

## WAAS – November 1

<b>100m</b>				<b>3000m (Points)</b>			
Wendy Seegers	W35	12.6	<b>CT</b>	Donald Bradley	Vis	10:14.6	-----
Bernard Riviere	M45	12.8	<b>SB</b>	Andrew Brooker	M42	10:41.7	73.65 <b>CT</b>
Donald Bradley	Vis	13.2		Roscoe McDonnell	M53	10:58.9	78.23 <b>CT</b>
Andrew Taylor	M45	13.3		Grahak Cunningham	M34	11:10.8	66.66 <b>CT</b>
Ewen Bradley	Vis	15.2		Kim Thomas	M37	11:24.0	66.58 <b>SB</b>
				Mark Dawson	M50	11:27.1	73.21 <b>PBA</b>
Barrie Kernaghan	M70	14.5	<b>SB</b>	Alan Gower	M56	11:29.8	76.63 <b>CT</b>
Keith Martin	M65	14.8		Terry Cummins	M48	11:38.1	70.91 <b>PBA</b>
John Dennehy	M50	15.7	<b>SB</b>	David Brook	M47	11:48.2	69.36 <b>PBA</b>
Nick Miletic	M60	15.7		Keith Edmonds	M44	12:02.8	66.39 <b>SB</b>
Bob Schickert	M70	18.1		Graeme Dahl	M62	12:10.8	76.19 <b>CT</b>
Lynne Schickert	W70	23.5	<b>SB</b>	Grant Schofield	M43	12:24.9	63.93 <b>PBA</b>
				John Collier	M45	12:25.7	64.85 <b>SB</b>
<b>800m</b>				Duncan McAuley	M62	13:09.1	70.56
Grahak Cunningham	M30	2:30.3	<b>PBA</b>	Maurice Creagh	M65	13:34.3	70.26
Mark Dawson	M50	2:31.3	<b>PBA</b>				
John Collier	M45	2:52.8	<b>SB</b>	John Oldfield	M68	12:46.2	76.78 <b>CT</b>
Maurice Creagh	M65	3:00.3	<b>PBA</b>	Karyn Gower	W51	12:49.8	77.37
Graeme Dahl	M60	3:02.0		<b>Gillian Young</b>	<b>W64</b>	<b>13:05.8</b>	<b>91.09 SB</b>
Ivan Brown	M65	3:20.0		Melissa Hynds	W34	13:59.3	60.33 <b>PBA</b>
Val Prescott	W65	5:00.3		Ivan Brown	M66	14:02.4	68.55
				Toni Phillips	W39	14:13.3	61.03
<b>200m</b>				Carol Bowman	W56	14:17.2	74.28 <b>SB</b>
Wendy Seegers	W35	26.7	<b>CT</b>	Julie Wilson	W58	14:17.7	76.35 <b>PBA</b>
Andrew Taylor	M45	27.1	<b>PBA</b>	Peggy Macliver	W67	14:36.4	85.67 <b>CT</b>
Bernard Riviere	M45	29.3		John Dennehy	M52	14:47.0	57.64
Barrie Kernaghan	M70	30.1		Bob Schickert	M70	15:07.5	65.50 <b>CT</b>
				Jai Thomas	Vis	15:09.3	-----
Duncan McAuley	M60	30.2	<b>CT</b>	Delia Baldock	W49	15:22.1	62.97
Keith Martin	M65	30.5		Nick Miletic	M60	15:51.9	57.47
Keith Edmonds	M40	30.6		Monique Thomas	W34	16:46.0	50.34
Ewen Bradley	Vis	30.8		Christine Oldfield	W66	17:53.9	68.80
				Lynne Schickert	W70	21:14.0	61.96
<b>High Jump</b>				<b>Triple Jump</b>			
Dave Wyatt	M60	1.45	<b>SR</b>	Melissa Foster	W30	9.93	
Delia Baldock	W45	1.20	<b>CT=</b>	Ewen Bradley	Vis	8.11	
Gill Edmonds	W45	1.20	<b>PBA=</b>	Peggy Macliver	W65	6.90	<b>SB</b>
Greg Wilson	M60	1.35	<b>SB=</b>				
Monica Barnes	Vis	1.15					

## ECAC – November 3

<b>60m</b>				<b>1500m</b>			
Kim Thomas	M35	9.1	<b>CT</b>	Rod Hamilton	M45	5:10.8	<b>PBA/CT</b>
Rod Hamilton	M45	9.3		Kim Thomas	M35	5:20.8	
Brian Hewitt	M55	10.0		Brian Hewitt	M55	5:40.0	
Carol Bowman	W55	11.5		Graeme Dahl	M60	5:48.8	<b>CT</b>
				Toni Phillips	W35	6:12.4	<b>CT</b>
Kev Hynds	M40	9.7		Maurice Creagh	M65	6:13.1	<b>PBA</b>
John Dennehy	M50	10.2		Gillian Young	W60	6:19.5	<b>CT</b>
David Carr	M75	11.7	<b>CT</b>	Carol Bowman	W55	6:46.1	
				David Carr	M75	6:47.4	
Mel Hynds	W30	10.9		Mel Hynds	W30	6:49.8	
Kim Cook	W35	11.0		Kim Cook	W35	6:50.3	
Sarah Ladwig	W60	12.0	<b>CT</b>	Peggy Macliver	W65	6:52.6	<b>CT</b>
Lynne Schickert	W70	13.7	<b>CT</b>	Monique Thomas	W30	8:04.3	
				<b>1500m walk</b>			
				Lynne Schickert	W70	10:45.8	<b>PBA</b>
				<b>(would be SR if walks judges had been present)</b>			

<b>100m</b>				<b>Long Jump</b>				<b>% points</b>
Kim Thomas	M35	14.2	<b>CT</b>	Lynne Schickert	W70	2.38	55.09	<b>CT</b>
Rod Hamilton	M45	15.0	<b>PBA=</b>	Graeme Dahl	M62	2.79	46.35	
Brian Hewitt	M55	15.8	<b>SB</b>	Peggy Macliver	W67	3.40	74.40	<b>CT</b>
John Dennehy	M50	16.3		John Dennehy	M52	3.87	55.68	
Kev Hynds	M40	15.5		Kim Thomas	M37	4.67	56.06	<b>CT</b>
Peggy Macliver	W65	16.5	<b>SB</b>	Monique Thomas	W34	2.23	30.55	<b>CT</b>
Mel Hynds	W30	17.6		Sarah Ladwig	W62	2.77	55.51	<b>CT</b>
Carol Bowman	W55	18.7		Carol Bowman	W57	2.76	50.27	<b>PBA/CT</b>
David Carr	M75	18.7		David Carr	M79	2.26	50.67	<b>CT</b>
Sarah Ladwig	W60	20.1	<b>CT</b>	Gillian Young	W64	2.30	47.72	
				Kev Hynds	M44	3.58	46.55	
				Delia Baldock	W49	3.77	62.11	

#### **4000m (not analysed)**

Roscoe McDonnell	M50	15:00.0	
Rod Hamilton	M45	15:23.1	
Kim Thomas	M35	16:57.9	
Sue Bourn	W40	17:00.5	
Brian Hewitt	M55	17:20.7	
Gillian Young	W60	18:22.9	
Maurice Creagh	M65	18:24.5	
Mel Hynds	W30	19:23.6	
Kim Cook	W35	19:49.3	
David Carr	M75	21:51.1	
John Dennehy	M50	21:57.7	
Monique Thomas	W30	22:51.4	
Kev Hynds	M40	24:28.8	

#### **Strive Interclub – November 4**

##### **60m**

Craig van Waardenburg	M50	8.65	NWI	
Barrie Kernaghan	M70	9.33	NWI	<b>SB</b>

##### **200m**

Paul Jeffery	M35	24.72	+0.3	<b>PBA</b>
Barrie Kernaghan	M70	29.86	+1.0	<b>SB</b>

##### **800m**

Xander van Rijen	M40	2:02.45	<b>PBA 90.09%</b>
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##### **3000m**

Scott Tamblin	M30	8:49.0	<b>SR</b>
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##### **High Jump**

Dave Wyatt	M60	1.40	
Paul Foley	M45	1.40	
Greg Wilson	M60	1.35	

##### **Shot Put**

Matt Staunton	M35	11.65	
Craig van Waardenburg	M50	10.85	
Tom Gravestock	M55	10.76	
Paul Foley	M45	10.17	<b>PB</b>

##### **Discus**

Matt Staunton	M35	39.09	
Paul Jeffery	M35	37.49	<b>PBA</b>
Tom Gravestock	M55	35.00	
Paul Foley	M45	30.38	

##### **Javelin**

Paul Foley	M45	40.70	
Matt Staunton	M35	38.91	
Martin Brough	M45	33.29	

#### **WAAS – November 8**

##### **High Jump**

Greg Wilson	M60	1.30	
Dave Wyatt	M60	1.45	<b>SR=</b>
Roger Ditewig	M45	1.45	
Paul Foley	M45	1.40	
Kalin Foley	Vis	1.40	
Slade Hawkins	Vis	1.40	
Logan Foley	Vis	1.15	
Suzanne Coate	Vis	1.20	
Rachael Coate	Vis	1.45	

##### **1500m**

Mike Kowal	Vis	5:10.8	
Alan Gower	M55	5:16.7	<b>CT</b>
Grant Schofield	M40	5:49.8	
Maurice Creagh	M65	6:00.5	<b>PBA</b>
Karyn Gower	W50	6:04.9	<b>PBA/CT</b>
John Oldfield	M65	6:18.3	
Ivan Brown	M65	6:25.9	
Julie Wilson	W55	7:06.5	
Christine Oldfield	W65	7:59.8	

**Long Jump (points)**

Christine Oldfield	W66	1.97	42.37%	
Nick Miletic	M60	3.41	54.91%	
Julie Wilson	W58	2.62	49.25%	
Chris Neale	M42	5.59	71.03%	<b>SB</b>
John Oldfield	M68	2.07	37.84%	
Grant Schofield	M43	3.86	49.61%	
Delia Baldock	W49	3.75	61.78%	
Paul Foley	M46	4.14	55.20%	
Dave Wyatt	M60	4.80	77.29%	<b>SB</b>
Bernie Riviere	M45	ND		
Andrew Brooker	M42	5.45	69.25%	
John Dennehy	M52	3.63	52.23%	
Logan Foley	Vis	3.37		
Roger Ditewig	M48	3.69	50.41%	
Campbell Till	M54	4.49	66.42%	
Gillian Young	W64	2.62	54.36%	<b>SB</b>
Karyn Gower	W51	2.68	45.42%	

**60m**

Bernie Riviere	M45	7.7		<b>PBA w/a</b>
Chris Neale	M40	7.8		<b>SB w/a</b>
Wendy Seegers	W35	7.8		<b>PBA w/a</b>
Craig van Waardenburg	M50	7.9		<b>PBA w/a</b>

Quinton de Clerk	Vis	7.9		
Campbell Till	M50	8.1		
Mike Kowal	Vis	8.9		
Barrie Kernaghan	M70	9.1		<b>SB w/a</b>
Nick Miletic	M60	9.7		<b>SB w/a</b>

Rachael Coate	Vis	9.2		
Susan Coate	Vis	9.6		
Delia Baldock	W45	9.7		
John Dennehy	M50	9.7		<b>SB w/a</b>

Paul Foley	M45	8.2		<b>PBA w/a</b>
Slade Hawkins	Vis	8.6		
Kalin Foley	Vis	9.3		
Logan Foley	Vis	9.5		
Shannon Neale	Vis	9.9		

**ECAC – November 10****200m**

David Solomon	Vis	29.1		
Jimmi Thommana	M40	30.2		
Kim Thomas	M35	30.8		
Brian Hewitt	M55	34.3		<b>SB</b>
Nick Miletic	M60	35.8		
Colin Smith	M45	30.5		
Rod Hamilton	M45	31.0		<b>PBA</b>
Marcas Simmons	Vis	33.0		

Mel Hynds	W30	37.0		<b>SB</b>
Carol Bowman	W55	38.3		
Janne Wells	Vis	38.4		

**Triple Jump**

Lynne Schickert	W70	5.54		
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**100m**

Chris Neale	M40	12.1		<b>SB w/a</b>
Bernie Riviere	M45	12.2		<b>PBA w/a</b>
Wendy Seegers	W35	12.4		<b>PBA w/a</b>
Craig van Waardenburg	M50	13.1		<b>SB w/a</b>
Campbell Till	M50	13.3		

Slade Hawkins	Vis	14.2		
Mike Kowal	Vis	14.4		
Barrie Kernaghan	M70	14.6		
Nick Miletic	M60	15.3		
John Dennehy	M50	15.3		<b>SB w/a</b>

Paul Foley	M45	13.4		<b>PBA w/a</b>
Logan Foley	Vis	14.6		
Kalin Foley	Vis	14.8		
Delia Baldock	W45	15.9		

**4000m (not analysed)**

Roscoe McDonnell	M50	14:50.2		
Mike Kowal	Vis	15:42.2		
Chris Neale	M40	16:12.4		
Karyn Gower	W50	17:51.8		
Maurice Creagh	M65	18:15.0		
Shannon Neale	Vis	18:58.2		
Mel Hynds	W30	19:01.0		
Gillian Young	W60	19:09.3		
Kim Cook	W35	19:12.2		
Julie Wilson	W55	20:17.4		
John Dennehy	M55	20:48.6		

**Shot**

Matt Staunton	M35	11.83		<b>SB</b>
Geoffrey Gee	M55	11.75		
Lajos Joni	M55	10.16		
Marcas Simmons	Vis	8.86		
Paul Abercrombie	Vis	8.81		
Simon Popelier	M35	8.42		
Roger Ditewig	M45	8.35		
Andrew Ward	M50	8.03		<b>PBA</b>

**Javelin**

Roger Ditewig	M45	39.23		
Paul Abercrombie	Vis	34.53		
Andrew Ward	M50	31.43		<b>SB</b>
Simon Popelier	M35	28.95		
Lajos Joni	M55	23.56		<b>SB</b>
Marcas Simmons	Vis	21.27		

<b>400m</b>				<b>3000m</b>			
			<b>% points</b>				
Colin Smith	M48	64.1	76.21	Simone Solomon	Vis	14:57.4	
Kim Thomas	M37	65.4	69.05 <b>SB</b>	Tom Lenane	M50	15:11.7	
Grant Schofield	M43	66.9	70.51 <b>PBA=</b>	David Carr	M75	16:04.5	
Brian Hewitt	M57	71.0	73.04 <b>PBA</b>	Sarah Ladwig	W60	16:32.7	
Rod Hamilton	M49	74.1	66.38 <b>SB</b>	John Dennehy	M50	17:09.6	
John Dennehy	M52	74.3	67.55	<b>5000m</b>			
				Rod Hamilton	M45	19:38.2	
Delia Baldock	W49	75.8	75.95	Kim Thomas	M35	20:07.8	<b>SB</b>
Bob Schickert	M70	76.9	75.49	David Solomon	Vis	20:15.7	
David Carr	M79	77.6	89.83	Mike Meredith	Vis	20:15.9	
Maurice Creagh	M65	80.3	67.93 <b>PBA</b>	Sue Bourn	W40	21:06.5	<b>SB</b>
John Oldfield	M68	83.3	68.58	<b>(0.1 second off equalling lifetime PB)</b>			
Nick Miletic	m60	88.2	59.95	Grant Schofield	M40	22:16.7	
				Hilary Beck	W55	23:39.7	
Mel Hynds	W34	80.8	60.75 <b>PBA</b>	Maurice Creagh	M65	23:39.9	<b>PBA</b>
Kim Cook	W37	83.4	60.89	Gillian Young	W60	23:50.0	
Gillian Young	W64	83.4	79.21	Robin King	W50	24:25.8	
Monique Thomas	W34	1:40.2	48.99	Mel Hynds	W30	24:32.1	
				Kim Cook	W35	24:32.6	<b>SB</b>
Carol Bowman	W57	82.6	75.16	Monique Thomas	W30	28:42.2	
Robin King	W53	87.6	68.29 <b>SB</b>	<b>60m</b>			
Hilary Beck	W57	1:34.5	65.69 <b>PBA</b>	David Solomon	Vis	8.8	
Sarah Ladwig	W62	1:37.3	66.71 <b>SB</b>	Kim Thomas	M35	8.9	<b>SB</b>
Janne Wells	Vis	2:01.6		Marcas Simmons	Vis	n/t	
Lynne Schickert	W70	2:02.3	59.21	Rod Hamilton	M45	9.3	
				Brian Hewitt	M55	9.5	<b>SB</b>
				Nick Miletic	M60	n/t	

#### WAAS – November 15

**Note: sprints and triple jumps probably wind-assisted; count for personal marks, but not CT or records**

<b>400m</b>				<b>5000m</b>			
			<b>%points</b>				<b>%points</b>
Chris Neale	M42	57.6	81.32 <b>SB=</b>	Chris Cummins	Vis	16:43.6	
Andrew Brooker	M42	58.3	80.34	Terry Cummins	M48	18:55.5	75.01
Campbell Till	M54	59.4	85.62	Kim Thomas	M37	19:14.3	67.87 <b>SB</b>
Mark Elms	M44	59.9	79.32	Mark Dawson	M50	19:33.3	73.76 <b>PBA</b>
Grahak Cunningham	M34	64.6	68.36 <b>PBA</b>	Alan Gower	M56	19:41.2	76.99
				Grahak Cunningham	M34	19:47.6	64.78
Kim Thomas	M37	63.4	71.23 <b>PBA</b>	David Brook	M47	20:31.7	68.61
Duncan McAuley	M62	65.6	81.60	Keith Edmonds	M44	20:48.5	66.13 <b>SB</b>
Ian Coate	M41	66.7	69.73	Grant Schofield	M43	21:04.8	64.77 <b>PBA</b>
Mark Dawson	M50	68.4	72.41 <b>PBA</b>	Karyn Gower	W51	21:38.8	78.21
Barrie Kernaghan	M71	75.7	79.41	John Oldfield	M68	21:39.6	77.88 <b>SB</b>
				Campbell Till	M54	21:50.0	68.26
Ewan Bradley	Vis	68.9		John Collier	M45	22:15.8	62.28 <b>SB</b>
John Dennehy	M52	71.7	70.00 <b>SB=</b>	Maurice Creagh	M65	22:47.9	71.95 <b>PBA</b>
Delia Baldock	W49	76.4	75.35	Robin King	W53	23:16.0	74.70
Peggy Macliver	W67	82.2	83.56 <b>SB</b>	Julie Wilson	W58	24:28.5	76.06 <b>PBA</b>
Ivan Brown	M66	84.1	65.85 <b>SB</b>	Delia Baldock	W49	26:11.9	62.99
Shannon Neale	Vis	84.4		<b>Triple Jump</b>			
				Ewan Bradley	Vis	7.47	
Roscoe McDonnell	M53	66.2	76.31	Taryn Ditewig	Vis	9.50	
Graeme Dahl	M62	69.8	76.69 <b>PBA</b>	Roger Ditewig	M45	7.40	
Keith Edmonds	M44	71.4	66.54	Peggy Macliver	W65	6.64	
Paul Foley	M46	77.8	61.93	Paul Foley	M45	9.10	
Maurice Creagh	M65	81.0	67.35	Bernie Riviere	M45	10.37	<b>SB</b>
				Chris Neale	M40	11.05	
Rachael Coate	Vis	76.4		Kalin Foley	Vis	8.88	
Susan Coate	W45	88.8	62.32	Slade Hawkins	Vis	9.10	
Julie Wilson	W58	1:32.7	67.58 <b>PBA</b>	Logan Foley	Vis	8.07	
Christine Oldfield	W66	1:46.9	63.27 <b>SB</b>				

**60m**

Bernie Riviere	M45	7.4	<b>SB=</b>
Wendy Seegers	W35	7.5	<b>SB=</b>
Andrew Brooker	M40	7.6	<b>PBA w/a</b>
Roscoe McDonnell	M50	8.6	
Barrie Kernaghan	M70	9.1	<b>SB=</b>

Slade Hawkins	Vis	8.8	
Kim Thomas	M35	8.9	<b>SB=</b>
Kalin Foley	Vis	9.1	
Logan Foley	Vis	9.2	
Taryn Ditewig	Vis	9.2	

Ian Coate	M40	9.0	
Rachael Coate	Vis	9.3	
Suzanne Coate	W45	9.5	
Elisha Coate	Vis	9.5	
Shannon Neale	Vis	10.0	

**3000m**

Roscoe McDonnell	M50	10:57.8	<b>SB</b>
Christine Oldfield	W65	17:23.9	<b>SB</b>

**200m**

Chris Neale	M40	25.4	<b>SB</b>
Andrew Brooker	M40	25.8	<b>PBA w/a</b>
Mark Elms	M40	25.8	<b>SB</b>
Wendy Seegers	W35	26.1	<b>SB</b>
Bernie Riviere	M45	26.1	<b>SB</b>

Roscoe McDonnell	M50	29.2	
Duncan McAuley	M60	29.5	<b>SB</b>
Barrie Kernaghan	M70	30.7	
John Dennehy	M50	32.3	<b>SB</b>

Rachael Coate	Vis	33.2	
Peggy Macliver	W65	34.6	
Suzanne Coate	W45	35.9	

Paul Foley	M45	27.8	
Logan Foley	Vis	30.8	

**High Jump**

Dave Wyatt	M60	1.35	
Roger Ditewig	M45	1.55	
Taryn Ditewig	Vis	1.40	
Kalin Foley	Vis	1.35	
Paul Foley	M45	1.40	
Logan Foley	Vis	1.10	
Slade Hawkins	Vis	1.40	
Ian Coate	M40	1.40	
Rachael Coate	Vis	1.60	
Suzanne Coate	W45	1.20	
Gill Edmonds	W45	1.20	
Bernie Riviere	M45	1.40	

**ECAC – November 17****Shot**

			<b>% points</b>	
Lynne Schickert	W70	4.78	44.84	<b>SB</b>
Christine Oldfield	W67	3.29	27.91	<b>PBA</b>
Peggy Macliver	W67	6.15	53.43	<b>SB</b>
Carol Bowman	W57	4.69	32.73	
Monique Thomas	W34	3.80	17.38	
Julie Wilson	W58	5.05	35.94	<b>PBA</b>
Sarah Ladwig	W62	4.54	35.14	
Regina Crouch	W42	5.44	29.47	
Gillian Young	W64	5.85	47.33	<b>PBA</b>

Bob Schickert	M70	5.85	32.94	
Nick Miletic	M60	7.06	38.79	<b>PBA</b>
Graeme Dahl	M62	5.04	29.30	
David Carr	M79	6.04	44.87	
John Dennehy	M52	6.13	31.66	
Kim Thomas	M37	7.91	34.57	
Brian Hewitt	M57	5.40	31.12	
John Oldfield	M68	2.75	19.35	<b>PBA</b>
Grant Schofield	M43	7.44	34.65	
Greg Wilson	M64	8.59	52.99	
Campbell Till	M54	7.20	38.81	
Maurice Creagh	M65	5.11	32.53	

**Shot (not for points)**

Simon Popelier	M35	8.94	<b>SB</b>
Stella Turner	W65	6.71	<b>PBA</b>
Paul Abercrombie	Vis	8.70	
Michael Crouch	Vis	12.11	

**100m**

			<b>% points</b>
Campbell Till	M54	13.8	81.67
Jimmi Thommana	M40	13.8	74.35
Paul Abercrombie	Vis	14.1	
Grant Schofield	M43	14.4	72.71
Nick Miletic	M60	16.0	73.13

Kim Thomas	M37	14.5	69.24
Rod Hamilton	M49	15.2	71.71
John Dennehy	M52	15.8	70.38
Colin Smith	M48	15.8	68.54
Simon Popelier	M37	16.5	60.85

Brian Hewitt	M57	15.9	72.20
Peggy Macliver	W67	16.4	88.05
Delia Baldock	W49	16.5	73.52
Bob Schickert	M70	16.7	74.37
David Carr	M79	17.7	79.04

Mel Hynds	W34	17.6	59.60
Kim Cook	W37	18.1	58.56
Gillian Young	W64	18.7	75.13
Maurice Creagh	M65	19.7	61.22
Monique Thomas	W34	20.0	52.45

Carol Bowman	W57	18.4	71.52
Julie Willmott	W46	18.9	62.17
Julie Wilson	W58	19.3	68.81
Sarah Ladwig	W62	19.8	69.70

**60m**

Kim Thomas	M35	8.9	
Rod Hamilton	M45	9.4	
Nick Miletic	M60	9.6	<b>SB</b>
Brian Hewitt	M55	9.7	
Kev Hynds	M40	9.8	

Paul Abercrombie	Vis	9.2	
Simon Popelier	M35	n/t	
Jack Byram	Vis	10.3	
Julie Willmott	W45	11.4	

John Dennehy	M50	10.1	
David Carr	M75	11.1	<b>SB</b>
Mel Hynds	W30	11.1	
Abbie Byram	Vis	13.1	

**Weight Throw**

Greg Wilson	M60	10.37	
Simon Popelier	M35	6.05	
Stella Turner	W65	7.39	

**3000m walk**

Robin King	W50	18:16.6	
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**800m**

Kim Thomas	M35	2:29.5	
Campbell Till	M50	2:32.5	
Rod Hamilton	M45	2:35.5	<b>PBA</b>
Brian Hewitt	M55	2:45.6	<b>SB</b>
Colin Smith	M45	2:54.5	
Wayne Byram	Vis	2:59.0	
Maurice Creagh	M65	3:02.4	
Kim Cook	W35	3:08.4	<b>SB</b>
David Carr	M75	3:09.5	
Bob Schickert	M70	3:13.0	
Mel Hynds	W30	3:23.0	
Julie Willmott	W45	3:33.0	<b>SB</b>
Jack Byram	Vis	4:03.9	

**3000m**

Rod Hamilton	M45	11:10.5	
Kim Thomas	M35	11:57.2	
Brian Hewitt	M55	12:46.5	
Maurice Creagh	M65	13:32.6	
Gillian Young	W60	13:59.5	
Kim Cook	W35	13:59.8	<b>PBA</b>
Mel Hynds	W30	14:10.7	
Monique Thomas	W30	15:50.8	<b>PBA</b>
Kev Hynds	M40	17:54.3	
Carolyn Fawcett	W60	21:21.5	

**Strive Interclub, WAAS – November 18****100m**

Brett Blanco	M35	12.18	+2.3	<b>CT</b>
Wendy Seegers	W35	12.75	+3.6	<b>SB e/t</b>
Mark Elms	M40	12.80	+0.7	

**400m**

Mark Elms	M40	59.21		<b>SB</b>
Roscoe McDonnell	M50	66.42		<b>PBA e/t</b>
Barrie Kernaghan	M70	68.96		<b>SB</b>

**1500m**

Roscoe McDonnell	M50	5:02.08		<b>PBA/CT</b>
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**3000m steeplechase**

Roscoe McDonnell	M50	12:11.2		
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**Javelin**

Andrew Ward	M50	31.03	
Bev Hamilton	W65	17.46	

**Hammer**

Byrony Glass	W30	45.41	
Matt Staunton	M35	42.69	<b>PBA</b>
Lajos Joni	M55	41.79	
John Everard	M50	36.68	
Tom Gravestock	M55	34.92	<b>SB</b>
Kate Glass	W60	33.93	
Bev Hamilton	W65	25.51	

**Shot Put**

Matt Staunton	M35	11.89	<b>SB</b>
Tom Gravestock	M55	10.97	
Bev Hamilton	W65	8.05	
Andrew Ward	M50	7.76	

**WAAS – November 22****3000m**

Lauren Shelly	Vis	10:32.0	
Roscoe McDonnell	M50	10:45.4	<b>PBA</b>
Kim Thomas	M35	11:05.9	<b>SB</b>
Mike Kowal	M45	11:16.1	
Mark Dawson	M50	11:17.2	<b>PBA</b>
Alan Gower	M55	11:18.0	<b>SB</b>
Craig Dufty	Vis	11:54.3	
John Collier	M45	12:33.8	
Karyn Gower	W50	12:43.9	<b>SB</b>
Maurice Creagh	M65	13:40.5	

**Long Jump**

Lynne Schickert	W70	2.46	<b>SB</b>
Don Chambers	M70	3.70	
Geoff Brayshaw	M60	4.08	
Peggy Macliver	W65	3.23	
Roger Ditewig	M45	4.21	
Sue Coate	W45	3.54	
Dave Wyatt	M60	4.84	<b>SB</b>

**100m (Points)**

Andrew Brooker	M42	12.6	82.54	<b>PBA</b>
Campbell Till	M54	12.9	87.36	<b>SB</b>
Richard Williams	M41	13.0	79.46	
Dave Wyatt	M60	13.4	87.31	<b>PBA</b>
Nick Miletic	M60	15.2	76.97	<b>SB=</b>
Kim Thomas	M37	13.8	72.75	<b>PBA</b>
Toni Phillips	W39	14.1	77.02	
Barrie Kernaghan	M71	14.2	88.52	<b>SB</b>
Rachael Coate	Vis	14.5		
Keith Martin	M68	14.6	84.11	<b>SB</b>
Graeme Dahl	M62	15.2	77.89	
John Dennehy	M52	15.3	72.68	<b>SB=</b>
Sue Coate	W45	15.3	76.01	
Delia Baldock	W49	15.4	78.77	<b>SB</b>
Don Chambers	M74	15.6		
Peggy Macliver	W67	15.9	90.82	<b>SB</b>
Roscoe McDonnell	M53	14.4	77.71	
Bob Schickert	M70	16.2	76.67	<b>SB</b>
Carol Bowman	W57	17.9	72.79	<b>PBA ht</b>
Karyn Gower	W51	17.7	70.00	
Julie Wilson	W58	18.7	71.02	<b>PBA</b>
John Oldfield	M68	20.1	61.09	
Christine Oldfield	W67	21.3	67.79	
Lynne Schickert	W70	23.2	63.88	<b>SB</b>

**60m**

Richard Williams	M40	8.1		
Dave Wyatt	M60	8.4		<b>SB=</b>
Barry Newell	M55	8.8		
Barrie Kernaghan	M70	9.0		<b>SB</b>
Nick Miletic	M60	9.6		<b>PBA=</b>
Kim Thomas	M35	8.5		<b>PBA</b>
Geoff Brayshaw	M60	8.5		<b>PBA ht</b>
Keith Martin	M65	9.1		<b>PBA=</b>
Don Chambers	M70	9.2		
John Dennehy	M50	10.7		
Sue Coate	W45	9.3		
Carol Bowman	W55	10.5		<b>PBA</b>
Julie Wilson	W55	11.2		<b>PBA</b>
John Oldfield	M65	11.6		
Lynne Schickert	W70	13.7		<b>SB=</b>

**800m**

Campbell Till	M50	2:23.9		<b>SB</b>
Mike Kowal	M45	2:26.1		
Kim Thomas	M35	2:31.7		
Mark Dawson	M50	2:37.0		
John Collier	M45	2:41.3		<b>PBA</b>
Richard Williams	M40	2:42.4		
Maurice Creagh	M65	2:57.1		<b>PBA</b>
Toni Phillips	W35	2:57.9		
Bob Schickert	M70	3:14.2		
Peggy Macliver	W65	3:18.4		<b>SB</b>
Graeme Dahl	M60	3:18.8		
Barry Newell	M55	3:24.8		
Julie Wilson	W55	3:26.6		<b>PBA</b>
Christine Oldfield	W65	4:00.6		
Lynne Schickert	W70	4:57.7		

**Strive Interclub, WAAS – November 23****100m**

Brett Blanco	M35	12.19	+0.4	
Mark Elms	M40	12.90	+0.7	
Barrie Kernaghan	M70	14.50	+0.2	

**200m**

Brett Blanco	M35	24.86	+0.3	
Mark Elms	M40	25.88	+0.9	<b>SB</b>
Barrie Kernaghan	M70	29.42	+0.6	<b>SB</b>

**High Jump**

Dave Wyatt	M60	1.45		<b>SR=</b>
Greg Wilson	M60	1.35		

**Shot Put**

Paul Foley	M45	9.47		
Greg Wilson	M60	8.80		
Sue Coate	W45	7.78		
Andrew Ward	M50	7.37		

**Discus**

Sue Coate	W45	20.06		
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*Note: Paul Foley, Andrew Ward also competed in the discus event but results are not yet published by AWA*

**ECAC – November 24****Weight Throw**

Lajos Joni	M55	15.81		<b>SR</b>
Bev Hamilton	W65	11.81		<b>SB</b>
Stella Turner	W65	8.13		<b>PBA</b>
Paul Abercrombie	M40	7.15		

**Javelin**

Michael Crouch	Vis	40.15		
Paul Abercrombie	M40	32.05		
Lajos Joni	M55	24.04		<b>SB</b>
Melissa Foster	W30	22.16		
Bev Hamilton	W65	16.60		
Regina Crouch	W40	13.25		
Stella Turner	W65	12.53		

**5000m**

			<b>% points</b>	
Boris Padovan	M36	17:16.2	75.09	
Rod Hamilton	M49	18:50.6	75.94	<b>SB</b>
Kim Thomas	M37	19:15.0	67.83	
Andrew Brooker	M42	19:45.2	68.60	
Brian Hewitt	M58	20:52.6	73.84	
Sue Bourn	W44	21:52.6	71.06	
Maurice Creagh	M65	22:24.4	73.21	<b>PBA</b>
Gillian Young	W64	23:04.3	88.23	<b>SB</b>
David Carr	M79	23:38.0	84.94	
Robin King	W53	23:42.7	73.30	
Bob Schickert	M70	23:43.7	72.65	<b>SB</b>
Hilary Beck	W57	24:35.6	74.64	
Mel Hynds	W34	25:02.7	58.01	
Peggy Macliver	W67	25:18.1	84.39	
Carol Bowman	W57	25:29.6	72.00	
John Dennehy	M52	26:02.8	56.28	<b>PBA</b>
Shannon Neale	Vis	27:47.4		
Monique Thomas	W34	27:58.0	51.95	<b>PBA</b>
Lynne Schickert	W70	36:33.5	61.41	

**Triple Jump**

			<b>% points</b>	
Bob Schickert	M70	5.32	48.14	
Lynne Schickert	W70	5.88	67.74	<b>SB</b>
Peggy Macliver	W67	7.07	77.02	<b>SB</b>
David Carr	M79	5.00	54.05	
Monique Thomas	W34	5.77	39.44	
Kim Thomas	M37	9.36	53.00	
Chris Neale	M42	11.61	69.69	<b>SB</b>
Brian Hewitt	M57	7.81	58.07	
Melissa Foster	W33	10.67	72.14	<b>SR</b>
Regina Crouch	W42	5.56	41.77	<b>SB</b>
John Oldfield	M68	5.03	43.93	
Keith Martin	M68	8.32	72.66	<b>SB</b>
Delia Baldock	W49	8.57	70.53	
Maurice Creagh	M65	5.98	49.63	
Sarah Ladwig	W62	5.73	57.24	<b>PBA</b>

**400m**

Mark Elms	M40	59.9		
Colin Smith	M45	60.1		<b>SB</b>
Michael Crouch	Vis	70.2		
Brian Hewitt	M55	70.5		<b>PBA</b>
Keith Martin	M65	72.6		
Paul Abercrombie	M40	78.5		
Mitch Thomas	Vis	80.2		
Kim Thomas	M35	81.9		
Jai Thomas	Vis	86.7		
Julie Willmott	W45	87.4		<b>SB</b>
Janne Wells	Vis	1:35.6		

**1500m**

Boris Padovan	M35	4:45.7		
Mitch Thomas	Vis	6:01.2		
Kim Thomas	M35	6:01.6		
Toni Phillips	W35	6:11.0		<b>SB</b>
Robin King	W50	6:14.9		<b>SB</b>
Hilary Beck	W55	6:32.8		
Maurice Creagh	M65	6:57.7		
Gillian Young	W60	7:00.6		
Julie Willmott	W45	7:07.9		
Mel Hynds	W30	7:16.1		

**100m**

Mark Elms	M40	12.9		
Colin Smith	M45	13.1		<b>SB</b>
Kathy Lawson	W45	14.7		<b>PBA</b>
Brian Hewitt	M55	15.6		<b>PBA</b>
Shannon Neale	Vis	16.7		
Mitch Thomas	Vis	17.7		
Julie Willmott	W45	17.7		<b>SB</b>
Janne Wells	Vis	17.9		
Jai Thomas	Vis	19.4		
Kim Thomas	M35	19.9		