

AMA AUSTRALIAN MULTI EVENT RECORDS DETAIL as at 14 September 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	46.19	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 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 Parviaiven	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	Bryony 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	13.94 16lb	12.79 20lb	11.44 25lb	8.01 35lb
					770	798	899	944	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	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	Dorn 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	12.94 778	11.35 618	5.60 729	28.75 453	2:32.83 658
W35	Leonie Hoffman	Qld	2,852	9.4.12	12.95	9.49	4.98	29.08	2:54.95

W40	Lee-Anne Grosvenor	Qld	3,290	6.4.15	799	518	620	493	422
					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 Hurdles	Long Jump Discus	Shot Put Pole Vault	High Jump Javelin	400m 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
					554	748	423	731	702

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 Hurdles	Long Jump Discus	Shot Put Pole Vault	High Jump Javelin	400m 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						
					727	487	693	488	688
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						
					681	680	557	607	660
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	29.55	5:54.07
M60	Dave Varley	Qld	6,450	30.4.22	13.55	4.33	7.78	1.35	61.93
					771	606	468	585	792
				1.5.22	17.30	33.43	2.80	36.70	5:59.51
M65 – as above in Australian records	Don Fraser		6,746						
					778	574	612	617	647
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						
					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

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	Melissa Foster	WA	4,389	29/30.4.22	13.61	1.45	8.52	28.14	5.39	26.22	3:08.75
					701	736	494	772	843	478	365
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	Vicki Townsend	ACT	5,317	29/30.4.22	14.37	1.33	10.34	30.39	4.24	23.18	3:16.19
					917	879	805	877	753	544	542
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