**AMA POSTAL RELAY CHAMPIONSHIPS – BEST PERFORMANCES, 2014 Page 1**

**4 X 100 METRES MEN 4 X 100 METRES WOMEN**

M30-39 45.23 TMA 2014 W30-39 54.47s QMA 2013

M40-49 48.49s SAMA 2009 W40-49 51.40s NSWMA 2010

M50-59 50.90s QMA 2011 W50-59 60.00s ACTVAC 2011

M60-69 51.84s NSWMA 2012 W60-69 62.64s QMA 2008

M70-74 58.10s VMA 2010 W70-79 84.51s ACTVAC 2010

**4 X 400 METRES MEN 4 X 400 METRES WOMEN**

M30-39 3m53.29s QMA 2008 W30-39 4m41.72s TMA 2010

M40-49 3m54.9s MAWA 2009 M40-49 4m33.38s QMA 2011

M50-59 04:02.21s TMA 2014 W50-59 5m12.7s MAWA 2010

M60-69 4m16.81s ACTVAC 2010 W60-69 5m14.72s QMA 2008

M70-79 5m04.12s QMA 2011 W70-79 7m08.79s ACTVAC 2010

M80-89 7m11.0s MAWA 2010

**4 X 800 METRES MEN 4 X 800 METRES WOMEN**

M30-39 9m16.1s MAWA 2010 W30-39 10m36.08s NSWMA 2010

M40-49 9m02.5s SAMA 2008 W40-49 10m04.48s NSWMA 2010

M50-59 9m22.9s MAWA 2008 W50-59 11m08.12s NSWMA 2010

M60-69 10m41.27s QMA 2009 W60-69 12m36.6s MAWA 2009

M70-79 13m23.30s NSWMA 2011

M80-89 16m01.8s MAWA 2010

**4 X 800 METRES WALK MEN 4 X 800 METRES WALK WOMEN**

M30-39 18m11.2s MAWA 2009 W30-39 15m41.0s VMA 2008

M40-49 14m41.00s VMA 2013 W40-49 16m59.73s ACTVAC 2011

M50-59 14m25.85s VMA 2009 W50-59 16m19.0s VMA 2008

M60-69 16m07.00s VMA 2008 W60-69 17m14.0s VMA 2010

M70-79 21m25.0s ACTVAC 2010 W70-79 24m34m46s VMA 2009

**4 X 1500 METRES MEN 4 X 1500 METRES**

M30-39 20:06.00s SAMA 2014 W30-39 21m57.5s TMA 2013

M40-49 22:09.40s TMA 2014 W40-49 23:25.40 TMA 20

M50-59 20m51.20s NSWMA 2013 W50-59 22m35.00s NSWMA 2013

M60-69 22m18.90s NSWMA 2013

M70-79 2m00.20s NSWMA 2013

**AMA POSTAL RELAY CHAMPIONSHIPS – BEST PERFORMANCES, 2014 Page 2.**

**HAMMER MEN HAMMER WOMEN**

M30-39 98.97m MAWA 2011 W30-39 100.02m VMA 2008

M40-49 123.45m VMA 2010 W40-49 101.32 NSWMA 2011

M50-59 127.07m NSWMA 2012 W50-59 97.76m NSWMA 2012

M60-69 104.23m VMA 2009 W60-69 82.12m ACTVAC 2008

M70-79 100.90m VMA 2011 W70-79 64.74m QMA 2012

M80-89 75.59m VMA 2010

**SHOT PUT MEN SHOT PUT WOMEN**

M30-39 37.36m MAWA 2013 W30-39 30.00m NSWMA 2009

M40-49 36.80m NSWMA 2011 W40-49 30.29m NSWMA 2011

M50-59 34.06m VMA 2012 W50-59 27.01m QMA 2012

M60-69 31.37m QMA 2010 W60-69 24.56m VMA 2012

M70-79 31.43s NSWMA 2010 W70-79 16.19m VMA 2014

M80-89 24.19m VMA 2010

**DISCUS MEN** **DISCUS WOMEN**

M30-39 106.27m QMA 2009 W30-39 96.60m VMA 2008

M40-49 109.58m QMA 2013 W40-49 96.30m NSWMA 2011

M50-59 116.36m NSWMA 2012 W50-59 68.58m NSWMA 2012

M60-69 112.38m NSWMA 2008 W60-69 62.47m VMA 2012

M70-79 98.38m NSWMA 2012 W70-79 50.32m QMA 2012

M80-89 66.37m QMA 2008

**JAVELIN MEN JAVELIN WOMEN**

M30-39 127.58m VMA 2014 W30-39 60.70m QMA 2013

M40-49 118.92m NSWMA 2013 W40-49 66.28 VMA 2014

M50-59 116.49 NSWMA 2014 W50-59 68.81m ACTVAC 2013

M60-69 87.25m QMA 2013 W60-60 55.88m QMA 2013

M70-74 85.07 VMA 2014 W70-79 42.52 VMA 2014

**LONG JUMP MEN LONG JUMP WOMEN**

M30-39 17.42m NSWMA 2012 W30-39 12.91m NSWMA 2012

M40-49 17.18m NSWMA 2012 W40-49 14.04m NSWMA 2012

M50-59 15.09m NSWMA 2010 W50-59 11.01m NSWMA 2012