


**MENS 50 - 54**

Event	Name	Time/Distance	Date
100m	A Cook	12.5	
200m	A Watts	25.22	AMA ACT 2006
400m	A Cook	56.1	
800m	J Atkinson	2.16.04	6/2/16 AV Shield Final Albert Pk
1500m	P Hannaford	4.30.4	
3000m	J Atkinson	9.33.6	6/2/16 AV Shield Final Albert Pk
5000m	J Atkinson	16.50.34	20/3/16 Doncaster
10,000m	W Holst	42.52	26/05/2012
Half marathon	P Hannaford	74.55	14/08/1989
Marathon	A George	2.52.11	13/10/13 Melbourne
2000m steeple	C Riddoch	9.15.36	2003/4
3000m steeple	W Holst	12.21.2	16/02/2013
1500m walk	C Riddoch	7.06.3	2/4/06 VMA Champs
2000m walk	C Riddoch	9.52.3	16/12/06 I/c rd 6
3000m walk	C Riddoch	15.19.8	2/12/06 I/c rd 4
5000m walk	C Riddoch	26.12	13/4/08 VMA Champs
10km walk	C Riddoch	54.4	15/7/06 VMA Champs
20km walk	Not claimed		
100m hurdles (91cm)	T Baldwin	16.74	31/1/15 Albert Park
110m hurdles (91cm)	T Baldwin	16.87	Vic Masters 2013
110m hurdles (99cm)	C Riddoch	22.6	7/2/04 i/c rd 13
400m hurdles (91cm)	T Baldwin	70.79	30/11/2013
400m hurdles (84cm)	T Baldwin	67.18	12/04/2014
Long jump	T Baldwin	5.15m	31/01/2015
Triple jump	T Baldwin	10.53	12/4/14 Albert Park
High jump	T Baldwin	1.60m	12/4/14 Albert Park
Pole vault	T Baldwin	2.90m	1/3/15 AV Dec Champs
Javelin (700g)	A Watts	40.81m	VMA 2006
Discus	C Riddoch	29.32m (2kg)	
	A Watts	35.78m (1.5kg)	Vic Masters 2009
Shot put	T Baldwin	10.60m (6kg)	28/2/15 AV Dec Champs
	C Riddoch	9.68m (5kg)	
	C Riddoch	8.0m (7.26kg)	17/1/04 AV Dec Champs
Hammer	C Riddoch	32.66m (5kg)	
	G Wilkinson	35.62m (6kg)	
	C Riddoch	11.52m (11.34kg)	11/4/04 AMA Champs
Pentathlon	A Watts	3163	VMA 2009
Weight pentathlon	C Riddoch	2590	
Decathlon	T Baldwin	6105	1/3/15 AV Dec Champs
100 yards	Not claimed		
One mile	Not claimed		
One hour run	W Holst	13,770m	30/09/2012
One minute run	Not claimed		

**MENS 55 - 59**

Event	Name	Time/Distance	Date
100m	A Watts	12.7	VMA 2012
200m	A Watts	25.49	30/3/13 Canberra
400m	A Watts	57.75	31/3/13 Canberra
800m	P Hannaford	2.17.5	
1500m	P Hannaford	4.39.4	
3000m	C Riddoch	13.1	
5000m	P Hannaford	17.32	
10,000m	P Hannaford	37.49	11/5/96 Ballarat
Half marathon	P Hannaford	80.21	1/06/1995
Marathon	Not claimed		
2000m steeple	P Hannaford	7.28.0	
3000m steeple	P Hannaford	11.15	
1500m walk	C Riddoch	7.22.43	22/02/2009 Aus Masters Games
2000m walk	C Riddoch	10.05.5	5/12/09 Murrumbena i/c rd 8
3000m walk	C Riddoch	15.44.2	21/1/10 Frankston
5000m walk	C Riddoch	27.44.18	7/4/12 Albert Pk AMA Champs
10km walk	C Riddoch	55.15.0	16/08/2008 VWRC Albert Pk
20km walk	C Riddoch	127.48	24/6/12 Middle Pk AMA Champs
100m hurdles (91cm)	A Watts	20.81	31/1/15 Albert Park
110m hurdles	C Riddoch	26.03	20/3/10 Doncaster VMA Champs
400m hurdles (91cm)	A Watts	82.1	31/10/2014
400m hurdles (84cm)	A Watts	71.15	12/04/2014
Long jump	A Watts	5.30m	AMA Qld 2011
Triple jump	A Watts	9.36m	30/11/13 Albert Park
High jump	C Riddoch	1.25m	18/10/2008 I/c rd 1 Frankston
Pole vault	C Riddoch	2.00m	21/3/10 Doncaster VMA Champs
Javelin (700g)	A Watts	38.78m	AMA Vic 2012
Discus (1.5kg)	A Watts	36.48m	AV Shield Final 2013
Shot put (5kg)	C Riddoch	8.74m	29/03/2009
Hammer	C Riddoch	29.64m (5kg)	14/02/2009 AV Final Epping
	C Riddoch	10.83m (11.34kg)	28/3/09 VMA Champs
Pentathlon	A Watts	3466	VMA 2011
Weight pentathlon	C Riddoch	2,573	27/9/09 VMA Champs
Decathlon	Not claimed		
100 yards	Not claimed		
One mile	Not claimed		
One hour run	C Riddoch	12,528m	28/09/2008
One minute run	Not claimed		