



October 13 2022

10,000m			Time
Tyne	Timmers	M40	41.19.50
Steve	Weller	M45	39.06.52

5,000m Walk			
Garry	Hastie	M60	32.12.65
Harold	Membrey	M70	39.35.79

High Jump			Height
Jonah	Kenny	U18	1.59
Calum	Membrey	M30	1.25