

# January 2013 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 – January 3

<b>60m</b>				<b>2000m</b>			
Trent Harris	VIS	7.9		Therese Carr	VIS	13:11.8	
Colin Smith	M50	8.9	<b>PBA</b>				
Kim Thomas	M35	9.0	<b>SB</b>	<b>2000m walk</b>			
Rob Colton	M45	9.9		Tom Lenane	M55	13:01.5	
Nick Miletic	M60	10.9		Lynne Schickert	W70	14:18.9	<b>PBA=</b>
				John Oldfield	M65	15:08.4	<b>PBA</b>
Scott Hutcheson	VIS	8.2		Regina Crouch	W40	15:08.6	
Aiden Hassan	VIS	10.2		Christine Oldfield	W65	15:35.5	
Mitch Thomas	Vis	10.7					
Jai Thomas	VIS	11.5		<b>4000m (not analysed)</b>			
				Kim Thomas	M35	14:46.6	
Carmel Meyer	W50	10.2		Mitch Thomas	VIS	15:29.0	
Julie Willmott	W45	10.7		Tony Smith	M35	15:29.0	
Greg Wilson	M65	10.7		Trent Harris	VIS	16:11.6	
Bob Schickert	M70	12.7		Aiden Hassan	VIS	16:33.3	
				Jim Langford	M65	16:50.1	
Maureen Keshwar	W60	10.4		Bert Carse	M70	17:03.3	
Regina Crouch	W40	10.8		Mike Meredith	M50	17:11.3	
Therese Carr	VIS	11.7		Sue Bourn	W45	18:26.8	
Lynne Schickert	W70	14.1		Maurice Creagh	M65	18:40.9	
				Carmel Meyer	W50	19:00.5	
<b>200m</b>				Bob Schickert	M70	19:27.4	
Colin Smith	M50	29.6	<b>PBA</b>	Jai Thomas	VIS	20:29.1	
Mitch Thomas	VIS	36.5		Monique Thomas	W35	23:27.8	
Kim Thomas	M35	36.6					
Nick Miletic	M60	36.7		<b>4000m walk</b>			
Jai Thomas	VIS	42.0		Peter Barrington	M75	31:35.3	
Tony Smith	M35	29.3		<b>Javelin</b>			
Vicki Cobby	W40	31.6		Matt Staunton	M35	33.02	
Carmel Meyer	W50	32.8		Scott Hutcheson	VIS	37.46	
Maria Trolio	W40	35.6		Stella Turner	W65	11.76	
Julie Willmott	W45	36.8		Carmel Meyer	W50	15.18	
				Andrew Ward	M50	31.06	
Scott Hutcheson	VIS	27.7		Julie Willmott	W45	13.47	<b>PBA</b>
Aiden Hassan	VIS	33.2		Campbell Willmott	VIS	28.81	
Delia Baldock	W50	37.4		Maria Trolio	W40	20.52	<b>PBA</b>
Greg Wilson	M65	39.0		Todd Davey	M45	35.54	
Maureen Keshwar	W60	37.6	<b>SB</b>	<b>Weight Throw</b>			
Carol Bowman	W55	39.1		Matt Staunton	M35	13.90	
Therese Carr	VIS	42.1		Stella Turner	W65	7.48	<b>SB=</b>
Christine Oldfield	W65	51.0		Andrew Ward	M50	8.35	
				Todd Davey	M45	10.39	<b>SB=</b>
<b>600m (not analysed)</b>				<b>Long Jump</b>			
Kim Thomas	M35	1:46.8		Scott Hutcheson	Vis	4.91	
Tony Smith	M35	1:50.9		Carmel Meyer	W50	3.63	
Mitch Thomas	VIS	1:56.6		Greg Wilson	M65	3.45	<b>SB</b>
Aiden Hassan	VIS	1:58.4		Julie Willmott	W45	2.93	
David Carr	M80	2:07.2		Rob Colton	M45	3.29	
Julie Willmott	W45	2:13.6		Vicki Cobby	W40	4.22	<b>SB</b>
Maurice Creagh	M65	2:16.2		Trent Harris	VIS	4.70	
Delia Baldock	W50	2:20.5		Maria Trolio	W40	3.67	
Jai Thomas	VIS	2:22.1					
Carol Bowman	W55	2:26.1					
Therese Carr	VIS	3:06.8					

## WAAS – January 8

*note that all sprints and jumps were wind-assisted*

<b>60m</b>				<b>2000m</b>			
Greg Brennan	M40	7.7		Julie Wilson	W55	9:52.6	
Trent Harris	VIS	7.8		<b>4000m</b>			
Melissa Foster	W30	8.0		Rob Nichols	M35	12:26.1	
Colin Smith	M50	8.4	<b>PBA</b>	Kim Thomas	M35	15:23.5	
Ian Coate	M40	8.3	<b>PBA</b>	Sandra Stockman	W45	16:03.8	
Cathy McCloskey	W45	8.4	<b>PBA=</b>	Mitch Thomas	VIS	16:08.0	
Dave Wyatt	M60	8.4	<b>SB</b>	Tom Tralau	M35	16:41.6	
Kim Thomas	M35	8.5	<b>PBA=</b>	Steve Weller	M35	16:42.1	
Mitch Thomas	VIS	10.2		Bert Carse	M70	16:45.5	
Scott Hutcheson	VIS	7.8		Trent Harris	VIS	17:56.3	
Tim Svehlak	VIS	8.2		Mark Dawson	M50	18:07.2	
Barrie Kernaghan	M70	9.3	<b>SB</b>	Carmel Meyer	W50	18:47.9	
Lynne Choate	W55	9.4		Karl Stockman	M50	18:54.3	
Fran Cherry	W45	9.4	<b>SB</b>	John Collier	M45	19:34.0	
Nicole Pinel	W30	9.4	<b>PBA=</b>	Greg Wilson	M65	21:32.3	
Carmel Meyer	W50	9.5		John Dennehy	M50	21:59.9	
Sue Coate	W45	10.1		Monique Thomas	W35	23:28.6	
Julie Wilson	W55	11.4		<b>Long Jump</b>			
James Brennan	VIS	9.5		Melissa Foster	W30	5.52	<b>PBA</b>
Kent Crane	VIS	9.5		Dan Ivers	W30	4.15	
Amy McAlpine	VIS	10.2		Nicole Pinel	W30	4.09	<b>PBA</b>
Danielle Baldock	M30	10.6		Cathy McCloskey	W45	4.42	
<b>200m</b>				Carmel Meyer	W50	3.64	
Trent Harris	VIS	26.5		Scott Hutcheson	VIS	4.83	
Colin Smith	M50	27.1	<b>PBA</b>	Tim Svehlak	VIS	4.21	
Mitch Thomas	VIS	38.9		Rob Nichols	M35	4.71	
Kim Thomas	M35	39.3		Greg Brennan	M40	5.52	<b>PBA</b>
Scott Hutcheson	VIS	27.8		John Dennehy	M50	3.68	
Tim Svehlak	VIS	28.5		Dave Wyatt	M60	4.67	
Cathy McCloskey	W45	29.2		<b>Hammer Throw</b>			
Barrie Kernaghan	M70	30.8		Nicole Pinel	W30	20.65	<b>PBA</b>
Mark Dawson	M50	34.3		Ali Matautia	W35	20.50	<b>PBA</b>
Carmel Meyer	W50	31.8		Sue Coate	W45	20.43	<b>PBA</b>
Fran Cherry	W45	33.5		Bev Hamilton	W65	25.69	
Lynne Choate	W55	35.1		Matt Staunton	M35	44.30	
Nicole Pinel	W30	35.1		Mal Clarke	M40	29.29	<b>PBA</b>
James Brennan	VIS	34.0		Ian Coate	M40	18.94	<b>PBA</b>
Kent Crane	VIS	34.6		Geoff Gee	M55	33.98	<b>SB</b>
Julie Wilson	W55	38.6	<b>PBA</b>	<b>Weight Throw</b>			
Danielle Baldock	W30	39.7		Ali Matautia	W35	7.71	
Christine Oldfield	W65	47.6		Sue Coate	W45	8.01	
<b>600m</b>				Bev Hamilton	W65	11.54	
Kim Thomas	M35	1:38.7		Tim Svehlak	VIS	7.74	
Campbell Till	M55	1:40.9		Matt Staunton	M35	13.23	
Mitch Thomas	VIS	1:58.5		Mal Clarke	M40	9.58	
Tom Tralau	M35	2:02.5		Ian Coate	M40	6.54	
Mark Dawson	M50	2:05.6		John Everard	M50	13.07	
John Collier	M45	2:17.6		Geoff Gee	M55	13.76	
Kent Crane	VIS	2:21.1					
Amy McAlpine	VIS	2:46.4					
Christine Oldfield	W65	3:01.9					

## ECAC – January 10

### 400m

Chris Neale	M40	58.2	
Trent Harris	VIS	59.3	
David Solomon	M45	61.5	
Kim Thomas	M35	66.5	
Christine Oldfield	W65	1:46.8	<b>SB</b>
Colin Smith	M50	72.4	
Carmel Meyer	W50	73.4	<b>PBA</b>
David Carr	M80	74.4	<b>PBA ?SR?</b>
Aiden Hassan	VIS	75.9	
Julie Willmott	W45	80.0	<b>PBA</b>

Shannon Neale	VIS	77.6	
Kim Thomas	M35	78.2	
Carol Bowman	W55	84.5	
Sarah Ladwig	W60	1:43.7	<b>SB</b>
Bob Fawcett	M60	1:49.2	

### 1500m

Kim Thomas	M35	5:19.1	
Aiden Hassan	VIS	5:32.0	
Bert Carse	M70	5:46.9	
Jim Langford	M65	5:50.0	
Carmel Meyer	W55	6:21.4	
Maurice Creagh	M65	6:23.6	<b>SB=</b>
Gillian Young	W65	6:42.0	
Julie Willmott	W65	6:59.1	
<b>1500 walk</b>			
Valerie Millard	W65	10:22.4	<b>SB</b>

### 100m

Chris Neale	M40	13.0	
Colin Smith	M50	16.4	
Nick Miletic	M60	17.0	
Bob Fawcett	M60	19.6	<b>SB</b>
Shannon Neale	VIS	16.6	
Maureen Keshwar	W60	17.1	<b>SB</b>
Brenda Painter	W65	17.7	
Carolyn Fawcett	W60	24.7	<b>SB</b>

### 3000m walk

Sarah Ladwig	W60	21:45.7	<b>SB</b>
Lynne Schickert	W70	22:01.4	<b>SB</b>
Regina Crouch	W40	23:02.4	<b>PBA</b>
Christine Oldfield	W65	23:31.2	

### 5000m

Kim Thomas	M35	18:51.5	
Aiden Hassan	VIS	20:59.7	
Trent Harris	VIS	21:44.1	
David Solomon	M45	21:44.6	
Mike Meredith	VIS	21:45.2	
Maurice Creagh	M65	23:50.9	<b>SB</b>
Bob Schickert	M70	24:44.6	

### Triple Jump

Lynne Schickert	W70	5.87	
Regina Crouch	W40	6.23	
Carolyn Fawcett	W60	4.80	
Brenda Painter	W65	6.80	

### High Jump

Todd Davey	M45	1.35	
Nicole Pinel	W30	1.10	
Ali Matautia	W35	1.10	
Mal Clarke	M40	1.55	<b>SB=</b>

### Shot Put

Todd Davey	M45	12.36	
Nicole Pinel	W30	6.82	
Stella Turner	W65	6.07	
Shanell Staunton	W30	5.70	
Matt Staunton	M35	12.65	<b>SB</b>
Ali Matautia	W35	8.10	
Malcolm Clarke	M40	12.02	<b>PBA</b>

### Hammer

Todd Davey	M45	28.77	
Nicole Pinel	W30	20.03	
Stella Turner	W60	13.14	
Shanell Staunton	W30	17.38	
Matt Staunton	M35	45.18	
Mal Clarke	M40	29.98	<b>PBA</b>
Ali Matautia	W35	16.65	

### Javelin

Brenda Painter	W65	13.56	
Julie Willmott	W45	14.37	<b>PBA</b>
Carmel Meyer	W50	18.20	<b>PBA</b>

### 3000m

Chris Neale	M40	12:12.7	
Gillian Young	W65	14:33.9	
Carolyn Fawcett	W60	21:51.3	

## Strive Interclub, WAAS – January 11

### 60m

Rob Colling	M40	7.34	NWI <b>PBA</b>
Glenn Ross	M40	7.46	+1.8
Greg Brennan	M40	7.88	+3.4
Melissa Foster	W30	8.23	+2.1
Alan Deans	M60	10.81	+3.6 <b>SB</b>

### 200m

Fiona Leonard	W45	31.21	+0.7
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### 800m

Scott Tamblin	M30	1:55.76	
Xander van Rijen	M40	2:04.06	
Andrew Brooker	M40	2:12.99	
Alan Deans	M60	3:13.22	

### Long Jump

Greg Brennan	M40	4.96	+1.5
Melissa Foster	W30	5.20	+0.5

### High Jump

Dave Wyatt	M60	1.35	
Greg Wilson	M65	1.35	

### Shot

Matt Staunton	M35	12.15	
Todd Davey	M45	11.88	
Mal Clarke	M40	11.51	

### Discus

Matt Staunton	M35	38.64	
Mal Clarke	M40	38.13	<b>PBA</b>
Todd Davey	M45	36.22	
Greg Wilson	M65	33.62	<b>PBA</b>
Andrew Ward	M50	29.50	<b>SB</b>

### Javelin

Todd Davey	M45	36.90	
Matt Staunton	M35	35.46	
Andrew Ward	M50	31.04	
Greg Wilson	M65	27.50	<b>SB</b>

**ECAC - 17 January**

<b>200m</b>				<b>2000m</b>			
Scot Hutcheson	VIS	27.5		Mitch Thomas	VIS	7:22.8	
Colin Smith	M50	28.4		Kim Thomas	M35	7:23.2	
Mitch Thomas	VIS	35.6		Jamie Leonard	VIS	7:44.3	
Bob Schickert	M70	36.0		Tom Tralau	M35	7:48.0	
Jai Thomas	VIS	40.6		Jim Langford	M65	7:49.4	
				Bart Carse	M70	8:10.3	
Alison Leggo	W50	35.5		Bob Schickert	M70	8:50.4	<b>PBA</b>
Maureen Keshwar	W60	35.9	<b>SB</b>	Maurice Creagh	M65	9:04.2	
Carol Bowman	W55	38.4		Gillian Young	W65	9:14.1	
Christine Oldfield	W65	48.1		Carol Bowman	W55	9:16.7	
Lynne Schickert	W70	50.9		Monique Thomas	W35	11:30.4	
<b>1500m</b>				<b>2000m walk</b>			
Mitch Thomas	VIS	5:34.8		Valerie Millard	W65	13:55.2	
Kim Thomas	M35	5:35.3		Lynne Schickert	W70	14:39.6	
Tom Tralau	M35	5:50.8					
Maurice Creagh	M65	6:22.9	<b>SB</b>	<b>Discus</b>			
Gillian Young	W65	6:43.1		Nicole Pinel	W30	23.65	
Maria Trolio	W40	6:47.1	<b>PBA</b>	Shane Elis	VIS	21.41	
Jai Thomas	VIS	7:32.6		Barbara Campbell	W75	17.53	
Tina Runnion	W50	7:41.3		Stella Turner	W65	13.70	
Monique Thomas	W35	8:14.3		Todd Davey	M45	39.23	
<b>60m</b>				Matt Staunton	M35	37.10	
Scott Hutcheson	VIS	8.4		Andrew Ward	M50	28.97	<b>SB</b>
Shane Ellis	VIS	8.5		Bev Hamilton	W65	21.70	
Colin Smith	M50	8.9		Shanell Staunton	W30	16.41	
Mitch Thomas	VIS	10.6		Scott Hutcheson	VIS	23.12	
Jai Thomas	VIS	11.6		<b>Shot</b>			
				Nicole Pinel	W30	7.42	<b>SB</b>
Jamie Lennard	VIS	9.7		Shane Ellis	VIS	8.17	
Alison Leggo	W50	9.8		Barbara Campbell	W75	6.87	
Maureen Keshwar	W60	10.1	<b>SB</b>	Stella Turner	W65	6.14	
Valerie Millard	W65	13.6		Todd Davey	M45	12.15	
Lynne Schickert	W70	14.2		Matt Staunton	M35	11.93	
<b>Long Jump</b>				Shanell Staunton	W30	5.96	<b>SB</b>
Alison Leggo	W50	3.14		Andrew Ward	M50	8.03	
Lynne Schickert	W70	2.61	<b>SB</b>	Bev Hamilton	W65	8.01	
Isabella Trolio	VIS	2.09		Geoff Gee	M55	11.77	
Maria Trolio	W40	3.12					

**Pentathlon results are on the next page, together with the AMA decathlon/heptathlon championships from Bendigo**

**Strive Interclub, WAAS – January 18**

<b>100m</b>				<b>Hammer</b>			
Rob Colling	M40	11.47	+1.5 <b>SB</b>	Byrony Glass	W35	52.54	<b>SB</b>
Barrie Kernaghan	M70	14.87	+3.5 <b>SB</b>	Kate Glass	W60	32.41	
Alan Deans	M60	17.49	+3.5				

**Athletics Victoria 5km road walk championships, Middle Park Melbourne – January 20**

David Smyth	M30	28:30	<b>SB</b>
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**Men's Pentathlon**

	<b>LJ</b>	<b>JT</b>	<b>200</b>	<b>DT</b>	<b>1500</b>
<b>M35</b>					
1 Thomas, Kim 1730	4.74m (361)	30.54m (312)	29.70 (298)	23.86m (352) <b>SB</b>	5:31.40 (407)
<b>M60</b>					
1 Fuller, Steve 2342	3.73m (431)	25.57m (387)	30.70 (558)	29.33m (488)	6:36.40 (478) <b>SB</b>
2 Fawcett, Bob 629	2.31m (96)	15.70m (191)	43.50 (16)	21.49m (326) <b>PBA</b>	DNF (0)
DNF Igel, Oswald	4.33m (606) <b>PBA</b>	31.75m (513) <b>PBA</b>	34.20 (343)	33.75m (581)	DNS (0)
<b>M65</b>					
DNF Wilson, Greg	3.26m (373)	23.09m (385)	50.60 (0)	DNS (0)	DNS (0)
<b>M80</b>					
1 Carr, David 1208 <b>SR</b>	2.30m (229)	12.14m (202)	43.30 (185)	12.51m (233)	8:36.10 (359)

**Women's Pentathlon**

	<b>100</b>	<b>SP</b>	<b>LJ</b>	<b>JT</b>	<b>800</b>
<b>W30</b>					
1 Foster, Melissa 2389 <b>SR</b>	13.20 (733) <b>SB</b>	8.55m (435)	5.66m (747) <b>PBA</b>	23.39m (352)	3:32.60 (122)
<b>W40</b>					
1 Crouch, Regina 1091 <b>PBA</b>	17.60 (238)	5.92m (308) <b>SB</b>	3.58m (301) <b>PBA</b>	12.83m (192)	3:58.80 (52) <b>PBA</b>
<b>W45</b>					
1 Willmott, Julie 1439 <b>PBA</b>	17.10 (361)	4.71m (247)	3.02m (210)	11.48m (184)	3:09.20 (437)
<b>W55</b>					
1 Wilson, Julie 1558	19.10 (303)	5.06m (331) <b>PBA</b>	2.58m (190)	13.20m (272)	3:25.10 (462)
<b>W60</b>					
1 Ladwig, Sarah 1297	22.00 (137) <b>SB</b>	5.10m (377) <b>SB</b>	2.73m (292)	11.04m (234) <b>SB</b>	4:05.40 (257)
2 Fawcett, Carolyn 774	25.10 (6)	4.80m (348) <b>PBA</b>	2.28m (157) <b>SB</b>	11.77m (254) <b>PBA</b>	5:10.20 (9)



## WAAS – January 22 – all sprints were wind-assisted

### 200m

Rudi Kocis	M50	24.3	<b>PBA</b>
Wendy Seegers	W35	26.4	<b>SB</b>
Colin Smith	M50	26.6	<b>PBA</b>
Campbell Till	M55	26.8	<b>SB</b>

Scott Hutcheson	VIS	26.6	
Duncan McAuley	M60	29.3	<b>SB</b>
Troy Wynne	M45	29.9	
Barrie Kernaghan	M70	31.7	

Lynne Choate	W60	33.0	<b>SB</b>
Fran Cherry	W45	33.1	<b>SB=</b>
Ivan Brown	M65	35.4	
Mitch Thomas	VIS	38.0	
Kim Thomas	M35	38.1	

### Mile

Kim Thomas	M35	5:23.5	<b>SB</b>
Niamh Keane	W45	5:50.7	
Bert Carse	M70	5:53.6	<b>SB</b>
Mitch Thomas	VIS	6:10.9	
Steve Weller	M35	6:14.9	
Tom Tralau	M35	6:15.3	
David Carr	M80	6:36.8	
Maurice Creagh	M65	6:37.1	<b>SB</b>
John Collier	M45	6:39.7	
Ivan Brown	M65	6:48.8	
Milton Mavrick	M55	7:22.4	
John Oldfield	M65	7:53.9	
Christine Oldfield	W65	8:54.7	<b>SB</b>

### 60m

Rudi Kocis	M50	7.5	<b>SB=</b>
Wendy Seegers	W35	8.0	<b>SB</b>
Colin Smith	M50	8.1	<b>PBA</b>
Campbell Till	M55	8.1	

Dave Wyatt	M60	8.6	
Barrie Kernaghan	M70	9.4	
Fran Cherry	M45	9.4	<b>SB=</b>
Lynne Choate	W60	9.4	

Norm Richards	M75	9.7	
Kim Thomas	M35	9.8	
Mitch Thomas	VIS	10.4	
Aveley McCann	W30	10.6	
Danielle Baldock	W30	11.4	

## Strive Interclub, WAAS – January 25

### 100m

Andrew Ward	M50	13.75 +1.2	<b>PBA</b>
Barrie Kernaghan	M70	15.05 +1.2	
Alan Deans	M60	17.79 +1.2	

### 200m

Andrew Ward	M50	28.24 +1.0	<b>PBA</b>
Barrie Kernaghan	M70	30.63 +1.0	<b>SB</b>
Fiona Leonard	W45	30.88 +3.7	<b>SB</b>

### 800m

Fiona Leonard	W45	2:43.37	
Alan Deans	M60	3:13.57	

### 5000m

Scott Tamblin	M30	14:54.10	<b>SR</b>
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### Long Jump

Melissa Foster	W30	5.50 +0.4	
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### Triple Jump

Melissa Foster	W30	10.94 +1.1	
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### 4km (not analysed)

Kim Thomas	M35	14:45.4	
Steve Weller	M35	15:06.2	
Sandra Stockman	W45	15:41.2	
Mitch Thomas	VIS	16:13.3	
Tom Tralau	M35	16:40.7	
Karl Stockman	M50	17:50.1	
Maurice Creagh	M65	18:40.5	
Milton Maverick	M55	18:51.9	
John Collier	M45	19:20.0	
John Dennehy	M50	22:29.2	

### 4km Walk (not analysed)

John Oldfield	M65	29:56.4	
Graham Clarke	M60	31:21.1	
Aveley McCann	W30	31:25.6	
Danielle Baldock	W30	32:10.7	

### Weight Throw

Nicole Pinel	W30	6.22	<b>PBA</b>
Byrony Glass	W35	16.34	
Sue Coate	W45	8.23	<b>SB</b>
Kate Glass	W60	12.08	<b>SB</b>
Todd Davey	M45	11.53	<b>SR</b>
Andrew Ward	M50	8.50	
Geoffrey Gee	M55	14.13	<b>SB</b>

### Javelin

Rachael Coate	VIS	21.26	
Nicole Pinel	W30	16.26	<b>PBA</b>
Sue Coate	W45	21.69	
Kate Glass	W60	18.60	
Scott Hutcheson	VIS	35.57	
Todd Davey	M45	38.19	
Troy Wynne	M45	38.12	<b>SB</b>
Andrew Ward	M50	34.23	<b>SB</b>
Geoff Brayshaw	M60	29.78	<b>SB</b>
Rob Shand	M80	21.62	

### Long Jump

Nicole Pinel	W30	4.10	<b>PBA</b>
Tim Svehlak	M30	5.03	
Troy Wynne	M45	4.54	<b>SB</b>
John Dennehy	M50	3.54	
Dave Wyatt	M60	4.73	
Geoff Brayshaw	M60	4.20	
Norm Richards	M75	3.81	

### High Jump

Greg Wilson	M65	1.43	<b>SR</b>
Troy Wynne	M45	NH	

### Shot

Todd Davey	M45	12.26	
Bev Hamilton	W65	8.09	

### Discus

Todd Davey	M45	41.40	
Andrew Ward	M50	26.92	
Troy Wynne	M45	26.65	
Bev Hamilton	W65	21.27	

### Hammer

Byrony Glass	W35	50.92	
John Everard	M50	39.08	<b>SB</b>
Kate Glass	W60	31.72	
Todd Davey	M45	30.93	<b>PBA</b>
Bev Hamilton	W65	27.62	<b>SB</b>

**ECAC - January 24**

<b>100m</b>					
David Solomon	M45	14.2			
Colin Smith	M50	NT			
Sue Bourn	W45	NT			
Mitch Thomas	VIS	17.5			
Kim Thomas	M35	18.4			
Alison Leggo	W50	16.0			
Maureen Keshwar	W60	16.8	<b>PBA</b>		
Julie Willmott	W45	16.9			
Bob Schickert	M70	18.4			
Regina Crouch	W40	18.1			
Melissa Hynds	W35	19.4			
Bob Fawcett	M60	20.0			
Valerie Millard	W65	23.4			
Lynne Schickert	W70	23.6			
<b>800m</b>					
Kim Thomas	M35	2:26.2			
David Solomon	M45	2:30.2			
Ante Perdija	M40	2:33.9			
Mitch Thomas	VIS	2:45.0			
David Carr	M80	2:59.6			
Maurice Creagh	M65	3:03.2			
Julie Willmott	W45	3:08.0			
Carol Bowman	W55	3:15.5			
Gillian Young	W65	3:22.5			
Tina Runnion	W50	3:48.0			
Monique Thomas	W35	3:54.7			
Melissa Hynds	W35	3:59.6			
<b>60m</b>					
David Solomon	M45	8.9			
Colin Smith	M50	9.0			
Alison Leggo	W50	10.0			
Julie Willmott	W45	10.4			
Maureen Keshwar	W60	10.3			
Mitch Thomas	VIS	10.6			
Melissa Hynds	W35	11.9			
Bob Fawcett	M60	12.3	<b>SB=</b>		
Kim Thomas	M35	13.9			
Carolyn Fawcett	W60	15.1			
<b>3000m</b>					
Mitch Thomas	VIS	11:34.8			
Kim Thomas	M35	11:35.2			
Ante Perdija	M40	11:46.0			
Jim Langford	M65	12:03.3	<b>PBA</b>		
Sue Bourn	W45	13:33.8			
Maurice Creagh	M65	13:38.4			
Bob Schickert	M70	13:48.4	<b>SB</b>		
Gillian Young	W65	14:46.7			
David Carr	M80	15:58.5			
Monique Thomas	W35	17:41.2			
Melissa Hynds	W35	18:11.9			
Bob Fawcett	M60	19:28.6			
Carolyn Fawcett	W60	21:31.9			
<b>3000m walk</b>					
Valerie Millard	W65	21:54.7			
Lynne Schickert	W70	22:45.5			
Regina Crouch	W40	23:23.4			
<b>Triple Jump</b>					
Alison Leggo	W50	6.58			
Carolyn Fawcett	W60	4.80			
Regina Crouch	W40	6.39			
<b>Javelin</b>					
Nicole Pinel	W30	13.53			
Bev Hamilton	W65	17.32			
Stella Turner	W65	11.00			
Amanda Turner	VIS	26.76			
Mark Frew	M35	42.96			
<b>Weight Throw</b>					
Nicole Pinel	W35	8.07	<b>PBA</b>		
Bev Hamilton	W65	11.30			
Stella Turner	W65	7.31			
Mark Frew	M35	7.76	<b>PBA</b>		



**WAAS – January 29**

**Note: all winds and jumps were wind-assisted**

<b>100m</b>				<b>3000m</b>			
Rudi Kocis	M50	11.8		Rob Nichols	M35	9:52.5	
Maurice Pascal	M40	12.5	<b>SB</b>	Steve Weller	M35	10:45.2	
Greg Brennan	M40	12.6		Mitch Thomas	VIS	11:14.3	
Mal Clarke	M40	12.8		Ante Perdija	M40	11:14.8	<b>PBA</b>
Scott Hutcheson	VIS	12.5		Kim Thomas	M35	11:17.1	
Wendy Seegers	W35	12.6	<b>SB</b>	Grahak Cunningham	M35	11:27.8	
Melissa Foster	W30	13.2	<b>SB=</b>	Sandra Stockman	W45	11:41.4	
Colin Smith	M50	13.2	<b>PBA</b>	Trent Harris	VIS	11:50.1	
Andrew Taylor	M45	13.3		Tom Tralau	M35	12:09.1	
Ian Coate	M40	13.5		David Brook	M45	12:47.5	
David Clive	M75	14.8		Maurice Creagh	M65	13:19.1	<b>SB</b>
Barrie Kernaghan	M70	15.2		Milton Mavrick	M55	14:16.3	<b>PBA</b>
Sue Bourn	W45	14.4	<b>PBA</b>	<b>2000m Steeplechase</b>			
Fran Cherry	W45	15.2		Rob Nichols	M35	7:43.2	
Lynne Choate	W60	15.3		Ante Perdija	M40	8:13.2	
Mitch Thomas	VIS	16.7		Mitch Thomas	VIS	8:36.6	
Jai Thomas	VIS	17.5		Kim Thomas	M35	8:37.5	
Danielle Baldock	W30	18.0		David Carr	M80	9:53.5	
<b>800m</b>				Julie Wilson	W55	10:10.6	
Trent Harris	VIS	2:21.0		Jai Thomas	VIS	10:30.2	
Kim Thomas	M35	2:25.1		Gillian Young	W65	10:35.6	
Rob Nichols	M35	2:29.7		Greg Wilson	M65	10:40.3	<b>PBA</b>
Ante Perdija	M40	2:32.6		Danielle Baldock	W30	11:00.3	
Mitch Thomas	VIS	2:36.0		Nick Miletic	M60	11:28.4	
Grahak Cunningham	M35	2:38.8		John Dennehy	M50	12:47.8	
Niamh Keane	W45	2:39.6		<b>Shot Put</b>			
Tom Tralau	M35	2:48.7	<b>SB</b>	Ali Matautia	W35	8.70	
Sandra Stockman	W45	2:55.4		Greg Urbanowicz	M30	13.54	
Sue Bourn	W45	3:01.1		Malcolm Clarke	M40	11.16	
Maurice Creagh	M65	3:01.3	<b>SB</b>	Todd Davey	M45	12.10	
Ivan Brown	M65	3:05.5	<b>SB</b>	Geoffrey Gee	M55	11.26	
Milton Mavrick	M55	3:14.6	<b>PBA</b>	Rocky Cloete	M60	11.43	
Carol Bowman	W55	3:16.2		<b>Hammer Throw</b>			
Lorraine Lopes	W70	3:33.8		Ali Matautia	W35	22.16	<b>PBA</b>
Christine Oldfield	W65	4:05.4		Sue Coate	W45	18.52	
<b>60m</b>				Rae McMillan	W85	17.60	
Rudi Kocis	M50	7.6		Scott Hutcheson	VIS	19.82	
Maurice Pascal	M40	7.8	<b>SB</b>	Greg Urbanowicz	M30	40.79	
Greg Brennan	M40	7.9		Malcolm Clarke	M40	30.41	<b>PBA</b>
Wendy Seegers	W35	8.0	<b>SB=</b>	Ian Coate	M40	17.66	
Scott Hutcheson	VIS	7.8		Todd Davey	M45	29.88	
Colin Smith	M50	8.1	<b>PBA=</b>	Tom Murrell	M50	32.70	
Andrew Ward	M50	8.4		Geoffrey Gee	M55	30.91	
Melissa Foster	W30	8.5		Rocky Cloete	M60	21.66	
David Clive	M75	9.1		<b>High Jump</b>			
Fran Cherry	W45	9.4		Sue Coate	W45	1.20	
Lynne Choate	W60	9.5		Gay Wyatt	W55	1.00	
Barrie Kernaghan	M75	9.5		Scott Hutcheson	VIS	1.35	
Sue Bourn	W45	9.1	<b>PBA</b>	Malcolm Clarke	M40	1.52	
Sue Coate	W45	9.5	<b>SB</b>	Ian Coate	M40	1.40	
Mitch Thomas	VIS	10.1		Dave Wyatt	M60	1.40	<b>SB</b>
Danielle Baldock	W30	10.7					
Jai Thomas	VIS	10.7					

## ECAC - January 31

<b>60m</b>				<b>3000m walk</b>			
Scott Hutcheson	VIS	7.9		Robin King	W50	18:26.1	
Colin Smith	M50	8.5		Sarah Ladwig	W60	21:14.5	<b>SB</b>
<b>3000m</b>				<b>3000m</b>			
Alison Leggo	W50	9.4	<b>SB</b>	Mitch Thomas	VIS	11:30.0	
Maureen Keshwar	W60	9.8	<b>PBA</b>	Kim Thomas	M35	11:31.0	
Julie Willmott	W45	9.9	<b>PBA</b>	Jim Langford	M65	11:47.3	<b>PBA</b>
Nick Miletic	M60	10.1		Tony Smith	M35	11:49.0	
Delia Baldock	W50	10.1	<b>PBA</b>	Mickey Muroi	M50	12:14.7	
Mark Howard	M40	9.7		Rod Hamilton	M50	12:31.3	
Bob Schickert	M70	11.2		Graeme Dahl	M60	12:47.6	
Bob Fawcett	M60	11.9	<b>SB</b>	Sue Bourn	W45	13:27.2	
Kim Thomas	M35	12.1		Maurice Creagh	M65	13:37.0	
Nick Miletic	M60	10.0		Bob Schickert	M70	13:46.3	<b>PBA</b>
Mitch Thomas	VIS	10.2		Karen Hagan	W45	14:05.5	<b>PBA</b>
Jai Thomas	VIS	11.3		Colin Shaw	VIS	14:45.8	
Gillian Young	W65	12.1		Gillian Young	W65	14:56.6	
Lynne Schickert	W70	13.6	<b>SB=</b>	Monique Thomas	W35	17:22.2	
Carolyn Fawcett	W60	14.5	<b>SB</b>	Bob Fawcett	M60	19:37.7	
				Carolyn Fawcett	W60	21:22.1	
<b>Mile</b>				<b>Long Jump</b>			
Tony Smith	M35	5:21.5	<b>PBA</b>	Alison Leggo	W50	3.12	
Mitch Thomas	VIS	5:50.8		Lynne Schickert	W70	2.32	
Kim Thomas	M35	5:51.6		<b>High Jump</b>			
Mickey Muroi	M50	6:12.3		Colin Smith	M50	1.25	
Rod Hamilton	M50	6:22.3		Ali Matautia	W35	1.10	<b>SB=</b>
David Carr	M80	6:37.6		Delia Baldock	W50	1.15	
Graeme Dahl	M60	6:41.6	<b>SB</b>	Scott Hutcheson	VIS	1.45	
John Oldfield	M65	6:47.9		Mal Clarke	M40	1.50	
Maurice Creagh	M65	6:54.4		<b>Hammer</b>			
Karen Hagan	W45	7:02.0	<b>PBA</b>	Nicole Pinel	W30	21.23	<b>PBA</b>
Gillian Young	W65	7:09.0		Scott Hutcheson	VIS	16.72	
Julie Willmott	W45	7:12.5	<b>PBA</b>	Barbara Campbell	W75	27.64	<b>SR</b>
Carol Bowman	W55	7:16.9	<b>SB</b>	Stella Turner	W65	15.00	<b>PBA</b>
<b>200m</b>				<b>Shot</b>			
Scott Hutcheson	VIS	26.2		Nicole Pinel	W30	7.88	<b>PBA</b>
Colin Smith	M50	28.4		Barbara Campbell	W75	7.20	<b>SB</b>
Tony Smith	M35	28.6	<b>PBA</b>	Stella Turner	W65	6.47	<b>SB=</b>
Nick Miletic	M60	34.2		Ali Matautia	W35	8.74	
Rod Hamilton	M50	33.0		Mal Clarke	M40	11.92	
Delia Baldock	W50	34.1	<b>SB</b>	Bev Hamilton	W65	8.64	<b>SB</b>
Mitch Thomas	VIS	35.1					
Jai Thomas	VIS	39.7					
Kim Thomas	M35	40.2					
Alison Leggo	W50	32.9	<b>SB</b>				
Julie Willmott	W45	34.4	<b>PBA</b>				
Maureen Keshwar	W60	36.9					
Carol Bowman	W55	38.1					

## December/January Results from Bunbury

### Saturday 14th December

*(note: this was conducted as a pentathlon using the men's Oceania format, but no totals are available)*

#### Long Jump

Brian Feutrill	M45	5.03	<b>SB</b>
Rob Antonioli	M60	4.11	
Harold Membrey	M60	3.37	<b>PBA</b>
Sharon Moloney	W50	3.02	

#### Javelin

Brian Feutrill	M45	30.52	<b>SB</b>
Rob Antonioli	M60	22.56	<b>SB</b>
Harold Membrey	M60	15.76	<b>SB</b>
Brian Waldhuter	M70	13.71	
Sharon Moloney	W50	19.12	

#### 200m

Brian Feutrill	M45	26.8	<b>SB</b>
Rob Antonioli	M60	28.5	<b>PBA</b>
Harold Membrey	M60	31.9	
Brian Waldhuter	M70	32.9	
Sharon Moloney	W50	32.9	

#### Discus

Brian Feutrill	M45	18.93	
Rob Antonioli	M60	27.82	<b>PBA</b>
Harold Membrey	M60	22.30	
Brian Waldhuter	M70	19.19	
Sharon Moloney	W50	19.74	

#### 1500m

Rob Antonioli	M60	5:30.3	<b>PBA</b>
Brian Feutrill	M45	6:00.3	
Harold Membrey	M60	7:09.1	<b>PBA</b>
Brian Waldhuter	M70	8:27.2	
Sharon Moloney	W50	9:44.1	

### Tuesday 18th December

#### 100m

Rob Antonioli	M60	13.8	<b>SB</b>
Harold Membrey	M60	14.7	<b>SB</b>
Sharon Moloney	W50	15.0	
Brian Waldhuter	M70	15.2	<b>PBA</b>
Leon Sander	M75	15.2	
Lyle James	M70	20.7	<b>SB</b>

#### 1500m

Rob Antonioli	M60	5:50.2	
Leon Sander	M75	8:24.6	
Lyle James	M70	9:14.5	<b>SB</b>

#### 1500m Walk

Garry Hastie	M50	6:49.6	
Harold Membrey	M60	10:04.8	

### Tuesday 8th January

#### 200m

Rob Antonioli	M60	29.5	
Carloyn Wills	W40	30.4	
Harold Membrey	M60	30.8	<b>PBA</b>
Leon Sander	M75	31.8	<b>SB</b>
Brian Waldhuter	M70	32.3	<b>PBA</b>
Sharon Moloney	W50	32.7	
Lyle James	M70	46.6	<b>SB</b>

#### 3000m Run

Tony Heppener	M60	11:53.2	
Rob Antonioli	M60	14:33.3	
Leon Sander	M70	17:12.3	<b>PBA</b>
Lyle James	M70	22:00.7	

#### 3000m Walk

Garry Hastie	M50	15:08.5	
Harold Membrey	M60	21:32.3	<b>PBA</b>

#### Discus

Carolyn Wills	W40	30.13	
Leon Sander	M75	25.37	<b>PBA</b>
Harold Membrey	M60	24.08	
Sharon Moloney	W50	21.41	
Brian Waldhuter	M70	21.22	<b>PBA</b>
Lyle James	M70	10.09	

**Note: There was a throws pentathlon conducted on January 16, but the hammer throw and weight throw were not officially eligible as the circles were of the wrong dimensions for these events. The other results are included below as individual events:**

#### Shot Put

Sharon Moloney	W50	8.51
Bev Hamilton	W65	7.82
Todd Davey	M45	12.84
Harold Membrey	M60	7.61
Brian Waldhuter	M70	6.56
Leon Sander	M75	DNS

#### Discus

Sharon Moloney	W50	22.59
Bev Hamilton	W65	22.83
Todd Davey	M45	41.62 <b>SR</b>
Harold Membrey	M60	22.77
Brian Waldhuter	M70	21.00
Leon Sander	M75	22.01

#### Javelin

Sharon Moloney	W50	18.19
Bev Hamilton	W65	19.02
Todd Davey	M45	35.21
Harold Membrey	M60	15.12
Brian Waldhuter	M70	13.95
Leon Sander	M75	23.31

## CLAISEBROOK COVE PARKRUNS

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

### Run 22: December 29 – 80 finishers

6	Tony Smith	M35	20:05	66.06%
7	Hamish McLeod	M35	22:55	58.25%
17	John Oldfield	M65	24:55	69.97%

### Run 23: January 5 – 98 finishers

4	Kim Thomas	M35	19:03	70.60%
71	Monique Thomas	W35	31:01	48.20%

### Run 24: January 12 – 97 finishers

2	Kim Thomas	M35	18:36	72.85% <b>PB</b>
14	Hamish McLeod	M35	22:44	59.16%

### Run 25: January 19 – 116 finishers

2	Kim Thomas	M35	18:23	73.71% <b>PB</b>
28	Tony Smith	M35	23:11	57.05%
76	John Talbot	M65	29:41	57.05%
82	Monique Thomas	W35	30:28	49.07% <b>PB</b>
96	Bob Fawcett	M60	34:31	47.71%
102	Carolyn Fawcett	W60	37:04	52.34%

### Run 26: January 26 – 121 finishers

3	Kim Thomas	M35	18:06	74.86% <b>PB</b>
22	Hamish McLeod	M35	21:29	62.62%
23	Tony Smith	M35	21:31	61.66%
63	Bryan Hardy	M65	25:59	67.09%
82	John Talbot	M65	29:01	58.36%
88	Monique Thomas	W35	30:05	49.70% <b>PB</b>
104	Bob Fawcett	M60	35:31	46.36%
105	Carolyn Fawcett	W60	35:38	54.44% <b>PB</b>

## PERTH TRAIL SERIES

(A series of five events over hill trails organised by race director Bernadette Benson. Each event has long and short options. See website [www.perthtrailseries.com](http://www.perthtrailseries.com))

### “Stay Puft” – Yanchep National Park: January 13

#### Long Course – 18.7km, +/- 160m – 102 finishers

18	Jodie Osborne	W40	1:32:12	1 <sup>st</sup> in age group
57	Hamish McLeod	M35	1:55:57	19 <sup>th</sup>
86	Karen Hagan	W45	2:09:02	7 <sup>th</sup>

#### Short Course – 11.9km, +/- 80m – 85 finishers

45	Monique Fountain	W35	1:15:08	5 <sup>th</sup>
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### “Wallygrunta” – Walyunga National Park: January 27

#### Long Course – 13.6km, +/- 420m – 128 finishers

61	Lisa Searle	W35	1:22:12	5 <sup>th</sup> in age group
84	Monique Fountain	W35	1:30:17	9 <sup>th</sup>

#### Short Course – 9.4km, +/- 2430 – 54 finishers

No MAWA entries

Next event: Snakes ‘n’ Ladders, Serpentine National Park, February 10