

NSWMA Records				31 December 2019	<i>*Non-Member records in Blue & Italics</i>		
					<i>AR = set as AR since beaten</i>		
Age Group	Event		Record	Holder	Venue	Date	WR/AR
W30	60m		8.02	Ranell Hobson	Hobart	06-Apr-07	
	<i>60m</i>		<i>7.52</i>	<i>Jessica Knox</i>		<i>03-Dec-11</i>	<i>AR</i>
	100m		11.55	Melissa Medlicott	Sydney	17-Aug-00	AR
	200m		23.4	Melissa Medlicott	Darwin	02-Jul-00	AR
	400m		55.5	Glenda Douglass	Perth	05-Apr-96	AR
	800m		2:10.64	Iris Good	Sydney	1991	
	<i>800m</i>		<i>2:01.85</i>	<i>Suzy Walsham</i>	<i>Sydney</i>	<i>05-Feb-06</i>	
	1500m		4:37.32	Noni Cooper	Bankstown	21-Jan-17	
	<i>1500m</i>		<i>4:08.42</i>	<i>Suzy Walsham</i>	<i>Melbourne</i>	<i>21-Mar-06</i>	
	1 mile		5:05.07	Noni Cooper	Homebush	04-Mar-17	
	<i>1 mile</i>		<i>4:43.01</i>	<i>Lauren Reid</i>	<i>Bankstown</i>	<i>20-Dec-19</i>	
	3000m		10:07.52	Noni Cooper	Homebush	11-Nov-17	
	<i>3000m</i>		<i>8:54.11</i>	<i>Eloise Wellings</i>	<i>Bruxelles</i>	<i>05-Sep-14</i>	
	5000m		17:03.13	Billinda Schipp	Blacktown	23-Mar-08	
	<i>5000m</i>		<i>15:01.59</i>	<i>Eloise Wellings</i>	<i>Rio de Janeiro</i>	<i>19-Aug-16</i>	<i>AR</i>
	10,000m		35:07.40	Billinda Schipp	Blacktown	01-Mar-08	AR
	<i>10,000m</i>		<i>31:14.94</i>	<i>Eloise Wellings</i>	<i>Rio de Janeiro</i>	<i>12-Aug-16</i>	
	8km Cross Country		33:42	Greta Truscott	Blacktown	01-Mar-08	
	8km Cross Country		33:42	Emily McKenzie	Bankstown	06-Apr-15	
	<i>8km Cross Country</i>		<i>29:11</i>	<i>Victoria Mitchell</i>	<i>World Cross Ctry</i>	<i>01-Jan-15</i>	
	10km Road		36:20	Noni Cooper	Homebush	06-May-17	
	<i>10km Road</i>		<i>32:23</i>	<i>Eloise Wellings</i>	<i>Marugame</i>	<i>07-Feb-16</i>	
	Half Marathon		1:22.06	Marina Dulhunty	Mosman	26-Jul-92	
	<i>Half Marathon</i>		<i>1:07.48</i>	<i>Kerryn McCann</i>	<i>Tokyo</i>	<i>10-Dec-00</i>	<i>AR</i>
	<i>Marathon</i>		<i>2:25.59</i>	<i>Kerryn McCann</i>		<i>16-Apr-00</i>	
	1500m Walk		10:59.20	Sharyn Dickson	Darwin	09-Jun-17	
#	<i>3000m Walk</i>		<i>11:53.82</i>	<i>Kerry Saxby-Junna (11:52.71 on AMA)</i>	<i>Toronto, Canada</i>	<i>13-Mar-93</i>	<i>AR</i>
	5000m Walk		28:03.85	Wendy Nixon	Bankstown	11-Feb-01	
	<i>5000m Walk</i>		<i>20:03.00</i>	<i>Kerry Saxby-Junna</i>		<i>11-Feb-96</i>	<i>AR</i>
	10,000m Walk		1:05.51	Jane Johnson		1987	
	<i>10,000m Walk</i>		<i>42:58.00</i>	<i>Kerry Saxby-Junna</i>	<i>Beijing, China</i>	<i>30-Apr-95</i>	<i>AR</i>
	<i>10km Walk Road</i>		<i>41:47</i>	<i>Kerry Saxby-Junna</i>		<i>1996</i>	<i>WB</i>
	<i>20km Walk Road</i>		<i>1:29.05</i>	<i>Jane Saville</i>	<i>LaCoruna, Spain</i>	<i>13-May-06</i>	<i>AB</i>
	100m Hurdles		15.2	Gigliola Lorzio	Sydney	13-Mar-99	
	<i>100m Hurdles</i>		<i>14.24</i>	<i>Rasvinder Gill</i>	<i>SOPAC</i>	<i>27-Feb-16</i>	
	400m Hurdles		1:01.60	Glenda Douglass	Perth	07-Apr-96	AR
	2000m Steeplechase		7:12.46	Alison Rothwell	Bankstown	01-Apr-06	
<i>Interim</i>	<i>3000m Steeplechase</i>		<i>9:39.40</i>	<i>Victoria Mitchell</i>	<i>Rio de Janeiro</i>	<i>19-Aug-16</i>	
	High Jump		1.66	Lynette Smith	Brisbane	26-Mar-05	AR
	<i>High Jump</i>		<i>1.85</i>	<i>Donna Robertson</i>		<i>1992</i>	<i>AR</i>
	Pole Vault		3.9	Zsuzsanna Olgyay-Szabo	Homebush	01-Dec-07	
	Long Jump		5.74	Jitka Hiscox	Adelaide	16-Apr-16	AR
#	<i>Long Jump</i>		<i>6.64</i>	<i>Nicole Boegman (6.86 in AMA)</i>	<i>Johannesburg, SA</i>	<i>11-Sep-98</i>	<i>AR</i>
	Triple Jump		10.91	Sue Ward	Bankstown	15-Apr-01	
	Hammer		64.1	Karyne Di Marco	Greystanes	21-Feb-10	AR
W30	<i>Hammer</i>		<i>66.93</i>	<i>Debbie Sosimenko</i>		<i>2004</i>	<i>AR</i>
	Shot Put		11.56	Louise Currey			
	<i>Shot Put</i>		<i>11.63</i>	<i>Jitka Hiscox</i>	<i>SOPAC</i>	<i>20-Feb-16</i>	
	Discus		39.87	Sharyn Dickson	Perth	28-Apr-18	
	<i>Discus</i>		<i>65.93</i>	<i>Dani Stevens</i>	<i>SOPAC</i>	<i>30-Nov-19</i>	<i>AR</i>
	Javelin		38.88	Lynette Smith		2005	AR
	<i>Javelin</i>		<i>66.8</i>	<i>Louise McPaul (nee Currey)</i>		<i>05-Aug-00</i>	<i>AR</i>
#	Weight Throw		19.08	Karyne Di Marco (18.57 in AMA)	SOPAC	12-Oct-09	AR
	Super Weight 35lb		10	Karyne Di Marco		2009	AR
	Weight 56lb		5.9	Melissa Holahan	Wollongong	07-Feb-16	AR
#	Weight 100lb		2.56	Karyne Di Marco (2.51 in AMA)	Canberra	03-Oct-09	AR
	Heptathlon		4626	Jitka Hiscox	SOPAC	01-Apr-16	AR
	<i>Heptathlon</i>		<i>5863</i>	<i>Jane Jamieson</i>		<i>2016</i>	<i>AR</i>
	Pentathlon Field		3236	Jitka Hiscox	Adelaide	19-Apr-16	AR
(rescored 2010)	Pentathlon Throws		3612	Karyne Di Marco (original 3828 points)	Blacktown	23-Mar-08	
(rescored 2015)	Pentathlon HW		4472	Karyne Di Marco (previously 5380 points)	Canberra	05-Oct-09	
	Relay 4 x 100m		48.86	Gianna Mogentale, Ranell Hobson, Julie Forster, Kylie Strong	Hobart	01-Apr-04	AR
	Relay 4 x 400m		4:14.96	Julie Forster, Ranell Hobson, Gianna Mogentale, Lynette Smith	Hobart	09-Apr-07	AR

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Age Group	Event		Record	Holder	Venue	Date	WR/AR	
W35	60m		7.98	Melissa Medlicott Nicole Robinson	Sydney SOPAC	25/07/2006 22/02/2015		
	100m		12.33	Melissa Medlicott	Canberra	15-Apr-06	AR	
	200m		25.17	Melissa Medlicott	Homebush	25-Feb-06		
	400m		56	Gaye Wallace		1996		
	800m		2:13.40	Stacey Quitzau				
	1500m		4:21.03	Belinda Martin	Melbourne	17-Apr-11	AR	
	1 mile		4:52.3	Belinda Martin	Bankstown	10-Dec-13		
	<i>1 mile</i>		<i>4:46.19</i>	<i>Victoria Mitchell</i>	<i>Homebush</i>	<i>13-Jan-18</i>	AR	
	3000m		9:18.51	Belinda Martin	SOPAC	12-Nov-11	AR	
	<i>3000m</i>		<i>9:12.45</i>	<i>Kerryn McCann</i>	<i>Canberra</i>	<i>05-Feb-05</i>		
	5000m		16:12.12	Belinda Martin	Melbourne	05-Mar-11	AR	
	<i>5000m</i>		<i>15:37.47</i>	<i>Eloise Wellings</i>	<i>SOPAC</i>	<i>02-Feb-18</i>		
	10,000m		35:29.85	Belinda Martin	SOPAC	25-Mar-11		
	<i>10,000m</i>		<i>33:01.19</i>	<i>Kerryn McCann</i>	<i>Sydney</i>	<i>02-Feb-06</i>		
	8km Cross Country		33:26	Cristine Suffolk	Hobart	2007		
	10km Road		34:56	Belinda Martin	Sydney	04-Jun-11		
	Half Marathon		1:15.21	Belinda Martin	Gold Coast	03-Jul-11		
	Marathon		2:40.13	Joanne Cowan	ACT	Apr-94		
	<i>Marathon</i>		<i>2:27:51</i>	<i>Kerryn McCann</i>	<i>New York</i>	<i>03-Nov-02</i>	AR	
	1500m Walk		7:50.37	Anne Weekes	Bankstown	11-Feb-01		
	3000m Walk		12:43.20	Anne Manning		1995	AR	
	<i>3000m Walk</i>		<i>12:02.39</i>	<i>Kerry Saxby-Junna</i>		<i>1997</i>	WR/AR	
	5000m Walk		21:37.50	Anne Manning	Sydney	22-Jan-96	AR	
	<i>5000m Walk</i>		<i>20:41</i>	<i>Kerry Saxby-Junna</i>		<i>1996</i>	AR	
	<i>10,000m Walk</i>		<i>43:59</i>	<i>Kerry Saxby-Junna</i>	<i>Atlanta, USA</i>	<i>29-Jul-96</i>	AR	
	10km Walk Road		44.28	Anne Manning		1995	AB	
	<i>10km Walk Road</i>		<i>42:52</i>	<i>Kerry Saxby-Junna</i>		<i>1998</i>	AB	
	20km Walk Road		1:36.04	Anne Manning		1995	AB	
	<i>20km Walk Road</i>		<i>1:31.18</i>	<i>Kerry Saxby-Junna (1:29:36 in AMA in 2000)</i>	<i>Sevilla, Spain</i>	<i>27-Aug-99</i>	AB	
	100m Hurdles		15.05	Aanika Milne	Glendale	28-Jan-17		
	400m Hurdles		1:02.30	Stacey Quitzau		1996	AR	
	2000m Steeplechase		7:24.74	Mary Fien	Hobart	Apr-07		
	<i>2000m Steeplechase</i>		<i>6:27.11</i>	<i>Victoria Mitchell</i>	<i>Homebush</i>	<i>02-Dec-17</i>	WR/AR	
	<i>3000m Steeplechase</i>		<i>9:45.37</i>	<i>Victoria Mitchell</i>	<i>Gold Coast</i>	<i>16-Feb-18</i>		
	High Jump		1.63	Lynette Smith	SOPAC	17-Oct-09		
	Pole Vault		3.1	Montserrat Ros	Perth	26-Oct-16		
	Long Jump		5.58	Marie Kay	Canberra	04-Apr-99		
	Triple Jump		10.73	Sue Ward	Bankstown	02-Apr-06		
	Hammer		46.08	Melissa Holahan	Blacktown	07-Apr-18		
	Shot Put		11.44	Kelly Hunter	Homebush	18-Dec-16		
	Discus		43.49	Kelly Hunter	Wollongong	01-Oct-16		
	Javelin		37.21	Lynette Smith	Hobart	07-Apr-07		
	Weight Throw		15.53	Melissa Holahan	Wollongong	17-Mar-18		
	Super Weight 35lb		5.12	M Kierath	wollongong	07-Oct-19		
	Weight 56lb		4.75	Melissa Holahan	Wollongong	18-Mar-18		
	Weight 100lb		2.34	Audrey Muscat	Wollongong	03-Oct-16	AR	
(rescored 2010)	Heptathlon		4897	Marie Kay	Gateshead, UK	29-Jul-99	AR	
(rescored 2010)	Pentathlon Field		2825	Lynette Smith	Adelaide	13-Apr-09		
	Pentathlon Throws		3094	Melissa Holahan	Illawong	07-Apr-18		
	Pentathlon HW		4185	Melissa Holahan	Wollongong	17-Mar-18		
	Relay 4 x 100m		49.56	Ranell Hobson, Kylie Strong, Giola Campbell, Gianna Mogentale	Blacktown	23-Mar-08		
	Relay 4 x 400m		4:11.41	Ranell Hobson, Rachel Jay, Sue Ward, Gianna Mogentale	Blacktown	24-Mar-08		
	Relay 4 x 800m		10:21.03	Sue Gore, Cris Penn, Sue Ward, Gianna Mogentale	SOPAC	01-Nov-08		

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W40	60m	7.86	Gianna Mogentale	Hobart	06-Apr-07	AR
	100m	12.25	Gianna Mogentale	SOPAC	08-Mar-08	AR
	200m	25.1	Kylie Strong	SOPAC	01-Dec-07	AR
	400m	56.18	Marie Kay	Puerto Rico	12-Jul-03	AR
	800m	2:15.39	Stacey Quitzau	Bankstown	13-Apr-01	
	1500m	4:25.62	Belinda Martin	Glendale	25-Jan-19	AR
	1 mile	4:45.38	Belinda Martin	Bankstown	22-Dec-18	AR
	3000m	9:20.05	Belinda Martin	SOPAC	10-Nov-18	AR
	5000m	16:28.52	Belinda Martin	SOPAC	01-Dec-18	AR
	10,000m	34:34.09	Belinda Martin	Bankstown	05-Apr-15	
	8km Cross Country	29:18.03	Belinda Martin	Perth	26-Oct-16	
	10km Road	34:50	Belinda Martin	Sydney	03-May-14	
	10km Road	34:28.0	Belinda Martin	Gold Coast	06-Jul-18	
	Half Marathon	1:16.39	Belinda Martin	Sydney	18-May-14	
	Half Marathon	1:15:52	Belinda Martin	Sydney	16-Sep-18	
	Marathon	2:41.48	Joanne Cowan		Apr-95	
	1500m Walk	7:11.20	Cheryl Webb	Darwin	09-Jun-17	
	3000m Walk	14:56.21	Cheryl Webb	Bankstown	21-Jan-17	
	3000m Walk	14:55.91	Cheryl Webb	Bankstown	13-Oct-18	
	5000m Walk	24:52.98	Cheryl Webb	Darwin	10-Jun-17	
	10,000m Walk	1:05.16.9	Anne Weekes (TBC against W45)	Bankstown	05-Nov-02	
	10km Walk Road	53:19	Marlene Robb		01-Mar-90	
	20km Walk Road	1:53:51	Cheryl Webb	Chipping Norton	23-Jul-17	
	80m Hurdles	12.14	Marie Kay	Newcastle	05-Oct-01	
	400m Hurdles	1:04.97	Stacey Quitzau	Bankstown	13-Apr-01	
	2000m Steeplechase	8:42.20	Caroline Yarnell	Homebush	02-Feb-02	
	2000m Steeplechase	7:58.57	Mary Fien	Homebush	04-Mar-17	
	High Jump	1.64	Marie Kay	Brisbane	04-Jul-01	
	Pole Vault	2.9	Montserrat Ros	Gold Coast	09-Nov-18	
	Long Jump	5.84	Marie Kay	Newcastle	05-Oct-01	
	Triple Jump	10.98	Margaret Taylor	Sydney	10-Mar-90	
	Hammer	40.36	Sharon Gibbins	Hobart	21-Apr-00	
	Shot Put	11.87	Kelly Hunter	Newcastle	13-Jan-18	
	Discus	43.04	Kelly Hunter	Darwin	09-Jun-17	
	Javelin	37.08	Lynette Smith	Sacramento, US	09-Jul-11	
	Weight Throw	12.52	Gabriele Watts	Hobart	09-Apr-07	
	Super Weight 35lb					
	Weight 56lb	4.16	Samantha Latanis	Wollongong	10-May-14	
	Weight 100lb	2.33	Samantha Latanis	Wollongong	10-May-14	AR
(rescored 2010)	Heptathlon	5609	Marie Kay	Brisbane	05-Jul-01	AR
	Pentathlon Field	3166	Alice Bohdan	Bankstown	06-Apr-15	
(rescored 2010)	Pentathlon Throws	3303	Gabriele Watts (originally 3577 points)	SOPAC	18-Oct-09	
	Pentathlon HW	2970	Samantha Latanis	Canberra	05-Oct-15	
	Relay 4 x 100m	49.24	Giola Motti, Kylie Strong, Julie Forster, Gianna Mogentale	Brisbane	23-Apr-11	
	Relay 4 x 400m	4:09.30	Karen Herrman, Catherine Kermond, Gianna Mogentale, Giola Campbell	SOPAC	18-Oct-09	
	Relay 4 x 800m	10:04.48	Nancy Newsome, Jane Boyd, Karen Hermann, Lisa Harrison	Illawong	05-Feb-10	AR
	Relay 4 x 1500m	22:14.2	Lisa Harrison, Karen Hermann, Robyn Basman, Linda Gard	Illawong	12-Mar-10	AR

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W45	60m		7.86	Gianna Mogentale	Perth	02-Apr-10
	100m		12.46	Gianna Mogentale	Blacktown	09-Apr-11
	200m		25.78	Janelle Delaney	Lyon, France	10-Aug-15
	400m		57.37	Janelle Delaney	Lyon, France	15-Aug-15 AR
	800m		2:17.06	Judy Bandiera	Miyazaki	07-Oct-93
	1500m		4:28.23	Belinda Martin	Melbourne	04-Apr-19 AR
	1 mile		4:57.20	Belinda Martin	Melbourne	19-Feb-19 AR
	3000m		9:30.72	Belinda Martin	Illawong	09-Nov-19 AR
	5000m		16:21.85	Belinda Martin	Bankstown	30-Nov-19 AR
	10,000m		34:06.65	Belinda Martin	Bankstown	30-Sep-19 AR
	8km Cross Country		32:35	Cristine Suffolk	Perth	28-Apr-18
	10km Road		34:27	Belinda Martin	Gold Coast	07-Jul-19
	Half Marathon		1:16.12	Belinda Martin	Gold Coast	06-Jul-19 AR
	Marathon		3:22.20	Nancy Newsome	Sydney	21-Sep-14
	1500m Walk		9:00.00	Marilyn Pearson	Sydney	14-Mar-99
	3000m Walk		13:37.90	Marilyn Pearson		1997
	5000m Walk		25:56.20	Marlene Robb		1993
	10,000m Walk		1:05.16.9	Jan Dodds (TBC against W40)	Bankstown	05-Nov-02
	10km Walk Road		53:54	Marlene Robb		1993
	80m Hurdles		12.42	Lenore Lambert	Blacktown	02-Nov-19
	400m Hurdles		1:03.63	Lenore Lambert	Darwin	12-Jun-17 AR
	2000m Steeplechase		9:06.80	Caroline Yarnell	Campbelltown	06-Mar-10
	High Jump		1.58	Lenore Lambert	Mackay, QLD	05-Sep-19
	Pole Vault		2.45	Jann Livingston	Perth	06-Apr-96
	Long Jump		5.33	Marie Kay	San Sebastian	28-Aug-05
	Triple Jump		10.68	Marie Kay	Christch	20-Jan-06
	Hammer		41.09	Gabriele Watts	Lyon, France	07-Aug-15
	Shot Put		11.79	Mary Thomas	Eugene, US	30-Jul-89
	Discus		36.85	Gabriele Watts	Blacktown	09-Apr-11
	Javelin		34.02	Marie Kay	San Sebastian	23-Aug-05
	Weight Throw		13.88	Gabriele Watts	Bankstown	05-Apr-15 AR
	Super Weight 35lb					
	Weight 56lb		3.94	Caroline Layt	Campbelltown	09-Feb-14
	Weight 100lb		2.14	Caroline Layt	Campbelltown	09-Feb-14
(rescored 2010)	Heptathlon		5921	Marie Kay	San Sebastian	24-Aug-05
	Pentathlon		3282	Alice Bohdan	Sydney	02-Feb-19
	Pentathlon Throws		3873	Gabriele Watts	Bankstown	05-Apr-15
	Pentathlon HW		4174	Gabriele Watts	Wollongong	06-Feb-16 AR
	Relay 4 x 100m		52.8	Gianna Mogentale, Annette Mead, Lynda Douglass, Julie Forster Lynda Douglass, J. Bezuidenhout, G. Mogentale, Julie Forster	Wollongong Hobart	20-Feb-11 09-Mar-14
	Relay 4 x 400m		4:20.83	Julie Forster, Lynda Douglass, Lisa Harrison, Gianna Mogentale	Hobart	10-Mar-14
	Relay 4 x 800m		10:33.70	Cris Penn, Sue Gore, Erika Bunker, Jane Boyd	Blacktown	21-Nov-09
	Relay 4 x 1500m		22:00.95	Cris Penn, Jane Boyd, Erika Bunker, Robyn Basman	SOPAC	19-Dec-09 AR

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W50	60m	8.17	Gianna Mogentale	Hobart	10-Mar-14	AR
	100m	12.64	Julie Forster	Brisbane	21-Apr-11	AR
	200m	26.39	Kylie Strong	Bass Hill	24-Mar-18	
	400m	58.51	Marge Allison		22-Jul-95	AR
	800m	2:22.02	Marge Allison	Sydney	1994	
	1500m	5:01.45	Robyn Basman	Campbelltown	22-Oct-11	
	1 mile	5:27.83	Robyn Basman	Illawong	27-Aug-11	
	3000m	10:30.27	Robyn Basman	SOPAC	12-Nov-11	AR
	5000m	18:30.00	Robyn Basman	Adelaide	09-Oct-11	
	10,000m	38:44.34	Angela Carpini	Lyon, France	10-Aug-15	
	8km Cross Country	30:12	Angela Carpini	Lyon, France	04-Aug-15	
	10km Road	39:00	Robyn Basman	Homebush	04-Jun-11	
	10km Road	38:43	Tracie Hoban	Homebush	16-Sep-18	
	Half marathon	1:24.13	Angela Carpini	Lyon, France	10-Aug-15	
	Marathon	3:05:57	Tracie Hoban	Melbourne	14-Oct-18	
	1500m Walk	8:32.15	Anne Weekes	Auckland, NZ	25-Apr-17	
	3000m Walk	17:36.18	Anne Weekes	Homebush	18-Dec-16	
	5000m Walk	29:12.30	Dawn Keys	Melbourne	29-Nov-87	
	10,000m Walk	65:30.33	Anne Weekes	Homebush	11-Feb-17	
	10km Walk Road	60:11.00	Anne Weekes	Daegu, Korea	24-Mar-17	
	15km Walk Road	1:35:56	Anne Weekes	Chipping Norton	27-Jul-16	
	20km Walk Road	2:10.21	Anne Weekes	Adelaide	28-Aug-16	
	80m Hurdles	12.86	Sally Stagles	Brisbane	21-Apr-11	AR
	300m Hurdles	49.92	Jacqueline Bezuidenhout	Malaga, Spain	06-Sep-18	
	2000m Steeplechase	8:34.67	Marge Allison	Durban	Jul-97	
	High Jump	1.36	Sally Stagles	Hobart	10-Mar-14	
			Vicki Townsend	Perth	2-Nov-16	
	Pole Vault	2.4	Christine Shaw	SOPAC	11-Oct-09	
	Long Jump	4.66	Kylie Strong	Darwin	09-Jun-17	
	Triple Jump	9.95	Helen Searle	Rotterdam		
	Hammer	51.73	Marja-Leena Parviainen	Sydney	27-Mar-98	AR
	Shot Put	12.9	Gabriele Watts	Adelaide	18-Apr-16	
	Discus	38.58	Marja-Leena Parviainen	Durban	Jul-97	
	Javelin	26.9	Kaye Smythe	Hobart	21-Apr-00	
	Javelin	29.2	Bev Durston	SOPAC	09-Jan-19	
	Weight Throw	16.54	Marja-Leena Parviainen	Homebush	22-Mar-97	AR
	Super Weight	25lb	Gabriele Watts		2018	AR
	Weight	56lb	Christine Shaw	Campbelltown	11-Mar-12	
	Weight	100lb	Jill Taylor	ACT	06-Oct-08	
(rescored 2010)	Heptathlon	4812	Kaye Smythe	Gateshead, UK	30-Jul-99	
	Pentathlon Field	3479	Gianna Mongentale	Bendigo	08-Jan-14	
	Pentathlon Throws	4279	Gabriele Watts	Homebush	05-Mar-16	
	Pentathlon HW	4750	Gabriele Watts	Wollongong	01-Oct-18	AR
	Relay 4 x 100m	53.49	Philippa Wight (53) Kylie Strong (50) Jackie Bezuidenhout (50) Gianna Mogentale (53)	Darwin	11-Jun-17	
	Relay 4 x 400m	4:42.15	Gianna Mogentale, Lynda Douglass, Julie Forster, Robyn Suttor	Adelaide	18-Apr-16	
	Relay 4 x 800m	11:08.12	Deborah Drennan, Erika Bunker, Robyn Basman, Robyn Suttor	Illawong	05-Feb-10	AR
	Relay 4 x 1500m	22.34	Cris Penn, Karen Petley, Deborah Drennan, Robyn Basman	Sylvania	09-Feb-13	AR

NSWMA Records			31 December 2019	<i>*Non-Member records in Blue & Italics</i>		
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Age Group	Event	Record	Holder	Venue	Date	WR/AR
W55	60m	8.44	Gianna Mogentale	Melbourne	26-Apr-19	
	100m	13.63	Gianna Mogentale	Melbourne	26-Apr-19	
	200m	28.27	Julie Forster	Adelaide	17-Apr-16	
	400m	1:05.60	Marge Allison	Puerto Rico	12-Jul-03	
	800m	2:33.38	Robyn Basman	SOPAC	29-Mar-14	
	1500m	5:05.76	Robyn Basman	SOPAC	22-Dec-13	
	1 Mile	5:41.41	Robyn Basman	Wollongong	15-Dec-13	
	3000m	10:59.74	Robyn Basman	SOPAC	08-Nov-14	
	<i>3000m</i>	<i>10:59.34</i>	<i>Karen Blay</i>	<i>Bankstown</i>	<i>20-Dec-19</i>	
	5000m	19:16.88	Robyn Basman	Glendale	22-Feb-14	
	10,000m	40:17.69	Robyn Basman	SOPAC	09-Mar-14	
	8km cross country	33:52.04	Rosemary Roediger	Sacramento, US	06-Jul-11	
	10km Road	38:56	Robyn Basman	Homebush	03-May-14	
	Half Marathon	1:26.47	Robyn Basman	Sydney	27-Sep-14	
	Marathon	3:57:09	Rita Webster	Gold Coast	05-Jul-15	
	1500m Walk	8:12.99	Anne Weekes	Penguin	26-Oct-17	
	3000m Walk	17:16.94	Anne Weekes	Dunedin, NZ	26-Jan-18	
	5000m Walk	29:10.05	Anne Weekes	Penguin	24-Oct-17	
	10000m Walk	1:05:10.70	Anne Weekes	Mackay, QLD	01-Sep-19	
	10km Walk Road	1:00:46	Anne Weekes	Dunedin, NZ	26-Jan-18	
	15km Walk Road	1:36:32	Anne Weekes	Stromlo, ACT	10-Jun-18	
	20km Walk Road	2:04:24	Anne Weekes	Chipping Norton	23-Jul-17	
	80m Hurdles	12.94	Sally Stagles	Perth	27-Apr-18	AR
	300m Hurdles	51.71	Marge Allison	Puerto Rico	05-Jul-03	AR
	2000m Steeplechase	8:49.22	Caroline Yarnell	Bankstown	04-Apr-15	
	High Jump	1.33	Christine Shaw	SOPAC	21-Feb-15	
	Pole Vault	2.1	Robyn Suttor	Bass Hill	22-Dec-18	
	Long Jump	4.39	Gianna Mogentale	Melbourne	26-Apr-19	
	Triple Jump	9.46	Helen Searie	Buffalo, US	14-Jul-95	
	Hammer	51.3	Marja-Leena Parviainen	Melbourne	10-Oct-02	WR
	Shot Put	12.09	Mary Thomas	Norfolk Island	20-Jan-00	AR
	Discus	31.81	Marja-Leena Parviainen	Hobart	21-Apr-00	
	Javelin	39.17	Mary Thomas	Bankstown	13-Apr-01	AR
	Weight Throw	15.15	Marja-Leena Parviainen	Melbourne	09-Oct-02	AR
	Super Weight 25lb					
	Weight 56lb	3.26	Jill Taylor	ACT	03-Oct-11	
	Weight 100lb	1.62	Jill Taylor	ACT	03-Oct-11	AR
	Heptathlon	4770	Vicki Townsend	Mackay, QLD	02-Sep-19	
	Pentathlon Field	3708	Gianna Mogentale	Melbourne	29-Apr-19	
	Pentathlon Throws	4285	Mary Thomas (originally 4515 points)		07-Aug-99	AR
(rescored 2015)	Pentathlon HW	3708	Jill Taylor (previously 3980 points)	Canberra	01-Oct-12	AR
	Relay 4 x 100m	1:03.81	Lynda Douglass (55) Julie Forster (56) Diane O'Toole (59) Karen Douglas (60)	Darwin	11-Jun-17	
	Relay 4 x 400m	5:08.69	Julie Forster (58) Robyn Suttor (60) Deborah Drennan (60) Linda McDowell (61)	Melbourne	27-Apr-19	

NSWMA Records			31 December 2019		<i>*Non-Member records in Blue & Italics</i>		
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Age Group	Event	Record	Holder	Venue	Date	WR/AR	
W60	60m	9.31	June Lowe	Gold Coast	03-Nov-14		
	100m	14.91	Noreen Parrish	Puerto Rico	11-Jul-03		
	200m	31.04	Marge Allison	Brisbane	26-Feb-05		
	400m	1:07.37	Marge Allison	Brisbane	28-Mar-05		
	800m	2:42.58	Deborah Drennan	Malaga, Spain	11-Sep-18		
	1500m	5:39.29	Rosemary Roediger	SOPAC	22-Feb-15		
	1 mile	6:17.77	Rosemary Roediger	Wollongong	16-Jan-16		
	3000m	12:02.70	Rosemary Roediger	Sydney	07-Nov-15		
	5000m	20:39.34	Rosemary Roediger	SOPAC	21-Feb-15		
	10,000m	44:14.18	Robyn Basman	Melbourne	26-Apr-19		
	8km cross country	35:15	Rosemary Roediger	Lyon, France	04-Aug-15		
	10km Road	42:54	Rosemary Roediger	Sydney	02-May-15		
	<i>10km Road</i>	<i>42:00.90</i>	<i>Mary Stringer</i>	<i>Homebush</i>	<i>06-May-18</i>		
	Half Marathon	1:35.59	Mary Sheehan	Sydney	19-May-13		
	Marathon	3:20.28	Marie O'Donovan		1993		AR
	1500m Walk	9:52.60	Nancy Lloyd	Hobart	13-Mar-14		
	3000m Walk	21:20.57	Antoinette Woodward	Gold Coast	09-Nov-18		
	5000m Walk	31:13.82	Kerry Bray	Melbourne	10-Apr-04		
	10km Walk Road	1:04.55	Olive Webb		1990		
	80m Hurdles	14.21	Robyn Suttor	Blacktown	02-Nov-19		AR
	300m Hurdles	54.87	Marge Allison	Brisbane	26-Mar-05		
	2000m Steeplechase	11:34.38	Trish Stallard	Glendale	24-Jan-19		
	High Jump	1.15	June Lowe	Blacktown	03-Mar-18		
	Pole Vault	1.6	Trish Stallard	SOPAC	09-Feb-19		
	Long Jump	3.55	June Lowe	Gold Coast	02-Nov-14		
	Triple Jump	7.36	Jill Taylor	Adelaide	18-Apr-16		
	Hammer	46.09	Helen Searle	Canberra	29-Sep-01		
#	Shot Put	12.67	Helen Searle (12.36 in AMA in 1999)	Dubbo	06-Jan-01		AR
	Discus	31.16	Helen Searle	Canberra	01-Oct-00		
(pre-2014)	Javelin (400g)	33.83	Mary Thomas	Rarotonga	21-Oct-04		
	Javelin (500g)	29.93	Christine Shaw	Wollongong	06-Oct-19		AR
	Weight Throw	17.52	Helen Searle	Hobart	22-Apr-00		WR
	Super Weight 20lb	8.56	Jill Taylor	Wollongong	07-Oct-19		
	Weight 56lb	3.13	Jill Taylor	Wollongong	05-Oct-19		
	Weight 100lb	1.65	Jill Taylor (and 05-Oct-19)	Wollongong	18-Mar-18		AR
(not rescored)	Heptathlon	3757	Gloria Seymon	Durban	17-Jul-97		
	Pentathlon Field	2294	Margaret Thomas	Melbourne	29-Apr-19		
(pre-2014)	Pentathlon Throws	4789	Helen Searle		24-Apr-00		AR
from-2014	Pentathlon Throws	3911	June Lowe	Wollongong	02-Oct-16		
	Pentathlon HW	4304	Jill Taylor	Wollongong	17-Mar-18		

NSWMA Records			31 December 2019	<i>*Non-Member records in Blue & Italics</i>		
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W65	60m	10.12	June Lowe	Mackay, QLD	01-Sep-19	
	100m	16.69	June Lowe	Mackay, QLD	03-Sep-19	
	200m	30.98	Jeanette Flynn	Blacktown	03-Mar-18	
	400m	1:10.65	Jeanette Flynn	Blacktown	03-Mar-18	
	800m	2:57.36	Paula Moorhouse	Lyon, France	09-Aug-15	
	1500m	6:15.79	Paula Moorhouse	Lyon, France	14-Aug-15	
	3000m	18:51.00	Antoinette Baron	Bankstown	20-Dec-19	
	5000m	23:36.99	Thelma Davies	Brisbane	1991	
	10,000m	50:51	Thelma Davies	Sydney	01-Mar-90	
	8km cross country	49:24	Dorothy Siepmann	Adelaide	2009	
	10km Road	45:10	Rosemary Roediger	Gold Coast	07-Jul-19	
	Half Marathon	2:00.42	Kerry Bray	Georges Hall	04-Sep-11	
	Half Marathon	1:44:34	Hideko Sato-Fraser	Homebush	28-Aug-16	
	Marathon	4:41.36	Kerry Bray	New York	06-Nov-11	
	1500m Walk	9:41.92	Jan Kaufman	Homebush	02-Feb-02	
	5000m Walk	33:57	Jan Kaufman	Homebush	03-Feb-02	
	10km Walk Road	1:14.06	Judy Kenyon	Canberra	2006	
	15km Walk Road	2:15:20	Judy Brown	Chipping Norton	27-Jul-16	
	20km Walk Road	2:34.56	Joan Purcell	Blacktown	24-Mar-08	
	80m Hurdles	18.25	Judith Knight		01-Jan-94	
	300m Hurdles	1:07.37	Francis Harris	Hobart	07-Apr-07	
	2000m Steeplechase	12:14.21	Rosalind Perry	Homebush	04-Mar-17	
	High Jump	1.09	June Lowe	Mackay, QLD	05-Sep-19	
	Long Jump	3.29	Judith Knight	Homebush	19-Mar-94	
	Triple Jump	7.29	Judith Knight		1994	
	Hammer	36.24	June Lowe	Mackay, QLD	05-Sep-19	
	Shot Put	9.84	June Lowe	Mackay, QLD	05-Sep-19	
	Discus	25.03	Mary Thomas	SOPAC	16-Oct-09	
(pre-2014)	Javelin (400g)	31.31	Mary Thomas	SOPAC	16-Oct-09	AR
from-2014	Javelin (500g)	23.57	Mary Thomas	Wollongong	24-Jan-14	
	Weight Throw	13.4	June Lowe	Mackay, QLD	31-Aug-19	
	Super Weight 20lb	6.17	Marion Muscat	Wollongong	07-Oct-19	
	Weight 56lb	2.44	Mary Thomas	ACT	03-Oct-09	
			Marion Muscat	Wollongong	30-Sep-18	
	Weight 100lb	1.29	Marion Muscat	Wollongong	30-Sep-18	
(pre-2009)	Pentathlon Field	2270	Bev Adams	Newcastle	05-Oct-01	
(2009-2013)	Pentathlon Throws	4303	Mary Thomas	Canberra	16-Oct-09	
from-2014	Pentathlon Throws	4361	June Lowe	Mackay, QLD	05-Sep-19	AR
(rescored 2015)	Pentathlon HW	3497	Mary Thomas (previously 3378 points)	Canberra	05-Oct-09	

NSWMA Records				31 December 2019	<i>*Non-Member records in Blue & Italics</i>		
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Age Group	Event		Record	Holder	Venue	Date	WR/AR
W70	60m		<i>10.36</i>	<i>Noreen Parrish</i>	<i>Brisbane</i>	<i>17-Mar-13</i>	
	100m		18	Marie Partridge	Canberra	31-Mar-91	
	100m		<i>16.54</i>	<i>Noreen Parrish</i>	<i>Brisbane</i>	<i>16-Mar-13</i>	
	200m		37.67	Paula Moorhouse	Melbourne	27-Apr-19	
	200m		<i>35.74</i>	<i>Noreen Parrish</i>	<i>Brisbane</i>	<i>17-Mar-13</i>	
	400m		1:26.44	Paula Moorhouse	Melbourne	27-Apr-19	
	800m		3:36.48	Lesley Eller	Glendale	22-Feb-14	
	1500m		7:06.00	Thelma Davies	Melbourne	01-Jan-95	
	3000m		<i>24:14.3</i>	<i>Dorothy Siepmann</i>	<i>Bankstown</i>	<i>22-Dec-18</i>	
	5000m		25:25.61	Thelma Davies		1994	
	10,000m		57:50.45	Kerry Bray	Auckland, NZ	27-Apr-17	
	6km cross country		<i>56:13:00</i>	<i>Elisabeth Hakkarainen</i>	<i>Adelaide</i>	<i>05-Oct-19</i>	
	8km cross country		1:01:22	Dorothy Siepmann	Bankstown	06-Apr-15	
	10km Road		51:43	Dorothy Tanner	Homebush	06-May-12	
	Half Marathon		1.56.28	Dorothy Tanner	Sydney	02-Sep-12	
	Marathon		4:57.44	Norma Wallett		2001	
	5000m Walk		34:17.95	Lorna Thompson	Eugene, US	05-Aug-89	
	10,000m Walk		53:26.98	Thelma Davies		1994	
	10km Walk Road		1:26.30	Renate Hagens	Adelaide	2009	
	Long Jump		2.93	Marie Partridge	Canberra	1991	
	Triple Jump		7.18	Marie Partridge		1991	
	Hammer		29.71	Mary Thomas	Lyon, France	10-Aug-15	
	Shot Put		8.57	Mary Thomas	Lyon, France	16-Aug-15	
	Discus		24.11	Mary Thomas	Lyon, France	14-Aug-15	
(pre-2014)	Javelin (400g)		19.22	Joyce Schmidt	Bankstown	02-Apr-06	
from-2014	Javelin (500g)		24.31	Mary Thomas	Lyon, France	07-Aug-15	AR
	Weight Throw		11.94	Mary Thomas	Cook Islands	07-Oct-15	
	Super Weight 20lb		7.68	Mary Thomas		2017	AR
	Weight 56lb		2.58	Mary Thomas	Wollongong	02-Oct-17	
	Weight 100lb		1.31	Mary Thomas	Wollongong	02-Oct-17	
(pre-2009)	Pentathlon Field		1599	Olive Webb	Adelaide	01-Apr-02	
(pre-2009)	Pentathlon Throws		3678	Joyce Schmidt	Canberra	16-Apr-06	
from-2014	Pentathlon Throws		4407	Mary Thomas	Lyon, France	16-Aug-15	AR
(rescored 2015)	Pentathlon HW		3972	Mary Thomas (previously 3823 points)	Canberra	06-Oct-14	

NSWMA Records			31 December 2019		<i>*Non-Member records in Blue & Italics</i>		
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Age Group	Event		Record	Holder	Venue	Date	WR/AR
W75	60m		10.85	Kathleen Cook	Glendale	23-Feb-14	
	100m		17.49	Kathleen Cook	SOPAC	16-Mar-13	
	200m		37.25	Kathleen Cook	SOPAC	16-Mar-13	
	400m		1:51.53	Elvire Asprey	SOPAC	13-Oct-09	
	800m		4:34.35	Elvire Asprey	Wollongong	16-Jan-10	
	3000m		<i>23:57.56</i>	<i>Dorothy Siepmann</i>	<i>Bankstown</i>	<i>20-Dec-19</i>	
	5000m		<i>45:49.00</i>	<i>Dorothy Siepmann</i>	<i>SOPAC</i>	<i>09-Feb-19</i>	
	10km	Road	<i>62:48.46</i>	<i>Erica Raic</i>	<i>Homebush</i>	<i>06-May-18</i>	
	1500m	Walk	11:48.79	Judith Kenyon	Perth	28-Apr-18	
	3000m	Walk	<i>22:45.52</i>	<i>Joan Purcell</i>	<i>Gold Coast</i>	<i>10-Nov-18</i>	
	5000m	Walk	39:55.65	Judith Kenyon	Darwin	10-Jun-17	
	5000m	Walk	<i>38:12.53</i>	<i>Joan Purcell</i>	<i>Gold Coast</i>	<i>09-Nov-18</i>	
	10km	Walk Road	1:22:06	Judith Kenyon	Darwin	12-Jun-17	
	10km	Walk Road	<i>1:19:10</i>	<i>Joan Purcell</i>	<i>Gold Coast</i>	<i>11-Nov-18</i>	
	15km	Walk Road	<i>1:55:33</i>	<i>Joan Purcell</i>	<i>Chipping Norton</i>	<i>31-Jul-18</i>	
	20km	Walk Road	<i>2:40:10</i>	<i>Joan Purcell</i>	<i>Malaga, Spain</i>	<i>14-Sep-18</i>	
		Long Jump	2.64	Marie Partridge	Homebush	23-Mar-96	
		Triple Jump	6.32	Marie Partridge	Homebush	23-Mar-96	
		Hammer	31.62	Mary Thomas	Mackay, QLD	01-Sep-19	
	Shot Put	8.94	Mary Thomas	Mackay, QLD	05-Sep-19		
	Discus	22.75	Mary Thomas	Mackay, QLD	03-Sep-19		
	Javelin	19.54	Mary Thomas	Mackay, QLD	03-Sep-19		
	Weight throw	11.6	Mary Thomas	Wollongong	05-Oct-19		
	Super Weight 16lb	7.79	Mary Thomas	Wollongong	07-Oct-19	AR	
	Weight 56lb	2.35	Mary Thomas	Wollongong	05-Oct-19		
	Weight 100lb	1.02	Mary Thomas	Wollongong	05-Oct-19		
	Pentathlon Throws	4312	Mary Thomas	Mackay, QLD	05-Sep-19		
	Pentathlon HW	4004	Mary Thomas	Wollongong	07-Oct-19		
W80	60m		12.63	Kathleen Cook	Blacktown	03-Mar-18	
	100m		19.3	Ruth Frith		1990	
	200m		44.8	Kathleen Cook	Gold Coast	09-Nov-18	
	400m		2:35.58	Marie Partridge	Newcastle	07-Oct-01	
	1 mile		13:02.06	Ailsa Cree	Illawong	31-Jul-10	AR
	10km	Road	1:31.43	Ailsa Cree	Homebush	08-Oct-09	
	Long Jump		2.4	Ruth Frith		1990	AR
	Triple Jump		5.65	Ruth Frith	Miyazaki, Japan	13-Oct-93	AR
	Hammer		18.22	Ruth Frith		1994	
	Shot put		6.93	Ruth Frith		1994	AR
	Discus	11.25	Kathleen Cook	SOPAC	09-Feb-19		
	Javelin	6.49	Margarita Jekabsons	St Marys	26-Aug-17		
	Weight Throw	6.41	Margarita Jekabsons	St Marys	26-Aug-17		
(pre-1999)	Pentathlon Throws	3852	Ruth Frith		1993		

NSWMA Records			31 December 2019		<i>*Non-Member records in Blue & Italics</i>		
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Age Group	Event		Record	Holder	Venue	Date	WR/AR
W85	100M		29.23	Laurel Barrett	SOPAC	20-Feb-16	
	400m		2:44.80	Heather Lee	Gold Coast	03-Nov-14	AR
	800m		6:19.59	Heather Lee	Gold Coast	01-Nov-14	AR
	1500m		11:56.80	Heather Lee	Gold Coast	03-Nov-14	AR
	1500m	Walk	11:36.90	Heather Lee	Melbourne	06-Apr-12	AR
	3000m	Walk	23:24.89	Heather Lee	Gold Coast	07-Nov-12	WR
	5000m	Walk	40:06.97	Heather Lee	Gold Coast	07-Nov-12	WR
	10,000m	Walk	01:20.54	Heather Lee	AIS, ACT	01-Apr-13	AR
	10km	Walk Road	1:26.30	Heather Lee	Canberra	2013	
	Long Jump		2.19	Ruth Frith	Homebush	28-Mar-95	AR
	Triple Jump		5.5	Ruth Frith	Homebush	25-Mar-95	WR
	Hammer		18.26	Ruth Frith	Sydney	1995	AR
	Shot put		5.92	Ruth Frith	Sydney	1995	AR
	Discus		13.92	Ruth Frith		1998	AR
	Javelin		11.11	Ruth Frith		1998	
(pre-1999)	Weight Throw		7.78	Ruth Frith		1995	AR
	Pentathlon	Throws	4424	Ruth Frith	Homebush	07-Mar-98	
W90	1500m	Walk	12:05.76	Heather Lee	Adelaide	05-Oct-19	WR
	3000m	Walk	24:45.29	Heather Lee	Gold Coast	09-Nov-18	WR
	5000m	Walk	41:04.87	Heather Lee	Perth	27-Apr-18	WR
	10km	Walk Road	1:24:21	Heather Lee	Gold Coast	09-Nov-18	WR
	Javelin		10.51	Ruth Frith		2002	AR
	Discus		12.1	Ruth Frith		2000	AR
	Shot put		5.37	Ruth Frith	Sydney	2001	AR
	Hammer		13.13	Ruth Frith	Hobart	2000	AR
	Weight Throw		6.19	Ruth Frith	Sydney	2001	AR
	Pentathlon	Throws	5394	Ruth Frith (4337 in AMA)	Hobart	24-Apr-00	AR

NSWMA Records			31 December 2019			<i>*Non-Member records in Blue & Italics</i>		
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Age Group	Event		Record	Holder		Venue	Date	WR/AR
M30	60m		7.16	Michael Dunne		Bankstown	03-Apr-15	
	<i>60m</i>		<i>6.88</i>	<i>Michael Dunne</i>		<i>SOPAC</i>	<i>14-Feb-15</i>	
	100m		10.71	Piyush Kumar		AIS Canberra	10-Feb-13	AR
	<i>100m</i>		<i>10.38</i>	<i>Isaac Ntiamoah</i>		<i>Campbelltown</i>	<i>09-Dec-17</i>	
	200m		21.63	Leigh Bennett		Wollongong	21-Jan-17	AR
	400m		47.79	Leigh Bennett		Homebush	03-Dec-17	
	<i>400m</i>		<i>47.75</i>	<i>James Gurr</i>		<i>Sydney</i>	<i>27-Feb-16</i>	
	800m		1:51.30	Glenn Ritchie		Sydney	1996	
	<i>800m</i>		<i>1:46.09</i>	<i>James Gurr</i>		<i>Melbourne</i>	<i>05-Mar-16</i>	AR
	1500m		3:41.48	Glenn Ritchie		Sydney		AR
	<i>1 mile</i>		<i>4:16.40</i>	<i>Aidan Hobbs</i>		<i>Bankstown</i>	<i>22-Dec-18</i>	
	3000m		8:33.70	David Lewis		Randwick		AR
	<i>3000m</i>		<i>8:16.47</i>	<i>Matthew Hudson</i>		<i>Homebush</i>	<i>11-Nov-17</i>	
	5000m		14:51.80	David Lewis		Randwick	03-Dec-89	
	<i>5000m</i>		<i>13:30.37</i>	<i>Ben St Lawrence</i>		<i>Sydney</i>	<i>11-Apr-13</i>	
	10,000m		31:06.50	Glenn Ritchie		Sydney	1995	AR
	<i>10,000m</i>		<i>28:01.68</i>	<i>Ben St Lawrence</i>		<i>Melbourne</i>	<i>10-Dec-11</i>	
	8km cross country		34:12	Nicholas Hanna		Melbourne	26-Apr-19	
	10km Road		33:57	Brendan Davies		Manly	05-Mar-11	
	<i>10km Road</i>		<i>30:43.65</i>	<i>Brad Bannister</i>		<i>Homebush</i>	<i>06-May-18</i>	
	Half Marathon		1:14.35	Brendan Davies		Penrith	03-Oct-10	
	<i>Half Marathon</i>		<i>1:03:34</i>	<i>Scott Westcott</i>		<i>Christchurch</i>	<i>31-May-09</i>	
	Marathon		2:33.45	Brendan Davies		Melbourne	10-Oct-10	
	<i>Marathon</i>		<i>2:12:56</i>	<i>Scott Westcott</i>		<i>Oita</i>	<i>01-Dec-05</i>	
	1500m Walk		6:31.54	Gyula Dudas		Bankstown	11-Feb-01	
	<i>3000m Walk</i>		<i>10:59.04</i>	<i>Luke Adams</i>			<i>2010</i>	
	5000m Walk		20:57.91	Gyula Dudas		Bankstown	11-Feb-01	
	10km Walk Road		58:15	Mark Ransom				
	<i>20km Walk Road</i>		<i>1:19.15</i>	<i>Luke Adams</i>			<i>2008</i>	AR
	<i>50km Walk Road</i>		<i>3:43.39</i>	<i>Luke Adams</i>			<i>21-Aug-09</i>	
	110m Hurdles		14.13	Greg Eyears		SOPAC	04-Feb-12	AR
	<i>110m Hurdles</i>		<i>13.94</i>	<i>Justin Merlino</i>		<i>Gold Coast</i>	<i>17-Feb-18</i>	
	400m Hurdles		50.34	Leigh Bennett		Canberra	27-Jan-18	AR
	3000m Steeplechase		9:36.50	Glenn Ritchie		Sydney	1996	
	<i>3000m Steeplechase</i>		<i>8:16.36</i>	<i>Youcef Abdi</i>		<i>Athens, Greece</i>	<i>18-Aug-08</i>	
#	High Jump	1.97	Shaun Fletcher		Albert Pk, Victoria	08-Feb-13	AR	
	<i>High Jump</i>	<i>2.21</i>	<i>Nick Moroney (2.25 in AMA in 2002)</i>		<i>Aust. T & F</i>	<i>01-Jan-06</i>	AR	
#	Pole Vault	4.8	Christopher Clegg		SOPAC	13-Feb-16		
	Long Jump	7.42	Shaun Fletcher		SOPAC	09-Mar-13		
#	<i>Long Jump</i>	<i>8.31</i>	<i>Fabrice Lapierre (8.29 inAMA in 2015)</i>		<i>Rabat</i>	<i>22-May-16</i>	AR	
	Triple Jump	14.59	Shaun Fletcher		Sydney	05-Mar-16	AR	
#	<i>Triple Jump</i>	<i>17.12</i>	<i>Andrew Murphy</i>		<i>Homebush</i>	<i>01-Jan-00</i>		
	Hammer	56.08	Sergei Zablotski		Homebush	19-Mar-94		
#	<i>Hammer</i>	<i>59.55</i>	<i>Warren Button</i>		<i>Sydney</i>	<i>09-Feb-19</i>		
	Shot Put	13.68	Allan Flynn		Sydney	07-Mar-98		
#	Discus	51.16	Allan Sadul		Wollongong	06-Oct-19		
	Javelin	86.67	Andrew Curry			2001	AR	
M30	Weight Throw	14.01	Allan Flynn		Bankstown	13-Apr-01		
	<i>Weight Throw</i>	<i>18.26</i>	<i>Warren Button</i>		<i>Sydney</i>	<i>09-Feb-19</i>		
#	Weight 56lb	8.16	Michael Laws		Campbelltown	09-Apr-17		
	Weight 100lb	3.21	Michael Laws		ACT	07-Feb-16		
(not rescored)	Pentathlon Field	3410	Anthony Brown		Sydney	1993		
#	Pentathlon Throws	2124	Michael Laws		Homebush	18-Feb-17		
	Pentathlon HW	2740	Michael Laws		Wollongong	06-Feb-16		
#	Relay 4 x 100m	45.66	Chas Barclay, Kevin Oakey, David Isackson, Peter Crombie		Brisbane	28-Mar-05		
	<i>Relay 4 x 100m</i>	<i>44.25</i>	<i>Ashley McMahon 42, Jeremy Firth 34, David Thebridge 41, Ryan Dowling 38</i>		<i>Homebush</i>	<i>05-Nov-17</i>		
#	Relay 4 x 400m	3:32.75	Jay Stone, Christopher Brack, Darrin James, Michael Lynch		AIS, ACT	01-Apr-13	AR	
	Relay 4 x 1500m	19:41.0	Ian Rose, Peter Byrne, Nick Terranova, Stephen Archer		Sylvania	24-Mar-12	AR	

NSWMA Records			31 December 2019		<i>*Non-Member records in Blue & Italics</i>		
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Age Group	Event		Record	Holder	Venue	Date	WR/AR
M35	60m		7.23	Ashley McMahon	Kagoshima, Japan	07-Jul-13	
	100m		10.88	Matthew Pilkington	SOPAC	11-Oct-09	AR
	<i>100m</i>		<i>10.36</i>	<i>Issac Ntiamoah</i>	<i>SOPAC</i>	<i>02-Feb-18</i>	
	200m		21.96	Jay Stone	Wollongong	21-Feb-17	AR
	400m		48.3	Jeffery King		2000	
	800m		1:53.77	Brett Halls	Homebush	16-Mar-13	
	1500m		3:52.68	Brett Halls	Homebush	02-Mar-13	
	1 mile		4:37.07	Michael Doggett	Illawong	31-Jul-10	
	3000m		9:17.94	Michael Doggett	Newcastle	12-Nov-11	
	<i>3000m</i>		<i>8:47.59</i>	<i>Jeremy Roff</i>	<i>SOPAC</i>	<i>23-Mar-19</i>	
	5000m		14:58.20	Horst Wegner		1982	
	<i>5000m</i>		<i>14:29.68</i>	<i>David Criniti</i>	<i>Campbelltown</i>	<i>20-May-17</i>	
	10,000m		31:30.0	Horst Wegner		1984	
	8km cross-country		29:13	Simon White	Adelaide	12-Oct-11	
	10km Road		33:45	Andrew Heyden	Homebush	04-Jun-11	
	<i>10km Road</i>		<i>29:46.00</i>	<i>Ben St Lawrence</i>	<i>Homebush</i>	<i>06-May-18</i>	
	Half Marathon		1:15.32	Brendan Davies	Penrith	29-Sep-12	
	<i>Half Marathon</i>		<i>1:01.37</i>	<i>John Andrews</i>	<i>Brussels, Belgium</i>	<i>03-Oct-93</i>	
	Marathon		2:33.51	Brendan Davies	Canberra	04-Apr-13	
	<i>Marathon</i>		<i>2:14:21</i>	<i>Scott Westcott</i>	<i>Melbourne</i>	<i>13-Oct-13</i>	
	1500m Walk		7:51.10	Mark Ransom	Sydney	2000	
	3000m Walk		17:04.77	David Smyth	Campbelltown	11-Mar-06	
	5000m Walk		22:09.27	Keith Knox		1987	
	10,000m Walk		1:00.51	David Smyth	Christchurch	20-Jan-06	
	10km Walk Road		56.56	David Smyth	Gold Coast	05-Nov-06	
	20km Walk Road		1:37.03	Christopher Lockwood	Bankstown	13-Apr-01	
	110m Hurdles		14.93	Ryan Dowling	Bankstown	24-Feb-18	AR
	<i>110m Hurdles</i>		<i>14.77</i>	<i>Ryan Dowling</i>	<i>Homebush</i>	<i>02-Dec-17</i>	AR
	400m Hurdles		56.07	Nick Fuller	Malaga, Spain	05-Sep-18	
	3000m Steeplechase		9:52.00	Graham Ryan		1981	
	<i>3000m Steeplechase</i>		<i>8:53.43</i>	<i>Youcef Abdi</i>	<i>Melbourne</i>	<i>06-Apr-14</i>	
	High Jump		1.93	Clay Tompkins		1995	AR
#	<i>High Jump</i>		<i>2.15</i>	<i>Nick Moroney (2.20 in AMA in 2008)</i>	<i>Aust. T & F</i>	<i>01-Jan-12</i>	AR
	Pole Vault		3.9	Peter Herd	Brisbane	10-Apr-98	
	Long Jump		6.76	Clay Tompkins		1988	
	Triple Jump		14.7	Shaun Fletcher	Homebush	02-Feb-18	AR
	<i>Triple Jump</i>		<i>16.7</i>	<i>Andrew Murphy</i>		<i>2006</i>	AR
	Hammer		63.13	Ricard Meiring	Homebush	02-Mar-13	AR
	Shot Put		18.55	Stuart Gyngell	Canberra	05-Nov-03	AR
	Discus		48.71	Stuart Gyngell	Perth	19-Apr-03	
	Javelin		56.62	John Kay	ACT	02-Apr-99	
	<i>Javelin</i>		<i>67.91</i>	<i>Benjamin Baker</i>	<i>Melbourne</i>	<i>07-Apr-19</i>	AR
	Weight Throw		19.08	Ricard Meiring	Hobart	10-Mar-14	AR
	Weight 56lb		9.73	Jamie Muscat	Wollongong	15-Oct-16	
	Weight 100lb		4.72	Jamie Muscat	Wollongong	03-Oct-16	
	Decathlon		5407	Ashley McMahon	Campbelltown	05-Jan-14	
(rescored 2010)	Pentathlon Field		3150	Clay Tompkins (3218 in 1988)	Brisbane	04-Apr-88	
(rescored 2010)	Pentathlon Throws		3559	Stuart Gyngell (3635 in 2002)	Adelaide	01-Apr-02	
	Pentathlon HW		3750	Jamie Muscat	Wollongong	03-Oct-16	
	Relay 4 x 100m		45.63	Ashley McMahon (42) Ryan Dowling (38) David McCann (53) Ernie Leseberg (46)	Perth	29-Apr-18	
	<i>Relay 4 x 100m</i>		<i>45.22</i>	<i>Michael Getz 51, Nathan Mackay 43, David Thebridge 41, Ryan Dowling 38</i>	<i>Homebush</i>	<i>05-Nov-17</i>	
	Relay 4 x 400m		3:31.27	Jay Stone (38) Trevor Young (60) Ashley McMahon (42) Ryan Dowling (38)	Perth	29-Apr-18	
	Relay 4 x 1500m		18:26.0	Michael Doggett, Dennis Wylie, Brad Sharpe, Mark Gregory	Sylvania	24-Mar-12	AR

NSWMA Records			31 December 2019	<i>*Non-Member records in Blue & Italics</i>		
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M40	60m	7.14	Ashley McMahon	Wollongong	12-Jan-19	AR
	100m	10.85	Ashley McMahon	Perth	28-Oct-16	AR
	200m	22.03	Ashley McMahon	Perth	01-Nov-16	AR
	400m	50.33	Ashley McMahon	Blacktown	18-Nov-16	
	800m	1:58.20	Ian Melrose		1986	
	1500m	3:55.40	Glenn Ritchie	Homebush	09-Mar-02	AR
	1 mile	4:28.67	Peter Costello	Wollongong	15-Dec-13	
	3000m	8:50.68	Peter Costello	Campbelltown	01-Jan-14	
	<i>3000m</i>	<i>8:45.65</i>	<i>Scott Westcott</i>	<i>Homebush</i>	<i>11-Nov-17</i>	
	5000m	14:50.80	Albie Thomas		1975	
	10,000m	31:07.03	Peter Costello	Sopac	01-Mar-14	
	<i>10,000m</i>	<i>30:28.27</i>	<i>David Criniti</i>	<i>Bankstown</i>	<i>09-Jun-19</i>	
	8km cross-country	28:18	Simon White	Perth	28-Apr-18	
	10km Road	31:31	Peter Costello	Gold Coast	05-Jul-14	
	Half Marathon	1:10.10	Peter Costello	Sydney	22-Sep-13	
	Marathon	2:29.08	Horst Wegner	Melbourne	29-Nov-87	
	<i>Marathon</i>	<i>2:15:30</i>	<i>Scott Westcott</i>	<i>Berlin</i>	<i>27-Sep-15</i>	
	<i>1500m Walk</i>	<i>6:29.69</i>	<i>Pramesh Prasad</i>	<i>WMG 2017</i>	<i>21-Apr-17</i>	
	3000m Walk	16:39.28	Greg Rowe	Mingara	21-Jan-06	
	<i>3000m Walk</i>	<i>13:45.40</i>	<i>Pramesh Prasad</i>	<i>WMG 2017</i>	<i>21-Apr-17</i>	
	5000m Walk	22:00.25	Keith Knox	Homebush	19-Mar-94	
	10,000m Walk	47:34.35	John Smith		1979	
	10km Walk Road	48:51	Keith Knox		19-Mar-94	
	20km Walk Road	1:34.19	John Smith		Jan-81	
	110m Hurdles	15.68	Conrad Burge	Turku, Finland	15-Jun-91	
	400m Hurdles	57.5	Alan McGowan		1988	
	3000m Steeplechase	9:22.40	Doug Worling		1979	
#	High Jump	2.15	Nick Moroney (2.10 in AMA)	Homebush	15-Dec-12	AR
	Pole Vault	3.7	John Weigel	Sydney	11-Mar-00	
	Long Jump	6.66	Clay Tompkins		1996	
	Triple Jump	13.92	Clay Tompkins	Adelaide	11-Apr-93	
	<i>Triple Jump</i>	<i>14.18</i>	<i>Peter Butler</i>		<i>1996</i>	
	Hammer	55.23	Sergei Zablotski	Homebush	14-Mar-00	
	Shot Put	18.55	Stuart Gyngell	Homebush	03-Feb-06	AR
	Discus	50.91	Stuart Gyngell	Gold Coast	27-Jan-08	
	Javelin	66.9	John Kay	Bankstown	16-Feb-01	AR
	Weight Throw	17.26	Ricard Meiring	Perth	06-Nov-16	AR
	Weight 56lb	10.49	Ricard Meiring	Wollongong	02-Oct-17	
	Weight 100lb	4.97	Jamie Muscat	Wollongong	05-Oct-19	AR
	Decathlon	5665	Ashley McMahon	Bankstown	10-Jan-16	
(not rescored)	Pentathlon Field	3533	John Gordon		1997	
(rescored 2010)	Pentathlon Throws	3946	Stuart Gyngell		2006	AR
	Pentathlon HW	4668	Ricard Meiring	Wollongong	02-Oct-17	AR
	Relay 4 x 100m	45.98	Ashley McMahon (41) John Minto (45) Nathan Smith (42) Darren Hughes (54)	Darwin	11-Jun-17	
	Relay 4 x 400m	3:43.17	Matthew Lynch, Todd Devery, Nick Moore, John Van Stappen		24-Mar-08	
	Relay 4 x 800m	11:06.17	Ronald Cozijnsen, David Skala, Geoff Carter, Garry Womsley	SOPAC	20-Nov-11	
	Relay 4 x 1500m	24:20.48	EJ Davie, John Spinney, Robert Mason, Garry Womsley		20-Nov-11	

NSWMA Records			31 December 2019		<i>*Non-Member records in Blue & Italics</i>		
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M45	60m		7.37	Ernie Leseberg	Melbourne	26-Apr-19	
#	100m		11.22	Rob Ballard	SOPAC	11-Oct-09	
	200m		22.14	Reg Austin OAM (22.40 in AMA)		Aug-86	AR
	400m		50.61	Reg Austin OAM	Puerto Rico	Feb-90	AR
	800m		1:59.11	Paul Critchley	Melbourne	29-Nov-87	
	1500m		4:07.90	Jamie Harrison	Sydney	07-Feb-09	
	1 mile		4:40.98	Adrian Wade	Bass Hill	23-Dec-17	
	3000m		8:55.61	Jamie Harrison	SOPAC	14-Nov-09	
	5000m		15:23.60	Dave Power		1980	
	10,000m		31:43.17	Jamie Harrison	SOPAC	14-Feb-09	AR
	8km cross-country		29:18.00	Jason Keane	Darwin	12-Jun-17	
	10km Road		32:25	Jamie Harrison	Sydney	02-May-09	
	10km Road		32:19	Neil Pearson	Sydney Harbour	28-Jul-19	
	Half Marathon		1:10:17	Peter Costello	Gold Coast	06-Jul-19	AR
	Marathon		2:25.51	Bill Raimond	Melbourne	1982	AR
	1500m Walk		6:54.10	Keith Knox		27-Jul-89	
	5000m Walk		22:32.00	John Smith	Canberra	Feb-90	
	10,000m Walk		53:56.20	Robert Osborne	Bankstown	26-Oct-01	
	10km Walk Road		49:45	Keith Knox			
	20km Walk Road		1:37.16	John Smith	Canberra	1984	
	110m Hurdles		15.56	John Gordon	Adelaide	10-Apr-93	
	400m Hurdles		59.44	John Gordon	Adelaide	11-Apr-93	
	3000m Steeplechase		9:41.49	Doug Worling	New Zealand	1981	
	High Jump		2	Nick Moroney	Homebush	02-Feb-18	AR
	Pole Vault		3.6	Jim McGrath	Sydney	1976	
	Pole Vault		3.6	Clay Tompkins	Sydney	13-Mar-99	
	Long Jump		6.28	Eddy van der Jagt	Glendale	29-Jan-12	
	Triple Jump		13.51	Clay Tompkins	Sydney	06-Mar-99	AR
	Hammer		53.34	Tom Mullins	Toronto, Canada	1975	
	Shot Put		18.12	Stuart Gyngell	Greystanes	18-Feb-09	AR
	Discus		49.04	Stuart Gyngell	Mingara	14-Nov-09	
	Javelin		57.18	John Kay	Canberra	14-Apr-06	
	Weight Throw		15.08	Stuart Gyngell	Adelaide	15-Apr-09	
	Weight 56lb		9.83	Stuart Gyngell	ACT	01-Oct-12	
	Weight 100lb		4.3	Stuart Gyngell	ACT	01-Oct-12	
(rescored 2010)	Decathlon		6446	John Gordon	Miyazaki, Japan	07-Oct-93	AR
(rescored 2010)	Pentathlon Field		3864	Lloyd Mitchelson	Rome	01-Feb-85	AR
(rescored 2010)	Pentathlon Throws		4199	Stuart Gyngell	Adelaide	12-Apr-09	AR
(rescored 2015)	Pentathlon HW		4576	Stuart Gyngell (previously 4763 points)	Canberra	01-Oct-12	
	Relay 4 x 100m		53.54	Garry Womsley, Kelvyn Steggles, Graeme Mell, Darryl Ellis	Blacktown	21-Nov-09	
	Relay 4 x 100m		51.17	Andrew Rodda (47), Mick Daly (54), John Lamb (67), Darrin James (51)	Wollongong	21-Jan-17	
	Relay 4 x 400m		3:54.13	Ernie Leseberg (47), Todd Devery (58), Darren Hughes (56), Trevor Young (61)	Melbourne	28-Apr-19	
	Relay 4 x 800m		10:24.81	Rick Martin, Simon Butler-White, Ian Rose, Brad Sharpe	Illawong	05-Feb-10	

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M50	60m		7.52	John Van Stappen	Gold Coast	02-Nov-00	
	100m		11.47	Peter Crombie	Buffalo	1995	AR
#	200m		22.88	Reg Austin OAM (23.1 in AMA)	Eugene, US	01-Aug-89	AR
	400m		51.81	Reg Austin OAM	Melbourne	29-Nov-87	AR
	800m		2:03.68	Paul Critchley	Adelaide	11-Apr-93	
	1500m		4:11.04	Keith Bateman	Homebush	24-Jan-08	
	1 mile		4:41.76	Keith Bateman	Illawong	29-Aug-09	
	3000m		8:59.62	Keith Bateman	SOPAC	31-Jan-09	AR
	5000m		15:52.0	Keith Bateman	SOPAC	28-Jan-10	
	10,000m		32:57.20	Jason Keane	Bankstown	30-Sep-19	
	8km cross-country		30:10	Manu Sivaraj	Bankstown	06-Apr-15	
	10km Road		32:32	Keith Bateman	Homebush	01-May-10	
	Half Marathon		1:11.55	Keith Bateman	Sydney	16-May-10	
	Marathon		2:48.22	Raymond Wareham	Perth	06-Nov-16	
	1500m Walk		6:47.37	Keith Knox	Bankstown	11-Feb-01	
	3000m Walk		18:57.79	Ken Smith	Mingara	21-Jan-06	
	3000m Walk		16:47.02	Peter Baker	WMG 2017	21-Apr-17	
	5000m Walk		23:50.30	John Smith		1990	
	10,000m Walk		1:03.36	Ken Smith	Bankstown	05-Nov-02	
	10km Walk Road		50.57	Baden White			
	20km Walk Road		1:48.10	Keith Knox	Bankstown	16-Apr-01	
	100m Hurdles		15.16	Conrad Burge	Brisbane	10-Jul-01	
	400m Hurdles		60.22	John Gordon	Durban	01-Jul-97	AR
	3000m Steeplechase		10:15.90	Doug Worling	Rome, Italy	1985	
	High Jump		1.75	Clay Tompkins	Homebush	09-Mar-03	AR
	Pole Vault		3.65	Rob Barclay		1990	
	Long Jump		5.88	Edward Van Der Jagt	Glendale	25-Jan-19	
	Triple Jump		12.83	Clay Tompkins	Homebush	08-Mar-03	AR
	Hammer		53.37	Sergei Zablotski	Blacktown	09-Apr-11	
	Shot Put		18.63	Stuart Gyngell	Wollongong	25-Jan-14	WR
	Discus		51.08	Martin Harland	Perth	29-Oct-16	AR
	Javelin		49.2	Stephen Liggins	Perth	02-Nov-16	
	Weight Throw		18.05	Stuart Gyngell	Bendigo	10-Jan-14	
	Weight 56lb		8.31	Stuart Gyngell	Wollongong	07-Jun-14	
	Weight 100lb		3.63	Terry Gibbs	ACT	30-May-09	
	Decathlon		5872	Andrew Kohlrusch	Bankstown	02-Feb-19	
(not rescored)	Pentathlon Field		3525	John Cooper	Brisbane	15-Oct-91	
	Pentathlon Throws		4192	Stuart Gyngell	Cook Islands	05-Oct-15	AR
(rescored 2015)	Pentathlon HW		4326	Stuart Gyngell (previously 4528 points)	Wollongong	22-Mar-14	
	Relay 4 x 100m		48.2	Darren Hughes (55) Brett Reid (54) David Shearsby (61) Trevor Young (60)	Perth	29-Apr-18	
	Relay 4 x 400m		3:47.87	Darren Hughes, Peter Murray, Bradley Sharpe, Trevor Young	Bankstown	06-Apr-15	
	Relay 4 x 800m		9:30.13	Bradley Sharpe, Todd Devery, Robert Combe, Ronald Cozijnsen	SOPAC	19-Mar-15	
	Relay 4 x 1500m		23:14.0	Ronald Cozijnsen, Dennis Williams, Doug Barrett, Steve Napper	Sylvania	24-Mar-12	

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Age Group	Event	Record	Holder	Venue	Date	WR/AR
M55	60m	7.8	Darren Hughes	Perth	26-Apr-18	
	100m	11.71	Reg Austin OAM		1994	
	200m	24.26	Reg Austin OAM		1994	
	400m	54.63	Trevor Young	Adelaide	18-Apr-16	AR
	800m	2:06.55	Paul Critchley	Brisbane	13-Apr-98	
	1500m	4:12.35	Keith Bateman	Sacramento, US	15-Jul-11	WR
	1 mile	4:35.04	Keith Bateman	SOPAC	18-Dec-10	WR
	3000m	8:56.80	Keith Bateman	SOPAC	13-Nov-10	WR
	5000m	15:29.7	Keith Bateman	Blacktown	05-Jan-11	WR
	10,000m	31:51.86	Keith Bateman	SOPAC	26-Mar-11	WR
	8km cross-country	27:14.20	Keith Bateman	Sacramento, US	07-Jul-11	
	10km Road	32:35	Keith Bateman	Homebush	04-Jun-11	
	Half Marathon	1:14.09	Keith Bateman	Sydney	15-May-11	
	Marathon	2:43.07	Keith Bateman	Sacramento, US	17-Jul-11	
	1500m Walk	8:22.93	Robert Osborne	Bankstown	03-Apr-15	
	3000m Walk	19:40.72	Anthony McDonald	Homebush	18-Dec-16	
	5000m Walk	26:18.00	Peter Waddell			
	10km Walk Road	59:49	Robert Osborne	Canberra	2013	
	20km Walk Road	1:59.00	Ronald Witham	Canberra	1984	
	100m Hurdles	16.14	Clay Tompkins	Townsville	02-Aug-08	
	400m Hurdles	1:03.10	Todd Devery	Bankstown	25-Sep-16	
	3000m Steeplechase	11:20.60	Osmo Millridge	Melbourne	30-Nov-87	
#	High Jump	1.75	Volodymyr Shelever (AMA John Hunt 1.74)	Blacktown	29-Oct-16	AR
	Pole Vault	3.65	Phillip Carrero	Sydney	2007	AR
	Long Jump	5.61	Clay Tompkins	Townsville	02-Aug-08	
	Triple Jump	12.26	Clay Tompkins	SOPAC	09-Mar-08	AR
	Hammer	48.57	Sergei Zablotski	Campbelltown	20-May-17	
	Shot Put	12.4	Gavin Murray	Greystanes	22-Sep-13	
#	Discus	45.2	Wayne Martin (44.47 in AMA)	Campbelltown	18-Dec-12	AR
	Javelin	46.33	Andrew Atkinson-Howatt	AIS, ACT	29-Mar-13	
	Weight Throw	15.67	Robert Clark	Lane Cove	30-Mar-19	
	Weight 56lb	7.87	Lajos Joni	Campbelltown	11-Mar-12	AR
	Weight 100lb	3.09	Robert Clark	Wollongong	16-Mar-19	
	Decathlon	6130	Peter Murray	Perth	27-Oct-16	AR
	Pentathlon Field	3299	Voitek Klimiuk	Blacktown	08-Jan-12	
(rescored 2010)	Pentathlon Throws	3751	Keith James (original 4108 points)	Melbourne	27-Mar-97	
	Pentathlon HW	3913	Robert Clark	Wollongong	09-Sep-17	
	Relay 4 x 100m	49.27	John Van Stappen, Alan Carey, Neville McIntyre, Ray Warner	Blacktown	23-Mar-08	
	Relay 4 x 400m	3:55.83	Todd Devery, Peter Murray, Bradley Sharpe, Trevor Young	Adelaide	18-Apr-16	
	Relay 4 x 800m	10:27.05	Peter Byrne, Ian Rose, Greg Beirne, Barry Mayo	SOPAC	19-Mar-15	

NSWMA Records			31 December 2019		<i>*Non-Member records in Blue & Italics</i>		
			<i>AR = set as AR since beaten</i>				
Age Group	Event		Record	Holder	Venue	Date	WR/AR
M60	60m		7.94	Peter Crombie	Gold Coast	11-Nov-06	AR
	100m		12.38	Peter Crombie	San Sebastian	2005	
	200m		24.83	Peter Crombie	Edmonton, Can	27-Jul-05	AR
	400m		55.42	Trevor Young	Perth	29-Apr-18	AR
	800m		2:17.81	Norm Windred	Eugene, US	01-Aug-89	
	1500m		4:38.69	John Warren	Brisbane	06-Jan-01	
	1 mile		5:05.17	David Riches	Bass Hill	23-Dec-17	
	3000m		9:54.39	David Riches	Bass Hill	05-Oct-17	
	5000m		17:01.39	David Riches	Penguin, Tasmania	26-Oct-17	
	10,000m		35:37.65	David Riches	SOPAC	06-Oct-18	
	8km Cross Country		29:03	David Riches	Darwin	12-Jun-17	
	10km Road		35:12	David Riches	Sydney	29-Jul-18	
	Half Marathon		1:14:54	David Riches	Homebush	03-Sep-17	AR
	Marathon		2:54:19	David Riches	Gold Coast	01-Jul-18	
	1500m Walk		8:49.06	Dennis Williams	Brisbane	21-Apr-11	
	3000m Walk		17:24.30	Jim Seymon	Homebush	27-Mar-04	
	3000m Walk		17:47.43	Robert Osborne	Homebush	18-Dec-16	
	5000m Walk		25:55.90	Theo Orr	Melbourne	29-Nov-87	
	10000m Walk		71:10.07	Rodney Bennett	Sydney	11-Feb-17	
	10km Walk Road		57.29	Dennis Williams	Narellan	22-May-11	
	15km Walk Road		1:36:55	Robert Osborne	Chipping Norton	27-Jul-16	
	20km Walk Road		1:52.42	Theo Orr	Melbourne	29-Nov-87	
	100m Hurdles		16.43	Conrad Burge	Gold Coast	07-Nov-12	
	300m Hurdles		47.86	John Lamb	Canberra	20-Dec-12	
	400m Hurdles		1:10.20	Neil Fowler	Glendale	29-Jan-12	
	2000m Steeplechase		7:23.60	David McEwan	Adelaide	17-Apr-16	
	High Jump		1.61	Clay Tompkins	AIS, ACT	30-Mar-13	AR
	Pole Vault		3.4	Phillip Carrero	Homebush	10-Mar-12	AR
	Long Jump		5.25	Clay Tompkins	Campbelltown	07-Dec-13	
	Triple Jump		11.77	Clay Tompkins	E.S.Marks Sydney	02-Nov-13	
	Hammer		44.57	Lajos Joni	Wollongong	22-Aug-15	
	Shot Put		13	Jim Peridis	Melbourne	29-Nov-87	
	Discus		49.53	Keith James	Canberra	30-Sep-01	
	Javelin		44.94	Keith James	Geelong	24-Jan-03	
	Weight Throw		17.39	Lajos Joni	Faulconbridge	13-Sep-15	
	Super Weight 44lb						
	Weight 56lb		6.47	Gavin Murray	Wollongong	13-Aug-17	
	Weight 100lb		2.83	Gavin Murray	Wollongong	13-Aug-17	
(rescored 2010)	Decathlon		6172	Jim McGrath	Turku, Finland	18-Jul-91	
(not rescored)	Pentathlon Field		3520	Fred O'Connor		1980	
(not rescored)	Pentathlon Throws		4221	Keith James	Campbelltown	01-Mar-02	
(rescored 2015)	Pentathlon HW		3993	Gavin Murray (previously 4379 points)	Wollongong	07-Feb-15	
	Relay 4 x 100m		51.84	John Wall, John van Stappen, Peter Crombie, Alan Carey	Adelaide	02-Apr-09	
	Relay 4 x 400m		4:19.58	Alan Carey, John Lamb, Neville McIntyre, Victor Ramondetta	Bankstown	06-Apr-15	
	Relay 4 x 800m		10:09.32	Noel Wright, Steve Napper, Don Mathewson, Les Gillies	Illawong	13-Mar-09	AR
	Relay 4 x 1500m		21:31.20	Noel Wright, John Warren, Dennis Williams, Don Mathewson	Illawong	12-Mar-10	

NSWMA Records			31 December 2019		<i>*Non-Member records in Blue & Italics</i>		
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Age Group	Event		Record	Holder	Venue	Date	WR/AR
M65	60m		8.19	Peter Crombie	Perth	02-Apr-10	
	100m		12.62	Peter Crombie	Sacramento, US	24-Jul-10	AR
	200m		25.67	Peter Crombie	Sacramento, US	25-Jul-10	AR
	400m		59.38	Peter Crombie	Sacramento, US	16-Jul-11	
	800m		2:21.36	Tony Ireland	Illawong	25-Aug-07	
	1500m		4:49.28	Don Mathewson	Blacktown	09-Apr-11	
	1 mile		5:21.0	Don Mathewson	Bankstown	07-Dec-10	
	3000m		10:41.81	Don Mathewson	SOPAC	13-Nov-10	
	5000m		18:07.06	Don Mathewson	Blacktown	10-Apr-11	
	10,000m		38:59	Don Mathewson	Homebush	01-May-10	
	8km Cross Country		32:32	Don Mathewson	Canberra	2013	
	10km Road		38:22.60	Don Mathewson	SOPAC	26-Mar-11	
	Half Marathon		1:27:39	Christopher Dwyer	Homebush	28-Aug-16	
	Marathon		3:09.25	Richard Magee	Canberra	10-Apr-11	
	1500m Walk		9:43.73	John West	Adelaide	16-Apr-16	
	3000m Walk		20:28.41	Doug Barrett	E.S.Marks Sydney	07-Oct-17	
	5000m Walk		28:27.00	Vic Townsend		1986	
	10,000m Walk		1:00.00	Jim Seymon	Bankstown	2004	
	10km Walk Road		59:13.00	Jim Seymon		26-Jun-04	
	15km Walk Road		1:40:29	Dennis Williams	Chipping Norton	10-Jun-18	
	20km Walk Road		2:00.17	Vic Townsend	Melbourne	29-Nov-87	
	80m Hurdles		15.28	Fred O'Connor	Adelaide	10-Apr-93	
	100m Hurdles		17.43	John Lamb	Gold Coast	01-Nov-14	
	300m Hurdles		47.96	John Lamb	SOPAC	21-Feb-15	
	400m Hurdles		1:17.24	Kevin Hopkins	Puerto Rico	1983	
	2000m Steeplechase		7:58	Aldolf Blonner	Brisbane	14-Jul-01	
	High Jump		1.52	John Searle	Gold Coast	05-Nov-12	AR
	Pole Vault		2.9	Albert Gay	SOPAC	15-Oct-09	
	Long Jump		5.05	John Searle	Gold Coast	03-Nov-12	
	Triple Jump		10.2	John Sturzaker	Sydney	13-Mar-99	
	Hammer		41.3	Gavin Murray	SOPAC	09-Nov-19	
	Shot Put		12.81	Leo Christopher	Melbourne	06-Apr-12	
	Discus		44.88	Keith James	SOPAC	17-Oct-09	
	Javelin		38.89	Keith James	Perth	03-Apr-10	
	Weight Throw		15.76	Gavin Murray	Lane Cove	13-Apr-19	
	Super Weight 44lb		6.64	Gavin Murray	Wollongong	07-Oct-19	AR
	Weight 56lb		5.27	Gavin Murray	Wollongong	05-Oct-19	
	Weight 100lb		2.65	Dave Ross	Wollongong	02-Oct-17	
(rescored 2010)	Decathlon		6538	Albert Gay	Riccione	28-Jul-07	
(not rescored)	Pentathlon Field		3526	Fred O'Connor	Sydney	1990	
	Pentathlon Throws		3949	Gavin Murray	Lane Cove	13-Jul-19	
	Pentathlon HW		3935	Gavin Murray	Wollongong	07-Oct-19	
	Relay 4 x 100m		59.47	Reg Austin, Morris David, Richard Hughes, Tony Ireland	Blacktown	16-Nov-08	
	Relay 4 x 800m		11:01.70	Les Gillies, Geoff Francis, Noel Wright, Don Mathewson	Illawong	09-Mar-12	AR
	Relay 4 x 1500m		21:49.0	Frank Scorzelli, John Warren, Noel Wright, Don Mathewson	Sylvania	24-Mar-12	AR

NSWMA Records			31 December 2019		<i>*Non-Member records in Blue & Italics</i>		
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Age Group	Event		Record	Holder	Venue	Date	WR/AR
M70	60m		8.42	David Chantrill	Brisbane	21-Apr-11	
	100m		13.32	Peter Crombie	Bankstown	12-Dec-15	
	200m		26.97	Peter Crombie	Bankstown	12-Dec-15	
	400m		1:01.13	Peter Crombie	Perth	05-Nov-16	
	800m		2:32.45	Donald Mathewson	SOPAC	21-Feb-15	
	1500m		5:02.28	Donald Mathewson	Campbelltown	06-Jun-15	AR
	1 mile		5:39.38	John Warren	Illawong	29-Aug-09	AR
	3000m		11:06.68	Donald Mathewson	Campbelltown	06-Jun-15	AR
	5000m		18:59.71	Donald Mathewson	SOPAC	21-Feb-15	
	10,000m		44:31.0	Lloyd Laing		1995	
	6km cross country		26:37	John Walton	Mackay, QLD	03-Sep-19	
	8km cross country		34:12	Donald Mathewson	Lyon, France	04-Aug-15	
	10km Road		40:25.01	Donald Mathewson	Homebush	06-May-18	
	Half Marathon		1:30:33	Donald Mathewson	Sydney	17-May-15	
	Marathon		4:10.21	Bill Burridge	ACT	19-Apr-98	
	<i>Marathon</i>		<i>4:10.10</i>	<i>Tony Shepherd</i>	<i>Gold Coast</i>	<i>06-Jul-19</i>	
	1500m Walk		8:48.30	Jim Seymon	Perth	02-Apr-10	
	<i>3000m Walk</i>		<i>22:48.99</i>	<i>Brendan Hyde</i>	<i>SOPAC</i>	<i>01-Dec-18</i>	
	5000m Walk		29:54.84	Jim Seymon	Adelaide	10-Apr-09	
	10km Walk Road		1:01.30	Jim Seymon	Adelaide	13-Apr-09	
	20km Walk Road		2:15.35	Vic Townsend	Sydney	1994	
	80m Hurdles		14.51	Greg Mamalis	Pan Pacs	03-Nov-12	
	300m Hurdles		55.86	Albert Gay	Tauranga, NZ	11-Feb-12	
	2000m Steeplechase		9:14.23	Max McKay	Brisbane	30-Sep-94	
	High Jump		1.38	John Searle	Gold Coast	09-Nov-18	
	Pole Vault		3	Albert Gay	Bankstown	05-Apr-15	
	Long Jump		4.57	Albert Gay	Lyon, France	05-Aug-15	
	Triple Jump		9.85	Fred O'Connor	Homebush	01-Apr-94	AR
	Hammer		40.94	David Bugden	SOPAC	10-Apr-08	
	Shot Put		13.6	Leo Christopher	Torino, Italy	08-Aug-13	AR
	Discus		41.66	Keith James	Bankstown	26-Feb-12	AR
	Javelin		38.33	Ron Simcock	Canberra	14-Apr-06	
	Weight Throw		15.63	Dave Bugden	Blacktown	28-Mar-08	
	Super Weight 35lb						
	Weight 56lb		4.24	Noel Donohoe	Campbelltown	11-Feb-11	
	Weight 100lb		2.28	Noel Donohoe	ACT	04-Oct-10	
(rescored 2014)	Decathlon		6170	Fred O'Connor (2010 = 6207)	Buffalo	13-Jul-95	
(not rescored)	Pentathlon Field		3993	Fred O'Connor	Homebush	19-Mar-94	
# (rescored 2014)	Pentathlon Throws		4075	Keith James (2010 = 4122) (4037 in AMA)	Campbelltown	11-Mar-12	AR
(rescored 2015)	Pentathlon HW		3775	Keith James (previously 4056 points)	Canberra	03-Oct-11	
	Relay 4 x 100m		1:05.00	Nick Bastas, Ron Wills, Jack Sturzaker, David Chantrill	Chatswood	12-Feb-11	
	Relay 4 x 400m		5:30.90	Ron Wills, Fred Daniels, Nick Bastas, David Chantrill	Chatswood	19-Feb-11	
	Relay 4 x 800m		13:23.30	Ron Wills, Nick Bastas, David Chantrill, John Spinney	Chatswood	26-Feb-11	
	Relay 4 x 1500m		25:10.0	Ron Wills, James Harrison, Albert Gay, Geoff Francis	Sylvania	24-Mar-12	AR

NSWMA Records			31 December 2019	<i>*Non-Member records in Blue & Italics</i>		
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Age Group	Event	Record	Holder	Venue	Date	WR/AR
M75	60m	9.24	David Chantrill	Glendale	23-Feb-14	
	100m	14.54	Neville McIntyre	Wollongong	26-Jan-18	
	200m	29.89	David Chantrill	Bendigo	11-Jan-14	
	400m	1:11.03	Norm Windred	Brisbane	28-Mar-05	
	800m	2:44.25	Don Mathewson	Homebush	14-Dec-19	
	1500m	5:32.23	Don Mathewson	SOPAC	30-Nov-19	
	1 mile	7:41.80	Max McKay	Wollongong	07-Jun-01	
	3000m	12:15.82	Don Mathewson	Bankstown	20-Dec-19	AR
	5000m	21:33.65	Don Mathewson	SOPAC	30-Nov-19	
	10,000m	46:05.00	Lloyd Laing	Sydney	14-Mar-00	
	8km cross country	41:03.94	Heiko Schaefer	Perth	26-Oct-16	
	10km Road	43:43	Donald Mathewson	Sydney	28-Jul-19	
	Half Marathon	2:07.30	Ken Saunders	Gold Coast	06-Jul-08	
	<i>Half Marathon</i>	<i>1:56:47</i>	<i>William Thom</i>	<i>Homebush</i>	<i>28-Aug-16</i>	
	Marathon	5:04:59	Heiko Schaefer	Perth	06-Nov-16	
	1500m Walk	9:14.19	Jim Seymon	Adelaide	16-Apr-16	
	3000m Walk	19:25.11	Don Whyte	Gold Coast	04-Nov-00	
	5000m Walk	31:42.00	Vic Townsend		1995	
	10km Walk Road	1:06:43	Jim Seymon	Adelaide	19-Apr-16	
	15km Walk Road	1:49:20	Jim Seymon	Chipping Norton	27-Jul-16	
	20km Walk Road	2:23.25	Don Whyte	Bankstown	16-Apr-01	
	80m Hurdles	15.78	Fred O'Connor		01-Jan-00	
	300m Hurdles	1:02.53	Fred O'Connor	Bankstown	13-Apr-01	AR
	2000m Steeplechase	10:31.21	Max McKay	Brisbane	04-Jul-01	
	High Jump	1.27	Ron Simcock	Blacktown	09-Apr-11	
	Pole Vault	2.5	Albert Gay	Perth	28-Apr-18	
	Long Jump	4.12	Fred O'Connor	Canberra	04-Apr-99	
#	Triple Jump	9.33	Fred O'Connor (9.31 in AMA)	Townsville	30-Apr-95	AR
	Hammer	38.41	Ron Simcock	Glendale	22-Jan-11	
	Shot Put	11.64	Jim Peridis	Bankstown	13-Apr-00	AR
	Discus	33.13	Ron Simcock	ACT	02-Oct-10	
	Javelin	34.09	Ron Simcock	Dubbo	27-Jan-13	
	Weight Throw	15.42	Ron Simcock	Gold Coast	08-Nov-10	
	Super Weight 35lb					
	Weight 56lb	4.14	Noel Donohoe	Wollongong	07-Feb-16	
	Weight 100lb	2.22	Noel Donohoe	Wollongong	07-Feb-16	AR
(rescored 2014)	Decathlon	6748	Fred O'Connor (2010 = 6793)	Gateshead	29-Jul-99	AR
(not rescored)	Pentathlon Field	3453	Fred O'Connor	Bankstown	16-Apr-01	
	Pentathlon Throws	4182	Ron Simcock	Gold Coast	08-Nov-10	
(rescored 2015)	Pentathlon HW	4523	Ron Simcock (previously 5404 points)	Wollongong	23-Feb-13	
	Relay 4 x 800m	14:04.61	Ron Wills, John Spinney, Richard Hughes, Michael Johnson	SOPAC	19-Mar-15	AR

NSWMA Records			31 December 2019	<i>*Non-Member records in Blue & Italics</i>		
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Age Group	Event	Record	Holder	Venue	Date	WR/AR
M80	60m	9.47	Richard Hughes	Melbourne	06-Apr-12	
	100m	15.4	David Chantrill	Melbourne	26-Apr-19	
	200m	32.69	Richard Hughes	Glendale	08-Jul-12	
	400m	1:16.87	Norm Windred	Gold Coast	08-Jul-07	
	400m	1:16.87	Richard Hughes	Melbourne	08-Apr-12	
	800m	3:12.12	Richard Hughes	SOPAC	22-Mar-12	
	1500m	7:25.35	Max McKay	Melbourne	12-Apr-04	
	1 mile	8:19.60	Max McKay	Wollongong	12-Jul-04	
	3000m	17:43.60	Max McKay	Wollongong	22-Jul-04	
	5000m	24:33.46	Bill Burrridge	Bankstown	04-Feb-06	
	10,000m	50:23.45	Bill Burrridge	Canberra	12-Apr-06	
	8km cross country	46:25	Bill Burrridge	Canberra	2006	
	10km Road	1:25.59	Ken Saunders	Gold Coast	01-Jul-17	
	Half Marathon	2:28.28	Ken Saunders	Bankstown	02-Sep-12	
	Marathon	5:59.44	Ken Saunders	Sydney M7	29-Jul-12	
	1500m Walk	9:38.26	Jim Seymon	Melbourne	28-Apr-18	AR
	5000m Walk	33:40.54	Jim Seymon	Perth	27-Apr-18	
	10km Walk Road	1:10.07	Jim Seymon	Perth	29-Apr-18	
	20km Walk Road	2:35.14	Don Whyte	San Sebastian	31-Aug-05	
	80m Hurdles	18.64	Fred O'Connor	Brisbane	25-Mar-05	AR
	200m Hurdles	44.11	Osmo Millridge	Melbourne	08-Apr-12	AR
	300m Hurdles	1:06.33	Fred O'Connor	Melbourne	10-Apr-04	AR
	2000m Steeplechase	11:44.44	Max McKay	Rarotonga	23-Oct-04	
	High Jump	1.15	Ron Simcock	Campbelltown	23-Jan-16	
	Pole Vault	1.9	Fred O'Connor	Homebush	13-Mar-04	AR
	Long Jump	3.84	Nicholas Bastas	SOPAC	09-Feb-19	
	Triple Jump	8.34	Nicholas Bastas	Gold Coast	09-Nov-18	AR
	Hammer	40.11	Ron Simcock	Wollongong	13-Jun-15	
	Shot Put	11.29	Ron Simcock	Canberra	04-Oct-15	AR
	Discus	27.66	Ron Simcock	Wollongong	26-Mar-05	
	Javelin	28.93	Ron Simcock	Wollongong	13-Jun-15	
	Weight Throw	16.46	Ron Simcock	Wollongong	01-Oct-16	
	Super Weight 25lb					
	Weight 56lb	3.44	Ron Simcock	Wollongong	16-Mar-19	
	Weight 100lb	1.76	Norm Windred	Canberra	06-Oct-08	
(rescored 2014)	Decathlon	5546	Fred O'Connor (2010 = 5593)	Brisbane	20-Feb-05	AR
(rescored 2010)	Pentathlon Field	3247	Fred O'Connor	Melbourne	12-Apr-04	AR
	Pentathlon Throws	4520	Ron Simcock	Wollongong	13-Jun-15	AR
	Pentathlon HW	5034	Ron Simcock	Canberra	05-Oct-15	AR

NSWMA Records		31 December 2019		<i>*Non-Member records in Blue & Italics</i>		
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Age Group	Event	Record	Holder	Venue	Date	WR/AR
M85	60m	10.17	Richard Hughes	Homebush	21-Oct-17	AR
	100m	17.42	Richard Hughes	SOPAC	11-Mar-17	
	200m	34.37	Richard Hughes	Homebush	21-Oct-17	AR
	400m	1:25.63	Richard Hughes	Darwin	11-Jun-17	AR
	800m	3:40.45	Richard Hughes	Auckland, NZ	21-Apr-17	
	1500m	8:07.91	Richard Hughes	Homebush	30-Sep-17	
	10km Road	1:22:38	Ken Saunders	Gold Coast	07-Jul-19	
	1500m Walk	11:14.58	Osmo Millridge	Perth	28-Apr-18	
	5000m Walk	99:00.00	UNCLAIMED			
	5000m Walk	41:55.95	Bert Janes	Adelaide	05-Oct-19	
	200m Hurdles	52.22	Osmo Millridge	Darwin	09-Jun-17	
	High Jump	0.91	Max McKay	Campbelltown	06-Mar-10	
	Long Jump	2.55	Max McKay	Perth	02-Apr-10	
	Triple Jump	5.47	Max McKay	Perth	04-Apr-10	
	Hammer	23.54	Norman Joseph Windred	Canberra	06-Oct-13	
	Shot Put	8.04	Norman Joseph Windred	Canberra	10-Oct-13	
	Discus	19.81	Norman Joseph Windred	Canberra	01-Jan-13	
	Javelin	21.32	Kevin Hopkins	Melbourne	09-Apr-04	
	Weight Throw	11.34	Norman Joseph Windred	Canberra	07-Oct-13	
	Weight 56lb	2.82	Norman Joseph Windred	Canberra	07-Oct-13	
M90	Decathlon	3132	Brian Sharpe	Bendigo	10-Jan-16	
	Pentathlon Field	1281	Max McKay	Perth	05-Apr-10	
	Pentathlon Throws	3375	Norman Joseph Windred	Canberra	07-Oct-13	
	100m	24.1	William Empey	Adelaide	28-Mar-86	
	200m	54.8	William Empey	Melbourne	29-Nov-87	
	400m	2:07.50	William Empey	Adelaide	28-Mar-86	
	High Jump	0.75	Max McKay	Hobart	09-Mar-14	
	Long Jump	1.25	Max McKay	Hobart	08-Mar-14	
	Hammer	18.44	Max McKay	Bendigo	08-Jan-14	
	Shot Put	5.47	Max McKay	Wollongong	25-Jan-14	
	Discus	12.84	Ray Frith		1995	
	Javelin	10.93	Max McKay	Hobart	08-Mar-14	
	Weight Throw	6.7	Max McKay	Hobart	08-Mar-14	
	Pentathlon Throws	2304	Max McKay (originally 2384 points)	Bendigo	08-Jan-14	
M95						
	Hammer	4.34	Felikss Jekabsons	Blacktown	03-Mar-18	
	Shot Put	3.32	Felikss Jekabsons	Blacktown	03-Mar-18	
	Discus	8.36	Felikss Jekabsons	Blacktown	03-Mar-18	
	Javelin	6.27	Felikss Jekabsons	Blacktown	03-Mar-18	
	Weight Throw	2.83	Felikss Jekabsons	Blacktown	03-Mar-18	

NSWMA Records		31 December 2019		<i>*Non-Member records in Blue & Italics</i>		
				<i>AR = set as AR since beaten</i>		
Age Group	Event	Record	Holder	Venue	Date	WR/AR
Note on women's field pentathlon:						
	Prior to 2009:	Long jump, Javelin, 200m, Discus and 800m				
	Since 2009:	100m, Shot Put, Long Jump, Javelin and 800m.				
W30	(pre-2009) Pentathlon Field	3255	Lynette Smith		2005	AR
W35	(pre-2009) Pentathlon Field	3368	Marie Kay	Canberra	1998	
W40	(pre-2009) Pentathlon Field	2105	Kerrie Macey	Melbourne	09-Apr-98	
W45	(pre-2009) Pentathlon Field	3231	Kaye Smythe		1998	
W50	(pre-2009) Pentathlon Field	3746	Kaye Smythe	Sydney	01-Apr-98	
W55	(pre-2009) Pentathlon Field	2322	Gloria Seymon	Homebush	11-Mar-98	
W60	(pre-2009) Pentathlon Field	2366	Olive Webb	Sydney	03-Apr-91	
Notes on javelin:						
	The specifications of the implement changed in 1986 for Men and 1999 for Women					
	From 1st January 2014: W60-74 will be 500gms (previously 400gms)					
M35	(pre-1986) Javelin	64.4	Peter Rayk		28-Mar-86	
M40	(pre-1986) Javelin	48.02	Lloyd Mitchelson		1984	
M45	(pre-1986) Javelin	48.98	Rocky Wijesinghe		1983	
M50	(pre-1986) Javelin	51.22	John Cooper		10-Apr-94	
M55	(pre-1986) Javelin	38.84	Fred O'Connor		01-Jan-83	
M60	(pre-1986) Javelin	36.12	Fred O'Connor		1980	
M65	(pre-1986) Javelin	34.36	Kevin Hopkins		1984	
W30	(pre-2000) Javelin 600g	66.96*	Louise McPaul-Currey (*Not listed in AMA records)		1999	
W30	(pre-2000) Javelin 600g	49.40*	Mary Thomas (*Listed in AMA records)		1979	AR
W35	(pre-2000) Javelin 600g	46.98	Mary Thomas		1983	AR
W40	(pre-2000) Javelin 600g	48.84	Mary Thomas	Sydney	24-Mar-85	AR
W45	(pre-2000) Javelin 600g	39.78	Mary Thomas	United States	29-Jul-89	
W50	(pre-2000) Javelin 400g	48.56	Mary Thomas		1995	AR
W45	(pre-1999) Pentathlon Throws	3846	Denise Palmer	Melbourne	27-Mar-97	
W50	(pre-1999) Pentathlon Throws	4345	Marja-Leena Parviainen		1998	
Events no longer held:						
W40	300m Hurdles	1:11.63	Beryl Titmuss	Melbourne	08-Oct-95	
M55	90m Hurdles	15.36	Peter McEneaney	Adelaide	10-Apr-93	
M50	1500m Steeplechase	5:00.50	Adolf Blonner	Adelaide	28-Mar-86	
M50	2000m Steeplechase	7:10.10	Adolf Blonner		1987	
M55	1500m Steeplechase	6:05.70	Brian Sharpe	Adelaide	28-Mar-86	
M55	2000m Steeplechase	7:43.04	Osmo Millridge		1987	
M60	1500m Steeplechase	7:10.00	Maurice Wild	Adelaide	28-Mar-86	
M65	1500m Steeplechase	6:18.00	John Milne	Adelaide	28-Mar-86	