



Australian Masters Athletics

...for athletes aged 30 and over

Newsletter February '23



South Australian
Masters Athletics



Australian Masters Athletics



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President's Report January 2023

Summer Season

Our summer season of masters athletics is well underway.

It is not long to go to our National Championships being held at Sydney Olympic Park Athletics Centre from Friday, March 10, to Monday, March 13, 2023. The Sydney Local Organising Committee has been extraordinarily busy finalising the program and the myriad details relating to holding the Championships. Well done, Jill Taylor and Team.

We look forward to what Sydney can provide for our national championships and what it can provide as a significant tourist destination. We also look forward to seeing as many of our masters athletes join us and participate in the Sydney championships. Do not forget to log onto the website for all your updates about the championships <https://sydney2023.com.au/>

The historic agreement between World Athletics, the Local Organising Committee for World Cross Country Bathurst 2023 and World Masters Athletics will see the World Masters Athletics Short Course Cross Country Championships conducted on the same course as the World Athletics Cross Country Championships on February 18-19, 2023. Congratulations to World Masters Athletics for the historic agreement. With masters athlete registration numbers increasing daily, it is definitely an event to watch out for in February.

The other exciting event in early 2023 is the World Masters Indoor Championships from March 26 to April 1, 2023, in Torun, Poland.

Newsletters and future newsletters for this event will be posted on the AMA website, Facebook, and Instagram pages.

The website for Torun can be found at <https://wmaci2023.com/>.

David Carr

David Carr was recently named World Masters Best Male Athlete.

World Masters Athletics interviewed David, and we have reproduced the interview below (please see <https://world-masters-athletics.com/news/2022-wma-best-athletes/>).

Please tell us about yourself.

My wife, Patricia, who was a very good LJ and TJ athlete winning gold in the TJ at WMA championships Melbourne 1987. Pat is no longer competing but still has the state LJ & TJ records for W 65,70,75. We have three children. Therese occasionally attends and competes in MAWA events as she did at the road run of 4 K yesterday. My first career was in the navy and in my 20's I became a secondary school teacher. When I retired, I was vice principal of a senior secondary school in Perth. One cannot achieve much without friends, family, clubmates, officials and helpers.



Our family was involved with Little Athletics. My daughter, Therese, was the fourth woman in WA to complete a marathon. (People's Marathon 1979-3hrs:33mins) and daughter, Peta, won the City to Surf. (1975) Patricia upstaged me in Melbourne (1987) with gold and a world record in the W55 triple jump. They all understand the joys and grind of the sport. MAWA has always provided the structure, organisation, venues, events and competitions for athletes of all disciplines.

What was your most memorable or noteworthy masters athletics accomplishment in 2022?

Five Gold medals in Tampere. 400 to 5000 including steeple.

Six world records in the M 90 division.

MAWA has Thursday evening track and field events and qualified Athletics WA officials have been in attendance to make sure things are properly done.

What are you most looking forward to in the coming year?

To set a M 90 800 m record. A favoured event but I do not have this record.

Great battles with Earl Fee in WMA championships are remembered. Porto Rico 2003 was a classic.

What else would you like people reading the announcement of nominees and winners to know about you?

Coaching of younger athletes at MAWA a number of whom have set world records and been placed at WMA championships.

Congratulations, David, on your fantastic achievements during 2022 and being named World Masters Best Male Athlete.

Change To Racewalking Rules At Nationally Sanctioned Events

Recently the AMA Council agreed to a significant rule change for racewalking events sanctioned by AMA, for example, the racewalking events at the AMA National Championships for athletes aged 65 and over.

The new rule is as follows.

“For nationally sanctioned racewalking events, the No Advantage concept is to be applied as a modification to World Athletics rule 54.2 for athletes aged 65 and older. Where older athletes are unable to fully comply with the required “straightened” leg but are not gaining any speed advantage because of a soft knee, then judges shall apply the No Advantage concept and not issue a yellow or red card.”

Procedurally this means if an athlete aged 65 and over intends to try for a world record at an AMA nationally sanctioned race walking event, the athlete should advise the Head Race Walking Judge before the start of the race. Any attempt at a world record needs to be judged under World Masters Athletics Racewalking Rules.

Further, should an athlete 65 and older attempt a world record, racewalking officials should not be asked to judge different athletes in the same race by different rules.

Background to the changes

Masters Athletics was established to enable athletes to continue participating in their chosen sport. It supports changes to rules and implements specifications to encourage continued participation. The inability to absolutely straighten the leg on

contact is a physiological characteristic of ageing. It should be recognised in the same way that other physiological changes are reflected in rule changes for the other athletic disciplines. These physiological changes are a disadvantage to a walker.

The role of judges is to enforce the rules of racewalking with the purpose of preventing athletes from gaining an unfair advantage. In line with the adaptation of rules/specifications for older athletes in other track and field disciplines, the application of the No Advantage concept seems appropriate. It is there to cater for when a perfectly straight leg cannot be achieved but where the athlete is seriously trying to racewalk correctly. Soft knees invariably result in poor thrust, a flat-footed landing and shortened stride and hence a net loss of speed – not an advantage! It is not there to condone a bent leg creep (which invariably occurs when trying to go too fast). Walkers should still look like racewalkers with a largely straight leg and high toe on contact.

The debate regarding racewalking rules has been going on for many years. The purist argues international racewalking rules must be applied to all racewalking events. However, as a person ages, the effect of ageing on the body significantly affects a person's ability to participate in athletics events such as racewalking. Over time, rules for many masters athletics events have been modified from the "Olympic standards" to recognise the impact of ageing, for example, changing weights and sizes of throwing implements, hurdles heights and spacing, and length of distance events.

AMA is responsible for the organisation/sanctioning of national events. Therefore, it needs to balance the application of World Masters Athletics rules for an event and encourage participation in its nationally sanctioned events.

It is essential to emphasise the proposed rule modification will only apply to AMA nationally sanctioned events such as AMA National Championships. It does not prevent states and territories associations from implementing different rules for their racewalking events, for example, to conduct fitness or club events.

The rule change made by the AMA Council hopefully will pave the way for World Masters Athletics and similar bodies to consider making changes to their rules.

Please Help Us Promote Our Sport

More than 3,000 registered athletes over thirty years of age compete in masters athletics in Australia.

As we age, health, fitness and lifestyle become more critical.

AMA is keen to promote and encourage greater participation in our sport.

The focus of Australian Masters Athletics is participation regardless of whether an athlete is a beginner or an elite athlete. Standards and performances are recorded in five-year age groups. Age-graded events encourage and reward improvement and fitness.

As part of that focus, we want all Australian masters athletes to have a great athletic experience, have fun, keep fit and enjoy the fellowship and camaraderie of masters athletics.

Please help us to promote our sport by telling a friend and or family member about masters athletics.

The more conversations and discussions we have about our sport and the potential benefits from participation, such as improved health, fitness, and lifestyle, the greater the chance we will influence, encourage, and promote improvements in the lives of Australians, their families, and communities.

We also need your help finding people and organisations to sponsor or partner with us. **If you have any ideas or suggestions about sponsorship, partnering or funding, please contact Rob Mayston, AMA Board Member responsible for sponsorships, grant funding and partnerships. Rob's contact details are as follows -**

mobile 0437 487 277

email robmayston@australianmastersathletics.org.au

Resilience

There are lots of things that go right and wrong in our lives.

Sometimes the things that go wrong are highly embarrassing, appear catastrophic, and, we think, cannot be repaired.

The questions that arise when things go wrong: Can we learn from our mistakes? Can we pick ourselves up? Dust ourselves off? Can we move forward positively? I can give you a real-life example of something that happened to me.

I was chairing an online meeting with about fifteen participants. One group of participants were at an athletics event, and most of the others were sitting in offices or at home. The technology we were using for the meeting was an issue for several participants, not the least for the participants at the athletics event, who ended up using both the online technology (that had sound issues) and a mobile phone so they could hear the discussion. In my earphones, I had the sounds of the public address system for the athletics event for virtually the entire meeting. It was a challenge to hear people speak, rule on various issues and count votes on the different motions before the meeting.

On top of that, it seemed every time the participants at the meeting went to vote, the technology either froze or we could not see the participants on a simple show of hands, making counting votes for or against the various motions very difficult. As a result, I cannot say chairing this meeting was fun. On the contrary, it was highly frustrating, not just for me but for all the participants.

Some of the learnings from running this meeting include:

We need access to better technology to run our online meetings.

We need to have a better method for counting votes at online meetings.

Through the goodwill and patience of all participants at the meeting, we did get through the business of the meeting.

The example I have given you is not so different to what can happen in sport.

Masters athletics philosophy in Australia and worldwide is founded on a fundamental principle of **participation**.

For each of us to participate, we need resilience, as things do not always go how we would like them to.

Some days we will feel great and others not so great. Some days we will beat our personal best results; on other days, we should have beaten our best personal best results; and on others, for whatever reason, we probably feel we should have stayed in bed.

When things go wrong can we learn from our mistakes, can we pick ourselves up, dust ourselves off and move forward positively?

YES, WE CAN!

Officials and Volunteers

We want to extend our heartfelt thanks to the officials (many of whom are masters athletes) and volunteers.

Without their dedication and support, there would be no competitions, no records, no stories to tell and no fun.

So, at your next athletics event, please go out of your way to thank the officials and volunteers for their help.

Keep up to date with all the news, events, registrations and other matters relating to masters athletics nationally and in your state or territory by using the following links.

<https://www.australianmastersathletics.org.au/>

<https://www.qldmastersathletics.org.au/home>

<https://www.nswmastersathletics.org.au/>

<https://www.samastersathletics.org.au/>

<https://tasmastersathletics.org.au/>

<https://www.mastersathleticswa.org/>

<https://vicmastersaths.org.au/>

<https://www.ntathletics.org.au/home/>

Best wishes for an excellent finish to our summer of masters athletics.

John Clark

President

Australian Masters Athletics

Your 2022/2023 AMA BOARD MEMBERS

President - John Clark

Vice President - Steve McGugan

Secretary - Judy Farrell

Treasurer - Lisa Attenborough

Director Competition - Jayne Hardy

Director - Jill Taylor

Director - Bruce Bodsworth

Director - Rob Mayston

Registrar/Int'l Entries: Barbara Blurton

Hall of Fame Chair: Peter Lyden

Public Officer: Jan Banens

Records/Stastician: Clyde Riddoch

Upcoming events

2023:

Feb 18 - 19 WA/WMA Cross Country (Bathurst NSW)

Mar 10 - 13 AMA Track & Field National Championships (Sydney Olympic Park, host NSW)

Mar 26 - Apr 1 World Masters Indoor Championships, Torun Poland

May 12-20 Asia Pacific Masters Games, Jeonbuk, South Korea

Oct 7 14 Australian Masters Games, Adelaide SA

2024:

Mar 29 - Apr 1 AMA National Championships (Hobart TAS)

Jul 12 - 23 Pan American Masters Games, Cleveland USA

TBC World Masters Outdoor Championships (Gothenburg Sweden)

2025:

TBA AMA National Championships (South Australia)

May 17 - 30 World Masters Games, Taipei, Taiwan

TBC World Masters Indoor Championships (tbc)

2026:

TBC AMA National Championships (ACT)

TBC World Masters Outdoor Championships, Daegu South Korea

2027:

TBA AMA National Championships (Victoria)

May World Masters Games, Kansai, Japan



NSW Masters Association is delighted to be hosting the next Australian Masters Athletics National Championship in Sydney in March 2023, and we look forward to welcoming you to compete in the premier athletics venue in New South Wales, the Sydney Olympic Park Athletics Centre and Warm up Track at Homebush.

Registration has now closed, as of February 6. We expect the Entry lists and Final program will be ready to send in the next week or so.

Our Local Organising Committee is working hard to make our next Nationals event the very best we can, and to create an exceptional athlete experience for everyone attending.

Jill Taylor Chair – SYD2023 LOC



World Masters Athletics Indoor Championships – Torun

AMA will have a team of 45 with 44 competitors at this years WMAIC to be held in Torun, Poland. The team is made up of 15 Victorians, 13 NSW, 7 Queenslanders, 7 WA and 1 from both Tasmania and the NT.

Our team is an eclectic mob ranging in ages from 35-39 with Eliana Seymour (Qld) and Ty Taylor (WA) to our most senior in David Carr (WA) M90 and employment with the range including School Principal, Motivational Speaker, University research fellow, Mum, Office managers to retirees. Many are administrators of our sport in local, state, AMA,OMA or WMA level and Jay Stone and Donna Hiscox are highly ranked and respected coaches. Five of our Torun team have identified as competitors at the World Masters Cross Country, Bathurst. Over half the team will be attending their first Indoor Championship and amongst the remainder, Kevin Solomon tops the attendance chart with this year's being his seventh WMAIC. Interestingly David Carr, despite is seniority and wonderful achievements is amongst our neophytes.

Nearly all of our athletes who have previously competed at a WMAIC have won medals with stand outs being Heather Carr who will be competing for her 6th consecutive gold medal in the 3000m walk (total includes 9 G, 1 B) , Kevin Solomon who has won 9 (3G) over his six championships and Melissa Foster, Julie Brims, Lenore Lambert, Janelle Delaney, Jay Stone, Lynne Schickert, Jill Taylor and Wilma Perkins with multiple medals.

Most of our neophytes are capable of medaling so keep watch of the AMA Website for daily updates during the Championship, March 26- April1.

When asked for their thoughts on why they enjoyed Indoor Championships, responses included: Love the atmosphere of the indoor arena; Love coming up from the warm up areas into the call room to the track; Love meeting like minded people form Australia and all over the world; Love reconnecting with people I've meet at previous Championships; Love that you don't have to use block out cream and finally - Love when its in Europe and you take a holiday after!

Steve McGugan
Team manager



Around the tracks



ACTMA has hit the ground running in 2023 with records being set and broken on the track already.

Our members have been busy at overseas marathons, interstate half marathons and of course on the track and in the field.

Our interstate members have also been busy around the states competing at combined events and Country Championships.

Many of our members are looking forward to our State Championships on Feb 24-26, the World Cross Country Championships in Bathurst on Feb 19 and the AMA National Championships in Sydney in March.

Our committee is still working hard getting our monthly newsletter 'Vetranner' and association flyers and business cards out to all our sponsors as well as different places where people might be sitting and waiting and need to read something – physio and doctors waiting rooms, gyms and the like. We are getting articles into the Canberra Weekly and trying to communicate with both the Canberra Times as well as the ABC Radio on a regular spot with them, but this is proving difficult.

Sponsorship and fundraising are forging ahead with new sponsors being sought out around Canberra and we have started looking into a major sponsor for the 2026 National Championships here in Canberra. Hopefully, we will still can the AIS in Canberra then – we are already trying to find out the future of the AIS in years to come.

ACTMA also offers a monthly run and walk competition in the bush which uses the average of member's last five runs to determine their handicap for the following run. Our first event for the 2023 RWH season was held on Sunday 29 th January on an undulating course of 8.2km for the long course and 4.2 km for the short course at Campbell Park Defence offices.

Visiting interstate Masters members are welcome to join us. We conduct our bush runs on the last Sunday of the month.

Cheers from ACTMA,

Jayne Hardy

President: ACT Masters Athletics



VMA launched two exciting events for season 2023 which will be open to all 30+ athletes - Victorian, interstate & overseas:-

The VMA State Championships

Sat. - Sun. 11th-12th February
@ Doncaster Athletics Track

“The Great Southern Pentathlon”

| VMA’s Bradford/Sheehan Pentathlon.

Sun. 19th February
@ Lakeside Stadium, Albert Park



Interstate and overseas athletes will be able to compete “by invitation”. Besides being aged 30+, the only other requirement is that each athlete has masters athletics affiliation (interstate athlete who are affiliated with a state or territory association of course already meet this requirement). For those who don’t have this, VMA affiliation is available via both event entry forms for just \$10/athlete. This affiliation also then allows athletes to enter other VMA events throughout 2023.

For the State Championships, the VMA Committee has decided that for a "final celebration for our 50th Anniversary year" the normal \$20/event entry fee will be reduced by 50% to just \$10/event with a 5th event free. A record attendance is anticipated and competition is expected to be strong.

The Pentathlon entry cost will be \$20 overall which covers all of the 5 Pentathlon events. This is a new event which is being held at Melbourne's premier and most convenient to access athletics facility, Lakeside Stadium in Albert Park, which is just a short tram ride from the CBD. It could be a perfect opportunity for "diehard" Pentathlon athletes to engage in a full scale Pentathlon event prior to the National Championships in Sydney. It is hoped this will become a new fixture on the Aussie athletics calendar. It is being "grown" off a smaller "inhouse" VMA event that last year had 60 entrants. For this first edition of this upgraded event we are aiming for 120 but I can see it has the potential to attract up to 500 athletes. We are promoting it along the lines of "give Pentathlon a go" with athletes being encouraged to take on events they "avoid" and to encourage them to "get out of their comfort zone". It will be run as a proper championship event with a full complement of officials and so athletes will be able to claim records. It will also feature Athletics Victoria's 'Results Hub' which will give them real-time updates on their performance, and their standing in the competition event by event. In future years a sponsor will be sought and prizemoney incentives are not out of the question. So this is a call to all "pentathlon minded athletes" to get along to this "ground-breaking event". For interstate people who might like the idea of being billeted with a local VMA athlete during their stay this is also a possibility. There is a contact number for this on the entry form.

So what more can I say...other than well, “entries for both events are open as of PM Thursday December 15th and I hope to see some "interstaters" at one or other, or even better, both events !

Rob Mayston, VMA President



South Australian Masters Athletics

SAMA's summer track and field program recommenced in early January at the Mile End Athletics Stadium following a pre Christmas lead in of competition at the Enfield athletics track due to a replacement of the track and surrounding runways at Mile End.

The first Wednesday night competition featured a re-scheduled Exurbia Masters 800m Handicap race which was originally due to be run on 27 December as part of the 2022 Bay Sheffield Carnival at Glenelg. The race was cancelled on the day due to excessive heat. An excellent field of 11 SAMA runners participated with Tim Storer (age 53) defeating Ann Lang (age 79) by just .43 of a second. Ann was the front marker in the race covering 500m whilst Tim was one of the back markers in covering 700m. James Goodal, (age 46), was the ultimate race back marker and completed the 800m in 2.12.68 for a fifth place finish.

SAMA has extended its summer program to continue after the Nationals in Sydney and will have its final meet and Summer Presentation Night on 17 May.

The winter run and walk program held on Saturdays across a number of Adelaide's parks and walk ways will commence later in May.

Cheers
Viddy





MASTERS ATHLETICS WESTERN AUSTRALIA ANNOUNCES GROWING MEMBERSHIP AND ATHLETIC SUCCESS

Perth, Western Australia - Masters Athletics Western Australia (MAWA) is proud to announce that our membership continues to grow, currently boasting over 800 members. Our track and field meets have been extremely well-attended, with athletes excelling in their respective disciplines under the guidance of our team of coaches. Many new records have been set in both track and field events.

In addition, our Sunday Runs have been very popular, drawing many members and visitors to compete in road running, race walking, and cross country events. Our athletes are currently preparing for the State championships to be held in Perth in March and the upcoming Nationals held in Sydney.

We are thrilled to share the exciting news that our own David Carr has been named Male World Masters Athlete of the Year, having brought home 5 gold medals from Tampere and setting 6 world records in the M90 age group. We continue to be inspired by his achievements and the dedication of all our members.

We look forward to continued growth and success for MAWA and our athletes.

Silke Peglow
Vice President





MASTERS ATHLETICS NT

Masters Athletics is a subcommittee of Athletics NT that connects athletes over 30 from all clubs. Masters has five year aged group divisions from 30-34, 35-39 etc. up to 95+. NT teams are now competing at the Australian Masters Athletics (AMA) Championships, Masters is now an emerging lifestyle / fitness option for Territorians. Master divisions are included in all Athletics NT events including the City to Surf, Mitchell St Mile and the NT Championship. Where multiple aged divisions compete, placings are determined by age calculations from International Standards..

A current NT Masters registration will also enable Australian representation and entry into that year's World Masters Athletics Championship



We have been experiencing excellent numbers at our Wednesday evening track and field events in Hobart. This has been very pleasing given we have traditionally experienced fewer attendees after New Year. On 18 January another successful Night Of Fives was held in Launceston in conjunction with Northern Tasmania Athletics.

There were 47 TMA members who participated in various Cadbury Marathon events on 8 January. Janet Upcher (2:00.55) (W76) broke her existing state half marathon record and Anita McGinniss (3:31.05) (W45) the state marathon record at her first attempt over the distance. Numerous other records have been broken over the past few months and too many to be listed here. A number were in the 56lb and 100lb heavy weight throws where no previous records had been set.

The TMA and Athletics Tasmania Multi Championships were held over the weekend of 21 & 22 January. Michael Higgs (M39) took out the men's Decathlon (3625 points) and Caleb Gardner (M54) the Men's Open Decathlon (2765 points). On Wednesday 25 January in Hobart, we fielded a team of 16 athletes in the Athletics South club multi event. This was very pleasing given we have not fielded a team in this event for a few years. Our 3000m Track Running Championships were held at Penguin on the North West Coast of Tasmania on 26 January with smaller fields compared to the preceding two years.

On 5 February, our 10000m Track Running Championships will be held at the Domain Athletic Centre in Hobart and our Wednesday evening competition in Hobart continues until 19 March. Launceston track and field continues on Wednesday evenings or Saturdays. If you are in Tassie over summer or autumn, we would love to see you. This year our State Championships will be held in Launceston over from 17-19 March. Planning for the 2024 AMA Track and Field Championships to be held in Hobart continues. The LOC met on 21 January and will now meet approximately on a monthly basis herein.



QMA State Championships 18th-19th February 2023 -
Registration Opens 9th January 2023

Reach your season peak or tune-up for the national championships.

The QMA Pentathlon and 3000 m Championships will now be held at
Runaway Bay on 26th February. Online registration will open soon.

QMA WEEKEND WARRIORS were out in force at the BRRC 5 Mile Championships at West End this morning. Here are just a few of the QMA members in the 300+ starters. Several were age-group medallists, and new BRRC age group records were set by QMA members Gary Mayor (M60), Krishna Stanton (W55) and Irene Davey (W75)

Photos courtesy of BRRC photographer (past QMA member Betty Menzies today)



Record Updates
thanks to Clyde Riddock.

Pending World Records:								
W95	1500m	Heather Lee	NSW	12:46.55	74.3%	5/11/2022	Campbelltown	
M60	5000m	Steve Moneghetti	Vic	15:52.9	97.0%	1/12/2022	Collingwood	
W95	Mile	Heather Lee	NSW	13:41.36	77.5%	3/12/2022	Bass Hill	
*W45	Marathon	Sinead Diver	Vic	2:21:34	102.4%	4/12/2022	Valencia	

W80	One Hour Run	Caroline Campbell	ACT	9627m	-	3/11/2022	Woden	
M55	Pole Vault	Howard Arbuthnot	Qld	4.00m	82.2%	12/11/2022	SAF Nathan	
M90	200m	David Carr	WA	42.60s	74.8%	17/11/2022	Cannington	
W85	Pentathlon	Jo Klemke	ACT	1763pts	-	24/11/2022	Canberra	
W80	800m	Caroline Campbell	ACT	4:07.35	74.7%	24/11/2022	Woden	
W80	Mile	Caroline Campbell	ACT	8:47.43	77.0%	24/11/2022	Woden	
M60	4 x 800m Relay	Allan Cook	Vic	9:46.33	-	27/11/2022	Box Hill	
		Paul Viney	Vic					
		Scott Lawrence	Vic					
		Mark Hipworth	Vic					
M60	3000m	Steve Moneghetti	Vic	9:30.7	94.1%	1/12/2022	Collingwood	
W80	800m	Caroline Campbell	ACT	4:05.17	75.4%	1/12/2022	Woden	
W80	1500m Walk	Gwen Steed	Vic	10:40.9	84.5%	3/12/2022	Mt Evelyn	
*M30	Marathon	Brett Robinson	ACT	2:07:31	95.4%	4/12/2022	Fukuoka	
M60	Hammer	Phil Spivey	Vic	55.82m	76.4%	11/12/2022	Murrumbidgee	
M45	110m Hurdles	Brad Krawczyk	Vic	15.55s	89.9%	17/12/2022	Aberfeldie	
M55	1500m Walk	Ignacio Jimenez	Qld	6:43.81	93.4%	7/01/2023	SAF Nathan	
M60	Weight Throw	Mark Cumming	Qld	20.78m	80.7%	14/01/2023	SAF Nathan	
M60	Heavy Weight Pentathlon	Phil Spivey	Vic	4988pts	-	15/01/2023	Murrumbidgee	
W80	Super Weight Throw	Jeanette Williamson	ACT	6.64m	-	15/01/2023	Turner ACT	
W80	Heavy Weight Pentathlon	Jeanette Williamson	ACT	3655pts	-	15/01/2023	Turner ACT	
M50	Marathon	Wayne Spies	Qld	2:27:40	90.4%	15/01/2023	Houston USA	
M65	400m	Rob Mayston	Vic	57.92s (=)	92.1%	19/01/2023	Doncaster	
M85	2000m Walk	Bob Gardiner	Vic	16:03.0		21/01/2023	Murrumbidgee	
W50	4 x 800m Relay	Peta Dunne	Qld	10:41.25	-	21/01/2023	SAF Nathan	
		Lee-Anne Nelson	Qld					
		Heidi Storer	Qld					
		Joanne Boyd	Qld					
W35	60m Hurdles	Eliana Seymour	Qld	9.56s	81.3%	21/01/2023	SAF Nathan	
W55	60m Hurdles	Maryann Hearn	Qld	10.34s	86.5%	21/01/2023	SAF Nathan	
W70	60m Hurdles	Wilma Perkins	Qld	15.24s	69.7%	21/01/2023	SAF Nathan	
M70	60m Hurdles	Bruce Bodsworth	Qld	12.77s	70.6%	21/01/2023	SAF Nathan	