

SUMMARY OF STATE RECORDS FOR 2010

MEN

(* = unjudged walk – club best)

60m M45 (7.89, Colin Smith, 2008)	Rudy Kocis	7.3	16/12/10	
60m M70 (8.3, David Clive, 2007)	Barrie Kernaghan	8.59=	2/4/10	
100m M35 (11.2, Peter Gare, 1977)	Brett Blanco Brett Blanco	11.53 11.44	19/3/10 2/4/10	
200m M30 (22.89, Brett Blanco, 2005)	Cam Yorke	22.63	8/1/10	
400m M30 (49.13, Cam Yorke, 2008)	Cam Yorke Cam Yorke	49.05 48.95	14/2/10 12/3/10	
400m M90 (inaugural)	Peter Kennedy	3:06.12	4/4/10	
800m M30 (1:55.43, Cam Yorke, 2009)	Scott Tamblin Scott Tamblin Scott Tamblin Scott Tamblin	1:55.11 1:54.31 1:53.53 1:51.81	22/1/10 5/2/10 19/2/10 5/3/10	AR AR AR AR
1000m M65 (3:19.7, Bert Carse, 2008)	Bert Carse	3:18.3	29/4/10	
1000m M80 (inaugural)	Irwin Barrett-Lennard Irwin Barrett-Lennard	4:50.0 4:25.3	11/3/10 10/6/10	
1500m M80 (7:54.7, Cec Walkley, 2009)	Irwin Barrett-Lennard Irwin Barrett-Lennard	7:27.2 7:18.54	18/3/10 3/4/10	
1500m M90 (inaugural)	Peter Kennedy	14:29.78	5/4/10	
Mile M80 (7:44.3, Irwin Barrett-Lennard, 2009)	Irwin Barrett-Lennard	7:38.7	25/6/10	

10000m M75 (47:11.9, David Carr, 2009)	David Carr	46:57.8	21/10/10	
Half Marathon M30 (82:47, Stephen Dunn, 1999)	Scott Tamblin	71:27	8/8/10	
Half Marathon M80 (2:12:08, Cec Walkley, 2009)	Cec Walkley	2:10:48	6/6/10	
25k M65 (1:59:53, David Carr, 1998)	Bert Carse	1:48:41	6/6/10	
25k M80 (3:28:16, Cec Walkley, 2009)	Irwin Barrett-Lennard	2:43:22	6/6/10	
50k M65 (<i>inaugural</i>)	David Baird	5:04:39	16/5/10	
400mH M30 (54.43, Cam Yorke, 2009)	Cam Yorke	54.29	22/1/10	AR
	Cam Yorke	53.76	26/3/10	AR
2000m SC M65 (8:05.86, Bert Carse, 2009)	Bert Carse	8:03.71	3/4/10	
2000m SC M80 (12:35.6, Cec Walkley, 2009)	Cec Walkley	12:24.4	15/1/10	
	Cec Walkley	12:24.1	19/3/10	
1500m Walk M90 (<i>inaugural</i>)	Peter Kennedy	16:11.60	2/4/10	AR
5000m Walk M30 (25:26.7, Gary Hastie, 1996)	Christian Bone	25:16.1	9/4/10	
Long Jump M80 (2.34m, Syd Coleman, 1996)	Derry Foley	2.64m	18/2/10	
	Derry Foley	2.95m	9/12/10	
Long Jump M90 (<i>inaugural</i>)	Peter Kennedy	1.60m	2/4/10	
	Peter Kennedy	1.67m	2/11/10	
Triple Jump M80 (5.41m, Syd Coleman, 1996)	Derry Foley	6.17m	5/4/10	
High Jump M55 (1.47m, Dave Wyatt, 2007)	Dave Wyatt	1.48m	5/3/10	
Pole Vault M35	Mark Jeffrey	4.15m	27/3/10	

(4.10m, Paul Woo, 1994)

Pole Vault M70 (2.00m, Don Chambers, 2009)	Don Chambers	2.03m	4/4/10
Discus M50 (41.03m, Tom Gravestock, 2009)	Tom Gravestock	42.37m	2/2/10
Discus M55 (37.52m, Ed Carroll, 1997)	Tom Gravestock	39.63m	23/3/10
Discus M85 (13.24m, Carlo Baumann, 2000)	Wilf Chapman	18.82m	3/4/10
Discus M90 (<i>inaugural</i>)	Peter Kennedy Peter Kennedy Peter Kennedy	11.11m 11.23m 11.38m	3/4/10 5/4/10 2/11/10
Hammer M40 (37.63m, Sakkie Mathewson, 2009)	Sakkie Mathewson	37.98m	2/4/10
Hammer M50 (44.32m, Lajos Joni, 2009)	Lajos Joni Lajos Joni Lajos Joni	44.35m 44.91m 45.08m	8/1/10 26/2/10 4/3/10
Hammer M55 (34.26m, Geoff Gee, 2009)	Tom Gravestock Lajos Joni Lajos Joni Lajos Joni Lajos Joni	38.48m 41.19m 42.41m 42.94m 43.98m	25/3/10 14/10/10 11/11/10 19/11/10 9/12/10
Hammer M85 (16.10m, Peter Kennedy, 2007)	Wilf Chapman Wilf Chapman	17.30m 19.42m	2/4/10 4/4/10
Hammer M90 (<i>inaugural</i>)	Peter Kennedy	7.96m	2/4/10
Heavy Weight M50 (15.30m, Lajos Joni, 2009)	Lajos Joni Lajos Joni	15.61m 16.24m	28/1/10 11/2/10
Heavy Weight M55 (14.96m, Geoff Gee, 2009)	Lajos Joni	15.71m	25/11/10
Heavy Weight M85	Wilf Chapman Wilf Chapman	8.24m 8.81m	4/4/10 5/4/10

(5.27m, Peter Kennedy, 2007)

Heavy Weight M90 (<i>inaugural</i>)	Peter Kennedy	6.46m	30/11/10
Javelin M35 (43.16m, Russell Smith, 1996)	Mark Jeffery	49.61m	5/4/10
Javelin M40 (43.16m, Russell Smith, 1996)	Paul Foley	43.57m	3/4/10
Javelin M45 (43.16m, Russell Smith, 1996)	Paul Foley	42.51m	5/11/10
Javelin M75 (24.44m, Rob Shand, 2008)	Rob Shand	25.56m	3/4/10
Javelin M85 (13.21m, Carlo Baumann, 2000)	Wilf Chapman	15.03m	3/4/10
Javelin M90 (<i>inaugural</i>)	Peter Kennedy	10.12m	3/4/10
Shot M55 (12.78m, Geoff Gee, 2009)	Geoff Gee	12.86m	2/4/10
Shot M60 (11.31m, Ed Carroll, 2001)	Rocky Cloete	11.59m	9/11/10
Shot M85 (6.03m, Peter Kennedy, 2007)	Wilf Chapman Wilf Chapman	7.42m 7.61m	2/4/10 4/4/10
Shot M90 (<i>inaugural</i>)	Peter Kennedy Peter Kennedy	4.62m 5.03m	2/4/10 26/10/10
Pentathlon M35 (<i>highest fully scored</i>)	Mark Jeffery	2872pts	5/4/10
Pentathlon M40 (<i>highest fully scored</i>)	Chris Neale	2936pts	5/4/10
Pentathlon M90 (<i>inaugural</i>)	Peter Kennedy	1359pts	5/4/10
Throws Pentathlon M40 (2386pts, Sakkie Mathewson, 2009)	Sakkie Mathewson	2473pts	4/4/10

Throws Pentathlon M85 <i>(inaugural)</i>	Wilf Chapman	3209pts	4/4/10	
4x100m Relay M45 <i>(52.56, MAWA, 2004)</i>	MAWA Team	49.86	4/4/10	
4x100m Relay M70 <i>(inaugural)</i>	MAWA Team	62.4	4/2/10	
4x400m Relay M80 <i>(inaugural)</i>	MAWA Team	7:11.0	25/2/10	AR
4x800m Relay M30 <i>(inaugural)</i>	MAWA Team	9:16.1	18/2/10	
4x800m Relay M80 <i>(inaugural)</i>	MAWA Team	16:01.8	18/2/10	AR/WR
4x1500m Relay M80 <i>(inaugural)</i>	MAWA Team	34:04.8	11/2/10	AR

WOMEN

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60m W55 <i>(9.04, Lynne Choate, 2009)</i>	Lynne Choate	8.91	19/2/10	
60m W65 <i>(9.8, Pat Carr, 1998)</i>	Peggy Macliver Peggy Macliver	9.7 9.43	19/2/10 2/4/10	AR
100m W55 <i>(14.41, Lynne Choate, 2009)</i>	Lynne Choate	13.99	2/4/10	
100m W65 <i>(15.51, Peggy Macliver, 2009)</i>	Peggy Macliver	15.42	2/4/10	
800m W70 <i>(4:22.5, Glenice Shanahan, 1995)</i>	Lorraine Lopes Lorraine Lopes Lorraine Lopes	3:49.0 3:37.3 3:32.97	12/1/10 21/1/10 2/4/10	
1000m W65 <i>(4:15.0, Peggy Macliver, 2009)</i>	Peggy Macliver Peggy Macliver	4:09.8 4:07.3	4/2/10 10/6/10	
1000m W70 <i>(6:03.5, Glenice Shanahan, 1996)</i>	Lorraine Lopes	4:24.0	4/2/10	

1500m W70 (9:27.9, <i>Glenice Shanahan, 1997</i>)	Lorraine Lopes	7:09.6	21/1/10	
Mile W60 (6:39.8, <i>Gillian Young, 2008</i>)	Barbara Blurton	6:37.3	20/5/10	
Mile W65 (7:30.0, <i>Peggy Macliver, 2009</i>)	Peggy Macliver	7:04.0	28/1/10	
3000m W70 (20:53.3, <i>Glenice Shanahan, 1997</i>)	Lorraine Lopes Lorraine Lopes	15:27.4 14:47.8	12/1/10 11/3/10	AR
10000m W70 (<i>inaugural</i>)	Lorraine Lopes	50:48.70	2/4/10	
10k Road W70 (69:08, <i>Kathy Burr, 2009</i>)	Lorraine Lopes	51:17	2/5/10	
15k Road W70 (1:49:16, <i>Kathy Burr, 2009</i>)	Lorraine Lopes	1:20:19	30/5/10	
Half Mara W70 (3:02:26, <i>Phyllis Head, 1990</i>)	Lorraine Lopes	1:56:58	16/5/10	
25k W70 (<i>inaugural</i>)	Lorraine Lopes	2:24:35	6/6/10	
300m Hurdles W65 (71.3h, <i>Ruth Johnson, 2009</i>)	Ruth Johnson	71.46	4/4/10	
1500m Walk W75 (12:07.0, <i>Lorna Lauchlan, 2009</i>)	Sylvia Byers	10:57.92	2/4/10	
1500m Walk W80 (<i>inaugural</i>)	Lorna Lauchlan	11:55.36	2/4/10	
5000m Walk W75 (42:07.1, <i>Lorna Lauchlan, 2009</i>)	Sylvia Byers	38:07.90	3/4/10	
5000m Walk W80 (44:58.0, <i>Florence Davies, 1997</i>)	Lorna Lauchlan	40:13.87	3/4/10	
10k Road Walk W80 (<i>inaugural</i>)	Lorna Lauchlan	82:18.4	5/4/10	
20k Road Walk W50 (105:13, <i>Lyn Ventris, 2008</i>)	Lyn Ventris	105:04	18/7/10	A&W

Discus W65 (19.88m, Rae Mcmillan, 1994)	Bev Hamilton	22.30m	17/12/10
Discus W70 (18.17m, Rae McMillan, 1999)	Barbara Campbell	20.19m	2/12/10
Hammer W30 (57.77m, Byrony Glass, 2009)	Byrony Glass	58.72m	2/4/10
	Byrony Glass	60.21m	19/4/10
Hammer W60 (26.09m, Bev Hamilton, 2009)	Bev Hamilton	26.55m	14/2/10
	Bev Hamilton	27.60m	19/2/10
	Bev Hamilton	28.20m	26/2/10
	Kate Glass	34.20m	2/4/10
	Kate Glass	35.31m	4/4/10
Hammer W65 (23.81m, Dorothy Whittam, 2002)	Bev Hamilton	28.70m	9/12/10
Hammer W80 (20.96m, Rae McMillan, 2009)	Rae McMillan	21.91m	2/4/10
	Rae McMillan	22.36m	4/4/10
Heavy Weight W30 (17.59m, Byrony Glass, 2009)	Byrony Glass	17.75m	5/4/10
Heavy Weight W40 (8.25m, Sandra Smith, 1998)	Louise Oswald	8.30m	12/1/10
	Louise Oswald	8.48m	2/2/10
	Louise Oswald	8.74m	23/3/10
	Louise Oswald	9.21m	4/4/10
Heavy Weight W60 (12.35m, Bev Hamilton, 2009)	Kate Glass	12.90m	4/4/10
Heavy Weight W65 (10.50m, Dorothy Whittam, 2004)	Bev Hamilton	11.99m	9/12/10
Javelin W30 (30.62m, Sharon Moloney, 1993)	Kate Adams	34.52m	3/4/10
Javelin W40 (26.02m, Louise Oswald, 2009)	Louise Oswald	26.60m	8/1/10
	Louise Oswald	28.00m	18/2/10
Javelin W55 (24.14m, Kate Glass, 2007)	Lisa Kirsch	24.58m	4/4/10
Javelin W60	Kate Glass	23.92m	3/4/10

(22.80m, Rae McMillan, 1989)

Javelin W65 (19.04m, Kath Holland, 2006)	Bev Hamilton	19.81m	16/12/10	
Javelin W80 (14.93m, Rae McMillan, 2008)	Rae McMillan Rae McMillan	15.27m 15.34m	12/1/10 3/4/10	AR AR
Shot W65 (7.55m, Dorothy Whittam, 2004)	Bev Hamilton	8.95m	16/12/10	
Shot M80 (7.12m, Rae McMillan, 2008)	Rae McMillan	7.12m	2/3/10	=AR
Pentathlon W30 (inaugural)	Melissa Foster Melissa Foster	1788pts 2017pts	21/1/10 5/4/10	
Pentathlon W40 (inaugural)	Simone Solomon Simone Solomon	1532pts 1870pts	21/1/10 5/4/10	
Pentathlon W45 (1806pts, Shaon Moloney, 2009)	Sharon Moloney	2298pts	5/4/10	
Pentathlon W55 (inaugural)	Carol Bowman Lynne Choate	1575pts 2753pts	21/1/10 5/4/10	
Pentathlon W65 (2888pts, Ruth Johnson, 2009)	Peggy Macliver Peggy Macliver	3778pts 3858pts	21/1/10 5/4/10	
Throws Pentathlon W40 (2270pts, Sharon Moloney, 2005)	Louise Oswald	2588pts	4/4/10	
Throws Pentathlon W80 (4669pts, Rae McMillan, 2008)	Rae McMillan	#4817pts	4/4/10	
4x100m Relay W55 (inaugural)	MAWA Team	65.3	4/2/10	
4x400m Relay W50 (5:54.2, MAWA, 2008)	MAWA Team	5:12.7	25/2/10	
4x400m Relay W65 (inaugural)	MAWA Team	6:25.7	18/3/10	AR
4x800m Relay W30 (inaugural)	MAWA Team	12:41.0	18/2/10	

4x800m Relay W50 (13:30.8, MAWA, 2009)	MAWA Team	12:07.9	18/2/10	
4x800m Relay W65 (<i>inaugural</i>)	MAWA Team	15:04.3	18/2/10	AR
4x1500m Relay W30 (28:47.9, MAWA, 2009)	MAWA Team	25:02.4	11/2/10	
4x1500m Relay W55 (<i>inaugural</i>)	MAWA Team	26:26.9	11/2/10	AR
4x1500m Relay W65 (<i>inaugural</i>)	MAWA Team	31:16.7	11/2/10	AR