

## SUMMARY OF STATE RECORDS FROM MAY, 2003

### MEN

100 Metres M80 <i>(previous 20.3, Donald Frearson, 2002)</i>	Donald Frearson	18.58
200 Metres M80 <i>(42.1, Donald Frearson, 2002)</i>	Donald Frearson	39.19
800 Metres M70 <i>(2:26.72, David Carr, Feb 2003)</i>	David Carr	2:25.14 (Australian Record)
60 Metres M65 <i>(9.3, David Carr, 1997)</i>	Norm Richards	9.03
300 Metre Hurdles M65 <i>(64.4, Gordon Medcalf, 1996)</i>	Norm Richards	57.14
Javelin M30 <i>(36.43m, Mark Hamilton, Apr 2003)</i>	Mark Hamilton	38.67m
Javelin M30	Mark Hamilton	39.09m
Javelin M45 <i>(Open Record)</i>	Hal Chambers	45.30m
Javelin M45	Hal Chambers	45.93m
Javelin Throw M55 <i>(41.82m, Murray Tolbert, 2002)</i>	Stan Selby	44.81m
Discus M60 <i>(41.99. Ed Carroll, 2002)</i>	Ed Carroll	42.23m
10k Road Run M75 <i>(78:35, Frank Usher, 1999)</i>	Merv Moyle	69:16
15k Road Run M60 <i>(57:05, Mick Cousins, 1995)</i>	Bert Carse	56:25
16k Road Run M70 <i>(79:22, Cec Walkley, 1999)</i>	Irwin Barrett-Lennard	78:42
15k Road Walk M55 <i>(1:34:16, Paul Martin, 2001)</i>	John Mison	1:32:43
Half Marathon Walk M55 <i>(inaugural)</i>	JohnMison	2:09:39
Half Marathon Walk M60 <i>(inaugural)</i>	Rex Bruce	2:39:27
1000 Metre Walk M75 <i>(7:25.0, Allen Tyson, 2000)</i>	Stan Jones	6:26.4
1500 Metre Walk M75 <i>(10:12.0, Dick Horsley, 1989)</i>	Stan Jones	9:38.6
Heavy Weight Throw M50 <i>(10.93m, Murray Tolbert, 2001)</i>	Geoffrey Gee	14.33m
Heavy Weight Throw M50	Geoffrey Gee	14.76m
Shot M50 <i>(13.27m, John Cochrane, 1987)</i>	Geoffrey Gee	13.68m
Hammer M50	Geoffrey Gee	34.53
Hammer M50	Geoffrey Gee	34.57
Hammer M50 <i>(33.48, Bob Fergie, 1990)</i>	Geoffrey Gee	36.12

Hammer M30 <i>(1996 record recently added)</i>	Gavin Hames	43.88
Heavy Weight Throw M35 <i>(inaugural)</i>	Wayne Bariolo	8.42m
Heavy Weight Throw M55 <i>(10.12, Rob Young, 2000)</i>	Murray Tolbert	10.82m
4x400 Relay M45 <i>(inaugural)</i>	MAWA Team	3:53.0
4x100 Relay M30 <i>(Open Record and Australian Best (unconfirmed))</i>	Curtin Team	42.9
4x100 Relay M35 <i>(51.0, WAVAC Team, 1980)</i>	MAWA Team	49.17
3000 Metres M40 <i>(Open Record)</i>	Jon Kappler	8:58.96

## **WOMEN**

Marathon W60 <i>(inaugural)</i>	Margery Forden	3:56:37
10k Road Run W55 <i>(46:35, Margaret Langford, 2001)</i>	Anne Shaw	41:55
10k Road Run W65 <i>(53:10, Ann Turner, 2001)</i>	Ann Turner	51:53
15k Road Run W60 <i>(1:22:16, Ann Turner, 1998)</i>	Margery Forden	1:16:51
15k Road Run W65 <i>(1:25:29, June Strachan, 1993)</i>	Ann Turner	1:24:00
25k Road Run W60 <i>(2:18:55, Margery Forden, 2002)</i>	Margery Forden	2:11:43
25k Road Run W65 <i>(2:29:39, Ann Turner, 2001)</i>	Ann Turner	2:16:33
1500 Metres W75 <i>(11:31.7, Glenice Shanahan, 1999)</i>	Lil Heatly	11:22.4
3000 Metres W75 <i>(23:46.0, Glenice Shanahan, 1999)</i>	Lil Heatly	23:44.8
3000 Metres W65	Margaret Robinson	15:00.6
3000 Metres W65 <i>(18:05.3, Pat Carr, 1997)</i>	Margaret Robinson	14:48.2
5000 Metres W65 <i>(25:13.6, Jill Bowers, 2003)</i>	Margaret Robinson	24:50.7
10,000 Metres W65 <i>(52:27.4, Ann Turner, 2003)</i>	Margaret Robinson	51:58.4
8k Road Walk W45 <i>(inaugural)</i>	Jenni Shillington	60:55
8k Road Walk W65 <i>(69:55, Lorna Laughlan, 1998)</i>	Dorothy Whittam	63:40
8k Road Walk W70 <i>(97:26, Lorna Laughlan, 2000)</i>	Lorna Laughlan	63:42
15k Road Walk W55 <i>(1:44:37, Jacqui Billington, 1999)</i>	Val Millard	1:43:21

15k Road Walk W60 (1:56:00, Dorothy Whittam, 2000)	Lynne Schickert	1:48:17
15k Road Walk W65 (2:07:58, Val Wheeler, 2000)	Dorothy Whittam	2:01:38
16k Road Walk W55 (inaugural)	Michele Mison	1:55:28
Half Marathon Walk W45 (inaugural)	Jeni Shillington	2:37:33
Half Marathon Walk W45 (inaugural)	Christine Pattison	2:37:33
Half Marathon Walk W50 (inaugural)	Janis Malin	2:55:43
Half Marathon Walk W55 (inaugural)	Valerie Millard	2:26:41
Half Marathon Walk W60 (inaugural)	Lynne Schickert	2:34:15
Half Marathon Walk W65 (inaugural)	Jacqui Beaumont	2:57:44
Heavy Weight Throw W75 (7.64m, Raema McMillan, Apr. 2003)	Raema McMillan	7.75m
Javelin W75 (15.15m, Raema McMillan, Apr. 2003)	Raema McMillan	15.41m
2000m Track Walk W60 (12:37.8, Lorna Lauchlan, 1990)	Lynne Schickert	12:24.0
1000m Track Walk W60 (6:26.0, Dorothy Whittam, 1999)	Lynne Schickert	5:55.1
1500m Track Walk W60	Lynne Schickert	9:31.5
1500m Track Walk W60 (9:36.6, Lynne Schickert, 2002)	Lynne Schickert	9:28.3
10k Road Walk W60 (70:11.2, Lynne Schickert, 2002)	Lynne Schickert	68:56