

April Results (post-AMA Championships)

See also the National championships results posted separately

Strive Interclub, WAAS – April 1 (includes state open champs, day 3)

200m				High Jump			
Mark Elms	M45	25.44	+0.7	Greg Wilson	M60	1.35	
Mark Jeffery	M40	25.57	+0.7				
200m hurdles				Discus			
Toni Phillips	W40	33.91	+0.6	Sarah Edmiston	W35	36.05	SR
Long Jump				Shot Put			
Mark Elms	M45	5.38	+1.1	Greg Urbanowicz	M30	12.82	PBA
Melissa Foster	W30	5.12	+2.1				

WAAS – April 17

60m				200m			
David Solomon	M45	8.4	PBA	David Solomon	M45	27.9	
1500m				3000m			
David Solomon	M45	5:00.4		Steve Weller	M35	11:17.2	PBA
Steve Weller	M35	5:25.3		David Solomon	M45	12:07.9	PBA
Tom Tralau	M35	5:48.0		Tom Tralau	M35	12:07.9	
Kim Cook	W35	5:55.0	PBA	Kim Cook	W35	12:56.0	
Julie Wilson	W55	6:48.7		Julie Wilson	W55	14:15.7	PBA
Lorraine MacLennan	W45	6:58.4		Lorraine MacLennan	W45	15:09.5	
				John Dennehy	M50	17:05.0	

ECAC - April 19

60m				100m			
Colin Smith	M45	8.4		Colin Smith	M45	13.9	
Toni Phillips	W40	8.7		Nick Miletic	M60	15.7	
James Paisley	Vis	9.1		Rachel Evans	W35	16.8	
Nick Miletic	M60	9.9		Julie Wilmott	W45	17.0	
Julie Willmott	W55	10.2	PBA	Sheree Paisley	Vis	18.4	
Rachel Evans	W35	10.5		5000m			
Sheree Paisley	Vis	12.2		Rod Hamilton	M45	19.20.5	
800m				Bernadette Benson	W40	20.22.0	PBA
Colin Smith	M45	2.32.83		Sue Bourn	W45	21.04.5	PBA
Paul Odam	M50	2.51.7		Mike Meredith	Vis	21.24.7	
Toni Phillips	W40	2.57.6		300m			
Rachel Evans	W35	3.12.9	PBA	Rod Hamilton	M45	54.2	
Julie Willmott	W45	3.20.8		Rachel Evans	W35	58.6	
Sheree Paisley	Vis	3.45.2		Carol Bowman	W55	1.03.6	

WAAS – April 24 (format as received)

800m		
1 Colin Smith	2:27.1	
2 Steve Weller	2:35.6	
3 Kim Cook	2:53.4	
4 Lorraine MacLennan	3:25.1	

5 Julie Wilson 3:25.9

100m

1 Colin Smith 13.2

5000m

1 Steve Weller 19:06.8 2 Bernadette Benson 20:32.6 3 Tom Tralau 20:57.9 4 Kim Cook 21:24.5 5 Julie Wilson 24:17.9 6 Lorraine MacLennan 24:33.0

1km Walk

1 Anne Travis 8:12.0

300m 1 Colin Smith 43.2 2 Rolf Schatzman 50.1 3 Bernadette Benson 60.0

ECAC – April 26

200m

Colin Smith	M49	28.6
Rod Hamilton	M50	31.2
Nick Miletic	M61	31.8
Rachel Evans	W39	35.1
Bob Schickert	M70	36.4

Julie Willmont	W46	35.8
David Carr	M79	38.7
Regina Crough	W43	39.3
Sarah Ladwick	W63	44.7

1000m

Rod Hamilton	M50	3.25.0
Danny Sheehan	M58	3.30.6
Frank Gardner	M62	3.46.9
Maurice Creagh	M65	3.59.2
Rachel Evans	W39	4.10.5
Julie Willmont	W46	4.20.2
Carol Bowman	W57	4.24.5
Tom Lenane(walk)	M55	6.13.3
Val Millard	W65	6.32.1
Lynne Schickert	W70	6.33.6
Regina Crough	W43	7.25.3

400m

Colin Smith	M49	1.02.7
Rod Hamilton	M50	1.15.9
Frank Gardiner	M62	1.17.4
Danny Sheehan	M58	1.20.1
Maurice Creagh	M65	1.30.7
Sue Bourn	W45	1.17.7
Toni Philips(hurdle)	W40	1.20.1
David Carr	M79	1.20.4
Rachel Evans	W39	1.23.5
Carol Bowman	W57	1.26.4
Sarah Ladwick	W63	1.40.6
Rebecca Mackinnon	VIS	1.55.0

60m

Colin Smith	M49	8.5
Rod Hamilton	M50	9.3
Sue Bourn	W45	9.3
Nick Miletic	M61	9.5
Julie Willmont	W46	10.6
Regina Crough	W43	10.9
Val Millard	W65	12.9