

December 2014 Results

Includes Strive, 5km parkruns and others where MAWA athletes are known to have competed

Note that all records are pending until ratified by the appropriate authorities

WAAS - 2 December (sprints, jumps wind-assisted)

PATRON'S TROPHY

		% points		
1500m				
Andrew Brooker	M45	4:37.5	82.97	PBA
Mark Dawson	M50	5:10.8	79.60	SB
Giovanni Puglisi	M60	5:11.3	86.39	PBA
David Lee	M30	5:18.9	64.60	
Chris Groom	M45	5:18.9	73.52	
Grahak Cunningham	M35	5:25.1	65.47	
Grant Schofield	M45	5:27.2	71.00	PBA
Suzi Graves	W45	5:32.1	81.23	PBA
Bert Carse	M70	5:39.1	87.99	SB
Prabuddha Nicol	M55	5:44.2	75.01	PBA
David Brook	M50	5:46.6	70.14	
Nicola Hibbert	Vis	5:54.2	n/a	
Mercurio Cicchini	M65	6:10.6	73.76	PBA
Sue Bourn	W45	5:56.7	74.70	PBA
Carmel Meyer	W50	6:16.7	76.35	SB
Karyn Gower	W50	6:26.2	75.47	
John Dennehy	M55	7:10.6	58.48	SB
Nick Miletic	M60	7:36.7	58.89	
Christine Oldfield	W70	8:28.2	72.99	

1500m walk

Karyn Tolardo	W45	8:44.4	PBA
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400m

Wendy Seegers	W35	59.6	PBA
Campbell Till	M55	60.2	SB
Nicola Hibbert	Vis	71.7	
Barrie Kernaghan	M70	73.0	
Juliana Kelly	Vis	81.6	

Ivan Brown	M70	86.1	
Jean Hampson (QMA)	W65	1:35.2	
Angela Gorey	Vis	1:39.4	
Christine Oldfield	W70	1:49.0	PBA

Discus

Tom Gravestock	M55	38.92	SB
Geoff Brayshaw	M65	31.09	SB
Mike Anderson	M65	17.54	
Sal Sims	Vis	18.82	
Angela Gorey	Vis	13.47	

PATRON'S TROPHY

		% points		
Triple Jump				
Colin Smith	M50	9.36	62.99	PBA
Lisa Limonas	W45	9.24	72.13	
Geoff Brayshaw	M65	8.56	71.04	PBA
Grant Schofield	M45	7.75	48.87	
Giovanni Puglisi	M60	7.71	61.93	
Phil Smyth	M65	7.70	66.09	SB
Carmel Meyer	W50	7.34	63.88	
Mark Dawson	M50	7.16	49.52	
Fran Cherry	W50	7.15	60.49	
Suzi Graves	W45	7.13	57.87	
Mercurio Cicchini	M65	6.85	56.85	SB
Nick Miletic	M60	6.62	53.17	
John Dennehy	M55	6.59	46.87	SB
Angela Gorey	Vis	6.39	n/a	
Karyn Gower	W50	4.93	43.51	

3000m

David Lee	M30	11:29.4
Grahak Cunningham	M35	11:58.4
Michael Lee	M65	13:07.3

3000m walk

Karyn Tolardo	W45	17:26.8	PBA
Sylvia Byers	W80	23:44.1	

60m

Wendy Seegers	W35	7.7
Quinton De Klerk	M50	7.8
Colin Smith	M50	7.8
Campbell Till	M55	8.4

Lisa Limonas	W45	8.8
Barrie Kernaghan	M70	9.5
Juliana Kelly	Vis	9.6
Fran Cherry	W50	9.8

Nicola Hibbert	Vis	8.9	
Angela Gorey	Vis	10.8	
Jean Hampson (QMA)	W65	10.8	
Sal Sims	Vis	11.0	
Karyn Tolardo	W45	11.7	PBA

ECAC - 4 December

PATRON'S TROPHY

Long Jump	wind assisted	% points		
Justin Vincent	M30	4.79	53.52	
Kim Thomas	M40	4.35	54.04	
Colin Shaw	M50	4.26	60.51	
Simon Johnson	M40	4.17	52.99	
Colin Smith	M50	4.14	58.81	SB
Carmel Meyer	W50	3.61	62.89	
Sue Bourn	W45	3.41	54.65	
John Dennehy	M55	3.40	50.97	SB
Jean Hampson (QMA)	W65	3.25	n/a	
Nick Miletic	M60	3.25	54.81	
Fran Cherry	W50	3.19	54.07	
Mercurio Cicchini	M65	3.01	52.35	
Monique Thomas	W35	2.64	37.34	PBA
David Carr	M80	2.49	60.14	
Lynne Schickert	W70	2.31	56.76	
Bob Schickert	M70	2.02	40.32	
Carolyn Fawcett	W60	1.88	38.37	

800m

David Solomon	M50	2:30.6	
Mitch Thomas	Vis	2:33.0	
Kim Thomas	M40	2:33.4	
Stuart MacKinnon	M30	2:35.3	PBA
Aiden Hassan	Vis	2:38.5	

Kristine Wells	Vis	3:29.4	
Carol Bowman	W60	3:30.3	SB
Kem Hassan	M45	3:30.6	SB
Jean Hampson (QMA)	W65	3:33.1	
Maureen Keshwar	W60	3:59.6	PBA
Aubrey Davie	M75	4:10.6	

800m walk

John Smith	M75	6:53.0
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3000m walk

Lynne Schickert	W70	22:22.5	SB
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60m

Chris Neale	M45	8.0	PBA	200m			
Justin Vincent	M30	8.2		Justin Vincent	M40	27.3	SB
Colin Smith	M50	8.3		Colin Smith	M50	27.6	
Stuart MacKinnon	M30	8.4	PBA	Stuart MacKinnon	M30	29.0	PBA
Nick Miletic	M60	10.4	SB=	David Solomon	M50	29.3	PBA
				Nick Miletic	M60	35.4	
Simon Johnson	M40	8.6	SB				
Alex Purcell	Vis	8.8		Alex Purcell	Vis	31.3	
Fran Cherry	W50	10.2		Mitch Thomas	Vis	34.1	
John Dennehy	M55	10.4		Elly Vincent	Vis	36.3	
Aubrey Davie	M75	12.4	SB				
				Sue Bourn	W45	32.2	
Aiden Hassan	Vis	10.0		Carmel Meyer	W50	33.5	
Mitch Thomas	Vis	10.2		John Dennehy	M55	36.2	
Elly Vincent	Vis	10.8		Fran Cherry	W50	37.6	
Kristine Wells	Vis	11.9					
				Maureen Keshwar	W60	36.4	SB=
Colin Shaw	M50	9.2	SB=	Jean Hampson (QMA)	W65	38.7	
Maureen Keshwar	W60	10.1		Kristine Wells	Vis	41.4	
Jean Hampson (QMA)	W65	11.2					
Lynne Schickert	W70	13.9	SB	5000m			
Carolyn Fawcett	W60	14.5	SB	Mitch Thomas	Vis	18:46.4	
				Jim Langford	M70	20:20.0	PBA
3000m				Stuart MacKinnon	M30	21:21.4	
Aiden Hassan	Vis	11:55.0		Mercurio Cicchini	M65	22:45.9	PBA
Colin Shaw	M50	13:23.6	PBA	Maurice Creagh	M65	24:00.2	
David Carr	M80	16:36.7		David Solomon	M50	24:11.8	
Monique Thomas	W35	16:57.8		John Oldfield	M70	24:12.1	
John Dennehy	M55	17:22.6		Bob Schickert	M70	24:42.8	
Carolyn Fawcett	W60	20:40.4		Kem Hassan	M45	26:43.3	SB
				Aubrey Davie	M75	31:34.1	

Strive, WAAS – December 5

100m			
Rudy Kocis	M50	12.17	+1.6
Quinton de Klerk	M50	12.51	+1.6
Barrie Kernaghan	M70	15.05	+1.3
Alan Deans	M60	17.88	+1.3
400m			
Neil Morfitt	M55	64.40	
Barrie Kernaghan	M70	73.94	
Fiona Leonard	W45	67.75	PBA

1500m			
Scott Tamblin	M35	3:54.60	SR pending
Mark Dawson	M50	5:14.97	

Shot			
Matt Staunton	M40	12.15	

Hammer			
Matt Staunton	M40	45.20	
Byrony Glass	W35	49.93	

3000m steeplechase (91cm)			
Rob Nichols	M35	10:23.3	

WAAS 9 December 2014 (all sprints/jumps wind assisted)

PATRON'S TROPHY				
Long Jump			% points	
Lee Stergiou	Vis	5.20	n/a	
Andrew Brooker	M45	5.09	67.06	
Colin Smith	M50	4.38	62.22	PBA
Geoff Brayshaw	M65	4.20	73.04	PBA
Giovanni Puglisi	M60	3.90	65.77	PBA
Christine Schelfhout	W45	2.72	43.59	
Suzi Graves	W45	3.70	60.16	
Phil Smyth	M65	3.62	65.11	
Carmel Meyer	W50	3.56	62.02	
Nicola Hibbert	Vis	3.47	n/a	
Fran Cherry	W50	3.22	54.58	SB
Bert Carse	M70	3.19	63.67	PBA=
John Dennehy	M55	3.19	47.83	
Jean Hampson (QMA)	W65	3.16	n/a	
Angela Gorey	Vis	3.07	n/a	
Mark Dawson	M50	2.61	38.05	
Karyn Gower	W50	2.26	40.00	

60m				
Bernard Riviere	M45	7.7		SB
Maurice Pascal	M40	7.9		
Colin Smith	M50	8.3		
Jim	Vis	14.8		
Lisa Limonas	W45	8.7		PBA=
Nicola Hibbert	Vis	9.0		
Barrie Kernaghan	M70	9.4		SB
Juliana Kelly	W50	9.7		
Fran Cherry	W50	9.8		
Jean Hampson (QMA)	W65	10.6		
Angela Gorey	Vis	10.9		
Sal Sims	Vis	11.1		

200m

Bernard Riviere	M45	26.2
Colin Smith	M50	26.4
Barrie Kernaghan	M70	30.8
Geoff Brayshaw	M65	31.6

Lisa Limonas	W45	29.7	PBA
Keith Edmonds	M45	31.0	
Carmel Meyer	W50	31.9	SB
Fran Cherry	W50	35.7	SB

Nicola Hibbert	Vis	29.5	
Suzi Graves	W45	30.8	
Jean Hampson (QMA)	W65	37.6	
Angela Gorey	Vis	39.6	
Mike Anderson	M65	41.6	SB

5000m

Grahak Cunningham	M35	19:50.4	PBA
Bjorn Dybdahl	M60	20:13.4	
Mark Dawson	M50	21:00.0	SB
David Brook	M50	21:37.6	
John Oldfield	M70	22:32.3	SB
Karyn Gower	W50	23:37.2	SB

5000m walk

Karyn Tolardo	W45	30:00.4	PBA
Sylvia Byers	W80	41:03.1	

3000m

Keith Edmonds	M45	13:14.5
Maurice Creagh	M65	14:24.1

2000m Steeplechase

Bjorn Dybdahl	M60	8:50.5
Lee Stergiou	Vis	10:04.1
David Carr	M80	10:34.0
John Dennehy	M55	11:36.1
Irwin Barrett-Lennard	M85	13:29.2

Shot

Todd Davey	M45	12.82
Matt Staunton	M40	11.82
Andrew Ward	M50	8.75
Melissa Foster	W35	9.08
Sal Sims	Vis	7.85
Mike Anderson	M65	6.04

Hammer

Matt Staunton	M40	44.62
Todd Davey	M45	38.62
Christine Schelfhout	W45	24.22
Sal Sims	Vis	22.25
Andrew Ward	M50	21.60

800m

James Doyle	Vis	2:06.8
Neil Morfitt	M55	2:27.2
Bjorn Dybdahl	M60	2:35.9
Mark Dawson	M50	2:39.6
Suzi Graves	W45	2:42.2
Grahak Cunningham	M35	2:43.6
Nicola Hibbert	Vis	2:44.3
Maurice Pascal	M40	2:45.2
Keith Edmonds	M45	2:50.5
Maurice Creagh	M65	3:16.6

ECAC - 11 December**PATRON'S TROPHY****200m**

			% points	
Dan Baldwin	M40	28.0	74.96	SB
Kim Thomas	M40	28.8	72.33	
Stuart MacKinnon	M30	29.1	67.73	
Mike Bryant	M40	33.9	62.36	
Nick Miletic	M60	34.7	70.52	
Sue Bourn	W45	31.6	77.82	SB
Carmel Meyer	W50	32.4	81.14	
Mercurio Cicchini	M65	34.7	71.44	PBA
Fran Cherry	W50	35.4	72.68	SB
David Carr	M80	35.8	88.66	
Bert Carse	M70	36.7	73.62	

Giovanni Puglisi	M60	32.0	76.47	
Mitch Thomas	Vis	35.3	n/a	
John Dennehy	M55	35.4	65.56	SB
Kristine Wells	Vis	45.1	n/a	
Monique Thomas	W35	47.2	46.08	
Carolyn Fawcett	W60	58.1	50.15	

100m

Chris Neale	M45	13.6	
Stuart MacKinnon	M30	13.9	PBA
Kathy Lawson	W45	15.0	
Nick Miletic	M60	16.5	

Fran Cherry	W50	16.9	
Janne Wells	Vis	17.5	
Aiden Hassan	Vis	17.6	
John Dennehy	M55	17.8	
Kristine Wells	Vis	20.8	
Carolyn Fawcett	W60	25.4	

PATRON'S TROPHY**Javelin**

			% points	
Kim Thomas	M40	33.51	38.39	
Dan Baldwin	M40	20.88	24.32	
Nick Miletic	M60	19.51	31.25	
Bert Carse	M70	19.02	36.61	PBA
Giovanni Puglisi	M60	18.81	30.13	PBA
Carmel Meyer	W50	18.67	37.53	SB
Mercurio Cicchini	M65	16.78	28.11	
Bob Fawcett	M65	16.35	27.39	
David Carr	M80	15.89	36.34	
Sue Bourn	W45	11.87	21.38	
Carolyn Fawcett	W60	9.23	23.59	
Monique Thomas	W35	8.00	11.19	

1 mile

Mitch Thomas	Vis	5:50.0	
Kim Thomas	M40	5:50.5	
Stuart MacKinnon	M30	6:05.6	
Mike Bryant	M40	6:07.0	
Jim Langford	M70	6:08.5	PBA
Aiden Hassan	Vis	6:28.0	
Maurice Creagh	M65	7:06.7	
Christine Oldfield	W70	9:00.6	
Kem Hassan	M45	9:10.9	
Aubrey Davie	M75	9:18.5	

Long Jump

Carmel Meyer	W50	3.47	
Fran Cherry	W50	3.35	SB
John Dennehy	M55	3.33	
Kristine Wells	Vis	2.81	

3000m

Kim Thomas	M40	11:20.8	
Giovanni Puglisi	M60	11:47.5	
Jim Langford	M70	11:48.9	PBA
Stuart MacKinnon	M30	12:07.3	
Mike Bryant	M40	12:13.1	
Aiden Hassan	Vis	12:47.4	
Bert Carse	M70	13:04.6	
Dan Baldwin	M40	13:27.4	
Maurice Creagh	M65	13:48.0	SB
Carmel Meyer	W50	15:06.3	
David Carr	M80	16:29.0	
Monique Thomas	W35	16:29.4	
Kem Hassan	M40	16:30.8	
Aubrey Davie	M75	18:12.9	SB
Janne Wells	Vis	18:44.4	
Carolyn Fawcett	W60	21:26.5	

3000m walk

Karyn Tolardo	W45	17:56.6
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2000m walk

John Smith	M75	16:50.8
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1 mile walk

Karyn Tolardo	W45	9:03.2	PBA
Tom Lenane	M55	10:09.6	
Kristine Wells	Vis	12:41.1	
Janne Wells	Vis	12:43.0	
John Smith	M75	12:43.5	SB

Strive, WAAS – December 12**100m**

Colin Smith	M50	12.82	+1.5	PBA
Barrie Kernaghan	M70	14.80	+1.5	SB
Alan Deans	M60	17.49	+1.5	SB

200m

Colin Smith	M50	26.20	+1.9	PBA
Barrie Kernaghan	M70	29.98	+1.9	SB

800m

Neil Morfitt	M55	2:25.07	
Mark Dawson	M50	2:28.39	SB
Fiona Leonard	W45	2:38.72	SB

5000m

Todd Ingraham	M40	16:14.32
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Discus

Matt Staunton	M40	41.06	SB
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Hammer

Matt Staunton	M40	45.08	
Byrony Glass	W35	50.84	SB

WAAS - 16 December**PATRON'S TROPHY****200m (wind-assisted)**

			% points	
Justin Vincent	M30	25.9	74.59	SB
Colin Smith	M50	26.0	86.81	PBA
Campbell Till	M55	27.1	86.79	SB
Mark Dawson	M50	29.6	77.30	PBA
Andrew Brooker	M45	27.2	79.49	PBA
Suzi Graves	W45	30.3	82.08	PBA
Sue Bourn	W45	30.8	79.84	PBA
Carmel Meyer	W50	31.3	83.99	PBA
John Dennehy	M55	33.4	69.49	SB
Bob Schickert	M70	34.5	78.32	SB
Mercurio Cicchini	M65	35.2	70.43	
Mike Anderson	M65	41.7	59.93	
Lisa Limonas	M45	29.5	81.49	PBA
Nicola Hibbert	Vis	29.5	n/a	
Juliana Kelly	W50	37.1	68.63	
Karyn Gower	W50	39.2	67.81	
Lynne Schickert	W70	50.6	63.20	SB

1 mile

Todd Ingraham	M40	4:55.6	PBA
Grahak Cunningham	M35	5:40.7	
Prabuddha Nicol	M55	6:15.4	
David Brook	M50	6:16.2	
Lee Stergiou	Vis	6:44.9	
John Oldfield	M70	6:45.1	PBA
Maurice Creagh	M65	7:00.1	SB
Christine Oldfield	W70	8:49.7	PBA

PATRON'S TROPHY**Javelin**

			% points	
Andrew Brooker	M45	44.48	55.48	SR
Suzi Graves	W45	25.66	47.60	PBA
Carmel Meyer	W50	17.51	35.20	
Mercurio Cicchini	M65	17.05	28.56	SB
Sue Bourn	W45	15.08	27.17	PBA
Mark Dawson	M50	13.77	18.91	
John Dennehy	M55	13.63	19.46	
Karyn Gower	W50	6.87	14.16	

100m (wind-assisted)

Colin Smith	M50	12.9	
Campbell Till	M55	13.2	
Lisa Limonas	W45	13.8	PBA
Nicola Hibbert	Vis	14.1	
Mark Dawson	M50	14.3	PBA
Geoff Brayshaw	M65	14.4	
Barrie Kernaghan	M70	14.5	SB
Fran Cherry	W50	16.6	SB
Justin Vincent	M30	12.7	
Juliana Kelly	W50	16.4	
John Dennehy	M55	16.5	SB=
Bob Schickert	M70	17.8	
Mike Anderson	M65	19.6	
Sal Sims	Vis	18.3	
Harrison Brown	Vis	19.3	
Ivan Brown	M70	19.5	
Lynne Schickert	W70	25.5	

3000m

Mark Dawson	M50	11:31.2	SB
Grahak Cunningham	M35	11:56.2	SB
David Brook	M50	12:38.5	PBA
Karyn Gower	W50	13:26.8	SB
Maurice Creagh	M65	13:45.6	SB

3000m walk

Lynne Schickert	W70	22:27.3	
Sylvia Byers	W80	22:34.9	PBA

Long Jump (wind-assisted)

Lee Stergiou	Vis	5.38	
Justin Vincent	M30	5.17	
Lisa Limonas	W45	4.31	SB
Geoff Brayshaw	M65	4.25	PBA
Nicola Hibbert	Vis	3.81	
Phil Smyth	M65	3.66	SB
Carmel Meyer	W50	3.64	SB
John Dennehy	M55	3.30	
Fran Cherry	W50	2.89	
Karyn Gower	W50	2.46	SB

Javelin

Justin Vincent	M30	32.05	
Geoff Brayshaw	M65	28.47	
Melissa Foster	W35	23.22	
Lisa Limonas	W45	19.92	
Sal Sims	Vis	13.58	
Juliana Kelly	W50	7.97	

Strive, WAAS – December 18**100m**

Rudy Kocis	M50	12.25	+2.4	
Greg Brennan	M45	12.68	+0.6	SB
Alan Deans	M60	17.36	+1.3	SB

400m

Fiona Leonard	W45	68.83	
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1500m

Scott Tamblin	M35	3:53.40	SR pending
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Discus

Byrony Glass	W35	33.65	
Christine Schelfhout	W45	20.59	PBA

Hammer

Matt Staunton	M40	44.19	
Byrony Glass	W35	51.72	SB
Christine Schelfhout	W45	26.37	PBA

Javelin

Christine Schelfhout	W45	18.70	
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ECAC - 18 December**400m**

David Solomon	M50	65.7	
Kim Thomas	M40	66.2	
Stuart MacKinnon	M30	66.8	
David Carr	M80	78.4	
Jai Thomas	Vis	83.8	
Kristine Wells	Vis	1:36.1	
Aubrey Davie	M75	1:45.0	PBA

1500m

Kim Thomas	M40	5:06.0	
Mitch Thomas	Vis	5:22.7	
Stuart MacKinnon	M30	5:27.5	
Mike Bryant	M40	5:28.6	
Jim Langford	M70	5:47.8	
Mercurio Cicchini	M65	6:15.4	
Colin Smith	M50	6:15.8	
Carol Bowman	W60	7:09.8	SB
Jai Thomas	Vis	8:45.5	
Kem Hassan	M45	8:45.5	

60m

Colin Smith	M50	8.6	
Stuart MacKinnon	M30	9.0	
David Solomon	M50	9.0	
Mercurio Cicchini	M65	10.5	

Carmel Meyer	W50	9.8	
Fran Cherry	W50	9.9	
Jai Thomas	Vis	10.5	
Janne Wells	Vis	10.5	
Kristine Wells	Vis	11.4	

5000m

Kim Thomas	M40	18:28.4	
Mike Bryant	M40	20:33.1	
Mitch Thomas	Vis	20:45.9	
Stuart MacKinnon	M30	22:39.5	
Carmel Meyer	W50	24:58.1	
Monique Thomas	W35	28:57.0	SB
Aubrey Davie	M75	31:09.3	SB
Kem Hassan	M45	34:38.8	
David Carr	M80	34:34.7	

3000m

David Solomon	M50	12:11.4	
Maurice Creagh	M65	14:23.9	

5000m walk

Karyn Tolardo	W45	30:49.0	
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2000m walk

John Smith	M75	17:03.0	
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1500m walk

Karyn Tolardo	W45	8:30.3	
John Smith	M75	12:33.3	

Triple Jump

Chris Anderson	M45	10.40	
Fran Cherry	W50	6.94	
Jai Thomas	Vis	7.32	
Kristine Wells	Vis	6.10	

Long Jump

Chris Anderson	M45	4.67	
Carmel Meyer	W50	3.67	SB
Fran Cherry	W50	3.09	

WAAS 23 December 2014**400m**

Mark Elms	M45	57.2	
Wendy Seegers	W35	59.1	PBA
David Solomon	M50	63.9	PBA
Terry Kavanagh	Vis	69.0	

Lee Stergiou	Vis	65.4	
Fiona Leonard	W45	68.0	
Nicola Hibbert	Vis	69.3	
Maeve Lehane	Vis	81.0	
Silke Peglow	Vis	1:44.8	

1500m

Mark Dawson	M50	5:14.0	
Suzi Graves	W45	5:24.9	PBA
David Brook	M50	5:44.0	PBA
Terry Kavanagh	Vis	5:53.8	
Nicola Hibbert	Vis	6:13.2	
Rosie Lehane	Vis	6:32.1	
Arianna Tolardo	Vis	6:55.6	
Carol Bowman	W60	7:13.9	
John Dennehy	M55	7:42.3	
Silke Peglow	Vis	7:42.5	
Christine Oldfield	W70	8:16.4	PBA

60m

Mark Elms	M45	8.1	
Colin Smith	M50	8.1	
David Solomon	M50	8.6	PBA
Nicola Hibbert	Vis	9.0	
Fiona Leonard	W45	9.8	

Rosie Lehane	Vis	8.8	
Suzi Graves	W45	9.5	
Arianna Lehane	Vis	9.7	
Maeve Lehane	Vis	10.2	
Silke Peglow	Vis	12.0	

3000m

David Solomon	M50	11:57.1	
Mark Dawson	M50	12:10.7	
John Oldfield	M70	14:52.2	
Silke Peglow	Vis	16:45.4	

Triple Jump

Geoff Brayshaw	M65	8.45	
Phil Smyth	M65	8.20	SB

Shot

Todd Davey	M45	13.23	
Tom Gravestock	M55	10.90	SB
Sal Sims	W35	7.91	
Jim Woosley	Vis	7.24	
Christine Schelfhout	W45	6.94	SB

Discus

Todd Davey	M45	42.46	
Tom Gravestock	M55	39.81	SB
Matt Staunton	M40	38.22	
Geoff Brayshaw	M65	32.29	PBA
Sal Sims	W35	20.27	
Christine Schelfhout	W45	19.99	

Weight

Matt Staunton	M40	14.02	SB
Todd Davey	M45	12.78	
Tom Gravestock	M55	12.16	
Christine Schelfhout	W45	7.22	
Sal Sims	W35	6.96	

56lb Weight

Todd Davey	M45	9.16	
Matt Staunton	M40	8.73	

1500m walk

Karyn Tolardo	W45	8:26.8	PBA
Delia Baldock	W50	11:25.4	

3000m walk

Karyn Tolardo	W45	17:52.3	
John Dennehy	M55	20:02.2	
Sylvia Byers	W80	23:20.0	

Results from Bunbury

11 November

200m

Sharon Moloney	W50	35.4	SB
Ruth Johnson	W70	41.2	
Brian Feutrill	M50	28.4	
Brian Waldhuter	M70	33.8	
Lyle James	M70	58.3	

800m

Rosemary Giles	W35	02:48.8	
Sharon Moloney	W50	03:51.7	
Ruth Johnson	W70	04:00.8	SB
Garry Hastie	M50	02:40.8	
Brian Feutrill	M50	02:43.1	PBA
Steve Giles	M55	02:39.8	
Lyle James	M70	05:27.1	

Shot Put

Sharon Moloney	W50	7.97	
Ruth Johnson	W70	5.32	
Rob Young	M70	8.83	
Brian Waldhuter	M70	6.19	
Lyle James	M70	3.26	
Jim Davis	M80	10.31	PBA/SR?

Triple Jump

Ruth Johnson	W70	5.81	
Brian Feutrill	M50	10.61	
Oswald Igel	M60	9.31	

Hammer Throw

Oswald Igel	M60	26.23	
Rob Young	M70	20.15	
Jim Davis	M80	35.2	

15 November

80m Hurdles

Ruth Johnson	W70	26.0	
Brian Waldhuter	M70	19.5	

100m Hurdles

Brian Feutrill	M50	17.1	SB
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Shot Put

Rob Young	M70	9.16	SB
Brian Waldhuter	M70	6.84	

Discus

Rob Young	M70	25.81	SB
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Heavy Weight

Rob Young	M70	8.61	
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60m

Brian Feutrill	M50	8.7	SB
Brian Waldhuter	M70	9.7	SB

18 November

100m

Sharon Moloney	W50	15.7	
Ruth Johnson	W70	18.4	SB
Brian Feutrill	M50	13.9	SB
Brian Waldhuter	M70	16.2	
Lyle James	M70	21.2	SB

Javelin

Rosemary Giles	W35	13.29	
Sharon Moloney	W50	17.65	SB
Ruth Johnson	W70	10.61	SB
Garry Hastie	M50	31.26	SB
Rob Young	M70	16.81	
Brian Waldhuter	M70	14.41	
Lyle James	M70	9.22	SB

Heavy Weight

Sharon Moloney	W50	7.04	
Ruth Johnson	W70	8.13	PBA
Rob Young	M70	9.49	SB
Lyle James	M70	6.04	

High Jump

Robyn Feutrill	W50	1.13	
Ruth Johnson	W70	1.00	SB
Brian Waldhuter	M70	1.23	

1500m

Rosemary Giles	W35	05:31.5	
Sharon Moloney	W50	08:17.4	
Ruth Johnson	W70	08:37.4	SB
Brian Feutrill	M50	08:30.8	
Lyle James	M70	10:11.9	

25 November

60m

Sharon Moloney	W50	9.7	
Ruth Johnson	W70	11.3	SB
Brian Feutrill	M50	8.6	SB
Brian Waldhuter	M70	10.1	
Lyle James	M70	14.4	SB

Discus

Sharon Moloney	W50	21.08	
Ruth Johnson	W70	11.68	
Garry Hastie	M50	25.86	SB
Brian Feutrill	M50	21.40	PBA
Rob Young	M70	23.67	
Brian Waldhuter	M70	19.39	SB
Lyle James	M70	9.14	SB

High Jump

Brian Feutrill M50 1.50

Shot Put

Sharon Moloney W50 8.45 **SB**
 Ruth Johnson W70 4.35
 Rob Young M70 8.74
 Lyle James M70 3.15

3000m Run

Sharon Moloney W50 17:36.1 **SB**
 Ruth Johnson W70 17:58.9
 Brian Feutrill M50 13:23.6 **PBA**
 Lyle James M70 21:52.6 **SB**

Combined Events - 29/30 November**Decathlon**

Event		100m	LJ	Sh	HJ	400m	100H	D	PV	J	1500m
Brian Feutrill	M50	13.0	4.92	8.20	1.55	62.0	16.9	22.37	2.80	25.05	5:54.2
points AG M50		664	596	462	628	623	681	326	466	310	508
TOTAL POINTS 5264		SB			PBA=	SB	SB	PBA			

Heptathlon

Event		80H	HJ	Sh	200m	LJ	J	800m
Robyn Feutrill	W50	19.2	1.16	6.41	37.2	3.14	15.12	3:40.0
points AG W50		203	535	390	333	294	287	265
TOTAL POINTS 2307		+3.6m/s	SB		-2.4m/s	-1.1m/s		

(pending SR)**2 December****400m**

Robyn Feutrill W50 85.8
 Sharon Moloney W50 01:49.4
 Ruth Johnson W70 01:40.7 **SB**
 Brian Feutrill M50 62.7
 Brian Waldhuter M70 88.2
 Lyle James M70 02:49.0

2000m WalkGarry Hastie M50 10:28.8 **SB****Hammer**

Sharon Moloney W50 28.41 **SB**
 Ruth Johnson W70 16.98 **SB**
 Garry Hastie M50 20.07
 Brian Waldhuter M70 17.51

2000m Run

Sharon Moloney W50 10:42.5 **PBA**
 Robyn Feutrill W50 10:56.2
 Ruth Johnson W70 11:22.4 **PBA**
 Brian Feutrill M50 10:56.8
 Lyle James M75 15:34.7

Long Jump

Robyn Feutrill W50 3.21 **SB**
 Ruth Johnson W70 2.58 **SB**
 Brian Feutrill M50 5.05 **SB**

13 December**Throws Pentathlon**

		HT	Sh	D	J	WT	
Todd Davey	M45	38.65 642	13.38 856	44.95 957 SR*	38.94 524	13.80 800	TOTAL 3779 SR pending
Deb Cox	W50	19.86 386 PBA	6.43 406 PBA	17.36 328	17.48 344	6.03 319	TOTAL 1783
Jim Davis	M80	33.04 892	9.49 800	24.89 683	14.25 297	12.25 791 PBA	TOTAL 3463 SR pending
Garry Hastie	M50	21.37 276 SB	7.95 444	25.87 395 SB	30.74 409	8.55 394	TOTAL 1918 PBA
Sharon Moloney	W50	27.08 580	8.21 552	21.22 422	17.38 342	6.89 380	TOTAL 2276
Rob Young	M70	23.59 442 SB	9.29 637 PBA	25.69 520	15.44 243	8.37 426	TOTAL 2268
Oswald Igel	M60	27.84 454 SB	10.86 701	39.19 698 SB	31.73 513	10.01 476	TOTAL 2842 PBA

2000m steeplechase

Robyn Feutrill W50 11:56.0

December 18**5000m**

Lyle James M70 36:53.9

December 20 – Outdoor Pentathlon – NOTE – WIND-ASSISTED SPRINTS & JUMPS, NWI so no records

Men		LJ	Jav	200m	Discus	1500m	
Colin Smith	M50	3.90 343	14.21 127	26.2 747	18.69 255 PBA	6:00.0 480	TOTAL 1952
Brian Feutrill	M50	5.08 639 SB	29.58 389 SB	27.0 682 pba (w)	23.00 338 PBA	6:19.0 2443	TOTAL 2443
Brian Waldhuter	M70	3.46 523	15.98 255 SB	35.0 467	17.40 314	9:06.2 166	TOTAL 1725
Women		100m	Sh	LJ	Jav	800m	
Sharon Moloney	W50	15.3 SB 640	8.44 571	2.70 177	14.61 274	3:52.7 183	TOTAL 1845
Robyn Feutrill	W50	16.8 443	6.71 429	3.60 432 SB	14.47 271	3:36.4 291 SB	TOTAL 1866
Deb Cox	W50	18.1 299	6.96 450	3.10 282	19.80 402	4:41.2 7	TOTAL 1440 PBA
Ruth Johnson	W70	18.2 SB 652	5.06 490	2.76 473 SB	11.28 279 SB	4:01.7 537	TOTAL 2431

Non-pentathlon**Javelin**

Garry Hastie M50 27.99

Discus

Garry Hastie M50 24.20

PARKRUNS

FREE, timed 5km runs, 8am every Saturday (9am UK)

New Club Bests are highlighted in sky blue

PBs are best as a MAWA member, not including parkruns as non-members

Saturday December 6: 37 members

(December 13 continued)

Dan Baldwin	Claisebrook	M40	20:57	PB
Hamish McLeod		M35	22:31	
John Oldfield		M70	23:17	
Eamonn McNulty		M55	24:51	
Denise Newport		W50	24:59	
Robyn Dunlop		W40	27:14	PB
Dutch Holland		M45	27:38	
John Talbot		M65	28:47	
Jon Storey		M40	29:37	
Christine Oldfield		W70	30:49	
Sarah San		W35	31:26	PB
Tania Baldwin		W40	38:04	
Colin Shaw	Aveley	M50	24:05	
Robin King		W55	40:56	
Maxine Santich	Heirisson	W60	24:35	
Leon Sander	Bunbury	M75	31:26	
Danny Sheehan	Kalgoorlie	M60	19:15	
Jeremy Savage		M35	24:48	
Kelly Underwood		W35	49:54	
Jeff Bremner	Pioneer	M50	27:29	
Wade Davis		M45	27:29	
Kim Thomas	Canning R	M40	16:59	PB
Max Sulejmani		M45	26:19	
Monique Thomas		W35	28:10	
Merv Jones		M75	28:46	
Kem Hassan		M45	30:42	
Melissa Hassan		W40	31:28	
Clare Wardle		W40	35:43	
Sheila Maslen		W75	42:09	SB
Rebecca MacKinnon		W30	42:20	
Tracy Sulejmani		W40	57:58	t/r
Adam Dance	Rock'ham	M30	28:53	
Mitch Loly		M70	39:01	PB
Lui Cecotti	Joondalup	M65	31:28	
Aura Cook		W45	35:11	
Anthony Smith		M40	58:12	t/r
Katrina Tyza	Carine	W35	28:47	PB

Saturday December 13; 45 members

Sue Zlnay	Carine	W50	20:52	
John Oldfield		M70	22:19	SB
Karyn Gower		W50	24:21	PB
Katrina Tyza		W35	28:45	PB
Christine Oldfield		W70	30:08	PBA
Frank Gardiner	Claisebrook	M60	21:54	
Denise Newport		W50	24:25	
Eamonn McNulty		M55	27:09	
Dutch Holland		M45	29:32	
Sarah San		W35	30:18	PB
Kim Thomas	Canning R	M40	18:35	
Dan Baldwin		M40	21:20	
Kristy Devereux		W30	23:57	
Simon Leonard		M55	26:35	
Mer Jones		M75	29:46	
Clinton Bishop		M40	34:36	
Aldo Giacomini		M75	35:32	
Carolyn Fawcett		W60	36:03	
Tracy Bishop		W40	36:32	
Tania Baldwin		W40	37:46	
Sheila Maslen		W75	46:42	
Danny Sheehan	Kalgoorlie	M60	19:18	
Mick O'Toole		M40	23:00	
Stuart MacKinnon	Pioneer	M30	19:15	PB
Clare Wardle		W40	20:07	
Jeremy Savage	Pioneer	M35	25:35	
Wade Davis		M45	25:36	

Kelly Underwood		W35	27:37	
Jeff Bremner		M50	41:16	
John Talbot	Rock'ham	M65	28:07	
Ray Hall		M80	42:34	
Vic Beaumont		M80	43:39	
Mitch Loly		M70	46:00	
Leon Sander	Bunbury	M75	32:02	
Brian Feutrill	Geographe B	M50	22:54	
Michael Lee	Joondalup	M65	22:11	PB
Duncan McAuley		M65	23:33	
Lui Cecotti		M65	25:54	
Trevor Scott	Heirisson	M55	18:07	
Rod Hamilton		M50	20:31	
Anthony Smith	Aveley	M40	18:51	
Hamish McLeod		M35	19:34	
Sandra Stockman		W45	22:08	
Jon Storey		M40	23:26	
Sandra Rourke		W45	25:59	PB

Saturday December 20; 46 members

Denise Newport	Claisebrook	W50	25:25	
Eamonn McNulty		M55	26:01	
John Oldfield		M70	27:06	
Robyn Dunlop		W40	28:24	
John Talbot		M65	28:43	
Sarah San		W35	31:13	
Chris Neilon		M40	31:13	
Christine Oldfield		W70	31:41	
Julie Keeley		W45	33:37	
Dutch Holland		M45	35:05	
Tracy Bishop		W40	40:59	
Clinton Bishop		M40	52:35	

Note: All Canning times are in doubt

Kim Thomas	Canning R	M40	17:52	
Giovanni Puglisi		M60	19:54	
Jim Langford		M70	21:11	
John Allen		M55	21:40	
Kristy Devereux		W30	24:12	
Monique Thomas		W35	27:04	PB
Melissa Hassan		W40	28:57	
Simon Leonard		M55	29:25	
Kem Hassan		M45	29:46	
Tania Baldwin		W40	37:13	
Carolyn Fawcett		W60	37:17	
Sheila Maslen		W75	39:14	PB
Delia Baldock		W50	40:03	
Dan Baldwin		M40	57:54	
Wade Davis		M45	57:54	

Stuart MacKinnon	Pioneer	M30	19:47	
Jeremy Savage		M35	31:08	
Jeff Bremner		M50	31:10	
John Brambley		M70	40:09	
Anthony Smith	Aveley	M40	42:08	
Max Sulejmani	Joondalup	M45	25:18	
Aura Cook		W45	27:50	PB
Tracy Sulejmani		W40	55:39	t/r
Michael Lee	Carine	M65	21:53	PB
Bronwyn Bell		W30	28:02	PB
Katrina Tyza		W35	28:11	PB
Danny Sheehan	Kalgoorlie	M60	19:49	
Mick O'Toole		M40	25:06	
Leon Sander	Bunbury	M75	33:06	
Brian Feutrill	Geographe B	M50	25:58	
Adam Dance	Rock'ham	M30	25:23	
Helen Lintott		W40	29:24	
Douglas Lintott		M35	29:25	
Mitch Loly		M70	56:18	

Thursday December 25 – Heirisson Island Xmas Day run
24 MAWA members

(27 December continued)

Trevor Scott	Heirisson	M55	18:16	Phil Roberts	Mt Clarence	M40	21:47
Anthony Smith		M40	19:31	Brian Feutrill	Geographe B	M50	23:21
Stuart MacKinnon		M30	20:14	Robyn Feutrill		W50	30:12
Clare Wardle		W40	21:14	Adam Dance	Rockingham	M30	23:55
John Allen		M55	21:25	Kristy Devereux		W30	24:50
Dan Baldwin		M40	22:24	Helen Lintott		W40	28:55
Jeff Bremner		M50	22:53	Ray Hall		M80	45:19
Michael Lee		M65	23:15	Mitch Loly		M70	49:17
John Fisher		M55	24:01				
Jon Storey		M40	25:40				
Jeremy Savage		M35	25:54				
Eamonn McNulty		M55	26:24				
John Oldfield		M70	27:00				
Carol Bowman		W60	27:35				
Denise Newport		W50	28:03				
Kelly Underwood		W35	29:04				
John Talbot		M65	30:11				
Katrina Tyza		W35	31:06				
Robyn Dunlop		W40	31:07				
Christine Oldfield		W70	31:50				
Tracy Bishop		W40	40:30				
Clinton Bishop		M40	42:02				
Tracy Sulejmani		W40	57:41				
Tania Baldwin		W40	1:00:32				t/r

Kalgoorlie Christmas Day run

Danny Sheehan	Kalgoorlie	M60	19:29
Mick O'Toole		M40	24:20

Saturday December 27; 48 members

John Oldfield	Joondalup	M70	22:51
Lui Cecotti		M65	26:57
Aura Cook		W45	27:48 PB
Christine Oldfield		W70	31:00
Katrina Tyza	Carine	W35	28:07 PB
Trevor Scott	Heirisson	M55	19:16
Bernard Mangan		M60	21:33
Jeremy Savage		M35	24:00
Wade Davis		M45	24:47
Hamish McLeod		M35	24:54
Denise Newport		W50	27:23
Kelly Underwood		W35	29:02
Robyn Dunlop		W40	30:37
Jon Storey		M40	30:38
Tracy Bishop		W40	39:07
Clinton Bishop		M40	39:09
Tracy Sulejmani		W40	58:53
Jim Farr	Claisebrook	M45	23:23
Todd Ingraham	Canning R	M40	16:27 PB
Giovanni Puglisi		M60	19:38
Graeme Dahl		M65	23:53
Bruce McGeorge		M65	25:49
Melissa Hassan		W40	30:09
Kem Hassan		M45	30:11
Merv Jones		M75	31:12
Dan Baldwin		M40	31:25
Delia Baldock		W50	39:16
Sheila Maslen		W75	44:04
Stuart MacKinnon	Pioneer	M30	19:19
Lim Langford		M70	20:57
Jeff Bremner		M50	23:07
John Fisher		M55	24:39
Eamonn McNulty		M55	29:53
John Talbot		M65	30:37
John Brambley		M70	40:13
Danny Sheehan	Kalgoorlie	M60	19:29
Mick O'Toole		M40	24:20
Clare Wardle	Manjimup	W40	48:28
Leon Sander	Bunbury	M75	33:06