

NSWMA Records			16 February 2021			<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 Medicott	Sydney	17-Aug-00	AR	
	200m		23.4	Melissa Medicott	Darwin	02-Jul-00	AR	
	400m		55.5	Glenda Douglass	Perth	05-Apr-96	AR	
	800m		2:10.64	Iris Good	Sydney	30-Apr-91		
	<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>4:40.71</i>	<i>Lauren Reid</i>	<i>Wollongong</i>	<i>11-Jan-20</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 Cross Country		37:42	E. Richards	Melbourne	25-Mar-78		
	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		10:42.4	K. Ryan	Adelaide	04-Apr-80		
	<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		30-Apr-87		
	<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 Lorizzo	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	
	<i>Hammer</i>		<i>66.93</i>	<i>Debbie Sosimenko</i>		<i>2004</i>	<i>AR</i>	
	Shot Put		11.56	Louise Currey		30-Apr-99		
	<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		25-Mar-05	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	Turner, ACT	05-Oct-09	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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W35	60m		7.98	Melissa Medicott Nicole Robinson	Sydney SOPAC	25/07/2006 22/02/2015	
	100m		12.33	Melissa Medicott	Canberra	15-Apr-06	AR
	<i>100m</i>		<i>12</i>	<i>Hayley Butler</i>	<i>Sydney</i>	<i>07-Mar-20</i>	
	200m		25.17	Melissa Medicott	Homebush	25-Feb-06	
	<i>200m</i>		<i>24.41</i>	<i>Hayley Butler</i>	<i>Sydney</i>	<i>08-Mar-20</i>	
	400m		56	Gaye Wallace		30-Apr-96	
	800m		2:13.40	Stacey Quitzau		30-Apr-96	
	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>9:08.00</i>	<i>Lauren Reid</i>	<i>Homebush</i>	<i>21-Nov-20</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	14-Apr-07	
	10km Cross Country		39:52	F. Wick	Sydney	09-Apr-94	
	<i>10km Cross Country</i>		<i>36:20</i>	<i>Marnie Ponton</i>	<i>Dapto</i>	<i>10-Oct-20</i>	
	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	30-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		30-Apr-95	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		30-Apr-95	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		30-Apr-95	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		30-Apr-96	AR
	2000m Steeplechase		7:24.74	Mary Fien	Hobart	14-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		53.75	Odette Palma	Wollongong	03-Oct-20	
	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		8.87	Odette Palma	Wollongong	03-Oct-20	AR
	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		3461	Odette Palma	Wollongong	03-Oct-20	
	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 200m		1:57.23	Joanna Davis 44, Maria Cimino 49, Renee Briffa 46, Erin Smart 38	Campbelltown	13-Feb-21	
	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 Cross Country		39:51	Gaye Lynn	Melbourne	13-Apr-90		
	10km Cross Country		39:15	Gemma Jenkins	Dapto	10-Oct-20		
	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		30-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		2.91	Montserrat Ros	SOPAC	08-Mar-20		
	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		5.79	Samantha Latanis	Wollongong	03-Oct-16		
	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	WR	
	1500m	4:28.23	Belinda Martin	Melbourne	04-Apr-19	AR	
	1 mile	4:51.33	Belinda Martin	Wollongong	11-Jan-20	AR	
	3000m	9:30.72	Belinda Martin	Illawong	09-Nov-19	AR	
	3000m	9:22.41	<i>Belinda Martin</i>	<i>Homebush</i>	<i>21-Nov-20</i>	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 Cross Country	40:49	Gaye Lynn	Sydney	09-Apr-94		
	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		30-Apr-97		
	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	42.34	Maria Cimino	Greystanes	27-Sep-20		
	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	6.57	Maria Cimino	Wollongong	05-Oct-20		
	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 Field	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	30-Sep-94	
	1500m		5:00.44	Charlotte Middleton	Campbelltown	12-Dec-20	
	1 mile		5:27.83	Charlotte Middleton	Bankstown	19-Dec-20	
	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	
	6km Cross Country						
	8km Cross Country		30:12	Angela Carpini	Lyon, France	04-Aug-15	
	10km Cross Country		44:47	C. McCardle	Hobart	15-Apr-92	
	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		26:48	J. Hooper	Sydney	17-Apr-87	WR
	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		46.61	Lenore Lambert	Homebush	21-Nov-20	
	2000m Steeplechase		8:35.67	Marge Allison	Durban	17-Jul-97	
	High Jump		1.45	Lenore Lambert	Homebush	21-Nov-20	
	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	30-Apr-90	
	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	17-Jul-97	
	Javelin		27.31	Christine Shaw	Canberra	02-Apr-13	
	Javelin		31.26	Lynette Smith	Campbelltown	13-Feb-21	
	Weight Throw		16.54	Marja-Leena Parviainen	Homebush	22-Mar-97	AR
	Super Weight 25lb		10.94	Gabriele Watts	Wollongong	01-Oct-18	AR
	Weight 56lb		3.35	Christine Shaw	Campbelltown	11-Mar-12	
	Weight 100lb		1.5	Jill Taylor	ACT	06-Oct-08	
(rescored 2010)	Heptathlon		4812	Kaye Smythe	Gateshead, UK	30-Jul-99	
	Pentathlon Field		3479	Gianna Mogentale	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			16 February 2021			<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		10:37.44	Karen Blay		Wollongong	11-Jan-20	AR
	5000m		18:54.67	Karen Blay		Homebush	25-Jan-20	
	10,000m		40:17.69	Robyn Basman		SOPAC	09-Mar-14	
	6km cross country							
	8km cross country		33:52.04	Rosemary Roediger		Sacramento, US	06-Jul-11	
	10km Cross Country		51:00	N. Barwick		Sydney	09-Apr-94	
	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	
	<i>Marathon</i>		<i>3:15:19</i>	<i>Karen Blay</i>		<i>Hawkes Bay, NZ</i>	<i>18-May-19</i>	
	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		2.25	Philippa Wight		Bass Hill	20-Feb-21	
	Long Jump		4.39	Gianna Mogentale		Melbourne	26-Apr-19	
	Triple Jump		9.02	Gianna Mogentale		Sydney	07-Feb-20	
	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		7.3	Jill Taylor		Turner, ACT	01-Oct-12	
	Weight 56lb		3.46	Vicki Townsend		Wollongong	03-Oct-20	
	Weight 100lb		1.89	Vicki Townsend		Wollongong	03-Oct-20	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 200m		2:28.41	Jill Taylor 65, Kim Foster 62, Vicki Townsend 56, Jenny Schell 58		Campbelltown	13-Feb-21	
	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			16 February 2021		<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
	6km cross country						
	8km cross country		35:15	Rosemary Roediger	Lyon, France	04-Aug-15	
	10km Cross Country		56:40	M. Coelho	Sydney	09-Apr-94	
	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		30-Apr-93	AR
	1500m Walk		9:52.60	Nancy Lloyd	Hobart	13-Mar-14	
	3000m Walk		20:51.58	Antoinette Woodward	SOPAC	06-Feb-21	
	5000m Walk		31:13.82	Kerry Bray	Melbourne	10-Apr-04	
	10km Walk Road		1:04.55	Olive Webb	Melbourne	13-Apr-90	
	80m Hurdles		13.25	Sally Stagles	Campbelltown	24-Jan-21	AR
	300m Hurdles		54.87	Marge Allison	Brisbane	26-Mar-05	
	2000m Steeplechase		9:48.37	Caroline Yarnell	Campbelltown	13-Feb-21	
				Margaret Walker	SOPAC	8-Feb-20	
				Christine Shaw	Campbelltown	13-Feb-21	
				Sally Stagles	Campbelltown	13-Feb-21	
	High Jump		1.25				
	Pole Vault		1.6	Trish Stallard	SOPAC	09-Feb-19	
	Long Jump		3.98	Christine Shaw	Campbelltown	23-Jan-21	
	Triple Jump		7.85	Christine Shaw	SOPAC	08-Feb-20	
	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		9.85	Helen Searle	Canberra	28-Sep-02	
	Weight 56lb		3.13	Jill Taylor	Wollongong	05-Oct-19	
	Weight 100lb		1.66	Jill Taylor	Wollongong	20-Mar-20	
(not rescored)	Heptathlon		3757	Gloria Seymon	Durban	17-Jul-97	
	Pentathlon Field		3304	Christine Shaw	Campbelltown	23-Jan-21	
(pre-2014)	Pentathlon Throws		4789	Helen Searle	Hobart	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			16 February 2021			<i>*Non-Member records in Blue & Italics</i>	
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W65	60m		9.96	Jeanette Flynn	Blacktown	04-Mar-18	
	100m		15.31	Jeanette Flynn	Blacktown	03-Mar-18	
	200m		30.98	Jeanette Flynn	Blacktown	03-Mar-18	
	400m		1:10.65	Jeanette Flynn	Blacktown	04-Mar-18	
	800m		2:57.36	Paula Moorhouse	Lyon, France	09-Aug-15	
	1500m		5:59.41	Rosemary Roediger	Campbelltown	13-Feb-21	
	3000m		12:49.90	Rosemary Roediger	Blacktown	17-Oct-20	
	5000m		21:19.10	Rosemary Roediger	SOPAC	06-Feb-21	
	10,000m		50:51	Thelma Davies	Sydney	01-Mar-90	
	6km cross country						
	8km cross country		49:24	Dorothy Siepmann	Adelaide	10-Apr-09	
	10km Cross Country		55:31	Thelma Davies	Canberra	31-Mar-91	
	10km Road		45:10	Rosemary Roediger	Gold Coast	07-Jul-19	
	Half Marathon		2:00.42	Kerry Bray	Georges Hall	04-Sep-11	
	<i>Half Marathon</i>		<i>1:44:34</i>	<i>Hideko Sato-Fraser</i>	<i>Homebush</i>	<i>28-Aug-16</i>	
	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	14-Apr-06	
	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	
	<i>2000m Steeplechase</i>		<i>12:14.21</i>	<i>Rosalind Perry</i>	<i>Homebush</i>	<i>04-Mar-17</i>	
	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		30-Apr-94	
	Hammer		37.08	Jill Taylor	Greystanes	11-Oct-20	
	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		13.8	Jill Taylor	Campbelltown	13-Feb-21	
	Super Weight 20lb		8.52	Jill Taylor	Wollongong	03-Oct-20	
	Weight 56lb		2.86	Jill Taylor	Wollongong	03-Oct-20	
	Weight 100lb		1.63	Jill Taylor	Wollongong	03-Oct-20	AR
(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		4640	Jill Taylor	Wollongong	03-Oct-20	

NSWMA Records			16 February 2021			<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	
	<i>100m</i>		<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	
	<i>200m</i>		<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		15:51.56	Margaret Aurisch	Tumbi Umbi	03-Nov-20	
	5000m		25:25.61	Thelma Davies	Sydney	09-Apr-94	
	10,000m		53:36.98	Thelma Davies	Sydney	10-Apr-94	
	6km cross country						
	<i>6km cross country</i>		<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 Cross Country		56:51	Thelma Davies	Sydney	09-Apr-94	
	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		30-Apr-01	
	5000m Walk		34:17.95	Lorna Thompson	Eugene, US	05-Aug-89	
	10km Walk Road		1:26:30	Renate Hagens	Adelaide	10-Apr-09	
	20km Walk Road		2:34:04	Joan Purcell	Porto Alegre, Brazil	07-Jul-13	
	Long Jump		2.93	Marie Partridge	Canberra	31-Mar-91	
	Triple Jump		7.18	Marie Partridge		30-Apr-91	
	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	Canberra	06-Oct-14	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		4118	Mary Thomas (previously 3823 points)	Canberra	06-Oct-14	

NSWMA Records			16 February 2021			<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		
	1500m	11:59.70	Dorothy Siepmann	SOPAC	08-Feb-20		
	3000m	23:57.56	<i>Dorothy Siepmann</i>	<i>Bankstown</i>	<i>20-Dec-19</i>		
	5000m	45:21.07	Dorothy Siepmann	SOPAC	07-Feb-20		
	5000m	43:49.62	<i>Dorothy Siepmann</i>	<i>Campbelltown</i>	<i>13-Feb-21</i>		
	10km Road	62:48.46	<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	22:45.52	<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	38:12.53	<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	1:19:10	<i>Joan Purcell</i>	<i>Gold Coast</i>	<i>11-Nov-18</i>		
	15km Walk Road	1:55:33	<i>Joan Purcell</i>	<i>Chipping Norton</i>	<i>31-Jul-18</i>		
	20km Walk Road	2:40:10	<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	9.02	Mary Thomas	SOPAC	29-Feb-20		
	Discus	23.53	Mary Thomas	SOPAC	29-Feb-20		
	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	Lane Cove	10-Aug-19	AR	
	Weight 56lb	2.41	Mary Thomas	Wollongong	20-Mar-20		
	Weight 100lb	1.07	Mary Thomas	Wollongong	20-Mar-20		
	Pentathlon Throws	4407	Mary Thomas	SOPAC	29-Feb-20		
	Pentathlon HW	4156	Mary Thomas	Wollongong	20-Mar-20		
W80	60m	12.63	Kathleen Cook	Blacktown	03-Mar-18		
	100m	19.3	Ruth Frith		30-Apr-90		
	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	Melbourne	13-Apr-90	AR	
	Triple Jump	5.65	Ruth Frith	Miyazaki, Japan	13-Oct-93	AR	
	Hammer	18.98	Ruth Frith	Canberra	31-Mar-91		
	Shot put	6.93	Ruth Frith	Adelaide	15-Oct-93	AR	
	Discus	14.48	Ruth Frith	Melbourne	13-Apr-90		
	Javelin	10.88	Ruth Frith	Turku, Finland	18-Jul-91		
	Weight Throw	7.84	Ruth Frith	Miyazaki, Japan	07-Oct-93		
	(pre-1999) Pentathlon Throws	3852	Ruth Frith		1993		

NSWMA Records			16 February 2021			<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						
	10km	Walk Road	1:20:54	Heather Lee	Canberra	02-Apr-13	AR	
	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	Buffalo, USA	13-Jul-95	AR	
	Shot put		5.92	Ruth Frith	Sydney	30-Apr-95	AR	
	Discus		13.92	Ruth Frith		30-Apr-98	AR	
	Javelin		11.11	Ruth Frith		30-Apr-98		
	Weight Throw		7.78	Ruth Frith		30-Apr-95	AR	
(pre-1999)	Pentathlon	Throws	4424	Ruth Frith	Homebush	07-Mar-98		
W90	1 Mile		12:48.59	Heather Lee	Wollongong	11-Jan-20	WR	
	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		30-Apr-02	AR	
	Discus		12.1	Ruth Frith	Hobart	21-Apr-00	AR	
	Shot put		5.37	Ruth Frith	Sydney	13-Apr-01	AR	
	Hammer		13.13	Ruth Frith	Hobart	21-Apr-00	AR	
	Weight Throw		6.19	Ruth Frith	Sydney	13-Apr-01	AR	
# (pre-2009)	Pentathlon	Throws	3598	Ruth Frith (4337 in AMA)	Hobart	24-Apr-00	AR	

NSWMA Records			16 February 2021		<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	Dubbo	21-Jan-17	AR
	<i>200m</i>		<i>21.12</i>	<i>Robert Ballard</i>	<i>Brisbane</i>	<i>18-Jul-98</i>	
	400m		47.79	Leigh Bennett	Homebush	03-Dec-17	
	<i>400m</i>		<i>46.82</i>	<i>Robert Ballard</i>	<i>Melbourne</i>	<i>14-Mar-98</i>	
	800m		1:51.30	Glenn Ritchie	Sydney	30-Apr-96	
	<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	30-Apr-94	AR
	1 mile		9:99.99	UNCLAIMED			
	<i>1 mile</i>		<i>4:04.25</i>	<i>James Nipperess</i>	<i>Bankstown</i>	<i>19-Dec-20</i>	
	3000m		8:33.70	David Lewis	E. S. Marks Sydney	27-Oct-90	AR
	<i>3000m</i>		<i>7:55.79</i>	<i>James Nipperess</i>	<i>Homebush</i>	<i>21-Nov-20</i>	
	5000m		14:51.80	David Lewis	E. S. Marks Sydney	03-Dec-89	AR
	<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	30-Apr-95	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 cross country		33:37	Graham Ryan	Melbourne	25-Mar-78	
	<i>10km cross country</i>		<i>30:12</i>	<i>James Nipperess</i>	<i>Dapto</i>	<i>10-Oct-20</i>	
	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		30-Apr-95	
	<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	30-Apr-96	
	<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 Currey	Wollongong	21-Jul-01	AR
	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	30-Apr-93	
	Pentathlon Throws		2976	Allan Flynn	Canberra	09-Apr-99	
	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 200m		1:46.42	Brad Dawes 38, Darren Hughes 58, Ken Elias 34, Ruwan Cooper 38	Campbelltown	13-Feb-21	
	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			16 February 2021		<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	Dubbo	22-Jan-17	AR	
	400m	49.26	Jay Stone	Dubbo	21-Jan-17		
	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		
	<i>1 mile</i>	<i>4:12.27</i>	<i>Matthew Hudson</i>	<i>Bankstown</i>	<i>19-Dec-20</i>		
	3000m	9:17.94	Michael Doggett	Newcastle	12-Nov-11		
	<i>3000m</i>	<i>8:10.06</i>	<i>Matthew Hudson</i>	<i>Homebush</i>	<i>21-Nov-20</i>		
	5000m	14:58.20	Horst Wegner		30-Apr-82		
	<i>5000m</i>	<i>13:59.92</i>	<i>Matthew Hudson</i>	<i>SOPAC</i>	<i>06-Feb-21</i>		
	10,000m	31:30.0	Horst Wegner		30-Apr-84		
	<i>10,000m</i>	<i>28:50.80</i>	<i>Ben St Lawrence</i>	<i>Bankstown</i>	<i>24-Oct-20</i>		
	8km cross-country	29:13	Simon White	Adelaide	12-Oct-11		
	10km cross-country	33:16	M. Lawson	Canberra	31-Mar-91		
	<i>10km cross country</i>	<i>30:23</i>	<i>Ben St Lawrence</i>	<i>Dapto</i>	<i>10-Oct-20</i>		
	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	30-Apr-00		
	3000m Walk	17:04.77	David Smyth	Campbelltown	11-Mar-06		
	5000m Walk	22:09.27	Keith Knox		30-Apr-87		
	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	9:44.2	Doug Worling	Sydney	20-Apr-74		
	<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		30-Apr-92	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		30-Apr-88		
	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	58.04	Francis Ryak	Sydney	17-Apr-87		
	<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 (3719 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	

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Age Group	Event		Record	Holder	Venue	Date	WR/AR
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		50.23	Jay Stone	Dubbo	19-Jan-20	
	800m		1:58.20	Ian Melrose		30-Apr-86	
	1500m		3:55.40	Glenn Ritchie	Homebush	09-Mar-02	AR
	1 mile		4:28.67	Peter Costello	Wollongong	15-Dec-13	
	3000m		8:26.8	Albie Thomas	Toronto, Canada	11-Aug-75	
	5000m		14:50.80	Albie Thomas	Adelaide	19-Apr-75	
	10,000m		31:00.8	Albie Thomas	Adelaide	20-Apr-75	
	10,000m		30:28.27	David Criniti	Bankstown	09-Jun-19	
	8km cross-country		28:18	Simon White	Perth	28-Apr-18	
	10km cross country		32:34	Jim Hennessey	Adelaide	07-Apr-86	
	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	
	Marathon		2:15:30	Scott Westcott	Berlin	27-Sep-15	
	1500m Walk		6:29.69	Pramesh Prasad	WMG 2017	21-Apr-17	
	3000m Walk		13:24.36	John Smith	Brisbane	07-Apr-81	
	5000m Walk		22:00.25	Keith Knox	Homebush	19-Mar-94	
	10,000m Walk		47:34.35	John Smith		30-Apr-79	
	10km Walk Road		48:51	Keith Knox		19-Mar-94	
	20km Walk Road		1:34.10	John Smith	Christchurch, NZ	11-Jan-81	
	110m Hurdles		15.26	Ryan Dowling	Campbelltown	24-Jan-21	
	400m Hurdles		57.5	Alan McGowan		30-Apr-88	
	3000m Steeplechase		9:22.40	Doug Worling	Toronto, Canada	11-Aug-75	
#	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		30-Apr-96	
	Triple Jump		13.92	Clay Tompkins	Adelaide	11-Apr-93	
	Triple Jump		14.18	Peter Butler		1996	
	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		16-Apr-06	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	

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M45	60m		7.27	Ernie Leseberg	Illawong	09-Jan-21	
	100m		11.22	Rob Ballard	SOPAC	11-Oct-09	
	200m		22.4	Reg Austin OAM	Puerto Rico	01-Sep-83	AR
	400m		50.61	Reg Austin OAM	Puerto Rico	02-Sep-83	AR
	800m		1:59.11	Paul Critchley	Melbourne	29-Nov-87	
	1500m		4:07.90	Jamie Harrison	Sydney	07-Feb-09	
	1500m		4:06.60	Scott Westcott	Newcastle	14-Nov-20	
	1 mile		4:40.98	Adrian Wade	Bass Hill	23-Dec-17	
	3000m		8:55.61	Jamie Harrison	SOPAC	14-Nov-09	
	3000m		8:34.62	Scott Westcott	Homebush	21-Nov-20	AR
	5000m		15:12.0	Dave Power	Melbourne	21-Dec-73	
	10,000m		31:42.6	Dave Power	Melbourne	22-Dec-73	AR
	8km cross-country		29:18.00	Jason Keane	Darwin	12-Jun-17	
	10km cross country		34:39	Jim Box	Adelaide	09-Apr-93	
	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		30-Apr-97	
	3000m Walk		14:44.5	Logan Irwin	Adelaide	07-Apr-80	
	5000m Walk		22:32.00	John Smith	Canberra	07-Apr-84	
	10,000m Walk		53:56.20	Robert Osborne	Bankstown	26-Oct-01	
	10km Walk Road		49:45	Keith Knox		30-Apr-97	
	20km Walk Road		1:37.16	John Smith	Canberra	07-Apr-84	
	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	09-Jan-81	
	High Jump		2	Nick Moroney	Homebush	02-Feb-18	AR
	Pole Vault		3.6	Jim McGrath	Sydney	01-Apr-76	
	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	11-Aug-75	
	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	22-Jul-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 200m		1:43.03	Adrian See 45, Andrew Phillips 49, Brett Reid 56, Choo Huat Tan 46	Campbelltown	13-Feb-21	
	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	

NSWMA Records			16 February 2021			<i>*Non-Member records in Blue & Italics</i>	
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Age Group	Event		Record	Holder	Venue	Date	WR/AR
M50	60m		7.52	John Van Stappen	Gold Coast	02-Nov-00	
	100m		11.47	Peter Crombie	Buffalo	13-Jul-95	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	05-Oct-19	
	8km cross-country		30:10	Manu Sivaraj	Bankstown	06-Apr-15	
	10km cross country		33:45	Adolf Blonner	Adelaide	07-Apr-86	
	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		14:58.1	Peter Waddell	Perth	07-Apr-82	
	5000m Walk		23:50.30	John Smith		30-Apr-90	
	10,000m Walk		1:03.36	Ken Smith	Bankstown	05-Nov-02	
	10km Walk Road		50.57	Baden White		30-Apr-97	
	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	22-Jun-85	
	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		57.21	Nick Batty	SOPAC	08-Mar-20	
	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 200m		2:00.15	Chandra Rajapaksha Mudiyanse 52, Alan Carey 70, Krzysztof Wardecki 52, George Jankowski 58	Campbelltown	13-Feb-21	
	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	

NSWMA Records			16 February 2021			<i>*Non-Member records in Blue & Italics</i>	
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Age Group	Event		Record	Holder	Venue	Date	WR/AR
M55	60m		7.8	Darren Hughes	Perth	26-Apr-18	
	100m		11.78	Reg Austin OAM	Miyazaki, Japan	11-Oct-93	
	200m		24.04	Reg Austin OAM	Miyazaki, Japan	11-Oct-93	
	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		27:14.12	Keith Bateman	Sacramento, US	07-Jul-11	
	10km cross country		36:07	Adolf Blonner	Turku, Finland	18-Jul-91	
	10km Road		32:35	Keith Bateman	Homebush	04-Jun-11	
	Half Marathon		1:14:09	Keith Bateman	Sydney	15-May-11	
	Marathon		2:40:44	George McGrath	Toronto, Canada	11-Aug-75	
	1500m Walk		8:22.93	Robert Osborne	Bankstown	03-Apr-15	
	3000m Walk		15:47.6	Vic Townsend	Brisbane	20-Apr-76	
	5000m Walk		26:18.00	Peter Waddell		30-Apr-87	
	10km Walk Road		59:49	Robert Osborne	Canberra	02-Apr-13	
	20km Walk Road		1:59.00	Ronald Witham	Canberra	07-Apr-84	
	100m Hurdles		15.82	Andrew Kohlrusch	Wollongong	15-Nov-20	
	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	30-Apr-07	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	AlS, 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
(rescored 2010)	Weight 100lb		3.09	Robert Clark	Wollongong	16-Mar-19	
	Decathlon		6130	Peter Murray	Perth	27-Oct-16	AR
	Decathlon (not rescored)		6500	John Cooper	Durban	17-Jul-97	
	Pentathlon Field		3299	Voitek Klimiuk	Blacktown	08-Jan-12	
	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	

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M60	60m		7.94	Peter Crombie	Gold Coast	11-Nov-06	AR
	100m		12.24	Peter Crombie Neville McIntyre (equal 1st 12.0h)	Adelaide	07-Oct-05	
	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 Cross Country		37:27	George McGrath	Adelaide	07-Apr-80	
	10km Road		35:12	David Riches	Sydney	29-Jul-18	
	Half Marathon		1:14:54	David Riches	Homebush	03-Sep-17	AR
	Marathon		2:52:08	George McGrath	Christchurch, NZ	07-Jan-81	
	1500m Walk		8:49.06	Dennis Williams	Brisbane	21-Apr-11	
	3000m Walk		17:24.30	Jim Seymon	Homebush	27-Mar-04	
	3000m Walk		<i>17:47.43</i>	<i>Robert Osborne</i>	<i>Homebush</i>	<i>18-Dec-16</i>	
	5000m Walk		27:32	Victor Townsend	Christchurch, NZ	07-Jan-81	
	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		1:52:49	Victor Townsend	Christchurch, NZ	07-Jan-81	
	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		6.3	Ian Guthrie	Wollongong	05-Oct-19	
	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		30-Apr-80	
(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	
	<i>Relay 4 x 200m</i>		<i>1:59.09</i>	<i>Ron Ross 62, Imran Ul Haq 60, Peter Murray 60, Trevor Young 62</i>	<i>Campbelltown</i>	<i>13-Feb-21</i>	
	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	

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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	David McEwan	Homebush	21-Nov-20		
	5000m		18:07.06	Don Mathewson	Blacktown	10-Apr-11		
	10,000m		38:22.60	Don Mathewson	SOPAC	26-Mar-11		
	8km Cross Country		32:11	David McEwan	Dapto	10-Oct-20		
	10km cross country		45:25	Bill Pease	Brisbane	31-Mar-81		
	10km Road		38:59	Don Mathewson	Homebush	01-May-10		
	Half Marathon		1:27:39	Christopher Dwyer	Homebush	28-Aug-16		
	Marathon		3:05:48	George McGrath	Rome, Italy	22-Jun-85		
	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		27:58.80	Vic Townsend	Rome, Italy	22-Jun-85		
	10,000m Walk		1:00.00	Jim Seymon	Bankstown	30-Apr-04		
	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		2:00:58.2	Vic Townsend	Rome, Italy	22-Jun-85		
	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	01-Sep-83		
	2000m Steeplechase		7:58	Adolf 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		3657	Kevin Hopkins	San Juan, P. Rico	01-Sep-83		
(not rescored)	Pentathlon Field		3526	Fred O'Connor	Sydney	30-Apr-90		
	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 200m		2:02.88	Daryl Ellis 66, David Kennedy 67, Ken Porter 67, Victor Ramondetta 66	Campbelltown	13-Feb-21		
	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	

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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		30-Apr-98	
	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 cross country		46:34	Lloyd Laing	Perth	10-Apr-96	
	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	
	3000m Walk		20:52.0	Bill McClintock	Adelaide	07-Apr-80	
	5000m Walk		29:54.84	Jim Seymon	Adelaide	10-Apr-09	
				Jim Seymon	Adelaide	13-Apr-09	
	10km Walk Road		1:01:30	Dennis Williams	Melbourne	26-Apr-19	
	20km Walk Road		2:15.35	Vic Townsend	Sydney	09-Apr-94	
	80m Hurdles		14.51	Greg Mamalis	Pan Pacs	03-Nov-12	
	300m Hurdles		53.51	Fred O'Connor	Sydney	09-Apr-94	
	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		15.94	Thomas Hancock	Adelaide	10-Apr-09	
	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 (original score 6667)	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

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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		46:00.3	Syd Hesketh		Christchurch, NZ	07-Jan-81	
	6km cross country							
	8km cross country		41:03.94	Heiko Schaefer		Perth	26-Oct-16	
	10km cross country		57:49	Syd Hesketh		Melbourne	07-Apr-83	
	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		8:58.45	Jim Seymon		Hobart	13-Mar-14	
	3000m Walk		19:25.11	Don Whyte		Gold Coast	04-Nov-00	
	5000m Walk		27:13.67	Jim Seymon		Hobart	13-Mar-14	
	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		56.29	Fred O'Connor		Gateshead, UK	30-Jul-99	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 (original score 7245)		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			16 February 2021			<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 Burridge		Bankstown	04-Feb-06	
	10,000m		50:23.45	Bill Burridge		Canberra	12-Apr-06	
	6km cross country							
	8km cross country		46:25	Bill Burridge		Canberra	14-Apr-06	
	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
	3000m Walk		24:41.44	Bill Empey		Brisbane	31-Mar-81	
	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		6.4	Noel Donohoe		Wollongong	03-Oct-20	
	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			16 February 2021			<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		15.45	Richard Hughes	Wollongong	23-Jul-17	AR	
	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		
	3000m Walk		24:33.0	Bill Empey	Perth	07-Apr-82		
	5000m Walk		41:40.6	Bill Empey	Perth	08-Apr-82		
	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		
	Decathlon		3132	Brian Sharpe	Bendigo	10-Jan-16		
	Pentathlon Field		1063	Max McKay (rescored from 1281)	Perth	05-Apr-10		
	Pentathlon Throws		3375	Norman Joseph Windred	Canberra	07-Oct-13		
M90	60m		19.69	Brian Sharpe	Campbelltown	13-Feb-21		
	100m		24.1	William Empey	Adelaide	28-Mar-86		
	200m		54.7	William Empey	Adelaide	29-Mar-86		
	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		30-Apr-95		
	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			16 February 2021			<i>*Non-Member records in Blue & Italics</i>		
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Age Group	Event		Record	Holder		Venue	Date	WR/AR
Note on women's field pentathlon:								
	Prior to 1991:	Hurdles, Shot, High, Long, 800m						
W40	(pre-1991)	Pentathlon Field	3278	Helen Searle		Christchurch, NZ	11-Jan-81	
W45	(pre-1991)	Pentathlon Field	3137	Helen Searle		Rome, Italy	22-Jun-85	
	Prior to 2009:	Long jump, Javelin, 200m, Discus 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	64.58	Gregor Nicol		Sydney	20-Apr-74	
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	66.03	Louise McPaul-Currey (*Not listed in AMA records)		Linz, Austria	26-Jul-99	
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
W80	(pre-2000)	Javelin 400g	11.88	Ruth Frith		Melbourne	26-Mar-97	
W45	(pre-1999)	Pentathlon Throws	3846	Denise Palmer		Melbourne	13-Apr-90	
W50	(pre-1999)	Pentathlon Throws	4345	Marja-Leena Parviainen			1998	
Events no longer held:								
M60	80m	Hurdles	17.02	James McGrath		Adelaide	10-Apr-93	
M65	80m	Hurdles	15.28	Fred O'Connor		Adelaide	10-Apr-93	
M55	90m	Hurdles	15.36	Peter McEneaney		Adelaide	10-Apr-93	
M60	90m	Hurdles	20.6	Noel Donohoe		Melbourne	09-Apr-04	
M45	100m	Hurdles	15.56	John Gordon		Adelaide	10-Apr-93	
M70	100m	Hurdles	19.69	Kevin Hopkins		Hobart	15-Apr-92	
W40	100m	Hurdles	15.84	Roslyn Wolfers		Sydney	17-Apr-87	
M50	110m	Hurdles	17.35	L. Schaefer		Christchurch, NZ	07-Jan-81	
M65	110m	Hurdles	27.39	A. Smith		Christchurch, NZ	07-Jan-81	
M70	110m	Hurdles	23.99	George Simpson		Hanover, W. Germany	31-Jul-79	
M50	300m	Hurdles	44.4	Robert Newey		Canberra	31-Mar-91	
M55	300m	Hurdles	48.38	Peter McEneaney		Adelaide	10-Apr-93	
W40	300m	Hurdles	1:11.63	Beryl Titmuss		Melbourne	08-Oct-95	
M60	400m	Hurdles	1:16.5	Fred O'Connor		Hobart	07-Apr-85	
M65	400m	Hurdles	1:17.6	Kevin Hopkins		Canberra	07-Apr-84	
M70	400m	Hurdles	1:44.27	George Simpson		Hanover, W. Germany	31-Jul-79	
M45	1500m	Steeplechase	5:28.0	Neville Markham		Canberra	07-Apr-84	
M50	1500m	Steeplechase	5:00.50	Adolf Blonner		Adelaide	28-Mar-86	
M55	1500m	Steeplechase	6:05.7	Brian Sharpe		Adelaide	28-Mar-86	
M60	1500m	Steeplechase	6:00.1	John Milne		Canberra	07-Apr-84	
M65	1500m	Steeplechase	6:18.00	John Milne		Adelaide	28-Mar-86	
M50	2000m	Steeplechase	7:10.10	Adolf Blonner		Sydney	17-Apr-87	
M55	2000m	Steeplechase	7:43.04	Osmo Millridge		Sydney	17-Apr-87	
M60	3000m	Steeplechase	13:48.0	John Milne		Melbourne	07-Apr-83	