

December 2012 Results - Analysed

Legend: SB - season's best; PBA – PB in age group; WR – world record; AR – Australian record; SR – WA state record; % are WMA age-graded; +1.3 is wind speed where recorded

Strive Interclub, WAAS – November 30

60m

Rob Colling	M40	7.41 +2.7	PBA
Glenn Ross	M40	7.55 +0.8	
Aldis Jaunzems	M30	7.79 +1.2	SB
Greg Brennan	M40	7.95 +1.2	
Alan Deans	M60	10.91 +1.9	

200m

Rob Antonioli	M60	29.99 +2.5	
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800m

Andrew Brooker	M40	2:11.42	
Rob Antonioli	M60	2:41.95	PBA
Alan Deans	M60	3:12.94	

3000m

Scott Tamblin	M30	8:34.2	SR
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400m hurdles

Brian Feutrill	M45	75.32	
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WAAS – December 4

200m

Greg Brennan	M40	25.7	PBA
Trent Harris	VIS	26.0	
Steve Weller	M35	26.8	PBA
Richard Williams	M40	28.6	SB
Carmel Meyer	W50	31.9	PBA

Scott Hutcheson	VIS	26.9	
Wendy Seegers	W35	27.8	
Terry Faulkner (BMAF)	M70	30.3	
Barrie Kernaghan	M70	30.6	
Norm Richards	M75	32.4	

Barry Newell	M55	30.3	PBA
Dan Ivers	W30	34.1	
Bob Schickert	M70	36.5	SB
Carol Bowman	W55	37.8	
Julie Wilson	W55	39.0	SB
Lynne Schickert	W70	47.9	SB

4000m

Roscoe McDonnell	VIS	15:10.7	
Ante Perdija	M40	15:31.6	
Graeme Dahl	M60	15:38.5	
Sandra Stockman	W45	16:05.9	
Jim White (BMAF)	VIS	16:13.9	
Keith Edmonds	M45	16:16.8	
Bert Carse	M70	17:09.3	
John Collier	M45	18:19.7	
Maurice Creagh	M65	19:21.8	

Long Jump

Cathy McCloskey	W45	4.49	PBA
Carmel Meyer	W50	3.49	PBA
Lynne Schickert	W70	2.60	SB
Scott Hutcheson	VIS	5.28	
Mark Frew	M35	5.20	PBA
John Dennehy	M50	3.58	SB
Geoff Brayshaw	M60	4.21	

High Jump

Brian Feutrill	M45	1.45	
Greg Wilson	M65	1.35	

Long Jump

Rob Antonioli	M60	3.90 +3.0	
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Triple Jump

Brian Feutrill	M45	10.16 +0.2	
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Shot Put

Todd Davey	M45	13.01	SR
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Discus

Todd Davey	M45	40.94	
Greg Wilson	M65	28.76	

Javelin

Greg Wilson	M65	26.50	
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800m (PATRON'S TROPHY)

			%
Scott Hutcheson	VIS	2:24.9	
Steve Weller	M35	2:24.9	PBA 71.31
Richard Williams	M40	2:40.1	PBA 67.65
Ante Perdija	M40	2:42.3	65.54
Keith Edmonds	M45	2:53.8	64.06
John Collier	M45	3:04.4	60.90
John Oldfield	M65	3:07.2	SB 73.18
Nick Miletic	M60	3:37.0	58.63
Roscoe McDonnell	VIS	2:34.9	
Giovanni Puglisi	M60	2:40.4	SB 79.32
Colin Smith	M45	2:51.0	SB 67.41
Cathy McCloskey	W45	2:59.4	70.20
Bob Schickert	M70	3:01.3	SB 77.55
John Dennehy	M50	3:03.0	65.16
Dan Ivers	W30	3:06.2	60.84
Rocky Cloete	M60	3:10.8	67.19
Carol Bowman	W55	3:13.1	SB 73.29
Julie Wilson	W55	3:15.5	73.48
Greg Wilson	M60	3:28.5	62.94
Christine Oldfield	W65	4:01.5	SB 70.81

60m

Greg Brennan	M40	7.8	
Steve Weller	M35	8.1	
Richard Williams	M40	8.2	
Keith Edmonds	M45	9.0	SB

Wendy Seegers	W35	8.4	
Norm Richards	M75	9.4	
Barrie Kernaghan	M70	9.7	
Carmel Meyer	W50	9.7	

Scott Hutcheson	VIS	8.1	
Rocky Cloete	M60	9.1	
Colin Smith	M45	9.8	
Julie Wilson	W55	11.5	
Lynne Schickert	W70	13.7	

High Jump

Dan Ivers	W30	1.20	
Gay Wyatt	W55	1.00	
Dave Wyatt	M60	1.35	SB=
Norm Richards	M75	1.17	SR

Shot Put

Mark Frew	M35	9.06	SB
Todd Davey	M45	12.51	
Geoffrey Gee	M55	11.99	
Tom Gravestock	M55	10.62	
Rocky Cloete	M60	11.54	PBA

Javelin

Carmel Meyer	W50	17.80	
Scott Hutcheson	VIS	37.97	
Mark Frew	M35	44.05	SB
Todd Davey	M45	36.97	
Geoffrey Gee	M55	35.30	SB
Tom Gravestock	M55	32.35	SB
Geoff Brayshaw	M60	29.61	
Rob Shand	M80	21.80	SR

ECAC – December 6**300m**

Chris Neale	M40	40.3	
Trent Harris	VIS	42.0	
Scott Hutcheson	VIS	44.0	
David Solomon	VIS	44.3	
Andy West	M45	46.2	

Colin Smith	M45	49.4	
Julie Willmott	W45	57.0	
Bob Schickert	M70	61.3	
Don Pattinson	M55	65.2	
Christine Pattinson	W55	70.3	

2000m

David Solomon	VIS	7:31.0	
Graeme Dahl	M60	7:36.5	PBA
Rob Colton	M45	7:48.1	
Don Pattinson	M55	8:37.5	
Maurice Creagh	M65	9:09.7	
Bob Fawcett	M60	11:43.3	PBA
Carolyn Fawcett	W60	13:10.4	PBA

2000m walk

Tom Lenane	M55	12:16.6	
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100m

Chris Neale	M40	12.7	
Steve Fuller	M60	14.3	
Rob Colton	M45	14.4	SB
Vicki Cobby	W40	14.7	
Colin Smith	M45	15.5	

Scott Hutcheson	VIS	12.9	
Julie Willmott	W45	16.2	SB
Maureen Keshwar	W60	17.5	
Christine Pattinson	W55	20.5	SB
Nola Hill	Vis	26.7	

Strive Interclub, WAAS – December 7**100m**

Greg Brennan	M40	12.61	+1.9
Alan Deans	M60	17.48	+1.2

400m

Mark Elms	M45	61.03	
Alan Deans	M60	86.4 (h/t)	

1500m

Xander van Rijen	M40	4:20.17	
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High Jump

Greg Wilson	M65	1.35	
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1500m (PATRON'S TROPHY)

Trent Harris	VIS	5:17.2		
Rob Colton	M45	5:39.3	SB	70.38
Bert Carse	M70	5:46.7		83.44
Vicki Cobby	W40	6:02.9		68.42
Bob Schickert	M70	6:06.8	PBA	78.87
David Carr	M80	6:12.0	AR	88.80
Carmel Meyer	W50	6:12.8	PBA	75.16
Don Pattinson	M55	6:27.5		67.19
Maurice Creagh	M65	6:37.8	SB	69.28
Julie Willmott	W45	6:40.9	SB	66.47
Steve Fuller	M60	6:41.9		65.34
Christine Pattinson	W55	6:53.8		73.38
Sarah Ladwig	W60	8:01.4		68.84
Regina Crouch	W40	8:35.3	PBA	49.30
Lynne Schickert	W70	9:52.7		63.66

Triple Jump

Carolyn Fawcett	W60	4.45	
Rob Colton	M45	8.13	PBA

Javelin (PATRON'S TROPHY)

Nick Miletic	M60	16.38	25.14
David Carr	M80	16.88	35.33
Steve Fuller	M60	25.92	38.97
Julie Willmott	W45	11.27	20.30
Regina Crouch	W40	14.01	22.63
Scott Hutcheson	VIS	34.82	
Sarah Ladwig	W60	8.09	20.68
Vicki Cobby	W40	10.99	16.88
Bev Hamilton	W65	17.63	

Shot

Bev Hamilton	W65	8.54	SB
Todd Davey	M45	13.00	

Long Jump

Melissa Foster	W30	5.27	+1.2
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Triple Jump

Melissa Foster	W30	10.77	+1.2
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Shot Put

Todd Davey	M45	12.31	
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Javelin

Greg Wilson	M65	26.90	
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WAAS – December 11

1500m (PATRON'S TROPHY)

'A' race

			%
Kim Thomas	M35	4:43.9	SB 75.73
Steve Weller	M35	4:50.9	PBA 73.17
Roscoe McDonnell	VIS	5:15.2	
Ante Perdija	M40	5:19.8	68.62
Giovanni Puglisi	M60	5:26.2	PBA 81.14
Niamh Keane	W45	5:28.9	81.02
Bert Carse	M70	5:34.4	PBA 86.51
Sandra Stockman	W45	5:36.1	79.28
Vicki Cobby	W40	5:39.7	SB 73.10
Mitch Thomas	VIS	5:44.7	
Keith Edmonds	M45	5:51.0	65.60

'B' race

John Oldfield	M65	6:11.4	SB 76.07
Carmel Meyer	W50	6:14.4	74.84
Maurice Creagh	M65	6:23.6	SB 71.84
Gillian Young	W65	6:27.9	PBA 88.12
Cathy McCloskey	W45	6:38.8	PBA 68.50
John Dennehy	M50	6:42.8	61.42
Julie Wilson	W55	6:54.2	75.42
Greg Wilson	M60	7:23.9	61.58
Nick Miletic	M60	7:36.0	58.04
Christine Oldfield	W65	8:16.9	72.19

100m (wind-assisted)

Mal Clarke	M40	12.1	SB
Greg Brennan	M40	12.4	
Maurice Pascal	M40	12.6	SB
Campbell Till	M55	13.2	SB

Scott Hutcheson	VIS	12.6	
Troy Wynne	M45	13.7	SB
Colin Smith	M45	15.0	
Fran Cherry	W45	15.6	

Keith Edmonds	M45	15.0	
Norm Richards	M75	15.7	
Barrie Kernaghan	M70	16.3	SB
Lynne Schickert	W70	22.6	

Triple Jump (wind-assisted)

Melissa Foster	W30	10.81	
Cathy McCloskey	W45	9.10	
Lynne Schickert	W70	5.68	
Troy Wynne	M45	8.36	
Geoff Brayshaw	M60	8.30	

Javelin (PATRON'S TROPHY)

			%
Vicki Cobby	W40	14.46	SB 22.22
Carmel Meyer	W50	13.95	26.70
Julie Wilson	W55	14.22	SB 33.66
Bev Hamilton	W65	16.40	
Gillian Young	W65	9.32	24.97
Scott Hutcheson	VIS	33.93	
Kim Thomas	M35	36.31	40.29
Mal Clarke	M40	35.54	
Ante Perdija	M40	22.38	25.64
Alec Ring	M45	40.33	50.30
Troy Wynne	M45	33.82	42.95
John Dennehy	M50	15.25	20.94
Giovanni Puglisi	M60	16.29	25.00
Nick Miletic	M60	15.48	23.76
Greg Wilson	M65	25.99	43.53
Rob Shand	M80	21.66	

High Jump

Scott Hutcheson	VIS	1.40	
Mal Clarke	M40	1.55	SB=
Troy Wynne	M45	1.35	
Dave Wyatt	M60	1.35	
Norm Richards	M75	1.15	
Vicki Cobby	W40	1.30	
Gay Wyatt	W55	1.10	PBA

Weight Throw

Bev Hamilton	W65	11.80	
Mal Clarke	M40	10.86	SB
John Everard	M50	13.18	
Geoffrey Gee	M55	13.88	SB

300m (not analysed)

Maurice Pascal	M40	42.5	
Campbell Till	M55	43.4	
Colin Smith	M45	45.5	
Fran Cherry	W45	56.5	

2000m

Roscoe McDonnell	VIS	7:13.7	
Ante Perdija	M40	7:20.7	
Steve Weller	M35	7:30.4	
Sandra Stockman	W45	7:41.9	
Mitch Thomas	VIS	7:45.6	
Keith Edmonds	M45	7:47.3	
Maurice Creagh	M65	8:46.2	SB

ECAC - December 13

800m

Trent Harris	VIS	2:23.6	
Aiden Hassan	VIS	2:31.1	
Charlie Coates	VIS	2:44.4	
Bert Carse	M70	2:49.7	
Julie Willmott	W45	3:01.5	PBA
Kieran Tapley	VIS	3:01.6	
Maurice Creagh	M65	3:08.0	SB
Trish Farr	W40	3:11.0	PBA
Carol Bowman	W55	3:12.8	SB
Christine Pattinson	W55	3:27.8	SB

100m

Scott Hutcheson	VIS	13.1	
David Solomon	VIS	13.4	
Colin Smith	M45	14.8	SB
Carmel Meyer	W50	15.2	PBA
Nick Miletic	M60	16.8	

Aiden Hassan	VIS	15.8	
Trish Farr	W40	16.5	PBA
Maureen Keshwar	W60	16.9	PBA
Julie Willmott	W45	17.2	
Regina Crouch	W40	17.4	
Christine Pattinson	W55	19.6	SB

3000m

Chris Cummins	VIS	10:18.8	
Neil Drouet	VIS	11:20.2	
Aiden Hassan	VIS	11:28.0	
Terry Cummins	VIS	11:28.3	
Bart Carse	M70	12:42.0	
David Solomon	VIS	13:03.0	
Sue Bourn	W45	13:03.0	
Trent Harris	VIS	13:26.1	
Trish Farr	W40	13:49.7	
Christine Pattinson	W55	13:58.0	SB
Maurice Creagh	M65	14:04.5	SB
Charlie Coates	VIS	14:18.7	
Kieran Tapley	VIS	14:19.8	

Strive Interclub, WAAS – December 14

100m

Rob Colling	M40	11.58	+1.6
Brett Blanco	M40	11.90	+1.6
Alan Deans	M60	17.78	+1.5

200m

Mark Jeffery	M40	24.77	PBA +4.3
Mark Elms	M45	26.08	+3.9
Alan Deans	M60	36.19	+2.3

800m

Andrew Brooker	M40	2:13.04	
Alan Deans	M60	3:10.86	SB

Long Jump

Mark Jeffery	M40	6.05	PBA +1.0
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200m (PATRON'S TROPHY)

Trent Harris	VIS	26.8		
David Solomon	VIS	28.1		
Colin Smith	M45	30.9	72.01	
Nick Miletic	M60	36.2	66.71	
Kieran Tapley	VIS	29.4		
Giovanni Puglisi	M60	31.8	PBA 75.94	
Carmel Meyer	W50	31.9	PBA= 80.66	
Aiden Hassan	VIS	34.3		
Julie Willmott	W45	34.7	PBA 70.86	

Trish Farr	W40	40.6	55.71	
Maureen Keshwar	W60	40.9	SB 69.88	
Christine Pattinson	W55	44.2	SB 62.06	
Sarah Ladwig	W60	45.4	64.19	

Charlie Coates	VIS	32.6		
Regina Crouch	W40	39.8	58.92	
Christine Oldfield	W65	47.0	65.02	
Valerie Millard	W65	48.5	61.86	

3000m walk

John Oldfield	M65	22:39.0	PBA	
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Long Jump

Trent Harris	VIS	5.20		
Scott Hutcheson	VIS	5.34		
Carmel Meyer	W50	3.86	PBA	

Hammer

Stella Turner	W65	13.25		
Mal Clarke	M40	28.28	PBA	
Ali Matautia	W35	13.62		

Weight Throw

Stella Turner	W65	7.15		
Mal Clarke	M40	10.04		
Ali Matautia	W35	7.95	SB	

High Jump

Greg Wilson	M65	1.35		
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Discus

Tom Gravestock	M55	43.13		
Todd Davey	M45	39.47		
Greg Wilson	M65	28.28		
Bev Hamilton	W65	23.29	SB	
John Dennehy	M50	15.88		

Hammer

Tom Gravestock	M55	37.03	SB	
Bev Hamilton	W65	24.92		

Shot

Bev Hamilton	W65	8.12		
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WAAS – December 19 (note: sprints and jumps wind-assisted)

800m

Kim Thomas	M35	2:23.3	
Trent Harris	VIS	2:28.3	
Ante Perdija	M40	2:31.6	
Ross Keane	M50	2:34.5	
Mitch Thomas	VIS	2:43.6	
Richard Williams	M40	2:44.8	
Tom Tralau	M35	2:54.3	
Maurice Creagh	M65	3:03.0	SB
John Oldfield	M65	3:10.6	
Colin Smith	M45	3:13.9	
Carol Bowman	W55	3:14.2	

100m

Bernard Riviere	M45	12.1	PBA
Greg Brennan	M40	12.4	
Campbell Till	M55	12.8	SB
Richard Williams	M40	14.0	
Wendy Seegers	W35	13.0	
Colin Smith	M45	14.1	SB
Barrie Kernaghan	M70	15.1	SB
Norm Richards	M75	15.1	
Fran Cherry	W45	15.1	SB
Barry Newell	M55	14.4	
Carmel Meyer	W50	15.2	PBA=
Bob Schickert	M70	16.5	
Danielle Baldock	W30	17.9	
Julie Wilson	W55	18.0	SB
Lynne Schickert	W70	23.4	

3000m

Rob Nichols	M35	9:49.9	PBA
Kim Thomas	M35	10:41.2	
Roscoe McDonnell	VIS	10:56.5	
Martin Kennedy	M50	11:02.9	
Grahak Cunningham	M35	11:06.7	SB
Ante Perdija	M40	11:18.9	SB
Mitch Thomas	VIS	11:24.9	
Trent Harris	VIS	11:54.6	
Tom Tralau	M35	12:06.1	
Wayne Taylor	M50	12:08.0	
Ross Keane	M50	12:19.6	PBA
Maurice Creagh	M65	13:37.5	SB
Gillian Young	W65	14:11.9	
Danielle Baldock	W30	15:31.7	

Long Jump

Cathy McCloskey	W45	4.59	PBA
Greg Brennan	M40	5.08	SB
John Dennehy	M50	3.83	SB
Dave Wyatt	M60	4.87	SB
Geoff Brayshaw	M60	4.24	SB
Norm Richards	M75	3.83	PBA

200m (PATRON'S TROPHY – FINAL EVENT) %

Bernard Riviere	M45	26.0	84.35	PBA
Campbell Till	M55	27.0	85.96	
Wendy Seegers	W35	27.1	79.23	SB
Cathy McCloskey	W45	29.0	86.76	PBA
Dave Wyatt	M60	29.4	82.14	
Richard Williams	M40	27.8	76.04	
Colin Smith	M45	28.4	78.35	SB
Kim Thomas	M35	28.9	70.97	SB=
Ante Perdija	M40	29.1	71.58	SB
Barrie Kernaghan	M70	32.2	82.61	
Grahak Cunningham	M35	30.3	66.14	
Carmel Meyer	W50	31.5	82.57	PBA
John Dennehy	M50	32.4	70.62	SB
Bob Schickert	M70	32.9	79.64	PBA
Fran Cherry	W45	33.1	76.01	SB
Greg Wilson	M65	37.0	67.00	
David Carr	M80	37.0	82.16	
Carol Bowman	W55	37.1	74.69	
Gillian Young	W65	43.3	68.64	
Julie Wilson	W55	38.7	72.38	PBA
Therese Carr	VIS	40.8		
Christine Oldfield	W65	48.4	63.14	
Lynne Schickert	W70	48.9	64.25	

2000m Steeplechase

Rob Nichols	M35	7:05.8	SB*
Kim Thomas	M35	7:39.8	*
Bjorn Dybdahl	M55	7:50.6	*
Ante Perdija	M40	8:06.4	*
Bert Carse	M70	8:31.2	SR
Mitch Thomas	VIS	8:45.4	
Wayne Taylor	M50	9:51.5	*
Julie Wilson	W55	10:04.1	SB
David Carr	M80	10:05.6	

* indicates barriers non-standard ht. for age-group

3000m Walk

John Oldfield	M65	23:27.1	
Lorna Lauchlan	W80	25:18.3	

Shot Put

Therese Carr	VIS	5.98	
Todd Davey	M45	12.58	
Andrew Ward	M50	8.13	
Geoff Gee	M55	11.62	

Discus

Therese Carr	VIS	19.01	
Pat Carr	W80	11.43	
Todd Davey	M45	40.22	
Andrew Ward	M50	28.09	
Geoff Gee	M55	30.16	

ECAC – December 20

60m

Colin Smith	M45	9.1	SB
Rob Colton	M45	9.4	
Nicole Pinel	W30	9.6	
Carmel Meyer	W50	10.1	

Aiden Hassan	VIS	10.0	
Mitch Thomas	VIS	10.7	
Jai Thomas	VIS	11.5	
Raynor Keane	VIS	13.3	

Maureen Keshwar	W60	10.2	SB
Regina Crouch	W40	13.3	
Therese Carr	VIS	12.2	
Valerie Millard	W65	13.8	
Carolyn Fawcett	W60	14.8	

Bruce McGeorge	M55	10.2	
David Carr	M80	11.3	PBA
Bob Fawcett	M60	12.6	

Mile

Aiden Hassan	VIS	5:33.0	
Mitch Thomas	VIS	5:38.2	
Kim Thomas	M35	5:38.2	
Bert Carse	M70	6:03.8	
Jim Langford	M65	6:17.8	
John Oldfield	M65	6:44.1	SB
Raynor Keane	VIS	6:51.1	
Ross Keane	M50	6:51.5	
Maurice Creagh	M65	6:56.7	
Bruce McGeorge	M55	7:00.9	
Gillian Young	W65	7:06.6	PBA
Carol Bowman	W55	7:27.6	
Nick Miletic	M60	7:55.7	
Jai Thomas	VIS	8:49.7	
Monique Thomas	W35	8:50.2	
Christine Oldfield	W65	9:15.0	SB
Carolyn Fawcett	W60	10:48.9	

Mile walk

Tom Lenane	M55	10:06.6	
Valerie Millard	W65	11:07.8	PBA

1000m walk

Valerie Millard	W65	6:39.3	
John Oldfield	M65	7:25.2	
Therese Carr	VIS	7:57.2	

Triple Jump

Carolyn Fawcett	W60	4.90	PBA
Rob Colton	M45	8.03	
Trent Harris	VIS	9.89	

400m

Trent Harris	VIS	59.6	
Colin Smith	M45	65.0	
Rob Colton	M45	75.8	
Mitch Thomas	VIS	79.4	
Aiden Hassan	VIS	81.4	
Kim Thomas	M35	81.9	
Robin King	W50	84.2	

Carmel Meyer	W50	74.0	PBA
Jai Thomas	VIS	85.1	
Maurice Creagh	M65	86.2	
Kim Thomas	M35	87.4	
David Carr	M80	89.2	
Regina Crouch	W40	1:36.6	SB
Raynor Keane	VIS	1:42.3	
Bob Fawcett	M60	1:46.4	PBA

1000m

Aiden Hassan	VIS	3:18.0	
Kim Thomas	M35	3:18.6	
Rob Colton	M45	3:27.4	
Mitch Thomas	VIS	3:39.2	
Trent Harris	VIS	3:42.4	
Robin King	W50	3:52.1	
Ross Keane	M50	4:05.3	PBA
Raynor Keane	VIS	4:06.8	
Maurice Creagh	M65	4:08.4	
Carmel Meyer	W50	4:11.5	PBA
Gillian Young	W65	4:15.4	
Delia Baldock	W50	4:20.1	
Monique Thomas	W35	5:26.0	
Nicole Pinel	W30	5:45.0	
Regina Crouch	W40	5:59.9	PBA
Bob Fawcett	M60	6:19.7	
Jai Thomas	VIS	6:19.9	
Carolyn Fawcett	W60	6:39.4	

Discus

Barbara Campbell	W75	18.46	
Nicole Pinel	W30	24.99	
Therese Carr	VIS	18.62	
Andrew Ward	M50	28.43	
Pat Carr	W80	12.36	PBA
Stella Turner	W65	12.97	

Shot

Nicole Pinel	W30	7.31	SB
Therese Carr	VIS	6.45	
Andrew Ward	M50	8.69	PBA
Stella Turner	W65	6.25	

Strive Interclub, WAAS – Thursday December 21

100m

Glenn Ross	M40	11.56	+0.5	
Rob Colling	M40	11.53	+2.0	SB
Aldis Jaunzems	M30	12.42	+2.3	
Mark Elms	M45	12.86	+1.6	
Alan Deans	M60	17.39	+1.8	SB

400m

Mark Elms	M45	59.82	SB
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1500m

Scott Tamblin	M30	3:54.15	SR
Xander van Rijen	M40	4:15.46	PBA
Alan Deans	M60	6:38.74	

2000m steeplechase (91.4cm barriers)

Rob Nichols	M35	7:03.3 *	
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* indicates non-standard distance for age-group

Long Jump

Melissa Foster	W30	5.44	+1.6	PBA
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High Jump

Greg Wilson	M65	1.35	
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Discus

Byrony Glass	W35	30.97	
John Dennehy	M50	15.54	
Matt Staunton	M35	40.20	

Hammer

Byrony Glass	W35	50.06	
Kate Glass	W60	33.25	SB
Bev Hamilton	W65	26.97	SB
Matt Staunton	M35	43.15	
John Everard	M50	38.86	SB

CLAISEBROOK COVE PARKRUNS

(FREE, timed 5km runs in East Perth, 8am every Saturday)

Run 18: December 1 – 71 finishers

9	John Oldfield	M65	22:40	76.91% 1st age-graded
15	Hamish McLeod	M35	23:09	57.67%
(23	Paul Haylett n/f	M50	24:23	60.97%)
26	Bryan Hardy	M65	25:14	69.09% parkrun PB
39	John Talbot	M65	28:32	59.35% parkrun PB
54	Christine Oldfield	W65	31:06	69.29% parkrun PB

Run 19: December 8 – 72 finishers

11	John Oldfield	M65	22:20	78.06% p/r PB; 1st age-graded
12	Hamish McLeod	M35	22:40	58.85%
(21	Paul Haylett n/f	M50	24:06	61.69% p/r PB)
25	Bryan Hardy	M65	24:35	70.92% p/r PB
58	Christine Oldfield	W65	30:51	69.85% p/r PB

Run 20: December 15 – 87 finishers

6	Hamish McLeod	M35	21:20	62.58%
29	Bryan Hardy	M65	25:20	68.82%
49	John Talbot	M65	28:37	59.17%

Run 21: December 22 – 123 finishers (fancy dress – slow times)

19	Hamish McLeod	M35	23:43	56.29%
51	John Talbot	M65	29:24	57.60%