

Men's State Records 1/10/22-30/9/23

60m	M50	Adrian McKenzie	7.20	25-Mar-23	S		
60m	M85	Norm Richards	10.25	13-Oct-22	S		
100m	M55	Adrian McKenzie	11.41	26-Mar-23	S		
100m	M85	Norm Richards	18.06	09-Mar-23			
100m	M85	Norm Richards	17.92	26-Mar-23	S		
100m	M90	David Carr	21.34	08-Dec-22	S		
200m	M85	Norm Richards	37.40	25-Mar-23	S		
200m	M90	David Carr	42.60	17-Nov-22	S	A	
800m	M60	Anthony Grendon	2:14.48	26-Jan-23	S		
800m	M90	David Carr	3:36.28	27-Oct-22	S	A	
1000m	M60	Anthony Grendon	2:57.07	05-Jan-23	S		
3000m	M35	Brendon Dimmer	8:27.64	20-Jan-23	S		
5000m	M35	Brendon Dimmer	14:26.78	10-Feb-23	S		
5000m	M90	David Carr	29:28.60	13-Oct-22	S	A	W
Half Marathon	M75	Bob Lane	1:40:19.03	11-Feb-23	S		
Marathon	M35	Dean Menzies	2:17:41	26-Feb-23	S		
Marathon	M75	Bob Lane	3:33:26	05-Mar-23	S	A	
High Jump	M85	Norm Richards	1.00	07-Feb-23			
High Jump	M85	Norm Richards	1.02	07-Mar-23	S		
Long Jump	M85	Norm Richards	2.74	14-Feb-23			
Long Jump	M85	Norm Richards	2.88	28-Feb-23			
Long Jump	M85	Norm Richards	3.01	25-Mar-23	S		
Triple Jump	M85	Norm Richards	5.16	09-Mar-23			
Triple Jump	M85	Norm Richards	5.24	26-Mar-23	S		
Pole Vault	M50	Frederick Jankowitz	3.00	24-Feb-23	S		

Indoor Records

60m	M80	Bob Schickert	13.23	27-Mar-23	S		
200m	M80	Bob Schickert	44.83	30-Mar-23	S		
200m	M90	David Carr	47.58	31-Mar-23	S	A	
400m	M80	Bob Schickert	2:02.16	26-Mar-23	S		
400m	M90	David Carr	1:42.02	28-Mar-23	S	A	
800m	M90	David Carr	4:03.80	30-Mar-23	S	A	
1000m	M45	Danie Mostert	3:47.83	30-Mar-23	S		
1000m	M55	Hans Venter	4:00.94	29-Mar-23	S		
1500m	M90	David Carr	9:10.13	01-Apr-23	S	A	
3000m	M80	Bob Schickert	21:54.87	26-Mar-23	S		
3000m	M90	David Carr	18:42.60	26-Mar-23	S	A	
60m Hurdles	M45	Danie Mostert	12.10	30-Mar-23	S		
60m Hurdles	M55	Hans Venter	12.14	29-Mar-23	S		
Long Jump	M45	Danie Mostert	4.40	30-Mar-23	S		
Long Jump	M55	Hans Venter	3.97	29-Mar-23	S		
High Jump	M45	Danie Mostert	1.48	30-Mar-23	S		
High Jump	M55	Hans Venter	1.60	27-Mar-23		X	
High Jump	M55	Hans Venter	1.61	29-Mar-23	S	A	
Shot Put	M45	Danie Mostert	7.46	30-Mar-23			
Shot Put	M55	Hans Venter	9.09	29-Mar-23			
Pentathlon	M45	Danie Mostert	2031	30-Mar-23			
Pentathlon	M55	Hans Venter	2629	29-Mar-23	S		

Women's State Records 1/10/22-30/9/23

60m	W55	Mandy Mason	7.88	25-Mar-23	S	A
60m	W80	Luella Jenkins	11.68	25-Mar-23	S	
100m	W55	Mandy Mason	12.50	26-Mar-23	S	
100m	W80	Ruth Johnson	19.39	18-Mar-23	S	
200m	W55	Mandy Mason	26.40	05-Mar-23		
200m	W55	Mandy Mason	25.91	25-Mar-23	S	
1000m	W80	Lynne Schickert	7:42.95	22-Dec-22		
1000m	W80	Lynne Schickert	7:34.73	05-Jan-23		
1000m	W80	Ruth Johnson	5:46.15	09-Feb-23	S	
1500m	W80	Ruth Johnson	8:52.38	26-Mar-23	S	
3000m	W40	Angie Ross	9:57.37	21-Oct-22	S	
5000m	W75	Gillian Young	26:34.33	11-Mar-23		
5000m	W75	Gillian Young	26:00.23	15-Mar-23	S	
Half Marathon	W45	Astrid Roberts	1:19:52	11-Feb-23	S	
Half Marathon	W50	Suzi McMahon	1:23:33	01-Jul-23	S	
Marathon	W45	Astrid Roberts	2:49:24	02-Oct-22	S	
2000m S/chase	W75	Gillian Young	11:14.17	26-Jan-23		X
2000m S/chase	W75	Gillian Young	11:01.5	11-Mar-23	S	W
High Jump	W75	Gillian Young	1.03	19-Jan-23	S	
Pole Vault	W30	Nicolai Morris	2.40	24-Feb-23	S	
Discus Throw	W80	Luella Jenkins	17.59	26-Mar-23	S	
Heavy Weight	W80	Luella Jenkins	10.00	18-Mar-23	S	
Super Weight	W60	Sharon Moloney	6.17	24-Jun-23	S	
100lb Weight	W50	Jennifer Parker	1.68	24-Jun-23	S	
100lb Weight	W55	Sue Coate	1.58	24-Jun-23	S	
100lb Weight	W60	Sharon Moloney	1.10	24-Jun-23	S	
Javelin Throw	W55	Sue Coate	30.91	11-Mar-23	S	
Javelin Throw	W80	Luella Jenkins	15.45	25-Mar-23	S	
Pentathlon	W55	Sue Coate	3581	13-Mar-23		X
Pentathlon	W55	Sue Coate	3619	18-Mar-23	S	A
Heptathlon	W55	Sue Coate	5097	04-Dec-22		
Heptathlon	W55	Sue Coate	4701	15-Jan-23	S	
Throws Pent	W80	Luella Jenkins	3140	18-Mar-23	S	
Indoor Records						
60m	W80	Lynne Schickert	14.33	29-Mar-23	S	A
High Jump	W80	Lynne Schickert	0.92	26-Mar-23	S	A
Long Jump	W80	Lynne Schickert	2.23	28-Mar-23	S	A
Triple Jump	W40	Melissa Foster	11.62	29-Mar-23	S	A
3000m Walk	W80	Lynne Schickert	24:28.13	28-Mar-23	S	A