

**Track and Field Results Thursday 5 September 2024**

<b>300m</b>			<b>800m</b>		
Frankie Vargarz	M60	47.4	Ciarain Hoey	Vis	2.37.9
David Adams	M45	51.7	Zoe Maslen	Vis	3.31.7
Dante van Heerwaarden	Vis	66.6			
			<b>3000m</b>		
Bruce McGeorge	M70	67.1	Mark Maslen	M45	10.25.9
Tegan Durbridge	W35	69.6	Ciarain Hoey	Vis	11.01.0
			David Adams	M45	11.55.6
<b>1 Mile</b>					
Andy Roach	M45	6.47.3	Andy Roach	M45	13.57.0
Karyn Tolardo	W55	7.55.1	Karyn Tolardo	W55	15.43.0
Fiona van Heerwaarden	W45	8.45.1	Bruce McGeorge	M70	15.44.9
			Fiona van Heerwaarden	W45	20.44.7 (Walk)
<b>100m</b>			Steve Travell	M65	26.35.6 (Walk)
Ciarain Hoey	Vis	12.8			
Matt Walker	M40	13.2			
David Adams	M45	16.4			
Tegan Durbridge	W35	20.5			
Dante van Heerwaarden	Vis	21.4			
Extra Heat					
Matt Walker	M40	12.8			