

WORLD RECORDS***non-member record**

Date	Age	Event	Name	State	Performance
10/08/1977	M40	200m	Reg Austin	NSW	21.9s
12/08/1977	M80	5000m Walk	Gus Theobald	Vic	30m 42s
24/01/1978	M55	3000m	Jack Ryan	Vic	9m 12.8s
24/04/1978	M55	5000m	Jack Ryan	Vic	15m 52.8s
14/04/1979	M65	5000m Walk	Tom Daintry	Vic	25m 44s
14/04/1979	M80	3000m Walk	Gus Theobald	Vic	19m 11s
27/07/1979	M60	10,000m	John Gilmour	WA	35m 07.7s
28/07/1979	M65	10k Walk	R H Jones	Vic	55m 23.4s
22/12/1979	M60	1500m	John Gilmour	WA	4m 30s
6/01/1980	M70	1500m	Merv Jenkinson	Qld	5m 11.8s
15/03/1980	M35	3000m Walk	Willi Sawall	Vic	11m 28.2s
9/08/1980	M60	5000m	John Gilmour	WA	16m 33.3s
26/11/1980	M60	10,000m	John Gilmour	WA	34m 23s
13/01/1981	M65	20k Walk	Tom Daintry	Vic	1h 51m 18s
9/05/1981	M70	10k Walk	Tom Daintry	Vic	54m 17s
21/02/1982	M40	3k Walk	Willi Sawall	Vic	11m 38.4s
10/04/1982	M85	3k Walk	Gus Theobald	Vic	19m 31s
10/04/1982	M70	5k Walk	Tom Daintry	Vic	27m 01.8s
10/04/1982	M85	5k Walk	Gus Theobald	Vic	33m 14.2s
21/08/1982	M85	20k Walk	Gus Theobald	Vic	2h 26m 07s
4/07/1983	M40	20k Walk	Willi Sawall	Vic	1h 21m 36s
5/08/1989	W60	400m	69.0s	SA	69.0s
13/08/1983	M65	800m	Jack Stevens	Vic	2m 20.5s
17/09/1983	W60	400m	Aileen Hogan	Qld	72.5s
30/09/1983	W40	80m Hurdles	Una Lund	Qld	12.39s
4/02/1984	W45	100m	Wendy Ey	SA	12.5s
4/03/1984	W45	200m	Wendy Ey	SA	26.2s
22/03/1984	M50	1500m	Tom Roberts	Vic	4m 05.2s
31/03/1984	M40	5000m Walk	Willi Sawall	Vic	19m 45.65s
22/04/1984	M50	800m	Tom Roberts	Vic	2m 00.5s
2/03/1985	W55	Discus	Sylvia White	SA	34.56m
5/04/1985	W55	10,000m	Jean Albury	Vic	38m 38.6s
6/04/1985	W55	1500m	Jean Albury	Vic	5m 15.7s
7/04/1985	W55	5000m	Jean Albury	Vic	18m 49s
25/06/1985	M65	5000m	John Gilmour	WA	17m 25.3s
29/06/1985	M65	1500m	John Gilmour	WA	4m 49.16s
8/85	W45	400m	Judy Pollock	Vic	58.35s
30/11/1985	M65	100m	Bernie Hogan	Qld	12.5s
17/12/1985	M70	10,000m	Alan Burgoyne	Vic	40m 40.04s
18/01/1986	W50	Javelin	Heather Doherty	Qld	38.64m
29/03/1986	M90	400m	Bill Empey	NSW	2m 07.5s
3/04/1987	M90	20k Walk	Gus Theobald	Vic	2h 34m 01s
5/04/1987	M90	3000m Walk	Gus Theobald	Vic	21m 21.3s
18/04/1987	M90	5000m Walk	Gus Theobald	Vic	35m 09.47s
18/04/1987	W55	400m	Daphne Pirie	Qld	68.6s
7/11/1987	W40	400m Hurdles	Jan Hynes	Qld	62.8s

28/11/1987	W65	200m	Aileen Hogan	Qld	32.15s
28/11/1987	W60	10,000m	Shirley Brasher	Tas	44m 32.6s
28/11/1987	W65	High Jump	Gwen Davidson	Vic	1.22m
28/11/1987	W55	Triple Jump	Pat Carr	WA	8.75m
29/11/1987	M50	20k Walk	Bob Gardiner	Vic	1h 39m 27s
29/11/1987	W35	Hammer	Chris Schultz	Vic	40.36m
29/11/1987	W40	Hammer	Chris Battersby	Vic	31.38m
29/11/1987	W45	Hammer	Irene Mitchell	ACT	34.10m
1/12/1987	W60	5000m	Shirley Brasher	Tas	21m 14.6s
4/12/1987	W50	5k Walk	Joan Hooper	Vic	26m 48s
4/12/1987	W55	5k Walk	Jean Albury	Vic	26m 46.92s
5/12/1987	M65	1500m	Jack Ryan	Vic	4m 41.82s
5/12/1987	M75	2k Steeple	Stan Nicolls	Vic	10m 32.17s
5/12/1987	W60	1500m	Shirley Brasher	Tas	5m 44.81s
5/12/1987	M70	Hammer	Roy Foley	Vic	45.24m
5/12/1987	W40	400m Hurdles	Jan Hynes	Qld	63.58s
5/12/1987	W50	300m Hurdles	Brenda Parkinson	SA	49.78s
5/12/1987	W55	High Jump	Daphne Pirie	Qld	1.35m
5/12/1987	W50	Triple Jump	Dorothy Wittam	WA	9.28m
5/12/1987	W60	Hammer	Lydia Widera	Vic	30.46m
3/88	M70	Hammer	Roy Foley	Vic	47.54m
12/03/1988	W50	Javelin	Heather Doherty	Qld	41.44m
27/03/1988	W75	Hammer (3kg)	Ruth Frith	NSW	12.74m
27/08/1988	M45	20k Walk	Willi Sawall	Vic	1h 25m 03s
19/11/1988	W40	Hammer	Chris Battersby	Vic	33.48m
7/01/1989	W55	Javelin	Heather Doherty	Qld	40.10m
12/03/1989	W75	Hammer (3kg)	Ruth Frith	NSW	18.32m
19/03/1989	M85	200m	Charlie Booth	Vic	39.3s
24/03/1989	W40	Hammer	Lynn Carter	WA	34.52m
25/03/1989	W40	80m Hurdles	Eileen Hindle	WA	11.8s
26/03/1989	W65	Triple Jump	Gwen Davidson	Vic	7.43m
20/07/1989	W65	Triple Jump	Gwen Davidson	Vic	7.55m
29/07/1989	W60	10,000m	Shirley Brasher	Tas	43m 58.66s
30/07/1989	M50	20k Walk	Bob Gardiner	Vic	1h 37m 57s
1/08/1989	M55	800m	Tom Roberts	Vic	2m 05.07s
1/08/1989	M70	5000m	John Gilmour	WA	18m 46.62s
1/08/1989	W60	800m	Ann Cooper	SA	2m 52.66s
1/08/1989	W50	Triple Jump	Helen Searle	NSW	9.66m
4/08/1989	W60	5000m	Shirley Brasher	Tas	20m 51.63s
5/08/1989	M50	800m	Alan Bradford	Qld	2m 00.4s
5/08/1989	M65	400m	Tom Hishon	Qld	61.29s
5/08/1989	M70	1500m	John Gilmour	WA	5m 09.73s
5/08/1989	W50	Hammer	Helen Searle	NSW	39.64m
5/08/1989	W75	Hammer (3kg)	Ruth Frith	NSW	20.00m
23/09/1989	W50	Hammer	Helen Searle	NSW	41.84m
1/10/1989	W45	Long Jump	Jan Hynes	Qld	5.46m
21/10/1989	M70	10,000m	John Gilmour	WA	38m 26s
7/11/1989	W45	400m	Jan Hynes	Qld	57.8s
11/11/1989	W45	400m Hurdles	Jan Hynes	Qld	64.8s
18/11/1989	W45	Triple Jump	Jan Hynes	Qld	10.12m

Jan 1990	M65	Triple Jump	Ken McConnell	Tas	10.87m
22/01/1990	M90	10k Walk	Gus Theobald	Vic	77m 52s
8/02/1990	W40	Hammer	Trish Connell	ACT	34.90m
13/04/1990	W80	Hammer	Ruth Frith	NSW	19.12m
14/04/1990	W80	100m	Ruth Frith	NSW	20.2s
3/11/1990	W80	3k Walk	Nance Jeffreys	Vic	24m 00s
26/01/1991	W45	200m	Jan Hynes	Qld	26.0s
2/03/1991	W40	Hammer	Chris Schultz	Vic	41.56m
16/03/1991	W35	Hammer	Lisa Kirsch	Tas	41.72m
16/03/1991	W65	Hammer	Lydia Widera	Vic	33.00m
18/07/1991	W80	Triple Jump	Ruth Frith	NSW	5.22m
18/07/1991	W50	Hammer	Helen Searle	NSW	41.86m
16/10/1991	W45	200m	Jan Hynes	Qld	25.63s
19/10/1991	W70	Triple Jump	Marie Partridge	NSW	7.18m
30/11/1991	W40	2k Steeple	Antoinette Shaw	WA	7m 50.6s
1992	M35	3000m Walk	David Smith	Qld	11m 16.38s
1992	M35	5000m Walk	David Smith	Qld	19m 23.41s
4/01/1992	W40	2k Steeple	Antoinette Shaw	WA	7m 48.8s
4/04/1992	M80	3000m Walk	Tom Daintry	Vic	18m 44s
5/04/1992	M75	Hammer	Roy Foley	Vic	40.88m
11/04/1992	M75	Hammer	Roy Foley	Vic	43.10m
17/04/1992	W65	10,000m	Shirley Brasher	Tas	45m 49.71s
18/04/1992	W65	1500m	Shirley Brasher	Tas	6m 02.68s
18/04/1992	W65	2k Steeple	Tony Smit	Tas	12m 44.98s
19/04/1992	W65	800m	Shirley Brasher	Tas	3m 01.18s
19/04/1992	W65	5000m	Shirley Brasher	Tas	22m 06.34s
19/04/1992	W80	Triple Jump	Ruth Frith	NSW	5.33m
1993	W30	3k Walk	*Kerry Junna-Saxby	NSW	11m 52.71s
10/01/1993	M85	200m	Harry Gathercole	Vic	37.3s
7/02/1993	W50	Hammer	Jan Davies	Vic	44.56m
21/03/1993	W50	Hammer	Jan Davies	Vic	46.68m
11/04/1993	W70	High Jump	Gwen Davidson	Vic	1.16m
Oct 1993	M85	200m	Harry Gathercole	Vic	35.99s
Oct 1993	W45	800m	Judy Bandiera	Vic	2m 17.06s
Oct 1993	W80	Triple Jump	Ruth Frith	NSW	5.65m
12/09/1993	W40	20k Walk	Heather McDonald	Vic	1h 42m 22s
4/02/1994	M55	3k Steeplechase	Alan Bradford	Qld	10m 14s
3/09/1994	W50	300m Hurdles	Jan Hynes	Qld	45.8s
27/09/1994	W85	3k Walk	Nance Jeffreys	Vic	27m 36s
28/09/1994	W50	Long Jump	Hynes	Qld	5.25m
28/09/1994	W50	Hammer	Jan Davies	Vic	47.78m
29/09/1994	W65	80m Hurdles	Judith Knight	NSW	18.25s
2/10/1994	W50	200m	Jan Hynes	Qld	26.84s
29/10/1994	W50	800m	Marge Allison	NSW	2m 22.03s
10/12/1994	W50	400m	Marge Allison	NSW	60.02s
18/02/1995	W50	Hammer	Marjaleena Parviainen	NSW	48.52m
25/03/1995	W85	Shot Put	Ruth Frith	NSW	5.92m
29/04/1995	W55	2k Steeple	Jan Morrey	Vic	9m 13.6s
13/07/1995	W50	400m	Marge Allison	NSW	58.51s
13/07/1995	W50	Javelin	Mary Thomas	NSW	48.56m

23/07/1995	W55	Hammer	Helen Searle	NSW	46.30m
20/08/1995	M80	Hammer (4kg)	John Fraser	Vic	34.72m
6/10/1995	W65	5k Walk	Jean Albury	Vic	27m 57s
4/11/1995	W35	3k Walk	Anne Manning	NSW	12m 43.2s
17/12/1995	W35	10k Walk	Anne Manning	NSW	44m 28s
1996	W30	5k Walk	*Kerry Junna-Saxby	NSW	20m 03s
1996	W30	10k Walk	*Kerry Junna-Saxby	NSW	41m 47s
1996	W35	5k Walk	*Kerry Junna-Saxby	NSW	20m 41s
11/02/1996	W35	5k Walk	Anne Manning	NSW	21m 37.5s
16/02/1996	W45	800m	Barbara Blurton	Vic	2m 14.7s
3/96	W75	Triple Jump	Marie Partridge	NSW	6.31m
2/03/1996	W40	Hammer	Lisa Kirsch	Tas	44.00m
23/03/1996	M80	Hammer	John Fraser	Vic	37.18m
24/03/1996	W50	Hammer	Marjaleena Parviainen	NSW	49.10m
14/12/1996	M55	3000m Walk	Willi Sawall	Vic	12m 44s
1997	M55	5000m Walk	Willi Sawall	Vic	22m 11.5s
1997	W35	3000m Walk	*Kerry Junna-Saxby	NSW	12m 02.39s
1998	W35	10k Walk	*Kerry Junna-Saxby	NSW	42m 52s
23/08/1998	W75	Weight Pent	Gwen Davidson	Vic	4,041 pts
25/07/1999	W50	20k Walk	Sandra Kramer	SA	108m 57s
3/08/1999	W70	200m	Ann Cooper	SA	32.83s
3/08/1999	M60	800m	Alan Bradford	Qld	2m 10.4s
8/08/1999	W70	2k Steeple	Shirley Brasher	Tas	12m 19.5s
8/08/1999	M60	2k Steeple	Alan Bradford	Qld	6m 54.3s
9/99	W75	High Jump	Gwen Davidson	Vic	1.12m
9/99	W65	2k Steeple	Pam Mews	Vic	12m 44.5s
20/11/1999	W40	Pole Vault	Dawn Hartigan	Vic	3.45m
12/12/1999	M85	Hammer	John Fraser	Vic	27.51m
12/12/1999	M85	Weight Pent	John Fraser	Vic	3,727 pts
2000	W35	20k Walk	*Kerry Junna-Saxby	NSW	1h 29m 36s
13/01/2000	W40	2k Steeple	Elaine Cooper	ACT	7m 06.6s
10/02/2000	M45	3k Steeple	Jeff Broderick	Vic	9m 24.4s
24/02/2000	W50	Triple Jump	Margaret Taylor	ACT	10.49m
1/04/2000	W70	2k Steeple	Shirley Brasher	Tas	12m 00.1s
1/04/2000	M100	100	Les Amey	Qld	58.29s
1/04/2000	M100	1500	Les Amey	Qld	16:46.4
8/04/2000	W60	2k Steeple	Jan Morrey	Vic	8m 59.6s
21/04/2000	W90	Shot Put	Ruth Frith	NSW	5.24m
22/04/2000	W70	2k Steeple	Shirley Brasher	Tas	11:24.3
22/04/2000	W90	Discus	Ruth Frith	NSW	12.10m
22/04/2000	W60	Weight Throw	Helen Searle	NSW	17.52m
22/04/2000	W90	Weight Throw	Ruth Frith	NSW	5.33
24/04/2000	W55	Hammer	Marja Parviainen	NSW	50.56
24/04/2000	W90	Javelin	Ruth Frith	NSW	9.33m
24/04/2000	W90	Weight Throw	Ruth Frith	NSW	6.00m
24/04/2000	W90	Weight Pent	Ruth Frith	NSW	4,339 pts
15/07/2000	M85	Hammer	Anton Tesija	ACT	28.01m
31/10/2000	M85	2k Steeple	Eddie Gamble	Vic	14m 52.6s
3/11/2000	W60	2k Steeple	Jan Morrey	Vic	8m 52.30s
10/03/2001	W50	Triple Jump	Margaret Taylor	ACT	10.54m

31/03/2001	M85	2k Steeple	Eddie Gamble	Vic	13m 50.9s
13/04/2001	W90	Shot Put	Ruth Frith	NSW	5.37m
13/04/2001	W90	Javelin	Ruth Frith	NSW	9.63m
16/04/2001	W90	Weight Throw	Ruth Frith	NSW	6.19m
4/5-07-2001	W40	Heptathlon	Marie Kay	NSW	5,995 pts
10/07/2001	W60	400m	Anne Stobaus	Vic	67.30s
13/07/2001	W50	Weight Pent	Chris Schultz	Vic	4,455 pts
18/08/2001	M55	20k Walk	Andrew Jamieson	Vic	95m 12.7s
6/09/2001	W40	20k Walk	*Kerry Junna-Saxby	NSW	93m 40.2s
29/09/2001	W60	Hammer	Helen Searle	Qld	46.09m
1/10/2001	W90	Javelin	Ruth Frith	Qld	10.00m
6/10/2001	M95	Triple Jump	Alex Pittendrich	Qld	3.55m
7/10/2001	M95	Long Jump	Alex Pittendrich	Qld	1.67m
27/10/2001	W60	10k	Theresia Baird	Vic	39m 21.1s
16/12/2001	W45	20k Road Walk	Lyn Ventris	WA	1h 34m 15s
14/01/2002	W90	Javelin	Ruth Frith	Qld	10.09m
15/01/2002	W90	Javelin	Ruth Frith	Qld	10.51m
8/02/2002	W45	10k Walk	Lynette Ventris	WA	46:35.6
16/03/2002	M80	400m	Mike Johnston	Vic	74.5s
16/03/2002	W45	3k Walk	Lynette Ventris	WA	13:57.4
19/03/2002	W45	Pole Vault	Dawn Hartigan	Vic	3.50m
1/04/2002	M80	400m	Mike Johnston	Vic	72.85s
10/08/2002	W60	50k Walk	Val Chesterton	ACT	6:55:10
27/09/2002	W75	3k Walk	Lorna Thompson	Qld	20:42.2
9/10/2002	W45	5k Walk	Lyn Ventris	WA	24:09.4
10/10/2002	W55	Hammer Throw	M. Parviainen	NSW	51.30m
15/02/2003	W50	2k Steeple	Louise Fairfax	Tas	7m 55.74s
23/02/2003	M90	Decathlon	Vic Younger	Vic	4,199 pts
27/02/2003	W75	Mile Run	Corrie DeGroot	Vic	8m 59.4s
2/03/2003	W80	Hammer	Gwen Davidson	Vic	21.27m
2/03/2003	W80	Weight Pent	Gwen Davidson	Vic	4,308 pts
16/03/2003	M90	Pentathlon	Vic Younger	Vic	2,673 pts
23/03/2003	W80	Hammer	Gwen Davidson	Vic	21.66m
23/03/2003	W80	Weight Pent	Gwen Davidson	Vic	4,423 pts
5/04/2003	M90	Pole Vault	Vic Younger	Vic	1.42m
14/04/2003	W75	One Hour Run	Corrie De Groot	Vic	10,049m
20/04/2003	W55	Triple Jump	Margaret Taylor	ACT	10.20m
23/08/2003	M65	10k Road Walk	Murray Dickinson	Vic	54:54.5
6/09/2003	W60	10k Road Walk	Brenda Riley	Vic	55:28.0
29/09/2003	W60	One Hour Run	Lavinia Petrie	Vic	13,822m
5/11/2003	W80	Hammer	Gwen Davidson	Vic	22.60m
9/11/2003	M55	30k Road Walk	Andrew Jamieson	Vic	2h 32m 05s
19/12/2003	W50	800m	Jeanette Flynn	Qld	2m 17.9s
7/02/2004	W50	800m	Jeanette Flynn	Qld	2m 16.8s
14/02/2004	W50	Mile	Jeanette Flynn	Qld	5m 13.6s
13/03/2004	W70	Weight Pent	Heather Doherty	Qld	4,306 pts
10/04/2004	W45	5k Walk	Lyn Ventris	WA	23:56.6
11/04/2004	W70	Weight Pent	Heather Doherty	Qld	4,571 pts
12/04/2004	W60	10k Road Walk	Brenda Riley	Vic	55:17.9
8/05/2004	M65	10k Road Walk	Murray Dickinson	Vic	54:15.8

23/05/2004	W60	20k Road Walk	Sandy Brunner	SA	1:57:43
4/07/2004	M85	Marathon	Robert Horman	Qld	4:34:55
4/09/2004	W95	Hammer	Ruth Frith	Qld	11.28m
4/09/2004	W95	Discus	Ruth Frith	Qld	9.55m
4/09/2004	W95	Shot Put	Ruth Frith	Qld	4.20m
18/09/2004	W95	Javelin	Ruth Frith	Qld	8.13m
18/09/2004	W95	Weight Throw	Ruth Frith	Qld	5.09m
19/09/2004	W60	10k Road Walk	Brenda Riley	Vic	55:12:00
25/09/2004	W95	Hammer	Ruth Frith	Qld	11.37m
25/09/2004	W95	Shot Put	Ruth Frith	Qld	4.47m
27/09/2004	W45	One Hour Run	Jenny Dowie	Vic	14,827m
2/10/2004	W95	Discus	Ruth Frith	Qld	9.85m
21/10/2004	W95	Shot Put	Ruth Frith	Qld	4.72m
24/10/2004	W55	50k Road Walk	Liz Feldman	Vic	5:45:08
29/01/2005	W50	800m	Jeanette Flynn	Qld	2m 16.1s
11/02/2005	W55	3k Walk	Heather Carr	Vic	15:32.5
20/02/2005	M80	Decathlon	Fred O'Connor	NSW	6,130 pts
25/02/2005	W45	5k Walk	Lynette Ventris	WA	23:42.4
5/03/2005	W65	5k Walk	Brenda Riley	Vic	27m 38s
6/03/2005	W65	5k	Brenda Riley	Vic	21:22
6/03/2005	W45	20k Walk	Lyn Ventris	WA	1:39:09
13/03/2005	M90	Hammer	John Fraser	Vic	24.63m
13/03/2005	M90	Weight Pent	John Fraser	Vic	5,201 pts
27/03/2005	W70	Weight Pent	Heather Doherty	Qld	4,636 pts
18/06/2005	M90	One Mile	Eddie Gamble	Vic	12:49.9
24/08/2005	W45	Heptathlon	Marie Kay	NSW	6094 pts
26/08/2005	W60	300m Hurdles	Marge Allison	Qld	51.64s
29/08/2005	M70	200m	Hugh Coogan	Qld	26.84s
9/10/2005	W65	5k Walk	Brenda Riley	Vic	27:23.6
10/10/2005	W65	5k	Brenda Riley	Vic	21:20.3
23/10/2005	W65	10k Walk	Brenda Riley	Vic	57:20.4
13/11/2005	W65	10k Walk	Brenda Riley	Vic	55:31.8
26/11/2005	W95	Discus	Ruth Frith	Qld	10.50m
7/01/2006	W55	3k Walk	Heather Carr	Vic	15:29.7
17/01/2006	W95	Weight Throw	Ruth Frith	Qld	5.11m
17/01/2006	W95	Weight Pent	Ruth Frith	Qld	6750 pts
20/01/2006	W95	Weight Throw	Ruth Frith	Qld	5.16m
20/01/2006	W55	10k Road Walk	Heather Carr	Vic	54m 01s
21/01/2006	W95	Discus	Ruth Frith	Qld	10.85m
29/01/2006	W95	Discus	Ruth Frith	Qld	10.90m
12/02/2006	W65	5k Track Walk	Brenda Riley	Vic	27:19.1
19/03/2006	W95	Javelin	Ruth Frith	Qld	9.03m
25/03/2006	M80	One Mile	Norm Pearce	Qld	7m 24s
1/04/2006	W65	3k Track Walk	Brenda Riley	Vic	16:22.1
2/04/2006	W65	5000m	Brenda Riley	Vic	21m 02.1s
2/04/2006	M70	400m	Hugh Coogan	Qld	60.77s
16/04/2006	W95	Weight Pent	Ruth Frith	Qld	7383 pts
20/05/2006	W55	10k Road Walk	Heather Carr	Vic	53m 55s
22/07/2006	M60	10k Road Walk	Andrew Jamieson	Vic	47m 17s
30/07/2006	M60	20k Road Walk	Andrew Jamieson	Vic	96m 15s

20/11/2006	W50	4 x 1500 Relay	Fay McNeill Jeanette Flynn Betty Menzies Jean Hampson	Qld Qld Qld Qld	23:24.5
25/11/2006	W55	1 Mile	Jeanette Flynn	Qld	5m 27.6s
14/12/2006	W65	4 x 1500 Relay	Val Chesterton Fran Harris Sue Counsel Jennifer Odgers	ACT ACT ACT ACT	34m 09.3s
14/12/2006	W70	4 x 1500 Relay	Cory Collins Anne Young Alison Ide Consie Larmour	ACT ACT ACT ACT	34:20.4
16/12/2006	W65	5k	Theresia Baird	Vic	20:57.4
16/12/2006	M60	5k Walk	Andrew Jamieson	Vic	22m 53s
17/12/2006	M60	10k Road Walk	Andrew Jamieson	Vic	47m 06s
17/12/2006	W65	20k Road Walk	Brenda Riley	Vic	1:57:39
1/02/2007	W55	4 x 1500 Relay	Jill Brown Maureen Rossiter Kathy Sims Carol Baird	ACT ACT ACT ACT	27:10.8
3/02/2007	M50	4 x 1500 Relay	Robert Caldwell Terry Pearce Will Hersbach Eero Keranen	Vic Vic Vic Vic	19:02.1
9/02/2007	W50	Pole Vault	Dawn Hartigan	Vic	3.30m
9/02/2007	M60	3k Walk	Andrew Jamieson	Vic	13:34.6
9/02/2007	W55	800m	Jeanette Flynn	Qld	2m 22.2s
25/02/2007	M50	4 x 1500 Relay	Robert Caldwell Terry Pearce Will Hersbach Eero Keranen	Vic Vic Vic Vic	18:43.2
1/03/2007	M60	5k Walk	Andrew Jamieson	Vic	22:38.7
3/03/2007	W55	800m	Jeanette Flynn	Qld	2m 22.2s (=)
6/03/2007	W50	Pole Vault	Dawn Hartigan	Vic	3.40m
15/03/2007	W70	4 x 800m Relay	Anne Young Alison Ide Consie Larmour Cory Collins	ACT ACT ACT ACT	16:43.2
16/03/2007	W50	5k Walk	Lynette Ventris	WA	24:32.8
17/03/2007	W55	3k Walk	Heather Carr	Vic	15m 11s
18/03/2007	W65	5k	Theresia Baird	Vic	20:42.5
24/03/2007	W55	3k Walk	Heather Carr	Vic	15:08.4
24/03/2007	W50	3k Walk	Lynette Ventris	WA	13:54.3
25/03/2007	M80	4 x 800m Relay	Ken Matchett Jim Sinclair Gerry Heilmann Mike Johnston	Vic Vic Vic Vic	17:24.2
31/03/2007	M60	3k Walk	Andrew Jamieson	Vic	13:24.1
7/04/2007	W50	5k Walk	Lynette Ventris	WA	23:37.8

7/04/2007	M85	2k Steeple	Ken Matchett	Vic	13:23.1
9/04/2007	W50	10k Road Walk	Lynette Ventris	WA	48m 27s
25/04/2007	W65	3000m	Theresia Baird	Vic	12:07.2
20/05/2007	W65	10000m	Theresia Baird	Vic	42:07.1
20/05/2007	M60	30k Road Walk	Andrew Jamieson	Vic	2h 30m 56.3
24/06/2007	W50	20k Road Walk	Lynette Ventris	WA	1:42:28
1/07/2007	M60	20k Road Walk	Andrew Jamieson	Vic	1:35.56.5
11/07/2011	W65	300m Hurdles	Marge Allison	Qld	54.06s
14/07/2007	M60	10k Road Walk	Andrew Jamieson	Vic	46:56.6
21/07/2007	M60	10k Road Walk	Andrew Jamieson	Vic	46:22.1
21/07/2007	W55	10k Road Walk	Heather Carr	Vic	53:41.1
26/07/2007	M75	800m	David Carr	WA	2m 34.3s
24/09/2007	W55	One Hour Run	Bronwen Cardy	Vic	15,323m
24/09/2007	W85	One Hour Run	Margaret Prowse	Vic	6,469m
29/11/2007	W40	4x1500m Relay	Charlie McCormack	ACT	23:05.2
			Kelley Flood	ACT	
			Helen Larmour	ACT	
			Katie Forestier	ACT	
20/12/2007	W60	4x1500m Relay	Peggy Macliver	WA	26:47.3
			Jacquelin Halberg	WA	
			Christine Oldfield	WA	
			Gillian Young	WA	
20/12/2007	M60	4x1500m Relay	Albert Carse	WA	22:25.9
			David Roberts	WA	
			Frank Smith	WA	
			Robert Schickert	WA	
20/12/2007	W45	4x1500m Relay	Delia Baldock	WA	25:00.9
			Karen March	WA	
			Elizabeth Neville	WA	
			Robin King	WA	
24/01/2008	W40	One Hour Run	Jackie Fairweather	ACT	16,056m
31/01/2008	M75	4x1500 Relay	David Carr	WA	34:17.0
			Kenneth Whistler	WA	
			Robert Hayres	WA	
			Cecil Walkley	WA	
31/01/2008	M60	4x1500 Relay	Bruce Wilson	WA	21:48.4
			Jim Klinge	WA	
			John Oldfield	WA	
			Jim Langford	WA	
31/01/2008	W45	4x1500 Relay	Gillian Young	WA	24:32.0
			Karen March	WA	
			Karyn-Sue Gower	WA	
			Robin King	WA	
31/01/2008	M35	4x1500 Relay	Christopher Neale	WA	20:11.9
			Paul Burke	WA	
			Eldon George	WA	
			Brett Roach	WA	
16/03/2008	M75	800m	David Carr	WA	2:34.3(=)
23/03/2008	M75	2k Steeple	David Carr	WA	8m 56.6s
24/03/2008	W35	4 x 100m Relay	Ranell Hobson	NSW	47.74s

			Julie Brims	Qld	
			Kylie Strong	NSW	
			Gianna Mogentale	NSW	
18/06/2008	M90	Mile	Peter Brownbill	Vic	10m 30.9s
27/07/2008	M60	30k Road Walk	Andrew Jamieson	Vic	2h 29m 45.7s
24/08/2008	M60	20k Road Walk	Andrew Jamieson	Vic	1h 35m 38.9s
29/09/2008	W65	One Hour Run	Lavinia Petrie	Vic	13,406m
2/11/2008	M85	10k Road Walk	Richard Keatinge	Qld	78m 52s
1/12/2008	M35	4x1500m Relay	Ross Nicholls	Qld	18m 59.2s
			Joshua Bridge	Qld	
			Brendan Whelan	Qld	
			Shawn Claydon	Qld	
14/12/2008	M60	50k Road Walk	Andrew Jamieson	Vic	4h 23m 16s
14/12/2008	W50	20k Road Walk	Lynette Ventris	WA	1h 45m 13s
24/01/2009	W40	4x1500m Relay	Marcia Sheer	Qld	21m 39.6s
			Glenda Banaghan	Qld	
			Petrina Brown	Qld	
			Jeanette Flynn	Qld	
29/01/2009	W40	4x1500m Relay	Sarah Fien	ACT	21m 17s
			Jane Zeller	ACT	
			Amanda Walker	ACT	
			Jackie Fairweather	ACT	
29/01/2009	M70	4x1500m Relay	Roger Abbott	ACT	27m 28.8s
			Bob Chapman	ACT	
			Michael Freer	ACT	
			Tony Booth	ACT	
12/02/2009	M75	4x1500m Relay	David Carr	WA	30m 01.7s
			Robert Hayres	WA	
			Cecil Walkley	WA	
			Irwin Barrett-Lennard	WA	
12/02/2009	W60	4x1500m Relay	Peggy Macliver	WA	26m 30s
			Jacquelin Halberg	WA	
			Shirley Bell	WA	
			Gillian Young	WA	
22/03/2009	W40	Pole Vault	Irie Hill	Vic	3.65m
13/04/2009	M65	4 x 400m Relay	Colin Buyers	Qld	4m 02.6s
			Heinz Steinmann	Qld	
			Tony Ireland	NSW	
			Neville McIntyre	NSW	
3/05/2009	M60	30k Walk	Andrew Jamieson	Vic	2:28:55
7/08/2009	W40	4 x 100m Relay	Gianna Mogentale	NSW	48.01s
			Julie Brims	Qld	
			Jacqueline Bezenhuidou	NSW	
			Kylie Strong	NSW	
Aug 2009	W45	Heptathlon	Marie Kay	Qld	6,185pts
23/08/2009	W100	Throws Pent	Ruth Frith	Qld	11,671pts
23/08/2009	W100	Hammer (2kg)	Ruth Frith	Qld	10.16m
23/08/2009	W100	Shot Put (2kg)	Ruth Frith	Qld	4.27m
23/08/2009	W100	Discus (750gm)	Ruth Frith	Qld	9.04m
23/08/2009	W100	Javelin	Ruth Frith	Qld	6.43m

23/08/2009	W100	Weight Th(4kg)	Ruth Frith	Qld	4.42m
23/08/2009	W100	Throws Pent	Ruth Frith	Qld	5743pts
12/10/09	W100	Discus (750gm)	Ruth Frith	Qld	9.12m
12/10/09	W100	Hammer (2kg)	Ruth Frith	Qld	10.53m
12/10/09	W100	Weight Th(4kg)	Ruth Frith	Qld	4.88m
14/11/2009	W60	3k Walk	Heather Carr	Vic	15:43.6
22/11/2009	W60	20k Walk	Heather Carr	Vic	1:57:38
5/12/2009	W100	Hammer (2kg)	Ruth Frith	Qld	10.80m
21/01/2010	W60	3k Walk	Heather Carr	Vic	15:30.7
18/02/2010	M80	4 x 800m Relay	Vic Beaumont	WA	16:01.8
			Stanley Lockwood	WA	
			Cecil Walkley	WA	
			Irwin Barrett-Lennard	WA	
3/10	W100	Discus	Ruth Frith	Qld	8.89m
20/03/2010	W40	Pole Vault	Irie Hill	Vic	3.75m
21/03/2010	W100	Shot Put	Ruth Frith	Qld	4.48m
2/04/2010	W50	Long Jump	Marie Kay	Qld	5.41
3/04/2010	W60	5k Walk	Heather Carr	Vic	26:29.3
5/04/2010	W60	10k Road Walk	Heather Carr	Vic	54m 12s
5/04/2010	W75	Weight (4kg)	Val Worrell	Vic	11.57m
5/04/2010	W100	Weight Throw	Ruth Frith	Qld	4.72m
14/04/2010	W40	Pole Vault	Irie Hill	Vic	3.80m
5/06/2010	W60	10km Road Walk	Heather Carr	Vic	53:56.6
27/06/2010	W60	20km Road Walk	Heather Carr	Vic	1:56:42
18/07/2010	W50	20k Road Walk	Lyn Ventris	WA	1:45:04
22/08/2010	W100	Throws Pent	Ruth Frith	Qld	5501pts
22/08/2010	W100	Javelin Throw	Ruth Frith	Qld	5.99m
25/09/2010	W100	Hammer Throw	Ruth Frith	Qld	11.05m
3/10/2010	W100	Hammer Throw	Ruth Frith	Qld	11.30m
13/11/2010	M55	3000m	Keith Bateman	NSW	8m 56.8s
20/11/2010	W100	Discus Throw	Ruth Frith	Qld	9.02m
18/12/2010	M55	One Mile	Keith Bateman	NSW	4m 35s
5/01/2011	M55	5000m	Keith Bateman	NSW	15:29.7
22/01/2011	W60	3k Walk	Heather Carr	Vic	15:21.9
2/03/2011	W60	5k Walk	Heather Carr	Vic	26:10.2
26/03/2011	M55	10,000m	Keith Bateman	NSW	31:51.9
2/04/2011	W100	Discus	Ruth Frith	Qld	9.30m
2/04/2011	W100	Throws Pent	Ruth Frith	Qld	5570pts
23/04/2011	W45	4 x 100m Relay	Giola Motti	NSW	48.92s
			Julie Brims	Qld	
			Julie Forster	NSW	
			Gianna Mogentale	NSW	
24/04/2011	W75	Throws Pent	Heather Doherty	Qld	3890pts
24/04/2011	W45	4 x 400m Relay	Julie Forster	NSW	4m 01.2s
			Giola Motti	NSW	
			Gianna Mogentale	NSW	
			Julie Brims	Qld	
29/05/2011	W50	20k Walk	Lyn Ventris	WA	1:39:51
29/05/2011	W60	20k Walk	Heather Carr	Vic	1h 56m 18s
25/06/2011	M65	10k Walk	Andrew Jamieson	Vic	49m 27s

6/7-07-2011	W50	Heptathlon	Marie Kay	Qld	6202pts
11/07/2011	W65	300m Hurdles	Marge Allison	Qld	54.06s
15/07/2011	M55	1500m	Keith Bateman	NSW	4m 12.4s
16/07/2011	M65	20k Walk	Andrew Jamieson	Vic	1h 42m 57s
16/07/2011	W70	400m	Anne Stobaus	Vic	76.63
17/07/2011	W60	4x400m Relay	Evelyn Peake	SA	4m 55.5s
			Kathryn Heagney	Vic	
			Wilma Perkins	Qld	
			Kathryn Sims	ACT	
17/07/2011	W65	4x400m Relay	Marge Allison	Qld	5m 16.4s
			Peggy Macliver	WA	
			Anne Stobaus	Vic	
			Noreen Parrish	Qld	
21/08/2011	M65	20k Walk	Andrew Jamieson	Vic	1:41:27
11/09/2011	W60	50k Walk	Liz Feldman	Vic	6:05:43
11/09/2011	M65	30k Walk	Andrew Jamieson	Vic	2:39:25
7/10/2011	W55	5k Walk	Lynette Ventris	WA	24:16.8
8/10/2011	W55	3k Walk	Lynette Ventris	WA	14m 27s
12/10/2011	W55	10k Walk	Lynette Ventris	WA	50m 32s
23/10/2011	M75	400m	Hugh Coogan	Qld	65.04s
5/11/2011	M75	400m	Hugh Coogan	Qld	64.10s
27/11/2011	M50	4x800m Relay	Andrew Egginton	Vic	8m 39s
			Scott Lawrence	Vic	
			Peter Hawes	Qld	
			John Jago	Tas	
21/01/2012	W55	Pole Vault	Dawn Hartigan	Vic	3.07m
4/02/2012	W55	Pole Vault	Dawn Hartigan	Vic	3.11m
9/03/2012	M65	5k Walk	Andrew Jamieson	Vic	24m 46s
18/03/2012	M65	5k Walk	Andrew Jamieson	Vic	24:17.1
22/03/2012	W55	5k Walk	Lyn Ventris	WA	23:57.9
24/03/2012	W55	3k Walk	Lyn Ventris	WA	14:16.4
7/04/2012	W55	10k Road Walk	Lyn Ventris	WA	49m 59s
8/04/2012	W55	Pole Vault	Dawn Hartigan	Vic	3.20m
9/04/2012	W35	Weight Throw	Byrony Glass	WA	17.29m
14/04/2012	M65	3k Walk	Andrew Jamieson	Vic	14:20.1
14/04/2012	M65	5k Walk	Andrew Jamieson	Vic	24m 14s
14/04/2012	W70	3000m	Sandy Brunner	SA	13:21.9
12/05/2012	M65	10k Road Walk	Andrew Jamieson	Vic	49m 05s
19/05/2012	M65	10k Road Walk	Andrew Jamieson	Vic	48m 39s
21/06/2012	M80	Mile	David Carr	WA	6m 26.6s
26/06/2012	M80	2k Steeple	David Carr	WA	9m 39.3s
14/07/2012	W55	10k Road Walk	Lyn Ventris	WA	49m 34s
29/07/2012	W55	20k Road Walk	Lyn Ventris	WA	1:43:11
29/07/2012	M65	20k Road Walk	Andrew Jamieson	Vic	1:40:14
31/07/2012	M80	2k Steeple	David Carr	WA	9m 38.1s
19/08/2012	W55	10k Road Walk	Lyn Ventris	WA	49m 15s
26/08/2012	W55	20k Road Walk	Lyn Ventris	WA	1:40:42
3/11/2012	M65	3k Walk	Andrew Jamieson	Vic	14:13.6
3/11/2012	W85	5k Walk	Heather Lee	NSW	40m 07s
5/11/2012	W85	3k Walk	Heather Lee	NSW	23:24.9

5/11/2012	M80	4 x 400m Relay	David Carr George Harrod Leo Coffey Richard Hughes	WA Qld Vic NSW	5m 32.3s
1/02/2013	M80	2k Steeple	David Carr	WA	9m 35.1s
5/02/2013	W35	Weight Throw	Byrony Glass	WA	18.02m
26/02/2013	M80	800m	David Carr	WA	2m 48.5s
23/03/2013	W55	Pole Vault	Dawn Hartigan	Vic	3.26m
1/04/2013	W60	4x800m Relay	Kathy Heagney Kathy Sims Paula Moorhouse Jeanette Flynn	Vic ACT NSW Qld	11:22.6
26/05/2013	W40	10k Road Walk	Kelly Ruddick	Vic	46m 27s
30/06/2013	W40	20k Road Walk	Kelly Ruddick	Vic	96m 46s
13/07/2013	W40	10k Road Walk	Kelly Ruddick	Vic	46m 35s
4/08/2013	W40	10k Road Walk	Kelly Ruddick	Vic	46m 15s
17/08/2013	W40	10k Road Walk	Kelly Ruddick	Vic	45m 26s
18/08/2013	W60	800m	Jeanette Flynn	Qld	2m 34s
1/09/2013	W40	20k Road Walk	Kelly Ruddick	Vic	93m 15s
13/09/2013	W70	One Hour Run	Lavinia Petrie	Vic	13,044m
7/10/2013	W40	5k Walk	Kelly Ruddick	Vic	21:57.4
8/10/2013	W70	5k	Lavinia Petrie	Vic	21:34.2
2/11/2013	W40	3k Walk	Kelly Ruddick	Vic	13:07.3
12/01/2014	W70	Half Marathon	Lavinia Petrie	Vic	97m 38s
24/01/2014	W70	3000m	Lavinia Petrie	Vic	13:07.8
24/01/2014	W70	10,000m	Lavinia Petrie	Vic	45:28.7
25/01/2014	M50	Shot Put	Stuart Gyngell	NSW	18.63m
8/03/2014	W70	10,000m	Lavinia Petrie	Vic	44:43.3
9/03/2014	W70	5,000m	Lavinia Petrie	Vic	21:34.1
29/03/2014	W40	5k Walk	Kelly Ruddick	Vic	21:46.7
2/11/2014	W70	200m Hurdles	Marge Allison	Qld	38.28s
18/11/2014	W70	3000m	Lavinia Petrie	Vic	12m 52s
22/02/2015	W70	Marathon	Lavinia Petrie	Vic	3:38:53
6/08/2015	W55	Heptathlon	Marie Kay	Qld	6682pts
11/08/2015	W70	200m Hurdles	Marge Allison	Qld	36.71s
16/08/2015	W60	Throws Pent	Dorn Jenkins	Vic	4437pts
16/08/2015	W70	4x400m Relay	Peggy Macliver Jean Hampson Anne Lang Marge Allison	WA Qld SA Qld	5m 32.9s
5/09/2015	W75	50k Walk	Val Chesterton	ACT	8:06:47
28/09/2015	W45	One Hour Run	Julie Norney	Vic	15,421m
28/09/2015	W60	One Hour Run	Bronwen Cardy	Vic	14,109m
9/01/2016	W40	3k Walk	Kelly Ruddick	Vic	12:58.9
20/02/2016	W55	Long Jump	Marie Kay	Qld	5.01m(=)
26/06/2016	M70	20k Walk	Andrew Jamieson	Vic	1:52:36
23/07/2016	M70	10k Road Walk	Andrew Jamieson	Vic	53m 16s
6/11/2016	W65	4x400m Relay	Paula Moorhouse Carol Davis Kathryn Heagney	NSW Qld Vic	5m 06.1s

			Lyn Peake	SA	
19/11/2016	W90	3k Walk	Heather Lee	NSW	25:34.2
9/12/2016	W90	5k Walk	Heather Lee	NSW	42:37.5
13/06/2017	W65	4x400m Relay	Carol Davis	Qld	4m 52.8s
			Barbara Blurton	WA	
			Jeanette Flynn	Qld	
			Lyn Peake	SA	
15/06/2017	M85	1500m	David Carr	WA	6m 27.3s
28/06/2017	M85	800m	David Carr	WA	3m 06.7s
6/07/2017	M85	2k Steeple	David Carr	WA	11:04.2
17/08/2017	M85	Mile	David Carr	WA	7m 16.7s
7/10/2017	W75	3k Walk	Gwen Steed	Vic	20:24.5
21/10/2017	W75	3k Walk	Gwen Steed	Vic	20:04.5
23/10/2017	W90	3k Walk	Heather Lee	NSW	24m 57s
24/10/2017	W90	5k Walk	Heather Lee	NSW	42:36.5
2/12/2017	*W35	2000m Steeple	Victoria Mitchell	NSW	6m 27.1s
21/12/2017	M85	2000m Steeple	David Carr	WA	10:53.3
25/01/2018	W70	2000m Steeple	Gillian Young	WA	10:03.5
11/04/2018	W35	Javelin	Kathryn Mitchell	Vic	68.92m
27/04/2018	W60	5k Walk	Lyn Ventris	WA	25:41.6
27/04/2018	W90	5k Walk	Heather Lee	NSW	41:04.9
29/04/2018	W90	10k Walk	Heather Lee	NSW	1:25:28
10/09/2018	W60	10k Walk	Lynette Ventris	WA	53m 26s
10/11/2018	W90	3k Walk	Heather Lee	NSW	25m 45.3s
11/11/2018	W90	10k Walk	Heather Lee	NSW	84m 21s
2/12/2018	W45	50km Walk	Kelly Ruddick	Vic	4:54:31
23/03/2019	W45	3k Walk	Kelly Ruddick	Vic	13:19.5
28/04/2019	W75	5000m	Lavinia Petrie	Vic	23:30.9
6/09/2019	W70	3k Walk	Heather Carr	Vic	18:01.1
28/09/2019	W40	10,000m	Sinead Diver	Vic	31:25.5
6/10/2019	W90	3k Walk	Heather Lee	NSW	25m 52.25s
24/11/2019	M45	Decathlon	Paul Jeffery	WA	7867pts
27/11/2019	W70	3k Walk	Heather Carr	Vic	17:58.1
1/12/2019	M65	50k Walk	Colin Heywood	NT	5:05:34
11/01/2020	W70	3k Walk	Heather Carr	Vic	17:50.6
11/01/2020	W45	3k Walk	Kelly Ruddick	Vic	13:11.6
11/01/2020	W90	Mile(Run)	Heather Lee	NSW	12:48.6
8/10/2020	W70	400m	Barbara Blurton	WA	72.76s
22/10/2020	W80	4x800m Relay	Anne Young	ACT	26:03.5
			Consie Larmour		
			Jo Klemke		
			Cory Collins		
12/11/2020	W70	400m	Barbara Blurton	WA	72.51s
10/12/2020	W70	400m	Barbara Blurton	WA	71.78s
23/01/2021	W55	400m	Julie Brims	Qld	59.36s
30/01/2021	W55	100m	Julie Brims	Qld	12.34s
30/01/2021	W55	200m	Julie Brims	Qld	25.18
30/01/2021	W45	4x800m Relay	Simone Quin	Vic	10:30.3
			Julia Smith	Vic	
			Susan Michelsson	Vic	

6/7-02/2021	W70	Heptathlon	Kate Siebold	Vic	
			Carol Davis	Qld	6375pts
13/02/2021	W55	100m	Julie Brims	Qld	12.24s
7/03/2021	W55	200m	Julie Brims	Qld	25.07s
7/03/2021	W70	200m Hurdles	Carol Davis	Qld	36.53s
8/01/2022	M65	4 x 800m Relay	Robert Gunningham	Qld	10:44:06
			Mark McLean	Qld	
			Peter Reeves	Qld	
			Ian Cameron	Qld	
29/01/2022	W45	5k Walk	Kelly Ruddick	Vic	23:14.49
26/02/2022	W45	5k Walk	Kelly Ruddick	Vic	22:47.17
20/03/2022	W70	2k Steeplechase	Marlene Gourlay	Vic	9:46.79
24/03/2022	M45	4 x 800m Relay	Daniel Hopkins	Vic	8:36.35
			Mark Hipworth	Vic	
			Nathan Crowley	Vic	
			Craig Sanford	Vic	
26/03/2022	M55	4 x 800m Relay	Darryn Bryant	Qld	9:27.72
			Mark Lepper	Qld	
			Joseph Phelan	Qld	
			Peter Link	Qld	
26/03/2022	M75	4 x 800m Relay	Michael Jukes	Qld	14:02.84
			Stephen Dixon	Qld	
			Colin Mancey	Qld	
			Dieter Lacko	Qld	
3/04/2022	W55	4 x 100m Relay	Sharee Maksimovic	Tas	53.19s
			Julie Brims	Qld	
			Steph Noon	SA	
			Julie Forster	NSW	
3/04/2022	W45	4 x 800m Relay	Anna Smee	Tas	10:08.92
			Kriszta Kovacs	NSW	
			Clare Durrant	Qld	
			Charlotte Middleton	NSW	
3/04/2022	M75	4 x 800m Relay	Robbie Costmeyer	ACT	13:22.67
			Steve Dixon	Qld	
			Dieter Lacko	Qld	
			Don Mathewson	NSW	
1/05/2022	M75	10k Road Walk	Andrew Jamieson	Vic	58m 31s
28/05/2022	M75	10k Road Walk	Andrew Jamieson	Vic	57m 36s
23/06/2022	M90	3000m	David Carr	WA	16:20.96
3/07/2022	M90	5000m	David Carr	WA	29:47.83
8/07/2022	M90	2k Steeplechase	David Carr	WA	12:50.43
9/07/2022	W50	4 x 100m Relay	Mandy Mason	WA	50.70s
			Julie Brims	Qld	
			Lenore Lambert	NSW	
			Janelle Delaney	NSW	
28/07/2022	M90	One Mile	David Carr	WA	8:21.34
11/08/2022	M90	10,000m	David Carr	WA	62:48.93
1/09/2022	M90	1500m	David Carr	WA	7:32.95
15/09/2022	M90	2k Steeplechase	David Carr	WA	12:26.57
2/10/2022	W55	Marathon	Krishna Stanton	Qld	2:48:06

8/10/2022	W95	1500m	Heather Lee	NSW	13:45.93
13/10/2022	M90	5000m	David Carr	WA	29:28.60
15/10/2022	W95	400m	Heather Lee	NSW	3:10.21
5/11/2022	W95	1500m	Heather Lee	NSW	12:46.55
1/12/2022	M60	5000m	Steve Moneghetti	Vic	15:52.9
3/12/2022	W95	Mile	Heather Lee	NSW	13:41.36
4/12/2022	*W45	Marathon	Sinead Diver	Vic	2:21:34
26/01/2023	W75	2000m Steeplechase	Gillian Young	WA	11:14.17
5/02/2023	W95	800m	Heather Lee	NSW	6:35.34
9/03/2023	M60	4x800m Relay	Scott Lawrence	Vic	9:29.53
			Steve Moneghetti	Vic	
			Paul Viney	Vic	
			Mark Hipworth	Vic	
11/03/2023	W75	2k Steeplechase	Gillian Young	WA	11:01.5
11/03/2023	W45	4x800m Relay	Lee-Anne Nelson	Qld	9:43.13
			Kriszta Kovacs	NSW	
			Sharon Davis	WA	
			Evette Cordy	Vic	
11/03/2023	M45	4x800m Relay	James McEniry	Vic	8:21.54
			Nathan Crowley	Vic	
			Craig Sanford	Vic	
			Brett Halls	NSW	
12/03/2023	W95	5000m	Heather Lee	NSW	44:03.75
21/03/2023	M70	3000m	John Bermingham	NT	10:40.56
16/05/2023	W75	10k	Lavinia Petrie	Vic	49m 54.5s
10/11/2023	W55	200m	Mandy Mason	WA	24.94s
23/11/2023	W55	200m	Mandy Mason	WA	24.63s
1/12/2023	W55	100m	Mandy Mason	WA	12.15s
25/02/2024	W45	Long Jump	Melissa Foster	WA	5.71m
23/03/2024	W60	4 x 100m Relay	Gianna Mogentale	NSW	55.37s
			Julie Forster		
			Phillipa Wight		
			Christine De Vries		
31/03/2024	W55	400m	Mandy Mason	WA	57.86s
28/07/2024	M60	10k	John Meagher	Vic	33m 32.09s
25/08/2024	W50	4 x 400m Relay	Evette Cordy	Vic	4m 09.92s
			Julie Brims	Qld	
			Lenore Lambert	NSW	
			Janelle Delaney	NSW	

World Indoor Records:

18/03/2006	W45	Pentathlon	Marie Kay	NSW	4350 pts
March 2008	W45	200m	Marie Kay	Qld	25.85s
March 2008	W45	400m	Marie Kay	Qld	56.99s
March 2008	M60	Mile	Kevin Solomon	Vic	5m 01.6s
1/03/2010	W50	Pentathlon	Marie Kay	Qld	4906pts
3/03/2010	W60	3k Walk	Heather Carr	Vic	15:54.8
4/04/2012	W55	3k Walk	Lyn Ventris	WA	14:51.2

5/04/2012	M65	3k Walk	Andrew Jamieson	Vic	14:39.8
19/03/2017	W65	3k Walk	Heather Carr	Vic	16m 58s
22/03/2017	W70	3000m	Lavinia Petrie	Vic	12:54.9
25/03/2017	W65	400m	Jeanette Flynn	Qld	70.34s

27-Aug-24

%Std	Location
91.23%	Gothenburg Swedon
88.47%	Gothenburg Swedon
94.80%	Olympic Park, Vic
92.60%	Olympic Park, Vic
90.21%	Sydney
85.87%	Sydney
91.32%	Hanover Germany
84.30%	Hanover Germany
93.32%	Perth
88.99%	Brisbane, Qld
94.03%	Melbourne
93.14%	Helsinki Finland
93.30%	Perth
85.98%	Auckland
90.34%	Albert Park
94.50%	Melbourne
88.09%	Perth
88.73%	Perth
87.86%	Perth
86.15%	Albert Park
95.60%	Melbourne
87.38%	Eugene USA WMA
90.49%	USA
83.01%	Houston USA
86.62%	Puerto Rico
87.53%	Adelaide, SA
86.27%	Adelaide, SA
94.69%	Victoria
94.24%	Melbourne
93.74%	Canberra, ACT
67.91%	Adelaide, SA
89.54%	Hobart
87.03%	Hobart
87.03%	Hobart
93.09%	Rome Italy
91.25%	Rome Italy
90.68%	Toronto WG
91.17%	Brisbane, Qld
86.77%	Melbourne
67.22%	QEII Brisbane
59.24%	Adelaide, SA
89.56%	Sydney
87.01%	Melbourne
90.06%	Sydney AMA
83.58%	Sydney AMA
86.88%	QEII Brisbane

84.41%	OP Melbourne WMA
82.70%	OP Melbourne WMA
80.11%	OP Melbourne WMA
71.84%	OP Melbourne WMA
83.89%	OP Melbourne WMA
52.19%	OP Melbourne WMA
44.59%	OP Melbourne WMA
53.36%	OP Melbourne WMA
82.07%	OP Melbourne WMA
82.82%	OP Melbourne WMA
86.37%	OP Melbourne WMA
93.63%	OP Melbourne WMA
69.73%	OP Melbourne WMA
83.54%	OP Melbourne WMA
67.53%	OP Melbourne WMA
86.01%	OP Melbourne WMA
88.84%	OP Melbourne WMA
79.90%	OP Melbourne WMA
71.41%	OP Melbourne WMA
56.33%	OP Melbourne WMA
74.28%	Murrumbeena, Vic
78.36%	QEII Brisbane
-	Sydney SAF
95.31%	Canberra, ACT
47.58%	Doncaster
77.46%	QEII Brisbane
-	Sydney
72.60%	Murrumbeena, Vic
49.06%	Perth
89.14%	Perth
69.93%	Perth
71.06%	Eugene USA
82.26%	Eugene USA
85.17%	Eugene USA
94.01%	Eugene USA
91.16%	Eugene USA
81.72%	Eugene USA
74.34%	Eugene USA
83.57%	Eugene USA
93.97%	Eugene USA
87.01%	Eugene USA
89.59%	Eugene USA
59.32%	Eugene USA
-	Eugene USA
62.61%	Sydney
85.40%	Brisbane, Qld
91.81%	Perth
91.32%	QEII Brisbane
81.21%	QEII Brisbane
73.14%	QEII Brisbane

84.87%	Hobart
82.19%	Albert Park
49.60%	ACT
45.54%	Melbourne
74.43%	OP Melbourne
76.09%	Auckland
86.93%	QEII Brisbane
59.06%	Melbourne
53.95%	Launceston
68.48%	Murrumbeena, Vic
62.42%	Turku Finland
62.64%	Turku Finland
88.99%	QEII Brisbane
72.66%	QEII Brisbane
86.37%	Perth
95.67%	Brisbane, Qld
93.34%	Brisbane, Qld
89.51%	Perth
85.58%	Murrumbeena
84.00%	Murrumbeena
88.00%	Murrumbeena
83.38%	Hobart
83.56%	Hobart
69.94%	Hobart
82.11%	Hobart
83.46%	Hobart
63.74%	Hobart
98.26%	Sydney
77.13%	QEII Brisbane
66.68%	Melbourne
69.86%	Murrumbeena
80.46%	Adelaide
79.76%	Miyazaki
90.14%	Miyazaki
70.56%	Miyazaki
85.02%	Knox
92.60%	Norfolk Island
96.27%	Brisbane, Qld
71.51%	Brisbane, Qld
86.95%	Brisbane, Qld
74.78%	Brisbane, Qld
71.46%	Brisbane, Qld
88.55%	QEII Brisbane
90.57%	Sydney
91.65%	Sydney
72.61%	Homebush Sydney
56.39%	Sydney
82.17%	Townsville
94.02%	Buffalo WMA
84.48%	Buffalo WMA

76.83%	Buffalo WMA						
89.48%	Murrumbeena						
91.20%	OP Melbourne						
93.11%	Sydney						
93.63%	Knox						
99.97%	Sydney						
99.64%	Sydney						
97.30%	Sydney						
93.57%	Homebush Sydney						
91.72%	Murrumbeena, Vic						
68.91%	Sydney						
66.23%	Hobart						
91.00%	Murrumbeena						
73.48%	Sydney						
96.48%	Geelong, Vic						
93.44%	Melbourne						
98.37%	Sydney						
97.31%	Sydney						
-	Murrumbeena	23.60	6.81	18.22	14.74	9.91	
85.87%	Salisbury SA						
86.72%	Gateshead, UK						
93.74%	Gateshead, UK						
78.43%	Gateshead, UK						
89.99%	Gateshead, UK						
82.23%	Adelaide						
69.98%	Adelaide						
72.41%	Box Hill						
53.94%	Murrumbeena						
-	Murrumbeena	27.51	7.60	21.73	11.84	12.80	
94.46%	Nuremberg						
95.28%	AIS ACT						
91.97%	Olympic Park						
80.73%	Bruce ACT						
80.54%	Hobart						
35.92%	QEII Brisbane						
59.68%	QEII Brisbane						
91.74%	Murrumbeena						
59.37%	Hobart						
84.76%	Hobart						
53.13%	Hobart						
80.56%	Hobart						
46.92%	Hobart						
83.89%	Hobart						
43.59%	Hobart						
52.82%	Hobart						
-	Hobart	13.13	5.22	11.81	9.33	6.00	2931
54.92%	Varazdin, Croatia						
59.21%	Murrumbeena, Vic						
84.76%	Southport, Qld						
81.11%	AIS, ACT						

63.60%	Murrumbeena, Vic						
60.84%	Bankstown, NSW						
44.99%	Bankstown, NSW						
56.91%	Bankstown, NSW						
-	Brisbane, Qld	12.61	1.64	10.14	26.68	5.55	33.11
89.59%	Brisbane, Qld						
-	Brisbane, Qld	37.88	13.87	40.35	32.18	12.94	3824
91.24%	Coburg, Vic						
92.92%	Brisbane, Qld						
89.17%	Canberra, ACT						
46.72%	Canberra, ACT						
51.93%	Maryborough, Qld						
54.90%	Maryborough, Qld						
91.94%	Murrumbeena, Vic						
95.51%	Melbourne						
47.14%	Geelong, Vic						
53.56%	Geelong, Vic						
94.14%	AIS, Bruce, ACT						
82.13%	Aberfeldie, Vic						
86.64%	Floreat, WA						
78.10%	Olympic Park, Vic						
84.15%	Adelaide, SA						
78.02%	Canberra, ACT						
82.24%	Griffith Uni Qld						
88.57%	Olympic Park, Vic						
88.83%	Olympic Park, Vic						
92.21%	Launceston, Tas						
-	QEII, Brisbane	31.69	2.25	5.86	0.92	dnf	49.76
69.14%	East Burwood Vic						
50.66%	Murrumbeena, Vic						
-	Murrumbeena, Vic	21.27	5.92	15.10	11.60	7.39	
-	Murrumbeena, Vic	2.53	15.05	58.1	13.11	dnf	1485
51.58%	Murrumbeena, Vic						
-	Murrumbeena, Vic	21.67	6.24	14.94	11.81	7.47	
58.16%	Murrumbeena, Vic						
-	Doncaster, Vic						
83.75%	Perth, WA						
85.04%	Middle Park, Vic						
93.09%	Middle Park, Vic						
-	Doncaster, Vic						
53.82%	Canberra, ACT						
91.52%	Middle Park, Vic						
93.28%	St Lucia, Qld						
94.85%	QEII, Brisbane						
91.50%	QEII, Brisbane						
-	QEII, Brisbane	21.80	7.91	23.48	24.13	9.35	
89.36%	Olympic Park, Vic						
-	Olympic Park, Vic	24.03	8.25	24.82	23.70	10.18	
94.40%	Middle Park, Vic						
86.05%	Middle Park, Vic						

79.48%	Middle Park, Vic						
73.90%	Gold Coast, Qld						
49.63%	SAF, Qld						
53.25%	SAF, Qld						
58.57%	SAF, Qld						
47.85%	SAF, Qld						
56.87%	SAF, Qld						
94.57%	Middle Park, Vic						
50.03%	SAF, Qld						
62.34%	SAF, Qld						
-	Doncaster, Vic						
54.92%	SAF, Qld						
65.82%	Rarotonga						
87.53%	Middle Park, Vic						
97.05%	QSAC, Nathan, Qld						
88.05%	Olympic Park, Vic						
-	SAF, Qld	16.54	3.31	7.63	1.11	1m 38.15s	20.01
91.54%	Perth, WA						
92.25%	Murrumbeena, Vic						
86.35%	Murrumbeena, Vic						
90.79%	Sydney, NSW						
58.55%	Murrumbeena, Vic						
-	Murrumbeena, Vic	24.63	6.90	19.74	12.96	10.12	3114
-	QSAC, Qld	23.93	8.49	25.23	24.01	10.22	
55.65%	Mentone, Vic						
-	San Sebastian	12.46	1.57	9.96	27.12	5.19	34.02
93.14%	San Sebastian						
91.64%	San Sebastian						
93.06%	Adelaide						
86.46%	Adelaide						
92.06%	Middle Park, Vic						
95.06%	Middle Park, Vic						
58.54	Brisbane						
88.31%	Box Hill, Vic						
57.09%	Christchurch						
-	Christchurch	11.08	4.35	9.78	6.43	5.16	3012
57.65%	Christchurch						
88.25%	Christchurch						
60.50%	SAF Nathan						
60.78%	Christchurch						
94.34%	Coburg, Vic						
56.01%	Southport, Qld						
76.79%	Nathan, Qld						
92.23%	Murrumbeena, Vic						
87.71%	Murrumbeena, Vic						
91.08%	Nathan, Qld						
-	Canberra	12.42	4.95	9.44	7.19	5.48	
88.41%	Middle Park, Vic						
94.42%	Middle Park, Vic						
94.46%	Middle Park, Vic						

- SAF, Nathan, Qld

91.38% SAF, Nathan, Qld
- AIS, Canberra

- AIS, Canberra

88.04% Murrumbeena, Vic
94.67% Box Hill, Vic
94.78% Middle Park, Vic
92.43% Middle Park, Vic
- AIS, ACT

- Doncaster, Vic

78.42% Olympic Park, Vic
94.56% Olympic Park, Vic
94.15% St Lucia, Qld
- Olympic Park, Vic

95.67% Olympic Park, Vic
94.15% Nathan, Qld
80.79% Coburg, Vic
- AIS, ACT

90.43% Coker Park, Perth
91.77% Murrumbeena, Vic
89.10% Murrumbeena, Vic
92.03% Knox, Vic
94.34% Coker Park, Perth
- Murrumbeena

95.80% Olympic Park, Vic
93.93% Hobart

65.79%	Hobart
94.17%	Hobart
89.41%	Springvale
90.72%	Collingwood
96.22%	Middle Park
91.31%	Perth
94.77%	Middle Park
86.31%	Sacramento
95.11%	Middle Park
96.28%	Middle Park
88.79%	Middle Park
90.19%	Perth
-	Doncaster
-	Doncaster
	AIS, ACT

Perth

- Perth

- Perth

- AIS ACT
Perth

- Perth

- Perth

- Perth

90.19% Perth

82.15% Blacktown

- Blacktown

67.91% Mentone
 96.98% Middle Park
 95.06% Middle Park
 - Doncaster
 74.45% Southport
 - SAF, Nathan

96.94% Middle Park
 88.92% Middle Park
 - QSAC, Nathan

- AIS ACT

- AIS ACT

- Perth

- Perth

76.61% Melbourne Univ
 - Adelaide

97.53% Middle Park
 - Lahti

-	Lahti	12.32	1.60	10.79	26.96	5.05	5784
-	Southport	10.16	4.27	9.04	6.43	4.42	
61.15%	Southport						
77.20%	Southport						
68.80%	Southport						
50.64%	Southport						

67.43%	Southport						
-	Southport	10.16	4.27	9.04	6.43	4.42	3916
69.41%	SOPAC Sydney						
63.38%	SOPAC Sydney						
74.45%	SOPAC Sydney						
91.16%	Knox, Vic						
87.38%	South Yarra						
65.01%	Gold Coast						
92.42%	Frankston						
-	Perth						

67.66%	QMA Nathan						
80.65%	Melb Uni						
80.99%	SAF Nathan						
89.60%	Perth						
91.43%	Perth						
92.31%	Perth						
61.95	Perth						
72.01	Perth						
81.72%	Perth						
92.75%	Middle Park						
88.08%	Middle Park						
89.05%	Perth						
-	Southport	10.13	4.10	8.76	5.99	4.22	
50.53%	Southport						
66.51%	SAF Nathan						
73.35	Turner ACT						
95.47%	SOPAC Homebush						
68.64%	SAF Nathan						
94.25%	Homebush						
94.90%	Blacktown						
94.29%	Ballarat						
93.46%	Olympic Park						
96.37%	SOPAC Sydney						
76.32%	SAF Nathan						
-	SAF Nathan	10.14	3.90	9.30	5.68	4.68	3837
-	SAF Nathan						

-	SAF Nathan	23.30	7.41	22.76	18.22	9.48	
-	SAF Nathan						

93.70%	Middle Park						
88.38%	Middle Park						
94.43%	Middle Park						

-	Sacramento	12.93	1.51	11.52	27.77	5.13	31.97
93.03%	Sacramento						
95.69%	Sacramento						
92.95%	Sacramento						
88.13%	Sacramento						
-	Sacramento						

-	Sacramento						
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94.32%	Canberra						
88.57%	Middle Park						
95.77%	Middle Park						
95.27%	Adelaide						
94.70%	Adelaide						
94.33%	Adelaide						
88.67%	Gold Coast						
89.97%	SAF Brisbane						
-	Albert Park						

77.85%	Aberfeldie						
78.86%	Aberfeldie						
91.81%	Albert Park						
93.64%	Mentone						
96.52%	Perth						
95.89%	Perth						
95.37%	Finland						
81.14%	Albert Park						
71.77%	Albert Park						
93.99%	Albert Park						
93.84%	Albert Park						
86.41%	Adelaide						
95.13%	Middle Park						
95.98%	Middle Park						
88.20%	Perth						
82.10%	Perth						
96.17%	Perth						
94.76%	Perth						
96.52%	Middle Park						
82.27%	Perth						
96.17%	Perth						
97.09%	Adelaide						
95.67%	Doncaster						
83.30%	Southport						
84.32%	Southport						

-	Southport						
82.70%	Perth						
74.80%	Perth						
88.70%	Perth						
82.67%	Melbourne Uni						
-	AIS Canberra						
91.13%	Bankstown						
89.94%	Middle Park						
90.87%	Middle Park						
91.53%	Middle Park						
93.17%	Middle Park						
91.65%	St Lucia Qld						
93.34%	Hobart						
-	Doncaster						
94.32%	Geelong						
91.06%	Geelong						
93.04%	Ballarat						
90.91%	Bendigo						
87.96%	Ballarat						
90.15%	Ballarat						
92.07%	Wollongong						
91.68%	Hobart						
91.07%	Hobart						
95.10%	SAF Nathan						
89.00%	Gold Coast						
89.76%	Bendigo						
86.62%	Wangaratta						
-	Lyon France	12.89	1.42	11.09	27.88	4.93	32.48
92.80%	Lyon France						
-	Murrumbena	43.84	8.45	26.85	20.95	17.00	3827
-	Lyon France						
87.64%	Canberra						
-	Doncaster						
-	Doncaster						
95.30%	Ballarat						
88.03%	SOPAC Sydney						
90.00%	Middle Park						
92.04%	Middle Park						
-	Perth						

84.28%	Kensington						
85.76%	SOPAC						
-	Darwin						
88.44%	Perth						
88.15%	Perth						
79.57%	Perth						
86.02%	Perth						
83.42%	Burwood East						
84.81%	Burwood East						
86.38%	Penguin Tas						
85.78%	Penguin Tas						
100.83%	Homebush						
80.89%	Perth						
92.78%	Dunedin						
97.99%	Gold Coast CG						
94.26%	Perth						
90.70%	Perth						
89.51%	Perth						
93.64%	Malaga						
83.68%	Gold Coast						
92.50%	Gold Coast						
91.34%	South Yarra						
90.49%	Doncaster						
89.56%	Albert Park						
88.71%	Mackay						
97.60%	Doha						
83.30%	Adelaide						
-	Perth	11.55	6.05	11.41	1.70	53.97	16.75
88.96%	Keilor						
85.94%	South Yarra						
89.57%	Frankston						
95.73%	Ballarat						
76.07%	Illawarra						
92.82%	Perth						
-	ACT						
93.14%	Perth						
94.09%	Perth						
96.79%	QSAC Nathan						
97.81%	SAF Nathan						
98.50%	SAF Nathan						
-	Box Hill						

-	SAF Nathan	16.98	1.14	6.55	32.96	3.68	19.96
98.61%	AIS ACT						
98.93%	SAF Nathan						
93.26%	SAF Nathan						
-	SAF Nathan						
93.37%	Bendigo						
96.20%	Albert Park						
98.84%	Albert Park						
-	Box Hill						
-	SAF Nathan						
-	SAF Nathan						
-	SAF Nathan						
-	SAF Nathan						
-	SAF Nathan						
-	SAF Nathan						
88.43%	Ballarat						
89.83%	Middle Park						
85.20%	Perth						
80.30%	Tampere, Finland						
79.30%	Tampere, Finland						
-	Tampere, Finland						
85.50%	Perth						
78.60%	Cannington						
85.90%	Perth						
81.8%	Perth						
95.3%	London						

69.0%	Homebush
81.2%	Cannington
64.7%	Homebush
74.3%	Campbelltown
97.0%	Collingwood
77.5%	Bass Hill
102.4%	Valencia
95.7%	Cannington
52.3%	Campbelltown
-	Box Hill

97.5%	SOPAC
-	SOPAC

-	SOPAC
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85.4%	SOPAC
94.3%	Bendigo
93.28%	Collingwood
99.45%	Perth
101.26%	Perth
100.36%	Perth
88.78%	Floreat, Perth
-	Kensington

100.91%	Hobart
96.92%	Doncaster
-	Gothenburg

-	Linz, Austria
96.20%	France
100.00%	France
91.80%	Boston
-	Kamloops
90.30%	Kamloops
91.90%	Finland

94.80%	Finland
92.10%	Daegu
107.40%	Daegu
94.70%	Daegu

2m 32.82s 5475

13.72 1.15 13.30 dnf 2687

24.13 1.50 24.40 9m 43.91s

2m 45.09s

2m 51.4s 5870

2m 57.4s 6217

38.49 3.80 55.87 4m 58.91s 7719

3m 05.52 5444