

Men**100m** w

M40					
1	Brian	Darby	MMAC	11.91	0.8
M55					
1	Andy	Hunter	NVAC	13.03	0.8
M60					
1	Ian	Broadhurst	WMAA	13.26	0.8
M65					
1	Tony	Wells	EVAC	14.36	0.8

200m

M40					
1	Brian	Darby	MMAC	24.17	+0.0
M60					
1	Ian	Broadhurst	WMAA	26.59	+0.0
2	Robert	Woolliams	EVAC	30.33	+0.0
M65					
1	Tony	Wells	EVAC	29.66	+0.0

Mile

M40					
1	Robert	Stewart	MMAC	5:05.18	
M45					
1	Wayne	Rimmer	OPEN	5:12.16	
M50					
1	Geoff	Lowry	MMAC	5:02.60	
2	Russell	Parkin	MMAC	5:03.09	
M55					
1	Stephen	Smith	NVAC	4:55.54	
M60					
1	Kevin	Dillon	NVAC	7:29.42	
M70					
1	Peter	Giles	VAC	5:45.14	

4 x 800m

M35					
1	Bournville	Harriers	OPEN	10:23.39	
(team = ...)					
M50					
1	Great	Britain	OPEN	8:39.74	
(team = ...)					

Women**100m**

W45					
1	Michele	Wakefield	SCVAC	14.23	0.8

200m

W45					
1	Michele	Wakefield	SCVAC	29.59	+0.0
W50					
1	Catkin	Shelley	VAC	31.46	+0.0

400m

W35					
1	Zoe	Doyle	VAC	61.83	
W50					
1	Catkin	Shelley	VAC	71.28	

Mile

W35					
1	Zoe	Doyle	VAC	5:12.52	
W45					
1	Paula	Parkin	MMAC	7:01.97	
W55					
1	Joan	Lasenby	EVAC	6:10.60	
W65					
1	Ros	Tabor	VAC	6:26.60	