

**MENS 60 - 64**

| Event                | Name          | Time/Distance   | Date                               |
|----------------------|---------------|-----------------|------------------------------------|
| 60m                  | A Watts       | 8.43            | Aus Masters 9/6/17 Darwin          |
| 100m                 | A Watts       | 13.01           | 14/10/16 i/c rd 2                  |
| 200m                 | A Watts       | 26.42           | World Masters Perth Oct 2016       |
| 400m                 | A Watts       | 58.93           | World Masters Perth Oct 2016       |
| 800m                 | C Riddoch     | 3.29.3          | 14/11/15 i/c rd 4 Nunawading       |
| 1500m                | A Watts       | 6.02.55         | 19/4/16 Adelaide, AMA (pentathlon) |
| 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 (76cm) | 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 (84cm)  | A Watts       | 19.79           | Aus Masters 9/6/17 Darwin          |
| 110m hurdles         |               |                 |                                    |
| 300m hurdles (76.2)  | A Watts       | 47.91           | Vic Masters 25/3/17                |
| 400m hurdles         |               |                 |                                    |
| Long jump            | A Watts       | 5.00m           | Aus Masters 9/6/17 Darwin          |
| Triple jump          | A Watts       | 10.27m          | Aus Masters 19/4/16 Adelaide       |
| High jump            | A Watts       | 1.32m           | 13/1/17 i/c rd 11                  |
| Pole vault           | A Watts       | 1.95m           | 20/1/17 i/c rd 12                  |
| Javelin              | A Watts       | 35.5m (600g)    | 19/4/16 Adelaide, AMA (pentathlon) |
|                      | E Amerasekera | 29.01m (800g)   | 2007-8                             |
|                      |               |                 |                                    |
| Discus (1kg)         | A Watts       | 40.73m          | Aus Masters 9/6/17 Darwin          |
|                      |               |                 |                                    |
| 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           | A Watts       | 3443 pts        | 19/4/16 Adelaide, Aus 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     | 10,930m         | 28/8/16 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      |               |                 |                  |