

## OCEANIA CHAMPIONSHIP RECORDS AS AT 28 JUNE 2024

Records set in 2024 are shown in **red**. Records set by non-Oceania athletes are shown in **blue**

Records set with current equipment specifications. Womens records set with 400g Javelin are archived at the foot of the spreadsheet until the individual event distance or the combined event score is beaten

MEN					WOMEN				
Event	Name	Performance	Year	Wind	Event	Name	Performance	Year	Wind
<b>60m</b>					<b>60m</b>				
M30	Travis Venema	AUS 7.19	2008		W30	Loreen Keliyati	AUS 8.04	2024	-0.5
M35	Travis Venema	AUS 7.40	2010	NWI	W35	Ranell Hobson	AUS 8.16	2008	
M40	Greg Smith	AUS 7.30	2012	1.0	W40	Ranell Hobson	AUS 8.25	2014	-3.6
M45	Ryan Dowling	AUS 7.62	2024	-1.9	W45	Marie Kay	AUS 8.41	2008	
M50	Mark Lambert	NZL 7.62	2024	0.6	W50	Gianna Mogentale	AUS 8.39	2015	1.5
M55	Robert Hanna	NZL 7.88	2024	0.6	W55	Liz Wilson	NZL 8.54	2018	1.7
M60	Paul Turner	AUS 8.09	2014	-1.6	W60	Rachel Dorsy-Laing	PNG 8.93	2023	-0.6
M65	Neville McIntyre	AUS 8.36	2008		W65	Wilma Perkins	AUS 9.52	2015	1.9
M70	Trevor Guptill	NZL 8.73	2019	-0.7	W70	Sheryl Gower	NZL 9.92	2019	-1.7
M75	David Clive	AUS 9.33	2015	0.9	W75	Margaret Peters	NZL 10.61	2010	-1.6
M80	Norm Windred	AUS 9.89	2008		W80	Margaret Peters	NZL 11.35	2014	-2.1
M85	Maurice Dauphinat	AUS 11.12	2012	-0.5	W85	Clasina van der Veecken	NZL 15.00	2018	-0.3
M85	Alan Hunter	NZL 17.92	2024	0.1					
M85	Radnaa Tseran	MGL 10.53	2019	-0.1					
M90	James Sinclair	AUS 12.41	2015	1.0	W90	Gwen Gleeson	AUS 16.74	2019	-1.0
M95	James Sinclair	AUS 15.24	2019	-0.1					
<b>100m</b>					<b>100m</b>				
M30	Shakti Rathore	AUS 11.32	2023	-1.6	W30	Beverly Peterson	NZL 12.41	1990	
M35	Paul Makakaufaki	TGA 11.49	2012	1.0	W35	Wendy Brown	NZL 12.71	1990	
M40	Brendon Wilson	AUS 11.20	1984		W40	Julie Brims	AUS 12.54	2006	
M45	Reg Austin	AUS 11.40	1982		W45	Marie Kay	AUS 13.16	2006	
M50	Mark Lambert	NZL 11.85	2024	-1.8	W50	Gianna Mogentale	AUS 13.29	2014	0.0
M55	Alan Hill	NZL 12.30	1982		W55	Liz Wilson	NZL 13.49	2018	1.7
	Rudi Hochreiter	AUS 12.30	1984						
M60	Laurence Malcolmson	NZL 12.67	2010	1.0	W60	Elizabeth Mitchell	NZL 14.61	2024	-0.7
M65	Neville McIntyre	AUS 13.19	2008		W65	Carol Davis	AUS 15.31	2019	0.7
M70	Hugh Coogan	AUS 13.85	2006		W70	Margaret Peters	NZL 15.88	2006	
M75	Rudi Hochreiter	AUS 15.34	2002		W75	Margaret Peters	NZL 16.95	2010	-0.1
M80	Mike Johnston	AUS 15.61	2002		W80	Margaret Peters	NZL 19.20	2014	-3.1
M85	Ron Johnson	NZL 20.00	2018	2.0					
M90	James Sinclair	AUS 21.02	2015	-1.8					
M95	James Sinclair	AUS 25.39	2019	1.2					
<b>200m</b>					<b>200m</b>				
M30	Adam Farlow	AUS 22.46	2014		W30	Wilma Perkins	AUS 25.80	1984	
M35	Max Warlow	AUS 22.80	1984		W35	Eileen Hindle	AUS 25.70	1984	
M40	Brendon Wilson	AUS 22.80	1984		W40	Julie Brims	AUS 26.15	2006	
M45	Reg Austin	AUS 22.60	1984		W45	Marie Kay	AUS 26.55	2006	
M50	Mark Lambert	NZL 23.77	2024	-1.8	W50	Gianna Mogentale	AUS 26.69	2014	1.5
M55	Robert Hanna	NZL 25.09	2024	-1.8	W55	Liz Wilson	NZL 28.16	2018	1.7
M60	Laurence Malcolmson	NZL 26.11	2010	1.2	W60	Rachel Dorsy-Laing	PNG 30.38	2023	-2.1
M65	Colin Buyers	AUS 26.20	2008		W65	Jeanette Flynnne	AUS 30.55	2018	0.6
M70	Hugh Coogan	AUS 28.10	2006		W70	Sheryl Gower	NZL 33.46	2019	-1.1
M75	David Trantrill	AUS 29.89	2014		W75	Chris Waring	NZL 35.99	2019	-0.9
M80	Mike Johnston	AUS 32.49	2002		W80	Margaret Peters	NZL 40.27	2014	1.5
M85	Jim Sinclair	AUS 39.08	2012	1.6					
M85	Radnaa Tseran	MGL 33.79	2019	-0.5					
M90	James Sinclair	AUS 46.79	2015	-2.0					
M95	Eric de Lautour	NZL 59.96	2015	-2.0					
<b>400m</b>					<b>400m</b>				
M30	Jay Stone	AUS 48.72	2012		W30	Marissa Stephen	NZL 57.79	2002	
M35	Max Warlow	AUS 50.80	1984		W35	Marge Allison	AUS 58.50	1984	
M40	Brendon Wilson	AUS 51.70	1984		W40	Suzy Cole	AUS 59.13	2012	
M45	Peter Crombie	AUS 52.75	1990		W45	Marie Kay	AUS 59.27	2006	
M50	Nathan Crowley	AUS 53.85	2024		W50	Gianna Mogentale	AUS 62.62	2014	
M55	Rob Mayston	AUS 56.02	2014		W55	Liz Wilson	NZL 65.54	2018	

M60	John Lamb	AUS	58.32	2012	W60	Jeanette Flynn	AUS	68.94	2014	
M65	Hugh Coogan	AUS	61.15	2004	W65	Jeanette Flynn	AUS	69.01	2018	
M70	Hugh Coogan	AUS	62.28	2006	W70	Marge Allison	AUS	79.76	2006	
M75	Colin Woods	AUS	74.12	2012	W75	Chris Waring	NZL	87.97	2019	
M80	Mike Johnston	AUS	75.64	2002	W80	Corinne Collins	AUS	105.66	2019	
M85	Eric de Lautour	NZL	89.82	2006						
M85	Radnaa Tseran	MGL	79.19	2019						
M90	James Sinclair	AUS	2:04.37	2015						
M95	Eric de Lautour	NZL	2:44.23	2015						
<b>800m</b>					<b>800m</b>					
M30	Brayden Grant	NZL	1:59.77	2018	W30	Salome Tabuatalei	FIJ	2:23.2	1994	
M35	Charles Macek	AUS	2:00.0	1984	W35	Christine Sole	NZL	2:13.8	1982	
M40	Brian Turnbull	NZL	1:58.6	1998	W40	Suzy Cole	AUS	2:13.65	2012	
M45	Ian Babe	NZL	2:00.5	1984	W45	Elsie Norbury	AUS	2:27.1	2019	
M50	Tom Roberts	AUS	2:00.7	1984	W50	Maggie Chorley	NZL	2:28.09	2018	
M55	Derek Turnbull	NZL	2:06.6	1982	W55	Louisa Abram	AUS	2:31.44	2018	
M60	George McGrath	AUS	2:17.9	1982	W60	Jeanette Flynn	AUS	2:40.31	2014	
M65	Jack Stevens	AUS	2:22.9	1982	W65	Jeanette Flynn	AUS	2:45.36	2018	
M70	Kevin Soloman	AUS	2:36.33	2018	W70	Lavinia Petrie	AUS	3:12.35	2014	
M75	Allan Mayfield	AUS	2:46.99	2024	W75	Myrtle Rough	NZL	3:52.41	2018	
M80	Michael Jackes	AUS	3:21.72	2019	W80	Anne Lang	AUS	4:19.32	2024	
M85	Eric de Lautour	NZL	3:37.99	2008						
M95	Eric de Lautour	NZL	6:29.6	2015						
<b>1500m</b>					<b>1500m</b>					
M30	Brendan Whelan	AUS	4:07.7	2006	W30	Salome Tabuatalei	FIJ	4:55.2	1994	
M35	Charles Macek	AUS	4:06.1	1984	W35	Tina Faulkner	NZL	4:37.66	2018	
M40	Alan Bradford	AUS	4:07.0	1982	W40	Suzy Cole	AUS	4:32.93	2012	
M45	Ian Babe	NZL	4:12.7	1984	W45	Meghann Stewart	NZL	5:07.64	2014	
M50	Andrew Stark	NZL	4:18.10	2008	W50	Sally Gibbs	NZL	4:48.49	2018	
M55	Ron Robertson	NZL	4:23.9	1998	W55	Louisa Abram	AUS	4:59.36	2018	
M60	Bert Carse	AUS	4:43.0	2002	W60	Sarah Chinner	AUS	5:39.88	2024	
M65	Ron Robertson	NZL	4:54.99	2008	W65	Lavinia Petrie	AUS	5:58.89	2012	
M70	Peter Sandery	AUS	5:23.64	2012	W70	Lavinia Petrie	AUS	6:06.00	2014	
M75	Allan Mayfield	AUS	5:42.50	2024	W75	Myrtle Roufg	NZL	7:37.46	2018	
M80	Michael Jackes	AUS	7:02.03	2019	W80	Clasina Van Der Veeken	NZL	10:48.55	2014	
M85	Eric de Lautour	NZL	7:03.4	2006						
M90	Eric de Lautour	NZL	12:23.87	2012						
M95	Eric de Lautour	NZL	14:06.88	2015						
<b>5000m</b>					<b>5000m</b>					
M30	Brendan Whelan	AUS	15:25.5	2006	W30	Robyn Stansfield	NZL	18:38.2	1998	
M35	Gary Hand	AUS	15:00.3	1984	W35	Karen Gobby	AUS	17:07.7	1990	
M40	Paul Sumpster	NZL	15:07.9	1990	W40	Dot Browne	AUS	17:32.0	1984	
M45	Graham Tattersall	NZL	15:55.2	1990	W45	Sally Gibbs	NZL	16:53.78	2012	
M50	Allan Davis	NZL	16:17.0	1990	W50	Margaret Orman	NZL	19:19.0	1992	
M55	Ron Robertson	NZL	16:06.0	1998	W55	Louisa Abram	AUS	18:44.52	2018	
M60	Trevor Ogilvie	NZL	17:36.34	2012	W60	Kathy Sims	AUS	20:56.69	2012	
M65	Colin McLeod	AUS	18:13.1	2002	W65	Lavinia Petrie	AUS	21:08.79	2012	
M70	Peter Sandery	AUS	19:24.62	2012	W70	Lavinia Petrie	AUS	21:53.63	2014	
M75	Allan Mayfield	AUS	22:42.60	2024	W75	Barbara Patrick	NZL	28:09.82	2024	
M80	Michael Jackes	AUS	26:03.74	2019						
M85	Eric de Lautour	NZL	26:51.3	2006						
<b>110m Hurdles (0.991m)</b>					<b>100m Hurdles (0.840m)</b>					
M30	Brad Osborne	AUS	16.95	2008	W30	Terry Genge	NZL	15.37	1990	
M35	Albert Miller	FIJ	15.20	1994	W35	Eileen Hindle	AUS	14.70	1984	
M40	Brad Krawczyk	AUS	16.65	2019						
M45	Ryan Dowling	AUS	15.39	2024	-0.8					
<b>100m Hurdles (0.914m)</b>					<b>80m Hurdles (0.762m)</b>					
M50	Peter Collins	AUS	16.78	2002	W40	Marie Kay	AUS	13.10	2004	
M55	Clay Tompkins	AUS	16.14	2008	W45	Marie Kay	AUS	12.34	2008	
<b>100m Hurdles (0.840m)</b>					<b>80m Hurdles (0.762m)</b>					
M60	Harry Giles	AUS	16.56	2008	W50	Marie Kay	AUS	13.14	2012	
M65	Micheal Stephenson	AUS	17.34	2008	W55	Brenda Parkinson	AUS	14.60	1992	
<b>80m Hurdles (0.762m)</b>					<b>80m Hurdles (0.686m)</b>					
M70	Donald Chambers	AUS	14.81	2010	0.6	W60	Robyn Sutter	AUS	14.68	2019
						W65	Maureen Keshwar	NZL	18.19	2019
						W70	Margaret Taylor	AUS	18.44	2019

M75	Donald Chambers	AUS	18.44	2014	0.7	W75	Fran Harris	AUS	28.05	2019	-0.2
<b>80m Hurdles (0.686m)</b>											
M80	Max McKay	AUS	24.00	2004							
M85	Radnaa Tseran	MGL	20.18	2019	-0.4						
<b>400m Hurdles (0.914m)</b>						<b>400m Hurdles (0.762m)</b>					
M30	Jeofry Limtiaco	GUM	60.09	2023		W30	Helena Dinnissen	NZL	64.28	2019	
M35	Geoff Gibbons	AUS	60.11	2012		W35	Kerrie Macey	AUS	72.55	1990	
M40	Ernest Kemplay	AUS	60.30	1984		W40	Suzy Cole	AUS	71.06	2012	-0.2
M45	Chris Strange	NZL	64.01	1998		W45	Marie Kay	AUS	64.70	2006	
<b>400m Hurdles (0.840m)</b>											
M50	Neil Fowler	AUS	63.67	2002							
M55	Hans Meisebach	AUS	66.60	1984							
<b>300m Hurdles (0.762m)</b>						<b>300m Hurdles (0.762m)</b>					
M60	John Lamb	AUS	46.87	2012	-0.5	W50	Michele Hossack	AUS	49.91	2014	
M65	Richard Trembath	AUS	50.28	2008		W55	Wilma Perkins	AUS	58.90	2006	
<b>300m Hurdles (0.686m)</b>						<b>300m Hurdles (0.686m)</b>					
M70	Alan Dougal	NZL	53.32	2019		W60	Gail Kirkman	NZL	55.05	2015	
M75	Stewart Foster	NZL	61.26	2014		W65	Gail Kirkman	NZL	56.94	2018	
M80	Max McKay	AUS	78.74	2004							
<b>200m Hurdles (0.686m)</b>						<b>200m Hurdles (0.686m)</b>					
M80	Stewart Foster	NZL	51.32	2018	-0.8	W70	Marge Allison	AUS	39.37	2018	-0.8
<b>3000m Steeplechase (0.914m)</b>						<b>2000m Steeplechase 0.762m)</b>					
M30	Gilles Brouilaud	PYF	11:40.97	2010		W30	Linda Reynolds	NZL	8:36.5	1998	
M35	Bruce Meder	NZL	9:48.8	1990		W35	Vicky Adams	NZL	7:48.0	1992	
M40	Euan Robertson	NZL	9:37.3	1990		W40	Suzy Cole	AUS	7:17.92	2012	
M45	Ron Robertson	NZL	9:51.4	1990		W45	Judith Stewart	NZL	7:51.3	1998	
M50	Alan Bradford	AUS	10:44.0	1992		W50	Margaret Orman	NZL	8:12.1	1994	
M55	Ron Robertson	NZL	10:11.6	1998		W55	Loris Reed	NZL	8:34.8	2004	
<b>2000m Steeplechase (0.762m)</b>						W60	Margaret Saunders	AUS	9:28.99	2014	
M60	Trevor Ogilvie	NZL	7:13.03	2012		W65	Margaret Saunders	AUS	9:29.52	2019	
M65	Ron Robertson	NZL	7:18.10	2008		W70	Gillian Young	AUS	10:03.49	2018	
M70	Peter Sandery	AUS	8:25.78	2012		W75	Clasina van der Veeken	NZL	13:35.8	2008	
M75	Allan Mayfield	AUS	8:56.62	2024		W80	Clasina van der Veeken	NZL	14:57.42	2012	
M80	Michael Juckes	AUS	11:20.46	2019							
M85	Colin Silcock-Delany	AUS	16:02.95	2019							
<b>3000m Track Walk</b>						<b>3000m Track Walk</b>					
M30						W30	Justijana Roseman	AUS	15:37.38	2008	
M35	Peter Bennett	AUS	14:28.0	1994		W35	Judith Johnson	AUS	16:02.7	1982	
M40	Dean Nipperess	AUS	13:10.82	2012		W40	Annette Major	AUS	15:32.2	2006	
M45	Mark Donahoo	AUS	13:54.8	2006		W45	Pam Tindal	AUS	15:45.53	2008	
M50	Michael Harte	NZL	13:55.9	2006		W50	Staunton-Jjugovic	AUS	15:41.80	2014	
M55	Mike Parker	NZL	14:00.73	2012		W55	Pam Tindal	AUS	15:28.33	2015	
M60	George White	AUS	15:18.74	2008		W60	Heather Carr	AUS	15:45.20	2012	
M65	George White	AUS	15:44.53	2010		W65	Alison Thompson	AUS	16:49.27	2019	
M70	George White	AUS	16:41.63	2015		W70	Heather Carr	AUS	18:01.06	2019	
M75	Colin Hainsworth	AUS	20:38.4	2006		W75	Gwen Steed	AUS	20:54.66	2019	
M80	Richard Keatinge	AUS	21:00.0	2006		W80	Nan Jeffrey	AUS	24:00.0	1990	
M85	Bill Empey	AUS	24:08.0	1982							
<b>5000m Track Walk</b>						<b>5000m Track Walk</b>					
M30	Rodney Gillum	NZL	27:00.4	1998		W30	Justijana Roseman	AUS	26:32.9	2008	
M35	Kevin Taylor	NZL	23:12.6	1990		W35	Gabrielle Gorst	NZL	23:49.0	2002	
M40	Frank Clark	AUS	22:37.0	1984		W40	Annette Major	AUS	27:00.5	2006	
M45	John Smith	AUS	22:32.0	1984		W45	Pam Tindall	AUS	27:03.1	2008	
M50	Michael Harte	NZL	24:31.9	2006		W50	Staunton-Jugovic	AUS	27:15.97	2014	
M55	Gary Little	NZL	22:14.9	1998		W55	Heather Carr	AUS	26:21.4	2006	
M60	Theo Orr	AUS	25:48.0	1984		W60	Heather Carr	AUS	27:18.93	2010	
M65	George White	AUS	26:47.54	2010		W65	Heather Carr	AUS	28:57.97	2015	
M70	Tom Daintry	AUS	28:22.0	1984		W70	Jean Albury	AUS	31:45.1	2002	
M75	Tom Daintry	AUS	30:33.0	1990		W75	Jacqueline Wilson	NZL	35:33.66	2024	
M80	Tom Daintry	AUS	33:57.0	1992		W80	Christianne Duaphinet	AUS	39:24.83	2012	
M85	Gus Theobald	AUS	33:53.0	1984							
<b>10k Road Walk (Best Performances)</b>						<b>10k Road Walk (Best Performances)</b>					
M30	Rodney Gillum	NZL	55:25	1998		W30	Kylie Bonney	AUS	53:01	2002	
M35	Peter Bennett	AUS	52:14	1994		W35	Gabrielle Gorst	NZL	48:47	2002	

M40	Dean Nipperess	AUS	47:31	2012	W40	Jane Jackson	NZL	55:52	1990
M45	Gary Little	NZL	45:34	1990	W45	Marlene Robb	AUS	55:55	1994
M50	Michael Harte	NZL	50:37	2006	W50	Staunton-Jugovic	AUS	56:34	2014
M55	Gary Little	NZL	45:39	1998	W55	Heather Carr	AUS	54:01	2006
M60	Jack Tregurtha	NZL	53:53	1998	W60	Sandy Brunner	AUS	57:27	2006
M65	Andrew Jamieson	AUS	52:55	2014	W65	Alison Thompson	AUS	60:09.05	2019
M70	Ralph Bennett	AUS	59:24	2014	W70	Jacqueline Wison	NZL	64:57.00	2018
M75	Colin Hainsworth	AUS	67:43	2006	W75	Jacqueline Wilson	NZL	72:45.48	2024
M80	Tom Daintry	AUS	69:01	1992	W80	Christiane Dauphinat	AUS	80:32.00	2012
M85	Colin Silcock-Delany	AUS	1:36:21	2018					
M90	Peter Tearle	NZL	1:49:54	2018					

#### Half Marathon (Best Performances)

M30	Frederic Burquier	PYF	1:12.32	2010
M35	Brendan Whelan	AUS	1:15.18	2010
M40	Tony Price	NZL	1:12:44	1998
M45	Georges Richmond	PYF	1:13.05	2010
M50	David Elward	AUS	1:17:32	2002
M55	Russell Jenkins	AUS	1:21:05.4	2018
M60	Colin McLeod	AUS	1:19:28	1998
M65	Colin McLeod	AUS	1:22:25	2002
M70	Colin McLeod	AUS	1:31.58	2008
M75	Irwin Barrett-Lennard	AUS	1:44:11	2006
M80	Bill Page	AUS	2:23:25	2014

#### Javelin (800g current specifications)

M30	Daniel Brown	AUS	47.60	2008
M35	Ezehiel Rangi	SOL	52.34	2015
M40	Joe Bradley	NZL	54.59	1998
M45	John Kay	AUS	52.26	2008

#### Javelin (700g from 2000)

M50	Nigel Stainton	NZL	52.44	2012
M55	Bob Banens	AUS	51.44	2006

#### Javelin (600g current specifications)

M60	Bob Banens	AUS	48.74	2010
M65	Tom Hancock	AUS	40.02	2002

#### Javelin (500g from 2000)

M70	Guy Quarterman	AUS	36.51	2012
M75	Arnie Delaite	AUS	31.67	2019

#### Javelin (400g from 2000)

M80	Dave Scratton	NZL	26.51	2000
M85	Ron Johnson	NZL	24.77	2018
M90	Jim Blair	NZL	16.35	2024

#### Hammer (7.26kg)

M30	Brentt Jones	NFI	48.86	2000
M35	Ricard Meiring	AUS	59.00	2014
M40	Frederic Cassier	NCL	50.14	1992
M45	Mark Cumming	NZL	46.97	2012

#### Hammer (6kg)

M50	Ken Readwin	AUS	48.62	1994
M55	Mark Cumming	NZL	49.52	2018

#### Hammer (5kg)

M60	Kevin Bradley	NZL	46.74	2008
M65	Laurie Devlin	NZL	45.33	2002

#### Hammer (4kg)

M70	Laurie Devlin	NZL	44.54	2006
M75	Robert Holzer	AUS	39.82	2024

#### Hammer (3kg)

M80	Wim Van Weenen	AUS	36.47	2014
M85	Ron Johnson	NZL	25.07	2018
M90	Jim Blair	NZL	18.39	2024

#### Discus (2kg)

M30	Alan White	AUS	35.60	2000
M35	Jamie Muscat	AUS	43.84	2014
M40	Merve Kemp	AUS	43.88	1984

#### Half Marathon (Best Performances)

W30	Ronnie Cole	NZL	1:32:09	1998
W35	Yvonne Evans	NZL	1:26:17	2006
W40	Jenny Dowie	AUS	1:29:25	2002
W45	Bernie Portesnki	NZL	1:19:38	1998
W50	Brenda Fortune	NZL	1:36:41	2006
W55	Lavinia Petrie	AUS	1:32:33	2002
W60	Judth Stewart	NZL	1:40.07	2010
W65	Lavinia Petrie	AUS	1:40.10	2012
W70	Lavinia Petrie	AUS	1:37:38	2014
W75	Clasina van der Veeken	NZL	2:26.11	2008
W80	Clasina van der Veeken	NZL	2:39.21	2012

#### Javelin (600g current specifications)

W30	Sallyann Moiler	AUS	36.20	2019
W35	Jayne Hardy	AUS	38.09	2002
W40	Jayne Hardy	AUS	38.65	2006
W45	Jayne Hardy	AUS	37.01	2010

#### Javelin (500g from 2000)

W50	Suzanne Coats	AUS	29.81	2019
W55	Mary Thomas	AUS	37.90	2000

#### Javelin (500g from 2014)

W60	Wilma Perkins	AUS	21.72	2014
W65	Carol Davis	AUS	25.12	2019
W70	Mary Thomas	AUS	21.51	2015

#### Javelin (400g from 2000)

W75	Heather Doherty	AUS	19.78	2008
W80	Heather Doherty	AUS	19.45	2014
W80	Tserendolgar Tumurbat	MGL	19.69	2019
W85	Heather Doherty	AUS	8.68	2019
W90	Ruth Frith	AUS	10.09	2002
W95	Ruth Frith	AUS	7.98	2004

#### Hammer (4kg)

W30	Raelene Bates	NZL	43.71	1998
W35	Jayne Hardy	AUS	41.87	2002
W40	Jayne Hardy	AUS	43.52	2006
W45	Althea Mackie	AUS	41.80	2015

#### Hammer (3kg)

W50	Sharon Gibbins	AUS	45.70	2008
W55	Helen Searle	AUS	45.98	1996
W60	Jan Davies	AUS	42.20	2002
W65	Helen Searle	AUS	39.51	2006
W70	Helen Searle	AUS	33.07	2012

#### Hammer (2kg from 2010)

W75	Jan Banens	AUS	32.02	2018
W80	Mary Thomas	AUS	27.48	2024
W85	Heather Doherty	AUS	16.82	2019
W90	Ruth Frith	AUS	11.85	2002
W95	Ruth Frith	AUS	11.16	2006
W100	Ruth Frith	AUS	9.64	2012

#### Discus (1 kg)

W30	Alex Morgan	ASA	50.96	2023
W35	Chris Schultz	AUS	47.86	1986
W40	Chris Schultz	AUS	42.52	1994

M45	Todd Davey	AUS	44.56	2015
<b>Discus (1.5 kg)</b>				
M50	Stuart Gyngell	AUS	49.65	2014
M55	Ray Green	AUS	41.65	2002
<b>Discus (1 kg)</b>				
M60	Ray Green	AUS	50.27	2006
M65	Tom Hancock	AUS	45.93	2002
M70	Keith James	AUS	39.54	2012
M75	Rudi Hochreiter	AUS	34.60	2002
M80	Feliks Jekabsons	AUS	26.96	2006
M85	Ron Johnson	NZL	22.90	2018
M90	Jim Blair	NZL	14.98	2024
<b>Shot Put (7.26kg)</b>				
M30	Jonathon Detageouwa	NRU	15.76	2024
M35	Soane Lakafia	NCL	14.10	1996
M40	Stuart Gyngell	AUS	16.29	2008
M45	Laini Inivale	NZL	13.68	2015
<b>Shot Put (6 kg)</b>				
M50	Stuart Gyngell	AUS	17.57	2014
M55	Laini Inivale	NZL	13.44	2024
<b>Shot put (5 kg)</b>				
M60	Richard Harris	NZL	13.51	1994
M65	Charlie Rann	AUS	12.75	1992
<b>Shot Put (4 kg)</b>				
M70	Rudi Hochreiter	AUS	12.72	1998
M75	Jim Peridis	AUS	11.42	2002
<b>Shot Put (3 kg)</b>				
M80	Feliks Jekabsons	AUS	10.09	2006
M85	Ron Johnson	NZL	8.05	2018
M90	Peter Tearle	NZL	6.26	2018
<b>Weight Throw (15.88kg - 35lb)</b>				
M30	Vincent Smith	NZL	13.09	2012
M35	Ricard Meiring	AUS	18.59	2014
M40	Stuart Gyngell	AUS	13.78	2008
M45	Mark Cumming	NZL	14.60	2012
<b>Weight Throw (11.34kg - 25lb)</b>				
M50	Stuart Gyngell	AUS	18.05	2014
M55	Mark Cumming	NZL	18.51	2018
<b>Weight Throw (9.08kg - 20lb)</b>				
M60	Ray Green	AUS	17.45	2006
	Kevin Bradley	NZL	17.45	2006
M65	Laurie Devlin	NZL	17.43	2004
<b>Weight Throw (7.26kg - 16lb)</b>				
M70	Laurie Devlin	NZL	18.06	2006
M75	Ken Priestley	AUS	14.59	2014
<b>Weight Throw (5.54kg - 12lb)</b>				
M80	Kevin Bradley	NZL	13.93	2024
M85	Dave Scratton	NZL	10.99	2004
M90	Jim Blair	NZL	7.50m	2024
<b>High Jump</b>				
M30	Brad Osborn	AUS	1.78	2008
M35	John Turner	NZL	1.74	2006
M40	Evan McLean	AUS	1.82	2019
M45	Matthew Muell	AUS	1.78	2010
M50	Hoyoung Do	NZL	1.65	2012
	Brian Curry	NZL	1.65	2012
M55	Brian Curry	NZL	1.66	2018
M60	John Hunt	AUS	1.50	2002
M65	Gordon Gourlay	AUS	1.45	1994
M70	David Anstiss	NZL	1.36	2018
	Daryl Ellis	AUS	1.36	2024
M75	David Anstiss	NZL	1.33	2024
M80	Jim Blair	NZL	1.13	2012
M85	Jim Blair	NZL	1.05	2019

W45	Chris Schultz	AUS	42.66	1998
W50	Chris Schultz	AUS	38.23	2002
W55	Chris Schultz	AUS	33.54	2006
W60	Helen Searle	AUS	29.73	2002
W65	Helen Searle	AUS	27.53	2006
W70	Mary Thomas	AUS	22.03	2015
<b>Discus (0.75 kg from 2010)</b>				
W75	Mary Thomas	AUS	22.75	2019
W80	Heather Doherty	AUS	20.30	2014
W85	Heather Doherty	AUS	13.84	2019
W90	Ruth Frith	AUS	10.89	2002
W95	Ruth Frith	AUS	10.90	2006
<b>Shot Put (4 kg)</b>				
W30	Chris Schultz	AUS	14.98	1984
W35	Chris Schultz	AUS	14.12	1986
W40	Chris Schultz	AUS	13.25	1994
W45	Chris Schultz	AUS	13.17	1998
<b>Shot put (3 kg)</b>				
W50	Chris Schultz	AUS	13.19	2002
W55	Mary Thomas	AUS	12.89	2000
W60	Helen Searle	AUS	12.31	2000
W65	Helen Searle	AUS	11.58	2004
W70	Helen Searle	AUS	9.16	2012
<b>Shot put (2 kg from 2010)</b>				
W75	Mary Thomas	AUS	8.82	2019
W80	Heather Doherty	AUS	7.44	2014
W80	Tserendolgar Tumurbat	MGL	9.32	2019
W85	Ruth Frith	AUS	5.42	1996
W90	Ruth Frith	AUS	5.21	2002
W95	Ruth Frith	AUS	4.72	2004
<b>Weight Throw (9.08kg - 20lb)</b>				
W30	Kirsty Halliday	NZL	11.41	2024
W35	Catherine McCowan	AUS	11.19	2024
W40	Chris McCahill	NZL	15.03	2008
W45	Althea Mackie	AUS	12.84	2015
<b>Weight Throw (7.26kg - 16lb)</b>				
W50	Jayne Hardy	AUS	13.64	2015
W55	Jane Hardy	AUS	12.73	2019
<b>Weight Throw (5.54kg - 12lb)</b>				
W60	Dorn Jenkins	AUS	17.36	2015
W65	Helen Searle	AUS	16.44	2004
W70	Jan Banens	AUS	12.41	2012
<b>Weight Throw (4kg from 2010)</b>				
W75	Glen Watts	NZL	11.71	2015
W80	Heather Doherty	AUS	9.63	2014
W85	Heather Doherty	AUS	6.82	2019
W95	Ruth Frith	AUS	5.16	2006
<b>High Jump</b>				
W30	Angela McKee	NZL	1.89	2006
W35	Veronique Boyer	PYF	1.65	2008
W40	Lynette Smith	AUS	1.53	2014
W45	Lenore Lambert	AUS	1.58	2019
W50	Marie Kay	AUS	1.45	2012
W55	Alex Lloyd	AUS	1.33	2014
W60	Margaret Taylor	AUS	1.26	2008
W65	Wilma Perkins	AUS	1.18	2015
W70	Margaret Taylor	AUS	1.15	2019
W75	Gwen Davidson	AUS	1.08	2000

M90 Alistair McKay NZL 0.80 2018

### Long Jump

M30 Jay Stone AUS 6.36 2012 0.0  
M35 Albert Miller FIJ 6.21 1994  
M40 Bob Lehman AUS 6.29 2014 0.5  
M45 Rodney Stone AUS 5.76 1984  
M50 Terry Hicks AUS 5.45 2004  
M55 Clay Tompkins AUS 5.61 2008  
M60 Graeme Noden AUS 5.10 2000  
M65 Stephen Burden NZL 5.02 2024 1.7  
M70 Graeme Noden AUS 4.59 2008  
M75 Graeme Noden AUS 4.07 2014 1.6  
M80 Max McKay AUS 3.13 2004  
M85 Maurice Dauphinat AUS 2.95 2012 -3.2  
M90 Alistair McKay NZL 2.08 2018 0.4

### Triple Jump

M30 George Jankowski AUS 11.31 1994  
M35 Russell Sarah AUS 13.70 1982  
M40 Kevin Todd NZL 12.31 1990  
M45 Stephen McKee NZL 12.05 2006  
M50 Stephen Burden NZL 11.25 2012 1.3  
M55 Clay Tompkins AUS 12.22 2008  
M60 Stephen Burden NZL 10.76 2019 -0.4  
M65 Daryl Ellis AUS 9.72 2023 1.7  
M70 Daryl Ellis AUS 9.71 2024 2.0  
M75 David Anstiss NZL 8.38 2024 1.4  
M80 Leo Coffey AUS 7.30 2012 1.4  
M85 Ron Johnson NZL 5.34 2018 1.9

### Pole Vault

M30 Jamie Marett NZL 3.80 1998  
M35 Rob Hill AUS 4.40 2008  
M40 Brian Senior NZL 3.85 1982  
  
M45 Stephen McKee NZL 3.65 2006  
M50 Jim McGrath AUS 3.10 1982  
Tim McGrath AUS 3.10 2014  
M55 Mark Lett NZL 3.05 2018  
  
M60 Bob Barclay AUS 3.00 2002  
Mark Lett NZL 3.00 2024  
M65 Geoff Shaw AUS 2.70 2014  
M70 Jim Poulter AUS 2.50 2014  
M75 Donald Chambers AUS 1.85 2014  
M80 Wallace Opperman NZL 1.45 2006  
M85 Wallace Opperman NZL 1.00 2012

### Combined events Updated for 2023 WMA factors

#### Pentathlon (LJ, Jav, 200m, DT, 1500m)

M30 Brad Osborne AUS 2461 2008  
(5.59; 38.89; 25.02; 33.71; 5:31.22)  
M35 Albert Miller FIJ 3121 1994  
(6.21, 52.88, 24.0, 37.98, 5:28.8)  
M40 Lloyd Mitchelson AUS 3267 1984  
(5.40, 48.02, 24.8, 31.86, 4:31.0)  
M45 John Cooper AUS 3358 1990  
M50 Terry Hicks AUS 3538 2004  
  
M55 Luke De Biasi AUS 3472 2019  
(5.98, 33.58, 25.71, 28.56, 5:46.11)  
M60 Peter Gatti AUS 3419 1996  
M65 Fred O'Connor AUS 3984 1990  
M70 Ken Daniels AUS 2790 2008  
(3.95; 31.99; 31.38; 25.19; 7:09.23)  
M75 Hector Mein NZL 2451 2006

### Long Jump

W30 Helena Dinnissen AUS 5.78 2019 1.7  
W35 Eileen Hindle AUS 5.55 1984 0.3  
W40 Gianna Mogentale AUS 5.21 2004  
W45 Marie Kay AUS 5.31 2006 0.0  
W50 Marie Kay AUS 5.23 2012  
W55 Wilma Perkins AUS 4.29 2004  
W60 Margaret Taylor AUS 4.38 2008 0.7  
W65 Carol Davis AUS 4.05 2019 0.0  
W70 Margaret Taylor AUS 3.65 2019 -0.1  
W75 Ruth Johnson AUS 2.78 2019 -0.1  
W80 Miriam Cudmore AUS 2.93 2019 0.1

### Triple Jump

W30 Helena Dinnissen AUS 11.85 2019 0.0  
W35 Veronique Boyer PYF 11.36 2008  
W40 Julie Brims AUS 10.59 2006  
W45 Marie Kay AUS 10.68 2006  
W50 Helen Searle AUS 9.54 1990  
W55 Anne Hunter NZL 8.87 2006  
W60 Margaret Taylor AUS 9.22 2008 1.9  
W65 Carol Davis AUS 7.90 2019 -1.3  
W70 Margaret Taylor AUS 7.77 2019 0.0  
W75 Frances Bayler NZL 6.24 2015  
W80 Miriam Cudmore AUS 6.64 2019 -3.9

### Pole Vault

W30  
W35 Ros Montse AUS 2.50 2014  
W40 Joanne Anderson NZL 2.40 1994  
Dash Newington GBR 3.50 2024  
W45 Joanne Anderson NZL 2.20 1998  
Wilma Perkins AUS 2.20 1998  
W50 Gaelyne Kenshole AUS 2.60 2024  
W55 Wilma Perkins AUS 2.20 2006  
Delwyn Smith NZL 2.20 2024  
W60 Wilma Perkins AUS 2.30 2010

#### Pentathlon (100m, SP, LJ, Jav, 800m)

W30 Wilma Perkins AUS 2864 1984  
(12.70, 9.42, 5.25, 28.71, 2:49.4)  
W35 Eileen Hindle AUS 2967 1984  
(12.51, 6.98, 5.42, 22.14, 2:30.8)  
W40 Lee-An Grosvenor AUS 3055 2014  
(13.58, 8.84, 4.51, 27.57, 2:29.06)  
W45 Chris Battersby AUS 3564 1990  
W50 Gianna Mogentale AUS 3276 2014  
(13.29, 7.28, 4.58, 16.61, 2:33.56)  
W55 Vicki Townsend AUS 2836 2019  
(14.80, 9.57, 3.91, 19.87, 3:30.64)

#### W60-74 Jav 500g from 2014)

W60 Vicki Townsend AUS 2857 2024  
(15.93, 9.75, 3.75, 20.36, 3:55.30)  
W65 Carol Davis AUS 3463 2019  
(16.11, 7.03, 3.80, 22.63, 3:12.21)

	(3.42, 23.17, 36.80, 19.82, 6:40.89)		
M80	Hector Mein NZL 1469	2012	
	(2.89, 18.34, 46.94, 16.54, 9:18.13)		
M85	Rad Leovic AUS 1792	2014	
	(2.31, 14.86, 45.49, 14.50, 8:29.14)		
M90	Frank Cox NZL 429	2002	
	(1.43, 6.31, 66.09, 7.19, DNF)		

#### Throws Pentathlon (Ham, SP, DT, Jav, Wt)

M30	Stuart Chirnside NZL 2723	1998	
M35	Ricard Meiring AUS 3109	2014	
	(54.66, 10.87, 29.78, 33.64, 18.34)		
M40	Frederic Cassier NCL 3769	1992	
M45	Todd Davey AUS 3565	2015	
	(39.25, 13.67, 40.64, 40.61, 13.73)		
M50	Stuart Gyngell AUS 4062	2015	
	(47.83, 17.05, 50.09, 36.29, 17.10)		
M55	Ray Green AUS 3472	2002	
	(41.96, 11.59, 41.16, 35.12, 13.73)		
M60	Graeme Rose AUS 3665	2008	
	(45.46; 12.58; 38.17; 39.48; 16.78)		
M65	Tom Hancock AUS 3826	2002	
	(37.08, 11.69, 43.96, 39.26, 14.95)		
M70	Sam Johnson NZL 4356	1992	
M75	Dave Scratton NZL 3682	1998	
M80	Feliks Jakobsons AUS 2964	2006	
	(28.97, 9.98, 26.96, 19.30, 12.43)		
M85	Dave Scratton NZL 4074	2004	

#### Decathlon (100m, LJ, SP, HJ, 400m / Hurd, DT, PV, Jav, 1500m) Heptathlon (Hurd, HJ, SP, 200m, LJ, Jav, 800m)

M30	Peter Hollenbeck AUS 5311	2019	
	(12.01,5.93,11.58,1.68,62.23,17.77,35.43,4.40,49.28 6:12.52)		
M35	Geoff Gibbons AUS 6058	2012	
	(11.97,5.71,10.08,1.64,51.24,16.48,29.47,3.70,47.34,4:35.55)		
M40	Peter Ranginui NZL 4776	2012	
	(13.11,5.02,8.29,1.79,62.32,18.82,30.92,2.60,37.88,5:48.72)		
M45	Wayne Doyle NZL 5772	2012	
	(12.99,5.19,11.19,1.55,59.47,19.56,32.20,3.00,45.01,5:34.73)		
M50	Andrew Brooker AUS 5846	2019	
	(13.58,5.33,9.18,1.55,61.79,17.84,31.41,2.80,40.12,5:19.30)		
M55	Andrew Millerd AUS 6050	2019	
	(12.99,5.14,8.36,1.52,60.78,19.00,29.85,2.80,27.80,5:39.34)		
M60	Mark McLean AUS 5663	2019	
	(13.49,4.46,8.95,1.40,65.58,17.56,24.48,2.20,30.95,5:54.67)		
M65	Warren Green NZL 4359	2018	
	(14.60,3.15,7.66,1.20,74.32,24.58,24.48,2.10,28.83,6:41.71)		
M70	Ken Daniels AUS 5419	2008	
	(15.00,4.14,8.31,1.21,73.03,17.88,26.71,2.00,31.98,7:00.11)		
M75	David Anstiss NZL 4685	2024	
	(16.90,3.93,6.29,1.33,91.09,17.70,20.10,2.10,17.29,8:36.10)		
M80	Rad Leovic AUS 2073	2012	
	(20.60,2.60,6.84,0.92,1:42.27,29.47,13.93,0.80,14.22,9:07.91)		
M85	Ron Johnson NZL 4419	2018	
	(19.92,2.55,8.32,0.99,1:42.99,DNF,20.11,1.50,25.21,9:07.39)		

W70	Judy Hammond (400g Ja NZL 2622	2008	
	(17.32; 6.20; 3.06; 13.37; 3:57.88)		
W75	Ruth Johnson AUS 2229	2019	
	(19.24, 5.41, 2.78, 10.96, 4:13.32)		
W80	Judy Hammond NZL 2101	2018	
	(20.49;5.59;2.58;10.49;5:20.88)		

#### Throws Pentathlon (Ham, SP, DT, Jav, Wt)

W30	Raylene Bates NZL 3339	1998	
W35	Chris Schultz AUS 4056	1990	
W40	Jayne Hardy AUS 3439	2006	
	(41.99, 10.40, 37.29, 38.65, 13.87)		
W45	Chris Schultz AUS 4355	1998	
W50	Chris Schultz AUS 3589	2002	
	(35.64, 12.97, 39.49, 25.87, 13.83)		
W55	Helen Searle AUS 4596	1996	
	<b>W60-74 Jav 500g from 2014)</b>		
W60	Dorn Jenkins NZL 3827	2015	
	(43.51, 8.85, 28.72, 21.85, 15.57)		
W65	June Lowe AUS 3791	2019	
	(36.24, 9.84, 20.78, 23.40, 12.49)		
W70	Mary Thomas AUS 3833	2015	
	(27.95, 8.01, 23.32, 21.03, 11.94)		

#### New weight specifications from 2010

W75	Mary Thomas AUS 3499	2019	
	(28.35, 8.94, 22.70, 19.27, 10.43)		
W80	Mary Thomas AUS 3027	2024	
	(28.20,6.47,14.70,13.52,8.10)		
W80	Tserendolgar Tumurbat MGL 3744	2019	
	(24.84, 9.11, 18.97, 20.09, 8.53)		
W85	Ruth Frith AUS 3561*	1996	
W90	Ruth Frith AUS 2808	2002	
	(12.49, 4.97, 10.31, 10.51, 5.71)		
W95	Ruth Frith AUS 3017	2006	
	(11.08, 4.35, 9.78, 6.43, 5.16)		

#### Decathlon (100m, LJ, SP, HJ, 400m / Hurd, DT, PV, Jav, 1500m) Heptathlon (Hurd, HJ, SP, 200m, LJ, Jav, 800m)

W30	Jessica Dux AUS 3046	2018	
	(18.43,1.33,7.75,27.80,4.61,19.19,2:56.11)		
W35	Lynette Smith AUS 4013	2008	
	(18.43,1.58,10.03,29.85,4.42,33.91,2:26.41)		
W40	Lee-Ann Grosvenor AUS 3972	2014	
	(15.69,1.27,9.05,27.92,4.54,27.41,2:33.4)		
W45	Carolyn Wills NZL 3820	2018	
	(15.44,1.42,8.95,30.65,3.93,24.67,3:09.69)		
W50	Marie Kay AUS 5524	2010	
	(13.13,1.48,11.19,28.22,4.69,30.33,2:52.47)		
W55	Vicki Townsend AUS 4335	2019	
	(14.60,1.28,10.29,31.20,3.91,21.42,3:44.75)		
	<b>W60-74 Jav 500g from 2014)</b>		
W60	Vicki Townsend AUS 4654	2024	
	(14.81,1.22,9.31,32.85,3.89,21.82,3:38.24)		
W65	Gail Kirkman NZL 5005	2018	
	(15.71,1.24,7.45,31.59,3.37,11.35,2:51.08)		
W70	Marj Allison AUS 4196	2015	
	(17.92,1.02,5.99,35.18,2.75,16.44,3:25.94)		
W75	Judy Hammond NZL 2518	2015	
	(DNF,0.99,6.10,42.07,2.60,11.65,4:52.56)		

AUS	Australia
NZL	New Zealand
PYF	French Polynesia
NCL	New Caledonia

FIJ  
TON  
NFI  
SOL  
MGL

Fiji  
Tonga  
Norfolk Island  
Soloman Islands  
Mongolia

#### ARCHIVED RECORDS

##### Javelin 400g

W60 Mary Thomas AUS 33.83 2004

W70 Wini Pepene NZL 23.76 2002

##### Pentathlon (100m, SP, LJ, Jav 400g, 800m)

W60 Beryl Vine NZL 3225 1990

W65 Wini Pepene NZL 2989 1996

##### Throws Pentathlon (Ham, SP, DT, Jav 400g, Wt)

W60 Helen Searle AUS 4521 2002

(39.48, 11.49, 26.29, 25.20, 15.04)

W65 Helen Searle AUS 5399 2004

##### Heptathlon (Hurd, HJ, SP, 200m, LJ, Jav, 800m)

W60 Marj Allison (400g Jav) AUS 5076 2008

(15.10; 1.24; 6.93; 31.90; 3.66; 18.48; 2:53.86)