

NSWMA Decathlon Records



AGE	ORIG POINTS	2010 POINTS	2014 POINTS	NAME	VENUE	DATE	COMPETITION	100M HURD		LONG DISC		SHOT POLE		HIGH JAVE		400M 1500M		DAY 1 DAY2	AR WR
M35		5407	5407	Ashley McMahon	Campbelltown	5-Jan-14	ANSW	11.11	867	6.05	639	11.41	596	1.67	552	53.15	755	3409	
								17.16	624	34.55	564	2.55	262	34.67	372	6:26.93	176	1998	
M40			5665	Ashley McMahon	Bass Hill	10-Jan-16	ANSW	11.14	935	5.9	682	11.56	659	1.64	552	55.77	717	3545	
								17.45	663	33.54	603	2.30	235	33.13	384	6:25.79	235	2120	
M45	6528	6446	6446	John Gordon	Miyazaki, Japan	10-Jul-93	WMA	12.40	748	5.56	679	8.90	528	1.63	619	58.22	694	3268	AR
								17.84	696	32.50	647	2.70	379	44.32	617	4:40.55	839	3178	
M50			5872	Andrew Kohlrusch	Canberra	2-Feb-19	ANSW	12.96	719	4.95	604	11.43	691	1.36	441	61.5	646	3101	
								16.14	789	31.52	508	2.95	514	42.76	626	6:33.78	334	2771	
M55			6130	Peter Murray	Perth	27-Oct-16	WMA	12.57	872	4.97	702	9.79	633	1.45	610	61.41	728	3545	AR
								18.67	599	29.31	515	2.20	333	35.10	544	5:52.77	594	2585	
M60	6620	6172	6172	Jim McGrath	Turku, Finland	18-Jul-91	WMA	13.71	744	4.99	818	9.44	593	1.36	602	69.80	524	3281	
								18.29	679	36.54	641	2.80	612	32.56	530	6:48.10	429	2891	
M65	6898	6538	6538	Albert Gay	Riccione	28-Jul-07	WMA	13.00	963	4.39	734	8.31	564	1.24	552	66.45	721	3534	
								20.80	527	28.21	520	2.80	711	29.42	529	6:04.27	717	3004	
M70	6667	6207	6170	Fred O'Connor	Buffalo	13-Jul-95	WMA	14.58	784	4.14	771	9.10	585	1.25	670	78.08	475	3285	
								15.28	776	28.38	589	2.00	451	29.60	585	7:23.02	484	2885	
M75	7317	6793	6748	Fred O'Connor	Gateshead	30-Jul-99	WMA	14.91	850	3.99	859	9.15	655	1.21	731	78.34	610	3705	AR
								15.86	776	29.65	715	1.90	496	25.88	574	7:58.90	482	3043	
M80	6022	5593	5546	Fred O'Connor	Brisbane	19-Feb-06	WMA	17.35	633	3.16	648	8.36	642	1.09	687	0.00	260	2870	AR
								19.30	603	22.40	600	1.70	496	26.29	664	9:48.57	313	2676	
M85			3132	Brian Sharpe	Bendigo	10-Jan-16	AMA	20.70	418	2.50	487	6.05	498	0.83	426	1:55.21	290	2119	
								35.44	0	13.76	403	0.00	0	14.46	374	11:56.84	236	1013	

[illegible]

NSWMA Pentathlon Field Records - Men

AGE	ORIG POINTS	2010 POINTS	2014 POINTS	NAME	LOCATION	DATE	Competition	LONG		JAVELIN		200M		DISCUS		1500M		AR WR
M30	3410			Anthony Brown	Sydney	1-Jan-93	details unknown											
M35	3719	3150	3150	Clay Tompkins	Brisbane	4-Apr-88		6.59	764	43.70	504	23.99	729	33.20	537	4:52.97	616	
M40	3533			John Gordon		1-Jan-97	details unknown											
M45	3935	3864	3864	Lloyd Mitchelson	Rome	22-Jun-85		5.70	716	49.24	703	24.60	812	34.22	690	4:24.5	943	AR
M50	3525			John Cooper	Brisbane	15-Oct-91	details unknown											
M55		3299	3299	Voitek Klimiuk	Blacktown	8-Jan-12		4.52	571	42.97	700	28.16	665	37.54	699	5:38.95	664	
M60	3520			Fred O'Connor		1-Jan-80	details unknown											
M65	3526			Fred O'Connor	Sydney	1-Jan-90	details unknown											
M70	3993			Fred O'Connor	Homebush	19-Mar-94	details unknown											
M75	3453			Fred O'Connor	Bankstown	16-Apr-01	details unknown											
M80		3247	3247	Fred O'Connor		12-Apr-04		3.58	840	26.30	664	36.37	661	25.27	696	9:22.0	386	AR
M85		1281	1063	Max McKay	Perth	5-Apr-10		2.47	475	1.30	0	53.71	127	13.85	406	13:56.24	55	

[illegible]

NSWMA Pentathlon Throws Records - Men

AGE	ORIG POINTS	2010 POINTS	2014 POINTS	NAME	LOCATION	DATE	Competition	HAMMER		SHOTPUT		DISCUS		JAVELIN		WEIGHT		AR WR
M30	2976			Allan Flynn	Canberra	9-Apr-99	AMA 1999	39.89	510	13.06	671	38.93	643	46.95	535	12.93	617	
M35	3635	3559		Stuart Gyngell	Adelaide	1-Apr-02	AMA 2002											
M40		3946		Stuart Gyngell	NSW	16-Apr-06		43.48	659	17.63	1076	47.30	914	41.30	513	14.55	784	AR
M45		4199		Stuart Gyngell	Adelaide	12-Apr-09		43.75	747	17.22	1143	45.47	970	36.98	490	14.53	849	AR
M50		4192		Stuart Gyngell	Cook Islands	5-Oct-15	Oceania 2015	47.83	788	17.05	1098	50.09	895	36.29	508	17.10	903	AR
M55	4108	3751		Keith James	Melbourne	27-Mar-97	AMA 1997	42.40	772	11.54	769	40.26	761	40.40	649	14.38	800	
M60	4221			Keith James	Campbelltown	1-Mar-02	details unknown											
M65			3949	Gavin Murray	Lane Cove	13-Jul-19	Rotary Winter Throws	39.49	807	12.24	891	43.53	884	28.07	498	15.54	869	
M70		4122	4075	Keith James	Campbelltown	11-Mar-12		38.18	805	11.63	783	40.99	920	34.86	716	14.92	851	AR
M75		4182		Ron Simcock	Gold Coast	8-Nov-10	details unknown											
M80		4520		Ron Simcock	Campbelltown	13-Jun-15		40.11	1092	11.08	893	25.11	691	28.93	747	16.31	1097	
M85		3375		Norman Windred	Canberra	7-Oct-13		23.54	737	7.81	733	18.66	592	20.06	572	10.45	741	
M90		2384	2304	Max McKay	Bendigo	8-Jan-14	Oceania 2014	18.44	692	5.46	525	10.19	364	9.31	259	6.12	464	

NSWMA Pentathlon Throws Records - Women

AGE	ORIG POINTS	2010 POINTS	2014 POINTS	NAME	VENUE	DATE	Competition	HAMMER		SHOTPUT		DISCUS		JAVELIN		WEIGHT		AR WR
W30	3828	3612	3612	Karyne Di Marco	Blacktown	23-Mar-08	AMA 2008	59.27	1140	9.25	480	32.23	505	29.24	462	18.57	1025	
W35			3461	Odette Palma	Wollongong	3-Oct-20	AMA Winter Throws 2020	53.64	1127	10.01	554	34.78	578	18.69	286	15.41	916	
W40	3577	3303	3303	Gabi Watts	SOPAC	18-Oct-09	WMG	34.69	729	11.45	707	35.81	653	25.23	457	12.06	757	
W45		3873	3873	Gabi Watts	Bass Hill	5-Apr-15	AMA 2015	39.29	931	11.26	757	36.25	727	23.78	470	13.88	988	
W50		4279	4277	Gabi Watts	SOPAC	6-Mar-16	NSWMA Throws Pentathlon Championships	45.41	1118	12.88	943	34.31	753	25.50	543	14.30	920	
W55	4515	4285	4285	Mary Thomas	Gateshead, GBR	8-Jul-99	WMA 1999	35.00	909	11.65	925	29.79	711	41.02	1043	10.32	697	AR
W60		3911	3909	June Lowe	Wollongong	2-Oct-16	AMA Winter Throws 2016	36.96	1083	9.57	818	21.88	556	22.61	599	13.08	853	
W65			4361	June Lowe	Mackay, QLD	5-Sep-19	Oceania 2019	36.24	1195	9.84	950	20.78	601	23.40	716	12.49	899	AR
W70			4407	Mary Thomas	Lyon, France	16-Aug-15	WMA 2015	28.82	1049	8.57	921	22.6	780	22.69	814	10.69	843	AR
W75			4407	Mary Thomas	SOPAC	29-Feb-20	NSWMA Throws Pentathlon Championships	31.15	1132	9.02	963	23.53	865	17.15	650	10.70	797	
W80				vacant														
W85				vacant														
W90	4339	3598		Ruth Frith	Hobart	24-Apr-00	AMA 2000	13.13	711	5.22	841	11.81	756	9.33	683	6.00	607	AR

Pre-2014 Events Records

W50	2867	2810		Jill Taylor	Canberra	5-Oct-09		34.02	767	9.43	733	18.95	364	15.68	315	9.87	631	
W60	5022	4789		Helen Searle	Hobart	24-Apr-00		41.81	1251	12.22	1086	29.61	797	24.32	619	15.48	1036	AR
W65	4646	4303		Mary Thomas	Sydney	16-Oct-09		31.18	1002	8.71	824	25.03	750	31.31	939	11.15	788	
W70	3780	3678		Joyce Schmidt	Canberra	16-Apr-06	AMA 2006	26.66	956	7.51	789	17.75	586	19.12	670	8.87	677	
W75	3223	3223		Joyce Schmidt	Canberra	4-Oct-10		20.43	729	7.33	756	17.35	603	14.42	531	7.80	604	

Pre-1999 Events Records

W45	3656			Denise Palmer	Melbourne	27-Mar-97		33.16	759	10.32	682	33.96	672	25.22	504	11.38	939	
W80	3852			Ruth Frith		1-Jan-93	details unknown											
W85	4424			Ruth Frith	Homebush	3-Jul-98	details unknown											
W85	3977			Ruth Frith	NSW	3-Jul-98		15.48	885	5.57	928	13.25	882	9.82	531	6.51	751	AR

NSWMA Pentathlon Heavy Weight Records

Age	ORIG Points	2015 Points	Athlete	Venue	Date	Competition	W1	Dist	Points	W2	Dist	Points	W3	Dist	Points	W4	Dist	Points	W5	Dist	Points	AR WR
W30	5380	4472	Karyne Di Marco	Canberra	5-Oct-09	AMA Winter Throws	12lb	24.25	914	16lb	20.30	908	20lb	17.12	934	25lb	13.94	918	35lb	10.00	798	AR
W35		4185	Melissa Holahan	Wollongong	17-Mar-18	AMA Winter Throws	12lb	21.20	868	16lb	16.81	808	20lb	15.53	924	25lb	13.07	907	35lb	8.05	678	
W40		2970	Samantha Latanis	Canberra	5-Oct-15	AMA Winter Throws	12lb	12.97	543	16lb	12.89	654	20lb	10.71	658	25lb	8.84	625	35lb	5.79	490	
W45		4174	Gabriele Watts	Wollongong	6-Feb-16	NSWMA HWP Championships	12lb	16.71	805	16lb	14.61	842	20lb	12.06	840	25lb	11.05	905	35lb	7.60	782	
W50		4750	Gabriele Watts	Wollongong	1-Oct-18	AMA Winter Throws	8.8lb	18.83	818	12lb	17.10	874	16lb	14.94	968	20lb	13.09	1047	25lb	10.94	1043	AR
W55	3980	3708	Jill Taylor	Canberra	1-Oct-12	AMA Winter Throws	8.8lb	15.05	702	12lb	13.54	765	16lb	11.27	773	20lb	9.16	760	25lb	7.30	708	AR
W60		4304	Jill Taylor	Wollongong	17-Mar-18	NSWMA HWP Championships	6.6lb	17.22	794	8.8lb	15.67	798	12lb	13.38	876	16lb	11.21	868	20lb	9.78	968	
W65		4640	Jill Taylor	Wollongong	3-Oct-20	AMA Winter Throws	6.6lb	17.68	907	8.8lb	15.56	901	12lb	13.34	969	16lb	10.80	948	20lb	8.52	915	
W70	3823	4118	Mary Thomas	Canberra	6-Oct-14	AMA Winter Throws	6.6lb	13.65	781	8.8lb	12.41	801	12lb	10.13	792	16lb	8.75	832	20lb	7.68	912	
W75		4154	Mary Thomas	Wollongong	20-Mar-20	Wollongong HW Pentathlon	4.4lb	15.20	834	6.6lb	12.93	773	8.8lb	10.64	791	12lb	9.33	881	16lb	7.65	875	
M30		2740	Michael Laws	Wollongong	6-Feb-16	NSWMA HWP Championships	20lb	16.64	580	25lb	14.27	554	35 lb	11.28	524	45lb	8.61	543	56lb	6.96	539	
M35		3750	Jamie Muscat	Wollongong	3-Oct-16	AMA Winter Throws	20lb	19.62	716	25lb	17.83	734	35 lb	14.69	734	45lb	11.10	765	56lb	9.28	801	
M40		4668	Ricard Meiring	Wollongong	2-Oct-17	AMA Winter Throws	20lb	23.24	934	25lb	20.15	909	35 lb	16.14	883	45lb	12.28	932	56lb	10.49	1010	AR
M45	4763	4576	Stuart Gyngell	Canberra	1-Oct-12	AMA Winter Throws	20lb	21.25	914	25lb	17.77	855	35 lb	14.34	837	45lb	11.66	952	56lb	9.83	1018	AR
M50	4528	4326	Stuart Gyngell	Wollongong	22-Mar-14	NSWMA HWP Champs	16lb	21.26	809	20lb	20.04	887	25lb	17.43	924	35lb	13.39	850	45lb	9.94	856	
M55		3913	Robert Clark	Campbelltown	9-Sep-17	Athletics Wollongong Winter	16lb	19.87	809	20lb	17.49	816	25lb	15.61	880	35lb	11.30	753	45lb	7.50	655	
M60	4379	3993	Gavin Murray	Wollongong	7-Feb-15	NSWMA HWP Championships	12lb	21.72	823	16lb	18.22	762	20lb	15.64	810	25lb	13.80	826	35lb	10.67	772	
M65		3934	Gavin Murray	Wollongong	7-Oct-19	AMA Winter Throws	12lb	19.78	800	16lb	17.14	797	20lb	14.84	824	25lb	12.91	840	35lb	8.92	673	
M70	4056	3775	Keith James	Canberra	3-Oct-11	AMA Winter Throws	8.8lb	19.40	803	12lb	16.00	737	16lb	13.79	777	20lb	11.53	711	25lb	9.99	747	
M75	5404	4523	Ron Simcock	Wollongong	23-Feb-13	NSWMA HWP Champs	8.8lb	20.75	968	12lb	17.17	956	16lb	14.14	871	20lb	12.00	885	25lb	9.73	843	
M80		5034	Ron Simcock	Canberra	5-Oct-15	AMA Winter Throws	6.6lb	22.96	1157	8.8lb	17.98	955	12lb	15.64	1046	16lb	12.70	947	20lb	10.48	929	AR