

**State Records as at 04-Mar-21**

EVENT	AGE	NAME	PERF	DATE	WA	AUS	WLD	ET or HT	Location
<b>60 Metres</b>									
60 Metres	M30	Cameron Yorke	6.9	21-Dec-08	S			HT (-1.9)	Perry Lakes
60 Metres	M30	Cameron Yorke	7.27	18-Jan-09	S			ET (-0.1)	Perry Lakes
60 Metres	M35	Peter Gare	7.1	22-Jan-77	S				
60 Metres	M40	Paul Edmiston	7.27	08-Feb-13	S			ET (+1.2)	WAAS
60 Metres	M45	Adrian McKenzie	7.38	27-Apr-19	S			ET (+1.0)	Melbourne
60 Metres	M50	Rudi Kocis	7.58	27-Feb-15	S			ET (+1.4)	WAAS
60 Metres	M55	Rudy Kocis	7.68	12-Nov-16	S			ET (+1.0)	Gold Coast
60 Metres	M60	Garry Ralston	8.01	19-Mar-16	S			ET (+2.0)	ECAC
60 Metres	M65	Barrie Kernaghan	8.1	25-Mar-07	S			HT (+1.6)	ECAC
60 Metres	M70	David Clive	8.3	05-Jul-07	S			HT	ECAC
60 Metres	M70	Barrie Kernaghan	8.59	02-Apr-10	S			ET (+1.9)	WAAS
60 Metres	M75	David Clive	8.7	06-Mar-12	S			HT (+1.1)	WAAS
60 Metres	M80	Norm Richards	9.2	28-Nov-17	S			HT (+1.9)	WAAS
60 Metres	M85	David Carr	11.60	29-Mar-18	S			HT (-.03)	ECAC
60 Metres	M90	Peter Kennedy	17.16	03-Apr-11	S			ET (0.0)	ECAC
<b>100 Metres</b>									
100 Metres	M30	Brett Blanco	10.88	18-Dec-05	S	X		ET (+2.0)	Perry Lakes
100 Metres	M35	Peter Gare	11.2	20-Feb-77	S				
100 Metres	M35	Brett Blanco	11.44	02-Apr-10	S			ET (+1.3)	WAAS
100 Metres	M40	Robert Colling	11.40	29-Mar-13	S			ET (+0.6)	Canberra
100 Metres	M45	Rob Colling	11.34	05-Jun-16	S	A		ET (+1.0)	Calgary
100 Metres	M50	Roy Fearnall	11.4	08-Jan-94	S				
100 Metres	M55	Rudy Kocis	12.07	28-Oct-16	S			ET (+1.2)	Perth
100 Metres	M60	David Clive	12.57	21-Jul-97	S				
100 Metres	M60	Garry Ralston	12.57	28-Oct-16	S			ET (+2.0)	Perth
100 Metres	M65	David Clive	12.8	06-Feb-03	S			HT	ECAC
100 Metres	M70	David Clive	13.4	26-Jul-07	S			HT	ECAC
100 Metres	M75	David Clive	14.40	06-Apr-12	S			ET (+1.4)	Melbourne
100 Metres	M80	Barrie Kernaghan	16.00	08-Dec-20	S			ET (+1.7)	WAAS
100 Metres	M85	David Carr	18.74	07-Mar-19	S			ET (-0.5)	ECAC
100 Metres	M90	Tom Jones	24.0	03-Mar-84	S				
<b>200 Metres</b>									
200 Metres	M30	Evan Jarvis	22.02	28-Oct-18	S			ET (+1.4)	WAAS
200 Metres	M35	Joe Gold	23.1	12-Feb-83	S				
200 Metres	M40	Glenn Ross	22.90	22-Mar-13	S			ET (+1.6)	WAAS
200 Metres	M45	Glenn Ross	23.33	01-Nov-16	S			ET(+1.0)	
200 Metres	M50	Roy Fearnall	23.4	19-Jan-94	S				
200 Metres	M55	Rudy Kocis	24.61	01-Nov-16	S			ET (+1.4)	Perth
200 Metres	M60	David Clive	25.55	02-Apr-99	S				
200 Metres	M65	David Clive	26.3	21-Nov-02	S			HT	
200 Metres	M70	David Clive	28.15	10-Sep-07	S			ET (-0.9)	Riccione
200 Metres	M75	David Clive	29.4	06-Mar-12	S			HT (+1.1)	WAAS
200 Metres	M80	David Carr	32.94	30-Mar-13	S			ET (+0.9)	Canberra
200 Metres	M85	David Carr	37.97	28-Apr-19	S			ET (+0.6)	Melbourne
200 Metres	M90	Cecil Walkley	2:09.8	11-Jul-19	S			HT (-0.7)	ECAC
<b>400 Metres</b>									
400 Metres	M30	Ben Offereins	46.13	16-Apr-16	S	A		ET	Canberra
400 Metres	M35	Mike Edwards	49.7	07-Mar-92	S	X			
400 Metres	M40	Daniel Stolp	51.47	05-Nov-16	S			ET	Perth
400 Metres	M45	Barrie Kernaghan	53.13	June-85	S			ET	Rome
400 Metres	M50	Roy Fearnall	52.82	01-Aug-95	S				
400 Metres	M55	David Clive	56.1	27-Jan-93	S				
400 Metres	M60	David Clive	58.13	03-Apr-99	S	X			
400 Metres	M65	Barrie Kernaghan	59.89	01-Sep-05	S			ET	San Sebastia
400 Metres	M70	David Carr	62.83	16-Mar-03	S	X		ET	Perry Lakes
400 Metres	M75	David Carr	66.92	24-Mar-08	S	X		ET	Sydney
400 Metres	M80	David Carr	71.40	09-Mar-12	S	A		ET	WAAS
400 Metres	M85	David Carr	80.5	13-Jul-17	S			HT	ECAC
400 Metres	M90	Peter Kennedy	3:06.12	04-Apr-10	S			ET	WAAS
400 Metres	M95	Arthur Carbon	3:30.92	05-Nov-16	S			ET	Perth
<b>800 Metres</b>									
800 Metres	M30	Barry Acres	1:49.25	11-Mar-96	S				
800 Metres	M35	Scott Tamblin	1:53.73	06-Feb-15	S			ET	WAAS
800 Metres	M40	Greg Vander Sanden	1:58.41	25-Feb-00	S			ET	Perry Lakes
800 Metres	M45	Keith Wheeler	1:59.0	04-Mar-89	S				
800 Metres	M50	David Carr	2:08.8	01-Apr-83	S				

800 Metres	M55	Ian Davies	2:09.57	12-Feb-06	S			ET	Perry Lakes
800 Metres	M60	David Carr	2:15.5	14-Nov-92	S	X			
800 Metres	M65	David Carr	2:19.5	29-Mar-98	S	A			
800 Metres	M70	David Carr	2:25.14	07-Jul-03	S	A		ET	Puerto Rico
800 Metres	M75	David Carr	2:34.3	26-Jul-07	S	A	X	HT	ECAC
800 Metres	M75	David Carr	2:34.3	16-Mar-08	S	A	X	HT	ECAC
800 Metres	M80	David Carr	2:48.5	26-Feb-13	S	A		HT	WAAS
800 Metres	M85	David Carr	3:06.69	28-Jun-17	S	A	W	ET	WAAS
800 Metres	M90	Peter Kennedy	7:54.3	08-Feb-11	S			HT	McGillivray
800 Metres	M95	John Gilmour	9:19.93	28-Oct-16	S	A		ET	Perth
		<b>1000 Metres</b>			S				
1000 Metres	M30	Ray Boyd	2:23.2	04-Dec-96	S				
1000 Metres	M35	Scott Tamblin	2:29.0	27-Jan-15	S			HT	WAAS
1000 Metres	M40	John Molloy	2:37.2	18-Mar-92	S				
1000 Metres	M45	Chris Gould	2:43.6	16-Feb-21	S			HT	ECAC
1000 Metres	M50	Xander Van Rijen	2:53.8	27-Mar-18	S			HT	WAAS
1000 Metres	M55	Ian Davies	2:59.4	19-May-05	S			HT	ECAC
1000 Metres	M60	Henri Cortis	3:02.0	07-Mar-06	S			HT	McGillivray
1000 Metres	M65	Bert Carse	3:18.3	29-Apr-10	S			HT	ECAC
1000 Metres	M70	David Carr	3:23.4	19-May-05	S			HT	ECAC
1000 Metres	M75	David Carr	3:34.2	24-Jan-08	S			HT	ECAC
1000 Metres	M80	David Carr	3:53.2	10-Jul-12	S			HT	ECAC
1000 Metres	M85	David Carr	4:15.94	28-Mar-19	S			ET	ECAC
1000 Metres	M90	Cecil Walkley	12:25.0	20-Jun-19	S			HT	ECAC
1000 Metres	M95	Peter Kennedy	14:48.0	02-Aug-16	S			HT	WAAS
		<b>1500 Metres</b>			S				
1500 Metres	M30	Scott Tamblin	3:51.35	19-Dec-13	S			ET	WAAS
1500 Metres	M35	Scott Tamblin	3:51.01	30-Jan-15	S	A		ET	WAAS
1500 Metres	M40	Paul Mackay	4:06.00	20-Feb-21	S			ET	WAAS
1500 Metres	M45	Keith Wheeler	4:02.1	25-Mar-89	S	X			
1500 Metres	M50	Jim Langford	4:27.4	06-Apr-96	S				
1500 Metres	M55	John Gilmour	4:22.0	05-Nov-75	S	X			
1500 Metres	M60	John Gilmour	4:29.0	22-Dec-79	S	A	X		
1500 Metres	M65	John Gilmour	4:49.16	29-Jun-85	S	X	X		
1500 Metres	M70	David Carr	5:05.2	20-Mar-03	S	X		HT	ECAC
1500 Metres	M75	David Carr	5:28.1	02-Aug-07	S	A		HT	ECAC
1500 Metres	M75	David Carr	5:28.1	08-Mar-08	S	A		HT	ECAC
1500 Metres	M80	David Carr	5:54.3	12-Feb-13	S	A		HT	WAAS
1500 Metres	M85	David Carr	6:27.3	15-Jun-17	S	A	W	HT	ECAC
1500 Metres	M90	Peter Kennedy	14:29.78	05-Apr-10	S			ET	WAAS
1500 Metres	M95	John Gilmour	19:35.95	05-Nov-16	S	A		ET	Perth
		<b>Mile</b>			S				
Mile	M30	Scott Tamblin	4:11.92	22-Feb-14	S	A		ET	WAAS
Mile	M35	Scott Tamblin	4:11.78	14-Feb-15	S	A		ET	WAAS
Mile	M40	Chris Gould	4:33.41	16-Mar-19	S			ET	WAAS
Mile	M45	Bert Carse	4:43.0	14-Dec-89	S				
Mile	M50	Don Caplin	4:49.5	26-Nov-89	S				
Mile	M55	John Gilmour	4:40.0	01-Nov-75	S				
Mile	M60	John Gilmour	4:57.1	13-Nov-80	S	A	X		
Mile	M65	John Gilmour	5:20.6	28-Oct-84	S				
Mile	M70	David Carr	5:45.7	05-Dec-02	S	X		HT	ECAC
Mile	M75	David Carr	6:04.2	12-Jul-07	S	A		HT	ECAC
Mile	M80	David Carr	6:26.6	21-Jun-12	S	A	X	HT	ECAC
Mile	M85	David Carr	7:16.7	17-Aug-17	S	A	W	HT	ECAC
Mile	M90	Cecil Walkley	19:03.0	11-Jul-19	S			HT	ECAC
		<b>3000m</b>			S				
3000m	M30	Ray Boyd	8:28.2	07-Nov-97	S				
3000m	M35	Scott Tamblin	8:35.3	27-Nov-15	S	X		HT	WAAS
3000m	M35	Gerry Hill	8:30.66	17-Oct-20	S	A		ET	WAAS
3000m	M40	Roberto Busi	8:40.37	17-Oct-20	S			ET	WAAS
3000m	M45	Chris Gould	8:55.24	22-Jan-21	S			ET	ECAC
3000m	M50	Jim Langford	9:21.7	07-Dec-94	S				
3000m	M55	John Gilmour	9:20.0	11-Feb-76	S	X			
3000m	M60	John Gilmour	9:41.2	22-Nov-80	S	A	X		
3000m	M65	John Gilmour	10:10.2	01-Nov-84	S	A	X		
3000m	M70	John Gilmour	11:25.6	01-Oct-90	S	X			
3000m	M75	David Carr	12:18.3	16-Aug-07	S	X		HT	ECAC
3000m	M80	David Carr	13:12.3	25-Oct-12	S	A		HT	ECAC
3000m	M85	David Carr	14:54.8	20-Jul-17	S	A		HT	ECAC
3000m	M90	Peter Kennedy	34:25.7	14-Dec-10	S			HT	McGillivray
3000m	M95	Peter Kennedy	48:37.4	26-Jul-16	S			HT	WAAS



110 Metres Hurdles	M30	Vincent Sew Hee	15.54	07-Feb-20	S			ET (+0.4)	WAAS
110 Metres Hurdles	M35	Mike Edwards	15.84	02-Apr-94	S				
110 Metres Hurdles	M40	Paul Edmiston	15.72	06-Dec-13	S			ET (+0.7)WAAS	
110 Metres Hurdles	M45	Paul Jeffery	16.56	08-Nov-19	S			ET (+0.7)	WAAS
		<b>200 Metres Hurdles (68.6cm) M80+</b>			S				
		<b>300 Metres Hurdles (76.2cm) M60 - M65</b>			S				
300 Metres Hurdles	M60	Garry Ralston	46.86	19-Apr-16	S			Et	Adelaide
300 Metres Hurdles	M65	Keith Martin	53.9	29-Mar-09	S			HT	ECAC
		<b>300 Metres Hurdles (76.2cm) M70 - M75</b>			S				
300 Metres Hurdles	M70	Don Chambers	53.74	02-Aug-09	S			ET	Lahti
300 Metres Hurdles	M75	Don Chambers	59.43	21-Jul-12	S			ET	Derby UK
		<b>400 Metres Hurdles (91.4cm) M30 - M45</b>			S				
400 Metres Hurdles	M30	Cameron Yorke	53.76	26-Mar-10	S	X		ET	WAAS
400 Metres Hurdles	M35	Mike Edwards	53.79	23-Feb-92	S	A			
400 Metres Hurdles	M40	John Molloy	57.32	01-Jul-91	S				
400 Metres Hurdles	M45	John Molloy	58.8	07-Apr-96	S				
		<b>400 Metres Hurdles (84cm) M50 - M55</b>			S				
400 Metres Hurdles	M50	Wally Groom	63.11	13-Oct-93	S				Miyazaki
400 Metres Hurdles	M55	Campbell Till	70.27	31-Mar-13	S			ET	Canberra
		<b>2000 Metres Steeplechase (76.2cm) M60+</b>			S				
2000m Steeplechase	M60	Bert Carse	7:12.1	02-Dec-01	S				
2000m Steeplechase	M65	Giovanni Puglisi	8:01.25	06-Nov-16	S			ET	Perth
2000m Steeplechase	M70	Bert Carse	8:31.2	18-Dec-12	S			HT	WAAS
2000m Steeplechase	M75	David Carr	8:56.59	22-Mar-08	S	A	X	ET	Sydney
2000m Steeplechase	M80	David Carr	9:35.1	01-Feb-13	S	A	W	HT	WAAS
2000m Steeplechase	M85	David Carr	10:53.3	21-Dec-17	S	A	W	HT	ECAC
		<b>3000 Metres Steeplechase (91.4cm) M30 - M55</b>			S				
3000m Steeplechase	M30	Mike Hicks	9:52.41	15-Feb-98	S				
3000m Steeplechase	M35	Rob Nichols	10:11.0	15-Jan-16	S			HT	WAAS
3000m Steeplechase	M40	Ted Maslen	9:44.0	22-Jan-77	S				
3000m Steeplechase	M45	Ted Maslen	10:19.2	07-Nov-81	S				
3000m Steeplechase	M50	Ted Maslen	10:51.4	21-Nov-87	S				
3000m Steeplechase	M55	Alan Merrett	11:18.0	30-Jul-79	S				
		<b>1500 Metres Walk</b>			S				
1500 Metres Walk	M30	Garry Hastie	6:43.7	21-Feb-96	S				
1500 Metres Walk	M35	Garry Hastie	7:03.5	18-Dec-96	S				
1500 Metres Walk	M40	Alan Whitely	6:11.0	04-Nov-89	S				
1500 Metres Walk	M45	Garry Hastie	6:35.3	16-Mar-08	S			HT	ECAC
1500 Metres Walk	M50	Andrew Duncan	6:38.57	28-Apr-18	S			ET	Perth
1500 Metres Walk	M55	Garry Hastie	7:24.21	08-Apr-17	S			ET	ECAC
1500 Metres Walk	M60	Dick Horsley	7:22.0	20-Dec-75	S	X	X		
1500 Metres Walk	M65	Dick Horsley	7:45.4	12-Mar-81	S	X			
1500 Metres Walk	M70	Dick Horsley	8:08.0	02-Feb-84	S	X			
1500 Metres Walk	M75	Stan Jones	9:28.1	05-Feb-04	S			HT	ECAC
1500 Metres Walk	M80	Stan Jones	9:43.6	25-Aug-05	S			HT	ECAC
1500 Metres Walk	M85	Stan Jones	11:30.27	03-Apr-11	S			ET	ECAC
1500 Metres Walk	M90	Peter Kennedy	16:11.60	02-Apr-10	S	A		ET	WAAS
		<b>3000 Metres Walk</b>			S				
3000 Metres Walk	M30	Garry Hastie	14:52.2	20-Mar-96	S				
3000 Metres Walk	M35	Duncan Faux	14:06.6	11-Apr-82	S				
3000 Metres Walk	M40	Alan Whitely	13:15.3	01-Apr-90	S				
3000 Metres Walk	M45	Garry Hastie	14:41.3	15-Mar-08	S			HT	ECAC
3000 Metres Walk	M50	Garry Hastie	14:30.66	30-Mar-14	S			ET	WAAS
3000 Metres Walk	M55	Paul Martin	15:29.9	15-Mar-97	S				
3000 Metres Walk	M60	Dick Horsley	15:22.0	16-Nov-74	S				
3000 Metres Walk	M65	Dick Horsley	16:15.0	15-Mar-78	S				
3000 Metres Walk	M70	Dick Horsley	16:52.0	16-Feb-84	S				
3000 Metres Walk	M75	Stan Jones	19:25.5	12-Feb-04	S			HT	ECAC
3000 Metres Walk	M80	Stan Jones	20:36.4	25-Mar-06	S			HT	ECAC
3000 Metres Walk	M85	Stan Jones	23:37.3	02-Apr-11	S			HT	ECAC
		<b>5000 Metres Walk</b>			S				
5000 Metres Walk	M30	Christian Bone	25:16.1	09-Apr-10	S			HT	WAAS
5000 Metres Walk	M35	Duncan Faux	25:44.7	10-Apr-82	S				
5000 Metres Walk	M40	Alan Whitely	23:04.0	04-Nov-89	S				
5000 Metres Walk	M45	John Mison	24:49.4	14-Mar-96	S				
5000 Metres Walk	M50	Andrew Duncan	23:51.12	29-Apr-19	S			ET	Melbourne
5000 Metres Walk	M55	George Cavill	25:57.0	01-Aug-77	S				
5000 Metres Walk	M60	Dick Horsley	26:33.0	27-Feb-74	S				
5000 Metres Walk	M65	Dick Horsley	27:32.0	19-Aug-78	S				
5000 Metres Walk	M70	Dick Horsley	29:35.5	20-Jan-83	S				
5000 Metres Walk	M75	Stan Jones	33:31.8	19-Apr-03	S				Perry Lakes

5000 Metres Walk	M80	Stan Jones	34:08.6	18-Aug-05	S			HT	ECAC
5000 Metres Walk	M85	Stan Jones	40:20.0	10-Mar-11	S			HT	ECAC
		<b>10,000m Track Walk</b>			S				
10,000m Walk	M35	Daniel Lowe	66:16.10	27-Feb-14	S			ET	WAAS
10,000m Walk	M40	Alan Whitely	49:19.0	23-Feb-89	S				
10,000m Walk	M45	Gary Hastie	53:48.3	11-Mar-09	S				Perry Lakes
10,000m Walk	M50	Andrew Duncan	50:18.43	23-Jan-19	S			ET	WAAS
10,000m Walk	M55	Andrew Duncan	52:29.10	20-Feb-21	S			ET	WAAS
10,000m Walk	M60	Dick Horsley	54:24.6	01-Sep-73	S				
10,000m Walk	M65	Dick Horsley	57:12.0	01-Mar-78	S				
10,000m Walk	M70	Dick Horsley	59:04.0	01-Jun-83	S				
10,000m Walk	M75	Jack Collins	73:30.0	01-Oct-87	S				
		<b>10 Kilometres Road Walk</b>			S				
10 Kilometres Road Walk	M30	Oliver Berry	1:29.18	12-Jul-20	S			HT	Perth
10 Kilometres Road Walk	M35	Duncan Faux	51:23	24-Apr-82	S				
10 Kilometres Road Walk	M40	Alan Whitely	47:36	28-Apr-90	S				
10 Kilometres Road Walk	M45	Garry Hastie	50:34.1	12-Jul-09	S				
10 Kilometres Road Walk	M50	Andrew Duncan	49:06	15-Jul-18	S			HT	Perth
10 Kilometres Road Walk	M55	Andrew Duncan	51:34	12-Jul-20	S			HT	Perth
10 Kilometres Road Walk	M60	Dick Horsley	54:25	29-Sep-73	S	X	X		
10 Kilometres Road Walk	M65	Dick Horsley	57:12	19-Jul-81	S	X	X		
10 Kilometres Road Walk	M70	Dick Horsley	59:04	04-Jun-83	S	X	X		
10 Kilometres Road Walk	M75	Stan Jones	68:18	21-Apr-03	S			HT	Perry Lakes
10 Kilometres Road Walk	M80	Stan Jones	71:42	06-Aug-06	S				
		<b>20 Kilometres Road Walk</b>			S				
20 Kilometres Road Walk	M30	Garry Hastie	1:59:49	08-Apr-96	S	X			
20 Kilometres Road Walk	M35	Martin Davey	1:57:34	04-Jul-76	S				
20 Kilometres Road Walk	M40	John Mison	1:43:48	27-Mar-89	S				
20 Kilometres Road Walk	M45	George Audley	1:48:18	01-Feb-84	S				
20 Kilometres Road Walk	M50	Andrew Duncan	1:39:58	26-Aug-18	S			HT	Lake Kawana
20 Kilometres Road Walk	M55	Andrew Duncan	1:43:47	16-Aug-20	S				Perth
20 Kilometres Road Walk	M55	Andrew Duncan	1:41:58.48	30-Aug-20	S				Perth
20 Kilometres Road Walk	M60	Stan Jones	1:55:43	01-Dec-87	S				
20 Kilometres Road Walk	M65	Dick Horsley	2:07:00	14-Jun-81	S				
20 Kilometres Road Walk	M75	Jack Collins	2:30:04	11-Oct-87	S				
		<b>50 Kilometres Road Walk</b>			S				
50 Kilometres Road Walk	M35	Duncan Faux	5:17:33	12-Aug-79	S				Canning Vale
50 Kilometres Road Walk	M40	Jim Smith	5:29:27	17-Jul-77	S				
50 Kilometres Road Walk	M45	George Audley	5:00:41	01-Jul-85	S				
50 Kilometres Road Walk	M50	George Audley	5:22:07	09-Jul-89	S				
		<b>High Jump</b>			S				
High Jump	M30	Chris Anderson	2.25	06-Mar-99	S	A			Perry Lakes
High Jump	M35	Mark Murray	1.80	28-Feb-99	S				
High Jump	M40	Paul Jeffery	1.76	27-Oct-16	S				Perth
High Jump	M45	Chris Anderson	1.90	16-Feb-14	S	X			WAAS
High Jump	M50	Andrew Brooker	1.60	07-Mar-19	S				WAAS
High Jump	M55	Hans Venter	1.61	05-Nov-20	S				ECAC
High Jump	M60	Nenad Peisker	1.53	03-Apr-18	S				WAAS
High Jump	M65	Greg Wilson	1.46	04-Jan-14	S				Bendigo
High Jump	M70	Greg Wilson	1.30	27-Apr-18	S				Perth
High Jump	M70	Greg Wilson	1.30	13-Apr-19	S				ECAC
High Jump	M70	Phil Smyth	1.30	13-Apr-19	S				ECAC
High Jump	M75	Brian Waldhuter	1.20	06-Nov-16	S				Perth
High Jump	M75	Brian Waldhuter	1.20	08-Apr-17	S				ECAC
High Jump	M75	Brian Waldhuter	1.20	27-Apr-18	S				Perth
High Jump	M80	Norm Richards	1.10	21-Nov-17	S				WAAS
High Jump	M85	David Carr	0.95	02-Nov-17	S				ECAC
		<b>Long Jump</b>			S				
Long Jump	M30	Shane Hair	7.43	04-Feb-06	S	A	+0.6		Sydney
Long Jump	M35	Tom Reynolds	6.36	08-Jan-77	S				
Long Jump	M40	Murray Tolbert	6.67	24-Mar-90	S	A			
Long Jump	M45	Murray Tolbert	6.49	05-Jan-92	S	X			
Long Jump	M50	Murray Tolbert	6.11	28-Mar-98	S	A			
Long Jump	M55	Murray Tolbert	5.89	14-Jul-01	S	X			
Long Jump	M60	David Clive	5.33	26-Feb-98	S	X			
Long Jump	M65	David Clive	5.05	27-Feb-03	S			Calm	
Long Jump	M65	David Clive	5.05	12-Mar-05	S	X	+0.2		ECAC
Long Jump	M70	David Clive	4.62	24-Mar-07	S		-2.4		ECAC
Long Jump	M75	David Clive	4.42	06-Apr-12	S	A			NWI Melbourne
Long Jump	M80	Norm Richards	3.54	26-Apr-18	S		+0.0		Perth
Long Jump	M85	Peter Kennedy	2.18	16-Jan-07	S				McGillivray

Long Jump	M90	Peter Kennedy	1.67	02-Nov-10	S		McGillivray
		<b>Triple Jump</b>			S		
Triple Jump	M30	J. MacKenzie	16.00	04-Feb-96	S		
Triple Jump	M35	Stephen Edwards	12.71	05-Jan-21	S	-0.3	WAAS
Triple Jump	M40	Keith Brown	13.40	01-Apr-84	S		Belmont
Triple Jump	M45	Murray Tolbert	12.82	05-Apr-92	S	X	
Triple Jump	M50	Murray Tolbert	12.18	29-Mar-98	S	X	
Triple Jump	M55	Murray Tolbert	12.14	10-Jul-01	S		
Triple Jump	M60	David Clive	10.63	05-Mar-98	S		
Triple Jump	M65	Peter Corley	10.09	26-Mar-89	S		
Triple Jump	M70	Geoff Brayshaw	9.00	05-Jan-21	S	-0.8	WAAS
Triple Jump	M75	David Clive	8.19	25-Mar-12	S	0.0	WAAS
Triple Jump	M80	Norm Richards	6.81	28-Nov-17	S	+0.2	WAAS
Triple Jump	M85	Derry Foley	4.89	29-Oct-16	S	1.8	Perth
Triple Jump	M90	Peter Kennedy	3.73	03-Apr-11	S	-1.2	ECAC
		<b>Pole Vault</b>			S		
Pole Vault	M30	N. Linthorne	4.20	04-Feb-96	S		
Pole Vault	M35	Mark Jeffery	4.15	27-Mar-10	S		
Pole Vault	M40	Mark Jeffery	4.20	08-Apr-11	S		WAAS
Pole Vault	M40	Mark Jeffery	4.20	06-Feb-15	S		WAAS
Pole Vault	M45	Mark Jeffery	4.20	15-Jan-16	S		WAAS
Pole Vault	M50	Andrew Brooker	2.95	07-Mar-20	S		WAAS
Pole Vault	M55	Noel Goff	2.40	14-Jan-79	S		
Pole Vault	M55	Noel Goff	2.40	03-Feb-79	S		
Pole Vault	M60	Peter Gare	2.50	18-Apr-03	S		Perry Lakes
Pole Vault	M65	Geoff Brayshaw	2.75	14-Dec-18	S		Perth
Pole Vault	M70	Phil Smyth	2.70	29-Jan-17	S		WAAS
Pole Vault	M70	Phil Smyth	2.70	17-Oct-20	S		WAAS
Pole Vault	M70	Geoff Brayshaw	2.70	17-Oct-20	S		WAAS
Pole Vault	M70	Geoff Brayshaw	2.70	31-Jan-21	S		WAAS
Pole Vault	M75	Don Chambers	2.10	29-Jul-12	S		Sandy (UK)
Pole Vault	M75	Don Chambers	2.10	06-Jan-13	S		Bendigo
Pole Vault	M75	Don Chambers	2.10	31-Mar-13	S		Canberra
Pole Vault	M75	Don Chambers	2.10	21-Oct-13	S		Porto Alegre
		<b>Discus (2kg) M30 - M45</b>			S		
Discus Throw	M30	James Highland	50.18	03-Feb-96	S		
Discus Throw	M35	Randal Humich	49.12	15-Jan-06	S		Perry Lakes
Discus Throw	M40	Richard Brown	48.16	11-Apr-82	S		
Discus Throw	M45	Todd Davey	45.30	12-Dec-15	S		Bunbury
		<b>Discus (1.5kg) M50 - M55</b>			S		
Discus Throw	M50	Todd Davey	55.54	03-Oct-17	S	A	WAAS
Discus Throw	M55	Tom Gravestock	43.36	23-Oct-12	S		WAAS
		<b>Discus (1kg) M60+</b>			S		
Discus Throw	M60	Tom Gravestock	48.94	07-Jul-15	S		WAAS
Discus Throw	M65	Jo Peters	47.28	12-Oct-19	S	A	Bunbury
Discus Throw	M70	Ossi Igel	38.69	20-Feb-21	S		Bunbury
Discus Throw	M75	Sydney Coleman	34.36	30-Mar-91	S	X	
Discus Throw	M80	Sydney Coleman	29.56	05-Apr-96	S	X	
Discus Throw	M85	Jim Davis	20.36	06-Apr-19	S		ECAC
Discus Throw	M90	Chris Tittel	13.40	12-Sep-18	S		Malaga
		<b>Hammer (7.26kg) M30 - M45</b>			S		
Hammer Throw	M30	Warren Button	60.18	22-Feb-20	S		WAAS
Hammer Throw	M35	Matthew Staunton	47.29	10-Dec-13	S		WAAS
Hammer Throw	M40	Matthew Staunton	47.19	14-Mar-15	S		WAAS
Hammer Throw	M45	John Fettus	42.67	12-Nov-19	S		Bunbury
		<b>Hammer (6kg) M50 - M55</b>			S		
Hammer Throw	M50	Todd Davey	53.71	01-Dec-18	S		ECAC
Hammer Throw	M55	Lajos Joni	46.37	19-Feb-12	S		Sydney
		<b>Hammer (5kg) M60 - M65</b>			S		
Hammer Throw	M60	Tom Gravestock	43.20	18-Mar-16	S		WAAS
Hammer Throw	M65	Jo Peters	41.64	23-Feb-19	S		Bunbury
		<b>Hammer (4kg) M70+</b>			S		
Hammer Throw	M70	Sydney Coleman	39.94	01-Jan-90	S		
Hammer Throw	M75	Sydney Coleman	38.68	16-Oct-91	S	X	
		<b>Hammer (3kg) M80+</b>			S		
Hammer Throw	M80	Jim Davis	34.91	28-Oct-16	S		Perth
Hammer Throw	M85	Jim Davis	32.62	07-Mar-19	S	A	ECAC
Hammer Throw	M90	Chris Tittel	13.31	06-Sep-18	S		Malaga
		<b>Weight Throw (15.88kg) M30 - M45</b>			S		
Heavy Weight Throw	M30	Warren Button	17.76	30-Jul-20	S	A	ECAC
Heavy Weight Throw	M35	Greg Urbanowicz	14.84	05-Apr-15	S		Bankstown

Heavy Weight Throw	M40	Matthew Staunton	14.28	18-Jan-14	S		Bunbury
Heavy Weight Throw	M45	Todd Davey	14.37	04-Oct-15	S		Canberra
		<b>Weight Throw (11.34kg) M50 - M55</b>			S		
Heavy Weight Throw	M50	Todd Davey	19.40	19-Mar-20	S		ECAC
Heavy Weight Throw	M55	Lajos Joni	15.79	24-Nov-11	S		ECAC
		<b>Weight Throw (9.08kg) M60 - M65</b>			S		
Heavy Weight Throw	M60	Geoffrey Gee	17.57	06-Oct-13	S		Canberra
Heavy Weight Throw	M65	Geoffrey Gee	17.05	30-Sep-18	S		Wollongong
		<b>Weight Throw (7.26kg) M70 - M75</b>			S		
Heavy Weight Throw	M70	Ossi Igel	17.32	09-Jan-21	S		Bunbury
Heavy Weight Throw	M75	Jim Davis	12.06	03-Apr-11	S		ECAC
		<b>Weight Throw (5.45kg) M80+</b>			S		
Heavy Weight Throw	M80	Jim Davis	13.52	27-Oct-16	S		Perth
Heavy Weight Throw	M85	Jim Davis	11.64	29-Apr-19	S		Melbourne
Heavy Weight Throw	M90	Chris Tittel	7.04	10-Sep-18	S		Malaga
		<b>Super Weight (56lb) M30 - M55</b>			S		
Super Weight Throw	M30	Warren Button	10.02	19-Mar-20	S	A	ECAC
Super Weight Throw	M40	Matthew Staunton	9.10	22-Jan-17	S		ECAC
Super Weight Throw	M45	Todd Davey	9.57	20-Jan-15	S		WAAS
Super Weight Throw	M50	Todd Davey	9.91	15-Nov-18	S	A	ECAC
Super Weight Throw	M55	Tim Lyons	5.61	09-Jan-21	S		Bunbury
Super Weight Throw	M65	Geoffrey Gee	7.55	13-Aug-20	S	A	ECAC
		<b>Super Weight (44lb) M60 - M65</b>			S		
Super Weight Throw	M65	Geoffrey Gee	7.55	13-Aug-20	S	A	ECAC
		<b>Super Weight (35lb) M70 - M75</b>			S		
Super Weight Throw	M70	Ossi Igel	8.87	09-Jan-21	S	A	Bunbury
Super Weight Throw	M80	Des Foley	4.29	11-Feb-21	S		ECAC
		<b>Heavy Weight Throw (56lb) M30+</b>			S		
56lb Weight	M30	Greg Urbanowicz	7.74	03-Oct-11	S	X	Canberra
56lb Weight	M30	Warren Button	10.02	19-Mar-20	S	A	ECAC
56lb Weight	M35	Greg Urbanowicz	8.19	20-Jan-15	S		WAAS
56lb Weight	M40	Matthew Staunton	9.10	22-Jan-17	S		ECAC
56lb Weight	M45	Todd Davey	9.57	20-Jan-15	S		WAAS
56lb Weight	M50	Todd Davey	9.91	15-Nov-18	S	A	ECAC
56lb Weight	M55	Andrew Ward	4.76	19-Mar-20	S		ECAC
56lb Weight	M60	Geoffrey Gee	6.03	20-Jan-15	S		WAAS
56lb Weight	M65	Ossi Igel	5.84	22-Jan-17	S		ECAC
56lb Weight	M70	Mike Anderson	2.04	30-Jul-20	S		ECAC
		<b>Heavy Weight Throw (100lb) M30+</b>			S		
100lb Weight	M30	Greg Urbanowicz	3.97	03-Oct-11	S	X	Canberra
100lb Weight	M45	John Fettus	3.71	09-Jan-21	S		Bunbury
100lb Weight	M50	Todd Davey	4.81	29-Sep-18	S	A	Wollongong
100lb Weight	M55	Tim Lyons	3.58	09-Jan-21	S		Bunbury
100lb Weight	M60	Geoffrey Gee	2.92	07-Oct-13	S		Canberra
100lb Weight	M65	Jo Peters	3.00	03-Oct-20	S		Bunbury
		<b>Javelin (800g) M30 - M45</b>			S		
Javelin Throw	M30	Maurice Keen	61.38	20-Feb-96	S		
Javelin Throw	M35	Paul Jeffery	54.33	06-Jan-12	S		WAAS
Javelin Throw	M40	Paul Jeffery	53.02	16-Feb-14	S		WAAS
Javelin Throw	M45	Paul Jeffery	55.87	24-Nov-19	S		WAAS
		<b>Javelin (700g) M50 - M55</b>			S		
Javelin Throw	M50	Andrew Brooker	44.06	19-Dec-19	S		ECAC
Javelin Throw	M55	Stan Selby	44.81	20-Sep-03	S		Fremantle
		<b>Javelin (600g) M60 - M65</b>			S		
Javelin Throw	M60	Stan Selby	45.93	26-Mar-06	S		ECAC
Javelin Throw	M65	Stan Selby	38.63	24-Mar-12	S		WAAS
		<b>Javelin (500g) M70 - M75</b>			S		
Javelin Throw	M70	Stan Selby	38.61	20-Mar-16	S		ECAC
Javelin Throw	M75	Rob Shand	25.56	03-Apr-10	S		WAAS
		<b>Javelin (400g) M80+</b>			S		
Javelin Throw	M80	Rob Shand	22.80	14-Mar-15	S		WAAS
Javelin Throw	M85	Rob Shand	18.57	21-Mar-17	S		WAAS
Javelin Throw	M90	Peter Kennedy	10.44	15-Feb-11	S		McGillivray
		<b>Shot Put (7.26kg) M30 - M45</b>			S		
Shot Put	M30	Greg Urbanowicz	13.72	03-Nov-12	S		Gold Coast
Shot Put	M35	Randal Humich	13.64	26-Mar-06	S		ECAC
Shot Put	M40	Richard Brown	16.51	10-Apr-82	S	X	
Shot Put	M45	Todd Davey	15.03	09-Feb-16	S		WAAS
		<b>Shot Put (6kg) M50 - M55</b>			S		
Shot Put	M50	Todd Davey	16.47	29-Nov-18	S		ECAC
Shot Put	M55	Geoffrey Gee	12.86	02-Apr-10	S		WAAS

	<b>Shot Put (5kg) M60 - M65</b>				S			
Shot Put	M60 Geoffrey Gee	13.30	26-Apr-18	S				Perth
Shot Put	M65 Geoffrey Gee	12.87	28-Apr-19	S				Melbourne
	<b>Shot Put (4kg) M70+</b>				S			
Shot Put	M70 Ossi Igel	12.39	22-Dec-20	S				WAAS
Shot Put	M75 Sydney Coleman	10.66	04-Apr-92	S	X			
	<b>Shot Put (3kg) M80+</b>				S			
Shot Put	M80 Jim Davis	10.63	24-Feb-15	S				WAAS
Shot Put	M85 Jim Davis	8.60	13-Apr-19	S				ECAC
Shot Put	M90 Chris Tittel	5.13	12-Sep-18	S				Malaga
	<b>Pentathlon (LJ/J/200/D/1500) - 2010 Tables</b>				S			
	<b>(*2002 Tables) (*Older Tables)</b>				S			
	<b>(see separate Combined Event sheet for full details)</b>				S			
Pentathlon	M30 Matthew Staunton	2687	19-Mar-06	S			HT	ECAC
Pentathlon	M35 Paul Jeffery	3170	09-Apr-12	S			ET	Melbourne
Pentathlon	M40 Paul Jeffery	3639	15-Mar-14	S	A		HT	WAAS
Pentathlon	M45 Andrew Brooker	3127	15-Mar-14	S			HT	WAAS
Pentathlon	M50 Peter Gare	3141	10-Mar-91	S			HT	
Pentathlon	M55 Peter Gare	3364	08-Apr-96	S				Perry Lakes
Pentathlon	M60 Peter Gare	3026	18-Mar-01	S			HT	ECAC
Pentathlon	M65 Steve Fuller	3076	06-Apr-19	S			ET	ECAC
Pentathlon	M70 Leon Sander	3223	18-Mar-07	S			HT	ECAC
Pentathlon	M75 David Carr	3284	08-Mar-08	S	X		HT	ECAC
Pentathlon	M80 Leon Sander	2875	01-Apr-17	S			HT	ECAC
Pentathlon	M85 David Carr	2300	06-Apr-19	S			ET	ECAC
Pentathlon	M90 Peter Kennedy	1088	05-Apr-10	S			ET	WAAS
	<b>Throws Pentathlon (H/S/D/J/W) - 2010 Tables</b>				S			
	<b>(*2002 Tables) (*Older Tables)</b>				S			
	<b>(see separate Combined Event sheet for full details)</b>				S			
Throws Pentathlon	M30 Gavin Hames	2918	05-Apr-96	S				Perry Lakes
Throws Pentathlon	M35 Matthew Staunton	3149	17-Mar-12	S				ECAC
Throws Pentathlon	M40 Matt Staunton	3567	07-Mar-15	S				WAAS
Throws Pentathlon	M45 Todd Davey	3876	12-Dec-15	S				Bunbury
Throws Pentathlon	M50 Todd Davey	4259	01-Dec-18	S	A			ECAC
Throws Pentathlon	M55 Tom Gravestock	3385	31-Mar-13	S				Canberra
Throws Pentathlon	M60 Jo Peters	3813	28-Apr-18	S				Perth
Throws Pentathlon	M65 Jo Peters	4187	23-Feb-19	S				Bunbury
Throws Pentathlon	M70 Ossi Igel	3902	20-Feb-21	S				Bunbury
Throws Pentathlon	M75 Jim Davis	3119	17-Mar-12	S				ECAC
Throws Pentathlon	M80 Jim Davis	3498	18-Apr-16	S				Adelaide
Throws Pentathlon	M85 Jim Davis	3392	06-Apr-19	S				ECAC
Throws Pentathlon	M90 Christian Tittel	2175	12-Sep-18	S				Malaga
	<b>HEAVY WEIGHT PENTATHLON (2015 AMA Tables)</b>				S			
	<b>(see separate Combined Event sheet for full details)</b>				S			
Weight Throw Pentathlon	M30 Greg Urbanowicz	2981	03-Oct-11	S	X			Canberra
Weight Throw Pentathlon	M30 Warren Button	3835	09-Jan-21	S	A			Bunbury
Weight Throw Pentathlon	M40 Matthew Staunton	3918	22-Jan-17	S	X			ECAC
Weight Throw Pentathlon	M45 Todd Davey	4148	06-Oct-14	S				Canberra
Weight Throw Pentathlon	M50 Todd Davey	4465	22-Jan-17	S				ECAC
Weight Throw Pentathlon	M55 Tim Lyons	2895	09-Jan-21	S				Bunbury
Weight Throw Pentathlon	M60 Geoff Gee	3528	25-Jun-16	S				WAAS
Weight Throw Pentathlon	M65 Geoffrey Gee	4095	01-Oct-18	S	A			Wollongong
Weight Throw Pentathlon	M70 Ossi Igel	4682	09-Jan-21	S	A			Bunbury
	<b>Decathlon - 2010 Tables</b>				S			
	<b>(*2002 Tables) (*Old tables)</b>				S			
	<b>(see separate Combined Event sheet for full details)</b>				S			
Decathlon	M30 Matthew Staunton	5142	15-Jan-06	S			ET	Perry Lakes
Decathlon	M35 David Graieg	5048	19-Jan-20	S			ET	WAAS
Decathlon	M40 Paul Jeffery	7007	15-Jan-16	S			ET	WAAS
Decathlon	M45 Paul Jeffery	7867	24-Nov-19	S	A	W	ET	WAAS
Decathlon	M50 Andrew Brooker	5954	02-Sep-19	S			ET	Mackay
Decathlon	M60 Rob Antonioli	3904	05-Feb-12	S			ET	Tauranga
Decathlon	M65 Geoff Brayshaw	5143	05-Feb-17	S			ET	WAAS
Decathlon	M70 Geoff Brayshaw	5377	31-Jan-21	S			ET	WAAS
Decathlon	M75 Don Chambers	5498	06-Jan-13	S			ET	Bendigo
	<b>4 x 100 Metres Relay</b>				S			
4 x 100 Metres Relay	M30 <b>MAWA Team</b>	49.1	07-Feb-08	S			HT	ECAC
4 x 100 Metres Relay	M30 Matthew Staunton	49.1	07-Feb-08	S				
4 x 100 Metres Relay	M30 Graeme Watson	49.1	07-Feb-08	S				
4 x 100 Metres Relay	M30 Paul Burke	49.1	07-Feb-08	S				
4 x 100 Metres Relay	M30 Chris Neale	49.1	07-Feb-08	S				



4 x 100 Metres Relay	M35	<b>MAWA Team</b>	48.77	23-Mar-08	S	ET	Sydney
4 x 100 Metres Relay	M35	Colin Smith	48.77	23-Mar-08	S		
4 x 100 Metres Relay	M35	David Luck	48.77	23-Mar-08	S		
4 x 100 Metres Relay	M35	Chris Neale	48.77	23-Mar-08	S		
4 x 100 Metres Relay	M35	Campbell Till	48.77	23-Mar-08	S		
4 x 100 Metres Relay	M40	<b>WAVAC Team</b>	49.87	20-Apr-03	S	ET	Perry Lakes
4 x 100 Metres Relay	M40	Craig Owens	49.87	20-Apr-03	S		
4 x 100 Metres Relay	M40	Neil Morfitt	49.87	20-Apr-03	S		
4 x 100 Metres Relay	M40	Greg Vander Sanden	49.87	20-Apr-03	S		
4 x 100 Metres Relay	M40	Colin Smith	49.87	20-Apr-03	S		
4 x 100 Metres Relay	M45	<b>MAWA Team</b>	48.25	28-Apr-19	S	ET	Melbourne
4 x 100 Metres Relay	M45	Colin Smith	48.25	28-Apr-19	S		
4 x 100 Metres Relay	M45	Lee Stergiou	48.25	28-Apr-19	S		
4 x 100 Metres Relay	M45	Greg Brennan	48.25	28-Apr-19	S		
4 x 100 Metres Relay	M45	Adrian McKenzie	48.25	28-Apr-19	S		
4 x 100 Metres Relay	M50	<b>MAWA Team</b>	50.79	29-Apr-18	S	ET	Perth
4 x 100 Metres Relay	M50	Donovan Roets	50.79	29-Apr-18	S		
4 x 100 Metres Relay	M50	Bernard Riviere	50.79	29-Apr-18	S		
4 x 100 Metres Relay	M50	Ian Hannaby	50.79	29-Apr-18	S		
4 x 100 Metres Relay	M50	Dawson Miller	50.79	29-Apr-18	S		
4 x 100 Metres Relay	M55	<b>MAWA Team</b>	57.10	12-Apr-09	S	ET	Adelaide
4 x 100 Metres Relay	M55	Paul Hughes	57.10	12-Apr-09	S		
4 x 100 Metres Relay	M55	Nick Miletic	57.10	12-Apr-09	S		
4 x 100 Metres Relay	M55	Rob Antonioli	57.10	12-Apr-09	S		
4 x 100 Metres Relay	M55	Barrie Kernaghan	57.10	12-Apr-09	S		
4 x 100 Metres Relay	M60	<b>MAWA Team</b>	57.37	11-Jun-17	S	ET	Darwin
4 x 100 Metres Relay	M60	Des Walsh	57.37	11-Jun-17	S		
4 x 100 Metres Relay	M60	Dave Wyatt	57.37	11-Jun-17	S		
4 x 100 Metres Relay	M60	Harold Membrey	57.37	11-Jun-17	S		
4 x 100 Metres Relay	M60	Rob Antonioli	57.37	11-Jun-17	S		
4 x 100 Metres Relay	M65	<b>MAWA Team</b>	58.6	05-Feb-09	S	HT	ECAC
4 x 100 Metres Relay	M65	Norm Richards	58.6	05-Feb-09	S		
4 x 100 Metres Relay	M65	Bob Schickert	58.6	05-Feb-09	S		
4 x 100 Metres Relay	M65	Barrie Kernaghan	58.6	05-Feb-09	S		
4 x 100 Metres Relay	M65	Mike O'Reilly	58.6	05-Feb-09	S		
4 x 100 Metres Relay	M70	<b>MAWA Team</b>	62.4	04-Feb-10	S	HT	ECAC
4 x 100 Metres Relay	M70	David Clive	62.4	04-Feb-10	S		
4 x 100 Metres Relay	M70	David Carr	62.4	04-Feb-10	S		
4 x 100 Metres Relay	M70	Norm Richards	62.4	04-Feb-10	S		
4 x 100 Metres Relay	M70	Tom Crossen	62.4	04-Feb-10	S		
		<b>4 x 200 Metres Relay</b>			S		
4 x 200 Metres Relay	M35	<b>WAVAC Team</b>	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		
		<b>4 x 400 Metres Relay</b>			S		
4 x 400 Metres Relay	M30	<b>MAWA Team</b>	3:46.3	21-Feb-08	S	HT	ECAC
4 x 400 Metres Relay	M30	Chris Neale	3:46.3	21-Feb-08	S		
4 x 400 Metres Relay	M30	Graeme Watson	3:46.3	21-Feb-08	S		
4 x 400 Metres Relay	M30	Paul Burke	3:46.3	21-Feb-08	S		
4 x 400 Metres Relay	M30	Andrew Brooker	3:46.3	21-Feb-08	S		
4 x 400 Metres Relay	M35	<b>WAVAC Team</b>	3:56.0	10-Jan-80	S		
4 x 400 Metres Relay	M35	Joe Gold	3:56.0	10-Jan-80	S		
4 x 400 Metres Relay	M35	David Carr	3:56.0	10-Jan-80	S		
4 x 400 Metres Relay	M35	Don Caplin	3:56.0	10-Jan-80	S		
4 x 400 Metres Relay	M35	Bernie Oliver	3:56.0	10-Jan-80	S		
4 x 400 Metres Relay	M40	<b>WAVAC Team</b>	3:49.55	21-Apr-03	S	ET	Perry Lakes
4 x 400 Metres Relay	M40	Greg Vander Sanden	3:49.55	21-Apr-03	S		
4 x 400 Metres Relay	M40	Neil Morfitt	3:49.55	21-Apr-03	S		
4 x 400 Metres Relay	M40	Campbell Till	3:49.55	21-Apr-03	S		
4 x 400 Metres Relay	M40	Duncan McAuley	3:49.55	21-Apr-03	S		
4 x 400 Metres Relay	M45	<b>MAWA Team</b>	3:53.0	07-Dec-03	S	HT	Perry Lakes
4 x 400 Metres Relay	M45	Mike Edwards	3:53.0	07-Dec-03	S		
4 x 400 Metres Relay	M45	Greg Vander Sanden	3:53.0	07-Dec-03	S		
4 x 400 Metres Relay	M45	Henri Cortis	3:53.0	07-Dec-03	S		
4 x 400 Metres Relay	M45	Campbell Till	3:53.0	07-Dec-03	S		
4 x 400 Metres Relay	M50	<b>MAWA Team</b>	4:02.8	21-Feb-08	S	HT	ECAC
4 x 400 Metres Relay	M50	Campbell Till	4:02.8	21-Feb-08	S		
4 x 400 Metres Relay	M50	Duncan McAuley	4:02.8	21-Feb-08	S		
4 x 400 Metres Relay	M50	Rob Antonioli	4:02.8	21-Feb-08	S		

4 x 400 Metres Relay	M50	Alan Gower	4:02.8	21-Feb-08	S			
4 x 400 Metres Relay	M55	<b>MAWA Team</b>	4:29.59	09-Apr-12	S		ET	Melbourne
4 x 400 Metres Relay	M55	Garry Ralston	4:29.59	09-Apr-12	S			
4 x 400 Metres Relay	M55	Rob Antonioli	4:29.59	09-Apr-12	S			
4 x 400 Metres Relay	M55	Barrie Kernaghan	4:29.59	09-Apr-12	S			
4 x 400 Metres Relay	M55	Steve Fuller	4:29.59	09-Apr-12	S			
4 x 400 Metres Relay	M60	<b>MAWA Team</b>	4:29.2	21-Feb-08	S		HT	ECAC
4 x 400 Metres Relay	M60	David Clive	4:29.2	21-Feb-08	S			
4 x 400 Metres Relay	M60	Roy Fearnall	4:29.2	21-Feb-08	S			
4 x 400 Metres Relay	M60	Keith Martin	4:29.2	21-Feb-08	S			
4 x 400 Metres Relay	M60	Barrie Kernaghan	4:29.2	21-Feb-08	S			
4 x 400 Metres Relay	M65	<b>MAWA Team</b>	4:25.8	20-Mar-05	S		HT	ECAC
4 x 400 Metres Relay	M65	David Carr	4:25.8	20-Mar-05	S			
4 x 400 Metres Relay	M65	Mike O'Reilly	4:25.8	20-Mar-05	S			
4 x 400 Metres Relay	M65	Barrie Kernaghan	4:25.8	20-Mar-05	S			
4 x 400 Metres Relay	M65	Norm Richards	4:25.8	20-Mar-05	S			
4 x 400 Metres Relay	M70	<b>MAWA Team</b>	5:20.2	25-Feb-16	S		HT	ECAC
4 x 400 Metres Relay	M70	Bert Carse	5:20.2	25-Feb-16	S			
4 x 400 Metres Relay	M70	Barrie Kernaghan	5:20.2	25-Feb-16	S			
4 x 400 Metres Relay	M70	David Carr	5:20.2	25-Feb-16	S			
4 x 400 Metres Relay	M70	Henri Cortis	5:20.2	25-Feb-16	S			
4 x 400 Metres Relay	M80	<b>MAWA Team</b>	7:11.0	25-Feb-10	S	X	HT	ECAC
4 x 400 Metres Relay	M80	Vic Beaumont	7:11.0	25-Feb-10	S	X		
4 x 400 Metres Relay	M80	Cecil Walkley	7:11.0	25-Feb-10	S	X		
4 x 400 Metres Relay	M80	Stan Lockwood	7:11.0	25-Feb-10	S	X		
4 x 400 Metres Relay	M80	Irwin Barrett-Lennard	7:11.0	25-Feb-10	S	X		
		<b>4 x 800 Metres Relay</b>			S			
4 x 800 Metres Relay	M30	<b>MAWA Team</b>	9:16.1	18-Feb-10	S		HT	ECAC
4 x 800 Metres Relay	M30	Scott Tamblin	9:16.1	18-Feb-10	S			
4 x 800 Metres Relay	M30	Corey Thomas	9:16.1	18-Feb-10	S			
4 x 800 Metres Relay	M30	Kim Thomas	9:16.1	18-Feb-10	S			
4 x 800 Metres Relay	M30	Paul Burke	9:16.1	18-Feb-10	S			
4 x 800 Metres Relay	M35	<b>MAWA Team</b>	9:41.0	19-Feb-09	S		HT	ECAC
4 x 800 Metres Relay	M35	Kim Thomas	9:41.0	19-Feb-09	S			
4 x 800 Metres Relay	M35	Ross Keane	9:41.0	19-Feb-09	S			
4 x 800 Metres Relay	M35	Paul Burke	9:41.0	19-Feb-09	S			
4 x 800 Metres Relay	M35	Chris Neale	9:41.0	19-Feb-09	S			
4 x 800 Metres Relay	M40	<b>WAVAC Team</b>	9:02:0	16-Jan-93	S	X	HT	
4 x 800 Metres Relay	M40	John Molloy	9:02:0	16-Jan-93	S	X		
4 x 800 Metres Relay	M40	David Carr	9:02:0	16-Jan-93	S	X		
4 x 800 Metres Relay	M40	Duncan McAuley	9:02:0	16-Jan-93	S	X		
4 x 800 Metres Relay	M40	Brian Foley	9:02:0	16-Jan-93	S	X		
4 x 800 Metres Relay	M45	<b>MAWA Team</b>	10:48.7	19-Feb-09	S		HT	ECAC
4 x 800 Metres Relay	M45	Paul Haylett	10:48.7	19-Feb-09	S			
4 x 800 Metres Relay	M45	Nick Miletic	10:48.7	19-Feb-09	S			
4 x 800 Metres Relay	M45	John Dennehy	10:48.7	19-Feb-09	S			
4 x 800 Metres Relay	M45	Colin Smith	10:48.7	19-Feb-09	S			
4 x 800 Metres Relay	M50	<b>MAWA Team</b>	9:22.9	14-Feb-08	S		HT	ECAC
4 x 800 Metres Relay	M50	Neil Morfitt	9:22.9	14-Feb-08	S			
4 x 800 Metres Relay	M50	Bjorn Dybdahl	9:22.9	14-Feb-08	S			
4 x 800 Metres Relay	M50	Campbell Till	9:22.9	14-Feb-08	S			
4 x 800 Metres Relay	M50	Duncan McAuley	9:22.9	14-Feb-08	S			
4 x 800 Metres Relay	M55	<b>MAWA Team</b>	12:00.4	14-Feb-08	S		HT	ECAC
4 x 800 Metres Relay	M55	Paul Hughes	12:00.4	14-Feb-08	S			
4 x 800 Metres Relay	M55	Nick Miletic	12:00.4	14-Feb-08	S			
4 x 800 Metres Relay	M55	Maurice Creagh	12:00.4	14-Feb-08	S			
4 x 800 Metres Relay	M55	Arnold Jenkins	12:00.4	14-Feb-08	S			
4 x 800 Metres Relay	M60	<b>MAWA Team</b>	10:54.1	14-Feb-08	S		HT	ECAC
4 x 800 Metres Relay	M60	Jim Langford	10:54.1	14-Feb-08	S			
4 x 800 Metres Relay	M60	Jim Klinge	10:54.1	14-Feb-08	S			
4 x 800 Metres Relay	M60	Ivan Brown	10:54.1	14-Feb-08	S			
4 x 800 Metres Relay	M60	David Carr	10:54.1	14-Feb-08	S			
4 x 800 Metres Relay	M65	<b>MAWA Team</b>	11:19.6	14-Feb-08	S	X	HT	ECAC
4 x 800 Metres Relay	M65	Bert Carse	11:19.6	14-Feb-08	S	X		
4 x 800 Metres Relay	M65	Dave Roberts	11:19.6	14-Feb-08	S	X		
4 x 800 Metres Relay	M65	Mike O'Reilly	11:19.6	14-Feb-08	S	X		
4 x 800 Metres Relay	M65	Bob Schickert	11:19.6	14-Feb-08	S	X		
4 x 800 Metres Relay	M75	<b>MAWA Team</b>	16:04.5	19-Feb-09	S	X	HT	ECAC
4 x 800 Metres Relay	M75	Cecil Walkley	16:04.5	19-Feb-09	S	X		
4 x 800 Metres Relay	M75	Stan Lockwood	16:04.5	19-Feb-09	S	X		
4 x 800 Metres Relay	M75	Bob Hayes	16:04.5	19-Feb-09	S	X		

4 x 800 Metres Relay	M75	Irwin Barrett-Lennard	16:04.5	19-Feb-09	S	X				
4 x 800 Metres Relay	M80	<b>MAWA Team</b>	16:01.8	18-Feb-10	S	A	X	HT		ECAC
4 x 800 Metres Relay	M80	Stan Lockwood	16:01.8	18-Feb-10	S	A	X			
4 x 800 Metres Relay	M80	Vic Beaumont	16:01.8	18-Feb-10	S	A	X			
4 x 800 Metres Relay	M80	Cecil Walkley	16:01.8	18-Feb-10	S	A	X			
4 x 800 Metres Relay	M80	Irwin Barrett-Lennard	16:01.8	18-Feb-10	S	A	X			
		<b>4 x 1500 Metres Relay</b>			S					
4 x 1500 Metres Relay	M30	<b>MAWA Team</b>	21:14.6	12-Feb-09	S			HT		ECAC
4 x 1500 Metres Relay	M30	John Collier	21:14.6	12-Feb-09	S					
4 x 1500 Metres Relay	M30	Kim Thomas	21:14.6	12-Feb-09	S					
4 x 1500 Metres Relay	M30	Corey Thomas	21:14.6	12-Feb-09	S					
4 x 1500 Metres Relay	M30	Andrew Brooker	21:14.6	12-Feb-09	S					
4 x 1500 Metres Relay	M35	<b>MAWA Team</b>	20:11.9	31-Jan-08	S	X	X	HT		ECAC
4 x 1500 Metres Relay	M35	Chris Neale	20:11.9	31-Jan-08	S	X	X			
4 x 1500 Metres Relay	M35	Paul Burke	20:11.9	31-Jan-08	S	X	X			
4 x 1500 Metres Relay	M35	Eldon George	20:11.9	31-Jan-08	S	X	X			
4 x 1500 Metres Relay	M35	Brett Roach	20:11.9	31-Jan-08	S	X	X			
4 x 1500 Metres Relay	M40	<b>MAWA Team</b>	22:12.4	31-Jan-08	S			HT		ECAC
4 x 1500 Metres Relay	M40	John Collier	22:12.4	31-Jan-08	S					
4 x 1500 Metres Relay	M40	David Solomon	22:12.4	31-Jan-08	S					
4 x 1500 Metres Relay	M40	Rob McBeth	22:12.4	31-Jan-08	S					
4 x 1500 Metres Relay	M40	Ross Keane	22:12.4	31-Jan-08	S					
4 x 1500 Metres Relay	M45	<b>MAWA Team</b>	20:27.3	12-Feb-09	S			HT		ECAC
4 x 1500 Metres Relay	M45	Mark Dawson	20:27.3	12-Feb-09	S					
4 x 1500 Metres Relay	M45	Ross Keane	20:27.3	12-Feb-09	S					
4 x 1500 Metres Relay	M45	Paul Haylett	20:27.3	12-Feb-09	S					
4 x 1500 Metres Relay	M45	Campbell Till	20:27.3	12-Feb-09	S					
4 x 1500 Metres Relay	M50	<b>MAWA Team</b>	20:40.0	31-Jan-08	S			HT		ECAC
4 x 1500 Metres Relay	M50	David Baird	20:40.0	31-Jan-08	S					
4 x 1500 Metres Relay	M50	Bjorn Dybdahl	20:40.0	31-Jan-08	S					
4 x 1500 Metres Relay	M50	Alan Gower	20:40.0	31-Jan-08	S					
4 x 1500 Metres Relay	M50	Campbell Till	20:40.0	31-Jan-08	S					
4 x 1500 Metres Relay	M55	<b>MAWA Team</b>	23:38.9	31-Jan-08	S			HT		ECAC
4 x 1500 Metres Relay	M55	Duncan McAuley	23:38.9	31-Jan-08	S					
4 x 1500 Metres Relay	M55	Maurice Creagh	23:38.9	31-Jan-08	S					
4 x 1500 Metres Relay	M55	Nick Miletic	23:38.9	31-Jan-08	S					
4 x 1500 Metres Relay	M55	Frank Gardiner	23:38.9	31-Jan-08	S					
4 x 1500 Metres Relay	M60	<b>MAWA Team</b>	21:48.4	31-Jan-08	S	X		HT		ECAC
4 x 1500 Metres Relay	M60	Bruce Wilson	21:48.4	31-Jan-08	S	X				
4 x 1500 Metres Relay	M60	John Oldfield	21:48.4	31-Jan-08	S	X				
4 x 1500 Metres Relay	M60	Jim Klinge	21:48.4	31-Jan-08	S	X				
4 x 1500 Metres Relay	M60	Jim Langford	21:48.4	31-Jan-08	S	X				
4 x 1500 Metres Relay	M65	<b>MAWA Team</b>	22:15.3	31-Jan-08	S	X		HT		ECAC
4 x 1500 Metres Relay	M65	Bob Schickert	22:15.3	31-Jan-08	S	X				
4 x 1500 Metres Relay	M65	Dave Roberts	22:15.3	31-Jan-08	S	X				
4 x 1500 Metres Relay	M65	Bert Carse	22:15.3	31-Jan-08	S	X				
4 x 1500 Metres Relay	M65	David Carr	22:15.3	31-Jan-08	S	X				
4 x 1500 Metres Relay	M75	<b>MAWA Team</b>	30:01.7	12-Feb-09	S	A		HT		ECAC
4 x 1500 Metres Relay	M75	Cecil Walkley	30:01.7	12-Feb-09	S	A				
4 x 1500 Metres Relay	M75	Bob Hayres	30:01.7	12-Feb-09	S	A				
4 x 1500 Metres Relay	M75	Irwin Barrett-Lennard	30:01.7	12-Feb-09	S	A				
4 x 1500 Metres Relay	M75	David Carr	30:01.7	12-Feb-09	S	A				
4 x 1500 Metres Relay	M80	<b>MAWA Team</b>	34:04.8	11-Feb-10	S	A		HT		ECAC
4 x 1500 Metres Relay	M80	Irwin Barrett-Lennard	34:04.8	11-Feb-10	S	A				
4 x 1500 Metres Relay	M80	Cecil Walkley	34:04.8	11-Feb-10	S	A				
4 x 1500 Metres Relay	M80	Stan Lockwood	34:04.8	11-Feb-10	S	A				
4 x 1500 Metres Relay	M80	Vic Beaumont	34:04.8	11-Feb-10	S	A				
		<b>INDOORS</b>			S					
		<b>60 Metres</b>			S					
60 Metres	M45	Rob Colling	7.28	31-Mar-16	S	A				Calgary
60 Metres	M50	Colin Smith	7.97	20-Mar-17	S			ET		Daegu
60 Metres	M55	Rudy Kocis	7.81	20-Mar-17	S	=A		ET		Daegu
60 Metres	M75	Don Chambers	9.39	24-Feb-13	S					London
		<b>200 Metres</b>			S					
200 Metres	M50	Colin Smith	26.18	21-Mar-17	S			ET		Daegu
200 Metres	M55	Colin Smith	26.06	28-Mar-19	S			ET		Torun
200 Metres	M75	Bob Schickert	42.37	28-Mar-19	S			ET		Torun
		<b>400 Metres</b>			S					
400 Metres	M50	Colin Smith	58.09	24-Mar-17	S	X		ET		Daegu
400 Metres	M55	Colin Smith	57.69	25-Mar-19	S			ET		Torun
		<b>800 Metres</b>			S					

800 Metres	M60 Bjorn Dybdahl	2:37.58	21-Mar-17	S		ET	Daegu
	<b>1000 Metres</b>			S			
1000 Metres	M50 Andrew Brooker	3:08.58	28-Mar-19	S	A	ET	Torun
1000 Metres	M75 Don Chambers	9.39	24-Feb-13	S			London
	<b>1500 Metres</b>			S			
1500 Metres	M60 Bjorn Dybdahl	5:25.62	25-Mar-17	S		ET	Daegu
1500 Metres	M75 Bob Schickert	7:14.35	25-Mar-17	S		ET	Daegu
	<b>3000 Metres</b>			S			
3000 Metres	M60 Roscoe McDonnell	11:45.31	24-Mar-19	S		ET	Torun
3000 Metres	M75 Bob Schickert	15:24.08	23-Mar-17	S		ET	Daegu
	<b>60 Metres Hurdles</b>			S			
60 Metres Hurdles	M50 Andrew Brooker	10.83	28-Mar-19	S		ET	Torun
60 Metres Hurdles	M75 Don Chambers	11.33	25-Mar-14	S	A	ET	Budapest
	<b>3000 Metres Walk</b>			S			
3000 Metres Walk	M40 David Smyth	15:55.02	05-Apr-12	S			Jyvaskyla
	<b>Long Jump</b>			S			
Long Jump	M50 Andrew Brooker	5.06	28-Mar-19	S	A		Torun
Long Jump	M75 Don Chambers	3.63	25-Mar-14	S	A		Budapest
	<b>Triple Jump</b>			S			
Triple Jump	M75 Don Chambers	7.75	29-Mar-14	S	A		Budapest
	<b>High Jump</b>			S			
High Jump	M50 Andrew Brooker	1.63	28-Mar-19	S	A		Torun
High Jump	M75 Don Chambers	1.15	25-Mar-14	S	A		Budapest
	<b>Pole Vault</b>			S			
Pole Vault	M75 Don Chambers	2.10	24-Feb-13	S			London
	<b>Shot Put</b>			S			
Shot Put	M35 Greg Urbanowicz	12.19	28-Mar-14	S	A		Budapest
Shot Put	M40 Matt Staunton	12.40	23-Mar-17	S	X		Daegu
Shot Put	M50 Andrew Brooker	9.20	28-Mar-19	S	X		Torun
Shot Put	M75 Don Chambers	8.98	25-Mar-14	S	A		Budapest
	<b>Weight Throw</b>			S			
Weight Throw	M35 Greg Urbanowicz	13.84	29-Mar-14	S	A		Budapest
Weight Throw	M40 Matt Staunton	13.63	20-Mar-17	S	X		Daegu
Weight Throw	M75 Don Chambers	11.36	27-Mar-14	S	A		Budapest
	<b>Pentathlon</b>			S			
Pentathlon	M35 Matthew McDowall	3292	10-Mar-18	S	A	ET	
Pentathlon	M50 Andrew Brooker	3292	28-Mar-19	S	A	ET	Torun
Pentathlon	M75 Don Chambers	2968	25-Mar-14	S	A	ET	Budapest