

|     |                   |        |                    |               |           |
|-----|-------------------|--------|--------------------|---------------|-----------|
| W50 | Suzanne Coate     | Silver | 200m               | 30.36 (-1.5)  |           |
|     |                   | Gold   | 80m Hurdles        | 16.48 (+1.6)  |           |
|     |                   | Gold   | 300m Hurdles       | 65.02         |           |
|     |                   | Gold   | Long Jump          | 4.05m (+0.0)  |           |
|     |                   | Bronze | Discus             | 24.19m        |           |
|     |                   | Gold   | Javelin            | 29.81m        |           |
|     |                   | Silver | Shot               | 10.23m        |           |
|     |                   | Gold   | Heptathlon         | 4412          | <b>SR</b> |
|     |                   | Gold   | Pentathlon         | 3216          | <b>SR</b> |
|     |                   | M50    | Andrew Brooker     | Gold          | Decathlon |
| M50 | Greg Brennan      | Silver | 60m                | 8.19 (-1.0)   |           |
|     |                   |        | 100m               | 12.91Q (-0.2) |           |
|     |                   | 4th    |                    | 12.98 (+1.6)  |           |
| M55 | Hans Venter       | Silver | High Jump          | 1.55m         |           |
| M55 | Andrew Ward       | Bronze | Hammer             | 26.57m        |           |
|     |                   | Silver | Discus             | 31.48m        |           |
|     |                   | 5th    | Javelin            | 31.17m        |           |
|     |                   | 4th    | Shot               | 8.59m         |           |
|     |                   | Silver | Weight             | 11.35m        |           |
|     |                   | Silver | Throws Pent        | 2503          |           |
| W60 | Carol Bowman      | Silver | 8km Cross Country  | 43:55         |           |
| M60 | Roscoe McDonnell  | Gold   | 2000m Steeplechase | 8:09.88       |           |
| M60 | Trevor Scott      | 4th    | 800m               | 2:39.95       |           |
|     |                   | Gold   | 5000m              | 19:03.22      |           |
|     |                   | Silver | 2000m Steeplechase | 8:34.71       |           |
|     |                   | Gold   | 8km Cross Country  | 29:55         |           |
|     |                   | Gold   | Half Marathon      | 1:30:17       |           |
| W65 | Maureen Keshwar   | Silver | 60m                | 9.90 (+0.4)   |           |
|     |                   | Silver | 100m               | 15.89 (+0.7)  |           |
|     |                   | Gold   | 80m Hurdles        | 18.19 (-0.2)  |           |
|     |                   | Gold   | 300m Hurdles       | 81.14         |           |
|     |                   | Silver | Triple Jump        | 7.11m (+0.0)  |           |
|     |                   | Silver | Shot               | 7.73m         |           |
|     |                   | Silver | Pentathlon         | 2508          |           |
| W65 | Margaret Saunders | Silver | 400m               | 77.02         |           |
|     |                   | Gold   | 800m               | 2:54.52       |           |
|     |                   | Gold   | 2000m Steeplechase | 9:29.52       | <b>AR</b> |
| M65 | Desmond Walsh     | Bronze | 60m                | 9.10 (+0.7)   |           |
|     |                   | Bronze | 100m               | 14.56 (+1.9)  |           |

|     |                   |        |                   |               |     |
|-----|-------------------|--------|-------------------|---------------|-----|
|     |                   | Silver | 200m              | 29.66 (+1.0)  |     |
|     |                   | Bronze | 400m              | 69.44         |     |
|     |                   | Gold   | Long Jump         | 3.43m (NWI)   |     |
|     |                   | 5th    | Javelin           | 20.89m        |     |
|     |                   | 5th    | Discus            | 26.32m        |     |
|     |                   | Gold   | Pentathlon        | 2088          |     |
| M65 | Harold Membrey    | 4th    | 60m               | 9.93 (+0.7)   |     |
|     |                   | 4th    | 100m              | 15.85 (+1.9)  |     |
|     |                   | 4th    | 200m              | 33.97 (+1.0)  |     |
|     |                   | 5th    | 400m              | 84.25         |     |
|     |                   | Gold   | 300m Hurdles      | 76.43         |     |
|     |                   | 4th    | Pentathlon        | 1712          |     |
| W70 | Beverley Hamilton | 4th    | Hammer            | 21.82m        |     |
|     |                   | Gold   | Discus            | 20.78m        |     |
|     |                   | 4th    | Javelin           | 13.62m        |     |
|     |                   | 6th    | Shot              | 6.68m         |     |
|     |                   | Bronze | Weight            | 9.75m         |     |
|     |                   | Silver | Throws Pent       | 3320          |     |
| W70 | Peggy Macliver    | Bronze | 3000m walk        | 23:36.87      |     |
|     |                   | 4th    | 5000m walk        | 39:16.56      |     |
| W70 | Brenda Painter    | 5th    | 60m               | 12.12 (-1.7)  |     |
|     |                   | 6th    | 100m              | 19.12 (+2.9)  |     |
|     |                   | Bronze | Long Jump         | 2.50m (+0.1)  |     |
|     |                   | Bronze | Triple Jump       | 5.47m (+0.0)  |     |
|     |                   | Silver | High Jump         | 0.95m         |     |
|     |                   | 4th    | Pentathlon        | 1673          |     |
| M70 | Greg Kennedy      | 4th    | 60m               | 9.60 (-0.7)   |     |
|     |                   | Bronze | 100m              | 16.00 (+1.2)  |     |
|     |                   | Gold   | 80m Hurdles       | 16.00 (-0.4)  |     |
|     |                   | Bronze | 300m Hurdles      | 59.82         |     |
|     |                   | 5th    | Long Jump         | 3.24m (+0.0)  |     |
| W75 | Ruth Johnson      | Silver | 60m               | 11.42 (-1.4)  |     |
|     |                   | Silver | 100m              | 17.93 (+3.1)) |     |
|     |                   | Silver | 200m              | 38.31 (-0.9)  |     |
|     |                   | Bronze | 400m              | 1:33.41       |     |
|     |                   | Bronze | 800m              | 3:54.45       |     |
|     |                   | Gold   | Long Jump         | 2.78m (-0.1)  |     |
|     |                   | Gold   | Triple Jump       | 6.16m (+0.0)  |     |
|     |                   | Gold   | High Jump         | 1.00m         | =SR |
|     |                   | Gold   | Pentathlon        | 2878          |     |
| M75 | Jim Langford      | Gold   | 6km Cross Country | 27:01         |     |

|     |               |        |                   |          |
|-----|---------------|--------|-------------------|----------|
| M75 | Bob Schickert | 5th    | 5000m             | 34:40.58 |
| M80 | Morland Smith | Silver | 800m              | 3:55.23  |
|     |               | Silver | 5000m             | 29:56.42 |
|     |               | Silver | Steeplechase      | 12:36.49 |
|     |               | Bronze | 6km Cross Country | 41:46    |

























