

Q.M.A. MENS RECORDS AS AT 05th MARCH, 2024

Record times up to and including 800m must be set with Electronic Timing to be accepted as Queensland /Australian/World Records to conform to World and/or Australian Masters Rules, and a Wind Gauge reading is required for Sprints and Long/Triple Jumps. 3 Watch Times are needed for any other distance longer than 800m to be recognised. Lap Scoring required distances longer than 1500m.

60 METRES

M30	Aaron Stubbs	2021	7.05
M35	Gary Finegan	2023	7.07 A
M40	Travis Venema	2016	7.34
M45	Stephen Jones	2009	7.40
M50)	Wayne Cousins	2011	7.40
M50)	Michael Berlin	2023	7.40
M55	John Wight	2001	7.41 A
M60	Craig Parker	2021	7.80 A
M65	Rob McDonald	2010	8.10
M70	Glen Wilson	2011	8.41 A
M75	Hugh Coogan	2012	8.78
M80	Tom Brown	1999	9.42 A
M85	Hugh Coogan	2022	10.18
M90	Maurice Dauphinnet	2016	13.01

60 METRES INDOOR (not Qld)

M50	Steve Jones	2017	7.81 A
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100 METRES

M30	Gary Finegan	2019	10.70 A
M35	Gary Finegan	2022	10.92
M40	Heinz Steinmann	1984	10.9
M45	Ted Eden	1977	11.4
M50	Michael Berlin	2022	11.85
M55	Christopher Brack	2021	11.99
M60	Bernie Hogan	1981	12.15 A
M65	Mick Pirie	1994	12.62
M70	Hugh Coogan	2009	13.34
M75	Hugh Coogan	2012	13.86
M80	George Harrod	2009	15.76
M85	Hugh Coogan	2022	16.97
M90	Harry Gathercole	1997	19.99
M100	Les Amey	2000	58.29 A

100 YARDS

M30	Travis Venema	2006	10.54
M35	Patrick McCarthy	2022	10.73
M40)	Travis Venema	2016	10.84
M40)	Graham Scully	2017	10.84
M45)	Greg Potts	2015	11.08
M45)	Gary Parkinson	2015	11.08
M50	Michael Berlin	2021	10.94
M55)	Wayne Cousins	2002	11.51
M55)	Gary Parkinson	2023	11.51
M60	Craig Parker	2020	11.38
M65	Col Buyers	2008	12.05
M70	Hugh Coogan	2006	12.73
M75	Hugh Coogan	2012	13.14
M80	George Harrod	2012	15.33
M85	Maurice Dauphinnet	2012	16.75
M90	Maurice Dauphinnet	2017	21.79

200 METRES

M30	Gary Finegan	2019	21.50
M35	Kevin Silver	1987	22.1
M40)	Heinz Steinmann	1984	22.5
M40)	Dave Irvine	1987	22.5
M45)	Heinz Steinmann	1988	23.45
M45)	Graham Scully	2021	23.45
M50	Graham Scully	2024	23.93
M55	Christopher Brack	2022	24.21
M60	Bernie Hogan	1981	25.23
M65	Bernie Hogan	1985	25.6
M70	Hugh Coogan	2005	26.84 A
M75	Hugh Coogan	2011	28.44

M80	Charlie Hanks	1997	33.83
M85	Harry Gathercole	1993	35.99
M90	Harry Gathercole	1997	44.24

200 METRES INDOOR (not Qld)

M55	Christopher Brack	2023	24.50A
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300 METRES

M30	Murray Goodwin	2019	33.75
M35	Gary Finnegan	2023	35.08
M40	Graham Scully	2017	37.02
M45	Gary Parkinson	2016	37.17
M50	Gary Parkinson	2020	37.93
M55	Christopher Brack	2022	37.73
M60	Colin Buyers	2005	40.76
M65	Colin Buyers	2008	41.75
M70	Hugh Coogan	2007	43.54
M75	Hugh Coogan	2012	45.03
M80	Colin Woods	2016	55.08
M85	Maurice Dauphinnet	2011	76.37

400 METRES

M30	Murray Goodwin	2018	46.24 A
M35	Nev Appleby	1991	50.4
M40	Tony Blue	1977	50.5
M45	Gary Parkinson	2016	52.60
M50	Gary Parkinson	2018	53.72
M55	Christopher Brack	2022	53.03
M60	Colin Buyers	2005	57.35
M65	Colin Buyers	2007	58.90
M70	Hugh Coogan	2006	60.77 A
M75	Hugh Coogan	2011	64.10 A
M80	Colin Woods	2016	77.72
M85	Harry Gathercole	1993	1.33.50
M90	Alex Pittendrich	1997	1:57.78
M95	Alex Pittendrich	2001	2.50.1 A

400 METRES INDOOR (not Qld)

M55	Christopher Brack	2023	55.03 A
M75	Dieter Lacko	2023	82.30 A

800 METRES

M30	Murray Goodwin	2020	1.54.79
M35	Nev Appleby	1990	1.55.0
M40	Tony Blue	1977	1.54.80
M45	Alan Bradford	1987	1.58.65 A
M50	Alan Bradford	1989	2.00.40 A
M55	Peter Hawes	2011	2.07.87
M60	Alan Bradford	1999	2.10.42 A
M65	Alan Bradford	2004	2.22.15
M70	Alan Bradford	2009	2.28.78
M75	Hugh Coogan	2012	2.40.26
M80	Colin Woods	2016	3.10.71
M85	Alex Pittendrich	1993	4.13.0
M90	Alex Pittendrich	1997	4.28.20 A

800 METRES INDOOR (not Qld)

M30	Brendan Whelan	2008	2.04.24 A
M55	Peter Hawes	2012	2.14.87 A

1000 METRES INDOOR (not Qld)

M65	Joe Begley	2019	4.34.46 A
M70	Ken Daniels	2010	4.40.41 A

1500 METRES

M30	Aidan Hobbs	2018	3.54.79
M35	Aidan Hobbs	2021	3.53.69
M40	Tony Blue	1977	3.57.3
M45	Alan Bradford	1984	4.03.16
M50	Alan Bradford	1989	4.08.09
M55	Alan Bradford	1995	4.27.40
M60	Alan Bradford	1999	4.35.18
M65	Ian Cameron	2019	4.51.87
M70	Merv Jenkinson	1979	5.11.8
M75	Norm Gulbransen	1991	5.49.02
M80	Colin McLeod	2016	6.32.17
M85	Norm Pearce	2010	9.03.28
M90	Alex Pittendrich	1998	11.04.39
M100	Les Amey	2000	16.46.41 W

1 MILE

M30	Aidan Hobbs	2018	4.16.40
M35	Peter Bracken	2018	4.34.72
M40	Shane George	2006	4.34.5
M45	Michael Jackson	2023	4.35.25
M50	David Sweeney	2011	4.44.3
M55	Alan Bradford	1996	4.52.5
M60	Peter Reeves	2014	5.03.37
M65	Alan Bradford	2004	5.14.9
M70	Peter Reeves	2023	5.53.32
M75	Colin Woods	2010	6.53.02
M80	Colin McLeod	2016	7.01.40

1 MILE INDOOR (not Qld)

M30	Brendan Whelan	2008	4.31.43 A
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2000 METRES

M30	Matthew Reeves	2024	6.12.64
M40	Michael Chay	2022	7.38.42
M45	Paul Dodd	2022	6.18.03
M50	Sean Needham	2024	6:37.29
M55	Tony Skinner	2023	7:32.24
M65	Robert Gunningham	2022	7:56.50
M70	Peter Reeves	2024	7:48.97
M75	John Sheer	2023	9:57.57

3000 METRES

M30	Aidan Hobbs	2021	8.13.56 A
M35	Aidan Hobbs	2024	8.18.78 A
M40	Shane George	2006	8.51.25
M45	David Sweeney	2008	8.56.46
M50	David Sweeney	2012	9.13.53
M55	David Sweeney	2017	9.36.27
M60	Peter Reeves	2014	9.57.08
M65	Alan Bradford	2004	10.30.50
M70	Colin McLeod	2006	11.26.8
M75	Colin McLeod	2012	12.56.02
M80	Colin McLeod	2016	13.35.60

3000 METRES INDOOR (not Qld)

M30	Brendan Whelan	2008	9.02.38 A
M50	Alan Stacey	2017	10.53.45 A

5000 METRES

M30	Aidan Hobbs	2020	14.34.70 A
M35	Aidan Hobbs	2021	14.15.34 A
M40	Shane George	2007	15.15.24
M45	David Sweeney	2007	15.29.64
M50	Alan Bradford	1991	15.51.2
M55	Alan Bradford	1994	16.03.9
M60	Alan Bradford	1999	17.11.9
M65	Colin McLeod	2001	17.51.34
M70	Colin McLeod	2006	19.20.5
M75	Colin McLeod	2012	20.58.75
M80	Colin McLeod	2016	22.58.42 A

10,000 METRES

M30	Aidan Hobbs	2019	30.58.49 A
M35	Aidan Hobbs	2022	31.14.96
M40	Joe Patterson	1975	31.57.0
M45	Ron Peters	2001	31.48.69
M50	Ron Peters	2003	32.54.8
M55	David Sweeney	2016	33.15.16
M60	Alan Bradford	1999	35.51.81
M65	Colin McLeod	2001	37.02.3
M70	Colin McLeod	2008	41.08.6
M75	Colin McLeod	2013	45.03.69
M80	Colin McLeod	2016	47.13.84 A

2000M STEEPLECHASE

M60	Alan Bradford	1999	6.54.31 A
M60	Alan Bradford	2002	7.18.9
M65	Alan Bradford	2004	7.18.2 A
M70	Alan Bradford	2009	8.20.95
M75	Michael Juckes	2015	10.14.82
M80	Michael Juckes	2019	11.20.46

3000M STEEPLECHASE

Q.M.A. MENS RECORDS AS AT 05th MARCH, 2024

M75 Erkki Saarinen 2010 38.12 A

JAVELIN 400grms (M80+)

M80 Erkki Saarinen 2013 33.80 A
M85 Vic Younger 2000 21.98
M90 Maurice Dauphinat 2016 17.11 A
M95 Maurice Dauphinat 2022 9.09 A

DISCUS 2kg (M30-49)

M30 Warren Evans 2003 47.03
M35 Darron Haworth 2008 54.15 A
M40 Darron Haworth 2009 54.35 A
M45 Peter Lonsdale 2012 50.28

DISCUS 1.5kg (M50-59)

M50 Justin Holzer 2021 51.27
M55 Warwick Selvey 1995 44.42

DISCUS 1kg (M60+)

M60 Warwick Selvey 2001 53.43 A
M65 Warwick Selvey 2005 45.76
M70 Charlie Rann 2000 38.92
M75 Charlie Rann 2003 36.88 A
M80 Nick Bannenberg 2021 28.61
M85 Feliks Jekabsons 2008 25.28 A
M90 Maurice Dauphinat 2016 19.33
M95 Maurice Dauphinat 2022 11.37 A

SHOT PUT 7.26kg (M30-49)

M30 Dean Cowan 2002 15.65
M35 Peter Phillips 1978 15.89
M40 Peter Lonsdale 2000 15.06
M45 Peter Phillips 1987 14.19

SHOT PUT 6kg (M50-59)

M50 Peter Lonsdale 2016 15.52
M55 Peter Clark 2001 12.25

SHOT PUT 5kg (60-69)

M60 Mike Katmadas 1999 12.92
M65 Arvo Ropelin 2002 11.81

SHOT PUT 4kg (M70-79)

M70 Feliks Jekabsons 1993 12.66
M75 Feliks Jekabsons 1998 11.24
M80 Feliks Jekabsons 2003 9.41
M85 Vic Younger 1998 7.17
M90 Ken Buttsworth 2005 3.94

New WMA Specifications for M80+ 3kg

M80 Dash Daniels 2019 10.87
M85 Feliks Jekabsons 2008 9.66 A
M90 Feliks Jekabsons 2014 6.95 A
M95 Maurice Dauphinat 2022 4.49 A

SHOT PUT INDOOR (not Qld)

M50 Tim Lowrey 2019 10.79 A

HAMMER 7.26kg (M30-49)

M30 Brad Monk 1995 58.88
M35 Darron Haworth 2008 54.85
M40 Ron Frawley 1991 50.20
M45 Bob Wagner 2006 51.95

HAMMER 6kg (M50-59)

M50 Bob Wagner 2007 53.98
M55 Bob Wagner 2012 46.42

HAMMER 5kg (M60-69)

M60 Mark Cumming 2023 52.24
M65 Lajos Joni 2021 43.41

HAMMER 4kg (M70-79)

M70 Charlie Rann 1999 44.09
M75 Charlie Rann 2003 38.31
M80 Feliks Jekabsons 2004 29.39
M85 Ken Buttsworth 2002 18.28
M90 Ken Buttsworth 2005 14.33

New WMA Specifications for M80+ 3kg

M80 Guy Quarterman 2021 34.98
M85 Feliks Jekabsons 2008 27.36
M90 Feliks Jekabsons 2014 19.12
M95 Maurice Dauphinat 2022 9.77 A

WEIGHT THROW 15.88kg (M30-49)

M30 David Allan 2005 17.05
M35 Darron Haworth 2008 17.05
M40 Darron Haworth 2010 14.57
M45 Bob Wagner 2004 16.11

WEIGHT THROW 11.34kg (M50-59)

M50 Bob Wagner 2006 19.78 A
M55 Bob Wagner 2011 17.58

WEIGHT THROW 9.08kg (M60-69)

M60 Mark Cumming 2023 20.78 A
M65 Lajos Joni 2021 17.64

WEIGHT THROW 7.26kg (M70-79)

M70 Colin Murraylee 1999 15.85
M75 Feliks Jekabsons 1998 14.25

WEIGHT THROW 5.45kg (M80+)

M80 Guy Quarterman 2022 13.67
M85 Feliks Jekabsons 2008 10.83
M90 Gordon Woolston 2023 6.18

35lb WEIGHT THROW – INDOORS

(not Qld)

M55 Tim Lowrey 2022 8.24A

THROWS PENTATHLON

(Rescored with 2023 Scoring)

M30 Dean Cowan 2002 2902
M35 Darron Haworth 2008 3664 A
M40 Peter Lonsdale 2006 3364
M45 Bob Wagner 2005 3177
M50 Adrian Keen 2023 3328
M55 Erik Hedendahl 2003 3212
M60 Warwick Selvey 2002 3354
M65 Jim Davis 2001 3301
M70 Guy Quarterman 2013 3285
M75 Jim Davis 2009 3231
M80 Feliks Jekabsons 2003 2814
M85 Vic Younger 2000 2300

New WMA Specifications for M80+ For Shot and Hammer (Rescored)

M80 Nick Bannenberg 2021 3177
M85 Feliks Jekabsons 2008 3220
M90 Maurice Dauphinat 2017 2308

56lb HEAVY WEIGHT

M30 Michael Day 2017 7.90
M35 Darron Haworth 2008 10.94 A
M40 Darron Haworth 2010 10.48
M45 Richard Harris 2016 7.45
M50 Adrian Keen 2022 9.14
M55 Tim Lowrey 2022 6.55
M60 Mark Cumming 2023 8.20
M65 Lajos Joni 2022 6.79 A
M70 Phillip Rowlands 2018 5.55
M75 Phillip Rowlands 2023 4.81
M80 Ian Kennedy 2021 3.43
M85 Laurence Quinlivan 2023 2.01
M90 Gordon Woolston 2023 1.08

56lb HEAVY WEIGHT INDOORS

(not Qld)

M70 Bruce O'Connors 2023 4.18

100lb HEAVY WEIGHT

M30 Michael Day 2017 4.16
M35 Darron Haworth 2008 5.57 A
M40 Darrin Norwood 2022 4.52
M45 Richard Harris 2020 3.70
M50 Adrian Keen 2024 4.54
M55 Mark Ashcroft 2023 3.55

M60 Mark Cumming 2023 3.13
M65 Don Quinn 2011 2.62
M70 Phillip Rowlands 2018 2.63
M75 Phillip Rowlands 2023 2.67 A
M80 Ian Kennedy 2020 2.01 A
M90 Gordon Woolston 2023 0.54

100lb HEAVY WEIGHT INDOORS

(not Qld)

M55 Tim Lowrey 2023 3.10

SUPER WEIGHT THROWS

Revised: Official Records

56lb SUPER WEIGHT – M30-59

M30 Michael Day 2017 7.90
M35 Darron Haworth 2008 10.94 A
M40 Darron Haworth 2010 10.48
M45 Richard Harris 2016 7.45
M50 Adrian Keen 2022 9.14
M55 Tim Lowrey 2022 6.55

44lb SUPER WEIGHT – M60-69

M60 Mark Cumming 2024 11.36 A
M65 Lajos Joni 2020 8.68 A

35lb SUPER WEIGHT – M70-79

M70 Phillip Rowlands 2022 8.37
M75 Phillip Rowlands 2023 7.85

25lb SUPER WEIGHT – M80+

M80 Ian Kennedy 2020 8.32
M90 Gordon Woolston 2023 2.71 A

56lb SUPER WEIGHT – INDOORS

(not Qld)

M50 Tim Lowrey 2019 5.96 A

HEAVY WEIGHT PENTATHLON

(Rescored with 2023 Scoring)

M30 Michael Day 2017 2723
M35 Darron Haworth 2008 4254 A
M40 Darron Haworth 2010 4327
M45 Richard Harris 2020 3448
M50 David Allan 2024 4017
M55 Mark Ashcroft 2023 2681
M60 Mark Cumming 2023 4803
M65 Lajos Joni 2021 4257 A
M70 Phillip Rowlands 2018 3352
M75 Brian Davies 2021 3293
M80 Ian Kennedy 2020 2991
M90 Gordon Woolston 2023 1398

HEAVY WT.PENT INDOOR (not

Qld)

M55 Tim Lowrey 2022 2611 A

PENTATHLON

(Rescored with 2023 Scoring)

M30 Warren Evans 2003 3275 A
M35 Greg Newnham 1996 2832
M40 Eddie Czarncki 1994 2940
M45 Harry Giles 1990 3012
M50 Bruce Bodsworth 2002 2913
M55 Dave Varley 2018 3045
M60 Mark McLean 2019 3136
M65 Ken Daniels 2003 3244
M70 Ken Daniels 2008 2790
M75 Maurice Dauphinat 2002 2218
M80 Maurice Dauphinat 2011 2087
M85 Vic Younger 2000 1348
M90 Maurice Dauphinat 2016 2074 A

PENTATHLON INDOOR (not Qld)

M65 Joe Begley 2019 2251 A

DECATHLON

(Rescored with 2023 Scoring)

Q.M.A. MENS RECORDS AS AT 05th MARCH, 2024

M30	Matt McEwen	2003	7723 A
M35	John Gan	2006	5243
M40	Troy McLaren	2006	5101
M45	Howard Arbuthnot	2015	5189
M50	Howard Arbuthnot	2018	5794
M55	Dave Varley	2017	6400 A
M60	Dave Varley	2022	6106
M65	Mark McLean	2022	5872
M70	Nick Bannenberg	2011	5463
M75	Peter Kennedy	2022	4673

Old Specifications (Rescored)

M80	Vic Younger	1993	4310
M85	Vic Younger	1999	3895 A

4 x 100 METRES RELAY

M30	Richard Rodgers		
2011	Travis Venema		
	Aaron McMahon		
	Graham Scully	45.25	
M35	Robin Mhrshahi	35	
2015	Travis Venema	39	
	Graham Scully	41	
	Darren Felsman	48	45.47
M40	Travis Venema	40	
2016	Graham Scully	42	
	Gary Parkinson	48	
	Steve Jones	52	45.53
M45	Gary Parkinson	47	
2015	Steve Jones	51	
	Glenn Munro	47	
	Darren Felsman	48	46.90
M50	Gary Parkinson	52	
2019	Christopher Brack	54	
	Michael Berlin	50	
	Steve Jones	56	47.80
M55	Wayne Cousins		
2002	John Wight		
	Mal Storey		
	Colin Buyers	47.92	
M60	John Cooper		
2000	Hugh Coogan		
	Alan Bradford		
	Tom O'Keeffe	52.64	
M65	Don Burtt		
2012	Rob McDonald		
	John Wight		
	Hugh Coogan	53.36	
M70	Ken Daniels		
2011	Hugh Coogan		
	Alf Lakin		
	Noel Garvey	61.52	
M80	George Harrod		
2010	Maurice Dauphinat		
	Hugh Thomsen		
	Russell Grigg	77.06	

4 x 200 METRES RELAY

M30	Matthew Learoyd	37	
2019	Graham Scully	45	
	Patrick McCarthy	35	
	Scott Tuohy	33	1.35.70 A
M35	Robin Mhrshahi		
2015	Travis Venema		
	Graham Scully		
	Brett MacKenzie	1.37.48 A	
M40	Gary Parkinson	47	
2015	Wayne Adams	42	
	Ian Adams	44	
	Graham Scully	41	1.40.72
M45	Geoff Bramley		
2009	Craig Bruce		
	Callum McInnes		
	Joe Begley	1.45.36	
M50	Gary Parkinson	51	
2018	Steve Jones	55	
	Joseph Phelan	51	

	Joe Begley	64	1.46.89
M55	Hugh Bristow		
2011	Joe Begley		
	Jim Furlong		
	Ian Malouf		1.49.66
M60	Ian Malouf	61	
2016	Joe Begley	62	
	Paul Chaplain	67	
	Terry Dauphinat	63	1.59.63
M65	Hugh Coogan		
2007	Alf Lakin		
	Colin Buyers		
	Ivan Rogers	2.07.89	
M70	John Wight	70	
2017	Pio Bunin	75	
	Peter Kennedy	70	
	Colin Buyers	74	2.17.89
M75	Dieter Lacko	75	
2023	John Sheer	76	
	Stephen Dixon	76	
	Pio Bunin	82	2:45.58 A

4 x 200m RELAY INDOOR

M40+	Steve Jones	2010	1:37.56A
M45	Graham Scully	2023	1:37.67A

4 x 400 METRES RELAY

M30	Warren Evans		
2003	David Hill		
	Bruce Hill		
	Grant Barton	3.35.4	
M35	Gary Parkinson	50	
2018	Graham Scully	44	
	Peter Bracken	37	
	Daniel Mellish	39	3.41.63
M40	Jim Furlong		
1999	Peter Hawes		
	Michael Warburton		
	Shaun McLaughlin	3.40.3	
M45	Jim Furlong		
2001	Shaun McLaughlin		
	Peter Hawes		
	Bill Kovacevic	3.40.44	
M50	Michael Berlin	50	
2020	Gary Parkinson	52	
	Christopher Brack	54	
	Joseph Phelan	52	3.51.06
M55	Bruce Bodsworth		
2007	Bob Grayson		
	Rob White		
	Colin Buyers	4.03.0	
M60	John Cooper		
2000	Hugh Coogan		
	Alan Bradford		
	Tom O'Keeffe	4.11.51	
M65	Hugh Coogan		
2008	Col Buyers		
	Colin McLeod		
	Alan Bradford	4.32.61	
M70	Noel Garvey		
2011	Alan Bradford		
	Ken Daniels		
	Hugh Coogan	5.04.12	

4 x 800 METRES RELAY

M30	Gary Parkinson		
2008	David Hill		
	Bruce Hill		
	Brendan Whelan	8.30.74 AR	
M35	Matt Cooper	36	
2017	Clay Dawson	36	
	Peter Bracken	37	
	Daniel Mellish	39	8.41.58 AR
M40	Shane Mathewson	40	
2022	Wayne Adams	48	
	Andrew Willey	45	
	Daniel Mellish	43	8.42.23 AR

M45	Andrew Willey	45	
2022	Wayne Adams	48	
	Peter Link	54	
	Michael Jackson	48	8:49.58
M50	Peter Reeves		
2011	Con Dimauro		
	Phil Davies		
	David Sweeney	9.05.22	
M55	Darryn Bryant	55	
2022	Mark Lepper	60	
	Joseph Phelan	55	
	Peter Link	55	9.27.72A/W
M60	Peter Reeves		
2013	Jason Collie		
	Bob Grayson		
	Sean Ryan	10.29.12	
M65+	Robert Gunningham	68	
2022	Mark McLean	65	
	Peter Reeves	68	
	Ian Cameron	67	10.44.06A/W
M70+	Pio Bunin	74	
	Noel Garvey	81	
	Don Burtt	70	
	Colin Woods	80	15.25.31
M75+	Michael Jukes	82	
	Stephen Dixon	75	
	Colin Mancey	80	
	Dieter Lacko	75	14:02.84A/W

*M75+ Robbie Costmeyer 75 ACT
 Steve Dixon 75
 Don Mathewson 77 NSW
 Dieter Lacko 75 13:22.67A/W
 *(NOT QR AS TWO ATHLETES FROM INTERSTATE)

4 x 1500 METRES RELAY

M30	Chris Davis		
2021	Chris Toro		
	Daniel Brown		
	Shane Mathewson	18:49.25	
M35	Aidan Hobbs	37	
2023	Michael Cnops	35	
	Marty Kelly	43	
	Sebastin Pinel	44	17:50.07 AR
M40	Chris Bell	46	
2018	Paul Shard	45	
	Anthony Canfell	47	
	Andrew Willey	41	18.36.44 AR
M45	Mark Jones		
2007	David Sweeney		
	Andy Clowes		
	Peter Hallahan	18.31.73	
M50	Peter Reeves		
2011	David Sweeney		
	Con Dimauro		
	Phil Davies	18.37.91	
M55	Peter Reeves	60	
2014	Ian Cameron	60	
	Phil Davies	57	
	Con Dimauro	55	19.58.67 AR
M60	John Shaw	62	
2016	Ron Peters	62	
	Ian Cameron	61	
	Peter Reeves	62	19.28.03 AR
M65	Bob Grayson	66	
2018	Roger Carter	66	
	John Sheer	70	
	Bruce Bodsworth	66	27.09.98
M70	John Sheer		
2021	Bruce Bodsworth		
	Steve Dixon		
	Colin Mancey	30:12.60	

Q.M.A. MENS RECORDS AS AT 05th MARCH, 2024

RELAYS: MEMBERS WHO SET RECORDS IN AUST TEAMS IN NATIONAL AND INTERNATIONAL COMPETITION.

4 x 100m RELAYS:

M45+ Graham Scully	2022	45.00	A
M55+ Heinz Steinmann	2001	47.46	A
John Wight	2001	47.46	A
M60+ Hugh Coogan	1997	48.95	A
M65+ Col Buyers	2009	50.5	A
Heinz Steinmann	2009	50.5	A
Rob McDonald	2009	50.5	A
M70+ John Wight	2016	53.67	A
M75+ Pio Bunin	2016	59.95	A
M80+ Hugh Thomsen	2012	68.43	A
George Harrod	2012	68.43	A

4 x 400m RELAYS:

M50+ Gary Parkinson	2018	3.37.78	A
M55+ John Cooper	1997	3.48.87	A
M65+ Colin Buyers	2009	4.02.62	A
Heinz Steinmann	2009	4.02.62	A
M70+ Hugh Coogan	2011	4.29.57	A
M75+ Pio Bunin	2016	5.12.41	A
M80 George Harrod	2012	5.32.29	A

4 x 800m RELAY

M50+ Peter Hawes	2011	8:39.01	W
M75+ Steve Dixon	2022	13:22.67	
M75+ Dieter Lacko	2022	13:22.67	

4 x 200m RELAY INDOOR (Not

QLD)

M40+ Stephen Jones	2010	1:37.56	A
M45+ Graham Scully	2023	1:37.67	A

QUEENSLAND RECORDS (OUT OF STADIUM) - MEN: AT 12th DECEMBER, 2023

TRACK EVENTS (STADIUM)

These QBP Times for 60 Metres are not recognised as Queensland Records. All Records up to and including 800m must be set with Electronic Timing. The remaining Records will be deleted when bettered by an Official Record.

60 METRES

M30	Travis Venema	2008	7.0
M50	David Lloyd	2001	7.3
M60	Rob McDonald	2004	7.7
M60	John Wight	2006	7.7
M70	Hugh Coogan	2006	8.2

100 YARDS

M55	John Wight	2001	11.4
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300 METRES

M60	Colin Buyers	2003	40.1
M70	Hugh Coogan	2006	43.4

ROAD EVENTS

HALF MARATHON

M30	Aidan Hobbs	2019	1:06.26	A
M35	Aidan Hobbs	2022	1:06.05	A
M40	Peter Connolly	1986	1:10.12	
M45	Wayne Spies	2022	1:09.15	A
M50	Wayne Spies	2023	1:10.33	
M55	Ron Peters	2009	1:12.19	A
M60	Ron Peters	2013	1:15.07	
M65	Colin McLeod	2002	1:19.06	
M70	Colin McLeod	2007	1:28.06	
M75	Colin McLeod	2013	1:39.28	
M80	Robert Horman	2000	1:46.00	A
M85	Robert Horman	2004	2:05.11	A

MARATHON

M30	Aidan Hobbs	2018	2:23.00	A
M35	Aidan Hobbs	2022	2:20.08	
M40	Peter Connolly	1985	2:29.09	
M45	Wayne Spies	2022	2:25.47	
M50	Wayne Spies	2023	2:27.40	
M55	Ron Peters	2009	2:37.27	A
M60	Ron Peters	2015	2:43.57	
M65	John Shaw	2019	2:51.21	A
M70	Colin McLeod	2006	3:04.07	
M75	Robert Horman	1997	3:41.08	
M80	Robert Horman	1998	3:39.18	A
M85	Robert Horman	2004	4:34.55	A

10KM ROAD RUN

M30	Aidan Hobbs	2017	33.37
M35	Aidan Hobbs	2022	29.26
M40	Peter Bracken	2022	31.59
M45	Derrick Leahy	2022	32.40
M50	David Sweeney	2014	32.58
M55	David Sweeney	2017	33.50
M60	Gary Mayor	2023	35.31
M65	John Shaw	2019	37.39
M70	Jim Woodriff	2017	44.21
M75	Colin McLeod	2015	47.19
M80	Colin Woods	2015	55.01

CROSS COUNTRY

3000 METRES (3km)

M30	David Hill	2004	9.55
M35	Bruce Hill	2005	10.06
M40	Barry Broe	2002	9.57
M45	David Sweeney	2008	10.02
M50	Ron Peters	2004	10.08
M55	Steve Hastie	2006	10.47
M60	Peter Reeves	2014	10.55
M65	Bob Grayson	2018	15.25
M70	Barrie Reiffel	2007	13.13

4000 METRES (4km)

M30	Aidan Hobbs	2018	11.48
M35	David Hill	2005	12.27
M40	Shane George	2007	12.41
M45	Ron Peters	2002	13.00
M50	Ron Peters	2006	12.49
M55	Peter Reeves	2010	13.49
M60	Alan Bradford	2003	14.25
M65	Alan Bradford	2004	14.49
M70	Colin McLeod	2008	17.44
M75	Colin McLeod	2013	18.34

5000 METRES (5km)

M30	Aidan Hobbs	2019	17.41
M35	Stephen Showell	2004	18.02
M40	Barry Broe	2002	17.49
M45	Malcolm Powell	2009	17.00
M50	Ron Peters	2004	17.02
M55	Peter Reeves	2010	18.37
M60	Alan Bradford	2000	18.48
M65	John Sheer	2013	24.10
M70	Merv Jenkinson	1981	23.35

6000 METRES (6km)

M30	Aidan Hobbs	2019	24.56
M50	Adrian Royce	2021	22.17
M55	Adrian Royce	2023	22.17
M60	Peter Jones	2022	29.01
M65	Ian Cameron	2019	23.48
M70	John Sheer	2019	26.59
M75	Colin Mancey	2018	32.17
M80	Michael Juckes	2019	32.43

8000 METRES (8km)

M30	Aidan Hobbs	2021	25.04
M35	Shawn Claydon	2007	26.38
M40	Geoff Berkeley	2011	26.04
M45	Ron Peters	2002	27.06
M50	Ron Peters	2004	26.32
M55	David Sweeney	2016	27.18
M60	Ron Peters	2013	29.29
M65	Alan Bradford	2014	30.18
M70	Colin McLeod	2006	34.28
M75	Colin McLeod	2013	37.02

10,000 METRES (10km)

M30	Aidan Hobbs	2021	31.26
M35	Aidan Hobbs	2022	33.15
M40	Ron Peters	1997	33.00
M45	Peter Connolly	1987	33.05
M50	Alan Bradford	1993	34.47
M55	Alan Bradford	1996	34.40
M60	Colin McLeod	2000	37.31
M65	Julius Keller	1997	44.58
M70	Eric Bailey	1994	50.07
M75	Robert Horman	1994	50.04

ROAD WALKS

5KM

M35	Ignacio Jimenez	2005	25.42
M40	Dean Nipperess	2014	23.40
M45	Peter Bennett	2002	24.18
M50	Peter Bennett	2007	25.26
M55	Peter Bennett	2013	24.37
M60	Peter Bennett	2016	26.07
M65	Peter Bennett	2021	30.47
M70	Richard Lynch	1999	31.41
M75	Richard Lynch	2005	32.36
M80	Dick Keatinge	2003	34.57
M85	Dick Keatinge	2008	37.28
M90	John Alroy	1999	49.51

8KM

M35	Dean Nipperess	2011	39.43
M40	Dean Nipperess	2016	40.59
M55	Bob Coleman	2007	49.07

M65	Patrick Sela	2009	56.23
M70	Patrick Sela	2010	51.07
M75	Richard Lynch	2007	54.50
M80	Richard Lynch	2009	57.48

10KM

M30	Ignacio Jimenez	1995	46.30	A
M35	David Smith	1994	41.53	A
M40	David Smith	1999	45.47	
M45	Ignacio Jimenez	2011	48.32	
M50	Ignacio Jimenez	2019	48.17	
M55	Ignacio Jimenez	2021	48.11	
M60	Peter Bennett	2016	50.51	
M65	Peter Bennett	2021	1:03.53	
M70	Patrick Sela	2012	1:02.36	
M75	Richard Lynch	2004	1:05.41	
M80	Dick Keatinge	2003	1:11.10	
M85	Dick Keatinge	2008	1:18.52	A
M90	John Alroy	1994	1:26.32	

15KM

M30	Ignacio Jimenez	1999	1:15.51
M35	Andrew Ludwig	2004	1:13.59
M40	Iggy Jimenez	2009	1:14.23
M45	Peter Bennett	2002	1:16.11
M50	Iggy Jimenez	2018	1:15.28
M55	Ignacio Jimenez	2022	1:16.17
M60	Peter Bennett	2016	1:19.31
M65	Peter Bennett	2021	1:39.05
M70	Patrick Sela	2011	1:39.11
M75	Dick Keatinge	2000	1:45.20

20KM

M30	Ignacio Jimenez	1997	1:38.02	A
M35	Peter Bennett	1995	1:39.18	
M40	Dean Nipperess	2014	1:38.55	
M45	Ignacio Jimenez	2011	1:43.07	
M50	Ignacio Jimenez	2018	1:40.14	
M55	Ignacio Jimenez	2021	1:42.24	
M60	Peter Bennett	2016	1:49.39	
M65	Patrick Sela	2009	1:56.44	
M70	Richard Lynch	2001	2:09.25	
M75	Dick Keatinge	2001	2:19.58	

30KM

M30	Ignacio Jimenez	1995	2:29.23
M35	Peter Bennett	1995	2:34.56
M40	Peter Bennett	1997	2:38.35
M45	Peter Bennett	2001	2:45.18
M50	Iggy Jimenez	2019	2:40.13
M55	Peter Bennett	2012	2:48.43
M60	Peter Bennett	2017	3:12.17
M65	Patrick Sela	2009	3:43.53
M70	Bert Janes	2004	4:13.49

50KM

M30	Ignacio Jimenez	1995	4:40.36	
M35	Andrew Ludwig	2003	4:36.02	
M40	Peter Bennett	1999	4:58.53	
M45	Peter Bennett	2001	4:49.28	A
M65	Peter Bennett	2020	5:58.0	

AMA CHAMPIONSHIP RECORDS HELD BY QMA MEMBERS (as at 1st APRIL 2023)

2003 Stan Perkins
For Services to AMA as President
for two terms of Office
2020 Don Quinn
For Services to Queensland

OCEANIA RECORDS – MENS – QMA MEMBERS (As at SEPTEMBER 2019)

60 METRES

M30	Travis Venema	7.19	2008
M35	Travis Venema	7.40	2010
M50	Steve Jones	7.83	2015
M85	Maurice Dauphinat	11.12	2012

100 METRES

M30	Travis Venema	11.40	2008
M50	Gary Parkinson	12.01	2019
M70	Hugh Coogan	13.85	2006

200 METRES

M50	Gary Parkinson	24.37	2019
M65	Colin Buyers	26.20	2008
M70	Hugh Coogan	28.10	2006

400 METRES

M50	Gary Parkinson	54.85	2019
M65	Hugh Coogan	61.15	2004
M70	Hugh Coogan	62.28	2006
M75	Colin Woods	74.12	2012

800 METRES

M80	Michael Juckes	3.21.72	2019
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1500 METRES

M30	Brendan Whelan	4.07.7	2006
M40	Alan Bradford	4.07.0	1982
M80	Michael Juckes	7.02.03	2019

5000 METRES

M30	Brendan Whelan	15.25.5	2006
M65	Colin McLeod	18.13.1	2002
M80	Michael Juckes	26.03.74	2019

100m HURDLES (0.840m)

M60	Harry Giles	16.56	2008
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2000m STEEPLECHASE (0.914m)

M80	Michael Juckes	11.20.46	2019
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3000m STEEPLECHASE (0.914m)

M50	Alan Bradford	10.44.0	1992
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3000m TRACK WALK

M35	Peter Bennett	14.28.0	1994
M40	Dean Nipperess	13.10.82	2012
M80	Richard Keatinge	21.00.0	2006

5000m TRACK WALK

M70	Tom Daintry	28.22.0	1984
M75	Tom Daintry	30.33.0	1990
M80	Tom Daintry	33.57.0	1992

10km ROAD WALK (Best Perf)

M35	Peter Bennett	52.14	1994
M40	Dean Nipperess	47.31	2012
M80	Tom Daintry	69.01	1992

HALF MARATHON (Best Perf)

M35	Brendan Whelan	1:15.18	2010
M60	Colin McLeod	1:19.28	1998
M65	Colin McLeod	1:22.25	2002
M70	Colin McLeod	1:31.58	2008

JAVELIN (800g current specif)

M45	John Kay	52.26	2008
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JAVELIN (500g from 2000)

M70	Guy Quarterman	36.51	2012
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DISCUS (2kg)

M30	Alan White	35.60	2000
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DISCUS (1kg)

M80	Feliks Jekabsons	26.96	2006
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SHOT PUT (5kg)

M65	Charlie Rann	12.75	1992
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SHOT PUT (3kg)

M80	Feliks Jekabsons	10.09	2006
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LONG JUMP

M85	Maurice Dauphinat	2.95	2012
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HIGH JUMP

M40	Euan McLean	1.82	2019
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POLE VAULT

M35	Rob Hill	4.40	2008
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PENTATHLON

M70	Ken Daniels	3084	2008
	Long Jump	3.95	
	Javelin	31.99	
	200 Metres	31.38	
	Discus	25.19	
	1500 Metres	7.09.23	

THROWS PENTATHLON

M80	Feliks Jekabsons	3539	2006
	Hammer	28.97	
	Shot Put	9.98	
	Discus	26.96	
	Javelin	19.30	
	Weight	12.43	

DECATHLON

M30	Peter Hollenbeck	5308	2019
	100 Metres	12.01	647
	Long Jump	5.93	571
	Shot Put	11.58	581
	High Jump	1.68	528
	400 Metres	62.23	340
	110m Hurdles	17.77	545
	Discus	35.43	572
	Pole Vault	4.40	731
	Javelin	49.28	578
	1500 Metres	6.12.52	215
M55	Andrew Millerd	6193	2019
	100 Metres	12.99	793
	Long Jump	5.14	753
	Shot Put	8.36	523
	High Jump	1.52	679
	400 Metres	60.78	752
	100m Hurdles	19.00	569
	Discus	29.85	527
	Pole Vault	2.80	533
	Javelin	27.80	402
	1500 Metres	5.39.34	662
M60	Mark McLean	5984	2019
	100 Metres	13.49	782
	Long Jump	4.46	646
	Shot Put	8.95	556
	High Jump	1.40	644
	400 Metres	65.58	661
	100m Hurdles	17.56	752
	Discus	24.48	387
	Pole Vault	2.20	389
	Javelin	30.95	497
	1500 Metres	5.54.67	670

M70	Ken Daniels	5995	2008
	100 Metres	15.00	
	Long Jump	4.14	
	Shot Put	8.31	
	High Jump	1.21	
	400 Metres	73.03	
	Hurdles	17.88	
	Discus	26.71	
	Pole Vault	2.00	
	Javelin	31.98	
	1500 Metres	7.00.11	

ASIA-PAN PACIFIC MASTERS GAMES - QMA MEMBERS RECORDS AS AT 2018

These are Asia/Pan Pacific Masters Records

TRACK & FIELD

60 METRES

M30	Travis Venema	7.33	2008
M85	Maurice Dauphinat	11.18	2012

100 METRES

M30	Travis Venema	11.48	2006
M45	Ian McLean	11.84	2008
M50	Gary Parkinson	11.75	2018
M85	Maurice Dauphinat	18.46	2012

200 METRES

M65	Heinz Steinmann	26.28	2008
M70	Hugh Coogan	28.09	2006

400 METRES

M45	Gary Parkinson	53.44	2012
M65	Heinz Steinmann	59.70	2008
M70	Hugh Coogan	63.24	2006

4x100m Relay

QMA Members included in Teams

M30+	Warren Evans Karl Weber Mark Whitman Shane Mathews	46.39	2002
M35+	Bevan Valentine Ray Keane	47.69	2002
M45+	Jim Furlong Shaun McLaughlin	47.95	2000
M50+	Steve Bishop Steve Davies-Evans Geoff Bramley	52.54	2010
M55+	Joe Begley	52.57	2012
M60+	Rob McDonald John Wight	49.96	2006
M65+	Noel Garvey Peter Berry Charles Crowley	61.82	2002
M70+	Rob McDonald	59.08	2014
M80+	George Harrod Maurice Dauphinat Hugh Thomsen Russell Grigg	77.06	2010

4x400m Relay

QMA Members included in Teams

M30+	Warren Evans David Hill Mark Whitman Shane Mathews	3.44.18	2002
M35+	Roscoe McDonnell Wayne Adams	3.57.50	2012
M40+	Mike Warburton Jason Collie Shaun McLaughlin Norm Cornwell	3.59.13	2000
M45+	Graeme Rowley Craig Bruce	4.12.35	2010
M50+	Callum McInnes Bob Grayson Bruce Bodsworth Ken Dohnt Colin Buyers	3.58.37	2002
M55+	Paul Chaplain Sean Ryan	4.39.18	2008
M60+	Colin Buyers	4.05.83	2006
M65+	Colin Buyers Heinz Steinmann	4.11.80	2008
M70+	Alf Lakin Noel Garvey Ken Daniels George Harrod	5.50.22	2010
M80+	George Harrod	5.32.29	2012

800 METRES

M30	David Hill	1.59.15	2004
M35	Brian Sax	2.01.33	2010

M45	Shaun McLaughlin	2.08.22	2000
M85	Norm Pearce	4.19.67	2010

1500 METRES

M30	Brendan Whelan	4.05.74	2006
M35	Brendan Whelan	4.15.84	2012
M45	David Sweeney	4.19.67	2006
M55	Peter Reeves	4.30.78	2010
M80	Colin Woods	7.06.00	2016
M85	Norm Pearce	9.03.28	2010

5000 METRES

M30	Brendan Whelan	15.23.81	2006
M35	Brendan Whelan	16.59.05	2012
M45	Ron Peters	15.37.93	2000
M50	Ron Peters	16.21.57	2004
M55	Ron Peters	16.58.80	2008
M80	Colin Woods	27.25.22	2016

80m HURDLES

M85	Vic Younger	26.66	1998
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100m HURDLES

M55	Dave Varley	17.17	2018
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110m HURDLES

M30	Warren Evans	16.05	2004
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300m HURDLES

M60	Harry Giles	47.47	2006
M65	Harry Giles	50.53	2010

400m HURDLES

M40	Richard Norris	63.26	2012
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2000m STEEPLECHASE

M60	Colin McLeod	7.38.69	1998
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3000m STEEPLECHASE

M40	Bill McLean	10.45.34	2000
M45	Peter Hall	10.54.79	2000

3000m TRACK WALK

M30	Andrew Ludwig	13.48.14	1998
M35	Andrew Ludwig	13.47.45	2002
M40	Dave Smith	12.30.54	1998
M45	Peter Bennett	13.39.21	2002
M50	Ignacio Jimenez	13.36.95	2018
M55	Klaus Maurer	15.31.46	1998
M60	Bob Mee	16.14.67	1998
M85	Dick Keatinge	22.56.65	2008
M90	John Alroy	27.44.62	1998

5000m TRACK WALK

M30	Andrew Ludwig	23.29.49	2000
M35	Andrew Ludwig	23.43.45	2002
M45	Peter Bennett	23.46.13	2002
M50	Ignacio Jimenez	23.24.51	2018
M60	Peter Bennett	28.26.21	2018
M70	Richard Lynch	31.27.84	2000
M75	Patrick Sela	40.12.05	2016
M85	Bert Janes	41.22.36	2018

LONG JUMP

M30	Warren Evans	6.57	2002
M50	Gary Parkinson	6.10	2018
M70	Spencer Herft	4.43	2008
M85	Vic Younger	2.96	1998
M90	Alex Pittendrich	1.99	1998

TRIPLE JUMP

M30	Warren Evans	11.72	2004
M85	Vic Younger	6.20	1998
M90	Alex Pittendrich	4.96	1998

HIGH JUMP

M40	Euan McLean	1.81	2018
M45	Bill McLean)	1.65	2002

M45	John Musters)	1.65	1998
M50	Howard Arbutnot	1.64	2018
M85	Vic Younger	1.08	1998

POLE VAULT

M30	Warren Evans	4.05	2002
M35	Rob Hill	4.60	2008
M40	Rob Hill	4.40	2014
M50	Howard Arbutnot	4.20	2018
M55	Nelson Viney	3.20	2004
M70	Garvin Brown	2.70	1998
M75	Garvin Brown	2.70	2004
M85	Vic Younger	1.70	1998

JAVELIN THROW

M30	Warren Evans	54.32	2002
M40	John Kay	62.72	2000
M65	Guy Quarterman	38.00	2008
M75	Colin Murraylee	36.25	2004
M85	Maurice Dauphinat	19.94	2012

DISCUS THROW

M30	Warren Evans	45.42	2004
M35	Darron Haworth	54.15	2008
M55	Warwick Selvey	41.86	1998
M75	Colin Murraylee	32.94	2004
M80	Feliks Jekabsons	27.08	2004
M85	Maurice Dauphinat	21.27	2012

SHOT PUT

M30	Dean Cowan	14.89	2002
M65	Arvo Ropelin	11.49	2002
M75	Feliks Jekabsons	11.15	1998
M80	Dash Daniels	10.17	2018

HAMMER THROW

M30	Dean Cowan	42.19	2002
M35	Darron Haworth	54.85	2008
M45	Bob Wagner	50.53	2004
M50	Bob Wagner	53.89	2006
M80	Feliks Jekabsons	30.71	2006

WEIGHT THROW

M30	Dean Cowan	15.42	2002
M35	Darron Haworth	17.05	2008
M45	Bob Wagner	15.74	2004
M50	Bob Wagner	19.77	2006
M85	Ken Buttsworth	8.78	2002

THROWS PENTATHLON (at 2010)

M35	Darron Haworth	3672	2008
M70	Guy Quarterman	3644	2012

OUT OF STADIUM EVENTS

10km ROAD WALK

M30	Andrew Ludwig	50.12.0h	1998
M35	Andrew Ludwig	49.35.0h	2002
M40	Dave Smith	45.37.0h	1998
M45	Peter Bennett	50.20.0h	2002
M50	Ignacio Jimenez	48.47	2018
M60	Peter Bennett	58.16	2018

4KM CROSS COUNTRY

M30	Brendan Whelan	13.07.55	2006
M35	Brendan Whelan	13.36.18	2010
M40	Matt Macdonald	13.53.00	2016
M50	Norman Burns	15.43.00	2016
M55	Phil Davies	15.37.00	2012
M65	Alan Bradford	15.37.65	2004

8KM CROSS COUNTRY

M30	Brendan Whelan	27.57.03	2004
M35	Brendan Whelan	28.20.00	2012
M40	Shawn Claydon	28.40.00	2008
M45	David Sweeney	27.09.53	2006
M50	Ron Peters	28.03.28	2006
M55	Ron Peters	28.36.00	2008

ASIA-PAN PACIFIC MASTERS GAMES - QMA MEMBERS RECORDS AS AT 2018
These are Asia/Pan Pacific Masters Records

BEACH MILE 2016 RESULT ONLY

QMA MEMBERS

M40	1	Matt Macdonald	7.34	2016
M50	2	Norman Burns	8.49	2016
M65	2	Sean Ryan	11.17	2016
M75	2	Alf Lakin	17.20	2016

5KM ROAD RACE 2016 RESULTS

M40	1	Matt Macdonald	16.09	2016
M50	1	Norman Burns	18.29	2016
M55	7	David Mackay	27.27	2016
M75	2	Alf Lakin	37.22	2016

10.5KM TRAIL RUN 2016 RESULTS

M40	1	Matt Macdonald	37.16	2016
M50	1	Norman Burns	43.53	2016
M75	2	Alf Lakin	1.27.40	2016

COMBINED RESULTS: 2016

Beach Mile

5km Road Race

4km Cross Country

10.5km Trail Run

M40	1	Matt Macdonald	1:14.52	2016
M50	1	Norman Burns	1:26.54	2016
M75	2	Alf Lakin	2:54.05	2016