

2016 PERTH, AUSTRALIA

Well done to everyone on the SAMA performances in Perth. The organisers had a few hiccups but overall it seemed to go pretty well. Particular congratulations to our individual Gold medal winners – Miriam Cudmore – 3, Anne Lang – 2, Lyn Peake – 2, and Allan Mayfield – 1. Also on top of the podium were Lynn Peake, Miriam Cudmore, Anne Lang, Stephanie Noon, Karen Long, Sarah Dawson, Peter Sandery and myself for relays and team events. Lynn also chalked up a world record in her 4x400 relay team.

You will see in the results that many other SAMA members won individual silver and bronze medals – for some a first at a World Championships – so well done to all of these also. But not all the success stories are from the medals. New member Michael McKeen won a team bronze in the half marathon but his real story is that at 72 he ran a PB and has now completed half marathons on 6 continents (Only Europe to go!)

George White

100m

C Neubauer	W35	13.68	17 th
K Long	W40	12.47	Bronze
S Noon	W50	14.35	13 th
S Turner	W55	13.76	Silver
M Norton-Baker	W60	16.08	16 th
L Peake	W65	14.65	Silver
A Lang	W70	17.90	8 th
M Cudmore	W75	17.73	Bronze
V Musolino	M40	12.71	24 th
D Wilczek	M45	12.63	33 rd
P Biggs	M50	12.69	18 th
V Jermacans	M65	15.33	22 nd
D Peck	M80	18.47	10 th

200m

C Neubauer	W35	29.30	17 th
K Long	W40	26.13	4 th
S Orchard-Simonides	W45	34.32	24 th
S Noon	W50	29.43	7 th
S Turner	W55	28.83	Bronze
M Norton-baker	W60	33.54	11 th
L Peake	W65	30.75	Gold
A Lang	W70	37.32	6 th
M Cudmore	W75	37.82	4 th
V Musolino	M40	25.82	23 rd
P Biggs	M50	26.25	29 th
V Jermacans	M65	32.06	21 st
D Peck	M80	38.65	9 th

400m

K Long	W40	61.80	7 th
M Norton-Baker	W60	81.43	10 th
L Peake	W65	70.99	Gold
A Lang	W70	84.16	6 th
V Musolino	M40	58.37	17 th
H Harrell	M55	69.45	28 th
V Jermacans	M65	80.24	22 nd

800m

S Orchard-Simonides	W45	3.23	15 th
S Chinner	W50	2.36.0	9 th
M Carporlingua	W50	3.45.7	23 rd

L Whitelaw	W60	4.49.6	11 th
A Lang	W70	3.13.3	Gold
G Geracitano	M40	2.10.6	13 th
S McGregor	M50	2.12.0	9 th
H Harrell	M55	2.41.9	21 st
A Mayfield	M65	2.28.6	5 th
P Sandery	M75	2.49.2	Silver

1500m

L Davis	W40	5.05.0	7 th
S Chinner	W50	5.21.0	10 th
L Whitelaw	W60	9.47.8	11 th
H Harrell	M55	5.47.3	35 th
P Sandery	M75	5.49.6	Bronze

5000m

L Davis	W40	18.48	5 th
S Dawson	W45	19.28	4 th
F Potezny	W45	20.02	8 th
M Carporlingua	W50	28.01	28 th
M Moyle	W60	21.17	Silver
C Goodwin	W60	25.00	10 th
S McGregor	M50	17.14	8 th
P Sandery	M75	21.04	Bronze

10000m

L Davis	W40	40.34	4 th
S Dawson	W45	40.24	4 th
M Moyle	W60	45.23	Bronze
C Goodwin	W60	54.10	8 th
P Sandery	M75	47.58	Bronze

2KM Steeple

L Davis	W40	7.59.3	Silver
A Lang	W70	11.34	Gold
A Mayfield	M65	7.53	Gold
P Sandery	M75	9.37.8	Silver

3km Steeple

J Dawson	M55	14.57.9	14 th
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5km Walk

G Holliday	W55	31.59	6 th
J Russell	M60	31.15	11 th
G White	M70	30.03	4 th

P Fullager M70 33.51 12th
C Hainsworth M85 44.33 Silver

8km Cross Country

L Davis W40 32.01 5th
Team Gold
S Dawson W45 32.40 Bronze
Team Gold
F Potezny W45 32.55 4th
Team Gold
M Moyle W60 37.25 8th
C Goodwin W60 42.42 14th
P Sandery M75 36.03 Silver
Team Gold

10km Walk

G Holliday W55 64.53 6th
Team Silver
M Maxted W55 65.41 8th
G White M70 61.34 4th
Team Gold
P Fullager M70 69.25 11th
C Hainsworth M85 88.25 Silver

20km Walk

G Holliday W55 2.15.40 5th
Team Silver
M Maxted W55 2.18.59 7th
J Russell M60 2.24.10 11th
Team Bronze

Half Marathon

M McKeen M70 1.58.16 11th
Team Bronze

Marathon

S McKeen W40 3.33.15 4th
Team Silver
J Church W40 5.57.42 17th
A Twartz M60 3.38.12 9th

Long Jump

C Neubauer W35 4.62 6th
M Cudmore W75 3.15 Gold
D Wilczek M45 5.50 10th
M Lovell M50 4.94 8th

High Jump

J Cotter W40 1.44 Silver
M Maxted W55 1.19 11th

Triple Jump

M Cudmore W75 7.15 Gold

Javelin

S Orchard-Simonides W45 14.47 9th
J Isaac W50 27.63 6th
C Woods W65 12.24 11th
M Cudmore W75 20.65 Gold
A Schatz M35 44.41 5th
D Peck M80 27.13 4th

Shot

L Dawson W55 7.19 13th
C Woods W65 5.71 16th
W Willis M40 14.77 Silver
D Wilczek M45 9.81 12th
D Peck M80 8.56 7th

Discus

J Lycett W50 33.99 4th
L Dawson W55 16.97 12th
B Cruise M75 23.19 11th
D Peck M80 22.22 8th

Hammer

L Dawson W55 23.75 12th
B Cruise M75 31.65 5th

Weight

L Dawson W55 7.76 11th
D Peck M80 11.46 5th

Heptathlon

J Isaac W50 2723 14th

Decathlon

M Lovell M50 3957 16th

Throws Pentathlon

L Dawson W55 1873 12th
M Lovell M50 2666 Bronze
D Peck M80 3023 5th

4x100m Relay

M Cudmore W75 77.32 Gold
A Lang W70 69.00 Gold
L Peake W65 61.67 Gold
S Noon W50 55.03 Gold
K Long W40 50.08 Gold

4x400m Relay

A Lang W70 5.56.2 Gold
L Peake W65 5.06.1 Gold
(world record!)
K Long W40 4.06.3 Gold