

200 meters

heat one

S.O'Donnell	30.32
T.Barton	30.64
W.Thurlow	31.28
T.O'Connell	31.30
M.Grogan	32.93
V.Adams	34.53

heat two

D.Barton	32.44
G.Ryan	34.80
E.christie	34.88
J.Davies	35.43
M.Parker	35.63
M.Ozols	36.80
R.Mar	37.39

heat three

B.Field	39.05
H.Ozols	46.53
D.O'Donnell	47.50
L.Clark	48.30
C.Grogan	51.37
M.Christie	58.03
B.O'Donnell	1:14.19
R.Smith	1:14.19

### 800 Meters

G.Sheargold	2:28.30
W.Thurlow	2:49.03
T.O'Connell	2:49.62
S.O'Donnell	3:11.99
M.Grogan	3:19.12
J.Davies	3:29.94
T.Barton	3:41.29
R.Mar	3:46.53
B.Field	3:56.40
M.Parker	4:01.30
D.O'Donnell	4:14.80
M.Christie	4:28.59
L.Clark	5:24.80
C.Grogan	5:28.84

### 3000 Meters

G.Sheargold	10:33.98
L.Grant	12:36.39
W.Thurlow	13:31.10
S.O'Donnell	14:57.12
A.Free	15:03.44
G.Sargent	15:50.00
M.Grogan	16:20.38
M.Christie	17:25.81
J.Davis	17:44.29
M.Parker	18:58.88

### Mens Long Jump

R.Singh	2.55
G.Ryan	3.84
S.O'Donnell	4.15
D.O'Donnell	2.15
B.O'Donnell	1.35
W.Thurlow	3.74
T.Barton	3.86
D.Barton	3.82

### mens Triple Jump

R.Singh	6.03
G.Ryan	7.25
S.O'Donnell	8.53
W.Thurlow	8.81
T.Barton	9.20
D.Barton	8.17
D.O'Donnell	3.60

### Ladies Long Jump

T.O'Connell	4.08
J.Davis	3.39

M.Ozols	3.16
H.Ozols	1.90
L.Smith	2.34
E.Watkins	3.33
N.Ozols	2.20

#### ladies Triple Jump

T.O'Connell	8.59
J.Davis	7.43
M.Ozols	5.69
H.Ozols	4.87
R.Smith	7.97

#### Ladies Discus

T.O'Connell	16.50
J.Davis	15.97
C.Grogan	4.19
M.Ozols	12.65
H.Ozols	12.35
L.Clark	12.08
R.Smith	19.73
L.Grant	15.80
E.Watkins	13.39

#### Mens Shot

R.Singh	7.56
R.Mar	4.56
M.Parker	7.26
G.Ryan	6.11
S.O'Donnell	6.83
W.Thurlow	6.96
M.Grogan	7.27
D.Barton	9.94
T.Barton	6.38
M.Evans	6.36