

# Track & Field Newsletter

Season 2 Issue 7 – State Championships Special

April 2009

## State Championships - Athlete of the Meet

### DAVID CARR

There are often dozens of outstanding performances during a championship. The Athlete of the Meet is decided by comparing age-graded percentages. A list of all results over 90% appears alongside this box.

Each of these performances is world class – 90% would almost certainly guarantee a place in a world championships' final. None of the athletes in this list would be out of place in such a field. However, David Carr's 96% in the 400m and 93% in the 800m are not just the top two in that list. They also represent the domination that David has shown in middle distance events for decades.

MAWA takes great pride in applauding the achievements in the state championships of our

### ATHLETE OF THE MEET

96.38%	David Carr	M75 400m
93.48%	David Carr	M75 800m
92.33%	Barrie Kernaghan	M65 200m
91.64%	Gillian Young	W60 1500m
91.17%	Lyn Ventris	W50 5000W
91.16%	Garry Ralston	M50 200m
90.29%	Barrie Kernaghan	M65 100m

## MAWA RACE STATISTICS 2008/9

One use I've made of the new results database is to summarise the best three in each age group for each of the main races. This will go on to the website as soon as it is complete (after Nationals).

The T&F page of the website is in the process of being tidied up. Hopefully it will be easier to find all the T&F stuff you want by the end of April. Just go to [www.mastersathleticswa.org](http://www.mastersathleticswa.org), click on the **TRACK EVENTS** button and you should be able to find everything you need.

The race statistics will be found in the **Results Archive** on that page when it is finished.

## State Championships Roll of Honour

Raema McMillan	W80	Wt. Pent.	4510pts	SR
Bev Hamilton	W60	Wt. Pent.	3367pts	SR
Geoff Gee	M55	Wt. Throw	14.96m	SR
Bev Hamilton	W60	Wt. Throw	10.79m	SR
Dorothy Whittam	W70	Wt. Throw	9.17m, then 9.40m	SR
Byrony Glass	W30	Wt. Throw	17.41m	SR
Sakkie Mathewson	M40	Wt. Throw	11.56m	SR
Bev Hamilton	W60	Hammer	26.09m	SR
Raema McMillan	W80	Hammer	20.96m	SR
Bev Hamilton	W60	Shot put	10.43m	SR
Keith Martin	M65	High Jump	1.30m	SR
Gillian Young	W60	1500m	5:50.9	SR

Note: The statistician will probably identify more records. These will appear in the *Nationals* TFNL, out in late April.

## Analysis of the Results

**Feb 7<sup>th</sup>:** The afternoon concluded with two steeplechase races doubling as the MAWA state championships. (These have to be held at Perry Lakes for logistical reasons.) Plenty of personal landmarks were recorded as all competitors picked up medals to cherish, and congratulations are offered to all those who competed, several for the first time in this event.

**March 12<sup>th</sup>:** The race walkers started their events with the 5k and a record entry of 16 stalwarts strode around the track in style. We are used to seeing our multiple world-record holder Lyn Ventris leading the field, but last night she was pushed all the way by fellow Bunbury walker Garry Hastie. Lyn responded as a true champion and despite trailing Garry briefly in mid-race, she took line honours in just under 25 minutes. All 16 athletes came home to applause, with the event concluding as a rousing reception greeted 79 year-old Lorna Lauchlan.

**March 13<sup>th</sup> – 15<sup>th</sup>:** The state open championships, organized by AWA, took place at Perry Lakes over the three days. Only one of our regular Tuesday or Thursday athletes competed – Bjorn in the 3000 steeplechase went home with a silver medal. There were some excellent performances by Byrony and the Bunbury walkers Lyn Ventris and Garry Hastie. Results of our members are on the results page.

**March 19<sup>th</sup>:** (written by Christine) Lap scorers relaxed in their chairs along the finishing stretch as the large field of twenty eight runners assembled on the split start lines. Conditions were perfect and from my vantage point at the recording desk I was well placed to watch the drama of this race unfold. Paul took an early lead and was never in doubt as the overall winner. Within most



age categories there was little contest, although you wouldn't have believed that from the effort being expended by all competitors – resulting in twenty of them achieving either a season's best or age group best. But between age groups there was keen competition and it was not always the youngest that triumphed. The match of the night, which seemed to catch the attention of all spectators, was played out by the four M65 competitors – Bert and Frank just coming back from injury, Bob nursing a sore foot and John O in tip top condition. John had never previously beaten either Frank or Bob over this distance and before the race he had stated that Bert could beat him even if he only ran on one leg. But right from the start John took the lead with Bert tucked in close behind. Just a little way back Frank sat on Bob's shoulder. Thus it continued lap after lap and as dusk fell and the lights went on the atmosphere grew electric. With about ten laps to go Bert decided to make a break, opening up a substantial gap on John. Frank did the same with Bob. Positions three and four were settled but with only a few laps to go John began reeling Bert in at the front. He was scarcely

ten metres behind as the lap scorers' almost simultaneous calls of "two to go" made Bert's ears prick up and off he went, beating John by less than twelve seconds. What a contest.

*Postscript: It subsequently emerged that Bert's injury flared up again in the latter stages of the 10000, which was the reason for his slowing down towards the end of the race. He unfortunately had to scratch from the main weekend. John took advantage of this to claim his first ever gold in the 5000m, with an 11-second PB.*



**March 21<sup>st</sup>:** It was the turn of the multi-event crew today as the championships pentathlon took place at ECAC. Multi-eventing often takes its toll on athletes, as so many different muscle groups are used. Of the 25 entries, six pulled out before the start, and many of those competing were carrying niggles and hoping that their bodies lasted out the five events. Fortunately they all did so, but there were a few scares *en route*. The ladies were competing in a new format this year, so both age-group winners set inaugural state records. And along the way there were numerous personal landmarks which are identified on the results page.

**Peggy Macliver and Corey Thomas on their way to gold in the pentathlon**  
(photos – Vic Waters/John Oldfield)



### The Main Weekend – Saturday and Sunday March 28<sup>th</sup> and 29<sup>th</sup>:

As some of you will know, Christine and I were otherwise occupied on the Saturday of the championships. Our lovely granddaughter Lauren married her high-school sweetheart Blake after almost ten years of courting (I think they still call it courting). So I am unable to give you any personal recollections in a full report of Saturday's proceedings at ECAC. In fact I doubt if I can recall too much of Saturday afternoon at the reception in Whiteman Park either. But it was all good preparation for Sunday's events – if Shiraz is good enough for the athlete of the meet, it's good enough for me. Rather than bore you with statistics on the weekend's events, the next page contains a series of short comments and recollections put together to encapsulate the two days for you.

- **Byrony** threw with the men instead of the women in the weight pentathlon. Some of the other ladies were disappointed as they had been looking forward to just being in the same circle as our top thrower. They got their chance in the afternoon's individual events. Byrony was allowed to throw with the men because her wt. pentathlon gold was one of the many uncontested ones.
- What a great race the young men's 1500m was! Ten men under 5 minutes with nearly everyone clocking a season's best. There were 3 PBAs – **Bjorn, Ross** and **Paul Haylett**. Ross has been closing in on a sub-5 for weeks now and pulled out a 4:51 when it mattered.
- One of the sights of Sunday's events – **Lynne Choate** flying in the sprints. She was robbed of a state 60m record by a wind that was just over the permitted 2m/s.
- Lots of athletes had shown great form coming up to the championships. One of these was **Bev Hamilton**. It was an object lesson in peaking as she notched up four state records in the two days.
- Another revelation was **Damien Hanson**. We are used to seeing him do well in the field events, but his welcome return to form on the track was great to see.
- Most of us feel that we've done well if we manage to complete four or five events successfully. Put your hands together for **Bruce Cornish**. He entered all 17 events for which he was eligible, completed them all and took home 17 medals.
- One of the characters in MAWA is **Lyle James**, not always for the right reason. However, Lyle was on best behaviour this weekend (or as close as he can get to that state) and his ebullience was a good addition to the championships.
- There was a record entry of almost 160 athletes this year. But did you notice how many scratched through injury? We missed many who had to pull out at the last minute – **Bert, Peggy, Duncan, Dave Roberts, Tolti, Roy Fearnall, David Clive** amongst them. Plus, of course, the longer term injured – **Barbara, Jim Langford, Graeme** and others.
- Thanks publicly to **all the officials** who helped make the event such a success – they give up their time freely and willingly. There would be no championships without them and we owe them a huge vote of thanks. Also to **Elaine** for running the canteen so well. She had lots of help this year and we're grateful to all of them for keeping us going. Whilst on this note, **Barbara** and **Richard** put in a massive amount of work, going back many months, to make it happen. The fact that it went so smoothly is down to their experience and effort. And on the day major contributions came from **Bob, Lynne, Val** and a great welcome back to **Don Frearson** who presented many of the medals.
- There was some great competition in the men's long jump too. **Chris** took the headline with his 6.12m leap, but **Garry, Damien** and **Keith** also jumped PBAs, and there were two other season's bests. Whilst on the subject of the pit, special thanks to **Les Beckham**. Imagine Barbara's surprise on the Saturday morning when Les arrived to set the pit up just before 7 a.m. (The long jump started at mid-day!)
- The walkers had their fun as well; when was the last time that our world champion **Lyn Ventris** was headed over the line in Perth? **Garry Hastie** did it on Saturday in the 3000m! Elsewhere in the walks there were few surprises.
- The one lap races produced exciting athletics. **Campbell's** line honours in the M50 sticks in the memory.
- It was also good to see the hurdles out on the track. Few takers in this technical test, but what racing we saw was impressive. **Garry** showed us how the high hurdles should be done, with the 400 'sticks' lesson being given by **Chris Perrey**, taking a break from his massage room.

### Medal Madness?

**Is it fair?** Consider one particular event. In one age group a gold medal was won with a performance of 53.66% while in other age groups 80.17% only merited the bronze and 76.98% was ranked fourth. Other events showed similar anomalies.

**Is it right?** Of all the gold medals awarded almost half (about 165) were uncontested.

**Is it reasonable?** Out of many hundreds of performances there were only about 25 which were not rewarded by a medal.

Staggering statistics and at face value they seem to suggest that the medal system is meaningless. But look in more detail. You'll find that many of the recipients of the uncontested golds achieved SBs or PBAs as did some of those who didn't get a medal at all. Nobody took advantage of the lack of competitors in their age group. Instead they pursued personal goals, competing against the clock or measuring tape. And where several age groups competed together there were some hotly contested events between those in different groups.

In the end, you can only compete against those who turn up on the day. So be proud of your medals, however they were won, and cherish them as a souvenir of great days of competition and camaraderie.

*Christine*

## W.A. MASTERS CHAMPIONSHIP RESULTS

### Feb 7<sup>th</sup> – Perry Lakes

#### 2000m steeplechase

Bruce Wilson	M60	G	8:21.0
Bob Schickert	M65	G	9:00.6
Kerriann Bresser	W40	G	9:19.6
David Carr	M75	G	9:34.6
Delia Baldock	W45	G	10:05.5 <b>PBA</b>
Jacqui Sanders	W40	S	10:20.0
Carol Bowman	W50	G	10:39.1 <b>PB</b>
Lynne Schickert	W65	G	14:08.5

#### 3000m steeplechase

Bjorn Dybdahl	M55	G	11:55.7 <b>PBA</b>
Ross Keane	M45	G	12:49.4
Colin Smith	M45	S	14:42.6
Nick Miletic	M55	S	15:23.6

#### 5000m race walk

Lyn Ventris	W50	G	24:56.0	Peter Doye	M65	G	33:44.6
Garry Hastie	M45	G	25:20.5	Mike Rhodes	M60	S	35:03.0
David Smyth	M35	G	28:20.3 <b>SB</b>	Ray Hall	M75	G	35:03.3
Eldon George	M35	S	32:35.4	Lynne Schickert	W65	G	36:02.0
Tom Lenane	M50	G	32:41.3	Lesley Romeo	W60	S	36:10.5
Valerie Millard	W60	G	33:06.3	Stan Jones	M80	G	38:39.4
Rose-Maree Hollaway	W50	S	33:11.0	Jeff Whittam	M70	G	39:56.8
Peter Hopper	M60	G	33:35.5	Lorna Lauchlan	W75	G	42:07.1

### March 21<sup>st</sup> – ECAC

#### Pentathlon

##### Women

##### Total Points

Peggy Macliver	W60	3168	<b>SR</b>
Ruth Johnson	W65	2888	<b>SR</b>
Lynne Schickert	W65	1711	

##### 100m

Peggy Macliver	W60	16.1
Ruth Johnson	W65	17.6
Lynne Schickert	W65	21.7

##### Shot

Peggy Macliver	W60	6.4
Ruth Johnson	W65	5.32
Lynne Schickert	W65	4.79

##### Long Jump

Peggy Macliver	W60	3.48
Ruth Johnson	W65	3.02
Lynne Schickert	W65	2.58

##### Javelin

Peggy Macliver	W60	16.9
Ruth Johnson	W65	13.15
Lynne Schickert	W65	11.26

##### 800m

Peggy Macliver	W60	3:09.9
Ruth Johnson	W65	3:28.5
Lynne Schickert	W65	4:26.9 <b>PBA</b>

##### Men

##### Total Points

Corey Thomas	M30	1754
Kim Thomas	M35	2007
Chris Neale	M40	2838
Ian Cotton	M40	2662 <b>PBA</b>
Colin Smith	M45	2147
Nigel Jones	M45	1994
Campbell Till	M50	2919
Greg van der Sanden	M50	2657
Tom Gravestock	M50	2191
Tolli Antonioli	M55	2310
Damien Hanson	M55	2138
Nick Miletic	M55	1928 <b>SB</b>
Bruce Cornish	M60	2853
Keith Martin	M65	3004
Leon Sander	M70	2947
David Carr	M75	3275

**Results of individual events for men on the next page>>**

**Long Jump**

Corey Thomas	M30	4.71	
Kim Thomas	M35	4.70	<b>SB</b>
Chris Neale	M40	5.60	
Ian Cotton	M40	4.97	
Colin Smith	M45	4.47	
Nigel Jones	M45	4.10	
Campbell Till	M50	5.04	
Greg van der Sanden	M50	4.40	
Tom Gravestock	M50	4.54	<b>SB</b>
Tolli Antonioli	M55	4.15	
Damien Hanson	M55	3.89	
Nick Miletic	M55	3.85	
Bruce Cornish	M60	3.81	
Keith Martin	M65	4.26	<b>PBA=</b>
Leon Sander	M70	3.81	<b>PBA</b>
David Carr	M75	3.12	<b>PBA</b>

**Javelin**

Corey Thomas	M30	32.10	
Kim Thomas	M35	35.98	<b>PBA</b>
Chris Neale	M40	28.71	
Ian Cotton	M40	32.92	
Colin Smith	M45	18.06	<b>PBA</b>
Nigel Jones	M45	19.60	
Campbell Till	M50	26.07	<b>PBA</b>
Greg van der Sanden	M50	18.30	
Tom Gravestock	M50	32.17	
Tolli Antonioli	M55	19.21	
Damien Hanson	M55	27.87	
Nick Miletic	M55	20.70	
Bruce Cornish	M60	28.20	
Keith Martin	M65	23.36	
Leon Sander	M70	24.15	
David Carr	M75	19.42	

**200m**

Corey Thomas	M30	28.0	
Kim Thomas	M35	29.0	<b>SB</b>
Chris Neale	M40	24.6	<b>SB</b>
Ian Cotton	M40	26.1	<b>PBA</b>
Colin Smith	M45	25.8	
Nigel Jones	M45	27.4	
Campbell Till	M50	25.8	<b>SB</b>
Greg van der Sanden	M50	26.2	<b>PBA</b>

**(200m cont.)**

Tom Gravestock	M50	32.0	
Tolli Antonioli	M55	30.4	<b>SB</b>
Damien Hanson	M55	31.2	
Nick Miletic	M55	31.8	<b>PBA</b>
Bruce Cornish	M60	30.8	
Keith Martin	M65	28.8	<b>PBA</b>
Leon Sander	M70	31.8	
David Carr	M75	31.8	<b>SB</b>

**Discus**

Corey Thomas	M30	23.52	<b>SB</b>
Kim Thomas	M35	21.06	
Chris Neale	M40	29.12	
Ian Cotton	M40	33.77	
Colin Smith	M45	16.33	<b>SB</b>
Nigel Jones	M45	22.25	
Campbell Till	M50	20.35	
Greg van der Sanden	M50	20.84	
Tom Gravestock	M50	36.14	
Tolli Antonioli	M55	18.09	
Damien Hanson	M55	23.02	
Nick Miletic	M55	19.18	
Bruce Cornish	M60	33.54	
Keith Martin	M65	24.52	<b>PBA</b>
Leon Sander	M70	24.73	
David Carr	M75	17.90	<b>PBA</b>

**1500m**

Corey Thomas	M30	5:30.2	
Kim Thomas	M35	5:01.0	<b>SB</b>
Chris Neale	M40	5:04.6	
Ian Cotton	M40	5:15.1	<b>PBA</b>
Colin Smith	M45	5:37.8	<b>PBA</b>
Nigel Jones	M45	5:55.1	
Campbell Till	M50	5:05.8	
Greg van der Sanden	M50	4:53.7	
Tom Gravestock	M50	7:09.5	
Tolli Antonioli	M55	5:32.9	
Damien Hanson	M55	6:41.7	
Nick Miletic	M55	6:27.1	
Bruce Cornish	M60	5:55.6	
Keith Martin	M65	6:37.4	
Leon Sander	M70	6:59.6	
David Carr	M75	5:48.3	

**W.A. OPEN CHAMPIONSHIPS RESULTS****March 13-15, Perry Lakes****5000m**

Paul Mitchell	M35	16:20.1	<b>SB</b>
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**400m hurdles**

Chris Perrey	M35	56.09	<b>PB</b>
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**200m**

Cameron Yorke	M30	22.97	<b>PB</b>
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**3000m steeplechase**

Bjorn Dybdahl	M55	S	11:48.2	<b>PBA</b>
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**400m**

Cameron Yorke	M30	50.53	
Chris Perrey	M35	50.82	<b>PB</b>

**5000m race walk**

Lyn Ventris	W50	G	24:42.8
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Garry Hastie	M45	G	25:06.3
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David Smyth	M35	S	28:36.5
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**Discus**

Byrony Glass	W30	G	39.66m	<b>SR</b>
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**Shot**

Byrony Glass	W30	G	11.92m	<b>SB</b>
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**Hammer**

Byrony Glass	W30	G	57.05m
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## NEW ZEALAND NATIONAL CHAMPIONSHIPS, 6-9 March, Tauranga

### 100m

Carolyn Wills	W35	G	13.76
Don Chambers	M70	G	14.37

### 200m

Don Chambers	M70	G	30.54
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### 400m

Carolyn Wills	W35	S	71.85
Don Chambers	M70	S	76.26

### 80m hurdles

Don Chambers	M70	G	14.59
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### 100m hurdles

Carolyn Wills	W35	G	17.74
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### 300m hurdles

Don Chambers	M70	S	58.02
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### Long Jump

Carolyn Wills	W35	G	4.86
Don Chambers	M70	G	4.11

### High Jump

Carolyn Wills	W35	G	1.55
Don Chambers	M70	S	1.09

### Triple Jump

Don Chambers	M70	S	8.03
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### Pole Vault

Don Chambers	M70	G	1.90
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### Shot

Carolyn Wills	W35	B	9.36
Don Chambers	M70	G	9.78

### Discus

Carolyn Wills	W35	G	29.71
Don Chambers	M70	4 <sup>th</sup>	20.96

### Hammer

Don Chambers	M70	G	30.18
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### Javelin

Don Chambers	M70	B	19.25
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### Heavyweight

Don Chambers	M70	G	12.88
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### Pentathlon

Carolyn Wills	W35	G	2700
Don Chambers	M70	G	1983

### Weight Pentathlon

Don Chambers	M70	G	2613
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## AMA DECATHLON CHAMPIONSHIPS, Feb 28<sup>th</sup> – March 1<sup>st</sup>, Brisbane

### Decathlon

Don Chambers	M70	B	5352
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## W.A. CHAMPIONSHIPS (cont.)

### March 19<sup>th</sup> – ECAC

#### 10000m

Paul Mitchell	M35	G	33:59.5	<b>SB</b>	David Scott	M60	G	45:30.6	
Pete Sullivan	M50	G	37:05.4	<b>SB</b>	Bob Schickert	M65	4 <sup>th</sup>	45:44.5	
Bjorn Dybdahl	M55	G	37:26.9	<b>PBA</b>	Gillian Young	W60	G	46:09.8	
Lachlan Marr	M45	G	37:49.4	<b>SB</b>	Corey Thomas	M30	G	48:06.6	<b>SB</b>
Chris Maher	M55	S	38:46.8		Shirley Bell	W60	S	48:19.5	
Kim Thomas	M35	S	39:48.3	<b>SB</b>	Trisha Farr	W35	G	49:03.5	<b>SB</b>
Mark Dawson	M45	S	40:25.2	<b>SB</b>	Nick Miletic	M55	B	49:31.8	<b>SB</b>
Eldon George	M35	B	42:03.0	<b>PBA</b>	Maurice Creagh	M60	S	49:41.4	
Wayne Taylor	M45	B	42:28.7	<b>SB</b>	Irwin Barrett-Lennard	M75	G	50:40.5	<b>SB</b>
Bert Carse	M65	G	43:28.3	<b>SB</b>	Barry Jones	M50	S	50:55.7	<b>SB</b>
John Oldfield	M65	S	43:39.9	<b>PBA</b>	Julie Keeley	W40	G	54:33.4	<b>PBA</b>
Karen March	W45	G	44:35.6	<b>PBA</b>	Valerie Millard	W60	B	55:55.2	<b>PBA</b>
John Collier	M40	G	45:12.8		Cecil Walkley	M75	S	64:38.3	
Frank Smith	M65	B	45:16.3	<b>PBA</b>	Loretta Shillinglaw	W65	G	69:11.1	<b>SB</b>

**March 28<sup>th</sup>:****Weight Pentathlon - women**

Byrony Glass	W30	G	3508
Sharon Moloney	W45	G	2384
Barbara Brown	W50	G	2271
Clara Ward	W50	S	1777
Julie Plackett	W35	G	1526
Karen Eastwood	W40	G	1392

**Weight Pentathlon Hammer**

Byrony Glass	W30	53.40	
Sharon Moloney	W45	20.62	
Barbara Brown	W50	22.67	<b>PBA</b>
Clara Ward	W50	17.87	<b>SB</b>
Julie Plackett	W35	18.26	<b>SB</b>
Karen Eastwood	W40	13.03	

**Weight Pentathlon Shot**

Byrony Glass	W30	11.33	
Sharon Moloney	W45	7.66	
Barbara Brown	W50	7.63	
Clara Ward	W50	7.54	<b>SB</b>
Julie Plackett	W35	6.49	
Karen Eastwood	W40	5.67	

**Weight Pentathlon Discus**

Byrony Glass	W30	33.37	
Sharon Moloney	W45	22.35	
Barbara Brown	W50	18.92	
Clara Ward	W50	12.75	
Julie Plackett	W35	23.06	
Karen Eastwood	W40	17.82	

**Weight Pentathlon Javelin**

Byrony Glass	W30	22.00	
Sharon Moloney	W45	19.32	
Barbara Brown	W50	16.86	
Clara Ward	W50	11.89	
Julie Plackett	W35	15.99	
Karen Eastwood	W40	16.10	

**Weight Pentathlon Weight Throw**

Byrony Glass	W30	15.75	
Sharon Moloney	W45	7.16	
Barbara Brown	W50	8.64	
Clara Ward	W50	7.51	<b>SB</b>
Julie Plackett	W35	5.93	
Karen Eastwood	W40	5.41	<b>SB</b>

**Weight Pentathlon Total**

Raema McMillan	W80	G	4510	<b>SR</b>
Kate Glass	W55	G	3581	
Bev Hamilton	W60	G	3367	<b>SR</b>
Elizabeth Szczepanska	W55	S	3161	
Dorothy Whittam	W70	G	3079	
Elaine Holmes	W60	S	2762	
June Streeter	W55	B	1682	<b>PBA</b>

**Weight Pentathlon Hammer**

Raema McMillan	W80	20.02	<b>PBA</b>
Kate Glass	W55	36.46	
Bev Hamilton	W60	22.56	
Elizabeth Szczepanska	W55	32.74	<b>PBA</b>
Dorothy Whittam	W70	20.14	<b>PBA</b>
Elaine Holmes	W60	22.81	
June Streeter	W55	16.42	

**Weight Pentathlon Shot**

Raema McMillan	W80	6.48	
Kate Glass	W55	9.59	<b>SB</b>
Bev Hamilton	W60	9.17	
Elizabeth Szczepanska	W55	8.86	
Dorothy Whittam	W70	6.30	
Elaine Holmes	W60	6.86	
June Streeter	W55	6.01	<b>PBA=</b>

**Weight Pentathlon Discus**

Raema McMillan	W80	14.83	
Kate Glass	W55	23.10	
Bev Hamilton	W60	23.11	<b>SB</b>
Elizabeth Szczepanska	W55	19.15	
Dorothy Whittam	W70	13.06	<b>PBA</b>
Elaine Holmes	W60	20.79	
June Streeter	W55	14.77	

**Weight Pentathlon Javelin**

Raema McMillan	W80	13.22	
Kate Glass	W55	20.95	<b>SB</b>
Bev Hamilton	W60	20.21	<b>PBA</b>
Elizabeth Szczepanska	W55	15.97	
Dorothy Whittam	W70	12.46	
Elaine Holmes	W60	15.98	
June Streeter	W55	10.17	

**Weight Pentathlon Weight Throw**

Raema McMillan	W80	8.85	
Kate Glass	W55	10.69	
Bev Hamilton	W60	10.79	<b>SR</b>
Elizabeth Szczepanska	W55	10.92	
Dorothy Whittam	W70	9.17	<b>SR</b>
Elaine Holmes	W60	8.94	
June Streeter	W55	5.83	<b>PBA</b>

**Weight Pentathlon - men**

John Everard	M50	G	2565	<b>PBA</b>
Tom Gravestock	M50	S	2508	
Mark Hamilton	M35	G	2494	
Damon Vincent	M40	G	2233	
Kevin Webster	M40	S	2176	
Ian Cotton	M40	B	2036	
Mick Adams	M50	B	2011	
Andrew Plackett	M40	4 <sup>th</sup>	1615	

**Weight Pentathlon Hammer**

John Everard	M50	42.02
Tom Gravestock	M50	29.46
Mark Hamilton	M35	33.89
Damon Vincent	M40	25.11
Kevin Webster	M40	26.46
Ian Cotton	M40	17.41
Mick Adams	M50	19.54
Andrew Plackett	M40	20.44

**Weight Pentathlon Shot**

John Everard	M50	8.96	
Tom Gravestock	M50	10.40	
Mark Hamilton	M35	11.17	
Damon Vincent	M40	9.87	
Kevin Webster	M40	9.51	
Ian Cotton	M40	8.94	
Mick Adams	M50	9.30	
Andrew Plackett	M40	8.42	<b>SB</b>

**Weight Pentathlon Discus**

John Everard	M50	28.05	
Tom Gravestock	M50	38.26	<b>SB</b>
Mark Hamilton	M35	34.30	
Damon Vincent	M40	29.70	
Kevin Webster	M40	27.51	
Ian Cotton	M40	33.21	
Mick Adams	M50	29.01	
Andrew Plackett	M40	23.06	<b>SB</b>

**Weight Pentathlon Javelin**

John Everard	M50	22.07	
Tom Gravestock	M50	24.94	
Mark Hamilton	M35	32.39	
Damon Vincent	M40	34.09	
Kevin Webster	M40	34.55	<b>PBA</b>
Ian Cotton	M40	32.15	
Mick Adams	M50	25.32	
Andrew Plackett	M40	22.75	

**Weight Pentathlon Weight Throw**

John Everard	M50	13.00	<b>SB</b>
Tom Gravestock	M50	10.25	
Mark Hamilton	M35	12.70	
Damon Vincent	M40	10.84	
Kevin Webster	M40	10.48	<b>PBA</b>
Ian Cotton	M40	10.09	<b>SB</b>
Mick Adams	M50	9.31	
Andrew Plackett	M40	8.57	<b>SB</b>

**Weight Pentathlon**

Geoff Gee	M55	G	3461	<b>PBA</b>
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Stan Selby	M60	G	2900	
Bruce Cornish	M60	S	2675	<b>PBA</b>
Norman Stanger	M70	G	2391	
Bob Chalmers	M70	S	2369	
Rob Shand	M75	G	2358	
Jeff Bowen	M65	G	2322	
Bob Fergie	M70	B	2047	
Jeff Whittam	M70	4 <sup>th</sup>	1833	

**Weight Pentathlon Hammer**

Geoff Gee	M55	34.26	<b>PBA</b>
Stan Selby	M60	26.53	
Bruce Cornish	M60	28.03	
Norman Stanger	M70	23.53	
Bob Chalmers	M70	22.84	
Rob Shand	M75	14.72	
Jeff Bowen	M65	16.14	
Bob Fergie	M70	26.57	
Jeff Whittam	M70	20.32	

**Weight Pentathlon Shot**

Geoff Gee	M55	11.80	
Stan Selby	M60	8.81	
Bruce Cornish	M60	8.38	
Norman Stanger	M70	8.71	
Bob Chalmers	M70	8.41	
Rob Shand	M75	6.65	
Jeff Bowen	M65	9.06	<b>PBA</b>
Bob Fergie	M70	8.62	<b>SB</b>
Jeff Whittam	M70	6.60	

**Weight Pentathlon Discus**

Geoff Gee	M55	34.06	<b>PBA</b>
Stan Selby	M60	30.59	
Bruce Cornish	M60	29.15	
Norman Stanger	M70	20.43	
Bob Chalmers	M70	20.11	<b>PBA</b>
Rob Shand	M75	21.97	
Jeff Bowen	M65	27.66	
Bob Fergie	M70	23.50	
Jeff Whittam	M70	15.22	

**Weight Pentathlon Javelin**

Geoff Gee	M55	34.16	<b>SB</b>
Stan Selby	M60	36.64	<b>SB</b>
Bruce Cornish	M60	28.90	<b>PBA</b>
Norman Stanger	M70	19.53	
Bob Chalmers	M70	23.30	<b>PBA</b>
Rob Shand	M75	23.38	
Jeff Bowen	M65	24.54	
Bob Fergie	M70	21.31	
Jeff Whittam	M70	13.09	

**Weight Pentathlon Weight Throw**

Geoff Gee	M55	14.96	<b>SR</b>
Stan Selby	M60	12.21	<b>SB</b>
Bruce Cornish	M60	11.82	
Norman Stanger	M70	9.05	
Bob Chalmers	M70	8.15	
Rob Shand	M75	6.64	
Jeff Bowen	M65	6.48	
Bob Fergie	M70	DNF	
Jeff Whittam	M70	8.92	



**High Jump**

Andre Morkel	M40	G	1.45	
Kevin Collins	M40	S	1.15	
Dave Wyatt	M55	G	1.40	
Geoff Gee	M55	S	1.22	
Bruce Cornish	M60	G	1.25	
Keith Martin	M65	G	1.30	<b>SR</b>
Bob Fergie	M70	G	1.10	
Kerriann Bresser	W40	G	1.20	
Delia Baldock	W45	G	1.30	
Valetta Boddy	W45	S	1.20	
Ruth Johnson	W65	G	1.00	

**Triple Jump (29<sup>th</sup> March)**

Michelle Thomas	W30	G	7.53	
Julie Plackett	W35	G	6.92	
Karen Eastwood	W40	G	5.41	
Delia Baldock	W45	G	8.48	<b>SB=</b>
Valetta Boddy	W45	S	7.84	
Clara Ward	W50	G	4.90	
Carey Dickason	W55	G	6.08	
Ruth Johnson	W65	G	7.00	
Lynne Schickert	W65	S	5.24	
Chris Neale	M40	G	11.95	<b>SB</b>
Colin Smith	M45	G	8.69	
Bruce Cornish	M60	G	8.37	
Keith Martin	M65	G	8.12	

**Javelin – men**

Corey Thomas	M30	G	28.94	
Scott Andrews	M35	G	37.43	
Mark Hamilton	M35	S	36.58	<b>SB</b>
Kim Thomas	M35	B	32.36	
Darryl Lette	M40	G	36.15	<b>SB</b>
Kevin Webster	M40	S	34.77	
Andrew Plackett	M40	B	30.21	
Sean Gartlan	M40	4 <sup>th</sup>	29.04	<b>SB</b>
John Dennehy	M45	G	14.84	<b>SB</b>
Mick Adams	M50	G	22.79	
Damien Hanson	M55	G	30.31	
Stan Selby	M60	G	38.78	<b>SB</b>
Bruce Cornish	M60	S	28.16	
Peter Hopper	M60	B	27.17	
Peter Gare	M65	G	28.55	
Lyle James	M65	S	10.10	
Bob Fergie	M70	G	22.90	
Bob Chalmers	M70	S	21.33	<b>SB</b>
Jeff Whittam	M70	B	15.12	<b>PBA</b>
Rob Shand	M75	G	24.27	<b>SB</b>

**Long Jump - women**

Michelle Thomas	W30	G	3.76	<b>SB</b>
Julie Plackett	W35	G	3.47	<b>SB</b>
Karen Eastwood	W40	G	2.35	
Valetta Boddy	W45	G	4.20	
Delia Baldock	W45	S	4.10	
Annette Gravestock	W45	B		3.01
Clara Ward	W50	G	2.06	
Barbara Wilson	W55	G	3.40	
Carey Dickason	W55	S	3.07	
Sarah Ladwig	W55	B	2.76	
Ruth Johnson	W65	G	3.20	
Lynne Schickert	W65	S	2.45	
Pat Carr	W75	G	2.92	<b>SB</b>

**Long Jump – men**

Chris Neale	M40	G	6.12	<b>PBA</b>
Darryl Lette	M40	S	5.23	<b>SB</b>
Kevin Collins	M40	B	3.47	
Colin Smith	M45	G	4.66	<b>SB</b>
Nigel Jones	M45	S	4.55	
Garry Ralston	M50	G	5.69	<b>PBA</b>
Campbell Till	M50	S	5.20	
Damien Hanson	M55	G	4.18	<b>PBA</b>
Bruce Cornish	M60	G	4.00	
Keith Martin	M65	G	4.69	<b>PBA</b>

**Javelin – women**

Shannon Selby	W30	G	29.96	<b>SB</b>
Byrony Glass	W30	S	21.95	
Julie Plackett	W35	G	16.15	
Tracey Gartlan	W40	G	21.24	
Karen Eastwood	W40	S	17.61	<b>SB</b>
Sharon Moloney	W45	G	18.50	
Barbara Brown	W50	G	19.88	
Clara Ward	W50	S	12.66	
Kate Glass	W55	G	21.35	<b>SB</b>
Elizabeth Szczepanska	W55 S		16.48	
Barbara Wilson	W55	B	15.63	<b>PBA</b>
Carey Dickason	W55	4 <sup>th</sup>	12.50	
June Streeter	W55	5 <sup>th</sup>	12.32	<b>PBA</b>
Bev Hamilton	W60	G	21.22	<b>SB</b>
Elaine Holmes	W60	S	15.44	
Val Prescott	W65	G	14.80	
Ruth Johnson	W65	S	12.82	
Lynne Schickert	W65	B	11.24	
Dorothy Whittam	W70	G	13.03	
Maggie Flanders	W70	S	12.10	<b>PBA</b>
Lorna Lauchlan	W75	G	11.58	
Rae McMillan	W80	G	14.07	

**Hammer – women**

Byrony Glass	W30	G	55.10	
Julie Plackett	W35	G	16.75	
Karen Eastwood	W40	G	14.02	
Sharon Moloney	W45	G	19.89	
Barbara Brown	W50	G	25.46	
Clara Ward	W50	G	16.09	
Kate Glass	W55	G	36.09	
Elizabeth Szczepanska	W55	S	33.84	
Carey Dickason	W55	B	18.63	
June Streeter	W55	4 <sup>th</sup>	17.90	<b>PBA</b>
Bev Hamilton	W60	G	26.09	<b>SR</b>
Elaine Holmes	W60	S	22.58	
Ruth Johnson	W65	G	16.94	
Dorothy Whittam	W70	G	19.25	
Rae McMillan	W80	G	20.96	<b>SR</b>

**Hammer – men**

Mark Hamilton	M35	G	30.46	
Sakkie Mathewson	M40	G	37.39	
Kevin Webster	M40	S	30.63	
Andrew Plackett	M40	B	20.70	
John Everard	M50	G	42.88	
Tom Gravestock	M50	S	36.69	<b>SB</b>
Mick Adams	M50	B	18.45	
Geoff Gee	M55	G	33.48	
Harold Membrey	M55	S	18.11	
Bruce Cornish	M60	G	30.73	
Stan Selby	M60	S	27.61	<b>PBA</b>
Rob Young	M60	B	27.43	<b>PBA</b>
Bob Fergie	M70	G	28.52	<b>SB</b>
Norman Stanger	M70	S	20.61	<b>SB</b>
Jeff Whittam	M70	B	20.12	
Rob Shand	M75	G	16.46	<b>PBA</b>

**1500m – women**

Niamh Keane	W40	G	5:12.3	<b>SB</b>
Kerriann Bresser	W40	S	5:34.4	<b>PBA</b>
Margaret Saunders	W55	G	5:35.7	<b>PBA</b>
Gillian Young	W60	G	5:50.9	<b>SR</b>
Shirley Bell	W60	S	6:24.4	
Carey Dickason	W55	S	6:46.0	
Carol Bowman	W50	G	6:57.5	
Melissa Young	W30	G	7:30.5	<b>PB</b>
Karen Eastwood	W40	B	8:31.7	
Val Prescott	W65	G	9:25.7	

**1500m – men (60-79)**

Bruce Wilson	M60	G	5:23.5	<b>SB</b>
Bob Schickert	M65	G	5:44.8	
Ivan Brown	M60	S	6:09.2	
Maurice Creagh	M60	B	6:29.2	
Morland Smith	M70	G	6:35.6	
Lyle James	M65	S	7:01.4	
Cecil Walkley	M75	G	8:18.0	

**100m – women**

<b>(30-44)</b>				
Michelle Thomas	W30	G	16.6	<b>SB</b>
Melissa Young	W30	S	17.0	
Tracey Gartlan	W40	G	17.2	<b>SB=</b>
<b>(45-54)</b>				
Valetta Boddy	W45	G	15.3	<b>SB=</b>
Sharon Moloney	W45	S	15.6	
Delia Baldock	W45	B	15.9	
Deb Wolfenden	W45	4 <sup>th</sup>	17.5	<b>SB</b>
<b>(55-64)</b>				
Lynne Choate	W55	G	15.0	
Gillian Young	W60	G	18.0	
Carey Dickason	W55	S	18.6	
Sarah Ladwig	W55	B	18.9	<b>PBA</b>
Val Millard	W60	S	20.3	

**1500m - men (35-59)**

Greg Vander Sanden	M50	G	4:39.5	<b>SB</b>
Andrew Brooker	M40	G	4:42.6	
Neil Morfitt	M50	S	4:43.1	<b>SB</b>
Mark Dawson	M45	G	4:47.6	<b>SB</b>
Bjorn Dybdahl	M55	G	4:47.8	<b>PBA</b>
Ross Keane	M45	S	4:51.9	<b>PBA</b>
Pete Sullivan	M50	B	4:52.1	<b>SB</b>
Kim Thomas	M35	G	4:53.1	<b>SB</b>
Ed Love	M40	S	4:54.6	
Paul Haylett	M45	B	4:55.1	<b>PBA</b>
John Collier	M40	B	5:13.5	<b>SB</b>
Chris Maher	M55	S	5:15.5	
Eldon George	M35	S	5:20.8	
Nick Miletic	M55	B	6:14.5	<b>SB</b>
Harold Membrey	M55	4 <sup>th</sup>	6:29.3	

**women cont. (65-79)**

Ruth Johnson	W65	G	18.1	
Pat Carr	W75	G	20.2	
Lynne Schickert	W65	S	23.7	

**100m – men**

<b>(30-44)</b>				
Chris Neale	M40	G	12.1	
Darryl Lette	M40	S	12.3	
Scott Andrews	M35	G	12.6	
Andre Morkel	M40	B	13.1	<b>SB</b>
Corey Thomas	M30	G	13.4	
<b>(45-54)</b>				
Garry Ralston	M50	G	12.4	
Colin Smith	M45	G	12.8	
Campbell Till	M50	S	13.2	
Peter de Klerk	M45	S	13.5	
Nigel Jones	M45	B	26.5	

**100m men cont. (55-64)**

Bruce Cornish	M60	G	14.9	
Damien Hanson	M55	G	15.2	<b>PBA</b>
Nick Miletic	M55	S	15.4	
Harold Membrey	M55	S	15.8	
Ed Miller	M60	B	17.0	

**100m men (65-79)**

Barrie Kernaghan	M65	G	13.6	<b>SB(h)</b>
Keith Martin	M65	S	13.9	<b>PBA</b>
Norm Richards	M70	G	14.5	<b>SB=</b>
Lyle James	M65	B	18.1	
Bob Neville	M75	G	19.4	

**400m – women  
(30-59)**

Delia Baldock	W45	G	74.7	<b>SB</b>
Carol Bowman	W50	G	82.2	<b>SB</b>
Melissa Young	W30	G	83.0	
Sarah Ladwig	W55	G	92.4	<b>SB</b>
Carey Dickason	W55	S	93.7	
Karen Eastwood	W40	G	100.2	

**(60-69)**

Gillian Young	W60	G	79.4	<b>SB</b>
Shirley Bell	W60	S	85.4	<b>SB</b>
Ruth Johnson	W65	G	87.2	
Val Prescott	W65	S	117.9	<b>SB</b>

**400m – men  
(30-39)**

Chris Perrey	M35	G	51.2	
Scott Andrews	M35	S	57.3	<b>SB</b>
Corey Thomas	M30	G	63.9	<b>SB</b>

**(40-44)**

Chris Neale	M40	G	54.7	<b>SB</b>
Ian Cotton	M40	S	57.1	<b>PBA</b>
Andrew Brooker	M40	B	57.4	<b>PBA</b>
Andre Morkel	M40	4 <sup>th</sup>	61.2	<b>SB</b>

**(45-49)**

Peter de Klerk	M45	G	57.6	
Colin Smith	M45	S	61.1	
Mark Dawson	M45	B	62.1	

**400m men, cont.****(50-54)**

Campbell Till	M50	G	56.2	<b>PBA</b>
Greg v.d. Sanden	M50	S	56.6	
Neil Morfitt	M50	B	57.6	<b>SB</b>

**(55-64)**

Nick Miletic	M55	G	75.4	<b>SB</b>
Harold Membrey	M55	S	78.0	
Ivan Brown	M60	G	89.0	

**(65-79)**

Barrie Kernaghan	M65	G	63.5	<b>SB</b>
Keith Martin	M65	S	66.0	<b>PBA</b>
David Carr	M75	G	68.6	<b>SB</b>
Norm Richards	M70	G	81.4	
Lyle James	M65	B	90.5	<b>PBA</b>
Cecil Walkley	M75	S	117.4	

**3000m walk – men**

Garry Hastie	M45	G	14:44.4	
David Smyth	M35	G	17:15.1	
Eldon George	M35	S	18:09.3	
Tom Lenane	M50	G	18:33.6	
Bruce Cornish	M60	G	18:40.6	
Peter Hopper	M60	S	19:47.8	
Peter Doye	M65	G	20:04.3	
Bob Neville	M75	G	23:34.5	<b>SB</b>
Jeff Whittam	M70	G	24:08.7	

**3000m walk – women**

Lyn Ventris	W50	G	14:46.3	
Val Millard	W60	G	19:17.8	
Rose Hollaway	W50	S	20:05.3	
Lynne Schickert	W65	G	22:09.6	
Lorna Lauchlan	W75	G	24:53.6	

**80m hurdles**

Delia Baldock	W45	G	16.0	
Valetta Boddy	W45	S	17.3	
Ruth Johnson	W65	G	20.3	

**100m hurdles**

Garry Ralston	M50	G	16.8	<b>PBA</b>
Bruce Cornish	M60	G	22.8	

**Sunday March 29<sup>th</sup>****300m hurdles – women**

Ruth Johnson	W65	G	71.3	
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**400m hurdles – women**

Delia Baldock	W45	G	85.2	<b>PBA</b>
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**300m hurdles – men**

Keith Martin	M65	G	53.9	
Bruce Cornish	M60	G	58.0	
Bruce Wilson	M60	S	58.2	<b>PBA</b>

**400m hurdles – men**

Chris Perrey	M35	G	56.2	
Campbell Till	M50	G	65.3	

**5000m – women and men (70-75)**

Karen March	W45	G	21:36.5	<b>SB</b>
Gillian Young	W60	G	22:20.8	<b>SB</b>
Shirley Bell	W60	S	23:08.9	
Trisha Farr	W35	G	23:22.3	
Morland Smith	M70	G	24:36.9	
Irwin Barrett-L	M75	G	25:09.1	
Jackie Halberg	W60	B	26:33.8	
Christine Oldfield	W60	4 <sup>th</sup>	28:50.4	<b>SB</b>
Cecil Walkley	M75	S	29:47.3	
Loretta Shillinglaw	W65	G	31:43.8	

**5000m – men (55-69)**

Bjorn Dybdahl	M55	G	18:05.5	<b>PBA</b>
Paul Hughes	M55	S	18:51.9	<b>SB</b>
Chris Maher	M55	B	19:15.5	
Bruce Wilson	M60	G	20:02.4	
Jim Klinge	M60	S	20:39.9	
David Scott	M60	B	21:03.0	

**Discus – women****(30-40)**

Byrony Glass	W30	G	36.59	<b>SB</b>
Shannon Selby	W30	S	30.53	
Tracey Gartlan	W40	G	24.59	
Julie Plackett	W35	G	22.66	
Vanessa Lette	W35	S	21.38	
Karen Eastwood	W40	S	20.41	
Rachel Crowder	W35	B	15.33	
Michelle Thomas	W30	B	14.54	<b>SB</b>

**(45-59)**

Kate Glass	W55	G	25.55	<b>SB</b>
Sharon Moloney	W45	G	23.29	<b>SB</b>
Elizabeth Szczepanska	W55	S	23.28	
Barbara Brown	W50	G	17.50	
Barbara Wilson	W55	B	15.90	
June Streeter	W55	4 <sup>th</sup>	15.52	
Carey Dickason	W55	5 <sup>th</sup>	14.45	
Clara Ward	W50	S	13.89	

**(60-84)**

Bev Hamilton	W60	G	23.47	<b>SB</b>
Elaine Holmes	W60	S	20.88	<b>SB</b>
Rae McMillan	W80	G	14.91	
Val Prescott	W65	G	14.24	<b>SB</b>
Ruth Johnson	W65	S	12.92	
Dorothy Whittam	W70	G	12.31	
Lorna Lauchlan	W75	G	11.66	
Lynne Schickert	W65	B	10.58	
Maggie Flanders	W70	S	10.10	

**5000m (men 55-69, cont.)**

John Oldfield	M65	G	21:07.0	<b>PB</b>
Frank Smith	M65	S	21:31.3	<b>SB</b>
John Dickason	M55	4 <sup>th</sup>	23:11.2	
Maurice Creagh	M60	4 <sup>th</sup>	23:52.9	
Nick Miletic	M55	5 <sup>th</sup>	24:16.9	
Harold Membrey	M55	6 <sup>th</sup>	24:29.8	
Lyle James	M65	B	26:26.1	

**(35-54)**

Paul Mitchell	M35	G	16:35.9	
Pete Sullivan	M50	G	18:14.3	
Kim Thomas	M35	S	19:10.3	<b>SB</b>
Eldon George	M35	B	19:53.9	<b>SB</b>
John Collier	M40	G	20:48.8	<b>SB</b>
Dante Giacomini	M40	S	21:01.1	<b>SB</b>
Grant Owens	M45	G	21:53.6	
Barry Jones	M50	S	24:17.8	
David Smyth	M35	4 <sup>th</sup>	26:42.9	

**Discus – men****(30-44)**

Mark Hamilton	M35	G	34.70	
Ian Cotton	M40	G	33.52	
Kevin Webster	M40	S	32.47	<b>SB</b>
Sakkie Mathewson	M40	B	30.55	
Darryl Lette	M40	4 <sup>th</sup>	28.77	<b>SB</b>
Corey Thomas	M30	G	21.95	
Andrew Plackett	M40	5 <sup>th</sup>	21.33	
Kim Thomas	M35	S	21.14	

**(45-64)**

Tom Gravestock	M50	G	36.97	
Stan Selby	M60	G	32.73	<b>PBA</b>
Bruce Cornish	M60	S	31.06	
Mick Adams	M50	S	29.32	
Rob Young	M60	B	27.72	
John Everard	M50	B	27.08	
Damien Hanson	M55	G	23.08	
Peter Hopper	M60	4 <sup>th</sup>	22.01	
John Dennehy	M45	G	14.44	

**(65-79)**

Ed Carroll	M65	G	33.03	
Peter Gare	M65	S	27.53	
Norman Stanger	M70	G	24.05	<b>SB</b>
Bob Fergie	M70	S	22.90	
Rob Shand	M75	G	22.77	
Jeff Whittam	M70	B	15.63	<b>SB</b>
Lyle James	M65	B	10.96	

**Shot – women****(30-44)**

Byrony Glass	W30	G	11.42	
Michelle Thomas	W30	S	5.93	
Julie Plackett	W35	G	6.62	
Vanessa Lette	W35	S	6.44	
Rachel Crowder	W35	B	5.48	
Tracey Gartlan	W40	G	8.08	
Karen Eastwood	W40	S	6.08	

**(45-59)**

Sharon Moloney	W45	G	7.91	
Annette Gravestock	W45	S	6.01	
Barbara Brown	W50	G	8.08	<b>SB</b>
Clara Ward	W50	S	7.24	
Kate Glass	W55	G	9.82	<b>SB</b>
Elizabeth Szczepanska	W55	S	9.22	
Barbara Wilson	W55	B	7.38	
June Streeter	W55	4 <sup>th</sup>	6.05	
Carey Dickason	W55	5 <sup>th</sup>	5.59	

**(60-84)**

Bev Hamilton	W60	G	10.43	<b>SR</b>
Elaine Holmes	W60	S	7.10	
Ruth Johnson	W65	G	5.72	
Dorothy Whittam	W70	G	6.12	<b>SB</b>
Lorna Lauchlan	W75	G	6.38	
Rae McMillan	W80	G	6.65	

**Weight Throw – women****(30-44)**

Byrony Glass	W30	G	17.41	<b>SR</b>
Julie Plackett	W35	G	6.42	
Rachel Crowder	W35	S	5.44	
Karen Eastwood	W40	G	5.60	<b>SB</b>

**(45-59)**

Sharon Moloney	W45	G	7.07	
Barbara Brown	W50	G	8.91	<b>PBA</b>
Clara Ward	W50	S	7.12	
Kate Glass	W55	G	12.21	<b>SB</b>
Elizabeth Szczepanska	W55	S	11.88	
June Streeter	W55	B	6.30	<b>PBA</b>

**(60-84)**

Bev Hamilton	W60	G	10.79	<b>PBA=</b>
Elaine Holmes	W60	S	9.87	<b>SB</b>
Ruth Johnson	W65	G	6.95	
Dorothy Whittam	W70	G	9.40	<b>SR</b>
Rae McMillan	W80	G	8.86	

**200m – women****(30-54)**

Simone Solomon	W40	G	30.9	
Delia Baldock	W45	G	31.9	<b>SB</b>
Melissa Young	W30	G	35.1	<b>PB</b>

**(55-64)**

Lynne Choate	W55	G	30.3	<b>SB</b>
Gillian Young	W60	G	35.3	<b>SB</b>
Sarah Ladwig	W55	S	40.3	<b>SB</b>
Carey Dickason	W55	B	42.0	
Christine Oldfield	W60	S	43.8	<b>SB</b>

**Shot – men****(35-44)**

Mark Hamilton	M35	G	11.95	
Sakkie Mathewson	M40	G	12.06	
Kevin Webster	M40	S	10.41	<b>PBA</b>
Darryl Lette	M40	B	10.19	
Sean Gartlan	M40	4 <sup>th</sup>	9.21	
Andrew Plackett	M40	5 <sup>th</sup>	8.30	

**(50-64)**

Tom Gravestock	M50	G	10.21	
John Everard	M50	S	9.75	<b>SB</b>
Mick Adams	M50	B	9.43	
Geoff Gee	M55	G	11.23	
John Dickason	M55	S	7.80	
Harold Membrey	M55	B	6.66	
Rob Young	M60	G	9.45	
Bruce Cornish	M60	S	8.27	

**(65-79)**

Ed Carroll	M65	G	9.60	
Bob Fergie	M70	G	8.45	
Norman Stanger	M70	S	8.27	
Jeff Whittam	M70	B	6.39	
Rob Shand	M75	G	6.98	<b>SB</b>

**Weight Throw – men****(35-44)**

Mark Hamilton	M35	G	13.01	
Sakkie Mathewson	M40	G	11.56	<b>SR</b>
Kevin Webster	M40	S	9.93	
Andrew Plackett	M40	B	8.13	

**(50-64)**

John Everard	M50	G	13.74	<b>PBA</b>
Tom Gravestock	M50	S	10.51	
Mick Adams	M50	B	9.09	
Geoff Gee	M55	G	12.21	
Harold Membrey	M55	S	7.97	
Stan Selby	M60	G	12.44	<b>PBA</b>
Bruce Cornish	M60	S	10.96	
Rob Young	M60	B	9.88	

**(65-79)**

Ed Carroll	M65	G	10.28	<b>SB</b>
Lyle James	M65	S	4.85	
Bob Fergie	M70	G	11.50	
Norman Stanger	M70	S	8.96	
Jeff Whittam	M70	B	8.36	
Rob Shand	M75	G	6.43	

**200m – women, cont.****(65-74)**

Ruth Johnson	W65	G	36.4	
Pat Carr	W75	G	43.8	<b>SB</b>
Lynne Schickert	W65	S	50.0	

**200m men****(30-39)**

Chris Perrey	M35	G	23.5	<b>SB</b>
Scott Andrews	M35	S	25.2	<b>SB</b>
Daniel Leseberg	M30	G	25.4	
Corey Thomas	M30	S	27.9	<b>SB</b>

**(40-54)**

Chris Neale	M40	G	24.3	<b>PBA</b>
Darryl Lette	M40	S	24.9	<b>SB</b>
Garry Ralston	M50	G	25.1	<b>SB</b>
Colin Smith	M45	G	25.9	
Peter de Klerk	M45	S	26.4	<b>SB</b>

**1500m walk – women**

Val Millard	W60	G	9:01.6	
Rose Hollaway	W50	G	9:36.7	
Lynne Schickert	W65	G	10:42.8	
Elaine Dance	W55	G	10:48.7	
Annette Gravestock	W45	G	12:06.6	
Lorna Lauchlan	W75	G	12:07.0	

**800m – women**

Kerriann Bresser	W40	G	2:41.7	<b>PBA</b>
Marg Saunders	W55	G	2:42.8	<b>PBA</b>
Simone Solomon	W40	S	2:54.0	<b>SB</b>
Gillian Young	W60	G	2:58.2	
Carol Bowman	W50	G	3:16.6	
Jackie Halberg	W60	S	3:24.1	
Sarah Ladwig	W55	S	3:30.9	<b>SB</b>
Melissa Young	W30	G	3:31.1	
Carey Dickason	W55	B	3:36.3	
Christine Oldfield	W60	B	4:02.0	
Karen Eastwood	W40	B	4:11.2	
Val Prescott	W65	G	4:24.6	<b>SB</b>

**800m – men****(35-44)**

Andrew Brooker	M40	G	2:10.9	
Ian Cotton	M40	S	2:16.6	<b>PBA</b>
Ed Love	M40	B	2:20.4	
David Solomon	M40	4 <sup>th</sup>	2:23.3	
Eldon George	M35	G	2:39.4	<b>SB</b>
Dante Giacomini	M40	5 <sup>th</sup>	2:49.7	<b>SB</b>

**60m – women**

Michelle Thomas	W30	G	9.5	<b>SB</b>
Melissa Young	W30	S	10.2	<b>PB=</b>
Simone Solomon	W40	G	9.1	<b>SB=</b>
Tracey Gartlan	W40	S	9.9	<b>SB</b>
Karen Eastwood	W40	B	11.4	
Sharon Moloney	W45	G	9.3	
Delia Baldock	W45	S	9.8	
Lynne Choate	W55	G	8.8	<b>PBA</b>
Sarah Ladwig	W55	S	11.3	<b>PBA</b>
Gillian Young	W60	G	10.7	<b>PBA=</b>
Val Millard	W60	S	11.9	<b>PBA=</b>
Ruth Johnson	W65	G	10.7	
Lynne Schickert	W65	S	15.8	
Pat Carr	W75	G	11.5	<b>SB</b>

**200m men. cont.****(55-64)**

Bruce Cornish	M60	G	29.3	<b>PBA</b>
Damien Hanson	M55	G	29.7	<b>SB</b>
Harold Membrey	M55	S	30.8	
Nick Miletic	M55	B	32.1	<b>PBA</b>

**(65-74)**

Barrie Kernaghan	M65	G	27.5	<b>SB</b>
Keith Martin	M65	S	29.0	<b>PBA</b>
Norm Richards	M70	G	29.7	<b>SB</b>
Bob Neville	M75	G	41.4	

**1500m walk – men**

Garry Hastie	M45	G	6:35.6	
David Smyth	M35	G	7:59.0	
Eldon George	M35	S	8:25.7	
Tom Lenane	M50	G	8:39.7	
Bruce Wilson	M60	G	8:44.1	
Peter Hopper	M60	S	9:11.1	
Bruce Cornish	M60	B	9:15.7	
Peter Doye	M65	G	9:36.7	
Bob Neville	M75	G	11:30.2	
Jeff Whittam	M70	G	11:37.3	

**800m men, cont.****(45-59)**

Neil Morfitt	M50	G	2:13.1	
Peter de Klerk	M45	G	2:14.7	
Greg v.d. Sanden	M50	S	2:15.3	
Mark Dawson	M45	S	2:18.8	<b>PBA</b>
Ross Keane	M45	B	2:21.3	<b>PBA</b>
Bjorn Dybdahl	M55	G	2:30.9	<b>PBA</b>
Pete Sullivan	M50	B	2:31.3	<b>PBA</b>
Harold Membrey	M55	S	3:05.7	
Nick Miletic	M55	B	3:13.0	

**(60-79)**

David Carr	M75	G	2:42.8	<b>SB</b>
Bob Schickert	M65	G	2:45.8	
Morland Smith	M70	G	2:59.0	
John Oldfield	M65	S	3:03.7	
Maurice Creagh	M60	G	3:16.7	
Ivan Brown	M60	S	3:17.1	
Lyle James	M65	B	3:46.1	<b>PBA</b>

**60m – men**

Chris Perrey	M35	G	7.5	
Scott Andrews	M35	S	8.0	
Chris Neale	M40	G	7.7	<b>PBA</b>
Darryl Lette	M40	S	7.8	
Colin Smith	M45	G	7.9	<b>SB(h)</b>
Grant Owens	M45	S	9.4	<b>SB</b>
Garry Ralston	M50	G	7.5	<b>PBA=</b>
Campbell Till	M50	S	8.1	
Dave Wyatt	M55	G	8.7	
Damien Hanson	M55	S	9.2	<b>SB</b>
Nick Miletic	M55	B	9.7	
Bruce Cornish	M60	G	9.4	
Barrie Kernaghan	M65	G	8.5	<b>SB</b>
Lyle James	M65	S	10.7	<b>PBA</b>
John Oldfield	M65	B	11.3	
Norm Richards	M70	G	8.7	<b>SB</b>