

Historical beaten records

(blue italic entries are non-members)

Age Group	Event		Record	Holder	Venue	Record Date	Date Beaten	
M30	1 mile		<i>4:36.80</i>	<i>Godwin Mugarala</i>	<i>Bankstown</i>	<i>23-Dec-17</i>	<i>22-Dec-18</i>	
M30	1 mile		<i>4:16.40</i>	<i>Aidan Hobbs</i>	<i>Bankstown</i>	<i>22-Dec-18</i>	<i>19-Dec-20</i>	
M30	100m		<i>10.58</i>	<i>Isaac Ntiamoah</i>	<i>Homebush</i>	<i>27-Feb-16</i>	<i>09-Dec-17</i>	
M30	110m	<i>Hurdles</i>	<i>14.06</i>	<i>Justin Merlino</i>	<i>SOPAC</i>	<i>02-Feb-18</i>	<i>17-Feb-18</i>	
M30	200m		21.84	Jay Stone	SOPAC	01-Apr-12	11-Feb-17	
M30	3000m		<i>8:16.47</i>	<i>Matthew Hudson</i>	<i>Homebush</i>	<i>11-Nov-17</i>	<i>21-Nov-20</i>	
M30	400m		48.35	Mark Rosenburg	Sydney	1994	03-Dec-17	
M30	400m	Hurdles	59.96	Greg Eyears	Campbelltown	22-Oct-11	11-Mar-17	
M30	400m	<i>Hurdles</i>	<i>53.06sec</i>	<i>James Roff</i>	<i>SOPAC</i>	<i>26-Feb-16</i>	<i>09-Jul-16</i>	
M30	400m	<i>Hurdles</i>	<i>50.38</i>	<i>Leigh Bennett</i>	<i>Tarare, France</i>	<i>09-Jul-16</i>	27-Jan-18	
M30	400m	Hurdles	50.92	Leigh Bennett	Homebush	11-Mar-17	16-Dec-17	AR
M30	400m	Hurdles	50.86	Leigh Bennett	Homebush	16-Dec-17	13-Jan-18	AR
M30	400m	Hurdles	50.68	Leigh Bennett	Homebush	13-Jan-18	27-Jan-18	AR
M30	60m		7.24	Jay Stone	Bankstown	26-Feb-12	03-Apr-15	
M30	60m		7.24	Greg Eyears	Blacktown	09-Dec-12	03-Apr-15	
M30	8km	Cross Country	35:25	Damien Myer	Brisbane	2011	26-Apr-19	
M30	Discus		44.32	Allan Flynn		19-Jun-05	06-Oct-19	
M30	<i>Hammer</i>		<i>57.24</i>	<i>Warren Button</i>	<i>Homebush</i>	<i>06-Jan-18</i>	<i>09-Feb-19</i>	
M30	Pentathlon	HW	2515 Points	Warren Jones (previously 2499 points)	Canberra	01-Oct-12	06-Feb-16	
M30	Pentathlon	Throws	2060 Points	Warren Jones	Canberra	30-Sep-12	06-Oct-13	
M30	Pentathlon	Throws	2090 Points	Warren Jones	Canberra	06-Oct-13	18-Feb-17	
M30	Pole Vault		4.00m	Andrew Flint	SOPAC	29-Sep-07	31-Jan-15	
M30	Pole Vault		4.65m	Christopher Clegg	Glendale	31-Jan-15	13-Feb-16	
M30	Triple Jump		13.62m	Shaun Fletcher	Glendale	01-Jan-13	05-Mar-16	
M30	Weight	100lb	2.86m	Brett Kingston	ACT	02-Oct-06	07-Feb-16	
M30	Weight	56lb	6.76m	Anatoly Kirievsky	ACT	27-Oct-13	06-Feb-16	
M30	Weight	56lb	6.96	Michael Laws	Wollongong	06-Feb-16	09-Apr-17	
M35	(pre-1986)	Javelin	64.4	Peter Rayk (better found earlier)		28-Mar-86		
M35	110m	Hurdles	15.7	Clay Tompkins		1991	24-Feb-18	
M35	1500m		3:53.52	Brett Halls	AIS, ACT	08-Feb-13	02-Mar-13	
M35	200m		22.09	John Van Stappen		1988	21-Jan-17	
M35	<i>3000m</i>		<i>9:05.31</i>	<i>David Costello</i>	<i>SOPAC</i>	<i>10-Nov-17</i>	<i>23-Mar-19</i>	
M35	3000m		8:47.59	Jeremy Roff	SOPAC	23-Mar-19	11-Jan-20	
M35	<i>3000m</i>		<i>8:41.26</i>	<i>Matthew Ho</i>	<i>Wollongong</i>	<i>11-Jan-20</i>	<i>21-Nov-20</i>	
M35	3000m	Steeplechase	9:52.00	Graham Ryan (better found earlier)		1981		
M35	4 x 400m	Relay	3.53.68	Ernie Leseberg, Tony Ireland, Peter Murray, Kelvyn Steggles	Blacktown	01-Nov-08	06-Apr-15	
M35	400m		48.3	Jeffery King (ACT athlete)		22-Jun-05		
M35	400m		50.69	Jay Stone (better found earlier)	Perth	26-Apr-18		
M35	400m	Hurdles	57.09	Kevin Atkins	Brisbane	1988	05-Sep-18	
M35	800m		1:54.19	Brett Halls	AIS, ACT	08-Feb-13	16-Mar-13	
M35	Javelin		56.62	John Kay (better found earlier)	ACT	02-Apr-99		
M35	<i>Javelin</i>		<i>65.09</i>	<i>Benjamin Baker</i>	<i>SOPAC</i>	<i>08-Mar-19</i>	<i>07-Apr-19</i>	AR
M35	Pentathlon	HW	3334 points	Jamie Muscat	Canberra	01-Oct-12	07-Feb-15	
M35	Pentathlon	HW	3415 points	Jamie Muscat (previously 3477 points)	Wollongong	07-Feb-15	17-May-15	
M35	Pentathlon	HW	3623 points	Jamie Muscat	Canberra	17-May-15	03-Oct-16	
M35	Relay	4 x 100m	46.12	Gavin Holland, Mark Doherty, Kris Wardecki, Ernie Leseberg	Perth	04-Apr-10	29-Apr-18	
M35	Relay	4 x 400m	3:44.39	Ashley McMahon, Christopher Brack, Darrin James, Lawrence Demasi	Bankstown	06-Apr-15	11-Jun-17	

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Age Group	Event		Record	Holder	Venue	Record Date	Date Beaten	
M35	Relay	4 x 400m	3:44.01	Nathan Smith (42) Darren Hughes (54) Matthew Lynch (51) Jay Stone (37)	Darwin	11-Jun-17	29-Apr-18	
M35	Triple Jump		14.3	Clay Tompkins		1988	02-Feb-18	
M35	Weight	100lb	4.16m	Jamie Muscat	ACT	28-Jul-12	08-Feb-15	
M35	Weight	100lb	4.47m	Jamie Muscat	Wollongong	08-Feb-15	05-Oct-15	
M35	Weight	100lb	4.66m	Jamie Muscat	Canberra	05-Oct-15	30-Jul-16	
M35	Weight	100lb	4.69m	Jamie Muscat	Canberra	30-Jul-16	03-Oct-16	
M35	Weight	56lb	8.41m	Jamie Muscat	Canberra	07-Oct-13	25-Apr-15	
M35	Weight	56lb	9.02m	Jamie Muscat	Canberra	25-Apr-15	17-May-15	
M35	Weight	56lb	9.27m	Jamie Muscat	Canberra	17-May-15	06-Feb-16	
M35	Weight	56lb	9.35m	Jamie Muscat	Wollongong	06-Feb-16	03-Oct-16	
M35	Weight	56lb	9.53	Jamie Muscat	Wollongong	03-Oct-16	15-Oct-16	
M35	Weight Throw		18.56m	Ricard Meiring	Homebush	17-Mar-13	10-Mar-14	
M40	1 mile		4:28.67	Peter Costello	Wollongong	15-Dec-13	10-Dec-16	
M40	10,000m		31:07.03	Peter Costello (better found earlier)	Sopac	01-Mar-14		
M40	10,000m		30:55.39	David Criniti	Sopac	23-Mar-19	09-Jun-19	
M40	100m		10.8	Reg Austin OAM (hand-timing)	Hanover	1977	28-Oct-16	
M40	10km	Road	32:44	David Tonge	Homebush	04-Jun-11	05-Jul-14	
M40	110m	Hurdles	15.68	Conrad Burge	Turku, Finland	15-Jun-91	24-Jan-21	
M40	200m		21.8	Reg Austin OAM (hand-timing)	Hanover	01-Jul-79	01-Nov-16	
M40	3000m		8:50.68	Peter Costello (better found earlier)	Campbelltown	01-Jan-14		
M40	3000m		9:10.70	James Costello	Bankstown	25-Sep-16	10-Nov-18	
M40	3000m		8:45.65	Scott Westcott (better found earlier)	Homebush	11-Nov-17		
M40	3000m	Walk	16:39.28	Greg Rowe (better found earlier)	Mingara	21-Jan-06		
M40	4 x 100m	Relay	48.05 seconds	Geoff Carter, Darrin James, Micheal Everett, Krzyszof Wardecki	Hobart	09-Mar-14	05-Apr-15	
M40	400m		51.3	Peter Crombie	Melbourne	29-Nov-87	18-Nov-16	
M40	400m		50.33	Ashley McMahon	Blacktown	18-Nov-16	19-Jan-20	
M40	60m		7.19	Greg Smith	Bankstown	26-Feb-12	12-Jan-19	AR
M40	8km	Cross Country	28:36	Stuart Paterson	Brisbane	04-Jul-01	28-Apr-18	
M40	Pentathlon	Field	3533	John Gordon (better found earlier) - not rescored		19-Jun-05		
M40	Pentathlon	HW	3437	Phil Frkovic (previously 3552 points)	Canberra	08-Oct-07	02-Oct-17	
M40	Relay	4 x 100m	47.8	George Papalexion, Mick Daly, Alan Provenzano, Andrew Cassin	Bankstown	05-Apr-15	11-Jun-17	
M40	Weight	100lb	3.03m	Rodney Watson	Campbelltown	09-Feb-14	07-Feb-16	
M40	Weight	100lb	3.77	Rodney Watson	Wollongong	07-Feb-16	09-Apr-17	
M40	Weight	100lb	4.91	Jamie Muscat	Campbelltown	09-Apr-17	02-Oct-17	
M40	Weight	100lb	4.92	Jamie Muscat	Wollongong	02-Oct-17	05-Oct-19	
M40	Weight	56lb	7.92	Philip Frkovic	ACT	03-Oct-05	09-Apr-17	
M40	Weight	56lb	9.16	Jamie Muscat	Campbelltown	09-Apr-17	02-Oct-17	
M40	Weight Throw		15.27m	Sergei Zablotskii	Bankstown	16-Apr-01	26-Oct-16	
M40	Weight Throw		16.65m	Ricard Meiring	Perth	26-Oct-16	06-Nov-16	
M45	1 mile		5:03.56	Colin Dalton	Oxford Uni, UK	20-Jul-13	23-Dec-17	
M45	10,000m		31:43.17	Jamie Harrison (better found earlier)	SOPAC	14-Feb-09	AR	
M45	110m	Hurdles	16.5	Conrad Burge		1996	10-Apr-93	
M45	60m		7.49	David Isackson	Gold Coast	05-Nov-06	09-Jun-17	
M45	60m		7.44	Gregory Smith	Darwin	09-Jun-17	26-Apr-18	
M45	60m		7.43	Ernie Leseberg	Perth	26-Apr-18	26-Apr-19	
M45	60m		7.37	Ernie Leseberg	Melbourne	26-Apr-19	11-Jan-20	
M45	60m		7.34	Ernie Leseberg	Wollongong	11-Jan-20	09-Jan-21	

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Age Group	Event		Record	Holder	Venue	Record Date	Date Beaten	
M45	8km	Cross Country	31:06	Nick Fletcher	Canberra	2006	06-Apr-15	
M45	8km	Cross Country	30:08	Jason McIntosh	Bankstown	06-Apr-15	12-Jun-17	
M45	Half Marathon		1:12.59	Jamie Harrison	Sydney	17-May-09	05-Jul-15	
M45	Half Marathon		1:11:44	David Tonge	Gold Coast	05-Jul-15	06-Jul-19	
M45	High Jump		1.84	Volodymyr Shelever	Adelaide	05-Oct-07	16-Dec-17	AR
M45	High Jump		1.95	Nick Moroney	Homebush	10-Oct-17	02-Feb-18	AR
M45	Relay	4 x 400m	4:16.82	Garry Womsley, Kelvyn Steggles, Graeme Mell, Darryn Hughes	Blacktown	21-Nov-09	28-Apr-19	
M50	10,000m		33:20.30	Keith Bateman	Homebush	01-Oct-05	30-Sep-19	
M50	3000m	Walk	18:57.79	Ken Smith (better found earlier)	Mingara	21-Jan-06		
<i>M50</i>	<i>3000m</i>	<i>Walk</i>	<i>16:47.02</i>	<i>Peter Baker (better found earlier)</i>	<i>WMG 2017</i>	<i>21-Apr-17</i>		
M50	4 x 400m	Relay	3:56.9	Mick Daly, Darren Hughes, Todd Devery, Peter Murray	Hobart	10-Mar-14	06-Apr-15	
M50	4 x 800m	Relay	11:54.30	Simon Butler-White, Robert Hanbury-Brown, Andrew Atkinson-Howatt, Voitek Klimiuk	Chatswood	26-Feb-11	19-Mar-15	
M50	8km	Cross Country	32:18	Ian Castle	Adelaide	2002	06-Apr-15	
M50	Decathlon		5262 points	John Gordon	Durban	19-Jun-05	02-Feb-14	
M50	Decathlon		5741	Peter Murray	Canberra	02-Feb-14	02-Feb-19	
<i>M50</i>	<i>Discus</i>		<i>49.45m</i>	<i>Stuart Gyngell</i>	<i>Wollongong</i>	<i>30-Nov-13</i>	<i>10-Jan-14</i>	
<i>M50</i>	<i>Discus</i>		<i>49.65m</i>	<i>Stuart Gyngell</i>	<i>Bendigo</i>	<i>10-Jan-14</i>	<i>15-Jan-14</i>	
<i>M50</i>	<i>Discus</i>		<i>50.65m</i>	<i>Stuart Gyngell</i>	<i>Wollongong</i>	<i>15-Jan-14</i>	<i>09-Mar-14</i>	
<i>M50</i>	<i>Discus</i>		<i>50.78m</i>	<i>Stuart Gyngell</i>	<i>Hobart</i>	<i>09-Mar-14</i>	<i>01-Nov-14</i>	
M50	Discus		51.08m	Stuart Gyngell	Gold Coast	01-Nov-14	29-Oct-16	
M50	Javelin		47.73m	Andrew Atkinson-Howatt	Hobart	07-Apr-07	02-Nov-16	
M50	Javelin		49.2	Stephen Liggins	Perth	02-Nov-16	29-Feb-20	
M50	Javelin		52.45	Nick Batty	SOPAC	29-Feb-20	08-Mar-20	
M50	Long Jump		5.69	Graeme Mell	SOPAC	12-Oct-09	03-Mar-18	
M50	Long Jump		5.77	Edward Van Der Jagt	Blacktown	03-Mar-18	24-Mar-18	
M50	Long Jump		5.82	Edward Van Der Jagt	Bass Hill	24-Mar-18	25-Jan-19	
M50	Pentathlon	Throws	4049 points	Stuart Gyngell	Bendigo	08-Jan-14	05-Apr-15	
M50	Pentathlon	Throws	4072 points	Stuart Gyngell	Bankstown	05-Apr-15	05-Oct-15	
M50	Pentathlon	Throws	3189 points	Voitek Klimiuk	Gold Coast	07-Nov-10	08-Jan-14	
M50	Relay	4 x 100m	48.8	Darren Hughes, Alan Provenzano, Mick Daly, Brett Reid	Hobart	09-Mar-14	29-Apr-18	
<i>M50</i>	<i>Shot Put</i>		<i>17.52m</i>	<i>Stuart Gyngell</i>	<i>Wollongong</i>	<i>30-Nov-13</i>	<i>10-Jan-14</i>	
<i>M50</i>	<i>Shot Put</i>		<i>17.57m</i>	<i>Stuart Gyngell</i>	<i>Bendigo</i>	<i>10-Jan-14</i>	<i>15-Jan-14</i>	
<i>M50</i>	<i>Shot Put</i>		<i>18.40m</i>	<i>Stuart Gyngell</i>	<i>Wollongong</i>	<i>15-Jan-14</i>	<i>25-Jan-14</i>	
M50	Weight	56lb	7.72m	Terry Gibbs	ACT	18-Aug-07	07-Jun-14	
M55	100m	Hurdles	16.14	Clay Tompkins	Townsville	02-Aug-08	15-Nov-20	
M55	10km	cross country	36:37	George McGrath	Melbourne	25-Mar-78	18-Jul-91	
M55	1500m	Walk	8:30.20	Graham Allomes	Sydney	22-Jun-05	03-Apr-15	
<i>M55</i>	<i>3000m</i>	<i>Walk</i>	<i>19:40.72</i>	<i>Anthony McDonald (better found earlier)</i>	<i>Homebush</i>	<i>18-Dec-16</i>		
M55	4 x 800m	Relay	10:42.42	Noel Wright, Dennis Williams, Geoff Francis, Dennis Wylie	Illawong	05-Feb-10	19-Mar-15	
M55	400m		55.11	Stuart Hayward	Brisbane	28-Mar-05	09-Jan-16	
M55	400m	Hurdles	1:05.79	Neil Fowler	SOPAC	09-Mar-08	17-Oct-15	
M55	400m	Hurdles	1:05.48	Todd Devery	SOPAC	17-Oct-15	19-Apr-16	
M55	400m	Hurdles	1:04.62	Todd Devery	Adelaide	19-Apr-16	25-Sep-16	
M55	400m		55.06	Trevor Young	Bankstown	09-Jan-16	18-Apr-16	
M55	4x400m	Relay	4:10.10	John Van Stappen, Tony Ireland, Alan Carey, Neville McIntyre	Hobart	09-Apr-07	18-Apr-16	
<i>M55</i>	<i>60m</i>		<i>7.89</i>	<i>John Van Stappen</i>	<i>Adelaide</i>	<i>10-Apr-09</i>	<i>26-Apr-18</i>	
M55	Decathlon		5334 points	Kerry Thew	Turku, Finland	18-Jul-91	10-Jan-16	

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Age Group	Event		Record	Holder	Venue	Record Date	Date Beaten	
M55	Decathlon		5640 points	Peter Murray	Bendigo	10-Jan-16	27-Oct-16	
M55	Hammer		46.37	Lajos Joni	Greystanes	19-Feb-12	20-May-17	
M55	High Jump		1.68m	Clay Tompkins	Blacktown	22-Mar-08	29-Oct-16	
M55	Marathon		2:43:07	Keith Bateman (better found earlier)	Sacramento, US	17-Jul-11		
M55	Pentathlon	HW	3517	Gavin Murray (previously 3743 points)	Wollongong	26-Oct-13	09-Apr-17	
M55	Pentathlon	HW	3778	Robert Clark	Campbelltown	09-Apr-17	09-Sep-17	
M55	Shot Put		13	Jim Peridis - 12lb Shot - under 6kg weight	Brisbane	Apr-81	22-Sep-13	
M55	Weight	100lb	2.84	Gavin Murray	Canberra	03-Oct-11	02-Oct-17	
M55	Weight	100lb	2.94	Robert Clark	Wollongong	02-Oct-17	18-Mar-18	
M55	Weight	100lb	3.03	Robert Clark	Wollongong	18-Mar-18	16-Mar-19	
M55	Weight Throw		15.65	Lajos Joni	Canberra	29-Sep-12	30-Mar-19	
M60	1 mile		5:17.43	Dennis Wylie	Wollongong	15-Dec-13	23-Dec-17	
M60	10,000m		36:22.77	Adolf Blonner		1995	09-Jun-17	
M60	10,000m		35:41.52	David Riches	Darwin	09-Jun-17	06-Oct-18	
M60	100m		12.38	Peter Crombie	San Sebastian	27-Jun-05	07-Oct-05	
M60	10km	Road	37.23	Dennis Wylie	Sydney	04-May-13	06-May-17	
M60	10km	Road	36:41	Keith Bateman	Sydney	06-May-17	29-Jul-17	
M60	10km	Road	36:13	David Riches	Blacktown	29-Jul-17	29-Jul-18	
M60	2000m	Steeplechase	7:29.22	Dennis Wylie	Hobart	09-Mar-14	17-Apr-16	
M60	20km	Walk Road	1:52.42	Theo Orr (VMA athlete - replace with best NSMWA athlete)	Melbourne	29-Nov-87		
M60	3000m		10:26.50	Dennis Wylie	SOPAC	09-Nov-13	05-Oct-17	
M60	4 x 400m	Relay	4:23.66	Geoff Francis, Noel Wright, Don Mathewson, Les Gillies	Bankstown	27-Feb-12	06-Apr-15	
M60	400m		56.85	Peter Crombie	Brisbane	28-Mar-05	29-Apr-18	AR
M60	5000m	Walk	25:55.90	Theo Orr (VMA athlete - replace with best NSMWA athlete)	Melbourne	29-Nov-87		
M60	5000m		17:31.35	Adolf Blonner	Buffalo, US	1995	11-Jun-17	
M60	5000m		17:27.59	David Riches	Darwin	11-Jun-17	26-Oct-17	
M60	8km	Cross Country	30:48	Ron Schwebel	AIS, ACT	01-Apr-13	12-Jun-17	
M60	Half Marathon		1:23.49	Dennis Wylie	Sydney	19-May-13	03-Sep-17	
M60	Hammer		43.44m	Keith James	Homebush	18-Apr-02	05-Apr-15	
M60	Hammer		43.87m	Gavin Murray	Bankstown	05-Apr-15	22-Aug-15	
M60	High Jump		1.60m	Clayton Tomkins	SOPAC	23-Feb-13	30-Mar-13	
M60	Marathon		3:01.45	Richard Magee	Sydney	09-Apr-06	01-Jul-18	
M60	Marathon		2:54:19	David Riches (better found earlier)	Gold Coast	01-Jul-18		
M60	Pentathlon	HW	2885 points	Dave Ross	Wollongong	07-Jun-14	07-Feb-15	
M60	Weight	100lb	2.47m	Noel Donohoe	ACT	28-Sep-02	10-May-14	
M60	Weight	100lb	2.56	Gavin Murray	Wollongong	10-May-14	09-Apr-17	
M60	Weight	100lb	2.68	Gavin Murray	Campbelltown	09-Apr-17	13-Aug-17	
M60	Weight	56lb	4.86m	Noel Donohoe	ACT	28-Sep-02	03-Aug-14	
M60	Weight	56lb	6.05m	Gavin Murray	Wollongong	10-May-14	03-Aug-14	
M60	Weight	56lb	6.32	Gavin Murray	USA	03-Aug-14	13-Aug-17	
M60	Weight Throw		16.44m	Keith James	Campbelltown	01-Mar-02	21-Feb-15	
M60	Weight Throw		16.64m	Gavin Murray	SOPAC	21-Feb-15	13-Sep-15	
M65	10,000m		38:52.35	Adolf Blonner	Brisbane	10-Jul-01	26-Mar-11	
M65	10,000m		38:59	Don Mathewson (better found earlier)	Homebush			
M65	100m	Hurdles	19.01	John Sturzaker	SOPAC	27-Mar-98	01-Nov-14	
M65	10km	cross country	45:25	Bill Pease	Brisbane	31-Mar-81	22-Jun-85	
M65	1500m	Walk	11:19.20	Roy Bennett	Sydney	15-Apr-07	03-Apr-15	

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M65	1500m	Walk	10:49.56	Robert Connors	Bankstown	03-Apr-15	16-Apr-16	
M65	1500m		6:24.63	Lloyd Laing	Hobart	21-Apr-00	09-Apr-11	
M65	15km	Walk Road	1:47:21	John West	Chipping Norton	27-Jul-16	10-Jun-18	
M65	3000m		10:41.81	Don Mathewson	SOPAC	13-Nov-10	21-Nov-20	
M65	300m	Hurdles	50.29	Fred O'Connor	Turku	18-Jul-91	13-Nov-14	
M65	300m	Hurdles	48.8	John Lamb	Canberra	13-Nov-14	21-Feb-15	
M65	8km	Cross Country	32:32	Don Mathewson	Canberra	02-Apr-13	10-Oct-20	
M65	Half Marathon		1:30.56	Richard Magee	Sydney	15-May-11	23-Aug-15	
M65	Half Marathon		1:30:28	Frank Scorzelli	Homebush	23-Aug-15	28-Aug-16	
M65	Hammer		39.3	Keith James	ACT	03-Oct-09	06-Apr-19	
M65	Hammer		39.59	Gavin Murray	Lane Cove	06-Apr-19	13-Jul-19	
M65	Hammer		39.87	Gavin Murray	Lane Cove	13-Jul-19	10-Aug-19	
M65	Hammer		40.84	Gavin Murray	Lane Cove	10-Aug-19	09-Nov-19	
M65	Marathon		3:09.25	Richard Magee (better found earlier)	Canberra	10-Apr-11		
M65	Pentathlon	Field	3526	Fred O'Connor (not rescored) bettered by 3951	Sydney	12-Jun-05		
M65	Pentathlon	HW	2478 points	Brett Sowerby (previously 2820 points)	Canberra	08-Oct-07	21-Nov-15	
M65	Pentathlon	HW	3027	Dave Ross (original 3435 points)	Wollongong	21-Nov-15	07-Oct-19	
M65	Pentathlon	Throws	3827	Keith James	SOPAC	17-Oct-09	13-Jul-19	
M65	Weight	100lb	2.55m	Noel Donohoe	ACT	03-Oct-05	03-Oct-16	
M65	Weight	100lb	2.56	Dave Ross	Wollongong	03-Oct-16	02-Oct-17	
M65	Weight	56lb	4.57	Noel Donohoe	ACT	03-Oct-05	05-Oct-19	
M65	Weight Throw		14.62m	Keith James	Hobart	09-Apr-07	13-Apr-19	
M70	100m		13.35	Peter Crombie	SOPAC	10-Jan-15	07-Aug-15	
M70	100m		13.34	Peter Crombie	Lyon, France	07-Aug-15	12-Dec-15	
M70	100m		14	Fred O'Connor	Perth	06-Apr-96	10-Jan-15	
M70	10km	Road	43:07	John Warren	Homebush	02-Oct-10	02-May-15	
M70	10km	Road	40:37.60	Donald Mathewson	Homebush	02-May-15	06-May-18	
M70	1500m		5:18.17	John Warren	Illawong	22-Aug-09	16-Dec-14	
M70	1500m		5:07.02	Donald Mathewson	SOPAC	16-Dec-14	10-Jan-15	
M70	1500m		5:05.62	Donald Mathewson	SOPAC	10-Jan-15	06-Jun-15	
M70	200m		28.44	Norm Windred	Brisbane	12-Apr-98	10-Aug-15	
M70	200m		27.24	Peter Crombie	Lyon, France	10-Aug-15	12-Dec-15	
M70	3000m		12:04.78	John Warren	Illawong	17-Jul-10	08-Nov-14	
M70	3000m		11:28.12	Donald Mathewson	SOPAC	08-Nov-14	06-Jun-15	
M70	3000m	Walk	22:48.99	Brendan Hyde (better found earlier)	SOPAC	01-Dec-18		
M70	300m	Hurdles	55.86	Albert Gay (better found earlier)	Tauranga, NZ	11-Feb-12		
M70	400m		1:05.74	Norm Windred	Brisbane	12-Apr-98	15-Aug-15	
M70	400m		1:03.56	Peter Crombie	Lyon, France	15-Aug-15	05-Nov-16	
M70	5000m		20:17.71	John Warren	Illawong	07-Aug-10	11-Jan-15	
M70	5000m		19:20.19	Donald Mathewson	SOPAC	11-Jan-15	21-Feb-15	
M70	6km	cross country	27:23	Donald Mathewson	Malaga, Spain	05-Sep-18	26-Apr-19	
M70	6km	cross country	26:58	Donald Mathewson	Melbourne	26-Apr-19	03-Sep-19	
M70	800m		2:33.23	John Warren	Campbelltown	07-Mar-10	21-Feb-15	
M70	8km	Cross Country	37:43	John Spinney	Parramatta	13-Oct-09	06-Apr-15	
M70	8km	Cross Country	34:16	Donald Mathewson	Bankstown	06-Apr-15	04-Aug-15	
M70	Half Marathon		1:38.17	Lloyd Laing	Melbourne	14-Oct-95	17-May-15	
M70	High Jump		1.35	Greg Mamalis	Pan Pacs	05-Nov-12	09-Nov-18	

Historical beaten records

(blue italic entries are non-members)

Age Group	Event		Record	Holder	Venue	Record Date	Date Beaten	
M70	High Jump		1.35	John Gordon	Darwin	10-Jun-17	09-Nov-18	
M70	Long Jump		4.55m	Fred O'Connor	Homebush	01-Apr-94	05-Aug-15	
M70	Pole Vault		2.90m	Albert Gay	AIS, ACT	01-Apr-13	05-Apr-15	
M70	Weight	Throw	15.63	Dave Bugden	Blacktown	28-Mar-08	10-Apr-09	
M75	10,000m		46:05.00	Lloyd Laing (better found earlier)	Sydney	14-Mar-00		
M75	100m		14.78	Richard Hughes	Illawong	07-Aug-10	23-Feb-14	
M75	100m		14.6	David Chantrill	Glendale	23-Feb-14	26-Jan-18	
M75	10km	Road	53:13	Abdon Ulloa	Homebush	03-May-14	02-May-15	
M75	10km	Road	49:46.41	John Spinney	Homebush	02-May-15	07-May-16	
M75	10km	Road	49:12	Heiko Schaefer	Homebush	07-May-16	28-Jul-19	
M75	10km	Walk Road	1:08.50	Dick Keatinge	Eugene, US	30-Jul-89	06-Apr-15	
M75	10km	Walk Road	1:06.57	Jim Seymon	Bankstown	06-Apr-15	19-Apr-16	
M75	1500m	Walk	9:15.62	Jim Seymon	Bankstown	03-Apr-15	16-Apr-16	
M75	1500m	Walk	9:14.19	Jim Seymon (better found earlier)	Adelaide	16-Apr-16		
M75	1500m		6:13.98	John Warren	SOPAC	22-Feb-15	30-Nov-19	
M75	200m		30.76	Norm Windred	Homebush	13-Mar-04	11-Jan-14	
M75	3000m		15:40.40	Eddie McLean	Wollongong	01-Jul-04	08-Nov-14	
M75	3000m		14:06.94	John Spinney	SOPAC	08-Nov-14	12-Oct-19	
M75	3000m		12:24.78	Don Mathewson	Homebush	12-Oct-19	20-Dec-19	AR
M75	300m	Hurdles	1:02.53	Fred O'Connor (better found earlier)	Bankstown	13-Apr-01	AR	
M75	5000m		22:47.90	Lloyd Laing	Bankstown	14-Apr-01	30-Nov-19	
M75	5000m	Walk	31:42.00	Vic Townsend		17-Jun-05	13-Mar-14	
M75	60m		9.39	Richard Hughes	Illawong	14-Aug-10	23-Feb-14	
M75	800m		2:56.40	Norm Windred	Canberra	11-Feb-03	12-Oct-19	
M75	800m		2:50.23	Don Mathewson	Homebush	12-Oct-19	14-Dec-19	
M75	8km	Cross Country	49:39	Ronald Stuart	Blacktown	2008	06-Apr-15	
M75	8km	Cross Country	42:30	John Spinney	Bankstown	06-Apr-15	26-Oct-16	
M75	Marathon		5:20.43	Frank Dearn	Sydney	19-Sep-10	06-Nov-16	
M75	Pole Vault		2.1	Fred O'Connor		01-Jan-00	28-Apr-18	
M75	Weight	100lb	1.80m	Norm Windred	ACT	01-Oct-07	07-Feb-16	
M75	Weight	56lb	3.87m	Ron Simcock	ACT	04-Oct-10	07-Feb-16	
M80	10,000m	Walk	1:15.40	Don Whyte	Adelaide	12-Oct-05	29-Apr-18	
M80	100m		15.41	Richard Hughes	Glendale	08-Jul-12	26-Apr-19	
M80	1500m	Walk	9:54.62	Osmo Millridge	Melbourne	06-Apr-12	28-Apr-18	AR
M80	5000m	Walk	34:25.69	Don Whyte	San Sebastian	26-Aug-05	27-Apr-18	
M80	Discus		25.52m	Fred O'Connor	Brisbane	26-Mar-05	01-Oct-16	
M80	Hammer		30.01m	Norm Windred	Canberra	06-Oct-08	13-Jun-15	
M80	High Jump		1.10m	Fred O'Connor	Homebush	13-Mar-04	23-Jan-16	
M80	Javelin		28.72m	Fred O'Connor	Brisbane	25-Mar-05	13-Jun-15	
M80	Long Jump		3.6	Fred O'Connor	Melbourne	09-Apr-04	09-Feb-19	
M80	Long Jump		3.6	Fred O'Connor	Melbourne	09-Apr-04	09-Feb-19	
M80	Pentathlon	HW	3770 points	Norm Windred (previously 4721 points)	Canberra	06-Oct-08	05-Oct-15	
M80	Pentathlon	Throws	3259 points	Norm Windred	Campbelltown	07-Mar-09	13-Jun-15	
M80	Shot Put		9.65m	Norm Windred	Townsville	31-Jul-08	13-Jun-15	
M80	Shot Put		11.08m	Ron Simcock	Wollongong	13-Jun-15	04-Oct-15	
M80	Triple Jump		8.23	Fred O'Connor	Melbourne	11-Apr-04	09-Nov-18	

Age Group	Event		Record	Holder	Venue	Record Date	Date Beaten	
M80	Weight	56lb	3.12m	Norm Windred	Canberra	06-Oct-08	03-Oct-16	
M80	Weight	56lb	3.36	Ron Simcock	Wollongong	03-Oct-16	16-Mar-19	
M80	Weight Throw		16.31m	Ron Simcock	Wollongong	13-Jun-15	01-Oct-16	
M80	Weight Throw		13.16m	Norm Windred	Canberra		13-Jun-15	
M85	100m		21.9	Ray Frith	Canberra	31-Mar-91	28-Nov-15	
M85	100m		20.49	Brian Sharpe	Blacktown	28-Nov-15	11-Mar-17	
M85	100m		17.42	Richard Hughes	SOPAC	11-Mar-17	23-Jul-17	AR
M85	1500m	Walk	11:33.20	Osmo Millridge	Darwin	12-Jun-17	28-Apr-18	
M85	1500m		9:53.93	Len Foulser		2000	30-Sep-17	
M85	200m		46.4	William Empey		1984	28-Nov-15	
M85	200m		44.29	Brian Sharpe	Blacktown	28-Nov-15	20-Feb-16	
M85	200m		43.33	Brian Sharpe	SOPAC	20-Feb-16	11-Mar-17	
M85	200m		36.93	Richard Hughes	SOPAC	11-Mar-17	10-Jun-17	
M85	200m		35.13	Richard Hughes	Darwin	10-Jun-17	21-Oct-17	AR
M85	400m		1:52.00	William Empey	Puerto Rico	1990	28-Nov-15	
M85	400m		1:45.99	Brian Sharpe	Blacktown	28-Nov-15	21-Feb-16	
M85	400m		1:43.17	Brian Sharpe	SOPAC	21-Feb-16	11-Jun-17	
<i>M85</i>	<i>5000m</i>	<i>Walk</i>	<i>41:55.95</i>	<i>Bert Janes (better found earlier)</i>	<i>Adelaide</i>	<i>05-Oct-19</i>		
M85	60m		13.4	Fred O'Connor	Melbourne	06-Apr-12	20-Feb-16	
M85	60m		12.69	Brian Sharpe	SOPAC	21-Feb-16	09-Jun-17	
<i>M85</i>	<i>60m</i>		<i>10.71</i>	<i>Richard Hughes</i>	<i>Darwin</i>	<i>09-Jun-17</i>	21-Oct-17	
M85	800m		5:04.83	William Empey		Dec-87	11-Mar-17	
M85	800m		3:46.48	Richard Hughes	SOPAC	11-Mar-17	21-Apr-17	
<i>W30</i>	<i>1 mile</i>		<i>4:46.04</i>	<i>Victoria Mitchell</i>	<i>Homebush</i>	<i>04-Mar-17</i>	13-Jan-18	
<i>W30</i>	<i>1 mile</i>		<i>4:45.92</i>	<i>Melinda Witchard</i>	<i>Wollongong</i>	<i>13-Jan-18</i>	20-Dec-19	
<i>W30</i>	<i>1 mile</i>		<i>4:43.01</i>	<i>Lauren Reid</i>	<i>Bankstown</i>	<i>20-Dec-19</i>	<i>11-Jan-20</i>	
W30	10km	Road	37:42	Marina Dulhunty	ACT	01-Apr-93	06-May-17	
W30	10km	Road	43:16	Desie Joannides	ACT	01-Apr-93	01-Apr-93	
W30	1500m	Walk	11:12.86	Belinda Westcott	Bankstown	03-Apr-15	09-Jun-17	
W30	1500m	Walk	10:59.20	Sharyn Dickson (better found earlier)	Darwin	09-Jun-17		
W30	1500m		4:42.70	Karen Blay	Sydney	25-Mar-95	21-Jan-17	
<i>W30</i>	<i>1500m</i>		<i>4:25.12</i>	<i>Eloise Wellings</i>	<i>Bass Hill</i>	<i>23-Dec-17</i>	20-Jan-18	
W30	3000m		10:42.26	Alison Rothwell	Campbelltown	25-Mar-06	11-Nov-17	
<i>W30</i>	<i>5000m</i>		<i>15:41.76</i>	<i>Kerryn McCann</i>	<i>Melbourne</i>	<i>17-Feb-05</i>	02-Feb-18	
W30	8km	Cross Country	35:04.80	Cristine Suffolk	Perth	21-Apr-03	01-Mar-08	
W30	8km	Cross Country	33:42	Greta Truscott	Bankstown	01-Mar-08	06-Apr-15	
W30	Discus		38.99	Lynette Smith	Brisbane	17-Apr-05	27-Apr-18	
W30	Discus		39.44	Sharyn Dickson	Perth	27-Apr-18	28-Apr-18	
W30	Half Marathon		1:28.49	Alison Rothwell	Sydney	21-May-06	26-Jul-92	
W30	Heptathlon		3886 points	Lynette Smith	Canberra	16-Jan-05	01-Apr-16	
W30	Long Jump		5.65m	Rosemary Clarke	Brisbane	01-Oct-94	16-Apr-16	
W30	Pentathlon	Field	1817 points	Tracey Grozdanis	Melbourne	01-Jan-13	01-Apr-14	
W30	Pentathlon	Field	1837 points	Belinda Westcott	Canberra	01-Apr-14	19-Apr-16	
W30	Weight	56lb	4.07m	Karyne Di Marco	Canberra	01-Oct-08	06-Oct-14	
W30	Weight	56lb	4.45m	Melissa Holahan	Canberra	06-Oct-14	05-Oct-15	
W30	Weight	56lb	5.87m	Melissa Holahan	Turner	05-Oct-15	07-Feb-16	

Historical beaten records

(blue italic entries are non-members)

Age Group	Event		Record	Holder	Venue	Record Date	Date Beaten	
W35	100m	Hurdles	15.2	Marie Kay	Sydney	1995	28-Jan-17	
W35	10km	Road	35:01	Belinda Martin	Homebush	04-Jun-11	04-Jun-11	
<i>W35</i>	<i>3000m</i>	<i>Steeplechase</i>	<i>9:53.92</i>	<i>Victoria Mitchell</i>	<i>Bankstown</i>	<i>28-Oct-17</i>	<i>20-Jan-18</i>	
<i>W35</i>	<i>3000m</i>	<i>Steeplechase</i>	<i>9:53.28</i>	<i>Victoria Mitchell</i>	<i>Newcastle</i>	<i>20-Jan-18</i>	<i>16-Feb-18</i>	
<i>W35</i>	<i>3000m</i>		<i>9:12.45</i>	<i>Kerryn McCann</i>	<i>Canberra</i>	<i>05-Feb-05</i>	<i>21-Nov-20</i>	
W35	Discus		37.13m	Heike Forth	Homebush	27-Mar-98	07-Mar-15	
W35	Discus		37.14m	Kelly Hunter	Campbelltown	07-Mar-15	23-Jan-16	
W35	Discus		39.70m	Kelly Hunter	Campbelltown	23-Jan-16	20-Feb-16	
W35	Discus		41.25m	Kelly Hunter	SOPAC	20-Feb-16	17-Apr-16	
W35	Discus		41.34m	Kelly Hunter	Adelaide	17-Apr-16	01-Oct-16	
W35	Hammer		35.96	Melissa Bonser	Blacktown	28-Mar-08	03-Mar-18	
W35	Hammer		44.6	Melissa Holahan	Blacktown	03-Mar-18	07-Mar-18	
W35	Hammer		46.08	Melissa Holahan	Blacktown	07-Apr-18	03-Oct-20	
W35	Pentathlon	HW	3005 points	Lynette Smith	Canberra	05-Oct-09	06-Oct-14	
W35	Pentathlon	HW	3077 points	Audrey Thomson	Canberra	06-Oct-14	07-Feb-15	
W35	Pentathlon	HW	2642 points	Audrey Muscat (previously 3197 points)	Wollongong	07-Feb-15	03-Oct-16	
W35	Pentathlon	HW	2782	Audrey Muscat	Wollongong	03-Oct-16	18-Mar-18	
W35	Pentathlon	Throws	2993	Lynette Smith (originall 3120 points)	SOPAC	18-Oct-09	07-Apr-18	
W35	Pentathlon	Throws	3093	Melissa Holahan	Illawong	07-Apr-18	03-Oct-20	
W35	Pole Vault		3.00m	Montserrat Ros	SOPAC	01-Feb-14	26-Oct-16	
W35	Shot Put		11.18m	Caroline Layt	Brisbane	25-Mar-05	18-Dec-16	
W35	Super Weight	35lb	7.02	Audrey Muscat	Wollongong	03-Oct-16	03-Oct-20	
W35	Weight	100lb	2.22m	Tatiana Sudarikova	Canberra	03-Oct-11	05-Oct-15	
W35	Weight	100lb	2.27m	Audrey Muscat	Turner	05-Oct-15	03-Oct-16	
W35	Weight	56lb	4.36m	Tatiana Sudarikova	Canberra	30-Sep-12	05-Oct-15	
W35	Weight	56lb	4.48	Audrey Muscat	Canberra	05-Oct-15	18-Mar-18	
W35	Weight Throw		12.72m	Gabriele Watts	Melbourne	12-Apr-04	07-Feb-16	
W35	Weight Throw		12.89	Audrey Muscat	Wollongong	07-Feb-16	03-Mar-18	
W35	Weight Throw		14.53	Melissa Holahan	Blacktown	03-Mar-18	17-Mar-18	
W40	1 mile		5:22.23	Lisa Harrison	Illawong	31-Jul-10	22-Dec-18	
W40	10,000m		38:51	Maria Guano	SOPAC	09-Mar-96	05-Apr-15	
W40	10,000m		36:11.21	Belinda Martin	Bankstown	05-Apr-15	06-Oct-18	
W40	10km	Road	36:16	Joanne Cowan	ACT	13-Apr-96	03-May-14	
<i>W40</i>	<i>10km</i>	<i>Road</i>	<i>34:35.66</i>	<i>Belinda Martin</i>	<i>Homebush</i>	<i>06-May-18</i>	<i>06-Jul-18</i>	
W40	1500m		4:42.01	Anne Forbes	Brisbane	09-Apr-98	05-Nov-16	
W40	1500m		4:35.10	Belinda Martin	Perth	05-Nov-16	10-Dec-16	
W40	1500m		4:30.56	Belinda Martin	Bankstown	10-Dec-16	25-Jan-19	
W40	1500m	Walk	8:00.40	Lynette Smith	Blacktown	05-Jan-11	09-Jun-17	
<i>W40</i>	<i>2000m</i>	<i>Steeplechase</i>	<i>8:42.16</i>	<i>Kim Dobson</i>	<i>Homebush</i>	<i>17-Dec-16</i>	<i>04-Mar-17</i>	
W40	3000m		10:26.75	Lisa Harrison	SOPAC	14-Nov-09	08-Nov-14	
W40	3000m		9:36.67	Belinda Martin	SOPAC	08-Nov-14	10-Nov-18	
W40	3000m	Walk	16:23.32	Kylie Brown	SOPAC	23-Feb-13	21-Jan-17	
W40	5000m		17:00.65	Joanne Cowan	Homebush	1998	03-Nov-18	
W40	5000m		16:48.97	Belinda Martin	Homebush	03-Nov-18	01-Dec-18	
W40	5000m	Walk	26:18.00	Marlene Robb		1991	27-Oct-16	
W40	5000m	Walk	25:57.40	Cheryl Webb	Perth	27-Oct-16	18-Dec-16	
W40	5000m	Walk	25:52.84	Cheryl Webb	Homebush	18-Dec-16	10-Jun-17	

Historical beaten records

(blue italic entries are non-members)

Age Group	Event		Record	Holder	Venue	Record Date	Date Beaten	
W40	8km	Cross Country	33:52	Cristine Suffolk	Canberra	2013	06-Apr-15	
W40	8km	Cross Country	29:56	Belinda Martin	Bankstown	06-Apr-15	26-Oct-16	
W40	Discus		37.46	Lynette Smith	Blacktown	26-Feb-11	09-Jun-17	
W40	Half Marathon		1:22.40	Rachel Glasson	The Entrance, NSW	24-Nov-13	18-May-14	
W40	Pentathlon	Field	3091 points	Lynette Smith	Blacktown	08-Jan-12	06-Apr-15	
W40	Pentathlon	HW	3481 points	Samantha Latanis	Wollongong	07-Jun-14	07-Feb-15	
W40	Pentathlon	HW	2943 points	Samantha Latanis (previously 3520 points)	Wollongong	07-Feb-15	05-Oct-15	
W40	Pole Vault		2.01	Selina Ellis	Cairns	11-Aug-13	09-Nov-18	
W40	Pole Vault		2.9	Montserrat Ros	Gold Coast	09-Nov-18	08-Mar-20	
W40	Shot Put		11.85	Helen Searle	Brisbane	1981	13-Jan-18	
W40	Weight	100lb	2.11m	Lisa Mumberson	ACT	03-Oct-11	10-May-14	
W40	Weight	56lb	3.77m	Samantha Latanis	Campbelltown	02-Feb-14	10-May-14	
W45	1 mile		5:23.62	Nancy Newsome	Bankstown	10-Dec-11	19-Feb-19	
W45	1 mile		4:57.20	Belinda Martin	Melbourne	19-Feb-19	11-Jan-20	AR
W45	10,000m		38:11.24	Nancy Newsome	SOPAC	25-Mar-11	30-Sep-19	
W45	10km	Road	37:39	Nancy Newsome	Homebush	04-Jun-11	07-Jul-19	
W45	1500m		4:52.81	Judy Bandiera	Miyazaki	07-Oct-93	09-Mar-19	
W45	1500m		4:29.08	Belinda Martin	SOPAC	09-Mar-19	04-Apr-19	AR
W45	200m		26.01	Gianna Mogentale	SOPAC	27-Mar-11	10-Aug-15	
W45	3000m		10:24.45	Nancy Newsome	SOPAC	12-Nov-11	16-Feb-19	
W45	3000m		9:37.57	Belinda Martin	Illawong	16-Feb-19	09-Nov-19	AR
W45	400m		59.18	Marie Kay Marge Allison	Sydney	16-Jun-05	05-Apr-15	
W45	400m		57.93	Janelle Delaney	Bankstown	05-Apr-15	15-Aug-15	
W45	400m	Hurdles	1:04.35	Marge Allison	Brisbane	1991	12-Mar-16	
W45	400m	Hurdles	1:04.18	Lenore Lambert	Homebush	12-Mar-16	31-Mar-17	
W45	400m	Hurdles	1:03.85	Lenore Lambert	Homebush	31-Mar-17	12-Jun-17	AR
W45	5000m		18:16.57	Joanne Cowan	Bankstown	15-Apr-01	02-Feb-19	
W45	5000m		16:28.66	Belinda Martin	Bankstown	02-Feb-19	30-Nov-19	AR
W45	80m	Hurdles	12.46	Marie Kay	San Sebastian	23-Aug-05	02-Nov-19	
W45	8km	Cross Country	35:19	Linda Gard	Brisbane	2011	06-Apr-15	
W45	8km	Cross Country	34:33	Cristine Suffolk	Bankstown	06-Apr-15	04-Aug-15	
W45	8km	Cross Country	33:13	Cristine Suffolk	Lyon, France	04-Aug-15	28-Apr-18	
W45	Half Marathon		1:22.46	Joanne Cowan	Sydney	27-May-01	06-Jul-19	
W45	Hammer		38.75m	Gabriele Watts	SOPAC	02-Mar-14	05-Apr-15	
W45	Hammer		39.29m	Gabriele Watts	Bankstown	05-Apr-15	07-Aug-15	
W45	Hammer		41.09	Gabriele Watts	Lyon, France	07-Aug-15	22-Feb-20	
W45	Hammer		41.91	Maria Cimino	Boden, ACT	20-Feb-20	26-Sep-20	
W45	Hammer		42.29	Maria Cimino	Lane Cove	26-Sep-20	27-Sep-20	
W45	High Jump		1.57	Marie Kay	San Sebastian	23-Aug-05	05-Sep-19	
W45	Marathon		3:45.40	Dorothy Siepmann	Eugene, US	05-Aug-89	21-Sep-14	
W45	Pentathlon	Field	2295 points	Sue Gore	Adelaide	13-Apr-09	11-Jan-15	
W45	Pentathlon	Field	3140	Lenore Lambert	Sydney	11-Jan-15	02-Feb-19	
W45	Pentathlon	HW	3189 points	Glenys Whitehead	Canberra	03-Oct-11	07-Feb-15	
W45	Pentathlon	HW	4031 points	Gabriele Watts (previously 4730 points)	Wollongong	07-Feb-15	06-Feb-16	
W45	Pentathlon	Throws	3556 points	Denise Palmer	Melbourne	27-Mar-97	05-Apr-15	
W45	Relay	4 x 400m	4:26.13	Sue Gore, Jane Boyd, Julie Forster, Cris Penn	Blacktown	21-Nov-09	10-Mar-14	
W45	Weight Throw		12.95m	Gabriele Watts	AIS, Canberra	01-Apr-13	05-Apr-15	

Historical beaten records

(blue italic entries are non-members)

Age Group	Event		Record	Holder	Venue	Record Date	Date Beaten	
W50	1 mile		5:27.83	Robyn Basman	Illawong	27-Aug-11	19-Dec-20	
W50	10,000m	Walk	1:09.25.31	Nancy Lloyd	Campbelltown	05-Jan-08	11-Feb-17	
W50	10000m		40:42.88	Robyn Basman	Brisbane	21-Apr-11	10-Aug-15	
W50	10km	Walk Road	63:16	Dawn Keys	Canberra	1988	06-Aug-16	
W50	10km	Walk Road	1:01.34	Anne Weekes	Chipping Norton	06-Aug-16	24-Mar-17	
W50	1500m	Walk	10:26.00	Judy Brown	Newcastle	07-Nov-01	11-Mar-17	
W50	1500m	Walk	8:35.59	Anne Weekes	Homebush	11-Mar-17	25-Apr-17	
W50	1500m		5:01.45	Robyn Basman	Campbelltown	22-Oct-11	12-Dec-20	
W50	200m		26.48	Gianna Mogentale	Wollongong	26-Jan-14	24-Mar-18	AR
W50	20km	Walk Road	2:26:14.00	Nancy Lloyd	Sydney	11-Nov-07	28-Aug-16	
W50	3000m	Walk	25:31.69	Liz de Vries	E.S.Marks	19-Nov-16	18-Dec-16	
W50	300m	Hurdles	57.55	Margaret Walker	Blacktown	10-Apr-11	05-Apr-15	
W50	300m	Hurdles	53.2	Sally Stagles	Bankstown	05-Apr-15	11-Aug-15	
W50	300m	Hurdles	51.81	Sally Stagles	Lyon, France	11-Aug-15	26-Apr-18	
W50	300m	Hurdles	50.34	Jacqueline Bezuidenhout	Perth	26-Apr-18	06-Sep-18	
W50	300m	Hurdles	49.92	Jacqueline Bezuidenhout	Malaga, Spain	06-Sep-18	21-Nov-20	
W50	4 x 100m	Relay	59.35	Annette Mead, Ellena Cubban, Christine Shaw, Robyn Suttor	Brisbane	23-Apr-11	05-Apr-15	
W50	4x400m	Relay	4:58.68	Julie Peksis, Julie Steele, Deborah Drennan, Robyn Suttor	Brisbane	24-Apr-11	18-Apr-16	
W50	5000m	Walk	29:12.30	Dawn Keys (better found earlier)	Melbourne	29-Nov-87		
W50	60m		8.49	Julie Forster	SOPAC	22-Dec-12	15-Dec-13	
W50	60m		8.45	Gianna Mogentale	Wollongong	15-Dec-13	15-Dec-13	
W50	60m		8.41	Gianna Mogentale	Wollongong	15-Dec-13	08-Jan-14	
W50	60m		8.4	Gianna Mogentale	Bendigo	08-Jan-14	10-Mar-14	
W50	8km	Cross Country	32:25	Robyn Basman	Canberra	2013	04-Aug-15	
W50	8km	Cross Country	32:35.0	Robyn Basman	Adelaide	12-Oct-11	30-Mar-13	
W50	Half Marathon		1:25.30	Robyn Basman	Georges Hall	04-Sep-11	10-Aug-15	
W50	High Jump		1.38	Thelma Wharton	Perth	24-Mar-89	21-Nov-20	
W50	High Jump		1.36	Sally Stagles Vicki Townsend (better found earlier)	Hobart Perth	10-Mar-14 2-Nov-16		
W50	Javelin		26.9	Kaye Smythe	Hobart	21-Apr-00		
W50	Long Jump		4.58	Gianna Mongentale	Bendigo	06-Jan-14	09-Jun-17	
W50	Pentathlon	HW	2621 points	Jill Taylor (previously 2867 points)	Canberra	05-Oct-09	03-Oct-16	
W50	Pentathlon	HW	4513	Gabriele Watts	Wollongong	03-Oct-16	01-Oct-18	AR
W50	Pentathlon	Throws	2810 points	Jill Taylor	Canberra	05-Oct-09	07-Mar-15	
W50	Pentathlon	Throws	3218 points	Glenys Whitehead	Campbelltown	07-Mar-15	05-Apr-15	
W50	Pentathlon	Throws	3433 points	Glenys Whitehead	Bankstown	05-Apr-15	05-Mar-16	
W50	Relay	4 x 100m	53.77	Julie Forster, Vicki Townsend, Lynda Douglass, Sally Stagles	Bankstown	05-Apr-15	11-Jun-17	
W50	Shot Put		12.86m	Mary Thomas	Homebush	28-Mar-98	05-Mar-16	
W50	Shot Put		12.88m	Gabriele Watts	Homebush	05-Mar-16	18-Apr-16	
W55	10000m	Walk	1:05:41.94	Anne Weekes	Homebush	20-Oct-18	01-Sep-19	
W55	100m		13.89	Noreen Parrish	Durban	Jul-97	09-Feb-19	
W55	100m		13.69	Gianna Mogentale	SOPAC	09-Feb-19	26-Apr-19	
W55	10km	Walk Road	1:04.42	Kerry Bray	Sydney	14-Mar-00	21-Jan-18	
W55	1500m	Walk	8:47.40	Kerry Bray	Sydney	14-Mar-99	26-Oct-17	
W55	2000m	Steeplechase	9:03.34	Marge Allison	Brisbane	14-Jul-01	04-Apr-15	
W55	200m		28.62	Noreen Parrish	Durban	Jul-97	17-Apr-16	
W55	3000m	Walk	17:17.18	Anne Weekes	E.S.Marks Sydney	07-Oct-17	26-Jan-18	

Age Group	Event		Record	Holder	Venue	Record Date	Date Beaten	
W55	3000m		10:59.74	Robyn Basman	SOPAC	08-Nov-14	20-Dec-19	
W55	3000m		10:59.34	Karen Blay	Bankstown	20-Dec-19	11-Jan-20	AR
W55	5000m	Walk	30:45.00	Kerry Bray	Canberra	03-Apr-99	24-Oct-17	
W55	5000m		19:16.88	Robyn Basman	Glendale	22-Feb-14	02-Jan-20	
W55	60m		9.37	June Lowe	Wollongong	15-Dec-13	22-Feb-15	
W55	60m		8.71	Julie Forster	Adelaide	16-Apr-16	12-Jan-19	
W55	60m		8.69	Gianna Mogentale	Wollongong	12-Jan-19	26-Apr-19	
W55	60m		9.04	Christine Shaw	SOPAC	22-Feb-15	16-Apr-16	
W55	800m		2:36.07	Marge Allison	Brisbane	12-Jul-01	29-Mar-14	
W55	80m	Hurdles	14.9	Rowena Maggs	Sydney	27-Mar-98	04-Apr-15	
W55	80m	Hurdles	14.87	Robyn Suttor	Bankstown	04-Apr-15	10-Aug-15	
W55	80m	Hurdles	14.73	Robyn Suttor	Lyon, France	10-Aug-15	17-Apr-16	
W55	80m	Hurdles	14.26	Robyn Suttor	Adelaide	17-Apr-16	04-Nov-16	
W55	80m	Hurdles	13.26	Sally Stagles	Perth	04-Nov-16	23-Dec-17	
W55	80m	Hurdles	13.12	Sally Stagles	Bass Hill	23-Dec-17	27-Apr-18	
W55	Half Marathon		1:31.51	Joanne Cowan	Sydney	15-May-11	27-Sep-14	
W55	Heptathlon		4015	Gloria Seymon	Miyazaki, Japan	07-Oct-93	02-Sep-19	
W55	High Jump		1.20m	Kerrie Macey	Campbelltown	06-Mar-10	21-Feb-15	
W55	Long Jump		3.98m	Kerrie Macey	SOPAC	16-Oct-09	22-Feb-15	
W55	Long Jump		4.22m	Christine Shaw	SOPAC	22-Feb-15	06-Apr-15	
W55	Long Jump		4.31m	Christine Shaw	Bankstown	06-Apr-15	05-Nov-16	
W55	Long Jump		4.32	Christine Shaw	Perth	05-Nov-16	26-Apr-19	
W55	Marathon		4:13.15	Linda Barwick	Sydney	19-Sep-10	05-Jul-15	
W55	Pentathlon	Field	2456 points	Ellena Cubban	Campbelltown	06-Jan-13	06-Apr-15	
W55	Pentathlon	Field	3567	Christine Shaw	Bankstown	06-Apr-15	29-Apr-19	
W55	Pole Vault		1.9	Robyn Suttor	Perth	28-Apr-18	22-Dec-18	
W55	Relay	4 x 100m	1:21.30	Jill Taylor, Kerrie Jones, Nancy Lloyd, Jill Senior	Chatswood	12-Feb-11	11-Jun-17	
W55	Relay	4 x 400m	5:30.2	R. Basman, Ellena Cubban, Karen Douglas, Deborah Drennan	Hobart	10-Mar-14	28-Apr-19	
W55	Triple Jump		9.46	Helen Searle (4.2 wind)	Buffalo, US	14-Jul-95	WINDY	
W55	Weight	100lb	1.62	Jill Taylor	ACT	03-Oct-11	20-Mar-20	
W55	Weight	100lb	1.81	Vicki Townsend	Wollongong	20-Mar-20	03-Oct-20	
W55	Weight	56lb	3.26	Jill Taylor	ACT	03-Oct-11	03-Oct-20	
W60	1 mile		8:28.48	Judy Tarleton	Illawong	31-Jul-10	16-Jan-16	
W60	10,000m		48:27.00	Norma Barwick	SOPAC	09-Mar-96	10-Aug-15	
W60	10,000m		44:21.07	Rosemary Roediger	Lyon, France	10-Aug-15	26-Apr-19	
W60	10km	Road	44.13	Mary Sheehan	Sydney	04-May-13	02-May-15	
W60	1500m	Walk	11:00.70	Judy Brown	Lake Macquarie	19-Mar-11	13-Mar-14	
W60	1500m		5:47.09	Mary Sheehan	SOPAC	11-Jan-14	22-Feb-15	
W60	2000m	Steeplechase	12:25.35	Trish Stallard	Perth	27-Apr-18	24-Jan-19	
W60	3000m		12:08.57	Mary Sheehan	Bankstown	17-Jan-13	07-Nov-15	
W60	3000m	Walk	21:25.80	Renate Hagens	Gold Coast	04-Nov-00	09-Nov-18	
W60	5000m		22:14.40	Norma Barwick			21-Feb-15	
W60	60m		9.81	Noreen Parish	Bankstown	26-Feb-12	03-Nov-14	
W60	800m		2:47.97	Mary Sheehan	Campbelltown	06-Jan-13	10-Sep-18	
W60	800m		2:47.71	Deborah Drennan	Malaga	10-Sep-18	11-Sep-18	
W60	80m	Hurdles	14.85	Marge Allison	Brisbane	25-Mar-05	26-Apr-19	
W60	80m	Hurdles	14.65	Robyn Suttor	Melbourne	26-Apr-19	02-Nov-19	

Historical beaten records

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Age Group	Event		Record	Holder	Venue	Record Date	Date Beaten	
W60	80m	Hurdles	14.21	Robyn Suttor	Blacktown	02-Nov-19	24-Jan-21	
W60	8km	Cross Country	41:42	Paula Moorhouse	Adelaide	2009	06-Apr-15	
W60	8km	Cross Country	35:54	Rosemary Roediger	Bankstown	06-Apr-15	04-Aug-15	
W60	High Jump		1.05m	Jill Senior	Bankstown	25-Feb-12	22-Feb-15	
W60	High Jump		1.13	June Lowe (also 02-Nov-16)	SOPAC	22-Feb-15	03-Mar-18	
W60	High Jump		1.15	June Lowe	Blacktown	03-Mar-18	08-Feb-20	
W60	Javelin	(500g)	25.2	June Lowe	Adelaide	17-Apr-16	06-Oct-19	AR
W60	Javelin		23.80m	June Lowe	Cairns	16-Aug-15	17-Apr-16	
W60	Javelin (500g)		22.82m	June Lowe	SOPAC	22-Feb-15	16-Aug-15	
W60	Long Jump		3.34m	Jill Senior	Canberra	01-Oct-05	02-Nov-14	
W60	Long Jump		3.55	June Lowe	Gold Coast	02-Nov-14	25-Jan-20	
W60	Long Jump		3.64	Christine Shaw	SOPAC	25-Jan-20	07-Mar-20	
W60	Long Jump		3.92	Christine Shaw	SOPAC	07-Mar-20	23-Jan-21	
W60	Pentathlon	Field	1792	Jillian Senior	AIS, ACT	01-Apr-13	29-Apr-19	
W60	Pentathlon	Field	2294	Margaret Thomas	Melbourne	29-Apr-19	25-Jan-20	
W60	Pentathlon	Field	3184	Christine Shaw	SOPAC	25-Jan-20	23-Jan-21	
W60	Pentathlon	HW	2493 points	Adriana van Bockel	Canberra	01-Oct-12	21-Nov-15	
W60	Pentathlon	HW	3824 points	Jill Taylor (previously 3818 points)	Wollongong	21-Nov-15	06-Feb-16	
W60	Pentathlon	HW	3998	Jill Taylor	Wollongong	06-Feb-16	17-Mar-18	
W60	Pentathlon	Throws	3570 points	June Lowe	Bankstown	05-Apr-15	07-Oct-15	
W60	Pentathlon	Throws	3644 points	Jill Taylor	Cook Islands	07-Oct-15	18-Apr-16	
W60	Pentathlon	Throws	3882 points	June Lowe	Adelaide	18-Apr-16	02-Oct-16	
W60	Pole Vault		1.4	Trish Stallard	Glendale	24-Jan-19	09-Feb-19	
W60	Triple Jump		6.99m	Josie Moar	Homebush	22-Mar-97	21-Feb-16	
W60	Triple Jump		7.20m	Jill Taylor	Homebush	21-Feb-16	18-Apr-16	
W60	Triple Jump		7.36	Jill Taylor	Adelaide	18-Apr-16	08-Feb-20	
W60	Weight	100lb	1.22m	Jillian Senior	Campbelltown	09-Feb-14	21-Nov-15	
W60	Weight	100lb	1.53m	Jill Taylor	Wollongong	21-Nov-15	07-Feb-16	
W60	Weight	100lb	1.59	Jill Taylor	Wollongong	07-Feb-16	18-Mar-18	
W60	Weight	100lb	1.65	Jill Taylor (and 05-Oct-19)	Wollongong	18-Mar-18	20-Mar-20	
W60	Weight	56lb	2.86	Jill Senior	Campbelltown	11-Mar-12	05-Oct-19	
W65	100m		17.5	Josie Moar	Brisbane	06-Jul-01	20-Feb-16	
W65	100m		17.17	Paula Moorhouse	SOPAC	20-Feb-16	03-Mar-18	
W65	10km	Road	48:30	Thelma Davies	Melbourne	01-Apr-90	07-Jul-19	
W65	10km	Road	47:48.46	Mary Sheehan	Homebush	06-May-18	07-Jul-19	
W65	1500m		6:31.03	Thelma Davies		12-Jun-05	22-Feb-15	
W65	1500m		6:18.66	Paula Moorhouse	SOPAC	22-Feb-15	14-Aug-15	
W65	1500m		6:15.79	Paula Moorhouse	Lyon, France	14-Aug-15	01-Feb-20	
W65	1500m		6:14.38	Rosemary Roediger	SOPAC	01-Feb-20	08-Feb-20	
W65	200m		34.87	Paula Moorhouse	Bendigo	11-Mar-14	21-Feb-15	
W65	200m		34.3	Paula Moorhouse	SOPAC	21-Feb-15	03-Mar-18	
W65	3000m		18:51.00	Antoinette Baron	Bankstown	20-Dec-19	17-Oct-20	
W65	400m		1:17.45	Paula Moorhouse	Glendale	23-Mar-14	22-Feb-15	
W65	400m		1:17.29	Paula Moorhouse	SOPAC	22-Feb-15	05-Apr-15	
W65	400m		1:16.31	Paula Moorhouse	Bankstown	05-Apr-15	15-Aug-15	
W65	400m		1:16.09	Paula Moorhouse	Lyon, France	15-Aug-15	04-Mar-18	
W65	5000m		23:36.99	Thelma Davies	Brisbane	13-Jun-05	07-Feb-20	

Historical beaten records

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Age Group	Event		Record	Holder	Venue	Record Date	Date Beaten	
W65	60m		11.59	Judith Rigg	SOPAC	22-Feb-15	03-Apr-15	
W65	60m		11.29	Judith Rigg	Bankstown	03-Apr-15	21-Feb-16	
W65	60m		10.44	Paula Moorhouse	SOPAC	21-Feb-16	04-Mar-18	
W65	800m		3:05.0	Paula Moorhouse	Glendale	23-Mar-14	21-Feb-15	
W65	800m		3:00.73	Paula Moorhouse	SOPAC	21-Feb-15	09-Aug-15	
W65	Hammer		32.22	Mary Thomas	SOPAC	15-Oct-09	01-Sep-19	
W65	Hammer		35.68	June Lowe	Mackay, QLD	01-Sep-19	05-Sep-19	
W65	Hammer		36.24	June Lowe	Mackay, QLD	05-Sep-19	17-Jan-20	
W65	Hammer		37.04	June Lowe	Dubbo	17-Jan-20	11-Oct-20	
W65	High Jump		1.06	S Harris	Sydney	11-Mar-89	05-Sep-19	
W65	Pentathlon	HW	3497	Mary Thomas (previously 3378 points)	Canberra	05-Oct-09	03-Oct-20	
W65	Pentathlon	Throws	3651	Mary Thomas	Bendigo	04-Jan-14	05-Sep-19	
W65	Shot Put		9.37	Joyce Schmidt	Bankstown	11-Feb-01	02-Sep-19	
W65	Shot Put		9.54	June Lowe	Mackay, QLD	02-Sep-19	05-Sep-19	
W65	Super Weight	20lb	6.65	Kerrie Jones	Wollongong	01-Oct-18	03-Oct-20	
W65	Weight	100lb	1.18	Mary Thomas	Wollongong	10-May-14	30-Sep-18	
W65	Weight	100lb	1.29	Marion Muscat	Wollongong	30-Sep-18	03-Oct-20	
W65	Weight	56lb	2.44	Marion Muscat	Wollongong	30-Sep-18	03-Oct-20	
W65	Weight Throw		11.96	Mary Thomas	SOPAC	12-Oct-09	31-Aug-19	
W65	Weight Throw		13.4	June Lowe	Mackay, QLD	31-Aug-19	03-Oct-20	
W70	10,000m		1:12.09	Lorna Thompson	Eugene, US	30-Jul-89	05-Apr-15	
W70	10,000m		1:05:41.51	Dorothy Siepmann	Bankstown	05-Apr-15	27-Apr-17	
W70	10,000m		57:50.45	Kerry Bray (better found earlier)	Auckland, NZ	27-Apr-17		
W70	200m		40.16	Marie Partridge	Brisbane	1991	27-Apr-19	
<i>W70</i>	<i>3000m</i>		<i>24:14.3</i>	<i>Dorothy Siepmann</i>	<i>Bankstown</i>	<i>22-Dec-18</i>	<i>03-Nov-20</i>	
W70	400m		1:32.70	Marie Partridge	Canberra	31-Mar-91	27-Apr-19	
<i>W70</i>	<i>400m</i>		<i>1:27.63</i>	<i>Noreen Parrish</i>	<i>Brisbane</i>	<i>16-Mar-13</i>	<i>27-Apr-19</i>	
W70	Discus		18.21m	Joyce Schmidt	Bankstown	02-Apr-06	09-Aug-14	
W70	Discus		22.16m	Mary Thomas	Wollongong	09-Aug-14	04-Oct-14	
W70	Discus		23.28m	Mary Thomas	Canberra	04-Oct-14	07-Mar-15	
W70	Discus		23.92m	Mary Thomas	Campbelltown	07-Mar-15	14-Aug-15	
W70	Hammer		26.66m	Joyce Schmidt	Canberra	15-Apr-06	06-Sep-14	
W70	Hammer		27.87m	Mary Thomas	Wollongong	06-Sep-14	22-Feb-15	
W70	Hammer		27.95m	Mary Thomas	SOPAC	22-Feb-15	05-Apr-15	
W70	Hammer		28.78m	Mary Thomas	Bankstown	05-Apr-15	10-Aug-15	
W70	Javelin		21.83m	Mary Thomas	Wollongong	09-Aug-14	04-Oct-14	
W70	Javelin		22.50m	Mary Thomas	Canberra	04-Oct-14	05-Oct-14	
W70	Javelin		22.74m	Mary Thomas	Canberra	05-Oct-14	07-Aug-15	
W70	Pentathlon	HW	3680 points	Mary Thomas	Wollongong	07-Jun-14	06-Oct-14	
W70	Pentathlon	Throws	4088 points	Mary Thomas	Wollongong	06-Sep-14	05-Oct-14	
W70	Pentathlon	Throws	4230 points	Mary Thomas	Canberra	05-Oct-14	07-Mar-15	
W70	Pentathlon	Throws	4405 points	Mary Thomas	Campbelltown	07-Mar-15	16-Aug-15	
W70	Shot Put		7.92m	Joyce Schmidt	Bankstown	01-Apr-06	04-Oct-14	
W70	Shot Put		8.30m	Mary Thomas	Canberra	04-Oct-14	17-Jan-15	
W70	Shot Put		8.48m	Mary Thomas	Wollongong	17-Jan-15	16-Aug-15	
W70	Weight	100lb	1.02m	Mary Thomas	Canberra	06-Oct-14	07-Feb-15	
W70	Weight	100lb	1.13	Mary Thomas	Wollongong	07-Feb-15	02-Oct-17	

Historical beaten records

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Age Group	Event		Record	Holder	Venue	Record Date	Date Beaten	
W70	Weight	56lb	2.19m	Mary Thomas	Wollongong	07-Jun-14	06-Oct-14	
W70	Weight	56lb	2.5	Mary Thomas	Canberra	06-Oct-14	02-Oct-17	
W70	Weight Throw		10.62m	Mary Thomas	Wollongong	07-Jun-14	04-Oct-14	
W70	Weight Throw		10.98m	Mary Thomas	Canberra	04-Oct-14	22-Feb-15	
W70	Weight Throw		11.44m	Mary Thomas	SOPAC	22-Feb-15	07-Oct-15	
W75	1500m	Walk	12:24.20	Judith Kenyon	Darwin	09-Jun-17	28-Apr-18	
<i>W75</i>	<i>15km</i>	<i>Walk Road</i>	<i>2:02:20</i>	<i>Joan Purcell</i>	<i>Stromlo, ACT</i>	<i>10-Jun-18</i>	<i>31-Jul-18</i>	
W75	5000m	Walk	40:47.66	Judith Kenyon	Homebush	04-Mar-17	10-Jun-17	
<i>W75</i>	<i>5000m</i>	<i>Walk</i>	<i>38:16.22</i>	<i>Joan Purcell</i>	<i>Homebush</i>	<i>04-Mar-17</i>	<i>11-Nov-18</i>	
<i>W75</i>	<i>5000m</i>		<i>45:49.00</i>	<i>Dorothy Siepmann</i>	<i>SOPAC</i>	<i>09-Feb-19</i>	<i>08-Feb-20</i>	
W75	60m		11.04	Kathleen Cook	SOPAC	16-Mar-13	23-Feb-14	
W75	Discus		19.72	Joyce Schmidt	Brisbane	21-Apr-11	15-Jun-19	
W75	Discus		21.56	Mary Thomas	Lane Cove	15-Jun-19	13-Jul-19	
W75	Discus		21.69	Mary Thomas	Lane Cove	13-Jul-19	03-Sep-19	
W75	Discus		22.75	Mary Thomas	Mackay, QLD	03-Sep-19	29-Feb-20	
W75	Hammer		25.39	Joyce Schmidt	ACT	02-Oct-10	15-Jun-19	
W75	Hammer		28.92	Mary Thomas	Lane Cove	15-Jun-19	13-Jul-19	
W75	Hammer		29.85	Mary Thomas	Lane Cove	13-Jul-19	10-Aug-19	
W75	Hammer		29.91	Mary Thomas	Lane Cove	10-Aug-19	01-Sep-19	
W75	Javelin		14.95	Joyce Schmidt	ACT	02-Oct-10	15-Jun-19	
W75	Javelin		17.24	Mary Thomas	Lane Cove	15-Jun-19	03-Sep-19	
W75	Pentathlon	HW	2693	Joyce Schmidt (previously 2399 points)	Canberra	04-Oct-10	07-Oct-19	
W75	Pentathlon	HW	4004	Mary Thomas	Wollongong	07-Oct-19	20-Mar-20	
W75	Pentathlon	Throws	3190	Joyce Schmidt (2010 = 3330 points)	Brisbane	24-Apr-11	13-Jul-19	
W75	Pentathlon	Throws	4130	Mary Thomas	Brisbane	13-Jul-19	05-Sep-19	
W75	Pentathlon	Throws	4312	Mary Thomas	Mackay, QLD	05-Sep-19	29-Feb-20	
W75	Shot Put		8.14	Joyce Schmidt	ACT	02-Oct-10	15-Jun-19	
W75	Shot Put		8.29	Mary Thomas	Lane Cove	15-Jun-19	10-Aug-19	
W75	Shot Put		8.51	Mary Thomas	Lane Cove	10-Aug-19	02-Sep-19	
W75	Shot Put		8.82	Mary Thomas	Mackay, QLD	02-Sep-19	05-Sep-19	
W75	Shot Put		8.94	Mary Thomas	Mackay, QLD	05-Sep-19	29-Feb-20	
W75	Weight	100lb	1.02	Mary Thomas	Wollongong	05-Oct-19	20-Mar-20	
W75	Weight	56lb	1.88	Joyce Schmidt	ACT	04-Oct-10	05-Oct-19	
W75	Weight	56lb	2.35	Mary Thomas	Wollongong	05-Oct-19	20-Mar-20	
W75	Weight	throw	10.79	Mary Thomas	Lane Cove	10-Aug-19	05-Oct-19	
W75	Weight Throw		7.8	Joyce Schmidt	ACT	03-Oct-10	15-Jun-19	
W75	Weight Throw		8.73	Mary Thomas	Lane Cove	15-Jun-19	13-Jul-19	
W75	Weight Throw		10.75	Mary Thomas	Lane Cove	13-Jul-19	10-Aug-19	
W80	Discus		8.03	Margarita Jekabsons	St Marys	26-Aug-17	09-Feb-19	
W80	Discus		11.25	Kathleen Cook (better found earlier)	SOPAC	09-Feb-19		
W80	Javelin		6.49	Margarita Jekabsons (better found earlier)	St Marys	26-Aug-17		
W80	Weight	Throw	6.41	Margarita Jekabsons (better found earlier)	St Marys	26-Aug-17		
W85	10km	Walk Road	1:26.30	Heather Lee (better found earlier)	Canberra	2013		
W90	10km	Walk Road	1:25.28	Heather Lee	Perth	29-Apr-18	09-Nov-18	
W90	1500m	Walk	12:09.10	Heather Lee	E.S.Marks Sydney	19-Nov-16	05-Oct-19	WR
<i>W90</i>	<i>3000m</i>	<i>Walk</i>	<i>25:34.18</i>	<i>Heather Lee</i>	<i>E.S.Marks Sydney</i>	<i>19-Nov-16</i>	<i>23-Oct-17</i>	<i>WR</i>
W90	3000m	Walk	24:56.97	Heather Lee	Penguin, Tasmania	23-Oct-17	09-Nov-18	

Historical beaten records

(blue italic entries are non-members)

Age Group	Event		Record	Holder	Venue	Record Date	Date Beaten	
<i>W90</i>	5000m	Walk	42:37.46	Heather Lee	Homebush	09-Dec-16	24-Oct-17	WR
<i>W90</i>	5000m	Walk	42:36.49	Heather Lee	Penguin, Tasmania	24-Oct-17	27-Apr-18	WR