

NMAC Inter-area Challenge Outdoor Team as of 11/07/2024

Women's Team				
Name of athlete to be considered for the NMAC team in no particular order, more the better please. Selection based on times, distance, height from 2024, suffix 'R' indicates willingness to do 4 x 100m relay				
Event	W35	W50	W60	W70
100m	Liz Duke			Caroline Marler
200m	Liz Duke			Caroline Marler
400m	Liz Duke		Julie Hicken	
800m				Dot Kesterton ?
1500m				Dot Kesterton ?
3000m				
2km Walk		Wendy Valentine		
Hurdles				
400m Hurdles				
300m Hurdles		Wendy Valentine		
High Jump		Wendy Valentine		Caroline Marler
Pole Vault				
Long Jump		Wendy Valentine		Caroline Marler
Triple Jump		Wendy Valentine		
Shot		Wendy Valentine	Julie Wilson	Caroline Marler
Discus		Wendy Valentine	Julie Wilson	
Hammer		Wendy Valentine	Julie Wilson	
Javelin		Wendy Valentine	Julie Wilson	
Relay 4x100m	LD	WV	JH	
% Complete				
Athletes				
Total	7	3	3	2

Men's Team				
Name of athlete to be considered for the NMAC team in no particular order, more the better please. Selection based on times, distance, height from 2024, suffix 'R' indicates willingness to do 4 x 100m relay				
Event	M35	M50	M60	M70
100m			Andy Hunter	
200m			Andy Hunter	
400m		Simon Oak	Jed Turner	
800m		Simon Oak	Jed Turner	
1500m		Simon Oak Robert Walsh	Chris Ireland	
3000m		Robert Walsh	Steve Watmough	
2km Walk				
High Hurdles				
400m Hurdles				
300m Hurdles				
High Jump				
Pole Vault				
Long Jump				
Triple Jump				
Shot	Jasyn Savage	John Twiddle Greg Pell		Peter Todd
Discus	Jasyn Savage	Greg Pell John Twiddle		
Hammer	Jasyn Savage	John Twiddle Greg Pell		
Javelin	Wayne Todd Jasyn Savage	Greg Pell		
Relay 4x100m		SO	AH, JT, CI	
% Complete				
Athletes				
Total	6	9	3	2