

| NSWMA Records | | 15 February 2018 | | | <i>*Non-Member records in Blue & Italics</i> | | |
|-----------------|---------------------------|------------------|---|-----------------------|--|-----------|--|
| 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 | | |
| | 200m | 23.4 | Melissa Medlicott | Darwin | 02-Jul-00 | AR | |
| | 400m | 55.5 | Glenda Douglass | Perth | 05-Apr-96 | AR | |
| | 800m | 2:10.64 | Iris Good | Sydney | 1991 | | |
| | <i>800m</i> | <i>2:05.32</i> | <i>Lauren Reid</i> | <i>Bass Hill</i> | <i>23-Dec-17</i> | | |
| | 1500m | 4:37.32 | Noni Cooper | Bankstown | 21-Jan-17 | | |
| | <i>1500m</i> | <i>4:16.85</i> | <i>Lauren Reid</i> | <i>Newcastle</i> | <i>20-Jan-18</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> | AR | |
| | 10,000m | 35:07.40 | Billinda Schipp | Blacktown | 01-Mar-08 | AR | |
| | <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 | 1/03/2008 | | |
| | 10km Road | 36:20 | Noni Cooper | Bankstown | 6/04/2015 | | |
| | <i>10km Road</i> | <i>32:23</i> | <i>Eloise Wellings</i> | <i>Homebush</i> | <i>06-May-17</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-Jan-00</i> | AR | |
| | 1500m Walk | 10:59.20 | Sharyn Dickson | Darwin | 09-Jun-17 | | |
| | 5000m Walk | 28:03.85 | Wendy Nixon | Bankstown | 11-Feb-01 | | |
| | 10,000m Walk | 1:05.51 | Jane Johnson | | 1987 | | |
| | 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 | AR | |
| | 2000m Steeplechase | 7:12.46 | Alison Rothwell | Bankstown | 01-Apr-06 | | |
| <i>Interim</i> | <i>3000m Steeplechase</i> | <i>10:11.50</i> | <i>Marnie Ponton</i> | <i>Bankstown</i> | <i>28-Oct-17</i> | | |
| | High Jump | 1.66 | Lynette Smith | Brisbane | 26-Mar-05 | AR | |
| | Pole Vault | 3.9 | Zsuzsanna Olgay-Szabo | Homebush | 01-Dec-07 | | |
| | Long Jump | 5.74 | Jitka Hiscox | Adelaide | 16-Apr-16 | AR | |
| | Triple Jump | 10.91 | Sue Ward | Bankstown | 15-Apr-01 | | |
| | Hammer | 64.1 | Karyne Di Marco | Greystanes | 21-Feb-10 | AR | |
| | 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 | 38.99 | Lynette Smith | Brisbane | 17-Apr-05 | | |
| | Javelin | 38.88 | Lynette Smith | | 2005 | AR | |
| | Weight Throw | 19.08 | Karyne Di Marco | SOPAC | 12-Oct-09 | AR | |
| | Weight 56lb | 5.9 | Melissa Holahan | Wollongong | 07-Feb-16 | AR | |
| | Weight 100lb | 2.56 | Karyne Di Marco | Canberra | 03-Oct-09 | AR | |
| | Heptathlon | 4626 | Jitka Hiscox | SOPAC | 01-Apr-16 | AR | |
| | Pentathlon Field | 3236 | Jitka Hiscox | Adelaide | 19-Apr-16 | AR | |
| (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 | AR | |
| | Relay 4 x 400m | 4:14.96 | Julie Forster, Ranell Hobson, Gianna Mogentale, Lynette Smith | Hobart | 09-Apr-07 | AR | |

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| W35 | 60m | 7.98 | Melissa Medlicott Nicole Robinson | Sydney SOPAC | 25/07/2006 22/02/2015 | | |
| | 100m | 12.33 | Melissa Medlicott | Canberra | 15-Apr-06 | AR | |
| | 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 | AR | |
| | 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>AR</i> | |
| | 3000m | 9:18.51 | Belinda Martin | SOPAC | 12-Nov-11 | AR | |
| | <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 | AR | |
| | <i>5000m</i> | <i>15:41.76</i> | <i>Kerryn McCann</i> | <i>Melbourne</i> | <i>17-Feb-05</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>AR</i> | |
| | 1500m Walk | 7:50.37 | Anne Weekes | Bankstown | 11-Feb-01 | | |
| | 3000m Walk | 12:43.20 | Anne Manning | | 1995 | AR | |
| | 5000m Walk | 21:37.50 | Anne Manning | Sydney | 22-Jan-96 | AR | |
| | 10km Walk Road | 44.28 | Anne Manning | | 1995 | AR | |
| | 20km Walk Road | 1:36.04 | Anne Manning | | 1995 | AR | |
| | 100m Hurdles | 15.05 | Aanika Milne | Glendale | 28-Jan-17 | | |
| | 400m Hurdles | 1:02.30 | Stacey Quitzau | | 1996 | AR | |
| | 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>WR/AR</i> | |
| <i>Interim</i> | <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 | 35.96 | Melissa Bonser | Blacktown | 28-Mar-08 | | |
| | 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 | 12.89 | Audrey Muscat | Wollongong | 07-Feb-16 | | |
| | Weight 56lb | 4.48 | Audrey Muscat | Canberra | 05-Oct-15 | AR | |
| | Weight 100lb | 2.34 | Audrey Muscat | Wollongong | 03-Oct-16 | AR | |
| (rescored 2010) | Heptathlon | 4897 | Marie Kay | Gateshead, UK | 29-Jul-99 | AR | |
| (rescored 2010) | Pentathlon Field | 2825 | Lynette Smith | Adelaide | 13-Apr-09 | | |
| (rescored 2010) | Pentathlon Throws | 2993 | Lynette Smith (original 3120 points) | SOPAC | 18-Oct-09 | | |
| | 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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| W40 | 60m | 7.86 | Gianna Mogentale | Hobart | 06-Apr-07 | AR | |
| | 100m | 12.25 | Gianna Mogentale | SOPAC | 08-Mar-08 | AR | |
| | 200m | 25.1 | Kylie Strong | SOPAC | 01-Dec-07 | AR | |
| | 400m | 56.18 | Marie Kay | Puerto Rico | 12-Jul-03 | AR | |
| | 800m | 2:15.39 | Stacey Quitzau | Bankstown | 13-Apr-01 | | |
| | 1500m | 4:30.56 | Belinda Martin | Bankstown | 10-Dec-16 | AR | |
| | 1 mile | 5:22.23 | Lisa Harrison | Illawong | 31-Jul-10 | | |
| | 3000m | 9:36.67 | Belinda Martin | SOPAC | 08-Nov-14 | | |
| | 5000m | 17:00.65 | Joanne Cowan | Homebush | 1998 | AR | |
| | 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 | AR | |
| (rescored 2010) | Heptathlon | 5609 | Marie Kay | Brisbane | 05-Jul-01 | AR | |
| | 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 | AR | |
| | Relay 4 x 1500m | 22:14.2 | Lisa Harrison, Karen Hermann, Robyn Basman, Linda Gard | Illawong | 12-Mar-10 | AR | |

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| W45 | 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 | AR | |
| | 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 | 33:13 | Cristine Suffolk | Lyon, France | 04-Aug-15 | | |
| | 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 | AR | |
| | 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 | AR | |
| | 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 | AR | |
| | 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 | AR | |

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| W50 | 60m | 8.17 | Gianna Mogentale | Hobart | 10-Mar-14 | AR | |
| | 100m | 12.64 | Julie Forster | Brisbane | 21-Apr-11 | AR | |
| | 200m | 26.48 | Gianna Mogentale | Wollongong | 26-Jan-14 | AR | |
| | 400m | 58.51 | Marge Allison | | 22-Jul-95 | AR | |
| | 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 | AR | |
| | 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 | AR | |
| | 300m Hurdles | 51.81 | Sally Stagles | Lyon, France | 11-Aug-15 | | |
| | 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 | 51.73 | Helen Searle | Rotterdam | | | |
| | Shot Put | 12.9 | Marja-Leena Parviainen | Sydney | 27-Mar-98 | AR | |
| | Discus | 38.58 | Gabriele Watts | Adelaide | 18-Apr-16 | | |
| | Javelin | 26.9 | Marja-Leena Parviainen | Durban | Jul-97 | | |
| | Weight Throw | 16.54 | Kaye Smythe | Hobart | 21-Apr-00 | | |
| | Weight 56lb | 3.35 | Marja-Leena Parviainen | Homebush | 22-Mar-97 | AR | |
| | Weight 100lb | 1.5 | Christine Shaw | Campbelltown | 11-Mar-12 | | |
| (rescored 2010) | Heptathlon | 4812 | Jill Taylor | ACT | 06-Oct-08 | | |
| | Pentathlon Field | 3479 | Kaye Smythe | Gateshead, UK | 30-Jul-99 | | |
| | Pentathlon Throws | 4279 | Gianna Mongentale | Bendigo | 08-Jan-14 | | |
| | Pentathlon HW | 4513 | Gabriele Watts | Homebush | 05-Mar-16 | | |
| | Relay 4 x 100m | 53.49 | Gabriele Watts | Wollongong | 03-Oct-16 | | |
| | Relay 4 x 400m | 4:42.15 | Philippa Wight (53) Kylie Strong (50) Jackie Bezuidenhout (50) Gianna Mogentale (53) | Darwin | 11-Jun-17 | | |
| | Relay 4 x 800m | 11:08.12 | Gianna Mogentale, Lynda Douglass, Julie Forster, Robyn Suttor | Adelaide | 18-Apr-16 | | |
| | Relay 4 x 1500m | 22.34 | Deborah Drennan, Erika Bunker, Robyn Basman, Robyn Suttor | Illawong | 05-Feb-10 | AR | |
| | | | Cris Penn, Karen Petley, Deborah Drennan, Robyn Basman | Sylvania | 09-Feb-13 | AR | |

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| W55 | 60m | 8.71 | Julie Forster | Adelaide | 16-Apr-16 | AR |
| | 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 | 17:17.18 | Anne Weekes | E.S.Marks Sydney | 07-Oct-17 | |
| | 5000m Walk | 29:10.05 | Anne Weekes | Penguin | 24-Oct-17 | |
| | 10km Walk Road | 1:04.42 | Kerry Bray | Sydney | 14-Mar-00 | |
| | 20km Walk Road | 2:04:24 | Anne Weekes | Chipping Norton | 23-Jul-17 | |
| | 80m Hurdles | 13.12 | Sally Stagles | Bass Hill | 23-Dec-17 | |
| | 300m Hurdles | 51.71 | Marge Allison | Puerto Rico | 05-Jul-03 | AR |
| | 2000m Steeplechase | 8:49.22 | Caroline Yarnell | Bankstown | 04-Apr-15 | |
| | High Jump | 1.33 | Christine Shaw | SOPAC | 21-Feb-15 | |
| | <i>Pole Vault</i> | <i>1.90</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 | WR |
| | Shot Put | 12.09 | Mary Thomas | Norfolk Island | 20-Jan-00 | AR |
| | Discus | 31.81 | Marja-Leena Parviainen | Hobart | 21-Apr-00 | |
| | Javelin | 39.17 | Mary Thomas | Bankstown | 13-Apr-01 | AR |
| | Weight Throw | 15.15 | Marja-Leena Parviainen | Melbourne | 09-Oct-02 | AR |
| | Weight 56lb | 3.26 | Jill Taylor | ACT | 03-Oct-11 | |
| | Weight 100lb | 1.62 | Jill Taylor | ACT | 03-Oct-11 | AR |
| (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 | AR |
| (rescored 2015) | Pentathlon HW | 3708 | Jill Taylor (previously 3980 points) | Canberra | 01-Oct-12 | |
| | 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 |
|----------------|-------------------|----------|----------------------------|--------------|-----------|-----------|
| W60 | 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 | AR |
| | 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 | |
| | High Jump | 1.13 | June Lowe (also 02-Nov-16) | SOPAC | 22-Feb-15 | |
| | 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 | |
| | Shot Put | 12.67 | Helen Searle | Dubbo | 06-Jan-01 | AR |
| | 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 | AR |
| | Weight Throw | 17.52 | Helen Searle | Hobart | 22-Apr-00 | AR |
| | 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 | ACT, AIS | 01-Apr-13 | |
| (pre-2014) | Pentathlon Throws | 4789 | Helen Searle | | 24-Apr-00 | AR |
| from-2014 | Pentathlon Throws | 3911 | June Lowe | Wollongong | 02-Oct-16 | |
| | Pentathlon HW | 3998 | Jill Taylor | Wollongong | 06-Feb-16 | |

| NSWMA Records | | 15 February 2018 | | | <i>*Non-Member records in Blue & Italics</i> | | |
|-----------------|---------------------------|------------------|--------------------------------------|-----------------|--|-----------|--|
| Age Group | Event | Record | Holder | Venue | Date | WR/AR | |
| <i>W65</i> | 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 | AR | |
| from-2014 | Javelin (500g) | 23.57 | Mary Thomas | Wollongong | 24-Jan-14 | AR | |
| | 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 | AR | |
| (rescored 2015) | Pentathlon HW | 3497 | Mary Thomas (previously 3378 points) | Canberra | 05-Oct-09 | | |

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| Age Group | Event | Record | Holder | Venue | Date | WR/AR |
|-----------------|-------------------|----------|--------------------------------------|--------------|-----------|-----------|
| W70 | 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 | AR |
| | 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 | AR |
| (rescored 2015) | Pentathlon HW | 3972 | Mary Thomas (previously 3823 points) | Canberra | 06-Oct-14 | |

| NSWMA Records | | 15 February 2018 | | | <i>*Non-Member records in Blue & Italics</i> | | |
|-----------------|------------|-------------------|-----------------|--|--|------------------|----|
| Age Group | Event | Record | Holder | Venue | Date | WR/AR | |
| W75 | 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 | 12:24.20 | Judith Kenyon | Darwin | 09-Jun-17 | |
| | 5000m | Walk | 39:55.65 | Judith Kenyon | Darwin | 10-Jun-17 | |
| | | <i>5000m Walk</i> | <i>38:16.22</i> | <i>Joan Purcell</i> | <i>Homebush</i> | <i>04-Mar-17</i> | |
| | 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 | |
| | | | | | | | |
| W80 | 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 | AR | |
| | 10km | Road | 1:31.43 | Ailsa Cree | Homebush | 08-Oct-09 | |
| | | Long Jump | 2.4 | Ruth Frith | | 1990 | AR |
| | | Triple Jump | 5.65 | Ruth Frith | Miyazaki, Japan | 13-Oct-93 | AR |
| | | Hammer | 18.22 | Ruth Frith | | 1994 | |
| | | Shot put | 6.93 | Ruth Frith | | 1994 | AR |
| | | 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 |
|------------|-------------------|----------|---------------|-------------------|-----------|-----------|
| W85 | 100M | 29.23 | Laurel Barret | SOPAC | 20-Feb-16 | |
| | 400m | 2:44.80 | Heather Lee | Gold Coast | 03-Nov-14 | AR |
| | 800m | 6:19.59 | Heather Lee | Gold Coast | 01-Nov-14 | AR |
| | 1500m | 11:56.80 | Heather Lee | Gold Coast | 03-Nov-14 | AR |
| | 1500m Walk | 11:36.90 | Heather Lee | Melbourne | 06-Apr-12 | AR |
| | 3000m Walk | 23:24.89 | Heather Lee | Gold Coast | 07-Nov-12 | AR |
| | 5000m Walk | 40:06.97 | Heather Lee | Gold Coast | 07-Nov-12 | AR |
| | 10,000m Walk | 01:20.54 | Heather Lee | AIS, ACT | 01-Apr-13 | AR |
| | 10km Walk Road | 1:26.30 | Heather Lee | Canberra | 2013 | |
| | Long Jump | 2.19 | Ruth Frith | Homebush | 28-Mar-95 | AR |
| | Triple Jump | 5.5 | Ruth Frith | Homebush | 25-Mar-95 | WR |
| | Shot put | 5.92 | Ruth Frith | Sydney | 1995 | AR |
| | Discus | 13.92 | Ruth Frith | | 1998 | AR |
| | Hammer | 18.26 | Ruth Frith | Sydney | 1995 | AR |
| | Javelin | 11.11 | Ruth Frith | | 1998 | |
| | Weight Throw | 7.78 | Ruth Frith | | 1995 | AR |
| (pre-1999) | Pentathlon Throws | 4424 | Ruth Frith | Homebush | 07-Mar-98 | |
| | | | | | | |
| | | | | | | |
| W90 | 1500m Walk | 12:09.10 | Heather Lee | E.S.Marks Sydney | 19-Nov-16 | WR |
| | 3000m Walk | 24:56.97 | Heather Lee | Penguin, Tasmania | 23-Oct-17 | WR |
| | 5000m Walk | 42:36.49 | Heather Lee | Penguin, Tasmania | 24-Oct-17 | WR |
| | Javelin | 10.51 | Ruth Frith | | 2002 | AR |
| | Discus | 12.1 | Ruth Frith | | 2000 | AR |
| | Shot put | 5.37 | Ruth Frith | Sydney | 2001 | AR |
| | Hammer | 13.13 | Ruth Frith | Hobart | 2000 | AR |
| | Weight Throw | 6.19 | Ruth Frith | Sydney | 2001 | AR |
| (pre-2009) | Pentathlon Throws | 5394 | Ruth Frith | Hobart | 24-Apr-00 | AR |
| | | | | | | |

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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> | <i>AR</i> |
| | 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> | <i>AR</i> |
| | 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>14:06.87</i> | <i>Scott Westcott</i> | <i>Sydney</i> | <i>19-Jan-06</i> | |
| | 10,000m | 31:06.50 | Glenn Ritchie | Sydney | 1995 | AR |
| | <i>10,000m</i> | <i>29:48.96</i> | <i>Scott Westcott</i> | <i>Melbourne</i> | <i>01-Dec-05</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 | |
| | 5000m Walk | 20:57.91 | Gyula Dudas | Bankstown | 11-Feb-01 | |
| | 10km Walk Road | 58:15 | Mark Ransom | | | |
| | 110m Hurdles | 14.13 | Greg Eyears | SOPAC | 04-Feb-12 | AR |
| | 400m Hurdles | 51.21 | Leigh Bennett (also 02-Dec-17) | Homebush | 02-Apr-17 | AR |
| | 3000m Steeplechase | 9:36.50 | Glenn Ritchie | Sydney | 1996 | |
| | High Jump | 1.97 | Shaun Fletcher | Albert Pk, Victoria | 08-Feb-13 | 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> | <i>AR</i> |
| | Triple Jump | 14.59 | Shaun Fletcher | Sydney | 05-Mar-16 | AR |
| | 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 | |
| (pre-1987) | Javelin | 86.67 | Andrew Curry | | 2001 | AR |
| | 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 | AR |
| | Relay 4 x 1500m | 19:41.0 | Ian Rose, Peter Byrne, Nick Terranova, Stephen Archer | Sylvania | 24-Mar-12 | AR |

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**Non-Member records in Blue & Italics*

| Age Group | Event | Record | Holder | Venue | Date | WR/AR |
|-----------------|-----------------------|-----------------|---|---------------------|------------------|-----------|
| M35 | 60m | 7.23 | Ashley McMahon | Kagoshima, Japan | 07-Jul-13 | |
| | 100m | 10.88 | Matthew Pilkington | SOPAC | 11-Oct-09 | AR |
| | <i>100m</i> | <i>10.38</i> | <i>Issac Ntiamoah</i> | <i>Campbelltown</i> | <i>09-Dec-17</i> | |
| | 200m | 21.96 | Jay Stone | Wollongong | 21-Feb-17 | AR |
| | 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>1:09.01</i> | <i>Russell Dessaix-Chin</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 | 15.7 | Clay Tompkins | | 1991 | |
| | <i>110m Hurdles</i> | <i>14.77</i> | <i>Ryan Dowling</i> | <i>Homebush</i> | <i>02-Dec-17</i> | AR |
| | 400m Hurdles | 57.09 | Kevin Atkins | Brisbane | 1988 | |
| | 3000m Steeplechase | 9:52.00 | Graham Ryan | | 1981 | |
| | High Jump | 1.93 | Clay Tompkins | | 1995 | AR |
| | Pole Vault | 3.9 | Peter Herd | Brisbane | 10-Apr-98 | |
| | Long Jump | 6.76 | Clay Tompkins | | 1988 | |
| | Triple Jump | 14.3 | Clay Tompkins | | 1988 | |
| | Hammer | 63.13 | Ricard Meiring | Homebush | 02-Mar-13 | |
| | Shot Put | 18.55 | Stuart Gyngell | Canberra | 05-Nov-03 | AR |
| | 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 | AR |
| | 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 | |
| | Pentathlon HW | 3750 | Jamie Muscat | Wollongong | 03-Oct-16 | |
| | Relay 4 x 100m | 46.12 | Gavin Holland, Mark Doherty, Kris Wardecki, Ernie Leseberg | Perth | 04-Apr-10 | |
| | <i>Relay 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 | 3:44.01 | Nathan Smith (42) Darren Hughes (54) Matthew Lynch (51) Jay Stone (37) | Darwin | 11-Jun-17 | |
| | Relay 4 x 1500m | 18:26.0 | Michael Doggett, Dennis Wylie, Brad Sharpe, Mark Gregory | Sylvania | 24-Mar-12 | AR |

| NSWMA Records | | 15 February 2018 | | | <i>*Non-Member records in Blue & Italics</i> | | |
|-----------------|--------------------|------------------|--|-----------------|--|-----------|--|
| Age Group | Event | Record | Holder | Venue | Date | WR/AR | |
| M40 | 60m | 7.19 | Greg Smith | Bankstown | 26-Feb-12 | AR | |
| | 100m | 10.85 | Ashley McMahon | Perth | 28-Oct-16 | AR | |
| | 200m | 22.03 | Ashley McMahon | Perth | 01-Nov-16 | AR | |
| | 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 | AR | |
| | 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 | 28:36 | Stuart Paterson | Brisbane | 04-Jul-01 | | |
| | 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 | AR | |
| | 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 | | |
| | Hammer | 55.23 | Sergei Zablotski | Homebush | 14-Mar-00 | | |
| | Shot Put | 18.55 | Stuart Gyngell | Homebush | 03-Feb-06 | AR | |
| | Discus | 50.91 | Stuart Gyngell | Gold Coast | 27-Jan-08 | | |
| | Javelin | 66.9 | John Kay | Bankstown | 16-Feb-01 | AR | |
| | Weight Throw | 17.26 | Ricard Meiring | Perth | 06-Nov-16 | AR | |
| | Weight 56lb | 10.49 | Ricard Meiring | Wollongong | 02-Oct-17 | | |
| | Weight 100lb | 4.91 | Jamie Muscat | Campbelltown | 09-Apr-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 | AR | |
| | Pentathlon HW | 4668 | Ricard Meiring | Wollongong | 02-Oct-17 | AR | |
| | 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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|-----------------|-----------------------|------------------|---|-------------------|--|-----------|--|
| Age Group | Event | Record | Holder | Venue | Date | WR/AR | |
| M45 | 60m | 7.44 | Gregory Smith | Darwin | 09-Jun-17 | | |
| | 100m | 11.22 | Rob Ballard | SOPAC | 11-Oct-09 | | |
| | 200m | 22.14 | Reg Austin OAM | | Aug-86 | AR | |
| | 400m | 50.61 | Reg Austin OAM | Puerto Rico | Feb-90 | AR | |
| | 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 | AR | |
| | 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 | AR | |
| | 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 | | |
| | High Jump | 1.95 | Nick Moroney | Homebush | 16-Dec-17 | AR | |
| | 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 | AR | |
| | Hammer | 53.34 | Tom Mullins | Toronto, Canada | 1975 | | |
| | Shot Put | 18.12 | Stuart Gyngell | Greystanes | 18-Feb-09 | AR | |
| | 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 | AR | |
| (rescored 2010) | Pentathlon Field | 3864 | Lloyd Mitchelson | Rome | 01-Feb-85 | AR | |
| (rescored 2010) | Pentathlon Throws | 4199 | Stuart Gyngell | Adelaide | 12-Apr-09 | AR | |
| (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 | | |

| NSWMA Records | | 15 February 2018 | | | <i>*Non-Member records in Blue & Italics</i> | | |
|-----------------|--------------------|------------------|---|--------------|--|-----------|--|
| Age Group | Event | Record | Holder | Venue | Date | WR/AR | |
| M50 | 60m | 7.52 | John Van Stappen | Gold Coast | 02-Nov-00 | | |
| | 100m | 11.47 | Peter Crombie | Buffalo | 1995 | AR | |
| | 200m | 22.88 | Reg Austin OAM | Eugene, US | 01-Aug-89 | AR | |
| | 400m | 51.81 | Reg Austin OAM | Melbourne | 29-Nov-87 | AR | |
| | 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 | AR | |
| | 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 | AR | |
| | 3000m Steeplechase | 10:15.90 | Doug Worling | Rome, Italy | 1985 | | |
| | High Jump | 1.75 | Clay Tompkins | Homebush | 09-Mar-03 | AR | |
| | Pole Vault | 3.65 | Rob Barclay | | 1990 | | |
| | Long Jump | 5.69 | Graeme Mell | SOPAC | 12-Oct-09 | | |
| | Triple Jump | 12.83 | Clay Tompkins | Homebush | 08-Mar-03 | AR | |
| | Hammer | 53.37 | Sergei Zablotski | Blacktown | 09-Apr-11 | | |
| | Shot Put | 18.63 | Stuart Gyngell | Wollongong | 25-Jan-14 | WR | |
| | Discus | 51.08 | Martin Harland | Perth | 29-Oct-16 | AR | |
| | 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 | AR | |
| (rescored 2015) | Pentathlon HW | 4326 | Stuart Gyngell (previously 4528 points) | Wollongong | 22-Mar-14 | | |
| | Relay 4 x 100m | 48.8 | Darren Hughes, Alan Provenzano, Mick Daly, Brett Reid | Hobart | 09-Mar-14 | | |
| | 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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|-----------------|--------------------|------------------|--|---------------------|--|-----------|--|
| Age Group | Event | Record | Holder | Venue | Date | WR/AR | |
| M55 | 60m | 7.89 | John Van Stappen | Adelaide | 10-Apr-09 | | |
| | 100m | 11.71 | Reg Austin OAM | | 1994 | | |
| | 200m | 24.26 | Reg Austin OAM | | 1994 | | |
| | 400m | 54.63 | Trevor Young | Adelaide | 18-Apr-16 | AR | |
| | 800m | 2:06.55 | Paul Critchley | Brisbane | 13-Apr-98 | | |
| | 1500m | 4:12.35 | Keith Bateman | Sacramento, US | 15-Jul-11 | WR | |
| | 1 mile | 4:35.04 | Keith Bateman | SOPAC | 18-Dec-10 | WR | |
| | 3000m | 8:56.80 | Keith Bateman | SOPAC | 13-Nov-10 | WR | |
| | 5000m | 15:29.7 | Keith Bateman | Blacktown | 05-Jan-11 | WR | |
| | 10,000m | 31:51.86 | Keith Bateman | SOPAC | 26-Mar-11 | WR | |
| | 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 | AR | |
| | Pole Vault | 3.65 | Phillip Carrero | Sydney | 2007 | AR | |
| | Long Jump | 5.61 | Clay Tompkins | Townsville | 02-Aug-08 | | |
| | Triple Jump | 12.26 | Clay Tompkins | SOPAC | 09-Mar-08 | AR | |
| | 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 | 13 | Jim Peridis | Brisbane | Apr-81 | | |
| | Discus | 45.2 | Wayne Martin | Campbelltown | 18-Dec-12 | AR | |
| | 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 | AR | |
| | Weight 100lb | 2.94 | Robert Clark | Wollongong | 02-Oct-17 | | |
| | Decathlon | 6130 | Peter Murray | Perth | 27-Oct-16 | AR | |
| | 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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|-----------------|--------------------|------------------|--|-------------------|--|-------|--|
| Age Group | Event | Record | Holder | Venue | Date | WR/AR | |
| M60 | 60m | 7.94 | Peter Crombie | Gold Coast | 11-Nov-06 | AR | |
| | 100m | 12.38 | Peter Crombie | San Sebastian | 2005 | | |
| | 200m | 24.83 | Peter Crombie | Edmonton, Can | 27-Jul-05 | AR | |
| | 400m | 56.85 | Peter Crombie | Brisbane | 28-Mar-05 | AR | |
| | 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 | 1:23.49 | Dennis Wylie | Sydney | 19-May-13 | | |
| | 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 | AR | |
| | Pole Vault | 3.4 | Phillip Carrero | Homebush | 10-Mar-12 | AR | |
| | 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 | AR | |
| | Relay 4 x 1500m | 21:31.20 | Noel Wright, John Warren, Dennis Williams, Don Mathewson | Illawong | 12-Mar-10 | | |

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|-----------------|--------------------|------------------|--|------------------|--|-----------|--|
| Age Group | Event | Record | Holder | Venue | Date | WR/AR | |
| M65 | 60m | 8.19 | Peter Crombie | Perth | 02-Apr-10 | | |
| | 100m | 12.62 | Peter Crombie | Sacramento, US | 24-Jul-10 | AR | |
| | 200m | 25.67 | Peter Crombie | Sacramento, US | 25-Jul-10 | AR | |
| | 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 | AR | |
| | 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 | AR | |
| | Relay 4 x 1500m | 21:49.0 | Frank Scorzelli, John Warren, Noel Wright, Don Mathewson | Sylvania | 24-Mar-12 | AR | |

| NSWMA Records | | 15 February 2018 | | | <i>*Non-Member records in Blue & Italics</i> | | |
|-----------------|--------------------|------------------|---|---------------|--|-----------|--|
| Age Group | Event | Record | Holder | Venue | Date | WR/AR | |
| M70 | 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 | AR | |
| | 1 mile | 5:39.38 | John Warren | Illawong | 29-Aug-09 | AR | |
| | 3000m | 11:06.68 | Donald Mathewson | Campbelltown | 06-Jun-15 | AR | |
| | 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 | AR | |
| | Hammer | 40.94 | David Bugden | SOPAC | 10-Apr-08 | | |
| | Shot Put | 13.6 | Leo Christopher | Torino, Italy | 08-Aug-13 | AR | |
| | Discus | 41.66 | Keith James | Bankstown | 26-Feb-12 | AR | |
| | 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 | AR | |
| (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 | AR | |

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**Non-Member records in Blue & Italics*

| Age Group | Event | Record | Holder | Venue | Date | WR/AR |
|-----------------|----------------------|----------------|--|-----------------|------------------|-----------|
| M75 | 60m | 9.24 | David Chantrill | Glendale | 23-Feb-14 | |
| | 100m | 14.6 | David Chantrill | Glendale | 23-Feb-14 | |
| | 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 | AR |
| | 2000m Steeplechase | 10:31.21 | Max McKay | Brisbane | 04-Jul-01 | |
| | High Jump | 1.27 | Ron Simcock | Blacktown | 09-Apr-11 | |
| | Pole Vault | 2.1 | Fred O'Connor | | 01-Jan-00 | |
| | Long Jump | 4.12 | Fred O'Connor | Canberra | 04-Apr-99 | |
| | Triple Jump | 9.33 | Fred O'Connor | Townsville | 30-Apr-95 | AR |
| | Hammer | 38.41 | Ron Simcock | Glendale | 22-Jan-11 | |
| | Shot Put | 11.64 | Jim Peridis | Bankstown | 13-Apr-00 | AR |
| | 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 | AR |
| (rescored 2014) | Decathlon | 6748 | Fred O'Connor (2010 = 6793) | Gateshead | 29-Jul-99 | AR |
| (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 | AR |

| NSWMA Records | | 15 February 2018 | | | <i>*Non-Member records in Blue & Italics</i> | | |
|-----------------|--------------------|------------------|-----------------------------|---------------|--|-----------|--|
| Age Group | Event | Record | Holder | Venue | Date | WR/AR | |
| M80 | 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 | | |
| | 10km Road | 1:25.59 | Ken Saunders | Gold Coast | 01-Jul-17 | | |
| | 8km cross country | 46:25 | Bill Burridge | Canberra | 2006 | | |
| | Marathon | 5:59.44 | Ken Saunders | Sydney M7 | 29-Jul-12 | | |
| | Half Marathon | 2:28.28 | Ken Saunders | Bankstown | 02-Sep-12 | | |
| | 1500m Walk | 9:54.62 | Osmo Millridge | Melbourne | 06-Apr-12 | AR | |
| | 5000m Walk | 34:25.69 | Don Whyte | San Sebastian | 26-Aug-05 | | |
| | 10,000m Walk | 1:15.40 | Don Whyte | Adelaide | 12-Oct-05 | | |
| | 20km Walk Road | 2:35.14 | Don Whyte | San Sebastian | 31-Aug-05 | | |
| | 80m Hurdles | 18.64 | Fred O'Connor | Brisbane | 25-Mar-05 | AR | |
| | 200m Hurdles | 44.11 | Osmo Millridge | Melbourne | 08-Apr-12 | AR | |
| | 300m Hurdles | 1:06.33 | Fred O'Connor | Melbourne | 10-Apr-04 | AR | |
| | 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 | AR | |
| | Long Jump | 3.6 | Fred O'Connor | Melbourne | 09-Apr-04 | AR | |
| | Triple Jump | 8.23 | Fred O'Connor | Melbourne | 11-Apr-04 | AR | |
| | Hammer | 40.11 | Ron Simcock | Wollongong | 13-Jun-15 | | |
| | Shot Put | 11.29 | Ron Simcock | Canberra | 04-Oct-15 | AR | |
| | 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 | AR | |
| (rescored 2010) | Pentathlon Field | 3247 | Fred O'Connor | Melbourne | 12-Apr-04 | AR | |
| | Pentathlon Throws | 4520 | Ron Simcock | Wollongong | 13-Jun-15 | AR | |
| | Pentathlon HW | 5034 | Ron Simcock | Canberra | 05-Oct-15 | AR | |

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**Non-Member records in Blue & Italics*

| Age Group | Event | Record | Holder | Venue | Date | WR/AR |
|------------|-------------------|----------|------------------------------------|--------------|-----------|-----------|
| M85 | 60m | 10.71 | Richard Hughes | Darwin | 09-Jun-17 | |
| | 100m | 17.42 | Richard Hughes | SOPAC | 11-Mar-17 | |
| | 200m | 35.13 | Richard Hughes | Darwin | 10-Jun-17 | AR |
| | 400m | 1:25.63 | Richard Hughes | Darwin | 11-Jun-17 | AR |
| | 800m | 3:40.45 | Richard Hughes | Auckland, NZ | 21-Apr-17 | |
| | 1500m | 9:53.93 | Len Foulser | | 2000 | |
| | 1500m Walk | 11:33.20 | Osmo Millridge | Darwin | 12-Jun-17 | |
| | 200m Hurdles | 52.22 | Osmo Millridge | Darwin | 09-Jun-17 | |
| | 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 | |
| | | | | | | |
| M90 | 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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|---|------------|---|----------|---|--|---------------------|--|
| Age Group | Event | Record | Holder | Venue | Date | WR/AR | |
| Note on women's field pentathlon: | | | | | | | |
| Prior to 2009: | | Long jump, Javelin, 200m, Discus and 800m | | | | | |
| Since 2009: | | 100m, Shot Put, Long Jump, Javelin and 800m. | | | | | |
| W30 | (pre-2009) | Pentathlon Field | 3255 | Lynette Smith | | 2005 AR | |
| 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 | |
| Notes on javelin: | | | | | | | |
| The specifications of the implement changed in 1986 for Men and 1999 for Women | | | | | | | |
| From 1st January 2014: W60-74 will be 500gms (previously 400gms) | | | | | | | |
| 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 AR | |
| W35 | (pre-2000) | Javelin 600g | 46.98 | Mary Thomas | | 1983 AR | |
| W40 | (pre-2000) | Javelin 600g | 48.84 | Mary Thomas | Sydney | 24-Mar-85 AR | |
| W45 | (pre-2000) | Javelin 600g | 39.78 | Mary Thomas | United States | 29-Jul-89 | |
| W50 | (pre-2000) | Javelin 400g | 48.56 | Mary Thomas | | 1995 AR | |
| W45 | (pre-1999) | Pentathlon Throws | 3846 | Denise Palmer | Melbourne | 27-Mar-97 | |
| W50 | (pre-1999) | Pentathlon Throws | 4345 | Marja-Leena Parviainen | | 1998 | |
| Events no longer held: | | | | | | | |
| W40 | 300m | Hurdles | 1:11.63 | Beryl Titmuss | Melbourne | 08-Oct-95 | |
| M55 | 90m | Hurdles | 15.36 | Peter McEneaney | 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 | |