

SOUTH BENDIGO ATHLETIC CLUB Inc.

TRACK & FIELD SEASON 2017 – 2018

www.southbendigoac.org.au
for Family Fitness and Fun

HONOUR BOARD

PRESIDENTS		SECRETARIES		YEAR	TREASURER		VIC-PRES	
Frank	Waters	Malcolm	Atkinson	1957-58	Malcolm	Atkinson	Ray	Foley-Ian Campbell
Frank	Waters	Graham	Pratt	1958-59	William	Lafferty	Malcolm	Atkinson
Frank	Waters	Graham	Pratt	1959-60	Doug	Knowles	Colin	Baxter
Frank	Waters	Terry	Brooks	1960-61	Peter	Llewellyn	Charles	Butcher
Frank	Waters	Terry	Brooks	1961-62	Peter	Llewellyn	Charles	Butcher
Eric	Perkins	Geoff	Warber	1962-63	Geoff	Warber	Allen	Stuchbery
Eric	Perkins	Len	Peterson	1963-64	Len	Peterson	Terry	Brooks Snr
Eric	Perkins	Len	Peterson	1964-65	Len	Peterson		
Eric	Perkins	Len	Peterson	1965-66	Len	Peterson		
Allen	Stuchbery	Len	Peterson	1966-67	Len	Peterson		
Jim	Smith	Peter	Huthnance	1967-68	Peter	Huthnance	Ray	Stuchbery
Don	Robinson	Peter	Huthnance	1968-69	Ted	Brereton	Vern	Curnow
Vern	Curnow	Jim	Smith	1969-70	Ted	Brereton		
Roy	Jones	Hazel	Pilcher	1970-71	Len	Maher		Kenneth McElhinney
Terry	Brooks	Hazel	Pilcher	1971-72	Len	Maher		William Spicer
Jim	Smith	Hazel	Pilcher	1972-73	Len	Maher	Don	Pilcher
John	Davies	Hazel	Pilcher	1973-74	Jim	Smith	Bruce	Petts
John	Davies	Hazel	Pilcher	1974-75	Jim	Smith	Fred	Thompson
John	Davies	Jean	Petts	1975-76	Jim	Smith	Frank	Barr
Fred	Thompson	Jean	Petts	1976-77	Jim	Smith	Bruce	Petts
Fred	Thompson	Jean	Petts	1977-78	Jim	Smith	Frank	Barr
Fred	Thompson	Robert	Seipolt	1978-79	Jim	Smith	Frank	Barr
Fred	Thompson	Robert	Seipolt	1979-80	Jim	Smith	Frank	Barr
Fred	Thompson	David	Simpson	1980-81	Jim	Smith	David	Simpson
Fred	Thompson	Brian	Hayes	1981-82	Dianne	Seipolt	Robert	Seipolt
Fred	Thompson	Brian	Mead	1982-83	Dianne	Seipolt	Robert	Seipolt
Fred	Thompson	Brian	Mead	1983-84	Dianne	Seipolt	Robert	Seipolt
Robert	Seipolt	Brian	Mead	1984-85	George	Austen	Peter	Barret-Rob Scholes
Robert	Seipolt	Robyn	Powell	1985-86	George	Austen	Robert	Dixon
Robert	Dixon	Trevor	Nancarrow	1986-87				
Robert	Dixon	Norman	West	1987-88	Laurie	Anderson	Greg	Hilson
Sharon	Barr	Norman	West	1988-89	Laurie	Anderson	Greg	Hilson
Sharon	Barr	Norman	West	1989-90	Laurie	Anderson	Greg	Hilson
Bertram	Crapper	Norman	West	1990-91	Laurie	Anderson	Sharon	Barr
Bertram	Crapper	Norman	West	1991-92	Laurie	Anderson	Sharon	Barr
Bertram	Crapper	Norman	West	1992-93	Laurie	Anderson	Murray	Anderson
David	Purdon	Sandra	Giampietro	1993-94	Heather	Fenwick	Greg	Hilson
David	Purdon	Sandra	Giampietro	1994-95	Heather	Fenwick	Robert	Dixon
David	Purdon	Sandra	Giampietro	1995-96	Heather	Fenwick	Robert	Dixon
David	Purdon	Sandra	Giampietro	1996-97	Robert	Dixon	Peter	Barrett
David	Purdon	Sandra	Giampietro	1997-98	Robert	Dixon	Peter	Barrett
David	Purdon	Sandra	Giampietro	1998-99	Robert	Dixon	Peter	Barrett
David	Purdon	Sandra	Giampietro	1999-2000	None		Robert	Dixon
David	Purdon	Arthur	Curnick	2000-01	Greg	Hilson	Luke	Paterson
David	Purdon	Arthur	Curnick	2001-02	Sandra	Giampietro	Robert	De La Haye
David	Purdon	Sandra	Giampietro	2002-03	Brian	Cornell	Robert	De La Haye
David	Purdon	Sandra	Giampietro	2003-04	Peter	Barrett	None	
David	Purdon	Sandra	Giampietro	2004-05	Peter	Barrett	None	
Greg	Hilson	Sandra	Giampietro	2005-06	Peter	Barrett	Scott	Purdon
Greg	Hilson	Sandra	Giampietro	2006-07	Peter	Barrett	Scott	Purdon
Greg	Hilson	Carol	Coad	2007-08	Peter	Barrett	Neil	Britten
Greg	Hilson	Carol	Coad	2008-09	Peter	Barrett	Amanda	Worthington
Greg	Hilson	Carol	Coad	2009-10	Annette	Curtis	Amanda	Worthington
Greg	Hilson	Carol	Coad	2010-11	Annette	Curtis	Amanda	Worthington
Leigh	Browell	Carol	Coad	2011-12	Annette	Curtis	Greg	Hilson
Leigh	Browell	Carol	Coad	2012-13	Annette	Curtis	Amanda	Worthington
Leigh	Browell	Carol	Coad	2013-14	Annette	Curtis	Amanda	Worthington
Leigh	Browell	Nigel	Self	2014-15	Annette	Curtis	Amanda	Worthington
Leigh	Browell	Nigel	Self	2015-16	Annette	Curtis	Amanda	Worthington
Leigh	Browell	Nigel	Self	2016-17	Anetter	Curtis	Amanda	Worthington
Leigh	Browell	Nigel	Self	2017-18	Annette	Curtis	Amanda	Worthington/Daniel Plowright

LIFE MEMBERS

Mr. Jim Smith	Mr. Fredrick Thompson	Mr. Frank Barr
Ms. Sharon Barr	Mr. Ronald Nancarrow	Mr. Norman West
Mr. Robert Dixon	Miss Amanda Worthington	Mr. Greg Hilson
Mr. David Purdon	Mr. William Trew	Mr. Paul Rance
Ms. Sandra Giampietro	Mr. Peter Barrett	Mr. Rob Scholes
Mr. Scott Purdon	Mrs. Cheryl Curnick	Mr. Arthur Curnick
Mrs. Carol Coad	Mrs. Annette Curtis	

* * * * *

2017-2018 EXECUTIVE COMMITTEE

PRESIDENT	-	LEIGH BROWELL
VICE PRESIDENT	-	DANIEL PLOWRIGHT/MANDY WORTHINGTON
SECRETARY	-	NIGEL SELF / CAROL COAD
ASST. SECRETARY	-	CAROL COAD
TREASURER	-	ANNETTE CURTIS

REGISTERED A.V. ATHLETES, COACHES AND OFFICIALS 2017-2018

Pamela Ah-Dore-Farnell	Nicholas Alexander	Olivia Attard	
Peter Barrett	Emma Berg	Sara Berg	Tom Bickley
	Leigh Browell	Liam Campbell	John Carter
	Carol Coad	Hannah Cotter	Rachael Crockhart
	Annette Curtis	Caitlyn Curtis	Peter Curtis
Elle Dee Farnell	Keely Farnell		
Taryn Furletti	Liam Gay	Sandra Giampietro	
Charlie Gulliou	Claude Gulliou	Jackie Gulliou	Peter
Hayes	Teleah Hayes	Yazmin Hayes	Zahra Hayes
	Wolf Heiden	Erin Hilson	
Greg Hilson	Jake Hilson	Kyle Hilson	
Abbey Hromenko	Trudy Hromenko	Darcy Jacobs	John
Justice	Lily Kettle	Bryce Laird	
Tyler Leonard	Rhys Lias	Conrad Louw	
Jessica Louw	Nathan Louw	Renee Louw	
Jen Mc Arthur	Oliver Muggleton	Darcy Nelson	
Peter Norris	Aaron Norton	Jayne Norton	
Jemma Norton	Adam Parker	Jennifer Payne	
Joshua Pickthall	Daniel Plowright	Stephanie Pompeii	Jack
Popplestone	Paul Rance	Archie Reid	Jessica Saffron
	Joan Self	Arshdeep Singh	Angus Skirka
	Eliza Sullivan	Jesse Sullivan	Chris Timewell
Felicity Trew	Keely Trew	William Trew	Alex
Woods	Andrea Woods	James Woods	Amanda
Worthington			



4 x 200m 40+ Women record holders:
Andrea Woods, Jackie Guillou, Carol Coad, Trudy Ann Haines

VICTORIAN ALL SCHOOLS

Congratulations Jake Hilson, Emma Berg and Taryn Furletti on their gold medals. James Woods with a bronze and Abbey Hromenko with a 4th.

AUSTRALIAN ALL SCHOOLS ADELAIDE

Australian All Schools Adelaide: Taryn Furletti and Emma Berg both captured medals at the weekend's running of the Australian All Schools track and field championships in Adelaide.

A great year for Furletti rolled on as she won the under-16 2000m steeplechase in a time of 7:00.26. Based on this years performances around the world, Furletti was just outside the top 20 at IAAF under-18 age level.

The 14 year old contested the under-16 3000m on Saturday and was fourth in a time of 9:57.13

Emma Berg earned bronze in thr two finals she contested . The Swan Hill College student hurled the discus to a mark of 42.27m. Berg's marks in a closely-fought contest were 41.47, 41.92, 42.27 and 41.52.

A best of 14.28m at shot putt meant the teenager would return home with a bronze medal.



ATHLETES OF THE MONTH

OCTOBER – John Justice

Congratulations to South Bendigo Athletic Clubs Athlete of the Month for October – John Justice. In recent times John has continually set new 80+ men's records in the 800m, 1500m, and javelin.

NOVEMBER – Teleah Hayes

Teleah has been on an open ladies record breaking spree this season, setting records in the 800m 1500m, 3000m and 5000m.

DECEMBER – Jack Popplestone

Each week Jack continues to drop his times and was rewarded with a win in a heat of the Victorian Milers 800m.

JANUARY – Joan Self

FEBRUARY – Yazmin Hayes

MARCH – Taryn Furletti



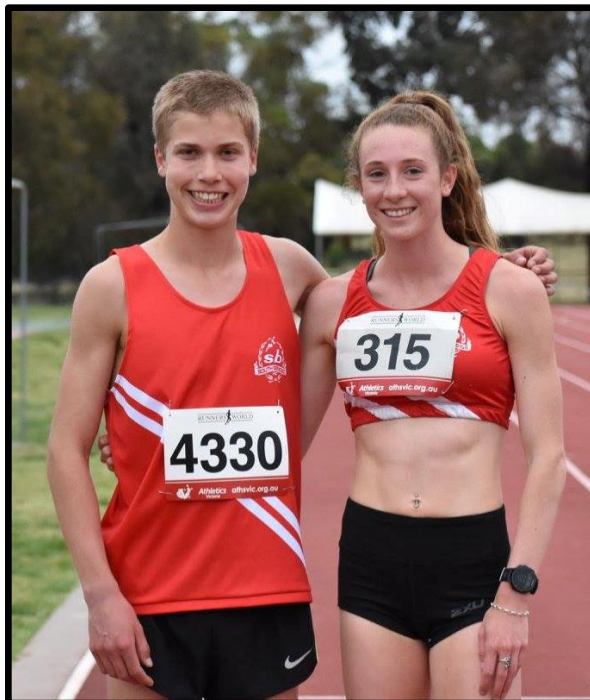
ERN HAMMER MEMORIAL

The Ben Stolz Myotherapy Ern Hammer Memorial has been run and won in Bendigo today, with 13 year old Jackson Eadon, winning in a time of 10.30 minutes, from Rossi Evans & Peter. Curtis in third place! Archie Reid 9.07 minutes, ran fastest time, with Tarryn Furletti the fastest female!



VICTORIAN MILERS CLUB – Lakeside 9th November 2017

Awesome performance by Teleah Hayes last night smashing the residential record for open ladies 3000m with a time of 9:27, Congratulations Teleah



JACK DAVEY 5000M CHAMPIONSHIPS

Congratulations Archie Reid and Teleah Hayes tonight's 5000m Jack Davey Championship Champions. Archie with a time of 15:36 set a new u17 & u18 centre record and Teleah broke the Open Women's 3000m centre record and 5000m Open Women's centre and residential records with a time of 16:15. Awesome Effort by all our members with Danny Plow, Aaron Norton and Peter Curtis all competing.



STATE SCHOOLS CHAMPIONSHIPS – OCTOBER 2017

Sara Berg; 2000m steeple 8:28.59 PB, 800m 2:37.34 PN, 1500m 5:30.64 PB.
 Emma Berg; 1500m 5:30.64 PB, Discus 42.03m, Javelin 39.29mR, Shot Put 15.09m R
 Abbey Hromenko: 90m Hurdles 15.33, High Jump 1.60m, Triple Jump 10.32m
 Taryn Furletti: 3000m 10:09.37, 1500m 4:48.63
 Yazmin Hayes: 3000m 10:43.52
 Jessica Saffron: Long Jump 4.33m, Triple Jump 9.23m
 Ella Dee Farnell: Long Jump 4.69m, Triple Jump 10.95m

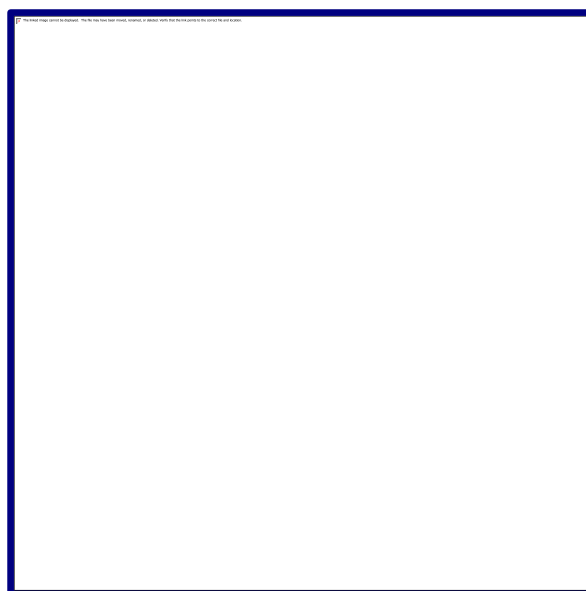
Archie Reid: 1500m 4:13.84
Jake Hilson: 100m 11.56, 200m 22.91, 400m 50.81
James Woods: Javelin 42.23m
Arshdeep Singh: 400m 57.85
Jack Popplestone: 1500m 4:22.18

VICTORIAN ALL SCHOOLS - OCTOBER 2017

Abbey Hromenko U16 High Jump 4th 1.60m
Emma Berg U17 Discus 1st 43.19m, Javelin 3rd 38.36m
Jack Popplestone U18 800m 7th 2:04.28
Jake Hilson U20 200m 1st 23.18
Taryn Furletti U15 3000m 1st 9:59.95
Archie Reid U17 3000m 6th 8:59.36
Ella Dee Farnell U17 Long Jump 10th 4.87m
Sara Berg U15 Javelin 10th 23.78m
James Woods U15 High Jump 3rd 1.65m

BENDIGO BANK 10KM FUN RUN

Congratulations Teleah Hayes on winning today's 10km Bendigo Bank Fun Run.



ZATOPEK 15TH DECEMBER 2017

Teleah's time of 34:55.35 and 15th place was a new Bendigo Residential and Victorian Country record for 10.000 metres and the first athlete to go under 35 minutes. It broke our local record held by Clare McKechnie by over 10 seconds.

Earlier in the night, two 14 year olds ran in the Under 20 3000m against the best juniors in the land.

Taryn Furletti, after running at the Australian All Schools a few days earlier, and winning the 2000m steeple national championship had to back up. Yazmin Hayes was the other yougnster mixing it with the strong field. Furletti finished in 7th place in a time of 10:05.35 just 7 seconds outside her personal best just 4 days earlier. Hayes was 12th in 10:37.19 which was an outstanding performance against the strongest field she had faced.

South Bendigo's John Justice and Joan Self added to their record-breaking run in the 10th round of the Athletics Victoria shield competition run at the Latrobe University Bendigo athletics complex in Retreat Road.

Justice ran and won his 800m heat in a time of 3:05.16 which again broke the Centre's 80-plus record he previously held

Self hurled the discus to a mark of 20.32m and holds the Centre record for the 60-plus class.



VICTORIAN COUNTRY CHAMPIONSHIPS, BALLARAT - JANUARY 2018

1500m Walk 60+ Men 1st John Carter 11:11.51
 60+ Women 2nd Jennifer Payne 8:51.24, 3rd Annette Curtis 9:49.35

800m Under 16 Women 7th Sara Berg 2:41.86
 Under 18 6th Yazmin Hayes 2:27.14
 Under 20 5th Olivia Attard 2:41.58
 60+ Women 1st Jennifer Payne 3:13.76
 Open 1st Teleah Hayes 2:11.26
 Under 18 Men 7th Darcy Nelson, Darcy 2:14.30
 Under 20 3rd Jack Popplestone 2:01.91
 40+ Men 3rd Greg Hilson 2:31.83 4th Leigh Browell 2:40.65
 Open Men 5th Rhys Lias 2:10.67 7th Aaron Norton 2:22.68

400m Hurdles 40+ Men 2nd Chris Timewell 1:16.65
 Open Men 1st Peter Curtis 1:08.63
 Under 20 Women 2nd Olivia Attard 1:19.88

5000m Walk Open Men 1st Peter Curtis 30:04.07 3rd John Carter 38:37.76

3000m Women Under 16 1st Taryn Furletti 10:28.95
 Under 18 2nd Yazmin Hayes 10:16.29

5000m Women Open 1st Teleah Hayes 17:06.83
 40+ Men 3rd Peter Norris 19:52.52 4th Leigh Browell 21:47.6

10,000m Under 20 Men 1st Archie Reid 32:56.95
 Open 4th Leigh Browell 47:22.96
 40+ 4th Leigh Browell 47:22.96

Hammer 40+ Men 2nd Chris Timewell 25.06m 4th Leigh Browell 15.41m
 Open Women Felicity Trew 20.54m
 Open Men 2nd Aaron Norton 22.16m, 5th Peter Curtis 19.50m

Javelin Women Under 18 1st Emma Berg 38.60m
 Under 16 3rd Sara Berg 26.48m
 Under 14 4th Jemma Norton 10.94m
 Open 1st Emma Berg 35.38m
 40+ 1st Jayne Norton 24.97m
 50+ 1st Carol Coad 19.67m
 60+ 1st Joan Self 19.53m, 4th Annette Curtis 14.99m

Under 14 Men 2nd Logan Hromenko 22.40m
 Under 16 1st James Woods 40.14m
 40 + Men 2nd Peter Norris 33.78m 3rd Chris Timewell 33.39m 7th Leigh Browell 16.44m

Open 3rd Peter Curtis 31.01m, 4th Aaron Norton 25.91m
 Discus Under 16 Men 3rd James Woods 30.50m
 Under 18 Women 1st Emma Berg 43.19m
 Under 16 1st Sara Berg 24.86m
 Under 14 5th Jemma Norton 12.90m
 Open 1st Emma Berg 43.09m, 2nd Jayne Norton 28.31m, 6th Felicity Trew 22.37,
 9th Keely Farnell 18.10m
 40+ 2nd Jayne Norton 27.64m
 50+ 1st Carol Coad 19.72m
 60+ 1st Joan Self 19.74m, 5th Annette Curtis 13.61m,
 Under 14 Men 3rd James woods 30.50m
 Open 2nd Joshua Pickthall 36.65m, 5th Aaron Norton 23.42m
 40+ 2nd Chris Timewell 26.08m, 5th Leigh Browell 18.86m
 Triple Jump 40+ Women 3rd Trudy Hromenko 7.91m
 50+ 1st Carol Coad 7.73m
 60+ 1st Joan Self 7.36m
 Under 18 5th Ella Dee Farnell 10.63m
 Under 14 14th Jemma Norton 6.45m
 Under 16 8th Eliza Sullivan
 Open 3rd Ella Dee Farnell 10.40m
 40+ 3rd Trudy Hromenko 7.91m
 50+ 1st Carol Coad 7.73m
 40+ Men 4th Leigh Browell 7.71m
 Open Men 2nd Peter Curtis 9.86m 3rd Aaron Norton 9.67m
 Shot Put Under 18 Women 1st Emma Berg 14.74m
 Under 14 2nd Jemma Norton 5.55m
 Under 16 1st Sara Berg 8.34m
 Open Emma Berg 1st 12.25m, Felicity Trew 5th 8.12m, Keely Farnell 9th 6.26m
 40+ 1st Tudy Hromenko 8.55m
 60+ 5th Annette Curtis 5.33m
 60+ Men 5th John Carter 4.77m
 Under 14 Men 1st James Woods 10.83m
 Open Men 2nd Joshua Pickthall 11.45m
 40+ 2nd Chris Timewell 8.33m, 4th Leigh Browell 7.41m
 High Jump Under 16 Men 1st James Woods 1.70m
 Under 18 Women 5th Abbey Hromenko 1.45m. Ella Dee Farnell 6th 1.40m
 Open 1st Trudy Hromenko 1.30m
 Open Men 4th Peter Curtis 1.50m, Aaron Norton 1.45m
 40+ 2nd Greg Hilson 1.55m, 4th Peter Norris 1.45m, 5th Chris Timewell 1.45m
 100m Under 16 Women Eliza Sullivan 14.98
 Under 18 Ella Dee Farnell 14.03
 Open Stephanie Pompei 6th 13.41, 8th Keely Farnell 14.84
 50+ 1st Carol Coad 15.83
 60+ 4th Annette Curtis 19.94
 Under 18 Men 4th Jess Sullivan 11.79
 Under 20 4th Jake Hilson 11.35
 40+ 2nd Chris Timewell
 1500m Under 16 Women Taryn Furletti 2nd 4:53.75 7th Sara Berg 5:44.54
 Under 18 Yazmin Hayes 2nd 4:53.44
 60+ 2nd Annette Curtis 8:30.80
 Under 18 Men 7th Darcy Nelson 4:44.89
 Under 20 1st Jack Popplestone 4:28.25
 40+ 3rd Peter Norris 5:29.51, 4th Leigh Browell 5:50.71
 2000m Steeple Under 16 Women Taryn Furletti 1st 7:24.37, Sara Berg 4th 9:01.88
 Under 18 Men 3rd Darcy Nelson 7:20.31

3000m Steeple Under 20 Men 3rd Jack Popplestone 11:55.48
 40+ 2nd Peter Norris 13:23.68, 3rd Leigh Browell 14:21.94

Long Jump Under 16 Women Eliza Sullivan 6th 4.36m
 Under 18 Ella Dee Farnell 4th 4.91m
 Open Ella Dee Farnell 4th 4.76m
 50+ Carol Coad 2nd 3.49m, Andrea Woods 3rd 3.23m
 60+ Joan Self 2nd 3.32m

Under 14 Men James Woods 4th 5.27m
 Open 5th Rhys Lias 5.50m
 40+ 2nd Peter Norris 4.71m

400m Under 18 Women Erin Hilson 1:26.55
 Under 20 Olivia Attard 1:09.31
 Open Teleah Hayes 2nd 1:00.63, Stephanie Pompei 3rd 1:03.23
 60+ 2nd Annette Curtis 1:49.88

Under 14 Men Logan Hromenko 7th 1:14.84
 Under 18 Tyler Leonard 53.23 Jess Sullivan 54.49
 Under 29 Jake Hilson 2nd 51.36

200m Under 20 Women Olivia Attard 30.30
 Open Stephanie Pompei 5th 27.61
 40+ Trudy Hromenko 4th 33.15
 50+ Carol Coad 1st 32.76
 60+ Annette Curtis 3rd 42.42

Under 14 Men Logan Hromenko 4th 32.87
 Under 18 Jess Sullivan 5th 23.99, Tyler Leonard 40.09
 Under 20 Jake Hilson 2nd 22.42

100m Hurdles Open Women Keely Farnell 3rd 24.35

110m Hurdles Open Men 2nd Peter Curtis 22.52
 40+ 2nd Chris Timewell 23.76

Pole Vault 50+ Women 1st Andrea Woods 1.40m
 Under 14 Men 1st James Woods 3.20m 3rd Logan Hromenko 2.00m
 40+ 2nd Greg Hilson 2.75m, 3rd Chris Timewell 2.40m

3000m Walk 50+ Women 2nd Jennifer Payne 18:26.36

RELAYS: 4x100m

Under 16 Women; - 4th 1:00.12 Sara Berg, Jemma Norton, Eliza Sullivan, Taryn Furletti
 Open Women: 7th 58.34 Steph Pompei, Eliza Sullivan, Ella Dee Farnell, Taryn Furletti
 40+Women: 3rd 1:10.65 Andrea Woods, Carolyn Sullivan, Jayne Norton, Trudy Hromenko
 Under 18 Men: 3rd 46.87 James Woods, Darcy Nelson, Jesse sullivan, Tyler Leonard
 Under 20 Men: 4th 51.65 Logan Hromenko, Archie Reid, Jack Popplestone, Jake Hilson
 Open Men: 3rd 46.22 Jess sullivan, Tyler Leonard, Rhys Lias, Jake Hilson

4x400m

Open Women:	4:55.02	Steph Pompei, Sara Berg, Olivia Attard, Taryn Furletti
40+ Women:	3 rd 5:55.92	Andrea Woods, Carol Coad, Jennifer Payne, Trudy Hromenko
50+ Women:	1 st 1:10.38	Annette Curtis, Joan Self, Jennifer Payne, Carol Coad
Open Men: 'A'	1 st 3:34.49	Rhys Lias, Tyler Leonard, Jack Popplestone, Jake Hilson
Open Men: 'B'	6 th 3:50.51	Jess Sullivan, Peter Curtis, Darcy Nelson, Archie Reid
40+ Men:	2 nd 4:23.88	Chris Timewell, Leigh Browell, Peter Norris, Greg Hilson

2018 VICTORIAN JUNIOR AND PARA TRACK & FIELD CHAMPIONSHIPS

Archie Reid U20 5000m 4th 15:23.60, U18 3000m 11th 9:11.46
Eliza Sullivan U15 Long Jump 6th 4.36m, U15 Triple Jump 4th 9.94m
Jake Hilson U20 400m 6th 51.28
Yazmin Hayes U17 3000m 1st 10:14.56

ATHLETICS BENDIGO MULTIS 22ND-23RD DECEMBER 2017

Under 18 Women: Ella Dee Farnell 100mH-dnf, HJ 1.47m, SP 8.41m, 200m 29.39.
LJ, JT& 800m dns

Open Men: Peter Curtis 2772 points
100m 13.63, LJ 4.64m, SP 7.89m, HJ 1.41m 400m 1:01.55
110mH dnf, Discus 18.31m, PV 1.60m, Jav 27.37, 1500m 5:16.02

Under 16 Men: James Woods 3338 points
100mH 17.40, SP 11.47m, HJ 1.80m, 200m 26.11
LJ 5.56m, Jav 34.89m, 1500m 5:50.2

35+ Men Aaron Norton 1671 points
LJ 4.37m, Jav 28.14m, 200m 26.55, Discus 21.48m, 1500m 5:40.31

40+ Men Chris Timewell 1991 points
LJ 4.71m, Jav 32.68m, 200m 26.51, discus 25.78m, 1500m 5:17.89

Pentathlon Open Men: Darcy Nelson 2159 points
LJ 5.66m, Jav 23.78m, 200m 25.35, Discus 21.09m, 800m 2:23.71

Pentathlon 40+ Women: Jayne Norton 1315 points
LJ 3.63m, Jav 23.10m, 200m 35.41, Discus 29.84m, 800m 3:34.94

Trudy Hromenko 1068 points
LJ 3.55m, Jav 17.45m, 200m 34.46m Discus 17.22m, 800m 3:25.25

50+ Women: Andrea Woods 502 points
LJ 3.00m, Jav 11.15m, 200m 38.76, Discus 16.40m, 800m 4:35.61

60+ Women: Joan Self 713 points
LJ 3.50m, Jav 17.49m, 200m 40.48, Discus 18.66m, 800m 4:35.61

Jennifer Payne 429 points
LJ 2.35m, Jav 11.19m, 200m 41.17, Discus 11.02m 800m 3:26.95