

Days 1 and 2

8km Cross Country

Jim Langford	M65	33:01.8	5/31	TEAM GOLD
Carol Bowman	W55	43:30.8	24/32	
Bob Schickert	M65	46:46.8	28/31	
Irwin Barrett-Lennard	M80	53:10.2	3/10	BRONZE
Jackie Halberg	W65	60:10.8	16/17	

Michael Barton	M40	30:15.2	9/16	TEAM SILVER
Roscoe McDonnell	M50	31:37.3	19/40	TEAM SILVER
Barry Heppell	M45	32:55.1	13/21	
Bjorn Dybdahl	M55	33:57.9	23/41	TEAM BRONZE
Graeme Dahl	M60	37:55.1	24/38	
Clive Choate	M55	39:52.6	32/41	
Nick Miletic	M60	48:24.7	36/38	

5000m track race walk

Lyn Ventris	W50	24:25.66	1/17	GOLD
Lynne Schickert	W65	37:51.90	18/26	

Decathlon

100m					
Mark Jeffery	M40	12.63	-2.1	PBA 631	8/18
Don Chambers	M70	15.16	+2.1	691	6/15

Long Jump

Mark Jeffery	M40	5.90	+1.3	682	1/18
Don Chambers	M70	3.85	-0.7	657	7/14

Shot Put

Mark Jeffery	M40	10.95		618	3/18
Don Chambers	M70	8.72		591	11/14

High Jump

Mark Jeffery	M40	1.75	SR	653	1/18
Don Chambers	M70	1.09		472	13/14

400m

Mark Jeffery	M40	56.96	PBA	669	4/18
Don Chambers	M70	86.03		282	10/14

Short Hurdles

Mark Jeffery(110H)	M40	18.95	-2.0	PBA 518	7/18
Don Chambers(80H)	M70	14.94	-1.2	817	2/13

Discus

Mark Jeffery	M40	33.89		610	2/18
Don Chambers	M70	22.51	PBA	440	9/13

Pole Vault

Mark Jeffery	M40	2.80		359	8/18
Don Chambers	M70	2.10	SR	496	9/13

Javelin

Mark Jeffery	M40	49.18	SR	639	1/18
Don Chambers	M70	17.18		283	13/13

1500m

Mark Jeffery	M40	4:58.02	PBA	657	3/17
Don Chambers	M70	DNF			

Total

Mark Jeffery	M40	6036	AR	3/18	BRONZE
Don Chambers	M70	4733		12/14	

Day 3

5000m track walk

Garry Hastie	M50	26:53.07	7/15	
David Smyth	M40	28:31.59	6/7	SB

800m

Andrew Brooker	M40	2:07.36	q	PBA
Neil Morfitt	M55	2:16.64	Q	
Bjorn Dybdahl	M55	2:33.87		

5000m

Lorraine Lopes	W70	23:45.57		SILVER
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100m qualifiers

Colin Smith	M45	12.81	-0.2	SB
Roy Fearnall	M65	13.93	-0.7	q SB
Barrie Kernaghan	M70	14.24	-0.4	Q SB
Lynne Choate	W55	14.75	+1.0	q
Don Chambers	M70	15.22	+0.1	
Norm Richards	M70	15.35	-1.2	
Peggy Macliver	W65	15.87	-0.4	Q
Nick Miletic	M60	16.05	-1.7	SB

Day 4

5000m

Michael Barton	M40	17:43.87	24/27	
Roscoe McDonnell	M50	19:03.36	26/53	
Bjorn Dybdahl	M55	20:43.73	24/40	
Graeme Dahl	M60	21:26.30	26/39	
Irwin Barrett-Lennard	M80	26:17.79	4/13	SB
Bob Schickert	M65	DNF (ran 1 lap short)		

800m semi-finals

Andrew Brooker	M40	2:09.26		
Neil Morfitt	M55	2:14.7	q	PBA
Margaret Saunders	W55	2:54.14	q	
Carol Bowman	W55	3:17.65		

300m hurdles semi-final

Don Chambers	M70	59.00	Q	
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100m semi-finals

Roy Fearnall	M65	14.04	-1.1	
Barrie Kernaghan	M70	14.21	-1.4	Q SB
Lynne Choate	W55	15.00	-0.7	q
Peggy Macliver	W65	16.25	-0.3	Q

100m finals

Barrie Kernaghan	M70	14.19	-0.1	4 th SB
Lynne Choate	W55	15.07	-1.1	8 th
Peggy Macliver	W65	16.07	-1.8	6 th

Discus

Chris Tittel	M80	21.00	8/12	
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Hammer

Kate Glass	W60	36.11	6/12	SR
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Day 5

10000m

Irwin Barrett-Lennard	M80	54:05.16	SB	4/10
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800m finals

Neil Morfitt	M55	2:13.84	7/12	SB
Margaret Saunders	W55	2:42.44	5/12	PBA
David Carr	M75	2:46.02	GOLD 1/11	SB
Lorraine Lopes	W70	3:10.54	SILVER 2/9	AR

300m hurdles final

Don Chambers	M70	58.86	8/8	SB
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200m qualifiers

Colin Smith	M45	26.43	-2.3	nq	SB
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Day 6

200m semi-finals

Barrie Kernaghan	M70	29.03	-2.7	Q
Roy Fearnall	M65	29.32	-0.8	nq
Norm Richards	M70	33.56	-3.3	nq

200m finals

Barrie Kernaghan	M70	29.37	-0.1	4 th
Lynne Choate	W55	31.96	-2.6	8 th

10km road race walk

Lyn Ventris	W50	49:51.84	1/19	
GOLD				
(also TEAM GOLD (W45) with Pam Tindal, Annette Major)				
Garry Hastie	M50	55:26.04	8/21	
(TEAM GOLD with Colin Heywood, Simon Evans)				
Lynne Schickert	W65	74:07.58	15/24	PBA

Weight Throw

Chris Tittel	M80	10.34	7/8	
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Day 7

Hammer

Chris Tittel	M80	21.72	9/13	
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Weight Throw

Kate Glass	W60	11.61	7/14	
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400m semi-finals

Colin Smith	M45	57.33	nq	SB
Neil Morfitt	M55	60.76	nq	
Roy Fearnall	M65	65.24	q	SB
Barrie Kernaghan	M70	67.92	q	

1500m semi-finals

Andrew Brooker	M40	4:28.84	q	PBA
Bjorn Dybdahl	M55	5:20.42	nq	
Bob Schickert	M65	6:11.26	q	
David Carr	M75	6:27.87	Q	

Javelin

Mark Jeffery	M40	50.79	5 th	SR
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Day 8

1500m finals

Andrew Brooker	M40	4:30.91	16 th	
David Carr	M75	5:38.86	BRONZE	
Lorraine Lopes	W70	6:31.96	SILVER	AR
Bob Schickert	M65	7:13.70	13 th	

80m hurdles semi-final

Don Chambers	M70	15.75	-1.8	nq
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Day 9

400m finals

Roy Fearnall	M65	64.45	8 th	SB
Barrie Kernaghan	M70	67.06	5 th	SB
Irwin Barrett-Lennard	M80	85.27	BRONZE	SR

Throws Pentathlon

Kate Glass	W60	3674	SR	6/15
Hammer		35.25	1024	
Shot		9.11	772	
Discus		22.38	571	
Javelin		23.60	598	
Weight Throw		11.16	709	

20km road walk

Lyn Ventris	W50	1:42:19.35	GOLD	
Also TEAM GOLD with Pam Tindal, Rosemarie Stigwood				
Garry Hastie	M50	1:58:16.05	8/14	PBA
TEAM SILVER with Colin Heywood, Patrick Sela				
David Smyth	M40	2:04:32.30	7/10	PBA
TEAM GOLD with Stuart Kollmorgen, James Seid-Christmass				
Lynne Schickert	W65	2:35:19.94	10/11	PBA

Throws Pentathlon

Kate Glass	W60	3674	6/15	SR	Chris Tittel	M80	3047	5/9	PBA
Hammer		35.25	1024		Hammer		26.57	687	SB
Shot		9.11	772		Shot		8.88	740	SR
Discus		22.38	571		Discus		20.68	544	
Javelin		23.60	598		Javelin		17.04	380	PBA
Weight Throw		11.16	709		Weight Throw		10.98	696	PBA

Day 10

3000m steeplechase

Andrew Brooker	M40	11:23.56	8 th	
Roscoe McDonnell	M50	11:34.06	5 th	
Bjorn Dybdahl	M55	12:46.33	7 th	

2000m steeplechase

David Carr	M75	9:36.09	GOLD	
Carol Bowman	W55	10:22.48	4 th	
Bob Schickert	M65	10:25.54	15 th	
Lynne Schickert	W65	14:19.91	4 th	

4x100m relays

M65	Roy Fearnall with Peter Crombie, John Wight, Neville McIntyre	50.89	GOLD	
M70	Barrie Kernaghan, Don Chambers with Hugh Coogan, Michael Stevenson	55.19	BRONZE	
W50	Lynne Choate with Marie Kay, Robyn Suttor, Leanne Monk	55.46	4 th	
W65	Peggy Macliver with Marge Allison, Anne Stobaus, Valmai Padget	63.83	GOLD	

4x400m relays

W65 **Peggy Macliver** with Marge Allison, Anne Stobaus, Noreen Parrish
5:16.39 GOLD WORLD RECORD

M55	Neil Morfitt with Terry Hicks, Andrew Watts, Michael Barrand	3:56.86	SILVER	
M65	Roy Fearnall with Peter Crombie, Neville McIntyre, Don Mathewson	4:13.23	SILVER	
M70	Barrie Kernaghan, Don Chambers with Hugh Coogan, Michael Stevenson	4:29.57	SILVER	AR
W55	Margaret Saunders, Lynne Choate with Paula Moorhouse, Irene Davey	5:12:15	SILVER	