


MENS 60 - 64

Event	Name	Time/Distance	Date
100m	A Watts	13.31	22/11/15 i/c rd 5 Doncaster
200m	A Watts	26.71	6/2/16 AV Shield Final Albert Pk
400m	A Watts	60.42	20/3/16 Doncaster
800m	C Riddoch	3.29.3	14/11/15 i/c rd 4 Nunawading
1500m	C Riddoch	6.45.51	16/1/16 i/c rd 9 Albert Park
3000m	C Riddoch	14.18.3	21/11/15 i/c rd 5 Doncaster
5000m	C Riddoch	26.39.5	14/11/15 i/c rd 4 Nunawading
10,000m	P Hannaford	41.02	18/5/02 Flemington
Half marathon	P Hannaford	86.45	13/10/2002 Melbourne
Marathon			
2000m steeple	C Riddoch	10.16.8	10/10/15 i/c rd 1 Nunawading
3000m steeple			
1500m walk	C Riddoch	8.17.08	3/4/15 AMA Champs Sydney
2000m walk	C Riddoch	11.17.6	13/12/13 Nunawading i/c rd 5
3000m walk	C Riddoch	17.21.6	30/11/13 Albert Park i/c rd 4
5000m walk	C Riddoch	30.35.60	4/4/15 AMA Champs Sydney
10km walk	C Riddoch	65.56	17/8/13 Middle Pk VMA Champs
100m hurdles			
110m hurdles			
300m hurdles (76.2)	A Watts	48.13	6/2/16 AV Shield Final Albert Pk
400m hurdles			
Long jump	A Watts	4.75m	16/1/16 i/c rd 9
Triple jump	A Watts	10.07	6/2/16 AV Shield Final Albert Pk
High jump	C Riddoch	1.20m	16/11/2013 Ringwood i/c rd 3
Pole vault	C Riddoch	1.55m	16/3/16 Doncaster
Javelin	C Riddoch	32.37 (600g)	14/3/15 AV Champs Doncaster
	E Amerasekera	29.01m (800g)	2007-8
Discus	A Watts	38.39m	22/11/15 i/c rd 5 Doncaster
Shot put	A Watts	8.64m (5kg)	6/2/16 AV Shield Final Albert Pk
	E Amerasekera	7.6m (6kg)	2007-8
Hammer	C Riddoch	28.81m (5kg)	3/10/15 AMA Canberra
	C Riddoch	11.67m (9.08kg)	4/10/15 AMA Canberra
Pentathlon	C Riddoch	2030 pts	29/3/15 VMA Pent Champs
Weight pentathlon	C Riddoch	2555 pts	8/11/15 VMA Murrumbena
Decathlon			
Weight throw	C Riddoch	10.58m	20/3/16 Doncaster
100 yards			
one mile			
One hour run	C Riddoch	10,851m	29/9/13 Waverley
One minute run	C Riddoch	243m	29/9/13 Waverley

**MENS 65 - 69**

Event	Name	Time/Distance	Date
100m			
200m			
400m			
800m			
1500m			
3000m			
5000m			
10,000m	P Hannaford	46.08	13/05/2006
Half marathon	P Hannaford	1.39.44	4/9/05 Burnley
Marathon			
2000m steeple			
3000m steeple			
1500m walk			
2000m walk			
3000m walk			
5000m walk			
10km walk			
110m hurdles			
110m hurdles			
300m hurdles (76.2)			
400m hurdles			
Long jump			
Triple jump			
High jump			
Pole vault			
Javelin	E Amerasekera	24.8m (700g)	2009-10
	E Amerasekera	30.72 (600g)	Vic Masters 2010
Discus	E Amerasekera	22.57m (1.75kg)	2009-10
		28.52m (1kg)	Vic Masters 2010
Shot put			
Hammer (5kg)	E Carstairs	18.18m	26/03/2014
Pentathlon			
Weight pentathlon			
Decathlon			
100 yards			
one mile			
One hour run			
One minute run			