

3000 Metre Walk

W50 3000 Metre Race Walk

Place	Name	Age	Team	Result	Age-Grading
1	Woodward, Lyn	W54	Qma	20:02.64	17:09.83 67.49%

W60 3000 Metre Race Walk

Place	Name	Age	Team	Result	Age-Grading
1	Lynch, Sally	W63	Qma	19:35.70	15:15.88 75.88%
2	McKinven, Noela	W64	Qma	20:42.24	15:56.16 72.69%

W75 3000 Metre Race Walk

Place	Name	Age	Team	Result	Age-Grading
1	Dauphinet, Christiane	W75	Qma	21:50.76	14:25.37 80.31%

M40 3000 Metre Race Walk

Place	Name	Age	Team	Result	Age-Grading
1	Ludwig, Andrew	M40	Qma	15:00.46	14:13.19 74.01%

M50 3000 Metre Race Walk

Place	Name	Age	Team	Result	Age-Grading
1	Bennett, Peter	M51	Qma	15:26.15	13:22.14 78.72%

M55 3000 Metre Race Walk

Place	Name	Age	Team	Result	Age-Grading
1	Coleman, Bob	M55	Qma	17:48.39	14:53.61 70.66%

M65 3000 Metre Race Walk

Place	Name	Age	Team	Result	Age-Grading
1	Sela, Patrick	M67	Qma	20:13.35	14:58.73 70.26%

M70 3000 Metre Race Walk

Place	Name	Age	Team	Result	Age-Grading
1	Janes, Bert	M74	Qma	19:38.59	13:20.86 78.84%
2	Megas, George	M70	Qma	21:40.07	15:29.55 67.93%

M75 3000 Metre Race Walk

Place	Name	Age	Team	Result	Age-Grading
1	Lynch, Richard	M78	Qma	20:18.50	13:03.01 80.64%

M80 3000 Metre Race Walk

Place	Name	Age	Team	Result	Age-Grading
1	Keatinge, Dick	M82	Qma	22:27.07	13:34.31 77.54%