RESULTS **QMA 29/03/10 MONDAY S.A.F.**

LADIES

10,000m TRACK WALK CHAMPIONSHIPS

W50	1	Kay Shaw	1:09.22.05
W55	1	Lyn Woodward	1:09.50.68
	2	Robyn Wales	1:21.31.42
W65	1	Noela McKinven	1.19.44.81

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MEN

10,000m TRACK WALK CHAMPIONSHIPS

M45	1	Paul Lindenberg	1:08.38.84
M50	1	Peter Bennett	52.34.64
M80	1	Russell Grigg	1:32.47.16

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10,000m CHAMPIONSHIPS

M35	1	Paul Jackson	35.03.11
M45	1	Gerard Daly	44.19.55
M60	1	Peter James	46.46.24
	2	John Sheer	46.46.27
M65	1	Rod Dominish	49.49.68
M70	1	Colin McLeod	44.55.29
M75	1	Colin Woods	51.56.14

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