

M 100m		M 200m	
1 Vinnie Davis	SAL 11.0	1 Yuspha Bojang	SAL 21.9
2 David Bowker	HFH 11.9	2 David Bowker	HFH 24.7
M 400m		M 800m	
1 Robert Gascoyne	SAL 53.2	1 Gary Stanton	SAL 2.05.8
2 Robert Spencer	HFH 55.2	2 Alistair Landgron	HFH 2.08.6
M 1500m		M 5000m	
1 Alistair Landgron	HFH 4.26.4	1 David Watson	HFH 15.28.1
2 David Howlett	SAL 4.33.9	2 Gary Stanton	SAL 17.01.4
M 10,000m		M 110mH	
1 David Watson	HFH 31.56.6	1 Peter Monaghan	SAL 15.3
2 George Kirk	SAL 34.15.0	2 Richard Walsh	HFH 17.7
M 400mH		M 3000m SC	
1 Robert Gascoyne	SAL 58.4	1 Arthur Cooke	LDS 10.08.8
2 Robert Spencer	HFH 62.2	2 Mark Dewhirst	HFH 10.18.0
M Discus Throw		M Hammer Throw	
1 Marcus Goldbourne	SAL 49.15	1 Mike Floyd	SAL 68.24
2 Mark Gulliver	LDS 38.23	2 Mark Gulliver	LDS 50.24
3 Tom Jennings	HFH 30.75	3 John McFadzean	HFH 20.50
M High Jump		M Javelin Throw	
1 Dave Etherridge	SAL 1.80	1 Gerrard Plunkitt	SAL 61.14
2 Robert Spencer	HFH 1.40	2 Mark Gulliver	LDS 38.43
		3 Nick Dewhirst	HFH 22.49
M Long Jump		M Pole Vault	
1 Richard Reeder	SAL 6.65	1 Damien Pradier	SAL 3.40
2 David Bowker	HFH 5.08		
M Shot Putt		M Triple Jump	
1 Marcus Goldbourne	SAL 17.13	1 Richard Walsh	HFH 12.32
2 Mark Gulliver	LDS 11.80	2 Richard Reeder	SAL 10.24
3 Tom Jennings	HFH 10.38	3 Mark Gulliver	LDS 9.63
W 100m		W 200m	
1 Margaret Veldman	SAL 12.8	1 Danielle Parkinson	SAL 26.1
2 Adrienne Dewhirst	HFH 23.4	2 Adrienne Dewhirst	HFH 52.9
W 400m		W 800m	
1 Jo Birch	SAL 62.0	1 Elizabeth Spencer	HFH 2.33.6
2 Elizabeth Spencer	HFH 75.8	2 Alison Pye	SAL 2.39.0
W 1500m		W 3000m	
1 Elizabeth Spencer	HFH 5.13.3	1 Adrienne Dewhirst	HFH 14.51.3
W 100mH		W 400mH	
1 Nicola Cahill	SAL 18.8	1 Kath Wellam	SAL 72.9
W Discus Throw		W Hammer Throw	
1 Donna Williams	SAL 36.13	1 Donna Williams	SAL 26.71
2 Adrienne Dewhirst	HFH 11.69	2 Adrienne Dewhirst	HFH 16.88
W High Jump		W Javelin Throw	
1 Nicola Cahill	SAL 1.45	1 Margaret Veldman	SAL 24.77
		2 Elizabeth Spencer	HFH 13.23

