

10-13 March 2023 • Sydney Olympic Park

60m			
J Cotter	W45	8.66	Bronze
S Turner	W60	8.90	Bronze
S Cassidy	W60	9.95	6th
L Peake	W70	10.01	Silver
M Cudmore	W85	12.05	Gold
V Musolino	M50	8.00	5th
A Jamae	M50	8.06	6th
P Biggs	M55	7.97	Bronze
H Van Bavel	M70	8.92	Gold

100m			
C Neubauer	W40	14.50	6th
J Cotter	W45	13.69	4th
S Turner	W60	14.45	Bronze
S Cassidy	W60	16.16	6th
L Peake	W70	16.38	Silver
M Cudmore	W85	19.01	Gold
J Godsell	M35	11.96	Bronze
V Musolino	M50	12.37	Bronze
A Jamae	M50	12.81	6th
P Biggs	M55	12.70	Bronze
H Van Bavel	M70	14.67	Silver

200m			
C Gerner	W40	29.37	7th
J Cotter	W45	28.38	Bronze
S Orchard-Simonides	W55	37.32	8th
S Turner	W60	30.27	Silver
S Cassidy	W60	34.17	4th
L Peake	W70	34.82	Silver
A Lang	W80	43.55	Gold
M Cudmore	W85	43.38	Gold ^{AR}
J Godsell	M35	24.46	Silver
V Musolino	M50	25.41	5th
A Jamae	M50	25.54	6th
P Biggs	M55	26.90	6th
H Van Bavel	M70	30.21	Silver

100m Champion of Champions			
S Turner	W60		Bronze

400m			
C Gerner	W40	70.06	5th
S Chinner	W60	72.08	Gold
A Lang	W80	100.32	Gold
A Jamae	M50	56.90	Silver

800m			
S Orchard-Simonides	W55	3:53.1	7th
S Chinner	W60	2:37.6	Gold
A Lang	W80	4:00.2	Gold ^{AR}
A Mayfield	M70	2:47.9	Silver

1500m			
A Mayfield	M70	5:38.6	Silver

2000m Steeplechase			
A Mayfield	M70	8:52.2	Gold


1500m Walk			
M Grantham	W35	8:11.9	Gold

5000m Walk			
M Grantham	W35	28:45	Gold

80m Hurdles			
C Gerner	W40	14.93	Gold

400m Hurdles			
C Gerner	W40	76.75	Gold

High Jump			
J Cotter	W45	1.46	Gold

Long Jump			
C Neubauer	W40	4.18	Bronze
J Cotter	W45	4.67	4th
L Neubauer	W70	2.28	Bronze
M Cudmore	W85	2.65	Gold 

Triple Jump			
C Neubauer	W40	8.44	Silver
J Cotter	W45	9.50	Silver
D Palmer	W45	8.19	4th
L Neubauer	W70	4.38	4th
M Cudmore	W85	6.27	Gold 

Hammer			
A Jefferies	W60	35.31	Silver
L Neubauer	W70	13.52	5th

Shot			
D Palmer	W45	9.42	Bronze
A Jefferies	W60	10.77	Gold
L Neubauer	W70	4.94	5th
A Lang	W80	6.41	Bronze
M Cudmore	W85	6.48	Gold

Javelin			
C Neubauer	W40	20.59	Silver
A Jefferies	W60	27.51	Gold
L Neubauer	W70	10.19	7th
A Lang	W80	12.85	Silver
M Cudmore	W85	18.33	Gold 
P Greenland	M65	18.36	6th

Discus			
D Palmer	W45	25.29	Bronze
L Neubauer	W70	10.01	7th
A Jefferies	W60	27.71	Gold
A Lang	W80	11.98	Bronze

Weight			
A Jefferies	W60	13.90	Gold
L Neubauer	W70	5.64	5th

Throws Pentathlon			
A Jefferies	W60	3454	Silver
L Neubauer	W70	1635	4th

T&F Pentathlon			
C Neubauer	W40	1692	Silver
L Neubauer	W70	1262	Silver
A Lang	W80	2425	Gold

4x100m Relay W240+			
S Cassidy, S Chinner, S Orchard-Simonides, L Peake			
		64.28	Silver

4x100m Relay W180+			
S Turner, J Cotter, C Neubauer, C Gerner			
		55.50	Bronze

4x100m Relay W180+			
P Biggs, J Godsell, A Jamae, V Musolino			
		51.6	4th

4x800m Relay W50			
S Chinner	W50 team	10:32.6	

Final Tally

24 Gold **19 Silver** **16 Bronze**
6 Australian Records **11 State Records**