

| INDOOR RECORDS - AUSTRALIAN MASTERS ATHLETICS | | | | | | | | | | | 06-Nov-20 |
|--|----|----------------|----------------|-------------|-------------|-------------------|----|-------------------|--------------|---------------|-------------|
| Australian Masters Athletics Inc Club Records compiled by AMA Records Officer, Clyde Riddoch, 40 Beauchamp Street, Preston Vic 3072, | | | | | | | | | | | |
| Tel: 03 9470 1490, Mobile: 0439 902 907, Email: clydeR@outlook.com.au | | | | | | | | | | | |
| From: WMA Indoors Championships: 1st Sindelfingen, Germany, 10-14 March 2004; 2nd Linz, Austria, 15-20 March 2006; | | | | | | | | | | | |
| 3rd Clermont-Ferrand, France, 17-22 March 2008; 4th Kamloops, Canada 1-6 March 2010; 5th Jyvaskyla, Finland; | | | | | | | | | | | |
| 3-8 April 2012; 6th Budapest, Hungary, 25-30 March 2014; 7th Daegu, South Korea, 19-25th March 2017; 8th Torun, | | | | | | | | | | | |
| Poland. Also from 2003, 2007, 2008, 2012 & 2018 USA Masters, Boston; British Masters 23-24 Feb 2008 & 24 Feb 2013; | | | | | | | | | | | |
| and Munich 8th Feb 2014. | | | | | | | | | | | |
| <i>Italics indicates record set when not a financial member of Australian Masters Athletics</i> | | | | | | | | | | | |
| MEN | | | # World Record | | | WOMEN | | | | | |
| AGE | | NAME | STATE | TIME | DATE | AGE | | NAME | STATE | TIME | DATE |
| 60 METRES | | | | | | 60 METRES | | | | | |
| M35 | AR | Adam Farlow | ACT | 7.36s | 2019 | W35 | AR | Melissa Foster | WA | 8.16s | 2017 |
| M40 | AR | Ashley McMahon | NSW | 7.21s | 2019 | W40 | AR | Monique Perry | NSW | 7.94s | 2019 |
| M45 | AR | Rob Colling | WA | 7.28s | 2016 | W45 | AR | Lenore Lambert | NSW | 8.22s | 2017 |
| M50 | AR | Stephen Jones | QLD | 7.81s | 2017 | W50 | AR | Julie Brims | QLD | 8.08s | 2017 |
| M55 | AR | Peter Crombie | NSW | 7.81s | 2003 | W55 | AR | Lynda Douglass | NSW | 8.71s | 2017 |
| | AR | Rudy Kocis | WA | 7.81s | 2017 | W60 | AR | Kathy Heagney | VIC | 9.17s | 2012 |
| M60 | AR | Peter Crombie | NSW | 7.98s | 2006 | W65 | AR | Lyn Peake | SA | 9.48s | 2017 |
| M65 | AR | Peter Crombie | NSW | 8.35s | 2010 | W70 | AR | Noreen Parrish | QLD | 10.31s | 2012 |
| M70 | AR | Peter Crombie | NSW | 8.39s | 2017 | W75 | AR | Noreen Parrish | QLD | 11.42s | 2017 |
| M75 | AR | Don Chambers | VIC | 9.39s | 2013 | | | | | | |
| M80 | AR | Radovan Leovic | ACT | 11.51s | 2010 | | | | | | |
| M85 | AR | Radovan Leovic | ACT | 12.17s | 2014 | | | | | | |
| M90 | AR | Jim Sinclair | Vic | 13.56s | 2017 | | | | | | |
| 200 METRES | | | | | | 200 METRES | | | | | |
| M35 | AR | Jay Stone | NSW | 22.68s | 2017 | W35 | AR | Ranell Hobson | NSW | 28.67s | 2010 |
| M40 | AR | Ashley McMahon | NSW | 23.53s | 2016 | W40 | AR | Monique Perry | NSW | 26.68s | 2019 |
| M45 | AR | Mark Giglio | VIC | 23.40s | 2019 | W45 | AR | Marie Kay | QLD | 25.85s | 2008 |
| M50 | AR | Andrew Wilcox | VIC | 24.30s | 2019 | W50 | AR | Julie Brims | QLD | 26.11s | 2017 |
| M55 | AR | Peter Crombie | NSW | 24.85s | 2003 | W55 | AR | Lynda Douglass | NSW | 29.52s | 2017 |
| M60 | AR | Peter Crombie | NSW | 25.59s | 2006 | W60 | AR | Kathy Heagney | VIC | 30.60s | 2012 |
| M65 | AR | Peter Crombie | NSW | 26.95s | 2010 | W65 | AR | Marge Allison | QLD | 31.79s | 2010 |
| M70 | AR | Peter Crombie | NSW | 27.30s | 2017 | W70 | AR | Noreen Parrish | QLD | 35.86s | 2012 |
| M75 | AR | Don Chambers | VIC | 32.69s | 2013 | W75 | AR | Noreen Parrish | QLD | 41.54s | 2017 |
| M80 | AR | Radovan Leovic | ACT | 41.82s | 2010 | | | | | | |
| M85 | AR | Radovan Leovic | ACT | 42.41s | 2014 | | | | | | |
| M90 | AR | Jim Sinclair | VIC | 50.13s | 2017 | | | | | | |
| 400 METRES | | | | | | 400 METRES | | | | | |
| M35 | AR | Jay Stone | NSW | 50.25s | 2017 | W35 | | | | | |
| M40 | AR | Ken Telfer | ACT | 52.99s | 2008 | W40 | AR | Marie Kay | NSW | 61.58s | 2004 |
| M45 | AR | Andrew Wilcox | VIC | 52.02s | 2014 | W45 | AR | #Marie Kay | QLD | 56.99s | 2008 |
| M50 | AR | Andrew Wilcox | VIC | 53.44s | 2019 | W50 | AR | Gianna Mogentale | NSW | 62.20s | 2014 |
| M55 | AR | Peter Crombie | NSW | 57.04s | 2004 | W55 | AR | Robyn Suttor | NSW | 69.99s | 2014 |
| M60 | AR | Peter Crombie | NSW | 57.62s | 2006 | W60 | AR | Kathy Heagney | VIC | 70.35s | 2012 |
| M65 | AR | Peter Crombie | NSW | 62.36s | 2010 | W65 | AR | Jeanette Flynn | QLD | 70.34s | 2017 |
| M70 | AR | Peter Crombie | NSW | 63.29s | 2017 | W70 | AR | Paula Moorhouse | NSW | 88.71s | 2019 |
| M75 | AR | Don Chambers | VIC | 85.53s | 2013 | W75 | AR | Noreen Parrish | QLD | 1m 51.08s | 2017 |
| M80 | AR | Rad Leovic | ACT | 88.33s | 2008 | | | | | | |

| | | | | | | | | | | | |
|--------------------|----|-------------------|-----|------------|------|--------------------|----|-----------------|-----|------------|------|
| M85 | AR | Rad Leovic | ACT | 99.74s | 2014 | | | | | | |
| M90 | AR | Jim Sinclair | VIC | 2m 11.16s | 2017 | | | | | | |
| 800 METRES | | | | | | 800 METRES | | | | | |
| M30 | AR | Brendan Whelan | QLD | 2m 04.24s | 2008 | W35 | AR | Melissa Foster | WA | 3m 00.62s | 2017 |
| M45 | AR | Nathan Crowley | VIC | 2m 01.85 | 2019 | W40 | AR | Amanda Coombe | TAS | 2m 33.31s | 2010 |
| M50 | AR | Scott Lawrence | VIC | 2m 13.88s | 2012 | W45 | AR | Sharon Davis | WA | 2m 18.01s | 2019 |
| M55 | AR | Peter Hawes | QLD | 2m 14.87s | 2012 | W50 | AR | Marie Kay | QLD | 2m 46.78s | 2010 |
| M60 | AR | Neil MacDonald | VIC | 2m 16.91s | 2004 | W55 | AR | Deborah Drennan | NSW | 2m 42.69s | 2016 |
| M65 | AR | Kevin Solomon | VIC | 2m 25.37s | 2014 | W60 | AR | Jeanette Flynn | QLD | 2m 41.40s | 2014 |
| M70 | AR | Allan Mayfield | SA | 2m 31.16s | 2019 | W65 | AR | Jeanette Flynn | QLD | 2m 44.45s | 2017 |
| M75 | AR | Peter Sandery | SA | 2m 54.22s | 2017 | W70 | AR | Lavinia Petrie | VIC | 3m 10.27s | 2017 |
| M80 | AR | Rad Leovic | ACT | 3m 44.71s | 2008 | W75 | AR | Fran Harris | ACT | 5m 45.37s | 2017 |
| M85 | AR | Rad Leovic | ACT | 4m 00.62s | 2014 | | | | | | |
| 1000 METRES | | | | | | 1000 METRES | | | | | |
| M40 | AR | Geoffrey Gibbons | TAS | 2m 53.38s | 2017 | | | | | | |
| M50 | AR | Andrew Brooker | WA | 3m 08.58s | 2019 | | | | | | |
| M55 | AR | Philip Hniat | TAS | 3m 21.26s | 2019 | | | | | | |
| M60 | AR | John Fienieg | NSW | 3m 46.38s | 2017 | | | | | | |
| M65 | AR | Joe Begley | QLD | 4m 34.46s | 2019 | | | | | | |
| M70 | AR | Ken Daniels | QLD | 4m 40.41s | 2010 | | | | | | |
| M75 | AR | Don Chambers | VIC | 6m 22.77s | 2013 | | | | | | |
| M80 | AR | Rad Leovic | ACT | 4m 47.96s | 2008 | | | | | | |
| M85 | AR | Rad Leovic | ACT | 5m 35.95s | 2014 | | | | | | |
| 1500 METRES | | | | | | 1500 METRES | | | | | |
| M35 | AR | Stephen Dinneen | VIC | 4m 04.97s | 2017 | W35 | | | | | |
| M40 | AR | Campbell McLennan | VIC | 4m 14.31s | 2014 | W40 | AR | Kriszta Kovacs | NSW | 5m 02.89s | 2014 |
| M45 | AR | Nathan Crowley | VIC | 4m 15.08s | 2019 | W45 | | | | | |
| M50 | AR | Ken Wilson | NSW | 4m 29.14s | 2019 | W50 | AR | Petrina Brown | QLD | 5m 58.00s | 2019 |
| M55 | AR | Kevin Solomon | VIC | 4m 27.49s | 2004 | W55 | AR | Deborah Drennan | NSW | 5m 44.28s | 2017 |
| M60 | AR | Neil MacDonald | VIC | 4m 54.17s | 2004 | W60 | AR | Jeanette Flynn | QLD | 5m 45.40s | 2014 |
| M65 | AR | Kevin Solomon | VIC | 4m 52.81s | 2014 | W65 | AR | Paula Moorhouse | NSW | 6m 24.89s | 2017 |
| M70 | AR | Peter Sandery | SA | 5m 20.16s | 2012 | W70 | AR | Lavinia Petrie | VIC | 6m 22.44s | 2017 |
| M75 | AR | Peter Sandery | SA | 6m 15.77s | 2017 | | | | | | |
| M80 | AR | Rad Leovic | ACT | 8m 19.76s | 2010 | | | | | | |
| M85 | AR | Rad Leovic | ACT | 9m 28.87s | 2014 | | | | | | |
| MILE | | | | | | MILE | | | | | |
| M30 | AR | Brendan Whelan | QLD | 4m 31.43s | 2008 | | | | | | |
| M45 | AR | Colin Dalton | NSW | 5m 34.88s | 2016 | | | | | | |
| M50 | AR | Scott Lawrence | Vic | 4m 52.24s | 2012 | | | | | | |
| M55 | AR | Robert Pearce | SA | 5m 25.02s | 2008 | | | | | | |
| M60 | AR | Kevin Solomon | VIC | 5m 01.62s | 2008 | | | | | | |
| M65 | AR | Peter Sandery | SA | 5m 22.70s | 2008 | | | | | | |
| 3000 METRES | | | | | | 3000 METRES | | | | | |
| M30 | AR | Brendan Whelan | QLD | 9m 02.38s | 2008 | W35 | | | | | |
| M35 | AR | Stephen Dinneen | VIC | 8m 52.41s | 2017 | W40 | | | | | |
| M45 | AR | Darren Purcell | NSW | 9m 14.14s | 2019 | W45 | | | | | |
| M50 | AR | Alan Stacey | QLD | 10m 53.45s | 2017 | W50 | | | | | |
| M55 | AR | Kevin Solomon | VIC | 9m 30.32s | 2004 | W55 | AR | Anne Ryan | QLD | 12m 28.31s | 2014 |
| M60 | AR | Kevin Solomon | VIC | 10m 11.85s | 2008 | W60 | | | | | |

| | | | | | | | | | | | | | |
|--------------------------|----|------------------|-----|------------|------|--------------------------|----|-----------------|-----|------------|------|--|--|
| M65 | AR | Peter Sandery | SA | 10m 36.54s | 2008 | W65 | | | | | | | |
| M70 | AR | Peter Sandery | SA | 11m 16.60s | 2012 | W70 | AR | Lavinia Petrie | Vic | 12m 54.89s | 2017 | | |
| M75 | AR | Peter Sandery | SA | 12m 36.92s | 2017 | | | | | | | | |
| M80 | AR | Rad Leovic | ACT | 15m 56.73s | 2008 | | | | | | | | |
| M85 | AR | Rad Leovic | ACT | 19m 59.79s | 2014 | | | | | | | | |
| 60 METRES HURDLES | | | | | | 60 METRES HURDLES | | | | | | | |
| M40 | AR | Geoffrey Gibbons | TAS | 8.74s | 2017 | W30 | AR | Sally Pearson | QLD | 7.91s | 2017 | | |
| M45 | AR | Kris Wardecki | NSW | !0.12s | 2014 | W35 | AR | Melissa Foster | WA | 9.79s | 2017 | | |
| M50 | AR | Dean Taylor | NSW | 10.59s | 2017 | W40 | AR | Marie Kay | NSW | 9.71s | 2004 | | |
| M55 | AR | Steve McGugan | NSW | 9.94s | 2010 | W45 | AR | Marie Kay | NSW | 9.43s | 2006 | | |
| M60 | AR | Conrad Burge | ACT | 9.78s | 2012 | W50 | AR | Marie Kay | QLD | 9.55s | 2010 | | |
| M65 | AR | Joe Begley | QLD | 12.70s | 2019 | W55 | AR | Sally Stagles | NSW | 9.82s | 2017 | | |
| M70 | AR | Don Chambers | VIC | 10.54s | 2010 | W60 | AR | Wilma Perkins | QLD | 10.81s | 2010 | | |
| M75 | AR | Don Chambers | VIC | 11.33s | 2014 | W65 | AR | Marge Allison | QLD | 11.05s | 2010 | | |
| M80 | AR | Rad Leovic | ACT | 15.33s | 2008 | W75 | AR | Fran Harris | ACT | 15.38s | 2017 | | |
| M85 | AR | Rad Leovic | ACT | 25.35s | 2014 | | | | | | | | |
| 3000 METRES WALK | | | | | | 3000 METRES WALK | | | | | | | |
| M40 | AR | Dean Nipperess | QLD | 13m 19.77s | 2014 | W50 | AR | Anne Weekes | NSW | 17m 32.63s | 2017 | | |
| M45 | AR | Dean Nipperess | QLD | 16m 15.10s | | W55 | AR | #Lyn Ventris | WA | 14m 51.24s | 2017 | | |
| M50 | AR | Mark Donahoo | VIC | 13m 55.43s | 2012 | W60 | AR | Heather Carr | VIC | 15m 54.75s | 2010 | | |
| M55 | AR | Mark Donahoo | VIC | 14m 17.18s | 2014 | W65 | AR | #Heather Carr | VIC | 16m 57.96s | 2017 | | |
| M65 | AR | Andrew Jamieson | VIC | 14m 39.77s | 2012 | W70 | AR | Lynne Schickert | WA | 21m 38.23s | 2010 | | |
| M70 | AR | Andrew Jamieson | VIC | 16m 24.18s | 2017 | W75 | AR | Joan Purcell | QLD | 22m 05.70s | 2017 | | |
| HIGH JUMP | | | | | | HIGH JUMP | | | | | | | |
| M40 | AR | Geoffrey Gibbons | TAS | 1.69m | 2017 | W35 | AR | Sarah Carthew | SA | 1.21m | 2019 | | |
| M50 | AR | Andrew Brooker | WA | 1.63m | 2019 | W40 | AR | Irie Hill | VIC | 1.52m | 2010 | | |
| M55 | AR | John Fienieg | NSW | 1.48m | 2012 | W45 | AR | Lenore Lambert | NSW | 1.54m | 2017 | | |
| M60 | AR | John Fienieg | NSW | 1.36m | 2017 | W50 | AR | Marie Kay | QLD | 1.51m | 2010 | | |
| M65 | AR | Joe Begley | QLD | 1.12m | 2019 | W60 | AR | Wilma Perkins | QLD | 1.23m | 2012 | | |
| M70 | AR | Viddy Jermacons | SA | 1.19m | 2019 | W65 | AR | Marge Allison | QLD | 1.17m | 2010 | | |
| M75 | AR | Don Chambers | VIC | 1.15m | 2014 | W70 | AR | | | | | | |
| M80 | AR | Rad Leovic | ACT | 0.99m | 2008 | W75 | AR | Fran Harris | ACT | 0.94m | 2017 | | |
| M85 | AR | Rad Leovic | ACT | 0.91m | 2014 | | | | | | | | |
| LONG JUMP | | | | | | LONG JUMP | | | | | | | |
| M30 | AR | Fabrice Lapierre | NSW | 8.25m | 2016 | W35 | AR | Melissa Foster | WA | 5.71m | 2014 | | |
| M40 | AR | Brad Krawczyk | VIC | 6.41m | 2019 | W40 | AR | Melissa Foster | WA | 5.54m | 2019 | | |
| M50 | AR | Andrew Brooker | WA | 5.06m | 2019 | W45 | AR | Marie Kay | QLD | 5.57m | 2008 | | |
| M55 | AR | Viddy Jermacans | QLD | 4.99m | 2006 | W50 | AR | Marie Kay | QLD | 5.20m | 2012 | | |
| M60 | AR | Wayne Marriott | NSW | 4.44m | 2017 | W55 | AR | Sally Stagles | NSW | 4.13m | 2017 | | |
| M65 | AR | Joe Begley | QLD | 3.94m | 2019 | W60 | AR | Wilma Perkins | QLD | 4.09m | 2010 | | |
| M70 | AR | Don Chambers | VIC | 3.93m | 2010 | W65 | AR | Jean Hampson | QLD | 3.35m | 2014 | | |
| M75 | AR | Don Chambers | VIC | 3.63m | 2014 | W70 | AR | Jean Hampson | QLD | 3.05m | 2017 | | |
| M80 | AR | Rad Leovic | ACT | 3.11m | 2008 | W75 | AR | Fran Harris | ACT | 2.38m | 2017 | | |
| M85 | AR | Rad Leovic | ACT | 2.26m | 2014 | | | | | | | | |
| TRIPLE JUMP | | | | | | TRIPLE JUMP | | | | | | | |
| M40 | AR | Jamie Muscat | NSW | 8.04m | 2018 | W35 | AR | Melissa Foster | WA | 11.82m | 2014 | | |
| M50 | AR | Nick Hodgson | VIC | 12.50m | 2014 | W40 | AR | Melissa Foster | WA | 11.54m | 2019 | | |
| M55 | AR | Viddy Jermacans | QLD | 8.88m | 2006 | W45 | AR | Selina Ellis | NSW | 6.70m | 2017 | | |

| | | | | | | | | | | | |
|---------------------------|----|---------------------|-----|-------------|------|---------------------------|----|------------------|-----|-------------|------|
| M60 | AR | Wayne Marriott | NSW | 8.64m | 2017 | W60 | AR | Leanne Monk | VIC | 6.66m | 2019 |
| M70 | AR | Don Chambers | VIC | 8.24m | 2010 | W70 | AR | Lynne Schickert | WA | 5.46m | 2012 |
| M75 | AR | Don Chambers | VIC | 7.75m | 2014 | W75 | AR | Fran Harris | ACT | 5.78m | 2017 |
| M80 | AR | Rad Leovic | ACT | 6.98m | 2008 | | | | | | |
| M85 | AR | Rad Leovic | ACT | 4.82m | 2014 | | | | | | |
| POLE VAULT | | | | | | POLE VAULT | | | | | |
| M35 | AR | Warren Hill | VIC | 3.00m | 2004 | W35 | | | | | |
| M40 | AR | Howard Arbutnot | QLD | 4.40m | 2010 | W40 | AR | Irie Hill | VIC | 3.65m | 2010 |
| M50 | AR | George Jankowski | NSW | 2.65m | 2017 | W45 | AR | Dawn Hartigan | VIC | 3.35m | 2004 |
| M60 | AR | Craig Elliott | QLD | 2.60m | 2018 | W50 | | | | | |
| M70 | AR | George Schillinger | Vic | 2.90m | 2017 | W60 | AR | Wilma Perkins | QLD | 2.40m | 2010 |
| M75 | AR | Don Chambers | VIC | 2.10m | 2013 | W65 | AR | Wilma Perkins | QLD | 1.90m | 2019 |
| M85 | AR | Rad Leovic | ACT | 1.00m | 2014 | | | | | | |
| SHOT PUT | | | | | | SHOT PUT | | | | | |
| M35 | AR | Grzegorz Urbanowicz | WA | 12.19m | 2014 | W35 | AR | Kathleen Adams | NSW | 10.41m | 2019 |
| M40 | AR | Jamie Muscat | NSW | 13.61m | 2018 | W40 | AR | Kelly Hunter | NSW | 10.35m | 2019 |
| M45 | AR | Rodney Watson | NSW | 12.09m | 2019 | W45 | AR | Caroline Layt | NSW | 10.93m | 2014 |
| M50 | AR | Tim Lowrey | QLD | 10.79m | 2019 | W50 | AR | Marie Kay | QLD | 12.30m | 2010 |
| M55 | AR | Grant Edwards | ACT | 12.40m | 2018 | W55 | AR | Caroline Layt | NSW | 10.79m | 2020 |
| M60 | AR | Bob Banens | ACT | 11.31m | 2010 | W60 | AR | Jill Taylor | NSW | 9.01m | 2019 |
| M65 | AR | Gavin Murray | NSW | 11.69m | 2019 | W65 | AR | Jill Taylor | NSW | 8.45m | 2020 |
| M70 | AR | Don Chambers | VIC | 9.98m | 2010 | W70 | AR | Mary Thomas | NSW | 8.08m | 2017 |
| M75 | AR | Ray Green | ACT | 10.02m | 2019 | W75 | AR | Mary Thomas | NSW | 8.36m | 2019 |
| M80 | AR | Rad Leovic | ACT | 7.37m | 2008 | | | | | | |
| M85 | AR | Rad Leovic | ACT | 6.34m | 2014 | | | | | | |
| WEIGHT THROW | | | | | | WEIGHT THROW | | | | | |
| M35 | AR | Grzegorz Urbanowicz | WA | 12.19m | 2014 | W35 | AR | Shanell Staunton | WA | 10.55m | 2017 |
| M40 | AR | Jamie Muscat | NSW | 13.66m | 2019 | W40 | AR | Althea Mackie | QLD | 12.61m | 2014 |
| M45 | AR | Rodney Watson | NSW | 10.74m | 2019 | W45 | AR | Althea Mackie | QLD | 12.06m | 2017 |
| M50 | AR | Terrence Gibbs | NSW | 14.25m | 2007 | W50 | | | | | |
| M55 | AR | Grant Edwards | ACT | 16.54m | 2018 | W55 | AR | Caroline Layt | NSW | 12.24m | 2020 |
| M60 | AR | Bob Banens | ACT | 14.44m | 2010 | W60 | AR | Jill Taylor | NSW | 13.78m | 2019 |
| M65 | AR | Gavin Murray | NSW | 15.24m | 2019 | W65 | AR | Jill Taylor | NSW | 14.04m | 2020 |
| M70 | AR | Don Chambers | VIC | 12.05m | 2010 | W70 | AR | Mary Thomas | NSW | 10.34m | 2017 |
| M75 | AR | Ray Green | ACT | 12.67m | 2019 | W75 | AR | Jan Banens | ACT | 11.92m | 2017 |
| M80 | AR | Noel Donahoe | NSW | 9.63m | 2020 | | | | | | |
| M85 | AR | Rad Leovic | ACT | 6.93m | 2014 | | | | | | |
| 35lb WEIGHT THROW | | | | | | 35lb | | | | | |
| M50 | AR | Terrence Gibbs | NSW | 7.08m | 2007 | | | | | | |
| M55 | AR | Grant Edwards | ACT | 8.62m | 2018 | | | | | | |
| SUPER WEIGHT THROW | | | | | | SUPER WEIGHT THROW | | | | | |
| M35 | AR | Warren Jones | NSW | 5.98m | 2019 | W35 | AR | Melissa Holahan | NSW | 6.89m | 2019 |
| M40 | AR | Jamie Muscat | NSW | 9.14m | 2019 | W40 | AR | Kelly Hunter | NSW | 6.52m | 2020 |
| M45 | AR | Rodney Watson | NSW | 7.19m | 2019 | W45 | AR | Maria Cimino | NSW | 7.24m | 2020 |
| M50 | AR | Tim Lowrey | QLD | 5.96m | 2019 | | | | | 25lb | |
| M55 | AR | Robert Clark | NSW | 6.51m | 2019 | W50 | AR | Gabi Watts | NSW | 11.11m | 2019 |
| | | | | 44lb | | W55 | AR | Jayne Hardy | ACT | 8.65m | 2019 |
| M60 | | | | | | | | | | 20lb | |
| M65 | AR | Gavin Murray | NSW | 7.59m | 2019 | W60 | AR | Sharon Gibbons | ACT | 9.85m | 2019 |

| | | | | | | | | | | | | |
|--|----|-------------------|----------------------------|--------------|------|---|-----|-------------------------|-------------|---------------------|-------------|------|
| | | | | 35lb | | | W65 | AR | Jill Taylor | NSW | 9.94m | 2020 |
| M70 | AR | | | | | | W70 | AR | Mary Thomas | NSW | 7.68m | 2017 |
| M75 | AR | Ray Green | ACT | 7.02m | 2019 | | | | | | 16lb | |
| | | | | 25lb | | | W75 | AR | Mary Thomas | NSW | 7.79m | 2019 |
| M80 | AR | Noel Donahoe | NSW | 7.51m | 2020 | | | | | | | |
| PENTATHLON | | | Re-scored with 2010 Tables | | | PENTATHLON | | | | | | |
| M35 | AR | Matthew McDowall | WA | 3,292 points | 2018 | W35 | AR | Melissa Foster | WA | 2,282 points | 2017 | |
| (60mH 9.22s, LJ 6.18m, SP 11.93m, HJ 1.76m, 1000m 3m 03.78s) | | | | | | (60mH 10.20s, HJ NH, SP 8.42m, LJ 5.33m, 800 3m 00.62s) | | | | | | |
| M40 | AR | Geoffrey Gibbons | TAS | 3,564 points | 2017 | W40 | AR | Marie Kay | NSW | 3,431 points | 2004 | |
| (60mH 8.83s, LJ 5.88m, SP 10.37m, HJ 1.69m, 1000m 2m 53.38s) | | | | | | (60mH 9.71s, HJ 1.45m, SP 8.80m, LJ 5.13m, 800 2m 57.32s) | | | | | | |
| M50 | AR | Andrew Brooker | WA | 3,292 points | 2019 | W45 | AR | Marie Kay | NSW | 4,259 points | 2006 | |
| (60mH 10.83s, LJ 5.06m, SP 9.20m, HJ 1.63m, 1000m 3m 08.58s) | | | | | | (60mH 9.43s, HJ 1.51m, SP 10.02m, LJ 5.41m, 800 2m 39.79s) | | | | | | |
| M55 | AR | John Fienieg | NSW | 2,932 points | 2012 | W50 | AR | Marie Kay | QLD | 4,758 points | 2010 | |
| (60mH 11.45s, LJ 4.57m, SP 8.51m, HJ 1.48m, 1000m 3m 43.62s) | | | | | | (60mH 9.55s, HJ 1.51m, SP 12.30m, LJ 5.16m, 800 2m 46.78s) | | | | | | |
| M60 | AR | John Fienieg | NSW | 2,891 points | 2017 | W60 | AR | Wilma Perkins | QLD | 3,473 points | 2014 | |
| (60mH 12.04s, LJ 4.19m, SP 8.55m, HJ 1.36m, 1000m 3m 46.38s) | | | | | | (60mH 11.28s, HJ 1.18m, SP 7.96m, LJ 3.96m, 800m 3m 48.42s) | | | | | | |
| M65 | AR | Joe Begley | QLD | 2,479 points | 2019 | W65 | AR | Marge Allison | QLD | 3,799 points | 2010 | |
| (60mH 12.70s, LJ 3.94m, SP 7.85m, HJ 1.12m, 1000m 4m 34.46s) | | | | | | (60mH 11.53s, HJ 1.17m, SP 6.57m, LJ 3.13m, 800 3m 08.99s) | | | | | | |
| M70 | AR | Don Chambers | VIC | 2,990 points | 2010 | W70 | | | | | | |
| (60mH 10.73s, HJ 1.11m, SP 8.85m, LJ 3.70m, 1000m 5m 00.31s) | | | | | | | | | | | | |
| M75 | AR | Don Chambers | VIC | 2,968 points | 2014 | W75 | AR | Fran Harris | ACT | 2,400 points | 2017 | |
| (60mH 11.33s, HJ 1.15s, SP 8.98m, LJ 3.63m, 1000m DNF) | | | | | | (60mH 15.52s, HJ 0.94m, SP 6.03m, LJ 2.11m, 800m 5m 45.37s) | | | | | | |
| M80 | AR | Rad Leovic | ACT | 2,883 points | 2008 | W80 | | | | | | |
| (60mH 15.33s, LJ 2.91m, SP 7.37m, HJ 0.99m, 1000m 4m 47.96s) | | | | | | | | | | | | |
| M85 | AR | Rad Leovic | ACT | 2,239 points | 2014 | | | | | | | |
| (60mH 25.35s, HJ 0.91m, SP 6.34m, LJ 2.26m, 1000m 5m 35.95s) | | | | | | | | | | | | |
| 4 x 200 METRES RELAY | | | | | | 4 x 200 METRES RELAY | | | | | | |
| M35 | AR | Jay Stone 39 | NSW | 1m 33.25s | 2019 | W35 | AR | Ranell Hobson 37 | NSW | 2m 08.29s | 2010 | |
| | | Ashley McMahon 43 | NSW | | | | | Kathy Heagney 59 | VIC | | | |
| | | William Little 37 | VIC | | | | | Amanda Coombe 42 | TAS | | | |
| | | Adam Farlow 36 | NSW | | | | | Caroline Layt 44 | NSW | | | |
| M40 | AR | Kris Wardecki 41 | NSW | 1m 37.56s | 2010 | W40 | AR | Jacqueline Bezuidenhout | NSW | 1m 49.98s | 2008 | |
| | | Ken Telfer 42 | ACT | | | | | Caroline Layt 42 | NSW | | | |
| | | Stephen Jones 46 | QLD | | | | | Janet Naylor 41 | NSW | | | |
| | | Andrew Wilcox 41 | VIC | | | | | Marie Kay 48 | QLD | | | |
| M45 | AR | Mark Giglio 46 | VIC | 1m 45.47s | 2019 | W45 | AR | Robyn Suttor | NSW | 2m 00.02s | 2014 | |
| | | Nathan Crowley 45 | VIC | | | | | Gianna Mogentale | NSW | | | |
| | | Andrew Brooker 50 | WA | | | | | Caroline Layt | NSW | | | |
| | | Ken Wilson 52 | NSW | | | | | Janet Naylor | NSW | | | |
| M50 | AR | Colin Smith 56 | WA | 1m 42.25s | 2019 | W50 | AR | Gianna Mogentale 53 | NSW | 1m 57.02s | 2017 | |
| | | Andrew Wilcox 50 | VIC | | | | | Julie Brims 51 | QLD | | | |
| | | Ken Telfer 51 | ACT | | | | | Janet Naylor 50 | NSW | | | |
| | | John Hilditch 57 | VIC | | | | | Philipa Wight 53 | NSW | | | |