

**MEN****Daniel Lowe M35**

1500m Walk - 8:57.34 (1st)  
 5000m Walk - 31:59.46 (1st)  
 10km Road Walk - 1:05:05 (1st)

**Grzegorz Urbanowicz M35**

Shot Put - 13.62m (2nd)  
 Discus Throw - 36.65m (2nd)  
 Hammer Throw - 46.54m (1<sup>st</sup>)  
 Weight Throw - 14.65 (1st)  
 Throws Pentathlon - 2927 (3rd)  
 (including wt throw 14.85m)

**SR****Matt Staunton M40**

Shot Put - 12.17m (1st)  
 Discus Throw - 35.40m (3rd)  
 Hammer Throw - 45.76m (1st)  
 Weight Throw - 13.09m (1st)  
 Throws Pentathlon - 3422 (1st)

**Lee Stergiou M40**

60m - 7.90Q + 7.91 (7th)  
 100m - 12.66 (heat)  
 200m - 26.28 (heat)  
 400m - 56.73 (5th)  
 Long Jump - 4.97m (5th)

**Greg Brennan M45**

60m - 8.35q

**Andrew Brooker M45**

800m - 2:10.21 (4th)  
 1500m - 4:34.20 (4th)  
 400m Hurdles - 64.33 (1st)  
 Pole Vault - 2.60m (1st)

**Greg Brush M45**

Long Jump - 5.40m (2nd)

**Garry Hastie M50**

1500m Walk - 6:50.77 (1st)  
 5000m Walk - 25:22.56 (1st)  
 10km Road Walk - 56:18 (2nd)  
 Javelin Throw - 31.04m (4th)

**Andrew Davison M50**

5000m - 17:53.88 (2nd)

**Quinton de Klerk M50**

60m - 7.90Q + 7.89 (4th)  
 100m - 19.73 (heat)

**Rudy Kocis M50**

60m - 7.87Q + 7.72 (2nd)  
 100m - 12.83Q + 12.65 (2nd)  
 200m - 26.31Q + 26.04 (2nd)

**Colin Smith M50**

60m - 8.39 (heat)  
 100m - 13.22q  
 200m - 26.86Q + 26.67 (4th)  
 400m - 57.96 (3rd)

**David Solomon M50**

800m - 2:28.97 (12th)  
 5000m - 19:49.55 (5th)  
 8km Cross Country - 35:49 (5th)

**Steve Giles M55**

1500m - 5:13.46 (4th)  
 5000m - 18:55.65 (5th)  
 10000m - 38:34.81 (4th)  
 8km Cross Country - 33:31 (6th)

**Clive Choate M60**

Javelin Throw - 28.25m (5th)

**Bjorn Dybdahl M60**

800m - 2:37.14 (4th)  
 1500m - 5:30.69 (5th)  
 5000m - 20:18.92 (8th)  
 2000m Steeple - 8:11.76 (3rd)  
 8km Cross Country - 34:59 (6th)

**Tom Gravestock M60**

Shot Put - 11.35m (3rd)  
 Discus Throw - 41.07m (2nd)  
 Javelin Throw - 31.98m (1st)  
 Hammer Throw - 41.90m (1st)  
 Weight Throw - 16.08m (1st)  
 Throws Pentathlon - 3637 (2nd) **SR**  
 (including hammer 42.38m) **SR**  
 (including discus 44.86m) **SR**

**Oswald Igel M60**

Shot Put - 11.57m (2nd)  
 Discus Throw - 34.32m (3rd)  
 Hammer Throw - 30.06m (3<sup>rd</sup>)  
 Throws Pentathlon - 2901 (3rd)

**Nick Miletic M60**

60m - 10.01 (heat)  
 100m - 16.54 (8th)  
 200m - 35.45 (8th)  
 400m - 82.81 (4th)  
 300m Hurdles - 69.54 (4th)  
 Outdoor Pentathlon - 1567 (3rd)

**Geoff Brayshaw M65**

Triple Jump - 9.02m (2nd)  
 Pole Vault - 2.40m (2nd) **SR**

**Graeme Dahl M65**

5000m - 21:18.68 (5th)

**Greg Wilson M65**

300m Hurdles - 68.79 (2nd)  
 High Jump - 1.35m (3rd)  
 Shot Put - 8.02m (6th)  
 Discus Throw - 26.82m (7th)  
 Javelin Throw - 25.39m (4th)  
 Throws Pentathlon - 2400 (4th)  
 Outdoor Pentathlon - 1896 (6th)

**Jim Langford M70**

5000m - 20:17.87 (2nd)  
 10000m - 41:45.79 (1st)  
 8km Cross Country - 34:00 (1st)

**Bob Schickert M70**

5000m - 24:55.50 (4th)  
 2000m Steeple - 10:23.95 (2nd)  
 8km Cross Country - 43:22 (4th)

**Barrie Kernaghan M75**

60m - 9.31 (1st)  
 100m - 15.00 (1st)  
 200m - 30.88 (1st)  
 400m - 71.72 (1st)

**WOMEN****Melissa Foster W35**

Long Jump - 5.57m (1st)  
 Triple Jump - 11.95m (1st) **AR**  
 Outdoor Pentathlon - 2590 (1st)

**Rosemary Giles W35**

800m - 2:43.23 (3rd)  
 1500m - 5:27.77 (2nd)  
 5000m - 20:11.61 (4th)  
 10000m - 41:53.08 (4th)  
 8km Cross Country - 37:24 (3rd)

**Vicki Cobby W40**

200m - 30.98 (5th)  
 800m - 2:50.57 (7th)  
 80m Hurdles - 15.09 (2nd)  
 400m Hurdles - 77.42 (3rd)  
 High Jump - 1.40m (2nd)  
 Long Jump - 3.98m (5th)  
 Triple Jump - 8.99m (3rd)

**Sharon Davis W40**

60m - 8.86q + 8.99 (6th)  
 200m - 28.75 (4th)  
 400m - 62.39 (5th)  
 800m - 2:25.78 (5th)  
 400m Hurdles - 69.09 (1st)  
 8km Cross Country - 37:10 (2nd)

**David Carr M80**

200m - 36.85 (3rd)  
 400m - 77.31 (1st)  
 800m - 3:06.18 (1st)  
 1500m - 6:46.26 (1st)  
 2000m Steeple - 10:15.53 (1st)  
 8km Cross Country - 47:19 (1st)

**Jim Davis M80**

Shot Put - 9.15m (2nd)  
 Discus Throw - 18.94m (2nd)  
 Javelin Throw - 8.76m (2nd)  
 Hammer Throw - 28.95m (1st)  
 Weight Throw - 12.33m (1st)  
 Throws Pentathlon - 2440 (2nd)

**Irwin Barrett-Lennard M85**

5000m - 28:58.90 (1st) **AR**  
 10000m - 1:02:37.81 (1st)  
 2000m Steeple - 12:07.09 (1st) **AR**  
 8km Cross Country - 48:58 (1st)

**Lisa Limonas W45**

60m - 9.08 (4th)  
 100m - 14.58 (5th)  
 200m - 29.79 (5th)  
 High Jump - 1.30m (2nd)  
 Long Jump - 4.42m (3rd)  
 Triple Jump - 9.76m (2nd)

**Carmel Meyer W50**

100m - 15.28 (7th)  
 200m - 31.27 (4th)  
 400m - 69.38 (6th)  
 800m - 2:56.64 (6th)  
 Long Jump - 3.60m (3rd)  
 Javelin Throw - 18.52m (4th)  
 Outdoor Pentathlon - 2605 (4th)

**Lyn Ventris W55**

1500m Walk 7:20.16 (2nd)  
 5000m Walk - 26:52.61 (2nd)

**Carol Bowman W60**

400m - 84.84 (4th)  
 800m - 3:20.29 (3rd)  
 2000m Steeple - 10:47.58 (2nd)  
 8km Cross Country - 43:47 (4th)

**Lynne CHOATE W60**

60m - 9.50 (1st)  
100m - 15.53 (2nd)  
200m - 32.95 (3rd)

**Carey Dickason W60**

800m - 3:42.30 (4th)  
1500m - 7:15.57 (3rd)  
5000m - 26:58.17 (5th)  
Long Jump - 2.53m (6th)  
Triple Jump - 6.17m (1st)  
Hammer Throw - 17.13m (7th)

**Julie Wilson W60**

5000m - 25:48.24 (4th)  
2000m Steeple - 10:30.74 (1st)  
1500m Walk - 10:16.60 (2nd)  
Outdoor Pentathlon - 1591 (3rd)

**Bev Hamilton W65**

Shot Put - 8.04m (1st)  
Discus Throw - 21.02m (1st)  
Javelin Throw - 16.72m (2nd)  
Hammer Throw - 24.66m (2nd)  
Weight Throw - 11.71m (1st)  
Throws Pentathlon - 3415 (1st)

**Peggy Macliver W70**

60m - 10.16 (2nd) SR  
100m - 16.68 (3rd)  
200m - 34.55 (3rd) SR  
400m - 80.38 (2nd) SR

**Brenda Painter W70**

60m - 11.43 (4th)  
100m - 18.74 (6th)  
High Jump - 0.95m (1st)  
Long Jump - 2.71m (1st)  
Triple Jump - 6.08m (1st)

**Lynne Schickert W70**

2000m Steeple - 15:15.10 (2nd)  
1500m Walk - 10:59.21 (3rd)  
5000m Walk - 38:41.23 (3rd)  
10km Road Walk - 1:21:33 (3rd)  
Long Jump - 2.18m (3rd)  
Triple Jump - 5.41m (3rd)