

## WAAS – January 3

### 60m

Craig Van Waardenburg	M50	8.1
Greg Brennan	Vis	8.1
Campbell Till	M50	8.1
Dave Wyatt	M60	8.7

Ian Coate	M40	8.9	<b>SB</b>
Geoff Brayshaw	M60	8.9	
Lynne Choate	W55	9.4	
Sue Coate	W45	9.5	

Fiona Leonard	W45	9.3	
Fran Cherry	W45	9.3	<b>SB</b>
Delia Baldock	W45	9.7	<b>SB=</b>
Peggy Macliver	W65	10.0	

Charlene Scodellaro	Vis	9.1	
Peter Hopper	M65	10.2	
Julie Wilson	W55	11.6	

### Mile

Nick Hall	Vis	5:21.9	
Mike Kowal	M45	5:23.8	
John Collier	M45	6:21.5	
Maurice Creagh	M65	6:31.0	<b>PBA</b>
Karen March	W50	6:45.3	
Simone Solomon	W40	7:03.9	
Simon Leonard	M50	7:09.3	
Julie Wilson	W55	7:29.3	

### 400m

Campbell Till	M50	58.8	<b>SB</b>
Mike Kowal	M45	64.4	<b>SB</b>
Craig Van Waardenburg	M50	65.5	
Fiona Leonard	W45	69.2	
Simon Leonard	M50	82.0	

### 400m (cont.)

Delia Baldock	W45	74.3	<b>SB</b>
John Dennehy	M50	79.2	
Peggy Macliver	W65	79.5	
Maurice Creagh	M65	84.8	
Fran Cherry	W45	86.1	

### 1000m

Mike Kowal	M45	3:37.8	
John Collier	M45	3:39.9	<b>SB</b>
Toni Phillips	W35	3:47.8	
Karen March	W50	4:05.1	
Simone Solomon	W40	4:06.9	
Maurice Creagh	M65	4:07.2	
John Dennehy	M50	4:26.0	
Julie Wilson	W55	4:28.5	<b>SB</b>
Delia Baldock	W45	4:55.7	

### 1000m Walk

Peter Hopper	M65	6:26.4	
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### High Jump

Sue Coate	W45	1.27	<b>SB</b>
Ian Coate	M40	1.40	<b>SB=</b>
Roger Ditewig	M45	1.50	
Dave Wyatt	M60	1.40	

### Long Jump

Peggy Macliver	W65	3.32	
Sue Coate	W45	3.46	
Ian Coate	M40	4.42	
Roger Ditewig	M45	3.98	
Dave Wyatt	M60	4.63	
Geoff Brayshaw	M60	4.46	<b>PBA</b>
Charlene Scodellaro	Vis	4.06	
Greg Wilson	M60	3.50	

## ECAC – January 8

### 60m

Scott Willmott	Vis	7.6	
Paul Abercrombie	M40	8.2	<b>SB</b>
Colin Smith	M45	8.2	<b>SB</b>
Nick Miletic	M60	9.3	<b>PBA</b>

Kathy Lawson	W45	9.2	<b>SB</b>
Delia Baldock	W45	9.8	
Julie Willmott	W45	10.7	
Derry Foley	M80	11.9	

Jai Thomas	Vis	11.6	
Lynne Schickert	W70	13.7	<b>SB=</b>

### 3000m

Mitch Thomas	Vis	12:19.0	
Kim Thomas	M35	12:19.2	
Sue Bourn	W40	12:42.5	<b>SB</b>
Maurice Creagh	M65	13:14.6	
Simon Leonard	M50	13:22.5	<b>SB</b>
Robin King	W50	13:33.7	<b>SB</b>
Steve Fuller	M55	13:40.6	
Gillian Young	W60	14:20.9	
Graeme Dahl	M60	14:26.1	
John Dennehy	M50	15:43.0	
Bob Schickert	M70	15:58.1	
David Carr	M75	16:08.1	
Monique Thomas	W30	16:31.1	
Carolyn Fawcett	W60	22:47.2	

### 200m

Scott Willmott	Vis	26.2	
Chris Neale	M40	26.4	
Colin Smith	M45	27.4	
Paul Abercrombie	M40	30.2	
Kathy Lawson	W45	30.9	
Simon Lennard	M50	37.1	

Fiona Leonard	W45	31.7	
Nick Miletic	M60	32.4	
Delia Baldock	W45	33.4	
Peggy Macliver	W65	34.7	
Bob Schickert	M70	35.1	
David Carr	M75	35.8	<b>SB</b>

Chris Neale	M40	28.6	
Colin Smith	M45	28.9	
Julie Willmott	W45	37.3	
Jai Thomas	Vis	39.8	
Christine Oldfield	W65	47.2	
Derry Foley	M80	49.3	
Lynne Schickert	W70	51.2	<b>SB=</b>

### 800m

Kim Thomas	M35	2:23.8	<b>SB</b>
Mark Matcham	M40	2:26.0	
Fiona Leonard	W45	2:43.3	<b>SB</b>
Maurice Creagh	M65	2:58.2	
Bob Schickert	M70	3:11.0	
Nick Miletic	M60	3:23.1	<b>SB</b>

Steve Fuller	M55	2:47.2	
Robin King	W50	3:03.8	<b>SB</b>
Randy Hobbs	Vis	3:06.2	
Jamie Leonard	Vis	3:06.9	
David Carr	M75	3:07.2	
Delia Baldock	W45	3:08.2	
Carol Bowman	W55	3:10.2	<b>SB</b>
John Dennehy	M50	3:10.3	
Simon Lennard	M50	3:19.7	

Mitch Thomas	Vis	2:52.4	
Julie Willmott	W45	3:18.6	<b>SB</b>
Peggy Macliver	W65	3:21.4	
Jai Thomas	Vis	3:26.5	
Monique Thomas	W30	3:52.0	<b>PBA</b>
Christine Oldfield	W65	4:02.9	
Bob Fawcett	M60	4:43.4	
Carolyn Fawcett	W60	4:45.4	

### 800m walk

Lynne Schickert	W70	5:26.0	
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### Triple Jump

Ian Coate	M40	8.95	
Sue Coate	W45	7.44	
David Carr	M75	6.23	<b>PBA</b>
Derry Foley	M80	5.95	
Lynne Schickert	W70	5.93	<b>SB</b>

### Javelin

			<b>% points</b>	
Andrew Ward	M50	33.34	43.30	<b>SB</b>
Roger Ditewig	M48	43.85	57.77	<b>SB</b>
Steve Fuller	M59	21.30	33.03	
Geoff Brayshaw	M62	29.60	46.40	
Sue Coate	W45	22.46	38.26	
Ian Coate	M41	27.86	32.45	
Bev Hamilton	W66	16.48	45.24	
Mark Matcham	M44	29.85	36.58	
Paul Abercrombie	M40	33.78	38.70	<b>SB</b>
Craig Van Waardenburg	M52	29.76	40.10	
Geoff Gee	M58	34.72	52.70	

### Weight Throw

Andrew Ward	M50	8.89	38.24	
Roger Ditewig	M48	6.83	32.39	<b>SB</b>
Sue Coate	W45	7.15	47.13	<b>SB</b>
Ian Coate	M41	7.47	32.05	<b>SB</b>
Bev Hamilton	W66	11.30	70.23	
Craig Van Waardenburg	M52	14.37	63.90	<b>PBA</b>
Matt Staunton	M38	12.88	53.07	
Geoff Gee	M58	13.33	65.89	
Paul Abercrombie	M40	6.14	25.98	<b>SB</b>

## Strive Interclub – January 6

<b>100m</b>				<b>High Jump</b>			
Rob Colling	M40	11.44	+1.1	Greg Wilson	M60	1.40	<b>SB=</b>
Greg Brennan	M40?	13.59	+2.3	<b>Shot Put</b>			
Dave Wyatt	M60	13.93	+2.8	Matt Staunton	M35	11.46	
Roy Fearnall	M65	14.21	+1.8 <b>SB</b>	Craig van Waardenburg	M50	10.70	
<b>400m</b>				Greg Wilson	M60	9.54	<b>PBA</b>
Andrew Brooker	M40	58.74		<b>Hammer</b>			
<b>3000m Walk</b>				Matt Staunton	M35	43.69	<b>PBA</b>
David Smyth	M40	16:34.3	<b>SB</b>	John Everard	M50	38.73	<b>SB</b>
<b>Long Jump</b>				Craig van Waardenburg	M50	34.45	<b>PBA</b>
Paul Jeffery	M35	5.94	+1.5	<b>Javelin</b>			
Melissa Foster	W30	4.86	+1.1	<b>Paul Jeffery</b>	<b>M35</b>	<b>54.33</b>	<b>SR</b>
<b>Triple Jump</b>				Craig van Waardenburg	M50	29.49	
Melissa Foster	W30	10.86	+1.0	Greg Wilson	M60	28.16	

## WAAS – January 10 *(note: sprints were wind-assisted, personal landmarks only)*

<b>60m</b>				<b>200m</b>			
Mark Elms	M40	7.8	<b>SB</b>	Mark Elms	M40	25.5	<b>SB</b>
Colin Smith	M45	7.9	<b>SB</b>	Colin Smith	M45	26.3	<b>SB</b>
Craig Van Waardenburg	M50	7.9	<b>SB=</b>	Craig Van Waardenburg	M50	26.4	<b>SB</b>
Mark Phillips	M45	8.4		Mark Phillips	M45	28.4	
Geoff Brayshaw	M60	8.7		<b>Miles Sowden</b>			
Ian Coate	M40	8.7	<b>SB</b>	Vis	30.3		
Lynne Choate	W55	8.8	<b>SB</b>	Barrie Kernaghan	M70	30.5	
Barrie Kernaghan	M70	9.2		Fiona Leonard	W45	30.6	<b>SB</b>
Sue Coate	W45	9.3	<b>SB</b>	Lynne Choate	W55	32.4	
Nick Miletic	M60	9.3	<b>PBA=</b>	Peggy Macliver	W65	33.8	
Charlene Scodellaro	W30	8.6	<b>SB</b>	Ian Coate	M40	28.3	<b>SB</b>
Peggy Macliver	W65	9.6	<b>SB</b>	Sue Coate	W45	34.1	
Bob Schickert	M70	9.9		Christine Oldfield	W65	47.0	
Danielle Baldock	W30	9.9		Lynne Schickert	W70	48.1	<b>PBA</b>
Karl Stockman	M50	10.6		<b>3000m</b>			
Simone Solomon	W45	9.6		Kim Thomas	M35	10:47.3	<b>SB</b>
Leonie Edwards	W50	10.4		Mike Kowal	M45	11:15.3	
Julie Wilson	W55	11.0	<b>PBA</b>	Mark Dawson	M50	11:22.3	
Lynne Schickert	W70	13.3	<b>SB</b>	Steve Weller	Vis	11:44.2	
<b>800m</b>				Ron Gower	Vis	11:45.8	
Ian Cotton	M45	2:20.8	<b>PBA</b>	Sandra Stockman	W45	12:03.4	
Campbell Till	M50	2:22.7	<b>SB</b>	Jamie Leonard	Vis	12:25.3	
Mark Dawson	M50	2:23.7	<b>PBA</b>	John Collier	M45	12:42.9	
Mike Kowal	M45	2:24.7	<b>SB</b>	Grant Schofield	M40	12:53.9	
Kim Thomas	M35	2:26.2		Karen March	W50	12:54.4	
John Collier	M45	2:39.7	<b>PBA</b>	Karyn Gower	W50	12:56.8	
Grant Schofield	M40	2:38.0	<b>PBA</b>	Maurice Creagh	M65	12:59.9	
Steven Weller	Vis	2:38.1		Simon Leonard	M50	13:21.0	<b>SB</b>
Fiona Leonard	W45	2:44.2		Karl Stockman	M50	13:47.7	
Maurice Creagh	M65	2:54.5	<b>PBA</b>	Danielle Baldock	W30	15:32.0	
Karyn Gower	W50	2:54.7	<b>PBA</b>	Peter Hopper	M65	18:54.2	
Simon Leonard	M50	3:00.5	<b>SB</b>				
Simone Solomon	W45	3:15.8					
Miles Sowden	Vis	2:39.2					
John Collier	M45	2:50.2					
Ivan Brown	M65	3:05.6	<b>SB</b>				
Jai Thomas	Vis	3:17.0					
Leonie Edwards	W50	3:46.6					
Monique Thomas	W30	3:48.5	<b>PBA</b>				
Christine Oldfield	W65	3:59.0	<b>SB</b>				

**2000m Steeplechase**

Mitch Thomas	Vis	8:31.5	
Kim Thomas	M35	8:32.0	
Mark Dawson	M50	8:45.2	
Julie Wilson	W55	10:09.5	<b>PBA</b>
Carol Bowman	W55	10:26.1	<b>PBA</b>
David Carr	M75	10:27.0	
Delia Baldock	W45	10:28.4	
Simone Solomon	W45	10:49.3	
Jamie Leonard	Vis	10:56.9	
Nick Miletic	M60	10:58.9	
Bob Schickert	M70	11:05.4	
John Dennehy	M50	11:13.3	
Monique Thomas	W30	11:40.4	
Lynne Schickert	W70	14:59.7	

**High Jump**

Dave Wyatt	M60	1.40	
Geoff Brayshaw	M60	1.25	
Ian Coate	M40	1.45	<b>PBA</b>
Sue Coate	W45	1.20	

**Triple Jump**

Geoff Brayshaw	M60	8.86	<b>PBA w/a</b>
Lynne Schickert	W70	6.10	<b>PBA w/a</b>
Peggy Macliver	W65	6.70	
David Carr	M75	6.21	

**ECAC – January 12 (note: sprints were probably wind-assisted, personal landmarks only)****200m**

Kim Thomas	M35	28.4	<b>PBA</b>
Kathy Lawson	W45	29.7	<b>PBA</b>
Brian Hewitt	M55	31.9	<b>PBA</b>
Mitch Thomas	Vis	36.9	

Cathy McCloskey	W45	31.8	<b>SB</b>
Sue Bourn	W40	31.9	
Delia Baldock	W45	32.2	<b>SB</b>
Fran Cherry	W45	32.7	<b>PBA</b>
David Carr	M75	33.0	<b>SB</b>
Bob Schickert	M70	33.8	<b>PBA</b>

Rachel Evans	Vis	35.7	
Karen Hagan	Vis	38.1	
Monique Thomas	W30	42.0	<b>SB</b>
Jessica Bate	Vis	46.1	
Christine Oldfield	W65	47.6	

**1500m**

Kim Thomas	M35	5:05.3	
Brian Hewitt	M55	5:32.5	
Fiona Leonard	W45	5:42.4	<b>SB</b>
Mitch Thomas	Vis	5:45.4	
Maurice Creagh	M65	5:57.6	<b>PBA</b>
Tom Tralau	M35	6:02.4	
Kim Cook	W35	6:03.1	<b>SB</b>
Siobhan McCloskey	Vis	6:22.6	
Gillian Young	W60	6:37.0	
Dante Giacomini	M40	6:47.1	
Karen Hagan	Vis	7:02.4	
Rachel Evans	Vis	7:20.4	

**1500m walk**

Lynne Schickert	W70	10:24.9	<b>PBA</b>
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**60m**

Colin Smith	M45	8.4	
Kim Thomas	M35	8.7	
Kathy Lawson	W45	8.8	<b>PBA</b>
Fiona Lennard	W45	9.2	<b>SB</b>
Brian Hewitt	M55	9.2	<b>PBA</b>

Cathy McCloskey	W45	9.0	<b>SB</b>
Siobhan McCloskey	Vis	9.1	
Fran Cherry	W45	9.2	
Delia Baldock	W45	9.8	
Rachel Evans	Vis	10.5	

Bob Schickert	M70	10.3	
David Carr	M75	10.3	<b>SB</b>
Karen Hagan	Vis	11.6	
Jessica Bate	Vis	13.6	
Lynne Schickert	W70	13.6	

**2000m (not analysed)**

Kim Thomas	M35	7:27.3	
Brian Hewitt	M55	7:36.4	
Sue Bourn	W40	8:24.6	
Kim Cook	W35	8:24.9	
Maurice Creagh	M65	8:32.6	
Tom Tralau	M35	8:39.8	
Graeme Dahl	M60	8:48.4	
Siobhan McCloskey	Vis	8:59.5	
Gillian Young	W60	9:10.0	
Bob Schickert	M70	9:13.7	
Dante Giacomini	M40	9:24.6	
David Carr	M75	10:17.8	
Rachel Evans	Vis	10:20.8	
Karen Hagan	Vis	10:29.1	
Jessica Bate	Vis	15:16.7	

**Long Jump**

Cathy McCloskey	W45	4.00	<b>SB</b>
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**Shot**

Geoffrey Gee	M55	12.18	<b>SB</b>
Tom Gravestock	M55	11.75	<b>PBA</b>
Rocky Cloete	M60	11.42	
Oswald Igel	M60	11.28	<b>SB</b>
Roger Ditewig	M45	8.55	
Andrew Ward	M50	8.02	
Stella Turner	W65	6.63	

**Discus****Tom Gravestock M55 40.66 SR \*\*****\*\* puts Tom in the world rankings – see report**

Rocky Cloete	M60	35.52	
Oswald Igel	M60	34.09	
Geoffrey Gee	M55	33.97	
Roger Ditewig	M45	28.74	<b>SB</b>
Andrew Ward	M50	28.50	
Stella Turner	W65	12.51	

**Pentathlon**

Sue Coate	W45	2139	
Sarah Ladwig	W60	1675	<b>PBA</b>
Julie Willmott	W45	962	
Carolyn Fawcett	W60	830	

Chris Neale	M40	2514	
Steve Fuller	M55	2481	
Mark Matcham	M40	2002	
Greg Wilson	M60	1936	<b>PBA</b>
Mark Phillips	M45	1702	
Grant Schofield	M40	1658	<b>PBA</b>
Ian Coate	M40	1506	
John Dennehy	M50	1029	
Bob Fawcett	M60	691	

**Strive Interclub, WAAS – January 13**

<b>100m</b>					<b>1500m walk</b>				
Rob Colling	M40	11.55	-1.0		Bruce Cornish (non-fin.)	M60	10:24.64		
Colin Smith	M45	13.34	-0.9		Lynne Schickert	W70	10:25.76		<b>SR</b>
Melissa Foster	W30	13.88	-0.4		<b>Long Jump</b>				
Barrie Kernaghan	M70	14.82	-0.9		Melissa Foster	W30	4.38	-0.8	
<b>200m</b>					<b>High Jump</b>				
Brett Blanco	M35	24.85	-0.4	<b>SB</b>	Greg Wilson	M60	1.35		
Paul Jeffery	M35	24.92	-2.5	<b>PBA=</b>	<b>Discus</b>				
Mark Jeffery	M40	26.03	-2.6		Matt Staunton	M35	39.74	<b>PBA</b>	
Colin Smith	M45	26.98	-2.6		Mark Jeffery	M40	36.14	<b>PBA</b>	
Barrie Kernaghan	M70	29.45	-2.2		Paul Jeffery	M35	36.11		
<b>800m</b>					Sarah Edmiston	W35	32.79	<b>SB</b>	
Xander van Rijen	M40	2:02.76			Greg Wilson	M60	29.37		
Mike Kowal	M45	2:23.19		<b>PBA</b>	<b>Hammer</b>				
<b>5000m</b>					Matt Staunton	M35	45.10	<b>PBA</b>	
Mark Dawson	M50	19:47.6			Sarah Edmiston	W35	34.31		
<b>400m hurdles</b>					Kate Glass	W60	34.11	<b>SB</b>	
Delia Baldock	W45	82.73			Greg Wilson	M60	24.51		

**Strive Interclub , WAAS – Wednesday January 18**

<b>100m</b>					<b>Discus</b>				
Colin Smith	M45	13.18	-0.6		Matt Staunton	M35	38.29		
Craig van Waardenburg	M50	13.31	-0.6		Byrony Glass	W60	34.07		
<b>1500m</b>					Craig van Waardenburg	M50	29.66	<b>SB</b>	
Scott Tamblin	M30	3:57.70	<b>SR</b>		Bev Hamilton	W65	19.88		
Mark Dawson	M50	5:03.69			Kate Glass	W60	19.14		
<b>2000m steeplechase (76.2cm)</b>					<b>Hammer</b>				
Kim Thomas	M35	7:23.16	<b>SB</b>		Byrony Glass	W30	51.75	<b>SB</b>	
David Carr	M75	9:39.31	<b>SB</b>		Matt Staunton	M35	41.89		
Julie Wilson	W55	10:11.46			Craig van Waardenburg	M50	37.84	<b>PBA</b>	
Nick Miletic	M60	10:22.45	<b>SB</b>		Kate Glass	W60	34.74	<b>SB</b>	
Carol Bowman	W55	10:33.74			Bev Hamilton	W65	27.32	<b>SB</b>	
<b>5000m walk</b>					<b>Javelin</b>				
David Smyth	W40	29:14.3			Greg Wilson	M60	29.24		
					<b>High Jump</b>				
					Greg Wilson	M60	1.35		

**WAAS – January 17 - all sprints and the jump were wind-assisted**
**200m**

Colin Smith	M45	26.1	<b>SB</b>
Andrew Brooker	M40	26.2	
Craig Van Waardenburg	M50	26.3	<b>PBA</b>
Campbell Till	M50	26.5	<b>SB</b>
Mark Phillips	M45	28.9	

Garry Ralston	M55	26.5	
Quinton De Klerk	M45	27.3	
Maurice Pascal	Vis	27.3	
Ian Coate	M40	27.4	<b>SB</b>
Barrie Kernaghan	M70	29.7	

Geoff Brayshaw	M60	29.8	<b>PBA</b>
Fiona Leonard	W45	30.7	
John Dennehy	M50	31.7	
Lynne Choate	W55	32.0	<b>SB</b>
Peggy Macliver	W65	32.9	

Allan Billington	M50	31.2	
Cathy McCloskey	W45	31.8	<b>SB=</b>
Delia Baldock	W45	32.1	<b>SB</b>
Fran Cherry	W45	32.8	
Bob Schickert	M70	33.5	<b>SB</b>

Tom Tralau	M35	32.0	
Sue Coate	W45	33.2	
Ivan Brown	M65	35.9	
Leonie Edwards	W50	38.4	

Danielle Baldock	W30	36.0	
Julie Wilson	W55	39.1	
Sarah Ladwig	W60	39.7	<b>PBA</b>
Lynne Schickert	W70	49.9	

**1500m**

Ron Gower	Vis	5:18.5	
Mark Dawson	M50	5:36.1	
Stephen Weller	Vis	5:41.8	
Keith Edmonds	M40	5:41.8	
Grant Schofield	M40	5:41.8	
John Collier	M45	5:42.1	<b>SB</b>
Kim Thomas	M35	5:43.2	
Mitch Thomas	Vis	5:43.5	
Fiona Leonard	W45	5:44.5	
Karyn Gower	W50	5:58.2	
Tom Tralau	M35	6:03.2	
Maurice Creagh	M65	6:03.5	
Paul Scott-Taylor	M50	6:18.4	
Maurice Pascal	Vis	6:18.9	
Ivan Brown	M65	6:22.4	<b>SB</b>
Karen March	W50	6:25.6	
Simone Solomon	W45	6:36.9	
Greg Wilson	M60	6:51.0	<b>PBA</b>

**5000m**

Kim Thomas	M35	19:10.0	<b>SB</b>
Mark Dawson	M50	19:59.0	
Stephen Weller	Vis	20:10.1	
Sandra Stockman	W45	21:08.6	
Simon Leonard	M50	21:35.2	
Keith Edmonds	M40	21:44.2	
Mitch Thomas	Vis	22:00.4	
John Collier	M45	22:22.0	
Grant Schofield	M40	22:22.5	
Tom Tralau	M35	22:27.0	
Graeme Dahl	M60	22:30.9	
Karyn Gower	W50	22:38.0	
Maurice Creagh	M65	22:39.9	
Karen March	W50	23:12.9	
Karl Stockman	M50	23:45.5	
Paul Scott-Taylor	M50	23:48.9	
Julie Wilson	W55	25:14.4	
Bob Schickert	M70	25:47.9	
Danielle Baldock	W30	27:13.8	

**60m**

Quinton De Klerk	M45	7.7	
Colin Smith	M45	7.9	<b>SB=</b>
Craig Van Waardenburg	M50	8.0	
Garry Ralston	M55	8.3	
Allan Billington	M50	9.5	

Maurice Pascal	Vis	7.9	
Ian Coate	M40	8.4	<b>SB</b>
Mark Phillips	M45	8.5	
Barrie Kernaghan	M70	9.0	<b>SB=</b>
Lynne Choate	W55	9.2	

Cathy McCloskey	W45	9.0	<b>SB=</b>
Fran Cherry	W45	9.2	<b>SB=</b>
Fiona Leonard	W45	9.4	
Sue Coate	W45	9.4	
John Dennehy	M50	9.8	

Simone Solomon	W45	9.4	<b>SB</b>
Delia Baldock	W45	9.6	<b>SB</b>
Peggy Macliver	W65	9.7	
Danielle Baldock	W30	10.0	
Bob Schickert	M70	10.4	

Leonie Edwards	W50	10.5	
Julie Wilson	W55	11.1	
Sarah Ladwig	W60	11.9	
Bob Fergie	M75	11.9	
Lynne Schickert	W70	13.8	

**LONG JUMP**

Lynne Schickert	W70	2.38	
Mark Phillips	M45	5.91	<b>SB</b>
Leonie Edwards	W50	2.75	
Sue Coate	W45	3.65	
Ian Coate	M40	4.75	
Sarah Ladwig	W60	2.85	<b>SB</b>
Julie Wilson	W55	2.83	<b>PBA</b>
Danielle Baldock	W30	3.42	
Bob Fergie	M75	2.41	
Peggy Macliver	W65	3.42	<b>SB</b>
Delia Baldock	W45	3.80	<b>SB</b>
Andrew Brooker	M40	5.09	
Cathy McCloskey	W45	4.12	<b>SB</b>
Quinton De Klerk	M45	5.28	

**Shot**

Craig van Waardenburg	M50	10.60	
Sue Coate	W45	7.99	
Ian Coate	M40	6.12	
Greg Wilson	M60	9.06	
Andrew Ward	M50	7.96	
Bob Fergie	M75	7.92	
Rae McMillan	W80	5.91	
Jeff Whittam	M75	6.33	
Dorothy Whittam	W75	6.72	<b>PBA</b>
Rob Shand	threw with the M80 implement		
Greg Urbanowicz	M30	11.67	
Mike Anderson	M60	6.51	
Andrew Brooker	M40	7.38	

**Discus**

Sue Coate	W45	23.46	<b>SB</b>
Ian Coate	M40	22.82	<b>SB</b>
Greg Wilson	M60	32.32	
Andrew Ward	M50	28.17	
Bob Fergie	M75	22.19	
Rae McMillan	W80	13.89	
Jeff Whittam	M75	18.32	<b>PBA</b>
Dorothy Whittam	W75	12.79	
Rob Shand	M75	19.39	
Greg Urbanowicz	M30	32.19	
Andrew Brooker	M40	25.04	

## ECAC – January 19

### 400m

Kim Thomas	M35	63.6	
Steve Fuller	M55	64.6	<b>PBA</b>
Grant Schofield	M40	65.4	<b>PBA</b>
Fiona Lennard	W45	68.3	<b>PBA</b>
John Dennehy	M50	71.3	<b>SB</b>
Brian Hewitt	M55	73.1	
David Carr	M75	77.0	<b>SB</b>
Bob Schickert	M70	78.2	

Rob Colton	M45	68.9	<b>PBA</b>
Siobhan McCloskey	Vis	71.7	
Delia Baldock	W45	73.9	<b>SB</b>
Peggy Macliver	W65	75.8	<b>SB</b>
Maurice Creagh	M65	79.4	
Carol Bowman	W55	82.3	<b>SB</b>
Julie Willmott	W45	83.0	<b>SB</b>
Jessica Bate	Vis	1:46.5	

Mitch Thomas	Vis	80.7	
Jai Thomas	Vis	84.9	
Rachel Evans	Vis	85.1	
Greg Wilson	M60	88.1	
Monique Thomas	W30	1:43.4	
Christine Oldfield	W65	1:49.0	
Bob Fawcett	M60	1:54.4	
Carolyn Fawcett	W60	1:57.6	

### 1500m

Kim Thomas	M35	5:12.0	
Brian Hewitt	M55	5:39.2	
Rob Colton	M45	5:39.8	
Mitch Thomas	Vis	5:44.3	
Jodie Osborne	W40	6:01.9	
Maurice Creagh	M65	6:09.6	
Toni Phillips	W35	6:15.3	
Siobhan McCloskey	Vis	6:23.8	
Julie Willmott	W45	7:03.6	
Rachel Evans	Vis	7:25.1	
Monique Thomas	W30	7:57.0	<b>SB</b>
Valerie Millard	W65	8:48.3	
Jessica Bate	Vis	9:26.3	

### 100m

Rob Colling	M40	11.8	
Colin Smith	M45	13.6	
Mark Phillips	M45	14.2	
David Clive	M70	14.3	
Rob Colton	M45	14.9	

Kim Thomas	M35	14.3	
Cathy McCloskey	W45	14.8	<b>SB</b>
Fiona Lennard	W45	15.2	<b>SB=</b>
Nick Miletic	M60	15.7	
Brian Hewitt	M55	16.6	

Delia Baldock	W45	16.0	
Peggy Macliver	W65	16.1	
David Carr	M75	16.4	<b>SB</b>
Janne Wells	Vis	17.4	
Mitch Thomas	Vis	17.6	
Rachel Evans	Vis	17.9	

Julie Willmott	W45	18.5	
Jai Thomas	Vis	18.5	
Regina Crouch	W40	18.7	<b>SB</b>
Christine Oldfield	W65	22.8	
Lynne Schickert	W70	22.9	<b>SB</b>

### 3000m

Kim Thomas	M35	11:39.8	
Jim Langford	M65	12:03.5	
Brian Hewitt	M55	12:28.3	
Jodie Osborne	W40	12:40.6	
Sue Bourn	W40	12:45.1	
Graeme Dahl	M60	12:48.1	
Grant Schofield	M40	12:59.3	
Rob Colton	M45	13:17.7	<b>PBA</b>
Simon Lennard	M50	13:18.8	<b>SB</b>
Maurice Creagh	M65	13:28.0	
Siobhan McCloskey	Vis	13:41.5	
Bob Schickert	M70	14:28.3	
Steve Fuller	M55	14:28.8	
David Carr	M75	15:15.2	
Greg Wilson	M60	15:19.7	
Rachel Evans	Vis	15:46.3	
Monique Thomas	W30	17:21.9	
Carolyn Fawcett	W60	22:27.0	
Bob Fawcett	M60	24:13.3	

### Hammer

			% points
Matt Staunton	M38	41.25	49.76
Geoff Gee	M58	33.49	53.87
Andrew Ward	M50	22.88	30.74 <b>PBA</b>
Jeff Whittam	M77	19.97	46.19
Sue Coate	W45	18.32	36.08
Stella Turner	W65	17.30	38.51
Ian Coate	M41	17.02	21.57
Anne Travis	W39	10.36	17.02

### Hammer (not for points)

Matt Staunton	M35	43.54	
Greg Wilson	M60	24.73	
Sue Coate	W45	18.35	

### Javelin

Mark Phillips	M45	35.75	
Andrew Ward	M50	31.17	
Greg Wilson	M60	27.82	
Ian Coate	M40	27.24	
Sue Coate	W45	24.18	<b>SB</b>
Cathy McCloskey	W45	12.56	
Stella Turner	W65	12.10	
Siobhan McCloskey	Vis	11.89	
Julie Willmott	W45	8.95	<b>SB</b>

**WAAS – January 24**

<b>400m</b>				<b>100m</b>			
Ian Cotton	M45	59.3		Quinton De Klerk	M45	12.5	
Campbell Till	M50	59.5		Maurice Pascal	M40	12.9	
Colin Smith	M45	60.2		Garry Ralston	M55	13.2	
Grant Schofield	M40	64.6	<b>PBA</b>	Colin Smith	M45	13.2	
Mike Anderson	M60	98.6		Allan Billington	M50	15.3	
Garry Ralston	M55	63.3	<b>PBA</b>	Miles Sowden	M45	14.1	
Fiona Leonard	W45	68.4		Barrie Kernaghan	M70	14.6	
Tom Tralau	M35	73.3		Lynne Choate	W55	15.0	
Mitch Thomas	Vis	84.8		Brian Hewitt	M55	15.5	<b>PBA</b>
Kim Thomas	M35	85.2		Julie Willmott	W45	16.9	
Maurice Pascal	M40	63.0		Cathy McCloskey	W45	14.2	<b>PBA</b>
Ian Coate	M40	65.5	<b>SB</b>	Fiona Leonard	W45	14.8	<b>PBA</b>
Barrie Kernaghan	M70	72.5		Sue Coate	W45	14.9	<b>SB=</b>
Cathy McCloskey	W45	72.9	<b>SB</b>	Delia Baldock	W45	15.4	<b>SB=</b>
Fran Cherry	W45	79.6	<b>PBA</b>	Simone Solomon	W45	15.9	
Annick Phillips	Vis	81.5		 			
Miles Sowden	M45	66.3		Fran Cherry	W45	15.4	<b>PBA</b>
Wendy Seegers	W35	70.0		John Dennehy	M50	15.9	
John Dennehy	M50	73.2		Greg Wilson	M60	18.1	
Bob Schickert	M70	74.3	<b>PBA</b>	Mike Anderson	M60	19.7	
David Baird	M65	75.9		 			
Julie Willmott	W45	84.0		Annick Phillips	Vis	15.9	
Greg Wilson	M60	91.5		Danielle Baldock	W30	16.5	
<b>1500m</b>				<b>3000m</b>			
Mark Dawson	M50	5:05.5		Kim Thomas	M35	10:49.6	
Brian Hewitt	M55	5:21.4		Mark Dawson	M50	11:52.6	
Mitch Thomas	Vis	5:39.8		Brian Hewitt	M55	12:14.7	<b>SB</b>
Kim Thomas	M35	5:40.1		Grant Schofield	M40	12:31.3	
John Collier	M45	5:41.3	<b>PBA</b>	Sean Langton	Vis	12:31.5	
Sean Langton	Vis	5:43.4		Mitch Thomas	Vis	12:45.7	
Maurice Creagh	M65	5:56.5	<b>PBA</b>	Maurice Creagh	M65	12:48.6	
Miles Sowden	M45	6:04.3		John Collier	M45	12:51.0	
Paul Scott-Taylor	M50	6:16.5	<b>SB</b>	Tom Tralau	M35	13:10.7	
David Baird	M65	6:21.0		David Baird	M65	13:32.8	
Simone Solomon	W45	6:23.1	<b>SB</b>	Paul Scott-Taylor	M50	14:08.4	
Garry Ralston	M55	6:23.9	<b>PBA</b>	Karl Stockman	M50	14:14.7	
Allan Billington	M50	6:38.4		Julie Wilson	W55	15:18.4	
Delia Baldock	W45	6:39.3		Greg Wilson	M60	15:26.4	
Julie Wilson	W55	6:53.6		Danielle Baldock	W30	16:03.3	
Julie Willmott	W45	7:12.3		Amy McAlphine	Vis	17:01.0	
Wendy Seegers	W35	8:00.0		 			
Maria Trolio	W35	8:25.0		 			
<b>1500m Walk</b>				<b>Weight Throw</b>			
Lynne Schickert	W70	11:12.9		Andrew Ward	M50	8.36	
 				Sue Coate	W45	7.26	<b>SB</b>
 				Ian Coate	M40	5.91	
 				Rob Shand threw with the M80 implement			
 				Rae McMillan	W80	7.49	
 				Dorothy Whittam	W75	9.46	<b>PBA</b>
 				Jeff Whittam	M75	8.57	
 				Mike Anderson	M60	4.95	
<b>Long Jump</b>				<b>Javelin</b>			
Lynne Schickert	W70	2.44		Sue Coate	M45	23.24	
Julie Wilson	W55	2.62		Ian Coate	M40	26.16	
Maurice Pascal	M40	4.80		Andrew Ward	M50	29.79	
Cathy McCloskey	W45	3.87		Dorothy Whittam	W75	11.86	
Sue Coate	W45	3.92	<b>SB</b>	Rob Shand	M75	21.11	
Danielle Baldock	W30	3.50	<b>SB</b>	Rae McMillan	W80	12.92	
Annick Phillips	Vis	2.96		Greg Wilson	M60	26.03	



## ECAC – January 26

### 200m (wind-assisted)

Nick Miletic	M60	30.9	<b>PBA w/a</b>
Delia Baldock	W45	32.4	
Peggy Macliver	W65	32.5	
David Carr	M75	33.1	
Rachel Evans	W35	36.2	

### 800m

Colin Smith	M45	2:48.4	<b>SB</b>
Toni Phillips	W35	2:55.0	
Maurice Creagh	M65	2:58.7	
Greg Wilson	M60	3:22.3	<b>PBA</b>
Rachel Evans	W35	3:27.3	

### 60m

Colin Smith	M45	8.5	
Nick Miletic	M60	9.5	
Rachel Evans	W35	10.1	
David Carr	M75	10.4	
Carol Bowman	W55	10.9	
Regina Crouch	W40	10.9	<b>SB</b>

### 4000m

Sue Bourn	W40	17:50.5	
Maurice Creagh	M65	18:28.3	
Rachel Evans	W35	20:37.8	
Greg Wilson	M60	20:56.3	

### Weight Throw

Bev Hamilton	W65	11.49	
Stella Turner	W65	7.83	<b>SB</b>

### 4 x 400m relay

<b>M60-69</b>		<b>65.6</b>
Nick Miletic	M60	
David Carr	M75	
Greg Wilson	M60	
Dave Wyatt	M60	

### W40-49

		<b>67.4</b>
Delia Baldock	W45	
Regina Crouch	W40	
Carol Bowman	W55	
Peggy Macliver	W65	

### Discus Relay

<b>W60-69</b>		<b>52.04m</b>	
Stella Turner	W65	12.81	<b>SB</b>
Bev Hamilton	W65	21.57	
Peggy Macliver	W65	17.66	<b>PBA</b>

### M60-69

		<b>75.30m</b>	
Greg Wilson	M60	30.51	
Nick Miletic	M60	25.45	<b>PBA</b>
Maurice Creagh	M65	19.34	<b>PBA</b>

### 2000m walk

Tom Lenane	M50	12:21.6	
Anne Travis	W35	18:25.2	

### Triple Jump

Regina Crouch	W40	5.72	<b>SB</b>
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## Strive Interclub, WAAS – January 27

### 60m

Paul Edmiston	M35	7.56	+0.3
Greg Brennan	M40	8.23	+0.0
Craig van Waardenburg	M50	8.25	+0.0
Colin Smith	M45	8.35	+0.0
Barrie Kernaghan	M70	9.20	+0.0

### 200m

Paul Jeffery	M35	24.35	+0.3
Mark Jeffery	M40	25.45	+0.4 <b>PBA</b>
Colin Smith	M45	26.65	+0.4
Barrie Kernaghan	M70	28.66	+0.3 <b>SB</b>

### 800m

Xander van Rijen	M40	2:02.57	
Andrew Brooker	M40	2:13.89	
Mark Dawson	M50	2:24.53	

### 3000m

Paul Mitchell	M40	10:10.2	
Mark Dawson	M50	11:12.5	<b>PBA</b>

### Long Jump

Paul Jeffery	M35	6.07	+0.0 <b>PBA</b>
Melissa Foster	W30	4.41	-0.2

### Triple Jump

Melissa Foster	W30	10.55	+0.0
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### Shot

Craig van Waardenburg	M50	11.32	<b>SB</b>
Tom Gravestock	M55	10.78	

### Discus

Craig van Waardenburg	M50	38.86	<b>PBA</b>
Mark Jeffery	M40	36.20	<b>PBA</b>
Paul Jeffery	M35	35.97	
Tom Gravestock	M55	35.10	

## WAAS – January 31

### 200m

Bernard Riviere	M45	26.4	
Colin Smith	M45	26.4	
Craig Van Waardenburg	M50	26.7	
David Solomon	Vis	27.7	
Miles Sowden	M45	29.5	<b>SB</b>

Maurice Pascal	M40	26.7	<b>SB</b>
Barrie Kernaghan	M70	28.8	
David Clive	M70	30.2	<b>SB</b>
Geoff Brayshaw	M60	30.9	
Nick Miletic	M60	31.6	

Garry Ralston	M55	28.8	
Cathy McCloskey	W45	30.9	<b>SB</b>
John Dennehy	M50	32.4	
Lynne Choate	W55	32.5	
David Carr	M75	33.2	

Peggy Macliver	W65	33.2	
Danielle Baldock	W30	36.9	
Irwin Barrett-Lennard	M80	37.9	
Julie Wilson	W55	39.4	
Sarah Ladwig	W60	N/T	

Aveley McCann	Vis	40.3	
Regina Crouch	W40	N/T	
Mike Anderson	M60	41.8	
Christine Oldfield	W65	46.1	
Valerie Millard	W65	50.4	
Lynne Schickert	W70	52.8	

### 800m

Kim Thomas	M35	2:21.8	<b>SB</b>
Mark Dawson	M50	2:24.3	
Keith Edmonds	M40	2:38.5	<b>SB</b>
John Collier	M45	2:38.9	<b>PBA</b>
David Baird	M65	2:53.8	
Maurice Creagh	M65	2:57.4	

Miles Sowden	M45	2:42.3	
Garry Ralston	M55	2:49.6	<b>PBA</b>
Simone Solomon	W45	2:54.8	<b>SB</b>
Allan Billington	M50	2:57.5	
Karyn Gower	W50	2:57.8	
Paul Scott-Taylor	M50	3:05.7	<b>PBA</b>
Tom Tralau	M35	3:33.6	
Caitlin Tralau	Vis	3:33.7	

Cathy McCloskey	W45	2:58.9	<b>PBA</b>
Delia Baldock	W45	2:59.1	<b>PBA</b>
Carol Bowman	W55	3:17.2	
Julie Wilson	W55	3:23.2	<b>PBA</b>
Lorraine Lopes	W70	3:24.9	

### 800m Walk

John Oldfield	M65	6:12.2	
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### 2000m

Cathy Elms	W40	13:43.2	
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### 2000m Walk

Valerie Millard	W65	13:38.3	
Lorna Lauchlan	W80	N/T	

### 60m

Craig Van Waardenburg	M50	8.1	
Maurice Pascal	M40	8.3	
Colin Smith	M45	8.5	
Miles Sowden	M45	8.7	
<i>(Bernie Riviere DQ – 2 false starts)</i>			
Garry Ralston	M55	8.0	<b>SB</b>
David Solomon	Vis	9.0	
David Clive	M70	9.1	
Barrie Kernaghan	M70	9.1	
Nick Miletic	M60	9.4	

Lynne Choate	W55	9.4	
John Dennehy	M50	9.6	
Peggy Macliver	W65	10.1	
David Carr	M75	10.5	
Irwin Barrett-Lennard	M80	11.4	

Simone Solomon	W45	9.8	
Amy McAlpine	Vis	10.9	
Aveley McCann	Vis	11.2	
Julie Wilson	W55	11.5	
Sarah Ladwig	W60	11.7	<b>PBA</b>

Delia Baldock	W45	9.7	
Danielle Baldock	W30	10.3	
Regina Crouch	W40	10.8	<b>SB</b>
Caitlin Tralau	Vis	11.3	
Bob Fergie	M75	12.4	

David Solomon	Vis	9.0	
Valerie Millard	W65	12.8	
Lynne Schickert	W70	13.6	
Pat Carr	W75	13.7	
Lorna Lauchlan	W80	16.7	

### 4000m (not analysed)

Kim Thomas	M35	15:07.2	
Mark Dawson	M50	15:35.8	
David Solomon	Vis	15:55.6	
Sandra Stockman	W45	16:37.5	
Tom Traulau	M35	16:41.5	
John Collier	M45	16:50.2	
Keith Edmonds	M40	16:57.1	
Tessa Brockwell	W55	17:08.6	
Maurice Creagh	M65	17:35.0	
Paul Scott-Taylor	M50	17:36.5	
David Beard	M65	18:11.3	
Bob Schickert	M70	18:11.8	
Amy McAlpine	Vis	19:16.7	
Greg Wilson	M60	20:30.4	
Danielle Baldock	W30	20:35.1	

### High Jump

Roger Ditewig	M45	1.60	<b>SR=</b>
Dave Wyatt	M60	1.40	
Sue Coate	W45	1.25	
Ian Coate	M40	1.40	
Delia Baldock	W45	1.25	<b>SB=</b>
Gill Edmonds	W45	1.20	<b>PBA=</b>
Greg Wilson	M60	1.35	

### Triple Jump

David Clive	M70	8.31	
Sue Coate	W45	8.38	
Geoff Brayshaw	M60	8.58	
Cathy McCloskey	W45	7.73	

**4X100m Relay****W40-50**

Regina Crouch	
Simone Solomon	
Sue Coate	
Cathy McCloskey	63.2

**W50-60 (W55 actually, so not SR)**

Sarah Ladwig	
Julie Wilson	
Carol Bowman	
Lynne Choate	70.7

**W60-70**

Christine Oldfield		
Valerie Millard		
Lynne Schickert		
Peggy Macliver	82.00	<b>SR (W65)</b>

**M40-50**

Colin Smith	
Miles Sowden	
Maurice Pascal	
Bernard Riviere	52.00

**M50-60**

Craig Van Waardenburg		
Allan Billington		
John Dennehy		
Garry Ralston	55.5	<b>SR</b>

**M60-70**

Geoffrey Brayshaw		
Nick Miletic		
Greg Wilson		
Dave Wyatt	62.2	<b>SR</b>

**M70-80**

David Clive		
Barry Kernaghan		
David Carr		
Bob Schickert	64.9	

**WAAS – January 31****Shot Put**

Stella Turner	W65	6.35	
Craig van Waardenburg	M50	11.64	<b>PBA</b>
Bob Fergie	M75	7.97	<b>SB</b>
Sue Coate	W45	7.95	
Ian Coate	M40	6.31	<b>SB</b>
Kate Glass	W60	8.81	
Jeff Whittam	M75	6.30	
Dorothy Whittam	W75	6.64	
Greg Urbanowicz	M30	11.86	<b>SB</b>
Mike Anderson	M60	6.34	
Roger Ditewig	M45	8.72	<b>SB</b>
Rae McMillan	W80	5.80	

**Hammer**

Dorothy Whittam	W75	21.84	<b>PBA</b>
Greg Wilson	M60	23.22	
Stella Turner	W65	16.16	
Craig van Waardenburg	M50	35.26	
Bob Fergie	M75	20.31	
Sue Coate	W45	16.43	
Ian Coate	M40	16.65	
Kate Glass	W60	32.00	
Greg Urbanowicz	M30	38.48	<b>PBA</b>
Roger Ditewig	M45	21.21	
Rae McMillan	W80	17.14	
Jeff Whittam	M75	19.59	