



**Shot Put**

M35	16.01	Gintas Degutis	08
M40	14.44	Mariusz Kosinski	11
M45	13.05	Jim Wetenhall USA	03
M50	14.96	Joseph Myers USA	06
M55	14.55	Joe Myers USA	09
M60	13.72	Art Jaago	88
M65	10.99	Helmut Lange	95
M70	12.79	Garry Bachman	94
M75	11.39	Garry Bachman	99
M80	10.05	Garry Bachman	03
M85	9.88	Garry Bachman	07

W30	13.14	Marie-Josée Le Jour	11
W35	11.19	Gaby Szanto	03
W40	9.41	Debi Heit	92
W45	10.29	Elizabeth Hill	10
W50	10.57	Elizabeth Hill	11
W55	10.78	Debbie Murfitt	13
W60	8.62	Helgi Pedel	84
W65	8.38	Helgi Pedel	91
W70	7.44	Helgi Pedel	95
W75	7.33	Velta Tomsons	03
W80	6.67	Velta Tomsons	11
W85	6.14	Velta Tomsons	13

**Weight Throw** (outdoors pre 2004)

M30	18.21	Jason Baines	11
M35	13.34	Richard Parkinson	04
M40	12.54	James Findlay	01
M45	16.65	Jim Wetenhall USA	03
M50	20.28	Jim Wetenhall USA	06
M55	19.79	Jim Wetenhall USA	10 WR
<b>M60</b>	17.62*	Emil Muller	97
	17.62	Jan Graczyk	13
M65	16.24	Emil Muller	01
M70	14.84*	Helmut Lange	98
M75	15.07	Emil Muller	11
M80	13.29	Garry Bachman	05
M85	11.64	Garry Bachman	07

W30	18.39	Marie-Josée Le Jour	11
W35	10.78	Diane JaamShahriari	05
W40	7.60	Darlene Aulenback	92
W45	10.12	Elizabeth Hill	10
W50	11.16	Kathy Wetenhall US	04&05
W55	11.46	Kathy Wetenhall	10
W60	11.92	Rhona Trott	09
W65	7.50	Mary Thomson	95

\* New marks set with lighter implements for M50+ and W50+, changed to WAVA standards in 1996

**High Jump**

M30	1.80	David Valenzuela	10
M35	1.88	Zoltan Sara	11
M40	1.80	Walt Reynolds USA	03
M45	1.81	Witold Klinger	92
M50	1.85	Istvan Major	02
M55	1.55	Bill DeHorn	03
M60	1.45	Ian Hume	77 & 78
	1.45	Stan Seitz	09
M65	1.49	Ian Hume	81
M70	1.39	Ian Hume	85
M75	1.28	Ian Hume	92
M80	1.14	Ian Hume	96
M85	1.05	Karl Trei	95

W30	1.35	Jennifer Pineo	10
W35	1.56	Kimi Nakatake USA	08
W40	1.55	Leslie Estwick	03
W45	1.38	Liz McBlain	93
W50	1.35	Maria Mallia	06
W55	1.30	Maria Mallia	11
W60	1.25	Edith Gray	96
W65	1.15	Helgi Pedel	89
W70	1.16	Helgi Pedel	94
W75	1.08	Helgi Pedel	99
W80	0.96	Helgi Pedal	04

**Pole Vault**

M30	4.30	Richard Sibley	08
M35	4.37	Ken Roblec	88
M40	4.40	Kevin Lake	13
M45	4.00	Vladimir Kostric	81
M50	4.00	Ed Hoyle	87
M55	3.90	Matti KilpelainenUSA	04
M60	3.60	Matti Kilpelainen	09
M65	3.20	Stan Egerton	91
	3.20	Matti KilpelainenUS	12
M70	2.73	Stan Egerton	98
M75	2.60	Stan Egerton	01
M80	1.80	Ian Hume	95

W35	3.00	Gaby Szanto	03
W45	2.80	Gaby Szanto	12
W50	2.70	Hillen Stubendorff GER	03
W55	2.10	Jutta Reigel	95
	2.10	Ann Marie Rosenitsch	96
W60	1.80	Edith Gray	96
W65	2.00	Jutta Riegel	06

**Long Jump**

M30	7.13	Clayton Latham	12
M35	6.36	Ron Thompson	87&88
M40	6.47	Todd Crawford	07
M45	6.06	Vladimir Kostric	81
M50	5.80	Richard Lech	98
M55	5.43	Richard Lech	03
M60	5.15	Alan Slater	03
M65	4.97	A. Brosz	75
M70	4.41	Ian Hume	85
M75	3.95	Chuck Sochor USA	04
M80	3.57	Karl Trei	90
M85	3.12	Karl Trei	95

W35	5.20	Linda Carty USA	04
W40	5.24	Leslie Estwick	03
W45	4.52	Adri Rowswell	87
W50	4.16	Maria Mallia	05
W55	3.68	Rhona Trott	07
W60	3.77	Edith Gray	96
W65	3.31	Edith Gray02	
W70	2.83	Elga Meri	92

**Triple Jump**

M30	13.90	Clayton Latham	12
M35	12.88	Ron Thompson	88
M40	12.79	Todd Crawford	07
M45	11.89	Alan Slater	88
M50	11.62	Igor Konovalov	99
M55	10.92	Alan Slater	98
M60	10.33	Alan Slater	03
M65	10.08	Ian Hume	81
M70	9.56	Ian Hume	85
M75	8.27	Ian Hume	90
M80	7.31	Karl Trei	90
M85	6.15	Karl Trei	95

W35	12.07	Michelle Hastick Cowell	09
W40	6.70	Vera Cabanus	92
W45	8.92	Liz McBlain	93
W50	9.08	Irene Thompson	06
W55	7.62	Jutta Reigel	95
W60			
W65	6.74	Helgi Pedel	91
W70	6.37	Helgi Pedel	94

(+0.24 correction factor electronic over hand timing, eg. 23.6 sec hand timed = 23.84 electronic)  
(30-34 age groups added in 2003)



**M65 Bob Moore** in the 3000m  
Bob holds the M55 MR of 10:09  
and one of the oldest - the M35  
record of 8:41 that he set 30 years  
ago in 1976!