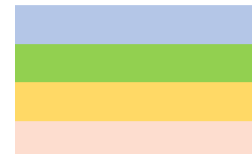


Gold Coast Regional Records

Queensland Record
Australian Record
World Record
 TG Timing Gate



60 Metres

		<u>GC Record</u>	<u>Date</u>	<u>Location</u>
M30	Aaron Stubbs	7.05	7/02/2021	Runaway Bay
M30	Gerard Martens	7.28	21/06/2025	Inkco Runaway
M35	Daniel Gourlay	7.36	22/02/2026	SAF State Champs
M40	Adam Evans	7.43	27/10/2024	SAF
M45	Gary Parkinson	7.50	19/10/2014	Griffith Uni
M50	Geoff Pittman	7.54	15/02/2025	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	Denis Griffith	9.27	10/11/2024	Pan Pacs
M80	Bill Cook	10.04	30/08/2015	Griffith Uni
M85	Alf Lakin	15.40	22/02/2026	SAF State Champs

100 Metres

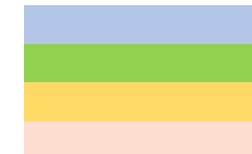
M30	Aaron Stubbs	10.98	7/02/2021	Runaway Bay
M35	Daniel Gourlay	11.46	21/02/2026	SAF State Champs
M40	Brett McKenzie	12.04	14/12/2022	SAF
M45	Gary Parkinson	11.73	21/02/2016	Griffith Uni
M50	Geoff Pittman	11.78	21/02/2026	SAF State Champs
M55	Chris Brack	11.99	18/09/2021	SAF
M60	Robin Reisenleiter	13.79	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	Denis Griffith	14.68	8/11/2024	Pan Pacs
M80	Bill Cook	16.54	31/05/2015	Griffith Uni
M85	Alf Lakin	26.03	21/02/2026	SAF State Champs

100 Yards

M40	Shane Ladynski	12.33	6/12/2020	Runaway Bay
M45	Gary Parkinson	11.08	22/03/2015	Griffith Uni
M50	Geoff Pittman	11.20	17/01/2026	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	Denis Griffith	14.78	6/12/2020	Runaway Bay

150 Metres

Queensland Record
Australian Record
World Record
 TG Timing Gate



60 Metres

		<u>GC Record</u>	<u>Date</u>	<u>Location</u>
W30				
W30	Nicole Luyten	8.25	6/12/2025	QSAC
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	Carol Davis	10.05	22/02/2026	SAF State Champs
W80				
W85				

100 Metres

W30	Ashley Darling	13.22	21/02/2026	SAF State Champs
W35	Dominique Wright	12.83	21/02/2026	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	Carol Davis	16.50	21/02/2026	SAF State Champs
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

M30					W30	Louise Fernance	23.18	18/09/2022	Runaway Bay
M35	Greg Costello	18.35	1/10/2017	Griffith Uni	W35	Belinda Faulks	21.56	19/09/2021	Runaway Bay
M40	Shane Ladynski	19.48	18/09/2022	Runaway Bay	W40	Michelle Mackey	19.29	7/02/2016	Griffith Uni
M45	Gary Parkinson	17.95	6/11/2016	Griffith Uni	W45	Michelle Mackey	21.78	4/10/2020	Runaway Bay
M50	Gary Parkinson	17.82	26/08/2018	Griffith Uni	W50	Lee-Anne Nelson	21.40	4/02/2024	Runaway Bay
M55	Steven Jones	20.40	4/10/2020	Runaway Bay	W55	Donna Emerson	27.92	8/11/2015	Griffith Uni
M60	David Mitchell	22.20	1/10/2017	Griffith Uni	W60	Carol Davis	22.63	8/11/2015	Griffith Uni
M65	David Mitchell	22.46	14/11/2021	Runaway Bay	W65	Carol Davis	22.90	8/07/2018	Griffith Uni
M70	John Lester	22.87	12/10/2014	Griffith Uni	W70	Carol Davis	24.47	14/11/2021	Runaway Bay
M75	Colin Mancey	26.35	21/05/2017	Griffith Uni	W75				
M80	Bill Cook	26.72	30/08/2015	Griffith Uni	W80				
	200 Metres					200 Metres			
M30					W30	Ashley Darling	27.78	7/03/2026	Canberra Nationals
M35	Daniel Gourlay	23.30	7/03/2026	Canberra Nationals	W35	Dominique Wright	26.52	7/03/2026	Canberra Nationals
M40	Brett McKenzie	24.84	16/11/2022	SAF	W40	Michelle Mackey	26.43	1/11/2014	Griffith Uni
M45	Gary Parkinson	23.73	20/10/2012	SAF	W45	Radika Lucas	28.42	30/03/2024	Hobart Nationals
M50	Geoff Pittman	23.82	1/02/2025	SAF	W50	Lee-Anne Nelson	26.70	18/02/2023	SAF State Champs
M55	Chris Brack	24.21	10/12/2022	SAF	W55	Karen Lakin	32.44	11/11/2018	Runaway Bay
M60	Robin Reisenleiter	28.66	1/11/2014	Griffith Uni	W60	Carol Davis	31.25	6/12/2015	Griffith Uni
M65	Robin Reisenleiter	28.76	8/11/2015	Griffith Uni	W65	Carol Davis	30.99	24/01/2016	Griffith Uni
M70	John Lester	30.82	12/10/2014	Griffith Uni	W70	Carol Davis	32.58	4/12/2021	SAF
M75	Denis Griffith	31.62	9/11/2024	Pan Pacs	W75	Carol Davis	34.69	7/03/2026	Canberra Nationals
M80	Bill Cook	36.24	1/11/2014	Griffith Uni	W80				
M85	Alf Lakin	59.03	22/02/2026	SAF State Champs	W85				
	300 Metres					300 Metres			
M30	Murray Goodwin	33.75	24/03/2019	Griffith Uni	W30				
M35	Joshua Thompson	43.71	23/01/2022	Runaway Bay	W35	Nicolette Hargrave	41.23	17/03/2024	Runaway Bay
M40	Shane Ladynski	43.74	18/09/2022	Runaway Bay	W40	Michelle Mackey	42.19	17/01/2015	SAF
M45	Gary Parkinson	37.17	27/02/2016	Griffith Uni	W45	Karen Bradley	47.56	28/08/2016	Griffith Uni
M50	Gary Parkinson	37.93	22/02/2020	SAF	W50	Lee-Anne Nelson	42.64	11/02/2023	SAF
M55	Chris Brack	37.73	26/03/2022	SAF	W55	Karen Lakin	52.29	12/01/2019	SAF
M60	Bruce Bodsworth	47.25	28/11/2015	SAF	W60	Carol Davis	50.42	8/11/2015	Griffith Uni
M65	Robin Reisenleiter	48.24	22/03/2015	Griffith Uni	W65	Carol Davis	49.11	29/05/2016	Griffith Uni
M70	Bruce Bodsworth	50.30	19/09/2021	Runaway Bay	W70	Carol Davis	52.53	4/12/2021	SAF
M75	Colin Mancey	58.37	18/12/2016	Griffith Uni	W75				
M80	John Lester	72.35	18/09/2022	Runaway Bay	W80				
	400 Metres					400 Metres			
M30	Murray Goodwin	46.24			W30				
M35					W35	Nicolette Hargrave	55.66	5/04/2025	SAF State Champs
M40	Tadashi Nawagawa	62.33	11/10/2015	Griffith Uni	W40	Belinda Faulks	61.70	21/02/2026	SAF State Champs
M45	Gary Parkinson	52.60	21/02/2016	Griffith Uni	W45	Petrina Brown	67.13	18/04/2016	Adelaide Nationals

M50	Gary Parkinson	53.72	14/09/2018	Malaga Spain	W50	Lee-Anne Nelson	59.91	11/03/2023	Sydney Nationals
M55	Chris Brack	53.03	8/07/2022	Tampere Finland	W55	Karen Lakin	74.28	10/11/2018	Runaway Bay
M60	Steven Jones	67.92	7/10/2023	SAF	W60	Carol Davis	70.17	22/11/2015	Griffith Uni
M65	Robin Reisenleiter	69.91	14/03/2015	SAF	W65	Carol Davis	69.64	21/10/2018	Griffith Uni
M70	Bruce Bodsworth	70.69	6/02/2022	Runaway Bay	W70	Carol Davis	1.20.96	2/10/2022	Runaway Bay
M75	Colin Mancey	78.43	11/06/2017	Darwin Nationals	W75	Carol Davis	1.21.04	21/02/2026	SAF State Champs
M80	Colin Mancey	87.94	19/03/2022	SAF	W80				
	500 Metres					500 Metres			
M35					W35	Nicolette Hargrave	78.07	12/11/2023	Runaway Bay
M50	Richard Mullaney	1.20.59	12/11/2023	Runaway Bay	W50				
M55	Gary Parkinson	77.12	12/11/2023	Runaway Bay	W55				
M60					W60	Karen Lakin	1.41.39	12/11/2023	Runaway Bay
M70					W70	Paula Moorhouse	2.14.94	12/11/2023	Runaway Bay
	600 Metres					600 Metres			
M30					W30				
M35	Marcus Hughes	1.36.32	5/02/2023	Runaway Bay	W35	Nicolette Hargrave	1.38.96	22/10/2023	Runaway Bay
M40	Neill Smith	1.50.62	26/10/2025	Runaway Bay	W40				
M45	Gary Parkinson	1.33.61	20/11/2016	Griffith Uni	W45	Petrina Brown	1.50.79	3/04/2016	Griffith Uni
M50	Gary Parkinson	1.32.44	27/10/2019	Griffith Uni	W50	Lee-Anne Nelson	1.47.12	5/02/2023	Runaway Bay
M55	Gary Parkinson	1.36.17	5/02/2023	Runaway Bay	W55				
M60					W60	Carol Davis	2.02.00	19/10/2014	Griffith Uni
M65					W65	Carol Davis	1.59.28	26/02/2017	Griffith Uni
M70	Colin Mancey	2.22.84	6/12/2015	Griffith Uni	W70	Paula Moorhouse	2.16.19	26/10/2025	Runaway Bay
M75	Alf Lakin	2.55.55	15/09/2015	Griffith Uni	W75				
M80					W80				
	800 Metres					800 Metres			
M30	Murray Goodwin	1.54.79	20/12/2020	Runaway Bay	W30	Tayla Bevan	2.28.29	18/04/2025	Adelaide Nationals
M35	Joshua Thompson	2.11.74	19/03/2022	SAF	W35	Nicolette Hargrave	2.10.02	5/04/2025	SAF State Champs
M40	Tadashi Nawagawa	2.20.98	18/01/2014	SAF	W40	Tracey Hollis	3.38.67	10/02/2024	SAF
M45	Richard Mullaney	2.17.21	24/01/2023	Box Hill Vic	W45	Petrina Brown	2.36.07	3/04/2015	Sydney Nationals
M50	Peter Link	2.13.42	19/03/2022	SAF	W50	Lee-Anne Nelson	2.25.04	5/11/2022	Pan Pacs
M55	Peter Link	2.19.91	9/03/2024	SAF State Champs	W55	Donna Emerson	4.15.50	17/01/2016	Griffith Uni
M60	Bruce Bodsworth	2.51.11	20/03/2016	Griffith Uni	W60	Carol Davis	2.55.53	17/01/2016	Griffith Uni
M65	Bruce Bodsworth	3.10.07	5/09/2021	Runaway Bay	W65	Carol Davis	2.50.54	19/04/2016	Adelaide Nationals
M70	Bruce Bodsworth	3.16.89	29/01/2022	SAF	W70	Carol Davis	3.05.52	7/02/2021	SAF
M75	Colin Mancey	3.08.41	10/06/2017	Darwin Nationals	W75	Carol Davis	3.23.03	24/01/2026	SAF
M80	Colin Mancey	3.24.93	19/03/2022	SAF	W80	Christiane Dauphinat	5.34.89	28/08/2016	Griffith Uni
	1000 Metres								
M40	Neill Smith	3.22.64	22/10/2023	Runaway Bay					
	1500 Metres					1500 Metres			

M70	Dennis Wylie	21.42.51	31/03/2024	Hobart Nationals	W70				
	<u>10000 Metres</u>					<u>10000 Metres</u>			
M45					W45	Jo Buchanan	48.40.18	3/05/2015	Griffith Uni
	<u>2000m Steeplechase</u>					<u>2000m Steeplechase</u>			
M40					W40	Tracey Hollis	11.03.15	5/04/2025	SAF State Champs
M45					W45	Tracey Hollis	12.50.63	22/02/2026	SAF State Champs
	<u>3000m Steeplechase</u>					<u>3000m Steeplechase</u>			
M45	Clint Shannon	10.45.72	10/03/2024	SAF State Champs					
M55	Peter Link	11.43.01	1/04/2024	Hobart Nationals					
	<u>6km Cross Country</u>					<u>6km Cross Country</u>			
M70	Dennis Wylie	29.57.00	1/04/2024	Hobart Nationals					
	<u>8km Cross Country</u>					<u>8km Cross Country</u>			
M30					W30	Tayla Bevan	33.47.00	21/04/2025	Adelaide Nationals
M55	Peter Link	31.40.01	1/04/2024	Hobart Nationals					
	<u>60 Metre Hurdles</u>					<u>60 Metre Hurdles</u>			
M50	Andrew Barkworth	11.26	5/04/2025	SAF State Champs	W50	Lee-Anne Nelson	18.98	21/12/2025	SAF
M70	Bruce Bodsworth	13.46	21/10/2023	SAF	W70	Carol Davis	12.92	21/10/2023	SAF
M75					W75	Carol Davis	12.45	21/02/2026	SAF State Champs
	<u>80 Metre Hurdles</u>					<u>80 Metre Hurdles</u>			
M50	Andrew Barkworth	20.75	5/04/2025	SAF State Champs	W50	Lee-Anne Nelson	16.41	15/02/2026	SAF
M65					W65	Carol Davis	16.84	21/02/2020	SAF
M70	Bruce Bodsworth	17.43	8/01/2022	SAF	W70	Carol Davis	16.98	6/02/2021	SAF
M75					W75	Carol Davis	17.62	14/02/2026	SAF
	<u>100 Metre Hurdles</u>					<u>100 Metre Hurdles</u>			
M30					W30	Nicole Luyten	20.67	20/12/2025	SAF
					W35	Brenda Ashley	19.88	6/03/2021	SAF State Champs
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					
	<u>200 Metre Hurdles</u>					<u>200 Metre Hurdles</u>			
	<u>300 Metre Hurdles</u>					<u>300 Metre Hurdles</u>			
M60	Bruce Bodsworth	54.40	19/10/2014	Griffith Uni	W70	Carol Davis	36.53	7/03/2021	SAF State Champs
M65	Bruce Bodsworth	56.00	7/12/2019	SAF					
M70	Bruce Bodsworth	52.31	13/11/2021	SAF	W50	Lee-Anne Nelson	55.52	6/09/2025	SAF Oceania
	<u>400 Metre Hurdles</u>					<u>400 Metre Hurdles</u>			
M55	Gary Parkinson	63.84	29/03/2024	Hobart Nationals					
	<u>800m Track Walk</u>					<u>800m Track Walk</u>			
M45					W45	Tracey Hollis	6.28.40	6/12/2025	QSAC

M85	Patrick Sela	6.47.33	11/01/2025	SAF	W85				
	<u>1500m Track Walk</u>					<u>1500m Track Walk</u>			
M40	Dean Nipperess	7.11.69	10/01/2016	Griffith Uni	W40				
M45					W45	Nyle Sunderland	8.59.19	10/01/2016	Griffith Uni
M50					W50	Joy Dale	9.36.38	19/03/2022	SAF
M55					W55	Nyle Sunderland	9.13.59	8/09/2025	SAF Oceania
M60					W60	Anne Weekes	8.54.88	6/03/2026	Canberra Nationals
M75	Patrick Sela	10.24.62	16/04/2016	Adelaide Nationals	W75				
M80	Patrick Sela	11.37.90	7/02/2021	Runaway Bay	W80				
M85	Patrick Sela	12.51.81	6/04/2025	SAF State Champs	W85				
	<u>2000m Track Walk</u>					<u>2000m Track Walk</u>			
M85	Patrick Sela	17.18.41	11/01/2025	SAF					
	<u>3000m Track Walk</u>					<u>3000m Track Walk</u>			
M40	Dean Nipperess	14.36.01	6/02/2016	SAF	W40				
M45					W45	Nyle Sunderland	16.22.00	1/11/2014	Griffith Uni
M50	Paul Lindenberg	16.51.46	6/02/2015	Griffith Uni	W50	Debbie Lindenberg	19.04.10	19/10/2014	Griffith Uni
M55					W55	Kay Shaw	18.47.70	27/09/2015	Griffith Uni
M60					W60	Robyn Wales	27.27.24	6/02/2015	Griffith Uni
M65					W65				
M70	Fred Turner	23.28.23	10/01/2015	SAF	W70				
M75	Patrick Sela	21.06.58	11/10/2014	SAF	W75				
M80	Patrick Sela	23.10.01	15/09/2019	Griffith Uni	W80				
M85	Richard Lynch	25.10.01	21/09/2014	Griffith Uni	W85				
	<u>5000m Track Walk</u>					<u>5000m Track Walk</u>			
M40	Dean Nipperess	26.29.50	22/02/2016	SAF	W40				
M45					W45	Nyle Sunderland	27.58.77	7/03/2015	Griffith Uni
M50	Paul Lindenberg	30.23.13	1/11/2014	Griffith Uni	W50	Debbie Lindenberg	33.49.45	19/07/2015	Griffith Uni
M55					W55	Kay Shaw	31.19.85	26/07/2015	UQ St Lucia
M60					W60	Anne Weekes	31.32.03	7/03/2026	Canberra Nationals
M75	Patrick Sela	34.52.47	24/01/2016	Griffith Uni	W75				
M80	Bert Janes	40.00.08	17/05/2015	Griffith Uni	W80				
M85	Richard Lynch	42.03.61	14/03/2015	SAF	W85				
	<u>10000m Track Walk</u>					<u>10000m Track Walk</u>			
M45	Dean Nipperess	58.22.66	4/11/2015	SAF	W45	Nyle Sunderland	57.40.22	28/11/2014	Griffith Uni
M50	Paul Lindenberg	64.51.02	28/11/2014	Griffith Uni	W50				
M55					W55	Kay Shaw	65.55.68	28/11/2014	Griffith Uni
	<u>Long Jump</u>					<u>Long Jump</u>			
M30	Anthony Eggersdorff	2.51	29/01/2017	Griffith Uni	W30	Nicole Luyten	4.29	24/01/2026	SAF
M35	Greg Costello	5.53	27/08/2017	Griffith Uni	W35	Michelle Mackey	5.15	27/08/2011	Ipswich
M40	Brett McKenzie	5.29	19/03/2022	SAF	W40	Michelle Mackey	5.15	4/11/2012	Pan Pacs
M45	Gary Parkinson	5.53	25/10/2015	Griffith Uni	W45	Radika Lucas	5.07	9/03/2024	SAF State Champs

M50	Gary Parkinson	5.63	16/12/2018	Griffith Uni	W50	Lee-Anne Nelson	4.60	11/02/2023	Sydney Nationals
M55	Gary Parkinson	5.81	19/02/2023	SAF	W55	Donna Emerson	3.36	17/01/2016	Griffith Uni
M60	Bruce Bodsworth	4.16	20/06/2015	SAF	W60	Carol Davis	3.69	12/02/2017	Griffith Uni
M65	David Mitchell	4.26	7/03/2021	SAF State Champs	W65	Carol Davis	4.07	16/12/2018	Griffith Uni
M70	Bruce Bodsworth	3.90	10/09/2025	SAF Oceania	W70	Carol Davis	4.01	6/03/2021	SAF State Champs
M75	Alf Lakin	2.76	12/03/2016	SAF	W75	Carol Davis	3.32	15/02/2026	SAF
M80	Charles Crowley	3.10	11/09/2016	Griffith Uni	W80				
	Triple Jump					Triple Jump			
M30					W30	Nicole Luyten	9.00	8/09/2025	SAF Oceania
M35	Craig Duncan	10.36	25/10/2016	Griffith Uni	W35	Brenda Ashley	8.22	7/02/2021	Runaway Bay
M40					W40				
M45	Rodney Rhind	8.93	19/10/2024	SAF	W45				
M50	Andrew Edhouse	10.10	31/03/2024	Hobart Nationals	W50	Joy Dale	7.26	10/03/2024	SAF State Champs
M55	Glenn Dunne	8.57	11/06/2017	Darwin Nationals	W55	Jill Pryor	8.63	14/03/2015	SAF
M60	Glenn Dunne	8.55	7/02/2021	Runaway Bay	W60	Carol Davis	6.85	8/11/2015	Griffith Uni
M65	David Mitchell	8.94	7/03/2021	SAF State Champs	W65	Carol Davis	7.90	1/09/2019	Mackay
M70	Denis Griffith	7.16	7/03/2021	SAF State Champs	W70	Carol Davis	7.16	29/10/2023	SAF
M75	Alf Lakin	6.08	12/03/2016	SAF	W75	Carol Davis	7.22	9/03/2026	Canberra Nationals
M80	Charles Crowley	6.30	15/03/2015	SAF	W80				
	High Jump					High Jump			
M30					W30	Nicole Luyten	1.20	6/12/2025	QSAC
M35	Greg Costello	1.77	10/11/2016	Griffith Uni	W35	Brenda Ashley	1.36	22/02/2020	SAF
M40					W40				
M45	Andrew Barkworth	1.35	30/04/2017	Griffith Uni	W45	Jo Buchanan	1.18	14/03/2015	SAF
M50	Ben Dickson	1.70	19/07/2015	Griffith Uni	W50	Lee-Anne Nelson	1.35	27/05/2023	Cairns Mast Games
M55	Brian Key	1.55	4/06/2017	Griffith Uni	W55				
M60	Glenn Dunne	1.32	6/03/2021	SAF State Champs	W60	Carol Davis	1.10	2/08/2015	Griffith Uni
M65	Bruce Bodsworth	1.29	22/02/2020	SAF	W65	Carol Davis	1.12	22/02/2020	SAF
M70	Bruce Bodsworth	1.35	19/03/2022	SAF	W70	Carol Davis	1.14	6/02/2021	SAF
M75					W75	Carol Davis	1.08	14/02/2026	SAF
M80	Charles Crowley	1.00	1/04/2017	SAF	W80				
	Pole Vault					Pole Vault			
M35	Greg Costello	2.80	1/04/2017	Auckland	W35				
M40					W40	Samantha Clare	3.15	10/02/2024	SAF
M45	Matt Silcock	2.60	21/12/2019	SAF	W45	Althea Mackie	2.20	18/04/2016	Adelaide Nationals
M50	Howard Arbuthnot	3.80	21/12/2019	SAF	W50	Lee-Anne Nelson	2.00	15/02/2026	SAF
M55	Howard Arbuthnot	4.01	20/12/2025	SAF	W55				
M60	Bruce Bodsworth	2.20	20/06/2015	SAF	W60				
M65	Bruce Bodsworth	2.00	23/02/2020	SAF	W65				
M70	Bruce Bodsworth	2.00	13/02/2022	SAF	W70				
	Javelin Throw					Javelin Throw			

M30	Anthony Eggersdorff	20.06	12/11/2016	Runaway Bay	W30	Nicole Luyten	32.89	9/09/2025	SAF Oceania
M35	Rene Doel	42.56	5/04/2015	Bankstown Nationals	W35	Brenda Ashley	20.32	19/01/2020	Runaway Bay
M40	Rene Doel	51.00	27/04/2019	Melbourne Nationals	W40	Althea Mackie	21.56	14/03/2015	SAF
M45	Rene Doel	47.15	11/02/2023	SAF	W45	Althea Mackie	22.73	17/04/2016	Adelaide Nationals
M50	Andrew Hassell	44.87	7/10/2018	Griffith Uni	W50	Lee-Anne Nelson	32.41	11/02/2023	SAF
M55	Gary Parkinson	38.83	1/04/2024	Hobart Nationals	W55	Althea Mackie	20.22	7/03/2026	Canberra Nationals
M60	Bruce Bodsworth	33.61	1/11/2014	Griffith Uni	W60	Carol Davis	18.38	17/01/2016	Griffith Uni
M65	Bruce Bodsworth	34.42	4./10/20	Runaway Bay	W65	Carol Davis	25.51	26/08/2018	Griffith Uni
M70	Bruce Bodsworth	34.17	13/11/2021	SAF	W70	Carol Davis	22.70	31/01/2021	Runaway Bay
M75	Mills Lafferty	20.56	5/04/2025	SAF State Champs	W75	Carol Davis	21.88	21/02/2026	SAF State Champs
M80	Dash Daniels	19.43	15/12/2019	Griffith Uni	W80				
M85	Alf Lakin	8.79	21/02/2026	SAF State Champs	W85				
	Discus Throw					Discus Throw			
M30	Anthony Eggersdorff	19.93	25/01/2017	Griffith Uni	W30	Nicole Luyten	34.97	22/11/2025	SAF
M35	Greg Costello	36.82	12/02/2017	Griffith Uni	W35	Elane Angelides	30.84	4/02/2018	Runaway Bay
M40	Euan McLean	38.23	21/07/2019	Griffith Uni	W40	Althea Mackie	27.51	8/11/2014	SAF
M45	Gerard Duffy	41.30	25/09/2016	Griffith Uni	W45	Althea Mackie	28.68	7/10/2015	Rarotonga
M50	Matthew Symonds	41.68	1/02/2020	SAF	W50	Lee-Anne Nelson	30.33	7/03/2026	Canberra Nationals
M55	Matthew Symonds	42.09	10/03/2024	SAF State Champs	W55	Althea Mackie	25.90	19/04/2025	Adelaide Nationals
M60	Franz Schlechter	31.15	4/06/2016	Townsville	W60	Sue Barber	16.03	1/11/2015	Griffith Uni
M65	Kevin Ryall	33.69	23/10/2016	Griffith Uni	W65	Carol Davis	11.79	29/09/2020	Griffith Uni
M70	Kevin Ryall	34.86	4/08/2019	Griffith Uni	W70	Adrienne Holdsworth	14.63	28/06/2015	Runaway Bay
M75	Kevin Ryall	20.93	3/02/2024	QSAC	W75	Eunice Jenkins	15.92	14/03/2015	SAF
M80	Dash Daniels	25.78			W80				
M85	Alf Lakin	15.23	7/03/2026	Canberra Nationals	W85				
	Shot Put					Shot Put			
M30	Anthony Eggersdorff	7.59	10/11/2016	Runaway Bay	W30	Nicole Luyten	12.79	6/03/2026	Canberra Nationals
M35	Greg Costello	10.51	1/04/2017	Auckland	W35	Elane Angelides	10.42	4/02/2018	Runaway Bay
M40	Rene Doel	11.51	11/06/2017	Darwin Nationals	W40	Althea Mackie	8.65	3/03/2015	SAF
M45	Richard Harris	11.54	10/11/2016	Runaway Bay	W45	Karen Bradley	9.55	10/01/2016	Griffith Uni
M50	Grant Edwards	13.76	29/01/2015	Canberra	W50	Lee-Anne Nelson	10.65	7/01/2023	SAF
M55	Matthew Symonds	11.10	10/03/2024	SAF State Champs	W55	Althea Mackie	9.56	31/05/2025	GBRMG
M60	Grant Chapman	9.35	1/11/2014	Griffith Uni	W60	Carol Davis	6.42	17/01/2015	Griffith Uni
M65	Kevin Ryall	10.50	7/02/2015	SAF	W65	Carol Davis	7.07	12/11/2017	Griffith Uni
M70	Kevin Ryall	10.82	24/08/2019	Jimboomba	W70	Carol Davis	6.79	31/01/2021	Runaway Bay
M75	Kevin Ryall	7.94	3/02/2024	QSAC	W75	Carol Davis	7.12	24/01/2026	SAF
M80	Dash Daniels	10.87	15/12/2019	Griffith Uni	W80				
M85	Alf Lakin	6.34	6/03/2026	Canberra Nationals	W85				
	Hammer Throw					Hammer Throw			
M30	Anthony Eggersdorff	18.43	21/01/2017	QSAC	W30	Nicole Luyten	38.32	29/03/2024	Hobart Nationals
M35	Greg Costello	25.24	21/05/2017	Runaway Bay	W35	Emily Bodsworth	15.53	1/02/2020	SAF

M40	Rene Doel	33.27	21/05/2017	Griffith Uni	W40	Althea Mackie	41.50	3/04/2015	Sydney Nationals
M45	Richard Harris	33.74	12/11/2016	Runaway Bay	W45	Althea Mackie	42.13	13/02/2016	SAF
M50	Grant Edwards	48.77	14/03/2015	SAF	W50	Althea Mackie	44.05		
M55	Matthew Symonds	35.66	10/03/2024	SAF State Champs	W55	Althea Mackie	41.90	10/09/2025	SAF Oceania
M60	Grant Chapman	25.81	1/11/2014	Griffith Uni	W60	Sue Barber	17.92	12/10/2014	Griffith Uni
M65	Mills Lafferty	29.72	18/02/2017	QSAC	W65				
M70	Ian Ison	33.56	30/03/2019	Ashmore	W70	Adrienne Holdsworth	22.55	11/10/2015	Griffith Uni
M75	Mills Lafferty	28.84	1/10/2024	QSAC	W75	Eunice Jenkins	23.11	29/01/2017	Griffith Uni
M80	Bill McMullen	25.03	2/09/2014	Griffith Uni	W80				
	<u>Weight Throw</u>					<u>Weight Throw</u>			
M30	Anthony Eggersdorff	7.63	21/01/2017	QSAC	W30	Nicole Luyten	13.97	6/12/2025	QSAC
M35	Greg Costello	11.78	11/11/2016	Runaway Bay	W35				
M40	Rene Doel	11.47	21/01/2017	QSAC	W40	Althea Mackie	12.93	3/04/2015	Sydney Nationals
M45	Richard Harris	11.32	11/06/2017	Darwin Nationals	W45	Althea Mackie	13.57	16/08/2015	Lyon France
M50	Grant Edwards	18.84	10/10/2016	SAF	W50	Althea Mackie	14.43	6/12/2020	Runaway Bay
M55	Matthew Symonds	12.42	9/03/2024	SAF State Champs	W55	Althea Mackie	13.72	20/04/2025	Adelaide Nationals
M60	Grant Chapman	11.12	12/10/2016	Griffith Uni	W60	Sue Barber	7.59	12/10/2014	Griffith Uni
M65	Mills Lafferty	11.00	12/02/2017	Griffith Uni	W65				
M70	Mills Lafferty	11.89	24/08/2019	Jimboomba	W70	Adrienne Holdsworth	8.80	28/06/2015	Griffith Uni
M75	Mills Lafferty	8.52	7/10/2024	SAF	W75	Eunice Jenkins	7.41	26/03/2017	Griffith Uni
M80	Bill McMullen	10.59	12/10/2014	Griffith Uni	W80				
M85	Alf Lakin	6.66	22/02/2026	SAF State Champs	W85				
	<u>Heavy Weight 56lbs</u>					<u>Heavy Weight 56lbs</u>			
M30					W30	Nicole Luyten	4.98	21/12/2025	SAF
M35	Greg Costello	7.04	4/12/2016	Griffith Uni	W35				
M40	Rene Doel	7.15	4/12/2016	Griffith Uni	W40	Tracey Hollis	3.62	23/02/2025	SAF
M45	Richard Harris	6.90	21/05/2017	Griffith Uni	W45	Althea Mackie	5.16	10/01/2016	Griffith Uni
M50	Mike Kirkby	6.10	23/03/2016	Griffith Uni	W50	Althea Mackie	4.49	7/02/2021	Runaway Bay
M55	Mike Kirkby	4.79	12/03/2017	Griffith Uni	W55	Althea Mackie	4.01	27/07/2025	SAF
M60	Franz Schlechter	3.79	22/11/2015	Griffith Uni	W60	Robyn Wales	1.85	10/01/2015	Griffith Uni
M65	Mills Lafferty	3.68	28/10/2017	SAF	W65				
M70	Mills Lafferty	3.51	24/08/2019	Jimboomba	W70				
M75	Alf Lakin	2.51	5/03/2016	Griffith Uni	W75				
M80	Bill McMullen	3.21	10/01/2016	Griffith Uni	W80				
	<u>Pentathlon Outdoor</u>					<u>Pentathlon Outdoor</u>			
M30	Anthony Eggersdorff	429	12/02/2017	Griffith Uni	W30	Nicole Luyten	2435	7/03/2026	Canberra Nationals
M35	Greg Costello	2592	12/02/2017	Griffith Uni	W35	Tami Lebovics	1551	22/03/2015	Griffith Uni
M40	Rene Doel	1968	20/03/2016	Townsville	W40	Tracey Hollis	1142	10/02/2024	SAF
M45	Gary Parkinson	2739	17/01/2016	Griffith Uni	W45	Karen Bradley	2635	22/03/2015	Griffith Uni
M50	Clint Shannon	2192	8/03/2026	Canberra Nationals	W50	Lee-Anne Nelson	3827	9/09/2025	SAF Oceania
M55	Gary Parkinson	3679	1/04/2024	Hobart Nationals	W55	Donna Emerson	2222	17/01/2016	Griffith Uni

M60	Bruce Bodsworth	2013	17/01/2016	Griffith Uni	W60	Carol Davis	3417	17/01/2016	Griffith Uni
M65	Viddy Jermacans	2385	19/04/2016	Adelaide Nationals	W65	Carol Davis	3898	10/02/2019	Griffith Uni
M70	Bruce Bodsworth	2546	26/02/2023	Runaway Bay	W70	Carol Davis	3492	3/04/2022	SAF Nationals
M75					W75	Carol Davis	3781	24/01/2026	SAF
M80	Charles Crowley	1538	22/03/2015	Griffith Uni	W80				
	<u>Pentathlon Throws</u>					<u>Pentathlon Throws</u>			
M30	Anthony Eggersdorff	1150	21/01/2017	QSAC	W30	Nicole Luyten	2726	9/03/2026	Canberra Nationals
M35	Greg Costello	2129	12/11/2016	Runaway Bay	W35				
M40	Rene Doel	2613	12/11/2016	Runaway Bay	W40	Althea Mackie	2779	14/02/2015	SAF
M45	Richard Harris	2942	12/11/2016	Runaway Bay	W45	Althea Mackie	3348	8/10/2015	Rarotonga
M50	Grant Edwards	3302	28/02/2015	SAF	W50	Althea Mackie	2787	28/05/2023	Cairns Mast Games
M55	Mike Kirkby	2655	12/11/2016	Runaway Bay	W55	Althea Mackie	3183	10/09/2025	SAF Oceania
M60	Grant Chapman	2265	21/09/2014	Griffith Uni	W60	Robyn Wales	1387	21/09/2014	Griffith Uni
M65	Mills Lafferty	2493	23/09/2016	Townsville	W65				
M70	Mills Lafferty	2701	7/09/2019	Jimboomba	W70	Doreen Conroy	2031	1/04/2024	Hobart Nationals
M75	Mills Lafferty	1944	25/01/2025	QSAC	W75				
M80	Bill McMullen	2913	21/09/2014	Griffith Uni	W80				
	<u>Decathlon</u>					<u>Heptathlon</u>			
M30					W30	Nicole Luyten	2713	21/12/2025	SAF
M35					W35	Brenda Ashley	2681	23/02/2020	SAF
M50	Mike Kirkby	3966	21/06/2015	SAF	W50				
M60	Bruce Bodsworth	4528	21/06/2015	SAF	W60				
M65	Bruce Bodsworth	4405	23/02/2020	SAF	W65	Carol Davis	5357	23/02/2020	SAF
M70	Bruce Bodsworth	5012	23/02/2025	SAF	W70	Carol Davis	5444	7/02/2021	SAF
					W75	Carol Davis	5237	15/02/2026	SAF
W50	Lee-Ann Nelson	6401	15/02/2026	SAF					