

26/11/03

1500m W50 A Lucas 6.29

100m W40 D Lance 13.9, G Cranfield 16.2; W50 A Lucas 16.3; W55 S Hanek 16.2; W60 L Andrews 16.2; M40 E Gerlach 14.6; M45 P Causon 13.3

10000m W45 F Malcomson 52.08.7; M50 D Cresswell 46.33.7; M65 R Beadell 44.21.7; M75 S Harrex 58.40.3, B Campbell 1.05.55.4

5000m M35 J Gowland 19.05.6; M45 P Lyden 19.05.9

3000m M50 D Lucas 14.11.2, M Pook 15.14.1

Shot Put W30 J Mcfarlane 6.49, N Morris 5.36; W50 A Lucas 6.80, M Horne 4.69; W70 M Browning 4.76; M40 M Ball 9.17, E Gerlach 7.16; M45 P Causon 8.71, T Collins 5.85

Discus W30 J Mcfarlane 16.20, N Morris 13.16; W40 D Lance 17.72, G Cranfield 16.40; W50 A Lucas 16.52; W55 S Hanek 15.10; W70 M Browning 10.55; M40 M Ball 24.48, S Lance 21.95, E Gerlach 16.17; M45 P Causon 18.88, T Collins 16.68

Long Jump W30 J Mcfarlane 2.30; W40 D Lance 3.72, G Cranfield 3.48; W50 A Lucas 3.44; W55 S Hanek 3.12; M40 E Gerlach 3.63; M45 T Collins 3.57