60m (semi-finals)
Colin Smith M45 8.08 -0.7 Q

(finals)
Colin Smith M45 8.27 -1.9 7/8
Rob Antoniolli M60 9.47 -2.0 5/7
Nick Miletic M60 9.60 -2.0 6/7
Melissa Foster W30 8.65 -1.5 SILVER
Regina Crouch W40 11.02 -2.4 5/5
Delia Baldock W45 10.03 -2.0 4/5
Lynne Schickert W70 13.19 -1.9 5/5 PBA

100m (semi-finals)
Colin Smith M45 12.78 +2.3 nq SB

(finals)
Rob Antoniolli M60 14.82 +0.7 6/8
Nick Miletic M60 15.03 +0.7 7/8 PBA e/t
Melissa Foster W30 13.42 +2.3 GOLD
Delia Baldock W45 15.57 +2.6 4/6 PBA

400m (semi-final)
Colin Smith M45 25.86 +2.8 5/7 SB w/a
Nick Miletic M60 31.52 +3.0 6/8 SB
Delia Baldock W45 31.98 +2.0 4/7 SB

400m finals
Colin Smith M45 61.43 Q
Nick Miletic M60 77.41 nq SB

5000m
Bob Schickert M70 28:58.25 4/7 PBA
Julie Wilson W55 24:22.02 6/6 PBA

Long Jump
Melissa Foster W30 5.00 +0.2 GOLD
Regina Crouch W40 3.04 +0.7 4/4
Delia Baldock W45 4.01 +0.9 SILVER SB
Lynne Schickert W70 2.20 +0.0 6/6

Triple Jump
Melissa Foster W30 11.17 +4.7 GOLD PBA w/a
Regina Crouch W40 6.31 +1.0 BRONZE SB
Delia Baldock W45 8.52 +3.6 GOLD
Lynne Schickert W70 5.70 +3.3 4/4

High Jump
Greg Wilson M60 1.34 GOLD
Delia Baldock W45 1.21 GOLD

8km cross-country
Ivan Brown M65 46:05 8/8
Carol Bowman W55 44:16 4/7
Julie Wilson W55 44:34 5/7

Shot Put
Matt Staunton M35 12.36 GOLD
Rob Young M65 8.88 6/12 SB
Bev Hamilton W65 8.17 BRONZE

Discus
Matt Staunton M35 39.24 GOLD
Greg Wilson M60 30.18 BRONZE
Rob Young M65 27.30 6/11 SB
Bev Hamilton W65 24.31 GOLD SR

Javelin
Greg Wilson M60 28.84 BRONZE
Regina Crouch W40 14.34 6/6 SB
Bev Hamilton W65 18.76 SILVER SB

Weight Throw
Matt Staunton M35 13.79 GOLD
Bev Hamilton W65 10.44 4/6

3000m walk
Regina Crouch W40 25:18.82 GOLD
Lynne Schickert W70 21:28.88 GOLD SB

200m
Colin Smith M45 25.86 +2.8 5/7 SB w/a
Nick Miletic M60 31.52 +3.0 6/8 SB
Delia Baldock W45 31.98 +2.0 4/7 SB

5km walk
Regina Crouch W40 40:45.83 SILVER PBA
Lynne Schickert W70 36:34.47 GOLD

10km road walk
Regina Crouch W40 1:20:44 SILVER PBA
Lynne Schickert W70 1:14:23 GOLD

400m hurdles
Toni Phillips W35 79.38 GOLD
Delia Baldock W45 82.81 GOLD

2000m steeplechase
Nick Miletic M60 10:26.57 5/5
Regina Crouch W40 13:55.70 4/4
Delia Baldock W45 10:06.14 BRONZE SB
Julie Wilson W55 10:03.74 SILVER PBA
Carol Bowman W55 10:19.16 BRONZE PBA
Lynne Schickert W70 14:21.63 SILVER SR

3000m steeplechase
Colin Smith M45 14:41.84 BRONZE PBA

Decathlon
(Iindividual event results on separate sheet)
Total Points
Rob Antoniolli M60 4080 SILVER SR
Greg Wilson M60 3014 BRONZE

Outdoor Pentathlon
(Iindividual event results on separate sheet)
Total Points
Rob Antoniolli M60 2390 GOLD
Nick Miletic M60 1941 BRONZE
Ivan Brown M65 1908 SILVER
Julie Wilson W55 1584 BRONZE PBA

80m hurdles
Delia Baldock W45 16.46 +1.3 GOLD

3000m steeplechase
Colin Smith M45 14:41.84 BRONZE PBA

Decathlon
(Iindividual event results on separate sheet)
Total Points
Rob Antoniolli M60 4080 SILVER SR
Greg Wilson M60 3014 BRONZE

Outoor Pentathlon
(Iindividual event results on separate sheet)
Total Points
Rob Antoniolli M60 2390 GOLD
Nick Miletic M60 1941 BRONZE PBA=
Ivan Brown M65 1908 SILVER
Julie Wilson W55 1584 BRONZE PBA

Throws Pentathlon
(Iindividual event results on separate sheet)
Total Points
Matt Staunton M35 3090 GOLD PBA
Bev Hamilton W65 3538 SILVER

Half Marathon
Regina Crouch W40 2:42.07 BRONZE
Julie Wilson W55 1:54.59 BRONZE
Lynne Schickert W70 2:56.53 SILVER

(Julie Wilson (gold) and Lynne Schickert (silver) also part of the medal winning team in the half marathon)