RESULTS 13/03/10

LADIES
3000m RUN CHAMPIONSHIPS

W45	1	Glenda Banaghan	10.47.93
W50	1	Marcy Sheer	10.57.50
	2	Anne Ryan	12.14.03
W55	1	Christine Purcell	14.39.54
W60	1	Irene Davey	14.33.98

MEN
3000m RUN CHAMPIONSHIPS

M35	1	Brendan Whelan	9.49.99
M45	1	John Treschman	10.26.38
M50	1	Greg Coulter	11.00.74
	2	Con Dimauro	11.04.84
M55	1	Peter Reeves	9.58.11
	2	Ron Peters	10.16.37
	3	Jason Collie	11.04.95
M60	1	John Sheer	11.34.02
	2	Craig Welch	12.55.96
	3	Erkki Ryhanen	14.12.26
M65	1	Ian Richardson	13.14.11
	2	Elwyn Egan	13.44.40
M70	1	Alan Bradford	12.31.36

3000m WALK CHAMPIONSHIPS

W55	1	Lyn Woodward	20.15.05
W65	1	Sally Lynch	20.00.39
	2	Noela McKinven	22.51.42

3000m WALK CHAMPIONSHIPS

M40	1	Iggy Jimenez	14.15.42
M50	1	Peter Bennett	14.20.31
M70	1	Patrick Sela	19.01.03
M80	1	Russell Grigg	26.27.32
M85	1	Dick Keatinge	24.17.18