

Alice Springs Masters' Games: 9-15 October

TRACK & ROAD RACES

100m

Valetta Boddy	W45	15.0	Silver
Elaine Holmes	W60	20.5	4/7
Rudy Kocis	M45	12.7	Gold
Gordon Medcalf	M80	18.6	Gold

200m

Rudy Kocis	M45	26.7	Gold
Gordon Medcalf	M80	40.7	Gold

400m

Valetta Boddy	W45	79.2	Silver
Ian Stewart	M75	1:39.0	Gold

800m

Roscoe McDonnell	M50	2:29.0	Gold
------------------	-----	--------	------

1500m

Roscoe McDonnell	M50	5:08.6	Gold
Ian Stewart	M75	8:46.0	Gold

3000m

Roscoe McDonnell	M50	11:03.4	Gold
------------------	-----	---------	------

5km Cross Country

Roscoe McDonnell	M50	20:36	Gold
------------------	-----	-------	------

8km Road Race

Roscoe McDonnell	M50	31:30	Gold
------------------	-----	-------	------

Masters' Mile (Road Race)

Elaine Holmes	W60	14:54.35	8 th
Mary Heppell	W70	11:19.55	Gold
Roscoe McDonnell	M50	5:21.68	Gold
Ian Stewart	M75	9:28.68	Gold

5km Road Race Walk

Maggie Flanders	W70	48:28	6 th
-----------------	-----	-------	-----------------

FIELD EVENTS

Long Jump

Valetta Boddy	W45	4.19	Silver
Barbara Brown	W55	2.24	Bronze

Triple Jump

Valetta Boddy	W45	8.12	Silver
---------------	-----	------	--------

High Jump

Valetta Boddy	W45	1.24	Silver
---------------	-----	------	--------

Shot Put

Barbara Brown	W55	7.17	Gold
Elaine Holmes	W60	6.87	Gold
Ian Stewart	M75	6.39	Gold

Discus

Barbara Brown	W55	19.14	Gold
Elaine Holmes	W60	19.66	Gold
Maggie Flanders	W70	10.82	4 th
Noela Medcalf	W75	15.30	Silver
Ian Stewart	M75	19.23	Silver
Gordon Medcalf	M80	14.50	Gold

Javelin

Barbara Brown	W55	19.96	Gold
Elaine Holmes	W60	15.01	Bronze
Maggie Flanders	W70	10.12	4 th

Hammer

Barbara Brown	W55	23.64	Silver
Elaine Holmes	W60	22.20	Silver
Noela Medcalf	W75	16.01	Silver