

## TUESDAY RESULTS

### W30 400 Meter Run

Record: R 1:00.18

Name	Age	Finals
------	-----	--------

#### Finals

1 Cacauas, Kat	W30	1:14.47
2 Snell, Clancy	W34	1:21.82

### W45 400 Meter Run

Record: R 1:07.00 23/10/2008 sue bourke, Unattached

Name	Age	Finals
------	-----	--------

1 Dudley, Cheryl	W48	1:25.44
2 Hunter, Sharyn	W48	1:26.21

### W50 400 Meter Run

Record: R 1:13.25

Name	Age	Finals
------	-----	--------

1 Smith, Maureen	W52	1:31.63
2 Kinnaird, Carol	W51	2:06.69

### W55 400 Meter Run

Record: R 1:18.88

Name	Age	Finals
------	-----	--------

1 Pulsford, Laurance	W56	1:29.03
2 Lockey, Helen	W57	1:43.85
3 Carr, Therese	W56	1:54.21

### W60 400 Meter Run

Record: R 1:25.90

Name	Age	Finals
------	-----	--------

1 Llewelyn, Shakuntala	W61	2:01.84
------------------------	-----	---------

### W65 400 Meter Run

Record: R 1:22.45 22/10/2002 Miriam Cudmore, SA

Name	Age	Finals
------	-----	--------

1 Abrey, Mary	W66	1:35.50
2 Edwards, Maree	W65	2:05.66

### W70 400 Meter Run

Record: R 1:35.38 16/10/2012 Ruth Johnson, Unattached

Name	Age	Finals
------	-----	--------

1 Trengove, Margaret	W72	2:17.81
2 Foulds, Magnolia	W70	2:44.29
3 Mitchell, Jill	W73	3:04.65

### M30 400 Meter Run

Name	Age	Finals
------	-----	--------

## TUESDAY RESULTS

---

---

1 Majad, Khan	M30	1:03.08
---------------	-----	---------

### M35 400 Meter Run

---

---

Record: R 53.22

Name	Age	Finals
------	-----	--------

---

---

1 Pearson, Greg	M37	1:07.22
2 White, Craig	M39	1:11.38
3 Siew, Eu Ho	M39	1:14.00

### M40 400 Meter Run

---

---

Record: R 54.20

Name	Age	Finals
------	-----	--------

---

---

1 Black Cockatoo, Xanathan	M41	1:04.03
2 Scott, David	M43	1:06.87
3 Holdaway, Jeffrey	M42	1:08.28

### M45 400 Meter Run

---

---

Record: R 55.37

Name	Age	Finals
------	-----	--------

---

---

1 Wickremasena, Priyantha	M46	1:09.03
2 Windebank, Craig	M45	1:12.40

### M50 400 Meter Run

---

---

Record: R 56.80

Name	Age	Finals
------	-----	--------

---

---

1 Reeve, David	M50	1:04.22
2 Johnson, Reggie	M50	1:07.03
3 Dickson, Ken	M51	1:07.28
4 Smith, Dale	M50	1:19.07
5 Stewart, Owen	M53	1:24.97
6 McConnell, Peter	M52	1:36.31

### M55 400 Meter Run

---

---

Record: R 1:00.19

Name	Age	Finals
------	-----	--------

---

---

1 Reval, Gregory	M58	1:13.56
2 Day, Christopher	M56	1:19.53
3 White, Norman	M58	1:24.25

### M60 400 Meter Run

---

---

Record: R 1:00.19

Name	Age	Finals
------	-----	--------

---

---

1 Allan, Grant	M61	1:10.78
----------------	-----	---------

### M65 400 Meter Run

---

---

Record: R 1:04.85

Name	Age	Finals
------	-----	--------

---

---

## TUESDAY RESULTS

1	Hubbard, Alan	M66	1:24.28
2	Roberts, Michael	M66	1:24.53
3	Walton, John	M68	2:12.44

### M70 400 Meter Run

Record: R 1:16.42

Name	Age	Finals
1 Hawken, Selwyn	M71	1:35.31
2 Doust, Robert	M72	1:55.50

### M75 400 Meter Run

Record: R 1:28.53 16/10/2012 Donald Chambers, Unattached

Name	Age	Finals
1 Trengove, Colin	M79	2:00.19

### M80 400 Meter Run

Record: R 1:32.30 23/10/2008 Robert Lewis, Unattached

Name	Age	Finals
1 Johnstone, Peter	M80	2:35.34

### W40 1500 Meter Run

Name	Age	Finals
1 Poole, Melanie	W44	8:20.39

### W45 1500 Meter Run

Name	Age	Finals
1 Suffolk, Cristine	W46	5:49.57
2 Hunter, Sharyn	W48	7:37.39

### W55 1500 Meter Run

Name	Age	Finals
1 Summers, Helen	W55	6:35.10
2 Cook, Leanne	W56	6:41.63
3 Lockey, Helen	W57	7:59.94

### ...W55 1500 Meter Run

4	Carr, Therese	W56	10:19.60
---	---------------	-----	----------

### W60 1500 Meter Run

Name	Age	Finals
1 Llewelyn, Shakuntala	W61	10:04.69

### W65 1500 Meter Run

Name	Age	Finals
1 Abrey, Mary	W66	8:11.88
2 Edwards, Maree	W65	8:17.13

## TUESDAY RESULTS

### W75 1500 Meter Run

Name	Age	Finals
1 Howard, Sheila	W76	10:11.29

### M35 1500 Meter Run

Record: R 4:24.20 1988 Adrian Wellington, Unattached		
Name	Age	Finals
1 White, Bradley	M37	4:59.97
2 White, Craig	M39	6:10.52

### M40 1500 Meter Run

Record: R 4:26.38 1988 John Bell, Unattached		
Name	Age	Finals
1 Browell, Leigh	M42	5:55.19

### M45 1500 Meter Run

Record: R 4:31.10 1992 John Bell, NT		
Name	Age	Finals
1 Wickremasena, Priyantha	M46	7:11.59

### M50 1500 Meter Run

Name	Age	Finals
1 Johnson, Reggie	M50	6:38.57
2 Smith, Dale	M50	6:54.19

### M55 1500 Meter Run

Record: R 5:12.90 1992 John Noort, NT		
Name	Age	Finals
1 Dawson, Mark	M55	5:26.00

### ...M55 1500 Meter Run

2 Lyon, Bruce	M58	6:18.22
3 Day, Christopher	M56	6:54.58
4 White, Norman	M58	8:21.72
5 Cameron, Robert	M58	8:59.57

### M60 1500 Meter Run

Record: R 5:18.98 1990 Peter Couattie, NSW		
Name	Age	Finals
1 Allan, Grant	M61	6:25.47

### M65 1500 Meter Run

Name	Age	Finals
1 Walton, John	M68	6:25.69
2 heggie, Hugh	M65	7:35.07

### M70 1500 Meter Run

## TUESDAY RESULTS

Name	Age	Finals
1 Doust, Robert	M72	8:13.79
2 Hawken, Selwyn	M71	9:47.97

### M75 1500 Meter Run

Name	Age	Finals
1 Trengove, Colin	M79	9:41.88
2 Hobbs, Tom	M79	9:47.04

### M30 Long Jump

Name	Age	Finals
1 McGargill, Gavin	M33	4.06m

### M35 Long Jump

Record: R 5.85m 23/10/2008 Yevgeniy Tkachenko, Unattached		
Name	Age	Finals
1 Siew, Eu Ho	M39	3.93m
2 Ross, Stuart	M39	3.88m

### M40 Long Jump

Record: R 5.75m 22/10/2002 Clarrie Whitaker, SA		
Name	Age	Finals
1 Scott, David	M43	5.04m

### M70 Triple Jump

Record: R 8.06m		
Name	Age	Finals
1 Hawken, Selwyn	M71	7.05m
2 Doust, Robert	M72	5.94m

### M80 Triple Jump

Record: R 5.98m		
Name	Age	Finals
1 Crowley, Charles	M83	6.26mR
2 Stewart, Ian	M81	5.41m

### W35 Shot Put

Record: R 10.12m		
Name	Age	Finals
1 Meade, Megan	W39	5.81m
2 Gee, Kerrie	W38	5.58m

### W45 Shot Put

Record: R 8.77m 19/10/2004 Bev Virgin, SA		
Name	Age	Finals

## TUESDAY RESULTS

1	Nayda, Samantha	W49	6.71m
2	Hunter, Sharyn	W48	6.25m
3	Wickremasena, Anita	W47	4.56m

### W50 Shot Put

---

---

Record: R 9.65m 20/10/2002 Carolyn Mackay, VIC			
Name	Age		Finals

---

---

1	Kinnaird, Carol	W51	6.40m
2	Martin, Suzanne	W53	4.27m

### M45 Shot Put

---

---

Record: R 11.39m			
Name	Age		Finals

---

---

1	Llewellyn, Darren	M46	8.75m
---	-------------------	-----	-------

### M50 Shot Put

---

---

Record: R 13.19m			
Name	Age		Finals

---

---

1	Nakaora, George	M50	10.22m
2	Dickson, Ken	M51	10.09m
3	Thompson, Lachlan	M50	8.85m
4	Stewart, Owen	M53	7.93m
5	Pearse, Peter	M51	7.12m

### W60 Discus Throw

---

---

Record: R 26.53m 20/10/2002 Helen Searle, NSW			
Name	Age		Finals

---

---

1	Walton, Jacqueline	W62	18.74m
2	Llewelyn, Shakuntala	W61	17.68m
3	Edwards, Beryl	W61	16.47m
4	Guelfi, Lyn	W62	16.25m
5	Bennett, Jan	W62	15.87m
6	Truscott, Bronwyn	W62	13.55m
7	Prior, Valerie	W61	11.39m
8	Parker, Cherryl	W63	10.28m

### W65 Discus Throw

---

---

Record: R 19.12m 22/10/2002 June Preece, VIC			
Name	Age		Finals

---

---

1	Dempsey, Cherie	W66	16.75m
2	Abrey, Mary	W66	15.31m
3	Walsh, Jenny	W67	12.23m

### W70 Discus Throw

---

---

Record: R 17.10m			
Name	Age		Finals

---

---

1	Dundas, Rhondda	W72	20.12mR
2	Hamill, Barb	W71	13.43m
3	Williams, Veronica Jean	W70	13.18m
4	Foulds, Magnolia	W70	8.67m

## TUESDAY RESULTS

### W75 Discus Throw

---

---

Record: R 19.90m		
Name	Age	Finals
1 Brockie, Nola	W78	15.32m

---

---

### M30 Discus Throw

---

---

Record: R 36.14m 16/10/2012 Russell Young, Unattached		
Name	Age	Finals
1 McGargill, Gavin	M33	16.97m

---

---

### M35 Discus Throw

---

---

Record: R 36.66m 23/10/2008 Alex Hamriding, Unattached		
Name	Age	Finals
1 Ross, Stuart	M39	24.54m
2 Shultz, Terry	M35	21.13m

---

---

### M40 Discus Throw

---

---

Record: R 34.18m 23/10/2008 george Nakaora, Unattached		
Name	Age	Finals
1 Scott, David	M43	27.73m
2 Ariston, Stephen	M40	25.46m
3 Browell, Leigh	M42	17.82m

---

---

### M45 Discus Throw

---

---

Record: R 32.53m 16/10/2012 Bradley Monk, Unattached		
Name	Age	Finals
1 Llewellyn, Darren	M46	21.10m

---

---

### W55 Javelin Throw

---

---

Record: R 25.96m		
Name	Age	Finals
1 Allan, Coral	W59	20.92m
2 Prior, Jean	W57	16.60m
3 Preece, Sally	W58	16.07m
4 Carr, Therese	W56	12.59m
5 Cunynghame, Cheryl	W56	10.56m
6 Gill, Sharon	W55	10.43m
7 Hawkett, Christine	W59	10.20m
8 Sowerby, Marie	W58	6.42m

---

---

### M70 Javelin Throw

---

---

Record: R 35.48m		
Name	Age	Finals
1 Hawken, Selwyn	M71	24.03m
2 Butterfield, Gary	M70	19.87m
3 Doust, Robert	M72	13.58m

---

---

### M80 Javelin Throw

## TUESDAY RESULTS

Record: R 23.44m 19/10/2004 Stan Stankovic, VIC

Name	Age	Finals
------	-----	--------

1 Crowley, Charles	M83	15.91m
2 Stewart, Ian	M81	15.67m