

<b>60m</b>			heat	final				
M80	Robert Schickert	13.23						<b>SR</b>
W80	Lynne Schickert			14.33				<b>AR</b>
<b>200m</b>								
M80	Robert Schickert	44.83						<b>SR</b>
M90	David Carr			47.58	2nd			<b>AR</b>
<b>400m</b>								
M80	Robert Schickert	2:02.16						<b>SR</b>
M90	David Carr			1:42.02	1st			<b>AR</b>
<b>800m</b>								
M90	David Carr			4:03.80	1st			<b>AR</b>
<b>1500m</b>								
M90	David Carr			9:10.18	1st			<b>AR</b>
<b>3000m</b>								
M80	Robert Schickert			21:54.87				<b>SR</b>
M90	David Carr			18:42.60	1st			<b>AR</b>
<b>3000m Race Walk</b>								
W80	Lynne Schickert			24:28.13	1st			<b>AR</b>
<b>10km Race Walk</b>								
W80	Lynne Schickert			1:29:53	1st			
<b>High Jump</b>								
M55	Johannes Venter			1.60m				<b>AR</b>
W80	Lynne Schickert			0.92m				<b>AR</b>
<b>Long Jump</b>								
W40	Melissa Foster			5.38m	1st			
W80	Lynne Schickert			2.23m				<b>AR</b>
<b>Triple Jump</b>								
40-44	Melissa Foster			11.62m	1st			<b>AR</b>
<b>Discus</b>								
W55	Donna Hiscox			14.73m				
<b>Pentathlon</b>								
W40	Melissa Foster	DNF	60m H	HJ	Shot	LJ	800m	
			9.91	1.39m	9.08m	NM	DNS	
			867	599	538			
			<b>60m H</b>	<b>LJ</b>	<b>Shot</b>	<b>HJ</b>	<b>1000m</b>	
M45	Danie Mostert	2031	12.10	4.40m	7.46m	1.48m	3:47.83	
		<b>SR</b>	316	402	<b>417</b>	504	392	
			<b>SR</b>	<b>SR</b>	<b>SR</b>	<b>SR</b>	<b>SR</b>	
M55	Johannes Venter	2629	12.14	3.97m	9.09m	1.61m	4:00.94	
		<b>SR</b>	421	317	563	785	431	
			<b>SR</b>	<b>SR</b>	<b>SR</b>	<b>AR</b>	<b>SR</b>	
<b>4 x 200m Relay</b>								
W35	Melissa Foster			2:03.99				<b>AR</b>
M75	Robert Schickert			3:01.64	3rd			<b>AR</b>
	David Carr							
X70	Lynne Schickert			3:02.60				<b>AR</b>