

**MA CHAMPIONSHIP RECORDS as at 6 August 2018**

					* indicates 2018 changes **Australian record ***World record				
AGE	N A M E	STATE	TIME	YEAR	AGE	N A M E	STATE	TIME	YEAR
	<b>60 METRES</b>		<b>MEN</b>			<b>60 METRES</b>		<b>WOMEN</b>	
M30	**ROBERT VIDLER	VIC	6.96s	2011	W30	**FIONA CULLEN	QLD	7.95s	2011
M35	**ROBERT VIDLER	VIC	7.21s	2012	W35	WENDY SEEGER	WA	7.92s	2014
M40	ASHLEY MCMAHON	NSW	7.21s	2017	W40	**GIANNA MOGENTALE	NSW	7.86s	2007
M45	ERNIE LESEBERG	NSW	7.43s	2018	W45	**JULIE BRIMS	QLD	7.75s	2011
M50	RUDY KOCIS	WA	7.59s	2012	W50	**JULIE BRIMS	QLD	8.14s	2016
M55	GARRY RALSTON	WA	7.77s	2012	* W55	**SUE TURNER	SA	8.65s	2018
M60	KEITH HOWDEN	VIC	8.13s	2009	W60	WENDY SHEAVES-DORAN	QLD	9.25s	2011
M65	**ROB MCDONALD	QLD	8.10s	2010	W65	**EVELYN PEAKE	SA	9.27s	2015
M70	**GLEN WILSON	QLD	8.41s	2011	W70	ANNETTE HORSNELL	QLD	10.00s	2008
M75	**HUGH COOGAN	QLD	8.92s	2011	W75	ANN COOPER	SA	10.23s	2007
M80	RICHARD HUGHES	NSW	9.47s	2012	* W80	**MIRIAM CUDMORE	SA	11.04s	2018
M85	RICHARD HUGHES	NSW	10.71s	2017	W85	**GWENDOLIN GLEESON	ACT	14.78s	2014
M90	**JIM SINCLAIR	VIC	12.12s	2015					
	<b>100 METRES</b>					<b>100 METRES</b>			
M30	ROBERT VIDLER	VIC	11.05s	2011	W30	LORRAINE GRAINGER	NSW	12.31s	1981
M35	JOHN DUBLEWICZ	NSW	10.9s	1991	W35	D. IRWIN	VIC	12.44s	1981
M40	REG AUSTIN	NSW	11.12s	1981	W40	GIANNA MOGENTALE	NSW	12.37s	2007
M45	HAL THOMAS	SA	11.56s	1981	W45	JULIE BRIMS	QLD	12.55s	2011
M50	**LLOYD SNELLING	SA	11.56s	1981	* W50	JULIE BRIMS	QLD	12.63s	2018
M55	HAL THOMAS	SA	11.63s	1992	* W55	SUE TURNER	SA	13.86s	2018
M60	**BERNIE HOGAN	QLD	12.15s	1981	W60	**ANN COOPER	SA	14.40s	1990
M65	JOHN COOPER	QLD	12.68s	2006	W65	DAPHNE PIRIE	QLD	14.7s	1987
M70	**BOB WISHART	VIC	13.28s	2012	W70	ANNETTE HORSNELL	QLD	16.14s	2008
M75	HUGH COOGAN	QLD	13.98s	2012	W75	**ANN COOPER	SA	16.09s	2005
M80	**LEO COFFEY	VIC	15.27s	2011	W80	CORY COLLINS	ACT	19.88s	2017
M85	RICHARD HUGHES	NSW	17.45s	2017	W85	**GWEN GLEESON	ACT	25.19s	2014
M90	JAMES SINCLAIR	VIC	20.30s	2015	W90	**MARGARET PROWSE	VIC	43.22s	2012
	<b>200 METRES</b>					<b>200 METRES</b>			
M30	MARK ROSENBERG	NSW	22.13s	1994	W30	MELISSA MEDLICOTT	NSW	24.74s	1999
M30	JAY STONE	NSW	22.13s	2013	W35	MELISSA MEDLICOTT	NSW	25.43s	2006
M35	KEVIN SILVER	QLD	22.29s	1987	W40	JULIE BRIMS	QLD	25.14s	2008
M40	BRENDON WILSON	SA	22.54s	1983	W45	**JULIE BRIMS	QLD	25.21s	2011
M45	REG AUSTIN	NSW	22.6s	1984	W50	**JULIE BRIMS	QLD	26.09s	2016
M50	**REG AUSTIN	NSW	23.1s	1987	W55	JULIE FORSTER	NSW	28.27s	2016
M55	REG AUSTIN	NSW	24.26	1994	W60	**ANN COOPER	SA	29.8s	1991
M60	REG AUSTIN	NSW	24.93s	1999	W65	**MARGE ALLISON	QLD	31.40s	2011
M65	JOHN COOPER	QLD	26.17s	2004	W70	MARGE ALLISON	QLD	33.40s	2016
M70	PETER CROMBIE	NSW	27.16s	2016	W75	ANN COOPER	SA	34.72s	2005
M75	**HUGH COOGAN	QLD	28.83s	2011	* W80	MIRIAM CUDMORE	SA	40.00s	2018
M80	**MIKE JOHNSTON	VIC	31.82s	2002	W85	**GWEN GLEESON	ACT	57.85s	2015
M85	**RICHARD HUGHES	NSW	35.13s	2017					
M90	JIM SINCLAIR	VIC	43.69s	2015					
	<b>400 METRES</b>					<b>400 METRES</b>			
M30	**MARK ROSENBERG	NSW	48.35s	1994	W30	**GLENDA DOUGLASS	NSW	55.5s	1996
M35	ROBERT MCCUBBIN	VIC	49.46s	2002	W35	MARIE KAY	NSW	57.41s	1999
M40	**ROBERT MCCUBBIN	VIC	49.33s	2004	W40	JUDY POLLOCK	VIC	57.0s	1983

M45	ANDREW WILCOX	VIC	51.36s	2015	W45	JANELLE DELANEY	NSW	57.93s	2015
M50	LLOYD SNELLING	SA	52.5s	1981	W50	MARGE ALLISON	NSW	59.5s	1995
M55	**TREVOR YOUNG	NSW	54.63s	2016	W55	BARBARA BLURTON	WA	64.68s	2005
M60	**TREVOR YOUNG	NSW	55.42s	2018	W60	MARGE ALLISON	NSW	67.37s	2005
M65	COLIN BUYERS	QLD	59.85s	2009	W65	JEANETTE FLYNN	QLD	70.37s	2017
M70	HUGH COOGAN	QLD	62.17s	2006	W70	ANNE STOBAUS	VIC	77.93s	2013
M75	HUGH COOGAN	QLD	65.88s	2012 *	W75	**ANNE LANG	SA	87.42s	2018
M80	DAVID CARR	WA	72.83s	2013	W80	CORRINE COLLINS	ACT	1m 42.75s	2017
M85	**DAVID CARR	WA	81.93s	2018	W85	**MARGARET PROWSE	VIC	2m 51.21s	2006
M90	**JIM SINCLAIR	VIC	1m 51.93s	2015					
	<b>800 METRES</b>					<b>800 METRES</b>			
M30	**PAUL SCHNYDER	VIC	1m 55.40s	1997	W30	DEBBIE LANGE	SA	2m 14.3s	1986
M35	BRETT HALLS	NSW	1m 53.96s	2013	W35	ANNE HOLCOMBE	VIC	2m 14.2s	1986
M40	ROBERT MCCUBBIN	VIC	1m 55.88s	2004	W40	**SUZY COLE	TAS	2m 10.48s	2010
M45	KEITH WHEELER	WA	2m 00.0s	1989	W45	BARBARA BLURTON	VIC	2m 17.2s	1996
M45	ROBERT SCHWERKOLT	VIC	2m 00.00s	2011	W50	JENNY FLYNN	QLD	2m 18.07s	2005
M50	TOM ROBERTS	VIC	2m 00.7s	1984	W55	BARBARA BLURTON	WA	2m 31.66s	2005
M55	PAUL CRITCHLEY	NSW	2m 06.55s	1998	W60	JAN MORREY	VIC	2m 41.20s	2003
M60	DAVID CARR	WA	2m 16.28s	1993	W65	JENNY FLYNN	QLD	2m 48.56s	2017
M65	ALAN BRADFORD	QLD	2m 22.15s	2004	W70	ANNE STOBAUS	VIC	3m 10.49s	2012
M70	DAVID CARR	WA	2m 29.64s	2004	W75	JEANNE BRYAN	VIC	3m 43.56s	2017
M75	DAVID CARR	WA	2m 38.5s	2009	W80	CORY COLLINS	ACT	4m 21.52s	2017
M80	DAVID CARR	WA	2m 54.83s	2013	W85	**MARGARET PROWSE	VIC	6m 35.91s	2006
M85	DAVID CARR	WA	3m 23.21s	2018					
M90	**ALEX PITTENDRICH	QLD	4m 28.2s	1997					
	<b>1500 METRES</b>					<b>1500 METRES</b>			
M30	BRENDAN GRAY	QLD	4m 06.17s	2004	W30	T. BELL	NSW	4m 43s	1983
M35	BRETT HALLS	NSW	3m 58.35s	2016	W35	MARCIA SHEER	SA	4m 30.16s	1993
M40	**ALBIE THOMAS	NSW	3m 55.4s	1975	W40	**SUZY COLE	TAS	4m 31.63s	2012
M45	**KEITH WHEELER	WA	4m 02.1s	1989	W45	DOT BROWNE	VIC	4m 47.7s	1986
M50	RON YOUNG	VIC	4m 20.95s	1981	W50	JENNY FLYNN	QLD	4m 49.04s	2004
M55	JACK RYAN	VIC	4m 27.2s	1982	W55	ROBYN BASMAN	NSW	5m 13.43s	2014
M60	BERT CARSE	WA	4m 40.11s	2002	W60	JEANETTE FLYNN	QLD	5m 35.48s	2013
M65	DONALD MATHEWSON	NSW	4m 51.60s	2011	W65	LAVINIA PETRIE	VIC	6m 00.40s	2011
M70	JOHN GILMOUR	WA	5m 10.2s	1991	W70	LAVINIA PETRIE	VIC	6m 12.92s	2015
M75	RANDALL HUGHES	VIC	5m 32.09s	1999	W75	JEANNE BRYAN	VIC	7m 33.44s	2017
M80	DAVID CARR	WA	6m 31.59s	2014	W80	**JUNE MCINTYRE	NT	9m 09.49s	2017
M85	KEN MATCHETT	VIC	8m 51.48s	2007					
M90	ALEX PITTENDRICH	QLD	11m 04.39s	1998					
	<b>5000 METRES</b>					<b>5000 METRES</b>			
M30	PAUL WILSON	VIC	15m 08.60s	2002	W30	BILLINDA SCHIPP	NSW	17m 03.13s	2008
M35	**GARY HAND	ACT	14m 36.8s	1985	W35	MARCIA SHEER	SA	16m 42.74s	1994
M40	ALBIE THOMAS	NSW	14m 50.8s	1975	W40	GLENDA BANAGHAN	QLD	17m 05.51s	2007
M45	DAVE POWER	NSW	15m 33.6s	1975	W45	**DOT BROWNE	VIC	17m 33.3s	1986
M50	JIM LANGFORD	WA	16m 02.7s	1996	W50	**BRONWEN CARDY	VIC	17m 44.75s	2002
M55	JOHN GILMOUR	WA	16m 28.3s	1975 *	W55	**LOUISA ABRAM	QLD	18m 24.57s	2018
M60	JOHN GILMOUR	WA	16m 38.3s	1982	W60	LAVINIA PETRIE	VIC	19m 58.73s	2004
M65	JOHN GILMOUR	WA	17m 44.4s	1986	W65	LAVINIA PETRIE	VIC	21m 09.72s	2010
M70	JOHN GILMOUR	WA	18m 47.0s	1990	W70	**LAVINIA PETRIE	VIC	21m 34.08s	2014

M75	**RANDALL HUGHES	VIC	20m 18.04s	1999	W75	**SHIRLEY YOUNG	VIC	27m 56.65s	2005
M80	BILL BURRIDGE	NSW	24m 39.08s	2006	W80	JUNE MCINTYRE	NT	34m 34.80s	2017
M85	**IRWIN BARRETT-LENNARD	WA	28 50.90s	2015					
	<b>10,000 METRES</b>					<b>10,000 METRES</b>			
M30	PAUL WILSON	VIC	31m 50.16s	2002	W30	**BILLINDA SCHIPP	NSW	35m 07.4s	2008
M35	**ERIC COYLE	TAS	29m 58.6s	1985	W35	DESIREE LETHERBY	SA	35m 39s	1983
M40	STEVE AUSTIN	VIC	30m 23.18s	1992	W40	DOT BROWNE	VIC	35m 41s	1983
M45	DAVE POWER	NSW	32m 10s	1974	W45	**BRONWEN CARDY	VIC	36m 06.26s	2001
M50	DAVID SWEENEY	QLD	33m 03.74s	2015	W50	THERESIA BAIRD	VIC	38m 00.32s	1992
M55	BRUCE GRAHAM	ACT	34m 12.77s	2018	W55	**BRONWEN CARDY	VIC	37m 50.93	2007
M60	JOHN GILMOUR	WA	35m 10s	1980	W60	LAVINIA PETRIE	VIC	42m 06.09s	2004
M65	PETER SANDERY	SA	37m 40.41	2007	W65	LAVINIA PETRIE	VIC	44m 07.82s	2010
M70	JOHN GILMOUR	WA	39m 49s	1990	W70	**LAVINIA PETRIE	VIC	44m 43.27s	2014
M75	**RANDALL HUGHES	VIC	43m 05.41s	2000	W75	SHIRLEY YOUNG	VIC	59m 06.37s	2005
M80	**BILL BURRIDGE	NSW	50m 23.45s	2006					
M85	**KEN MATCHETT	VIC	60m 52.92s	2007					
	<b>HALF MARATHON</b>					<b>HALF MARATHON</b>			
M30	ANDREW ALLISON	TAS	1h 15m 06s	2010	W30	KAREN WATSON	TAS	1h 26m 01s	2013
M35	PATRICK NISPEL	QLD	1h 12m 03s	2017	W35	SHILOH WATTS	QLD	1h 25m 27s	2017
M40	NEIL PEARSON	NSW	1h 13m 30s	2015	W40	SANDRA PROSENICA	VIC	1h 20m 43s	2010
M45	BRUCE GRAHAM	ACT	1h 13m 05s	2010	W45	GLENDA BANAGHAN	QLD	1h 22m 34s	2011
M50	BRUCE GRAHAM	ACT	1h 16m 54s	2016	W50	DONNA DEW	VIC	1h 30m 44s	2012
M55	RON PETERS	QLD	1h 18m 20s	2013	W55	LOUISA ABRAM	QLD	1h 26m 35ss	2017
M60	RON PETERS	QLD	1h 18m 53s	2016	W60	JANET UPCHER	TAS	1h 39m 40s	2010
M65	REX WAGNER	TAS	1h 28m 11s	2016	W65	LAVINIA PETRIE	VIC	1h 38m 01s	2010
M70	BARRY BROOKS	VIC	1h 32m 45s	2012	W70	LAVINIA PETRIE	VIC	1h 37m 54s	2014
M75	ALLAN WAREHAM	NSW	2h 07m 14s	2015					
M80	BILL PAGE	VIC	2h 00m 04s	2011					
M85	GORDON MCKEOWN	VIC	3h 06m 09s	2010					
	<b>MARATHON</b>					<b>MARATHON</b>			
M30	STEVE EVANS	?	2h 27m 25s	1995	W30	CAROL EY	ACT	2h 50m 29s	1992
M35	GARRY HAND	ACT	2h 23m 38s	1985	W35	SUSAN HOBSON	ACT	2h 32m 57s	1994
M40	**GARRY HAND	ACT	2h 19m 00s	1987	W40	JOANNE COWAN	NSW	2h 44m 16s	1997
M45	BILL RAIMOND	NSW	2h 29m 07s	1982	W45	**BEV LUCAS	SA	2h 43m 45s	1995
M50	TONY LARKUM	NSW	2h 36m 30s	1991	W50	BEV LUCAS	SA	2h 49m 42s	1997
M55	JOHN GILMOUR	WA	2h 40m 56s	1978	W55	JANET UPCHER	TAS	3h 18m 09s	2002
M60	JOHN SHAW	QLD	2h 45m 19s	2016	W60	MARIE O'DONOVAN	NSW	3h 20m 28s	1993
M65	**COLIN MCLEOD	QLD	2h 54m 41s	2003	W65	**LAVINIA PETRIE	VIC	3h 28m 24s	2010
M70	COLIN MCLEOD	QLD	3h 04m 07s	2006	W70	LESLEY LE VALLIANT	QLD	4h 34m 59s	2013
M75	RANDALL HUGHES	VIC	3h 40m 47s	1999	W75	NORMA WALLETT	NSW	5h 29m 40s	2006
M80	KEN MATCHETT	VIC	5h 17m 41s	2003					
M85	KEN MATCHETT	VIC	5h 25m 19s	2007					
	<b>3000 METRES STEEPLECHASE</b>					<b>2 km STEEPLECHASE</b>		<b>new height</b>	<b>30"</b>
M30	BRENDAN GRAY	QLD	10m 05.24s	2004	W30	MARY FIEN	NSW	7m 24.74s	2007
M35	JEFF BRODERICK	VIC	9m 13s	1991	W35	MARY FIEN	NSW	7m 33.68s	2009
M40	DOUG WORLING	QLD	9m 31.6s	1975	W40	ELAINE COOPER	ACT	7m 17.61s	2001
M45	DOUG WORLING	QLD	9m 50.66s	1981	W45	**SHARON PEDERSEN	VIC	7m 51.79s	2017
M50	ALAN BRADFORD	QLD	10m 15.1s	1991	W50	JANUS WRIGHT	VIC	8m 34.25s	2001
M55	ALAN BRADFORD	QLD	10m 29.16s	1994	W55	**ANTOINETTE SHAW	WA	8m 23.96s	2003

	<b>2 km STEEPLECHASE</b>		<b>new height</b>	<b>30"</b>	W60	MARGARET SAUNDERS	WA	9m 26.96s	2016
M60	ALAN BRADFORD	QLD	7m 05.51s	1999	W65	**GILLIAN YOUNG	WA	10m 02.49s	2013
M65	ALAN BRADFORD	QLD	7m 28.46s	2004	* W70	GILLIAN YOUNG	WA	10m 10.46s	2018
M70	**ALAN BRADFORD	QLD	8m 20.95s	2009	* W75	LYNNE SCHICKERT	WA	17m 36.51s	2018
M75	**DAVID CARR	WA	8m 56.59s	2008					
M80	DAVID CARR	WA	9m 52.23s	2014					
M85	DAVID CARR	WA	11m 10.86s	2018					
	<b>110 METRES HURDLES .991m/3'3"</b>					<b>100 METRES HURDLES</b>		<b>.840m/2'9"</b>	
M30	GREG EYEARS	NSW	14.76s	2014	W30	EILEEN HINDLE	WA	14.67s	1983
M35	**RYAN DOWLING	NSW	15.09s	2018	W35	EILEEN HINDLE	WA	14.7s	1984
M40	CONRAD BURGE	ACT	15.5s	1991		<b>80 METRES HURDLES</b>		<b>.762m/2'6"</b>	
M45	**HARRY GILES	QLD	15.5s	1990	W40	EILEEN HINDLE	WA	11.8s	1989
	<b>100 METRES HURDLES .914m/3'</b>				W45	LENORE LAMBERT	NSW	12.57s	2016
M50	MICK STEVENSON	TAS	15.2s	1991	W50	**SALLY STAGLES	NSW	12.86s	2011
M55	**HARRY GILES	QLD	15.42s	1994	* W55	**SALLY STAGLES	NSW	12.94s	2018
	<b>100 METRES HURDLES .840m/2'9"</b>					<b>80 METRES HURDLES</b>		<b>.686m/2'3" from 2000</b>	
M60	HARRY GILES	QLD	16.68s	2005	W60	MARGARET TAYLOR	ACT	14.63s	2011
M65	MICK STEVENSON	TAS	16.95s	2007	W65	MARGARET TAYLOR	ACT	17.10s	2015
	<b>80 METRES HURDLES .762m/2'6"</b>				W70	ANNA ZEITZEN-VANDEBURG	VIC	22.27s	2005
M70	**MICK STEVENSON	TAS	14.13s	2011	W75	FRAN HARRIS	ACT	21.67s	2017
M75	**FRED O'CONNOR	NSW	15.78s	1999					
M80	**FRED O'CONNOR	NSW	18.64s	2005					
M85	STAN STANKOVIC	VIC	34.62s	2008					
	<b>400 METRES HURDLES .914m/3'</b>					<b>400 METRES HURDLES</b>		<b>.762m/2'6"</b>	
M30	STEPHEN RAE	TAS	55.72s	2011	W30	**GLENDA DOUGLASS	NSW	61.6s	1996
M35	HARRYGILES	QLD	56.09s	1981	W35	JANETTE VAN DEN BULK	VIC	64.71s	2016
M40	HARRYGILES	QLD	56.73s	1988	W40	STACEY QUITZAU	NSW	64.97s	2001
M45	HARRYGILES	QLD	58.8s	1990	W45	**LENORE LAMBERT	NSW	63.63s	2017
	JOHN MOLLOY	WA	58.8s	1996		<b>300 METRES HURDLES</b>		<b>.762m/2'6"</b>	
	<b>400 METRES HURDLES</b>		<b>.840m/2'9"</b>		* W50	JACKIE BEZUIDENHOUT	NSW	50.34s	2018
M50	HARRY GILES	QLD	62.14s	1994	W55	**MICHELE HOSSACK	VIC	51.00s	2016
M55	**RICHARD TREMBATH	VIC	62.60s	1999		<b>300 METRES HURDLES</b>		<b>.686m/2'3" from 2000</b>	
	<b>300 METRES HURDLES</b>		<b>.762m/2'6"</b>		W60	MARGE ALLISON	NSW	54.87s	2005
M60	RICHARD TREMBATH	VIC	45.24s	2003	W65	**FRANCES HARRIS	ACT	67.37s	2007
M65	JOHN LAMB	NSW	49.05s	2015		<b>200 METRES HURDLES</b>		<b>.686m/2'3"</b>	
	<b>300 METRES HURDLES</b>		<b>.686m/2'3" from 2000</b>		W70	FRAN HARRIS	WA	50.94s	2015
M70	MICK STEVENSON	TAS	53.32s	2012					
M75	MICK STEVENSON	TAS	58.46s	2016					
M80	**FRED O'CONNOR	NSW	66.33s	2004					
	<b>300 METRES HURDLES</b>		<b>.686m/2'3"</b>						
M80	RAD LEOVIC	ACT	63.25s	2011					
	<b>200 METRES HURDLES</b>		<b>.686m/2'3"</b>						
M80	**OSMO MILLRIDGE	NSW	44.11s	2012					
M85	**OSMO MILLRIDGE	NSW	52.22s	2017					
	<b>1500m TRACK WALK</b>					<b>1500m TRACK WALK</b>			
M30	**KIM MOTTROM	SA	6m 04.50s	2017	* W30	MELISSA LEWIS	WA	7m 32.41s	2018
M35	AARON MCDONOUGH	VIC	7m 00.62s	2012	W35	KYLIE IRSHAD	VIC	6m 54.84s	2010
M40	DEAN NIPPERESS	QLD	6m 06.67s	2014	W40	CHERYL WEBB	NSW	7m 11.20s	2017
M45	JAMES CHRISTMASS	VIC	6m 27.58s	2014	W45	ANN STAUNTON-JUGOVIC	ACT	7m 26.45s	2011

M50	ANDREW DUNCAN	WA	6m 38.57s	2018	W50	PAM TINDAL	VIC	7m 04.54s	2010
M55	PETER BENNETT	QLD	6m 48.21s	2011	W55	PAM TINDAL	VIC	7m 17.68s	2015
M60	COLIN HEYWOOD	NT	7m 08.43s	2015	W60	HEATHER CARR	VIC	7m 21.20s	2010
M65	ANDREW JAMIESON	VIC	7m 15.85s	2015	W65	HEATHER CARR	VIC	7m 58.85s	2015
M70	**RALPH BENNETT	VIC	8m 00.40s	2012	W70	GWEN STEED	VIC	9m 17.63s	2013
M75	BOB GARDINER	VIC	8m 35.84s	2012	W75	RUTH JOHNSON	WA	10m 53.30s	2017
M80	**JIM SEYMON	NSW	9m 38.26s	2018	W80	CHRISTIANE DAUPHINET	QLD	11m 32.7s	2011
M85	OSMO MILLRIDGE	NSW	11m 14.58s	2017	W85	HEATHER LEE	NSW	11m 36.90s	2012
M90	**PETER KENNEDY	WA	16m 11.60s						
	<b>5km TRACK WALK</b>					<b>5km TRACK WALK</b>			
M 30	IGNACIO JIMENEZ	QLD	22m 55.1s	1995	W30	MIRIAM HARDING	ACT	25m 46.9s	1988
M 35	DAVID SMITH	QLD	20m 43.8s	1995	W35	KELLY RUDDICK	VIC	22m 39.87s	2012
M 40	DAVID SMITH	QLD	21m 26.18s	1998	W40	LYN VENTRIS	WA	23m 55.5s	2001
M 45	JOHN SMITH	NSW	22m 32s	1984	W45	LYN VENTRIS	WA	23m 51.03s	2006
M 50	ANDREW JAMIESON	VIC	23m 15.65s	1999	W50	***LYN VENTRIS	WA	23m 37.78s	2007
M 55	BOB GARDINER	VIC	23m 40.1s	1991	W55	HEATHER CARR	VIC	26m 01.40s	2007
M 60	ANDREW JAMIESON	VIC	23m 40.81s	2009 *	W60	***LYN VENTRIS	WA	25m 41.58s	2018
M 65	ANDREW JAMIESON	VIC	24m 54.01s	2015	W65	BRENDA RILEY	VIC	27m 51.04s	2006
M 70	**TOM DAINTRY	VIC	27m 01.8s	1982	W70	**JEAN ALBURY	TAS	29m 42.75s	2000
M 75	TOM DAINTRY	VIC	28m 43.86s	1987	W75	JEAN ALBURY	VIC	35m 31.62s	2007
M 80	TOM DAINTRY	VIC	30m 42.80s	1992	W80	NANCE JEFFREYS	VIC	39m 04s	1990
M 85	**GUS THEOBALD	VIC	33m 14.2s	1982	W80	CHRISTIANE DAUPHINET	QLD	39m 04.68s	2011
M 90	**GUS THEOBALD	VIC	35m 10s	1987	W85	HEATHER LEE	NSW	40m 36.43s	2013
					* W90	***HEATHER LEE	NSW	41m 04.87s	2018
	<b>10km ROAD WALK</b>					<b>10 KM ROAD WALK</b>			
M30	KIM MOTTROM	SA	47m 42s	2017	W30	LORRAINE JACHNO	ACT	47m 39s	1991
M35	AARON MCDONOUGH	VIC	51m 07s	2012	W35	KELLY RUDDICK	VIC	47m 57s	2012
M40	DEAN NIPPERESS	QLD	49m 39s	2012	W40	**LYN VENTRIS	WA	47m 25s	2001
M45	IGNACIO JIMENEZ	QLD	49m 27s	2011	W45	LYN VENTRIS	WA	48m 34s	2006
M50	MARK DONAHO	VIC	50m 38.3s	2010	W50	**LYN VENTRIS	WA	48m 27s	2007
M55	COLIN HEYWOOD	ACT	50m 17s	2011	W55	HEATHER CARR	VIC	54m 33m	2007
M60	ANDREW JAMIESON	VIC	50m 02s	2011	W60	**HEATHER CARR	VIC	54m 12s	2010
M65	ANDREW JAMIESON	VIC	53m 44s	2014	W65	BRENDA RILEY	VIC	56m 53s	2006
M70	RALPH BENNETT	VIC	56m 29s	2012	W70	**JEAN ALBURY	TAS	62m 31s	2000
M75	**BOB GARDINER	VIC	59m 55s	2012	W75	LORNA THOMPSON	QLD	74m 53s	2005
M80	JIM SEYMON	NSW	1h 10m 07s	2018	W75	CHRISTIANE DAUPHINET	QLD	74m 53s	2007
M85	RICHARD KEATINGE	QLD	1h 20m 12s	2009	W80	NANCE JEFFREYS	VIC	77m 35s	1990
					W85	**HEATHER LEE	NSW	80m 54s	2013
					* W90	***HEATHER LEE	NSW	85m 28s	2018
	<b>20km ROAD WALK</b>					<b>20km ROAD WALK</b>			
M30	RICHARD EVERSON	SA	1h 42m 44s	1998		unclaimed			
M35	CHRIS LOCKWOOD	NSW	1h 37m 03s	2001	W35	SARAH BRENNAN	VIC	1h 49m 22s	2013
M40	GEORGE WHITE	VIC	1h 37m 53s	1990	W40	KELLY RUDDICK	VIC	1h 36m 45s	2015
M45	JOHN SMITH	NSW	1h 37m 16s	1984	W45	DONNA ELMS	VIC	2h 21m 04s	2010
M50	ANDREW JAMIESON	VIC	1h 38m 58s	1997	W50	LYNETTE VENTRIS	WA	1h 39m 51s	2011
M55	ANDREW JAMIESON	VIC	1h 39m 44s	2006	W55	BARBARA BRYANT	VIC	2h 00m 23s	2011
M60	ANDREW JAMIESON	VIC	1h 38m 18s	2007	W60	HEATHER CARR	VIC	1h 56m 18s	2011
M65	RUSSELL DICKENSON	VIC	1h 55m 33s	2011	W65	HEATHER CARR	VIC	2h 07m 10s	2015
M70	RALPH BENNETT	VIC	1h 57m 35s	2012	W70	MARLAINE STANWAY	VIC	2h 33m 11s	2010

M75	TOM DAINTRY	VIC	2h 06m 40s	1987	W75	MARGARET BEAUMONT	VIC	3h 01m 23s	2015
M80	RODGER BARBER	SA	2h 42m 49s	2018 *	W80	MARGARET BEAUMONT	VIC	3h 17m 34s	2018
M85	GUS THEOBALD	VIC	2h 28m 24s	1983					
M90	**GUS THEOBALD	VIC	2h 34m 01s	1987					
	<b>HIGH JUMP</b>					<b>HIGH JUMP</b>			
M30	TERRY BALDWIN	VIC	1.90m	1994	W30	**LYNETTE SMITH	NSW	1.66m	2005
M35	CLAYTON TOMPKINS	NSW	1.85m	1988	W35	LYNETTE SMITH	NSW	1.59m	2010
M40	**GRAEME MORRISH	VIC	1.95m	1982	W40	DEANN MAYFIELD	QLD	1.70m	2005
M45	BEN DICKSON	QLD	1.78m	2011	W45	LENORE LAMBERT	NSW	1.52m	2016
M50	JOHN HUNT	ACT	1.74m	1992	W50	**MARIE KAY	QLD	1.45m	2010
M55	JOHN HUNT	ACT	1.68m	1997	W55	**MARGARET TAYLOR	ACT	1.35m	2003
M55	CLAYTON TOMPKINS	NSW	1.68m	2008	W60	MARGARET TAYLOR	ACT	1.27m	2010
M60	**CLAYTON TOMPKINS	NSW	1.61m	2013	W65	MARGARET TAYLOR	ACT	1.22m	2015
M65	JOHN SEARLE	NSW	1.46m	2014	W70	**GWEN DAVIDSON	VIC	1.16m	1993
M70	**ALAN ROLFE	QLD	1.41m	1999	W70	**MARGARET TAYLOR	ACT	1.16m	2018
M75	**GORDON GOURLAY	VIC	1.33m	2005	W75	GWEN DAVIDSON	VIC	1.05m	2001
M80	VIC YOUNGER	QLD	1.17m	1994					
M80	TOM HANCOCK	VIC	1.17m	2017					
M85	VIC YOUNGER	QLD	1.05m	1998					
M90	**VIC YOUNGER	VIC	0.95m	2004					
	<b>LONG JUMP</b>					<b>LONG JUMP</b>			
M30	TERRY BALDWIN	VIC	6.46m	1994	W30	**JITKA HISCOX	NSW	5.74m	1982
M35	CLAYTON TOMPKINS	NSW	6.73m	1986 *	W35	MELISSA FOSTER	WA	5.78m	2018
M40	ROBERT LEHMANN	VIC	6.66m	2012	W40	HELEN SEARLE	NSW	5.59m	1983
M45	P. VALLANCE	NSW	6.26m	1991	W45	MARIE KAY	NSW	5.21m	2006
M50	GRAHAM TAYLOR	ACT	5.76m	1997	W50	**MARIE KAY	QLD	5.41m	2010
M55	DON FRASER	ACT	5.69m	1994	W55	**MARGARET TAYLOR	ACT	4.57m	2003
M60	DON FRASER	ACT	5.27m	1999	W60	MARGARET TAYLOR	ACT	4.36m	2011
M65	JOHN SEARLE	NSW	5.04m	2014	W65	**MARGARET TAYLOR	ACT	3.96m	2015
M70	DAVID CLIVE	WA	4.57m	2009 *	W70	**MARGARET TAYLOR	ACT	3.66m	2018
M75	**DAVID CLIVE	WA	4.42m	2012	W75	MIRIAM CUDMORE	SA	3.38m	2013
M80	**GRAEME NODEN	VIC	3.99m	2018 *	W80	**MIRIAM CUDMORE	SA	3.04m	2018
M85	MAURICE DAUPHINET	QLD	2.98m	2011					
M90	ALEX PITTENDRICH	QLD	2.14m	1998					
	<b>TRIPLE JUMP</b>					<b>TRIPLE JUMP</b>			
M30	ROGER GROPPPI	VIC	13.10m	1997	W30	**MAREE BUGEJA	QLD	11.68m	2006
M35	CLAYTON TOMPKINS	NSW	14.19m	1988	W35	**MELISSA FOSTER	WA	11.95m	2015
M40	DEREK BOOSEY	QLD	14.01m	1987	W40	JULIE BRIMS	QLD	11.17m	2007
M45	NICK HODGSON	VIC	12.98m	2013	W45	MARGARET TAYLOR	ACT	10.74m	1995
M50	NICK HODGSON	VIC	12.70m	2016	W50	MARGARET TAYLOR	ACT	10.45m	2000
M55	KEN McCONNELL	TAS	12.19m	1980	W55	**MARGARET TAYLOR	ACT	10.20m	2003
M55	CLAYTON TOMPKINS	NSW	12.19m	2010	W60	MARGARET TAYLOR	ACT	9.05m	2012
M60	CLAYTON TOMPKINS	NSW	11.75m	2013	W65	**MARGARET TAYLOR	ACT	8.72m	2015
M65	KEN McCONNELL	TAS	10.58m	1990 *	W70	**MARGARET TAYLOR	ACT	7.69m	2018
M70	**FRED O'CONNOR	NSW	9.85m	1994	W75	**MIRIAM CUDMORE	SA	7.49m	2013
M75	FRED O'CONNOR	NSW	8.92m	2000 *	W80	MIRIAM CUDMORE	SA	6.75m	2018
M80	**FRED O'CONNOR	NSW	8.23m	2004					
M85	LEO COFFEY	VIC	6.23m	2016					
M90	ALEX PITTENDRICH	QLD	5.50m	1998					

	POLE VAULT					POLE VAULT						
M30	WARREN EVANS	QLD	3.65m	2005	W30	MONTSE ROS	NSW	3.00m	2009			
M35	GEOFF GIBBONS	TAS	4.10m	2014	W35	IRIE HILL	VIC	3.85m	2006			
M40	HOWARD ARBUTHNOT	QLD	4.20m	2011	W40	IRIE HILL	VIC	3.50m	2010			
M45	BRUCE ARNOLD	QLD	3.70m	2000	W45	DAWN HARTIGAN	VIC	3.35m	2006			
M50	BRUCE ARNOLD	QLD	3.65m	2005	W50	DAWN HARTIGAN	VIC	3.20m	2010			
M55	GARVIN BROWN	QLD	3.20m	1986	W55	**DAWN HARTIGAN	VIC	3.20m	2012			
M55	JIM POULTER	VIC	3.20m	1997	W60	**WILMA PERKINS	QLD	2.33m	2010			
M55	WILLIAM TYLER	NSW	3.20m	2015	W65	**WILMA PERKINS	QLD	2.10m	2015			
M60	KEN PRIESTLEY	VIC	3.20m	1999								
M65	ROB BARCLAY	VIC	3.10m	2004								
M65	GEORGE SCHILLINGER	VIC	3.10m	2015								
M70	ALBERT GAY	NSW	3.00m	2015								
M75	ALBERT GAY	NSW	2.50m	2018								
M 80	**FRED O'CONNOR	NSW	1.90m	2004								
M 85	VIC YOUNGER	QLD	1.50m	1999								
	DISCUS THROW					DISCUS THROW				#W75+ 750gm from 2005		
M30	YOHAN AMERASEKERA	VIC	44.65m	2004	W30	CHRIS SCHULTZ	VIC	48.12m	1984			
M35	STUART GYNGELL	NSW	48.71m	2003	W35	CHRIS SCHULTZ	VIC	47.36m	1986			
M40	DARRON HAWORTH	QLD	50.65m	2011	W40	CHRIS SCHULTZ	VIC	44.42m	1991			
M45	STUART GYNGELL	NSW	45.95m	2009	W45	CHRIS SCHULTZ	VIC	43.00m	1996			
M50	STUART GYNGELL	NSW	50.78m	2014	W50	ISABELLE DENEFFE	VIC	37.60m	1986			
M55	WARWICK SELVEY	QLD	44.38m	1996	W55	CHRIS SCHULTZ	VIC	32.35m	2006			
M60	RAY GREEN	ACT	49.66m	2005	W60	HEATHER DOHERTY	QLD	31.78m	1994			
M65	WARWICK SELVEY	QLD	45.76m	2005	W65	**HEATHER DOHERTY	QLD	30.74m	1999			
M70	TOM HANCOCK	VIC	38.92m	2011	W70	HEATHER DOHERTY	QLD	25.30m	2005			
M75	ROY FOLEY	VIC	35.50m	1992	W75	**HEATHER DOHERTY	QLD	#24.46m	2012			
M80	TOM HANCOCK	VIC	31.10m	2017	W75	GWEN DAVIDSON	VIC	18.99m(1kg)	1999			
M85	**FELIKS JEKABSONS	QLD	25.28m	2008	W80	GWEN DAVIDSON	VIC	15.05m(1kg)	2007			
M90	MAURICE DAUPHINET	QLD	19.33m	2016	W80	HEATHER DOHERTY	QLD	#19.33m	2015			
					W85	RUTH FRITH	NSW	13.34m(1kg)	1998			
					W90	**RUTH FRITH	NSW	12.10m(1kg)	2000			
					W95	RUTH FRITH	QLD	#10.29m	2005			
					W100	RUTH FRITH	QLD	#8.14m	2010			
	SHOT PUT				#M80+ 3kg from 2005		SHOT PUT				#W75+ 2kg from 2005	
M30	YOHAN AMERASEKERA	VIC	13.87m	2004	W30	CHRIS SCHULTZ	VIC	14.98m	1984			
M35	STUART GYNGELL	NSW	17.78m	2003	W35	CHRIS SCHULTZ	VIC	14.67m	1988			
M40	STUART GYNGELL	NSW	17.68m	2008	W40	CHRIS SCHULTZ	VIC	13.22m	1991			
M45	STUART GYNGELL	NSW	17.69m	2010	W45	CHRIS SCHULTZ	VIC	13.16m	1996			
M50	STUART GYNGELL	NSW	17.97m	2014	W50	CHRIS SCHULTZ	VIC	12.96m	1992			
M55	GRAEME ROSE	VIC	13.08m	2000	W55	HELEN SEARLE	NSW	12.00m	1999			
M60	GEORGE MENCIK	ACT	13.69m	1994	W60	HELEN SEARLE	NSW	12.05m	2000			
M65	LEO CHRISTOPHER	NSW	12.81m	2012	W65	HELEN SEARLE	QLD	11.41m	2005			
M70	**LEO CHRISTOPHER	NSW	13.44m	2013	W70	HELEN SEARLE	QLD	9.67m	2010			
M75	**JIM PERIDIS	VIC	11.64m	2001	W75	HELEN SEARLE	QLD	#9.48m	2015			
M80	TOM HANCOCK	VIC	11.53m	2017	W75	GWEN DAVIDSON	VIC	6.62m(3kg)	1999			
M85	FELIKS JEKABSONS	QLD	#9.10m	2008	W80	**RUTH FRITH	NSW	6.93m(3kg)	1994			
M90	MAURICE DAUPHINET	QLD	5.70m	2017	W80	RAEMA MCMILLAN	WA	#7.03m	2010			
					W85	RUTH FRITH	NSW	5.52m(3kg)	1999			

					W90	**RUTH FRITH	NSW	5.37m(3kg)	2001
					W95	RUTH FRITH	QLD	#5.04m	2006
					W100	RUTH FRITH	QLD	#4.37m	2010
	<b>HAMMER THROW</b>		<b>#M80+ 3kg from 2005</b>			<b>HAMMER THROW</b>		<b>#W75+ 2kg from 2005</b>	
M30	DAVID ALLAN	QLD	57.10m	2005	W30	KARYNE DI MARCO	NSW	59.27m	2008
M35	RICARD MEIRING	NSW	60.34m	2014	W35	BYRONY GLASS	WA	54.67m	2013
M40	HANS LOTZ	VIC	57.26m	1990 *	W40	**BYRONY GLASS	WA	51.75m	2018
M45	HANS LOTZ	VIC	56.14m	1997	W45	SHARON GIBBONS	ACT	43.10m	2004
M50	BOB WAGNER	QLD	51.93m	2007	W50	**MARJA PARVIAINEN	NSW	51.73m	1998
M55	**KEN READWIN	VIC	49.34m	1996	W55	MARJA PARVIAINEN	NSW	50.56m	2000
M60	GRAEME ROSE	VIC	47.56m	2008	W60	HELEN SEARLE	QLD	42.85m	2002
M65	WIM VAN WEENEN	VIC	48.32m	1997	W65	**HELEN SEARLE	QLD	41.41m	2006
M70	WIM VAN WEENEN	VIC	46.99m	2004	W70	JAN BANENS	ACT	32.74m	2013
M75	ROY FOLEY	VIC	43.10m	1992 *	W75	JAN BANENS	ACT	#31.39m	2018
M80	**WIM VAN WEENEN	VIC	#41.98m	2012	W75	GWEN DAVIDSON	VIC	22.92m(3kg)	1999
M85	FELIKS JEKABSONS	QLD	#27.36m	2008	W80	**GWEN DAVIDSON	VIC	23.12m(3kg)	2006
M90	MAX MCKAY	NSW	16.40m	2014	W80	VAL WORRELL	VIC	#25.02m	2015
					W85	RUTH FRITH	NSW	13.36m(3kg)	1999
					W90	**RUTH FRITH	NSW	13.13m(3kg)	2000
					W95	RUTH FRITH	QLD	#12.93m	2005
					W100	RUTH FRITH	QLD	#10.87m	2011
	<b>JAVELIN THROW</b>		<b>#Old Centre of Gravity</b>			<b>JAVELIN THROW ***500g</b>		<b>#Old Centre of Gravity</b>	
M30	ANDREW CURREY	NSW	77.65m	2001	W30	LYNETTE SMITH	NSW	38.88m	2005
					W30	MARY THOMAS	NSW	#45.78m	1979
M35	MANFRED ROHKAMPER	VIC	#60.70m	1990	W35	JAYNE HARDY	ACT	41.28m	2000
					W35	MARY THOMAS	NSW	#44.20m	1981
M40	JOHN KAY	NSW	61.78m	2001	W40	JAYNE HARDY	ACT	38.44m	2003
					W40	MARY THOMAS	NSW	#41.94m	1985
M45	JOHN KAY	NSW	57.18m	2006	W45	JAYNE HARDY	ACT	36.38m	2008
					W45	MARY THOMAS	NSW	#39.38m	1990
M50	BOB BANENS	ACT	54.22m	2001	W50	**JAYNE HARDY	ACT	34.64m(500g)	2013
					W50	MARY THOMAS	NSW	#46.75m(400g)	1998
M55	BOB BANENS	ACT	51.45m	2004	W55	**MARY THOMAS	NSW	39.17m(500g)	2001
M60	ANDREW FARR	VIC	45.93m	2012	W60	MARY THOMAS	NSW	32.72m	2008
M65	ANDREW FARR	VIC	41.16m	2016	W60	**JUNE LOWE	NSW	***25.20m	2016
M70	**ERKKI SAARINEN	QLD	42.00m	2006	W65	HEATHER DOHERTY	QLD	30.52m	1999
M75	ERKKI SAARINEN	QLD	34.83m	2011	W65	CAROL DAVIS	QLD	***23.32	2017
M80	TOM HANCOCK	VIC	30.32m	2017	W70	**HEATHER DOHERTY	QLD	26.14m	2006
M85	KEVIN HOPKINS	NSW	21.32m	2004	W70	MARY THOMAS	NSW	***22.97m	2016
M90	**MAURICE DAUPHINET	QLD	17.11m	2016	W75	**MIRIAM CUDMORE	SA	22.63m	2014
				*	W80	**MIRIAM CUDMORE	SA	20.75m	2018
					W85	RUTH FRITH	NSW	9.96m	1998
					W90	RUTH FRITH	NSW	9.64m	2002
					W95	RUTH FRITH	QLD	7.70m	2005
					W100	RUTH FRITH	QLD	5.90m	2010
	<b>WEIGHT THROW</b>					<b>WEIGHT THROW</b>		<b>#W75+ 4kg from 2005</b>	
M30	DAVID ALLAN	QLD	16.32m	2005	W30	**KARYNE DI MARCO	NSW	18.57m	2008
M35	**RICARD MEIRING	NSW	19.08m	2014	W35	BYRONY GLASS	WA	17.74m	2013
M40	RICARD MEIRING	NSW	16.93m	2018 *	W40	**BYRONY GLASS	WA	16.12m	2018



M45	BOB WAGNER	QLD	15.76m	2005	W45	**GABI WATTS	NSW	13.88m	2015
M50	BOB WAGNER	QLD	19.64m	2007	W50	MARJA PARVIAINEN	NSW	16.42m	1999
M55	GRAEME ROSE	VIC	16.60m	2000	W55	HELEN SEARLE	NSW	14.59m	1999
M60	**GRAEME ROSE	VIC	19.03m	2006	W60	**HELEN SEARLE	NSW	17.52m	2000
M65	**WIM VAN WEENEN	VIC	18.57m	1997	W65	HELEN SEARLE	QLD	16.10m	2006
M70	WIM VAN WEENEN	VIC	16.79m	2004	W70	HELEN SEARLE	QLD	11.95m	2010
M75	RON SIMCOCK	NSW	14.81m	2011	W75	**VAL WORRELL	VIC	#11.57m	2010
M80	WIM VAN WEENEN	VIC	15.48m	2012	W80	GWEN DAVIDSON	VIC	8.76m	2006
M85	JOHN FRASER	VIC	11.56m	2001	W80	VAL WORRELL	VIC	#9.49m	2015
M90	MAX MCKAY	NSW	6.70m	2014	W85	RUTH FRITH	NSW	6.07m	1999
					W90	**RUTH FRITH	NSW	6.19m	2001
					W95	RUTH FRITH	QLD	#6.00m	2005
					W100	RUTH FRITH	QLD	#4.72m	2010
<b>THROWS PENTATHLON (2010 Scoring) #new specs from 2005</b>					<b>THROWS PENTATHLON (2010 Scoring) #new specs from 2005 ##500g jav</b>				
M30	YOHAN AMERASEKERA	VIC	2980	2004	W30	**BYRONY GLASS	WA	3831	2009
M35	STUART GYNGELL	NSW	3611	2002	W35	BYRONY GLASS	WA	3621	2012
M40	**STUART GYNGELL	NSW	3946	2006	W40	**JAYNE HARDY	ACT	3929	2003
M45	**STUART GYNGELL	NSW	4199	2009	W45	CHRIS SCHULTZ	VIC	4160	1996
M50	**STUART GYNGELL	NSW	4072	2015	W50	MARJA PARVIAINEN	NSW	4252	1998
M55	GRAEME ROSE	VIC	4085	2001	W55	HELEN SEARLE	NSW	4213	1998
M60	**GRAEME ROSE	VIC	4242	2006	W60	**HELEN SEARLE	NSW	4789	2000
M65	**GRAEME ROSE	VIC	4325	2009	W60	DORN JENKINS	VIC	##4042	2018
M70	COLIN MURRAYLEE	QLD	4110	1999	W65	**HELEN SEARLE	QLD	4939	2005
M75	TOM HANCOCK	VIC	4132	2012	W65	BEV HAMILTON	WA	##3415	2015
M80	TOM HANCOCK	VIC	4394	2017	W70	HELEN SEARLE	QLD	4572	2010
M85	**FELIKS JEKABSONS	QLD	#3897	2008	W70	MARY THOMAS	NSW	##4333	2015
					W75	**HEATHER DOHERTY	QLD	#4053	2009
					W80	RAEMA MCMILLAN	WA	#3862	2010
					W85	RUTH FRITH	NSW	4489	1998
					W90	RUTH FRITH	NSW	4337	2000
					W95	RUTH FRITH	QLD	#4539	2006
					W100	RUTH FRITH	QLD	#5426	2010
<b>PENTATHLON w/DISCUS (2010 SCORING)</b>					<b>PENTATHLON w/SHOT from 2009</b>				
M30	GEOFF GIBBONS	TAS	2938	2011	W30	**JITKA HISCOX	VIC	3236	2016
M35	PAUL JEFFERY	WA	3170	2012	W35	**LEONIE HOFFMAN	QLD	2852	2012
M40	GEOFF GIBBONS	TAS	3270	2017	W40	**LEE-ANNE GROSVENOR	QLD	3290	2015
M45	JOHN GORDON	NSW	*3784 3513	1993	W45	RACHEL LITTLE	VIC	3322	2015
M50	KEN DANIELS	ACT	*3519 3209	1989	W50	**DONNA BURGESS	VIC	3583	2013
M55	**DON FRASER	ACT	*4101 3619	1994	W55	CHRISTINE SHAW	NSW	3567	2015
M60	QUENTIN ANTHONY	ACT	*4221 3617	1992	W60	**MARGARET TAYLOR	ACT	3394	2009
M65	MIKE JOHNSTON	VIC	*4142 3325	1991	W65	**PEGGY MACLIVER	WA	3858	2010
M70	MIKE JOHNSTON	VIC	*4269 3547	1993	W65	**WILMA PERKINS	QLD	3720	2016
M75	FRED O'CONNOR	NSW	*3139 3010	2001	W70	ANNE LANG	SA	3222	2015
M80	**FRED O'CONNOR	NSW	*3456 3247	2004	W75	**MIRIAM CUDMORE	SA	3931	2016
M85	MAURICE DAUPHINET	QLD	2770	2011	<b>PENTATHLON w/DISCUS (2010 SCORING)</b>				
M90	**MAURICE DAUPHINET	QLD	2955	2016	W30	**LYNETTE SMITH	NSW	3255	2005
	* Original Scoring, otherwise 2010 scoring				W35	EILEEN HINDLE	WA	*3014 2787	1987
					W40	JAN HYNES	QLD	*3501 3357	1988
					W45	CHRIS BATTERSBY	VIC	*3422 3162	1991

					W50	CHRIS BATTERSBY	VIC	*3490 3292	1994
					W55	MARGARET TAYLOR	ACT	2922	2003
					W60	PAT CARR	WA	*3118 2743	1994
					W65	LYDIA WIDERA	VIC	*3527 3129	1991
					W70	GWEN DAVIDSON	VIC	*2798 3054	1993
M30	WARREN EVANS	QLD	6352	2003	W80	**SHIRLEY BRASHER	TAS	2510	2008
M35	GEOFF GIBBONS	TAS	6487	2015		* Original Scoring, otherwise 2010 scoring			
M40	**GEOFF GIBBONS	TAS	7022	2017					
M45	JUSTIN HANRAHAN	VIC	7216	2015		<b>HEPTATHLON (2010 SCORING)</b>			
M50	PETER MURRAY	NSW	5567	2015	W30	LEANNE MCMURDY	QLD	3192	2003
M55	NELSON VINEY	QLD	5192	2003	W35	JENNIFER BALDWIN	VIC	3945	2002
M60	GREG MAMALIS	NSW	5875	2003	W40	LEE-ANNE GROSVENOR	QLD	4068	2014
M65	**DON FRASER	ACT	6746	2005	W45	KAREN CARAH	VIC	4883	2016
M70	**GEOFF SHAW	VIC	7307	2019	W50	WILMA PERKINS	QLD	4406	2003
M75	DON CHAMBERS	VIC	5498	2013	W55	**WILMA PERKINS	QLD	5200	2005
M80	RAD LEOVIC	ACT	3806	2009 *	W60	CHRISTINE BRIDLE	VIC	4322	2019
M90	**VIC YOUNGER	VIC	3217	2003	W65	KATHY HEAGNEY	VIC	3065	2018
	<b>CHAMPION OF CHAMPIONS SPRINTS MEN</b>					<b>CHAMPION OF CHAMPIONS SPRINTS WOMEN</b>			
1987	FRED TURNER M45	NSW	12.57s	SYD	1987	WILMA PERKINS W35	QLD	13.07s	SYD
1988	HARRY GATHERCOLE M80	VIC	12.3s (110)	BRIS	1988	KAREN ADAMS W35	NSW	11.9s (110)	BRIS
1994	ROY FEARNALL M50	WA	11.26s	SYD	1994	MAVIS COLLINS W75	QLD	11.46s	SYD
1998	MICK PIRIE M65	QLD	?	BRIS	1998	NOREEN PARISH W55	NSW	?	BRIS
1999	REG AUSTIN M60	NSW	10.52s	CANB	1999	J. CASEY W50	NSW	12.14s	CANB
2000	JEFF KING M35	ACT	10.94s	HOB	2000	M. REID W45	ACT	11.13s	HOB
2001	REG AUSTIN M60	NSW	10.46s	SYD	2001	LYNNE CHOATE W45	WA	11.8sh	PERTH
2002	JOHN WIGHT M55	QLD	10.63s	ADEL	2001	WILMA PERKINS W50	QLD	11.8sh	SYD
2003	PETER CROMBIE M55	NSW	10.50s	PERTH	2002	ANN COOPER W70	SA	11.63s	ADEL
2004	DAVID CLIVE M67	WA	10.86s	MELB	2003	ANN COOPER W70	SA	11.64s	PERTH
2005	JOHN COOPER M65	QLD	10.20s	BRIS	2004	ANN COOPER W75	SA	11.81s	MELB
2006	JOHN COOPER M66	QLD	10.42s	CANB	2005	WENDY SHEAVES/DORAN	QLD	12.11s	BRIS
2007	HUGH COOGAN M70	QLD	10.40s	HOB	2006	ANN COOPER W77	SA	11.23m	CANB
2008	NEVILLE MCINTYRE M65	NSW	10.56s	SYD	2007	ANN COOPER W78	SA	11.03s	HOB
2009	NEVILLE MCINTYRE M66	NSW	10.54s	ADEL	2008	GIANNA MOGENTALE W44	NSW	11.68s	SYD
2010	ROB MCDONALD M66	QLD	10.33s	PERTH	2009	GIANNA MOGENTALE W45	NSW	11.80s	ADEL
2011	HUGH COOGAN M75	QLD	10.49s	BRIS	2010	GIANNA MOGENTALE W46	NSW	11.29s	PERTH
2012	HUGH COOGAN M76	QLD	10.21s	MELB	2011	GIANNA MOGENTALE W47	NSW	11.56s	BRIS
2013	ROB MCDONALD M70	QLD	10.46s	CANB	2012	GIANNA MOGENTALE W48	NSW	11.38s	MELB
2014	ROB MAYSTON M56	VIC	10.73s	HOB	2013	GIANNA MOGENTALE W49	NSW	11.21s	CANB
2015	DARREN HUGHES M50	NSW	10.44s	SYD	2014	GIANNA MOGENTALE W50	NSW	11.38s	HOB
2016	PETER CROMBIE M70	NSW	10.56s	ADEL	2015	LYN PEAKE W65	SA	11.25s	SYD
2016	ROB MAYSTON M59	VIC	10.56s	ADEL	2016	LYN PEAKE W66	SA	10.86s	ADEL
2017	BOB WISHART M75	VIC	10.41s	DARW	2017	JULIE BRIMS W51	QLD	11.09s	DARW
2018	ASHLEY MCMAHON M42	NSW	10.30s	PERTH *	2018	JULIE BRIMS W52	QLD	11.34s	PERTH
	<b>CHAMPION OF CHAMPIONS THROWS MEN</b>					<b>CHAMPION OF CHAMPIONS THROWS WOMEN</b>			
1999	P. O'BRIEN M30	ACT	73.06m (JAV)	ACT	1999	MARY THOMAS W50	NSW	55.65 (JAV)	CANB
2000	J. DAVIS M65	QLD	60.20m (DT)	HOB	2000	CHRIS SCHULTZ W45	VIC	50.02 (DT)	HOB
2001	KEN READWIN M60	VIC	61.36m (HT)	SYD	2001	M. PARVIAINEN W55	NSW	60.65m (HT)	NSW
2002	TED VICKERS M82	QLD	18.12m (SP)	ADEL	2002	MARY THOMAS W55	NSW	15.99m (SP)	ADEL
2003	BOB BANENS M50	ACT	20.37m (WT)	PERTH	2003	RAEMA MCMILLAN W75	WA	20.72m (WT)	PERTH

2004	BOB WATSON M62	NSW	59.95m (JAV)	MELB	2004	MARY THOMAS W59	NSW	50.80m (JAV)	MELB
2005	WARREN EVANS	QLD	51.80m (DT)	BRIS	2005	LYNETTE SMITH W30	NSW	48.21m (DT)	BRIS
2006	GRAEME ROSE M60	VIC	59.19m (HT)	CANB	2006	TATIANA SUDARIKOVA	NSW	51.34m (HT)	CANB
2007	STUART GYNGELL M40	NSW	20.77m (SP)	HOB	2007	LISA KIRSCH	TAS	20.82m (SP)	HOB
2008	GRAEME ROSE M60	VIC	18.21m (WT)	SYD	2008	RAYLEA RUDOV	ACT	13.33m (WT)	SYD
2009	ANDREW ATKINSON-HOWATT M50	NSW	59.73m (JAV)	ADEL	2009	MARY THOMAS W60	NSW	55.03m (JAV)	ADEL
2010	MARK HAMILTON M39	WA	51.06m (DT)	PERTH	2010	RAEMA MCMILLAM W82	WA	53.44m (DT)	PERTH
2011	PETER NEALE M43	VIC	47.64m (HT)	BRIS	2011	JILL TAYLOR	NSW	35.94m (HT)	BRIS
2012	KEITH JAMES M70	NSW	19.43m (SP)	MELB	2012	JOANNE PRONK W55	QLD	19.93m (SP)	MELB
2013	GRZEGORZ URBANOWICZ M34	WA	21.67m (WT)	CANB	2013	DORN JENKINS W57	VIC	20.72m (WT)	CANB
2014	DARRIN NORWOOD	QLD	(JAV)	HOB	2014	CATHY MCKEOWN	TAS	(JAV)	HOB
2015	JAMIE MUSCAT M35	NSW	57.82m (DT)	SYD	2015	MARY THOMAS W70	NSW	52.83m (DT)	SYD
2016	JAMES DAVIS M80	WA	63.19m (HT)	ADEL	2016	GABI WATTS W50	NSW	59.41m (HT)	ADEL
2017	DARRIN NORWOOD M35	QLD	21.32m (SP)	DARW	2017	WILMA PERKINS W67	QLD	20.22m (SP)	DARW
2018	TODD DAVEY M51	TAS	22.17m (WT)	PERTH *	2018	DORN JENKINS W62	VIC	20.93m (WT)	PERTH
<b>ROYCE FOLEY TROPHY (Highest Points Winners in Weight Pentathlon - not to be won more than once in an age group)</b>									
1996	GRAEME ROSE M50	VIC	4256	PERTH	1996	CHRIS SCHULTZ W45	VIC	4464	PERTH
1997	WIM VAN WEENEN M65	VIC	4516	MELB	1997	HEATHER DOHERTY W60	QLD	4272	MELB
1998	TOM HANCOCK M60	VIC	4233	BRIS	1998	HELEN SEARLE W55	NSW	4337	BRIS
1999	COLIN MURRAYLEE M70	QLD	4484	CANB	1999	HEATHER DOHERTY W65	QLD	4587	CANB
1999	GRAEME ROSE M55	VIC	4484	CANB					
2000	RAY GREEN M55	ACT	4070	HOB	2000	HELEN SEARLE W60	NSW	5022	HOB
2001	BOB BANEN M50	ACT	4094	SYD	2001	RUTH FRITH W90	NSW	4215	SYD
2002	WIM VAN WEENEN M70	VIC	4232	ADEL	2002	MARY THOMAS W55	NSW	4118	ADEL
2003	TOM HANCOCK M65	VIC	4295	PERTH	2003	GWEN DAVIDSON W80	VIC	4257	PERTH
2004	FELIKSS JEKABSONS M80	QLD	3985	MELB	2004	HEATHER DOHERTY W70	QLD	4571	MELB
2005	COLIN MURRAYLEE M75	QLD	4272	BRIS	2005	RUTH FRITH W95	QLD	7380	BRIS
2006	GRAEME ROSE M60	VIC	4538	CANB	2006	HELEN SEARLE W65	QLD	5145	CANB
2007	KEITH JAMES M65	NSW	4027	HOB	2007	JAN BANENS W65	ACT	4363	HOB
2008	FELIKS JEKABSONS M85	QLD	4505	SYD	2008	JAYNE HARDY W45	ACT	4394	SYD
2009	GRAEME ROSE M65	VIC	4766	ADEL	2009	HEATHER DOHERTY W75	QLD	4986	ADEL
2010	RAY GREEN M65	ACT	4126	PERTH	2010	RUTH FRITH W100	QLD	11169	PERTH
2011	STUART GYNGELL M45	NSW	4004	BRIS	2011	HELEN SEARLE W70	QLD	4318	BRIS
2012	TOM HANCOCK M70	VIC	4132	MELB	2012	JAN BANENS W70	ACT	3908	MELB
2013	GUY QUARTERMAN M71	QLD	3644	CANB	2013	JAYNE HARDY W50	ACT	4213	CANB
2014	STUART GYNGELL W50	NSW	3729	LAUN	2014	BEVERLEY SAVAGE W68	NZ	3632	LAUN
2015	RON SIMCOCK M75	NSW	3829	SYD	2015	MARY THOMAS W70	NSW	4333	SYD
2016	TOM GRAVESTOCK M61	WA	3552	ADEL	2016	GABI WATTS W50	NSW	4235	ADEL
2017	TOM HANCOCK M80	VIC	4394	DARW	2017	JAN BANENS W75	ACT	3803	DARW
2018	JO PETERS	WA	3813	PERTH *	2018	DORN JENKINS	VIC	4042	PERTH
<b>BRIAN FOLEY AWARD (Best Age-Graded 800m/1500m Performance)</b>									
2009	DAVID CARR M76	WA	95.99%	ADEL					
2010	LAVINIA PETRIE W66	VIC	95.73%	PERTH					
2011	LAVINIA PETRIE W67	VIC	97.91%	BRIS					
2012	LORRAINE LOPES	WA	96.70%	MELB					
2013	LAVINIA PETRIE W69	VIC	99.45%	CANB					
2014	ALLAN COOK	VIC	95.54%	HOB					
2015	LAVINIA PETRIE W70	VIC	101.18%	SYD					
2016	DONALD MATHEWSON	NSW	91.84%	ADEL					

2017	JEANETTE FLYNN	QLD	95.62%	DARW					
2018	LAVINIA PETRIE	VIC	91.12%	PERTH					
	<b>Location of Australian Championships:</b>								
	Melbourne	1973				Hobart	2000		
	Sydney	1974				Bankstown	2001		
	Adelaide	1975				Adelaide	2002		
	Brisbane	1976				Perth	2003		
	Perth	1977				Melbourne	2004		
	Melbourne	1978				Brisbane	2005		
	Sydney	1979				Canberra	2006		
	Adelaide	1980				Hobart	2007		
	Brisbane	1981				Blacktown	2008		
	Perth	1982				Adelaide	2009		
	Melbourne	1983				Perth	2010		
	Canberra	1984				Brisbane	2011		
	Hobart	1985				Melbourne	2012		
	Adelaide	1986				Canberra	2013		
	Sydney	1987				Hobart	2014		
	Brisbane	1988				Bankstown	2015		
	Perth	1989				Adelaide	2016		
	Melbourne	1990				Darwin	2017		
	Canberra	1991				Perth	2018		
	Hobart	1992				Melbourne	2019		
	Adelaide	1993				Brisbane	2020		
	Sydney	1994				Canberra	2021		
	Townsville	1995				Hobart	2022		
	Perth	1996				Sydney	2023		
	Melbourne	1997				Adelaide	2024		
	Brisbane	1998				Darwin	2025		
	Canberra	1999							
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