

## Sydney World Masters Games Results October 2009

### 100m QF

Colin Smith M45 12.50 q **SB**  
Garry Ralston M50 12.39 Q **SB**  
Rob Antonioli M55 14.13 **SB**

### (SF)

Colin Smith M45 12.71  
Garry Ralston M50 12.72  
Roy Fearnall M65 14.11 Q  
Don Chambers M70 14.43 Q  
Lynne Choate W55 14.74 Q

### (final)

Roy Fearnall M65 13.84 **BRONZE**  
Don Chambers M70 14.32 **GOLD**  
Lynne Choate W55 14.47 **SILVER**

### 200m QF

Chris Neale M40 25.24 q  
Colin Smith M50 26.24 q **SB**

### (SF)

Colin Smith M45 25.86  
Roy Fearnall M65 29.49 Q  
Don Chambers M70 31.18 Q  
Lynne Choate W55 30.63 Q

### (final)

Roy Fearnall M65 29.01 4/9 **SB**  
Don Chambers M70 30.28 **BRONZE SB**  
Lynne Choate W55 30.82 **SILVER**

### 400m QF

Chris Neale M40 56.19 **SB**  
Colin Smith M45 56.36 Q **PBA**  
Neil Morfitt M50 57.88 Q  
Garry Ralston M50 60.07 q **PBA**  
Rob Antonioli M55 62.75 **SB**

### (SF)

Colin Smith M45 56.77 Q  
Neil Morfitt M50 58.39 Q  
Garry Ralston M50 61.91  
Roy Fearnall M65 66.25 Q  
Don Chambers M70 75.34 Q

### (final)

Colin Smith M45 56.97 8/9  
Neil Morfitt M50 57.42 7/8  
Roy Fearnall M65 62.00 **GOLD PBA**  
Don Chambers M70 74.44 6/8

### 800m SF

Colin Smith M45 2:33.86 **SB**  
Neil Morfitt M50 2:13.4 ht Q  
Bjorn Dybdahl M55 2:29.23 Q  
Rob Antonioli M55 2:30.50 Q **PBA**  
John Bocian M55 2:53.23 **SB**

### (final)

Neil Morfitt M50 2:11.48 4/12  
Bjorn Dybdahl M55 2:20.83 5/12  
Rob Antonioli M55 2:32.88 11/12  
Margaret Saunders W55 2:44.83 **BRONZE**

### 1500m SF

Neil Morfitt M50 4:54.7 q  
Rob Antonioli M55 5:31.61 q  
John Bocian M55 6:11.70 q

### 1500m final

Andrew Brooker M40 4:34.13 6/16  
Neil Morfitt M50 4:44.15 9/15 **SB**  
Bjorn Dybdahl M55 4:50.14 7/15  
Rob Antonioli M55 4:59.70 9/15 **Life PB**  
John Bocian M55 6:03.19 15/15 **PBA**  
Bert Carse M65 5:03.88 **BRONZE PBA**  
Marg Saunders W55 5:43.09 **GOLD**

### 5000m final

Bjorn Dybdahl M55 17:52 **BRONZE**  
John Bocian M55 24:06 30/38 (timed heats)  
Bert Carse M65 19:24.8 4/21

### 80m hurdles final

Don Chambers M70 14.38 **GOLD**

### 300m hurdles final

Don Chambers M70 54.75 **SILVER**

### 400m hurdles final

Andrew Brooker M40 63.36 4/7 **PBA**

### 3000m steeplechase

Bjorn Dybdahl M55 11:42.0 **GOLD**

### 2000m steeplechase

Bert Carse M65 8:08.8 **SILVER**

### 5000m race walk

David Smyth M40 29:06.63 **BRONZE SB**  
Garry Hastie M55 27:39.27 **BRONZE**  
Robin King W50 27:31.7 **GOLD PBA**

### 8km cross-country

Bjorn Dybdahl M55 30:31 7/46  
Bert Carse M55 33:26 5/28

### 10km road race

Robin King W50 43:50 7/55

### 10km road race walk

Garry Hastie M55 55:34 **GOLD**

### 20km road race walk

David Smyth M40 2:23:18 **SILVER**

### Half Marathon

Bjorn Dybdahl M50 1:23:42 6/72

### Long Jump

Rob Antonioli M55 3.81 10/12  
Don Chambers M70 4.12 **BRONZE**

### Pole Vault

Don Chambers M70 1.90 **BRONZE**

### High jump

Don Chambers M70 1.00 9/9

### Shot Put

Mark Hamilton M35 12.07 4/12  
Don Chambers M70 9.48 10/15  
Elizabeth Szczepanska W55 9.46 4/14 **PBA**  
Bev Hamilton W60 9.17 4/12

**Discus**

Mark Hamilton	M35	37.07	<b>BRONZE</b>
Elizabeth Szczepanska	W55	21.46	5/18
Bev Hamilton	W60	22.14	5/11

**Hammer**

Mark Hamilton	M35	34.57	<b>BRONZE</b>
John Everard	M50	40.05	6/22
Don Chambers	M70	25.66	12/16
Elizabeth Szczepanska	W55	37.42	<b>GOLD PBA</b>
Kate Glass	W55	36.90	<b>SILVER</b>

**Javelin**

Mark Hamilton	M35	35.55	7/9
Bev Hamilton	W60	21.54	<b>BRONZE PBA</b>

**Pentathlon**

		<b>LJ</b>	<b>Javelin</b>	<b>200m</b>	<b>Discus</b>	<b>1500m</b>	<b>Overall</b>	
Chris Neale	M40	5.54	<b>30.78</b>	24.63	24.09	5:28.05	2650	6/14
Colin Smith	M45	4.56	17.09	25.61	16.73	<b>5:32.03</b>	2230	7/12
Rob Antonioli	M55	4.27	22.40	28.67	21.03	5:15.06	2709	4/10
John Bocian	M55	3.25	NM	DNS	DNS	DNS	DNF	

**Weight Pentathlon**

		<b>Shot</b>	<b>Discus</b>	<b>Hammer</b>	<b>Javelin</b>	<b>Wt Throw</b>	<b>Overall</b>	
Mark Hamilton	M35	11.05	31.96	33.06	30.64	12.24	2374	<b>BRONZE</b>
John Everard	M50	8.62	26.24	41.30	20.47	13.04	2467	16/20
Kate Glass	W55	9.75	22.10	36.40	20.23	11.71	3635	<b>GOLD</b>
El Szczepanska	W55	<b>9.62</b>	21.48	36.18	16.07	11.29	3441	<b>BRONZE</b>
Bev Hamilton	W60	9.16	23.17	25.75	<b>21.63</b>	11.72	3596	<b>SILVER</b>

(In pentathlon results – *italics* indicate SB, **bold** indicates PBA)

**4x100m relay (200-239 yrs overall)**

Lynne Choate, Linda Buttigieg, Jeanette Flynn, Kathy Heagney 57.77 **GOLD**

**4x400m relay (200-239 yrs overall)**

Lynne Choate, Jeanette Flynn, Kathy Heagney, Jennifer Baldwin 4:54.89 **SILVER**

**Weight Throw**

Mark Hamilton	M35	12.48	<b>SILVER</b>
(SF) John Everard	M50	13.81	q <b>PBA</b>
(F) John Everard	M50	12.81	12/12
Kate Glass	W55	11.17	<b>GOLD</b>
Elizabeth Szczepanska	W55	10.58	<b>BRONZE</b>
Bev Hamilton	W60	12.35	4/6 <b>PBA</b>

**Triple Jump**

Chris Neale	M40	11.72	6/12
Garry Ralston	M50	10.61	6/14 <b>PBA big!</b>
Don Chambers	M70	8.58	6/8 <b>PBA</b>