

	15,000m				S	
15,000m	M70 John Gilmour	58:12.9	21-Jun-89	S		A
	50 Kilometres			S		
50 Kilometres	M30 Grahak Cunningham	3:57:51	17-May-09	S		
50 Kilometres	M35 Stephen Dunn	4:31.14	19-May-02	S		
50 Kilometres	M40 Dave Scott	5:11:59	16-Oct-87	S		
50 Kilometres	M45 Bjorn Dybdahl	3:39.34	19-May-02	S		
50 Kilometres	M50 George Audley	4:26:07	16-Oct-87	S		
50 Kilometres	M55 John Davies	3:51.53	19-May-02	S		
50 Kilometres	M60 Allen Tyson	5:32:22	12-Oct-85	S		
50 Kilometres	M65 David Baird	5:04:39	16-May-10	S		
	50 Miles			S		
50 Miles	M40 Dave Scott	8:25:49	16-Oct-87	S		
50 Miles	M45 Stan Latchford	10:43:47	16-Oct-87	S		
50 Miles	M50 George Audley	7:18:11	18-Nov-86	S		A
50 Miles	M55 Brian Kennedy	9:11:18	27-May-89	S		
50 Miles	M60 Allen Tyson	12:29:47	12-Oct-85	S		
	100 Kilometres			S		
100 Kilometres	M40 Alan Croxford	11:06:09	28-May-88	S		
100 Kilometres	M45 Stan Latchford	14:46:00	16-Oct-87	S		
100 Kilometres	M50 George Audley	8:47:18	27-Jul-86	S		A
100 Kilometres	M55 Brian Kennedy	12:17:20	27-May-89	S		
100 Kilometres	M60 Allen Tyson	15:36:05	12-Oct-85	S		
	150 Kilometres			S		
150 Kilometres	M40 Alan Croxford	21:44:39	16-Oct-87	S		
150 Kilometres	M50 George Audley	15:29:35	18-Nov-86	S		A
150 Kilometres	M55 Brian Kennedy	20:23:08	27-May-89	S		
	100 Miles			S		
100 Miles	M40 Alan Croxford	23:11:37	16-Oct-87	S		
100 Miles	M50 George Audley	16:45:02	18-Nov-86	S		A
100 Miles	M55 Brian Kennedy	22:07:31	27-May-89	S		
	200 Kilometres			S		
200 Kilometres	M40 Alan Croxford	29:59:16	16-Oct-87	S		
200 Kilometres	M50 George Audley	21:43:37	11-Nov-11	S		A
	250 Kilometres			S		
250 Kilometres	M40 Dave Scott	44:08:47	16-Oct-87	S		
250 Kilometres	M50 George Audley	32:46:40	16-Oct-87	S		A
	300 Kilometres			S		
300 Kilometres	M50 George Audley	42:17:11	16-Oct-87	S		A
	200 Miles			S		
200 Miles	M50 George Audley	45:36:36	16-Oct-87	S		A
	500 Kilometres			S		
	500 Miles			S		
500 Miles	M50 George Audley	144:00:00	01-Nov-87	S		A
	12 Hours			S		
12 Hours	M50 George Audley	119,000	18-Nov-86	S		A
12 Hours	M55 Brian Kennedy	97,000	27-May-89	S		
	24 Hours			S		
24 Hours	M35 Colin Leman	130,000	12-Oct-85	S		
24 Hours	M40 Alan Croxford	163,000	16-Oct-87	S		
24 Hours	M45 Charlie Spare	161,000	12-Oct-85	S		
24 Hours	M45 Morris Warren	161,000	12-Oct-85	S		
24 Hours	M45 Charlie Spare	163,000	13-Oct-86	S		
24 Hours	M50 George Audley	219,361	18-Nov-86	S		A
24 Hours	M55 Brian Kennedy	173,000	27-May-89	S		
24 Hours	M60 Allen Tyson	132,545	12-Oct-85	S		

	48 Hours				S	
48 Hours	M40 Alan Croxford	271,735	16-Oct-87	S		
48 Hours	M50 George Audley	335,000	16-Oct-87	S	A	
48 Hours	M65 George Audley	255,300	20-Nov-01	S	A	
	6 Days			S		
6 Days	M50 George Audley	805,200	01-Nov-87	S		
6 Days	M65 George Audley	704,400	24-Nov-01	S	A	
	110 Metres Hurdles (91.4cm)			S		
110 Metres Hurdles	M50 Noel Goff	18.3	17-Aug-75	S		
110 Metres Hurdles	M55 Noel Goff	18.4	06-Jan-79	S		
	300 Metres Hurdles (84cm) M50 - M55			S		
300 Metres Hurdles	M50 Keith Martin	44.8	20-Mar-94	S		
300 Metres Hurdles	M55 Norm Richards	51.8	13-Mar-93	S		
	400m Hurdles			S		
400m Hurdles	M60 David Jones	76.7	05-Apr-87	S		
	1500m Steeplechase			S		
1500m Steeplechase	M35 David Clarke	5:19.0	26-Jan-76	S		
1500m Steeplechase	M40 George Innes	4:51.9	20-Jan-77	S		
1500m Steeplechase	M50 Ted Maslen	5:17.6	05-Apr-87	S		
1500m Steeplechase	M55 Allen Tyson	5:42.2	05-Apr-80	S		
1500m Steeplechase	M60 Allen Tyson	6:09.0	15-Mar-86	S		
1500m Steeplechase	M65 Duncan Strachan	7:03.7	05-Apr-87	S		
	2000m Steeplechase			S		
2000m Steeplechase	M35 David Reid	6:37.0	03-Dec-89	S		
2000m Steeplechase	M40 David Reid	6:50.8	08-Jan-94	S		
2000m Steeplechase	M45 Ted Maslen	6:43.5	20-Feb-82	S		
2000m Steeplechase	M50 Ted Maslen	7:12.0	14-Feb-87	S		
2000m Steeplechase	M55 Allen Tyson	8:23.9	19-Dec-81	S		
2000m Steeplechase	M60 Duncan Strachan	13:13.7	19-Mar-83	S		
1000m Walk	M35 Ian Sanders	6:43.7	21-Feb-96	S		
1000m Walk	M35 Ian Sanders	6:08.5	27-Nov-97	S		
1000m Walk	M40 Bruce Wilson	5:12.0	16-Oct-91	S		
1000m Walk	M45 John Mison	4:48.9	04-Jan-96	S		
1000m Walk	M50 John Mison	4:54.4	13-Nov-97	S		
1000m Walk	M55 Barrie Thomsett	5:59.5	09-Jan-97	S		
1000m Walk	M60 Ray Hall	5:28.6	27-Nov-97	S		
1000m Walk	M65 Dick Blom	5:12.0	25-Nov-99	S		
1000m Walk	M70 Don Stone	6:08.0	25-Nov-99	S		
1000m Walk	M75 Stan Jones	6:26.4	02-Oct-03	S		
1000m Walk	M85 Stan Jones	7:36.0	27-Jan-11	S		
	2000 Metres Walk			S		
2000 Metres Walk	M30 Gary Hastie	9:08.8	07-Feb-96	S		
2000 Metres Walk	M35 Garry Hastie	9:32.4	06-Nov-96	S		
2000 Metres Walk	M40 Alan Whitely	8:52.5	31-Mar-90	S		
2000 Metres Walk	M45 John Mison	9:27.0	19-Mar-94	S		
2000 Metres Walk	M50 Don Stone	9:49.0	04-Dec-82	S		
2000 Metres Walk	M55 John Davies	10:56.4	24-Mar-02	S		
2000 Metres Walk	M60 Dick Horsley	10:41.0	26-Nov-77	S		
2000 Metres Walk	M65 Dick Horsley	10:34.0	15-Jan-78	S		
2000 Metres Walk	M70 Dick Horsley	11:04.0	20-Oct-83	S		
2000 Metres Walk	M75 Stan Jones	13:19.2	13-Mar-05	S		
2000 Metres Walk	M80 Stan Jones	13:25.7	26-Mar-06	S		
2000 Metres Walk	M85 Frank Hansford-Miller	25:14.8	24-Mar-02	S		
	1 Mile Walk			S		
1 Mile Walk	M40 Peter Hill	8:06.0	02-Dec-90	S		
1 Mile Walk	M45 John Mison	7:53.0	08-Feb-96	S		

1 Mile Walk	M50 John Mison	7:54.6	03-Dec-98	S	
1 Mile Walk	M55 Jeff Whittam	10:19.0	26-Nov-89	S	
1 Mile Walk	M60 Dick Horsley	7:55.0	12-Feb-75	S	
1 Mile Walk	M65 Dick Horsley	8:21.0	01-Jan-80	S	
1 Mile Walk	M70 Dick Horsley	8:50.0	01-Jan-83	S	
1 Mile Walk	M75 Dick Horsley	11:28.2	23-Oct-91	S	
1 Mile Walk	M80 Stan Jones	10:35.2	07-Sep-06	S	
1 Mile Walk	M85 Stan Jones	12:26.2	20-Oct-11	S	
	8000m Walk			S	
8000m Walk	M60 Dick Horsley	49:12.0	30-Jul-77	S	
	16,000m Walk			S	
16,000m Walk	M40 Jim Smith	89:16.0	14-Jun-75	S	
	50 Miles Walk			S	
50 Miles Walk	M50 George Audley	11:08:45	28-May-88	S	
	100 Kilometres Walk			S	
100 Kilometres Walk	M50 George Audley	14:11:20	28-May-88	S	
	150 Kilometres Walk			S	
150 Kilometres Walk	M50 George Audley	21:45:14	28-May-88	S	
	100 Miles Walk			S	
100 Miles Walk	M50 George Audley	23:28:40	28-May-88	S	A
	One Hour Walk			S	
One Hour Walk	M40 Jim Smith	10,714	03-Sep-77	S	
One Hour Walk	M60 Dick Horsley	10,690	19-Aug-73	S	
One Hour Walk	M65 Dick Horsley	10,375	03-Sep-78	S	
	Two Hours Walk			S	
Two Hours Walk	M40 Jim Smith	20,064	16-Jun-74	S	
	24 Hours Walk			S	
24 Hours Walk	M50 George Audley	164,051	28-May-88	S	A
	Hammer Throw (7.26kg)			S	
Hammer Throw	M55 Bill Chapman	24.48	11-Nov-11	S	
	Hammer Throw (5.5kg)			S	
Hammer Throw	M50 Bob Fergie	39.92	01-Feb-86	S	
	Javelin (old style 800g)			S	
Javelin Throw	M35 David Morris	46.90	12-Feb-87	S	
Javelin Throw	M40 Jeff Bowen	47.20	01-Dec-85	S	
Javelin Throw	M45 Jeff Bowen	44.97	19-Mar-88	S	
Javelin Throw	M75 Reg Briggs	15.78	18-Jan-81	S	
	Javelin (800g) M30 - M55			S	
Javelin Throw	M50 Murray Tolbert	40.68	15-Jan-98	S	
Javelin Throw	M55 Peter Gare	37.70	08-Apr-96	S	
	Javelin (600g) M60+			S	
Javelin Throw	M70 James McMillan	28.80	07-Apr-96	S	
Javelin Throw	M75 Sydney Coleman	25.66	16-Oct-91	S	X
Javelin Throw	M75 Sydney Coleman	25.66	04-Apr-92	S	X
Javelin Throw	M80 Sydney Coleman	22.18	07-Apr-96	S	
	Shot Put (7.26kg)			S	
Shot Put	M50 Geoff Gee	11.00	25-Nov-03	S	
	Shot Put (5.5kg)			S	
Shot Put	M50 Noel Goff	11.67	02-Nov-74	S	
Shot Put	M55 Bill Chapman	10.62	01-Dec-83	S	
	Shot Put (4kg)			S	
Shot Put	M60 Bill Chapman	11.09	04-Apr-87	S	
Shot Put	M65 Dick Horsley	8.99	25-Jan-78	S	
	Pentathlon (LJ/J/200/D/1500) (pre 1997 tables)			S	
Pentathlon	M30 Garry Hastie	2372	28-Feb-96	S	
Pentathlon	M35 Mike Edwards	3156	29-Mar-92	S	

Pentathlon	M40	Murray Tolbert	3142	10-Mar-91	S	
Pentathlon	M45	Murray Tolbert	3422	05-Jan-92	S	
Pentathlon	M50	Peter Gare	3575	10-Mar-91	S	
Pentathlon	M55	Peter Gare	3888	08-Apr-96	S	
Pentathlon	M60	David Carr	3124	02-Apr-95	S	
Pentathlon	M65	Allen Tyson	2331	06-Jan-91	S	
Pentathlon	M70	Allen Tyson	2145	08-Apr-96	S	
Pentathlon	M75	Sydney Coleman	2274	09-Jan-94	S	
		Pentathlon (LJ/J/200/Shot/1500)(AG)			S	
Pentathlon	M30	Wayne Bariolo	2665	22-Mar-98	S	
Pentathlon	M35	Greg Vander Sanden	2753	09-Mar-97	S	X
Pentathlon	M40	Greg Vander Sanden	2720	14-Mar-99	S	X
Pentathlon	M45	Garth Summerfield	2565	22-Mar-98	S	
Pentathlon	M50	Murray Tolbert	3563	22-Mar-98	S	A
Pentathlon	M55	Peter Gare	3515	22-Mar-98	S	A
Pentathlon	M60	Norm Richards	3054	15-Jan-98	S	
Pentathlon	M65	David Carr	3461	13-Apr-98	S	X
Pentathlon	M70	Allen Tyson	2138	15-Jan-98	S	
Pentathlon	M75	Ron Tompkins	2356	14-Mar-99	S	
		4 x 200 Metres Relay			S	
4 x 200 Metres Relay	M35	WAVAS Team	1:45:1	10-Oct-92	S	
4 x 200 Metres Relay	M35	Wally Groom	1:45:1	10-Oct-92	S	
4 x 200 Metres Relay	M35	Keith Martin	1:45:1	10-Oct-92	S	
4 x 200 Metres Relay	M35	Norm Richards	1:45:1	10-Oct-92	S	
4 x 200 Metres Relay	M35	Kilburn	1:45:1	10-Oct-92	S	
		6 Hours Relay			S	
6 Hours Relay	M60	MAWA Team	77.7km	10-Dec-11	S	
6 Hours Relay	M60	Joe Clarke-Murphy	77.7km	10-Dec-11	S	
6 Hours Relay	M60	John Oldfield	77.7km	10-Dec-11	S	
6 Hours Relay	M60	Maurice Creagh	77.7km	10-Dec-11	S	
6 Hours Relay	M60	Mike Hale	77.7km	10-Dec-11	S	
6 Hours Relay	M60	Vic Waters	77.7km	10-Dec-11	S	
		24 Hours Relay			S	
24 Hours Relay	M35	WAVAS B Team	374.951km	28-Sep-79	S	
24 Hours Relay	M35	Tony O'Hare	374.951km	28-Sep-79	S	
24 Hours Relay	M35	Hugh Kirkman	374.951km	28-Sep-79	S	
24 Hours Relay	M35	Derek Crowther	374.951km	28-Sep-79	S	
24 Hours Relay	M35	Terry Manford	374.951km	28-Sep-79	S	
24 Hours Relay	M35	Gerry Noordyk	374.951km	28-Sep-79	S	
24 Hours Relay	M35	Bernie Oliver	374.951km	28-Sep-79	S	
24 Hours Relay	M35	Robert Johnstone	374.951km	28-Sep-79	S	
24 Hours Relay	M35	Winston Hough	374.951km	28-Sep-79	S	
24 Hours Relay	M35	Derek Walker	374.951km	28-Sep-79	S	
24 Hours Relay	M35	Frank Usher	374.951km	28-Sep-79	S	
24 Hours Relay	M40	WAVAS A Team	430.334km	10-Dec-83	S	A
24 Hours Relay	M40	Don Caplin	430.334km	10-Dec-83	S	A
24 Hours Relay	M40	Ken Gilbert	430.334km	10-Dec-83	S	A
24 Hours Relay	M40	George Innes	430.334km	10-Dec-83	S	A
24 Hours Relay	M40	Bob Harrison	430.334km	10-Dec-83	S	A
24 Hours Relay	M40	Maurice Smith	430.334km	10-Dec-83	S	A
24 Hours Relay	M40	Jim Barnes	430.334km	10-Dec-83	S	A
24 Hours Relay	M40	Frank Smith	430.334km	10-Dec-83	S	A
24 Hours Relay	M40	Hank Stoffers	430.334km	10-Dec-83	S	A
24 Hours Relay	M40	Frank Steere	430.334km	10-Dec-83	S	A
24 Hours Relay	M40	Derek Hoye	430.334km	10-Dec-83	S	A
24 Hours Relay	M50	WAVAS Team	356.056km	10-Dec-83	S	A

24 Hours Relay	M50 Frank McLinden	356.056km	10-Dec-83	S	A
24 Hours Relay	M50 Bruce Hollier	356.056km	10-Dec-83	S	A
24 Hours Relay	M50 Don Stone	356.056km	10-Dec-83	S	A
24 Hours Relay	M50 Dave Hough	356.056km	10-Dec-83	S	A
24 Hours Relay	M50 Ray Lawrence	356.056km	10-Dec-83	S	A
24 Hours Relay	M50 Merv Moyle	356.056km	10-Dec-83	S	A
24 Hours Relay	M50 Brian Kennedy	356.056km	10-Dec-83	S	A
24 Hours Relay	M50 Dennis Wilmott	356.056km	10-Dec-83	S	A
24 Hours Relay	M50 Alan Pomery	356.056km	10-Dec-83	S	A
24 Hours Relay	M50 Jerry Noordyk	356.056km	10-Dec-83	S	A
	10 Kilometres Road Run			S	
10K Road Run	M30 Stephen Dunn	36:42	25-May-97	S	
10K Road Run	M35 Phil Wall	31:46	05-Nov-78	S	
10K Road Run	M40 Jim Langford	32:27	28-Jul-85	S	
10K Road Run	M45 Frank Smith	33:20	01-Jul-89	S	
10K Road Run	M50 John Gilmour	32:50	17-May-71	S	
10K Road Run	M55 John Gilmour	34:53	30-Jul-77	S	
10K Road Run	M60 John Gilmour	34:21	05-Jul-80	S	
10K Road Run	M65 John Gilmour	35:56	28-Jul-85	S	
10K Road Run	M70 John Gilmour	37:25	10-Jun-89	S	A
10K Road Run	M75 David Carr	45:52	13-Jul-08	S	
10K Road Run	M80 Irwin Barrett-Lennard	49:02	24-May-09	S	
	15 Kilometres Road Run			S	
15K Road Run	M30 Stephen Dunn	56:48	06-Jun-99	S	
15K Road Run	M35 Wally Crowley	54:01	02-Jun-91	S	
15K Road Run	M40 John West	52:11	02-Jun-91	S	
15K Road Run	M45 Bert Carse	52:04	24-Jun-89	S	
15K Road Run	M50 Steve Barrie	52:04	29-Apr-90	S	
15K Road Run	M55 Bert Carse	54:45	06-Jun-99	S	
15K Road Run	M60 Bert Carse	56:25	22-Jun-03	S	
15K Road Run	M65 John Gilmour	55:07	28-Jun-87	S	
15K Road Run	M70 John Gilmour	56:49	14-May-89	S	A
15K Road Run	M75 Irwin Barrett-Lennard	70:50	06-Jun-05	S	
15K Road Run	M80 Irwin Barrett-Lennard	74:14	03-May-09	S	
	16 Kilometres Road Run			S	
16K Road Run	M30 Stephen Dunn	61:29	25-Apr-99	S	
16K Road Run	M35 Phil Wall	53:21	20-May-78	S	
16K Road Run	M40 Frank Smith	53:38	07-Aug-82	S	
16K Road Run	M45 Maurice Smith	55:42	10-May-80	S	
16K Road Run	M50 Bert Carse	59:15	23-Apr-95	S	
16K Road Run	M55 John Gilmour	54:30	20-May-78	S	
16K Road Run	M60 John Gilmour	54:36	11-May-80	S	
16K Road Run	M65 John Gilmour	59:57	12-Jul-86	S	
16K Road Run	M70 David Carr	75:22	16-Jul-06	S	
16K Road Run	M75 Irwin Barrett-Lennard	74:08	29-May-05	S	
	10 Miles Road Run			S	
10 Miles Road Run	M35 Phil Wall	52:23	01-Jan-78	S	
10 Miles Road Run	M40 Derek Hoye	55:26	13-Jul-80	S	
10 Miles Road Run	M45 Frank Smith	56:16	23-Oct-88	S	
10 Miles Road Run	M50 John Gilmour	56:16	28-Jul-73	S	
10 Miles Road Run	M55 John Gilmour	54:44	11-Jun-78	S	A
10 Miles Road Run	M60 John Gilmour	55:57	13-Jul-80	S	
10 Miles Road Run	M65 John Gilmour	57:38	20-Jul-86	S	
10 Miles Road Run	M70 John Gilmour	64:29	24-Jun-90	S	A
	20 Kilometres Road Run			S	
20K Road Run	M35 Geoff Wall	1:10:48	10-Dec-78	S	

20K Road Run	M40 Frank Smith	1:11:23	23-May-82	S	
20K Road Run	M45 Jim Langford	1:07:19	30-Jun-91	S	
20K Road Run	M50 Hank Stoffers	1:08:16	30-Jun-91	S	
20K Road Run	M55 John Gilmour	1:10:59	10-Dec-78	S	
20K Road Run	M60 John Gilmour	1:15:54	20-Apr-80	S	
20K Road Run	M65 Cliff Bould	1:36:45	24-May-81	S	
	15 Miles Road Run			S	
15 Miles Road Run	M40 John Butts	1:33:59	10-Jul-76	S	
15 Miles Road Run	M50 John Gilmour	1:24:12	25-Aug-73	S	
15 Miles Road Run	M55 John Gilmour	1:24:15	31-Aug-74	S	
	25 Kilometres Road Run			S	
25 Kilometres Road Run	M30 Stephen Dunn	1:34:46	21-Jun-98	S	
25 Kilometres Road Run	M35 Hank Stoffers	1:28:56	03-Aug-80	S	
25 Kilometres Road Run	M40 Frank Smith	1:25:29	23-Apr-84	S	
25 Kilometres Road Run	M45 Bert Carse	1:28:57	17-Jun-90	S	
25 Kilometres Road Run	M50 Derek Hoye	1:35:09	17-Jun-90	S	
25 Kilometres Road Run	M55 John Gilmour	1:27:35	10-Jul-76	S	
25 Kilometres Road Run	M60 John Gilmour	1:31:35	11-Jul-82	S	A
25 Kilometres Road Run	M65 Bert Carse	1:48:41	06-Jun-10	S	
25 Kilometres Road Run	M70 John Gilmour	1:39:59	17-Jun-90	S	A
25 Kilometres Road Run	M75 Irwin Barrett-Lennard	2:00:19	18-Jun-06	S	
25 Kilometres Road Run	M80 Irwin Barrett-Lennard	2:43:22	06-Jun-10	S	
	20 Miles Road Run			S	
20 Miles Road Run	M35 Jeff Joyce	1:56:10	06-Mar-77	S	
20 Miles Road Run	M40 Frank Smith	1:53:11	30-Jun-85	S	
20 Miles Road Run	M45 Maurice Smith	2:00:28	12-Apr-81	S	
20 Miles Road Run	M50 Steve Barrie	2:02:29	18-Jun-89	S	
20 Miles Road Run	M55 Allen Tyson	2:32:01	12-Apr-81	S	
20 Miles Road Run	M60 John Gilmour	1:59:57	18-Apr-82	S	A