

Australian Record
Queensland Record
 TG (timing Gate)

Australian Record
Queensland Record
World Record

60 Metres

		<u>GCRecord</u>	<u>Date</u>	<u>Location</u>
M35	Craig Duncan	8.96	19-07-15	Griffith Uni
M40	Scott Beatson	8.02	15-11-17	Griffith Uni
M45	Gary Parkinson	7.50	19-10-14	Griffith Uni
M50	Gary Parkinson	7.64	7-03-21	Perth
M55	Chris Brack	7.67	7-03-21	SAF
M60	Robin Reisenleiter	8.60	1-11-15	Griffith Uni
M65	Robin Reisenleiter	8.64	15-03-15	SAF
M70	Denis Griffith	9.14	20-09-20	Runaway Bay
M75	Colin Mancey	10.51	26-03-17	Griffith Uni
M80	Bill Cook	10.04	30-08-15	Griffith Uni

60 Metres

		<u>GCRecord</u>	<u>Date</u>	<u>Location</u>
W30	Brony Anscombe	9.15	1-11-2014	Griffith Uni
W35	Brony Anscombe	9.08	04-10-2020	Runaway Bay
W40	Michelle Mackey	8.09	15-03-2015	Griffith Uni
W45	Karen Bradley	8.86	10-10-2016	SAF
W50	Judy Jennings	9.39	24-01-2016	Griffith Uni
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				
W75				
W80				

100 Metres

M30				
M35	Alexander Gonzalez	14.59	22-11-15	Griffith Uni
M40	Scott Beatson	13.10	7-01-18	Runaway Bay
M45	Gary Parkinson	11.73	21-02-16	Griffith Uni
M50	Gary Parkinson	12.01	3-09-19	Mackay
M55	Chris Brack	12.46	6-03-21	SAF
M60	Robin Reisenleiter	13.79	28-11-14	Griffith Uni
M65	Robin Reisenleiter	13.99	22-11-15	SAF
M70	John Lester	14.90	13-09-15	Griffith Uni
M75	Colin Mancey	16.96	26-03-17	Griffith Uni
M80	Bill Cook	16.54	31-05-15	Griffith Uni

100 Metres

W30				
W35	Brony Anscombe	14.77	25-10-20	Runaway Bay
W40	Michelle Mackey	12.87	17-01-15	SAF
W45	Karen Bradley	14.21	28-08-16	Griffith Uni
W50	Karen Lakin	15.15	10-11-16	Griffith Uni
W55	Donna Emerson	17.01	5-03-16	Griffith Uni
W60	Carol Davis	14.66	6-12-15	Griffith Uni
W65	Carol Davis	14.61	24-01-16	Griffith Uni
W70				
W75				
W80				

100 Yards

M40	Rene Doel	13.69	6-02-16	SAF
M45	Gary Parkinson	11.08	22-03-15	Griffith Uni
M50	Gary Parkinson	11.21	3-03-18	SAF
M65	Robin Reisenleiter	12.97	22-03-15	Griffith Uni
M70	Colin Mancey	16.32	29-05-16	Griffith Uni

100 Yards

W40	Michelle Mackey	12.19	29/05/2016	Griffith Uni
W45				
W50	Karen Lakin	14.20	22-03-15	Griffith Uni
W65	Carol Davis	13.54	29/05/2016	Griffith Uni

150 Metres

M40	Greg Costello	18.35	1-10-17	Griffith Uni
M40	Scott Beatson	20.01	1-10-17	Griffith Uni
M45	Gary Parkinson	17.95	6-11-16	Griffith Uni
M50	Gary Parkinson	17.82	26-08-18	Griffith Uni
M55	Steven Jones	20.40	4/10/2020	Runaway Bay
M60	David Mitchell	22.20	1-10-17	Griffith Uni
M65	Viddy Jermacans	23.36	3-04-16	Griffith Uni
M70	John Lester	22.87	30-08-15	Griffith Uni
M75	Colin Mancey	26.35	21-05-17	Griffith Uni
M80	Bill Cook	26.72	30-08-15	Griffith Uni

150 Metres

W35	Brenda Ashley	22.55	16-02-20	Runaway Bay
W40	Michelle Mackey	19.29	7-02-16	Griffith Uni
W45	Michelle Mackey	21.78	4-10-20	Runaway Bay
W50	Karen Lakin	23.17	11-06-16	Griffith Uni
W55	Donna Emerson	27.92	8-11-15	Griffith Uni
W60	Carol Davis	22.63	8-11-15	Griffith Uni
W65	Carol Davis	22.61	3-04-16	Griffith Uni
W70				
W75				

200 Metres

M35	Marc-Paul Trevethan	27.08	25-10-15	Griffith Uni
M40	Scott Beatson	27.72	30-04-17	Griffith Uni
M45	Gary Parkinson	23.95	3-05-15	Griffith Uni
M50	Gary Parkinson	24.17	22-07-18	Sunshine
M55	Chris Barck	24.35	7-03-21	SAF
M60	Robin Reisenleiter	28.66	1-11-14	Griffith Uni
M65	Robin Reisenleiter	28.76	Nov 15	New Zealand
M70	John Lester	30.82	12-10-14	Griffith Uni
M75	Colin Mancey	37.45	30-04-17	Griffith Uni
M80	Bill Cook	36.24	1-11-14	Griffith Uni

200 Metres

W35	Brenda Ashley	31.56	2/02/2020	Runaway Bay
W40	Michelle Mackey	26.43	1-11-14	Griffith Uni
W45	Karen Bradley	29.65	28-08-16	Griffith Uni
W50	Karen Lakin	31.24	1-11-14	Griffith Uni
W55	Karen Lakin	32.44	11-11-18	Runaway Bay
W60	Carol Davis	31.25	6-12-15	Griffith Uni
W65	Carol Davis	30.99	24-01-16	Griffith Uni
W70	Carol Davis	32.96	6-2-21	SAF
W75				
W80				

300 Metres

M30	Murry Goodwin	33.75	24/03/2019	Griffith Uni
M35	Neill Smith	45.87	24-03-19	Griffith Uni
M40				
M45	Gary Parkinson	37.17	27-02-16	Griffith Uni
M50	Gary Parkinson	37.93	Feb-20	SAF
M55	Chris Brack	39.21	14-11-20	SAF
M60	Bruce Bodsworth	47.25	28-11-15	SAF
M65	Robin Reisenleiter	48.24	22-03-15	Griffith Uni
M70	John Lester	52.94	21-09-14	Griffith Uni
M75	Colin Mancey	58.37	18-12-16	Griffith Uni

400 metres

M30	Murry Goodwin	46.24		
M40	Tadashi Nawagawa	62.33	11-10-15	Griffith Uni
M45	Gary Parkinson	52.60	21-02-16	Griffith Uni
M50	Gary Parkinson	53.72	14-09-18	Malaga Spain
M55	Chris Brack	55.14	19-12-20	SAF
M60	Robin Reisenleiter	69.09	30-11-14	Griffith Uni
M65	Robin Reisenleiter	69.91	14-03-15	SAF
M70	Colin Mancey	1.26.60	22-11-15	Griffith Uni
M75	Colin Mancey	1.18.43	11-06-17	Darwin
M80				

600 Metres

M35	Marc-Paul Trevethan	1.44.10	25-10-15	Griffith Uni
M40	Dean Nipperess	2.36.85	25-10-15	Griffith Uni
M45	Gary Parkinson	1.33.61	20-11-16	Griffith Uni
M50	Gary Parkinson	1.32.44	27-10-19	Griffith Uni
M65	Bruce Bodsworth	1.56.48	13-08-17	Griffith Uni
M70	Colin Mancey	2.22.84	6-12-15	Griffith Uni
M75	Alf Lakin	2.55.55	15-09-15	Griffith Uni

800 Metres

M30				
M35	Marc-Paul Trevethan	2.33.61	27-09-15	Griffith Uni
M40	Tadashi Nawagawa	2.20.98	18-01-14	SAF
M45	Tadashi Nawagawa	2.24.92	8-07-18	Griffith Uni
M50	Gary Parkinson	2.28.95	6-10-19	Griffith Uni
M60	Bruce Bodsworth	2.51.11	20-03-16	Griffith Uni
M65	Viddy Jermacans	3.34.11	27-09-15	Griffith Uni
M70	Colin Mancey	3.24.20	25-09-16	Griffith Uni
M75	Colin Mancey	3.08.41	10-06-17	Darwin
M80	Paul Adams	4.02.30	26-04-18	Perth

1500 Metres

M35	Neill Smith	4.59.00	24-02-19	Griffith Uni
M40	Tadashi Nawagawa	5.04.47	21-04-18	SAF
M45	Andrew Kariko	5.20.31	13-01-19	Griffith Uni
M50	Steven Jones	05:39.1	4-06-17	Griffith Uni
M60	Bruce Bodsworth	6.43.34	28-10-15	SAF
M65	Bruce Bodsworth	6.56.04	27-08-17	Griffith Uni
M70	Colin Mancey	7.13.03	5-03-16	Griffith Uni
M75	Colin Mancey	6.34.28	11-06-17	Darwin
M80	Charles Crowley	12.57.63	17-01-16	Griffith Uni

3000 Metres

M35	Neill Smith	10.45.52	15-09-19	Griffith Uni
M40	Tadashi Nawagawa	11.44.53	12-10-13	Griffith Uni
M45				
M55				

300 Metres

W35	Brenda Ashley	51.54	19/01/2020	Runaway Bay
W40	Michelle Mackey	42.19	17-01-15	Saf
W45	Karen Bradley	47.56	25-09-16	Griffith Uni
W50	Karen Lakin	50.52	25-01-15	Griffith Uni
W55	Karen Lakin	52.29	12-01-19	SAF
W60	Carol Davis	50.42	8-11-15	Griffith Uni
W65	Carol Davis	49.11	29-05-16	Griffith Uni
W70				

400 metres

W40	Michelle Mackey	62.49	6-02-15	Griffith Uni
W45	Petrina Brown	67.13	18-04-16	Adelaide
W50	Karen Lakin	69.60	5-04-15	Sydney
W55	Karen Lakin	74.28	10-11-18	Runaway Bay
W60	Carol Davis	70.17	22-11-15	Griffith Uni
W65	Carol Davis	70.42	4-06-16	Townsville
W70				
W75				

600 Metres

W35	Erika O'Reilly	2.05.44	3-04-16	Griffith Uni
W40				
W45	Petrina Brown	1.50.79	3-04-16	Griffith Uni
W50	Karen Lakin	1.57.20	19-10-14	Griffith Uni
W60	Carol Davis	2.02.00	19-10-14	Griffith Uni
W65	Carol Davis	01.59.28	26-02-17	Griffith Uni
W70				

800 Metres

W30	Brony Anscombe	3.43.00	5-10-14	Griffith Uni
W35	Erika O'Reilly	2.33.48	12-03-16	SAF
W40				
W45	Petrina Brown	2.36.07	3-04-15	Sydney
W50	Karen Lakin	2.48.78	3-04-15	Sydney
W55	Donna Emerson	4.15.50	17-01-16	Griffith Uni
W60	Carol Davis	2.55.53	17-01-16	Griffith Uni
W65	Carol Davis	2.50.54	19-04-16	Adelaide
W70	Carol Davis	3.05.52	7/02/2021	SAF
W85	Christiane	5.34.89	28/08/2016	Griffith Uni

1500 Metres

W35	Erika O'Reilly	5.07.97	5-03-16	Griffith Uni
W40				
W45	Petrina Brown	5.36.02	18-04-16	Adelaide
W50	Yasmin Steffe	8.15.17	30-08-15	Griffith Uni
W60	Carol Davis	6.19.61	12-10-14	Griffith Uni
W65	Suzanne Jolley	6.20.93	5/12/2021	Runaway Bay
W70				

3000 Metres

W35	Erika O'Reilly	11.29.60	3-04-16	Griffith Uni
W40				
W45	Jo Buchanan	14.57.77	10-01-15	SAF
W55	Suzanne Jolley	13.33.71	5-10-14	Griffith Uni

M70	Colin Mancey	19.48.60	20-02-16	SAF	W60	Suzanne Jolley	13.52.00	25.10.2020	Runaway Bay
M75	Colin Mancey	15.45.67	24-06-18	Griffith Uni					
<u>5000 Metres</u>					<u>5000 Metres</u>				
M35	Alexander Gonzalez	18.34.86	11-Oct-15	Griffith	W35				
M40	Markus Bergh	18.13.17	11-Oct-15	Griffith	W45	Jo Buchanan	22.08.48	3-04-15	Sydney
					W60	Suzanne Jolley	23.52.04	6-03-21	SAF
M70	Colin Mancey	28.42.58	30-Aug-15	Griffith Uni					
<u>10000 Metres</u>					<u>10000 Metres</u>				
M45					W45	Jo Buchanan	48.40.18	3-05-15	Griffith Uni
<u>2000 Metres Steeplechase</u>					<u>2000 Steeplechase</u>				
<u>3000 Metres Steeplechase</u>					<u>3000 Metres Steeplech</u>				
<u>80 Metre Hurdles</u>					<u>80 Metre Hurdles</u>				
M70	Mills Laferty	18.85	26/01/2019	SAF	W65	Carol Davis	16.84		SAF
					W70	Carol Davis	16.98	06.02.21	SAF
<u>100 Metre Hurdles</u>					<u>100 Metre Hurdles</u>				
M50	Michael Kirkby	22.14	14-03-15	SAF					
M60	Bruce Bodsworth	22.52	1-11-14	Griffith Uni					
<u>300 Metre Hurdles</u>					<u>300 Metre Hurdles</u>				
M60	Bruce Bodsworth	54.40	19-10-14	Griffith Uni					
<u>400 Metre Hurdles</u>					<u>400 Metre Hurdles</u>				
<u>1500 Metre Track Walk</u>					<u>1500 Metre Track Walk</u>				
M40	Dean Nipperess	7.11.69	10-01-16	Griffith Uni	W40				
M45					W45	Nyle Sunderland	8.59.19	10-01-16	Griffith Uni
M60					W60	Robyn Wales	12.26.59	8-11-15	Griffith Uni
M75	Patrick Sella	10.24.62	16-04-16	Adelaide					
<u>3000 Metre Track Walk</u>					<u>3000 Metre Track Walk</u>				
M40	Dean Nipperess	14.36.01	6-02-16	SAF	W40				
M45					W45	Nyle Sunderland	16.22.00	1-11-14	Griffith Uni
M50	Paul Lindenberg	16.51.46	6-02-15	Griffith Uni	W50	Debbie Lindenberg	19.04.10	19-10-14	Griffith Uni
M55					W55	Kay Shaw	18.47.70	27-09-15	Griffith Uni
M60					W60	Robyn Wales	27.27.24	6-02-15	Griffith Uni
M70	Fred Turner	23.28.23	10-01-15	SAF					
M75	Patrick Sella	21.06.58	11-10-14	SAF					
M85	Richard Lynch	25.10.01	21-09-14	Griffith Uni					
<u>5000 Metre Track Walk</u>					<u>5000 Metre Track Walk</u>				
M40	Dean Nipperess	26.29.50	22-02-16	SAF	W40				
M45					W45	Nyle Sunderland	27.58.77	7-03-15	Griffith Uni
M50	Paul Lindenberg	30.23.13	1-11-14	Griffith Uni	W50	Debbie Lindenberg	33.49.45	19-07-15	Griffith Uni
M55					W55	Kay Shaw	31.19.85	26-07-15	UQ St Lucia
M60					W60	Robyn Wales	46.33.04	7-03-15	Griffith Uni
M75	Patrick Sella	34.52.47	24-01-16	Griffith Uni					
M80	Bert Janes	40.00.08	17-05-15	Griffith Uni					
M85	Richard Lynch	42.03.61	14-03-15	SAF					
<u>10000 Metre Track Walk</u>					<u>10000 Metre Track Walk</u>				
M45	Dean Nipperess	58.22.66	4-11-15	SAF	W45	Nyle Sunderland	57.40.22	28-11-14	Griffith Uni
M50	Paul Lindenberg	64.51.02	28-11-14	Griffith Uni	W50				
					W55	Kay Shaw	65.55.68	28-11-14	Griffith Uni
<u>Long Jump</u>					<u>Long Jump</u>				
M30	Anthony Eggersdorff	2.51	29/01/2017	Griffith Uni	W30	Brony Anscombe	4.04	1-11-14	Griffith Uni
M35	Greg Costello	5.53	27-08-17	Griffith Uni	W35	Brony Anscombe	4.09	26-03-17	Griffith Uni
M40	Scott Beatson	4.82	7-01-18	Runaway Bay	W40	Michelle Mackey	5.07	14-12-14	SAF
M45	Gary Parkinson	5.53	25-10-15	Griffith Uni	W45	Karen Bradley	4.62	28-08-16	Griffith Uni
M50	Gary Parkinson	5.63	16-12-18	Griffith Uni	W50	Judy Jennings	3.73	17-01-16	Griffith Uni

M55	Glenn Dunne	4.13	9-06-17 Darwin	W55	Donna Emerson	3.36	17-01-16 Griffith Uni
M60	Bruce Bodsworth	4.16	20-06-15 SAF	W60	Carol Davis	3.69	12-02-17 Griffith Uni
M65	Viddy Jermacans	4.13	16-04-16 Adelaide	W65	Carol Davis	4.07	16-12-18 Griffith Uni
M70	Denis Griffith	3.73	7-02-21 Runaway Bay	W70	Carol Davis	3.68	7/02/2021 SAF
M75	Alf Lakin	2.76	12-03-16 SAF				
M80	Charles Crowley	3.10	11-09-16 Griffith Uni				

Triple Jump

M35	Craig Duncan	10.36	25/10/2016 Griffith Uni
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M45

M50	Mike Kirkby	6.04	11-10-15 Griffith Uni
M55	Glenn Dunne	8.57	11/06/2017 Darwin
M65	Mills Lafferty	4.87	6/05/2017 Mackay
M70	Denis Griffith	7.16	7-03-21 SAF
M75	Alf Lakin	6.08	12-03-16 SAF
M80	Charles Crowley	6.30	15-03-15 SAF

High Jump

M35	Greg Costello	1.77	10-11-16 Griffith Uni
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M40

M45	Andrew Barkworth	1.35	30/04/2017 Griffith Uni
M50	Ben Dickson	1.70	19-07-15 Griffith Uni
M55	Brian Key	1.55	4-06-17 Griffith Uni
M60	Bruce Bodsworth	1.30	24-01-15 SAF
M65	Viddy Jermacans	1.22	9-01-16 Bendigo
M70	Grant Chapman	0.92	
M80	Charles Crowley	1.00	15-03-15 SAF

Pole Vault

M35	Greg Costello	2.80	1/04/2017 Auckland
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M40

M45

M50	Mike Kirkby	1.00	20-06-15 SAF
M55	Glenn Dunne	2.10	10-06-17 Darwin
M60	Bruce Bodsworth	2.20	20-06-15 SAF
M65	Bruce Bodsworth	1.90	24-Sep SAF
M70	Grant Chapman	1.30	6/03/2021 SAF

Javelin Throw

M30	Anthony Eggersdorff	20.06	12/11/2016 Runaway Bay
M35	Rene Doel	42.56	3-6 Apr 15 Bankstown
M40	Rene Doel	51.00	27-04-19 Melbourne
M45	Chris Dunne	37.27	12-11-16 Runaway Bay
M50	Andrew Hassell	44.87	7-10-18 Griffith Uni
M55	Mike Kirkby	36.58	2-04-17 Griffith Uni
M60	Bruce Bodsworth	33.61	1-11-14 Griffith Uni
M65	Bruce Bodsworth	34.11	12-03-17 Griffith Uni
M70	Mills Lafferty	26.16	16-03-19 Hobart
M80	Bill McMullen	15.10	21-01-17 QSAC

Discus Throw

M30	Anthony Eggersdorff	19.93	29/01/2017 Griffith Uni
M35	Greg Costello	36.82	12-02-17 Griffith Uni
M40	Euan McLean	38.23	21-07-19 Griffith Uni
M45	Gerard Duffy	41.3	25-09-16 Griffith Uni
M50	Grant Edwards	40.95	29-01-15 Canberra
M55	Mike Kirkby	35.64	1-04-17 Griffith Uni
M60	Franz Schlechter	31.15	4-06-16 Townsville
M65	Kevin Ryall	33.69	23-10-16 Griffith Uni
M70	Kevin Ryall	34.86	4-08-19 Griffith Uni
M75	Alf Lakin	19.01	1-04-17 Griffith Uni
M80	Dash Daniels	24.28	27-04-19 Melbourne

Triple Jump

W45

W50

W55	Jill Pryor	8.63	14-03-15 SAF
W60	Carol Davis	6.85	8-11-15 Griffith Uni
W65	Carol Davis	7.90	1/09/2019 Mackay
W75			

High Jump

W35

W40

W45	Jo Buchanan	1.18	14-03-15 SAF
W50			
W55			
W60	Carol Davis	1.10	2-08-15 Griffith Uni
W65	Carol Davis	1.12	22/02/2020 SAF
W70	Carol Davis	1.14	6/02/2021 SAF

Pole Vault

W40	Althea Mackie	1.80	31-01-15 SAF
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W45	Althea Mackie	2.20	18-04-16 Adelaide
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W50

W60

W65

Javelin Throw

W35	Tami Lebovics	17.06	26/03/2017 Griffith Uni
W40	Althea Mackie	21.56	14-03-15 SAF
W45	Althea Mackie	22.73	17-04-16 Adelaide
W50	Debbie Jukes	24.39	1-11-14 Griffith Uni
W55	Donna Emerson	20.00	5-03-16 Griffith Uni
W60	Carol Davis	18.38	17-01-16 Griffith Uni
W65	Carol Davis	25.51	26-08-18 Griffith Uni
W70	Carol Davis	22.70	31-01-21 Runaway Bay
W75	Eunice Jenkins	7.28	26-03-17 Griffith Uni

Discus Throw

W35	Elane Angelides	30.84	4/02/2018 Runaway Bay
W40	Althea Mackie	27.51	8-11-14 SAF
W45	Althea Mackie	28.68	7-10-15 Rarotonga
W50	Judy Jennings	16.08	10-01-16 Griffith Uni
W55	Donna Emerson	21.72	8-11-15 Griffith Uni
W60	Sue Barber	16.03	1-11-15 Griffith Uni
W65	Carol Davis	11.79	29/09/2020 Runaway Bay
W70	Adrienne	14.63	28-06-15 Griffith Uni
W75	Eunice Jenkins	15.92	14-03-15 SAF

Shot Put

M30	Anthony Eggersdorff	7.59	10/11/2016	Runaway Bay
M35	Greg Costello	10.51	1-04-17	Auckland
M40	Rene Doel	11.51	11-06-17	Darwin
M45	Richard Harris	11.54	10-11-16	Runaway Bay
M50	Grant Edwards	13.76	29-01-15	Canberra
M55	Toufic Lawand	10.67	26-03-17	Griffith Uni
M60	Grant Chapman	9.35	1-11-14	Griffith Uni
M65	Kevin Ryall	10.50	7-02-15	SAF
M70	Kevin Ryall	10.82	24-08-19	Jimboomba
M75	Alf Lakin	7.35	1-04-17	Griffith Uni
M80	Dash Daniels	10.38	26-04-19	Melbourne

Shot Put

W35	Elane Angelides	10.42	4/02/2018	Runaway Bay
W40	Althea Mackie	8.65	3-03-15	SAF
W45	Karen Bradley	9.55	10-01-16	Griffith Uni
W50	Judy Jennings	8.77	6-02-15	Griffith Uni
W55	Donna Emerson	9.20	10-01-16	Griffith Uni
W60	Carol Davis	6.42	17-01-15	Griffith Uni
W65	Carol Davis	7.07	12-11-17	Griffith Uni
W70	Carol Davis	6.79	31-01-21	Runaway Bay
W75	Eunice Jenkins	5.35	26-03-17	Griffith Uni
W80				

Hammer Throw

M30	Anthony Eggersdorff	18.43	21/01/2017	QSAC
M35	Greg Costello	25.24	12-11-16	Runaway Bay
M40	Rene Doel	33.27	21-05-17	Griffith Uni
M45	Richard Harris	33.74	12-11-16	Runaway Bay
M50	Grant Edwards	48.77	14-03-15	SAF
M55	Mike Kirkby	28.80	3-06-16	Townsville
M60	Grant Chapman	25.81	1-11-14	Griffith Uni
M65	Mills Lafferty	29.72	18-02-17	QSAC
M70	Ian Ison	33.56	30/03/2019	Ashmore
M75	Alf Lakin	17.16	11-10-15	Griffith Uni
M80	Bill McMullen	25.03	2-09-14	Griffith Uni

Hammer Throw

W35				
W40	Althea Mackie	41.50	3-04-15	Sydney
W45	Althea Mackie	42.13	13-02-16	SAF
W50				
W60	Sue Barber	17.92	12-10-14	Griffith Uni
W65				
W70	Adrienne	22.55	11-10-15	Griffith Uni
W75	Eunice Jenkins	23.11	29-01-17	Griffith Uni
W80				

Weight Throw

M30	Anthony Eggersdorff	7.63	21/01/2017	QSAC
M35	Greg Costello	11.78	11-11-16	Runaway Bay
M40	Rene Doel	11.47	21-01-17	QSAC
M45	Richard Harris	11.32	11-06-17	Darwin
M50	Grant Edwards	18.84	10-10-16	SAF
M55	Michael Kirkby	12.16	2-04-17	QSAC
M60	Grant Chapman	11.12	12-10-16	Griffith Uni
M65	Mills Lafferty	11.00	12-02-17	Griffith Uni
M70	Grant Chapman	11.83	06.03.21	SAF
M75	Alf Lakin	7.40	7-02-16	Griffith Uni
M80	Bill McMullen	10.59	12-10-14	Griffith Uni

Weight Throw

W35				
W40	Althea Mackie	12.93	3-04-15	Sydney
W45	Althea Mackie	13.57	4-16 Aug-15	Lyon, France
W50				
W55				
W60	Sue Barber	7.59	12-10-14	Griffith Uni
W65				
W70	Adrienne	8.80	28-06-15	Griffith Uni
W75	Eunice Jenkins	7.41	26-03-17	Griffith Uni
W80				

Heavy Weight Throw 56lbs

M30				
M35	Greg Costello	7.04	4-12-16	Griffith Uni
M40	Rene Doel	7.15	4-12-16	Griffith Uni
M45	Richard Harris	6.9	21-05-17	Griffith Uni
M50	Mike Kirkby	6.10	20-03-16	Griffith Uni
M55	Mike Kirkby	4.79	12-03-17	Griffith Uni
M60	Franz Schlechter	3.79	22-11-15	Griffith Uni
M65	Mills Lafferty	3.68	28-10-17	SAF
M75	Alf Lakin	2.51	5-03-16	Griffith Uni
M80	Bill McMullen	3.21	10-01-16	Griffith Uni

Heavy Weight Throw 56l

W35				
W40				
W45	Althea Mackie	5.16	10-01-16	Griffith Uni
W50				
W60	Robyn Wales	1.85	10-01-15	Griffith Uni
W65				
W75				
W80				

Pentathlon T&F

M30	Anthony Eggersdorff	429	12/02/2017	Griffith Uni
M35	Greg Costello	2592	12/02/2017	Griffith Uni
M40	Rene Doel	1,968	20-03-16	Townsville
M45	Gary Parkinson	2,739	17-01-16	Griffith Uni
M50	Mike Kirkby	1,943	22-03-15	Griffith Uni
M55				
M60	Bruce Bodsworth	2,013	17-01-16	Griffith Uni
M65	Viddy Jermacans	2,385	19-04-16	Adelaide
M70	Colin Mancey	1,660	17-01-16	Griffith Uni

Pentathlon T&F

W35	Tami Lebovics	1,551	22-03-15	Griffith Uni
W40				
W45	Karen Bradley	2,635	22-03-15	Griffith Uni
W50	Judy Jennings	2,364	17-01-16	Griffith Uni
W55	Donna Emerson	2,222	17-01-16	Griffith Uni
W60	Carol Davis	3,417	17-01-16	Griffith Uni
W65	Carol Davis	4,248	10-02-19	Griffith Uni
W70				

M80	Charles Crowley	1,538	22-03-15 Griffith Uni
Pentathlon Throws			
M30	Anthony Eggersdorff	1150	21-01-17 QSAC
M35	Greg Costello	2129	12-11-16 Runaway Bay
M40	Rene Doel	2,613	12-11-16 Runaway Bay
M45	Richard Harris	2942	12-11-16 Runaway Bay
M50	Grant Edwards	3,302	28-02-15 SAF
M55	Mike Kirkby	2,655	12-11-16 Runaway Bay
M60	Grant Chapman	2,265	21-09-14 Griffith Uni
M65	Mills Lafferty	2,493	23-09-16 Townsville
M80	Bill McMullen	2,913	21-09-14 Griffith Uni

Decathlon

M50	Mike Kirkby	3,966	20-21 June-15 SAF
M60	Bruce Bodsworth	4,528	20-21 June-15 SAF
M65	Viddy Jermacans	4,275	9-10 Jan 16 Bendigo

W80

Pentathlon Throws

W40	Althea Mackie	2,779	14-02-15 SAF
W45	Althea Mackie	3,348	8-10-15 Rarotonga
W50			
W60	Robyn Wales	1,387	21-09-14 Griffith Uni
W65			

Heptathlon

W65	Carol Davis	5357	SAF
W70	Carol Davis	6375	7.2.21 SAF