

March 2015 Results – includes State Championships (analysed) at the end

Includes Strive, 5km parkruns and others where MAWA athletes are known to have competed

Note that all records are pending until ratified by the appropriate authorities

WAAS - 3 March

60m			3000m		
Wendy Seegers	W35	7.6	David Brook	M50	11:44.1 PBA
Lee Stergiou	M40	7.7	Graeme Dahl	M65	12:39.0 SB
Quinton de Klerk	M50	7.8	Karyn Gower	W55	13:27.8
Maurice Pascal	M40	7.8	Danielle Baldock	W35	15:20.8 SB
			Silke Peglow	W45	16:07.2
Dan Leseberg	M35	7.9	Nick Bailey	M65	17:12.1
Rafal Naskret	Vis	8.0			
Colin Smith	M50	8.2	3000m walk		
Tony Downey	M55	8.8	Karyn Tolardo	W45	17:20.2 PBA
			John Dennehy	M55	20:11.3
Melissa Foster	W35	7.9	John Oldfield	M70	22:02.9 PBA
Nicola Hibbert	W35	8.6	Sylvia Byers	W80	22:36.7
Barrie Kernaghan	M70	9.0			
Fran Cherry	W50	9.4	Long Jump		
Brian Hewitt	M60	10.2	Lee Stergiou	M40	4.90
			Ian Cotton	M50	4.77
Maeve Lahane	Vis	9.9	Rafal Naskret	Vis	4.51
Peggy Macliver	W70	10.2	Andrew Ward	M50	4.42 PBA
John Dennehy	M55	10.5	Lisa Limonas	W45	4.39 PBA
Silke Peglow	W45	11.7	Dave Wyatt	M60	4.24
Danielle Baldock	W35	13.0	Phil Smyth	M65	3.80 PBA=
			Murray Tolbert	M65	3.78
200m			Nicola Hibbert	W35	3.56
Rudy Kocis	M50	24.5	Fran Cherry	W50	3.34
Wendy Seegers	W35	24.7			
Lee Stergiou	M40	25.1	Discus		
Maurice Pascal	M40	25.8	Todd Davey	M45	40.66
			Matt Staunton	M40	40.18
Quinton de Klerk	M50	26.2	Ian Cotton	M50	36.43 PBA
Colin Smith	M50	26.8	Andrew Ward	M50	30.27
Ian Cotton	M50	27.6	Bev Hamilton	W65	21.28
			Sal Sims	W35	19.97
Dan Leseberg	M35	26.5	Mike Anderson	M65	15.97
Lisa Limonas	W45	28.7			
Barrie Kernaghan	M70	29.6	800m		
Nicola Hibbert	W35	30.2	Campbell Till	M55	2:25.4 SB
			Chris Groom	M45	2:37.8
Melissa Foster	W35	28.6	Niamh Keane	W45	2:40.1 SB
Fran Cherry	W50	33.6	Tony Downey	M55	2:51.8
John Dennehy	M55	34.2	Carmel Meyer	W50	2:58.5
Peggy Macliver	W70	35.1	Maurice Creagh	M65	3:03.9
			Karyn Gower	W55	3:06.5 SB
Tony Downey	M55	30.2	Ivan Brown	M70	3:12.6
Maeve Lahane	Vis	35.5	Maeve Lahane	Vis	3:14.6
Delia Baldock	W50	37.8	Delia Baldock	W50	3:37.0
Nick Bailey	M65	41.8	Silke Peglow	W45	3:42.9 SB
Silke Peglow	W45	43.2	Nick Bailey	M65	3:48.5
			Christine Oldfield	W70	4:04.8 SB
Weight					
Matt Staunton	M40	13.90			
Todd Davey	M45	12.88			
Bev Hamilton	W65	10.22			
Andrew Ward	M50	9.60			
Mike Anderson	M65	4.97			

WAAS - 10 March

All sprints and jumps wind-assisted

100m					
Wendy Seegers	W35	11.9	Tony Downey	M55	14.3 SB
Lee Stergiou	M40	12.4	Fran Cherry	W50	15.2 SB
Daniel Leseberg	M35	12.7	Ross Keane	M50	15.7
Colin Smith	M50	12.7	John Dennehy	M55	16.4
			Peggy Macliver	W70	16.5
Nathan Friend	Vis	13.2			
Melissa Foster	W35	13.2			
Anthony Di Biase	Vis	13.6			
Barrie Kernaghan	M70	14.8			

1000m			
Suzi Graves	W45	3:15.9	
Kim Thomas	M40	3:19.6	
Rosemary Giles	W35	3:21.2	
Tony Downey	M55	3:54.2	
Maurice Creagh	M65	3:56.3	SB
Ivan Brown	M70	3:58.6	PBA
Delia Baldock	W50	4:51.3	

200m			
Wendy Seegers	W35	24.4	PBA
Lee Stergiou	M40	25.2	
Maurice Pascal	M40	26.0	
Campbell Till	M55	26.8	PBA=

Barrie Kernaghan	M70	29.8	
Daniel Leseberg	M35	30.0	
Fran Cherry	W50	32.3	PBA

Tony Downey	M55	31.8	
John Dennehy	M55	34.2	
Peggy Macliver	W70	34.7	SB
Delia Baldock	W50	38.0	

1500m			
Ross Keane	M50	5:10.1	SB
Brian Hewitt	M60	5:29.8	PBA
David Brook	M50	5:42.2	
Karyn Gower	W55	6:11.1	PBA
Daniel Leseberg	M35	6:11.5	
Tony Downey	M55	6:32.3	
Maurice Creagh	M65	6:34.8	
Christine Oldfield	W70	8:05.4	PBA

1500m walk			
John Dennehy	M55	9:32.5	PBA
Sylvia Byers	W80	11:23.8	PBA

Triple Jump			
Phil Smyth	M65	8.46	PBA
Fran Cherry	W50	7.96	PBA

High Jump			
Dave Wyatt	M60	1.30	
Phil Smyth	M65	1.20	PBA=
Gay Wyatt	W60	1.05	

Shot			
Carmel Meyer	W50	7.12	
Mike Anderson	M65	6.38	

March 13 – Strive, WAAS

100m			
Wendy Seegers	W35	12.04 +1.2	AR
Alan Deans	M60	17.35 +0.1	

800m			
Alan Gower	M55	2:23.98	PBA

WAAS - 17 March

60m			
Colin Smith	M50	8.0	
Mark Elms	M45	8.1	
Lisa Limonas	W45	8.8	
Nicola Hibbert	W35	9.3	
Barrie Kernaghan	M70	9.3	
Brian Hewitt	M60	9.6	PBA
Fran Cherry	W50	10.0	
Peggy Macliver	W70	10.8	
John Dennehy	M55	11.4	

800m			
Mark Elms	M45	2:32.8	
Brian Hewitt	M60	2:42.0	
Bjorn Dybdahl	M60	2:51.7	
Bernadette Benson	W45	2:52.6	PBA
Jamie McLoughlan	Vis	2:55.6	
Graeme Dahl	M65	2:58.6	
Maurice Creagh	M65	3:06.8	
Ivan Brown	M70	3:07.3	SB
Luke Rowe	Vis	3:20.4	
Delia Baldock	W50	3:36.5	

Long Jump			
Lisa Limonas	W45	4.45	PBA
Carmel Meyer	W50	3.67	
Fran Cherry	W50	3.53	

300m			
Mark Elms	M45	42.0	
Colin Smith	M50	42.5	
Brian Hewitt	M60	52.1	
Fran Cherry	W50	56.0	
Barrie Kernaghan	M70	47.3	
Lisa Limonas	W45	47.6	
Nicola Hibbert	W35	47.8	
Tony Downey	M55	55.6	
Bjorn Dybdahl	M60	50.3	
John Dennehy	M55	56.5	
Peggy Macliver	W70	59.5	
Maurice Creagh	M65	61.9	

3000m			
Kim Thomas	M40	11:09.1	
Bernadette Benson	W45	11:37.3	SB
David Brook	M50	11:46.3	
Graeme Dahl	M65	12:21.5	PBA
Brian Hewitt	M60	12:43.4	
Jamie McLoughlan	Vis	12:55.2	
Luke Rowe	Vis	14:23.1	
Carol Bowman	W60	14:54.9	
Julie Wilson	W60	15:33.0	
John Dennehy	M55	18:45.8	
Carolyn Fawcett	W60	18:51.0	PBA

3000m walk			
Sylvia Byers	W80	23:46.9	

WAAS - 24 March*(all sprints and jumps were wind-assisted)***200m**

Colin Smith	M50	28.6	
Fran Cherry	W50	32.7	
Nick Miletic	M60	33.6	PBA w/a
Ivan Brown	M70	34.6	PBA w/a

Tony Downey	M55	29.3	
Barrie Kernaghan	M75	30.0	
Brian Hewitt	M60	31.6	PBA w/a

400m

Lee Stergiou	M40	60.8	
Campbell Till	M55	62.7	
Brian Hewitt	M60	71.3	

Tony Downey	M55	67.7	SB
Peggy Macliver	W70	83.0	PBA
John Dennehy	M55	83.0	
Christine Oldfield	W70	1:52.8	

100m

Dave Wyatt	M60	13.9	
Barrie Kernaghan	M70	15.3	
Nick Miletic	M60	15.7	SB
Brian Hewitt	M60	15.7	PBA w/a

Tony Downey	M55	15.1	
Fran Cherry	W50	15.4	
John Dennehy	M55	16.3	

Long Jump

Lee Stergiou	M40	4.96	
Carmel Meyer	W50	3.83	
Fran Cherry	W50	3.79	PBA w/a
Geoff Brayshaw	M65	4.19	

5000m

Jim Langford	M70	19:55.5	
Bernadette Benson	W45	19:57.9	PBA
Grahak Cunningham	M35	24:02.0	
John Oldfield	M70	24:18.3	
Greg Wilson	M65	27:53.1	
Irwin Barrett-Lennard	M85	29:27.6	

5000m walk

Karyn Tolardo	W45	29:45.3	PBA
Sylvia Byers	W80	39:06.8	PBA

3000m

Graeme Dahl	M65	12:12.9	PBA
Carmel Meyer	W50	13:52.8	SB
Julie Wilson	W60	15:05.8	SB
Lorraine Lopes	W75	15:10.5	
David Carr	M80	15:14.1	
Delia Baldock	W50	16:30.8	

3000m walk

Isabella Tolardo	Vis	20:32.4	
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Shot

Greg Urbanowicz	M35	12.63	SB
Matt Staunton	M40	12.34	
Oswald Igel	M60	11.56	
Carmel Meyer	W50	7.10	
Mike Anderson	M65	6.11	

Discus

Oswald Igel	M60	40.46	SB
Matt Staunton	M40	40.60	
Greg Urbanowicz	M35	39.69	SB
Mike Anderson	M65	18.18	

Bunbury results start on the next page

Results from Bunbury

Tuesday March 3

60m

Brian Feutrill	M50	8.2	SB
Sharon Moloney	W50	9.3	SB

1000m

Rosemary Giles	W35	3:18.4	SR (p)
Andrew Davison	M50	3:19.0	
Lyle James	M70	6:18.5	SB

3000m

Andrew Davison	M50	10:43.0	SB
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3000m walk

Garry Hastie	M50	16:05.2	SB
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Shot

Sharon Moloney	W50	9.28	PBA
Brian Waldhuter	M70	7.04	
Lyle James	M70	3.10	

Hammer

Sharon Moloney	W50	27.31	
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High Jump

Brian Feutrill	M50	1.55	PBA=
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Saturday March 7

300m hurdles

Robyn Feutrill	W50	63.9	
Brian Waldhuter	M70	65.9	SB

400m hurdles

Brian Feutrill	M50	68.4	SB
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Tuesday 10 March

60m

Brian Feutrill	M50	9.3	
Harold Membrey	M60	9.5	
Brian Waldhuter	M70	9.8	

Discus

Robyn Feutrill	W50	11.68	
Deb Cox	W50	17.36	
Sharon Moloney	W50	21.70	
Lyle James	M70	8.56	
Garry Hastie	M50	24.77	
Brian Feutrill	M50	23.47	SB
Brian Waldhuter	M70	18.59	
Harold Membrey	M60	23.80	

Tuesday 17 March

300m hurdles

Robyn Feutrill	W50	63.0	PBA
Brian Waldhuter	M70	64.2	PBA

Sunday March 22

5000m

Lyle James	M70	41:48.0	
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10000m

Steve Giles	M55	41:05.0	
Gary Peace	M65	42:54.0	

1-hour run

Rosemary Giles	W35	13.868km	
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Tuesday March 24

Discus

Garry Hastie	M50	25.88	SB
Sharon Moloney	W50	22.47	
Deb Cox	W50	16.34	
Lyle James	M70	9.22	



FREE, timed 5km runs, 8am every Saturday (9am UK)

New Club Bests are highlighted in sky blue

PBs are best as a MAWA member, not including parkruns as non-members

Please also note that the results of non-financial members are not included in these tables

March 7: 39 members

Hamish McLeod	Claisebrook	M40	22:14
John Fisher		M55	24:39
John Oldfield		M70	25:48
Christine Oldfield		W70	31:07
Sarah San		W35	33:29
Denise Newport		W55	50:19
Todd Ingraham	Canning R	M40	17:03
Kim Thomas		M40	17:16
Bruce McGeorge (NTMA)		M60	24:37
Kristy Devereux		W30	26:23
Merv Jones		M75	29:45
Carolyn Fawcett		W60	33:13 PB
Sheila Walsh		W50	34:15
Tania Baldwin		W40	38:47
Sheila Maslen		W75	42:41
Bronwyn Bell	Carine G	W35	28:19
Jeff Bremner	Pioneer	M50	21:02 PB
AlexTinniswood		M30	21:40 PB
Wade Davis		M45	23:35
Jeremy Savage		M35	24:36
Kelly Underwood		W35	28:31
Clinton Bishop		M40	32:21
Stuart MacKinnon		M30	43:16
Tracy Bishop		W40	52:49
Danny Sheehan	Kalgoorlie	M60	20:56
Mick O'Toole		M40	21:35 PB
Ray Hall	Rock'ham	M80	45:40
Mitch Loly		M70	45:49
Sam Farman	Aveley	W50	34:43
Graeme Dahl	Bibra L	M65	21:25 PB
David Adams		M35	22:25
Cassie Hughes		W40	24:23
Carol Bowman		W60	25:35 SB
Jon Storey	Joondalup	M40	23:55
Lui Cecotti		M65	27:54
Aura Cook		W45	28:06
Julie Storey		W40	56:49 t/r
Giovanni Puglisi	Harcourt Hill	M60	20:04

March 14: 30 members (clash with State Champs)

Kim Thomas	Bibra Lake	M40	20:03
David Adams		M35	22:34
Kem Hassan	Canning R	M45	29:45
Merv Jones		M75	30:06
John Talbot		M65	30:40
Sam Farman		W50	30:59
Clinton Bishop		M40	35:43
Sheila Maslen		W75	44:22
Tracy Bishop		W40	53:50
Rod Hamilton	Claisebrook	M50	20:32
Wendy Burgess		W30	22:37
Cassie Hughes		W40	24:36
Denise Newport		W55	47:27
Anthony Smith	Joondalup	M40	19:20
Martin Watkins		M65	24:36
Lui Cecotti		M65	26:04

Alex Tinniswood	Pioneer	M30	21:57
Mitch Loly	Rock'ham	M70	41:53
Hamish McLeod	Dawesville	M40	18:59
Dan Baldwin		M40	21:32
Jon Storey		M40	24:16
Robyn Dunlop		W40	27:49
Julie Storey		W40	41:15
Tania Baldwin		W40	55:00
Brian Feutrill	Geographe B	M50	22:35
Jeremy Savage		M35	25:13
Kelly Underwood		W35	25:40
Robyn Feutrill		W50	26:59
Mick O'Toole	Kalgoorlie	M40	21:07 PB
Carey Dickason	Mt. Clarence	W60	32:38

March 21; 47 members

Hamish McLeod	Claisebrook	M40	19:35
Fiona Leonard		W45	20:24 PB
John Oldfield		M70	24:54 pacer
Christine Oldfield		W70	30:29
Sarah San		W35	31:16
Chris Neilon		M40	31:29
Clinton Bishop		M40	33:18
Tracy Bishop		W40	38:11
Anthony Smith	Aveley	M40	23:01
David Adams	Bibra Lake	M35	23:27
Cassie Hughes		W40	24:05 PB
Sue Zlnay	Carine G	W55	21:10
Peter Frediani		M40	22:18
Karyn Gower		W55	23:25 PB
Michael Lee		M65	25:19
Robyn Dunlop		W40	26:59 PB
Katrina Tyza		W35	28:09
John Talbot		M65	28:46
Bronwyn Bell		W35	29:41
Sam Farman		W50	34:44
Lui Cecotti	Joondalup	M65	25:43
Danielle Baldock		W35	26:59
Kim Thomas	Canning R	M40	17:18
Rod Hamilton		M50	20:04
Jim Langford		M70	20:06 PB
Lisa Searle		W40	20:33 SB
Brian Hewitt		M60	20:36
Bert Carse		M70	21:09
Bruce McGeorge (NT)		M60	25:21
Delia Baldock		W50	30:43
Melissa Hassan		W40	31:14
Kem Hassan		M45	31:15
Carolyn Fawcett		W60	32:31 PB
Sheila Walsh		W50	35:59
Sheila Maslen		W75	43:13
Alex Tinniswood	Pioneer	M30	21:57
Jon Storey	Rock'ham	M40	24:25
Julie Storey		W40	37:07
Vic Beaumont		M85	50:46
Mitch Loly		M70	53:39
Carey Dickason	Mt Clarence	W60	29:30 PB

Brian Feutrill	Geographe B	M50	21:52	
Robyn Feutrill		W50	27:12	
Danny Sheehan	Kalgoorlie	M60	20:35	
Mick O'Toole		M40	23:28	
Clare Wardle	Dawesville	W40	19:32	PBA
Sharon Davis		W40	22:17	

March 28; 38 members

Hamish Mcleod	Claisebrook	M40	20:26	
John Talbot		M65	28:59	
Christine Oldfield		W70	30:53	
John Oldfield		M70	30:53	
Sarah San		W35	31:15	
Chris Neilon		M40	31:15	
Sam Farman		W50	33:02	
Anthony Smith	Aveley	M40	18:52	
Wendy Burgess		W30	22:51	
Clare Wardle	Bibra Lake	W40	48:41	t/r
Peter Frediani	Carine	M40	22:23	
Karyn Gower		W55	22:52	PB
Bronwyn Bell		W35	27:45	PB
Bethan Beck		W30	31:47	
Danielle Baldock	Joondalup	W35	26:50	
Bob Cavin		M60	27:08	
Stuart MacKinnon	Pioneer	M30	19:30	
Kelly Underwood		W35	29:38	
Jeremy Savage		M35	49:17	t/r
Mick O'Toole	Kalgoorlie	M40	21:21	
Brian Feutrill	Geographe B	M50	22:36	
Jon Storey	Manjimup	M40	24:07	
Julie Storey		W40	45:18	
John Dickason	Mt Clarence	M60	27:56	
Carey Dickason		W60	28:52	PB
Kim Thomas	Canning R	M40	17:41	
Jim Langford		M70	19:48	PB
Graeme Dahl		M65	21:11	PB
Cassie Hughes		W40	23:44	PB
Tina Franklin		W45	25:09	
Monique Thomas		W35	28:05	
Delia Baldock		W50	28:54	
Merv Jones		M75	30:00	
Carolyn Fawcett		W60	33:22	
Tania Baldwin		W40	54:26	

Rockingham results from 28/3 are not to hand

MAWA State Championships, 2015
All events were held at WAAS

Thursday March 5
10,000m

Rosemary Giles	W35	41:07.0	SB
Monique Thomas	W35	1:01:56.3	
Clare Wardle	W40	42:06.5	
Sue Bourn	W45	47:10.8	
Sue Zlnay	W55	45:02.5	PBA
Karyn Gower	W55	47:52.3	PBA
Lorraine Lopes	W75	51:31.8	AR
Steve Weller	M35	38:25.0	
Todd Ingraham	M40	34:09.8	PBA
Kim Thomas	M40	36:29.9	
Ante Perdija	M40	38:24.4	PBA
Hamish McLeod	M40	39:26.9	
Mike Bryant	M40	41:35.5	
Ross Keane	M50	42:13.5	PBA
David Solomon	M50	42:54.8	
Trevor Scott	M55	38:04.1	
Steve Giles	M55	39:06.5	PBA
Mickey Muroi	M55	42:21.0	
Chris Maher	M60	39:54.5	PBA
Bjorn Dybdahl	M60	41:05.2	PBA
Brian Hewitt	M60	43:43.0	PBA
Gary Peace	M65	38:50.6	PBA
Keith Miller	M65	45:25.8	
Michael Lee	M65	46:32.3	
Greg Wilson	M65	58:24.8	
Jim Langford	M70	40:42.5	
Bert Carse	M70	44:50.4	
John Oldfield	M70	48:16.4	
Bob Schickert	M70	52:16.9	SB
Morland Smith	M75	1:01:25.2	
Irwin Barrett-Lennard	M85	1:01:43.3	SR

Tuesday March 10
2000m steeplechase

Kristy Devereux	W30	9:43.9	SR
Danielle Baldock	W35	10:54.7	
Monique Thomas	W35	12:16.1	
Vicki Cobby	W40	9:09.7	
Margaret Saunders	W60	9:11.0	SR
Julie Wilson	W60	10:37.9	
Carolyn Fawcett	W60	14:11.8	
Lynne Schickert	W70	15:40.4	
Bjorn Dybdahl	M60	8:08.9	
Nick Miletic	M60	11:54.0	
Bruce Wilson	M65	9:02.1	
Bert Carse	M70	8:57.6	
John Oldfield	M70	9:54.3	
Bob Schickert	M70	10:16.2	
David Carr	M80	9:50.5	
Irwin Barrett-Lennard	M85	12:50.0	SR
Cecil Walkley	M85	21:27.4	
3000m steeplechase			
Todd Ingraham	M40	10:46.9	
Kim Thomas	M40	11:09.9	
Ante Perdija	M40	11:37.0	
Colin Shaw	M50	14:31.6	

Saturday March 7
Women's Pentathlon

		100	SP	LJ	JT	800
Melissa Foster	W35	13.0	8.75m	5.43m	27.50m	3:04.7
2769 SR		749 SB=	469	759	461 PBA	331
Vicki Cobby	W40	14.6	8.22m	4.04m	20.47m	2:47.4
2401		575	472	423	354	577
Sue Bourn	W45	15.1	6.23m	3.74m	14.42m	2:54.7
2182		584	363 PBA	403 SB	252	580
Carmel Meyer	W50	15.3	6.81m	3.78m	16.08m	2:56.5
2520		639	437	487	310	647 SB
Fran Cherry	W50	15.6	6.30m	3.72m	11.95m	3:21.9
2077 PBA		598	395	469 PBA	210	405 PBA
Julie Wilson	W60	20.1	4.99m	2.51m	12.48m	3:41.4
1564		259	366 PBA	223 PBA	291	425
Lynne Schickert	W70	23.0	4.87m	2.12m	7.82m	5:08.6
1248		194	466	218	223	147

Men's Pentathlon

		LJ	JT	200	DT	1500
Paul Jeffery	M40	6.17m	46.56m	24.5	37.27m	4:49.7
3489		748 SB	597	751	686 SB	707
Ian Cotton	M50	5.15m	31.66m	27.2	38.34m	5:31.0
3022		657 SB	426	666 SB	648 PBA	625
Colin Smith	M50	4.12m	14.62m	26.6	18.06m	5:46.0
2033		394	134 SB	714	243	548
John Dennehy	M55	3.31m	14.85m	34.3	15.18m	7:09.8
1179		262	159 SB	273	214	271 SB
Nick Miletic	M60	3.30m	20.88m	35.0	26.24m	7:21.5
1635		315 SB	292 SB	301	423 SB	304 SB
Geoff Brayshaw	M65	4.08m	29.68m	31.8	29.51m	8:37.5
2436		628	535	567	550	156 PBA
Ivan Brown	M70	2.99m	16.64m	35.6	16.70m	6:31.7
2063		367	270	432 SB	297	697
Leon Sander	M75	2.94m	19.52m	34.6	21.88m	7:45.4
2468		439	398	609	491	531

Women's Throws Pentathlon – 7 March

		HT	SP	DT	JT	WT
Byrony Glass	W35	53.79m	10.65m	34.06m	19.55m	17.34m
		1130	598	563	303	1048 SB
Sally Sims	W35	20.64m	7.86m	17.55m	14.53m	8.59m
1647		334 PBA		408	245 SB	205 455
Christine Schelfhout	W45	27.92m	7.36m	18.34m	19.92m	8.85m
2341		613 SR	451	316	379	582 PBA
Sharon Moloney	W50	27.97m	8.12m	22.79m	18.29m	8.40m
2479 PBA		621	545	461 SB	364	488
Debra Cox	W50	19.15m	6.27m	17.68m	19.49m	5.25m
1764		377	393	336	394	264
Bev Hamilton	W65	25.49m	8.11m	23.66m	16.92m	10.29m
		786	758 SB	701	491 SR	717
Luella Jenkins	W70	14.99m	5.72m	14.45m	15.14m	8.65m
2658		466	569	456	510	657

Men's Throws Pentathlon

		HT	SP	DT	JT	WT
Matt Staunton	M40	46.61m	12.86m	42.10m	43.98m	14.03m
		717	748 SB	795 SB	556 PBA	751 SB
Mark Hamilton	M40	29.44m	9.85m	30.10m	28.66m	ND
1786		401	543	527	315	0
Peter Tua	M40	6.51m	7.80m	21.89m	18.97m	7.73m
1638		348	407	350	169	364
Todd Davey	M45	38.31m	13.25m	42.84m	38.90m	12.76m
3639		635	847	904	523	730
Andrew Ward	M50	23.00m	9.12m	29.64m	33.95m	10.03m
2252		307	527	470	467	481
Tom Gravestock	M55	38.21m	10.46m	36.88m	32.99m	12.63m
3239		680 SB	685	684	502	688
Jo Peters	M60	29.60m	10.96m	40.26m	25.82m	14.00m
3025		491	709	721	392	712
Oswald Igel	M60	29.57m	10.91m	35.66m	28.20m	14.30m
2986 PBA		491	704	622	440	729 PBA
Rob Young	M70	18.82m	8.64m	24.66m	14.16m	8.70m
2065		326	584	494	213	448
Bob Fergie	M75	25.16m	7.36m	22.45m	16.35m	10.35m
2532		568	539	507	313	605
Jim Davis	M80	32.24m	9.96m	22.66m	15.39m	12.22m
		867	846	609	331	788
Jeff Whittam	M80	19.37m	6.06m	12.14m	9.12m	8.67m
1873		462	466	271	149	525

Main Championships weekend, 14-15 March

60m – 15 March

Amanda Peterson	W35	8.75	-0.7	
Nicola Hibbert	W35	9.14	-0.7	
Vicki Cobby	W40	9.30	-0.7	
Sue Bourn	W45	9.44	-0.7	
Julie Best	W45	9.69	-0.7	
Sharon Moloney	W50	9.47	-0.9	
Carmel Meyer	W50	9.50	-0.9	
Fran Cherry	W50	9.81	-0.9	
Deb Cox	W50	10.91	-0.9	
Lynne Choate	W60	9.72	-0.9	
Barbara Wilson	W60	11.49	-0.9	
Gail Castensen	W60	12.73	-0.9	
Peggy Macliver	W70	10.56	-0.8	SR
Brenda Painter	W70	11.49	-0.8	
Luella Jenkins	W70	12.30	-0.8	
Lynne Schickert	W70	14.02	-0.8	

Loren Penny	M30	7.95	+0.1	
Andy Taylor	M35	7.46	+0.1	
Daniel Leseberg	M35	7.94	+0.1	
Ernie Leseberg	M40	7.41	NWI	
Glenn Ross	M40	7.50	NWI	
Lee Stergiou	M40	7.88	NWI	
Maurice Pascal	M40	13.14	NWI	
Bernard Riviere	M45	8.02	NWI	
Colin Smith	M50	8.23	-0.6	
Colin Shaw	M50	9.15	-0.6	SB
Tony Downey	M55	9.00	+1.7	
Harold Membrey	M60	9.67	+1.7	
Nick Miletic	M60	9.92	+1.7	SB
Geoff Brayshaw	M65	9.22	+1.7	
Barrie Kernaghan	M70	9.18	+0.6	
Lyle James	M70	13.94	+0.6	
David Clive	M75	9.42	+0.6	
Tom Crossen	M80	12.08	+0.8	
Irwin Barrett-Lennard	M85	12.05	+0.8	SR
Derry Foley	M85	13.06	+0.8	
Gordon Medcalf	M85	13.42	+0.8	

100m – 15 March

Wendy Seegers	W35	12.18	+3.0	
Amanda Peterson	W35	13.67	+3.0	
Nicola Hibbert	W35	14.27	+3.0	SB
Sharon Davis	W40	14.02	+3.0	
Vicki Cobby	W40	14.67	+3.0	
Sue Bourn	W45	15.04	+3.0	
Julie Best	W45	15.56	+3.0	
Carmel Meyer	W50	15.03	+0.6	PBA
Sharon Moloney	W50	15.45	+0.6	SB
Fran Cherry	W50	15.45	+0.6	
Lynne Choate	W60	15.50	+0.6	
Peggy Macliver	W70	16.64	+0.6	
Brenda Painter	W70	18.98	+0.6	
Loren Penny	M30	12.37	+2.0	
Justin Vincent	M30	12.94	+2.0	
Andy Taylor	M35	11.61	+2.0	
Daniel Leseberg	M35	12.49	+2.0	PBA
Ernie Leseberg	M40	11.58	+2.7	
Lee Stergiou	M40	12.33	+2.7	
Bernard Riviere	M45	12.45	+2.7	
Mark Elms	M45	12.50	+2.7	PBA
Colin Smith	M50	12.65	+3.3	SB
Tony Downey	M55	15.37	+3.3	
John Dennehy	M55	16.24	+3.3	SB
Mark Hewitt	M60	15.09	+3.2	PBA
Nick Miletic	M60	15.99	+3.2	SB
Geoff Brayshaw	M65	14.51	+3.2	
Barrie Kernaghan	M70	14.32	+3.2	
Lyle James	M70	22.26	+3.2	
David Clive	M75	15.46	+1.2	
Tom Crossen	M80	20.71	+1.2	
Irwin Barrett-Lennard	M85	19.70	+1.2	SB
Gordon Medcalf	M85	21.31	+1.2	PBA
Derry Foley	M85	23.02	+1.2	

400m – 15 March

Wendy Seegers	W35	57.05		
Sharon Davis	W40	64.42		
Vicki Cobby	W40	68.91	SB	
Fiona Leonard	W45	67.14	PBA	
Sue Bourn	W45	73.72		
Carmel Meyer	W50	72.64	SB	
Fran Cherry	W50	80.45		
Peggy Macliver	W70	83.22	SR	
Lorraine Lopes	W75	91.08	SR	
Lee Stergiou	M40	57.79		
Mark Elms	M45	56.44		
Andrew Brooker	M45	59.95		
Colin Smith	M50	58.66		
David Solomon	M50	66.82		
Campbell Till	M55	59.19	SB	
Greg Vander Sanden	M55	60.92		
Neil Morfitt	M55	61.46	SB	
Bjorn Dybdahl	M60	67.95		
Brian Hewitt	M60	68.70	PBA	
Nick Miletic	M60	88.08		
Maurice Creagh	M65	81.63	SB	
Barrie Kernaghan	M70	71.18	SB	
Ivan Brown	M70	85.22		
Lyle James	M70	2:27.45		
David Carr	M80	80.73		
Irwin Barrett-Lennard	M85	1:46.50		
Cecil Walkley	M85	3:11.98		

200m – 14 March

Nicola Hibbert	W35	29.41	-0.2	
Sharon Davis	W40	29.04	-0.2	
Vicki Cobby	W40	30.27	-0.2	
Fiona Leonard	W45	30.65	-0.2	
Sue Bourn	W45	32.20	-0.2	
Carmel Meyer	W50	31.08	-0.2	PBA
Fran Cherry	W50	32.51	-0.2	
Sharon Moloney	W50	32.54	-0.2	SB
Lynne Choate	W60	33.63	-0.8	
Peggy Macliver	W70	35.40	-0.8	SR
Brenda Painter	W70	43.23	-0.8	
Loren Penny	M30	25.46	-0.7	
Justin Vincent	M30	26.89	-0.7	
Andy Taylor	M35	24.42	-0.7	
Daniel Leseberg	M35	25.60	-0.7	SB
Glenn Ross	M40	23.61	-0.7	
Ernie Leseberg	M40	24.14	-0.7	
Lee Stergiou	M40	25.27	-0.7	
Maurice Pascal	M40	25.97	-0.7	
Mark Elms	M45	25.39	+0.6	
Bernard Riviere	M45	26.24	+0.6	
Colin Smith	M50	26.26	+0.6	
Campbell Till	M55	27.28	-2.1	
Neil Morfitt	M55	28.49	-2.1	
Tony Downey	M55	29.31	-2.1	PBA
Harold Membrey	M60	32.86	-2.1	
Nick Miletic	M60	34.60	-2.1	
Geoff Brayshaw	M65	32.08	-2.1	
Barrie Kernaghan	M70	29.94	-0.2	
David Clive	M75	34.14	-0.2	
David Carr	M80	34.90	-0.2	SB
Irwin Barrett-Lennard	M85	41.41	-0.2	SB

800m – 14 March

Kristy Devereux	W30	2:46.58	PBA	
Rosemary Giles	W35	2:36.32	PBA	
Sharon Davis	W40	2:31.35	PBA	
Fiona Leonard	W45	2:34.82		
Carmel Meyer	W50	3:01.77		
Margaret Saunders	W60	2:49.67		
Christine Oldfield	W70	4:06.58		
Lorraine Lopes	W75	3:26.25	SR	
Kim Thomas	M40	2:19.33	PBA	
Andrew Brooker	M45	2:11.80		
Xander van Rijen	M45	2:16.50		
Chris Groom	M45	2:34.62		
Ross Keane	M50	2:25.99	SB	
David Solomon	M50	2:40.70		
Neil Morfitt	M55	2:22.27	SB	
Greg Vander Sanden	M55	2:26.23	PBA	
Tony Downey	M55	2:39.43	SB	
Stuart Moore	M55	2:57.82		
Bjorn Dybdahl	M60	2:35.56		
Brian Hewitt	M60	2:36.77	PBA	
Danny Sheehan	M60	2:47.77	PBA	
Bruce Wilson	M65	2:57.06		
Michael Lee	M65	3:01.01		
Maurice Creagh	M65	3:04.66		
Bert Carse	M70	2:52.82		
Ivan Brown	M70	3:08.84	PBA	
Bob Schickert	M70	3:16.43		
Lyle James	M70	5:04.10		
Morland Smith	M75	3:40.04		
David Carr	M80	3:01.42		
Cecil Walkley	M85	6:36.54		

1500m – 15 March

Kristy Devereux	W30	6:01.97	
Kim Cook	W40	6:13.97	
Niamh Keane	W45	5:21.71	SB
Karyn Gower	W55	6:17.54	
Carolyn Fawcett	W60	9:05.60	PBA
Christine Oldfield	W70	8:16.50	

Mike Bryant	M40	5:26.77	PBA
Jeremy Appleyard	M40	5:36.47	
Andrew Brooker	M45	4:40.78	
Chris Groom	M45	5:26.81	
Ross Keane	M50	5:05.47	SB
David Brook	M50	5:30.94	PBA
Greg Vander Sanden	M55	5:12.05	
Stuart Moore	M55	6:37.73	
Bjorn Dybdahl	M60	5:19.89	
Brian Hewitt	M60	5:31.66	
Mark Hewitt	M60	6:01.53	
Michael Lee	M65	6:01.32	PBA
Bruce Wilson	M65	6:07.31	
Maurice Creagh	M65	6:13.48	SB
Bert Carse	M70	5:42.65	
Jim Langford	M70	5:45.99	
Ivan Brown	M70	6:16.26	PBA
Bob Schickert	M70	6:31.32	SB
Lyle James	M70	11:22.83	
David Carr	M80	6:10.74	SB
Irwin Barrett-Lennard	M85	8:22.92	
Cecil Walkley	M85	13:55.81	

3000m walk – 15 March

Karyn Tolardo	W45	17:26.82	
Lyn Ventris	W55	15:43.85	
Julie Wilson	W60	21:52.59	
Sarah Ladwig	W65	22:09.55	SB
Lynne Schickert	W70	23:19.18	
Lorna Lauchlan	W80	25:52.63	SR W85

Daniel Lowe	M35	18:27.28	
Garry Hastie	M50	16:54.18	
John McDonagh	M65	21:53.71	
John Oldfield	M70	25:35.46	
John Smith	M80	23:39.37	
Jeff Whittam	M80	26:03.25	

5000m – 14 March

Rosemary Giles	W35	20:20.18	
Danielle Baldock	W35	27:00.17	
Monique Thomas	W35	28:11.53	SB
Clare Wardle	W40	19:57.18	PBA
Kim Cook	W40	23:26.23	
Sue Bourn	W45	22:13.46	
Simone Solomon	W45	24:35.35	
Karyn Gower	W55	23:07.95	PBA
Carolyn Fawcett	W60	33:40.68	PBA
Gillian Young	W65	26:02.80	
Christine Oldfield	W70	31:36.61	

Steve Weller	M35	18:50.98	
Kim Thomas	M40	17:39.79	
Ante Perdija	M40	18:27.10	PBA
Andrew Davison	M50	18:12.63	
David Solomon	M50	20:38.36	
David Brook	M50	21:06.43	

80m hurdles – 15 March

Vicki Cobby	W40	15.22	+1.5
Delia Baldock	W50	18.20	+1.5

110m hurdles – 15 March

Mark Jeffery	M40	17.63	+2.7	PBA
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300m hurdles – 14 March

Delia Baldock	W50	68.24	
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Harold Membrey	M60	66.54	
Nick Miletic	M60	66.65	

400m hurdles - 14 March

Sharon Davis	W40	69.91	SB
Vicki Cobby	W40	77.07	

Mark Elms	M45	69.23	
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1500m walk – 14 March

Karyn Tolardo	W45	8:26.23	PBA
Julie Wilson	W60	10:08.81	
Su Lloyd	W60	12:41.34	
Sarah Ladwig	W65	10:42.41	
Lynne Schickert	W70	11:17.32	
Luella Jenkins	W70	11:54.77	
Lorna Lauchlan	W80	12:47.43	SR W85
Noela Medcalf	W80	12:48.84	

Daniel Lowe	M35	8:56.36	
Garry Hastie	M50	8:06.37	SB
John Dennehy	M55	10:21.67	
Bruce Wilson	M65	10:07.85	
John McDonagh	M65	10:09.26	PBA
John Oldfield	M70	12:30.61	
John Smith	M80	11:43.22	PBA
Jeff Whittam	M80	12:57.13	

5000m walk – 14 March

Karyn Tolardo	W45	30:47.16	
Cheryl-Lee Dean	W50	32:32.44	PBA
Lyn Ventris	W55	27:08.35	
Julie Wilson	W60	36:01.38	
Sarah Ladwig	W65	38:02.71	
Lynne Schickert	W70	39:09.01	
Lorna Lauchlan	W80	44:02.32	SR W85

Daniel Lowe	M35	32:35.57	SB
Garry Hastie	M50	30:34.89	
John McDonagh	M65	37:39.27	
John Smith	M80	38:24.29	

(5000m continued)

Steve Giles	M55	19:09.31	
Mickey Muroi	M55	21:41.75	
Bjorn Dybdahl	M60	19:36.22	
Chris Maher	M60	19:46.11	
Danny Sheehan	M60	20:10.81	
Brian Hewitt	M60	20:42.17	PBA
Mark Hewitt	M60	22:22.39	
Graeme Dahl	M65	21:22.05	
Michael Lee	M65	22:01.70	
Bruce Wilson	M65	22:13.32	
Jim Langford	M70	20:11.20	
Bert Carse	M70	21:14.50	
John Oldfield	M70	22:45.20	
Ivan Brown	M70	23:46.96	
Bob Schickert	M70	25:00.58	
Lyle James	M70	37:48.42	
Morland Smith	M75	26:47.08	
Irwin Barrett-Lennard	M85	29:51.39	SB

High Jump – 15 March

Sal Sims	W35	1.05	
Angela Gorey	W35	1.05	
Vicki Cobby	W40	1.25	
Delia Baldock	W50	1.15	
Gay Wyatt	W60	1.00	
Brenda Painter	W70	0.95	
Lynne Schickert	W70	0.90	

Andy Taylor	M35	1.60	
Mal Clarke	M40	1.50	
Chris Anderson	M45	1.75	
Colin Shaw	M50	1.30	
Colin Smith	M50	1.30	
Tony Downey	M55	1.35	PBA
Dave Wyatt	M60	1.40	SB
Nick Miletic	M60	1.20	
Greg Wilson	M65	1.40	
Geoff Brayshaw	M65	1.25	

Triple Jump – 15 March

Melissa Foster	W35	10.45	+3.6	
Angela Gorey	W35	6.98	+1.5	
Vicki Cobby	W40	8.84	+2.0	
Julie Best	W45	8.82	+3.8	
Fran Cherry	W50	7.43	+0.9	
Barbara Wilson	W60	6.76	+0.0	
Gay Wyatt	W60	6.67	+1.3	SB
Brenda Painter	W70	5.92	+1.3	
Lynne Schickert	W70	5.23	+1.8	
Colin Smith	M50	9.18	+0.6	
Dave Wyatt	M60	9.27	+3.9	
Geoff Brayshaw	M65	8.90	+4.4	PBA
Murray Tolbert	M65	8.87	+0.5	
David Clive	M75	7.93	+2.6	
Derry Foley	M85	4.87	+1.3	SR

Discus – 14 March

Byrony Glass	W35	34.02		
Sal Sims	W35	16.16		
Ali Matautia	W40	28.22	PBA	
Cheryl McMahon	W40	25.46		
Sharon Moloney	W50	21.72		
Deb Cox	W50	16.24		
Barbara Wilson	W60	15.16		
Bev Hamilton	W65	21.27		
Luella Jenkins	W70	14.94		
Val Prescott	W70	13.69		
Noela Medcalf	W80	12.81		
Matt Staunton	M40	39.06		
Mal Clarke	M40	36.67		
Mark Hamilton	M40	35.62	SB	
Todd Davey	M45	40.18		
Tim Lyons	M50	35.51		
Andrew Ward	M50	30.20		
Tom Gravestock	M55	38.42		
Jo Peters	M60	40.36		
Oswald Igel	M60	38.12		
Nick Miletic	M60	27.31	SB	
Geoff Brayshaw	M65	31.48		
Greg Wilson	M65	30.41		
Bob Fawcett	M65	20.76	SB	
Michael Anderson	M65	16.70		
Rob Young	M70	24.62		
Bob Fergie	M75	20.86		
Jim Davis	M80	25.23		
Jeff Whittam	M80	10.40		

Long Jump – 14 March

Melissa Foster	W35	5.78	+0.5	SR
Nicola Hibbert	W35	3.90	+3.5	PBA
Angela Gorey	W35	3.42	+1.5	
Vicki Cobby	W40	4.07	+1.9	SB=
Julie Best	W45	4.16	+2.4	
Sue Bourn	W45	3.87	+2.0	PBA
Fran Cherry	W50	3.68	+1.3	
Carmel Meyer	W50	3.18	+0.2	
Gay Wyatt	W60	3.33	+0.8	PBA=
Barbara Wilson	W60	3.17	+0.5	
Brenda Painter	W70	2.67	+1.5	PBA
Luella Jenkins	W70	2.60	+0.0	
Lynne Schickert	W70	2.23	+0.4	
Justin Vincent	M30	5.28	+0.6	PBA
Maurice Pascal	M40	5.53	+0.0	
Lee Stergiou	M40	5.19	+0.0	
Greg Brush	M45	5.65	+0.0	SB
Bernard Riviere	M45	5.24	+0.2	
Kevin Collins	M45	2.46	+0.0	
Colin Smith	M50	4.27	+1.6	SB
Colin Shaw	M50	4.18	-0.4	
Garry Ralston	M55	5.02	+1.2	
John Dennehy	M55	3.08	+1.2	
Mark Hewitt	M60	4.53	+1.0	
Dave Wyatt	M60	4.34	+0.0	
Murray Tolbert	M65	4.04	+0.0	PBA
Geoff Brayshaw	M65	3.96	+0.0	
David Clive	M75	4.11	+0.0	

Hammer – 14 March

Shanell Staunton	W30	24.33		SB
Byrony Glass	W35	52.89		
Sal Sims	W35	19.69		
Ali Matautia	W40	28.87		PBA
Sharon Moloney	W50	28.61		PBA
Deb Cox	W50	17.43		
Kate Glass	W65	29.55		SR
Bev Hamilton	W65	27.13		SB
Luella Jenkins	W70	15.40		
Noela Medcalf	W80	14.13		
Matt Staunton	M40	47.19		SR
Mark Hamilton	M40	30.93		SB
Mal Clarke	M40	30.68		
Peter Tua	M40	29.88		
Todd Davey	M45	39.21		
Tim Lyons	M50	31.17		
Andrew Ward	M50	22.87		
Oswald Igel	M60	33.08		SB
Jo Peters	M60	30.02		
Rob Young	M70	18.32		
Bob Fergie	M75	24.74		
Jim Davis	M80	32.03		
Jeff Whittam	M80	19.87		PBA

Javelin – 15 March

Melissa Foster	W35	26.55	
Cheryl McMahon	W40	28.67	
Ali Matautia	W40	23.11	
Yolanda Carstens	W45	26.86	
Sue Bourn	W45	12.63	
Deb Cox	W50	19.50	
Sharon Moloney	W50	19.05	
Carmel Meyer	W50	16.52	
Barbara Wilson	W60	15.81	
Bev Hamilton	W65	16.24	
Luella Jenkins	W70	14.65	
Brenda Painter	W70	13.35	SR
Val Prescott	W70	11.24	

Mal Clarke	M40	39.70	
Peter Tua	M40	22.70	
Chris Anderson	M45	40.07	
Todd Davey	M45	37.18	
Andrew Ward	M50	34.06	
Garry Hastie	M50	33.40	SB
Oswald Igel	M60	32.52	
Jo Peters	M60	30.39	
Mark Hewitt	M60	25.38	PBA
Nick Miletic	M60	21.70	SB
Stan Selby	M65	37.56	
Geoff Brayshaw	M65	31.70	
Murray Tolbert	M65	30.78	
Greg Wilson	M65	26.23	
Bob Fergie	M75	19.90	SB
Rob Shand	M80	22.80	SR
Jim Davis	M80	18.74	PBA
Gordon Medcalf	M85	12.09	

Shot – 14 March

Byrony Glass	W35	10.76	SB
Melissa Foster	W35	8.93	
Sal Sims	W35	8.14	PBA
Ali Matautia	W40	9.83	PBA
Sharon Moloney	W50	8.45	
Deb Cox	W50	6.01	
Barbara Wilson	W60	7.05	
Bev Hamilton	W65	8.39	SB
Luella Jenkins	W70	5.97	

Matt Staunton	M40	12.65	
Mal Clarke	M40	11.93	
Peter Tua	M40	8.84	
Todd Davey	M45	13.18	
Greg Brush	M45	9.27	PBA
Tim Lyons	M50	9.89	PBA
Oswald Igel	M60	11.77	PBA
Jo Peters	M60	10.56	
Greg Wilson	M65	8.64	
Bob Fawcett	M65	6.72	PBA
Mike Anderson	M65	6.18	
Rob Young	M70	8.58	
Bob Fergie	M75	7.59	SB
Jim Davis	M80	10.34	
Jeff Whittam	M80	5.92	

Weight Throw – 15 March

Shanell Staunton	W30	8.20	
Byrony Glass	W35	17.71	SB
Sal Sims	W35	7.76	
Ali Matautia	W40	8.28	
Sharon Moloney	W50	7.49	
Kate Glass	W65	11.09	
Bev Hamilton	W65	10.45	
Luella Jenkins	W70	7.71	
Matt Staunton	M40	13.96	
Mal Clarke	M40	10.28	
Mark Hamilton	M40	8.60	
Peter Tua	M40	8.46	
Todd Davey	M45	13.34	
Andrew Ward	M50	9.93	
Oswald Igel	M60	13.29	
Jo Peters	M60	12.97	
Rob Young	M70	8.84	
Bob Fergie	M75	10.10	
Jim Davis	M80	12.52	
Jeff Whittam	M80	8.93	PBA