

NSWMA Records

03 July 2018

*Non-Member records in Blue & 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	AR
	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>2:01.85</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>	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 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>	AR
	<i>Marathon</i>	<i>2:25.59</i>	<i>Kerryn McCann</i>		<i>16-Apr-00</i>	AR
	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>	AR
	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>	AR
	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>	AR
	<i>10km Walk Road</i>	<i>41:47</i>	<i>Kerry Saxby-Junna</i>		<i>1996</i>	WB
	<i>20km Walk Road</i>	<i>1:29.05</i>	<i>Jane Saville</i>	<i>LaCoruna, Spain</i>	<i>13-May-06</i>	AB
	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>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	AR
	<i>High Jump</i>	<i>1.85</i>	<i>Donna Robertson</i>		<i>1992</i>	AR
	Pole Vault	3.9	Zsuzsanna Olgay-Szabo	Homebush	01-Dec-07	
	Long Jump	5.74	Jitka Hiscox	Adelaide	16-Apr-16	AR
#	<i>Long Jump</i>	<i>6.64</i>	<i>Nicole Boegman</i>	<i>Johannesburg, SA</i>	<i>11-Sep-98</i>	AR
	Triple Jump	10.91	Sue Ward	Bankstown	15-Apr-01	
	Hammer	64.1	Karyne Di Marco	Greystanes	21-Feb-10	AR

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**Non-Member records in Blue & Italics*

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	AR
#	<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	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
	<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	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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**Non-Member records in Blue & Italics*

Age Group	Event	Record	Holder	Venue	Date	WR/AR
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>15:37.47</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>AR</i>
	1500m Walk	7:50.37	Anne Weekes	Bankstown	11-Feb-01	
	3000m Walk	12:43.20	Anne Manning		1995	AR
	<i>3000m Walk</i>	<i>12:02.39</i>	<i>Kerry Saxby-Junna</i>		<i>1997</i>	<i>WR/AR</i>
	5000m Walk	21:37.50	Anne Manning	Sydney	22-Jan-96	AR
	<i>5000m Walk</i>	<i>20:41</i>	<i>Kerry Saxby-Junna</i>		<i>1996</i>	<i>AR</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>AR</i>
	10km Walk Road	44.28	Anne Manning		1995	AB
	<i>10km Walk Road</i>	<i>42:52</i>	<i>Kerry Saxby-Junna</i>		<i>1998</i>	<i>AB</i>
	20km Walk Road	1:36.04	Anne Manning		1995	AB
#	<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>AB</i>
	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>
Interim	<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	15.53	Melissa Holahan	Wollongong	17-Mar-18	
	Weight 56lb	4.75	Melissa Holahan	Wollongong	18-Mar-18	

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Age Group	Event	Record	Holder	Venue	Date	WR/AR
W35	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	
	Pentathlon Throws	3094	Melissa Holahan	Illawong	07-Apr-18	
	Pentathlon HW	4185	Melissa Holahan	Wollongong	17-Mar-18	
	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
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	AR
	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	
	<i>10km Road</i>	<i>34:35.66</i>	<i>Belinda Martin</i>	<i>Homebush</i>	<i>06-May-18</i>	
	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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Age Group	Event	Record	Holder	Venue	Date	WR/AR
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	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	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	26.39	Kylie Strong	Bass Hill	24-Mar-18	
	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	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	AR
	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	AR
	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	Gianna Mongentale	Bendigo	08-Jan-14	
	Pentathlon Throws	4279	Gabriele Watts	Homebush	05-Mar-16	
	Pentathlon HW	4513	Gabriele Watts	Wollongong	03-Oct-16	AR
	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	AR
	Relay 4 x 1500m	22.34	Cris Penn, Karen Petley, Deborah Drennan, Robyn Basman	Sylvania	09-Feb-13	AR

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Age Group	Event	Record	Holder	Venue	Date	WR/AR
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	17:16.94	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	27-Apr-18	AR
	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	
	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	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	AR
	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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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	
	<i>10km Road</i>	<i>42:00.90</i>	<i>Rosemary Roediger</i>	<i>Homebush</i>	<i>06-May-18</i>	
	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	
	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	
#	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	WR
	Weight 56lb	2.86	Jill Senior	Campbelltown	11-Mar-12	
	Weight 100lb	1.65	Jill Taylor	Wollongong	18-Mar-18	AR
(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	AR
from-2014	Pentathlon Throws	3911	June Lowe	Wollongong	02-Oct-16	
	Pentathlon HW	4304	Jill Taylor	Wollongong	17-Mar-18	

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Age Group	Event	Record	Holder	Venue	Date	WR/AR
W65	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	
	<i>10km Road</i>	<i>47:48.46</i>	<i>Thelma Davies</i>	<i>Homebush</i>	<i>06-May-18</i>	
	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	
	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	<i>60m</i>	<i>10.36</i>	<i>Noreen Parrish</i>	<i>Brisbane</i>	<i>17-Mar-13</i>	
	100m	18	Marie Partridge	Canberra	31-Mar-91	
	<i>100m</i>	<i>16.54</i>	<i>Noreen Parrish</i>	<i>Brisbane</i>	<i>16-Mar-13</i>	
	200m	40.16	Marie Partridge	Brisbane	1991	
	<i>200m</i>	<i>35.74</i>	<i>Noreen Parrish</i>	<i>Brisbane</i>	<i>17-Mar-13</i>	
	400m	1:32.70	Marie Partridge	Canberra	31-Mar-91	
	<i>400m</i>	<i>1:27.63</i>	<i>Noreen Parrish</i>	<i>Brisbane</i>	<i>16-Mar-13</i>	
	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 Siepman	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 Wallett		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	

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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	
	<i>10km Road</i>	<i>62:48.46</i>	<i>Erica Raic</i>	<i>Homebush</i>	<i>06-May-18</i>	
	1500m Walk	11:48.79	Judith Kenyon	Perth	28-Apr-18	
	5000m Walk	39:04.0	Joan Purcell	Blacktown	03-Mar-18	
	<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	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	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	WR
	5000m Walk	40:06.97	Heather Lee	Gold Coast	07-Nov-12	WR
	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	41:04.87	Heather Lee	Perth	27-Apr-18	WR
	10km Walk Road	1:25.28	Heather Lee	Perth	29-Apr-18	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>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	
	<i>10km Road</i>	<i>30:43.65</i>	<i>Brad Bannister</i>	<i>Homebush</i>	<i>06-May-18</i>	
	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>	<i>AR</i>
	<i>50km Walk Road</i>	<i>3:43.39</i>	<i>Luke Adams</i>		<i>21-Aug-09</i>	<i>AR</i>
	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 & F</i>	<i>01-Jan-06</i>	<i>AR</i>
	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
	<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	

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**Non-Member records in Blue & Italics*

Age Group	Event	Record	Holder	Venue	Date	WR/AR
	Discus	44.32	Allan Flynn		1997	
M30	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>10.36</i>	<i>Issac Ntiamoah</i>	<i>SOPAC</i>	<i>02-Feb-18</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	
	<i>10km Road</i>	<i>29:46.00</i>	<i>Ben St Lawrence</i>	<i>Homebush</i>	<i>06-May-18</i>	
	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	14.93	Ryan Dowling	Bankstown	24-Feb-18	AR
	<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	
	<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	AR
#	<i>High Jump</i>	<i>2.15</i>	<i>Nick Moroney</i>	<i>Aust. T & F</i>	<i>01-Jan-12</i>	AR
	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	AR
	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	

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Age Group	Event	Record	Holder	Venue	Date	WR/AR
(rescored 2010)	Pentathlon	Throws	3559	Stuart Gyngell (3635 in 2002)	Adelaide	01-Apr-02
M35	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 AR

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**Non-Member records in Blue & Italics*

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	28:18	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	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	
	<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	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	4.92	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	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	7.43	Ernie Leseberg	Perth	26-Apr-18	
	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	2	Nick Moroney	Homebush	02-Feb-18	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	

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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	5.82	Edward Van Der Jagt	Bass Hill	24-Mar-18	
	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	48.2	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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Age Group	Event	Record	Holder	Venue	Date	WR/AR
M55	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	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	48.57	Sergei Zablotski	Campbelltown	20-May-17	
	Shot Put	12.40	Gavin Murray	Greystanes	22-Sep-13	
#	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	3.03	Robert Clark	Wollongong	18-Mar-18	
	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	55.42	Trevor Young	Perth	29-Apr-18	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	1:14:54	David Riches	Homebush	03-Sep-17	AR
	Marathon	2:54:19	David Riches	Gold Coast	01-Jul-18	
	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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**Non-Member records in Blue & Italics*

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

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**Non-Member records in Blue & Italics*

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	40:25.01	Donald Mathewson	Homebush	06-May-18	
	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	14.54	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	AR
	2000m Steeplechase	10:31.21	Max McKay	Brisbane	04-Jul-01	
	High Jump	1.27	Ron Simcock	Blacktown	09-Apr-11	
	Pole Vault	2.50	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	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

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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	
	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	AR
	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	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	10.17	Richard Hughes	Homebush	21-Oct-17	AR
	100m	17.42	Richard Hughes	SOPAC	11-Mar-17	
	200m	34.37	Richard Hughes	Homebush	21-Oct-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	8:07.91	Richard Hughes	Homebush	30-Sep-17	
	1500m Walk	11:14.58	Osmo Millridge	Perth	28-Apr-18	
	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	
M95	Hammer	4.34	Felikss Jekabsons	Blacktown	03-Mar-18	
	Shot Put	3.32	Felikss Jekabsons	Blacktown	03-Mar-18	
	Discus	8.36	Felikss Jekabsons	Blacktown	03-Mar-18	
	Javelin	6.27	Felikss Jekabsons	Blacktown	03-Mar-18	
	Weight Throw	2.83	Felikss Jekabsons	Blacktown	03-Mar-18	

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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 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	