

ERN CLARKE AC 7/5/09**200m**

Chris Neale	M40	24.2	PBA
Colin Smith	M45	26.0	
Roy Fearnall	M65	27.7	PBA
David Solomon	M40	28.0	

David Carr	M75	32.6	
Jacqui Sanders	W40	33.5	PBA
Gillian Young	W60	36.2	
Melissa Young	W30	36.9	
Shirley Bell	W60	41.4	PBA

Catherine Bresser	Vis	38.3	
Brianna Fallows	Vis	39.1	
Catherine Keane	Vis	40.4	

800m

Kim Thomas	M35	3:17.7	
Dante Giacomini	M40	3:37.9	
Kerriann Bresser	W40	3:41.6	
David Carr	M75	3:42.3	
Graeme Dahl	M55	3:54.0	
Gillian Young	W60	3:59.3	
Peggy Macliver	W65	4:15.0	
Shirley Bell	W60	4:16.2	
Carol Bowman	W50	4:24.1	
Jackie Halberg	W60	4:31.9	
Steve Fuller	M55	4:33.0	
Valerie Millard	W60	5:04.0	
Melissa Young	W30	5:04.5	

100m

Chris Neale	M40	12.2	SB
Mark Howard	M40	12.7	
Colin Smith	M45	12.8	SB
Roy Fearnall	M65	13.8	SB=

Catherine Bresser	Vis	n/t	
Brianna Fallows	Vis	19.0	
Catherine Keane	Vis	19.7	

David Solomon	M40	13.6	
Delia Baldock	W45	15.1	PBA
Jacqui Sanders	W40	16.0	PBA
Michelle Thomas	W30	16.5	PBA
David Carr	M75	16.9	

Melissa Young	W30	17.3	SB
Gillian Young	W60	17.5	SB
Val Millard	W60	20.4	SB
Lynne Schickert	W65	25.1	

600m

Colin Smith	M40	1:43.3	
Roy Fearnall	M65	1:56.2	
Chris Neale	M40	1:56.7	
Kerriann Bresser	W40	2:02.1	
Delia Baldock	W45	2:10.7	
Peggy Macliver	W65	2:23.3	
Carol Bowman	W50	2:27.7	
Maurice Creagh	M60	2:29.9	
Catherine Keane	Vis	3:04.5	
Catherine Bresser	Vis	3:04.5	

3000m

David Solomon	M40	10:56.3	
Kim Thomas	M35	10:57.5	PBA
Paul Hughes	M55	11:13.2	
Frank Smith	M65	12:02.3	PBA
Graeme Dahl	M55	12:44.6	
Trish Farr	W35	12:58.9	PBA
Bob Schickert	M65	13:13.7	
Gillian Young	W60	13:30.3	
Shirley Bell	W60	14:15.9	
Irwin Barrett-Lennard	M80	14:16.8	AR
Maurice Creagh	M60	14:37.1	
Jacqui Sanders	W40	14:46.7	PBA
Steve Fuller	M55	15:13.2	
Jackie Halberg	W60	15:31.4	
David Carr	M75	15:36.6	
Delia Baldock	W45	15:47.8	
Melissa Young	W30	16:48.2	PBA
Michelle Thomas	W30	19:08.5	PBA

3000m walk

Valerie Millard	W60	19:09.6	
Lynne Schickert	W65	21:53.2	
Stan Jones	M80	22:30.9	

ERN CLARKE AC 14/5/09**AR - Pending State record****200m**

Scott Andrews	M35	26.3
Colin Smith	M45	27.0
Campbell Till	M50	28.1
Nick Miletic	M55	33.0

Corey Thomas	M30	29.9
Kim Thomas	M35	30.0
Jacqui Sanders	W40	33.5
Peggy Macliver	W65	35.3
Graeme Dahl	M55	n/t

Toni Phillips	W35	31.8
Melissa Young	W30	37.9
Catherine Bresser	Vis	39.1
Catherine Keane	Vis	42.7
Gillian Young	W60	43.6
Pat Carr	W75	45.8

200m hurdles

Ben Catley	Vis	29.9
Toni Phillips	W35	31.7

2000m

Kim Thomas	M35	7:10.9
Frank Smith	M65	7:47.8
Neil McRae	M55	7:52.3
Corey Thomas	M30	7:53.1
Graeme Dahl	M55	8:04.9
Steve Roby	Vis	8:24.3
Bob Schickert	M65	8:25.9
Gillian Young	W60	8:56.6
Maurice Creagh	M60	8:57.0
Catherine Bresser	Vis	9:28.2
Kerriann Bresser	W40	9:39.1
Nick Miletic	M55	9:42.3
Carol Bowman	W50	9:42.9
Steve Fuller	M55	9:43.7
Jacqui Sanders	W40	9:57.2
Melissa Young	W30	10:49.4

2000m walk

Tanya Hollaway	Vis	11:27.5
Ben Catley	Vis	11:45.6
Valerie Millard	W60	12:18.7
Lynne Schickert	W65	14:22.0
Stan Jones	M80	14:45.7

100m

Scott Andrews	M35	12.9	
Colin Smith	M45	13.6	
Campbell Till	M50	13.9	
Nick Miletic	M55	15.4	SB

Delia Baldock	W45	15.9	
Jacqui Sanders	W40	16.6	
Melissa Young	W30	18.4	
Valerie Millard	W60	20.9	

Brianna Fallows	Vis	18.9	
Catherine Keane	Vis	19.8	
Pat Carr	W75	20.2	SB
Lynne Schickert	W65	25.5	

300m

Colin Smith	M45	42.9	
Campbell Till	M50	43.5	
Scott Andrews	M35	44.6	
Delia Baldock	W45	51.9	
Nick Miletic	M55	62.0	
Carol Bowman	W50	63.3	
Brianna Fallows	Vis	66.2	
Catherine Keane	Vis	69.1	

800m

Campbell Till	M50	2:35.6	
David Carr	M75	2:46.9	
Steve Fuller	M55	3:01.3	
Neil McRae	M55	3:02.9	
Steve Roby	Vis	3:07.5	
Irwin Barrett-Lennard	M80	3:24.5	AR

Colin Smith	M45	2:39.6	
Graeme Dahl	M55	2:52.1	
Bob Schickert	M65	3:09.4	
Delia Baldock	W45	3:20.4	
Maurice Creagh	M60	3:23.2	
Catherine Keane	Vis	3:48.4	
Melissa Young	W30	3:51.1	

Notts County Championships**10 May****400m – M60+**

John Oldfield (silver)	M65	80.96	
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ERN CLARKE AC 21/5/09**100m**

Delia Baldock	W45	15.8	
David Carr	M75	17.6	
Catherine Keane	Vis	19.4	
Pat Carr	W75	20.5	
Valerie Millard	W60	21.7	
Lynne Schickert	W65	24.2	SB

1000m

Colin Smith	M45	3:25.3	
Ross Keane	M45	3:27.4	
Steve Roby	Vis	3:59.8	
David Carr	M75	4:08.9	
Delia Baldock	W45	4:14.6	
Maurice Creagh	M60	4:27.2	
Jackie Halberg	W60	4:36.1	
Valerie Millard	W60	5:22.5	

200m

David Carr	M75	31.9	
Delia Baldock	W45	34.3	
Pat Carr	W75	49.3	

200m hurdles

Ben Catley	Vis	31.9	
Toni Phillips	W35	32.1	

600m

Ross Keane	M45	1:50.7	
Colin Smith	M45	1:54.5	
David Carr	M75	2:17.3	
Delia Baldock	W45	2:24.6	

5000m

Steve Roby	Vis	21:30.5	
Bob Schickert	M65	23:17.2	SB

3000m

Ross Keane	M45	13:13.2	
Maurice Creagh	M60	15:45.3	
Jackie Halberg	W60	16:16.9	

3000m walk

Valerie Millard	W60	19:59.0	
Lynne Schickert	W65	22:08.0	

ERN CLARKE AC 28/5/09**200m**

Dave Wyatt	M55	28.5
Rob Antonioli	M55	30.1
Norm Richards	M70	30.5
Jacqui Sanders	W40	34.0
Melissa Young	W30	38.0
Catherine Keane	Vis	42.4

1500m

Kim Thomas	M35	5:06.2
Ross Keane	M45	5:12.8
Dante Giacomini	M40	5:48.5
Rob Antonioli	M55	5:56.1
Steve Roby	Vis	6:07.5
Steve Fuller	M55	6:36.1
Gillian Young	W60	6:37.7
Maurice Creagh	M60	6:38.5
Mike O'Reilly	M65	6:41.5
Carol Bowman	W50	6:59.9
Shirley Bell	W60	7:08.0
Gay Wyatt	Vis	7:09.0
Cecil Walkley	M80	8:07.9
Melissa Young	W30	8:08.3

60m

Mark Howard	M40	8.1
Dave Wyatt	M55	8.5
Norm Richards	M70	8.7
Rob Antonioli	M55	8.8

Delia Baldock	W45	9.4
Michelle Thomas	W30	10.0
Melissa Young	W30	10.6
Catherine Keane	Vis	11.9

400m

David Solomon	M40	63.0
Rob Antonioli	M55	71.0
Delia Baldock	W45	76.2
Mike O'Reilly	M65	85.4
Carol Bowman	W50	89.4

3000m

Kim Thomas	M35	11:35.4
Ross Keane	M45	12:08.6
Frank Smith	M65	12:12.5
Steve Roby	Vis	12:30.7
Dante Giacomini	M40	12:40.1
Rob Antonioli	M55	13:36.8
Gillian Young	W60	14:09.8
Maurice Creagh	M60	14:18.8
Shirley Bell	W60	14:27.9
Steve Fuller	M55	14:52.5
Jacqui Sanders	W40	15:16.9
Delia Baldock	W45	16:50.3
Melissa Young	W30	17:12.3
Catherine Keane	Vis	19:35.5
Michelle Thomas	W30	19:45.9

3000m walk

Valerie Millard	W60	18:38.9
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ERN CLARKE AC 4/6/09**100m**

Colin Smith	M45	12.8	SB=
Roy Fearnall	M65	13.7	SB
David Solomon	M40	13.8	
Dave Wyatt	M55	13.9	
Nick Miletic	M55	15.6	

David Solomon	M40	14.2	
Lynne Choate	W55	14.5	PBA
Toni Phillips (hurdles)	W35	14.8	
Norm Richards	M70	14.9	
Keith Martin	M65	16.6	
Jacqui Sanders	W40	19.8	

Toni Phillips (hurdles)	W35	15.3	
Jacqui Sanders	W40	16.8	
Sonia Briggs	Vis	17.0	
Melissa Young	W30	17.4	
Brianna Fallows	Vis	19.1	
Pat Carr	W75	20.6	
Lynne Schickert	W65	24.4	

300m

Chris Neale	M40	39.4	
Colin Smith	M45	41.3	
Roy Fearnall	M65	45.2	
David Solomon	M40	46.6	
Irwin Barrett-Lennard	M80	59.1	

Keith Martin	M65	49.1	
David Carr	M75	50.5	
Norm Richards	M70	50.8	
Lynne Choate	W55	54.4	
Bob Lane	M60	56.4	

Peggy Macliver	W65	56.6	
Graeme Dahl	M55	60.4	
Brianna Fallows	Vis	66.9	

4000m

Bert Carse	M65	15:39.4	
Bob Lane	M60	15:40.2	
Frank Smith	M65	16:27.3	
Dante Giacomini	M40	16:38.6	
Steve Roby	Vis	16:43.8	
Graeme Dahl	M55	16:48.1	
Bob Schickert	M65	17:22.7	
Gillian Young	W60	18:25.5	
Barbara Blurton	W60	18:28.1	
Shirley Bell	W60	18:36.5	
Maurice Creagh	M60	18:44.8	
Irwin Barrett-Lennard	M80	19:43.9	

Steve Fuller	M55	20:00.1	
Jackie Halberg	W60	20:28.8	
Lorraine Maclellan	W40	20:47.4	
John Ellard	M65	21:04.6	
Jacqui Sanders	W40	21:29.3	
Gay Wyatt	W55	21:59.9	
Melissa Young	W30	22:41.6	
Michelle Thomas	W30	23:58.0	
Sonia Briggs	Vis	24:20.5	

4000m walk

Valerie Millard	W60	25:25.6	
Lynne Schickert	W65	29:17.0	
Sylvia Byers	W70	31:32.8	

60m

Chris Neale	M40	7.8	SB
Mark Howard	M40	7.8	SB
Ben Catley	Vis	8.3	
Colin Smith	M45	8.3	
Roy Fearnall	M65	8.5	

Dave Wyatt	M55	8.8	
Lynne Choate	W55	8.9	
Norm Richards	M70	9.1	
Delia Baldock	W45	9.6	
Mathew Gooch	Vis	9.7	
Martin Maclellan	Vis	11.6	
Brianna Fallows	Vis	11.7	

Peggy Macliver	W65	10.0	
Jacqui Sanders	W40	10.0	SB
Sonia Briggs	Vis	10.1	
Melissa Young	W30	10.5	SB
Pat Carr	Vis	12.7	

800m

Chris Neale	M40	2:47.7	
Colin Smith	M45	2:48.0	
Matthew Gooch	Vis	2:49.7	
David Carr	M75	2:53.3	
Steve Fuller	M55	2:54.2	
Steve Roby	Vis	3:07.4	
Shirley Bell	W60	3:31.5	PBA

Colin Smith	M45	2:45.2	
Bob Lane	M60	2:47.3	
Delia Baldock	W45	3:03.6	
Gillian Young	W60	3:18.8	
Keith Martin	W65	3:19.4	
John Ellard	M65	3:36.8	
Maurice Creagh	M60	3:38.6	
Melissa Young	W30	3:45.2	SB
Sonia Briggs	Vis	4:02.0	

Bingham, UK – HP Club meet**200m**

John Oldfield	M65	37.9	PB
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ERN CLARKE AC 11/6/09***Pending State Record****200m**

Colin Smith	M45	27.5
David Solomon	M40	28.4
Roy Fearnall	M65	28.5
Keith Martin	M65	33.3
Shirley Bell	W60	46.2

Peggy Macliver	W65	33.2	SB
Jacqui Sanders	W40	34.3	
Katie Bresser	Vis	35.1	
Pat Carr	W75	47.3	

1500m

Bjorn Dybdahl	M55	4:57.8	
Graeme Dahl	M55	5:47.3	
David Carr	M75	5:51.0	
Kerriann Bresser	W40	5:52.9	
Steve Roby	M45	6:03.4	
Barbara Blurton	W55	6:25.6	
Maurice Creagh	M60	6:26.5	
Gillian Young	W60	6:37.6	
Steve Fuller	M55	6:40.9	
Nick Miletic	M55	6:48.9	
Carol Bowman	W50	6:50.6	
Shirley Bell	W60	6:55.5	
Jackie Halberg	W60	6:56.3	
Mike O'Reilly	M65	6:57.5	
Melissa Young	W30	7:13.1	PBA
John Ellard	M65	7:21.4	
Cecil Walkley	M80	8:00.4	SR

1500m walk

Lynne Schickert	W65	10:46.6	
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60m

Mark Howard	M40	7.7	SB
Colin Smith	M45	8.4	
Roy Fearnall	M65	8.6	

Delia Baldock	W45	9.4	=PBA
Peggy Macliver	W65	9.6	SB
Jacqui Sanders	W40	10.4	
Katie Bresser	Vis	10.5	
Melissa Young	W30	10.6	
Pat Carr	W75	12.3	

400m

David Solomon	M40	63.7	
Roy Fearnall	M65	64.4	SB
Keith Martin	M65	71.5	
Steve Fuller	M55	72.1	
Delia Baldock	W45	74.8	
Peggy Macliver	W65	79.1	
Mike O'Reilly	M65	84.4	
Katie Bresser	Vis	85.7	

2000m

Bjorn Dybdahl	M55	7:08.0	
David Solomon	M40	7:58.3	
Graeme Dahl	M55	8:02.2	
Steve Roby	M45	8:11.0	
Bob Schickert	M65	8:34.8	
Nick Miletic	M55	9:02.2	
Maurice Creagh	M60	9:25.0	
Jacqui Sanders	W40	9:32.6	
Lorraine MacLennan	W40	9:50.8	
John Ellard	M65	10:12.7	
Jackie Halberg	W60	10:18.2	
Steve Fuller	M55	10:19.6	
Delia Baldock	W45	10:34.9	
Melissa Young	W30	10:45.9	
Cecil Walkley	M80	12:27.7	

2000m walk

Lynne Schickert	W65	14:38.6	
Elaine Ellard	W65	15:04.0	

June 14 – Solihull, UK**Midland Masters Championships**
*(equivalent to WA State Championships)***5000m**

John Oldfield	M65	21.48.7	GOLD!!!
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ERN CLARKE AC 18/6/09***Pending State Record****600m**

Chris Neale	M40	1:35.4	
Colin Smith	M45	1:48.6	
Kim Thomas	M35	1:51.1	
David Carr	M75	1:52.7	
Keith Martin	M65	2:06.0	
Peggy Macliver	W65	2:15.3	
Nick Miletic	M55	2:24.9	
Carol Bowman	W50	2:26.4	
Maurice Creagh	M60	2:28.0	
John Ellard	M65	2:41.8	

3000m

David Lazarus	Vis	9:33.3	
Bjorn Dybdahl	M55	10:39.9	PBA
David Solomon	M40	11:05.8	
Kim Thomas	M35	11:20.4	
Bert Carse	M65	11:31.4	
Campbell Till	M50	11:40.2	
Dante Giacomini	M40	12:08.7	PBA
Steve Roby	M45	12:24.2	
Bob Schickert	M65	12:40.8	SB
Barbara Blurton	W55	13:21.8	PBA
Maurice Creagh	M60	13:45.8	SB
Lorraine MacLennan	W40	14:05.2	
Jackie Halberg	W60	15:07.9	SB
Steve Fuller	M55	15:08.1	SB
Jacqui Sanders	W40	15:27.9	
John Ellard	M65	15:28.3	
Melissa Young	W30	16:02.2	PBA
Michelle Thomas	W30	18:46.4	SB

3000m walk

Lynne Schickert	W65	21:24.2	SB
Elaine Ellard	W65	22:49.1	

100m

Chris Neale	M40	12.0	PBA
Mark Howard	M40	12.0	SB
Colin Smith	M45	13.3	
David Solomon	M40	13.5	SB
Roy Fearnall	M65	13.6	SB

Delia Baldock	W45	15.7	
Peggy Macliver	W65	15.8	
Melissa Young	W30	17.1	SB
Pat Carr	W75	20.9	

100m hurdles

Toni Phillips	W35	17.1	
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1000m

David Lazarus	Vis	2:58.3	
Bjorn Dybdahl	M55	3:16.6	
Campbell Till	M50	3:17.4	
Dante Giacomini	M40	3:44.1	
Steve Fuller	M55	3:45.0	
Steve Roby	M45	3:51.1	
Nick Miletic	M55	4:17.6	
Maurice Creagh	M60	4:20.1	
Delia Baldock	W45	4:22.6	
Carol Bowman	W50	4:27.4	
Jackie Halberg	W60	4:43.4	
John Ellard	M65	4:49.1	
Melissa Young	W30	5:02.9	

200m

Chris Neale	M40	24.4	
Colin Smith	M45	26.7	
Roy Fearnall	M65	27.9	
Toni Phillips	W35	29.9	SB
Keith Martin	M65	33.1	SB
David Carr	M75	31.9	
Peggy Macliver	W65	33.0*	
Delia Baldock	W45	33.0	SB
Pat Carr	W75	47.5	
Lynne Schickert	W65	52.0	

ERN CLARKE AC 25/6/09***Pending State Record****60m**

Colin Smith	M45	8.2	SB=
Toni Phillips	W35	8.6	
Dave Wyatt	M55	8.6	PBA=
Lynne Choate	W55	8.9	SR
Mark Elms	M40	9.0	

Toni Phillips	W35	8.6	SB=
Delia Baldock	W45	9.5	
Peggy Macliver	W65	9.9	
David Carr	M75	10.0	
Jacqui Sanders	W40	10.1	

Michelle Thomas	W30	10.5	
Melissa Young	W30	10.6	
Martin MacLennan	Vis	10.8	
Brianna Fallows	Vis	11.8	
Lynne Schickert	W65	13.8	SB

800m

Chris Neale	M40	2:21.5	SB
Kim Thomas	M35	2:23.1	PBA
Bjorn Dybdahl	M55	2:24.2	PBA
David Solomon	M40	2:26.5	
Steve Fuller	M55	2:42.8	PBA
Steve Roby	M45	2:59.7	PBA

Dante Giacomini	M40	2:48.5	PBA
Simone Solomon	W40	2:54.6	
Mike O'Reilly	M65	3:06.5	
Nick Miletic	M55	3:10.4	SB
Delia Baldock	W45	3:13.7	
Jacqui Sanders	W40	3:14.0	PBA big!
Peggy Macliver	W65	3:14.1	
Maurice Creagh	M60	3:22.1	SB
Gay Wyatt	W55	3:42.3	
Sarah Ladwig	W60	3:42.3	

100m

Colin Smith	M45	13.2	
Lynne Choate	W55	14.6	
Toni Phillips (hurdle)	W35	16.7	PBA
Brianna Fallows	Vis	19.4	
Ben Catley (hurdle)	Vis	20.1	

Ben Catley	Vis	12.8	
Mark Elms	M40	14.6	
Delia Baldock	W45	15.8	
David Carr	M75	16.5	SB

Brianna Fallows	Vis	19.7	
Toni Phillips (hurdle)	W35	20.1	

400m

Colin Smith	M45	59.6	
David Carr	M75	70.4	
Mark Elms	M40	74.2	
Mike O'Reilly	M65	78.0	SB
Delia Baldock	W45	78.7	
Peggy Macliver	W65	84.8	
Irwin Barrett-Lennard	M80	86.4	SR
Kate Summerville	Vis	1:39.2	
Martin MacLennan	Vis	1:41.6	

5000m

David Cane	M40	17:45.4	
Bjorn Dybdahl	M55	18:35.8	
Kim Thomas	M35	19:32.5	
Bert Carse	M65	19:39.7	
Paul Hughes	M55	19:52.9	
Chris Neale	M40	20:58.7	
Bob Schickert	M65	21:55.6	SB
Trish Farr	W35	22:41.8	PBA
Barbara Blurton	W55	22:47.8	
Corey Thomas	M30	22:55.1	PBA
Maurice Creagh	M60	23:28.6	SB
Kate Summerville	Vis	24:27.2	
Lorraine MacLennan	W40	24:45.8	
Jackie Halberg	W60	26:21.4	SB
Kim Ribbink	W40	26:42.7	
Steve Fuller	M55	27:29.3	
Sarah Ladwig	W60	28:35.8	

3000m

Dante Giacomini	M40	12:31.2	
Steve Roby	M45	12:42.0	
Simone Solomon	W40	13:35.7	
Melissa Young	W30	16:15.8	
Michelle Thomas	W30	18:10.1	PBA

3000m walk

Lynne Schickert	W65	21:19.5	SB
Stan Jones	M80	22:13.0	SB

ERN CLARKE AC 2/7/09**100m**

Colin Smith	M45	13.2	
Roy Fearnell	M65	13.6	SB=
Lynne Choate	W55	14.5	
Ben Catley (hurdles)	Vis	16.0	
Toni Phillips (hurdles)	W35	16.1	PBA

Stephen Ford	Vis	13.0	
David Solomon	M40	13.6	
Kim Thomas	M35	14.2	
Peggy Macliver	W65	16.2	
Michelle Thomas	W30	16.5	

Ben Catley	Vis	12.5	
Toni Phillips	W35	14.5	
Pat Carr	W75	20.6	
Lynne Schickert	W65	23.9	SB

1 mile

Kim Thomas	M35	5.40.2	PBA
Rod Hamilton	M45	5.49.7	
Dante Giacomini	M40	6.11.0	PBA
Graeme Dahl	M55	6.15.1	
John Bocian	M55	6.28.2	
Simone Solomon	W40	6.33.8	
Barbara Blurton	W55	6.34.6	PBA
Steve Fuller	M55	6.35.6	
Maurice Creagh	M60	7.00.2	
Nick Miletic	M55	7.38.9	
Carol Bowman	W50	7.41.6	
Irwin Barrett-Lennard	M80	7.44.3	
Melissa Young	W30	8.03.6	PBA

200m

Colin Smith	M45	26.5	
Roy Fearnell	M65	27.9	
Stephen Ford	Vis	27.9	
Lynne Choate	W55	30.5	
Ian Davies	M60	31.4	
Rod Hamilton	M45	32.1	

Delia Baldock	W45	32.8	SB
Peggy Macliver	W65	33.6	
Irwin Barrett-Lennard	M80	37.0	PBA (SR??)
Pat Carr	W75	49.5	

600m

David Solomon	M40	1.45.2	
Ian Davies	M60	1.50.0	
David Carr	M75	1.53.6	
Rod Hamilton	M45	1.56.3	
Simone Solomon	W40	2.09.7	
Delia Baldock	W45	2.17.6	
Peggy Macliver	W65	2.25.4	

3000m

David Cane	M40	10.06.7	
Warren Thorne	Vis	10.33.6	
Kim Thomas	M35	11.17.4	SB
Rod Hamilton	M45	11.22.4	
Campbell Till	M50	11.24.8	SB
Graeme Dahl	M55	12.13.1	SB big!
Dante Giacomini	M40	12:35.3	
Bob Schickert	M65	12.41.9	
David Solomon	M40	12.43.2	
Maurice Creagh	M60	13.39.8	SB
Steve Fuller	M55	14.30.1	SB
Barbara Blurton	W55	14.31.8	
Irwin Barrett-Lennard	M80	14.47.1	
Melissa Young	W30	16:15.2	
Delia Baldock	W45	16.59.9	
Michelle Thomas	W30	17.37.0	SB

3000m walk

John Bocian	M55	20.34.0	
Lynne Schickert	W65	21:34.2	
Stan Jones	M80	21.53.5	SB

**ERN CLARK ATHLETIC CENTRE
9 JULY 2009**

60m

Steven Ford	M30	8.1	
Colin Smith	M45	8.3	
Mark Elms	M40	8.8	SB
Michelle Thomas	W30	9.7	SB
Melissa Young	W30	10.7	
Martin MacLennan	Vis	10.4	
Lachlan Katic	Vis	11.0	
Storm Thomas	Vis	12.0	
Corey Thomas	Vis	12.2	
John Dennehy	M45	9.8	
Irwin Barrett Lennard	M80	10.8	SR
Lorraine MacLennan	W40	11.5	
Patricia Carr	W75	12.0	
Lynne Schickert	W65	14.6	

1000m

David Lane	M45	3:05.2	
Warren Thane	Vis	3:08.3	
Kim Thomas	M35	3:09.7	
David Solomon	M40	3:18.8	
Colin Smith	M45	3:28.0	
Corey Thomas	M30	3:32.4	
Bob Lane	M60	3:33.9	
Graeme Dahl	M55	3:42.3	
Steve Fuller	M55	3:45.3	
Nick Miletic	M55	4:12.3	
Shirley Bell	W60	4:42.9	
John Ellard	M65	4:45.2	
Melissa Young	W30	4:45.6	

400m

Chris Neale	M40	62.6	
Roy Fearnall	M65	64.1	SB
Kim Thomas	M35	67.4	PBA
Mark Elms	M40	68.2	SB
David Carr	M75	69.0	SB

John Dennehy	M45	74.3	
Delia Baldock	W45	74.6	SB
Peggy Macliver	W65	76.3	SB
Irwin Barrett-Lennard	M80	85.3	SR

2000m

Colin Smith	M45	8:18.0	
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4000m

David Cane	M45	14:05.9	
Warren Thane	Vis	N/T	
Bob Lane	M60	15:18.5	
Paul Hughes	M55	15:24.9	
Kim Thomas	M35	16:24.0	
Graeme Dahl	M55	16:32.6	
Bob Schickert	M65	17:28.4	
Lachlan Katic	Vis	17:45.0	
Corey Thomas	M30	18:13.0	
Mark Elms	M40	18:47.4	
Shirley Bell	W60	19:06.7	
Nick Maletic	M55	19:26.5	
Jackie Halberg	W60	19:37.2	
Storm Thomas	Vis	19:57.5	
Lorraine MacLennan	W40	20:02.0	
John Ellard	M65	20:41.2	
Melissa Young	W30	21:19.2	
Steve Fuller	M55	21:43.4	
Michelle Thomas	W30	22:01.5	

200m

Chris Neale	M40	N/T	
Mark Elms	M40	30.0	
David Carr	M75	32.5	
John Dennehy	M45	35.1	
Irwin Barrett-Lennard	M80	36.5	SR
Delia Baldock	W45	32.4	SB
Chris Neale	M40	33.0	
Lachlan Katic	Vis	40.8	
Patricia Carr	W75	49.4	

**4th July – Alexander Stadium, Birmingham, UK
British Masters' Nationals**

1500m

John Oldfield	M65	5:57.3	6/7
Christine Oldfield	W60	8:07.73	4/4

2000m steeplechase

John Oldfield	M65	10:06.24	GOLD
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(1/1 - with very interesting water jumps)

ERN CLARKE AC 16/7/09**200m**

Gary Ralston	M50	27.2
Colin Smith	M45	27.6
Roy Fearnall	M65	28.2

Chelsea Thomas	Vis	38.1
Mitch Thomas	Vis	42.6
Peter Sullivan	M50	42.8
Jai Thomas	Vis	45.1
Patricia Carr	W75	47.5
Storm Thomas	Vis	48.3
Michelle Thomas	W30	51.2

800m

Kim Thomas	M35	2.32.1
Bob Lane	M60	2.36.9 PBA
Peter Sullivan	M50	2.37.6
David Carr	M75	2.43.7 SB
Margaret Saunders	W55	2.44.5
John Bocian	M55	2.53.6 PBA
Dante Giacomini	M40	3.00.2
Steve Roby	M45	3.07.9

John Dennehy	M45	2.59.7
Martin MacLennan	Vis	3.02.6
Graeme Dahl	M55	3.04.3
Dante Giacomini	M40	3.05.7
Maurice Creagh	M60	3.12.1 SB
Lorraine MacLennan	W40	3.12.5
Peggy Macliver	W65	3.16.5
Irwin Barrett-Lennard	M80	3.21.8 SR?
Carol Bowman	W50	3.29.8
Melissa Young	W30	3.31.4 SB

300m

Colin Smith	M45	45.0
Roy Fearnall	M65	45.7
Gary Ralston	M50	52.4
Mark Howard	M40	54.3
Peter Sullivan	M50	64.5
Martin MacLennan	Vis	73.8

2000m

Kim Thomas	M35	7.14.6
Bob Lane	M60	7.20.3
Peter Sullivan	M50	7.32.4
Graeme Dahl	M55	7.50.7
John Bocian	M55	8.18.1
Bob Schickert	M65	8.22.2
Steve Roby	M45	8.23.8
Dante Giacomini	M40	8.48.2
Maurice Creagh	M60	8.58.3
Mitch Thomas	Vis	9.01.8
Lorraine MacLennan	W40	9.05.1
Jackie Halberg	W60	9.43.2
Melissa Young	W30	10.12.8
Jai Thomas	Vis	10.44.6
Storm Thomas	Vis	11.05.1
Michelle Thomas	W30	11.21.5

2000m walk

Eldon George	M35	12.53.2
Valerie Millard	W60	12.58.6
Lynne Schickert	W65	14.33.1

100m

Colin Smith	M45	13.5
Roy Fearnall	M65	13.6 SB=
Delia Baldock	W45	16.2
John Dennehy	M45	16.4
Colin Smith	M45	13.9
Chelsea Thomas	Vis	17.3
Michelle Thomas	W30	17.6
Mitch Thomas	Vis	20.5
Patricia Carr	W75	21.5
Storm Thomas	Vis	22.1
Jai Thomas	Vis	22.5

16th July – Nottingham, UK**Tim Wealthall Memorial Mile series (heavy rain)****Mile**

John Oldfield	M65	6:29.2
Christine Oldfield	W60	8:32.7

ERN CLARKE AC 23/7/09**60m**

Colin Smith	M45	8.1	SB
Toni Phillips	W35	8.6	
Mark Elms	M40	8.6	SB
Rob Antonioli	M55	9.2	
Melissa Young	W30	10.6	
Breanna Fallows	Vis	11.8	
Patricia Carr	W75	12.3	

1500m

David Solomon	M40	5:07.9	
Rob Antonioli	M55	5:38.4	
Dante Giacomini	M40	5:47.3	SB
Russell Boulton	Vis	6:00.4	
Simone Solomon	W40	6:09.7	
Steve Fuller	M55	6:10.6	SB
Steve Roby	M45	6:14.1	
Maurice Creagh	M60	6:22.8	SB
Claire Walkley	W40	6:45.2	
Nick Miletic	M55	6:57.7	
Carol Bowman	W50	6:59.5	
Melissa Young	W30	7:25.9	
Sarah Ladwig	W60	7:34.7	
Cecil Walkley	M80	8:01.5	
Lynne Schickert	W65	9:57.5	

100m

Colin Smith	M45	13.3	
Mark Elms	M40	13.7	SB
David Solomon	M40	14.0	
Rob Antonioli	M55	17.4	
Toni Phillips (hurdles)	W35	17.6	
Breanna Fallows	Vis	19.9	
Patricia Carr	W75	21.4	

400m

Chris Neale	M40	55.9	SB
Colin Smith	M45	58.7	SB
Mark Elms	M40	68.2	
David Carr	M75	69.3	
David Solomon	M40	65.6	
Rob Antonioli	M55	68.5	
Russell Boulton	Vis	71.5	
Peggy Macliver	W65	78.2	
Claire Walkley	W40	95.6	
Martin MacLennan	Vis	1:54.3	
Cecil Walkley	M80	2:09.1	

3000m

Graeme Dahl	M55	11:34.1	SB
Frank Smith	M65	12:01.6	PBA
Rob Antonioli	M55	12:22.0	PBA
Dante Giacomini	M40	12:23.8	
David Solomon	M40	12:39.6	
Russell Boulton	Vis	12:42.1	
Steve Roby	M45	12:43.2	
Maurice Creagh	M60	13:29.0	SB
Mark Elms	M40	13:35.4	
Lorraine MacLennan	W40	13:36.0	PBA
Steve Fuller	M55	13:52.8	PBA
Bob Schickert	M65	14:19.0	
Claire Walkley	W40	14:32.5	
Delia Baldock	W45	14:52.8	SB
Nick Miletic	M55	15:02.9	
Carol Bowman	W50	15:05.2	
Sarah Ladwig	W60	15:56.8	PBA
Melissa Young	W30	16:17.9	
Cecil Walkley	M80	18:56.4	

3000m walk

Lynne Schickert	W65	21:35.1	
Stan Jones	M80	22:15.5	

ERN CLARKE AC 30/7/09**800m**

Chris Neale	M40	2:26.1	
Kim Thomas	M35	2:32.2	
Ian Davies	Vis	2:33.7	
Marg Saunders	W55	2:43.6	SB
Claire Walkley	W40	3:27.3	

Kim Thomas	M35	2:41.9	
Steve Fuller	M55	2:42.9	
Maurice Creagh	M60	3:09.0	SB
Mitch Thomas	Vis	3:15.7	
Nick Miletic	M55	3:16.5	
Carol Bowman	W50	3:24.1	SB
Jai Thomas	Vis	3:27.1	
Melissa Young	W30	3:37.3	
Sarah Ladwig	W60	3:39.0	SB
Breanna Fallows	Vis	3:39.7	
John Ellard	M65	3:49.1	

60m

Chris Neale	M40	7.7	PBA=
Colin Smith	M45	8.1	SB=
Keith Martin	M65	9.3	
Ian Davies	Vis	10.3	

Michelle Thomas	W30	9.7	
Melissa Young	W30	10.2	PBA=
Breanna Fallows	Vis	11.7	

300m

Chris Neale	M40	39.8	
Colin Smith	M45	40.8	
Stephen Ford	M32	46.1	
Keith Martin	M65	49.0	

Ian Davies	Vis	49.3	
Delia Baldock	W45	51.8	
Kim Thomas	M35	55.4	
Nick Miletic	M55	56.0	
Carol Bowman	W50	63.1	

Mitch Thomas	Vis	67.3	
Jai Thomas	Vis	70.2	

100m

Chris Neale	M40	12.6	
Mike Meredith	Vis	12.9	
Colin Smith	M45	13.9	
Nick Miletic	M55	15.5	

Keith Martin	M65	15.6	SB
Delia Baldock	W45	15.6	
Breanna Fallows	Vis	19.6	

3000m

Kim Thomas	M35	11:41.4	
Corey Thomas	M30	13:14.4	
Mitch Thomas	Vis	14:28.1	
Kim Ribbink	M40	14:57.1	
Melissa Young	W30	15:46.4	PBA
Jai Thomas	Vis	17:14.4	
Michelle Thomas	W30	18:02.7	

5000m

David Cane	M45	17:03.3	SB
Mike Meredith	Vis	19:37.6	
Dante Giacomini	M40	20:47.4	PBA
Rebekah Meredith	Vis	23:00.3	
Maurice Creagh	M60	23:46.5	
Claire Walkley	W40	24:18.7	
Steve Fuller	M55	24:19.6	
John Ellard	M65	26:36.0	
Sarah Ladwig	W60	26:45.7	PBA

1500m walk

Stan Jones	M80	10:47.5	
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ERN CLARKE AC 6/08/09**60m**

Chris Neale	M40	7.7	SB=
Stephen Ford	M30	7.7	
Colin Smith	M45	7.8	SB
Mark Elms	M40	?	
Melissa Young	W30	?	

3000m

David Cane	M45	9:45.8	PBA big!
(also possible club M45 record??)			
David Solomon	M40	10:38.6	SB
Rod Hamilton	M45	10:48.2	SB
Kim Thomas	M35	11:02.4	
Bob Lane	M60	11:36.7	
Dante Giacomini	M40	12:12.1	
Mark Elms	M40	12:59.7	
Maurice Creagh	M60	13:09.5	SB big
Shirley Bell	W60	13:38.2	big PBA
Steve Fuller	M55	13:39.6	PBA
Claire Walkley	W40	14:14.3	PBA
Kim Ribbink	W40	14:42.4	SB
Melissa Young	W30	15:45.6	PB

600m

Chris Neale	M40	1:34.8	
Colin Smith	M45	1:37.3	
Kim Thomas	M35	1:53.3	
Ian Davies	M60	1:54.4	
Delia Baldock	W45	2:08.6	

200m

Chris Neale	M40	25.6	
Colin Smith	M45	27.1	
Stephen Ford	M30	27.3	
David Solomon	M40	27.7	SB
Ian Davies	M60	32.3	

Mark Elms	M40	28.2	SB
Kim Thomas	M35	29.1	SB
Rod Hamilton	M45	32.3	
Delia Baldock	W45	33.4	
Steve Fuller	M55	42.2	

1000m

David Cane	M45	3:01.9	
Kim Thomas	M35	3:23.9	
Rod Hamilton	M45	3:26.1	
Bob Lane	M60	3:34.8	
Ian Davies	M60	3:38.7	
Steve Fuller	M55	3:42.3	
Dante Giacomini	M40	3:44.8	
Maurice Creagh	M60	4:08.0	
Shirley Bell	W60	4:19.7	
Carol Bowman	W50	4:20.1	
Claire Walkley	W40	4:26.0	
Kim Ribbink	W40	4:38.5	
Delia Baldock	W45	4:45.9	
Melissa Young	W30	4:49.5	

ERN CLARKE AC 13/08/09**60m**

Chris Neale	M40	7.7
Stephen Ford	M30	8.0
Colin Smith	M45	8.0
Mark Elms	M40	8.2

Catherine Bresser	Vis	10.2
Zara Williams	Vis	10.5
Melissa Young	W30	10.6
Breanna Fallows	Vis	11.4
Mitch Thomas	Vis	12.2
Jai Thomas	Vis	12.4

800m

Kim Thomas	M35	2:36.7
Chris Neale	M40	2:46.5
Kerriann Bresser	W40	2:47.1
Dante Giacomini	M40	2:53.1
Mike O'Reilly	M65	3:07.7
Maurice Creagh	M60	3:09.2
Stephen Ford	M30	3:17.0
Nick Miletic	M55	3:20.1
Delia Baldock	W45	3:20.7
Mitch Thomas	Vis	3:23.5
Claire Walkley	W40	3:27.5
Carol Bowman	W50	3:27.8
Jai Thomas	Vis	3:40.0
Gillian Young	W60	3:40.7
Eldon George	M40	3:44.1
Melissa Young	W30	3:45.4
Shirley Bell	W60	3:56.1

100m

Chris Neale	M40	12.0	=PBA
Colin Smith	M45	13.0	
Mark Elms	M40	13.2	
Kerriann Bresser	W40	14.2	PBA

Kim Thomas	M35	15.5
Delia Baldock	W45	15.8
Melissa Young	W30	17.2
Gillian Young	W60	19.2

Catherine Bresser	Vis	16.5
Zara Williams	Vis	16.6

Breanna Fallows	Vis	19.1
Mitch Thomas	Vis	19.1
Jai Thomas	Vis	20.7

300m

Chris Neale	M40	39.2
Colin Smith	M45	43.7
Kim Thomas	M35	52.7
Delia Baldock	W45	56.8
Nick Miletic	M55	58.4
Catherine Bresser	Vis	61.7
Zara Williams	Vis	64.9
Carol Bowman	W50	67.0
Mitch Thomas	Vis	69.5
Jai Thomas	Vis	71.8
Breanna Fallows	Vis	72.6

5000m

Rod Hamilton	M45	18:41.3	PBA
Claire Walkley	W40	23:43.0	PBA
Shirley Bell	W60	24:10.5	

3000m

David Cane	M45	10:02.9	
Simon Ward	Vis	10:19.0	
Kim Thomas	M35	11:43.4	
Eldon George	M40	11:46.6	
Campbell Till	M50	11:51.8	
Russell	Vis	12:43.8	
Dante Giacomini	M40	12:46.4	
Mark Elms	M40	12:59.9	
Steve Roby	M45	13:14.0	
Lorraine MacLennan	W40	13:40.9	
Maurice Creagh	M60	13:41.7	
Nick Miletic	M55	15:04.4	
Gillian Young	W60	15:28.3	
Melissa Young	W30	15:41.8	PB
Jai Thomas	Vis	18:01.8	
Mitch Thomas	Vis	18:09.0	

3000m Walk

Sylvia Byers	W40	21:53.7
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Ern Clark AC 20 August 2009

1000m

David Cane	M45	2:58.2
Neil Morfitt	M50	3:02.2
Kim Thomas	M35	3:16.2
Bob Lane	M60	3:32.6
John Bocian	M55	3:53.1
Colin Smith	M45	3:53.9
Rob Antonioli	M55	3:59.1
Nick Miletic	M55	4:19.6
Claire Walkley	W40	4:27.9
Mitch Thomas	Vis	4:32.4
Gillian Young	W60	4:33.4
David Carr	M75	4:34.5
Kim Ribbink	W40	4:38.5
Jai Thomas	Vis	4:45.5
Melissa Young	W30	4:46.3

100m

Colin Smith	M45	13.0	
Kim Thomas	M35	13.9	PBA
Rob Antonioli	M55	14.7	SB
Michelle Thomas	W30	16.5	PBA=
Melissa Young	W30	16.9	SB
Gillian Young	W60	-	
Mitch Thomas	Vis	20.9	
Jai Thomas	Vis	21.0	

3000m

David Cane	M45	10:03.1	
Kim Thomas	M35	11:32.2	
Bob Lane	M60	11:39.0	
Rob Antonioli	M55	12:14.0	PBA
John Bocian	M55	13:28.3	
Maurice Creagh	M60	13:29.6	
Claire Walkley	W40	14:03.2	PBA
Gillian Young	W60	14:23.7	
David Carr	M75	14:36.3	SB
Nick Miletic	M55	14:41.0	SB
Kim Ribbink	W40	15:13.9	
Melissa Young	W30	16:04.9	
Mitch Thomas	Vis	17:19.8	
Jai Thomas	Vis	18:15.8	
Michelle Thomas	M30	18:52.4	

200m

Colin Smith	M45	28.5
Rob Antonioli	M55	32.0
Delia Baldock	W45	32.9
Mitch Thomas	Vis	46.2
David Carr	M75	46.7
Kim Thomas	M35	51.4
Jai Thomas	Vis	52.7

600m

Neil Morfitt	M50	1:36.2
David Cane	M45	1:42.6
Colin Smith	M45	1:53.8
Rob Antonioli	M55	2:06.8
John Bocian	M55	2:14.9
Delia Baldock	W45	2:15.8
David Carr	M75	2:20.0

200m

Chris Neale	M40	25.5
Colin Smith	M45	26.6
Mark Elms	M40	27.3
David Solomon	M45	29.0

1 mile

David Cane	M45	4:55.9
Kim Thomas	M35	5:30.3 SB
Roscoe McDonnell	M50	5:35.1
David Solomon	M45	6:10.6
Dante Giacomini	M40	6:11.1
Maurice Creagh	M60	6:54.9 SB
Shirley Bell	W60	7:04.0
Claire Walkley	W40	7:09.8

Toni Phillips	W35	6:40.7
Lorraine MacLennan	W40	6:53.7 PBA
Gillian Young	W60	7:09.5
David Carr	M75	7:21.7
Trish Farr	W35	7:22.7
Nick Miletic	M55	7:31.6 SB
Katrina Bolden	Vis	7:35.0
Carol Bowman	W50	7:41.7
Kim Ribbink	W40	7:43.6
Callum Young	Vis	7:45.5
Melissa Young	W30	7:55.2 PB
Sarah Ladwig	W60	8:09.2
Valerie Millard	W60	9:07.3

60m

Chris Neale	M40	7.8
Mark Howard	M40	7.9
Colin Smith	M45	8.2
Mark Elms	M40	8.3
David Solomon	M45	8.5 SB

Kim Thomas	M35	8.6 PBA
Callum Young	Vis	8.9
Nick Miletic	M55	9.6
Melissa Young	W30	10.2 PB=

Martin MacLennan	Vis	10.7
Gillian Young	W60	11.2
Valerie Millard	W60	12.9
Lynne Schickert	W65	14.6

400m

Colin Smith	M45	58.4 SB
Chris Neale	M40	62.4
Kim Thomas	M35	62.9 PBA
David Solomon	M45	63.8
Mark Elms	M40	67.5
Katrina Bolden	Vis	88.4
Nick Miletic	M55	90.8
Carol Bowman	W50	91.2

3000m

David Cane	M45	9:57.4
Roscoe McDonnell	M50	11:13.1
Kim Thomas	M35	11:58.4
Frank Smith	M65	12:09.7
Dante Giacomini	M40	12:19.7
David Solomon	M45	12:38.2
Lorraine MacLennan	W40	13:31.0 PBA
David Carr	M75	13:44.9 SB
Maurice Creagh	M60	13:52.0
Trish Farr	W35	13:57.5
Gillian Young	W60	14:00.2
Shirley Bell	W60	14:09.0
Claire Walkley	W40	14:09.7
Delia Baldock	W45	14:34.9 SB
Katrina Bolden	Vis	14:44.4
Kim Ribbink	W40	14:58.6
Callum Young	Vis	15:10.6
Melissa Young	W30	15:43.2
Sarah Ladwig	W60	16:20.2
Toni Phillips	W35	17:16.0

1000m Walk

Valerie Millard	W60	6:40.0
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ERN CLARKE AC 27/08/09
(visitors' results not analysed)

100m

Colin Smith	M45	13.1	
Mark Howard	M40	13.2	
David Solomon	M40	13.4	SB
Rob Antonioli	M55	n/t	
Nick Miletic	M55	16.0	
Mike O'Reilly	M65	16.0	
Michelle Thomas	W30	16.4	PBA
Melissa Young	W30	17.5	
Gillian Young	W60	19.1	
Lynne Schickert	W65	24.3	

800m

Kim Thomas	M35	2:25.0	
David Solomon	M45	2:25.5	SB
Toni Phillips	W35	2:44.3	
Mark Elms	M40	2:48.1	
Rob Antonioli	M55	2:49.2	
Dante Giacomini	M40	2:53.6	
Lorraine MacLennan	W40	3:03.0	PBA
Maurice Creagh	M60	3:06.6	SB
Katrina Bolden	W30	3:26.0	
David Carr	M75	3:09.4	
Gillian Young	W60	3:13.9	
Mike O'Reilly	M65	3:14.7	
Shirley Bell	W60	3:19.8	PBA
Nick Miletic	M55	3:22.0	
Carol Bowman	W50	3:23.3	SB
Claire Walkley	W40	3:25.8	PBA
Melissa Young	W30	3:38.1	
Sarah Ladwig	W60	3:43.7	

60m

Mark Howard	M40	7.9	
Colin Smith	M45	8.1	
Mark Elms	M40	8.2	SB=
Rob Antonioli	M55	9.0	SB
David Solomon	M45	8.5	SB=
Nick Miletic	M55	9.6	
Michelle Thomas	W30	9.9	
Melissa Young	W30	10.3	
Delia Baldock	W45	9.8	
Gillian Young	W60	11.3	
Lynne Schickert	W65	14.3	

5000m

David Cane	M45	16:43.4	PBA
Alan Gower	M50	18:01.9	
Rod Hamilton	M45	18:07.7	PBA
Kim Thomas	M35	19:50.6	
Ross Keane	M45	20:35.7	PBA
Karen Gower	W45	22:05.2	
Maurice Creagh	M60	22:14.7	SB
John Bocian	M55	22:19.8	
Gillian Young	W60	23:12.1	
Lorraine MacLennan	W40	23:12.7	PBA by 90s
Claire Walkley	W40	23:28.7	PBA
Katrina Bolden	W30	23:29.9	
David Carr	M75	24:09.0	
Shirley Bell	W60	24:20.7	
Jane Elton	W40	25:06.8	
Sarah Ladwig	W60	27:21.0	

3000m

David Solomon	M45	11:54.4	
Dante Giacomini	M40	12:16.8	
Rob Antonioli	M55	12:36.1	
Nick Miletic	M55	14:44.8	
Carol Bowman	W50	14:45.6	SB
Kim Ribbink	W40	15:11.2	
Melissa Young	W30	15:49.5	
Michelle Thomas	W30	18:45.8	

3000m Walk

Lynne Schickert	W65	21:48.0	
Stan Jones	M80	22:09.0	

300m

Colin Smith	M45	41.6	
Mark Elms	M40	44.4	
David Solomon	M45	45.2	
Kim Thomas	M35	48.7	
John Bocian	M55	54.9	
Shirley Bell	W60	67.5	
Rob Antonioli	M55	49.8	
Rod Hamilton	M45	50.2	
Delia Baldock	W45	52.6	

ERN CLARKE AC 10/09/09

60m

Garry Ralston	M40	7.6
Colin Smith	M45	8.2
Mark Elms	M40	8.3
Nick Miletic	M55	9.6

Callum Young	Vis	9.5	
Jacqui Sanders	W40	9.9	SB
Melissa Young	W30	10.5	
Martin MacLennan	Vis	10.5	
Gillian Young	W60	11.7	

400m

Chris Neale	M40	58.5	
Colin Smith	M45	59.2	
Mark Elms	M40	64.2	
David Solomon	M45	64.8	
John Bocian	M55	78.9	
Nick Miletic	M55	84.5	SB

Callum Young	Vis	75.7	
Melissa Young	W30	87.2	
David Carr	M75	88.2	
Martin MacLennan	Vis	89.8	
Gillian Young	W60	1:31.6	
Tracy McGrath	Vis	1:51.8	
Jenny Wylie	Vis	1:53.0	

1500m

David Cane	M45	4:37.0	
Dante Giacomini	M40	6:02.7	
John Bocian	M55	6:08.6	
Garry Ralston	M50	6:19.6	
Chris Neale	M40	6:20.3	SB
Lorraine MacLennan	W40	6:22.4	
Jo Clarkson	Vis	6:23.2	
Maurice Creagh	M60	6:28.2	
Kate Sommerville	Vis	6:37.5	
Mike O'Reilly	M65	6:43.7	SB
Claire Walkley	W40	6:44.5	
Gillian Young	W60	6:49.9	
Nick Miletic	M55	6:52.7	
Katrina Bolden	W30	6:53.6	
John Dennehy	M45	7:04.6	
Callum Young	Vis	7:07.9	
Kim Ribbink	W40	7:12.3	
Jane Elton	W40	7:13.0	
Melissa Young	W30	7:31.4	
Tracy McGrath	Vis	8:44.6	

1500m walk

Lynne Schickert	W65	11:08.2
Martin MacLennan	Vis	11:10.8
Jenny Wylie	Vis	11:54.6

200m

Chris Neale	M40	26.6	
Garry Ralston	M50	27.1	SB
Colin Smith	M45	27.5	
Mark Elms	M40	28.1	
David Solomon	M45	28.7	
Nick Miletic	M55	35.3	
John Bocian	M55	35.3	

Callum Young	Vis	34.3	
Jacqui Sanders	W40	35.7	
Melissa Young	W30	38.1	
Gillian Young	W60	41.9	

2000m

David Cane	M45	6:25.0	
David Solomon	M45	7:44.7	SB
Dante Giacomini	M40	8:11.7	SB
Iain MacLennan	Vis	8:29.3	
Jo Clarkson	Vis	8:38.1	
David Carr	M75	8:51.6	
Lorraine MacLennan	W40	8:52.6	SB
Kate Sommerville	Vis	8:54.4	
Maurice Creagh	M60	8:56.1	SB
Katrina Bolden	W30	9:00.7	
Claire Walkley	W40	9:07.0	
Bob Schickert	M65	9:19.6	
Gillian Young	W60	9:25.3	
Delia Baldock	W45	9:26.9	SB
Nick Miletic	M55	9:45.1	
Jane Elton	W40	9:48.6	
Kim Ribbink	W40	9:53.9	
John Dennehy	M45	10:02.0	
Callum Young	Vis	10:25.0	
Melissa Young	W30	10:25.7	
Jacqui Sanders	W40	11:19.6	

ERN CLARKE AC 17/09/09

1000m

David Cane	M45	2:55.5
Neil Morfitt	M50	2:58.6
Campbell Till	M50	3:07.3
David Solomon	M45	3:18.7
Mark Elms	M40	3:39.7
Michael Mezzatesta	Vis	3:41.5
Peter Sullivan	M50	3:43.4
John Bocian	M55	3:47.8
Lorraine MacLennan	W40	4:01.6
David Carr	M75	4:01.6
Mike O'Reilly	M65	4:14.6
Nick Miletic	M55	4:17.4
Gillian Young	W60	4:24.1
Peggy Macliver	W65	4:25.0
Callum Young	Vis	4:25.7
John Dennehy	M45	4:48.0
Kim Ribbink	W40	4:28.4
Carol Bowman	W50	4:34.4
Melissa Young	W30	4:41.4

60m

Chris Neale	M40	7.8	
Colin Smith	M45	8.1	SB
Mark Howard	M40	8.1	
Nick Miletic	M55	9.4	SB=
John Bocian			

Corey Thomas	M30	8.9	SB
Kim Thomas	M35	9.5	
Delia Baldock	W45	9.5	
Michelle Thomas	W30	9.8	
Carol Bowman	W50	11.6	

Chelsea Thomas	Vis	10.4	
Martin MacLennan	Vis	10.5	
Michelle Thomas	W30	10.8	
Storm Thomas	Vis	11.8	
Jai Thomas	Vis	12.3	

Callum Young	Vis	9.5	
Melissa Young	W30	10.3	
Bob Schickert	M65	11.1	
Gillian Young	W60	11.5	
Valerie Millard	W60	12.7	SB=

100m

Chris Neale	M40	12.3	
Colin Smith	M45	12.6	
Mark Elms	M40	13.1	
David Solomon	M45	13.7	
Nick Miletic	M55	15.4	
John Bocian	M55	16.3	

Callum Young	Vis	15.8	
Delia Baldock	W45	15.8	
Melissa Young	W30	17.5	
Lorraine MacLennan	W40	18.1	
Gillian Young	W60	18.8	
Valerie Millard	W60	21.3	

(100m cont.)

Chelsea Thomas	Vis	17.3
Martin MacLennan	Vis	17.3
Michelle Thomas	W30	17.3
Storm Thomas	Vis	20.5
Jai Thomas	Vis	21.2
Corey Thomas	M30	21.5

600m

Colin Smith	M45	1:39.2
David Cane	M45	1:39.5
David Solomon	M40	1:44.7
Campbell Till	M50	1:46.1
Kim Thomas	M35	1:47.2
Peter Sullivan	M50	2:04.4
John Bocian	M55	2:09.5
Mike O'Reilly	M65	2:15.9
Delia Baldock	W45	2:20.9
John Dennehy	M45	2:24.9
Peggy Macliver	W65	2:26.0
Nick Miletic	M55	2:28.7
Carol Bowman	W50	2:35.3
Jai Thomas	Vis	2:38.5
Corey Thomas	M30	2:40.2

5000m

Michael Mezzatesta	Vis	18:09.8
Andrew Brooker	M40	18:37.0
Kim Thomas	M35	20:45.7
Corey Thomas	M30	23:00.9
Lorraine MacLennan	W40	23:19.4
Kate Sommerville	Vis	23:56.6
Claire Walkley	W40	25:26.3
Jane Elton	W40	25:26.4
Storm Thomas	Vis	26:25.5
David Carr	M75	26:26.3

3000m

David Cane	M45	10:07.0	
Peter Sullivan	M50	11:36.9	
Dante Giacomini	M40	12:14.7	
David Solomon	M40	12:44.1	
Mark Elms	M40	12:59.5	SB
John Bocian	M55	13:21.6	PBA
Gillian Young	W60	14:16.7	
Nick Miletic	M55	14:26.4	SB
Bob Schickert	M65	14:41.6	
Kim Ribbink	W40	14:56.1	
Callum Young	Vis	15:28.1	
Melissa Young	W30	15:42.1	
Jacqui Sanders	W40	15:58.3	
Chelsea Thomas	Vis	17:31.9	
Jai Thomas	Vis	17:32.6	
Michelle Thomas	W30	18:18.9	

3000m walk

David Smyth	M35	17:39.6
Valerie Millard	W60	19:59.7

ERN CLARKE AC 24/09/09**200m**

Chris Neale	M40	26.1	
Colin Smith	M45	33.4	
Peggy Macliver	W65	35.1	
Pete Sullivan	M50	40.4	SB
David Carr	M75	42.9	
Shirley Bell	W60	43.5	
Anne Travis	W35	43.5	

1 mile

David Cane	M45	4:56.9	
Andrew Brooker	M40	5:14.3	
Michael Mezzatesta	Vis	5:22.7	
Peter Sullivan	M50	5:54.9	
Eldon George	M40	6:13.9	
Dante Giacomini	M40	6:17.5	
John Bocian	M55	6:18.7	SB
Darryl White	M50	6:29.9	
Toni Phillips	W35	6:40.4	
Lorraine MacLennan	W40	6:46.7	PBA
Maurice Creagh	M60	6:54.2	SB
Jo Clarkson	Vis	7:03.3	
Claire Walkley	W40	7:16.0	
Shirley Bell	W60	7:16.0	
Steve Fuller	M55	7:16.9	
Mike O'Reilly	M65	7:30.0	
Katrina Bolden	W30	7:35.6	
David Carr	M75	8:11.8	
Cecil Walkley	M80	8:32.5	

60m

Colin Smith	M45	8.9	
Peggy Macliver	W65	10.0	
Anne Travis	W35	11.2	
Breanna Fallows	Vis	11.6	
Lynne Schickert	W65	14.7	

300m

John Bocian	M55	51.8	
Delia Baldock	W45	52.6	
Darryl White	M50	54.3	
Peggy Macliver	W65	56.5	
Peter Sullivan	M50	59.2	

3000m

David Cane	M45	9:54.0	
Michael Mezzatesta	Vis	10:07.8	
Andrew Brooker	M40	10:31.3	
Peter Sullivan	M50	11:14.0	SB
Bert Carse	M65	11:33.8	
Eldon George	M40	12:00.4	
Dante Giacomini	M40	12:27.4	
Darryl White	M50	13:05.7	
Jo Clarkson	Vis	13:08.2	
Maurice Creagh	M60	13:11.1	
Lorraine MacLennan	W40	13:15.9	PBA
John Bocian	M55	13:40.2	
Claire Walkley	W40	14:10.4	
Katrina Bolden	W30	14:10.8	
Steve Fuller	M55	14:18.5	
Shirley Bell	W60	14:22.4	
Bob Schickert	M65	15:42.8	
Delia Baldock	W45	15:51.7	
David Carr	M75	15:52.6	
Breanna Fallows	Vis	16:19.6	
Cecil Walkley	M80	17:41.4	

3000m walk

Anne Travis	W35	25:32.1	
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Please Note: This is the last meet of the winter season, so all SBs are reset and will start again from next Thursday's meet.