

2016 National Track and Field Championships – MAWA results and awards

| 60m | | place | time | wind | |
|-------------|-----------------------|-------|--------|------|------------------------------|
| W45 | Lisa Limonas | | 9.27q | -0.2 | |
| | | 9 | 9.65 | -1.6 | |
| W55 | Nicolette Whittington | 5 | 9.91 | -3.6 | |
| W60 | Lynne Choate | 3 | 9.87 | -2.1 | |
| W70 | Peggy Macliver | 2 | 10.55 | -3.0 | (1 st Australian) |
| W70 | Brenda Painter | 5 | 11.86 | -3.0 | |
| W75 | Ruth Johnson | 2 | 11.65 | -2.2 | |
| M40 | Daniel Leseberg | 10 | 8.10 | -2.7 | |
| M50 | Colin Smith | | 8.03q | -1.7 | |
| | | 7 | 8.19 | -3.7 | |
| M45 | Greg Brennan | 7 | 8.32 | -3.1 | |
| M60 | Garry Ralston | 1 | 8.20 | -0.9 | |
| M60 | Rob Antonioli | 7 | 9.92 | -0.9 | |
| M60 | Harold Membrey | 8 | 10.04 | -0.9 | |
| M75 | Barrie Kernaghan | 1 | 9.69 | -1.8 | |
| 100m | | | | | |
| W45 | Lisa Limonas | | 15.24q | +1.7 | |
| | | 9 | 15.31 | -1.9 | |
| W55 | Nicolette Whittington | 6 | 16.79 | -2.5 | |
| W60 | Lynne Choate | 3 | 16.32 | -3.4 | |
| W70 | Peggy Macliver | 3 | 17.36 | -1.5 | |
| W75 | Ruth Johnson | 2 | 19.40 | -1.5 | |
| M40 | Daniel Leseberg | | 12.67q | -1.2 | |
| | | | ? | | |
| M45 | Greg Brennan | | 13.25q | -3.3 | |
| | | 9 | 13.19 | -1.6 | |
| M45 | Mark Elms | | 13.55q | -3.7 | |
| | | 10 | 13.23 | -1.6 | |
| M50 | Colin Smith | | 13.13q | +2.6 | |
| | | 9 | 13.29 | -1.9 | |
| M60 | Garry Ralston | 1 | 13.06 | -1.2 | |
| M60 | Harold Membrey | 9 | 16.05 | -1.2 | |
| M75 | Barrie Kernaghan | 1 | 15.22 | -1.1 | |
| 200m | | | | | |
| W40 | Sharon Davis | | 29.23q | -2.0 | |
| W45 | Lisa Limonas | | 30.47q | -1.3 | |
| | | 8 | 29.89 | -1.5 | |
| W60 | Lynne Choate | 3 | 34.14 | -1.9 | |
| W70 | Peggy Macliver | 3 | 34.79 | -2.3 | |
| W75 | Ruth Johnson | 2 | 39.72 | -1.5 | SR |
| M40 | Daniel Leseberg | 8 | 25.26 | -0.9 | |
| M45 | Mark Elms | | 25.62q | NWI | |
| | | 5 | 25.90 | +0.0 | |
| M50 | Colin Smith | | 25.76q | +0.7 | |
| | | 7 | 25.96 | +0.4 | |
| M60 | Garry Ralston | | 28.47Q | -1.8 | |
| | | 1 | 26.34 | +0.5 | |
| M60 | Paul McLean | | 31.57q | -0.9 | |
| | | 8 | 30.63 | +0.5 | |
| M60 | Harold Membrey | | 33.32 | -0.9 | |
| M75 | Barrie Kernaghan | 1 | 31.08 | -1.4 | |

| 400m | | place | time |
|-------------|------------------|-------|---------|
| W40 | Sharon Davis | 3 | 62.26 |
| W60 | Marg Saunders | 1 | 74.99 |
| W60 | Carol Bowman | 4 | 1:25.09 |
| W75 | Ruth Johnson | 1 | 1:32.61 |
| M45 | Mark Elms | 5 | 57.91 |
| | Colin Smith | | 60.14Q |
| M50 | | 1 | 56.73 |
| M60 | Neil Morfitt | 3 | 63.05 |
| M60 | Edward Nugent | 5 | 66.42 |
| M60 | Paul McLean | 7 | 79.81 |
| M60 | Harold Membrey | 8 | 1:20.74 |
| M75 | Barrie Kernaghan | 2 | 75.30 |
| M80 | David Carr | 2 | 1:22.00 |

| 800m | | | |
|-------------|---------------|----|---------|
| W40 | Sharon Davis | 4 | 2:29.68 |
| W60 | Carol Bowman | 5 | 3:20.12 |
| W60 | Marg Saunders | 2 | 2:50.56 |
| W75 | Ruth Johnson | 1 | 4:00.46 |
| M50 | Brian Kinneen | 10 | 2:26.42 |
| M60 | Neil Morfitt | 2 | 2:26.22 |
| M60 | Bjorn Dybdahl | 4 | 2:38.47 |
| M60 | Edward Nugent | 6 | 2:39.20 |
| M60 | Rob Antonioli | 7 | 2:52.03 |
| M80 | David Carr | 1 | 3:10.25 |

| 1500m | | | |
|--------------|----------------|---|---------|
| W40 | Sharon Davis | 2 | 5:10.75 |
| W40 | Clare Wardle | 3 | 5:23.78 |
| W65 | Carey Dickason | 3 | 7:46.53 |
| W70 | Erica Mercer | 4 | 8:09.00 |
| M50 | Brian Kinneen | 7 | 5:13.23 |
| M60 | Bjorn Dybdahl | 4 | 5:27.42 |
| M60 | Edward Nugent | 7 | 5:36.09 |
| M80 | David Carr | 1 | 6:34.65 |

| 5000m | | | |
|--------------|-----------------|---|----------|
| W40 | Sandra Voesenek | 1 | 19:23.93 |
| W40 | Clare Wardle | 2 | 19:45.08 |
| M35 | Rob Nichols | 2 | 16:08.71 |
| M50 | David Solomon | 5 | 19:47.69 |
| M50 | Brian Kinneen | 7 | 20:02.85 |
| M60 | Bjorn Dybdahl | 7 | 20:46.12 |
| M65 | Graeme Dahl | 7 | 21:18.45 |
| M70 | Jim Langford | 2 | 20:53.45 |
| M70 | Bob Schickert | 3 | 25:46.26 |

| 10,000m | | | |
|----------------|---------------|---|------------|
| W40 | Clare Wardle | 1 | 41:31.12 |
| M70 | Jim Langford | 1 | 42:55.30 |
| M75 | Morland Smith | 1 | 1:04:02.54 |

| 300m hurdles | | | | |
|---------------------|---------------|---|---------|-----------|
| W60 | Carol Bowman | 1 | 1:20.61 | SR |
| M60 | Garry Ralston | 1 | 46.86 | SR |

| 400m hurdles | | | |
|---------------------|--------------|---|-------|
| W40 | Sharon Davis | 1 | 72.29 |
| M45 | Mark Elms | 2 | 70.54 |

steeplechase

| | | | |
|-----|-----------------|---|----------|
| W60 | Marg Saunders | 1 | 9:26.96 |
| W60 | Carol Bowman | 2 | 10:50.54 |
| W60 | Julie Wilson | 3 | 11:02.66 |
| W70 | Lynne Schickert | 1 | 15:58.31 |
| M35 | Rob Nichols | 1 | 10:29.07 |
| M70 | Bob Schickert | 2 | 10:50.33 |
| M80 | David Carr | 1 | 12:35.47 |

1500m walk

| | | | |
|-----|-----------------|---|----------|
| W45 | Janne Wells | 1 | 8:59.76 |
| W50 | Karyn Tolardo | 2 | 7:54.02 |
| W60 | Julie Wilson | 2 | 9:58.67 |
| W70 | Lynne Schickert | 2 | 11:07.61 |
| W75 | Ruth Johnson | 2 | 11:28.28 |
| M60 | Harold Membrey | 4 | 11:03.00 |
| M80 | Ray Hall | 3 | 11:00.18 |

5000m walk

| | | | |
|-----|-----------------|---|----------|
| W45 | Janne Wells | 2 | 34:00.04 |
| W50 | Karyn Tolardo | 2 | 28:26.80 |
| W50 | Cheryl-Lee Dean | 3 | 32:37.49 |
| W55 | Lyn Ventris | 2 | 26:34.45 |
| W60 | Julie Wilson | 2 | 35:03.90 |
| W70 | Lynne Schickert | 2 | 38:37.88 |

10km road walk

| | | | |
|-----|-----------------|---|---------|
| W50 | Karyn Tolardo | 2 | 1:00:56 |
| W50 | Cheryl-Lee Dean | 4 | 1:05:20 |
| W55 | Lyn Ventris | 2 | 56:15 |
| W70 | Lynne Schickert | 2 | 1:20:09 |
| M60 | Harold Membrey | 3 | 1:20:45 |
| M80 | Ray Hall | 2 | 1:24:23 |

cross country

| | | | |
|-----|---------------|---|-------|
| W40 | Clare Wardle | 1 | 35:23 |
| W40 | Sharon Davis | 2 | 38:42 |
| M35 | Rob Nichols | 2 | 28:39 |
| M50 | Brian Kinneen | 5 | 36:22 |
| M70 | Jim Langford | 1 | 35:29 |
| M70 | Bob Schickert | 4 | 46:05 |
| M75 | Morland Smith | 2 | 59:55 |
| M80 | David Carr | 1 | 51:54 |

long jump

| | | place | distance | wind |
|-----|-----------------------|-------|----------|------|
| W45 | Lisa Limonas | 5 | 4.18m | +0.0 |
| W55 | Nicolette Whittington | 1 | 3.81m | +3.0 |
| W65 | Carey Dickason | 2 | 2.42m | +0.8 |
| W70 | Brenda Painter | 2 | 2.73m | +0.3 |
| W75 | Ruth Johnson | 2 | 2.96m | +0.0 |
| M60 | Garry Ralston | 1 | 5.00m | -1.0 |

triple jump

| | | | | |
|-----|-----------------|---|-------|------|
| W45 | Lisa Limonas | 4 | 9.02m | NWI |
| W70 | Brenda Painter | 1 | 6.17m | +3.5 |
| W70 | Lynne Schickert | 2 | 4.91m | +1.0 |
| W75 | Ruth Johnson | 2 | 6.33m | +1.1 |
| M65 | Geoff Brayshaw | 1 | 8.61m | NWI |

| high jump | | place | distance | |
|------------------|-----------------|-------|----------|-----------|
| W45 | Lisa Limonas | 3 | 1.30m | |
| W60 | Julie Wilson | 2 | 1.00m | |
| W70 | Brenda Painter | 1 | 0.95m | |
| W70 | Lynne Schickert | 2 | 0.90m | |
| W75 | Ruth Johnson | 1 | 1.00m | SR |
| M45 | Andrew Brooker | 2 | 1.60m | |
| W65 | Greg Wilson | 2 | 1.32m | |

| pole vault | | | | |
|-------------------|----------------|---|-------|--|
| M60 | Garry Ralston | 3 | 2.30m | |
| M65 | Geoff Brayshaw | 3 | 2.30m | |
| M65 | Greg Wilson | 4 | 1.90m | |

| discus | | | | |
|---------------|----------------|---|--------|------------------------------|
| W35 | Byrony Glass | 2 | 33.90m | |
| W35 | Sally Sims | 7 | 17.79m | |
| W70 | Bev Hamilton | 2 | 21.22m | |
| M40 | John Fettus | 1 | 34.15m | |
| M50 | Andrew Ward | 5 | 29.82m | |
| M60 | Tom Gravestock | 1 | 48.81m | |
| M65 | Ossi Igel | 2 | 35.90m | (1 st Australian) |
| M65 | Greg Wilson | 5 | 29.14m | |
| M80 | Jim Davis | 1 | 26.30m | |

| hammer | | | | |
|---------------|----------------|---|--------|--|
| W35 | Byrony Glass | 1 | 51.09m | |
| W35 | Sally Sims | 5 | 26.30m | |
| W65 | Carey Dickason | 1 | 19.29m | |
| W70 | Bev Hamilton | 3 | 25.33m | |
| M50 | Andrew Ward | 6 | 25.13m | |
| M60 | Tom Gravestock | 2 | 39.16m | |
| M60 | Geoff Gee | 3 | 38.73m | |
| M80 | Jim Davis | 1 | 32.83m | |

| javelin | | | | |
|----------------|------------------|---|--------|--|
| W50 | Yolanda Carstens | 3 | 27.96m | |
| W70 | Bev Hamilton | 2 | 15.37m | |
| M40 | Michael O'Toole | 4 | 45.25m | |
| M45 | Andrew Brooker | 3 | 36.41m | |
| M50 | Andrew Ward | 4 | 34.99m | |
| M60 | Tom Gravestock | 1 | 35.95m | |
| M65 | Geoff Brayshaw | 3 | 30.29m | |
| M65 | Greg Wilson | 6 | 25.13m | |
| M80 | Jim Davis | 4 | 16.27m | |

| shot | | | | |
|-------------|------------------|---|--------|--|
| W35 | Byrony Glass | 1 | 11.06m | |
| W35 | Sally Sims | 5 | 7.42m | |
| W45 | Mel Tantrum | 5 | 7.43m | |
| W50 | Yolanda Carstens | 4 | 10.00m | |
| W70 | Bev Hamilton | 1 | 7.73m | |
| M40 | John Fettus | 3 | 12.19m | |
| M50 | Andrew Ward | 6 | 9.29m | |
| M60 | Tom Gravestock | 1 | 12.57m | |
| M60 | Geoff Gee | 2 | 12.03m | |
| M65 | Ossi Igel | 1 | 11.40m | |
| M65 | Greg Wilson | 5 | 8.41m | |
| M80 | Jim Davis | 1 | 9.97m | |

weight

| | | | | |
|-----|--------------|---|--------|------------------------------|
| W35 | Byrony Glass | 1 | 16.75m | |
| W35 | Sally Sims | 4 | 10.90m | |
| W70 | Bev Hamilton | 1 | 11.07m | |
| M40 | John Fettus | 1 | 11.85m | |
| M60 | Geoff Gee | 3 | 15.64m | |
| M65 | Ossi Igel | 2 | 14.65m | (1 st Australian) |
| M80 | Jim Davis | 1 | 13.01m | SR |

pentathlon

| | | | | |
|-----|-----------------|---|--------|--|
| | | | points | |
| W60 | Julie Wilson | 1 | 1600 | |
| M40 | Michael O'Toole | 2 | 2221 | |
| M60 | Rob Antonioli | 2 | 2177 | |
| M60 | Tom Gravestock | 3 | 2040 | |

throws pentathlon

| | | | | |
|-----|------------------|---|------|-----------|
| W35 | Byrony Glass | 1 | 3565 | |
| W35 | Sally Sims | 6 | 1773 | |
| W50 | Yolanda Carstens | 6 | 2768 | |
| W70 | Bev Hamilton | 2 | 3958 | SR |
| M40 | John Fettus | 3 | 2657 | |
| M50 | Andrew Ward | 6 | 2321 | |
| M60 | Tom Gravestock | 1 | 3552 | |
| M60 | Geoff Gee | 3 | 3453 | |
| M80 | Jim Davis | 1 | 3498 | SR |

within throws pentathlon

| | | | | |
|-----|---------------------|--|--------|-----------|
| W70 | Bev Hamilton (shot) | | 8.27m | SR |
| M80 | Jim Davis (hammer) | | 34.12m | SR |

Relays

| | | | | |
|------------------------|------------------|-------|---------|-----------|
| | | place | time | |
| 4x100m Women (170-219) | | 5 | 59.15 | SR |
| W60 | Lynne Choate | | | |
| W70 | Peggy Macliver | | | |
| W45 | Lisa Limonas | | | |
| W40 | Sharon Davis | | | |
| 4x100m Men (180-239) | | 5 | 53.30 | |
| M50 | Colin Smith | | | |
| M75 | Barrie Kernaghan | | | |
| M45 | Mark Elms | | | |
| M60 | Garry Ralston | | | |
| 4x400m Men (240+) | | 2 | 4:20.92 | |
| M60 | Garry Ralston | | | |
| M60 | Neil Morfitt | | | |
| M75 | Barrie Kernaghan | | | |
| M49 | Mark Elms | | | |

2016 AWARDS

| | |
|------------------------|----------------|
| AMA Hall of Fame: | Lyn Ventris |
| Middle distance award: | Scott Tamblin |
| Jumps award: | Melissa Foster |
| Royce Foley award: | Tom Gravestock |