

WORLD RECORDS to 4 April 2023 *non-member record

Date	Age	Event	Name	State	Performance	%Std	Location
10/08/1977	M40	200m	Reg Austin	NSW	21.9s	91.23%	Gothenburg Swedon
12/08/1977	M80	5000m Walk	Gus Theobald	Vic	30m 42s	88.47%	Gothenburg Swedon
24/01/1978	M55	3000m	Jack Ryan	Vic	9m 12.8s	94.80%	Olympic Park, Vic
24/04/1978	M55	5000m	Jack Ryan	Vic	15m 52.8s	92.60%	Olympic Park, Vic
14/04/1979	M65	5000m Walk	Tom Daintry	Vic	25m 44s	90.21%	Sydney
14/04/1979	M80	3000m Walk	Gus Theobald	Vic	19m 11s	85.87%	Sydney
27/07/1979	M60	10,000m	John Gilmour	WA	35m 07.7s	91.32%	Hanover Germany
28/07/1979	M65	10k Walk	R H Jones	Vic	55m 23.4s	84.30%	Hanover Germany
22/12/1979	M60	1500m	John Gilmour	WA	4m 30s	93.32%	Perth
6/01/1980	M70	1500m	Merv Jenkinson	Qld	5m 11.8s	88.99%	Brisbane, Qld
15/03/1980	M35	3000m Walk	Willi Sawall	Vic	11m 28.2s	94.03%	Melbourne
9/08/1980	M60	5000m	John Gilmour	WA	16m 33.3s	93.14%	Helsinki Finland
26/11/1980	M60	10,000m	John Gilmour	WA	34m 23s	93.30%	Perth
13/01/1981	M65	20k Walk	Tom Daintry	Vic	1h 51m 18s	85.98%	Auckland
9/05/1981	M70	10k Walk	Tom Daintry	Vic	54m 17s	90.34%	Albert Park
21/02/1982	M40	3k Walk	Willi Sawall	Vic	11m 38.4s	94.50%	Melbourne
10/04/1982	M85	3k Walk	Gus Theobald	Vic	19m 31s	88.09%	Perth
10/04/1982	M70	5k Walk	Tom Daintry	Vic	27m 01.8s	88.73%	Perth
10/04/1982	M85	5k Walk	Gus Theobald	Vic	33m 14.2s	87.86%	Perth
21/08/1982	M85	20k Walk	Gus Theobald	Vic	2h 26m 07s	86.15%	Albert Park
4/07/1983	M40	20k Walk	Willi Sawall	Vic	1h 21m 36s	95.60%	Melbourne
5/08/1989	W60	400m	69.0s	SA	69.0s	87.38%	Eugene USA WMA
13/08/1983	M65	800m	Jack Stevens	Vic	2m 20.5s	90.49%	USA
17/09/1983	W60	400m	Aileen Hogan	Qld	72.5s	83.01%	Houston USA
30/09/1983	W40	80m Hurdles	Una Lund	Qld	12.39s	86.62%	Puerto Rico
4/02/1984	W45	100m	Wendy Ey	SA	12.5s	87.53%	Adelaide, SA
4/03/1984	W45	200m	Wendy Ey	SA	26.2s	86.27%	Adelaide, SA
22/03/1984	M50	1500m	Tom Roberts	Vic	4m 05.2s	94.69%	Victoria
31/03/1984	M40	5000m Walk	Willi Sawall	Vic	19m 45.65s	94.24%	Melbourne

22/04/1984	M50	800m	Tom Roberts	Vic	2m 00.5s	93.74%	Canberra, ACT
2/03/1985	W55	Discus	Sylvia White	SA	34.56m	67.91%	Adelaide, SA
5/04/1985	W55	10,000m	Jean Albury	Vic	38m 38.6s	89.54%	Hobart
6/04/1985	W55	1500m	Jean Albury	Vic	5m 15.7s	87.03%	Hobart
7/04/1985	W55	5000m	Jean Albury	Vic	18m 49s	87.03%	Hobart
25/06/1985	M65	5000m	John Gilmour	WA	17m 25.3s	93.09%	Rome Italy
29/06/1985	M65	1500m	John Gilmour	WA	4m 49.16s	91.25%	Rome Italy
8/85	W45	400m	Judy Pollock	Vic	58.35s	90.68%	Toronto WG
30/11/1985	M65	100m	Bernie Hogan	Qld	12.5s	91.17%	Brisbane, Qld
17/12/1985	M70	10,000m	Alan Burgoyne	Vic	40m 40.04s	86.77%	Melbourne
18/01/1986	W50	Javelin	Heather Doherty	Qld	38.64m	67.22%	QEII Brisbane
29/03/1986	M90	400m	Bill Empey	NSW	2m 07.5s	59.24%	Adelaide, SA
3/04/1987	M90	20k Walk	Gus Theobald	Vic	2h 34m 01s	89.56%	Sydney
5/04/1987	M90	3000m Walk	Gus Theobald	Vic	21m 21.3s	87.01%	Melbourne
18/04/1987	M90	5000m Walk	Gus Theobald	Vic	35m 09.47s	90.06%	Sydney AMA
18/04/1987	W55	400m	Daphne Pirie	Qld	68.6s	83.58%	Sydney AMA
7/11/1987	W40	400m Hurdles	Jan Hynes	Qld	62.8s	86.88%	QEII Brisbane
28/11/1987	W65	200m	Aileen Hogan	Qld	32.15s	84.41%	OP Melbourne WMA
28/11/1987	W60	10,000m	Shirley Brasher	Tas	44m 32.6s	82.70%	OP Melbourne WMA
28/11/1987	W65	High Jump	Gwen Davidson	Vic	1.22m	80.11%	OP Melbourne WMA
28/11/1987	W55	Triple Jump	Pat Carr	WA	8.75m	71.84%	OP Melbourne WMA
29/11/1987	M50	20k Walk	Bob Gardiner	Vic	1h 39m 27s	83.89%	OP Melbourne WMA
29/11/1987	W35	Hammer	Chris Schultz	Vic	40.36m	52.19%	OP Melbourne WMA
29/11/1987	W40	Hammer	Chris Battersby	Vic	31.38m	44.59%	OP Melbourne WMA
29/11/1987	W45	Hammer	Irene Mitchell	ACT	34.10m	53.36%	OP Melbourne WMA
1/12/1987	W60	5000m	Shirley Brasher	Tas	21m 14.6s	82.07%	OP Melbourne WMA
4/12/1987	W50	5k Walk	Joan Hooper	Vic	26m 48s	82.82%	OP Melbourne WMA
4/12/1987	W55	5k Walk	Jean Albury	Vic	26m 46.92s	86.37%	OP Melbourne WMA
5/12/1987	M65	1500m	Jack Ryan	Vic	4m 41.82s	93.63%	OP Melbourne WMA
5/12/1987	M75	2k Steeple	Stan Nicolls	Vic	10m 32.17s	69.73%	OP Melbourne WMA
5/12/1987	W60	1500m	Shirley Brasher	Tas	5m 44.81s	83.54%	OP Melbourne WMA
5/12/1987	M70	Hammer	Roy Foley	Vic	45.24m	67.53%	OP Melbourne WMA
5/12/1987	W40	400m Hurdles	Jan Hynes	Qld	63.58s	86.01%	OP Melbourne WMA

5/12/1987	W50	300m Hurdles	Brenda Parkinson	SA	49.78s	88.84%	OP Melbourne WMA
5/12/1987	W55	High Jump	Daphne Pirie	Qld	1.35m	79.90%	OP Melbourne WMA
5/12/1987	W50	Triple Jump	Dorothy Wittam	WA	9.28m	71.41%	OP Melbourne WMA
5/12/1987	W60	Hammer	Lydia Widera	Vic	30.46m	56.33%	OP Melbourne WMA
3/88	M70	Hammer	Roy Foley	Vic	47.54m	74.28%	Murrumbeena, Vic
12/03/1988	W50	Javelin	Heather Doherty	Qld	41.44m	78.36%	QEII Brisbane
27/03/1988	W75	Hammer (3kg)	Ruth Frith	NSW	12.74m	-	Sydney SAF
27/08/1988	M45	20k Walk	Willi Sawall	Vic	1h 25m 03s	95.31%	Canberra, ACT
19/11/1988	W40	Hammer	Chris Battersby	Vic	33.48m	47.58%	Doncaster
7/01/1989	W55	Javelin	Heather Doherty	Qld	40.10m	77.46%	QEII Brisbane
12/03/1989	W75	Hammer (3kg)	Ruth Frith	NSW	18.32m	-	Sydney
19/03/1989	M85	200m	Charlie Booth	Vic	39.3s	72.60%	Murrumbeena, Vic
24/03/1989	W40	Hammer	Lynn Carter	WA	34.52m	49.06%	Perth
25/03/1989	W40	80m Hurdles	Eileen Hindle	WA	11.8s	89.14%	Perth
26/03/1989	W65	Triple Jump	Gwen Davidson	Vic	7.43m	69.93%	Perth
20/07/1989	W65	Triple Jump	Gwen Davidson	Vic	7.55m	71.06%	Eugene USA
29/07/1989	W60	10,000m	Shirley Brasher	Tas	43m 58.66s	82.26%	Eugene USA
30/07/1989	M50	20k Walk	Bob Gardiner	Vic	1h 37m 57s	85.17%	Eugene USA
1/08/1989	M55	800m	Tom Roberts	Vic	2m 05.07s	94.01%	Eugene USA
1/08/1989	M70	5000m	John Gilmour	WA	18m 46.62s	91.16%	Eugene USA
1/08/1989	W60	800m	Ann Cooper	SA	2m 52.66s	81.72%	Eugene USA
1/08/1989	W50	Triple Jump	Helen Searle	NSW	9.66m	74.34%	Eugene USA
4/08/1989	W60	5000m	Shirley Brasher	Tas	20m 51.63s	83.57%	Eugene USA
5/08/1989	M50	800m	Alan Bradford	Qld	2m 00.4s	93.97%	Eugene USA
5/08/1989	M65	400m	Tom Hishon	Qld	61.29s	87.01%	Eugene USA
5/08/1989	M70	1500m	John Gilmour	WA	5m 09.73s	89.59%	Eugene USA
5/08/1989	W50	Hammer	Helen Searle	NSW	39.64m	59.32%	Eugene USA
5/08/1989	W75	Hammer (3kg)	Ruth Frith	NSW	20.00m	-	Eugene USA
23/09/1989	W50	Hammer	Helen Searle	NSW	41.84m	62.61%	Sydney
1/10/1989	W45	Long Jump	Jan Hynes	Qld	5.46m	85.40%	Brisbane, Qld
21/10/1989	M70	10,000m	John Gilmour	WA	38m 26s	91.81%	Perth
7/11/1989	W45	400m	Jan Hynes	Qld	57.8s	91.32%	QEII Brisbane
11/11/1989	W45	400m Hurdles	Jan Hynes	Qld	64.8s	81.21%	QEII Brisbane

18/11/1989	W45	Triple Jump	Jan Hynes	Qld	10.12m	73.14%	QEII Brisbane
Jan 1990	M65	Triple Jump	Ken McConnell	Tas	10.87m	84.87%	Hobart
22/01/1990	M90	10k Walk	Gus Theobald	Vic	77m 52s	82.19%	Albert Park
8/02/1990	W40	Hammer	Trish Connell	ACT	34.90m	49.60%	ACT
13/04/1990	W80	Hammer	Ruth Frith	NSW	19.12m	45.54%	Melbourne
14/04/1990	W80	100m	Ruth Frith	NSW	20.2s	74.43%	OP Melbourne
3/11/1990	W80	3k Walk	Nance Jeffreys	Vic	24m 00s	76.09%	Auckland
26/01/1991	W45	200m	Jan Hynes	Qld	26.0s	86.93%	QEII Brisbane
2/03/1991	W40	Hammer	Chris Schultz	Vic	41.56m	59.06%	Melbourne
16/03/1991	W35	Hammer	Lisa Kirsch	Tas	41.72m	53.95%	Launceston
16/03/1991	W65	Hammer	Lydia Widera	Vic	33.00m	68.48%	Murrumbeena, Vic
18/07/1991	W80	Triple Jump	Ruth Frith	NSW	5.22m	62.42%	Turku Finland
18/07/1991	W50	Hammer	Helen Searle	NSW	41.86m	62.64%	Turku Finland
16/10/1991	W45	200m	Jan Hynes	Qld	25.63s	88.99%	QEII Brisbane
19/10/1991	W70	Triple Jump	Marie Partridge	NSW	7.18m	72.66%	QEII Brisbane
30/11/1991	W40	2k Steeple	Antoinette Shaw	WA	7m 50.6s	86.37%	Perth
1992	M35	3000m Walk	David Smith	Qld	11m 16.38s	95.67%	Brisbane, Qld
1992	M35	5000m Walk	David Smith	Qld	19m 23.41s	93.34%	Brisbane, Qld
4/01/1992	W40	2k Steeple	Antoinette Shaw	WA	7m 48.8s	89.51%	Perth
4/04/1992	M80	3000m Walk	Tom Daintry	Vic	18m 44s	85.58%	Murrumbeena
5/04/1992	M75	Hammer	Roy Foley	Vic	40.88m	84.00%	Murrumbeena
11/04/1992	M75	Hammer	Roy Foley	Vic	43.10m	88.00%	Murrumbeena
17/04/1992	W65	10,000m	Shirley Brasher	Tas	45m 49.71s	83.38%	Hobart
18/04/1992	W65	1500m	Shirley Brasher	Tas	6m 02.68s	83.56%	Hobart
18/04/1992	W65	2k Steeple	Tony Smit	Tas	12m 44.98s	69.94%	Hobart
19/04/1992	W65	800m	Shirley Brasher	Tas	3m 01.18s	82.11%	Hobart
19/04/1992	W65	5000m	Shirley Brasher	Tas	22m 06.34s	83.46%	Hobart
19/04/1992	W80	Triple Jump	Ruth Frith	NSW	5.33m	63.74%	Hobart
1993	W30	3k Walk	*Kerry Junna-Saxby	NSW	11m 52.71s	98.26%	Sydney
10/01/1993	M85	200m	Harry Gathercole	Vic	37.3s	77.13%	QEII Brisbane
7/02/1993	W50	Hammer	Jan Davies	Vic	44.56m	66.68%	Melbourne
21/03/1993	W50	Hammer	Jan Davies	Vic	46.68m	69.86%	Murrumbeena
11/04/1993	W70	High Jump	Gwen Davidson	Vic	1.16m	80.46%	Adelaide

Oct 1993	M85	200m	Harry Gathercole	Vic	35.99s	79.76%	Miyazaki
Oct 1993	W45	800m	Judy Bandiera	Vic	2m 17.06s	90.14%	Miyazaki
Oct 1993	W80	Triple Jump	Ruth Frith	NSW	5.65m	70.56%	Miyazaki
12/09/1993	W40	20k Walk	Heather McDonald	Vic	1h 42m 22s	85.02%	Knox
4/02/1994	M55	3k Steeplechase	Alan Bradford	Qld	10m 14s	92.60%	Norfolk Island
3/09/1994	W50	300m Hurdles	Jan Hynes	Qld	45.8s	96.27%	Brisbane, Qld
27/09/1994	W85	3k Walk	Nance Jeffreys	Vic	27m 36s	71.51%	Brisbane, Qld
28/09/1994	W50	Long Jump	Hynes	Qld	5.25m	86.95%	Brisbane, Qld
28/09/1994	W50	Hammer	Jan Davies	Vic	47.78m	74.78%	Brisbane, Qld
29/09/1994	W65	80m Hurdles	Judith Knight	NSW	18.25s	71.46%	Brisbane, Qld
2/10/1994	W50	200m	Jan Hynes	Qld	26.84s	88.55%	QEII Brisbane
29/10/1994	W50	800m	Marge Allison	NSW	2m 22.03s	90.57%	Sydney
10/12/1994	W50	400m	Marge Allison	NSW	60.02s	91.65%	Sydney
18/02/1995	W50	Hammer	Marjaleena Parviainen	NSW	48.52m	72.61%	Homebush Sydney
25/03/1995	W85	Shot Put	Ruth Frith	NSW	5.92m	56.39%	Sydney
29/04/1995	W55	2k Steeple	Jan Morrey	Vic	9m 13.6s	82.17%	Townsville
13/07/1995	W50	400m	Marge Allison	NSW	58.51s	94.02%	Buffalo WMA
13/07/1995	W50	Javelin	Mary Thomas	NSW	48.56m	84.48%	Buffalo WMA
23/07/1995	W55	Hammer	Helen Searle	NSW	46.30m	76.83%	Buffalo WMA
20/08/1995	M80	Hammer (4kg)	John Fraser	Vic	34.72m	89.48%	Murrumbeena
6/10/1995	W65	5k Walk	Jean Albury	Vic	27m 57s	91.20%	OP Melbourne
4/11/1995	W35	3k Walk	Anne Manning	NSW	12m 43.2s	93.11%	Sydney
17/12/1995	W35	10k Walk	Anne Manning	NSW	44m 28s	93.63%	Knox
1996	W30	5k Walk	*Kerry Junna-Saxby	NSW	20m 03s	99.97%	Sydney
1996	W30	10k Walk	*Kerry Junna-Saxby	NSW	41m 47s	99.64%	Sydney
1996	W35	5k Walk	*Kerry Junna-Saxby	NSW	20m 41s	97.30%	Sydney
11/02/1996	W35	5k Walk	Anne Manning	NSW	21m 37.5s	93.57%	Homebush Sydney
16/02/1996	W45	800m	Barbara Blurton	Vic	2m 14.7s	91.72%	Murrumbeena, Vic
3/96	W75	Triple Jump	Marie Partridge	NSW	6.31m	68.91%	Sydney
2/03/1996	W40	Hammer	Lisa Kirsch	Tas	44.00m	66.23%	Hobart
23/03/1996	M80	Hammer	John Fraser	Vic	37.18m	91.00%	Murrumbeena
24/03/1996	W50	Hammer	Marjaleena Parviainen	NSW	49.10m	73.48%	Sydney
14/12/1996	M55	3000m Walk	Willi Sawall	Vic	12m 44s	96.48%	Geelong, Vic

1997	M55	5000m Walk	Willi Sawall	Vic	22m 11.5s	93.44%	Melbourne		
1997	W35	3000m Walk	*Kerry Junna-Saxby	NSW	12m 02.39s	98.37%	Sydney		
1998	W35	10k Walk	*Kerry Junna-Saxby	NSW	42m 52s	97.31%	Sydney		
23/08/1998	W75	Weight Pent	Gwen Davidson	Vic	4,041 pts	-	Murrumbeena	23.60	6.81
25/07/1999	W50	20k Walk	Sandra Kramer	SA	108m 57s	85.87%	Salisbury SA		
3/08/1999	W70	200m	Ann Cooper	SA	32.83s	86.72%	Gateshead, UK		
3/08/1999	M60	800m	Alan Bradford	Qld	2m 10.4s	93.74%	Gateshead, UK		
8/08/1999	W70	2k Steeple	Shirley Brasher	Tas	12m 19.5s	78.43%	Gateshead, UK		
8/08/1999	M60	2k Steeple	Alan Bradford	Qld	6m 54.3s	89.99%	Gateshead, UK		
9/99	W75	High Jump	Gwen Davidson	Vic	1.12m	82.23%	Adelaide		
9/99	W65	2k Steeple	Pam Mews	Vic	12m 44.5s	69.98%	Adelaide		
20/11/1999	W40	Pole Vault	Dawn Hartigan	Vic	3.45m	72.41%	Box Hill		
12/12/1999	M85	Hammer	John Fraser	Vic	27.51m	53.94%	Murrumbeena		
12/12/1999	M85	Weight Pent	John Fraser	Vic	3,727 pts	-	Murrumbeena	27.51	7.60
2000	W35	20k Walk	*Kerry Junna-Saxby	NSW	1h 29m 36s	94.46%	Nuremberg		
13/01/2000	W40	2k Steeple	Elaine Cooper	ACT	7m 06.6s	95.28%	AIS ACT		
10/02/2000	M45	3k Steeple	Jeff Broderick	Vic	9m 24.4s	91.97%	Olympic Park		
24/02/2000	W50	Triple Jump	Margaret Taylor	ACT	10.49m	80.73%	Bruce ACT		
1/04/2000	W70	2k Steeple	Shirley Brasher	Tas	12m 00.1s	80.54%	Hobart		
1/04/2000	M100	100	Les Amey	Qld	58.29s	35.92%	QEII Brisbane		
1/04/2000	M100	1500	Les Amey	Qld	16:46.4	59.68%	QEII Brisbane		
8/04/2000	W60	2k Steeple	Jan Morrey	Vic	8m 59.6s	91.74%	Murrumbeena		
21/04/2000	W90	Shot Put	Ruth Frith	NSW	5.24m	59.37%	Hobart		
22/04/2000	W70	2k Steeple	Shirley Brasher	Tas	11:24.3	84.76%	Hobart		
22/04/2000	W90	Discus	Ruth Frith	NSW	12.10m	53.13%	Hobart		
22/04/2000	W60	Weight Throw	Helen Searle	NSW	17.52m	80.56%	Hobart		
22/04/2000	W90	Weight Throw	Ruth Frith	NSW	5.33	46.92%	Hobart		
24/04/2000	W55	Hammer	Marja Parviainen	NSW	50.56	83.89%	Hobart		
24/04/2000	W90	Javelin	Ruth Frith	NSW	9.33m	43.59%	Hobart		
24/04/2000	W90	Weight Throw	Ruth Frith	NSW	6.00m	52.82%	Hobart		
24/04/2000	W90	Weight Pent	Ruth Frith	NSW	4,339 pts	-	Hobart	13.13	5.22
15/07/2000	M85	Hammer	Anton Tesija	ACT	28.01m	54.92%	Varazdin, Croatia		
31/10/2000	M85	2k Steeple	Eddie Gamble	Vic	14m 52.6s	59.21%	Murrumbeena, Vic		

3/11/2000	W60	2k Steeple	Jan Morrey	Vic	8m 52.30s	84.76%	Southport, Qld		
10/03/2001	W50	Triple Jump	Margaret Taylor	ACT	10.54m	81.11%	AIS, ACT		
31/03/2001	M85	2k Steeple	Eddie Gamble	Vic	13m 50.9s	63.60%	Murrumbeena, Vic		
13/04/2001	W90	Shot Put	Ruth Frith	NSW	5.37m	60.84%	Bankstown, NSW		
13/04/2001	W90	Javelin	Ruth Frith	NSW	9.63m	44.99%	Bankstown, NSW		
16/04/2001	W90	Weight Throw	Ruth Frith	NSW	6.19m	56.91%	Bankstown, NSW		
4/5-07-2001	W40	Heptathlon	Marie Kay	NSW	5,995 pts	-	Brisbane, Qld	12.61	1.64
10/07/2001	W60	400m	Anne Stobaus	Vic	67.30s	89.59%	Brisbane, Qld		
13/07/2001	W50	Weight Pent	Chris Schultz	Vic	4,455 pts	-	Brisbane, Qld	37.88	13.87
18/08/2001	M55	20k Walk	Andrew Jamieson	Vic	95m 12.7s	91.24%	Coburg, Vic		
6/09/2001	W40	20k Walk	*Kerry Junna-Saxby	NSW	93m 40.2s	92.92%	Brisbane, Qld		
29/09/2001	W60	Hammer	Helen Searle	Qld	46.09m	89.17%	Canberra, ACT		
1/10/2001	W90	Javelin	Ruth Frith	Qld	10.00m	46.72%	Canberra, ACT		
6/10/2001	M95	Triple Jump	Alex Pittendrich	Qld	3.55m	51.93%	Maryborough, Qld		
7/10/2001	M95	Long Jump	Alex Pittendrich	Qld	1.67m	54.90%	Maryborough, Qld		
27/10/2001	W60	10k	Theresa Baird	Vic	39m 21.1s	91.94%	Murrumbeena, Vic		
16/12/2001	W45	20k Road Walk	Lyn Ventris	WA	1h 34m 15s	95.51%	Melbourne		
14/01/2002	W90	Javelin	Ruth Frith	Qld	10.09m	47.14%	Geelong, Vic		
15/01/2002	W90	Javelin	Ruth Frith	Qld	10.51m	53.56%	Geelong, Vic		
8/02/2002	W45	10k Walk	Lynette Ventris	WA	46:35.6	94.14%	AIS, Bruce, ACT		
16/03/2002	M80	400m	Mike Johnston	Vic	74.5s	82.13%	Aberfeldie, Vic		
16/03/2002	W45	3k Walk	Lynette Ventris	WA	13:57.4	86.64%	Floreat, WA		
19/03/2002	W45	Pole Vault	Dawn Hartigan	Vic	3.50m	78.10%	Olympic Park, Vic		
1/04/2002	M80	400m	Mike Johnston	Vic	72.85s	84.15%	Adelaide, SA		
10/08/2002	W60	50k Walk	Val Chesterton	ACT	6:55:10	78.02%	Canberra, ACT		
27/09/2002	W75	3k Walk	Lorna Thompson	Qld	20:42.2	82.24%	Griffith Uni Qld		
9/10/2002	W45	5k Walk	Lyn Ventris	WA	24:09.4	88.57%	Olympic Park, Vic		
10/10/2002	W55	Hammer Throw	M. Parviainen	NSW	51.30m	88.83%	Olympic Park, Vic		
15/02/2003	W50	2k Steeple	Louise Fairfax	Tas	7m 55.74s	92.21%	Launceston, Tas		
23/02/2003	M90	Decathlon	Vic Younger	Vic	4,199 pts	-	QEII, Brisbane	31.69	2.25
27/02/2003	W75	Mile Run	Corrie DeGroot	Vic	8m 59.4s	69.14%	East Burwood Vic		
2/03/2003	W80	Hammer	Gwen Davidson	Vic	21.27m	50.66%	Murrumbeena, Vic		
2/03/2003	W80	Weight Pent	Gwen Davidson	Vic	4,308 pts	-	Murrumbeena, Vic	21.27	5.92

16/03/2003	M90	Pentathlon	Vic Younger	Vic	2,673 pts	-	Murrumbeena, Vic	2.53	15.05
23/03/2003	W80	Hammer	Gwen Davidson	Vic	21.66m	51.58%	Murrumbeena, Vic		
23/03/2003	W80	Weight Pent	Gwen Davidson	Vic	4,423 pts	-	Murrumbeena, Vic	21.67	6.24
5/04/2003	M90	Pole Vault	Vic Younger	Vic	1.42m	58.16%	Murrumbeena, Vic		
14/04/2003	W75	One Hour Run	Corrie De Groot	Vic	10,049m	-	Doncaster, Vic		
20/04/2003	W55	Triple Jump	Margaret Taylor	ACT	10.20m	83.75%	Perth, WA		
23/08/2003	M65	10k Road Walk	Murray Dickinson	Vic	54:54.5	85.04%	Middle Park, Vic		
6/09/2003	W60	10k Road Walk	Brenda Riley	Vic	55:28.0	93.09%	Middle Park, Vic		
29/09/2003	W60	One Hour Run	Lavinia Petrie	Vic	13,822m	-	Doncaster, Vic		
5/11/2003	W80	Hammer	Gwen Davidson	Vic	22.60m	53.82%	Canberra, ACT		
9/11/2003	M55	30k Road Walk	Andrew Jamieson	Vic	2h 32m 05s	91.52%	Middle Park, Vic		
19/12/2003	W50	800m	Jeanette Flynn	Qld	2m 17.9s	93.28%	St Lucia, Qld		
7/02/2004	W50	800m	Jeanette Flynn	Qld	2m 16.8s	94.85%	QEII, Brisbane		
14/02/2004	W50	Mile	Jeanette Flynn	Qld	5m 13.6s	91.50%	QEII, Brisbane		
13/03/2004	W70	Weight Pent	Heather Doherty	Qld	4,306 pts	-	QEII, Brisbane	21.80	7.91
10/04/2004	W45	5k Walk	Lyn Ventris	WA	23:56.6	89.36%	Olympic Park, Vic		
11/04/2004	W70	Weight Pent	Heather Doherty	Qld	4,571 pts	-	Olympic Park, Vic	24.03	8.25
12/04/2004	W60	10k Road Walk	Brenda Riley	Vic	55:17.9	94.40%	Middle Park, Vic		
8/05/2004	M65	10k Road Walk	Murray Dickinson	Vic	54:15.8	86.05%	Middle Park, Vic		
23/05/2004	W60	20k Road Walk	Sandy Brunner	SA	1:57:43	79.48%	Middle Park, Vic		
4/07/2004	M85	Marathon	Robert Horman	Qld	4:34:55	73.90%	Gold Coast, Qld		
4/09/2004	W95	Hammer	Ruth Frith	Qld	11.28m	49.63%	SAF, Qld		
4/09/2004	W95	Discus	Ruth Frith	Qld	9.55m	53.25%	SAF, Qld		
4/09/2004	W95	Shot Put	Ruth Frith	Qld	4.20m	58.57%	SAF, Qld		
18/09/2004	W95	Javelin	Ruth Frith	Qld	8.13m	47.85%	SAF, Qld		
18/09/2004	W95	Weight Throw	Ruth Frith	Qld	5.09m	56.87%	SAF, Qld		
19/09/2004	W60	10k Road Walk	Brenda Riley	Vic	55:12:00	94.57%	Middle Park, Vic		
25/09/2004	W95	Hammer	Ruth Frith	Qld	11.37m	50.03%	SAF, Qld		
25/09/2004	W95	Shot Put	Ruth Frith	Qld	4.47m	62.34%	SAF, Qld		
27/09/2004	W45	One Hour Run	Jenny Dowie	Vic	14,827m	-	Doncaster, Vic		
2/10/2004	W95	Discus	Ruth Frith	Qld	9.85m	54.92%	SAF, Qld		
21/10/2004	W95	Shot Put	Ruth Frith	Qld	4.72m	65.82%	Rarotonga		
24/10/2004	W55	50k Road Walk	Liz Feldman	Vic	5:45:08	87.53%	Middle Park, Vic		

29/01/2005	W50	800m	Jeanette Flynn	Qld	2m 16.1s	97.05%	QSAC, Nathan, Qld		
11/02/2005	W55	3k Walk	Heather Carr	Vic	15:32.5	88.05%	Olympic Park, Vic		
20/02/2005	M80	Decathlon	Fred O'Connor	NSW	6,130 pts	-	SAF, Qld	16.54	3.31
25/02/2005	W45	5k Walk	Lynette Ventris	WA	23:42.4	91.54%	Perth, WA		
5/03/2005	W65	5k Walk	Brenda Riley	Vic	27m 38s	92.25%	Murrumbeena, Vic		
6/03/2005	W65	5k	Brenda Riley	Vic	21:22	86.35%	Murrumbeena, Vic		
6/03/2005	W45	20k Walk	Lyn Ventris	WA	1:39:09	90.79%	Sydney, NSW		
13/03/2005	M90	Hammer	John Fraser	Vic	24.63m	58.55%	Murrumbeena, Vic		
13/03/2005	M90	Weight Pent	John Fraser	Vic	5,201 pts	-	Murrumbeena, Vic	24.63	6.90
27/03/2005	W70	Weight Pent	Heather Doherty	Qld	4,636 pts	-	QSAC, Qld	23.93	8.49
18/06/2005	M90	One Mile	Eddie Gamble	Vic	12:49.9	55.65%	Mentone, Vic		
24/08/2005	W45	Heptathlon	Marie Kay	NSW	6094 pts	-	San Sebastian	12.46	1.57
26/08/2005	W60	300m Hurdles	Marge Allison	Qld	51.64s	93.14%	San Sebastian		
29/08/2005	M70	200m	Hugh Coogan	Qld	26.84s	91.64%	San Sebastian		
9/10/2005	W65	5k Walk	Brenda Riley	Vic	27:23.6	93.06%	Adelaide		
10/10/2005	W65	5k	Brenda Riley	Vic	21:20.3	86.46%	Adelaide		
23/10/2005	W65	10k Walk	Brenda Riley	Vic	57:20.4	92.06%	Middle Park, Vic		
13/11/2005	W65	10k Walk	Brenda Riley	Vic	55:31.8	95.06%	Middle Park, Vic		
26/11/2005	W95	Discus	Ruth Frith	Qld	10.50m	58.54	Brisbane		
7/01/2006	W55	3k Walk	Heather Carr	Vic	15:29.7	88.31%	Box Hill, Vic		
17/01/2006	W95	Weight Throw	Ruth Frith	Qld	5.11m	57.09%	Christchurch		
17/01/2006	W95	Weight Pent	Ruth Frith	Qld	6750 pts	-	Christchurch	11.08	4.35
20/01/2006	W95	Weight Throw	Ruth Frith	Qld	5.16m	57.65%	Christchurch		
20/01/2006	W55	10k Road Walk	Heather Carr	Vic	54m 01s	88.25%	Christchurch		
21/01/2006	W95	Discus	Ruth Frith	Qld	10.85m	60.50%	SAF Nathan		
29/01/2006	W95	Discus	Ruth Frith	Qld	10.90m	60.78%	Christchurch		
12/02/2006	W65	5k Track Walk	Brenda Riley	Vic	27:19.1	94.34%	Coburg, Vic		
19/03/2006	W95	Javelin	Ruth Frith	Qld	9.03m	56.01%	Southport, Qld		
25/03/2006	M80	One Mile	Norm Pearce	Qld	7m 24s	76.79%	Nathan, Qld		
1/04/2006	W65	3k Track Walk	Brenda Riley	Vic	16:22.1	92.23%	Murrumbeena, Vic		
2/04/2006	W65	5000m	Brenda Riley	Vic	21m 02.1s	87.71%	Murrumbeena, Vic		
2/04/2006	M70	400m	Hugh Coogan	Qld	60.77s	91.08%	Nathan, Qld		
16/04/2006	W95	Weight Pent	Ruth Frith	Qld	7383 pts	-	Canberra	12.42	4.95

20/05/2006	W55	10k Road Walk	Heather Carr	Vic	53m 55s	88.41%	Middle Park, Vic
22/07/2006	M60	10k Road Walk	Andrew Jamieson	Vic	47m 17s	94.42%	Middle Park, Vic
30/07/2006	M60	20k Road Walk	Andrew Jamieson	Vic	96m 15s	94.46%	Middle Park, Vic
20/11/2006	W50	4 x 1500 Relay	Fay McNeill	Qld	23:24.5	-	SAF, Nathan, Qld
			Jeanette Flynn	Qld			
			Betty Menzies	Qld			
			Jean Hampson	Qld			
25/11/2006	W55	1 Mile	Jeanette Flynn	Qld	5m 27.6s	91.38%	SAF, Nathan, Qld
14/12/2006	W65	4 x 1500 Relay	Val Chesterton	ACT	34m 09.3s	-	AIS, Canberra
			Fran Harris	ACT			
			Sue Counsel	ACT			
			Jennifer Odgers	ACT			
14/12/2006	W70	4 x 1500 Relay	Cory Collins	ACT	34:20.4	-	AIS, Canberra
			Anne Young	ACT			
			Alison Ide	ACT			
			Consie Larmour	ACT			
16/12/2006	W65	5k	Theresa Baird	Vic	20:57.4	88.04%	Murrumbeena, Vic
16/12/2006	M60	5k Walk	Andrew Jamieson	Vic	22m 53s	94.67%	Box Hill, Vic
17/12/2006	M60	10k Road Walk	Andrew Jamieson	Vic	47m 06s	94.78%	Middle Park, Vic
17/12/2006	W65	20k Road Walk	Brenda Riley	Vic	1:57:39	92.43%	Middle Park, Vic
1/02/2007	W55	4 x 1500 Relay	Jill Brown	ACT	27:10.8	-	AIS, ACT
			Maureen Rossiter	ACT			
			Kathy Sims	ACT			
			Carol Baird	ACT			
3/02/2007	M50	4 x 1500 Relay	Robert Caldwell	Vic	19:02.1	-	Doncaster, Vic
			Terry Pearce	Vic			
			Will Hersbach	Vic			
			Eero Keranen	Vic			
9/02/2007	W50	Pole Vault	Dawn Hartigan	Vic	3.30m	78.42%	Olympic Park, Vic
9/02/2007	M60	3k Walk	Andrew Jamieson	Vic	13:34.6	94.56%	Olympic Park, Vic
9/02/2007	W55	800m	Jeanette Flynn	Qld	2m 22.2s	94.15%	St Lucia, Qld
25/02/2007	M50	4 x 1500 Relay	Robert Caldwell	Vic	18:43.2	-	Olympic Park, Vic
			Terry Pearce	Vic			

			Will Hersbach	Vic			
			Eero Keranen	Vic			
1/03/2007	M60	5k Walk	Andrew Jamieson	Vic	22:38.7	95.67%	Olympic Park, Vic
3/03/2007	W55	800m	Jeanette Flynn	Qld	2m 22.2s (=)	94.15%	Nathan, Qld
6/03/2007	W50	Pole Vault	Dawn Hartigan	Vic	3.40m	80.79%	Coburg, Vic
15/03/2007	W70	4 x 800m Relay	Anne Young	ACT	16:43.2	-	AIS, ACT
			Alison Ide	ACT			
			Consie Larmour	ACT			
			Cory Collins	ACT			
16/03/2007	W50	5k Walk	Lynette Ventris	WA	24:32.8	90.43%	Coker Park, Perth
17/03/2007	W55	3k Walk	Heather Carr	Vic	15m 11s	91.77%	Murrumbeena, Vic
18/03/2007	W65	5k	Theresa Baird	Vic	20:42.5	89.10%	Murrumbeena, Vic
24/03/2007	W55	3k Walk	Heather Carr	Vic	15:08.4	92.03%	Knox, Vic
24/03/2007	W50	3k Walk	Lynette Ventris	WA	13:54.3	94.34%	Coker Park, Perth
25/03/2007	M80	4 x 800m Relay	Ken Matchett	Vic	17:24.2	-	Murrumbeena
			Jim Sinclair	Vic			
			Gerry Heilmann	Vic			
			Mike Johnston	Vic			
31/03/2007	M60	3k Walk	Andrew Jamieson	Vic	13:24.1	95.80%	Olympic Park, Vic
7/04/2007	W50	5k Walk	Lynette Ventris	WA	23:37.8	93.93%	Hobart
7/04/2007	M85	2k Steeple	Ken Matchett	Vic	13:23.1	65.79%	Hobart
9/04/2007	W50	10k Road Walk	Lynette Ventris	WA	48m 27s	94.17%	Hobart
25/04/2007	W65	3000m	Theresa Baird	Vic	12:07.2	89.41%	Springvale
20/05/2007	W65	10000m	Theresa Baird	Vic	42:07.1	90.72%	Collingwood
20/05/2007	M60	30k Road Walk	Andrew Jamieson	Vic	2h 30m 56.3	96.22%	Middle Park
24/06/2007	W50	20k Road Walk	Lynette Ventris	WA	1:42:28	91.31%	Perth
1/07/2007	M60	20k Road Walk	Andrew Jamieson	Vic	1:35.56.5	94.77%	Middle Park
11/07/2011	W65	300m Hurdles	Marge Allison	Qld	54.06s	86.31%	Sacramento
14/07/2007	M60	10k Road Walk	Andrew Jamieson	Vic	46:56.6	95.11%	Middle Park
21/07/2007	M60	10k Road Walk	Andrew Jamieson	Vic	46:22.1	96.28%	Middle Park
21/07/2007	W55	10k Road Walk	Heather Carr	Vic	53:41.1	88.79%	Middle Park
26/07/2007	M75	800m	David Carr	WA	2m 34.3s	90.19%	Perth
24/09/2007	W55	One Hour Run	Bronwen Cardy	Vic	15,323m	-	Doncaster

24/09/2007	W85	One Hour Run	Margaret Prowse	Vic	6,469m	-	Doncaster
29/11/2007	W40	4x1500m Relay	Charlie McCormack	ACT	23:05.2		AIS, ACT
			Kelley Flood	ACT			
			Helen Larmour	ACT			
			Katie Forestier	ACT			
20/12/2007	W60	4x1500m Relay	Peggy Macliver	WA	26:47.3		Perth
			Jacquelin Halberg	WA			
			Christine Oldfield	WA			
			Gillian Young	WA			
20/12/2007	M60	4x1500m Relay	Albert Carse	WA	22:25.9	-	Perth
			David Roberts	WA			
			Frank Smith	WA			
			Robert Schickert	WA			
20/12/2007	W45	4x1500m Relay	Delia Baldock	WA	25:00.9	-	Perth
			Karen March	WA			
			Elizabeth Neville	WA			
			Robin King	WA			
24/01/2008	W40	One Hour Run	Jackie Fairweather	ACT	16,056m	-	AIS ACT
31/01/2008	M75	4x1500 Relay	David Carr	WA	34:17.0		Perth
			Kenneth Whistler	WA			
			Robert Hayres	WA			
			Cecil Walkley	WA			
31/01/2008	M60	4x1500 Relay	Bruce Wilson	WA	21:48.4	-	Perth
			Jim Klinge	WA			
			John Oldfield	WA			
			Jim Langford	WA			
31/01/2008	W45	4x1500 Relay	Gillian Young	WA	24:32.0	-	Perth
			Karen March	WA			
			Karyn-Sue Gower	WA			
			Robin King	WA			
31/01/2008	M35	4x1500 Relay	Christopher Neale	WA	20:11.9	-	Perth
			Paul Burke	WA			
			Eldon George	WA			

			Brett Roach	WA			
16/03/2008	M75	800m	David Carr	WA	2:34.3(=)	90.19%	Perth
23/03/2008	M75	2k Steeple	David Carr	WA	8m 56.6s	82.15%	Blacktown
24/03/2008	W35	4 x 100m Relay	Ranell Hobson	NSW	47.74s	-	Blacktown
			Julie Brims	Qld			
			Kylie Strong	NSW			
			Gianna Mogentale	NSW			
18/06/2008	M90	Mile	Peter Brownbill	Vic	10m 30.9s	67.91%	Mentone
27/07/2008	M60	30k Road Walk	Andrew Jamieson	Vic	2h 29m 45.7s	96.98%	Middle Park
24/08/2008	M60	20k Road Walk	Andrew Jamieson	Vic	1h 35m 38.9s	95.06%	Middle Park
29/09/2008	W65	One Hour Run	Lavinia Petrie	Vic	13,406m	-	Doncaster
2/11/2008	M85	10k Road Walk	Richard Keatinge	Qld	78m 52s	74.45%	Southport
1/12/2008	M35	4x1500m Relay	Ross Nicholls	Qld	18m 59.2s	-	SAF, Nathan
			Joshua Bridge	Qld			
			Brendan Whelan	Qld			
			Shawn Claydon	Qld			
14/12/2008	M60	50k Road Walk	Andrew Jamieson	Vic	4h 23m 16s	96.94%	Middle Park
14/12/2008	W50	20k Road Walk	Lynette Ventris	WA	1h 45m 13s	88.92%	Middle Park
24/01/2009	W40	4x1500m Relay	Marcia Sheer	Qld	21m 39.6s	-	QSAC, Nathan
			Glenda Banaghan	Qld			
			Petrina Brown	Qld			
			Jeanette Flynn	Qld			
29/01/2009	W40	4x1500m Relay	Sarah Fien	ACT	21m 17s	-	AIS ACT
			Jane Zeller	ACT			
			Amanda Walker	ACT			
			Jackie Fairweather	ACT			
29/01/2009	M70	4x1500m Relay	Roger Abbott	ACT	27m 28.8s	-	AIS ACT
			Bob Chapman	ACT			
			Michael Freer	ACT			
			Tony Booth	ACT			
12/02/2009	M75	4x1500m Relay	David Carr	WA	30m 01.7s	-	Perth
			Robert Hayres	WA			
			Cecil Walkley	WA			

			Irwin Barrett-Lennard WA							
12/02/2009	W60	4x1500m Relay	Peggy Macliver	WA	26m 30s	-	Perth			
			Jacquelin Halberg	WA						
			Shirley Bell	WA						
			Gillian Young	WA						
22/03/2009	W40	Pole Vault	Irie Hill	Vic	3.65m	76.61%	Melbourne Univ			
13/04/2009	M65	4 x 400m Relay	Colin Buyers	Qld	4m 02.6s	-	Adelaide			
			Heinz Steinmann	Qld						
			Tony Ireland	NSW						
			Neville McIntyre	NSW						
3/05/2009	M60	30k Walk	Andrew Jamieson	Vic	2:28:55	97.53%	Middle Park			
7/08/2009	W40	4 x 100m Relay	Gianna Mogentale	NSW	48.01s	-	Lahti			
			Julie Brims	Qld						
			Jacqueline Bezenhuidot	NSW						
			Kylie Strong	NSW						
Aug 2009	W45	Heptathlon	Marie Kay	Qld	6,185pts	-	Lahti	12.32	1.60	
23/08/2009	W100	Throws Pent	Ruth Frith	Qld	11,671pts	-	Southport	10.16	4.27	
23/08/2009	W100	Hammer (2kg)	Ruth Frith	Qld	10.16m	61.15%	Southport			
23/08/2009	W100	Shot Put (2kg)	Ruth Frith	Qld	4.27m	77.20%	Southport			
23/08/2009	W100	Discus (750gm)	Ruth Frith	Qld	9.04m	68.80%	Southport			
23/08/2009	W100	Javelin	Ruth Frith	Qld	6.43m	50.64%	Southport			
23/08/2009	W100	Weight Th(4kg)	Ruth Frith	Qld	4.42m	67.43%	Southport			
23/08/2009	W100	Throws Pent	Ruth Frith	Qld	5743pts	-	Southport	10.16	4.27	
12/10/09	W100	Discus (750gm)	Ruth Frith	Qld	9.12m	69.41%	SOPAC Sydney			
12/10/09	W100	Hammer (2kg)	Ruth Frith	Qld	10.53m	63.38%	SOPAC Sydney			
12/10/09	W100	Weight Th(4kg)	Ruth Frith	Qld	4.88m	74.45%	SOPAC Sydney			
14/11/2009	W60	3k Walk	Heather Carr	Vic	15:43.6	91.16%	Knox, Vic			
22/11/2009	W60	20k Walk	Heather Carr	Vic	1:57:38	87.38%	South Yarra			
5/12/2009	W100	Hammer (2kg)	Ruth Frith	Qld	10.80m	65.01%	Gold Coast			
21/01/2010	W60	3k Walk	Heather Carr	Vic	15:30.7	92.42%	Frankston			
18/02/2010	M80	4 x 800m Relay	Vic Beaumont	WA	16:01.8	-	Perth			
			Stanley Lockwood	WA						
			Cecil Walkley	WA						

			Irwin Barrett-Lennard	WA						
3/10	W100	Discus	Ruth Frith	Qld	8.89m	67.66%	QMA Nathan			
20/03/2010	W40	Pole Vault	Irie Hill	Vic	3.75m	80.65%	Melb Uni			
21/03/2010	W100	Shot Put	Ruth Frith	Qld	4.48m	80.99%	SAF Nathan			
2/04/2010	W50	Long Jump	Marie Kay	Qld	5.41	89.60%	Perth			
3/04/2010	W60	5k Walk	Heather Carr	Vic	26:29.3	91.43%	Perth			
5/04/2010	W60	10k Road Walk	Heather Carr	Vic	54m 12s	92.31%	Perth			
5/04/2010	W75	Weight (4kg)	Val Worrell	Vic	11.57m	61.95	Perth			
5/04/2010	W100	Weight Throw	Ruth Frith	Qld	4.72m	72.01	Perth			
14/04/2010	W40	Pole Vault	Irie Hill	Vic	3.80m	81.72%	Perth			
5/06/2010	W60	10km Road Walk	Heather Carr	Vic	53:56.6	92.75%	Middle Park			
27/06/2010	W60	20km Road Walk	Heather Carr	Vic	1:56:42	88.08%	Middle Park			
18/07/2010	W50	20k Road Walk	Lyn Ventris	WA	1:45:04	89.05%	Perth			
22/08/2010	W100	Throws Pent	Ruth Frith	Qld	5501pts	-	Southport	10.13	4.10	
22/08/2010	W100	Javelin Throw	Ruth Frith	Qld	5.99m	50.53%	Southport			
25/09/2010	W100	Hammer Throw	Ruth Frith	Qld	11.05m	66.51%	SAF Nathan			
3/10/2010	W100	Hammer Throw	Ruth Frith	Qld	11.30m	73.35	Turner ACT			
13/11/2010	M55	3000m	Keith Bateman	NSW	8m 56.8s	95.47%	SOPAC Homebush			
20/11/2010	W100	Discus Throw	Ruth Frith	Qld	9.02m	68.64%	SAF Nathan			
18/12/2010	M55	One Mile	Keith Bateman	NSW	4m 35s	94.25%	Homebush			
5/01/2011	M55	5000m	Keith Bateman	NSW	15:29.7	94.90%	Blacktown			
22/01/2011	W60	3k Walk	Heather Carr	Vic	15:21.9	94.29%	Ballarat			
2/03/2011	W60	5k Walk	Heather Carr	Vic	26:10.2	93.46%	Olympic Park			
26/03/2011	M55	10,000m	Keith Bateman	NSW	31:51.9	96.37%	SOPAC Sydney			
2/04/2011	W100	Discus	Ruth Frith	Qld	9.30m	76.32%	SAF Nathan			
2/04/2011	W100	Throws Pent	Ruth Frith	Qld	5570pts	-	SAF Nathan	10.14	3.90	
23/04/2011	W45	4 x 100m Relay	Giola Motti	NSW	48.92s	-	SAF Nathan			
			Julie Brims	Qld						
			Julie Forster	NSW						
			Gianna Mogentale	NSW						
24/04/2011	W75	Throws Pent	Heather Doherty	Qld	3890pts	-	SAF Nathan	23.30	7.41	
24/04/2011	W45	4 x 400m Relay	Julie Forster	NSW	4m 01.2s	-	SAF Nathan			
			Giola Motti	NSW						

			Gianna Mogentale	NSW					
			Julie Brims	Qld					
29/05/2011	W50	20k Walk	Lyn Ventris	WA	1:39:51	93.70%	Middle Park		
29/05/2011	W60	20k Walk	Heather Carr	Vic	1h 56m 18s	88.38%	Middle Park		
25/06/2011	M65	10k Walk	Andrew Jamieson	Vic	49m 27s	94.43%	Middle Park		
6/7-07-2011	W50	Heptathlon	Marie Kay	Qld	6202pts	-	Sacramento	12.93	1.51
11/07/2011	W65	300m Hurdles	Marge Allison	Qld	54.06s	93.03%	Sacramento		
15/07/2011	M55	1500m	Keith Bateman	NSW	4m 12.4s	95.69%	Sacramento		
16/07/2011	M65	20k Walk	Andrew Jamieson	Vic	1h 42m 57s	92.95%	Sacramento		
16/07/2011	W70	400m	Anne Stobaus	Vic	76.63	88.13%	Sacramento		
17/07/2011	W60	4x400m Relay	Evelyn Peake	SA	4m 55.5s	-	Sacramento		
			Kathryn Heagney	Vic					
			Wilma Perkins	Qld					
			Kathryn Sims	ACT					
17/07/2011	W65	4x400m Relay	Marge Allison	Qld	5m 16.4s	-	Sacramento		
			Peggy Macliver	WA					
			Anne Stobaus	Vic					
			Noreen Parrish	Qld					
21/08/2011	M65	20k Walk	Andrew Jamieson	Vic	1:41:27	94.32%	Canberra		
11/09/2011	W60	50k Walk	Liz Feldman	Vic	6:05:43	88.57%	Middle Park		
11/09/2011	M65	30k Walk	Andrew Jamieson	Vic	2:39:25	95.77%	Middle Park		
7/10/2011	W55	5k Walk	Lynette Ventris	WA	24:16.8	95.27%	Adelaide		
8/10/2011	W55	3k Walk	Lynette Ventris	WA	14m 27s	94.70%	Adelaide		
12/10/2011	W55	10k Walk	Lynette Ventris	WA	50m 32s	94.33%	Adelaide		
23/10/2011	M75	400m	Hugh Coogan	Qld	65.04s	88.67%	Gold Coast		
5/11/2011	M75	400m	Hugh Coogan	Qld	64.10s	89.97%	SAF Brisbane		
27/11/2011	M50	4x800m Relay	Andrew Egginton	Vic	8m 39s	-	Albert Park		
			Scott Lawrence	Vic					
			Peter Hawes	Qld					
			John Jago	Tas					
21/01/2012	W55	Pole Vault	Dawn Hartigan	Vic	3.07m	77.85%	Aberfeldie		
4/02/2012	W55	Pole Vault	Dawn Hartigan	Vic	3.11m	78.86%	Aberfeldie		
9/03/2012	M65	5k Walk	Andrew Jamieson	Vic	24m 46s	91.81%	Albert Park		

18/03/2012	M65	5k Walk	Andrew Jamieson	Vic	24:17.1	93.64%	Mentone
22/03/2012	W55	5k Walk	Lyn Ventris	WA	23:57.9	96.52%	Perth
24/03/2012	W55	3k Walk	Lyn Ventris	WA	14:16.4	95.89%	Perth
7/04/2012	W55	10k Road Walk	Lyn Ventris	WA	49m 59s	95.37%	Finland
8/04/2012	W55	Pole Vault	Dawn Hartigan	Vic	3.20m	81.14%	Albert Park
9/04/2012	W35	Weight Throw	Byrony Glass	WA	17.29m	71.77%	Albert Park
14/04/2012	M65	3k Walk	Andrew Jamieson	Vic	14:20.1	93.99%	Albert Park
14/04/2012	M65	5k Walk	Andrew Jamieson	Vic	24m 14s	93.84%	Albert Park
14/04/2012	W70	3000m	Sandy Brunner	SA	13:21.9	86.41%	Adelaide
12/05/2012	M65	10k Road Walk	Andrew Jamieson	Vic	49m 05s	95.13%	Middle Park
19/05/2012	M65	10k Road Walk	Andrew Jamieson	Vic	48m 39s	95.98%	Middle Park
21/06/2012	M80	Mile	David Carr	WA	6m 26.6s	88.20%	Perth
26/06/2012	M80	2k Steeple	David Carr	WA	9m 39.3s	82.10%	Perth
14/07/2012	W55	10k Road Walk	Lyn Ventris	WA	49m 34s	96.17%	Perth
29/07/2012	W55	20k Road Walk	Lyn Ventris	WA	1:43:11	94.76%	Perth
29/07/2012	M65	20k Road Walk	Andrew Jamieson	Vic	1:40:14	96.52%	Middle Park
31/07/2012	M80	2k Steeple	David Carr	WA	9m 38.1s	82.27%	Perth
19/08/2012	W55	10k Road Walk	Lyn Ventris	WA	49m 15s	96.17%	Perth
26/08/2012	W55	20k Road Walk	Lyn Ventris	WA	1:40:42	97.09%	Adelaide
3/11/2012	M65	3k Walk	Andrew Jamieson	Vic	14:13.6	95.67%	Doncaster
3/11/2012	W85	5k Walk	Heather Lee	NSW	40m 07s	83.30%	Southport
5/11/2012	W85	3k Walk	Heather Lee	NSW	23:24.9	84.32%	Southport
5/11/2012	M80	4 x 400m Relay	David Carr	WA	5m 32.3s	-	Southport
			George Harrod	Qld			
			Leo Coffey	Vic			
			Richard Hughes	NSW			
1/02/2013	M80	2k Steeple	David Carr	WA	9m 35.1s	82.70%	Perth
5/02/2013	W35	Weight Throw	Byrony Glass	WA	18.02m	74.80%	Perth
26/02/2013	M80	800m	David Carr	WA	2m 48.5s	88.70%	Perth
23/03/2013	W55	Pole Vault	Dawn Hartigan	Vic	3.26m	82.67%	Melbourne Uni
1/04/2013	W60	4x800m Relay	Kathy Heagney	Vic	11:22.6	-	AIS Canberra
			Kathy Sims	ACT			
			Paula Moorhouse	NSW			

			Jeanette Flynn	Qld						
26/05/2013	W40	10k Road Walk	Kelly Ruddick	Vic	46m 27s	91.13%	Bankstown			
30/06/2013	W40	20k Road Walk	Kelly Ruddick	Vic	96m 46s	89.94%	Middle Park			
13/07/2013	W40	10k Road Walk	Kelly Ruddick	Vic	46m 35s	90.87%	Middle Park			
4/08/2013	W40	10k Road Walk	Kelly Ruddick	Vic	46m 15s	91.53%	Middle Park			
17/08/2013	W40	10k Road Walk	Kelly Ruddick	Vic	45m 26s	93.17%	Middle Park			
18/08/2013	W60	800m	Jeanette Flynn	Qld	2m 34s	91.65%	St Lucia Qld			
1/09/2013	W40	20k Road Walk	Kelly Ruddick	Vic	93m 15s	93.34%	Hobart			
13/09/2013	W70	One Hour Run	Lavinia Petrie	Vic	13,044m	-	Doncaster			
7/10/2013	W40	5k Walk	Kelly Ruddick	Vic	21:57.4	94.32%	Geelong			
8/10/2013	W70	5k	Lavinia Petrie	Vic	21:34.2	91.06%	Geelong			
2/11/2013	W40	3k Walk	Kelly Ruddick	Vic	13:07.3	93.04%	Ballarat			
12/01/2014	W70	Half Marathon	Lavinia Petrie	Vic	97m 38s	90.91%	Bendigo			
24/01/2014	W70	3000m	Lavinia Petrie	Vic	13:07.8	87.96%	Ballarat			
24/01/2014	W70	10,000m	Lavinia Petrie	Vic	45:28.7	90.15%	Ballarat			
25/01/2014	M50	Shot Put	Stuart Gyngell	NSW	18.63m	92.07%	Wollongong			
8/03/2014	W70	10,000m	Lavinia Petrie	Vic	44:43.3	91.68%	Hobart			
9/03/2014	W70	5,000m	Lavinia Petrie	Vic	21:34.1	91.07%	Hobart			
29/03/2014	W40	5k Walk	Kelly Ruddick	Vic	21:46.7	95.10%	SAF Nathan			
2/11/2014	W70	200m Hurdles	Marge Allison	Qld	38.28s	89.00%	Gold Coast			
18/11/2014	W70	3000m	Lavinia Petrie	Vic	12m 52s	89.76%	Bendigo			
22/02/2015	W70	Marathon	Lavinia Petrie	Vic	3:38:53	86.62%	Wangaratta			
6/08/2015	W55	Heptathlon	Marie Kay	Qld	6682pts	-	Lyon France	12.89	1.42	
11/08/2015	W70	200m Hurdles	Marge Allison	Qld	36.71s	92.80%	Lyon France			
16/08/2015	W60	Throws Pent	Dorn Jenkins	Vic	4437pts	-	Murrumbreena	43.84	8.45	
16/08/2015	W70	4x400m Relay	Peggy Macliver	WA	5m 32.9s	-	Lyon France			
			Jean Hampson	Qld						
			Anne Lang	SA						
			Marge Allison	Qld						
5/09/2015	W75	50k Walk	Val Chesterton	ACT	8:06:47	87.64%	Canberra			
28/09/2015	W45	One Hour Run	Julie Norney	Vic	15,421m	-	Doncaster			
28/09/2015	W60	One Hour Run	Bronwen Cardy	Vic	14,109m	-	Doncaster			
9/01/2016	W40	3k Walk	Kelly Ruddick	Vic	12:58.9	95.30%	Ballarat			

20/02/2016	W55	Long Jump	Marie Kay	Qld	5.01m(=)	88.03%	SOPAC Sydney
26/06/2016	M70	20k Walk	Andrew Jamieson	Vic	1:52:36	90.00%	Middle Park
23/07/2016	M70	10k Road Walk	Andrew Jamieson	Vic	53m 16s	92.04%	Middle Park
6/11/2016	W65	4x400m Relay	Paula Moorhouse Carol Davis Kathryn Heagney Lyn Peake	NSW Qld Vic SA	5m 06.1s	-	Perth
19/11/2016	W90	3k Walk	Heather Lee	NSW	25:34.2	84.28%	Kensington
9/12/2016	W90	5k Walk	Heather Lee	NSW	42:37.5	85.76%	SOPAC
13/06/2017	W65	4x400m Relay	Carol Davis Barbara Blurton Jeanette Flynn Lyn Peake	Qld WA Qld SA	4m 52.8s	-	Darwin
15/06/2017	M85	1500m	David Carr	WA	6m 27.3s	88.44%	Perth
28/06/2017	M85	800m	David Carr	WA	3m 06.7s	88.15%	Perth
6/07/2017	M85	2k Steeple	David Carr	WA	11:04.2	79.57%	Perth
17/08/2017	M85	Mile	David Carr	WA	7m 16.7s	86.02%	Perth
7/10/2017	W75	3k Walk	Gwen Steed	Vic	20:24.5	83.42%	Burwood East
21/10/2017	W75	3k Walk	Gwen Steed	Vic	20:04.5	84.81%	Burwood East
23/10/2017	W90	3k Walk	Heather Lee	NSW	24m 57s	86.38%	Penguin Tas
24/10/2017	W90	5k Walk	Heather Lee	NSW	42:36.5	85.78%	Penguin Tas
2/12/2017	*W35	2000m Steeple	Victoria Mitchell	NSW	6m 27.1s	100.83%	Homebush
21/12/2017	M85	2000m Steeple	David Carr	WA	10:53.3	80.89%	Perth
25/01/2018	W70	2000m Steeple	Gillian Young	WA	10:03.5	92.78%	Dunedin
11/04/2018	W35	Javelin	Kathryn Mitchell	Vic	68.92m	97.99%	Gold Coast CG
27/04/2018	W60	5k Walk	Lyn Ventris	WA	25:41.6	94.26%	Perth
27/04/2018	W90	5k Walk	Heather Lee	NSW	41:04.9	90.70%	Perth
29/04/2018	W90	10k Walk	Heather Lee	NSW	1:25:28	89.51%	Perth
10/09/2018	W60	10k Walk	Lynette Ventris	WA	53m 26s	93.64%	Malaga
10/11/2018	W90	3k Walk	Heather Lee	NSW	25m 45.3s	83.68%	Gold Coast
11/11/2018	W90	10k Walk	Heather Lee	NSW	84m 21s	92.50%	Gold Coast
2/12/2018	W45	50km Walk	Kelly Ruddick	Vic	4:54:31	91.34%	South Yarra
23/03/2019	W45	3k Walk	Kelly Ruddick	Vic	13:19.5	90.49%	Doncaster

28/04/2019	W75	5000m	Lavinia Petrie	Vic	23:30.9	89.56%	Albert Park		
6/09/2019	W70	3k Walk	Heather Carr	Vic	18:01.1	88.71%	Mackay		
28/09/2019	W40	10,000m	Sinead Diver	Vic	31:25.5	97.60%	Doha		
6/10/2019	W90	3k Walk	Heather Lee	NSW	25m 52.25s	83.30%	Adelaide		
24/11/2019	M45	Decathlon	Paul Jeffery	WA	7867pts	-	Perth	11.55	6.05
27/11/2019	W70	3k Walk	Heather Carr	Vic	17:58.1	88.96%	Keilor		
1/12/2019	M65	50k Walk	Colin Heywood	NT	5:05:34	85.94%	South Yarra		
11/01/2020	W70	3k Walk	Heather Carr	Vic	17:50.6	89.57%	Frankston		
11/01/2020	W45	3k Walk	Kelly Ruddick	Vic	13:11.6	95.73%	Ballarat		
11/01/2020	W90	Mile(Run)	Heather Lee	NSW	12:48.6	76.07%	Illawarra		
8/10/2020	W70	400m	Barbara Blurton	WA	72.76s	92.82%	Perth		
22/10/2020	W80	4x800m Relay	Anne Young	ACT	26:03.5	-	ACT		
			Consie Larmour						
			Jo Klemke						
			Cory Collins						
12/11/2020	W70	400m	Barbara Blurton	WA	72.51s	93.14%	Perth		
10/12/2020	W70	400m	Barbara Blurton	WA	71.78s	94.09%	Perth		
23/01/2021	W55	400m	Julie Brims	Qld	59.36s	96.79%	QSAC Nathan		
30/01/2021	W55	100m	Julie Brims	Qld	12.34s	97.81%	SAF Nathan		
30/01/2021	W55	200m	Julie Brims	Qld	25.18	98.50%	SAF Nathan		
30/01/2021	W45	4x800m Relay	Simone Quin	Vic	10:30.3	-	Box Hill		
			Julia Smith	Vic					
			Susan Michelsson	Vic					
			Kate Siebold	Vic					
6/7-02/2021	W70	Heptathlon	Carol Davis	Qld	6375pts	-	SAF Nathan	16.98	1.14
13/02/2021	W55	100m	Julie Brims	Qld	12.24s	98.61%	AIS ACT		
7/03/2021	W55	200m	Julie Brims	Qld	25.07s	98.93%	SAF Nathan		
7/03/2021	W70	200m Hurdles	Carol Davis	Qld	36.53s	93.26%	SAF Nathan		
8/01/2022	M65	4 x 800m Relay	Robert Gunningham	Qld	10:44:06	-	SAF Nathan		
			Mark McLean	Qld					
			Peter Reeves	Qld					
			Ian Cameron	Qld					
29/01/2022	W45	5k Walk	Kelly Ruddick	Vic	23:14.49	93.37%	Bendigo		

26/02/2022	W45	5k Walk	Kelly Ruddick	Vic	22:47.17	96.20%	Albert Park
20/03/2022	W70	2k Steeplechase	Marlene Gourlay	Vic	9:46.79	98.84%	Albert Park
24/03/2022	M45	4 x 800m Relay	Daniel Hopkins	Vic	8:36.35	-	Box Hill
			Mark Hipworth	Vic			
			Nathan Crowley	Vic			
			Craig Sanford	Vic			
26/03/2022	M55	4 x 800m Relay	Darryn Bryant	Qld	9:27.72	-	SAF Nathan
			Mark Lepper	Qld			
			Joseph Phelan	Qld			
			Peter Link	Qld			
26/03/2022	M75	4 x 800m Relay	Michael Juckes	Qld	14:02.84	-	SAF Nathan
			Stephen Dixon	Qld			
			Colin Mancey	Qld			
			Dieter Lacko	Qld			
3/04/2022	W55	4 x 100m Relay	Sharee Maksimovic	Tas	53.19s	-	SAF Nathan
			Julie Brims	Qld			
			Steph Noon	SA			
			Julie Forster	NSW			
3/04/2022	W45	4 x 800m Relay	Anna Smee	Tas	10:08.92	-	SAF Nathan
			Kriszta Kovacs	NSW			
			Clare Durrant	Qld			
			Charlotte Middleton	NSW			
3/04/2022	M75	4 x 800m Relay	Robbie Costmeyer	ACT	13:22.67	-	SAF Nathan
			Steve Dixon	Qld			
			Dieter Lacko	Qld			
			Don Mathewson	NSW			
1/05/2022	M75	10k Road Walk	Andrew Jamieson	Vic	58m 31s	88.43%	Ballarat
28/05/2022	M75	10k Road Walk	Andrew Jamieson	Vic	57m 36s	89.83%	Middle Park
23/06/2022	M90	3000m	David Carr	WA	16:20.96	85.20%	Perth
3/07/2022	M90	5000m	David Carr	WA	29:47.83	80.30%	Tampere, Finland
8/07/2022	M90	2k Steeplechase	David Carr	WA	12:50.43	79.30%	Tampere, Finland
9/07/2022	W50	4 x 100m Relay	Mandy Mason	WA	50.70s	-	Tampere, Finland
			Julie Brims	Qld			

			Lenore Lambert	NSW			
			Janelle Delaney	NSW			
28/07/2022	M90	One Mile	David Carr	WA	8:21.34	85.50%	Perth
11/08/2022	M90	10,000m	David Carr	WA	62:48.93	78.60%	Cannington
1/09/2022	M90	1500m	David Carr	WA	7:32.95	85.90%	Perth
15/09/2022	M90	2k Steeplechase	David Carr	WA	12:26.57	81.8%	Perth
2/10/2022	W55	Marathon	Krishna Stanton	Qld	2:48:06	95.3%	London
8/10/2022	W95	1500m	Heather Lee	NSW	13:45.93	69.0%	Homebush
13/10/2022	M90	5000m	David Carr	WA	29:28.60	81.2%	Cannington
15/10/2022	W95	400m	Heather Lee	NSW	3:10.21	64.7%	Homebush
5/11/2022	W95	1500m	Heather Lee	NSW	12:46.55	74.3%	Campbelltown
1/12/2022	M60	5000m	Steve Moneghetti	Vic	15:52.9	97.0%	Collingwood
3/12/2022	W95	Mile	Heather Lee	NSW	13:41.36	77.5%	Bass Hill
4/12/2022	*W45	Marathon	Sinead Diver	Vic	2:21:34	102.4%	Valencia
26/01/2023	W75	2000m Steeplechase	Gillian Young	WA	11:14.17	95.7%	Cannington
5/02/2023	W95	800m	Heather Lee	NSW	6:35.34	52.3%	Campbelltown
9/03/2023	M60	4x800m Relay	Scott Lawrence	Vic	9:29.53	-	Box Hill
			Steve Moneghetti	Vic			
			Paul Viney	Vic			
			Mark Hipworth	Vic			
11/03/2023	W75	2k Steeplechase	Gillian Young	WA	11:01.5	97.5%	SOPAC
11/03/2023	W45	4x800m Relay	Lee-Anne Nelson	Qld	9:43.13	-	SOPAC
			Kriszta Kovacs	NSW			
			Sharon Davis	WA			
			Evette Cordy	Vic			
11/03/2023	M45	4x800m Relay	James McEniry	Vic	8:21.54	-	SOPAC
			Nathan Crowley	Vic			
			Craig Sanford	Vic			
			Brett Halls	NSW			
12/03/2023	W95	5000m	Heather Lee	NSW	44:03.75	85.4%	SOPAC
21/03/2023	M70	3000m	John Bermingham	NT	10:40.56	94.3%	Bendigo

World Indoor Records:

18/03/2006	W45	Pentathlon	Marie Kay	NSW	4350 pts	-	Linz, Austria
March 2008	W45	200m	Marie Kay	Qld	25.85s	96.20%	France
March 2008	W45	400m	Marie Kay	Qld	56.99s	100.00%	France
March 2008	M60	Mile	Kevin Solomon	Vic	5m 01.6s	91.80%	Boston
1/03/2010	W50	Pentathlon	Marie Kay	Qld	4906pts	-	Kamloops
3/03/2010	W60	3k Walk	Heather Carr	Vic	15:54.8	90.30%	Kamloops
4/04/2012	W55	3k Walk	Lyn Ventris	WA	14:51.2	91.90%	Finland
5/04/2012	M65	3k Walk	Andrew Jamieson	Vic	14:39.8	94.80%	Finland
19/03/2017	W65	3k Walk	Heather Carr	Vic	16m 58s	92.10%	Daegu
22/03/2017	W70	3000m	Lavinia Petrie	Vic	12:54.9	107.40%	Daegu
25/03/2017	W65	400m	Jeanette Flynn	Qld	70.34s	94.70%	Daegu

18.22 14.74 9.91

21.73 11.84 12.80

11.81 9.33 6.00 2931

10.14	26.68	5.55	33.11	2m 32.82s 5475
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40.35	32.18	12.94	3824
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5.86	0.92	dnf	49.76	13.72	1.15	13.30	dnf	2687
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15.10	11.60	7.39
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58.1	13.11	dnf	1485
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14.94	11.81	7.47	
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23.48	24.13	9.35	
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24.82	23.70	10.18	
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7.63 1.11 1m 38.15s 20.01 24.13 1.50 24.40 9m 43.91s

19.74 12.96 10.12 3114
25.23 24.01 10.22

9.96 27.12 5.19 34.02 2m 45.09s

9.78 6.43 5.16 3012

9.44 7.19 5.48

10.79	26.96	5.05	5784
9.04	6.43	4.42	

9.04	6.43	4.42	3916
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8.76 5.99 4.22

9.30 5.68 4.68 3837

22.76 18.22 9.48

11.52 27.77 5.13 31.97 2m 51.4s 5870

11.09 27.88 4.93 32.48 2m 57.4s 6217

26.85 20.95 17.00 3827

11.41 1.70 53.97 16.75 38.49 3.80 55.87 4m 58.91s 7719

6.55 32.96 3.68 19.96 3m 05.52 5444