

AMA AUSTRALIAN MULTI EVENT RECORDS DETAIL as at 13 July 2022

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THROWS PENTATHLON using 2016 WMA AGE FACTORS - MEN

| Age | Name | State | Points | Date | Hammer | Shot Put | Discus | Javelin | Weight |
|-----|--------------------|-------|--------|----------|------------|-----------|--------|---------|--------|
| M30 | Graham Hicks | Vic | 3,444 | 14.12.08 | 44.89 | 13.94 | 50.57 | 52.09 | 13.07 |
| | | | | | 592 | 725 | 882 | 620 | 625 |
| M35 | Darron Haworth | Qld | 3,672 | 2.11.08 | 51.58 | 14.13 | 52.81 | 37.22 | 16.20 |
| | | | | | 728 | 768 | 945 | 409 | 822 |
| M40 | Stuart Gyngell | NSW | 3,946 | 16.4.06 | 43.48 | 17.63 | 47.30 | 41.30 | 14.55 |
| | | | | | 659 | 1076 | 914 | 513 | 784 |
| M45 | Stuart Gyngell | NSW | 4,199 | 12.4.09 | 43.75 | 17.22 | 45.47 | 36.98 | 14.53 |
| | | | | | 747 | 1143 | 970 | 490 | 849 |
| M50 | Todd Davey | WA | 4,259 | 1.12.18 | 53.23 | 16.00 | 49.82 | 36.71 | 17.65 |
| | | | | | 895 | 1022 | 889 | 516 | 937 |
| M55 | Graeme Rose | Vic | 4,174 | 4.7.99 | 47.05 | 12.72 | 37.84 | 46.49 | 16.98 |
| | | | | | 873 | 861 | 706 | 765 | 969 |
| M60 | Graeme Rose | Vic | 4,242 | 16.4.06 | 48.38 | 13.14 | 39.36 | 43.12 | 19.03 |
| | | | | | 898 | 876 | 702 | 752 | 1014 |
| M65 | Graeme Rose | Vic | 4,325 | 12.4.09 | 43.98 | 12.12 | 38.97 | 40.46 | 17.05 |
| | | | | | 917 | 882 | 774 | 786 | 966 |
| M70 | Keith James | NSW | 4,037 | 11.3.12 | 38.18 | 11.63 | 40.99 | 34.86 | 14.92 |
| | | | | | 767 | 783 | 920 | 716 | 851 |
| M75 | Tom Hancock | Vic | 4,188 | 15.7.11 | 36.89 | 11.12 | 33.97 | 33.04 | 14.38 |
| | | | | | 857 | 824 | 843 | 776 | 888 |
| M80 | Tom Hancock | Vic | 4,741 | 5.11.16 | 38.51 | 11.44 | 32.27 | 30.31 | 15.67 |
| | | | | | 1041 | 927 | 934 | 791 | 1048 |
| M85 | Feliks Jekabsons | Qld | 3,805 | 23.3.08 | 27.36(3kg) | 9.10(3kg) | 25.28 | 19.44 | 10.35 |
| | New Specifications | | | | 856 | 811 | 856 | 550 | 732 |
| M90 | John Fraser | Vic | 4,187 | 13.3.05 | 24.63 | 6.90 | 19.74 | 12.96 | 10.12 |
| | Old Specification | | | | 977 | 1123 | 832 | 410 | 845 |

THROWS PENTATHLON - AMA CHAMPIONSHIP RECORDS - MEN

| Age | Name | State | Points | Date | Hammer | Shot Put | Discus | Javelin | Weight |
|---|------------------|-------|--------|---------|--------|----------|--------|---------|--------|
| M30 | Shane Carstairs | Vic | 3,164 | 28.4.19 | 38.74 | 15.65 | 44.48 | 43.20 | 12.57 |
| | | | | | 492 | 830 | 756 | 489 | 597 |
| M35 | Stuart Gyngell | NSW | 3,611 | 2002 | 44.15 | 17.34 | 45.06 | 43.67 | 14.96 |
| | | | | | 602 | 974 | 781 | 504 | 750 |
| M40 & M45 – as above in Australian records Stuart Gyngell M40 3,946 & M45 4,199 | | | | | | | | | |
| M50 | Stuart Gyngell | NSW | 4,072 | | | | | | |
| M55 | Graeme Rose | Vic | 4,085 | 2001 | 43.32 | 12.29 | 38.90 | 49.48 | 15.99 |
| | | | | | 792 | 827 | 730 | 832 | 904 |
| M60 & M65 – as above in Australian records Graeme Rose M60 4,242 & M65 4,325 | | | | | | | | | |
| M70 | Colin Murray-Lee | Qld | 3,995 | 1999 | 43.22 | 11.11 | 35.12 | 36.41 | 14.83 |
| | | | | | 889 | 742 | 764 | 755 | 845 |
| M75 | Tom Hancock | Vic | 4,036 | 8.4.12 | 35.10 | 10.31 | 35.04 | 29.17 | 15.02 |
| | | | | | 807 | 754 | 875 | 666 | 934 |
| M80 | Tom Hancock | Vic | 4,394 | 11.6.17 | 35.75 | 11.12 | 29.20 | 28.99 | 14.57 |
| | | | | | 955 | 896 | 829 | 749 | 965 |

M85 – as above in Australian records Feliks Jekabsons 3,805

THROWS PENTATHLON using 2016 WMA AGE FACTORS - WOMEN

| Age | Name | State | Points | Date | Hammer | Shot Put | Discus | Javelin | Weight |
|-----|-----------------|-------|--------|---------|--------|----------|--------|---------|--------|
| W30 | Byrony Glass | WA | 3,831 | 12.4.09 | ##### | ##### | ##### | ##### | ##### |
| | | | | | ##### | ##### | 618 | ##### | ##### |
| W35 | Chris Schultz | Vic | 3,795 | 7.12.87 | ##### | ##### | ##### | ##### | ##### |
| | | | | | ##### | ##### | 787 | ##### | ##### |
| W40 | Jayne Hardy | ACT | 3,929 | 20.4.03 | ##### | ##### | ##### | ##### | ##### |
| | | | | | ##### | ##### | 692 | ##### | ##### |
| W45 | Chris Schultz | Vic | 4,174 | 26.7.97 | ##### | ##### | ##### | ##### | ##### |
| | | | | | ##### | ##### | 875 | ##### | ##### |
| W50 | Chris Schultz | Vic | 4,371 | 13.7.01 | ##### | ##### | ##### | ##### | ##### |
| | | | | | ##### | ##### | 911 | ##### | ##### |
| W55 | Mary Thomas | NSW | 4,285 | 7.8.99 | ##### | ##### | ##### | ##### | ##### |
| | | | | | 909 | 925 | 711 | 1043 | 697 |
| W60 | Dorn Jenkins | Vic | 4,443 | 7.10.15 | 43.51 | 8.85 | 28.72 | 21.85 | 15.57 |
| | | | | | 1310 | 746 | 768 | 576 | 1043 |
| W65 | Dorn Jenkins | Vic | 4,711 | 21.3.21 | 42.46 | 8.64 | 23.16 | 19.78 | 15.91 |
| | | | | | 1435 | 817 | 684 | 590 | 1185 |
| W70 | Mary Thomas | NSW | 4,407 | 16.8.15 | 28.82 | 8.57 | 22.60 | 22.69 | 10.69 |
| | | | | | 1049 | 921 | 780 | 814 | 843 |
| W75 | Helen Searle | Qld | 4,482 | 14.2.15 | 31.68 | 10.40 | 20.67 | 17.35 | 10.65 |
| | | | | | 1155 | 1134 | 743 | 658 | 792 |
| W80 | Heather Doherty | Qld | 4,108 | 8.1.14 | 21.74 | 7.11 | 19.38 | 17.27 | 9.42 |
| | | | | | 866 | 843 | 829 | 771 | 864 |

| | | | | | | | | | |
|------|---|-----|-------|---------|------------|-----------|------------|------|-----------|
| W85 | Ruth Frith | NSW | 3,200 | 7.3.98 | 15.48 | 5.57 | 13.25 | 9.82 | 6.51 |
| | Old specifications | | | | 692 | 747 | 660 | 531 | 570 |
| W90 | Ruth Frith | Qld | 3,598 | 24.4.00 | 13.13 | 5.22 | 11.81 | 9.33 | 6.00 |
| | Old specifications | | | | 711 | 841 | 756 | 683 | 607 |
| W95 | Ruth Frith | Qld | 4,253 | Oct-06 | 13.71(2kg) | 4.99(2kg) | 9.49(750g) | 7.01 | 5.58(4kg) |
| | New Specifications, before 1/1/10, WR not accepted by WMA | | | | 993 | 1003 | 831 | 750 | 676 |
| W100 | Ruth Frith | Qld | 5,743 | 23.8.09 | 10.16(2kg) | 4.27(2kg) | 9.04(750g) | 6.43 | 4.42(4kg) |
| | New Specifications, before 1/1/10, WR not accepted by WMA | | | | 1203 | 1114 | 1292 | 1307 | 827 |
| W100 | Ruth Frith | Qld | 5,180 | 2.4.11 | 10.14 | 3.96 | 9.30 | 5.63 | 4.68 |
| | New Specifications - after 1/1/10 | | | | 998 | 1022 | 1335 | 1129 | 696 |

THROWS PENTATHLON - AMA CHAMPIONSHIP RECORDS – WOMEN

| Age | Name | State | Points | Date | Hammer | Shot Put | Discus | Javelin | Weight |
|--|---------------------|-------|--------|--------------------------|--------|--------------------|--------|---------|--------|
| W30 – as above in Australian records | Byrony Glass | WA | 3,831 | | | | | | |
| W35 | Byrony Glass | WA | 3,621 | 8.4.12 | 52.64 | 11.44 | 33.55 | 20.00 | 16.68 |
| | | | | | 1102 | 652 | 553 | 312 | 1002 |
| W40 – as above in Australian records | Jane Hardy | | 3,929 | | | | | | |
| W45 | Chris Schultz | Vic | 4,160 | 1996 | 36.32 | 13.16 | 42.16 | 32.12 | 12.40 |
| | | | | | 847 | 909 | 868 | 669 | 867 |
| W50 | Marja-Leena Parviai | NSW | 4,252 | 13.4.98 | 51.73 | 9.11 | 34.85 | 22.40 | 16.29 |
| | | | | | 1301 | 627 | 767 | 489 | 1068 |
| W55 | Gabriele Watts | NSW | 4,253 | 4.4.22 | 40.17 | 11.61 | 31.03 | 22.61 | 13.9 |
| | | | | | 1070 | 922 | 746 | 529 | 986 |
| W60 | Dorn Jenkins | Vic | 4,042 | 28.4.18 | 39.84 | 8.89 | 20.26 | 20.01 | 16.11 |
| | | | | | 1182 | 750 | 507 | 519 | 1084 |
| W65 | Jill Taylor | NSW | 3,544 | 4.4.22 | 30.04 | 7.48 | 21.51 | 14.06 | 12.25 |
| | | | | | 959 | 688 | 626 | 392 | 879 |
| W70 | Mary Thomas | NSW | 4,333 | 5.4.15 | 28.78 | 8.28 | 21.87 | 22.12 | 10.86 |
| | | | | | 1047 | 885 | 751 | 791 | 859 |
| W75 | Mary Thomas | NSW | 3,911 | 4.4.22 | 29.76 | 7.84 | 21.16 | 14.84 | 9.67 |
| | | | | | 1073 | 818 | 764 | 549 | 707 |
| W80 | Raema McMillan | WA | 3,710 | 4.4.10 | 22.36 | 7.03 | 15.57 | 14.87 | 8.33 |
| | | | | | 896 | 833 | 640 | 674 | 667 |
| W85 | Ruth Frith | NSW | 3,155 | 13.4.98 | 14.48 | 5.52 | 12.84 | 10.62 | 6.43 |
| | Old specifications | | | | 637 | 739 | 635 | 583 | 561 |
| W90 & W95 – as above in Australian records | Ruth Frith | W90 | 3,598 | old specifications & W95 | 4,253 | new specifications | | | |
| W100 | Ruth Frith | Qld | 5,061 | 4.4.10 | 10.02 | 4.37 | 8.14 | 5.90 | 4.13 |
| | New Specifications | | | | 984 | 1144 | 1145 | 1189 | 599 |

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 | Warren Button | WA | 3,835 | 9.1.21 | 22.09 20lb | 20.65 25lb | 14.60 35lb | 11.19 20kg | 8.71 56lb |
| | | | | | 801 | 848 | 712 | 752 | 722 |
| M35 | Darron Haworth | Qld | 4,352 | 6.10.08 | 23.16 20lb | 19.49 25lb | 15.69 35lb | 12.96 20kg | 10.78 56lb |
| | | | | | 864 | 812 | 792 | 919 | 965 |
| M40 | Ricard Meiring | NSW | 4,668 | 2.10.17 | 23.24 20lb | 20.15 25lb | 16.14 35lb | 12.28 20kg | 10.49 56lb |
| | | | | | 934 | 909 | 883 | 932 | 1010 |
| M45 | Ricard Meiring | ACT | 4,877 | 15.1.20 | 23.57 20lb | 20.84 25lb | 15.63 35lb | 11.63 20kg | 9.33 56lb |
| | | | | | 1026 | 1023 | 924 | 949 | 959 |
| M50 | Grant Edwards | ACT | 4,647 | 7.10.13 | 21.88 16lb | 20.88 20lb | 17.74 25lb | 14.58 35lb | 11.30 20kg |
| | | | | | 836 | 929 | 942 | 940 | 1000 |
| M55 | Grant Edwards | ACT | 4,675 | 15.4.18 | 21.75 16lb | 19.85 20lb | 16.31 25lb | 13.46 35lb | 10.44 20kg |
| | | | | | 896 | 942 | 925 | 926 | 986 |
| M60 | Roger Glass | Vic | 4,459 | 25.9.11 | 21.76 12lb | 20.28 16lb | 18.31 20lb | 15.47 25lb | 11.68 35lb |
| | | | | | 826 | 860 | 970 | 942 | 861 |
| M65 | Lajos Joni | Qld | 4,385 | 12.9.21 | 19.30 12lb | 18.74 16lb | 16.90 20lb | 14.23 25lb | 10.54 35lb |
| | | | | | 778 | 882 | 957 | 942 | 826 |
| M70 | Ossi Igel | WA | 4,682 | 9.1.21 | 21.12 4kg | 19.67 12lb | 17.32 16lb | 14.21 20lb | 12.22 25lb |
| | | | | | 883 | 932 | 1009 | 908 | 950 |
| M75 | Ken Priestley | Vic | 4,335 | 7.10.13 | 20.00 4kg | 15.97 12lb | 13.17 16lb | 11.78 20lb | 9.87 25lb |
| | | | | | 929 | 880 | 803 | 867 | 856 |
| M80 | Ron Simcock | NSW | 5,034 | 5.10.15 | 22.96 3kg | 17.98 4kg | 15.64 12lb | 12.70 16lb | 10.48 20lb |
| | | | | | 1157 | 955 | 1046 | 947 | 929 |
| M85 | Ewan Drummond | ACT | 2,195 | 4.10.10 | 9.84 3kg | 7.47 4kg | 7.42 12lb | 5.86 16lb | 4.34 20lb |
| | | | | | 496 | 396 | 492 | 442 | 369 |
| M90 | Rad Leovic | ACT | 1,697 | 12.11.17 | 7.10 3kg | 5.72 4kg | 4.73 12lb | 3.67 16lb | 3.43 20lb |
| | | | | | 407 | 341 | 335 | 289 | 325 |

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 | 20.30 16lb | 17.12 20lb | 13.94 25lb | 10.00 35lb |
| | | | | | 914 | 908 | 934 | 918 | 798 |
| W35 | Byrony Glass | WA | 4,655 | 25.6.16 | 21.04 12lb | 18.32 16lb | 16.71 20lb | 13.94 25lb | 10.29 35lb |
| | | | | | 860 | 892 | 1005 | 978 | 920 |
| W40 | Jayne Hardy | ACT | 3,878 | 6.10.03 | 17.70 12lb | 15.97 16lb | 13.74 20lb | 10.15 25lb | 7.12 35lb |
| | | | | | 776 | 837 | 881 | 740 | 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 | Gabi 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 | Gabi Watts | NSW | 4,798 | 30.4.22 | 16.67 4kg 788 | 16.15 12lb 975 | 13.49 16lb 953 | 12.00 20lb 1045 | 10.00 25lb 1037 |
| W60 | Dom 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 | Dom Jenkins | Vic | 5,609 | 21.2.21 | 20.25 3kg 1056 | 18.42 4kg 1089 | 15.19 12lb 1124 | 13.09 16lb 1185 | 10.35 20lb 1155 |
| W70 | Jan Banens | ACT | 4,699 | 1.11.11 | 16.53 3kg 970 | 13.93 4kg 914 | 12.36 12lb 997 | 10.06 16lb 982 | 7.16 20lb 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 | Jan Banens | ACT | 4,056 | 10.4.22 | 12.47 2kg 768 | 12.23 3kg 793 | 10.35 4kg 861 | 8.30 12lb 844 | 6.37 16lb 790 |

PENTATHLON w/Discus & 200m - using 2016 WMA AGE FACTORS - MEN

| Age | Name | State | Points | Date | Long Jump | 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 | 6.26 771 | 51.93 684 | 24.2 755 | 36.86 677 | 4:42.5 752 |
| M45 | Lloyd Mitchelson | NSW | 3,864 | May-85 | 5.7 716 | 49.24 703 | 24.6 812 | 34.22 690 | 4:24.5 943 |
| M50 | Mark Jeffery | WA | 3,577 | 14.3.21 | 5.25 686 | 51.03 778 | 27.21 666 | 43.74 760 | 5:19.45 687 |
| M55 | Luke De Biasi | Vic | 3,716 | 17.3.19 | 5.88 987 | 38.97 620 | 25.75 860 | 34.23 624 | 5:46.49 625 |
| 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 | 3,790 | 15.10.91 | 4.75 1015 | 28 545 | 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 | Don Fraser | ACT | 3,550 | 28.2.19 | 3.82 957 | 26.03 656 | 34.04 804 | 25.07 689 | 9:02.55 444 |
| 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 Jump | Javelin | 200m | Discus | 1500m |
|-----|-------------------|-------|--------|---------|-------------|--------------|--------------|--------------|-----------------|
| M30 | Gogi Rai | Vic | 3,042 | 4.4.22 | 6.28 648 | 43.49 493 | 23.18 767 | 33.00 524 | 4:51.43 610 |
| M35 | Paul Jeffery | WA | 3,170 | 9.4.12 | 6.10 650 | 50.93 612 | 24.21 709 | 35.51 584 | 4:53.15 615 |
| 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 | 24.8 794 | 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 | Luke De Biasi | Vic | 3,619 | 29.4.19 | 5.79 957 | 38.61 613 | 25.89 847 | 31.74 568 | 5:44.75 634 |
| 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 | 32.9 717 | 26.31 618 | 8:32.08 372 |
| M80 | Fred O'Connor | NSW | 3,247 | 12.4.04 | 3.58 840 | 26.3 664 | 36.37 661 | 25.27 696 | 9:22.0 386 |
| M85 | Maurice Dauphinet | 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 Australian records Maurice Dauphinet 2,955

PENTATHLON w/Shot Put & 100m, using 2016 WMA AGE FACTORS – WOMEN

| Age | Name | State | Points | Date | 100m | Shot Put | Long Jump | Javelin | 800m |
|-----|------|-------|--------|------|------|----------|-----------|---------|------|
|-----|------|-------|--------|------|------|----------|-----------|---------|------|

| | | | | | | | | | |
|-----|--------------------|-----|-------|-------------|-------|-------|------|-------|---------|
| W30 | Jitka Hiscox | NSW | 3,236 | 19.4.16 | 12.94 | 11.35 | 5.60 | 28.75 | 2:32.83 |
| | | | | | 778 | 618 | 729 | 453 | 658 |
| W35 | Leonie Hoffman | Qld | 2,852 | 9.4.12 | 12.95 | 9.49 | 4.98 | 29.08 | 2:54.95 |
| | | | | | 799 | 518 | 620 | 493 | 422 |
| W40 | Lee-Anne Grosvenor | Qld | 3,290 | 6.4.15 | 13.45 | 9.08 | 4.64 | 29.63 | 2:28.13 |
| | | | | | 796 | 534 | 601 | 553 | 806 |
| W45 | Lisa Crouch | Qld | 3,572 | 14.3.09 | 13.62 | 10.16 | 4.63 | 28.81 | 2:37.55 |
| | | | | | 853 | 670 | 686 | 590 | 773 |
| W50 | Lee-Anne Nelson | Qld | 3,656 | 22.1.22 | 14.05 | 9.61 | 4.34 | 28.5 | 2:41.49 |
| | | | | | 871 | 668 | 683 | 619 | 815 |
| W55 | Wilma Perkins | Qld | 3,932 | 04 Raratong | 14.08 | ? | 4.28 | ? | 3:08.32 |
| | | | | | 960 | ? | 768 | ? | 617 |
| W60 | Carol Davis | Qld | 3,417 | 17.1.16 | 14.73 | 6.42 | 3.67 | 18.38 | 2:55.53 |
| | | | | | 952 | 505 | 637 | 469 | 854 |
| W65 | Carol Davis | Qld | 4,248 | 10.2.19 | 15.09 | 7.01 | 3.93 | 24.13 | 2:55.26 |
| | | | | | 1003 | 637 | 883 | 741 | 984 |
| W70 | Carol Davis | Qld | 3,963 | 3.4.22 | 16.56 | 6.24 | 3.65 | 16.77 | 3:14.53 |
| | | | | | 905 | 633 | 905 | 575 | 945 |
| 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 | 6.6 | 2.96 | 19.71 | 4:44.94 |
| | | | | | 988 | 773 | 975 | 927 | 709 |
| W85 | Gwen Gleeson | ACT | 1,980 | 25.2.16 | 25.6 | 3.34 | 1.51 | 5.88 | 6:56.17 |
| | | | | | 492 | 398 | 403 | 283 | 404 |

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

| Age | Name | State | Points | Date | 100m | Shot Put | Long Jump | Javelin | 800m |
|-----|----------------------------------|--------------------|--------|---------|-------|----------|-----------|---------|---------|
| W30 | - as above in Australian records | Jitka Hiscox | 3,236 | | | | | | |
| W35 | - as above in Australian records | Leonie Hoffman | 2,852 | | | | | | |
| W40 | - as above in Australian records | 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 Australian records | Donna Burgess | 3,583 | | | | | | |
| W55 | Gianna Mogentale | NSW | 3,708 | 29.4.19 | 13.72 | 7.01 | 4.39 | 21.73 | 2:44.67 |
| | | | | | 1018 | 503 | 813 | 504 | 870 |
| W60 | Margaret Taylor | ACT | 3,394 | 13.4.09 | 14.81 | 7.18 | 4.24 | 16.38 | 3:20.34 |
| | | | | | 941 | 581 | 880 | 387 | 605 |
| W65 | Carol Davis | Qld | 3,715 | 19.4.16 | 14.65 | 5.80 | 3.47 | 15.38 | 2:50.54 |
| | New Specification – 500g javelin | | | | 1068 | 505 | 668 | 438 | 1036 |
| W70 | Anne Lang | SA | 3,222 | 6.4.15 | 17.84 | 6.37 | 2.66 | 14.82 | 3:17.94 |
| | New Specification – 500g javelin | | | | 735 | 649 | 428 | 498 | 428 |
| W75 | - as above in Australian records | Miriam Cudmore | 3,931 | | | | | | |
| W80 | Jo Klemke | ACT | 2,634 | 29.4.19 | 22.02 | 5.50 | 2.08 | 10.28 | 5:07.61 |
| | | | | | 502 | 621 | 428 | 437 | 566 |

DECATHLON using 2016 WMA AGE FACTORS

| Age | Name | State | Points | Date | 100m | Long Jump | Shot Put | High Jump | 400m |
|-----|------------------|-------|----------|----------|---------|-----------|------------|-----------|---------|
| | | | | | Hardles | Discus | Pole Vault | Javelin | 1500m |
| M30 | Matt McEwan | Qld | 7,705 | 15.2.03 | 11.23 | 7.20 | 15.08 | 1.97 | 49.78 |
| | | | | | 810 | 862 | 795 | 785 | 825 |
| | | | | 16.2.03 | 15.22 | 42.91 | 4.80 | 56.64 | 4:57.93 |
| | | | | | 796 | 724 | 849 | 687 | 572 |
| M30 | Stephen Cain | Vic | 7,787 | Jul-14 | 11.33 | 6.73 | 13.87 | 1.99 | 51.07 |
| | | | | | 789 | 750 | 720 | 794 | 766 |
| | | | | Jul-14 | 14.85 | 44.87 | 4.90 | 62.68 | 4:40.29 |
| | | | | | 868 | 764 | 880 | 778 | 678 |
| M35 | Geoffrey Gibbons | Tas | 6,696 | 14.1.12 | 11.70 | 6.31 | 10.92 | 1.73 | 51.01 |
| | | | | | 742 | 700 | 565 | 602 | 849 |
| | | | | 15.1.17 | 16.31 | 34.13 | 4.06 | 50.41 | 4:37.66 |
| | | | | | 716 | 556 | 651 | 604 | 711 |
| M40 | Geoffrey Gibbons | Tas | 7,022 | 7.1.17 | 11.79 | 6.29 | 10.20 | 1.71 | 52.85 |
| | | | | | 797 | 778 | 567 | 619 | 841 |
| | | | | 8.1.17 | 15.71 | 28.83 | 3.90 | 48.41 | 4:39.55 |
| | | | | | 853 | 499 | 673 | 627 | 770 |
| M45 | Paul Jeffery | WA | 7,867 WR | 23.11.19 | 11.55 | 6.05 | 11.41 | 1.70 | 53.97 |
| | | | | | 922 | 809 | 711 | 687 | 867 |
| | | | | 24.11.19 | 16.75 | 38.49 | 3.80 | 55.87 | 4:58.91 |
| | | | | | 810 | 795 | 719 | 820 | 727 |
| M50 | Justin Hanrahan | Vic | 7,017 | 13.2.21 | 12.67 | 5.89 | 12.28 | 1.68 | 57.75 |
| | | | | | 774 | 869 | 752 | 758 | 789 |
| | | | | 14.2.21 | 16.21 | 38.17 | 3.10 | 32.57 | 5:27.10 |
| | | | | | 782 | 644 | 562 | 442 | 645 |
| M55 | Dave Varley | Qld | 6,537 | 23.9.17 | 12.79 | 4.79 | 8.28 | 1.42 | 60.14 |
| | | | | | 830 | 648 | 517 | 577 | 776 |
| | | | | 24.9.17 | 17.24 | 28.69 | 3.00 | 43.97 | 5:47.02 |
| | | | | | 742 | 501 | 603 | 720 | 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 |
| M65 | Don Fraser | ACT | 6,746 | 19.2.05 | 13.56 | 4.8 | 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 |
| M70 | Geoff Shaw | Vic | 7,307 | 12.1.19 | 14.87 | 4.49 | 8.12 | 1.40 | 68.72 |
| | | | | | 736 | 910 | 509 | 868 | 757 |
| | | | | 13.1.19 | 15.76 | 25.45 | 3.10 | 27.08 | 6:21.45 |
| M75 | Fred O'Connor | NSW | 6,748 | 29.7.99 | 14.91 | 3.99 | 9.15 | 1.21 | 78.34 |
| | | | | | 850 | 859 | 655 | 731 | 610 |
| | | | | 30.7.99 | 15.86 | 29.65 | 1.90 | 25.88 | 7:58.9 |
| M80 | Don Fraser | ACT | 6,121 | 13.4.19 | 16.39 | 3.82 | 9.28 | 1.14 | 1:40:70 |
| | | | | | 769 | 957 | 779 | 767 | 285 |
| | | | | 14.4.19 | 21.72 | 26.14 | 1.40 | 26.61 | 8:51.85 |
| M85 | Vic Younger | Qld | 4,637 | 1999 | 19.13 | 3.17 | 6.55 | 1.10 | 2:47:21 |
| | | | | | 595 | 818 | 548 | 859 | 0 |
| | | | | 1999 | 27.34 | 17.82 | 1.70 | 17.22 | DNF |
| M90 | Vic Younger | Vic | 3,133 | 22.2.03 | 31.69 | 2.25 | 5.86 | 0.92 | DNF |
| | | | | | 0 | 508 | 572 | 705 | 0 |
| | | | | 23.2.03 | 49.76 | 13.72 | 1.15 | 13.30 | DNF |
| | | 0 | 533 | 391 | 424 | 0 | | | |

DECATHLON - AMA CHAMPIONSHIP RECORDS

| Age | Name | State | Points | Date | 100m | Long Jump | Shot Put | High Jump | 400m | | | | | | | | | | | | |
|--------------------------------------|------------------|-------|--------------------------------------|-----------------|---------|-----------|--------------|-----------|---------|--------|-------|-------|---------|-------|-------|--------|-------|---------|------|-------|-----|
| | | | | | Hurdles | Discus | Pole Vault | Javelin | 1500m | | | | | | | | | | | | |
| M30 | Warren Evans | Qld | 6,352 | 22.2.03 | 11.64 | 6.39 | 12.20 | 1.73 | 53.7 | | | | | | | | | | | | |
| | | | | | 723 | 673 | 619 | 577 | 652 | | | | | | | | | | | | |
| | | | | 23.2.03 | 16.15 | 44.02 | 4.65 | 53.38 | 6:08.95 | | | | | | | | | | | | |
| 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 | | | | | | | | | | | | |
| M40 – as above in Australian records | Geoffrey Gibbons | 7,022 | M45 | Justin Hanrahan | Vic | 7,216 | 28.2.15 | 11.76 | 6.17 | 11.3 | 1.77 | 54.34 | | | | | | | | | |
| | | | | | | | | | | | | | | 676 | 842 | 703 | 758 | 852 | | | |
| | | | | | | | | | | | | | 1.3.15 | 17.99 | 33.83 | 3.30 | 43.73 | 5:10.42 | | | |
| M50 – as above in Australian records | Justin Hanrahan | 7,017 | M55 | Nelson Viney | Qld | 5,192 | 22.2.03 | 13.40 | 4.79 | 7.43 | 1.25 | 66.8 | | | | | | | | | |
| | | | | | | | | | | | | | | 717 | 648 | 452 | 411 | 541 | | | |
| | | | | | | | | | | | | | 23.2.03 | 21.85 | 22.58 | 3.25 | 29.59 | 5:54.07 | | | |
| M60 | Greg Mamilis | NSW | 5,875 | 22.2.03 | 13.95 | 4.89 | 10 | 1.34 | 70.36 | | | | | | | | | | | | |
| | | | | | 703 | 785 | 636 | 577 | 507 | | | | | | | | | | | | |
| | | | | 23.3.03 | 18.67 | 30.38 | 2.65 | 27.19 | 6:21.87 | | | | | | | | | | | | |
| M65 – as above in Australian records | Don Fraser | 6,746 | M70 - as above in Australian records | Geoff Shaw | 7,307 | M75 | Don Chambers | Vic | 4,566 | 4.1.14 | 16.10 | 3.67 | 8.54 | 1.10 | 92.31 | | | | | | |
| | | | | | | | | | | | | | | | | | 665 | 723 | 603 | 585 | 274 |
| | | | | | | | | | | | | | | | | 5.1.14 | 18.44 | 16.73 | 1.85 | 19.15 | dnf |
| M80 | Rad Leovic | ACT | 3,765 | 28.2.09 | 19.4 | 2.88 | 7.26 | 0.98 | 1:43.54 | | | | | | | | | | | | |
| | | | | | 383 | 527 | 541 | 528 | 235 | | | | | | | | | | | | |
| | | | | 1.3.09 | 25.46 | 12.70 | NH | 17.66 | 7:49.17 | | | | | | | | | | | | |
| M90 – as above in Australian records | Vic Younger | 3,133 | M95 | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | 168 | 289 | 0 | 399 | 695 |
| | | | | | | | | | | | | | | | | | | | | | |

HEPTATHLON using 2016 WMA AGE FACTORS

| Age | Name | State | Points | Date | Hurdles | High Jump | Shot Put | 200m | Long Jump | Javelin | 800m |
|-----|---------------|-------|--------|------------|---------|-----------|----------|-------|-----------|---------|---------|
| W30 | Jitka Hiscock | NSW | 4,626 | 1.4.16 | 15.46 | 1.52 | 11.44 | 26.81 | 5.30 | 32.09 | 2.30.34 |
| | | | | | 782 | 644 | 624 | 728 | 643 | 516 | 689 |
| W35 | Marie Kay | NSW | 4,897 | 29/30.8.99 | 15.76 | 1.59 | 10.39 | 26.97 | 5.25 | 34.82 | 2.53.73 |
| | | | | | 773 | 818 | 580 | 782 | 703 | 609 | 632 |
| W40 | Marie Kay | NSW | 5,609 | 4/5.7.01 | 12.61 | 1.64 | 10.14 | 26.68 | 5.55 | 33.11 | 2:32.82 |
| | | | | | 851 | 978 | 612 | 893 | 899 | 629 | 747 |
| W45 | Marie Kay | Qld | 6,006 | Aug-09 | 12.32 | 1.6 | 10.79 | 26.96 | 5.05 | 32.30 | 2.41.70 |
| | | | | | 1058 | 1041 | 719 | 960 | 831 | 673 | 724 |

| | | | | | | | | | | | |
|-----|---------------|-----|-----------------|-------------|-------|------|-------|-------|------|-------|---------|
| W50 | Marie Kay | Qld | 6,202 | 6/7.7.11 | 12.93 | 1.51 | 11.52 | 27.77 | 5.13 | 31.97 | 2,51.40 |
| | | | | | 953 | 1041 | 829 | 986 | 985 | 706 | 702 |
| W55 | Marie Kay | Qld | 6,682 WR | 6/7.8.15 | 12.89 | 1.42 | 11.09 | 27.88 | 4.93 | 32.48 | 2,57.40 |
| | | | | | 1132 | 1029 | 874 | 1075 | 1040 | 803 | 729 |
| W60 | Marge Allison | Qld | 5,076 | 28/29.7.08 | 15.1 | 1.24 | 6.93 | 31.9 | 3.66 | 18.4 | 2,53.86 |
| | | | | | 843 | 855 | 556 | 868 | 634 | 448 | 872 |
| W65 | Wilma Perkins | Qld | 5,475 | 28/29.10.16 | 15.09 | 1.15 | 8.26 | 31.95 | 3.44 | 20.78 | 3,38.36 |
| | | | | | 1037 | 842 | 775 | 971 | 657 | 624 | 569 |
| W70 | Carol Davis | Qld | 6,375 | 6/7.2.21 | 16.98 | 1.14 | 6.55 | 32.96 | 3.68 | 19.96 | 3,05.52 |
| | | | | | 1017 | 978 | 671 | 1049 | 921 | 704 | 1035 |
| W75 | Marge Allison | Qld | 5,901 | 22/23.2.20 | 18.67 | 1.09 | 6.83 | 37.51 | 2.9 | 13.43 | 3,33.28 |
| | | | | | 1081 | 1054 | 695 | 928 | 677 | 488 | 978 |

HEPTATHLON - AMA CHAMPIONSHIP RECORDS

| Age | Name | State | Points | Date | Hurdles | High Jump | Shot Put | 200m | Long Jump | Javelin | 800m |
|-----|--|-------|--------|------------|---------|-----------|----------|-------|-----------|---------|---------|
| W30 | Leanne McMurdy | Qld | 3,192 | 22/23.2.03 | 19.08 | 1.42 | 8.10 | 28.00 | 4.69 | 21.97 | 2,52.82 |
| | | | | | 383 | 534 | 406 | 631 | 477 | 326 | 435 |
| W35 | Jennifer Baldwin | Vic | 3,945 | 9/10.2.02 | 18.35 | 1.41 | 9.01 | 28.23 | 4.78 | 29.06 | 2,34.63 |
| | | | | | 480 | 599 | 486 | 680 | 562 | 493 | 645 |
| W40 | Lee-Anne Grosvenor | Qld | 4,068 | 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 | 1.48 | 9.02 | 29.20 | 4.57 | 29.04 | 2,57.02 |
| | | | | | 843 | 867 | 580 | 777 | 665 | 595 | 556 |
| W50 | Wilma Perkins | Qld | 4,406 | 22/23.2.03 | 15.77 | 1.24 | 9.45 | 29.91 | 4.34 | 22.71 | 3,05.02 |
| | | | | | 563 | 632 | 655 | 816 | 683 | 497 | 560 |
| W55 | Wilma Perkins | Qld | 5,200 | 19/20.2.05 | 15.15 | 1.23 | 9.15 | 30.30 | 4.40 | 24.13 | 3,03.31 |
| | | | | | 813 | 724 | 697 | 883 | 816 | 600 | 667 |
| W60 | Christine Bridle | Vic | 4,322 | 12/13.1.19 | 18.63 | 1.24 | 7.25 | 32.60 | 3.49 | 20.06 | 3,27.5 |
| | | | | | 439 | 855 | 587 | 817 | 567 | 521 | 538 |
| W65 | Kathryn Heagney | Vic | 3,301 | 4/5.1.20 | DNF | 0.88 | 5.33 | 35.38 | 3.18 | 12.11 | 3,18.30 |
| | | | | | 0 | 491 | 454 | 738 | 543 | 326 | 749 |
| W75 | as above in Australian records Marge Allison 5,618 | | | | | | | | | | |

INDOORS PENTATHLON using 2016 WMA AGE FACTORS – MEN

| Age | Name | State | Points | Date | 60m Hurdles | High Jump | Shot Put | Long Jump | 1000m |
|-----|------------------|-------|--------|---------|-------------|-----------|----------|-----------|---------|
| M35 | Matthew McDowall | WA | 3,292 | 10.3.18 | 9.22 | 1.76 | 11.93 | 6.18 | 3:03.78 |
| | | | | | 728 | 627 | 629 | 668 | 640 |
| M40 | Geoffrey Gibbons | Tas | 3,564 | 22.3.17 | 8.83 | 1.69 | 10.37 | 5.88 | 2:53.38 |
| | | | | | 893 | 602 | 579 | 675 | 815 |
| M50 | Andrew Brooker | WA | 3,292 | 27.3.19 | 10.83 | 1.63 | 9.2 | 5.06 | 3:08.58 |
| | | | | | 605 | 705 | 533 | 632 | 817 |
| M55 | John Fienieg | NSW | 2,932 | 4.4.12 | 11.45 | 1.48 | 8.51 | 4.57 | 3:43.62 |
| | | | | | 581 | 636 | 534 | 584 | 597 |
| M60 | John Fienieg | NSW | 2,891 | 22.3.17 | 12.04 | 1.36 | 8.55 | 4.19 | 3:46.38 |
| | | | | | 539 | 602 | 526 | 563 | 661 |
| M65 | Joe Begley | Qld | 2,479 | 27.3.19 | 12.7 | 1.12 | 7.85 | 3.94 | 4:34.46 |
| | | | | | 524 | 426 | 527 | 582 | 420 |
| M70 | Don Chambers | Vic | 2,990 | 2.3.10 | 10.73 | 1.11 | 8.85 | 3.70 | 5:00.31 |
| | | | | | 913 | 496 | 602 | 606 | 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 | 0.99 | 7.37 | 2.91 | 4:47.96 |
| | | | | | 456 | 544 | 592 | 540 | 751 |
| M85 | Rad Leovic | ACT | 2,239 | 25.3.14 | 25.35 | 0.91 | 6.34 | 2.26 | 5:35.95 |
| | | | | | 0 | 544 | 574 | 388 | 733 |

INDOORS PENTATHLON using 2016 WMA AGE FACTORS - WOMEN

| Age | Name | State | Points | Date | 60m Hurdles | High Jump | Shot Put | Long Jump | 800m |
|-----|----------------|-------|--------|---------|-------------|-----------|----------|-----------|---------|
| W35 | Melissa Foster | WA | 2,282 | 24.3.17 | 10.2 | NH | 8.43 | 5.33 | 3:00.62 |
| | | | | | 742 | 0 | 446 | 726 | 368 |
| W40 | Marie Kay | NSW | 3,431 | 16.3.04 | 9.71 | 1.45 | 8.80 | 5.13 | 2:57.32 |
| | | | | | 952 | 736 | 514 | 756 | 473 |
| W45 | Marie Kay | NSW | 4,312 | 18.3.06 | 9.43 | 1.51 | 10.02 | 5.41 | 2:39.79 |
| | | | | | 1026 | 916 | 658 | 965 | 747 |
| W50 | Marie Kay | Qld | 4,758 | 1.3.10 | 9.55 | 1.51 | 12.30 | 5.16 | 2:46.78 |
| | | | | | 1075 | 1041 | 894 | 994 | 754 |
| W60 | Wilma Perkins | Qld | 3,473 | 25.3.14 | 11.28 | 1.18 | 7.96 | 3.96 | 3:48.42 |
| | | | | | 918 | 759 | 659 | 764 | 373 |
| W65 | Marge Allison | Qld | 3,799 | 1.3.10 | 11.53 | 1.17 | 6.57 | 3.13 | 3:08.99 |
| | | | | | 969 | 879 | 589 | 522 | 840 |
| W75 | Fran Harris | ACT | 2,400 | 24.3.17 | 15.52 | 0.94 | 6.03 | 2.11 | 5:45.37 |
| | | | | | 629 | 736 | 598 | 294 | 143 |