

December 2020 Results

*This listing includes all events where members are known to have competed
All records are pending until ratified by the appropriate authorities*

CR = Club Record

SR = State Record

AR = Australian Record

WR = World Record

WAAS – December 1

60m			3000m		
Sue Coate	W50	9.1	David Graieg	M35	11:44.1
Fran Cherry	W55	9.6	Mark Dawson	M55	13:11.2
Norm Richards	M80	9.6	David Adams	M40	14:29.8
David Graieg	M35	7.5	Marcus Nichols	Vis	14:30.3
Paul Martin	Vis	8.0	David Brook	M55	14:45.3
David Adams	M40	9.2	3000m walk		
Rocky Cloete	M70	9.3	Johan Hagedoorn	M75	20:47.8
Barrie Kernaghan	M80	10.0	John Dennehy	M60	21:51.5
Marcus Nichols	Vis	10.9	Glenys Duncan	W80	25:35.3
Charlotte Graeig	Vis	11.4	High Jump		
Natasha Clark	Vis	12.9	Stephen Edwards	M35	1.30
200m			Geoff Brayshaw	M70	1.25
Paul Martin	Vis	27.7	Dave Wyatt	M65	1.25
Campbell Till	M60	28.3	Sue Coate	W50	1.20
David Adams	M40	31.7	Phil Smyth	M70	1.20
Sue Coate	W50	32.4	Norm Richards	M80	1.10
Barrie Kernaghan	M80	33.6	Des Walsh	M65	1.05
Norm Richards	M80	35.3	Marcus Nichols	Vis	1.00
Fran Cherry	W55	35.7	Charlotte Graieg	Vis	0.79
Marcus Nichols	Vis	40.6	Hammer		
Charlotte Graieg	Vis	45.1	Paul Foley	M55	28.70
Des Walsh	M65	60.7	Phil Smyth	M70	23.19
1000m			Jemma Foley	Vis	13.91
David Graieg	M35	3:15.6	Javelin		
Tim Karajas	M40	3:21.9	Andrew Brooker	M50	37.22
Paul Martin	Vis	3:35.1	Paul Foley	M55	36.67
Mark Dawson	M55	3:38.7	Matt Dean	M30	32.31
David Adams	M40	3:54.2	Alex de Silva	Vis	32.29
Marcus Nichols	Vis	4:15.0	Geoff Brayshaw	M70	29.48
Bruce Wilson	M75	4:41.8	Ken Wilkins	M55	25.02
1000m walk			Rob Nichols	M40	24.45
Johan Hagedoorn	M75	6:35.5	Sue Coate	W50	23.12
5000m			Phil Smyth	M70	21.62
Rob Nichols	M40	17:42.6	Des Walsh	M65	18.59
Ryan Callister	M40	19:56.9	Jemma Foley	Vis	16.95
Tim Karajas	M40	20:28.1	Dani Fuda	W40	12.10
Bruce Wilson	M75	25:30.6	David Adams	M40	11.54
			Christina Faithfull	W70	9.52

Bunbury – December 1

200m			800m		
Garry Hastie	M55	32.17	Garry Hastie	M55	3:15.9
Brian Waldhuter	M80	41.68	Harold Membrey	M65	4:16.7
Ruth Johnson	W75	44.26	Ruth Johnson	W75	4:22.9
Shot			Brian Waldhuter	M80	5:10.3
John Fettus	M45	11.78	Luella Jenkins (walk)	W75	6:11.3
Jo Peters	M65	10.21	Sharon Moloney (walk)	W55	6:25.2
Garry Hastie	M55	8.02	Triple Jump		
Harold Membrey	M65	7.66	Garry Hastie	M55	7.78
Sharon Moloney	W55	7.43	Brian Waldhuter	M80	6.38
Luella Jenkins	W75	6.56	Ruth Johnson	W75	5.58
Brian Waldhuter	M80	6.54	Luella Jenkins	W75	4.46
Ruth Johnson	W75	5.52			

ECAC – December 3

60m				5000m			
David Adams	M40	9.35		Roberto Busi	M40	16:34.34	
Isaiah Manning	Vis	9.79		Grant Langford	M40	18:46.23	
Maureen Keshwar	W65	9.79		Andy Abbey	M50	22:54.66	
Nick Fairweather	M65	9.95		John Bailey	M40	23:22.41	
Greg Kennedy	M70	10.17		Alex Langford	Vis	23:33.39	
				Kieran English	M45	25:44.57	
				Janne Wells	W50	29:43.77	
Tim Loh	M30	7.75		3000m			
Stuart Manning	M40	8.50		Mike Meredith	Vis	14:06.64	
Charlotte Best	Vis	8.94		Peter Tietz	M65	17:38.94	
Abigail Best	Vis	9.21		David Carr	M85	17:58.15	
Ingrid Wilcock	W40	9.29		Isolde Tietz	W70	18:11.44	
Bob Han-Busi	Vis	10.62		Steve Barrie	M55	21:37.97	
200m				3000m walk			
Tim Loh	M30	27.67		John McDonagh	M70	19:46.81	
Stuart Manning	M40	29.09		Long Jump			
Roberto Busi	M40	31.39		Michelle Krokosz	W35	4.37	
Ingrid Wilcock	W40	31.69		Ingrid Wilcock	W40	4.29	
Nick Best	M40	32.22		Charlotte Best	Vis	4.08	
Charlotte Best	Vis	32.66		Jacqui O'Neill	W40	3.89	
				Bob Han-Busi	Vis	3.62	
David Adams	M40	31.85		Abigail Best	Vis	3.58	
Abigail Best	Vis	33.08		Maureen Keshwar	W65	3.37	
Maureen Keshwar	W65	35.04		Nick Fairweather	M65	2.90	
Nick Fairweather	M65	38.09		Phillippa Bennett	W60	2.44	
Bob Han-Busi	Vis	40.57		Discus			
Kieran English	M45	42.89		Ossi Ogel	M65	36.37	
Phillippa Bennett	W60	50.51		Andrew Ward	M55	32.21	
Des Walsh	M65	52.97		Michelle Krokosz	W35	31.55	
Steve Barrie	M55	53.00		Jenn Parker	W50	28.96	
800m				Oliver Berry	M30	28.72	
Nick Best	M40	2:23.69		Des Walsh	M65	23.28	
Andy Abbey	M50	2:24.26		Jacqui O'Neill	W40	20.01	
Colin Smith	M55	2:32.37		Ingrid Wilcock	W40	19.56	
Andrew Davison	M55	2:34.01		Mike Anderson	M70	15.05	
Isaiah Manning	Vis	2:52.27		Andrea Penny	W45	12.49	
David Adams	M40	2:59.83		Hammer			
Jenn Parker	W50	3:01.84		Jenn Parker	W50	37.39	
Barbara Blurton	W70	3:03.93	AR pending	Ossi Igel	M65	30.54	
Grant Langford	M40	3:12.44		Andrew Ward	M55	28.02	
Abigail Best	Vis	3:14.11		Andrea Penny	W45	13.79	
Roberto Busi	M40	3:14.81					
Kieran English	M45	3:34.00					
Mike Meredith	Vis	3:35.17					

Bunbury – December 3

80m hurdles				Discus			
Brian Waldhuter	M80	20.69		Garry Hastie	M55	23.80	
Javelin				Harold Membrey	M65	21.09	
Garry Hastie	M55	31.80		Brian Waldhuter	M80	16.80	
Harold Membrey	M65	16.42					
Brian Waldhuter	M80	12.64					

Strive, WAAS – December 4

200m				3000m			
Lee Stergiou	M45	26.01	+1.9	Paul Beckers	M30	9:12.84	
Mandy Mason	W50	27.47	+1.2	David Adams	M40	13:13.74	
David Adams	M40	30.54	+1.7	Long Jump			
Barrie Kernaghan	M80	33.37	+2.3	Mandy Mason	W50	3.94	+2.4
800m				Pole Vault			
Mark Dawson	M55	2:36.21		Phil Smyth	M70	2.50	
David Adams	M40	2:53.51					

WAAS – December 8

100m		wind +1.7
Leigh Dawson	M30	12.57
Paul Martin	M40	13.42
Stuart Manning	M40	13.67
Barrie Kernaghan	M80	16.00 SR
Norm Richards	M80	16.07

		Wind +2.9
Isaiah Manning	Vis	15.61
Barbara Blurton	W70	15.71
Marcus Nichols	Vis	18.17
Rachel Nichols	Vis	18.96

		wind +4.1
David Adams	M40	14.34
Jenn Parker	W50	14.55
Geoff Brayshaw	M70	15.12
Barbara Blurton	W70	15.52

		wind +0.8
Matt Dean	M30	12.87
Colin Smith	M55	13.04
Rob Nichols	M40	14.23
Dani Fuda	W40	15.55

400m		
Leigh Dawson	M30	58.31
Stuart Manning	M40	62.54
Campbell Till	M60	62.89
Paul Martin	M40	64.30

Isaiah Manning	Vis	74.45
David Adams	M40	77.68
Marcus Nichols	Vis	85.05
Barrie Kernaghan	M80	86.02
Eli Callister	Vis	1:40.27

1500m		
Ryan Callister	M40	5:24.48
Mark Dawson	M55	5:46.94
David Adams	M40	6:00.52
Marcus Nichols	Vis	6:14.9(h)
Eli Callister	Vis	7:47.16
Rachel Nichols	Vis	8:37.58
Rob Nichols	M40	8:39.48
Johan Hagedoorn (walk)	M75	10:08.90

3000m (hand times)		
Rob Nichols	M40	10:14.6
Paul Martin	M40	13:32.5
Marcus Nichols	Vis	16:52.2

3000m walk (hand times)		
Johan Hagedoorn	M75	20:57.4
Glenys Duncan	W80	27:02.7

Triple Jump		
Matt Dean	M30	12.77
Stephen Edwards	M35	12.36
Colin Smith	M55	9.36
Geoff Brayshaw	M70	9.13
Jenn Parker	W50	9.12
Rob Nichols	M40	8.74
Lisa Limonas	W50	8.72
Dave Wyatt	M65	8.68
Phil Smyth	M70	7.65
Dani Fuda	W40	7.32
Norm Richards	M80	5.95

Hammer		
Paul Foley	M55	30.82
Andrew Ward	M55	26.77
Phil Smyth	M70	24.47
Jemma Foley	Vis	13.90

Discus		
Paul Foley	M55	35.92
Andrew Ward	M55	33.98
Phil Smyth	M70	20.00
Jemma Foley	Vis	16.79
Mike Anderson	M70	14.73
Isaiah Manning	Vis	14.61

Bunbury – December 8

100m		
Garry Hastie	M55	15.51
Harold Membrey	M65	17.63
Sharon Moloney	W55	18.76
Brian Waldhuter	M80	19.50
Ruth Johnson	W75	21.32
Luella Jenkins	W75	23.79

1500m		
Balinga Pasco	M30	5:08.2
Ruth Johnson	W75	9:21.3

1500m walk		
Garry Hastie	M55	9:16.9
Harold Membrey	M65	11:25.1

High Jump		
Brian Waldhuter	M80	1.17
Ruth Johnson	W75	0.85

Javelin		
John Fettus	M45	33.54
Garry Hastie	M55	32.27
Jo Peters	M65	30.17
Harold Membrey	M65	16.92
Sharon Moloney	W55	14.74
Brian Waldhuter	M80	14.20
Luella Jenkins	W75	14.01
Ruth Johnson	W75	9.68

ECAC – December 10

100m

David Adams	M40	14.22
Tim Iannucci	Vis	14.43
Emily Bailey	Vis	14.69
Ingrid Wilcock	W40	15.16
Tamara Smith	Vis	15.76
Jacqui O'Neill	W40	18.32
Phillippa Bennett	W60	23.59

Tim Loh	M30	12.39
Colin Smith	M55	14.44
Bob Schickert	M75	22.94
Gavin Hanrahan	M70	23.61
Des Walsh	M65	32.81

Charlotte Best	Vis	14.64
Abigail Best	Vis	15.45
Nick Best	M40	16.43
Bob Han-Busi	Vis	17.93
Kieran English	M45	19.01

400m

Nick Best	M40	59.43
Emily Bailey	Vis	69.84
Barbara Blurton	W70	71.78 WR pending
Kieran English	M45	85.22

3000m

Joshua Myburgh	Vis	11:54.80
Gerrit Myburgh	M45	11:55.43
Andy Abbey	M50	13:04.75
David Adams	M40	14:36.28
Jacqui O'Neill	W40	15:22.64
Kieran English	M45	15:37.55
Peter Tietz	M65	17:48.95
Silke Peglow	W50	17:59.10
David Carr	M85	18:01.90
Isolde Tietz	W70	19:07.84
Steve Barrie	M55	20:32.15
Bob Schickert	M75	21:54.83

3000m walk

John Dennehy	M60	22:38.08
Lynne Schickert	W75	26:09.99

1 mile

Roberto Busi	M40	5:53.57
John Bailey	M40	6:30.41
David Adams	M40	7:01.87
Kieran English	M45	7:20.81
Janne Wells	W50	8:45.29
Silke Peglow	W50	9:01.23
Steve Barrie	M55	10:06.42

High Jump

Nick Best	M40	1.50
Charlotte Best	Vis	1.45
Christine De Vries	W55	1.33 SR
Roberto Busi	M40	1.30
Colin Smith	M55	1.30
Ingrid Wilcock	W40	1.20
Abigail Best	Vis	1.15
Cheri Bonser	Vis	1.05
Des Walsh	M65	1.05
Bob Han-Busi	Vis	1.00

Weight

Andrea Penny	W45	5.09
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Javelin

Jenn Parker	W50	22.14
Jacqui O'Neill	W40	20.50
Andy Abbey	M50	16.43
Ingrid Wilcock	W40	16.21
Des Walsh	M65	16.04
Andrea Penny	W45	9.28

Bunbury – December 10

300m

Garry Hastie	M55	50.1
Harold Membrey	M65	64.9
Ruth Johnson	W75	74.3

3000m

Harold Membrey	M65	23:57.0
Ruth Johnson	W75	24:18.0
Brian Waldhuter	M80	24:33.0

300m hurdles

Brian Waldhuter	M80	80.0
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Shot

Garry Hastie	M55	8.06
Sharon Moloney	W55	7.81
Harold Membrey	M65	7.68
Brian Waldhuter	M80	6.58
Ruth Johnson	W75	5.98

Strive, WAAS – December 11

100m

David Statham	M50	12.90	-1.0
Gregory Brennan	M50	12.99	+1.3
Mandy Mason	W50	13.22	-0.3
David Adams	M40	14.54	+0.4
Barrie Kernaghan	M80	16.21	+0.4

400m

Colin Smith	M55	59.19
Mandy Mason	W50	72.32
David Adams	M40	73.34
Barrie Kernaghan	M80	80.48

1500m

Jannie Baard	M50	5:20.97
David Adams	M40	6:03.80

Hammer

Byrony Glass	W40	43.50
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Bunbury – December 12**Throws pentathlon**

		Hammer	Shot	Discus	Javelin	Weight
Ossi Igel	M70	37.01	11.90 SR	32.41	28.70	15.97 SR
		739	804	693	562	920
		Total points	3718 SR			
Bev Hamilton	W75	28.21 SR	7.43	19.21 SR	13.81	9.33
		1007	768	681	504	678
		Total points	3638			
John Fettus	M45	42.32	12.12	36.84	36.16	12.37
		717	763	754	476	704
		Total points	3414			
Sharon Moloney	W55	27.06	7.64	19.51	16.62	7.73
		664	560	427	365	492
		Total points	2508			
Ruth Johnson	W75	21.37	6.05	13.18	11.01	5.31
		720	600	432	384	336
		Total points	2472			

WAAS – December 15

60m			800m		
Lee Stergiou	M45	7.79	Rob Nichols	M40	2:22.95
Stuart Walker	M55	8.54	Paul Highway	M45	2:38.43
David Adams	M40	8.82	Matt Dean	M30	2:43.42
Leigh Dawson	M30	7.91	Mark Dawson	M55	2:49.00
Paul Martin	M40	8.34	Paul Martin	M40	2:50.45
Barrie Kernaghan	M80	9.89	Marcus Nichols	Vis	3:16.07
Norm Richards	M80	9.95	Dani Fuda	W40	3:18.22
Rachel Williams	W35	9.80	David Adams	M40	3:20.87
Natasha Clark	Vis	12.37	Bruce Wilson	M75	3:50.70
Izaak Hossack	Vis	10.46	Rachel Nichols	Vis	4:28.79
Marcus Nichols	Vis	10.85	Geoff Brayshaw	M70	4:40.30
Rachel Nichols	Vis	11.72	Johan Hagedoorn (walk)	M75	5:38.79
Adam Fiele	Vis	15.79			
200m		wind +3.9	5000m (hand times)		
Jenn Parker	W50	30.60	Rob Nichols	M40	19:57.2
Christine De Vries	W55	30.96	Steve Hossack	M55	21:24.6
Sue Coate	W50	31.58	David Adams	M40	27:15.2
Barbara Blurton	W70	31.72			
Leigh Dawson	M30	25.69	3000m (hand times)		
Lee Stergiou	M45	25.78	Paul Highway	M45	12:34.0
Paul Martin	M40	27.30	Marcus Nichols	Vis	12:52.8
Campbell Till	M60	28.16	Mark Dawson	M55	14:08.2
Stuart Walker	M55	30.00	Izaak Hossack	Vis	14:15.1
David Adams	M40	30.05	David Brook	M55	14:29.4
Barrie Kernaghan	M80	33.88	Bruce Wilson	M75	15:56.4
Norm Richards	M80	34.97			
Rachel Williams	W35	33.12	3000m walk (hand times)		
Izaak Hossack	Vis	37.68	Johan Hagedoorn	M75	20:33.1
Marcus Nichols	Vis	38.57	Glenys Duncan	W80	26:26.3
Rachel Nichols	Vis	41.14			
			Long Jump		
			Jenn Parker	W50	4.35
			Dave Wyatt	M65	4.23
			Geoff Brayshaw	M70	4.18
			Christine De Vries	W55	4.17
			Sue Coate	W50	4.03
			Lisa Limonas	W50	3.87
			Rachel Williams	W35	3.77
			Phil Smyth	M70	3.76
			Norm Richards	M80	3.03
			Kelly Taylor	W40	2.77

Javelin

Paul Foley	M55	39.96
Logan Foley	Vis	39.20
Sue Coate	W50	26.72
Ken Wilkins	M55	23.32
Phil Smyth	M70	22.90
Jenn Parker	W50	21.99
Christine De Vries	W55	14.75

Shot

Paul Foley	M55	10.37
Sue Coate	W50	9.56
Logan Foley	Vis	8.76
Rachel Williams	W35	7.53
Mike Anderson	M70	6.12
Christine De Vries	W55	5.46

Bunbury – December 15

60m

Garry Hastie	M55	9.71
Harold Membrey	M65	10.37
Brian Waldhuter	M80	11.35
Ruth Johnson	W75	12.47

Discus

Garry Hastie	M55	25.15
Harold Membrey	M65	22.24
Brian Waldhuter	M80	16.69
Luella Jenkins	W75	16.66
Ruth Johnson	W75	11.42

3000m walk

Garry Hastie	M55	19:08.3
Harold Membrey	M65	22:54.8
Ruth Johnson	W75	23:46.2

AWA Event, WAAS – December 16

5000m

Paul Beckers	M30	15:58.59
Craig Berg	M45	17:54.06
Simon McGarvie	M55	18:55.48
Clare Wardle	W45	19:02.40
David Adams	M40	24:44.35
Tania De Abreu	W55	26:41.99
Silke Peglow	W50	29:02.38

Bunbury – December 17

Outdoor Pentathlon – women

		100m	Shot	Long Jump	Javelin	800m
Ruth Johnson	W75	19.98	5.80	2.29	10.07	4:32.2
		621	570	374	344	521
	Total points	2430				

100m

Harold Membrey	M65	16.85
Brian Waldhuter	M80	19.32

Long Jump

Brian Waldhuter	M80	2.98
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Javelin

Harold Membrey	M65	17.62
Brian Waldhuter	M80	12.52

Shot

Harold Membrey	M65	7.43
Brian Waldhuter	M80	6.50

ECAC – December 17

100m

Colin Smith	M55	13.79
Emily Bailey	Vis	15.18
Tim Iannucci	Vis	15.19
Abigail Best	Vis	15.54
Keith Redpath	M65	15.55
David Adams	M40	16.77

Tim Loh	M30	12.74
Ingrid Wilcock	W40	15.86
Maureen Keshwar	W65	16.14
Fran Cherry	W55	17.07

Charlotte Best	Vis	15.26
Bob Han-Busi	Vis	17.59
Jacqui O'Neill	W40	18.78
Keith Martin	M75	18.79
Des Walsh	M65	43.69

200m

Colin Smith	M55	28.71
Sharon Davis	W45	30.76
Keith Redpath	M65	30.78
Emily Bailey	Vis	30.82
Kieran English	M45	36.16

Nick Best	M40	33.00
Charlotte Best	Vis	33.22
Abigail Best	Vis	35.96
Fran Cherry	W55	37.87
Steve Barrie	M55	50.52
Phillippa Bennett	W60	55.55

John Dennehy	M60	36.14
Mike O'Reilly	M80	39.98
Roberto Busi	M40	40.65
Bob Han-Busi	Vis	40.67
Des Walsh	M65	1:30.63

1500m

Nick Best	M40	5:10.80
Sharon Davis	W45	5:30.56
Roberto Busi	M40	6:34.14
Kieran English	M45	6:35.61
Devon Dudley	Vis	6:49.82
Steve Barrie	M55	9:21.24
Phillippa Bennett	W60	10:25.05

1500m walk

Steve Travell	M65	11:51.83
John Brambley	M75	11:53.69
Lynne Schickert	W75	12:43.66

3000m

Roberto Busi	M40	9:56.75
Amity Dudley	Vis	12:18.30
Steve Hossack	M55	12:32.92
Mike Meredith	Vis	14:35.64
Kieran English	M45	14:48.52
Steve Barrie	M55	19:42.02
Phillippa Bennett	W60	22:43.28

3000m walk

Steve Travell	M65	25:06.58
David Adams	M40	25:07.09

2000m steeplechase

Noah Bailey	Vis	8:15.95
Oliver Berry	M30	10:41.79
Abigail Best	Vis	11:22.23
Nick Best	M40	11:23.75

Long Jump

Stephen Edwards	M35	5.87
Jenn Parker	W50	4.54
Charlotte Best	Vis	4.51
Ingrid Wilcock	W40	4.34
Colin Smith	M55	4.21
Colin Smith	M55	4.03
Abigail Best	Vis	3.87
Jacqui O'Neill	W40	3.80
David Adams	M40	3.66
Rachel Williams	W35	3.52
Maureen Keshwar	W65	3.40
Dianne Hewitt	Vis	2.60
Barbara Blurton	W70	2.23

Discus

Paul Foley	M55	37.70
Jenn Parker	W50	28.38
Anita Downing	W40	26.85
Jemma Foley	Vis	20.57

Shot

Paul Foley	M55	10.12
Jenn Parker	W50	9.43
Maureen Keshwar	W65	8.45
Anita Downing	W40	7.94
Rachel Williams	W35	7.92
Jemma Foley	Vis	7.82
Jacqui O'Neill	W40	6.75
Ingrid Wilcock	W40	5.91
Dianne Hewitt	Vis	5.84

Strive, WAAS – December 18

60m

Adrian McKenzie	M45	7.46	+1.0
Stuart Walker	M55	8.67	+1.6
David Adams	M40	9.07	+1.6
Barrie Kernaghan	M80	10.84	+1.6

200m

Stuart Walker	M55	29.43	+2.7
David Adams	M40	29.71	+2.7
Barrie Kernaghan	M80	34.03	+2.7

800m

Jannie Baard	M50	2:26.56
Mark Dawson	M55	2:35.90
David Adams	M40	2:53.70

5000m

Tim Karajas	M40	20:34.17
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Long Jump

David Adams	M40	3.46	+1.6
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Pole Vault

Phil Smyth	M70	2.50
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100m

David Adams	M40	14.2
Sue Coate	W50	14.7
Michael Byrne	M65	14.8

Dominic Lagat	Vis	12.4
Stuart Walker	M55	13.4
Simon McGarvie	M55	16.4

Barrie Kernaghan	M80	16.0
Norm Richards	M80	16.1
Mike Anderson	M70	22.9

Stephen Edwards	M35	12.2
Izaak Hossack	Vis	17.1

Naomi Lagat	Vis	16.1
Dayna Lagat	Vis	18.1
Larissa Lagat	Vis	19.4

300m

Noah Bailey	Vis	48.0
Stuart Walker	M55	48.9

Ashley Moore	M40	39.3
Campbell Till	M60	44.1
Simon McGarvie	M55	50.7

Michael Byrne	M65	51.5
Barrie Kernaghan	M80	58.8

Izaak Hossack	Vis	60.1
Dayna Lagat	Vis	63.5
Larissa Lagat	Vis	70.6

Dominic Lagat	Vis	42.2
Naomi Lagat	Vis	56.9

1500m

Dominic Lagat	Vis	4:57.2
Leigh Dawson	M30	4:59.2
Noah Bailey	Vis	5:11.4
Simon McGarvie	M55	5:13.4
Paul Highway	M45	5:15.0
Mark Dawson	M55	5:47.5
Steven Hossack	M55	6:02.5
John Bailey	M40	6:02.9
Michael Byrne	M65	6:08.7
David Adams	M40	6:31.2
Naomi Lagat	Vis	6:36.5

1500m walk

Johan Hagedoorn	M75	10:21.3
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3000m

Paul Highway	M45	12:06.7
Steve Hossack	M55	12:13.8
David Adams	M40	13:47.9
Izaak Hossack	Vis	14:50.1
Bruce Wilson	M75	15:01.8
Mark Dawson	M55	15:41.0

3000m walk

Johan Hagedoorn	M75	20:41.4
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High Jump

Leigh Dawson	M30	1.65
Stephen Edwards	M35	1.60
Hans Venter	M55	1.55
Michelle Krokosz	W35	1.40
Christine De Vries	W55	1.37 SR
Jenn Parker	W50	1.35
Dave Wyatt	M65	1.25
Geoff Brayshaw	M70	1.25
Sue Coate	W50	1.25
Phil Smyth	M70	1.15
Norm Richards	M80	1.00

Discus

Ossi Igel	M70	35.59 SR
Andrew Ward	M55	33.32
Michelle Krokosz	W35	33.24
Geoff Brayshaw	M70	31.87
Jenn Parker	W50	30.89
Olivia Williams	Vis	22.94
Ken Wilkins	M55	21.14
Dominic Lagat	Vis	18.88
Rachel Williams	W35	18.78
Sophie Williams	Vis	17.29
Mike Anderson	M70	14.47
Christina Faithfull	W70	12.48

Shot

Ossi Igel	M70	12.39 SR
Sue Coate	W50	9.73
Michelle Krokosz	W35	9.34
Jenn Parker	W50	9.10
Hans Venter	M55	9.00
Andrew Ward	M55	8.85
Geoff Brayshaw	M70	8.43
Matt Dean	M30	8.41
Olivia Williams	Vis	8.41
Rachel Williams	W35	7.96
Sophie Williams	Vis	7.27
Simon McGarvie	M55	7.26
Mike Anderson	M70	5.91
Christina Faithfull	W70	5.49
Dani Fuda	W40	5.02