

MEN

60m	M55	Rudy Kocis	7.76	7-Oct-16	
60m	M55	Rudy Kocis	7.68	12-Nov-16	
60m	M60	Garry Ralston	8.01	19-Mar-16	
100m	M45	Rob Colling	11.34	5-Jun-16	AR
100m	M55	Rudy Kocis	12.07	28-Oct-16	
100m	M60	Garry Ralston	12.57	28-Oct-16	
200m	M45	Glenn Ross	23.33	1-Nov-16	
200m	M55	Rudy Kocis	24.61	1-Nov-16	
400m	M40	Daniel Stolp	51.47	5-Nov-16	
400m	M95	Arthur Carbon	3:30.92	5-Nov-16	
800m	M95	John Gilmour	9:19.93	28-Oct-16	AR
1000m	M95	Peter Kennedy	14:48.0	2-Aug-16	
1500m	M95	Peter Kennedy	23:44.1	28-Jun-16	
1500m	M95	Peter Kennedy	20:30.8	16-Aug-16	
1500m	M95	John Gilmour	19:35.95	5-Nov-16	
3000m	M95	Peter Kennedy	48:37.4	26-Jul-16	
5000m	M40	Roberto Busi	14:46.60	29-Oct-16	
5000m	M75	Bert Carse	21:40.8	22-Sep-16	
5000m	M75	Bert Carse	20:52.43	29-Oct-16	
10,000m	M40	Roberto Busi	30:58.37	1-Nov-16	
10,000m	M40	Roberto Busi	30:21.0	11-Nov-16	
10,000m	M85	Irwin Barrett-Lennard	1:01:27.3	10-Mar-16	
Marathon	M80	Alwyn Barnesby	2:47:59	6-Nov-16	
100m Hurdles	M60	Garry Ralston	18.28	5-Nov-16	
110m Hurdles	M45	Mark Jeffery	17.88	28-Oct-16	
300m Hurdles	M60	Garry Ralston	48.15	19-Mar-16	
300m Hurdles	M60	Garry Ralston	46.86	19-Apr-16	
2000m Steeplechase	M65	Giovanni Puglisi	8:01.25	6-Nov-16	
3000m Steeplechase	M35	Rob Nichols	10:11.0	15-Jan-16	
10km Road Walk	M55	Garry Hastie	55:27	3-Jul-16	
High Jump	M40	Paul Jeffery	1.76	27-Oct-16	
High Jump	M75	Brian Waldhuter	1.20	6-Nov-16	
Triple Jump	M85	Derry Foley	4.89	29-Oct-16	
Pole Vault	M45	Mark Jeffery	4.20	15-Jan-16	
Pole Vault	M65	Phil Smyth	2.40	20-Feb-16	
Pole Vault	M65	Phil Smyth	2.50	26-Feb-16	
Pole Vault	M65	Phil Smyth	2.50	31-Oct-16	
Pole Vault	M65	Phil Smyth	2.55	18-Nov-16	
Pole Vault	M65	Geoff Brayshaw	2.60	25-Nov-16	
Discus	M50	Todd Davey	50.53	27-Sep-16	
Discus	M50	Todd Davey	52.03	29-Sep-16	X
Discus	M50	Todd Davey	53.75	2-Oct-16	AR
Discus	M65	Ossi Igel	42.72	25-Feb-16	
Hammer	M50	Todd Davey	46.63	27-Nov-16	
Hammer	M50	Todd Davey	48.17	15-Dec-16	
Hammer	M60	Tom Gravestock	43.20	18-Mar-16	
Hammer	M65	Ossi Igel	35.44	18-Mar-16	
Hammer	M65	Ossi Igel	35.80	18-Oct-16	
Hammer	M80	Jim Davis	34.12	18-Apr-16	
Hammer	M80	Jim Davis	34.91	28-Oct-16	
Heavy Weight	M50	Todd Davey	16.44	29-Sep-16	
Heavy Weight	M50	Todd Davey	16.64	2-Oct-16	
Heavy Weight	M50	Todd Davey	17.53	1-Dec-16	
Heavy Weight	M50	Todd Davey	17.77	22-Dec-16	
Heavy Weight	M65	Ossi Igel	14.35	5-Jan-16	
Heavy Weight	M65	Ossi Igel	14.95	14-Jan-16	
Heavy Weight	M65	Ossi Igel	15.52	5-Nov-16	
Heavy Weight	M80	Jim Davis	13.01	19-Apr-16	
Heavy Weight	M80	Jim Davis	13.52	27-Oct-16	

56lb Weight	M40	Matthew Staunton	8.82	31-Jan-16	
56lb Weight	M65	Ossi Igel	4.49	31-Jan-16	
Javelin	M45	Mark Jeffery	52.12	15-Jan-16	
Javelin	M70	Stan Selby	38.61	20-Mar-16	
Shot Put	M45	Todd Davey	15.03	9-Feb-16	
Shot Put	M50	Todd Davey	13.95	27-Sep-16	
Shot Put	M50	Todd Davey	14.43	2-Oct-16	
Shot Put	M50	Todd Davey	14.98	10-Dec-16	
Shot Put	M65	Ossi Igel	11.63	13-Feb-16	
Shot Put	M65	Ossi Igel	11.83	18-Oct-16	
Shot Put	M65	Ossi Igel	11.95	29-Oct-16	
Throws Pentathlon	M50	Todd Davey	3978	2-Oct-16	
Throws Pentathlon	M50	Todd Davey	4046	17-Dec-16	
Throws Pentathlon	M60	Geoffrey Gee	3676	5-Nov-16	
Throws Pentathlon	M65	Ossi Igel	3531	14-Jan-16	
Throws Pentathlon	M65	Ossi Igel	3704	5-Nov-16	
Throws Pentathlon	M80	Jim Davis	3498	18-Apr-16	
Weight Pentathlon	M40	Matthew Staunton	3749	31-Jan-16	AR
Weight Pentathlon	M50	Andrew Ward	2035	31-Jan-16	
Weight Pentathlon	M60	Geoff Gee	3528	25-Jun-16	
Weight Pentathlon	M65	Ossi Igel	3182	31-Jan-16	
Decathlon	M40	Paul Jeffery	7007	15-Jan-16	
Decathlon	M45	Mark Jeffery	7299	15-Jan-16	
4 x 400m Relay	M70	MAWA Team	5:20.2	25-Feb-16	
4 x 400m Relay	M70	Bert Carse	5:20.2	25-Feb-16	
4 x 400m Relay	M70	Barrie Kernaghan	5:20.2	25-Feb-16	
4 x 400m Relay	M70	David Carr	5:20.2	25-Feb-16	
4 x 400m Relay	M70	Henri Cortis	5:20.2	25-Feb-16	
60m Indoors	M45	Rob Colling	7.28	31-Mar-16	AR

WOMEN

100m	W35	Wendy Seegers	12.01	15-Jan-16	AR
100m	W40	Wendy Seegers	12.0	20-Mar-16	
100m	W40	Wendy Seegers	12.18	24-Mar-16	AR
100m	W70	Peggy Macliver	16.34	26-Oct-16	
100m	W75	Ruth Johnson	17.94	27-Oct-16	
100m	W90	Joy Duncan	1:43.91	27-Oct-16	
200m	W40	Wendy Seegers	24.52	3-Mar-16	AR
100m	W75	Ruth Johnson	39.72	17-Apr-16	
400m	W40	Wendy Seegers	56.99	20-Mar-16	
400m	W75	Ruth Johnson	1:29.78	5-Nov-16	AR
5000m	W75	Lorraine Lopes	26:41.46	28-Oct-16	AR
Half Marathon	W55	Janet Ferguson	1:33:02	6-Nov-16	
Half Marathon	W65	Liz Neville	1:48:57.83	9-Oct-16	
Half Marathon	W75	Jill Bower	2:43:45	6-Nov-16	
Marathon	W60	Christine Pattinson	3:47:54	6-Nov-16	
Marathon	W65	Liz Neville	3:47:11	6-Nov-16	
80m Hurdles	W50	Robyn Feutrill	17.33	20-Mar-16	
80m Hurdles	W60	Maureen Keshwar	18.25	4-Nov-16	
300m Hurdles	W60	Carol Bowman	80.61	19-Apr-16	
2000m Steeplechase	W30	Kristy Devereux	9:36.9	15-Mar-16	
2000m Steeplechase	W75	Lynne Schickert	16:59.78	6-Nov-16	
3000m Walk	W80	Sylvia Byers	23:18.61	20-Mar-16	
5000m Walk	W60	Lyn Ventris	27:51.27	27-Oct-16	
5000m Walk	W80	Sylvia Byers	39:09.42	19-Mar-16	
10km Road Walk	W75	Lynne Schickert	1:20:53	31-Oct-16	
10km Road Walk	W80	Sylvia Byers	82:09	3-Jul-16	
20km Road Walk	W75	Lynne Schickert	2:52:27	4-Nov-16	
High Jump	W50	Sue Coate	1.30	19-Jul-16	
High Jump	W50	Sue Coate	1.39	28-Oct-16	

High Jump	W75	Ruth Johnson	1.00	17-Apr-16	
Pole Vault	W45	Vicki Cobby	1.90	26-Oct-16	
Discus	W40	Sarah Edmiston	33.95	5-Jul-16	
Discus	W40	Sarah Edmiston	34.19	4-Nov-16	
Discus	W70	Bev Hamilton	22.00	14-Jan-16	
Discus	W70	Bev Hamilton	22.07	31-Oct-16	
Discus	W70	Bev Hamilton	22.91	4-Nov-16	
Hammer	W40	Sarah Edmiston	35.38	28-Jun-16	
Hammer	W40	Sarah Edmiston	38.19	6-Sep-16	
Hammer	W45	Christine Schelfhout	28.59	14-Jan-16	
Hammer	W70	Bev Hamilton	25.90	29-Jan-16	
Hammer	W70	Bev Hamilton	26.07	18-Mar-16	
Heavy Weight	W40	Cheryl McMahon	11.20	5-Jan-16	
Heavy Weight	W40	Cheryl McMahon	11.43	31-Jan-16	
Heavy Weight	W40	Sarah Edmiston	11.67	21-Aug-16	
Heavy Weight	W45	Paula Kennedy	9.58	4-Nov-16	
Heavy Weight	W70	Bev Hamilton	10.41	19-Jan-16	
Heavy Weight	W70	Bev Hamilton	10.43	31-Jan-16	
Heavy Weight	W70	Bev Hamilton	10.89	11-Feb-16	
Heavy Weight	W70	Bev Hamilton	11.07	20-Mar-16	
56lb Weight	W35	Bryony Glass	5.71	31-Jan-16	AR
56lb Weight	W40	Cheryl McMahon	3.59	31-Jan-16	
Javelin	W40	Julie Daines	31.08	20-Mar-16	
Javelin	W50	Yolanda Carstens	26.83	14-Jan-16	
Javelin	W50	Yolanda Carstens	30.18	20-Mar-16	
Javelin	W70	Bev Hamilton	16.51	14-Jan-16	
Javelin	W70	Bev Hamilton	16.65	20-Mar-16	
Javelin	W70	Bev Hamilton	17.36	29-Oct-16	
Shot Put	W70	Bev Hamilton	7.86	14-Jan-16	
Shot Put	W70	Bev Hamilton	8.27	18-Apr-16	
Pentathlon	W60	Carol Bowman	2021	12-Mar-16	
Heptathlon	W70	Brenda Painter	2582	29-Oct-16	
Throws Pentathlon	W40	Cheryl McMahon	2515	14-Jan-16	
Throws Pentathlon	W40	Cheryl McMahon	2799	2-Oct-16	
Throws Pentathlon	W70	Bev Hamilton	3735	14-Jan-16	
Throws Pentathlon	W70	Bev Hamilton	3958	18-Apr-16	
Weight Pentathlon	W35	Byrony Glass	4655	25-Jun-16	AR
Weight Pentathlon	W40	Cheryl McMahon	2939	31-Jan-16	
Weight Pentathlon	W65	Kate Glass	2667	25-Jun-16	
Weight Pentathlon	W70	Bev Hamilton	3305	31-Jan-16	
4 x 100m Relay	W40	MAWA Team	59.15	18-Apr-16	
4 x 100m Relay	W40	Lynne Choate	59.15	18-Apr-16	
4 x 100m Relay	W40	Peggy Macliver	59.15	18-Apr-16	
4 x 100m Relay	W40	Lisa Limonas	59.15	18-Apr-16	
4 x 100m Relay	W40	Sharon Davis	59.15	18-Apr-16	