

Nikolas Jon Aarland	10000m	02/03/2023	7:00pm
Mike Anderson	Shot	25/03/2023	8:00am
	Weight	26/03/2023	8:00am
	Discus	26/03/2023	11:00am
Gin Ang	60m	25/03/2023	2:10pm
	100m	26/03/2023	11:50am
Rob (Tolli) Antonioli	200m	25/03/2023	10:40am
	60m	25/03/2023	2:05pm
	100m	26/03/2023	11:45am
Jannie Beard	800m	25/03/2023	9:55am
	400m	26/03/2023	9:40am
David Baird	10000m	02/03/2023	7:00pm
	5000m	18/03/2023	8:50am
	2000m Steeplechase	23/03/2023	7:20pm
	800m	25/03/2023	9:25am
	1500m	26/03/2023	8:00am
	400m	26/03/2023	9:25am
Delia Baldock	1500m Race Walk	25/03/2023	11:45am
	3000m Race Walk	26/03/2023	10:40am
Wayne Bariolo	Pentathlon	18/03/2023	8:00am
	Long Jump	25/03/2023	8:00am
	200m	25/03/2023	10:45am
	Discus	25/03/2023	11:00am
	60m	25/03/2023	2:10pm
	Shot	26/03/2023	9:30am
	Javelin	26/03/2023	10:45am
	100m	26/03/2023	11:50am
Steve Barrie	10000m	02/03/2023	7:00pm
	5000m	18/03/2023	8:50am
	2000m Steeplechase	23/03/2023	7:20pm
	800m	25/03/2023	9:45am
	1500m	26/03/2023	8:20am
Tristan Bell	10000m	02/03/2023	7:00pm
	5000m	18/03/2023	9:40am
Phillippa Bennett	5000m	18/03/2023	8:00am
Barbara Blurton	5000m	18/03/2023	8:00am
	800m	25/03/2023	9:15am
	400m	26/03/2023	9:15am
Jeff Bowen			

	Throws Pentathlon	18/03/2023	12:00pm
	High Jump	18/03/2023	1:15pm
	Shot	25/03/2023	8:00am
	Hammer	25/03/2023	9:45am
	Javelin	25/03/2023	10:45am
	Weight	26/03/2023	8:00am
	Discus	26/03/2023	11:00am
Carol Bowman			
	2000m Steeplechase	23/03/2023	7:20pm
	800m	25/03/2023	9:15am
	200m	25/03/2023	10:20am
	400m	26/03/2023	9:15am
Geoff Brayshaw			
	200m	25/03/2023	10:40am
	Javelin	25/03/2023	10:45am
	Long Jump	25/03/2023	1:00pm
	Triple Jump	26/03/2023	8:00am
	Discus	26/03/2023	11:00am
Greg Brennan			
	200m	25/03/2023	10:50am
	60m	25/03/2023	2:10pm
	100m	26/03/2023	11:50am
Rosemary Brewer			
	60m	25/03/2023	1:55pm
Sam Brewer			
	60m	25/03/2023	2:15pm
	100m	26/03/2023	11:55am
Andrew Brooker			
	Pentathlon	18/03/2023	8:00am
	800m	25/03/2023	9:55am
	Discus	25/03/2023	11:00am
	1500m	26/03/2023	8:40am
	Javelin	26/03/2023	10:45am
Ivan Brown			
	800m	25/03/2023	9:25am
	200m	25/03/2023	10:35am
	60m	25/03/2023	2:00pm
	1500m	26/03/2023	8:00am
	400m	26/03/2023	9:25am
	100m	26/03/2023	11:40am
JoeAnne Buchan			
	200m	25/03/2023	10:25am
	60m	25/03/2023	1:50pm
	100m	26/03/2023	11:35am
Roberto Busi			
	10000m	02/03/2023	7:00pm
	5000m	18/03/2023	9:40am
	100m	26/03/2023	11:55am
Sylvia Byers			
	1500m Race Walk	25/03/2023	11:45am
Wayne Byram			

	3000m Steeplechase	23/03/2023	6:50pm
	3000m Race Walk	26/03/2023	10:40am
Michael Byrne			
	Pentathlon	18/03/2023	8:00am
	800m	25/03/2023	9:35am
	200m	25/03/2023	10:40am
	60m	25/03/2023	2:05pm
	1500m	26/03/2023	8:20am
	400m	26/03/2023	9:30am
	100m	26/03/2023	11:45am
Brian Callaghan			
	200m	25/03/2023	10:45am
	60m	25/03/2023	2:05pm
	100m	26/03/2023	11:45am
Bernard Candy			
	5000m	18/03/2023	8:50am
David Carr			
	5000m	18/03/2023	8:00am
Therese Carr			
	Hammer	25/03/2023	8:00am
	Shot	25/03/2023	12:30pm
	60m	25/03/2023	1:45pm
	Discus	26/03/2023	8:00am
	Weight	26/03/2023	9:30am
	100m	26/03/2023	11:30am
Vanessa Carson			
	10000m	02/03/2023	7:00pm
	5000m	18/03/2023	8:00am
	1500m	26/03/2023	8:00am
Robert Cattrall			
	5000m	18/03/2023	8:50am
	1500m	26/03/2023	8:20am
Clive Choate			
	Javelin	25/03/2023	10:45am
Lynne Choate			
	200m	25/03/2023	10:20am
	60m	25/03/2023	1:45pm
	100m	26/03/2023	11:30am
Mercurio Cicchini			
	10000m	02/03/2023	7:00pm
	5000m	18/03/2023	8:50am
	1500m	26/03/2023	8:20am
	100m	26/03/2023	11:45am
Sue Coate			
	Pentathlon	18/03/2023	8:45am
	High Jump	18/03/2023	12:15pm
	Throws Pentathlon	18/03/2023	1:30pm
	2000m Steeplechase	23/03/2023	7:20pm
	800m	25/03/2023	9:15am
	Shot	25/03/2023	9:45am
	200m	25/03/2023	10:25am

	Long Jump	25/03/2023	11:00am
	300m Hurdles	25/03/2023	12:30pm
	Discus	25/03/2023	12:45pm
	60m	25/03/2023	1:50pm
	Javelin	26/03/2023	8:15am
	400m	26/03/2023	9:15am
	80m Hurdles	26/03/2023	10:25am
	Triple Jump	26/03/2023	10:45am
	100m	26/03/2023	11:35am
John Cochrane			
	Shot	25/03/2023	8:00am
	Hammer	25/03/2023	9:45am
	Javelin	25/03/2023	10:45am
	Discus	26/03/2023	11:00am
Andrew Collins			
	800m	25/03/2023	9:55am
	1500m	26/03/2023	8:40am
	400m	26/03/2023	9:40am
Kevin Collins			
	High Jump	18/03/2023	1:15pm
	Long Jump	25/03/2023	8:00am
	60m	25/03/2023	2:10pm
	Triple Jump	26/03/2023	8:00am
Debra Cox			
	Hammer	25/03/2023	8:00am
	Shot	25/03/2023	9:45am
	Long Jump	25/03/2023	11:00am
	Discus	25/03/2023	12:45pm
	60m	25/03/2023	1:50pm
	Javelin	26/03/2023	8:15am
Stephen Crabbe			
	200m	25/03/2023	10:35am
	60m	25/03/2023	2:00pm
	100m	26/03/2023	11:40am
Gayle Craft			
	5000m	18/03/2023	8:00am
Ivo Davies			
	200m	25/03/2023	10:35am
	60m	25/03/2023	2:00pm
	400m	26/03/2023	9:25am
	100m	26/03/2023	11:40am
Jim Davis			
	Throws Pentathlon	18/03/2023	12:00pm
	Shot	25/03/2023	8:00am
	Hammer	25/03/2023	9:45am
	Javelin	25/03/2023	10:45am
	Weight	26/03/2023	8:00am
	Discus	26/03/2023	11:00am
Sharon Davis			
	800m	25/03/2023	9:15am
	200m	25/03/2023	10:25am

	1500m	26/03/2023	8:00am
	400m	26/03/2023	9:20am
Andrew Davison			
	5000m	18/03/2023	9:40am
Mark Dawson			
	10000m	02/03/2023	7:00pm
	800m	25/03/2023	9:45am
	200m	25/03/2023	10:45am
	1500m	26/03/2023	8:20am
	400m	26/03/2023	9:35am
Danielle Dean			
	Long Jump	25/03/2023	11:00am
	60m	25/03/2023	1:55pm
	Triple Jump	26/03/2023	10:45am
Matthew Dean			
	Long Jump	25/03/2023	8:00am
	60m	25/03/2023	2:15pm
	Triple Jump	26/03/2023	8:00am
John Dennehy			
	2000m Steeplechase	23/03/2023	7:20pm
	200m	25/03/2023	10:45am
	1500m Race Walk	25/03/2023	11:15am
	60m	25/03/2023	2:05pm
	400m	26/03/2023	9:35am
	100m	26/03/2023	11:45am
Callum Dowell			
	800m	25/03/2023	9:55am
	1500m	26/03/2023	8:40am
	400m	26/03/2023	9:40am
Crystal Dowell			
	200m	25/03/2023	10:30am
	60m	25/03/2023	1:55pm
	400m	26/03/2023	9:20am
	100m	26/03/2023	11:35am
Tammi Doyle			
	800m	25/03/2023	9:15am
	Shot	25/03/2023	9:45am
	200m	25/03/2023	10:25am
	300m Hurdles	25/03/2023	12:30pm
	Javelin	26/03/2023	8:15am
	Triple Jump	26/03/2023	10:45am
	100m	26/03/2023	11:35am
Glenys Duncan			
	5000m Race Walk	25/03/2023	8:00am
	1500m Race Walk	25/03/2023	11:45am
	3000m Race Walk	26/03/2023	10:40am
Kyle Eagar			
	10000m	02/03/2023	7:00pm
	5000m	18/03/2023	9:40am
Jimmy Edwards			
	1500m Race Walk	25/03/2023	11:15am

Stephen Edwards	3000m Race Walk	26/03/2023	10:40am
	High Jump	18/03/2023	1:15pm
	Long Jump	25/03/2023	8:00am
	200m	25/03/2023	10:55am
	Triple Jump	26/03/2023	8:00am
	100m	26/03/2023	11:55am
Christina Faithfull			
	Hammer	25/03/2023	8:00am
	Javelin	25/03/2023	9:45am
	Shot	25/03/2023	12:30pm
	Discus	26/03/2023	8:00am
	Weight	26/03/2023	9:30am
Wendy Farrow			
	5000m Race Walk	25/03/2023	8:00am
	1500m Race Walk	25/03/2023	11:45am
	3000m Race Walk	26/03/2023	10:40am
John Fettus			
	Throws Pentathlon	18/03/2023	12:00pm
	Hammer	25/03/2023	9:45am
	Discus	25/03/2023	11:00am
	Weight	26/03/2023	8:00am
	Shot	26/03/2023	9:30am
John Fisher			
	10000m	02/03/2023	7:00pm
	5000m	18/03/2023	8:50am
	2000m Steeplechase	23/03/2023	7:20pm
	800m	25/03/2023	9:45am
	1500m	26/03/2023	8:20am
Phillip Fitzhardinge			
	60m	25/03/2023	2:00pm
	100m	26/03/2023	11:40am
Barry Francis			
	Discus	25/03/2023	11:00am
Carrie Francis			
	Javelin	25/03/2023	9:45am
	Shot	25/03/2023	12:30pm
Haydn Gawne			
	1500m Race Walk	25/03/2023	11:15am
	3000m Race Walk	26/03/2023	10:40am
Chris Gould			
	1500m	26/03/2023	8:40am
Ross Goulden			
	800m	25/03/2023	9:25am
	200m	25/03/2023	10:35am
	60m	25/03/2023	2:00pm
	1500m	26/03/2023	8:00am
	400m	26/03/2023	9:25am
	100m	26/03/2023	11:40am
Tom Gravestock			
	Throws Pentathlon	18/03/2023	12:00pm

	Hammer	25/03/2023	9:45am
	Discus	25/03/2023	11:00am
	Weight	26/03/2023	8:00am
	Shot	26/03/2023	9:30am
	Javelin	26/03/2023	10:45am
Anthony Grendon			
	5000m	18/03/2023	8:50am
	800m	25/03/2023	9:45am
	1500m	26/03/2023	8:20am
Johan Hagedoorn			
	5000m Race Walk	25/03/2023	8:00am
	1500m Race Walk	25/03/2023	11:15am
	3000m Race Walk	26/03/2023	10:40am
Stephanie Hallen			
	Shot	25/03/2023	9:45am
	Discus	25/03/2023	12:45pm
Bev Hamilton			
	Throws Pentathlon	18/03/2023	1:30pm
	Hammer	25/03/2023	8:00am
	Javelin	25/03/2023	9:45am
	Shot	25/03/2023	12:30pm
	Discus	26/03/2023	8:00am
	Weight	26/03/2023	9:30am
Richard Harris			
	10000m	02/03/2023	7:00pm
	5000m	18/03/2023	8:50am
	1500m	26/03/2023	8:20am
Garry Hastie			
	Pentathlon	18/03/2023	8:00am
	Throws Pentathlon	18/03/2023	12:00pm
	5000m Race Walk	25/03/2023	8:00am
	1500m Race Walk	25/03/2023	11:15am
	300m Hurdles	25/03/2023	12:45pm
	Long Jump	25/03/2023	1:00pm
	60m	25/03/2023	2:05pm
	Triple Jump	26/03/2023	8:00am
	100m Hurdles	26/03/2023	10:10am
	3000m Race Walk	26/03/2023	10:40am
	Javelin	26/03/2023	10:45am
	100m	26/03/2023	11:45am
Eric Hayward			
	100m Hurdles	26/03/2023	10:00am
	100m	26/03/2023	11:50am
Brian Hewitt			
	5000m	18/03/2023	8:50am
	1500m	26/03/2023	8:20am
Bob Hull			
	10000m	02/03/2023	7:00pm
	5000m	18/03/2023	8:50am
	1500m	26/03/2023	8:00am
Ossi Igel			

	Shot	25/03/2023	8:00am
	Hammer	25/03/2023	9:45am
	Javelin	25/03/2023	10:45am
	Weight	26/03/2023	8:00am
	Discus	26/03/2023	11:00am
Lyle James			
	200m	25/03/2023	10:35am
	60m	25/03/2023	2:00pm
	400m	26/03/2023	9:25am
	100m	26/03/2023	11:40am
Paul Jeffery			
	Pentathlon	18/03/2023	8:00am
Luella Jenkins			
	High Jump	18/03/2023	12:15pm
	Throws Pentathlon	18/03/2023	1:30pm
	Hammer	25/03/2023	8:00am
	Javelin	25/03/2023	9:45am
	Long Jump	25/03/2023	11:00am
	1500m Race Walk	25/03/2023	11:45am
	Shot	25/03/2023	12:30pm
	60m	25/03/2023	1:45pm
	Discus	26/03/2023	8:00am
	Weight	26/03/2023	9:30am
	Triple Jump	26/03/2023	10:45am
	100m	26/03/2023	11:30am
Ruth Johnson			
	Pentathlon	18/03/2023	8:45am
	High Jump	18/03/2023	12:15pm
	Hammer	25/03/2023	8:00am
	200m	25/03/2023	10:20am
	Long Jump	25/03/2023	11:00am
	1500m Race Walk	25/03/2023	11:45am
	60m	25/03/2023	1:45pm
	1500m	26/03/2023	8:00am
	400m	26/03/2023	9:15am
	Triple Jump	26/03/2023	10:45am
	100m	26/03/2023	11:30am
Martin Kennedy			
	800m	25/03/2023	9:35am
	1500m	26/03/2023	8:20am
Paula Kennedy			
	Hammer	25/03/2023	8:00am
	Shot	25/03/2023	9:45am
	1500m Race Walk	25/03/2023	11:45am
	Discus	25/03/2023	12:45pm
	60m	25/03/2023	1:50pm
	Javelin	26/03/2023	8:15am
	Weight	26/03/2023	9:30am
	3000m Race Walk	26/03/2023	10:40am
Andrew Kets			
	800m	25/03/2023	9:55am

Jim Klinge	1500m	26/03/2023	8:40am
Matthew Konsolis	5000m	18/03/2023	8:50am
	Long Jump	25/03/2023	8:00am
	200m	25/03/2023	10:55am
	400m	26/03/2023	9:40am
	100m	26/03/2023	11:55am
Michelle Krokosz			
	Throws Pentathlon	18/03/2023	1:30pm
Dominic Lagat			
	800m	25/03/2023	9:55am
	200m	25/03/2023	10:55am
	Triple Jump	26/03/2023	8:00am
	400m	26/03/2023	9:40am
	Javelin	26/03/2023	10:45am
Naomi Lagat			
	800m	25/03/2023	9:15am
	200m	25/03/2023	10:30am
	Javelin	26/03/2023	8:15am
	400m	26/03/2023	9:20am
Drew Langford			
	5000m	18/03/2023	9:40am
	1500m	26/03/2023	8:40am
Jim Langford			
	5000m	18/03/2023	8:50am
	800m	25/03/2023	9:25am
	1500m	26/03/2023	8:00am
Chris Lark			
	10000m	02/03/2023	7:00pm
	5000m	18/03/2023	9:40am
Barry Lehane			
	200m	25/03/2023	10:45am
	60m	25/03/2023	2:05pm
	100m	26/03/2023	11:45am
Lisa Limonas			
	High Jump	18/03/2023	12:15pm
	Shot	25/03/2023	9:45am
	Long Jump	25/03/2023	11:00am
	Javelin	26/03/2023	8:15am
	Triple Jump	26/03/2023	10:45am
Michelle Link			
	Hammer	25/03/2023	8:00am
	Javelin	25/03/2023	9:45am
	Shot	25/03/2023	12:30pm
	Discus	26/03/2023	8:00am
	Weight	26/03/2023	9:30am
Daniel Lowe			
	5000m Race Walk	25/03/2023	8:00am
	1500m Race Walk	25/03/2023	11:15am
	3000m Race Walk	26/03/2023	10:40am

Jacques Maniacara	5000m	18/03/2023	8:50am
	800m	25/03/2023	9:45am
	Long Jump	25/03/2023	1:00pm
	1500m	26/03/2023	8:20am
	400m	26/03/2023	9:35am
Mark Maslen	10000m	02/03/2023	7:00pm
	5000m	18/03/2023	9:40am
	800m	25/03/2023	9:55am
	1500m	26/03/2023	8:40am
Pat Maslen	10000m	02/03/2023	7:00pm
	5000m	18/03/2023	9:40am
	3000m Steeplechase	23/03/2023	6:50pm
	1500m	26/03/2023	8:40am
Mandy Mason	200m	25/03/2023	10:25am
	60m	25/03/2023	1:50pm
	400m	26/03/2023	9:15am
	100m	26/03/2023	11:35am
John Mcdonagh	5000m Race Walk	25/03/2023	8:00am
	1500m Race Walk	25/03/2023	11:15am
	Long Jump	25/03/2023	1:00pm
	Triple Jump	26/03/2023	8:00am
	3000m Race Walk	26/03/2023	10:40am
Anthony McEwan	800m	25/03/2023	9:55am
	200m	25/03/2023	10:50am
	1500m	26/03/2023	8:40am
	400m	26/03/2023	9:40am
Simon McGarvie	5000m	18/03/2023	9:40am
	800m	25/03/2023	9:45am
	1500m	26/03/2023	8:40am
	400m	26/03/2023	9:35am
Adrian McKenzie	200m	25/03/2023	10:50am
	60m	25/03/2023	2:10pm
	100m	26/03/2023	11:50am
Jacqui McQueen	2000m Steeplechase	23/03/2023	7:20pm
Harold Membrey	Throws Pentathlon	18/03/2023	12:00pm
	Shot	25/03/2023	8:00am
	Hammer	25/03/2023	9:45am
	200m	25/03/2023	10:40am
	1500m Race Walk	25/03/2023	11:15am
	60m	25/03/2023	2:05pm
	Weight	26/03/2023	8:00am

	400m	26/03/2023	9:30am
	100m	26/03/2023	11:45am
Carmel Meyer			
	200m	25/03/2023	10:20am
	100m	26/03/2023	11:30am
Ted Miller			
	200m	25/03/2023	10:35am
	60m	25/03/2023	2:00pm
	400m	26/03/2023	9:25am
	100m	26/03/2023	11:40am
Sharon Moloney			
	Throws Pentathlon	18/03/2023	1:30pm
	Hammer	25/03/2023	8:00am
	Javelin	25/03/2023	9:45am
	200m	25/03/2023	10:20am
	Shot	25/03/2023	12:30pm
	60m	25/03/2023	1:45pm
	Discus	26/03/2023	8:00am
	Weight	26/03/2023	9:30am
	100m	26/03/2023	11:30am
Ashley Moore			
	200m	25/03/2023	10:55am
	100m	26/03/2023	11:55am
Piero Moraro			
	10000m	02/03/2023	7:00pm
Neil Morfitt			
	800m	25/03/2023	9:35am
	400m	26/03/2023	9:30am
Nicolai Morris			
	200m	25/03/2023	10:30am
	60m	25/03/2023	1:55pm
	400m	26/03/2023	9:20am
	100m	26/03/2023	11:35am
J Moutia			
	400m Hurdles	25/03/2023	12:15pm
	100m Hurdles	26/03/2023	10:00am
Peter Muller			
	Shot	25/03/2023	8:00am
	Javelin	25/03/2023	10:45am
	Weight	26/03/2023	8:00am
	Discus	26/03/2023	11:00am
Victor Munoz			
	5000m Race Walk	25/03/2023	8:00am
	1500m Race Walk	25/03/2023	11:15am
	3000m Race Walk	26/03/2023	10:40am
Bonny Ndungu			
	Long Jump	25/03/2023	8:00am
	200m	25/03/2023	10:55am
	60m	25/03/2023	2:15pm
	Triple Jump	26/03/2023	8:00am
	100m	26/03/2023	11:55am

Chris Neale	Long Jump	25/03/2023	8:00am
	800m	25/03/2023	9:55am
	200m	25/03/2023	10:50am
	Discus	25/03/2023	11:00am
	Triple Jump	26/03/2023	8:00am
	400m	26/03/2023	9:40am
Annmarie O'Donovan	800m	25/03/2023	9:15am
	400m Hurdles	25/03/2023	12:15pm
	400m	26/03/2023	9:20am
Brenda Painter	High Jump	18/03/2023	12:15pm
	Javelin	25/03/2023	9:45am
	200m	25/03/2023	10:20am
	Long Jump	25/03/2023	11:00am
	Shot	25/03/2023	12:30pm
	60m	25/03/2023	1:45pm
	Triple Jump	26/03/2023	10:45am
	100m	26/03/2023	11:30am
John Panegyres	5000m	18/03/2023	9:40am
Garry Parker	Hammer	25/03/2023	9:45am
	Discus	25/03/2023	11:00am
	Weight	26/03/2023	8:00am
	Shot	26/03/2023	9:30am
Jennifer Parker	Pentathlon	18/03/2023	8:45am
	High Jump	18/03/2023	12:15pm
	Throws Pentathlon	18/03/2023	1:30pm
	Hammer	25/03/2023	8:00am
	Shot	25/03/2023	9:45am
	200m	25/03/2023	10:25am
	Long Jump	25/03/2023	11:00am
	300m Hurdles	25/03/2023	12:30pm
	Discus	25/03/2023	12:45pm
	60m	25/03/2023	1:50pm
	400m	26/03/2023	9:15am
	Weight	26/03/2023	9:30am
	80m Hurdles	26/03/2023	10:25am
	Triple Jump	26/03/2023	10:45am
	100m	26/03/2023	11:35am
Silke Peglow	5000m	18/03/2023	8:00am
	2000m Steeplechase	23/03/2023	7:20pm
	1500m Race Walk	25/03/2023	11:45am
Johannes Peters	Throws Pentathlon	18/03/2023	12:00pm
	Hammer	25/03/2023	9:45am
	Discus	25/03/2023	11:00am

	Weight	26/03/2023	8:00am
	Shot	26/03/2023	9:30am
	Javelin	26/03/2023	10:45am
Gary Prior			
	5000m	18/03/2023	8:50am
	800m	25/03/2023	9:35am
	1500m	26/03/2023	8:20am
Ben Pronk			
	5000m	18/03/2023	9:40am
Uwe Pufke			
	5000m	18/03/2023	9:40am
	800m	25/03/2023	9:45am
	60m	25/03/2023	2:10pm
	400m	26/03/2023	9:35am
	100m	26/03/2023	11:50am
Giovanni Puglisi			
	2000m Steeplechase	23/03/2023	7:20pm
	800m	25/03/2023	9:35am
	300m Hurdles	25/03/2023	12:45pm
	1500m	26/03/2023	8:20am
Keith Redpath			
	800m	25/03/2023	9:35am
	200m	25/03/2023	10:40am
	60m	25/03/2023	2:05pm
	400m	26/03/2023	9:30am
	100m	26/03/2023	11:45am
Norman Richards			
	High Jump	18/03/2023	1:15pm
	200m	25/03/2023	10:35am
	Long Jump	25/03/2023	1:00pm
	60m	25/03/2023	2:00pm
	Triple Jump	26/03/2023	8:00am
	80m Hurdles	26/03/2023	10:25am
	100m	26/03/2023	11:40am
Marcela Valdes Ruiz			
	5000m Race Walk	25/03/2023	8:00am
	1500m Race Walk	25/03/2023	11:45am
	3000m Race Walk	26/03/2023	10:40am
Claire Sardelich			
	200m	25/03/2023	10:30am
	Long Jump	25/03/2023	11:00am
	60m	25/03/2023	1:55pm
Ryan Satinover			
	High Jump	18/03/2023	1:15pm
	Long Jump	25/03/2023	8:00am
Margaret Saunders			
	800m	25/03/2023	9:15am
	400m	26/03/2023	9:15am
Bob Schickert			
	10000m	02/03/2023	7:00pm
	5000m	18/03/2023	8:50am

Lynne Schickert	Pentathlon	18/03/2023	8:45am
	High Jump	18/03/2023	12:15pm
Stan Selby	Javelin	25/03/2023	10:45am
	Weight	26/03/2023	8:00am
Lori Sexton	5000m	18/03/2023	8:00am
	1500m	26/03/2023	8:00am
Sandra Siviour	5000m	18/03/2023	8:00am
	2000m Steeplechase	23/03/2023	7:20pm
	800m	25/03/2023	9:15am
	Shot	25/03/2023	9:45am
	Discus	25/03/2023	12:45pm
	1500m	26/03/2023	8:00am
	Javelin	26/03/2023	8:15am
	400m	26/03/2023	9:15am
Colin Smith	800m	25/03/2023	9:45am
	1500m	26/03/2023	8:20am
Morland Smith	10000m	02/03/2023	7:00pm
	5000m	18/03/2023	8:00am
	2000m Steeplechase	23/03/2023	7:20pm
	800m	25/03/2023	9:25am
	200m	25/03/2023	10:35am
	1500m	26/03/2023	8:00am
	400m	26/03/2023	9:25am
Phil Smyth	High Jump	18/03/2023	1:15pm
	Hammer	25/03/2023	9:45am
	Javelin	25/03/2023	10:45am
	Long Jump	25/03/2023	1:00pm
	Triple Jump	26/03/2023	8:00am
	Discus	26/03/2023	11:00am
	100m	26/03/2023	11:40am
Louise Soia	400m	26/03/2023	9:20am
Norman Stanger	Throws Pentathlon	18/03/2023	12:00pm
	Shot	25/03/2023	8:00am
	Hammer	25/03/2023	9:45am
	Javelin	25/03/2023	10:45am
	Weight	26/03/2023	8:00am
	Discus	26/03/2023	11:00am
Johan Stassen	400m Hurdles	25/03/2023	12:15pm
Hazel Stephen	5000m	18/03/2023	8:00am
Lee Stergiou			

	200m	25/03/2023	10:50am
	60m	25/03/2023	2:10pm
	400m	26/03/2023	9:40am
	100m	26/03/2023	11:50am
Sandra Stockman			
	5000m	18/03/2023	8:00am
Paz Storey			
	200m	25/03/2023	10:30am
	60m	25/03/2023	1:55pm
	400m	26/03/2023	9:20am
	100m	26/03/2023	11:35am
Elizabeth Szczepanska			
	Hammer	25/03/2023	8:00am
	Javelin	25/03/2023	9:45am
	Shot	25/03/2023	12:30pm
	Discus	26/03/2023	8:00am
	Weight	26/03/2023	9:30am
Kim Taylor			
	60m	25/03/2023	2:10pm
	100m	26/03/2023	11:50am
Jacinta Thompson			
	Pentathlon	18/03/2023	8:45am
	High Jump	18/03/2023	12:15pm
	Shot	25/03/2023	9:45am
	Discus	25/03/2023	12:45pm
Kathleen Thompson			
	Shot	25/03/2023	9:45am
	Discus	25/03/2023	12:45pm
	Javelin	26/03/2023	8:15am
Campbell Till			
	200m	25/03/2023	10:40am
	400m	26/03/2023	9:30am
Baedon Toi			
	200m	25/03/2023	10:50am
	60m	25/03/2023	2:15pm
	100m	26/03/2023	11:55am
Karyn Tolardo			
	10000m	02/03/2023	7:00pm
	5000m Race Walk	25/03/2023	8:00am
	1500m Race Walk	25/03/2023	11:45am
	3000m Race Walk	26/03/2023	10:40am
Lindsay Troode			
	400m	26/03/2023	9:20am
Fiona van Heerwaarden			
	Pentathlon	18/03/2023	8:45am
	High Jump	18/03/2023	12:15pm
	5000m Race Walk	25/03/2023	8:00am
	1500m Race Walk	25/03/2023	11:45am
	3000m Race Walk	26/03/2023	10:40am
Xander Van Rijen			
	800m	25/03/2023	9:45am

Frankie Vargacz	1500m	26/03/2023	8:40am
Geoff Vine	800m	25/03/2023	9:45am
	800m	25/03/2023	9:25am
	1500m	26/03/2023	8:00am
Mathew Walker	400m	26/03/2023	9:25am
	200m	25/03/2023	10:55am
	60m	25/03/2023	2:15pm
Desmond Walsh	100m	26/03/2023	11:55am
	Discus	25/03/2023	11:00am
	Shot	26/03/2023	9:30am
	Javelin	26/03/2023	10:45am
Zane Walsh			
	10000m	02/03/2023	7:00pm
	5000m	18/03/2023	9:40am
	1500m	26/03/2023	8:40am
Andrew Ward			
	Throws Pentathlon	18/03/2023	12:00pm
	Hammer	25/03/2023	9:45am
	Discus	25/03/2023	11:00am
	Weight	26/03/2023	8:00am
	Shot	26/03/2023	9:30am
	Javelin	26/03/2023	10:45am
Richard Wardrobe			
	5000m	18/03/2023	9:40am
Paul Watson			
	10000m	02/03/2023	7:00pm
	5000m	18/03/2023	9:40am
Karl Weber			
	60m	25/03/2023	2:10pm
	100m	26/03/2023	11:50am
Janne Wells			
	5000m	18/03/2023	8:00am
	2000m Steeplechase	23/03/2023	7:20pm
	1500m Race Walk	25/03/2023	11:45am
	1500m	26/03/2023	8:00am
Dave Wilkie			
	Pentathlon	18/03/2023	8:00am
	High Jump	18/03/2023	1:15pm
	200m	25/03/2023	10:45am
	300m Hurdles	25/03/2023	12:45pm
	Long Jump	25/03/2023	1:00pm
	60m	25/03/2023	2:05pm
	Triple Jump	26/03/2023	8:00am
	400m	26/03/2023	9:35am
	100m Hurdles	26/03/2023	10:10am
	100m	26/03/2023	11:45am
Ken Wilkins			

	Discus	25/03/2023	11:00am
	Javelin	26/03/2023	10:45am
Paul Wilmot			
	High Jump	18/03/2023	1:15pm
	Long Jump	25/03/2023	8:00am
	200m	25/03/2023	10:55am
	Discus	25/03/2023	11:00am
	60m	25/03/2023	2:15pm
	Triple Jump	26/03/2023	8:00am
	Shot	26/03/2023	9:30am
	110m Hurdles	26/03/2023	10:00am
	Javelin	26/03/2023	10:45am
	100m	26/03/2023	11:55am
Barbara Wilson			
	Javelin	25/03/2023	9:45am
	Long Jump	25/03/2023	11:00am
	Shot	25/03/2023	12:30pm
	60m	25/03/2023	1:45pm
	Discus	26/03/2023	8:00am
	Weight	26/03/2023	9:30am
	Triple Jump	26/03/2023	10:45am
Bruce Wilson			
	800m	25/03/2023	9:25am
	1500m Race Walk	25/03/2023	11:15am
	300m Hurdles	25/03/2023	12:45pm
	1500m	26/03/2023	8:00am
Greg Wilson			
	Throws Pentathlon	18/03/2023	12:00pm
	High Jump	18/03/2023	1:15pm
	2000m Steeplechase	23/03/2023	7:20pm
	Shot	25/03/2023	8:00am
	Discus	26/03/2023	11:00am
Julie Wilson			
	5000m	18/03/2023	8:00am
	2000m Steeplechase	23/03/2023	7:20pm
	800m	25/03/2023	9:15am
	1500m	26/03/2023	8:00am
Gillian Young			
	10000m	02/03/2023	7:00pm
	5000m	18/03/2023	8:00am
	2000m Steeplechase	23/03/2023	7:20pm
	800m	25/03/2023	9:15am
	1500m	26/03/2023	8:00am

