

## SUMMARY OF STATE RECORDS FOR 2010

### MEN

(\* = unjudged walk – club best)

200m M30 (22.89, Brett Blanco, 2005)	Cam Yorke	22.63	8/1/10	
800m M30 (1:55.43, Cam Yorke, 2009)	Scott Tamblin	1:55.11	22/1/10	<b>AR</b>
400mH M30 (54.43, Cam Yorke, 2009)	Cam Yorke	54.29	22/1/10	<b>AR</b>
2000m SC M80 (12:35.6, Cec Walkley, 2009)	Cec Walkley	12:24.4	15/1/10	
Hammer M50 (44.32, Lajos Joni, 2009)	Lajos Joni	44.35m	8/1/10	

### WOMEN

(\* = unjudged walk – club best)

800m W70 (4:22.5, Glenice Shanahan, 1995)	Lorraine Lopes Lorraine Lopes	3:49.0 3:37.3	12/1/10 21/1/10	
1500m W70 (9:27.9, Glenice Shanahan, 1997)	Lorraine Lopes	7:09.6	21/1/10	
3000m W70 (20:53.3, Glenice Shanahan, 1997)	Lorraine Lopes	15:27.4	12/1/10	
Javelin W40 (26.02, Louise Oswald, 2009)	Louise Oswald	26.60m	8/1/10	
Javelin W80 (14.93, Rae McMillan, 2008)	Rae McMillan	15.27m	12/1/10	<b>AR</b>
Heavy Weight W40 (8.25, Sandra Smith, 1998)	Louise Oswald	8.30m	12/1/10	
Pentathlon W30 (inaugural)	Melissa Foster	1788pts	21/1/10	
Pentathlon W40 (inaugural)	Simone Solomon	1532pts	21/1/10	
Pentathlon W55 (inaugural)	Carol Bowman	1575pts	21/1/10	
Pentathlon W65 (2888pts, Ruth Johnson, 2009)	Peggy Macliver	3778pts [unofficial AR]	21/1/10	