


**WOMENS 40 - 44**

Event	Name	Time/Distance	Date
60m			
100m	J Baldwin	13.7	2006-7
	L Buttigieg	13.7	2007.8
200m	C Bridle	28.4 (h)	24/3/02 Duncan Mckinnon
400m	J Baldwin	64.88	Aus Masters 2007
800m	N O'Reilly	2.35.1	30/11/13 Albert Pk
1500m	N O'Reilly	5.17.2	16/11/13 Ringwood
3000m	N O'Reilly	11.42.2	30/11/13 Albert Pk
5000m	N O'Reilly	20.36.7	22/02/2014
10,000m	K Jackson	37.51	29/05/2010
Half marathon	K Jackson	84.46	2/9/12 Burnley
Marathon	K Jackson	3.11.27	14/1/0/12 Melbourne
2000m steeple			
3000m steeple			
1500m walk			
2000m walk	S Caulfield	15.11.7	Glenhuntly 2009-10
3000m walk	S Caulfield	23.22.0	Knox 2009-10
5000m walk			
10km walk			
20km walk			
30km walk			
50km walk			
100m hurdles (84.0cm)	C Bridle	20.5	9/302 Doncaster
90m hurdles (84.0cm)			
90m hurdles (76.2cm)	J Baldwin	16.5	31/03/2002 & 1/4/06 Murrumbena
80m hurdles (76.2cm)	J Baldwin	14.94	Aus Masters 2006
400m hurdles	J Baldwin	77.04	Aus Masters 2006
Long jump	J Baldwin	4.69m	Aus Masters 2006
Triple jump	J Baldwin	9.44m	Aus Masters 2006
High jump	C Bridle	1.40m	31/3/01 & 1/12/01
Pole vault	L Buttigieg	2.30m	2008-9
Javelin	J Baldwin	25.12m	Aus Masters 2007
	L Buttigieg	22.65 (600g)	Vic Masters 2009
Discus	J Baldwin	28.14m	Vic Masters 3/10
Shot put	S Caulfield	8.29m (4kg)	Knox 2009-10
Hammer	L Buttigieg	32.14 (4kg)	Vic Masters 2008
Pentathlon	C Bridle	2356	10/3/02 Duncan Mckinnon
Heptathlon	C Bridle	3636	10/2/02 Brisbane
100 yards			
One mile			
One hour run	N O'Reilly	13,492m	24/8/14 Waverley
One minute run			

**WOMENS 45 - 49**

Event	Name	Time/Distance	Date
60m	C Bridle	9.18	6/4/07 Hobart
100m	D Jenkins	13.69	24/08/2001
	C Bridle	14.18	6/1/07 Frankston
	C Bridle	13.3 (h)	1/10/05 Knox
200m	C Bridle	28.91	17/4/06 Canberra Aus Masters
400m	C Bridle	66.17	21/4/03 Perth Aus Masters
800m	C Bridle	2.44.2	16/3/03 Duncan McKinnon (VMA)
1500m	J Marston	6.25.7	Rd 11 2010-11
3000m	J Marston	13.23.4	30/11/13 Albert Pk
5000m	J Marston	23.33.0	Rd 3 2011-12
10,000m	J Marston	47.42	5/06/2011
Half marathon	J Marston	1.42.15	8/9/13 Burnley
Marathon	K Jackson	3.05.37	18/10/15 Melbourne
2000m steeple			
3000m steeple	J Marston	15.32.8	Rd 9 2010-11
1500m walk			
2000m walk	J Marston	13.54.7	16/11/13 Nunawading
3000m walk	J Marston	21.19.6	30/11/13 Albert Pk
5000m walk			
10km walk			
20km walk			
30km walk			
50km walk			
100m hurdles (84.0cm)	C Bridle	20.0(h)	29/3/03 Doncaster
90m hurdles (84.0cm)			
90m hurdles (76.2cm)	C Bridle	18.94	5/3/05 Duncan McKinnon
80m hurdles (76.2cm)	J Baldwin	15.07	Vic Masters 2012
300m hurdles (76.2cm)	C Bridle	55.9	2/4/06 Duncan McKinnon
400m hurdles (76.2cm)	C Bridle	75.98	Aus Masters 2003
	C Bridle	75.6(h)	5/4/03 Duncan McKinnon
Long jump	C Bridle	4.41m	19/3/05 Duncan McKinnon
Triple jump	C Bridle	9.19m	Aus Masters 2005
High jump	C Bridle	1.39m	7/1/06 Olympic Park
Pole vault	L Buttigieg	2.70m	Rd 8 & 10 2011-12
Javelin	J Baldwin	24.65m (600g)	Aus Masters 2013
Discus	J Baldwin	27.53m (1kg)	Aus Masters 2013
Shot put	J Baldwin	8.37m (4kg)	14/2/03 Knox
Hammer	L Buttigieg	41.70m (4kg)	5/10/13 Geelong
Pentathlon	C Bridle	2847	9/10/02 Olympic Park Melb
Heptathlon	C Bridle	3990	23/02/2003 Brisbane
100 yards			
One mile			
One hour run	J Marston	11,941m	29/9/13 Waverley
One minute run	L Buttigieg	330m	29/9/13 Waverley