



WOMENS 50 - 54			
Event	Name	Time/Distance	Date
60m	C Bridle	9.08	21/3/08 Blacktown
100m	C Bridle	14.5	Aus Masters 2008
200m	C Bridle	29.72	24/3/08 Blacktown
400m	C Bridle	68.48	16/2/08 Doncaster
800m	C Bridle	2.59.24	13/1/08 Doncaster
1500m	J Marston	6.16.3	22/11/15 Doncaster
3000m	J Marston	13.09.7	22/11/15 Doncaster
5000m			
10,000m			
Half marathon			
Marathon			
2000m steeple			
3000m steeple			
1500m walk			
2000m walk	J Molnar	14.54.8	14/12/13 Nunawading
3000m walk	J Molnar	22.46.3	2/11/13 Ringwood
5000m walk			
10km walk			
20km walk			
30km walk			
50km walk			
80m hurdles (76.2cm)	C Bridle	15.00	28/3/09 Box Hill
300m hurdles (76.2cm)	C Bridle	55.26	22/3/08 Blacktown
400m hurdles (76.2cm)	C Bridle	85.21	11/2/12 Albert Park
Long jump	C Bridle	4.18m	17/1/09 Frankston
Triple jump	C Bridle	8.99m	29/3/09 Box Hill
High jump	C Bridle	1.35m	28/3/09 Box Hill, 8/12/11 Mentone
Pole vault	L Buttigieg	2.90m	20/3/16 Doncaster
Javelin	C Bridle	23.14m (600g)	1/3/09 Olympic Park
	C Bridle	25.40 (500g)	28/03/2009 Box Hill
Discus	L Buttigieg	24.45m (1kg)	19/3/16 Doncaster
Shot put	L Buttigieg	9.41m (3kg)	14/11/15 Nunawading
	C Bridle	7.64m (4kg)	27/10/07 Knox
Hammer	L Buttigieg	43.81m (3kg)	24/10/15 Yarra Ranges
	C Bridle	29.01m (4kg)	8/1/11 Frankston
Pentathlon	C Bridle	3221 pts	15/3/09 Duncan McKinnon
Heptathlon	C Bridle	4619 pts	13/1/08 Doncaster
Weight throw	L Buttigieg	12.16m (7.26kg)	20/3/16 Doncaster
Throws pentathlon	C Bridle	2846 pts	2/3/08 Duncan McKinnon
100 yards			
One mile			
One hour run			
One minute run			



ATHLETICS WAVERLEY

Event	Name	WOMENS 55 - 59 Time/Distance	Date
60m	C Bridle	9.57	29/3/13 Canberra
100m	C Bridle	15.12	19/10/13 Nunawading
	C Bridle	14.53(h)	3/3/13 Duncan McKinnon
200m	C Bridle	32.11	2/11/13 Ringwood
400m	C Bridle	75.04	16/2/13 Albert Park
800m	C Bridle	3.10.6	6/1/13 Bendigo
1500m			
3000m			
5000m			
10,000m			
Half marathon			
Marathon			
2000m steeple			
3000m steeple			
1500m walk			
2000m walk			
3000m walk			
5000m walk			
10km walk			
20km walk			
30km walk			
50km walk			
80m hurdles (76.2cm)	C Bridle	18.19(h)	6/10/12 Collingwood
	C Bridle	18.20(e)	30/3/13 Canberra
300m hurdles (76.2cm)	C Bridle	63.52	14/11/15 Nunawading
Long jump	C Bridle	3.96m	29/3/13 Canberra
Triple jump	C Bridle	8.36m	30/11/13 Albert Park
High jump	C Bridle	1.31m	5/1/13 Bendigo
Pole vault			
Javelin	C Bridle	22.04m (500g)	10/10/15 Nunawading
Discus	C Bridle	19.20m	14/12/13 Nunawading
Shot put	C Bridle	8.42m (3kg)	20/03/2016
Hammer	C Bridle	32.03m	30/11/13 Albert Pk
Pentathlon	C Bridle	3088 pts	3/3/13 Duncan McKinnon
Heptathlon	C Bridle	4248 pts	6/1/13 Bendigo
Weight throw	C Bridle	10.15m (7.26kg)	24/3/13 Duncan McKinnon
Throws pentathlon	C Bridle	2868 pts	24/3/13 Duncan McKinnon
100 yards			
One mile			
One hour run			
One minute run	C Bridle	328m	29/9/13 Waverley