

## Q.M.A. MENS' RECORDS AS AT 1<sup>ST</sup> JANUARY, 2019

Record times up to and including 800m must be set with Electronic Timing to be accepted as Queensland /Australian/World Records to conform to World and/or Australian Masters Rules, and a Wind Gauge reading is required for Sprints. 3 Watch Times are needed for any other distance longer than 800m to be recognised. Lap Scoring is required for distances longer than 1500 metres.

### 60 METRES

M30	Pasquale Vescio	2005	7.14
M35	Robin Mirhshahi	2014	7.25
M40	Travis Venema	2016	7.34
M45	Stephen Jones	2009	7.40
M50	Wayne Cousins	2011	7.40 <b>A</b>
M55	John Wight	2001	7.41 <b>A</b>
M60	John Wight	2006	8.00
M65	Rob McDonald	2010	8.10 <b>A</b>
M70	Glen Wilson	2011	8.41 <b>A</b>
M75	Hugh Coogan	2012	8.78
M80	Tom Brown	1999	9.42 <b>A</b>
M85	Charlie Hankins	2001	10.45
M90	Maurice Dauphinet	2016	13.01

### 60 METRES INDOOR (not Qld)

M45	Stephen Jones	2010	7.57 <b>A</b>
M50	Steve Jones	2017	7.81 <b>A</b>

### 100 METRES

M30)	Travis Venema	2007	11.0
M30)	Matt McEwen	2004	11.19
M35	Kevin Silver	1987	10.94
M40	Heinz Steinmann	1984	10.9
M45	Ted Eden	1977	11.4
M50	Wayne Cousins	1998	12.01
M55)	Mick Pirie	1980	11.9
M55)	Wayne Cousins	2002	12.01
M55)	Bernie Hogan	1976	11.5 <b>A</b>
M60	Bernie Hogan	1981	12.15 <b>A</b>
M65	Mick Pirie	1994	12.62 <b>A</b>
M70	Hugh Coogan	2009	13.34
M75	Hugh Coogan	2012	13.86
M80	George Harrod	2009	15.76
M85	Charlie Hankins	2002	17.0
M90	Harry Gathercole	1997	19.99
M100	Les Amey	2000	58.29 <b>A</b>

### 100 YARDS

M30	Travis Venema	2006	10.54
M35	Travis Venema	2015	10.78
M40)	Travis Venema	2016	10.84
M40)	Graham Scully	2017	10.84
M45)	Greg Potts	2015	11.08
M45)	Gary Parkinson	2015	11.08
M50	Gary Parkinson	2018	11.21
M55	Wayne Cousins	2002	11.51
M60	John Wight	2006	11.75
M65	Col Buyers	2008	12.05
M70	Hugh Coogan	2006	12.73
M75	Hugh Coogan	2012	13.14
M80	George Harrod	2012	15.33
M85	Maurice Dauphinet	2012	16.75
M90	Maurice Dauphinet	2017	21.79

### 200 METRES

M30	Harry Giles	1977	22.4
M35	Kevin Silver	1987	22.1
M40)	Heinz Steinmann	1984	22.5
M40)	Dave Irvine	1987	22.5
M45	Heinz Steinmann	1988	23.45
M50	Heinz Steinmann	1995	23.9
M55	John Wight	2002	24.7
M60	Bernie Hogan	1981	25.23
M65	Bernie Hogan	1985	25.6 <b>A</b>
M70	Hugh Coogan	2005	26.84 <b>A</b>
M75	Hugh Coogan	2011	28.44
M80	Charlie Hankins	1997	33.83
M85	Harry Gathercole	1993	35.99
M90	Harry Gathercole	1997	44.24

### 300 METRES

M30	Scott Tuohy	2017	36.77
M35	Rafal Witelus	2012	37.52
M40	Graham Scully	2017	37.02
M45	Gary Parkinson	2016	37.17
M50	Gary Parkinson	2018	38.12
M55	Joe Begley	2011	41.50
M60	Colin Buyers	2005	40.76
M65	Colin Buyers	2008	41.75
M70	Hugh Coogan	2007	43.54
M75	Hugh Coogan	2012	45.03
M80	Colin Woods	2016	55.08
M85	Maurice Dauphinet	2011	76.37

### 400 METRES

M30	Murray Goodwin	2018	46.24 <b>A</b>
M35	Nev Appleby	1991	50.4
M40	Tony Blue	1977	50.5
M45	Gary Parkinson	2016	52.60
M50	Gary Parkinson	2018	53.72
M55	John Cooper	1995	55.51
M60	Colin Buyers	2005	57.35
M65	Colin Buyers	2007	58.90 <b>A</b>
M70	Hugh Coogan	2006	60.77 <b>A</b>
M75	Hugh Coogan	2011	64.10 <b>A</b>
M80	Colin Woods	2016	77.72
M85	Harry Gathercole	1993	1.33.50
M90	Alex Pittendrich	1997	1:57.78
M95	Alex Pittendrich	2001	2:50.1 <b>A</b>

### 800 METRES

M30	Jeff Tarrant	1982	1:56.4
M35	Nev Appleby	1990	1:55.0
M40	Tony Blue	1977	1:54.80
M45	Alan Bradford	1987	1:58.65 <b>A</b>
M50	Alan Bradford	1989	2:00.40 <b>A</b>
M55	Peter Hawes	2011	2:07.87
M60	Alan Bradford	1999	2:10.42 <b>A</b>
M65	Alan Bradford	2004	2:22.15
M70	Alan Bradford	2009	2:28.78
M75	Hugh Coogan	2012	2:40.26
M80	Colin Woods	2016	3:10.71
M85	Alex Pittendrich	1993	4:13.0
M90	Alex Pittendrich	1997	4:28.20 <b>A</b>

### 800 METRES INDOOR (not Qld)

M30	Brendan Whelan	2008	2:04.24 <b>A</b>
M55	Peter Hawes	2012	2:14.87 <b>A</b>

### 1000 METRES INDOOR (not Qld)

M70	Ken Daniels	2010	4:40.41 <b>A</b>
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### 1500 METRES

M30	Aidan Hobbs	2018	3:54.79
M35	Peter Edwards	1991	4:00.33
M40	Tony Blue	1977	3:57.3
M45	Alan Bradford	1984	4:03.16
M50	Alan Bradford	1989	4:08.09
M55	Alan Bradford	1995	4:27.40
M60	Alan Bradford	1999	4:35.18
M65	Alan Bradford	2004	4:52.2
M70	Merv Jenkinson	1979	5:11.8
M75	Norm Gulbransen	1991	5:49.02
M80	Colin McLeod	2016	6:32.17
M85	Norm Pearce	2010	9:03.28
M90	Alex Pittendrich	1998	11:04.39
M100	Les Amey	2000	16:46.41 <b>W</b>

### 1 MILE

M30	Brendan Whelan	2006	4:25.25
M35	Peter Bracken	2018	4:34.72
M40	Shane George	2006	4:34.5
M45	David Sweeney	2006	4:39.82
M50	David Sweeney	2011	4:44.3
M55	Alan Bradford	1996	4:52.5
M60	Peter Reeves	2014	5:03.37
M65	Alan Bradford	2004	5:14.9
M70	Alan Bradford	2010	5:59.27
M75	Colin Woods	2010	6:53.02
M80	Colin McLeod	2016	7:01.40

### 1 MILE INDOOR (not Qld)

M30	Brendan Whelan	2008	4:31.43 <b>A</b>
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### 3000 METRES

M30	Aidan Hobbs	2018	8:29.00
M35	Patrick Nispel	2017	8:45.36
M40	Shane George	2006	8:51.25
M45	David Sweeney	2008	8:56.46
M50	David Sweeney	2012	9:13.53
M55	David Sweeney	2017	9:36.27
M60	Peter Reeves	2014	9:57.08
M65	Alan Bradford	2004	10:30.50
M70	Colin McLeod	2006	11:26.8
M75	Colin McLeod	2012	12:56.02
M80	Colin McLeod	2016	13:35.60

### 3000 METRES INDOOR (not Qld)

M30	Brendan Whelan	2008	9:02.38 <b>A</b>
M50	Alan Stacey	2017	10:53.45 <b>A</b>

### 5000 METRES

M30	Aidan Hobbs	2017	14:50.41
M35	Brian Enders	1989	15:11.46
M40	Shane George	2007	15:15.24
M45	David Sweeney	2007	15:29.64
M50	Alan Bradford	1991	15:51.2
M55	Alan Bradford	1994	16:03.9
M60	Alan Bradford	1999	17:11.9
M65	Colin McLeod	2001	17:51.34
M70	Colin McLeod	2006	19:20.5
M75	Colin McLeod	2012	20:58.75
M80	Colin McLeod	2016	22:58.42 <b>A</b>

### 10,000 METRES

M30	Rod Stones	1978	31:15.0
M35	Ron Irwin	1978	31:17.0
M40	Joe Patterson	1975	31:57.0
M45	Ron Peters	2001	31:48.69
M50	Ron Peters	2003	32:54.8
M55	David Sweeney	2016	33:15.16
M60	Alan Bradford	1999	35:51.81
M65	Colin McLeod	2001	37:02.3
M70	Colin McLeod	2008	41:08.6
M75	Colin McLeod	2013	45:03.69
M80	Colin McLeod	2016	47:13.84 <b>A</b>

### 2000M STEEPLECHASE

M60	Alan Bradford	1999	6:54.31 <b>A</b>
M60	Alan Bradford	2002	7:18.9
M65	Alan Bradford	2004	7:18.2 <b>A</b>
M70	Alan Bradford	2009	8:20.95
M75	Michael Juckes	2015	10:14.82
M80	Fred Black	2018	11:26.02

### 3000M STEEPLECHASE

M30	Aidan Hobbs	2018	9:09.64
M35	Brian Enders	1986	9:56.5
M40	Doug Worling	1975	9:24.3
M45	Doug Worling	1981	9:41.49
M50	Alan Bradford	1989	9:51.62 <b>A</b>
M55	Alan Bradford	1994	10:14.00 <b>A</b>

### 80 METRES HURDLES

M70	Garvin Brown	1999	14.42
M75	Pio Bunin	2016	18.77
M80	Vic Younger	1993	19.51os
M85	Vic Younger	2000	26.65 <b>A</b>

### 100 METRES HURDLES

M50	Harry Giles	1994	15.42
M55	Harry Giles	2001	16.14
M60	Harry Giles	2007	16.34
M65	Harry Giles	2010	17.73

### 110 METRES HURDLES

M30	Stuart Anderson	2012	14.47
M35	Harry Giles	1979	15.6
M40	Harry Giles	1988	15.9
M45	Harry Giles	1992	15.5 <b>A</b>

### 200 METRES HURDLES

M80	Bernie Smith	2018	53.33
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### 300 METRES HURDLES

M60	Harry Giles	2006	46.8
M65	Harry Giles	2010	50.39

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M70	Alan Bradford	2009	53.10
M75	Alan Bradford	2015	60.72
M80	Russell Grigg	2008	1.53.14
M85	Vic Younger	1998	1.59.8 A

### 400 METRES HURDLES

M30	Harry Giles	1977	52.2
M35	Harry Giles	1981	56.09
M40	Harry Giles	1988	56.73
M45	Harry Giles	1989	58.02 A
M50	Harry Giles	1994	62.14
M55	Bruce Bodsworth	2006	67.47

### 1500m TRACK WALK

M30	Michael Day	2016	10.54.00
M35	Andrew Ludwig	2002	6.24.70
M40	Dean Nipperess	2014	6.06.67
M45	Peter Bennett	2002	6.25.06
M50	Peter Bennett	2006	6.44.38
M55	Peter Bennett	2011	6.48.21
M60	Peter Bennett	2016	7.23.00
M65	Ian Richardson	2010	7.49.63
M70	Frank Clark	2015	8.58.39
M75	Richard Lynch	2004	9.18.56
M80	Dick Keatinge	2003	10.33.46
M85	Dick Keatinge	2008	11.07.00 A
M90	John Alroy	1999	12.56.85

### 1 MILE TRACK WALK

M40	Dean Nipperess	2011	7.15.75
M45	Argenis Guevara	2016	8.14.76
M50	Ignacio Jimenez	2016	7.28.50
M55	Peter Bennett	2014	7.29.75
M60	Peter Bennett	2016	7.55.53
M65	Ian Richardson	2014	8.22.08
M75	Patrick Sela	2015	11.13.83
M80	Richard Lynch	2011	12.10.37
M85	Russell Grigg	2015	15.42.38
M90	Russell Grigg	2017	15.44.37

### 2000m TRACK WALK

M85	Russell Grigg	2013	18.40.0 A
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### 3000m TRACK WALK

M30	Ignacio Jimenez	1996	12.45.81 A
M35	Dave Smith	1994	11.34.1
M40	Dave Smith	2000	12.08.42
M45	Dave Smith	2001	13.20.2
M50	Ignacio Jimenez	2018	13.36.95
M55	Peter Bennett	2011	14.03.00
M60	Peter Bennett	2016	14.31.38
M65	Ian Richardson	2014	16.17.71
M70	Richard Lynch	2000	18.11.87
M75	Richard Lynch	2014	19.07.78
M80	Dick Keatinge	2003	20.46.80
M85	Dick Keatinge	2008	21.42.09
M90	John Alroy	1995	25.33.9

### 3000m TRACK WALK INDOOR (not Q)

M40	Dean Nipperess	2014	13.19.77 A
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### 5000m TRACK WALK

M30	Ignacio Jimenez	1996	21.38.52 A
M35	Dave Smith	1994	19.53.0 A
M40	Dave Smith	2000	20.47.7
M45	Dave Smith	2001	22.30.1 A
M50	Ignacio Jimenez	2018	23.21.25
M55	Peter Bennett	2011	24.13.78
M60	Peter Bennett	2016	24.58.78
M65	Ian Richardson	2014	29.02.85
M70	Richard Lynch	2001	30.49.35
M75	Richard Lynch	2004	32.19.64
M80	Dick Keatinge	2003	34.50.11
M85	Dick Keatinge	2008	37.27.25
M90	John Alroy	1995	43.08.0

### 10,000m TRACK WALK

M30	Ignacio Jimenez	1996	44.45.4
M35	Andrew Ludwig	2004	47.07.04
M40	Dave Smith	2000	44.04.84
M45	Peter Bennett	2001	48.28.4
M50	Iggy Jimenez	2018	49.25.76
M55	Robert Mee	1994	49.50.3
M60	Peter Bennett	2016	52.14.64
M65	Patrick Sela	2005	63.22.1
M70	Eric Bailey	1994	63.09.5

M75	Richard Lynch	2005	67.39.25
M80	Dick Keatinge	2003	72.09.6
M85	Dick Keatinge	2008	75.34.0

### LONG JUMP

M30	Matt McEwen	2004	7.20
M35	John Davis	1992	6.42
M40	Garry Donaldson	1988	6.22
M45	Harry Giles	1990	6.19
M50	Garry Donaldson	1994	5.82
M55	Harry Giles	2002	5.36
M60	Harry Giles	2004	4.98
M65	Spencer Herft	2003	4.79
M70	Spencer Herft	2008	4.43
M75	Garvin Brown	2004	3.85
M80	Vic Younger	1993	3.37
M85	Vic Younger	1999	3.17 A
M90	Maurice Dauphinat	2016	2.44
M95	Alex Pittendrich	2001	1.67 A

### LONG JUMP INDOOR (not Qld)

M55	Viddy Jermacans	2006	4.99 A
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### TRIPLE JUMP

M30	Lance Faulkner	2016	13.26
M35	Richard Anderson	1989	12.77
M40	Derek Boosey	1982	14.02
M45	Derek Boosey	1989	12.88
M50	Jim Christian	1988	11.33
M55	Tony Collins	2012	10.80
M60	Spencer Herft	1998	10.28
M65	Spencer Herft	2003	9.78
M70	Spencer Herft	2008	9.23
M75	Maurice Dauphinat	2004	8.00
M80	Vic Younger	1993	7.95
M85	Vic Younger	1998	6.59
M90	Alex Pittendrich	1996	5.51 A
M95	Alex Pittendrich	2001	3.55 A

### TRIPLE JUMP INDOOR (not Qld)

M55	Viddy Jermacans	2006	8.88 A
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### HIGH JUMP

M30	Matt McEwen	2004	1.97 A
M35	John Howard	1991	1.85
M40	Euan McLean	2018	1.81
M45	Ben Dickson	2011	1.80
M50	Ben Dickson	2014	1.77 A
M55	Brian Key	2016	1.60
M60	Brian Prideaux	2004	1.52
M65	Alan Rolfe	1994	1.47
M70	Alan Rolfe	1999	1.41 A
M75	Lynton Lewis	2015	1.25
M80	Vic Younger	1994	1.19
M85	Vic Younger	1999	1.10 A
M90	Alex Pittendrich	1999	0.85

### HIGH JUMP INDOOR (not Qld)

M70	Ken Daniels	2010	1.14 A
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### POLE VAULT

M30	Matt McEwen	2004	4.90 A
M35	Howard Arbuthnot	2004	4.80
M40	Rob Hill	2010	4.80 A
M45	Rob Hill	2015	4.60 A
M50	Howard Arbuthnot	2018	4.20 A
M55	Nelson Viney	2003	3.36
M60	Allan Cameron	2012	3.00
M65	Garvin Brown	1994	3.15
M70	Garvin Brown	2000	3.14 A
M75	Garvin Brown	2003	2.85 A
M80	Vic Younger	1995	1.76
M85	Vic Younger	2000	1.74 A

### POLE VAULT INDOOR (not Qld)

M40	Howard Arbuthnot	2010	4.40 A
M60	Craig Elliott	2018	2.60 A

### JAVELIN 800grms (M30-49)

M30	Matt McEwen	2004	61.60
M35	Mark Stevens	1989	59.52
M40	Michael Frawley	1992	56.28
M45	John Kay	2008	52.26

### JAVELIN 700grms (M50-59)

M50	John Kay	2009	54.37
M55	John Kay	2015	44.62

### JAVELIN 600grms (M60-69)

M60	Hans Beste	2003	38.26
M60	Des Frawley	1984	46.26os
M65	Guy Quarterman	2007	39.55
M65	Colin Murraylee	1995	42.18os

### JAVELIN 500grms (M70-79)

M70	Erkki Saarinen	2006	42.00 A
M75	Erkki Saarinen	2010	38.12 A

### JAVELIN 400grms (M80+)

M80	Erkki Saarinen	2013	33.80 A
M85	Vic Younger	2000	21.98 A
M90	Maurice Dauphinat	2016	17.11 A

### DISCUS 2kg (M30-49)

M30	Warren Evans	2003	47.03
M35	Darron Haworth	2008	54.15 A
M40	Darron Haworth	2009	54.35 A
M45	Peter Lonsdale	2012	50.28

### DISCUS 1.5kg (M50-59)

M50	Peter Lonsdale	2016	49.64
M55	Warwick Selvey	1995	44.42

### DISCUS 1kg (M60+)

M60	Warwick Selvey	2001	53.43 A
M65	Warwick Selvey	2005	45.76
M70	Charlie Rann	2000	38.92
M75	Charlie Rann	2003	36.88 A
M80	Feliks Jekabsons	2006	28.08
M85	Feliks Jekabsons	2008	25.28 A
M90	Maurice Dauphinat	2016	19.33

### SHOT PUT 7.26kg (M30-49)

M30	Dean Cowan	2002	15.65 A
M35	Peter Phillips	1978	15.89
M40	Peter Lonsdale	2000	15.06
M45	Peter Phillips	1987	14.19

### SHOT PUT 6kg (M50-59)

M50	Peter Lonsdale	2016	15.52
M55	Peter Clark	2001	12.25

### SHOT PUT 5kg (60-69)

M60	Mike Katmadas	1999	12.92
M65	Arvo Ropelin	2002	11.81

### SHOT PUT 4kg (M70-79)

M70	Feliks Jekabsons	1993	12.66
M75	Feliks Jekabsons	1998	11.24
M80	Feliks Jekabsons	2003	9.41 A
M85	Vic Younger	1998	7.17
M90	Ken Buttsworth	2005	3.94

### New WMA Specifications for M80+ 3kg

M80	Feliks Jekabsons	2006	10.19
M85	Feliks Jekabsons	2008	9.66 A
M90	Feliks Jekabsons	2014	6.95 A

### HAMMER 7.26kg (M30-49)

M30	Brad Monk	1995	58.88
M35	Darron Haworth	2008	54.85
M40	Ron Frawley	1991	50.20
M45	Bob Wagner	2006	51.95

### HAMMER 6kg (M50-59)

M50	Bob Wagner	2007	53.98
M55	Bob Wagner	2012	46.42

### HAMMER 5kg (M60-69)

M60	Jim Davis	1994	43.08
M65	Colin Murraylee	1993	40.60

### HAMMER 4kg (M70-79)

M70	Charlie Rann	1999	44.09
M75	Charlie Rann	2003	38.31
M80	Feliks Jekabsons	2004	29.39
M85	Ken Buttsworth	2002	18.28
M90	Ken Buttsworth	2005	14.33

### New WMA Specifications for M80+ 3kg

M80	Charlie Rann	2008	34.13
M85	Feliks Jekabsons	2008	27.36
M90	Feliks Jekabsons	2014	19.12

### WEIGHT THROW 15.88kg (M30-49)

M30	David Allan	2005	17.05 A
M35	Darron Haworth	2008	17.05
M40	Darron Haworth	2010	14.57
M45	Bob Wagner	2004	16.11 A

### WEIGHT THROW 11.34kg (M50-59)

M50	Bob Wagner	2006	19.78 A
M55	Bob Wagner	2011	17.58

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### WEIGHT THROW 9.08kg (M60-69)

M60	Lajos Joni	2018	16.35
M65	Warwick Selvey	2005	14.23

### WEIGHT THROW 7.26kg (M70-79)

M70	Colin Murraylee	1999	15.85
M75	Feliks Jekabsons	1998	14.25

### WEIGHT THROW 5.45kg (M80+)

M80	Feliks Jekabsons	2004	12.81
M85	Feliks Jekabsons	2008	10.83
M90	Ken Buttsworth	2005	7.05

### THROWS PENTATHLON (Rescored)

M30	Dean Cowan	2002	2875
M35	Darron Haworth	2008	3672 A
M40	Peter Lonsdale	2006	3469
M45	Bob Wagner	2005	3333
M50	Grant Edwards	2015	3302
M55	Erik Hedendahl	2003	3339
M60	Warwick Selvey	2002	3573
M65	Jim Davis	2001	3524
M70	Guy Quarterman	2013	3644
M75	Jim Davis	2009	3566
M80	Feliks Jekabsons	2013	3423
M85	Vic Younger	2010	2768

### New WMA Specifications for M80+

#### For Shot and Hammer (Rescored)

M80	Feliks Jekabsons	2006	3616
M85	Feliks Jekabsons	2008	3897 A
M90	Maurice Dauphinet	2017	2751

### HEAVY WEIGHT RECORDS

#### 56lb WEIGHT

M30	Michael Day	2017	7.90 A
M35	Darron Haworth	2008...	10.94 A
M40	Darron Haworth	2010	10.48
M45	Richard Harris	2016	7.45
M50	Tim Lowrey	2018	6.26
M55	Michael Kirkby	2018	5.43
M60	Lajos Joni	2017	6.46
M65	Phillip Rowlands	2017	5.37
M70	Phillip Rowlands	2018	5.55
M75	Ian Kennedy	2018	4.00
M80	Bill McMullen	2016	3.21

#### 100lb WEIGHT (not Qld Records)

#### QMA Members Best Results

M30	Michael Day	2017	4.16 A
M35	Darron Haworth	2008	5.57 A
M45	Tim Lowrey	2016	2.86
M50	Tim Lowrey	2017	3.39
M60	David Haggith	2015	2.52
M65	Don Quinn	2011	2.62
M70	Phillip Rowlands	2018	2.63
M75	Cornel Vena	2011	1.21
M80	Felix Jekabsons	2007	1.66

### HEAVY WEIGHT PENTATHLON

#### (Rescored with 2016 Scoring)

M30	Michael Day	2017	2850
M35	Darron Haworth	2008	4352 A
M40	Darron Haworth	2010	4595
M45	Tim Lowrey	2016	2213
M50	Tim Lowrey	2018	2609
M55	Grant Chapman	2010	2663
M60	Don Quinn	2009	3568
M65	Don Quinn	2010	3849
M70	Phillip Rowlands	2018	3710
M75	Bill McMullen	2010	3295
M80	Cornel Vena	2012	3378

### PENTATHLON (Rescored)

M30	Warren Evans	2003	3275 A
M35	Greg Newnham	1996	2791
M40	Eddie Czarnecki	1994	2957
M45	Harry Giles	1990	2974
M50	Bruce Bodsworth	2002	2934
M55	Dave Varley	2018	3091
M60	Mark McLean	2017	3219
M65	Ken Daniels	2003	3438
M70	Ken Daniels	2008	3084
M75	Maurice Dauphinet	2002	2588
M80	Maurice Dauphinet	2011	2626
M85	Vic Younger	2000	1556

M90	Maurice Dauphinet	2016	2955 A
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### DECATHLON (Rescored)

M30	Matt McEwen	2003	7705 A
M35	John Gan	2006	5298
M40	Troy McLaren	2006	5175
M45	Howard Arbutnot	2015	5309
M50	Howard Arbutnot	2018	5901
M55	Dave Varley	2017	6537 A
M60	Mark McLean	2016	6445
M65	Ken Daniels	2004	6232
M70	Peter Kennedy	2017	6278
M75	Frank Pieters	2004	3740

### Old Specifications (Rescored)

M80	Vic Younger	1993	5050
M85	Vic Younger	1999	4705A

### 4 x 100 METRES RELAY

M30	Richard Rodgers		
2011	Travis Venema		
	Aaron McMahan		
	Graham Scully	45.25	
M35	Robin Mhrshahi	35	
2015	Travis Venema	39	
	Graham Scully	41	
	Darren Felsman	48	45.47
M40	Travis Venema	40	
2016	Graham Scully	42	
	Gary Parkinson	48	
	Steve Jones	52	45.53
M45	Gary Parkinson	47	
2015	Steve Jones	51	
	Glenn Munro	47	
	Darren Felsman	48	46.90

M50	John Wight		
1999	Nelson Viney		
	Frank Rissman		
	Mal Storey	48.33	

M55	Wayne Cousins		
2002	John Wight		
	Mal Storey		
	Colin Buyers	47.92	

M60	John Cooper		
2000	Hugh Coogan		
	Alan Bradford		
	Tom O'Keeffe	52.64	

M65	Don Burt		
2012	Rob McDonald		
	John Wight		
	Hugh Coogan	53.36	

M70	Ken Daniels		
2011	Hugh Coogan		
	Alf Lakin		
	Noel Garvey	61.52	

M80	George Harrod		
2010	Maurice Dauphinet		
	Hugh Thomsen		
	Russell Grigg	77.06	

### 4 x 200 METRES RELAY

M30	Richard Norris		
2009	Greg Hamilton		
	Travis Venema		
	Jason Burt	1.38.49	

M35	Robin Mhrshahi		
2015	Travis Venema		
	Graham Scully		
	Brett MacKenzie	1.37.48	

M40	Gary Parkinson	47	
2015	Wayne Adams	42	
	Ian Adams	44	
	Graham Scully	41	1.40.72

M45	Geoff Bramley		
2009	Craig Bruce		
	Callum McInnes		
	Joe Begley	1.45.36	

M50	Gary Parkinson	51	
2018	Steve Jones	55	
	Joseph Phelan	51	
	Joe Begley	64	1.46.89

M55	Hugh Bristow		
2011	Joe Begley		
	Jim Furlong		
	Ian Malouf	1.49.66	

M60	Ian Malouf	61	
2016	Joe Begley	62	
	Paul Chaplain	67	
	Terry Dauphinet	63	1.59.63

M65	Hugh Coogan		
2007	Alf Lakin		
	Colin Buyers		
	Ivan Rogers	2.07.89	

M70	John Wight	70	
2017	Pio Bunin	75	
	Peter Kennedy	70	
	Colin Buyers	74	2.17.89

### 4 x 400 METRES RELAY

M30	Warren Evans		
2003	David Hill		
	Bruce Hill		
	Grant Barton	3.35.4	

M35	Gary Parkinson	50	
2018	Graham Scully	44	
	Peter Bracken	37	
	Daniel Mellish	39	3.41.63

M40	Jim Furlong		
1999	Peter Hawes		
	Michael Warburton		
	Shaun McLaughlin	3.40.3	

M45	Jim Furlong		
2001	Shaun McLaughlin		
	Peter Hawes		
	Bill Kovacevic	3.40.44	

M50	Bruce Bodsworth		
2003	Bob Grayson		
	Colin Buyers		
	Ken Dohnt	3.52.4	

M55	Bruce Bodsworth		
2007	Bob Grayson		
	Rob White		
	Colin Buyers	4.03.0	

M60	John Cooper		
2000	Hugh Coogan		
	Alan Bradford		
	Tom O'Keeffe	4.11.51	

M65	Hugh Coogan		
2008	Col Buyers		
	Colin McLeod		
	Alan Bradford	4.32.61	

M70	Noel Garvey		
2011	Alan Bradford		
	Ken Daniels		
	Hugh Coogan	5.04.12	

### 4 x 800 METRES RELAY

M30	Gary Parkinson		
2008	David Hill		
	Bruce Hill		
	Brendan Whelan	8.30.74 AR	

M35	Matt Cooper	36	
2017	Clay Dawson	36	
	Peter Bracken	37	
	Daniel Mellish	39	8.41.58 AR

M40	Wayne Adams	44	
2017	Paul McIntosh	44	
	Andrew Willey	40	
	Julian Bahlmann	41	8.55.74

M45	Paul Shard	45	
2017	Anthony Canfell	46	
	John Treschman	53	
	Chris Bell	46	9.26.21

M50	Peter Reeves		
2011	Con Dimauro		
	Phil Davies		
	David Sweeney	9.05.22	

## Q.M.A. MENS' RECORDS AS AT 1<sup>ST</sup> JANUARY, 2019

<u>M55</u> Jason Collie 2008 Bruce Bodsworth Bob Grayson Terry Dauphinat	9.34.44 <b>AR</b>	<u>4 x 1500 METRES RELAY</u> <u>M30</u> Ross Nicholls 2008 Steven Bell Joshua Bridge Brendan Whelan	19.57.62	<u>M50</u> Peter Reeves 2011 David Sweeney Con Dimauro Phil Davies	18.37.91
<u>M60</u> Peter Reeves 2013 Jason Collie Bob Grayson Sean Ryan	10.29.12	<u>M35</u> Iain McKee 2010 Martin John Greg Beerling Brendan Whelan	18.44.10	<u>M55</u> Peter Reeves 60 2014 Ian Cameron 60 Phil Davies 57 Con Dimauro 55	19.58.67 <b>AR</b>
<u>M65</u> Alan Bradford 2008 Brian Morling Colin McLeod Colin Buyers	11.15.37	<u>M40</u> Chris Bell 46 2018 Paul Shard 45 Anthony Canfell 47 Andrew Willey 41	18.36.44 <b>AR</b>	<u>M60</u> John Shaw 62 2016 Ron Peters 62 Ian Cameron 61 Peter Reeves 62	19.28.03 <b>AR</b>
<u>M70+</u> Pio Bunin 74 Noel Garvey 81 Don Burt 70 Colin Woods 80	15.25.31	<u>M45</u> Mark Jones 2007 David Sweeney Andy Clowes Peter Hallahan	18.31.73	<u>M65</u> Bob Grayson 66 2018 Roger Carter 66 John Sheer 70 Bruce Bodsworth 66	27.09.98

### RELAYS: MEMBERS WHO SET RECORDS IN AN AUST TEAM IN NATIONAL AND INTERNATIONAL COMPETITION.

<u>4 x 100m RELAYS:</u>				<u>4 x 800m RELAY</u>			
M45+	Jim Furlong	2001	45.35 <b>A</b>	M70+	Hugh Coogan	2011	4.29.57 <b>A</b>
	Arch Moore	2001	45.35 <b>A</b>	M75+	Pio Bunin	2016	5.12.41
M55+	Heinz Steinmann	2001	47.46 <b>A</b>	M80	George Harrod	2012	5.32.29 <b>W</b>
	John Wight	2001	47.46 <b>A</b>	<u>4 x 400m RELAYS:</u>			
M60+	Hugh Coogan	1997	48.95 <b>A</b>	M50+	Gary Parkinson	2018	3.37.78 <b>A</b>
M65+	Col Buyers	2009	50.5 <b>A</b>	M55+	John Cooper	1997	3.48.87 <b>A</b>
	Heinz Steinmann	2009	50.5 <b>A</b>	M65+	Colin Buyers	2009	4.02.62 <b>W</b>
	Rob McDonald	2009	50.5 <b>A</b>		Heinz Steinmann	2009	4.02.62 <b>W</b>

## QUEENSLAND BEST PERFORMANCES (RECORDS) - MEN: AT 1<sup>ST</sup> JAN, 2019

### TRACK EVENTS

These QBP Times for 60 Metres, 100 Yards and 300 Metres are not recognised as Queensland Records. All Records up to and including 800m must be set with Electronic Timing. The remaining QBP'S will be deleted when bettered by an Official Record.

#### 60 METRES

M30	Travis Venema	2008	7.0
M50	David Lloyd	2001	7.3
M60	Rob McDonald	2004	7.7
M60	John Wight	2006	7.7
M70	Hugh Coogan	2006	8.2

#### 100 YARDS

M50	Joe Begley	2004	11.3
M55	John Wight	2001	11.4

#### 300 METRES

M60	Colin Buyers	2003	40.1
M70	Hugh Coogan	2006	43.4

### ROAD EVENTS

#### HALF MARATHON

M30	Aidan Hobbs	2018	1:11.47
M35	Peter Bracken	2018	1:10.24
M40	Peter Connolly	1986	1:10.12
M45	Ron Peters	1999	1:10.47
M50	Ron Peters	2003	1:11.32
M55	Ron Peters	2009	1:12.19 <b>AB</b>
M60	Ron Peters	2013	1:15.07
M65	Colin McLeod	2002	1:19.06
M70	Colin McLeod	2007	1:28.06
M75	Colin McLeod	2013	1:39.28
M80	Robert Horman	2000	1:46.00 <b>AB</b>
M85	Robert Horman	2004	2:05.11 <b>AB</b>

#### MARATHON

M30	Aidan Hobbs	2018	2:28.21
M35	Clay Dawson	2017	2:26.54
M40	Peter Connolly	1985	2:29.09
M45	Tony Gray	1999	2:29.52
M50	Colin McLeod	1987	2:35.35
M55	Ron Peters	2009	2:37.27 <b>AB</b>
M60	Ron Peters	2015	2:43.57
M65	Colin McLeod	2003	2:54.41 <b>AB</b>
M70	Colin McLeod	2006	3:04.07
M75	Robert Horman	1997	3:41.08
M80	Robert Horman	1998	3:39.18 <b>AB</b>

M85	Robert Horman	2004	4:34.55 <b>AB</b>
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#### 10KM ROAD RUN

M30	Aidan Hobbs	2017	33.37
M35	Peter Bracken	2018	31.39
M40	Matt MacDonald	2017	32.57
M45	Ralf Hamann	2015	35.17
M50	David Sweeney	2014	32.58
M55	David Sweeney	2017	33.50
M60	Peter Reeves	2014	36.23
M65	John Shaw	2018	38.04
M70	Jim Woodriff	2017	44.21
M75	Colin McLeod	2015	47.19
M80	Colin Woods	2015	55.01

### CROSS COUNTRY

#### 3000 METRES (3km)

M30	David Hill	2004	9.55
M35	Bruce Hill	2005	10.06
M40	Barry Broe	2002	9.57
M45	David Sweeney	2008	10.02
M50	Ron Peters	2004	10.08
M55	Steve Hastie	2006	10.47
M60	Peter Reeves	2014	10.55
M65	Bob Grayson	2018	15.25
M70	Barrie Reiffel	2007	13.13

#### 4000 METRES (4km)

M30	Aidan Hobbs	2018	11.48
M35	David Hill	2005	12.27
M40	Shane George	2007	12.41
M45	Ron Peters	2002	13.00
M50	Ron Peters	2006	12.49
M55	Peter Reeves	2010	13.49
M60	Alan Bradford	2003	14.25
M65	Alan Bradford	2004	14.49
M70	Colin McLeod	2008	17.44
M75	Colin McLeod	2013	18.34

#### 5000 METRES (5km)

M35	Stephen Showell	2004	18.02
M40	Barry Broe	2002	17.49
M45	Malcolm Powell	2009	17.00
M50	Ron Peters	2004	17.02
M55	Peter Reeves	2010	18.37
M60	Alan Bradford	2000	18.48
M65	John Sheer	2013	24.10
M70	Merv Jenkinson	1981	23.35

#### 6000 METRES (6km)

M70	John Sheer	2018	27.14
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M75	Colin Mancey	2018	32.17
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#### 8000 METRES (8km)

M30	Brendan Whelan	2006	26.42
M35	Shawn Claydon	2007	26.38
M40	Geoff Berkeley	2011	26.04
M45	Ron Peters	2002	27.06
M50	Ron Peters	2004	26.32
M55	David Sweeney	2016	27.18
M60	Ron Peters	2013	29.29
M65	Alan Bradford	2014	30.18
M70	Colin McLeod	2006	34.28
M75	Colin McLeod	2013	37.02

#### 10,000 METRES (10km)

M30	Aidan Hobbs	2018	35.39
M35	Colin Green	1994	35.58
M40	Ron Peters	1997	33.00
M45	Peter Connolly	1987	33.05
M50	Alan Bradford	1993	34.47
M55	Alan Bradford	1996	34.40
M60	Colin McLeod	2000	37.31
M65	Julius Keller	1997	44.58
M70	Eric Bailey	1994	50.07
M75	Robert Horman	1994	50.04

### ROAD WALKS

#### 5KM

M35	Ignacio Jimenez	2005	25.42
M40	Dean Nipperess	2014	23.40
M45	Peter Bennett	2002	24.18
M50	Peter Bennett	2007	25.26
M55	Peter Bennett	2013	24.37
M60	Peter Bennett	2016	26.07
M65	Patrick Sela	2009	31.52
M70	Richard Lynch	1999	31.41
M75	Richard Lynch	2005	32.36
M80	Dick Keatinge	2003	34.57
M85	Dick Keatinge	2008	37.28
M90	John Alroy	1999	49.51

#### 8KM

M35	Dean Nipperess	2011	39.43
M40	Dean Nipperess	2016	40.59
M55	Bob Coleman	2007	49.07
M65	Patrick Sela	2009	56.23
M70	Patrick Sela	2010	51.07
M75	Richard Lynch	2007	54.50
M80	Richard Lynch	2009	57.48

## QUEENSLAND BEST PERFORMANCES (RECORDS) - MEN: AT 1<sup>ST</sup> JAN, 2019

<u>10KM</u>			
M30	Ignacio Jimenez	1995	46.30AB
M35	Dave Smith	1994	41.53AB
M40	Dave Smith	1999	45.47
M45	Ignacio Jimenez	2011	48.32
M50	Ignacio Jimenez	2018	48.42
M55	Peter Bennett	2013	49.47
M60	Peter Bennett	2016	50.51
M65	Patrick Sela	2006	1:04.46
M70	Patrick Sela	2012	1:02.36
M75	Richard Lynch	2004	1:05.41
M80	Dick Keatinge	2003	1:11.10
M85	Dick Keatinge	2008	1:18.52AB
M90	John Alroy	1994	1:26.32
<u>15KM</u>			
M30	Ignacio Jimenez	1999	1:15.51
M35	Andrew Ludwig	2004	1:13.59

M40	Iggy Jimenez	2009	1:14.23
M45	Peter Bennett	2002	1:16.11
M50	Iggy Jimenez	2018	1:15.28
M55	Peter Bennett	2011	1:18.02
M60	Peter Bennett	2016	1:19.31
M65	Patrick Sela	2009	1:42.32
M70	Patrick Sela	2011	1:39.11
M75	Dick Keatinge	2000	1:45.20
<u>20KM</u>			
M30	Ignacio Jimenez	1997	1:38.02AB
M35	Peter Bennett	1995	1:39.18
M40	Dean Nipperess	2014	1:38.55
M45	Ignacio Jimenez	2011	1:43.07
M50	Ignacio Jimenez	2018	1:40.14
M55	Peter Bennett	2013	1:45.07
M60	Peter Bennett	2016	1:49.39
M65	Patrick Sela	2009	1:56.44

M70	Richard Lynch	2001	2:09.25
M75	Dick Keatinge	2001	2:19.58
<u>30KM</u>			
M30	Ignacio Jimenez	1995	2:29.23
M35	Peter Bennett	1995	2:34.56
M40	Peter Bennett	1997	2:38.35
M45	Peter Bennett	2001	2:45.18
M50	Iggy Jimenez	2017	2:52.10
M55	Peter Bennett	2012	2:48.43
M60	Peter Bennett	2017	3:12.17
M65	Patrick Sela	2009	3:43.53
M70	Bert Janes	2004	4:13.49
<u>50KM</u>			
M30	Ignacio Jimenez	1995	4:40.36
M35	Andrew Ludwig	2003	4:36.02
M40	Peter Bennett	1999	4:58.53
M45	Peter Bennett	2001	4:49.28ABP

## OCEANIA RECORDS - MEN - QMA MEMBERS (As at January, 2018)

<u>60 METRES</u>			
M30	Travis Venema	7.19	2008
M35	Travis Venema	7.40	2010
M50	Steve Jones	7.83	2015
M85	Maurice Dauphinet	11.12	2012
<u>100 METRES</u>			
M30	Travis Venema	11.40	2008
M70	Hugh Coogan	13.85	2006
<u>200 METRES</u>			
M65	Colin Buyers	26.20	2008
M70	Hugh Coogan	28.10	2006
<u>400 METRES</u>			
M65	Hugh Coogan	61.15	2004
M70	Hugh Coogan	62.28	2006
M75	Colin Woods	74.12	2012
<u>1500 METRES</u>			
M30	Brendan Whelan	4.07.7	2006
M40	Alan Bradford	4.07.0	1982
M80	Norm Pearce	7.43.0	2006
<u>5000 METRES</u>			
M30	Brendan Whelan	15.25.5	2006
M65	Colin McLeod	18.13.1	2002
<u>100m HURDLES (0.840m)</u>			
M60	Harry Giles	16.56	2008
<u>3000m STEEPLECHASE (0.914m)</u>			
M50	Alan Bradford	10.44.0	1992
<u>3000m TRACK WALK</u>			
M35	Peter Bennett	14.28.0	1994
M40	Dean Nipperess	13.10.82	2012
M80	Richard Keatinge	21.00.0	2006
<u>5000m TRACK WALK</u>			
M70	Tom Daintry	28.22.0	1984
M75	Tom Daintry	30.33.0	1990
M80	Tom Daintry	33.57.0	1992
<u>10km ROAD WALK (Best Perf)</u>			
M35	Peter Bennett	52.14	1994
M40	Dean Nipperess	47.31	2012
M80	Tom Daintry	69.01	1992

<u>HALF MARATHON (Best Perf)</u>			
M35	Brendan Whelan	1:15.18	2010
M60	Colin McLeod	1:19.28	1998
M65	Colin McLeod	1:22.25	2002
M70	Colin McLeod	1:31.58	2008
<u>JAVELIN (800g current specif)</u>			
M45	John Kay	52.26	2008
<u>JAVELIN ( 500g from 2000)</u>			
M70	Guy Quarterman	36.51	2012
<u>JAVELIN (400g from 2000)</u>			
<u>DISCUS (2kg)</u>			
M30	Alan White	35.60	2000
<u>DISCUS (1kg)</u>			
M80	Feliks Jekabsons	26.96	2006
<u>SHOT PUT (5kg)</u>			
M65	Charlie Rann	12.75	1992
<u>SHOT PUT (3kg)</u>			
M80	Feliks Jekabsons	10.09	2006
<u>LONG JUMP</u>			
M85	Maurice Dauphinet	2.95	2012
<u>POLE VAULT</u>			
M35	Rob Hill	4.40	2008
<u>PENTATHLON</u>			
M70	Ken Daniels	3084	2008
	Long Jump	3.95	
	Javelin	31.99	
	200 Metres	31.38	
	Discus	25.19	
	1500 Metres	7.09.23	
<u>THROWS PENTATHLON</u>			
M80	Feliks Jekabsons	3539	2006
	Hammer	28.97	
	Shot Put	9.98	
	Discus	26.96	
	Javelin	19.30	
	Weight	12.43	

<u>DECATHLON</u>			
M60	Viddy Jermacans	5112	2010
	100 Metres	13.92	
	Long Jump	4.35	
	Shot Put	8.68	
	High Jump	1.30	
	400 Metres	67.37	
	Hurdles	21.11	
	Discus	29.08	
	Pole Vault	2.10	
	Javelin	21.60	
	1500 Metres	6.20.36	
M70	Ken Daniels	5995	2008
	100 Metres	15.00	
	Long Jump	4.14	
	Shot Put	8.31	
	High Jump	1.21	
	400 Metres	73.03	
	Hurdles	17.88	
	Discus	26.71	
	Pole Vault	2.00	
	Javelin	31.98	
	1500 Metres	7.00.11	

## AMA WINTER THROWING CHAMPIONSHIPS – CHAMPIONSHIP RECORDS AS AT OCTOBER,2018 HELD BY QMA MEMBERS

<u>THROWS CHAMPIONSHIPS</u>			
<u>DISCUS THROW</u>			
M30	Michael Day	2016	40.13
M35	Darron Haworth	2008	50.03
M55	Warwick Selvey	1995	42.98
<u>JAVELIN THROW</u>			
M30	Michael Day	2017	42.57
<u>WEIGHT THROW</u>			
M35	Darron Haworth	2008	16.13

<u>56lb HEAVY WEIGHT</u>			
M30	Michael Day	2017	7.90
M35	Darron Haworth	2008	10.94
M85	Feliks Jekabsons	2007	3.07
M70	Phillip Rowlands	2018	5.55
<u>100lb HEAVY WEIGHT</u>			
M30	Michael Day	2017	4.16
M35	Darron Haworth	2008	5.57
M85	Feliks Jekabsons	2007	1.66

<u>WEIGHT FOR DISTANCE</u>			
M30	Michael Day	2017	15.83
M45	Tim Lowrey	2016	12.20
M50	Tim Lowrey	2017	13.40
M70	Phillip Rowlands	2018	18.23
<u>THROWS PENTATHLON</u>			
M30	Michael Day	2016	2597
<u>HEAVY WEIGHT PENTATHLON</u>			
M35	Darron Haworth	2008	4436

## AMA CHAMPIONSHIP RECORDS HELD BY QMA MEMBERS (as at 21/06/17)

\* Represented for other States before joining Queensland

### 60 METRES

M65	Rob McDonald	8.10	2010
M70	Glen Wilson	8.41	2011
M75	Hugh Coogan	8.92	2011

### 100 METRES

M60	Bernie Hogan	12.15	1981
M65	John Cooper	12.68	2006
M75	Hugh Coogan	13.98	2012

### 200 METRES

M35	Kevin Silver	22.29	1987
M65	John Cooper	26.17	2004
M75	Hugh Coogan	28.83	2011

### 400 METRES

M65	Colin Buyers	59.85	2009
M70	Hugh Coogan	62.17	2006
M75	Hugh Coogan	65.88	2012

### 800 METRES

M65	Alan Bradford	2.22.15	2004
M90	Alex Pittendrich	4.28.2	1997

### 1500 METRES

M30	Brendan Gray	4.06.17	2004
M90	Alex Pittendrich	11.04.39	1998

### 10,000 METRES

M50	David Sweeney	33.03.74	2015
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### HALF MARATHON

M35	Patrick Nispell	1h12.03	2017
M55	Ron Peters	1h18.20	2013
M60	Ron Peters	1h18.53	2016

### MARATHON

M60	John Shaw	2h45.19	2016
M65	Colin McLeod	2h54.41	2003
M70	Colin McLeod	3h04.07	2006

### 3000m STEEPLECHASE

M30	Brendan Gray	10.05.24	2004
M40	Doug Worling	9.31.6	1975
M45	Doug Worling	9.50.66	1981
M50	Alan Bradford	10.15.1	1991
M55	Alan Bradford	10.29.16	1994

### 2000m STEEPLECHASE

M60	Alan Bradford	7.05.51	1999
M65	Alan Bradford	7.28.46	2004
M70	Alan Bradford	8.20.95	2009

### 110m HURDLES (.991m/3'3")

M45	Harry Giles	15.5	1990
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### 100m HURDLES (.914/3')

M55	Harry Giles	15.42	1994
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### 100m HURDLES (.840m/2'9")

M60	Harry Giles	16.68	2005
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### 400m HURDLES (.914/3')

M35	Harry Giles	56.09	1981
M40	Harry Giles	56.73	1988
M45	Harry Giles	58.8	1990

### 400m HURDLES (.840/2'9")

M50	Harry Giles	62.14	1994
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### 1500M TRACK WALK

M40	Dean Nipperess	6.06.67	2014
M55	Peter Bennett	6.48.21	2011

### 5000m TRACK WALK

M30	Iggy Jimenez	22.55.1	1995
M35	David Smith	20.43.8	1995
M40	David Smith	21.26.18	1998

### 10km ROAD WALK (Best Times)

M40	Dean Nipperess	49.39	2012
M45	Iggy Jimenez	49.27	2011
M80	Dick Keatinge	1h11.10	2003
M85	Dick Keatinge	1h20.12	2009

### HIGH JUMP

M45	Ben Dickson	1.78	2011
M70	Alan Rolfe	1.41	1999
M80	Vic Younger	1.17	1994
M85	Vic Younger	1.05	1998

### LONG JUMP

M85	Maurice Dauphinat	2.98	2011
M90	Alex Pittendrich	2.14	1998

### TRIPLE JUMP

M40	Derek Boosey	14.01	1987
M90	Alex Pittendrich	5.50	1998

### POLE VAULT

M30	Warren Evans	3.65	2005
M40	Howard Arbuthnot	4.20	2011
M45	Bruce Arnold	3.70	2000
M50	Bruce Arnold	3.65	2005
M55	Garvin Brown	3.20	1986
M85	Vic Younger	1.50	1999

### DISCUS THROW

M40	Darron Howarth	50.65	2011
M55	Warwick Selvey	44.38	1996
M65	Warwick Selvey	45.76	2005
M85	Feliks Jekabsons	25.28	2008
M90	Maurice Dauphinat	19.33	2016

### SHOT PUT

M85	Feliks Jekabsons 3k	9.10	2008
M90	Maurice Dauphinat 3k	5.70	2017

### HAMMER THROW

M30	David Allan	57.10	2005
M50	Bob Wagner	51.93	2007
M85	Feliks Jekabsons 3k	27.36	2008

### JAVELIN THROW

M40	John Kay *Nsw	61.78	2001
M45	John Kay *Nsw	57.18	2006
M70	Erkki Saarinen	42.00	2006
M75	Erkki Saarinen	34.83	2011
M90	Maurice Dauphinat	17.11	2016

### WEIGHT THROW

M30	David Allan	16.32	2005
M45	Bob Wagner	15.76	2005
M50	Bob Wagner	19.64	2007

### THROWS PENTATHLON

M70	Colin Murraylee	4110	1999
M85	Feliks Jekabsons ns	3897	2008

Ns: New Specifications

### PENTATHLON (with Discus)

M50	Ken Daniels *Act	3209	1989
M85	Maurice Dauphinat	2770	2011
M90	Maurice Dauphinat	2955	2016

### DECATHLON

M30	Warren Evans	6352	2005
M55	Nelson Viney	5192	2003

### CHAMPION of CHAMPIONS

#### SPRINT

1987	Fred Turner *Nsw	M45	12.57	Syd
1988	Harry Gathercole	M80	12.3	Bris
1998	Mick Pirie	M65	nt	Bris
2002	John Wight	M55	10.63	Adel
2005	John Cooper	M65	10.20	Bris
2006	John Cooper	M65	10.42	Cbra
2007	Hugh Coogan	M70	10.40	Hob
2010	Rob McDonald	M65	10.33	Per
2011	Hugh Coogan	M75	10.49	Bris
2012	Hugh Coogan	M75	10.21	Melb
2013	Rob McDonald	M65	10.46	Cbra

### CHAMPION of CHAMPIONS

#### THROWS

2000	Jim Davis	M65	Disc	60.20	Hob
2002	Ted Vickers	M82	Shot	18.12	Adel
2005	Warren Evans	M30	Dis	51.80	Bris
2014	Darrin Norwood	M30	Jav	45.17	Hob
2017	Darrin Norwood	M35	Sp	21.32	Darw

### ROYCE FOLEY TROPHY

#### THROWS PENTATHLON

#### HIGHEST POINTS (no more than

<u>once in a 5 year age group</u>					
1999	Colin Murraylee	M70	4484	Cbra	
2004	Feliks Jekabsons	M80	3985	Melb	
2005	Colin Murraylee	M75	4272	Bris	
2008	Feliks Jekabsons	M85	4505	Syd	
2013	Guy Quarterman	M70	3644	Cbra	

### AMA CHAMPIONSHIPS Best

#### Age Graded Performances

2010	Rob McDonald	Sprints
2012	Hugh Coogan	Sprints

### AMA YEARLY AWARDS

#### SPRINTS HURDLES

2002	Hugh Coogan	M65
2008	Colin Buyers	M65

#### MIDDLE DISTANCE/

#### STEEPLECHASE

2000	Alan Bradford	M60
2007	Norm Pearce	M80
2010	Alan Bradford	M70

#### DISTANCE

1999	Bob Horman	M80
2002	Ron Peters	M45
2004	Colin McLeod	M65
2014	Ron Peters	M60

#### MULTI EVENTS/RELAYS

2009	Ken Daniels	M70
2010	Colin Buyers	4x400m M65
2010	Heinz Steinmann	4x400 M65

### MOST OUTSTANDING MALE

#### ATHLETE

1999	Vic Younger	M85
2006	Hugh Coogan	M70
2007	Hugh Coogan	M70
2012	Hugh Coogan	M75

### MOST OUTSTANDING INDIVIDUAL

#### PERFORMANCE

2001	John Kay *Nsw	M40
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### ADMINISTRATOR/OFFICIAL

2015	Ian Mann
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#### HALL OF FAME

2009	Alan Bradford
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### AMA/AAVAC MERIT AWARD

2001	Wally Stubbings	For Services to Queensland
2001	Bernie Hogan	For Services to Queensland
2003	Stan Perkins	For Services to AMA

### Next Australian Championships Venue

2017	Darwin
2018	Perth

# ASIA-PAN PACIFIC MASTERS GAMES - QMA MEMBERS RECORDS AS AT 2016

## (These are Asia/Pan Pacific Masters Records)

<b><u>60 METRES</u></b>		
M30	Travis Venema	7.33 2008
M85	Maurice Dauphinat	11.18 2012
<b><u>100 METRES</u></b>		
M30	Travis Venema	11.48 2006
M45	Ian McLean	11.84 2008
M70	Hugh Coogan	13.89 2006
M85	Maurice Dauphinat	18.46 2012
<b><u>200 METRES</u></b>		
M65	Heinz Steinmann	26.28 2008
M70	Hugh Coogan	28.09 2006
<b><u>400 METRES</u></b>		
M45	Gary Parkinson	53.44 2012
M65	Heinz Steinmann	59.70 2008
M70	Hugh Coogan	63.24 2006
<b><u>4x100m Relay</u></b>		
<b><u>QMA Members included in Teams</u></b>		
M30+	Warren Evans	46.39 2002
	Karl Weber	
	Mark Whitman	
	Shane Mathews	
M35+	Bevan Valentine	47.69 2002
	Ray Keane	
M45+	Jim Furlong	47.95 2000
	Shaun McLaughlin	
M50+	Steve Bishop	52.54 2010
	Steve Davies-Evans	
	Geoff Bramley	
M55+	Joe Begley	52.57 2012
M60+	Rob McDonald	49.96 2006
	John Wight	
M65+	Noel Garvey	61.82 2002
	Peter Berry	
	Charles Crowley	
M70+	Rob McDonald	59.08 2014
M80+	George Harrod	77.06 2010
	Maurice Dauphinat	
	Hugh Thomsen	
	Russell Grigg	
<b><u>4x400m Relay</u></b>		
<b><u>QMA Members included in Teams</u></b>		
M30+	Warren Evans	3.44.18 2002
	David Hill	
	Mark Whitman	
	Shane Mathews	
M35+	Roscoe McDonnell	3.57.50 2012
	Wayne Adams	
M40+	Mike Warburton	3.59.13 2000
	Jason Collie	
	Shaun McLaughlin	
	Norm Cornwell	
M45+	Graeme Rowley	4.12.35 2010
	Craig Bruce	
	Callum McInnes	
M50+	Bob Grayson	3.58.37 2002
	Bruce Bodsworth	
	Ken Dohnt	
	Colin Buyers	
M55+	Paul Chaplain	4.39.18 2008
	Sean Ryan	
M60+	Colin Buyers	4.05.83 2006
M65+	Colin Buyers	4.11.80 2008
	Heinz Steinmann	
M70+	Alf Lakin	5.50.22 2010
	Noel Garvey	
	Ken Daniels	
	George Harrod	
M80+	George Harrod	5.32.29 2012
<b><u>800 METRES</u></b>		
M30	David Hill	1.59.15 2004
M35	Brian Sax	2.01.33 2010
M45	Shaun McLaughlin	2.08.22 2000
M85	Norm Pearce	4.19.67 2010

<b><u>1500 METRES</u></b>		
M30	Brendan Whelan	4.05.74 2006
M35	Brendan Whelan	4.15.84 2012
M45	David Sweeney	4.19.67 2006
M55	Peter Reeves	4.30.78 2010
M80	Colin Woods	7.06.00 2016
M85	Norm Pearce	9.03.28 2010
<b><u>5000 METRES</u></b>		
M30	Brendan Whelan	15.23.81 2006
M35	Brendan Whelan	16.59.05 2012
M45	Ron Peters	15.37.93 2000
M50	Ron Peters	16.21.57 2004
M55	Ron Peters	16.58.80 2008
M80	Colin Woods	27.25.22 2016
<b><u>80m HURDLES</u></b>		
M85	Vic Younger	26.66 1998
<b><u>100m HURDLES</u></b>		
M55	Harry Giles	17.53 2002
<b><u>110m HURDLES</u></b>		
M30	Warren Evans	16.05 2004
M35	Joel Stewart	17.26 2008
<b><u>300m HURDLES</u></b>		
M60	Harry Giles	47.47 2006
M65	Harry Giles	50.53 2010
<b><u>400m HURDLES</u></b>		
M40	Richard Norris	63.26 2012
<b><u>2000m STEEPLECHASE</u></b>		
M60	Colin McLeod	7.38.69 1998
<b><u>3000m STEEPLECHASE</u></b>		
M30	Brendan Whelan	10.25.55 2006
M40	Bill McLean	10.45.34 2000
M45	Peter Hall	10.54.79 2000
<b><u>3000m TRACK WALK</u></b>		
M30	Andrew Ludwig	13.48.14 1998
M35	Andrew Ludwig	13.47.45 2002
M40	Dave Smith	12.30.54 1998
M45	Peter Bennett	13.39.21 2002
M50	Peter Bennett	14.19.48 2006
M55	Klaus Maurer	15.31.46 1998
M60	Bob Mee	16.14.67 1998
M85	Dick Keatinge	22.56.65 2008
M90	John Alroy	27.44.62 1998
<b><u>5000m TRACK WALK</u></b>		
M30	Andrew Ludwig	23.29.49 2000
M35	Andrew Ludwig	23.43.45 2002
M40	Peter Bennett	23.30.27 2000
M45	Peter Bennett	23.46.13 2002
M55	Peter Bennett	25.07.95 2012
M70	Richard Lynch	31.27.84 2000
M75	Patrick Sela	40.12.05 2016
M85	Russell Grigg	49.23.68 2014
<b><u>10km ROAD WALK</u></b>		
M30	Andrew Ludwig	50.12.0h 1998
M35	Andrew Ludwig	49.35.0h 2002
M40	Dave Smith	45.37.0h 1998
M45	Peter Bennett	50.20.0h 2002
<b><u>4KM CROSS COUNTRY</u></b>		
M30	Brendan Whelan	13.07.55 2006
M35	Brendan Whelan	13.36.18 2010
M40	Matt Macdonald	13.53.00 2016
M50	Norman Burns	15.43.00 2016
M55	Phil Davies	15.37.00 2012
M65	Alan Bradford	15.37.65 2004
<b><u>8KM CROSS COUNTRY</u></b>		
M30	Brendan Whelan	27.57.03 2004
M35	Brendan Whelan	28.20.00 2012
M40	Shawn Claydon	28.40.00 2008
M45	David Sweeney	27.09.53 2006
M50	Ron Peters	28.03.28 2006
M55	Ron Peters	28.36.00 2008
<b><u>LONG JUMP</u></b>		
M30	Warren Evans	6.57 2002

M55	Brent Thompson	5.30 2002
M70	Spencer Herft	4.43 2008
M85	Vic Younger	2.96 1998
M90	Alex Pittendrich	1.99 1998
<b><u>TRIPLE JUMP</u></b>		
M30	Warren Evans	11.72 2004
M85	Vic Younger	6.20 1998
M90	Alex Pittendrich	4.96 1998
<b><u>HIGH JUMP</u></b>		
M45	Bill McLean	1.65 2002
M45	John Musters	1.65 1998
M70	Rob McDonald	1.35 2014
M85	Vic Younger	1.08 1998
<b><u>POLE VAULT</u></b>		
M30	Warren Evans	4.05 2002
M35	Rob Hill	4.60 2008
M40	Rob Hill	4.40 2014
M50	Bruce Arnold	3.67 2004
M55	Nelson Viney	3.20 2004
M70	Garvin Brown	2.70 1998
M75	Garvin Brown	2.70 2004
M85	Vic Younger	1.70 1998
<b><u>JAVELIN THROW</u></b>		
M30	Warren Evans	54.32 2002
M40	John Kay	62.72 2000
M65	Guy Quarterman	38.00 2008
M75	Colin Murraylee	36.25 2004
M85	Maurice Dauphinat	19.94 2012
<b><u>DISCUS THROW</u></b>		
M30	Warren Evans	45.42 2004
M35	Darron Haworth	54.15 2008
M55	Warwick Selvey	41.86 1998
M60	Warwick Selvey	45.47 2000
M75	Colin Murraylee	32.94 2004
M80	Feliks Jekabsons	27.08 2004
M85	Maurice Dauphinat	21.27 2012
<b><u>SHOT PUT</u></b>		
M30	Dean Cowan	14.89 2002
M65	Arvo Ropelin	11.49 2002
M75	Feliks Jekabsons	11.15 1998
M80	Feliks Jekabsons	10.07 2006
M85	Maurice Dauphinat	6.86 2012
<b><u>HAMMER THROW</u></b>		
M30	Dean Cowan	42.19 2002
M35	Darron Haworth	54.85 2008
M45	Bob Wagner	50.53 2004
M50	Bob Wagner	53.89 2006
M60	Mike Mabbutt	40.34 2016
M80	Feliks Jekabsons	30.71 2006
M85	Russell Grigg	16.52 2016
<b><u>WEIGHT THROW</u></b>		
M30	Dean Cowan	15.42 2002
M35	Darron Haworth	17.05 2008
M45	Bob Wagner	15.74 2004
M50	Bob Wagner	19.77 2006
M60	Mike Katmadas	14.40 2000
M85	Ken Buttsworth	8.78 2002
<b><u>THROWS PENTATHLON (at 2010)</u></b>		
M30	Dean Cowan	2875 2002
M35	Darron Haworth	3672 2008
M60	Mike Katmadas	3258 2000
M65	Jim Davis	3344 2000
M75	Colin Murraylee	4116 2004
M80	Feliks Jekabsons	3239 2004
M85	Ted Vickers	2053 2006