

Q.M.A. MENS' RECORDS AS AT 13th FEBRUARY 2009

<u>60 METRES</u>		
M30 Pasquale Vescio	7.14	
M35 Neale Mansell	7.36	
M40 Greg Potts	7.51	
M45 Stephen Jones	7.40	
M50 Wayne Cousins	7.40	AR
M55 John Wight	7.41	AR
M60 John Wight	8.00	
M65 Col Buyers	8.27	AR
M70 Hugh Coogan	8.55	AR
M75 George Harrod	9.72	
M80 Tom Brown	9.42	AR
M85 Charlie Hankins	10.45	AR

<u>60 METRES INDOOR</u>		
M50 David Lloyd	7.94	AR

<u>100 METRES</u>		
M30 Travis Venema	11.0	
M30 Matt McEwen	11.19	
M35 Kevin Silver	10.94	
M40 Heinz Steinmann	10.9	
M45 Ted Eden	11.4	
M50 Mick Pirie	11.8	
M50 Wayne Cousins	11.8	
M50 Wayne Cousins	12.01	
M55 Mick Pirie	11.9	
M55 Wayne Cousins	12.01	
M55 Bernie Hogan	11.5	AR
M60 Bernie Hogan	12.15	AR
M65 Mick Pirie	12.62	AR
M70 Hugh Coogan	13.34	AR
M75 Bernie Hogan	14.95	
M80 Charlie Hankins	15.9	
M80 Bernie Hogan	16.07	
M85 Charlie Hankins	17.0	
M90 Harry Gathercole	19.99	AR
M100 Les Amey	58.29	AR

<u>100 YARDS</u>		
M30 Travis Venema	10.54	
M35 Karl Weber	11.04	
M40 Bevan Valentine	11.56	
M45 Greg Potts	11.08	
M50 Hugh Bristow	11.65	
M55 Wayne Cousins	11.51	
M60 John Wight	11.75	
M65 Col Buyers	12.05	
M70 Hugh Coogan	12.73	
M80 Maurice Dauphinat	15.61	
M85 Charlie Hankins	16.84	

<u>200 METRES</u>		
M30 Harry Giles	22.4	
M35 Kevin Silver	22.1	
M40 Heinz Steinmann	22.5	
M40 Dave Irvine	22.5	
M45 Heinz Steinmann	23.45	
M50 Heinz Steinmann	23.9	
M55 John Wight	24.7	
M60 Bernie Hogan	25.23	
M65 Bernie Hogan	25.6	AR
M70 Hugh Coogan	26.84	AR
M75 Vic Turner	31.37	
M80 Charlie Hankins	33.83	
M85 Harry Gathercole	35.99	
M90 Harry Gathercole	44.24	AR

<u>300 METRES</u>		
M30 Travis Venema	37.35	
M35 Jason Burt	38.93	
M40 Gary Parkinson	38.06	
M45 Ken Dohnt	39.60	
M45 Gary Denman	39.60	
M50 Joe Begley	40.45	
M55 Joe Begley	41.54	
M60 Colin Buyers	40.76	

M65 Colin Buyers	41.75	
M70 Hugh Coogan	43.54	
M75 Jimmy Thomson	52.01	
M80 Maurice Dauphinat	61.41	

<u>400 METRES</u>		
M30 Matt McEwen	49.27	
M35 Nev Appleby	50.4	
M40 Tony Blue	50.5	
M45 Heinz Steinmann	53.14	
M45 Norm Cornwell	53.1	
M50 Billy Grady	55.3	
M55 John Cooper	55.51	
M60 Colin Buyers	57.35	
M65 Colin Buyers	58.90	AR
M70 Hugh Coogan	60.77	WR
M75 Wally Stubbings	73.0	
M80 Charlie Hankins	80.9	
M85 Harry Gathercole	1.33.50	
M90 Alex Pittendrich	1:57.78	AR
M95 Alex Pittendrich	2.50.1	AR

<u>800 METRES</u>		
M30 Jeff Tarrant	1.56.4	
M35 Nev Appleby	1.55.0	
M40 Tony Blue	1.54.80	
M45 Alan Bradford	1.58.65	AR
M50 Alan Bradford	2.00.40	AR
M55 Alan Bradford	2.10.1	
M60 Alan Bradford	2.10.42	WR
M65 Alan Bradford	2.22.15	
M70 Hugh Coogan	2.30.8	
M75 Norm Pearce	2.52.23	
M80 Norm Pearce	3.15.05	
M85 Alex Pittendrich	4.13.0	
M90 Alex Pittendrich	4.28.20	WR

<u>800 METRES INDOORS</u>		
M30 Brendan Whelan	2.04.24	AR

<u>1500 METRES</u>		
M30 Brendan Whelan	4.04.10	
M35 Peter Edwards	4.00.33	
M40 Tony Blue	3.57.3	
M45 Alan Bradford	4.03.16	
M50 Alan Bradford	4.08.09	
M55 Alan Bradford	4.27.40	
M60 Alan Bradford	4.35.18	
M65 Alan Bradford	4.52.2	
M70 Merv Jenkinson	5.11.8	
M75 Norm Gulbransen	5.49.02	
M80 Norm Pearce	6.56.28	
M90 Alex Pittendrich	11.04.39	
M100 Les Amey	16.46.41	WR

<u>1 MILE</u>		
M30 Brendan Whelan	4.25.25	AR
M35 Michael Warburton	4.51.5	
M40 Shane George	4.34.5	
M45 David Sweeney	4.39.82	
M50 Ron Peters	4.54.6	
M55 Alan Bradford	4.52.5	
M60 Brian Morling	5.33.5	
M65 Alan Bradford	5.14.9	
M70 Brian Morling	6.39.49	
M75 Charlie Doyle	7.34.0	
M80 Norm Pearce	7.24.0	AR

<u>1 MILE INDOORS</u>		
M30 Brendan Whelan	4.31.43	AR

<u>3000 METRES</u>		
M30 Brendan Whelan	8.46.49	
M35 Peter Edwards	9.00.4	
M40 Shane George	8.51.25	
M45 David Sweeney	8.56.46	AR
M50 Ron Peters	9.19.75	

M55 Alan Bradford	9.48.8	
M60 Alan Bradford	10.04.4	
M65 Alan Bradford	10.30.50	
M70 Colin McLeod	11.26.8	
M75 Norm Gulbransen	13.04.6	
M80 Norm Pearce	15.46.64	AR

<u>3000 METRES INDOOR</u>		
M30 Brendan Whelan	9.02.38	AR

<u>5000 METRES</u>		
M30 Rod Stones	15.08.5	
M35 Brian Enders	15.11.46	
M40 Shane George	15.15.24	
M45 David Sweeney	15.29.64	
M50 Alan Bradford	15.51.2	
M55 Alan Bradford	16.03.9	
M60 Alan Bradford	17.11.9	
M65 Colin McLeod	17.51.34	
M70 Colin McLeod	19.20.5	
M75 Norm Gulbransen	21.48.4	
M80 Norm Pearce	26.59.81	

<u>10,000 METRES</u>		
M30 Rod Stones	31.15.0	
M35 Ron Irwin	31.17.0	
M40 Joe Patterson	31.57.0	
M45 Ron Peters	31.48.69	AR
M50 Ron Peters	32.54.8	AR
M55 Alan Bradford	33.42.3	
M60 Alan Bradford	35.51.81	
M65 Colin McLeod	37.02.3	
M70 Colin McLeod	41.08.6	
M75 Norm Gulbransen	45.57.9	
M80 Win Foster	70.23.5	

<u>2000M STEEPLECHASE</u>		
M60 Alan Bradford	7.18.9	
M60 Alan Bradford	6.54.31	Aos
M65 Alan Bradford	7.18.2	AR
M70 Colin McLeod	8.23.2	AR
M75 Russell Grigg	15.24.6	
M80 Russell Grigg	16.53.77	

<u>3000M STEEPLECHASE</u>		
M30 Brendan Whelan	10.05.24	
M35 Brian Enders	9.56.5	
M40 Doug Worling	9.24.3	
M45 Doug Worling	9.41.49	
M50 Alan Bradford	9.51.62	AR
M55 Alan Bradford	10.14.00	AR

<u>80 METRES HURDLES</u>		
M70 Garvin Brown	14.42	
M75 Vic Younger	20.3	
M80 Vic Younger	19.51	os
M85 Vic Younger	26.65	

<u>100 METRES HURDLES</u>		
M50 Harry Giles	15.42	
M55 Harry Giles	16.14	
M60 Harry Giles	16.34	
M65 Ken Daniels	18.46	

<u>110 METRES HURDLES</u>		
M30 Matt McEwen	14.89	AR
M35 Harry Giles	15.6	
M40 Harry Giles	15.9	
M45 Harry Giles	15.5	AR

<u>300 METRES HURDLES</u>		
M60 Harry Giles	46.8	
M65 Alan Rolfe	51.0	
M70 Ken Daniels	55.48	
M75 Russell Grigg	1.20.7	
M80 Russell Grigg	1.53.14	
M85 Vic Younger	1.59.8	A

Q.M.A. MENS' RECORDS AS AT 13th FEBRUARY, 2009

400 METRES HURDLES

M30 Harry Giles	52.2
M35 Harry Giles	56.09
M40 Harry Giles	56.73
M45 Harry Giles	58.02 AR
M50 Harry Giles	62.14
M55 Bruce Bodsworth	67.47

1500M TRACK WALK

M35 Andrew Ludwig	6.24.70
M40 Iggy Jimenez	6.54.73
M45 Peter Bennett	6.25.06
M50 Peter Bennett	6.44.38
M55 Ian Richardson	6.53.4
M60 Ian Richardson	8.41.73
M65 Patrick Sela	8.44.42
M70 Richard Lynch	9.19.86
M75 Richard Lynch	9.18.56 AR
M80 Dick Keatinge	10.33.46
M85 Dick Keatinge	11.07.00 AR
M90 John Alroy	12.56.85

3000M TRACK WALK

M30 Ignacio Jimenez	12.45.81 AR
M35 Dave Smith	11.34.1
M40 Dave Smith	12.08.42
M45 Dave Smith	13.20.2
M50 Ian Richardson	13.48.6
M55 Ian Richardson	14.10.80
M60 Ian Richardson	15.31.90
M65 Patrick Sela	18.06.2
M70 Richard Lynch	18.11.87
M75 Richard Lynch	19.07.78
M80 Dick Keatinge	20.46.80
M85 Dick Keatinge	21.42.09
M90 John Alroy	25.33.9

5000M TRACK WALK

M30 Ignacio Jimenez	21.38.52 AR
M35 Dave Smith	19.53.0 AR
M40 Dave Smith	20.47.7
M45 Dave Smith	22.30.1 AR
M50 Robert Mee	23.57.42
M55 Ian Richardson	24.19.7
M60 Ian Richardson	26.59.3
M65 Patrick Sela	30.50.0
M70 Richard Lynch	30.49.35
M75 Richard Lynch	32.19.64
M80 Dick Keatinge	34.50.11
M85 Dick Keatinge	37.27.25
M90 John Alroy	43.08.0

10,000M TRACK WALK

M30 Ignacio Jimenez	44.45.4
M35 Andrew Ludwig	47.07.04
M40 Dave Smith	44.04.84
M45 Peter Bennett	48.28.4
M50 Klaus Maurer	50.45.7
M55 Robert Mee	49.50.3
M60 Ian Richardson	58.42.34
M65 Patrick Sela	63.22.1
M70 Eric Bailey	63.09.5
M75 Richard Lynch	67.39.25
M80 Dick Keatinge	72.09.6
M85 Dick Keatinge	75.34.0

LONG JUMP

M30 Matt McEwen	7.20
M35 John Davis	6.42
M40 Garry Donaldson	6.22
M45 Harry Giles	6.19
M50 Garry Donaldson	5.82
M55 Harry Giles	5.36
M60 Harry Giles	4.98
M65 Spencer Herft	4.79
M70 Spencer Herft	4.43

M75 Garvin Brown	3.85
M80 Vic Younger	3.37
M85 Vic Younger	3.17 AR
M90 Alex Pittendrich	2.20
M95 Alex Pittendrich	1.67 AR

LONG JUMP INDOORS

M55 Viddy Jermacans	4.99 AR
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TRIPLE JUMP

M30 Warren Evans	13.12
M35 Richard Anderson	12.77
M40 Derek Boosey	14.02
M45 Derek Boosey	12.88
M50 Jim Christian	11.33
M55 Brian Perrin	10.58
M60 Spencer Herft	10.28
M65 Spencer Herft	9.78
M70 Spencer Herft	9.23
M75 Maurice Dauphinot	8.00
M80 Vic Younger	7.95
M85 Vic Younger	6.59 AR
M90 Alex Pittendrich	5.51 AR
M95 Alex Pittendrich	3.55 AR

TRIPLE JUMP INDOORS

M55 Viddy Jermacans	8.88 AR
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HIGH JUMP

M30 Matt McEwen	1.97 AR
M35 John Howard	1.85
M40 Darren Smith	1.77
M45 Jim Watts	1.73
M50 Brian Prideaux	1.60
M55 Brent Thompson	1.56
M60 Brian Prideaux	1.52
M65 Alan Rolfe	1.47 AR
M70 Alan Rolfe	1.41 AR
M75 Vic Younger	1.20
M80 Vic Younger	1.19 AR
M85 Vic Younger	1.10 AR
M90 Alex Pittendrich	0.85

HIGH JUMP INDOORS

M55 Viddy Jermacans	1.33 AR
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POLE VAULT

M30 Matt McEwen	4.90 AR
M35 Howard Arbutnot	4.80 AR
M40 Howard Arbutnot	4.40 AR
M45 Bruce Arnold	3.85
M50 Bruce Arnold	3.71 AR
M55 Nelson Viney	3.36
M60 Garvin Brown	2.90
M65 Garvin Brown	3.15
M70 Garvin Brown	3.14 AR
M75 Garvin Brown	2.85 AR
M80 Vic Younger	1.76
M85 Vic Younger	1.74 AR

JAVELIN

M30 Matt McEwen	61.60
M35 Mark Stevens	59.52
M40 Michael Frawley	56.28
M45 John Kay	52.26
M50 Graham Clemens	43.74
M55 Arvo Ropelin	39.86
M60 Hans Beste	38.26
M60 Des Frawley	46.26 os
M65 Guy Quarterman	39.55
M65 Colin Murraylee	42.18 os
M70 Erkki Saarinen	42.00 AR
M75 Erkki Saarinen	37.07 AR
M80 Feliks Jekabsons	23.18
M80 Vic Younger	24.32 os
M85 Vic Younger	21.98 AR

M90 Alex Pittendrich	8.89
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DISCUS

M30 Warren Evans	47.03
M35 Darron Haworth	54.15 AR
M40 Peter Lonsdale	50.15
M45 Tony Holt	38.86
M50 Erik Hedendahl	44.20
M55 Warwick Selvey	44.42 AR
M60 Warwick Selvey	53.43 AR
M65 Warwick Selvey	45.76
M70 Charlie Rann	38.92
M75 Charlie Rann	36.88 AR
M80 Feliks Jekabsons	28.08
M85 Feliks Jekabsons	25.28 AR
M90 Harry Gathercole	14.42

SHOT PUT

M30 Dean Cowan	15.65 AR
M35 Peter Phillips	15.89
M40 Peter Lonsdale	15.06
M45 Peter Phillips	14.19 AR
M50 Peter Phillips	12.69
M55 Peter Clark	12.25
M60 Mike Katmadas	12.92
M65 Arvo Ropelin	11.81
M70 Feliks Jekabsons	12.66
M75 Feliks Jekabsons	11.24
M80 Feliks Jekabsons	9.41
M85 Vic Younger	7.17
M90 Ken Buttsworth	3.94

New WMA Specifications for M80+

M80 Feliks Jekabsons	3kg	10.19 AR
M85 Feliks Jekabsons	3kg	9.66 AR

SHOT PUT INDOORS

M55 Viddy Jermacans	8.40 AR
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HAMMER

M30 Brad Monk	58.88	
M35 Darron Haworth	54.85	
M40 Ron Frawley	50.20	
M45 Bob Wagner	51.95	
M50 Bob Wagner	53.98	
M55 Erik Hedendahl	37.70	
M60 Jim Davis	43.08	
M65 Colin Murraylee	40.60	
M70 Charlie Rann	44.09	
M75 Charlie Rann	38.31	
M80 Feliks Jekabsons	29.39	
M85 Ken Buttsworth	18.28	
M90 Ken Buttsworth	14.33	
<u>New WMA Specifications for M80+</u>		
M80 Charlie Rann	3k	34.13
M85 Feliks Jekabsons	3k	27.36

WEIGHT THROW

M30 David Allan	17.05 AR
M35 Darron Haworth	17.05
M40 Peter Lonsdale	13.68
M45 Bob Wagner	16.11 AR
M50 Bob Wagner	19.78 AR
M55 Erik Hedendahl	14.88
M60 Mike Katmadas	15.53
M65 Warwick Selvey	14.23
M70 Colin Murraylee	15.85
M75 Feliks Jekabsons	14.25
M80 Feliks Jekabsons	12.81
M85 Feliks Jekabsons	10.83
M90 Ken Buttsworth	7.05

WEIGHT PENTATHLON

M30 Dean Cowan	2875
M35 Darron Haworth	3620 AR
M40 Peter Lonsdale	3287
M45 Bob Wagner	3169

Q.M.A. MENS' RECORDS AS AT 13th FEBRUARY, 2009

M50	Bob Wagner	3340
M55	Erik Hedendahl	3425
M60	Warwick Selvey	3820
M65	Jim Davis	3894
M65	Colin Murraylee	4244 os
M70	Colin Murraylee	4318
M70	Colin Murraylee	4432 Aos
M75	Colin Murraylee	4604 Aos
M75	Arvo Ropelin	3409
M80	Feliks Jekabsons	3985
M85	Vic Younger	3467 os

New WMA Specifications for M80+ For Shot and Hammer

M80	Feliks Jekabsons	4220
M85	Feliks Jekabsons	4505 AR

AUST. HEAVY WEIGHT RECORDS

56lb WEIGHT

M30	Clayton Campodonico	5.13m
M35	Darron Haworth	10.94m
M80	Felix Jekabsons	3.07m

100lb WEIGHT

M35	Darron Haworth	5.57m
M80	Felix Jekabsons	1.66m

PENTATHLON

M30	Warren Evans	3275 AR
M35	Greg Newnham	2877
M40	Eddie Czarniecki	3035
M45	Harry Giles	3077
M50	Bruce Bodsworth	3094
M50	Jim Christian	3118 os
M55	Terry Dauphiné	3255
M60	Spencer Herft	3103
M65	Ken Daniels	3626
M70	Ken Daniels	3231
M70	Maurice Dauphiné	3270 os
M75	Maurice Dauphiné	2798
M75	Wally Stubbings	3107 os
M80	Maurice Dauphiné	2790
M85	Vic Younger	1821
M85	Harry Gathercole	2632 Aos
M90	Alex Pittendrich	1940 os

PENTATHLON INDOORS

M55	Viddy Jermacans	2830 AR
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DECATHLON

M30	Matt McEwen	7705 AR
M35	John Gan	5334 AR
M40	Troy McLaren	5242 AR
M45	Arthur Haralampou	4868
M50	Nelson Viney	5048
M55	Nelson Viney	5433
M60	Wendell Clarke	5210
M65	Ken Daniels	6576
M70	Ken Daniels	6265 AR
M75	Frank Pieters	4101
M80	Vic Younger	5524 os
M85	Vic Younger	5514 Aos

os: old specification records will be recognised until bettered

4 x 100 METRES RELAY

M30	Warren Evans Grant Barton Karl Weber Bevan Valentine	45.9
M35	Troy Dawson Gary Ewart Troy McLaren Gary Denman	47.5

M40	Don Morris Jim Furlong Hugh Bristow Graham Zerk	47.29
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M45	David Lloyd Steve Ford Wayne Cousins John Cooper	48.5
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M50	John Wight Nelson Viney Frank Rissman Mal Storey	48.33
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M55	Wayne Cousins John Wight Mal Storey Colin Buyers	47.92
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M60	John Cooper Hugh Coogan Alan Bradford Tom O'Keeffe	52.64
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M65	Ken Daniels Hugh Coogan Noel Garvey Colin Buyers	56.81
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M70	Ken Daniels Hugh Coogan Noel Garvey Maurice Dauphiné	62.20
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4 x 200 METRES RELAY

M30	Richard Norris Greg Hamilton Travis Venama Jason Burt	1.38.49
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M45	Geoff Bramley Paul Chaplain Gary Denman Rob White	1.52.77
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M50	Geoff Bramley Alf Lakin Noel Garvey Wayne Spalding	2.18.41
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M65	Hugh Coogan Alf Lakin Colin Buyers Ivan Rogers	2.07.89
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4 x 400 METRES RELAY

M30	Warren Evans David Hill Bruce Hill Grant Barton	3.35.4 AR
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M35	Andrew Keane Mick Konemann Peter Edwards Shaun McLaughlin	3.51.22
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M40	Jim Furlong Peter Hawes Michael Warburton Shaun McLaughlin	3.40.3
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M45	Jim Furlong Shaun McLaughlin Peter Hawes Bill Kovacevic	3.40.44
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M50	Bruce Bodsworth Bob Grayson Colin Buyers Ken Dohnt	3.52.4
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M55	Bruce Bodsworth Bob Grayson Rob White Colin Buyers	4.03.0
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M60	John Cooper Hugh Coogan Alan Bradford Tom O'Keeffe	4.11.51
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M65	Hugh Coogan Col Buyers Colin McLeod Alan Bradford	4.32.61
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4 x 800 METRES RELAY

M30	Gary Parkinson David Hill Bruce Hill Brendan Whelan	8.30.74 AR
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M35	Jason Burt Brendan Whelan James Bell Gary Denman	10.07.16
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M40	John Croft Gary Denman Geoff Bramley Mark Alcorn	11.15.97
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M50	Bob Grayson Bruce Bodsworth Peter Hawes Terry Dauphiné	9.14.4 AR
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M55	Jason Collie Bruce Bodsworth Bob Grayson Terry Dauphiné	9.34.44 AR
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M60	Alan Bradford John Sheer Erkki Ryhanen SeanRyan	10.41.27
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M65	Alan Bradford Brian Morling Colin McLeod Colin Buyers	11.15.37 AR
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4 x 1500 METRES RELAY

M30	Ross Nicholls Steven Bell Joshua Bridge Brendan Whelan	19.57.62 AR
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M35	Ross Nicholls Joshua Bridge Shawn Claydon Brendan Whelan	18.59.2 AR
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M40	John Crook Colin McLeod Jason Collie John Treschman	21.22.88
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M45	Mark Jones David Sweeney Andy Clowes Peter Hallahan	18.31.73 AR
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M55	Bruce Bodsworth Dave Cundy Bob Grayson Jason Collie	20.25.96 AR
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M60	Sean Ryan Barry McGaffin Erkki Ryhanen John Sheer	23.04.0
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Q.M.A. MENS' RECORDS AS AT 13th FEBRUARY, 2009

RELAYS: THE FOLLOWING MEMBERS WERE PART OF A TEAM INCLUDING INTERSTATE COMPETITORS WHO SET RECORDS IN NATIONAL AND INTERNATIONAL COMPETITION.

4 x 100m RELAYS:		M60 Hugh Coogan 48.95 AR	M55 John Cooper 3.48.87 AR
M35 David Chique Howard Arbutnot Andrew Keane 46.28 AR	M70 Hugh Coogan 52.76 AR M75 Maurice Dauphinot 61.25 AR	M60 Hugh Coogan Noel Garvey 4.00.86 AR	M65 Col Buyers 4.11.80 AR Heinz Steinmann
M45 Jim Furlong Arch Moore 45.35 AR	4 x 400m RELAYS:		M70 Hugh Coogan 4.38.33 AR
M55 Heinz Steinmann John Wight 47.46 AR	M35 Andrew Keane Howard Arbutnot 3.42.11 AR	M75 Tom Hishon 5.16.77 AR	

QUEENSLAND BEST PERFORMANCES - MEN: AT 13th FEBRUARY, 2009

TRACK EVENTS

QBP Times for 60 Metres, 100 Yards and 300 Metres will no longer be recognised. These Events are now Queensland Records. All Track Records must be set with either Electronic Times or 3 Watches for Hand Timing, and with a wind gauge reading for all Sprint Events up to and including 200 metres. The remaining QBP Records will be deleted when bettered by an Official Record.

60 METRES

M30 Travis Venema	7.0
M45 Greg Potts	7.1
M50 Mal Storey	7.3
M50 David Lloyd	7.3
M60 Rob McDonald	7.7
M60 John Wight	7.7
M65 John Cooper	8.0
M70 Hugh Coogan	8.2
M75 Garvin Brown	9.6

100 YARDS

M50 Joe Begley	11.3
M55 John Wight	11.4
M75 Maurice Dauphinot	15.1

300 METRES

M50 Joe Begley	40.2
M55 John Cooper	40.5
M60 Colin Buyers	40.1
M70 Hugh Coogan	43.4

ROAD EVENTS

HALF MARATHON

M30 Brendan Whelan	1:12.29
M35 Paul Houston	1:15.46
M40 Peter Connolly	1:10.12
M45 Ron Peters	1:10.47
M50 Ron Peters	1:11.32 ABP
M55 Ron Peters	1:13.06 ABP
M60 Colin McLeod	1:17.40
M65 Colin McLeod	1:19.06
M70 Colin McLeod	1:28.06
M75 Robert Horman	1:41.44 ABP
M80 Robert Horman	1:46.00 ABP
M85 Robert Horman	2:05.11 ABP

MARATHON

M30 Jason Hall	2:53.29
M35 Greg Thomas	2:42.53
M40 Peter Connolly	2:29.09
M45 Tony Gray	2:29.52
M50 Colin McLeod	2:35.35
M55 Colin McLeod	2:42.46
M60 Colin McLeod	2:45.50
M65 Colin McLeod	2:54.41 ABP
M70 Colin McLeod	3:04.07
M75 Robert Horman	3:41.08 ABP

M80 Robert Horman	3:39.18 WR
M85 Robert Horman	4:34.55 WR

CROSS COUNTRY

3000 METRES

M30 David Hill	9.55
M35 Bruce Hill	10.06
M40 Barry Broe	9.57
M45 David Sweeney	10.02
M50 Ron Peters	10.08
M55 Steve Hastie	10.47
M60 Peter Connolly	12.31
M65 Ken Daniels	15.29
M70 Barrie Reiffel	13.13

4000 METRES

M30 David Hill	12.31
M35 David Hill	12.27
M40 Shane George	12.41
M45 Ron Peters	13.00
M50 Ron Peters	12.49
M55 Graham Barralet	14.49
M60 Alan Bradford	14.25
M65 Alan Bradford	14.49
M70 Colin McLeod	17.44

5000 METRES

M35 Stephen Showell	18.02
M40 Barry Broe	17.49
M45 Greg Cowley	17.41
M50 Ron Peters	17.02
M55 Harold Haldane	18.56
M60 Alan Bradford	18.48
M65 Peter Berry	32.18

8000 METRES

M30 Brendan Whelan	26.42
M35 Shawn Claydon	26.38
M40 Shane George	27.09
M45 Ron Peters	27.06
M50 Ron Peters	26.32
M55 Ron Peters	28.36
M60 Colin McLeod	29.46
M65 Alan Bradford	30.18
M70 Colin McLeod	34.28
M75 Don Howatson	57.26

10,000 METRES

M30 Andrew Ludwig	38.40
M35 Colin Green	35.58
M40 Ron Peters	33.00
M45 Peter Connolly	33.05
M50 Alan Bradford	34.47
M55 Alan Bradford	34.40
M60 Colin McLeod	37.31
M65 Julius Keller	44.58
M70 Eric Bailey	50.07
M75 Robert Horman	50.04

ROAD WALKS

5KM

M35 Ignacio Jimenez	25.42
M40 Ignacio Jimenez	24.40
M45 Peter Bennett	24.18
M50 Peter Bennett	25.26
M55 Ian Richardson	25.01
M60 Ian Richardson	28.13
M65 Patrick Sela	32.42
M70 Richard Lynch	31.41
M75 Richard Lynch	32.36
M80 Dick Keatinge	34.57
M85 Dick Keatinge	37.28
M90 John Alroy	49.51

8KM

M55 Bob Coleman	49.07
M75 Richard Lynch	54.50

10KM

M30 Ignacio Jimenez	46.30 ABP
M35 Dave Smith	41.53 ABP
M40 Dave Smith	45.47
M45 Peter Bennett	49.55
M50 Peter Bennett	50.23
M55 Ian Richardson	51.54
M60 Ian Richardson	56.13
M65 Patrick Sela	1:04.46
M70 Richard Lynch	1:04.33
M75 Richard Lynch	1:05.41
M80 Dick Keatinge	1:11.10
M85 Dick Keatinge	1:18.52 WR
M90 John Alroy	1:26.32

15KM

M30 Ignacio Jimenez	1:15.51
M35 Andrew Ludwig	1:13.59
M40 Peter Bennett	1:15.05
M45 Peter Bennett	1:16.11
M50 Peter Bennett	1:20.33
M55 Ian Richardson	1:19.56
M60 Ian Richardson	1:29.53
M70 George Megas	1:50.00
M75 Dick Keatinge	1:45.20

20KM

M30 Ignacio Jimenez	1:38.02 ABP
M35 Peter Bennett	1:39.18
M40 Peter Bennett	1:41.01
M45 Peter Bennett	1:47.24
M50 Klaus Maurer	1:49.38
M55 Ian Richardson	1:51.17
M60 Ian Richardson	2:04.27
M65 Patrick Sela	2:11.28
M70 Richard Lynch	2:09.25
M75 Dick Keatinge	2:19.58

30KM

M30 Ignacio Jimenez	2:29.23
M35 Peter Bennett	2:34.56
M40 Peter Bennett	2:38.35
M45 Peter Bennett	2:45.18

M50 Peter Bennett 2:52.42
M70 Bert Janes 4:13.49

50KM

M30 Ignacio Jimenez 4:40.36
M35 Andrew Ludwig 4:36.02
M40 Peter Bennett 4:58.53
M45 Peter Bennett 4:49.28 **ABP**