

60m

M30

Kyle Ennis 1 7.06

M40

Christoff Van der Schyff 3 7.71

100m

W30 T38

Ella Pardy 1 13.79

W55

Sue Coate 3 14.68

M30

Kyle Ennis 1 10.7 OMA record. =AR

M40

Christoff Van der Schyff 4 12.13

200m

W30 T38

Ella Pardy 1 27.84

W55

Sue Coate 3 30.39

M30

Kyle Ennis 1 21.28 OMA record. AR

M40

Christoff Van der Schyff 4 24.55

400m

W70

Margaret Saunders 1 81.3

Carol Bowman 2 86.6

M55

Jannie Baard 4 63.68

800m

W70

Margaret Saunders 1 3:12.61

Carol Bowman 2 3:42.92

M55

Jannie Baard 3 2:23.52

1500m

M85 T13

Morland Smith 1 11:37.80

5000m

W70

Carol Bowman 2 29:15.14

Julie Wilson	3	29:30.98	
M85 T13			
Morland Smith	1	42:41.98	

Short Hurdles

W55

Sue Coate	1	15.88	
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Long Hurdles

W55

Sue Coate	1	59.68	
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Steeple

W70

Margaret Saunders	1	10:55.22	
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Julie Wilson	2	11:55.14	
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M85 T13

Morland Smith	1	17:37.67	
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1500W

W70

Julie Wilson	2	10:37.2	
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W80

Lynne Schickert	3	12:15.6	
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5000W

W70

Julie Wilson	2	37:47.03	
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W80

Lynne Schickert	3	44:17.51	
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Long Jump

W45

Melissa Foster	1	5.41	OMA Record
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W55

Sue Coate	3	4.1	
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Triple Jump

W45

Melissa Foster	1	11.35	OMA record
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High Jump

W55

Sue Coate	3	1.27	
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W80

Lynne Schickert	1	0.89	
M75			
Greg Wilson	3	1.11	

Pole Vault

W55			
Sue Coate	2	2.4m	=SR

Javelin

M75			
Greg Wilson	4	21.45	
W55			
Sue Coate	1	32.19	SR

Shot

W55			
Sue Coate	5	9.83	
M45			
Malachi Mackay	5	8.05	
M70			
Tom Gravestock	1	11.93	OMA Record

Discus

W55			
Sue Coate	8	21.3	
M70			
Tom Gravestock	1	38.42	
M75			
Greg Wilson	3	25.37	

Hammer

M70			
Tom Gravestock	1	43.83	

Weight

M70			
Tom Gravestock	3	16.42	

Outdoor Pentathlon

W45			
Melissa Foster	1	3470	OMA record. SR
W55			
Sue Coate	2	3639	
M45			
Malachi Mackay	1	1653	

Throws Pentathlon

M70

Tom Gravestock

1 4205

M75

Greg Wilson

2 2517

Cross Country

W70

Julie Wilson

3 39:49:00

M85 T13

Morland Smith

1 61:45:00