

Records Set (World, Australian, State/Territory)

*Denotes existing record (Source AMA Website)

Record level	event	age group	Performance	date	place
Australian	1500m	W50	5.19.20	April 1979	Sydney
Australian	5000 walk	W50	28.23.00	14.4.79	Sydney
Australian	10km road walk	W50	59.06.00	13.1.81	Christchurch
Australian	800m	W55	2.51.43	April 1983	Melbourne
Australian	5000m walk	W55	29.00.00	April 1984	Melbourne
World	5000m	W60	21.14.60	21.1.87	Melbourne
World	10000m	W60	44.36.60	11.2.87	
Australian	5000m walk	W60	30.16.00	April 1987	Sydney
Australian	10km road walk	W60	63.58.00	April 1987	Sydney
World	1500m	W60	5.44.81	12.5.87	Melbourne
World	800m	W60	2.56.48	Dec 1987	Melbourne
World	5000m	W60	21.14.60	April 1989	Melbourne
World	10000m	W60	44.32.50	April 1989	Melbourne
World	5000m	W60	20.51.63	July 1989	Oregon, USA
World	10000m	W60	43.58.66	July 1989	Oregon, USA
World	10000m	W65	45.49.42*	April 1992	Hobart
World	5000m	W65	22.06.34	April 1992	Hobart
World	1500m	W65	6.02.68*	April 1992	Hobart
World	800m	W65	3.01.18*	19.4.92	Hobart
Australian	10000m	W70	51.09.00	28.3.97	Melbourne
Australian	1500m	W70	6.55.58	29.3.97	Melbourne
Australian	800m	W70	3.23.89*	30.3.97	Melbourne
Australian	5000m	W70	24.40.00	30.3.97	Melbourne
Australian	Pentathlon	W70	2701 points	31.3.97	Melbourne
Australian	5000m	W70	24.20.09	22.7.97	Durban, South Africa
Australian	400m	W70	88.00	26.7.97	Durban, South Africa
World	2000m steeple chase	W70	12.19.45	August 1999	Gateshead, England
World	2000m steeple chase	W70	12.00.12	01.04.00	Hobart
World	2000m steeple chase	W70	11.24.25*	22.04.00	Hobart
Australian	5km	W74	30.26.17	12.01.02	Geelong

Australian	1500m	W75	8.44.03	18.01.02	Geelong
Australian	1500m	W75	7.57.83*	11.10.02	Melbourne
Australian	400m	W75	1.41.56	11.10.02	Melbourne
Australian	800m	W75	4.10.79	14.11.02	Geelong
Australian	800m	W75	4.04.85	08.10.02	Melbourne
Australian	800m	W75	4.00.16*	2002	
Australian	Pentathlon (New, Oceania)	W75	2769points*	2002	
Australian	800m	W80	4.46.97*	2007	
Australian	1500m	W80	9.34.52*	2007	
Australian	Pentathlon (Old)	W80	2593 points*	2008	
Australian	Pentathlon (Old)	W80	2558 points*	24.03.08	
Australian	200m	W80	49.20*	2008	
Australian	400m	W80	2.06.15*	April 2009	Adelaide

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Medal Placings - World Masters Athletics Champs (WMA), World Masters Games (WMG), Australian Masters Athletics (AMA), Oceania Championships (OAMA), Australian Masters Games (AMG)

Competition	event	age group	placing	performance	date	place
AVA	3000m walk	W50	Gold		1987	Melbourne
AVA	5000m walk	W50	Gold		1987	Melbourne
AVA	5000m	W50	Gold		1987	Melbourne
AVA	10000m	W50	Gold		1987	Melbourne
AVA	10km cross country	W50	Gold		1987	Melbourne
AVA	Marathon	W50	Gold		1987	Melbourne
WVA	10km cross country	W50	Silver	47.12.70	1979	Hanover, Germany
WVA	10000m walk	W50	Silver	61.04.30	1979	Hanover, Germany
WVA	5000m walk	W50	Silver	29.22.40	1979	Hanover, Germany
WVA	1500m	W50	Bronze	5.31.50	1979	Hanover, Germany
AVA	800m	W50	Gold		1979	Sydney
AVA	1500m	W50	Gold		1979	Sydney
AVA	5000m	W50	Gold		1979	Sydney
AVA	10000m	W50	Gold		1979	Sydney
AVA	3000m walk	W50	Gold		1979	Sydney
AVA	5000m walk	W50	Gold		1979	Sydney
AVA	Shot Put	W50	Gold		1979	Sydney
AVA	10km cross country	W50	Silver		1979	Sydney
AVA	1500m walk	W50	Gold	8.15.80	1980	Adelaide

AVA	3000m walk	W50	Gold	17.02.10	1980	Adelaide
AVA	800m	W50	Silver	2.58.00	1980	Adelaide
AVA	1500m	W50	Silver		1980	Adelaide
AVA	400m	W50	Bronze	83.00	1980	Adelaide
AVA	5000m	W50	Bronze	21.33.00	1980	Adelaide
AVA	10000m	W50	Bronze	44.57.00	1980	Adelaide
WVA	5000m walk	W50	Silver	29.09.00	1981	Christchurch, New Zealand
WVA	10000 walk	W50	Bronze	59.56.00	1981	Christchurch, New Zealand
WVA	10km cross country	W50	Bronze	47.10.00	1981	Christchurch, New Zealand
AVA	5000m	W50	Gold		1981	Brisbane
AVA	10000m	W50	Gold		1981	Brisbane
AVA	1500m walk	W50	Gold		1981	Brisbane
AVA	3000m walk	W50	Gold		1981	Brisbane
AVA	1500m	W50	Silver		1981	Brisbane
AVA	10km cross country	W50	Silver		1981	Brisbane
OAMA	800m	W55	Gold	2.51.30	1982	Suva, Fiji
OAMA	1500m	W55	Gold	5.42.20	1982	Suva, Fiji
OAMA	3000m	W55	Gold	12.00.00	1982	Suva, Fiji
OAMA	10000m	W55	Gold	43.41.40	1982	Suva, Fiji
OAMA	1500m walk	W55	Gold	7.59.50	1982	Suva, Fiji
OAMA	3000m walk	W55	Gold	17.25.00	1982	Suva, Fiji
OAMA	8km road walk	W55	Gold	34.45.00	1982	Suva, Fiji
OAMA	7.5km road race	W55	Gold		1982	Suva, Fiji
AVA	400m	W55	Gold		1982	Perth
AVA	800m	W55	Gold		1982	Perth
AVA	15000m	W55	Gold		1982	Perth
AVA	5000m	W55	Gold		1982	Perth
AVA	10000m	W55	Gold		1982	Perth
AVA	1500m walk	W55	Gold		1982	Perth
AVA	3000m walk	W55	Gold		1982	Perth
AVA	10km cross country	W55	Gold		1982	Perth
WVA	Marathon	W55	Gold	4.19.53.00	1983	San Juan, Puerto Rico
WVA	10000m	W55	Gold	44.57.00	1983	San Juan, Puerto Rico
WVA	5000m	W55	Gold	20.59.95	1983	San Juan, Puerto Rico
WVA	800m	W55	Silver	2.54.86	1983	San Juan, Puerto Rico

WVA	5000m walk	W55	Silver	29.15.75	1983	San Juan, Puerto Rico
WVA	10km walk	W55	Bronze	63.15.94	1983	San Juan, Puerto Rico
WVA	1500m	W55	Bronze	5.53.10	1983	San Juan, Puerto Rico
WVA	10 km cross country	W55	Bronze	56.46.20	1983	San Juan, Puerto Rico
AVA	800m	W55	Gold		1983	Melbourne
AVA	1500m	W55	Gold		1983	Melbourne
AVA	5000m	W55	Gold		1983	Melbourne
AVA	10000m	W55	Gold		1983	Melbourne
AVA	5000m walk	W55	Gold		1983	Melbourne
AVA	10000m walk	W55	Gold		1983	Melbourne
AVA	400m	W55	Bronze		1983	Melbourne
AVA	Marathon	W55	Gold		1983	Richmond, Tas
OAMA	800m	W55	Gold	2.55.40	1984	Canberra
OAMA	1500m	W55	Gold	5.44.00	1984	Canberra
OAMA	5000m	W55	Gold	21.29.00	1984	Canberra
OAMA	10000m	W55	Gold	43.33.00	1984	Canberra
OAMA	5000m walk	W55	Gold	29.43.00	1984	Canberra
OAMA	10km walk	W55	Gold	63.39.00	1984	Canberra
OAMA	400m	W55	Silver	80.80	1984	Canberra
AVA	800m	W55	Gold		1984	Canberra
AVA	1500m	W55	Gold		1984	Canberra
AVA	5000m	W55	Gold		1984	Canberra
AVA	10000m	W55	Gold		1984	Canberra
AVA	5000m walk	W55	Gold		1984	Canberra
AVA	10000m walk	W55	Gold		1984	Canberra
AVA	400m	W55	Silver		1984	Canberra
WVA	5000m walk	W55	Silver		1985	Rome, Italy
WVA	10000m walk	W55	Silver		1985	Rome, Italy
WVA	Marathon	W55	Bronze		1985	Rome, Italy
AVA	5000m walk	W55	Gold		1985	Hobart
AVA	10000m walk	W55	Gold		1985	Hobart
AVA	800m	W55	Silver		1985	Hobart
AVA	1500m	W55	Silver		1985	Hobart
AVA	10000m	W55	Silver		1985	Hobart
OAMA	800m	W55	Gold	3.04.02	1986	Apia, Western Samoa
OAMA	1500m	W55	Gold	6.09.00	1986	Apia, Western Samoa
OAMA	3000m	W55	Gold	12.14.00	1986	Apia, Western Samoa
OAMA	5000m	W55	Gold	21.35.55	1986	Apia, Western Samoa

OAMA	10km	W55	Gold	48.09.00	1986	Apia, Western Samoa
OAMA	8km cross country	W55	Gold	34.08.00	1986	Apia, Western Samoa
OAMA	1500m walk	W55	Gold	8.41.09	1986	Apia, Western Samoa
OAMA	3000m walk	W55	Gold	18.26.00	1986	Apia, Western Samoa
AVA	800m	W55	Gold		1986	Adelaide
AVA	5000m walk	W55	Gold		1986	Adelaide
AVA	10000m walk	W55	Gold		1986	Adelaide
AVA	400m	W55	Silver		1986	Adelaide
AVA	1500m	W55	Silver		1986	Adelaide
AVA	5000m	W55	Silver		1986	Adelaide
AVA	10000m	W55	Silver		1986	Adelaide
WVA	800m	W60	Gold	2.56.48	1987	Melbourne
WVA	1500m	W60	Gold	5.44.81	1987	Melbourne
WVA	5000m	W60	Gold	21.14.60	1987	Melbourne
WVA	10000m	W60	Gold	44.32.50	1987	Melbourne
WVA	10km cross country	W60	Gold	44.54.00	1987	Melbourne
WVA	5000m walk	W50+	Silver	30.23.10	1987	Melbourne
WVA	Marathon Team	W50+	Gold		1987	Melbourne
WVA	Cross Country Team	W60	Gold		1987	Melbourne
AVA	800m	W60	Gold		1987	Sydney
AVA	1500m	W60	Gold		1987	Sydney
AVA	5000m	W60	Gold		1987	Sydney
AVA	10000m	W60	Gold		1987	Sydney
AVA	5000m walk	W60	Gold		1987	Sydney
AVA	10000m walk	W60	Gold		1987	Sydney
AVA	400m	W60	Silver		1987	Sydney
AVA	800m	W60	Gold		1988	Brisbane
AVA	1500m	W60	Gold		1988	Brisbane
AVA	5000m	W60	Gold		1988	Brisbane
AVA	5000m walk	W60	Gold		1988	Brisbane
AVA	10km cross country	W60	Gold		1988	Brisbane
AVA	800m	W60	Gold	2.56.48	1989	Melbourne
AVA	1500m	W60	Gold	5.44.81	1989	Melbourne
AVA	5000m	W60	Gold	21.14.60	1989	Melbourne
AVA	10000m	W60	Gold	44.32.50	1989	Melbourne
AVA	10km cross country	W60	Gold	44.54.00	1989	Melbourne
AVA	5000m walk	W60	Silver	30.23.10	1989	Melbourne

WVA	1500m	W60	Gold	5.48.96	1989	Eugene-Oregon, USA
WVA	5000m	W60	Gold	20.51.63	1989	Eugene-Oregon, USA
WVA	10000m	W60	Gold	43.58.66	1989	Eugene-Oregon, USA
WVA	10km cross country	W60	Gold	46.33.00	1989	Eugene-Oregon, USA
WVA	Marathon	W60	Gold	3.39.16.00	1989	Eugene-Oregon, USA
WVA	10km road race	W60	Silver	45.32.39	1989	Eugene-Oregon, USA
OAMA	800m	W60	Gold	3.00.52	1990	Auckland, NZ
OAMA	1500m	W60	Silver	6.07.88	1990	Auckland, NZ
OAMA	5000m	W60	Silver	21.32.68	1990	Auckland, NZ
OAMA	10000m	W60	Silver	45.06.00	1990	Auckland, NZ
OAMA	6km cross country	W60	Silver	28.39.00	1990	Auckland, NZ
OAMA	Pentathlon	W60	Bronze	2334 points	1990	Auckland, NZ
AVA	5000m	W60	Gold		1990	Melbourne
AVA	800m	W60	Silver		1990	Melbourne
AVA	1500m	W60	Silver		1990	Melbourne
AVA	5000m	W60	Silver		1990	Melbourne
AVA	10000m	W60	Silver		1990	Melbourne
AVA	10km cross country	W60	Silver		1990	Melbourne
AVA	400m	W60	Bronze		1990	Melbourne
WVA	Marathon	W60	Gold	3.49.54	1991	Turku, Finland
AVA	10000m walk	W60	Gold		1991	Canberra
AVA	10000m	W60	Gold		1991	Canberra
AVA	800m	W60	Silver		1991	Canberra
AVA	1500m	W60	Silver		1991	Canberra
AVA	5000m	W60	Silver		1991	Canberra
AVA	5000m walk	W60	Silver		1991	Canberra
AVA	400m	W60	Bronze		1991	Canberra
OAMA	800m	W65	Gold	3.29.10	1992	Norfolk Island
OAMA	1500m	W65	Gold	6.43.20	1992	Norfolk Island
OAMA	5000m	W65	Gold	24.24.00	1992	Norfolk Island
OAMA	6km cross country	W65	Gold	32.48.00	1992	Norfolk Island
OAMA	16km road race	W65	Gold	1.32.29.00	1992	Norfolk Island
OAMA	400m	W65	Silver	93.60	1992	Norfolk Island
OAMA	1500m walk	W65	Silver	10.35.00	1992	Norfolk Island
OAMA	Pentathlon	W65	Silver	1885 points	1992	Norfolk Island
OAMA	Cross Country Team	W65	Silver		1992	Norfolk Island
AVA	400m	W65	Gold		1992	Hobart
AVA	800m	W65	Gold		1992	Hobart
AVA	1500m	W65	Gold		1992	Hobart

AVA	5000m	W65	Gold		1992	Hobart
AVA	10000m	W65	Gold		1992	Hobart
AVA	10km cross country	W65	Gold		1992	Hobart
AVA	100m	W65	Silver		1992	Hobart
AVA	200m	W65	Silver		1992	Hobart
WVA	1500m	W65	Bronze	6.36.03	1993	Miyazaki, Japan
AVA	400m	W65	Gold		1993	Adelaide
AVA	800m	W65	Gold		1993	Adelaide
AVA	1500m	W65	Gold		1993	Adelaide
AVA	5000m	W65	Gold		1993	Adelaide
AVA	10000m	W65	Gold		1993	Adelaide
AVA	10km cross country	W65	Gold		1993	Adelaide
AVA	5000m walk	W65	Bronze		1993	Adelaide
AVA	400m	W65	Gold		1994	Sydney
AVA	800m	W65	Gold		1994	Sydney
AVA	1500m	W65	Gold		1994	Sydney
AVA	5000m	W65	Gold		1994	Sydney
AVA	100m	W65	Gold		1994	Sydney
AVA	200m	W65	Gold		1994	Sydney
WVA	Marathon	W65	Gold	4.31.50.00	1995	Buffalo, USA
WVA	1500m	W65	Silver	6.34.46	1995	Buffalo, USA
WVA	Cross country	W65	Bronze	41.31.50.00	1995	Buffalo, USA
AVA	800m	W70	Gold	3.23.89	1997	Melbourne
AVA	1500m	W70	Gold	6.55.58	1997	Melbourne
AVA	5000m	W70	Gold	24.40.00	1997	Melbourne
AVA	10000m	W70	Gold	51.09.00	1997	Melbourne
WVA	5000m	W70	Gold	24.20.09	1997	Durban, South Africa
WVA	10km cross country	W70	Gold	53.28.00	1997	Durban, South Africa
WVA	400m	W70	Silver	1.28.00	1997	Durban, South Africa
WVA	800m	W70	Silver	3.35.06	1997	Durban, South Africa
WVA	1500m	W70	Silver	6.56.20	1997	Durban, South Africa
WVA	Marathon	W70	Silver	4.32.09.00	1997	Durban, South Africa
WVA	2000m steeplechase	W70	Gold	12.19.45	1999	Gateshead, England
WVA	2000m steeplechase	W70	Gold	12.30.49	2001	Brisbane
WVA	1500m	W70	Silver	7.55.14	2001	Brisbane
WVA	5000m	W70	Bronze	29.06.87	2001	Brisbane
WVA	4 x 400m relay	W65+	Silver	6.48.42	2001	Brisbane
WMA	200m	W75	Gold		2002	Melbourne

WMA	400m	W75	Gold		2002	Melbourne
WMA	800m	W75	Gold		2002	Melbourne
WMA	1500m	W75	Gold		2002	Melbourne
OAMA	200m	W75	Gold	42.91	2002	Geelong
OAMA	400m	W75	Gold	1.45.86	2002	Geelong
OAMA	800m	W75	Gold	4.10.79	2002	Geelong
OAMA	1500m	W75	Gold	8.44.05	2002	Geelong
OAMA	5000m	W75	Gold	30.26.17	2002	Geelong
OAMA	Hammer	W75	Gold	16.61m	2002	Geelong
OAMA	Triple jump	W75	Gold	5.17m	2002	Geelong
OAMA	Field pentathlon	W75	Gold	2454 points	2002	Geelong
OAMA	Weight pentathlon	W75	Gold	2444 points	2002	Geelong
OAMA	Discus	W75	Silver	10.08m	2002	Geelong
WVA	1500m	W75	Gold	9.05.82	2003	Carolina, Puerto Rico
WVA	5000m	W75	Gold	34.03.00	2003	Carolina, Puerto Rico
WVA	8km cross country	W75	Silver	58.52.00	2003	Carolina, Puerto Rico
WVA	800m	W75	Bronze	4.16.49	2003	Carolina, Puerto Rico
OAMA	800m	W75	Gold	4.59.72	2004	Rarotonga, Cook Islands
OAMA	1500m	W75	Gold	9.47.88	2004	Rarotonga, Cook Islands
OAMA	5000m	W75	Gold	35.56.00	2004	Rarotonga, Cook Islands
OAMA	8km cross country	W75	Gold	64.30.00	2004	Rarotonga, Cook Islands
OAMA	Hammer	W75	Gold	14.62m	2004	Rarotonga, Cook Islands
OAMA	Long jump	W75	Gold	2.01m	2004	Rarotonga, Cook Islands
OAMA	Shot Put	W75	Gold	4.60m	2004	Rarotonga, Cook Islands
OAMA	Pentathlon	W75	Gold	2136 points	2004	Rarotonga, Cook Islands
OAMA	100m	W75	Silver	22.87	2004	Rarotonga, Cook Islands
OAMA	400m	W75	Silver	2.07.50	2004	Rarotonga, Cook Islands
WMA	8km cross country	W75	Silver	1.03.21.00	2005	San Sebastian, Spain
WMA	1500m	W75	Bronze	10.02.34	2005	San Sebastian, Spain
AMA	800m	W80	Gold	4.46.97	2007	Sydney
AMA	1500m	W80	Gold	9.34.52	2007	Sydney
AMA	Triple jump	W80	Gold	4.58m	2007	Sydney
AMA	Field pentathlon	W80	Gold	2558 points	2007	Sydney

AMA	60m	W80	Silver	13.96	2007	Sydney
WMA	Triple jump	W80	Gold	4.60m	2007	Riccione, Italy
WMA	800m	W80	Silver	4.42.05	2007	Riccione, Italy
WMA	8km cross country	W80	Silver	58.55.00	2007	Riccione, Italy
WMA	1500m	W80	Bronze	9.44.78	2007	Riccione, Italy
OAMA	400m	W80	Gold	2.09.32	2008	Townsville
OAMA	800m	W80	Gold	4.54.39	2008	Townsville
OAMA	8km cross country	W80	Gold	1.07.37	2008	Townsville
OAMA	Pentathlon	W80	Gold	2593 points	2008	Townsville
OAMA	Triple jump	W80	Gold	4.70	2008	Townsville
OAMA	Weight throw	W80	Gold	5.80	2008	Townsville
OAMA	Weight pentathlon	W80	Gold	2756 points	2008	Townsville
OAMA	Hammer throw	W80	Gold		2008	Townsville
OAMA	60m	W80	Gold		2008	Townsville
AMA	60m	W80	Silver	13.97	2009	Adelaide
AMA	400m	W80	Gold	2.06.15	2009	Adelaide
AMA	800m	W80	Gold	4.55.05	2009	Adelaide
AMA	1500m	W80	Gold	9.46.55	2009	Adelaide
AMA	Triple jump	W80	Gold	4.8m	2009	Adelaide
AMA	Discus	W80	Gold	10.54m	2009	Adelaide
AMA	Hammer throw	W80	Gold	16.47m	2009	Adelaide

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Other Outstanding Masters Performances (e.g. at Open Athletics championships, other national Masters Championships etc.)

Competition	event	age group	placing	performance	date	place
UK Masters	400m	W70	2nd	97.99	July 1999	Edinburgh, Scotland
UK Masters	800m	W70	1st	3.41.74	July 1999	Edinburgh, Scotland
UK Masters	1500m	W70	1st	7.44.51	July 1999	Edinburgh, Scotland
UK Masters	Hammer	W70	1st	17.84m	July 1999	Edinburgh, Scotland
USA Masters	800m	W60	1st	2.58.02	July 1989	San Diego, USA
USA Masters	1500m	W60	1st	5.59.56	July 1989	San Diego, USA
USA Masters	5000m	W60	1st	21.49.06	July 1989	San Diego, USA
USA Masters	10000	W60	1st	45.32.39	July 1989	San Diego, USA
USA Masters	1500m	W55	1st		1983	Houston USA
USA Masters	5000m	W55	1st		1983	Houston USA
USA Masters	10000m	W55	1st		1983	Houston USA

City- Casino Fun Run	11km road race (see testimonial)	W50	1st	41.05.00	May 1979	Hobart

