


MENS 40 - 44

Event	Name	Time/Distance	Date
100m	R Arthur	11.5	
	A Cook	11.5	31/1/76 Box Hill
200m	R Arthur	23.2	
400m	P Tuckett	52.25	2002
800m	C Stevenson	2.03.20	
1500m	J Atkinson	4.07.09	29/3/07 Shield Final
3000m	J Atkinson	8.48.0	2/02/2008
5000m	J Atkinson	15.11	21/02/2009
10,000m	J Atkinson	31.34	30/05/2009
Half marathon	J Atkinson	70.09	7/09/2008
Marathon	C Stevenson	2.26.44	
2000m steeple	P Hannaford	6.38.00	
3000m steeple	P Hannaford	9.29.00	
1500m walk	C Riddoch	6.25.20	10/2/1996 i/c rd 6
2000m walk	C Riddoch	8.54.10	16/03/1996 i/c rd 10
3000m walk	C Riddoch	13.36.1	1/2/1997 i/c rd 11
5000m walk	C Riddoch	23.17.50	7/97 Durham Sth Africa
10km walk	C Riddoch	50.49	2/1998 NZ Masters
20km walk	C Riddoch	1.47.26	25/5/97 Middle Pk VMA
110m hurdles (106.7cm)	T Baldwin	17.6	2005
110m hurdles (99.1cm)	T Baldwin	15.9	20/11/04 & 19/11/2005
110m hurdles (91.4cm)	T Baldwin	TBA	17/3/07 Murrumbeena
400m hurdles	T Baldwin	58.99	2005
Long jump	T Baldwin	6.23m	2005
Triple jump	T Baldwin	10.89m	2005
High jump	T Baldwin	1.75m	2005
Pole vault	T Baldwin	3.20m	2005
	S Brand	3.20m	Shield Final ?
Javelin	T Baldwin	46.28	Aus Masters 2006
Discus	C Riddoch	36.16m (2kg)	10/1993 Miyazaki Japan
	C Riddoch	40.78m (1.5kg)	11/12/1993 i/c rd 5
Shot put	T Baldwin	9.93m (7.26kg)	2007-8
	T Baldwin	10.5m (6kg)	2006-7
Hammer	C Riddoch	32.12m (16lb)	13/11/1993 i/c rd 4
	C Riddoch	10.41m (35lb)	10/1993 Miyazaki Japan
Pentathlon	C Riddoch	2862	8/04/1996 VMA Champs
Weight pentathlon	C Riddoch	2616	10/1993 Miyazaki Japan
Decathlon	C Riddoch	4599	7/1995 Buffalo USA
100 yards	Not claimed		
One mile	P Hannaford	4.30.4	
One hour run	P Hannaford	17,719m	
One minute run	A Cook	420m	
4 x 100 (runners 40 plus)	C Sanford	51.7	31/01/2015
	A Watts		
	T Baldwin		
	M Spiteri		


MENS 45 - 49

Event	Name	Time/Distance	Date
100m	P Tuckett	12.00	Vic Masters 2009
200m	P Tuckett	24.27	Aus Masters 2005
400m	A Cook	54.4	
800m	C Sanford	2.03.7	24/10/15 i/c rd 2 Yarra Ranges
1500m	J Atkinson	4.17.6	8/11/2011
3000m	J Atkinson	9.08.9	20/11/2011
5000m	J Atkinson	15.34	15/03/2011
10,000m	J Atkinson	32.31	5/05/2011
Half marathon	J Atkinson	72.47	
Marathon	P Hannaford	2.32.16	14/10/84 Melb
2000m steeple	Not claimed		
3000m steeple	P Hannaford	9.45	
1500m walk	C Riddoch	6.32	16/03/1999 Croydon VMA
2000m walk	C Riddoch	8.57.6	29/01/1999 i/c rd 11
3000m walk	C Riddoch	13.53.4	21/01/1999 i/c rd 10
5000m walk	C Riddoch	24.09.6	3/12/1998 i/c rd 8
10km walk	C Riddoch	49.13.0	26/06/1999 Middle Pk VMA
20km walk	Not claimed		
110m hurdles (99.1cm)	C Riddoch	21.3	20/02/1999 i/c rd 13
110m hurdles (91.4cm)	T Baldwin	19.77	i/c rd 3 2010-11
400m hurdles (84cm)	T Baldwin	66.3	i/c rd 6 2010-11
Long jump	T Baldwin	4.9m	i/c rd 10 2011-12
Triple jump	C Riddoch	10.24m	21/03/1999 VMA Champs
High jump	T Baldwin	1.65	Aus Masters 2009
Pole vault	T Baldwin	2.73m	2008-9
Javelin	C Riddoch	41.43m (800g)	4/04/1999 AMA Champs
	T Baldwin	35.85m (700g)	i/c rd 2 2011-12
Discus	C Riddoch	34.41m (2kg)	20/03/1999 VMA Champs
	C Riddoch	39.09m (1.5kg)	22/01/1999 i/c rd 10
	T Baldwin	31.2m (1.75kg)	Glenhuntly 2009-10
Shot put	C Riddoch	9.14m (16lb)	14/03/1999 VMA Champs
	C Riddoch	11.12m (5kg)	10/10/1998 i/c rd 1
	T Baldwin	10.3m (6kg)	rd 11 2011-12
Hammer	C Riddoch	28.17m (16lb)	23/08/1998 VMA Champs
	C Riddoch	36.84m (5kg)	29/01/1999 i/c rd 11
	C Riddoch	9.58m(35lb)	3/04/1999 AMA Champs
	T Baldwin	26.26 (6kg)	Rd 5 2011-12
Pentathlon	C Riddoch	2865	7/03/1999 VMA Champs
Weight pentathlon	C Riddoch	2582	23/08/1998 VMA Champs
Decathlon	C Riddoch	4574	15-16/12/01 AV Champs
100 yards	Not claimed		
One mile	P Hannaford	4.30.40	
One hour run	P Hannaford	15,907m	
One minute run	A Cook	420m	