

August Results

Eastern Vets AC Regionals, Sandy, UK – July 29

100m				Pole Vault			
Don Chambers	M75	16.5	NWI	Don Chambers	M75	2.10	SR
80m hurdles				Long Jump			
Don Chambers	M75	16.5	NWI	Don Chambers	M75	3.63	NWI
High Jump				Triple Jump			
Don Chambers	M75	1.00		Don Chambers	M75	7.70	NWI

ECAC – August 2

2000m				3000m			
Kim Thomas	M35	6:46.1	PBA	Mitch Thomas	VIS	11:59.5	
Mitch Thomas	VIS	7:35.9		Kim Thomas	M35	12:00.5	
Graeme Dahl	M60	7:51.1		Tony Smith	M35	12:09.9	
Tony Smith	M35	8:04.2		Sue Bourn	W45	12:23.7	SB
Robin King	W50	8:38.0		Graeme Dahl	M60	12:26.7	
Dante Giacomini	M40	8:52.3		Dante Giacomini	M40	13:47.9	
David Carr	M80	9:02.9	PBA	Bob Schickert	M70	14:49.5	
Carol Bowman	W55	9:08.4	PBA	Peggy Macliver	W65	15:16.3	
Jai Thomas	VIS	9:42.2		Monique Thomas	W35	17:01.6	
Nick Miletic	M60	9:47.2		3000m walk			
Monique Thomas	W35	10:41.4		George Roe	VIS	33:13.2	
600m (not analysed)				100m			
Toni Phillips	W40	2:00.6		Colin Smith	M45	14.7	
Mitch Thomas	VIS	2:08.9		Sue Bourn	W45	15.3	
Kim Thomas	M35	2:09.8		Nick Miletic	M60	16.2	
Tony Smith	M35	2:17.1		Bob Schickert	M70	21.3	
Sue Bourn	W45	2:20.9		Mitch Thomas	VIS	17.7	
Peggy Macliver	W65	2:22.0		Jai Thomas	VIS	20.2	
60m				Kim Thomas	M35	20.6	
Colin Smith	M45	9.2		Lynne Schickert	W70	24.4	
Toni Phillips	W40	9.7					
Nick Miletic	M60	10.1					
Mitch Thomas	VIS	10.9					
Jai Thomas	VIS	11.7					
Kim Thomas	M35	14.2					
Lynne Schickert	W70	15.4					

British Nationals Decathlon, Oxford – August 4/5

Decathlon				80m Hurdles (76.2cm)			
Don Chambers	M75	5204	SR	Don Chambers	M75	16.55	nwi
100m				Discus			
Don Chambers	M75	15.58	nwi PBA	Don Chambers	M75	21.05	PBA
Long Jump				Pole Vault			
Don Chambers	M75	3.64	nwi	Don Chambers	M75	2.00	
Shot				Javelin			
Don Chambers	M75	8.82		Don Chambers	M75	20.09	PBA
High Jump				1500m			
Don Chambers	M75	1.09	PBA	Don Chambers	M75	DNF	<i>(had plane to catch to Canadian Nationals!)</i>
400m							
Don Chambers	M75	87.00					

ECAC - August 9**60m**

Tony Smith	M35	8.7	
Toni Phillips	W40	9.2	
Sue Bourn	W45	9.4	
Kim Thomas	M35	9.5	SB
Lynne Schickert	W70	13.9	SB=

400m

Tony Smith	M35	65.2	SB
Toni Phillips	W40	70.9	
David Carr	M80	82.8	
Carol Bowman	W55	83.5	SB
Mitch Thomas	VIS	85.0	
Kim Thomas	M35	85.8	

4000m (not analysed)

Kim Thomas	M35	14:07.1	
Tony Smith	M35	15:57.0	
Sue Bourn	W45	16:56.7	
Giovanni Puglisi	M60	16:57.4	
Mitch Thomas	VIS	20:05.0	
Bob Schickert	M70	20:50.0	
Sarah Ladwig	W60	22:09.7	
Monique Thomas	W35	22:12.7	

200m

Colin Smith	M45	28.6	
Tony Smith	M35	33.3	
Sue Bourn	W45	33.4	

Giovanni Puglisi	M60	36.0	
David Carr	M80	37.6	
Carol Bowman	W55	38.4	
Lynne Schickert	W70	51.9	

1000m

Kim Thomas	M35	3:10.0	
Tony Smith	M35	3:35.7	
Mitch Thomas	VIS	3:44.7	
Giovanni Puglisi	M60	3:53.5	

Canadian Nationals, New Brunswick, August 9-12**100m**

Don Chambers	M75	15.67	-1.0 2/5
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80m hurdles

Don Chambers	M75	15.40	+3.7 1/2 PBA w/a
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300m hurdles

Don Chambers	M75	62.60	1/2
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Long Jump

Don Chambers	M75	3.52	+1.0 1/3
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High Jump

Don Chambers	M75	1.05	1/4
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Pole Vault

Don Chambers	M75	1.80	1/1
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Hammer

Don Chambers	M75	27.90	4/4 PBA
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Shot

Don Chambers	M75	8.73	1/3
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Weight Throw

Don Chambers	M75	11.53	3/4
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(Outdoor Pentathlon)**Long Jump (OP)**

Don Chambers	M75	3.57	-0.5 682
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Javelin (OP)

Don Chambers	M75	18.16	361
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200m (OP)

Don Chambers	M75	32.92	+1.6 715 PBA
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Discus (OP)

Don Chambers	M75	18.98	410
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1500m (OP)

Don Chambers	M75	DNF	0
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Overall Pentathlon (OP)

Don Chambers	M75	2168	1/2
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200m

Don Chambers	M75	33.33	+2.1 2/4
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Triple Jump

Don Chambers	M75	7.49	+1.8 1/1
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(Weight Pentathlon)**Hammer (WP)**

Don Chambers	M75	23.85	531
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Shot (WP)

Don Chambers	M75	8.31	624
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Discus (WP)

Don Chambers	M75	19.83	433
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Javelin (WP)

Don Chambers	M75	18.91	382
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Weight Throw (WP)

Don Chambers	M75	11.54	688 PBA
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Overall Wt. Pentathlon (WP)

Don Chambers	M75	2658	1/1
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WAAS – August 14**400m**

Campbell Till	M55	59.8
Max Aravina-Roman	M35	70.0

400m Hurdles

Toni Phillips	W40	80.6
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4000m

Steve Weller	M35	14:57.2
Julie Wilson	W55	19:27.0
John Dennehy	M50	21:32.8

ECAC - August 16**800m**

Kim Thomas	M35	2:20.3	SB
Tony Smith	M35	2:22.1	SB
Rob Nichols	M30	2:31.5	
Rod Hamilton	M50	2:37.0	SB
Mickey Muroi	M50	2:49.5	
Toni Phillips	W40	2:57.2	
Mitch Thomas	VIS	2:58.5	
Carol Bowman	W55	3:12.6	SB
Jai Thomas	VIS	3:36.0	

60m

Colin Smith	M45	8.3	SB
Tony Smith	M35	8.6	SB=
Toni Phillips	W40	9.1	
Sue Bourn	W45	9.2	PBA h/t
Nick Miletic	M60	9.9	

Carmel Meyer	W50	10.3	SB
Mitch Thomas	VIS	10.6	
Bob Schickert	M70	11.0	
Bob Fawcett	M60	11.3	PBA
Kim Thomas	M35	12.3	

Jai Thomas	VIS	12.3	
Lynne Schickert	W70	14.0	
Carolyn Fawcett	W60	14.8	

3000m

Rob Nichols	M30	10:05.3	
Kim Thomas	M35	10:41.0	
Rod Hamilton	M50	11:10.0	PBA
Mickey Muroi	M50	11:56.6	
Mitch Thomas	VIS	12:06.4	
Tony Smith	M35	12:25.5	
Sue Bourn	W45	12:26.5	
Dante Giacomini	M40	13:31.9	
Carmel Meyer	W50	13:43.0	SB
David Carr	M80	13:49.8	PBA
Bob Schickert	M70	14:12.9	
Barry Newell	M55	16:13.7	
Sarah Ladwig	W60	16:24.7	SB
Bob Fawcett	M60	18:52.9	
Carolyn Fawcett	W60	21:54.9	
Jai Thomas	VIS	21:54.9	

100m

Colin Smith	M45	14.1	
Tony Smith	M35	14.8	
Rod Hamilton	M50	15.0	
Sue Bourn	W45	15.3	

Nick Miletic	M60	16.2	
Carmel Meyer	W50	17.0	SB
Lynne Schickert	W70	24.1	

400m

Rob Nichols	M30	63.3	
Tony Smith	M35	73.1	
Rod Hamilton	M50	76.3	
Sue Bourn	W45	77.9	
Mickey Muroi	M50	79.1	
Nick Miletic	M60	1:31.6	

Barry Newell	M55	81.3	
Carmel Meyers	W50	87.7	SB
Sarah Ladwig	W60	1:44.7	

WAAS – August 21**2000m**

Campbell Till	M55	8:20.0
Tom Tralau	M35	8:21.0
Steve Weller	M35	8:22.0

300m

Max Aravini-Roman	M35	52.2
Kevin Collins	M40	66.8

ECAC - August 23

200m

Colin Smith	M45	28.2	
Barry Newell	M55	31.8	
Rod Hamilton	M50	32.6	
Nick Miletic	M60	33.5	

Toni Phillips	W40	30.1	
Ellie Nagel	VIS	33.2	
Peggy Macliver	W65	35.4	
Felicity Nagel	VIS	42.1	

1500m

Giovanni Puglisi	M60	6:05.5	
Gillian Young	W65	6:43.8	
Barry Newell	M55	7:39.3	

3000m

Carolyn Fawcett	W60	20:56	
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100m

Colin Smith	M45	13.4	
Rod Hamilton	M50	15.2	
Nick Miletic	M60	15.5	
Bob Fawcett	M60	18.9	PBA

Ellie Nagel	VIS	16.0	
Felicity Nagel	VIS	19.6	
Carolyn Fawcett	W60	25.3	

5000m

Rod Hamilton	M50	19:49.8	
Giovanni Puglisi	M60	21:07.1	
Sue Bourn	W45	21:08.4	
Robin King	W53	22:15.1	
David Carr	M80	23:40.9	AR
Gillian Young	W65	24:30.9	
Bob Fawcett	M60	33:21.0	

300m

Colin Smith	M45	48.3	
Nick Miletic	M60	55.9	
Peggy Macliver	W65	58.2	

WAAS – August 28

3000m

Roscoe McDonnell	M50	11:51.6	
Tom Tralau	M35	12:04.3	
Campbell Till	M55	12:37.0	

ECAC- August 30

400m

Colin Smith	M45	65.7	
Kim Thomas	M35	66.0	SB
Barry Newell	M55	74.3	SB
Ava Dadmahr	VIS	85.7	

4000m

Kim Thomas	M35	14:54.4	
Giovanni Puglisi	M60	16:48.3	
Sue Bourn	W45	16:52.8	
Dante Giacomini	M40	17:45.6	
Carmel Meyer	W50	18:47.9	
Mahtab Roohi	VIS	19:56.3	
Jim Barnes	M65	20:11.8	
Gillian Young	W65	19:46.6	
Sarah Ladwig	W60	22:11.0	

200m

Colin Smith	M45	28.7	
Barry Newell	M55	30.4	SB
Kim Thomas	M35	31.0	
Sue Bourn	W45	33.3	

Carmel Meyer	W50	34.6	SB
Ava Dadmahr	VIS	36.5	

Mile

Kim Thomas	M35	5:45.5	
Giovanni Puglisi	M60	6:23.8	
Dante Giacomini	M40	6:52.4	
Gillian Young	W65	7:25.8	
Carmel Meyer	W50	7:48.0	
Barry Newell	M55	8:51.0	

60m

Colin Smith	M45	8.6	
Barry Newell	M55	8.9	
Sue Bourn	W45	9.5	
Carmel Meyer	W50	10.1	SB
Ava Dadmahr	VIS	10.4	
Lynne Schickert	W70	14.7	