

WAAS 15/05/12**800m**

David Solomon	M47	2:21.5
Tom Tralau	M39	2:51.7
Mitch Thomas	M11	2:58.2
Kim Thomas	M38	2:59.1
Julie Wilson	W59	3:21.1
John Dennehy	M52	3:30.1

3km

Mitch Thomas	M11	11:49.0
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5km

Kim Thomas	M38	19:14.1
David Solomon	M47	19:28.6
Tom Tralau	M39	21:05.6
Johnathon Phillips	M38	21:58.6
Julie Wilson	W59	24:23.0
Danielle Baldock	W32	24:59.0

400m

David Carr	M79	74.5
John Dennehy	M52	76.0
Julie Wilson	W59	1:33.2