INDOOR RECORDS - AUSTRALIAN MASTERS ATHLETICS

26-Nov-24

Australian Masters Athletics Inc Club Records compiled by AMA Records Officer, Clyde Riddoch, 40 Beauchamp Street, Preston Vic 3072,

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Italics indicates record set when not a financial member of Australian Masters Athletics

MEN			# World Record				**WOMEN**						
AGE		**NAME**	**STATE**	**TIME**		**DATE**	**AGE**		**NAME**	**STATE**	**TIME**		**DATE**
60 METRES							**60 METRES**						
M35	AR	Adam Farlow	ACT	7.36s	86.21%	2019	W35	AR	Melissa Foster	WA	8.16s	85.17%	2017
M40	AR	Ashley McMahon	NSW	7.21s	89.85%	2019	W40	AR	Monique Perry	NSW	7.94s	88.15%	2019
M45	AR	Rob Colling	WA	7.28s	91.03%	2016	W45	AR	Lenore Lambert	NSW	8.22s	87.86%	2017
M50	AR	Stephen Jones	QLD	7.81s	86.96%	2017	W50	AR	Julie Brims	QLD	8.08s	92.41%	2017
M55	AR	Peter Crombie	NSW	7.81s	89.31%	2003	W55	AR	Julie Brims	QLD	8.25s	93.74%	2023
	AR	Rudy Kocis	WA	7.81s	89.31%	2017	W60	AR	Kathy Heagney	VIC	9.17s	87.52%	2012
M60	AR	Peter Crombie	NSW	7.98s	89.97%	2006	W65	AR	Lyn Peake	SA	9.48s	88.05%	2017
M65	AR	Peter Crombie	NSW	8.35s	88.70%	2010	W70	AR	Noreen Parrish	QLD	10.31s	84.41%	2012
M70	AR	Peter Crombie	NSW	8.39s	91.30%	2017	W75	AR	Noreen Parrish	QLD	11.42s	79.66%	2017
M75	AR	Don Chambers	VIC	9.39s	84.58%	2013	W80	AR	Lynne Schickert	WA	14.33s	67.04%	2023
M80	AR	Radovan Leovic	ACT	11.51s	72.04%	2010							
M85	AR	Radovan Leovic	ACT	12.17s	72.63%	2014							
M90	AR	Jim Sinclair	Vic	13.56s	71.28%	2017							
200 METRES							**200 METRES**						
M35	AR	Jay Stone	NSW	22.68s	86.67%	2017	W35	AR	Ranell Hobson	NSW	28.67s	75.44%	2010
M40	AR	Ashley McMahon	NSW	23.53s	85.84%	2016	W40	AR	Monique Perry	NSW	26.68s	82.15%	2019
M45	AR	Mark Giglio	VIC	23.40s	88.82%	2019	W45	AR	Marie Kay	QLD	25.85s	88.24%	2008
M50	AR	Andrew Wilcox	VIC	24.30s	88.15%	2019	W50	AR	Julie Brims	QLD	26.11s	91.02%	2017
M55	AR	Christopher Brack	QLD	24.50s	90.26%	2023	W55	AR	Julie Brims	NSW	26.60s	93.24%	2023
M60	AR	Peter Crombie	NSW	25.59s	89.36%	2006	W60	AR	Kathy Heagney	VIC	30.60s	84.72%	2012
M65	AR	Rob Mayston	VIC	26.16s	90.56%	2023	W65	AR	Marge Allison	QLD	31.79s	85.37%	2010
M70	AR	Peter Crombie	NSW	27.30s	90.10%	2017	W70	AR	Noreen Parrish	QLD	35.86s	79.40%	2012
M75	AR	Don Chambers	VIC	32.69s	78.27%	2013	W75	AR	Noreen Parrish	QLD	41.54s	68.54%	2017
M80	AR	Radovan Leovic	ACT	41.82s	63.99%	2010							
M85	AR	Radovan Leovic	ACT	42.41s	67.69%	2014							
M90	AR	David Carr	WA	47.58s	66.97%	2023							
400 METRES							**400 METRES**						
M35	AR	Jay Stone	NSW	50.25s	87.25%	2017	W35						
M40	AR	Jay Stone	NSW	52.35s	88.68%	2024	W40	AR	Marie Kay	NSW	61.58s	83.00%	2004
M45	AR	Andrew Wilcox	VIC	52.02s	89.54%	2014	W45	AR	**#Marie Kay**	**QLD**	**56.99s**	**92.85%**	**2008**
M50	AR	Andrew Wilcox	VIC	53.44s	90.00%	2019	W50	AR	Janelle Delaney	NSW	61.66s	89.22%	2022
M55	AR	Christopher Brack	QLD	55.03s	90.35%	2023	W55	AR	Robyn Suttor	NSW	69.99s	82.09%	2014
M60	AR	Peter Crombie	NSW	57.62s	89.31%	2006	W60	AR	Kathy Heagney	VIC	70.35s	85.71%	2012
M65	AR	Rob Mayston	VIC	58.79s	90.71%	2023	W65	AR	Jeanette Flynn	QLD	70.34s	90.44%	2017
M70	AR	Peter Crombie	NSW	63.29s	87.46%	2017	W70	AR	Paula Moorhouse	NSW	88.71s	76.13%	2019
M75	AR	Dieter Lacko	QLD	82.30s	67.26%	2023	W75	AR	Noreen Parrish	QLD	1m 51.08s	65.32%	2017
M80	AR	Rad Leovic	ACT	88.33s	69.40%	2008							
M85	AR	Rad Leovic	ACT	99.74s	67.08%	2014							
M90	AR	David Carr	WA	1m 42.02s	74.04%	2023							

800 METRES							**800 METRES**						
M30	AR	Brendan Whelan	QLD	2m 04.24s	81.22%	2008	W30						
M45	AR	Nathan Crowley	VIC	2m 01.85	89.38%	2019		*AR*	*Catriona Bisset*	*VIC*	*2m 00.13s*	*94.91%*	*2024*
M50	AR	Scott Lawrence	VIC	2m 13.88s	84.51%	2012	W35	AR	Melissa Foster	WA	3m 00.62s	63.76%	2017
M55	AR	Peter Hawes	QLD	2m 14.87s	87.18%	2012	W40	AR	Amanda Coombe	TAS	2m 33.31s	77.76%	2010
M60	AR	Neil MacDonald	VIC	2m 16.91s	89.29%	2004			*Lucy Di Benedetto*	*VIC*	*2m 22.23s*	*85.14%*	*2011*
M65	AR	Kevin Solomon	VIC	2m 25.37s	87.46%	2014	W45	AR	Sharon Davis	WA	2m 18.01s	89.87%	2019
M70	AR	Allan Mayfield	SA	2m 31.16s	87.50%	2019	W50	AR	Lucy Di Benedetto	VIC	2m 26.70s	91.33%	2024
M75	AR	Kevin Solomon	VIC	2m 50.19s	81.77%	2023	W55	AR	Lucy Di Benedetto	VIC	2m 27.60s	91.61%	2024
M80	AR	Rad Leovic	ACT	3m 44.71s	66.51%	2008	W60	AR	Jeanette Flynn	QLD	2m 41.40s	87.42%	2014
M85	AR	Rad Leovic	ACT	4m 00.62s	68.39%	2014	W65	AR	Jeanette Flynn	QLD	2m 44.45s	90.46%	2017
M90	AR	David Carr	WA	4m 03.80	76.79%	2023	W70	AR	Lavinia Petrie	VIC	3m 10.27s	82.85%	2017
1000 METRES							W75	AR	Fran Harris	ACT	5m 45.37s	48.96%	2017
M40	AR	Geoffrey Gibbons	TAS	2m 53.38s	78.85%	2017							
M45	AR	Brett Gilligan	VIC	3m 05.57s	76.41%	2023							
M50	AR	Andrew Brooker	WA	3m 08.58s	78.06%	2019							
M55	AR	David O'Brien	TAS	3m 09.25s	80.85%	2023							
M60	AR	John Fienieg	NSW	3m 46.38s	70.35%	2017							
M65	AR	Joe Begley	QLD	4m 34.46s	60.47%	2019							
M70	AR	Ken Daniels	QLD	4m 40. 41s	61.77%	2010							
M75	AR	Don Chambers	VIC	6m 22.77s	47.66%	2013							
M80	AR	Rad Leovic	ACT	4m 47.96s	67.90%	2008							
M85	AR	Rad Leovic	ACT	5m 35.95s	63.99%	2014							
1500 METRES							**1500 METRES**						
							W30	AR					
M35	AR	Stephen Dinneen	VIC	4m 04.97s	85.77%	2017		AR	*Linden Hall*	*VIC*	*4m 09.83s*	*92.09%*	*2024*
M40	AR	Campbell McLennan	VIC	4m 14.31s	85.19%	2014	W40	AR	Kriszta Kovacs	NSW	5m 02.89s	80.04%	2014
M45	AR	Nathan Crowley	VIC	4m 15.08s	87.79%	2019			*Lucy Di Benedetto*	*VIC*	*4m 58.06s*	*81.34%*	*2011*
M50	AR	Ken Wilson	NSW	4m 29.14s	86.27%	2019	W45	AR	Evette Cordy	VIC	5m 06.30s	82.31%	2023
M55	AR	Kevin Solomon	VIC	4m 27.49s	90.27%	2004	W50	AR	Lucy Di Benedetto	VIC	4m 49.35s	93.25%	2023
M60	AR	Scott Lawrence	VIC	4m 52.60s	86.11%	2023			*Lucy Di Benedetto*	*VIC*	*4m 45.71s*	*93.60%*	*2022*
M65	AR	Kevin Solomon	VIC	4m 52.81s	90.12%	2014	W55	AR	Deborah Drennan	NSW	5m 44.28s	79.80%	2017
M70	AR	Allan Mayfield	SA	5m 15.50s	87.95%	2019	W60	AR	Jeanette Flynn	QLD	5m 45.40s	83.40%	2014
M75	AR	Kevin Solomon	VIC	5m 48.82s	84.02%	2023	W65	AR	Paula Moorhouse	NSW	6m 24.89s	78.73%	2017
M80	AR	Rad Leovic	ACT	8m 19.76s	62.54%	2010	W70	AR	Lavinia Petrie	VIC	6m 22.44s	83.67%	2017
M85	AR	Rad Leovic	ACT	9m 28.87s	60.21%	2014							
M90	AR	David Carr	WA	9m 10.13s	70.72%	2023							
MILE													
M30	AR	Brendan Whelan	QLD	4m 31.43s	82.21%	2008							
M45	AR	Colin Dalton	NSW	5m 34.88s	71.99%	2016							
M50	AR	Scott Lawrence	Vic	4m 52.24s	85.37%	2012							
M55	AR	Robert Pearce	SA	5m 25.02s	79.75%	2008							
M60	AR	Kevin Solomon	VIC	5m 01.62s	89.71%	2008							
M65	AR	Peter Sandery	SA	5m 22.70s	87.97%	2008							
3000 METRES							**3000 METRES**						
M30	AR	Brendan Whelan	QLD	9m 02.38s	81.25%	2008	W35						
M35	AR	Stephen Dinneen	VIC	8m 52.41s	82.77%	2017	W40						
M45	AR	Darren Purcell	NSW	9m 14.14s	85.18%	2019	W45						
M50	AR	Alan Stacey	QLD	10m 53.45s	75.15%	2017	W50	AR	Lucy Di Benedetto	VIC	10m 46.89s	88.19%	2023
M55	AR	Kevin Solomon	VIC	9m 30.32s	89.87%	2004	W55	AR	Anne Ryan	QLD	12m 28.31s	77.76%	2014
M60	AR	Kevin Solomon	VIC	10m 11.85s	87.76%	2008	W60						
M65	AR	Peter Sandery	SA	10m 36.54s	88.73%	2008	W65						

M70	AR	Peter Sandery	SA	11m 16.60s	88.20%	2012	W70	AR	Lavinia Petrie	VIC	12m 54.89s	89.43%	2017
M75	AR	Peter Sandery	SA	12m 36.92s	83.71%	2017							
M80	AR	Rad Leovic	ACT	15m 56.73s	70.72%	2008							
M85	AR	Rad Leovic	ACT	19m 59.79s	61.50%	2014							
M90	AR	David Carr	WA	18m 42.60s	74.46%	2023							

60 METRES HURDLES							**60 METRES HURDLES**						
M40	AR	Geoffrey Gibbons	TAS	8.74s	86.02%	2017	*W30*	*AR*	*Sally Pearson*	*QLD*	*7.91s*	*97.09%*	*2017*
M45	AR	Brad Krawczyk	VIC	8.77s	88.71%	2023	W35	AR	Eliana Seymour	QLD	9.01s	85.24%	2023
M50	AR	Dean Taylor	NSW	10.59s	75.38%	2017	W40	AR	Melissa Foster	WA	9.57s	86.30%	2019
M55	AR	Steve McGugan	NSW	9.94s	83.51%	2010	W45	AR	Marie Kay	NSW	9.43s	90.42%	2006
M60	AR	Conrad Burge	ACT	9.78s	85.35%	2012	W50	AR	Marie Kay	QLD	9.55s	90.34%	2010
M65	AR	Joe Begley	QLD	12.70s	68.73%	2019	W55	AR	Sally Stagles	NSW	9.82s	91.11%	2017
M70	AR	Don Chambers	VIC	10.54s	84.62%	2010	W60	AR	Wilma Perkins	QLD	10.81s	86.04%	2010
M75	AR	Don Chambers	VIC	11.33s	82.87%	2014	W65	AR	Marge Allison	QLD	11.05s	87.73%	2010
M80	AR	Rad Leovic	ACT	15.33s	65.62%	2008	W75	AR	Fran Harris	ACT	15.38s	66.41%	2017
M85	AR	Rad Leovic	ACT	25.35s	43.85%	2014							
3000 METRES WALK							**3000 METRES WALK**						
M40	AR	Dean Nipperess	QLD	13m 19.77s	82.52%	2014	W35	AR	Dash Newington	QLD	19m 38.62s	60.29%	2022
M45	AR	Dean Nipperess	QLD	16m 15.10s	69.98%		W50	AR	Anne Weekes	NSW	17m 32.63s	74.70%	2017
M50	AR	Mark Donahoo	VIC	13m 55.43s	84.75%	2012	W55	AR	**Lyn Ventris**	**WA**	**14m 51.24s**	**92.12%**	**2017**
M55	AR	Mark Donahoo	VIC	14m 17.18s	85.99%	2014	W60	AR	Heather Carr	VIC	15m 54.75s	90.09%	2010
M60	AR	Mark Donahoo	VIC	16m 34.29s	77.47%	2019	W65	AR	**#Heather Carr**	**VIC**	**16m 57.96s**	**88.98%**	**2017**
M65	AR	Andrew Jamieson	VIC	14m 39.77s	91.89%	2012	W70	AR	Heather Carr	VIC	19m 09.39s	83.43%	2023
M70	AR	Andrew Jamieson	VIC	16m 24.18s	86.58%	2017	W75	AR	Joan Purcell	QLD	22m 05.70s	77.05%	2017
							W80	AR	Lynne Schickert	WA	24m 28.13s	74.63%	2023
HIGH JUMP							**HIGH JUMP**						
M40	AR	Geoffrey Gibbons	TAS	1.69m	73.13%	2017	W35	AR	Dash Newington	QLD	1.45m	73.62%	2024
M45	AR	Brett Gilligan	VIC	1.72m	77.96%	2023	W40	AR	Irie Hill	VIC	1.52m	77.85%	2010
M50	AR	Andrew Brooker	WA	1.63m	77.53%	2019	W45	AR	Lenore Lambert	NSW	1.54m	82.66%	2017
M55	AR	Johannes Venter	WA	1.61m	80.53%	2023	W50	AR	Marie Kay	QLD	1.51m	85.04%	2010
M60	AR	Johannes Venter	WA	1.45m	76.83%	2024	W55	AR	Baerbel Koribalski	NSW	1.32m	81.73%	2024
M65	AR	Craig Elliott	QLD	1.15m	65.62%	2024	W60	AR	Wilma Perkins	QLD	1.23m	76.61%	2012
M70	AR	Viddy Jermacons	SA	1.19m	70.25%	2019	W65	AR	Marge Allison	QLD	1.17m	76.83%	2010
M75	AR	Don Chambers	VIC	1.15m	72.17%	2014	W75	AR	Fran Harris	ACT	0.94m	69.02%	2017
M80	AR	Rad Leovic	ACT	0.99m	66.29%	2008	W80	AR	Lynne Schickert	WA	0.92m	72.01%	2023
M85	AR	Rad Leovic	ACT	0.91m	65.28%	2014							
LONG JUMP							**LONG JUMP**						
M30	*AR*	*Fabrice Lapierre*	*NSW*	*8.25m*	*92.18%*	*2016*	W35	AR	Melissa Foster	WA	5.71m	80.04%	2014
M40	AR	Brad Krawczyk	VIC	6.41m	79.07%	2019	W40	AR	Melissa Foster	WA	5.54m	81.97%	2019
M45	AR	Brett Gilligan	VIC	6.00m	78.24%	2023	W45	AR	Marie Kay	QLD	5.57m	87.12%	2008
M50	AR	Andrew Brooker	WA	5.06m	69.85%	2019	W50	AR	Marie Kay	QLD	5.20m	86.12%	2012
M55	AR	Viddy Jermacans	QLD	4.99m	73.04%	2006	W55	AR	Sally Stagles	NSW	4.13m	72.56%	2017
M60	AR	Wayne Marriott	NSW	4.44m	69.04%	2017	W60	AR	Wilma Perkins	QLD	4.09m	76.39%	2010
M65	AR	Joe Begley	QLD	3.94m	65.21%	2019	W65	AR	Jean Hampson	QLD	3.35m	66.67%	2014
M70	AR	Don Chambers	VIC	3.93m	69.38%	2010	W70	AR	Jean Hampson	QLD	3.05m	64.86%	2017
M75	AR	Don Chambers	VIC	3.63m	68.60%	2014	W75	AR	Fran Harris	ACT	2.38m	54.28%	2017
M80	AR	Rad Leovic	ACT	3.11m	64.02%	2008	W80	AR	Lynne Schickert	WA	2.23m	55.52%	2023
M85	AR	Rad Leovic	ACT	2.26m	52.10%	2014							

TRIPLE JUMP							**TRIPLE JUMP**						
M40	AR	Jamie Muscat	NSW	8.04m	46.23%	2018	W35	AR	Melissa Foster	WA	11.82m	76.26%	2014
M50	AR	Nick Hodgson	VIC	12.50m	80.16%	2014	W40	AR	Melissa Foster	WA	11.62m	79.02%	2023
M55	AR	Viddy Jermacans	QLD	8.88m	60.50%	2006	W45	AR	Selina Ellis	NSW	6.70m	48.43%	2017
M60	AR	Wayne Marriott	NSW	8.64m	62.85%	2017	W55	AR	Baerbel Koribalski	NSW	7.60m	67.23%	2024
M65							W60	AR	Leanne Monk	VIC	6.66m	58.47%	2019
M70	AR	Don Chambers	VIC	8.24m	69.48%	2010	W65	AR	Jill Taylor	NSW	6.66m	62.68%	2023
M75	AR	Don Chambers	VIC	7.75m	71.08%	2014	W70	AR	Lynne Schickert	WA	5.46m	55.26%	2012
M80	AR	Rad Leovic	ACT	6.98m	70.24%	2008	W75	AR	Fran Harris	ACT	5.78m	63.12%	2017
M85	AR	Rad Leovic	ACT	4.82m	53.77%	2014							
POLE VAULT							**POLE VAULT**						
M35	AR	Warren Hill	VIC	3.00m	49.05%	2004	W35	AR	Dash Newington	QLD	3.70m	76.86%	2024
M40	AR	Howard Arbuthnot	QLD	4.40m	75.68%	2010	W40	AR	Irie Hill	VIC	3.65m	76.61%	2010
M45	AR	Brett Gilligan	VIC	3.90m	70.86%	2023	W45	AR	Dawn Hartigan	VIC	3.35m	74.75%	2004
M50	AR	George Jankowski	NSW	2.65m	51.08%	2017	W55	AR	Philippa Wight	NSW	2.30m	58.32%	2023
M60	AR	Craig Elliott	QLD	2.60m	57.30%	2018	W60	AR	Wilma Perkins	QLD	2.40m	65.08%	2010
M65	AR	Craig Elliott	QLD	2.30m	57.02%	2024							
M70	AR	George Schillinger	Vic	2.90m	75.01%	2017	W65	AR	Wilma Perkins	QLD	1.90m	55.25%	2019
M75	AR	Don Chambers	VIC	2.10m	59.60%	2013	W70	AR	Wilma Perkins	QLD	1.60m	50.03%	2023
M85	AR	Rad Leovic	ACT	1.00m	35.39%	2014							
SHOT PUT							**SHOT PUT**						
M30	AR	Shane Carstairs	VIC	14.60m	63.73%	2023	W30	AR	Selina Lee	VIC	7.31m	34.42%	2023
M35	AR	Shane Carstairs	VIC	14.54m	66.40%	2024	W35	AR	Kathleen Adams	NSW	10.41m	50.89%	2019
M40	AR	Jamie Muscat	NSW	13.61m	64.71%	2018	W40	AR	Kelly Hunter	NSW	10.58m	55.68%	2021
M45	AR	Jamie Muscat	NSW	12.88m	67.61%	2024	W45	AR	Caroline Layt	NSW	10.93m	62.13%	2014
M50	AR	Rodney Watson	QLD	12.20m	61.51%	2024	W50	AR	Marie Kay	QLD	12.30m	65.66%	2010
M55	AR	Grant Edwards	ACT	12.40m	65.92%	2018	W55	AR	Gabi Watts	NSW	11.31m	65.78%	2021
M60	AR	Tim McGrath	NSW	11.43m	61.13%	2023	W60	AR	Pauline Cox	NSW	9.34m	59.53%	2022
	AR	Grant Edwards	ACT	11.43m	62.12%	2024	W65	AR	Narelle Messerle	VIC	8.65m	60.84%	2023
M65	AR	Stan Peska	VIC	12.02m	73.69%	2024	W70	AR	Mary Thomas	NSW	8.08m	63.26%	2017
M70	AR	Gavin Murray	NSW	12.38m	70.44%	2024	W75	AR	Mary Thomas	NSW	8.36m	60.13%	2019
M75	AR	Ray Green	ACT	10.02m	61.78%	2019	W80	AR	Mary Thomas	NSW	6.91m	56.71%	2024
M80	AR	Rad Leovic	ACT	7.37m	43.88%	2008							
M85	AR	Rad Leovic	ACT	6.34m	42.61%	2014							
M90	AR	Brian Sharpe	NSW	4.70m	36.23%	2021							

WEIGHT THROW							**WEIGHT THROW**						
M30	AR	Shane Carstairs	VIC	12.41m	47.99%	2022	W30	AR	Selina Lee	VIC	9.13m	35.66%	2023
M35	AR	Grzegorz Urbanowicz	WA	12.19m	47.86%	2014	W35	AR	Natalie Debelijuh	VIC	14.81m	59.91%	2024
M40	AR	Jamie Muscat	NSW	13.66m	56.91%	2019	W40	AR	Melissa Holahan	NSW	14.44m	63.10%	2024
M45	AR	Jamie Muscat	NSW	13.02m	57.70%	2023	W45	AR	Althea Mackie	QLD	12.06m	58.05%	2017
M50	AR	Simon Van Baalen	VIC	15.24m	59.40%	2024	W50	AR	Maria Cimino	NSW	14.25m	66.57%	2024
M55	AR	Peter Baxevanis	VIC	17.41m	73.10%	2024	W55	AR	Gabi Watts	NSW	14.08m	70.05%	2021
M60	AR	Phil Spivey	VIC	19.22m	79.06%	2024	W60	AR	Jayne Hardy	ACT	13.82m	64.53%	2024
M65	AR	Gavin Murray	NSW	15.32m	64.18%	2023	W65	AR	Dorn Jenkins	VIC	15.61m	79.45%	2022
M70	AR	Gavin Murray	NSW	17.40m	69.05%	2024	W70	AR	Mary Thomas	NSW	10.34m	58.85%	2017
M75	AR	Ray Green	ACT	12.67m	55.23%	2019	W75	AR	Jan Banens	ACT	11.92m	63.83%	2017
M80	AR	Noel Donohoe	NSW	9.63m	39.52%	2020	W80	AR	Mary Thomas	NSW	9.21m	57.01%	2024
M85	AR	Rad Leovic	ACT	6.93m	32.58%	2014							
M90	AR	Brian Sharpe	NSW	6.16m	34.31%	2021							
SUPER WEIGHT THROW				**56lb**			**SUPER WEIGHT THROW**				**35lb**		
M30	AR	Tyson Elisaia	QLD	8.17m	55.02%	2024	W30	AR	Selina Lee	VIC	4.14m	23.66%	2023
M35	AR	Colin Newman	VIC	7.07m	47.61%	2022	W35	AR	Natalie Debelijuh	VIC	8.11m	47.97%	2024
	AR	Shane Carstairs	VIC	7.07m	47.61%	2024	W40	AR	Melissa Holahan	NSW	9.21m	58.85%	2024
M40	AR	Jamie Muscat	NSW	9.14m	65.61%	2019	W45	AR	Maria Cimino	NSW	7.24m	50.15%	2020
M45	AR	Jamie Muscat	NSW	8.70m	66.78%	2023					**25lb**		
M50	AR	Simon Van Baalen	VIC	7.40m	59.13%	2024	W50	AR	Gabi Watts	NSW	11.11m	70.03%	2023
M55	AR	Peter Baxevanis	VIC	8.79m	76.01%	2024	W55	AR	Gabi Watts	NSW	10.24m	70.68%	2024
				44lb							**20lb**		
M60	AR	Phil Spivey	VIC	10.13m	79.80%	2023	W60	AR	Jayne Hardy	ACT	10.17m	71.51%	2024
M65	AR	Gavin Murray	NSW	7.88m	73.47%	2023	W65	AR	Dorn Jenkins	VIC	10.88m	83.10%	2022
				35lb			W70	AR	Mary Thomas	NSW	7.68m	65.70%	2017
M70	AR	Gavin Murray	NSW	10.12m	67.96%	2024					**16lb**		
M75	AR	Ray Green	ACT	7.02m	53.13%	2019	W75	AR	Mary Thomas	NSW	7.79m	64.21%	2019
				25lb			W80	AR	Mary Thomas	NSW	6.31m	59.95%	2024
M80	AR	Noel Donohoe	NSW	7.51m	53.14%	2020							
M90	AR	Brian Sharpe	NSW	3.70m	35.33%	2021							
56LB WEIGHT THROW							**56LB WEIGHT THROW**						
							W30	AR	Selina Lee	VIC	2.62m	25.02%	2024
							W35	AR	Natalie Debelijuh	VIC	4.31m	41.81%	2024
for M30-55, see above Super Weight Throw							W40	AR	Melissa Holahan	NSW	5.45m	57.11%	2024
							W45	AR	Niki Johansen	VIC	4.18m	50.81%	2022
							W50	AR	Niki Johansen	VIC	4.42m	57.43%	2023
							W55	AR	Heather Lamb	VIC	2.49m	35.43%	2022
M60	AR	Grant Edwards	ACT	7.47m	70.46%	2024	W60	AR	Jayne Hardy	ACT	3.32m	55.34%	2024
M65	AR	Gavin Murray	NSW	6.09m	61.00%	2023	W65	AR	Jill Taylor	NSW	2.85m	55.16%	2024
M70	AR	Gavin Murray	NSW	6.11m	67.63%	2024	W70	AR	Adriana Van Bockel	NSW	2.27m	48.56%	2024
M75	AR	Bob Banens	ACT	4.37m	54.13%	2024	W75	AR	Mary Thomas	NSW	2.09m	55.27%	2024
M80	AR	George Christodoulou	VIC	2.36m	33.28%	2022	W80	AR	Mary Thomas	NSW	2.05m	55.86%	2024
100LB WEIGHT THROW							**100LB WEIGHT THROW**						
M30	AR	Shane Carstairs	VIC	3.81m	53.88%	2022	W30	AR	Selina Lee	VIC	1.15m	25.26%	2023
M35	AR	Shane Carstairs	VIC	2.11m	29.84%	2024	W35	AR	Helena Smith	NSW	1.79m	39.94%	2023
M40	AR	Alex Savino	NSW	3.64m	54.87%	2024	W40	AR	Melissa Holahan	NSW	2.43m	59.50%	2024
M45	AR	Jamie Muscat	NSW	4.59m	73.99%	2023	W45	AR	Kelly Hunter	NSW	2.00m	54.02%	2024
M50	AR	Simon Van Baalen	VIC	3.94m	66.11%	2024	W50	AR	Niki Johansen	VIC	2.41m	72.02%	2023
M55	AR	Tim Lowrey	QLD	3.10m	55.49%	2023	W55	AR					
M60	AR	Grant Edwards	ACT	3.04m	60.22%	2024	W60	AR	Jayne Hardy	ACT	1.93m	73.99%	2024
M65	AR	Gavin Murray	NSW	2.71m	57.00%	2023	W65	AR	Jill Taylor	NSW	1.57m	69.89%	2024

M70	AR	Gavin Murray	NSW	2.65m	61.60%	2024	W70	AR	Adriana Van Bockel	NSW	1.18m	58.06%	2024
M75	AR	Bob Banens	ACT	2.61m	67.91%	2024	W75	AR	Mary Thomas	NSW	1.13m	68.7%	2024
M80	AR	Noel Donohoe	NSW	1.26m	37.31%	2023	W80	AR	Mary Thomas	NSW	1.03m	64.56%	2024

HEAVY WEIGHT PENTATHLON							**HEAVY WEIGHT PENTATHLON**						
M30	AR	Tyson Elisaia	QLD	3041		2024	W30	AR	Selina Lee	VIC	1686		2023
M35	AR	Cameron Linton-Mann	NSW	2008		2022	W35	AR	Natalie Debelijuh	VIC	3218		2024
M40	AR	Anatoly Kirievsky	NSW	2419		2023	W40	AR	Melissa Holahan	NSW	3503		2024
M45	AR	Jamie Muscat	NSW	3827		2023	W45	AR	Niki Johansen	VIC	2682		2022
M50	AR	Simon Van Baalen	VIC	3618		2024	W50	AR	Maria Cimino	NSW	3661		2024
M55	AR	Peter Baxevanis	VIC	5049		2024	W55	AR	Gabi Watts	NSW	4057		2023
M60	AR	Grant Edwards	ACT	4496		2022	W60	AR	Jayne Hardy	ACT	3394		2024
M65	AR	Gavin Murray	NSW	3914		2023	W65	AR	Jill Taylor	NSW	3688		2024
M70	AR	Gavin Murray	NSW	4514		2024	W70	AR	Kerrie Jones	NSW	2332		2024
M75	AR	Bob Banens	ACT	3050		2024	W75	AR	Rhondda Dundas	VIC	2188		2022
M80	AR	Noel Donohoe	NSW	1603		2022	W80	AR	Mary Thomas	NSW	3350		2024
PENTATHLON			Re-scored with 2023 Tables				**PENTATHLON**						
M35	*AR*	*Matthew McDowall*	*WA*	*3308*		2018	W35	AR	Melissa Foster	WA	2193		2192
(60mH 9.22s, LJ 6.18m, SP 11.93m, HJ 1.76m, 1000m 3m 03.78s)							(60mH 10.20s, LJ 5.33m, SP 8.42m, HJ NH, 800 3m 00.62s)						
M40	AR	Geoffrey Gibbons	TAS	3594		2017	W40	AR	Marie Kay	NSW	3296		2004
(60mH 8.83s, LJ 5.88m, SP 10.37m, HJ 1.69m, 1000m 2m 53.38s)							(60mH 9.71s, LJ 5.13m, SP 8.80m, HJ 1.45m, 800 2m 57.32s)						
M45	AR	Brett Gilligan	VIC	3724		2023	W45	AR	Marie Kay	NSW	4188		2006
(60mH 9.26s, LJ 6.00m SP 10.50m, HJ 1.72m 1000m 3m 05.57s)							(60mH 9.43s, LJ 5.41m, SP 10.02m, HJ 1.51m, 800 2m 39.79s)						
M50	AR	Andrew Brooker	WA	3303		2019	W50	AR	Marie Kay	QLD	4440		2010
(60mH 10.83s, LJ 5.06m, SP 9.20m, HJ 1.63m, 1000m 3m 08.58s)							(60mH 9.55s, LJ 5.16m, SP 12.30m, HJ 1.51m, 800 2m 46.78s)						
M55	AR	John Fienieg	NSW	2840		2012	W60	AR	Wilma Perkins	QLD	3126		2014
(60mH 11.45s, LJ 4.57m, SP 8.51m, HJ 1.48m, 1000m 3m 43.62s)							(60mH 11.28s, LJ 3.96m, SP 7.96m, HJ 1.18m, 800m 3m 48.42s)						
M60	AR	John Fienieg	NSW	2,827		2017	W65	AR	Marge Allison	QLD	3371		2010
(60mH 12.04s, LJ 4.19m, SP 8.55m, HJ 1.36m, 1000m 3m 46.38s)							(60mH 11.53s, LJ 3.13m, SP 6.57m, HJ 1.17m, 800 3m 08.99s)						
M65	AR	Joe Begley	QLD	2251		2019	W70						
(60mH 12.70s, LJ 3.94m, SP 7.85m, HJ 1.12m, 1000m 4m 34.46s)													
M70	AR	Don Chambers	VIC	2777		2010	W75	AR	Fran Harris	ACT	1838		2017
(60mH 10.73s, LJ 3.70m, SP 8.85m, HJ 1.11m, 1000m 5m 00.31s)							(60mH 15.52s, LJ 2.11m, SP 6.03m, HJ 0.94m, 800m 5m 45.37s)						
M75	AR	Don Chambers	VIC	2791		2014	W80						
(60mH 11.33s, LJ 3.63m, SP 8.98m, HJ 1.15m, 1000m DNF)													
M80	AR	Rad Leovic	ACT	2475		2008							
(60mH 15.33s, LJ 2.91m, SP 7.37m, HJ 0.99m, 1000m 4m 47.96s)													
M85	AR	Rad Leovic	ACT	1679		2014							
(60mH 25.35s, LJ 2.26m, SP 6.34m, HJ 0.91m, 1000m 5m 35.95s)													

4 x 200 METRES RELAY							**4 x 200 METRES RELAY**						
M35	AR	Jay Stone 39	NSW	1m 33.25s		2019	W35	AR	Melissa Foster 44	WA	2m 03.99s		2023
		Ashley McMahon 43	NSW						Evette Cordy 49	VIC			
		William Little 37	VIC						Eliana Seymour 38	QLD			
		Adam Farlow 36	NSW						Kate Seibold 47	VIC			
M40	AR	Kris Wardecki 41	NSW	1m 37.56s		2010	W40	AR	Jacqualine Bezuidenhout	NSW	1m 49.98s		2008
		Ken Telfer 42	ACT						Caroline Layt 42	NSW			
		Stephen Jones 46	QLD						Janet Naylon 41	NSW			
		Andrew Wilcox 41	VIC						Marie Kay 48	QLD			
M45	AR	Mark Harper 57	VIC	1m 37.67s		2023	W45	AR	Robyn Suttor	NSW	2m 00.02s		2014
		David Austin 52	ACT						Gianna Mogentale	NSW			
		Graham Scully 49	QLD						Caroline Layt	NSW			
		Brett Gilligan 45	VIC						Janet Naylon	NSW			
M50	AR	Colin Smith 56	WA	1m 42.25s		2019	W50	AR	Maryann Hearn 55	QLD	1m 54.21s		2023
		Andrew Wilcox 50	VIC						Philipa Wight 59	NSW			
		Ken Telfer 51	ACT						Lenore Lambert 53	NSW			
		John Hilditch 57	VIC						Julie Brims 57	QLD			
M55	AR	Darren Hughes 60	NSW	1m 45.40s		2023	W55	AR	Sally Stagles 56	NSW	2m 04.42s		2017
		Rob Mayston 61	VIC						Lynda Douglass 55	NSW			
		Rob Italia 57	VIC						Robyn Suttor 58	NSW			
		Christopher Brack 57	QLD						Deborah Drennan	NSW			
M60	AR	Victor Ramondetta 62	NSW	1m 56.12s		2017	W60	AR	Lynne Choate 61	WA	2m 07.39s		2014
		Wayne Marriott 62	NSW						Wilma Perkins 64	QLD			
		Peter Crombie 72	NSW						Linda Lynch 60	QLD			
		John Fienieg 62	NSW						Jeanette Flynn 62	QLD			
M65	AR	Alan Coleman 65	Tas	1m 58.54s		2014	W65	AR	Lyn Peake 67	SA	2m 19.47s		2017
		Neville McIntyre 71	NSW						Jeanette Flynn 65	QLD			
		Michael Stevenson 73	Tas						Wilma Perkins 67	QLD			
		Kevin Solomon 66	Vic						Paula Moorhouse 68	NSW			
M70	AR	Peter Crombie 74	NSW	2m 16.36s		2019	W70	AR	Noreen Parrish 75	QLD	2m 49.19s		2017
		Viddy Jermacans 70	SA						Fran Harris 75	ACT			
		Allan Mayfield 70	SA						Lavinia Petrie 73	VIC			
		Bob Schickert 77	WA						Jean Hampson 71	QLD			
M75	AR	Dieter Lacko 76	QLD	3m 01.64s		2023							
		Kevin Solomon 75	VIC										
		Bob Schickert 82	WA										
		David Carr	WA										
4 x 200 METRES MIXED RELAY													
X70	AR	Dieter Lacko 76	QLD	3m 02.60s		2023							
		Kevin Solomon 75	VIC										
		Wilma Perkins	QLD										
		Lynne Schickert	QLD										
X50	AR	Krzysztof Wardecki 54	NSW	1m 50.41s		2023							
		Lenore Lambert 53	NSW										
		Philippa Wight 59	NSW										
		David Austin 52	ACT										
X45	AR	Brett Gilligan 45	VIC	1m 52.16s		2023							
		Evette Cordy 49	VIC										
		Kate Seibold 47	VIC										
		Brad Krawzcyk 47	VIC										