

## September 2012 Results

### WAAS – September 4

#### 400m

Vicki Cobby	W40	71.9	
Kim Thomas	M35	72.3	
Mitch Thomas	Vis	87.6	

### ECAC - September 6

#### 100m

Colin Smith	M45	13.5	
Vicki Cobby	W40	14.6	
Rod Hamilton	M50	15.2	
Sue Bourn	W45	15.3	
Carmel Meyer	W50	16.6	<b>SB</b>

Nick Miletic	M60	15.8	
Mitch Thomas	VIS	17.2	
Jai Thomas	VIS	19.4	
Kim Thomas	M35	19.8	
David Carr	M80	22.9	

#### 800m

Kim Thomas	M35	2:28.4	
Rob Nichols	M30	2:38.5	
Rod Hamilton	M50	2:42.2	
Mitch Thomas	VIS	2:54.2	
Vicki Cobby	W40	3:06.6	
Carmel Meyer	W50	3:12.5	
Gillian Young	W65	3:19.5	<b>PBA</b>
Karen Hagan	W45	3:23.5	<b>PBA</b>
David Carr	M80	3:24.1	
Regina Crouch	W40	4:28.3	

#### 3000m

David Carr	M80	16:15.5	
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#### 60m

Colin Smith	M45	8.6	
Vicki Cobby	W40	8.9	
Rod Hamilton	M50	9.4	
David Carr	M80	12.7	

Nick Miletic	M60	9.8	
Mitch Thomas	VIS	10.7	
Jai Thomas	VIS	11.3	
Regina Crouch	W40	11.4	
Kim Thomas	M35	12.4	

#### 5000m

Rob Nichols	M30	17:17.5	
Kim Thomas	M35	18:40.3	
Rod Hamilton	M50	19:58.4	
Mitch Thomas	VIS	20:37.1	
Sue Bourn	W45	21:19.1	
Gillian Young	W65	24:03.2	<b>PBA</b>
Carmel Meyer	W50	24:08.3	<b>SB</b>
Karen Hagan	W45	24:47.9	
Sarah Ladwig	W60	27:39.4	
Monique Thomas	W35	28:23.5	

#### 300m

Colin Smith	M45	45.6	
Boris Padovan	M35	47.1	
Vicki Cobby	W40	49.3	
Rod Hamilton	M50	54.7	
Carmel Meyer	W50	61.2	
David Carr	M80	61.3	
Regina Crouch	W40	76.2	

### WAAS – September 11

#### 100m

Rudi Kocis	M50	11.7	<b>PBA</b>
Colin Smith	M45	13.4	
Toni Phillips	W40	13.6	<b>PBA</b>
Jamie Leonard	Vis	14.7	

Joanna Garcia-Webb	Vis	16.6	
Mitch Thomas	Vis	16.7	
Kim Thomas	M35	17.0	
Regina Crouch	W40	17.7	

#### 800m

Jamie Leonard	Vis	2:39.5	
Kim Thomas	M35	2:39.9	
Mitch Thomas	Vis	2:50.1	
Graeme Dahl	M60	2:55.6	
Joanna Garcia-Webb	Vis	3:26.0	
Peggy Macliver	W65	3:33.3	

#### 60m

Rudi Kocis	M50	7.6	
Colin Smith	M45	8.3	<b>SB=</b>
Toni Phillips	W40	8.7	<b>PBA=</b>
Kim Thomas	M35	9.4	<b>SB</b>
Mitch Thomas	Vis	10.4	

Toni Phillips	W40	8.9	
Jamie Leonard	Vis	9.4	
Joanna Garcia-Webb	Vis	10.1	
Regina Crouch	W40	10.7	<b>SB</b>
Julie Wilson	W55	11.8	

#### 5000m

Kim Thomas	M35	18:32.0	
Mitch Thomas	Vis	20:47.0	
Graeme Dahl	M60	20:59.2	

**300m**

Colin Smith	M45	45.0
John Dennehy	M50	58.7
Joanna Garcia-Webb	Vis	58.8
Julie Wilson	W55	65.9

**ECAC - September 13****100m**

Kim Thomas	M35	15.2	
Nick Miletic	M60	15.3	
Bob Schickert	M70	17.3	<b>SB=</b>
Mitch Thomas	VIS	17.9	

Sue Bourn	W45	15.4	
Carmel Meyer	W50	16.7	
Julie Willmott	W45	17.2	
Jacqui Sanders	W45	17.3	

Regina Crouch	W40	18.5	
Val Millard	W65	22.2	
Lynne Schickert	W70	24.5	
Carolyn Fawcett	W60	25.5	

**600m (not analysed)**

Tony Smith	M35	1:44.6	
Boris Padovan	M35	1:47.1	
Kim Thomas	M35	1:47.9	
Mitch Thomas	VIS	2:12.4	
Nick Miletic	M60	2:26.1	
Julie Willmott	W45	2:33.3	

**200m**

Sue Bourn	W45	32.7	<b>PBA</b>
Nick Miletic	M60	32.8	
Mickey Muroi	M50	35.1	
Carmel Meyer	W50	35.6	
Bob Schickert	M70	40.2	
Regina Crouch	W40	41.7	

**3000m walk**

John Smith	M75	21:05.6	<b>PBA</b>
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**WAAS – September 18****100m**

Rudi Kocis	M50	11.9	
Jamie Leonard	Vis	14.8	

**3000m**

Rob Nichols	M30	9:59.4	<b>SB</b>
Roscoe McDonnell	M50	11:35.9	<b>SB</b>
Keith Edmonds	M45	12:08.1	
Joanna Garcia-Webb	W30	16:36.4	

**3000m Walk**

Cheryl-Lee Dean	W30	19:01.9	
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**3000m**

Boris Padovan	M35	10:08.9	<b>PBA</b>
Kim Thomas	M35	10:21.9	<b>SB</b>
Tony Smith	M35	11:13.7	<b>SB</b>
Mitch Thomas	VIS	11:54.3	
Mickey Muroi	M50	12:12.0	
Sue Bourn	W45	12:44.7	
David Carr	M80	13:25.3	<b>AR</b>
Bob Schickert	M70	13:48.1	<b>PBA</b>
Carmel Meyer	W50	13:53.1	
Gillian Young	W65	14:09.0	
Jai Thomas	VIS	14:24.4	
Rachel Evans	W35	14:37.9	
Jim Barnes	M65	14:55.6	<b>PBA</b>
Julie Willmott	W45	15:27.0	
Jacqui Sanders	W45	16:07.7	<b>PBA</b>
Monique Thomas	W35	16:08.2	<b>PBA</b>
Bob Fawcett	M60	19:16.9	
Carolyn Fawcett	W60	20:56.9	

**2000m (not analysed)**

Boris Padovan	M35	6:40.3	
Kim Thomas	M35	7:07.2	
Tony Smith	M35	7:40.3	
Mitch Thomas	VIS	7:54.4	
Mickey Muroi	M50	8:00.6	
Sue bourn	W45	8:22.9	
Colin Smith	M45	8:45.9	
Gillian Young	W65	9:03.1	
Carmel Meyer	W50	9:05.7	
Rachel Evans	W35	9:08.9	
Monique Thomas	W35	11:14.6	
Regina Crouch	W40	13:25.9	
Lynn Schickert	W70	13:49.5	
Carolyn Fawcett	W60	13:56.4	
Val Millard	W65	15:04.6	
John Smith	M75	15:29.5	

**600m**

Roscoe McDonnell	M59	1:51.5	
Jamie Leonard	Vis	1:52.5	
Keith Edmonds	M45	1:54.9	
Joanna Garcia-Webb	W30	3:18.7	

**2000m Steeplechase**

Rob Nichols	M30	7:29.3	
Roscoe McDonnell	M50	8:11.7	
Jamie Leonard	Vis	10:03.2	
Julie Wilson	W55	10:06.0	
David Carr	M80	10:25.9	

**200m**

Rudi Kocis	M50	25.9	
Keith Edmonds	M45	31.2	

**ECAC – September 20****400m**

Michael Crouch	VIS	71.8	
Mitch Thomas	VIS	77.6	
<b>David Carr</b>	<b>M80</b>	<b>78.8</b>	<b>SR</b>
Kim Thomas	M35	79.8	
Nick Miletic	M60	80.8	<b>SB</b>
Jai Thomas	VIS	90.6	
Gillian Young	W65	91.7	<b>PBA</b>
Regina Crouch	W40	104.0	

**60m**

Michael Crouch	VIS	8.0	
Nick Miletic	M60	9.6	
Mitch Thomas	VIS	10.4	
Kim Thomas	M35	11.1	

Jai Thomas	VIS	10.8	
Regina Crouch	W40	11.1	
Valerie Millard	W65	13.4	
Carolyn Fawcett	W60	15.3	

**3000m**

Mitch Thomas	VIS	11:53.9	
Michael Crouch	VIS	13:16.2	
David Carr	M80	14:56.2	
Monique Thomas	W35	16:15.4	
Carolyn Fawcett	W60	20:21.1	<b>SB</b>

**WAAS – September 25****400m**

Jamie Leonard	Vis	72.1	
Joanna Garcia-Webb	Vis	104.9	

**5000m**

Steve Weller	M35	19:03.4	
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**ECAC – September 27****60m**

Michael Crouch	VIS	9.2	
Rod Hamilton	M50	9.9	
Nick Miletic	M60	10.1	
Kevin Collins	M40	11.2	

Carmel Meyer	W50	10.1	<b>SB=</b>
Julie Willmott	W45	10.5	
Regina Crouch	W40	10.6	<b>SB</b>
Lynne Schickert	W70	14.1	

**1500m**

Michael Crouch	VIS	5:34.4	
Rod Hamilton	M50	5:37.6	
Graeme Dahl	M60	5:46.2	
Carmel Meyer	W50	6:35.7	<b>SB</b>
Julie Willmott	W45	7:17.4	
David Carr	M80	8:10.2	
Lynne Schickert	W70	11:00.2	
Regina Crouch	W40	11:41.2	

**1000m walk**

Lynne Schickert	W70	7:20.3	
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**5000m**

Boris Padovan	M35	17:10.0	<b>SB</b>
Kim Thomas	M35	18:12.5	
Lachlan Marr	M50	19:14.4	
Tony Smith	M35	19:16.0	<b>SB</b>
Giovanni Puglisi	M60	20:28.1	<b>PBA</b>
Mickey Muroi	M50	21:34.2	
Sue Bourn	W45	23:52.9	
<b>Gillian Young</b>	<b>W65</b>	<b>23:46.0</b>	<b>SR</b>
Jim Barnes	M65	25:31.2	<b>PBA</b>

**100m**

Michael Crouch	VIS	12.8	
Tony Smith	M35	14.5	
Nick Miletic	M60	16.1	
Regina Crouch	W40	18.1	

**800m**

Tony Smith	M35	2:33.6	
Giovanni Puglisi	M60	2:52.6	
Mickey Muroi	M50	3:02.9	
Robin King	W50	3:08.3	
Gillian Young	W65	3:27.7	
Regina Crouch	W40	4:26.5	<b>SB</b>

**200m**

Michael Crouch	VIS	28.3	
Rod Hamilton	M50	32.9	
Nick Miletic	M60	34.8	
Bob Schickert	M70	39.6	
David Carr	M80	46.8	

Carmel Meyer	W50	35.3	
Julie Willmott	W45	36.5	
Regina Crouch	W40	40.6	
Carol Bowman	W55	41.7	

**300m**

Rod Hamilton	M50	58.3	
Nick Miletic	M60	59.2	
Carol Bowman	W55	63.3	
Julie Willmott	W45	63.9	
David Carr	M80	65.1	
Regina crouch	W40	78.7	

**3000m**

Rod Hamilton	M50	11:53.4	
Graeme Dahl	M60	11:56.3	<b>SB</b>
Carmel Meyer	W50	14:27.9	
Bob Schickert	M70	14:36.3	
Jim Barnes	M65	14:38.9	<b>PBA</b>