

10/12/03

1500m

M35 J Gowland 5.12.3; M45 P Lyden 5.12.1; M75 S Harrex 8.11.5

100m

M35 J Gowland 14.7; M40 E Gerlach 14.0; M45 P Podolak 14.2; W40 D Lance 13.8; W50 A Lucas 15.5; W55 S Hanek 15.8; W60 L Andrews 15.5

400m

W40 D Lance 1.09.7; W50 A Lucas 1.23.9; W55 S Hanek 1.26.0; M45 P Podolak 1.15.8

3000m

M35 J Gowland 11.21.7; M40 P Jarvis 11.10.1; M50 D Lucas 13.55.9; M55 B Weldon 13.19.8; M60 J Court 18.04.0; M65 R Beadell 12.41.7; M75 S Harrex 16.53.2

3000m walk

W45 E Leitch 18.04.4; W70 J Albury 22.19.2; W75 J Bamford 24.56.7; M45 P Leitch 18.22.0; M50 R Foster 16.44.5

Long Jump

W40 D Lance 3.99; W50 A Lucas 3.43; W55 S Hanek 3.11; M40 E Gerlach 3.68; M45 B Richards 4.19, P Podolak 4.07, T Collins 3.78

Shot Put

W30 J McFarlane 6.73; W40 A Mortyn 6.22; W50 A Lucas 6.63; M35 E Peacock 10.14; M40 E Gerlach 6.90; M45 P Podolak 8.02, B Richards 7.32, T Collins 5.86; M65 J Ingram 7.12

W30 J McFarlane 17.85; W40A Mortyn 17.93, D Lance 15.97; W50 A Lucas 18.28; W55 S Hanek 15.73; M35 E Peacock 27.05; M40 E Gerlach 16.94; M45 P Podolak 23.22, T Collins 17.42, B Richards 17.35; M65 J Ingram 20.55