

From 1972 to 1991 John set 114 world age group records, 87 track and 27 road as detailed on the pages attached. Some of these are single age records not generally recognised.

John still holds the World records for - M60, M65 and M70 one hour run. Also he still holds the following Australian records;

3000m M55, M60, M65 and M70

5000m M60, M65 and M70

10000m M60, M65 and M70

Half Marathon M55, M60, M65 and M70

Marathon M60

A summary of his WMA Stadia Championships results is as follows.

1975 Toronto M55 2 Gold 3000m and 5000m. World record 3000m

1977 Gotenburg M55 3 Gold 800m,1500m and 5000m all world records. Silver in Marathon

1979 Hanover M60 5 Gold 800m,1500m, 5000m, 10000m all world records and Marathon

1981 Christchurch M60 Gold 800m,1500m, 5000m and 10000m. World record 800m

1983 Puerto Rico M60 Silver 5000m injury during race. Withdrew from competition

1985 Rome M65 Gold 1500m, 5000m, 10000m. World records 5000m and 10000m. Silver Marathon

1987 Melbourne M65 Gold 10000m and 10k CC. Silver 5000m, Bronze 1500m

1991 Turku M70 Gold 5000m and 10k CC, Silver 10000m and 1500m

1993 Miyazki M70 Gold 10000m and 10k CC, Bronze 1500m and 5000m

John was twice nominated for WA Sports Person of the year and he won the award in 1975.

In 1987 John received the WA Visually Handicapped Sportsman of the year award. He received an Order of Australia in 1978 for services to sport.