

MALTA AMATEUR ATHLETIC ASSOCIATION

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ATHLETICS MALTA NEWSLETTER

Issue No: 28

Date of issue: 4th March, 2009



Dear Friends in Athletics,

Although we do not have neither a Road Race nor a Track and Field Meeting this coming weekend, we still have an interesting Saturday to look forward to .

On page 2 of this Newsletters our readers can take a look at the program that the Association has prepared for the half -day seminar entitled "**Improving the level of Middle and Long Distance Running**" which is being held at the Hotel Le Meridien, in St. Julians. We urge all those who have athletics at heart to come and participate in this seminar hoping that we would have some ideas or good suggestions on how we can help raise the standard of these events.

Also on Saturday, but in the afternoon, we would be having another session of KIDS ATHLETICS but with the difference that this time this event is being held at the Floriana Football Ground instead of the Marsa track. This is the first time that we are organising such an event away from the Marsa Track. This time, at the invitation of the Floriana Local Council, we are taking athletics to town instead of bringing the athletes down to the Marsa Track. This is interesting in the sense that this event may prove an eye opener and motivate other Local Councils to work with the MAAA in the organization of similar athletic events in future.

The Council of the MAAA is currently making preparations to host the International Invitation Meetings on the 15th and the 18th April. This year's seniors' meeting especially should indeed be of a very high standard not only due to the relatively larger number of foreign athletes who would be coming to Malta for this year's meetings, but rather for the high standard of some of the athletes who would be participating in the local International. It is for this reason that the Association is feeling the necessity to hold a course for Technical Officials to ensure that it would have enough qualified and trained officials to organize a successful meeting. I cannot but encourage all those who can spare us a few hours during week-ends to come forward and join our hard working and dedicated team Technical Officials.

Yours in sport ,
Anthony Chircop

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IMPROVING MIDDLE AND LONG DISTANCE RUNNING

will be the subject of a seminar which is being organized by the
Malta Amateur Athletic Association
At the Le Meridian Hotel, St. Julians on Saturday, 7th March, 2009
From 8.30 to 12.30.

All interested are kindly requested to apply at
cpullicino@hotmail.com or Antoine.attard@gmial.com

The aim of the seminar is to promote all aspects of Middle & Long Distance running. This conference will support and further this aim through a technical programme with contributions from both coaches and athletes.

This seminar is open to ALL coaches, athletes, administrators and all other persons who can contribute towards this aim.

Mr. Mark Cutajar, Director Of Sport, Malta Olympic Committee, will be the Chairman of the seminar.

PROGRAMME: Keynote address - Mr. Anthony Chircop – 8.30

Speakers:

Mr. Mark Farrugia	8.45
Mr. Xandru Grech	9.50
Ms. Giselle Camilleri	9.25
Mr. Ivan Roshnov	9.45
Mr. Edwin Attard	10.45

Questions / discussion : 10.25 - 10.45

Coffee break: 10.45 - 11.00

Workshops: 11.00 – 11.45

Conclusion: Mr. Mark Cutajar at 12.00

Parking in the hotel's parking area will be free of charge.

Kids Athletics
Saturday 7th March at 1330
at the Floriana Football Ground



BASIC COURSE FOR ATHLETICS TECHNICAL OFFICIALS

It is now known that the **International Invitation Meetings** which the MAAA is hosting on the 15th April (for Youths) and Saturday 18th April, 2009 (for Junior and Senior athletes) will be the biggest ever held in Malta. Teams from Wales, United Kingdom, Finland, Switzerland and France have already confirmed that they would be participating in the Malta meetings with over 130 foreign athletes. From the entries received so far it shows that the standard of the athletes participating in these meetings will be quite high.

In preparation for the hosting of these meeting, the MAAA is planning to hold a basic course for Technical Officials and is inviting individuals interested in athletics, including parents of athletes as well as P.E. Teachers, to attend for this course.

Those who attend, who will be asked to assist in the officiating of the above mentioned meetings, will be given a Certificate of Attendance issued by the MAAA.

The course is expected to be held either on Friday 27th March or Saturday 28th March depending on the general preference of the participants themselves.

All those interested are kindly requested to contact one of the following officials:-

Mr. Anthony Chircop on: aaachircop@nextgen.net.mt

Mr. Edwin Attard on: eattard@waldonet.net.mt

Mr. Charles Pullicino on: cpullicino@hotmail.com

Officials of Clubs affiliated to the MAAA are requested to try to encourage Club officials and parents of their athletes to attend for the above course/s.

IAAF LEVEL 1 COACHING COURSE - KIDS ATHLETICS

The Malta Amateur Athletic Association is planning to hold another IAAF Level 1 Coaching course, which will probably be held in April, 2009. The MAAA now has qualified Lecturers and can organize such courses in -house.

Those who would successfully complete this course will qualify as IAAF Level 1 Coach and would be entitled to teach 'KIDS ATHLETICS '.

All those interested in attending for this course are kindly requested to contact either Mr. Anthony Chircop on email address : aaachircop@nextgen.net.mt or Mr. Edwin Attard on email address: eattard@waldonet.net.net;



M.A.A.A. Preseason 3 Meeting

21th February 2009

Event 1 Women 3000m

Pos. No./Name	Yr Club	Category	Time
1 735 Camilleri, Giselle	74 St Patrick's A C		10:13.34
2 700 Attard, Josann	84 Starmax A C		11:06.96
3 736 Ciappara, Caroline	75 Allcomers Aloysians		11:42.64
4 450 Bonaci, Julia	92 Starmax A C	I	13:28.62

Event 2 Men 3000m

Pos. No./Name	Yr Club	Category	Time
1 555 Kisheim, Haithem	80 St Patrick's A C		8:57.56
2 629 Bezzina, Allister	88 Allcomers Aloysians		9:06.36
3 509 Grech, Gerald	76 A S Libertas		9:09.16
4 567 Pisani, Mario	74 Pembroke Athleta		9:11.07
5 557 Vella, George	80 St Patrick's A C		9:56.96
6 419 Vassallo, Christian	92 Pembroke Athleta	I	10:16.90
7 411 Borg Olivier, Alan	92 Pembroke Athleta	I	10:18.50
8 406 Zammit, Robert	93 Savio A C	I	10:54.56
9 400 Bonaci, Adrian	93 Starmax A C	I	12:16.97

Event 6 Men Javelin Throw 800g

Pos. No./Name	Yr Club/School	Distance
652 Callus, Jean Paul	80 Pembroke Athleta	53.32m

Men Javelin Throw 700g Category Intermediate.

Pos. No./Name	Yr Club	Time
1 423 Bugeja, Malcolm	92 Savio A C	31.32m
2 427 Saliba, Philippe	93 St Aloysius College	29.82m
3 422 Gauci, Luke	92 Savio A C	24.76m

Event 7 Boys 12-13 1200m

Pos. No./Name	Yr Club	Time
1 828 Dalli, Kurt	96 Savio A C	4:11.00
2 858 Borg, Ryan	96 St Patrick's A C	4:14.32
3 834 Caruana, Karl	96 Allcomers Aloysians	4:20.07
4 804 Camilleri, Jonathan	96 St Paul Mission. College	4:24.26
5 846 Migneco, Andrea	96 Allcomers Aloysians	4:26.55
6 857 Muscat, Malcolm	96 Savio A C	5:23.09

Event 8 Boys 14-15 Long Jump

Pos. No./Name	Yr Club	Distance	Wind
1 231 Cutajar, Luke	95 Pembroke Athleta	5.17m	NWI
2 209 Attard, Samuel	95 Allcomers Aloysians	4.75m	NWI
3 206 Caruana, Andrea	95 Savio A C	4.39m	NWI

Event 9 Boys 12-13 Shot Put

Pos. No./Name	Yr Club	Distance
1 831 Valletta, Peter	96 Savio A C	7.65m
2 827 Buttigieg, Luke	96 Savio A C	6.98m
3 825 Farrugia, Luke	96 Savio A C	6.72m
4 828 Dalli, Kurt	96 Savio A C	6.32m
5 848 Attard, Simon	97 Allcomers Aloysians	6.20m
6 836 Mifsud, Christian	97 Pembroke Athleta	6.08m
7 849 Spiteri, Raul	97 Allcomers Aloysians	4.77m
8 862 Agius, Adrian	97 Savio A C	4.17m
9 864 Duivenvoorden, Ian	97 Savio A C	3.01m

Event 10 Girls 12-13 1200m

Pos. No./Name	Yr Club	Time
1 24 Gatt, Nicole	97 Starmax A C	4:11.95
2 5 Formosa, Charlene	96 St Patrick's A C	4:42.08
3 8 Sammut, Haley	96 St Patrick's A C	5:00.67
4 27 Mifsud, Martina	97 Pembroke Athleta	5:07.73
5 13 Sapiano, Angeline	96 Pembroke Athleta	5:11.86

Event 11 Boys 14-15 800m

Pos. No./Name	Yr Club	Time
1 207 Chetcuti, Christian Luke	94 Allcomers Aloysians	2:07.41
2 214 Farrugia, Thomas	95 Starmax A C	2:08.08
3 209 Attard, Samuel	95 Allcomers Aloysians	2:23.45
4 204 Bezzina, Neil	94 Zurrieq Wolves	2:24.47
5 206 Caruana, Andrea	95 Savio A C	2:31.82
6 211 Sammut, Julian	94 Pembroke Athleta	2:32.77
7 210 Briffa, Roberto	95 Pembroke Athleta	3:01.73

Event 12 Girls 14-15 800m

Pos. No./Name	Yr Club	Time
1 304 Abdilla, Amy	94 Pembroke Athleta	2:44.62
2 303 Cremona, Clarissa	95 Pembroke Athleta	2:47.93
3 301 Pace, Ylenia	95 Allcomers Aloysians	3:24.33

Event 13 Girls 14-15 Long Jump

Pos. No./Name	Yr Club	Distance	Wind
1 305 Saliba, Letizia	94 Pembroke Athleta	4.05m	1.1
2 323 Gauci Borda, Daniela	94 Pembroke Athleta	4.00m	1.3
3 301 Pace, Ylenia	95 Allcomers Aloysians	3.63m	0.5
4 308 Galea, Elysia	95 Pembroke Athleta	3.47m	0.6
5 311 Grima, Ilona	94 Starmax A C	3.00m	2.5
6 314 Caruana, Karen	94 Starmax A C	2.65m	1.1

Event 15 Men 60m

Pos. No./Name	Yr	Club/School	Cat.	Time	Wind	H#
1 655 Camilleri, Owen	89	Pembroke Athleta		7.12	-0.2	1
2 643 Borg, Neal	85	Allcomers Aloysians		7.21	-0.2	1
3 651 Portelli, Nikolai	81	A S Libertas		7.22	-0.2	1
4 664 Vella Stiles, Alister	82	Pembroke Athleta		7.27	-2.2	4
5 645 Farrugia, Karl	81	Allcomers Aloysians		7.28	-0.2	1
6 433 Sullivan, Michael	91	Pembroke Athleta	J	7.50	-0.2	1
7 420 Pace, Luca	92	Allcomers Aloysians	I	7.53	+0.0	2
8 563 Moghrabi, Stephen	88	Allcomers Aloysians		7.57	-2.2	4
9 430 Grech, Ian Paul	93	Pembroke Athleta	I	7.67	+0.0	2
10 641 Grech, Edward	79	Allcomers Aloysians		7.69	+0.0	2
10 656 Borg, Dominic	78	A S Libertas		7.69	-0.2	1
12 659 McCarthy, Nigel	89	Pembroke Athleta		7.71	+0.0	2
13 427 Saliba, Philippe	93	St Aloysius College	I	7.84	+0.0	2
13 425 Borg, Jeremy	93	Allcomers Aloysians	I	7.84	2.2	3
15 426 Camilleri, Ryan Mark	93	Allcomers Aloysians	I	7.91	+0.0	2
16 404 Buttigieg, Darren	92	Savio A C	I	7.93	+0.0	2
17 442 Cassar, Johann	92	Savio A C	I	7.94	2.2	3
18 424 Caruana, Keith	92	Allcomers Aloysians	I	7.97	2.2	3
19 463 Damato, Andrea	90	Allcomers Aloysians	J	8.04	2.2	3
20 440 Damato, Nigel	93	Allcomers Aloysians	I	8.05	-2.2	4
21 432 Flores, Antonio	90	Pembroke Athleta	J	8.16	2.2	3

Event 16 Women 60m

Pos. No./Name	Yr	Club/School	Cat.	Time	Wind	H#
1 769 Scerri, Lara	88	Pembroke Athleta		8.13	-0.8	1
2 466 Vella, Tamara	93	Pembroke Athleta	I	8.21	-0.8	1
3 467 Pace Cocks, Jana	93	Pembroke Athleta	I	8.37	-0.8	1
4 767 Mangion, Angie	86	Pembroke Athleta		8.38	-0.8	1
5 474 Sare, Rebecca	91	Pembroke Athleta	J	8.49	-0.8	1
6 475 Zammit, Yasmine	93	St Catherine's Secondary	I	8.57	-0.4	2
6 453 Sciberras, Marija	93	A S Libertas	I	8.57	-0.8	1
8 461 Vassallo, Annalise	92	Zurrieq Wolves	I	8.59	-0.8	1
9 437 Alden, Stephanie	91	Pembroke Athleta	J	8.93	-0.8	1
10 464 Scicluna, Kelly	93	Pembroke Athleta	I	8.95	-0.4	2
11 470 Farrugia, Gabriella	93	Pembroke Athleta	I	9.33	-0.4	2
12 739 Buttigieg, Maria	89	Pembroke Athleta		10.02	-0.4	2

Event 17 Boys 12-13 Long Jump

Pos. No./Name	Yr	Club	Distance	Wind
1 831 Valletta, Peter	96	Savio A C	4.17m	0.4
2 859 Bugeja, Bernard	97	Allcomers Aloysians	3.51m	0.5
3 825 Farrugia, Luke	96	Savio A C	3.33m	-0.5
4 828 Dalli, Kurt	96	Savio A C	3.25m	-1.6
5 848 Attard, Simon	97	Allcomers Aloysians	3.23m	0.2
6 857 Muscat, Malcolm	96	Savio A C	2.75m	-1.5
7 849 Spiteri, Raul	97	Allcomers Aloysians	2.37m	+0.0
8 864 Duivenvoorden, Ian	97	Savio A C	2.21m	0.6
--- 862 Agius, Adrian	97	Savio A C	ND	NWI

Event 18 Boys 14-15 Shot Put

Pos. No./Name	Yr Club	Distance
1 225 Vella, Daniel	94 Allcomers Aloysians	11.45m
2 226 Gauci, Jean	94 Allcomers Aloysians	10.19m
3 224 Gauci, Daniel	95 Savio A C	8.20m
4 232 Galea, Damien	94 Pembroke Athleta	7.52m

Event 19 Men 1000m

Pos. No./Name	Yr Club	Cat.	Time
1 555 Kisheim, Haithem	80 St Patrick's A C		2:37.02
2 523 Brimmer, Neil	84 Zurrieq Wolves		2:45.39
3 509 Grech, Gerald	76 A S Libertas		2:50.05
4 567 Pisani, Mario	74 Pembroke Athleta		2:53.23
5 403 Spiteri, Simon	92 St Patrick's A C	I	2:54.78
6 407 Sant, Bertrand	93 Allcomers Aloysians	I	2:55.22

Event 20 Women 1000m

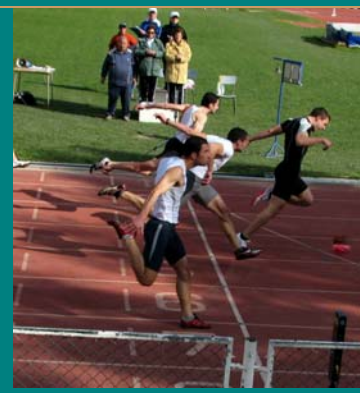
Pos. No./Name	Yr Club	Cat.	Time
1 765 Pace, Celine	86 Pembroke Athleta		3:05.84
2 456 Camilleri, Monalisa	91 A S Libertas	J	3:13.16
3 700 Attard, Josann	84 Starmax A C		3:25.43
4 455 Pace, Hannah	93 Pembroke Athleta	I	3:37.56

Event 21 Boys 14-15 200m

Pos. No./Name	Yr Club	Time	Wind
1 229 Sheldon, Clayton	94 Pembroke Athleta	24.39	0.6
2 201 Bezzina, Luke	95 Allcomers Aloysians	26.58	0.6
3 228 Schembri, Brandon	94 Pembroke Athleta	26.98	0.6
4 231 Cutajar, Luke	95 Pembroke Athleta	28.42	0.6

Event 22 Girls 12-13 Long Jump

Pos. No./Name	Yr Club	Distance	Wind
1 36 Cutajar, Deborah	97 Pembroke Athleta	3.68m	-0.5
2 18 Calafato, Anabelle	96 Pembroke Athleta	3.55m	-1.0
3 22 Borg, Alexia	96 Starmax A C	3.47m	0.2



Event 23 Girls 14-15 Shot Put

Pos. No./Name	Yr Club	Distance
1 318 Vassallo, Ramona	94 Zurrieq Wolves	8.72m
2 316 Zarb, Ruby Anne	95 Starmax A C	6.34m

Event 24 Girls 14-15 200m

Pos. No./Name	Yr Club	Time	Wind
1 319 Lapira, Ylenia	94 Pembroke Athleta	28.49	0.9
2 304 Abdilla, Amy	94 Pembroke Athleta	29.63	0.9
3 323 Gauci Borda, Daniela	94 Pembroke Athleta	30.03	0.9
4 317 Zammit, Maria	94 Zurrieq Wolves	32.93	0.9
5 315 Galea, Rachel	94 Starmax A C	33.23	0.9

Event 25 Men 300m

Pos. No./Name	Yr Club	Cat.	Time
1 645 Farrugia, Karl	81 Allcomers Aloysians		36.30
2 665 Bonello, Mario	76 La Salle Tristar		36.59
3 438 Farrugia, Mark Anthony	92 Starmax A C	I	37.87
4 430 Grech, Ian Paul	93 Pembroke Athleta		38.06
5 644 Cini, Jonathan	81 Allcomers Aloysians		39.83
6 404 Buttigieg, Darren	92 Savio A C	I	40.63
7 443 Cassar, Darren	91 Pembroke Athleta	J	41.58

Event 26 Women 300m

Pos. No./Name	Yr Club/School	Cat.	Time
1 769 Scerri, Lara	88 Pembroke Athleta		42.16
2 467 Pace Cocks, Jana	93 Pembroke Athleta	I	42.37
3 453 Sciberras, Marija	93 A S Libertas	I	44.71
4 461 Vassallo, Annalise	92 Zurrieq Wolves	I	46.18
5 700 Attard, Josann	84 Starmax A C		50.01
6 470 Farrugia, Gabriella	93 Pembroke Athleta	I	51.11

Event 27 Men Long Jump

Pos. No./Name	Yr Club	Cat.	Distance	Wind
1 431 Grech, Andy	90 Pembroke Athleta	N.R. Jr J	6.86m	-0.9
2 425 Borg, Jeremy	93 Allcomers Aloysians	I	6.15m	0.6

Event 28 Women Long Jump

Pos. No./Name	Yr Club	Cat.	Distance	Wind
1 767 Mangion, Angie	86 Pembroke Athleta		5.38m	-0.6
2 466 Vella, Tamara	93 Pembroke Athleta	I	5.27m	1.4
3 437 Alden, Stephanie	91 Pembroke Athleta	J	4.87m	1.1
4 761 Camilleri, Denise	89 Allcomers Aloysians		3.90m	0.6
5 455 Pace, Hannah	93 Pembroke Athleta	I	3.13m	+0.0
--- 474 Sare, Rebecca	91 Pembroke Athleta	J	ND	

Event 29 Men Shot Put 7.26 kg

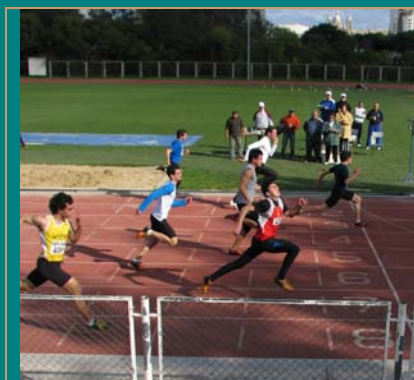
Pos. No./Name	Yr Club	Distance
1 646 Mifsud, Mario	83 Allcomers Aloysians	12.58m
2 657 Huskinson, David	50 Pembroke Athleta	6.89m

Men Shot Put 6 kg Category Intermediate.

Pos. No./Name	Yr Club	Distance
1 423 Bugeja, Malcolm	92 Savio A C	11.19m
2 422 Gauci, Luke	92 Savio A C	9.13m
3 409 Sapiano, Godfrey	93 Pembroke Athleta	7.30m

Event 30 Women Shot Put

Pos. No./Name	Yr Club	Distance
1 763 Chouhal, Antonella	76 A S Libertas	11.05m
2 739 Buttigieg, Maria	89 Pembroke Athleta	4.85m



Event 31 Boys 12-13 300m

Pos. No./Name	Yr Club	Time
1 840 Mifsud, Bradley	96 Pembroke Athleta	45.40
2 835 Borg Saywell, Eric	97 Allcomers Aloysians	46.20
3 804 Camilleri, Jonathan	96 St Paul Mission. College	47.71
4 806 Galea, Nicholai John	96 St Paul Mission. College	48.28
5 834 Caruana, Karl	96 Allcomers Aloysians	51.48
6 859 Bugeja, Bernard	97 Allcomers Aloysians	55.15
7 864 Duivenvoorden, Ian	97 Savio A C	1:12.22

Event 31 Girls 12-13 300m

Pos. No./Name	Yr Club	Time	H#
1 24 Gatt, Nicole	97 Starmax A C	45.80	1
2 14 Henderson, Donna Lee	96 Pembroke Athleta	47.60	1
3 15 Bonavia, Charlotte	96 Pembroke Athleta	50.79	1
4 22 Borg, Alexia	96 Starmax A C	51.20	2
5 17 Grech, Janice	97 Pembroke Athleta	52.82	2
6 36 Cutajar, Deborah	97 Pembroke Athleta	53.38	2
7 23 Garzia, Lara	97 Starmax A C	55.64	1
8 35 Mifsud, Chantal	97 Pembroke Athleta	57.63	2
9 10 Fenech, LouYisa	97 St Patrick's A C	57.64	1
10 30 Borg, Martina	97 Pembroke Athleta	59.50	2
11 32 Hampton, Paula	97 Pembroke Athleta	59.63	1
12 34 Battistino, Victoria	96 Starmax A C	59.72	2
13 33 Cremona, Andrea	97 Pembroke Athleta	1:03.46	2

Event 34 Girls 400m Race Walk

Pos. No./Name	Yr Club	Cat.	Time
1 18 Calafato, Anabelle	96 Pembroke Athleta	C	2:48.7h
2 307 Galea, Emma	95 Pembroke Athleta	Y	3:12.0h
3 308 Galea, Elysia	95 Pembroke Athleta	Y	3:25.8h

Event 37 Men Discus Throw 2 kg

Pos. No./Name	Yr Club	Distance
1 646 Mifsud, Mario	83 Allcomers Aloysians	39.26m
2 657 Huskinson, David	50 Pembroke Athleta	22.39m

Men Discus Throw 1.5 kg Category Intermediate.

No./Name	Yr Club	Distance
1 422 Gauci, Luke	92 Savio A C	30.53m
2 423 Bugeja, Malcolm	92 Savio A C	29.01m

Event 38 Women Discus Throw

No./Name	Yr Club	Distance
763 Chouhal, Antonella	76 A S Libertas	36.36m



EUROPEAN VETERAN OUTDOORS RECORDS 2008

Compiled by Ivar Söderlind, statistician of EVAA (01.01.2009)

In 2008 (up to 31 December) I have noted 91 new or modified European Veteran Outdoor Records and 54 of these Records also are World Records. In this list I have deleted the record 35.37.0 by Valborg Östberg, NOR from 1981. Her result was noted in Road Run 10 km. I and Ove Edlund, my statistician colleague in Sweden, have been busy working with European Records for multievents. We now present new preliminary records for all multievents and for the first time for Pentathlon. Please [check the list](#) and help us to make it more complete.

When two or more results are noted in one age group and event the first noted result is the official record if it is missing some tasks for the second result. Only results with all tasks reported (Birth Date, Date and Place for the Competition etc) is approved as official records. For 100m, 200m, the short hurdle distances, long jump and triple jump outdoors only results reached with up to 2.0 m/sec are accepted (wind-gauge is definitely necessary)!

I have noted if the European Records in this list are Official World Records or better than the Official World Records. Notice that EVAA has decided that only events which are in the program for European Championships will be in the Record List (with exception of 3000m). In 1999 and 2000 we have new javelins in many age groups. In the Record lists I present the records with the new javelin and also the old records with the old javelin if they are better than the new ones. In 2000 we also had new hurdle height 68.6 cm for short and long hurdles in the oldest age groups. The old records with hurdle height 76.2 cm will be left up until it is better results with the lower hurdles (and the same distances between the hurdles). In some Champion Ships wind gauge has been used but in the official result lists it was only noted if the wind was correct or not. (c = correct wind; up to 2.0 m/sec).

**New or modified Record in 2008 or 2009* Welcome to EVAA Web Site: www.evaa.ch

100m

Age

group	Wind	Name and country	Born	Meet place	Meet date	
M35	9.97	+0.1	Linford Christie,GBR	020460	Johannesburg,RSA	230995 World R
M40	10.29	+1.9	Troy Douglas,NED	301162	Leiden,NED	070603 World R
M45	11.13	+2.0	Philippe Claudeon,FRA	160561	Remiremont,FRAU	100606
M50	11.48	+0.5	Stephen Peters,GBR	050753	San Sebastian,ESP	260805 WMA
M55	11.57	+0.3	Ronald Taylor,GBR	041233	Baden,SUI	030891
M60	11.70	+0.5	Ronald Taylor,GBR	041233	Athéns,GRE	040694 EVC World R
M65	12.50	+1.2	Jorma Manninen,FIN	060742	Turku,FIN	230907
M70	13.07	+1.7	Bruno Kimmel,GER	030334	Zittau,GER	140804
M75	13.61	0.0	Wolfgang Reuter,GER	120829	Vaterstetten,GER	160705 World R
M80	14.66	-0.8	Fritz Assmy,GER	110615	Minden,GER	190895
M85	16.58	-1.5	Ugo Sansonetti,ITA	100119	Århus,DEN	240704 EVC
M90	18.43	+1.2	Vittori Colo,ITA	091111	Potsdam,GER	180802 EVC
M95+	21.44	+1.0	Friedrich Mahlo,GER	050612	Riccione,ITA	070907 WMA World R
W35	11.11	+1.6	Natalya Voronova,RUS	090765	Tula,RUS	230700
W40	11.09	+2.0	Merlene Ottey,SLO	100560	Naimette- Xhovemont,BEL	030804
W45	11.34	+1.8	Merlene Ottey,SLO	100560	Glasgow,GBR	120807 World R
W50	13.10	-0.1	Ingrid Meier,GER	010447	Durban,RSA	190797 WVC
*	13.10	+0.8	Avril McClelland,GBR	220458	Ljubljana	260708
W55	13.36	+0.6	Ingrid Meier,GER	010447	Schweinfurt,GER	020803
W60	13.89	+0.6	Brunhilde Hoffman,GER	170839	Hagen,GER	210899 World R
W65	14.40	+1.6	Christiane Schmalbruch,GER	080137	Potsdam,GER	180802 EVC
W70	15.33	+0.3	Paula Schneiderhan,GER	161121	WeinStadt,GER	250994

W75	15.91	0.0	Paula Schneiderhan,GER	161121	Emmendingen,GER	060997	World R
W80	18.42	+1.0	Johanna Gelbrich,GER	190113	Miyazaki,JPN	151093	WVC World R
W85	21.18	+0.3	Nora Wedemo,SWE	190413	Norrtälje,SWE	210899	
W90+	23.18	+0.7	Nora Wedemo,SWE	190413	Eksjö,SWE	090803	World R

200m

	Wind	Name and country	Born	Meet place	Meet date		
M35	20.11	+1.9	Linford Christie,GBR	020460	Villeneuve,FRA	250695	World R
M40	20.64	+1.9	Troy Douglas,NED	301162	Paris,FRA	270803	WC World R
M45	22.21	+1.6	Stephen Peters,GBR	050753	Gateshead,GBR	030899	WVC
M50	22.58	+0.9	Stephen Peters,GBR	050753	San Juan,PUR	060703	WVC World R
M55	23.37	+1.7	Ronald Taylor,GBR	041233	Budapest,HUN	050790	EVC
M60	24.00	-0.3	Ronald Taylor,GBR	041233	Athéns,GRE	100694	EVC World R
M65	25.46	+1.8	Guido Müller,GER	221238	Århus,DEN	310704	EVC
M70	26.71	+0.5	Horst Schrader,GER	310135	Vaterstetten,GER	170705	World R
M75	27.97	+1.5	Wolfgang Reuter,GER	120829	Vaterstetten,GER	170705	World R
M80	31.08	+0.3	Fritz Assmy,GER	110615	Minden,GER	200895	
*M85	34.24	+0.2	Ugo Sansonetti,ITA	100119	Caorle,ITA	200604	World R
M90	39.82	+1.0	Herbert Liedtke,SWE	290416	Söderhamn,SWE	200806	
M95	+48.69	-1.5	Friedrich Mahlo,GER	050612	Riccione,ITA	100907	WMA World R
W35	22.34	+0.7	Irina Khabarova,RUS	180366	Tula,RUS	310704	
W40	22.72	+1.4	Merlene Ottey,SLO	100560	Athens,GRE	230804	World R
W45	23.82	+0.2	Merlene Ottey,SLO	100560	BanskaBystrica,SVK	270806	World R
*W50	26.38	+1.7	Averil McClelland,GBR	220458	Ljubljana,SLO	010808	EVC
W55	27.26	+0.6	Ingrid Meier,GER	010447	Röthenbach,GER	200903	World R
W60	28.87	-1.9	Brunhilde Hoffman,GER	170839	Jyväskylä,FIN	140700	EVC
W65	31.10	+1.8	Elfriede Hofmann,GER	140738	Randers,DEN	310704	EVC
W70	32.24	+0.7	Paula Schneiderhan,GER	161121	Kristiansand,NOR	010792	EVC
W75	34.40	+0.9	Paula Schneiderhan,GER	161121	Durban,RSA	230797	WVC World R
W80	41.22	-0.3	Johanna Gelbrich,GER	190113	Miyazaki,JPN	101093	WVC
W85+	49.83	-0.3	Nora Wedemo,SWE	190413	Norrtälje,SWE	220899	

400m

		Name and country	Born	Meet place	Meet date		
M35	45.76	Ibrahima Wade,FRA	060968	Saint-Denis,FRA	230704	World R	
M40	47.82	Enrico Saraceni,ITA	190564	Århus,DEN	280704	EVC World R	
M45	50.23	David Elderfield,GBR	241155	Brisbane,AUS	130701	WVC	
M50	51.41	Stephen Peters,GBR	050753	San Juan,PUR	120703	WVC	
M55	53.04	Guido Müller,GER	221238	Buffalo,USA	220795	WVC	
M60	54.65	Guido Müller,GER	221238	Schweinfurt,GER	170799		
M65	56.37	Guido Müller,GER	221238	Hof,GER	130604	World R	
M70	61.29	Wilhelm Selzer,GER	070527	Schweinfurt,GER	150897		
M75	65.34	Wilhelm Selzer,GER	070527	Potsdam,GER	210802	EVC World R	
M80	74.77	Wilhelm Selzer,GER	070527	Fulda,GER	140707		
M85	87.11	Herbert Liedtke,SWE	290416	Eskilstuna,SWE	190801		
M90+	98.69	Friedrich-Ernst Mahlo,GER	050612	Potsdam,GER	210802	EVC World R	
W35	50.87	Helena Fuchsová,CZE	030665	Praha,CZE	050600		
W40	54.81	Linda Staines,GBR	261263	Fort Colling,USA	230405		
W45	57.91	Barbara Blurton,GBR	190350	Buffalo,USA	220795	WVC	
W50	59.87	Caroline Ann Powell,GBR	211253	San Sebastian,ESP	020905	WMA	
*W55	63.66	Joylyn Saunders-M.,GER	271152	Ljubljana,SLO	300708	EVC	
W60	68.73	Ulla Littenheim,SWE	230747	Riccione,ITA	140907	WMA	
W65	73.71	Anna Mangler,FRG	140123	Eugene,USA	050889	WVC	
*W70	76.81	Leonttne Vitola,LAT	241237	Ljubljana,SLO	300708	EVC	World R

*W75 87.70	Monica Shone,GBR	050226	Hendon,GBR	270702	World R
W80+100.70	Nina Naumenko, RUS	150625	Riccione,ITA	140907 WMA	

800m

	Name and country	Born	Meet place	Meet date	
M35 1.48.44	Driss Maazouizi,FRA	151069	Sotteville,FRA	080705	
M40 1.50.69	Colin Rothery,IRL	280160	Stretford,IRL	050900	
M45 1.56.16	Ronald Mercelina,NED	180446	Lisse,NED	070791	
M50 1.59.45	Ronald Mercelina,NED	180446	Barendrecht,NED	160696	
M55 2.04.9m	Reginald Phipps,GBR	060942	Sutton Coldf.,GBR	180899	
M60 2.13.81	Unto Mattsson,FIN	291029	Tampere,FIN	090690	
M65 2.18.70	Berthold Neumann,GER	191230	Delmenhorst,GER	020896	
M70 2.29.96	Siem Herlaar,NED	280629	Aalsmeer,NED	150899	
*M75 2.43.17	Janusz Kociszewski,POL	110233	Ljubljana,SLO	020808	EVC
M80 3.03.38	Yrjö Torikka,FIN	270625	San Sebastian,ESP	290805 WMA	
M85 3.24.03	Holger Josefsson,SWE	041018	Århus,DEN	310704 EVC	World R
M90+ 5.31.07	Albert Olbrechts,GER	040215	San Sebastian,ESP	290805 WMA	
* 4.34.38	Alpio A Santos, POR	08	Gateshead,GBR	030899	WVC
W35 1.56.53	Lyobov Gurina,RUS	060857	Hechtel,BEL	300794	World R
W40 1.59.25	Yekaterina Podkopayeva,RUS	110652	Luxembourg,LUX	300694	World R
W45 2.02.82	Yekaterina Podkopayeva,RUS	110652	Moscow,RUS	260698	World R
W50 2.21.05	Barbara Lehman,GER	020442	Ebersberg,GER	230592	
W55 2.22.47	Carolyn Jane Oxtton,GBR	210843	Bedford,GBR	300898	
W60 2.36.94	Gerda Van Kooten,NED	010439	Gateshead,GBR	030899 WVC	World R
W65 2.48.66	Lydia Ritter,GER	110838	Eitelborn,GER	270804	
W70 2.59.55	Elfriede Hodapp,GER	150635	Löffingen,GER	260605	World R
*W75 3.26.11	Emma Mazzenga,ITA	010833	Ljubljana,SLO	020808	EVC World R
W80 3.45.44	Nina Naumenko,RUS	150625	San Sebastian,ESP	290805 WMA	World R
W85+ 5.46.85	Friedegard Liedtke,GER	120316	Brisbane,AUS	090701 WVC	

1500m

	Name and country	Born	Meet place	Meet date	
M35 3.35.07	Vyacheslav Shabunin,RUS	270969	Athens,GRE	140605	
M40 3.46.7m	David Moorcroft,GBR	100453	Belfast,IRL	190693	
*M45 3.52.43	Jesus Borrego,ESP	160761	Herrera,ESP	120708	World R
M50 4.08.38	Pierre Faucheur,FRA	011255	Albi,FRA	200507	
M55 4.14.33	Günther Hesselmann,FRG	030825	Essen,FRG	230681	
M60 4.32.1m	Siem Herlaar,NED	280629	Amsterdam,NED	190789	
M65 4.39.87	Siem Herlaar,NED	280629	Bedford,GBR	160794	World R
M70 4.57.65	Siem Herlaar,NED	280629	Valkenswaard,NED	280899 WVC	World R
*M75 5.29.94	Brian Ashwell,GBR	180732	Birmingham,GBR	280707	
M80 6.16.13	Fritz Helber,FRG	201205	Malmö,SWE	300786 EVC	
M85 7.09.38	Holger Josefsson,SWE	041018	Århus,DEN	260704 EVC	
M90+ 8.40.0m	Petter Green,NOR	240312	Stjørdal,NOR	210802	World R
M95+12.57.7m	Petter Green,NOR	240312	Stjørdal,NOR	080807	World R
W35 3.57.73	Maricica Puica,ROM	290750	Bruxelles,BEL	300885	World R
W40 3.59.78	Yekaterina Podkapayeva,RUS	110652	Nice,FRA	180794	World R
W45 4.05.44	Yekaterina Podkapayeva,RUS	110652	Moscow,RUS	030898	World R
W50 4.43.10	Jutta Pedersén,SWE	061246	Sollentuna,SWE	010697	
W55 4.57.4m	Carolyn Jane Oxtton,GBR	210843	Watford,GBR	260898	World R
W60 5.18.14	Corrie Keijers,NED	150342	Weert,NED	160602	World R

W65	5.43.61	Lydia Ritter,GER	110838	Mainz,GER	050604	World R
W70	6.12.14	Elfriede Hodapp,GER	150635	Vaterstetten,GER	170705	World R
W75	6.41.15	Doris Dalgaard,DEN	111031	Poznan,POL	240706	EVC World R
W80	7.32.22	Johanna Luther,GER	020813	Miyazaki.JPN	161093	WVC World R
W85+	11.14.60	Friedegard Liedtke,GER	120316	Brisbane,AUS	130701	WVC

3000m

		Name and country	Born	Meet place	Meet date	
M35	7.38.28	Abdellah Behar,FRA	050763	Paris,FRA	290798	
M40	8.03.69	Toni Bernádo,AND	091266	Palafrugell,ESP	260507	World R
M45	8.27.7m	Nigel Gates,GBR	180553	Brighton,GBR	190898	World R
M50	8.47.14	Johann Hopfner,GER	030257	Neustadt,GER	100807	
M55	9.01.8m	Günther Hesselman,FRG	030825	Dulmen,FRG	150781	
M60	9.29.47	Ad Heijdens,NED	171138	Etten Leur,NED	270600	World R
M65	9.49.5m	Siem Herlaar,NED	280629	Alph.a/d Rijn,NED	210794	
M70	10.42.40	Siem Herlaar,NED	280629	Beverwijk,NED	020799	World R
M75	12.30.9m	Heinrich Schultz,FRG	230513	Heidesheim,FRG	120688	
M80	13.17.0m	Fritz Helber,FRG	201205	Stuttgart,FRG	140986	
M85	16.04.6m	Petter Green,NOR	240312	Stjørdal,NOR	180697	World R
M90	18.36.0m	Petter Green,NOR	240312	Stjørdal,NOR	190602	World R
M95	+26.17.4	Petter Green,NOR	240312	Stjørdal,NOR	200607	World R
W35	8.27.83	Maricica Puica,ROM	290750	Roma,ITA	070985	
W40	9.11.2m	Joyce Smith,GBR	261037	London,GBR	300478	World R
W45	9.17.27	Yekaterina Podkopayeva,RUS	110652	München,GER	220697	World R
W50	10.08.83	Paula Fudge,GBR	300352	Hendon,GBR	030802	World R
W55	10.47.94	Edeltraud Pohl,GER	140736	Berg Gladbach,GER	290891	
*W60	11.28.0m	Angela Copson,GBR	200447	Birmingham,GBR	140908	World R
W65	12.17.49	Lydia Ritter,GER	110838	Neuwied,GER	100604	
*W70	13.24.78	Elfride Hodapp,GER	150635	Rastatt,GER	210806	World R
W75	14.26.01	Melitta Czerwenka-Nagel,GER	300430	Saarbrücken,GER	290606	World R

5000m

		Name and country	Born	Meet place	Meet date	
M35	13.07.40	Dieter Baumann,GER	090265	Zürich,FRA	160802	
M40	13.43.15	Mohammed Ezzher,FRA	260460	Sotteville,FRA	030700	World R
M45	14.23.6m	Lucien Rault,FRA	300336	Vannes,FRA	190682	World R
M50	14.53.2m	David Martin Rees,GBR	280253	Neath,GBR	100503	World R
M55	15.37.0m	Michael Frederick Hager,GBR	060950	Coventry,GBR	060506	World R
M60	16.24.0m	Stephen James,GBR	100338	Ormskirk,GBR	060698	
M65	17.13.8m	Rune Bergman,SWE	081024	Högby,SWE	250890	
M70	18.34.72	Luciano Acquarone,ITA	041030	Brisbane,AUS	060701	WVC
M75	20.00.13	James Todd,GBR	291221	Durban,RSA	230797	WVC
M80	22.32.19	Pentti Saukkosaari,FIN	120522	Lahti,FIN	130603	
M85	24.51.7m	Gordon Porteous,GBR	200213	Edinburgh,GBR	180799	World R
M90+	31.25.45	Gordon Porteous,GBR	200213	Birmingham,GBR	260604	World R
W35	14.59.46	Alla Zhilyayeva,RUS	050269	Tula,RUS	250704	
W40	15.20.59	Elena Fidatov,ROM	240760	Bucuresti,ROM	070800	World R
W45	15.55.71	Nicole Leveque,FRA	270151	Angers,FRA	010696	World R
W50	17.17.02	Jutta Pedersén,SWE	061246	Enskede,SWE	270597	
W55	18.25.94	Janette Stevenson,GBR	030549	Riccione,ITA	070907	WMA
W60	19.47.91	Edeltraud Pohl,GER	140736	Köln,GER	260497	
W65	21.14.12	Rona Frederiks,GER	070140	Löwenberg,GER	120605	

W70	22.52.05	Elfriede Hodapp,GER	150635	Vaterstetten,GER	160705	World R
W75	24.32.98	Melitta Czerwenka-Nagel,GER	300430	Saarbrücken,GER	150606	World R
W80	26.56.10	Nina Naumenko,RUS	150625	San Sebastian,ESP	250805	WMA World R
W85+	40.55.10	Friedegard Liedtke,GER	120316	Brisbane,AUS	060701	WVC

10000m

		Name and country	Born	Meet place	Meet date	
M35	27.17.48	Carlos Lopes,POR	180247	Stockholm,SWE	020784	World R
M40	28.30.88	Martti Vainio,FIN	301250	Hengelo,NED	250691	World R
M45	30.16.8m	Alain Mimoun,FRA	010121	Paris,FRA	170666	
M50	30.56.08	Ion Damian,BEL	070253	Ninove,BEL	020703	World R
M55	32.27.7m	Michael Frederick Hager,GBR	060950	Gloucester,GBR	230806	World R
M60	34.14.88	Luciano Acquarone,ITA	041030	Turku,FIN	200791	WVC World R
M65	36.32.64	Francisco Vincente,POR	040233	Cesenatico,ITA	120998	EVC
M70	38.31.50	Akhmet Siraziev,RUS	28	Cesenatico,ITA	120998	EVC
M75	41.21.61	Luciano Acquarone,ITA	041030	Misano,ITA	090606	
M80	47.30.55	Segio Agnoli,ITA	020326	Misano,ITA	090606	
M85	52.50.80	Max Raschke,GER	200405	München,GER	180993	World R
M90+	69.27.5m	Gordon Porteous,GBR	200213	Coatbridge,GBR	171004	World R
W35	31.06.63	Helena Javornik,SLO	260366	Athens,GRE	270804	
W40	32.12.07	Nicole Levéque,FRA	270151	Helsinki,FIN	130894	
W45	32.34.05	Evy Palm,SWE	310142	Helsinki,FIN	040988	World R
*W50	36.44.47	Jutta Pedersen,SWE	061246	Durban,RSA	190797	
W55	37.47.95	Edeltraud Pohl,GER	140736	Menden,GER	060592	
W60	41.38.0m	Edeltraud Pohl,GER	140736	Oberhausen,GER	300897	
W65	43.37.20	Rona Frederiks,GER	070140	Jüterbog,GER	170505	
W70	47.22.51	Melitta Czerwenka-Nagel,GER	300430	St. Wendel,GER	230900	World R
W75	50.00.93	Melitta Czerwenka-Nagel,GER	300430	Saarbrücken,GER	280805	World R
W80+	58.24.70	Nina Naumenko,RUS	150625	Sam Sebatian,ESP	280805	WMA World R

Steeple Chase

3000m: M35-M55. 2000m: M60-M80, W35-W70

		Name and country	Born	Meet place	Meet date	
M35	8.04.95	Simon Vroemen,NED	110569	Bruxelles,BEL	260805	World R
M40	8.38.40	Andres Carosi,ITA	200164	Firenze,ITA	110704	World R
M45	9.16.1m	Nils Undersåker,NOR	110439	Ørsta,NOR	120984	World R
M50	9.38.8m	Nils Undersåker,NOR	110439	Stjördal,NOR	100689	World R
M55	10.29.73	Nils Undersåker,NOR	110439	Buffalo,USA	230795	WVC
M60	7.01.22	Nils Undersåker,NOR	110439	Jyväskylä,FIN	150700	EVC
M65	7.25.10	Francisko Vincente,POR	040233	Cesenatico,ITA	190998	EVC
M70	8.00.83	Francisco Vicente,POR	040233	Carolina,PUR	130703	WVC World R
M75	9.42.48	Guntis Linde,LAT	140728	Århus,DEN	010804	EVC
*	9.05.47	Francisco Vicente,POR	040233	Ljubljana,SLO	030808	EVC World R
M80	+11.39.21	Emiel Pauwels,BEL	221218	Brisbane,AUS	140701	WVC
W35	6.31.25	Marina Pluzhnikova,RUS	250263	Moscow,RUS	020898	
*W40	7.02.96	Samia Soltane,ITA	250267	Bressanone,ITA	210608	World R
W45	7.16.90	Julie Leonard,SWE	240759	Århus,DEN	010804	EVC World R
W50	8.19.48	Inger Plum,DEN	030752	Århus,DEN	010804	EVC
W55	8.34.45	Hillen von Maltzahn,GER	170149	Durham,NC,USA	060506	
W60	10.04.17	Miloslava Rocnakova,CZE	280245	San Sebastian,ESP	030905	WMA
W65+	10.33.91	Anne Martin,GBR	090136	Derby,GBR	080603	

***W70 10.49.22 Anne Martin,GBR 090136 Birmingham,GBR 050708 World R**

5000m track walk

	Name and country	Born	Meet place	Meet date	
M35 18.30.43	Maurizio Damilano,ITA	060457	Caserta,ITA	110692	World R
M40 20.39.09	Gérard Lelievre,FRA	131149	Nogent s/Orse,FRA	280592	
	Milan Balek,YUG	171050?		86	
M45 21.16.0	Gérard Lelievre,FRA	131149	Nantes,FRA	210595	
M50 21.55.0	Aaro Nokela,FIN	240335	Lapinlahti,FIN	150985	
M55 22.44.5	Vladimir Gulubnitshij,URS	020636	Turku,FIN	210791	WVC
M60 24.06.0	Aaro Nokela,FIN	240335	Outokumpu,FIN	030995	
M65 25.05.02	Gerhard Weidner,GER	150333	Gateshead,GBR	060899	WVC World R
M70 26.01.52	Arthur Thomson,GBR	220436	Birmingham,GBR	090706	World R
M75 27.40.0	James Grimwade,GBR	170512	Solihull,GBR	280687	World R
M80 29.24.1	Jamed Grimwade,GBR	170512	Solihull,GBR	070692	World R
M85+ 37.46.90	Åke Strang,FIN	250707	Virrat,FIN	160793	
W35 20.12.41	Elisabetta Perrone,ITA	090768	Rieti,ITA	020803	World R
W40 22.49.06	Suzanne Griesbach,FRA	270445	Annecy,FRA	090887	World R
W45 24.00.1	Suzanne Griesbach,FRA	270445	Neuille-Plais.,FRA	280491	
W50 25.01.6	Heidi Maeder,SUI	231043	Bern,SUI	280697	
W55 25.28.0	Olga Meyer,FRG	190428	Giessen,FRG	260585	World R
W60 26.38.0	Olga Meyer,FRG	190428	Hildesheim,FRG	100689	World R
W65 28.38.1	Britta Tibbling,SWE	190318	Brighton,GBR	220884	EVC
	Britta Tibbling,SWE	190318		87	
W70 29.16.00	Britta Tibbling,SWE	190318	San Diego,USA	210789	World R
W75 32.44.76	Britta Tibbling,SWE	190318	Miyazaki,JPN	161093	WVC
W80 34.48.49	Britta Tibbling,SWE	190318	Gateshead,GBR	060899	WVC World R
*W85+40.13.37	Aina Engberg,SWE	020223	Malmö,SWE	010908	EMG World R

High Jump

	Name and country	Born	Meet place	Meet date	
*M35 2.27	Dragutin Topic,SRB	120371	Sofia,SRB	070707	World R
*M40 2.15	Dalton Grant,GBR	080466	Albertville,FRA	100708	World R
M45 2.04	Segatel Marco,ITA	230362	Cernusco,ITA	190707	World R
M50 1.98	Thomas Zacharias,GER	020147	Baunatal,GER	170597	World R
M55 1.84	Thomas Zacharias,GER	020147	Arrecife,ESP	250106	World R
M60 1.80	Thomas Zacharias,GER	020147	Arrecife,ESP	270407	World R
M65 1.61	Carl-Erik Särndal,SWE	170737	Århus,DEN	060704	EVC
M70 1.59	Carl-Erik Särndal,SWE	170737	Värnamo,SWE	070807	World R
M75 1.44	Esko Kolhonen,FIN	030314	Eugene,USA	040889	WVC World R
M80 1.34	Emmerich Zensch,AUT	201219	Traun,AUT	200500	World R
M85 1.22	Emmerich Zensch,AUT	201219	Edmonton,CAN	260705	WMG World R
M90+ 1.06	Klaus Langer,GER	150716	Poznan,POL	240706	EVC
W35 2.01	Inga Babakova,UKR	270667	Oslo,NOR	270603	World R
W40 1.72	Carmen Karg,GER	190854	Buffalo,USA	160795	WVC
W45 1.68	Carmen Karg,GER	190854	Jyväskylä,FIN	120700	EVC
W50 1.58	Carmen Karg,GER	190854	Chemnitz,GER	170606	
*W55 1.55	Florence Picaut,FRA	251052	Versailles,FRA	180508	World R
W60 1.41	Edith Graff,BEL	091141	Århus,DEN	250704	EVC
* 1.41	Annelies Steekelenburg,NED	120448	Birmingham,USA	250608	
W65 1.37	Ursula Stelling,GE	230541	Poznan,POL	230706	EVC World R
W70 1.27	Christiane Schmalbruch,GER	080137	Fulda,GER	140707	World R

W75	1.16	Christel Happ,GER	251229	Quedlinburg,GER	160705	World R
W80+	0.94	Margarete Strúven,GER	201022	San Sebastian,GER	310805	WMA

Pole Vault

		Name and country	Born	Meet place	Meet date	
*M35	5.75	Tim Lobinger,GER	030972	Nürnberg,GER	050708	
M40	5.21	Kjell Isaksson,SWE	280248	Ljusdal,SWE	230689	
M45	4.80	Wolfgang Ritte,GER	070153	Moers,GER	300898	
M50	4.73	Wolfgang Ritte,GER	070153	Soest,GER	160504	
*M55	4.60	Wolfgang Ritte,GER	070153	V.Friedrichsf,GER	080608	World R
M60	3.90	Herbert Schmidt,FRG	110110	Duisburg,FRG	141071	
M65	3.61	Robert Brown,GBR	090432	Sheffield,GBR	070697	
M70	3.31	Robert Brown,GBR	090432	Potsdam,GER	220802	EVC World R
*M75	2.70	Robert Brown,GBR	090432	Birmingham,GBR	280707	
*M80	2.35	Pekka Penttilä,FIN	190324	Harjavalta,FIN	240904	
M85+	2.00	Ahti Pajunen,FIN	031209	Lahti,FIN	180695	
	2.00	Emmerich Zensch,AUT	201219	Poznan,POL	270706	
W35	4.22	Gabriela Mihalcea,ROM	270164	Dreux,ROM	110699	
W40	3.60	Larissa Lowe,NED	190863	Kingston,USA	240404	World R
W45	3.50	Carla Forcellini,ITA	071159	Rome,ITA	150505	World R
	3.50	Brigitte van de Kamp,NED	150660	Lisse,NED	250606	World R
*W50	3.00	Jennifer Ibbitson,GBR	230257	Cleckheaton,GBR	230907	
W55	2.81	Hillen von Maltzahn,GER	170149	Durham,NC,USA	060506	
W60	2.55	Pirkko Pitkänen,FIN	011041	Lahti,FIN	150603	
*W65	2.25	Diethild Nix,GER	290742	Ljubljana,SLO	300708	EVC
W70+	1.90	Dorothy McLennan,IRE	110935	Poznan,POL	270706	EVC
W75	1.60	Christel Happ,GER	231229	Quedlinburg,GER	230507	

Long Jump

	Wind	Name and country	Born	Meet place	Meet date		
M35	8.12	0.0	Nenad Stekic,YUG	070351	Grosseto,ITA	100886	
	8.19	?	Nenad Stekic,YUG	070351	Formia,ITA	130786	
M40	7.57	+1.2	Hans Schicker,FRG	031047	Kitzingen,FRG	160789	
M45	7.27	+1.2	Tapani Taavitsainen,FIN	170644	Bern,SUI	210890	World R
M50	6.84	+1.7	Tapani Taavitsainen,FIN	170644	Geneve,SUI	180694	World R
M55	6.35	+0.8	Stig Bäcklund,FIN	271039	Buffalo,USA	210795	WVC World R
*M60	6.04	+0.1	Jorge Paez,ESP	080648	Ljubljana,SLO	270708	EVC
M65	5.47	-0.4	Lothar Fischer,GER	150336	Ludwigshafen,GER	010901	World R
*M65	5.47	+0.3	Lamberto Boranga,ITA	301042	Ljubljana,SLO	270708	EVC World R
M70	5.15	-0.6	Wolfgang Reuter,GER	120829	Villach,AUT	030600	
M75	4.75	+1.0	Wolfgang Reuter,GER	120829	Edmonton,CAN	300705	WMG
*M80	3.97	-0.1	Hans Hoffman,GER	080925	Aachen,GER	060806	
M85	3.77	+1.6	Gudmund Skrivervik,NOR	180121	Poznan,POL	230706	EVC World R
M90	3.06	-0.4	Vittorio Colo,ITA	091111	Potsdam,GER	070802	EVC
	3.07		Vittorio Colo,ITA	091111		280402	
*M95+	1.93	+0.1	Vittorio Colo,ITA	091111	Macerata,ITA	071007	
W35	6.99	+1.9	Heike Drechsler,GER	161264	Sidney,AUS	290900	World R
W40	6.41	+1.2	Vera Olenchenko,RUS	210359	Rostovna Donu,RUS	260600	World R
W45	5.59	+1.9	Karin von Riewel,GER	091248	Willich,GER	060997	World R
W50	5.20	+1.8	Anna Wlodarczyk,POL	240351	San Juan,PUR	090703	WVC
W55	5.01	+1.5	Christiane Schmalbruch,GER	080137	Lübeck,GER	270894	World R
W60	4.75	+0.0	Christiane Schmalbruch,GER	080137	Durban,RSA	190797	WVC World R

W65	4.64	+0.8	Christiane Schmalbruch,GER	080137	Potsdam,GER	160802	EVC	World R
W70	4.16	+0.9	Christiane Schmalbruch,GER	080137	Riccione,ITA	140907	WMA	World R
W75	3.77	+0.0	Paula Schneiderhan,GER	161121	Nieder-Olm,GER	041097		World R
W80	2.62	+0.3	Ingrid Lorenz,GER	080425	San Sebastian,ESP	290805	WMA	
W85+	1.73	+1.5	Mary Wixey,GBR	230121	Exeter,GBR	180606		

Triple Jump

	Wind	Name and country	Born	Meet place	Meet date			
M35	17.92	+0.7	Jonathan Edwards,GBR	100566	Edmonton,CAN	060801	WC	World R
M40	15.58	+0.4	Wolfgang Knabe,GER	120759	Gateshead,GBR	040899	WVC	
M45	15.13	+0.2	Wolfgang Knabe,GER	120759	Garbsen,GER	220505		
M50	14.07	+1.4	Stig Bäcklund,FIN	271039	Budapest,HUN	040790	EVC	World R
M55	13.85	+1.3	Stig Bäcklund,FIN	271039	Kajaani,FIN	020795		World R
M60	12.68	+1.6	Stig Bäcklund,FIN	271039	Kajaani,FIN	180600		World R
M65	11.94	+2.0	Herrman Strauss,GER	060331	Leinfelden,GER	180896		World R
M70	10.55	+1.9	Vladimir Popov,RUS	090732	Århus,DEN	290704	EVC	
M75	9.78	+1.7	Esko Kolhonen,FIN	030314	Eugene,USA	010889	WVC	
M80	8.52	+1.6	Aatos Sainos,FIN	070625	Tampere,FIN	200705		
M85	7.63	+0.0	Aate Lehtimäki,FIN	160419	Århus,DEN	290704	EVC	
*M90+	4.92	-0.6	Ilmari Koppinen,FIN	080118	Vaasa,FIN	060708		
W35	14.42	+1.0	Inessa Kravets,UKR	051066	Warschawa,POL	150603		
W40	12.29	+1.8	Petra Herrmann,GER	020959	Jyväskylä,FIN	130700	EVC	
	12.49	?	Dana Urnankova,CZE	080462	Turnov,CZE	190502		World R
W45	11.23	-0.4	Danielle Desmier,FRA	270749	Poitiers,FRA	160995		
	11.37	?	Danielle Desmier,FRA	270749	Poitiers,FRA	160995		
W50	11.37	+1.6	Anna Wlodarczyk,POL	240351	Brisbane,AUS	100701	WVC	
*W55	10.25	-0.9	Janine Kortbeek,NED	030553	Drunen,NED	150608		
W60	10.03	-0.2	Christiane Schmalbruch,GER	080137	Durban,RSA	230797	WVC	World R
W65	9.51	+1.2	Christiane Schmalbruch,GER	080137	Potsdam,GER	220802	EVC	World R
W70	7.46	-0.7	Asta Larsson,SWE	231031	Potsdam,GER	220802	EVC	
W70	8.46	+0.8	Christiane Schmalbruch,GER	080137	Riccione,ITA	060907	WM	World R
W75	7.13	+0.0	Elsa Enarsson,SWE	300830	San Sebastian,ESP	010905	WMA	World R
*W80	5.05	+0.8	Senni Sopenan,FIN	110927	Ljubljana,SLO	020808		
W85+	3.57	+0.7	Mary Wixey,GB	230121	Riccione,ITA	060907	WMA	

Shot Put

	(weight 7.26)	Name and country	Born	Meet place	Meet date		
M35	21.35	Aleksandr Baryshnikov,URS	111148	Sotchi,URS	100684		
M40	20.44	Ivan Ivancic,YUG	061237	Beograd,YUG	050780		
M45	20.77	Ivan Ivancic,YUG	061237	Koblenz,FRG	310883		World R
	(weight 6.00+)						
M50	18.45	Klaus Liedtke,GER	050141	Turku,FIN	200791	WVC	World R
M55	17.38	Klaus Liedtke,GER	050141	Gelsenkirchen,GER	220696		
	(weight 5.00+)						
M60	18.37	Klaus Liedtke,GER	050141	Köln,GER	230601		World R
*M65	15.78	Kurt Goldschmidt,GER	090343	Schweinfurt,GER	120708		World R
	(weight 4.00+)						
*M70	15.89	Karl-Heinz Marg,GER	200538	Schweinfurt,GER	120708		World R
M75	13.84	Heiner Will,GER	221026	Lübeck,GER	130402		World R
	(weight 3.00+)						
M80	12.90	Heiner Will,GER	221026	Rendsburg,GER	301006		
*M85	11.05	Erik Eriksson,FIN	140823	Pori,FIN	160808		World R
M90	8.25	Ilmari Saunamäki,FIN	200117	Turku,FIN	150707		
M95	6.93	Friedrich Mahlo,GER	050612	Riccione,ITA	060907	WMA	World R

W35	21.46	Larisa Peleshenko,RUS	290264	Moskva,RUS	260800	World R
W40	19.05	Antonia Ivanova,URS	251232	Orel,URS	280873	World R
W45	16.95	Zdenka Silhava,CZE	150654	Ostrava,CZE	260699	World R
(weight 3.00+)						
*W50	14.94	Helma Teuscher,GER	311256	Ljubljana,SLO	260708 EVC	World R
W55	14.47	Sigrun Kofink,GER	230435	Turku,FIN	210791 WVC	World R
W60	13.20	Sigrun Kofink,GER	230435	Schweinfurt,GER	160897	World R
W65	12.21	Sigrun Kofink,GER	230435	Kevelaer,GER	190800	World R
*W70	11.02	Rosemary Chrimes,GBR	190533	Derby,GBR	070603	World R
*W75	8.95	Rosemary Chrimes,GBR	190533	Solihull,GBR	080608	World R
W80	7.59	Johanna Gelbrich,GER	190113	Kleinenbroich,GER	030793	
W85	5.91	Margareta Thesleff-Sarvana,FIN	300808	Kuusankoski,FIN	170794	
W90+	4.35	Gabre Gabric,ITA	141014	Riccione,ITA	070907 WMA	

Discus

(Weight 2.00)	Name and country	Born	Meet place	Meet date	
M35 71.56	Virgiljus Alekna,LTU	130272	Kaunas,LTU	250707	World R
M40 65.81	Jurgen Schult,GER	110560	Halle,GER	270500	
M45 62.62	Pertti Hynni,FIN	140260	Helsinki,FIN	260605	
(weight 1.50+)					
M50 68.40	Klaus Weiffenbach	210145	Medelby,GER	100597	World R
M55 64.58	Klaus Liedtke,GER	050141	Medelby,GER	081000	World R
(weight 1.00+)					
M60 66.36	Klaus Liedtke,GER	050141	Schwerte-Erg.,GER	190501	World R
M65 59.75	Klaus Liedtke,GER	050141	Oer-Erkenschwick,	170807	World R
M70 55.27	Rado Carmelo,ITA	040833	Chiuro,ITA	300907	World R
*M75 49.21	Rado Carmelo,ITA	040833	Besana Brianza,ITA	051008	World R
*M80 39.85	Manfred Rittweger,GER	290827	Clermont-Fer.,FRA	220308	World R
M85 33.10	Kauko Jouppila,FIN	030321	Helsinki,FIN	200506	World R
M90+ 22.84	Riboni Mario,ITA	130613	Caorle,ITA	180604	
*M95 17.22	Riboni Mario,ITA	130613	Bressanone,ITA	210608	World R
(weight 0.75+)					
W35 69.60	Faina Melnik,URS	090745	Donetsk,URS	090980	World R
W40 67.10	Ellina Zvereva,BLR	161160	Edmonton,CAN	110801	World R
W45 64.09	Zdenka Silhava,CZE	150654	Pardubice,CZE	110899	World R
W50 45.48	Ingrid Miller,SWE	221141	Stockholm,SWE	060992	
W55 43.36	Tamara Danilova,RUS	300739	Prien,GER	100896	World R
W60 39.24	Karin Illgren,GER	070441	Halle,GER	150602	World R
W65 37.62	Tamara Danilov,RUS	300739	San Sebastian,ESP	280805 WMA	World R
*W70 31.62	Rosemary Chrimes,GBR	190533	Derby,GBR	080603	World R
*W75 29.07	Rosemary Chrimes,GBR	190533	Ljubljana,SLO	310708	World R
(weight 0.75+)					
W80 20.65	Marianne Barth,GER	260725	Bermersbach,GER	071006	World R
W85 15.68	Nora Kutti,EST	091022	Tartu,ESP	091007	World R
*W90+11.86	Gabre Gabric,ITA	141014	Ljubljana,SLO	310708 EVC	

Hammer

(weight 7.26)	Name and country	Born	Meet place	Meet date	
M35 83.62	Igor Astapkovich,BLR	040163	Staiki,BLR	200698	World R
M40 82.23	Igor Astapkovich,BLR	040163	Minsk,BLR	100704	World R
M45 67.74	Yuriy Sedykh,RUS	110655	Clermont-Fer,FRA	200501	World R
(weight 6.00+)					
M50 66.92	Christopher Black,GBR	010150	Potsdam,GER	180802	World R

M55	63.70	Hans Pötsch,AUT	200333	Budapest,HUN	050790	World R
(weight 5.00+)						
*M60	63.32	Arild Busterud,NOR	260148	Ljubljana,SLO	280708	EVC World R
M65	55.70	Eugen Waltercrantz,SWE	250639	Helsingborg,SWE	110805	
(weight 4.00+)						
M70	52.63	Peter Seddon,GBR	040337	Haltern-Sythen,GER	290407	
M75	47.67	Richars Rzehak,GER	131029	Effeltrich,GER	050505	
(weight 3.00+)						
*M80	41.38	Manfred Rittweger,GER	290827	Erfurt,GER	260108	World R
*M85	32.52	Erik Eriksson,FIN	140823	Jalasjärvi,FIN	300808	World R
M90	22.99	Helge Lönnroth,FIN	081216	Riccione,ITA	150907	
*M95+14.36		Olav O Reigstad,NOR	230912	Hatland,NOR	271007	
(Weight 4.00+)						
*W35	72.36	Olga Kuzenkova,RUS	041070	Tula,RUS	020807	World R
W40	53.37	Cornelia Hodel,SUI	130463	Maggingen,GER	070603	
W45	53.15	Margrith Duss,SWI	151258	Lucerne,SWI	021004	
(weight 3.00+)						
W50	51.36	Inge Faldager,DEN	080148	Cesenatico,ITA	140998	EVC
W55	48.13	Annie Bellanger,FRA	070251	Poznan,POL	230706	EVC
W60	46.04	Jutta Schäfer,GER	171031	Buffalo,USA	210795	WVC
W65	44.38	Jutta Schäfer,GER	171031	Schweinfurt,GER	170897	World R
*W70	37.40	Evaun Williams,GBR	191237	Ljubljana,SLO	020808	EVC World R
W75	28.78	Jutta Schäfer,GER	171031	Jena,GER	021206	World R
W80	20.25	Kaija Jortikka,FIN	231123	Randers,DEN	300704	EVC
W85+	15.48	Irja Sarnama,FIN	270905	Turku,FIN	270791	WVC

Javelin

		Name and country	Born	Meet place	Meet date	
(weight 800 gram, new javelin)						
M35	92.80	Jan Zelezny,CZE	160666	Edmonton,CAN	120801	World R
M40	85.92	Jan Zelezny,CZE	160666	Göteborg,SWE	090806	World R
M45	77.15	Peter Blank,GER	100462	Rehlingen,GER	280507	World R
(weight 700+ gram)						
M50	71.01	Luis Nogueira,ESP	150156	Riccione,ITA	120907	WMA World R
M55	64.17	Kauko Tuisku,FIN	090844	Pori,FIN	090601	World R
(weight 600+ gram)						
M60	62.47 new	Esa Kiuru,FIN	140447	Koria,FIN	210707	World R
	62.97 old	Wladyslav Kowalczyk,GER	090337	Cesenatico,ITA	190998	EVC
M65	54.70	Wladyslav Kowalczyk,GER	090337	Potsdam,GER	220802	EVC
(weight 500+ gram)						
*M70	51.25	Wladyslav Kowalczyk,GER	090337	Schweinfurt,GER	110708	World R
M75	43.77	Matti Kamila,FIN	290728	Århus,DEN	300704	EVC World R
(weight 400+ gram)						
M80	38.14	Heiner Will,GER	211026	Medelby,GER	100607	
M85	31.72	Klaus Langer,GER	150716	Potsdam,GER	220802	EVC World R
M90	23.87	Helge Lönnroth,FIN	081216	Vihti,FIN	270507	World R
*M95+11.78		Vittorio Colo,ITA	091111	Macerata,ITA	061007	
(weight 600+ gram)						
*W35	68.34	Steffi Nerius,GER	010772	Elstal,GER	310808	World R
*W40	61.23 new	Felicia Moldovan,ROM	290967	Bucuresti,ROM	060608	
	64.06 old	Tessa Sandersson,GBR	140356	London,GBR	120796	Old World R

*W45	50.47 new	Elisabeth Wallander,SWE	140360	Helsingborg,SWE	210805	World R
	47.74 old	Anneliese Gerhards,FRG	040735	Düsseldorf,FRG	300581	
(weight 500+ gram)						
W50	44.20	Ingrid Thyssen,GER	090156	Aachen,GER	050806	World R
W55	44.44	Natasa Bezjak,SLO	251145	Potsdam,GER	210802	EVC World R
(weight 400+ gram)						
W60	41.28	Gertraud Schönauer,AUT	270237	Dasing,GER	120797	World R
W65	38.07	Evaun Williams,GBR	191237	Poznan,POL	240706	EVC World R
*W70	32.29	Evaun Williams,GBR	191237	Ljubljana,SLO	280708	EVC World R
*W75	26.21	Birute Kalediene,LIT	020233	Malmö, SWE	030908	EMG World R
W80	19.86	Johanna Gelbrich,FRG	190113	Miyazaki,JPN	091093	WVC
W85+	13.74	Irja Sarnama,FIN	270905	Turku,FIN	200791	WVC
*W90	7.97	Gabre Gabric,ITA	141014	Ljubljana,SLO	280708	EVC

n = New Javelin from 1999, o = Old Javelin before 1999

“Exercise will not put years on your life, but it will put life in your years”
– Per-Olaf Asrand

New World Record for Isinbayeva

Russian Olympic champion Yelena Isinbayeva extended her own world indoor pole vault record to 5.00 metres at a meeting in Ukraine yesterday.

Isinbayeva, 36, first cleared 4.97 metres to eclipse the mark of 4.95 she set in the same city last year at the event organised by Ukraine men's great and world record holder Sergei Bubka.

The Russian then cleared five metres at her second attempt.

Important dates to watch out for

2009	Event	
Saturday 7 th March, 2009 At 8.30am	"Improving Middle and Long Distance Running" - Seminar At the Le Meridien Hotel, St. Julians	 AIR MALTA
Saturday 7 th March, 2009 at 1.30pm	KID ATHLETICS At the Floriana Football Ground	 MIDDLESEA VALLETTA LIFE <i>Assurance Company Limited</i> <i>So much more to life</i>
Saturday 14 th March, 2009	AGGREGATE T & F MEETING 1 At the Matthew Micallef St. John Stadium, Marsa	HSBC  <i>The world's local bank</i>
Thursday 19 th March, 2009	St. Patricks - Dingli 10 Road Race At Dingli	