

Brenda Almstrom	W30-74 1500m	29/03/2025	11:15am
	W45-74 800m	30/03/2025	10:35am
Mike Anderson	M55-84 Shot	29/03/2025	9:30am
	M75-89 100m	29/03/2025	12:30pm
	M50-84 Weight	30/03/2025	10:00am
	M55-84 Discus	30/03/2025	11:00am
	M75-89 60m	30/03/2025	11:45am
Scott Andrews	M30-39 100m	29/03/2025	12:55pm
	M30-44 60m	30/03/2025	12:10pm
Gin Ang	M60 100m	29/03/2025	12:40pm
	M60-69 200m	30/03/2025	8:55am
	M60-74 60m	30/03/2025	12:00pm
Lyn Arnott	W30-74 1500m	29/03/2025	11:15am
	W30-84 Long Jump	29/03/2025	11:30am
	W45-74 800m	30/03/2025	10:35am
Jannie Baard	M45-59 400m	29/03/2025	9:40am
	M50-59 100m	29/03/2025	12:45pm
	M50-59 200m	30/03/2025	9:00am
	M45-59 60m	30/03/2025	12:05pm
Delia Baldock	W60-84 100m	29/03/2025	12:15am
	W60-84 200m	30/03/2025	8:30am
	W60-84 60m	30/03/2025	11:30am
Wayne Bariolo	M55-84 Shot	29/03/2025	9:30am
	M50-79 Long Jump	29/03/2025	10:15am
	M30-59 Javelin	29/03/2025	11:00am
	M50-59 100m	29/03/2025	12:45pm
	M55-79 Triple Jump	30/03/2025	8:10am
	M50-59 200m	30/03/2025	9:00am
	M55-84 Discus	30/03/2025	11:00am
	M45-59 60m	30/03/2025	12:05pm
Barbara Blurton	W50-79 400m	29/03/2025	9:15am
	W60-84 100m	29/03/2025	12:15am
	W60-84 200m	30/03/2025	8:30am
	W60-84 60m	30/03/2025	11:30am
Chris Bourn	M45-59 400m	29/03/2025	9:40am
	M30-54 1500m	29/03/2025	11:45am
	M30-49 800m	30/03/2025	10:30am
Jeff Bowen	M55-84 Shot	29/03/2025	9:30am
	M60-84 Javelin	29/03/2025	11:50am
	M50-84 Weight	30/03/2025	10:00am
	M55-84 Discus	30/03/2025	11:00am
	M50-84 Hammer	30/03/2025	12:00am
Carol Bowman	W50-79 400m	29/03/2025	9:15am
	W60-84 100m	29/03/2025	12:15am
	W60-84 200m	30/03/2025	8:30am
	W45-74 800m	30/03/2025	10:35am
Geoff Brayshaw	M55-84 Shot	29/03/2025	9:30am

	M60-84 Javelin	29/03/2025	11:50am
	M55-79 Triple Jump	30/03/2025	8:10am
Greg Bridge	M55-84 Discus	30/03/2025	11:00am
	M60 400m	29/03/2025	9:35am
	M60 100m	29/03/2025	12:40pm
	M60-69 200m	30/03/2025	8:55am
Ivan Brown	M60-74 60m	30/03/2025	12:00pm
	M75-89 400m	29/03/2025	9:25am
	M75-89 100m	29/03/2025	12:30pm
	M80-89 200m	30/03/2025	8:45am
Wayne Byram	M75-89 60m	30/03/2025	11:45am
	M40-54 3000m Steeplechase	27/03/2025	6:50pm
	M50-64 800m	30/03/2025	10:25am
	M50-84 1500m Race Walk	30/03/2025	10:50am
Michael Byrne	M65-74 400m	29/03/2025	9:30am
	M60-74 1500m	29/03/2025	11:30am
	M65-74 100m	29/03/2025	12:35pm
	M70-79 200m	30/03/2025	8:50am
	M65-89 800m	30/03/2025	10:15am
	M60-74 60m	30/03/2025	12:00pm
Brian Callaghan	M60 100m	29/03/2025	12:40pm
	M60-74 60m	30/03/2025	12:00pm
David Carbon	M45-59 400m	29/03/2025	9:40am
	M50-79 Long Jump	29/03/2025	10:15am
	M30-59 Javelin	29/03/2025	11:00am
	M50-59 100m	29/03/2025	12:45pm
	M55-79 Triple Jump	30/03/2025	8:10am
	M50-59 200m	30/03/2025	9:00am
	M45-59 60m	30/03/2025	12:05pm
Terri Carr	W40-79 Hammer	29/03/2025	10:40am
	W60-84 100m	29/03/2025	12:15am
	W55-84 Shot	29/03/2025	12:25pm
	W60-84 200m	30/03/2025	8:30am
	W55-79 Discus	30/03/2025	10:00am
	W60-84 60m	30/03/2025	11:30am
	W40-79 Weight	30/03/2025	12:00pm
Bert Carse	M75-89 1500m	29/03/2025	11:15am

Mercurio Cicchini

M75-89 400m	29/03/2025	9:25am
M50-79 Long Jump	29/03/2025	10:15am
M75-89 1500m	29/03/2025	11:15am
M75-89 100m	29/03/2025	12:30pm
M70-79 200m	30/03/2025	8:50am
M65-89 800m	30/03/2025	10:15am
M75-89 60m	30/03/2025	11:45am

Sue Coate

W40-74 2000m Steeplechase	27/03/2025	7:15pm
W55-84 Javelin	29/03/2025	9:30am
W45-59 80m Hurdles	29/03/2025	10:45am
W30-74 1500m	29/03/2025	11:15am
W30-84 Long Jump	29/03/2025	11:30am
W40-59 100m	29/03/2025	12:20pm
W55-84 Shot	29/03/2025	12:25pm
W45-59 200m	30/03/2025	8:35am
W55-84 Triple Jump	30/03/2025	8:50am
W55-79 Discus	30/03/2025	10:00am
W45-74 800m	30/03/2025	10:35am
W40-59 60m	30/03/2025	11:35am

Tom Collings

M40-54 3000m Steeplechase	27/03/2025	6:50pm
M30-54 1500m	29/03/2025	11:45am
M30-49 800m	30/03/2025	10:30am

Kevin Collins

M50-79 Long Jump	29/03/2025	10:15am
M55-79 Triple Jump	30/03/2025	8:10am
M45-59 60m	30/03/2025	12:05pm

David Colvin

M60-89 2000m Steeplechase	27/03/2025	7:15pm
M60-74 1500m	29/03/2025	11:30am

Jerome Conway-Mortimer

M30-59 Javelin	29/03/2025	11:00am
M30-54 Discus	30/03/2025	8:10am
M30-54 Shot	30/03/2025	11:00am

Stephen Crabbe

M75-89 100m	29/03/2025	12:30pm
M75-89 60m	30/03/2025	11:45am

Joe-Anne

W40-59 100m	29/03/2025	12:20pm
W45-59 200m	30/03/2025	8:35am
W40-59 60m	30/03/2025	11:35am

Ivo Davies

M75-89 400m	29/03/2025	9:25am
M75-89 100m	29/03/2025	12:30pm
M70-79 200m	30/03/2025	8:50am
M75-89 60m	30/03/2025	11:45am

Sharon Davis

W30-54 Discus	30/03/2025	8:55am
W30-54 Shot	30/03/2025	10:00am

Andrew Davison			
	M60-74 1500m	29/03/2025	11:30am
Mark Dawson			
	M60 400m	29/03/2025	9:35am
	M60-74 1500m	29/03/2025	11:30am
	M60 100m	29/03/2025	12:40pm
	M60-69 200m	30/03/2025	8:55am
	M50-64 800m	30/03/2025	10:25am
Matthew Dean			
	M30-49 Long Jump	29/03/2025	8:15am
Tammi Doyle			
	W40-74 2000m Steeplechase	27/03/2025	7:15pm
	W30-54 Javelin	29/03/2025	8:15am
	W45-59 80m Hurdles	29/03/2025	10:45am
	W30-84 Long Jump	29/03/2025	11:30am
	W40-59 100m	29/03/2025	12:20pm
	W45-59 200m	30/03/2025	8:35am
	W30-54 Discus	30/03/2025	8:55am
	W30-54 Shot	30/03/2025	10:00am
	W45-74 800m	30/03/2025	10:35am
	W30-54 Triple Jump	30/03/2025	11:00am
Deanna Drabsch			
	W30-54 Javelin	29/03/2025	8:15am
	W30-49 400m	29/03/2025	9:20am
	W30-84 Long Jump	29/03/2025	11:30am
	W30-39 100m	29/03/2025	12:25am
	W30-44 200m	30/03/2025	8:40am
	W30-39 60m	30/03/2025	11:40am
Andrew Duncan			
	M55-84 5000m Race Walk	29/03/2025	8:00am
	M55-84 3000m Race Walk	30/03/2025	9:30am
	M50-84 1500m Race Walk	30/03/2025	10:50am
Glenys Duncan			
	W45-89 5000m Race Walk	29/03/2025	8:00am
	W45-89 3000m Race Walk	30/03/2025	9:30am
	W45-89 1500m Race Walk	30/03/2025	10:50am
Stephen Edwards			
	M30-49 Long Jump	29/03/2025	8:15am
	M30-54 Triple Jump	30/03/2025	10:00am
Kyle Ennis			
	M30-44 400m	29/03/2025	9:45am
	M30-39 100m	29/03/2025	12:55pm
	M30-39 200m	30/03/2025	9:10am
	M30-44 60m	30/03/2025	12:10pm
Anita Etridge			
	W40-59 100m	29/03/2025	12:20pm
	W30-44 200m	30/03/2025	8:40am
	W40-59 60m	30/03/2025	11:35am
Christina Faithfull			
	W55-84 Javelin	29/03/2025	9:30am
	W40-79 Hammer	29/03/2025	10:40am
	W55-84 Shot	29/03/2025	12:25pm
	W55-79 Discus	30/03/2025	10:00am
	W40-79 Weight	30/03/2025	12:00pm

Wendy Farrow	W45-89 5000m Race Walk	29/03/2025	8:00am
	W45-89 3000m Race Walk	30/03/2025	9:30am
	W45-89 1500m Race Walk	30/03/2025	10:50am
John Fettus	M30-54 Discus	30/03/2025	8:10am
	M50-84 Weight	30/03/2025	10:00am
	M30-54 Shot	30/03/2025	11:00am
	M50-84 Hammer	30/03/2025	12:00am
John Fisher	M60-74 1500m	29/03/2025	11:30am
	M65-89 800m	30/03/2025	10:15am
Geoffrey Gee	M55-84 Shot	29/03/2025	9:30am
	M50-84 Weight	30/03/2025	10:00am
Hannah Gethin	W30-54 Javelin	29/03/2025	8:15am
	W30-49 400m	29/03/2025	9:20am
	W30-74 1500m	29/03/2025	11:15am
	W30-84 Long Jump	29/03/2025	11:30am
	W30-39 100m	29/03/2025	12:25am
	W30-44 800m	30/03/2025	10:40am
	W30-39 60m	30/03/2025	11:40am
Ross Goulden	M75-89 400m	29/03/2025	9:25am
	M75-89 1500m	29/03/2025	11:15am
	M80-89 200m	30/03/2025	8:45am
	M65-89 800m	30/03/2025	10:15am
Tom Gravestock	M55-84 Shot	29/03/2025	9:30am
	M60-84 Javelin	29/03/2025	11:50am
	M50-84 Weight	30/03/2025	10:00am
	M55-84 Discus	30/03/2025	11:00am
	M50-84 Hammer	30/03/2025	12:00am
Mike Haederle	M60 400m	29/03/2025	9:35am
	M60-74 1500m	29/03/2025	11:30am
	M60 100m	29/03/2025	12:40pm
Johan Hagedoorn	M55-84 5000m Race Walk	29/03/2025	8:00am
	M55-84 3000m Race Walk	30/03/2025	9:30am
	M50-84 1500m Race Walk	30/03/2025	10:50am
Bev Hamilton	W55-84 Javelin	29/03/2025	9:30am
	W40-79 Hammer	29/03/2025	10:40am
	W55-84 Shot	29/03/2025	12:25pm
	W55-79 Discus	30/03/2025	10:00am
	W40-79 Weight	30/03/2025	12:00pm
Jason Hammond	M30-49 Long Jump	29/03/2025	8:15am
	M40-49 100m	29/03/2025	12:50pm
	M40-49 200m	30/03/2025	9:05am
	M30-54 Triple Jump	30/03/2025	10:00am
	M45-59 60m	30/03/2025	12:05pm
Mark Harper	M40-49 100m	29/03/2025	12:50pm
	M40-49 200m	30/03/2025	9:05am
	M45-59 60m	30/03/2025	12:05pm
Richard Harris	M60-74 1500m	29/03/2025	11:30am

Garry Hastie	M65-89 800m	30/03/2025	10:15am
	M55-84 5000m Race Walk	29/03/2025	8:00am
	M60-84 Javelin	29/03/2025	11:50am
	M55-84 3000m Race Walk	30/03/2025	9:30am
	M50-84 1500m Race Walk	30/03/2025	10:50am
	M55-84 Discus	30/03/2025	11:00am
	M50-84 Hammer	30/03/2025	12:00am
Eric Hayward	M30-59 Javelin	29/03/2025	11:00am
	M50-59 100m	29/03/2025	12:45pm
Steve Helm	M60 400m	29/03/2025	9:35am
	M60-74 1500m	29/03/2025	11:30am
Jacinta Henderson	W30-49 400m	29/03/2025	9:20am
	W30-74 1500m	29/03/2025	11:15am
	W40-59 100m	29/03/2025	12:20pm
	W45-59 200m	30/03/2025	8:35am
	W45-74 800m	30/03/2025	10:35am
	W40-59 60m	30/03/2025	11:35am
Brian Hewitt	M65-74 400m	29/03/2025	9:30am
	M60-74 1500m	29/03/2025	11:30am
	M65-89 800m	30/03/2025	10:15am
Paul Highway	M45-59 400m	29/03/2025	9:40am
David Hille	M30-39 100m	29/03/2025	12:55pm
Michelle Hunter	W30-74 1500m	29/03/2025	11:15am
	W30-44 800m	30/03/2025	10:40am
Paul Jeffery	M50 100m Hurdles	29/03/2025	10:35am
	M30-54 Discus	30/03/2025	8:10am
	M30-54 Shot	30/03/2025	11:00am
Juliana Kelly	W60-84 100m	29/03/2025	12:15am
	W60-84 200m	30/03/2025	8:30am
	W60-84 60m	30/03/2025	11:30am
Greg Kennedy	M75-89 400m	29/03/2025	9:25am
	M75-89 100m	29/03/2025	12:30pm
	M70-79 200m	30/03/2025	8:50am
	M75-89 60m	30/03/2025	11:45am
Martin Kennedy	M60-74 1500m	29/03/2025	11:30am
	M65-89 800m	30/03/2025	10:15am

Barrie Kernaghan	M75-89 100m	29/03/2025	12:30pm
	M80-89 200m	30/03/2025	8:45am
	M75-89 60m	30/03/2025	11:45am
Maureen Keshwar	W55-84 Javelin	29/03/2025	9:30am
	W60-84 100m	29/03/2025	12:15am
	W55-84 Shot	29/03/2025	12:25pm
	W55-79 Discus	30/03/2025	10:00am
	W60-84 60m	30/03/2025	11:30am
Asami Kobayashi	W40-59 100m	29/03/2025	12:20pm
	W40-59 60m	30/03/2025	11:35am
Matthew Konsolis	M30-44 400m	29/03/2025	9:45am
	M30-39 100m	29/03/2025	12:55pm
	M30-39 200m	30/03/2025	9:10am
Michelle Krokosz	W30-54 Javelin	29/03/2025	8:15am
	W40-79 Hammer	29/03/2025	10:40am
	W30-54 Discus	30/03/2025	8:55am
	W30-54 Shot	30/03/2025	10:00am
	W40-79 Weight	30/03/2025	12:00pm
Dominic Lagat	M30-49 Long Jump	29/03/2025	8:15am
	M30-44 400m	29/03/2025	9:45am
	M30-59 Javelin	29/03/2025	11:00am
	M40-49 200m	30/03/2025	9:05am
	M30-49 800m	30/03/2025	10:30am
Naomi Lagat	W30-54 Javelin	29/03/2025	8:15am
	W30-49 400m	29/03/2025	9:20am
	W30-44 200m	30/03/2025	8:40am
	W30-54 Discus	30/03/2025	8:55am
	W30-44 800m	30/03/2025	10:40am
Trent Lawler	M50-79 Long Jump	29/03/2025	10:15am
	M50-59 100m	29/03/2025	12:45pm
	M30-54 Triple Jump	30/03/2025	10:00am
	M45-59 60m	30/03/2025	12:05pm
Tom Lenane	M55-84 5000m Race Walk	29/03/2025	8:00am
	M55-84 3000m Race Walk	30/03/2025	9:30am
	M50-84 1500m Race Walk	30/03/2025	10:50am
Lisa Limonas	W55-84 Javelin	29/03/2025	9:30am
	W30-84 Long Jump	29/03/2025	11:30am
	W55-84 Shot	29/03/2025	12:25pm
	W55-84 Triple Jump	30/03/2025	8:50am
Michelle Link	W55-84 Javelin	29/03/2025	9:30am
	W40-79 Hammer	29/03/2025	10:40am
	W55-84 Shot	29/03/2025	12:25pm
	W55-79 Discus	30/03/2025	10:00am
	W40-79 Weight	30/03/2025	12:00pm

Nat Lockyer	W30-54 Javelin	29/03/2025	8:15am
	W45-59 80m Hurdles	29/03/2025	10:45am
	W40-59 100m	29/03/2025	12:20pm
	W45-59 200m	30/03/2025	8:35am
	W30-54 Discus	30/03/2025	8:55am
	W30-54 Shot	30/03/2025	10:00am
	W45-74 800m	30/03/2025	10:35am
	W30-54 Triple Jump	30/03/2025	11:00am
	W40-59 60m	30/03/2025	11:35am
Tim Loh	M30-39 100m	29/03/2025	12:55pm
	M30-44 60m	30/03/2025	12:10pm
Malachi MacKay	M30-49 Long Jump	29/03/2025	8:15am
	M30-44 400m	29/03/2025	9:45am
	M40 110m Hurdles	29/03/2025	10:15am
	M30-59 Javelin	29/03/2025	11:00am
	M30-54 1500m	29/03/2025	11:45am
	M40-49 100m	29/03/2025	12:50pm
	M30-54 Discus	30/03/2025	8:10am
	M30-54 Shot	30/03/2025	11:00am
Peggy Macliver	W45-89 5000m Race Walk	29/03/2025	8:00am
	W45-89 3000m Race Walk	30/03/2025	9:30am
	W45-89 1500m Race Walk	30/03/2025	10:50am
Jacques Maniacara	M60 400m	29/03/2025	9:35am
	M50-79 Long Jump	29/03/2025	10:15am
	M60 100m	29/03/2025	12:40pm
	M60-69 200m	30/03/2025	8:55am
Catherine Manners	W30-49 400m	29/03/2025	9:20am
	W40-59 100m	29/03/2025	12:20pm
	W30-44 200m	30/03/2025	8:40am
	W40-59 60m	30/03/2025	11:35am
Simon Martin	M40-49 100m	29/03/2025	12:50pm
	M40-49 200m	30/03/2025	9:05am
	M30-44 60m	30/03/2025	12:10pm
Mark Maslen	M30-54 1500m	29/03/2025	11:45am
	M30-49 800m	30/03/2025	10:30am
Pat Maslen	M60-74 1500m	29/03/2025	11:30am
Rachael McCree	W30-54 Javelin	29/03/2025	8:15am
	W30-84 Long Jump	29/03/2025	11:30am
	W30-39 100m	29/03/2025	12:25am
	W30-54 Discus	30/03/2025	8:55am
	W30-54 Shot	30/03/2025	10:00am
	W30-54 Triple Jump	30/03/2025	11:00am
	W30-39 60m	30/03/2025	11:40am

John McDonagh	M55-84 5000m Race Walk	29/03/2025	8:00am
	M55-84 3000m Race Walk	30/03/2025	9:30am
	M65-89 800m	30/03/2025	10:15am
	M50-84 1500m Race Walk	30/03/2025	10:50am
Simon McGarvie	M60-74 1500m	29/03/2025	11:30am
	M50-64 800m	30/03/2025	10:25am
Hayden McGregor	M30-49 Long Jump	29/03/2025	8:15am
	M30-39 200m	30/03/2025	9:10am
	M30-54 Triple Jump	30/03/2025	10:00am
	M30-49 800m	30/03/2025	10:30am
	M30-44 60m	30/03/2025	12:10pm
Adrian McKenzie	M50-59 100m	29/03/2025	12:45pm
	M45-59 60m	30/03/2025	12:05pm
Jacqui McQueen	W40-74 2000m Steeplechase	27/03/2025	7:15pm
Harold Membrey	M65-74 100m	29/03/2025	12:35pm
	M70-79 200m	30/03/2025	8:50am
	M50-84 Weight	30/03/2025	10:00am
	M50-84 1500m Race Walk	30/03/2025	10:50am
	M60-74 60m	30/03/2025	12:00pm
	M50-84 Hammer	30/03/2025	12:00am
Carmel Meyer	W55-84 Javelin	29/03/2025	9:30am
Brian Miller	M50-84 Weight	30/03/2025	10:00am
	M55-84 Discus	30/03/2025	11:00am
	M50-84 Hammer	30/03/2025	12:00am
Ashley Moore	M40-49 100m	29/03/2025	12:50pm
JP Moutia	M60-69 100m Hurdles	29/03/2025	10:25am
Victor Munoz	M55-84 5000m Race Walk	29/03/2025	8:00am
	M55-84 3000m Race Walk	30/03/2025	9:30am
	M50-84 1500m Race Walk	30/03/2025	10:50am
Nkosi Ndlovu	M30-49 Long Jump	29/03/2025	8:15am
	M40 110m Hurdles	29/03/2025	10:15am
	M40-49 100m	29/03/2025	12:50pm
	M40-49 200m	30/03/2025	9:05am
	M30-54 Triple Jump	30/03/2025	10:00am
	M30-44 60m	30/03/2025	12:10pm
Bonny Ndungu	M30-49 Long Jump	29/03/2025	8:15am
	M30-39 100m	29/03/2025	12:55pm
	M30-39 200m	30/03/2025	9:10am
	M30-44 60m	30/03/2025	12:10pm

Alex Newman	M50-59 100m	29/03/2025	12:45pm
	M30-54 Discus	30/03/2025	8:10am
	M50-59 200m	30/03/2025	9:00am
	M30-54 Shot	30/03/2025	11:00am
	M45-59 60m	30/03/2025	12:05pm
Amanda O'Shaughnessy	W30-49 400m	29/03/2025	9:20am
	W30-74 1500m	29/03/2025	11:15am
	W30-44 800m	30/03/2025	10:40am
Chris Owen	M45-59 400m	29/03/2025	9:40am
	M30-54 1500m	29/03/2025	11:45am
	M40-49 100m	29/03/2025	12:50pm
Brenda Painter	W55-84 Javelin	29/03/2025	9:30am
	W30-84 Long Jump	29/03/2025	11:30am
	W60-84 100m	29/03/2025	12:15am
	W55-84 Shot	29/03/2025	12:25pm
	W60-84 200m	30/03/2025	8:30am
	W55-84 Triple Jump	30/03/2025	8:50am
	W60-84 60m	30/03/2025	11:30am
Jennifer Parker	W50-79 400m	29/03/2025	9:15am
	W40-79 Hammer	29/03/2025	10:40am
	W45-59 80m Hurdles	29/03/2025	10:45am
	W30-84 Long Jump	29/03/2025	11:30am
	W40-59 100m	29/03/2025	12:20pm
	W55-84 Shot	29/03/2025	12:25pm
	W45-59 200m	30/03/2025	8:35am
	W55-84 Triple Jump	30/03/2025	8:50am
	W55-79 Discus	30/03/2025	10:00am
	W40-59 60m	30/03/2025	11:35am
	W40-79 Weight	30/03/2025	12:00pm
Stephen Parker	M30-49 Long Jump	29/03/2025	8:15am
	M30-39 100m	29/03/2025	12:55pm
	M30-54 Discus	30/03/2025	8:10am
	M30-39 200m	30/03/2025	9:10am
	M30-54 Triple Jump	30/03/2025	10:00am
	M30-54 Shot	30/03/2025	11:00am
	M30-44 60m	30/03/2025	12:10pm
Balinga Pasco	M30-54 1500m	29/03/2025	11:45am
	M30-49 800m	30/03/2025	10:30am
Jo Peters	M55-84 Shot	29/03/2025	9:30am
	M60-84 Javelin	29/03/2025	11:50am
	M50-84 Weight	30/03/2025	10:00am
	M55-84 Discus	30/03/2025	11:00am
	M50-84 Hammer	30/03/2025	12:00am
Garry Ralston	M65-74 400m	29/03/2025	9:30am
	M50-79 Long Jump	29/03/2025	10:15am
	M65-74 100m	29/03/2025	12:35pm
	M60-74 60m	30/03/2025	12:00pm

Keith Redpath	M65-74 100m	29/03/2025	12:35pm
	M70-79 200m	30/03/2025	8:50am
	M60-74 60m	30/03/2025	12:00pm
Norman Richards	M75-89 100m	29/03/2025	12:30pm
	M80-89 200m	30/03/2025	8:45am
	M75-89 60m	30/03/2025	11:45am
Andy Roach	M30-54 1500m	29/03/2025	11:45am
	M50-64 800m	30/03/2025	10:25am
Darren Robertson	M30-54 1500m	29/03/2025	11:45am
	M30-49 800m	30/03/2025	10:30am
Glenn Rogers	M60 400m	29/03/2025	9:35am
	M60-74 1500m	29/03/2025	11:30am
	M60 100m	29/03/2025	12:40pm
Marcela Ruiz Valdes	W45-89 5000m Race Walk	29/03/2025	8:00am
	W45-89 3000m Race Walk	30/03/2025	9:30am
	W45-89 1500m Race Walk	30/03/2025	10:50am
Judy Saunders	W45-89 3000m Race Walk	30/03/2025	9:30am
Margaret Saunders	W50-79 400m	29/03/2025	9:15am
	W30-74 1500m	29/03/2025	11:15am
	W45-74 800m	30/03/2025	10:35am
Brad Schirmer	M55-84 Shot	29/03/2025	9:30am
	M50-79 Long Jump	29/03/2025	10:15am
	M30-59 Javelin	29/03/2025	11:00am
	M50-59 100m	29/03/2025	12:45pm
	M55-84 Discus	30/03/2025	11:00am
Sandra Siviour	W40-74 2000m Steeplechase	27/03/2025	7:15pm
	W30-54 Javelin	29/03/2025	8:15am
	W50-79 400m	29/03/2025	9:15am
	W30-74 1500m	29/03/2025	11:15am
	W30-54 Discus	30/03/2025	8:55am
	W30-54 Shot	30/03/2025	10:00am
Colin Smith	M60-74 1500m	29/03/2025	11:30am
	M50-64 800m	30/03/2025	10:25am
Georgie Smith	W30-74 1500m	29/03/2025	11:15am
	W30-44 800m	30/03/2025	10:40am
Morland Smith	M60-89 2000m Steeplechase	27/03/2025	7:15pm
	M75-89 400m	29/03/2025	9:25am
	M75-89 1500m	29/03/2025	11:15am
	M80-89 200m	30/03/2025	8:45am
	M65-89 800m	30/03/2025	10:15am
Phil Smyth	M50-79 Long Jump	29/03/2025	10:15am
	M60-84 Javelin	29/03/2025	11:50am
	M50-84 Hammer	30/03/2025	12:00am

Louise Soia			
	W30-49 400m	29/03/2025	9:20am
Lee Stergiou			
	M45-59 400m	29/03/2025	9:40am
	M50-59 200m	30/03/2025	9:00am
Elizabeth Szczepanska			
	W55-84 Javelin	29/03/2025	9:30am
	W40-79 Hammer	29/03/2025	10:40am
	W55-84 Shot	29/03/2025	12:25pm
	W55-79 Discus	30/03/2025	10:00am
	W40-79 Weight	30/03/2025	12:00pm
Jacqui Taleb-Bendiab			
	W60-84 100m	29/03/2025	12:15am
	W60-84 200m	30/03/2025	8:30am
	W60-84 60m	30/03/2025	11:30am
Kim Taylor			
	M50-59 100m	29/03/2025	12:45pm
	M45-59 60m	30/03/2025	12:05pm
Campbell Till			
	M65-74 400m	29/03/2025	9:30am
	M60-84 Javelin	29/03/2025	11:50am
	M65-89 800m	30/03/2025	10:15am
Tyne Timmers			
	M30-49 Long Jump	29/03/2025	8:15am
	M30-44 400m	29/03/2025	9:45am
	M30-59 Javelin	29/03/2025	11:00am
	M30-54 1500m	29/03/2025	11:45am
	M30-54 Discus	30/03/2025	8:10am
	M40-49 200m	30/03/2025	9:05am
	M30-49 800m	30/03/2025	10:30am
	M30-54 Shot	30/03/2025	11:00am
Karyn Tolardo			
	W45-89 5000m Race Walk	29/03/2025	8:00am
	W45-89 3000m Race Walk	30/03/2025	9:30am
	W45-89 1500m Race Walk	30/03/2025	10:50am
Jenna Triplett			
	W30-84 Long Jump	29/03/2025	11:30am
	W30-39 100m	29/03/2025	12:25am
	W30-44 200m	30/03/2025	8:40am
	W30-39 60m	30/03/2025	11:40am
Charmaine Tuia			
	W30-39 100m	29/03/2025	12:25am
	W30-44 200m	30/03/2025	8:40am
	W30-54 Discus	30/03/2025	8:55am
	W30-54 Shot	30/03/2025	10:00am
	W30-39 60m	30/03/2025	11:40am
Brooke Turner			
	W30-84 Long Jump	29/03/2025	11:30am
	W30-39 100m	29/03/2025	12:25am
	W30-44 200m	30/03/2025	8:40am
	W30-54 Shot	30/03/2025	10:00am
	W30-54 Triple Jump	30/03/2025	11:00am
	W30-39 60m	30/03/2025	11:40am
Fiona van Heerwaarden			
	W40-74 2000m Steeplechase	27/03/2025	7:15pm
	W45-89 5000m Race Walk	29/03/2025	8:00am
	W45-89 3000m Race Walk	30/03/2025	9:30am
	W45-89 1500m Race Walk	30/03/2025	10:50am

Xander van Rijen	M50-64 800m	30/03/2025	10:25am
Frankie Vargacz	M60 400m	29/03/2025	9:35am
	M60 100m	29/03/2025	12:40pm
	M60-69 200m	30/03/2025	8:55am
	M50-64 800m	30/03/2025	10:25am
Hans Venter	M55-84 Shot	29/03/2025	9:30am
Mathew Walker	M30-44 400m	29/03/2025	9:45am
	M40-49 100m	29/03/2025	12:50pm
	M40-49 200m	30/03/2025	9:05am
	M30-44 60m	30/03/2025	12:10pm
Desmond Walsh	M65-74 400m	29/03/2025	9:30am
	M65-74 100m	29/03/2025	12:35pm
	M70-79 200m	30/03/2025	8:50am
	M60-74 60m	30/03/2025	12:00pm
Andrew Ward	M55-84 Shot	29/03/2025	9:30am
	M60-84 Javelin	29/03/2025	11:50am
	M50-84 Weight	30/03/2025	10:00am
	M55-84 Discus	30/03/2025	11:00am
	M50-84 Hammer	30/03/2025	12:00am
Darryl Werth	M30-49 Long Jump	29/03/2025	8:15am
	M30-59 Javelin	29/03/2025	11:00am
	M30-54 Discus	30/03/2025	8:10am
	M30-54 Shot	30/03/2025	11:00am
Dave Wilkie	M60-89 2000m Steeplechase	27/03/2025	7:15pm
	M65-74 400m	29/03/2025	9:30am
	M55-84 Shot	29/03/2025	9:30am
	M50-79 Long Jump	29/03/2025	10:15am
	M60-69 100m Hurdles	29/03/2025	10:25am
	M60-84 Javelin	29/03/2025	11:50am
	M65-74 100m	29/03/2025	12:35pm
	M55-79 Triple Jump	30/03/2025	8:10am
	M60-69 200m	30/03/2025	8:55am
	M55-84 Discus	30/03/2025	11:00am
	M60-74 60m	30/03/2025	12:00pm
Ken Wilkins	M60-84 Javelin	29/03/2025	11:50am
	M60 100m	29/03/2025	12:40pm
	M55-84 Discus	30/03/2025	11:00am
	M60-74 60m	30/03/2025	12:00pm
Paul Wilmot	M30-49 Long Jump	29/03/2025	8:15am
	M30-44 400m	29/03/2025	9:45am
	M30 110m Hurdles	29/03/2025	10:15am
	M30-59 Javelin	29/03/2025	11:00am
	M30-54 1500m	29/03/2025	11:45am
	M30-39 100m	29/03/2025	12:55pm
	M30-54 Discus	30/03/2025	8:10am
	M30-39 200m	30/03/2025	9:10am
	M30-54 Triple Jump	30/03/2025	10:00am
	M30-49 800m	30/03/2025	10:30am
	M30-54 Shot	30/03/2025	11:00am
	M30-44 60m	30/03/2025	12:10pm

Barbara Wilson

W55-84 Javelin	29/03/2025	9:30am
W30-84 Long Jump	29/03/2025	11:30am
W55-84 Shot	29/03/2025	12:25pm
W55-84 Triple Jump	30/03/2025	8:50am
W55-79 Discus	30/03/2025	10:00am
W60-84 60m	30/03/2025	11:30am
W40-79 Weight	30/03/2025	12:00pm

Greg Wilson

M55-84 Shot	29/03/2025	9:30am
M60-84 Javelin	29/03/2025	11:50am
M50-84 Weight	30/03/2025	10:00am
M55-84 Discus	30/03/2025	11:00am
M50-84 Hammer	30/03/2025	12:00am

Julie Wilson

W40-74 2000m Steeplechase	27/03/2025	7:15pm
W45-89 5000m Race Walk	29/03/2025	8:00am
W30-74 1500m	29/03/2025	11:15am
W45-89 3000m Race Walk	30/03/2025	9:30am
W45-74 800m	30/03/2025	10:35am
W45-89 1500m Race Walk	30/03/2025	10:50am

Gay Wyatt

W30-84 Long Jump	29/03/2025	11:30am
W55-84 Triple Jump	30/03/2025	8:50am

Xinhuan Yan

M40-54 3000m Steeplechase	27/03/2025	6:50pm
M30-59 Javelin	29/03/2025	11:00am
M30-54 Shot	30/03/2025	11:00am

Kimberly Young

W30-49 400m	29/03/2025	9:20am
W30 100m Hurdles	29/03/2025	10:35am
W30-44 200m	30/03/2025	8:40am
W30-44 800m	30/03/2025	10:40am
W30-39 60m	30/03/2025	11:40am