

RESULTS BOOK



AUSTRALIAN MASTERS ATHLETICS
CHAMPIONSHIPS SYDNEY 2023

10-13 March 2023

S Y D N E Y

Sydney Olympic Park Athletics Centre

Homebush



Table of Contents

The Final Message from SYD2023	4
AWARDS	6
2022 AMA Annual Awards	6
Brian Foley Award	6
Royce Foley Award.....	6
2023 Hall of Fame inductees.....	6
CHAMPIONS of CHAMPIONS	7
100 metres Handicap	7
WOMEN	7
MEN.....	8
Throws Handicap – HAMMER.....	9
WOMEN	9
MEN.....	10
CARNIVAL STATISTICS	11
Medal count.....	11
Best age-graded performances.....	11
RECORDS.....	12
World Records.....	12
Australian Records	12
Championship Records (not listed above)	13
INDIVIDUAL EVENTS	14
60m Prelims	14
60m Finals	15
100m Prelims	18
100m Finals	20
200m Prelims	24
200m Finals	25
400m	29
800m	32
1500m	35
5000m	37
10000m.....	39
Short Hurdles	40
Long Hurdles	42
Steeplechase	43
High Jump.....	44
Long Jump	46
Pole Vault	49

[Return to Table of Contents](#)

Triple Jump.....	50
Discus	52
Hammer	56
Javelin.....	59
Shot Put.....	62
Weight.....	66
1500m Walk	68
5000m Walk	70
10km Walk Road	71
Cross Country 6km	72
Cross Country 8km	72
Results Notes	73
PENTATHLON OUTDOOR –	74
MEN.....	74
WOMEN	77
PENTATHLON THROWS –	79
MEN.....	79
WOMEN	81
RELAYS	84
4x100 Metre Relay State.....	84
Women 240+.....	84
Women 180+.....	84
Women 120+.....	84
Men 240+	84
Men 180+	85
Men 120+	85
4x400 Metre Relay State.....	85
Women 180+.....	85
Women 120+.....	85
Men 240+	86
Men 180+	86
Men 120+	86
Invitational 4x800 Metre Relay.....	86

The Final Message from SYD2023

The NSW Masters Association was honoured and delighted to host the 2023 Australian Masters Athletics National Championship in Sydney, finally presented at our premier athletics venue in New South Wales, the Sydney Olympic Park Athletics Centre in Homebush.

Over 4 days of almost perfect weather, the event we had spent several years planning and working towards came to fruition, presenting a championship filled with creative ideas and innovation, and were justifiably proud of what we delivered this year:

- The revival of a formal Opening Ceremony, with representation from each state and territory, which was a befitting start to our National event;
- Our beautiful medals, including the special ‘Appreciation’ black medals which were presented to our officials and main workforce;
- The innovative ‘Event Check In’ app – a few teething issues yes, but a great idea considering it was delivered less than a week after discovering it;
- A thoughtful event schedule that stuck to a realistic limit on numbers of competitors in throws and jumps events, that worked best for the athletes;
- What were voted as “the best bibs ever”!

Anyone who has ever been involved with organising one will know that it takes a special team to pull together a national championship. We had a good one, comprising mainly our NSW Committee plus some valuable add ins, and I am eternally grateful for the help they gave me to pull this event together. All volunteers, we share a passion for our sport that drives us to provide the best possible competition, and without those willing heads and hands, we would not have been able to deliver on our aim of the ultimate athlete experience.

We had many first-time nationals competitors enter, and hope that they, as well as all the regulars, remember SYD2023 as a milestone event in their athletic careers.

It goes without saying that we could not deliver an event of this complexity without the assistance of our helpers - our unending gratitude to them, as always:

- our Officials workforce, and especially our Head Officials who ran the show – Katrina Morrow, David Morrow and Ron Richter – our special thanks to them all for a very tough job very well done.
- Main Sponsors: [Kings Track & Field](#), [The Runners Shop](#),
- Donators: [Pain Away](#), [The Locker Room](#), [Maximum Effort](#) Academy, Sports Sketches
- Hassan and Kate and the team at Sydney Olympic Park Athletic Centre for event management, and to the Athletics NSW office for their assistance in the event lead up.
- the volunteers who helped before and during the event, our grateful thanks to the small but hardworking group that pitched in to help when we put the call out.

LOC:

Robert Clark, Maria Cimino, Bianca Keehn, Gabriele Watts, Peter Murray, Ryan Dowling, John Clark, Amanda Coombe, Adriana van Bockel (merchandise), Shane Decker (distance events), Dave Watts (equipment management), Alice Clayton (officials/volunteer workforce), Helena Smith, Suzie Gaynor (Awards photography), Margaret Walker (Media contact).

Official Photographers:

NSW: Greg Griffiths, Community Photography (Michael Mannington, Maryann Heffernan & Cathy Ryan), Margaret Walker **ACT:** Suzie Gaynor **QLD:** Miwa & Peter Kolb, Ben Fraser Photography **VIC:** Ken Farrell **WA:** Carmel Myer

To every SYD2023 participating athlete – thank you for joining us. We hope that you achieved the results you hoped for, enjoyed the company and competition with your fellow competitors, and that you enjoyed your time here with us in Sydney.

Hope to see you back next time we host, and we wish Tasmanian Masters all the best for hosting the next AMA Championships in Hobart next year.



Jill Taylor, President NSWMA/SYD2023 LOC Chair



AWARDS

2022 AMA Annual Awards

- Sprints Hurdles – Rob Mayston (VMA)
- Middle Distance/Steeplechase – Heather Lee (NSWMA)
- Distance – Steve Moneghetti (VMA)
- Walks – Kelly Ruddick (VMA)
- Jumps – George Schillinger (VMA)
- Throws – Phil Spivey (VMA)
- Multi Events/Relays – W50 AUS 4x100 Relay Team – WR/Gold Tampere, Finland
 - Janelle Delaney (NSWMA)
 - Julie Brims (QMA)
 - Lenore Lambert (NSWMA)
 - Mandy Mason (MAWA)
- Most Outstanding Male Athlete – Ernie Leseberg (NSWMA)
- Most Outstanding Female Athlete – Janelle Delaney (NSWMA)
- Most Outstanding Individual Performance – David Carr (MAWA)
- Administrator – Barbara Blurton (MAWA)
- Coach – Graeme Cox (QMA)
- Official – Ken Smith (ACTMA)

Brian Foley Award

Presented to the highest scoring Australian Throws Pentathletes

- Men Gavin Murray (NSWMA) 3399 points
- Women Jayne Hardy (ACTMA) 3561 points

Royce Foley Award

Presented to the best performing athlete (male or female) in the 800m or 1500m

- Nathan Crowley (VMA) M45 800m Time: 1:59.3 Age-grading: 94.89%

2023 Hall of Fame inductees

Full details click [here](#)

Marie Kay – Athlete



Jan Banens – Athlete



CHAMPIONS of CHAMPIONS

100 metres Handicap

WOMEN

PL	LANE	NAME	STATE	AGE	HCP	START	TIME	WIND
1	6	Julie Brims	QLD	57	14.1m	85.9m	11.16	2.7
2	7	Maryann Hearn	QLD	55	12.7m	87.3m	11.85	2.7
3	2	Sue Turner	SA	62	17.6m	82.4m	11.90	2.7
4	4	Christine de Vries	NSW	60	16.2m	83.8m	11.97	2.7
5	11	Christine Wearne	NSW	35	0.0m	100.0m	11.98	2.7
6	3	Julie Forster	NSW	61	16.9m	83.1m	12.03	2.7
7	10	Lisa Quinn	NSW	45	5.6m	94.4m	12.05	2.7
8	8	Lee-Anne Nelson	QLD	51	9.9m	90.1m	12.29	2.7
9	5	Gianna Mogentale	NSW	59	15.5m	84.5m	12.30	2.7
DNS	9	Renee Briffa	QLD	48	7.8m	92.2m		



CHAMPIONS of CHAMPIONS

100 metres Handicap

MEN

PL	LANE	NAME	STATE	AGE	HCP	START	TIME	WIND
1	3	Robert Mayston	VIC	65	18.6m	81.4m	10.33	1.1
2	8	Ernie Leseberg	NSW	51	10.3m	89.7m	10.56	1.1
3	10	Mathew Woodhouse	NSW	49	9.1m	90.9m	10.70	1.1
4	4	Craig Parker	QLD	62	16.9m	83.1m	10.72	1.1
5	7	Christopher Brack	QLD	57	13.9m	86.1m	10.83	1.1
6	2	David Shearsby	NSW	66	19.2m	80.8m	10.87	1.1
7	9	Graham Scully	QLD	49	9.1m	90.9m	10.90	1.1
8	5	Paul Foster	VIC	61	16.3m	83.7m	10.95	1.1
DNS	6	Darren Hughes	NSW	60	15.7m	84.3m		
DNS	11	Adrian See	NSW	47	7.8m	92.2m		



[Return to Table of Contents](#)

CHAMPIONS of CHAMPIONS

Throws Handicap – HAMMER

WOMEN

PL	NAME	STATE	AGE	SEED	HCP	PERF	TOTAL
1	Maria Cimino	NSW	51	38.26m	5.84m	40.79m	46.63m
2	Natalie Debeljuh	VIC	34	44.10m	0.00m	45.19m	45.19m
3	Kate Clarke	NSW	70	19.67m	24.43m	20.19m	44.62m
4	Gabriele Watts	NSW	57	42.01m	2.09m	41.6m	43.69m
5	Jayne Hardy	ACT	60	37.01m	7.09m	36.22m	43.31m
6	Jill Taylor	NSW	67	29.90m	14.20m	28.73m	42.93m
7	Megan Champion	VIC	42	31.96m	12.14m	30.28m	42.42m
8	Jeanette Williamson	ACT	80	29.12m	14.98m	27.37m	42.35m
9	Bev Hamilton	WA	77	26.98m	17.12m	24.67m	41.79m
DNS	Shenevelle Dickson	ACT	39	27.05m	17.05m		
DNS	Kelly Hunter	NSW	45	32.63m	11.47m		



CHAMPIONS of CHAMPIONS

Throws Handicap – HAMMER

MEN

PL	NAME	STATE	AGE	SEED	HCP	PERF	TOTAL
1	Shane Carstairs	VIC	34	38.69m	15.08m	39.83m	54.91m
2	Darrin Norwood	QLD	43	43.68m	10.09m	43.95m	54.04m
3	Ray Green	ACT	78	27.29m	26.48m	26.09m	52.57m
4	Jim Fassolis	NSW	57	42.57m	11.20m	41.22m	52.42m
5	Simon van Baalen	VIC	49	38.74m	15.03m	35.07m	50.1m
6	Stuart Sutton	NSW	54	38.83m	14.94m	35.15m	50.09m
7	Phillip Spivey	VIC	61	53.77m	0.00m	49.02m	49.02m
8	Lajos Joni	QLD	67	37.38m	16.39m	31.39m	47.78m
9	Robert Holzer	VIC	74	40.17m	13.60m	NM	13.60m
DNS	Vincent Basile	NSW	80	26.24m	27.53m		
DNS	Tim Huggins	NSW	39	34.77m	19.00m		



[Return to Table of Contents](#)

CARNIVAL STATISTICS

Medal count

TEAM	GOLD	SILVER	BRONZE	TOTAL
NSWMA	238	207	158	603
VMA	108	72	53	233
QMA	82	55	46	183
ACTMA	42	27	30	99
MAWA	49	32	17	98
SAMA	24	22	12	58
TMA	20	23	14	57

Best age-graded performances

Category	Athlete	Age	Team	Event	Perf.	AG %
Sprints/Hurdles	Julie Brims	W57	QMA	200m	26.33	96.34%
Middle Distance/Steeple	Nathan Crowley	M49	VMA	800m	1:59.3h	94.89%
Distance	Shaun Creighton	M55	ACTMA	5000m	16:06.25	92.19%
Walks	Heather Lee	W96	NSWMA	1500m Walk	12:45.95	89.28%
Throws	Phillip Spivey	M61	VMA	Weight	21.56	85.21%
Jumps	Miriam Cudmore	W85	SAMA	Triple Jump	6.27	84.19%

[Return to Table of Contents](#)

RECORDS

World Records

- M45 4x800m Relay 8:21.54
 - James McEniry Vic
 - Nathan Crowley Vic
 - Craig Sanford Vic
 - Brett Halls NSW
- W45 4x800m Relay 9:43.13
 - Lee-Anne Nelson (QMA)
 - Kriszta Kovacs (NSWMA)
 - Sharon Davis (MAWA)
 - Evette Cordy (VMA)
- W70 2000m Steeplechase Gillian Young (MAWA) 11:01.6 (94.39%)
- W95 5000m Heather Lee (NSWMA) 44:03.75 (82.15%)

Australian Records

M30	4 x 100m Relay	Kenneth Vuong	NSWMA	43.23		
		Lachlan Parry	NSWMA			
		Shakti Rathore	NSWMA			
		Billy Saliadis	NSWMA			
M55	4x800m Relay	Robert Schwerkolt	VMA	9:11.32		
		Ken Wilson	NSWMA			
		Richard Dawe	VMA			
		Peter Link	QMA			
W30	4 x 400m Relay	Lesley White	NSWMA	4:07.08		
		Sarah De Vries	NSWMA			
		Rebekah Power	NSWMA			
		Erin Smart	NSWMA			
W50	Pentathlon	Lee-Anne Nelson	QMA	3707		
W55	Pentathlon	Sue Coate	MAWA	3581		
W60	200m	Julie Forster	NSWMA	29.43	1.9	89.23%
W60	60m	Christine De Vries	NSWMA	8.76(=)	-0.1	92.22%
W80	800m	Anne Lang	SAMA	4:00.2		74.70%
W80	Throws Pentathlon	Jeanette Williamson	ACTMA	3552		
W85	200m	Miriam Cudmore	SAMA	43.38	-1.0	78.23%
W85	Javelin	Miriam Cudmore	SAMA	18.33		70.24%
W85	Long Jump	Miriam Cudmore	SAMA	2.65	NWI	74.18%
W85	Triple Jump	Miriam Cudmore	SAMA	6.27	-0.1	84.19%
W95	1500m Walk	Heather Lee	NSWMA	12:45.95		89.28%

Championship Records**(not listed above)**

AGE	EVENT	ATHLETE	TEAM	RECORD	WIND	A-G %
M30	200m	Shakti Rathore	NSWMA	22.06	0.8	86.99%
M30	60m	Kenneth Vuong	NSWMA	6.95	0.7	91.22%
M35	400m Hurdles	Leigh Bennett	ACTMA	53.84		89.71%
M35	60m	Billy Spiadias	NSWMA	7.08	-1.7	90.87%
M45	800m	Nathan Crowley	VMA	1:59.3		94.89%
M45	Pentathlon	Gary Parkinson	QMA	3645		
M45	Pole Vault	Cameron Baker	VMA	3.82		70.16%
M50	1500m	Andy Cross	NSWMA	4:19.9		89.35%
M50	60m	Ernie Leseberg	NSWMA	7.44	0.1	92.30%
M55	400m	Christopher Brack	QMA	54.58		92.74%
M55	5000m	Shaun Creighton	ACTMA	16:06.25		92.19%
M55	60m	Christopher Brack	QMA	7.75	1.2	91.65%
M60	Hammer	Phil Spivey	VMA	53.77		75.54%
M60	Weight Throw	Phil Spivey	VMA	21.56		85.21%
M65	400m	Rob Mayston	VMA	57.39		93.18%
M75	Pole Vault	George Schillinger	VMA	2.71		78.13%
M80	Pole Vault	Albert Gay	NSWMA	1.90(=)		60.24%
M90	200m	David Carr	MAWA	43.55	1.5	73.46%
M90	400m	David Carr	MAWA	1:43.54		74.09%
M90	800m	David Carr	MAWA	4:10.9		74.14%
W35	100m	Christine Wearne	NSWMA	12.07	1.8	88.15%
W35	60m	Ramona Casey	NSWMA	7.85	0.8	88.54%
W55	1500m	Karen Blay	NSWMA	5:06.2		93.63%
W55	60m	Julie Brims	QMA	8.23	0.5	96.04%
W60	800m	Sarah Chinner	SAMA	2:37.6		89.93%
W60	Javelin	Ann Jefferies	SAMA	27.51		59.88%
W60	Throws Pentathlon	Jayne Hardy	ACTMA	3561		
W70	60m	Carol Davis	QMA	10.00(=)	0.2	87.94%
W70	Pole Vault	Wilma Perkins	QMA	1.80		58.90%
W75	1500m	Lavinia Petrie	VMA	7:04.84		84.29%
W75	800m	Lavinia Petrie	VMA	3:20.1		88.17%
W80	1500m	Suzanne Westbrook	TMA	9:04.98		68.07%
W80	400m	Anne Lang	SAMA	1 40.32		78.05%
W80	5000m	Suzanne Westbrook	TMA	34:14.89		67.97%
W80	Hammer	Jeanette Williamson	ACTMA	29.12		68.28%
W80	Pentathlon	Anne Lang	SAMA	2425		
W80	Shot Put	Jeanette Williamson	ACTMA	7.70		63.20%
W85	Shot Put	Miriam Cudmore	SAMA	6.48		61.76%

[Return to Table of Contents](#)

INDIVIDUAL EVENTS

EVENT	ATHLETE	AGE	TEAM	PERF	Q/h	WIND	2023 AG	AG %
60m Prelims								
M45 60m Prelims								
1	Alan Sharp-Paul	M45	TMA	7.55	Q	0.4	7.20	88.15%
1	David Diep	M45	NSWMA	7.55	Q	0.4	7.20	88.15%
3	Graham Scully	M49	QMA	7.72	Q	0.2	7.21	88.01%
3	Jarrod Meagher	M45	VMA	7.72	Q	0.2	7.36	86.21%
5	Ashley McMahon	M47	NSWMA	7.77	Q	0.2	7.33	86.54%
6	David Turner	M46	NSWMA	7.80	Q	0.4	7.40	85.76%
7	Paul Dundas	M49	QMA	7.86	q	0.4	7.34	86.44%
8	Stacy Mitchell	M45	NSWMA	7.87	q	0.4	7.50	84.57%
9	Gurpreet Singh Badwal	M49	ACTMA	7.89	q	0.2	7.37	86.12%
10	Matthew Newton	M49	NSWMA	8.01	q	0.2	7.48	84.83%
11	Mark Calleja	M47	QMA	8.39	q	0.2	7.92	80.14%
12	Rene Doel	M47	QMA	8.50		0.2	8.02	79.11%
13	Daniel Diaz	M49	NSWMA	9.17		0.4	8.56	74.10%
14	Benny Dalton	M48	NSWMA	9.31		0.2	8.74	72.60%
--	Andrew McLean	M46	QMA	DQ		0.4		
M50 60m Prelims								
1	Stewart Dobrzynski	M52	VMA	7.88	Q	-0.4	7.24	87.63%
2	Vince Musolino	M51	SAMA	7.93	Q	-0.8	7.33	86.60%
3	Omar Portuondo	M52	NSWMA	7.97	Q	-0.4	7.32	86.64%
4	Scott Dorset	M53	GBR	8.00	Q	-0.8	7.31	86.79%
5	Krzysztof (Kris) Wardecki	M54	NSWMA	8.04	Q	-0.8	7.31	86.85%
6	Ernie Leseberg	M51	NSWMA	8.09	Q	-0.4	7.47	84.89%
7	David Skala	M53	NSWMA	8.12	q	-0.8	7.42	85.51%
8	Albert Jamae	M51	SAMA	8.13	q	-0.8	7.51	84.47%
9	Shane Da Silva	M51	NSWMA	8.39	q	-0.4	7.75	81.85%
10	Antony Langdon	M54	VMA	8.49	q	-0.8	7.71	82.24%
11	Marc Sanchez	M54	NSWMA	8.75	q	-0.4	7.95	79.80%
12	Andrew Cox	M54	NSWMA	8.84		-0.4	8.03	78.99%
W55 60m Prelims								
1	Julie Brims	W57	QMA	8.33	Q	-0.6	7.33	94.89%
2	Gianna Mogentale	W59	NSWMA	8.91	Q	1.2	7.73	90.01%
3	Maryann Hearn	W55	QMA	8.53	Q	-0.6	7.62	91.32%
4	Philippa Wight	W59	NSWMA	9.00	Q	1.2	7.80	89.11%
5	Vicki Townsend	W58	ACTMA	9.15	Q	1.2	7.99	87.02%
6	Louise McLean	W58	VMA	9.19	Q	-0.6	8.03	86.64%
7	Sylvette Wearne	W58	NSWMA	9.20	q	-0.6	8.04	86.54%
8	Tamara Paterson	W56	QMA	9.45	q	1.2	8.37	83.04%
9	Karen Angell	W55	NSWMA	9.60	q	1.2	8.57	81.14%
10	Donna Collett	W55	NSWMA	10.24	q	1.2	9.14	76.07%
11	Susan Whatley	W59	NSWMA	10.26	q	-0.6	8.90	78.17%
12	Bronwyn Kelaher	W57	NSWMA	10.50		-0.6	9.24	75.28%

[Return to Table of Contents](#)

EVENT	ATHLETE	AGE	TEAM	PERF	Q/h	WIND	2023 AG	AG %
60m Finals								
M30 60m								
1	Kenneth Vuong	M32	NSWMA	6.95	0.7	6.95	91.22%	
2	Ruwan Gunasinghe	M31	NSWMA	7.00	0.7	7.00	90.57%	
3	Ryan Illett	M30	NSWMA	7.16	0.7	7.16	88.55%	
4	Lachlan Parry	M31	NSWMA	7.32	0.7	7.32	86.61%	
5	Andrew Godin	M34	VMA	7.41	0.7	7.41	85.56%	
6	Matthew Brunt	M31	NSWMA	7.61	0.7	7.61	83.31%	
7	Oscar Bradley	M32	NSWMA	7.88	0.7	7.88	80.46%	
8	Ash Almond	M31	VMA	8.28	0.7	8.28	76.57%	
9	Andrew Close T12	M33	VMA	8.86	0.7	8.86	71.56%	
10	Tim D'Abroa T20/01	M31	ACTMA	9.36	0.7	9.36	67.74%	
M35 60m								
1	Billy Saliadis	M38	NSWMA	7.08	-1.7	6.98	90.87%	
2	Justin Miller	M38	NSWMA	7.39	-1.7	7.29	87.05%	
3	Patrick McCarthey	M39	QMA	7.59	-1.7	7.45	85.16%	
4	Francis Iglewski	M36	ACTMA	7.61	-1.7	7.57	83.76%	
5	Ranjit Singh Patara	M37	NSWMA	7.84	-1.7	7.77	81.68%	
6	Shane Ioane	M38	NSWMA	7.88	-1.7	7.77	81.64%	
7	Jon Cheung	M38	NSWMA	7.92	-1.7	7.81	81.23%	
8	Ahmed Dridi	M36	VMA	8.06	-1.7	8.02	79.09%	
9	Marc Lafraisiere	M35	NSWMA	8.13	-1.7	8.13	78.05%	
10	Shaun Wearne	M38	NSWMA	8.23	-1.7	8.12	78.17%	
M40 60m								
1	Stephen Hindmarsh	M40	NSWMA	7.46	-0.2	7.29	87.05%	
2	Steve Blacker	M44	NSWMA	7.60	-0.2	7.28	87.13%	
3	Ryan Dowling	M43	NSWMA	7.66	-0.2	7.38	86.02%	
4	Clayton Newham	M42	NSWMA	7.70	-0.2	7.45	85.16%	
5	David Greening	M41	VMA	7.83	-0.2	7.61	83.34%	
6	Brett Mackenzie	M43	QMA	7.89	-0.2	7.60	83.51%	
7	Daniel Sumpton	M41	NSWMA	7.93	-0.2	7.71	82.29%	
8	Jamie Terley	M43	NSWMA	7.99	-0.2	7.69	82.47%	
9	Jonathan Lewis	M42	NSWMA	8.33	-0.2	8.06	78.72%	
M45 60m								
1	Alan Sharp-Paul	M45	TMA	7.39	1.8	7.04	90.06%	
2	David Diep	M45	NSWMA	7.40	1.8	7.05	89.94%	
3	Jarrod Meagher	M45	VMA	7.49	1.8	7.14	88.86%	
4	Graham Scully	M49	QMA	7.65	1.8	7.14	88.82%	
5	Ashley McMahon	M47	NSWMA	7.71	1.8	7.27	87.21%	
6	Gurpreet Singh Badwal	M49	ACTMA	7.89	1.8	7.37	86.12%	
7	David Turner	M46	NSWMA	7.90	1.8	7.49	84.67%	
M50 60m								
1	Ernie Leseberg	M51	NSWMA	7.44	0.1	6.87	92.30%	
2	Stewart Dobrzynski	M52	VMA	7.72	0.1	7.09	89.45%	
	Scott Dorset	M53	GBR	7.90	0.1	7.22	87.89%	
3	Krzysztof (Kris) Wardecki	M54	NSWMA	7.96	0.1	7.23	87.72%	
4	Vince Musolino	M51	SAMA	8.00	0.1	7.39	85.84%	
5	Albert Jamae	M51	SAMA	8.06	0.1	7.45	85.20%	
6	David Skala	M53	NSWMA	8.19	0.1	7.48	84.78%	

[Return to Table of Contents](#)

EVENT		ATHLETE	AGE	TEAM	PERF	Q/h	WIND	2023 AG	AG %
	7	Antony Langdon	M54	VMA	8.86		0.1	8.05	78.81%
M55 60m	1	Christopher Brack	M57	QMA	7.75		1.2	6.92	91.65%
		Grant Hodges	M57	NZL	7.91		1.2	7.07	89.80%
	2	Peter Biggs	M58	SAMA	7.97		1.2	7.08	89.64%
	3	Fabio Di Giandomenico	M59	QMA	8.16		1.2	7.20	88.07%
	4	Brett Reid	M59	NSWMA	8.22		1.2	7.26	87.43%
	5	Stuart Maxwell	M55	NSWMA	8.52		1.2	7.70	82.42%
	6	Tony Idris	M56	NSWMA	9.26		1.2	8.32	76.26%
M60 60m	1	Craig Parker	M62	QMA	7.98		-0.5	6.92	91.71%
	2	Darren Hughes	M60	NSWMA	7.99		-0.5	7.01	90.49%
	3	Paul Foster	M61	VMA	8.13		-0.5	7.09	89.47%
	4	Neil Holmes	M61	NSWMA	8.32		-0.5	7.26	87.43%
	5	Micheal Daly	M61	NSWMA	8.64		-0.5	7.54	84.19%
	6	Ron Ross	M64	NSWMA	8.93		-0.5	7.65	82.98%
	7	Jeffrey Wrightson	M60	NSWMA	8.94		-0.5	7.84	80.87%
	8	Rodney Whatley	M61	NSWMA	9.04		-0.5	7.88	80.46%
	9	Paul Lopes	M63	NSWMA	9.76		-0.5	8.41	75.45%
	10	David Luck	M64	NSWMA	9.87		-0.5	8.45	75.08%
	11	Hovik Keshishian	M61	NSWMA	9.99		-0.5	8.71	72.81%
M65 60m	1	David Shearsby	M66	NSWMA	8.21		2.7	6.94	91.41%
	2	Daryl Ellis	M68	NSWMA	8.39		2.7	7.00	90.63%
		Graeme Armstrong	M66	GBR	8.39		2.7	7.09	89.45%
	3	David Smith	M67	NSWMA	8.62		2.7	7.24	87.63%
	4	Joe Begley	M69	QMA	8.81		2.7	7.30	86.88%
	5	Gav Capon	M65	QMA	8.93		2.7	7.60	83.51%
	6	Tony Brown	M66	NSWMA	9.02		2.7	7.63	83.20%
	7	Karel Kratochvil	M66	NSWMA	9.16		2.7	7.74	81.93%
M70 60m	1	Hans van Bavel	M73	SAMA	8.92		2.1	7.19	88.18%
	2	Michael Byrne	M71	MAWA	9.08		2.1	7.43	85.44%
	3	Mike Clapper	M70	VMA	9.11		2.1	7.50	84.58%
	4	David Kennedy	M70	NSWMA	9.15		2.1	7.53	84.21%
	5	Antony Morphis	M70	NSWMA	9.24		2.1	7.61	83.39%
		David Lobb	M71	CKISL	10.17		2.1	8.32	76.29%
		Jim Smith	M78	GBR	9.58		0.6	7.45	85.13%
M75 60m	1	John Searle	M75	NSWMA	9.99		0.6	7.94	79.87%
	2	David Donnelley	M79	NSWMA	10.02		0.6	7.74	82.00%
M80 60m	1	Pio Bunin	M81	QMA	10.21		0.6	7.76	81.78%
	2	Albert Gay	M81	NSWMA	10.43		0.6	7.92	80.06%
M85 60m	1	Allan Wood	M85	VMA	12.04		0.6	8.75	72.49%
	2	Morris David	M86	NSWMA	12.22		0.6	8.76	72.42%
M90 60m	1	Jack Thackray	M92	ACTMA	15.68		0.6	10.07	62.97%

[Return to Table of Contents](#)

EVENT	ATHLETE	AGE	TEAM	PERF	Q/h	WIND	2023 AG	AG %
W30 60m								
	1 Sarah de Vries	W30	NSWMA	8.11	-0.6	8.11	85.70%	
	=2 Karley Cromie	W34	VMA	8.19	-0.6	8.19	84.86%	
	=2 Sarah Whatley	W33	NSWMA	8.19	-0.6	8.19	84.86%	
	=4 Loreen Kaliyati	W31	QMA	8.21	-0.6	8.21	84.65%	
	=4 Tania Padovan	W33	NSWMA	8.21	-0.6	8.21	84.65%	
	6 Rosie Iglewski	W31	ACTMA	9.15	-0.6	9.15	75.96%	
W35 60m								
	1 Ramona Casey	W39	NSWMA	7.85	0.8	7.85	88.54%	
	2 Eliana Seymour	W38	QMA	8.28	0.8	8.28	83.94%	
	3 Belinda Faulks	W37	QMA	8.41	0.8	8.41	82.64%	
	4 Liz Lobb	W38	NSWMA	8.75	0.8	8.75	79.43%	
	=5 Rachael Gruschka	W38	NSWMA	8.89	0.8	8.89	78.18%	
	=5 Revathi Krishnan	W36	NSWMA	8.89	0.8	8.89	78.18%	
	7 Liz Morison	W38	NSWMA	9.21	0.8	9.21	75.46%	
	8 Helena Smith	W35	NSWMA	9.52	0.8	9.52	73.00%	
W40 60m								
	1 Erin Smart	W40	NSWMA	8.02	0.1	8.01	86.79%	
	2 Rebekah Power	W44	NSWMA	8.16	0.1	7.91	87.93%	
	3 Amy Harkness	W42	NSWMA	8.22	0.1	8.09	85.98%	
	4 Yael Reed	W40	NSWMA	8.35	0.1	8.34	83.36%	
	5 Tanja Arienzale	W40	NSWMA	8.40	0.1	8.39	82.86%	
	6 Alison Bolakis	W41	NSWMA	8.97	0.1	8.89	78.19%	
	7 Madeleine Simmons	W40	QMA	9.24	0.1	9.23	75.33%	
	8 Mel Esau	W40	QMA	9.35	0.1	9.34	74.44%	
	9 Kathryn Jones	W42	NSWMA	9.48	0.1	9.33	74.55%	
	10 Sukhvir Kaur	W40	NSWMA	9.67	0.1	9.66	71.98%	
	11 Amanda Steele	W42	NSWMA	10.59	0.1	10.42	66.74%	
W45 60m								
	1 Lisa Quinn	W45	NSWMA	8.03	-0.8	7.72	90.03%	
	2 Nicole McHenry	W48	NSWMA	8.55	-0.8	8.04	86.49%	
	3 Jenni Cotter	W48	SAMA	8.66	-0.8	8.14	85.39%	
	4 Joanna Davis	W46	NSWMA	8.72	-0.8	8.32	83.54%	
	5 Jessica Scott	W46	NSWMA	9.21	-0.8	8.79	79.09%	
	6 Fran Dewsbury	W45	ACTMA	9.26	-0.8	8.91	78.08%	
	7 Wendy Smith	W49	VMA	9.73	-0.8	9.08	76.57%	
	8 Natalie Sims	W45	NSWMA	12.76	-0.8	12.27	56.66%	
W50 60m								
	1 Richelle Ingram	W53	ACTMA	8.67	1.1	7.86	88.53%	
	2 Jacinta Burns	W54	VMA	8.88	1.1	7.99	87.08%	
	3 Vani Meadows	W51	VMA	8.95	1.1	8.23	84.50%	
	4 Maria Cimino	W51	NSWMA	9.22	1.1	8.48	82.02%	
	5 Julie Fenwick	W50	NSWMA	11.71	1.1	10.85	64.10%	
W55 60m								
	1 Julie Brims	W57	QMA	8.23	0.5	7.24	96.04%	
	2 Maryann Hearn	W55	QMA	8.47	0.5	7.56	91.97%	
	3 Gianna Mogentale	W59	NSWMA	8.80	0.5	7.63	91.13%	

[Return to Table of Contents](#)

EVENT	ATHLETE	AGE	TEAM	PERF	Q/h	WIND	2023 AG	AG %
	=4 Sylvette Wearne	W58	NSWMA	9.05		0.5	7.90	87.98%
	=4 Vicki Townsend	W58	ACTMA	9.05		0.5	7.90	87.98%
	6 Philippa Wight	W59	NSWMA	9.08		0.5	7.87	88.32%
	7 Louise McLean	W58	VMA	9.20		0.5	8.04	86.54%
	8 Tamara Paterson	W56	QMA	9.34		0.5	8.28	84.01%
	9 Karen Angell	W55	NSWMA	9.57		0.5	8.54	81.40%
	10 Susan Whatley	W59	NSWMA	10.45		0.5	9.06	76.74%
W60 60m								
	1 Christine de Vries	W60	NSWMA	8.76		-0.1	7.54	92.22%
	2 Julie Forster	W61	NSWMA	8.88		-0.1	7.59	91.64%
	3 Sue Turner	W62	SAMA	8.90		-0.1	7.55	92.09%
	4 Sally Stagles	W62	NSWMA	9.64		-0.1	8.18	85.02%
	5 Jenny Schell	W60	NSWMA	9.68		-0.1	8.33	83.46%
	6 Sue Cassidy	W61	SAMA	9.95		-0.1	8.50	81.78%
	7 Robyn Suttor	W64	NSWMA	9.97		-0.1	8.34	83.38%
	8 Rina Flynn	W60	NSWMA	10.09		-0.1	8.69	80.07%
	9 Chris (Christine) Lamb	W64	NSWMA	10.18		-0.1	8.52	81.66%
W65 60m								
	1 Marlene Reid	W68	ACTMA	9.78		-1.1	7.95	87.44%
	2 Christine Bridle	W65	VMA	9.91		-1.1	8.23	84.50%
	3 Donna Clarke	W69	VMA	10.57		-1.1	8.53	81.48%
	4 Antoinette Woodward	W66	NSWMA	10.83		-1.1	8.93	77.86%
	5 Margaret Thomas	W66	NSWMA	10.87		-1.1	8.96	77.58%
	6 Karen Kirby	W67	VMA	11.39		-1.1	9.33	74.56%
W70 60m								
	1 Carol Davis	W72	QMA	10.00		0.2	7.91	87.94%
	2 Lyn Peake	W73	SAMA	10.01		0.2	7.86	88.46%
	3 Barbara Wilson	W71	MAWA	11.39		0.2	9.07	76.68%
	4 Antoinette Baron	W73	NSWMA	13.50		0.2	10.60	65.59%
W75 60m								
	Chris Waring	W79	NZL	11.05		2.6	8.29	83.85%
	1 Sue Walker	W75	NSWMA	12.96		2.6	10.04	69.26%
	2 Brenda Painter	W78	MAWA	13.84		2.6	10.48	66.35%
W80 60m								
	1 Suzanne Westbrook	W81	TMA	13.45		2.6	9.89	70.32%
W85 60m								
	1 Miriam Cudmore	W85	SAMA	12.05		2.6	8.41	82.67%
	2 Kathleen Cook	W85	NSWMA	12.17		2.6	8.50	81.85%
W95 60m								
	1 Heather Lee	W96	NSWMA	25.52		2.6	14.07	49.40%
W100 60m								
	1 Winnifred Newall	W100	NSWMA	25.73		2.6	12.40	92.64%

100m Prelims

M30 100m Prelims

1 Shakti Rathore	M30	NSWMA	11.04	Q	1.7	11.04	86.78%
2 Kenneth Vuong	M32	NSWMA	11.09	Q	0.7	11.09	86.38%
3 Ryan Ilett	M30	NSWMA	11.06	Q	1.7	11.06	86.62%
4 Ruwan Gunasinghe	M31	NSWMA	11.17	Q	0.7	11.17	85.77%

[Return to Table of Contents](#)

EVENT	ATHLETE	AGE	TEAM	PERF	Q/h	WIND	2023 AG	AG %
	5 Lachlan Parry	M31	NSWMA	11.42	Q	1.7	11.42	83.89%
	6 Andrew Godin	M34	VMA	11.78	Q	0.7	11.78	81.32%
	7 George Ockert	M30	NSWMA	11.64	Q	1.7	11.64	82.30%
	8 Matthew Brunt	M31	NSWMA	12.19	Q	0.7	12.19	78.59%
	9 Oscar Bradley	M32	NSWMA	12.33	q	1.7	12.33	77.70%
	10 Kai Brookes	M33	NSWMA	12.49	q	1.7	12.49	76.70%
	11 Andrew Close T12	M33	VMA	14.10	q	0.7	14.10	67.94%
	12 Tim D'Abroa T20/01	M31	ACTMA	15.83		0.7	15.83	60.52%
M45 100m Prelims								
	1 Mathew Woodhouse	M49	NSWMA	11.77	Q	1.0	10.71	89.51%
	2 Alan Sharp-Paul	M45	TMA	11.87	Q	1.1	11.10	86.36%
	3 Adrian See	M47	NSWMA	11.83	Q	1.0	10.91	87.85%
	4 Paul Mierisch	M46	VMA	11.92	Q	1.1	11.07	86.60%
	5 Graham Scully	M49	QMA	11.98	Q	1.0	10.90	87.94%
	6 Jarrod Meagher	M45	VMA	12.20	Q	1.1	11.41	84.03%
	7 David Diep	M45	NSWMA	12.24	Q	1.0	11.44	83.75%
	8 David Turner	M46	NSWMA	12.38	Q	1.1	11.49	83.38%
	9 Ashley McMahon	M47	NSWMA	12.41	q	1.1	11.44	83.74%
	10 Cameron Baker	M45	VMA	12.47	q	1.1	11.66	82.21%
	11 Gurpreet Singh Badwal	M49	ACTMA	12.55	q	1.0	11.42	83.95%
	12 Matthew Newton	M49	NSWMA	12.64		1.0	11.50	83.35%
	13 Mark Calleja	M47	QMA	13.45		1.0	12.40	77.27%
	14 Rene Doel	M47	QMA	13.47		1.1	12.42	77.15%
	15 Daniel Diaz	M49	NSWMA	14.30		1.1	13.01	73.68%
	16 Benny Dalton	M48	NSWMA	14.67		1.1	13.44	71.33%
M50 100m Prelims								
	1 Vince Musolino	M51	SAMA	12.47	Q	0.8	11.19	85.66%
	2 Stewart Dobrzynski	M52	VMA	12.70	Q	-0.6	11.32	84.68%
	3 Ernie Leseberg	M51	NSWMA	12.49	Q	0.8	11.21	85.52%
	4 Krzysztof (Kris) Wardecki	M54	NSWMA	12.83	Q	-0.6	11.28	84.99%
	5 Scott Dorset	M53	GBR	12.94	Q	0.8	11.45	83.68%
	6 Albert Jamae	M51	SAMA	13.20	Q	-0.6	11.84	80.92%
	7 Antony Langdon	M54	VMA	13.88	Q	0.8	12.20	78.56%
	8 Chris Greatrex	M54	NSWMA	14.10	Q	-0.6	12.39	77.33%
	9 Marc Sanchez	M54	NSWMA	13.97	q	0.8	12.28	78.05%
	10 Andrew Cox	M54	NSWMA	14.34	q	0.8	12.60	76.04%
	11 Kel Walker	M54	NSWMA	14.82	q	-0.6	13.03	73.57%
M60 100m Prelims								
	1 Darren Hughes	M60	NSWMA	12.87	Q	1.2	10.85	88.31%
	2 Andrew Millerd	M60	QMA	13.21	Q	2.1	11.14	86.04%
	3 Craig Parker	M62	QMA	13.02	Q	1.2	10.83	88.52%
	4 Paul Foster	M61	VMA	13.31	Q	2.1	11.15	85.99%
	5 Bruce Solomon	M60	NZL	13.32	Q	1.2	11.23	85.33%
	6 Trevor Young	M64	NSWMA	13.59	Q	2.1	11.14	86.00%
	7 Micheal Daly	M61	NSWMA	13.61	Q	2.1	11.40	84.10%
	8 Neil Holmes	M61	NSWMA	13.81	Q	1.2	11.56	82.88%
	9 Jeffrey Wrightson	M60	NSWMA	14.43	q	2.1	12.17	78.76%
	10 Rodney Whatley	M61	NSWMA	14.73	q	1.2	12.33	77.70%
	11 David Luck	M64	NSWMA	15.64	q	1.2	12.83	74.73%

[Return to Table of Contents](#)

EVENT	ATHLETE	AGE	TEAM	PERF	Q/h	WIND	2023 AG	AG %
	12 Paul Lopes	M63	NSWMA	15.94		2.1	13.16	72.81%
	13 Hovik Keshishian	M61	NSWMA	16.31		1.2	13.66	70.18%
	14 Subash Buddoo	M62	NSWMA	31.44		2.1	26.14	36.66%
100m Finals								
M30 100m								
	1 Kenneth Vuong	M32	NSWMA	10.85		4.0	10.85	88.29%
	2 Shakti Rathore	M30	NSWMA	10.91		4.0	10.91	87.81%
	3 Ryan Ilett	M30	NSWMA	10.92		4.0	10.92	87.73%
	4 Lachlan Parry	M31	NSWMA	11.34		4.0	11.34	84.48%
	5 Andrew Godin	M34	VMA	11.58		4.0	11.58	82.73%
	6 George Ockert	M30	NSWMA	11.64		4.0	11.64	82.30%
	7 Matthew Brunt	M31	NSWMA	12.00		4.0	12.00	79.83%
	8 Oscar Bradley	M32	NSWMA	12.19		4.0	12.19	78.59%
	9 Kai Brookes	M33	NSWMA	12.58		4.0	12.58	76.15%
	10 Andrew Close T12	M33	VMA	14.23		4.0	14.23	67.32%
	-- Ruwan Gunasinghe	M31	NSWMA	DNF		4.0		
M35 100m								
	1 Billy Spliadis	M38	NSWMA	11.04		2.1	10.82	88.56%
	2 Justin Miller	M38	NSWMA	11.61		2.1	11.38	84.21%
	3 Joe Godsell	M39	SAMA	11.96		2.1	11.65	82.30%
	4 Shaun Taylor	M37	VMA	12.04		2.1	11.88	80.65%
	5 Shane Ioane	M38	NSWMA	12.27		2.1	12.03	79.68%
	6 Ranjit Singh Patara	M37	NSWMA	12.42		2.1	12.26	78.18%
	7 Ahmed Dridi	M36	VMA	12.55		2.1	12.47	76.86%
	8 Aaron de Jager	M39	NSWMA	12.58		2.1	12.25	78.24%
	9 Francis Iglewski	M36	ACTMA	12.70		2.1	12.62	75.95%
	10 Jon Cheung	M38	NSWMA	12.84		2.1	12.59	76.14%
	11 Marc Lafraisiere	M35	NSWMA	12.85		2.1	12.85	74.56%
M40 100m								
	1 Brendan Cole	M41	VMA	11.65		1.4	11.19	85.64%
	2 Stephen Hindmarsh	M40	NSWMA	11.71		1.4	11.33	84.62%
	3 Ryan Dowling	M43	NSWMA	11.80		1.4	11.18	85.70%
	4 Steve Blacker	M44	NSWMA	11.98		1.4	11.28	84.99%
	5 David Greening	M41	VMA	12.10		1.4	11.62	82.46%
	6 Clayton Newham	M42	NSWMA	12.21		1.4	11.65	82.27%
	7 Brett Mackenzie	M43	QMA	12.41		1.4	11.76	81.49%
	8 Jamie Terley	M43	NSWMA	12.52		1.4	11.87	80.77%
	9 Jonathan Lewis	M42	NSWMA	13.17		1.4	12.57	76.27%
M45 100m								
	1 Adrian See	M47	NSWMA	11.64		0.7	10.73	89.28%
	2 Mathew Woodhouse	M49	NSWMA	11.70		0.7	10.64	90.05%
	3 Alan Sharp-Paul	M45	TMA	11.72		0.7	10.96	87.47%
	4 Graham Scully	M49	QMA	11.82		0.7	10.75	89.13%
	5 David Diep	M45	NSWMA	11.85		0.7	11.08	86.51%
	6 Jarrod Meagher	M45	VMA	11.86		0.7	11.09	86.44%
	7 Paul Mierisch	M46	VMA	11.87		0.7	11.02	86.96%
	8 David Turner	M46	NSWMA	12.30		0.7	11.42	83.92%

[Return to Table of Contents](#)

EVENT		ATHLETE	AGE	TEAM	PERF	Q/h	WIND	2023 AG	AG %
	9	Cameron Baker	M45	VMA	12.55		0.7	11.73	81.69%
M50 100m	1	Ernie Leseberg	M51	NSWMA	11.69		1.1	10.49	91.37%
	2	Stewart Dobrzynski	M52	VMA	12.10		1.1	10.78	88.88%
	3	Vince Musolino	M51	SAMA	12.37		1.1	11.10	86.35%
	4	Krzysztof (Kris) Wardecki	M54	NSWMA	12.62		1.1	11.09	86.40%
		Scott Dorset	M53	GBR	12.68		1.1	11.22	85.40%
	5	Albert Jamae	M51	SAMA	12.81		1.1	11.49	83.38%
	6	Antony Langdon	M54	VMA	13.92		1.1	12.24	78.33%
	7	Marc Sanchez	M54	NSWMA	13.99		1.1	12.30	77.94%
	8	Chris Greatrex	M54	NSWMA	14.07		1.1	12.37	77.50%
	9	Andrew Cox	M54	NSWMA	14.34		1.1	12.60	76.04%
	10	Kel Walker	M54	NSWMA	15.67		1.1	13.77	69.58%
M55 100m	1	Christopher Brack	M57	QMA	12.11		2.3	10.43	91.92%
		Grant Hodges	M57	NZL	12.29		2.3	10.58	90.58%
	2	Peter Biggs	M58	SAMA	12.70		2.3	10.86	88.27%
	3	Fabio Di Giandomenico	M59	QMA	12.71		2.3	10.79	88.81%
	4	Andrew Kohlrusch	M57	NSWMA	12.90		2.3	11.11	86.29%
	5	Brett Reid	M59	NSWMA	12.96		2.3	11.00	87.10%
	6	Kimber Rothwell	M55	NSWMA	13.29		2.3	11.60	82.61%
	7	Stuart Maxwell	M55	NSWMA	13.34		2.3	11.65	82.30%
	8	Colin Clarson	M59	NSWMA	14.32		2.3	12.16	78.83%
M60 100m	1	Craig Parker	M62	QMA	12.45		1.8	10.35	92.57%
	2	Darren Hughes	M60	NSWMA	12.59		1.8	10.62	90.27%
	3	Paul Foster	M61	VMA	12.81		1.8	10.73	89.35%
		Bruce Solomon	M60	NZL	13.29		1.8	11.21	85.52%
	4	Trevor Young	M64	NSWMA	13.36		1.8	10.96	87.48%
	5	Andrew Millerd	M60	QMA	13.37		1.8	11.27	85.01%
	6	Micheal Daly	M61	NSWMA	13.78		1.8	11.54	83.06%
	7	Rodney Whatley	M61	NSWMA	14.45		1.8	12.10	79.21%
	8	Jeffrey Wrightson	M60	NSWMA	14.47		1.8	12.20	78.55%
	9	David Luck	M64	NSWMA	19.67		1.8	16.13	59.42%
M65 100m	1	Robert Mayston	M65	VMA	12.36		3.4	10.06	95.23%
	2	David Shearsby	M66	NSWMA	12.89		3.4	10.42	91.95%
	3	Andrew Watts	M67	VMA	13.50		3.4	10.84	88.42%
		Graeme Armstrong	M66	GBR	13.54		3.4	10.95	87.53%
	4	David Smith	M67	NSWMA	13.66		3.4	10.97	87.38%
	5	Daryl Ellis	M68	NSWMA	13.76		3.4	10.97	87.36%
	6	Joe Begley	M69	QMA	14.12		3.4	11.18	85.73%
	7	Gav Capon	M65	QMA	14.23		3.4	11.59	82.72%
	8	Karel Kratochvil	M66	NSWMA	14.43		3.4	11.67	82.13%
	9	Wayne Marriott	M68	NSWMA	15.26		3.4	12.17	78.77%
	10	Brian Dawson	M68	NSWMA	18.02		3.4	14.37	66.70%
M70 100m	1	John Lamb	M73	NSWMA	14.25		0.8	10.97	87.39%
	2	Hans van Bavel	M73	SAMA	14.67		0.8	11.29	84.89%

[Return to Table of Contents](#)

EVENT		ATHLETE	AGE	TEAM	PERF	Q/h	WIND	2023 AG	AG %
M70 100m	3	Antony Morphis	M70	NSWMA	14.70	0.8	11.56	82.93%	
		Norman Cornwell	M73	USA	14.79	0.8	11.38	84.20%	
	4	Michael Byrne	M71	MAWA	14.81	0.8	11.56	82.90%	
	5	Mike Clapper	M70	VMA	15.03	0.8	11.82	81.11%	
	6	David Kennedy	M70	NSWMA	15.25	0.8	11.99	79.94%	
		David Lobb	M71	CKISL	16.77	0.8	13.09	73.21%	
M75 100m									
M75 100m		Jim Smith	M78	GBR	15.35	1.9	11.40	84.08%	
	1	David Donnelley	M79	NSWMA	15.95	1.9	11.76	81.50%	
		Belliappa Pale Ponnappa	M79	INDIA	20.21	1.9	14.90	64.32%	
M80 100m									
M80 100m	1	Pio Bunin	M81	QMA	17.34	NWI	12.59	76.13%	
	2	Albert Gay	M81	NSWMA	17.56	NWI	12.75	75.18%	
M85 100m									
M85 100m	1	Allan Wood	M85	VMA	20.17	NWI	14.02	68.38%	
	2	Morris David	M86	NSWMA	22.59	NWI	15.48	61.91%	
M90 100m									
M90 100m		Palecanda Ponna Bopaiah	M90	NZL	19.81	-2.1	12.68	75.61%	
	1	Jack Thackray	M92	ACTMA	27.40	-2.1	16.79	57.08%	
	2	Colin Silcock-Delaney	M90	VMA	36.02	-2.1	23.04	41.58%	
W30 100m									
W30 100m	1	Loreen Kaliyati	W31	QMA	12.78	3.5	12.78	83.26%	
	2	Karley Cromie	W34	VMA	12.82	3.5	12.82	83.00%	
	3	Tania Padovan	W33	NSWMA	12.92	3.5	12.92	82.35%	
	4	Sarah de Vries	W30	NSWMA	12.96	3.5	12.96	82.10%	
	5	Areta Blazquez Soria	W34	NSWMA	14.75	3.5	14.75	72.14%	
	6	Rosie Iglewski	W31	ACTMA	15.06	3.5	15.06	70.65%	
	7	Sarah Whatley	W33	NSWMA	22.96	3.5	22.96	46.34%	
W35 100m									
W35 100m	1	Christine Wearne	W35	NSWMA	12.07	1.8	12.07	88.15%	
	2	Ramona Casey	W39	NSWMA	12.50	1.8	12.36	86.11%	
	3	Eliana Seymour	W38	QMA	13.21	1.8	13.16	80.87%	
	4	Belinda Faulks	W37	QMA	13.43	1.8	13.43	79.23%	
	5	Liz Lobb	W38	NSWMA	14.24	1.8	14.19	75.02%	
	6	Loretta Norris	W37	NSWMA	14.48	1.8	14.48	73.48%	
	7	Helena Smith	W35	NSWMA	15.76	1.8	15.76	67.51%	
W40 100m									
W40 100m	1	Erin Smart	W40	NSWMA	12.73	2.6	12.49	85.20%	
	2	Rebekah Power	W44	NSWMA	12.82	2.6	12.20	87.23%	
	3	Amy Harkness	W42	NSWMA	13.07	2.6	12.63	84.26%	
	4	Yael Reed	W40	NSWMA	13.14	2.6	12.90	82.54%	
	5	Tanja Arienzale	W40	NSWMA	13.31	2.6	13.06	81.49%	
	6	Cassie Neubauer	W44	SAMA	14.50	2.6	13.80	77.13%	
	7	Alison Bolakis	W41	NSWMA	14.82	2.6	14.43	73.75%	
	8	Mel Esau	W40	QMA	14.99	2.6	14.71	72.36%	
	9	Madeleine Simmons	W40	QMA	15.03	2.6	14.75	72.16%	

[Return to Table of Contents](#)

EVENT	ATHLETE	AGE	TEAM	PERF	Q/h	WIND	2023 AG	AG %
W45 100m	10 Kathryn Jones	W42	NSWMA	15.22		2.6	14.71	72.36%
	11 Sukhvir Kaur	W40	NSWMA	15.76		2.6	15.47	68.82%
	1 Lisa Quinn	W45	NSWMA	12.79		2.3	12.08	88.12%
	2 Renee Briffa	W48	QMA	12.85		2.3	11.86	89.78%
	3 Nicole McHenry	W48	NSWMA	13.31		2.3	12.28	86.67%
	4 Jenni Cotter	W48	SAMA	13.69		2.3	12.63	84.27%
	Vanessa Story	W48	NZL	13.76		2.3	12.70	83.84%
	5 Kim Constable	W45	NSWMA	14.00		2.3	13.22	80.50%
	6 Fran Dewsbury	W45	ACTMA	14.81		2.3	13.99	76.10%
	7 Jessica Scott	W46	NSWMA	15.30		2.3	14.34	74.23%
W50 100m	8 Wendy Smith	W49	VMA	15.64		2.3	14.32	74.34%
	9 Natalie Sims	W45	NSWMA	21.92		2.3	20.70	51.41%
	1 Lee-Anne Nelson	W51	QMA	12.90		3.9	11.63	91.56%
	2 Richelle Ingram	W53	ACTMA	13.62		3.9	12.08	88.11%
	3 Jacinta Burns	W54	VMA	14.16		3.9	12.46	85.43%
	4 Karen Carah	W54	VMA	14.35		3.9	12.63	84.30%
	5 Vani Meadows	W51	VMA	14.58		3.9	13.14	81.01%
	6 Maria Cimino	W51	NSWMA	15.11		3.9	13.62	78.17%
W55 100m	7 Julie Fenwick	W50	NSWMA	22.64		3.9	20.56	51.76%
	1 Julie Brims	W57	QMA	12.93		1.9	11.11	95.84%
	2 Maryann Hearn	W55	QMA	13.55		1.9	11.83	89.99%
	3 Gianna Mogentale	W59	NSWMA	14.05		1.9	11.87	89.65%
	4 Philippa Wight	W59	NSWMA	14.48		1.9	12.24	86.99%
	5 Vicki Townsend	W58	ACTMA	14.58		1.9	12.42	85.68%
	6 Sylvette Wearne	W58	NSWMA	14.61		1.9	12.45	85.51%
	7 Tamara Paterson	W56	QMA	15.22		1.9	13.18	80.76%
	8 Lisa Harrison	W56	NSWMA	15.50		1.9	13.42	79.30%
	9 Susan Whatley	W59	NSWMA	16.59		1.9	14.02	75.93%
W60 100m	10 Bronwyn Kelaher	W57	NSWMA	16.86		1.9	14.48	73.50%
	1 Christine de Vries	W60	NSWMA	14.26		1.4	11.95	89.05%
	2 Julie Forster	W61	NSWMA	14.36		1.4	11.94	89.16%
	3 Sue Turner	W62	SAMA	14.45		1.4	11.91	89.34%
	4 Sally Stagles	W62	NSWMA	15.77		1.4	13.00	81.86%
	5 Jenny Schell	W60	NSWMA	15.78		1.4	13.23	80.47%
	6 Sue Cassidy	W61	SAMA	16.16		1.4	13.43	79.23%
	7 Rina Flynn	W60	NSWMA	16.29		1.4	13.65	77.95%
	8 Robyn Suttor	W64	NSWMA	16.64		1.4	13.49	78.88%
	9 Chris (Christine) Lamb	W64	NSWMA	16.96		1.4	13.75	77.39%
W65 100m	10 Maggie Armstrong	W60	VMA	17.41		1.4	14.59	72.94%
	1 Christine Bridle	W65	VMA	15.75		2.2	12.66	84.05%
	2 Linda McDowell	W65	NSWMA	15.93		2.2	12.81	83.10%
	3 Marlene Reid	W68	ACTMA	16.08		2.2	12.61	84.42%
	4 Diane Celnikier	W67	NSWMA	16.60		2.2	13.13	81.09%
	5 Donna Clarke	W69	VMA	17.20		2.2	13.37	79.60%

[Return to Table of Contents](#)

EVENT		ATHLETE	AGE	TEAM	PERF	Q/h	WIND	2023 AG	AG %
W70 100m	6	Antoinette Woodward	W66	NSWMA	17.41		2.2	13.88	76.67%
	7	Karen Douglas	W65	QMA	17.88		2.2	14.38	74.03%
W75 100m	1	Carol Davis	W72	QMA	16.30	0.9	12.35	86.20%	
	2	Lyn Peake	W73	SAMA	16.38	0.9	12.30	86.52%	
	3	Robyn Rex	W72	NSWMA	20.26	0.9	15.35	69.35%	
W80 100m	1	Marge Allison	W78	QMA	17.29	4.1	12.43	85.66%	
		Chris Waring	W79	NZL	18.02	4.1	12.82	83.00%	
	2	Brenda Painter	W78	MAWA	23.38	4.1	16.80	63.35%	
W85 100m	1	Suzanne Westbrook	W81	TMA	21.84	4.1	15.21	70.00%	
	1	Miriam Cudmore	W85	SAMA	19.81	4.1	13.06	81.50%	
W95 100m	2	Kathleen Cook	W85	NSWMA	19.91	4.1	13.13	81.09%	
	1	Heather Lee	W96	NSWMA	41.85	4.1	21.54	49.42%	
W100 100m	1	Winnifred Newall	W100	NSWMA	41.71	4.1	18.62	57.14%	

200m Prelims

M30 200m Prelims									
1	Ryan Ilett	M30	NSWMA	22.19	Q	-0.5	22.19	86.48%	
2	Lachlan Parry	M31	NSWMA	23.98	Q	1.9	23.98	80.03%	
3	Shakti Rathore	M30	NSWMA	22.50	Q	-0.5	22.50	85.29%	
4	Kenneth Vuong	M32	NSWMA	24.00	Q	1.9	23.96	80.11%	
5	Matthew Sommers	M32	NSWMA	24.33	Q	1.9	24.29	79.02%	
6	Matthew Brunt	M31	NSWMA	24.58	Q	-0.5	24.58	78.07%	
7	George Ockert	M30	NSWMA	25.89	q	1.9	25.89	74.12%	
8	Andrew Close T12	M33	VMA	29.74	q	-0.5	29.50	65.07%	
9	Tim D'Abrorea T20/01	M31	ACTMA	31.87		1.9	31.87	60.21%	
M45 200m Prelims									
1	Alan Sharp-Paul	M45	TMA	25.39	Q	-1.3	23.31	82.34%	
2	Graham Scully	M49	QMA	26.01	Q	0.8	23.26	82.51%	
3	David Diep	M45	NSWMA	25.59	Q	-1.3	23.49	81.70%	
4	David Turner	M46	NSWMA	26.09	Q	0.8	23.80	80.65%	
5	Adrian See	M47	NSWMA	26.40	Q	0.8	23.92	80.23%	
6	Matthew Newton	M49	NSWMA	26.63	Q	-1.3	23.82	80.59%	
7	Rene Doel	M47	QMA	27.43	q	-1.3	24.86	77.22%	
8	Andy Lee	M47	NSWMA	28.38	q	-1.3	25.72	74.63%	
9	Mark Calleja	M47	QMA	28.42	q	0.8	25.75	74.53%	
10	Daniel Diaz	M49	NSWMA	29.58		0.8	26.46	72.55%	
11	Benny Dalton	M48	NSWMA	30.98		-1.3	27.89	68.82%	
M50 200m Prelims									
1	Stewart Dobrzynski	M52	VMA	25.51	Q	-1.0	22.37	85.81%	
2	Andrew Wilcox	M54	VMA	25.86	Q	-1.9	22.38	85.77%	
3	Albert Jamae	M51	SAMA	26.55	Q	-1.0	23.44	81.90%	
4	Krzysztof (Kris) Wardecki	M54	NSWMA	26.63	Q	-1.9	23.05	83.29%	
5	Scott Dorset	M53	GBR	26.95	Q	-1.0	23.48	81.76%	

[Return to Table of Contents](#)

EVENT	ATHLETE	AGE	TEAM	PERF	Q/h	WIND	2023 AG	AG %
M55 200m Prelims	6 Vince Musolino	M51	SAMA	27.70	Q	-1.9	24.45	78.50%
	7 Paul Buckley	M54	TMA	27.09	q	-1.0	23.44	81.87%
	8 Mark Giglio	M50	VMA	27.17	q	-1.0	24.14	79.51%
	9 Antony Langdon	M54	VMA	28.13	q	-1.9	24.34	78.85%
	10 Jim Hotait	M50	NSWMA	29.29		-1.0	26.02	73.76%
	11 Navid Rashid	M53	VMA	31.40		-1.9	27.35	70.17%
M60 200m Prelims								
W40 200m Prelims	1 Robert Hanna	M55	NZL	24.99	Q	-0.2	21.48	89.35%
	2 Grant Hodges	M57	NZL	26.37	Q	-0.7	22.37	85.82%
	3 Andrew Drummond	M55	VMA	26.51	Q	-0.2	22.79	84.23%
	4 Fabio Di Giandomenico	M59	QMA	26.80	Q	-0.7	22.43	85.57%
	5 Christopher Brack	M57	QMA	26.80	Q	-0.2	22.73	84.44%
	6 Brett Reid	M59	NSWMA	26.89	Q	-0.7	22.51	85.28%
	7 Peter Biggs	M58	SAMA	27.02	q	-0.2	22.77	84.31%
	8 Matthew Lynch	M56	NSWMA	27.61	q	-0.7	23.58	81.41%
	9 Colin Clarson	M59	NSWMA	29.65	q	-0.7	24.82	77.34%
	10 Dean Taylor	M59	NSWMA	31.17		-0.7	26.09	73.57%
200m Finals								
M30 200m								
M30 200m	1 Shakti Rathore	M30	NSWMA	22.06		0.8	22.06	86.99%
	2 Lachlan Parry	M31	NSWMA	22.70		0.8	22.70	84.54%
	3 Kenneth Vuong	M32	NSWMA	22.95		0.8	22.91	83.78%
	4 Matthew Sommers	M32	NSWMA	24.23		0.8	24.19	79.35%
	5 Matthew Brunt	M31	NSWMA	24.46		0.8	24.46	78.45%
	6 Andrew Close T12	M33	VMA	30.58		0.8	30.33	63.28%

[Return to Table of Contents](#)

EVENT	ATHLETE	AGE	TEAM	PERF	Q/h	WIND	2023 AG	AG %
M35 200m								
	1 Tim Bradford	M37	NSWMA	23.21		-0.1	22.44	85.53%
	2 Joe Godsell	M39	SAMA	24.46		-0.1	23.35	82.21%
	3 Shaun Taylor	M37	VMA	24.87		-0.1	24.05	79.82%
	4 Ahmed Dridi	M36	VMA	25.16		-0.1	24.48	78.40%
	5 Francis Iglewski	M36	ACTMA	29.57		-0.1	28.77	66.70%
M40 200m								
	1 Steve Blacker	M44	NSWMA	24.33		1.1	22.48	85.37%
	2 Daniel Sumpton	M41	NSWMA	24.70		1.1	23.27	82.47%
	3 Clayton Newham	M42	NSWMA	25.16		1.1	23.55	81.49%
	4 Sugumar Ganesan	M44	NSWMA	27.26		1.1	25.19	76.19%
	5 Randeep Grewal	M40	NSWMA	27.41		1.1	26.00	73.84%
	6 David Greening	M41	VMA	34.43		1.1	32.44	59.16%
	7 Jonathan Lewis	M42	NSWMA	36.32		1.1	34.00	56.45%
	-- Jay Stone	M43	NSWMA	DNF		1.1		
M45 200m								
	1 Adrian See	M47	NSWMA	23.59		0.8	21.38	89.79%
	2 Alan Sharp-Paul	M45	TMA	23.87		0.8	21.92	87.58%
	3 Graham Scully	M49	QMA	23.93		0.8	21.40	89.68%
	4 David Diep	M45	NSWMA	24.59		0.8	22.58	85.02%
	5 David Turner	M46	NSWMA	25.33		0.8	23.11	83.07%
	6 Matthew Newton	M49	NSWMA	26.40		0.8	23.61	81.29%
	7 Mark Calleja	M47	QMA	27.58		0.8	24.99	76.80%
	-- Rene Doel	M47	QMA	DQ	17.3.1	0.8		
M50 200m								
	1 Stewart Dobrzynski	M52	VMA	24.26		-0.2	21.27	90.23%
	2 Andrew Wilcox	M54	VMA	24.76		-0.2	21.43	89.58%
	3 Mark Giglio	M50	VMA	25.14		-0.2	22.34	85.93%
	4 Krzysztof (Kris) Wardecki	M54	NSWMA	25.40		-0.2	21.98	87.32%
	5 Vince Musolino	M51	SAMA	25.41		-0.2	22.43	85.58%
	6 Albert Jamae	M51	SAMA	25.74		-0.2	22.72	84.48%
	Scott Dorset	M53	GBR	26.51		-0.2	23.09	83.12%
	7 Paul Buckley	M54	TMA	27.30		-0.2	23.62	81.24%
	8 Antony Langdon	M54	VMA	28.39		-0.2	24.57	78.13%
M55 200m								
	1 Christopher Brack	M57	QMA	24.38		-0.4	20.68	92.82%
	Robert Hanna	M55	NZL	25.07		-0.4	21.55	89.07%
	2 Fabio Di Giandomenico	M59	QMA	25.66		-0.4	21.48	89.37%
	3 Andrew Drummond	M55	VMA	26.10		-0.4	22.44	85.55%
	4 Brett Reid	M59	NSWMA	26.41		-0.4	22.10	86.83%
	5 Peter Biggs	M58	SAMA	26.90		-0.4	22.67	84.68%
	6 Matthew Lynch	M56	NSWMA	27.54		-0.4	23.52	81.62%
	-- Grant Hodges	M57	NZL	DNF		-0.4		
M60 200m								
	1 Darren Hughes	M60	NSWMA	26.05		1.1	21.66	88.63%
	2 Craig Parker	M62	QMA	26.53		1.1	21.76	88.21%
	3 Paul Foster	M61	VMA	26.87		1.1	22.19	86.50%
	4 Trevor Young	M64	NSWMA	27.06		1.1	21.90	87.66%
	5 Andrew Millerd	M60	QMA	27.43		1.1	22.80	84.17%

[Return to Table of Contents](#)

EVENT	ATHLETE	AGE	TEAM	PERF	Q/h	WIND	2023 AG	AG %
M65 200m	6 Todd Devery	M62	NSWMA	27.6		1.1	22.64	84.79%
	-- Bruce Solomon	M60	NZL	DNF		1.1		
	1 David Shearsby	M66	NSWMA	27.32		1.2	21.81	88.02%
	2 Andrew Watts	M67	VMA	27.87		1.2	22.09	86.87%
	Graeme Armstrong	M66	GBR	28.27		1.2	22.56	85.06%
	3 Joe Begley	M69	QMA	29.35		1.2	22.95	83.63%
	4 Tony Brown	M66	NSWMA	29.98		1.2	23.93	80.21%
M70 200m	5 Gav Capon	M65	QMA	30.33		1.2	24.38	78.74%
	6 Karel Kratochvil	M66	NSWMA	31.06		1.2	24.79	77.42%
	1 John Lamb	M73	NSWMA	29.22		NWI	22.23	86.36%
	2 Hans van Bavel	M73	SAMA	30.21		NWI	22.98	83.53%
	3 Mike Clapper	M70	VMA	30.22		NWI	23.47	81.79%
	4 Michael Byrne	M71	MAWA	30.23		NWI	23.32	82.32%
	Norman Cornwell	M73	USA	30.63		NWI	23.30	82.38%
M75 200m	1 David Donnelley	M79	NSWMA	33.03		NWI	23.95	80.15%
	2 Stephen Dixon	M76	QMA	36.69		NWI	27.33	70.23%
	3 Richard Dunstan	M76	QMA	50.24		NWI	37.42	51.29%
M80 200m	1 Pio Bunin	M81	QMA	36.96		NWI	26.18	73.30%
	2 Bob Schickert	M81	MAWA	44.47		NWI	31.50	60.92%
	1 Lloyd Gledhill	M85	NSWMA	41.51		1.5	27.69	69.32%
M85 200m	2 Allan Wood	M85	VMA	44.59		1.5	29.74	64.53%
	1 David Carr	M90	MAWA	43.55		1.5	26.13	73.46%
	2 Colin Silcock-Delaney	M90	VMA	1:15.08		1.5	45.04	42.61%
W30 200m	1 Loreen Kaliyati	W31	QMA	26.63		-0.8	26.63	81.22%
	2 Sarah de Vries	W30	NSWMA	26.74		-0.8	26.74	80.89%
	3 Jane Wilcox	W33	NSWMA	30.53		-0.8	30.53	70.85%
	4 Rosie Iglewski	W31	ACTMA	31.57		-0.8	31.57	68.51%
W35 200m	1 Ramona Casey	W39	NSWMA	25.62		0.8	25.27	85.60%
	2 Belinda Faulks	W37	QMA	27.38		0.8	27.38	79.00%
	3 Claire Munsie	W38	QMA	27.80		0.8	27.64	78.28%
	4 Victoria Hampshire	W38	NSWMA	28.71		0.8	28.54	75.80%
	5 Loretta Norris	W37	NSWMA	28.89		0.8	28.89	74.87%
W40 200m	1 Erin Smart	W40	NSWMA	25.51		2.4	24.97	86.64%
	2 Rebekah Power	W44	NSWMA	25.96		2.4	24.63	87.84%
	=3 Belinda Vermey	W41	NSWMA	27.50		2.4	26.71	80.99%
	=3 Yael Reed	W40	NSWMA	27.50		2.4	26.92	80.37%
	5 Tanja Arienzale	W40	NSWMA	27.72		2.4	27.13	79.73%

[Return to Table of Contents](#)

EVENT	ATHLETE	AGE	TEAM	PERF	Q/h	WIND	2023 AG	AG %
W45 200m	6 Lesley White	W40	NSWMA	28.04		2.4	27.45	78.82%
	7 Charlotte Gerner	W42	SAMA	29.37		2.4	28.31	76.43%
	8 Kathryn Jones	W42	NSWMA	30.80		2.4	29.68	72.88%
	9 Mel Esau	W40	QMA	31.21		2.4	30.55	70.81%
	1 Lisa Quinn	W45	NSWMA	26.03		1.5	24.50	88.30%
	2 Renee Briffa	W48	QMA	26.46		1.5	24.32	88.97%
	3 Nicole McHenry	W48	NSWMA	28.02		1.5	25.75	84.02%
	4 Jenni Cotter	W48	SAMA	28.38		1.5	26.08	82.95%
W50 200m	Vanessa Story	W48	NZL	28.59		1.5	26.27	82.34%
	5 Kim Constable	W45	NSWMA	29.64		1.5	27.90	77.54%
	6 Teng Yin Goh	W45	ACTMA	31.28		1.5	29.44	73.48%
	7 Wendy Smith	W49	VMA	32.93		1.5	30.02	72.07%
	1 Lee-Anne Nelson	W51	QMA	27.56		1.0	24.72	87.53%
	2 Richelle Ingram	W53	ACTMA	29.28		1.0	25.83	83.77%
	3 Jennifer Parker	W54	MAWA	31.04		1.0	27.15	79.68%
	1 Julie Brims	W57	QMA	26.33		1.9	22.46	96.34%
W55 200m	2 Vicki Townsend	W58	ACTMA	29.65		1.9	25.07	86.29%
	3 Gianna Mogentale	W59	NSWMA	29.99		1.9	25.14	86.05%
	4 Tamara Paterson	W56	QMA	31.54		1.9	27.13	79.74%
	5 Lisa Harrison	W56	NSWMA	32.78		1.9	28.20	76.73%
	6 Karen Lakin	W59	QMA	33.16		1.9	27.80	77.82%
	7 Bronwyn Kelaher	W57	NSWMA	36.21		1.9	30.88	70.05%
	8 Sabin Orchard-Simonides	W56	SAMA	37.32		1.9	32.10	67.39%
	1 Julie Forster	W61	NSWMA	29.43		1.9	24.25	89.23%
W60 200m	2 Sue Turner	W62	SAMA	30.27		1.9	24.72	87.52%
	3 Jenny Schell	W60	NSWMA	32.86		1.9	27.31	79.22%
	4 Sue Cassidy	W61	SAMA	34.17		1.9	28.15	76.85%
	5 Rina Flynn	W60	NSWMA	34.35		1.9	28.55	75.78%
	6 Robyn Suttor	W64	NSWMA	34.39		1.9	27.59	78.40%
	7 Chris (Christine) Lamb	W64	NSWMA	35.17		1.9	28.22	76.67%
	8 Maggie Armstrong	W60	VMA	35.86		1.9	29.80	72.59%
	1 Christine Bridle	W65	VMA	33.41		0.6	26.57	81.44%
W65 200m	2 Linda McDowell	W65	NSWMA	34.02		0.6	27.05	79.98%
	3 Marlene Reid	W68	ACTMA	34.22		0.6	26.48	81.71%
	4 Donna Clarke	W69	VMA	35.45		0.6	27.18	79.60%
	5 Diane Celnikier	W67	NSWMA	36.65		0.6	28.62	75.60%
	6 Antoinette Woodward	W66	NSWMA	37.13		0.6	29.26	73.94%
	7 Karen Douglas	W65	QMA	37.20		0.6	29.58	73.14%
	1 Carol Davis	W72	QMA	33.89		0.4	25.26	85.64%
W70 200m	2 Lyn Peake	W73	SAMA	34.82		0.4	25.71	84.15%
	Tui Ashe	W72	NZL	38.90		0.4	29.00	74.61%
	3 Paula Moorhouse	W74	QMA	38.94		0.4	28.48	75.97%
W75 200m								

[Return to Table of Contents](#)

EVENT		ATHLETE	AGE	TEAM	PERF	Q/h	WIND	2023 AG	AG %
W80 200m	1	Marge Allison	W78	QMA	37.01		-1.0	26.03	83.11%
		Chris Waring	W79	NZL	39.29		-1.0	27.34	79.14%
W85 200m	1	Anne Lang	W80	SAMA	43.55		-1.0	29.95	72.24%
	2	Suzanne Westbrook	W81	TMA	46.86		-1.0	31.81	68.01%
	1	Miriam Cudmore	W85	SAMA	43.38		-1.0	27.66	78.23%

400m

M30 400m	1	Oscar Bradley	M32	NSWMA	54.41		54.41	79.08%
	2	Kai Brookes	M33	NSWMA	56.92		56.64	75.98%
M35 400m	1	Leigh Bennett	M36	ACTMA	49.50		48.32	89.06%
	2	Tim Bradford	M37	NSWMA	52.58		51.00	84.38%
	3	Ahmed Dridi	M36	VMA	55.50		54.18	79.43%
M40 400m	1	Nick Fuller	M41	NSWMA	53.38		50.45	85.29%
	2	Hugh van Cuylenburg	M42	VMA	53.61		50.34	85.48%
	3	Daniel Mellish	M44	QMA	55.05		51.03	84.33%
	4	William Harding	M41	TMA	56.30		53.21	80.87%
	5	Randeep Grewal	M40	NSWMA	1:02.43		59.39	72.45%
M45 400m	1	Nathan Crowley	M49	VMA	51.47		46.17	93.21%
	2	Adrian See	M47	NSWMA	51.66		46.95	91.65%
	3	Paul Mierisch	M46	VMA	53.22		48.69	88.38%
	4	Don Sanka	M45	QMA	53.75		49.50	86.94%
	5	Choo Tan	M48	NSWMA	54.48		49.19	87.49%
	6	Graham Scully	M49	QMA	54.67		49.04	87.76%
M50 400m	1	Andrew Wilcox	M54	VMA	55.29		47.96	89.72%
	2	Albert Jamae	M51	SAMA	56.90		50.36	85.45%
	3	Lawrence Demasi	M50	NSWMA	57.36		51.11	84.20%
	4	Krzysztof (Kris) Wardecki	M54	NSWMA	57.87		50.20	85.72%
	5	Vikas Sharma	M51	NSWMA	1:02.19		55.04	78.18%
	6	Grant Foley	M50	NSWMA	1:02.32		55.53	77.50%
	7	Antony Langdon	M54	VMA	1:03.24		54.86	78.44%
	8	Chris Greatrex	M54	NSWMA	1:04.37		55.84	77.07%
	9	Navid Rashid	M53	VMA	1:08.26		59.62	72.18%
M55 400m	1	Christopher Brack	M57	QMA	54.58		46.40	92.74%
		Robert Hanna	M55	NZL	55.61		47.92	89.81%
	2	Andrew Drummond	M55	VMA	57.16		49.25	87.37%

[Return to Table of Contents](#)

EVENT	ATHLETE	AGE	TEAM	PERF	Q/h	WIND	2023 AG	AG %
M60 400m	3 Uwe Pufke	M56	MAWA	58.68			50.22	85.69%
	4 Adrian Williams	M55	NSWMA	59.52			51.29	83.91%
	5 Richard Dawe	M55	VMA	59.90			51.61	83.38%
	6 Peter Starr	M57	NSWMA	1:03.06			53.61	80.27%
	7 Stuart Maxwell	M55	NSWMA	1:03.90			55.06	78.16%
	8 Colin Clarson	M59	NSWMA	1:05.59			55.01	78.23%
	1 Trevor Young	M64	NSWMA	1:00.36			48.91	87.98%
	2 Todd Devery	M62	NSWMA	1:00.89			50.03	86.02%
M65 400m	3 Andrew Millerd	M60	QMA	1:00.99			50.80	84.71%
	4 Barry Moore	M60	NSWMA	1:02.08			51.71	83.22%
	Pete Cameron	M62	NZL	1:03.22			51.94	82.85%
	5 Jacques Maniacara	M62	MAWA	1:13.51			1:00.39	71.26%
	1 Robert Mayston	M65	VMA	57.39			46.19	93.18%
	2 Campbell Till	M65	MAWA	1:01.88			49.80	86.41%
M70 400m	3 Andrew Watts	M67	VMA	1:02.94			49.95	86.16%
	4 Tony Brown	M66	NSWMA	1:06.39			53.06	81.11%
	5 Robert Gunningham	M69	QMA	1:18.26			1:01.24	70.27%
	1 John Lamb	M73	NSWMA	1:06.17			50.21	85.70%
	2 Michael Byrne	M71	MAWA	1:07.70			52.24	82.38%
M75 400m	3 Mike Clapper	M70	VMA	1:08.50			53.23	80.85%
	4 John Cooper	M70	VMA	1:13.71			57.28	75.13%
	1 John Gordon	M75	NSWMA	1:16.00			56.55	76.10%
	2 Kerry Calderbank	M75	NSWMA	1:20.53			59.92	71.82%
M80 400m	3 Dieter Lacko	M75	QMA	1:20.99			1:00.26	71.41%
	4 Stephen Dixon	M76	QMA	1:25.47			1:02.88	68.43%
	1 Pio Bunin	M81	QMA	1:35.80			1:05.71	65.49%
	1 Lloyd Gledhill	M85	NSWMA	1:42.59			1:05.25	65.95%
M90 400m	1 David Carr	M90	MAWA	1:43.54			58.08	74.09%
	2 Colin Silcock-Delaney	M90	VMA	2:52.62			1:36.82	44.44%
W30 400m	1 Loreen Kaliyati	W31	QMA	1:02.40			1:02.40	77.15%
	2 Sarah de Vries	W30	NSWMA	1:02.65			1:02.65	76.84%
	3 Samantha Flinn	W33	NSWMA	1:09.02			1:08.43	70.35%
	1 Lauren McAdam	W36	QMA	59.80			58.11	82.85%
W35 400m	2 Belinda Faulks	W37	QMA	1:02.24			1:00.05	80.17%
	3 Claire Munsie	W38	QMA	1:04.02			1:01.33	78.49%
	4 Victoria Hampshire	W38	NSWMA	1:05.86			1:03.09	76.30%
	5 Loretta Norris	W37	NSWMA	1:06.07			1:03.74	75.52%

[Return to Table of Contents](#)

EVENT	ATHLETE	AGE	TEAM	PERF	Q/h	WIND	2023 AG	AG %
	6 Sarah Eyears	W35	NSWMA	1:08.55			1:07.06	71.78%
W40 400m	1 Erin Smart	W40	NSWMA	58.17		54.92	87.66%	
	2 Rebekah Power	W44	NSWMA	1:00.70		55.59	86.61%	
	3 Lesley White	W40	NSWMA	1:01.92		58.46	82.35%	
	4 Gillian Kehoe	W42	QMA	1:06.91		1:02.23	77.36%	
	5 Charlotte Gerner	W42	SAMA	1:10.06		1:05.16	73.88%	
	6 Mel Esau	W40	QMA	1:11.70		1:07.69	71.12%	
W45 400m	1 Renee Briffa	W48	QMA	1:01.10		54.15	88.91%	
	2 Sharon Davis	W49	MAWA	1:03.46		55.77	86.33%	
	Vanessa Story	W48	NZL	1:04.00		56.72	84.88%	
	3 Teng Yin Goh	W45	ACTMA	1:12.08		1:05.48	73.52%	
	4 Vicky Parratt	W45	NSWMA	1:15.63		1:08.70	70.07%	
	5 Wendy Smith	W49	VMA	1:17.49		1:08.09	70.70%	
W50 400m	1 Lee-Anne Nelson	W51	QMA	59.91		51.74	93.06%	
	2 Nicky Kelly	W50	NSWMA	1:07.68		58.96	81.65%	
	3 Jenny Enderby	W54	NSWMA	1:08.96		57.95	83.08%	
	4 Jennifer Parker	W54	MAWA	1:09.56		58.46	82.36%	
	5 Peta Dunne	W51	QMA	1:12.63		1:02.72	76.76%	
	1 Sue Coate	W56	MAWA	1:08.25		56.28	85.55%	
W55 400m	2 Gianna Mogentale	W59	NSWMA	1:11.72		57.42	83.85%	
	Dale McMillan	W55	NZL	1:11.96		59.90	80.37%	
	3 Lisa Harrison	W56	NSWMA	1:13.61		1:00.69	79.32%	
	4 Tamara Paterson	W56	QMA	1:15.59		1:02.32	77.24%	
	5 Karen Lakin	W59	QMA	1:18.51		1:02.85	76.60%	
	Karen Hulena	W59	NZL	1:24.34		1:07.51	71.30%	
W60 400m	1 Sarah Chinner	W60	SAMA	1:12.08		57.12	84.28%	
	2 Deborah Drennan	W64	NSWMA	1:13.67		55.95	86.05%	
	3 Rina Flynn	W60	NSWMA	1:20.17		1:03.53	75.78%	
	4 Maggie Armstrong	W60	VMA	1:22.86		1:05.66	73.32%	
	1 Linda McDowell	W65	NSWMA	1:21.25		1:01.02	78.89%	
	2 Marlene Reid	W68	ACTMA	1:22.72		1:00.02	80.20%	
W65 400m	3 Carol Bowman	W68	MAWA	1:33.29		1:07.69	71.12%	
	4 Trish Stallard	W65	NSWMA	1:38.81		1:14.21	64.87%	
	1 Carol Davis	W72	QMA	1:23.98		58.04	82.94%	
	2 Paula Moorhouse	W74	QMA	1:33.77		1:03.15	76.23%	
W75 400m	Chris Waring	W79	NZL	1:41.20		1:03.30	76.05%	
	1 Irene Davey	W75	QMA	1:51.25		1:13.95	65.10%	
W80 400m	1 Anne Lang	W80	SAMA	1:40.32		1:01.68	78.05%	
	2 Suzanne Westbrook	W81	TMA	1:48.95		1:05.77	73.19%	

[Return to Table of Contents](#)

EVENT	ATHLETE	AGE	TEAM	PERF	Q/h	WIND	2023 AG	AG %
800m								
M30 800m								
	1 Matthew Joyce	M33	NSWMA	2:02.3	h		2:02.30	82.51%
	2 Christopher Davis	M32	QMA	2:14.7	h		2:14.70	74.91%
	3 Tim D'Abraera T20/01	M31	ACTMA	3:52.5	h		3:52.50	43.40%
M35 800m								
	1 Mitchell Williamson	M36	NSWMA	2:02.9	h		2:01.51	83.05%
	2 Nathan Davies	M39	VMA	2:07.0	h		2:02.63	82.29%
	3 Josh Thompson	M39	QMA	2:11.9	h		2:07.36	79.23%
	4 Harkirat Singh	M36	NSWMA	2:39.3	h		2:37.50	64.07%
M40 800m								
	1 Mark Stodden	M43	VMA	2:02.5	h		1:54.59	88.06%
	2 Daniel Mellish	M44	QMA	2:04.0	h		1:55.06	87.70%
	3 William Harding	M41	TMA	2:09.0	h		2:02.60	82.31%
	4 Anthony Downs	M42	NSWMA	2:17.1	h		2:09.24	78.08%
	5 Randeep Grewal	M40	NSWMA	2:37.6	h		2:30.98	66.84%
M45 800m								
	1 Nathan Crowley	M49	VMA	1:59.3	h		1:46.34	94.89%
	2 Brett Halls	M45	NSWMA	2:03.2	h		1:53.41	88.98%
	3 Antony Van Eeten	M48	VMA	2:12.1	h		1:58.71	85.01%
	4 David Styles	M46	VMA	2:12.9	h		2:01.36	83.15%
	5 Chamkaur Dhaliwal	M49	NSWMA	2:13.6	h		1:59.09	84.73%
	6 Choo Tan	M48	NSWMA	2:15.7	h		2:01.94	82.75%
	7 Justin Rule	M47	QMA	2:19.7	h		2:06.55	79.74%
	8 Michael Doggett	M49	NSWMA	2:30.1	h		2:13.80	75.42%
	=9 Andrew Sims	M48	NSWMA	2:36.7	h		2:20.81	71.66%
	=9 Dave Palmer	M46	VMA	2:36.7	h		2:23.10	70.52%
M50 800m								
	1 James McEniry	M52	VMA	2:06.7	h		1:50.23	91.55%
	2 Daniel Smeel	M51	TMA	2:07.7	h		1:52.01	90.09%
	3 Simon Rintel	M53	NSWMA	2:08.5	h		1:50.88	91.01%
	4 Craig Sanford	M54	VMA	2:09.0	h		1:50.41	91.39%
	5 Andy Cross	M50	NSWMA	2:11.3	h		1:56.10	86.92%
	6 Lawrence Demasi	M50	NSWMA	2:19.3	h		2:03.17	81.93%
	7 Andrew Brooker	M54	MAWA	2:21.3	h		2:00.94	83.44%
	8 Nathan Shute	M50	NSWMA	2:23.0	h		2:06.44	79.81%
	9 Mike Everett	M50	NSWMA	2:23.3	h		2:06.71	79.64%
	10 Dani Andres	M52	NSWMA	2:25.0	h		2:06.15	79.99%
	11 Grant Foley	M50	NSWMA	2:26.2	h		2:09.27	78.06%
	12 Vikas Sharma	M51	NSWMA	2:34.6	h		2:15.60	74.42%
	13 Navid Rashid	M53	VMA	3:03.3	h		2:38.17	63.80%
	14 Kel Walker	M54	NSWMA	3:09.3	h		2:42.02	62.28%
M55 800m								
	1 Peter Link	M55	QMA	2:15.1	h		1:54.69	87.99%
	2 Richard Dawe	M55	VMA	2:16.2	h		1:55.62	87.28%
	3 Ken Wilson	M56	NSWMA	2:17.3	h		1:55.61	87.29%
	4 Uwe Pufke	M56	MAWA	2:18.4	h		1:56.53	86.59%
	5 Peter Starr	M57	NSWMA	2:29.8	h		2:05.10	80.66%

[Return to Table of Contents](#)

EVENT		ATHLETE	AGE	TEAM	PERF	Q/h	WIND	2023 AG	AG %
M60 800m	6	Colin Clarson	M59	NSWMA	2:42.0	h		2:13.07	75.83%
	1	Craig Downie	M61	TMA	2:19.6	h		1:52.78	89.47%
		Pete Cameron	M62	NZL	2:20.1	h		1:52.25	89.90%
	2	Mark Lepper	M61	QMA	2:23.3	h		1:55.77	87.16%
	3	Barry Moore	M60	NSWMA	2:26.1	h		1:59.03	84.78%
	4	Brad Sharpe	M62	NSWMA	2:32.5	h		2:02.18	82.59%
	5	Ron Ross	M64	NSWMA	2:34.4	h		2:01.67	82.94%
	6	Mark Dawson	M62	MAWA	2:43.7	h		2:11.16	76.94%
M65 800m	7	Jacques Maniacara	M62	MAWA	3:03.3	h		2:26.86	68.71%
	1	Peter Dooley	M65	NSWMA	2:33.0	h		1:59.55	84.41%
	2	Ian Cameron	M69	QMA	2:33.9	h		1:56.26	86.80%
	3	Grahham Durant	M68	QMA	2:38.2	h		2:00.53	83.72%
	4	Robert Gunningham	M69	QMA	2:40.4	h		2:01.17	83.28%
	5	Peter Hutton	M66	NSWMA	2:41.0	h		2:04.74	80.89%
	6	Tony Brown	M66	NSWMA	2:47.4	h		2:09.70	77.80%
M70 800m									
	1	Michael Byrne	M71	MAWA	2:46.1	h		2:03.36	81.80%
	2	Allan Mayfield	M74	SAMA	2:47.9	h		2:01.53	83.04%
	3	John Cooper	M70	VMA	2:48.7	h		2:06.36	79.86%
	4	Harsharn Singh Grewal	M70	NSWMA	2:58.2	h		2:13.47	75.60%
		David Lobb	M71	CKISL	3:29.1	h		2:35.30	64.98%
M75 800m									
	1	Kevin Solomon	M75	VMA	2:57.9	h		2:07.54	79.12%
	2	Noel Wright	M76	NSWMA	3:12.3	h		2:16.44	73.96%
	3	Robbie Costmeyer	M76	ACTMA	3:18.9	h		2:21.12	71.51%
	4	Stephen Dixon	M76	QMA	3:21.8	h		2:23.18	70.48%
M80 800m	5	Dieter Lacko	M75	QMA	3:24.6	h		2:26.68	68.80%
	1	James Harrison	M81	NSWMA	3:26.5	h		2:16.97	73.67%
M85 800m									
	1	Morland Smith	M85	MAWA	4:36.7	h		2:50.34	59.24%
M90 800m									
	1	David Carr	M90	MAWA	4:10.9	h		2:16.11	74.14%
	2	Colin Silcock-Delaney	M90	VMA	6:37.5	h		3:35.64	46.79%
W30 800m									
	1	Ramneet Kaur	W34	NSWMA	2:54.8	h		2:54.80	65.22%
	2	Amritpal Kaur	W32	NSWMA	3:07.3	h		3:07.30	60.87%
W35 800m									
	1	Kathryn Herbert	W36	NSWMA	2:29.8	h		2:27.66	77.21%
	2	Loretta Norris	W37	NSWMA	2:36.0	h		2:32.63	74.70%
W40 800m	3	Sarah Eyears	W35	NSWMA	2:48.5	h		2:47.30	68.15%
	1	Lesley White	W40	NSWMA	2:27.0	h		2:20.58	81.10%
	2	Gillian Kehoe	W42	QMA	2:36.1	h		2:26.97	77.57%
	3	Bianca Keehn	W40	NSWMA	3:29.2	h		3:20.06	56.99%

[Return to Table of Contents](#)

EVENT	ATHLETE	AGE	TEAM	PERF	Q/h	WIND	2023 AG	AG %
W45 800m								
	1 Evette Cordy	W49	VMA	2:19.9	h		2:04.37	91.67%
	2 Sharon Davis	W49	MAWA	2:21.0	h		2:05.35	90.95%
	3 Kriszta Kovacs	W49	NSWMA	2:24.1	h		2:08.10	89.00%
	Vanessa Story	W48	NZL	2:30.1	h		2:14.58	84.72%
	4 Vicky Parratt	W45	NSWMA	2:50.6	h		2:36.82	72.70%
W50 800m								
	1 Lee-Anne Nelson	W51	QMA	2:25.5	h		2:07.14	89.67%
	2 Charlotte Middleton	W53	NSWMA	2:30.3	h		2:09.03	88.36%
	3 Anna Smee	W50	TMA	2:33.2	h		2:15.03	84.43%
	4 Nicky Kelly	W50	NSWMA	2:36.5	h		2:17.94	82.65%
	5 Peta Dunne	W51	QMA	2:42.4	h		2:21.91	80.34%
	6 Jenny Enderby	W54	NSWMA	2:43.2	h		2:18.87	82.10%
	7 Heidi Storer	W52	QMA	2:51.0	h		2:28.12	76.97%
	8 Kelly Gurski	W53	QMA	3:04.5	h		2:38.39	71.98%
W55 800m								
	1 Gianna Mogentale	W59	NSWMA	2:44.0	h		2:13.20	85.59%
	Meghann Stewart	W58	NZL	2:48.1	h		2:17.84	82.71%
	2 Sue Coate	W56	MAWA	2:49.7	h		2:21.78	80.41%
	3 Lisa Harrison	W56	NSWMA	2:51.2	h		2:23.04	79.71%
	4 Miwa Kolb	W55	QMA	2:53.2	h		2:26.04	78.07%
	5 Sally Hunt	W59	NSWMA	3:05.0	h		2:30.26	75.88%
	6 Sabin Orchard-Simonides	W56	SAMA	3:53.1	h		3:14.76	58.54%
	7 April Carlin	W56	ACTMA	3:53.5	h		3:15.09	58.44%
W60 800m								
	1 Sarah Chinner	W60	SAMA	2:37.6	h		2:06.77	89.93%
	2 Deborah Drennan	W64	NSWMA	2:52.2	h		2:13.11	85.65%
	3 Susan Thornton	W61	QMA	2:56.4	h		2:20.52	81.13%
	4 Kerryn Walshe	W61	VMA	2:58.1	h		2:21.87	80.36%
	5 Vicky Gunn	W61	TMA	3:00.1	h		2:23.47	79.47%
	6 Margaret Kenny	W63	NSWMA	3:14.0	h		2:31.49	75.26%
	7 Maggie Armstrong	W60	VMA	3:17.1	h		2:38.55	71.91%
W65 800m								
	1 Helen Stanley	W67	VMA	3:12.0	h		2:23.87	79.25%
	2 Margaret Thomas	W66	NSWMA	3:15.9	h		2:28.34	76.86%
	3 Carol Bowman	W68	MAWA	4:05.5	h		3:02.01	62.64%
	4 Trish Stallard	W65	NSWMA	4:08.0	h		3:09.74	60.09%
W70 800m								
	1 Paula Moorhouse	W74	QMA	3:49.7	h		2:39.25	71.59%
W75 800m								
	1 Lavinia Petrie	W79	VMA	3:20.1	h		2:09.30	88.17%
	2 Irene Davey	W75	QMA	4:20.3	h		2:58.25	63.96%
	3 Kerry Bray	W78	NSWMA	4:32.6	h		2:58.96	63.71%
W80 800m								
	1 Anne Lang	W80	SAMA	4:00.2	h		2:32.62	74.70%
	2 Suzanne Westbrook	W81	TMA	4:22.5	h		2:43.83	69.59%
	3 Kay Gillis	W80	VMA	5:42.4	h		3:37.56	52.40%

[Return to Table of Contents](#)

EVENT	ATHLETE	AGE	TEAM	PERF	Q/h	WIND	2023 AG	AG %
1500m								
M30 1500m								
	1 Matthew Joyce	M33	NSWMA	4:16.9	h		4:16.21	80.40%
	2 Christopher Davis	M32	QMA	4:34.4	h		4:34.40	75.07%
M35 1500m								
	1 Mitchell Williamson	M36	NSWMA	4:15.2	h		4:09.74	82.49%
	2 Josh Thompson	M39	QMA	4:29.3	h		4:18.42	79.72%
	3 Jackie Luu	M35	NSWMA	5:13.0	h		5:08.27	66.82%
	4 Shane Clubb	M38	NSWMA	5:43.8	h		5:32.11	62.03%
M40 1500m								
	1 Mark Stodden	M43	VMA	4:18.6	h		4:01.48	85.31%
	2 William Harding	M41	TMA	4:31.0	h		4:16.58	80.29%
	3 Anthony Downs	M42	NSWMA	4:39.1	h		4:22.44	78.49%
	4 Sugumar Ganesan	M44	NSWMA	5:32.6	h		5:08.39	66.80%
M45 1500m								
	1 Brett Halls	M45	NSWMA	4:08.9	h		3:49.14	89.90%
	2 Nathan Crowley	M49	VMA	4:16.7	h		3:49.46	89.77%
	3 Antony Van Eeten	M48	VMA	4:26.5	h		4:00.01	85.83%
	4 Chamkaur Dhaliwal	M49	NSWMA	4:33.5	h		4:04.48	84.26%
	5 Grant McKay	M48	ACTMA	4:40.9	h		4:12.98	81.43%
	6 Justin Rule	M47	QMA	4:43.8	h		4:17.49	80.00%
	7 Tim Manuel	M47	NSWMA	4:45.7	h		4:19.22	79.47%
	8 Michael Doggett	M49	NSWMA	5:20.1	h		4:46.14	71.99%
	9 Dave Palmer	M46	VMA	5:21.7	h		4:54.03	70.06%
M50 1500m								
	1 Andy Cross	M50	NSWMA	4:19.9	h		3:50.56	89.35%
	2 Antonio Russo	M51	VMA	4:22.6	h		3:51.17	89.11%
	3 James Mason	M50	NSWMA	4:27.0	h		3:56.86	86.97%
	4 Daniel Smee	M51	TMA	4:34.7	h		4:01.82	85.19%
	5 Steve Rohan-Jones	M54	ACTMA	4:38.6	h		3:59.48	86.02%
	6 Dani Andres	M52	NSWMA	4:53.7	h		4:16.52	80.31%
	7 Nathan Shute	M50	NSWMA	5:02.5	h		4:28.35	76.77%
	-- James Jeffery	M51	NSWMA	DNF				
M55 1500m								
	1 Peter Link	M55	QMA	4:34.8	h		3:54.32	87.91%
	2 Robert Schwerkolt	M57	VMA	4:38.0	h		3:53.16	88.35%
	3 Ken Wilson	M56	NSWMA	4:45.3	h		4:01.28	85.38%
	4 Lindsay Scholle	M55	NSWMA	4:51.6	h		4:08.65	82.85%
	5 Stephen Paget	M56	NSWMA	5:10.7	h		4:22.76	78.40%
M60 1500m								
	1 Craig Downie	M61	TMA	4:49.2	h		3:54.34	87.91%
	2 Bruce Graham	M61	NSWMA	4:52.5	h		3:57.01	86.92%
	3 Mike Bieleny	M60	VMA	4:53.0	h		3:59.50	86.01%
	Pete Cameron	M62	NZL	4:54.9	h		3:56.83	86.98%
	4 Mark Dawson	M62	MAWA	5:58.6	h		4:47.99	71.53%
	5 Tim McFadden	M62	TMA	6:06.2	h		4:54.10	70.05%
M65 1500m								
	1 Ian Cameron	M69	QMA	5:03.2	h		3:48.01	90.35%
	2 Peter Hutton	M66	NSWMA	5:19.9	h		4:07.63	83.19%

[Return to Table of Contents](#)

EVENT	ATHLETE	AGE	TEAM	PERF	Q/h	WIND	2023 AG	AG %
M65 1500m	3 Peter Dooley	M65	NSWMA	5:26.7	h		4:15.28	80.69%
	4 Robert Gunningham	M69	QMA	5:28.4	h		4:06.96	83.42%
	5 Shane Greed	M67	QMA	5:33.6	h		4:15.80	80.53%
	6 Grahham Durant	M68	QMA	5:40.7	h		4:18.73	79.62%
	7 Tony Brown	M66	NSWMA	6:08.9	h		4:45.57	72.14%
M70 1500m	1 Yassine Belaabed	M71	VMA	5:30.9	h		4:03.91	84.46%
	2 Allan Mayfield	M74	SAMA	5:38.6	h		4:01.96	85.14%
	3 Dennis Wylie	M70	NSWMA	5:48.0	h		4:19.12	79.50%
	4 Harsharn Singh Grewal	M70	NSWMA	5:49.1	h		4:19.94	79.25%
	5 Robet Gunn	M73	TMA	6:49.1	h		4:55.41	69.73%
M75 1500m	1 Kevin Solomon	M75	VMA	5:45.5	h		4:04.27	84.33%
	2 Robbie Costmeyer	M76	ACTMA	6:28.4	h		4:31.65	75.83%
	3 Dieter Lacko	M75	QMA	7:10.8	h		5:04.58	67.64%
	4 Stephen Dixon	M76	QMA	7:22.0	h		5:09.13	66.64%
M80 1500m	1 James Harrison	M81	NSWMA	6:51.4	h		4:29.43	76.46%
M85 1500m	1 Morland Smith	M85	MAWA	9:28.4	h		5:45.36	59.65%
M90 1500m	1 Colin Silcock-Delaney	M90	VMA	12:12.4	h		6:31.17	52.66%
W30 1500m	1 Ramneet Kaur	W34	NSWMA	6:01.2	h		5:57.08	64.43%
W35 1500m	1 Bree McLennan	W37	VMA	5:31.7	h		5:20.55	71.77%
	2 Erin Roberts	W37	NSWMA	5:41.6	h		5:30.12	69.69%
W40 1500m	1 Lesley White	W40	NSWMA	5:10.8	h		4:53.43	78.41%
	2 Nicole Williamson	W40	NSWMA	5:15.9	h		4:58.24	77.14%
	3 Heather Hozack	W40	NSWMA	5:26.4	h		5:08.15	74.66%
	4 Mel Esau	W40	QMA	6:13.2	h		5:52.34	65.30%
	5 Bianca Keehn	W40	NSWMA	7:15.5	h		6:51.16	55.96%
W45 1500m	1 Em O'Sullivan	W48	NSWMA	5:01.3	h		4:26.53	86.32%
	2 Sharon Davis	W49	MAWA	5:05.1	h		4:27.63	85.96%
	3 Teng Yin Goh	W45	ACTMA	5:35.3	h		5:04.08	75.66%
	4 Kirsten Horley	W49	NSWMA	5:39.8	h		4:58.07	77.19%
W50 1500m	1 Charlotte Middleton	W53	NSWMA	5:07.5	h		4:20.54	88.30%
	2 Anna Smee	W50	TMA	5:10.2	h		4:29.78	85.28%
	3 Nicky Kelly	W50	NSWMA	5:26.2	h		4:43.70	81.10%
	4 Heidi Storer	W52	QMA	5:54.7	h		5:03.20	75.88%
	5 Kelly Gurski	W53	QMA	6:08.0	h		5:11.81	73.79%
W55 1500m	1 Karen Blay	W59	NSWMA	5:06.2	h		4:05.73	93.63%
	2 Karen Stanley	W58	NSWMA	5:25.1	h		4:23.33	87.37%
	Meghann Stewart	W58	NZL	5:55.3	h		4:47.79	79.94%
	3 Sally Hunt	W59	NSWMA	6:06.8	h		4:54.36	78.16%

[Return to Table of Contents](#)

EVENT		ATHLETE	AGE	TEAM	PERF	Q/h	WIND	2023 AG	AG %
	4	Virginia Eastman	W55	NSWMA	6:27.6	h		5:22.64	71.31%
	5	Bev Durston	W58	NSWMA	7:27.0	h		6:02.07	63.54%
W60 1500m	1	Susan Howell	W61	VMA	5:36.3	h		4:24.87	86.86%
	2	Kerry Walshe	W61	VMA	5:49.5	h		4:35.27	83.58%
	3	Deborah Drennan	W64	NSWMA	5:54.9	h		4:31.53	84.73%
	4	Susan Thornton	W61	QMA	6:02.4	h		4:45.43	80.61%
	5	Margaret Kenny	W63	NSWMA	6:29.2	h		5:00.70	76.51%
	6	Raisa Kolesnikova	W64	NSWMA	6:52.3	h		5:15.45	72.93%
	7	Maggie Armstrong	W60	VMA	7:00.1	h		5:34.02	68.88%
W65 1500m	1	Helen Stanley	W67	VMA	6:32.35			4:51.40	78.95%
	2	Antoinette Woodward	W66	NSWMA	6:44.47			5:03.39	75.83%
	3	Margaret Thomas	W66	NSWMA	6:56.81			5:12.65	73.59%
W70 1500m	1	Carey Dickason	W72	MAWA	7:58.31			5:37.30	68.21%
W75 1500m	1	Lavinia Petrie	W79	VMA	7:04.84			4:32.96	84.29%
	2	Kerry Bray	W78	NSWMA	9:07.63			5:57.55	64.35%
	3	Marie Ferguson	W77	NSWMA	10:34.65			7:00.65	54.69%
W80 1500m	1	Suzanne Westbrook	W81	TMA	9:04.98			5:38.00	68.07%
	2	Kay Gillis	W80	VMA	11:42.04			7:23.41	51.89%
5000m									
M30 5000m	1	Christopher Davis	M32	QMA	17:24.89			17:24.89	72.48%
M35 5000m	1	Mitchell Williamson	M36	NSWMA	16:43.00			16:43.00	75.51%
	2	Geoff Sheargold	M36	NSWMA	17:51.62			17:51.62	70.67%
	3	Jackie Luu	M35	NSWMA	17:56.30			17:56.30	70.37%
	4	Satgur Mann	M38	VMA	20:11.43			19:54.83	63.39%
	5	Shane Clubb	M38	NSWMA	21:14.37			20:56.91	60.25%
M40 5000m	1	Vikramjit Bhardwaj	M42	VMA	19:37.44			18:43.28	67.42%
M45 5000m	1	Brett Halls	M45	NSWMA	15:47.97			14:41.52	85.91%
	2	Jeff Chaseling	M45	NSWMA	15:57.50			14:50.38	85.06%
	3	Antony Van Eeten	M48	VMA	16:53.56			15:18.18	82.48%
	4	Michael Ljubic	M45	NSWMA	17:12.39			16:00.02	78.89%
	5	Dino Imbriano	M48	VMA	18:03.24			16:21.31	77.18%
	6	Russell Taylor	M45	NSWMA	18:10.07			16:53.66	74.71%
	7	Prasad Pramesh	M48	VMA	18:18.21			16:34.87	76.13%
	8	Grant McKay	M48	ACTMA	18:29.95			16:45.50	75.32%
	9	Justin Rule	M47	QMA	19:16.55			17:36.97	71.65%
M50 5000m	1	James Mason	M50	NSWMA	16:22.34			14:34.28	86.63%
	2	Andy Cross	M50	NSWMA	16:43.33			14:52.96	84.81%
	3	Antonio Russo	M51	VMA	17:10.83			15:09.19	83.30%
	4	Steve Rohan-Jones	M54	ACTMA	17:18.20			14:50.98	85.00%

[Return to Table of Contents](#)

EVENT		ATHLETE	AGE	TEAM	PERF	Q/h	WIND	2023 AG	AG %
M55 5000m	5	Michael Thomas	M51	VMA	17:56.33			15:49.32	79.78%
	6	Dani Andres	M52	NSWMA	18:04.10			15:47.50	79.93%
	7	EJ Davie	M52	NSWMA	24:40.87			21:34.28	58.52%
	--	Darren Purcell	M52	NSWMA	DNF				
M60 5000m	1	Shaun Creighton	M55	ACTMA	16:06.25			13:41.51	92.19%
	2	Peter Link	M55	QMA	18:17.56			15:33.15	81.16%
	3	Lindsay Scholle	M55	NSWMA	19:54.68			16:55.72	74.56%
	4	Trevor Kratzmann	M55	NSWMA	20:52.83			17:45.16	71.10%
M65 5000m	1	Craig Downie	M61	TMA	17:30.76			14:03.55	89.78%
	2	Bruce Graham	M61	NSWMA	17:33.99			14:06.14	89.51%
	3	Paul Woodhouse	M60	NSWMA	17:51.10			14:28.23	87.23%
	4	Mark Dawson	M62	MAWA	23:00.70			18:17.52	69.01%
M70 5000m	5	Tim McFadden	M62	TMA	24:21.75			19:21.95	65.18%
	6	Brian Mackie	M63	NSWMA	24:28.01			19:15.32	65.55%
	7	Brad Boyle	M62	NSWMA	26:20.14			20:56.05	60.30%
	--	Mike Bieleny	M60	VMA	DNF				
M75 5000m	1	Allan Long	M65	VMA	19:14.77			14:50.67	85.03%
	2	Robert Gunningham	M69	QMA	22:29.22			16:38.29	75.86%
	3	Peter Lyden	M67	TMA	23:24.52			17:41.26	71.36%
	4	Robert Osborne	M67	NSWMA	29:41.26			22:25.92	56.27%
M80 5000m	5	Leslie Gonye	M65	NSWMA	30:50.00			23:46.90	53.08%
	1	Yassine Belaabed	M71	VMA	20:14.42			14:39.48	86.11%
	2	Harsharn Singh Grewal	M70	NSWMA	21:50.30			15:59.27	78.95%
	3	Ron Schwobel	M71	NSWMA	22:18.09			16:09.04	78.15%
M85 5000m	4	Tony Shepherd	M74	NSWMA	23:34.10			16:31.00	76.42%
	5	Witold Krajewski	M73	NSWMA	24:02.90			17:02.44	74.07%
	6	Robet Gunn	M73	TMA	24:50.83			17:36.40	71.69%
	1	Francesco Scorzelli	M76	NSWMA	22:42.02			15:33.26	81.15%
W30 5000m	2	Robbie Costmeyer	M76	ACTMA	24:44.53			16:57.20	74.45%
	1	James Harrison	M81	NSWMA	25:56.69			16:45.00	75.36%
	2	Bob Schickert	M81	MAWA	37:54.24			24:28.25	51.58%
	1	Morland Smith	M85	MAWA	34:00.33			20:31.14	61.52%
W35 5000m	1	Ramneet Kaur	W34	NSWMA	22:22.18			22:22.18	63.42%
	1	Lauren O'Keefe	W37	NSWMA	22:08.63			21:46.44	65.15%
	1	Nicole Williamson	W40	NSWMA	20:05.80			19:19.38	73.41%
	2	Kay Heinecke	W44	VMA	24:38.64			22:57.50	61.79%
W45 5000m	1	Em O'Sullivan	W48	NSWMA	18:52.72			17:00.13	83.44%
	2	Magda Karimali	W49	NSWMA	19:40.62			17:33.82	80.77%

[Return to Table of Contents](#)

EVENT	ATHLETE	AGE	TEAM	PERF	Q/h	WIND	2023 AG	AG %
W50 5000m								
	1 Anna Smee	W50	TMA	19:30.73			17:15.74	82.18%
	2 Fiona Lennon	W53	TMA	21:15.50			18:17.31	77.57%
	3 Heidi Storer	W52	QMA	23:26.91			20:21.90	69.66%
	4 Janeen Senior	W52	NSWMA	24:10.64			20:59.88	67.56%
W55 5000m								
	1 Karen Stanley	W58	NSWMA	19:49.65			16:13.85	87.40%
	2 Stella Creighton	W55	ACTMA	21:44.83			18:21.02	77.31%
	3 Miwa Kolb	W55	QMA	22:17.79			18:48.83	75.40%
	4 Sally Hunt	W59	NSWMA	23:02.62			18:40.06	75.99%
	5 Bev Durston	W58	NSWMA	27:26.01			22:27.42	63.17%
	6 Shelina Buddoo	W55	NSWMA	36:06.28			30:27.91	46.56%
W60 5000m								
	1 Susan Howell	W61	VMA	20:45.95			16:27.91	86.16%
	2 Susan Thornton	W61	QMA	21:53.27			17:21.29	81.74%
	3 Margaret Kenny	W63	NSWMA	23:34.56			18:16.99	77.59%
	4 Raisa Kolesnikova	W64	NSWMA	24:30.40			18:47.36	75.50%
	5 Suzanne Gore	W60	NSWMA	25:11.16			20:11.19	70.27%
W65 5000m								
	1 Helen Stanley	W67	VMA	24:21.83			18:01.61	78.69%
W70 5000m								
	1 Carey Dickason	W72	MAWA	28:35.34			19:51.13	71.46%
W75 5000m								
	1 Lavinia Petrie	W79	VMA	25:48.17			16:13.18	87.46%
	2 Gillian Young	W75	MAWA	26:34.33			17:42.62	80.10%
W80 5000m								
	1 Suzanne Westbrook	W81	TMA	34:14.89			20:52.25	67.97%
	-- Kathleen Hannig	W82	MAWA	DNF				
W95 5000m								
	1 Heather Lee	W96	NSWMA	44:03.75			17:16.09	82.15%
10000m								
M35 10000m								
	1 Allan Whatmough	M36	NSWMA	36:30.3	h		35:51.31	73.63%
	2 Geoff Sheargold	M36	NSWMA	37:33.3	h		36:53.19	71.57%
	3 Satgur Mann	M38	VMA	43:55.3	h		42:28.86	62.15%
	-- Shane Clubb	M38	NSWMA	DNF				
M40 10000m								
	1 Michael Johnson	M43	VMA	38:28.9	h		35:47.51	73.76%
	2 Vikramjit Bhardwaj	M42	VMA	42:52.6	h		40:11.81	65.68%
M45 10000m								
	1 Jeff Chaseling	M45	NSWMA	34:22.6	h		31:28.31	83.88%
	2 Prasad Pramesh	M48	VMA	38:32.6	h		34:26.77	76.64%
	3 Gary Murphy	M45	VMA	41:25.8	h		37:55.75	69.60%
M50 10000m								
	1 James Mason	M50	NSWMA	34:50.2	h		30:37.91	86.18%
	2 Anthony Kennedy	M53	ACTMA	38:39.2	h		33:09.64	79.61%
	3 Shane Hutchison	M50	ACTMA	42:02.3	h		36:57.86	71.42%
M55 10000m								

[Return to Table of Contents](#)

EVENT	ATHLETE	AGE	TEAM	PERF	Q/h	WIND	2023 AG	AG %
M60 10000m	1 Paul Arthur	M55	NSWMA	37:16.4	h		31:27.07	83.94%
	2 Trevor Kratzmann	M55	NSWMA	44:52.8	h		37:52.18	69.71%
	1 Bruce Graham	M61	NSWMA	36:48.4	h		29:30.92	89.45%
	2 Paul Woodhouse	M60	NSWMA	37:20.4	h		30:12.26	87.40%
	3 Jose Carvalho	M64	NSWMA	40:30.8	h		31:39.18	83.40%
	4 Mike Bieleny	M60	VMA	42:23.5	h		34:17.44	76.99%
M65 10000m	5 Mark Byfield	M63	NSWMA	43:43.0	h		34:27.45	76.62%
	6 Brian Mackie	M63	NSWMA	55:33.5	h		43:47.46	60.29%
	1 Ian Cameron	M69	QMA	38:57.4	h		29:06.97	90.67%
	2 Peter Lyden	M67	TMA	46:40.5	h		35:30.90	74.33%
	Trevor Ashe	M67	NZL	46:42.4	h		35:32.35	74.28%
	3 Wayne Cooper	M65	NSWMA	47:19.6	h		36:39.27	72.02%
M70 10000m	1 Yassine Belaabed	M71	VMA	41:43.3	h		30:37.42	86.21%
	2 Harsharn Singh Grewal	M70	NSWMA	47:20.3	h		35:03.81	75.29%
	3 Ron Schwebel	M71	NSWMA	49:38.5	h		36:26.22	72.45%
	4 Witold Krajewski	M73	NSWMA	50:50.8	h		36:38.41	72.05%
	1 Francesco Scorzelli	M76	NSWMA	48:36.1	h		34:03.31	77.52%
W40 10000m	1 Kay Heinecke	W44	VMA	54:40.0	h		50:26.46	58.91%
	1 Em O'Sullivan	W48	NSWMA	39:19.0	h		35:05.41	84.69%
	2 Magda Karimali	W49	NSWMA	41:27.0	h		36:40.50	81.03%
	1 Julie Norney	W54	VMA	39:39.0	h		33:30.97	88.66%
	2 Fiona Lennon	W53	TMA	44:55.0	h		38:19.64	77.53%
	3 Cristine Suffolk	W53	NSWMA	46:26.0	h		39:37.29	75.00%
W60 10000m	1 Robyn Basman	W64	NSWMA	45:47.0	h		34:54.04	85.15%
	2 Margaret Kenny	W63	NSWMA	48:43.0	h		37:33.05	79.14%
	1 Carey Dickason	W72	MAWA	1:01:31.0	h		42:34.91	69.79%
	1 Kathleen Hannig	W82	MAWA	1:52:19.0	h		1:07:26	44.07%
Short Hurdles								
M30 110m Hurdles	1 Tim D'Abraera T20/01	M31	ACTMA	28.01		-2.8	28.01	45.70%
	Yuji Kawana	M38	JPN	17.38		-2.8	16.95	75.54%
M35 110m Hurdles	1 Craig Baker	M37	NSWMA	18.88		-2.8	18.55	69.04%

[Return to Table of Contents](#)

EVENT	ATHLETE	AGE	TEAM	PERF	Q/h	WIND	2023 AG	AG %
M40 110m Hurdles								
	1 Craig Halbmaier	M44	ACTMA	22.01		-2.8	20.51	62.41%
M45 110m Hurdles								
	1 Cameron Baker	M45	VMA	19.24		-2.8	17.79	71.97%
	2 Rogelio Canizales Perez	M46	NSWMA	25.01		-2.8	22.94	55.82%
M50 100m Hurdles								
	1 Paul Buckley	M54	TMA	17.20		-2.7	16.03	79.87%
	2 Andrew Watson	M54	NSWMA	18.21		-2.7	16.97	75.44%
	3 Antony Langdon	M54	VMA	22.71		-2.7	21.17	60.49%
M55 100m Hurdles								
	1 Andrew Kohlrusch	M57	NSWMA	16.86		-2.7	15.27	83.87%
	2 Anthony Howlett	M55	NSWMA	22.45		-2.7	20.73	61.77%
M60 100m Hurdles								
	1 George Jankowski	M60	NSWMA	23.25		-2.8	21.99	58.21%
	2 Hovik Keshishian	M61	NSWMA	37.38		-2.8	34.99	36.59%
M65 100m Hurdles								
	1 Wayne Marriott	M68	NSWMA	23.38		-2.8	20.23	63.28%
M70 80m Hurdles								
	1 David McConnell	M70	VMA	15.59		-0.7	16.82	76.11%
	2 John Lamb	M73	NSWMA	15.65		-0.7	16.26	78.76%
	3 David Kennedy	M70	NSWMA	16.82		-0.7	18.15	70.54%
M75 80m Hurdles								
	1 Dieter Lacko	M75	QMA	20.34		-0.7	20.57	62.24%
M80 80m Hurdles								
	1 Pio Bunin	M81	QMA	20.77		-2.7	19.17	66.79%
W30 100m Hurdles								
	1 Emma Capell Meizer	W34	NSWMA	17.01		-0.4	17.01	71.74%
W35 100m Hurdles								
	1 Eliana Seymour	W38	QMA	15.15		-0.4	14.75	82.73%
W40 80m Hurdles								
	1 Charlotte Gerner	W42	SAMA	14.93		-3.0	16.74	72.89%
	2 Madeleine Simmons	W40	QMA	17.43		-3.0	19.82	61.57%
W45 80m Hurdles								
	1 Nicki Drinkwater	W47	NSWMA	13.54		-3.0	14.64	83.34%
	2 Jessica Scott	W46	NSWMA	17.80		-3.0	19.39	62.93%
W50 80m Hurdles								
	1 Gaelyne Kenshole	W52	VMA	15.10		-1.3	15.76	77.43%
	2 Jennifer Parker	W54	MAWA	15.26		-1.3	15.68	77.85%
	3 Raelene Campbell	W50	ACTMA	17.50		-1.3	18.55	65.79%
W55 80m Hurdles								
	1 Maryann Hearn	W55	QMA	13.92		-1.3	14.19	86.03%
	2 Vicki Townsend	W58	ACTMA	14.66		-1.3	14.58	83.72%
	3 Sue Coate	W56	MAWA	16.37		-1.3	16.55	73.74%
	4 Sylvette Wearne	W58	NSWMA	16.90		-1.3	16.80	72.63%
	5 Philippa Wight	W59	NSWMA	18.23		-1.3	17.97	67.89%
W60 80m Hurdles								
	1 Sally Stagles	W62	NSWMA	14.49		-2.7	13.93	87.64%

[Return to Table of Contents](#)

EVENT	ATHLETE	AGE	TEAM	PERF	Q/h	WIND	2023 AG	AG %
Long Hurdles								
M30 400m Hurdles								
	1 Tim D'Abraera T20/01	M31	ACTMA	1:36.70			1:36.70	48.38%
M35 400m Hurdles								
	1 Leigh Bennett	M36	ACTMA	53.84			52.15	89.71%
	2 Ahmed Dridi	M36	VMA	1:05.40			1:03.34	73.86%
M40 400m Hurdles								
	1 Craig Halbmaier	M44	ACTMA	1:13.72			1:06.69	70.15%
	2 Jude Fernando	M44	VMA	1:16.02			1:08.77	68.03%
M45 400m Hurdles								
	1 Mathew Woodhouse	M49	NSWMA	1:00.68			52.47	89.16%
	2 Don Sanka	M45	QMA	1:01.54			55.19	84.77%
	3 Ivan Maclaine	M46	NSWMA	1:14.64			1:06.33	70.52%
	4 Rogelio Canizales Perez	M46	NSWMA	1:22.10			1:12.96	64.12%
M50 400m Hurdles								
	1 Lawrence Demasi	M50	NSWMA	1:05.66			56.26	83.15%
	2 Andrew Brooker	M54	MAWA	1:08.52			56.52	82.77%
	3 Mike Everett	M50	NSWMA	1:12.99			1:02.54	74.80%
	4 Antony Langdon	M54	VMA	1:19.91			1:05.91	70.98%
M55 400m Hurdles								
	1 Anthony Howlett	M55	NSWMA	1:15.30			1:01.51	76.05%
	2 Chris Strickland	M59	NSWMA	1:22.97			1:05.12	71.83%
	3 Robert Mason	M57	ACTMA	1:36.75			1:17.49	60.37%
M60 300m Hurdles								
	1 Todd Devery	M62	NSWMA	47.91			54.57	85.73%
	2 George Jankowski	M60	NSWMA	1:20.85			1:34.01	49.76%
M65 300m Hurdles								
	1 Mark McLean	M66	QMA	51.69			56.40	82.94%
	2 Wayne Marriott	M68	NSWMA	1:10.83			1:15.59	61.89%
M70 300m Hurdles								
	1 David McConnell	M70	VMA	52.27			54.54	85.77%
M75 300m Hurdles								
	1 Dieter Lacko	M75	QMA	1:07.03			1:05.93	70.95%
W30 400m Hurdles								
	1 Sarah Whatley	W33	NSWMA	1:15.32			1:14.56	70.01%
W35 400m Hurdles								
	1 Lauren McAdam	W36	QMA	1:07.10			1:05.03	80.27%
	2 Dash Newington	W38	QMA	1:20.70			1:17.09	67.71%
W40 400m Hurdles								
	1 Charlotte Gerner	W42	SAMA	1:16.75			1:11.19	73.32%
W50 300m Hurdles								
	1 Jennifer Parker	W54	MAWA	54.99			1:01.95	84.26%
	2 Peta Dunne	W51	QMA	1:01.48			1:10.97	73.56%
	3 Raelene Campbell	W50	ACTMA	1:03.32			1:13.67	70.85%
W55 300m Hurdles								
	1 Philippa Wight	W59	NSWMA	55.26			0:59.70	87.43%
	2 Sue Coate	W56	MAWA	57.65			1:03.88	81.71%

[Return to Table of Contents](#)

EVENT		ATHLETE	AGE	TEAM	PERF	Q/h	WIND	2023 AG	AG %
	3	Miwa Kolb	W55	QMA	1:09.87			1:18.07	66.86%
W60 300m Hurdles	1	Sally Stagles	W62	NSWMA	1:03.32			1:06.66	78.31%
Steeplechase									
M30 3000m Steeplechase	1	Christopher Davis	M32	QMA	10:48.9	h		10:49.00	72.98%
M40 3000m Steeplechase	1	Anatoly Kirievsky	M44	NSWMA	15:46.9	h		14:33.52	54.22%
M45 3000m Steeplechase	1	Justin Rule	M47	QMA	11:34.3	h		10:23.27	75.99%
	2	Prasad Pramesh	M48	VMA	12:29.1	h		11:06.32	71.08%
	3	Rod Simpson	M46	NSWMA	12:43.4	h		11:31.64	68.48%
M50 3000m Steeplechase	1	Daniel Smee	M51	TMA	11:23.3	h		9:50.85	80.16%
	2	Jason McIntosh	M53	NSWMA	11:27.2	h		9:42.88	81.26
	3	Shane Hutchison	M50	ACTMA	13:46.4	h		12:01.45	65.65%
M55 3000m Steeplechase	1	David O'Brien	M57	TMA	11:53.8	h		9:41.96	81.39%
	2	Bernard Howe	M58	NSWMA	12:36.1	h		10:10.17	77.62%
	3	Lindsay Scholle	M55	NSWMA	12:51.3	h		10:41.57	73.82%
	4	Jon Baker	M56	NSWMA	13:22.3	h		11:00.69	71.69%
M60 2000m Steeplechase	1	Robert Combe	M61	NSWMA	7:35.7	h		9:28.76	83.27%
	2	Brad Sharpe	M62	NSWMA	8:12.8	h		10:08.61	77.82%
	3	Nigel England	M60	ACTMA	8:43.2	h		10:59.91	71.77%
M65 2000m Steeplechase	1	Allan Long	M65	VMA	7:47.9	h		9:19.37	84.67%
	2	Mark Conyers	M67	NSWMA	8:24.9	h		9:50.33	80.23%
	3	Robert Gunningham	M69	QMA	9:12.8	h		10:31.80	74.97%
	4	Leslie Gonye	M65	NSWMA	12:49.3	h		15:19.70	51.50%
M70 2000m Steeplechase	1	Allan Mayfield	M74	SAMA	8:52.9	h		9:33.99	82.52%
	2	Ron Schwobel	M71	NSWMA	9:21.0	h		10:26.41	75.61%
	3	Harsharn Singh Grewal	M70	NSWMA	9:26.2	h		10:39.64	74.05%
	4	Dennis Wylie	M70	NSWMA	10:18.6	h		11:38.83	67.77%
	5	Doug Barrett	M70	ACTMA	11:00.1	h		12:25.71	63.51%
M75 2000m Steeplechase	1	Robbie Costmeyer	M76	ACTMA	10:33.6	h		11:05.22	71.20%
M80 2000m Steeplechase	1	Bob Schickert	M81	MAWA	16:13.1	h		15:41.47	50.31%
M85 2000m Steeplechase	1	Morland Smith	M85	MAWA	14:25.4	h		12:47.35	61.72%
W30 2000m Steeplechase	1	Roslyn Kirwin	W34	QMA	13:05.1	h		18:18.51	47.73%

[Return to Table of Contents](#)

EVENT	ATHLETE	AGE	TEAM	PERF	Q/h	WIND	2023 AG	AG %
W35 2000m Steeplechase								
	1 Kathryn Herbert	W36	NSWMA	8:02.5	h		11:04.02	78.96%
	2 Lauren O'Keefe	W37	NSWMA	10:26.5	h		14:15.24	61.31%
W45 2000m Steeplechase								
	1 Em O'Sullivan	W48	NSWMA	8:32.70			10:42.46	81.61%
W50 2000m Steeplechase								
	1 Peta Dunne	W51	QMA	8:41.6	h		10:39.27	82.02%
	2 Cristine Suffolk	W53	NSWMA	10:04.0	h		12:09.63	71.86%
W55 2000m Steeplechase								
	1 Miwa Kolb	W55	QMA	9:27.9	h		11:16.26	77.53%
	2 Sue Coate	W56	MAWA	10:19.0	h		12:04.29	72.39%
	3 Virginia Eastman	W55	NSWMA	14:25.7	h		17:10.88	50.86%
W60 2000m Steeplechase								
	1 Anne Weekes	W60	NSWMA	14:41.4	h		16:04.34	54.37%
W65 2000m Steeplechase								
	1 Trish Stallard	W65	NSWMA	13:37.3	h		13:47.35	63.37%
W70 2000m Steeplechase								
	1 Heather Carr	W73	VMA	14:06.4	h		12:20.52	70.80%
W75 2000m Steeplechase								
	1 Gillian Young	W75	MAWA	11:01.6	h		9:15.46	94.39%
	2 Irene Davey	W75	QMA	13:28.4	h		11:18.81	77.24%

High Jump

M30 High Jump

1	Ash Almond	M31	VMA	1.45	1.45	59.18%
2	Tim D'Abrera T20/01	M31	ACTMA	1.25	1.25	51.02%

M35 High Jump

1	Francis Igleswski	M36	ACTMA	1.60	1.64	66.83%
2	Andrew Henderson	M38	NSWMA	1.50	1.57	63.85%

M40 High Jump

1	Craig Halbmaier	M44	ACTMA	1.70	1.88	76.68%
2	Ben Petersen	M42	NSWMA	1.70	1.85	75.20%
3	Daniel Sumpton	M41	NSWMA	1.60	1.72	70.10%
4	David Greening	M41	VMA	1.45	1.56	63.53%
5	Jamie Terley	M43	NSWMA	1.45	1.59	64.77%

M45 High Jump

1	Alan Sharp-Paul	M45	TMA	1.60	1.79	72.88%
2	Nick Pawsey	M47	NSWMA	1.55	1.77	72.00%
3	Johannes Petzer	M45	NSWMA	1.35	1.51	61.49%
4	Simon Van Baalen	M49	VMA	1.30	1.51	61.59%
5	Rogelio Canizales Perez	M46	NSWMA	1.25	1.41	57.49%

[Return to Table of Contents](#)

EVENT	ATHLETE	AGE	TEAM	PERF	Q/h	WIND	2023 AG	AG %
M50 High Jump								
	1 Andrew Davis	M52	NSWMA	1.70			2.04	82.99%
	2 Glenn Morante	M50	NSWMA	1.70			2.00	81.35%
	3 Shane Da Silva	M51	NSWMA	1.45			1.72	70.09%
M55 High Jump								
	1 Anthony Howlett	M55	NSWMA	1.50			1.85	75.49%
	2 Trevor Kratzmann	M55	NSWMA	1.40			1.73	70.46%
	3 Greg Mann	M59	TMA	1.40			1.80	73.41%
	4 Michael Hughes	M58	QMA	1.40			1.78	72.65%
	5 Andrew Kohlrusch	M57	NSWMA	1.35			1.70	69.34%
M60 High Jump								
	1 Brian Key	M62	QMA	1.48			1.97	80.07%
	2 Andrew Millerd	M60	QMA	1.45			1.89	76.83%
	3 Paul Nies	M63	NSWMA	1.40			1.88	76.54%
	4 Ivan Dodin	M62	VMA	1.40			1.86	75.74%
	5 Trevor Young	M64	NSWMA	1.30			1.76	71.83%
M65 High Jump								
	1 Campbell Till	M65	MAWA	1.35			1.85	75.40%
	2 Daryl Ellis	M68	NSWMA	1.35			1.91	77.86%
	3 Charlie Bastecky	M67	ACTMA	1.25			1.75	71.32%
	4 Mark McLean	M66	QMA	1.25			1.73	70.56%
	5 Craig Elliott	M65	QMA	1.15			1.58	64.23%
M70 High Jump								
	1 David Kennedy	M70	NSWMA	1.31			1.90	77.22%
	2 David McConnell	M70	VMA	1.31			1.90	77.22%
	3 Mike Clapper	M70	VMA	1.25			1.81	73.68%
	4 Grant Chapman	M72	QMA	0.85			1.26	51.22%
M75 High Jump								
	1 John Gordon	M75	NSWMA	1.20			1.84	74.78%
	2 John Searle	M75	NSWMA	1.20			1.84	74.78%
	3 Ian Cole	M75	TMA	1.15			1.76	71.66%
M80 High Jump								
	1 Pio Bunin	M81	QMA	0.90			1.48	60.08%
M85 High Jump								
	1 Allan Wood	M85	VMA	0.90			1.55	63.00%
W30 High Jump								
	1 Emma Capell Meizer	W34	NSWMA	1.46			1.48	70.60%
	2 Sarah Whatley	W33	NSWMA	1.46			1.47	69.91%
	3 Sarah de Vries	W30	NSWMA	1.35			1.35	64.59%
W35 High Jump								
	1 Liz Morison	W38	NSWMA	1.40			1.48	70.39%
	2 Rachael Gruschka	W38	NSWMA	1.40			1.48	70.39%
	3 Dash Newington	W38	QMA	1.40			1.48	70.39%
W40 High Jump								
	1 Kathryn Jones	W42	NSWMA	1.20			1.32	62.74%
	2 Cassie Neubauer	W44	SAMA	1.15			1.29	61.32%
W45 High Jump								
	1 Jenni Cotter	W48	SAMA	1.46			1.70	80.99%

[Return to Table of Contents](#)

EVENT	ATHLETE	AGE	TEAM	PERF	Q/h	WIND	2023 AG	AG %
	2 Nicki Drinkwater	W47	NSWMA	1.46			1.68	80.20%
	3 Janice Petersen	W45	NSWMA	1.35			1.52	72.70%
	4 Joanna Davis	W46	NSWMA	1.35			1.54	73.42%
	5 Meli Chacon	W45	NSWMA	1.30			1.47	70.01%
	6 Philippa McCarron	W45	QMA	1.10			1.24	59.24%
W50 High Jump								
	1 Karen Carah	W54	VMA	1.34			1.65	78.91%
	2 Raelene Campbell	W50	ACTMA	1.34			1.59	75.82%
	=3 Cathy McKeown	W53	TMA	1.25			1.53	72.87%
	=3 Jennifer Parker	W54	MAWA	1.25			1.54	73.61%
	5 Lisa Limonas	W54	MAWA	1.16			1.43	68.31%
W55 High Jump								
	1 Sue Coate	W56	MAWA	1.34			1.69	80.50%
	2 Baerbel Koribalski	W58	NSWMA	1.34			1.72	82.13%
	3 Vicki Townsend	W58	ACTMA	1.28			1.64	78.45%
	Karen Hulena	W59	NZL	1.13			1.47	69.96%
W60 High Jump								
	1 Christine de Vries	W60	NSWMA	1.25			1.64	78.18%
	2 Margaret Walker	W63	NSWMA	1.13			1.53	72.85%
	3 Narelle Messerle	W64	VMA	1.01			1.38	65.78%
W65 High Jump								
	1 Christine Bridle	W65	VMA	1.16			1.60	76.32%
	2 Marlene Reid	W68	ACTMA	1.07			1.52	72.59%
W75 High Jump								
	1 Brenda Painter	W78	MAWA	0.80			1.26	60.20%
W80 High Jump								
	1 Lynne Schickert	W81	MAWA	0.98			1.60	76.11%

Long Jump

M30 Long Jump							
	Mohan Shankar Reddy	M34	INDIA	5.46	NWI	5.61	62.66%
1	Andrew Godin	M34	VMA	4.97	NWI	5.11	57.04%
2	Ash Almond	M31	VMA	4.73	NWI	4.73	52.85%
3	Tim D'Abra T20/01	M31	ACTMA	3.92	NWI	3.92	43.80%
4	Andrew Close T12	M33	VMA	3.39	NWI	3.45	38.49%
M35 Long Jump							
1	Francis Iglewski	M36	ACTMA	5.49	NWI	5.77	64.40%
2	Stephen Bullock	M39	NSWMA	5.34	NWI	5.80	64.74%
3	Jon Cheung	M38	NSWMA	4.66	NWI	5.01	55.88%
4	Ahmed Dridi	M36	VMA	4.54	NWI	4.77	53.26%
M40 Long Jump							
1	Daniel Sumpton	M41	NSWMA	5.92	NWI	6.57	73.39%
2	Stephen Hindmarsh	M40	NSWMA	5.78	NWI	6.35	70.86%
3	Clayton Newham	M42	NSWMA	5.73	NWI	6.43	71.83%
4	Matteo Passerini	M40	NSWMA	5.68	NWI	6.24	69.63%

[Return to Table of Contents](#)

EVENT	ATHLETE	AGE	TEAM	PERF	Q/h	WIND	2023 AG	AG %
M45 Long Jump	5 Steve Blacker	M44	NSWMA	5.57		NWI	6.40	71.43%
	6 Jamie Terley	M43	NSWMA	5.29		NWI	6.01	67.07%
	7 Brett Mackenzie	M43	QMA	5.27		NWI	5.99	66.82%
	8 David Greening	M41	VMA	5.21		NWI	5.79	64.59%
	9 Jude Fernando	M44	VMA	4.91		NWI	5.64	62.96%
	10 Sugumar Ganesan	M44	NSWMA	4.90		NWI	5.63	62.83%
	11 Craig Halbmaier	M44	ACTMA	4.59		NWI	5.27	58.86%
M45 Long Jump	1 Brad Krawczyk	M47	VMA	6.16	1.0	7.32	81.75%	
	2 Geoff Gibbons	M46	TMA	6.11	0.1	7.18	80.16%	
	3 Mathew Woodhouse	M49	NSWMA	5.81		NWI	7.07	78.91%
	4 Andrew McLean	M46	QMA	5.76		NWI	6.77	75.57%
	5 Nick Pawsey	M47	NSWMA	5.45		NWI	6.48	72.32%
	6 Paul Dundas	M49	QMA	5.10		NWI	6.20	69.27%
	7 Ivan Maclaine	M46	NSWMA	4.17		NWI	4.90	54.71%
M50 Long Jump	8 Simon Van Baalen	M49	VMA	2.36		NWI	2.87	32.05%
M50 Long Jump	1 Clint Harvey	M54	QMA	5.23		NWI	6.75	75.35%
	2 Lawrence Demasi	M50	NSWMA	4.79		NWI	5.90	65.82%
	3 Shane Da Silva	M51	NSWMA	4.61		NWI	5.74	64.10%
M55 Long Jump	1 Gary Parkinson	M55	QMA	5.70	1.2	7.44	83.12%	
	2 Anthony Howlett	M55	NSWMA	4.50		NWI	5.88	65.62%
	3 Michael Hughes	M58	QMA	4.35		NWI	5.89	65.79%
	4 Tony Idris	M56	NSWMA	3.80		NWI	5.02	56.09%
M60 Long Jump	1 Andrew Millerd	M60	QMA	4.87		NWI	6.76	75.50%
	2 Tim McGrath	M60	NSWMA	4.56		NWI	6.33	70.70%
	Mark Lett	M60	NZL	4.43		NWI	6.15	68.68%
	3 Simon Butler-White	M63	NSWMA	4.05		NWI	5.84	65.21%
	4 Zoran Novicic	M62	NSWMA	3.99		NWI	5.68	63.43%
	5 Hovik Keshishian	M61	NSWMA	3.32		NWI	4.67	52.12%
M65 Long Jump	1 Mark McLean	M66	QMA	4.18		NWI	6.26	69.94%
	2 Daryl Ellis	M68	NSWMA	4.17		NWI	6.42	71.63%
	3 Wayne Marriott	M68	NSWMA	3.77		NWI	5.80	64.76%
	4 Simon Harmey	M66	NSWMA	3.17		NWI	4.75	53.04%
M70 Long Jump	1 David Kennedy	M70	NSWMA	4.42	1.2	6.98	77.96%	
	2 Mike Clapper	M70	VMA	4.29	+0.0	6.78	75.67%	
	David Lobb	M71	CKISL	3.30	0.3	5.29	59.00%	
M75 Long Jump	1 John Searle	M75	NSWMA	3.40		NWI	5.76	64.27%
	2 Ian Cole	M75	TMA	3.25	0.9	5.50	61.43%	
	3 Raminder Singh	M76	NSWMA	1.65	0.2	2.84	31.67%	
M80 Long Jump	1 Nicholas Bastas	M84	NSWMA	3.46	0.8	6.98	77.92%	
	2 Albert Gay	M81	NSWMA	3.36	1.2	6.33	70.68%	

[Return to Table of Contents](#)

EVENT	ATHLETE	AGE	TEAM	PERF	Q/h	WIND	2023 AG	AG %
M85 Long Jump	3 Pio Bunin	M81	QMA	3.26		-0.1	6.14	68.58%
	1 Morris David	M86	NSWMA	2.10		-1.7	4.46	49.83%
W30 Long Jump	1 Emma Capell Meizer	W34	NSWMA	4.63		NWI	4.73	63.72%
	2 Karley Cromie	W34	VMA	4.40		NWI	4.50	60.56%
	3 Sarah de Vries	W30	NSWMA	4.23		NWI	4.23	57.01%
	4 Rosie Iglewski	W31	ACTMA	3.79		NWI	3.79	51.08%
W35 Long Jump	1 Revathi Krishnan	W36	NSWMA	4.58		NWI	4.78	64.42%
	2 Prachita Patankar	W35	QMA	4.57		NWI	4.72	63.58%
	3 Dash Newington	W38	QMA	4.24		NWI	4.53	60.95%
	4 Liz Morison	W38	NSWMA	4.05		NWI	4.32	58.22%
W40 Long Jump	1 Belinda Vermey	W41	NSWMA	4.63	1.3	5.11	68.81%	
	2 Rebekah Power	W44	NSWMA	4.51	1.1	5.15	69.33%	
	3 Cassie Neubauer	W44	SAMA	4.18	1.1	4.77	64.25%	
	4 Mel Esau	W40	QMA	4.14	1.5	4.52	60.84%	
	5 Katie Sumpton	W44	NSWMA	4.04	+0.0	4.61	62.10%	
	6 Madeleine Simmons	W40	QMA	3.79	1.2	4.14	55.70%	
W45 Long Jump	1 Nicki Drinkwater	W47	NSWMA	4.97		NWI	5.87	79.07%
	2 Lisa Quinn	W45	NSWMA	4.74		NWI	5.47	73.70%
	3 Nicole McHenry	W48	NSWMA	4.73		NWI	5.65	76.13%
	4 Jenni Cotter	W48	SAMA	4.67		NWI	5.58	75.17%
	5 Jessica Scott	W46	NSWMA	3.94		NWI	4.60	61.97%
W50 Long Jump	1 Lee-Anne Nelson	W51	QMA	4.60		NWI	5.70	76.70%
	2 Karen Carah	W54	VMA	4.37		NWI	5.61	75.53%
	3 Jennifer Parker	W54	MAWA	4.31		NWI	5.53	74.50%
	4 Raelene Campbell	W50	ACTMA	3.97		NWI	4.86	65.41%
	5 Gaelyne Kenshole	W52	VMA	3.92		NWI	4.91	66.14%
	6 Lisa Limonas	W54	MAWA	3.78		NWI	4.85	65.33%
W55 Long Jump	1 Sue Coate	W56	MAWA	4.22		NWI	5.55	74.74%
	2 Vicki Townsend	W58	ACTMA	4.19		NWI	5.65	76.07%
	3 Baerbel Koribalski	W58	NSWMA	4.09		NWI	5.51	74.25%
	4 Tamara Paterson	W56	QMA	3.69		NWI	4.85	65.36%
	5 Lisa Harrison	W56	NSWMA	3.52		NWI	4.63	62.34%
	Karen Hulena	W59	NZL	3.29		NWI	4.49	60.48%
	6 Susan Whatley	W59	NSWMA	2.91		NWI	3.97	53.50%
W60 Long Jump	1 Christine de Vries	W60	NSWMA	3.91		NWI	5.41	72.79%
	2 Chris (Christine) Lamb	W64	NSWMA	3.17		NWI	4.62	62.14%
	3 Narelle Messerle	W64	VMA	2.90		NWI	4.22	56.84%
W65 Long Jump	1 Christine Bridle	W65	VMA	3.53		NWI	5.21	70.11%
	2 Marlene Reid	W68	ACTMA	3.53		NWI	5.42	72.97%

[Return to Table of Contents](#)

EVENT		ATHLETE	AGE	TEAM	PERF	Q/h	WIND	2023 AG	AG %
	3	Leanne Monk	W66	VMA	2.39		NWI	3.57	48.10%
W70 Long Jump	1	Carol Davis	W72	QMA	3.46		NWI	5.61	75.58%
	2	Barbara Wilson	W71	MAWA	2.63		NWI	4.21	56.65%
	3	Liz Neubauer	W72	SAMA	2.28		NWI	3.70	49.81%
	4	Carey Dickason	W72	MAWA	2.24		NWI	3.64	48.93%
W75 Long Jump	1	Brenda Painter	W78	MAWA	1.66		NWI	2.96	39.83%
W80 Long Jump	1	Lynne Schickert	W81	MAWA	2.08		NWI	3.93	52.95%
W85 Long Jump	1	Miriam Cudmore	W85	SAMA	2.65		NWI	5.51	74.18%
Pole Vault									
M30 Pole Vault	1	Ka Yung Ng	M34	VMA	3.10			3.11	50.26%
	2	Tim D'Abrorea T20/01	M31	ACTMA	2.20			2.20	35.60%
M35 Pole Vault	1	Francis Iglewski	M36	ACTMA	1.80			1.85	29.83%
M45 Pole Vault	1	Cameron Baker	M45	VMA	3.82			4.34	70.16%
	2	Brian Flatley	M49	NSWMA	2.20			2.63	42.43%
M50 Pole Vault	1	Steven Barlow	M50	NSWMA	2.90			3.51	56.64%
	2	Andrew Watson	M54	NSWMA	2.80			3.56	57.59%
	3	Dominic Carr	M52	NSWMA	2.50			3.10	50.09%
M55 Pole Vault	1	Michael Hughes	M58	QMA	2.60			3.49	56.45%
		Dadhibal Singh Chauhan	M56	INDIA	2.00			2.62	42.25%
M60 Pole Vault		Mark Lett	M60	NZL	2.70			3.73	60.29%
	1	William Tyler	M63	NSWMA	2.60			3.75	60.65%
	2	George Jankowski	M60	NSWMA	1.60			2.21	35.73%
M65 Pole Vault	1	Craig Elliott	M65	QMA	2.50			3.72	60.09%
	2	Frank Chapman	M67	NSWMA	2.20			3.38	54.54%
	3	Marty Galea	M67	VMA	2.10			3.22	52.06%
M70 Pole Vault	1	David McConnell	M70	VMA	2.85			4.59	74.12%
	2	Allan Cameron	M72	QMA	2.50			4.16	67.22%
	--	Grant Chapman	M72	QMA	NH				
M75 Pole Vault	1	George Schillinger	M76	VMA	2.71			4.83	78.13%
	--	Ian Cole	M75	TMA	NH				
M80 Pole Vault	1	Albert Gay	M81	NSWMA	1.90			3.73	60.24%

[Return to Table of Contents](#)

EVENT	ATHLETE	AGE	TEAM	PERF	Q/h	WIND	2023 AG	AG %
W35 Pole Vault								
	1 Dash Newington	W38	QMA	3.00			3.12	61.58%
	2 Madelaine Frame	W36	NSWMA	3.00			3.05	60.14%
W40 Pole Vault								
	1 Montserrat Ros	W44	NSWMA	2.80			3.13	61.79%
	2 Ilse Way	W41	NSWMA	2.80			3.02	59.57%
	3 Madeleine Simmons	W40	QMA	1.70			1.81	35.74%
W45 Pole Vault								
	1 Rita Corney	W49	TMA	2.00			2.38	46.98%
W50 Pole Vault								
	1 Jacinta Burns	W54	VMA	2.60			3.30	65.12%
	2 Gaelyne Kenshole	W52	VMA	2.60			3.22	63.45%
	3 Cathy McKeown	W53	TMA	2.20			2.76	54.39%
W55 Pole Vault								
	1 Philippa Wight	W59	NSWMA	2.30			3.12	61.56%
	Delwyn Smith	W57	NZL	2.30			3.04	59.93%
	2 Sue Coate	W56	MAWA	2.10			2.74	54.00%
	-- Heather Lamb	W58	QMA	NH				
W65 Pole Vault								
	1 Leanne Monk	W66	VMA	1.60			2.39	47.20%
W70 Pole Vault								
	1 Wilma Perkins	W73	QMA	1.80			2.99	58.90%

Triple Jump

M30 Triple Jump								
		Mohan Shankar Reddy	M34	INDIA	10.87	NWI	10.87	59.43%
	1	Ash Almond	M31	VMA	9.84	NWI	9.84	53.80%
M40 Triple Jump								
	1	Daniel Sumpton	M41	NSWMA	13.08	NWI	13.95	76.25%
	2	Jude Fernando	M44	VMA	10.98	NWI	12.10	66.14%
	3	Clayton Newham	M42	NSWMA	10.86	NWI	11.71	64.00%
	4	Anatoly Kirievsky	M44	NSWMA	7.13	NWI	7.86	42.95%
M45 Triple Jump								
	1	Andrew McLean	M46	QMA	11.75	NWI	13.24	72.39%
	2	Johannes Petzer	M45	NSWMA	10.27	NWI	11.45	62.56%
	3	Andrew Sims	M48	NSWMA	9.59	NWI	11.06	60.46%
	4	Simon Van Baalen	M49	VMA	9.12	NWI	10.64	58.17%
M50 Triple Jump								
	1	Dominic Carr	M52	NSWMA	10.23	0.1	12.38	67.64%
	2	Lawrence Demasi	M50	NSWMA	10.13	0.3	11.96	65.38%
M55 Triple Jump								
	1	Anthony Howlett	M55	NSWMA	9.49	2.6	11.92	65.14%
	2	Michael Hughes	M58	QMA	8.56	2.1	11.18	61.08%
M60 Triple Jump								
	1	George Jankowski	M60	NSWMA	8.33	NWI	11.17	61.05%
	2	Zoran Novicic	M62	NSWMA	7.97	NWI	10.99	60.05%
M65 Triple Jump								
	1	Daryl Ellis	M68	NSWMA	9.10	NWI	13.69	74.83%
	2	Simon Harmey	M66	NSWMA	6.92	NWI	10.11	55.22%

[Return to Table of Contents](#)

EVENT	ATHLETE	AGE	TEAM	PERF	Q/h	WIND	2023 AG	AG %
M70 Triple Jump								
	1 David Kennedy	M70	NSWMA	9.08		NWI	14.09	77.02%
	2 Mike Clapper	M70	VMA	8.85		NWI	13.74	75.07%
	David Lobb	M71	CKISL	6.86		NWI	10.82	59.12%
M75 Triple Jump								
	1 John Searle	M75	NSWMA	6.53	+0.0	11.00	60.13%	
	2 Ian Cole	M75	TMA	5.20	1.3	8.76	47.88%	
	3 Raminder Singh	M76	NSWMA	4.48	0.3	7.68	41.97%	
M80 Triple Jump								
	1 Nicholas Bastas	M84	NSWMA	7.30	0.2	14.54	79.48%	
M85 Triple Jump								
	1 Morris David	M86	NSWMA	4.30	0.5	8.93	48.80%	
W30 Triple Jump								
	1 Emma Capell Meizer	W34	NSWMA	9.72		NWI	9.72	62.71%
	2 Sarah de Vries	W30	NSWMA	9.04		NWI	9.04	58.32%
	3 Rosie Iglewski	W31	ACTMA	8.02		NWI	8.02	51.74%
W35 Triple Jump								
	1 Revathi Krishnan	W36	NSWMA	10.01		NWI	10.18	65.66%
	2 Dash Newington	W38	QMA	9.98		NWI	10.41	67.15%
W40 Triple Jump								
	1 Katie Sumpton	W44	NSWMA	9.46	-0.1	10.66	68.73%	
	2 Cassie Neubauer	W44	SAMA	8.44	-1.0	9.51	61.32%	
	3 Madeleine Simmons	W40	QMA	7.74	+0.0	8.29	53.42%	
W45 Triple Jump								
	1 Nicki Drinkwater	W47	NSWMA	9.50	-1.7	11.13	71.75%	
	2 Jenni Cotter	W48	SAMA	9.50	-0.4	11.27	72.68%	
	3 Nicole McHenry	W48	NSWMA	9.43	-2.3	11.19	72.15%	
	4 Donna Palmer	W49	SAMA	8.19	-1.3	9.85	63.49%	
W50 Triple Jump								
	1 Kim Walsh	W50	VMA	8.95		NWI	10.90	70.28%
	2 Jennifer Parker	W54	MAWA	8.68		NWI	11.14	71.84%
	3 Raelene Campbell	W50	ACTMA	8.29		NWI	10.10	65.10%
	4 Gaelyne Kenshole	W52	VMA	8.16		NWI	10.20	65.79%
W55 Triple Jump								
	1 Vicki Townsend	W58	ACTMA	8.94		NWI	12.10	78.03%
	2 Gianna Mogentale	W59	NSWMA	8.91		NWI	12.22	78.82%
	3 Sue Coate	W56	MAWA	8.41		NWI	11.08	71.47%
	4 Tamara Paterson	W56	QMA	8.01		NWI	10.56	68.07%
	5 Baerbel Koribalski	W58	NSWMA	7.60		NWI	10.29	66.34%
	6 Lisa Harrison	W56	NSWMA	6.73		NWI	8.87	57.20%
	7 Susan Whatley	W59	NSWMA	5.17		NWI	7.09	45.73%
W60 Triple Jump								
	1 Robin Ball	W60	NSWMA	6.20		NWI	8.62	55.58%
	2 Deborah Engeler	W60	NSWMA	5.64		NWI	7.84	50.56%
	3 Anne Weekes	W60	NSWMA	4.07		NWI	5.66	36.49%
W65 Triple Jump								
	1 Christine Bridle	W65	VMA	7.78		NWI	11.57	74.64%
	2 Leanne Monk	W66	VMA	3.93		NWI	5.93	38.22%

[Return to Table of Contents](#)

EVENT	ATHLETE	AGE	TEAM	PERF	Q/h	WIND	2023 AG	AG %
W70 Triple Jump								
	1 Carol Davis	W72	QMA	7.05		NWI	11.56	74.53%
	2 Barbara Wilson	W71	MAWA	5.93		NWI	9.59	61.82%
	3 Carey Dickason	W72	MAWA	5.19		NWI	8.51	54.87%
	4 Liz Neubauer	W72	SAMA	4.38		NWI	7.18	46.31%
W75 Triple Jump								
	1 Brenda Painter	W78	MAWA	4.39		NWI	7.88	50.80%
W80 Triple Jump								
	1 Lynne Schickert	W81	MAWA	5.27		NWI	10.01	64.54%
W85 Triple Jump								
	1 Miriam Cudmore	W85	SAMA	6.27	-0.1		13.05	84.19%
Discus								
M30 Discus Throw								
	1 Shane Carstairs	M34	VMA	39.32			39.32	54.72%
	2 Dean Milroy	M32	NSWMA	38.53			38.53	53.62%
	3 Vishnu Vardhan Ravi	M32	NSWMA	38.21			38.21	53.17%
	4 Ash Almond	M31	VMA	23.38			23.38	32.54%
	5 Andrew Close T12	M33	VMA	12.27			12.27	17.07%
M35 Discus Throw								
	1 Tim Huggins	M39	NSWMA	35.49			35.72	49.70%
	2 Stephen Bullock	M39	NSWMA	34.45			34.68	48.25%
	3 Greg Carstairs	M37	VMA	28.23			28.23	39.28%
	4 Shaun Taylor	M37	VMA	24.20			24.20	33.68%
	5 Parminder Gill	M36	VMA	23.33			23.33	32.47%
M40 Discus Throw								
	1 Darrin Norwood	M43	QMA	36.18			38.27	53.25%
	2 Nathan Windolf	M43	QMA	35.07			37.10	51.61%
	3 Niel Ellis	M43	NSWMA	31.03			32.82	45.67%
	4 Craig Halbmaier	M44	ACTMA	30.16			32.32	44.97%
	5 Anatoly Kirievsky	M44	NSWMA	30.00			32.15	44.73%
	6 Tamir Mahmood	M41	NSWMA	25.20			25.99	36.17%
	7 Warren Jones	M43	NSWMA	23.06			24.39	33.94%
M45 Discus Throw								
	1 Michel Hemmings Jones	M47	NSWMA	44.24			49.35	68.67%
	2 Jamie Muscat	M46	NSWMA	43.79			48.19	67.05%
	3 Johannes Petzer	M45	NSWMA	35.38			38.41	53.45%
	4 Rene Doel	M47	QMA	33.49			37.36	51.98%
	5 Simon Van Baalen	M49	VMA	31.97			36.68	51.03%
	6 Dylan Connell	M45	NSWMA	24.87			27.00	37.57%
	7 Sam Bray	M46	NSWMA	23.79			26.18	36.43%
	8 Suminda Galketiya	M48	QMA	22.71			25.69	35.74%
	9 Rogelio Canizales Perez	M46	NSWMA	18.55			20.42	28.40%
M50 Discus Throw								
	1 Richard Harris	M52	QMA	40.73			42.28	58.83%
	2 Andrew Watson	M54	NSWMA	38.62			41.34	57.52%
	3 Stuart Sutton	M54	NSWMA	36.67			39.25	54.62%
	4 Philip Daly	M54	NSWMA	35.38			37.87	52.70%
	5 Cameron Smith	M54	NSWMA	27.72			29.67	41.29%

[Return to Table of Contents](#)

EVENT	ATHLETE	AGE	TEAM	PERF	Q/h	WIND	2023 AG	AG %
	6 Ernie Leseberg	M51	NSWMA	22.84			23.36	32.50%
	7 EJ Davie	M52	NSWMA	13.42			13.93	19.38%
M55 Discus Throw								
	1 Stephen Liggins	M57	NSWMA	37.14			41.72	58.05%
	2 Nick Connell	M57	VMA	36.81			41.35	57.54%
	3 Andrew Kohlrusch	M57	NSWMA	32.40			36.40	50.64%
	4 Michael Hughes	M58	QMA	31.73			36.25	50.43%
	5 Anthony Howlett	M55	NSWMA	31.21			33.94	47.22%
	6 Greg Mann	M59	TMA	29.70			34.51	48.02%
	7 Mark Moskvitch	M58	NSWMA	26.41			30.17	41.98%
	8 Tony Idris	M56	NSWMA	25.84			28.56	39.73%
	9 Tim Lowrey	M56	QMA	24.34			26.90	37.43%
M60 Discus Throw								
	1 Paul Nies	M63	NSWMA	44.11			44.97	62.57%
	2 Tim McGrath	M60	NSWMA	40.73			39.32	54.71%
	3 Andrew Millerd	M60	QMA	35.77			34.53	48.05%
	4 Peter Wrzuszczak	M62	VMA	34.53			34.55	48.08%
	5 Simon Butler-White	M63	NSWMA	33.42			34.07	47.40%
	6 Peter Murray	M62	NSWMA	33.27			33.29	46.32%
	7 Peter Reed	M63	NSWMA	30.00			30.58	42.55%
	8 Simon Bergfield	M63	NSWMA	26.72			27.24	37.90%
	9 Gary Peters	M60	NSWMA	24.9			24.04	33.45%
	10 Rodney Whatley	M61	NSWMA	24.83			24.40	33.95%
M65 Discus Throw								
	1 Gavin Murray	M68	NSWMA	42.51			47.84	66.57%
	2 Stan Peska	M66	VMA	34.82			37.62	52.34%
	3 Robert Hanbury-Brown	M66	NSWMA	34.50			37.27	51.86%
	4 Charlie Bastecky	M67	ACTMA	32.00			35.28	49.08%
	5 Bruce Wood	M68	VMA	31.62			35.59	49.52%
	6 Lajos Joni	M67	QMA	31.19			34.38	47.84%
	7 Andrew Atkinson Howatt	M66	NSWMA	30.04			32.45	45.16%
	8 Simon Harmey	M66	NSWMA	26.13			28.23	39.28%
	9 Peter Hogan	M67	NSWMA	25.38			27.98	38.93%
	10 Peter Greenland	M69	SAMA	18.37			21.12	29.38%
M70 Discus Throw								
	1 Ossi Igel	M72	MAWA	34.79			42.75	59.49%
	2 Ian Murray	M70	TMA	32.19			37.82	52.62%
	3 Stephen Crocker	M70	NSWMA	30.21			35.49	49.38%
	4 Bob Banens	M74	ACTMA	26.85			34.60	48.14%
	5 Robert Holzer	M74	VMA	26.78			34.51	48.01%
	6 Brian Jones	M74	ACTMA	26.45			34.08	47.42%
	7 Tim Needham	M70	NSWMA	26.01			30.56	42.52%
	8 Ian Heazlewood	M71	NSWMA	24.73			29.71	41.33%
	9 Doug Barrett	M70	ACTMA	23.21			27.27	37.94%
	10 Grant Chapman	M72	QMA	21.40			26.30	36.59%
	11 David Haggith	M71	QMA	20.80			24.99	34.76%
M75 Discus Throw								
	1 John Gordon	M75	NSWMA	32.23			42.56	59.23%
	2 Ian Cole	M75	TMA	26.12			34.50	48.00%

[Return to Table of Contents](#)

EVENT	ATHLETE	AGE	TEAM	PERF	Q/h	WIND	2023 AG	AG %
	3 Ray Green	M78	ACTMA	25.13			35.89	49.93%
	4 Don Quinn	M78	QMA	22.88			32.68	45.46%
	5 John Reynolds	M78	ACTMA	22.41			32.00	44.53%
	6 Didimo Tonelli	M79	VMA	20.59			30.23	42.06%
	7 Raminder Singh	M76	NSWMA	19.70			26.68	37.13%
M80 Discus Throw								
	1 Vincent Basile	M80	NSWMA	24.37			36.81	51.22%
	Brian Senior	M82	NZL	23.79			38.15	53.08%
	2 Andrew Kaszubski	M81	VMA	20.80			32.36	45.02%
	Bangalore Chinn Krishna	M81	INDIA	11.29			17.56	24.44%
M90 Discus Throw								
	1 Roy Bennett	M91	NSWMA	10.38			23.12	32.17%
W30 Discus Throw								
	1 Narelle Forth	W33	NSWMA	36.21			36.21	50.71%
	2 Natalie Debeljuh	W34	VMA	35.79			35.79	50.12%
	3 Loreen Kaliyati	W31	QMA	19.20			19.20	26.89%
	4 Ashley Micallef	W34	NSWMA	18.36			18.36	25.71%
	5 Sarah de Vries	W30	NSWMA	18.09			18.09	25.33%
	6 Harseen Sahota	W30	NSWMA	14.89			14.89	20.85%
W35 Discus Throw								
	Jade Lally	W35	GBR	57.69			57.69	80.79%
	1 Danielle Nelson	W39	NSWMA	29.77			31.38	43.94%
	2 Shenevelle Dickson	W39	ACTMA	28.95			30.52	42.73%
	3 Marie March	W39	NSWMA	28.55			30.10	42.14%
	4 Dash Newington	W38	QMA	25.83			26.74	37.44%
	5 Helena Smith	W35	NSWMA	25.00			25.00	35.01%
W40 Discus Throw								
	1 Megan Champion	W42	VMA	36.04			40.13	56.19%
	2 Julia Atilla	W41	NSWMA	26.46			28.93	40.50%
	3 Sarah Collison	W41	NSWMA	24.74			27.05	37.87%
	4 Sukhvir Kaur	W40	NSWMA	21.58			23.17	32.43%
	5 Merryn Dick	W43	NSWMA	21.45			24.33	34.07%
	6 Madeleine Simmons	W40	QMA	19.89			21.35	29.89%
	7 Belinda Westcott	W42	NSWMA	19.00			21.16	29.62%
W45 Discus Throw								
	1 Kelly Hunter	W45	NSWMA	39.90			46.98	65.78%
	2 Jenny Koot	W45	NSWMA	29.07			34.23	47.92%
	3 Donna Palmer	W49	SAMA	25.29			32.13	44.98%
	4 Philippa McCarron	W45	QMA	20.88			24.58	34.42%
	5 Nic Burns	W49	TMA	20.39			25.90	36.27%
	6 Ingrid Harris	W47	NSWMA	20.03			24.49	34.29%
	Michelle Bitcheno	W48	NZL	18.23			22.72	31.81%
	7 Alison Lumley	W45	NSWMA	17.88			21.05	29.48%
	8 Faye Morgan	W48	QMA	16.69			20.80	29.12%
	9 Rita Corney	W49	TMA	15.81			20.09	28.12%
W50 Discus Throw								
	1 Nicole Johansen	W50	VMA	31.01			40.16	56.23%
	2 Samantha Latanis	W50	NSWMA	29.24			37.87	53.02%

[Return to Table of Contents](#)

EVENT	ATHLETE	AGE	TEAM	PERF	Q/h	WIND	2023 AG	AG %
	3 Cathy McKeown	W53	TMA	28.55			39.22	54.92%
	4 Jennifer Parker	W54	MAWA	27.03			37.88	53.05%
	5 Sarita Jatyan	W51	NSWMA	21.97			29.01	40.62%
	6 Suzie Gaynor	W54	ACTMA	17.63			24.71	34.60%
W55 Discus Throw								
	1 Gabriele Watts	W57	NSWMA	31.24			46.55	65.18%
	2 Caroline Layt	W57	NSWMA	29.80			44.40	62.17%
	3 Vicki Townsend	W58	ACTMA	28.17			42.86	60.01%
	4 Toni Matters	W55	VMA	28.11			40.20	56.29%
	5 Sue Coate	W56	MAWA	22.50			32.84	45.99%
	6 Lisa Watson	W57	NSWMA	22.28			33.20	46.49%
	7 Susan Whatley	W59	NSWMA	20.48			31.83	44.56%
	8 Baerbel Koribalski	W58	NSWMA	18.47			28.10	39.35%
	9 Heather Lamb	W58	QMA	18.01			27.40	38.37%
	Terbish Choijavaa	W58	MGL	17.26			26.26	36.77%
	10 Andrea Manson	W55	QMA	17.02			24.34	34.08%
	11 Donna Hiscox	W56	MAWA	16.29			23.78	33.29%
	12 Bev Durston	W58	NSWMA	13.97			21.26	29.76%
W60 Discus Throw								
	1 Ann Jefferies	W60	SAMA	27.71			43.99	61.59%
	2 Jayne Hardy	W60	ACTMA	27.70			43.97	61.57%
	3 Sharon Gibbins	W64	ACTMA	23.15			40.14	56.20%
	4 Christine Shaw	W63	NSWMA	22.84			38.72	54.21%
	5 Narelle Messerle	W64	VMA	22.22			38.53	53.94%
	6 Pauline Cox	W62	NSWMA	21.85			36.23	50.73%
	7 Robin Ball	W60	NSWMA	20.67			32.81	45.95%
	8 Deborah Engeler	W60	NSWMA	20.41			32.40	45.37%
	9 Jenny Schell	W60	NSWMA	16.70			26.51	37.12%
	10 Tanya Colyer	W62	ACTMA	10.65			17.66	24.73%
	Mangala Suryak Byahatti	W64	INDIA	10.10			17.51	24.52%
W65 Discus Throw								
	1 Jill Taylor	W67	NSWMA	22.67			42.13	58.99%
	2 Ellena Cubban	W65	NSWMA	19.87			35.24	49.35%
	3 Karen Kirby	W67	VMA	18.48			34.34	48.09%
	4 Christine Bridle	W65	VMA	16.99			30.14	42.20%
	5 Kerrie Jones	W69	NSWMA	16.02			31.24	43.74%
	6 Katrina Russell	W67	NSWMA	15.03			27.93	39.11%
	7 Margaret Thomas	W66	NSWMA	14.38			26.11	36.55%
	Sunanda Bennur	W68	INDIA	8.61			16.39	22.95%
W70 Discus Throw								
	Tui Ashe	W72	NZL	18.42			38.73	54.23%
	1 Kate Clarke	W70	NSWMA	17.95			35.88	50.24%
	2 Barbara Wilson	W71	MAWA	15.50			31.77	44.48%
	3 Adriana van Bockel	W71	NSWMA	14.73			30.19	42.27%
	4 Doreen Conroy	W71	QMA	14.12			28.94	40.52%
	Bhavani Bhandari	W70	INDIA	10.74			21.47	30.06%
	5 Liz Neubauer	W72	SAMA	10.01			21.05	29.47%

[Return to Table of Contents](#)

EVENT	ATHLETE	AGE	TEAM	PERF	Q/h	WIND	2023 AG	AG %
W75 Discus Throw								
	1 Bev Hamilton	W77	MAWA	18.98			39.58	55.42%
	2 Mary Thomas	W78	NSWMA	18.58			39.88	55.84%
	3 Majka Kaszubski	W75	VMA	15.20			29.97	41.97%
	Machamma Ponnappa	W75	INDIA	14.97			29.52	41.33%
W80 Discus Throw								
	1 Jeanette Williamson	W80	ACTMA	18.70			42.61	59.67%
	2 Jan Banens	W81	ACTMA	13.95			32.79	45.92%
	3 Anne Lang	W80	SAMA	11.98			27.30	38.23%
	4 Kathleen Hannig	W82	MAWA	9.37			22.74	31.84%
Hammer								
M30 Hammer Throw								
	1 Shane Carstairs	M34	VMA	38.69			38.69	45.59%
	2 Ash Almond	M31	VMA	25.58			25.58	30.14%
M35 Hammer Throw								
	1 Tim Huggins	M39	NSWMA	34.77			36.06	42.49%
	2 Stephen Bullock	M39	NSWMA	28.76			29.83	35.15%
	3 Amardeep Malik	M38	NSWMA	25.09			25.71	30.30%
	4 Greg Carstairs	M37	VMA	22.85			23.15	27.27%
	5 Parminder Gill	M36	VMA	20.04			20.07	23.64%
M40 Hammer Throw								
	1 Darrin Norwood	M43	QMA	43.68			47.62	56.11%
	2 Warren Jones	M43	NSWMA	30.19			32.91	38.78%
	3 Anatoly Kirievsky	M44	NSWMA	28.49			31.47	37.07%
M45 Hammer Throw								
	1 Simon Van Baalen	M49	VMA	38.74			45.83	54.00%
	2 Jamie Muscat	M46	NSWMA	37.63			42.68	50.29%
	3 Johannes Petzer	M45	NSWMA	32.64			36.53	43.04%
	4 Rene Doel	M47	QMA	28.12			32.34	38.10%
M50 Hammer Throw								
	1 Stuart Sutton	M54	NSWMA	38.83			45.03	53.06%
	2 Richard Harris	M52	QMA	37.44			42.10	49.60%
	3 Cameron Smith	M54	NSWMA	25.47			29.54	34.80%
M55 Hammer Throw								
	1 Jim Fassolis	M57	NSWMA	42.57			51.85	61.09%
	2 Nick Connell	M57	VMA	40.21			48.97	57.70%
	3 Matt Stenning	M56	NSWMA	36.45			43.66	51.44%
	4 Stephen Liggins	M57	NSWMA	31.57			38.45	45.31%
	5 Tim Lowrey	M56	QMA	27.47			32.91	38.77%
M60 Hammer Throw								
	1 Phillip Spivey	M61	VMA	53.77			64.11	75.54%
	2 Robert Clark	M61	NSWMA	35.12			41.88	49.34%
	3 Peter Wrzuszczak	M62	VMA	34.50			41.90	49.37%
	4 Peter Murray	M62	NSWMA	32.36			39.30	46.31%
M65 Hammer Throw								
	1 Lajos Joni	M67	QMA	37.38			50.09	59.02%

[Return to Table of Contents](#)

EVENT	ATHLETE	AGE	TEAM	PERF	Q/h	WIND	2023 AG	AG %
	2 Gavin Murray	M68	NSWMA	37.26			50.99	60.08%
	3 Robert Hanbury-Brown	M66	NSWMA	35.16			46.16	54.38%
	4 Stan Peska	M66	VMA	31.69			41.60	49.02%
	5 Frank Chapman	M67	NSWMA	26.19			35.10	41.35%
	6 Bruce Wood	M68	VMA	23.25			31.82	37.49%
M70 Hammer Throw								
	1 Robert Holzer	M74	VMA	40.17			56.43	66.49%
	2 Ian Murray	M70	TMA	38.21			48.86	57.57%
	3 Ossi Igel	M72	MAWA	36.55			48.93	57.65%
	4 David Haggith	M71	QMA	30.32			39.66	46.73%
	5 Tim Needham	M70	NSWMA	29.89			38.22	45.03%
	6 Dave Ross	M72	NSWMA	29.00			38.82	45.74%
	7 Bob Banens	M74	ACTMA	27.55			38.70	45.60%
	8 Richard Ward	M74	NSWMA	27.35			38.42	45.27%
	9 Grant Chapman	M72	QMA	24.20			32.4	38.17%
	10 Ian Heazlewood	M71	NSWMA	23.48			30.71	36.19%
M75 Hammer Throw								
	1 Ray Green	M78	ACTMA	27.29			42.57	50.16%
	2 John Reynolds	M78	ACTMA	25.49			39.76	46.85%
	3 Didimo Tonelli	M79	VMA	24.40			39.15	46.12%
	4 Don Quinn	M78	QMA	24.19			37.73	44.46%
	5 Raminder Singh	M76	NSWMA	19.19			28.37	33.42%
M80 Hammer Throw								
	Brian Senior	M82	NZL	30.48			46.32	54.58%
	1 Vincent Basile	M80	NSWMA	26.24			37.53	44.22%
	Bangalore Chinn Krishna	M81	INDIA	11.64			17.16	20.21%
W30 Hammer Throw								
	1 Natalie Debeljuh	W34	VMA	44.10			45.77	55.15%
	2 Ashley Micallef	W34	NSWMA	14.39			14.94	18.00%
W35 Hammer Throw								
	1 Shenevelle Dickson	W39	ACTMA	27.05			30.84	37.16%
	2 Dash Newington	W38	QMA	26.22			29.33	35.34%
	3 Helena Smith	W35	NSWMA	25.32			26.78	32.26%
W40 Hammer Throw								
	1 Megan Champion	W42	VMA	31.96			38.57	46.48%
	2 Julia Atilla	W41	NSWMA	28.44			33.68	40.58%
	3 Sukhvir Kaur	W40	NSWMA	23.94			27.81	33.51%
	4 Merryn Dick	W43	NSWMA	23.15			28.48	34.32%
W45 Hammer Throw								
	1 Kelly Hunter	W45	NSWMA	32.63			41.73	50.28%
	Michelle Bitcheno	W48	NZL	24.81			33.65	40.55%
	2 Ingrid Harris	W47	NSWMA	23.67			31.48	37.93%
	3 Nic Burns	W49	TMA	20.15			27.88	33.60%
	4 Philippa McCarron	W45	QMA	19.07			24.39	29.39%
	5 Faye Morgan	W48	QMA	19.06			25.86	31.15%
	6 Jenny Koot	W45	NSWMA	16.61			21.24	25.60%
	7 Rita Corney	W49	TMA	16.35			22.63	27.26%
W50 Hammer Throw								
	1 Maria Cimino	W51	NSWMA	38.26			47.73	57.52%

[Return to Table of Contents](#)

EVENT	ATHLETE	AGE	TEAM	PERF	Q/h	WIND	2023 AG	AG %
W50 Hammer Throw	2 Samantha Latanis	W50	NSWMA	38.17			46.67	56.23%
	3 Nicole Johansen	W50	VMA	37.43			45.76	55.14%
	4 Cathy McKeown	W53	TMA	34.09			44.31	53.39%
	5 Jennifer Parker	W54	MAWA	32.09			42.59	51.32%
	6 Tracy Canham	W50	TMA	31.08			38.00	45.79%
	7 Suzie Gaynor	W54	ACTMA	29.90			39.68	47.82%
W55 Hammer Throw								
W55 Hammer Throw	1 Gabriele Watts	W57	NSWMA	42.01			59.41	71.59%
	2 Caroline Layt	W57	NSWMA	39.60			56.00	67.48%
	3 Vicki Townsend	W58	ACTMA	31.25			45.16	54.41%
	4 Lisa Watson	W57	NSWMA	27.10			38.32	46.18%
	Delwyn Smith	W57	NZL	27.02			38.21	46.04%
	5 Heather Lamb	W58	QMA	25.80			37.28	44.92%
	6 Andrea Manson	W55	QMA	23.58			31.96	38.51%
	7 Toni Matters	W55	VMA	22.55			30.56	36.83%
	Terbish Choijavaa	W58	MGL	21.78			31.47	37.92%
	8 Donna Hiscox	W56	MAWA	21.35			29.56	35.61%
W60 Hammer Throw	9 Kim Peak	W56	VMA	17.11			23.69	28.54%
W60 Hammer Throw								
1 Jayne Hardy	W60	ACTMA	37.01			55.89	67.34%	
2 Ann Jefferies	W60	SAMA	35.31			53.32	64.25%	
3 Sharon Gibbins	W64	ACTMA	30.01			49.65	59.83%	
4 Pauline Cox	W62	NSWMA	26.43			41.75	50.31%	
5 Jenny Schell	W60	NSWMA	24.31			36.71	44.23%	
6 Narelle Messerle	W64	VMA	24.23			40.09	48.31%	
7 Deborah Engeler	W60	NSWMA	22.40			33.83	40.76%	
8 Margaret Kenny	W63	NSWMA	17.09			27.63	33.29%	
W65 Hammer Throw	9 Tanya Colyer	W62	ACTMA	16.78			26.51	31.94%
W65 Hammer Throw								
1 Jill Taylor	W67	NSWMA	29.90			53.17	64.07%	
2 Ellena Cubban	W65	NSWMA	27.12			45.95	55.36%	
3 Christine Bridle	W65	VMA	26.96			45.68	55.04%	
4 Karen Kirby	W67	VMA	23.60			41.97	50.57%	
5 Kerrie Jones	W69	NSWMA	19.25			35.99	43.36%	
W70 Hammer Throw								
W70 Hammer Throw	Sunanda Bennur	W68	INDIA	9.86			17.98	21.66%
	1 Kate Clarke	W70	NSWMA	19.67			37.72	45.46%
	2 Adriana van Bockel	W71	NSWMA	18.31			36.04	43.43%
	3 Carey Dickason	W72	MAWA	17.28			34.93	42.09%
	4 Doreen Conroy	W71	QMA	16.88			33.23	40.04%
W75 Hammer Throw								
W75 Hammer Throw	5 Liz Neubauer	W72	SAMA	13.52			27.33	32.93%
	1 Bev Hamilton	W77	MAWA	26.98			47.85	57.66%
W78 Hammer Throw								
W78 Hammer Throw	2 Mary Thomas	W78	NSWMA	25.14			45.96	55.38%
	1 Jeanette Williamson	W80	ACTMA	29.12			56.67	68.28%
W80 Hammer Throw								
W80 Hammer Throw	2 Jan Banens	W81	ACTMA	24.22			48.69	58.67%

[Return to Table of Contents](#)

EVENT	ATHLETE	AGE	TEAM	PERF	Q/h	WIND	2023 AG	AG %
Javelin								
M30 Javelin Throw								
	1 John Crandell	M31	NSWMA	58.09			58.09	58.99%
	2 Ash Almond	M31	VMA	47.54			47.54	48.27%
	3 Tim D'Abra T20/01	M31	ACTMA	17.35			17.35	17.62%
M35 Javelin Throw								
	1 Craig Baker	M37	NSWMA	51.75			55.57	56.43%
	2 Greg Carstairs	M37	VMA	41.97			45.07	45.76%
	3 Tim Huggins	M39	NSWMA	40.27			44.52	45.20%
	4 Stephen Bullock	M39	NSWMA	37.63			41.60	42.24%
	5 Amardeep Malik	M38	NSWMA	36.37			39.63	40.23%
M40 Javelin Throw								
	1 Nathan Windolf	M43	QMA	49.96			58.65	59.55%
	2 Niel Ellis	M43	NSWMA	43.50			51.07	51.85%
	3 Niroshan Subaweरage	M40	QMA	40.90			45.89	46.59%
	4 Craig Halbmaier	M44	ACTMA	39.24			46.78	47.50%
	5 Darrin Norwood	M43	QMA	38.34			45.01	45.70%
	6 Ben Petersen	M42	NSWMA	36.77			42.51	43.16%
	7 Anatoly Kirievsky	M44	NSWMA	30.33			36.16	36.71%
	8 Warren Jones	M43	NSWMA	22.69			26.64	27.04%
M45 Javelin Throw								
	1 Johannes Petzer	M45	NSWMA	49.23			59.62	60.54%
	2 Rene Doel	M47	QMA	48.71			60.91	61.85%
	3 Eduar Gutierrez Bahillo	M49	NSWMA	39.47			51.01	51.79%
	4 Jamie Muscat	M46	NSWMA	31.87			39.22	39.82%
	5 Simon Van Baalen	M49	VMA	31.50			40.71	41.34%
	6 Claudio Corvalan Diaz	M49	NSWMA	28.19			36.43	36.99%
	7 Rogelio Canizales Perez	M46	NSWMA	27.10			33.35	33.86%
	8 Sam Bray	M46	NSWMA	25.63			31.54	32.02%
	9 Benny Dalton	M48	NSWMA	23.53			29.91	30.37%
	10 Suminda Galketiya	M48	QMA	23.50			29.87	30.33%
M50 Javelin Throw								
	1 Rodney Tebbutt	M52	NSWMA	48.30			61.46	62.40%
	2 Nicholas Batty	M53	NSWMA	48.11			62.30	63.26%
	3 Shane Hutchison	M50	ACTMA	33.01			40.58	41.21%
M55 Javelin Throw								
	1 Anthony Howlett	M55	NSWMA	45.53			61.13	62.07%
	2 Andrew Kohlrusch	M57	NSWMA	43.79			61.02	61.96%
	3 Alan Hawkins	M59	NSWMA	35.42			51.30	52.09%
	4 Stephen Liggins	M57	NSWMA	35.22			49.08	49.83%
	5 Tony Idris	M56	NSWMA	35.01			47.88	48.62%
	6 Greg Mann	M59	TMA	33.99			49.23	49.98%
	7 Tim Lowrey	M56	QMA	23.30			31.87	32.35%
	8 Dean Taylor	M59	NSWMA	17.61			25.51	25.90%
M60 Javelin Throw								
	Bruce Solomon	M60	NZL	37.96			51.92	52.71%
	1 Kevin Fisher	M64	NSWMA	35.01			52.02	52.82%

[Return to Table of Contents](#)

EVENT	ATHLETE	AGE	TEAM	PERF	Q/h	WIND	2023 AG	AG %
M60 Javelin Throw	2 Andrew Carter	M60	NSWMA	34.72			47.48	48.21%
	3 Tim McGrath	M60	NSWMA	34.52			47.21	47.93%
	4 Peter Murray	M62	NSWMA	34.50			49.14	49.90%
	5 Simon Butler-White	M63	NSWMA	31.05			45.16	45.86%
	6 Gary Peters	M60	NSWMA	26.82			36.68	37.24%
	7 Simon Bergfield	M63	NSWMA	24.47			35.59	36.14%
	8 Rodney Whatley	M61	NSWMA	22.61			31.55	32.04%
M65 Javelin Throw								
	1 Stan Peska	M66	VMA	35.07			54.45	55.29%
	2 Andrew Atkinson Howatt	M66	NSWMA	34.90			54.19	55.02%
	3 Charlie Bastecky	M67	ACTMA	34.39			54.62	55.46%
	4 Robert Hanbury-Brown	M66	NSWMA	32.68			50.74	51.52%
	5 Bruce Wood	M68	VMA	22.30			36.25	36.81%
	6 Peter Greenland	M69	SAMA	18.36			30.56	31.03%
M70 Javelin Throw								
	1 Andrew Farr	M73	VMA	34.32			57.66	58.54%
	2 David Kennedy	M70	NSWMA	31.03			48.31	49.05%
	3 Robert Holzer	M74	VMA	29.02			50.07	50.84%
	4 Ossi Igel	M72	MAWA	26.41			43.23	43.89%
	5 Bob Banens	M74	ACTMA	24.05			41.50	42.13%
	6 Ian Heazlewood	M71	NSWMA	22.88			36.51	37.07%
	7 Doug Barrett	M70	ACTMA	21.54			33.53	34.05%
	8 Grant Chapman	M72	QMA	20.49			33.54	34.05%
M75 Javelin Throw								
	1 Didimo Tonelli	M79	VMA	27.86			55.55	56.40%
	2 Ian Cole	M75	TMA	20.51			36.37	36.93%
	3 Raminder Singh	M76	NSWMA	17.75			32.37	32.87%
M80 Javelin Throw								
	Brian Senior	M82	NZL	23.16			45.53	46.23%
	1 Vincent Basile	M80	NSWMA	22.35			41.13	41.76%
	Bangalore Chinn Krishna	M81	INDIA	11.42			21.71	22.04%
M85 Javelin Throw								
	1 Allan Wood	M85	VMA	18.88			41.34	41.97%
M90 Javelin Throw								
	Palecanda Ponna Bopaiah	M90	NZL	18.24			49.23	49.99%
	1 Roy Bennett	M91	NSWMA	11.21			31.73	32.22%
W30 Javelin Throw								
	1 Emma Capell Meizer	W34	NSWMA	32.02			32.15	44.47%
	2 Narelle Forth	W33	NSWMA	29.42			29.42	40.70%
	3 Natalie Debeljuh	W34	VMA	28.81			28.92	40.01%
	4 Ashley Micallef	W34	NSWMA	18.83			18.91	26.15%
	5 Harseen Sahota	W30	NSWMA	14.37			14.37	19.88%
W35 Javelin Throw								
	1 Katie Fletcher	W39	NSWMA	27.96			30.97	42.84%
	2 Madeleine Smith	W39	NSWMA	22.18			24.57	33.98%
	3 Bree McLennan	W37	VMA	21.59			22.99	31.80%
	4 Helena Smith	W35	NSWMA	20.38			20.87	28.86%
	5 Dash Newington	W38	QMA	19.11			20.75	28.71%

[Return to Table of Contents](#)

EVENT	ATHLETE	AGE	TEAM	PERF	Q/h	WIND	2023 AG	AG %
	6 Shenevelle Dickson	W39	ACTMA	16.90			18.72	25.89%
W40 Javelin Throw	1 Julia Atilla	W41	NSWMA	23.38			26.95	37.28%
	2 Cassie Neubauer	W44	SAMA	20.59			25.22	34.88%
	3 Sukhvir Kaur	W40	NSWMA	20.19			22.82	31.56%
	4 Belinda Westcott	W42	NSWMA	18.40			21.64	29.93%
	5 Merryn Dick	W43	NSWMA	12.63			15.16	20.96%
W45 Javelin Throw	1 Nicki Drinkwater	W47	NSWMA	28.74			37.42	51.77%
	2 Natalie Heywood	W48	NSWMA	27.40			36.42	50.38%
	3 Kelly Hunter	W45	NSWMA	26.08			32.59	45.08%
	4 Rita Corney	W49	TMA	19.82			26.90	37.21%
	5 Philippa McCarron	W45	QMA	19.80			24.75	34.23%
	6 Faye Morgan	W48	QMA	17.13			22.77	31.50%
	7 Alison Lumley	W45	NSWMA	17.12			21.40	29.60%
	8 Ingrid Harris	W47	NSWMA	13.40			17.45	24.14%
W50 Javelin Throw	1 Nicole Johansen	W50	VMA	32.81			41.51	57.42%
	2 Lee-Anne Nelson	W51	QMA	32.11			41.49	57.39%
	3 Kim Walsh	W50	VMA	28.50			36.06	49.88%
	4 Karen Carah	W54	VMA	25.60			35.27	48.79%
	5 Samantha Latanis	W50	NSWMA	21.91			27.72	38.35%
	6 Raelene Campbell	W50	ACTMA	20.55			26.00	35.97%
	7 Sarita Jatyan	W51	NSWMA	19.66			25.40	35.14%
	8 Lisa Limonas	W54	MAWA	18.48			25.46	35.22%
	9 Suzie Gaynor	W54	ACTMA	17.17			23.66	32.72%
	-- Cathy McKeown	W53	TMA	FOUL				
W55 Javelin Throw	1 Sue Coate	W56	MAWA	30.91			44.48	61.53%
	2 Toni Matters	W55	VMA	26.13			36.79	50.89%
	Dale McMillan	W55	NZL	24.68			34.75	48.07%
	3 Lisa Watson	W57	NSWMA	22.84			33.60	46.48%
	4 Vicki Townsend	W58	ACTMA	21.78			32.76	45.32%
	5 Gabriele Watts	W57	NSWMA	20.67			30.41	42.06%
	6 Baerbel Koribalski	W58	NSWMA	20.62			31.02	42.90%
	7 Susan Whatley	W59	NSWMA	18.49			28.44	39.34%
	8 Bev Durston	W58	NSWMA	16.52			24.85	34.37%
	9 Caroline Layt	W57	NSWMA	16.34			24.04	33.25%
	10 Lisa Harrison	W56	NSWMA	15.84			22.80	31.53%
	11 Heather Lamb	W58	QMA	12.83			19.30	26.69%
W60 Javelin Throw	1 Ann Jefferies	W60	SAMA	27.51			43.28	59.88%
	2 Christine Shaw	W63	NSWMA	25.08			42.29	58.50%
	3 Jayne Hardy	W60	ACTMA	24.71			38.88	53.78%
	4 Pauline Cox	W62	NSWMA	21.57			35.54	49.16%
	5 Margaret Walker	W63	NSWMA	17.39			29.33	40.57%
	6 Narelle Messerle	W64	VMA	17.01			29.37	40.63%
	7 Jenny Schell	W60	NSWMA	15.22			23.95	33.13%
	8 Deborah Engeler	W60	NSWMA	13.77			21.67	29.97%

[Return to Table of Contents](#)

EVENT	ATHLETE	AGE	TEAM	PERF	Q/h	WIND	2023 AG	AG %
	Mangala Suryak Byahatti	W64	INDIA	9.32			16.09	22.26%
	9 Tanya Colyer	W62	ACTMA	6.26			10.32	14.27%
W65 Javelin Throw								
	1 Christine Bridle	W65	VMA	19.40			34.30	47.45%
	2 Ellena Cubban	W65	NSWMA	16.25			28.73	39.75%
	3 Karen Kirby	W67	VMA	14.96			27.77	38.41%
	4 Margaret Thomas	W66	NSWMA	13.25			24.00	33.20%
	5 Kerrie Jones	W69	NSWMA	13.02			25.40	35.13%
W70 Javelin Throw								
	1 Carol Davis	W72	QMA	20.46			43.11	59.64%
	2 Barbara Wilson	W71	MAWA	15.23			31.27	43.25%
	3 Kate Clarke	W70	NSWMA	15.20			30.41	42.07%
	Tui Ashe	W72	NZL	14.93			31.46	43.52%
	4 Doreen Conroy	W71	QMA	11.72			24.06	33.28%
	5 Adriana van Bockel	W71	NSWMA	11.53			23.67	32.74%
	6 Liz Neubauer	W72	SAMA	10.19			21.48	29.70%
	Bhavani Bhandari	W70	INDIA	10.13			20.27	28.04%
W75 Javelin Throw								
	1 Mary Thomas	W78	NSWMA	13.75			30.58	42.30%
	Machamma Ponnappa	W75	INDIA	12.03			24.58	34.00%
	2 Bev Hamilton	W77	MAWA	11.82			25.54	35.33%
	3 Brenda Painter	W78	MAWA	10.95			24.35	33.68%
W80 Javelin Throw								
	1 Jeanette Williamson	W80	ACTMA	14.69			34.66	47.94%
	2 Anne Lang	W80	SAMA	12.85			30.32	41.94%
	3 Suzanne Westbrook	W81	TMA	10.27			24.98	34.55%
	4 Kathleen Hannig	W82	MAWA	7.88			19.78	27.35%
W85 Javelin Throw								
	1 Miriam Cudmore	W85	SAMA	18.33			50.78	70.24%
Shot Put								
M30 Shot Put								
	1 Shane Carstairs	M34	VMA	14.80			15.31	66.78%
	2 Dean Milroy	M32	NSWMA	11.90			12.02	52.45%
	3 Andrew Close T12	M33	VMA	6.90			7.05	30.77%
	4 Tim D'Abra T20/01	M31	ACTMA	5.75			5.75	25.10%
M35 Shot Put								
	1 Tim Huggins	M39	NSWMA	12.11			13.31	58.07%
	2 Stephen Bullock	M39	NSWMA	10.56			11.61	50.64%
	3 Patrick McCarthey	M39	QMA	10.55			11.60	50.59%
	4 Greg Carstairs	M37	VMA	9.50			10.19	44.44%
	5 Amardeep Malik	M38	NSWMA	9.42			10.23	44.62%
	6 Parminder Gill	M36	VMA	8.26			8.75	38.18%
M40 Shot Put								
	1 Nathan Windolf	M43	QMA	13.48			15.59	68.01%
	2 Darrin Norwood	M43	QMA	12.52			14.48	63.17%
	3 Niel Ellis	M43	NSWMA	11.75			13.59	59.28%
	4 Craig Halbmaier	M44	ACTMA	10.50			12.30	53.67%
	5 Niroshan Subaweerage	M40	QMA	10.20			11.35	49.53%

[Return to Table of Contents](#)

EVENT	ATHLETE	AGE	TEAM	PERF	Q/h	WIND	2023 AG	AG %
	6 Jamie Terley	M43	NSWMA	9.60			11.10	48.44%
	7 Anatoly Kirievsky	M44	NSWMA	9.00			10.54	46.01%
	8 Tamir Mahmood	M41	NSWMA	8.70			9.81	42.78%
	9 Sugumar Ganesan	M44	NSWMA	8.13			9.53	41.56%
	10 Warren Jones	M43	NSWMA	7.85			9.08	39.61%
M45 Shot Put								
	1 Jamie Muscat	M46	NSWMA	13.34			16.05	70.02%
	2 Michel Hemmings Jones	M47	NSWMA	13.08			15.95	69.60%
	3 Rene Doel	M47	QMA	11.01			13.43	58.58%
	4 Simon Van Baalen	M49	VMA	10.89			13.65	59.56%
	5 Johannes Petzer	M45	NSWMA	10.21			12.12	52.89%
	6 Dylan Connell	M45	NSWMA	10.04			11.92	52.01%
	7 Claudio Corvalan Diaz	M49	NSWMA	9.79			12.27	53.54%
	8 Suminda Galkeitiya	M48	QMA	8.53			10.55	46.01%
	9 Benny Dalton	M48	NSWMA	7.30			9.03	39.37%
	10 Ivan Maclaine	M46	NSWMA	7.20			8.66	37.79%
	11 Sam Bray	M46	NSWMA	7.11			8.56	37.32%
M50 Shot Put								
	1 Andrew Watson	M54	NSWMA	12.38			15.15	66.13%
	2 Stuart Sutton	M54	NSWMA	11.14			13.64	59.50%
	3 Richard Harris	M52	QMA	10.99			13.07	57.01%
	4 Cameron Smith	M54	NSWMA	8.97			10.98	47.91%
	5 Ernie Leseberg	M51	NSWMA	8.60			10.08	43.98%
M55 Shot Put								
	1 Stephen Liggins	M57	NSWMA	11.72			15.01	65.50%
	2 Nick Connell	M57	VMA	11.66			14.93	65.16%
	3 Andrew Kohlrusch	M57	NSWMA	11.19			14.33	62.53%
	4 Tim Lowrey	M56	QMA	10.40			13.12	57.24%
	5 Tony Idris	M56	NSWMA	9.13			11.52	50.25%
	6 Michael Hughes	M58	QMA	8.68			11.29	49.26%
	7 Mark Moskvitch	M58	NSWMA	7.26			9.45	41.21%
M60 Shot Put								
	1 Tim McGrath	M60	NSWMA	11.75			14.40	62.84%
	Bruce Solomon	M60	NZL	11.09			13.59	59.31%
	2 Andrew Wilson	M60	NSWMA	10.86			13.31	58.08%
	3 Peter Murray	M62	NSWMA	10.50			13.30	58.01%
	4 Simon Butler-White	M63	NSWMA	10.27			13.22	57.70%
	5 Paul Nies	M63	NSWMA	10.14			13.06	56.97%
	6 Peter Wrzuszczak	M62	VMA	9.85			12.47	54.42%
	7 Andrew Millerd	M60	QMA	9.62			11.79	51.45%
	8 Robert Clark	M61	NSWMA	8.98			11.19	48.81%
	9 Simon Bergfield	M63	NSWMA	8.33			10.73	46.80%
	10 Hovik Keshishian	M61	NSWMA	7.34			9.14	39.89%
	11 Rodney Whatley	M61	NSWMA	7.12			8.87	38.70%
M65 Shot Put								
	1 Stan Peska	M66	VMA	12.06			16.35	71.34%
	2 Gavin Murray	M68	NSWMA	10.83			15.22	66.39%
	3 Lajos Joni	M67	QMA	10.12			13.96	60.93%
	4 Robert Hanbury-Brown	M66	NSWMA	9.95			13.49	58.86%

[Return to Table of Contents](#)

EVENT	ATHLETE	AGE	TEAM	PERF	Q/h	WIND	2023 AG	AG %
	5 Bruce Wood	M68	VMA	9.10			12.79	55.79%
M70 Shot Put	1 Ossi Igel	M72	MAWA	11.87			16.08	70.18%
	2 Stephen Crocker	M70	NSWMA	11.78			15.36	67.03%
	3 Glenn Crompton	M71	NSWMA	11.52			15.31	66.81%
	4 Ian Murray	M70	TMA	10.83			14.12	61.62%
	5 David Haggith	M71	QMA	9.16			12.17	53.12%
	6 Bob Banens	M74	ACTMA	8.46			11.93	52.05%
	7 Grant Chapman	M72	QMA	8.40			11.38	49.66%
	8 Robert Holzer	M74	VMA	8.14			11.48	50.08%
	9 Ian Heazlewood	M71	NSWMA	8.12			10.79	47.09%
M75 Shot Put	1 Didimo Tonelli	M79	VMA	8.50			13.33	58.16%
	2 Ray Green	M78	ACTMA	8.13			12.47	54.41%
	3 Don Quinn	M78	QMA	7.75			11.89	51.87%
	4 Raminder Singh	M76	NSWMA	7.46			10.96	47.83%
	5 John Reynolds	M78	ACTMA	7.41			11.37	49.59%
M80 Shot Put	1 Vincent Basile	M80	NSWMA	9.60			13.33	58.18%
	Brian Senior	M82	NZL	9.52			13.86	60.46%
	2 Andrew Kaszubski	M81	VMA	7.81			11.10	48.44%
	3 Albert Gay	M81	NSWMA	7.70			10.95	47.76%
W30 Shot Put	1 Loreen Kaliyati	W31	QMA	9.67			9.67	45.53%
	2 Natalie Debeljuh	W34	VMA	9.63			9.85	46.33%
	3 Sarah Whatley	W33	NSWMA	9.43			9.50	44.72%
	4 Emma Capell Meizer	W34	NSWMA	5.30			5.42	25.50%
W35 Shot Put	1 Rachael Gruschka	W38	NSWMA	8.80			9.54	44.89%
	2 Shenevelle Dickson	W39	ACTMA	8.78			9.66	45.46%
	3 Helena Smith	W35	NSWMA	8.20			8.51	40.03%
	4 Liz Morison	W38	NSWMA	7.64			8.28	38.97%
	5 Madeleine Smith	W39	NSWMA	7.57			8.33	39.20%
	6 Amninder Kaur	W35	NSWMA	6.26			6.50	30.56%
W40 Shot Put	1 Julia Atilla	W41	NSWMA	9.91			11.24	52.89%
	2 Megan Champion	W42	VMA	9.51			10.95	51.53%
	3 Sarah Collison	W41	NSWMA	7.82			8.87	41.73%
	4 Merryn Dick	W43	NSWMA	7.53			8.81	41.44%
	5 Sukhvir Kaur	W40	NSWMA	7.47			8.34	39.26%
	6 Madeleine Simmons	W40	QMA	6.44			7.19	33.85%
W45 Shot Put	1 Kelly Hunter	W45	NSWMA	10.82			13.06	61.45%
	2 Nicki Drinkwater	W47	NSWMA	9.47			11.80	55.53%
	3 Donna Palmer	W49	SAMA	9.42			12.13	57.07%
	4 Philippa McCarron	W45	QMA	8.09			9.76	45.94%
	5 Kim Constable	W45	NSWMA	8.07			9.74	45.83%
	6 Natalie Heywood	W48	NSWMA	7.79			9.86	46.42%

[Return to Table of Contents](#)

EVENT	ATHLETE	AGE	TEAM	PERF	Q/h	WIND	2023 AG	AG %
	7 Alison Lumley	W45	NSWMA	7.54			9.10	42.82%
	8 Jessica Scott	W46	NSWMA	7.41			9.09	42.75%
	9 Jenny Koot	W45	NSWMA	7.17			8.65	40.72%
	10 Faye Morgan	W48	QMA	6.85			8.68	40.82%
	11 Rita Corney	W49	TMA	6.84			8.81	41.44%
	12 Ingrid Harris	W47	NSWMA	6.76			8.42	39.64%
	Michelle Bitcheno	W48	NZL	6.44			8.16	38.38%
	13 Nic Burns	W49	TMA	6.34			8.16	38.41%
W50 Shot Put								
	1 Cathy McKeown	W53	TMA	11.00			13.12	61.74%
	2 Samantha Latanis	W50	NSWMA	10.67			12.09	56.92%
	3 Karen Carah	W54	VMA	10.44			12.67	59.63%
	4 Lee-Anne Nelson	W51	QMA	10.16			11.71	55.11%
	5 Nicole Johansen	W50	VMA	9.89			11.21	52.76%
	6 Jennifer Parker	W54	MAWA	9.27			11.25	52.94%
	7 Tracy Canham	W50	TMA	8.86			10.04	47.26%
	8 Suzie Gaynor	W54	ACTMA	7.72			9.37	44.09%
	9 Cassandra Board	W52	NSWMA	7.27			8.52	40.11%
	10 Sarita Jatyan	W51	NSWMA	6.39			7.37	34.66%
W55 Shot Put								
	1 Caroline Layt	W57	NSWMA	11.39			14.58	68.63%
	2 Gabriele Watts	W57	NSWMA	11.27			14.43	67.91%
	3 Lisa Watson	W57	NSWMA	10.70			13.70	64.48%
	4 Vicki Townsend	W58	ACTMA	10.11			13.18	62.05%
	5 Raj Singh	W56	VMA	10.05			12.64	59.48%
	6 Sue Coate	W56	MAWA	9.94			12.50	58.83%
	7 Toni Matters	W55	VMA	9.71			11.99	56.45%
	Dale McMillan	W55	NZL	8.56			10.57	49.76%
	8 Baerbel Koribalski	W58	NSWMA	8.24			10.75	50.57%
	Terbish Choijgavaa	W58	MGL	7.21			9.40	44.25%
	9 Heather Lamb	W58	QMA	6.86			8.95	42.10%
	10 Kim Peak	W56	VMA	5.83			7.33	34.50%
	11 Donna Hiscox	W56	MAWA	5.45			6.86	32.25%
W60 Shot Put								
	1 Ann Jefferies	W60	SAMA	10.77			14.58	68.63%
	2 Pauline Cox	W62	NSWMA	9.05			12.73	59.93%
	3 Narelle Messerle	W64	VMA	8.79			12.87	60.57%
	4 Jayne Hardy	W60	ACTMA	8.55			11.58	54.48%
	5 Margaret Walker	W63	NSWMA	7.64			10.97	51.60%
	6 Jenny Schell	W60	NSWMA	6.94			9.40	44.22%
	7 Rina Flynn	W60	NSWMA	6.66			9.02	42.44%
	8 Deborah Engeler	W60	NSWMA	6.60			8.94	42.05%
	9 Tanya Colyer	W62	ACTMA	4.20			5.91	27.81%
	Mangala Suryak Byahatti	W64	INDIA	4.10			6.01	28.25%
W65 Shot Put								
	1 Karen Kirby	W67	VMA	8.19			12.76	60.06%
	2 Ellena Cubban	W65	NSWMA	8.05			12.03	56.62%
	3 Christine Bridle	W65	VMA	7.43			11.10	52.25%
	4 Kerrie Jones	W69	NSWMA	6.32			10.28	48.40%

[Return to Table of Contents](#)

EVENT	ATHLETE	AGE	TEAM	PERF	Q/h	WIND	2023 AG	AG %
	Sunanda Bennur	W68	INDIA	4.50			7.17	33.72%
W70 Shot Put								
	Tui Ashe	W72	NZL	6.73			11.72	55.17%
1	Barbara Wilson	W71	MAWA	6.68			11.37	53.51%
2	Doreen Conroy	W71	QMA	6.05			10.30	48.46%
3	Adriana van Bockel	W71	NSWMA	5.10			8.68	40.85%
4	Liz Neubauer	W72	SAMA	4.94			8.61	40.49%
	Bhavani Bhandari	W70	INDIA	4.86			8.09	38.05%
W75 Shot Put								
1	Mary Thomas	W78	NSWMA	7.39			12.20	57.44%
2	Bev Hamilton	W77	MAWA	7.30			11.74	55.26%
3	Majka Kaszubski	W75	VMA	7.19			10.99	51.73%
4	Brenda Painter	W78	MAWA	4.99			8.24	38.78%
--	Machamma Ponnappa	W75	INDIA	6.53			9.98	46.98%
W80 Shot Put								
1	Jeanette Williamson	W80	ACTMA	7.70			13.43	63.20%
2	Jan Banens	W81	ACTMA	6.48			11.63	54.71%
3	Anne Lang	W80	SAMA	6.41			11.18	52.61%
W85 Shot Put								
1	Miriam Cudmore	W85	SAMA	6.48			13.12	61.76%
Weight								
M30 Weight Throw								
1	Shane Carstairs	M34	VMA	11.14			11.14	43.08%
2	Ash Almond	M31	VMA	8.48			8.48	32.79%
M35 Weight Throw								
1	Amardeep Malik	M38	NSWMA	8.70			9.05	34.96%
2	Greg Carstairs	M37	VMA	8.55			8.77	33.91%
M40 Weight Throw								
1	Darrin Norwood	M43	QMA	12.96			14.39	55.64%
2	Anatoly Kirievsky	M44	NSWMA	9.34			10.51	40.64%
3	Warren Jones	M43	NSWMA	8.77			9.74	37.65%
M45 Weight Throw								
1	Jamie Muscat	M46	NSWMA	13.40			15.50	59.90%
2	Simon Van Baalen	M49	VMA	12.54			15.11	58.40%
3	Johannes Petzer	M45	NSWMA	11.07			12.63	48.82%
4	Rene Doel	M47	QMA	9.67			11.34	43.82%
5	Dylan Connell	M45	NSWMA	8.91			10.17	39.30%
M50 Weight Throw								
1	Richard Harris	M52	QMA	14.05			14.42	55.74%
2	EJ Davie	M52	NSWMA	5.95			6.11	23.60%
M55 Weight Throw								
1	Nick Connell	M57	VMA	14.38			15.84	61.25%
2	Jim Fassolis	M57	NSWMA	13.33			14.69	56.78%
3	Matt Stenning	M56	NSWMA	12.65			13.74	53.11%
4	Stephen Liggins	M57	NSWMA	12.06			13.29	51.37%
5	Tim Lowrey	M56	QMA	10.87			11.81	45.64%

[Return to Table of Contents](#)

EVENT	ATHLETE	AGE	TEAM	PERF	Q/h	WIND	2023 AG	AG %
M60 Weight Throw								
	1 Phillip Spivey	M61	VMA	21.56			22.04	85.21%
	2 Peter Wrzuszczak	M62	VMA	13.34			13.84	53.51%
	3 Andrew Wilson	M60	NSWMA	12.21			12.30	47.55%
M65 Weight Throw								
	1 Gavin Murray	M68	NSWMA	15.85			18.02	69.68%
	2 Lajos Joni	M67	QMA	15.44			17.29	66.83%
	3 Robert Hanbury-Brown	M66	NSWMA	14.85			16.37	63.29%
	4 Stan Peska	M66	VMA	12.70			14.00	54.13%
M70 Weight Throw								
	1 Ian Murray	M70	TMA	15.30			15.71	60.72%
	2 Ossi Igel	M72	MAWA	15.12			16.06	62.09%
	3 Robert Holzer	M74	VMA	13.96			15.38	59.47%
	4 Tim Needham	M70	NSWMA	12.03			12.35	47.74%
	5 Bob Banens	M74	ACTMA	11.97			13.19	51.00%
	6 David Haggith	M71	QMA	11.85			12.37	47.83%
	7 Dave Ross	M72	NSWMA	11.74			12.47	48.21%
	8 Ian Heazlewood	M71	NSWMA	9.89			10.33	39.92%
	9 Grant Chapman	M72	QMA	9.72			10.33	39.92%
M75 Weight Throw								
	1 Ray Green	M78	ACTMA	10.52			12.59	48.65%
	2 John Reynolds	M78	ACTMA	10.18			12.18	47.08%
	3 Don Quinn	M78	QMA	9.53			11.40	44.08%
	4 Didimo Tonelli	M79	VMA	8.57			10.49	40.54%
	5 Raminder Singh	M76	NSWMA	8.16			9.36	36.17%
M80 Weight Throw								
	1 Vincent Basile	M80	NSWMA	11.10			11.71	45.26%
	2 Noel Donohoe	M82	NSWMA	8.02			8.89	34.37%
W30 Weight Throw								
	1 Natalie Debeljuh	W34	VMA	14.53			14.83	57.89%
	2 Ashley Micallef	W34	NSWMA	4.98			5.08	19.84%
W35 Weight Throw								
	1 Helena Smith	W35	NSWMA	10.03			10.39	40.57%
	2 Dash Newington	W38	QMA	9.78			10.61	41.42%
W40 Weight Throw								
	1 Megan Champion	W42	VMA	11.36			13.12	51.24%
	2 Julia Atilla	W41	NSWMA	10.55			12.00	46.84%
	3 Sukhvir Kaur	W40	NSWMA	9.71			10.87	42.43%
W45 Weight Throw								
	1 Kelly Hunter	W45	NSWMA	11.57			14.03	54.80%
	Michelle Bitcheno	W48	NZL	8.36			10.67	41.65%
	2 Ingrid Harris	W47	NSWMA	7.91			9.92	38.74%
	3 Faye Morgan	W48	QMA	7.62			9.72	37.96%
	4 Rita Corney	W49	TMA	6.40			8.31	32.44%
	5 Nic Burns	W49	TMA	6.11			7.93	30.97%
W50 Weight Throw								
	1 Maria Cimino	W51	NSWMA	13.56			15.94	62.23%
	2 Cathy McKeown	W53	TMA	12.84			15.64	61.08%

[Return to Table of Contents](#)

EVENT	ATHLETE	AGE	TEAM	PERF	Q/h	WIND	2023 AG	AG %
	3 Nicole Johansen	W50	VMA	12.67			14.63	57.13%
	4 Samantha Latanis	W50	NSWMA	11.75			13.57	52.99%
	5 Suzie Gaynor	W54	ACTMA	10.29			12.77	49.85%
	6 Tracy Canham	W50	TMA	9.14			10.56	41.22%
W55 Weight Throw								
	1 Gabriele Watts	W57	NSWMA	14.04			18.43	71.96%
	2 Caroline Layt	W57	NSWMA	13.51			17.73	69.24%
	3 Vicki Townsend	W58	ACTMA	12.37			16.55	64.63%
	4 Kim Peak	W56	VMA	8.16			10.51	41.03%
	5 Heather Lamb	W58	QMA	7.24			9.69	37.83%
	6 Andrea Manson	W55	QMA	6.93			8.76	34.20%
W60 Weight Throw								
	1 Ann Jefferies	W60	SAMA	13.90			16.29	63.61%
	2 Jayne Hardy	W60	ACTMA	13.74			16.10	62.88%
	3 Jenny Schell	W60	NSWMA	11.62			13.62	53.18%
	4 Pauline Cox	W62	NSWMA	11.60			14.16	55.29%
	5 Narelle Messerle	W64	VMA	10.92			13.90	54.28%
	6 Sharon Gibbins	W64	ACTMA	10.21			13.00	50.75%
	7 Deborah Engeler	W60	NSWMA	9.03			10.58	41.32%
	8 Tanya Colyer	W62	ACTMA	5.62			6.86	26.79%
W65 Weight Throw								
	1 Jill Taylor	W67	NSWMA	12.99			17.66	68.98%
	2 Christine Bridle	W65	VMA	10.52			13.69	53.44%
	3 Ellena Cubban	W65	NSWMA	10.23			13.31	51.97%
	4 Karen Kirby	W67	VMA	8.72			11.86	46.30%
	5 Kerrie Jones	W69	NSWMA	8.47			12.06	47.10%
W70 Weight Throw								
	1 Kate Clarke	W70	NSWMA	8.25			12.03	46.98%
	2 Adriana van Bockel	W71	NSWMA	8.03			12.00	46.85%
	3 Barbara Wilson	W71	MAWA	7.81			11.67	45.56%
	4 Doreen Conroy	W71	QMA	6.28			9.38	36.64%
	5 Liz Neubauer	W72	SAMA	5.64			8.64	33.73%
W75 Weight Throw								
	1 Bev Hamilton	W77	MAWA	9.49			13.78	53.81%
	2 Mary Thomas	W78	NSWMA	8.74			13.06	50.99%
	3 Majka Kaszubski	W75	VMA	8.08			11.11	43.37%
W80 Weight Throw								
	1 Jan Banens	W81	ACTMA	10.01			16.36	63.90%
1500m Walk								
M40 1500m Walk								
	1 Scott Hyland	M42	QMA	6:20.35			6:02.65	83.41%
M45 1500m Walk								
	1 David Styles	M46	VMA	7:46.76			7:12.97	69.87%
	2 Daniel Lowe	M47	MAWA	9:39.27			8:53.46	56.71%
M55 1500m Walk								
	Dadhibal Singh Chauhan	M56	INDIA	8:41.50			7:28.29	67.48%
	1 Robert Mason	M57	ACTMA	15:25.14			13:08.70	38.35%

[Return to Table of Contents](#)

EVENT	ATHLETE	AGE	TEAM	PERF	Q/h	WIND	2023 AG	AG %
M60 1500m Walk								
	1 Kevin Cassidy	M62	VMA	8:15.91			6:45.00	74.69%
M65 1500m Walk								
	1 Victor Munoz	M68	MAWA	9:16.44			7:09.76	70.39%
	2 Robert Osborne	M67	NSWMA	11:06.20			8:39.52	58.23%
M70 1500m Walk								
	1 Dennis Williams	M74	NSWMA	9:41.84			7:02.69	71.57%
	2 John Mcdonagh	M74	MAWA	9:54.50			7:11.89	70.04%
M75 1500m Walk								
	1 Belliappa Pale Ponnappa	M79	INDIA	12:10.81			8:20.96	60.39%
M80 1500m Walk								
	1 Bryan Thomas	M81	ACTMA	11:14.92			7:29.46	67.30%
M85 1500m Walk								
	1 Jim Seymon	M85	NSWMA	12:10.73			7:38.86	65.93%
W30 1500m Walk								
	1 Amritpal Kaur	W32	NSWMA	9:20.87			9:20.87	57.58%
	2 Roslyn Kirwin	W34	QMA	10:54.61			10:47.15	49.90%
W35 1500m Walk								
	1 Melissa Grantham	W39	SAMA	8:11.90			7:37.40	70.60%
	2 Dash Newington	W38	QMA	9:22.69			8:47.66	61.20%
W40 1500m Walk								
	1 Romina Garcia	W43	NSWMA	10:19.83			9:17.20	57.96%
W50 1500m Walk								
	1 Karen Herrmann	W54	NSWMA	10:46.94			8:48.32	61.13%
W55 1500m Walk								
	1 Karyn Tolardo	W57	MAWA	8:33.03			6:47.73	79.20%
	2 Kim Peak	W56	VMA	10:06.97			8:06.72	66.35%
	3 April Carlin	W56	ACTMA	13:24.18			10:44.86	50.08%
W60 1500m Walk								
	1 Kerryn Walshe	W61	VMA	8:35.03			6:34.47	81.87%
	2 Donna-Marie Elms	W61	VMA	9:09.67			7:01.00	76.71%
	3 Marcela Ruiz	W62	MAWA	10:02.65			7:37.33	70.61%
	4 Anne Weekes	W60	NSWMA	10:06.65			7:49.03	68.85%
	5 Lorna England	W63	ACTMA	11:59.73			9:01.05	59.69%
	6 Deborah Engeler	W60	NSWMA	12:45.85			9:52.11	54.54%
W65 1500m Walk								
	1 Jill Pearson	W65	ACTMA	9:50.31			7:15.39	74.17%
W70 1500m Walk								
	1 Heather Carr	W73	VMA	9:27.18			6:26.86	83.48%
W75 1500m Walk								
	1 Jacqueline Wilson	W77	NZL	9:52.44			6:25.25	83.83%
W80 1500m Walk								
	Daphne Jones	W81	NZL	11:23.11			6:57.51	77.35%
	1 Lynne Schickert	W81	MAWA	11:59.94			7:20.02	73.39%
	2 Glenys Duncan	W82	MAWA	13:04.44			7:51.31	68.52%
W95 1500m Walk								
	1 Heather Lee	W96	NSWMA	12:45.95			6:01.71	89.28%

[Return to Table of Contents](#)

EVENT	ATHLETE	AGE	TEAM	PERF	Q/h	WIND	2023 AG	AG %
M40 5000m Walk	1 Scott Hyland	M42	QMA	24:22.9	h		23:16.34	77.74%
M45 5000m Walk	1 Prasad Pramesh	M48	VMA	27:01.1	h		24:39.58	73.36%
	2 David Styles	M46	VMA	27:47.6	h		25:45.70	70.23%
	3 Daniel Lowe	M47	MAWA	35:48.3	h		32:56.01	54.93%
M50 5000m Walk	1 David Smyth	M53	VMA	30:19.0	h		26:33.99	68.10%
M55 5000m Walk	1 Dadhibal Singh Chauhan	M56	INDIA	33:01.6	h		28:11.89	64.16%
M60 5000m Walk	1 Kevin Cassidy	M62	VMA	29:51.5	h		24:06.46	75.04%
M65 5000m Walk	1 Victor Munoz	M68	MAWA	32:13.9	h		24:28.41	73.92%
	2 Robert Osborne	M67	NSWMA	39:47.2	h		30:31.94	59.25%
M70 5000m Walk	1 John Mcdonagh	M74	MAWA	33:59.6	h		24:06.89	75.02%
	2 Dennis Williams	M74	NSWMA	34:00.6	h		24:07.60	74.99%
	3 Tuck Yuen	M74	NSWMA	45:48.9	h		32:30.07	55.66%
M80 5000m Walk	1 Bryan Thomas	M81	ACTMA	41:39.5	h		27:03.18	66.87%
M85 5000m Walk	1 Jim Seymon	M85	NSWMA	43:29.0	h		26:42.19	67.75%
W30 5000m Walk	1 Amritpal Kaur	W32	NSWMA	35:37.0	h		35:37.00	56.28%
	2 Roslyn Kirwin	W34	QMA	45:13.2	h		45:13.20	44.32%
W35 5000m Walk	1 Melissa Grantham	W39	SAMA	28:44.9	h		27:55.05	71.79%
	2 Dash Newington	W38	QMA	33:24.2	h		32:40.51	61.34%
W55 5000m Walk	1 Ann Staunton-Jugovic	W59	ACTMA	28:25.6	h		23:14.84	86.22%
	2 Karyn Tolardo	W57	MAWA	29:28.4	h		24:34.85	81.54%
W60 5000m Walk	1 Donna-Marie Elms	W61	VMA	33:30.9	h		26:51.74	74.62%
	2 Anne Weekes	W60	NSWMA	35:15.6	h		28:33.00	70.20%
	3 Marcela Ruiz	W62	MAWA	37:18.8	h		29:35.82	67.72%
	4 Lorna England	W63	ACTMA	43:04.2	h		33:48.34	59.29%
W65 5000m Walk	1 Jill Pearson	W65	ACTMA	35:03.8	h		26:56.14	74.41%
W70 5000m Walk								

[Return to Table of Contents](#)

EVENT		ATHLETE	AGE	TEAM	PERF	Q/h	WIND	2023 AG	AG %
	1	Swee Yuen	W74	NSWMA	43:41.3	h		30:11.58	66.38%
W75 5000m Walk	1	Jacqueline Wilson	W77	NZL	34:40.1	h		23:02.85	86.97%
W80 5000m Walk		Daphne Jones	W81	NZL	40:13.0	h		25:18.02	79.22%
	1	Lynne Schickert	W81	MAWA	41:18.1	h		25:58.97	77.14%
	2	Glenys Duncan	W82	MAWA	48:48.7	h		30:16.09	66.22%
10km Walk Road									
M45 10000m Walk Road									
	1	David Styles	M46	VMA	59:52	h		55:24.04	67.12%
	2	Daniel Lowe	M47	MAWA	1:12:49	h		1:06:56	55.56%
M50 10000m Walk Road									
	1	David Smyth	M53	VMA	1:04:09	h		56:25.20	65.90%
M60 10000m Walk Road									
	1	Kevin Cassidy	M62	VMA	1:02:05	h		50:40.72	73.37%
M65 10000m Walk Road									
	1	Victor Munoz	M68	MAWA	1:06:00	h		50:55.93	73.01%
	2	Robert Osborne	M67	NSWMA	1:22:19	h		1:04:08	57.97%
M70 10000m Walk Road									
	1	John McDonagh	M74	MAWA	1:09:58	h		50:44:39	73.28%
	2	Dennis Williams	M74	NSWMA	1:15:06	h		54:27.75	68.27%
	3	Tuck Yuen	M74	NSWMA	1:30:56	h		1:05:57	56.39%
M80 10000m Walk Road									
	--	Bryan Thomas	M81	ACTMA	DQ				
M85 10000m Walk Road									
	1	Jim Seymon	M85	NSWMA	1:34:41	h		1:00:01	61.96%
W30 10000m Walk Road									
	1	Roslyn Kirwin	W34	QMA	1:26:57	h		1:26:57	47.88%
W35 10000m Walk Road									
	1	Dash Newington	W38	QMA	1:11:29	h		1:10:23	59.15%
W55 10000m Walk Road									
	1	Karyn Tolardo	W57	MAWA	1:00:15	h		50:14.55	82.86%
	2	Ann Staunton-Jugovic	W59	ACTMA	1:00:24	h		49:21.17	84.36%
W60 10000m Walk Road									
	1	Donna-Marie Elms	W61	VMA	1:09:40	h		55:44.84	74.68%
	2	Anne Weekes	W60	NSWMA	1:11:51	h		58:06.31	71.65%
	3	Lorna England	W63	ACTMA	1:31:22	h		1:11:33	58.19%
W65 10000m Walk Road									
	1	Jill Pearson	W65	ACTMA	1:13:10	h		56:01.86	74.30%
W70 10000m Walk Road									
	1	Heather Carr	W73	VMA	1:10:00	h		48:40.68	85.53%
W75 10000m Walk Road									
	1	Jacqueline Wilson	W77	NZL	1:10:20	h		46:22.25	89.78%
W80 10000m Walk Road									
		Daphne Jones	W81	NZL	1:27:38	h		54:34.68	76.28%
	1	Lynne Schickert	W81	MAWA	1:29:14	h		55:34.47	74.91%
	2	Glenys Duncan	W82	MAWA	1:45:56	h		1:04:59	64.06%

[Return to Table of Contents](#)

EVENT	ATHLETE	AGE	TEAM	PERF	Q/h	WIND	2023 AG	AG %
Cross Country 6km								
M70 6km Cross Country								
1	Yassine Belaabed	M71	VMA	27:57	h		20:22.87	76.37%
2	Dennis Wylie	M70	NSWMA	29:46	h		21:57.00	70.92%
3	Harsharn Singh Grewal	M70	NSWMA	30:45	h		22:40.50	68.65%
4	Ron Schwebel	M71	NSWMA	30:50	h		22:29.02	69.23%
M75 6km Cross Country								
1	Robbie Costmeyer	M76	ACTMA	33:28	h		23:00.90	67.63%
2	Francesco Scorzelli	M76	NSWMA	34:19	h		23:35.97	65.96%
M80 6km Cross Country								
1	Bob Schickert	M81	MAWA	53:34	h		34:29.17	45.14%
M85 6km Cross Country								
1	Morland Smith	M85	MAWA	54:16	h		32:28.72	47.93%
W75 6km Cross Country								
1	Gillian Young	W75	MAWA	39:43			26:45.19	65.00%
W80 6km Cross Country								
1	Suzanne Westbrook	W81	TMA	1:00:23	h		36:51.48	47.18%
Cross Country 8km								
M35 8km Cross Country								
1	Geoff Sheargold	M36	NSWMA	34:03	h		33:26.63	62.06%
M40 8km Cross Country								
1	William Harding	M41	TMA	31:15	h		29:31.69	70.29%
2	Anthony Downs	M42	NSWMA	32:19	h		30:17.81	68.50%
M45 8km Cross Country								
1	Jeff Chaseling	M45	NSWMA	30:22	h		27:48.04	74.65%
2	Antony Van Eeten	M48	VMA	30:55	h		27:37.81	75.12%
3	Justin Rule	M47	QMA	33:39	h		30:18.92	68.46%
M50 8km Cross Country								
1	James Mason	M50	NSWMA	30:23	h		26:42.96	77.69%
	Chris Mardon	M52	NZL	31:14	h		27:01.01	76.82%
2	Steve Rohan-Jones	M54	ACTMA	31:50	h		27:05.22	76.62%
3	Dani Andres	M52	NSWMA	32:50	h		28:24.05	73.08%
4	Mike Everett	M50	NSWMA	35:33	H		31:15:55	66.39%
M55 8km Cross Country								
1	Paul Arthur	M55	NSWMA	30:46	h		25:57.65	79.95%
2	David O'Brien	M57	TMA	33:57	h		28:10.30	73.67%
M60 8km Cross Country								
1	Bruce Graham	M61	NSWMA	31:59	h		25:38.85	80.92%
2	Jose Carvalho	M64	NSWMA	34:03	h		26:36.20	78.01%
3	Robert Combe	M61	NSWMA	38:07	h		30:33.95	67.90%

[Return to Table of Contents](#)

EVENT		ATHLETE	AGE	TEAM	PERF	Q/h	WIND	2023 AG	AG %
M65 8km Cross Country	4	Nigel England	M60	ACTMA	39:49	h		32:12.46	64.44%
	5	Mark Dawson	M62	MAWA	45:17	h		36:00.02	57.65%
	6	Brian Mackie	M63	NSWMA	47:21	h		37:19.28	55.61%
	7	Brad Boyle	M62	NSWMA	49:31	h		39:21.95	52.72%
W35 8km Cross Country									
W40 8km Cross Country	1	Allan Long	M65	VMA	34:36	h		26:47.86	77.45%
	2	Peter Lyden	M67	TMA	40:47	h		31:01.92	66.88%
		Trevor Ashe	M67	NZL	41:44	h		31:45.29	65.36%
	3	Stephen Ball	M69	NSWMA	45:02	h		33:39.47	61.66%
W45 8km Cross Country									
W50 8km Cross Country	1	Kathryn Herbert	W36	NSWMA	37:00	h		36:15.82	63.94%
	1	Heather Hozack	W40	NSWMA	37:33	h		35:44.63	64.87%
	2	Alice Clayton	W42	NSWMA	40:11	h		37:40.07	61.56%
	1	Em O'Sullivan	W48	NSWMA	34:08	h		30:27.84	76.11%
	2	Kate Seibold	W47	VMA	35:49			32:14.31	71.92%
	3	Kriszta Kovacs	W49	NSWMA	36:08	h		31:58.25	72.53%
W55 8km Cross Country	4	Sharon Davis	W49	MAWA	38:05			33:41.77	68.81%
	5	Kirsten Horley	W49	NSWMA	39:22	h		34:49.90	66.57%
	6	Emily Granger	W48	NSWMA	43:30	h		38:49.42	59.73%
	1	Fiona Lennon	W53	TMA	39:15	h		33:29.52	69.23%
	2	Cristine Suffolk	W53	NSWMA	39:39	h		33:50.00	68.53%
	3	Jenny Enderby	W54	NSWMA	40:54	h		34:34.37	67.07%
W60 8km Cross Country	4	Heidi Storer	W52	QMA	43:01	h		37:03.02	62.58%
	5	Kelly Gurski	W53	QMA	44:55	h		38:19.64	60.50%
	1	Karen Stanley	W58	NSWMA	37:42	h		30:38.33	75.68%
	2	Miwa Kolb	W55	QMA	41:13	h		34:30.64	67.19%
	3	Sally Hunt	W59	NSWMA	42:47	h		34:25.15	67.37%
	1	Robyn Basman	W64	NSWMA	41:57	h		31:58.71	72.51%
W65 8km Cross Country	2	Margaret Kenny	W63	NSWMA	43:11	h		33:17.14	69.66%
	1	Helen Stanley	W67	VMA	44:09	h		32:30.46	71.33%
	2	Antoinette Woodward	W66	NSWMA	48:47	h		36:20.61	63.80%
	3	Carol Bowman	W68	MAWA	55:33	h		40:25.09	57.37%
	4	Katrina Russell	W67	NSWMA	1:01:13	h		45:04.43	51.44%

Results Notes

- Column headings
 - Q/h
 - Q = Qualified for Final by Place
 - q = qualified for Final by Time
 - h = Hand Timing
 - 2023 AG = Age Graded Performance for 2023 Tables
 - AG% = Age Graded Percentage for 2023 Tables
- Places

[Return to Table of Contents](#)

- All competitors display a place for Heats (60m, 100m, 200m)
- Only Australian athletes display a Place for Finals except where the only competitor was a non-Australian
- Overseas Teams –
 - CKISL (Cook Islands), GBR (Great Britain), INDIA, JPN (Japan), MGL (Mongolia), NZL (New Zealand), and USA
 - No place is assigned to Overseas Athletes unless they placed First and were the only competitor in that event

PENTATHLON OUTDOOR –

MEN

AGE	PL	ATHLETE	TEAM	TOTAL	Long Jump	Javelin	200m	Discus	1500m
M30	1	Tim D'Abrera	ACTMA		3.61	16.52	33.56	11.93	7:51.62
				473	146	115	86	125	1
M35	1	Craig Baker	NSWMA		5.49	46.38	25.36	35.04	5:26.62
				2713	523	565	620	564	441
M40	1	Craig Halbmaier	ACTMA		4.76	32.72	27.46	29.54	6:01.66
				2137	425	395	521	466	330
M40	2	Jude Fernando	VMA		5.12	24.89	27.54	15.16	5:49.02
				1863	504	270	515	188	386
M45	1	Gurpreet Singh Badwal	ACTMA		4.72	34.77	26.44	23.15	5:40.39
				2472	475	473	669	370	485
M45	2	Rene Doel	QMA		3.97	42.71	28.34	29.22	5:46.39
				2399	308	614	523	498	456
M45	3	Andrew Sims	NSWMA		4.23	20.95	28.35	17.7	5:31.19
				1911	365	235	522	257	532
M45	4	Eduardo Gutierrez Bahillo	NSWMA		3.8	35.9	31.44	26.2	6:32.26
				1781	274	493	320	434	260
M45	5	Jason Cheney	NSWMA		4.25	29.49	28.37	26.42	DNF
				1708	369	380	520	439	0
M50	1	Andrew Brooker	MAWA		4.67	36.48	28.71	30.17	5:04.54
				2824	531	513	564	472	744
M50	2	Rodney Tebbutt	NSWMA		4.32	47.43	28.62	28.47	6:07.67
				2582	443	712	570	439	418
M50	3	Andrew Phillips	NSWMA		4.76	36.62	26.65	27.47	6:20.30
				2574	554	515	722	419	364
M50	4	Dominic Carr	NSWMA		4.67	26.65	27.81	19.85	5:43.70
				2304	531	338	631	272	532
M50	5	Shane Hutchison	ACTMA		3.21	33.36	31.99	26.69	5:32.97
				1993	196	457	349	404	587
M50	6	EJ Davie	NSWMA		2.29	10.31			
				111	45	66			
M55	1	Gary Parkinson	QMA		5.36	36.55	25.03	33.43	5:18.08
				3645	811	575	931	591	737

[Return to Table of Contents](#)

AGE	PL	ATHLETE	TEAM	TOTAL	Long Jump	Javelin	200m	Discus	1500m
M55	2	Anthony Howlett	NSWMA	4.7 2999	615	715	435	30.98	5:25.33 697
M55	3	David O'Brien	TMA	3.33 2154	262	202	570	16.38	4:51.95 889
M55	4	Lindsay Scholle	NSWMA	3.53 2036	308	342	356	16.51	5:07.56 796
M55	5	Greg Mann	TMA	3.88 1907	394	510	367	29.1	7:43.35 139
M60		Bruce Solomon	NZL	4.21 2707	552	585	748	32.65	7:02.24 328
M60	1	Zoran Novicic	NSWMA	3.96 1815	479	22.54	34.24	25.77	7:05.66 315
M60	2	Tim McGrath	NSWMA	4.55 1641	655	311	345	28.67	DNF 0
M65	1	Mark McLean	QMA	4.27 2667	655	27.06	29.84	27.58	6:59.49 410
M65	2	Nicolas Terranova	NSWMA	3.15 2000	317	23.89	34.49	20.67	6:16.90 592
M65	3	Simon Harmey	NSWMA	3.38 1712	380	20.05	33.43	23.34	7:59.14 208
M70	1	Mike Clapper	VMA	3.72 2561	559	25.16	31.33	19.48	6:37.85 582
M70	2	Andrew Lee	NSWMA	2.76 1818	264	21.43	38.07	23.45	6:53.77 514
M70	3	Harsharn Singh Grewal	NSWMA	2.57 1660	214	347	213	10.47	6:06.05 728
M70	4	Doug Barrett	ACTMA	2.85 1645	288	21.42	39.02	18.99	7:06.86 461
M70	5	Dennis Williams	NSWMA	2.62 1444	227	346	235	18.52	7:01.38 483
M75	1	Dieter Lacko	QMA	3.06 2027	415	18.2	38.33	19.92	7:03.78 562
M75	2	Ian Cole	TMA	3.13 1825	439	19.75	39.67	27.13	9:04.75 171
M75	3	Kenneth Stubbs	NSWMA	2.26 951	177	370	52.32	20.72	10:55.25 6
M75	4	Raminder Singh	NSWMA	1.43 655	355	10	17.23	0	17.77 338
M80	1	Tom Leong	VMA	2.19 1355	212	262	41.47	17.07	DNF 233
M85	1	Allan Wood	VMA	2.56 1343	439	18.03	48.47	13.21	DNF 0

[Return to Table of Contents](#)

PENTATHLON OUTDOOR –

WOMEN

AGE	PL	ATHLETE	TEAM	TOTAL	100m	Shot Put	Long Jump	Javelin	800m
W30	1	Rosie Iglewski	ACTMA		18	6.67	3.09	12.61	DNF
				719	130	314	122	153	0
W35	1	Rachael Gruschka	NSWMA		14.74	8.15	4.42	24.55	2:57.01
				2155	493	428	443	385	406
W35	2	Bree McLennan	VMA		15.45	5.92	3.7	21.3	2:37.27
				1882	397	280	265	322	618
W40	1	Lesley White	NSWMA		14.04	7.24	3.64	15.94	2:27.18
				2408	639	405	299	252	813
W40	2	Cassie Neubauer	SAMA		14.86	6.65	4.11	19.66	3:55.68
				1692	516	362	423	330	61
W40	3	Alison Bolakis	NSWMA		15.16	6.66	3.5	17.98	3:50.06
				1481	474	363	265	295	84
W45	1	Lisa Quinn	NSWMA		13.2	7.72	4.56	23.6	2:44.07
				3129	864	484	631	467	683
W45	2	Nicki Drinkwater	NSWMA		14.19	9.38	4.71	23.18	2:53.86
				3029	701	616	680	457	575
W45	3	Natalie Heywood	NSWMA		18.31	7.47	2.72	26.08	3:07.09
				1755	191	465	130	526	443
W50	1	Lee-Anne Nelson	QMA		13.71	10.02	4.3	29.58	2:26.72
				3707	868	618	628	618	975
W50	2	Karen Carah	VMA		14.78	9.97	4.45	26.13	3:05.95
				3057	696	614	683	535	529
W55	1	Sue Coate	MAWA		14.63	9.87	4.28	30.48	3:01.07
				3581	810	673	715	723	660
W55	2	Vicki Townsend	ACTMA		14.98	10.02	4.22	23.67	3:25.31
				3104	755	686	691	540	432
W55	3	Gianna Mogentale	NSWMA		14.69	6.54	4.06	14.86	2:58.51
				2831	801	404	634	306	686
W55		Dale McMillan	NZL		15.48	8.43	3.47	23.7	3:05.19
				2825	683	556	428	540	618
W55	4	Baerbel Koribalski	NSWMA		16.07	7.76	4.19	22.06	4:10.92
				2406	599	502	680	497	128
W55	5	Tamara Paterson	QMA		15.63	7.17	3.62	14.95	3:31.56
				2280	661	454	477	308	380
W55		Karen Hulena	NZL		18.2	6.25	3.36	14.18	3:22.80
				1857	342	381	393	288	453
W55	6	Susan Whatley	NSWMA		16.96	7.04	3.05	17.14	4:50.07
				1598	485	444	296	366	7
W55	7	Caroline Layt	NSWMA		18.5	10.89	2.54	15.56	6:43.65
				1551	311	757	159	324	0

[Return to Table of Contents](#)

AGE	PL	ATHLETE	TEAM	TOTAL	100m	Shot Put	Long Jump	Javelin	800m
W60	1	Rina Flynn	NSWMA	16.39	6.97	2.93	12.43	3:36.50	
				2156	645	492	317	281	421
W65	1	Christine Bridle	VMA	16.26	7.32	3.41	18.13	3:35.23	
				2948	757	591	565	515	520
W65	2	Margaret Thomas	NSWMA	17.78	5.46	2.94	13.33	3:21.80	
				2347	558	409	386	355	639
W70		Tui Ashe	NZL	18.29	6.74	3.14	14.61	4:07.05	
				2574	589	608	543	462	372
W70	1	Carey Dickason	WA	21.62	5.08	2.17	9.09	3:53.12	
				1594	254	428	184	255	473
W70	2	Liz Neubauer	SAMA	22.22	4.56	2.38	10.14	4:49.32	
				1262	206	372	252	294	138
W80	1	Anne Lang	SAMA	21.15	6.32	2.02	13.09	4:05.93	
				2425	472	596	248	493	616
W80	2	Suzanne Westbrook	TMA	22.59	4.51	1.12	10.79	4:23.88	
				1608	339	390	0	391	488

[Return to Table of Contents](#)

PENTATHLON THROWS –

MEN

AGE	PL	ATHLETE	TEAM	TOTAL	Hammer	Shot Put	Discus	Javelin	Weight
M30	1	Shane Carstairs	VMA		34.82	14.38	41.01	39.06	10.61
				2806	454	752	685	429	486
M30	2	Ash Almond	VMA		24.37	8.35	23.1	41.91	8.1
				1820	286	387	331	470	346
M35	1	Greg Carstairs	VMA		20.22	9.56	28.94	33.9	10.08
				1982	220	486	444	376	456
M35	2	Amardeep Malik	NSWMA		20.03	9.22	24.77	37.19	8.96
				1863	217	464	363	425	394
M40	1	Darrin Norwood	QMA		38.21	11.57	29.84	35.09	12.84
				2764	540	659	472	433	660
M40	2	Anatoly Kirievsky	NSWMA		27.83	8.85	28.13	28.66	9.66
				2076	363	476	438	330	469
M40	3	Warren Jones	NSWMA		30.58	7.75	21.62	20.87	8.57
				1735	410	403	310	208	404
M45	1	Jamie Muscat	NSWMA		42.03	13.24	40.74	31.31	12.98
				3375	655	833	751	412	724
M45	2	Johannes Petzer	NSWMA		35.1	10.13	34.51	46.35	10.68
				3003	527	608	613	680	575
M45	3	Rene Doel	QMA		30.37	10.91	33.48	44.54	10.78
				2923	440	664	591	647	581
M45	4	Simon Van Baalen	VMA		37.36	10.77	32.06	31.33	12.1
				2861	568	654	560	412	667
M45	5	Dylan Connell	NSWMA		21.77	10.1	24.88	22.67	7.43
				1927	286	605	406	263	367
M45	6	Andrew Sims	NSWMA		10.15	6.56	20.78	21.62	3.45
				1123	83	353	320	246	121
M50	1	Chris White	ACTMA		39.28	12.27	37.44	45.19	15.76
				3391	586	739	619	671	776
M50	2	Richard Harris	QMA		37.37	10.47	32.86	26.16	13.46
				2664	551	612	526	330	645
M50	3	Peter Kolb	QMA		24.12	8.53	30.7	25.67	9.91
				2043	317	477	483	321	445
M50	4	Shane Hutchison	ACTMA		23.63	7.89	25.52	28.9	9.28
				1909	308	432	381	378	410
M55	1	Nick Connell	VMA		40.53	11.85	36.3	31.71	14.39
				3330	667	772	654	479	758
M55	2	Stephen Liggins	NSWMA		29.2	11.76	36.14	36.16	12.61
				3078	447	765	650	567	649
M55	3	Jim Fassolis	NSWMA		40.34	10.99	25.89	22.64	13.83
				2826	663	706	428	305	724
M55	4	Anthony Howlett	NSWMA		25.9	9.65	30.35	40.33	11
				2714	384	605	524	650	551

[Return to Table of Contents](#)

AGE	PL	ATHLETE	TEAM	TOTAL	Hammer	Shot Put	Discus	Javelin	Weight
M55	5	Tim Lowrey	QMA	27.34	9.87	23	19.95	10.17	
				2156	412	622	367	254	501
M60	1	Peter Murray	NSWMA	31.37	10.9	34.32	32.25	12.47	
				2798	485	689	526	502	596
M60	2	Peter Wrzuszczak	VMA	35.02	10.38	37.86	24.31	13.42	
				2795	555	650	595	345	650
M60	3	Andrew Wilson	NSWMA	28.72	10.37	27.63	22.89	12.04	
				2372	435	649	399	318	571
M60	4	Peter Reed	NSWMA	31.43	8.85	28.27	19.32	13.3	
				2325	486	536	411	249	643
M65	1	Gavin Murray	NSWMA	37.95	11.01	36.91	26.56	15.71	
				3399	684	769	646	447	853
M65	2	Stan Peska	VMA	32.13	11.52	33.22	32.21	11.9	
				3127	561	811	567	572	616
M65	3	Robert Hanbury-Brown	NSWMA	36.26	9.49	32.6	28.59	13.2	
				3035	648	645	554	492	696
M70	1	Ian Murray	TMA	33.98	10.05	32.34	23.41	15.66	
				3079	595	673	624	391	796
M70	2	Robert Holzer	VMA	38.08	8.22	25.67	28.16	13.78	
				2861	682	528	467	498	686
M70	3	David Haggith	QMA	27.58	9.27	24.34	20.18	10.92	
				2347	461	611	437	319	519
M70	4	Tim Needham	NSWMA	29.02	8.2	27.02	17.4	11.64	
				2336	491	527	499	258	561
M70	5	Bob Banens	ACTMA	25.93	8.77	24.43	21.22	10.9	
				2298	427	572	439	342	518
M70	6	Ian Heazlewood	NSWMA	24.64	7.89	25.22	22.11	10.36	
				2208	400	502	457	362	487
M70	7	Grant Chapman	QMA	24.47	8.45	20.02	19.71	9.95	
				2055	397	546	339	309	464
M75	1	Ray Green	ACTMA	27.53	7.94	25.53	16.49	10.8	
				2502	533	571	538	288	572
M75	2	Didimo Tonelli	VMA	22.75	8.24	20.75	24.15	10.11	
				2443	421	597	414	483	528
M75	3	Ian Cole	TMA	20.57	7.85	24.88	17.83	8.03	
				2173	370	563	521	322	397
M75	4	Don Quinn	QMA	23.25	7.25	24.82	11.82	10.24	
				2172	432	511	519	174	536
M75	5	Kenneth Stubbs	NSWMA	22.44	7.69	19.21	19.25	8.46	
				2118	413	549	374	358	424
M80	1	Vincent Basile	NSWMA	25.57	9.87	23.23	19.48	9.32	
				2581	482	710	565	382	442

[Return to Table of Contents](#)

PENTATHLON THROWS –

WOMEN

AGE	PL	ATHLETE	TEAM	TOTAL	Hammer	Shot Put	Discus	Javelin	Weight
W30	1	Natalie Debeljuh	VMA	2680	45.97 656	9.69 509	34.2 542	26.11 403	12.92 570
W35	1	Helena Smith	NSWMA	1848	25.12 334	7.94 414	25.95 387	19.86 295	9.66 418
W35	2	Dash Newington	QMA	1760	26.5 358	6.28 304	24 351	21.38 324	9.76 423
W35	3	Madeleine Smith	NSWMA	1238	14.48 154	6.92 346	19.16 263	18.36 266	5.69 209
W40	1	Megan Champion	VMA	2532	30.93 488	9.37 560	37.11 651	17.81 291	11.07 542
W40	2	Julia Atilla	NSWMA	2382	30.24 475	9.5 569	24.43 392	22.08 381	11.46 565
W40	3	Sukhvir Kaur	NSWMA	1784	24.78 371	7.07 392	21.3 330	16.87 271	8.97 420
W40	4	Merryn Dick	NSWMA	1232	19.77 276	7.67 436	19.75 299	14.48 221	ND 0
W45	1	Kelly Hunter	NSWMA	3381	34.29 621	10.75 725	40.3 800	25.98 523	12.88 712
W45	2	Philippa McCarron	QMA	1902	19.75 313	8.3 530	21.95 384	16.98 311	7.38 364
W45	3	Natalie Heywood	NSWMA	1758	16.21 240	7.47 465	19.29 327	25.64 515	4.9 211
W45	4	Michelle Bitcheno	NZL	1726	25.47 433	6.27 371	17.35 285	13.32 227	8.12 410
W45	5	Jenny Koot	NSWMA	1666	12.64 167	7.22 445	27.11 499	15.4 275	6.03 280
W45	6	Faye Morgan	QMA	1649	20.91 337	6.67 402	16.13 259	15.83 285	7.42 366
W45	7	Ingrid Harris	NSWMA	1594	19.55 309	7.03 430	20.85 361	9.13 131	7.36 363
W45	8	Nic Burns	TMA	1522	18.07 278	6.29 372	21.15 367	13.04 220	6.11 285
W50	1	Nicole Johansen	VMA	3213	36.59 636	9.88 608	30.9 654	30.99 652	12.72 663
W50	2	Samantha Latanis	NSWMA	2824	34.68 596	10.66 666	28 582	22.6 450	10.52 530
W50	3	Cathy McKeown	TMA	2784	31.68 535	10.63 664	25.35 516	22.64 451	11.98 618
W50	4	Maria Cimino	NSWMA	2632	29.42 489	8.98 541	21.7 427	22.97 459	13.58 716
W50	5	Tracy Canham	TMA	1979	30.56 512	8.44 501	14.87 264	13.25 229	9.58 473
W50	6	Suzie Gaynor	ACTMA		27.61	6.78	15.39	15.97	9.87

[Return to Table of Contents](#)

AGE	PL	ATHLETE	TEAM	TOTAL	Hammer	Shot Put	Discus	Javelin	Weight
W55	1	Gabriele Watts	NSWMA	1890	452	379	276	293	490
				3539	39.91	794	11.2	748	20.12
W55	2	Caroline Layt	NSWMA	3178	37.84	746	10.8	613	13.22
				3133	74.45	749	26.5	331	770
W55	3	VMAki Townsend	ACTMA	32.14	616	10.27	28.02	22.59	12.76
				2676	21.6	706	655	511	11.35
W55	4	Toni Matters	VMA	25.03	26.68	9.81	27.89	24.94	645
				1947	379	6.84	652	574	7.69
W55	5	Heather Lamb	QMA	1773	45.5	428	17.7	295	403
				1416	24.53	444	375	253	7.55
W55	6	Andrea Manson	QMA	20.71	16.11	455	18.32	12.84	315
				1669	359	444	391	222	6.33
W55	7	Kim Peak	VMA	11.83	24.53	397	15.94	11.65	363
				1416	165	342	328	253	5.87
				1773	20.71	370	306	253	285
W60	1	Jayne Hardy	ACTMA	20.71	8.46	35.49	26.67	26.16	14.15
				28.65	785	8.46	700	689	763
W60	2	Ann Jefferies	SAMA	28.65	3454	624	10.22	28.67	25.64
				25.78	611	783	762	674	11.9
W60	3	Christine Shaw	NSWMA	25.78	2891	606	23	674	10.66
				27.36	538	586	23.66	547	10.66
W60	4	Pauline Cox	NSWMA	27.36	2849	578	8.86	21.12	10.72
				24.4	578	660	20.89	531	10.72
W60	5	Narelle Messerle	VMA	24.4	2624	504	529	531	551
				26.68	24.4	652	526	368	11.08
W60	6	Jenny Schell	NSWMA	26.68	2485	504	18.36	614	574
				22.38	561	660	16.23	574	11.51
W60	7	Deborah Engeler	NSWMA	22.38	2069	453	446	11.29	600
				29.09	453	432	446	247	8.65
W60	8	Sharon Gibbins	ACTMA	29.09	2006	622	512	247	425
				16.15	622	525	21.71	13.5	ND
W60	9	Tanya Colyer	ACTMA	16.15	1135	299	547	312	0
				27.7	299	277	245	6.19	5.1
				11.35	299	277	101	213	
W65	1	Jill Taylor	NSWMA	28.55	3098	8.01	22.56	13.7	12.14
				697	28.55	658	654	368	721
W65	2	Christine Bridle	VMA	29.85	2949	7.58	15.68	18.65	11.03
				734	29.85	616	421	533	645
W65	3	Ellena Cubban	NSWMA	26.49	2840	8.16	19.16	456	9.42
				638	26.49	673	538	535	
W65	4	Karen Kirby	VMA	23.8	2432	561	17.94	456	7.89
				23.8	561	625	317	432	
W65	5	Kerrie Jones	NSWMA	18.9	2107	424	497	11.68	8.15
				18.9	424	497	436	301	449

[Return to Table of Contents](#)

AGE	PL	ATHLETE	TEAM	TOTAL	Hammer	Shot Put	Discus	Javelin	Weight
W70	1	Kate Clarke	NSWMA	19.55	6.45	16.41	14.62	7.65	
				2546	514	577	515	462	478
W70	2	Adriana van Bockel	NSWMA	17.73	5.64	15.24	11.79	7.18	
				2213	456	488	471	356	442
W70	3	Doreen Conroy	QMA	17.09	5.76	13.72	10.74	5.9	
				2013	436	501	414	316	346
W70	4	Liz Neubauer	SAMA	12.6	4.89	10.56	10.26	5.75	
				1635	295	408	298	299	335
W75	1	Bev Hamilton	MAWA	25.77	7.42	17.77	11.95	9.46	
				2728	608	617	558	371	574
W75	2	Mary Thomas	NSWMA	24.98	7.26	17.87	13.23	8.68	
				2687	586	601	562	420	518
W80	1	Jeanette Williamson	ACTMA	27.08	7.29	19.15	16.3	9.85	
				3552	770	707	725	638	712
W80	2	Suzanne Westbrook	TMA	15.77	4.42	10.97	9.93	8.13	
				2072	402	380	369	353	568

[Return to Table of Contents](#)

RELAYS

4x100 Metre Relay State

Women 240+

1	NSWMA 'A'	57.15
1)	Sylvette Wearne 58	2) Christine de Vries 60
3)	Linda McDowell 65	4) Julie Forster 61
2	SAMA 'A'	1:04.28
1)	Sue Cassidy 61	2) Sarah Chinner 60
3)	Sabine Orchard-Simonides 56	4) Lyn Peake 73
3	QMA 'A'	1:05.98
1)	Tamara Paterson 56	2) Marge Allison 78
3)	Karen Lakin 59	4) Karen Douglas 65
4	NSWMA 'B'	1:11.96
1)	Jill Taylor 67	2) Antoinette Woodward 66
3)	Diane Celnikier 67	4) Margaret Thomas 66

Women 180+

1	NSWMA 'A'	53.17
1)	Lisa Quinn 45	2) Nicole McHenry 48
3)	Gianna Mogentale 59	4) Kim Constable 45
2	QMA 'A'	53.22
1)	Renee Briffa 48	2) Maryann Hearn 55
3)	Julie Brims 57	4) Lee-Anne Nelson 51
3	SAMA 'A'	55.50
1)	Sue Turner 62	2) Jenni Cotter 48
3)	Cassie Neubauer 44	4) Charlotte Gerner 42
4	ACTMA 'A'	58.50
1)	Vicki Townsend 58	2) Richelle Ingram 53
3)	Raelene Campbell 50	4) Fran Dewsbury 45
5	VMA 'B'	59.76
1)	Karen Carah 54	2) Vani Meadows 51
3)	Jacinta Burns 54	4) Maggie Armstrong 60

Women 120+

1	NSWMA 'A'	49.07
1)	Christine Wearne 35	2) Ramona Casey 39
3)	Rebekah Power 44	4) Sarah de Vries 30
2	QMA 'A'	52.81
1)	Eliana Seymour 38	2) Belinda Faulks 37
3)	Dash Newington 38	4) Loreen Kaliyati 31

Men 240+

1	VMA 'A'	51.04
1)	Robert Mayston 65	2) Andrew Watts 67
3)	Ivan Dodin 62	4) Paul Foster 61
2	NSWMA 'A'	52.23
1)	Trevor Young 64	2) Brett Reid 59
3)	David Shearsby 66	4) Daryl Ellis 68
3	QMA 'A'	56.72
1)	Joe Begley 69	2) Craig Parker 62
3)	Gav Capon 65	4) Andrew Millerd 60

[Return to Table of Contents](#)

Men 180+

1	NSWMA 'A'	45.68
1)	David Diep 45	2) Mathew Woodhouse 49
3)	David Turner 46	4) Ernie Leseberg 51
2	VMA 'A'	45.94
1)	Paul Mierisch 46	2) Jarrod Meagher 45
3)	Cameron Baker 45	4) Stewart Dobrzynski 52
3	QMA 'A'	46.75
1)	Don Sanka 45	2) Fabio Di Giandomenico 59
3)	Christopher Brack 57	4) Graham Scully 49
4	SAMA 'A'	51.68
1)	Peter Biggs 58	2) Joe Godsell 39
3)	Albert Jamae 51	4) Vince Musolino 51

Men 120+

1	NSWMA 'A'	43.23
1)	Kenneth Vuong 32	2) Lachlan Parry 31
3)	Shakti Rathore 30	4) Billy Spliadis 38
2	VMA 'A'	47.66
1)	Brendan Cole 41	2) Andrew Godin 34
3)	Hugh van Cuylenburg 42	4) David Greening 41
3	NSWMA 'B'	48.69
1)	Steve Blacker 44	2) Daniel Sumpton 41
3)	Clayton Newham 42	4) Sugumar Ganesan 44
4	QMA 'A'	49.62
1)	Mark Calleja 47	2) Brett Mackenzie 43
3)	Andrew McLean 46	4) Rene Doel 47

4x400 Metre Relay State

Women 180+

1	QMA 'A'	4:33.00
1)	Renee Briffa 48	2) Gillian Kehoe 42
3)	Peta Dunne 51	4) Lee-Anne Nelson 51
2	NSWMA 'A'	4:48.21
1)	Julie Forster 61	2) Gianna Mogentale 59
3)	Jenny Enderby 54	4) Nicky Kelly 50
3	VMA 'A'	6:03.59
1)	Bree McLennan 37	2) Jacinta Burns 54
3)	Susan Howell 61	4) Gaelyne Kenshole 52

Women 120+

1	NSWMA 'A'	4:07.08
1)	Lesley White 40	2) Sarah de Vries 30
3)	Rebekah Power 44	4) Erin Smart 40
2	QMA 'A'	4:39.90
1)	Mel Esau 40	2) Dash Newington 38
3)	Claire Munsie 38	4) Loreen Kaliyati 31

Men 240+

1	NSWMA 'A'	4:20.11
1)	Lawrence Demasi 50	2) John Lamb 73
3)	Brad Sharpe 62	4) Trevor Young 64
2	QMA 'A'	4:47.51
1)	Andrew Millerd 60	2) Mark Lepper 61
3)	Robert Gunningham 69	4) Stephen Dixon 76

Men 180+

1	QMA 'A'	3:42.24
1)	Daniel Mellish 44	2) Christopher Brack 57
3)	Gary Parkinson 55	4) Graham Scully 49
2	VMA 'A'	3:46.38
1)	Paul Mierisch 46	2) Andrew Wilcox 54
3)	Stewart Dobrzynski 52	4) Andrew Drummond 55

Men 120+

1	NSWMA 'A'	3:38.18
1)	Choo Tan 48	2) Tim Bradford 37
3)	Kai Brookes 33	4) Oscar Bradley 32
2	VMA 'A'	4:12.57
1)	Ash Almond 31	2) Jude Fernando 44
3)	Ahmed Dridi 36	4) Antony Langdon 54

Invitational 4x800 Metre Relay

1	AUS M45	8:21.54
1)	James McEniry 52	2) Nathan Crowley 49
3)	Craig Sanford 54	4) Brett Halls 45
1	AUS M55	9:11.32
1)	Robert Schwerkolt 57	2) Ken Wilson 56
3)	Richard Dawe 55	4) Peter Link 55
1	AUS W45	9:43.13
1)	Lee-Anne Nelson 51	2) Kriszta Kovacs 49
3)	Sharon Davis 49	4) Evette Cordy 49
1	AUS W50	10:32.06
1)	Nicky Kelly 50	2) Anna Smee 50
3)	Sarah Chinner 60	4) Charlotte Middleton 53