Days 1 and 2

8km Cross Country
Jim Langford M65 33:01.8 5/31 **TEAM GOLD**
Carol Bowman W55 43:30.8 24/32
Bob Schickert M65 46:46.8 28/31
Irwin Barrett-Lennard M80 53:10.2 3/10 **BRONZE**
Jackie Halberg W65 60:10.8 16/17

Michael Barton M40 30:15.2 9/16 **TEAM SILVER**
Roscoe McDonnell M50 31:37.3 19/40
Barry Heppell M45 32:55.1 13/21
Bjorn Dybdahl M55 33:57.9 23/41 **TEAM BRONZE**
Graeme Dahl M60 37:55.1 24/38
Clive Choate M55 39:52.6 32/41
Nick Miletic M60 48:24.7 36/38

5000m track walk
Lyn Ventris W50 24:25.66 1/17 **GOLD**
Lynne Schickert W65 37:51.90 18/26

Day 3

5000m track walk
Garry Hastie M50 26:53.07 7/15
David Smyth M40 28:31.59 6/7 **SB**

800m
Andrew Brooker M40 2:07.36 q **PBA**
Neil Morfitt M55 2:16.64 Q
Bjorn Dybdahl M55 2:33.87

5000m
Lorraine Lopes W70 23:45.57 **SILVER**

Decathlon

100m
Mark Jeffery M40 12.63 -2.1 **PBA** 631 8/18
Don Chambers M70 15.16 +2.1 691 6/15

Long Jump
Mark Jeffery M40 5.90 +1.3 682 1/18
Don Chambers M70 8.72 591 11/14

Shot Put
Mark Jeffery M40 10.95 618 3/18
Don Chambers M70 8.25 472 13/14

High Jump
Mark Jeffery M40 1.75 **SR** 653 1/18
Don Chambers M70 1.09 472 13/14

400m
Mark Jeffery M40 56.96 **PBA** 669 4/18
Don Chambers M70 86.03 282 10/14

Short Hurdles
Mark Jeffery(110H) M40 18.95 -2.0 **PBA** 518 7/18
Don Chambers(80H) M70 14.94 -1.2 817 2/13

Discus
Mark Jeffery M40 33.89 610 2/18
Don Chambers M70 22.51 **PBA** 440 9/13

Pole Vault
Mark Jeffery M40 2.80 359 8/18
Don Chambers M70 2.10 **SR** 496 9/13

Javelin
Mark Jeffery M40 49.18 **SR** 639 1/18
Don Chambers M70 17.18 283 13/13

1500m
Mark Jeffery M40 4:58.02 **PBA** 657 3/17
Don Chambers M70 DNF

Total
Mark Jeffery M40 6036 **AR** 3/18 **BRONZE**
Don Chambers M70 4733 12/14

100m qualifiers
Colin Smith M45 12.81 -0.2 **SB**
Roy Fearnall M65 13.93 -0.7 q **SB**
Barrie Kernaghan M70 14.24 -0.4 Q **SB**
Lynne Choate W55 14.75 +1.0 q
Don Chambers M70 15.22 +0.1
Norm Richards M70 15.35 -1.2
Peggy Macliver W65 15.87 -0.4 Q
Nick Miletic M60 16.05 -1.7 **SB**
**Day 4**

### 5000m

<table>
<thead>
<tr>
<th>Name</th>
<th>Age</th>
<th>Time</th>
<th>Place</th>
</tr>
</thead>
<tbody>
<tr>
<td>Michael Barton</td>
<td>M40</td>
<td>17:43.87</td>
<td>24/27</td>
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<tr>
<td>Roscoe McDonnell</td>
<td>M50</td>
<td>19:03.36</td>
<td>26/53</td>
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<tr>
<td>Bjorn Dybdahl</td>
<td>M55</td>
<td>20:43.73</td>
<td>24/40</td>
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<tr>
<td>Graeme Dahl</td>
<td>M60</td>
<td>21:26.30</td>
<td>26/39</td>
</tr>
<tr>
<td>Irwin Barrett-Lennard</td>
<td>M80</td>
<td>26:17.79</td>
<td>4/13</td>
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<tr>
<td>Bob Schickert</td>
<td>M65</td>
<td>DNF (ran 1 lap short)</td>
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### 800m semi-finals

<table>
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<tr>
<th>Name</th>
<th>Age</th>
<th>Time</th>
<th>Place</th>
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<tbody>
<tr>
<td>Andrew Brooker</td>
<td>M40</td>
<td>2:09.26</td>
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<tr>
<td>Neil Morfitt</td>
<td>M55</td>
<td>2:14.7</td>
<td>q</td>
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<tr>
<td>Margaret Saunders</td>
<td>W55</td>
<td>2:54.14</td>
<td>q</td>
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<tr>
<td>Carol Bowman</td>
<td>W55</td>
<td>3:17.65</td>
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### 300m hurdles semi-final

<table>
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<tr>
<th>Name</th>
<th>Age</th>
<th>Time</th>
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<tbody>
<tr>
<td>Don Chambers</td>
<td>M70</td>
<td>59.00</td>
<td>Q</td>
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**Day 5**

### 10000m

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<th>Name</th>
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<tbody>
<tr>
<td>Irwin Barrett-Lennard</td>
<td>M80</td>
<td>54:05.16</td>
<td>SB 4/10</td>
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</table>

### 800m finals

<table>
<thead>
<tr>
<th>Name</th>
<th>Age</th>
<th>Time</th>
<th>Place</th>
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<tbody>
<tr>
<td>Neil Morfitt</td>
<td>M55</td>
<td>2:13.84</td>
<td>7/12</td>
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<tr>
<td>Margaret Saunders</td>
<td>W55</td>
<td>2:42.44</td>
<td>5/12</td>
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<tr>
<td>David Carr</td>
<td>M75</td>
<td>2:46.02</td>
<td>SB</td>
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<tr>
<td>Lorraine Lopes</td>
<td>W70</td>
<td>3:10.54</td>
<td>SILVER 2/9 AR</td>
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### 300m hurdles final

<table>
<thead>
<tr>
<th>Name</th>
<th>Age</th>
<th>Time</th>
<th>Place</th>
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<tbody>
<tr>
<td>Don Chambers</td>
<td>M70</td>
<td>59.00</td>
<td>Q</td>
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**Day 6**

### 200m semi-finals

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<th>Name</th>
<th>Age</th>
<th>Time</th>
<th>Place</th>
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<tbody>
<tr>
<td>Barrie Kernaghan</td>
<td>M70</td>
<td>29.03</td>
<td>-2.7</td>
</tr>
<tr>
<td>Roy Fearnall</td>
<td>M65</td>
<td>29.32</td>
<td>-0.8</td>
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<tr>
<td>Norm Richards</td>
<td>M70</td>
<td>33.56</td>
<td>-3.3</td>
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### 200m finals

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<th>Name</th>
<th>Age</th>
<th>Time</th>
<th>Place</th>
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<tbody>
<tr>
<td>Barrie Kernaghan</td>
<td>M70</td>
<td>29.37</td>
<td>-0.1</td>
</tr>
<tr>
<td>Lynne Choate</td>
<td>W55</td>
<td>31.96</td>
<td>-2.6</td>
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**Day 7**

### Hammer

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<th>Name</th>
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<th>Place</th>
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<tbody>
<tr>
<td>Chris Tittel</td>
<td>M80</td>
<td>21.72</td>
<td>9/13</td>
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### Weight Throw

<table>
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<th>Name</th>
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<th>Time</th>
<th>Place</th>
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<tbody>
<tr>
<td>Kate Glass</td>
<td>W60</td>
<td>11.61</td>
<td>7/14</td>
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</tbody>
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### 400m semi-finals

<table>
<thead>
<tr>
<th>Name</th>
<th>Age</th>
<th>Time</th>
<th>Place</th>
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</thead>
<tbody>
<tr>
<td>Colin Smith</td>
<td>M45</td>
<td>57.33</td>
<td>nq</td>
</tr>
<tr>
<td>Neil Morfitt</td>
<td>M55</td>
<td>60.76</td>
<td>nq</td>
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<tr>
<td>Roy Fearnall</td>
<td>M65</td>
<td>65.24</td>
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</tr>
<tr>
<td>Barrie Kernaghan</td>
<td>M70</td>
<td>67.92</td>
<td>q</td>
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### 1500m semi-finals

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<th>Age</th>
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<th>Place</th>
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<tbody>
<tr>
<td>Andrew Brooker</td>
<td>M40</td>
<td>4:28.84</td>
<td>q</td>
</tr>
<tr>
<td>Bjorn Dybdahl</td>
<td>M55</td>
<td>5:20.42</td>
<td>nq</td>
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<tr>
<td>Bob Schickert</td>
<td>M65</td>
<td>6:11.26</td>
<td>q</td>
</tr>
<tr>
<td>David Carr</td>
<td>M75</td>
<td>6:27.87</td>
<td>Q</td>
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### Javelin

<table>
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<th>Name</th>
<th>Age</th>
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<th>Place</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mark Jeffery</td>
<td>M40</td>
<td>50.79</td>
<td>5th</td>
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Day 8

1500m finals
Andrew Brooker M40 4:30.91  16th
David Carr M75 5:38.86  BRONZE
Lorraine Lopes W70 6:31.96 AR  SILVER
Bob Schickert M65 7:13.70  13th

80m hurdles semi-final
Don Chambers M70 15.75  -1.8  nq

Day 9

400m finals
Roy Fearnall M65 64.45  8th  SB
Barrie Kernaghan M70 67.06  5th  SB
Irwin Barrett-Lennard M80 85.27  BRONZE  SR

20km road walk
Lyn Ventris W50 1:42:19.35  GOLD
Also TEAM GOLD with Pam Tindal, Rosemarie Stigwood
Garry Hasted M50 1:58:16.05  8/14  PBA
TEAM SILVER with Colin Heywood, Patrick Sela
David Smyth M40 2:04:32.30  7/10  PBA
TEAM GOLD with Stuart Kollmorgen, James Seid-

Day 10

3000m steeplechase
Andrew Brooker M40 11:23.56  8th
Roscoe McDonnell M50 11:34.06  5th
Bjorn Dybdahl M55 12:46.33  7th

2000m steeplechase
David Carr M75 9:36.09  GOLD
Carol Bowman W55 10:22.48  4th
Bob Schickert M65 10:25.54  15th
Lynne Schickert W65 14:19.91  4th

4x100m relays
M65  Roy Fearnall with Peter Crombie, John Wight, Neville McIntyre
      50.89  GOLD
M70  Barrie Kernaghan, Don Chambers with Hugh Coogan, Michael Stevenson
      55.19  BRONZE
W50  Lynne Choate with Marie Kay, Robyn Suttor, Leanne Monk
      55.46  4th
W65  Peggy Macliver with Marge Allison, Anne Stobaus, Valmai Padget
      63.83  GOLD

4x400m relays
W65  Peggy Macliver with Marge Allison, Anne Stobaus, Noreen Parrish
      5:16.39 GOLD  WORLD RECORD

M55  Neil Morfitt with Terry Hicks, Andrew Watts, Michael Barrand
      3:56.86 SILVER
M65  Roy Fearnall with Peter Crombie, Neville McIntyre, Don Mathewson
      4:13.23 SILVER
M70  Barrie Kernaghan, Don Chambers with Hugh Coogan, Michael Stevenson
      4:29.57 SILVER  AR
W55  Margaret Saunders, Lynne Choate with Paula Moorhouse, Irene Davey
      5:12:15 SILVER