

**AMA AUSTRALIAN MULTI EVENT RECORDS DETAIL as at 10 October 2024**

Compiled by Clyde Kiddich, AMA Records Officer, 40 Beauchamp Street, Preston Vic. 3072, Mobile: 0439 902 907, Email: clydeR@outlook.com.au

**THROWS PENTATHLON using 2023 WMA AGE FACTORS - MEN**

Age	Name	State	Points	Date	Hammer	Shot Put	Discus	Javelin	Weight
M30	Graham Hicks	Vic	3,471	14.12.08	44.89	13.94	50.57	52.09	13.07
					619	725	882	630	625
M35	Darron Hurworth	Qld	3,664	2.11.08	51.58	14.13	52.81	37.22	16.20
					730	776	929	425	804
M40	Stuart Gyngell	NSW	3,839	16.4.06	43.48	17.63	47.30	41.30	14.55
					632	1075	833	534	765
M45	Stuart Gyngell	NSW	4,007	12.4.09	43.75	17.22	45.47	36.98	14.53
					687	1126	857	512	825
M50	Todd Davey	WA	4,121	1.12.18	53.23	16.00	49.82	36.71	17.65
					839	1005	875	517	885
M55	Graeme Rose	Vic	4,005	4.7.99	47.65	12.72	37.84	46.19	16.98
					784	838	688	768	917
M60	Graeme Rose	Vic	3,993	16.4.06	48.38	13.14	39.36	43.12	19.03
					815	857	624	722	975
M65	Graeme Rose	Vic	4,059	12.4.09	43.98	12.12	38.97	40.46	17.05
					814	860	690	759	936
M70	Johannes Peters	WA	4,004	29.6.24	44.16	11.93	42.45	33.89	16.94
					812	824	867	629	872
M75	Tom Hancock	Vic	3,888	15.7.11	36.89	11.12	33.97	33.04	14.38
					756	851	764	716	801
M80	Tom Hancock	Vic	3,972	5.11.16	38.51	11.44	32.27	30.31	15.67
					788	844	844	674	822
M85	Tom Hancock	Vic	3,418	1.10.22	30.57	8.94	23.25	19.10	13.55
					725	728	687	468	810
M90	John Fraser	Vic	3,114	13.3.05	24.63	6.90	19.74	12.96	10.12
	Old Specification				705	630	708	370	701

**THROWS PENTATHLON - AMA CHAMPIONSHIP RECORDS - MEN**

Age	Name	State	Points	Date	Hammer	Shot Put	Discus	Javelin	Weight
M30	Stane Carstairs	Vic	3,190	28.4.19	38.74	15.65	44.48	43.20	12.57
					518	830	756	489	597
M35	Stuart Gyngell	NSW	3,615	2002	44.15	17.34	45.06	43.67	14.96
					607	984	768	523	733
M40 & M45	as above in Australian records	Stuart Gyngell	M40 3,839 & M45 4,007						
M50	Stuart Gyngell	NSW	3,948	2015	45.99	16.36	48.42	38.71	16.40
					707	1030	845	553	813
M55	Graeme Rose	Vic	3,929	2001	43.32	12.29	38.90	49.48	15.99
					715	788	706	835	855
M60 & M65	as above in Australian records	Graeme Rose	M60 3,993 & M65 4,059						
M70	Colin Murray-Lee	Qld	3,675	1999	43.22	11.11	35.12	36.41	14.83
					791	758	690	688	748
M75	Tom Hancock	Vic	3,741	8.4.12	35.10	10.31	35.04	29.17	15.02
					713	779	793	614	842
M80	Tom Hancock	Vic	3,682	11.6.17	35.75	11.12	29.20	28.99	14.57
					723	817	748	638	756
M85	Feliks Jakabsons	Qld	3,209	23.3.08	27.36	9.10	25.28	19.44	10.35
					636	744	760	479	590

**THROWS PENTATHLON using 2023 WMA AGE FACTORS - WOMEN**

Age	Name	State	Points	Date	Hammer	Shot Put	Discus	Javelin	Weight
W30	Byrony Glass	WA	3,242	12.4.09	*****	*****	*****	*****	*****
					*****	*****	618	*****	*****
W35	Chris Schultz	Vic	3,400	7.12.87	*****	*****	*****	*****	*****
					*****	*****	756	*****	*****
W40	Jayne Hardy	ACT	3,484	20.4.03	*****	*****	*****	*****	*****
					*****	*****	661	*****	*****
W45	Chris Schultz	Vic	3,778	26.7.97	*****	*****	*****	*****	*****
					*****	*****	851	*****	*****
W50	Chris Schultz	Vic	3,824	13.7.01	*****	*****	*****	*****	*****
					*****	*****	896	*****	*****
W55	Mary Thomas	NSW	3,772	17.1.00	648	856	697	922	649
					992	659	764	560	852
W60	Dorn Jenkins	Vic	3,827	7.10.15	43.51	8.85	28.72	21.85	15.57
					992	659	764	560	852
W65	Dorn Jenkins	Vic	4,050	21.3.21	42.46	8.64	23.16	19.78	15.91
					1099	721	675	571	984
W70	Mary Thomas	NSW	3,862	16.8.15	28.82	8.57	22.60	22.69	10.69
					814	811	755	771	711
W75	Helen Searle	Qld	3,605	14.2.15	31.68	10.40	20.67	17.35	10.65
					775	921	669	580	660
W80	Jeanette Williamson	ACT	3,552	12.3.23	27.08	7.29	19.15	16.30	9.85
					770	707	725	638	712
W85	Ruth Frith	NSW	2,621	7.3.98	15.48	5.57	13.25	9.82	6.51
	Old specifications				486	613	508	424	530
W90	Ruth Frith	Qld	2,931	24.4.00	13.13	5.22	11.81	9.33	6.00
	Old specifications				508	698	622	498	605
W95	Ruth Frith	Qld	3,391	0ct-06	13.71(2kg)	4.99(2kg)	9.49(750g)	7.01	5.58(4kg)
	New Specifications, before 1/1/10, WR not accepted by WMA				717	846	630	464	734
W100	Ruth Frith	Qld	3,916	23.8.09	10.16(2kg)	4.27(2kg)	9.04(750g)	6.43	4.42(4kg)
	New Specifications, before 1/1/10, WR not accepted by WMA				734	954	840	588	800
W100	Ruth Frith	Qld	3,837	2.4.11	10.14	3.96	9.30	5.63	4.68
	New Specifications - after 1/1/10				732	874	869	508	854

**THROWS PENTATHLON - AMA CHAMPIONSHIP RECORDS - WOMEN**

Age	Name	State	Points	Date	Hammer	Shot Put	Discus	Javelin	Weight
W30	as above in Australian records	Byrony Glass	3,242						
W35	Byrony Glass	WA	3,101	8.4.12	52.64	11.44	33.55	20.00	16.68
					820	652	530	298	801
W40	as above in Australian records	Jane Hardy	3,484						
W45	Chris Schultz	Vic	3,800	1996	36.32	13.16	42.16	32.12	12.40
					664	919	844	670	682

W50	Marja-Leena Parviainen	NSW	3,581	13.4.98	51.73	9.11	34.85	22.40	16.29	
					950	550	754	445	882	
W55	Gabriele Watts	NSW	3,683	4.4.22	40.17	11.61	31.03	22.61	13.90	
					814	817	723	506	824	
W60	Ann Jefferies	SA	3,778	1.4.24	35.20	10.94	27.79	28.20	12.58	
					778	848	735	751	666	
W65	Jill Taylor	NSW	3,071	4.4.22	30.04	7.48	21.51	14.06	12.25	
					754	607	596	375	731	
W70	Mary Thomas	NSW	3,791	5.4.15	28.78	8.28	21.87	22.12	10.86	
					812	779	727	749	724	
W75	Mary Thomas	NSW	3,140	4.4.22	29.76	7.84	21.16	14.84	9.67	
					721	660	688	482	589	
W80	- as above in Australian records Jenette Williamson 3.552									
W85	Ruth Frith	NSW	2,775	13.4.98	14.48	5.52	12.84	10.62	6.43	
	Old specifications				474	406	547	465	709	
W90 & W95	- as above in Australian records Ruth Frith W90 2.931 old specifications. & W95 3.391 new specifications									
W100	Ruth Frith	Qld	3,717	4.4.10	10.02	4.37	8.14	5.90	4.13	
	New Specifications				722	981	743	531	740	

#### HEAVY WEIGHT PENTATHLON using 2022 AMA AGE FACTORS - MEN

Age	Name	State	Points	Date	Weight 1	Weight 2	Weight 3	Weight 4	Weight 5
M30	Warren Button	WA	3,835	9.1.21	22.09 20lb	20.65 25lb	14.60 35lb	11.19 20kg	8.71 56lb
					801	848	712	752	722
M35	Darron Haworth	Qld	4,254	6.10.08	23.16 20lb	19.49 25lb	15.69 35lb	12.96 20kg	10.78 56lb
					845	795	775	897	842
M40	Ricard Meiring	NSW	4,569	2.10.17	23.24 20lb	20.15 25lb	16.14 35lb	12.28 20kg	10.49 56lb
					934	888	862	899	986
M45	Ricard Meiring	ACT	4,714	15.1.20	23.57 20lb	20.84 25lb	15.63 35lb	11.63 20kg	9.33 56lb
					984	994	897	912	927
M50	Grant Edwards	ACT	4,432	7.10.13	21.88 16lb	20.88 20lb	17.74 25lb	14.58 35lb	11.30 20kg
					791	921	890	889	941
M55	Grant Edwards	ACT	4,465	15.4.18	21.75 16lb	19.85 20lb	16.31 25lb	13.46 35lb	10.44 20kg
					850	931	876	876	932
M60	Phil Spivey	Vic	4,988	15.1.23	23.73 12lb	22.76 16lb	19.98 20lb	18.24 25lb	13.83 35lb
					875	979	1030	1095	1009
M65	Lajos Joni	Qld	4,257	12.9.21	19.30 12lb	18.74 16lb	16.90 20lb	14.23 25lb	10.54 35lb
					754	865	927	912	799
M70	Gavin Murray	NSW	4,672	13.4.24	23.99 4kg	20.61 12lb	18.23 16lb	15.80 20lb	13.41 25lb
					905	893	948	964	962
M75	Ken Priestley	Vic	3,808	7.10.13	20.00 4kg	15.97 12lb	13.17 16lb	11.78 20lb	9.87 25lb
					816	740	723	760	769
M80	Ren Simcock	NSW	4,100	5.10.15	22.96 3kg	17.98 4kg	15.64 12lb	12.70 16lb	10.48 20lb
					913	817	820	784	766
M85	Tom Hancock	Vic	3,193	2.10.23	14.18 3kg	14.49 4kg	11.01 12lb	9.89 16lb	6.86 20lb
					614	735	636	676	532
M90	Gordon Woolston	Qld	1,398	2.10.23	5.82 3kg	6.02 4kg	5.11 12lb	4.42 16lb	3.25 20lb
					256	308	301	298	235

#### HEAVY WEIGHT PENTATHLON - AMA CHAMPIONSHIP RECORDS - MEN

Age	Name	State	Points	Date	Weight 1	Weight 2	Weight 3	Weight 4	Weight 5
M30	Tyson Elisia	Qld	2,862	7.10.24	14.00	14.59	12.42	9.84	7.43
					474	569	588	642	589
M45	Jamie Muscat	NSW	3,799	4.10.23	18.12	16.35	12.75	10.16	8.51
					732	756	709	776	826
M50	David Allan	Qld	3,962	7.10.24	22.30	19.03	15.72	12.75	9.82
					808	829	774	759	792
M55	Russ Devine	Vic	4,197	4.10.23	20.31	19.41	15.82	12.45	9.78
					786	907	846	798	860
M60	Mark Cumming	Qld	4,803	4.10.23	24.63	21.63	19.47	17.38	12.89
					912	924	1000	1037	930
M65	Gavin Murray	NSW	3,905	4.10.23	20.46	17.39	15.24	12.50	9.43
					806	795	823	783	697
M70	Gavin Murray	NSW	4,440	7.10.24	23.55	19.79	17.14	15.25	12.57
					886	853	884	926	891
M75	Brian Davies	Qld	2,901	4.10.23	13.85	12.89	10.88	9.72	8.15
					536	578	577	603	607
M80	Ray Green	ACT	3,125	7.10.24	16.84	13.91	12.62	10.34	8.89
					642	608	638	612	625

M85 - as above in Australian records, Tom Hancock 3.193

M90 - as above in Australian records, Gordon Woolston 1.938

#### INDOOR HEAVY WEIGHT PENTATHLON using 2022 AMA AGE FACTORS - MEN

Age	Name	State	Points	Date	Weight 1	Weight 2	Weight 3	Weight 4	Weight 5
M30	Tyson Elisia	Qld	3,041	21.7.24	17.28	14.41	11.42	10.28	8.17
					606	560	532	678	665
M35	Cameron Linton-Mann	NSW	2,008	21.8.22	11.11	10.81	8.91	7.39	5.77
					359	397	391	445	416
M40	Anatoly Kiriievsky	NSW	2,419	20.8.23	14.46	11.60	8.55	7.57	6.37
					531	468	403	495	522
M45	Jamie Muscat	NSW	3,827	20.8.23	17.90	15.35	13.02	10.68	8.70
					722	703	726	825	851
M50	Simon Van Baalen	Vic	3,618	14.7.24	19.31	17.81	15.24	11.66	9.25
					686	768	746	682	736
M55	Peter Baxevanis	Vic	5,049	14.7.24	24.56	22.75	17.41	14.93	11.61
					973	1086	944	988	1058
M60	Grant Edwards	ACT	4,496	21.7.24	23.45	20.90	18.53	16.11	11.96
					863	888	946	949	850
M65	Gavin Murray	NSW	3,914	20.8.23	20.16	17.47	15.09	12.79	9.49
					793	799	814	805	703
M70	Gavin Murray	NSW	4,514	22.6.24	23.61	20.12	17.15	15.38	13.09
					889	870	884	936	935
M75	Bob Banens	ACT	3,050	21.7.24	15.48	13.46	11.07	9.68	8.54
					610	607	589	601	643
M80	Noel Donahoe	NSW	1,603	21.8.22	10.1	8.91	7.55	5.47	5.03
					351	355	339	267	291

**HEAVY WEIGHT PENTATHLON using 2022 AMA AGE FACTORS - WOMEN**

Age	Name	State	Points	Date	Weight 1	Weight 2	Weight 3	Weight 4	Weight 5
W30	Kayne Di Marco	NSW	3,865	5.10.09	24.25 12lb	20.30 16lb	17.12 20lb	13.94 25lb	10.00 35lb
					835	774	793	780	677
W35	Bryony Glass	WA	3,808	25.6.16	21.04 12lb	18.32 16lb	16.71 20lb	13.94 25lb	10.29 35lb
					740	722	802	812	732
W40	Bryony Glass	WA	3,587	17.9.17	18.28 12lb	15.75 16lb	14.47 20lb	12.36 25lb	9.40 35lb
					689	663	743	772	720
W45	Althea Mackie	Qld	3,426	1.10.18	16.08 12lb	13.94 16lb	12.79 20lb	11.44 25lb	8.01 35lb
					652	640	707	775	652
W50	Gabi Watts	NSW	3,988	1.10.18	18.83 4kg	17.10 12lb	14.94 16lb	13.09 20lb	10.94 25lb
					717	755	799	857	860
W55	Gabi Watts	NSW	3,974	30.4.22	16.67 4kg	16.15 12lb	13.49 16lb	12.00 20lb	10.00 25lb
					692	774	788	860	860
W60	Dorn Jenkins	Vic	4,300	24.9.17	21.38 3kg	18.51 4kg	15.44 12lb	12.96 16lb	10.68 20lb
					866	850	844	862	878
W65	Dorn Jenkins	Vic	4,738	21.2.21	20.25 3kg	18.42 4kg	15.19 12lb	13.09 16lb	10.35 20lb
					915	951	933	983	956
W70	Jan Banens	ACT	3,989	1.11.11	16.53 3kg	13.93 4kg	12.36 12lb	10.06 16lb	7.16 20lb
					829	789	840	827	704
W75	Jan Banens	ACT	3,603	13.8.17	15.19 2kg	13.42 3kg	11.45 4kg	9.19 12lb	7.71 16lb
					715	729	719	704	736
W80	Jeanette Williamson	ACT	3,655	15.1.23	14.09 2kg	11.72 3kg	9.97 4kg	8.03 12lb	6.64 16lb
					771	722	722	711	729

**HEAVY WEIGHT PENTATHLON - AMA CHAMPIONSHIP RECORDS - WOMEN**

Age	Name	State	Points	Date	Weight 1	Weight 2	Weight 3	Weight 4	Weight 5
W30	Nicole Luyten	Qld	2,691	7.10.24	17.20	14.67	12.69	10.65	7.47
					565	537	558	565	466
W35	Catherine McCowan	Vic	2,469	7.10.24	14.16	13.61	11.14	9.42	7.41
					470	511	498	506	484
W40	Dash Newington	Qld	2,536	7.10.24	14.34	12.52	11.56	9.26	5.87
					521	507	571	545	392
W45	Sharon Thompson	ACT	2,287	7.10.24	13.69	10.68	7.67	7.28	5.96
					543	469	382	446	447
W50	Maria Cimino	NSW	3,674	7.10.24	18.58	16.59	12.88	12.26	10.02
					706	729	673	793	773
W55	Gabi Watts	NSW	3,939	4.10.23	18.72	16.34	12.94	11.63	9.27
					789	784	751	830	785
W60	Jayne Hardy	ACT	3,325	7.10.24	16.59	15.65	13.32	9.38	8.61
					680	702	712	586	675
W65	Jill Taylor	NSW	3,110	7.10.24	13.89	13.74	11.26	8.47	7.38
					598	628	661	588	635
W70	Kerrie Jones	NSW	2,184	7.10.24	8.31	8.54	7.31	5.86	5.33
					374	446	452	428	484
W80	Lorraine Birtwell	Qld	3,019	4.10.23	12.53	9.99	8.39	6.91	5.38
					676	600	590	593	560

**INDOOR HEAVY WEIGHT PENTATHLON using 2022 AMA AGE FACTORS - WOMEN**

Age	Name	State	Points	Date	Weight 1	Weight 2	Weight 3	Weight 4	Weight 5
W30	Selma Lee	Vic	1,686	30.7.23	13.73	11.36	9.13	6.27	4.14
					425	396	373	285	197
W35	Natalie Debelijah	Vic	3,218	14.7.24	20.20	17.69	14.18	11.59	7.91
					711	666	663	652	526
W40	Melissa Holahan	NSW	3,503	22.6.24	17.22	16.60	14.36	12.70	8.37
					643	704	736	797	623
W45	Niki Johansen	Vic	2,682	1.5.22	13.47	11.81	10.58	8.38	6.73
					533	528	565	532	524
W50	Maria Cimino	NSW	3,661	22.6.24	19.01	15.64	13.45	12.00	10.02
					725	682	708	773	773
W55	Gabi Watts	NSW	4,057	20.8.23	17.82	16.05	13.69	12.28	9.98
					746	768	802	883	858
W60	Jayne Hardy	NSW	3,394	21.7.24	15.96	15.14	12.83	10.99	8.90
					622	676	682	710	704
W65	Jill Taylor	NSW	3,688	21.7.24	16.71	13.72	12.84	9.94	8.79
					738	681	770	712	787
W70	Kerrie Jones	NSW	2,332	21.7.24	9.72	8.94	7.76	6.26	5.1
					451	472	486	466	457
W75	Rhonda Dundas	Vic	2,188	1.5.22	11.13	7.80	7.70	6.36	4.88
					500	384	448	448	408
W80	Mary Thomas	NSW	3,350	21.7.24	12.16	10.67	9.21	7.57	6.64
					653	648	658	662	729

**PENTATHLON w/Discus & 200m - using 2023 WMA AGE FACTORS - MEN**

Age	Name	State	Points	Date	Long Jump	Javelin	200m	Discus	1500m
M30	Warren Evans	Qld	3,275	12.4.03	6.61	49.65	23.29	47.03	5:29.50
					723	583	758	809	402
M35	Terry Baldwin	Vic	3,541	1.3.98	6.57	52.78	22.8	33.88	4:35.3
					781	664	826	541	737
M40	Paul Jeffery	WA	3,625	15.3.14	6.26	51.93	24.2	38.86	4:42.5
					781	712	768	615	749
M45	Lloyd Michelson	NSW	3,793	May-85	5.70	49.24	24.6	34.22	4:24.5
					723	732	803	607	928
M50	Mark Jeffery	WA	3,549	14.3.21	5.25	51.03	27.21	43.74	5:19.45
					686	779	677	748	659
M55	Gary Parkinson	Qld	3,679	1.4.24	5.40	38.83	24.79	32.97	5:24.32
					823	620	953	581	702
M60	Rudi Hocheiter	Vic	3,682	3.12.87	4.91	40.34	27.14	39.36	5:21.58
					769	669	828	624	792
M65	Rudi Hocheiter	Vic	3,570	28.3.92	4.70	35.78	28.42	40.16	6:15
					799	653	801	716	601
M70	Mike Johnson	Vic	3,480	15.10.91	4.75	28	28.1	24.76	6:06.4
					932	494	882	446	726
M75	Don Frazer	ACT	2,934	27.2.14	4.26	26.97	33.02	26.36	8:07.47
					862	556	626	560	330

M80	Don Fraser	ACT	2,920	28.2.19	3.82	26.03	34.04	25.07	9:02.55
					823	558	657	621	261
M85	Rad Lovvic	ACT	2,113	21.2.13	2.66	15.51	42.18	14.81	8:24.93
					479	355	363	390	521
M90	Maurice Dauphinot	QLD	2,074	19.4.16	2.44	15.51	50.75	18.91	12:13.17
					556	469	227	672	150

#### PENTATHLON w/Discus & 200m - AMA CHAMPIONSHIP RECORDS - MEN

Age	Name	State	Points	Date	100m	Long Jump	Javelin	200m	Discus	1500m
M30	Gogi Rai	Vic	3,043	4.4.22	6.28	43.49	23.18	33.00	4:51.43	
					648	493	768	524	610	
M35	Paul Jeffrey	WA	3,213	9.4.12	6.10	50.93	24.21	35.51	4:53.15	
					659	635	719	574	626	
M40	Geoff Gibbons	Tas	3,260	12.6.17	5.51	48.89	24.63	32.53	4:46.21	
					595	661	752	526	726	
M45	John Gordon	NSW	3,476	1993	5.56	44.52	24.80	28.68	4:38.52	
					686	647	807	487	849	
M50	Ken Daniels	ACT	3,110	27.3.89	5.18	37.96	25.60	26.64	5:13.7	
					668	539	809	403	691	
M55	- as above in Australian records Gary Parkinson			3.679pts						
M60	Quentin Anthony	ACT	3,451	20.4.92	5.02	38.78	26.84	36.04	5:58.2	
					804	634	852	559	602	
M65	Mike Johnston	Vic	3,281	1.4.91	4.82	28.06	28.70	29.06	5:54.4	
					842	480	779	480	700	
M70	Mike Johnston	Vic	3,230	1993	4.46	24.44	29.46	25.24	6:03.78	
					823	414	797	457	739	
M75	Fred O'Connor	NSW	2,613	2001	3.63	26.68	32.90	26.31	8:32.08	
					617	549	633	558	256	
M80	Fred O'Connor	NSW	2,641	12.4.04	3.58	26.30	36.37	25.27	9:22.0	
					720	565	518	627	211	
M85	Maurice Dauphinot	Qld	2,094	24.4.11	2.88	18.63	42.89	20.35	10:46.52	
					576	453	336	583	146	

M90 - as above in Australian records Maurice Dauphinot 2,074

#### PENTATHLON w/Shot Put & 100m using 2023 WMA AGE FACTORS - WOMEN

Age	Name	State	Points	Date	100m	Shot Put	Long Jump	Javelin	800m
W30	Jilka Hiscov	NSW	3,238	19.4.16	12.94	11.35	5.60	28.75	2:32.83
					780	618	729	453	658
W35	Leonie Hoffman	Qld	2,792	9.4.12	12.95	9.49	4.98	29.08	2:54.95
					778	518	598	472	426
W40	Lee-Anne Grosvenor	Qld	3,189	6.4.15	13.45	9.08	4.64	29.63	2:28.13
					735	538	573	542	801
W45	Lisa Crouch	Qld	3,476	14.3.09	13.62	10.16	4.63	28.81	2:37.55
					678	654	591	759	759
W50	Lee-Anne Nelson	Qld	3,707	13.3.23	13.71	10.02	4.30	29.58	2:26.72
					868	618	628	618	975
W55	Karen Carah	Vic	3,899	31.3.24	14.04	10.84	4.52	27.69	2:49.18
					903	753	807	648	788
W60	Carol Davis	Qld	3,168	17.1.16	14.73	6.42	3.67	18.38	2:55.53
					886	443	576	456	807
W65	Carol Davis	Qld	3,898	10.2.19	15.09	7.01	3.93	24.13	2:55.26
					929	560	786	718	905
W70	Carol Davis	Qld	3,488	3.4.22	16.56	6.24	3.65	16.77	3:14.53
					808	554	774	544	808
W75	Miriam Cadmore	SA	3,168	19.4.16	17.37	7.35	3.22	20.42	4:21.86
					801	610	686	700	371
W80	Miriam Cadmore	SA	3,213	14.3.18	18.40	6.60	2.96	19.71	4:44.94
					747	628	691	792	355
W85	Jo Klemke	ACT	1,681	24.11.22	23.79	4.47	2.04	10.05	6:37.63
					367	467	362	436	49

#### PENTATHLON w/Shot Put & 100m - AMA CHAMPIONSHIP RECORDS - WOMEN

Age	Name	State	Points	Date	100m	Shot Put	Long Jump	Javelin	800m
W30	- as above in Australian records Jilka Hiscov			3,238					
W35	- as above in Australian records Leonie Hoffman			2,792					
W40	- as above in Australian records Lee-Anne Grosvenor			3,189					
W45	Melissa Foster	WA	3,343	31.3.24	13.44	9.62	5.49	26.75	3:13.11
					824	635	953	542	389
W50	- as above in Australian r								
W55	- as above in Australian records Karen Carah			3,899					
W60	Margaret Taylor	ACT	3,146	13.4.09	14.81	7.18	4.24	16.38	3:20.34
					875	510	804	397	560
W65	Carol Davis	Qld	3,407	19.4.16	14.65	5.80	3.47	15.38	2:50.54
					955	442	589	424	957
W70	- as above in Australian r								
W75	- as above in Australian records Miriam Cadmore			3,168					
W80	Anne Lang	SA	2,425	13.3.23	21.15	6.32	2.02	13.09	4:05.93
					472	596	248	493	616
W85	Jo Klemke	ACT	755	31.3.24	34.18	4.56	1.38	9.15	7:53.81
					0	282	84	389	0

#### DECATHLON using 2023 WMA AGE FACTORS

Age	Name	State	Points	Date	100m	Long Jump	Shot Put	High Jump	400m
					Hurdles	Discus	Pole Vault	Javelin	1500m
M30	Matt McEwan	Qld	7,705	15.2.03	11.23	7.20	15.08	1.97	49.78
					810	862	795	776	825
					16.2.03	15.22	42.91	4.80	56.64
					823	724	849	687	572
M40	Stephen Cain	Vic	7,785	Jul-14	11.33	6.73	13.87	1.99	51.07
					789	750	720	794	766
					Jul-14	14.85	44.87	4.90	62.68
					868	764	880	778	676
M35	Geoffrey Gibbons	Tas	6,654	14.1.12	11.70	6.31	10.92	1.73	51.01
					711	709	571	585	809
					15.1.17	16.31	34.13	4.06	50.41
					706	546	648	627	722

M40	Geoffrey Gibbons	Tas	6,942	7.1.17	11.79	6.29	10.20	1.71	52.85
					774	790	566	636	802
				8.1.17	15.71	28.83	3.90	48.41	4:39.55
M45	Paul Jeffrey	WA	7719 WR	23.11.19	11.55	6.05	11.41	1.70	53.97
					905	818	700	705	828
				24.11.19	16.75	38.49	3.80	55.87	4:58.91
M50	Justin Hamahan	Vic	6,899	13.2.21	12.67	5.89	12.28	1.68	57.75
					763	871	739	767	749
				14.2.21	16.21	38.17	3.10	32.57	5:27.10
M55	Dave Varley	Qld	6,400	23.9.17	12.79	4.79	8.28	1.42	60.14
					823	641	502	585	733
				24.9.17	17.24	28.69	3.00	43.97	5:47.02
M60	Rudi Hecheriter	Vic	6,549	27.7.89	13.18	4.82	11.53	1.41	63.21
					836	739	736	653	697
				28.7.89	19.62	41.46	2.30	42.12	5:48.33
M65	Don Fraser	ACT	6,334	19.2.05	13.56	4.80	9.07	1.35	67.67
					852	835	611	661	621
				20.2.05	19.62	33.68	2.20	37.14	6:36.60
M70	Geoff Shaw	Vic	6,671	12.1.19	14.87	4.49	8.12	1.40	68.72
					565	577	421	684	507
				13.1.19	15.76	25.45	3.10	27.08	6:21.45
M75	Fred O'Connor	NSW	6,054	29.7.99	14.91	3.99	9.15	1.21	78.34
					793	753	677	661	473
				30.7.99	15.86	29.65	1.90	25.88	7:58.9
M80	Don Fraser	ACT	5,046	13.4.19	16.39	3.82	9.28	1.14	1:40:70
					651	823	660	661	134
				14.4.19	21.72	26.14	1.40	26.61	8:51.85
M85	Vic Younger	Qld	3,895	1999	19.13	3.17	6.55	1.10	2:47:21
					420	709	501	696	0
				1999	27.34	17.82	1.70	17.22	DNF
M90	Vic Younger	Vic	2,687	22.2.03	31.69	2.25	5.86	0.92	DNF
					461	518	544	544	0
				23.2.03	49.76	13.72	1.15	13.30	DNF
		0	450	331	383	0			

#### DECATHLON - AMA CHAMPIONSHIP RECORDS

Age	Name	State	Points	Date	100m	Long Jump	Shot Put	High Jump	400m
					Hurdles	Discus	Pole Vault	Javelin	1500m
M30	Warren Evans	Qld	6,371	22.2.03	11.64	6.39	12.20	1.73	53.70
					723	673	619	569	652
				23.2.03	16.15	44.62	4.65	53.38	6:08.95
M35	Geoff Gibbons	Tas	6,435	28.2.15	11.62	6.19	11.04	1.71	51.73
					736	691	564	569	779
				1.3.15	16.21	30.72	4.20	42.65	4:41.20
		716	479	685	508	708			
M40 – as above in Australian records	Geoffrey Gibbons	6,942							
M45	Justin Hamahan	Vic	7,014	28.2.15	11.76	6.17	11.30	1.77	54.34
					845	862	676	767	805
				1.3.15	17.99	33.83	3.30	43.73	5:16.42
		652	594	535	632	646			
M50 – as above in Australian records	Justin Hamahan	6,899							
M55	Anthony Howlett	NSW	5,176	15.6.24	14.40	4.48	9.34	1.42	66.84
					543	552	582	585	499
				16.6.24	20.10	33.12	2.00	38.70	5:40.56
		341	584	257	617	616			
M60	Luke Di Biasi	Vic	6,166	15.6.24	13.03	5.33	10.74	1.45	62.11
					863	908	676	696	736
				16.6.24	16.97	35.33	nh	35.59	6:50.23
		653	507	0	569	578			
M65 – as above in Australian records	Don Fraser	6,334							
M70 – as above in Australian records	Geoff Shaw	6,671							
M75	Den Chambers	Vic	4,055	4.1.14	16.10	3.67	8.54	1.10	92.31
					591	630	610	536	162
				5.1.14	18.44	16.73	1.85	19.15	dnf
		455	300	416	355	0			
M80	Rad Lovic	ACT	2,946	28.2.09	19.40	2.88	7.26	0.98	1:43.54
					284	441	480	464	87
				1.3.09	25.46	12.70	NH	17.66	7:49.17
		104	243	0	335	508			
M85	Allan Wood	Vic	2,453	14.1.23	20.19	2.38	6.42	0.93	2:12.95
					334	365	479	488	0
				15.1.23	35.99	15.08	NH	17.33	DNF
		0	375	0	412	0			
M90 – as above in Australian records	Vic Younger	2,687							

#### HEPTATHLON using 2022 WMA AGE FACTORS

Age	Name	State	Points	Date	Hurdles	High Jump	Shot Put	200m	Long Jump	Javelin	800m
W30	Juka Hiscok	NSW	4,626	1.4.16	15.46	1.52	11.44	26.81	8.30	32.09	2:30.34
					782	644	624	728	643	516	689
W30	Jane Amieson	NSW	<5863	2016							
W35	Marie Kay	NSW	4,746	29/30.8.99	15.76	1.59	10.39	26.97	5.25	34.82	2:53.73
					756	759	580	757	674	584	636
W40	Marie Kay	NSW	5,475	4/5.7.01	12.61	1.64	10.14	26.68	5.55	33.11	2:32.82

					931	916	616	787	865	618	742
W45	Marie Kay	Qld	5,784	Aug-09	12.32	1.6	10.79	26.96	5.05	32.30	2.41.70
					1047	978	728	852	795	674	710
W50	Marie Kay	Qld	5,870	6/7.7.11	12.93	1.51	11.52	27.77	5.13	31.97	2.51.40
					1020	953	731	877	934	676	679
W55	Marie Kay	Qld	6,217	6/7.8.15	12.89	1.42	11.09	27.88	4.93	32.48	2.57.40
					1103	928	773	963	975	777	698
W60	Marge Allison	Qld	4,731	28/29.7.08	15.10	1.24	6.93	31.9	3.66	18.4	2.53.86
					874	759	488	753	573	459	825
W65	Wilma Perkins	Qld	4,881	28/29.10.16	15.09	1.15	8.26	31.95	3.44	20.78	3:38.36
					961	712	685	850	576	605	494
W70	Carol Davis	Qld	5,444	WR 6/7.2.21	16.98	1.14	6.55	32.96	3.68	19.96	3:05.52
					835	783	588	884	789	666	899
W75	Marge Allison	Qld	4,553	22/23.2.20	18.67	1.09	6.83	37.51	2.9	13.43	3:33.28
					788	816	558	698	532	428	743

#### HEPTATHLON - AMA CHAMPIONSHIP RECORDS

Age	Name	State	Points	Date	Hurdles	High Jump	Shot Put	200m	Long Jump	Javelin	800m
W30	Leanne McMurdy	Qld	3,192	22/23.2.03	19.08	1.42	8.10	28.00	4.69	21.97	2:52.82
					383	534	406	631	477	326	435
W35	Jennifer Baldwin	Vic	3,769	9/10.2.02	18.35	1.41	9.01	28.23	4.78	29.06	2:34.63
					465	544	486	613	540	472	649
W40	Melissa Foster	WA	4,260	29/30.4.22	13.61	1.45	8.52	28.14	5.39	26.22	3:08.75
					779	678	497	667	810	469	560
W45	Karen Carah	Vic	4,669	9/10.1.16	13.73	1.48	9.02	29.20	4.57	29.04	2:57.02
					832	806	587	672	634	596	542
W50	Karen Carah	Vic	4,533	14/15.1.23	14.63	1.38	10.27	30.10	4.34	24.93	3:08.28
					775	771	637	694	643	506	507
W55	Vicki Townsend	ACT	4,899	29/30.4.22	14.37	1.33	10.34	30.39	4.24	23.18	3:16.19
					888	795	711	766	700	527	512
W60	Vicki Townsend	ACT	4,482	15/16.6.24	15.13	1.21	9.91	32.89	3.73	20.76	3:48.24
					870	712	755	685	601	527	332
W65	Christine Bridle	Vic	4,114	14/15.1.23	18.59	1.17	7.49	33.76	3.37	17.68	3:44.45
					552	736	607	725	548	500	446

W75 as above in Australian records Marge Allison 4.553

#### INDOORS PENTATHLON using 2022 WMA AGE FACTORS – MEN

Age	Name	State	Points	Date	60m Hurdles	High Jump	Shot Put	Long Jump	800m
M35	Matthew McDowall	WA	3,243	10.3.18	9.22	1.76	11.93	6.18	3:03.78
					698	610	619	688	628
M40	Geoffrey Gibbons	Tas	3,512	22.3.17	8.83	1.69	10.37	5.88	2:53.38
					841	619	564	695	793
M50	Andrew Brooker	WA	3,191	27.3.19	10.83	1.63	9.2	5.06	3:08.58
					558	705	511	641	776
M55	John Fienieg	NSW	2,798	4.4.12	11.45	1.48	8.51	4.57	3:43.62
					528	582	508	636	544
M60	John Fienieg	NSW	2,674	22.3.17	12.04	1.36	8.55	4.19	3:46.38
					445	585	502	550	592
M65	Joe Begley	Qld	2,222	27.3.19	12.7	1.12	7.85	3.94	4:34.46
					428	404	501	550	339
M70	Don Chambers	Vic	2,642	2.3.10	10.73	1.11	8.85	3.70	5:00.31
					795	464	566	552	267
M75	Don Chambers	Vic	2,644	25.3.14	11.33	1.15	8.98	3.63	dnf
					788	593	648	615	0
M80	Rad Lovic	ACT	2,301	2008	15.33	0.99	7.37	2.91	4:47.96
					348	480	489	453	531
M85	Rad Lovic	ACT	1,677	25.3.14	25.35	0.91	6.34	2.26	5:35.95
					0	457	471	319	430

#### INDOORS PENTATHLON using 2022 WMA AGE FACTORS - WOMEN

Age	Name	State	Points	Date	60m Hurdles	High Jump	Shot Put	Long Jump	800m
W35	Melissa Foster	WA	2,211	24.3.17	10.20	NH	8.43	5.33	3:00.62
					675	0	448	712	376
W40	Marie Kay	NSW	3,305	16.3.04	9.71	1.45	8.80	5.13	2:57.32
					904	678	519	738	466
W45	Marie Kay	NSW	4,186	18.3.06	9.43	1.51	10.02	5.41	2:39.79
					1017	842	668	934	725
W50	Marie Kay	Qld	4,422	1.3.10	9.55	1.51	12.30	5.16	2:46.78
					1015	941	790	956	720
W60	Wilma Perkins	Qld	3,097	25.3.14	11.28	1.18	7.96	3.96	3:48.42
					844	580	694	655	324
W65	Marge Allison	Qld	3,352	1.3.10	11.53	1.17	6.57	3.13	3:08.99
					881	736	517	459	759
W75	Fran Harris	ACT	1,699	24.3.17	15.52	0.94	6.03	2.11	5:45.37
					432	470	531	165	1