

**Australian Men 1500m All-Time Ranking List****Primary Source: Tim Erickson****Last Updated 03/11/2019**

<b>Rank</b>	<b>Time</b>	<b>Name</b>	<b>State</b>	<b>DOB</b>	<b>Location</b>	<b>Date</b>	<b>Age</b>
1	05:16.4	Dane Bird-Smith	QLD	15/07/1992	Brisbane, QLD	07/11/2013	U23
2	05:19.1	David Smith	VIC	24/07/1955	Melbourne, VIC	07/02/1981	Open
3	05:19.5	Jesse Osborne	VIC	24/01/1995	Melbourne, VIC	23/03/2014	U20
4	05:22.1	Nathan Deakes	VIC	17/08/1977	Geelong, VIC	18/10/1997	U23
5	05:29.0	Rhydian Cowley	VIC	04/01/1991	Melbourne, VIC	12/12/2012	U23
6	05:30.8	Willi Sawall	VIC	07/11/1941	Melbourne, VIC	23/01/1980	Open
7	05:32.0	Greg Robertson	TAS	23/12/1969	Hobart, TAS	04/01/1989	U20
8	05:36.0	Chris Erickson	VIC	01/12/1981	Sydney, NSW	28/02/2009	Open
9	05:36.6	Tim Erickson	VIC	23/11/1950	Melbourne, VIC	08/11/1980	Open
10	05:37.3	Declan Tingay	WA	06/02/1999	Perth, WA	10/11/2018	U20
11	05:37.5	Andrew Jachno	VIC	13/04/1962	Melbourne, VIC	06/03/1982	U20
12	05:38.8	Dion Russell	VIC	08/05/1975	Melbourne, VIC	26/10/1992	U18
13	05:41.9	Brad Aiton	QLD	20/06/1994	Southport, QLD	17/12/2011	U18
14	05:42.7	Stephen Brooks	VIC		Adelaide, SA	26/03/1995	U16
15	05:42.6	Nick Dewar	QLD	13/05/1992	Brisbane, QLD	07/11/2013	U23
16	05:42.5	Brandon Dewar	QLD	13/05/1992	Brisbane, QLD	04/10/2010	U20
17	05:44.0	Tyler Jones	NSW	08/04/1998	Sydney, NSW	24/11/2018	Open
18	05:43.8	Daniel Walters	VIC	19/12/1979	Geelong, VIC	07/03/1998	U19
19	05:45.0	David Cash	VIC		Melbourne, VIC	08/11/1980	Open
20	05:45.0	Simon Baker	VIC	06/02/1958	Melbourne, VIC	02/12/1983	Open
21	05:46.2	Bill Dyer	VIC	26/03/1961	Melbourne, VIC	07/02/1981	U19
22	05:47.7	Wayne McEwan	ACT		Hobart, TAS	27/03/1994	U16
23	05:48.6	Nick A'Hern	NSW	06/01/1969	Sydney, NSW	05/11/1986	U18
24	05:50.2	Steve Beecroft	VIC	14/03/1971	Melbourne, VIC	25/10/1988	U18
25	05:50.7	Connor Frew	ACT	21/10/2000	Canberra, ACT	24/03/2018	17
26	05:51.5	Nathan Brill	VIC	24/05/1996	Melbourne, VIC	23/10/2012	U17
27	05:52.0	Tim Fraser	ACT	22/02/2000	Canberra, ACT	15/02/2018	17
28	05:52.0	Barry Birchenell	VIC		Melbourne, VIC	04/12/1980	U20
29	05:52.0	Oscar Tebbutt	NSW	27/07/2001	Sydney, NSW	24/11/2018	U18
30	05:52.8	Mitchell Baker	ACT	06/07/2001	Canberra, ACT	24/03/2018	16
31	05:53.0	Brendon Reading	ACT	26/01/1989	Canberra, ACT	01/12/2016	27
32	05:54.3	Luke McCutcheon	QLD	24/06/1998	Brisbane, QLD	02/11/2017	18
33	05:55.0	Carl Gibbons	NSW	19/07/1996	Sydney, NSW	24/11/2018	Open
34	05:56.0	Dylan Richardson	NSW	17/10/2000	Sydney, NSW	24/11/2018	U20

35	05:56.0	Shaun Bubb	VIC		Geelong, VIC	07/12/1991	U17
36	05:56.4	Craig Topperwein	SA		Adelaide, SA	14/09/1987	U16
37	05:58.0	Martin Richardson	VIC	21/01/1963	Melbourne, VIC	22/01/1983	Open
38	05:58.1	Emmet Brasier	VIC	29/04/1998	Melbourne, VIC	20/10/2015	17
39	05:58.2	Alan Muir	NSW	15/10/1964	Sydney, NSW	31/01/1980	U17
40	05:58.7	William Robertson	TAS	05/11/2003	Hobart, TAS	12/10/2019	U17
41	05:59.0	Kim Mottrom	SA	27/09/1984	Adelaide, SA	22/01/2014	Open
42	05:59.1	Paul van Kopplen	VIC	25/04/1967	Melbourne, VIC	06/03/1984	U18

**Australian Men 3000m All-Time Ranking List**  
**Primary Source: Athletics Australia – Paul Jenès**  
**Last Updated 03/11/2018**

Rank	Time	Name	State	DOB	Place	Location	Date	Age
1	10.54.70	Dane Bird-Smith	Q	15/07/1992	1	Brisbane	11/02/2017	24
2	10.56.22	Andrew Jachno	V	13/04/1962	1	Melbourne	07/02/1991	33
3	10.59.04	Luke Adams	N	22/10/1976	2	Cork, Ireland	03/07/2010	33
4	11.00.56	David Smith	V	24/07/1955	1	Perth	24/01/1987	31
5	11.11.45	Nick A'Hern	N	06/01/1969	2	Melbourne	07/02/1991	22
6	11.13.77	Jared Tallent	V	17/01/1984	1	Sydney	28/02/2009	25
7	11.16.2	Troy Sundstrom	N	30/05/1981	1	Sydney	27/11/1999	18
8	11.17.0	Nathan Deakes	V	17/08/1977	1	Melbourne	10/12/1998	21
9	11.19.0	Jesse Osborne	Q	12/01/1995	1	Melbourne	12/04/2014	19
10	11.21.86	Adam Rutter	N	24/12/1986	3	Sydney	28/02/2009	22
11	11.23.2	Steve Beecroft	V	14/03/1971	1	Melbourne	13/01/1994	22
12	11.26.0	Simon Baker	V	06/02/1958	1	Sollefuna	07/07/1989	31
13	11.27.0	Michael McCagh	W	16/04/1986	2	Sydney	17/02/2007	20
14	11.28.2	Willi Sawall	V	07/11/1941	1	Melbourne	15/03/1980	38
15	11.28.83	Chris Erickson	V	01/12/1981	6	Sydney	18/02/2012	30
16	11.29.7	Brent Vallance	N	30/04/1972	1	Sydney	06/12/1997	25
17	11.32.9	Doug Connolly	N	30/10/1982	2	Sydney	27/11/1999	17
18	11.33.1	Rhydian Cowley	V	04/01/1991	2	Brisbane	14-02-2015	24
19	11.38.8	Liam Murphy	S	05/06/1979	1	Adelaide	13/11/1999	20
20	11.40.32	Declan Tingay	W	06-02-1999	1	Geelong	17-12-2016	17
21	11.42.7	Damien O'Mara	N	03/10/1975	2	Sydney	04/01/1997	21
22	11.45.5	Paul Copeland	V	25/04/1967	1	Melbourne	16/01/1992	24
23	11.46.09	Anthony Miles	Q	30/11/1971	2	Brisbane	16/11/1991	19
24	11.46.64	Brad Aiton	Q	20/06/1994	1	Brisbane	01/10/2010	16
25	11.47.2	Jon Gawley	N	08/05/1980	2	Sydney	16/01/1999	18
26	11.47.6	Dion Russell	V	08/05/1975	2	Melbourne	02/12/1993	18
27	11.49.7	Travis Harbour	V	12/12/1975	1	Melbourne	01/02/1997	21
28	11.50.0	Ian Rayson	N	04/02/1998	1	Bruce, ACT	09/01/2014	25
29	11.50.2	Darren Bown	S	30/06/1974	2	Adelaide	30/10/1999	25
30	11.50.6	Mike Harvey	V	05/12/1962	2	Melbourne	01/03/1986	23
31	11.51.0	Greg Robertson	T	23/12/1969	1	Hobart	19/01/1991	21
32	11.52.3	Craig Brill	V	10/11/1967	3	Melbourne	15/11/1990	23
33	11.53.3	Tim Erickson	V	23/11/1950	2	Melbourne	15/11/1980	29
34	11.54.75	Noel Wooler	Q	19/05/1975	1	Brisbane	25/01/1996	20
35	11.56.73	Brendon Reading	A	26/01/1989	1	Canberra	18/11/2011	22
36	11.58.3	Rob McFadden	S	15/03/1966	1	Adelaide	06/01/1988	21
37	11.58.4	Daniel Thorne	V	19/12/1979	1	Geelong	27/10/2001	21
38	11.58.8	Craig Jeffery	V	12/05/1968	2	Melbourne	30/01/1992	23

39	12.00.0	Mark Blackwood	V	25/11/1977	2	Melbourne	11/02/1997	19
40	12.00.3	Mike Woods	N	11/10/1962	1	Sydney	13/03/1982	19
41	12.00.5	Dominic McGrath	V	04/06/1972	3	Melbourne	07/11/1996	24
42	12.00.8	Nathan Brill	V	24/05/1996	1	Melbourne	27/03/2014	17
43	12.01.69	Dariusz Wojcic	V	24/09/1959	1	Melbourne	10/12/1991	32
44	12.01.9	Ian Waters	V	10/04/1967	3	Melbourne	02/12/1993	26
45	12.02.1	Mark Donahoo	V	27/05/1958	4	Melbourne	02/12/1993	35
46	12.03.0	Rohan Best	T	24/02/1973	2	Hobart	02/02/1991	17
47	12.07.83	Tyler Jones	N	08-04-1998	1	Campbelltown, NSW	22-01-2016	17
48	12.08.1	Jarred Russell	V	12/06/1980	2	Melbourne	27/01/2000	19
49	12.08.58	Matt Golebiowski	N	20/04/1980	1	Hobart	12/12/1997	17
50	12.09.7	Paul Kennedy	V	03/04/1957	1	Melbourne	15/01/1994	36
51	12.10.0	Darren Bown	S	30/06/1974	1	Adelaide	10/10/2009	33
52	12.10.2	Brad Malcolm	V	07/08/1978	3	Melbourne	15/02/2001	22
53	12.10.55	Sean Fitzsimons	W	15/01/1992	2	Canberra	18/11/2011	19
54	12.10.71	Tom Barnes	V	22/08/1982	1	Melbourne	10/01/2009	26
55	12.11.4	Alan Muir	N	15/10/1964	2	Sydney	13/03/1982	17

# Australian Men 5000m All-Time Ranking List

Last Updated 03/11/2018

Rank	Time	Name	State	DOB	Place	Location	Date	Age
1	18:38.97	Dane Bird-Smith	Q	15/07/1992	1	Melbourne	05-03-2016	23
2	18:41.83	Jared Tallent	V	17/01/1984	2	Sydney	28/02/2009	25
3	18:45.19	Nathan Deakes	V	17/08/1977	1	Melbourne	09/03/2006	28
4	18:51.39	Nick A'Hern	N	06/01/1969	1	Auckland,NZ	21/02/1998	29
5	18:52.87	Dave Smith	V	24/07/1955	1	Canberra	21/02/1986	30
6	18:54.65	Adam Rutter	N	24/12/1986	1	Brisbane	07/02/2009	22
7	18:56.67	Luke Adams	N	11/10/1976	2	Sydney	30/01/2010	33
8	19:09.74	Andrew Jachno	V	13/04/1962	2	Sydney	23/02/1991	28
9	19:20.87	Brent Vallance	N	30/04/1972	1	Sydney	20/02/2000	27
10	19:23.72	Chris Erickson	V	01/12/1981	1	Melbourne	01/03/2015	33
11	19:24.12i	Simon Baker	V	06/02/1958	7	Budapest,Hungary	05/03/1989	31
12	19:26.76	Rhydian Cowley	V	04/01/1991	2	Melbourne	05-03-2016	25
13	19:31.24	Michael Hosking	V	16-10-1985	3	Melbourne	05-03-2016	30
14	19:36.84	Dion Russell	V	08/05/1975	3	Hobart	14/02/1997	21
15	19:38.22	Troy Sundstrom	N	30/05/1981	3	Sydney	19/02/2000	18
16	19:38.81	Declan Tingay	W	06-02-1999	2	Canberra	27/01/2018	18
17	19:45.65	Willi Sawall	V	07/11/1941	2	Melbourne	31/03/1984	42
18	19:46.23	Jesse Osborne	Q	12/01/1995	2	Melbourne	02/03/2014	19
19	19:46.91	Steve Beecroft	V	14/03/1971	2	Melbourne	09/02/1992	20
20	19:48.57	Michael McCagh	W	16/04/1986	2	Geelong	17/12/2005	19
21	19:56.90	Jon Gawley	N	09/05/1980	2	Sydney	06/03/1999	18
22	19:57.90	Paul Copeland	V	25/04/1967	2	Melbourne	14/12/1989	22
23	19:58.65	Doug Connolly	N	30/10/1982	1	Sydney	09/12/1999	17
24	20:00.50	Darren Bown	S	30/06/1974	1	Adelaide	16/03/2005	20
25	20:06.51	Brandon Dewar	Q	13/05/1992	2	Brisbane	05/07/2014	22
26	20:06.54	Noel Wooler	Q	19/05/1975	1	Brisbane	16/02/1996	20
27	20:08.51	Nathan Brill	V	24/05/1996	1	Melbourne	14/02/2014	17
28	20:08.62	Duane Cousins	V	13/07/1973	5	Melbourne	09/03/2006	32
29	20:12.20	Liam Murphy	S	05/06/1979	5	Adelaide	28/01/2000	20
30	20:12.60	Ian Rayson	N	04/02/1988	8	Sydney	18/02/2012	24
31	20:14.90	Michael Harvey	V	05/12/1962	1	Melbourne	26/11/1991	28
32	20:16.26	Damian O'Mara	N	03/10/1975	4	Melbourne	20/02/1997	21
33	20:19.70	Brendon Reading	A	26/01/1989	6	Sydney	19/03/2011	22
34	20:22.50	Dariusz Wojcik	V	24/09/1959	3	Melbourne	26/11/1991	32
35	20:22.78	Brad Aiton	Q	20/06/1994	1	Brisbane	09/02/2013	18
36	20:30.10	Rob McFadden	S	15/03/1966	1	Adelaide	21/03/1992	26
37	20:30.87	Matt O'Donnell	N	18/11/1974	4	Sydney	12/03/1994	19
38	20:34.77	Kyle Swan	V	28-03-1999	2	Melbourne	03/03/2018	18
39	20:34.90	Daniel Thorne	V	19/12/1979	1	Melbourne	13/03/2003	23

40	20:36.73	Tom Barnes	V	22/09/1982	4	Melbourne	24/02/2007	24
41	20:37.19	Tyler Jones	N	08-04-1998	1	Sydney	24-02-2017	18
42	20:37.43	Blake Steele	S	04/01/1993	7	Sydney	19/03/2011	18
43	20:38.00	Mark Donahoo	V	27/05/1958	2	Melbourne	22/11/1990	32
44	20:39.26	Nick Dewar	Q	13/05/1992	5	Sydney	09/03/2013	20
45	20:40.80	Jason Moore	Q	19/03/1974	1	Brisbane	12/02/1993	19
46	20:41:45	Greg Robertson	T	23/12/1969	4	Sydney	23/02/1991	21
47	20:42.90	Craig Brill	V	10/11/1967	1	Melbourne	06/12/1990	23
48	20:44.40	Brad Malcolm	V	07/08/1978	1	Melbourne	11/02/2000	21
49	20:45.92	Paul Kennedy	V	03/04/1957	5	Sydney	12/03/1994	36
50	20:47.74	Mark Thomas	V	23/12/1962	7	Melbourne	20/02/1997	34
51	20:48.00	Anthony Miles	Q	30/11/1971	1	Brisbane	15/10/1989	17
52	20:51.18	Rohan Best	T	24/02/1973	1	Hobart	06/01/1991	17
53	20:52.72	Kyle Malone	N	25/07/1991	2	Brisbane	09/02/2013	21
54	20:54.56	Michael Woods	N	11/06/1962	3	Sydney	23/02/1985	22
55	20:54.70	Marcus Dwyer	V	26/03/1977	1	Melbourne	19/11/1998	21
56	20:59.10	Scott Holliday	W	22/12/1983	1	Perth	06/01/2002	18
57	21:02.10	Craig Jeffery	V	12/05/1968	1	Bendigo	25/01/1992	23
58	21:03.10	Dominic McGrath	V	04/06/1972	2	Melbourne	22/02/2001	28
59	21:06.38	Travis Harbour	V	12/12/1975	3	Melbourne	08/02/1997	21
60	21:06.40	Graeme Nicholls	V	15/05/1948	1	Ballarat	17/11/1970	22

**Australian Men 10 km All-Time Ranking List**  
**Primary Source: Athletics Australia – Paul Jenés**  
**Last Updated 31/01/2021**

**I inherited these rankings from Alex Crawford and some of the results were lacking in detail.**  
**I have done my best to clarify where required**

Rank	Time	Name	State	DOB	Place	Details	Date	Age
1	38.06	David Smith	V	24/07/1955	1	Sydney	25/09/1986	31
2	38.09	Nathan Deakes	V	17/08/1977	4	Krakow, Poland	9/06/2001	23
3	38.29	Jared Tallent	V	17/01/1984	8	IAAF Challenge Final 10km, Beijing	18/09/2010	26
4	38.30.61	Dane Bird-Smith *	Q	15/07/1992	1	Sydney	5/04/2019	26
5	38.49	Andrew Jachno	V	13/04/1962	1	Copenhagen, Denmark	23/05/1992	30
6	38.59	Chris Erickson	V	01/12/1981	11	IAAF Challenge Final 10km, Beijing	18/09/2010	28
7	39.10	Nick A'Hern *	N	06/01/1969	1	Sydney (Track)	13/01/1991	22
8	39.14.6	Rhydian Cowley *	V	04/01/1991	1	Melbourne (Clifton Hill)	31/01/2021	30
9	39.17.4	Declan Tingay *	W	06/02/1999	2	Melbourne (Clifton Hill)	31/01/2021	21
10	39.20	Adam Rutter	N	24/12/1986	15	IAAF Challenge Final 10km, Beijing	18/09/2010	23
11	39.50	Simon Baker	V	06/02/1958	1	Canberra (Aust 20 km split)	27/08/1988	30
12	40.08	Willi Sawall	V	07/11/1941	1	AFORWC Championship, Richmond, NSW	28/08/1982	40
13	40.28.5	Kyle Swan *	V	28/03/1999	3	Melbourne (Clifton Hill)	31/01/2021	21
14	40.46	Steve Beecroft	V	14/03/1971	2	Melbourne	5/01/1992	20
15	40.50	Mike Harvey	V	05/12/1962	-	Canberra (Aust 20 km split)	27/08/1988	25
16	41.00	Liam Murphy	S	05/06/1979	1	Adelaide (SA State 20km split)	26/07/2003	24
17	41.00	Darren Bown	S	30/06/1974	2	Adelaide	19/02/2005	30
18	41.01	Jon Gawley	N	08/05/1980		NSW U20 10km Championship, Sydney	8/05/1999	19
19	41.05	Paul Copeland	V	25/04/1967	3	Melbourne	5/01/1992	24
20	41.05.50	Dion Russell *	V	08/05/1975	1	VIC 10,000m Championship, Doncaster	1/04/1995	19
21	41.07	Nathan Brill	V	24/05/1996	7	Taicang, China	3/05/2014	17
22	41.27	Jesse Osborne	V	21/01/1995	1	Hobart	2/02/2014	19
23	41.31	Brendon Reading	A	26/01/1989	4	Canberra	26/10/2015	26
24	41.38	Brent Vallance	N	30/04/1972	3	Canberra	8/02/1998	25
25	41.39.27	Tyler Jones *	N	08/04/1998	4	Sydney	5/04/2019	20
26	41.46.79	Ian Rayson *	N	04/02/1988	2	Sydney, NSW Title (Track)	3/01/2009	20
27	41.50.5	Will Thompson *	V	18/11/2002	3	Melbourne (Clifton Hill)	31/01/2021	18
28	41.58	Troy Sundstrom	N	30/05/1981	1	Sydney	18/08/2000	19
29	42.12	Rob McFadden	S	15/03/1966	1	Adelaide	28/03/1992	26
30	42.13	Michael McCagh	W	16/04/1986	1	Fed Champ – Sydney	18/09/2005	19
31	42.14	Sean Fitszmons	W	15/01/1992	2	VRWC, Middle Park, Melbourne	24/10/2010	18
32	42.22.96	Adam Garganis	V	18-09-1997	16	Bydgoszcz, Poland (WJ)	23/07/2016	18
33	42.29	Douglas Connelly	N	30/10/1982	1	Sydney	26/10/2001	18
34	42.31	Duane Cousins	V	13/07/1973	4	Canberra	8/02/2002	28
35	42.32	Tim Erickson	V	23/11/1950	1	London, England	28/06/1980	29

36	42.37	Nick Dewar	Q	13/05/1992	4	Wuzhong, China	14/10/2014	22
37	42.39	Kim Mottrom	S	27/09/1994	1	Adelaide	7/11/2012	28
38	42.41	Tom Barnes	V	22/09/1982	1	Melbourne	15/02/2009	26
39	42.45	Greg Robertson	T	23/12/1969	1	Hobart	9/02/1991	21
40	42.51.83	Brad Aiton	Q	20/06/1994	1	Brisbane, QLD	04/02/2012	17
41	42.55.8	Mitchell Baker *	A	06/07/2001	4	Melbourne (Clifton Hill)	10/01/2021	19
42	43.04.81	Blake Steele	S	04/01/1993	17	Barcelona, Spain	13/07/2012	19
43	43.14	Brandon Dewar	Q	13/05/1992	2	Brisbane, QLD	19/08/2012	20
44	43.16.99	Carl Gibbons	N	19/07/1996	5	Sydney	5/04/2019	22
45	43.25	Mark Donahoo	V	27/05/1958		VIC State	1988	30
46	453.33.6	Tristan Camilleri *	S	14/02/2001	8	Melbourne (Clifton Hill)	31/01/2021	19
47	43.35	Scott Hollaway	W	22/12/1983		Canberra	8/02/2002	18
48	43.47.2	Corey Dickson *	V	19/07/2002	9	Melbourne (Clifton Hill)	31/01/2021	18
49	43.38.83	Luke McCutcheon	Q	24-06-1998	6	Canberra	31/03/2017	18
50	43.39	Daniel Thorne	V	19/12/1979		Melbourne	16/12/2001	21
51	43.40	Rohan Best	T	24/02/1973		Ath Tas Website	1/07/1990	17
52	43.40	Jay Felton	N	15-08-1995	1	Chipping Norton, NSW	22/05/2016	20
53	43.41	Noel Freeman *	V	24/12/1938		VIC State (Track)	21/05/1960	21
54	43.46	Brad Malcolm	V	07/08/1978		VIC RWC	16/04/2005	26
55	43.51	Ross Haywood	V	18/02/1947	2	VIC State	24/04/1976	29
56	43.55	Mark Thomas	V	13/12/1962		VIC State	1994	31



**Australian Men 20 Km All-Time Ranking List**  
**Primary Source: Athletics Australia – Paul Jenès**  
**Last Updated 03/12/2019**

Rank	Time	Name	State	DOB	Place	Location	Date	Age
1	1:17.33.0	Nathan Deakes	V	17/08/1977	1	Cixi City, China	23/04/2005	27
2	1:19.15.0	Luke Adams	N	22/10/1976	7	Cheboksary, Russia	10/05/2008	31
3	1:19.15.0	Jared Tallent	V	17/10/1984	1	Melbourne	13/02/2010	25
4	1:19.22.0	Dave Smith	V	24/07/1955	1	Hobart	19/07/1987	31
5	1:19.28.0	Dane Bird-Smith	Q	15/07/1992	6	London, England	13/08/2017	25
6	1:19.33.0	Nick A'Hern	N	06/01/1969	1	Melbourne	15/12/1990	21
7	1:20.19.0	Rhydian Cowley	V	04/01/1991	7	Nomi, Japan	17/03/2019	28
8	1:20.43.0	Andrew Jachno	V	13/04/1962	1	Brisbane	26/08/1990	28
9	1:20.49.0	Dion Russell	V	08/08/1975	1	Melbourne	19/03/1999	23
10	1:21.19.0	Simon Baker	V	06/02/1958	1	Canberra	27/08/1988	30
11	1:21.36.0	Willi Sawall	V	07/11/1941	1	Melbourne	04/07/1982	40
12	1:21.49.0	Adam Rutter	N	12/12/1986	3	Melbourne	23/02/2008	21
13	1:22.08.0	Chris Erickson	V	01/12/1981	10	Nomi, Japan	15/03/2015	33
14	1:23.10.0	Michael Hosking	V	16/10/1985	6	Adelaide	11/02/2018	32
15	1:23.53.0	Kyle Swan	V	28/03/1999	2	Melbourne	01/12/2019	20
16	1:24.11.0	Liam Murphy	S	05/06/1979	1	Adelaide	26/07/2003	24
17	1:24.20.0	Duane Cousins	V	13/07/1973	5	Melbourne	19/03/1999	25
18	1:24.25.0	Ian Rayson	N	04/02/1988	1	Narellan, NSW	13/11/2011	23
19	1:24.34.0	Brent Vallance	N	30/04/1972	15	Naumburg, Germany	23/05/1998	26
20	1:24.37.0	Brendon Reading	A	26/01/1989	12	Adelaide	19-02-2017	28
21	1:24.54.0	Paul Copeland	V	25/04/1967	1	Melbourne	10/11/1991	24
22	1:24.56.0	Darren Bown	S	30/06/1974	4	Sydney	06/03/2005	30
23	1:25.02.0	Troy Sundstrom	N	30/05/1981	7	Melbourne	19/03/1999	17
24	1:25.31.0	Steve Beecroft	V	14/03/1971	2	Canberra	28/01/1994	22
25	1:25.34.0	Mike Harvey	V	05/12/1962	3	Melbourne	25/08/1990	27
26	1:25.42.0	Tyler Jones	N	08-04-1998	3	Melbourne	01/12/2019	21
27	1:26.20.0	Adam Garganis	V	18-09-1997	13	Adelaide	11/02/2018	20
28	1:26.22.0	Declan Tingay	W	06/02/1999	15	Adelaide	10/10/2019	20
29	1:26.33.0	Mark Donahoo	V	27/05/1958	1	Melbourne	22/05/1994	35
30	1:26.40.0	Tom Barnes	V	22/09/1982	1	Melbourne	24/08/2008	25
31	1:26.50.0	Sean Fitzsimons	W	15/01/1992	3	Melbourne	11/12/2011	19
32	1:27.12.0	Tim Erickson	V	23/11/1950	1	Melbourne	14/12/1980	30
33	1:27.14.0	Nathan Brill	V	25-04-1996	15	Adelaide	21-02-2016	19
34	1:27.19.0	Dominic McGrath	V	04/06/1972	10	Melbourne	19/03/1999	26
35	1:27.20.0	Daniel (Thorne) Walters	V	19/12/1979	1	Melbourne	16/12/2001	21
36	1:27.29.0	Bill Dyer	V	26/03/1961	-	Melbourne	22/06/1985	24
37	1:27.35.0	Michael McCagh	W	16/04/1986	6	Canberra	28/01/2007	20
38	1:27.42.0	Brad Malcolm	V	07/08/1978	1	Melbourne	19/07/1998	19

39	1:28.18.0	Mike Woods	N	11/10/1962	30	Bergen,Norway	24/09/1983	20
40	1:28.23.0	Brad Aiton	Q	20/06/1994	25	Nomi, Japan	16/03/2014	19
41	1:28.25.0	Rob McFadden	S	15/03/1966	5	Canberra	27/08/1988	22
42	1:28.29.0	Steve Hausfeld	N	07/04/1952	6	Richmond	09/04/1988	36
43	1:28.29.0	Shane Pearson	Q	05/06/1974	8	Melbourne	27/02/1997	32
44	1:29.04.0	Craig Jeffery	V	12/05/1968	3	Melbourne	04/08/1991	23
45	1:29.08.0	Marcus Dwyer	V	26/03/1977	3	Melbourne	19/07/1998	21
46	1:29.12.0	Noel Freeman	V	24/12/1938	1	Melbourne	06/04/1968	29
47	1:29.13.0	Ian Waters	V	10/04/1967	-	Melbourne	19/12/1993	26
48	1:29.22.0	Rohan Best	T	24/02/1973	1	Hobart	04/08/1990	17
49	1:29.23.0	Craig Brill	V	10/11/1967	2	Melbourne	04/08/1991	23
50	1:29.24.0	Jesse Osborne	V	21/01/1995	6	Hobart	24/02/2013	18
51	1:29.29.0	Nick Dewar	Q	13/05/1992	5	Hobart	02/02/2014	21
52	1:29.40.0	Travis Harbour	V	12/12/1975	10	Melbourne	27/02/1997	21
53	1:29.48.0	Martin Richardson	V	21/01/1963	3	Melbourne	05/02/1984	21
54	1:29.51.0	Mark Blackwood	V	25/11/1977	2	Melbourne	01/09/1996	18
55	1:29.53.0	Carl Gibbons	N	19/07/1996	24	Adelaide	10/10/2019	23
56	1:30.04.0	Jon Gawley	N	09/05/1980	1	Geelong	01/08/1998	18
57	1:30.07.0	Ricky Cooke	T	09/08/1969	4	Adelaide	04/03/1992	22
58	1:30.22.0	Greg Robertson	T	23/12/1969	5	Melbourne	25/08/1991	21
59	1:30.28.0	Ross Haywood	V	18/02/1947	2	Melbourne	05/02/1978	30
60	1:30.36.0	Mark Thomas	V	23/12/1962	3	Melbourne	22/05/1994	31
61	1:30.51.0	Paul Woodhouse	N	29/04/1962	9	Richmond	09/04/1988	25

**Australian Men 30 km All-Time Ranking List**  
**Primary Source: Athletics Australia – Paul Jenès**  
**Last Updated 28/07/2019**

Rank	Time	Name	State	DOB	Place	Location	Date	Age
1	2:05:06	Nathan Deakes	V	17/08/1977	1	Hobart	28/08/2006	29
2	2:05:15	Jared Tallent	V	17/10/1984	1	Melbourne	07/06/2009	24
3	2:05:59	David Smith	V	24/07/1955	1	Canberra	10/05/1986	30
4	2:06:39	Simon Baker	V	06/02/1958	1	Melbourne	07/05/1989	31
5	2:07:53	Nick A'Hern	N	06/01/1969	1	Victoria	25/08/1994	25
6	2:08:01	Willi Sawall	V	07/11/1941	1	Melbourne	16/05/1982	40
7	2:09:09	Andrew Jachno	V	13/04/1962	2	Auckland	02/02/1990	27
8	2:09:29	Chris Erickson	V	01/12/1981	2	Melbourne	08/08/2010	28
9	2:09:35	Duane Cousins	V	13/07/1973	1	Melbourne	16/08/1998	25
10	2:10:02	Dion Russell	V	08/08/1975	1	Melbourne	06/08/2000	24
11	2:10:33	Rhydian Cowley	V	04/01/1991	1	Melbourne	28/08/2019	28
12	2:13:34	Dominic McGrath	V	04/06/1972	2	Melbourne	16/08/1998	26
13	2:13:47	Darren Bown	S	30/06/1974	1	Melbourne	04/08/2002	28
14	2:14:40	Adam Rutter	N	24/12/1986	2	Canberra	08/06/2008	21
15	2:14:54	Paul Copeland	V	25/04/1967	3	Melbourne	29/10/1989	22
16	2:15:40	Craig Brill	V	10/11/1967	2	Melbourne	21/04/1991	23
17	2:15:47	Tim Erickson	V	23/11/1950	2	Melbourne	18/05/1980	29
18	2:15:51	Luke Adams	N	22/10/1976	10	Beijing, Olympic 50 km split	22/08/2008	31
19	2:15:52	Mark Donahoo	V	27/05/1958	3	Gold Coast	24/04/1994	35
20	2:16:07	Liam Murphy	S	05/06/1979	2	Melbourne	06/08/2000	21
21	2:16:36	Dariusz Wojcik	V	24/09/1959	3	Melbourne	21/04/1991	31
22	2:17:00	Tom Barnes	V	22/09/1982	1	Melbourne	27/07/2008	25
23	2:17:17	Troy Sundstrom	N	30/05/1981	1	Hobart	03/09/2001	20
24	2:17:24	Adam Garganis	V	18/09/1997	1	Melbourne	8/06/2017	19
25	2:17:32	Ian Rayson	N	04/02/1988	3	Canberra	7/06/2015	27
26	2:17:42	Noel Freeman	V	24/12/1938	1	Melbourne	13/06/1970	31
27	2:17:45	Brent Vallance	N	30/04/1972	3	Canberra	7/06/1998	26
28	2:17:51	Michael Harvey	V	05/12/1962	1	Melbourne	2/08/1987	24
29	2:18:49	Brendon Reading	A	26/01/1989	6	Richmond, Canada	10/08/2014	25
30	2:18:55	Bill Dyer	V	26/03/1961	2	Melbourne	25/08/1985	24

**Australian Men 50 Km All-Time Ranking List**  
**Primary Source: Athletics Australia – Paul Jenès**  
**Last Updated 03/12/2019**

Rank	Time	Name	State	DOB	Place	Location	Date	Age
1	3:35:47	Nathan Deakes	VIC	17/08/1977	1	Geelong	02/12/2006	29
2	3:36:53	Jared Tallent	VIC	17/01/1984	2	London, UK	11/07/2012	28
3	3:43:13	Simon Baker	VIC	06/02/1958	1	L'Hospitalet	28/05/1989	31
4	3:43:39	Luke Adams	NSW	22/10/1976	6	Berlin	21/08/2009	32
5	3:46:34	Willi Sawall	VIC	07/11/1941	1	Adelaide	06/04/1980	38
6	3:47:34	Dion Russell	VIC	08/05/1975	1	Melbourne	13/12/1998	23
7	3:48:40	Chris Erickson	VIC	01/12/1981	10	Rio de Janiero, BRZ	19-08-2016	34
8	3:52:49	Adam Rutter	NSW	24/12/1986	2	Melbourne	16/12/2007	20
9	3:52:58	Rhydian Cowley	VIC	04/01/1991	1	Melbourne	01/12/2019	28
10	3:53:19	Duane Cousins	VIC	13/07/1973	2	Geelong	02/12/2006	23
11	3:53:23	Andrew Jachno	VIC	13/04/1962	19	Seoul	30/09/1988	31
12	3:54:37	Liam Murphy	SA	05/06/1979	1	Melbourne	13/05/2001	21
13	3:55:03	Brendon Reading	ACT	26-01-1989	4	Melbourne	13-12-2015	26
14	3:55:05	Darren Bown	SA	03/06/1974	2	Melbourne	13/05/2001	26
15	3:55:17	Ian Rayson	NSW	04/02/1988	4	Melbourne	13-12-2015	27
16	3:57:20	Michael Harvey	VIC	05/12/1962	1	Hawkesbury	10/07/1993	30
17	3:57:51	Dominic McGrath	VIC	04/06/1972	2	Leamington Spa	23/04/2000	27
18	3:58:30	Dariusz Wojcik	VIC	24/09/1959	1	Melbourne	26/01/1992	32
19	4:00:21	Craig Brill	VIC	10/11/1967	2	Melbourne	26/01/1992	24
20	4:03:17	Tim Erickson	VIC	23/11/1950	25	Eschborn	30/09/1979	28
21	4:11:08	Bill Dyer	VIC	26/03/1961	1	Adelaide	15/07/1984	23
22	4:11:10	Mark Donahoo	VIC	27/05/1958	2	Melbourne	08/05/1988	29
23	4:11:33	Tom Barnes	VIC	22/09/1982	7	Melbourne	16/12/2007	25
24	4:11:38	Steve Hausfeld	NSW	07/04/1952	1	Canberra	28/06/1986	24
25	4:12:29	Shane Pearson	QLD	05/06/1974	4	Melbourne	14/12/1997	23
26	4:13:55	John Sheard	VIC	09/05/1948	36	Eschborn, Germany	30/09/1979	31
27	4:14:17	Bob Gardiner	V	22/03/1936	1	Melbourne	24/08/1968	32
28	4:14:20	Paul Copeland	V	25/04/1967	1	Melbourne	12/09/1993	26
29	4:16:34	Ian Fay	S	02/01/1960	3	Melbourne	07/07/1985	25
30	4:16:43	Kevin Lowden	V	22/05/1968	3	Melbourne	27/01/1991	22
31	4:16:53	Frank Bertei	V	19/03/1966	13	Tijuana,Mexico	21/03/2004	38
32	4:17:44	Keith Knox	N	15/09/1950	1	Sydney	18/08/1984	33
33	4:17:47	Ricky Cooke	T	09/08/1969	4	Melbourne	27/01/1991	21
34	4:18:26	Troy Sundstrom	N	30/05/1981	2	Melbourne	23/10/2005	24
35	4:20:00	Ted Allsopp	V	15/08/1926	2	Melbourne	24/09/1966	40
36	4:20:38	Peter Fullager	S	19/04/1943	1	Adelaide	04/09/1971	28
37	4:21:13	Brian Trower	V	28/02/1959	5	Melbourne	27/01/1991	31
38	4:22:38	Mark Thomas	V	23/12/1962	68	Beijing,China	30/04/1995	32

39	4:22:51	Frank Clark	N	11/04/1943	1	Sydney	26/08/1967	24
40	4:23:16	Andrew Jamieson	V	13/06/1946	3	Melbourne	14/12/2008	62
41	4:23:57	Ian Hodgkinson	W	31/03/1948	1	Perth	11/09/1972	24
42	4:24:20	Ron Crawford	N	26/03/1936	11	Tokyo,Japan	18/10/1964	28
43	4:24:35	Richard Everson	S	07/09/1963	8	Melbourne	12/12/1999	36

## 20k50k Points

### Australian Men 20Km / 50Km All-Time Ranking List

**Last Updated 03/12/2019**

Points calculated from IAAF 2017 Point Scoring Tables

<https://www.iaaf.org/download/download?filename=b031e933-c722-4d0d-bfb9-9399ff8fb26f.pdf&urlslug=IAAF%20Scoring%20Tables%20of%20Athletics%20-%20Outdoor%20>

RANK	NAME	STATE	DOB	50KM TIME	IAAF POINTS	20KM TIME	IAAF POINTS	TOTAL
1	Nathan Deakes	VIC	17/08/1977	3:35:47	1249	1:17.33.0	1245	2494
2	Jared Tallent	VIC	17/01/1984	3:36:53	1243	1:19.15.0	1207	2450
3	Luke Adams	NSW	22/10/1976	3:43:39	1201	1:19.15.0	1207	2408
4	Simon Baker	VIC	06/02/1958	3:43:13	1204	1:21.19.0	1163	2367
5	Dion Russell	VIC	08/05/1975	3:47:34	1178	1:20.49.0	1174	2352
6	Willi Sawall	VIC	07/11/1941	3:46:34	1184	1:21.36.0	1157	2341
7	Rhydian Cowley	VIC	1/04/1991	3:52:58	1145	1:20.19.0	1184	2329
8	Andrew Jachno	VIC	13/04/1962	3:53:23	1143	1:20.43.0	1176	2319
9	Chris Erickson	VIC	01/12/1981	3:48:40	1171	1:22.08.0	1145	2316
10	Adam Rutter	NSW	24/12/1986	3:52:49	1146	1:21.49.0	1152	2298
11	Duane Cousins	VIC	13/07/1973	3:53:19	1143	1:24.20.0	1099	2242
12	Liam Murphy	SA	05/06/1979	3:54:37	1136	1:24.11.0	1102	2238
13	Ian Rayson	NSW	04/02/1988	3:55:17	1132	1:24.25.0	1097	2229
14	Brendon Reading	ACT	26-01-1989	3:55:03	1133	1:24.37.0	1093	2226
15	Darren Bown	SA	03/06/1974	3:55:05	1133	1:24.56.0	1087	2220
16	Michael Harvey	VIC	05/12/1962	3:57:20	1120	1:25.34.0	1074	2194
17	Dominic McGrath	VIC	04/06/1972	3:57:51	1117	1:27.19.0	1038	2155
18	Tim Erickson	VIC	23/11/1950	4:03:17	1085	1:27.12.0	1040	2125
19	Craig Brill	VIC	10/11/1967	4:00:21	1102	1:29.23.0	997	2099
20	Dariusz Wojcik	VIC	24/09/1959	3:58:30	1113	1:31.00.0	965	2078