

JAN BANENS CURRENT AUSTRALIAN RECORDS

HAMMER 3kg

W70 AR JANICE BANENS ACT 35.67m 2011

HAMMER 2kg

W75 AR JAN BANENS ACT 36.51m 2017

W80 AR JAN BANENS ACT 29.73m 2022

WEIGHT THROW 5.449kg

AR JANICE BANENS ACT 13.54m 2017

WEIGHT THROW 4kg

W80 AR JANICE BANENS ACT 10.85m 2022

HEAVY WEIGHT PENTATHLON (2015 AMA Tables)

W70 AR JAN BANENS ACT 4699 2011

W75 AR JAN BANENS ACT 4250 2017

W80 AR JAN BANENS ACT 4056 2022

JAN BANENS – ACTMA RECORDS

Hammer (6)

ID	Age	Category	Performance	Person ID	First name	Last name	Date	Location	Comment	Current
3851	W55	43.63	4752	Jan	Banens	30/06/2001	Masson Street	3.00KG	Y	
3868	W60	43.18	4752	Jan	Banens	05/10/2003	Masson Street	3.00KG	Y	

Kamloops 3kg - World Masters Indoor Athletics

5985 W65 7.60 4752 Jan Banens 01/03/2010 Y

Canada Champs

2kg - World Masters Indoor Athletics

6009 W75 8.05 4752 Jan Banens 23/03/2017 Daegu Korea Y

Champs

Super Weight (1)

ID	Age Category	Performance	Person ID	First name	Last name	Date	Location	Comment	Current
6278	W80	6.48	4752	Jeannette	Williamson	14/08/2022	Masson Street, Turner	16lb	Y

Throws Pentathlon (4)

ID	Age Category	Performance	Person ID	First name	Last name	Date	Location	Comment	Current
4419	W60	4138	4752	Jan	Banens	21/04/2003	Perth	Y	
4428	W65	4345	4752	Jan	Banens	14/01/2007	Masson Street	Y	
5082	W70	4069	4752	Jan	Banens	18/12/2011	Masson Street	400g Jav	Y
5697	W75	4271	4752	Jan	Banens	12/03/2017	Masson St	Y	

Weight (5)

ID	Age Category	Performance	Person ID	First name	Last name	Date	Location	Comment	Current
3646	W60	16.11	4752	Jan	Banens	07/02/2002	AIS	5.450KG	Y
4523	W65	14.56	4752	Jan	Banens	09/03/2008	AIS	5.450KG	Y
5037	W70	13.54	4752	Jan	Banens	27/10/2011	AIS	5.450KG	Y
5703	W75	13.54	4752	Jan	Banens	24/04/2017	WMG - Auckland	4.00KG	Y
6266	W80	10.84	4752	Jan	Banens	04/04/2022	AMA Nationals - Brisbane	4.00KG	Y

Weight (indoor) (2)

Age	Person	First	Last				
ID	Performance						
Category	ID	name	name	Date	Location	Comment	Current
5984	W65	12.47	4752	Jan	Banens Kamloops	04/03/2010	
Canada 5.45kg - World Masters Indoor Athletics							
Champs	Y						
6011	W75	11.92	4752	Jan	Banens 25/03/2017 Daegu Korea		4kg - World Masters Indoor Athletics
Champs	Y						

WORLD RECORDS – Jan Davies (now Jan Banens)

W45	Hammer	36.00metres	March 1990	Caulfield
W50	Hammer	48.04metres	12/4/1992	Caulfield
W50	Hammer	44.56Metres	7/2/1993	Caulfield
W50	Hammer	47.78metres	28/9/1994	Brisbane
W50	Hammer	46.68metres	21/3/1993	Caulfield
W50	Hammer	46.02metres	14/3/1993	Caulfield
W50	Hammer	43.32 metres	8/11/1992	Caulfield

