

17/12/03

Javelin

W30 J McFarlane 21.29; W40 D Lance 23.81; W45 L Lyden 15.02; W50 A Lucas 12.43, M Horne 11.19; W55 S Hanek 15.10; W60 F Hancock 12.03; W70 M Browning 7.85; M35 E Peacock 33.07; M40 E Gerlach 19.33; M45 P Podolak 27.48, T Collins 18.60; M60 M Stevenson 27.45, D Hancock 18.93, E Lockett 17.88; M65 J Ingram 22.19

150m

W40 D Lance 21.07; W55 S Hanek 21.07; M45 B Richards 21.22, P Podolak 23.88; M50 D Cresswell 30.59; M60 E Lockett 24.62, D Hancock 25.27

High Jump

W30 J McFarlane 1.25; W40 D Lance 1.20; W55 S Hanek 1.10; M45 P Podolak 1.25; M60 E Lockett 1.30

200m

W40 D Lance 28.30; W50 34.61; W55 34.25; M40 E Gerlach 30.78; M60 E Lockett 33.88, D Hancock 34.77

800m

M35 E Peacock 3.00.02; M50 D Cresswell 3.11.38; M75 S Harrex 4.01.65; W40 D Lance 4.04.97; W50 A Lucas 3.08.71; W55 S Hanek 4.04.98

60m

1st Race, Due to a malfunction of timing no results

2nd race W50 A Lucas 10.27; W55 S Hanek 10.38; W60 F Hancock 14.50; M50 D Cresswell 11.40

3000m walk

W50 M Horne 23.52.43; W70 J Albury 21.23.58; W75 J Bamford 24.56.50; M45 D Moore 19.22.05

5000m

M45 P Jarvis 19.20.78; M45 P Lyden 18.02.86; M50 D Lucas 23.41.83; M55 P Stevenson 22.28.20; M75 S Harrex 27.57.83