

Andy Abbey	M35-59 5000m	8:40am	14/03/2021
	M35+ 10000m	7:00pm	18/03/2021
	M45-54 800m	10:50am	27/03/2021
	M50-64 1500m	8:40am	28/03/2021
David Adams	M35-59 5000m	8:40am	14/03/2021
	M35+ 10000m	7:00pm	18/03/2021
	M30-54 3000m Steeplechase	7:00pm	25/03/2021
	M30-44 200m	9:50am	27/03/2021
	M30-44 800m	11:00am	27/03/2021
	M40-49 60m	1:45pm	27/03/2021
	M30-49 1500m	9:00am	28/03/2021
	M30-49 400m	10:25am	28/03/2021
	M40-49 100m	12:05pm	28/03/2021
Mike Anderson	M70+ Shot	9:45am	27/03/2021
	M60-74 60m	1:35pm	27/03/2021
	M70+ Weight	8:00am	28/03/2021
	M70+ Discus	9:30am	28/03/2021
	M70 100m	11:50am	28/03/2021
Jannie Beard	M45-54 800m	10:50am	27/03/2021
David Baird	M60+ 5000m	7:45am	14/03/2021
	M35+ 10000m	7:00pm	18/03/2021
	M70+ 800m	10:30am	27/03/2021
	M65+ 1500m	8:20am	28/03/2021
	M75+ 400m	10:05am	28/03/2021
Crystal Bairstow	W35-49 200m	9:20am	27/03/2021
	W30+ 1500m	8:00am	28/03/2021
	W30+ 400m	10:00am	28/03/2021
Delia Baldock	W30+ 1500m Race Walk	12:20pm	27/03/2021
	W50+ 3000m Race Walk	10:50am	28/03/2021
Irwin Barrett-Lennard	M45+ 5000m Race Walk	7:50am	27/03/2021
	M45+ 3000m Race Walk	10:50am	28/03/2021
Brian Bennett	M35+ 10000m	7:00pm	18/03/2021
Phillippa Bennett	W30+ 5000m	9:15am	14/03/2021
	W35+ 800m	10:20am	27/03/2021
	W30+ 1500m	8:00am	28/03/2021
Oliver Berry	M30+ Outdoor Pentathlon	8:00am	14/03/2021
	M30+ Throws Pentathlon	12:45pm	14/03/2021
	M30-59 High Jump	1:00pm	14/03/2021
	M30-54 3000m Steeplechase	7:00pm	25/03/2021
	M30+ Triple Jump	8:15am	27/03/2021
	M30-44 200m	9:50am	27/03/2021
	M30-69 Javelin	9:50am	27/03/2021
	M30-44 800m	11:00am	27/03/2021

	M30 400m Hurdles	11:50am	27/03/2021
	M30-69 Hammer	12:20pm	27/03/2021
	M30+ 1500m Race Walk	12:45pm	27/03/2021
	M30-39 60m	1:50pm	27/03/2021
	M30-69 Discus	8:00am	28/03/2021
	M30-39 110m Hurdles	9:10am	28/03/2021
	M30-49 Long Jump	9:30am	28/03/2021
	M30-49 400m	10:25am	28/03/2021
	M30-69 Shot	10:45am	28/03/2021
	M30-69 Weight	11:50am	28/03/2021
	M30-39 100m	12:10pm	28/03/2021
Nick Best			
	M45-54 800m	10:50am	27/03/2021
Barbara Blurton			
	W65+ Shot	12:00pm	27/03/2021
Jeff Bowen			
	M70+ Shot	9:45am	27/03/2021
	M70+ Javelin	12:30pm	27/03/2021
	M70+ Discus	9:30am	28/03/2021
John Brambley			
	M30+ 1500m Race Walk	12:45pm	27/03/2021
	M45+ 3000m Race Walk	10:50am	28/03/2021
Geoff Brayshaw			
	M60+ High Jump	2:00pm	14/03/2021
	M30+ Triple Jump	8:15am	27/03/2021
	M70+ 80m Hurdles	9:35am	28/03/2021
	M50+ Long Jump	10:45am	28/03/2021
	M70 100m	11:50am	28/03/2021
Greg Brennan			
	M50 200m	9:40am	27/03/2021
	M50-59 60m	1:40pm	27/03/2021
	M50 100m	12:00pm	28/03/2021
Andrew Brooker			
	M30-59 High Jump	1:00pm	14/03/2021
	M50 200m	9:40am	27/03/2021
	M50 400m	10:20am	28/03/2021
	M50 100m	12:00pm	28/03/2021
Ivan Brown			
	M30+ Outdoor Pentathlon	8:00am	14/03/2021
	M60+ High Jump	2:00pm	14/03/2021
	M75+ 200m	9:25am	27/03/2021
	M70+ 800m	10:30am	27/03/2021
	M75+ 60m	1:30pm	27/03/2021
	M65+ 1500m	8:20am	28/03/2021
	M75+ 400m	10:05am	28/03/2021
	M75+ 100m	11:45am	28/03/2021
Joe-Anne Buchan			
	W35-49 200m	9:20am	27/03/2021
	W35-49 60m	1:25pm	27/03/2021
	W30+ 400m	10:00am	28/03/2021
	W35-49 100m	11:40am	28/03/2021
Roberto Busi			
	M35-59 5000m	8:40am	14/03/2021
	M35+ 10000m	7:00pm	18/03/2021

Sylvia Byers	M30-49 1500m	9:00am	28/03/2021
	W30+ 1500m Race Walk	12:20pm	27/03/2021
	W50+ 3000m Race Walk	10:50am	28/03/2021
Wayne Byram	M45+ 5000m Race Walk	7:50am	27/03/2021
	M30-69 Javelin	9:50am	27/03/2021
	M30+ 1500m Race Walk	12:45pm	27/03/2021
	M45+ 3000m Race Walk	10:50am	28/03/2021
Michael Byrne	M60+ 5000m	7:45am	14/03/2021
	M65-74 200m	9:30am	27/03/2021
	M55-69 800m	10:40am	27/03/2021
	M60-74 60m	1:35pm	27/03/2021
	M65+ 1500m	8:20am	28/03/2021
	M65-74 400m	10:10am	28/03/2021
	M55-69 100m	11:55am	28/03/2021
David Carr	M60+ 2000m Steeplechase	7:45pm	25/03/2021
	M65+ 1500m	8:20am	28/03/2021
Bert Carse	M60+ 5000m	7:45am	14/03/2021
	M70+ 800m	10:30am	27/03/2021
	M65+ 1500m	8:20am	28/03/2021
Vanessa Carson	W30+ 5000m	9:15am	14/03/2021
	W40+ 10000m	7:00pm	18/03/2021
Robert Cattrall	M60+ 5000m	7:45am	14/03/2021
	M50-64 1500m	8:40am	28/03/2021
Fran Cherry	W50+ 200m	9:15am	27/03/2021
	W50-64 60m	1:20pm	27/03/2021
	W50-59 100m	11:35am	28/03/2021
Mercurio Cicchini	M60+ 5000m	7:45am	14/03/2021
	M35+ 10000m	7:00pm	18/03/2021
	M65-74 200m	9:30am	27/03/2021
	M70+ 800m	10:30am	27/03/2021
	M60-74 60m	1:35pm	27/03/2021
	M65+ 1500m	8:20am	28/03/2021
	M65-74 400m	10:10am	28/03/2021
	M70 100m	11:50am	28/03/2021
Mal Clarke	M30+ Outdoor Pentathlon	8:00am	14/03/2021
	M30+ Throws Pentathlon	12:45pm	14/03/2021
Sue Coate	W35+ Outdoor Pentathlon	8:30am	14/03/2021
	W30+ High Jump	3:00pm	14/03/2021
	W50+ 200m	9:15am	27/03/2021
	W50 300m Hurdles	11:20am	27/03/2021
	W35-59 Javelin	11:30am	27/03/2021
	W50-64 60m	1:20pm	27/03/2021
	W35+ Long Jump	8:00am	28/03/2021

	W40-54 80m Hurdles	9:35am	28/03/2021
	W50-59 100m	11:35am	28/03/2021
	W35-59 Shot	11:50am	28/03/2021
John Cochrane			
	M70+ Hammer	8:15am	27/03/2021
	M70+ Shot	9:45am	27/03/2021
	M70+ Javelin	12:30pm	27/03/2021
	M70+ Discus	9:30am	28/03/2021
Kevin Collins			
	M30-59 High Jump	1:00pm	14/03/2021
	M30+ Triple Jump	8:15am	27/03/2021
	M50-59 60m	1:40pm	27/03/2021
	M50-64 Long Jump	9:15am	28/03/2021
Ian Cotton			
	M30+ Outdoor Pentathlon	8:00am	14/03/2021
	M55-69 800m	10:40am	27/03/2021
	M30-69 Discus	8:00am	28/03/2021
	M55-64 400m	10:15am	28/03/2021
Debra Cox			
	W40+ Throws Pentathlon	12:00pm	14/03/2021
Regina Crouch			
	W50+ 5000m Race Walk	7:50am	27/03/2021
	W30+ 1500m Race Walk	12:20pm	27/03/2021
	W50+ 3000m Race Walk	10:50am	28/03/2021
Ivo Davies			
	M75+ 200m	9:25am	27/03/2021
	M70+ 800m	10:30am	27/03/2021
	M75+ 60m	1:30pm	27/03/2021
	M75+ 400m	10:05am	28/03/2021
	M75+ 100m	11:45am	28/03/2021
James Davis			
	M30+ Throws Pentathlon	12:45pm	14/03/2021
	M70+ Hammer	8:15am	27/03/2021
	M70+ Shot	9:45am	27/03/2021
	M70+ Javelin	12:30pm	27/03/2021
	M70+ Weight	8:00am	28/03/2021
	M70+ Discus	9:30am	28/03/2021
Sharon Davis			
	W35-49 200m	9:20am	27/03/2021
	W35+ 800m	10:20am	27/03/2021
	W30+ 1500m	8:00am	28/03/2021
	W30+ 400m	10:00am	28/03/2021
	W35-49 100m	11:40am	28/03/2021
Andrew Davison			
	M35-59 5000m	8:40am	14/03/2021
	M35+ 10000m	7:00pm	18/03/2021
	M55-69 800m	10:40am	27/03/2021
	M50-64 1500m	8:40am	28/03/2021
Mark Dawson			
	M35+ 10000m	7:00pm	18/03/2021
	M55-64 200m	9:35am	27/03/2021
	M55-69 800m	10:40am	27/03/2021
	M50-64 1500m	8:40am	28/03/2021
	M55-64 400m	10:15am	28/03/2021

Matthew Dean	M30+ Triple Jump	8:15am	27/03/2021
	M30-49 Long Jump	9:30am	28/03/2021
John Dennehy	M60+ 2000m Steeplechase	7:45pm	25/03/2021
	M55-64 200m	9:35am	27/03/2021
	M30+ 1500m Race Walk	12:45pm	27/03/2021
	M60-74 60m	1:35pm	27/03/2021
	M55-64 400m	10:15am	28/03/2021
	M55-69 100m	11:55am	28/03/2021
Callum Dowell	M30-44 800m	11:00am	27/03/2021
	M30-49 1500m	9:00am	28/03/2021
Natalia Dronets	W35-49 200m	9:20am	27/03/2021
	W35-49 60m	1:25pm	27/03/2021
	W35+ Long Jump	8:00am	28/03/2021
	W35-49 100m	11:40am	28/03/2021
Andrew Duncan	M45+ 5000m Race Walk	7:50am	27/03/2021
	M30+ 1500m Race Walk	12:45pm	27/03/2021
	M45+ 3000m Race Walk	10:50am	28/03/2021
Glenys Duncan	W50+ 5000m Race Walk	7:50am	27/03/2021
	W30+ 1500m Race Walk	12:20pm	27/03/2021
	W50+ 3000m Race Walk	10:50am	28/03/2021
Stephen Edwards	M30-59 High Jump	1:00pm	14/03/2021
	M30+ Triple Jump	8:15am	27/03/2021
	M30-44 200m	9:50am	27/03/2021
	M30-39 60m	1:50pm	27/03/2021
	M30-49 Long Jump	9:30am	28/03/2021
	M30-69 Shot	10:45am	28/03/2021
	M30-39 100m	12:10pm	28/03/2021
Stephen Eldridge	M70+ Shot	9:45am	27/03/2021
	M70+ Discus	9:30am	28/03/2021
Mark Elms	M30+ Outdoor Pentathlon	8:00am	14/03/2021
	M50 200m	9:40am	27/03/2021
	M30-69 Javelin	9:50am	27/03/2021
	M50-59 400m Hurdles	11:40am	27/03/2021
	M50-59 60m	1:40pm	27/03/2021
	M50-64 Long Jump	9:15am	28/03/2021
	M50 400m	10:20am	28/03/2021
	M50 100m	12:00pm	28/03/2021
Nick Fairweather	M65-74 200m	9:30am	27/03/2021
	M60-74 60m	1:35pm	27/03/2021
	M55-69 100m	11:55am	28/03/2021
Christina Faithfull	W65+ Javelin	8:15am	27/03/2021
	W60+ Hammer	10:45am	27/03/2021
	W65+ Shot	12:00pm	27/03/2021

	W65+ 60m	1:15pm	27/03/2021
	W40+ Weight	9:00am	28/03/2021
Suzanne Farcich	W60+ Discus	11:50am	28/03/2021
	W60+ Triple Jump	11:20am	27/03/2021
	W50-64 60m	1:20pm	27/03/2021
	W35+ Long Jump	8:00am	28/03/2021
Wendy Farrow	W60+ 100m	11:30am	28/03/2021
	W50+ 5000m Race Walk	7:50am	27/03/2021
	W30+ 1500m Race Walk	12:20pm	27/03/2021
	W50+ 3000m Race Walk	10:50am	28/03/2021
Bob Fergie	M30+ Throws Pentathlon	12:45pm	14/03/2021
	M70+ Hammer	8:15am	27/03/2021
	M70+ Shot	9:45am	27/03/2021
	M70+ Javelin	12:30pm	27/03/2021
	M70+ Weight	8:00am	28/03/2021
	M70+ Discus	9:30am	28/03/2021
John Fettus	M30+ Throws Pentathlon	12:45pm	14/03/2021
	M30-69 Hammer	12:20pm	27/03/2021
	M30-69 Discus	8:00am	28/03/2021
	M30-69 Shot	10:45am	28/03/2021
	M30-69 Weight	11:50am	28/03/2021
John Fisher	M60+ 5000m	7:45am	14/03/2021
	M35+ 10000m	7:00pm	18/03/2021
	M60+ 2000m Steeplechase	7:45pm	25/03/2021
	M50-64 1500m	8:40am	28/03/2021
Des Foley	M70+ Hammer	8:15am	27/03/2021
	M70+ Shot	9:45am	27/03/2021
	M70+ Javelin	12:30pm	27/03/2021
	M70+ Weight	8:00am	28/03/2021
	M70+ Discus	9:30am	28/03/2021
Paul Foley	M30+ Throws Pentathlon	12:45pm	14/03/2021
	M30-59 High Jump	1:00pm	14/03/2021
	M30-69 Javelin	9:50am	27/03/2021
	M30-69 Hammer	12:20pm	27/03/2021
	M30-69 Discus	8:00am	28/03/2021
	M30-69 Shot	10:45am	28/03/2021
	M30-69 Weight	11:50am	28/03/2021
Simon French-Bluhm	M45 200m	9:45am	27/03/2021
	M40-49 60m	1:45pm	27/03/2021
	M30-49 Long Jump	9:30am	28/03/2021
	M40-49 100m	12:05pm	28/03/2021
Danielle Fuda	W30+ High Jump	3:00pm	14/03/2021
	W35-54 Triple Jump	10:30am	27/03/2021
	W35-49 60m	1:25pm	27/03/2021
	W35+ Long Jump	8:00am	28/03/2021

Tracy Gallagher	W35-49 100m	11:40am	28/03/2021
Haydn Gawne	W30+ 2000m Steeplechase	7:25pm	25/03/2021
Neil Geuer	M30+ 1500m Race Walk	12:45pm	27/03/2021
	M45+ 3000m Race Walk	10:50am	28/03/2021
Chris Gilbert	M65-74 200m	9:30am	27/03/2021
	M60-74 60m	1:35pm	27/03/2021
	M65-74 400m	10:10am	28/03/2021
	M55-69 100m	11:55am	28/03/2021
Byrony Glass	M30-69 Javelin	9:50am	27/03/2021
	M30-44 800m	11:00am	27/03/2021
	M30-49 Long Jump	9:30am	28/03/2021
Kate Glass	W40+ Throws Pentathlon	12:00pm	14/03/2021
	W40-59 Hammer	9:30am	27/03/2021
	W40+ Weight	9:00am	28/03/2021
	W30-59 Discus	10:30am	28/03/2021
	W35-59 Shot	11:50am	28/03/2021
Chris Gould	W40+ Throws Pentathlon	12:00pm	14/03/2021
	W65+ Javelin	8:15am	27/03/2021
	W60+ Hammer	10:45am	27/03/2021
	W65+ Shot	12:00pm	27/03/2021
	W40+ Weight	9:00am	28/03/2021
	W60+ Discus	11:50am	28/03/2021
Alan Gower	M35+ 10000m	7:00pm	18/03/2021
	M45-54 800m	10:50am	27/03/2021
	M30-49 1500m	9:00am	28/03/2021
Karyn Gower	M60+ 5000m	7:45am	14/03/2021
	M35+ 10000m	7:00pm	18/03/2021
	M65+ 1500m	8:20am	28/03/2021
Christina Granger	W30+ 5000m	9:15am	14/03/2021
	W40+ 10000m	7:00pm	18/03/2021
	W30+ 1500m	8:00am	28/03/2021
Tom Gravestock	W35+ 800m	10:20am	27/03/2021
Alan Gray	M30+ Throws Pentathlon	12:45pm	14/03/2021
	M30-69 Javelin	9:50am	27/03/2021
	M30-69 Hammer	12:20pm	27/03/2021
	M30-69 Discus	8:00am	28/03/2021
	M30-69 Shot	10:45am	28/03/2021
	M30-69 Weight	11:50am	28/03/2021
James Hadfield	M55-69 800m	10:40am	27/03/2021
Johan Hagedoorn	M35+ 10000m	7:00pm	18/03/2021

	M45+ 5000m Race Walk	7:50am	27/03/2021
	M30+ 1500m Race Walk	12:45pm	27/03/2021
	M45+ 3000m Race Walk	10:50am	28/03/2021
Bev Hamilton			
	W40+ Throws Pentathlon	12:00pm	14/03/2021
	W65+ Javelin	8:15am	27/03/2021
	W60+ Hammer	10:45am	27/03/2021
	W65+ Shot	12:00pm	27/03/2021
	W40+ Weight	9:00am	28/03/2021
	W60+ Discus	11:50am	28/03/2021
Ian Hannaby			
	M35-59 5000m	8:40am	14/03/2021
	M30-54 3000m Steeplechase	7:00pm	25/03/2021
	M30+ Triple Jump	8:15am	27/03/2021
	M50 200m	9:40am	27/03/2021
	M45-54 800m	10:50am	27/03/2021
	M50-64 1500m	8:40am	28/03/2021
	M50-64 Long Jump	9:15am	28/03/2021
	M50 400m	10:20am	28/03/2021
Kathleen Hannig			
	W40+ 10000m	7:00pm	18/03/2021
	W65+ Javelin	8:15am	27/03/2021
	W65+ Shot	12:00pm	27/03/2021
	W65+ 60m	1:15pm	27/03/2021
	W30+ 1500m	8:00am	28/03/2021
	W60+ Discus	11:50am	28/03/2021
Paul Highway			
	M45-54 800m	10:50am	27/03/2021
	M30-49 1500m	9:00am	28/03/2021
Randy Hobbs			
	M60+ 5000m	7:45am	14/03/2021
	M55-69 800m	10:40am	27/03/2021
	M50-64 1500m	8:40am	28/03/2021
Geish Hori			
	M40-49 60m	1:45pm	27/03/2021
	M40-49 100m	12:05pm	28/03/2021
Bob Hull			
	M60+ 5000m	7:45am	14/03/2021
	M35+ 10000m	7:00pm	18/03/2021
	M70+ 800m	10:30am	27/03/2021
	M65+ 1500m	8:20am	28/03/2021
Ossi Igel			
	M30+ Throws Pentathlon	12:45pm	14/03/2021
	M70+ Hammer	8:15am	27/03/2021
	M70+ Shot	9:45am	27/03/2021
	M70+ Javelin	12:30pm	27/03/2021
	M70+ Weight	8:00am	28/03/2021
	M70+ Discus	9:30am	28/03/2021
Mark Jeffery			
	M30+ Outdoor Pentathlon	8:00am	14/03/2021
	M50 200m	9:40am	27/03/2021
	M30-69 Discus	8:00am	28/03/2021
	M50-64 Long Jump	9:15am	28/03/2021
	M50 100m	12:00pm	28/03/2021

Paul Jeffery	M30+ Outdoor Pentathlon	8:00am	14/03/2021
Luella Jenkins	W40+ Throws Pentathlon	12:00pm	14/03/2021
	W30+ High Jump	3:00pm	14/03/2021
	W65+ Javelin	8:15am	27/03/2021
	W60+ Hammer	10:45am	27/03/2021
	W65+ Shot	12:00pm	27/03/2021
	W65+ 60m	1:15pm	27/03/2021
	W35+ Long Jump	8:00am	28/03/2021
	W40+ Weight	9:00am	28/03/2021
	W60+ 100m	11:30am	28/03/2021
	W60+ Discus	11:50am	28/03/2021
Ruth Johnson	W35+ Outdoor Pentathlon	8:30am	14/03/2021
	W40+ Throws Pentathlon	12:00pm	14/03/2021
	W30+ High Jump	3:00pm	14/03/2021
	W50+ 200m	9:15am	27/03/2021
	W35+ 800m	10:20am	27/03/2021
	W60+ Hammer	10:45am	27/03/2021
	W60+ Triple Jump	11:20am	27/03/2021
	W30+ 1500m Race Walk	12:20pm	27/03/2021
	W65+ 60m	1:15pm	27/03/2021
	W35+ Long Jump	8:00am	28/03/2021
	W40+ Weight	9:00am	28/03/2021
	W30+ 400m	10:00am	28/03/2021
	W60+ 100m	11:30am	28/03/2021
Bonny Kdungu	M30+ Triple Jump	8:15am	27/03/2021
	M30-39 60m	1:50pm	27/03/2021
	M30-49 Long Jump	9:30am	28/03/2021
	M30-39 100m	12:10pm	28/03/2021
Greg Kennedy	M30+ Outdoor Pentathlon	8:00am	14/03/2021
	M60+ High Jump	2:00pm	14/03/2021
	M65-74 200m	9:30am	27/03/2021
	M70+ Shot	9:45am	27/03/2021
	M70+ 800m	10:30am	27/03/2021
	M70-79 300m Hurdles	11:30am	27/03/2021
	M60-74 60m	1:35pm	27/03/2021
	M65+ 1500m	8:20am	28/03/2021
	M70+ 80m Hurdles	9:35am	28/03/2021
	M65-74 400m	10:10am	28/03/2021
	M70 100m	11:50am	28/03/2021
Martin Kennedy	M60+ 5000m	7:45am	14/03/2021
	M55-69 800m	10:40am	27/03/2021
	M50-64 1500m	8:40am	28/03/2021
Paula Kennedy	W40+ Throws Pentathlon	12:00pm	14/03/2021
	W40-59 Hammer	9:30am	27/03/2021
	W35-59 Javelin	11:30am	27/03/2021
	W30+ 1500m Race Walk	12:20pm	27/03/2021
	W40+ Weight	9:00am	28/03/2021

	W30-59 Discus	10:30am	28/03/2021
	W50+ 3000m Race Walk	10:50am	28/03/2021
	W35-59 Shot	11:50am	28/03/2021
Maureen Keshwar			
	W35+ Outdoor Pentathlon	8:30am	14/03/2021
	W65+ Javelin	8:15am	27/03/2021
	W65+ Shot	12:00pm	27/03/2021
	W65+ 60m	1:15pm	27/03/2021
	W35+ Long Jump	8:00am	28/03/2021
	W60+ 100m	11:30am	28/03/2021
	W60+ Discus	11:50am	28/03/2021
Dirk Klicker			
	M45-54 800m	10:50am	27/03/2021
	M30-49 1500m	9:00am	28/03/2021
Michelle Krokosz			
	W35+ Outdoor Pentathlon	8:30am	14/03/2021
	W30+ High Jump	3:00pm	14/03/2021
	W35-54 Triple Jump	10:30am	27/03/2021
	W35-59 Javelin	11:30am	27/03/2021
	W30-59 Discus	10:30am	28/03/2021
	W35-59 Shot	11:50am	28/03/2021
Dominic Lagat			
	M30-44 200m	9:50am	27/03/2021
	M30-44 800m	11:00am	27/03/2021
	M30-39 60m	1:50pm	27/03/2021
	M30-49 Long Jump	9:30am	28/03/2021
	M30-49 400m	10:25am	28/03/2021
Naomi Lagat			
	W35-49 200m	9:20am	27/03/2021
	W35+ 800m	10:20am	27/03/2021
Drew Langford			
	M35-59 5000m	8:40am	14/03/2021
	M35+ 10000m	7:00pm	18/03/2021
	M30-49 1500m	9:00am	28/03/2021
Jim Langford			
	M60+ 5000m	7:45am	14/03/2021
	M35+ 10000m	7:00pm	18/03/2021
	M65+ 1500m	8:20am	28/03/2021
Ross Langford			
	M35-59 5000m	8:40am	14/03/2021
	M35+ 10000m	7:00pm	18/03/2021
	M30-49 1500m	9:00am	28/03/2021
Chris Lark			
	M35-59 5000m	8:40am	14/03/2021
	M35+ 10000m	7:00pm	18/03/2021
Mike Lawson			
	M35-59 5000m	8:40am	14/03/2021
	M30-44 800m	11:00am	27/03/2021
	M30-49 1500m	9:00am	28/03/2021
Daniel Leseberg			
	M30-44 200m	9:50am	27/03/2021
	M30-49 400m	10:25am	28/03/2021
	M40-49 100m	12:05pm	28/03/2021
Ernie Leseberg			

	M45 200m	9:45am	27/03/2021
	M40-49 60m	1:45pm	27/03/2021
	M30-49 400m	10:25am	28/03/2021
	M40-49 100m	12:05pm	28/03/2021
Jonathan Lester			
	M30-59 High Jump	1:00pm	14/03/2021
	M30+ Triple Jump	8:15am	27/03/2021
	M50-64 Long Jump	9:15am	28/03/2021
Melissa Lewis			
	W30+ 1500m Race Walk	12:20pm	27/03/2021
Lisa Limonas			
	W35-54 Triple Jump	10:30am	27/03/2021
	W35+ Long Jump	8:00am	28/03/2021
Stan Lockwood			
	M75+ 60m	1:30pm	27/03/2021
	M75+ 100m	11:45am	28/03/2021
Tim Loh			
	M30-69 Javelin	9:50am	27/03/2021
	M30-39 60m	1:50pm	27/03/2021
	M30-69 Discus	8:00am	28/03/2021
	M30-69 Shot	10:45am	28/03/2021
	M30-39 100m	12:10pm	28/03/2021
Tim Lyons			
	M30-69 Hammer	12:20pm	27/03/2021
	M30-69 Discus	8:00am	28/03/2021
	M30-69 Shot	10:45am	28/03/2021
	M30-69 Weight	11:50am	28/03/2021
Christopher Maher			
	M60+ 5000m	7:45am	14/03/2021
	M35+ 10000m	7:00pm	18/03/2021
Jacques Maniacara			
	M60+ 5000m	7:45am	14/03/2021
	M55-69 800m	10:40am	27/03/2021
	M50-64 1500m	8:40am	28/03/2021
	M50-64 Long Jump	9:15am	28/03/2021
	M55-64 400m	10:15am	28/03/2021
Stuart Manning			
	M30-44 200m	9:50am	27/03/2021
	M30-44 800m	11:00am	27/03/2021
	M30-49 1500m	9:00am	28/03/2021
	M30-49 400m	10:25am	28/03/2021
Keith Martin			
	M75+ 200m	9:25am	27/03/2021
	M75+ 60m	1:30pm	27/03/2021
	M75+ 100m	11:45am	28/03/2021
Mandy Mason			
	W50+ 200m	9:15am	27/03/2021
	W50-64 60m	1:20pm	27/03/2021
	W50-59 100m	11:35am	28/03/2021
Milt Mavrick			
	M60+ 5000m	7:45am	14/03/2021
	M35+ 10000m	7:00pm	18/03/2021
	M60+ 2000m Steeplechase	7:45pm	25/03/2021
Catherine McCloskey			

	W50+ 200m	9:15am	27/03/2021
	W50-64 60m	1:20pm	27/03/2021
	W50-59 100m	11:35am	28/03/2021
John McDonagh			
	M45+ 5000m Race Walk	7:50am	27/03/2021
	M30+ 1500m Race Walk	12:45pm	27/03/2021
	M45+ 3000m Race Walk	10:50am	28/03/2021
Bruce McGeorge			
	M30-69 Hammer	12:20pm	27/03/2021
	M30-69 Discus	8:00am	28/03/2021
Adrian McKenzie			
	M45 200m	9:45am	27/03/2021
	M40-49 60m	1:45pm	27/03/2021
	M40-49 100m	12:05pm	28/03/2021
Andrew McLeish			
	M35-59 5000m	8:40am	14/03/2021
	M35+ 10000m	7:00pm	18/03/2021
Jacqui McQueen			
	W30+ 2000m Steeplechase	7:25pm	25/03/2021
	W50+ 200m	9:15am	27/03/2021
	W50-59 100m	11:35am	28/03/2021
Harold Membrey			
	M30+ Outdoor Pentathlon	8:00am	14/03/2021
	M30+ Throws Pentathlon	12:45pm	14/03/2021
	M65-74 200m	9:30am	27/03/2021
	M60-69 300m Hurdles	11:20am	27/03/2021
	M30+ 1500m Race Walk	12:45pm	27/03/2021
	M60-74 60m	1:35pm	27/03/2021
	M65-74 400m	10:10am	28/03/2021
	M30-69 Weight	11:50am	28/03/2021
	M55-69 100m	11:55am	28/03/2021
Carmel Meyer			
	W50+ 200m	9:15am	27/03/2021
	W30+ 400m	10:00am	28/03/2021
	W60+ 100m	11:30am	28/03/2021
Keith Miller			
	M60+ 5000m	7:45am	14/03/2021
	M35+ 10000m	7:00pm	18/03/2021
Sharon Moloney			
	W40+ Throws Pentathlon	12:00pm	14/03/2021
	W40-59 Hammer	9:30am	27/03/2021
	W35-59 Javelin	11:30am	27/03/2021
	W50-64 60m	1:20pm	27/03/2021
	W40+ Weight	9:00am	28/03/2021
	W30-59 Discus	10:30am	28/03/2021
	W50-59 100m	11:35am	28/03/2021
	W35-59 Shot	11:50am	28/03/2021
Ashley Moore			
	M30-44 200m	9:50am	27/03/2021
	M30-49 400m	10:25am	28/03/2021
Neil Morfitt			
	M55-69 800m	10:40am	27/03/2021
	M65-74 400m	10:10am	28/03/2021
Dorian Moro			

	M50-59 60m	1:40pm	27/03/2021
	M50 100m	12:00pm	28/03/2021
Joseph Moutia			
	M50-59 400m Hurdles	11:50am	27/03/2021
	M55-69 100m Hurdles	9:25am	28/03/2021
Peter Muller			
	M70+ Shot	9:45am	27/03/2021
	M70+ Javelin	12:30pm	27/03/2021
	M75+ 60m	1:30pm	27/03/2021
	M70+ Discus	9:30am	28/03/2021
	M75+ 100m	11:45am	28/03/2021
Victor Munoz			
	M45+ 5000m Race Walk	7:50am	27/03/2021
	M30+ 1500m Race Walk	12:45pm	27/03/2021
	M45+ 3000m Race Walk	10:50am	28/03/2021
Michihito Muroi			
	M35+ 10000m	7:00pm	18/03/2021
Gerrit Myburgh			
	M35-59 5000m	8:40am	14/03/2021
	M35+ 10000m	7:00pm	18/03/2021
Chris Neale			
	M30+ Outdoor Pentathlon	8:00am	14/03/2021
	M50 200m	9:40am	27/03/2021
	M45-54 800m	10:50am	27/03/2021
	M50-59 400m Hurdles	11:40am	27/03/2021
	M50 400m	10:20am	28/03/2021
Mike O'Reilly			
	M75+ 200m	9:25am	27/03/2021
	M75+ 400m	10:05am	28/03/2021
	M75+ 100m	11:45am	28/03/2021
Paul O'Sullivan			
	M35-59 5000m	8:40am	14/03/2021
	M30-44 800m	11:00am	27/03/2021
	M30-49 1500m	9:00am	28/03/2021
Brenda Painter			
	W35+ Outdoor Pentathlon	8:30am	14/03/2021
	W30+ High Jump	3:00pm	14/03/2021
	W65+ Javelin	8:15am	27/03/2021
	W50+ 200m	9:15am	27/03/2021
	W60+ Triple Jump	11:20am	27/03/2021
	W65+ Shot	12:00pm	27/03/2021
	W65+ 60m	1:15pm	27/03/2021
	W35+ Long Jump	8:00am	28/03/2021
	W60+ 100m	11:30am	28/03/2021
Jennifer Parker			
	W35+ Outdoor Pentathlon	8:30am	14/03/2021
	W40+ Throws Pentathlon	12:00pm	14/03/2021
	W40-59 Hammer	9:30am	27/03/2021
	W35-54 Triple Jump	10:30am	27/03/2021
	W50-64 60m	1:20pm	27/03/2021
	W35+ Long Jump	8:00am	28/03/2021
	W40+ Weight	9:00am	28/03/2021
	W30-59 Discus	10:30am	28/03/2021
	W50-59 100m	11:35am	28/03/2021

Balinga Pasco	W35-59 Shot	11:50am	28/03/2021
Clancy Pasco	M30-49 1500m	9:00am	28/03/2021
Silke Peglow	M30-49 1500m	9:00am	28/03/2021
	W30+ 5000m	9:15am	14/03/2021
	W40+ 10000m	7:00pm	18/03/2021
Andrea Penny	W30+ 2000m Steeplechase	7:25pm	25/03/2021
	W40+ Throws Pentathlon	12:00pm	14/03/2021
	W40-59 Hammer	9:30am	27/03/2021
	W35-59 Javelin	11:30am	27/03/2021
	W40+ Weight	9:00am	28/03/2021
	W35-59 Shot	11:50am	28/03/2021
Jo Peters	M30+ Throws Pentathlon	12:45pm	14/03/2021
	M30-69 Javelin	9:50am	27/03/2021
	M30-69 Hammer	12:20pm	27/03/2021
	M30-69 Discus	8:00am	28/03/2021
	M30-69 Shot	10:45am	28/03/2021
	M30-69 Weight	11:50am	28/03/2021
Steve Preece	M35-59 5000m	8:40am	14/03/2021
	M35+ 10000m	7:00pm	18/03/2021
	M45-54 800m	10:50am	27/03/2021
	M50-64 1500m	8:40am	28/03/2021
Uwe Pufke	M50 200m	9:40am	27/03/2021
	M45-54 800m	10:50am	27/03/2021
	M50-64 1500m	8:40am	28/03/2021
	M50 400m	10:20am	28/03/2021
Giovanni Puglisi	M60+ 5000m	7:45am	14/03/2021
	M35+ 10000m	7:00pm	18/03/2021
	M60+ 2000m Steeplechase	7:45pm	25/03/2021
	M65-74 200m	9:30am	27/03/2021
	M70+ 800m	10:30am	27/03/2021
	M70-79 300m Hurdles	11:30am	27/03/2021
	M60-74 60m	1:35pm	27/03/2021
	M65+ 1500m	8:20am	28/03/2021
	M65-74 400m	10:10am	28/03/2021
	M70 100m	11:50am	28/03/2021
Cheryl Quinlivan	W40-59 Hammer	9:30am	27/03/2021
	W35-59 Javelin	11:30am	27/03/2021
	W35-49 60m	1:25pm	27/03/2021
	W40+ Weight	9:00am	28/03/2021
Garry Ralston	M60-69 300m Hurdles	11:20am	27/03/2021
	M60-74 60m	1:35pm	27/03/2021
	M55-69 100m Hurdles	9:25am	28/03/2021
	M50+ Long Jump	10:45am	28/03/2021
	M55-69 100m	11:55am	28/03/2021

Keith Redpath	M65-74 200m	9:30am	27/03/2021
	M55-69 800m	10:40am	27/03/2021
Norman Richards	M60+ High Jump	2:00pm	14/03/2021
	M30+ Triple Jump	8:15am	27/03/2021
	M75+ 200m	9:25am	27/03/2021
	M75+ 60m	1:30pm	27/03/2021
	M50+ Long Jump	10:45am	28/03/2021
	M75+ 100m	11:45am	28/03/2021
Glenn Rogers	M35-59 5000m	8:40am	14/03/2021
	M35+ 10000m	7:00pm	18/03/2021
	M50-64 1500m	8:40am	28/03/2021
Paul Rowland			
	M35-59 5000m	8:40am	14/03/2021
Marcela Ruiz	W50+ 5000m Race Walk	7:50am	27/03/2021
	W30+ 1500m Race Walk	12:20pm	27/03/2021
	W50+ 3000m Race Walk	10:50am	28/03/2021
Andrew Ryall			
	M30-49 400m	10:25am	28/03/2021
	M30-39 100m	12:10pm	28/03/2021
Bob Schickert			
	M60+ 5000m	7:45am	14/03/2021
	M35+ 10000m	7:00pm	18/03/2021
	M60+ 2000m Steeplechase	7:45pm	25/03/2021
	M75+ 200m	9:25am	27/03/2021
	M75+ 60m	1:30pm	27/03/2021
	M75+ 100m	11:45am	28/03/2021
Lynne Schickert			
	W50+ 5000m Race Walk	7:50am	27/03/2021
	W30+ 1500m Race Walk	12:20pm	27/03/2021
	W35+ Long Jump	8:00am	28/03/2021
	W50+ 3000m Race Walk	10:50am	28/03/2021
Paul Scott-Taylor			
	M60+ 5000m	7:45am	14/03/2021
	M35+ 10000m	7:00pm	18/03/2021
	M50-64 1500m	8:40am	28/03/2021
Stan Selby			
	M70+ Javelin	12:30pm	27/03/2021
	M70+ Weight	8:00am	28/03/2021
Vincent Sew Hee			
	M30-44 200m	9:50am	27/03/2021
	M30-39 60m	1:50pm	27/03/2021
	M30-39 110m Hurdles	9:10am	28/03/2021
Lori Sexton			
	W30+ 5000m	9:15am	14/03/2021
	W40+ 10000m	7:00pm	18/03/2021
Suresh Sivacolundhu			
	M30+ Triple Jump	8:15am	27/03/2021
	M50 200m	9:40am	27/03/2021
	M50-64 Long Jump	9:15am	28/03/2021
	M50 400m	10:20am	28/03/2021

Sandra Siviour	M50 100m	12:00pm	28/03/2021
	W30+ 5000m	9:15am	14/03/2021
	W30+ 2000m Steeplechase	7:25pm	25/03/2021
	W30-59 Discus	10:30am	28/03/2021
	W35-59 Shot	11:50am	28/03/2021
Colin Smith	M55-64 200m	9:35am	27/03/2021
	M50-59 60m	1:40pm	27/03/2021
	M55-64 400m	10:15am	28/03/2021
	M55-69 100m	11:55am	28/03/2021
Jessica Smith	W30+ 5000m	9:15am	14/03/2021
	W30+ High Jump	3:00pm	14/03/2021
	W30+ 2000m Steeplechase	7:25pm	25/03/2021
	W30+ 1500m	8:00am	28/03/2021
Katelyn Smith	W30+ 5000m	9:15am	14/03/2021
	W30+ 2000m Steeplechase	7:25pm	25/03/2021
Morland Smith	M60+ 5000m	7:45am	14/03/2021
	M35+ 10000m	7:00pm	18/03/2021
	M60+ 2000m Steeplechase	7:45pm	25/03/2021
	M75+ 200m	9:25am	27/03/2021
	M70+ 800m	10:30am	27/03/2021
	M30+ 1500m Race Walk	12:45pm	27/03/2021
	M65+ 1500m	8:20am	28/03/2021
	M75+ 400m	10:05am	28/03/2021
Louise Soia	W30+ 400m	10:00am	28/03/2021
David Solomon	M35-59 5000m	8:40am	14/03/2021
	M35+ 10000m	7:00pm	18/03/2021
Elizabeth Szczepanska	W65+ Javelin	8:15am	27/03/2021
	W60+ Hammer	10:45am	27/03/2021
	W65+ Shot	12:00pm	27/03/2021
	W40+ Weight	9:00am	28/03/2021
	W60+ Discus	11:50am	28/03/2021
Kim Taylor	M50-59 60m	1:40pm	27/03/2021
	M55-69 100m	11:55am	28/03/2021
Leonie Taylor	W30+ 1500m Race Walk	12:20pm	27/03/2021
	W30-59 Discus	10:30am	28/03/2021
	W35-59 Shot	11:50am	28/03/2021
Kim Thomas	M35+ 10000m	7:00pm	18/03/2021
Kerin Thomson	W30+ 5000m	9:15am	14/03/2021
	W40+ 10000m	7:00pm	18/03/2021
Campbell Till	M60-69 300m Hurdles	11:20am	27/03/2021
	M55-64 400m	10:15am	28/03/2021

Blakeney Tindall	M60+ 5000m	7:45am	14/03/2021
Karyn Tolardo	W50+ 5000m Race Walk	7:50am	27/03/2021
	W30+ 1500m Race Walk	12:20pm	27/03/2021
	W50+ 3000m Race Walk	10:50am	28/03/2021
Steven Travell	M45+ 5000m Race Walk	7:50am	27/03/2021
	M30+ 1500m Race Walk	12:45pm	27/03/2021
	M45+ 3000m Race Walk	10:50am	28/03/2021
Lyndsay Troode	W30+ 400m	10:00am	28/03/2021
Eulalia van Blomestein	W40+ 10000m	7:00pm	18/03/2021
Xander van Rijen	M45-54 800m	10:50am	27/03/2021
	M50-64 1500m	8:40am	28/03/2021
	M50 400m	10:20am	28/03/2021
Hans Venter	M30-59 High Jump	1:00pm	14/03/2021
	M30+ Triple Jump	8:15am	27/03/2021
	M50-59 60m	1:40pm	27/03/2021
	M50-64 Long Jump	9:15am	28/03/2021
	M30-69 Shot	10:45am	28/03/2021
Ray Walker	M75+ 60m	1:30pm	27/03/2021
	M75+ 100m	11:45am	28/03/2021
Stuart Walker	M30+ Outdoor Pentathlon	8:00am	14/03/2021
	M55-64 200m	9:35am	27/03/2021
	M50-59 60m	1:40pm	27/03/2021
	M50-64 Long Jump	9:15am	28/03/2021
	M55-64 400m	10:15am	28/03/2021
	M55-69 100m	11:55am	28/03/2021
Zane Walsh	M35-59 5000m	8:40am	14/03/2021
	M35+ 10000m	7:00pm	18/03/2021
	M30-54 3000m Steeplechase	7:00pm	25/03/2021
	M30-49 1500m	9:00am	28/03/2021
Andrew Ward	M30+ Throws Pentathlon	12:45pm	14/03/2021
	M30-69 Javelin	9:50am	27/03/2021
	M30-69 Hammer	12:20pm	27/03/2021
	M30-69 Discus	8:00am	28/03/2021
	M30-69 Shot	10:45am	28/03/2021
	M30-69 Weight	11:50am	28/03/2021
Anthony Ward	M45 200m	9:45am	27/03/2021
	M45-54 800m	10:50am	27/03/2021
	M40-49 60m	1:45pm	27/03/2021
	M30-49 Long Jump	9:30am	28/03/2021
Clare Wardle	W30+ 5000m	9:15am	14/03/2021
	W40+ 10000m	7:00pm	18/03/2021

Graeme Watson	W30+ 1500m	8:00am	28/03/2021
	M30-44 800m	11:00am	27/03/2021
	M30-49 1500m	9:00am	28/03/2021
Anna Watters	W35-49 60m	1:25pm	27/03/2021
	W40-54 80m Hurdles	9:35am	28/03/2021
	W35-49 100m	11:40am	28/03/2021
Karl Weber	M50-59 60m	1:40pm	27/03/2021
	M50 100m	12:00pm	28/03/2021
Ingrid Wilcock	W35-49 200m	9:20am	27/03/2021
	W35-54 Triple Jump	10:30am	27/03/2021
	W35-59 Javelin	11:30am	27/03/2021
	W35+ Long Jump	8:00am	28/03/2021
Ken Wilkins	M30-69 Javelin	9:50am	27/03/2021
	M30-69 Discus	8:00am	28/03/2021
Rachel Williams	W35+ Outdoor Pentathlon	8:30am	14/03/2021
	W40+ Throws Pentathlon	12:00pm	14/03/2021
	W30+ High Jump	3:00pm	14/03/2021
	W35-49 200m	9:20am	27/03/2021
	W40-59 Hammer	9:30am	27/03/2021
	W35-59 Javelin	11:30am	27/03/2021
	W35-49 60m	1:25pm	27/03/2021
	W30-59 Discus	10:30am	28/03/2021
	W35-49 100m	11:40am	28/03/2021
	W35-59 Shot	11:50am	28/03/2021
Barb Wilson	W65+ Javelin	8:15am	27/03/2021
	W60+ Triple Jump	11:20am	27/03/2021
	W65+ Shot	12:00pm	27/03/2021
	W65+ 60m	1:15pm	27/03/2021
	W35+ Long Jump	8:00am	28/03/2021
	W60+ Discus	11:50am	28/03/2021
Bruce Wilson	M60+ 5000m	7:45am	14/03/2021
	M60+ 2000m Steeplechase	7:45pm	25/03/2021
	M70+ 800m	10:30am	27/03/2021
	M70-79 300m Hurdles	11:30am	27/03/2021
	M30+ 1500m Race Walk	12:45pm	27/03/2021
	M65+ 1500m	8:20am	28/03/2021
Greg Wilson	M30+ Throws Pentathlon	12:45pm	14/03/2021
	M60+ High Jump	2:00pm	14/03/2021
	M60+ 2000m Steeplechase	7:45pm	25/03/2021
	M70+ Hammer	8:15am	27/03/2021
	M70+ Shot	9:45am	27/03/2021
	M70+ Javelin	12:30pm	27/03/2021
	M70+ Discus	9:30am	28/03/2021
Julie Wilson	W30+ 5000m	9:15am	14/03/2021

W30+ 2000m Steeplechase	7:25pm	25/03/2021
W35+ 800m	10:20am	27/03/2021
W30+ 1500m	8:00am	28/03/2021

Dave Wyatt

M60+ High Jump	2:00pm	14/03/2021
M30+ Triple Jump	8:15am	27/03/2021
M50+ Long Jump	10:45am	28/03/2021

Gay Wyatt

W30+ High Jump	3:00pm	14/03/2021
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Sue Zlnay

W30+ 5000m	9:15am	14/03/2021
W40+ 10000m	7:00pm	18/03/2021
W30+ 2000m Steeplechase	7:25pm	25/03/2021
W30+ 1500m	8:00am	28/03/2021