

UPDATED OAMA CHAMPIONSHIP RECORDS AS AT JULY 2010 (after Tahiti)

60m					60m					
M30	Travis Venema	AUS	7.19	2008	W30	Vanessa Beddie	AUS	12.63	2008	
M35	Travis Venema	AUS	7.40	2010	NWI	W35	Ranell Hobson	AUS	8.16	2008
M40	Mark Macfarlane	NZL	7.87	2008	W40	Michelle McFayden	AUS	8.93	2010	-1.9
M45	Gary Rawson	NZL	7.67	2008	W45	Marie Kay	AUS	8.41	2008	
M50	Leo Kennedy	AUS	7.87	2008	W50	Margaret Smith	AUS	9.25	2008	
M55	Richard Wearmouth	AUS	8.23	2008	W55	Margaret Smith	AUS	9.70	2010	-4.4
M60	Laurence Malcolmson	NZL	8.19	2010	-0.3	W60	Margaret Taylor	AUS	9.68	2008
M65	Neville McIntyre	AUS	8.36	2008	W65	Noreen Parish	AUS	10.21	2010	0.6
M70	David Clive	AUS	9.02	2008	W70	Margaret Peters	NZL	10.01	2008	
M75	Max Wood	NZL	9.58	2008	W75	Margaret Peters	NZL	10.61	2010	-1.6
M80	Norm Windred	AUS	9.89	2008	W80	Shirley Brasher	AUS	14.13	2008	
100m					100m					
M30	Travis Venema	AUS	11.40	2008	W30	Beverly Peterson	NZL	12.41	1990	
M35	Wayne Cousins	AUS	11.4	1984	W35	Wendy Brown	NZL	12.71	1990	
	Max Warlow	AUS	11.4	1984						
M40	Brendon Wilson	AUS	11.2	1984	W40	Julie Brims	AUS	12.54	2006	
M45	Reg Austin	AUS	11.4	1982	W45	Marie Kay	AUS	13.16	2006	
M50	Bruce McPhail	NZL	12.12	1990	W50	Daphne Pirie	AUS	13.7	1982	
	Hans van Bavel	AUS	12.12	2002						
M55	Alan Hill	NZL	12.3	1982	W55	Shirley Peterson	NZL	13.9	1984	
	Rudi Hochreiter	AUS	12.3	1984						
M60	Laurence Malcolmson	NZL	12.67	2010	1.0	W60	Shirley Peterson	NZL	15.05	1990
M65	Neville McIntyre	AUS	13.19	2008	W65	Margaret Peters	NZL	15.69	2002	
M70	Hugh Coogan	AUS	13.85	2006	W70	Margaret Peters	NZL	15.88	2006	
M75	Rudi Hochreiter	AUS	15.34	2002	W75	Margaret Peters	NZL	16.97	2010	-0.1
M80	Mike Johnston	AUS	15.61	2002	W80	Ruth Frith	AUS	20.44	1990	
M85	Eric de Lautour	NZL	20.05	2006						
M90	Syd Taylor	NZL	21.67	2006						
200m					200m					
M30	Travis Venema	AUS	22.98	2008	W30	Wilma Perkins	AUS	25.8	1984	
M35	Max Warlow	AUS	22.8	1984	W35	Eileen Hindle	AUS	25.7	1984	
M40	Brendon Wilson	AUS	22.8	1984	W40	Julie Brims	AUS	26.15	2006	
M45	Reg Austin	AUS	22.6	1984	W45	Marie Kay	AUS	26.55	2006	
M50	Hans van Bavel	AUS	24.41	2002	W50	Marie Kay	AUS	28.37	2010	0.7
M55	Alan Hill	NZL	25.3	1982	W55	Shirley Peterson	NZL	29.4	1984	
M60	Laurence Malcolmson	NZL	26.11	2010	1.2	W60	Ann Cooper	AUS	30.79	1990
M65	Colin Buyers	AUS	26.20	2008	W65	Margaret Peters	NZL	32.30	2000	
M70	Hugh Coogan	AUS	28.10	2006	W70	Margaret Peters	NZL	33.50	2006	
M75	Max Wood	NZL	31.61	2008	W75	Margaret Peters	NZL	36.77	2010	0.2
M80	Mike Johnston	AUS	32.49	2002						
M85	Eric DeLautour	NZL	43.41	2008						
M90	Syd Taylor	NZL	47.38	2006						
400m					400m					
M30	Chris Hobson	AUS	52.57	2008	W30	Marissa Stephen	NZL	57.79	2002	
M35	Max Warlow	AUS	50.8	1984	W35	Marge Allison	AUS	58.5	1984	
M40	Brendon Wilson	AUS	51.7	1984	W40	Julie Brims	AUS	60.90	2006	
M45	Peter Crombie	AUS	52.75	1990	W45	Marie Kay	AUS	59.27	2006	
M50	Tom Roberts	AUS	55.6	1984	W50	Kathy Heagney	AUS	64.12	2002	
M55	Alan Bradford	AUS	57.2	1994	W55	Peggy MacLiver	AUS	67.13	2000	
M60	Keith Howden	AUS	59.18	2006	W60	Marge Allison	AUS	69.05	2006	
M65	Colin Buyers	AUS	61.70	2008	W65	Margaret Peters	NZL	77.65	2000	
M70	Hugh Coogan	AUS	62.28	2006	W70	Margaret Peters	NZL	86.28	2006	
M75	Vic Turner	AUS	75.83	1990	W75	Shirley Brasher	AUS	105.86	2002	
M80	Mike Johnston	AUS	75.64	2002	W80	Shirley Brasher	AUS	129.32	2008	
M85	Eric de Lautour	NZL	89.82	2006						
M90	Frank Cox	NZL	2:55.4	2002						
800m					800m					
M30	Brendan Whelan	AUS	2:01.4	2006	W30	Salome Tabuatalei	FIJ	2:23.2	1994	
M35	Charles Macek	AUS	2:00.0	1984	W35	Christine Sole	NZL	2:13.8	1982	
M40	Brian Turnbull	NZL	1:58.6	1998	W40	Dot Browne	AUS	2:20.2	1982	
M45	Ian Babe	NZL	2:00.5	1984	W45	Cris Penn	AUS	2:27.3	2006	
M50	Tom Roberts	AUS	2:00.7	1984	W50	Daphne Pirie	AUS	2:29.1	1982	
M55	Derek Turnbull	NZL	2:06.6	1982	W55	Peggy MacLiver	AUS	2:39.4	2000	
M60	George McGrath	AUS	2:17.9	1982	W60	Anne Stobau	AUS	2:45.4	2002	
M65	Jack Stevens	AUS	2:22.9	1982	W65	Betty Menzies	AUS	3:10.05	2010	
M70	Hugh Coogan	AUS	2:37.4	2006	W70	Dawn Cumming	NZL	3:36.8	2006	
M75	Jack Stevens	AUS	3:07.0	1994	W75	Shirley Brasher	AUS	4:10.8	2002	
M80	Mike Johnston	AUS	3:27.3	2002	W80	Shirley Brasher	AUS	4:54.39	2008	
M85	Eric de Lautour	NZL	3:37.99	2008						
1500m					1500m					
M30	Brendan Whelan	AUS	04:07.7	2006	W30	Salome Tabuatalei	FIJ	04:55.2	1994	
M35	Charles Macek	AUS	04:06.1	1984	W35	Judy Daly	AUS	04:41.1	1982	

UPDATED OAMA CHAMPIONSHIP RECORDS AS AT JULY 2010 (after Tahiti)

M40	Alan Bradford	AUS	04:07.0	1982	W40	Anne Hare	NZL	04:38.3	2006
M45	Ian Babe	NZL	04:12.7	1984	W45	Ann Holcombe	AUS	05:05.8	2002
M50	Andrew Stark	NZL	4:18.10	2008	W50	Margaret Orman	NZL	05:14.0	1992
M55	Ron Robertson	NZL	04:23.9	1998	W55	Loris Reed	NZL	05:31.5	2004
M60	Bert Carse	AUS	04:43.0	2002	W60	Peggy Fletcher	NZL	05:58.0	1990
M65	Ron Robertson	NZL	4:54.99	2008	W65	Barbara Dalglish	AUS	06:34.4	2002
M70	Gordon McKeown	AUS	05:39.6	1994	W70	Shirley Young	AUS	07:02.9	2002
M75	Eric de Latour	NZL	06:19.8	1998	W75	Clasina van der Veeken	NZL	8:39.96	2008
M80	Norm Pearce	AUS	07:43.0	2006					
M85	Eric de Latour	NZL	07:03.4	2006					
M90	Frank Cox	NZL	13:12.9	2002					
5000m					5000m				
M30	Brendan Whelan	AUS	15:25.5	2006	W30	Robyn Stansfield	NZL	18:38.2	1998
M35	Gary Hand	AUS	15:00.3	1984	W35	Karen Gobby	AUS	17:07.7	1990
M40	Paul Sumpter	NZL	15:07.9	1990	W40	Dot Browne	AUS	17:32.0	1984
M45	Graham Tattersall	NZL	15:55.2	1990	W45	Bernie Portenski	NZL	17:32.1	1998
M50	Allan Davis	NZL	16:17.0	1990	W50	Margaret Orman	NZL	19:19.0	1992
M55	Ron Robertson	NZL	16:06.0	1998	W55	Lavinia Petrie	AUS	19:39.0	2002
M60	Bert Carse	AUS	17:38.3	2002	W60	Peggy Fletcher	NZL	21:13.8	1990
M65	Colin McLeod	AUS	18:13.1	2002	W65	Barbara Dalglish	AUS	24:00.7	2002
M70	Stan Nicholls	AUS	19:58.0	1982	W70	Shirley Young	AUS	25:18.2	2002
M75	Win Nelmes	NZL	22:45.0	1990	W75	Shirley Brasher	AUS	30:26.2	2002
M80	Don Edmundson	NZL	28:54.5	2000					
M85	Eric de Latour	NZL	26:51.3	2006					
110m Hurdles (0.991m)					100m Hurdles (0.840m)				
M30	Brad Osborne	AUS	16.95	2008	W30	Terry Genge	NZL	15.37	1990
M35	Albert Miller	FIJI	15.2	1994	W35	Eileen Hindle	AUS	14.7	1984
					80m Hurdles (0.762m)				
M40	Joe Rodan	FIJI	16.7	1994	W40	Marie Kay	AUS	13.10	2004
M45	Ken Priestley	AUS	17.4	1984	W45	Marie Kay	AUS	12.34	2008
100m Hurdles (0.914m)					80m Hurdles (0.762m)				
M50	Peter Collins	AUS	16.78	2002	W50	Marie Kay	AUS	13.29	2010 0.1
M55	Clay Tompkins	AUS	16.14	2008	W55	Brenda Parkinson	AUS	14.60	1992
100m Hurdles (0.840m)					80m Hurdles (0.686m)				
M60	Harry Giles	AUS	16.56	2008	W60	Margaret Taylor	AUS	15.35	2008
M65	Micheal Stephenson	AUS	17.34	2008	W65	Colleena Blair	NZL	19.20	2000
80m Hurdles (0.762m)									
M70	Donald Chambers	AUS	14.81	2010 0.6					
M75	Stan Stankovic	AUS	20.02	2000					
80m Hurdles (0.686m)									
M80	Max McKay	AUS	24.00	2004					
400m Hurdles (0.914m)					400m Hurdles (0.762m)				
M30	George Jankowski	AUS	65.3	1996	W30	Marie Kay	AUS	76.8	1994
M35	Trevor Pearce	AUS	60.8	1982	W35	Kerrie Macey	AUS	72.55	1990
M40	Ernest Kemplay	AUS	60.3	1984	W40	Christine Turner	NZL	74.32	1990
M45	Chris Strange	NZL	64.01	1998	W45	Marie Kay	AUS	64.70	2006
400m Hurdles (0.840m)					300m Hurdles (0.762m)				
M50	Neil Fowler	AUS	63.67	2002	W50	Gail Kirkman	NZL	52.56	2004
M55	Hans Meisebach	AUS	66.6	1984	W55	Wilma Perkins	AUS	58.90	2006
300m Hurdles (0.762m)					300m Hurdles (0.686m)				
M60	Laurence Malcolmson	NZL	48.01	2010	W60	Marge Allison	AUS	55.91	2006
M65	Richard Trembath	AUS	50.28	2008	W65	Frances Harris	AUS	80.19	2010
300m Hurdles (0.686m)									
M70	Donald Chambers	AUS	55.12	2008					
M75	Ian Brownie	NZL	71.20	2006					
M80	Max McKay	AUS	78.74	2004					
3000m Steeplechase (0.914m)					2000m Steeplechase 0.762m)				
M30	Gilles Brouilaud	FPY	11:40.97	2010	W30	Linda Reynolds	NZL	08:36.5	1998
M35	Bruce Meder	NZL	09:48.8	1990	W35	Vicky Adams	NZL	07:48.0	1992
M40	Euan Robertson	NZL	09:37.3	1990	W40	Linda Reynolds	NZL	08:33.7	2006
M45	Ron Robertson	NZL	09:51.4	1990	W45	Judith Stewart	NZL	07:51.3	1998
M50	Alan Bradford	AUS	10:44.0	1992	W50	Margaret Orman	NZL	08:12.1	1994
M55	Ron Robertson	NZL	10:11.6	1998	W55	Loris Reed	NZL	08:34.8	2004
2000m Steeplechase (0.762m)									
M60	Pat Timings	NZL	07:38.9	1990	W60	Heather Carr	AUS	10:08.61	2010
M65	Ron Robertson	NZL	7:18.10	2008	W65	Margaret Sutton	NZL	11:12.2	1998
M70	John Eccles	NZL	08:41.8	1996	W70	Dawn Cumming	NZL	11:33.8	2006
M75	Hector Mein	NZL	09:57.9	2006	W75	Clasina van der Veeken	NZL	13:35.8	2008
M80	Max McKay	AUS	11:44.4	2004					
3000m Track Walk					3000m Track Walk				
M30					W30	Justjana Roseman	AUS	15:37.38	2008
M35	Peter Bennett	AUS	14:28.0	1994	W35	Judith Johnson	AUS	16:02.7	1982
M40	Rodney Gillum	NZL	15:24.3	2006	W40	Annette Major	AUS	15:32.2	2006

UPDATED OAMA CHAMPIONSHIP RECORDS AS AT JULY 2010 (after Tahiti)

M45	Mark Donahoo	AUS	13:54.8	2006	W45	Pam Tindal	AUS	15:45.53	2008
M50	Michael Harte	NZL	13:55.9	2006	W50	Alison Thompson	AUS	16:03.3	2006
M55	Morrie Hinton	NZL	15:13.0	1994	W55	Heather Carr	AUS	15:31.8	2006
M60	George White	AUS	15:18.74	2008	W60	Heather Carr	AUS	16:05.08	2010
M65	George White	NZL	15:44.53	2010	W65	Gwen Steed	AUS	17:53.10	2008
M70	Patrick Sela	AUS	19:14.77	2010	W70	Doreen Torbit	NZL	21:24.0	2000
M75	Colin Hainsworth	AUS	20:38.4	2006	W75	Kay Kenneth-Low	NZL	23:03.0	1990
M80	Richard Keatinge	AUS	21:00.0	2006	W80	Nan Jeffrey	AUS	24:00.0	1990
5000m Track Walk					5000m Track Walk				
M30	Rodney Gillum	NZL	27:00.4	1998	W30	Justijana Roseman	AUS	26:32.9	2008
M35	Kevin Taylor	NZL	23:12.6	1990	W35	Gabrielle Gorst	NZL	23:49.0	2002
M40	Frank Clark	AUS	22:37.0	1984	W40	Annette Major	AUS	27:00.5	2006
M45	John Smith	AUS	22:32.0	1984	W45	Pam Tindall	AUS	27:03.1	2008
M50	Michael Harte	NZL	24:31.9	2006	W50	Marlene Gourley	AUS	27:53.7	2002
M55	Gary Little	NZL	22:14.9	1998	W55	Heather Carr	AUS	26:21.4	2006
M60	Theo Orr	AUS	25:48.0	1984	W60	Heather Carr	AUS	27:18.93	2010
M65	George White	AUS	26:47.54	2010	W65	Gwen Stead	AUS	29:53.2	2008
M70	Tom Daintry	AUS	28:22.0	1984	W70	Jean Albury	AUS	31:45.1	2002
M75	Tom Daintry	AUS	30:33.0	1990	W75	Christianne Duaphinet	AUS	39:15.2	2008
M80	Tom Daintry	AUS	33:57.0	1992	W80	Nan Jeffrey	AUS	46:06.0	1992
M85	Gus Theobald	AUS	33:53.0	1984					
10k Road Walk (Best Performances)					10k Road Walk (Best Performances)				
M30	Rodney Gillum	NZL	55:25	1998	W30	Kylie Bonney	AUS	53:01	2002
M35	Peter Bennett	AUS	52:14	1994	W35	Gabrielle Gorst	NZL	48:47	2002
M40	Mark Donahoo	AUS	47:36	2002	W40	Jane Jackson	NZL	55:52	1990
M45	Gary Little	NZL	45:34	1990	W45	Marlene Robb	AUS	55:55	1994
M50	Michael Harte	NZL	50:37	2006	W50	Heather Carr	AUS	56:45	2002
M55	Gary Little	NZL	45:39	1998	W55	Heather Carr	AUS	54:01	2006
M60	Jack Tregurtha	NZL	53:53	1998	W60	Sandy Brunner	AUS	57:27	2006
M65	Eric Saxby	AUS	57:26	2006	W65	Sandy Brunner	AUS	61:26	2008
M70	Morrie Hinton	NZL	61:15	2006	W70	Jean Albury	AUS	65:30	2002
M75	Colin Hainsworth	AUS	67:43	2006	W75	Christiane Dauphinnet	AUS	78:07	2008
M80	Tom Daintry	AUS	69:01	1992	W80	Nan Jeffreys	AUS	82:51	1990
Half Marathon (Best Performances)					Half Marathon (Best Performances)				
M30	Frederic Burquier	FPY	1:12.32	2010	W30	Ronnie Cole	NZL	01:32:09	1998
M35	Brendan Whelan	AUS	1:15.18	2010	W35	Yvonne Evans	NZL	01:26:17	2006
M40	Tony Price	NZL	01:12:44	1998	W40	Jenny Downie	AUS	01:29:25	2002
M45	Georges Richmond	FPY	1:13.05	2010	W45	Bernie Portesnki	NZL	01:19:38	1998
M50	David Elward	AUS	01:17:32	2002	W50	Brenda Fortune	NZL	01:36:41	2006
M55	John Herridge	AUS	1:23.10	2008	W55	Lavinia Petrie	AUS	01:32:33	2002
M60	Colin McLeod	AUS	01:19:28	1998	W60	Judth Stewart	NZL	1:40.07	2010
M65	Colin McLeod	AUS	01:22:25	2002	W65	Barbara Dagleish	AUS	01:40:37	2002
M70	Colin McLeod	AUS	1:31.58	2008	W70	Nan Little	NZL	01:55:38	1998
M75	Irwin Barrett-Lennard	AUS	01:44:11	2006	W75	Clasina van der Veecken	NZL	2:26.11	2008
M80	Ken Matchett	AUS	02:33:46	2002					
Javelin (800g current specifications)					Javelin (600g current specifications)				
M30	Daniel Brown	AUS	47.60	2008	W30	Lynette Smith	AUS	32.60	2004
M35	Geoff Gardiner	NFI	43.01	2000	W35	Jayne Hardy	AUS	38.09	2002
M40	Joe Bradley	NZL	54.87	1998	W40	Jayne Hardy	AUS	38.65	2006
M45	John Kay	AUS	52.26	2008	W45	Jayne Hardy	AUS	37.01	2010
Javelin (700g from 2000)					Javelin (500g from 2000)				
M50	Andrew Farr	AUS	51.48	2002	W50	Jill Evans	NZL	29.32	2000
M55	Bob Banens	AUS	51.44	2006	W55	Mary Thomas	AUS	37.90	2000
Javelin (600g current specifications)					Javelin (400g from 2000)				
M60	Bob Banens	AUS	48.74	2010	W60	Mary Thomas	AUS	33.83	2004
M65	Tom Hancock	AUS	40.02	2002	W65	Helen Searle	AUS	23.23	2006
Javelin (500g from 2000)					Javelin (400g from 2000)				
M70	Rudi Hochreiter	AUS	36.22	2000	W70	Wini Pepene	NZL	23.76	2002
M75	Aivars Pavulins	AUS	29.97	2000	W75	Heather Doherty	AUS	19.78	2008
Javelin (400g from 2000)					Javelin (400g from 2000)				
M80	Dave Scratton	NZL	26.51	2000	W80	Gwen Davidson	AUS	11.58	2006
M85	Dave Stratton	NZL	21.52	2004	W85	Pauline Purser	NZL	8.60	2008
M90	Frank Cox	NZL	7.57	2002	W90	Ruth Frith	AUS	10.09	2002
Hammer (7.26kg)					Hammer (4kg)				
M30	Brentt Jones	NFI	48.86	2000	W30	Raelene Bates	NZL	43.71	1998
M35	Soane Lakafia	NCL	52.20	1996	W35	Jayne Hardy	AUS	41.87	2002
M40	Frederic Cassier	NCL	50.14	1992	W40	Jayne Hardy	AUS	43.52	2006
M45	Jean-Claude Duhaze	TAH	46.06	1996	W45	Jayne Hardy	AUS	39.65	2008
Hammer (6kg)					Hammer (3kg)				
M50	Ken Readwin	AUS	48.62	1994	W50	Sharon Gibbins	AUS	45.70	2008
M55	Kevin Bradley	NZL	43.97	2002	W55	Helen Searle	AUS	45.98	1996
Hammer (5kg)									

UPDATED OAMA CHAMPIONSHIP RECORDS AS AT JULY 2010 (after Tahiti)

M60	Jean-Claude Duhaze	NZL	46.41	2010	W60	Jan Davies	AUS	42.20	2002
M65	Laurie Devlin	NZL	45.33	2002	W65	Helen Searle	AUS	39.51	2006
Hammer (4kg)									
M70	Laurie Devlin	NZL	44.54	2006	W70	Val Worrell	AUS	26.89	2006
Hammer (2kg from 2010)									
M75	Max Carr	NZL	32.87	1998	W75	Valerie Worrell	AUS	27.15	2010
Hammer (3kg)									
M80	Felix Jekabsons	AUS	29.44	2006	W80	Gwen Davidson	AUS	20.27	2004
M85	Dave Stratton	NZL	20.64	2004	W85	Ruth Frith	AUS	15.66	1996
M90	Frank Cox	NZL	6.70	2002	W90	Ruth Frith	AUS	11.85	2002
Discus (2kg)					Discus (1 kg)				
M30	Alan White	AUS	35.60	2000	W30	Chris Schultz	AUS	48.12	1984
M35	V. Kuvugatia	FIJ	41.70	1982	W35	Chris Schultz	AUS	47.86	1986
M40	Merve Kemp	AUS	43.88	1984	W40	Chris Schultz	AUS	42.52	1994
M45	Jean-Claude Duhaze	TAH	39.46	1996	W45	Chris Schultz	AUS	42.66	1998
Discus (1.5 kg)					Discus (0.75 kg from 2010)				
M50	V. Covubati	FIJ	42.40	1994	W50	Chris Schultz	AUS	38.23	2002
M55	Ray Green	AUS	41.65	2002	W55	Chris Schultz	AUS	33.54	2006
Discus (1 kg)									
M60	Ray Green	AUS	50.27	2006	W60	Helen Searle	AUS	29.73	2002
M65	Tom Hancock	AUS	45.93	2002	W65	Helen Searle	AUS	27.53	2006
M70	Rudi Hochreiter	AUS	38.96	1998	W70	Val Worrell	AUS	19.76	2006
					Discus (0.75 kg from 2010)				
M75	Rudi Hochreiter	AUS	34.60	2002	W75	Heather Doherty	AUS	21.02	2008
M80	Felix Jekabsons	AUS	26.96	2006	W80	Ruth Frith	AUS	14.60	1990
M85	Dave Stratton	NZL	20.83	2006	W85	Ruth Frith	AUS	11.64	1996
M90	Frank Cox	NZL	6.56	2002	W90	Ruth Frith	AUS	10.89	2002
					Shot Put (4 kg)				
Shot Put (7.26kg)					Shot Put (3 kg)				
M30	Saimoni Koroi	FIJ	12.92	1994	W30	Chris Schultz	AUS	14.98	1984
M35	Soane Lakafia	NCL	14.10	1996	W35	Chris Schultz	AUS	14.12	1986
M40	Stuart Gyngell	AUS	16.29	2008	W40	Chris Schultz	AUS	13.25	1994
M45	Moisant Bennett	AUS	12.61	1984	W45	Chris Schultz	AUS	13.17	1998
Shot Put (6 kg)					Shot put (2 kg from 2010)				
M50	Ray Green	AUS	13.68	1998	W50	Chris Schultz	AUS	13.19	2002
M55	Richard Harris	NZL	13.41	1990	W55	Mary Thomas	AUS	12.89	2000
Shot put (5 kg)					Shot put (4 kg)				
M60	Richard Harris	NZL	13.51	1994	W60	Helen Searle	AUS	12.31	2000
M65	Charlie Rann	AUS	12.75	1992	W65	Helen Searle	AUS	11.58	2004
					Shot put (2 kg from 2010)				
M70	Rudi Hochreiter	AUS	12.72	1998	W70	Joyce Schmidt	AUS	7.44	2008
					Shot Put (3 kg)				
M75	Jim Peridis	AUS	11.42	2002	W75	Valerie Worrell	AUS	6.87	2010
M80	Felix Jekabsons	AUS	10.09	2006	W80	Ruth Frith	AUS	6.00	1990
M85	Dave Scratton	NZL	7.83	2006	W85	Ruth Frith	AUS	5.42	1996
M90	Frank Cox	NZL	3.05	2002	W90	Ruth Frith	AUS	5.21	2002
					Weight Throw (9.08kg - 20lb)				
Weight Throw (15.88kg - 35lb)					Weight Throw (7.26kg - 16lb)				
M30					W30	Noella Flores	FPY	10.27	2010
M35	Rene Otto	NZL	13.77	2006	W35				
M40	Stuart Gyngell	AUS	13.78	2008	W40	Chris McCahill	NZL	15.03	2008
M45	Mark Flaus	NZL	10.84	2006	W45	Jayne Hardy	AUS	12.74	2008
Weight Throw (11.34kg - 25lb)					Weight Throw (5.54kg - 12lb)				
M50	Lajos Joni	AUS	14.71	2008	W50	Sharon Gibbons	AUS	13.41	2008
M55	Richard Davidson	NZL	14.96	2006	W55	Chris Schultz	AUS	11.75	2006
Weight Throw (9.08kg - 20lb)					Weight Throw (4kg from 2010)				
M60	Ray Green	AUS	17.45	2006	W60	Jan Davies	AUS	15.63	2004
	Kevin Bradley	NZL	17.45	2006					
M65	Laurie Devlin	NZL	17.43	2004	W65	Helen Searle	AUS	16.44	2004
Weight Throw (7.26kg - 16lb)					Weight Throw (4kg from 2010)				
M70	Laurie Devlin	NZL	18.06	2006	W70	Patricia Drayton	NZL	10.69	2006
					Weight Throw (4kg from 2010)				
M75	Graeme Lawless	NZL	12.15	2006	W75	Valery Worrell	AUS	11.07	2010
Weight Throw (5.54kg - 12lb)									
M80	Norm Windred	AUS	12.19	2008	W80	Gwen Davidson	AUS	7.16	2004
M85	Dave Scratton	NZL	10.99	2004	W85	Rona Smith	NZL	5.22	2006
					High Jump				
High Jump					High Jump				
M30	Brad Osborn	AUS	1.78	2008	W30	Angela McKee	NZL	1.89	2006
M35	John Turner	NZL	1.74	2006	W35	Veronique Boyer	PYF	1.65	2008
M40	Kieran McKee	NZL	1.71	1998	W40	Marie Kay	AUS	1.48	2004

UPDATED OAMA CHAMPIONSHIP RECORDS AS AT JULY 2010 (after Tahiti)

M45	Matthew Muell	AUS	1.78	2010
M50	Robert Hanbury-Brown	AUS	1.55	2008
M55	Clay Tompkins	AUS	1.65	2008
M60	John Hunt	AUS	1.50	2002
M65	Gordon Gourlay	AUS	1.45	1994
M70	Rudi Hochreiter	AUS	1.30	1998
M75	Rudi Hochreiter	AUS	1.23	2002
M80	Max McKay	AUS	0.95	2004
M90	Frank Cox	NZL	0.70	2002

Long Jump

M30	Mark MacFarlane	NZL	5.34	1998
M35	Albert Miller	FIJ	6.21	1994
M40	Gary Donaldson	AUS	6.12	1984
M45	Rodney Stone	AUS	5.76	1984
M50	Terry Hicks	AUS	5.45	2004
M55	Clay Tompkins	AUS	5.61	2008
M60	Graeme Noden	AUS	5.10	2000
M65	Graeme Noden	AUS	4.58	2006
M70	Graeme Noden	AUS	4.59	2008
M75	Rudi Hochreiter	AUS	3.88	2002
M80	Max McKay	AUS	3.13	2004
M85	Ray Frith	AUS	1.78	1992
M90	Frank Cox	NZL	1.19	2002

Triple Jump

M30	George Jankowski	AUS	11.31	1994
M35	Russell Sarah	AUS	13.70	1982
M40	Kevin Todd	NZL	12.31	1990
M45	Stephen McKee	NZL	12.05	2006
M50	John Sturzaker	AUS	11.12	1984
M55	Clay Tompkins	AUS	12.22	2008
M60	Pat Timings	NZL	10.40	1990
M65	Spencer Herft	AUS	9.31	2006
M70	Rudi Hochreiter	AUS	8.98	1998
M75	Rudi Hochreiter	AUS	8.34	2002
M80	Max McKay	AUS	5.74	2004
M85	Ray Frith	AUS	4.75	1992

Pole Vault

M30	Jamie Maret	NZL	3.80	1998
M35	Rob Hill	AUS	4.40	2008
M40	Brian Senior	NZL	3.85	1982
M45	Stephen McKee	NZL	3.65	2006
M50	Jim McGrath	AUS	3.10	1982
M55	Murray Anderson	AUS	3.00	2006
M60	Bob Barclay	AUS	3.00	2002
M65	Brian Senior	NZL	2.41	2006
M70	Ron Johnson	NZL	2.30	2006
M75	Bill Newton	NZL	1.70	2006
M80	Wallace Opperman	NZL	1.45	2006

Pentathlon (LJ, Jav, 200m, DT, 1500m)

M30	Brad Osborne	AUS	2461	2008
	(5.59; 38.89; 25.02; 33.71; 5:31.22)			
M35	Albert Miller	FIJ	3250	1994
M40	Lloyd Mitchelson	AUS	3203	1984
	(5.40, 31.86, 24.8, 48.02, 4:31.0)			
M45	John Cooper	AUS	3358	1990
M50	Terry Hicks	AUS	3538	2004
M55	Rudi Hochreiter	AUS	3574	1984
	(4.80, 37.12, 26.4, 34.42, 5:25.6)			
M60	Peter Gatti	AUS	3419	1996
M65	Fred O'Connor	AUS	3984	1990
M70	Ken Daniels	AUS	3231	2008
	(3.95; 31.99; 31.38; 25.19; 7:09.23)			
M75	Hector Mein	NZL	3029	2006
	(3.42, 23.17, 36.80, 19.82, 6:40.89)			
M80	Andy Smith	AUS	869	1998
M85	Vic Younger	AUS	1658	2002
	(2.29, 17.89, 49.74, 16.24, DNF)			
M90	Frank Cox	NZL	577	2002
	(1.43, 6.31, 66.09, 7.19, DNF)			

W45	Marie Kay	AUS	1.48	2006
W50	Margaret Taylor	AUS	1.35	2002
W55	Wilma Perkins	AUS	1.25	2004
W60	Margaret Taylor	AUS	1.26	2008
W65	Gwen Davidson	AUS	1.13	1990
W70	Gwen Davidson	AUS	1.14	1994
W75	Gwen Davidson	AUS	1.08	2000

Long Jump

W30	Wilma Perkins	AUS	5.43	1984
W35	Eileen Hindle	AUS	5.55	1984
W40	Helen Searle	AUS	5.06	1984
W45	Marie Kay	AUS	5.31	2006
W50	Margaret Taylor	AUS	4.75	2002
W55	Wilma Perkins	AUS	4.29	2004
W60	Margaret Taylor	AUS	4.38	2008
W65	Gwen Davidson	AUS	3.45	1990
W70	Judy Hammond	NZL	3.22	2008
W75	Gwen Davidson	AUS	2.73	2000
W80	Ruth Frith	AUS	2.20	1990

Triple Jump

W30	Marie Kay	AUS	10.73	1994
W35	Veronique Boyer	PYF	11.36	2008
W40	Julie Brims	AUS	10.59	2006
W45	Marie Kay	AUS	10.68	2006
W50	Helen Searle	AUS	9.54	1990
W55	Anne Hunter	NZL	8.87	2006
W60	Margaret Taylor	AUS	9.22	2008
W65	Colleena Blair	NZL	7.09	1996
W70	Marie Slattery	NZL	6.13	2006
W75	Gwen Davidson	AUS	5.79	2000
W80	Ruth Frith	AUS	5.05	1992

Pole Vault

W30				
W35	Kerry Halls	AUS	1.80	1998
W40	Joanne Anderson	NZL	2.40	1994
W45	Joanne Anderson	NZL	2.20	1998
	Wilma Perkins	AUS	2.20	1998
W50	Wilma Perkins	AUS	2.30	2002
W55	Wilma Perkins	AUS	2.20	2006
W60	Wilma Perkins	AUS	2.30	2010

Pentathlon (100m, SP, LJ, Jav, 800m)

W30	Wilma Perkins	AUS	3621	1984
	(12.70, 9.42, 5.25, 28.71, 2:49.4)			
W35	Eileen Hindle	AUS	3218	1984
	(12.51, 6.98, 5.42, 22.14, 2:30.8)			
W40	Eileen Hindle	AUS	2916	1992
W45	Chris Battersby	AUS	3564	1990
W50	Ann Hathaway	NZL	3366	1998
W55	Tui Ashe	NZL	3241	2006
	(16.11, 8.38, 3.80, 18.42, 2:55.30)			
W60	Beryl Vine	NZL	3225	1990
W65	Wini Pepene	NZL	2989	1996
W70	Judy Hammond	NZL	3441	2008
	(17.32; 6.20; 3.06; 13.37; 3:57.88)			
W75	Clasina van der Veecken	NZL	2633	2008
	(21.54; 5.27; 2.05; 9.90; 4:32.59)			
W80	Shirley Brasher	AUS	2593	2008
	(23.75; 4.56; 1.94; 6.41; 5:00.03)			

UPDATED OAMA CHAMPIONSHIP RECORDS AS AT JULY 2010 (after Tahiti)

Weight Pentathlon (Ham, SP, DT, Jav, Wt)

M30	Stuart Chirnside	NZL	2723	1998
M35	Rene Otto	NZL	2583	2006
	(36.16, 12.18, 32.60, 36.05, 12.12)			
M40	Frederic Cassier	NCL	3769	1992
M45	D. Poppe	NCL	3391	1990
M50	Bob Banens	AUS	3632	2002
	(38.55, 11.25, 40.04, 45.79, 13.72)			
M55	Ray Green	AUS	3967	2002
	(41.96, 11.59, 41.16, 35.12, 13.73)			
M60	Graeme Rose	AUS	4167	2008
	(45.46; 12.58; 38.17; 39.48; 16.78)			
M65	Tom Hancock	AUS	4538	2002
	(37.08, 11.69, 43.96, 39.26, 14.95)			
M70	Sam Johnson	NZL	4356	1992

Weight Pentathlon (Ham, SP, DT, Jav, Wt)

W30	Raelene Bates	NZL	3339	1998
W35	Chris Schultz	AUS	4056	1990
W40	Jayne Hardy	AUS	4179	2006
	(41.99, 10.40, 37.29, 38.65, 13.87)			
W45	Chris Schultz	AUS	4355	1998
W50	Chris Schultz	AUS	4198	2002
	(35.64, 12.97, 39.49, 25.87, 13.83)			
W55	Helen Searle	AUS	4596	1996
W60	Helen Searle	AUS	4750	2002
	(39.48, 11.49, 26.29, 25.20, 15.04)			
W65	Helen Searle	AUS	5399	2004
W70	Val Worrell	AUS	3672	2006
	(25.32, 6.70, 17.60, 15.02, 9.45)			

New weight specifications from 2010

M75	Dave Scratton	NZL	3682	1998
M80	Felix Jakobsons	AUS	4220	2006
	(28.97, 9.98, 26.96, 19.30, 12.43)			
M85	Dave Scratton	NZL	4074	2004
W75	Heather Doherty	AUS	4202*	2008
	(17.40; 7.36; 20.31; 19.83; 7.40)			
W80	Gwen Davidson	AUS	4166*	2004
W85	Ruth Frith	AUS	356*	1996
W90	Ruth Frith	AUS	4167*	2002
	(12.49, 4.97, 10.31, 10.51, 5.71)			
W95	Ruth Frith	AUS	6750*	2006
	(11.08, 4.35, 9.78, 6.43, 5.16)			

*old pre 2010 implement specs

Decathlon (100m, LJ, SP, HJ, 400m / Hurd, DT, PV, Jav, 1500m)

M30	Brad Osborn	AUS	4856	2008
	(12.63; 5.79; 10.79; 1.77; 58.05; 17.99; 31.69; 3.20; 34.63; 5:32.06)			
M35	Jason Burt	AUS	4512	2008
	(12.44; 5.36; 9.51; 1.56; 55.44; 21.0; 25.69; 2.40; 39.81; 5:23.22)			
M40				
M45	Matthew Muell	AUS	5461	2008
	(12.79; 5.18; 8.63; 1.77; 60.42; 18.62; 24.37; 2.60; 27.39; 5:43.90)			
M50	Robert Hanbury-Brown	AUS	4768	2008
	(13.85; 4.23; 10.58; 1.56; 69.02; 22.31; 34.88; 2.40; 45.89; 6:45.51)			
M55	Viddy Jermacans	AUS	4418	2008
	(13.81; 4.40; 7.62; 1.32; 69.04; 22.88; 24.85; 2.00; 21.54; 6:41.42)			
M60	Viddy Jermacans	AUS	5113	2010
	(13.92; 4.35; 8.68; 1.30; 67.37; 21.11; 29.08; 2.10; 21.60; 6:20.36)			
M65	Nick Bannenberg	AUS	4798	2008
	(15.23; 3.95; 10.02; NH; 70.93; 23.00; 31.84; 1.50; 25.24; 6:51.94)			
M70	Ken Daniels	AUS	6265	2008
	(15.00; 4.14; 8.31; 1.21; 73.03; 17.88; 26.71; 2.00; 31.98; 7:00.11)			

Heptathlon (Hurd, HJ, SP, 200m / LJ, Jav, 800m)

W30				
W35	Lynette Smith	AUS	3831	2008
	(18.43; 1.58; 10.03; 29.85; 4.42; 33.91; 2:26.41)			
W40				
W45	Sue McRae	AUS	3687	2010
	(16.23; 1.27; 6.25; 28.50; 4.28; 18.26; 3:05.60)			
W50	Marie Kay	AUS	5832	2010
	(13.13; 1.48; 11.19; 28.22; 4.69; 30.33; 2:52.47)			
W55	Noelene Burden	NZL	3290	2010
	(19.25; 1.15; 6.70; 33.77; 3.37; 12.81; 3:20.16)			
W60	Marj Allison	AUS	5546	2008
	(15.10; 1.24; 6.93; 31.90; 3.66; 18.48; 2:53.86)			
W65	Lesley Hamilton	AUS	4393	2008
	(19.34; 1.06; 6.79; 37.84; 2.87; 18.04; 3:50.31)			
W70	Judy Hammond	NZL	4371	2008
	(DNF; 1.06; 6.41; 37.44; 2.95; 14.37; 3:53.14)			