

KAJAKS MASTERS – ALL TIME BEST RESULTS

100 Metres				
<u>Rank</u>	<u>Name</u>		<u>Time</u>	<u>Year</u>
<u>Women 40–44</u>				
1.)	Avril Douglas		13.95	1990
2.)	Marne McMillan		14.09	1992
3.)	Ava Wong		15.20	1997
<u>Women 45–49</u>				
1.)	Avril Douglas	13.59		1992
<u>Women 50–54</u>				
1.)	Avril Douglas		14.06**	1996
<u>Women 55–59</u>				
1.)	Louise Reed	15.7		1994
<u>Women 60–64</u>				
1.)	Louise Reed	15.9		1995
2.)	Anna O'Melinn	18.4		1991
<u>Women 70–74</u>				
1.)	Hazel Cameron	19.95		1997
<u>Men 40–44</u>				
1.)	Rob Musselle	11.6		1982
2.)	Bill Koopman	12.5		1994
3.)	Joe Corcoran	13.34		1984
4.)	Mike O'Connor	13.91		1988
<u>Men 45–49</u>				
1.)	Rob Musselle	12.01		1984
2.)	Carl Savage	12.87		1987
3.)	Hugh Mawby	14.6		1981
<u>Men 55–59</u>				
1.)	Jack Lasko	13.9		1994
2.)	Charlie Loo	14.6		1994
3.)	George Agnew	15.16		1997
<u>Men 60–64</u>				
1.)	Charles Dick	14.78		1997
2.)	Charlie Loo	14.87		1997
<u>Men 65–69</u>				
1.)	Micky Sherker	16.31		1997
<u>Men 80–84</u>				
1.)	Ron Linsdell	17.4		1993
200 Metres				
<u>Rank</u>	<u>Name</u>		<u>Time</u>	<u>Year</u>
<u>Women 40–44</u>				
1.)	Avril Douglas	27.32**		1991
2.)	Marne McMillan	28.20		1994
3.)	Ava Wong	33.8		1997
<u>Women 45–49</u>				
1.)	Avril Douglas	27.15**		1993
2.)	Becky Willis	29.73		1995
<u>Women 50–54</u>				
1.)	Avril Douglas	28.79**		1996
<u>Women 55–59</u>				
1.)	Louise Reed	33.71		1993
2.)	Anna O'Melinn	39.7		1990

<u>Women 60–64</u>				
1.)	Louise Reed	33.4**	1995	
2.)	Anna O'Melinn	38.7		1991
<u>Women 70–74</u>				
1.)	Hazel Cameron	41.6		1996
<u>Men 40–44</u>				
1.)	Kostie Killas	24.40	1997	
2.)	Rob Musselle	25.0		1982
3.)	Bill Koopman	25.52	1994	
4.)	Mike O'Connor	27.33	1988	
5.)	Jake Madderom	27.7		1987
<u>Men 45–49</u>				
1.)	Rob Musselle	25.31	1983	
2.)	Jake Madderom	28.5		1994
3.)	Hugh Mawby	29.7		1981
<u>Men 55–59</u>				
1.)	Jack Lasko	28.3		1993
2.)	Charlie Loo	30.4		1993
<u>Men 60–64</u>				
1.)	Charlie Loo	31.91	1997	
<u>Men 65–69</u>				
1.)	Micky Sherker	33.5		1994
<u>Men 80–84</u>				
1.)	Ron Linsdell	38.59	1994	

400 Metres				
<u>Rank</u>	<u>Name</u>	<u>Time</u>	<u>Year</u>	
<u>Women 40–44</u>				
1.)	Avril Douglas	1:00.85	1991	
2.)	Marne McMillan	1:01.76		1995
3.)	Jane Senda	1:15.2	1994	
<u>Women 45–49</u>				
1.)	Avril Douglas	1:00.02**	1993	
2.)	Becky Willis	1:09.06	1995	
<u>Women 50–54</u>				
1.)	Avril Douglas	1:02.95**	1996	
<u>Women 55–59</u>				
1.)	Louise Reed	1:16.76+	1993	
2.)	Shirley Smith	1:25.1	1991	
3.)	Anna O'Melinn	1:25.3	1990	
<u>Women 60–64</u>				
	1.) Louise Reed			1:17.54 1996
	Louise Reed	(1:17.7+)	1995	
2.)	Anna O'Melinn	1:21.75+	1992	
<u>Women 65–69</u>				
1.)	Hazel Cameron	1:25:15+	1992	
<u>Women 70–74</u>				
1.)	Hazel Cameron	1:29.15**	1996	
<u>Men 40–44</u>				
1.)	Kostie Killas	53.43	1997	
2.)	Bill Koopman	57.24	1994	

3.)	Jake Madderom		58.19	1988
4.)	Craig Runyan	59.0		1990
5.)	Joe Corcoran	59.5		1985
6.)	Rob Musselle	59.6		1982
7.)	Mike O'Connor		59.63	1988

Men 45-49

1.)	Andrew Delecki		59.85	1997
2.)	Jake Madderom		1:00.9	1993

Men 50-54

1.)	Gordon Johnson		59.25	1988
2.)	Jake Madderom		1:01.93	1997

Men 55-59

1.)	Jack Lasko		1:03.6	1994
2.)	Chris Fryer		1:03.8	1997
3.)	Alan Brown		1:07.5	1996
4.)	Charlie Loo		1:13.6	1994
5.)	Bill Kent		1:14.0	1993
6.)	Rod Palmer		1:15.4	1990

Men 65-69

1.)	Micky Sherker		1:17.2	1994
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Men 80-84

1.)	Ron Linsdell		1:40.1	1993
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800 Metres

<u>Rank</u>	<u>Name</u>		<u>Time</u>	<u>Year</u>
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Women 40-44

1.)	Marne McMillan		2:21.7	1996
2.)	Avril Douglas		2:25.04	1991
3.)	Jane Senda		2:33.87	1993

Women 45-49

1.)	Avril Douglas		2:18.75**	1993
2.)	Marne McMillan		2:27.77	1997
3.)	Becky Willis		2:53.9	1996

Women 50-54

1.)	Avril Douglas		2:24.54**	1996
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Women 55-59

1.)	Anna O'Melinn		3:09.0	1991
2.)	Louise Reed		3:18.5	1994
3.)	Shirley Smith		3:19.0	1991

Women 60-64

1.)	Anna O'Melinn		3:07.6	1992
2.)	Hazel Cameron		3:09	1987
3.)	Louise Reed		3:18.8	1996

Women 65-69

1.)	Hazel Cameron		3:04.53+	1989
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Women 70-74

1.)	Hazel Cameron		3:25.6**	1994
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Men 40-44

1.)	Terry Dooley	2:02.0	1987	
2.)	Jake Madderom		2:03.9	1985
3.)	Craig Runyan	2:06.0	1990	
4.)	Don Tretheway	2:08.5	1980	
4.)	John Woodcock		2:08.5	1985
6.)	Joe Corcoran	2:14.5	1985	
7.)	Jean-Jacques Schmidt	2:18.8	1985	
8.)	Tony Barnard	2:19.4	1986	
9.)	Ian Hunter	2:41.2	1982	

Men 45-49

1.)	Don Tretheway	2:06.69		1983
2.)	Jake Madderom		2:09.35	1991
3.)	John Woodcock		2:10.8	1989
4.)	John Taylor	2:15.0	1985	
5.)	Andrew Delecki		2:16.1	1997
6.)	Jean-Jacques Schmidt	2:17.5	1988	

Men 50-54

1.)	Jake Madderom		2:14.19	1995
2.)	Herb Phillips	2:17.56		1993
3.)	Gordon Johnson		2:25.0	1991
4.)	Don Tretheway	2:31.1	1987	

Men 55-59

1.)	Jack Lasko	2:22.05		1994
2.)	Chris Fryer	2:27.9	1997	
3.)	Alan Brown	2:39.0	1996	
4.)	Rod Palmer	2:45.2	1990	

Men 60-64

1.)	Alan Brown	2:46.72		1997
2.)	Bill Kent		2:55.8	1996
3.)	Micky Sherker	3:19.1	1993	

Men 65-69

1.)	Micky Sherker	3:07.0	1994	
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1500 Metres

<u>Rank</u>	<u>Name</u>	<u>Time</u>	<u>Year</u>
<u>Women 40-44</u>			
1.)	Marne McMillan	4:57.53	1996
2.)	Jane Senda	5:08.44	1993
3.)	Avril Douglas	5:34	1989
<u>Women 45-49</u>			
1.)	Avril Douglas	4:58.5**	1993
2.)	Marne McMillan	5:14.91	1997
<u>Women 50-54</u>			
1.)	Avril Douglas	5:16.54**	1996
<u>Women 55-59</u>			
1.)	Anna O'Melinn	6:13.0	1991
2.)	Shirley Smith	6:20.7	1991
3.)	Louise Reed	6:47.6	1991
<u>Women 60-64</u>			
1.)	Hazel Cameron	6:12.93+	1987

2.)	Anna O'Melinn	6:13.3	1991
3.)	Louise Reed	6:51.6	1996
4.)	Shirley Smith	7:08.14	1996
	<u>Women 65-69</u>		
1.)	Hazel Cameron	6:13.8**	1989
	<u>Women 70-74</u>		
1.)	Hazel Cameron	6:58.10	1996

Men 40-44

1.)	Craig Runyan	4:09.45	1988
2.)	Don Tretheway	4:13.5	1979
3.)	Jake Madderom	4:16.3	1987
4.)	John Woodcock	4:20.6	1988
5.)	Garth Ball	4:25.7	1980
6.)	Tony Barnard	4:35.6	1986
7.)	Jean-Jacques Schmidt	4:39.2	1981
8.)	Herb Phillips	4:42.8	1985
9.)	John Taylor	4:43.8	1985
10.)	George Agnew	5:08.5	1982

Men 45-49

1.)	John Woodcock	4:18.7	1989
2.)	Don Tretheway	4:20.35	1983
3.)	Jake Madderom	4:24.56	1991
4.)	Craig Runyan	4:32.14	1993
5.)	Jean-Jacques Schmidt	4:34.6	1988
6.)	John Taylor	4:40.0	1986
7.)	Neil Campbell	4:42.7	1982
8.)	Herb Phillips	4:46.6	1987
9.)	Andrew Delecki	4:48.0	1997

Men 50-54

1.)	Herb Phillips	4:27.8	1991
2.)	Jake Madderom	4:34.0	1995
3.)	Rod Palmer	5:16.5	1985
4.)	Chris Fryer	5:17.22	1996

Men 55-59

1.)	Herb Phillips	4:33.23**	1995
2.)	Jack Lasko	4:57.06	1994
3.)	Rod Palmer	5:28.4	1991
4.)	Chris Fryer	5:31.4	1997
5.)	Bill Kent	5:39.0	1993
6.)	George Agnew	5:51.8	1996

Men 60-64

1.)	Bill Kent	5:50.2	1996
2.)	Micky Sherker	6:15.7	1991

Men 65-69

1.)	Micky Sherker	6:20.3	1994
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One Mile

<u>Rank</u>	<u>Name</u>	<u>Time</u>	<u>Year</u>
<u>Women 40-44</u>			
1.)	Avril Douglas	5:33.9+	1991
2.)	Marne McMillan	5:38.36	1996
3.)	Jane Senda	5:41.19	1995
<u>Women 45-49</u>			
1.)	Avril Douglas	5:27.27**	1993
	Avril Douglas (Road)	5:33.8**	1993
2.)	Marne McMillan	5:48.51	1997
<u>Women 55-59</u>			
1.)	Anna O'Melinn	6:53.2	1991

2.)	Shirley Smith	6:53.3	1991	
	<u>Women 60–64</u>			
1.)	Hazel Cameron	6:52.0	1987	
	<u>Women 65–69</u>			
1.)	Hazel Cameron (Road)	7:24.0**	1993	
	<u>Women 70–74</u>			
1.)	Hazel Cameron	7:41.28**	1994	
	<u>Men 40–44</u>			
1.)	Don Tretheway	4:35.2	1980	
2.)	Craig Runyan	4:36.8	1990	
3.)	John Woodcock	4:39.39	1986	
4.)	Jake Madderom	4:40.96	1989	
	<u>Men 45–49</u>			
1.)	Don Tretheway (Indoor)	4:34.6+	1983	
	Don Tretheway (Outdoor)	4:40.0+	1982	
2.)	John Woodcock	4:39.3+	1989	
3.)	Jake Madderom	4:46.23	1991	
4.)	Jean–Jacques Schmidt	4:48.95	1986	
5.)	Herb Phillips	4:49.28	1987	
6.)	John Taylor	5:10.79	1986	
7.)	Bruce Johnson	5:11.0	1987	
	<u>Men 50–54</u>			
1.)	Herb Phillips	4:45.63	1992	
2.)	Jake Madderom	5:07.0	1994	
	<u>Men 55–59</u>			
1.)	Jake Lasko	5:26.0	1994	
2.)	Chris Fryer	5:52.8	1997	
3.)	Alan Brown	6:01.11	1996	
4.)	George Agnew	6:15.37	1996	
	<u>Men 60–64</u>			
1.)	Tony Dunn	5:45.43	1993	
	<u>Men 65–69</u>			
1.)	Micky Sherker	6:57.2	1994	

3000 Metres

<u>Rank</u>	<u>Name</u>	<u>Time</u>	<u>year</u>
	<u>Women 50–54</u>		
1.)	Shirley Smith	12:53.0	1988
	<u>Women 55–59</u>		
1.)	Shirley Smith	13:31	1991
	<u>Women 60–64</u>		
1.)	Hazel Cameron	14:11	1987
	<u>Men 40–44</u>		
1.)	Don Tretheway	8:47.7	1979
2.)	Craig Runyan	9:11.5	1989
3.)	John Woodcock	9:18.7	1985
4.)	Jake Madderom	9:22.3	1987
5.)	Jean–Jacques Schmidt	9:39.7	1985
6.)	Tony Barnard	9:52.5	1986
	<u>Men 45–49</u>		
1.)	Don Tretheway	8:59.8+	1982

2.)	Craig Runyan	9:36.8	1993
3.)	John Woodcock	9:38.0	1989
4.)	Jean-Jacques Schmidt	9:38.4	1988
5.)	Herb Phillips	9:51.0	1989
6.)	John Taylor	10:06.4	1986
7.)	Jake Madderom	10:08.0	1992
8.)	Andrew Delecki	10:25.0	1997

Men 50-54

1.)	Herb Phillips	9:32.04	1992
2.)	Rod Palmer	11:08.3	1985

Men 55-59

1.)	Rod Palmer	11:26.7	1990
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5Km/ 5000 Metres

<u>Rank</u>	<u>Name</u>	<u>Time</u>	<u>Year</u>
<u>Women 40-44</u>			
1.)	Jane Senda	19:30	1993
2.)	Avril Douglas	19:34	1989
3.)	Carly McFetridge	21:26	1994
4.)	Mariane Davis	23:34	1996
5.)	Linda McIntosh	23:30	1990
<u>Women 50-54</u>			
1.)	Shirley Smith	21:45	1989
2.)	Wendy-Jane Brown	25:53	1994
<u>Women 55-59</u>			
1.)	Shirley Smith	22:51	1991
2.)	Eleanor Freeman	25:49	1996
<u>Women 60-64</u>			
1.)	Hazel Cameron	22:57	1987
2.)	Shirley Smith	25:22	1996
3.)	Louise Reed	25:53	1995
<u>Women 65-69</u>			
1.)	Hazel Cameron	22:38.6	1989
<u>Women 70-74</u>			
1.)	Hazel Cameron	25:59	1996

Men 40-44

1.)	Don Tretheway	15:34.8	1979
2.)	Craig Runyan	15:58	1991
3.)	John Woodcock	16:06	1986
4.)	Neil Campbell	16:10.9	1981
5.)	Garth Ball	16:26.2	1980
6.)	Jake Madderom	16:31	1988
7.)	Mike Rowell	16:34	1986
8.)	Rick Whiting	16:51	1978
9.)	Jean-Jacques Schmidt	16:55.7	1985
10.)	Herb Phillips	17:08.5	1985

Men 45-49

1.)	Don Tretheway	15:47.7	1982
2.)	Jean-Jacques Schmidt	16:21	1988
3.)	Jake Madderom	16:25	1991
4.)	Herb Phillips	16:42	1988
5.)	John Woodcock	16:47	1990
6.)	John Taylor	17:17	1987
7.)	Bruce Johnson	17:23	1987
8.)	Hans Pederson	18:38	1990
9.)	Rod Palmer	19:15	1983
10.)	George Agnew	19:20	1988

Men 50-54

1.)	Herb Phillips	16:21.4	1992
2.)	Bill Kent	17:36	1986
3.)	Jake Madderom	17:54.3	1996
4.)	Don Tretheway	18:01	1986
5.)	Rod Palmer	18:40	1986
6.)	Dave Conder	19:23	1991
7.)	Peter Berry	19:43	1988
8.)	George Agnew	20:25	1993

Men 55–59

1.)	Herb Phillips	16:43	1995
2.)	Alan Brown	19:00	1994
3.)	Rod Palmer	19:22	1990
4.)	Dave Conder	19:40	1992
5.)	Bill Kent	20:06	1995
6.)	Chris Fryer	20:50	1997
7.)	George Agnew	21:15	1994

Men 60–64

1.)	Tony Dunn	19:10	1993
2.)	Alan Brown	22:11.2	1997

8 Kilometres

Rank **Name** **Time** **Year**

Women 35–39

1.)	Elizabeth St. Jacques	33:28	1989
2.)	Jane Fernyhough	34:25	1990
3.)	Carly McFetridge	40:14	1989

Women 40–44

1.)	Jane Senda	31:17	1993
2.)	Avril Douglas	32:59	1990
3.)	Elizabeth Light	34:04	1993
4.)	Carly McFetridge	34:06	1994
5.)	Mariane Davis	36:43	1995

Women 45–49

1.)	Sandra Fryer	40:05	1995
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Women 50–54

1.)	Shirley Smith	35:59	1988
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Women 55–59

1.)	Shirley Smith	36:40	1991
2.)	Louise Reed	40:13	1992

Women 60–64

1.)	Anna O'Melinn	37:33	1991
2.)	Louise Reed	41:42	1995
3.)	Hazel Cameron	42:37	1987

Women 65–69

1.)	Hazel Cameron	40:23	1992
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Women 70–74

1.)	Hazel Cameron	42:12	1995
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Men 40–44

1.)	Don Tretheway	25:58	1980
2.)	Jean-Jacques Schmidt	27:02.9	1984
3.)	John Woodcock	27:06	1986
4.)	Jake Madderom	27:25	1988
5.)	Mike Rowell	27:27	1986
6.)	John Taylor	27:33.2	1984
7.)	Patrick McAndless	28:12	1990
8.)	Herb Phillips	28:21.7	1984
9.)	Bruce Johnson	28:34.7	1984
10.)	Joe Corcoran	29:10.3	1984

Men 45-49

1.)	Don Tretheway	25:59	1983
2.)	Jean-Jacques Schmidt	27:02	1987
3.)	John Woodcock	27:03	1987
4.)	Jake Madderom	27:41	1989
5.)	Herb Phillips	28:06	1988
6.)	Bruce Johnson	28:30	1987
7.)	Rod Palmer	31:01	1984
8.)	George Agnew	31:32	1987
9.)	Brian Hunter	32:02	1989
10.)	Dave Coventry	32:19	1986

Men 50-54

1.)	Herb Phillips	26:42	1993
2.)	Bill Kent	28:42	1986
3.)	Neil Campbell	29:15	1990
4.)	John Fisher	29:56	1990
5.)	Rod Palmer	30:27	1986
6.)	Don Tretheway	30:44	1987
7.)	Dave Conder	31:36	1990
8.)	George Agnew	32:22	1989
9.)	Peter Berry	34:24	1989

Men 55-59

1.)	Rod Palmer	32:00	1990
2.)	Dave Conder	32:12	1994
3.)	George Agnew	33:30	1994

Men 60-64

1.)	Micky Sherker	35:24	1990
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MEN 40-44

<u>Rank</u>	<u>Name</u>	<u>Time</u>	<u>Year</u>
1.)	Don Tretheway	32:56	1981
2.)	John Woodcock	33:00.69	1986
3.)	Craig Runyan	33:27	1990
4.)	Jean-Jacques Schmidt	33:47.7	1984
5.)	Neil Campbell	33:57	1981
6.)	Jake Madderom	34:02.2	1988
7.)	Garth Ball	34:05.4	1980
8.)	John Currie	34:30	1994
9.)	Mike Rowell	34:36	1986
10.)	Patrick McAndless	35:35	1992

MEN 45-49

1.)	Don Tretheway	33:07.6	1983
2.)	John Woodcock	33:13	1989
3.)	Rick Whiting	33:50.9	1983
4.)	Jean-Jacques Schmidt	33:53	1987
5.)	Herb Phillips	34:27	1989
6.)	Jake Madderom	34:42	1989
7.)	John Taylor	35:16	1987
8.)	Bruce Johnson	36:00	1987
9.)	Bill Kent	36:24.9	1984
10.)	Patrick McAndless	36:30	1994

MEN 50-54

1.) Herb Phillips		34:01	1990
2.) Jean-Jacques Schmidt	34:35	1991	
3.) Bill Kent		35:19	1986
4.) Neil Campbell		36:04	1991
5.) Patrick McAndless		37:09	1997
6.) Jake Madderom		37:17	1995
7.) Don Tretheway		38:02	1987
8.) John Fisher	38:37	1991	
9.) Rod Palmer		38:53	1986
10.) Alan Brown		39:22	1991

MEN 55-59

1.) Herb Phillips		34:23**	1995
2.) Mick Maguire		39:16	1994
3.) Bill Kent		39:32	1991
4.) Dave Conder		39:46	1991
5.) Jack Lasko	39:48	1992	
6.) Rod Palmer		39:52	1990
7.) Stewart Freeman	40:30	1996	
8.) Alan Brown		40:43	1994
9.) John Fisher	42:54	1994	
10.) George Agnew		43:07	1994

MEN 60-64

1.) Tony Dunn		40:16	1993
2.) Dave Conder		43:38	1997
3.) Bill Kent		43:44	1996
4.) Micky Sherker		46:06	1990

MEN 65-69

1.) Micky Sherker		52:08	1994
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10000 Metres/10 Kilometres

Rank **Name** **Time** **Year**

WOMEN 35-39

1.) Elizabeth Light	42:14	1988	
2.) Jane Fernyhough	43:58	1989	
3.) Carly McFetridge	44:43	1989	
4.) Trudy Shaw		45:50	1994
5.) Mariane Davis		48:06	1989

WOMEN 40-44

1.) Jane Senda	39:34	1994	
2.) Avril Douglas		41:08	1990
3.) Elizabeth Light	43:42	1993	
4.) Carly McFetridge	43:52	1994	
5.) Jane Fernyhough	44:00	1994	
6.) Trudy Shaw		44:45	1995
7.) Andrea Powell-Williams	45:10	1994	
8.) Mariane Davis		47:38	1996
9.) Lynne Clark		49:07.4	1988

WOMEN 45-49

1.)	Avril Douglas		42:50	1992
2.)	Shirley Smith		43:38	1983
3.)	Elizabeth Light	43:49	1997	
4.)	Sandra Fryer		47:58	1995
5.)	Lynn Walters		50:25	1991
6.)	Lee Massey		51:52	1992

WOMEN 50-54

1.)	Shirley Smith		44:29	1989
2.)	Lynn Walters		49:52	1997
3.)	Cathy Willock		50:41	1995
4.)	Wendy-Jane Brown		54:23	1994
5.)	Marjorie Hogg		54:49	1992

WOMEN 55-59

1.)	Shirley Smith		45:38	1991
2.)	Anna O'Melinn		48:08	1991
3.)	Eleanor Freeman	52:01	1996	
4.)	Sheridan Wilkes	52:37	1997	
5.)	Louise Reed		52:38	1992
6.)	Wendy-Jane Brown		55:43	1995

WOMEN 60-64

1.)	Anna O'Melinn		48:26	1992
2.)	Hazel Cameron		48:52	1988
3.)	Shirley Smith		51:40	1996
4.)	Louise Reed		54:49	1995

WOMEN 65-69

1.)	Hazel Cameron		48:36	1990
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WOMEN 70-74

1.)	Hazel Cameron		54:00	1996
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15 Kilometres

<u>Rank</u>	<u>Name</u>		<u>Time</u>	<u>Year</u>
<u>Women 35-39</u>				
1.)	Jane Fernyhough		1:07:03	1991
2.)	Carly McPetridge		1:09:34	1991
3.)	Mariane Davis		1:15:11	1989
4.)	Andrea Powell-Williams		1:19:13	1989
<u>Women 40-44</u>				
1.)	Avril Douglas		1:02:53	1991
2.)	Andrea Powell-Williams		1:16:48	1991
<u>Women 50-54</u>				
1.)	Shirley Smith		1:10:38	1989
<u>Women 55-59</u>				
1.)	Anna O'Melinn		1:16:47	1991
<u>Women 60-64</u>				
1.)	Hazel Cameron		1:20:39	1988
<u>Men 40-44</u>				
1.)	Craig Runyan		53:38	1990
2.)	Jake Madderom		56:00	1988
3.)	Patrick McAndless		58:14	1990
4.)	Fred Pawluk		59:31	1988
5.)	Mike O'Connor		59:43	1991

6.) Brian Hunter

1:01:40 1988

Men 45-49

1.)	Herb Phillips	54:16	1989	
2.)	Don Tretheway	54:25	1982	
3.)	Jake Madderom		55:38	1990
4.)	Brian Hunter	1:01:01		1989
5.)	Richard Hogg	1:01:03		1989
6.)	George Agnew	1:01:04		1988
7.)	Bruce Johnson	1:01:19		1989
8.)	Rod Palmer	1:01:23		1982
9.)	John Laverock	1:04:26		1989
10.)	Alan Warburton		1:06:56	1988

Men 50-54

1.)	Herb Phillips	55:14	1991	
2.)	Dave Conder	1:01:49		1989
3.)	John Fisher	1:02:12		1991
4.)	George Agnew	1:02:19		1989
5.)	Alan Brown	1:02:46		1991
6.)	Rod Palmer	1:03:02		1988
7.)	Ken Boxall	1:05:53		1988
8.)	Mick Maguire	1:06:07		1991
9.)	Peter Berry	1:08:04		1988

Men 55-59

1.)	Rod Palmer	1:02:26		1990
2.)	Bill Kent		1:03:42	1991
3.)	Doug Clement	1:15:31		1988

10 Miles

<u>Rank</u>	<u>Name</u>	<u>Time</u>	<u>Year</u>
	<u>Women 35-39</u>		
1.)	Carly McPetridge	1:17:50	1991

Men 40-44

1.)	Don Tretheway	55:13	1980	
2.)	Mike Rowell	57:25	1986	
3.)	John Taylor	57:49	1983	
4.)	Jake Madderom		58:28	1988
5.)	Herb Phillips	58:47	1984	
6.)	Bruce Johnson	59:00	1983	
7.)	Jean-Jacques Schmidt	59:46.4	1982	
8.)	Joe Corcoran	1:02:19		1984
9.)	John Laverock	1:02:33		1986
10.)	Laurie O'Dwyer		1:02:47	1988

Men 45-49

1.)	Don Tretheway	54:25.0		1982
2.)	Neil Campbell	57:14	1983	
3.)	Jean-Jacques Schmidt	57:38	1989	
4.)	Herb Phillips	57:49	1988	
5.)	Bill Kent		58:57	1984
6.)	John Taylor	59:06	1986	
7.)	Bruce Johnson	1:01:18		1988
8.)	Jake Madderom		1:01:42	1991
9.)	Rod Palmer	1:03:24		1984
10.)	George Agnew	1:05:44		1988

Men 50-54

1.)	Bill Kent		57:46	1986
2.)	Jean-Jacques Schmidt	58:12	1991	
3.)	Neil Campbell	1:00:00		1991
4.)	Herb Phillips	1:00:54		1991
5.)	Rod Palmer	1:07:09		1988
6.)	Dave Conder	1:07:49		1990
7.)	Alan Brown	1:10:30		1991
8.)	Peter Berry	1:12:51		1991
9.)	George Taylor	1:18:58		1988

<u>Men 55–59</u>				
1.)	Dave Conder		1:07:21	1991
2.)	Bill Kent			1:08:18 1992
3.)	Rod Palmer		1:08:47	1990

<u>Men 60–64</u>				
1.)	Tony Dunn			1:08:28 1993
2.)	Micky Sherker		1:19:54	1990

20 Kilometres				
<u>Rank</u>	<u>Name</u>		<u>Time</u>	<u>Year</u>
<u>Men 40–44</u>				
1.)	Don Tretheway		1:09:32	1980
2.)	Neil Campbell		1:11:46	1980
3.)	Garth Ball		1:12:34	1980
4.)	Jean–Jacques Schmidt	1:12:44		1983
5.)	Jake Maddermom		1:16:00	1989
6.)	Bruce Johnson		1:16:57	1983
7.)	Russ Hanna		1:19:15	1983
8.)	Fred Pawlak		1:22:01	1988
9.)	Alan Warburton		1:26:41	1987
10.)	Ian Hunter		1:28:56	1983

<u>Men 45–49</u>				
1.)	Don Tretheway		1:08:47	1983
2.)	Jean–Jacques Schmidt	1:10:59		1986
3.)	Herb Phillips		1:13:29	1987
4.)	Neil Campbell		1:16:08	1983
5.)	Bruce Johnson		1:17:50	1987
6.)	Rod Palmer		1:21:02	1983
7.)	George Agnew		1:22:50	1988
8.)	Ken Boxall		1:24:28	1987

<u>Men 50–54</u>				
1.)	George Agnew		1:22:30	1989
2.)	Dave Conder		1:23:22	1990
3.)	Rod Palmer		1:27:03	1989

Half Marathon				
<u>Rank</u>	<u>Name</u>		<u>Time</u>	<u>Year</u>
<u>Women 35–39</u>				
1.)	Jane Fernyhough		1:35:30	1991
2.)	Cheryl Hernberg		1:37:56	1993
3.)	Carly McFetridge		1:52:00	1988
4.)	Mariane Davis		1:58:06	1988
<u>Women 40–44</u>				
1.)	Jane Fernyhough		1:40:14	1994
2.)	Trudy Shaw		1:42:02	1995
3.)	Carly McFetridge		1:42:51	1996
4.)	Andrea Powell–Williams		1:45:35	1994
5.)	Lori Wong		1:50:00	1994
<u>Women 50–54</u>				
1.)	Sandra Fryer		1:54:05	1997

2.)	Wendy–Jane Brown	1:59:20	1994
	<u>Women 55–59</u>		
1.)	Wendy–Jane Brown	2:01:00	1995
	<u>Women 60–64</u>		
1.)	Hazel Cameron	1:49:23	1986
	<u>Men 40–44</u>		
1.)	John Currie	1:16:50	1993
2.)	Jean–Jacques Schmidt	1:19:01	1983
3.)	Jake Madderom	1:24:00	1986
4.)	Doug Frew	1:24:48	1994
5.)	Mike O’Connor	1:25:48	1992
6.)	Brian Hunter	1:29:00	1987
7.)	Paul Bains	1:30:42	1988
8.)	Gian Sihota	1:33:06	1992
9.)	Alan Warburton	1:33:25	1986

Men 45-49

1.)	Herb Phillips	1:17:50	1987
2.)	Jake Madderom	1:23:08	1991
3.)	Mike O'Connor	1:23:51	1994
4.)	Bruce Johnson	1:24:37	1986
5.)	Fred Pawluk	1:24:53	1987
6.)	John Laverock	1:25:52	1987
7.)	John Fisher	1:28:04	1987
8.)	Rod Palmer	1:30:35	1983
9.)	Peter Phillips	1:31:50	1992
10.)	Alan Warburton	1:31:53	1991

Men 50-54

1.)	Herb Phillips	1:12:29**	1994
2.)	Jean-Jacques Schmidt	1:17:39	1991
3.)	Neil Campbell	1:21:30	1991
4.)	Dave Conder	1:27:30	1990
5.)	Jake Madderom	1:29:59	1995
6.)	Mick Maguire	1:30:48	1991
7.)	Alan Brown	1:31:59	1991
8.)	Rod Palmer	1:32:50	1989
9.)	Bruce Caron	1:33:03	1994
10.)	John Fisher	1:33:16	1990

Men 55-59

1.)	Dave Conder	1:27:57	1992
2.)	Mick Maguire	1:29:18	1994
3.)	Stewart Freeman	1:29:40	1996
4.)	Bill Kent	1:30:12	1991
5.)	Tony Dunn	1:32:50	1993
6.)	Alan Brown	1:34:06	1994
7.)	Rod Palmer	1:35:24	1992
8.)	Chris Fryer	1:40:46	1997

Men 60-64

1.)	Dave Conder	1:35:38	1997
2.)	Micky Sherker	1:45:43	1990

30 Kilometres

Rank Name Time Year

Men 45-49

1.)	Jean-Jacques Schmidt	1:50:52	1986
2.)	Herb Phillips	1:53:17	1988
3.)	Dave Coventry	2:05:00	1986
4.)	Ken Boxall	2:10:23	1986
5.)	John Taylor	2:10:25	1986

Men 50-54

1.)	Bill Kent	1:52:50	1986
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MEN 40-44

Rank Name Time Year

1.) Rick Whiting	2:31:50	1979
2.) Neil Campbell	2:35:49	1981
3.) Don Tretheway	2:41:15	1980
4.) Herb Phillips	2:42:06	1985
5.) John Taylor	2:43:43	1983
6.) John Currie	2:45:01	1994
7.) Jean–Jacques Schmidt	2:45:55	1985
8.) Garth Ball	2:46:05	1980
9.) John Woodcock	2:50:42	1984
10.) Bruce Johnson	2:52:12	1983

Honorable Mention

11.) Bill Kent	2:56:28	1980
12.) Russ Hanna	2:56:49	1983
13.) Mike O’Connor	2:57:17	1991
14.) John Fisher	2:59:22	1981
15.) Ken Davidson	3:04:27	1979
16.) Brian Hunter	3:04:42	1986
17.) George Agnew	3:05:41	1981
18.) Ian Hunter	3:07:03	1982

MEN 45–49

1.) Jean–Jacques Schmidt	2:37:53	1986
2.) Herb Phillips	2:38:51	1989
3.) Bill Kent	2:47:14	1984
4.) Neil Campbell	2:47:32	1983
5.) Dave Coventry	2:50:57	1984
6.) Bruce Johnson	2:58:14	1986
7.) Rod Palmer	3:01:59	1982
8.) Ken Boxall	3:06:39	1983
9.) Peter Phillips	3:15:18	1992
10.) Ken Corbett	3:16:58	1997

MEN 50-54

Rank	Name	Time	Year
1.)	Herb Phillips	2:35:28	1992
2.)	Jean Jacques Schmidt	2:40:16	1991
3.)	Bill Kent	2:45:40	1986
4.)	Peter Phillips	3:26:52	1995
5.)	Chris Fryer	3:37:55	1995

MEN 55-59

1.)	Herb Phillips	2:38:25**	1995
2.)	Alan Brown	3:24	1992

MEN 60-64

1.)	Micky Sherker	3:52:33	1989
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Marathon

<u>Rank</u>	<u>Name</u>	<u>Time</u>	<u>Year</u>
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WOMEN 35-39

1.)	Cheryl Hernberg	3:33	1995
2.)	Trudy Shaw	3:47	1994

WOMEN 40-44

1.)	Lori Wong	3:41	1994
	Andrea Powell-Williams	3:41	1995
	Barbara Parker-Hayes	3:41	1995

Women 45-49

1.)	Shirley Smith	3:29:09	1983
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Women 50-54

1.)	Lynn Walters	4:33	1997
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Women 55-59

1.)	Wendy-Jane Brown	4:37	1997
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Women 60-64

1.)	Hazel Cameron	3:54:41	1986
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3000 Metre Steeplechase

<u>Rank</u>	<u>Name</u>	<u>Time</u>	<u>Year</u>
<u>Men 40–44</u>			
1.)	Don Tretheway	9:56.0	1979
<u>Men 45–49</u>			
1.)	Don Tretheway	10:15.7**	1982

80 Metre Hurdles

<u>Women 45–49</u>			
1.)	Becky Willis	14.3	1996

High Jump

<u>Rank</u>	<u>Name</u>	<u>Distance</u>	<u>Year</u>
<u>Women 40–44</u>			
1.)	Becky Willis	1.43	1994
<u>Women 45–49</u>			
1.)	Becky Willis	1.55**	1996

Long Jump

<u>Women 45–49</u>			
1.)	Becky Willis	4.67	1996
<u>Women 60–64</u>			
1.)	Louise Reed	2.95	1995
<u>Men 55–59</u>			
1.)	Charlie Loo	3.73	1996
2.)	George Agnew	2.67	1996
<u>Men 60–64</u>			
1.)	Charlie Loo	3.59	1997
2.)	Charles Dick	3.57	1997
3.)	Bill Kent	2.73	1996
<u>Men 80–84</u>			

1.) Ron Linsdell 2.78 1994

Javelin

Men 55-59

1.) George Agnew 21.86 1997

Men 60-64

1.) Charles Dick 28.24 1997

2.) Bill Kent 21.12 1996

Men 80-84

1.) Ron Linsdell 21.05 1994

Shot Put

Women 45-49

1.) Becky Willis 9.06 1996

Men 55-59

1.) George Agnew 8.58 1996

Men 60-64

1.) Charles Dick 8.75 1997