

**AMA AUSTRALIAN MULTI EVENT RECORDS DETAIL as at 15 Jan 2019**

Compiled by Clyde Riddoch, AMA Records Officer, 40 Beauchamp Street, Preston Vic 3072

Tel 03 9470 1490

Mobile 0439 902 907

Email [clyderiddoch@msn.com](mailto:clyderiddoch@msn.com)**THROWS PENTATHLON using 2010 WMA AGE FACTORS - MEN**

AGE	NAME	STATE	POINTS	DATE	HAMMER	SHOTPUT	DISCUS	JAVELIN	WEIGHT
M30	Graham Hicks	Vic	3,444	14.12.08	44.89 592	13.94 725	50.57 882	52.09 620	13.07 625
M35	Darron Haworth	Qld	3,672	2.11.08	51.58 728	14.13 768	52.81 945	37.22 409	16.20 822
M40	Stuart Gyngell	NSW	3,946	16.4.06	43.48 659	17.63 1076	47.30 914	41.30 513	14.55 784
M45	Stuart Gyngell	NSW	4,199	12.4.09	43.75 747	17.22 1143	45.47 970	36.98 490	14.53 849
M50	Todd Davey	WA	4,259	1.12.18	53.23 895	16.00 1022	49.82 889	36.71 516	17.65 937
M55	Graeme Rose	Vic	4,174	4.7.99	47.05 873	12.72 861	37.84 706	46.19 765	16.98 969
M60	Graeme Rose	Vic	4,242	16.4.06	48.38 898	13.14 876	39.36 702	43.12 752	19.03 1014
M65	Graeme Rose	Vic	4,325	12.4.09	43.98 917	12.12 882	38.97 774	40.46 786	17.05 966
M70	Keith James	NSW	4,122	11.3.12	38.18 805	11.63 830	40.99 920	34.86 716	14.92 851
M75	Tom Hancock	Vic	4,290	15.7.11	36.89 905	11.12 878	33.97 843	33.04 776	14.38 888
M80	Tom Hancock	Vic	4,741	5.11.16	38.51 1041	11.44 927	32.27 934	30.31 791	15.67 1048
M85	Feliks Jekabsons New Specifications	Qld	3,897	23.3.08	27.36(3kg) 882	9.10(3kg) 877	25.28 856	19.44 550	10.35 732
M90	John Fraser Old Specification	Vic	4,005 <b>WR</b>	13.3.05	24.63 1123	6.90 795	19.74 832	12.96 410	10.12 845

**THROWS PENTATHLON - AMA CHAMPIONSHIP RECORDS - MEN**

M30	Y. Amerasekera	Vic	2,980	11.4.04	36.33 453	13.87 720	44.65 760	44.17 503	11.64 544
M35	Stuart Gyngell	NSW	3,611	2002	44.15 602	17.34 974	45.06 781	43.67 504	14.96 750
M40, M45 & M50 – as above in <b>Australian records</b> Stuart Gyngell M40 3,946, M45 4,199 & M50 4,072									
M55	Graeme Rose	Vic	4,085	2001	43.32 792	12.29 827	38.90 730	49.48 832	15.99 904
M60 & M65 – as above in <b>Australian records</b> Graeme Rose M60 4,242 & M65 4,325									
M70	C. Murray-Lee	Qld	4,083	1999	43.22 932	11.11 787	35.12 764	36.41 755	14.83 845
M75	Tom Hancock	Vic	4,132	8.4.12	35.10 853	10.31 804	35.04 875	29.17 666	15.02 934
M80	Tom Hancock	Vic	4,394	11.6.17	35.75 955	11.12 896	29.20 829	28.99 749	14.57 965
M85 – as above in <b>Australian records</b> Feliks Jekabsons 3,897									

**AMA AUSTRALIAN MULTI EVENT RECORDS DETAIL as at 4 October 2018**

**THROWS PENTATHLON using 2010 WMA AGE FACTORS – WOMEN**

AGE	NAME	STATE	POINTS	DATE	HAMMER	SHOTPUT	DISCUS	JAVELIN	WEIGHT
W30	Byrony Glass	WA	3,831	12.4.09	56.99 1104	11.63 637	38.13 618	22.83 342	17.29 1130
W35	Chris Schultz	Vic	3,795	7.12.87	38.24 752	14.77 882	45.10 787	36.58 645	12.68 729
W40	Jayne Hardy	ACT	3,929	20.4.03	41.86 915	10.46 635	37.62 692	39.32 766	14.27 921
W45	Chris Schultz	Vic	4,174	26.7.97	37.24 873	12.68 870	42.46 875	31.12 645	12.94 911
W50	Chris Schultz	Vic	4,371	13.7.01	37.88 902	13.87 1028	40.35 911	32.18 711	12.94 819

W55	Mary Thomas	NSW	4,285	7.8.99	35.00 909	11.65 925	29.79 711	41.02 1043	10.32 697	
W60	Helen Searle	NSW	4,789	24.4.00	41.81 1251	12.22 1086	29.61 797	24.32 619	15.48 1036	
W60 746	Dorn Jenkins 768	Vic 576	4,443 1043	7.10.15	43.51	8.85	28.72	21.85	15.57	New Specifications – 500g javelin
W65	Helen Searle	Qld	5,013	17.1.06	38.49 1282	11.23 1106	27.08 822	23.23 670	15.30 1133	
W65 New Specification – 500g javelin	Mary Thomas	NSW	3,651	9.1.14	27.50 862	7.79 723	23.35 690	22.55 647	10.44 729	
W70	Helen Searle	Qld	4,800	Oct 2009	34.46 1292	9.54 1043	21.55 738	21.31 703	12.65 1024	
W70 New Specification – 500g javelin	Mary Thomas	NSW	4,407	16.8.15	28.82 1049	8.57 921	22.60 780	22.69 814	10.69 843	
W75	Helen Searle	Qld	4,637	14.2.15	31.68 1230	10.40 1134	20.67 743	17.35 658	10.65 872	
W80 Old Specifications	Gwen Davidson	Vic	3,935	23.3.03	21.67 1056	6.24 872	14.99 752	11.87 518	7.47 737	
W80 New Specifications	Heather Doherty	Qld	4,269	8.1.14	21.74(2kg) 934	7.11(2kg) 843	19.38(750g) 829	17.27 799	9.42(4kg) 864	
W85 Old specifications	Ruth Frith	NSW	3,977	7.3.98	15.48 885	5.57 928	13.25 882	9.82 531	6.51 751	
W90 Old specifications	Ruth Frith	Qld	4,337	24.4.00	13.13 961	5.22 1087	11.81 756	9.33 683	6.00 850	
W95 New Specifications - before 1/1/10 – WR not accepted by WMA	Ruth Frith	Qld	4,539	Oct 2006	13.71(2kg) 1136	4.99(2kg) 1003	9.49(750g) 831	7.01 750	5.58(4kg) 819	
W100 New Specifications - before 1/1/10 – WR not accepted by WMA	Ruth Frith	Qld	5,743	23.8.09	10.16(2kg) 1203	4.27(2kg) 1114	9.04(750g) 1292	6.43 1307	4.42(4kg) 827	
W100 New Specifications - after 1/1/10 – WR pending by WMA	Ruth Frith	Qld	5,570	2.4.11	10.14 1200	3.96 1022	9.30 1335	5.63 1129	4.68 884	

**AMA AUSTRALIAN MULTI EVENT RECORDS DETAIL as at 4 October 2018**

**AGE NAME STATE POINTS DATE HAMMER SHOTPUT DISCUS JAVELIN WEIGHT**

**THROWS PENTATHLON - AMA CHAMPIONSHIP RECORDS - WOMEN**

W30 – as above in **Australian records** Byrony Glass 3,831

W35	Byrony Glass	WA	3,621	8.4.12	52.64 1102	11.44 652	33.55 553	20.00 312	16.68 1002
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W40 – as above in **Australian records** Jane Hardy 3,929

W45	Chris Schultz	Vic	4,160	1996	36.32 847	13.16 909	42.16 868	32.12 669	12.40 867
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W50	M. Parviaiven	NSW	4,252	13.4.98	51.73 1301	9.11 627	34.85 767	22.40 489	16.29 1068
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W55	Helen Searle	NSW	4,213	13.4.98	43.20 1165	11.23 887	28.92 687	23.94 595	12.58 879
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W60 & W65 – as above in **Australian records** Helen Searle W60 4,789 & W65 5,013

W60	Dorn Jenkins	Vic	4,042	28.4.18	39.84 1182	8.89 750	20.26 507	20.01 519	16.11 1084
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W65	Bev Hamilton	WA	3,415	5.4.15	26.89 839	8.22 770	20.51 591	16.91 490	10.39 725
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W70	Helen Searle	Qld	4,572	4.4.10	32.51 1207	9.67 1059	21.96 754	18.38 593	11.95 959
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W70	Mary Thomas	NSW	4,333	5.4.15	28.78 1047	8.28 885	21.87 751	22.12 791	10.86 859
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W75 – as above in **Australian records** with new specifications Heather Doherty 4,053 before 1/1/10 & 3,890 after 1/1/10

W80	Raema McMillan	WA	3,862	4.4.10	22.36 966	7.03 833	15.57 640	14.87 674	8.33 749
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W85	Ruth Frith	NSW	4,489	13.4.98	14.48 911	5.52 1161	12.84 755	10.62 667	6.43 995
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W90 & W95 – as above in **Australian records** Ruth Frith W90 4,337 old specifications & W95 4,539 new specifications

W100	Ruth Frith	Qld	5,426	4.4.10	10.02(2kg)	4.37(2kg)	8.14(750g)	5.90	4.13(4kg)
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**HEAVY WEIGHT PENTATHLON using 2016 AMA AGE FACTORS - MEN**

AGE	NAME	STATE	POINTS	DATE	WEIGHT 1	WEIGHT 2	WEIGHT 3	WEIGHT 4	WEIGHT 5
M30	Grezegorz Urbanowicz	WA	2,981	3.10.11	16.59 20lb 578	14.46 25lb 563	12.37 35lb 585	9.83 20kg 642	7.67 56lb 613
M35	Darron Haworth	Qld	4,352	6.10.08	23.16 20lb 864	19.49 25lb 812	15.69 35lb 792	12.96 20kg 919	10.78 56lb 965
M40	Ricard Meiring	NSW	4,668	2.10.17	23.24 20lb 934	20.15 25lb 909	16.14 35lb 883	12.28 20kg 932	10.49 56lb 1010
M45	Stuart Gyngell	NSW	4,576	1.10.12	21.25 20lb 914	17.77 25lb 855	14.34 35lb 837	11.66 20kg 952	9.83 56lb 1018
M50	Grant Edwards	ACT	4,647	7.10.13	21.88 16lb 836	20.88 20lb 929	17.74 25lb 942	14.58 35lb 940	11.30 20kg 1000
M55	Grant Edwards	ACT	4,675	15.4.18	21.75 16lb 896	19.85 20lb 942	16.31 25lb 925	13.46 35lb 926	10.44 20kg 986
M60	Roger Glass	Vic	4,459	25.9.11	21.76 12lb 826	20.28 16lb 860	18.31 20lb 970	15.47 25lb 942	11.68 35lb 861
M65	Geoffrey Gee	WA	4,095	1.10.18	21.07 12lb 858	18.17 16lb 851	14.42 20lb 792	12.84 25lb 835	9.79 35lb 754
M70	Graeme Rose	Vic	4,326	6.10.14	20.11 4kg 836	18.94 12lb 893	15.84 16lb 912	13.11 20lb 827	11.22 25lb 858

**AMA AUSTRALIAN MULTI EVENT RECORDS DETAIL as at 4 October 2018****HEAVY WEIGHT PENTATHLON using 2016 AMA AGE FACTORS - MEN**

AGE	NAME	STATE	POINTS	DATE	WEIGHT 1	WEIGHT 2	WEIGHT 3	WEIGHT 4	WEIGHT 5
M75	Ken Priestley	Vic	4,335	7.10.13	20.00 4kg 929	15.97 12lb 880	13.17 16lb 803	11.78 20lb 867	9.87 25lb 856
M80	Ron Simcock	NSW	5,034	5.10.15	22.96 3kg 1157	17.98 4kg 955	15.64 12lb 1046	12.70 16lb 947	10.48 20lb 929
M85	Ewan Drummond	ACT	2,195	4.10.10	9.84 3kg 496	7.47 4kg 396	7.42 12lb 492	5.86 16lb 442	4.34 20lb 369
M90	Rad Leovifc	ACT	1,697	12.11.17	7.10 3kg	5.72 4kg	4.73 12lb	3.67 16lb	3.43 20lb

**HEAVY WEIGHT PENTATHLON using 2016 AMA AGE FACTORS - WOMEN**

AGE	NAME	STATE	POINTS	DATE	WEIGHT 1	WEIGHT 2	WEIGHT 3	WEIGHT 4	WEIGHT 5
W30	Karyne Di Marco	NSW	4,472	5.10.09	24.25 12lb 914	20.30 16lb 908	17.12 20lb 934	13.94 25lb 918	10.00 35lb 798
W35	Bryony Glass	WA	4,655	25.6.16	21.04 12lb 860	18.32 16lb 892	16.71 20lb 1005	13.94 25lb 978	10.29 35lb 920
W40	Jayne Hardy	ACT	3,878	6.10.03	17.70 12lb 776	15.97 16lb 837	13.74 20lb 881	10.15 25lb 740	7.12 35lb 644
W45	Althea Mackie	Qld	4,245	1.10.18	16.08 12lb 770	13.94 16lb 798	12.79 20lb 899	11.44 25lb 944	8.01 35lb 834
W50	Gabrielle Watts	NSW	4,750	1.10.18	18.83 4kg 818	17.10 12lb 874	14.94 16lb 968	13.09 20lb 1047	10.94 25lb 1043
W55	Jayne Hardy	ACT	4,260	12.8.18	17.33 4kg 823	15.04 12lb 863	12.66 16lb 886	10.42 20lb 886	8.08 25lb 802
W60	Dorn Jenkins	Vic	5,115	24.9.17	21.38 3kg 1013	18.51 4kg 964	15.44 12lb 1033	12.96 16lb 1029	10.68 20lb 1076
W65	Helen Searle	Qld	4,970	10.05	20.07 3kg 1045	15.81 4kg 917	14.79 12lb 1091	11.65 16lb 1036	8.26 20lb 881
W70	Jan Banens	ACT	4,699	1.11.11	16.53 2kg 970	13.93 3kg 914	12.36 4kg 997	10.06 12lb 982	7.16 16lb 836
W75	Jan Banens	ACT	4,250	13.8.17	15.19 2kg 833	13.42 3kg 807	11.45 4kg 862	9.19 12lb 865	7.71 16lb 883
W80	Mary Wahren	ACT	2,214	13.8.17	9.03 2kg 528	7.85 3kg 471	6.15 4kg 461	4.58 12lb 400	3.49 16lb 354

**PENTATHLON w/Discus & 200m - using 2010 WMA AGE FACTORS - MEN**

AGE	NAME	STATE	POINTS	DATE	LONG J	JAVELIN	200M	DISCUS	1500M
M30	Warren Evans	Qld	3,275	12.4.03	6.61 723	49.65 583	23.29 758	47.03 809	5:29.50 402
M35	Terry Baldwin	Vic	3,494	1.3.98	6.57 760	52.78 640	22.8 817	33.88 551	4:35.3 726
M40	Paul Jeffery	WA	3,639	15.3.14	6.26	51.93	24.2	36.86	4:42.5

					771	684	755	677	752
M45	Lloyd Mitchelson	NSW	3,864	5/85	5.70 716	49.24 703	24.6 812	34.22 690	4:24.5 943
M50	Terry Hicks	Vic	3,566	27.2.05	5.75 828	37.36 528	25.39 890	22.25 324	4:28.30 996
M55	Don Fraser	ACT	3,619	1.4.94	5.65 913	34.06 549	25.65 868	29.22 513	5:18.2 776

**AMA AUSTRALIAN MULTI EVENT RECORDS DETAIL as at 22 March 2018**

**PENTATHLON w/Discus & 200m - using 2010 WMA AGE FACTORS - MEN**

AGE	NAME	STATE	POINTS	DATE	LONG J	JAVELIN	200M	DISCUS	1500M
M60	Rudi Hochreiter	Vic	3,858	3.12.87	4.91 792	40.54 698	27.14 822	39.36 702	5:21.58 844
M65	Rudi Hochreiter	Vic	3,798	28.3.92	4.70 845	35.78 676	28.42 808	40.16 803	6:15 666
M70	Mike Johnson	Vic	3,816	15.10.91	4.75 1015	28.00 571	28.1 917	24.76 497	6:06.4 816
M75	Don Fraser	ACT	3,360	27.2.14	4.26 977	26.97 604	33.02 708	26.36 619	8:07.47 452
M80	Fred O'Connor	NSW	3,247	12.4.04	3.58 840	26.30 664	36.37 661	25.27 696	9:22 386
M85	Rad Leovic	ACT	2,799	21.2.13	2.66 563	15.51 410	42.18 562	14.81 443	8:24.93 821
M90	Maurice Dauphinet	Qld	2,955	19.4.16	2.44 608	15.51 518	50.75 481	18.91 790	12:13.17 558

**PENTATHLON w/Discus & 200m - AMA CHAMPIONSHIP RECORDS – MEN**

AGE	NAME	STATE	POINTS	DATE	LONG J	JAVELIN	200M	DISCUS	1500M
M30	Geoff Gibbons	Tas	2,938	24.4.11	5.96 578	47.52 552	24.31 665	29.07 446	4:37.39 697
M35	Paul Jeffery	WA	3,170	9.4.12	6.10	50.93	24.21	35.51	4:53.15

					650	612	709	584	615
M40	Geoff Gibbons	Tas	3,270	12.6.17	5.51 587	48.89 635	24.63 739	32.53 580	4:46.21 729
M45	John Gordon	NSW	3,513	1993	5.56 679	44.52 620	24.80 794	28.68 555	4:36.52 865
M50	Ken Daniels	ACT	3,209	27.3.89	5.18 666	37.96 563	25.6 851	26.64 410	5:13.7 719
M55 – as above in <b>Australian records</b> Don Fraser 3,619									
M60	Quentin Anthony	ACT	3,617	20.4.92	5.02 828	38.78 660	26.84 846	36.04 630	5:58.2 653
M65	Mike Johnston	Vic	3,325	1.4.91	4.82 888	28.06 498	28.7 768	29.06 452	5:54.4 719
M70	Mike Johnston	Vic	3,547	1993	4.46 898	24.44 480	29.46 831	25.24 509	6:03.78 829
M75	Fred O'Connor	NSW	3,010	2001	3.63 707	26.68 596	32.90 717	26.31 618	8:32.08 372
M80 – as above in <b>Australian records</b> Fred O'Connor 3,247									
M85	Maurice Dauphiné	Qld	2,770	24.4.11	2.88 670	18.63 521	42.89 527	20.35 658	10:46.52 394
M90 – as above in <b>Australian records</b> Maurice Dauphiné 2,955									

**AMA AUSTRALIAN MULTI EVENT RECORDS DETAIL as at 22 March 2018**

**PENTATHLON now obsolete w/Discus & 200m, using 2010 WMA AGE FACTORS - WOMEN**

AGE	NAME	STATE	POINTS	DATE	LONG J	JAVELIN	200M	DISCUS	800M
W30	Lynette Smith	NSW	3,255	28.3.05	4.95 546	38.88 646	27.72 653	38.99 635	2:23.65 775
W35	Peta Bird	NSW	3,101	11.3.95	5.01	31.60	25.6	27.96	2:38.2

					631	544	880	443	603
W40	Jan Hynes	Qld	3,546	15.3.87	5.47 871	24.88 449	25.8 949	25.76 438	2:25.6 839
W45	Jan Hynes	Qld	3,720	2.3.91	5.15 868	23.38 461	26.6 970	26.76 505	2:26.2 916
W50	Una Lund	Qld	3,698	16.10.91	4.68 807	32.68 757	28.0 947	34.92 769	3:20.4 418
W55	Wilma Perkins	Qld	3,430	26.2.05	4.10 697	23.68 587	29.74 926	23.32 531	3:01.15 689
W60	Peggy MacIver	WA	3,161	18.3.07	3.74 665	16.90 402	30.9 923	15.01 350	2:58.6 821
W65	Joyce Bannister	ACT	3,263	24.2.91	3.73 789	19.78 556	33.5 846	16.92 469	3:34.4 603
W70	Gwen Davidson	Vic	3,065	7.3.93	3.51 831	16.78 533	35.9 837	16.70 544	4:34 320
W75	Patricia Carr	WA	2,506	18.3.07	3.02 741	13.73 501	41.8 669	13.86 460	5:47.5 135
W80	Shirley Brasher	Tas	2,510	24.3.08	2.06 416	9.52 398	49.20 568	10.51 492	4:56.24 636

**PENTATHLON now obsolete w/Discus & 200m - AMA CHAMPIONSHIP RECORDS - WOMEN**

W30 – as above in **Australian records** (Lynette Smith 3,255)

W35	Eileen Hindle	WA	2,787	20.4.87	5.53 789	18.50 282	26.4 810	21.22 314	2:39.1 592
W40	Jan Hynes	Qld	3,357	4.4.88	5.12 753	22.36 395	26.10 944	25.72 437	2:26.47 828
W45	Chris Battersby	Vic	3,162	1.4.91	4.39 603	27.33 554	29.5 735	29.34 565	2:43.4 705
W50	Chris Battersby	Vic	3,292	1.4.94	4.24 645	28.58 650	30.27 788	26.54 554	2:55.79 655
W55	Margaret Taylor	ACT	2,922	21.4.03	4.28 768	17.16 400	30.75 850	16.55 348	3:14.69 556

W60	Pat Carr	WA	2,743	1.4.94	3.75 671	17.98 433	33.6 733	15.84 374	3:28.53 532
W65	Lydia Widera	Vic	3,129	1.4.91	3.24 570	20.72 587	36.3 666	23.36 691	3:33.0 615
W70	Gwen Davidson	Vic	3,054	1993	3.21 680	17.76 570	34.88 918	16.88 551	4:31.47 335
W80 – as above in <b>Australian records</b> Shirley Brasher 2,510									

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**AMA AUSTRALIAN MULTI EVENT RECORDS DETAIL as at 22 March 2018**

**PENTATHLON w/Shot Put & 100m, using 2010 WMA AGE FACTORS – WOMEN \*Pre-2000 Javelins**

<b>AGE</b>	<b>NAME</b>	<b>STATE</b>	<b>POINTS</b>	<b>DATE</b>	<b>100m</b>	<b>SHOT PUT</b>	<b>LONG J</b>	<b>JAVELIN</b>	<b>800M</b>
W30	Jitka Hiscox	Vic	3,236	19.4.16	12.94 778	11.35 618	5.60 729	28.75 453	2:32.83 658
*W30	Wilma Perkins	Qld	2,864	1984	12.70 822	9.42 492	5.25 628	*28.71 452	2:49.4 470
W35	Leonie Hoffman	QLD	2,852	9.4.12	12.95 799	9.49 518	4.98 620	29.08 493	2:54.95 422
*W35	Wilma Pekins	Qld	3,110	9.3.86	12.5 837	9.16 496	5.47 771	28.98 491	2:46.0 515
W40	Lee-Anne Grosvenor	Qld	3,290	6.4.15	13.45 796	9.08 534	4.64 601	29.63 553	2:28.13 806
*W40	Jan Hynes	Qld	3,601	9.3.86	12.5 920	9.55 569	5.59 912	21.62 379	2:27.0 821
W45	Lisa Crouch	Qld	3,572	14.3.09	13.62 853	10.16 670	4.63 686	28.81 590	2:37.55 773
W50	Donna Burgess	Vic	3,583	1.4.13	14.32 828	9.58 666	4.31 671	24.63 522	2:34.73 896
W55	Wilma Perkins	Qld	3,932	'04 Raratonga	14.08 960	? ?	4.28 768	? ?	3:08.32 617

W60	Carol Davis	Qld	3,417	17.1.16	14.73	6.42	3.67	18.38	2:55.53
	New Specification – 500g javelin				952	505	637	469	854
W65	Peggy Macliver	WA	3,858	4.4.10	16.00	6.41	3.50	18.42	3:10.62
					983	662	715	591	907
W65	Carol Davis	Qld	4,063	12.11.17	15.14	7.07	3.81	21.28	2:51.28
	New Specification – 500g javelin				991	643	825	642	962
W70	Marjorie Allison	Qld	3,437	17.1.16	16.63	5.87	3.06	14.52	3:23.59
	New Specification – 500g javelin				896	588	609	486	858
W75	Miriam Cudmore	SA	3,931	19.4.16	17.37	7.35	3.22	20.42	4:21.86
					937	758	853	793	590
W80	Miriam Cudmore	SA	4,372	14.3.18	18.4	6.60	2.96	19.71	4:44.94
					988	773	975	927	709
W85	Gwen Gleeson	ACT	1,980	25.2.16	25.60	3.34	1.51	5.88	6:56.17
					492	398	403	283	404

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**PENTATHLON w/Shot Put & 100m - AMA CHAMPIONSHIP RECORDS – WOMEN**

AGE	NAME	STATE	POINTS	DATE	100m	SHOT PUT	LONG J	JAVELIN	800M
W30	- as above in <b>Australian records</b> Jitka Hiscox 3,236								
W35	– as above in <b>Australian records</b> Leonie Hoffman 2,852								
W40	- as above in <b>Australian records</b> Lee-Anne Grosvenor 3,290								
W45	Rachel Little	Vic	3,322	6.4.15	13.64	8.57	4.53	21.33	2:30.32
					850	545	651	413	863
W50	– as above in <b>Australian records</b> Donna Burgess 3,583								
W55	Christine Shaw	NSW	3,567	6.4.15	14.44	9.56	4.31	28.65	3:25.85
					901	734	780	696	456

**AMA AUSTRALIAN MULTI EVENT RECORDS DETAIL as at 15 January 2019**

**PENTATHLON w/Shot Put & 100m - AMA CHAMPIONSHIP RECORDS – WOMEN**

AGE	NAME	STATE	POINTS	DATE	100m	SHOT PUT	LONG J	JAVELIN	800M
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W60	Margaret Taylor	ACT	3,394	13.4.09	14.81 941	7.18 581	4.24 880	16.38 387	3:20.34 605
W65	- as above in <b>Australian records</b> Peggy Macliver 3,858								
W65	Carol Davis	Qld	3,715	19.4.16	14.65 1068	5.80 505	3.47 668	15.38 438	2:50.54 1036
W70	Anne Lang	SA	3,222	6.4.15	17.84 735	6.37 649	2.66 428	14.82 498	3:17.94 428
W75	- as above in <b>Australian records</b> Miriam Cudmore 3,931								

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**DECATHLON using 2010 WMA AGE FACTORS**

AGE	NAME	STATE	POINTS	DATE	100M HURDLES	LONG J DISCUS	SHOTPUT POLE V	HIGH J JAVELIN	400M 1500M
M30	Matt McEwan	Qld	7,705	15.2.03	11.23 810	7.20 862	15.08 795	1.97 785	49.78 825
				16.2.03	15.22 796	42.91 724	4.80 849	56.64 687	4:57.93 572
M35	Geoffrey Gibbons	Tas	6,696	14.1.12	11.70 742	6.31 700	10.92 565	1.73 602	51.01 849
				15.1.12	16.31 716	34.13 556	4.06 651	50.41 604	4:37.66 711
M40	Geoffrey Gibbons	Tas	7,022	7.1.17	11.79 795	6.29 778	10.20 567	1.71 619	52.85 841
				8.1.17	15.71 853	28.83 499	3.90 673	48.41 627	4:39.55 770
M45	Mark Jeffery	WA	7,299	14.1.16	12.42 744	5.67 707	10.15 619	1.77 758	56.26 772
				15.1.16	18.76 607	37.65 774	4.20 856	52.12 754	5:02.10 708
M50	Terry Hicks	Vic	6,167	20.11.04	13.11 691	5.57 776	8.06 452	1.50 577	56.33 846
				21.11.04	19.45 461	28.47 447	2.40 342	37.45 553	4:24.34 1022
M55	Dave Varley	Qld	6,537	23.9.17	12.79 830	4.79 648	8.28 517	1.42 577	60.14 776
				24.9.17	17.24 742	28.69 501	3.00 603	43.97 720	5:47.02 623

M60	Rudi Hochreiter	Vic	6,911	27.7.89	13.18	4.82	11.53	1.41	63.21
					841	762	752	653	745
				28.7.89	19.62	41.46	2.30	42.12	5:48.33
					554	748	423	731	702
M65	Don Fraser	ACT	6,746	19.2.05	13.56	4.80	9.07	1.35	67.67
					861	881	627	687	680
				20.2.05	19.62	33.68	2.20	37.14	6:36.60
					629	648	457	708	568
M70	Geoff Shaw		7,307	12.1.19	14.87	4.49	8.12	1.40	1:08.72
					736	910	509	868	757
				13.1.19	15.76	25.45	3.10	27.08	6:21.45
					759	514	988	522	744
M75	Fred O'Connor	NSW	6,793	29.7.99	14.91	3.99	9.15	1.21	78.34
					850	859	700	731	610
				30.7.99	15.86	29.65	1.90	25.88	7:58.9
					776	715	496	574	482

**AMA AUSTRALIAN MULTI EVENT RECORDS DETAIL as at 22 March 2018**

**DECATHLON using 2010 WMA AGE FACTORS**

AGE	NAME	STATE	POINTS	DATE	100M HURDLES	LONG J DISCUS	SHOTPUT POLE V	HIGH J JAVELIN	400M 1500M
M80	Fred O'Connor	NSW	5,593	18.2.06	17.35	3.16	8.36	1.09	1:42.07
					633	648	689	687	260
				19.2.06	19.30	22.40	1.70	26.29	9:48.57
					603	600	496	664	313
M85	Vic Younger	Qld	4,705	1999	19.13	3.17	6.55	1.10	2:47.21
					595	818	616	859	0
					27.34	17.82	1.70	17.22	DNF
					161	559	626	471	0
M90	Vic Younger	Vic	3,217 <b>WR</b>	22.2.03	31.69	2.25	5.86	0.92	DNF
					0	508	656	705	0
				23.2.03	49.76	13.72	1.15	13.30	DNF
					0	533	391	424	0

**DECATHLON (M80 3kg Shot from 11/2004) - AMA CHAMPIONSHIP RECORDS**

AGE	NAME	STATE	POINTS	DATE	100M HURDLES	LONG J DISCUS	SHOTPUT POLE V	HIGH J JAVELIN	400M 1500M
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M30	Warren Evans	Qld	6,352	22.2.03	11.64	6.39	12.20	1.73	53.70
					723	673	619	577	652
				23.2.03	16.15	44.02	4.65	53.38	6:08.95
					689	747	804	639	229
M35	Geoff Gibbons	Tas	6,487	28.2.15	11.62	6.19	11.04	1.71	51.73
					759	670	573	585	817
				1.3.15	16.21	30.72	4.20	42.65	4:41.20
					727	487	693	488	688
M40 – as above in <b>Australian records</b> Geoffrey Gibbons 7,022									
M45 – as above in <b>Australian records</b> Justin Hanrahan 7,216									
M50	Peter Murray	NSW	5,567	28.2.15	12.72	4.97	10.47	1.47	59.11
					763	608	623	544	736
				1.3.15	19.01	22.73	2.50	36.03	5:38.40
					499	333	371	504	586
M55	Nelson Viney	Qld	5,192	22.2.03	13.40	4.79	7.43	1.25	66.80
					717	648	452	411	541
				23.2.03	21.85	22.58	3.25	29.55	5:54.07
					336	368	696	435	588
M60	Greg Mamalis	NSW	5,875	22.2.03	13.95	4.89	10.00	1.34	70.36
					703	785	636	577	507
				23.3.03	18.67	30.38	2.65	27.19	6:21.87
					642	509	554	420	542
M65 – as above in <b>Australian record</b> Don Fraser 6,746									
M70	Don Fraser	ACT	6,503	28.2.09	14.87	4.39	8.53	1.19	70.65
					736	869	575	593	694
				1.3.09	15.63	29.82	2.00	32.07	7:06.95
					735	626	451	677	547
M75	Don Chambers	Vic	4,608	4/5.1.14	16.10	3.67	8.54	1.10	92.31
					665	723	645	585	274
					18.44	16.73	1.85	19.15	dnf
					509	347	472	388	0
M80	Rad Leovic	ACT	3,806	28.2.09	19.40	2.88	7.26	0.98	1:43.54
					383	527	582	528	235
				1.3.09	25.46	12.70	NH	17.66	7:49.17
					168	289	0	399	695
M90 – as above in <b>Australian records</b> Vic Younger 3,217									

**AMA AUSTRALIAN MULTI EVENT RECORDS DETAIL as at 4 Jan 2019**

**HEPTATHLON using 2010 WMA AGE FACTORS**

AGE	NAME	STATE	PTS	DATE	HRDLES	HIGHJ	SHOT	200M	LONGJ	JAV	800M
W30	Jitka Hiscock	NSW	4,626	1.4.16	15.46 782	1.52 644	11.44 624	26.81 728	5.30 643	32.09 516	2:30.34 689
W35	Marie Kay	NSW	4,897	29/30.8.99	15.76 773	1.59 818	10.39 580	26.97 782	5.25 703	34.82 609	2:35.73 632
W40	Marie Kay	NSW	5,609	4/5.7.01	12.61 851	1.64 978	10.14 612	26.68 893	5.55 899	33.11 629	2:32.82 747
W45	Marie Kay	Qld	6,006 <b>WR</b>	8.09	12.32 1058	1.60 1041	10.79 719	26.96 960	5.05 831	32.30 673	2:41.70 724
W50	Marie Kay	Qld	6,202 <b>WR</b>	6/7.7.11	12.93 953	1.51 1041	11.52 829	27.77 986	5.13 985	31.97 706	2:51.40 702
W55	Marie Kay	Qld	6,682 <b>WR</b>	6/7.8.15	12.89 1132	1.42 1029	11.09 874	27.88 1075	4.93 1040	32.48 803	2:57.40 729
W60	Marge Allison	Qld	5,076	28/29.7.08	15.10 843	1.24 855	6.93 556	31.90 868	3.66 634	18.48 448	2:53.86 872
W65	Wilma Perkins	Qld	5,475	28/29.10.16	15.09 1037	1.15 842	8.26 775	31.95 971	3.44 657	20.78 624	3:38.36 569
W70	Marge Allison	Qld	5,342	27/28.4.17	17.35 974	1.11 916	5.75 573	33.86 986	2.94 554	13.84 459	3:21.25 880
W75	Frances Harris	ACT	4,215	28/29.10.16	21.39 813	1.00 855	6.84 696	44.85 528	2.37 411	15.64 584	5:04.22 328

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### HEPTATHLON - *AMA CHAMPIONSHIP RECORDS*

AGE	NAME	STATE	PTS	DATE	HRDLES	HIGHJ	SHOT	200M	LONGJ	JAV	800M
W30	Leanne McMurdy	Qld	3,192	22/23.2.03	19.08 383	1.42 534	8.10 406	28.00 631	4.69 477	21.97 326	2:52.82 435
W35	Jennifer Baldwin	Vic	3,945	9/10.2.02	18.35 480	1.41 599	9.01 486	28.23 680	4.78 562	29.06 493	2:34.63 645
W40	Lee-Anne Grosvenor	Qld	4,608	4/5.1.14	15.75	1.27	9.05	27.92	4.54	27.41	2:33.40

					424	512	532	789	567	504	740
W45	Karen Carah	Vic	4,883	9/10.1.16	13.73 843	1.48 867	9.02 580	29.20 777	4.57 665	29.04 595	2:57.02 556
W50	Wilma Perkins	Qld	4,406	22/23.2.03	15.77 563	1.24 632	9.45 655	29.91 816	4.34 683	22.71 497	3:05.02 560
W55 – as above in <b>Australian records</b> Wilma Perkins 5,200											
W60	Carol Bowman	WA	2,551	6/7.1.18	23.01 110	1.03 523	4.86 354	37.27 520	2.60 250	10.55 233	3:25.1 561
W65	Kathryn Heagney	Vic	3,065	6/7.1.18	31.80 0	0.88 399	5.88 514	35.33 741	3.00 469	10.88 285	3:28.2 657

**AMA AUSTRALIAN MULTI EVENT RECORDS DETAIL as at 22 March 2018**

**INDOORS PENTATHLON using 2010 WMA AGE FACTORS – MEN**

AGE	NAME	STATE	PTS	DATE	60m	HURDLES	HIGH JUMP	SHOT PUT	LONG JUMP	1000M
M35	Matthew McDowall	WA	3,292	10.3.18	9.22 728	1.76 627	11.93 629	6.18 668	3:03.78 640	
M40	Geoffrey Gibbons	Tas	3,564	22.3.17	8.83 893	5.88 675	10.37 579	1.69 602	2:53.38 815	
M50	George Jankowski	NSW	1,975	22.3.17	11.21 539	4.05 377	7.38 405	1.18 297	4:06.38 357	
M55	John Fienieg	NSW	2,932	4.4.12	11.45 581	1.48 636	8.51 534	4.57 584	3:43.62 597	
M60	John Fienieg	NSW	2,891	22.3.17	12.04 539	4.19 563	8.55 526	1.36 602	3:46.38 661	
M70	Don Chambers	Vic	2,990	2.3.10	10.73 913	1.11 496	8.85 602	3.70 606	5:00.31 373	
M75	Don Chambers	Vic	2,968	25.3.14	11.33	1.15	8.98	3.63	dnf	

					903	669	685	711	0
M80	Rad Leovic	ACT	2,883	2008	15.33 456	0.99 544	7.37 592	2.91 540	4:47.96 751
M85	Rad Leovic	ACT	2,239	25.3.14	25.35 0	0.91 544	6.34 574	2.26 388	5:35.95 733

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### INDOORS PENTATHLON using 2010 WMA AGE FACTORS - WOMEN

AGE	NAME	STATE	PTS	DATE	60m	HURDLES	HIGH JUMP	SHOT PUT	LONG JUMP	800M
W35	Melissa Foster	WA	2,282	24.3.17	10.20 742	NH 0	8.43 446	5.33 726	3:00.62 368	
W40	Marie Kay	NSW	3,431	16.3.04	9.71 952	1.45 736	8.80 514	5.13 756	2:57.32 473	
W45	Marie Kay	NSW	4,312 <b>WR</b>	18.3.06	9.43 1026	1.51 916	10.02 658	5.41 965	2:39.79 747	
W50	Marie Kay	Qld	4,758 <b>WR</b>	1.3.10	9.55 1075	1.51 1041	12.30 894	5.16 994	2:46.78 754	
W60	Wilma Perkins	Qld	3,473	25.3.14	11.28 918	1.18 759	7.96 659	3.96 764	3:48.42 373	
W65	Marge Allison	Qld	3,799	1.3.10	11.53 969	1.17 879	6.57 589	3.13 522	3:08.99 840	
W75	Fran Harris	ACT	2,400	24.3.17	15.52 629	0.94 736	6.03 598	2.11 294	5:45.37 143	