

## SUMMARY OF STATE RECORDS FROM JANUARY - DECEMBER 2004

### MEN

60 metres M45	Greg Vander Sanden	7.8=
<i>(previous 7.8, John Stone, 1998, David Carr, 1978)</i>		
60 metres M65	Norm Richards	8.98 (set in 2003)
60 metres M65	Norm Richards	8.81 (set in 2003)
60 metres M65	David Clive	8.66
<i>(8.81, Norm Richards, 2003)</i>		
100 metres M80	Donald Frearson	18.33
<i>(18.58, Donald Frearson, 2002)</i>		
200 metres M75	Gordon Medcalf	34.7
<i>(34.9, Sydney Coleman, 1991)</i>		
200 metres M80	Donald Frearson	39.09
<i>(39.19, Donald Frearson, 2002)</i>		
1000 metres M70	David Carr	3:47.2
<i>(4:20.0, Allen Tyson, 1996)</i>		
3000 metres M40	Jon Kappler	8:58.96
3000 metres M40	Jon Kappler	8:54.4
<i>(Open Record)</i>		
5000 metres M30	Paul Mitchell	15:37.9
<i>(15:44.4, Paul Mitchell, 2003)</i>		
5000 metres M40	Jon Kappler	15:39.0
<i>(15:49.0, Frank Smith, 1983)</i>		
10000 metres M75	Cecil Walkley	54:13
<i>(62:13.1, Frank Hansford-Miller, 1993)</i>		
Half Marathon M75	Cecil Walkley	2:00:37
<i>(2:08:04, Arthur Leggett, 1995)</i>		
Marathon M75	Cecil Walkley	5:00.47
<i>(inaugural)</i>		
110 metre Hurdles	Matthew Staunton	21.23
<i>(27.2, Jason Johansson, 1999)</i>		
1500 metre Walk M75	StanJones	9:28.1
<i>(9:38.6, Stan Jones, 2003)</i>		
3000 metre Walk M75	StanJones	19:25.5
<i>(21:14.7, Dick Horsley, 1989)</i>		
Long Jump M30	Matthew Staunton	5.77 metres
Long Jump M30	Matthew Staunton	6.15 metres
<i>(5.15, Rob Colton, 1996)</i>		
Triple Jump M30	Matthew Staunton	11.05 metres
<i>(10.15, Mark Hamilton, 2003)</i>		
High Jump M30	Matthew Staunton	1.65 metres
High Jump M30	Matthew Staunton	1.75 metres (3 times)
<i>(1.64, Gavin Hames, 1996)</i>		
Pole Vault M30	Matthew Staunton	3.00 metres (twice)
<i>(inaugural)</i>		
Javelin M30	Mark Hamilton	40.26 metres

(39.09, Mark Hamilton, 2003)

Javelin M30 Gavin Hames 47.10 metres (set in '96)

Discus M30 Mark Hamilton 40.22 metres

Discus M30 Mark Hamilton 40.86 metres

Discus M30 Mark Hamilton 42.24 metres

(39.60, Gavin Hames, 1996)

Heavy Weight M30 Mark Hamilton 12.47 metres

Heavy Weight M30 Mark Hamilton 12.56 metres

Heavy Weight M30 Mark Hamilton 13.07 metres

(12.00, Gavin Hames, 1996)

Heavy Weight M35 Kevin Webster 9.75 metres

Heavy Weight M35 Stephen Noteboom 11.36 metres

(8.42, Wayne Bariolo, 2003)

10k Road Run M75 Irwin Barrett-Lennard 48:47

10k Road Run M75 Irwin Barrett-Lennard 47:35

(69:16, Merv Moyle, 2003)

15k Road Run M75 Irwin Barrett-Lennard 73:13

(inaugural)

25k Road Run M75 Irwin Barrett-Lennard 2:10.35

(3:42.20, Allen Tyson, 2001)

2000m Walk M75 Stan Jones 13:24.0

(13:57.0, Dick Horsley, 1988)

15k Road Walk M75 Stan Delandgraftt 1:55.30

(1:56.46, Jack Collins, 1991)

Half Marathon Walk M70 Dick Blom 2:32:59

(inaugural)

Pentathlon M70 David Carr 3226 pts (set in 2003)

(2141points, Allen Tyson, 1996)

Pentathlon M40 Greg Vander Sanden 2467 points (in 2003)

(2352 points, Campbell Till, 2002)

Pentathlon M30 Matthew Staunton 2489 points

(2365 points, Wayne Bariolo, 2000)

Decathlon M30 Matthew Staunton 4749 points

(inaugural)

Weight Pentathlon M50 Geoffrey Gee 2935 points

Weight Pentathlon M50 Geoffrey Gee 3094 points

(2488 pts, Murray Tolbert, 2000)

Weight Pentathlon M70 Alex Cummings 3233 points

(3087 pts, Bill Chapman, 1987)

4x100 relay M45 David Clive, David Carr, Henri Cortis, Campbell Till  
52.56

(inaugural)

## WOMEN

60 metres W80	Phyllis Head	24.5	
<i>(27.16, Phyllis Head, 2002)</i>			
100 metres W60	Peggy Macliver	14.90	
<i>(15.3, Dorothy Whittam, 1997, Pat Carr, 1993)</i>			
200 Metres W60	Peggy Macliver	31.09	
<i>(32.2, Dorothy Whittam, 1996)</i>			
400 metres W60	Peggy Macliver	69.16	
<i>(78.9, Noela Metcalf, 1995)</i>			
800 metres W60	Peggy Macliver	2:56.46	
<i>(3:07.8, Ruth Johnson, 2003)</i>			
800 metres W50	Barbara Blurton	2:21.7	
<i>(2:24.23, Barbara Blurton, 2002)</i>			
Marathon W65	Jill Bower	4:59.44	
<i>(inaugural)</i>			
1500m Walk W45	Lyn Ventris	6:52.67	(set in 2003)
<i>(8:17.0, Lesley Romeo, 1993)</i>			
1500m Walk W60	Luella Jenkins	9:21.9	(set in 2002)
<i>(9:28.3, Lynne Schickert, 2003)</i>			
2000m Walk W45	Robin King	10:23.0	
<i>(10:25.0, Rose-Marie Holloway, 2002)</i>			
3000m Walk W60	Lynne Schickert	18:59.7	(set in 2003)
<i>(19:04.0, Valerie Tyson, 1987)</i>			
5k Walk W45	Lyn Ventris	23:56.62	<b>AR &amp; WR</b>
<i>(24:09.44, Lyn Ventris, 2002)</i>			
20k Road Walk W45	Lyn Ventris	104:09.0	<b>AB &amp; WB</b>
<i>(105:20, Lyn Ventris, 2004 note 94:44 unofficial WB)</i>			
Long Jump W55	Eileen Hindle	4.12 metres	
<i>(4.09, Dorothy Anderson, 1990)</i>			
Long Jump W80	Phyllis Head	0.92 metres	
<i>(0.89, Phyllis Head, 2000)</i>			
Discus W50	Kate Glass	26.25 metres	
<i>(25.10m, Kath Holland, 1999)</i>			
Discus (1.0kg) W75	Raema McMillan	15.98 metres	
<i>(15.92m, Raema McMillan, 2003)</i>			
Discus (0.75kg) W75	Raema McMillan	18.56 metres	
<i>(inaugural)</i>			
Hammer W30	Tracey Brown	33.98 metres	
Hammer W30	Tracey Brown	34.10 metres	
<i>(22.74 m, Sharon Maloney, 1996)</i>			
Hammer W50	Kate Glass	43.27 metres	
Hammer W50	Kate Glass	41.81 metres	
<i>(37.36, Kate Glass, 2003)</i>			
Hammer W55	Eileen Hindle	25.15 metres	
Hammer W55	Eileen Hindle	26.22 metres	
<i>(previous 24.44, Dorothy Whittam, 1992)</i>			
Hammer (2kg) W75	Raema McMillan	15.75 metres	
Hammer (2kg) W75	Raema McMillan	21.04 metres	

*(inaugural)*

Heavy Weight W30	Tracey Brown	10.30 metres
Heavy Weight W30	Tracey Brown	10.81 metres
Heavy Weight W30	Tracey Brown	12.18 metres <b>AR</b>
<i>(6.59 Katrina Spilsbury, 1998)</i>		
Heavy Weight W50	Kate Glass	12.17 metres
Heavy Weight W50	Kate Glass	12.79 metres
<i>(11.94m, Kate Glass, 2003)</i>		
Heavy Weight W55	Eileen Hindle	8.97 metres
Heavy Weight W55	Eileen Hindle	9.30 metres
<i>(8.24, Dorothy Whittam, 1992)</i>		
Heavy Weight W65	Dorothy Whittam	10.50 metres
<i>(10.19m, Dorothy Whittam, 2003)</i>		
Javelin W50	Kate Glass	21.14 metres
Javelin W50	Kate Glass	21.65 metres
<i>(21.04m, Barbara Wilson, 2002)</i>		
Javelin W75	Rae McMillan	16.07 metres
Javelin W75	Rae McMillan	16.39 metres
<i>(15.41m, Raema Mcmillan, 2003)</i>		
Shot W30	Tracey Brown	10.04 metres
Shot W30	Tracey Brown	10.25 metres
<i>(9.99 m, M. Prior, 1990)</i>		
Shot W50	Kate Glass	10.39 metres
Shot W50	Kate Glass	10.96 metres
<i>(8.59m, Dorothy Whittam, 1993)</i>		
Shot W65	Dorothy Whittam	7.55 metres
<i>(7.45m, Lorna Lauchlan, 1997)</i>		
Shot (3kg) W75	Raema McMillan	6.38 metres
<i>(6.33, Raema McMillan, 2003)</i>		
Shot (2kg) W75	Raema McMillan	7.06 metres
Shot (2kg) W75	Raema McMillan	7.32 metres
<i>(inaugural)</i>		
15K Road Run W55	Gillian Young	1:13.53
<i>(1:14.08, Margery Forden, 2001)</i>		
8k Road Walk W55	Valerie Millard	52:40
<i>(97:26, Jacqui Billington, 2000)</i>		
8k Road Walk W60	Lynne Schickert	55:33
<i>(inaugural)</i>		
8k Road Walk W65	Dorothy Whittam	63:06
<i>(63:40, Dorothy Whittam, 2003)</i>		
8k Road Walk W70	Lorna Lauchlan	62:33
<i>(63:42, Lorna Lauchlan, 2003)</i>		
10k Road Walk W60	Lorraine Lopes	68:12
10k Road Walk W60	Lorraine Lopes	67:13
<i>(70:11.2, Lynne Schickert, 2002)</i>		
15k Road Walk W55	Valerie Millard	1:40.32
<i>(1:43.21, Valerie Millard, 2003)</i>		
15k Road Walk W60	Lorraine Lopes	1:44.35
<i>(1:48.17, Lynne Schickert, 2003)</i>		

15k Road Walk W70 Lorna Lauchlan 1:54.58  
(*inaugural*)

20k Road Walk W60 Lynne Schickert 2:37:44  
(*inaugural*)

Weight Pentathlon W50 Kate Glass 3299 points  
Weight Pentathlon W50 Kate Glass 3451 points  
(2310 pts, Eileen Hindle, 2002)

Weight Pentathlon W30 Tracey Brown 2383 points  
Weight Pentathlon W30 Tracey Brown 2422 points  
(1814 pts, Sharon Maloney, 1996)

Pentathlon W70 Pat Carr 2786 points (set in 2003)  
(2407 points, Pat Carr, 2002)

4x400 relay W45 Peggy Macliver, Lynne Choate, Lyn Ventris, Barbara Blurton 4:52.35  
(*inaugural*)