



44th Track and Field Championships 2025

MASTERS ATHLETICS WA



LEE STERGIU

Programme

MASTERS ATHLETICS WA 2025 STATE TRACK & FIELD CHAMPIONSHIPS

PROGRAMME

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KEY OFFICIALS

Championship Director	Barbara Blurton
Meet Manager	Richard Blurton
Track Referee	Jackie Halberg
Chief Umpire	Kieran Reeve, Alan Gower
Starters	Tom Lenane, Andrew Cuthbertson
Photo Finish	Kirsty Peddie, Rashanthi Wanigasekera,
Chief Walk Judge	tba
Field Referee	Damien Hanson
Chief Throws Judge	Glenn Bartlett
Technical Officer	Damien Hanson
Chief Jumps	Dave Wyatt
Chair, Jury of Appeal	Richard Blurton

RULES OF COMPETITION

Competition Rules: Competition will be conducted under World Athletics, WMA and AMA rules subject to any special rules specified by the MAWA organising committee. Entry signifies that each competitor will abide by the rules.

Adverse Conditions: In the advent of adverse conditions, the Meet Manager has the authority to halt, delay or cancel affected events.

Age Groups: Age groups for competition are in 5-year groupings, as specified in the entry form. The age group for a competitor is determined by his/her age on the 27 March, except for events prior to that which will be age on the day. If numbers are small, age groups may be combined, at the discretion of the organizers, for purposes of competition.

There is no separate category for Para-athletes, however they are allowed to compete in any event, provided that does not lead to unreasonable disruption of the programme. For example, it is unlikely that seated throws could be accommodated.

Uniform/Numbers: MAWA uniform must be worn by all MAWA competitors; other club entries must wear that club's uniform. Visitors may wear any suitable kit. Bib numbers to be worn front and back except for field events, where only one number is required.

Track events:

- Events of 1500m and above will be massed starts.
- Starting blocks and crouch starts are not compulsory, neither is it compulsory to have both hands in contact with the track.
- Personal starting blocks may not be used – blocks will be provided.
- Two false starts for an individual cause disqualification for track events (including pentathlon events).
- **HIP NUMBERS:** All track competitors (except walkers) need to wear a hip number on the **LEFT** hip.
These are to be collected from the table next to registration and will need to be collected for **each event entered**.

Field events

- Competitors will compete in the order shown on the start sheet.
- No competitor will be allowed to enter the competition after the commencement of the fourth round. Competitors who need to leave during an event may compete out of turn for that round. On return athletes may only continue at the round in progress (but may do so in that round even if their normal position in the round has passed).
- Personal throwing equipment must have already been measured officially prior to competition – at least an hour before check in time - and must be made available to all competitors for general use during the event.
- Two hands must be used to throw the hammer and weight.
- The WMA 60 second rule will apply for all throws and jumps. This means that a competitor, once called for their throw or jump, will have 60 seconds to start the attempt. If time runs out, the competitor will have a “no throw/jump”. The 60 seconds does not start until the competitor has taken up their preferred implement.

Honest effort

An athlete is expected to compete honestly and with bona fide effort.

Reporting

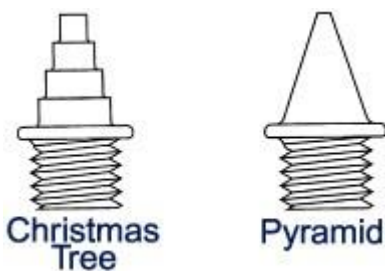
ALL competitors must report to the marshal at the start point **10 minutes** before the scheduled starting time of the event. Any athlete who has a clash between track and field events must report to the field event judge first to confirm their intention to compete. Track events take precedence over field.

Arena Safety

- Only officials and competitors are allowed on the infield. Competitors and officials must move around the outside of the track when proceeding from one side of the ground to the other.
- Any competitor or person approaching the throws area shall approach from behind the sector area or cage if one is being used.

Spikes

The only spikes permitted for use on the track are of the [Christmas Tree](#) and [Pyramid](#) shape variety. The composition of the spike, ie ceramic or metal is irrelevant.



- Track spikes must not exceed 7mm
- Field spikes must not exceed 9mm except for javelin and high jump which must not exceed 11mm

Shoes

Any shoe used in competition must have a sole with a maximum thickness of no more than 40mm, except any shoe that contains spikes which must have a sole with a maximum thickness of no more than 30mm.

Protests: Any protest concerning an athlete's eligibility to compete must be lodged with the referee before the start of the relevant event. If the matter is not promptly resolved, the athlete in question shall be allowed to compete "under protest" pending subsequent decision. Any protest arising from competition shall be made to the referee not later than 30 minutes after the result of the relevant event has been announced. Any appeal against the referee's decision must be in writing to the Jury of Appeal and accompanied by a deposit of \$50.00 which will be forfeited if the appeal is without substance.

MEDICAL / PHYSIO INFORMATION

First Aid/Medical

Emergency first aid will be provided.

Massage will be provided by qualified remedial massage therapist and Fiona Sparkes during competition on 29 (from 9:30) and 30 March from 8:00.

Cost: \$15 for 15 minutes.

It will be possible to book 2-3 slots if you need further assessment / treatment.

PREVIOUS EVENTS:

5000m, 10,000m, high jump and multi events have already taken place.

MAWA would like to thank Athletics West for facilitating the decathlon, the heptathlon and pole vault events.

TIMETABLE OF EVENTS

Day 1 Thursday 27 March

6.50pm M30-59 3000m steeplechase

7.15pm W30+ 2000m steeplechase

7.15pm M60+ 2000m steeplechase

Day 2 Saturday 29 March

08:00	W45+	5000m Race Walk	10:40	W40+	Hammer
08:00	M55+	5000m Race Walk	10:45	W45-59	80m Hurdles
08:15	M30-49	Long Jump	11:00	M30-59	Javelin
08:15	W30-54	Javelin	11:15	W30+	1500m
09:15	W50+	400m	11:15	M75+	1500m
09:20	W30-49	400m	11:30	M60-74	1500m
09:25	M75+	400m	11:30	W30+	Long Jump
09:30	M65-74	400m	11:45	M30-54	1500m
09:30	M55+	Shot	11:50	M60+	Javelin
09:30	W55+	Javelin	12:15	W60+	100m
09:35	M60	400m	12:20	W40-59	100m
09:40	M45-59	400m	12:25	W30-39	100m
09:45	M30-44	400m	12:25	W55+	Shot
10:15	M30	110m Hurdles	12:30	M75+	100m
10:15	M40	110m Hurdles	12:35	M65-74	100m
10:15	M50+	Long Jump	12:40	M60	100m
10:25	M60-69	100m Hurdles	12:45	M50-59	100m
10:35	W30	100m Hurdles	12:50	M40-49	100m
10:35	M50	100m Hurdles	12:55	M30-39	100m

Day 3 Sunday 30 March

08:10	M55+	Triple Jump	10:15	M65+	800m
08:10	M30-54	Discus	10:25	M50-64	800m
08:30	W60+	200m	10:30	M30-49	800m
08:35	W45-59	200m	10:35	W45+	800m
08:40	W30-44	200m	10:40	W30-44	800m
08:45	M80+	200m	10:50	W45+	1500m Race Walk
08:50	M70+	200m	10:50	M50+	1500m Race Walk
08:50	W55+	Triple Jump	11:00	W30-54	Triple Jump
08:55	M60-69	200m	11:00	M30-54	Shot
08:55	W30-54	Discus	11:00	M55+	Discus
09:00	M50-59	200m	11:30	W60+	60m
09:05	M40-49	200m	11:35	W40-59	60m
09:10	M30-39	200m	11:40	W30-39	60m
09:30	W45+	3000m Race Walk	11:45	M75-79	60m
09:30	M55+	3000m Race Walk	12:00	M60-74	60m
10:00	M30-54	Triple Jump	12:00	M50+	Hammer
10:00	M50+	Weight	12:00	W40+	Weight
10:00	W30-54	Shot	12:05	M45-59	60m
10:00	W55+	Discus	12:10	M30-44	60m

TECHNICAL SPECIFICATIONS

Hurdles

Age Group	No of Hurdles	Race Distance (m)	Hurdle Height	To 1 st Hurdle (m)	Between Hurdles (m)	To Finish (m)
Women						
30-39	10	100	0.840	13	8.5	10.5
40-49	8	80	0.762	12	8.0	12
50-59	8	80	0.762	12	7.0	19
60+	8	80	0.686	12	7.0	19
30-49	10	400	0.762	45	35	40
50-59	7	300	0.762	50	35	40
60-69	7	300	0.686	50	35	40
70+	5	200	0.686	20	35	40
Men						
30-49	10	110	0.991	13.72	9.14	14.02
50-59	10	100	0.914	13	8.5	10.5
60-69	10	100	0.840	12	8.0	16
70-79	8	80	0.762	12	7.0	19
80+	8	80	0.686	12	7.0	19
30-49	10	400	0.914	45	35	40
50-59	10	400	0.840	45	35	40
60-69	7	300	0.762	50	35	40
70-79	7	300	0.686	50	35	40
80+	5	200	0.686	20	35	40

Throwing Implements

Age Group	Hammer (kg)	Shot Put (kg)	Discus (kg)	Javelin (gm)	Weight (kg)
Women					
30-49	4.00	4.00	1.00	600	9.080 (20lb)
50-59	3.00	3.00	1.00	500	7.260 (16lb)
60-74	3.00	3.00	1.00	500	5.450 (12lb)
75+	2.00	2.00	0.75	400	4.000 (8.8lb)
Men					
30-49	7.26	7.26	2.00	800	15.880 (35lb)
50-59	6.00	6.00	1.50	700	11.340 (25lb)
60-69	5.00	5.00	1.00	600	9.080 (20lb)
70-79	4.00	4.00	1.00	500	7.260 (16lb)
80+	3.00	3.00	1.00	400	5.450 (12lb)

Steeple Heights

2000m steeple heights for M60+ and all Women are 0.762m as per World Athletics rules for women.
 3000m steeple heights for M30-59 are 0.838m as per WMA rules.

List of Competitors

Rochelle Airey	W55	MAWA	Wendy Farrow	W55	MAWA
Brenda Almstrom	W45	MAWA	John Fettus	M50	Bunbury
Mike Anderson	M75	MAWA	John Fisher	M65	MAWA
Scott Andrews	M35	Curtin	Paul Foley	M55	MAWA
Gin Ang	M60	MAWA	Geoffrey Gee	M70	MAWA
Lyn Arnott	W70	MAWA	Hannah Gethin	W30	MAWA
Jannie Baard	M55	Tracksters	Ross Goulden	M80	Bunbury
Delia Baldock	W60	MAWA	Tom Gravestock	M65	MAWA
Wayne Bariolo	M55	MAWA	Vaughan Gregory	M45	MAWA
Steve Barrie	M60	MAWA	Mike Haederle	M60	MAWA
Amanda Bisk	W35	MAWA	Johan Hagedoorn	M80	MAWA
Barbara Blurton	W75	MAWA	Bev Hamilton	W75	MAWA
Ben Botha	M45	MAWA	Jason Hammond	M45	MAWA
Mariette Botha	W40	MAWA	Mark Harper	M45	Athletics West
Chris Bourn	M45	MAWA	Richard Harris	M65	MAWA
Jeff Bowen	M80	MAWA	Garry Hastie	M60	Bunbury
Carol Bowman	W70	MAWA	Eric Hayward	M55	MAWA
Geoff Brayshaw	M75	MAWA	Fiona van Heerwaarden	W45	MAWA
Greg Bridge	M60	MAWA	Steve Helm	M60	MAWA
Michael Brophy	M50	MAWA	Jacinta Henderson	W45	MAWA
Ivan Brown	M80	MAWA	Brian Hewitt	M70	MAWA
Roberto Busi	M45	MAWA	Paul Highway	M45	MAWA
Wayne Byram	M50	MAWA	David Hille	M35	UWA
Michael Byrne	M70	Bunbury	Bob Hull	M80	MAWA
Brian Callaghan	M60	MAWA	Michelle Hunter	W35	MAWA
Bernard Candy	M60	MAWA	Paul Jeffery	M50	MAWA
David Carbon	M55	MAWA	Patrick Jones	M50	MAWA
Terri Carr	W65	MAWA	Juliana Kelly	W60	MAWA
Bert Carse	M80	MAWA	Greg Kennedy	M75	MAWA
Mercurio Cicchini	M75	MAWA	Martin Kennedy	M65	MAWA
Mercurio Cichini	M75	MAWA	Barrie Kernaghan	M85	MAWA
Sue Coate	W55	MAWA	Maureen Keshwar	W70	MAWA
Tom Collings	M40	MAWA	Asami Kobayashi	W50	MAWA
Kevin Collins	M55	MAWA	Matthew Konsolis	M35	UWA
David Colvin	M60	MAWA	Michelle Krokosz	W40	Bunbury
Matt Combe	M40	MAWA	Dominic Lagat	M40	MAWA
Jerome Conway-Mortimer	M50	MAWA	Naomi Lagat	W40	MAWA
Stephen Crabbe	M75	MAWA	Jim Langford	M80	MAWA
Gayle Craft	W65	MAWA	Trent Lawler	M50	MAWA
Joe-Anne Dannenberg	W50	MAWA	Tom Lenane	M65	MAWA
Ivo Davies	M75	MAWA	Lisa Limonas	W55	MAWA
Sharon Davis	W50	MAWA	Michelle Link	W60	MAWA
Andrew Davison	M60	MAWA	Nat Lockyer	W45	MAWA
Mark Dawson	M60	MAWA	Nataleen Lockyer	W45	MAWA
Matthew Dean	M35	MAWA	Tim Loh	M35	MAWA
Tammi Doyle	W50	Inglewood	Malachi MacKay	M40	Inglewood
Deanna Drabsch	W30	MAWA	Peggy Macliver	W80	MAWA
Andrew Duncan	M55	MAWA	Phil Mangano	M55	MAWA
Glenys Duncan	W85	MAWA	Jacques Maniacara	M60	MAWA
Kyle Eagar	M50	Unattached	Catherine Manners	W40	MAWA
Stephen Edwards	M40	MAWA	Eddie Marcus	M55	MAWA
Kyle Ennis	M30	Tracksters	Simon Martin	M40	MAWA
Anita Etridge	W40	Unattached	Mark Maslen	M45	MAWA
Adrian Fabiankovits	M35	MAWA	Pat Maslen	M60	MAWA
Christina Faithfull	W75	MAWA	Rachael McCree	W30	MAWA

John McDonagh	M75	MAWA	Jacinta Thompson	W45	MAWA
Simon McGarvie	M60	MAWA	Isolde Tietz	W70	MAWA
Hayden McGregor	M30	MAWA	Peter Tietz	M70	MAWA
Adrian McKenzie	M50	MAWA	Campbell Till	M65	MAWA
Jacqui McQueen	W55	MAWA	Tyne Timmers	M40	Bunbury
Harold Membrey	M70	Bunbury	Karyn Tolardo	W55	MAWA
Carmel Meyer	W60	MAWA	Jenna Triplett	W30	Albany
Brian Miller	M65	MAWA	Charmaine Tuia	W30	MAWA
Keith Miller	M75	MAWA	Brooke Turner	W35	Unattached
John Miolini	M50	MAWA	Marcela Valdes	W60	MAWA
Ashley Moore	M45	MAWA	Frankie Vargacz	M60	MAWA
JP Moutia	M60	MAWA	Hans Venter	M60	MAWA
Victor Munoz	M70	MAWA	Mathew Walker	M40	MAWA
Kevin Murphy	M55	MAWA	Desmond Walsh	M70	MAWA
Nkosi Ndlovu	M40	MAWA	Zane Walsh	M40	MAWA
Bonny Ndungu	M35	MAWA	Andrew Ward	M60	MAWA
Ian Newell	M50	MAWA	Clare Wardle	W50	MAWA
Alex Newman	M50	MAWA	Darryl Werth	M40	Ridgewood
Martin O'Connell	M55	MAWA	Dave Wilkie	M65	MAWA
Amanda O'Shaughnessy	W35	MAWA	Ken Wilkins	M60	MAWA
Chris Owen	M45	MAWA	Paul Wilmot	M30	MAWA
Brenda Painter	W80	Albany	Barbara Wilson	W70	MAWA
Jennifer Parker	W55	Bunbury	Greg Wilson	M75	MAWA
Stephen Parker	M30	MAWA	Julie Wilson	W70	MAWA
Balinga Pasco	M35	Bunbury	Peter Woods	M60	MAWA
Jo Peters	M70	Bunbury	Gay Wyatt	W70	MAWA
Garry Ralston	M65	MAWA	Xinhuan Yan	M50	MAWA
Keith Redpath	M70	MAWA	Kimberly Young	W30	Curtin
Norman Richards	M85	MAWA	Sue Zlnay	W65	MAWA
Xander van Rijen	M55	MAWA			
Andy Roach	M50	MAWA			
Darren Robertson	M30	Unattached			
Glenn Rogers	M60	MAWA			
Peter Sanders	M75	MAWA			
Susan Sanders	W70	MAWA			
Ryan Satinover	M40	MAWA			
Judy Saunders	W70	MAWA			
Margaret Saunders	W70	MAWA			
Bob Schickert	M80	MAWA			
Lynne Schickert	W80	MAWA			
Brad Schirmer	M55	MAWA			
Claudia Seke	W55	MAWA			
Lori Sexton	W60	MAWA			
Sandra Siviour	W50	MAWA			
Colin Smith	M60	MAWA			
Georgie Smith	W40	MAWA			
Janet Smith	W45	MAWA			
Lizelle Smith	W50	MAWA			
Morland Smith	M85	MAWA			
Phil Smyth	M75	MAWA			
Louise Soia	W40	UWA			
Alan Stabler	M50	MAWA			
Lee Stergiou	M50	MAWA			
Elizabeth Szczepanska	W70	MAWA			
Jacqui Taleb-Bendiab	W60	MAWA			
Kim Taylor	M55	MAWA			
Jacinta Thompson	W45	MAWA			
			Total athletes: 196		

THURSDAY 27 MARCH

18:50 Event 1
M40-54 3000m Steeplechase

- 1 Tom Collings
- 2 Xinhuan Yan
- 3 Wayne Byram

19:15 Event 2
W40+ 2000m Steeplechase

- 1 Fiona van Heerwaarden
- 2 Tammi Doyle
- 3 Sandra Siviour
- 4 Jacqui McQueen
- 5 Sue Coate
- 6 Julie Wilson

19:15 Event 3
M60+ 2000m Steeplechase

- 1 David Colvin
- 2 Dave Wilkie
- 3 Morland Smith

SATURDAY 29 MARCH

08:00 Event 4 W45+ 5000m Race Walk

- 1 481 Fiona van Heerwaarden
- 2 572 Wendy Farrow
- 3 592 Karyn Tolardo
- 4 644 Marcela Ruiz Valdes
- 5 714 Julie Wilson
- 6 802 Peggy Macliver
- 7 850 Glenys Duncan

08:00 Event 5 M55+ 5000m Race Walk

- 8 590 Andrew Duncan
- 9 632 Garry Hastie
- 10 680 Tom Lenane
- 11 702 Victor Munoz
- 12 762 John McDonagh
- 13 810 Johan Hagedoorn

08:15 Event 6 M30-49 Long Jump

- 1 320 Hayden McGregor
- 2 321 Paul Wilmot
- 3 331 Stephen Parker
- 4 351 Matthew Dean
- 5 362 Bonny Ndungu
- 6 400 Stephen Edwards
- 7 411 Dominic Lagat
- 8 420 Nkosi Ndlovu
- 9 440 Malachi MacKay
- 10 442 Tyne Timmers
- 11 443 Darryl Werth
- 12 450 Jason Hammond

08:15 Event 7 W30-54 Javelin

- 1 310 Hannah Gethin
- 2 311 Rachael McCree
- 3 340 Deanna Drabsch
- 4 401 Michelle Krokosz
- 5 412 Naomi Lagat
- 6 460 Nat Lockyer
- 7 520 Tammi Doyle
- 8 540 Sandra Siviour

09:15 Event 8 W50+ 400m

- Lane**
- 2 540 Sandra Siviour
 - 3 562 Jennifer Parker
 - 4 700 Carol Bowman
 - 5 713 Margaret Saunders
 - 6 750 Barbara Blurton

09:20 Event 9 W30-49 400m

- Lane**
- 1 310 Hannah Gethin
 - 2 340 Deanna Drabsch
 - 3 334 Kimberly Young
 - 4 381 Amanda O'Shaughnessy
 - 5 431 Catherine Manners
 - 6 412 Naomi Lagat
 - 7 422 Louise Soia
 - 8 451 Jacinta Henderson

09:25 **Event 10 M75+ 400m**
Lane
2 752 Mercurio Cicchini
3 791 Ivo Davies
4 761 Greg Kennedy
5 801 Ross Goulden
6 800 Ivan Brown
7 871 Morland Smith

09:40 **Event 15 M45-59 400m**
Lane
2 493 Paul Highway
3 494 Chris Owen
4 491 Chris Bourm
5 533 Lee Stergiou
6 550 David Carbon
7 560 Jannie Baard

09:30 **Event 11 M65-74 400m**
Lane
2 673 Campbell Till
3 660 Dave Wilkie
4 690 Garry Ralston
5 703 Desmond Walsh
6 711 Brian Hewitt
7 730 Michael Byrne

09:45 **Event 16 M30-44 400m**
Lane
2 321 Paul Wilmot
3 330 Kyle Ennis
4 380 Matthew Konsolis
5 440 Malachi MacKay
6 413 Mathew Walker
7 411 Dominic Lagat
8 442 Tyne Timmers

09:30 **Event 12 M55+ Shot**
1 551 Brad Schirmer
2 570 Wayne Bariolo
3 614 Hans Venter
4 634 Andrew Ward
5 660 Dave Wilkie
6 701 Tom Gravestock
7 710 Geoffrey Gee
8 712 Jo Peters
9 751 Geoff Brayshaw
10 760 Mike Anderson
11 770 Greg Wilson
12 830 Jeff Bowen

10:15 **Event 17 M30 110m Hurdles**
Lane
3 321 Paul Wilmot

10:15 **Event 18 M40 110m Hurdles**
Lane
4 420 Nkosi Ndlovu
5 440 Malachi MacKay

10:15 **Event 19 M50+ Long Jump**
1 532 Trent Lawler
2 550 David Carbon
3 551 Brad Schirmer
4 570 Wayne Bariolo
5 571 Kevin Collins
6 642 Jacques Maniacara
7 660 Dave Wilkie
8 690 Garry Ralston
9 752 Mercurio Cicchini
10 780 Phil Smyth

09:30 **Event 13 W55+ Javelin**
1 561 Lisa Limonas
2 580 Sue Coate
3 633 Michelle Link
4 643 Carmel Meyer
5 731 Maureen Keshwar
6 733 Elizabeth Szczepanska
7 734 Barbara Wilson
8 753 Christina Faithfull
9 792 Bev Hamilton
10 803 Brenda Painter

10:25 **Event 20 M60-69 100m Hurdles**
Lane
3 613 JP Moutia
4 660 Dave Wilkie

09:35 **Event 14 M60 400m**
Lane
2 624 Frankie Vargacz
3 640 Mark Dawson
4 611 Greg Bridge
5 603 Glenn Rogers
6 641 Steve Helm
7 642 Jacques Maniacara
8 631 Mike Haederle

10:35 **Event 21 W30 100m Hurdles**
Lane
3 334 Kimberly Young

10:35 **Event 22 M50 100m Hurdles**
Lane
5 513 Paul Jeffery

10:40 **Event 23 W40+ Hammer**
1 401 Michelle Krokosz
2 562 Jennifer Parker
3 633 Michelle Link
4 650 Terri Carr
5 733 Elizabeth Szczepanska
6 753 Christina Faithfull
7 792 Bev Hamilton

10:45 **Event 24 W45-59 80m Hurdles**
Lane
3 460 Nat Lockyer
5 520 Tammi Doyle
6 580 Sue Coate
7 562 Jennifer Parker

11:00 **Event 25 M30-59 Javelin**
1 321 Paul Wilmot
2 411 Dominic Lagat
3 440 Malachi MacKay
4 442 Tyne Timmers
5 443 Darryl Werth
6 522 Xinhuan Yan
7 531 Jerome Conway-Mortimer
8 550 David Carbon
9 551 Brad Schirmer
10 570 Wayne Bariolo
11 573 Eric Hayward

11:15 **Event 26 W30+ 1500m**
Hip#
1 310 Hannah Gethin
2 360 Michelle Hunter
3 381 Amanda O'Shaughnessy
4 402 Georgie Smith
5 451 Jacinta Henderson
6 490 Brenda Almstrom
7 540 Sandra Siviour
8 580 Sue Coate
9 713 Margaret Saunders
10 714 Julie Wilson
11 740 Lyn Arnott

11:15 **Event 27 M75+ 1500m**
Hip#
12 752 Mercurio Cicchini
13 801 Ross Goulden
14 831 Bert Carse
15 871 Morland Smith

11:30 **Event 28 M60-74 1500m**
Hip#
1 600 Andrew Davison
2 602 Simon McGarvie
3 603 Glenn Rogers
4 612 Pat Maslen
5 621 David Colvin
6 622 Colin Smith
7 631 Mike Haederle
8 640 Mark Dawson
9 641 Steve Helm
10 651 John Fisher
11 670 Richard Harris
12 671 Martin Kennedy
13 711 Brian Hewitt
14 730 Michael Byrne

11:30 **Event 29 W30+ Long Jump**
1 310 Hannah Gethin
2 311 Rachael McCree
3 333 Jenna Triplett
4 340 Deanna Drabsch
5 363 Brooke Turner
6 520 Tammi Doyle
7 561 Lisa Limonas
8 562 Jennifer Parker
9 580 Sue Coate
10 715 Gay Wyatt
11 734 Barbara Wilson
12 740 Lyn Arnott
13 803 Brenda Painter

11:45 **Event 30 M30-54 1500m**
Hip#
1 321 Paul Wilmot
2 332 Darren Robertson
3 371 Balinga Pasco
4 440 Malachi MacKay
5 442 Tyne Timmers
6 410 Tom Collings
7 480 Mark Maslen
8 491 Chris Bourn
9 494 Chris Owen
10 501 Andy Roach

11:50 **Event 31 M60+ Javelin**
1 625 Ken Wilkins
2 632 Garry Hastie
3 634 Andrew Ward
4 660 Dave Wilkie
5 673 Campbell Till
6 701 Tom Gravestock
7 712 Jo Peters
8 751 Geoff Brayshaw
9 770 Greg Wilson
10 780 Phil Smyth
11 830 Jeff Bowen

12:15 **Event 32 W60+ 100m**
Lane
1 630 Delia Baldock
2 623 Jacqui Taleb-Bendiab
3 601 Juliana Kelly
4 650 Terri Carr
5 731 Maureen Keshwar
6 700 Carol Bowman
7 750 Barbara Blurton
8 803 Brenda Painter

12:20 **Event 33 W40-59 100m**
Lane
1 431 Catherine Manners
2 430 Anita Etridge
3 460 Nat Lockyer
4 451 Jacinta Henderson
5 510 Joe-Anne Dannenberg
6 514 Asami Kobayashi
7 520 Tammi Doyle
8 562 Jennifer Parker
9 580 Sue Coate

12:40 **Event 38 M60 100m**
Lane
1 631 Mike Haederle
2 611 Greg Bridge
3 640 Mark Dawson
4 610 Gin Ang
5 603 Glenn Rogers
6 624 Frankie Vargacz
7 620 Brian Callaghan
8 642 Jacques Maniacara
9 625 Ken Wilkins

12:25 **Event 34 W30-39 100m**
Lane
2 333 Jenna Triplett
3 310 Hannah Gethin
4 312 Charmaine Tuia
5 340 Deanna Drabsch
6 311 Rachael McCree
7 363 Brooke Turner

12:45 **Event 39 M50-59 100m**
Lane
1 532 Trent Lawler
2 500 Alex Newman
3 521 Adrian McKenzie
4 550 David Carbon
5 551 Brad Schirmer
6 560 Jannie Baard
7 570 Wayne Bariolo
8 573 Eric Hayward
9 591 Kim Taylor

12:25 **Event 35 W55+ Shot**
1 561 Lisa Limonas
2 562 Jennifer Parker
3 580 Sue Coate
4 633 Michelle Link
5 650 Terri Carr
6 731 Maureen Keshwar
7 733 Elizabeth Szczepanska
8 734 Barbara Wilson
9 753 Christina Faithfull
10 792 Bev Hamilton
11 803 Brenda Painter

12:50 **Event 40 M40-49 100m**
Lane
1 413 Mathew Walker
2 420 Nkosi Ndlovu
3 440 Malachi MacKay
4 441 Simon Martin
5 450 Jason Hammond
6 494 Chris Owen
7 461 Ashley Moore
8 492 Mark Harper

12:30 **Event 36 M75+ 100m**
Lane
1 790 Stephen Crabbe
2 791 Ivo Davies
3 761 Greg Kennedy
4 752 Mercurio Cicchini
5 760 Mike Anderson
6 800 Ivan Brown
7 851 Barrie Kernaghan
8 870 Norman Richards

12:55 **Event 41 M30-39 100m**
Lane
1 331 Stephen Parker
2 330 Kyle Ennis
3 321 Paul Wilmot
4 362 Bonny Ndungu
5 350 Scott Andrews
6 370 David Hille
7 361 Tim Loh
8 380 Matthew Konsolis

12:35 **Event 37 M65-74 100m**
Lane
2 690 Garry Ralston
3 660 Dave Wilkie
4 703 Desmond Walsh
5 730 Michael Byrne
6 720 Keith Redpath
7 732 Harold Membrey

SUNDAY 30 MARCH

08:10 Event 42 M55+ Triple Jump

1	550	David Carbon
2	570	Wayne Bariolo
3	571	Kevin Collins
4	660	Dave Wilkie
5	751	Geoff Brayshaw

08:10 Event 43 M30-54 Discus

1	321	Paul Wilmot
2	331	Stephen Parker
3	440	Malachi MacKay
4	442	Tyne Timmers
5	443	Darryl Werth
6	500	Alex Newman
7	512	John Fettus
8	513	Paul Jeffery
9	531	Jerome Conway-Mortimer

08:30 Event 44 W60+ 200m

Lane

2	623	Jacqui Taleb-Bendiab
3	601	Juliana Kelly
4	630	Delia Baldock
5	650	Terri Carr
6	700	Carol Bowman
7	750	Barbara Blurton
8	803	Brenda Painter

08:35 Event 45 W45-59 200m

Lane

2	451	Jacinta Henderson
3	460	Nat Lockyer
4	520	Tammi Doyle
5	510	Joe-Anne Dannenberg
6	580	Sue Coate
7	562	Jennifer Parker

08:40 Event 46 W30-44 200m

Lane

1	340	Deanna Drabsch
2	333	Jenna Triplett
3	334	Kimberly Young
4	363	Brooke Turner
5	312	Charmaine Tuia
6	431	Catherine Manners
7	412	Naomi Lagat
8	430	Anita Etridge

08:45 Event 47 M80+ 200m

Lane

2	800	Ivan Brown
3	801	Ross Goulden
4	871	Morland Smith
5	851	Barrie Kernaghan
6	870	Norman Richards

08:50 Event 48 M70-79 200m

Lane

2	730	Michael Byrne
3	732	Harold Membrey
4	703	Desmond Walsh
5	720	Keith Redpath
6	752	Mercurio Cicchini
7	791	Ivo Davies
8	761	Greg Kennedy

08:50 Event 49 W55+ Triple Jump

1	561	Lisa Limonas
2	562	Jennifer Parker
3	580	Sue Coate
4	715	Gay Wyatt
5	734	Barbara Wilson
6	803	Brenda Painter

08:55 Event 50 M60-69 200m

Lane

2	640	Mark Dawson
3	624	Frankie Vargacz
4	610	Gin Ang
5	642	Jacques Maniacara
6	611	Greg Bridge
7	660	Dave Wilkie

08:55 Event 51 W30-54 Discus

1	311	Rachael McCree
2	312	Charmaine Tuia
3	401	Michelle Krokosz
4	412	Naomi Lagat
5	460	Nat Lockyer
6	511	Sharon Davis
7	520	Tammi Doyle
8	540	Sandra Siviour

09:00 Event 52 M50-59 200m

Lane

2	500	Alex Newman
3	533	Lee Stergiou
4	570	Wayne Bariolo
5	550	David Carbon
6	560	Jannie Baard

09:05 Event 53 M40-49 200m

Lane

2	442	Tyne Timmers
3	411	Dominic Lagat
4	413	Mathew Walker
5	420	Nkosi Ndlovu
6	441	Simon Martin
7	450	Jason Hammond
8	492	Mark Harper

09:10	Event 54 M30-39 200m Lane		10:00	Event 60 W55+ Discus	
	2	321 Paul Wilmot		1	562 Jennifer Parker
	3	320 Hayden McGregor		2	580 Sue Coate
	4	330 Kyle Ennis		3	633 Michelle Link
	5	331 Stephen Parker		4	650 Terri Carr
	6	380 Matthew Konsolis		5	731 Maureen Keshwar
	7	362 Bonny Ndungu		6	733 Elizabeth Szczepanska
				7	734 Barbara Wilson
				8	753 Christina Faithfull
				9	792 Bev Hamilton
09:30	Event 55 W45+ 3000m Race Walk		10:15	Event 61 M65+ 800m	
	1	481 Fiona van Heerwaarden	Hip#	1	670 Richard Harris
	2	572 Wendy Farrow		2	673 Campbell Till
	3	592 Karyn Tolardo		3	651 John Fisher
	4	644 Marcela Ruiz Valdes		4	671 Martin Kennedy
	5	714 Julie Wilson		5	711 Brian Hewitt
	6	741 Judy Saunders		6	730 Michael Byrne
	7	802 Peggy Macliver		7	762 John McDonagh
	8	850 Glenys Duncan		8	752 Mercurio Cicchini
09:30	Event 56 M55+ 3000m Race Walk			9	801 Ross Goulden
	9	590 Andrew Duncan		10	871 Morland Smith
	10	632 Garry Hastie	10:25	Event 62 M50-64 800m	
	11	680 Tom Lenane	Hip#	2	501 Andy Roach
	12	762 John McDonagh		3	530 Wayne Byram
	13	702 Victor Munoz		4	574 Xander van Rijen
	14	810 Johan Hagedoorn		5	640 Mark Dawson
10:00	Event 57 M30-54 Triple Jump			6	624 Frankie Vargacz
	1	320 Hayden McGregor		7	622 Colin Smith
	2	321 Paul Wilmot		8	602 Simon McGarvie
	3	331 Stephen Parker	10:30	Event 63 M30-49 800m	
	4	400 Stephen Edwards	Hip#	1	321 Paul Wilmot
	5	420 Nkosi Ndlovu		2	332 Darren Robertson
	6	450 Jason Hammond		3	320 Hayden McGregor
	7	532 Trent Lawler		4	371 Balinga Pasco
10:00	Event 58 M50+ Weight			5	442 Tyne Timmers
	1	512 John Fettus		6	410 Tom Collings
	2	634 Andrew Ward		7	411 Dominic Lagat
	3	672 Brian Miller		8	491 Chris Bourn
	4	701 Tom Gravestock		9	480 Mark Maslen
	5	710 Geoffrey Gee	10:35	Event 64 W45+ 800m	
	6	712 Jo Peters	Hip#	1	460 Nat Lockyer
	7	732 Harold Membrey		2	451 Jacinta Henderson
	8	760 Mike Anderson		3	490 Brenda Almstrom
	9	770 Greg Wilson		4	520 Tammi Doyle
	10	830 Jeff Bowen		5	580 Sue Coate
10:00	Event 59 W30-54 Shot			6	713 Margaret Saunders
	1	311 Rachael McCree		7	714 Julie Wilson
	2	312 Charmaine Tuia		8	700 Carol Bowman
	3	363 Brooke Turner		9	740 Lyn Arnott
	4	401 Michelle Krokosz			
	5	460 Nat Lockyer			
	6	511 Sharon Davis			
	7	520 Tammi Doyle			
	8	540 Sandra Siviour			

10:40 Event 65 W30-44 800m
Hip#
 2 310 Hannah Gethin
 3 334 Kimberly Young
 4 381 Amanda O'Shaughnessy
 5 360 Michelle Hunter
 6 402 Georgie Smith
 7 412 Naomi Lagat

10:50 Event 66 W45+ 1500m Race Walk
 1 481 Fiona van Heerwaarden
 2 572 Wendy Farrow
 3 592 Karyn Tolardo
 4 644 Marcela Ruiz Valdes
 5 714 Julie Wilson
 6 802 Peggy Macliver
 7 850 Glenys Duncan

10:50 Event 67 M50+ 1500m Race Walk
 8 530 Wayne Byram
 9 590 Andrew Duncan
 10 632 Garry Hastie
 11 680 Tom Lenane
 12 702 Victor Munoz
 13 732 Harold Membrey
 14 762 John McDonagh
 15 810 Johan Hagedoorn

11:00 Event 68 W30-54 Triple Jump
 1 311 Rachael McCree
 2 363 Brooke Turner
 3 460 Nat Lockyer
 4 520 Tammi Doyle

11:00 Event 69 M30-54 Shot
 1 321 Paul Wilmot
 2 331 Stephen Parker
 3 440 Malachi MacKay
 4 442 Tyne Timmers
 5 443 Darryl Werth
 6 500 Alex Newman
 7 512 John Fettus
 8 513 Paul Jeffery
 9 522 Xinhuan Yan
 10 531 Jerome Conway-Mortimer

11:00 Event 70 M55+ Discus
 1 551 Brad Schirmer
 2 570 Wayne Bariolo
 3 625 Ken Wilkins
 4 632 Garry Hastie
 5 634 Andrew Ward
 6 660 Dave Wilkie
 7 672 Brian Miller
 8 701 Tom Gravestock
 9 712 Jo Peters
 10 751 Geoff Brayshaw
 11 760 Mike Anderson
 12 770 Greg Wilson
 13 830 Jeff Bowen

11:30 Event 71 W60+ 60m
Lane
 1 601 Juliana Kelly
 2 623 Jacqui Taleb-Bendiab
 3 630 Delia Baldock
 4 650 Terri Carr
 5 734 Barbara Wilson
 6 731 Maureen Keshwar
 7 750 Barbara Blurton
 8 803 Brenda Painter

11:35 Event 72 W40-59 60m
Lane
 1 430 Anita Etridge
 2 431 Catherine Manners
 3 460 Nat Lockyer
 4 451 Jacinta Henderson
 5 510 Joe-Anne Dannenberg
 6 514 Asami Kobayashi
 7 562 Jennifer Parker
 8 580 Sue Coate

11:40 Event 73 W30-39 60m
Lane
 2 312 Charmaine Tuia
 3 310 Hannah Gethin
 4 311 Rachael McCree
 5 340 Deanna Drabsch
 6 333 Jenna Triplett
 7 334 Kimberly Young
 8 363 Brooke Turner

11:45 Event 74 M75+ 60m
Lane
 1 791 Ivo Davies
 2 752 Mercurio Cicchini
 3 790 Stephen Crabbe
 4 760 Mike Anderson
 5 761 Greg Kennedy
 6 800 Ivan Brown
 7 870 Norman Richards
 8 851 Barrie Kernaghan

12:00 Event 75 M60-74 60m
Lane
 1 610 Gin Ang
 2 625 Ken Wilkins
 3 620 Brian Callaghan
 4 611 Greg Bridge
 5 690 Garry Ralston
 6 660 Dave Wilkie
 7 730 Michael Byrne
 8 732 Harold Membrey
 9 720 Keith Redpath
 10 703 Desmond Walsh

12:00 Event 76 M50+ Hammer

1	512	John Fettus
2	632	Garry Hastie
3	634	Andrew Ward
4	672	Brian Miller
5	701	Tom Gravestock
6	712	Jo Peters
7	732	Harold Membrey
8	770	Greg Wilson
9	780	Phil Smyth
10	830	Jeff Bowen

12:00 Event 77 W40+ Weight

1	401	Michelle Krokosz
2	562	Jennifer Parker
3	633	Michelle Link
4	650	Terri Carr
5	733	Elizabeth Szczepanska
6	734	Barbara Wilson
7	753	Christina Faithfull
8	792	Bev Hamilton

12:05 Event 78 M45-59 60m

Lane		
1	492	Mark Harper
2	450	Jason Hammond
3	521	Adrian McKenzie
4	532	Trent Lawler
5	500	Alex Newman
6	571	Kevin Collins
7	550	David Carbon
8	570	Wayne Bariolo
9	560	Jannie Baard
10	591	Kim Taylor

12:10 Event 79 M30-44 60m

Lane		
1	320	Hayden McGregor
2	331	Stephen Parker
3	321	Paul Wilmot
4	330	Kyle Ennis
5	362	Bonny Ndungu
6	350	Scott Andrews
7	361	Tim Loh
8	413	Mathew Walker
9	420	Nkosi Ndlovu
10	441	Simon Martin

CURRENT TITLEHOLDERS

Women

60m		
W40	Catherine Manners	9.66
W50	J Dannenberg	9.07
W55	Mandy Mason	7.98
W60	C McCloskey	9.40
W70	Maureen Keshwar	10.09
W75	Brenda Painter	13.63
W80	Luella Jenkins	12.05
100m		
W35	Alysse Priddis	13.04
W40	Kirsty Peddie	20.07
W50	J Dannenberg	14.88
W55	Mandy Mason	12.61
W60	C McCloskey	15.46
W70	Barbara Blurton	16.50
W75	Brenda Painter	23.23
W80	Luella Jenkins	22.19
200m		
W30	Amanda Hill	31.53
W35	Alysse Priddis	25.55
W40	Catherine Manners	31.59
W50	J Dannenberg	30.02
W55	Mandy Mason	25.03
W60	Carmel Meyer	33.47
W65	Carol Bowman	38.75
W70	Barbara Blurton	33.74
W75	Peggy Macliver	41.76
400m		
W30	Amanda Hill	73.26
W40	Maria Fernandez	69.43
W55	Jenn Parker	72.37
W60	Carmel Meyer	80.46
W65	Carol Bowman	1:30.84
800m		
W40	Naomi Lagat	2:46.54
W50	Tammi Doyle	3:02.03
W55	Jacqui McQueen	3:55.34
W70	Julie Wilson	3:44.56
1500m		
W50	Lizelle Smith	6:19.65
W60	Lori Sexton	7:32.83
W70	Julie Wilson	7:31.38
5000m		
W30	Michelle Hunter	18:58.73
W40	Storm Hurst	26:23.58
W45	Clare Wardle	19:35.20
W50	Lizelle Smith	22:42.92
W55	Niamh Keane	22:42.95
W60	Sue Zlnay	22:18.88
W65	Gayle Craft	29:58.08
W70	Julie Wilson	26:56.73
10,000m		
W45	Clare Wardle	41:35.32
W55	Claudia Seke	42:35.38
W70	Isolde Tietz	1:15:19.18
80m Hurdles		
W55	Jenn Parker	15.26
W60	Carrie Francis	21.03
300m Hurdles		
W50	Tammi Doyle	1:04.56
W55	Sue Coate	59.88
M65	Dave Wilkie	1:01.13
2000m Steeplechase		
W45	F van Heerwaarden	12:38.82
W50	Tammi Doyle	10:22.16
W55	Sue Coate	9:59.72
W65	Carol Bowman	13:10.28
W70	Julie Wilson	11:29.52
W80	Lynne Schickert	20:06.26

1500m Race Walk		
W45	F van Heerwaarden	9:17.41
W55	Karyn Tolardo	8:51.14
W80	Lynne Schickert	11:49.29
3000m Race Walk		
W45	F van Heerwaarden	20:35.25
W55	Karyn Tolardo	17:35.56
W65	Lyn Ventris	17:29.85
W80	Lynne Schickert	24:25.74
5000m Race Walk		
W45	F van Heerwaarden	34:26.79
W55	Karyn Tolardo	31:15.35
W80	Lynne Schickert	42:30.21
High Jump		
W55	Jenn Parker	1.27m
W70	Gay Wyatt	1.04m
W75	Brenda Painter	0.89m
W80	Lynne Schickert	0.95m
Long Jump		
W40	Ingrid Wilcock	4.15m
W50	Tammi Doyle	3.37m
W55	Jenn Parker	4.44m
W70	Gay Wyatt	3.14m
W75	Brenda Painter	1.78m
W80	Luella Jenkins	2.30m
Triple Jump		
W40	Ingrid Wilcock	9.11m
W55	Jenn Parker	8.56m
W70	Gay Wyatt	6.88m
W75	Brenda Painter	4.63m
W80	Lynne Schickert	4.69m
Pole Vault		
W55	Sue Coate	2.20m
Discus		
W35	Michelle Krokosz	29.26m
W50	Sandra Siviour	22.07m
W55	Jenn Parker	27.56m
W60	Sharon Moloney	19.15m
W70	Maureen Keshwar	18.53m
W75	Bev Hamilton	16.08m
W80	Luella Jenkins	18.63m
Hammer		
W55	Paula Kennedy	29.40m
W60	Sharon Moloney	25.17m
W70	E Szczepanska	20.52m
W75	Bev Hamilton	23.56m
W80	Luella Jenkins	20.18m
Javelin		
W35	Michelle Krokosz	25.23m
W50	Mel Tipene	34.82m
W55	Sue Coate	25.72m
W60	Carmel Meyer	17.26m
W70	Barb Wilson	16.12m
W75	Brenda Painter	10.96m
W80	Luella Jenkins	15.04m
Shot		
W50	Sandra Siviour	8.44m
W55	Sue Coate	10.20m
W60	Sharon Moloney	7.34m
W70	Maureen Keshwar	7.37m
W75	Bev Hamilton	7.10m
W80	Luella Jenkins	6.35m
Weight		
W35	Michelle Krokosz	9.05m
W55	Jenn Parker	10.19m
W60	Sharon Moloney	9.30m
W70	E Szczepanska	8.06m
W75	Bev Hamilton	8.80m
W80	Luella Jenkins	9.51m

Pentathlon		
W55	Sue Coate	3527
Throws Pentathlon		
W55	Sue Coate	2636
W60	Sharon Moloney	2190
W75	Bev Hamilton	2344
W80	Luella Jenkins	3129
Heptathlon		
W40	Janet Smith	3940
W50	Jenn Parker	4297
W55	Sue Coate	4182
Men		
60m		
M30	Kyle Ennis	7.06
M35	Johan Stassen	8.39
M40	Mathew Walker	7.97
M45	David Adams	9.48
M50	Adrian McKenzie	7.45
M55	Greg Brennan	8.64
M60	Brian Callaghan	8.67
M65	Dave Wilkie	9.71
M70	Michael Byrne	9.64
M75	Greg Kennedy	10.46
M80	Mike O'Reilly	12.11
M85	Norm Richards	11.17
100m		
M30	Kyle Ennis	10.92
M35	Matthew Konsolis	12.12
M40	Ashley Moore	12.23
M45	Daniel Leseberg	12.55
M50	Adrian McKenzie	11.74
M55	Greg Brennan	13.88
M60	Brian Callaghan	13.97
M65	Dave Wilkie	15.41
M70	Michael Byrne	15.48
M75	Ted Miller	17.68
M80	Bob Schickert	21.72
M85	Norm Richards	18.12
200m		
M30	Kyle Ennis	21.85
M35	Matthew Konsolis	23.97
M40	Ashley Moore	24.46
M45	Daniel Leseberg	25.89
M50	Paul Jeffery	24.96
M60	John Dennehy	42.44
M65	Dave Wilkie	31.79
M70	Michael Byrne	30.74
M75	Greg Kennedy	36.23
M80	Mike O'Reilly	45.27
M85	Norm Richards	39.31
400m		
M30	Kyle Ennis	50.88
M35	Matthew Konsolis	51.91
M40	Dominic Lagat	54.21
M45	Mark Maslen	61.86
M55	Jannie Baard	59.48
M60	Anthony Grendon	62.62
M65	Campbell Till	63.01
M70	Michael Byrne	69.42
M75	Ross Goulden	81.13
M85	Morland Smith	2:10.86
800m		
M30	Terry Price	2:21.49
M35	Mike Lawson	2:11.66
M40	Dominic Lagat	2:07.92
M45	Mark Maslen	2:14.24
M50	John Miolini	2:47.90
M55	Jannie Baard	2:20.74
M60	Anthony Grendon	2:17.76

M65	Neil Morfitt	2:37.60
M70	Michael Byrne	2:42.86
M75	Ross Goulden	3:21.10
M80	Bob Schickert	4:45.27
M85	Morland Smith	4:49.80

1500m

M30	Terry Price	5:13.85
M40	Sam Burke	4:26.84
M45	Mark Maslen	4:41.97
M50	John Miolini	5:56.66
M55	Glenn Rogers	5:32.07
M60	Anthony Grendon	4:46.77
M70	Giovanni Puglisi	6:13.25
M75	Bob Hull	6:55.93
M80	Bob Schickert	9:51.93
M85	Morland Smith	10:03.55

5000m

M30	Ben Trowbridge	17:59.27
M35	Mike Lawson	16:21.16
M45	Mark Maslen	17:58.44
M50	Alan Stabler	17:56.77
M55	Glenn Rogers	19:47.47
M60	Anthony Grendon	18:50.66
M65	Paul Scott	22:52.54
M70	Giovanni Puglisi	21:59.91
M75	Keith Miller	24:32.45
M80	Bob Schickert	36:12.48
M85	Fred Smart	29:27.48

10,000m

M30	Ben Trowbridge	41:14.60
M35	Mike Lawson	35:28.29
M40	Zane Walsh	39:36.52
M45	Piero Moraro	35:43.57
M50	Kim Thomas	42:43.74
M55	Glenn Rogers	42:30.20
M60	Patrick Maslen	42:23.05
M65	Richard Harris	44:09.09
M70	Giovanni Puglisi	46:16.81
M75	Keith Miller	51:04.50
M80	Bert Carse	1:07:13.76
M85	Fred Smart	1:03:46.26

100m Hurdles

M50	Paul Jeffery	15.29
M55	JP Moutia	23.29
M65	Dave Wilkie	22.07

110m Hurdles

M30	Paul Wilmot	22.87
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300m Hurdles

M65	Dave Wilkie	1:01.13
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400m Hurdles

M30	Paul Wilmot	1:29.67
M35	Johan Stassen	1:07.43
M40	Tyne Timmers	1:07.16
M50	Wayne Byram	2:05.31
M55	JP Moutia	1:33.38

2000m Steeplechase

M60	Patrick Maslen	8:12.89
M65	Dave Wilkie	10:53.45
M70	Giovanni Puglisi	9:36.03
M75	Jim Langford	12:17.62
M80	Bob Schickert	16:10.69
M85	Morland Smith	16:26.91

3000m Steeplechase

M30	Callum Dowell	10:44.89
M45	David Adams	14:55.81
M50	E Georgopoulos	13:27.84
M55	Paul Every	15:38.42

1500m Race Walk

M30	Paul Wilmot	10:50.90
M45	Daniel Lowe	10:20.75
M50	Wayne Byram	10:15.22
M55	Andrew Duncan	7:38.14
M60	Garry Hastie	9:10.67
M65	Steve Travell	13:19.11
M75	John McDonagh	10:49.75
M80	Johan Hagedoorn	12:25.57

3000m Race Walk

M45	Daniel Lowe	22:02.41
M55	Andrew Duncan	16:15.30
M60	Garry Hastie	19:19.01
M65	Steve Travell	27:22.64
M75	John McDonagh	23:58.97
M80	Johan Hagedoorn	24:05.92

5000m Race Walk

M45	Daniel Lowe	38:05.11
M55	Andrew Duncan	26:30.33
M65	Steve Travell	43:29.24
M75	John McDonagh	37:42.50
M80	Johan Hagedoorn	40:33.02

High Jump

M30	Paul Wilmot	1.40m
M45	Chris Owen	1.25m
M50	Jonathan Lester	1.55m
M55	Kevin Collins	0.85m
M60	Nigel Bancroft	1.30m
M65	Dave Wilkie	1.40m
M75	Phil Smyth	1.25m

Long Jump

M30	Paul Wilmot	4.09m
M35	Stephen Edwards	5.80m
M40	Ryan Satinover	5.23m
M50	Paul Jeffery	5.93m
M60	Jacques Maniacara	3.06m
M65	Dave Wilkie	3.71m
M75	Phil Smyth	3.42m
M85	Norm Richards	2.74m

Triple Jump

M30	Paul Wilmot	8.66m
M35	Stephen Edwards	12.01m
M50	Jonathan Lester	9.63m
M55	Kevin Collins	4.77m
M65	Dave Wilkie	7.46m
M75	Phil Smyth	7.51m
M85	Norm Richards	4.65m

Pole Vault

M30	Paul Wilmot	2.00m
M50	Brad Schirmer	2.80m
M65	Dave Wilkie	2.20m
M75	Phil Smyth	2.30m

Discus

M30	Paul Wilmot	19.61m
M40	Tyne Timmers	25.74m
M50	Paul Jeffery	42.73m
M55	Paul Foley	31.81m
M60	Andrew Ward	36.95m
M65	Tom Gravestock	37.20m
M70	Jo Peters	44.46m
M75	Greg Wilson	26.02m
M80	Mike O'Reilly	13.64m
M85	Peter Muller	19.84m
M90	Jim Davis	17.36m

Hammer

M50	John Fettus	45.19m
M55	Paul Foley	29.34m
M60	Timothy Lyons	30.09m
M65	Tom Gravestock	34.37m
M70	Harold Membrey	24.26m
M75	Greg Wilson	23.06m

Javelin

M30	Paul Wilmot	24.86m
M40	Ryan Satinover	35.82m
M50	Paul Jeffery	51.54m
M55	Paul Foley	41.06m
M60	Garry Hastie	33.50m
M65	Tom Gravestock	26.81m
M70	Jo Peters	36.42m
M75	Stan Selby	28.29m
M85	Peter Muller	14.84m
M90	Jim Davis	11.32m

Shot

M30	Paul Wilmot	5.23m
M50	John Fettus	13.79m
M55	Paul Foley	10.17m
M60	Andrew Ward	9.75m
M65	Tom Gravestock	10.14m
M70	Jo Peters	11.47m
M75	Greg Wilson	7.76m
M85	Peter Muller	6.55m

Weight

M50	John Fettus	17.19m
M55	Paul Foley	11.51m
M60	Andrew Ward	12.13m
M65	Tom Gravestock	11.52m
M70	Jo Peters	17.99m
M75	Mike Anderson	5.92m
M85	Peter Muller	5.86m
M90	Jim Davis	8.23m

Pentathlon

M40	Tyne Timmers	2467
M45	David Adams	1459
M50	Brad Schirmer	2372
M60	Lou Daniel	1174
M65	Dave Wilkie	2047
M70	Michael Byrne	2211
M75	Greg Kennedy	1575

Throws Pentathlon

M55	Paul Foley	2956
M60	Andrew Ward	2766
M70	Jo Peters	3945
M75	Greg Wilson	2421

Decathlon

M30	Paul Wilmot	1918
M50	Brad Schirmer	5031
M65	Dave Wilkie	4254

STATE RECORDS (for Championship events)
 [*Australian Record] [**World Record] [P Pending]

WOMEN

60m							
W30	Pauline Dawson	8.0	08-Oct-88	W50	Sharon Davis	2:20.93	06-Dec-23
W30	Rosanne Kemp	8.0	09-Mar-96	W55	Barbara Blurton	2:27.6	21-Jul-05
W35	Wendy Seegers	7.61*	27-Nov-15	W60	Margaret Saunders	2:42.4	07-Oct-14
W40	Lynne Choate	7.9	14-Mar-96	W65	Margaret Saunders	2:51.7	12-Mar-19
W45	Lynne Choate	8.0	15-Jan-98	W70	Margaret Saunders	3:00.71*	05-Jan-24
W50	Mandy Mason	8.18	12-Mar-22	W75	Lorraine Lopes	3:26.25	14-Mar-15
W55	Mandy Mason	7.76*	10-Nov-23	W80	Ruth Johnson	4:14.05	14-Mar-21
W60	Cathy McCloskey	9.13	21-Mar-24	1500m			
W65	Peggy Macliver	9.43	02-Apr-10	W30	Bernadette Williams	4:15.31	23-Feb-19
W70	Maureen Keshwar	9.58*	17-Feb-22	W35	Angie Ross	4:33.22	11-Dec-20
W75	Pat Carr	10.99	06-Apr-07	W40	Angie Ross	4:30.11	05-Mar-21
W80	Luella Jenkins	11.68	25-Mar-23	W45	Sharon Davis	4:49.56	16-Sep-18
100m				W50	Anne Shaw	4:53.8	19-Mar-98
W30	Jodie Lambert	11.53	22-Jun-02	W55	Anne Shaw	5:16.63	19-Apr-03
W35	Wendy Seegers	12.01	15-Jan-16	W60	Gillian Young	5:50.9	28-Mar-09
W40	Wendy Seegers	12.18*	24-Mar-16	W65	Margaret Saunders	5:58.2	05-Nov-19
W45	Lynne Choate	12.97	12-Apr-98	W70	Margaret Saunders	6:20.02	25-Aug-24
W50	Mandy Mason	12.82	11-Feb-22	W75	Lorraine Lopes	7:09.6	16-Jun-15
W55	Mandy Mason	12.15**	01-Dec-23	W80	Ruth Johnson	8:52.38	26-Mar-23
W60	Peggy Macliver	14.90	10-Apr-04	5000m			
W65	Peggy Macliver	15.39	21-Apr-11	W30	Bernadette Williams	16:43.49	01-Feb-19
W70	Barbara Blurton	15.6*	16-Feb-21	W35	Karen Gobby	17:07.7	01-Nov-90
W75	Ruth Johnson	17.94	27-Oct-16	W40	Karen Gobby	17:52.2	07-Apr-96
W80	Ruth Johnson	19.39	18-Mar-23	W45	Clare Wardle	18:15.74	18-Nov-20
W90	Joy Duncan	1:43.91	27-Oct-16	W50	Anne Shaw	18:18.4	29-Mar-98
200m				W55	Janet Ferguson	19:21.05	28-Oct-16
W30	Rosanne Kemp	25.1	07-Apr-96	W60	Gillian Young	21:41.0	16-Mar-08
W35	Wendy Seegers	24.42*	13-Nov-15	W65	Sue Zlnay	22:14.41	02-Mar-25
W40	Wendy Seegers	24.52*	03-Mar-16	W70	Lorraine Lopes	23:04.3	08-Apr-12
W45	Lynne Choate	26.93	12-Apr-98	W75	Gillian Young	26:00.23	15-Mar-23
W50	Mandy Mason	26.95	25-Apr-22	10,000m			
W55	Mandy Mason	24.63**	25-Nov-23	W30	Sue Malaxos	32:46.9	14-Dec-95
W60	Peggy Macliver	30.73	08-Apr-07	W35	Nera Jareb	35:09.16	14-Dec-19
W65	Barbara Blurton	31.1	27-Feb-20	W40	Karen Gobby	37:30.8	05-Apr-96
W70	Barbara Blurton	32.17*	16-Feb-21	W45	Anne Shaw	38:00.6	27-Nov-97
W75	Ruth Johnson	38.57	10-Jun-17	W50	Anne Shaw	37:31.9*	24-Mar-00
W80	Ruth Johnson	39.89	27-Mar-21	W55	Claudia Seke	41:54.86	13-Mar-25
400m				W60	Gillian Young	46:03.1	06-Mar-08
W30	Rosanne Kemp	57.2	05-Apr-96	W65	Sue Zlnay	47:53.19	13-Mar-25
W35	Wendy Seegers	55.72*	17-Dec-15	W70	Lorraine Lopes	48:59.9	15-Mar-12
W40	Wendy Seegers	56.99	20-Mar-16	W75	Lorraine Lopes	51:31.8	05-Mar-15
W45	Sharon Davis	60.30	14-Sep-18	W80	Kathleen Hannig	1:36:14.7	18-Mar-21
W50	Barbara Blurton	62.0	21-Nov-02	80m Hurdles			
W55	Mandy Mason	57.86**	31-Mar-24	W40	Eileen Hindle	11.8	25-Mar-89
W60	Peggy Macliver	69.16	12-Apr-04	W45	Toni Phillips	13.70	18-Mar-17
W65	Barbara Blurton	71.34	20-Feb-20	W50	Vicki Cobby	14.89	25-Apr-22
W70	Barbara Blurton	71.78*	10-Dec-20	W55	Jenn Parker	14.68	01-Feb-25
W75	Ruth Johnson	1:29.78	05-Nov-16	80m Hurdles			
W80	Ruth Johnson	1:39.25	28-Mar-21	W60	Maureen Keshwar	18.25	04-Nov-16
800m				W65	Maureen Keshwar	18.08	27-Apr-19
W30	Susan Andrews	2:00.0	02-Jun-02	W70	Ruth Johnson	20.9	21-Jan-12
W35	Angie Ross	2:11.79	16-Mar-19	100m Hurdles			
W40	Angie Ross	2:11.06	04-Apr-21	W30	Eileen Hindle	14.29	20-Mar-82
W45	Sharon Davis	2:17.27	14-Dec-18	W35	Eileen Hindle	14.0*	04-Feb-84

200m Hurdles				W70	Valerie Tyson	35:13.7	29-Mar-92
W70	Maureen Keshwar	44.99	05-Jul-22	W75	Peggy Macliver	37:40.35	29-Apr-19
300m Hurdles				W80	Sylvia Byers	39:09.42	19-Mar-16
W50	Kath Holland	54.7	17-Mar-91	W85	Lorna Lauchlan	41:53.65	07-Aug-15
W55	Jenn Parker	52.87	17-Aug-24	High Jump			
300m Hurdles				W30	Jessica Smith	1.53	14-Mar-21
W60	Carol Bowman	73.45	13-Apr-19	W35	Vanessa Ward	1.80*	10-Jan-98
W65	Maureen Keshwar	69.75	26-Apr-18	W40	Carolyn Wills	1.48	18-Feb-12
400m Hurdles				W45	Lisa Limonas	1.42	27-Jan-15
W30	Eileen Hindle	60.31	20-Mar-81	W50	Sue Coate	1.40	05-Sep-19
W35	Kath Holland	63.7	25-Mar-78	W55	Jenn Parker	1.38	28-Nov-24
W40	Sharon Davis	67.68	10-Nov-17	W60	Gay Wyatt	1.12	06-Feb-14
W45	Eileen Hindle	71.9	22-Oct-94	W65	Gay Wyatt	1.11	03-Feb-22
2000m Steeplechase				W70	Gay Wyatt	1.09	15-Feb-24
W30	Jessica Smith	8:07.04	18-Feb-21	W75	Gillian Young	1.03	19-Jan-23
W35	Vanessa Carson	7:47.2	16-May-17	W80	Lynne Schickert	1.00*	02-Apr-22
W40	Anne Shaw	7:44.9	15-Feb-92	Long Jump			
W45	Anne Shaw	8:02.0	04-Feb-96	W30	Eileen Hindle	6.07	25-Mar-79
W50	Anne Shaw	8:14.6	26-Mar-98	W35	Melissa Foster	5.78	14-Mar-15
W55	Anne Shaw	8:23.96*	19-Apr-03	W35	Melissa Foster	5.78	26-Apr-18
W60	Margaret Saunders	9:10.19	07-Sep-18	W40	Melissa Foster	5.73	05-Jul-22
W65	Margaret Saunders	9:29.52*	05-Sep-19	W45	Melissa Foster	5.71**	25-Feb-24
W70	Gillian Young	10:03.49	25-Jan-18	W50	Eileen Hindle	4.70	14-Jan-98
W75	Gillian Young	11:01.00**	11-Mar-23	W55	Jenn Parker	4.62	08-Feb-24
W80	Ruth Johnson	14:39.8*	09-Dec-23	W60	Dorothy Whittam	3.87	15-Mar-97
1500m Walk				W65	Pat Carr	3.85	28-Mar-98
W30	Melissa Lewis	6:58.99	27-Mar-21	W70	Pat Carr	3.51	23-Mar-02
W35	Melissa Lewis	7:19.82	29-Mar-24	W75	Pat Carr	3.23	24-Mar-07
W40	Lyn Ventris	7:24.0	22-Feb-00	W80	Ruth Johnson	2.58	12-Mar-22
W45	Lyn Ventris	6:52.67	06-Nov-03	Triple Jump			
W50	Lyn Ventris	6:45.8	25-Mar-07	W30	Melissa Foster	11.47	31-Mar-13
W55	Lyn Ventris	7:00.30	09-Oct-11	W35	Melissa Foster	12.16	15-Aug-15
W60	Val Millard	8:59.2	16-Mar-08	W40	Melissa Foster	12.04*	08-Jul-22
W65	Val Millard	9:51.69	06-Apr-12	W45	Melissa Foster	11.91*	11-Apr-24
W70	Lynne Schickert	10:23.09	25-Mar-12	W50	Dorothy Whittam	9.32	03-Dec-88
W75	Peggy Macliver	10:44.46	13-Apr-19	W55	Jenn Parker	9.26	01-Apr-24
W80	Sylvia Byers	11:33.38	05-Oct-15	W60	Pat Carr	8.32	13-Oct-93
W85	Lorna Lauchlan	12:47.43	14-Mar-15	W65	Pat Carr	8.03	15-Mar-97
3000m Walk				W65	Pat Carr	8.03	04-Aug-99
W30	Melissa Lewis	14:15.86	22-Jan-21	W70	Pat Carr	7.64	24-Mar-02
W35	Melissa Lewis	15:28.98	26-Feb-25	W75	Pat Carr	6.71	25-Mar-07
W40	Lyn Ventris	14:05.7	24-Mar-01	W80	Ruth Johnson	6.36	27-Mar-21
W45	Lyn Ventris	13:57.43	16-Mar-02	Pole Vault			
W50	Lyn Ventris	13:54.3**	24-Mar-07	W30	Nicolai Morris	2.40	24-Feb-23
W55	Lyn Ventris	14:16.41**	24-Mar-12	W35	Amanda Bisk	3.75	08-Mar-25
W60	Val Millard	18:49.3	15-Mar-08	W40	Vicki Cobby	2.10	21-Mar-14
W65	Lyn Ventris	17:29.38	17-Mar-24	W40	Vicki Cobby	2.10	05-Apr-15
W70	Valerie Tyson	19:56.0	12-Feb-92	W45	Vicki Cobby	1.90	26-Oct-16
W75	Peggy Macliver	22:20.27	14-Apr-19	W50	Sue Coate	2.05	12-Mar-21
W80	Sylvia Byers	23:18.61	20-Mar-16	W55	Sue Coate	2.40	09-Oct-23
W85	Lorna Lauchlan	25:52.63	15-Mar-15	W55	Sue Coate	2.40	09-Feb-24
5000m Walk				Discus			
W30	Melissa Lewis	25:25.11	12-Mar-21	W30	Byrony Glass	39.66	15-Mar-09
W35	Bronwyn Salter	25:57.0	08-Feb-86	W35	Byrony Glass	36.49	09-Mar-13
W40	Lyn Ventris	23:24.5	23-Mar-01	W40	Sarah Edmiston	37.98	12-Jan-19
W45	Lyn Ventris	23:42.4	25-Feb-05	W45	Sarah Edmiston	39.13	18-Feb-22
W50	Lyn Ventris	23:37.78**	07-Apr-07	W50	Jennifer Parker	31.99	14-Feb-19
W55	Lyn Ventris	23:57.9*	22-Mar-12	W55	Jennifer Parker	29.78	13-Feb-25
W60	Lyn Ventris	25:41.58**	27-Apr-18	W60	Bev Hamilton	24.42	25-Mar-07
W65	Lyn Ventris	28:28.86	12-Mar-22	W65	Bev Hamilton	25.25	21-Mar-13

W70	Bev Hamilton	23.09	08-Apr-17	W40	Melissa Foster	3159	03-Apr-22
W75	Bev Hamilton	21.02	18-Nov-21	W45	Melissa Foster	3343	31-Mar-24
W80	Luella Jenkins	18.63	16-Mar-24	W50	Sue Coate	2988	06-Sep-19
W85	Raema McMillan	13.81	05-Feb-13	W55	Sue Coate	3619	18-Mar-23
Hammer							
W30	Byrony Glass	60.21	19-Apr-10	W60	Gay Wyatt	1931	29-Apr-18
W35	Byrony Glass	54.67	29-Mar-13	W65	Maureen Keshwar	2710	29-Apr-18
W40	Byrony Glass	51.75	26-Apr-18	W70	Maureen Keshwar	2989	27-Feb-22
W45	Jennifer Parker	35.19	19-Oct-17	W75	Ruth Johnson	2473	06-Apr-19
W50	Kate Glass	43.27	07-Dec-04	W80	Ruth Johnson	2574	14-Mar-21
W55	Kate Glass	41.73	27-Feb-07	Heptathlon			
W60	Kate Glass	36.11	09-Jul-11	W35	Eileen Hindle	4355	04-Mar-85
W65	Kate Glass	29.55	14-Mar-15	W40	Melissa Foster	4436	09-Jan-22
W70	Bev Hamilton	26.07	18-Mar-16	W45	Janet Smith	4226	02-Feb-25
W75	Bev Hamilton	30.17	06-Jan-22	W50	Jennifer Parker	4297	19-Nov-23
W80	Ruth Johnson	22.53	27-Mar-21	W55	Jennifer Parker	4733	02-Feb-25
W85	Raema McMillan	18.55*	09-Mar-13	W60	Carol Bowman	2263	07-Jan-18
Weight Throw							
W30	Byrony Glass	17.75	05-Apr-10	W70	Carol Bowman	2197	02-Feb-25
W35	Byrony Glass	18.02*	05-Feb-13	Decathlon			
W40	Byrony Glass	16.12*	29-Apr-18	W55	Sue Coate	6415**(P)	23-Feb-25
W45	Jennifer Parker	10.28	16-Sep-17	Throws Pentathlon			
W50	Kate Glass	12.79	10-Apr-04	W30	Byrony Glass	3242*	12-Apr-09
W55	Kate Glass	12.79	17-Apr-06	W35	Byrony Glass	3105	07-Mar-15
W60	Kate Glass	13.44	03-Apr-11	W40	Byrony Glass	3243	28-Apr-18
W65	Bev Hamilton	12.18	01-Dec-11	W45	Jennifer Parker	2605	07-Apr-18
W70	Bev Hamilton	11.07	20-Mar-16	W50	Jennifer Parker	2978	22-Feb-20
W75	Bev Hamilton	11.01	30-Jan-22	W55	Kate Glass	3209	23-Mar-08
W80	Luella Jenkins	10.54	07-Oct-23	W60	Kate Glass	2671	15-Mar-14
W85	Raema McMillan	9.90*	19-Mar-13	W65	Bev Hamilton	3040	07-Mar-15
Javelin							
W30	Sally Wijesundera	47.14	04-Feb-96	W70	Bev Hamilton	3463	18-Apr-16
W35	Carolyn Wills	31.32	13-Jan-09	W75	Barbara Campbell	2852	02-Mar-13
W40	Julie Daines	31.08	20-Mar-16	W80	Luella Jenkins	3140	18-Mar-23
W45	Cheryl Quinlivan	31.02	27-Mar-21	MEN			
W50	Melissa Tipene	34.82	16-Mar-24	60m			
W55	Sue Coate	30.91	11-Mar-23	M30	Kyle Ennis	6.90*	23-Apr-22
W60	Kate Glass	18.34	29-Mar-14	M35	Gary Finegan	7.22	01-Apr-22
W65	Bev Hamilton	17.55	05-Oct-15	M40	Paul Edmiston	7.27	08-Feb-13
W70	Bev Hamilton	17.36	29-Oct-16	M45	Adrian McKenzie	7.35	12-Nov-21
W75	Raema McMillan	16.82	12-Mar-05	M50	Adrian McKenzie	7.20*	25-Mar-23
W80	Luella Jenkins	17.22	09-Mar-24	M55	Rudy Kocis	7.68	12-Nov-16
W85	Raema McMillan	12.09	10-Mar-13	M60	Garry Ralston	8.01	19-Mar-16
Shot Put							
W30	Byrony Glass	12.12	24-Feb-08	M65	Garry Ralston	8.29	12-Mar-22
W30	Byrony Glass	12.12	09-Mar-08	M70	Barrie Kernaghan	8.59	02-Apr-10
W35	Byrony Glass	11.44	08-Apr-12	M75	David Clive	8.7	06-Mar-12
W40	Byrony Glass	11.18	26-Apr-18	M80	Norm Richards	9.2	28-Nov-17
W45	Colleen Finnerty	10.35	26-Apr-18	M85	Norm Richards	10.25	13-Oct-22
W50	Yolanda Carstens	10.99	26-Apr-18	M90	Ray Walker	15.15	27-Mar-21
W55	Kate Glass	10.40	16-Mar-08	100m			
W60	Bev Hamilton	10.43	29-Mar-09	M30	Kyle Ennis	10.52	18-Feb-22
W65	Bev Hamilton	8.95	16-Dec-10	M35	Gary Finegan	10.92	01-Apr-22
W70	Bev Hamilton	8.27	18-Apr-16	M40	Robert Colling	11.40	29-Mar-13
W75	Bev Hamilton	8.07	12-Mar-22	M45	Rob Colling	11.34	05-Jun-16
W80	Raema McMillan	7.12	16-Mar-08	M55	Adrian McKenzie	11.41*	26-Mar-23
W80	Raema McMillan	7.12	02-Mar-10	M55	Rudy Kocis	12.07	28-Oct-16
Pentathlon							
W30	Melissa Foster	2668	01-Apr-13	M60	David Clive	12.57	21-Jul-97
W35	Melissa Foster	2722	07-Mar-15	M60	Garry Ralston	12.57	28-Oct-16
				M65	David Clive	12.8	06-Feb-03
				M70	David Clive	13.4	26-Jul-07
				M75	David Clive	14.40	06-Apr-12
				M80	Barrie Kernaghan	16.00	08-Dec-20

M85	Norm Richards	17.92	26-Mar-23	M90	David Carr	7:32.95**	01-Sep-22
M90	David Carr	21.34	08-Dec-22	M95	John Gilmour	19:35.95*	05-Nov-16
200m				5000m			
M30	Kyle Ennis	21.35*	25-Apr-22	M30	Dean Menzies	14:28.71	16-Dec-20
M35	Joe Gold	23.1	12-Feb-83	M35	Brendon Dimmer	14:26.78	10-Feb-23
M40	Glenn Ross	22.90	22-Mar-13	M40	Roberto Busi	14:46.60	29-Oct-16
M45	Glenn Ross	23.33	01-Nov-16	M45	Roberto Busi	15:29.83	04-Feb-22
M50	Roy Fearnall	23.4	19-Jan-94	M50	Jim Langford	16:02.7	07-Apr-96
M55	Rudy Kocis	24.61	01-Nov-16	M55	John Gilmour	16:09.7	22-Jan-76
M60	David Clive	25.55	02-Apr-99	M60	John Gilmour	16:33.3	11-Apr-82
M65	David Clive	26.3	21-Nov-02	M65	John Gilmour	17:25.3*	27-Jun-85
M70	David Clive	28.15	10-Sep-07	M70	John Gilmour	18:46.62	01-Jul-89
M75	David Clive	29.4	06-Mar-12	M75	Bert Carse	20:52.43	29-Oct-16
M80	David Carr	32.94	30-Mar-13	M80	David Carr	23:40.9	23-Aug-12
M85	Norm Richards	37.40	25-Mar-23	M85	David Carr	26:17.6*	30-Nov-17
M90	David Carr	42.60*	17-Nov-22	M90	David Carr	29:28.60**	13-Oct-22
400m				10,000m			
M30	Ben Offereins	46.13	16-Apr-16	M30	Jim Langford	29:19.2	03-Sep-75
M35	Mike Edwards	49.7	07-Mar-92	M35	Scott Tamblin	31:12.8	31-Oct-14
M40	Daniel Stolp	51.47	05-Nov-16	M40	Roberto Busi	30:21.0	11-Nov-16
M45	Barrie Kernaghan	53.13	June-85	M45	Roberto Busi	31:48.53	08-Oct-21
M50	Roy Fearnall	52.82	01-Aug-95	M50	Jim Langford	32:58.0	25-Nov-94
M55	David Clive	56.1	27-Jan-93	M55	John Gilmour	33:40.0	05-Aug-74
M60	David Clive	58.13	03-Apr-99	M60	John Gilmour	34:23.0*	26-Nov-80
M65	Barrie Kernaghan	59.89	01-Sep-05	M65	John Gilmour	36:11.0*	01-Oct-84
M70	David Carr	62.83	16-Mar-03	M70	John Gilmour	38:26.0*	21-Jun-89
M75	David Carr	66.92	24-Mar-08	M75	David Carr	46:57.8	21-Oct-10
M80	David Carr	71.40*	09-Mar-12	M80	David Carr	49:05.1	18-Oct-12
M85	David Carr	80.5	13-Jul-17	M85	David Carr	55:45.4*	03-Nov-17
M90	David Carr	1:35.47*	08-Jul-22	M90	David Carr	1:02:48.93**	11-Aug-22
M95	Arthur Carbon	3:30.92	05-Nov-16	80m Hurdles			
800m				M70	Don Chambers	14.14	05-Oct-07
M30	Barry Acres	1:49.25	11-Mar-96	M75	Don Chambers	15.03	22-Dec-12
M35	Scott Tamblin	1:53.73	06-Feb-15	100m Hurdles			
M40	Greg Vander Sanden	1:58.41	25-Feb-00	M60	Garry Ralston	18.28	05-Nov-16
M45	Keith Wheeler	1:59.0	04-Mar-89	M65	Geoff Brayshaw	19.78	09-Apr-17
M50	David Carr	2:08.8	01-Apr-83	100m Hurdles			
M55	Ian Davies	2:09.57	12-Feb-06	M50	Garry Ralston	16.8	28-Mar-09
M60	Anthony Grendon	2:14.48	26-Jan-23	M55	Garry Ralston	18.01	02-Apr-11
M65	David Carr	2:19.5*	29-Mar-98	110m Hurdles			
M70	David Carr	2:25.14*	07-Jul-03	M30	Vincent Sew Hee	15.54	07-Feb-20
M75	David Carr	2:34.3*	26-Jul-07	M35	Vincent Sew Hee	15.42	28-Jan-22
M75	David Carr	2:34.3	16-Mar-08	M40	Paul Edmiston	15.72	06-Dec-13
M80	David Carr	2:48.5*	26-Feb-13	M45	Paul Jeffery	16.56	08-Nov-19
M85	David Carr	3:06.69**	28-Jun-17	300m Hurdles			
M90	David Carr	3:36.28*	27-Oct-22	M60	Garry Ralston	46.86	19-Apr-16
M95	John Gilmour	9:19.93*	28-Oct-16	M65	Campbell Till	50.59	22-Sep-22
1500m				M70	Don Chambers	53.74	02-Aug-09
M30	Scott Tamblin	3:51.35	19-Dec-13	M75	Don Chambers	59.43	21-Jul-12
M35	Scott Tamblin	3:51.01*	30-Jan-15	400m Hurdles			
M40	Paul Mackay	4:06.00	20-Feb-21	M30	Cameron Yorke	53.76	26-Mar-10
M45	Keith Wheeler	4:02.1	25-Mar-89	M35	Mike Edwards	53.79	23-Feb-92
M50	Andrew Collins	4:27.18	12-Jan-24	M40	John Molloy	57.32	01-Jul-91
M55	John Gilmour	4:22.0	05-Nov-75	M45	John Molloy	58.8	07-Apr-96
M60	John Gilmour	4:29.0*	22-Dec-79	M50	Wally Groom	63.11	13-Oct-93
M65	John Gilmour	4:49.16	29-Jun-85	M55	Campbell Till	70.27	31-Mar-13
M70	David Carr	5:05.2	20-Mar-03	2000m Steeplechase			
M75	David Carr	5:28.1*	02-Aug-07	M60	Bert Carse	7:12.1	02-Dec-01
M80	David Carr	5:54.3*	12-Feb-13	M65	Giovanni Puglisi	8:01.25	06-Nov-16
M85	David Carr	6:27.3*	15-Jun-17	M70	Bert Carse	8:31.2	18-Dec-12

M75	David Carr	8:56.59*	22-Mar-08	M70	Dave Wyatt	1.35	02-Dec-21
M80	David Carr	9:35.1**	01-Feb-13	M75	Brian Waldhuter	1.20	06-Nov-16
M85	David Carr	10:53.3**	21-Dec-17	M75	Brian Waldhuter	1.20	08-Apr-17
M90	David Carr	12:26.57**	15-Sep-22	M75	Phil Smyth	1.30	27-Feb-22
3000m Steeplechase				M80	Ross Goulden	1.31*	14-Mar-21
M30	Mike Hicks	9:52.41	15-Feb-98	M85	Norm Richards	1.02	07-Mar-23
M35	Rob Nichols	10:11.0	15-Jan-16	Long Jump			
M40	Ted Maslen	9:44.0	22-Jan-77	M30	Shane Hair	7.43*	04-Feb-06
M45	Ted Maslen	10:19.2	07-Nov-81	M35	Tom Reynolds	6.36	08-Jan-77
M50	Ted Maslen	10:51.4	21-Nov-87	M40	Murray Tolbert	6.67*	24-Mar-90
M55	Alan Merrett	11:18.0	30-Jul-79	M45	Murray Tolbert	6.49	05-Jan-92
1500m walk				M50	Murray Tolbert	6.11*	28-Mar-98
M30	Garry Hastie	6:43.7	21-Feb-96	M55	Murray Tolbert	5.89	14-Jul-01
M35	Garry Hastie	7:03.5	18-Dec-96	M60	David Clive	5.33	26-Feb-98
M40	Alan Whitely	6:11.0	04-Nov-89	M65	David Clive	5.05	27-Feb-03
M45	Garry Hastie	6:35.3	16-Mar-08	M65	David Clive	5.05	12-Mar-05
M50	Andrew Duncan	6:38.57	28-Apr-18	M70	David Clive	4.62	24-Mar-07
M55	Andrew Duncan	6:54.65	27-Mar-21	M75	David Clive	4.42*	06-Apr-12
M60	Dick Horsley	7:22.0	20-Dec-75	M80	Norm Richards	3.54	26-Apr-18
M65	Dick Horsley	7:45.4	12-Mar-81	M85	Norm Richards	3.01	25-Mar-23
M70	Dick Horsley	8:08.0	02-Feb-84	M90	Peter Kennedy	1.67	02-Nov-10
M75	Stan Jones	9:28.1	05-Feb-04	Triple Jump			
M80	Stan Jones	9:43.6	25-Aug-05	M30	J. MacKenzie	16.00	04-Feb-96
M85	Stan Jones	11:30.27	03-Apr-11	M35	Stephen Edwards	13.49	20-Feb-22
M90	Peter Kennedy	16:11.60	02-Apr-10	M40	Keith Brown	13.40	01-Apr-84
3000m walk				M45	Murray Tolbert	12.82	05-Apr-92
M30	Gary Hastie	14:52.2	20-Mar-96	M50	Murray Tolbert	12.18	29-Mar-98
M35	Duncan Faux	14:06.6	11-Apr-82	M55	Murray Tolbert	12.14	10-Jul-01
M40	Alan Whitely	13:15.3	01-Apr-90	M60	David Clive	10.63	05-Mar-98
M45	Garry Hastie	14:41.3	15-Mar-08	M65	Peter Corley	10.09	26-Mar-89
M50	Garry Hastie	14:30.66	30-Mar-14	M70	Geoff Brayshaw	9.00	05-Jan-21
M55	Andrew Duncan	14:47.45	28-Mar-21	M75	David Clive	8.19	25-Mar-12
M60	Dick Horsley	15:22.0	16-Nov-74	M80	Norm Richards	6.81	28-Nov-17
M65	Dick Horsley	16:15.0	15-Mar-78	M85	Norm Richards	5.24	26-Mar-23
M70	Dick Horsley	16:52.0	16-Feb-84	M90	Peter Kennedy	3.73	03-Apr-11
M75	Stan Jones	19:25.5	12-Feb-04	Pole Vault			
M80	Stan Jones	20:36.4	25-Mar-06	M30	N. Linthorne	4.20	04-Feb-96
M85	Stan Jones	23:37.3	02-Apr-11	M35	Mark Jeffery	4.15	27-Mar-10
5000m walk				M40	Mark Jeffery	4.20	08-Apr-11
M30	Christian Bone	25:16.1	09-Apr-10	M40	Mark Jeffery	4.20	06-Feb-15
M35	Duncan Faux	25:44.7	10-Apr-82	M45	Mark Jeffery	4.20	15-Jan-16
M40	Alan Whitely	23:04.0	04-Nov-89	M50	Frederick Jankowitz	3.00	24-Feb-23
M45	John Mison	24:49.4	14-Mar-96	M55	Brad Schirmer	3.00	14-Feb-25
M50	Andrew Duncan	23:51.12	29-Apr-19	M60	Peter Gare	2.50	18-Apr-03
M55	Andrew Duncan	25:05.81	27-Mar-21	M65	Geoff Brayshaw	2.75	14-Dec-18
M60	Dick Horsley	26:33.0	27-Feb-74	M70	Phil Smyth	2.70	29-Jan-17
M65	Dick Horsley	27:32.0	19-Aug-78	M70	Geoff Brayshaw	2.70	17-Oct-20
M70	Dick Horsley	29:35.5	20-Jan-83	M75	Phil Smyth	2.75	04-Feb-22
M75	Stan Jones	33:31.8	19-Apr-03	Discus			
M80	Stan Jones	34:08.6	18-Aug-05	M30	James Highland	50.18	03-Feb-96
M85	Stan Jones	40:20.0	10-Mar-11	M35	Randal Humich	49.12	15-Jan-06
High Jump				M40	Richard Brown	48.16	11-Apr-82
M30	Chris Anderson	2.25*	06-Mar-99	M45	Todd Davey	45.30	12-Dec-15
M35	Mark Murray	1.80	28-Feb-99	M50	Todd Davey	55.54*	03-Oct-17
M40	Paul Jeffery	1.76	27-Oct-16	M55	Todd Davey	45.05*	22-Feb-22
M45	Chris Anderson	1.90	16-Feb-14	M60	Tom Gravestock	48.94	07-Jul-15
M50	Jonathan Lester	1.62	14-Mar-21	M65	Jo Peters	47.28*	12-Oct-19
M55	Hans Venter	1.61	05-Nov-20	M70	Ossi Igel	40.43	03-Apr-22
M60	Hans Venter	1.55	06-Mar-25	M75	Sydney Coleman	34.36	30-Mar-91
M65	Greg Wilson	1.46	04-Jan-14	M80	Sydney Coleman	29.56	05-Apr-96

M85	Jim Davis	21.13	28-Mar-21
M90	Chris Tittel	13.40	12-Sep-18
Hammer			
M30	Warren Button	60.92	20-Jan-22
M35	Matthew Staunton	47.29	10-Dec-13
M40	Matthew Staunton	47.19	14-Mar-15
M45	John Fettus	43.49	30-Jan-22
M50	Todd Davey	53.71	01-Dec-18
M55	Todd Davey	48.38	03-Feb-22
M60	Tom Gravestock	43.20	18-Mar-16
M65	Jo Peters	41.64	23-Feb-19
M70	Sydney Coleman	39.94	01-Jan-90
M75	Sydney Coleman	38.68	16-Oct-91
M80	Jim Davis	34.91	28-Oct-16
M85	Jim Davis	32.62*	07-Mar-19
M90	Chris Tittel	13.31	06-Sep-18
Weight Throw			
M30	Warren Button	18.28*	30-Sep-21
M35	Greg Urbanowicz	14.84	05-Apr-15
M40	Matthew Staunton	14.28	18-Jan-14
M45	Todd Davey	14.37	04-Oct-15
M50	Todd Davey	19.40	19-Mar-20
M55	Todd Davey	17.79	24-Feb-22
M60	Geoffrey Gee	17.57	06-Oct-13
M65	Geoffrey Gee	17.05	30-Sep-18
M70	Ossi Igel	17.32	09-Jan-21
M75	Jim Davis	12.06	03-Apr-11
M80	Jim Davis	13.52	27-Oct-16
M85	Jim Davis	11.64	29-Apr-19
M90	Chris Tittel	7.04	10-Sep-18
Javelin			
M30	Maurice Keen	61.38	20-Feb-96
M35	Paul Jeffery	54.33	06-Jan-12
M40	Paul Jeffery	53.02	16-Feb-14
M45	Paul Jeffery	56.85	27-Feb-22
M50	Paul Jeffery	55.76	02-Mar-25
M55	Stan Selby	44.81	20-Sep-03
M60	Stan Selby	45.93	26-Mar-06
M65	Stan Selby	38.63	24-Mar-12
M70	Stan Selby	38.61	20-Mar-16
M75	Stan Selby	31.28	27-Mar-21
M80	Rob Shand	22.80	14-Mar-15
M85	Rob Shand	18.57	21-Mar-17
M40	Richard Brown	16.51	10-Apr-82
M45	Todd Davey	15.03	09-Feb-16
M50	Todd Davey	16.47	29-Nov-18
M55	Todd Davey	15.06*	01-Mar-22
M60	Geoffrey Gee	13.30	26-Apr-18
M65	Geoffrey Gee	12.87	28-Apr-19
M70	Ossi Igel	12.39	22-Dec-20
M75	Sydney Coleman	10.66	04-Apr-92
M80	Jim Davis	10.63	24-Feb-15
M85	Jim Davis	8.60	13-Apr-19
M90	Chris Tittel	5.13	12-Sep-18

M90	Peter Kennedy	10.44	15-Feb-11
Shot Put			
M30	Courtney Heinze	16.44	07-Jan-22
M35	Randal Humich	13.64	26-Mar-06
Pentathlon			
M30	Matthew Staunton	2687	19-Mar-06
M35	Paul Jeffery	3213	09-Apr-12
M40	Paul Jeffery	3625*	15-Mar-14
M45	Paul Jeffery	3770	27-Feb-22
M50	Paul Jeffery	4033**(P)	02-Mar-25
M55	Peter Gare	3315	08-Apr-96
M60	Peter Gare	2871	18-Mar-01
M65	Steve Fuller	2894	06-Apr-19
M70	Leon Sander	2930	18-Mar-07
M75	David Carr	2929	08-Mar-08
M80	Leon Sander	2337	01-Apr-17
M85	David Carr	1732	06-Apr-19
M90	Peter Kennedy	699	05-Apr-10
Throws Pentathlon			
M30	Gavin Hames	2945	05-Apr-96
M35	Matthew Staunton	3157	17-Mar-12
M40	Matt Staunton	3468	07-Mar-15
M45	Todd Davey	3696	12-Dec-15
M50	Todd Davey	4121*	01-Dec-18
M55	Todd Davey	3896	30-Jan-22
M60	Jo Peters	3578	28-Apr-18
M65	Jo Peters	3922	23-Feb-19
M70	Ossi Igel	3601	20-Feb-21
M75	Jim Davis	2818	17-Mar-12
M80	Jim Davis	2910	18-Apr-16
M85	Jim Davis	2829	06-Apr-19
M90	Christian Tittel	1790	12-Sep-18
Decathlon			
M30	Matthew Staunton	4989	15-Jan-06
M35	David Graieg	4989	19-Jan-20
M40	Paul Jeffery	6911	15-Jan-16
M45	Paul Jeffery	7719	24-Nov-19
M55	Brad Schirmer	5755	02-Feb-25
M50	Andrew Brooker	5846	02-Sep-19
M60	Rob Antonioli	3637	05-Feb-12
M65	Geoff Brayshaw	4794	05-Feb-17
M70	Geoff Brayshaw	4841	31-Jan-21
M75	Don Chambers	4877	06-Jan-13