

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 (1st)
 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**
 Outdoor Pentathlon - 2129 (unofficial)

Oswald Igel M60

Shot Put - 11.57m (2nd)
 Discus Throw - 34.32m (3rd)
 Hammer Throw - 30.06m (3rd)
 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 (unofficial)

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 (unofficial)

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)

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 - 28:58.90m (1st)

10000m - 1:02:37.81 (1st)

2000m Steeple - 12:07.09 (1st)

8km Cross Country - 48:58 (1st)

pending AR

pending AR

WOMEN**Melissa Foster W35**

Long Jump - 5.57m (1st)

Triple Jump - 11.95m (1st)

Outdoor Pentathlon - 2590 (unofficial)

pending AR

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)

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 (unofficial)

Lyn Ventris W55

1500m Walk 7:20.16 (2nd)

5000m Walk - 26:52.61 (2nd)

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)

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 (unofficial)

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)