

## SUMMARY OF STATE RECORDS FOR 2009

### MEN

(\* = unjudged walk – club best)

60m M30 (7.32, Brett Blanco, 2006)	Cam Yorke	7.27	18/1/09
60m M80 (inaugural)	Irwin Barrett-Lennard	10.8	9/7/09
200m M80 (39.09, Don Frearson, 2004)	Irwin Barrett-Lennard	36.5	9/7/09
400m M80  (102.5, Syd Coleman, 1996)	Irwin Barrett-Lennard Irwin Barrett-Lennard Irwin Barrett-Lennard	86.4 85.3 85.53	25/6/09 9/7/09 7/8/09
800m M30 (1:55.84, Cam Yorke, 2008)	Cam Yorke	1:55.45	6/11/09
800m M80  (3:30.1, John Gilmour, 2001)	Irwin Barrett-Lennard Irwin Barrett-Lennard	3:24.5 3:23.30	14/5/09 2/8/09
1500m M80  (10:23.0, Johan Sanders, 1986)	Cec Walkley Cec Walkley	8:00.4 7:54.7	11/6/09 3/12/09
Mile M80 (inaugural)	Irwin Barrett-Lennard	7:44.3	2/7/09
3000m M80 (inaugural)	Irwin Barrett-Lennard	14:16.8	7/5/09 <b>AR</b>
5000m M80 (25:00.81, John Gilmour, 2001)	Irwin Barrett-Lennard	23:57.6	30/4/09 <b>AR</b>
10000m M75 (47:23.3, David Carr, 2008)	David Carr	47:11.9	15/10/09
10000m M80 (60:08.3, John Gilmour, 2003)	Irwin Barrett-Lennard	51:34.24	6/8/09
100mH M50 (17.47, Garry Ralston, 2008)	Garry Ralston	16.8	28/3/09
300mH M65 (55.8, Don Chambers, 2007)	Keith Martin	53.9	29/3/09
300mH M70 (54.63, Don Chambers, 2007)	Don Chambers	53.74	2/8/09
400mH M30 (54.83, Cam Yorke, 2008)	Cam Yorke	54.43	18/1/09 <b>AR</b>
2000m SC M65 (8:07.04, Bert Carse, 2008)	Bert Carse	8:05.83	8/8/09
2000m SC M80 (24:49.7, Frank Hansford-Miller, 2001)	Cec Walkley	12:35.6	27/11/09
10k Road M80 (inaugural)	Irwin Barrett-Lennard	49:02	24/5/09
15k Road M80 (inaugural)	Irwin Barrett-Lennard	74:14	3/5/09

Half Mara M80 <i>(inaugural)</i>	Cec Walkley	2:12:08	17/5/09
25k Road M80 <i>(inaugural)</i>	Cec Walkley	3:28:16	14/6/09
Marathon M80 <i>(inaugural)</i>	Cec Walkley	6:06:05	5/7/09
50k M30 <i>(5:46:10, Stephen Dunn, 1998)</i>	Grahak Cunningham	3:57:51	17/5/09
10,000m Walk M45 <i>(55:43.8, Garry Hastie, 2008)</i>	Garry Hastie	53:48.3	11/3/09
10k Road Walk M45 <i>(52:53.0, John Mison, 1996)</i>	Garry Hastie	50:34.1	12/7/09
*15k Walk M70  <i>(inaugural)</i>	Bob Fergie Jeff Whittam John Frost	2:04:32 2:04:32 1:56:34	26/4/09 26/4/09 14/6/09
*15k Walk M75 <i>(1:55:30, Stan Delandgraftt, 2004)</i>	Ray Hall	1:50:58	14/6/09
*Half Mara Walk M45 <i>(1:52:25, Garry Hastie, 2008)</i>	Garry Hastie	1:52:09	17/5/09
High Jump M65  <i>(1.20, Bob Fergie, 2001)</i>	Keith Martin Keith Martin	1.30m 1.30m	28/3/09 11/4/09
Triple Jump M70  <i>(8.23, Don Chambers, 2008)</i>	David Clive Don Chambers Don Chambers	8.58m 8.58m 8.74m	12/4/09 16/10/09 5/8/07
Pole Vault M70  <i>(1.50m, Don Chambers, 2008)</i>	Don Chambers Don Chambers Don Chambers Don Chambers	1.50m= 1.90m 2.00m 2.00m	1/3/09 8/3/09 5/7/09 29/7/09
Discus M50 <i>(40.72, John Cochrane, 1987)</i>	Tom Gravestock	41.03m	1/12/09
Hammer M40  <i>(31.26, Bob Fergie, 1978)</i>	Sakkie Mathewson Sakkie Mathewson	35.20m 37.63m	14/2/09 17/2/09
Hammer M50  <i>(42.94, John Everard, 2008)</i>	John Everard John Everard Lajos Joni	42.94m 44.27m 44.32m	8/3/09 12/4/09 18/12/09
Hammer M55 <i>(33.10, Bob Fergie, 1993)</i>	Geoff Gee	34.26m	28/3/09
Shot M55 <i>(12.12, Geoff Gee, 2008)</i>	Geoff Gee	12.78m	6/1/09
Weight M40  <i>(9.37, Kevin Webster, 2008)</i>	Kevin Webster Sakkie Mathewson Damon Vincent Sakkie Mathewson	9.89m 10.45m 10.84m 11.56m	12/2/09 24/2/09 28/3/09 29/3/09
Weight M50 <i>(15.27, Geoff Gee, 2006)</i>	Lajos Joni	15.31m	17/12/09

Weight M55	Geoff Gee	13.78m	6/1/09	
	Geoff Gee	14.38m	8/1/09	
	Geoff Gee	14.96m	28/3/09	
<i>(13.50, Geoff Gee, 2008)</i>				
Weight Pentathlon M40	Damon Vincent	2233 pts	28/3/09	
	Sakkie Mathewson	2386 pts	12/4/09	
<i>(2199, Ian Cotton, 2008)</i>				
Weight Pentathlon M55	Geoff Gee	3461 pts	28/3/09	
<i>(2715, Murray Tolbert, 2002)</i>				
Decathlon M70	Don Chambers	5352 pts	1/3/09	
	Don Chambers	5517 pts	29/7/09	
<i>(5295 pts, Don Chambers, 2008)</i>				
4x100m Relay M55	MAWA	57.10	12/4/09	
<i>(inaugural)</i>				
4x100m Relay M65	MAWA	58.6	5/2/09	
<i>(61.2, MAWA, 2008)</i>				
4x800m Relay M35	MAWA	9:41.0	19/2/09	
<i>(11:41.3, MAWA, 2008)</i>				
4x800m Relay M45	MAWA	10:48.7	19/2/09	
<i>(inaugural)</i>				
4x800m Relay M75	MAWA	16:04.5	19/2/09	<b>AR</b>
<i>(16:07.1, MAWA, 2008)</i>				
4x1500m Relay M30	MAWA	21:14.6	12/2/09	
<i>(inaugural)</i>				
4x1500m Relay M45	MAWA	20:27.3	12/2/09	
<i>(inaugural)</i>				
4x1500m Relay M75	MAWA	30:01.7	12/2/09	<b><u>A/W</u></b>
<i>(34:17.0, MAWA, 2008)</i>				

## **WOMEN**

(\* = unjudged walk – club best)

60m W55	Lynne Choate	9.0=	22/1/09	
	Lynne Choate	9.04	10/4/09	
<i>(9.0, Lynne Choate, 2008)</i>				
100m W55	Lynne Choate	14.41=	1/8/09	
<i>(14.1, Peggy Macliver, 1999)</i>				
100m W65	Peggy Macliver	15.51	1/8/09	
<i>(15.4, Pat Carr, 1997)</i>				
200m W65	Peggy Macliver	33.0	18/6/09	
	Peggy Macliver	32.49	1/8/09	
	Peggy Macliver	32.15	3/8/09	
<i>(33.6, Pat Carr, 1997)</i>				
400m W65	Peggy Macliver	73.24	7/8/09	<b>AR</b>
<i>(81.7, Ruth Johnson, 2006)</i>				
800m W65	Peggy Macliver	3:10.2	19/11/09	
	Peggy Macliver	3:06.7	10/12/09	
<i>(3:12.4, Ruth Johnson, 2007)</i>				
1000m W65	Peggy Macliver	4:15.0	7/5/09	
<i>(5:46.0, Pat Carr, 2000)</i>				

1500m W60 (5:55.03, Jackie Halberg, 2007)	Gillian Young	5:50.9	28/3/09
1500m W65 (6:42.0, Ruth Johnson, 2007)	Peggy Macliver	6:29.5	3/12/09
Mile W65 (8:53.2, Pat Carr, 1998)	Peggy Macliver	7:30.0	17/12/09
3000m W65 (14:48.2, Margaret Robinson, 2003)	Peggy Macliver	14:20.7	22/10/09
5000m W65 (24:50.7, Margaret Robinson, 2003)	Peggy Macliver	24:14.9	26/11/09
10k Road W60 (47:29, Gillian Young, 2007)	Gillian Young	46:09	24/5/09
10k Road W70 (74:12, Margaret Warren, 2006)	Kathy Burr	69:08	24/5/09
15k Road W65 (78:08, Lorraine Lopes, 2006)	Lorraine Lopes	76:22	3/5/09
15k Road W70 (inaugural)	Kathy Burr	1:49:16	14/6/09
Half Mara W60 (1:45:41, Gillian Young, 2008)	Gillian Young	1:42:00	22/3/09
Half Mara W65 (1:56:58, June Strachan, 1990)	Lorraine Lopes	1:56:00	17/5/09
25k Road W60 (2:11:43, Marg Forden, 2003)	Gillian Young	2:07:05	14/6/09
50k Road W50 (4:28:54, Christine Pattison, 2008)	Christine Pattison	4:24:54	17/5/09
300mH W65 (inaugural)	Ruth Johnson	71.3	29/3/09
1500mW W75 (12:09.0, Lorna Lauchlan, 2008)	Lorna Lauchlan	12:07.0	29/3/09
3000mW W75 (25:21.0, Glenice Shanahan, 1999)	Lorna Lauchlan	24:53.6	28/3/09
5000mW W75 (42:14.9, Glenice Shanahan, 2000)	Lorna Lauchlan	42:07.1	12/3/09
*Half Mara Walk W50 (1:49:31, Lynne Ventris, 2008)	Lynne Ventris	1:47:02	17/5/09
Discus W30 (39.36, Byrony Glass, 2008)	Byrony Glass	39.66m	15/3/09
Discus W40 (29.56, Lynn Carter, 1989)	Louise Oswald	30.08m	27/10/09
Shot W60 (9.52, Bev Hamilton, 2007)	Bev Hamilton	10.43m	29/3/09
Hammer W30 (56.23, Byrony Glass, 2008)	Byrony Glass Byrony Glass	57.73m 57.77m	11/1/09 28/2/09
Hammer W60 (23.93, Dorothy Whittam, 1999)	Bev Hamilton	26.09m	28/3/09

Hammer (2Kg) W80 (20.08, Rae McMillan, 2007)	Rae McMillan	20.96m	28/3/09
Javelin W35 (31.06, Carolyn Wills, 2007)	Carolyn Wills	31.32m	13/1/09
Javelin W40 (25.84, Sharon Moloney, 2005)	Louise Oswald	26.02m	10/11/09
Weight W30 (16.44, Byrony Glass, 2008)	Byrony Glass	17.41m	29/3/09
	Byrony Glass	17.59m	13/4/09
Weight W60 (10.33, Dorothy Whittam, 1998)	Bev Hamilton	10.79m	28/3/09
	Bev Hamilton	10.79m	29/3/09
	Bev Hamilton	11.05m	13/4/09
	Bev Hamilton	12.35m	12/10/09
Weight W70 (8.89, Dorothy Whittam, 2008)	Dorothy Whittam	9.17m	28/3/09
	Dorothy Whittam	9.40m	29/3/09
Weight Pentathlon W30 (3604, Byrony Glass, 2008)	Byrony Glass	3831 pts	12/4/09 <b>AR</b>
Throws Pentathlon W60 (3157, Bev Hamilton, 2008)	Bev Hamilton	3367 pts	28/3/09
	Bev Hamilton	3596 pts	18/10/09
Pentathlon W35 (inaugural)	Carolyn Wills	2455 pts	22/1/09
	Carolyn Wills	2700 pts	9/3/09
Pentathlon W45 (inaugural)	Sharon Moloney	1806 pts	22/1/09
Pentathlon W50 (inaugural)	Carol Bowman	1368 pts	22/1/09
Pentathlon W60 (inaugural)	Peggy Macliver	3168 pts	21/3/09
Pentathlon W65 (inaugural)	Lynne Schickert	1500 pts	22/1/09
	Ruth Johnson	2888 pts	21/3/09
4x100m Relay W40 (inaugural)	MAWA	60.8	5/2/09
4x400m Relay W35 (5:04.82, MAWA, 2000)	MAWA	4:48.3	26/2/09
4x400m Relay W60 (6:09.8, MAWA, 2008)	MAWA	5:24.5	26/2/09
4x800m Relay W35 (inaugural)	MAWA	11:29.8	19/2/09
4x800m Relay W50 (inaugural)	MAWA	13:30.8	19/2/09
4x800m Relay W60 (13:04.9, MAWA, 2008)	MAWA	12:36.6	19/2/09
4x1500m Relay W30 (inaugural)	MAWA	28:47.9	12/2/09
4x1500m Relay W40 (inaugural)	MAWA	24:17.3	12/2/09
4x1500m Relay W60 (26:47.3, MAWA, 2007)	MAWA	26:30.0	12/2/09 <b><u>AW</u></b>