

GOLD MEDALS

60m

W70 Peggy Macliver
M60 Garry Ralston
M75 Barrie Kernaghan

100m

M60 Garry Ralston
M75 Barrie Kernaghan

200m

M60 Garry Ralston
M75 Barrie Kernaghan

400m

W60 Marg Saunders
W75 Ruth Johnson
M50 Colin Smith

800m

W75 Ruth Johnson
M80 David Carr

1500m

M80 David Carr

5000m

W40 Sandra Voesenek

10,000m

W40 Clare Wardle
M70 Jim Langford
M75 Morland Smith

300m hurdles

W60 Carol Bowman
M60 Garry Ralston

400m hurdles

W40 Sharon Davis

2000m steeplechase

W60 Marg Saunders
W70 Lynne Schickert
M80 David Carr

3000m steeplechase

M35 Rob Nichols

1500m walk

W45 Janne Wells

cross country

W40 Clare Wardle
M70 Jim Langford
M80 David Carr

long jump

W55 Nicolette Whittington
M60 Garry Ralston

triple jump

W70 Brenda Painter
M65 Geoff Brayshaw

high jump

W70 Brenda Painter
W75 Ruth Johnson

discus

M40 John Fettus
M60 Tom Gravestock
M65 Ossi Igel
M80 Jim Davis

hammer

W35 Byrony Glass
W65 Carey Dickason
M80 Jim Davis

javelin

M60 Tom Gravestock

shot

W35 Byrony Glass
W70 Bev Hamilton
M60 Tom Gravestock
M65 Ossi Igel
M80 Jim Davis

weight

W35 Byrony Glass
W70 Bev Hamilton
M40 John Fettus
M65 Ossi Igel
M80 Jim Davis

pentathlon

W60 Julie Wilson

throws pentathlon

W35 Byrony Glass
M60 Tom Gravestock
M80 Jim Davis

SILVER MEDALS

60m

W75 Ruth Johnson

100m

W70 Peggy Macliver

W75 Ruth Johnson

200m

W70 Peggy Macliver

W75 Ruth Johnson

400m

W40 Sharon Davis

M75 Barrie Kernaghan

M80 David Carr

800m

W60 Marg Saunders

M60 Neil Morfitt

1500m

W40 Sharon Davis

5000m

W40 Clare Wardle

M35 Rob Nichols

M70 Jim Langford

400m hurdles

M45 Mark Elms

2000m steeplechase

W60 Carol Bowman

M70 Bob Schickert

1500m walk

W50 Karyn Tolardo

W60 Julie Wilson

W70 Lynne Schickert

W75 Ruth Johnson

M80 Ray Hall

5000m walk

W45 Janne Wells

W50 Karyn Tolardo

W55 Lyn Ventris

W60 Julie Wilson

W70 Lynne Schickert

10km road walk

W50 Karyn Tolardo

W55 Lyn Ventris

W70 Lynne Schickert

M80 Ray Hall

cross country

W40 Sharon Davis

M35 Rob Nichols

M75 Morland Smith

long jump

W65 Carey Dickason

W70 Brenda Painter

W75 Ruth Johnson

triple jump

W70 Lynne Schickert

W75 Ruth Johnson

high jump

W60 Julie Wilson

W70 Lynne Schickert

M45 Andrew Brooker

M65 Greg Wilson

discus

W35 Byrony Glass

W70 Bev Hamilton

hammer

M60 Tom Gravestock

shot

M60 Geoff Gee

pentathlon

M40 Michael O'Toole

M60 Rob Antonioli

throws pentathlon

W70 Bev Hamilton

4 x 400m relay M240+

M60 Garry Ralston

M60 Neil Morfitt

M75 Barrie Kernaghan

M49 Mark Elms

BRONZE MEDALS

60m

W60 Lynne Choate

100m

W60 Lynne Choate

200m

W60 Lynne Choate

400m

M60 Neil Morfitt

1500m

W40 Clare Wardle

W65 Carey Dickason

M60 Bjorn Dybdahl

5000m

M70 Bob Schickert

2000m steeplechase

W60 Julie Wilson

5000m walk

W50 Cheryl-Lee Dean

10km road walk

M60 Harold Membrey

high jump

W45 Lisa Limonas

pole vault

M60 Garry Ralston

M65 Geoff Brayshaw

hammer

W70 Bev Hamilton

M60 Geoff Gee

javelin

W50 Yolanda Carstens

M45 Andrew Brooker

M65 Geoff Brayshaw

M80 Jim Davis

shot

M40 John Fettus

weight

M60 Geoff Gee

pentathlon

M60 Tom Gravestock

throws pentathlon

M40 John Fettus

M60 Geoff Gee