998	<b>AR</b>
	Hammer	18.26	Ruth Frith	Sydney	1995	<b>AR</b>
	Javelin	11.11	Ruth Frith		1998	
	Weight Throw	7.78	Ruth Frith		1995	<b>AR</b>
(pre-1999)	Pentathlon Throws	4424	Ruth Frith	Homebush	07-Mar-98	
<b>W90</b>	1500m Walk	12:09.10	Heather Lee	E.S.Marks Sydney	19-Nov-16	<b>WR</b>
	3000m Walk	24:56.97	Heather Lee	Penguin, Tasmania	23-Oct-17	<b>WR</b>
	5000m Walk	41:04.87	Heather Lee	Perth	27-Apr-18	<b>WR</b>
	10km Walk Road	1:25.28	Heather Lee	Perth	29-Apr-18	<b>WR</b>
	Javelin	10.51	Ruth Frith		2002	<b>AR</b>
	Discus	12.1	Ruth Frith		2000	<b>AR</b>
	Shot put	5.37	Ruth Frith	Sydney	2001	<b>AR</b>
	Hammer	13.13	Ruth Frith	Hobart	2000	<b>AR</b>
	Weight Throw	6.19	Ruth Frith	Sydney	2001	<b>AR</b>
(pre-2009)	Pentathlon Throws	5394	Ruth Frith	Hobart	24-Apr-00	<b>AR</b>

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Age Group	Event	Record	Holder	Venue	Date	WR/AR
M30	60m	7.16	Michael Dunne	Bankstown	03-Apr-15	
	<i>60m</i>	<i>6.88</i>	<i>Michael Dunne</i>	<i>SOPAC</i>	<i>14-Feb-15</i>	
	100m	10.71	Piyush Kumar	AIS Canberra	10-Feb-13	AR
	<i>100m</i>	<i>10.38</i>	<i>Isaac Ntiamoah</i>	<i>Campbelltown</i>	<i>09-Dec-17</i>	AR
	200m	21.63	Leigh Bennett	Wollongong	21-Jan-17	AR
	400m	47.79	Leigh Bennett	Homebush	03-Dec-17	
	<i>400m</i>	<i>47.75</i>	<i>James Gurr</i>	<i>Sydney</i>	<i>27-Feb-16</i>	
	800m	1:51.30	Glenn Ritchie	Sydney	1996	
	<i>800m</i>	<i>1:46.09</i>	<i>James Gurr</i>	<i>Melbourne</i>	<i>05-Mar-16</i>	AR
	1500m	3:41.48	Glenn Ritchie	Sydney		AR
	<i>1 mile</i>	<i>4:36.80</i>	<i>Godwin Mugarala</i>	<i>Bankstown</i>	<i>23-Dec-17</i>	
	3000m	8:33.70	David Lewis	Randwick		AR
	<i>3000m</i>	<i>8:16.47</i>	<i>Matthew Hudson</i>	<i>Homebush</i>	<i>11-Nov-17</i>	
	5000m	14:51.80	David Lewis	Randwick	03-Dec-89	
	<i>5000m</i>	<i>13:30.37</i>	<i>Ben St Lawrence</i>	<i>Sydney</i>	<i>11-Apr-13</i>	
	10,000m	31:06.50	Glenn Ritchie	Sydney	1995	AR
	<i>10,000m</i>	<i>28:01.68</i>	<i>Ben St Lawrence</i>	<i>Melbourne</i>	<i>10-Dec-11</i>	
	8km cross country	35:25	Damien Myer	Brisbane	2011	
	10km Road	33:57	Brendan Davies	Manly	05-Mar-11	
	Half Marathon	1:14.35	Brendan Davies	Penrith	03-Oct-10	
	<i>Half Marathon</i>	<i>1:03:34</i>	<i>Scott Westcott</i>	<i>Christchurch</i>	<i>31-May-09</i>	
	Marathon	2:33.45	Brendan Davies	Melbourne	10-Oct-10	
	<i>Marathon</i>	<i>2:12:56</i>	<i>Scott Westcott</i>	<i>Oita</i>	<i>01-Dec-05</i>	
	1500m Walk	6:31.54	Gyula Dudas	Bankstown	11-Feb-01	
	<i>3000m Walk</i>	<i>10:59.04</i>	<i>Luke Adams</i>		<i>2010</i>	
	5000m Walk	20:57.91	Gyula Dudas	Bankstown	11-Feb-01	
	10km Walk Road	58:15	Mark Ransom			
	<i>20km Walk Road</i>	<i>1:19.15</i>	<i>Luke Adams</i>		<i>2008</i>	AR
	<i>50km Walk Road</i>	<i>3:43.39</i>	<i>Luke Adams</i>		<i>21-Aug-09</i>	AR
	110m Hurdles	14.13	Greg Eyears	SOPAC	04-Feb-12	AR
	<i>110m Hurdles</i>	<i>14.06</i>	<i>Justin Merlino</i>	<i>SOPAC</i>	<i>02-Feb-18</i>	
#	400m Hurdles	50.73	Leigh Bennett	Homebush	18-Feb-18	AR
	3000m Steeplechase	9:36.50	Glenn Ritchie	Sydney	1996	
	<i>3000m Steeplechase</i>	<i>8:16.36</i>	<i>Youcef Abdi</i>	<i>Athens, Greece</i>	<i>18-Aug-08</i>	
	High Jump	1.97	Shaun Fletcher	Albert Pk, Victoria	08-Feb-13	AR
#	<i>High Jump</i>	<i>2.21</i>	<i>Nick Moroney</i>	<i>Aust. T &amp; F</i>	<i>01-Jan-06</i>	AR
	Pole Vault	4.8	Christopher Clegg	SOPAC	13-Feb-16	
	Long Jump	7.42	Shaun Fletcher	SOPAC	09-Mar-13	
#	<i>Long Jump</i>	<i>8.31</i>	<i>Fabrice Lapierre</i>	<i>Rabat</i>	<i>22-May-16</i>	AR
	Triple Jump	14.59	Shaun Fletcher	Sydney	05-Mar-16	AR
	<i>Triple Jump</i>	<i>17.12</i>	<i>Andrew Murphy</i>	<i>Homebush</i>	<i>01-Jan-00</i>	
	Hammer	56.08	Sergei Zablotski	Homebush	19-Mar-94	
	<i>Hammer</i>	<i>57.24</i>	<i>Warren Button</i>	<i>Homebush</i>	<i>06-Jan-18</i>	
	Shot Put	13.68	Allan Flynn	Sydney	07-Mar-98	
	Discus	44.32	Allan Flynn		1997	

## NSWMA Records

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*\*Non-Member records in Blue & Italics*

Age Group	Event	Record	Holder	Venue	Date	WR/AR
<b>M30</b>	Javelin	86.67	Andrew Curry		2001	<b>AR</b>
	Weight Throw	14.01	Allan Flynn	Bankstown	13-Apr-01	
	Weight 56lb	8.16	Michael Laws	Campbelltown	09-Apr-17	
	Weight 100lb	3.21	Michael Laws	ACT	07-Feb-16	
(not rescored)	Pentathlon Field	3410	Anthony Brown	Sydney	1993	
	Pentathlon Throws	2124	Michael Laws	Homebush	18-Feb-17	
	Pentathlon HW	2740	Michael Laws	Wollongong	06-Feb-16	
	Relay 4 x 100m	45.66	Chas Barclay, Kevin Oakey, David Isackson, Peter Crombie	Brisbane	28-Mar-05	
	<i>Relay 4 x 100m</i>	<i>44.25</i>	<i>Ashley McMahon 42, Jeremy Firth 34, David Thebridge 41, Ryan Dowling 38</i>	<i>Homebush</i>	<i>05-Nov-17</i>	
	Relay 4 x 400m	3:32.75	Jay Stone, Christopher Brack, Darrin James, Michael Lynch	AIS, ACT	01-Apr-13	<b>AR</b>
	Relay 4 x 1500m	19:41.0	Ian Rose, Peter Byrne, Nick Terranova, Stephen Archer	Sylvania	24-Mar-12	<b>AR</b>

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*\*Non-Member records in Blue & Italics*

Age Group	Event	Record	Holder	Venue	Date	WR/AR
<b>M35</b>	60m	7.23	Ashley McMahon	Kagoshima, Japan	07-Jul-13	
	100m	10.88	Matthew Pilkington	SOPAC	11-Oct-09	<b>AR</b>
	<i>100m</i>	<i>10.36</i>	<i>Issac Ntiamoah</i>	<i>SOPAC</i>	<i>02-Feb-18</i>	
	200m	21.96	Jay Stone	Wollongong	<b>21-Feb-17</b>	<b>AR</b>
	400m	48.3	Jeffery King		2000	
	800m	1:53.77	Brett Halls	Homebush	16-Mar-13	
	1500m	3:52.68	Brett Halls	Homebush	02-Mar-13	
	1 mile	4:37.07	Michael Doggett	Illawong	31-Jul-10	
	3000m	9:17.94	Michael Doggett	Newcastle	12-Nov-11	
	<i>3000m</i>	<i>9:10.70</i>	<i>James Costello</i>	<i>Bankstown</i>	<i>25-Sep-16</i>	
	5000m	14:58.20	Horst Wegner		1982	
	<i>5000m</i>	<i>14:29.68</i>	<i>David Criniti</i>	<i>Campbelltown</i>	<i>20-May-17</i>	
	10,000m	31:30.0	Horst Wegner		1984	
	8km cross-country	29:13	Simon White	Adelaide	12-Oct-11	
	10km Road	33:45	Andrew Heyden	Homebush	04-Jun-11	
	Half Marathon	1:15.32	Brendan Davies	Penrith	29-Sep-12	
	<i>Half Marathon</i>	<i>1:01.37</i>	<i>John Andrews</i>	<i>Brussels, Belgium</i>	<i>28-Aug-16</i>	
	Marathon	2:33.51	Brendan Davies	Canberra	04-Apr-13	
	<i>Marathon</i>	<i>2:14.21</i>	<i>Scott Westcott</i>	<i>Melbourne</i>	<i>13-Oct-13</i>	
	1500m Walk	7:51.10	Mark Ransom	Sydney	2000	
	5000m Walk	22:09.27	Keith Knox		1987	
	10,000m Walk	1:00.51	David Smyth	Christchurch	20-Jan-06	
	10km Walk Road	56.56	David Smyth	Gold Coast	05-Nov-06	
	20km Walk Road	1:37.03	Christopher Lockwood	Bankstown	13-Apr-01	
	110m Hurdles	15.09	Ryan Dowling	Perth	27-Apr-18	<b>AR</b>
	<i>110m Hurdles</i>	<i>14.77</i>	<i>Ryan Dowling</i>	<i>Homebush</i>	<i>02-Dec-17</i>	<b>AR</b>
	400m Hurdles	57.09	Kevin Atkins	Brisbane	1988	
	3000m Steeplechase	9:52.00	Graham Ryan		1981	
	<i>3000m Steeplechase</i>	<i>8:53.43</i>	<i>Youcef Abdi</i>	<i>Melbourne</i>	<i>06-Apr-14</i>	
	High Jump	1.93	Clay Tompkins		1995	<b>AR</b>
<b>#</b>	<i>High Jump</i>	<i>2.15</i>	<i>Nick Moroney</i>	<i>Aust. T &amp; F</i>	<i>01-Jan-12</i>	<b>AR</b>
	Pole Vault	3.9	Peter Herd	Brisbane	10-Apr-98	
	Long Jump	6.76	Clay Tompkins		1988	
	Triple Jump	14.7	Shaun Fletcher	Homebush	02-Feb-18	
	<i>Triple Jump</i>	<i>16.7</i>	<i>Andrew Murphy</i>		<i>2006</i>	
	Hammer	63.13	Ricard Meiring	Homebush	02-Mar-13	<b>AR</b>
	Shot Put	18.55	Stuart Gyngell	Canberra	05-Nov-03	<b>AR</b>
	Discus	48.71	Stuart Gyngell	Perth	19-Apr-03	
	Javelin	56.62	John Kay	ACT	02-Apr-99	
	Weight Throw	19.08	Ricard Meiring	Hobart	10-Mar-14	<b>AR</b>
	Weight 56lb	9.73	Jamie Muscat	Wollongong	15-Oct-16	
	Weight 100lb	4.72	Jamie Muscat	Wollongong	03-Oct-16	
	Decathlon	5407	Ashley McMahon	Campbelltown	05-Jan-14	
(rescored 2010)	Pentathlon Field	3150	Clay Tompkins (3218 in 1988)	Brisbane	04-Apr-88	
(rescored 2010)	Pentathlon Throws	3559	Stuart Gyngell (3635 in 2002)	Adelaide	01-Apr-02	



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*\*Non-Member records in Blue & Italics*

Age Group	Event	Record	Holder	Venue	Date	WR/AR
<b>M35</b>	Pentathlon	HW	3750	Jamie Muscat	Wollongong	03-Oct-16
	Relay	4 x 100m	45.63	Ashley McMahon (42) Ryan Dowling (38) David McCann ( 53) Ernie Leseberg ( 46)	Perth	29-Apr-18
	<i>Relay</i>	<i>4 x 100m</i>	<i>45.22</i>	<i>Michael Getz 51, Nathan Mackay 43, David Thebridge 41, Ryan Dowling 38</i>	<i>Homebush</i>	<i>05-Nov-17</i>
	Relay	4 x 400m	3:31.27	Jay Stone (38) Trevor Young (60) Ashley McMahon (42) Ryan Dowling (38)	Perth	29-Apr-18
	Relay	4 x 1500m	18:26.0	Michael Doggett, Dennis Wylie, Brad Sharpe, Mark Gregory	Sylvania	24-Mar-12 <b>AR</b>

## NSWMA Records

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*\*Non-Member records in Blue & Italics*

Age Group	Event	Record	Holder	Venue	Date	WR/AR
<b>M40</b>	60m	7.19	Greg Smith	Bankstown	26-Feb-12	<b>AR</b>
	100m	10.85	Ashley McMahon	Perth	28-Oct-16	<b>AR</b>
	200m	22.03	Ashley McMahon	Perth	01-Nov-16	<b>AR</b>
	400m	50.33	Ashley McMahon	Blacktown	18-Nov-16	
	800m	1:58.20	Ian Melrose		1986	
	1500m	3:55.40	Glenn Ritchie	Homebush	09-Mar-02	<b>AR</b>
	1 mile	4:28.67	Peter Costello	Wollongong	15-Dec-13	
	3000m	8:50.68	Peter Costello	Campbelltown	01-Jan-14	
	<i>3000m</i>	<i>8:45.65</i>	<i>Scott Westcott</i>	<i>Homebush</i>	<i>11-Nov-17</i>	
	5000m	14:50.80	Albie Thomas		1975	
	10,000m	31:07.03	Peter Costello	Sopac	01-Mar-14	
	8km cross-country	28:18	Simon White	Perth	28-Apr-18	
	10km Road	31:31	Peter Costello	Gold Coast	05-Jul-14	
	Half Marathon	1:10.10	Peter Costello	Sydney	22-Sep-13	
	Marathon	2:29.08	Horst Wegner	Melbourne	29-Nov-87	
	<i>Marathon</i>	<i>2:15:30</i>	<i>Scott Westcott</i>	<i>Berlin</i>	<i>27-Sep-15</i>	
	5000m Walk	22:00.25	Keith Knox	Homebush	19-Mar-94	
	10,000m Walk	47:34.35	John Smith		1979	
	10km Walk Road	48:51	Keith Knox		19-Mar-94	
	20km Walk Road	1:34.19	John Smith		Jan-81	
	110m Hurdles	15.68	Conrad Burge	Turku, Finland	15-Jun-91	
	400m Hurdles	57.5	Alan McGowan		1988	
	3000m Steeplechase	9:22.40	Doug Worling		1979	
#	High Jump	2.15	Nick Moroney	Homebush	15-Dec-12	<b>AR</b>
	Pole Vault	3.7	John Weigel	Sydney	11-Mar-00	
	Long Jump	6.66	Clay Tompkins		1996	
	Triple Jump	13.92	Clay Tompkins	Adelaide	11-Apr-93	
	<i>Triple Jump</i>	<i>14.18</i>	<i>Peter Butler</i>		<i>1996</i>	
	Hammer	55.23	Sergei Zablotski	Homebush	14-Mar-00	
	Shot Put	18.55	Stuart Gyngell	Homebush	03-Feb-06	<b>AR</b>
	Discus	50.91	Stuart Gyngell	Gold Coast	27-Jan-08	
	Javelin	66.9	John Kay	Bankstown	16-Feb-01	<b>AR</b>
	Weight Throw	17.26	Ricard Meiring	Perth	<b>06-Nov-16</b>	<b>AR</b>
	Weight 56lb	10.49	Ricard Meiring	Wollongong	02-Oct-17	
	Weight 100lb	4.92	Jamie Muscat	Wollongong	02-Oct-17	
	Decathlon	5665	Ashley McMahon	Bankstown	10-Jan-16	
(not rescored)	Pentathlon Field	3533	John Gordon		1997	
(rescored 2010)	Pentathlon Throws	3946	Stuart Gyngell		2006	<b>AR</b>
	Pentathlon HW	4668	Ricard Meiring	Wollongong	02-Oct-17	<b>AR</b>
	Relay 4 x 100m	45.98	Ashley McMahon (41) John Minto (45) Nathan Smith (42) Darren Hughes (54)	Darwin	11-Jun-17	
	Relay 4 x 400m	3:43.17	Matthew Lynch, Todd Devery, Nick Moore, John Van Stappen		24-Mar-08	
	Relay 4 x 800m	11:06.17	Ronald Cozijnsen, David Skala, Geoff Carter, Garry Womsley	SOPAC	20-Nov-11	
	Relay 4 x 1500m	24:20.48	EJ Davie, John Spinney, Robert Mason, Garry Womsley		20-Nov-11	

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*\*Non-Member records in Blue & Italics*

Age Group	Event	Record	Holder	Venue	Date	WR/AR
<b>M45</b>	60m	7.43	Ernie Leseberg	Perth	26-Apr-18	
	100m	11.22	Rob Ballard	SOPAC	11-Oct-09	
<b>#</b>	200m	22.14	Reg Austin OAM		Aug-86	<b>AR</b>
	400m	50.61	Reg Austin OAM	Puerto Rico	Feb-90	<b>AR</b>
	800m	1:59.11	Paul Critchley	Melbourne	29-Nov-87	
	1500m	4:07.90	Jamie Harrison	Sydney	07-Feb-09	
	1 mile	4:40.98	Adrian Wade	Bass Hill	23-Dec-17	
	3000m	8:55.61	Jamie Harrison	SOPAC	14-Nov-09	
	5000m	15:23.60	Dave Power		1980	
	10,000m	31:43.17	Jamie Harrison	SOPAC	14-Feb-09	<b>AR</b>
	8km cross-country	29:18.00	Jason Keane	Darwin	12-Jun-17	
	10km Road	32:25	Jamie Harrison	Sydney	02-May-09	
	Half Marathon	1:11:44	David Tonge	Gold Coast	05-Jul-15	
	Marathon	2:25.51	Bill Raimond	Melbourne	1982	<b>AR</b>
	1500m Walk	6:54.10	Keith Knox		27-Jul-89	
	5000m Walk	22:32.00	John Smith	Canberra	Feb-90	
	10,000m Walk	53:56.20	Robert Osborne	Bankstown	26-Oct-01	
	10km Walk Road	49:45	Keith Knox			
	20km Walk Road	1:37.16	John Smith	Canberra	1984	
	110m Hurdles	15.56	John Gordon	Adelaide	10-Apr-93	
	400m Hurdles	59.44	John Gordon	Adelaide	11-Apr-93	
	3000m Steeplechase	9:41.49	Doug Worling	New Zealand	1981	
<b>#</b>	High Jump	2	Nick Moroney	Homebush	02-Feb-18	<b>AR</b>
	Pole Vault	3.6	Jim McGrath	Sydney	1976	
	Pole Vault	3.6	Clay Tompkins	Sydney	13-Mar-99	
	Long Jump	6.28	Eddy van der Jagt	Glendale	29-Jan-12	
	Triple Jump	13.51	Clay Tompkins	Sydney	06-Mar-99	<b>AR</b>
	Hammer	53.34	Tom Mullins	Toronto, Canada	1975	
	Shot Put	18.12	Stuart Gyngell	Greystanes	18-Feb-09	<b>AR</b>
	Discus	49.04	Stuart Gyngell	Mingara	14-Nov-09	
	Javelin	57.18	John Kay	Canberra	14-Apr-06	
	Weight Throw	15.08	Stuart Gyngell	Adelaide	15-Apr-09	
	Weight 56lb	9.83	Stuart Gyngell	ACT	01-Oct-12	
	Weight 100lb	4.3	Stuart Gyngell	ACT	01-Oct-12	
(rescored 2010)	Decathlon	6446	John Gordon	Miyazaki, Japan	07-Oct-93	<b>AR</b>
(rescored 2010)	Pentathlon Field	3864	Lloyd Mitchelson	Rome	01-Feb-85	<b>AR</b>
(rescored 2010)	Pentathlon Throws	4199	Stuart Gyngell	Adelaide	12-Apr-09	<b>AR</b>
(rescored 2015)	Pentathlon HW	4576	Stuart Gyngell (previously 4763 points)	Canberra	01-Oct-12	
	Relay 4 x 100m	53.54	Garry Womsley, Kelvyn Steggles, Graeme Mell, Darryl Ellis	Blacktown	21-Nov-09	
	<i>Relay 4 x 100m</i>	<i>51.17</i>	<i>Andrew Rodda (47), Mick Daly (54), John Lamb (67), Darrin James (51)</i>	<i>Wollongong</i>	<i>21-Jan-17</i>	
	Relay 4 x 400m	4:16.82	Garry Womsley, Kelvyn Steggles, Graeme Mell, Darryn Hughes	Blacktown	21-Nov-09	
	Relay 4 x 800m	10:24.81	Rick Martin, Simon Butler-White, Ian Rose, Brad Sharpe	Illawong	05-Feb-10	

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*\*Non-Member records in Blue & Italics*

Age Group	Event	Record	Holder	Venue	Date	WR/AR
<b>M50</b>	60m	7.52	John Van Stappen	Gold Coast	02-Nov-00	
	100m	11.47	Peter Crombie	Buffalo	1995	<b>AR</b>
<b>#</b>	200m	22.88	Reg Austin OAM	Eugene, US	01-Aug-89	<b>AR</b>
	400m	51.81	Reg Austin OAM	Melbourne	29-Nov-87	<b>AR</b>
	800m	2:03.68	Paul Critchley	Adelaide	11-Apr-93	
	1500m	4:11.04	Keith Bateman	Homebush	24-Jan-08	
	1 mile	4:41.76	Keith Bateman	Illawong	29-Aug-09	
	3000m	8:59.62	Keith Bateman	SOPAC	31-Jan-09	<b>AR</b>
	5000m	15:52.0	Keith Bateman	SOPAC	28-Jan-10	
	10,000m	33:20.30	Keith Bateman	Homebush	01-Oct-05	
	8km cross-country	30:10	Manu Sivaraj	Bankstown	06-Apr-15	
	10km Road	32:32	Keith Bateman	Homebush	01-May-10	
	Half Marathon	1:11.55	Keith Bateman	Sydney	16-May-10	
	Marathon	2:48.22	Raymond Wareham	Perth	06-Nov-16	
	1500m Walk	6:47.37	Keith Knox	Bankstown	11-Feb-01	
	5000m Walk	23:50.30	John Smith		1990	
	10,000m Walk	1:03.36	Ken Smith	Bankstown	05-Nov-02	
	10km Walk Road	50.57	Baden White			
	20km Walk Road	1:48.10	Keith Knox	Bankstown	16-Apr-01	
	100m Hurdles	15.16	Conrad Burge	Brisbane	10-Jul-01	
	400m Hurdles	60.22	John Gordon	Durban	01-Jul-97	<b>AR</b>
	3000m Steeplechase	10:15.90	Doug Worling	Rome, Italy	1985	
	High Jump	1.75	Clay Tompkins	Homebush	09-Mar-03	<b>AR</b>
	Pole Vault	3.65	Rob Barclay		1990	
	Long Jump	5.82	Edward Van Der Jagt	Bass Hill	24-Mar-18	
	Triple Jump	12.83	Clay Tompkins	Homebush	08-Mar-03	<b>AR</b>
	Hammer	53.37	Sergei Zablotski	Blacktown	09-Apr-11	
	Shot Put	18.63	Stuart Gyngell	Wollongong	25-Jan-14	<b>WR</b>
	Discus	51.08	Martin Harland	Perth	29-Oct-16	<b>AR</b>
	Javelin	49.2	Stephen Liggins	Perth	02-Nov-16	
	Weight Throw	18.05	Stuart Gyngell	Bendigo	10-Jan-14	
	Weight 56lb	8.31	Stuart Gyngell	Wollongong	07-Jun-14	
	Weight 100lb	3.63	Terry Gibbs	ACT	30-May-09	
	Decathlon	5741	Peter Murray	Canberra	02-Feb-14	
(not rescored)	Pentathlon Field	3525	John Cooper	Brisbane	15-Oct-91	
	Pentathlon Throws	4192	Stuart Gyngell	Cook Islands	05-Oct-15	<b>AR</b>
(rescored 2015)	Pentathlon HW	4326	Stuart Gyngell (previously 4528 points)	Wollongong	22-Mar-14	
	Relay 4 x 100m	48.2	Darren Hughes (55) Brett Reid (54) David Shearsby (61) Trevor Young (60)	Perth	29-Apr-18	
	Relay 4 x 400m	3:47.87	Darren Hughes, Peter Murray, Bradley Sharpe, Trevor Young	Bankstown	06-Apr-15	
	Relay 4 x 800m	9:30.13	Bradley Sharpe, Todd Devery, Robert Combe, Ronald Cozijnsen	SOPAC	19-Mar-15	
	Relay 4 x 1500m	23:14.0	Ronald Cozijnsen, Dennis Williams, Doug Barrett, Steve Napper	Sylvania	24-Mar-12	

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*\*Non-Member records in Blue & Italics*

Age Group	Event	Record	Holder	Venue	Date	WR/AR
<b>M55</b>	60m	7.8	Darren Hughes	Perth	26-Apr-18	
	100m	11.71	Reg Austin OAM		1994	
	200m	24.26	Reg Austin OAM		1994	
	400m	54.63	Trevor Young	Adelaide	18-Apr-16	<b>AR</b>
	800m	2:06.55	Paul Critchley	Brisbane	13-Apr-98	
	1500m	4:12.35	Keith Bateman	Sacramento, US	15-Jul-11	<b>WR</b>
	1 mile	4:35.04	Keith Bateman	SOPAC	18-Dec-10	<b>WR</b>
	3000m	8:56.80	Keith Bateman	SOPAC	13-Nov-10	<b>WR</b>
	5000m	15:29.7	Keith Bateman	Blacktown	05-Jan-11	<b>WR</b>
	10,000m	31:51.86	Keith Bateman	SOPAC	26-Mar-11	<b>WR</b>
	8km cross-country	27:14.20	Keith Bateman	Sacramento, US	07-Jul-11	
	10km Road	32.35	Keith Bateman	Homebush	04-Jun-11	
	Half Marathon	1:14.09	Keith Bateman	Sydney	15-May-11	
	Marathon	2:43.07	Keith Bateman	Sacramento, US	17-Jul-11	
	1500m Walk	8:22.93	Robert Osborne	Bankstown	03-Apr-15	
	<i>3000m Walk</i>	<i>19:40.72</i>	<i>Anthony McDonald</i>	<i>Homebush</i>	<i>18-Dec-16</i>	
	5000m Walk	26:18.00	Peter Waddell			
	10km Walk Road	59:49	Robert Osborne	Canberra	2013	
	20km Walk Road	1:59.00	Ronald Witham	Canberra	1984	
	100m Hurdles	16.14	Clay Tompkins	Townsville	02-Aug-08	
	400m Hurdles	1:03.10	Todd Devery	Bankstown	25-Sep-16	
	3000m Steeplechase	11:20.60	Osmo Millridge	Melbourne	30-Nov-87	
	High Jump	1.75	Volodymyr Shelever	Blacktown	29-Oct-16	<b>AR</b>
	Pole Vault	3.65	Phillip Carrero	Sydney	2007	<b>AR</b>
	Long Jump	5.61	Clay Tompkins	Townsville	02-Aug-08	
	Triple Jump	12.26	Clay Tompkins	SOPAC	09-Mar-08	<b>AR</b>
	Hammer	46.37	Lajos Joni	Greystanes	19-Feb-12	
	<i>Hammer</i>	<i>48.57</i>	<i>Sergei Zablotski</i>	<i>Campbelltown</i>	<i>20-May-17</i>	
	Shot Put	12.40	Gavin Murray	Greystanes	22-Sep-13	
#	Discus	45.2	Wayne Martin	Campbelltown	18-Dec-12	<b>AR</b>
	Javelin	46.33	Andrew Atkinson-Howatt	AIS, ACT	29-Mar-13	
	Weight Throw	15.65	Lajos Joni	Canberra	29-Sep-12	
	Weight 56lb	7.87	Lajos Joni	Campbelltown	11-Mar-12	<b>AR</b>
	Weight 100lb	2.94	Robert Clark	Wollongong	02-Oct-17	
	Decathlon	6130	Peter Murray	Perth	27-Oct-16	<b>AR</b>
	Pentathlon Field	3299	Voitek Klimiuk	Blacktown	08-Jan-12	
(rescored 2010)	Pentathlon Throws	3751	Keith James (original 4108 points)	Melbourne	27-Mar-97	
	Pentathlon HW	3913	Robert Clark	Wollongong	09-Sep-17	
	Relay 4 x 100m	49.27	John Van Stappen, Alan Carey, Neville McIntyre, Ray Warner	Blacktown	23-Mar-08	
	Relay 4 x 400m	3:55.83	Todd Devery, Peter Murray, Bradley Sharpe, Trevor Young	Adelaide	18-Apr-16	
	Relay 4 x 800m	10:27.05	Peter Byrne, Ian Rose, Greg Beirne, Barry Mayo	SOPAC	19-Mar-15	

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*\*Non-Member records in Blue & Italics*

Age Group	Event	Record	Holder	Venue	Date	WR/AR
<b>M60</b>	60m	7.94	Peter Crombie	Gold Coast	11-Nov-06	<b>AR</b>
	100m	12.38	Peter Crombie	San Sebastian	2005	
	200m	24.83	Peter Crombie	Edmonton, Can	27-Jul-05	<b>AR</b>
	400m	55.42	Trevor Young	Perth	29-Apr-18	<b>AR</b>
	800m	2:17.81	Norm Windred	Eugene, US	01-Aug-89	
	1500m	4:38.69	John Warren	Brisbane	06-Jan-01	
	1 mile	5:05.17	David Riches	Bass Hill	23-Dec-17	
	3000m	9:54.39	David Riches	Bass Hill	05-Oct-17	
	5000m	17:01.39	David Riches	Penguin, Tasmania	26-Oct-17	
	10,000m	35:41.52	David Riches	Darwin	09-Jun-17	
	8km Cross Country	29:03.00	David Riches	Darwin	12-Jun-17	
	10km Road	36:13	David Riches	Blacktown	29-Jul-17	
	Half Marathon	1:14:54	David Riches	Homebush	03-Sep-17	<b>AR</b>
	Marathon	3:01.45	Richard Magee	Sydney	09-Apr-06	
	1500m Walk	8:49.06	Dennis Williams	Brisbane	21-Apr-11	
	<i>3000m Walk</i>	<i>17:47.43</i>	<i>Robert Osborne</i>	<i>Homebush</i>	<i>18-Dec-16</i>	
	5000m Walk	25:55.90	Theo Orr	Melbourne	29-Nov-87	
	10km Walk Road	57.29	Dennis Williams	Narellan	22-May-11	
	15km Walk Road	1:36:55	Robert Osborne	Chipping Norton	27-Jul-16	
	20km Walk Road	1:52.42	Theo Orr	Melbourne	29-Nov-87	
	100m Hurdles	16.43	Conrad Burge	Gold Coast	07-Nov-12	
	300m Hurdles	47.86	John Lamb	Canberra	20-Dec-12	
	400m Hurdles	1:10.20	Neil Fowler	Glendale	29-Jan-12	
	2000m Steeplechase	7:23.60	David McEwan	Adelaide	17-Apr-16	
	High Jump	1.61	Clay Tompkins	AIS, ACT	30-Mar-13	<b>AR</b>
	Pole Vault	3.4	Phillip Carrero	Homebush	10-Mar-12	<b>AR</b>
	Long Jump	5.25	Clay Tompkins	Campbelltown	07-Dec-13	
	Triple Jump	11.77	Clay Tompkins	E.S.Marks Sydney	02-Nov-13	
	Hammer	44.57	Lajos Joni	Wollongong	22-Aug-15	
	Shot Put	13	Jim Peridis	Melbourne	29-Nov-87	
	Discus	49.53	Keith James	Canberra	30-Sep-01	
	Javelin	44.94	Keith James	Geelong	24-Jan-03	
	Weight Throw	17.39	Lajos Joni	Faulconbridge	13-Sep-15	
	Weight 56lb	6.47	Gavin Murray	Wollongong	13-Aug-17	
	Weight 100lb	2.83	Gavin Murray	Wollongong	13-Aug-17	
(rescored 2010)	Decathlon	6172	Jim McGrath	Turku, Finland	18-Jul-91	
(not rescored)	Pentathlon Field	3520	Fred O'Connor		1980	
(not rescored)	Pentathlon Throws	4221	Keith James	Campbelltown	01-Mar-02	
(rescored 2015)	Pentathlon HW	3993	Gavin Murray (previously 4379 points)	Wollongong	07-Feb-15	
	Relay 4 x 100m	51.84	John Wall, John van Stappen, Peter Crombie, Alan Carey	Adelaide	02-Apr-09	
	Relay 4 x 400m	4:19.58	Alan Carey, John Lamb, Neville McIntyre, Victor Ramondetta	Bankstown	06-Apr-15	
	Relay 4 x 800m	10:09.32	Noel Wright, Steve Napper, Don Mathewson, Les Gillies	Illawong	13-Mar-09	<b>AR</b>
	Relay 4 x 1500m	21:31.20	Noel Wright, John Warren, Dennis Williams, Don Mathewson	Illawong	12-Mar-10	

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*\*Non-Member records in Blue & Italics*

Age Group	Event	Record	Holder	Venue	Date	WR/AR
<b>M65</b>	60m	8.19	Peter Crombie	Perth	02-Apr-10	
	100m	12.62	Peter Crombie	Sacramento, US	24-Jul-10	<b>AR</b>
	200m	25.67	Peter Crombie	Sacramento, US	25-Jul-10	<b>AR</b>
	400m	59.38	Peter Crombie	Sacramento, US	16-Jul-11	
	800m	2:21.36	Tony Ireland	Illawong	25-Aug-07	
	1500m	4:49.28	Don Mathewson	Blacktown	09-Apr-11	
	1 mile	5:21.0	Don Mathewson	Bankstown	07-Dec-10	
	3000m	10:41.81	Don Mathewson	SOPAC	13-Nov-10	
	5000m	18:07.06	Don Mathewson	Blacktown	10-Apr-11	
	10,000m	38:59	Don Mathewson	Homebush	01-May-10	
	8km Cross Country	32:32	Don Mathewson	Canberra	2013	
	10km Road	38:22.60	Don Mathewson	SOPAC	26-Mar-11	
	Half Marathon	1:27:39	Christopher Dwyer	Homebush	28-Aug-16	
	Marathon	3:09.25	Richard Magee	Canberra	10-Apr-11	
	1500m Walk	9:43.73	John West	Adelaide	16-Apr-16	
	3000m Walk	20:28.41	Doug Barrett	E.S.Marks Sydney	07-Oct-17	
	5000m Walk	28:27.00	Vic Townsend		1986	
	10,000m Walk	1:00.00	Jim Seymon	Bankstown	2004	
	10km Walk Road	59:13.00	Jim Seymon		26-Jun-04	
	15km Walk Road	1:47:21	John West	Chipping Norton	27-Jul-16	
	20km Walk Road	2:00.17	Vic Townsend	Melbourne	29-Nov-87	
	80m Hurdles	15.28	Fred O'Connor	Adelaide	10-Apr-93	
	100m Hurdles	17.43	John Lamb	Gold Coast	01-Nov-14	
	300m Hurdles	47.96	John Lamb	SOPAC	21-Feb-15	
	400m Hurdles	1:17.24	Kevin Hopkins	Puerto Rico	1983	
	2000m Steeplechase	7:58	Aldolf Blonner	Brisbane	14-Jul-01	
	High Jump	1.52	John Searle	Gold Coast	05-Nov-12	<b>AR</b>
	Pole Vault	2.9	Albert Gay	SOPAC	15-Oct-09	
	Long Jump	5.05	John Searle	Gold Coast	03-Nov-12	
	Triple Jump	10.2	John Sturzaker	Sydney	13-Mar-99	
	Hammer	39.3	Keith James	ACT	03-Oct-09	
	Shot Put	12.81	Leo Christopher	Melbourne	06-Apr-12	
	Discus	44.88	Keith James	SOPAC	17-Oct-09	
	Javelin	38.89	Keith James	Perth	03-Apr-10	
	Weight Throw	14.75	Dave Ross	Wollongong	07-Feb-16	
	Weight 56lb	4.57	Noel Donohoe	ACT	03-Oct-05	
	Weight 100lb	2.65	Dave Ross	Wollongong	02-Oct-17	
(rescored 2010)	Decathlon	6538	Albert Gay	Riccione	28-Jul-07	
(not rescored)	Pentathlon Field	3526	Fred O'Connor	Sydney	1990	
(rescored 2010)	Pentathlon Throws	3827	Keith James	SOPAC	17-Oct-09	
(rescored 2015)	Pentathlon HW	3027	Dave Ross (original 3435 points)	Wollongong	21-Nov-15	
	Relay 4 x 100m	59.47	Reg Austin, Morris David, Richard Hughes, Tony Ireland	Blacktown	16-Nov-08	
	Relay 4 x 800m	11:01.70	Les Gillies, Geoff Francis, Noel Wright, Don Mathewson	Illawong	09-Mar-12	<b>AR</b>
	Relay 4 x 1500m	21:49.0	Frank Scorzelli, John Warren, Noel Wright, Don Mathewson	Sylvania	24-Mar-12	<b>AR</b>



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*\*Non-Member records in Blue & Italics*

Age Group	Event	Record	Holder	Venue	Date	WR/AR
<b>M70</b>	60m	8.42	David Chantrill	Brisbane	21-Apr-11	
	100m	13.32	Peter Crombie	Bankstown	12-Dec-15	
	200m	26.97	Peter Crombie	Bankstown	12-Dec-15	
	400m	1:01.13	Peter Crombie	Perth	05-Nov-16	
	800m	2:32.45	Donald Mathewson	SOPAC	21-Feb-15	
	1500m	5:02.28	Donald Mathewson	Campbelltown	06-Jun-15	<b>AR</b>
	1 mile	5:39.38	John Warren	Illawong	29-Aug-09	<b>AR</b>
	3000m	11:06.68	Donald Mathewson	Campbelltown	06-Jun-15	<b>AR</b>
	5000m	18:59.71	Donald Mathewson	SOPAC	21-Feb-15	
	10,000m	44:31.0	Lloyd Laing		1995	
	8km cross country	34:12	Donald Mathewson	Lyon, France	04-Aug-15	
	10km Road	40:37.60	Donald Mathewson	Homebush	02-May-15	
	Half Marathon	1:30:33	Donald Mathewson	Sydney	17-May-15	
	Marathon	4:10.21	Bill Burridge	ACT	19-Apr-98	
	1500m Walk	8:48.30	Jim Seymon	Perth	02-Apr-10	
	3000m Walk					
	5000m Walk	29:54.84	Jim Seymon	Adelaide	10-Apr-09	
	10km Walk Road	1:01.30	Jim Seymon	Adelaide	13-Apr-09	
	20km Walk Road	2:15.35	Vic Townsend	Sydney	1994	
	80m Hurdles	14.51	Greg Mamalis	Pan Pacs	03-Nov-12	
	300m Hurdles	55.86	Albert Gay	Tauranga, NZ	11-Feb-12	
	2000m Steeplechase	9:14.23	Max McKay	Brisbane	30-Sep-94	
	High Jump	1.35	Greg Mamalis	Pan Pacs	05-Nov-12	
	High Jump	1.35	John Gordon	Darwin	10-Jun-17	
	Pole Vault	3	Albert Gay	Bankstown	05-Apr-15	
	Long Jump	4.57	Albert Gay	Lyon, France	05-Aug-15	
	Triple Jump	9.85	Fred O'Connor	Homebush	01-Apr-94	<b>AR</b>
	Hammer	40.94	David Bugden	SOPAC	10-Apr-08	
	Shot Put	13.6	Leo Christopher	Torino, Italy	08-Aug-13	<b>AR</b>
	Discus	41.66	Keith James	Bankstown	26-Feb-12	<b>AR</b>
	Javelin	38.33	Ron Simcock	Canberra	14-Apr-06	
	Weight Throw	15.63	Dave Bugden	Blacktown	28-Mar-08	
	Weight 56lb	4.24	Noel Donohoe	Campbelltown	11-Feb-11	
	Weight 100lb	2.28	Noel Donohoe	ACT	04-Oct-10	
(rescored 2014)	Decathlon	6170	Fred O'Connor (2010 = 6207)	Buffalo	13-Jul-95	
(not rescored)	Pentathlon Field	3993	Fred O'Connor	Homebush	19-Mar-94	
(rescored 2014)	Pentathlon Throws	4075	Keith James (2010 = 4122)	Campbelltown	11-Mar-12	<b>AR</b>
(rescored 2015)	Pentathlon HW	3775	Keith James (previously 4056 points)	Canberra	03-Oct-11	
	Relay 4 x 100m	1:05.00	Nick Bastas, Ron Wills, Jack Sturzaker, David Chantrill	Chatswood	12-Feb-11	
	Relay 4 x 400m	5:30.90	Ron Wills, Fred Daniels, Nick Bastas, David Chantrill	Chatswood	19-Feb-11	
	Relay 4 x 800m	13:23.30	Ron Wills, Nick Bastas, David Chantrill, John Spinney	Chatswood	26-Feb-11	
	Relay 4 x 1500m	25.10.0	Ron Wills, James Harrison, Albert Gay, Geoff Francis	Sylvania	24-Mar-12	<b>AR</b>



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*\*Non-Member records in Blue & Italics*

Age Group	Event	Record	Holder	Venue	Date	WR/AR
<b>M75</b>	60m	9.24	David Chantrill	Glendale	23-Feb-14	
	100m	14.54	Neville McIntyre	Wollongong	26-Jan-18	
	200m	29.89	David Chantrill	Bendigo	11-Jan-14	
	400m	1:11.03	Norm Windred	Brisbane	28-Mar-05	
	800m	2:56.40	Norm Windred	Canberra	11-Feb-03	
	1500m	6:13.98	John Warren	SOPAC	22-Feb-15	
	1 mile	7:41.80	Max McKay	Wollongong	07-Jun-01	
	3000m	14:06.94	John Spinney	SOPAC	08-Nov-14	
	5000m	22:47.90	Lloyd Laing	Bankstown	14-Apr-01	
	10,000m	46:05.00	Lloyd Laing	Sydney	14-Mar-00	
	8km cross country	41:03.94	Heiko Schaefer	Perth	26-Oct-16	
	10km Road	2.05	Heiko Schaefer	Homebush	07-May-15	
	Half Marathon	2:07.30	Ken Saunders	Gold Coast	06-Jul-08	
	<i>Half Marathon</i>	<i>1:56:47</i>	<i>William Thom</i>	<i>Homebush</i>	<i>28-Aug-16</i>	
	Marathon	5:04:59	Heiko Schaefer	Perth	06-Nov-16	
	1500m Walk	9:14.19	Jim Seymon	Adelaide	16-Apr-16	
	5000m Walk	31:42.00	Vic Townsend		1995	
	10km Walk Road	1:06:43	Jim Seymon	Adelaide	19-Apr-16	
	15km Walk Road	1:49:20	Jim Seymon	Chipping Norton	27-Jul-16	
	20km Walk Road	2:23.25	Don Whyte	Bankstown	16-Apr-01	
	80m Hurdles	15.78	Fred O'Connor		01-Jan-00	
	300m Hurdles	1:02.53	Fred O'Connor	Bankstown	13-Apr-01	<b>AR</b>
	2000m Steeplechase	10:31.21	Max McKay	Brisbane	04-Jul-01	
	High Jump	1.27	Ron Simcock	Blacktown	09-Apr-11	
	Pole Vault	2.50	Albert Gay	Perth	28-Apr-18	
	Long Jump	4.12	Fred O'Connor	Canberra	04-Apr-99	
#	Triple Jump	9.33	Fred O'Connor	Townsville	30-Apr-95	<b>AR</b>
	Hammer	38.41	Ron Simcock	Glendale	22-Jan-11	
	Shot Put	11.64	Jim Peridis	Bankstown	13-Apr-00	<b>AR</b>
	Discus	33.13	Ron Simcock	ACT	02-Oct-10	
	Javelin	34.09	Ron Simcock	Dubbo	27-Jan-13	
	Weight Throw	15.42	Ron Simcock	Gold Coast	08-Nov-10	
	Weight 56lb	4.14	Noel Donohoe	Wollongong	07-Feb-16	
	Weight 100lb	2.22	Noel Donohoe	Wollongong	07-Feb-16	<b>AR</b>
(rescored 2014)	Decathlon	6748	Fred O'Connor (2010 = 6793)	Gateshead	29-Jul-99	<b>AR</b>
(not rescored)	Pentathlon Field	3453	Fred O'Connor	Bankstown	16-Apr-01	
	Pentathlon Throws	4182	Ron Simcock	Gold Coast	08-Nov-10	
(rescored 2015)	Pentathlon HW	4523	Ron Simcock (previously 5404 points)	Wollongong	23-Feb-13	
	Relay 4 x 800m	14:04.61	Ron Wills, John Spinney, Richard Hughes, Michael Johnson	SOPAC	19-Mar-15	<b>AR</b>

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*\*Non-Member records in Blue & Italics*

Age Group	Event	Record	Holder	Venue	Date	WR/AR
<b>M80</b>	60m	9.47	Richard Hughes	Melbourne	06-Apr-12	
	100m	15.41	Richard Hughes	Glendale	08-Jul-12	
	200m	32.69	Richard Hughes	Glendale	08-Jul-12	
	400m	1:16.87	Norm Windred	Gold Coast	08-Jul-07	
	400m	1:16.87	Richard Hughes	Melbourne	08-Apr-12	
	800m	3:12.12	Richard Hughes	SOPAC	22-Mar-12	
	1500m	7:25.35	Max McKay	Melbourne	12-Apr-04	
	1 mile	8:19.60	Max McKay	Wollongong	12-Jul-04	
	3000m	17:43.60	Max McKay	Wollongong	22-Jul-04	
	5000m	24:33.46	Bill Burridge	Bankstown	04-Feb-06	
	10,000m	50:23.45	Bill Burridge	Canberra	12-Apr-06	
	8km cross country	46:25	Bill Burridge	Canberra	2006	
	10km Road	1:25.59	Ken Saunders	Gold Coast	01-Jul-17	
	Marathon	5:59.44	Ken Saunders	Sydney M7	29-Jul-12	
	Half Marathon	2:28.28	Ken Saunders	Bankstown	02-Sep-12	
	1500m Walk	9:38.26	Jim Seymon	Melbourne	28-Apr-18	<b>AR</b>
	5000m Walk	33:40.54	Jim Seymon	Perth	27-Apr-18	
	10km Walk Road	1:10.07	Jim Seymon	Perth	29-Apr-18	
	20km Walk Road	2:35.14	Don Whyte	San Sebastian	31-Aug-05	
	80m Hurdles	18.64	Fred O'Connor	Brisbane	25-Mar-05	<b>AR</b>
	200m Hurdles	44.11	Osmo Millridge	Melbourne	08-Apr-12	<b>AR</b>
	300m Hurdles	1:06.33	Fred O'Connor	Melbourne	10-Apr-04	<b>AR</b>
	2000m Steeplechase	11:44.44	Max McKay	Rarotonga	23-Oct-04	
	High Jump	1.15	Ron Simcock	Campbelltown	23-Jan-16	
	Pole Vault	1.9	Fred O'Connor	Homebush	13-Mar-04	<b>AR</b>
	Long Jump	3.6	Fred O'Connor	Melbourne	09-Apr-04	<b>AR</b>
	Triple Jump	8.23	Fred O'Connor	Melbourne	11-Apr-04	<b>AR</b>
	Hammer	40.11	Ron Simcock	Wollongong	13-Jun-15	
	Shot Put	11.29	Ron Simcock	Canberra	04-Oct-15	<b>AR</b>
	Discus	27.66	Ron Simcock	Wollongong	26-Mar-05	
	Javelin	28.93	Ron Simcock	Wollongong	13-Jun-15	
	Weight Throw	16.46	Ron Simcock	Wollongong	01-Oct-16	
	Weight 56lb	3.36	Ron Simcock	Wollongong	03-Oct-16	
	Weight 100lb	1.76	Norm Windred	Canberra	06-Oct-08	
(rescored 2014)	Decathlon	5593	Fred O'Connor (2010 = 5593)	Brisbane	20-Feb-05	<b>AR</b>
(rescored 2010)	Pentathlon Field	3247	Fred O'Connor	Melbourne	12-Apr-04	<b>AR</b>
	Pentathlon Throws	4520	Ron Simcock	Wollongong	13-Jun-15	<b>AR</b>
	Pentathlon HW	5034	Ron Simcock	Canberra	05-Oct-15	<b>AR</b>

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*\*Non-Member records in Blue & Italics*

Age Group	Event	Record	Holder	Venue	Date	WR/AR
<b>M85</b>	60m	10.17	Richard Hughes	Homebush	21-Oct-17	<b>AR</b>
	100m	17.42	Richard Hughes	SOPAC	11-Mar-17	
	200m	34.37	Richard Hughes	Homebush	21-Oct-17	<b>AR</b>
	400m	1:25.63	Richard Hughes	Darwin	11-Jun-17	<b>AR</b>
	800m	3:40.45	Richard Hughes	Auckland, NZ	21-Apr-17	
	1500m	9:53.93	Len Foulser		2000	
	1500m Walk	11:14.58	Osmo Millridge	Perth	28-Apr-18	
	200m Hurdles	49.62	Osmo Millridge	Perth	27-Apr-18	
	High Jump	0.91	Max McKay	Campbelltown	06-Mar-10	
	Long Jump	2.55	Max McKay	Perth	02-Apr-10	
	Triple Jump	5.47	Max McKay	Perth	04-Apr-10	
	Hammer	23.54	Norman Joseph Windred	Canberra	06-Oct-13	
	Shot Put	8.04	Norman Joseph Windred	Canberra	10-Oct-13	
	Discus	19.81	Norman Joseph Windred	Canberra	01-Jan-13	
	Javelin	21.32	Kevin Hopkins	Melbourne	09-Apr-04	
	Weight Throw	11.34	Norman Joseph Windred	Canberra	07-Oct-13	
	Weight 56lb	2.82	Norman Joseph Windred	Canberra	07-Oct-13	
	Decathlon	3132	Brian Sharpe	Bendigo	10-Jan-16	
	Pentathlon Field	1281	Max McKay	Perth	05-Apr-10	
	Pentathlon Throws	3375	Norman Joseph Windred	Canberra	07-Oct-13	
<b>M90</b>	100m	24.1	William Empey	Adelaide	28-Mar-86	
	200m	54.8	William Empey	Melbourne	29-Nov-87	
	400m	2:07.50	William Empey	Adelaide	28-Mar-86	
	High Jump	0.75	Max McKay	Hobart	09-Mar-14	
	Long Jump	1.25	Max McKay	Hobart	08-Mar-14	
	Hammer	18.44	Max McKay	Bendigo	08-Jan-14	
	Shot Put	5.47	Max McKay	Wollongong	25-Jan-14	
	Discus	12.84	Ray Frith		1995	
	Javelin	10.93	Max McKay	Hobart	08-Mar-14	
	Weight Throw	6.7	Max McKay	Hobart	08-Mar-14	
	Pentathlon Throws	2304	Max McKay (originally 2384 points)	Bendigo	08-Jan-14	

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*\*Non-Member records in Blue & Italics*

Age Group	Event	Record	Holder	Venue	Date	WR/AR
<b>Note on women's field pentathlon:</b>						
<b>Prior to 2009: Long jump, Javelin, 200m, Discus and 800m</b>						
<b>Since 2009: 100m, Shot Put, Long Jump, Javelin and 800m.</b>						
W30	(pre-2009)	Pentathlon Field	3255	Lynette Smith		2005 <b>AR</b>
W35	(pre-2009)	Pentathlon Field	3368	Marie Kay	Canberra	1998
W40	(pre-2009)	Pentathlon Field	2105	Kerrie Macey	Melbourne	09-Apr-98
W45	(pre-2009)	Pentathlon Field	3231	Kaye Smythe		1998
W50	(pre-2009)	Pentathlon Field	3746	Kaye Smythe	Sydney	01-Apr-98
W55	(pre-2009)	Pentathlon Field	2322	Gloria Seymon	Homebush	11-Mar-98
W60	(pre-2009)	Pentathlon Field	2366	Olive Webb	Sydney	03-Apr-91
<b>Notes on javelin:</b>						
<b>The specifications of the implement changed in 1986 for Men and 1999 for Women</b>						
<b>From 1st January 2014: W60-74 will be 500gms (previously 400gms)</b>						
M35	(pre-1986)	Javelin	64.4	Peter Rayk		28-Mar-86
M40	(pre-1986)	Javelin	48.02	Lloyd Mitchelson		1984
M45	(pre-1986)	Javelin	48.98	Rocky Wijesinghe		1983
M50	(pre-1986)	Javelin	51.22	John Cooper		10-Apr-94
M55	(pre-1986)	Javelin	38.84	Fred O'Connor		01-Jan-83
M60	(pre-1986)	Javelin	36.12	Fred O'Connor		1980
M65	(pre-1986)	Javelin	34.36	Kevin Hopkins		1984
W30	(pre-2000)	Javelin 600g	66.96*	Louise McPaul-Currey (*Not listed in AMA records)		1999
W30	(pre-2000)	Javelin 600g	49.40*	Mary Thomas (*Listed in AMA records)		1979 <b>AR</b>
W35	(pre-2000)	Javelin 600g	46.98	Mary Thomas		1983 <b>AR</b>
W40	(pre-2000)	Javelin 600g	48.84	Mary Thomas	Sydney	24-Mar-85 <b>AR</b>
W45	(pre-2000)	Javelin 600g	39.78	Mary Thomas	United States	29-Jul-89
W50	(pre-2000)	Javelin 400g	48.56	Mary Thomas		1995 <b>AR</b>
W45	(pre-1999)	Pentathlon Throws	3846	Denise Palmer	Melbourne	27-Mar-97
W50	(pre-1999)	Pentathlon Throws	4345	Marja-Leena Parviainen		1998
<b>Events no longer held:</b>						
W40	300m	Hurdles	1:11.63	Beryl Titmuss	Melbourne	08-Oct-95
M55	90m	Hurdles	15.36	Peter McEnearney	Adelaide	10-Apr-93
M50	1500m	Steeplechase	5:00.50	Adolf Blonner	Adelaide	28-Mar-86
M50	2000m	Steeplechase	7:10.10	Adolf Blonner		1987
M55	1500m	Steeplechase	6:05.70	Brian Sharpe	Adelaide	28-Mar-86
M55	2000m	Steeplechase	7:43.04	Osmo Millridge		1987
M60	1500m	Steeplechase	7:10.00	Maurice Wild	Adelaide	28-Mar-86
M65	1500m	Steeplechase	6:18.00	John Milne	Adelaide	28-Mar-86
M35	3000m	Walk	17:04.77	David Smyth	Campbelltown	11-Mar-06
M40	3000m	Walk	16:39.28	Greg Rowe	Mingara	21-Jan-06
M50	3000m	Walk	18:57.79	Ken Smith	Mingara	21-Jan-06
M60	3000m	Walk	17:24.30	Jim Seymon	Homebush	27-Mar-04
M75	3000m	Walk	19:25.11	Don Whyte	Gold Coast	04-Nov-00
M50		Walk	2:36.30	Tony Larkum		1991