

OCEANIA CHAMPIONSHIP RECORDS AS AT NOVEMBER 2015

Records set in 2015 shown in red. Adjustments to previous years shown in green

MEN						WOMEN					
Event	Name	Performance	Year	Wind		Event	Name	Performance	Year	Wind	
60m						60m					
M30	Travis Venema	AUS	7.19	2008		W30	Cassie NeuBauer	AUS	8.55	2012	-1.5
M35	Travis Venema	AUS	7.40	2010	NW1	W35	Ranell Hobson	AUS	8.16	2008	
M40	Greg Smith	AUS	7.30	2012	1.0	W40	Ranell Hobson	AUS	8.25	2014	-3.6
M45	John Campbell	NZL	7.65	2012	-1.9	W45	Marie Kay	AUS	8.41	2008	
M50	Stephen Jones	AUS	7.83	2015	0.9	W50	Gianna Mogentale	AUS	8.39	2015	1.5
M55	Gary Rawson	NZL	8.08	2015	0.9	W55	Claire Giles	NZL	9.35	2012	-2.1
M60	Paul Turner	AUS	8.09	2014	-1.6	W60	Lynne Choate	AUS	9.27	2014	-0.2
M65	Neville McIntyre	AUS	8.36	2008		W65	Wilma Perkins	AUS	9.52	2015	1.9
M70	David Clive	AUS	9.02	2008		W70	Margaret Peters	NZL	10.01	2008	
M75	David Clive	AUS	9.33	2015	0.9	W75	Margaret Peters	NZL	10.61	2010	-1.6
M80	Norm Windred	AUS	9.89	2008		W80	Margaret Peters	NZL	11.35	2014	-2.1
M85	Maurice Dauphinot	AUS	11.12	2012	-0.5	W85	Pam Spiers	NZL	30.83	2012	-2.1
M90	James Sinclair	AUS	12.41	2015	1.0						
100m						100m					
M30	Travis Venema	AUS	11.40	2008		W30	Beverly Peterson	NZL	12.41	1990	
M35	Paul Makakaufaki	TON	11.49	2012	1.0	W35	Wendy Brown	NZL	12.71	1990	
M40	Brendon Wilson	AUS	11.20	1984		W40	Julie Brims	AUS	12.54	2006	
M45	Reg Austin	AUS	11.40	1982		W45	Marie Kay	AUS	13.16	2006	
M50	Bruce McPhail	NZL	12.12	1990		W50	Gianna Mogentale	AUS	13.29	2014	0.0
	Hans van Bavel	AUS	12.12	2002							
M55	Alan Hill	NZL	12.30	1982		W55	Shirley Peterson	NZL	13.90	1984	
	Rudi Hochreiter	AUS	12.30	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	Wilma Perkins	AUS	15.43	2015	1.7
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	16.95	2010	-0.1
M80	Mike Johnston	AUS	15.61	2002		W80	Margaret Peters	NZL	19.20	2014	-3.1
M85	Eric de Lautour	NZL	20.05	2006							
M90	James Sinclair	AUS	21.02	2015	-1.8						
M95	Eric de Lautour	NZL	28.35	2015	-1.8						
200m						200m					
M30	Adam Farlow	AUS	22.46	2014		W30	Wilma Perkins	AUS	25.80	1984	
M35	Max Warlow	AUS	22.80	1984		W35	Eileen Hindle	AUS	25.70	1984	
M40	Brendon Wilson	AUS	22.80	1984		W40	Julie Brims	AUS	26.15	2006	
M45	Reg Austin	AUS	22.60	1984		W45	Marie Kay	AUS	26.55	2006	
M50	Hans van Bavel	AUS	24.41	2002		W50	Gianna Mogentale	AUS	26.69	2014	1.5

M55	Rob Mayston	AUS	25.20	2014		W55	Shirley Peterson	NZL	29.40	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	David Trantrill	AUS	29.89	2014		W75	Margaret Peters	NZL	36.77	2010	0.2
M80	Mike Johnston	AUS	32.49	2002		W80	Margaret Peters	NZL	40.27	2014	1.5
M85	Jim Sinclair	AUS	39.08	2012	1.6						
M90	James Sinclair	AUS	46.79	2015	-2.0						
M95	Eric de Lautour	NZL	59.96	2015	-2.0						

400m

M30	Jay Stone	AUS	48.72	2012		W30	Marissa Stephen	NZL	57.79	2002	
M35	Max Warlow	AUS	50.80	1984		W35	Marge Allison	AUS	58.50	1984	
M40	Brendon Wilson	AUS	51.70	1984		W40	Suzy Cole	AUS	59.13	2012	
M45	Peter Crombie	AUS	52.75	1990		W45	Marie Kay	AUS	59.27	2006	
M50	Tom Roberts	AUS	55.60	1984		W50	Gianna Mogentale	AUS	62.62	2014	
M55	Rob Mayston	AUS	56.02	2014		W55	Peggy MacLiver	AUS	67.13	2000	
M60	John Lamb	AUS	58.32	2012		W60	Jeanette Flynn	AUS	68.94	2014	
M65	Hugh Coogan	AUS	61.15	2004		W65	Margaret Peters	NZL	77.65	2000	
M70	Hugh Coogan	AUS	62.28	2006		W70	Marge Allison	AUS	79.76	2006	
M75	Colin Woods	AUS	74.12	2012		W75	Corinne Collins	AUS	90.69	2012	
M80	Mike Johnston	AUS	75.64	2002		W80	Shirley Brasher	AUS	129.32	2008	
M85	Eric de Lautour	NZL	89.82	2006							
M90	James Sinclair	AUS	2:04.37	2015							
M95	Eric de Lautour	NZL	2:44.23	2015							

400m

W30	Marissa Stephen	NZL	57.79	2002	
W35	Marge Allison	AUS	58.50	1984	
W40	Suzy Cole	AUS	59.13	2012	
W45	Marie Kay	AUS	59.27	2006	
W50	Gianna Mogentale	AUS	62.62	2014	
W55	Peggy MacLiver	AUS	67.13	2000	
W60	Jeanette Flynn	AUS	68.94	2014	
W65	Margaret Peters	NZL	77.65	2000	
W70	Marge Allison	AUS	79.76	2006	
W75	Corinne Collins	AUS	90.69	2012	
W80	Shirley Brasher	AUS	129.32	2008	

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	Suzy Cole	AUS	2:13.65	2012	
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	Jeanette Flynn	AUS	2:40.31	2014	
M65	Jack Stevens	AUS	2:22.9	1982		W65	Lavinia Petrie	AUS	3:01.14	2012	
M70	Hugh Coogan	AUS	2:37.4	2006		W70	Lavinia Petrie	AUS	3:12.35	2014	
M75	Max Brook	AUS	03:00.0	2012		W75	Corinne Collins	AUS	3:54.65	2012	
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							
M95	Eric de Lautour	NZL	06:29.6	2015							

800m

W30	Salome Tabuatalei	FIJ	2:23.2	1994	
W35	Christine Sole	NZL	2:13.8	1982	
W40	Suzy Cole	AUS	2:13.65	2012	
W45	Cris Penn	AUS	2:27.3	2006	
W50	Daphne Pirie	AUS	2:29.1	1982	
W55	Peggy MacLiver	AUS	2:39.4	2000	
W60	Jeanette Flynn	AUS	2:40.31	2014	
W65	Lavinia Petrie	AUS	3:01.14	2012	
W70	Lavinia Petrie	AUS	3:12.35	2014	
W75	Corinne Collins	AUS	3:54.65	2012	
W80	Shirley Brasher	AUS	4:54.39	2008	

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	04:41.0	1982	
M40	Alan Bradford	AUS	04:07.0	1982		W40	Suzy Cole	AUS	4:32.93	2012	

1500m

W30	Salome Tabuatalei	FIJ	04:55.2	1994	
W35	Judy Daly	AUS	04:41.0	1982	
W40	Suzy Cole	AUS	4:32.93	2012	

M45	Ian Babe	NZL	04:12.7	1984
M50	Andrew Stark	NZL	4:18.10	2008
M55	Ron Robertson	NZL	04:23.9	1998
M60	Bert Carse	AUS	04:43.0	2002
M65	Ron Robertson	NZL	4:54.99	2008
M70	Peter Sandery	AUS	5:23.64	2012
M75	Eric de Latour	NZL	06:19.8	1998
M80	Norm Pearce	AUS	07:43.0	2006
M85	Eric de Lautour	NZL	07:03.4	2006
M90	Eric de Lautour	NZL	12:23.87	2012
M95	Eric de Lautour	NZL	14:06.88	2015

5000m

M30	Brendan Whelan	AUS	15:25.5	2006
M35	Gary Hand	AUS	15:00.3	1984
M40	Paul Sumpster	NZL	15:07.9	1990
M45	Graham Tattersall	NZL	15:55.2	1990
M50	Allan Davis	NZL	16:17.0	1990
M55	Ron Robertson	NZL	16:06.0	1998
M60	Trevor Ogilvie	NZL	17:36.34	2012
M65	Colin McLeod	AUS	18:13.1	2002
M70	Peter Sandery	AUS	19:24.62	2012
M75	Win Nelmes	NZL	22:45.0	1990
M80	Don Edmundson	NZL	28:54.5	2000
M85	Eric de Lautour	NZL	26:51.3	2006

110m Hurdles (0.991m)

M30	Brad Osborne	AUS	16.95	2008
M35	Albert Miller	FIJ	15.20	1994
M40	Joe Rodan	FIJ	16.70	1994
M45	Ken Priestley	AUS	17.40	1984

100m Hurdles (0.914m)

M50	Peter Collins	AUS	16.78	2002
M55	Clay Tompkins	AUS	16.14	2008

100m Hurdles (0.840m)

M60	Harry Giles	AUS	16.56	2008
M65	Micheal Stephenson	AUS	17.34	2008

80m Hurdles (0.762m)

M70	Donald Chambers	AUS	14.81	2010	0.6
M75	Donald Chambers	AUS	18.44	2014	0.7

80m Hurdles (0.686m)

M80	Max McKay	AUS	24.00	2004
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400m Hurdles (0.914m)

M30	George Jankowski	AUS	65.30	1996
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W45	Meghann Stewart	NZL	5:07.64	2014
W50	Margaret Orman	NZL	05:14.0	1992
W55	Loris Reed	NZL	05:31.5	2004
W60	Kathy Sims	AUS	5:42.22	2012
W65	Lavinia Petrie	AUS	5:58.89	2012
W70	Lavinia Petrie	AUS	6:06.00	2014
W75	Dawn Cumming	NZL	8:27.69	2012
W80	Clasina Van Der Veecken	NZL	10:48.55	2014

5000m

W30	Robyn Stansfield	NZL	18:38.2	1998
W35	Karen Gobby	AUS	17:07.7	1990
W40	Dot Browne	AUS	17:32.0	1984
W45	Sally Gibbs	NZL	16:53.78	2012
W50	Margaret Orman	NZL	19:19.0	1992
W55	Lavinia Petrie	AUS	19:39.0	2002
W60	Kathy Sims	AUS	20:56.69	2012
W65	Lavinia Petrie	AUS	21:08.79	2012
W70	Lavinia Petrie	AUS	21:53.63	2014
W75	Shirley Brasher	AUS	30:26.2	2002

100m Hurdles (0.840m)

W30	Terry Genge	NZL	15.37	1990
W35	Eileen Hindle	AUS	14.70	1984

80m Hurdles (0.762m)

W40	Marie Kay	AUS	13.10	2004
W45	Marie Kay	AUS	12.34	2008

80m Hurdles (0.762m)

W50	Marie Kay	AUS	13.14	2012	1.3
W55	Brenda Parkinson	AUS	14.60	1992	

80m Hurdles (0.686m)

W60	Margaret Taylor	AUS	15.35	2008	
W65	Lois Anderson	NZL	18.44	2012	0.9
W70	Fran Harris	AUS	20.71	2012	0.9

400m Hurdles (0.762m)

W30	Marie Kay	AUS	76.80	1994
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M35	Geoff Gibbons	AUS	60.11	2012	-0.4	W35	Kerrie Macey	AUS	72.55	1990	
M40	Ernest Kemplay	AUS	60.30	1984		W40	Suzy Cole	AUS	71.06	2012	-0.2
M45	Chris Strange	NZL	64.01	1998		W45	Marie Kay	AUS	64.70	2006	
400m Hurdles (0.840m)											
M50	Neil Fowler	AUS	63.67	2002							
M55	Hans Meisebach	AUS	66.60	1984							
300m Hurdles (0.762m)											
M60	John Lamb	AUS	46.87	2012	-0.5	W50	Michele Hossack	AUS	49.91	2014	
M65	Richard Trembath	AUS	50.28	2008		W55	Wilma Perkins	AUS	58.90	2006	
300m Hurdles (0.686m)											
M70	Donald Chambers	AUS	55.12	2008							
M75	Stewart Foster	NZL	61.26	2014							
M80	Max McKay	AUS	78.74	2004							
200m Hurdles (0.686m)											
M80	Rad Leovic	AUS	61.35	2012	0.2	W70	Frances Harris	AUS	50.46	2012	0.2
3000m Steeplechase (0.914m)											
M30	Gilles Brouilaud	PYF	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	Suzy Cole	AUS	7:17.92	2012	
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	Trevor Ogilvie	NZL	7:13.03	2012		W60	Margaret Saunders	AUS	9:28.99	2014	
M65	Ron Robertson	NZL	7:18.10	2008		W65	Loris Reed	NZL	10:00.33	2015	
M70	Peter Sandery	AUS	8:25.78	2012		W70	Dawn Cumming	NZL	11:33.8	2006	
M75	Dave Eastwood	NZL	09:40.4	2015		W75	Clasina van der Veeken	NZL	13:35.8	2008	
M80	Max McKay	AUS	11:44.4	2004		W80	Clasina van der Veeken	NZL	14:57.42	2012	
3000m Track Walk											
M30						W30	Justijana Roseman	AUS	15:37.38	2008	
M35	Peter Bennett	AUS	14:28.0	1994		W35	Judith Johnson	AUS	16:02.7	1982	
M40	Dean Nipperess	AUS	13:10.82	2012		W40	Annette Major	AUS	15:32.2	2006	
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	Staunton-Jjugovic	AUS	15:41.80	2014	
M55	Mike Parker	NZL	14:00.73	2012		W55	Pam Tindal	AUS	15:28.33	2015	
M60	George White	AUS	15:18.74	2008		W60	Heather Carr	AUS	15:45.20	2012	
M65	George White	AUS	15:44.53	2010		W65	Heather Carr	AUS	17:04.84	2015	
M70	George White	AUS	16:41.63	2015		W70	Daphne Jones	NZL	21:21.52	2014	
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	
M85	Bill Empey	AUS	24:08.0	1982							
5000m Track Walk											
5000m Track Walk											

M30	Rodney Gillum	NZL	27:00.4	1998
M35	Kevin Taylor	NZL	23:12.6	1990
M40	Frank Clark	AUS	22:37.0	1984
M45	John Smith	AUS	22:32.0	1984
M50	Michael Harte	NZL	24:31.9	2006
M55	Gary Little	NZL	22:14.9	1998
M60	Theo Orr	AUS	25:48.0	1984
M65	George White	AUS	26:47.54	2010
M70	Tom Daintry	AUS	28:22.0	1984
M75	Tom Daintry	AUS	30:33.0	1990
M80	Tom Daintry	AUS	33:57.0	1992
M85	Gus Theobald	AUS	33:53.0	1984

10k Road Walk (Best Performances)

M30	Rodney Gillum	NZL	55:25	1998
M35	Peter Bennett	AUS	52:14	1994
M40	Dean Nipperess	AUS	47:31	2012
M45	Gary Little	NZL	45:34	1990
M50	Michael Harte	NZL	50:37	2006
M55	Gary Little	NZL	45:39	1998
M60	Jack Tregurtha	NZL	53:53	1998
M65	Andrew Jamieson	AUS	52:55	2014
M70	Ralph Bennett	AUS	59:24	2014
M75	Colin Hainsworth	AUS	67:43	2006
M80	Tom Daintry	AUS	69:01	1992

Half Marathon (Best Performances)

M30	Frederic Burquier	PYF	1:12.32	2010
M35	Brendan Whelan	AUS	1:15.18	2010
M40	Tony Price	NZL	1:12:44	1998
M45	Georges Richmond	PYF	1:13.05	2010
M50	David Elward	AUS	1:17:32	2002
M55	Mark Purvis	AUS	1:21:10	2014
M60	Colin McLeod	AUS	1:19:28	1998
M65	Colin McLeod	AUS	1:22:25	2002
M70	Colin McLeod	AUS	1:31.58	2008
M75	Irwin Barrett-Lennard	AUS	1:44:11	2006
M80	Bill Page	AUS	2:23:25	2014

Javelin (800g current specifications)

M30	Daniel Brown	AUS	47.60	2008
M35	Ezehiel Rangi	SOL	52.34	2015
M40	Joe Bradley	NZL	54.59	1998
M45	John Kay	AUS	52.26	2008

Javelin (700g from 2000)

W30	Justijana Roseman	AUS	26:32.9	2008
W35	Gabrielle Gorst	NZL	23:49.0	2002
W40	Annette Major	AUS	27:00.5	2006
W45	Pam Tindall	AUS	27:03.1	2008
W50	Staunton-Jugovic	AUS	27:15.97	2014
W55	Heather Carr	AUS	26:21.4	2006
W60	Heather Carr	AUS	27:18.93	2010
W65	Heather Carr	AUS	28:57.97	2015
W70	Jean Albury	AUS	31:45.1	2002
W75	Christiane Duaphinet	AUS	39:15.24	2008
W80	Christiane Duaphinet	AUS	39:24.83	2012

10k Road Walk (Best Performances)

W30	Kylie Bonney	AUS	53:01	2002
W35	Gabrielle Gorst	NZL	48:47	2002
W40	Jane Jackson	NZL	55:52	1990
W45	Marlene Robb	AUS	55:55	1994
W50	Staunton-Jugovic	AUS	56:34	2014
W55	Heather Carr	AUS	54:01	2006
W60	Sandy Brunner	AUS	57:27	2006
W65	Sandy Brunner	AUS	61:26	2008
W70	Jean Albury	AUS	65:30	2002
W75	Christiane Dauphinnet	AUS	78:07	2008
W80	Christiane Dauphinnet	AUS	80:32	2012

Half Marathon (Best Performances)

W30	Ronnie Cole	NZL	1:32:09	1998
W35	Yvonne Evans	NZL	1:26:17	2006
W40	Jenny Dowie	AUS	1:29:25	2002
W45	Bernie Portesnki	NZL	1:19:38	1998
W50	Brenda Fortune	NZL	1:36:41	2006
W55	Lavinia Petrie	AUS	1:32:33	2002
W60	Judth Stewart	NZL	1:40.07	2010
W65	Lavinia Petrie	AUS	1:40.10	2012
W70	Lavinia Petrie	AUS	1:37:38	2014
W75	Clasina van der Veeken	NZL	2:26.11	2008
W80	Clasina van der Veeken	NZL	2:39.21	2012

Javelin (600g current specifications)

W30	Lynette Smith	AUS	32.60	2004
W35	Jayne Hardy	AUS	38.09	2002
W40	Jayne Hardy	AUS	38.65	2006
W45	Jayne Hardy	AUS	37.01	2010

Javelin (500g from 2000)

M50	Nigel Stainton	NZL	52.44	2012
M55	Bob Banens	AUS	51.44	2006

Javelin (600g current specifications)

M60	Bob Banens	AUS	48.74	2010
M65	Tom Hancock	AUS	40.02	2002

Javelin (500g from 2000)

M70	Guy Quartermain	AUS	36.51	2012
M75	Aivars Pavulins	AUS	29.97	2000

Javelin (400g from 2000)

M80	Dave Scratton	NZL	26.51	2000
M85	Maurice Dauphinnet	AUS	21.69	2012
M90	Max McKay	AUS	10.22	2014

Hammer (7.26kg)

M30	Brentt Jones	NFI	48.86	2000
M35	Ricard Meiring	AUS	59.00	2014
M40	Frederic Cassier	NCL	50.14	1992
M45	Mark Cumming	NZL	46.97	2012

Hammer (6kg)

M50	Ken Readwin	AUS	48.62	1994
M55	Kevin Bradley	NZL	43.97	2002

Hammer (5kg)

M60	Kevin Bradley	NZL	46.74	2008
M65	Laurie Devlin	NZL	45.33	2002

Hammer (4kg)

M70	Laurie Devlin	NZL	44.54	2006
M75	Ken Priestley	AUS	33.86	2014

Hammer (3kg)

M80	Wim Van Weenen	AUS	36.47	2014
M85	Feliks Jekabsons	AUS	22.37	2012
M90	Max MacKay	NZL	18.36	2014

Discus (2kg)

M30	Alan White	AUS	35.60	2000
M35	Jamie Muscat	AUS	43.84	2014
M40	Merve Kemp	AUS	43.88	1984
M45	Todd Davey	AUS	44.56	2015

Discus (1.5 kg)

M50	Stuart Gyngell	AUS	49.65	2014
M55	Ray Green	AUS	41.65	2002

Discus (1 kg)

W50	Jill Evans	NZL	29.32	2000
W55	Mary Thomas	AUS	37.90	2000

Javelin (500g from 2014)

W60	Mary Thomas (400g)	AUS	33.83	2004
W60	Wilma Perkins	AUS	21.72	2014

W65	Wilma Perkins	AUS	24.51	2015
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W65	Mary Thomas	AUS	20.23	2014
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W70	Wini Pepene (400g)	NZL	23.76	2002
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W70	Mary Thomas	AUS	21.51	2015
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Javelin (400g from 2000)

W75	Heather Doherty	AUS	19.78	2008
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W80	Heather Doherty	AUS	19.45	2014
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W85	Pauline Purser	NZL	8.60	2008
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W90	Ruth Frith	AUS	10.09	2002
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W95	Ruth Frith	AUS	7.98	2004
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Hammer (4kg)

W30	Raelene Bates	NZL	43.71	1998
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W35	Jayne Hardy	AUS	41.87	2002
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W40	Jayne Hardy	AUS	43.52	2006
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W45	Althea Mackie	AUS	41.80	2015
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Hammer (3kg)

W50	Sharon Gibbins	AUS	45.70	2008
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W55	Helen Searle	AUS	45.98	1996
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W60	Jan Davies	AUS	42.20	2002
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W65	Helen Searle	AUS	39.51	2006
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W70	Helen Searle	AUS	33.07	2012
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Hammer (2kg from 2010)

W75	Valerie Worrell	AUS	28.10	2012
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W80	Heather Doherty	AUS	21.74	2014
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W85	Ruth Frith	AUS	15.66	1996
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W90	Ruth Frith	AUS	11.85	2002
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W95	Ruth Frith	AUS	11.16	2006
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W100	Ruth Frith	AUS	9.64	2012
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Discus (1 kg)

W30	Chris Schultz	AUS	48.12	1984
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W35	Chris Schultz	AUS	47.86	1986
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W40	Chris Schultz	AUS	42.52	1994
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W45	Chris Schultz	AUS	42.66	1998
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W50	Chris Schultz	AUS	38.23	2002
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W55	Chris Schultz	AUS	33.54	2006
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W60	Helen Searle	AUS	29.73	2002
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W65	Helen Searle	AUS	27.53	2006
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M60	Ray Green	AUS	50.27	2006
M65	Tom Hancock	AUS	45.93	2002
M70	Keith James	AUS	39.54	2012
M75	Rudi Hochreiter	AUS	34.60	2002
M80	Feliks Jekabsons	AUS	26.96	2006
M85	Maurice Dauphinat	AUS	21.24	2012
M90	Max McKay	AUS	11.82	2014

Shot Put (7.26kg)

M30	Saimoni Koroi	FIJ	12.92	1994
M35	Soane Lakafia	NCL	14.10	1996
M40	Stuart Gyngell	AUS	16.29	2008
M45	Laini Inivale	NZL	13.68	2015

Shot Put (6 kg)

M50	Stuart Gyngell	AUS	17.57	2014
M55	Richard Harris	NZL	13.41	1990

Shot put (5 kg)

M60	Richard Harris	NZL	13.51	1994
M65	Charlie Rann	AUS	12.75	1992

Shot Put (4 kg)

M70	Rudi Hochreiter	AUS	12.72	1998
M75	Jim Peridis	AUS	11.42	2002

Shot Put (3 kg)

M80	Feliks Jekabsons	AUS	10.09	2006
M85	Dave Scratton	NZL	7.83	2006
M90	Max McKay	AUS	5.46	2014

Weight Throw (15.88kg - 35lb)

M30	Vincent Smith	NZL	13.09	2012
M35	Ricard Meiring	AUS	18.59	2014
M40	Stuart Gyngell	AUS	13.78	2008
M45	Mark Cumming	NZL	14.60	2012

Weight Throw (11.34kg - 25lb)

M50	Stuart Gyngell	AUS	18.05	2014
M55	Robert Hanbury-Brown	AUS	15.05	2012

Weight Throw (9.08kg - 20lb)

M60	Ray Green	AUS	17.45	2006
	Kevin Bradley	NZL	17.45	2006
M65	Laurie Devlin	NZL	17.43	2004

Weight Throw (7.26kg - 16lb)

M70	Laurie Devlin	NZL	18.06	2006
M75	Ken Priestley	AUS	14.59	2014

Weight Throw (5.54kg - 12lb)

M80	Norm Windred	AUS	12.19	2008
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W70	Mary Thomas	AUS	22.03	2015
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Discus (0.75 kg from 2010)

W75	Heather Doherty	AUS	21.91	2012
W80	Heather Doherty	AUS	20.30	2014
W85	Ruth Frith	AUS	11.64	1996
W90	Ruth Frith	AUS	10.89	2002
W95	Ruth Frith	AUS	10.90	2006

Shot Put (4 kg)

W30	Chris Schultz	AUS	14.98	1984
W35	Chris Schultz	AUS	14.12	1986
W40	Chris Schultz	AUS	13.25	1994
W45	Chris Schultz	AUS	13.17	1998

Shot put (3 kg)

W50	Chris Schultz	AUS	13.19	2002
W55	Mary Thomas	AUS	12.89	2000
W60	Helen Searle	AUS	12.31	2000
W65	Helen Searle	AUS	11.58	2004
W70	Helen Searle	AUS	9.16	2012

Shot put (2 kg from 2010)

W75	Glen Watts	NZL	8.27	2015
W80	Heather Doherty	AUS	7.44	2014
W85	Ruth Frith	AUS	5.42	1996
W90	Ruth Frith	AUS	5.21	2002
W95	Ruth Frith	AUS	4.72	2004

Weight Throw (9.08kg - 20lb)

W30	Noella Flores	PYF	10.27	2010
W35	Fionnula Connors	AUS	10.03	2015
W40	Chris McCahill	NZL	15.03	2008
W45	Althea Mackie	AUS	12.84	2015

Weight Throw (7.26kg - 16lb)

W50	Jayne Hardy	AUS	13.64	2015
W55	Dorn Jenkins	AUS	12.45	2014

Weight Throw (5.54kg - 12lb)

W60	Dorn Jenkins	AUS	17.36	2015
W65	Helen Searle	AUS	16.44	2004
W70	Jan Banens	AUS	12.41	2012

Weight Throw (4kg from 2010)

W75	Glen Watts	NZL	11.71	2015
W80	Heather Dherty	AUS	9.63	2014
W85	Pam Spiers	NZL	5.94	2012

M85	Dave Scratton	NZL	10.99	2004		W95	Ruth Frith	AUS	5.16	2006	
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	Lynette Smith	AUS	1.53	2014	
M45	Matthew Muell	AUS	1.78	2010		W45	Marie Kay	AUS	1.48	2006	
M50	Hoyoung Do	NZL	1.65	2012		W50	Marie Kay	AUS	1.45	2012	
	Brian Curry	NZL	1.65	2012		W55	Alex Lloyd	AUS	1.33	2014	
M55	Clay Tompkins	AUS	1.65	2008		W60	Margaret Taylor	AUS	1.26	2008	
M60	John Hunt	AUS	1.50	2002		W65	Wilma Perkins	AUS	1.18	2015	
M65	Gordon Gourlay	AUS	1.45	1994		W70	Gwen Davidson	AUS	1.14	1994	
M70	Greg Mamalis	AUS	1.35	2014		W75	Gwen Davidson	AUS	1.08	2000	
M75	Rudi Hochreiter	AUS	1.23	2002							
M80	Jim Blair	NZL	1.13	2012							
M85	Hector Mein	NZL	0.91	2015							
M90	Frank Cox	NZL	0.70	2002							
Long Jump						Long Jump					
M30	Jay Stone	AUS	6.36	2012	0.0	W30	Wilma Perkins	AUS	5.43	1984	
M35	Albert Miller	FIJ	6.21	1994		W35	Eileen. Hindle	AUS	5.55	1984	
M40	Bob Lehman	AUS	6.29	2014	0.5	W40	Gianna Mogentale	AUS	5.21	2004	0.3
M45	Rodney Stone	AUS	5.76	1984		W45	Marie Kay	AUS	5.31	2006	
M50	Terry Hicks	AUS	5.45	2004		W50	Marie Kay	AUS	5.23	2012	0.0
M55	Clay Tompkins	AUS	5.61	2008		W55	Wilma Perkins	AUS	4.29	2004	
M60	Graeme Noden	AUS	5.10	2000		W60	Margaret Taylor	AUS	4.38	2008	
M65	Graeme Noden	AUS	4.58	2006		W65	Wilma Perkins	AUS	3.78	2015	0.7
M70	Graeme Noden	AUS	4.59	2008		W70	Judy Hammond	NZL	3.22	2008	
M75	Graeme Noden	AUS	4.07	2014	1.6	W75	Gwen Davidson	AUS	2.73	2000	
M80	Max McKay	AUS	3.13	2004		W80	Clasina van der Veeken	NZL	2.53	2012	0.0
M85	Maurice Dauphinnet	AUS	2.95	2012	-3.2						
M90	Frank Cox	NZL	1.19	2002							
Triple Jump						Triple Jump					
M30	George Jankowski	AUS	11.31	1994		W30	Marie Kay	AUS	10.73	1994	
M35	Russell Sarah	AUS	13.70	1982		W35	Veronique Boyer	PYF	11.36	2008	
M40	Kevin Todd	NZL	12.31	1990		W40	Julie Brims	AUS	10.59	2006	
M45	Stephen McKee	NZL	12.05	2006		W45	Marie Kay	AUS	10.68	2006	
M50	Stephen Burden	NZL	11.25	2012	1.3	W50	Helen Searle	AUS	9.54	1990	
M55	Clay Tompkins	AUS	12.22	2008		W55	Anne Hunter	NZL	8.87	2006	
M60	Pat Timings	NZL	10.40	1990		W60	Margaret Taylor	AUS	9.22	2008	
M65	Geoff Shaw	AUS	9.45	2015	0.6	W65	Lois Anderson	NZL	7.14	2014	1.9
M70	Rudi Hochreiter	AUS	8.98	1998		W70	Frances Bayler	NZL	6.84	2010	
M75	Rudi Hochreiter	AUS	8.34	2002		W75	Frances Bayler	NZL	6.24	2015	1.2
M80	Leo Coffey	AUS	7.30	2012	1.4	W80	Ruth Frith	AUS	5.05	1992	

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
	Tim McGrath	AUS	3.1	2014
M55	Murray Anderson	AUS	3.00	2006
M60	Bob Barclay	AUS	3.00	2002
M65	Geoff Shaw	AUS	2.70	2014
M70	Jim Poulter	AUS	2.50	2014
M75	Donald Chambers	AUS	1.85	2014
M80	Wallace Opperman	NZL	1.45	2006
M85	Wallace Opperman	NZL	1.00	2012

Updated for 2010 WMA factors

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	3078	1994
	(6.21, 52.88, 24.0, 37.98, 5:28.8)			
M40	Lloyd Mitchelson	AUS	3275	1984
	(5.40, 48.02, 24.8, 31.86, 4:31.0)			
M45	John Cooper	AUS	3358	1990
M50	Terry Hicks	AUS	3538	2004
M55	Rudi Hochreiter	AUS	3382	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	3084	2008
	(3.95; 31.99; 31.38; 25.19; 7:09.23)			
M75	Hector Mein	NZL	2825	2006
	(3.42, 23.17, 36.80, 19.82, 6:40.89)			
M80	Hector Mein	NZL	1931	2012
	(2.89, 18.34, 46.94, 16.54, 9:18.13)			
M85	Rad Leovic	AUS	2439	2014
	(2.31, 14.86, 45.49, 14.50, 8:29.14)			
M90	Frank Cox	NZL	560	2002
	(1.43, 6.31, 66.09, 7.19, DNF)			

Updated for 2010 WMA factors

Pole Vault

W30				
W35	Ros Montse	AUS	2.50	2014
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

Updated for 2010 WMA factors

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

W30	Wilma Perkins	AUS	2822	1984
	(12.70, 9.42, 5.25, 28.71, 2:49.4)			
W35	Eileen Hindle	AUS	3005	1984
	(12.51, 6.98, 5.42, 22.14, 2:30.8)			
W40	Lee-An Grosvenor	AUS	3153	2014
	(13.58, 8.84, 4.51, 27.57, 2:29.06)			
W45	Chris Battersby	AUS	3564	1990
W50	Gianna Mogentale	AUS	3479	2014
	(13.29, 7.28, 4.58, 16.61, 2:33.56)			
W55	Tui Ashe	NZL	3046	2006
	(16.11, 8.38, 3.80, 18.42, 2:55.30)			
W60-74 Jav 500g from 2014)				
W60	Beryl Vine (400g Jav)	NZL	3225	1990
W60	Nancy Bowmar	NZL	2450	2014
	(17.21, 7.05, 3.30, 14.46, 3:37.29)			
W65	Wini Pepene (400g Jav)	NZL	2989	1996
W65	Jean Hampson	AUS	2816	2014
	(17.72, 6.05, 3.30, 14.97, 3:28.21)			
W70	Judy Hammond (400g Ja)	NZL	3024	2008
	(17.32; 6.20; 3.06; 13.37; 3:57.88)			
W75	Judy Hammond	NZL	2491	2015
	(18.97, 5.81, 2.68, 11.79, 4:53.39)			
W80	C Van Der Veeken	NZL	2381	2014
	(21.77, 5.48, 1.86, 9.45, 5:28.44)			

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

M30	Stuart Chirnside	NZL	2723	1998
M35	Ricard Meiring	AUS	3117	2014
	(54.66, 10.87, 29.78, 33.64, 18.34)			
M40	Frederic Cassier	NCL	3769	1992
M45	Todd Davey	AUS	3729	2015
	(39.25, 13.67, 40.64, 40.61, 13.73)			
M50	Stuart Gyngell	AUS	4192	2015
	(47.83, 17.05, 50.09, 36.29, 17.10)			
M55	Ray Green	AUS	3617	2002
	(41.96, 11.59, 41.16, 35.12, 13.73)			
M60	Graeme Rose	AUS	3896	2008
	(45.46; 12.58; 38.17; 39.48; 16.78)			
M65	Tom Hancock	AUS	4076	2002
	(37.08, 11.69, 43.96, 39.26, 14.95)			
M70	Sam Johnson	NZL	4356	1992
M75	Dave Scratton	NZL	3682	1998
M80	Feliks Jakabsons	AUS	3616	2006
	(28.97, 9.98, 26.96, 19.30, 12.43)			
M85	Dave Scratton	NZL	4074	2004

Updated for 2010 WMA factors

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

M30	Brad Osborn	AUS	4874	2008
	(12.63; 5.79; 10.79; 1.77; 58.05; 17.99; 31.69; 3.20; 34.63; 5:32.06)			
M35	Geoff Gibbons	AUS	6122	2012
	(11.97, 5.71, 10.08, 1.64, 51.24, 16.48, 29.47, 3.70, 47.34, 4:35.55)			
M40	Peter Ranginui	NZL	4854	2012
	(13.11, 5.02, 8.29, 1.79, 62.32, 18.82, 30.92, 2.60, 37.88, 5:48.72)			
M45	Wayne Doyle	NZL	5905	2012
	(12.99, 5.19, 11.19, 1.55, 59.47, 19.56, 32.20, 3.00, 45.01, 5:34.73)			
M50	Bruce Solomon	NZL	5435	2014

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

W30	Raelene Bates	NZL	3339	1998
W35	Chris Schultz	AUS	4056	1990
W40	Jayne Hardy	AUS	3877	2006
	(41.99, 10.40, 37.29, 38.65, 13.87)			
W45	Chris Schultz	AUS	4355	1998
W50	Chris Schultz	AUS	4116	2002
	(35.64, 12.97, 39.49, 25.87, 13.83)			
W55	Helen Searle	AUS	4596	1996
	W60-74 Jav 500g from 2014)			
W60	Helen Searle (400g Jav)	AUS	4521	2002
	(39.48, 11.49, 26.29, 25.20, 15.04)			
W60	Dorn Jenkins	NZL	4443	2015
	(43.51, 8.85, 28.72, 21.85, 15.57)			
W65	Helen Searle (400g Jav)	AUS	5399	2004
W65	Mary Thomas	Aus	3651	2014
	(27.50, 7.79, 23.35, 22.55, 10.44)			
W70	Mary Thomas	AUS	4377	2015
	(27.95, 8.01, 23.32, 21.03, 11.94)			
W70	Jan Banens	AUS	3721	2014
	(29.62, 7.02, 16.73, 14.20, 11.60)			

New weight specifications from 2010

W75	Heather Doherty	AUS	3979	2012
	(22.75, 7.79, 23.46, 17.39, 10.03)			
W80	Heather Doherty	AUS	4269	2014
	(21.74, 7.11, 19.38, 17.27, 9.42)			
W85	Ruth Frith	AUS	3561*	1996
W90	Ruth Frith	AUS	3642*	2002
	(12.49, 4.97, 10.31, 10.51, 5.71)			
W95	Ruth Frith	AUS	4026*	2006
	(11.08, 4.35, 9.78, 6.43, 5.16)			

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

W30	Belinda Westcott	AUS	1783	2012
	(27.58, 1.15, 5.82, 30.07, 3.65, 13.66, 2:58.79)			
W35	Lynette Smith	AUS	4192	2008
	(18.43; 1.58; 10.03; 29.85; 4.42; 33.91; 2:26.41)			
W40	Lee-Ann Grosvenor	AUS	4068	2014
	(15.69, 1.27, 9.05, 27.92, 4.54, 27.41, 2:33.4)			
W45	Sue McRae	AUS	3686	2010
	(16.23; 1.27; 6.25; 28.50; 4.28; 18.26; 3:05.60)			
W50	Marie Kay	AUS	5831	2010

(12.67; 4.99; 9.92; 1.45; 59.66; 19.16; 31.79; 1.90; 33.86; 5:45.32)
M55 Viddy Jermacans AUS 4212 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 5112 2010
(13.92; 4.35; 8.68; 1.30; 67.37; 21.11; 16.08; 2.10; 21.60; 6:20.36)
M65 Nick Bannenberg AUS 4552 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 5995 2008
(15.00; 4.14; 8.31; 1.21; 73.03; 17.88; 26.71; 2.00; 31.98; 7:00.11)
M75 Donald Chambers AUS 4608 2014
(16.10, 3.67, 8.54, 1.10, 92.31, 18.44, 16.73, 1.85, 19.15, DNF)
M80 Rad Leovic AUS 3082 2012
(20.60, 2.60, 6.84, 0.92, 1:42.27, 29.47, 13.93, 0.80, 14.22, 9:07.91)
M85 Rad Leovic Aus 3746 2014
(21.58, 2.41, 6.60, 0.92, 1:49.61, 37.86, 13.07, NH, 14.29, 9:08.04)

(13.13; 1.48; 11.19; 28.22; 4.69; 30.33; 2:52.47)
W55 Alex Lloyd AUS 4292 2014
(15.69; 1.33; 7.42; 33.16; 3.09, 22.59, 3:11.97)
W60-74 Jav 500g from 2014)
W60 Marj Allison (400g Jav) AUS 5076 2008
(15.10; 1.24; 6.93; 31.90; 3.66; 18.48; 2:53.86)
W65 Jean Hampson AUS 3884 2014
(18.45, 1.03, 6.15, 38.33, 3.13, 14.58, 3:34.73)
W70 Judy Hammond (400g Ja NZL 3832 2008
(DNF; 1.06; 6.41; 37.44; 2.95; 14.37; 3:53.14)
W75 Judy Hammond NZL 3442 2015
(DNF, 0.99, 6.10, 42.07, 2.60, 11.65, 4:52.56)

AUS	Australia
NZL	New Zealand
PYF	French Polynesia
NCL	New Caledonia
FIJ	Fiji
TON	Tonga
NFI	Norfolk Island
SOL	Soloman Islands