

| <b>INDOOR RECORDS - AUSTRALIAN MASTERS ATHLETICS</b>                                                                                 |    |                   |                |             |             |                   |    |                        |              |               |             |
|--------------------------------------------------------------------------------------------------------------------------------------|----|-------------------|----------------|-------------|-------------|-------------------|----|------------------------|--------------|---------------|-------------|
| Australian Masters Athletics Inc Club Records compiled by AMA Records Officer, Clyde Riddoch, 40 Beauchamp Street, Preston Vic 3072, |    |                   |                |             |             |                   |    |                        |              |               |             |
| Tel: 03 9470 1490, Mobile: 0439 902 907, Email: clyderiddoch@msn.com                                                                 |    |                   |                |             |             |                   |    |                        |              |               |             |
| 03-Apr-18                                                                                                                            |    |                   |                |             |             |                   |    |                        |              |               |             |
| <b>From: WMA Indoors Championships: 1st Sindelfingen, Germany, 10-14 March 2004; 2nd Linz, Austria, 15-20 March 2006;</b>            |    |                   |                |             |             |                   |    |                        |              |               |             |
| <b>3rd Clermont-Ferrand, France, 17-22 March 2008; 4th Kamloops, Canada 1-6 March 2010; 5th Jyvaskyla, Finland</b>                   |    |                   |                |             |             |                   |    |                        |              |               |             |
| <b>3-8 April 2012; 6th Budapest, Hungary, 25-30 March 2014; 7th Daegu, South Korea, 19-25th March 2017. Also from 2003,</b>          |    |                   |                |             |             |                   |    |                        |              |               |             |
| <b>2007, 2008, 2012 &amp; 2018 USA Masters, Boston; British Masters 23-24 Feb 2008 &amp; 24 Feb 2013; and Munich 8th Feb 2014.</b>   |    |                   |                |             |             |                   |    |                        |              |               |             |
| <i>Italics indicates record set when not a financial member of Australian Masters Athletics</i>                                      |    |                   |                |             |             |                   |    |                        |              |               |             |
| <b>MEN</b>                                                                                                                           |    |                   | # World Record |             |             | <b>WOMEN</b>      |    |                        |              |               |             |
| <b>AGE</b>                                                                                                                           |    | <b>NAME</b>       | <b>STATE</b>   | <b>TIME</b> | <b>DATE</b> | <b>AGE</b>        |    | <b>NAME</b>            | <b>STATE</b> | <b>TIME</b>   | <b>DATE</b> |
| <b>60 METRES</b>                                                                                                                     |    |                   |                |             |             | <b>60 METRES</b>  |    |                        |              |               |             |
| M35                                                                                                                                  | AR | Ashley McMahan    | NSW            | 7.38s       | 2014        | W35               | AR | Melissa Foster         | WA           | 8.16s         | 2017        |
| M40                                                                                                                                  | AR | Ashley McMahan    | NSW            | 7.21s       | 2016        | W40               | AR | Julie Brims            | QLD          | 8.05s         | 2010        |
| M45                                                                                                                                  | AR | Stephen Jones     | QLD            | 7.57s       | 2010        | W45               | AR | Lenore Lambert         | NSW          | 8.22s         | 2017        |
| M50                                                                                                                                  | AR | Stephen Jones     | QLD            | 7.81s       | 2017        | W50               | AR | Julie Brims            | QLD          | 8.08s         | 2017        |
| M55                                                                                                                                  | AR | Peter Crombie     | NSW            | 7.81s       | 2003        | W55               | AR | Lynda Douglass         | NSW          | 8.71s         | 2017        |
|                                                                                                                                      | AR | Rudy Kocis        | WA             | 7.81s       | 2017        | W60               | AR | Kathy Heagney          | VIC          | 9.17s         | 2012        |
| M60                                                                                                                                  | AR | Peter Crombie     | NSW            | 7.98s       | 2006        | W65               | AR | Lyn Peake              | SA           | 9.48s         | 2017        |
| M65                                                                                                                                  | AR | Peter Crombie     | NSW            | 8.35s       | 2010        | W70               | AR | Noreen Parrish         | QLD          | 10.31s        | 2012        |
| M70                                                                                                                                  | AR | Peter Crombie     | NSW            | 8.39s       | 2017        | W75               | AR | Noreen Parrish         | QLD          | 11.42s        | 2017        |
| M75                                                                                                                                  | AR | Don Chambers      | VIC            | 9.39s       | 2013        |                   |    |                        |              |               |             |
| M80                                                                                                                                  | AR | Radovan Leovic    | ACT            | 11.51s      | 2010        |                   |    |                        |              |               |             |
| M85                                                                                                                                  | AR | Radovan Leovic    | ACT            | 12.17s      | 2014        |                   |    |                        |              |               |             |
| M90                                                                                                                                  | AR | Jim Sinclair      | Vic            | 13.56s      | 2017        |                   |    |                        |              |               |             |
| <b>200 METRES</b>                                                                                                                    |    |                   |                |             |             | <b>200 METRES</b> |    |                        |              |               |             |
| M35                                                                                                                                  | AR | Jay Stone         | NSW            | 22.68s      | 2017        | W35               | AR | Ranell Hobson          | NSW          | 28.67s        | 2010        |
| M40                                                                                                                                  | AR | Ashley McMahan    | NSW            | 23.53s      | 2016        | W40               | AR | Julie Brims            | QLD          | 26.83s        | 2010        |
| M45                                                                                                                                  | AR | Kris Wardecki     | NSW            | 24.10s      | 2014        | W45               | AR | Marie Kay              | QLD          | 25.85s        | 2008        |
| M50                                                                                                                                  | AR | Colin Pocklington | VIC            | 26.13s      | 2010        | W50               | AR | Julie Brims            | QLD          | 26.11s        | 2017        |
| M55                                                                                                                                  | AR | Peter Crombie     | NSW            | 24.85s      | 2003        | W55               | AR | Lynda Douglass         | NSW          | 29.52s        | 2017        |
| M60                                                                                                                                  | AR | Peter Crombie     | NSW            | 25.59s      | 2006        | W60               | AR | Kathy Heagney          | VIC          | 30.60s        | 2012        |
| M65                                                                                                                                  | AR | Peter Crombie     | NSW            | 26.95s      | 2010        | W65               | AR | Marge Allison          | QLD          | 31.79s        | 2010        |
| M70                                                                                                                                  | AR | Peter Crombie     | NSW            | 27.30s      | 2017        | W70               | AR | Noreen Parrish         | QLD          | 35.86s        | 2012        |
| M75                                                                                                                                  | AR | Don Chambers      | VIC            | 32.69s      | 2013        | W75               | AR | Noreen Parrish         | QLD          | 41.54s        | 2017        |
| M80                                                                                                                                  | AR | Radovan Leovic    | ACT            | 41.82s      | 2010        |                   |    |                        |              |               |             |
| M85                                                                                                                                  | AR | Radovan Leovic    | ACT            | 42.41s      | 2014        |                   |    |                        |              |               |             |
| M90                                                                                                                                  | AR | Jim Sinclair      | VIC            | 50.13s      | 2017        |                   |    |                        |              |               |             |
| <b>400 METRES</b>                                                                                                                    |    |                   |                |             |             | <b>400 METRES</b> |    |                        |              |               |             |
| M35                                                                                                                                  | AR | Jay Stone         | NSW            | 50.25s      | 2017        |                   |    |                        |              |               |             |
| M40                                                                                                                                  | AR | Ken Telfer        | ACT            | 52.99s      | 2008        | W40               | AR | Marie Kay              | NSW          | 61.58s        | 2004        |
| M45                                                                                                                                  | AR | Andrew Wilcox     | VIC            | 52.02s      | 2014        | W45               | AR | <b>#Marie Kay</b>      | <b>QLD</b>   | <b>56.99s</b> | <b>2008</b> |
| M50                                                                                                                                  | AR | Colin Smith       | WA             | 58.09s      | 2017        | W50               | AR | Gianna Mogentale       | NSW          | 62.20s        | 2014        |
| M55                                                                                                                                  | AR | Peter Crombie     | NSW            | 57.04s      | 2004        | W55               | AR | Robyn Suttor           | NSW          | 69.99s        | 2014        |
| M60                                                                                                                                  | AR | Peter Crombie     | NSW            | 57.62s      | 2006        | W60               | AR | Kathy Heagney          | VIC          | 70.35s        | 2012        |
| M65                                                                                                                                  | AR | Peter Crombie     | NSW            | 62.35s      | 2010        | W65               | AR | <b>#Jeanette Flynn</b> | <b>QLD</b>   | <b>70.34s</b> | <b>2017</b> |
| M70                                                                                                                                  | AR | Peter Crombie     | NSW            | 63.29s      | 2017        | W70               | AR | Noreen Parrish         | QLD          | 88.74s        | 2012        |
| M75                                                                                                                                  | AR | Don Chambers      | VIC            | 85.53s      | 2013        | W75               | AR | Noreen Parrish         | QLD          | 1m 51.08s     | 2017        |
| M80                                                                                                                                  | AR | Rad Leovic        | ACT            | 88.33s      | 2008        |                   |    |                        |              |               |             |
| M85                                                                                                                                  | AR | Rad Leovic        | ACT            | 99.74s      | 2014        |                   |    |                        |              |               |             |
| M90                                                                                                                                  | AR | Jim Sinclair      | VIC            | 2m 11.16s   | 2017        |                   |    |                        |              |               |             |
| <b>800 METRES</b>                                                                                                                    |    |                   |                |             |             | <b>800 METRES</b> |    |                        |              |               |             |
| M30                                                                                                                                  | AR | Brendan Whelan    | QLD            | 2m 04.24s   | 2008        | W35               | AR | Melissa Foster         | WA           | 3m 00.62s     | 2017        |
| M50                                                                                                                                  | AR | Scott Lawrence    | VIC            | 2m 13.88s   | 2012        | W40               | AR | Amanda Coombe          | TAS          | 2m 33.31s     | 2010        |
| M55                                                                                                                                  | AR | Peter Hawes       | QLD            | 2m 14.87s   | 2012        | W45               | AR | Marie Kay              | NSW          | 2m 39.79s     | 2006        |
| M60                                                                                                                                  | AR | Neil MacDonald    | VIC            | 2m 16.91s   | 2004        | W50               | AR | Marie Kay              | QLD          | 2m 46.78s     | 2010        |
| M65                                                                                                                                  | AR | Kevin Solomon     | VIC            | 2m 25.37s   | 2014        | W55               | AR | Deborah Drennan        | NSW          | 2m 42.69s     | 2016        |
| M70                                                                                                                                  | AR | Peter Sandery     | SA             | 2m 40.11s   | 2012        | W60               | AR | Jeanette Flynn         | QLD          | 2m 41.40s     | 2014        |
| M75                                                                                                                                  | AR | Peter Sandery     | SA             | 2m 54.22s   | 2017        | W65               | AR | Jeanette Flynn         | QLD          | 2m 44.45s     | 2017        |

|                          |    |                   |     |            |      |                          |    |                        |            |                   |             |
|--------------------------|----|-------------------|-----|------------|------|--------------------------|----|------------------------|------------|-------------------|-------------|
| M80                      | AR | Rad Leovic        | ACT | 3m 44.71s  | 2008 | W70                      | AR | Lavinia Petrie         | VIC        | 3m 10.27s         | 2017        |
| M85                      | AR | Rad Leovic        | ACT | 4m 00.62s  | 2014 | W75                      | AR | Fran Harris            | ACT        | 5m 45.37s         | 2017        |
| <b>1000 METRES</b>       |    |                   |     |            |      |                          |    |                        |            |                   |             |
| M40                      | AR | Geoffrey Gibbons  | TAS | 2m 53.38s  | 2017 |                          |    |                        |            |                   |             |
| M50                      | AR | George Jankowski  | NSW | 4m 06.38s  | 2017 |                          |    |                        |            |                   |             |
| M55                      | AR | John Fienieg      | NSW | 3m 43.62s  | 2012 |                          |    |                        |            |                   |             |
| M60                      | AR | John Fienieg      | NSW | 3m 46.38s  | 2017 |                          |    |                        |            |                   |             |
| M70                      | AR | Ken Daniels       | QLD | 4m 40.41s  | 2010 |                          |    |                        |            |                   |             |
| M75                      | AR | Don Chambers      | VIC | 6m 22.77s  | 2013 |                          |    |                        |            |                   |             |
| M80                      | AR | Rad Leovic        | ACT | 4m 47.96s  | 2008 |                          |    |                        |            |                   |             |
| M85                      | AR | Rad Leovic        | ACT | 5m 35.95s  | 2014 |                          |    |                        |            |                   |             |
| <b>1500 METRES</b>       |    |                   |     |            |      | <b>1500 METRES</b>       |    |                        |            |                   |             |
| M35                      | AR | Stephen Dinneen   | VIC | 4m 04.97s  | 2017 |                          |    |                        |            |                   |             |
| M40                      | AR | Campbell McLennan | VIC | 4m 14.31s  | 2014 | W40                      | AR | Kriszta Kovacs         | NSW        | 5m 02.89s         | 2014        |
| M45                      | AR | John Lisiewicz    | SA  | 4m 28.51s  | 2008 |                          |    |                        |            |                   |             |
| M50                      | AR | Stuart Paterson   | NSW | 4m 41.99s  | 2008 |                          |    |                        |            |                   |             |
| M55                      | AR | Kevin Solomon     | VIC | 4m 27.49s  | 2004 | W55                      | AR | Deborah Drennan        | NSW        | 5m 44.28s         | 2017        |
| M60                      | AR | Neil MacDonald    | VIC | 4m 54.17s  | 2004 | W60                      | AR | Jeanette Flynn         | QLD        | 5m 45.40s         | 2014        |
| M65                      | AR | Kevin Solomon     | VIC | 4m 52.81s  | 2014 | W65                      | AR | Paula Moorhouse        | NSW        | 6m 24.89s         | 2017        |
| M70                      | AR | Peter Sandery     | SA  | 5m 20.16s  | 2012 | W70                      | AR | Lavinia Petrie         | VIC        | 6m 22.44s         | 2017        |
| M75                      | AR | Peter Sandery     | SA  | 6m 15.77s  | 2017 |                          |    |                        |            |                   |             |
| M80                      | AR | Rad Leovic        | ACT | 8m 19.76s  | 2010 |                          |    |                        |            |                   |             |
| M85                      | AR | Rad Leovic        | ACT | 9m 28.87s  | 2014 |                          |    |                        |            |                   |             |
| <b>MILE</b>              |    |                   |     |            |      |                          |    |                        |            |                   |             |
| M30                      | AR | Brendan Whelan    | QLD | 4m 31.43s  | 2008 |                          |    |                        |            |                   |             |
| M45                      | AR | Colin Dalton      | NSW | 5m 34.88s  | 2016 |                          |    |                        |            |                   |             |
| M50                      | AR | Scott Lawrence    | Vic | 4m 52.24s  | 2012 |                          |    |                        |            |                   |             |
| M55                      | AR | Robert Pearce     | SA  | 5m 25.02s  | 2008 |                          |    |                        |            |                   |             |
| M60                      | AR | Kevin Solomon     | VIC | 5m 01.62s  | 2008 |                          |    |                        |            |                   |             |
| M65                      | AR | Peter Sandery     | SA  | 5m 22.70s  | 2008 |                          |    |                        |            |                   |             |
| <b>3000 METRES</b>       |    |                   |     |            |      | <b>3000 METRES</b>       |    |                        |            |                   |             |
| M30                      | AR | Brendan Whelan    | QLD | 9m 02.38s  | 2008 |                          |    |                        |            |                   |             |
| M35                      | AR | Stephen Dinneen   | VIC | 8m 52.41s  | 2017 |                          |    |                        |            |                   |             |
| M45                      | AR | John Lisiewicz    | SA  | 9m 23.74s  | 2008 |                          |    |                        |            |                   |             |
| M50                      | AR | Alan Stacey       | QLD | 10m 53.45s | 2017 |                          |    |                        |            |                   |             |
| M55                      | AR | Kevin Solomon     | VIC | 9m 30.32s  | 2004 | W55                      | AR | Anne Ryan              | QLD        | 12m 28.31s        | 2014        |
| M60                      | AR | Kevin Solomon     | VIC | 10m 11.85s | 2008 |                          |    |                        |            |                   |             |
| M65                      | AR | Peter Sandery     | SA  | 10m 36.54s | 2008 |                          |    |                        |            |                   |             |
| M70                      | AR | Peter Sandery     | SA  | 11m 16.60s | 2012 | W70                      | AR | <b>#Lavinia Petrie</b> | <b>Vic</b> | <b>12m 54.89s</b> | <b>2017</b> |
| M75                      | AR | Peter Sandery     | SA  | 12m 36.92s | 2017 |                          |    |                        |            |                   |             |
| M80                      | AR | Rad Leovic        | ACT | 15m 56.73s | 2008 |                          |    |                        |            |                   |             |
| M85                      | AR | Rad Leovic        | ACT | 19m 59.79s | 2014 |                          |    |                        |            |                   |             |
| <b>60 METRES HURDLES</b> |    |                   |     |            |      | <b>60 METRES HURDLES</b> |    |                        |            |                   |             |
| M30                      |    |                   |     |            |      | W30                      | AR | Sally Pearson          | QLD        | 7.91s             | 2017        |
| M35                      |    |                   |     |            |      | W35                      | AR | Melissa Foster         | WA         | 9.79s             | 2017        |
| M40                      | AR | Geoffrey Gibbons  | TAS | 8.74s      | 2017 | W40                      | AR | Marie Kay              | NSW        | 9.71s             | 2004        |
| M45                      | AR | Kris Wardecki     | NSW | 10.12s     | 2014 | W45                      | AR | Marie Kay              | NSW        | 9.43s             | 2006        |
| M50                      | AR | Dean Taylor       | NSW | 10.59s     | 2017 | W50                      | AR | Marie Kay              | QLD        | 9.55s             | 2010        |
| M55                      | AR | Steve McGugan     | NSW | 9.94s      | 2010 | W55                      | AR | Sally Stagles          | NSW        | 9.82s             | 2017        |
| M60                      | AR | Conrad Burge      | ACT | 9.78s      | 2012 | W60                      | AR | Wilma Perkins          | QLD        | 10.81s            | 2010        |
| M70                      | AR | Don Chambers      | VIC | 10.54s     | 2010 | W65                      | AR | Marge Allison          | QLD        | 11.05s            | 2010        |
| M75                      | AR | Don Chambers      | VIC | 11.33s     | 2014 | W75                      | AR | Fran Harris            | ACT        | 15.38s            | 2017        |
| M80                      | AR | Rad Leovic        | ACT | 15.33s     | 2008 |                          |    |                        |            |                   |             |
| M85                      | AR | Rad Leovic        | ACT | 25.35s     | 2014 |                          |    |                        |            |                   |             |
| <b>3000 METRES WALK</b>  |    |                   |     |            |      | <b>3000 METRES WALK</b>  |    |                        |            |                   |             |
| M40                      | AR | Dean Nipperess    | QLD | 13m 19.77s | 2014 | W50                      | AR | Anne Weekes            | NSW        | 17m 32.63s        | 2017        |
| M50                      | AR | Mark Donahoo      | VIC | 13m 55.43s | 2012 | W55                      | AR | <b>#Lyn Ventris</b>    | <b>WA</b>  | <b>14m 51.24s</b> | <b>2012</b> |
| M55                      | AR | Mark Donahoo      | VIC | 14m 17.18s | 2014 | W60                      | AR | Heather Carr           | VIC        | 15m 54.75s        | 2010        |

|                     |    |                     |     |            |      |                     |    |                  |     |            |      |
|---------------------|----|---------------------|-----|------------|------|---------------------|----|------------------|-----|------------|------|
| M65                 | AR | Andrew Jamieson     | VIC | 14m 39.77s | 2012 | W65                 | AR | #Heather Carr    | VIC | 16m 57.96s | 2017 |
| M70                 | AR | Andrew Jamieson     | VIC | 16m 24.18s | 2017 | W70                 | AR | Lynne Schickert  | WA  | 21m 38.23s | 2010 |
|                     |    |                     |     |            |      | W75                 | AR | Joan Purcell     | QLD | 22m 05.70s | 2017 |
| <b>HIGH JUMP</b>    |    |                     |     |            |      | <b>HIGH JUMP</b>    |    |                  |     |            |      |
| M40                 | AR | Geoffrey Gibbons    | TAS | 1.69m      | 2017 | W40                 | AR | Irie Hill        | VIC | 1.52m      | 2010 |
| M50                 | AR | Roger Pilkington    | ACT | 1.32m      | 2010 | W45                 | AR | Lenore Lambert   | NSW | 1.54m      | 2017 |
| M55                 | AR | John Fienieg        | NSW | 1.48m      | 2012 | W50                 | AR | Marie Kay        | QLD | 1.51m      | 2010 |
| M60                 | AR | John Fienieg        | NSW | 1.36m      | 2017 | W60                 | AR | Wilma Perkins    | QLD | 1.23m      | 2012 |
| M70                 | AR | Ken Daniels         | QLD | 1.14m      | 2010 | W65                 | AR | Marge Allison    | QLD | 1.17m      | 2010 |
| M75                 | AR | Don Chambers        | VIC | 1.15m      | 2014 | W75                 | AR | Fran Harris      | ACT | 0.94m      | 2017 |
| M80                 | AR | Rad Leovic          | ACT | 0.99m      | 2008 |                     |    |                  |     |            |      |
| M85                 | AR | Rad Leovic          | ACT | 0.91m      | 2014 |                     |    |                  |     |            |      |
| <b>LONG JUMP</b>    |    |                     |     |            |      | <b>LONG JUMP</b>    |    |                  |     |            |      |
| M30                 | AR | Fabrice Lapierre    | NSW | 8.25m      | 2016 | W35                 | AR | Melissa Foster   | WA  | 5.71m      | 2014 |
| M40                 | AR | Geoffrey Gibbons    | Tas | 5.88m      | 2017 | W40                 | AR | Marie Kay        | NSW | 5.13m      | 2004 |
| M50                 | AR | George Jankowski    | NSW | 4.07m      | 2017 | W45                 | AR | Marie Kay        | QLD | 5.57m      | 2008 |
| M55                 | AR | Viddy Jermacans     | QLD | 4.99m      | 2006 | W50                 | AR | Marie Kay        | QLD | 5.20m      | 2012 |
| M60                 | AR | Wayne Marriott      | NSW | 4.44m      | 2017 | W55                 | AR | Sally Stagles    | NSW | 4.13m      | 2017 |
| M70                 | AR | Don Chambers        | VIC | 3.93m      | 2010 | W60                 | AR | Wilma Perkins    | QLD | 4.09m      | 2010 |
| M75                 | AR | Don Chambers        | VIC | 3.63m      | 2014 | W65                 | AR | Jean Hampson     | QLD | 3.35m      | 2014 |
| M80                 | AR | Rad Leovic          | ACT | 3.11m      | 2008 | W70                 | AR | Jean Hampson     | QLD | 3.05m      | 2017 |
| M85                 | AR | Rad Leovic          | ACT | 2.26m      | 2014 | W75                 | AR | Fran Harris      | ACT | 2.38m      | 2017 |
| <b>TRIPLE JUMP</b>  |    |                     |     |            |      | <b>TRIPLE JUMP</b>  |    |                  |     |            |      |
| M50                 | AR | Nick Hodgson        | VIC | 12.50m     | 2014 | W35                 | AR | Melissa Foster   | WA  | 11.82m     | 2014 |
| M55                 | AR | Viddy Jermacans     | QLD | 8.88m      | 2006 | W40                 | AR | Julie Brims      | QLD | 10.52m     | 2010 |
| M60                 | AR | Wayne Marriott      | NSW | 8.64m      | 2017 | W45                 | AR | Selina Ellis     | NSW | 6.70m      | 2017 |
| M70                 | AR | Don Chambers        | VIC | 8.24m      | 2010 | W70                 | AR | Lynne Schickert  | WA  | 5.46m      | 2012 |
| M75                 | AR | Don Chambers        | VIC | 7.75m      | 2014 | W75                 | AR | Fran Harris      | ACT | 5.78m      | 2017 |
| M80                 | AR | Rad Leovic          | ACT | 6.98m      | 2008 |                     |    |                  |     |            |      |
| M85                 | AR | Rad Leovic          | ACT | 4.82m      | 2014 |                     |    |                  |     |            |      |
| <b>POLE VAULT</b>   |    |                     |     |            |      | <b>POLE VAULT</b>   |    |                  |     |            |      |
| M35                 | AR | Warren Hill         | VIC | 3.00m      | 2004 |                     |    |                  |     |            |      |
| M40                 | AR | Howard Arbuthnot    | QLD | 4.40m      | 2010 | W40                 | AR | Irie Hill        | VIC | 3.65m      | 2010 |
| M50                 | AR | George Jankowski    | NSW | 2.65m      | 2017 | W45                 | AR | Dawn Hartigan    | VIC | 3.35m      | 2004 |
| M70                 | AR | George Schillinger  | Vic | 2.90m      | 2017 | W60                 | AR | Wilma Perkins    | QLD | 2.40m      | 2010 |
| M75                 | AR | Don Chambers        | VIC | 2.10m      | 2013 | W65                 | AR | Wilma Perkins    | QLD | 1.80m      | 2017 |
| M85                 | AR | Rad Leovic          | ACT | 1.00m      | 2014 |                     |    |                  |     |            |      |
| <b>SHOT PUT</b>     |    |                     |     |            |      | <b>SHOT PUT</b>     |    |                  |     |            |      |
| M35                 | AR | Grzegorz Urbanowicz | WA  | 12.19m     | 2014 | W35                 | AR | Audrey Thomson   | NSW | 9.27m      | 2018 |
| M40                 | AR | Matthew Staunton    | WA  | 12.40m     | 2017 | W40                 | AR | Caroline Layt    | QLD | 9.72m      | 2010 |
| M50                 | AR | George Jankowski    | NSW | 7.38m      | 2017 | W45                 | AR | Caroline Layt    | NSW | 10.93m     | 2014 |
| M55                 | AR | Grant Edwards       | ACT | 12.40m     | 2018 | W50                 | AR | Marie Kay        | QLD | 12.30m     | 2010 |
| M60                 | AR | Bob Banens          | ACT | 11.31m     | 2010 | W55                 | AR | Jill Taylor      | NSW | 9.71m      | 2014 |
| M65                 | AR | Bob Banens          | ACT | 10.48m     | 2017 | W60                 | AR | Wilma Perkins    | QLD | 8.80m      | 2012 |
| M70                 | AR | Don Chambers        | VIC | 9.98m      | 2010 | W65                 | AR | Mary Thomas      | NSW | 8.42m      | 2014 |
| M75                 | AR | Don Chambers        | VIC | 8.98m      | 2014 | W70                 | AR | Mary Thomas      | NSW | 8.08m      | 2017 |
| M80                 | AR | Rad Leovic          | ACT | 7.37m      | 2008 | W75                 | AR | Jan Banens       | ACT | 8.05m      | 2017 |
| M85                 | AR | Rad Leovic          | ACT | 6.34m      | 2014 |                     |    |                  |     |            |      |
| <b>WEIGHT THROW</b> |    |                     |     |            |      | <b>WEIGHT THROW</b> |    |                  |     |            |      |
| M35                 | AR | Grzegorz Urbanowicz | WA  | 13.84m     | 2014 | W35                 | AR | Shanell Staunton | WA  | 10.55m     | 2017 |
| M40                 | AR | Matthew Staunton    | WA  | 13.63m     | 2017 | W40                 | AR | Althea Mackie    | QLD | 12.61m     | 2014 |
| M50                 | AR | Terrence Gibbs      | NSW | 14.25m     | 2007 | W45                 | AR | Althea Mackie    | QLD | 12.06m     | 2017 |
| M55                 | AR | Grant Edwards       | ACT | 16.54m     | 2018 | W55                 | AR | Jill Taylor      | NSW | 11.36m     | 2014 |
| M60                 | AR | Bob Banens          | ACT | 14.44m     | 2010 | W60                 | AR | Jill Taylor      | NSW | 12.88m     | 2017 |
| M65                 | AR | Bob Banens          | ACT | 12.15m     | 2017 | W65                 | AR | Jan Banens       | ACT | 12.47m     | 2010 |
| M70                 | AR | Don Chambers        | VIC | 12.05m     | 2010 | W70                 | AR | Mary Thomas      | NSW | 10.34m     | 2017 |
| M75                 | AR | Don Chambers        | VIC | 11.36m     | 2014 | W75                 | AR | Jan Banens       | ACT | 11.92m     | 2017 |

