

100m

Under 13	David Driscoll	1984	11.94 (11.7h)
Under 14	Jason Santa	2009	11.50
Under 15	Jason Santa	2010	11.28
Under 16	Jim Sarellis	1984	11.04 (10.8h)
Under 17	Jim Sarellis	1984	10.94 (10.7h)
Under 18	Shane Naylor	1985	10.64 (10.4h)
Under 20	Shane Naylor	1986	10.35
Open	Shane Naylor	1995	10.21
35-39	Leigh Phelan	2011	11.42
40-44	Leigh Phelan	2016	11.25
45-49	Hans Meiselbach	1978	12.34 (12.1h)
50-54	Max Binnington	2006	12.14 (11.9h)
55-59	Max Binnington	1994	12.34 (12.1h)
60-64	Werner Widera	1984	14.14 (13.9h)
65-69	Werner Widera	1995	14.74 (14.5h)
	Hans Meiselbach	1987	14.74 (14.5h)
70+	Not Claimed		

200m

Under 13	David Driscoll	1984	24.24 (24.0h)
Under 14	David Driscoll	1984	24.24 (24.0h)
Under 15	Sean Wroe	2000	23.04
Under 16	Shane Naylor	1984	22.14 (21.9h)
Under 17	Shane Naylor	1984	22.14 (21.9h)
Under 18	Rohan Robinson	1990	21.44 (21.2h)
Under 20	Theo Van Veenandal	1979	21.34 (21.1h)
Open	Peter Fitzgerald	1977	20.97 (+1.3)
	Sean Wroe	2010	20.97 (+0.1)
35-39	Leigh Phelan	2011	23.20
40-44	Leigh Phelan	2017	22.89
45-49	Kurt Golonka	2017	24.98
50-54	Max Binnington	2001	24.34 (24.1h)
55-59	Hans Meiselbach	1985	27.24 (27.0h)
60-64	Werner Widera	1984	29.04 (28.8h)
60-64	Hans Meiselbach	1987	29.04 (28.8h)
65-69	Werner Widera	1988	29.54 (29.3H)
70+	Not Claimed		

400m

Under 13	Dean Anderson	1980	56.84 (56.7h)
Under 14	Adam Spencer	2015	52.48
Under 15	Scott Farley	1984	51.24 (51.1h)
Under 16	Scott Farley	1985	50.44 (50.3h)
Under 17	Rohan Robinson	1989	49.04 (48.9h)
Under 18	Sean Wroe	2003	47.85
Under 20	Rohan Robinson	1991	45.98

Open	Sean Wroe	2009	45.07
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35-39	William Little	2018	50.70
40-44	Leigh Phelan	2016	51.89
45-49	Kurt Golonka	2017	55.68
50-54	Hans Meiselbach	1980	56.64 (56.5h)
55-59	Hans Meiselbach	1985	60.14 (60.0h)
60-64	Hans Meiselbach	1990	64.24 (64.1h)
65-69	Hans Meiselbach	1995	71.44 (71.3h)
70+	Not Claimed		

800m

Under 13	Ben Bowen	1986	2:14.1
Under 14	Adam Spencer	2015	2:01.45
Under 15	Adam Spencer	2016	1:56.8
Under 16	Adam Spencer	2017	1:53.98
Under 17	Craig Huffer	2006	1:52.90
Under 18	Gary Nevin	1985	1:51.0
Under 20	Kris McCarthy	1999	1:48.6

Open	Peter Bourke	1982	1:44.78
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35-39	Tony Wilson	2007	1:54.1
40-44	Tony Wilson	2008	1:56.4
45-49	Eric Sigmont	1990	2:01.7
50-54	Eric Sigmont	1998	2:10.1
55-59	Hans Meiselbach	1985	2:24.6
60-64	Doug Adeney	2007	2:36.9
65-69	Hans Meiselbach	1997	3:04.9
70+	Peter Colthup	1993	3:39.0

1500m

Under 13	Ben Bowen	1986	4:33.9
Under 14	Michael Power	1990	4:14.0
Under 15	Michael Power	1991	3:56.0
Under 16	Michael Power	1992	3:55.07
Under 17	Michael Power	1993	3:46.9
Under 18	Michael Power	1994	3:45.31
Under 20	Michael Power	1996	3:41.31

Open	Ryan Gregson	2016	3:32.13
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35-39	Tony Wilson	2007	3:57.0
40-44	Tony Wilson	2008	3:58.83
45-49	Eric Sigmont	1997	4:15.6
50-54	Eric Sigmont	2000	4:35.4
55-59	Eric Sigmont	2004	4:46.6
60-64	Eric Sigmont	2010	5:12.44
65-69	Werner Widera	1988	7:17.8
70+	Not Claimed		

1 mile

Open	Pat Scammell	1991	3:52.58
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3000m

Under 13	Tony Wilson	1980	10:25.9
Under 14	Nicholas Walsh	1991	9:50.0
Under 15	Michael Power	1991	8:53.0
Under 16	Marcus Clarke	1976	8:27.8
Under 17	Michael Power	1993	8:14.63
Under 18	Michael Power	1994	8:08.8
Under 20	Michael Power	1996	8:02.94

Open	Ryan Gregson	2017	7:42.19
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35-39	Craig Semple	2005	8:15.8
40-44	Tony Wilson	2008	8:50.0
45-49	Trevor Vincent	1986	9:30.5
50-54	Eric Sigmont	2001	10:18.4
55-59	Eric Sigmont	2004	10:33.5
60-64	Alan Irwin	1984	11:33.6
65-69	Peter Colthup	1989	14:10.8
70+	Alan Irwin	2016	15:08.19

5000m

Under 20	Robert DeCastella	1976	13.58.4
Open	Ron Clarke	1966	13.16.6
35-39	Craig Semple	2007	14:27.0
40-44	Trevor Vincent	1980	14:48.0
45-49	Trevor Vincent	1984	15:35.0
50-54	Hans Meiselbach	1979	18:23.0
55-59	Eric Sigmont	1981	18:05.1
60-64	Peter Colthup	1981	20:42.4
65-69	Not Claimed		
70+	Not Claimed		

10 000m

Under 20	Robert De Castella	1977	28:50.4
Open	Ron Clarke	1965	27:39.4
35-39	Not Claimed		
40-44	Trevor Vincent	1981	30:50.0
45-49	Trevor Vincent	1984	33:00.0
50-54	Peter Colthup	1976	38:39.0
55-59	Peter Colthup	1977	39:45.0
60-64	Eric Sigmont	2010	40:54.0
65-69	Not Claimed		
70+	Not Claimed		

Decathlon

Under 20	Charles Weisz	1995	6679 points
100m	11.24		
400m	52.4		
High Jump	1.83m		
Long Jump	6.42m		
Shot put	12.59m		
1500m	4:42.39		
110m Hurdles	16.62		
Pole Vault	4.10m		
Discus	40.48m		
Javelin	48.52m		

Open	Adrian Hemery	2005	6765 points
100m	11.57		
400m	51.71		
High Jump	1.88m		
Long Jump	6.84m		
Shot Put	12.62m		
1500m	4:49.29		
110m Hurdles	15.41		
Pole Vault	4.10m		
Discus	34.04m		
Javelin	48.10m		

Masters	Alex Newman	2018	3810 points
100m	12.66		
400m	60.95		
High Jump	1.50m		
Long Jump	4.74m		
Shot Put	9.79m		
1500m	6:05.00		
110m Hurdles	23.72		
Pole Vault	3.30m		
Discus	33.09m		
Javelin	36.43m		

2000m Steeplechase

76.2cm

Under 14	Adam Spencer	2015	7:10.07
Under 15	Chris Hibbert	2011	6:49.94
Under 16	Brendan Woodman	2002	6:30.3

91.4cm

Under 17	Laurie Dalton	1984	6:02.9
Under 18	Steele Irish	1992	6:01.5
Under 19	Steele Irish	1992	6:01.5
Under 20	Steele Irish	1994	5:54.2

Open	Fraser Thompson	1999	5:50.1
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35-39	Not Claimed		
40-44	Richard Dowling	1991	6:55.4
45-49	Hank Van Wijngaarden	1980	6:43.8
50-54	Hans Meiselbach	1979	7:42.0
55-59	Not Claimed		
60-64	Eric Sigmont	2010	8:08.9
65-69	Not Claimed		
70+	Not Claimed		

3000m Steeplechase

Under 18	Steele Irish	1992	9:18.1
Under 20	Robert Walczak	1969	9:10.6
Under 20	Anthony Neal	1999	9.03.7
Open	Robert Gilfillan	1980	8.31.4
35-39	Peter Macknamara	2013	10:13.5
40-44	Tony Wilson	2010	9:44.3 (76cm)
	Peter Macknamara	2015	10:00.70
45-49	Andrew Ross	2011	11:51.6
50-54	Not Claimed		
55-59	Not Claimed		
60-64	Eric Sigmont	2010	12:55.44

1500m Walk

Under 13	Anthony Keeshan	1981	7:42.0
Under 14	David Dillon	1967	7:14.2
Under 15	Anthony Keeshan	1982	6:41.3
Under 16	Domenic McGrath	1988	6:24.35
Open	Rhydian Cowley	2013	5:29.0
35-39	Ross Reid	1991	6:50.1
40-44	Peter Buller	1987	6:47.0
45-49	Peter Buller	1991	6:55.4
50-54	Phil Hutton	2001	8:03.2
55-59	Phil Hutton	2002	8:35.1
60-64	Phil Hutton	2007	8:55.1
65-69	Jim Short	1991	8:52.9
70+	Gus Theobald	1977	8:57.9

2000m Walk

Under 16	Domenic McGrath	1987	9:14.0
Under 17	Domenic McGrath	1989	9:14.0
Under 18	Domenic McGrath	1990	8:53.0
Under 20	Rhydian Cowley	2011	7:54.0
Open	Rhydian Cowley	2014	7:29.1
35-39	Ross Reid	1994	8:36.8
40-44	Ross Reid	1995	8:43.2
45-49	Ross Reid	2002	8:54.6
50-54	Peter Buller	1995	10:21.0
55-59	Phil Hutton	2001	11:00.4
60-64	Jim Short	1988	11:23.4
65-69	Jim Short	1991	11:52.0
70+	Ralph Bennett	2016	11:34.4

3000 m Walk

Under 16	Rhydian Cowley	2007	13:35.8
Under 17	Rhydian Cowley	2007	12:51.8
Under 18	Rhydian Cowley	2010	12:33.89
Under 20	Rhydian Cowley	2011	12:22.0
Open	Rhydian Cowley	2015	11.33.10
35-39	Ross Reid	1994	12:47.8
40-44	Ross Reid	1996	13:13.6
45-49	Ross Reid	2001	13:34.0
50-54	Peter Buller	1995	16:19.0
55-59	Phil Hutton	2003	17:36.1
60-64	Jim Short	1985	17:10.6
65-69	Jim Short	1991	18:43.9
70+	Ralph Bennett	2016	17:06.8

5000m Walk

Under 16	Rhydian Cowley	2007	24:39.4
Under 17	Rhydian Cowley	2007	22:19.4
Under 18	Rhydian Cowley	2008	21.43.36
Under 20	Rhydian Cowley	2011	20:54.0
Open	Rhydian Cowley	2016	19:26.76
35-39	Ross Reid	1990	22:10.9
40-44	Ross Reid	1995	22:48.0
45-49	Ross Reid	2001	22:57.0
50-54	Not Claimed		
55-59	Not Claimed		
60-64	Not Claimed		
65-69	Not Claimed		
70+	Gus Theobald		30:42.0

10000m Walk

Under 20	Rhydian Cowley	2009	43:22.0
Open	Rhydian Cowley	2012	40:16.0
40-44	Not Claimed		
45-49	Not Claimed		
50-54	Not Claimed		
55-59	Not Claimed		
60-64	Not Claimed		
65-69	Not Claimed		
70-74	Gus Theobald	1:17.52	

20Km Walk

Under20	Rhydian Cowley	2011	1:31.26
Open	Rhydian Cowley	2016	1:22.07
40-44	Not Claimed		
45-49	Peter Buller		1:46.12
50-54	Not Claimed		
55-59	Not Claimed		
60-64	Not Claimed		
65-69	Not Claimed		
70+	Gus Theobald	1982	2:11.54.4

50Km Walk

Under 20 Not Claimed

Open Dominic McGrath 3.57.40

Masters Gus Theobald 5.03.46

Sprint Hurdles

80m

Under 13	8ft 76.2cm	Calvin Jampies	1984	12.5
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90m

Under 14	9ft 76.2cm	Calvin Jampies	1984	13.2
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100m

Under 15	10ft 84cm	Jesse Scholz	2015	13.96
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Under 16	10ft 84cm	Jesse Scholz	2015	13.96
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110m

Under 17	10ft 91.4cm	Andrew Taylor	1983	14.3
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Under 18	10ft 91.4cm	Andrew Taylor	1983	14.3
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		Peter Kent	1985	14.3
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Under 20	10ft 99.1cm	Rohan Robinson	1990	14.8
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Open	10ft 106.7cm	Max Binnington	1978	13.72
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Masters	10ft 91.4cm	Max Binnington	2004	16.5
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Masters	10ft 99.1cm	Hans Meiselbach	1977	19.5
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35-39	10ft 91.4cm	Kulan Ranasinghe	2016	16.83
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40-44	Not Claimed			
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45-49	10ft 91.4cm	Greg Varigos	2007	17.7
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50-54	10ft 91.4cm	Hans Meiselbach	1984	19.65
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55-59	10ft 91.4cm	Max Binnington	2004	16.5
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60-64	Not Claimed			
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65-69	Not Claimed			
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70+	Not Claimed			
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Long Hurdles

200m

Under 14	10ft 76.2cm	Declan Geraghty	1996	28.9
Under 15	10ft 76.2cm	Andrew McGrath	2012	26.87
Under 16	10ft 76.2cm	Andrew McGrath	2013	25.37

400m

Under 17	10ft 84cm	Rohan Robinson	1988	54.2
Under 18	10ft 84cm	Rohan Robinson	1990	51.2
Under 20	10ft 91.4cm	Rohan Robinson	1992	49.35

Open	10ft 91.4cm	Rohan Robinson	1997	48.28
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35-39	10ft 91.4	Kulan Ranasinghe	2016	55.59
40-44	10ft 91.4cm	Kulan Ranasinghe	2018	60.28
45-49	Not Claimed			
50-54	10ft 84cm	Hans Meiselbach	1984	66.60
55-59	Not Claimed			
60-64	Not Claimed			
65-69	Not Claimed			
70+	Not Claimed			

Half Marathon

Under 20	Rhydian Cowley	2011	1:09.48
Open	Robert DeCastella	1982	1:01.18
40-44	Craig Semple	2014	1:11.11
45-49	Eric Sigmont	1993	1:14.29
50-54	Paul Strangio	2014	1:19.07
55-59	Peter Rushen	2017	1:22.17
60-64	Chris Wardlaw	2013	1:31.51
65-69	Not Claimed		
70+	Not Claimed		

Marathon

Under 20	Arthur Kingsland	1978	2:32.49
Open	Robert DeCastella	1982	2:08.18
40-44	Trevor Vincent	1982	2:31.05
45-49	Trevor Vincent	2017	2:42.05
50-54	Hank Wijngaarden	1985	2:49.37
55-59	Peter Rushen	2017	2:55.52
60-64	Peter Colthup	1981	3:36.26
65-69	Eric Sigmont	2018	4:47.10
70+	Not Claimed		

High Jump

Under 13	Jason Robertson	1983	1.73m
Under 14	Lochlan Curry	2017	1.90m
Under 15	Lochlan Curry	2018	1.94m
Under 16	Thomas Donovan	1998	2.00m
Under 17	Tim Forsyth	1990	2.11m
Under 18	Tim Forsyth	1991	2.25m
Under 20	Tim Forsyth	1993	2.35m
Open	Tim Forsyth	1997	2.36m
35-39	Jeff Lang	2003	1.85m
40-44	Jeff Lang	2006	1.85m
45-49	Greg Varigos	2004	1.59m
50-54	Hans Meiselbach	1981	1.35m
55-59	Hans Meiselbach	1985	1.35m
60-64	Werner Widera	1983	1.35m
65-69	Werner Widera	1987	1.40m
70+	Werner Widera	1995	1.25m

Long Jump

Under 13	Andrew Taylor	1980	5.32m
Under 14	Taishi Nakase	2012	6.39m
Under 15	Taishi Nakase	2012	6.39m
Under 16	Neil Lahy	1982	6.52m
	Richard Wilson	1996	6.52m
Under 17	Neil Lahy	1982	7.01m
Under 18	Brett Vanderwyk	1986	7.32m
Under 20	Brett Vanderwyk	1986	7.32m
Open	Nabil Adamou	2000	7.89m
35-39	Jeff Lang	2003	5.17m
40-44	Max Binnington	1994	5.99m
45-49	Hans Meiselbach	1978	4.62m
50-54	Max Binnington	2001	6.12m
55-59	Hans Meiselbach	1984	4.45m
60-64	Werner Widera	1987	4.69m
65-69	Werner Widera	1988	4.26m
70+	Werner Widera	1995	3.75m

Triple Jump

Under 13	Simon Fenton	1980	11.52m
Under 14	Simon Fenton	1982	12.23m
Under 15	Nicholas Edwards	2011	12.58m
Under 16	Paul Sparks	1981	13.75m
Under 17	Paul Sparks	1981	13.97m
Under 18	Mark Conway	1965	14.53m
Under 20	Achilles Kelepouris	1994	14.72m

Open	Philip May	1968	16.29m
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35-39	Jeff Lang	2003	11.12m
40-44	Ian Sivell	1982	12.08m
45-49	Jeff Lang	2011	8.01m
50-54	Max Binnington	2001	12.08m
55-59	Hans Meiselbach	1985	9.21m
60-64	Werner Widera	1983	8.73m
65-69	Not Claimed		
70+	Roy Foley	1987	6.52m

Pole Vault

Under 13	Damon Fisher	1984	2.73m
Under 14	James Filshie	1995	3.75m
Under 15	James Filshie	1995	3.75m
Under 16	John Adamopoulos	1983	4.00m
Under 17	John Adamopoulos	1984	4.30m
Under 18	John Adamopoulos	1984	4.30m
Under 20	Charles Weisz	1995	4.60m
Open	Robert Chisholm	1983	5.00m
35-39	William Little	2019	2.50m
40-44	Alex Newman	2017	3.90m
45-49	Jeff Lang	2011	1.95m
50-54	Andrew Crawley	2017	2.30m
55-59	Not Claimed		
60-64	Not Claimed		
65-69	Werner Widera		2.46m
70+	Werner Widera		2.30m

Shot Put

Under 13	3kg	Kym Jones		10.43m
Under 14	3kg	Hamish Nelson	2003	12.99m
Under 15	4kg	Luke Kane	1999	12.74m
Under 16	4kg	Tim Driesen	1999	15.83m
Under 17	5kg	Henry Satupai	2006	15.58m
Under 18	5kg	Henry Satupai	2007	16.61m
Under 20	6kg	Henry Satupai	2008	15.18m
Open	7.26kg	Ray Rigby	1983	18.14m
35-39	7.26kg	Russell Short	2004	14.75m
40-44	7.26kg	Russell Short	2012	14.70m
45-49	7.26kg	Russell Short	2016	15.10m
50-54	6kg	John Nomikoudis	2010	10.43m
55-59	6kg	Lawrence Clarken	2011	8.97m
60-64	5kg	Werner Widera	1984	10.52m
65-69	5kg	Roy Foley	1984	10.47m
70+	4kg	Roy Foley		10.96m

Discus

Under 13	1.0kg	Trevor Homewood	1984	37.44m
Under 14	1.0kg	Aldo DiPetta	1986	50.04m
Under 15	1.0kg	Steve Partsanis	1994	63.76m
Under 16	1.0kg	Steve Partsanis	1995	72.68m
Under 17	1.5kg	Greg LaRose	1984	52.64m
Under 18	1.5kg	Greg LaRose	1984	53.96
Under 20	2kg	Greg LaRose	1984	48.92m
Open	2kg	Vlad Slavnic	1982	56.38m
35-39	2kg	Russell Short	2004	42.20m
40-44	2kg	Russell Short	2010	41.53m
45-49	2kg	Russell Short	2017	38.64m
50-54	1.5kg	Andrew Crawley	2017	32.27m
55-59	1.5kg	Roy Foley	1975	35.62m
60-64	1kg	Roy Foley	1977	42.46m
65-69	1kg	Roy Foley	1982	42.00m
70+	1kg	Roy Foley		38.48m

Hammer Throw

Under 14	4kg	Caeden Parkinson	2019	39.98m
Under 15	4kg	Caeden Parkinson	2019	39.98m
Under 16	4kg	Riley Thompson	2015	49.37m
Under 17	5kg	Adam Daldry	2004	35.22m
Under 18	5kg	Adam Daldry	2004	35.22m
Under 20	6kg	Henry Satupai	2009	40.11m
Open	7.26kg	Peter Baxevanis	1993	74.58m
35-39	7.26kg	Roy Foley	1955	40.31m
40-44	7.26kg	Not Claimed		
45-49	7.26kg	Not Claimed		
50-54	6kg	Andrew Crawley	2018	31.61m
55-59	6kg	Roy Foley	1976	42.10m
60-64	5kg	Roy Foley	1977	39.80m
65-69	5kg	Roy Foley	1984	43.44
70-74	4kg	Roy Foley	1987	47.84m
75-79	4kg	Roy Foley	1992	40.14m
80+	3kg	Roy Foley	1999	25.27m

Javelin

Under 13	600gm	Steven Brown	1980	34.14m
Under 14	600gm	John Adamopoulos	1981	45.28m
Under 15	600gm	John Adamopoulos	1982	48.76m
Under 16	700gm	Andrew Martin	1996	56.12m
Under 17	700gm	Andrew Martin	1997	59.78m
Under 18	700gm	Andrew Martin	1998	69.40m
Under 20	800gm	Andrew Martin	1999	73.94m
Open	800gm	Andrew Martin	2000	84.20m
35-39	800gm	Not Claimed		
40-44	800gm	Alexander Newman	2015	36.48m
45-49	800gm	Hans Meiselbach	1980	33.49m
50-54	700gm	Hans Meiselbach	1982	30.89m
55-59	700gm	Roy Foley	1975	32.94m
60-64	600gm	Werner Widera	1983	32.84m
65-69	600gm	Roy Foley	1984	22.08m
70-74	500gm	Roy Foley	1988	20.94m
75-79	500gm	Not Claimed		
80+	400gm	Not Claimed	2001	14.75m