

State Records as at 30-Sep-24

EVENT	AGE	NAME	PERF	DATE	WA	AUS	WLD	ET or HT	Location
60 Metres									
60 Metres	M30	Kyle Ennis	6.90	23-Apr-22	S	A		ET (+0.5)	Perth
60 Metres	M35	Gary Finegan	7.22	01-Apr-22	S			ET (-3.2)	Brisbane
60 Metres	M40	Paul Edmiston	7.27	08-Feb-13	S			ET (+1.2)	WAAS
60 Metres	M45	Adrian McKenzie	7.35	12-Nov-21	S			ET (+1.6)	WAAS
60 Metres	M50	Adrian McKenzie	7.20	25-Mar-23	S	A		ET (+1.9)	ECAC
60 Metres	M55	Rudy Kocis	7.68	12-Nov-16	S			ET (+1.0)	Gold Coast
60 Metres	M60	Garry Ralston	8.01	19-Mar-16	S			ET (+2.0)	ECAC
60 Metres	M65	Garry Ralston	8.29	12-Mar-22	S			ET (-0.1)	ECAC
60 Metres	M70	Barrie Kernaghan	8.59	02-Apr-10	S			ET (+1.9)	WAAS
60 Metres	M75	David Clive	8.7	06-Mar-12	S			HT (+1.1)	WAAS
60 Metres	M80	Norm Richards	9.2	28-Nov-17	S			HT (+1.9)	WAAS
60 Metres	M85	Norm Richards	10.25	13-Oct-22	S			ET (-1.6)	ECAC
60 Metres	M90	Ray Walker	15.15	27-Mar-21	S			ET (-0.4)	ECAC
100 Metres									
100 Metres	M30	Kyle Ennis	10.52	18-Feb-22	S			ET (+0.6)	WAAS
100 Metres	M35	Gary Finegan	10.92	01-Apr-22	S			ET (+1.1)	Brisbane
100 Metres	M40	Robert Colling	11.40	29-Mar-13	S			ET (+0.6)	Canberra
100 Metres	M45	Rob Colling	11.34	05-Jun-16	S	X		ET (+1.0)	Calgary
100 Metres	M50	Adrian McKenzie	11.41	26-Mar-23	S	A		ET (+1.8)	ECAC
100 Metres	M55	Rudy Kocis	12.07	28-Oct-16	S			ET (+1.2)	Perth
100 Metres	M60	David Clive	12.57	21-Jul-97	S				
100 Metres	M60	Garry Ralston	12.57	28-Oct-16	S			ET (+2.0)	Perth
100 Metres	M65	David Clive	12.8	06-Feb-03	S			HT	ECAC
100 Metres	M70	David Clive	13.4	26-Jul-07	S			HT	ECAC
100 Metres	M75	David Clive	14.40	06-Apr-12	S			ET (+1.4)	Melbourne
100 Metres	M80	Barrie Kernaghan	16.00	08-Dec-20	S			ET (+1.7)	WAAS
100 Metres	M85	Norm Richards	17.92	26-Mar-23	S			ET (+0.6)	ECAC
100 Metres	M90	David Carr	21.34	08-Dec-22	S			ET (-2.3)	ECAC
200 Metres									
200 Metres	M30	Kyle Ennis	21.35	25-Apr-22	S	A		ET (+0.9)	Perth
200 Metres	M35	Joe Gold	23.1	12-Feb-83	S				
200 Metres	M40	Glenn Ross	22.90	22-Mar-13	S			ET (+1.6)	WAAS
200 Metres	M45	Glenn Ross	23.33	01-Nov-16	S			ET(+1.0)	
200 Metres	M50	Roy Fearnall	23.4	19-Jan-94	S				
200 Metres	M55	Rudy Kocis	24.61	01-Nov-16	S			ET (+1.4)	Perth
200 Metres	M60	David Clive	25.55	02-Apr-99	S				
200 Metres	M65	David Clive	26.3	21-Nov-02	S			HT	
200 Metres	M70	David Clive	28.15	10-Sep-07	S			ET (-0.9)	Riccione
200 Metres	M75	David Clive	29.4	06-Mar-12	S			HT (+1.1)	WAAS
200 Metres	M80	David Carr	32.94	30-Mar-13	S			ET (+0.9)	Canberra
200 Metres	M85	Norm Richards	37.40	25-Mar-23	S			ET (+0.9)	ECAC
200 Metres	M90	David Carr	42.60	17-Nov-22	S	A		ET (-0.1)	ECAC
400 Metres									
400 Metres	M30	Ben Offereins	46.13	16-Apr-16	S	X		ET	Canberra
400 Metres	M35	Mike Edwards	49.7	07-Mar-92	S	X			
400 Metres	M40	Daniel Stolp	51.47	05-Nov-16	S			ET	Perth
400 Metres	M45	Barrie Kernaghan	53.13	June-85	S			ET	Rome
400 Metres	M50	Roy Fearnall	52.82	01-Aug-95	S				
400 Metres	M55	David Clive	56.1	27-Jan-93	S				
400 Metres	M60	David Clive	58.13	03-Apr-99	S	X			
400 Metres	M65	Barrie Kernaghan	59.89	01-Sep-05	S			ET	San Sebastia
400 Metres	M70	David Carr	62.83	16-Mar-03	S	X		ET	Perry Lakes
400 Metres	M75	David Carr	66.92	24-Mar-08	S	X		ET	Sydney
400 Metres	M80	David Carr	71.40	09-Mar-12	S	A		ET	WAAS
400 Metres	M85	David Carr	80.5	13-Jul-17	S			HT	ECAC
400 Metres	M90	David Carr	1:35.47	08-Jul-22	S	A		ET	Tampere
400 Metres	M95	Arthur Carbon	3:30.92	05-Nov-16	S			ET	Perth
800 Metres									
800 Metres	M30	Barry Acres	1:49.25	11-Mar-96	S				
800 Metres	M35	Scott Tamblin	1:53.73	06-Feb-15	S			ET	WAAS
800 Metres	M40	Greg Vander Sanden	1:58.41	25-Feb-00	S			ET	Perry Lakes
800 Metres	M45	Keith Wheeler	1:59.0	04-Mar-89	S				
800 Metres	M50	David Carr	2:08.8	01-Apr-83	S				
800 Metres	M55	Ian Davies	2:09.57	12-Feb-06	S			ET	Perry Lakes
800 Metres	M60	Anthony Grendon	2:14.48	26-Jan-23	S			ET	ECAC
800 Metres	M65	David Carr	2:19.5	29-Mar-98	S	A			

800 Metres	M70	David Carr	2:25.14	07-Jul-03	S	A		ET	Puerto Rico
800 Metres	M75	David Carr	2:34.3	26-Jul-07	S	A	X	HT	ECAC
800 Metres	M75	David Carr	2:34.3	16-Mar-08	S	A	X	HT	ECAC
800 Metres	M80	David Carr	2:48.5	26-Feb-13	S	A		HT	WAAS
800 Metres	M85	David Carr	3:06.69	28-Jun-17	S	A	W	ET	WAAS
800 Metres	M90	David Carr	3:36.28	27-Oct-22	S	A		ET	ECAC
800 Metres	M95	John Gilmour	9:19.93	28-Oct-16	S	A		ET	Perth
		1000 Metres			S				
1000 Metres	M30	Ray Boyd	2:23.2	04-Dec-96	S	A			
1000 Metres	M35	Scott Tamblin	2:29.0	27-Jan-15	S	A		HT	WAAS
1000 Metres	M40	John Molloy	2:37.2	18-Mar-92	S	A			
1000 Metres	M45	Chris Gould	2:43.6	16-Feb-21	S	A		HT	ECAC
1000 Metres	M50	Xander Van Rijen	2:53.8	27-Mar-18	S			HT	WAAS
1000 Metres	M55	Ian Davies	2:59.4	19-May-05	S	A		HT	ECAC
1000 Metres	M60	Anthony Grendon	2:57.07	05-Jan-23	S	A		ET	ECAC
1000 Metres	M65	Bert Carse	3:18.3	29-Apr-10	S	A		HT	ECAC
1000 Metres	M70	David Carr	3:23.4	19-May-05	S	A		HT	ECAC
1000 Metres	M75	David Carr	3:34.2	24-Jan-08	S	A		HT	ECAC
1000 Metres	M80	David Carr	3:53.2	10-Jul-12	S	A		HT	ECAC
1000 Metres	M85	David Carr	4:15.94	28-Mar-19	S	A		ET	ECAC
1000 Metres	M90	Cecil Walkley	12:25.0	20-Jun-19	S	A		HT	ECAC
1000 Metres	M95	Peter Kennedy	14:48.0	02-Aug-16	S	A		HT	WAAS
		1500 Metres			S				
1500 Metres	M30	Scott Tamblin	3:51.35	19-Dec-13	S			ET	WAAS
1500 Metres	M35	Scott Tamblin	3:51.01	30-Jan-15	S	A		ET	WAAS
1500 Metres	M40	Paul Mackay	4:06.00	20-Feb-21	S			ET	WAAS
1500 Metres	M45	Keith Wheeler	4:02.1	25-Mar-89	S	X			
1500 Metres	M50	Andrew Collins	4:27.18	12-Jan-24	S			ET	Perth
1500 Metres	M55	John Gilmour	4:22.0	05-Nov-75	S	X			
1500 Metres	M60	John Gilmour	4:29.0	22-Dec-79	S	A	X		
1500 Metres	M65	John Gilmour	4:49.16	29-Jun-85	S	X	X		
1500 Metres	M70	David Carr	5:05.2	20-Mar-03	S	X		HT	ECAC
1500 Metres	M75	David Carr	5:28.1	02-Aug-07	S	A		HT	ECAC
1500 Metres	M75	David Carr	5:28.1	08-Mar-08	S	A		HT	ECAC
1500 Metres	M80	David Carr	5:54.3	12-Feb-13	S	A		HT	WAAS
1500 Metres	M85	David Carr	6:27.3	15-Jun-17	S	A	X	HT	ECAC
1500 Metres	M90	David Carr	7:32.95	01-Sep-22	S	A	W	ET	ECAC
1500 Metres	M95	John Gilmour	19:35.95	05-Nov-16	S	A		ET	Perth
		Mile			S				
Mile	M30	Scott Tamblin	4:11.92	22-Feb-14	S	A		ET	WAAS
Mile	M35	Scott Tamblin	4:11.78	14-Feb-15	S	A		ET	WAAS
Mile	M40	Chris Gould	4:33.41	16-Mar-19	S			ET	WAAS
Mile	M45	Bert Carse	4:43.0	14-Dec-89	S				
Mile	M50	Don Caplin	4:49.5	26-Nov-89	S				
Mile	M55	John Gilmour	4:40.0	01-Nov-75	S				
Mile	M60	John Gilmour	4:57.1	13-Nov-80	S	A	X		
Mile	M65	John Gilmour	5:20.6	28-Oct-84	S				
Mile	M70	David Carr	5:45.7	05-Dec-02	S	X		HT	ECAC
Mile	M75	David Carr	6:04.2	12-Jul-07	S	A		HT	ECAC
Mile	M80	David Carr	6:26.6	21-Jun-12	S	A	X	HT	ECAC
Mile	M85	David Carr	7:16.7	17-Aug-17	S	A	X	HT	ECAC
Mile	M90	David Carr	8:21.3	28-Jul-22	S	A	W	ET	ECAC
		3000m			S				
3000m	M30	Dean Menzies	8:26.70	22-Jan-21	S			ET	WAAS
3000m	M35	Brendon Dimmer	8:27.64	20-Jan-23	S			ET	WAAS
3000m	M40	Roberto Busi	8:40.37	17-Oct-20	S			ET	WAAS
3000m	M45	Roberto Busi	8:51.79	10-Nov-23	S			ET	WAAS
3000m	M50	Jim Langford	9:21.7	07-Dec-94	S				
3000m	M55	John Gilmour	9:20.0	11-Feb-76	S	X			
3000m	M60	John Gilmour	9:41.2	22-Nov-80	S	A	X		
3000m	M65	John Gilmour	10:10.2	01-Nov-84	S	A	X		
3000m	M70	John Gilmour	11:25.6	01-Oct-90	S	X			
3000m	M75	David Carr	12:18.3	16-Aug-07	S	X		HT	ECAC
3000m	M80	David Carr	13:12.3	25-Oct-12	S	A		HT	ECAC
3000m	M85	David Carr	14:54.8	20-Jul-17	S	A		HT	ECAC
3000m	M90	David Carr	16:20.96	23-Jun-22	S	A	W	ET	ECAC
3000m	M95	Peter Kennedy	48:37.4	26-Jul-16	S			HT	WAAS
		5000 Metres			S				
5000 Metres	M30	Dean Menzies	14:28.71	16-Dec-20	S			ET	WAAS
5000 Metres	M35	Brendon Dimmer	14:26.78	10-Feb-23	S			ET	WAAS
5000 Metres	M40	Roberto Busi	14:46.60	29-Oct-16	S			ET	Perth

5000 Metres	M45	Roberto Busi	15:29.83	04-Feb-22	S		ET	WAAS
5000 Metres	M50	Jim Langford	16.02.7	07-Apr-96	S			
5000 Metres	M55	John Gilmour	16.09.7	22-Jan-76	S			
5000 Metres	M60	John Gilmour	16.33.3	11-Apr-82	S	X	X	
5000 Metres	M65	John Gilmour	17:25.3	27-Jun-85	S	A	X	
5000 Metres	M70	John Gilmour	18.46.62	01-Jul-89	S	A	X	
5000 Metres	M75	Bert Carse	20:52.43	29-Oct-16	S		ET	Perth
5000 Metres	M80	David Carr	23:40.9	23-Aug-12	S	X	HT	ECAC
5000 Metres	M85	David Carr	26:17.6	30-Nov-17	S	A	HT	ECAC
5000 Metres	M90	David Carr	29:28.60	13-Oct-22	S	A	W	ET
		10,000 Metres			S			
10,000 Metres	M30	Jim Langford	29:19.2	03-Sep-75	S		HT	McGillivray
10,000 Metres	M35	Scott Tamblin	31:12.8	31-Oct-14	S		Ht	ECAC
10,000 Metres	M40	Roberto Busi	30:21.0	11-Nov-16	S		HT	WAAS
10,000 Metres	M45	Roberto Busi	31:48.53	08-Oct-21	S		ET	WAAS
10,000 Metres	M50	Jim Langford	32:58.0	25-Nov-94	S	X		
10,000 Metres	M55	John Gilmour	33:40.0	05-Aug-74	S	X	X	
10,000 Metres	M60	John Gilmour	34:23.0	26-Nov-80	S	A	X	
10,000 Metres	M65	John Gilmour	36:11.0	01-Oct-84	S	A		
10,000 Metres	M70	John Gilmour	38:26.0	21-Jun-89	S	A	X	
10,000 Metres	M75	David Carr	46:57.8	21-Oct-10	S		HT	ECAC
10,000 Metres	M80	David Carr	49:05.1	18-Oct-12	S	X	HT	ECAC
10,000 Metres	M85	David Carr	55:45.4	03-Nov-17	S	A	HT	ECAC
10,000 Metres	M90	David Carr	1:02:48.93	11-Aug-22	S	A	W	ET
		Half Marathon			S			
Half Marathon	M30	Dean Menzies	1:06.05	02-Aug-20	S		ET	Perth
Half Marathon	M35	Roberto Busi	1:07:21.1	10-May-15	S			Perth
Half Marathon	M40	Roberto Busi	1:09.14	02-Aug-20	S		ET	Perth
Half Marathon	M45	Hank Stoffers	1:10:17	01-Sep-88	S	A		
Half Marathon	M50	Hank Stoffers	1:13:29	15-Dec-91	S			
Half Marathon	M50	Clemens Schmidt	01:13:29	25-Mar-17	S			Daegu
Half Marathon	M55	John Gilmour	1:13:16	17-Sep-78	S	X		
Half Marathon	M60	John Gilmour	1:17:03	25-May-80	S	X		
Half Marathon	M65	John Gilmour	1:17:17	14-Apr-85	S	A	X	
Half Marathon	M70	John Gilmour	1:21:41	07-May-89	S	A	W	
Half Marathon	M75	Bob Lane	1:40:19.03	11-Feb-23	S			Busselton
Half Marathon	M80	Irwin Barrett-Lennard	2:05:16	12-Aug-12	S			Perth
Half Marathon	M85	Irwin Barrett-Lennard	02:07:56	13-Jul-14	S			Perth
		Marathon			S			
Marathon	M30	Dean Menzies	2:18:43	17-Oct-21	S			Perth
Marathon	M35	Dean Menzies	2:17:41	26-Feb-23	S			Osaka
Marathon	M40	Frank Smith	2:29:06	12-Sep-82	S			
Marathon	M45	Hank Stoffers	2:30:43	01-Dec-87	S			
Marathon	M50	Steve Barrie	2:40:45	29-Jul-90	S			
Marathon	M55	John Gilmour	2:38:19	25-Jun-78	S	X	X	
Marathon	M60	John Gilmour	2:41:07	22-Nov-81	S	A	X	
Marathon	M65	John Gilmour	2:57:59	28-Sep-86	S	X		
Marathon	M70	John Gilmour	3:03:04	06-Aug-89	S	A	X	
Marathon	M75	Bob Lane	3:33:26	05-Mar-23	S	A		Tokyo
Marathon	M80	Arthur Twiss	4:46:58	08-Oct-23	S			Perth
		One Hour			S			
One Hour	M35	Frank Smith	17,405	28-Oct-81	S			
One Hour	M40	Jim Langford	17,843	07-Oct-84	S			
One Hour	M45	Rob Shand	16,248	30-Oct-77	S			
One Hour	M50	Cliff Bould	16,445	10-Apr-70	S			
One Hour	M55	John Gilmour	17,186	14-Oct-74	S	A		
One Hour	M60	John Gilmour	16,854	21-Oct-79	S	A	W	
One Hour	M65	John Gilmour	15,892	07-Oct-84	S	A	W	
One Hour	M70	John Gilmour	15,474	21-Jun-89	S	A	W	
		80 Metres Hurdles (76.2cm) M70+			S			
80 Metres Hurdles	M70	Don Chambers	14.14	05-Oct-07	S	X	ET	Adelaide
80 Metres Hurdles	M75	Don Chambers	15.03	22-Dec-12	S	X	ET (-1.0)	Bendigo
		100 Metres Hurdles (84cm) M60 - M65			S			
100 Metres Hurdles	M60	Garry Ralston	18.28	05-Nov-16	S		ET (-0.7)	Perth
100 Metres Hurdles	M65	Geoff Brayshaw	19.78	09-Apr-17	S		ET (+0.6)	ECAC
		100 Metres Hurdles (91.4cm) M50 - M55			S			
100 Metres Hurdles	M50	Paul Jeffery	15.29	17-Mar-24	S		ET (+0.4)	ECAC
100 Metres Hurdles	M55	Garry Ralston	18.01	02-Apr-11	S		ET (-0.8)	ECAC
		110 Metres Hurdles (99.1cm) M30 - M45			S			
110 Metres Hurdles	M30	Vincent Sew Hee	15.54	07-Feb-20	S		ET (+0.4)	WAAS
110 Metres Hurdles	M35	Vincent Sew Hee	15.42	28-Jan-22	S		ET (+1.3)	WAAS

110 Metres Hurdles	M40	Paul Edmiston	15.72	06-Dec-13	S			ET (+0.7)WAAS	
110 Metres Hurdles	M45	Paul Jeffery	16.56	08-Nov-19	S			ET (+0.7)	WAAS
		200 Metres Hurdles (68.6cm) M80+			S				
		300 Metres Hurdles (76.2cm) M60 - M65			S				
300 Metres Hurdles	M60	Garry Ralston	46.86	19-Apr-16	S			Et	Adelaide
300 Metres Hurdles	M65	Campbell Till	50.59	22-Sep-22	S			ET	ECAC
		300 Metres Hurdles (76.2cm) M70 - M75			S				
300 Metres Hurdles	M70	Don Chambers	53.74	02-Aug-09	S			ET	Lahti
300 Metres Hurdles	M75	Don Chambers	59.43	21-Jul-12	S			ET	Derby UK
		400 Metres Hurdles (91.4cm) M30 - M45			S				
400 Metres Hurdles	M30	Cameron Yorke	53.76	26-Mar-10	S	X		ET	WAAS
400 Metres Hurdles	M35	Mike Edwards	53.79	23-Feb-92	S	X			
400 Metres Hurdles	M40	John Molloy	57.32	01-Jul-91	S				
400 Metres Hurdles	M45	John Molloy	58.8	07-Apr-96	S				
		400 Metres Hurdles (84cm) M50 - M55			S				
400 Metres Hurdles	M50	Wally Groom	63.11	13-Oct-93	S				Miyazaki
400 Metres Hurdles	M55	Campbell Till	70.27	31-Mar-13	S			ET	Canberra
		2000 Metres Steeplechase (76.2cm) M60+			S				
2000m Steeplechase	M60	Bert Carse	7:12.1	02-Dec-01	S				
2000m Steeplechase	M65	Giovanni Puglisi	8:01.25	06-Nov-16	S			ET	Perth
2000m Steeplechase	M70	Bert Carse	8:31.2	18-Dec-12	S			HT	WAAS
2000m Steeplechase	M75	David Carr	8:56.59	22-Mar-08	S	A	X	ET	Sydney
2000m Steeplechase	M80	David Carr	9:35.1	01-Feb-13	S	A	W	HT	WAAS
2000m Steeplechase	M85	David Carr	10:53.3	21-Dec-17	S	A	W	HT	ECAC
2000m Steeplechase	M90	David Carr	12:26.57	15-Sep-22	S	A	W	ET	ECAC
		3000 Metres Steeplechase (91.4cm) M30 - M55			S				
3000m Steeplechase	M30	Mike Hicks	9:52.41	15-Feb-98	S				
3000m Steeplechase	M35	Rob Nichols	10:11.0	15-Jan-16	S			HT	WAAS
3000m Steeplechase	M40	Ted Maslen	9:44.0	22-Jan-77	S				
3000m Steeplechase	M45	Ted Maslen	10:19.2	07-Nov-81	S				
3000m Steeplechase	M50	Ted Maslen	10:51.4	21-Nov-87	S				
3000m Steeplechase	M55	Alan Merrett	11:18.0	30-Jul-79	S				
		1500 Metres Walk			S				
1500 Metres Walk	M30	Garry Hastie	6:43.7	21-Feb-96	S				
1500 Metres Walk	M35	Garry Hastie	7:03.5	18-Dec-96	S				
1500 Metres Walk	M40	Alan Whitely	6:11.0	04-Nov-89	S				
1500 Metres Walk	M45	Garry Hastie	6:35.3	16-Mar-08	S			HT	ECAC
1500 Metres Walk	M50	Andrew Duncan	6:38.57	28-Apr-18	S			ET	Perth
1500 Metres Walk	M55	Andrew Duncan	6:54.65	27-Mar-21	S			ET	ECAC
1500 Metres Walk	M60	Dick Horsley	7:22.0	20-Dec-75	S	X	X		
1500 Metres Walk	M65	Dick Horsley	7:45.4	12-Mar-81	S	X			
1500 Metres Walk	M70	Dick Horsley	8:08.0	02-Feb-84	S	X			
1500 Metres Walk	M75	Stan Jones	9:28.1	05-Feb-04	S			HT	ECAC
1500 Metres Walk	M80	Stan Jones	9:43.6	25-Aug-05	S			HT	ECAC
1500 Metres Walk	M85	Stan Jones	11:30.27	03-Apr-11	S			ET	ECAC
1500 Metres Walk	M90	Peter Kennedy	16:11.60	02-Apr-10	S	X		ET	WAAS
		3000 Metres Walk			S				
3000 Metres Walk	M30	Garry Hastie	14:52.2	20-Mar-96	S				
3000 Metres Walk	M35	Duncan Faux	14:06.6	11-Apr-82	S				
3000 Metres Walk	M40	Alan Whitely	13:15.3	01-Apr-90	S				
3000 Metres Walk	M45	Garry Hastie	14:41.3	15-Mar-08	S			HT	ECAC
3000 Metres Walk	M50	Garry Hastie	14:30.66	30-Mar-14	S			ET	WAAS
3000 Metres Walk	M55	Andrew Duncan	14:47.45	28-Mar-21	S			ET	ECAC
3000 Metres Walk	M60	Dick Horsley	15:22.0	16-Nov-74	S				
3000 Metres Walk	M65	Dick Horsley	16:15.0	15-Mar-78	S				
3000 Metres Walk	M70	Dick Horsley	16:52.0	16-Feb-84	S				
3000 Metres Walk	M75	Stan Jones	19:25.5	12-Feb-04	S			HT	ECAC
3000 Metres Walk	M80	Stan Jones	20:36.4	25-Mar-06	S			HT	ECAC
3000 Metres Walk	M85	Stan Jones	23:37.3	02-Apr-11	S			HT	ECAC
		5000 Metres Walk			S				
5000 Metres Walk	M30	Christian Bone	25:16.1	09-Apr-10	S			HT	WAAS
5000 Metres Walk	M35	Duncan Faux	25:44.7	10-Apr-82	S				
5000 Metres Walk	M40	Alan Whitely	23:04.0	04-Nov-89	S				
5000 Metres Walk	M45	John Mison	24:49.4	14-Mar-96	S				
5000 Metres Walk	M50	Andrew Duncan	23:51.12	29-Apr-19	S			ET	Melbourne
5000 Metres Walk	M55	Andrew Duncan	25:05.81	27-Mar-21	S			ET	ECAC
5000 Metres Walk	M60	Dick Horsley	26:33.0	27-Feb-74	S				
5000 Metres Walk	M65	Dick Horsley	27:32.0	19-Aug-78	S				
5000 Metres Walk	M70	Dick Horsley	29:35.5	20-Jan-83	S				
5000 Metres Walk	M75	Stan Jones	33:31.8	19-Apr-03	S				Perry Lakes
5000 Metres Walk	M80	Stan Jones	34:08.6	18-Aug-05	S			HT	ECAC

5000 Metres Walk	M85 Stan Jones	40:20.0	10-Mar-11	S			HT	ECAC
	10,000m Track Walk			S				
10,000m Walk	M35 Daniel Lowe	66:16.10	27-Feb-14	S			ET	WAAS
10,000m Walk	M40 Alan Whitely	49:19.0	23-Feb-89	S				
10,000m Walk	M45 Gary Hastie	53:48.3	11-Mar-09	S				Perry Lakes
10,000m Walk	M50 Andrew Duncan	50:18.43	23-Jan-19	S			ET	WAAS
10,000m Walk	M55 Andrew Duncan	51:49.37	19-Feb-22	S			ET	WAAS
10,000m Walk	M60 Dick Horsley	54:24.6	01-Sep-73	S				
10,000m Walk	M65 Dick Horsley	57:12.0	01-Mar-78	S				
10,000m Walk	M70 Dick Horsley	59:04.0	01-Jun-83	S				
10,000m Walk	M75 Jack Collins	73:30.0	01-Oct-87	S				
	10 Kilometres Road Walk			S				
10 Kilometres Road Walk	M30 Oliver Berry	1:24:04.95	29-May-21	S			ET	Perth
10 Kilometres Road Walk	M35 Duncan Faux	51:23	24-Apr-82	S				
10 Kilometres Road Walk	M40 Alan Whitely	47:36	28-Apr-90	S				
10 Kilometres Road Walk	M45 Garry Hastie	50:34.1	12-Jul-09	S				
10 Kilometres Road Walk	M50 Andrew Duncan	49:06	15-Jul-18	S			HT	Perth
10 Kilometres Road Walk	M55 Andrew Duncan	51:34	12-Jul-20	S			HT	Perth
10 Kilometres Road Walk	M60 Dick Horsley	54:25	29-Sep-73	S	X	X		
10 Kilometres Road Walk	M65 Dick Horsley	57:12	19-Jul-81	S	X	X		
10 Kilometres Road Walk	M70 Dick Horsley	59:04	04-Jun-83	S	X	X		
10 Kilometres Road Walk	M75 Stan Jones	68:18	21-Apr-03	S			HT	Perry Lakes
10 Kilometres Road Walk	M80 Stan Jones	71:42	06-Aug-06	S				
	20 Kilometres Road Walk			S				
20 Kilometres Road Walk	M30 Garry Hastie	1:59:49	08-Apr-96	S	X			
20 Kilometres Road Walk	M35 Martin Davey	1:57:34	04-Jul-76	S				
20 Kilometres Road Walk	M40 John Mison	1:43:48	27-Mar-89	S				
20 Kilometres Road Walk	M45 George Audley	1:48:18	01-Feb-84	S				
20 Kilometres Road Walk	M50 Andrew Duncan	1:39:58	26-Aug-18	S			HT	Lake Kawana
20 Kilometres Road Walk	M55 Andrew Duncan	01:43:47	16-Aug-20	S				Perth
20 Kilometres Road Walk	M55 Andrew Duncan	1:41:58.48	30-Aug-20	S				Perth
20 Kilometres Road Walk	M60 Stan Jones	1:55:43	01-Dec-87	S				
20 Kilometres Road Walk	M65 Dick Horsley	2:07:00	14-Jun-81	S				
20 Kilometres Road Walk	M75 Jack Collins	2:30:04	11-Oct-87	S				
	50 Kilometres Road Walk			S				
50 Kilometres Road Walk	M35 Duncan Faux	5:17:33	12-Aug-79	S				Canning Vale
50 Kilometres Road Walk	M40 Jim Smith	5:29:27	17-Jul-77	S				
50 Kilometres Road Walk	M45 George Audley	5:00:41	01-Jul-85	S				
50 Kilometres Road Walk	M50 George Audley	5:22:07	09-Jul-89	S				
	High Jump			S				
High Jump	M30 Chris Anderson	2.25	06-Mar-99	S	A			Perry Lakes
High Jump	M35 Mark Murray	1.80	28-Feb-99	S				
High Jump	M40 Paul Jeffery	1.76	27-Oct-16	S				Perth
High Jump	M45 Chris Anderson	1.90	16-Feb-14	S	X			WAAS
High Jump	M50 Jonathan Lester	1.62	14-Mar-21	S				ECAC
High Jump	M55 Hans Venter	1.61	05-Nov-20	S				ECAC
High Jump	M60 Nenad Peisker	1.53	03-Apr-18	S				WAAS
High Jump	M65 Greg Wilson	1.46	04-Jan-14	S				Bendigo
High Jump	M70 Dave Wyatt	1.35	02-Dec-21	S				ECAC
High Jump	M75 Brian Waldhuter	1.20	06-Nov-16	S				Perth
High Jump	M75 Brian Waldhuter	1.20	08-Apr-17	S				ECAC
High Jump	M75 Phil Smyth	1.30	27-Feb-22	S				ECAC
High Jump	M80 Norm Richards	1.15	14-Mar-21	S				ECAC
High Jump	M85 Norm Richards	1.02	07-Mar-23	S				WAAS
	Long Jump			S				
Long Jump	M30 Shane Hair	7.43	04-Feb-06	S	A	+0.6		Sydney
Long Jump	M35 Tom Reynolds	6.36	08-Jan-77	S				
Long Jump	M40 Murray Tolbert	6.67	24-Mar-90	S	A			
Long Jump	M45 Murray Tolbert	6.49	05-Jan-92	S	X			
Long Jump	M50 Murray Tolbert	6.11	28-Mar-98	S	A			
Long Jump	M55 Murray Tolbert	5.89	14-Jul-01	S	X			
Long Jump	M60 David Clive	5.33	26-Feb-98	S	X			
Long Jump	M65 David Clive	5.05	27-Feb-03	S			Calm	
Long Jump	M65 David Clive	5.05	12-Mar-05	S	X	+0.2		ECAC
Long Jump	M70 David Clive	4.62	24-Mar-07	S		-2.4		ECAC
Long Jump	M75 David Clive	4.42	06-Apr-12	S	A		NWI	Melbourne
Long Jump	M80 Norm Richards	3.54	26-Apr-18	S		+0.0		Perth
Long Jump	M85 Norm Richards	3.01	25-Mar-23	S		(-1.4)		ECAC
Long Jump	M90 Peter Kennedy	1.67	02-Nov-10	S				McGillivray
	Triple Jump			S				
Triple Jump	M30 J. MacKenzie	16.00	04-Feb-96	S				

Triple Jump	M35	Stephen Edwards	13.49	20-Feb-22	S		-1.3	WAAS
Triple Jump	M40	Keith Brown	13.40	01-Apr-84	S			Belmont
Triple Jump	M45	Murray Tolbert	12.82	05-Apr-92	S	X		
Triple Jump	M50	Murray Tolbert	12.18	29-Mar-98	S	X		
Triple Jump	M55	Murray Tolbert	12.14	10-Jul-01	S			
Triple Jump	M60	David Clive	10.63	05-Mar-98	S			
Triple Jump	M65	Peter Corley	10.09	26-Mar-89	S			
Triple Jump	M70	Geoff Brayshaw	9.00	05-Jan-21	S		-0.8	WAAS
Triple Jump	M75	David Clive	8.19	25-Mar-12	S		0.0	WAAS
Triple Jump	M80	Norm Richards	6.81	28-Nov-17	S		+0.2	WAAS
Triple Jump	M85	Norm Richards	5.24	26-Mar-23	S		(-0.8)	ECAC
Triple Jump	M90	Peter Kennedy	3.73	03-Apr-11	S		-1.2	ECAC
		Pole Vault			S			
Pole Vault	M30	N. Linthorne	4.20	04-Feb-96	S			
Pole Vault	M35	Mark Jeffery	4.15	27-Mar-10	S			
Pole Vault	M40	Mark Jeffery	4.20	08-Apr-11	S			WAAS
Pole Vault	M40	Mark Jeffery	4.20	06-Feb-15	S			WAAS
Pole Vault	M45	Mark Jeffery	4.20	15-Jan-16	S			WAAS
Pole Vault	M50	Frederick Jankowitz	3.00	24-Feb-23	S			WAAS
Pole Vault	M55	Noel Goff	2.40	14-Jan-79	S			
Pole Vault	M55	Noel Goff	2.40	03-Feb-79	S			
Pole Vault	M60	Peter Gare	2.50	18-Apr-03	S			Perry Lakes
Pole Vault	M65	Geoff Brayshaw	2.75	14-Dec-18	S			Perth
Pole Vault	M70	Phil Smyth	2.70	29-Jan-17	S			WAAS
Pole Vault	M70	Phil Smyth	2.70	17-Oct-20	S			WAAS
Pole Vault	M70	Geoff Brayshaw	2.70	17-Oct-20	S			WAAS
Pole Vault	M70	Geoff Brayshaw	2.70	31-Jan-21	S			WAAS
Pole Vault	M70	Geoff Brayshaw	2.70	01-Apr-21	S			WAAS
Pole Vault	M75	Phil Smyth	2.75	04-Feb-22	S			WAAS
		Discus (2kg) M30 - M45			S			
Discus Throw	M30	James Highland	50.18	03-Feb-96	S			
Discus Throw	M35	Randal Humich	49.12	15-Jan-06	S			Perry Lakes
Discus Throw	M40	Richard Brown	48.16	11-Apr-82	S			
Discus Throw	M45	Todd Davey	45.30	12-Dec-15	S			Bunbury
		Discus (1.5kg) M50 - M55			S			
Discus Throw	M50	Todd Davey	55.54	03-Oct-17	S	A		WAAS
Discus Throw	M55	Todd Davey	45.05	22-Feb-22	S	A		WAAS
		Discus (1kg) M60+			S			
Discus Throw	M60	Tom Gravestock	48.94	07-Jul-15	S			WAAS
Discus Throw	M65	Jo Peters	47.28	12-Oct-19	S	A		Bunbury
Discus Throw	M70	Jo Peters	44.46	16-Mar-24	S	A		ECAC
Discus Throw	M75	Sydney Coleman	34.36	30-Mar-91	S	X		
Discus Throw	M80	Sydney Coleman	29.56	05-Apr-96	S	X		
Discus Throw	M85	Jim Davis	21.13	28-Mar-21	S			ECAC
Discus Throw	M90	Jim Davis	18.99	29-Mar-24	S			Hobart
		Hammer (7.26kg) M30 - M45			S			
Hammer Throw	M30	Warren Button	60.92	20-Jan-22	S			ECAC
Hammer Throw	M35	Matthew Staunton	47.29	10-Dec-13	S			WAAS
Hammer Throw	M40	Matthew Staunton	47.19	14-Mar-15	S			WAAS
Hammer Throw	M45	John Fettus	43.49	30-Jan-22	S			ECAC
		Hammer (6kg) M50 - M55			S			
Hammer Throw	M50	Todd Davey	53.71	01-Dec-18	S			ECAC
Hammer Throw	M55	Todd Davey	48.38	03-Feb-22	S			ECAC
		Hammer (5kg) M60 - M65			S			
Hammer Throw	M60	Tom Gravestock	43.20	18-Mar-16	S			WAAS
Hammer Throw	M65	Jo Peters	41.64	23-Feb-19	S			Bunbury
		Hammer (4kg) M70+			S			
Hammer Throw	M70	Jo Peters	45.29	05-Mar-24	S			Bunbury
Hammer Throw	M75	Sydney Coleman	38.68	16-Oct-91	S	X		
		Hammer (3kg) M80+			S			
Hammer Throw	M80	Jim Davis	34.91	28-Oct-16	S			Perth
Hammer Throw	M85	Jim Davis	32.62	07-Mar-19	S	A		ECAC
Hammer Throw	M90	Jim Davis	23.52	30-Mar-24	S			Hobart
		Weight Throw (15.88kg) M30 - M45			S			
Heavy Weight Throw	M30	Warren Button	18.28	30-Sep-21	S	A		ECAC
Heavy Weight Throw	M35	Greg Urbanowicz	14.84	05-Apr-15	S			Bankstown
Heavy Weight Throw	M40	Matthew Staunton	14.28	18-Jan-14	S			Bunbury
Heavy Weight Throw	M45	Todd Davey	14.37	04-Oct-15	S			Canberra
		Weight Throw (11.34kg) M50 - M55			S			
Heavy Weight Throw	M50	Todd Davey	19.40	19-Mar-20	S			ECAC
Heavy Weight Throw	M55	Todd Davey	17.79	24-Feb-22	S			ECAC

Shot Put	M65	Geoffrey Gee	12.87	28-Apr-19	S			Melbourne
		Shot Put (4kg) M70+			S			
Shot Put	M70	Ossi Igel	12.39	22-Dec-20	S			WAAS
Shot Put	M75	Sydney Coleman	10.66	04-Apr-92	S	X		
		Shot Put (3kg) M80+			S			
Shot Put	M80	Jim Davis	10.63	24-Feb-15	S			WAAS
Shot Put	M85	Jim Davis	8.60	13-Apr-19	S			ECAC
Shot Put	M90	Jim Davis	7.13	16-Mar-24	S	A		ECAC
		Pentathlon (LJ/J/200/D/1500) - 2023 Tables			S			
		(*2002 Tables) (*Older Tables)			S			
		(see separate Combined Event sheet for full details)			S			
Pentathlon	M30	Matthew Staunton	2687	19-Mar-06	S		HT	ECAC
Pentathlon	M35	Paul Jeffery	3213	09-Apr-12	S		ET	Melbourne
Pentathlon	M40	Paul Jeffery	3625	15-Mar-14	S	A	HT	WAAS
Pentathlon	M45	Paul Jeffery	3770	27-Feb-22	S		ET	ECAC
Pentathlon	M50	Mark Jeffery	3549	14-Mar-21	S	A	ET	ECAC
Pentathlon	M55	Peter Gare	3315	08-Apr-96	S			Perry Lakes
Pentathlon	M60	Peter Gare	2871	18-Mar-01	S		HT	ECAC
Pentathlon	M65	Steve Fuller	2894	06-Apr-19	S		ET	ECAC
Pentathlon	M70	Leon Sander	2930	18-Mar-07	S		HT	ECAC
Pentathlon	M75	David Carr	2929	08-Mar-08	S	X	HT	ECAC
Pentathlon	M80	Leon Sander	2337	01-Apr-17	S		HT	ECAC
Pentathlon	M85	David Carr	1732	06-Apr-19	S		ET	ECAC
Pentathlon	M90	Peter Kennedy	699	05-Apr-10	S		ET	WAAS
		Throws Pentathlon (H/S/D/J/W) - 2023 Tables			S			
		(see separate Combined Event sheet for full details)			S			
Throws Pentathlon	M30	Gavin Hames	2945	05-Apr-96	S			Perry Lakes
Throws Pentathlon	M35	Matthew Staunton	3157	17-Mar-12	S			ECAC
Throws Pentathlon	M40	Matt Staunton	3468	07-Mar-15	S			WAAS
Throws Pentathlon	M45	Todd Davey	3696	12-Dec-15	S			Bunbury
Throws Pentathlon	M50	Todd Davey	4121	01-Dec-18	S	A		ECAC
Throws Pentathlon	M55	Todd Davey	3896	30-Jan-22	S			ECAC
Throws Pentathlon	M60	Jo Peters	3578	28-Apr-18	S			Perth
Throws Pentathlon	M65	Jo Peters	3922	23-Feb-19	S			Bunbury
Throws Pentathlon	M70	Jo Peters	4004	29-Jun-24	S	A		Bunbury
Throws Pentathlon	M75	Jim Davis	2818	17-Mar-12	S			ECAC
Throws Pentathlon	M80	Jim Davis	2910	18-Apr-16	S			Adelaide
Throws Pentathlon	M85	Jim Davis	2829	06-Apr-19	S			ECAC
Throws Pentathlon	M90	Christian Tittel	1790	12-Sep-18	S			Malaga
		HEAVY WEIGHT PENTATHLON (2023 AMA Tables)			S			
		(see separate Combined Event sheet for full details)			S			
Weight Throw Pentathlon	M30	Warren Button	3835	09-Jan-21	S	A		Bunbury
Weight Throw Pentathlon	M40	Matthew Staunton	3809	22-Jan-17	S	X		ECAC
Weight Throw Pentathlon	M45	Todd Davey	4008	06-Oct-14	S			Canberra
Weight Throw Pentathlon	M50	Todd Davey	4258	22-Jan-17	S			ECAC
Weight Throw Pentathlon	M55	Todd Davey	3558	26-Sep-21	S			ECAC
Weight Throw Pentathlon	M60	Geoff Gee	3416	25-Jun-16	S			WAAS
Weight Throw Pentathlon	M65	Geoffrey Gee	3978	01-Oct-18	S	X		Wollongong
Weight Throw Pentathlon	M70	Ossi Igel	4240	09-Jan-21	S	A		Bunbury
		Decathlon - 2023 Tables			S			
		(*2002 Tables) (*Old tables)			S			
		(see separate Combined Event sheet for full details)			S			
Decathlon	M30	Matthew Staunton	4989	15-Jan-06	S		ET	Perry Lakes
Decathlon	M35	David Graieg	4989	19-Jan-20	S		ET	WAAS
Decathlon	M40	Paul Jeffery	6911	15-Jan-16	S		ET	WAAS
Decathlon	M45	Paul Jeffery	7719	24-Nov-19	S	A	W	WAAS
Decathlon	M50	Andrew Brooker	5846	02-Sep-19	S		ET	Mackay
Decathlon	M60	Rob Antoniulli	3637	05-Feb-12	S		ET	Tauranga
Decathlon	M65	Geoff Brayshaw	4794	05-Feb-17	S		ET	WAAS
Decathlon	M70	Geoff Brayshaw	4841	31-Jan-21	S		ET	WAAS
Decathlon	M75	Don Chambers	4877	06-Jan-13	S		ET	Bendigo
		4 x 100 Metres Relay			S			
4 x 100 Metres Relay	M30	MAWA Team	49.1	07-Feb-08	S		HT	ECAC
4 x 100 Metres Relay	M30	Matthew Staunton	49.1	07-Feb-08	S			
4 x 100 Metres Relay	M30	Graeme Watson	49.1	07-Feb-08	S			
4 x 100 Metres Relay	M30	Paul Burke	49.1	07-Feb-08	S			
4 x 100 Metres Relay	M30	Chris Neale	49.1	07-Feb-08	S			
4 x 100 Metres Relay	M35	MAWA Team	48.77	23-Mar-08	S		ET	Sydney
4 x 100 Metres Relay	M35	Colin Smith	48.77	23-Mar-08	S			
4 x 100 Metres Relay	M35	David Luck	48.77	23-Mar-08	S			
4 x 100 Metres Relay	M35	Chris Neale	48.77	23-Mar-08	S			

4 x 100 Metres Relay	M35	Campbell Till	48.77	23-Mar-08	S		
4 x 100 Metres Relay	M40	WAVAC Team	49.87	20-Apr-03	S	ET	Perry Lakes
4 x 100 Metres Relay	M40	Craig Owens	49.87	20-Apr-03	S		
4 x 100 Metres Relay	M40	Neil Morfitt	49.87	20-Apr-03	S		
4 x 100 Metres Relay	M40	Greg Vander Sanden	49.87	20-Apr-03	S		
4 x 100 Metres Relay	M40	Colin Smith	49.87	20-Apr-03	S		
4 x 100 Metres Relay	M45	MAWA Team	48.25	28-Apr-19	S	ET	Melbourne
4 x 100 Metres Relay	M45	Colin Smith	48.25	28-Apr-19	S		
4 x 100 Metres Relay	M45	Lee Stergiou	48.25	28-Apr-19	S		
4 x 100 Metres Relay	M45	Greg Brennan	48.25	28-Apr-19	S		
4 x 100 Metres Relay	M45	Adrian McKenzie	48.25	28-Apr-19	S		
4 x 100 Metres Relay	M50	MAWA Team	50.79	29-Apr-18	S	ET	Perth
4 x 100 Metres Relay	M50	Donovan Roets	50.79	29-Apr-18	S		
4 x 100 Metres Relay	M50	Bernard Riviere	50.79	29-Apr-18	S		
4 x 100 Metres Relay	M50	Ian Hannaby	50.79	29-Apr-18	S		
4 x 100 Metres Relay	M50	Dawson Miller	50.79	29-Apr-18	S		
4 x 100 Metres Relay	M55	MAWA Team	57.10	12-Apr-09	S	ET	Adelaide
4 x 100 Metres Relay	M55	Paul Hughes	57.10	12-Apr-09	S		
4 x 100 Metres Relay	M55	Nick Miletic	57.10	12-Apr-09	S		
4 x 100 Metres Relay	M55	Rob Antonioli	57.10	12-Apr-09	S		
4 x 100 Metres Relay	M55	Barrie Kernaghan	57.10	12-Apr-09	S		
4 x 100 Metres Relay	M60	MAWA Team	57.37	11-Jun-17	S	ET	Darwin
4 x 100 Metres Relay	M60	Des Walsh	57.37	11-Jun-17	S		
4 x 100 Metres Relay	M60	Dave Wyatt	57.37	11-Jun-17	S		
4 x 100 Metres Relay	M60	Harold Membrey	57.37	11-Jun-17	S		
4 x 100 Metres Relay	M60	Rob Antonioli	57.37	11-Jun-17	S		
4 x 100 Metres Relay	M65	MAWA Team	58.6	05-Feb-09	S	HT	ECAC
4 x 100 Metres Relay	M65	Norm Richards	58.6	05-Feb-09	S		
4 x 100 Metres Relay	M65	Bob Schickert	58.6	05-Feb-09	S		
4 x 100 Metres Relay	M65	Barrie Kernaghan	58.6	05-Feb-09	S		
4 x 100 Metres Relay	M65	Mike O'Reilly	58.6	05-Feb-09	S		
4 x 100 Metres Relay	M70	MAWA Team	62.4	04-Feb-10	S	HT	ECAC
4 x 100 Metres Relay	M70	David Clive	62.4	04-Feb-10	S		
4 x 100 Metres Relay	M70	David Carr	62.4	04-Feb-10	S		
4 x 100 Metres Relay	M70	Norm Richards	62.4	04-Feb-10	S		
4 x 100 Metres Relay	M70	Tom Crossen	62.4	04-Feb-10	S		
		4 x 200 Metres Relay			S		
4 x 200 Metres Relay	M35	WAVAC Team	1:45:1	10-Oct-92	S		
4 x 200 Metres Relay	M35	Wally Groom	1:45:1	10-Oct-92	S		
4 x 200 Metres Relay	M35	Keith Martin	1:45:1	10-Oct-92	S		
4 x 200 Metres Relay	M35	Norm Richards	1:45:1	10-Oct-92	S		
4 x 200 Metres Relay	M35	Kilburn	1:45:1	10-Oct-92	S		
		4 x 400 Metres Relay			S		
4 x 400 Metres Relay	M30	MAWA Team	3:46.3	21-Feb-08	S	HT	ECAC
4 x 400 Metres Relay	M30	Chris Neale	3:46.3	21-Feb-08	S		
4 x 400 Metres Relay	M30	Graeme Watson	3:46.3	21-Feb-08	S		
4 x 400 Metres Relay	M30	Paul Burke	3:46.3	21-Feb-08	S		
4 x 400 Metres Relay	M30	Andrew Brooker	3:46.3	21-Feb-08	S		
4 x 400 Metres Relay	M35	WAVAC Team	3:56.0	10-Jan-80	S		
4 x 400 Metres Relay	M35	Joe Gold	3:56.0	10-Jan-80	S		
4 x 400 Metres Relay	M35	David Carr	3:56.0	10-Jan-80	S		
4 x 400 Metres Relay	M35	Don Caplin	3:56.0	10-Jan-80	S		
4 x 400 Metres Relay	M35	Bernie Oliver	3:56.0	10-Jan-80	S		
4 x 400 Metres Relay	M40	WAVAC Team	3:49.55	21-Apr-03	S	ET	Perry Lakes
4 x 400 Metres Relay	M40	Greg Vander Sanden	3:49.55	21-Apr-03	S		
4 x 400 Metres Relay	M40	Neil Morfitt	3:49.55	21-Apr-03	S		
4 x 400 Metres Relay	M40	Campbell Till	3:49.55	21-Apr-03	S		
4 x 400 Metres Relay	M40	Duncan McAuley	3:49.55	21-Apr-03	S		
4 x 400 Metres Relay	M45	MAWA Team	3:53.0	07-Dec-03	S	HT	Perry Lakes
4 x 400 Metres Relay	M45	Mike Edwards	3:53.0	07-Dec-03	S		
4 x 400 Metres Relay	M45	Greg Vander Sanden	3:53.0	07-Dec-03	S		
4 x 400 Metres Relay	M45	Henri Cortis	3:53.0	07-Dec-03	S		
4 x 400 Metres Relay	M45	Campbell Till	3:53.0	07-Dec-03	S		
4 x 400 Metres Relay	M50	MAWA Team	4:02.8	21-Feb-08	S	HT	ECAC
4 x 400 Metres Relay	M50	Campbell Till	4:02.8	21-Feb-08	S		
4 x 400 Metres Relay	M50	Duncan McAuley	4:02.8	21-Feb-08	S		
4 x 400 Metres Relay	M50	Rob Antonioli	4:02.8	21-Feb-08	S		
4 x 400 Metres Relay	M50	Alan Gower	4:02.8	21-Feb-08	S		
4 x 400 Metres Relay	M55	MAWA Team	4:29.59	09-Apr-12	S	ET	Melbourne
4 x 400 Metres Relay	M55	Garry Ralston	4:29.59	09-Apr-12	S		
4 x 400 Metres Relay	M55	Rob Antonioli	4:29.59	09-Apr-12	S		

4 x 400 Metres Relay	M55	Barrie Kernaghan	4:29.59	09-Apr-12	S			
4 x 400 Metres Relay	M55	Steve Fuller	4:29.59	09-Apr-12	S			
4 x 400 Metres Relay	M60	MAWA Team	4:29.2	21-Feb-08	S		HT	ECAC
4 x 400 Metres Relay	M60	David Clive	4:29.2	21-Feb-08	S			
4 x 400 Metres Relay	M60	Roy Fearnall	4:29.2	21-Feb-08	S			
4 x 400 Metres Relay	M60	Keith Martin	4:29.2	21-Feb-08	S			
4 x 400 Metres Relay	M60	Barrie Kernaghan	4:29.2	21-Feb-08	S			
4 x 400 Metres Relay	M65	MAWA Team	4:25.8	20-Mar-05	S		HT	ECAC
4 x 400 Metres Relay	M65	David Carr	4:25.8	20-Mar-05	S			
4 x 400 Metres Relay	M65	Mike O'Reilly	4:25.8	20-Mar-05	S			
4 x 400 Metres Relay	M65	Barrie Kernaghan	4:25.8	20-Mar-05	S			
4 x 400 Metres Relay	M65	Norm Richards	4:25.8	20-Mar-05	S			
4 x 400 Metres Relay	M70	MAWA Team	5:20.2	25-Feb-16	S		HT	ECAC
4 x 400 Metres Relay	M70	Bert Carse	5:20.2	25-Feb-16	S			
4 x 400 Metres Relay	M70	Barrie Kernaghan	5:20.2	25-Feb-16	S			
4 x 400 Metres Relay	M70	David Carr	5:20.2	25-Feb-16	S			
4 x 400 Metres Relay	M70	Henri Cortis	5:20.2	25-Feb-16	S			
4 x 400 Metres Relay	M80	MAWA Team	7:11.0	25-Feb-10	S	X	HT	ECAC
4 x 400 Metres Relay	M80	Vic Beaumont	7:11.0	25-Feb-10	S	X		
4 x 400 Metres Relay	M80	Cecil Walkley	7:11.0	25-Feb-10	S	X		
4 x 400 Metres Relay	M80	Stan Lockwood	7:11.0	25-Feb-10	S	X		
4 x 400 Metres Relay	M80	Irwin Barrett-Lennard	7:11.0	25-Feb-10	S	X		
		4 x 800 Metres Relay			S			
4 x 800 Metres Relay	M30	MAWA Team	9:16.1	18-Feb-10	S		HT	ECAC
4 x 800 Metres Relay	M30	Scott Tamblin	9:16.1	18-Feb-10	S			
4 x 800 Metres Relay	M30	Corey Thomas	9:16.1	18-Feb-10	S			
4 x 800 Metres Relay	M30	Kim Thomas	9:16.1	18-Feb-10	S			
4 x 800 Metres Relay	M30	Paul Burke	9:16.1	18-Feb-10	S			
4 x 800 Metres Relay	M35	MAWA Team	9:41.0	19-Feb-09	S		HT	ECAC
4 x 800 Metres Relay	M35	Kim Thomas	9:41.0	19-Feb-09	S			
4 x 800 Metres Relay	M35	Ross Keane	9:41.0	19-Feb-09	S			
4 x 800 Metres Relay	M35	Paul Burke	9:41.0	19-Feb-09	S			
4 x 800 Metres Relay	M35	Chris Neale	9:41.0	19-Feb-09	S			
4 x 800 Metres Relay	M40	WAVAC Team	9:02:0	16-Jan-93	S	X	HT	
4 x 800 Metres Relay	M40	John Molloy	9:02:0	16-Jan-93	S	X		
4 x 800 Metres Relay	M40	David Carr	9:02:0	16-Jan-93	S	X		
4 x 800 Metres Relay	M40	Duncan McAuley	9:02:0	16-Jan-93	S	X		
4 x 800 Metres Relay	M40	Brian Foley	9:02:0	16-Jan-93	S	X		
4 x 800 Metres Relay	M45	MAWA Team	10:48.7	19-Feb-09	S		HT	ECAC
4 x 800 Metres Relay	M45	Paul Haylett	10:48.7	19-Feb-09	S			
4 x 800 Metres Relay	M45	Nick Miletic	10:48.7	19-Feb-09	S			
4 x 800 Metres Relay	M45	John Dennehy	10:48.7	19-Feb-09	S			
4 x 800 Metres Relay	M45	Colin Smith	10:48.7	19-Feb-09	S			
4 x 800 Metres Relay	M50	MAWA Team	9:22.9	14-Feb-08	S		HT	ECAC
4 x 800 Metres Relay	M50	Neil Morfitt	9:22.9	14-Feb-08	S			
4 x 800 Metres Relay	M50	Bjorn Dybdahl	9:22.9	14-Feb-08	S			
4 x 800 Metres Relay	M50	Campbell Till	9:22.9	14-Feb-08	S			
4 x 800 Metres Relay	M50	Duncan McAuley	9:22.9	14-Feb-08	S			
4 x 800 Metres Relay	M55	MAWA Team	12:00.4	14-Feb-08	S		HT	ECAC
4 x 800 Metres Relay	M55	Paul Hughes	12:00.4	14-Feb-08	S			
4 x 800 Metres Relay	M55	Nick Miletic	12:00.4	14-Feb-08	S			
4 x 800 Metres Relay	M55	Maurice Creagh	12:00.4	14-Feb-08	S			
4 x 800 Metres Relay	M55	Arnold Jenkins	12:00.4	14-Feb-08	S			
4 x 800 Metres Relay	M60	MAWA Team	10:54.1	14-Feb-08	S		HT	ECAC
4 x 800 Metres Relay	M60	Jim Langford	10:54.1	14-Feb-08	S			
4 x 800 Metres Relay	M60	Jim Klinge	10:54.1	14-Feb-08	S			
4 x 800 Metres Relay	M60	Ivan Brown	10:54.1	14-Feb-08	S			
4 x 800 Metres Relay	M60	David Carr	10:54.1	14-Feb-08	S			
4 x 800 Metres Relay	M65	MAWA Team	11:19.6	14-Feb-08	S	X	HT	ECAC
4 x 800 Metres Relay	M65	Bert Carse	11:19.6	14-Feb-08	S	X		
4 x 800 Metres Relay	M65	Dave Roberts	11:19.6	14-Feb-08	S	X		
4 x 800 Metres Relay	M65	Mike O'Reilly	11:19.6	14-Feb-08	S	X		
4 x 800 Metres Relay	M65	Bob Schickert	11:19.6	14-Feb-08	S	X		
4 x 800 Metres Relay	M75	MAWA Team	16:04.5	19-Feb-09	S	X	HT	ECAC
4 x 800 Metres Relay	M75	Cecil Walkley	16:04.5	19-Feb-09	S	X		
4 x 800 Metres Relay	M75	Stan Lockwood	16:04.5	19-Feb-09	S	X		
4 x 800 Metres Relay	M75	Bob Hayres	16:04.5	19-Feb-09	S	X		
4 x 800 Metres Relay	M75	Irwin Barrett-Lennard	16:04.5	19-Feb-09	S	X		
4 x 800 Metres Relay	M80	MAWA Team	16:01.8	18-Feb-10	S	A	X	HT
4 x 800 Metres Relay	M80	Stan Lockwood	16:01.8	18-Feb-10	S	A	X	ECAC
4 x 800 Metres Relay	M80	Vic Beaumont	16:01.8	18-Feb-10	S	A	X	

4 x 800 Metres Relay	M80	Cecil Walkley	16:01.8	18-Feb-10	S	A	X		
4 x 800 Metres Relay	M80	Irwin Barrett-Lennard	16:01.8	18-Feb-10	S	A	X		
		4 x 1500 Metres Relay			S				
4 x 1500 Metres Relay	M30	MAWA Team	21:14.6	12-Feb-09	S			HT	ECAC
4 x 1500 Metres Relay	M30	John Collier	21:14.6	12-Feb-09	S				
4 x 1500 Metres Relay	M30	Kim Thomas	21:14.6	12-Feb-09	S				
4 x 1500 Metres Relay	M30	Corey Thomas	21:14.6	12-Feb-09	S				
4 x 1500 Metres Relay	M30	Andrew Brooker	21:14.6	12-Feb-09	S				
4 x 1500 Metres Relay	M35	MAWA Team	20:11.9	31-Jan-08	S	X	X	HT	ECAC
4 x 1500 Metres Relay	M35	Chris Neale	20:11.9	31-Jan-08	S	X	X		
4 x 1500 Metres Relay	M35	Paul Burke	20:11.9	31-Jan-08	S	X	X		
4 x 1500 Metres Relay	M35	Eldon George	20:11.9	31-Jan-08	S	X	X		
4 x 1500 Metres Relay	M35	Brett Roach	20:11.9	31-Jan-08	S	X	X		
4 x 1500 Metres Relay	M40	MAWA Team	22:12.4	31-Jan-08	S			HT	ECAC
4 x 1500 Metres Relay	M40	John Collier	22:12.4	31-Jan-08	S				
4 x 1500 Metres Relay	M40	David Solomon	22:12.4	31-Jan-08	S				
4 x 1500 Metres Relay	M40	Rob McBeth	22:12.4	31-Jan-08	S				
4 x 1500 Metres Relay	M40	Ross Keane	22:12.4	31-Jan-08	S				
4 x 1500 Metres Relay	M45	MAWA Team	20:27.3	12-Feb-09	S			HT	ECAC
4 x 1500 Metres Relay	M45	Mark Dawson	20:27.3	12-Feb-09	S				
4 x 1500 Metres Relay	M45	Ross Keane	20:27.3	12-Feb-09	S				
4 x 1500 Metres Relay	M45	Paul Haylett	20:27.3	12-Feb-09	S				
4 x 1500 Metres Relay	M45	Campbell Till	20:27.3	12-Feb-09	S				
4 x 1500 Metres Relay	M50	MAWA Team	20:40.0	31-Jan-08	S			HT	ECAC
4 x 1500 Metres Relay	M50	David Baird	20:40.0	31-Jan-08	S				
4 x 1500 Metres Relay	M50	Bjorn Dybdahl	20:40.0	31-Jan-08	S				
4 x 1500 Metres Relay	M50	Alan Gower	20:40.0	31-Jan-08	S				
4 x 1500 Metres Relay	M50	Campbell Till	20:40.0	31-Jan-08	S				
4 x 1500 Metres Relay	M55	MAWA Team	23:38.9	31-Jan-08	S			HT	ECAC
4 x 1500 Metres Relay	M55	Duncan McAuley	23:38.9	31-Jan-08	S				
4 x 1500 Metres Relay	M55	Maurice Creagh	23:38.9	31-Jan-08	S				
4 x 1500 Metres Relay	M55	Nick Miletic	23:38.9	31-Jan-08	S				
4 x 1500 Metres Relay	M55	Frank Gardiner	23:38.9	31-Jan-08	S				
4 x 1500 Metres Relay	M60	MAWA Team	21:48.4	31-Jan-08	S	X		HT	ECAC
4 x 1500 Metres Relay	M60	Bruce Wilson	21:48.4	31-Jan-08	S	X			
4 x 1500 Metres Relay	M60	John Oldfield	21:48.4	31-Jan-08	S	X			
4 x 1500 Metres Relay	M60	Jim Klinge	21:48.4	31-Jan-08	S	X			
4 x 1500 Metres Relay	M60	Jim Langford	21:48.4	31-Jan-08	S	X			
4 x 1500 Metres Relay	M65	MAWA Team	22:15.3	31-Jan-08	S	X		HT	ECAC
4 x 1500 Metres Relay	M65	Bob Schickert	22:15.3	31-Jan-08	S	X			
4 x 1500 Metres Relay	M65	Dave Roberts	22:15.3	31-Jan-08	S	X			
4 x 1500 Metres Relay	M65	Bert Carse	22:15.3	31-Jan-08	S	X			
4 x 1500 Metres Relay	M65	David Carr	22:15.3	31-Jan-08	S	X			
4 x 1500 Metres Relay	M75	MAWA Team	30:01.7	12-Feb-09	S	A		HT	ECAC
4 x 1500 Metres Relay	M75	Cecil Walkley	30:01.7	12-Feb-09	S	A			
4 x 1500 Metres Relay	M75	Bob Hayres	30:01.7	12-Feb-09	S	A			
4 x 1500 Metres Relay	M75	Irwin Barrett-Lennard	30:01.7	12-Feb-09	S	A			
4 x 1500 Metres Relay	M75	David Carr	30:01.7	12-Feb-09	S	A			
4 x 1500 Metres Relay	M80	MAWA Team	34:04.8	11-Feb-10	S	A		HT	ECAC
4 x 1500 Metres Relay	M80	Irwin Barrett-Lennard	34:04.8	11-Feb-10	S	A			
4 x 1500 Metres Relay	M80	Cecil Walkley	34:04.8	11-Feb-10	S	A			
4 x 1500 Metres Relay	M80	Stan Lockwood	34:04.8	11-Feb-10	S	A			
4 x 1500 Metres Relay	M80	Vic Beaumont	34:04.8	11-Feb-10	S	A			
		INDOORS			S				
		60 Metres			S				
60 Metres	M45	Rob Colling	7.28	31-Mar-16	S	A			Calgary
60 Metres	M50	Colin Smith	7.97	20-Mar-17	S			ET	Daegu
60 Metres	M55	Rudy Kocis	7.81	20-Mar-17	S	=A		ET	Daegu
60 Metres	M75	Don Chambers	9.39	24-Feb-13	S				London
60 Metres	M80	Bob Schickert	13.23	27-Mar-23	S			ET	Torun
		200 Metres			S				
200 Metres	M50	Colin Smith	26.18	21-Mar-17	S			ET	Daegu
200 Metres	M55	Colin Smith	26.06	28-Mar-19	S			ET	Torun
200 Metres	M75	Bob Schickert	42.37	28-Mar-19	S			ET	Torun
200 Metres	M80	Bob Schickert	44.83	30-Mar-23	S			ET	Torun
200 Metres	M90	David Carr	47.58	31-Mar-23	S	A		ET	Torun
		400 Metres			S				
400 Metres	M50	Colin Smith	58.09	24-Mar-17	S	X		ET	Daegu
400 Metres	M55	Colin Smith	57.69	25-Mar-19	S			ET	Torun
400 Metres	M80	Bob Schickert	2:02.16	26-Mar-23	S			ET	Torun
400 Metres	M90	David Carr	1:42.02	28-Mar-23	S	A		ET	Torun

	800 Metres				S			
800 Metres	M60 Bjorn Dybdahl	2:37.58	21-Mar-17	S		ET		Daegu
800 Metres	M90 David Carr	4:03.80	30-Mar-23	S	A	ET		Torun
	1000 Metres							
1000 Metres	M45 Danie Mostert	3:47.83	30-Mar-23	S		ET		Torun
1000 Metres	M50 Andrew Brooker	3:08.58	28-Mar-19	S	A	ET		Torun
1000 Metres	M55 Hans Venter	4:00.94	29-Mar-23	S		ET		Torun
1000 Metres	M75 Don Chambers	9.39	24-Feb-13	S				London
	1500 Metres							
1500 Metres	M60 Bjorn Dybdahl	5:25.62	25-Mar-17	S		ET		Daegu
1500 Metres	M75 Bob Schickert	7:14.35	25-Mar-17	S		ET		Daegu
1500 Metres	M90 David Carr	9:10.13	01-Apr-23	S	A	ET		Torun
	3000 Metres							
3000 Metres	M60 Roscoe McDonnell	11:45.31	24-Mar-19	S		ET		Torun
3000 Metres	M75 Bob Schickert	15:24.08	23-Mar-17	S		ET		Daegu
3000 Metres	M80 Bob Schickert	21:54.87	26-Mar-23	S		ET		Torun
3000 Metres	M90 David Carr	18:42.60	26-Mar-23	S	A	ET		Torun
	60 Metres Hurdles							
60 Metres Hurdles	M45 Danie Mostert	12.10	30-Mar-23	S		ET		Torun
60 Metres Hurdles	M50 Andrew Brooker	10.83	28-Mar-19	S		ET		Torun
60 Metres Hurdles	M55 Hans Venter	12.14	29-Mar-23	S		ET		Torun
60 Metres Hurdles	M75 Don Chambers	11.33	25-Mar-14	S	A	ET		Budapest
	3000 Metres Walk							
3000 Metres Walk	M40 David Smyth	15:55.02	05-Apr-12	S				Jyvaskyla
	Long Jump							
Long Jump	M45 Danie Mostert	4.40	30-Mar-23	S				Torun
Long Jump	M50 Andrew Brooker	5.06	28-Mar-19	S	A			Torun
Long Jump	M55 Hans Venter	3.97	29-Mar-23	S				Torun
Long Jump	M75 Don Chambers	3.63	25-Mar-14	S	A			Budapest
	Triple Jump							
Triple Jump	M75 Don Chambers	7.75	29-Mar-14	S	A			Budapest
	High Jump							
High Jump	M45 Danie Mostert	1.48	30-Mar-23	S				Torun
High Jump	M50 Andrew Brooker	1.63	28-Mar-19	S	A			Torun
High Jump	M55 Hans Venter	1.61	29-Mar-23	S	A			Torun
High Jump	M60 Hans Venter	1.45	17-Mar-24	S	A			Torun
High Jump	M75 Don Chambers	1.15	25-Mar-14	S	A			Budapest
	Pole Vault							
Pole Vault	M75 Don Chambers	2.10	24-Feb-13	S				London
	Shot Put							
Shot Put	M35 Greg Urbanowicz	12.19	28-Mar-14	S	A			Budapest
Shot Put	M40 Matt Staunton	12.40	23-Mar-17	S	X			Daegu
Shot Put	M45 Danie Mostert	7.46	30-Mar-23	S				Torun
Shot Put	M50 Andrew Brooker	9.20	28-Mar-19	S	X			Torun
Shot Put	M55 Hans Venter	9.09	29-Mar-23	S				Torun
Shot Put	M75 Don Chambers	8.98	25-Mar-14	S	X			Budapest
	Weight Throw							
Weight Throw	M35 Greg Urbanowicz	13.84	29-Mar-14	S	A			Budapest
Weight Throw	M40 Matt Staunton	13.63	20-Mar-17	S	X			Daegu
Weight Throw	M75 Don Chambers	11.36	27-Mar-14	S	A			Budapest
	Pentathlon							
Pentathlon	M35 Matthew McDowall	3292	10-Mar-18	S	A	ET		
Pentathlon	M45 Danie Mostert	2031	30-Mar-23	S		ET		Torun
Pentathlon	M50 Andrew Brooker	3292	28-Mar-19	S	A	ET		Torun
Pentathlon	M55 Hans Venter	2629	29-Mar-23	S		ET		Torun
Pentathlon	M75 Don Chambers	2968	25-Mar-14	S	A	ET		Budapest