

Track and Field Results Thursday 15 August 2024

200m			3000m		
Heat 1			David Adams	M45	11.03.23
Matt Walker	M40	26.10	Imogen Spooner	Vis	13.16.15
Ciarain Hoby	Vis	27.22	Campbell Till	M65	14.04.82
Tony Pfaff	Vis	29.20	Paz Storey	W30	16.18.69
Alex Walker	Vis	31.30	Annette Spooner	Vis	20.31.92
Imogen Spooner	Vis	32.44	Glenys Duncan	W80	27.19.40 (Walk)
Heat 2			5000m		
David Adams	M45	30.90	Tony Pfaff	Vis	18.33.03
Paz Storey	W30	32.36	Andy Roach	M45	23.46.83
Des Walsh	M70	36.18	Paul Every	M60	24.56.06
Jackie Halberg	W75	1.15.27	Liz Clennell	W55	29.34.01
1 Mile			Silke Peglow	W55	30.50.38
Tony Pfaff	Vis	5.33.14	Fiona van Heerwaarden	W45	33.38.91 (Walk)
Ciarain Hoby	Vis	5.48.14			
Andy Roach	M45	6.33.95			
Mateo Van Heerwaarden	Vis	6.57.40			
Paul Every	M60	8.09.56			
Fiona Van Heerwaarden	W45	8.34.88			
Liz Clennell	W55	9.17.91			
60m					
Heat 1					
Matt Walker	M40	7.96			
Ciarain Hoby	Vis	8.01			
Paz Storey	W30	9.19			
David Adams	M45	9.31			
Imogen Spooner	Vis	9.43			
Heat 2					
Des Walsh	M70	10.24			
Mateo Van Heerwaarden	Vis	10.77			
Annette Spooner	Vis	12.22			
Jackie Halberg	W75	20.26			
600m					
Paz Storey	W30	2.11.22			
Mateo Van Heerwaarden	Vis	2.23.05			