

## SUMMARY OF STATE RECORDS FOR 2012

### MEN

(\* = unjudged walk – club best)

60m M40 (7.61, <i>Darryl Lette, 2011</i> )	Glenn Ross	7.37	24/2/12
60m M50 (7.73, <i>Rudi Kocis, 2011</i> )	Rudi Kocis	7.59	6/4/12
60m M55 (7.85, <i>Garry Ralston, 2011</i> )	Garry Ralston	7.77	6/4/12
60m M75 (9.5, <i>David Carr, 2008</i> )	David Clive	8.7	6/3/12
100m M55 (12.59, <i>Garry Ralston, 2011</i> )	Garry Ralston	12.50	24/3/12
100m M75 (15.3, <i>David Carr, 2008</i> )	David Clive David Clive	14.86 14.40	24/3/12 6/4/12
200m M40 (23.3, <i>Peter Gare, 1982</i> )	Glenn Ross	23.25	24/2/12
200m M75 (30.40, <i>David Carr, 2008</i> )	David Clive	29.4	6/3/12
200m M80 (36.5, <i>Irwin Barrett-Lennard, 2009</i> )	David Carr	33.76	4/11/12
400m M80 (85.27, <i>Irwin Barrett-Lennard, 2011</i> )	David Carr David Carr	78.8 75.7	20/9/12 23/10/12
800m M80 (3:23.3, <i>Irwin Barrett-Lennard, 2009</i> )	David Carr	2:49.0	19/6/12 <b>AR</b>
1000m M80 (4:25.3, <i>Irwin Barrett-Lennard, 2010</i> )	David Carr	3:53.2	10/7/12
1500m M30 (4:06.3, <i>Paul Mitchell, 2003</i> )	Scott Tamblin Scott Tamblin Scott Tamblin	3:57.70 3:56.83 3:54.15	18/1/12 9/11/12 20/12/12
1500m M80	David Carr	6:12.0	6/12/12 <b>AR</b>

(7:16.57, Irwin Barrett-Lennard, 2011)

Mile M80	David Carr	6:26.6	21/6/12	<b>WR</b>
(7:38.7, Irwin Barrett-Lennard, 2010)				
3000m M30	Scott Tamblin	8:38.3	26/10/12	
	Scott Tamblin	8:34.2	30/11/12	
(8:49.0, Scott Tamblin, 2011)				
3000m M80	David Carr	13:25.3	13/9/12	<b>AR</b>
	David Carr	13:12.3	25/10/12	<b>AR</b>
(14:16.8, Irwin Barrett-Lennard, 2009)				
5000m M80	David Carr	23:40.9	23/8/12	<b>AR</b>
(23:57.6, Irwin Barrett-Lennard, 2009)				
10000m M30	Ross Langford	35:46.9	15/3/12	
(35:51.4, Stephen Dunn, 1996)				
10000m M80	David Carr	49:05.1	18/10/12	<b>AR</b>
(51:34.24, Irwin Barrett-Lennard, 2009)				
Half Marathon M80	Irwin Barrett-Lennard	2:06:27	16/7/12	
	Irwin Barrett-Lennard	2:05:16	12/8/12	
(2:10:48, Cec Walkley, 2010)				
25k Road M80	Irwin Barrett-Lennard	2:34:58	3/6/12	
(2:43:22, Irwin Barrett-Lennard, 2010)				
50k Run M30	Grahak Cunningham	3:50:36	13/5/12	
3:57:51, Grahak Cunningham, 2009				
110mH M40	Paul Edmiston	16.59	9/3/12	
(17.8, John Molloy, 1992)				
80mH M75	Don Chambers	15.34	8/7/12	<b>AR</b>
	Don Chambers	15.03	22/12/12	<b>AR</b>
(24.4, Gordon Medcalf, 2005)				
300mH M75	Don Chambers	64.14	10/6/12	
	Don Chambers	61.37	8/7/12	
	Don Chambers	59.43	22/7/12	
(86.5, Gordon Medcalf, 2007)				
2kSC M70	Bert Carse	8:31.2	18/12/12	
(8:52.3, Dave Simmonds, 2005)				
2kSC M80	David Carr	9:39.3	26/6/12	<b>WR</b>
	David Carr	9:38.1	31/7/12	<b>WR</b>
(12:24.1, Cec Walkley, 2010)				

1500m Walk M50 (7:14.0, Don Stone, 1982)	Garry Hastie	6:42.29	25/3/12
3000m Walk (i) M40 (inaugural)	David Smyth	15:55.02	4/4/12
5000m Walk M50 (26:10.8, Don Stone, 1982)	Garry Hastie	25:26.6	22/3/12
10k Track Walk M50 (64:23.0, Barrie Thomsett, 1991)	Garry Hastie	56:24.4	5/2/12
10k Road Walk M50 (54:14, John Mison, 1999)	Garry Hastie	51:16	9/4/12
Half Marathon Walk* M50 (2:05:04, Paul Martin, 1995)	Garry Hastie	1:57:38	13/5/12
High Jump M45 (1.60m, Dave Wyatt, 1998)	Roger Ditewig	1.60m=	31/1/12
High Jump M65 (1.30m, Keith Martin, 2009 & 2011)	Greg Wilson	1.30m=	26/10/12
	Greg Wilson	1.35m	9/11/12
	Greg Wilson	1.38m	16/11/12
High Jump M75 (1.10m, Bob Fergie, 2011)	Norm Richards	1.13m	23/10/12
	Norm Richards	1.17m	4/12/12
Long Jump M75 (3.34m, Syd Coleman, 1991)	David Clive	4.27m	1/3/12
	David Clive	4.38m	6/3/12
	David Clive	4.37m	24/3/12 <b>AR</b>
	David Clive	4.42m	6/4/12 <b>AR</b>
Triple Jump M75 (7.52m, Syd Coleman, 1991)	David Clive	8.19m	25/3/12
Pole Vault M75 (1.85m, Syd Coleman, 1993)	Don Chambers	1.90m	22/7/12
	Don Chambers	2.10m	29/7/12
Discus M45 (35.55m, Geoff Gee, 2003)	Todd Davey	38.10m	2/10/12
	Todd Davey	40.63m	23/10/12
	Todd Davey	45.67m	29/11/12
Discus M55	Tom Gravestock	40.66m	12/1/12

	Tom Gravestock	43.36m	23/10/12
	<i>(39.65m, Tom Gravestock, 2011)</i>		
Hammer M55	Lajos Joni	46.37m	19/2/12
	<i>(43.98, Lajos Joni, 2010)</i>		
Javelin M35	Paul Jeffery	54.33m	6/1/12
	<i>(49.93m, Paul Jeffery, 2011)</i>		
Javelin M45	Roger Ditewig	43.83m	5/1/12
	<i>(43.13m, Paul Foley, 2011)</i>		
Javelin M65	Stan Selby	38.63m	24/3/12
	<i>(37.56m, Stan Selby, 2011)</i>		
Javelin M80	Rob Shand	20.67m	24/3/12
	Rob Shand	21.80m	4/12/12
	<i>(17.67m, James McMillan, 2005)</i>		
Shot M30	Greg Urbanowicz	13.53m	6/4/12
	Greg Urbanowicz	13.72m	3/11/12
	<i>(12.84m, Gavin Hames, 1996)</i>		
Shot M45	Todd Davey	12.54m	9/10/12
	Todd Davey	12.88m	15/11/12
	Todd Davey	13.01m	30/11/12
	<i>(11.82m, Geoff Gee, 2003)</i>		
Shot M60	Oswald Igel	11.65m	14/2/12
	<i>(11.59m, Rocky Cloete, 2010)</i>		
Weight M30	Greg Urbanowicz	13.27m	6/3/12
	Greg Urbanowicz	13.80m	16/10/12
	<i>(13.07m, Matt Staunton, 2004)</i>		
Weight M35	Matt Staunton	14.17m	1/3/12
	<i>(13.88m, Matt Staunton, 2011)</i>		
Pentathlon M35	Paul Jeffery	3170 pts	9/4/12
	<i>(2837 pts, Paul Jeffery, 2011)</i>		
Pentathlon M40	Mark Jeffery	3107 pts	9/4/12
	<i>(3007 pts, Mark Jeffery, 2011)</i>		
Decathlon M60	Rob Antonioli	3904 pts	5&6/2/12
	<i>(inaugural)</i>		
Decathlon M75	Don Chambers	5204 pts	4&5/8/12
	Don Chambers	5497 pts	21&22/12/12
	<i>(inaugural)</i>		

Throws Pentathlon M35 <i>(3001 pts, Matt Staunton, 2011)</i>	Matt Staunton	3149 pts	17/3/12
Throws Pentathlon M75 <i>(3077 pts, Jim Davis, 2011)</i>	Jim Davis	3119 pts	17/3/12
4x100m Relay M50 <i>(55.7, MAWA Team, 2008)</i>	MAWA Team	55.5	31/1/12
4x100m Relay M60  <i>(79.0, MAWA Team, 2011)</i>	MAWA Team	65.6	26/1/12
	MAWA Team	62.0	31/1/12
	MAWA Team	60.01	9/4/12
4x400m Relay M55 <i>(4:48.21, MAWA Team, 2000)</i>	MAWA Team	4:29.59	9/4/12

## **WOMEN**

(\* = unjudged walk – club best)

60 Metres (i) W70 <i>(inaugural)</i>	Lynne Schickert	13.25	4/4/12
60m W80  <i>(15.9, Lorna Lauchlan, 2011)</i>	Pat Carr	13.1	6/3/12
	Pat Carr	12.95	25/3/12
100m W80  <i>(32.2, Lorna Lauchlan, 2011)</i>	Pat Carr	23.4	8/3/12
	Pat Carr	23.3	20/3/12
	Pat Carr	22.12	24/3/12
200 Metres (i) W70 <i>(inaugural)</i>	Lynne Schickert	46.79	5/4/12
200m W80  <i>(80.8, Phyllis Head, 2001)</i>	Pat Carr	54.8	6/3/12
	Pat Carr	53.55	7/4/12
400m W70 <i>(90.1, Lorraine Lopes, 2011)</i>	Ruth Johnson	1:29.23	24/3/12
800m W65 <i>(3:04.65, Peggy Macliver, 2011)</i>	Peggy Macliver	3:02.2	17/3/12
1500m W70	Lorraine Lopes	6:29.7	20/3/12 <b>AR</b>
	Lorraine Lopes	6:29.49	24/3/12 <b>AR</b>

(6:31.96, Lorraine Lopes, 2011)

5000m W65 (24:14.9, Peggy Macliver, 2009)	Gillian Young	23:46.0	20/9/12
5000m W70 (23:33.5, Lorraine Lopes, 2011)	Lorraine Lopes Lorraine Lopes	23:30.00 23:04.3	25/3/12 8/4/12
10000m W65 (51:58.4, Margaret Robinson, 2003)	Gillian Young	48:52.8	18/10/12
10000m W70 (50:48.7, Lorraine Lopes, 2010)	Lorraine Lopes	48:59.9	15/3/12 <b>AR</b>
15k Run W65 (76:22, Lorraine Lopes, 2009)	Jennifer Williams	74:52	20/5/12
50k Run W55 (inaugural)	Christine Pattison	4:20:18	13/5/12
80mH W70 (inaugural)	Ruth Johnson	20.9	7/1/12
200mH W70 (inaugural)	Ruth Johnson Ruth Johnson Ruth Johnson	51.3 46.7 48.04	21/1/12 10/3/12 25/3/12 <b>AR</b>
2k SC W70 (inaugural)	Lynne Schickert Lynne Schickert Lynne Schickert	14:59.7 14:21.63 14:04.6	10/1/12 11/2/12 9/3/12
1500m Walk W65 (9:57.0, Val Tyson, 1988)	Val Millard Val Millard	9:54.40 9:51.69	25/3/12 6/4/12
1500m Walk W70 (10:50.0, Val Tyson, 1991)	Lynne Schickert Lynne Schickert	10:25.76 10:23.09	13/1/12 25/3/12
3000m Walk W55 (14:26.99, Lyn Ventris, 2011)	Lyn Ventris	14:16.41	24/3/12 <b>WR</b>
3000m Walk (i) W55 (inaugural)	Lyn Ventris	14:51.24	4/4/12 <b>WR</b>
3000m Walk W65 (20:38.3, Val Tyson, 1987)	Val Millard	20:28.71	24/3/12

3000m Walk (i) W70 <i>(inaugural)</i>	Lynne Schickert	14:51.24	4/4/12 <b>AR</b>
3000m Walk W80 <i>(25:02.3, Lorna Lauchlan, 2011)</i>	Lorna Lauchlan	24:50.47	24/3/12
5000m Walk W55 <i>(24:16.7, Lyn Ventris, 2011)</i>	Lyn Ventris	23:57.90	22/3/12 <b>WR</b>
5000m Walk W65 <i>(34:03.7, Lorna Lauchlan, 1996)</i>	Val Millard	33:56.9	22/3/12
10k Track Walk W55 <i>(69:24.0, Dorothy Whittam, 1991)</i>	Lyn Ventris	51:31.2	5/2/12
10k Walk W55 <i>(50:32, Lyn Ventris, 2011)</i>	Lyn Ventris Lyn Ventris Lyn Ventris	49:59 49:34 49:15	7/4/12 <b>WR</b> 15/7/12 <b>WR</b> 19/8/12 <b>WR</b>
20k Walk W55 <i>(inaugural)</i>	Lyn Ventris Lyn Ventris	1:43:11 1:40:42	29/7/12 <b>WR</b> 26/8/12 <b>WR</b>
Half Marathon Walk* W70 <i>(3:07:04, Pat Ainsworth, 2006)</i>	Lynne Schickert	2:44:14	13/5/12
Long Jump (i) W70 <i>(inaugural)</i>	Lynne Schickert	2.68m	6/4/12 <b>AR</b>
Long Jump W80 <i>(0.94m, Phyllis Head, 2004)</i>	Pat Carr Pat Carr	2.31m 2.37m	15/3/12 24/3/12
Triple Jump W30 <i>(10.67m, Melissa Foster, 2011)</i>	Melissa Foster Melissa Foster	11.10m 11.29m	13/3/12 8/4/12
Triple Jump (i) W70 <i>(inaugural)</i>	Lynne Schickert	5.46m	6/4/12 <b>AR</b>
High Jump W40 <i>(1.45m, Eileen Hindle, 1989)</i>	Carolyn Wills	1.48m	18/2/12
High Jump W50 <i>(1.20m, Eileen Hindle, 2000)</i>	Delia Baldock	1.27m	28/2/12
High Jump W65 <i>(1.05m, Brenda Painter, 2011)</i>	Brenda Painter	1.07m	8/2/12

High Jump W70	Ruth Johnson	0.94m	7/1/12	
<i>(inaugural)</i>	Ruth Johnson	1.00m	18/2/12	
Discus W35	Sarah Edmiston	34.71m	25/3/12	
	Sarah Edmiston	36.05m	1/4/12	
	Sarah Edmiston	36.45m	16/11/12	
<i>(33.54m, Cath Holland, 1992)</i>				
Discus W40	Carolyn Wills	32.57m	20/3/12	
<i>(30.08m, Louise Oswald, 2009)</i>				
Discus W65	Bev Hamilton	24.31m	9/2/12	
	Bev Hamilton	24.73m	15/3/12	
<i>(23.16m, Bev Hamilton, 2011)</i>				
Hammer W35	Sarah Edmiston	37.87m	24/3/12	
	Byrony Glass	54.47m	6/4/12	<b>AR</b>
<i>(35.35m, Sarah Edmiston, 2011)</i>				
Hammer W65	Bev Hamilton	29.33m	24/3/12	
<i>(28.94m, Bev Hamilton, 2011)</i>				
Hammer W75	Dorothy Whittam	23.18m	17/3/12	
	Dorothy Whittam	23.89m	24/3/12	
<i>(21.04m, Rae McMillan, 2004)</i>				
Hammer W85	Rae McMillan	18.35m	27/11/12	<b>AR</b>
<i>(inaugural)</i>				
Javelin W45	Sue Coate	26.95m	14/2/12	
<i>(24.26m, Sharon Moloney, 2011)</i>				
Javelin W65	Bev Hamilton	20.83m	3/11/12	
<i>(19.83m, Bev Hamilton, 2011)</i>				
Shot W35	Byrony Glass	11.34m	6/4/12	
	Byrony Glass	11.44m	8/4/12	
<i>(10.09m, Carolyn Wills, 2007)</i>				
Weight W35	Sarah Edmiston	11.18m	25/3/12	
	Byrony Glass	17.29m	9/4/12	<b>WR</b>
<i>(8.15m, Sandra Smith, 1997)</i>				
Weight W85	Rae McMillan	7.57m	27/11/12	<b>AR</b>
<i>(inaugural)</i>				
Pentathlon W30	Melissa Foster	2211 pts	9/4/12	
<i>(2198 pts, Melissa Foster, 2011)</i>				



Pentathlon W45 <i>(2370 pts, Cathy McCloskey, 2011)</i>	Sue Coate	2376 pts	9/4/12
Pentathlon W65 <i>(3453 pts, Peggy Macliver, 2010)</i>	Peggy Macliver	3494 pts	17/3/12
Pentathlon W70 <i>(inaugural)</i>	Ruth Johnson	2891 pts	17/3/12
Throws Pentathlon W35 <i>(1833 pts, Sandra Smith, 1997)</i>	Byrony Glass	3621 pts	8/4/12
Throws Pentathlon W45 <i>(2250 pts, Sharon Moloney, 2008)</i>	Sue Coate	2279 pts	17/3/12
Throws Pentathlon W65 <i>(3637 pts, Bev Hamilton, 2011)</i>	Bev Hamilton	3712 pts	17/3/12
4x100m Relay W45 <i>(inaugural)</i>	MAWA Team	62.38	9/4/12
4x100m Relay W65 <i>(inaugural)</i>	MAWA Team	82.0	31/1/12
4x400m Relay W55 <i>(inaugural)</i>	MAWA Team	5:28.90	9/4/12