

Records Set (World, Australian, State/Territory)

Record level	event	age group	performance	date	place
World	4 x 400m relay	M55	3:55.11	Dec 1987	Melbourne
World	800m	M75	2:34.3	26 July 2007	Perth
World	800m	M75	2:34.3 (-)	16 Mar 2008	Perth
World	2	M75	8:56.59	23 Mar 2008	Perth
Australian	400m	M60	59.3	27 Mar 1993	Perth
Australian	400m	M60	58.46	10 Apr 1993	Adelaide
Australian	400m	M70	63.14	15 Jan 2003	Perth
Australian	400m	M70	62.83	16 Mar 2003	Perth
Australian	400m	M75	67.8	19 July 2007	Perth
Australian	400m	M75	67.7	6 Mar 2008	Perth
Australian	400m	M75	66.92	24 Mar 2008	Sydney
Australian	800m	M55	2:11.6	1 Nov 1987	Perth
Australian	800m	M55	2:10.59	15 Nov 1987	Melbourne
Australian	800m	M55	2:09.78	1 Dec 1987	Melbourne
Australian	800m	M60	2:15.5	14 Nov 1992	Perth
Australian	800m	M65	2:19.5	29 Mar 1998	Perth
Australian	800m	M70	2:26.93	8 Oct 2002	Melbourne
Australian	800m	M70	2:26.72	23 Feb 2003	Perth
Australian	800m	M70	2:25.14	7 July 2003	Puerto Rico
Australian	800m	M75	2:34.3	26 July 2007	Perth
Australian	800m	M75	2:34.3 (=)	16 Mar 2008	Perth
Australian	1500m	M70	5:05.2	20 Mar 2003	Perth
Australian	1500m	M75	5:28.1	2 Aug 2007	Perth
Australian	1500m	M75	5:28.1 (=)	8 Mar 2008	Perth
Australian	Mile	M70	5:45.7	5 Dec 2002	Perth
Australian	M	M75	6:04.2	12 July 2007	Perth
Australian	3000m	M75	12:18.3	16 Aug 2007	Perth
Australian	20	M75	9:17.6	17 Feb 2008	Perth
Australian	20	M75	8:56.59	22 Mar 2008	Sydney
Australian	Pentathlon	M65	3334 pts	22 Mar 1998	Perth
Australian	Pentathlon	M65	3461 pts	13 Apr 1998	Brisbane
Australian	Pentathlon	M75	3462 pts	8 Mar 2008	Perth
Australian	M	M60	9:02.0	16 Jan 1993	Perth
State	60m	M45	8.1	10 Dec 1977	Perth
State	60m	M45	7.8	18 Nov 1978	Perth
State	60m	M60	8.7	19 Oct 1995	Perth
State	60m	M65	9.3	19 Dec 1997	Perth
State	60m	M70	9.3	1 Mar 2005	Perth

State	400m	M70	63.77	11 Oct 2002	Melbourne
State	400m	M70	63.14	15 Jan 2003	Perth
State	400m	M70	62.83	16 Mar 2003	Perth
State	400m	M75	67.8	19 July 2007	Perth
State	400m	M70	67.7	6 Mar 2008	Perth
State	400m	M75	66.92	24 Mar 2008	Sydney
State	800m	M40	2:15.1	8 Nov 1975	Perth
State	800m	M40	2:11.1	18 Apr 1976	Perth
State	800m	M40	2:10.8	20 Mar 1977	Perth
State	800m	M40	2:10.7	1 Apr 1977	Perth
State	800m	M45	2:12.4	21 Dec 1977	Perth
State	800m	M45	2:08.4	1 Mar 1978	Perth
State	800m	M45	2:08.0	17 Feb 1979	Perth
State	800m	M45	2:08.0 (=)	15 Apr 1979	Perth
State	800m	M50	2:11.1	22 Jan 1983	Perth
State	800m	M50	2:08.8	1 Apr 1983	Melbourne
State	800m	M55	2:11.6	1 Nov 1987	Perth
State	800m	M55	2:10.59	15 Nov 1987	Perth
State	800m	M55	2:09.78	1 Dec 1987	Perth
State	800m	M60	2:15.5	14 Nov 1992	Perth
State	800m	M65	2:22.17	22 July 1997	Perth
State	800m	M65	2:19.5	29 Mar 1998	Perth
State	800m	M70	2:26.93	8 Oct 2002	Melbourne
State	800m	M70	2:26.72	23 Feb 2003	Perth
State	800m	M70	2:25.14	7 July 2007	Puerto Rico
State	800m	M75	2:34.3	26 July 2007	Perth
State	800m	M75	2:34.3 (=)	16 Mar 2008	Perth
State	1500m	M40	4:40.0	10 Mar 1976	Perth
State	1500m	M45	4:27.5	15 Feb 1978	Perth
State	1500m	M50	4:41.1	4 Mar 1984	Perth
State	1500m	M70	5:05.2	20 Mar 2003	Perth
State	1500m	M75	6:33.7	21 June 2007	Perth
State	1500m	M75	5:28.1	2 Aug 2007	Perth
State	1500m	M75	5:28.1 (-)	8 Mar 2008	Perth
State	Mile	M45	5:08.3	13 Nov 1980	Perth
State	Mile	M70	5:45.7	5 Dec 2002	Perth
State	Mile	M75	6:04.2	12 July 2007	Perth
State	3000m	M75	14:06.0	21 June 2007	Perth
State	3000m	M75	12:18.3	16 Aug 2007	Perth
State	5000m	M45	17:19.0	7 July 1977	Perth
State	5000m	M75	21:45.4	5 July 2007	Perth
State	10	M45	36:14.0	18 Sept 1977	Perth
State	10	M45	35:32.0	28 Sept 1977	Perth

State	10,000m	M75	47:23.3	16 Oct 2008	Perth
State	Marathon	M40	3:36:37	2 May 1976	Perth
State	400m hurdles	M40	74.5	20 Mar 1977	Perth
State	2000m steeplechase	M65	8:57.7	18 Mar 1999	Perth
State	2000m steeplechase	M75	9:17.60	17 Feb 2008	Perth
State	2000m steeplechase	M75	8:56.59	22 Feb 2008	Sydney
State	Pentathlon	M65	2928 pts	13 Jan 2000	Perth
State	Pentathlon	M65	2993 pts	11 Jan 2001	Perth
State	Pentathlon	M70	3226 pts	9 Jan 2003	Perth
State	Pentathlon	M75	3151 pts	17 Jan 2008	Perth
State	Pentathlon	M75	3462 pts	8 Mar 2008	Perth
State	M45 4 x 100m relay	M70	52.56	11 Apr 2004	Melbourne
State	M65 4 x 100m relay	M75	61.2	7 Feb 2008	Perth
State	M35 4 x 400m relay	M45	3:56.0	10 Jan 1980	Perth
State	M40 4 x 400m relay	M60	3:57.9	12 Dec 1992	Perth
State	M55 4 x 400m relay	M65	4:48.21	24 Apr 2000	Hobart
State	M50 4 x 400m relay	M70	4:06.53	17 Apr 2006	Perth
State	M65 4 x 400m relay	M70	4:25.8	20 Mar 2005	Perth
State	M40 4 x 800 relay	M60	9:02.0	16 Jan 1993	Perth
State	M60 4 x 800m relay	M75	10:54.1	14 Feb 2008	Perth

Medal Placings - World Masters Athletics Champs (WMA), World Masters Games (WMG), Australian Masters Athletics (AMA), Oceania Championships (OAMA), Australian Masters Games (AMG)

Competition	event	age group	placing	performance	date	place
WMA	4 x 400m relay	M55	1	3:55.11	1987	Melbourne
WMA	800m	M55	2	2:09.78	1987	Melbourne
WMA	400m	M60	3	59.13	1993	Miyazaki
WMA	800m	M60	2	2:15.56	1993	Miyazaki
WMA	4 x 400m relsy	M60	3	4:01.19	1993	Miyazaki
WMA	800m	M65	3	2:22.17	1997	Durban
WMA	1500m	M65	1	5:05.13	1997	Durban
WMA	800m	M65	1	2:23.08	1999	Gateshead
WMA	800m	M65	1	2:22.86	2001	Brisbane
WMA	800m	M70	1	2:25.14	2003	Puerto Rico
WMA	1500m	M70	2	5:28.82	2003	Puerto Rico
WMA	800m	M70	2	2:31.39	2005	San Sebastian
WMA	800m	M75	1	2:38.99	2007	Riccione
WMA	1500m	M75	1	5:58.30	2007	Riccione
WMG	400m	M60	1	60.90	1994	Brisbane
WMG	800m	M60	1	2:16.94	1994	Brisbane
AMA	200m	M40	1	25.4	1978	Perth
AMA	400m	M40	1	55.8	1978	Perth
AMA	800m	M40	2	2:10.7	1978	Perth
AMA	400m	M45	2	56.4	1979	Sydney
AMA	400m	M45	3	55.5	1980	Adelaide
AMA	800m	M45	3	2:08.1	1980	Adelaide
AMA	100m	M45	3	12.4	1982	Perth
AMA	200m	M45	3	25.8	1982	Perth
AMA	400m	M45	1	55.9	1982	Perth
AMA	100m	M50	3	13.2	1983	Melbourne
AMA	200m	M50	3	26.10	1983	Melbourne
AMA	400m	M50	1	55.79	1983	Melbourne
AMA	800m	M50	1	2:08.8	1983	Melbourne
AMA	400m	M50	3	58.4	1986	Adelaide
AMA	800m	M50	2	2:14.6	1986	Adelaide
AMA	400m	M55	1	57.9	1989	Perth
AMA	800m	M55	1	2:23.4	1989	Perth
AMA	1500m	M55	1	4:39.6	1989	Perth
AMA	400m	M55	1	57.7	1990	Melbourne
AMA	800m	M55	2	2:13	1990	Melbourne
AMA	1500m	M55	3	4:45	1990	Melbourne
AMA	400m	M55	2	58.4	1991	Canberra

AMA	800m	M55	2	2:17.5	1991	Canberra
AMA	1500m	M55	3	2:49.7	1991	Canberra
AMA	800m	M55	2	2:16.00	1992	Hobart
AMA	1500m	M55	2	4:48.97	1992	Hobart
AMA	x-country	M55	2	?	1992	Hobart
AMA	200m	M60	3	27.7	1992	Adelaide
AMA	400m	M60	1	58.46	1993	Adelaide
AMA	800m	M60	1	2:16.28	1993	Adelaide
AMA	1500m	M60	2	4:56.56	1993	Adelaide
AMA	400m	M60	1	60.45	1994	Sydney
AMA	800m	M60	2	2:20.33	1994	Sydney
AMA	1500m	M60	2	5:05.74	1994	Sydney
AMA	400m	M60	2	62.44	1997	Melbourne
AMA	800m	M60	2	2:24.0	1997	Melbourne
AMA	1500m	M60	2	5:03.11	1997	Melbourne
AMA	400m	M65	1	61.42	1998	Brisbane
AMA	800m	M65	1	2:23.11	1998	Brisbane
AMA	1500m	M65	1	5:04.74	1998	Brisbane
AMA	200m	M65	1	28.78	1999	Canberra
AMA	400m	M65	1	62.26	1999	Canberra
AMA	400m	M65	1	2:25.55	1999	Canberra
AMA	1500m	M65	1	5:13.01	1999	Canberra
AMA	x-country	M65	2	47:36	1999	Canberra
AMA	200m	M65	2	30.09	2000	Hobart
AMA	400m	M65	1	64.64	2000	Hobart
AMA	800m	M65	1	2:30.29	2000	Hobart
AMA	1500m	M65	2	5:26.27	2000	Hobart
AMA	400m	M65	2	63.67	2001	Sydney
AMA	800m	M65	1	2:28.57	2001	Sydney
AMA	1500m	M65	1	5:14.21	2001	Sydney
AMA	400m	M65	2	62.73	2002	Adelaide
AMA	800m	M65	2	2:26.16	2002	Adelaide
AMA	1500m	M65	1	5:30.13	2002	Adelaide
AMA	200m	M70	2	29.55	2003	Perth
AMA	400m	M70	1	64.59	2003	Perth
AMA	800m	M70	1	2:53.08	2003	Perth
AMA	1500m	M70	1	5:59.01	2003	Perth
AMA	800m	M70	1	2:31.66	2005	Brisbane
AMA	1500m	M70	2	5:58.15	2005	Brisbane
AMA	200m	M70	3	30.51	2006	Hobart
AMA	400m	M70	2	66.96	2006	Hobart
AMA	800m	M70	1	2:43.9	2006	Hobart
AMA	1500m	M70	1	5:55.82	2006	Hobart

AMA	200m	M70	3	30.82	2007	Canberra
AMA	400m	M70	2	67.77	2007	Canberra
AMA	800m	M70	1	2:34.78	2007	Canberra
AMA	1500m	M70	1	5:29.63	2007	Canberra
AMA	200m	M75	1	30.40	2008	Sydney
AMA	400m	M75	1	66.92	2008	Sydney
AMA	800m	M75	1	2:39.46	2008	Sydney
AMA	1500m	M75	1	6:08.95	2008	Sydney
AMA	2000m s/chase	M75	1	8:56.59	2008	Sydney
AMG	400m	M60	2	60.17	1995	Melbourne
AMG	800m	M60	2	2:20.69	1995	Melbourne
AMG	Pentathlon	M60	2	2849 pts	1995	Melbourne

Other Outstanding Masters Performances (e.g. at Open Athletics championships, other national Masters Championships etc.)

Marathons

About 8 run.

Best performance M50 2hr 55:08 1983 Perth

AMA Awards

Most outstanding individual performance 2001

Most outstanding male athlete 2003

Middle distance award 2007

Brian Foley Trophy for best age-graded performance at AMA National Championships 2008-10-28

West Australian Masters Awards

Point score trophy for track and field:

1980, 1989, 1990, 1991, 1992, 1993, 1996, 1997, 1998, 2000, 2002, 2005, 2007, 2008.

John Gilmour trophy for best performance

1997/8, 1998/9, 1999/2000, 2001/0, 2002/3, 2003/4, 2007/8

Anne Shaw trophy for athlete of meet, WA Championships

1993, 1998, 2008

Distance running handicap award

2007/8

In 2013 David Carr was nominated for the IAAF Masters International Award