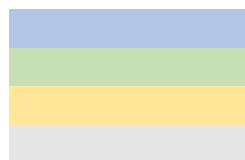


Gold Coast Regional Records

Queensland Record  
Australian Record  
World Record  
TG Timing Gate



	<b><u>60 Metres</u></b>	<b><u>GC Record</u></b>	<b><u>Date</u></b>	<b><u>Location</u></b>
M30	Aaron Stubbs	7.05	7/02/2021	Runaway Bay
M35	Adam Evans	7.75	30/10/2022	Runaway Bay
M40	Shane Ladynski	7.76	23/01/2022	Runaway Bay
M45	Gary Parkinson	7.50	19/10/2014	Griffith Uni
M50	Simon Titley	7.56	13/11/2021	SAF
M55	Chris Brack	7.67	7/03/2021	SAF State Champs
M60	Steven Jones	8.54	15/10/2023	Runaway Bay
M65	Robin Reisenleiter	8.64	15/03/2015	SAF
M70	Denis Griffith	9.14	20/09/2020	Runaway Bay
M75	Colin Mancey	10.51	26/03/2017	Griffith Uni
M80	Bill Cook	10.04	30/08/2015	Griffith Uni
M85				
	<b><u>100 Metres</u></b>			
M30	Aaron Stubbs	10.98	7/02/2021	Runaway Bay
M35	Brett McKenzie	12.74	5/09/2021	Runaway Bay

M40	Brett McKenzie	12.04	14/12/2022	SAF
M45	Gary Parkinson	11.73	21/02/2016	Griffith Uni
M50	Geoff Pittman	11.95	27/01/2024	SAF
M55	Chris Brack	11.99	18/09/2021	SAF
M60	Robin Reisenleiter	13.79	28/11/2014	Griffith Uni
M65	Robin Reisenleiter	13.99	22/11/2015	SAF
M70	John Lester	14.90	13/09/2015	Griffith Uni
M75	Colin Mancey	16.96	26/03/2017	Griffith Uni
M80	Bill Cook	16.54	31/05/2015	Griffith Uni
M85				

### 100 Yards

M40	Shane Ladynski	12.33	6/12/2020	Runaway Bay
M45	Gary Parkinson	11.08	22/03/2015	Griffith Uni
M50	Gary Parkinson	11.21	3/03/2018	SAF
M55	Gary Parkinson	11.51	9/12/2023	SAF
M60	David Mitchell	13.86	6/12/2020	Runaway Bay
M65	Robin Reisenleiter	12.97	22/03/2015	Griffith Uni
M70	Dennis Griffith	14.78	6/12/2020	Runaway Bay

### 150 Metres

M30				
M35	Greg Costello	18.35	1/10/2017	Griffith Uni

M40	Shane Ladynski	19.48	18/09/2022	Runaway Bay
M45	Gary Parkinson	17.95	6/11/2016	Griffith Uni
M50	Gary Parkinson	17.82	26/08/2018	Griffith Uni
M55	Steven Jones	20.40	4/10/2020	Runaway Bay
M60	David Mitchell	22.20	1/10/2017	Griffith Uni
M65	David Mitchell	22.46	14/11/2021	Runaway Bay
M70	John Lester	22.87	12/10/2014	Griffith Uni
M75	Colin Mancey	26.35	21/05/2017	Griffith Uni
M80	Bill Cook	26.72	30/08/2015	Griffith Uni

### 200 Metres

M30				
M35	Marc-Paul Trevethan	27.08	25/10/2015	Griffith Uni
M40	Brett McKenzie	24.84	16/11/2022	SAF
M45	Gary Parkinson	23.95	3/05/2015	Griffith Uni
M50	Gary Parkinson	24.17	22/07/2018	Sunshine Coast
M55	Chris Brack	24.21	10/12/2022	SAF
M60	Robin Reisenleiter	28.66	1/11/2014	Griffith Uni
M65	Robin Reisenleiter	28.76	8/11/2015	Griffith Uni
M70	John Lester	30.82	12/10/2014	Griffith Uni
M75	Colin Mancey	37.45	30/04/2017	Griffith Uni
M80	Bill Cook	36.24	1/11/2014	Griffith Uni

### 300 Metres

M30	Murray Goodwin	33.75	24/03/2019	Griffith Uni
M35	Joshua Thompson	43.71	23/01/2022	Runaway Bay
M40	Shane Ladynski	43.74	18/09/2022	Runaway Bay
M45	Gary Parkinson	37.17	27/02/2016	Griffith Uni
M50	Gary Parkinson	37.93	22/02/2020	SAF
M55	Chris Brack	37.73	26/03/2022	SAF
M60	Bruce Bodsworth	47.25	28/11/2015	SAF
M65	Robin Reisenleiter	48.24	22/03/2015	Griffith Uni
M70	Bruce Bodsworth	50.30	19/09/2021	Runaway Bay
M75	Colin Mancey	58.37	18/12/2016	Griffith Uni
M80	John Lester	72.35	18/09/2022	Runaway Bay

### 400 Metres

M30	Murray Goodwin	46.24		
M35				
M40	Tadashi Nawagawa	62.33	11/10/2015	Griffith Uni
M45	Gary Parkinson	52.60	21/02/2016	Griffith Uni
M50	Gary Parkinson	53.72	14/09/2018	Malaga Spain
M55	Chris Brack	53.03	8/07/2022	Tampere Finland
M60	Steven Jones	67.92	7/10/2023	SAF
M65	Robin Reisenleiter	69.91	14/03/2015	SAF

M70	Bruce Bodsworth	70.69	6/02/2022	Runaway Bay
M75	Colin Mancey	78.43	11/06/2017	Darwin Nationals
M80	Colin Mancey	87.94	19/03/2022	SAF

### 500 Metres

M35				
M50	Richard Mullaney	1.20.59	12/11/2023	Runaway Bay
M55	Gary Parkinson	77.12	12/11/2023	Runaway Bay
M60				
M70				

### 600 Metres

M30				
M35	Marcus Hughes	1.36.32	5/02/2023	Runaway Bay
M40	Neill Smith	1.50.80	22/10/2023	Runaway Bay
M45	Gary Parkinson	1.33.61	20/11/2016	Griffith Uni
M50	Gary Parkinson	1.32.44	27/10/2019	Griffith Uni
M55	Gary Parkinson	1.36.17	5/02/2023	Runaway Bay
M60				
M65				
M70	Colin Mancey	2.22.84	6/12/2015	Griffith Uni
M75	Alf Lakin	2.55.55	15/09/2015	Griffith Uni
M80				

### 800 Metres

M30	Murray Goodwin	1.54.79	20/12/2020	Runaway Bay
M35	Joshua Thompson	2.11.74	19/03/2022	SAF
M40	Tadashi Nawagawa	2.20.98	18/01/2014	SAF
M45	Richard Mullaney	2.17.21	24/01/2023	Box Hill Vic
M50	Peter Link	2.13.42	19/03/2022	SAF
M55	Peter Link	2.19.91	9/03/2024	SAF State Champs
M60	Bruce Bodsworth	2.51.11	20/03/2016	Griffith Uni
M65	Bruce Bodsworth	3.10.07	5/09/2021	Runaway Bay
M70	Bruce Bodsworth	3.16.89	29/01/2022	SAF
M75	Colin Mancey	3.08.41	10/06/2017	Darwin Nationals
M80	Colin Mancey	3.24.93	19/03/2022	SAF

### 1000 Metres

M40	Neill Smith	3.22.64	22/10/2023	Runaway Bay
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### 1500 Metres

M30				
M35	Marcus Hughes	4.23.05	16/10/2022	Runaway Bay
M40	Tadashi Nawagawa	5.04.47	21/04/2018	SAF
M45	Richard Mullaney	4.40.94	24/01/2023	Box Hill Vic
M50	Peter Link	4.38.36	7/03/2021	SAF State Champs

M55	Peter Link	4.30.06	30/03/2024	Hobart Nationals
M60	Bruce Bodsworth	6.43.34	28/10/2015	SAF
M65	Bruce Bodsworth	6.56.04	27/08/2017	Griffith Uni
M70	Denis Wylie	6.01.46	30/03/2024	Hobart Nationals
M75	Colin Mancey	6.34.28	11/06/2017	Darwin Nationals
M80	Colin Mancey	7.23.21	19/03/2022	SAF

### **2000 Metres**

M30				
M35	Marcus Hughes	6.21.18	5/02/2023	Runaway Bay
M40	Neill Smith	7.22.48	15/10/2023	Runaway Bay
M45	Clint Shannon	7.57.05	5/02/2023	Runaway Bay
M50	Richard Mullaney	6.35.33	12/11/2023	Runaway Bay
M55				
M60				
M65				
M80	Colin Mancey	10.56.16	30/10/2022	Runaway Bay

### **3000 Metres**

M35	Joshua Thompson	9.43.53	18/09/2022	Runaway Bay
M40	Neill Smith	11.44.36	29/10/2023	Runaway Bay
M45	Clint Shannon	11.30.16	10/02/2024	SAF
M50	Peter Link	9.49.01	19/02/2022	SAF

M55	Peter Link	10.21.55	18/09/2022	Runaway Bay
M60				
M65	Bruce Bodsworth	17.10.50	16/01/2021	SAF
M70	Colin Mancey	19.48.60	20/02/2016	SAF
M75	Colin Mancey	15.45.67	24/06/2018	Griffith Uni
	<b><u>5000 Metres</u></b>			
M35	Alexander Gonzales	18.34.86	11/10/2015	Griffith Uni
M40	Markus Bergh	18.13.17	11/10/2015	Griffith Uni
M45	Clint Shannon	21.45.08	20/01/2024	SAF
M55	Peter Link	16.56.76	31/03/2024	Hobart Nationals
M50	Richard Mullaney	17.56.60	11/11/2023	SAF
M60				
M65				
M70	Dennis Wylie	21.42.51	31/03/2024	Hobart Nationals
	<b><u>10000 Metres</u></b>			
M45				
	<b><u>2000m Steeplechase</u></b>			
	<b><u>3000m Steeplechase</u></b>			
M45	Clint Shannon	10.45.72	10/03/2024	SAF State Champs



M55	Peter Link	11.43.01	1/04/2024	Hobart Nationals
	<b><u>6km Cross Country</u></b>			
M70	Dennis Wylie	29.57.00	1/04/2024	Hobart Nationals
	<b><u>8km Cross Country</u></b>			
M55	Peter Link	31.40.01	1/04/2024	Hobart Nationals
	<b><u>60 Metre Hurdles</u></b>			
M70	Bruce Bodsworth	13.46	21/10/2023	SAF
	<b><u>80 Metre Hurdles</u></b>			
M65				
M70	Bruce Bodsworth	17.43	8/01/2022	SAF
	<b><u>100 Metre Hurdles</u></b>			
M50	Michael Kirkby	22.14	14/03/2015	SAF
M60	Glen Dunne	21.29	6/03/2021	SAF State Champs
M65	Bruce Bodsworth	25.73	23/02/2020	SAF
	<b><u>200 Metre Hurdles</u></b>			
	<b><u>300 Metre Hurdles</u></b>			
M60	Bruce Bodsworth	54.40	19/10/2014	Griffith Uni
M65	Bruce Bodsworth	56.00	7/12/2019	SAF

M70	Bruce Bodsworth	52.31	13/11/2021	SAF
	<b><u>400 Metre Hurdles</u></b>			
M55	Gary Parkinson	63.84	29/03/2024	Hobart Nationals
	<b><u>1500m Track Walk</u></b>			
M40	Dean Nipperess	7.11.69	10/01/2016	Griffith Uni
M45				
M50				
M60				
M75	Patrick Sela	10.24.62	16/04/2016	Adelaide Nationals
M80	Patrick Sela	11.37.90	7/02/2021	Runaway Bay
	<b><u>3000m Track Walk</u></b>			
M40	Dean Nipperess	14.36.01	6/02/2016	SAF
M45				
M50	Paul Lindenberg	16.51.46	6/02/2015	Griffith Uni
M55				
M60				
M65				
M70	Fred Turner	23.28.23	10/01/2015	SAF
M75	Patrick Sela	21.06.58	11/10/2014	SAF
M80	Patrick Sela	23.10.01	15/09/2019	Griffith Uni
M85	Richard Lynch	25.10.01	21/09/2014	Griffith Uni

### 5000m Track Walk

M40	Dean Nipperess	26.29.50	22/02/2016	SAF
M45				
M50	Paul Lindenberg	30.23.13	1/11/2014	Griffith Uni
M55				
M60				
M75	Patrick Sela	34.52.47	24/01/2016	Griffith Uni
M80	Bert Janes	40.00.08	17/05/2015	Griffith Uni
M85	Richard Lynch	42.03.61	14/03/2015	SAF

### 10000m Track Walk

M45	Dean Nipperess	58.22.66	4/11/2015	SAF
M50	Paul Lindenberg	64.51.02	28/11/2014	Griffith Uni
M55				

### Long Jump

M30	Anthony Eggersdorff	2.51	29/01/2017	Griffith Uni
M35	Greg Costello	5.53	27/08/2017	Griffith Uni
M40	Brett McKenzie	5.29	19/03/2022	SAF
M45	Gary Parkinson	5.53	25/10/2015	Griffith Uni
M50	Gary Parkinson	5.63	16/12/2018	Griffith Uni
M55	Gary Parkinson	5.81	19/02/2023	SAF
M60	Bruce Bodsworth	4.16	20/06/2015	SAF

M65	David Mitchell	4.26	7/03/2021	SAF State Champs
M70	Bruce Bodsworth	3.86	12/02/2022	SAF
M75	Alf Lakin	2.76	12/03/2016	SAF
M80	Charles Crowley	3.10	11/09/2016	Griffith Uni

### Triple Jump

M30				
M35	Craig Duncan	10.36	25/10/2016	Griffith Uni
M50	Andrew Edhouse	10.10	31/03/2024	Hobart Nationals
M55	Glenn Dunne	8.57	11/06/2017	Darwin Nationals
M60	Glenn Dunne	8.55	7/02/2021	Runaway Bay
M65	David Mitchell	8.94	7/03/2021	SAF State Champs
M70	Denis Griffith	7.16	7/03/2021	SAF State Champs
M75	Alf Lakin	6.08	12/03/2016	SAF
M80	Charles Crowley	6.30	15/03/2015	SAF

### High Jump

M35	Greg Costello	1.77	10/11/2016	Griffith Uni
M40				
M45	Andrew Barkworth	1.35	30/04/2017	Griffith Uni
M50	Ben Dickson	1.70	19/07/2015	Griffith Uni
M55	Brian Key	1.55	4/06/2017	Griffith Uni
M60	Glenn Dunne	1.32	6/03/2021	SAF State Champs

M65	Bruce Bodsworth	1.29	22/02/2020	SAF
M70	Bruce Bodsworth	1.35	19/03/2022	SAF
M75				
M80	Charles Crowley	1.00	1/04/2017	SAF
	<b><u>Pole Vault</u></b>			
M35	Greg Costello	2.80	1/04/2017	Auckland
M40				
M45	Matt Silcock	2.60	21/12/2019	SAF
M50	Howard Arbuthnot	3.80	21/12/2019	SAF
M55	Glenn Dunne	2.10	10/06/2017	Darwin Nationals
M60	Bruce Bodsworth	2.20	20/06/2015	SAF
M65	Bruce Bodsworth	2.00	23/02/2020	SAF
M70	Bruce Bodsworth	2.00	13/02/2022	SAF
	<b><u>Javelin Throw</u></b>			
M30	Anthony Eggersdorff	20.06	12/11/2016	Runaway Bay
M35	Rene Doel	42.56	5/04/2015	Bankstown Nationals
M40	Rene Doel	51.00	27/04/2019	Melbourne Nationals
M45	Rene Doel	47.15	11/02/2023	SAF
M50	Andrew Hassell	44.87	7/10/2018	Griffith Uni
M55	Gary Parkinson	38.83	1/04/2024	Hobart Nationals
M60	Bruce Bodsworth	33.61	1/11/2014	Griffith Uni

M65	Bruce Bodsworth	34.42	4./10/20	Runaway Bay
M70	Bruce Bodsworth	34.17	13/11/2021	SAF
M75	Kevin Ryall	16.64	3/02/2024	QSAC
M80	Dash Daniels	19.43	15/12/2019	Griffith Uni
	<b><u>Discus Throw</u></b>			
M30	Anthony Eggersdorff	19.93	25/01/2017	Griffith Uni
M35	Greg Costello	36.82	12/02/2017	Griffith Uni
M40	Euan McLean	38.23	21/07/2019	Griffith Uni
M45	Gerard Duffy	41.30	25/09/2016	Griffith Uni
M50	Matthew Symonds	41.68	1/02/2020	SAF
M55	Matthew Symonds	42.09	10/03/2024	SAF State Champs
M60	Franz Schlechter	31.15	4/06/2016	Townsville
M65	Kevin Ryall	33.69	23/10/2016	Griffith Uni
M70	Kevin Ryall	34.86	4/08/2019	Griffith Uni
M75	Kevin Ryall	20.93	3/02/2024	QSAC
M80	Dash Daniels	25.78	1/12/2019	Griffith Uni
	<b><u>Shot Put</u></b>			
M30	Anthony Eggersdorff	7.59	10/11/2016	Runaway Bay
M35	Greg Costello	10.51	1/04/2017	Auckland
M40	Rene Doel	11.51	11/06/2017	Darwin Nationals
M45	Richard Harris	11.54	10/11/2016	Runaway Bay

M50	Grant Edwards	13.76	29/01/2015	Canberra
M55	Matthew Symonds	11.10	10/03/2024	SAF State Champs
M60	Grant Chapman	9.35	1/11/2014	Griffith Uni
M65	Kevin Ryall	10.50	7/02/2015	SAF
M70	Kevin Ryall	10.82	24/08/2019	Jimboomba
M75	Kevin Ryall	7.94	3/02/2024	QSAC
M80	Dash Daniels	10.87	15/12/2019	Griffith Uni

### Hammer Throw

M30	Anthony Eggersdorff	18.43	21/01/2017	QSAC
M35	Greg Costello	25.24	21/05/2017	Runaway Bay
M40	Rene Doel	33.27	21/05/2017	Griffith Uni
M45	Richard Harris	33.74	12/11/2016	Runaway Bay
M50	Grant Edwards	48.77	14/03/2015	SAF
M55	Matthew Symonds	35.66	10/03/2024	SAF State Champs
M60	Grant Chapman	25.81	1/11/2014	Griffith Uni
M65	Mills Lafferty	29.72	18/02/2017	QSAC
M70	Ian Ison	33.56	30/03/2019	Ashmore
M75	Alf Lakin	17.16	11/10/2015	Griffith Uni
M80	Bill McMullen	25.03	2/09/2014	Griffith Uni

### Weight Throw

M30	Anthony Eggersdorff	7.63	21/01/2017	QSAC
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M35	Greg Costello	11.78	11/11/2016	Runaway Bay
M40	Rene Doel	11.47	21/01/2017	QSAC
M45	Richard Harris	11.32	11/06/2017	Darwin Nationals
M50	Grant Edwards	18.84	10/10/2016	SAF
M55	Matthew Symonds	12.42	9/03/2024	SAF State Champs
M60	Grant Chapman	11.12	12/10/2016	Griffith Uni
M65	Mills Lafferty	11.00	12/02/2017	Griffith Uni
M70	Grant Chapman	11.83	6/03/2021	SAF State Champs
M75	Alf Lakin	7.40	7/02/2016	Griffith Uni
M80	Bill McMullen	10.59	12/10/2014	Griffith Uni

**Heavy Weight 56lbs**

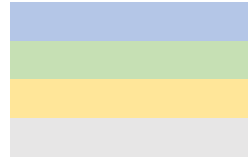
M30				
M35	Greg Costello	7.04	4/12/2016	Griffith Uni
M40	Rene Doel	7.15	4/12/2016	Griffith Uni
M45	Richard Harris	6.90	21/05/2017	Griffith Uni
M50	Mike Kirkby	6.10	23/03/2016	Griffith Uni
M55	Mike Kirkby	4.79	12/03/2017	Griffith Uni
M60	Franz Schlechter	3.79	22/11/2015	Griffith Uni
M65	Mills Lafferty	3.68	28/10/2017	SAF
M70	Grant Chapman	3.33	7/02/2021	Runaway Bay
M75	Alf Lakin	2.51	5/03/2016	Griffith Uni



M80	Bill McMullen	3.21	10/01/2016	Griffith Uni
	<b><u>Pentathlon Outdoor</u></b>			
M30	Anthony Eggersdorff	429	12/02/2017	Griffith Uni
M35	Greg Costello	2592	12/02/2017	Griffith Uni
M40	Rene Doel	1968	20/03/2016	Townsville
M45	Gary Parkinson	2739	17/01/2016	Griffith Uni
M50	Mike Kirkby	1943	22/03/2015	Griffith Uni
M55	Gary Parkinson	3679	1/04/2024	Hobart Nationals
M60	Bruce Bodsworth	2013	17/01/2016	Griffith Uni
M65	Viddy Jermacans	2385	19/04/2016	Adelaide Nationals
M70	Bruce Bodsworth	2546	26/02/2023	Runaway Bay
M75				
M80	Charles Crowley	1538	22/03/2015	Griffith Uni
	<b><u>Pentathlon Throws</u></b>			
M30	Anthony Eggersdorff	1150	21/01/2017	QSAC
M35	Greg Costello	2129	12/11/2016	Runaway Bay
M40	Rene Doel	2613	12/11/2016	Runaway Bay
M45	Richard Harris	2942	12/11/2016	Runaway Bay
M50	Grant Edwards	3302	28/02/2015	SAF
M55	Mike Kirkby	2655	12/11/2016	Runaway Bay
M60	Grant Chapman	2265	21/09/2014	Griffith Uni

M65	Mills Lafferty	2493	23/09/2016	Townsville
M70	Grant Chapman	2254	15/01/2022	QSAC
M80	Bill McMullen	2913	21/09/2014	Griffith Uni
	<b><u>Decathlon</u></b>			
M35				
M50	Mike Kirkby	3966	21/06/2015	SAF
M60	Bruce Bodsworth	4528	21/06/2015	SAF
M65	Bruce Bodsworth	4405	23/02/2020	SAF
M70	Bruce Bodsworth	4605	25/02/2024	SAF

Queensland Record  
Australian Record  
World Record  
 TG Timing Gate



**60 Metres**

**GC Record**

**Date**

**Location**

W30	Nicole Luyten	8.51	26/05/2023	Cairns Mast Games
W35	Claire Munsie	8.30	19/02/2023	SAF State Champs
W40	Michelle Mackey	8.09	15/03/2015	Griffith Uni
W45	Radika Lucas	8.68	29/03/2024	Hobart Nationals
W50	Lee-Anne Nelson	8.10	18/02/2023	SAF State Champs
W55	Donna Emerson	10.84	8/11/2015	Griffith Uni
W60	Carol Davis	9.14	6/12/2015	Griffith Uni
W65	Carol Davis	9.12	24/01/2016	Griffith Uni
W70	Carol Davis	9.69	18/09/2021	SAF
W75				
W80				
W85				

**100 Metres**

W30	Louise Fernance	14.21	2/10/2022	Runaway Bay
W35	Claire Munsie	13.35	18/02/2023	SAF State Champs

W40	Michelle Mackey	12.87	17/01/2015	SAF
W45	Karen Bradley	14.21	28/08/2016	Griffith Uni
W50	Lee-Anne Nelson	13.56	27/01/2024	SAF
W55	Karen Lakin	15.41	9/11/2018	Runaway Bay
W60	Carol Davis	14.66	6/12/2015	Griffith Uni
W65	Carol Davis	14.61	24/01/2016	Griffith Uni
W70	Carol Davis	15.91	4/12/2021	SAF

W75  
W80  
W85

### 100Yards

W40	Michelle Mackey	12.19	29/05/2016	Griffith Uni
W45				
W50	Lee-Anne Nelson	12.71	10/12/2022	SAF
W55				
W60				
W65	Carol Davis	13.54	29/05/2016	Griffith Uni
W70	Carol Davis	14.66	27/11/2021	SAF

### 150 Metres

W30	Louise Fernance	23.18	18/09/2022	Runaway Bay
W35	Belinda Faulks	21.56	19/09/2021	Runaway Bay

W40	Michelle Mackey	19.29	7/02/2016	Griffith Uni
W45	Michelle Mackey	21.78	4/10/2020	Runaway Bay
W50	Lee-Anne Nelson	21.40	4/02/2024	Runaway Bay
W55	Donna Emerson	27.92	8/11/2015	Griffith Uni
W60	Carol Davis	22.63	8/11/2015	Griffith Uni
W65	Carol Davis	22.90	8/07/2018	Griffith Uni
W70	Carol Davis	24.47	14/11/2021	Runaway Bay
W75				
W80				

### **200 Metres**

W30	Louise Fernance	32.19	2/10/2022	Runaway Bay
W35	Nicolette Hargrave	26.74	17/03/2024	Runaway Bay
W40	Michelle Mackey	26.43	1/11/2014	Griffith Uni
W45	Radika Lucas	28.42	30/03/2024	Hobart Nationals
W50	Lee-Anne Nelson	26.70	18/02/2023	SAF State Champs
W55	Karen Lakin	32.44	11/11/2018	Runaway Bay
W60	Carol Davis	31.25	6/12/2015	Griffith Uni
W65	Carol Davis	30.99	24/01/2016	Griffith Uni
W70	Carol Davis	32.58	4/12/2021	SAF
W75	Paula Moorhouse	39.80	30/03/2024	Hobart Nationals
W80				

### 300 Metres

W30

W35	Nicolette Hargrave	41.23	17/03/2024	Runaway Bay
W40	Michelle Mackey	42.19	17/01/2015	SAF
W45	Karen Bradley	47.56	28/08/2016	Griffith Uni
W50	Lee-Anne Nelson	42.64	11/02/2023	SAF
W55	Karen Lakin	52.29	12/01/2019	SAF
W60	Carol Davis	50.42	8/11/2015	Griffith Uni
W65	Carol Davis	49.11	29/05/2016	Griffith Uni
W70	Carol Davis	52.53	4/12/2021	SAF

W75

W80

### 400 Metres

W30

W35	Nicolette Hargrave	57.71	31/03/2024	Hobart Nationals
W40	Michelle Mackey	61.89	23/03/2014	Griffith Uni
W45	Petrina Brown	67.13	18/04/2016	Adelaide Nationals
W50	Lee-Anne Nelson	59.91	11/03/2023	Sydney Nationals
W55	Karen Lakin	74.28	10/11/2018	Runaway Bay
W60	Carol Davis	70.17	22/11/2015	Griffith Uni
W65	Carol Davis	69.64	21/10/2018	Griffith Uni

W70 Carol Davis	1.20.96	2/10/2022	Runaway Bay
W75 Paula Moorhouse	1.34.30	31-Mar	Hobart Nationals

W80

**500 Metres**

W35 Nicolette Hargrave	78.07	12/11/2023	Runaway Bay
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W50

W55

W60 Karen Lakin	1.41.39	12/11/2023	Runaway Bay
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W70 Paula Moorhouse	2.14.94	12/11/2023	Runaway Bay
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**600 Metres**

W30

W35 Nicolette Hargrave	1.38.96	22/10/2023	Runaway Bay
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W40

W45 Petrina Brown	1.50.79	3/04/2016	Griffith Uni
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W50 Lee-Anne Nelson	1.47.12	5/02/2023	Runaway Bay
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W55

W60 Carol Davis	2.02.00	19/10/2014	Griffith Uni
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W65 Carol Davis	1.59.28	26/02/2017	Griffith Uni
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W70 Paula Moorhouse	2.54.07	22/10/2023	Runaway Bay
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W75

W80

### 800 Metres

W30	Brony Anscombe	3.43.00	5/10/2014	Griffith Uni
W35	Nicolette Hargrave	2.14.56	3/03/2024	Runaway Bay
W40	Tracey Hollis	3.38.67	10/02/2024	SAF
W45	Petrina Brown	2.36.07	3/04/2015	Sydney Nationals
W50	Lee-Anne Nelson	2.25.04	5/11/2022	Pan Pacs
W55	Donna Emerson	4.15.50	17/01/2016	Griffith Uni
W60	Carol Davis	2.55.53	17/01/2016	Griffith Uni
W65	Carol Davis	2.50.54	19/04/2016	Adelaide Nationals
W70	Carol Davis	3.05.52	7/02/2021	SAF
W75	Paula Moorhouse	3.58.42	29/03/2024	Hobart Nationals
W80	Christiane Dauphinet	5.34.89	28/08/2016	Griffith Uni

### 1500 Metres

W30				
W35	Erika O'Reilly	5.07.97	5/03/2016	Griffith Uni
W40				
W45	Petrina Brown	5.36.02	18/04/2016	Adelaide Nationals
W50	Lee-Anne Nelson	5.24.00	16/10/2022	Runaway Bay



W55

W60 Carol Davis 6.19.61 12/10/2014 Griffith Uni

W65 Suzanne Jolley 6.13.23 2/04/2022 SAF Nationals

W70

W75

W80

**2000 Metres**

W30

W35

W40

W45

W50 Lee-Anne Nelson 7.43.69 30/10/2022 Runaway Bay

W55

W60

W65

W80

**3000 Metres**

W35 Erika O'Reilly 11.29.60 3/04/2016 Griffith Uni

W40

W45 Jo Buchanan 14.57.77 10/01/2015 SAF

W55	Suzanne Jolley	13.33.71	5/10/2014	Griffith Uni
W60	Suzanne Jolley	13.52.00	25/10/2020	Runaway Bay
W65	Suzanne Jolley	13.18.87	19/02/2022	SAF
W70				
W75				

### **5000 Metres**

W35				
W40				
W45	Jo Buchanan	22.08.48	3/04/2015	Sydney Nationals
W55				
W50	Caroline Bailey	20.24.91	31/03/2024	Hobart Nationals
W60	Suzanne Jolley	23.52.04	6/03/2021	SAF State Champs
W65	Suzanne Jolley	23.36.16	3/04/2022	SAF Nationals
W70				

### **10000 Metres**

W45	Jo Buchanan	48.40.18	3/05/2015	Griffith Uni
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### **2000m Steeplechase**

W40	Tracey Hollis	11.36.49	1/04/2024	Hobart Nationals
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### **3000m Steeplechase**

**6km Cross Country**

**8km Cross Country**

**60 Metre Hurdles**

W70	Carol Davis	12.92	21/10/2023	SAF
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**80 Metre Hurdles**

W65	Carol Davis	16.84	21/02/2020	SAF
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W70	Carol Davis	16.98	6/02/2021	SAF
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**100 Metre Hurdles**

W35	Brenda Ashley	19.88	6/03/2021	SAF State Champs
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**200 Metre Hurdles**

W70	Carol Davis	36.53	7/03/2021	SAF State Champs
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**300 Metre Hurdles**

### 400 Metre Hurdles

### 1500m Track Walk

W40

W45	Nyle Sunderland	8.59.19	10/01/2016	Griffith Uni
W50	Joy Dale	9.36.38	19/03/2022	SAF
W60	Robyn Wales	12.26.59	8/11/2015	Griffith Uni

W75

W80

### 3000m Track Walk

W40

W45	Nyle Sunderland	16.22.00	1/11/2014	Griffith Uni
W50	Debbie Lindenberg	19.04.10	19/10/2014	Griffith Uni
W55	Kay Shaw	18.47.70	27/09/2015	Griffith Uni
W60	Robyn Wales	27.27.24	6/02/2015	Griffith Uni

W65

W70

W75

W80

W85

### 5000m Track Walk

W40

W45	Nyle Sunderland	27.58.77	7/03/2015	Griffith Uni
W50	Debbie Lindenberg	33.49.45	19/07/2015	Griffith Uni
W55	Kay Shaw	31.19.85	26/07/2015	UQ St Lucia
W60	Robyn Wales	46.33.04	7/03/2015	Griffith Uni

W75

W80

W85

### 10000m Track Walk

W45	Nyle Sunderland	57.40.22	28/11/2014	Griffith Uni
W50				
W55	Kay Shaw	65.55.68	28/11/2014	Griffith Uni

### Long Jump

W30	Nicole Luyten	4.07	9/03/2024	SAF State Champs
W35	Michelle Mackey	5.15	27/08/2011	Ipswich
W40	Michelle Mackey	5.15	4/11/2012	Pan Pacs
W45	Radika Lucas	5.07	9/03/2024	SAF State Champs
W50	Lee-Anne Nelson	4.60	11/02/2023	Sydney Nationals
W55	Donna Emerson	3.36	17/01/2016	Griffith Uni
W60	Carol Davis	3.69	12/02/2017	Griffith Uni

W65	Carol Davis	4.07	16/12/2018	Griffith Uni
W70	Carol Davis	4.01	6/03/2021	SAF State Champs
W75				
W80				

### Triple Jump

W30	Nicole Luyten	8.04	27/05/2023	Cairns Mast Games
W35	Brenda Ashley	8.22	7/02/2021	Runaway Bay
W50	Joy Dale	7.26	10/03/2024	SAF State Champs
W55	Jill Pryor	8.63	14/03/2015	SAF
W60	Carol Davis	6.85	8/11/2015	Griffith Uni
W65	Carol Davis	7.90	1/09/2019	Mackay
W70	Carol Davis	7.16	29/10/2023	SAF
W75				
W80				

### High Jump

W35	Brenda Ashley	1.36	22/02/2020	SAF
W40				
W45	Jo Buchanan	1.18	14/03/2015	SAF
W50	Lee-Anne Nelson	1.35	27/05/2023	Cairns Mast Games
W55				
W60	Carol Davis	1.10	2/08/2015	Griffith Uni

W65	Carol Davis	1.12	22/02/2020	SAF
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W70	Carol Davis	1.14	6/02/2021	SAF
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W75

W80

### Pole Vault

W35

W40	Samantha Clare	3.15	10/02/2024	SAF
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W45	Althea Mackie	2.20	18/04/2016	Adelaide Nationals
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W50

W55

W60

W65

W70

### Javelin Throw

W30	Nicole Luyten	30.34	30/09/2023	SAF
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W35	Brenda Ashley	20.32	19/01/2020	Runaway Bay
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W40	Althea Mackie	21.56	14/03/2015	SAF
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W45	Althea Mackie	22.73	17/04/2016	Adelaide Nationals
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W50	Lee-Anne Nelson	32.41	11/02/2023	SAF
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W55	Donna Emerson	20.00	5/03/2016	Griffith Uni
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W60	Carol Davis	18.38	17/01/2016	Griffith Uni
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W65	Carol Davis	25.51	26/08/2018	Griffith Uni
W70	Carol Davis	22.70	31/01/2021	Runaway Bay
W75	Eunice Jenkins	7.28	26/03/2017	Griffith Uni
W80				

### Discus Throw

W30	Nicole Luyten	27.88	27/05/2023	Cairns Mast Games
W35	Elane Angelides	30.84	4/02/2018	Runaway Bay
W40	Althea Mackie	27.51	8/11/2014	SAF
W45	Althea Mackie	28.68	7/10/2015	Rarotonga
W50	Althea Mackie	27.51	7/03/2021	SAF State Champs
W55	Donna Emerson	21.72	8/11/2015	Griffith Uni
W60	Sue Barber	16.03	1/11/2015	Griffith Uni
W65	Carol Davis	11.79	29/09/2020	Griffith Uni
W70	Adrienne Holdsworth	14.63	28/06/2015	Runaway Bay
W75	Eunice Jenkins	15.92	14/03/2015	SAF
W80				

### Shot Put

W30	Nicole Luyten	12.12	30/09/2023	SAF
W35	Elane Angelides	10.42	4/02/2018	Runaway Bay
W40	Althea Mackie	8.65	3/03/2015	SAF
W45	Karen Bradley	9.55	10/01/2016	Griffith Uni



W50	Lee-Anne Nelson	10.65	7/01/2023	SAF
W55	Donna Emerson	9.20	10/01/2016	Griffith Uni
W60	Carol Davis	6.42	17/01/2015	Griffith Uni
W65	Carol Davis	7.07	12/11/2017	Griffith Uni
W70	Carol Davis	6.79	31/01/2021	Runaway Bay
W75	Eunice Jenkins	5.35	26/03/2017	Griffith Uni
W80				

### Hammer Throw

W30	Nicole Luyten	38.32	29/03/2024	Hobart Nationals
W35	Emily Bodsworth	15.53	1/02/2020	SAF
W40	Althea Mackie	41.50	3/04/2015	Sydney Nationals
W45	Althea Mackie	42.13	13/02/2016	SAF
W50	Althea Mackie	44.04		
W55				
W60	Sue Barber	17.92	12/10/2014	Griffith Uni
W65				
W70	Adrienne Holdsworth	22.55	11/10/2015	Griffith Uni
W75	Eunice Jenkins	23.11	29/01/2017	Griffith Uni
W80				

### Weight Throw

W30	Nicole Luyten	12.62	28/05/2023	Cairns Mast Games
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W35

W40	Althea Mackie	12.93	3/04/2015	Sydney Nationals
W45	Althea Mackie	13.57	16/08/2015	Lyon France
W50	Althea Mackie	14.43	6/12/2020	Runaway Bay

W55

W60	Sue Barber	7.59	12/10/2014	Griffith Uni
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W65

W70	Adrienne Holdsworth	8.80	28/06/2015	Griffith Uni
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W75	Eunice Jenkins	7.41	26/03/2017	Griffith Uni
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W80

**Heavy Weight 56lbs**

W30

W35

W40

W45	Althea Mackie	5.16	10/01/2016	Griffith Uni
W50	Althea Mackie	4.49	7/02/2021	Runaway Bay

W55

W60	Robyn Wales	1.85	10/01/2015	Griffith Uni
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W65

W70

W75

W80

**Pentathlon Outdoor**

W30	Nicole Luyten	1927	31/03/2024	Hobart Nationals
W35	Tami Lebovics	1551	22/03/2015	Griffith Uni
W40	Tracey Hollis	1142	10/02/2024	SAF
W45	Karen Bradley	2635	22/03/2015	Griffith Uni
W50	Lee-Anne Nelson	3707	13/03/2023	Sydney Nationals
W55	Donna Emerson	2222	17/01/2016	Griffith Uni
W60	Carol Davis	3417	17/01/2016	Griffith Uni
W65	Carol Davis	4248	10/02/2019	Griffith Uni
W70	Carol Davis	3963	3/04/2022	SAF Nationals

W75

W80

**Pentathlon Throws**

W30	Nicole Luyten	2496	30/09/2023	SAF
W35				
W40	Althea Mackie	2779	14/02/2015	SAF
W45	Althea Mackie	3348	8/10/2015	Rarotonga
W50	Althea Mackie	2787	28/05/2023	Cairns Mast Games
W55				
W60	Robyn Wales	1387	21/09/2014	Griffith Uni

W65

W70 Doreen Conroy

2031

1/04/2024

Hobart Nationals

W80

**Heptathlon**

W35 Brenda Ashley

2681

23/02/2020

SAF

W50

W60

W65 Carol Davis

5357

23/02/2020

SAF

W70 Carol Davis

6375

7/02/2021

SAF