

**State Records as at 01-Apr-26**

EVENT	AGE	NAME	PERF	DATE	WA	AUS	WLD	ET or HT	Location
<b>60 Metres</b>									
60 Metres	M30	Kyle Ennis	6.89	29-Mar-26	S			ET (-0.1)	ECAC
60 Metres	M35	Gary Finegan	7.22	01-Apr-22	S			ET (-3.2)	Brisbane
60 Metres	M40	Paul Edmiston	7.27	08-Feb-13	S			ET (+1.2)	WAAS
60 Metres	M45	Adrian McKenzie	7.35	12-Nov-21	S			ET (+1.6)	WAAS
60 Metres	M50	Adrian McKenzie	7.20	25-Mar-23	S	A		ET (+1.9)	ECAC
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	Garry Ralston	8.29	12-Mar-22	S			ET (-0.1)	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	Norm Richards	10.25	13-Oct-22	S			ET (-1.6)	ECAC
60 Metres	M90	Ray Walker	15.15	27-Mar-21	S			ET (-0.4)	ECAC
<b>100 Metres</b>									
100 Metres	M30	Kyle Ennis	10.52	18-Feb-22	S			ET (+0.6)	WAAS
100 Metres	M35	Gary Finegan	10.92	01-Apr-22	S			ET (+1.1)	Brisbane
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	X		ET (+1.0)	Calgary
100 Metres	M50	Adrian McKenzie	11.41	26-Mar-23	S	A		ET (+1.8)	ECAC
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	Norm Richards	17.92	26-Mar-23	S			ET (+0.6)	ECAC
100 Metres	M90	David Carr	21.34	08-Dec-22	S			ET (-2.3)	ECAC
<b>200 Metres</b>									
200 Metres	M30	Kyle Ennis	21.13	07-Dec-24	S			ET (+1.2)	Perth
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	Norm Richards	37.40	25-Mar-23	S			ET (+0.9)	ECAC
200 Metres	M90	David Carr	42.60	17-Nov-22	S	A		ET (-0.1)	ECAC
<b>400 Metres</b>									
400 Metres	M30	Ben Offereins	46.13	16-Apr-16	S	X		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	David Carr	1:35.47	08-Jul-22	S	A		ET	Tampere
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	Anthony Grendon	2:14.48	26-Jan-23	S			ET	ECAC
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	X	ET	WAAS
800 Metres	M90	David Carr	3:36.28	27-Oct-22	S	A		ET	ECAC
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	A			
1000 Metres	M35	Scott Tamblin	2:29.0	27-Jan-15	S	A		HT	WAAS
1000 Metres	M40	John Molloy	2:37.2	18-Mar-92	S	A			
1000 Metres	M45	Scott Tamblin	2:42.93	19-Feb-26	S			ET	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	A		HT	ECAC
1000 Metres	M60	Anthony Grendon	2:55.10	18-Feb-25	S	A		HT	WAAS
1000 Metres	M65	Bert Carse	3:18.3	29-Apr-10	S	A		HT	ECAC
1000 Metres	M70	David Carr	3:23.4	19-May-05	S	A		HT	ECAC
1000 Metres	M75	David Carr	3:34.2	24-Jan-08	S	A		HT	ECAC
1000 Metres	M80	David Carr	3:53.2	10-Jul-12	S	A		HT	ECAC
1000 Metres	M85	David Carr	4:15.94	28-Mar-19	S	A		ET	ECAC
1000 Metres	M90	Cecil Walkley	12:25.0	20-Jun-19	S	A		HT	ECAC
1000 Metres	M95	Peter Kennedy	14:48.0	02-Aug-16	S	A		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	Andrew Collins	4:27.18	12-Jan-24	S			ET	Perth
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	X	HT	ECAC
1500 Metres	M90	David Carr	7:32.95	01-Sep-22	S	A	W	ET	ECAC
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	Scott Tamblin	4:41.6	26-Feb-26	S			HT	ECAC
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	X	HT	ECAC
Mile	M90	David Carr	8:21.3	28-Jul-22	S	A	W	ET	ECAC
		<b>3000m</b>			S				
3000m	M30	Dean Menzies	8:26.70	22-Jan-21	S			ET	WAAS
3000m	M35	Brendon Dimmer	8:27.64	20-Jan-23	S			ET	WAAS
3000m	M40	Roberto Busi	8:40.37	17-Oct-20	S			ET	WAAS
3000m	M45	Roberto Busi	8:51.79	10-Nov-23	S			ET	WAAS
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	David Carr	16:20.96	23-Jun-22	S	A	W	ET	ECAC
3000m	M95	Peter Kennedy	48:37.4	26-Jul-16	S			HT	WAAS
		<b>5000 Metres</b>			S				
5000 Metres	M30	Ray Boyd	14:46.37	13-Feb-98	O				
5000 Metres	M30	Dean Menzies	14:28.71	16-Dec-20	S			ET	WAAS
5000 Metres	M35	Brendon Dimmer	14:26.78	10-Feb-23	S			ET	WAAS

5000 Metres	M40	Roberto Busi	14:46.60	29-Oct-16	S			ET	Perth
5000 Metres	M45	Roberto Busi	15:29.83	04-Feb-22	S			ET	WAAS
5000 Metres	M50	Jim Langford	16.02.7	07-Apr-96	S				
5000 Metres	M55	John Gilmour	16.09.7	22-Jan-76	S				
5000 Metres	M60	John Gilmour	16.33.3	11-Apr-82	S	X	X		
5000 Metres	M65	John Gilmour	17:25.3	27-Jun-85	S	A	X		
5000 Metres	M70	John Gilmour	18.46.62	01-Jul-89	S	X	X		
5000 Metres	M75	Bert Carse	20:52.43	29-Oct-16	S			ET	Perth
5000 Metres	M80	David Carr	23:40.9	23-Aug-12	S	X		HT	ECAC
5000 Metres	M85	David Carr	26:17.6	30-Nov-17	S	A		HT	ECAC
5000 Metres	M90	David Carr	29:28.60	13-Oct-22	S	A	W	ET	ECAC
		<b>10,000 Metres</b>			S				
10,000 Metres	M30	Jim Langford	29:19.2	03-Sep-75	S			HT	McGillivray
10,000 Metres	M35	Scott Tamblin	31:12.8	31-Oct-14	S			Ht	ECAC
10,000 Metres	M40	Roberto Busi	30:21.0	11-Nov-16	S			HT	WAAS
10,000 Metres	M45	Roberto Busi	31:48.53	08-Oct-21	S			ET	WAAS
10,000 Metres	M50	Jim Langford	32:58.0	25-Nov-94	S	X			
10,000 Metres	M55	John Gilmour	33:40.0	05-Aug-74	S	X	X		
10,000 Metres	M60	John Gilmour	34:23.0	26-Nov-80	S	X	X		
10,000 Metres	M65	John Gilmour	36:11.0	01-Oct-84	S	A			
10,000 Metres	M70	John Gilmour	38:26.0	21-Jun-89	S	X	X		
10,000 Metres	M75	David Carr	46:57.8	21-Oct-10	S			HT	ECAC
10,000 Metres	M80	David Carr	49:05.1	18-Oct-12	S	X		HT	ECAC
10,000 Metres	M85	David Carr	55:45.4	03-Nov-17	S	A		HT	ECAC
10,000 Metres	M90	David Carr	1:02:48.93	11-Aug-22	S	A	W	ET	ECAC
		<b>Half Marathon</b>			S				
Half Marathon	M30	Dean Menzies	1:06.05	02-Aug-20	S			ET	Perth
Half Marathon	M35	Roberto Busi	1:07:21.1	10-May-15	S				Perth
Half Marathon	M40	Roberto Busi	1:09.14	02-Aug-20	S			ET	Perth
Half Marathon	M45	Hank Stoffers	1:10:17	01-Sep-88	S	A			
Half Marathon	M50	Hank Stoffers	1:13:29	15-Dec-91	S				
Half Marathon	M50	Clemens Schmidt	01:13:29	25-Mar-17	S				Daegu
Half Marathon	M55	John Gilmour	1:13:16	17-Sep-78	S	X			
Half Marathon	M60	John Gilmour	1:17:03	25-May-80	S	X			
Half Marathon	M65	John Gilmour	1:17:17	14-Apr-85	S	A	X		
Half Marathon	M70	John Gilmour	1:21:41	07-May-89	S	A	W		
Half Marathon	M75	Bob Lane	1:40:19.03	11-Feb-23	S				Busselton
Half Marathon	M80	Peter Sanders	1:58:43	17-Aug-25	S			HT	Perth
Half Marathon	M85	Irwin Barrett-Lennard	02:07:56	13-Jul-14	S				Perth
		<b>Marathon</b>			S				
Marathon	M30	Dean Menzies	2:18:43	17-Oct-21	S				Perth
Marathon	M35	Dean Menzies	2:17:41	26-Feb-23	S				Osaka
Marathon	M40	Frank Smith	2:29:06	12-Sep-82	S				
Marathon	M45	Hank Stoffers	2:30:43	01-Dec-87	S				
Marathon	M50	Steve Barrie	2:40:45	29-Jul-90	S				
Marathon	M55	John Gilmour	2:38:19	25-Jun-78	S	X	X		
Marathon	M60	John Gilmour	2:41:07	22-Nov-81	S	A	X		
Marathon	M65	John Gilmour	2:57:59	28-Sep-86	S	X			
Marathon	M70	John Gilmour	3:03:04	06-Aug-89	S	A	X		
Marathon	M75	Bob Lane	3:33:26	05-Mar-23	S	A			Tokyo
Marathon	M80	Arthur Twiss	4:46:50	06-Oct-24	S				Perth
		<b>One Hour</b>			S				
One Hour	M35	Gerard Hill	18,160	15-Oct-24	S				ECAC
One Hour	M40	Jim Langford	17,843	07-Oct-84	S				
One Hour	M45	Ross Langford	16,843	15-Oct-24	S				ECAC
One Hour	M50	Cliff Bould	16,445	10-Apr-70	S				
One Hour	M55	John Gilmour	17,186	14-Oct-74	S	A			
One Hour	M60	John Gilmour	16,854	21-Oct-79	S	A			
One Hour	M65	John Gilmour	15,892	07-Oct-84	S	A			
One Hour	M70	John Gilmour	15,474	21-Jun-89	S	A			
One Hour	M75	Michael Lee	11,643	15-Oct-24	S				ECAC
One Hour	M80	Bert Carse	9,770	15-Oct-24	S				ECAC
		<b>80 Metres Hurdles (76.2cm) M70+</b>			S				
80 Metres Hurdles	M70	Don Chambers	14.14	05-Oct-07	S	X		ET	Adelaide
80 Metres Hurdles	M75	Don Chambers	15.03	22-Dec-12	S	X		ET (-1.0)	Bendigo
		<b>100 Metres Hurdles (84cm) M60 - M65</b>			S				
100 Metres Hurdles	M60	Garry Ralston	18.28	05-Nov-16	S			ET (-0.7)	Perth
100 Metres Hurdles	M65	Geoff Brayshaw	19.78	09-Apr-17	S			ET (+0.6)	ECAC
		<b>100 Metres Hurdles (91.4cm) M50 - M55</b>			S				
100 Metres Hurdles	M50	Paul Jeffery	15.29	17-Mar-24	S			ET (+0.4)	ECAC
100 Metres Hurdles	M55	Garry Ralston	18.01	02-Apr-11	S			ET (-0.8)	ECAC

	<b>110 Metres Hurdles (99.1cm) M30 - M45</b>				S				
110 Metres Hurdles	M30	Vincent Sew Hee	15.54	07-Feb-20	S			ET (+0.4)	WAAS
110 Metres Hurdles	M35	Vincent Sew Hee	15.42	28-Jan-22	S			ET (+1.3)	WAAS
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	Campbell Till	50.59	22-Sep-22	S			ET	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	X			
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	X	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
2000m Steeplechase	M90	David Carr	12:26.57	15-Sep-22	S	A	W	ET	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	Andrew Duncan	6:54.65	27-Mar-21	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	X		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	Andrew Duncan	14:47.45	28-Mar-21	S			ET	ECAC
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	Andrew Duncan	25:05.81	27-Mar-21	S			ET	ECAC
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	51:49.37	19-Feb-22	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	1:24:04.95	29-May-21	S			ET		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	01:43:47	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	Jonathan Lester	1.62	14-Mar-21	S					ECAC
High Jump	M55	Hans Venter	1.61	05-Nov-20	S					ECAC
High Jump	M60	Hans Venter	1.55	06-Mar-25	S					ECAC
High Jump	M65	Greg Wilson	1.46	04-Jan-14	S					Bendigo
High Jump	M70	Dave Wyatt	1.35	02-Dec-21	S					ECAC
High Jump	M75	Phil Smyth	1.30	27-Feb-22	S					ECAC
High Jump	M80	Ross Goulden	1.31	02-Mar-25	S	A				ECAC
High Jump	M85	Brian Waldhuter	1.12	02-Dec-25	S	A				Bunbury
		<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	X				
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	Norm Richards	3.01	25-Mar-23	S			(-1.4)		ECAC
Long Jump	M90	Peter Kennedy	1.67	02-Nov-10	S					McGillivray
		<b>Triple Jump</b>			S					

Triple Jump	M30	John MacKenzie	16.00	04-Feb-96	S			
Triple Jump	M35	Stephen Edwards	13.49	20-Feb-22	S		-1.3	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	Norm Richards	5.24	26-Mar-23	S		(-0.8)	ECAC
Triple Jump	M90	Peter Kennedy	3.73	03-Apr-11	S		-1.2	ECAC
<b>Pole Vault</b>					S			
Pole Vault	M30	Nicholas 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	Frederick Jankowitz	3.00	24-Feb-23	S			WAAS
Pole Vault	M55	Noel Goff	2.40	14-Jan-79	S			
Pole Vault	M55	Brad Schirmer	3.00	14-Feb-25	S			Perth
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	M70	Geoff Brayshaw	2.70	01-Apr-21	S			WAAS
Pole Vault	M75	Phil Smyth	2.75	04-Feb-22	S			WAAS
<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	Todd Davey	45.05	22-Feb-22	S	X		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	Jo Peters	44.46	16-Mar-24	S	A		ECAC
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	21.13	28-Mar-21	S			ECAC
Discus Throw	M90	Jim Davis	18.99	29-Mar-24	S			Hobart
<b>Hammer (7.26kg) M30 - M45</b>					S			
Hammer Throw	M30	Warren Button	60.92	20-Jan-22	S			ECAC
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	43.49	30-Jan-22	S			ECAC
<b>Hammer (6kg) M50 - M55</b>					S			
Hammer Throw	M50	Todd Davey	53.71	01-Dec-18	S			ECAC
Hammer Throw	M55	Todd Davey	48.38	03-Feb-22	S			ECAC
<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	Jo Peters	46.05	21-Oct-25	S			Bunbury
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	Jim Davis	23.52	30-Mar-24	S			Hobart
<b>Weight Throw (15.88kg) M30 - M45</b>					S			
Heavy Weight Throw	M30	Warren Button	18.28	30-Sep-21	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	Todd Davey	17.79	24-Feb-22	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	Jo Peters	17.99	16-Mar-24	S	X	ECAC
Heavy Weight Throw	M75	Ossi Igel	14.42	09-Mar-26	S		Canberra
		<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	Jim Davis	8.24	16-Mar-24	S		ECAC
		<b>Single Arm Weight (20lb) M50 - M55</b>			S		
Single Arm Weight	M50	Todd Davey	21.13	30-Sep-18	S	A	Wollongong
		<b>Single Arm Weight (16lb) M60 - M65</b>			S		
Single Arm Weight	M60	Garry Hastie	12.73	07-Feb-26	S		Bunbury
		<b>Single Arm Weight (12lb) M70 - M75</b>			S		
Single Arm Weight	M70	Jo Peters	20.78	24-May-25	S	A	Bunbury
Single Arm Weight	M75	Mike Anderson	6.88	24-May-25	S		Bunbury
		<b>Single Arm Weight (8.8lb)M80 - M85</b>			S		
Single Arm Weight	M85	Brian Waldhuter	10.18	22-Nov-25	S	A	Bunbury
		<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	Todd Davey	9.85	25-Nov-21	S	A	ECAC
		<b>Super Weight (44lb) M60 - M65</b>			S		
Super Weight Throw	M60	Andrew Ward	5.30	30-Jan-22	S		ECAC
Super Weight Throw	M65	Geoffrey Gee	7.55	13-Aug-20	S	X	ECAC
		<b>Super Weight (35lb) M70 - M75</b>			S		
Super Weight Throw	M70	Jo Peters	9.51	06-Jun-24	S		Bunbury
Super Weight Throw	M75	Mike Anderson	3.90	12-Mar-26	S		ECAC
		<b>Super Weight (25lb) M80 - M90</b>			S		
Super Weight Throw	M80	Des Foley	4.29	11-Feb-21	S		ECAC
Super Weight Throw	M85	Brian Waldhuter	4.88	22-Nov-25	S		Bunbury
		<b>Heavy Weight Throw (56lb) M30+</b>			S		
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	Todd Davey	9.85	25-Nov-21	S	A	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	Jo Peters	5.89	02-Mar-24	S	X	Bunbury
56lb Weight	M75	Mike Anderson	2.27	26-Jul-25	S		Bunbury
56lb Weight	M85	Brian Waldhuter	2.11	22-Nov-25	S		Bunbury
		<b>Heavy Weight Throw (100lb) M30+</b>			S		
100lb Weight	M30	Greg Urbanowicz	3.97	03-Oct-11	S	X	Canberra
100lb Weight	M40	Tyne Timmers	3.27	03-Feb-24	S		Bunbury
100lb Weight	M40	Phillip Fenn	3.27	01-Feb-25	S		Bunbury
100lb Weight	M45	John Fettus	4.05	25-Sep-22	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
100lb Weight	M70	Jo Peters	3.22	22-Nov-25	S	A	Bunbury
100lb Weight	M75	Mike Anderson	1.15	16-Aug-25	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	Hal Chambers	45.93	04-Dec-03	O		
Javelin Throw	M45	Paul Jeffery	56.85	27-Feb-22	S		ECAC
		<b>Javelin (700g) M50 - M55</b>			S		
Javelin Throw	M50	Paul Jeffery	55.76	02-Mar-25	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	Stan Selby	31.28	27-Mar-21	S			ECAC
		<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	Jim Davis	11.32	16-Mar-24	S			ECAC
		<b>Shot Put (7.26kg) M30 - M45</b>			S			
Shot Put	M30	Courtney Heinze	16.44	07-Jan-22	S			Perth
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	Todd Davey	15.06	01-Mar-22	S	A		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	Tom Gravestock	12.54	16-Aug-25	S			Bunbury
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	Jim Davis	7.13	16-Mar-24	S	A		ECAC
		<b>Pentathlon (LJ/J/200/D/1500) - 2023 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	3213	09-Apr-12	S		ET	Melbourne
Pentathlon	M40	Paul Jeffery	3625	15-Mar-14	S	A	HT	WAAS
Pentathlon	M45	Paul Jeffery	3770	27-Feb-22	S		ET	ECAC
Pentathlon	M50	Paul Jeffery	4033	02-Mar-25	S	A	W ET	ECAC
Pentathlon	M55	Peter Gare	3315	08-Apr-96	S			Perry Lakes
Pentathlon	M60	Peter Gare	2871	18-Mar-01	S		HT	ECAC
Pentathlon	M65	Steve Fuller	2894	06-Apr-19	S		ET	ECAC
Pentathlon	M70	Leon Sander	2930	18-Mar-07	S		HT	ECAC
Pentathlon	M75	David Carr	2929	08-Mar-08	S	X	HT	ECAC
Pentathlon	M80	Leon Sander	2337	01-Apr-17	S		HT	ECAC
Pentathlon	M85	David Carr	1732	06-Apr-19	S		ET	ECAC
Pentathlon	M90	Peter Kennedy	699	05-Apr-10	S		ET	WAAS
		<b>Heptathlon</b>			S			
Heptathlon	M40	Jess Thomas	1924	08-Feb-26	S	A	ET	Perth
Heptathlon	M45	Tyne Timmers	3814	08-Feb-26	S	A	ET	Perth
Heptathlon	M65	Dave Wilkie	2940	23-Nov-25	S	X	ET	Perth
Heptathlon	M65	Dave Wilkie	3169	08-Feb-26	S	A	ET	Perth
		<b>Throws Pentathlon (H/S/D/J/W) - 2023 Tables</b>			S			
		<b>(see separate Combined Event sheet for full details)</b>			S			
Throws Pentathlon	M30	Gavin Hames	2945	05-Apr-96	S			Perry Lakes
Throws Pentathlon	M35	Matthew Staunton	3157	17-Mar-12	S			ECAC
Throws Pentathlon	M40	Matt Staunton	3468	07-Mar-15	S			WAAS
Throws Pentathlon	M45	Todd Davey	3696	12-Dec-15	S			Bunbury
Throws Pentathlon	M50	Todd Davey	4121	01-Dec-18	S	A		ECAC
Throws Pentathlon	M55	Todd Davey	3896	30-Jan-22	S			ECAC
Throws Pentathlon	M60	Jo Peters	3578	28-Apr-18	S			Perth
Throws Pentathlon	M65	Jo Peters	3922	23-Feb-19	S			Bunbury
Throws Pentathlon	M70	Jo Peters	4004	29-Jun-24	S	A		Bunbury
Throws Pentathlon	M75	Ossi Igel	3218	22-Mar-26	S			ECAC
Throws Pentathlon	M80	Jim Davis	2910	18-Apr-16	S			Adelaide
Throws Pentathlon	M85	Jim Davis	2829	06-Apr-19	S			ECAC
Throws Pentathlon	M90	Christian Tittel	1790	12-Sep-18	S			Malaga
		<b>HEAVY WEIGHT PENTATHLON (2023 AMA Tables)</b>			S			
		<b>(see separate Combined Event sheet for full details)</b>			S			
Weight Throw Pentathlon	M30	Warren Button	3835	09-Jan-21	S	A		Bunbury
Weight Throw Pentathlon	M40	Matthew Staunton	3809	22-Jan-17	S	X		ECAC
Weight Throw Pentathlon	M45	Todd Davey	4008	06-Oct-14	S			Canberra
Weight Throw Pentathlon	M50	Todd Davey	4258	22-Jan-17	S			ECAC
Weight Throw Pentathlon	M55	Todd Davey	3558	26-Sep-21	S			ECAC
Weight Throw Pentathlon	M60	Geoff Gee	3416	25-Jun-16	S			WAAS
Weight Throw Pentathlon	M65	Geoffrey Gee	3978	01-Oct-18	S	X		Wollongong
Weight Throw Pentathlon	M70	Ossi Igel	4240	09-Jan-21	S	A		Bunbury
		<b>Decathlon - 2023 Tables</b>			S			

		(*2002 Tables) (*Old tables)		S			
		(see separate Combined Event sheet for full details)		S			
Decathlon	M30	Matthew Staunton	4989	15-Jan-06	S		Perry Lakes
Decathlon	M35	David Graieg	4989	19-Jan-20	S		WAAS
Decathlon	M40	Paul Jeffery	6911	15-Jan-16	S		WAAS
Decathlon	M45	Paul Jeffery	7719	24-Nov-19	S	A W	WAAS
Decathlon	M50	Andrew Brooker	5846	02-Sep-19	S		Mackay
Decathlon	M55	Brad Schirmer	5887	02-Feb-25	S		Perth
Decathlon	M60	Rob Antonioli	3637	05-Feb-12	S		Tauranga
Decathlon	M65	Geoff Brayshaw	4794	05-Feb-17	S		WAAS
Decathlon	M70	Geoff Brayshaw	4841	31-Jan-21	S		WAAS
Decathlon	M75	Don Chambers	4877	06-Jan-13	S		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		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		
4 x 100 Metres Relay	M35	Colin Smith	48.77	23-Mar-08	S		Sydney
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		
4 x 100 Metres Relay	M40	Craig Owens	49.87	20-Apr-03	S		Perry Lakes
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		
4 x 100 Metres Relay	M45	Colin Smith	48.25	28-Apr-19	S	ET	Melbourne
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		
4 x 100 Metres Relay	M50	Donovan Roets	50.79	29-Apr-18	S	ET	Perth
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		
4 x 100 Metres Relay	M55	Paul Hughes	57.10	12-Apr-09	S	ET	Adelaide
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		
4 x 100 Metres Relay	M60	Des Walsh	57.37	11-Jun-17	S	ET	Darwin
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		
4 x 100 Metres Relay	M65	Norm Richards	58.6	05-Feb-09	S	HT	ECAC
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		
4 x 100 Metres Relay	M70	David Clive	62.4	04-Feb-10	S	HT	ECAC
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		
4 x 400 Metres Relay	M30	Chris Neale	3:46.3	21-Feb-08	S	HT	ECAC
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 Hayres	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
60 Metres	M80	Bob Schickert	13.23	27-Mar-23	S		ET	Torun
		<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
200 Metres	M80	Bob Schickert	44.83	30-Mar-23	S		ET	Torun
200 Metres	M90	David Carr	47.58	31-Mar-23	S	A	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
400 Metres	M80	Bob Schickert	2:02.16	26-Mar-23	S		ET	Torun
400 Metres	M90	David Carr	1:42.02	28-Mar-23	S	A	ET	Torun
		<b>800 Metres</b>			S			
800 Metres	M60	Bjorn Dybdahl	2:37.58	21-Mar-17	S		ET	Daegu
800 Metres	M90	David Carr	4:03.80	30-Mar-23	S	A	ET	Torun
		<b>1000 Metres</b>			S			
1000 Metres	M45	Danie Mostert	3:47.83	30-Mar-23	S		ET	Torun
1000 Metres	M50	Andrew Brooker	3:08.58	28-Mar-19	S	A	ET	Torun
1000 Metres	M55	Hans Venter	4:00.94	29-Mar-23	S		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
1500 Metres	M90	David Carr	9:10.13	01-Apr-23	S	A	ET	Torun
		<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
3000 Metres	M80	Bob Schickert	21:54.87	26-Mar-23	S		ET	Torun
3000 Metres	M90	David Carr	18:42.60	26-Mar-23	S	A	ET	Torun
		<b>60 Metres Hurdles</b>			S			
60 Metres Hurdles	M45	Danie Mostert	12.10	30-Mar-23	S		ET	Torun
60 Metres Hurdles	M50	Andrew Brooker	10.83	28-Mar-19	S		ET	Torun
60 Metres Hurdles	M55	Hans Venter	12.14	29-Mar-23	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	M45	Danie Mostert	4.40	30-Mar-23	S			Torun
Long Jump	M50	Andrew Brooker	5.06	28-Mar-19	S	A		Torun
Long Jump	M55	Hans Venter	3.97	29-Mar-23	S			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	M45	Danie Mostert	1.48	30-Mar-23	S			Torun
High Jump	M50	Andrew Brooker	1.63	28-Mar-19	S	A		Torun
High Jump	M55	Hans Venter	1.61	29-Mar-23	S	A		Torun
High Jump	M60	Hans Venter	1.45	17-Mar-24	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	M45	Danie Mostert	7.46	30-Mar-23	S			Torun
Shot Put	M50	Andrew Brooker	9.20	28-Mar-19	S	X		Torun
Shot Put	M55	Hans Venter	9.09	29-Mar-23	S			Torun
Shot Put	M75	Don Chambers	8.98	25-Mar-14	S	X		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	M45	Danie Mostert	2031	30-Mar-23	S		ET	Torun
Pentathlon	M50	Andrew Brooker	3292	28-Mar-19	S	A	ET	Torun
Pentathlon	M55	Hans Venter	2629	29-Mar-23	S		ET	Torun
Pentathlon	M75	Don Chambers	2968	25-Mar-14	S	A	ET	Budapest