

April 9: Strive Interclub – WAAS

800m

Andrew Brooker	M40	2:11.04
Neil Morfitt	M50	2:13.09

3000m

Alan Gower	M50	9:53.2	PBA
Karyn Gower	W50	12:56.8	PBA

5000m race walk

Lyn Ventris	W50	25:00.3
Garry Hastie	M45	26:46.2
David Smyth	M40	28:44.0

Shot Put

Rob Shand	M75	6.42
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Discus

Rob Shand	M75	20.04
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Athletics Australia – Open Nationals, 23-25 April – WAAS

400mH qualifiers

Cam Yorke	M30	53.89	NQ
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800m qualifiers

Scott Tamblin	M30	1:53.33	NQ
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Hammer Throw

4/10	Byrony Glass	W30	60.21	SR
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ERN CLARKE AC **22/04/10**

Note: The season started tonight, so all performances are season's bests!

Results on next page

60m

Regina Crouch	W40	11.5
Breanna Fallows	Vis	11.5
Catherine Keane	Vis	11.9
Jai Thomas	Vis	12.2
Lynne Schickert	W65	14.1

Callum Young	Vis	8.9
Kim Thomas	M35	8.9
John Dennehy	M50	9.8
Melissa Hynds	W30	10.3
Irwin Barrett-Lennard	M80	11.5

800m

Chris Neale	M40	2:24.6
Bjorn Dybdahl	M55	2:30.4
David Cane	M45	2:32.0
Kim Thomas	M35	2:33.7
Bert Carse	M65	2:35.8
Jonathan Phillips	M35	2:46.2
Dante Giacomini	M40	3:02.3

Colin Smith	M45	2:58.5
John Dennehy	M50	2:58.5
Graeme Dahl	M60	3:07.0
Delia Baldock	W45	3:10.5
Peggy Macliver	W65	3:17.0
Carol Bowman	W55	3:19.1
Jai Thomas	Vis	3:20.9
Catherine Keane	Vis	3:37.9
Breanna Fallows	Vis	3:40.6
Kim Ribbink	W40	4:03.2
Jane Elton	W40	4:03.2
Regina Crouch	W40	4:08.0
Martin MacLennan	Vis	4:42.9

300m

John Dennehy	M50	51.0
Delia Baldock	W45	52.1
Peggy Macliver	W65	56.8
Breanna Fallows	Vis	66.8
Regina Crouch	W40	69.2
Catherine Keane	Vis	70.1

100m

Callum Young	Vis	15.3
Delia Baldock	W45	16.1
Peggy Macliver	W65	17.0
Melissa Hynds	W30	17.5
Bob Schickert	M65	17.6
Irwin Barrett-Lennard	M80	18.8

Martin MacLennan	Vis	17.8
Regina Crouch	W40	19.1
Breanna Fallows	Vis	19.1
Catherine Keane	Vis	20.0
Jai Thomas	Vis	20.4
Lynne Schickert	W65	23.6

3000m

Chris Neale	M40	12:09.7
Colin Smith	M45	12:53.2
Dante Giacomini	M40	13:00.6
Gillian Young	W60	14:14.5
Irwin Barrett-Lennard	M80	15:15.2
Kim Ribbink	W40	15:29.9
Jackie Halberg	W60	16:32.9
Jai Thomas	Vis	19:29.8

3000m walk

Lynne Schickert	W65	22:54.5
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5000m

David Cane	M45	16:37.8
Bjorn Dybdahl	M55	19:07.5
Kim Thomas	M35	20:59.3
Graeme Dahl	M60	22:01.2
Jonathan Phillips	M35	22:29.8
Bob Schickert	M65	22:57.8
John Bocian	M55	23:02.3
Lorraine MacLennan	W45	24:45.6
Callum Young	Vis	25:28.4
Jane Elton	W40	27:09.9
Melissa Hynds	W30	27:42.4

April 29: ECAC**200m**

Colin Smith	M45	29.0
Callum Young	Vis	29.3
David Clive	M70	30.2
Nick Miletic	M55	32.9
Bob Schickert	M65	40.9

Catherine Bresser	Vis	37.5
Michelle Thomas	W30	39.3
Mitch Thomas	Vis	40.3
Regina Crouch	W40	40.7
Jai Thomas	Vis	43.3

1000m

Kim Thomas	M35	3:12.7	
Bert Carse	M65	3:18.3	SR
Peter Sullivan	M50	3:19.0	
Brian Hewitt	M55	3:21.9	PBA
Kerriann Bresser	W40	3:39.0	PBA
Graeme Dahl	M60	3:44.2	PBA
Dante Giacomini	M40	3:48.1	
Colin Smith	M45	3:49.1	
Neil McRae	M55	3:49.1	
Mitch Thomas	Vis	4:08.4	
David Carr	M75	4:15.2	
Nick Miletic	M55	4:25.7	
Carol Bowman	W55	4:26.3	
Shelley Morton Smith	Vis	4:48.3	
Melissa Hynds	W30	4:50.5	
John Dennehy	M50	4:59.7	
Jai Thomas	Vis	5:18.3	

1000m walk

Stan Jones	M80	7:12.0
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400m

Alan Gower	M50	61.6
Kim Thomas	M35	68.5
Brian Hewitt	M55	76.6
Peter Sullivan	M50	85.1
Nick Miletic	M55	85.7
Mitch Thomas	Vis	86.2
Carol Bowman	W55	88.6
Jai Thomas	Vis	93.4
Regina Crouch	W40	1:40.8

60m

Colin Smith	M45	8.8
David Clive	M70	8.8
Nick Miletic	M55	9.6

Callum Young	Vis	9.9
Kim Thomas	M35	10.3
Melissa Hynds	W30	10.3
Michelle Thomas	W30	10.4
Mitch Thomas	Vis	11.4
Jai Thomas	Vis	11.6
Regina Crouch	W40	12.3

4000m

Alan Gower	M50	15:03.5
Peter Sullivan	M50	15:03.8
Kim Thomas	M35	15:56.7
Neil McRae	M55	16:46.2
Graeme Dahl	M60	17:02.6
Karyn Gower	W50	17:21.4
Dante Giacomini	M40	17:39.5
Bob Schickert	M65	18:13.1
David Carr	M75	18:55.4
Lorraine MacLennan	W45	19:01.4
Barbara Blurton	W60	19:21.0
Mitch Thomas	Vis	19:24.2
Callum Young	Vis	19:35.0
Irwin Barrett-Lennard	M80	20:32.1
Delia Baldock	W45	20:59.5
Melissa Hynds	W30	21:02.2
John Dennehy	M50	21:08.1
Michelle Thomas	W30	23:09.7
Jai Thomas	Vis	23:40.3

ERN CLARKE AC

6/05/10

600m

Chris Neale	M40	1:35.6	
Kim Thomas	M35	1:50.5	
Peter Sullivan	M50	2:04.4	
Graeme Dahl	M60	2:09.9	
Nick Miletic	M55	2:20.4	
Peggy Macliver	W65	2:21.7	
David Carr	M75	2:25.0	
Zara Williams	Vis	2:27.7	
Carol Bowman	W55	2:28.5	
Breanna Fallows	Vis	2:29.6	
Jackie Halberg	W60	2:41.3	
Chloe Thomas	Vis	2:51.6	
Regina Crouch	W40	2:55.2	
Dave Neale	M70	2:57.5	

100m

Callum Young	Vis	14.9	
Nick Miletic	M55	15.3	
Melissa Hynds	W30	17.1	SB
Dave Neale	M70	20.0	

Zara Williams	Vis	17.1	
Bob Schickert	M65	17.7	
Martin MacLennan	Vis	18.3	
Regina Crouch	W40	18.4	SB
Breanna Fallows	Vis	19.4	
Lynne Schickert	W65	22.9	SB

1 mile

Bjorn Dybdahl	M55	5:24.2	PBA
Bert Carse	M65	5:33.2	PBA
Kim Thomas	M35	5:42.0	
Colin Smith	M45	5:58.8	
Peter Sullivan	M50	6:12.8	
Neil McRae	M55	6:17.1	
Barbara Blurton	W60	6:56.0	
Sean David	M40	7:22.3	PBA
John Dennehy	M50	7:26.8	PBA
Callum Young	Vis	7:27.1	
Nick Miletic	M55	7:28.0	
Carol Bowman	W55	7:38.2	
Irwin Barrett-Lennard	M80	7:53.5	
Melissa Hynds	W30	8:05.0	
Dave Neale	M70	10:15.5	

1 mile walk

Stan Jones	M80	11:54.7	
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200m

Chris Neale	M40	25.5	
Sean David	M40	32.9	
Nick Miletic	M55	34.0	
Bob Schickert	M65	37.4	SB
Zara Williams	Vis	37.6	
Carol Bowman	W55	38.6	
Regina Crouch	W40	40.8	
Martin MacLennan	Vis	49.6	

3000m

Bjorn Dybdahl	M55	11:05.5	
Peter Sullivan	M50	11:16.9	
Kim Thomas	M35	11:47.4	
Jon Wannberg	M40	11:54.2	
Neil McRae	M55	12:15.9	
Graeme Dahl	M60	12:38.2	PBA
Frank Smith	M65	13:08.9	
Bob Schickert	M65	13:21.3	
Vic Waters	M65	13:27.4	
David Carr	M75	13:35.7	
Lorraine MacLennan	W45	13:49.8	PBA
Callum Young	Vis	14:47.9	
Peggy Macliver	W65	14:56.2	
Irwin Barrett-Lennard	M80	15:11.1	SB
Barbara Blurton	W60	15:15.4	
Melissa Hynds	W30	15:40.2	
Jackie Halberg	W60	15:57.2	SB
Chris Neale	M40	16:31.8	
John Dennehy	M50	16:31.8	
Michelle Thomas	W30	18:12.0	
Chloe Thomas	Vis	19:58.9	

3000m walk

David Smyth	M40	17:17.6	
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**May 5 – Nuneaton, UK
Midland Vets League****1500m**

John Oldfield	M65	6:09.3	
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ECAC – May 13

2000m

Bjorn Dybdahl	M55	6:56.0
Kim Thomas	M35	7:05.1
Brian Hewitt	M55	7:22.8
Chris Neale	M40	7:28.8
Mark Matcham	M40	7:42.2
Jonathon Phillips	M35	7:55.8
Carl Ciccarelli	M45	8:04.7
Graeme Dahl	M60	8:16.6
Mark Elms	M40	8:32.7
Callum Young	Vis	9:10.3
Gillian Young	W60	9:11.3
Peggy Macliver	W65	9:20.1
Carol Bowman	W55	9:29.6
John Dennehy	M50	9:46.1
Jeanette Paterson	Vis	9:54.7
Bruce Mathieson	M65	9:55.0
Melissa Hynds	W30	10:01.3
Jackie Halberg	W60	10:02.2
Dave Neale	M70	11:49.3

2000m Walk

Zara Williams	Vis	13:58.1
Lynne Schickert	W65	14:27.2

100m

Callum Young	Vis	15.7
Melissa Hynds	W30	17.5
Zara Williams	Vis	17.8
Dave Neale	M70	20.2
Breanna Fallows	Vis	20.3
Lynne Schickert	W65	25.1

Zara Williams	Vis	17.5
Breanna Fallows	Vis	19.5
Mark Elms	M40	19.9
Perry Foley	M80	20.3

3000m

Carolyn Fawcett	W55	19:52.6
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5000m

Bjorn Dybdahl	M55	19:19.6
Brian Hewitt	M55	20:03.9 PBA
Kim Thomas	M35	20:34.4 SB
Carl Ciccarelli	M45	21:18.6
Graeme Dahl	M60	21:51.1 SB
Jonathon Phillips	M35	22:42.2
Mark Elms	M40	23:35.8
David Carr	M75	23:42.6
Callum Young	Vis	25:39.3
Melissa Hynds	W30	26:06.7 SB
Jeanette Paterson	Vis	26:13.3
Bruce Mathieson	M65	26:13.3

60m

Callum Young	Vis	9.9
Melissa Hynds	W30	10.5
Zara Williams	Vis	10.9
Derry Foley	M80	11.8
Breanna Fallows	Vis	12.2

400m

Chris Neale	M40	56.4
Jonathon Phillips	M35	75.9
John Dennehy	M50	81.5
Peggy Macliver	W65	81.8
Zara Williams	Vis	86.8
Breanna Fallows	Vis	93.2
Jackie Halberg	W60	96.3
Derry Foley	M80	2:00.1

ERN CLARKE AC 20/05/10**300m**

Chris Neale	M40	39.1
Colin Smith	M45	42.4
Sean David	M40	54.1
Nick Miletic	M55	58.2
Irwin Barrett-Lennard	M80	59.5

Delia Baldock	W45	52.4
Peggy Macliver	W65	55.5
Bob Schickert	M65	59.4
Lorraine MacLennan	W45	62.8

1 mile

Kim Thomas	M35	5:40.3	SB
Mark Matcham	M40	5:48.7	
Graeme Dahl	M60	6:25.6	PBA
Barbara Blurton	W60	6:37.3	SR
David Carr	M75	6:39.0	
Chris Neale	M40	6:54.4	
Bruce Mathieson	M65	7:14.9	
John Dennehy	M50	7:21.6	SB
Gillian Young	W60	7:24.5	
Peggy Macliver	W65	7:30.0	
Nick Miletic	M55	7:36.0	
Sean David	M40	7:36.8	
Carol Bowman	W55	7:37.4	SB
Melissa Hynds	W30	7:38.1	SB
John Ellard	M65	8:03.3	
Dave Neale	M70	9:04.5	SB

ERN CLARKE AC 27/05/10**200m**

Chris Neale	M40	33.3
Nick Miletic	M55	33.3
Kevin Hynds	M40	35.8
Bob Schickert	M65	40.3

2000m

Bjorn Dybdahl	M55	7:30.0
Chris Neale	M40	7:31.9
Bob Schickert	M65	8:41.1
Melissa Hynds	W30	9:30.1
David Carr	M75	9:43.1
Irwin Barrett-Lennard	M80	9:53.4
Jackie Halberg	W60	10:32.8

600m

Bjorn Dybdahl	M55	1:57.3
Barbara Blurton	W60	2:04.0
Chris Neale	M40	2:04.5
Bob Schickert	M65	2:18.1
Kevin Hynds	M40	2:30.1
Carol Bowman	W55	2:31.6

200m

Delia Baldock	W45	32.9
Nick Miletic	M55	33.6
Peggy Macliver	W65	34.8
Carol Bowman	W55	39.7
Breanna Fallows	Vis	41.3
Derry Foley	M80	43.7

Chris Neale	M40	25.7	
Colin Smith	M45	27.1	SB
Mark Matcham	M40	29.5	
Sean David	M40	32.5	SB

4000m

Kim Thomas	M35	16:09.5
Graeme Dahl	M60	17:06.6
Bob Schickert	M65	18:25.6
Bruce Mathieson	M65	19:11.0
David Carr	M75	19:24.7
Lorraine MacLennan	W45	19:25.6
Irwin Barrett-Lennard	M80	19:40.7
Gillian Young	W60	20:06.3
Melissa Hynds	W30	20:08.6
Jackie Halberg	W60	22:29.8
Dave Neale	M70	26:26.6

2000m walk

Lynne Schickert	W65	14:58.4
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60m

Colin Smith	M45	8.1	SB
Nick Miletic	M55	9.6	
Melissa Hynds	W30	10.3	
Breanna Fallows	Vis	12.2	
Lynne Schickert	W65	14.4	

3000m

Bjorn Dybdahl	M55	11:26.7	
Chris Neale	M40	12:18.0	
David Carr	M75	14:12.1	
Bruce Mathieson	M65	14:35.1	
Irwin Barrett-Lennard	M80	14:57.6	SB
Melissa Hynds	W30	15:00.0	SB

100m

Bjorn Dybdahl	M55	14.2	PBA
Nick Miletic	M55	15.2	SB
Kevin Hynds	M40	15.2	PBA
Melissa Hynds	W30	17.2	
Kevin Collins	M40	17.7	

ERN CLARKE AC**June 3****300m**

Colin Smith	M45	44.9
Peggy Macliver	W65	54.3
Nick Miletic	M55	54.9
Bob Schickert	M65	59.2

Carol Bowman	W55	61.8
Breanna Fallows	Vis	66.2
Regina Crouch	W40	67.0

4km

Peter Sullivan	M50	15:33.4
Simon Leonard	Vis	15:45.4
Graeme Dahl	M60	16:51.8
Dante Giacomini	M40	18:20.5
David Carr	M75	18:36.8
Lorraine MacLennan	W45	18:48.3
Callum Young	Vis	19:28.4
Melissa Hynds	W30	20:07.1

2km walk

Lynne Schickert	W65	14:48.0
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60m

Colin Smith	M45	8.6
David Solomon	M45	8.7
Nick Miletic	M55	9.6
Kevin Collins	M40	10.8

Callum Young	Vis	9.3	
Melissa Hynds	W30	10.3	SB=
Regina Crouch	W40	10.9	
Lynne Schickert	W65	13.7	SB

ECAC – Jun 10**1000m**

Chris Neale	M40	3:07.6	PBA
Kim Thomas	M35	3:10.3	SB
Jon Wannberg	M40	3:27.8	
Paul Odam	Vis	3:31.0	
Peter Sullivan	M50	3:37.5	
Graeme Dahl	M60	3:39.5	SB
Neil McRae	M55	3:41.9	PBA
Bob Schickert	M65	3:57.2	
Peggy Macliver	W65	4:07.3	SR
David Carr	M75	4:07.5	SB
Nick Miletic	M55	4:24.9	SB
Irwin Barrett-Lennard	M80	4:25.3	SR
Carol Bowman	W55	4:26.8	
Melissa Hynds	W30	4:40.1	PBA
Dave Neale	M70	5:08.2	
Regina Crouch	W40	6:02.5	
Lynne Schickert	W65	6:20.7	

1500m

David Solomon	M45	5:21.3
Paul Odam	Vis	5:21.9
Jon Wannberg	M40	5:55.0
Bob Schickert	M65	6:08.8
Peggy Macliver	W65	6:47.2
Nick Miletic	M55	6:58.6
Peter Sullivan	M50	7:02.7
Carol Bowman	W55	7:07.2
Callum Young	Vis	7:08.4
Breanna Fallows	Vis	7:23.0
Melissa Hynds	W30	7:23.5
Jackie Halberg	W60	7:28.3
David Carr	M75	7:34.8

100m

Colin Smith	M45	14.2	
Callum Young	Vis	15.0	
Nick Miletic	M55	15.2	SB=
Kevin Collins	M40	17.9	
Regina Crouch	W40	18.4	SB=
Melissa Hynds	W30	18.6	
Lynne Schickert	W65	23.2	

Midland Vets League, Tamworth UK – June 2**3000m**

John Oldfield	M65	13:23.6
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60m

Mark Elms	M40	8.2	
Kevin Hynds	M40	9.4	PBA
Nick Miletic	M55	9.6	
Derry Foley	M80	11.6	SB
Dave Neale	M70	11.7	
Sue Bourn	Vis	9.7	
Delia Baldock	W45	9.9	
Melissa Hynds	W30	10.4	
Regina Crouch	W40	10.9	SB=
Lynne Schickert	W65	14.0	

600m

Chris Neale	M40	1:41.1
Mark Matcham	M40	1:44.3
Colin Smith	M45	1:47.2
Kim Thomas	M35	1:48.6
Mark Elms	M40	1:57.2
Paul Odam	Vis	2:02.0
Bob Schickert	M65	2:13.0
Peter Sullivan	M50	2:14.0
Sue Bourn	Vis	2:16.6
Delia Baldock	W45	2:21.4
Carl Ciccarelli	M45	2:27.5
Nick Miletic	M55	2:31.4
Carol Bowman	W55	2:32.0
Regina Crouch	W40	3:03.0

(June 10 cont.)

3000m

Paul Odam	Vis	11:26.2
Peter Sullivan	M50	11:27.9
Kim Thomas	M35	11:44.6 SB
Carl Ciccarelli	M45	11:57.8
Graeme Dahl	M60	12:02.4 SB
Neil McRae	M55	12:22.3
Trish Farr	W35	12:25.3 SB
Sue Bourn	Vis	13:16.3
David Carr	M75	13:30.5 SB
Lorraine MacLennan	W45	14:20.0
Peggy Macliver	W65	14:24.6 SB
Irwin Barrett-Lennard	M80	14:30.5 SB
Melissa Hynds	W30	14:38.6 SB
Jackie Halberg	W60	16:01.0
Dave Neale	M70	18:05.6

200m

Chris Neale	M40	25.6
Mark Elms	M40	26.4
Colin Smith	M45	28.0
Kevin Hynds	M40	33.2 SB
Nick Miletic	M55	33.6
Derry Foley	M80	45.3
Delia Baldock	W45	33.9
Sue Bourn	Vis	34.0
Peggy Macliver	W65	35.5
Melissa Hynds	W30	38.0
Irwin Barrett-Lennard	M80	38.1
Regina Crouch	W40	39.3 SB

ECAC June 17

100m

Mark Elms	M40	12.7	SB
Colin Smith	M45	13.1	SB
Kevin Collins	M40	18.7	
Dave Neale	M70	18.9	SB
Derry Foley	M80	19.0	SB

Sue Bourn	Vis	15.9	
Cathy Elms	Vis	16.0	
Melissa Hynds	W30	17.1	SB=
Regina Crouch	W40	17.4	SB

3000m

Chris Neale	M40	11:22.7	PBA
Cathy Elms	Vis	14:41.9	
Michelle Thomas	W30	17:50.0	SB

5000m

Paul Odam	Vis	19:29.7	
Sue Bourn	Vis	22:30.4	
David Carr	M75	22:52.3	SB
Lorraine MacLennan	W45	23:11.5	PBA
Irwin Barrett-Lennard	M80	24:49.2	
Melissa Hynds	W30	24:50.0	PBA
Kim Thomas	M35	25:27.2	

200m

Mark Elms	M40	27.0	
Colin Smith	M45	27.2	
Delia Baldock	W45	33.6	
Peggy Macliver	W65	36.3	
Regina Crouch	W40	40.1	
Carol Bowman	W55	40.1	
Derry Foley	M80	43.5	SB

800m

Chris Neale	M40	2:32.6	
Paul Odam	Vis	2:59.7	
Peggy Macliver	W65	3:16.6	SB
Nick Miletic	M55	3:22.6	
Carol Bowman	W55	3:28.4	
Jackie Halberg	W60	3:33.6	
Melissa Hynds	W30	3:40.9	
Delia Baldock	W45	3:49.2	
Regina Crouch	W40	4:42.3	

400m

Chris Neale	M40	63.3	
Nick Miletic	M55	84.4	SB
Delia Baldock	W45	85.0	
Peggy Macliver	W65	87.3	
Carol Bowman	W55	1:33.5	
Jackie Halberg	W60	1:33.9	SB
Melissa Hynds	W30	1:35.6	
Regina Crouch	W40	1:58.4	
Derry Foley	M80	2:01.0	

ECAC – June 24

100m

Colin Smith	M45	12.9	SB
David Solomon	M45	13.9	
Mel Ebstein	M45	15.2	
Kevin Hynds	M40	15.3	
Nick Miletic	M55	15.3	
Kevin Collins	M40	17.8	

Mark Howard	Vis	13.4	
Sue Bourn	Vis	15.6	
Bob Schickert	M65	17.1	SB
Melissa Hynds	W30	17.5	
Derry Foley	M80	19.2	
Lynne Schickert	W65	23.1	

1000m

Chris Neale	M40	5:36.7	PBA
Paul Odam	Vis	5:46.0	
Kim Thomas	M35	6:12.7	
Graeme Dahl	M60	6:41.4	
Peggy Macliver	W65	7:20.0	SB
Kate Sommerville	W35	7:22.5	
Irwin Barrett-Lennard	M80	7:38.7	SR
Claire Walkley	W40	7:41.4	
Jane Elton	W40	7:46.5	PBA
Melissa Hynds	W30	7:49.0	
Nick Miletic	M55	7:56.3	
Jackie Halberg	W60	7:56.8	
Dave Neale	M70	8:24.3	SB

600m

Chris Neale	M40	1:53.3	
Colin Smith	M45	1:53.4	
Delia Baldock	W45	2:13.5	
Peggy Macliver	W65	2:19.7	
Cathy Elms	Vis	2:24.1	
Carol Bowman	W55	2:27.2	
Kim Thomas	M35	2:28.1	
Melissa Hynds	W30	2:37.3	
Jackie Halberg	W60	2:41.1	

60m

Mark Howard	Vis	7.9	
Colin Smith	M45	8.2	
Kevin Hynds	M40	9.3	PBA
Nick Miletic	M55	9.4	
Kevin Collins	M40	10.9	

Cathy Elms	Vis	9.8	
Sue Bourn	Vis	9.9	
Melissa Hynds	W30	10.4	
Derry Foley	M80	11.8	
Lynne Schickert	W65	13.9	

3000m

Paul Odam	Vis	11:09.9	
David Solomon	M45	11:31.4	PBA
Graeme Dahl	M60	12:31.7	
Sue Bourn	Vis	13:00.0	
Bob Schickert	M65	13:13.6	SB
Lorraine MacLennan	W45	13:30.4	PBA
Kate Sommerville	W35	14:34.3	
Melissa Hynds	W30	14:35.3	PBA
Claire Walkley	W40	14:56.0	
Irwin Barrett-Lennard	M80	15:07.7	
Jane Elton	W40	15:17.5	
Delia Baldock	W45	16:00.9	
Michelle Thomas	Vis	17:09.7	SB
Chris Neale	M40	17:11.1	
Kim Thomas	M35	17:12.6	

ECAC – July 1

(note: 300m, 2000m, 4000m not analysed.)

300m

Chris Neale	M40	40.0
Mark Elms	M40	41.0
David Solomon	M45	45.9
Kim Thomas	M35	48.3
Rod Mackay	M40	48.8
Paul Odam	Vis	59.4

Sue Bourn	Vis	54.8
Carol Bowman	W55	61.2
Melissa Hynds	W30	65.7
Carl Ciccarelli	M45	67.2
Sarah Ladwig	W60	67.8
Regina Crouch	W40	68.2

2000m

Kim Thomas	M35	7:09.0
Paul Odam	Vis	7:10.4
Rod Mackay	M40	7:15.8
Chris Neale	M40	7:29.5
Jon Wannberg	M40	7:45.9
Colin Smith	M45	7:54.3
Carl Ciccarelli	M45	8:02.8
Melissa Hynds	W30	9:39.7
Carol Bowman	W55	9:40.6
Claire Walkley	W40	9:40.9
Jane Elton	W40	10:03.5
Jackie Halberg	W60	10:05.4
David Solomon	M45	10:59.3
Jacqui Sanders	W40	10:59.4

4000m

Paul Odam	Vis	15:18.7
David Solomon	M45	15:30.1
Bert Carse	M65	15:45.1
Rod Mackay	M40	15:58.1
Kim Thomas	M35	16:51.5
Carl Ciccarelli	M45	16:53.0
Sue Bourn	Vis	17:35.3
Lorraine MacLennan	M45	18:16.0
Melissa Hynds	W30	19:33.2
John Dennehy	M50	20:28.4
Jane Elton	W40	20:28.7
Sarah Ladwig	W60	21:01.4
Claire Walkley	W40	21:49.8
Jacqui Sanders	W40	23:23.3

200m

Chris Neale	M40	25.3	SB
Mark Elms	M40	26.6	
Colin Smith	M45	27.2	
Sue Bourn	Vis	34.8	
Martin MacLennan	Vis	38.5	
Melissa Hynds	W30	39.4	
Regina Crouch	W40	39.8	
Derry Foley	M80	43.3	SB

60m

Sue Bourn	Vis	9.3	
Melissa Hynds	W30	10.0	
Martin MacLennan	Vis	10.4	
Regina Crouch	W40	10.9	SB=
Mark Howard	M40	8.0	
Mark Elms	M40	8.5	
Derry Foley	M80	11.2	PBA=

July 3

British Masters Nationals, Cardiff UK

2000m steeplechase

John Oldfield	M65	9:54.82	1/1
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(Note: no medal awarded as this was outside the 9:30 merit standard required for a medal)

ECAC – July 8

1000m

Colin Smith	M45	3:43.0	SB
Mitch Thomas	Vis	4:18.0	
Kim Thomas	M35	4:18.4	
Peggy Macliver	W65	4:26.8	
Nick Miletic	M55	4:33.2	

Carol Bowman	W55	4:40.0	
Graeme Dahl	M60	4:48.4	
Melissa Hynds	W30	4:49.0	SB
Jane Elton	W40	4:50.7	
David Carr	M75	4:52.4	
Kate Sommerville	W35	4:55.4	

200m

Colin Smith	M45	29.4	
Mark Howard	M40	31.2	
Kevin Hynds	M40	32.3	SB
Nick Miletic	M55	32.6	SB
Sue Bourn	Vis	34.6	

Cathy Elms	Vis	35.5	
Mitch Thomas	Vis	39.4	
Melissa Hynds	W30	40.2	
Kim Thomas	M35	41.5	
David Carr	M75	44.6	

3000m

Mitch Thomas	Vis	14:12.0	
Graeme Dahl	M60	14:59.9	

5000m

Kim Thomas	M35	20:14.8	SB
Sue Bourn	Vis	22:07.7	
Kate Sommerville	W35	24:30.0	
Melissa Hynds	W30	24:53.2	
Jane Elton	W40	25:30.5	SB
David Carr	M75	27:40.1	

400m

Cathy Elms	Vis	76.1	
Delia Baldock	W45	76.9	SB
Peggy Macliver	W65	82.6	
Jane Elton	W40	1:35.6	
David Carr	M75	1:35.8	
Melissa Hynds	W30	1:38.1	
Jackie Halberg	W60	1:40.1	

100m

Mark Howard	M40	13.1	SB
Colin Smith	M45	14.6	
Kevin Hynds	M40	14.9	SB
Nick Miletic	M55	16.0	

Delia Baldock	W45	16.0	SB
Cathy Elms	Vis	16.3	
Sue Bourn	Vis	16.8	
Melissa Hynds	W30	16.8	PBA=

ECAC July 15

60m

Colin Smith	M45	8.7	
Kim Thomas	M35	8.9	SB=
Nick Miletic	M55	9.5	
Derry Foley	M80	11.4	
Irwin Barrett-Lennard	M80	11.8	

Mark Matcham	M40	8.5	
Sue Bourn	Vis	9.7	
Cathy Elms	W40	9.7	
Regina Crouch	W40	10.2	SB
Melissa Hynds	W30	10.7	
Kevin Collins	M40	12.2	

400m

Mark Elms	M40	60.2	
Mark Matcham	M40	62.8	
Kim Thomas	M35	70.9	
Cathy Elms	W40	76.9	
Melissa Hynds	W30	87.6	SB
Jackie Halberg	W60	1:33.0	SB
Regina Crouch	W40	1:35.5	SB

1500m

Chris Neale	M40	5:03.0	PBA
Kim Thomas	M35	5:03.3	
Paul Odam	Vis	5:14.6	
Colin Smith	M45	5:36.7	
Sue Bourn	Vis	6:16.0	
David Carr	M75	6:17.4	SB
Carl Ciccarelli	M45	6:22.6	
Lorraine MacLennan	W45	6:25.0	
Peggy Macliver	W65	6:49.7	
Nick Miletic	M55	7:00.1	
Carol Bowman	W55	7:02.7	SB
Melissa Hynds	W30	7:03.1	PBA
Irwin Barrett-Lennard	M80	7:19.2	
Shirley Bell	W60	7:23.8	
Jackie Halberg	W60	7:24.3	SB
Claire Walkley	W45	7:51.7	
Theresa Howe	W60	7:51.7	
Jane Elton	W40	7:51.7	
Kate Sommerville	W35	7:52.0	
John Dennehy	M50	7:56.7	
Cecil Walkley	M80	8:58.5	

1500m walk

Tom Lenane	M50	9:35.1
Stan Jones	M80	11:14.7

100m

Mark Elms	M40	13.3	
Nick Miletic	M55	15.4	
Cathy Elms	W40	15.5	
Derry Foley	M80	18.7	SB
Irwin Barrett-Lennard	M80	19.0	

Sue Bourn	Vis	16.1
Delia Baldock	W45	16.1
Melissa Hynds	W30	17.0
Regina Crouch	W40	17.6

3000m

Paul Odam	M50	11:09.4
Bert Carse	M65	11:22.9
Kim Thomas	M35	12:05.1
Chris Neale	M40	12:10.1
Carl Ciccarelli	M45	12:29.5
Sue Bourn	Vis	12:48.5
Colin Smith	M45	12:49.7
Lorraine MacLennan	W45	13:28.1
David Carr	M75	14:24.5
Peggy Macliver	W65	14:26.1
Melissa Hynds	W30	14:30.9
John Dennehy	M50	15:14.5
Shirley Bell	W60	15:14.7
Irwin Barrett-Lennard	M80	15:25.0
Theresa Howe	W60	16:03.3
Claire Walkley	W45	16:06.3
Jane Elton	W40	16:06.6
Kate Sommerville	W35	16:07.9
Cecil Walkley	M80	18:58.8

**SB
PBA****PBA
SB****ECAC July 22**

200m

Sue Bourn	W40	33.2	SB
Cathy Elms	W40	33.7	SB
Melissa Hynds	W30	38.5	
Regina Crouch	W40	40.1	

Colin Smith	M45	26.9	SB
David Solomon	M45	29.3	
Kevin Hynds	M40	32.2	SB
Keith Martin	M65	34.4	
Kevin Collins	M40	38.5	
Derry Foley	M80	47.5	

3000m

Jon Wannberg	M40	12:46.5	
John Dennehy	M50	14:24.7	PBA
Michelle Thomas	W30	17:11.7	

5000m

Bjorn Dybdahl	M55	18:45.2	
Bert Carse	M65	19:25.0	
Kim Thomas	M35	20:45.5	
David Solomon	M45	21:21.0	
Sue Bourn	W40	21:44.2	PB
Jonathan Phillips	M35	22:06.6	SB
David Carr	M75	23:22.3	
Melissa Hynds	W30	24:53.4	
Jane Elton	W40	25:17.6	SB
Claire Walkley	W45	25:17.6	

800m

Bjorn Dybdahl	M55	2:43.8	
Jon Wannberg	M40	2:47.5	
Bob Schickert	M65	3:15.3	
Melissa Hynds	W30	3:31.8	SB
Delia Baldock	W45	3:36.4	
Regina Crouch	W40	4:21.4	

60m

Mark Howard	M40	8.0	
Colin Smith	M45	8.2	
David Solomon	M45	8.8	
Kevin Hynds	M40	9.2	PBA
Cathy Elms	W40	9.6	SB
Derry Foley	M80	11.8	

Delia Baldock	W45	9.8	SB
Melissa Hynds	W30	10.6	
Regina Crouch	W40	10.6	
Bob Schickert	M65	12.7	

300m

Colin Smith	M45	41.5	
David Solomon	M45	48.5	
Cathy Elms	W40	53.4	
Keith Martin	M65	54.3	
David Carr	M75	69.3	

Delia Baldock	W45	53.0	
Sue Bourn	W40	56.7	
Bob Schickert	M65	61.4	
Melissa Hynds	W30	66.7	
Regina Crouch	W40	68.8	

ECAC July 29**600m**

Chris Neale	M40	1:34.1
Mark Matcham	M40	1:43.9
Mark Elms	M40	1:52.4
Bob Schickert	M65	2:05.8
Sue Bourn	W40	2:15.1
Mitch Thomas	Vis	2:21.4
Carol Bowman	W55	2:28.9
Nick Miletic	M55	2:31.4
Keith Martin	M65	2:37.5
Storm Thomas	Vis	2:48.0
Corey Thomas	M30	2:48.8

Mile

Bjorn Dybdahl	M55	5:25.7	
Bert Carse	M65	5:52.4	
Jon Wannberg	M40	6:09.0	
David Carr	M75	6:36.8	SB
Mitch Thomas	Vis	6:51.9	

100m

Mark Elms	M40	13.2
Colin Smith	M45	13.3
Mark Matcham	M40	14.2
Nick Miletic	M55	16.5

Keith Martin	M65	16.2
Sue Bourn	W40	16.3
Carol Bowman	W55	19.4
Derry Foley	M80	19.5

Melissa Hynds	W30	17.2
Regina Crouch	W40	18.0
Lynne Schickert	W65	24.1

4000m

Bjorn Dybdahl	M55	15:21.7
Bert Carse	M65	16:12.1
Corey Thomas	M30	16:43.3
Sue Bourn	W40	17:44.5
Lorraine MacLennan	W45	18:51.8
Bob Schickert	M65	19:11.6
David Carr	M75	19:38.0
Melissa Hynds	W30	19:47.8
Mitch Thomas	Vis	19:51.2
John Dennehy	M50	19:52.6
Delia Baldock	W45	20:38.3
Storm Thomas	Vis	23:45.4

200m

Chris Neale	M40	25.7
Mark Elms	M40	27.0
Colin Smith	M45	27.1
Sue Bourn	W40	33.8
Keith Martin	M65	34.7

Delia Baldock	W45	34.3	
David Carr	M75	38.7	SB
Melissa Hynds	W30	39.2	
Regina Crouch	W40	40.8	
Derry Foley	M80	44.7	
Lynne Schickert	W65	53.2	

ECAC August 5

60m

Michelle Crouch	Vis	8.7	
Sue Bourn	W40	9.7	
Peggy Macliver	W65	9.9	
Regina Crouch	W40	10.9	
Lynne Schickert	W65	13.8	

Colin Smith	M45	8.7	
David Solomon	M45	8.7	SB=
Mark Matcham	M40	8.8	
Nick Miletic	M55	9.4	
Kevin Collins	M40	10.8	
Derry Foley	M80	11.2	PBA=

2000m

Bjorn Dybdahl	M55	6:47.7	
David Solomon	M45	7:20.4	
Bert Carse	M65	7:22.6	
Sue Bourn	W40	8:25.9	
Mitch Thomas	Vis	8:30.0	
David Carr	M75	8:34.8	
Dante Giacomini	M40	8:52.0	
John Dennehy	M50	9:23.1	
Bruce Mathieson	M65	9:27.8	
Peggy Macliver	W65	9:30.0	
Nick Miletic	M55	9:36.0	
Carol Bowman	W55	9:36.5	

2000m walk

Lynne Schickert	W65	14:55.0	
Regina Crouch	W40	15:42.5	

ECAC August 12

60m

Chris Neale	M40	7.9	
Mark Matcham	M40	8.4	SB
Chris Rolands	Vis	9.1	
Nick Miletic	M55	9.7	
Derry Foley	M80	11.9	

Colin Smith	M45	9.2	
Chris Rolands	Vis	9.2	
Nick Miletic	M55	9.5	
Bob Schickert	M65	11.1	SB
Derry Foley	M80	11.7	
Lynne Schickert	W65	14.7	

400m

Chris Neale	M40	57.1	
Colin Smith	M45	61.4	
Mark Matcham	M40	62.5	SB
Bruce Mathieson	M65	84.4	

Bob Schickert	M65	78.9	
David Carr	M75	81.5	SB
Nick Miletic	M55	84.7	
Carol Bowman	W55	1:32.2	
Maurice Creagh	M60	1:32.3	

4000m

Chris Neale	M40	17:23.8	
Lorraine MacLennan	W45	18:17.1	

600m

Colin Smith	M45	1:38.5	
Mark Matcham	M40	1:41.2	
Bob Schickert	M65	2:04.2	
Michelle Crouch	Vis	2:15.5	
Bruce Mathieson	M65	2:19.3	
Mitch Thomas	Vis	2:21.5	
Maurice Creagh	M60	2:25.4	
Sarah Ladwig	W60	2:45.4	

3000m

Bjorn Dybdahl	M55	11:42.1	
David Solomon	M45	13:06.3	
Sue Bourn	W40	13:06.5	
Dante Giacomini	M40	13:14.6	
Lorraine MacLennan	W45	13:21.0	PBA=
Bob Schickert	M65	13:35.4	
Maurice Creagh	M60	14:28.9	
David Carr	M75	16:00.7	
Sarah Ladwig	W60	16:02.7	

100m

Colin Smith	M45	13.5	
David Solomon	M45	13.7	SB
Nick Miletic	M55	15.4	
Derry Foley	M80	18.9	

Michelle Crouch	Vis	14.5	
John Dennehy	M50	15.7	
Delia Baldock	W45	15.9	SB
Peggy Macliver	W65	16.7	SB
Regina Crouch	W40	18.0	
Lynne Schickert	W65	24.0	

Bruce Mathieson	M65	19:32.5	
Maurice Creagh	M60	19:48.1	
David Carr	M75	21:43.0	

2km walk

Lynne Schickert	W65	15:04.6	
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3000m

Bjorn Dybdahl	M55	11:42.1	
David Solomon	M45	13:06.3	

200m

Chris Neale	M40	25.8	
Mark Matcham	M40	28.2	SB
Colin Smith	M45	31.4	
Nick Miletic	M55	32.9	
Delia Baldock	W45	33.1	
Bruce Mathieson	M65	40.2	
Derry Foley	M80	45.2	

1000m

Colin Smith	M45	3:43.0	SB=
Chris Neale	M40	3:51.3	
Bob Schickert	M65	4:15.3	
David Carr	M75	4:28.6	
Nick Miletic	M55	4:31.3	
Carol Bowman	W55	4:32.7	
Delia Baldock	W45	4:40.4	
Chris Rolands	Vis	4:47.0	
Maurice Creagh	M60	4:50.7	

ECAC August 19**200m**

Chris Neale	M40	25.2	SB
Colin Smith	M45	26.4	SB
Mark Elms	M45	26.5	
Mark Matcham	M40	28.1	SB
Nick Miletic	M55	32.0	SB

Keith Martin	M65	32.6	SB
Sue Bourn	W40	33.4	
Mel Hynds	W30	37.8	SB
Derry Foley	M80	42.7	SB
Patricia Carr	W75	50.4	

1500m

David Carr	M75	5:55.9	SB
Graeme Dahl	M60	6:25.7	
Dante Giacomini	M40	6:30.3	
John Dennehy	M50	6:41.4	SB
Michelle Crouch	Vis	6:43.4	
Peggy Macliver	W65	6:44.0	SB
Maurice Creagh	M60	6:56.0	
Chris Neale	M40	6:56.4	
Chris Rolands	Vis	6:56.4	
Gillian Young	W60	6:57.4	
Nick Miletic	M55	7:12.3	
Melissa Hynds	W30	7:13.5	SB
Steve Fuller	M55	7:14.9	
Sarah Ladwig	W60	7:35.8	

100m

Chris Neale	M40	12.6	
Colin Smith	M45	13.2	
Mark Matcham	M40	13.6	SB
Nick Miletic	M55	14.9	SB
Keith Martin	M65	15.7	SB
Mark Elms	M40	13.2	
Michelle Crouch	Vis	14.4	
Sue Bourn	W40	15.4	SB
Delia Baldock	W45	15.7	SB
Peggy Macliver	W65	15.9	SB
Chris Rolands	Vis	16.2	
Melissa Hynds	W30	17.1	
Regina Crouch	W40	17.9	
Derry Foley	M80	18.8	

ECAC – August 26**400m**

Colin Smith	M45	57.8	SB
Chris Neale	M40	58.5	
Mark Elms	M40	61.0	
Keith Martin	M65	76.3	
Nick Miletic	M55	80.0	SB
Chris Rowlands	Vis	1:33.2	
Kevin Collins	M40	1:37.3	

John Dennehy	M50	72.4	SB
Delia Baldock	W45	76.6	SB
Steve Fuller	M55	79.1	
Peggy Macliver	W65	83.4	
Carol Bowman	W30	89.9	
Sarah Ladwig	W60	1:36.2	

2000m Walk

Lynne Schickert	W65	14:39.0	
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5000m

Robin King	W50	21:32.1	
Sue Bourn	W40	21:46.5	
Jonathon Phillips	M35	22:06.0	SB
Gillian Young	W60	24:20.9	
Steve Fuller	M55	25:23.4	
Melissa Hynds	W30	25:23.6	
Sarah Ladwig	W60	26:34.3	PBA
Maurice Creagh	M60	26:37.1	

3000m

Chris Neale	M40	12:01.3	
Graeme Dahl	M60	12:38.1	
Dante Giacomini	M40	12:58.5	SB
Bob Schickert	M65	13:56.8	

3000m walk

Lynne Schickert	W65	23:47.1	
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300m (not analysed)

Colin Smith	M45	44.5	
John Dennehy	M50	50.8	
Keith Martin	M65	52.0	
Nick Miletic	M55	53.2	
David Carr	M75	54.0	
Bob Schickert	M65	64.6	

Michelle Crouch	Vis	51.1	
Delia Baldock	W45	53.4	
Peggy Macliver	W60	55.1	
Regina Crouch	W40	67.8	
Patricia Carr	W75	86.7	

1500m walk

Lynne Schickert	W65	10:46.6	
Stan Jones	M80	11:05.9	SB

August 5**Tim Wealthall Memorial Mile, Nottingham UK****Mile**

Christine Oldfield	W65	8:33.1	PBA
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4000m

Chris Neale	M40	16:34.5	
Graeme Dahl	M60	17:05.2	
Sue Bourn	W40	17:36.9	
Dante Giacomini	M40	17:41.2	
John Bocian	M55	17:56.2	
David Carr	M75	18:25.1	
Bruce Mathieson	M65	18:27.1	
Steve Fuller	M55	18:39.6	
Maurice Creagh	M60	18:50.9	
Gillian Young	W60	19:14.3	
Bob Schickert	M65	19:37.8	
Mel Hynds	W30	20:11.8	
Chris Rowlands	Vis	22:22.6	

200m

Chris Neale	M40	26.5	
Mark Elms	M40	26.9	
Colin Smith	M45	27.4	
Mark Matcham	M40	27.8	SB
Nick Miletic	M55	32.4	
Sue Bourn	W40	32.5	SB
John Dennehy	M50	33.2	
Delia Baldock	W45	33.5	
Peggy Macliver	W65	34.9	
Bob Schickert	M65	36.9	SB
Mel Hynds	W30	38.0	
Sarah Ladwig	W60	41.5	
Derry Foley	M80	44.4	
Pat Carr	W75	50.7	

1 Mile

Mark Matcham	M40	6:00.0	
Chris Neale	M40	6:24.8	
Dante Giacomini	M40	6:38.7	
Steve Fuller	M55	6:55.3	
David Carr	M75	6:59.0	
Lorraine MacLennan	W45	7:00.1	
Bruce Mathieson	M65	7:04.9	SB
Maurice Creagh	M60	7:20.8	
Gillian Young	W60	7:21.8	SB
Nick Miletic	M55	7:22.1	SB
Carol Bowman	W55	7:27.0	SB
Mel Hynds	W30	7:56.5	SB
Sarah Ladwig	W60	8:10.6	
Chris Rowlands	Vis	8:20.1	

60m

Chris Neale	M40	8.1	
Colin Smith	M45	8.6	
Nick Miletic	M55	9.4	SB=
Bob Schickert	M65	11.1	SB=
Derry Foley	M80	11.8	
Sue Bourn	W40	9.6	
Delia Baldock	W45	9.7	SB
Mel Hynds	W30	10.1	
Peggy Macliver	W65	10.2	
Sarah Ladwig	W60	12.3	
Lynne Schickert	W65	14.6	

ECAC September 2**100m**

Mark Elms	M40	12.9
Colin Smith	M45	13.4
Nick Miletic	M55	15.5
Cathy Elms	W40	15.9
Derry Foley	M80	19.3

Sue Bourn	W40	15.7
Peggy Macliver	W65	16.8
Lynne Schickert	W65	23.5

800m

Mark Matcham	M40	2:24.3
Paul Odam	M50	2:46.5
Steve Fuller	M55	2:51.0
David Carr	M75	2:52.8
Bob Schickert	M65	2:55.9
Dante Giacomini	M40	3:03.8
Nick Miletic	M55	3:19.7
Carol Bowman	W55	3:23.8

Colin Smith	M45	3:10.6
Mike O'Reilly	M70	3:11.8
Peggy Macliver	W65	3:14.2
Bruce Mathieson	M65	3:15.2
Maurice Creagh	M60	3:16.1
Gillian Young	W60	3:21.1
Graeme Dahl	M60	3:21.8
Jackie Halberg	W60	3:47.1

60m

Colin Smith	M45	8.2
Mark Elms	M40	8.3
Mark Matcham	M40	8.7
Nick Miletic	M55	9.6
Cathy Elms	W40	10.3

(60m cont.)

Delia Baldock	W45	9.8
Sue Bourn	W40	9.8
Peggy Macliver	W65	9.8
Carol Bowman	W55	11.4
Derry Foley	M80	11.8
Lynne Schickert	W65	14.0

5000m

Paul Odam	M50	19:15.3
Graeme Dahl	M60	21:22.2
Sue Bourn	W40	22:05.5
John Bocian	M55	22:42.8
Steve Fuller	M55	23:23.9
Gillian Young	W60	23:54.1
Bruce Mathieson	M65	23:56.9
Maurice Creagh	M60	24:08.2

3000m

Dante Giacomini	M40	13:02.3
Bob Schickert	M65	13:42.5

3000m walk

Lynne Schickert	W65	23:51.5
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300m

Mark Elms	M40	43.4
Colin Smith	M45	52.5
Nick Miletic	M55	53.3
David Carr	M75	53.9
Carol Bowman	W55	63.9

Delia Baldock	W45	52.6
Mike O'Reilly	M70	54.1
Peggy Macliver	W60	54.9
Sue Bourn	W40	56.5
Jackie Halberg	W60	69.3
Derry Foley	M80	83.6

ECAC September 9**100m**

Chris Neale	M40	12.9
Colin Smith	M45	13.7
Mark Matcham	M40	13.9
Derry Foley	M80	19.3

Michelle Crouch	Vis	14.9
Sue Bourn	W40	15.7
Peggy Macliver	W65	16.5

Delia Baldock	W45	16.3
Regina Crouch	W40	18.3
Carol Bowman	W55	19.3
Patricia Carr	W75	22.2
Lynne Schickert	W65	23.2

1500m walk

Lynne Schickert	W65	10:47.9
Regina Crouch	W40	10:59.8

3000m

Paul Odam	M50	11:23.7
Chris Neale	M40	11:31.1
Mark Matcham	M40	11:56.1
Graeme Dahl	M60	12:12.5
Dante Giacomini	M40	12:48.3
Sue Bourn	W40	12:56.0
David Carr	M75	13:15.1
Lorraine MacLennan	W45	13:22.2
Maurice Creagh	M60	13:41.2
Gillian Young	W60	13:47.3
Ivan Brown	M65	14:15.7
Bob Schickert	M65	14:46.1

600m

Colin Smith	M45	1:45.5
Chris Neale	M40	1:50.1
Mark Matcham	M40	1:51.4
Delia Baldock	W45	2:10.9
Peggy Macliver	W65	2:19.5
Bruce Mathieson	M65	2:20.3
Michelle Crouch	Vis	2:23.1
Sue Bourn	W40	2:23.3
Carol Bowman	W55	2:30.7
Regina Crouch	W40	3:08.4

2000m

Paul Odam	M50	7:41.5
Chris Neale	M40	7:53.8
Graeme Dahl	M60	8:10.6
Mark Matcham	M40	8:17.6
Dante Giacomini	M40	8:23.0
Sue Bourn	W40	8:28.3
Bruce Mathieson	M65	8:42.1
Lorraine MacLennan	W45	8:43.8
Bob Schickert	M65	8:48.8
Gillian Young	W60	8:59.5
Maurice Creagh	M60	9:16.4

200m

Chris Neale	M40	26.8
Colin Smith	M45	27.9
Mark Matcham	M40	28.8
Michelle Crouch	Vis	31.4
Sue Bourn	W40	32.9
Delia Baldock	W45	33.0
Peggy Macliver	W65	34.5 SB
Bob Schickert	M65	37.1
Carol Bowman	W55	39.3

ECAC September 16**400m**

Colin Smith	M45	57.5	SB
Michael Crouch	Vis	61.3	
Mark Matcham	M40	62.2	SB
Steve Fuller	M55	70.3	SB
David Carr	M75	74.5	SB
Bob Schickert	M65	75.9	SB
Mike O'Reilly	M70	78.4	
Michelle Crouch	Vis	79.1	

Cathy Elms	W40	78.3	
Nick Miletic	M55	80.0	SB=
Milton Mavrick	M55	82.1	PBA
Bruce Mathieson	M65	84.6	
Carol Bowman	W55	86.3	SB
Gillian Young	W60	1:30.5	
Regina Crouch	W40	1:36.2	

60m

Michael Crouch	Vis	8.1	
Colin Smith	M45	8.7	
Nick Miletic	M55	9.4	SB=
Sue Bourn	W40	9.6	
Kevin Collins	M40	12.3	

Michelle Crouch	Vis	9.0	
Martin MacLennan	Vis	10.3	
Regina Crouch	W40	10.9	
Derry Foley	M80	11.5	
Carol Bowman	W55	11.5	
Lynne Schickert	W65	13.5	

3000m

Mark Matcham	M40	12:36.3
Sarah Ladwig	W60	15:37.5 PBA

(200m cont.)

Regina Crouch	W40	42.4
Derry Foley	M80	45.6
Patricia Carr	W75	50.3 SB
Lynne Schickert	W65	51.0 SB

300m

Mark Elms	M40	43.4
Colin Smith	M45	52.5
Nick Miletic	M55	53.3
David Carr	M75	53.9
Carol Bowman	W55	63.9

Delia Baldock	W45	52.6
Mike O'Reilly	M70	54.1
Peggy Macliver	W60	54.9
Sue Bourn	W40	56.5
Jackie Halberg	W60	69.3
Derry Foley	M80	83.6

5000m

Sue Bourn	W40	21:32.8	SB
Steve Fuller	M55	23:07.4	PBA
Lorraine MacLennan	W45	23:07.5	PBA
Gillian Young	W60	23:23.2	SB
Bruce Mathieson	M65	23:31.5	SB
Maurice Creagh	M60	24:28.7	
Milton Mavrick	M55	27:45.7	

100m

Michael Crouch	Vis	13.2	
Michelle Crouch	Vis	14.9	
Nick Miletic	M55	15.0	
Cathy Elms	W40	15.5	SB=
Ian MacLennan	Vis	13.7	
Sue Bourn	W40	15.4	SB=
Delia Baldock	W45	15.7	SB=
Martin MacLennan	Vis	18.1	
Derry Foley	M80	19.5	
Lynne Schickert	W65	23.6	

800m

Mark Matcham	M40	2:37.0	
Colin Smith	M45	2:52.2	SB
Steve Fuller	M55	2:54.1	
Bob Schickert	M65	2:58.4	
Mike O'Reilly	M70	3:11.0	SB
David Carr	M75	3:24.4	
Cathy Elms	W40	3:38.4	

Colin Smith	M45	3:04.6	
Delia Baldock	W45	3:09.0	SB
Carol Bowman	W55	3:20.8	
Nick Miletic	M55	3:28.1	
Milton Mavrick	M55	3:38.2	
Sarah Ladwig	W60	3:45.1	

**3 September, Mansfield, UK -Notts County Championship
5km Road race – hilly, windy**

John Oldfield	M65	23:45
Christine Oldfield	W65	29:45 (3 rd W55 – Bronze Medal)

60m

Rudy Kocis	M45	7.7	
Colin Smith	M45	7.9	SB
Mark Elms	M40	8.1	SB=
Michael Crouch	Vis	8.1	
Nick Miletic	M55	9.4	SB=

Mark Matcham	M40	8.7	
David Solomon	M45	8.8	
Michelle Crouch	Vis	9.0	
Sue Bourn	W40	9.6	
Cathy Elms	W40	9.8	SB
Peggy Macliver	W65	10.1	
Derry Foley	M80	11.5	

Mark Elms	M40	8.1	
Delia Baldock	W45	9.7	SB=
Mel Hynds	W30	10.7	
Regina Crouch	W40	11.2	
Carol Bowman	W55	11.4	SB=
Lynne Schickert	W65	13.9	

1500m walk

Tom Lenane	M50	9:17.2	SB
Lynne Schickert	W65	10:51.0	
Regina Crouch	W40	11:11.1	

200m

Mark Elms	M40	25.9	SB
Colin Smith	M45	26.3	SB
Michael Crouch	Vis	26.3	
Rudy Kocis	M45	26.5	
Nick Miletic	M55	33.5	

Mark Matcham	M40	28.0	
David Solomon	M45	28.1	SB
Michelle Crouch	Vis	30.3	
Sue Bourn	W40	32.5	SB=
Cathy Elms	W40	33.4	SB
Carol Bowman	W55	38.3	SB

Delia Baldock	W45	32.7	SB
Milton Mavrck	M55	34.2	
Bob Schickert	M65	35.0	SB
Mel Hynds	W30	39.2	
Sarah Ladwig	W60	41.9	

Derry Foley	M80	43.0	
Jackie Halberg	W60	43.1	
Regina Crouch	W40	45.4	
Lynne Schickert	W65	50.5	SB

1500m

Mark Matcham	M40	5:16.6	
Paul Odam	M50	5:25.4	
David Carr	M75	5:52.0	SB 91.2%
Steve Fuller	M55	6:01.6	SB
Graeme Dahl	M60	6:10.7	SB
Gillian Young	W60	6:28.5	SB
Maurice Creagh	M60	6:43.8	SB
Nick Miletic	M55	6:44.8	SB
Carol Bowman	W55	6:45.1	SB
Milton Mavrck	M55	6:51.1	
Peggy Macliver	W65	6:53.7	
Mel Hynds	W30	7:10.8	
John Dennehy	M50	7:24.4	

300m

Colin Smith	M45	46.5	
Michael Crouch	Vis	47.5	
David Carr	M75	52.9	
Peggy Macliver	W65	55.5	
Carol Bowman	W55	62.5	

Michelle Crouch	Vis	50.6	
Delia Baldock	W45	53.2	
Mel Hynds	W30	65.6	
Regina Crouch	W40	72.4	

3000m

Paul Odam	M50	11:29.8	
Graeme Dahl	M60	12:08.7	
David Solomon	M45	12:34.4	PBA
Steve Fuller	M55	12:35.1	
Sue Bourn	W40	13:00.1	
Gillian Young	W60	13:31.4	SB
Maurice Creagh	M60	13:31.9	SB
Bob Schickert	M65	13:41.6	
John Dennehy	M50	14:26.7	
Mel Hynds	W30	15:13.8	
Sarah Ladwig	W60	15:49.0	
Jackie Halberg	W60	17:48.1	
Milton Mavrck	M55	17:50.3	

September 30 – see next page

September 30**600m (not analysed)**

Michael Crouch	Vis	1:57.5	
Steve Fuller	M55	1:59.1	
David Carr	M75	2:00.1	
Chris Neale	M40	2:00.3	
John Bocian	M55	2:01.5	
Bob Schickert	M65	2:07.0	
Michelle Crouch	Vis	2:14.1	
Peggy Macliver	W65	2:16.3	
Bruce Mathieson	M65	2:24.0	
Carol Bowman	W55	2:25.7	
Gillian Young	W60	2:34.0	
Mel Hynds	W30	2:34.4	
Cathy Elms	W40	2:44.9	
Regina Crouch	W40	2:54.1	

100m

Chris Neale	M40	12.7	
Michael Crouch	Vis	12.7	
Colin Smith	M45	12.7	SB
David Clive	M70	14.0	
Michelle Crouch	Vis	14.0	
Sue Bourn	W40	15.1	PBA
Milton Mavrick	M55	15.2	
Cathy Elms	W40	15.2	PBA
Mike O'Reilly	M70	15.6	
Peggy Macliver	W65	16.3	
Mel Hynds	W30	16.5	PBA
Regina Crouch	W40	17.3	PBA
Carol Bowman	W55	18.5	SB
Pat Carr	W75	21.7	SB
Lynne Schickert	W65	23.2	

4000m (not analysed)

Danny Sheehan	M55	16:41.6	
Robin King	W50	17:06.8	
John Bocian	M55	17:28.2	
Steve Fuller	M55	17:51.2	
Sue Bourn	W40	18:00.2	
Lorraine MacLennan	W45	18:14.4	
Gillian Young	W60	18:28.6	
Bruce Mathieson	M65	18:38.6	
Milton Mavrick	M55	20:24.1	
Melissa Hynds	W30	20:52.9	
Richard Danks	M65	22:37.1	
Jackie Halberg	W60	24:12.3	

2000m Walk (not analysed)

Tom Lenane	M50	12:26.8	
Lynne Schickert	W65	14:55.0	
Stan Jones	M85	15:10.7	

200m

Chris Neale	M40	25.3	
Colin Smith	M45	26.5	
Michael Crouch	Vis	27.2	
David Clive	M70	29.7	SB
Michelle Crouch	Vis	29.7	
Mike O'Reilly	M70	32.9	
Sue Bourn	W40	33.0	
David Carr	M75	33.3	SB
Peggy Macliver	W65	34.4	SB

Milton Mavrick	M55	34.2	SB=
Carol Bowman	W55	38.4	
Melissa Hynds	W30	38.9	
Gillian Young	W60	39.8	
Regina Crouch	W40	40.8	
Sarah Ladwig	W60	44.0	

1000m

Steve Fuller	M55	3:34.7	
Danny Sheehan	M55	3:35.6	
Colin Smith	M45	3:52.8	
John Bocian	M55	3:54.0	
Bob Schickert	M65	4:09.1	
Gillian Young	W60	4:13.9	
Michael Crouch	Vis	4:15.4	
Mel Hynds	W30	4:51.5	
Sarah Ladwig	W60	4:58.6	
Milton Mavrick	M55	5:15.1	

1000m Walk (not analysed)

Lynne Schickert	W65	7:14.7	
Michelle Crouch	Vis	7:47.0	
Regina Crouch	W40	7:47.3	