

# November 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

## ECAC - November 1

### 60m

Kim Thomas	M35	9.1	<b>SB</b>
David Clive	M75	9.2	<b>SB</b>
Nick Miletic	M60	9.5	<b>SB=</b>
Nicole Pinel	W30	9.8	<b>SB</b>

Julie Willmott	W45	10.2	<b>PBA</b>
Regina Crouch	W40	10.3	<b>PBA=</b>
Lynne Schickert	W70	13.6	<b>SB</b>

### 1500m

Christopher Cummins	VIS	5:10.8
Kim Thomas	M35	5:16.5
Aiden Hassan	VIS	5:18.9
Terry Cummins	VIS	5:26.7
Rod Hamilton	M50	5:36.9
Graeme Dahl	M60	6:09.1
Carol Bowman	W55	6:48.3
Julie Willmott	W45	6:51.3

### 100m

Rod Hamilton	M50	14.6	<b>PBA</b>
Rob Colton	M45	14.7	<b>SB</b>
David Clive	M75	14.7	
Nick Miletic	M60	15.4	<b>SB</b>

Julie Willmott	W45	16.7	
Regina Crouch	W40	17.0	<b>SB</b>
Lynne Schickert	W70	23.8	

### 4000m (not analysed)

Christopher Cummins	VIS	13.55.8
Lachlan Marr	M50	15.06.5
Kim Thomas	M35	15.06.9
Terry Cummins	VIS	15.30.2
Rob Colton	M45	15.50.3
Rod Hamilton	M50	16.00.7
Giovanni Puglisi	M60	16.39.4
Mike Meredith	VIS	17.08.3
Gillian Young	W65	18.37.9
Graeme Dahl	M60	18.42.3

### Hammer

Nick Miletic	M60	14.94	24.77%
David Carr	M80	16.09	41.58%
Giovanni Puglisi	M60	10.52	17.45%

### Long Jump

Nick Miletic	M60	3.62	59.18%
Bob Schickert	M70	2.38	45.82%
Lynne Schickert	W70	2.41	56.97%
Nicole Pinel	W30	3.54	<b>SB</b> 47.07%
Peggy Macliver	W65	2.90	64.73%
Kim Thomas	M35	4.74	57.53%
Regina Crouch	W40	3.01	45.81%
David Clive	M75	4.14	85.79%
David Carr	M80	2.57	<b>PBA</b> 58.88%
Julie Willmott	W45	3.11	<b>PBA</b> 49.84%
Giovanni Puglisi	M60	3.61	59.01%
Gillian Young	W65	2.47	52.17%
Lachlan Marr	M50	2.98	42.89%
Rob Colton	M45	3.93	<b>SB</b> 54.40%
Valerie Millard	W65	1.67	35.27%
Carol Bowman	W55	2.33	43.15%

## WAAS – November 6

(all sprints/jumps wind-assisted)

### 60m

Gareth de Klerk	Vis	7.6	
Quinton de Klerk	M45	7.8	
Maurice Pascal	M40	7.9	<b>SB=</b>
Steve Weller	M35	8.1	
Richard Williams	M40	8.6	

Mark Frew	M35	8.5	
Dave Wyatt	M60	8.6	
Cathy McCloskey	W45	8.6	
Fran Cherry	W45	9.5	<b>SB=</b>

Carmel Meyer	W50	9.9	<b>SB</b>
Joanna Garcia-Webb	W30	9.9	<b>SB</b>
Regina Crouch	W40	10.2	<b>PBA=</b>
Julie Wilson	W55	11.5	

### 1500m

Steve Weller	M35	5:02.8	<b>PBA</b>
Trent Harris	Vis	5:09.8	
Ante Perdija	M40	5:17.6	
Bjorn Dybdajl	M55	5:21.9	<b>SB</b>
Keith Edmonds	M45	5:40.0	<b>SB</b>
Bernadette Benson	W40	5:44.5	
Tom Tralau	M35	5:50.1	
Bert Carse	M70	6:07.0	<b>PBA</b>
Carmel Meyer	W50	6:22.5	<b>PBA</b>
John Oldfield	M65	6:22.9	
Joanna Garcia-Webb	W30	6:31.7	
Michael Lee	M60	6:39.5	
Barry Newell	M55	7:19.3	<b>PBA</b>
Christine Oldfield	W65	8:09.7	

**100m**

Gareth de Klerk	Vis	12.2
Quinton de Klerk	M45	12.7
Maurice Pascal	M40	12.9
Steve Weller	M35	13.4
Keith Edmonds	M45	14.5

Richard Williams	M40	13.9
Troy Wynne	M45	14.1
Barry Newell	M55	14.2
Cathy McCloskey	W45	14.4
Carmel Meyer	W50	16.4

Fran Cherry	W45	15.8
John Dennehy	M50	16.2
Joanna Garcia-Webb	W30	16.5
Regina Crouch	W40	17.1
Julie Wilson	W55	19.0

**4000m (not analysed)**

Rob Nichols	M35	13:35.3
Ante Perdija	M40	15:28.3
Bjorn Dybdahl	M55	15:42.7
Steve Weller	M35	15:43.0
Bernadette Benson	W40	16:11.5
Keith Edmonds	M45	16:40.7
Tom Tralau	M35	16:42.7
Carmel Meyer	W50	18:46.3
Julie Wilson	W55	19:40.1
John Dennehy	M50	22:39.5

**SB=****Long Jump (PATRON'S TROPHY)**

Cathy McCloskey	W45	3.99	65.73%
Mark Pisano	M35	4.00	46.95%
Carmel Meyer	W50	3.30	55.93%
Julie Wilson	W55	2.70	51.53%
Dave Wyatt	M60	4.44	72.55%
Greg Wilson	M65	3.19	55.48%
John Dennehy	M50	3.22	46.94%
Ante Perdija	M40	4.33	53.99%
Alec Ring	M45	4.31	56.79%
Mark Frew	M35	4.63	55.58%
Regina Crouch	W40	2.98	45.36%
Troy Wynne	M45	4.38	57.71%
Trent Harris	Vis	5.04	
Andrew Brooker	M40	5.22	67.10%
Joanna Garcia-Webb	W30	3.09	<b>SB</b> 41.42%

**Shot Put**

Rocky Cloete	M60	11.46	
Stella Turner	W65	6.47	<b>SB</b>
Alec Ring	M45	8.37	
Geoff Gee	M55	12.18	<b>SB</b>
Rob Shand	M80	6.74	<b>SB</b>
Troy Wynne	M45	8.17	
Mark Frew	M35	8.37	

**Hammer (PATRON'S TROPHY)**

Rocky Cloete	M60	24.14	
Stella Turner	W65	13.56	
Rob Shand	M80	17.82	<b>PBA</b>
Geoff Gee	M55	31.66	
Regina Crouch	W40	13.13	<b>PBA</b> 24.25%
Greg Wilson	M65	23.44	42.84%

**ECAC – November 8***Please note: timings for 200m and 60m races cannot be guaranteed accurate***200m**

Bernard Riviere	M45	26.9
Garry Vogler	M35	28.1
Steve Fuller	M60	29.7
Rod Hamilton	M50	30.9
Aiden Hassan	Vis	31.3

Carmel Meyer	W50	33.3	<b>PBA</b>
Mitch Thomas	Vis	34.3	
Julie Willmott	W45	35.0	<b>SB</b>
Kim Thomas	M35	37.9	

Carol Bowman	W55	38.5
Regina Crouch	W40	40.2
Sarah Ladwig	W60	45.2

**60m**

Bernard Riviere	M45	8.4
Garry Vogler	M35	8.8
Steve Fuller	M60	9.1
Colin Shaw	Vis	9.5

Nicole Pinel	W30	9.8	<b>SB=</b>
Aiden Hassan	Vis	9.9	
Mitch Thomas	Vis	10.5	
Julie Willmott	W45	10.5	
Carol Bowman	W55	11.2	<b>SB=</b>

**400m (PATRON'S TROPHY)**

Trent Harris	Vis	58.7	
Kim Thomas	M35	60.6	<b>PBA</b> 75.08%
Aiden Hassan	Vis	70.0	
Garry Vogler	M35	71.2	63.43%
Mitch Thomas	Vis	76.2	
David Carr	M80	76.4	92.93%
Robin King	W50	81.5	74.11%

Steve Fuller	M60	69.9	73.65%
Bernard Riviere	M45	73.9	65.20%
Carmel Meyer	W50	74.5	<b>PBA</b> 78.80%
Colin Shaw	Vis	75.5	
Bob Schickert	M70	79.4	75.70%
Julie Willmott	W45	80.1	<b>PBA</b> 70.45%

Giovanni Puglisi	M60	71.8	<b>PBA</b> 74.10%
Carol Bowman	W55	84.0	74.58%
Gillian Young	W65	85.5	<b>PBA</b> 77.94%
Carl Ciccarelli	Vis	91.5	

Regina Crouch	W40	1:41.1	53.58%
Monique Thomas	W35	1:43.2	48.15%
Sarah Ladwig	W60	1:44.8	62.48%
Lynne Schickert	W70	1:59.5	<b>PBA</b> 61.62%
Valerie Millard	W65	2:09.3	51.54%

**3000m**

Colin Shaw	VIS	16:11.2	
Colin Smith	M45	16:39.4	

**3000m walk**

Robin King	W50	18:16.2	
Valerie Millard	W65	21:20.7	<b>SB</b>
Sarah Ladwig	W60	22:31.0	
Lynne Schickert	W70	23:12.4	
Regina Crouch	W40	23:55.6	

**5000m**

David Solomon	VIS	18:46.8	
Kim Thomas	M35	19:15.5	
Rod Hamilton	M50	19:41.5	<b>SB</b>
Mitch Thomas	VIS	19:43.0	
Garry Vogler	M35	20:48.6	
Graeme Dahl	M60	20:59.5	<b>SB</b>
Michael Meredith	VIS	21:36.0	
Carl Ciccarelli	VIS	22:59.6	
Carmel Meyer	W50	23:51.4	<b>PBA</b>
Gillian Young	W65	24:37.1	

**Discus**

Anne Travis	W40	17.32	
Nicole Pinel	W30	22.61	
Stella Turner	W65	13.24	
Bev Hamilton	W65	22.72	<b>SB</b>
Matt Staunton	M35	38.66	

**Heavy Weight**

Anne Travis	W40	6.41	<b>PBA</b>
Stella Turner	W65	7.34	
Bev Hamilton	W65	10.41	
Matt Staunton	M35	13.87	<b>SB</b>

**Triple Jump**

Lynne Schickert	W70	5.88	<b>SB</b>
Nicole Pinel	W30	7.92	<b>SB</b>
David Carr	M80	6.08	<b>SB</b>

**Strive Interclub, WAAS – November 9****100m**

Glenn Ross	M40	11.55	+0.6	<b>PBA</b>
Rob Colling	M40	11.67	+0.6	
Aldis Jaunzems	M30	12.28	+1.5	<b>PBA</b>
Mark Elms	M45	12.87	+0.9	
Alan Deans	M60	17.79	+0.7	

**400m**

Mark Elms	M45	60.00	
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**1500m**

Scott Tamblin	M30	3:56.83	<b>SR</b>
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**High Jump**

Andrew Brooker	M40	1.50	
Greg Wilson	M65	1.35	<b>SR</b>

**Shot**

Matt Staunton	M35	11.72	
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**Hammer**

Matt Staunton	M35	42.99	
John Everard	M50	36.92	
Byrony Glass	W35	51.54	
Kate Glass	W60	31.29	

**WAAS – 13/11/12****400m (PATRON'S TROPHY)**

				%	
Trent Harris	VIS	59.2			
Campbell Till	M55	59.5	86.05	<b>SB</b>	
Kim Thomas	M35	61.4	74.10		
Ante Perdija	M40	66.3	69.65		
Terry Faulkner (BMAF)	M70	76.3			
Duncan McAuley	M60	65.9	81.75		
Keith Edmonds	M45	67.8	70.59	<b>PBA</b>	
Mark Pisano	M35	68.6	64.88		
Ivan Brown	M65	80.1	70.22		
Mitch Thomas	VIS	81.3			
Nick Miletic	M60	83.7	63.56		
Bjorn Dybdahl	M55	69.0	76.14		
Giovanni Puglisi	M60	71.2	74.72	<b>PBA</b>	
Cathy McCloskey	W45	72.1	79.85		
John Dennehy	M50	75.8	66.65	<b>SB</b>	
Troy Wynne	M45	81.2	59.33		
Joanna Garcia-Webb	W30	80.9	58.84	<b>SB</b>	
Julie Wilson	W55	87.2	72.50	<b>PBA</b>	
Greg Wilson	M65	1:32.8	58.78		
Christine Oldfield	W65	1:51.4	61.66		
Valerie Millard	W65	2:08.0	52.06	<b>SB</b>	

**200m**

Glenn Ross	M40	23.2	<b>SB</b>
Bernard Riviere	M45	26.2	<b>SB</b>
David Solomon	VIS	27.2	
Ante Perdija	M40	29.8	
Mark Pisano	M35	29.3	<b>SB</b>
Duncan McAuley	M60	30.3	
Terry Faulkner (BMAF)	M70	30.7	
Nick Miletic	M60	32.6	
Fran Cherry	W45	34.2	<b>SB</b>
Joanna Garcia-Webb	W30	34.4	<b>SB</b>
Carol Bowman	W55	37.0	<b>SB</b>
Julie Wilson	W55	39.3	<b>SB</b>
Christine Oldfield	W65	46.5	<b>SB</b>
Trent Harris	VIS	1.40	
Gay Wyatt	W55	1.02	<b>PBA</b>
Dave Wyatt	M60	1.35	
Mark Pisano	M35	1.35	
Roger Ditewig	M45	1.45	
Taryn Ditewig	VIS	1.50	
Mal Clarke	M40	1.55	

**60m**

Rob Colling	M40	7.7	
Greg Brennan	M40	7.8	
Bernard Riviere	M40	8.1	<b>SB</b>
Steve Weller	M35	8.1	
Nick Miletic	M60	9.5	<b>SB=</b>

Katy Jackson	VIS	8.3	
Mark Frew	M35	8.4	<b>PBA</b>
Cathy McCloskey	W45	8.4	<b>PBA=</b>
Troy Wynne	M45	9.2	
Keith Edmonds	M45	9.2	

Fran Cherry	M45	9.6	
Joanna Garcia-Webb	W30	9.8	<b>SB</b>
Maria Trolio	W40	10.1	
Carol Bowman	W55	10.6	<b>SB</b>
Danielle Baldock	W30	10.9	
Julie Wilson	W55	11.3	<b>SB</b>

**5000m**

Steve Weller	M35	18:25.3	<b>PBA</b>
Mitch Thomas	VIS	19:41.4	
David Solomon	VIS	19:41.7	
Ante Perdija	M40	19:46.1	
Kim Thomas	M35	19:47.3	
Bernadette Benson	W40	20:20.0	<b>PBA</b>
Bjorn Dybdahl	M55	20:38.0	
Tom Tralau	M35	20:57.6	<b>SB</b>
Keith Edmonds	M45	21:15.1	
Bert Carse	M70	21:22.9	
Carmel Meyer	W50	23:43.4	<b>PBA</b>
Danielle Baldock	W30	26:19.0	

**3000m**

John Oldfield	M65	13:26.0	
Julie Wilson	W55	14:46.4	
John Dennehy	M50	17:28.0	
Gillian Edmonds	W45	n/t	

**Triple Jump**

Troy Wynne	M45	9.00	
Taryn Ditewig	VIS	9.12	
Cathy McCloskey	W45	8.90	
Carmel Meyer	W50	6.96	

**Weight Throw**

Byrony Glass	W35	17.24	
Kate Glass	W60	11.58	
Rae MacMillan	W80	7.01	
Mark Frew	M35	7.73	<b>PBA</b>
Mal Clarke	M40	8.00	
Todd Davey	M45	10.16	
John Everard	M50	13.44	<b>SB</b>
Andrew Ward	M50	8.66	<b>SB</b>

**Javelin**

Byrony Glass	W35	19.54	
Maria Trolio	W40	19.01	
Kate Glass	W60	20.02	
Trent Harris	VIS	19.40	
Mark Frew	M35	43.23	
Mal Clarke	M40	43.05	<b>SB</b>
Todd Davey	M45	38.64	
Troy Wynne	M45	37.64	
Roger Ditewig	M45	37.27	<b>SB</b>
Andrew Ward	M50	30.23	
Greg Wilson	M65	27.43	<b>SB</b>

**ECAC – November 15****60m**

Mal Clarke	M40	8.1	<b>SB</b>
Carmel Meyer	W50	9.6	<b>PBA</b>
Nick Miletic	M60	10.4	
Don Pattinson	M55	11.3	
Christine Pattinson	W55	12.7	

Marguerita Milicich	W30	10.0	
Bob Schickert	M70	10.6	
Mitch Thomas	VIS	10.7	
Regina Crouch	W40	11.0	

Valerie Millard	W65	12.6	<b>PBA</b>
Lynne Schickert	W70	13.7	
Nola Hill	VIS	16.5	

**800m**

Terry Cummins	VIS	2:41.9	
Mitch Thomas	VIS	2:49.7	
Kim Thomas	M35	2:50.6	
Carmel Meyer	W50	3:00.5	<b>PBA</b>
Mike Meredith	Vis	3:05.3	
Don Pattinson	M55	3:09.8	
Julie Willmott	W45	3:12.8	<b>SB</b>
Maurice Creagh	M65	3:22.0	
Christine Pattinson	W55	3:29.2	

**100m (PATRON'S TROPHY)**

			<b>%</b>	
Kim Thomas	M35	14.4	70.21	<b>SB</b>
Giovanni Puglisi	M60	15.7	74.97	
Carmel Meyer	W50	16.4	75.55	
Nick Miletic	M60	16.8	70.06	

Marguerita Milicich	W30	16.3	64.36	
Julie Willmott	W45	16.7	71.14	
Don Pattinson	M55	19.9	58.44	
Christine Pattinson	W55	21.5	60.60	

Bob Schickert	M70	16.9	74.38	<b>SB</b>
Regina Crouch	W40	17.6	64.60	
Gillian Young	W65	18.5	76.70	
Sarah Ladwig	W60	22.8	61.05	

Monique Thomas	W35	19.7	53.25	<b>PBA</b>
Bob Fawcett	M60	19.7	60.46	
Valerie Millard	W65	22.0	64.50	
Lynne Schickert	W70	23.7	63.38	
Nola Hill	VIS	29.8		

**3000m**

Chris Cummins	VIS	10:14.0	
Kim Thomas	M35	10:47.4	
Mitch Thomas	VIS	11:18.8	
Terry Cummins	VIS	11:33.8	
Mike Meredith	Vis	12:47.5	
Don Pattinson	M55	13:00.6	
Gillian Young	W65	14:09.0	
Christine Pattinson	W55	14:11.8	
Colin Smith	M45	14:44.5	<b>SB</b>
Maurice Creagh	M65	15:24.6	
Monique Thomas	W35	16:12.2	<b>SB</b>
Sarah Ladwig	W60	16:46.8	<b>SB</b>
Bob Fawcett	M60	19:18.7	
Carolyn Fawcett	W60	21:32.3	

**Javelin**

Nicole Pinel	W30	15.18	<b>SB</b>
Julie Willmott	W45	11.32	<b>SB</b>
Andrew Ward	M50	31.76	<b>SB</b>
Stella Turner	W65	13.03	<b>SB</b>
Ali Matautia	W35	20.53	
Mal Clarke	M40	39.19	
Mark Hamilton	M40	31.28	
Bev Hamilton	W65	17.61	
Todd Davey	M45	37.94	
Carmel Meyer	W50	11.20	
David Carr	M80	18.41	<b>PBA</b>

**Shot (PATRON'S TROPHY – 3 trials)**

Nick Miletic	M60	7.51	42.43	<b>PBA</b>
Carmel Meyer	W50	6.45	40.24	
Lynne Schickert	W70	5.17	49.81	<b>PBA</b>
Bob Schickert	M70	5.74	33.22	
Nicole Pinel	W30	6.95	30.71	
Carol Bowman	W55	5.08	36.16	<b>PBA</b>
Valerie Millard	W65	5.18	42.92	<b>PBA</b>
Kim Thomas	M35	8.49	37.32	<b>PBA</b>
Regina Crouch	W40	5.61	31.11	
Monique Thomas	W35	4.56	21.28	<b>PBA</b>
Julie Willmott	W45	4.61	28.23	
Sarah Ladwig	W60	4.24	33.54	
Gillian Young	W65	5.30	43.91	
Giovanni Puglisi	M60	6.94	39.21	

**(NON-TROPHY – 6 trials)**

Andrew Ward	M50	8.18		<b>SB</b>
Stella Turner	W65	6.26		
Mal Clarke	M40	11.47		
Ali Matautia	W35	8.75		
Mark Hamilton	M40	10.61		
Bev Hamilton	W65	8.34		<b>SB</b>
Todd Davey	M45	12.89		<b>SR</b>

**Long Jump**

David Carr	M80	2.79		<b>PBA</b>
Carolyn Fawcett	W60	2.18		

**Strive Interclub, WAAS – November 16****100m**

Mark Elms	M45	13.42	NWI	
Alan Deans	M60	17.78	NWI	<b>SB</b>

**200m**

Mark Elms	M45	26.04	NWI	
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**Triple Jump**

Melissa Foster	W30	10.81	+0.3	
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**High Jump**

Mal Clarke	M40	1.45		
Greg Wilson	M65	1.38		<b>SR</b>

**Discus**

Greg Urbanowicz	M35	38.33		
Mal Clarke	M40	33.92		
Tom Gravestock	M55	38.43		
Sarah Edmiston	W35	36.45		<b>PBA</b>

**Hammer**

Greg Urbanowicz	M35	33.94		
Mal Clarke	M40	23.80		
Tom Gravestock	M55	36.70		<b>SB</b>
Byrony Glass	W35	52.29		<b>SB</b>
Sarah Edmiston	W35	36.50		
Kate Glass	W60	32.66		<b>SB</b>

**Shot**

Greg Urbanowicz	M35	12.56		
Mal Clarke	M40	11.06		

**WAAS – November 20***(note that all sprints and jumps were strongly wind-assisted)*

<b>60m</b>				<b>100m (PATRON'S TROPHY)</b>			
Glenn Ross	M40	7.4	<b>SB</b>	Trent Harris	Vis	12.6	
Greg Brennan	M40	7.8		Dave Wyatt	M60	13.6	
Mal Clarke	M40	7.8	<b>SB</b>	Cathy McCloskey	W45	13.6	<b>PBA</b>
Campbell Till	M55	8.0		Vicki Cobby	W40	14.2	<b>PBA</b>
Alec Ring	M45	9.1		Alec Ring	M45	14.6	
				Steve Taseff	M45	16.0	
Melissa Foster	W30	8.0		Campbell Till	M55	13.4	
Steve Weller	M35	8.0	<b>PBA</b>	Kim Thomas	M35	14.0	<b>SB</b>
Adam Bennett	M35	8.1		Ante Perdija	M40	14.1	
Nicole Pinel	W30	9.4	<b>SB</b>	Bjorn Dybdahl	M55	14.9	
Julie Willmott	W45	10.1	<b>PBA</b>	Giovanni Puglisi	M60	15.4	<b>PBA</b>
				Fran Cherry	W45	15.4	<b>SB</b>
Vicki Cobby	W40	8.9	<b>SB=</b>				
Fran Cherry	M45	9.5	<b>SB=</b>	Carmel Meyer	W50	15.8	<b>PBA</b>
Carmel Meyer	W50	9.6		John Dennehy	M50	15.9	<b>SB</b>
Bob Schickert	M70	10.4	<b>SB</b>	Bob Schickert	M70	16.0	<b>PBA</b>
				Julie Willmott	W45	16.4	<b>SB</b>
Danielle Baldock	W30	11.2					
Julie Wilson	W55	11.2	<b>SB</b>	Greg Wilson	M65	16.5	<b>PBA</b>
Lynne Schickert	W70	13.7		Julie Wilson	W55	18.8	<b>SB</b>
				Lynne Schickert	W70	22.1	<b>SB=</b>
<b>800m</b>				<b>Long Jump</b>			
Trent Harris	Vis	2:22.5		Melissa Foster	W30	5.41	<b>SB</b>
Neil Morfitt	M55	2:25.1		Trent Harris	Vis	5.10	
Ante Perdija	M40	2:30.6	<b>SB</b>	Greg Brennan	M40	5.06	
Grahak Cunningham	M35	2:33.6		Dave Wyatt	M60	4.72	<b>SB</b>
Vicki Cobby	W40	2:37.0	<b>PBA</b>	Cathy McCloskey	W45	4.20	<b>SB</b>
Keith Edmonds	M45	2:39.8	<b>PBA</b>	Mal Clarke	M40	4.00	
Tom Tralau	M35	2:54.1	<b>SB</b>	Vicki Cobby	W40	3.95	
Steve Taseff	M45	3:01.7		Nicole Pinel	W30	3.82	<b>SB</b>
				John Dennehy	M50	3.40	<b>SB</b>
David Brook	M45	2:59.1		Carmel Meyer	W50	3.36	<b>SB</b>
Mitch Thomas	Vis	3:03.1		Lynne Schickert	W70	2.38	
Julie Willmott	W45	3:15.0					
Maurice Creagh	M65	3:24.9					
Christine Oldfield	W65	4:13.8					
Colin Smith	M45	4:14.8					
<b>3000m</b>				<b>Shot (PATRON'S TROPHY)</b>			
Steve Weller	M35	10:40.6	<b>PBA</b>	Julie Willmott	W45	4.84	
Mitch Thomas	VIS	11:07.3		Cathy McCloskey	W45	5.80	
Ante Perdija	M40	11:27.5		Nicole Pinel	W30	7.07	<b>SB</b>
Grahak Cunningham	M35	11:33.9		Julie Wilson	W55	4.97	
Bjorn Dybdahl	M55	11:45.4		John Dennehy	M50	6.04	
Graeme Dahl	M60	11:49.0		Alec Ring	M45	8.40	<b>PBA</b>
Tom Tralau	M35	12:05.5	<b>SB</b>	Greg Wilson	M65	8.38	
Keith Edmonds	M45	12:11.6		Giovanni Puglisi	M60	6.70	
David Brook	M45	13:21.0		Ante Perdija	M40	6.01	
Danielle Baldock	W30	15:10.2		Kim Thomas	M35	8.00	
Maurice Creagh	M65	15:10.9	<b>SB</b>	Steve Taseff	M45	7.19	
Gillian Edmonds	W45	16:31.6					
				<b>(NON-TROPHY)</b>			
<b>Discus</b>				Mal Clarke	M40	11.81	<b>SB</b>
Tom Gravestock	M55	43.26		Ali Matautia	W35	8.52	
Todd Davey	M45	39.71		Todd Davey	M45	12.35	
Nicole Pinel	W30	25.43	<b>SB</b>	Mike Anderson	M60	6.40	
Ali Matautia	W35	25.21		Geoff Gee	M55	11.29	
Mike Anderson	M60	18.13		Tom Gravestock	M55	10.34	

## ECAC - 22 November

### 400m

Tony Smith	M35	62.8	<b>PBA</b>
Scott Hutcheson	VIS	63.6	
Rob Colton	M45	67.3	<b>SB</b>
Don Pattinson	M55	84.7	
Maurice Creagh	M65	87.5	
Christine Pattinson	W55	94.0	

Mitch Thomas	VIS	76.6	
Robin King	W50	81.2	<b>SB</b>
Carol Bowman	W55	84.6	
Carl Ciccarelli	VIS	89.3	
Maureen Keshwar	W60	2:06.9	
Nola Hill	Vis	2:38.9	

### 1500m

Tony Smith	M35	5:11.0	<b>PBA</b>
Trent Harris	VIS	5:21.6	
Mitch Thomas	VIS	5:48.4	
Kim Thomas	M35	5:56.7	
Rob Colton	M45	5:59.4	
Robin King	W50	6:02.3	
Don Pattinson	M55	6:17.1	
Carl Ciccarelli	VIS	6:18.2	
David Carr	M80	6:39.0	<b>PBA</b>
Christine Pattinson	W55	6:39.4	
Colin Smith	M45	6:49.8	
Maurice Creagh	M65	6:55.0	

### 1500m walk

Tom Lenane	M55	9:17.9	
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### 100m

Tony Smith	M35	14.0	<b>PBA</b>
Rob Colton	M45	14.8	
Mitch Thomas	VIS	17.1	
Maureen Keshwar	W60	17.4	
Kim Thomas	M35	19.2	
Don Pattinson	M55	20.9	
Nola Hill	Vis	28.0	

### 5000m (PATRON'S TROPHY)

Kim Thomas	M35	18.24.5	<b>SB</b> 71.45
Andrew Davison	VIS	18:40.0	
Mitch Thomas	VIS	19:22.5	
Tony Smith	M35	20:02.1	64.73
Giovanni Puglisi	M60	20:24.0	<b>PBA</b> 77.58
Graeme Dahl	M60	20:44.5	<b>SB</b> 77.67
Rob Colton	M45	21:25.0	<b>PBA</b> 66.81
Carl Ciccarelli	VIS	22:06.0	
Don Pattinson	M55	22:43.6	68.43
Gillian Young	W65	23:57.4	<b>SB</b> 86.31
Bob Schickert	M70	24:12.0	<b>SB</b> 72.11
Maurice Creagh	M65	25:41.3	64.45
John Dennehy	M50	26:35.3	55.59
Sarah Ladwig	W60	28:34.8	70.13
Monique Thomas	W35	28:42.8	<b>SB</b> 50.78
Regina Crouch	W40	31:49.7	<b>PBA</b> 48.35
Valerie Millard	W65	33:37.6	61.49
Lynne Schickert	W70	36:43.8	62.20

### Triple Jump (PATRON'S TROPHY)

Lynne Schickert	W70	5.86	68.78
Bob Schickert	M70	5.64	51.98
David Carr	M80	5.95	65.75
Carmel Meyer	W50	7.80	<b>SB</b> 65.99
Scott Hutcheson	VIS	9.38	
Valerie Millard	W65	4.42	46.48
Nicole Pinel	W30	6.75	44.15
Regina Crouch	W40	6.50	<b>SB</b> 49.47
Robert Colton	M45	7.91	<b>SB</b> 51.83
Giovanni Puglisi	M60	7.70	59.92
Sarah Ladwig	W60	5.65	57.42

### Hammer

Andrew Ward	M50	20.21	
Stella Turner	W65	13.70	<b>SB</b>
Bev Hamilton	W65	26.57	
Matt Staunton	M35	45.19	<b>SB</b>
Scott Hutcheson	VIS	15.52	
Nicole Pinel	W30	19.57	

### Javelin

Scott Hutcheson	VIS	37.21	
Andrew Ward	M50	32.33	<b>SB</b>
Nicole Pinel	W30	13.80	
Stella Turner	W65	12.46	
Bev Hamilton	W65	17.41	
Matt Staunton	M35	20.00	

## Strive Interclub, WAAS – November 23

### 100m

Glenn Ross	M40	11.70	NWI
Aldis Jaunzems	M30	12.33	+2.4
Mark Elms	M45	12.72	+2.4 <b>SB</b>
Andrew Ward	M50	13.78	+1.8
Alan Deans	M60	17.66	+1.8 <b>SB</b>

### 400m

Mark Elms	M45	60.04	
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### 1500m

Scott Tamblin	M30	4:00.04	
Xander van Rijen	M40	4:18.68	

### 2000m steeplechase

David Carr	M80	9:40.88	
Julie Wilson	W55	10:35.58	

### Javelin

Mal Clarke	M40	42.70	
Andrew Ward	M50	33.26	<b>SB</b>

### High Jump

Mal Clarke	M40	1.50	
Greg Wilson	M65	1.35	
Matt Staunton	M35	1.30	

### Discus

Matt Staunton	M35	40.52	<b>SB</b>
Todd Davey	M45	39.60	
Byrony Glass	W35	35.16	
Andrew Ward	M50	26.92	
Bev Hamilton	W65	22.89	<b>SB</b>

### Hammer

Byrony Glass	W35	51.67	
Matt Staunton	M35	42.43	
John Everard	M50	38.73	<b>SB</b>
Kate Glass	W60	31.41	
Mal Clarke	M40	27.30	<b>SB</b>
Bev Hamilton	W65	26.45	

**WAAS – November 27****5000m (PATRON'S TROPHY)**

			%
Kim Thomas	M35	18:22.3	<b>SB</b> 71.60
Janet Ferguson	VIS	19:03.2	
Mitch Thomas	VIS	19:13.3	
Ante Perdija	M40	19:19.0	<b>SB</b> 69.11
David Solomon	VIS	19:40.7	
Tony Smith	M35	19:41.9	<b>SB</b> 65.83
Graeme Dahl	M60	19:53.8	<b>SB</b> 80.96
Bernadette Benson	W40	20:15.7	<b>PBA</b> 75.95
Tom Tralau	M35	21:03.2	62.94
Grahak Cunningham	M35	21:14.8	60.67
Bert Carse	M70	21:37.4	80.70
David Brook	VIS	22:32.2	
Alec Ring	M45	23:19.3	59.46
Carmel Meyer	W50	23:19.3	<b>PBA</b> 72.60
Bob Schickert	M70	23:44.4	<b>SB</b> 73.51
John Collier	M45	24:44.3	56.49
Julie Wilson	W55	24:44.5	<b>SB</b> 76.33
Maurice Creagh	M65	25:07.1	<b>SB</b> 65.92
Julie Willmott	W45	25:11.3	63.91
Cathy McCloskey	W45	26:45.6	61.67
John Dennehy	M50	26:58.1	54.81
Greg Wilson	M65	27:18.1	60.09

**400m**

David Solomon	VIS	61.8	
Duncan McAuley	M60	65.3	<b>SB</b>
Richard Williams	M40	66.7	
Terry Faulkner (BMAF)	M70	73.1	

Tony Smith	M35	63.0	
Grahak Cunningham	M35	70.2	
Wendy Seegers	VIS	71.3	
Steve Taseff	M45	76.8	
Maurice Creagh	M65	85.4	<b>SB</b>

**100m**

Richard Williams	M40	13.8	
Cathy McCloskey	W45	14.3	
Norm Richards	M75	15.9	

Wendy Seegers	VIS	14.8	
Barrie Kernaghan	M70	17.7	
Lynne Schickert	W70	22.9	

**ECAC – November 29****200m**

Chris Neale	M40	26.9	
Rob Colton	M45	31.7	
Mitch Thomas	VIS	38.2	
Kim Thomas	M35	38.3	
Don Pattinson	M55	40.8	
Christine Pattinson	W55	45.2	

Carmel Meyer	W50	33.1	<b>PBA</b>
Julie Willmott	W45	35.5	
Bob Schickert	M70	37.1	
Carol Bowman	W55	38.8	

Regina Crouch	W40	40.3	
Maureen Keshwar	W60	43.4	
Lynne Schickert	W70	55.1	

**4000m (not analysed)**

Rob Nichols	M35	13:57.5	
Mitch Thomas	VIS	15:24.7	
Kim Thomas	M35	15:25.3	
Graeme Dahl	M60	15:56.5	
Robin King	W50	16:54.5	
Don Pattinson	M55	17:12.7	
Chris Pattinson	W55	18:22.9	
Gillian Young	W65	19:13.0	
Maurice Creagh	M65	19:48.6	
Monique Thomas	W35	22:31.2	
Bob Fawcett	M60	25:21.0	
Carolyn Fawcett	W60	27:42.9	

**Discus**

Andrew Ward	M50	27.40	
Stella Turner	W65	14.12	<b>SB</b>
Pat Carr	W80	11.89	
Todd Davey	M45	45.69	<b>SR</b>

**Triple Jump (PATRON'S TROPHY)**

			%
Cathy McCloskey	W45	9.10	<b>SB</b> 74.90
Julie Willmott	W45	6.76	<b>PBA</b> 54.17
Lynne Schickert	W70	5.68	66.67
David Carr	M80	5.70	62.98
Giovanni Puglisi	M60	7.55	58.75
Greg Wilson	M65	7.38	<b>PBA</b> 61.24
John Dennehy	M50	6.87	47.51

**Weight Throw**

Rae McMillan	W85	7.57	<b>SR</b>
Kate Glass	W60	11.99	<b>SB</b>
Kylie Everard	W50	7.34	
Byrony Glass	W35	16.86	
Geoff Gee	M55	13.12	
John Everard	M50	13.80	<b>SB</b>
Andrew Ward	M50	8.55	
Matt Staunton	M35	13.93	<b>SB</b>
Greg Urbanowicz	M30	13.74	

**Hammer**

Rae McMillan	W85	18.35	<b>SR</b>
Kate Glass	W60	32.15	
Byrony Glass	W35	49.67	
Andrew Ward	M50	18.57	
Matt Staunton	M35	44.92	
Greg Urbanowicz	M30	40.00	

**1500m**

Tony Smith	M35	5:14.9	
Grahak Cunningham	M35	5:15.5	
Ante Perdija	M40	5:24.5	
Mitch Thomas	VIS	5:31.9	
Kim Thomas	M35	5:38.0	
Bernadette Benson	W40	5:40.2	<b>PBA</b>
Tom Tralau	M35	5:56.2	
John Oldfield	M65	6:21.5	<b>SB</b>
Colin Smith	M45	6:30.2	<b>SB</b>
John Collier	M45	6:31.0	
Steve Taseff	M45	6:34.1	
Maurice Creagh	M65	6:50.3	<b>SB</b>
Christine Oldfield	W65	8:16.1	

**60m**

Rob Colton	M45	9.1	<b>SB</b>
Colin Smith	M45	9.8	
Don Pattinson	M55	11.3	<b>SB=</b>
Julie Willmott	W45	10.4	
Maureen Keshwar	W60	10.6	
Christine Pattinson	W55	12.1	<b>SB</b>

**800m (PATRON'S TROPHY)**

			%
Kim Thomas	M35	2:19.3	<b>PBA</b> 74.9
Rob Nichols	M35	2:21.5	<b>PBA</b> 71.66
Chris Neale	M40	2:29.8	72.96
Rob Colton	M45	2:31.1	76.29
Robin King	W50	3:02.1	73.46

Carmel Meyer	W50	2:59.9	<b>PBA</b> 71.51
Bob Schickert	M70	3:05.8	<b>SB</b> 75.68
Don Pattinson	M55	3:11.4	65.43
Julie Willmott	W45	3:15.8	63.24
Gillian Young	W65	3:19.3	<b>PBA</b> 80.87
Maurice Creagh	M65	3:34.5	61.83

Colin Smith	M45	3:40.1	<b>SB</b> 52.38
David Carr	M80	4:05.0	66.53
Regina Crouch	W40	4:14.5	<b>SB</b> 47.0
Lynne Schickert	W70	4:54.4	62.01

**Long Jump**

Julie Willmott	W45	2.79	
Rob Colton	M45	3.74	
Chris Neale	M40	5.65	

**Weight Throw**

Andrew Ward	M50	8.81	<b>SB</b>
Stella Turner	W65	7.48	<b>SB</b>



## CLAISEBROOK COVE PARKRUNS

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

### Run 14: November 3 – 77 finishers

7	Jodie Osborne	W40	21:17	72.28%
10	John Oldfield	M65	22:38	77.00%
14	Hamish McLeod	M35	23:47	56.13%
20	Jane Elton	W45	24:26	65.01%
(24	Paul Haylett – n/f	M50	24:52	59.79%)
30	Bryan Hardy	M65	25:45	67.70%

### Run 15: November 10 – 78 finishers

60	John Talbot	M65	29:57	55.28%
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### Run 16: November 17 – 84 finishers

13	Hamish McLeod	M35	21:25	62.33%
33	Bryan Hardy	M65	25:40	67.92%
35	Karen Hagan	W45	26:15	60.51%
68	Christine Oldfield	W65	32:44	65.84%
DNF	John Oldfield	M65	too hot!	

### Run 17: November 24 – 90 finishers

8	Hamish McLeod	M35	21:12	62.97%
19	John Oldfield	M65	23:36	73.87% <b>1<sup>st</sup> age-graded</b>
(35	Paul Haylett – n/f	M50	24:49	59.91%
50	Jane Elton	W45	27:40	57.41%
66	Christine Oldfield	W65	31:19	68.81% <b>Parkrun PB</b>