

Track Athletics – Summary of Achievements:

Personal Bests		
	Electronic	Hand Timed
60 m	7.40sec (2007, 2009)	7.0sec (2007)
100 m	11.38sec (2009)	10.9sec (2007)
200 m	23.15sec (2009)	23.3sec (2009)
400 m	54.83sec (2005)	53.6sec (2005)

Medal Record			Records
World Masters Games			
Silver	2009 Sydney	4x100 m relay	
Bronze	2009 Sydney	200 m	
Bronze	2009 Sydney	4x400 m relay	
Pan Pacific Masters Games			
Gold	2006 Gold Coast	60 m	NSW State
Gold	2006 Gold Coast	100 m	
Gold	2006 Gold Coast	200 m	
Trans-Tasman Masters Games			
Gold	2005 Newcastle	100 m	
Gold	2005 Newcastle	200 m	Championship
Gold	2005 Newcastle	400 m	
Australian Masters Games			
Silver	2009 Geelong	100 m	
Silver	2009 Geelong	200 m	
NSW Police Games			
Silver	2009 Sydney	100 m	
Gold	2009 Sydney	200 m	Championship
Gold	2009 Sydney	400 m	
Gold	2005 Sydney	100 m	
Gold	2005 Sydney	200 m	
Gold	2005 Sydney	400 m	
Australian National Masters Athletics Championships			
Gold	2009 Adelaide	60 m	Championship
Silver	2007 Hobart	200 m	
Silver	2007 Hobart	4x100 m relay	
Bronze	2007 Hobart	60 m	
Bronze	2007 Hobart	100 m	
Gold	2005 Brisbane	100 m	
Gold	2005 Brisbane	200 m	
Gold	2005 Brisbane	4x100 m relay	Championship
NSW State Masters Athletics Championships			
Bronze	2011 Sydney	60 m	
Bronze	2011 Sydney	100 m	
Bronze	2011 Sydney	200 m	
Silver	2009 Sydney	60 m	
Silver	2009 Sydney	100 m	
Silver	2009 Sydney	200 m	
Bronze	2007 Sydney	60 m	
Bronze	2007 Sydney	100 m	
Gold	2005 Sydney	100 m	
Gold	2005 Sydney	200 m	
Silver	2005 Sydney	400 m	
NSW State Relay Masters Athletics Championships			
Gold	2008 Sydney	4x100 m (160+)	National
Gold	2007 Sydney	4x100 m (160+)	National
13 x Gold	2004-2012 Sydney	4x100 m	
2 x Silver	2004-2012 Sydney	4x100 m	
4 x Bronze	2004-2013 Sydney	4x100 m	
11 x Gold	2004-2012 Sydney	4x200 m	
6 x Silver	2004-2012 Sydney	4x200 m	
3 x Bronze	2004-2013 Sydney	4x200 m	
4 x Gold	2004-2010 Sydney	4x400 m	
3 x Bronze	2004-2010 Sydney	4x400 m	
British Colleges Athletics Championships			
Gold	1988 Cardiff	4x100 m relay	