

# July Results

*Please note that all records are pending until ratified by the appropriate body*

## Cairns – June 27-29; Oceania Open Championships

### 1500m walk (invitation event)

Lynne Schickert W70 10:24.63 **SB**

## WAAS – July 3

### 300m (not analysed)

Steve Weller M35 47.3  
Toni Phillips W40 48.2

### 3000m

Steve Weller M35 11:04.6 **PBA**  
Tom Tralau M35 12:10.8

### 200m

Steve Weller M35 28.3  
Tom Tralau M35 34.0

## ECAC – July 5

### 1000m

David Carr M80 4:11.2  
Carol Bowman W55 4:12.9 **SB**  
Carmel Meyer W50 4:21.2  
Delia Baldock W50 4:27.8  
Nick Miletic M60 4:33.5

### 1000m walk

Lynne Schickert W70 7:06.3  
Anne Travis W40 7:28.9 **PBA**

### 200m

Colin Smith M45 29.4  
Rod Hamilton M50 34.2  
Nick Miletic M60 34.6

Carmel Meyer W50 35.0  
David Carr M80 35.7  
Julie Willmott W45 35.9  
Brenda Painter W65 39.5

### 5000m

Rob Nichols VIS 17:30.9  
Rod Hamilton M50 19:25.3  
Sue Bourn W45 21:10.9  
Bob Schickert M70 24:30.2  
Carmel Meyer W50 24:42.1

### 3000m walk

Lynne Schickert W70 21:10.9 **PBA**

### 400m

Rod Hamilton M50 1:15.4  
Delia Baldock W50 1:17.9  
David Carr M80 1:19.5  
Julie Willmott W45 1:23.7  
Nick Miletic M60 1:25.3  
Carol Bowman W55 1:28.3  
Carmel Meyer W50 1:30.5

### 100m

Colin Smith M45 14.3  
Rod Hamilton M50 14.7 **PBA**  
Sue Bourn W45 15.7

Brenda Painter W65 18.0  
David Carr M80 23.3  
Lynne Schickert W70 23.9

## WAAS – July 10

### 1000m

Steve Weller M35 3:25.1  
David Carr M80 3:53.2 **SB**  
Toni Phillips W40 3:58.4 **PBA**

### 200m

Steve Weller M35 27.8  
Toni Phillips W40 32.3  
David Carr M80 36.6

### 3000m

Steve Weller M35 11:18.6

## ECAC – July 12

### 60m

John Puglisi	vis	9.4	
Toni Phillips	W40	9.7	
Carmel Meyer	W50	10.5	
Julie Willmott	W45	10.5	

### 1500m

John Puglisi	Vis	6:10.6	
Dante Giacomini	M40	6:19.5	
Carmel Meyer	W50	6:42.1	
Nick Miletic	M60	6:43.9	
Carol Bowman	W55	6:44.4	
Julie Willmott	W45	6:49.8	

### 1500m walk

Lynne Schickert	W70	10:37.4	
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### 400m

Rod Hamilton	M50	69.1	<b>PBA</b>
Toni Phillips	W40	70.0	<b>SB</b>
John Puglisi	Vis	77.2	
Julie Willmott	W45	83.2	<b>SB</b>
Carol Bowman	W55	89.2	
Nick Miletic	M60	91.6	

### 3000m

Boris Padovan	M35	10:20.4	
Rod Hamilton	M50	11:20.7	<b>SB</b>
John Puglisi	Vis	12:48.6	
Dante Giacomini	M40	13:44.5	
Carmel Meyer	W50	14:21.4	
David Carr	M80	14:41.5	
Bob Schickert	M70	14:54.0	

### 1000m walk

Lynne Schickert	W70	6:51.2	
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### 90m

*(should have been 100m, started on wrong line!)*

Rod Hamilton	M50	13.4	
Giovanni Puglisi	M60	15.5	
Carmel Meyer	W50	15.7	
Lynne Schickert	W70	21.5	

## WAAS – July 17

### 1500m

Steve Weller	M35	5:13.2	<b>PBA</b>
Keith Edmonds	M40	5:44.1	
Tom Tralau	M35	5:59.6	
Karen Peace	W40	6:29.0	
Julie Wilson	W55	6:53.6	

### 3000m

Steve Weller	M35	11:07.5	
Keith Edmonds	M40	12:04.6	<b>SB</b>
Tom Tralau	M35	12:23.2	
Julie Wilson	W55	14:38.7	
John Dennehy	M50	15:34.7	<b>SB</b>

## ECAC - July 19

### 200m

Colin Smith	M45	29.5	
Toni Phillips	W45	30.6	
Kim Thomas	M35	30.9	
Nick Miletic	M60	35.0	
Carol Bowman	W55	38.4	

### 3000m walk

Lynne Schickert	W70	22:16.7	
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### 5000m

Kim Thomas	M35	18:22.8	<b>SB</b>
Rod Hamilton	M50	19:14.5	
Mickey Muroi	M50	20:02.3	
Sue Bourn	W45	22:13.1	
Dante Giacomini	M40	22:24.9	<b>SB</b>
David Carr	M80	24:43.9	
Bob Schickert	M70	25:35.3	

### 60m

Colin Smith	M45	9.0	
Toni Phillips	W45	9.1	
Rob Colton	M45	9.2	
Carol Bowman	W55	11.5	

### 300m

Colin Smith	M45	46.2	
Toni Phillips	W45	48.3	
Rob Colton	M45	48.4	
Rod Hamilton	M45	54.9	
Nick Miletic	M60	56.8	
Carol Bowman	W55	61.5	

### 800m

Rod Hamilton	M50	2:46.7	
Mickey Muroi	M50	2:47.9	
Rob Colton	M45	2:50.3	
Dante Giacomini	M40	3:11.9	

## British Nationals, July 21-22, Derby, UK

### 100m

Don Chambers M75 15.11 -0.6 3/5

### 200m

Don Chambers M75 33.09 +1.8 4/5

### 80m hurdles

Don Chambers M75 15.51 +0.9 2/2

### 300m hurdles

Don Chambers M75 59.43 2/2

### 2000m steeplechase

John Oldfield M65 9:58.04 1/1

### Long Jump

Don Chambers M75 3.76 +0.0 1/4

### Triple Jump

Don Chambers M75 7.76 -0.3 2/4

### High Jump

Don Chambers M75 1.03 4/4

### Pole Vault

Don Chambers M75 1.90 1/1

### Shot

Don Chambers M75 8.80 3/6

### Discus

Don Chambers M75 20.65 5/5

### Javelin

Don Chambers M75 18.88 4/4

### Weight Throw

Don Chambers M75 11.09 3/3

## WAAS – July 24

### 200m

Karen Peace W40 39.7

Mitch Thomas Vis 40.5

Kim Thomas M35 41.2

### 3km

David Carr M80 14:48.0

### 5km

Kim Thomas M35 17:55.9 **SB**

Steve Weller M35 18:30.8 **PBA**

Tom Tralau M35 20:29.9 **PBA**

Mitch Thomas Vis 21:12.4

Karen Peace W40 22:22.2

Julie Wilson W55 24:37.0

### 300m

Karen Peace W40 62.0

Mitch Thomas Vis 65.6

Kim Thomas M35 65.8

### 800m

Steve Weller M35 2:32.9 **SB**

Tom Tralau M35 2:55.7

Mitch Thomas Vis 3:04.0

Kim Thomas M35 3:05.0

## ECAC - July 26

### 600m (not analysed)

Kim Thomas M35 1:41.0

David Chrisholm M40 1:48.2

Mickey Muroi M50 1:59.4

Toni Phillips W40 2:03.4

Mitch Thomas VIS 2:10.4

Carmel Meyer W50 2:15.7

Carol Bowman W55 2:20.3

Nick Miletic M60 2:21.6

Jai Thomas VIS 2:27.6

Bob Schickert M70 2:33.0

### MILE

Rob Nichols M30 5:08.6

Kim Thomas M35 5:31.9

Rod Hamilton M50 5:50.4

Mickey Muroi M50 6:10.5

Mitch Thomas VIS 6:35.0

Dante Giacomini M40 6:43.6 **SB**

Carmel Meyer W50 7:14.9

Monique Thomas W35 8:27.6

Jai Thomas VIS 9:37.4

Bob Fawcett M60 9:37.6

### Mile walk

Lynne Schickert W70 11:25.7

### 100m

David Chrisholm M40 13.3

Colin Smith M45 13.7

Toni Phillips W40 14.4

Rod Hamilton M50 15.1

Nick Miletic M60 16.4

Sue Bourn W45 15.6

Carmel Meyer W50 17.2

Mitch Thomas VIS 17.6

Jai Thomas VIS 18.3

Kim Thomas M35 19.0

David Carr M80 22.0 **PBA**

**4000m (not analysed)**

Rob Nichols	M30	14:03.5
Kim Thomas	M35	14:04.0
Rod Hamilton	M50	15:29.6
Mickey Muroi	M50	15:49.5
Sue Bourn	W45	17:10.2
Mitch Thomas	VIS	17:39.4
Dante Giacomini	M40	18:32.7
Bob Schickert	M70	19:35.4
Carmel Meyer	W50	19:35.4
Monique Thomas	W35	22:50.2
Bob Fawcett	M60	28:06.3

**2000m walk**

Lynne Schickert	W70	14:21.8
Robin King	W50	15:58.3

**WAAS – July 31***(all records are pending until ratified)***600m**

Toni Phillips	W40	1:58.6
Kim Thomas	M35	1:59.1
Tom Tralau	M35	2:05.7
Mitch Thomas	VIS	2:10.5
John Collier	M45	2:17.5

**2000m steeplechase**

Steve Weller	M35	7:41.7	<b>PBA</b>
Bjorn Dybdahl	M55	7:47.5	
Mitch Thomas	VIS	8:39.6	
David Carr	M80	9:38.1	<b>WR</b>
Kim Thomas	M35	9:41.2	
Julie Wilson	W55	10:10.5	

**100m**

Mitch Thomas	VIS	18.7
Kim Thomas	M35	19.3

**200m**

David Chrisholm	M40	28.0	
Colin Smith	M45	29.1	
Toni Phillips	W45	29.8	
Rod Hamilton	M50	31.0	<b>PBA</b>
Nick Miletic	M60	34.1	
Sue Bourn	W45	34.4	
Mitch Thomas	VIS	37.7	
Jai Thomas	VIS	38.0	
Kim Thomas	M35	39.6	
David Carr	M80	46.1	

**3000m**

Kim Thomas	M35	10:40.0	<b>PBA</b>
Steve Weller	M35	11:24.0	
Bjorn Dybdahl	M55	11:35.6	
Tom Tralau	M35	12:03.7	
Campbell Till	M55	12:23.1	<b>PBA</b>
Mitch Thomas	VIS	13:07.2	
John Collier	M45	13:50.7	<b>SB</b>

**200m**

Steve Weller	M35	28.2	
Bjorn Dybdahl	M55	30.9	
Tom Tralau	M35	33.0	<b>SB</b>