

# December 2023 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

## Strive, WAAS – 1 December

<b>400m</b>			<b>100m</b>		
Matthew Konsolis	M35	52.13	Kyle Ennis	M30	10.81 +0.8
David Adams	M45	67.91	Mandy Mason	W55	12.15 +1.9 WR pend.
			David Adams	M45	14.29 +2.0
			John Dennehy	M60	17.58 +2.0
			Alan Deans	M70	21.11 +2.0
<b>1500m</b>					
Chris Gould	M45	4:18.02			
Sam Burke	M40	4:24.25			
Mark Maslen	M45	4:29.34			
David Adams	M45	5:21.84			

## Bunbury – 2 December

### Outdoor Pentathlon – women

		100m	Shot	Long Jump	Javelin	800m
Ruth Johnson	W80	19.8	5.34	2.37	10.56	4:38.3
		587	484	398	380	395
	Total points	2244				
Luella Jenkins	W80	20.2	6.22	2.26	14.25	5:32.0
		544	585	350	545	132
	Total points	2156				
Sharon Moloney	W60	17.5	7.57	2.15	15.10	4:24.2
		475	545	102	359	123
	Total points	1604				
Deb Cox	W55	NT	6.21	NM	13.56	NT
		0	377	0	272	0
	Total points	649				

### 100m

Harold Membrey	M70	17.0
Brian Waldhuter	M80	19.4

### Shot

John Fettus	M50	12.68
Garry Hastie	M60	8.63
Harold Membrey	M70	7.70
Brian Waldhuter	M80	5.96

### Long Jump

Brian Waldhuter	M80	2.87
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### Javelin

Garry Hastie	M60	29.43
Harold Membrey	M70	15.69
Brian Waldhuter	M80	10.06

## WAAS – 5 December

### 100m

Paul Scott	M65	17.5
Ken Wilkins	M60	17.8

### 400m

Mark Dawson	M60	79.7
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### 1500m

David Adams	M45	5:37.9
Richard Harris	M65	5:54.6
Rob Cattrall	M65	5:58.4
Michelle Shuck	W40	5:58.7
Paul Scott	M65	6:57.6

### 3000m

David Adams	M45	12:13.1
Rob Cattrall	M65	12:39.2
Richard Harris	M65	12:39.6
Mark Dawson	M60	14:22.7
Paul Scott	M65	14:34.2

### 1500m walk

Karyn Tolardo	W55	9:08.8
Glenys Duncan	W80	13:42.0

### 3000m walk

Karyn Tolardo	W55	18:35.4
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### Discus

Andrew Ward	M60	41.14
Ken Wilkins	M60	23.51
Christina Faithfull	W70	12.47

### Hammer

Andrew Ward	M60	31.46
Ken Wilkins	M60	12.69
Christina Faithfull	W70	10.97

**Bunbury – 5 December**

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**400m**

Tyne Timmers	M40	60.9
Harold Membrey	M70	1:48.3
Ruth Johnson	W80	2:05.2

**1500m**

Tyne Timmers	M40	5:34.6
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**Long Jump**

Tyne Timmers	M40	4.41
Brian Waldhuter	M80	2.98
Luella Jenkins	W80	2.44
Ruth Johnson	W80	2.43

**Hammer**

John Fettus	M50	40.49
Harold Membrey	M70	25.37
Garry Hastie	M60	23.65
Luella Jenkins	W80	19.20
Ruth Johnson	W80	18.93
Brian Waldhuter	M80	15.32
Tyne Timmers	M40	14.45

**Strive, WAAS – 6 December**

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**100m**

Kyle Ennis	M30	10.57	+5.5
David Adams	M45	14.70	+1.3
John Dennehy	M60	17.15	+1.3

**200m**

Kyle Ennis	M30	21.34	+1.6
Matthew Konsolis	M35	23.87	+0.7
David Adams	M45	31.21	+1.8
John Dennehy	M60	36.32	+1.8

**800m**

Chris Gould	M45	2:08.15
Sharon Davis	W50	2:20.93 SR
David Adams	M45	2:34.22

**5000m**

Dean Menzies	M35	14:30.68
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**Pole Vault**

Geoff Brayshaw	M70	2.50
Phil Smyth	M75	2.50
Nicolai Morris	W30	2.40
Sue Coate	W55	2.30
Dave Wilkie	M65	2.30

**ECAC – 7 December**

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**100m**

Matt Walker	M40	12.58
Lee Stergiou	M50	12.86
Devan Nihyette	Vis	13.17
Jenn Parker	W50	14.86
David Adams	M45	15.18
Sue Coate	W55	15.31
Dave Wilkie	M65	15.33
Tammi Doyle	W50	15.36
Ingrid Wilcock	W40	15.53

Bruce McGeorge	M65	18.08
Tegan Durbridge	W35	20.83
Bob Schickert	M80	20.93
Terri Carr	W60	21.19
Brenda Painter	W75	24.99
Des Walsh	Vis	33.88
Yvonne Trafford	Vis	34.06

**200m**

Matt Walker	M40	26.77
Pyper Warren	Vis	28.48
Devan Nihyette	Vis	28.97
Abbey Dunseath	Vis	31.14
Dave Wilkie	M65	32.05
Andy Roach	M45	32.13
Millie Holdich	Vis	34.10
Jackie Halberg	W75	53.70

**3000m**

Tegan Durbridge	W35	14:59.78
Jim Langford	M75	16:47.67
Brian Hewitt	M70	17:01.82
Bruce McGeorge	M65	17:37.62
Bob Schickert	M80	20:54.41
Jacqui McQueen	W55	20:54.73

**800m**

Devan Nihyette	Vis	2:15.60
Anthony Grendon	M60	2:17.57
Pyper Warren	Vis	2:31.20
Abbey Dunseath	Vis	2:31.42
Millie Holdich	Vis	2:33.20
Andrew Kets	M50	2:37.40
Andy Roach	M45	2:40.05
Nick Moore	M50	2:44.22
Kevin Murphy	M55	3:07.99
Barbara Blurton	W70	3:23.30
Brian Hewitt	M70	3:27.69

**5000m**

Kevin Murphy	M55	20:34.56
David Adams	M45	22:51.59
Andy Roach	M45	22:52.77
Paul Every	M55	24:29.84
John Bailey	M40	24:32.38

**3000m walk**

Lynne Schickert	W80	26:34.19
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**5000m walk**

Karyn Tolardo	W55	32:20.6 (h)
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**Javelin**

Sue Coate	W55	29.52
Geoff Brayshaw	M70	23.95
Jerome Conway-Mortimer	M50	22.56
Tammi Doyle	W50	20.45
Des Walsh	Vis	18.40
Sean Mousley	Vis	11.63
Brenda Painter	W75	11.42
Bruce McGeorge	M65	11.20
Terri Carr	W60	8.50

**Triple Jump**

Ingrid Wilcock	W40	9.11
Jenn Parker	W50	8.85
Geoff Brayshaw	M70	8.28
Dave Wilkie	M65	8.08
Tammi Doyle	W50	6.62
Janne Wells	W55	6.44
David Adams	M45	5.96
Steve Barrie	M60	4.74
Brenda Painter	W75	4.42
Lynne Schickert	W80	4.41

**Bunbury – 9 December**

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**2000m steeplechase**

Michael Byrne	M70	10:29.9
Harold Membrey	M70	12:59.9
Ruth Johnson	W80	14:39.8 AR
Brian Waldhuter	M80	16:07.9
Luella Jenkins	W80	17:12.2

**WAAS – 12 December**

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**200m**

Geoff Vine	M75	43.0
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**400m**

Campbell Till	M65	65.3
Rob Cattrall	M65	88.9
Geoff Vine	M75	1:38.5

**1 mile**

Anthony Grendon	M60	5:02.6
David Adams	M45	6:10.7
Richard Harris	M65	6:12.9
Rob Cattrall	M65	6:26.3
Paul Scott	M65	7:16.1
Mark Dawson	M60	7:30.0

**3000m**

Richard Harris	M65	12:27.2
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**3000m walk**

Glenys Duncan	W80	27:06.5
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**5000m**

Anthony Grendon	M60	19:05.0
Paul Scott	M65	23:11.8
David Adams	M45	23:27.1
Rob Cattrall	M65	23:42.5

**5000m walk**

Karyn Tolardo	W55	31:26.6
Wendy Farrow	W55	34:34.9

**Bunbury – 12 December**

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**60m**

Ruth Johnson	W80	12.6
Harold Membrey	M70	11.3
Brian Waldhuter	M80	12.0
Luella Jenkins	W80	13.0
Janet Smith	W40	9.0
Tyne Timmers	M40	8.6

**400m hurdles**

Tyne Timmers	M40	68.4
Janet Smith	W40	80.4

**3000m**

Tyne Timmers	M40	11:19.1
Janet Smith	W40	13:37.6

**Shot**

Garry Hastie	M60	8.60
Janet Smith	W40	8.68
Ruth Johnson	W80	5.81
Tyne Timmers	M40	8.55
Brian Waldhuter	M80	6.22
Harold Membrey	M70	7.17
Luella Jenkins	W80	6.67
John Fettus	M50	13.57

**ECAC – 14 December**

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**100m**

Matt Walker	M40	12.70
Stephen Jarvis	M45	13.36
Andy Roach	M45	14.77
Dave Wilkie	M65	15.36
Michele Jarvis	W45	15.38
Tammi Doyle	W50	15.52
Dave Solomon	M55	15.92
Nigel Field	Vis	16.66
Bob Schickert	M80	22.66
Jackie Halberg	W75	24.84

**400m**

Pyper Warren	Vis	64.02
Stephen Jarvis	M45	65.70
Matt Walker	M40	67.98
Jenn Parker	W50	70.18
Andy Roach	M45	74.70
Michele Jarvis	W45	76.66
Ingrid Wilcock	W40	77.61
Barbara Blurton	W70	78.23

**1500m**

David Adams	M45	5:26.31
Michelle Shuck	W40	5:37.91
Andy Roach	M45	5:49.58
Andrew Shuck	Vis	6:10.38
Mike Meredith	M60	7:27.86
Colin Smith	M60	8:19.76
Dave Solomon	M55	8:19.91

**3000m**

David Adams	M45	12:24.95
Darryn Stoves	Vis	12:36.09
Andy Roach	M45	13:47.30
John Bailey	M40	13:48.01
Mike Meredith	M60	14:51.84
Michele Jarvis	W45	15:27.19
Stephen Jarvis	M45	15:34.60
Jim Langford	M75	16:14.10
Janne Wells	W55	17:24.73

**High Jump**

Ryan Satinover	M40	1.70
Jenn Parker	W50	1.35
Dave Wilkie	M65	1.30
Tammi Doyle	W50	1.12
Steve Barrie	M60	1.06
Gay Wyatt	W65	1.05
Janne Wells	W55	0.97
Lynne Schickert	W80	0.91
Terri Carr	W60	0.85

**1500m walk**

John McDonagh	M75	9:38.65
Pauline Sweeny	Vis	13:48.17

**3000m walk**

Phillippa Bennett	W60	24:12.69
David Gardiner	M75	24:45.37
Lynne Schickert	W80	26:25.79

**Discus**

Jessica Siviour	Vis	47.09
Andrew Ward	M60	36.92
Jenn Parker	W50	29.87
Brian Miller	M65	25.46
Bruce McGeorge	M65	22.59
Dave Wilkie	M65	22.07
Ingrid Wilcock	W40	19.10
Tammi Doyle	W50	16.96
Mike Anderson	M75	15.93
Sean Mousley	M40	13.32
Terri Carr	W60	13.24

**Hammer**

Jenn Parker	W50	36.60
Andrew Ward	M60	31.09
Brian Miller	M65	30.22
Bruce McGeorge	M65	16.16
Sean Mousley	M40	12.51
Terri Carr	W60	9.99

**Bunbury – 14 December**

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**5000m**

Steve Weller	M45	18:59.4
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**Bunbury – 16 December**

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**Throws pentathlon**

		Hammer	Shot	Discus	Javelin	Weight
John Fettus	M50	43.62	13.30	38.26	33.50	15.87
		664	812	635	459	783
	Total points	3353				
Luella Jenkins	W80	18.85	6.61	15.20	14.02	9.26
		501	629	550	535	663
	Total points	2878				
Ossi Igel	M70	29.58	9.93	28.98	22.42	11.27
		503	664	544	369	540
	Total points	2620				
Paula Kennedy	W55	30.16	8.27	20.20	15.87	10.31
		571	543	441	332	576
	Total points	2463				
Garry Hastie	M60	25.02	8.22	29.33	30.11	10.59
		364	490	431	459	489
	Total points	2233				
Ruth Johnson	W80	19.41	5.47	10.87	9.81	6.97
		519	499	365	347	472
	Total points	2202				
Harold Membrey	M70	24.06	6.99	18.54	16.04	10.44
		388	432	305	229	492
	Total points	1846				
Michelle Krokosz	W35	19.08	8.94	30.38	23.97	6.79
		231	481	470	373	266
	Total points	1821				

Brian Waldhuter	M80	15.99	6.40	17.47	12.96	8.34
		262	419	394	214	385
	Total points	1674				

### Heavy weight pentathlon

John Fettus	M50	<b>16lb</b> 20.33	<b>20lb</b> 17.55	<b>25lb (WT)</b> 15.48	<b>35lb</b> 11.27	<b>44lb</b> 8.66
	Total points	728	755	760	655	676
	Total points	3574				
Luella Jenkins	W80	<b>2kg</b> 12.41	<b>3kg</b> 10.67	<b>4kg (WT)</b> 8.75	<b>12lb</b> 7.29	<b>16lb (SWT)</b> 5.57
	Total points	668	648	620	633	585
	Total points	3154				
Paula Kennedy	W55	<b>4kg</b> 12.17	<b>12lb</b> 10.23	<b>16lb (WT)</b> 8.33	<b>20lb</b> 6.85	<b>25lb (SWT)</b> 6.62
	Total points	483	456	445	436	517
	Total points	2337				
Harold Membrey	M70	<b>4kg</b> 14.67	<b>12lb</b> 10.91	<b>16lb (WT)</b> 10.19	<b>20lb</b> 8.28	<b>25lb</b> 7.07
	Total points	516	425	477	441	435
	Total points	2294				
Ossi Igel	M70	<b>4kg</b> 15.23	<b>12lb</b> 14.58	<b>16lb (WT)</b> 12.3	<b>20lb</b> ND	<b>25lb</b> 8.41
	Total points	539	601	599	0	545
	Total points	2284				
Garry Hastie	M60	<b>12lb</b> 13.21	<b>16lb</b> 11.8	<b>20lb (WT)</b> 9.22	<b>25lb</b> 8.31	<b>35lb</b> 5.61
	Total points	446	457	412	425	318
	Total points	2058				
Michelle Krokosz	W35	<b>12lb</b> 9.92	<b>16lb</b> 9.28	<b>20lb (WT)</b> 8.07	<b>25lb</b> 7.2	<b>35lb (SWT)</b> 4.86
	Total points	306	322	333	358	268
	Total points	1587				

### WAAS – 19 December

<b>60m</b>			<b>5000m</b>		
Campbell Till	M65	8.6	David Adams	M45	21:56.9
Brian Callaghan	M60	8.9	Rob Cattrall	M65	22:58.6
Dave Wilkie	M65	9.7	Paul Scott	M65	23:21.8
			Lori Sexton	W60	27:27.2
Juliana Kelly	W55	10.3	<b>5000m walk</b>		
Norm Richards	M85	11.1	Karyn Tolardo	W55	31:26.2
			Wendy Farrow	W55	34:25.9
<b>100m</b>			<b>3000m</b>		
Campbell Till	M65	13.5	Mark Dawson	M60	14:26.9
Brian Callaghan	M60	14.2	<b>Discus</b>		
Dave Wilkie	M65	15.2	Jenn Parker	W50	30.26
Juliana Kelly	W55	16.5	Mike Anderson	M75	16.23
Norm Richards	M85	18.1	Sean Mousley	M40	12.31
<b>800m</b>					
Abbey Dunseath	Vis	2:34.8			
Milly Holdich	Vis	2:36.8			
Richard Harris	M65	2:49.3			
Rob Cattrall	M65	2:52.3			
Lucy Pepper	Vis	2:53.0			
Mark Dawson	M60	3:00.8			
Paul Scott	M65	3:31.1			

**Bunbury – 19 December**

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**56lb weight**

John Fettus	M50	7.58
Paula Kennedy	W55	3.62
Garry Hastie	M60	3.42
Harold Membrey	M70	3.16
Brian Waldhuter	M80	2.69
Sharon Moloney	W60	1.84
Luella Jenkins	W80	1.53

**Super weight**

Tyne Timmers	M40	4.46
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**ECAC – 21 December**

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**60m**

Stephen Jarvis	M45	8.51
David Adams	M45	9.12
Sue Coate	W55	9.35
Michele Jarvis	W45	9.74
Tammi Doyle	W50	9.80
Tegan Durbridge	W35	12.36

G van Heerwaarden	Vis	9.61
Jayden Hynds	Vis	10.47
Jack Lax	Vis	10.58
M van Heerwaarden	Vis	11.33
Sydelle Hynds	Vis	11.61
D van Heerwaarden	Vis	12.66

Delia Baldock	W60	12.28
Terri Carr	W60	12.74
David Gardiner (walk)	M75	22.16

**200m**

David Adams	M45	29.56
Jenn Parker	W50	29.95
Andy Roach	M45	30.81
Catherine Manners	W40	31.48
Tammi Doyle	W50	32.68
Barbara Blurton	W70	33.28
Tegan Durbridge	W35	41.46
Jackie Halberg	W75	61.76

Stephen Jarvis	M45	26.77
Jayden Hynds	Vis	37.37
Jack Lax	Vis	37.60
Sydelle Hynds	Vis	45.71
D van Heerwaarden	Vis	52.80

**1 mile**

David Adams	M45	6:00.21
Kevin Murphy	M55	6:26.24
G van Heerwaarden	Vis	6:52.38
Andy Roach	M45	6:55.47
M van Heerwaarden	Vis	7:33.52
Mercurio Cicchini	M70	7:48.17
D van Heerwaarden	Vis	7:56.82
Mike Meredith	M60	8:18.52
Liz Clennell	Vis	8:59.47
John van Heerwaarden	Vis	10:31.42

**1 mile walk**

Fiona van Heerwaarden	W45	10:06.33
John McDonagh	M75	10:31.72
Delia Baldock	W60	12:18.04
David Gardiner	M75	13:15.35

**5000m**

Kevin Murphy	M55	21:22.67
David Adams	M45	27:03.95
Tegan Durbridge	W35	27:39.77
Liz Clennell	Vis	28:24.24

**3000m**

Mike Meredith	M60	15:57.63
Jim Langford	M75	16:12.35

**3000m walk**

Fiona van Heerwaarden	W45	21:28.97
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**Long Jump**

Jenn Parker	W50	4.49
Michele Jarvis	W45	4.25
Sue Coate	W55	4.15
Stephen Jarvis	M45	3.88
Tammi Doyle	W50	3.13
David Gardiner	M75	1.33

**Triple Jump**

Jenn Parker	W50	8.76
Michele Jarvis	W45	8.17

**Javelin**

Sue Coate	W55	26.98
Stephen Jarvis	M45	25.23
G van Heerwaarden	Vis	24.63
Tammi Doyle	W50	23.48
Sean Mousley	M40	12.65
Andrea Penny	W45	11.20
Terri Carr	W60	8.18

**Shot**

Jenn Parker	W50	10.10
Sue Coate	W55	9.95
Tammi Doyle	W50	7.72
Hannah Doyle	Vis	7.34
Stephen Jarvis	M45	6.30
Michele Jarvis	W45	5.96
Sean Mousley	M40	5.89
Terri Carr	W60	5.22

**Bunbury – 23 December**

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**300m hurdles**

Jenn Parker	W50	59.0
Harold Membrey	M70	85.4

**400m hurdles**

Tyne Timmers	M40	68.1
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**Weight**

John Fettus	M50	16.28
Harold Membrey	M70	10.65
Garry Hastie	M60	10.27
Paula Kennedy	W55	9.60
Luella Jenkins	W80	9.52
Sharon Moloney	W60	8.85
Jenn Parker	W50	8.10
Tyne Timmers	M40	6.63

**100lb weight**

Tyne Timmers	M40	2.95	
Paula Kennedy	W55	2.33	AR
Harold Membrey	M70	2.18	
Garry Hastie	M60	2.16	
Jenn Parker	W50	1.64	
Sharon Moloney	W60	1.19	SR
Luella Jenkins	W80	0.82	SR

**ECAC – 28 December****60m**

Matt Walker	M40	7.86
Alex Walker	Vis	9.09
Andy Roach	M45	9.23
David Adams	M45	9.42
Kai Langford	Vis	10.30
Jayden Hynds	Vis	10.87
Terri Carr	W60	12.87
Steve Barrie	M60	14.83
David Gardiner (walk)	M75	22.23

**400m**

Matt Walker	M40	62.33
Jenn Parker	W50	69.69
Sue Coate	W55	77.89
Alex Walker	Vis	82.29
Kai Langford	Vis	83.61
Jayden Hynds	Vis	1:37.65
Jackie Halberg	W75	2:07.81

**1500m**

Nikola Radosevic	Vis	4:55.30
Riley Kerr	Vis	5:24.65
Drew Langford	M45	5:26.01
David Adams	M45	5:32.90
Aleksa Radosevic	Vis	5:34.18
Andy Roach	M45	5:38.27
Jovan Radosevic	Vis	6:20.05
Cali Muir	Vis	7:04.19
Isabella Tolardo	Vis	7:04.48
Karyn Tolardo	W55	7:58.64

**1500m walk**

David Gardiner	M75	11:56.32
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**5000m**

Drew Langford	M45	20:47.92
David Adams	M45	21:39.14
Nikola Radosevic	Vis	23:19.22
Andy Roach	M45	24:00.26
Isabella Tolardo	Vis	24:54.16
Dee Duncan	Vis	30:52.20
Ryan Lance	Vis	30:53.58

**5000m walk**

Karyn Tolardo	W55	33:01.70
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**3000m**

Mike Meredith	M60	14:40.0(h)
Jim Langford	M75	18:19.10
Steve Barrie	M60	19:26.68

**Long Jump**

Jenn Parker	W50	4.50
Sue Coate	W55	4.08
Nikola Radosevic	Vis	4.05
Jovan Radosevic	Vis	3.73
Aleksa Radosevic	Vis	3.71
Dave Wyatt	M70	3.65
Riley Kerr	Vis	3.42
Steve Barrie	M60	2.44

**Discus**

Jerome Conway-Mortimer	M50	28.93
Terri Carr	W60	15.91
Sean Mousley	M40	14.27

**Shot**

Jenn Parker	W50	9.87
Sue Coate	W55	9.70
Jerome Conway-Mortimer	M50	9.58
Gay Wyatt	W65	5.61
Terri Carr	W60	5.52
Sean Mousley	M40	5.37