

3/12/03

5000m M50 P Stevenson 22.30.1, B Weldon 22.58.2, D Lucas 23.56.9, M Pook 26.31.9; M55 G Eddington 25.16.4; M75 S Harrex 28.35.9

5000m walk W45 E Leitch 30.46.8; W50 M Horne 24.04.8; M45 P Leitch 31.01.3, D Moore 33.31.7; M50 R Foster 29.03.1

3000m walk W70 J Albury 22.17.8; W75 J Bamford 24.56.4

800m W40 D Lance 4.04.7, A Mortyn 4.04.8; W50 A Lucas 3.15.6; W55 S Hanek 4.04.9; M45 P Podolak 3.26.9

60m W40 D Lance 8.9; W50 A Lucas 10.2; W55 S Hanek 10.6; M40 E Gerlach 9.0; M45 P Podolak 9.5

150m W40 D Lance 21.9; W50 A Lucas 26.3; W55 25.3; M45 P Podolak 22.3

200m W40 D Lance 28.6; W50 A Lucas 33.5; W55 S Hanek 33.9; M45 P Podolak 30.4

Hammer W30N Morris 13.51; W75 M Browning 12.28; M40 P Browning 22.48; M45 P Podolak 22.00; M70 D Shuttler 22.23

Javelin W30 N Morris 10.83; W40 A Mortyn 21.82, D Lance 21.75; W45 L Lyden 14.55; W50 M Horne 12.80, A Lucas 10.75; W55 S Hanek 15.37; W75 M Browning 7.57; M40 P Browning 22.58, S Lance 18.58; M45 P Podolak 28.74; M65 J Ingram 24.04; M70 D Shuttler 24.41