

Andy Abbey		
M35-54 3000m Steeplechase	6-Apr	19:00
M30-54 800m	8-Apr	13:25
M30-59 1500m	9-Apr	08:15
Donna Abbey		
W40+ Pentathlon	1-Apr	08:30
W40-49 400m Hurdles	8-Apr	12:30
W40-49 60m	8-Apr	14:35
W35-49 100m	9-Apr	09:00
W40+ Long Jump	9-Apr	09:20
Syed Mohammed Ad'ha Aljunied		
M30-49 200m	8-Apr	11:50
M35-44 60m	8-Apr	14:50
M35-49 100m	9-Apr	09:40
M30-54 400m	9-Apr	12:00
Mike Anderson		
M60+ Shot	8-Apr	12:25
M65+ Discus	9-Apr	08:15
Gin Ang		
M45-54 60m	8-Apr	14:55
M50-59 100m	9-Apr	09:35
Rob Antonioli		
M30+ Pentathlon	1-Apr	08:00
M65 100m	9-Apr	09:25
M65 400m	9-Apr	11:45
Michael Arnatt		
M30-49 200m	8-Apr	11:50
M35-44 60m	8-Apr	14:50
M35-49 100m	9-Apr	09:40
David Baird		
M65+ 5000m	8-Apr	08:00
M65-74 800m	8-Apr	13:35
M60-74 1500m	9-Apr	08:30
Delia Baldock		
W35+ High jump	8-Apr	09:45
W55+ 200m	8-Apr	11:40
W50-69 300m Hurdles	8-Apr	12:40
W55+ 60m	8-Apr	14:45
W45+ Triple jump	8-Apr	15:00
W55+ 100m	9-Apr	09:10
W40+ Long Jump	9-Apr	09:20
W40-59 80m Hurdles	9-Apr	10:50
W40-59 400m	9-Apr	11:15
Irwin Barrett-Lennard		
M30+ 10000m	30-Mar	19:00
M60+ 2000m Steeplechase	6-Apr	19:50
M65+ 5000m	8-Apr	08:00

M80+ 200m	8-Apr	12:15
M70+ 100m	9-Apr	09:20
M75+ 400m	9-Apr	11:30
Edward Beer		
M30-49 200m	8-Apr	11:50
M35-44 60m	8-Apr	14:50
M35-49 100m	9-Apr	09:40
M40+ Triple jump	9-Apr	10:15
Brian Bennett		
M30+ 10000m	30-Mar	19:00
M65+ 5000m	8-Apr	08:00
Allan Billington		
M30-59 1500m	9-Apr	08:15
Jeff Bilman		
M30+ Long Jump	8-Apr	08:15
M45-59 Javelin	8-Apr	14:30
M40+ Triple jump	9-Apr	10:15
Barbara Blurton		
W30+ 800m	8-Apr	13:15
W30+ 1500m	9-Apr	08:00
W60+ 400m	9-Apr	11:20
Sue Bourn		
W35+ 10000m	30-Mar	19:00
W35+ 5000m	8-Apr	08:45
W50 200m	8-Apr	11:35
W50 60m	8-Apr	14:40
W50 100m	9-Apr	09:05
Carol Bowman		
W40+ Pentathlon	1-Apr	08:30
W35+ 2000m Steeplechase	6-Apr	19:20
W35+ High jump	8-Apr	09:45
W55+ 200m	8-Apr	11:40
W50-69 300m Hurdles	8-Apr	12:40
W30+ 800m	8-Apr	13:15
W60+ 80m Hurdles	9-Apr	10:55
W60+ 400m	9-Apr	11:20
Geoff Brayshaw		
M30+ Long Jump	8-Apr	08:15
M60+ Javelin	8-Apr	09:45
M65 60m	8-Apr	15:05
M65+ Discus	9-Apr	08:15
M65 100m	9-Apr	09:25
M40+ Triple jump	9-Apr	10:15
M50-69 100m Hurdles	9-Apr	11:00
M65+ Pole vault	24-Mar	17:00
Greg Brennan		
M30-49 200m	8-Apr	11:50
M45-54 60m	8-Apr	14:55
M35-49 100m	9-Apr	09:40

M30-54 400m	9-Apr	12:00
Andrew Brooker		
M30+ High jump	8-Apr	10:45
Ivan Brown		
M30+ Pentathlon	1-Apr	08:00
M65+ 5000m	8-Apr	08:00
M70-79 200m	8-Apr	12:10
M65-74 800m	8-Apr	13:35
M60-74 1500m	9-Apr	08:30
M70+ 100m	9-Apr	09:20
M70 400m	9-Apr	11:40
Bryant Burman		
M30+ 10000m	30-Mar	19:00
M30-64 5000m	8-Apr	09:25
Wayne Byram		
M30+ Pentathlon	1-Apr	08:00
M35-54 3000m Steeplechase	6-Apr	19:00
M40+ 5000m Walk	8-Apr	10:15
M40-59 Shot	8-Apr	11:30
M30-54 800m	8-Apr	13:25
M40+ 1500m Walk	8-Apr	14:05
M45-59 Javelin	8-Apr	14:30
M30-59 1500m	9-Apr	08:15
M40-64 Discus	9-Apr	09:20
M40+ 3000m Walk	9-Apr	10:15
M40+ Triple jump	9-Apr	10:15
Michael Byrne		
M65 200m	8-Apr	12:05
M65-74 800m	8-Apr	13:35
M65 60m	8-Apr	15:05
M65 100m	9-Apr	09:25
M65 400m	9-Apr	11:45
Arthur Carbon		
M80+ 200m	8-Apr	12:15
M70+ 100m	9-Apr	09:20
David Carr		
M60+ 2000m Steeplechase	6-Apr	19:50
M80+ 200m	8-Apr	12:15
M75+ 800m	8-Apr	13:40
M75+ 1500m	9-Apr	08:45
M75+ 400m	9-Apr	11:30
Bert Carse		
M30+ 10000m	30-Mar	19:00
M60+ 2000m Steeplechase	6-Apr	19:50
M65+ 5000m	8-Apr	08:00
M75+ 800m	8-Apr	13:40
M75+ 1500m	9-Apr	08:45
Vanessa Carson		
W35+ 10000m	30-Mar	19:00

W35+ 2000m Steeplechase	6-Apr	19:20
W35+ 5000m	8-Apr	08:45
W30+ 800m	8-Apr	13:15
W30+ 1500m	9-Apr	08:00
Yolanda Carstens		
W35+ Throws Pentathlon	1-Apr	12:00
W40+ Javelin	8-Apr	08:15
W50+ Shot	8-Apr	10:30
W50+ Discus	8-Apr	12:00
W35+ Weight	9-Apr	08:15
W35+ Hammer	9-Apr	10:30
Lui Cecotti		
M30+ 10000m	30-Mar	19:00
M65+ 5000m	8-Apr	08:00
Kim Chandler		
W35+ 2000m Steeplechase	6-Apr	19:20
W35+ 5000m	8-Apr	08:45
W30+ 800m	8-Apr	13:15
W30+ 1500m	9-Apr	08:00
Fran Cherry		
W50 60m	8-Apr	14:40
W45+ Triple jump	8-Apr	15:00
W50 100m	9-Apr	09:05
W40+ Long Jump	9-Apr	09:20
Sue Coate		
W40+ Pentathlon	1-Apr	08:30
W40+ Javelin	8-Apr	08:15
W35+ High jump	8-Apr	09:45
W50+ Shot	8-Apr	10:30
W50-69 300m Hurdles	8-Apr	12:40
W50 60m	8-Apr	14:40
W50 100m	9-Apr	09:05
W40+ Long Jump	9-Apr	09:20
W40-59 80m Hurdles	9-Apr	10:50
Vicki Cobby		
W35+ High jump	8-Apr	09:45
W40-49 400m Hurdles	8-Apr	12:30
W30+ 800m	8-Apr	13:15
W35-49 Shot	8-Apr	13:30
W40-59 80m Hurdles	9-Apr	10:50
W40-59 400m	9-Apr	11:15
John Cochrane		
M60+ Shot	8-Apr	12:25
M65+ Discus	9-Apr	08:15
Kevin Collins		
M30+ Long Jump	8-Apr	08:15
M30+ High jump	8-Apr	10:45
M35-49 100m	9-Apr	09:40
M40+ Triple jump	9-Apr	10:15

Henri Cortis		
M65-74 800m	8-Apr	13:35
M70 400m	9-Apr	11:40
Debra Cox		
W40+ Javelin	8-Apr	08:15
W50+ Shot	8-Apr	10:30
W50+ Discus	8-Apr	12:00
W35+ Hammer	9-Apr	10:30
Maurice Creagh		
M30+ 10000m	30-Mar	19:00
M65-74 800m	8-Apr	13:35
M60-74 1500m	9-Apr	08:30
M40+ 3000m Walk	9-Apr	10:15
M70 400m	9-Apr	11:40
Andrew Cuthbertson		
M40+ 1500m Walk	8-Apr	14:05
M40+ 3000m Walk	9-Apr	10:15
Graeme Dahl		
M65+ 5000m	8-Apr	08:00
M65-74 800m	8-Apr	13:35
M60-74 1500m	9-Apr	08:30
Julie Daines		
W40+ Javelin	8-Apr	08:15
W40-59 80m Hurdles	9-Apr	10:50
Todd Davey		
M40+ Throws Pentathlon	1-Apr	12:45
M40-69 Hammer	8-Apr	08:15
M40-59 Shot	8-Apr	11:30
M45-59 Javelin	8-Apr	14:30
M40-64 Discus	9-Apr	09:20
M40+ Weight	9-Apr	11:00
Jim Davis		
M40+ Throws Pentathlon	1-Apr	12:45
M80 Hammer	8-Apr	08:15
M60+ Javelin	8-Apr	09:45
M60+ Shot	8-Apr	12:25
M65+ Discus	9-Apr	08:15
M40+ Weight	9-Apr	11:00
Judy Davis		
W35+ 10000m	30-Mar	19:00
W35+ 5000m	8-Apr	08:45
Sharon Davis		
W35-49 200m	8-Apr	11:30
W30+ 800m	8-Apr	13:15
Mark Dawson		
M30+ 10000m	30-Mar	19:00
M50-59 200m	8-Apr	11:55
M55-64 800m	8-Apr	13:30
M55-64 60m	8-Apr	15:00

M30-59 1500m	9-Apr	08:15
M50-59 100m	9-Apr	09:35
M55 400m	9-Apr	11:55
John Dennehy		
M30+ Long Jump	8-Apr	08:15
M50-59 200m	8-Apr	11:55
M40+ 1500m Walk	8-Apr	14:05
M55-64 60m	8-Apr	15:00
M50-59 100m	9-Apr	09:35
M55 400m	9-Apr	11:55
Kristy Devereux		
W30+ 800m	8-Apr	13:15
W30+ 1500m	9-Apr	08:00
Tony Downey		
M60+ Javelin	8-Apr	09:45
M30+ High jump	8-Apr	10:45
M60 200m	8-Apr	12:00
M55-64 800m	8-Apr	13:30
M55-64 60m	8-Apr	15:00
M60 100m	9-Apr	09:30
M60 400m	9-Apr	11:50
Bjorn Dybdahl		
M30+ 10000m	30-Mar	19:00
M60+ 2000m Steeplechase	6-Apr	19:50
M30-64 5000m	8-Apr	09:25
M60 200m	8-Apr	12:00
M55-64 800m	8-Apr	13:30
M60-74 1500m	9-Apr	08:30
M60 400m	9-Apr	11:50
Kyle Eagar		
M30+ 10000m	30-Mar	19:00
Mark Elms		
M30+ Pentathlon	1-Apr	08:00
Adrian Fabiankovits		
M30+ 10000m	30-Mar	19:00
M30-64 5000m	8-Apr	09:25
Trisha Farr		
W35+ 10000m	30-Mar	19:00
Wendy Farrow		
W45+ 5000m Walk	8-Apr	10:15
W45+ 1500m Walk	8-Apr	14:05
W45+ 3000m Walk	9-Apr	10:15
Bob Fergie		
M40+ Throws Pentathlon	1-Apr	12:45
M80 Hammer	8-Apr	08:15
M60+ Javelin	8-Apr	09:45
M60+ Shot	8-Apr	12:25
M65+ Discus	9-Apr	08:15
M40+ Weight	9-Apr	11:00

John Fettus		
M40+ Throws Pentathlon	1-Apr	12:45
M40-69 Hammer	8-Apr	08:15
M40-59 Shot	8-Apr	11:30
M40-64 Discus	9-Apr	09:20
M40+ Weight	9-Apr	11:00
Robyn Feutrill		
W35+ High jump	8-Apr	09:45
W50-69 300m Hurdles	8-Apr	12:40
W40-59 80m Hurdles	9-Apr	10:50
W40-59 400m	9-Apr	11:15
Damian Franklin		
M30-54 800m	8-Apr	13:25
M30-59 1500m	9-Apr	08:15
Geoffrey Gee		
M40+ Throws Pentathlon	1-Apr	12:45
M60+ Shot	8-Apr	12:25
M40-64 Discus	9-Apr	09:20
M40+ Weight	9-Apr	11:00
Byrony Glass		
W35+ Throws Pentathlon	1-Apr	12:00
W35-49 Discus	8-Apr	10:15
W35-49 Shot	8-Apr	13:30
W35+ Weight	9-Apr	08:15
W35+ Hammer	9-Apr	10:30
Kate Glass		
W35+ Throws Pentathlon	1-Apr	12:00
W40+ Javelin	8-Apr	08:15
W50+ Shot	8-Apr	10:30
W50+ Discus	8-Apr	12:00
W35+ Weight	9-Apr	08:15
W35+ Hammer	9-Apr	10:30
Ross Goulden		
M65-74 800m	8-Apr	13:35
M60-74 1500m	9-Apr	08:30
M70 400m	9-Apr	11:40
Tom Gravestock		
M40+ Throws Pentathlon	1-Apr	12:45
Alan Gray		
M35-54 3000m Steeplechase	6-Apr	19:00
M30-64 5000m	8-Apr	09:25
M30-59 1500m	9-Apr	08:15
Chris Groom		
M30-54 800m	8-Apr	13:25
M30-59 1500m	9-Apr	08:15
Akos Gyarmathy		
M55-64 800m	8-Apr	13:30
M60-74 1500m	9-Apr	08:30
Johan Hagedoorn		

M40+ 5000m Walk	8-Apr	10:15
Jackie Halberg		
W35+ 5000m	8-Apr	08:45
W30+ 1500m	9-Apr	08:00
Bev Hamilton		
W35+ Throws Pentathlon	1-Apr	12:00
W40+ Javelin	8-Apr	08:15
W50+ Shot	8-Apr	10:30
W50+ Discus	8-Apr	12:00
W35+ Weight	9-Apr	08:15
W35+ Hammer	9-Apr	10:30
Mark Hamilton		
M40+ Throws Pentathlon	1-Apr	12:45
M40-69 Hammer	8-Apr	08:15
M40-59 Shot	8-Apr	11:30
M40-64 Discus	9-Apr	09:20
M40+ Weight	9-Apr	11:00
William Hart		
M65-74 800m	8-Apr	13:35
Garry Hastie		
M40+ 5000m Walk	8-Apr	10:15
M40+ 1500m Walk	8-Apr	14:05
M45-59 Javelin	8-Apr	14:30
M40+ 3000m Walk	9-Apr	10:15
Carl Heslop		
M30+ High jump	8-Apr	10:45
M30-49 200m	8-Apr	11:50
M30-54 800m	8-Apr	13:25
M30-59 1500m	9-Apr	08:15
M30-54 400m	9-Apr	12:00
Brian Hewitt		
M30+ 10000m	30-Mar	19:00
M30-64 5000m	8-Apr	09:25
M55-64 800m	8-Apr	13:30
M60-74 1500m	9-Apr	08:30
M60 400m	9-Apr	11:50
Mark Hewitt		
M30+ Long Jump	8-Apr	08:15
M30-64 5000m	8-Apr	09:25
M60 100m	9-Apr	09:30
Keith Hill		
M30+ 10000m	30-Mar	19:00
M55-64 800m	8-Apr	13:30
M30-59 1500m	9-Apr	08:15
M55 400m	9-Apr	11:55
Bob Hull		
M65+ 5000m	8-Apr	08:00
M65-74 800m	8-Apr	13:35
M70+ 60m	8-Apr	15:10

M60-74 1500m	9-Apr	08:30
Oswald Igel		
M40+ Throws Pentathlon	1-Apr	12:45
M40-69 Hammer	8-Apr	08:15
M60+ Javelin	8-Apr	09:45
M60+ Shot	8-Apr	12:25
M65+ Discus	9-Apr	08:15
M40+ Weight	9-Apr	11:00
Lyle James		
M70-79 200m	8-Apr	12:10
M75+ 800m	8-Apr	13:40
M70+ 60m	8-Apr	15:10
M75+ 1500m	9-Apr	08:45
M70+ 100m	9-Apr	09:20
M75+ 400m	9-Apr	11:30
Paul Jeffery		
M30+ Pentathlon	1-Apr	08:00
Luella Jenkins		
W35+ Throws Pentathlon	1-Apr	12:00
W40+ Javelin	8-Apr	08:15
W50+ Shot	8-Apr	10:30
W50+ Discus	8-Apr	12:00
W45+ 1500m Walk	8-Apr	14:05
W55+ 60m	8-Apr	14:45
W35+ Weight	9-Apr	08:15
W55+ 100m	9-Apr	09:10
W40+ Long Jump	9-Apr	09:20
W45+ 3000m Walk	9-Apr	10:15
Ruth Johnson		
W40+ Pentathlon	1-Apr	08:30
W55+ 200m	8-Apr	11:40
W30+ 800m	8-Apr	13:15
W55+ 60m	8-Apr	14:45
W45+ Triple jump	8-Apr	15:00
W55+ 100m	9-Apr	09:10
W40+ Long Jump	9-Apr	09:20
W35+ Hammer	9-Apr	10:30
W60+ 400m	9-Apr	11:20
Jasmin Karwacki		
W35+ Throws Pentathlon	1-Apr	12:00
W35-49 Discus	8-Apr	10:15
W35-49 Shot	8-Apr	13:30
Jacqueline Kellerman		
W35+ 5000m	8-Apr	08:45
Juliana Kelly		
W40+ Pentathlon	1-Apr	08:30
W50 200m	8-Apr	11:35
W50 60m	8-Apr	14:40
W50 100m	9-Apr	09:05

W40-59 400m	9-Apr	11:15
Greg Kennedy		
M30+ Pentathlon	1-Apr	08:00
M60+ Javelin	8-Apr	09:45
M30+ High jump	8-Apr	10:45
M65 200m	8-Apr	12:05
M60-79 300m Hurdles	8-Apr	12:50
M65 60m	8-Apr	15:05
M65 100m	9-Apr	09:25
M50-69 100m Hurdles	9-Apr	11:00
M65 400m	9-Apr	11:45
Paula Kennedy		
W35+ Throws Pentathlon	1-Apr	12:00
W40+ Javelin	8-Apr	08:15
W50+ Shot	8-Apr	10:30
W50+ Discus	8-Apr	12:00
W35+ Weight	9-Apr	08:15
W35+ Hammer	9-Apr	10:30
Maureen Keshwar		
W40+ Pentathlon	1-Apr	08:30
W35+ 2000m Steeplechase	6-Apr	19:20
W55+ 200m	8-Apr	11:40
W50-69 300m Hurdles	8-Apr	12:40
W55+ 60m	8-Apr	14:45
W55+ 100m	9-Apr	09:10
W60+ 80m Hurdles	9-Apr	10:55
Jim Klinge		
M65+ 5000m	8-Apr	08:00
M60-74 1500m	9-Apr	08:30
Rudy Kocis		
M50-59 200m	8-Apr	11:55
M55-64 60m	8-Apr	15:00
M50-59 100m	9-Apr	09:35
M55 400m	9-Apr	11:55
Jim Langford		
M30+ 10000m	30-Mar	19:00
M65+ 5000m	8-Apr	08:00
M60-74 1500m	9-Apr	08:30
Chris Lark		
M30+ 10000m	30-Mar	19:00
M30-64 5000m	8-Apr	09:25
Kathy Lawson		
W50 200m	8-Apr	11:35
W50 60m	8-Apr	14:40
W50 100m	9-Apr	09:05
W40-59 80m Hurdles	9-Apr	10:50
Adele Leahy		
W35+ High jump	8-Apr	09:45
W35-49 200m	8-Apr	11:30

W35-49 100m	9-Apr	09:00
Lisa Limonas		
W35+ High jump	8-Apr	09:45
W35-49 200m	8-Apr	11:30
W40-49 60m	8-Apr	14:35
W45+ Triple jump	8-Apr	15:00
W35-49 100m	9-Apr	09:00
W40+ Long Jump	9-Apr	09:20
Su Lloyd		
W45+ 5000m Walk	8-Apr	10:15
W45+ 1500m Walk	8-Apr	14:05
W45+ 3000m Walk	9-Apr	10:15
Stan Lockwood		
M80+ 200m	8-Apr	12:15
M70+ 60m	8-Apr	15:10
M70+ 100m	9-Apr	09:20
Daniel Lowe		
M40+ 5000m Walk	8-Apr	10:15
M40+ 1500m Walk	8-Apr	14:05
M40+ 3000m Walk	9-Apr	10:15
Tim Lyons		
M40+ Throws Pentathlon	1-Apr	12:45
M40-69 Hammer	8-Apr	08:15
M40-64 Discus	9-Apr	09:20
M40+ Weight	9-Apr	11:00
Althea Mackie		
W40+ Javelin	8-Apr	08:15
W35-49 Discus	8-Apr	10:15
W35-49 Shot	8-Apr	13:30
W35+ Weight	9-Apr	08:15
W35+ Hammer	9-Apr	10:30
Peggy Macliver		
W50+ Shot	8-Apr	10:30
W55+ 200m	8-Apr	11:40
W50+ Discus	8-Apr	12:00
W55+ 60m	8-Apr	14:45
W55+ 100m	9-Apr	09:10
Catherine McCloskey		
W50 200m	8-Apr	11:35
W40-59 400m	9-Apr	11:15
John McDonagh		
M40+ 5000m Walk	8-Apr	10:15
M40+ 1500m Walk	8-Apr	14:05
M40+ 3000m Walk	9-Apr	10:15
Cheryl McMahon		
W35+ Throws Pentathlon	1-Apr	12:00
W40-49 60m	8-Apr	14:35
Jacqueline McQueen		
W35+ 10000m	30-Mar	19:00

W35+ 2000m Steeplechase	6-Apr	19:20
W35+ 5000m	8-Apr	08:45
W50 200m	8-Apr	11:35
John McShane		
M30-54 800m	8-Apr	13:25
M30-59 1500m	9-Apr	08:15
Harold Membrey		
M30+ Pentathlon	1-Apr	08:00
M65 200m	8-Apr	12:05
M60-79 300m Hurdles	8-Apr	12:50
M40+ 1500m Walk	8-Apr	14:05
M65 60m	8-Apr	15:05
M65 100m	9-Apr	09:25
M50-69 100m Hurdles	9-Apr	11:00
M40+ Weight	9-Apr	11:00
M65 400m	9-Apr	11:45
Erica Mercer		
W30+ 800m	8-Apr	13:15
W30+ 1500m	9-Apr	08:00
W60+ 400m	9-Apr	11:20
Nick Miletic		
M30+ Pentathlon	1-Apr	08:00
M65 200m	8-Apr	12:05
M60-79 300m Hurdles	8-Apr	12:50
M65 60m	8-Apr	15:05
M65+ Discus	9-Apr	08:15
M65 100m	9-Apr	09:25
M65 400m	9-Apr	11:45
Dawson Miller		
M30+ Long Jump	8-Apr	08:15
M50-59 200m	8-Apr	11:55
M45-54 60m	8-Apr	14:55
M50-59 100m	9-Apr	09:35
M40+ Triple jump	9-Apr	10:15
M30-54 400m	9-Apr	12:00
Edward Miller		
M70-79 200m	8-Apr	12:10
M70+ 60m	8-Apr	15:10
M70+ 100m	9-Apr	09:20
Keith Miller		
M30+ 10000m	30-Mar	19:00
Jo Moutia		
M50-69 100m Hurdles	9-Apr	11:00
Michihito Muroi		
M30+ 10000m	30-Mar	19:00
Thomas Murrell		
M40+ Throws Pentathlon	1-Apr	12:45
M40-69 Hammer	8-Apr	08:15
M40-59 Shot	8-Apr	11:30

M45-59 Javelin	8-Apr	14:30
M40-64 Discus	9-Apr	09:20
M40+ Weight	9-Apr	11:00
Liz Neville		
W35+ 10000m	30-Mar	19:00
W35+ 5000m	8-Apr	08:45
Barry Newell		
M60 200m	8-Apr	12:00
Rob Nichols		
M30+ 10000m	30-Mar	19:00
M35-54 3000m Steeplechase	6-Apr	19:00
M30-64 5000m	8-Apr	09:25
M30-59 1500m	9-Apr	08:15
Ann-Marie O'Donovan		
W40+ Pentathlon	1-Apr	08:30
Mike O'Reilly		
M70-79 200m	8-Apr	12:10
M75+ 800m	8-Apr	13:40
M75+ 1500m	9-Apr	08:45
M70+ 100m	9-Apr	09:20
M75+ 400m	9-Apr	11:30
Brenda Painter		
W40+ Pentathlon	1-Apr	08:30
W40+ Javelin	8-Apr	08:15
W35+ High jump	8-Apr	09:45
W55+ 200m	8-Apr	11:40
W70+ 200m Hurdles	8-Apr	13:00
W55+ 60m	8-Apr	14:45
W45+ Triple jump	8-Apr	15:00
W55+ 100m	9-Apr	09:10
W40+ Long Jump	9-Apr	09:20
W60+ 80m Hurdles	9-Apr	10:55
Syd Parke		
M30+ 10000m	30-Mar	19:00
M65+ 5000m	8-Apr	08:00
M60-74 1500m	9-Apr	08:30
Jennifer Parker		
W35+ Throws Pentathlon	1-Apr	12:00
W35-49 Discus	8-Apr	10:15
W35-49 200m	8-Apr	11:30
W35-49 Shot	8-Apr	13:30
W40-49 60m	8-Apr	14:35
W45+ Triple jump	8-Apr	15:00
W35+ Weight	9-Apr	08:15
W35-49 100m	9-Apr	09:00
W40+ Long Jump	9-Apr	09:20
W35+ Hammer	9-Apr	10:30
Cath Payne		
W35-49 200m	8-Apr	11:30

W40-49 60m	8-Apr	14:35
W35-49 100m	9-Apr	09:00
W40+ Long Jump	9-Apr	09:20
W40-59 400m	9-Apr	11:15
Peter Peeling		
M30+ 10000m	30-Mar	19:00
M30-64 5000m	8-Apr	09:25
Grant Perry		
M30+ Long Jump	8-Apr	08:15
M30-64 5000m	8-Apr	09:25
M30-54 800m	8-Apr	13:25
Jo Peters		
M40+ Throws Pentathlon	1-Apr	12:45
M40-69 Hammer	8-Apr	08:15
M60+ Javelin	8-Apr	09:45
M60+ Shot	8-Apr	12:25
M40-64 Discus	9-Apr	09:20
M40+ Weight	9-Apr	11:00
Frank Price		
M30+ 10000m	30-Mar	19:00
M65+ 5000m	8-Apr	08:00
M60-74 1500m	9-Apr	08:30
Stephen Pritchard		
M30+ High jump	8-Apr	10:45
M65 200m	8-Apr	12:05
M65 100m	9-Apr	09:25
Giovanni Puglisi		
M30+ 10000m	30-Mar	19:00
M60+ 2000m Steeplechase	6-Apr	19:50
M65+ 5000m	8-Apr	08:00
M65 200m	8-Apr	12:05
M60-79 300m Hurdles	8-Apr	12:50
M65-74 800m	8-Apr	13:35
M65 60m	8-Apr	15:05
M60-74 1500m	9-Apr	08:30
M65 100m	9-Apr	09:25
M65 400m	9-Apr	11:45
Garry Ralston		
M30+ Pentathlon	1-Apr	08:00
M30+ Long Jump	8-Apr	08:15
M60-79 300m Hurdles	8-Apr	12:50
M55-64 800m	8-Apr	13:30
M55-64 60m	8-Apr	15:00
M60 100m	9-Apr	09:30
M50-69 100m Hurdles	9-Apr	11:00
M60 400m	9-Apr	11:50
Zoe Richards		
W40+ Javelin	8-Apr	08:15
W35-49 Discus	8-Apr	10:15

W35-49 Shot	8-Apr	13:30
Glenn Ross		
M30-49 200m	8-Apr	11:50
M35-49 100m	9-Apr	09:40
M30-54 400m	9-Apr	12:00
Leon Sander		
M30+ Pentathlon	1-Apr	08:00
Margaret Saunders		
W30+ 800m	8-Apr	13:15
W60+ 400m	9-Apr	11:20
Christine Schelfhout		
W35+ Throws Pentathlon	1-Apr	12:00
W40+ Javelin	8-Apr	08:15
W35-49 Discus	8-Apr	10:15
W35+ Weight	9-Apr	08:15
W35+ Hammer	9-Apr	10:30
Bob Schickert		
M30+ 10000m	30-Mar	19:00
M60+ 2000m Steeplechase	6-Apr	19:50
M65+ 5000m	8-Apr	08:00
M75+ 800m	8-Apr	13:40
M75+ 1500m	9-Apr	08:45
Lynne Schickert		
W40+ Pentathlon	1-Apr	08:30
W35+ 2000m Steeplechase	6-Apr	19:20
W35+ High jump	8-Apr	09:45
W45+ 5000m Walk	8-Apr	10:15
W45+ 1500m Walk	8-Apr	14:05
W45+ Triple jump	8-Apr	15:00
W40+ Long Jump	9-Apr	09:20
W45+ 3000m Walk	9-Apr	10:15
Trevor Scott		
M30+ 10000m	30-Mar	19:00
M30-64 5000m	8-Apr	09:25
M55-64 800m	8-Apr	13:30
M45-59 Javelin	8-Apr	14:30
M30-59 1500m	9-Apr	08:15
M40+ Triple jump	9-Apr	10:15
Paul Scott-Taylor		
M30+ 10000m	30-Mar	19:00
M30-64 5000m	8-Apr	09:25
M30-59 1500m	9-Apr	08:15
Stan Selby		
M60+ Javelin	8-Apr	09:45
Robert Shand		
M60+ Javelin	8-Apr	09:45
M65+ Discus	9-Apr	08:15
Sally Sims		
W35+ Throws Pentathlon	1-Apr	12:00

W35-49 Discus	8-Apr	10:15
W35-49 Shot	8-Apr	13:30
W35+ Weight	9-Apr	08:15
W35+ Hammer	9-Apr	10:30
Colin Smith		
M50-59 200m	8-Apr	11:55
M30-54 800m	8-Apr	13:25
M45-54 60m	8-Apr	14:55
M50-59 100m	9-Apr	09:35
M30-54 400m	9-Apr	12:00
Morland Smith		
M30+ 10000m	30-Mar	19:00
M60+ 2000m Steeplechase	6-Apr	19:50
M65+ 5000m	8-Apr	08:00
M75+ 800m	8-Apr	13:40
M75+ 1500m	9-Apr	08:45
Phil Smyth		
M60+ Javelin	8-Apr	09:45
M30+ High jump	8-Apr	10:45
M40+ Triple jump	9-Apr	10:15
M65+ Pole vault	24-Mar	17:00
David Solomon		
M30+ 10000m	30-Mar	19:00
M30-54 800m	8-Apr	13:25
M30-54 400m	9-Apr	12:00
Simone Solomon		
W35+ 2000m Steeplechase	6-Apr	19:20
W35+ 5000m	8-Apr	08:45
W50 200m	8-Apr	11:35
W30+ 800m	8-Apr	13:15
W50 60m	8-Apr	14:40
W30+ 1500m	9-Apr	08:00
W50 100m	9-Apr	09:05
W40-59 400m	9-Apr	11:15
Andrew Spratt		
M30-64 5000m	8-Apr	09:25
M30-54 800m	8-Apr	13:25
M30-59 1500m	9-Apr	08:15
Lee Stergiou		
M30-49 200m	8-Apr	11:50
M30-54 400m	9-Apr	12:00
June Streeter		
W40+ Javelin	8-Apr	08:15
W50+ Shot	8-Apr	10:30
W50+ Discus	8-Apr	12:00
W35+ Weight	9-Apr	08:15
W35+ Hammer	9-Apr	10:30
Kim Taylor		
M45-54 60m	8-Apr	14:55

M50-59 100m	9-Apr	09:35
Kim Thomas		
M30+ 10000m	30-Mar	19:00
M35-54 3000m Steeplechase	6-Apr	19:00
M30-64 5000m	8-Apr	09:25
Kerin Thomson		
W35+ 10000m	30-Mar	19:00
W35+ 5000m	8-Apr	08:45
Campbell Till		
M55-64 800m	8-Apr	13:30
M55 400m	9-Apr	11:55
Karyn Tolardo		
W45+ 5000m Walk	8-Apr	10:15
W45+ 1500m Walk	8-Apr	14:05
W45+ 3000m Walk	9-Apr	10:15
Peter Tua		
M40+ Throws Pentathlon	1-Apr	12:45
M40-69 Hammer	8-Apr	08:15
M40-59 Shot	8-Apr	11:30
Eulalia Van Blomestein		
W35+ 10000m	30-Mar	19:00
Xander van Rijen		
M30-54 800m	8-Apr	13:25
Justin Vincent		
M30+ Pentathlon	1-Apr	08:00
M30+ Long Jump	8-Apr	08:15
Brian Waldhuter		
M30+ High jump	8-Apr	10:45
M70-79 200m	8-Apr	12:10
M60-79 300m Hurdles	8-Apr	12:50
M70+ 100m	9-Apr	09:20
M40+ Triple jump	9-Apr	10:15
Cecil Walkley		
M60+ 2000m Steeplechase	6-Apr	19:50
M75+ 800m	8-Apr	13:40
M75+ 1500m	9-Apr	08:45
M75+ 400m	9-Apr	11:30
Claire Walkley		
W35+ 10000m	30-Mar	19:00
Des Walsh		
M30+ Pentathlon	1-Apr	08:00
M30+ Long Jump	8-Apr	08:15
M60+ Javelin	8-Apr	09:45
M60 200m	8-Apr	12:00
M55-64 60m	8-Apr	15:00
M60 100m	9-Apr	09:30
M60 400m	9-Apr	11:50
Andrew Ward		
M40+ Throws Pentathlon	1-Apr	12:45

M40-69 Hammer	8-Apr	08:15
M40-59 Shot	8-Apr	11:30
M45-59 Javelin	8-Apr	14:30
M40-64 Discus	9-Apr	09:20
M40+ Weight	9-Apr	11:00
Clare Wardle		
W35+ 10000m	30-Mar	19:00
W35+ 5000m	8-Apr	08:45
Peter Watene		
M30+ Long Jump	8-Apr	08:15
M40-59 Shot	8-Apr	11:30
M45-59 Javelin	8-Apr	14:30
M40-64 Discus	9-Apr	09:20
M40+ Weight	9-Apr	11:00
Karl Weber		
M45-54 60m	8-Apr	14:55
M35-49 100m	9-Apr	09:40
Steve Weller		
M30+ 10000m	30-Mar	19:00
Janne Wells		
W45+ 1500m Walk	8-Apr	14:05
W40-49 60m	8-Apr	14:35
W45+ Triple jump	8-Apr	15:00
W45+ 3000m Walk	9-Apr	10:15
Nicolette Whittington		
W55+ 200m	8-Apr	11:40
W55+ 60m	8-Apr	14:45
W55+ 100m	9-Apr	09:10
W40+ Long Jump	9-Apr	09:20
Bruce Wilson		
M60+ 2000m Steeplechase	6-Apr	19:50
M65+ 5000m	8-Apr	08:00
M60-79 300m Hurdles	8-Apr	12:50
M40+ 1500m Walk	8-Apr	14:05
M60-74 1500m	9-Apr	08:30
Greg Wilson		
M30+ Pentathlon	1-Apr	08:00
M30+ High jump	8-Apr	10:45
M65+ Discus	9-Apr	08:15
M65+ Pole vault	24-Mar	17:00
Julie Wilson		
W40+ Pentathlon	1-Apr	08:30
W35+ 2000m Steeplechase	6-Apr	19:20
Sam Wong		
M35-44 60m	8-Apr	14:50
M35-49 100m	9-Apr	09:40
Sheryl Woolley		
W40+ Javelin	8-Apr	08:15
W35-49 Discus	8-Apr	10:15

W35-49 Shot	8-Apr	13:30
Dave Wyatt		
M30+ Long Jump	8-Apr	08:15
M30+ High jump	8-Apr	10:45
M40+ Triple jump	9-Apr	10:15
Gay Wyatt		
W40+ Pentathlon	1-Apr	08:30
W35+ High jump	8-Apr	09:45
W45+ Triple jump	8-Apr	15:00
W40+ Long Jump	9-Apr	09:20
Gillian Young		
W35+ 10000m	30-Mar	19:00
W35+ 2000m Steeplechase	6-Apr	19:20
W35+ 5000m	8-Apr	08:45
W30+ 1500m	9-Apr	08:00
Rob Young		
M40+ Throws Pentathlon	1-Apr	12:45
M30+ Long Jump	8-Apr	08:15
M60+ Javelin	8-Apr	09:45
M70-79 200m	8-Apr	12:10
M60+ Shot	8-Apr	12:25
M70+ 60m	8-Apr	15:10
M65+ Discus	9-Apr	08:15
M70 Hammer	9-Apr	10:00
M40+ Weight	9-Apr	11:00
M70 400m	9-Apr	11:40
Sue Zlnay		
W35+ 2000m Steeplechase	6-Apr	19:20
W35+ 5000m	8-Apr	08:45
W30+ 1500m	9-Apr	08:00