

Doncaster Masters' Athletics Venue Best Performances

Current as of 10 April 2023

Rules for inclusion in the Venue Best Performances List.

1. The event must be run at the Doncaster track.
2. The event must be run by VMA Doncaster as part of normal weekly venue meeting.
3. A minimum of two timekeepers are required. All times recorded on results sheet.
4. The individual must be a current paid up member of VMA.
5. The time will be included in the age group based on the age of the runner at the date the performance was set.
6. Runners are required to send an advice of a new venue best performance to the Doncaster Venue Secretary. Information required is name, age, event, time and date and names of two timekeepers.
7. Historic performances have been collated from documents held by Doncaster Venue (either VMA or VVA) and "Around The Grounds".
8. These are the best recorded performances for an age group event at a Doncaster Masters' venue meeting, but are not strictly speaking 'records' as the venue does not have electronic timing nor wind meters and voluntary timekeepers whose judging and timekeeping abilities will vary.

Age graded percentages are as follows -

100% = Approximate World Record Level

90-99% = World Class

80-89% = National Class

70-79% = Regional Class

60-69% = Local Class

Percentages based on WMA factors tables as of 2006. Note not all distances in these performances are covered in the WMA tables thus they maybe derived by formulas from standard distances.

Performances highlighted in red indicate best age graded performance for that event across all age groups.

**DMA - Women's Venue Bests
1996 - 2018**

Age Group	2KM	3KM	3200M	4KM	5KM
W30	A.FORTINGTON (30/5/11) 7:40.9 70.08%	S. ROTH (12/04/21) 11:58.1 70.09%			
W35	L.GORE (27/11/00) 7:56.1 69.42%	L.GORE (4/12/00) 11:56.0 70.93%		T.LYNCH (20/11/96) 16:51.0 68.33%	L.GORE (29/1/01) 20:55.0 69.63%
W40	S.HIGGINS (9/4/01) 7:54.0 72.83%	L.JAMIESON (27/5/98) 12:18.0 73.63%	L.JAMIESON (22/10/97) 13:39.0 75.18%	L.JAMIESON (5/11/97) 17:05.0 70.65%	K. GAWTHORN (7/5/18) 26:24.2 57.12%
W45	L.JAMIESON (30/7/01) 8:26.0 72.39%	K. PHILIP (25/8/08) 12:41.0 73.23%	E.GROVER (27/05/12) 14:18.6 74.19%	L.JAMIESON (28/6/99) 16:41.0 75.57%	E.GROVER (11/06/12) 22:59.0 69.30%
W50	P.TROWBRIDGE (22/11/99) 7:44.0 84.10%	P.TROWBRIDGE (15/11/99) 11:38.0 84.13%	K.PHILIP (28/01/13) 17:16.0 64.86%	C.GRIFFITHS (16/7/97) 24:54.0 53.49%	
W55	E. GROVER (12/11/18) 9:02.3 76.98%	E. GROVER (25/02/19) 14:05.0 71.47%		M.PETROFF (20/3/00) 23:23.0 58.92%	
W60	H. STANLEY (04/03/19) 9:33.8 78.22%	K. PHILIP (04/04/22) 16:55.9			
W65	J. JAMES (27/10/14) 10:56.9 73.87%				R.BARKER (22/4/98) 23:00.4 87.52%
W70	M.DELHEIM (10/2/99) 13:38.0 64.57%				
W75	L. PETRIE (01/10/18) 10:41.5 90.32%	L. PETRIE (08/10/18) 15:45.6 88.37%			
W80					
W85					

**DMA - Men's Venue Bests
1996 - 2018**

Age Group	110M		120M		150M		200M		250M		300M	
M30	A. PAIGE (16.05.16) 14.30 75.29%		L. YANG (07/05/2018) 15.86 74.05%		C. CHARTER (10/3/08) 19.5 75.26%		C.QUILTY (14/4/99) 25.9 75.52%			G.PERRIN (15/10/97) 40.8 74.24%		
M35	F.CORSELLO (4/11/98) 13.6 80.43%		M. SCHOLES (17/3/08) 14.9 80.26%		C.QUILTY (30/4/01) 18.8 79.87%		G.CROLE (30/9/98) 24.2 83.10%		C.QUILTY (22/1/01) 32.9 78.42%		G.CROLE (3/3/99) 38.5 81.79%	
M40	I.MARCHESI (23/10/00) 13.5 81.49%		C.QUILTY (7/6/04) 14.9 81.02%		C.QUILTY (19/7/04) C.QUILTY (26/7/04) 18.9 80.87%		I.MARCHESI (11/9/00) 24.4 84.59%		S. CHAMBERLAIN (2005) 34.5 77.28%		I.MARCHESI (14/5/01) 38.2 85.55%	
M45	P.ROSEVEAR (4/11/98) 14.4 82.03%		M. CRAWFORD (2005) M. CRAWFORD (2006) 15.0 86.04%		M. CRAWFORD (19/7/04) 18.8 86.09%		G.MOWAT (14/1/98) 25.1 86.25%		A.SINCLAIR (28/6/99) 32.9 84.39%		G.MOWAT (3/12/97) 39.3 86.21%	
M50	K.HOWDEN (16/6/99) P.ROSEVEAR (21/4/03) 14.0 85.97%		K.BATES (14/6/10) 15.3 86.22%		A.SINCLAIR (1/10/01) A.SINCLAIR (25/2/02) 19.2 86.77%		K.HOWDEN (8/7/98) 24.9 90.12%		A.SINCLAIR (22/1/01) 33.9 84.84%		A.SINCLAIR (28/2/00) A.SINCLAIR (18/9/00) 39.8 88.14%	
M55	P.ROSEVEAR (2/3/09) 14.8 84.42%		R. KERRIDGE (2005) 15.2 90.05%		R.KENT (13/12/99) R.TREMBATH (1/10/01) 19.5 88.56%		K.HOWDEN (30/9/02) 25.4 91.50%		R. KERRIDGE (23/2/04) 34.5 86.25%		R.KENT (27/8/97) 41.3 87.82%	
M60	D. MCCONNELL (15/07/13) 14.3 90.42%		P.ROSEVEAR (12/4/10) 15.5 91.35%		R. TREMBATH (18/11/02) 19.8 90.15%		R. TREMBATH (6/1/03) 26.4 90.91%		D.MCCONNELL (22/4/13) 34.4 89.35%		D. MCCONNELL (24/02/14) 43.1 86.94%	
M65	C. MATTHEWS (1/9/03) 15.6 86.94%		K. BRUCE (5/02/18) 16.3 90.76%		P. ROSEVEAR (27/10/2014) 21.12 87.55%		K. BRUCE (20/03/17) 28.12 87.66%		D.MCCONNELL (29/01/18) 36.2 88.04%		R. TREMBATH (4/6/07) 45.2 86.48%	
M70	C.SCARFF (13/11/96) 16.5 85.26%		C. MATTHEWS (2007) 17.9 85.84%		C. MATTHEWS (2007) 22.2 86.76%		C. MATTHEWS (2007) 31.3 82.27%		C. MATTHEWS (2007) 42.2 80.18%		R. TREMBATH (30/07/12) 50.6 82.85%	
M75	J. AUGHEY (07/07/14) 20.0 74.57%		J. AUGHEY (9/6/14) 21.8 74.94%		L. COFFEY (2006) 24.2 85.17%		T. LEONG (19/12/16) 34.98 79.27%		J. AUGHEY (13/05/13) 47.9 76.70%		H.SINGH (06/02/12) 53.7 85.20%	
M80	D. MCLEAN (20/01/14) 24.6 64.51%		J. AUGHEY (7/5/18) 22.63 76.84%		J. AUGHEY (28/05/18) 28.49 77.03%		J. AUGHEY (11/12/18) 40.26 73.37%		J. AUGHEY (10/09/18) 53.44 75.05%		J. AUGHEY (09/04/2018) 66.04 76.73%	
M85			L. COFFEY (3/3/15) 21.3 86.39%		D. MCLEAN (22/04/19) 30.56 76.52%		L. COFFEY (3/3/15) 39.6 80.03%				J. AUGHEY (10/01/2023) 77.86 75.57%	

**DMA - Men's Venue Bests
1996 - 2018**

Age Group	300M Hurdles	350M	400M	400M Hurdles	500M	600M
M30			G.PERRIN (19/11/97) 55.4 78.50%		C.QUILTY (12/5/99) 83.6 69.25%	A. PAIGE (2/04/18) 1:37.3 74.32%
M35	B.STAGGARD (7/12/09) 50.5		G.CROLE (7/1/98) 54.8 81.28%	B.STAGGARD (22/2/10) 75.5 63.75%	G.CROLE (7/6/99) 75 78.99%	G.ADRIEN (19/5/99) 1:34.0 78.67%
M40	S. CHAMBERLAIN (21/2/05) 47.6	S. CHAMBERLAIN (6/4/09) 52.2 77.10%	D. FEATHERSTON (13/4/15) 55.9 85.53%		M.SCHOLES (30/12/13) 71 88.55%	D.HECKER (22/11/10) 1:31.0 86.74%
M45	M. CRAWFORD (21/2/05) 48.3		G.MOWAT (19/11/97) 55.5 88.45%		A.SINCLAIR (12/5/99) 76.7 83.81%	C.PAGE (21/5/01) 1:32.2 86.20%
M50	G. CHAMPION (2006) 50.8	A.KEEGHAN (6/4/09) 51.2 83.58%	A.SINCLAIR (13/3/00) 55.0 91.84%	G.CHAMPION (8/3/10) 89.3 63.10%	I.MCLEOD (16/6/99) 78.4 86.15%	A.GIBSON (21/5/01) 1:35.8 88.40%
M55	R.TREMBATH (5/3/01) 46.9	J.BROWNE (6/4/09) 55.6 79.60%	R.KENT (13/3/00) 58.0 90.07%	R.TREMBATH (3/2/99) 65.8 87.74%	R. TREMBATH (16/6/99) 76.8 91.03%	D.NOBBS(2/4/97) 1:41.9 85.95%
M60	R. TREMBATH (2006) 47.8 88.51%		R. TREMBATH (20/1/03) 59.8 90.10%		G.FORD (7/11/11) 88.2 82.26%	D.NOBBS (17/3/03) 1:40.3 90.95%
M65	R.TREMBATH (19/8/07) 48.8 89.92%	R.TREMBATH (6/4/09) 58.2 81.77%	R. TREMBATH (13/8/07) 63.3 88.61%		R. TREMBATH (02/01/12) 92.2 82.05%	R.TREMBATH (18/6/07) 1:46.7 89.23%
M70	G. FORD(09/3/20) 58.32 77.57%		R. TREMBATH (15/10/12) 70.3 81.45%		R. TREMBATH (22/10/12) 94.8 82.25%	R.TREMBATH (26/8/13) & B. McLOUGHLAN (23/01/23) 2:05.4 79.53%
M75			R. TREMBATH (18/03/19) 82.7 75.45%		R. TREMBATH (22/07/19) 117.58 71.82%	R.TREMBATH (22/10/18) 2:23.4 74.27%
M80			D. MCLEAN (11/01/16) 84.3 83.05%		J. AUGHEY (23/04/18) 134.3 70.73%	D. MCLEAN (3/03/15) 3:03.8 65.28%
M85			J AUGHEY (3/01/23) 128.8 59.88%			

**DMA - Men's Venue Bests
1996 - 2018**

Age Group	1MILE	2KM	3KM	3200M	4KM	5KM
M30	V.SERCIA (28/10/98) 5:19.0 70.33%	G.PERRIN (5/11/97) 7:29.0 63.57%	M.MINKLIS (9/4/97) 11:28.0 64.46%	D.EGAN (28/01/13) 15:48.0 53.52%		
M35	G.CROLE (7/4/99) 5:29.1 70.31%	J. MCFARLANE (06/03/23) 7:01.0 69.62%	S. GRUND (28/01/19) 8:56.4 83.71%		W.IRWIN (5/5/99) 14:14.0 71.58%	A. GOTTLIEB (7/5/18) 24:53.6 51.79%
M40	T.LANGELAAN (16/11/09) 5:36.1 70.79%	D.O'CONNOR (9/8/10) 6:37.3 76.56%	T.LANGELAAN (14/9/09) 10:06.3 76.32%		T.LANGELAAN (9/8/10) 13:53.5 74.96%	G.WHEELER (28/1/98) 17:43.0 74.02%
M45	R. SCHWERKOLT (23/3/15) 4:46.2 88.72%	T.LANGELAAN (12/12/11) 6:31.4 80.77%	D. IMBRIANO (27/02/23) 10:13.1 80.83%	A.SINCLAIR (17/9/97) 12:35.0 75.39%	G.CLAIDEN (28/6/99) 15:41.0 72.22%	D. IMBRIANO (20/02/23) 18:04.8 79.61%
M50	P.BENCE (13/3/00) 5:53.0 73.54%	G.KIPP (18/6/97) 6:25.0 85.47%	T. LANGALAAN (31/10/16) 10:26.7 82.65%	G.KIPP (13/8/97) 10:56.0 90.39%	G.PHILPOTT (18/6/97) 15:05.0 77.95%	T.KEEGHAN (13/7/09) 20:59.7 70.88%
M55	F.PROWSE (18/1/10) 5:34.3 82.27%	F. PROWSE (25/10/10) 6:57.5 82.18%	F. PROWSE (10/12/07) 10:50.2 82.56%	F.PROWSE (1/11/10) 11:43.9 87.42%	F.PROWSE (15/11/10) 14:50.8 82.31%	F.PROWSE (11/10/10) 19:25.5 79.77%
M60	C. PAGE (23/3/15) 5:52.1 81.70%	F. PROWSE (8/4/13) 7:31.9 79.31%	F. PROWSE (10/06/13) & M. PURVIS (31/10/16) 10:54.7 85.75%	F.PROWSE (28/01/13) 12:39.0 84.28%	F. PROWSE (14/01/13) 16:05.1 78.45%	F. PROWSE (27/05/13) 21:27.0 74.04%
M65	C. WILLIAMS (23/3/15) 6:43.1 73.53%	B. MCLOUGHLAN (31/05/22) 8:40.0 72.13%	H.THOMAS (31/3/08) 10:54.7 89.72%	F.PROWSE (8/02/21) 18:12.6 61.29%	B. MCLOUGHLAN (04/04/22) 19:04.3 69.31%	B. MCLOUGHLAN (08/08/22) 23:35.7 70.55%
M70	F.PROWSE (01/08/22) 7:49.2 68.15%	B. MCLOUGHLAN (30/01/23) 8:37.2 76.75%	K. SOLOMON (13/08/18) 12:17.3 87.13%	F.PROWSE (24/10/22) 16:40.4 73.27%	F. PROWSE (10/10/22) 21:34.1 67.15%	B. MCLOUGHLAN (08/08/22) 23:33.9 77.48%
M75		H. THOMAS (10/08/15) 13:34.2 53.03%				
M80		T. LEONG (10/01/22) 12:47.2 63.37%	T. LEONG (03/01/22) 20:31.0 58.18%		A.BURGOYNE (4/6/97) 23:51.0 67.65%	
M85						

60 Minutes records
2003 - 2017

Age Group	Men	Women
M30		Kym. OSMOND (28/09/15) 14,111
M35	Shane Draper (24/9/12) 15,621	Julie. NORNEY (24/09/07) 14,674
M40	David O'Connor (27/9/10) 15,967	Julie. NORNEY (26/09/11) 15,101
M45	Robert Schwerkolt (26/9/11) 17,621	Julie. NORNEY (28/09/15) 15,421
M50	Bert Pelgrim (27/9/10) 16,207	Stacey VAN DUEREN (27/09/10) 15,142
M55	Bert Pelgrim (26/9/11) 15,857	Bronwen CARDY (24/09/07) 15,323
M60	John Graham (24/9/12) 14,400	Bronwen CARDY (28/09/15) 14,109
M65	Ted Paulin (27/9/04) 14,877	Lavinia PETRIE (26/09/11) 13,640
M70	Ted Paulin (29/9/08) 13,659	Lavinia PETRIE (13/09/13) 13,044
M75	Bob Lewis (29/09/03) 13,038	Lavinia PETRIE (24/09/18) 12,218
M80	Bob Lewis (29/09/08) 10,850	Margaret PROWSE (27/09/04) 5,840
M85		Margaret PROWSE (24/09/07) 6,469
M90		

Walks

M30		
M35		
M40	Pramesh Prasad (25/09/17) 12,036	
M45	Shaun Wright (24/09/18) 5,393	Kylie Irshad (24/09/18) 4,391
M50		
M55	Albin Hess (25/09/17) 9,321	Donna-Marie Elms (24/09/18) 9,229
M60	Paul Moritz (23/09/19) 8,327	
M65	Frank Prowse (25/09/17) 9,568	
M70	Andrew Jamieson (23/09/19) 10,423	
M75		
M80		
M85		
M90		

Mens Walks Records
1996 - 2018

Age Group	400M	600M	800M	1/2 Mile	1KM	1200M
M30						
M35						
M40			R. MCPHEE (06/02/23) 5:12.2 55.11%			
M45	S. WRIGHT (26/08/19) 3.31.0		R. TOOGOOD (06/02/23) 5:10.1 58.53%			
M50			S. WRIGHT (03/02/20) 6:29.5 47.37%			A. JAMIESON (23/08/99) 5:07.0 94.44%
M55			S. EVANS (11/02/19) 4:04.0 78.28%			S. EVANS (04/03/19) 6:37.3 75.55%
M60			F. PROWSE (12/12/16) 4:14.2 78.20%		F. PROWSE (28/11/16) 5:24.4 78.78%	F. PROWSE (19/12/16) 5:55.1 87.97%
M65		F. PROWSE (2/04/18) 3.37.83	F. PROWSE (10/12/18) 4:13.3 84.67%	F. PROWSE (05/02/18) 4:22.5 81.70%	F. PROWSE (09/01/17) 5:35.7 82.14%	F. PROWSE (03/12/18) 6:44.5 83.31%
M70		F. PROWSE (06/03/23) 3:28.9	F. PROWSE (13/03/23) 4:58.1 76.10%	F. PROWSE (10/01/22) 4:55.0 98.87%	F. PROWSE (06/06/22) 5:52.9 82.65%	F. PROWSE (10/01/22) 7:36.3 78.13%
M75						
M80					T. LEONG (14/03/22) 9:03.8 66.96%	
M85						

Mens Walks Records
1996 - 2018

Age Group	1500M		1600M		1MILE		2KM		3KM	
M30										
M35										
M40	R. MCPHEE (16/01/23) 11:04.0 51.82%	R. McPHEE (06/02/23) 10:37.1 54.01%					R. McPHEE (09/01/23) 13:03.0 58.60%	R. McPHEE (20/02/23) 20:54.1 54.88%		
M45	C. RIDDOCH (02/06/99) 6:38.0 91.21%					R. TOOGOOD (09/01/23) 14:47.0 54.57%	C. RIDDOCH (02/06/99) 14:58.0 80.85%			
M50	A. JAMIESON (13/09/99) 6:21.0 96.85%	A. JAMIESON (08/07/98) 7:57.0 83.81%	A. JAMIESON (19/07/99) 6:56.0 96.09%	A. JAMIESON (13/05/98) 8:55.0 91.96%	A. JAMIESON (31/03/99) 13:07.6 93.70%					
M55								G. WALTER (9/06/14) 21:48.0 58.41%		
M60	F. PROWSE (21/11/16) 8:20.1 79.50%	F. PROWSE (3/10/16) 9:18.9 77.06%			S.EVANS (11/01/21) 11:04.7 79.75%	S.EVANS (08/02/21) 17:02.3 77.78%				
M65	F. PROWSE (16/10/17) 8:35.1 83.27%	F. PROWSE (04/09/17) 9:01.8 85.76%	F. PROWSE (28/05/18) 9:05.7 85.15%	F. PROWSE (13/11/17) 11:21.7 83.89%	F. PROWSE (14/08/17) 17:43.3 80.68%					
M70	F. PROWSE (23/05/22) 9:21.0 80.88%	F. PROWSE (06/03/23) 9:52.2 83.00%	F. PROWSE (07/03/22) 9:54.3 82.71%	F. PROWSE (06/06/22) 12:35.2 80.11%	F. PROWSE (24/01/22) 18:54.0 80.02%					
M75										
M80										
M85										

Mens Walks Records
1996 - 2018

Age Group	3200M		4KM		5KM	
M30						
M35						
M40						
M45						
M50			A. JAMIESON (15/07/98) 18:27.0	90.29%	A. JAMIESON (07/06/99) 22:17.9	94.25%
M55						
M60						
M65	F. PROWSE (12/03/18) 18:58.2	80.60%	F. PROWSE (22/11/21) 25:23.4	75.85%		
M70	F. PROWSE (28/02/22) 20:25.9	79.25%	F. PROWSE (14/02/22) 25:23.1	80.62%	F. PROWSE (14/03/22) 32:11.6	80.17%
M75						
M80						
M85						

Women's Walks
1996-2018

Age Group	600M	800M	1/2 Mile	1KM	1200M
M30					
M35					
M40	L. MCLENNAN (30/07/18) 3:17.4	L. MCLENNAN (10/12/18) 4:38.3 71.84%		K. GAWTHORN (14/11/16) 6:31.9 65.59%	
M45		P. SHAW (7/5/18) 6:31.9 51.00%			
M50					
M55					
M60					
M65		I. SOCUCO (02/01/21) 7:09.5 57.17%			
M70					
M75		C. AUGHEY (03/12/18) 6:22.6 75.73%			
M80					
M85					

Women's Walks
1996-2018

M90								
M90		M. MIHALOPOULOS (04/02/19)			M. MIHALOPOULOS (25/02/19)		M. MIHALOPOULOS (04/03/19)	
		8:15.2			10:53.8		13:30.7	

Women's Walks
1996-2018

M90									
M90	G. SMITH (05/07/99)								
	15:42.0								

Women's Walks
1996-2018

Age Group	3200M	4KM	5KM
M30			
M35			
M40			
M45			
M50			
M55			
M60			
M65			
M70			
M75			
M80			
M85			

Women's Walks
1996-2018

M90						
M90						

Throws/Pentathlon Records
2012-2018

Age Group	LONG JUMP		SHOT		DISCUS		JAVELIN		PENTATHLON	
M30	M. SHANKS (18/02/19) 4.57 53.76%		L. YANG (28/05/2018) 8.36 37.67%		L. YANG (17/12/2018) 20.38 28.48%		L. YANG (17/12/2018) 30.48 32.84%		L. YANG (17/12/2018) 1625 44.29%	
M35	P. LING (21/08/17) 5.22 61.41%		B. NUNN (20/02/2023) 6.67 30.06%		P. LING (19/02/18) 19.94 27.86%		P. LING (21/8/17) 22.92 24.70%		P. LING (21/8/17) 1276 34.99%	
M40	D. FEATHERSTON (06/03/16) 5.74 74.74%		M. HUGHES (25/06/2018) 9.28 43.34%		D. FEATHERSTON (16/01/17) 31.18 44.37%		D. FEATHERSTON (06/03/17) 42.28 49.21%		D. FEATHERSTON (08/03/15) 3012 76.82%	
M45	D. FEATHERSTON (11/04/21) 5.36 73.73%		S. CHAMBERLAIN (25/6/12) 9.90 47.66%		D. FEATHERSTON (15/03/21) 30.68 46.40%		D. FEATHERSTON (17/02/20) 39.56 51.28%		D. FEATHERSTON (11/04/21) 2883 76.63%	
M50	P. DURRANT (20/10/14) 4.72 69.01%		K. BATES (25/06/12) 10.20 54.75%		P COUMAROS (16/02/15) 28.67 41.92%		P COUMAROS (17/11/14) 32.92 43.22%		A. EGGINGTON (08/03/15) 2587 65.84%	
M55	L DE BIASI (15/07/19) 5.29 81.38%		G. CHAMPION (25/6/12) 8.34 47.66%		E. OLIVIER (18/02/19) 30.99 47.99%		L DE BIASI (15/07/19) 34.82 52.16%		G. WALTER (16/2/15) 2120 56.44%	
M60	K. BRUCE (21/12/15) 4.35 71.66%		P. DURRANT (16/01/23) 9.23 50.24%		P. DURRANT (06/02/23) 30.56 46.05%		P COUMAROS (22/02/21) 27.92 44.69%		D. MCCONNELL (17/10/16) 2598 62.69%	
M65	K. BRUCE (16/10/17) 4.67 85.37%		G. FORD (25/06/2018) 7.77 46.64%		G FORD (16/2/15) 29.45 49.29%		D. ASPINALL (6/03/16) 27.98 47.76%		D. MCCONNELL (04/03/18) 2755 71.50%	
M70	M. CLAPPER (15/08/22) 4.25 81.89%		B. MCLOUGHLAN (20/03/23) 7.95 48.68%		G. FORD (16/12/19) 26.29 47.57%		G. FORD (14/12/20) 21.07 38.68%		M. CLAPPER (15/08/22) 2659 76.30%	
M75	T. LEONG (16/1/17) 3.11 64.39%				T. LEONG (19/12/16) 20.64 41.94%		T. LEONG (16/1/17) 21.81 42.61%		T. LEONG (16/01/17) 1812 50.06%	
M80	T. LEONG (06/03/22) 2.58 59.17%		B. DORR (24/05/22) 7.38 52.79%		T. LEONG (17/1/22) 16.41 39.90%		B. DORR (01/03/20) 20.55 44.82%		T. LEONG (17/1/22) 1372 43.14%	
M85										
M90			S. PAKERLA (18/7/16) 6.60				S. PAKERLA (18/7/16) 15.14 63.43%			

Throws/Pentathlon Records
2012-2018

Age Group	LONG JUMP		SHOT		DISCUS		JAVELIN		PENTATHLON	
W35	J. DUX (11/04/21) 4.36 66.56%		J. DUX (18/01/21) 8.75 45.93%				J. DUX (19/04/21) 21.62 34.27%		J. DUX (19/04/21) 2035 48.05%	
W40	S.FANNING (16/2/15) 4.27 74.91%		S.FANNING (18/7/16) 7.90 46.61%		K. GAWTHORN (15/1/18) 19.52 30.46%		S.FANNING (16/2/15) 18.97 37.59%		S.FANNING (08/03/15) 2421 56.50%	
W45	J. SCHOLTZ (16/2/15) 3.45 62.96%		J. SCHOLTZ (19/01/15) 7.66 50.56%		J. SCHOLTZ (10/11/14) 15.21 32.99%		J. SCHOLTZ (15/12/14) 19.18 40.35%		C. HAYHOE (15/02/16) 1520 35.98%	
W50	P. TINDALL (20/04/15) 2.98 56.23%		J. SCHOLTZ (08/03/15) 7.66 52.94%		A. EDWARDS (9/4/18) 17.91 41.31%		A. EDWARDS (14/12/20) 21.11 47.50%		P. TINDALL (08/03/15) 2316 52.47%	
W55	M. TWEEDIE (7/5/12) 3.56 74.95%		A. EDWARDS (06/03/22) 6.54 47.81%				A. EDWARDS (11/04/21) 22.09 58.91%		P. TINDALL (08/03/15) 2316 52.74%	
W60	M. TWEEDIE (06/03/16) 3.71 79.96%		M. TWEEDIE (06/03/16) 7.36 55.09%		E. BEDYN (06/02/23) 17.56 46.68%		M. TWEEDIE (06/03/16) 13.22 35.42%		M. TWEEDIE (06/03/16) 2730 62.64%	
W65	B. LEARMONT (19/12/16) 3.18 74.65%		B. LEARMONT (25/6/18) 6.41 58.17%		B. LEARMONT (10/11/14) 16.12 48.05%		B. LEARMONT (07/05/18) 15.01 51.71%		B. LEARMONT (19/12/16) 1874 47.77%	
W70	J JAMES (29/10/18) 2.88 70.42%		B. LEARMONT (17/12/18) 6.65 54.87%		B. LEARMONT (17/12/18) 14.11 44.71%		B. LEARMONT (14/12/20) 14.61 48.83%		B. LEARMONT (11/04/21) 1781 46.34%	
W75					K. SKULTETY (15/11/21) 10.63 40.07%					
W80	G DE ZWART (29/10/18) 1.08 35.64%				K. SKULTETY (17/01/22) 14.16 72.65%					
W85										

DISTANCE	DONC/VMA	TIME	HOLDER	AGE GROUP	START MARK
60M	DONC	7.2	P.ROSEVEAR	60-65	10M
70M					
80M					
90M					
100M	DONC	11.3	P.ROSEVEAR	60-65	15M
120M					
150M					
200M	VMA	21.30	H.COOGAN	70-74	48M
	DONC	22.4	N.COMPTE	60-65	53M
250M					
300M					
400M	VMA	44.10	H.COOGAN	70-74	102M
	DONC	47.6	R.TREMBATH	60-65	69M
600M					
800M	DONC	01:58.0	A.KEEGHAN	50-55	101M
1KM	VMA	2:30.35	G.RENNIE	65-70	225M
	DONC	2:31.17	R.TREMBATH	65-70	225M
1200M					
1500M					
1600M					
2KM					
3KM					
5KM					

DATE

2/11/2009

30/11/2009

18/02/2008

26/04/2004

18/02/2008

17/02/2003 Unconfirmed

9/11/2009

18/02/2008

19/02/2007 Unconfirmed

AGE	60M	70M	80M	SHORT HURDLES	90M	100M	110M
W30	6.92	7.81	8.71	12.40	9.60	10.49	11.58
W35	7.01	7.91	8.81	12.40	9.72	10.62	11.74
W40	7.32	8.26	9.20	11.24	10.15	11.09	12.25
W45	7.48	8.45	9.41	11.51	10.38	11.34	12.59
W50	7.70	8.69	9.68	12.08	10.68	11.67	12.94
W55	8.07	9.12	10.16	12.31	11.20	12.24	13.52
W60	8.71	9.83	10.95	12.90	12.08	13.20	14.66
W65	9.18	10.36	11.54	13.22	12.73	13.91	15.37
W70	9.72	10.97	12.22	15.72	13.48	14.73	16.39
W75	9.91	11.19	12.47	17.24	13.75	15.03	16.68
W80	10.71	12.09	13.47	18.70	14.85	16.23	18.11
W85	11.97	13.51	15.05	26.69	16.60	18.14	20.35

	200M	250M	300M	LONG HURDLES	350M	400M	500M
W30	21.34	27.17	33.00	52.94	40.48	47.95	64.28
W35	21.81	28.10	34.40	52.94	41.93	49.46	66.23
W40	22.72	29.60	36.48	58.35	45.08	53.68	70.07
W45	23.82	31.19	38.56	62.85	47.35	56.14	72.81
W50	24.33	32.49	40.65	44.90	49.16	57.66	76.51
W55	25.07	33.90	42.73	46.74	51.05	59.36	80.01
W60	27.78	36.30	44.81	49.80	54.56	64.31	86.51
W65	28.53	37.87	47.21	52.70	57.64	68.08	90.96
W70	31.30	40.94	50.57	36.71	61.18	71.78	96.71
W75	31.56	43.41	55.25	39.89	67.39	79.53	106.49
W80	35.00	48.60	62.19	42.24	76.02	89.84	121.92
W85	40.20	56.57	72.93	102.02	87.28	101.63	140.22

1000M 1200M 1500M 1600M 1MILE 2000M 3000M

W30	2:26.50	3:01.39	3:53.73	4:11.59	4:12.92	5:23.02	8:23.33
W35	2:27.80	3:03.77	3:57.73	4:16.29	4:17.33	5:30.52	8:27.83
W40	2:34.72	3:08.74	3:59.78	4:20.87	4:23.78	5:45.22	9:03.40
W45	2:42.27	3:15.54	4:05.44	4:29.61	4:48.42	6:06.30	9:17.27
W50	2:51.37	3:32.98	4:35.40	4:58.36	4:57.83	6:30.22	9:47.20
W55	3:03.40	3:42.62	4:41.46	5:08.66	5:08.47	6:57.48	10:03.90
W60	3:18.70	4:01.88	5:06.65	5:35.09	5:39.84	7:28.83	10:28.94
W65	3:38.33	4:21.26	5:25.65	5:57.58	5:54.59	8:05.28	11:42.80
W70	4:01.99	4:43.95	5:46.90	6:23.15	6:38.30	8:48.17	12:13.12
W75	4:31.85	5:15.48	6:20.93	7:00.62	6:58.44	9:39.38	13:55.58
W80	5:07.71	5:49.73	6:52.77	7:39.44	7:34.74	10:46.10	14:27.49
W85	5:59.16	6:38.42	7:37.31	8:40.64	10:55.25	12:53.95	16:39.15

120M	150M	World Records	Women
12.66	15.92	60 metres	6.92
12.86	16.22	100 metres	10.49
13.42	16.91	150 metres	16.10
13.84	17.58	200 metres	21.34
14.20	18.00	300 metres	
14.81	18.66	400 metres	47.60
16.12	20.49	600 metres	1:21.77
16.83	21.22	800 metres	1:53.28
18.04	23.02	1000 metres	2:28.98
18.34	23.30	1500 metres	3:50.07
19.98	25.62	Mile	4:12.56
22.55	29.17	2000 metres	5:23.75

600M	800M	1/2MILE		
1:20.62	1:53.28	1:54.00	2000 steeplechase	
1:23.40	1:56.53	1:54.10	3000 metres	8:06.11
1:26.46	1:59.25	1:59.40	3000 steeplechase	8:52.78
1:29.49	2:02.82	2:04.70	2 miles	8:58.58
1:35.36	2:12.50	2:11.20	5000 metres	14:11.15
1:41.27	2:19.63	2:20.50	110 hurdles	12.20
1:48.70	2:31.51	2:32.60	400 hurdles	52.34
1:53.91	2:39.61	2:48.70		
2:02.73	2:50.66	3:08.40		
2:13.45	3:07.19	3:33.60		
2:34.68	3:30.41	4:03.60		
3:02.73	3:58.15	4:41.60		

3200M 4000M 5000M

9:36.10	11:25.26	14:27.19
9:41.03	11:30.84	14:33.84
10:15.69	12:04.13	15:04.87
10:36.96	12:36.49	15:55.71
11:11.99	13:19.18	16:51.17
11:32.98	13:46.59	17:29.28
11:58.98	14:14.05	17:59.16
13:23.87	15:55.49	20:08.17
13:57.72	16:34.63	20:56.13
15:43.17	18:24.57	22:53.55
16:42.02	20:03.82	25:40.14
18:50.95	22:08.64	27:38.13

80.62

83.00

86.47

89.48

95.36

100.67

108.70

113.85

121.64

133.45

154.00

178.81

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	AA	AB	AC	AD	AE
1	AGE	60M	70M	80M	HURDLES				90M	100M	110M	120M	150M	World Records				Men													
2	M30	6.39	7.24	8.09					8.94	9.79	10.77	11.74	14.67	60 metres				6.39													
3														100 metres				9.58													
4	M35	6.47	7.34	8.20	12.96				9.06	9.92	10.94	11.96	15.02	150 metres				14.35													
5														200 metres				19.19													
6	M40	6.48	7.34	8.21	13.73				9.07	9.93	11.00	12.07	15.29	300 metres				30.81													
7														400 metres				43.03													
8	M45	7.00	7.93	8.86	14.38				9.79	10.72	11.81	12.91	16.19	600 metres				1:12.81													
9														800 metres				1:40.91													
10	M50	7.10	8.05	8.99	15.20				11.26	12.33	13.56	14.79	18.49	1000 metres				2:11.96													
11														1500 metres				3:26.00													
12	M55	7.38	8.36	9.34	16.25				12.32	13.49	14.91	16.34	20.61	Mile				3:43.13													
13														2000 metres				4:44.79													
14	M60	7.64	8.65	9.67	17.33				13.77	15.08	16.74	18.40	23.38																		
15																															
16	M65	8.05	9.12	10.19	18.46				15.08	16.74	18.40	23.38	1/2MILE																		
17														2000 steeplechase				5:10.86													
18	M70	8.34	9.44	10.55	19.61				16.66	18.49	20.61	25.95	3000 metres				7:20.67														
19														3000 steeplechase				7:53.63													
20	M75	8.81	9.98	11.15	20.76				17.93	19.79	21.95	26.61	2 miles				7:58.61														
21														5000 metres				12:37.35													
22	M80	9.37	10.61	11.86	21.91				19.39	21.95	24.91	29.99	110 hurdles				12.80														
23														400 hurdles				46.78													
24	M85	9.84	11.15	12.46	23.06				21.95	24.91	28.41	33.61																			
25																															
26		200M	250M	300M	300 HURDLES				350M	400M	400M HURDLES	500M	600M	800M	1/2MILE																
27	M30	19.56	24.92	30.29	36.89				43.49	46.94	57.89	1:12.30	1:41.11	1:41.80	3000 metres				7:20.67												
28														3000 steeplechase				7:53.63													
29	M35	20.11	25.80	31.49	37.27				40.25	47.81	49.69	62.87	1:18.93	1:48.05	1:49.00	2 miles				7:58.61											
30														5000 metres				12:37.35													
31	M40	20.64	26.66	32.68	37.27				40.25	47.81	49.69	62.87	1:18.93	1:48.05	1:49.00	110 hurdles				12.80											
32														400 hurdles				46.78													
33	M45	21.65	27.77	33.88	40.18				41.49	49.09	53.57	64.28	1:19.48	1:49.86	1:54.00																
34																															
35	M50	22.44	28.76	35.08	42.26				42.80	50.51	56.35	67.55	1:24.69	1:58.65	1:59.10	3000 metres				7:20.67											
36														3000 steeplechase				7:53.63													
37	M55	23.24	29.76	36.27	43.30				44.26	52.24	57.73	69.91	1:27.58	2:02.92	2:04.10	2 miles				7:58.61											
38														5000 metres				12:37.35													
39	M60	24.00	30.74	37.47	42.31				45.68	53.88		72.55	1:31.22	2:08.56	2:09.10	110 hurdles				12.80											
40														400 hurdles				46.78													
41	M65	24.65	31.87	39.09	43.88				47.59	56.09		75.65	1:35.21	2:14.33	2:14.90																
42																															
43	M70	25.75	33.84	41.92	45.24				49.59	57.26		77.97	1:39.73	2:20.52	2:23.70																
44																															
45	M75	27.73	36.74	45.75	49.65				54.08	62.40		84.45	1:46.50	2:30.59	2:35.80																
46																															
47	M80	29.54	40.11	50.67	36.95				60.34	70.01		95.00	1:59.98	2:41.59	2:53.30																
48																															
49	M85	31.69	45.27	58.84	42.70				67.98	77.12		104.51	2:11.91	3:06.69	3:26.00																
50																															
51		1000M	1200M	1500M	1600M	1MILE	2000M	3000M	3200M	4000M	5000M																				
52	M30	2:10.50	2:40.70	3:26.00	3:41.89	3:44.35	4:45.43	7:23.46	8:27.36	10:03.21	12:42.95																				
53																															
54	M35	2:14.05	2:45.43	3:32.51	3:48.63	3:51.38	4:53.11	7:29.00	8:33.92	10:11.30	12:53.60																				
55																															
56	M40	2:20.66	2:53.14	3:41.87	3:58.33	3:57.91	5:04.19	7:42.75	8:47.56	10:24.76	13:06.78																				
57																															
58	M45	2:27.27	2:59.85	3:48.72	4:06.20	4:13.96	5:16.14	8:15.58	9:29.18	11:19.59	14:23.60																				
59																															
60	M50	2:33.87	3:07.63	3:58.26	4:16.42	4:19.59	5:29.07	8:37.94	9:52.94	11:45.43	14:52.92																				
61																															
62	M55	2:40.50	3:17.24	4:12.35	4:30.50	4:35.04	5:43.11	8:56.80	10:15.38	12:13.25	15:29.70																				
63																															
64	M60	2:47.09	3:25.85	4:24.00	4:42.88	4:47.69	5:58.39	9:21.38	10:39.69	12:37.15	15:52.92																				
65																															
66	M65	2:54.40	3:36.59	4:39.87	4:58.92	4:56.40	6:15.10	9:47.40	11:09.68	13:13.10	16:38.80																				
67																															
68	M70	3:05.11	3:48.25	4:52.95	5:13.75	5:19.75	6:36.97	10:42.40	12:13.03	14:28.97	18:15.53																				
69																															
70	M75	3:20.12	4:04.58	5:11.27	5:35.37	5:41.20	7:11.77	11:10.83	12:46.07	15:08.92	19:07.02																				
71																															
72	M80	3:41.15	4:25.05	5:30.89	6:01.95	5:56.93	8:06.18	11:56.25	13:37.00	16:08.13	20:20.01																				
73																															
74	M85	4:21.37	5:04.27	6:08.61	6:49.71	6:40.25	9:34.09	14:13.40	16:11.52	19:08.69	24:03.99																				

AGE	HIGH	LONG	SHOT	DISCUS	JAVELIN	PENTATHLON
M30	2.31	8.50	22.19	71.56	92.80	3669
M35	2.31	8.50	22.19	71.56	92.80	3647
M40	2.28	7.68	21.41	70.28	85.92	3921
M45	2.05	7.27	20.77	66.12	77.15	3762
M50	1.98	6.84	18.63	68.40	76.16	3929
M55	1.91	6.50	17.50	64.58	66.76	3756
M60	1.81	6.07	18.37	66.36	62.47	4144
M65	1.67	5.47	16.66	59.75	58.58	3853
M70	1.60	5.19	16.33	55.27	54.47	3485
M75	1.49	4.83	14.24	49.21	51.18	3620
M80	1.38	4.36	13.98	41.13	45.85	3180
M85	1.28	3.83	11.94	35.92	35.64	2872
WOMEN					23.87	
W30	2.01	6.99	21.46	69.60	74.03	4362
W35	2.01	6.99	21.46	69.60	68.92	4073
W40	1.87	6.55	19.05	67.89	63.08	4235
W45	1.76	5.70	16.95	64.09	50.47	4285
W50	1.68	5.48	15.15	46.11	47.53	4225
W55	1.55	5.30	14.47	43.36	44.44	4414
W60	1.48	4.75	13.68	40.76	37.50	4391
W65	1.42	4.64	13.36	37.62	37.32	4358
W70	1.32	4.26	11.02	33.55	29.03	3923
W75	1.24	4.09	12.12	31.56	29.92	3843
W80	1.15	3.69	10.07	26.53	27.51	3277
W85	0.95	3.03	7.97	19.49	18.96	2202

AGE	800	1000	1200	1500	mile	2000	3000
M30	2:49.09	3:37.41	4:25.72	5:38.19	6:06.37	7:30.92	11:16.38
M35	2:49.09	3:37.41	4:25.72	5:38.19	6:06.37	7:30.92	11:16.38
M40	2:52.05	3:41.21	4:30.37	5:44.11	6:12.78	7:38.81	11:28.21
M45	3:01.50	3:53.36	4:45.21	6:03.00	6:33.25	8:04.00	12:06.00
M50	3:04.50	3:57.21	4:49.93	6:09.00	6:39.75	8:12.00	12:18.00
M55	3:11.00	4:05.57	5:00.14	6:22.00	6:53.83	8:29.33	12:44.00
M60	3:18.78	4:15.57	5:12.36	6:37.56	7:10.68	8:50.07	13:15.11
M65	3:34.46	4:35.73	5:37.01	7:08.92	7:44.66	9:31.89	14:17.84
M70	3:46.86	4:51.67	5:56.49	7:33.71	8:11.52	10:04.95	15:07.43
M75	4:04.88	5:14.84	6:24.80	8:09.75	8:50.56	10:53.00	16:19.50
M80	4:43.21	6:04.13	7:25.05	9:26.42	10:13.63	12:35.23	18:52.85
M85	4:52.75	6:16.39	7:40.04	9:45.50	10:34.29	13:00.67	19:31.00
WOMEN							
W30	3:00.60	3:52.20	4:43.80	6:01.19	6:31.29	8:01.59	12:02.39
W35	3:00.60	3:52.20	4:43.80	6:01.19	6:31.29	8:01.59	12:02.39
W40	3:19.93	4:17.05	5:14.17	6:39.85	7:13.17	8:53.13	13:19.70
W45	3:19.87	4:16.98	5:14.08	6:39.74	7:13.05	8:52.99	13:19.48
W50	3:28.57	4:28.17	5:27.76	6:57.15	7:31.91	9:16.20	13:54.30
W55	3:34.10	4:35.27	5:36.45	7:08.20	7:43.89	9:30.94	14:16.41
W60	3:50.49	4:56.34	6:02.19	7:40.97	8:19.38	10:14.63	15:21.94
W65	4:05.53	5:15.68	6:25.82	8:11.05	8:51.97	10:54.73	16:22.10
W70	4:27.65	5:44.12	7:00.59	8:55.30	9:39.91	11:53.73	17:50.60
W75	4:49.73	6:12.50	7:35.28	9:39.45	10:27.74	12:52.60	19:18.90
W80	5:17.05	6:47.64	8:18.22	10:34.10	11:26.94	14:05.47	21:08.20
W85	5:51.22	7:31.57	9:11.92	11:42.45	12:40.98	15:36.59	23:24.89

3200	4000	5000
12:09.98	15:44.39	20:12.41
11:59.78	14:53.38	18:30.38
12:16.21	15:28.21	19:28.21
12:56.23	16:17.14	20:28.28
13:10.30	16:39.50	21:01.00
13:40.75	17:27.75	22:11.50
14:11.47	17:56.90	22:38.70
15:17.37	19:15.47	24:13.10
16:11.54	20:27.96	25:48.50
17:27.55	21:59.75	27:40.00
19:55.97	24:08.47	29:24.10
20:53.40	26:23.00	33:15.00
12:51.39	16:07.40	20:12.41
12:51.39	16:07.40	20:12.41
14:11.47	17:38.55	21:57.40
14:16.25	18:03.33	22:47.17
14:52.63	18:45.94	23:37.58
15:14.53	19:06.99	23:57.58
16:23.90	20:31.76	25:41.58
17:27.80	21:50.60	27:19.10
18:59.14	23:33.30	29:16.00
20:34.88	25:38.78	31:58.65
22:30.23	27:58.35	34:48.49
25:04.89	31:44.88	40:04.87