

David Adams	M30-59 10000m	29/02/2024	6:45pm
	M40-79 Outdoor Pentathlon	09/03/2024	9:15am
	M30-59 3000m Steeplechase	14/03/2024	6:45pm
	M45-54 800m	16/03/2024	9:55am
	M40-49 200m	16/03/2024	10:50am
	M30-49 60m	16/03/2024	1:55pm
Rochelle Airey	W55 10000m	29/02/2024	7:45pm
	W30-74 5000m	09/03/2024	7:30am
Mike Anderson	M50-94 Weight	16/03/2024	8:00am
	M65-94 Discus	16/03/2024	11:30am
	M70-94 Shot	17/03/2024	8:25am
Gin Ang	M50-64 100m	17/03/2024	12:20pm
Tolli Antoniulli	M65-74 60m	16/03/2024	1:45pm
Darrell Arnett	M75-89 800m	16/03/2024	9:25am
	M75-89 200m	16/03/2024	10:40am
	M75-89 400m	17/03/2024	9:25am
	M75-89 100m	17/03/2024	12:10pm
Jannie Baard	M55-64 800m	16/03/2024	9:45am
	M55 400m	17/03/2024	9:45am
Delia Baldock	W60-84 60m	16/03/2024	1:30pm
	W60-84 100m	17/03/2024	12:00pm
Nigel Bancroft	M60-69 5000m	09/03/2024	9:00am
	M30-79 High Jump	09/03/2024	2:00pm
	M55-64 800m	16/03/2024	9:45am
	M60-74 1500m	17/03/2024	8:20am
	M60 400m	17/03/2024	9:40am
Steve Barrie	M60-89 10000m	29/02/2024	7:45pm
	M60-69 5000m	09/03/2024	9:00am
	M60-89 2000m Steeplechase	14/03/2024	7:45pm
Tristan Bell	M30-59 10000m	29/02/2024	6:45pm
Brian Bennett	M70-89 5000m	09/03/2024	8:15am
Barbara Blurton	W60-79 200m	16/03/2024	10:20am
	W50-74 400m	17/03/2024	9:15am
	W60-84 100m	17/03/2024	12:00pm
Carol Bowman	W45-84 2000m Steeplechase	14/03/2024	7:15pm
	W40-74 800m	16/03/2024	9:15am
	W60-79 200m	16/03/2024	10:20am

	W65 300m Hurdles	16/03/2024	1:00pm
	W50-74 400m	17/03/2024	9:15am
Geoff Brayshaw			
	M30-74 Triple Jump	16/03/2024	8:15am
	M65-94 Javelin	16/03/2024	9:30am
	M65-74 200m	16/03/2024	10:35am
	M65-94 Discus	16/03/2024	11:30am
	M70-94 Shot	17/03/2024	8:25am
	M70 400m	17/03/2024	9:30am
	M60-89 Long Jump	17/03/2024	10:00am
	M70-79 80m Hurdles	17/03/2024	11:00am
	M50-94 Hammer	17/03/2024	11:10am
	M65-74 100m	17/03/2024	12:15pm
Greg Brennan			
	M50-64 60m	16/03/2024	1:50pm
	M50-64 100m	17/03/2024	12:20pm
Michael Brophy			
	M30-59 5000m	09/03/2024	9:45am
Ivan Brown			
	M40-79 Outdoor Pentathlon	09/03/2024	9:15am
Sam Burke			
	M30-44 800m	16/03/2024	10:05am
	M30-59 1500m	17/03/2024	8:40am
Roberto Busi			
	M30-59 10000m	29/02/2024	6:45pm
	M30-59 3000m Steeplechase	14/03/2024	6:45pm
	M45-54 800m	16/03/2024	9:55am
	M40-49 100m	17/03/2024	12:25pm
Wayne Byram			
	M30-59 3000m Steeplechase	14/03/2024	6:45pm
	M30-84 1500m Race Walk	16/03/2024	11:55am
	M50 400m Hurdles	16/03/2024	12:45pm
Michael Byrne			
	M40-79 Outdoor Pentathlon	09/03/2024	9:15am
	M65-74 800m	16/03/2024	9:35am
	M65-74 200m	16/03/2024	10:35am
	M65-74 60m	16/03/2024	1:45pm
	M60-74 1500m	17/03/2024	8:20am
	M70 400m	17/03/2024	9:30am
	M65-74 100m	17/03/2024	12:15pm
Brian Callaghan			
	M50-64 60m	16/03/2024	1:50pm
	M50-64 100m	17/03/2024	12:20pm
Bernard Candy			
	M60-69 5000m	09/03/2024	9:00am
Therese Carr			
	W60-84 Discus	16/03/2024	8:15am
	W60-79 200m	16/03/2024	10:20am
	W60-84 60m	16/03/2024	1:30pm
	W35-84 Weight	16/03/2024	1:45pm
	W60-84 Shot	17/03/2024	10:20am

Bert Carse	W60-84 100m	17/03/2024	12:00pm
	M60-89 10000m	29/02/2024	7:45pm
	M70-89 5000m	09/03/2024	8:15am
	M75-89 800m	16/03/2024	9:25am
	M75-89 1500m	17/03/2024	8:00am
Fran Cherry	W60-84 60m	16/03/2024	1:30pm
	W60-84 100m	17/03/2024	12:00pm
Mercurio Cicchini	M60-89 10000m	29/02/2024	7:45pm
	M70-89 5000m	09/03/2024	8:15am
	M65-74 60m	16/03/2024	1:45pm
	M60-74 1500m	17/03/2024	8:20am
	M65-74 100m	17/03/2024	12:15pm
Scott Claxton	M30-59 10000m	29/02/2024	6:45pm
	M30-59 5000m	09/03/2024	9:45am
Elizabeth Clennell	W30-74 5000m	09/03/2024	7:30am
	W45-84 2000m Steeplechase	14/03/2024	7:15pm
Sue Coate	W40-79 Outdoor Pentathlon	09/03/2024	10:30am
	W40-84 High Jump	09/03/2024	1:00pm
	W55-84 Throws Pentathlon	09/03/2024	1:30pm
	W45-84 2000m Steeplechase	14/03/2024	7:15pm
	W35-59 Javelin	16/03/2024	8:15am
	W40-74 800m	16/03/2024	9:15am
	W35-59 Discus	16/03/2024	9:30am
	W40-84 Triple Jump	16/03/2024	10:40am
	W50-59 300m Hurdles	16/03/2024	1:10pm
	W40-59 60m	16/03/2024	1:35pm
	W40-84 Long Jump	17/03/2024	9:30am
	W55-69 80m Hurdles	17/03/2024	10:50am
	W35-59 100m	17/03/2024	12:05pm
	W55 Shot	17/03/2024	12:10pm
Bob Colligan	M60-89 10000m	29/02/2024	7:45pm
Kevin Collins	M30-79 High Jump	09/03/2024	2:00pm
	M30-74 Triple Jump	16/03/2024	8:15am
	M50-64 60m	16/03/2024	1:50pm
	M30-59 Long Jump	17/03/2024	11:00am
David Colvin	M60-89 10000m	29/02/2024	7:45pm
	M60-69 5000m	09/03/2024	9:00am
	M60-89 2000m Steeplechase	14/03/2024	7:45pm
	M60-74 1500m	17/03/2024	8:20am
Jerome Conway-Mortimer	M30-64 Javelin	16/03/2024	10:50am
	M30-64 Discus	16/03/2024	12:45pm

Stephen Crabbe	M30-69 Shot	17/03/2024	9:30am
	M75-89 200m	16/03/2024	10:40am
	M75-89 60m	16/03/2024	1:40pm
	M75-89 100m	17/03/2024	12:10pm
Gayle Craft			
	W30-74 5000m	09/03/2024	7:30am
Mark Crook			
	M65-74 100m	17/03/2024	12:15pm
Lou Daniel			
	M40-79 Outdoor Pentathlon	09/03/2024	9:15am
	M55-64 800m	16/03/2024	9:45am
	M60 200m	16/03/2024	10:45am
	M30-64 Javelin	16/03/2024	10:50am
	M30-84 1500m Race Walk	16/03/2024	11:55am
	M30-64 Discus	16/03/2024	12:45pm
	M60-74 1500m	17/03/2024	8:20am
	M30-69 Shot	17/03/2024	9:30am
	M60 400m	17/03/2024	9:40am
	M50-64 100m	17/03/2024	12:20pm
Joe-Anne Dannenberg			
	W50-59 200m	16/03/2024	10:25am
	W40-59 60m	16/03/2024	1:35pm
	W35-59 100m	17/03/2024	12:05pm
Jim Davis			
	M50-94 Throws Pentathlon	09/03/2024	12:30pm
	M50-94 Weight	16/03/2024	8:00am
	M65-94 Javelin	16/03/2024	9:30am
	M65-94 Discus	16/03/2024	11:30am
	M70-94 Shot	17/03/2024	8:25am
	M50-94 Hammer	17/03/2024	11:10am
Mark Dawson			
	M60-89 10000m	29/02/2024	7:45pm
	M60-69 5000m	09/03/2024	9:00am
	M55-64 800m	16/03/2024	9:45am
	M60-74 1500m	17/03/2024	8:20am
	M60 400m	17/03/2024	9:40am
Danielle Dean			
	W40-84 Triple Jump	16/03/2024	10:40am
	W40-59 60m	16/03/2024	1:35pm
	W40-84 Long Jump	17/03/2024	9:30am
John Dennehy			
	M60 200m	16/03/2024	10:45am
	M50-64 60m	16/03/2024	1:50pm
	M60 400m	17/03/2024	9:40am
	M60-89 Long Jump	17/03/2024	10:00am
	M50-64 100m	17/03/2024	12:20pm
Callum Dowell			
	M30-59 3000m Steeplechase	14/03/2024	6:45pm
Tammi Doyle			
	W45-84 2000m Steeplechase	14/03/2024	7:15pm

	W35-59 Javelin	16/03/2024	8:15am
	W40-74 800m	16/03/2024	9:15am
	W35-59 Discus	16/03/2024	9:30am
	W50-59 200m	16/03/2024	10:25am
	W50-59 300m Hurdles	16/03/2024	1:10pm
	W40-84 Long Jump	17/03/2024	9:30am
	W35-54 Shot	17/03/2024	11:10am
	W35-59 100m	17/03/2024	12:05pm
Andrew Duncan			
	M45-84 5000m Race Walk	16/03/2024	8:00am
	M30-64 Javelin	16/03/2024	10:50am
	M30-84 1500m Race Walk	16/03/2024	11:55am
	M30-84 3000m Race Walk	17/03/2024	11:10am
Glenys Duncan			
	W45-84 5000m Race Walk	16/03/2024	8:00am
	W45-84 1500m Race Walk	16/03/2024	11:15am
	W45-84 3000m Race Walk	17/03/2024	11:10am
Stephen Edwards			
	M30-79 High Jump	09/03/2024	2:00pm
	M30-74 Triple Jump	16/03/2024	8:15am
	M30-39 200m	16/03/2024	10:55am
	M30-49 60m	16/03/2024	1:55pm
	M30-59 Long Jump	17/03/2024	11:00am
	M30-39 100m	17/03/2024	12:30pm
Kyle Ennis			
	M30-39 200m	16/03/2024	10:55am
	M30-49 60m	16/03/2024	1:55pm
	M30-39 400m	17/03/2024	9:55am
	M30-39 100m	17/03/2024	12:30pm
Paul Every			
	M30-59 10000m	29/02/2024	6:45pm
	M30-59 3000m Steeplechase	14/03/2024	6:45pm
Christina Faithfull			
	W60-84 Discus	16/03/2024	8:15am
	W35-84 Weight	16/03/2024	1:45pm
	W60-84 Shot	17/03/2024	10:20am
	W60-84 Javelin	17/03/2024	11:20am
Wendy Farrow			
	W45-84 5000m Race Walk	16/03/2024	8:00am
	W45-84 1500m Race Walk	16/03/2024	11:15am
	W45-84 3000m Race Walk	17/03/2024	11:10am
Maria Fernandez			
	W30-44 400m	17/03/2024	9:20am
John Fettus			
	M50-94 Throws Pentathlon	09/03/2024	12:30pm
	M50-94 Weight	16/03/2024	8:00am
	M30-64 Discus	16/03/2024	12:45pm
	M30-69 Shot	17/03/2024	9:30am
	M50-94 Hammer	17/03/2024	11:10am
Paul Foley			
	M50-94 Throws Pentathlon	09/03/2024	12:30pm

	M50-94 Weight	16/03/2024	8:00am
	M30-64 Javelin	16/03/2024	10:50am
	M30-64 Discus	16/03/2024	12:45pm
	M30-69 Shot	17/03/2024	9:30am
	M50-94 Hammer	17/03/2024	11:10am
Barry Francis			
	M65-94 Discus	16/03/2024	11:30am
	M30-69 Shot	17/03/2024	9:30am
Carrie Francis			
	W60-84 Shot	17/03/2024	10:20am
	W55-69 80m Hurdles	17/03/2024	10:50am
Evangelos Georgopoulos			
	M30-59 5000m	09/03/2024	9:45am
	M30-59 3000m Steeplechase	14/03/2024	6:45pm
Tommy Glackin			
	M30-59 10000m	29/02/2024	6:45pm
Chris Gould			
	M30-59 10000m	29/02/2024	6:45pm
	M30-59 5000m	09/03/2024	9:45am
	M45-54 800m	16/03/2024	9:55am
	M30-59 1500m	17/03/2024	8:40am
Ross Goulden			
	M75-89 800m	16/03/2024	9:25am
	M75-89 1500m	17/03/2024	8:00am
	M75-89 400m	17/03/2024	9:25am
Tom Gravestock			
	M40-79 Outdoor Pentathlon	09/03/2024	9:15am
	M50-94 Throws Pentathlon	09/03/2024	12:30pm
	M50-94 Weight	16/03/2024	8:00am
	M65-94 Javelin	16/03/2024	9:30am
	M65-94 Discus	16/03/2024	11:30am
	M30-69 Shot	17/03/2024	9:30am
	M50-94 Hammer	17/03/2024	11:10am
Anthony Grendon			
	M60-69 5000m	09/03/2024	9:00am
	M55-64 800m	16/03/2024	9:45am
	M60-74 1500m	17/03/2024	8:20am
	M60 400m	17/03/2024	9:40am
Mike Haederle			
	M60-69 5000m	09/03/2024	9:00am
	M60-74 1500m	17/03/2024	8:20am
Johan Hagedoorn			
	M45-84 5000m Race Walk	16/03/2024	8:00am
	M30-84 1500m Race Walk	16/03/2024	11:55am
	M30-84 3000m Race Walk	17/03/2024	11:10am
Bev Hamilton			
	W55-84 Throws Pentathlon	09/03/2024	1:30pm
	W60-84 Discus	16/03/2024	8:15am
	W35-84 Weight	16/03/2024	1:45pm
	W35-84 Hammer	17/03/2024	8:20am
	W60-84 Shot	17/03/2024	10:20am

Richard Harris	W60-84 Javelin	17/03/2024	11:20am
	M60-89 10000m	29/02/2024	7:45pm
	M60-69 5000m	09/03/2024	9:00am
	M65-74 800m	16/03/2024	9:35am
	M60-74 1500m	17/03/2024	8:20am
Garry Hastie			
	M45-84 5000m Race Walk	16/03/2024	8:00am
	M30-64 Javelin	16/03/2024	10:50am
	M30-84 1500m Race Walk	16/03/2024	11:55am
	M30-64 Discus	16/03/2024	12:45pm
	M30-84 3000m Race Walk	17/03/2024	11:10am
Rick Hayward			
	M40-79 Outdoor Pentathlon	09/03/2024	9:15am
	M55 400m Hurdles	16/03/2024	12:35pm
	M55 100m Hurdles	17/03/2024	10:40am
Stephen Helm			
	M60-69 5000m	09/03/2024	9:00am
	M60-74 1500m	17/03/2024	8:20am
Brian Hewitt			
	M70-89 5000m	09/03/2024	8:15am
	M65-74 800m	16/03/2024	9:35am
	M60-74 1500m	17/03/2024	8:20am
	M70 400m	17/03/2024	9:30am
Amanda Hill			
	W30-44 200m	16/03/2024	10:30am
	W30-44 400m	17/03/2024	9:20am
Douglas Hill			
	M30-44 800m	16/03/2024	10:05am
	M30-59 1500m	17/03/2024	8:40am
Steve Hossack			
	M60-69 5000m	09/03/2024	9:00am
Bob Hull			
	M60-89 10000m	29/02/2024	7:45pm
	M70-89 5000m	09/03/2024	8:15am
	M75-89 800m	16/03/2024	9:25am
	M75-89 1500m	17/03/2024	8:00am
Michelle Hunter			
	W30-74 5000m	09/03/2024	7:30am
Storm Hurst			
	W30-74 5000m	09/03/2024	7:30am
Paul Jeffery			
	M50 200m	16/03/2024	10:45am
	M30-64 Javelin	16/03/2024	10:50am
	M30-64 Discus	16/03/2024	12:45pm
	M50 400m	17/03/2024	9:15am
	M30-69 Shot	17/03/2024	9:30am
	M50 100m Hurdles	17/03/2024	10:20am
	M30-59 Long Jump	17/03/2024	11:00am
Luella Jenkins			
	W40-84 High Jump	09/03/2024	1:00pm

	W55-84 Throws Pentathlon	09/03/2024	1:30pm
	W60-84 Discus	16/03/2024	8:15am
	W45-84 1500m Race Walk	16/03/2024	11:15am
	W60-84 60m	16/03/2024	1:30pm
	W35-84 Weight	16/03/2024	1:45pm
	W35-84 Hammer	17/03/2024	8:20am
	W40-84 Long Jump	17/03/2024	9:30am
	W60-84 Shot	17/03/2024	10:20am
	W60-84 Javelin	17/03/2024	11:20am
	W60-84 100m	17/03/2024	12:00pm
Kieran Johnson			
	M30-44 800m	16/03/2024	10:05am
	M40-49 200m	16/03/2024	10:50am
	M30-49 60m	16/03/2024	1:55pm
	M30-59 1500m	17/03/2024	8:40am
	M40-49 400m	17/03/2024	9:45am
	M30-59 Long Jump	17/03/2024	11:00am
	M40-49 100m	17/03/2024	12:25pm
Niamh Keane			
	W30-74 5000m	09/03/2024	7:30am
Frank Keaney			
	M60-89 10000m	29/02/2024	7:45pm
	M60-69 5000m	09/03/2024	9:00am
Juliana Kelly			
	W50-59 200m	16/03/2024	10:25am
	W40-59 60m	16/03/2024	1:35pm
	W35-59 100m	17/03/2024	12:05pm
Greg Kennedy			
	M40-79 Outdoor Pentathlon	09/03/2024	9:15am
	M30-79 High Jump	09/03/2024	2:00pm
	M75-89 200m	16/03/2024	10:40am
	M70-79 300m Hurdles	16/03/2024	1:00pm
	M75-89 60m	16/03/2024	1:40pm
	M70-94 Shot	17/03/2024	8:25am
	M75-89 400m	17/03/2024	9:25am
	M70-79 80m Hurdles	17/03/2024	11:00am
	M75-89 100m	17/03/2024	12:10pm
Martin Kennedy			
	M65-74 800m	16/03/2024	9:35am
	M60-74 1500m	17/03/2024	8:20am
Paula Kennedy			
	W55-84 Throws Pentathlon	09/03/2024	1:30pm
	W35-59 Javelin	16/03/2024	8:15am
	W35-59 Discus	16/03/2024	9:30am
	W45-84 1500m Race Walk	16/03/2024	11:15am
	W40-59 60m	16/03/2024	1:35pm
	W35-84 Weight	16/03/2024	1:45pm
	W35-84 Hammer	17/03/2024	8:20am
	W45-84 3000m Race Walk	17/03/2024	11:10am
	W55 Shot	17/03/2024	12:10pm
Maureen Keshwar			

	W60-84 Discus	16/03/2024	8:15am
	W60-84 60m	16/03/2024	1:30pm
	W60-84 Shot	17/03/2024	10:20am
	W60-84 Javelin	17/03/2024	11:20am
Andrew Kets			
	M55-64 800m	16/03/2024	9:45am
Matthew Konsolis			
	M30-39 200m	16/03/2024	10:55am
	M30-39 400m	17/03/2024	9:55am
	M30-39 100m	17/03/2024	12:30pm
Michelle Krokosz			
	W35-59 Javelin	16/03/2024	8:15am
	W35-59 Discus	16/03/2024	9:30am
	W35-84 Weight	16/03/2024	1:45pm
	W35-84 Hammer	17/03/2024	8:20am
	W35-54 Shot	17/03/2024	11:10am
Dominic Lagat			
	M30-44 800m	16/03/2024	10:05am
	M40-49 200m	16/03/2024	10:50am
	M40-49 400m	17/03/2024	9:45am
Naomi Lagat			
	W40-74 800m	16/03/2024	9:15am
	W30-44 200m	16/03/2024	10:30am
Jim Langford			
	M60-89 10000m	29/02/2024	7:45pm
	M70-89 5000m	09/03/2024	8:15am
	M60-89 2000m Steeplechase	14/03/2024	7:45pm
	M75-89 800m	16/03/2024	9:25am
	M75-89 1500m	17/03/2024	8:00am
Trent Lawler			
	M30-74 Triple Jump	16/03/2024	8:15am
	M50 200m	16/03/2024	10:45am
	M50-64 60m	16/03/2024	1:50pm
	M30-59 Long Jump	17/03/2024	11:00am
	M50-64 100m	17/03/2024	12:20pm
Mike Lawson			
	M30-59 10000m	29/02/2024	6:45pm
	M30-59 5000m	09/03/2024	9:45am
	M30-44 800m	16/03/2024	10:05am
Michael Lee			
	M60-89 10000m	29/02/2024	7:45pm
	M70-89 5000m	09/03/2024	8:15am
	M60-89 2000m Steeplechase	14/03/2024	7:45pm
Daniel Leseberg			
	M40-49 200m	16/03/2024	10:50am
	M40-49 100m	17/03/2024	12:25pm
Jonathan Lester			
	M30-79 High Jump	09/03/2024	2:00pm
	M30-74 Triple Jump	16/03/2024	8:15am
Lisa Limonas			
	W40-84 High Jump	09/03/2024	1:00pm

	W35-59 Javelin	16/03/2024	8:15am
	W40-84 Long Jump	17/03/2024	9:30am
	W55 Shot	17/03/2024	12:10pm
Michelle Link			
	W60-84 Discus	16/03/2024	8:15am
	W35-84 Weight	16/03/2024	1:45pm
	W35-84 Hammer	17/03/2024	8:20am
	W60-84 Shot	17/03/2024	10:20am
	W60-84 Javelin	17/03/2024	11:20am
Daniel Lowe			
	M45-84 5000m Race Walk	16/03/2024	8:00am
	M30-84 1500m Race Walk	16/03/2024	11:55am
	M30-84 3000m Race Walk	17/03/2024	11:10am
Timothy Lyons			
	M30-64 Discus	16/03/2024	12:45pm
	M50-94 Hammer	17/03/2024	11:10am
Peggy Macliver			
	W60-79 200m	16/03/2024	10:20am
	W60-84 60m	16/03/2024	1:30pm
	W60-84 100m	17/03/2024	12:00pm
Jacques Maniacara			
	M60-69 5000m	09/03/2024	9:00am
	M55-64 800m	16/03/2024	9:45am
	M60 400m	17/03/2024	9:40am
	M60-89 Long Jump	17/03/2024	10:00am
Catherine Manners			
	W30-44 200m	16/03/2024	10:30am
	W40-59 60m	16/03/2024	1:35pm
	W35-59 100m	17/03/2024	12:05pm
Mark Maslen			
	M30-59 5000m	09/03/2024	9:45am
	M45-54 800m	16/03/2024	9:55am
	M30-59 1500m	17/03/2024	8:40am
	M40-49 400m	17/03/2024	9:45am
Patrick Maslen			
	M60-89 10000m	29/02/2024	7:45pm
	M60-69 5000m	09/03/2024	9:00am
	M60-89 2000m Steeplechase	14/03/2024	7:45pm
	M55-64 800m	16/03/2024	9:45am
	M60-74 1500m	17/03/2024	8:20am
Mandy Mason			
	W50-59 200m	16/03/2024	10:25am
	W40-59 60m	16/03/2024	1:35pm
	W35-59 100m	17/03/2024	12:05pm
Catherine Mccloskey			
	W40-84 High Jump	09/03/2024	1:00pm
	W40-84 Triple Jump	16/03/2024	10:40am
	W60-84 60m	16/03/2024	1:30pm
	W40-84 Long Jump	17/03/2024	9:30am
	W60-84 100m	17/03/2024	12:00pm
John Mcdonagh			

	M70-89 5000m	09/03/2024	8:15am
	M45-84 5000m Race Walk	16/03/2024	8:00am
	M75-89 800m	16/03/2024	9:25am
	M75 Triple Jump	16/03/2024	10:40am
	M30-84 1500m Race Walk	16/03/2024	11:55am
	M60-89 Long Jump	17/03/2024	10:00am
	M30-84 3000m Race Walk	17/03/2024	11:10am
Bruce Mcgeorge			
	M60-89 10000m	29/02/2024	7:45pm
	M60-69 5000m	09/03/2024	9:00am
	M40-79 Outdoor Pentathlon	09/03/2024	9:15am
	M50-94 Throws Pentathlon	09/03/2024	12:30pm
	M60-89 2000m Steeplechase	14/03/2024	7:45pm
	M65-74 800m	16/03/2024	9:35am
	M65-74 200m	16/03/2024	10:35am
	M65-94 Discus	16/03/2024	11:30am
	M65-74 60m	16/03/2024	1:45pm
	M60-74 1500m	17/03/2024	8:20am
	M65 400m	17/03/2024	9:35am
	M50-94 Hammer	17/03/2024	11:10am
	2 M65-74 100m	17/03/2024	12:15pm
Hayden Mcgregor			
	M30-59 10000m	29/02/2024	6:45pm
Adrian Mckenzie			
	M50 200m	16/03/2024	10:45am
	M50-64 60m	16/03/2024	1:50pm
	M50-64 100m	17/03/2024	12:20pm
Jacqui Mcqueen			
	W45-84 2000m Steeplechase	14/03/2024	7:15pm
	W40-74 800m	16/03/2024	9:15am
	W50-59 200m	16/03/2024	10:25am
	W40-74 1500m	17/03/2024	8:00am
Harold Membrey			
	M50-94 Throws Pentathlon	09/03/2024	12:30pm
	M50-94 Weight	16/03/2024	8:00am
	M65-74 200m	16/03/2024	10:35am
	M30-84 1500m Race Walk	16/03/2024	11:55am
	M70-79 300m Hurdles	16/03/2024	1:00pm
	M65-74 60m	16/03/2024	1:45pm
	M70-94 Shot	17/03/2024	8:25am
	M70 400m	17/03/2024	9:30am
	M50-94 Hammer	17/03/2024	11:10am
	M65-74 100m	17/03/2024	12:15pm
Carmel Meyer			
	W60-79 200m	16/03/2024	10:20am
	W50-74 400m	17/03/2024	9:15am
	W60-84 Javelin	17/03/2024	11:20am
	W60-84 100m	17/03/2024	12:00pm
Cathy Middleton			
	W50 10000m	29/02/2024	6:45pm
Brian Miller			

	M50-94 Weight	16/03/2024	8:00am
	M65-94 Discus	16/03/2024	11:30am
	M50-94 Hammer	17/03/2024	11:10am
Iain Miller			
	M30-59 5000m	09/03/2024	9:45am
Keith Miller			
	M60-89 10000m	29/02/2024	7:45pm
	M70-89 5000m	09/03/2024	8:15am
Ted Miller			
	M75-89 200m	16/03/2024	10:40am
	M75-89 60m	16/03/2024	1:40pm
	M75-89 100m	17/03/2024	12:10pm
John Miolini			
	M30-59 10000m	29/02/2024	6:45pm
	M30-59 5000m	09/03/2024	9:45am
	M45-54 800m	16/03/2024	9:55am
	M30-59 1500m	17/03/2024	8:40am
Sharon Moloney			
	W55-84 Throws Pentathlon	09/03/2024	1:30pm
	W60-84 Discus	16/03/2024	8:15am
	W60-79 200m	16/03/2024	10:20am
	W60-84 60m	16/03/2024	1:30pm
	W35-84 Weight	16/03/2024	1:45pm
	W35-84 Hammer	17/03/2024	8:20am
	W60-84 Shot	17/03/2024	10:20am
	W60-84 Javelin	17/03/2024	11:20am
	W60-84 100m	17/03/2024	12:00pm
Ashley Moore			
	M40-49 200m	16/03/2024	10:50am
	M40-49 400m	17/03/2024	9:45am
	M40-49 100m	17/03/2024	12:25pm
Nick Moore			
	M30-59 5000m	09/03/2024	9:45am
Piero Moraro			
	M30-59 10000m	29/02/2024	6:45pm
Neil Morfitt			
	M65-74 800m	16/03/2024	9:35am
	M65 400m	17/03/2024	9:35am
Daniel Mostert			
	M30-79 High Jump	09/03/2024	2:00pm
	M50-64 60m	16/03/2024	1:50pm
	M30-69 Shot	17/03/2024	9:30am
	M30-59 Long Jump	17/03/2024	11:00am
Jp Moutia			
	M55 400m Hurdles	16/03/2024	12:35pm
	M55 100m Hurdles	17/03/2024	10:40am
Peter Muller			
	M65-94 Javelin	16/03/2024	9:30am
	M65-94 Discus	16/03/2024	11:30am
	M75-89 60m	16/03/2024	1:40pm
	M70-94 Shot	17/03/2024	8:25am

Kevin Murphy	M50-94 Hammer	17/03/2024	11:10am
	M30-59 10000m	29/02/2024	6:45pm
	M30-59 5000m	09/03/2024	9:45am
Mike O'Reilly	M75-89 200m	16/03/2024	10:40am
	M65-94 Discus	16/03/2024	11:30am
	M75-89 60m	16/03/2024	1:40pm
	M70-94 Shot	17/03/2024	8:25am
	M75-89 100m	17/03/2024	12:10pm
Chris Owen	M30-59 5000m	09/03/2024	9:45am
	M30-79 High Jump	09/03/2024	2:00pm
	M40-49 100m	17/03/2024	12:25pm
Brenda Painter	W40-79 Outdoor Pentathlon	09/03/2024	10:30am
	W40-84 High Jump	09/03/2024	1:00pm
	W60-79 200m	16/03/2024	10:20am
	W40-84 Triple Jump	16/03/2024	10:40am
	W60-84 60m	16/03/2024	1:30pm
	W40-84 Long Jump	17/03/2024	9:30am
	W60-84 Javelin	17/03/2024	11:20am
	W60-84 100m	17/03/2024	12:00pm
Roger Parenzee	M55 400m Hurdles	16/03/2024	12:35pm
	M55 100m Hurdles	17/03/2024	10:40am
Jenn Parker	W40-79 Outdoor Pentathlon	09/03/2024	10:30am
	W40-84 High Jump	09/03/2024	1:00pm
	W55-84 Throws Pentathlon	09/03/2024	1:30pm
	W35-59 Discus	16/03/2024	9:30am
	W50-59 200m	16/03/2024	10:25am
	W40-84 Triple Jump	16/03/2024	10:40am
	W50-59 300m Hurdles	16/03/2024	1:10pm
	W40-59 60m	16/03/2024	1:35pm
	W35-84 Weight	16/03/2024	1:45pm
	W35-84 Hammer	17/03/2024	8:20am
	W50-74 400m	17/03/2024	9:15am
	W40-84 Long Jump	17/03/2024	9:30am
	W55-69 80m Hurdles	17/03/2024	10:50am
	W35-59 100m	17/03/2024	12:05pm
	W55 Shot	17/03/2024	12:10pm
Kirsty Peddie	W30-44 400m	17/03/2024	9:20am
	W35-59 100m	17/03/2024	12:05pm
Silke Peglow	W55 10000m	29/02/2024	7:45pm
	W30-74 5000m	09/03/2024	7:30am
	W45-84 2000m Steeplechase	14/03/2024	7:15pm
Jo Peters	M50-94 Throws Pentathlon	09/03/2024	12:30pm

	M50-94 Weight	16/03/2024	8:00am
	M65-94 Javelin	16/03/2024	9:30am
	M65-94 Discus	16/03/2024	11:30am
	M70-94 Shot	17/03/2024	8:25am
	M50-94 Hammer	17/03/2024	11:10am
Terry Price			
	M30-44 800m	16/03/2024	10:05am
	M30-39 200m	16/03/2024	10:55am
	M30-49 60m	16/03/2024	1:55pm
	M30-59 1500m	17/03/2024	8:40am
	M30-39 400m	17/03/2024	9:55am
	M30-39 100m	17/03/2024	12:30pm
Alysse Priddis			
	W30-44 200m	16/03/2024	10:30am
	W30-44 400m	17/03/2024	9:20am
	W35-59 100m	17/03/2024	12:05pm
Uwe Pufke			
	M55-64 800m	16/03/2024	9:45am
	M55 400m	17/03/2024	9:45am
Giovanni Puglisi			
	M60-89 10000m	29/02/2024	7:45pm
	M70-89 5000m	09/03/2024	8:15am
	M60-89 2000m Steeplechase	14/03/2024	7:45pm
	M65-74 800m	16/03/2024	9:35am
	M70-79 300m Hurdles	16/03/2024	1:00pm
	M60-74 1500m	17/03/2024	8:20am
Keith Redpath			
	M70-89 5000m	09/03/2024	8:15am
	M65-74 800m	16/03/2024	9:35am
	M65-74 200m	16/03/2024	10:35am
	M65-74 60m	16/03/2024	1:45pm
	M60-74 1500m	17/03/2024	8:20am
	M70 400m	17/03/2024	9:30am
	M65-74 100m	17/03/2024	12:15pm
Norm Richards			
	M85 Triple Jump	16/03/2024	8:15am
	M75-89 200m	16/03/2024	10:40am
	M75-89 60m	16/03/2024	1:40pm
	M60-89 Long Jump	17/03/2024	10:00am
	M75-89 100m	17/03/2024	12:10pm
Andy Roach			
	M30-59 5000m	09/03/2024	9:45am
	M45-54 800m	16/03/2024	9:55am
	M30-59 1500m	17/03/2024	8:40am
Glenn Rogers			
	M30-59 10000m	29/02/2024	6:45pm
	M30-59 5000m	09/03/2024	9:45am
	M30-59 1500m	17/03/2024	8:40am
	M55 400m	17/03/2024	9:45am
	M50-64 100m	17/03/2024	12:20pm
Ryan Satinover			

	M30-64 Javelin	16/03/2024	10:50am
	M30-59 Long Jump	17/03/2024	11:00am
Margaret Saunders			
	W40-74 800m	16/03/2024	9:15am
	W40-74 1500m	17/03/2024	8:00am
	W50-74 400m	17/03/2024	9:15am
Bob Schickert			
	M60-89 10000m	29/02/2024	7:45pm
	M70-89 5000m	09/03/2024	8:15am
	M60-89 2000m Steeplechase	14/03/2024	7:45pm
	M75-89 800m	16/03/2024	9:25am
	M75-89 200m	16/03/2024	10:40am
	M75-89 1500m	17/03/2024	8:00am
	M75-89 100m	17/03/2024	12:10pm
Lynne Schickert			
	W40-84 High Jump	09/03/2024	1:00pm
	W45-84 2000m Steeplechase	14/03/2024	7:15pm
	W45-84 5000m Race Walk	16/03/2024	8:00am
	W40-84 Triple Jump	16/03/2024	10:40am
	W45-84 1500m Race Walk	16/03/2024	11:15am
	W40-84 Long Jump	17/03/2024	9:30am
	W45-84 3000m Race Walk	17/03/2024	11:10am
Brad Schirmer			
	M40-79 Outdoor Pentathlon	09/03/2024	9:15am
	M30-79 High Jump	09/03/2024	2:00pm
Paul Scott			
	M60-89 10000m	29/02/2024	7:45pm
	M60-69 5000m	09/03/2024	9:00am
Claudia Seke			
	W55 10000m	29/02/2024	7:45pm
Stan Selby			
	M65-94 Javelin	16/03/2024	9:30am
Lori Sexton			
	W30-74 5000m	09/03/2024	7:30am
	W40-74 1500m	17/03/2024	8:00am
Michelle Shuck			
	W40-74 1500m	17/03/2024	8:00am
Sandra Siviour			
	W35-59 Javelin	16/03/2024	8:15am
	W35-59 Discus	16/03/2024	9:30am
	W35-54 Shot	17/03/2024	11:10am
Fred Smart			
	M60-89 10000m	29/02/2024	7:45pm
	M70-89 5000m	09/03/2024	8:15am
Colin Smith			
	M55-64 800m	16/03/2024	9:45am
	M50-64 60m	16/03/2024	1:50pm
	M60-74 1500m	17/03/2024	8:20am
Daniel Smith			
	M40-49 200m	16/03/2024	10:50am
Janet Smith			

	W40-79 Outdoor Pentathlon	09/03/2024	10:30am
	W40-84 High Jump	09/03/2024	1:00pm
	W30-44 200m	16/03/2024	10:30am
	W40-84 Triple Jump	16/03/2024	10:40am
	W40 400m Hurdles	16/03/2024	12:45pm
	W40-59 60m	16/03/2024	1:35pm
	W30-44 400m	17/03/2024	9:20am
	W40-84 Long Jump	17/03/2024	9:30am
	W35-59 100m	17/03/2024	12:05pm
Lizelle Smith			
	W30-74 5000m	09/03/2024	7:30am
	W40-74 1500m	17/03/2024	8:00am
Morland Smith			
	M60-89 10000m	29/02/2024	7:45pm
	M70-89 5000m	09/03/2024	8:15am
	M60-89 2000m Steeplechase	14/03/2024	7:45pm
	M75-89 800m	16/03/2024	9:25am
	M75-89 200m	16/03/2024	10:40am
	M75-89 1500m	17/03/2024	8:00am
	M75-89 400m	17/03/2024	9:25am
Phil Smyth			
	M30-79 High Jump	09/03/2024	2:00pm
	M65-94 Javelin	16/03/2024	9:30am
	M75 Triple Jump	16/03/2024	10:40am
	M65-94 Discus	16/03/2024	11:30am
	M60-89 Long Jump	17/03/2024	10:00am
	M50-94 Hammer	17/03/2024	11:10am
	M75-89 100m	17/03/2024	12:10pm
Louise Soia			
	W40-74 800m	16/03/2024	9:15am
	W30-44 400m	17/03/2024	9:20am
Alan Stabler			
	M30-59 10000m	29/02/2024	6:45pm
	M30-59 5000m	09/03/2024	9:45am
Johan Stassen			
	M30-44 400m Hurdles	16/03/2024	12:25pm
	M30-49 60m	16/03/2024	1:55pm
	M30-39 400m	17/03/2024	9:55am
Lee Stergiou			
	M50 200m	16/03/2024	10:45am
	M50-64 60m	16/03/2024	1:50pm
	M50-64 100m	17/03/2024	12:20pm
Elizabeth Szczepanska			
	W60-84 Discus	16/03/2024	8:15am
	W35-84 Weight	16/03/2024	1:45pm
	W35-84 Hammer	17/03/2024	8:20am
	W60-84 Shot	17/03/2024	10:20am
	W60-84 Javelin	17/03/2024	11:20am
Kim Thomas			
	M30-59 10000m	29/02/2024	6:45pm
	M30-59 5000m	09/03/2024	9:45am

Isolde Tietz	W70 10000m	29/02/2024	7:45pm
Campbell Till	M65-74 800m	16/03/2024	9:35am
	M65 400m	17/03/2024	9:35am
Tyne Timmers	M40-79 Outdoor Pentathlon	09/03/2024	9:15am
	M30-44 800m	16/03/2024	10:05am
	M30-64 Javelin	16/03/2024	10:50am
	M30-44 400m Hurdles	16/03/2024	12:25pm
	M30-64 Discus	16/03/2024	12:45pm
	M30-59 1500m	17/03/2024	8:40am
Blakeney Tindall	M60-69 5000m	09/03/2024	9:00am
Mel Tipene	W35-59 Javelin	16/03/2024	8:15am
Karyn Tolardo	W45-84 5000m Race Walk	16/03/2024	8:00am
	W45-84 1500m Race Walk	16/03/2024	11:15am
	W45-84 3000m Race Walk	17/03/2024	11:10am
Steve Travell	M45-84 5000m Race Walk	16/03/2024	8:00am
	M30-84 1500m Race Walk	16/03/2024	11:55am
	M30-84 3000m Race Walk	17/03/2024	11:10am
Ben Trowbridge	M30-59 10000m	29/02/2024	6:45pm
	M30-59 5000m	09/03/2024	9:45am
	M30-59 3000m Steeplechase	14/03/2024	6:45pm
	M30-59 1500m	17/03/2024	8:40am
Fiona Van Heerwaarden	W30-74 5000m	09/03/2024	7:30am
	W45-84 2000m Steeplechase	14/03/2024	7:15pm
	W45-84 5000m Race Walk	16/03/2024	8:00am
	W45-84 1500m Race Walk	16/03/2024	11:15am
	W45-84 3000m Race Walk	17/03/2024	11:10am
Xander Van Rijen	M55-64 800m	16/03/2024	9:45am
	M30-59 1500m	17/03/2024	8:40am
Frankie Vargacz	M55-64 800m	16/03/2024	9:45am
	M60 200m	16/03/2024	10:45am
	M60 400m	17/03/2024	9:40am
Lyn Ventris	W45-84 5000m Race Walk	16/03/2024	8:00am
	W45-84 1500m Race Walk	16/03/2024	11:15am
	W45-84 3000m Race Walk	17/03/2024	11:10am
Geoff Vine	M75-89 800m	16/03/2024	9:25am
	M75-89 1500m	17/03/2024	8:00am
	M75-89 400m	17/03/2024	9:25am
Mathew Walker			

	M40-49 200m	16/03/2024	10:50am
	M30-49 60m	16/03/2024	1:55pm
	M40-49 400m	17/03/2024	9:45am
	M40 - 49 100m	17/03/2024	12:25pm
Des Walsh			
	M40-79 Outdoor Pentathlon	09/03/2024	9:15am
	M65-94 Javelin	16/03/2024	9:30am
	M65-74 200m	16/03/2024	10:35am
	M65-94 Discus	16/03/2024	11:30am
	M65-74 60m	16/03/2024	1:45pm
	M65 400m	17/03/2024	9:35am
	M65-74 100m	17/03/2024	12:15pm
Zane Walsh			
	M30-59 10000m	29/02/2024	6:45pm
	M30-59 5000m	09/03/2024	9:45am
Andrew Ward			
	M50-94 Throws Pentathlon	09/03/2024	12:30pm
	M50-94 Weight	16/03/2024	8:00am
	M30-64 Javelin	16/03/2024	10:50am
	M30-64 Discus	16/03/2024	12:45pm
	M30-69 Shot	17/03/2024	9:30am
	M50-94 Hammer	17/03/2024	11:10am
Clare Wardle			
	W45 10000m	29/02/2024	6:45pm
	W30-74 5000m	09/03/2024	7:30am
Janne Wells			
	W55 10000m	29/02/2024	7:45pm
	W30-74 5000m	09/03/2024	7:30am
	W45-84 2000m Steeplechase	14/03/2024	7:15pm
	W45-84 1500m Race Walk	16/03/2024	11:15am
Simon Wheeler			
	M45-54 800m	16/03/2024	9:55am
	M30-59 1500m	17/03/2024	8:40am
Ingrid Wilcock			
	W40-84 Triple Jump	16/03/2024	10:40am
	W40-84 Long Jump	17/03/2024	9:30am
Dave Wilkie			
	M40-79 Outdoor Pentathlon	09/03/2024	9:15am
	M30-79 High Jump	09/03/2024	2:00pm
	M60-89 2000m Steeplechase	14/03/2024	7:45pm
	M30-74 Triple Jump	16/03/2024	8:15am
	M65-94 Javelin	16/03/2024	9:30am
	M65-74 200m	16/03/2024	10:35am
	M65-94 Discus	16/03/2024	11:30am
	M60-69 300m Hurdles	16/03/2024	1:10pm
	M65-74 60m	16/03/2024	1:45pm
	M30-69 Shot	17/03/2024	9:30am
	M65 400m	17/03/2024	9:35am
	M60-89 Long Jump	17/03/2024	10:00am
	M65 100m Hurdles	17/03/2024	10:20am
	M65-74 100m	17/03/2024	12:15pm

Kenneth Wilkins

M30-64 Javelin	16/03/2024	10:50am
M30-64 Discus	16/03/2024	12:45pm
M50-64 60m	16/03/2024	1:50pm
M50-64 100m	17/03/2024	12:20pm

Paul Wilmot

M30-79 High Jump	09/03/2024	2:00pm
M30-74 Triple Jump	16/03/2024	8:15am
M30-64 Javelin	16/03/2024	10:50am
M30-39 200m	16/03/2024	10:55am
M30-84 1500m Race Walk	16/03/2024	11:55am
M30-44 400m Hurdles	16/03/2024	12:25pm
M30-64 Discus	16/03/2024	12:45pm
M30-49 60m	16/03/2024	1:55pm
M30-69 Shot	17/03/2024	9:30am
M30-39 400m	17/03/2024	9:55am
M30 110m Hurdles	17/03/2024	10:20am
M30-59 Long Jump	17/03/2024	11:00am
M30-39 100m	17/03/2024	12:30pm

Barb Wilson

W60-84 Discus	16/03/2024	8:15am
W40-84 Triple Jump	16/03/2024	10:40am
W60-84 60m	16/03/2024	1:30pm
W35-84 Weight	16/03/2024	1:45pm
W40-84 Long Jump	17/03/2024	9:30am
W60-84 Shot	17/03/2024	10:20am
W60-84 Javelin	17/03/2024	11:20am

Greg Wilson

M50-94 Throws Pentathlon	09/03/2024	12:30pm
M30-79 High Jump	09/03/2024	2:00pm
M60-89 2000m Steeplechase	14/03/2024	7:45pm
M65-94 Discus	16/03/2024	11:30am
M70-94 Shot	17/03/2024	8:25am
M50-94 Hammer	17/03/2024	11:10am

Julie Wilson

W30-74 5000m	09/03/2024	7:30am
W45-84 2000m Steeplechase	14/03/2024	7:15pm
W40-74 800m	16/03/2024	9:15am
W40-74 1500m	17/03/2024	8:00am

Gay Wyatt

W40-84 High Jump	09/03/2024	1:00pm
W40-84 Triple Jump	16/03/2024	10:40am
W40-84 Long Jump	17/03/2024	9:30am

Xinhuan Yan

M30-59 5000m	09/03/2024	9:45am
M30-59 3000m Steeplechase	14/03/2024	6:45pm
M30-59 1500m	17/03/2024	8:40am

Sue Zlnay

W30-74 5000m	09/03/2024	7:30am
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