

<b>400m</b>		
	W45 (F)	Nancy, 65.32 (2nd)
	W50 (F)	Heather , 70.38 (4th)
	M50 (F)	Mike, 53.46 (3rd)
	M65(F)	Duncan , 75.12 (7th)
<b>800m</b>	W45 (F)	Nancy, 2:35.42 (2nd)
	W50 (F)	Heather, 2:41.42 (4th)
	M50 (F)	Paul, 2:05.52 (2nd)
<b>1500m</b>	M50 (F)	Paul, 4:27.90 (2nd)
<b>5000m</b>	M55	Walter, 21:25.14 (8th)
<b>SC</b>	M60	Shaggy, 11:39.18 (6th)
	M75	Vern, 9:466.96 (1st) <b>CAN record</b>
<b>10000m</b>	M55	Walter, 43:53.10 (4th)
<b>SP</b>	M65	Peter Z, 11.10 (7th) <b>ON record</b>
<b>HJ</b>	M65	Peter Z, 1.40 (3rd) <b>ON record</b>
<b>LJ</b>	M65	Peter Z, 3.94 (6th)