

20.35	1500m	M35	
1	Calvin Scoltock	B&R	04:35.7
2	Mike Morley	BIR	04:38.2
3	Andy Peach	WOR	04:39.2
GST	Phil Bullock	WOR	04:43.8
4	Paul Murtagh	SPK	04:55.4
5	Jon Hill	HAL	05:28.1

20.35	1500m	M40	
1	Windell Simpson	BIR	04:40.0
2	Warren Miles	WOR	04:46.2
3	Russell Rawlings	B&R	04:53.1
4	Patrick Finnegan	SPK	05:03.3
5	Richard Guest	HAL	05:20.3
6	Peter Lymer	DBR	06:01.9
GST	Martyn Cole	WOR	05:28.1
GST	Rob Mole	B&R	07:22.7

20.55	1500m	M60	
1	Gordon Orme	BIR	05:21.8
2	Mick Monaghan	WOR	05:33.4
3	Phil Wood	DBR	06:13.6
4	Len Quartly	B&R	06:25.6

19.35	Shot	M60	
1	Ian Bowles	WOR	8.89
2	Mike Jones	B&R	8.77
3	Chris Street	BIR	8.48
4	Roland Day	D&S	8.13
5	Alan Mellett	MMA	6.46
6	Graham Roberts	SPK	5.46

20.05	High Jump	M35	
1	Dave Hanson	SPK	1.60
2	Mike Neylon	B&R	1.55
3	Andrew Priest	MMA	1.40
4	Paul Rogers	BIR	1.35
5	Mike Deakin	HAL	1.20
6	Dave Hope	WOR	1.10

20.10	Javelin	M35	
1	Phil Goddard	WOR	27.07
2	Phil Anderson	B&R	23.05
3	Stuart Towelson	HAL	18.27
4	Bob Groves	BIR	17.13
5	Michael Westwood	SPK	16.58
6	Paul Fearon	MMA	NT

20.45	1500m	W35	
1	Debbie Walters	BIR	04:44.2
2	Sian Evans	SPK	05:35.0
3	Jane Parsons	B&R	05:40.8
4	Sandra Lane	WOR	05:44.4
GST	Manisha Parmer	SPK	06:50.2

20.45	1500m	W40	
1	Jeanette Malin	B&R	05:40.8
2	Liz Blake	SPK	05:48.9
3	Debbie Hodson	WOR	06:41.3
4	Elaine Restorick	D&S	07:28.4
5	Karen Davies	BIR	07:31.2

20.55	1500m	W50	
1	Nancy Hitchmough	D&S	05:30.8
2	Betty O'Gorman	B&R	06:31.1
3	Marg Ehrenberg	SPK	06:38.8
4	Beverley Hicks	WOR	07:06.2
5	Zita McDonald	BIR	07:59.3

19.35	Shot	W50	
1	Rosemary Chrimes	HAL	8.60
2	Lyn Orbell	BIR	7.95
3	Betty O'Gorman	B&R	6.62
4	Elaine Restorick	D&S	5.89
5	Pam Price	WOR	5.41
6	Margaret Ehrenberg	SPK	5.33

20.05	High Jump	M50	
1	Mike Morton	HAL	1.20
2	Phil Goddard	WOR	1.15
3	Clive Brown	B&R	1.10
4	Chris Street	BIR	0.90

20.30	Triple Jump	M35	
1	Dave Hanson	SPK	10.26
2	Paul Rogers	BIR	9.44
3	Roger King	WOR	8.33
4	Clive Brown	B&R	7.43

20.20	Shot	W40	
1	Sian Evans	SPK	6.50
2	Julie Bellfield	HAL	6.18
3	Judy Thomas	BIR	5.53
4	Diedre Elmhurst	WOR	5.37
5	Rita Brownlie	B&R	4.93