AMA Indoor Records held by QMA members

As at 30 September 2026. Queensland has no indoor facility, so these were set interstate or overseas and are not QMA records.
A = Australian record CR = Australian Championship record W = World record.

LADIES

Age	Athlete	Year	Performance	Flag	Note
60m					
W50	Julie Brims	2017	**8.08**	A	
W55	Julie Brims	2023	**8.25**	A	
W70	Noreen Parrish	2012	**10.31**	A	
W75	Noreen Parrish	2017	**11.42**	A	
200m					
W45	Marie Kay	2008	**25.85**	A	
W50	Julie Brims	2017	**26.11**	A	
W65	Marge Allison	2010	**31.79**	A	
W70	Noreen Parrish	2012	**35.86**	A	
W75	Noreen Parrish	2017	**41.54**	A	
400m					
W45	Marie Kay	2008	**56.99**	W	
W55	Julie Brims	2025	**67.51**		
W65	Jeanette Flynn	2017	**70.34**	A	
W75	Noreen Parrish	2017	**1:51.08**	A	
800m					
W60	Jeanette Flynn	2014	**2:41.40**	A	
W65	Jeanette Flynn	2017	**2:44.45**	A	
1500m					
W60	Jeanette Flynn	2014	**5:45.40**	A	
3000m					
W60	Anne Ryan	2014	**12:28.31**	A	
60m Hurdles					
W35	Eliana Seymour	2023	**9.01**	A	
W40	Eliana Seymour	2025	**9.11**	A	
W50	Marie Kay	2010	**9.55**	A	
W60	Wilma Perkins	2010	**10.81**	A	
W65	Marge Allison	2010	**11.05**	A	
W75	Wilma Perkins	2025	**15.36**	A	
Long Jump					
W45	Marie Kay	2008	**5.57**	A	
W50	Marie Kay	2012	**5.20**	A	
W60	Wilma Perkins	2010	**4.09**	A	
W65	Jean Hampson	2014	**3.35**	A	
W70	Jean Hampson	2017	**3.05**	A	
W75	Wilma Perkins	2025	**2.82**	A	

High Jump				
W35	Dash Newington	2024	**1.45**	A
W50	Marie Kay	2006	**1.51**	A
W60	Wilma Perkins	2012	**1.23**	A
W65	Marge Allison	2010	**1.17**	A
Pole Vault				
W35	Dash Newington	2024	**3.70**	A
W65	Wilma Perkins	2019	**1.90**	A
W70	Wilma Perkins	2023	**1.60**	A
W75	Wilma Perkins	2025	**1.50**	A
Shot Put				
W30	Nicole Luyten	2026	**12.42**	A
W30	Nicole Luyten	2025	**11.63**	CR
W50	Marie Kay	2010	**12.30**	A
Weight Throw				
W30	Nicole Luyten	2026	**13.69**	A
W30	Nicole Luyten	2025	**12.97**	CR
W45	Althea Mackie	2017	**12.06**	A
56lb Weight				
W30	Nicole Luyten	2026	**4.91**	A
W30	Nicole Luyten	2025	**4.87**	CR
100lb Weight				
W30	Nicole Luyten	2026	**2.00**	A
W30	Nicole Luyten	2025	**1.97**	CR
Super Weight Throw				
W30	Nicole Luyten	2026	**8.72**	A
W30	Nicole Luyten	2025	**8.27**	CR
Heavy Weight Pentathlon				
W30	Nicole Luyten	2026	**2929**	A
W30	Nicole Luyten	2025	**2512**	CR
Pentathlon				
W50	Marie Kay	2010	**4440**	A
W65	Marge Allison	2010	**3371**	A
4 x 200m Relay				
W35+	Eliana Seymour	2023	**2:03.99**	A
W40+	Marie Kay	2008	**1:49.98**	A
W50	Julie Brims	2023	**1:54.21**	A
W50	Maryann Hearn	2023	**1:54.21**	A
W55	Julie Brims	2025	**1:52.64**	W
W65+	Jeanette Flynn	2017	**2:19.47**	A
W65+	Wilma Perkins	2017	**2:19.47**	A
W70+	Noreen Parrish	2017	**2:49.19**	A
W70+	Jean Hampson	2017	**2:49.19**	A

MEN

Age	Athlete	Year	Performance	Flag	Note
60m					
M50	Steve Jones	2017	**7.81**	A	
200m					
M55	Christopher Brack	2023	**24.50**	A	
400m					
M55	Christopher Brack	2023	**55.03**	A	
M75	Dieter Lacko	2023	**82.30**	A	
800m					
M30	Brendan Whelan	2008	**2:04.24**	A	
M55	Peter Hawes	2012	**2:14.87**	A	
1000m					
M65	Joe Begley	2019	**4:34.46**	A	
M70	Ken Daniels	2010	**4:40.41**	A	
1 Mile					
M30	Brendan Whelan	2008	**4:31.43**	A	
M50	Michael Jackson	2025	**4:50.27**	A	
3000m					
M30	Brendan Whelan	2008	**9:02.38**	A	
M50	Alan Stacey	2017	**10:53.45**	A	
60m Hurdles					
M35	Nunu Campos	2025	**10.30**	A	
M65	Joe Begley	2019	**12.70**	A	
3000m Track Walk					
M40	Dean Nipperess	2014	**13:19.77**	A	
M45	Dean Nipperess	2019	**16:15.10**	A	
Long Jump					
M55	Viddy Jermacans	2006	**4.99**	A	
M65	Joe Begley	2019	**3.94**	A	
High Jump					
M65	Craig Elliott	2024	**1.15**	A	
Pole Vault					
M40	Howard Arbuthnot	2010	**4.40**	A	
M55	Howard Arbuthnot	2026	**4.05**	A	
M60	Craig Elliott	2018	**2.60**	A	
M65	Craig Elliott	2025	**2.45**	A	
Shot Put					
M50	Rodney Watson	2024	**12.20**	CR	
M55	Brian Doolan	2025	**11.68**	CR	
35lb Weight Throw					
M30	Tyson Elisaia	2024	**12.01**	CR	

56lb Heavy Weight					
M30	Tyson Elisaia	2024	**8.17**	A/CR	
100lb Heavy Weight					
M30	Tyson Elisaia	2024	**3.74**	CR	
M50	Richard Harris	2024	**3.83**	CR	
M55	Tim Lowrey	2023	**3.10**	A/CR	
Heavy Weight Pentathlon					
M30	Tyson Elisaia	2024	**3041**	A	
Pentathlon					
M65	Joe Begley	2019	**2251**	A	
4 x 200m Relay					
M40+	Stephen Jones	2010	**1:37.56**	A	
M45+	Graham Scully	2023	**1:37.67**	A	
M55	Christopher Brack	2023	**1:45.40**	A	
M75	Dieter Lacko	2023	**3:01.64**	A	

MIXED

Age	Athlete	Year	Performance	Flag	Note
4 x 200m Mixed Relay					
X70	Dieter Lacko, Wilma Perkins, Lynne Schickert	2023	**3:02.60**	A	*Fourth runner not listed in source*
X75	Wilma Perkins	2025	**3:01.64**	A	*Other runners not listed in source*

AMA Winter Throwing Championships · Championship records held by QMA members

As at 12 June 2026.

LADIES

Age	Athlete	Year	Performance	Flag	Note
Javelin Throw					
W65	Denise Quinn	2022	**19.20**		*500g*
W90	Ruth Frith	2001	**10.00**		
W95	Ruth Frith	2008	**5.78**		
W100	Ruth Frith	2010	**5.62**		
Discus Throw					
W30	Emily Keehn	2023	**37.31**		
W60	Helen Searle	2001	**32.03**		
W65	Helen Searle	2005	**26.34**		
W80	Lorraine Birtwell	2023	**16.12**		
W90	Ruth Frith	2001	**11.46**		*1kg*

W95	Ruth Frith	2005	**10.51**	*750g*
W100	Ruth Frith	2010	**8.20**	
Shot Put				
W30	Nicole Luyten	2026	**12.48**	
W55	Marie Kay	2016	**11.39**	
W60	Helen Searle	2000	**12.24**	
W65	Helen Searle	2005	**10.53**	
W70	Helen Searle	2010	**9.90**	
W75	Helen Searle	2015	**9.79**	
W90	Ruth Frith	2001	**5.10**	
W95	Ruth Frith	2005	**5.09**	*2kg*
W100	Ruth Frith	2010	**4.06**	*2kg*
Hammer Throw				
W60	Helen Searle	2001	**46.09**	
W65	Helen Searle	2005	**40.11**	
W70	Helen Searle	2010	**32.08**	
W75	Helen Searle	2014	**32.27**	
W80	Lorraine Birtwell	2023	**20.40**	
W90	Ruth Frith	2001	**12.96**	*3kg*
W95	Ruth Frith	2006	**13.71**	*2kg*
W100	Ruth Frith	2010	**11.30**	
Weight Throw				
W60	Helen Searle	2000	**16.22**	
W80	Lorraine Birtwell	2023	**9.17**	
W90	Ruth Frith	2003	**5.96**	*5.45lb*
W95	Ruth Frith	2006	**5.58**	
W100	Ruth Frith	2010	**4.30**	
Throws Pentathlon				
W60	Helen Searle	2000	**5154**	
W65	Helen Searle	2005	**5046**	
W70	Helen Searle	2010	**4349**	
W75	Helen Searle	2014	**4363**	
W90	Ruth Frith	2001	**4180**	
W95	Ruth Frith	2006	**7193**	
W100	Ruth Frith	2010	**5495**	
Weight for Distance				
W30	Nicole Luyten	2023	**14.12**	
W45	Althea Mackie	2018	**12.81**	
W50	Althea Mackie	2023	**16.07**	
56lb Weight				
W40	Althea Mackie	2013	**5.00**	
W45	Althea Mackie	2017	**4.74**	
100lb Weight				
W35	Miranda Ramsden	2022	**2.36**	
W50	Althea Mackie	2023	**2.18**	

Super Weight				
W30	Nicole Luyten	2026	**8.71**	*35lb*
W80	Lorraine Birtwell	2023	**5.38**	*16lb*
Single Arm Weight				
W30	Nicole Luyten	2023	**14.12**	
W45	Althea Mackie	2018	**12.81**	
Heavy Weight Pentathlon				
W45	Althea Mackie	2018	**3426**	
W60	Helen Searle	2002	**4012**	
W65	Helen Searle	2005	**4201**	
W80	Lorraine Birtwell	2023	**3019**	
Throws Pentathlon (2023 tables)				
W75	Helen Searle	2014	**3365**	
W80	Lorraine Birtwell	2023	**2552**	
W95	Ruth Frith	2006	**3393**	
W100	Ruth Frith	2010	**3756**	

MEN

Age	Athlete	Year	Performance	Flag	Note
Discus Throw					
M35	Darron Haworth	2008	**50.03**		
M55	Warwick Selvey	1995	**42.98**		
M90	Gordon Woolston	2023	**8.85**		
Hammer Throw					
M90	Mark Cumming	2023	**51.05**		
M90	Gordon Woolston	2023	**11.34**		
Javelin Throw					
M90	Gordon Woolston	2023	**9.35**		
Shot Put					
M90	Gordon Woolston	2023	**3.57**		
Weight Throw					
M35	Darron Haworth	2008	**16.13**		
M60	Mark Cumming	2023	**19.77**		
M90	Gordon Woolston	2023	**3.90**		
Super Weight					
M30	Tyson Elisaia	2024	**7.57**		
M55	Tim Lowrey	2022	**6.55**		*56lb*
M60	Mark Cumming	2023	**9.89**		
M90	Gordon Woolston	2023	**2.71**		
56lb Heavy Weight					
M30	Michael Day	2017	**7.90**		
M35	Darron Haworth	2008	**10.94**		
M70	Phillip Rowlands	2018	**5.55**		

M75	Phillip Rowlands	2023	**4.81**
M85	Feliks Jekabsons	2007	**3.07**
M90	Gordon Woolston	2023	**1.08**
100lb Heavy Weight			
M30	Tyson Elisaia	2024	**4.24**
M35	Darron Haworth	2008	**5.57**
M75	Phillip Rowlands	2023	**2.67**
M85	Feliks Jekabsons	2007	**1.66**
M90	Gordon Woolston	2023	**0.54**
Single Arm Weight			
M30	Tyson Elisaia	2024	**16.11**
M70	Phillip Rowlands	2018	**18.23**
Throws Pentathlon (2023 tables)			
M40	Darrin Norwood	2022	**3317**
Heavy Weight Pentathlon (2023 tables)			
M35	Darron Haworth	2008	**4254**
M60	Mark Cumming	2023	**4803**

Oceania Records held by QMA members

As at 18 September 2025.

LADIES

Age	Athlete	Year	Performance	Flag	Note
60m					
W30	Kelly McAndrew	2025	**7.67**		
W40	Eliana Seymour	2025	**8.24**		
W65	Wilma Perkins	2015	**9.52**		
100m					
W30	Kelly McAndrew	2025	**12.30**		
W40	Julie Brims	2006	**12.54**		
W45	Marie Kay	2006	**13.16**		
W55	Julie Brims	2025	**13.48**		
W65	Carol Davis	2019	**15.31**		
200m					
W30	Kelly McAndrew	2025	**24.98**		
W40	Julie Brims	2006	**26.15**		
W45	Marie Kay	2006	**26.55**		
W65	Jeanette Flynn	2018	**30.55**		
W80	Marge Allison	2025	**37.67**		
400m					
W35	Nicolette Hargrave	2025	**57.03**		

W45	Marie Kay	2006	**59.27**
W50	Renee Briffa	2025	**62.12**
W60	Jeanette Flynn	2014	**68.94**
W65	Jeanette Flynn	2018	**69.01**
W70	Marge Allison	2006	**79.76**
W80	Marge Allison	2025	**88.63**
800m			
W35	Nicolette Hargrave	2025	**2:10.64**
W45	Elsie Norbury	2019	**2:27.1**
W55	Louisa Abram	2018	**2:31.44**
W65	Jeanette Flynn	2018	**2:45.36**
1500m			
W30	Tayla Bevan	2025	**4:46.79**
W55	Louisa Abram	2018	**4:59.36**
5000m			
W55	Louisa Abram	2018	**18:44.52**
80m Hurdles (0.762m)			
W40	Eliana Seymour	2025	**11.95**
W45	Marie Kay	2008	**12.34**
W50	Marie Kay	2012	**13.14**
400m Hurdles (0.762m)			
W35	Lauren McAdam	2025	**67.02**
W45	Marie Kay	2006	**64.70**
300m Hurdles (0.762m)			
W55	Wilma Perkins	2006	**58.90**
200m Hurdles (0.686m)			
W70	Marge Allison	2012	**39.37**
1500m Track Walk			
W30	Patricia Hibbs	2025	**8:45.78**
W35	Roslyn Kirwin	2025	**9:39.23**
W50	Joy Dale	2025	**10:32.0**
Javelin (600g)			
W30	Sallyann Moller	2019	**36.20**
Javelin (500g from 2000)			
W50	Lee-Anne Nelson	2025	**31.32**
Javelin (500g from 2014)			
W60	Lesley Duncan	2025	**26.61**
W65	Marie Kay	2025	**28.16**
Javelin (400g from 2000)			
W75	Heather Doherty	2008	**19.78**
W80	Heather Doherty	2014	**19.45**
W85	Heather Doherty	2019	**8.68**
W90	Ruth Frith	2002	**10.09**

W95	Ruth Frith	2004	**7.98**
Discus (1kg)			
W60	Helen Searle	2002	**29.73**
W65	Helen Searle	2006	**27.53**
Discus (0.75kg from 2010)			
W80	Heather Doherty	2014	**20.30**
W85	Heather Doherty	2019	**13.84**
W90	Ruth Frith	2002	**10.89**
W95	Ruth Frith	2006	**10.90**
Shot Put (3kg)			
W60	Helen Searle	2000	**12.31**
W65	Helen Searle	2004	**11.58**
W70	Helen Searle	2012	**9.16**
Shot Put (2kg from 2010)			
W80	Heather Doherty	2014	**7.44**
W85	Ruth Frith	1996	**5.42**
W90	Ruth Frith	2002	**5.21**
W95	Ruth Frith	2004	**4.72**
Hammer (4kg)			
W45	Althea Mackie	2015	**41.80**
Hammer (3kg)			
W55	Helen Searle	1996	**45.98**
W65	Helen Searle	2006	**39.51**
W70	Helen Searle	2012	**33.07**
W80	Helen Searle	2019	**27.03**
Hammer (2kg from 2010)			
W85	Heather Doherty	2019	**16.82**
W90	Ruth Frith	2002	**11.85**
W95	Ruth Frith	2006	**11.16**
W100	Ruth Frith	2012	**9.64**
Weight Throw (9.08kg / 20lb)			
W45	Althea Mackie	2015	**12.84**
Weight Throw (5.45kg / 12lb)			
W65	Helen Searle	2004	**16.44**
Weight Throw (4kg from 2010)			
W80	Heather Doherty	2014	**9.63**
W85	Heather Doherty	2019	**6.82**
W95	Ruth Frith	2006	**5.16**
High Jump			
W50	Janet Webber	2025	**1.46**
W65	Wilma Perkins	2015	**1.18**
Long Jump			
W50	Marie Kay	2012	**5.23**

	W65	Carol Davis	2019	**4.05**	
Triple Jump					
	W40	Julie Brims	2006	**10.59**	
	W50	Helen Searle	1990	**9.54**	
	W65	Carol Davis	2019	**7.90**	
Pole Vault					
	W30	Emma Coogan	2025	**3.10**	
	W35	Nicolai Morris	2025	**2.60**	
	W40	Samantha Clare	2025	**3.10**	
	W60	Wilma Perkins	2010	**2.30**	
	W75	Wilma Perkins	2025	**1.80**	
Pentathlon					
	W30	Wilma Perkins	1984	**2864**	
	W40	Lee-Anne Grosvenor	2014	**3153**	
	W50	Lee-Anne Nelson	2025	**3593**	
	W65	Carol Davis	2019	**3808**	*500g javelin*
	W70	Carol Davis	2025	**3161**	*500g javelin*
Throws Pentathlon					
	W85	Heather Doherty	2019	**2341**	
	W90	Ruth Frith	2002	**3461**	
	W95	Ruth Frith	2006	**3779**	
Heptathlon					
	W40	Lee-Anne Grosvenor	2014	**4068**	
	W50	Marie Kay	2010	**5831**	
	W70	Marge Allison	2015	**5022**	

MEN

Age	Athlete	Year	Performance	Flag	Note
60m					
M30	Travis Venema	2008	**7.19**		
M85	Maurice Dauphinet	2012	**11.12**		
100m					
M70	Hugh Coogan	2006	**13.85**		
M90	Hugh Coogan	2026	**19.44**		
200m					
M60	Fabio Di Giandomenico	2025	**25.67**		
M70	Hugh Coogan	2006	**28.10**		
M90	Hugh Coogan	2025	**42.14**		
400m					
M70	Hugh Coogan	2006	**62.28**		
M75	Colin Woods	2012	**74.12**		
800m					
M80	Michael Juckes	2019	**3:21.72**		

1500m			
M40	Alan Bradford	1982	**4:07.0**
M55	Robert Godino	2025	**4:21.93**
M70	Ian Cameron	2025	**5:20.04**
M80	Michael Juckes	2019	**7:02.03**
5000m			
M30	Brendan Whelan	2006	**15:25.5**
M65	Colin McLeod	2002	**18:13.1**
M70	Ian Cameron	2025	**19:04.61**
M80	Michael Juckes	2019	**26:03.74**
100m Hurdles (0.914m)			
M50	David Reed	2025	**15.99**
100m Hurdles (0.840m)			
M60	Harry Giles	2008	**16.56**
2000m Steeplechase (0.762m)			
M80	Michael Juckes	2019	**11:20.46**
3000m Steeplechase (0.914m)			
M50	Alan Bradford	1992	**10:44.0**
1500m Track Walk			
M60	Ignacio Jemenez-Solis	2025	**6:59.87**
M85	Patrick Sela	2025	**13:52.31**
3000m Track Walk			
M35	Peter Bennett	1994	**14:28.0**
M40	Dean Nipperess	2012	**13:10.82**
M80	Richard Keatinge	2006	**21:00.0**
5000m Track Walk			
M60	Ignacio Jemenez-Solis	2025	**24:41.90**
M70	Tom Daintry	1984	**28:22.0**
M75	Tom Daintry	1990	**30:33.0**
10km Road Walk (best performance)			
M35	Peter Bennett	1994	**52.14**
M40	Dean Nipperess	2012	**47.31**
M60	Ignacio Jemenez-Solis	2025	**51:17.00**
M80	Tom Daintry	1992	**69.01**
M85	Patrick Sela	2025	**94:58.00**
Half Marathon (best performance)			
M35	Brendan Whelan	2010	**1:15.18**
M60	Colin McLeod	1998	**1:19.28**
M65	Colin McLeod	2002	**1:22.25**
M70	Colin McLeod	2008	**1:31.58**
Javelin (800g, current spec)			
M45	John Kay	2008	**52.26**
Javelin (500g from 2000)			

M70	Guy Quarterman	2012	**36.51**
Hammer (5kg)			
M60	Mark Cumming	2025	**50.65**
Discus (1kg)			
M80	Feliks Jekabsons	2006	**26.96**
Shot Put (5kg)			
M65	Charlie Rann	1992	**12.75**
Weight Throw (9.08kg / 20lb)			
M60	Mark Cumming	2025	**19.37**
Weight Throw (5.45kg / 12lb)			
M90	Laurence Quinlivan	2025	**7.67**
Long Jump			
M45	Andrew McLean	2025	**5.91**
M85	Maurice Dauphinet	2012	**2.95**
High Jump			
M40	Euan McLean	2019	**1.82**
Pole Vault			
M35	Rob Hill	2008	**4.40**
M55	Howard Arbuthnot	2025	**3.80**
Pentathlon			
M70	Ken Daniels	2008	**3084**
Throws Pentathlon			
M80	Feliks Jekabsons	2006	**3539**
M90	Laurence Quinlivan	2025	**2077**
Decathlon			
M30	Peter Hollenbeck	2019	**5308**
M55	Andrew Millerd	2019	**6193**
M65	Mark McLean	2025	**5143**
M70	Ken Daniels	2008	**5995**
Heptathlon			
M50	David Reed	2025	**4210**
M70	Bruce O'Connor	2025	**1839**
M75	Dieter Lacko	2025	**1999**

AMA Championship Records held by QMA members

As at 30 September 2026. The note shows where a record was set representing another state before joining QMA.

LADIES

Age	Athlete	Year	Performance	Flag	Note
60m					

W45	Julie Brims	2011	**7.75**	
W50	Julie Brims	2016	**8.14**	
W75	Carol Davis	2026	**10.07**	
100m				
W50	Julie Brims	2018	**12.63**	
W65	Daphne Pirie	1987	**14.7**	
200m				
W40	Julie Brims	2008	**25.14**	
W45	Julie Brims	2011	**25.21**	
W50	Julie Brims	2016	**26.09**	
W55	Julie Brims	2022	**25.97**	
W70	Marge Allison	2016	**33.40**	
W75	Carol Davis	2026	**34.69**	
400m				
W35	Nicolette Hargrave	2026	**56.91**	
W50	Marge Allison	1995	**59.5**	*Represented NSW before joining QMA*
W60	Marge Allison	2005	**67.37**	*Represented NSW before joining QMA*
W65	Jeanette Flynn	2017	**70.37**	
W80	Marge Allison	2025	**96.59**	
800m				
W35	Nicolette Hargrave	2026	**2:11.43**	
W50	Jeanette Flynn	2005	**2:18.07**	
W65	Jeanette Flynn	2017	**2:48.56**	
1500m				
W35	Marcia Sheer	1993	**4:30.16**	*Represented SA before joining QMA*
W50	Jeanette Flynn	2004	**4:49.04**	
5000m				
W35	Marcia Sheer	1994	**16:42.74**	*Represented SA before joining QMA*
W40	Glenda Banaghan	2007	**17:05.51**	
W55	Louisa Abram	2018	**18:24.57**	
10,000m				
W35	Desiree Letherby	1983	**35:39**	
Half Marathon				
W35	Shiloh Watts	2017	**1:25.27**	
W45	Glenda Banaghan	2011	**1:22.34**	
W55	Louisa Abram	2017	**1:26.35**	
Marathon				
W70	Lesley Le Vaillant	2013	**4:34.59**	
80m Hurdles				
W40	Eliana Seymour	2025	**12.03**	

300m Hurdles				
W60	Marge Allison	2005	**54.87**	*Represented NSW before joining QMA*
Half Marathon Road Walk				
W50	Brenda Gannon	2026	**2:14:49**	
High Jump				
W30	Ashleigh Reid	2022	**1.71**	
W40	Deann Mayfield	2005	**1.70**	
W50	Janet Webber	2026	**1.48**	
W60	Deann Mayfield	2022	**1.36**	
Long Jump				
W50	Marie Kay	2010	**5.41**	
Triple Jump				
W30	Maree Bugeja	2006	**11.68**	
Pole Vault				
W65	Wilma Perkins	2015	**2.10**	
W70	Wilma Perkins	2023	**1.80**	
W75	Wilma Perkins	2025	**1.60**	
Discus Throw				
W65	Heather Doherty	1999	**30.74**	
W70	Heather Doherty	2005	**25.30**	
W75	Heather Doherty	2012	**24.46**	*0.75kg*
W80	Heather Doherty	2015	**19.33**	*0.75kg*
W90	Ruth Frith	2000	**12.10**	*Represented NSW before joining QMA; 1kg*
W95	Ruth Frith	2005	**10.29**	*0.75kg*
W100	Ruth Frith	2010	**8.14**	*0.75kg*
Shot Put				
W55	Helen Searle	1999	**12.00**	*Represented NSW before joining QMA*
W60	Helen Searle	2000	**12.05**	*Represented NSW before joining QMA*
W65	Helen Searle	2005	**11.41**	
W70	Helen Searle	2010	**9.67**	
W75	Helen Searle	2015	**9.48**	*2kg*
W85	Ruth Frith	1999	**5.52**	*Represented NSW before joining QMA; 3kg*
W90	Ruth Frith	2001	**5.37**	*Represented NSW before joining QMA; 3kg*
W95	Ruth Frith	2006	**5.04**	*2kg*
W100	Ruth Frith	2010	**4.37**	*2kg*
Hammer Throw				
W60	Helen Searle	2002	**42.85**	
W65	Helen Searle	2006	**41.41**	

W85	Heather Doherty	2022	**14.93**	*3kg*
W90	Ruth Frith	2000	**13.13**	*Represented NSW before joining QMA; 3kg*
W95	Ruth Frith	2005	**12.93**	*2kg*
W100	Ruth Frith	2011	**10.87**	*2kg*
Javelin Throw				
W60	Lesley Duncan	2024	**29.43**	
W65	Marie Kay	2025	**24.61**	*500g*
W90	Ruth Frith	2002	**9.64**	*Represented NSW before joining QMA*
W95	Ruth Frith	2005	**7.70**	
W100	Ruth Frith	2010	**5.90**	
Weight Throw				
W55	Helen Searle	1999	**14.59**	*Represented NSW before joining QMA*
W60	Helen Searle	2000	**17.52**	*Represented NSW before joining QMA*
W65	Helen Searle	2006	**16.10**	
W85	Ruth Frith	1999	**6.07**	*Represented NSW before joining QMA*
W90	Ruth Frith	2001	**6.19**	*Represented NSW before joining QMA*
W95	Ruth Frith	2005	**6.00**	*4kg*
W100	Ruth Frith	2010	**4.72**	*4kg*
Heavy Weight Pentathlon				
W30	Nicole Luyten	2024	**2691**	
W80	Lorraine Birtwell	2023	**3019**	
Throws Pentathlon (2023 tables); new specs from 2005				
W85	Ruth Frith	1998	**2588**	*Represented NSW before joining QMA*
W90	Ruth Frith	2000	**2931**	*Represented NSW before joining QMA*
W95	Ruth Frith	2005	**3391**	*New specifications*
W100	Ruth Frith	2010	**3717**	*New specifications*
Pentathlon (with shot from 2009)				
W35	Leonie Hoffman	2012	**2792**	
W40	Lee-Anne Grosvenor	2015	**3189**	
W50	Lee-Anne Nelson	2023	**3707**	
W65	Carol Davis	2016	**3407**	
W70	Carol Davis	2022	**3488**	
W75	Carol Davis	2026	**3781**	
Heptathlon (2023 tables)				
W30	Leanne McMurdy	2003	**3192**	
W70	Imogen Stanhope	2026	**1878**	
W75	Carol Davis	2026	**5237**	

Decathlon (2023 tables)					
	W30	Roisin O'Dwyer-Mazur	2026	**2459**	
	W50	Lee-Anne Nelson	2026	**6401**	
	W75	Wilma Perkins	2026	**3438**	
4 x 400m Relay					
	180+	Julie Brims, Radika Lucas, Lee-Anne Nelson, Nicolette Hargrave	2024	**4:11.34**	
	240+	Marge Allison, Tamara Paterson, Jessica Veurman, Karen Lakin	2022	**5:19.46**	

MEN

Age	Athlete	Year	Performance	Flag	Note
60m					
M70	Glen Wilson	2011	**8.41**		
M85	Hugh Coogan	2022	**10.18**		
100m					
M60	Bernie Hogan	1981	**12.15**		
M75	Hugh Coogan	2012	**13.98**		
M85	Hugh Coogan	2022	**16.97**		
200m					
M35	Kevin Silver	1987	**22.29**		
M55	Christopher Brack	2022	**24.25**		
M75	Hugh Coogan	2011	**28.83**		
400m					
M70	Hugh Coogan	2006	**62.17**		
M75	Hugh Coogan	2012	**65.88**		
800m					
M65	Alan Bradford	2004	**2:22.15**		
1500m					
M30	Brendan Gray	2004	**4:06.17**		
10,000m					
M50	David Sweeney	2015	**33:03.74**		
M70	Ian Cameron	2024	**38:19.70**		
5,000m					
M70	Ian Cameron	2024	**18:30.81**		
Half Marathon					
M35	Patrick Nispell	2017	**1:12.03**		
M60	Ron Peters	2016	**1:18.53**		
Marathon					
M60	John Shaw	2016	**2:45.19**		
M65	Colin McLeod	2003	**2:54.41**		
M70	Colin McLeod	2006	**3:04.07**		

3000m Steeplechase			
M30	Brendan Gray	2004	**10:05.24**
M40	Doug Worling	1975	**9:31.6**
M45	Doug Worling	1981	**9:50.66**
M50	Alan Bradford	1991	**10:15.1**
M55	Alan Bradford	1994	**10:29.16**
3000m Steeplechase (0.838m)			
M30	Christopher Davis	2024	**10:29.59**
M35	Christopher Davis	2026	**10:48.22**
M45	Justin Rule	2024	**11:23.3**
M55	Peter Link	2024	**11:43.01**
2000m Steeplechase			
M60	Alan Bradford	1999	**7:05.51**
M65	Alan Bradford	2004	**7:28.46**
M70	Alan Bradford	2009	**8:20.95**
100m Hurdles (.914/3')			
M55	Harry Giles	1994	**15.42**
100m Hurdles (.840m/2'9")			
M60	Harry Giles	2005	**16.68**
400m Hurdles (.914/3')			
M40	Harry Giles	1988	**56.73**
M45	Harry Giles	1990	**58.8**
200m Hurdles (0.686m/2'3")			
M80	Pio Bunin	2022	**42.70**
1500m Track Walk			
M55	Ignacio Jimenez	2022	**6:44.28**
5000m Track Walk			
M30	Ignacio Jimenez	1995	**22:55.1**
M35	David Smith	1995	**20:43.8**
M40	David Smith	1998	**21:26.18**
10km Road Walk (best times)			
M45	Ignacio Jimenez	2011	**49.27**
M55	Ignacio Jimenez	2022	**49.23**
M85	Dick Keatinge	2009	**1:20.12**
High Jump			
M65	Brian Key	2026	**1.47**
M70	Alan Rolfe	1999	**1.41**
M80	Vic Younger	1994	**1.17**
Triple Jump			
M40	Derek Boosey	1987	**14.01**
Pole Vault			
M30	Warren Evans	2005	**3.65**
M85	Vic Younger	1999	**1.50**

Discus Throw				
M40	Darron Haworth	2011	**50.65**	
M55	Warwick Selvey	1996	**44.38**	
M65	Warwick Selvey	2005	**45.76**	
M85	Feliks Jekabsons	2008	**25.28**	
M90	Maurice Dauphinet	2016	**19.33**	
Shot Put				
M85	Feliks Jekabsons	2008	**9.10**	*3kg*
Hammer Throw				
M30	David Allan	2005	**57.10**	
M50	Bob Wagner	2007	**51.93**	
Javelin Throw				
M35	John Kay	1999	**56.62**	*Represented NSW before joining QMA*
M40	John Kay	2001	**61.78**	*Represented NSW before joining QMA*
M45	John Kay	2006	**57.18**	*Represented NSW before joining QMA*
M70	Erkki Saarinen	2006	**42.00**	
Javelin Throw (new spec)				
M50	Chris Vaneynde	2026	**44.12**	
Weight Throw				
M30	David Allan	2005	**16.32**	
M45	Bob Wagner	2005	**15.76**	
M50	Bob Wagner	2007	**19.64**	
Throws Pentathlon				
M85	Feliks Jekabsons	2008	**3209**	
Throws Pentathlon (new javelin spec)				
M55	Adrian Keen	2026	**3736**	
Heavy Weight Pentathlon				
M30	Tyson Elisaia	2024	**2862**	
M50	David Allan	2024	**3962**	
M60	Mark Cumming	2023	**4803**	
M75	Brian Davies	2023	**2901**	
Pentathlon (with Discus)				
M55	Gary Parkinson	2024	**3679**	
M85	Maurice Dauphinet	2011	**2094**	
M90	Maurice Dauphinet	2016	**2074**	
Decathlon				
M30	Warren Evans	2005	**6371**	
M60	Dave Varley	2022	**6014**	
M75	Mills Lafferty	2026	**1187**	
Decathlon (new javelin spec)				

M50	Anthony Barraclough	2026	**4116**		
Heptathlon					
M50	David Reed	2025	**4210**		
M70	Bruce O'Connor	2025	**1839**		
M75	Dieter Lacko	2025	**1999**		
Heptathlon (new javelin spec)					
M50	David Reed	2026	**3955**		
4 x 400m Relay					
180+	Daniel Mellish, Christopher Brack, Gary Parkinson, Graham Scully	2023	**3:42.24**		

MIXED

Age	Athlete	Year	Performance	Flag	Note
4 x 400m Mixed Relay					
120+	Colin Coulthard, Lauren McAdam, Don Sanka Small, Ashleigh Gibson	2026	**3:51.39**		
180+	Gary Parkinson, Lee-Anne Nelson, Graham Scully, Renee Briffa	2025	**4:03.04**		
240+	Stephen Kenney, Kelly Gurski, Mark Lepper, Susan Thornton	2026	**4:48.07**		