

## July Results

*Includes Strive, 5km Parkruns and others where MAWA athletes are known to have competed  
Note that all records are pending until ratified by the appropriate authorities*

### WAAS – July 2

#### 60m

|                  |     |     |            |
|------------------|-----|-----|------------|
| Steve Michael    | M35 | 8.1 |            |
| Tony Downey      | M55 | 8.3 | <b>SB=</b> |
| Roy Fearnall     | M70 | 8.9 |            |
| Barrie Kernaghan | M70 | 9.2 |            |

#### 1500m

|                   |     |        |            |
|-------------------|-----|--------|------------|
| Bernadette Benson | W40 | 5:46.0 |            |
| Maurice Creagh    | M65 | 5:59.8 | <b>SB</b>  |
| Sanja Kolonic     | W30 | 6:03.0 |            |
| Tony Segall       | VIS | 6:05.3 |            |
| Michael Lee       | M60 | 6:06.9 | <b>PBA</b> |

#### 400m

|                  |     |      |            |
|------------------|-----|------|------------|
| Callum Downey    | VIS | 59.7 |            |
| Tony Downey      | M55 | 65.1 | <b>PBA</b> |
| Barrie Kernaghan | M70 | 71.4 | <b>SB</b>  |
| Roy Fearnall     | M70 | 71.8 |            |

#### 3000m

|                   |     |         |           |
|-------------------|-----|---------|-----------|
| Bernadette Benson | W40 | 12:00.0 | <b>SB</b> |
| Tony Segall       | VIS | 12:51.4 |           |
| Maurice Creagh    | M65 | 12:53.9 | <b>SB</b> |
| Sanja Kolonic     | W30 | 13:07.2 |           |

#### 100m

|                  |     |      |           |
|------------------|-----|------|-----------|
| Callum Downey    | VIS | 13.0 |           |
| Tony Downey      | M55 | 14.4 |           |
| Barrie Kernaghan | M70 | 14.4 | <b>SB</b> |
| Roy Fearnall     | M70 | 14.6 |           |

### ECAC - 4 July

#### 200m

|              |     |      |           |
|--------------|-----|------|-----------|
| Colin Smith  | M50 | 28.3 | <b>SB</b> |
| Rod Hamilton | M50 | 31.0 | <b>SB</b> |
| Jim Woosly   | VIS | 33.8 |           |
| Aiden Hassan | VIS | 34.6 |           |

|                 |     |      |  |
|-----------------|-----|------|--|
| Julie Willmott  | W45 | 35.9 |  |
| Bob Fawcett     | M60 | 45.7 |  |
| Carolyn Fawcett | W60 | 52.0 |  |

#### 3000m

|                 |     |         |  |
|-----------------|-----|---------|--|
| Carolyn Fawcett | W60 | 19:58.8 |  |
|-----------------|-----|---------|--|

#### 3000m walk

|                 |     |         |  |
|-----------------|-----|---------|--|
| Lynne Schickert | W70 | 22:49.8 |  |
|-----------------|-----|---------|--|

#### 5000m

|                |     |         |            |
|----------------|-----|---------|------------|
| Aiden Hassan   | VIS | 19:47.6 |            |
| Rod Hamilton   | M50 | 20:09.9 | <b>SB</b>  |
| Sue Bourn      | W45 | 21:24.1 | <b>SB</b>  |
| Tony Segall    | VIS | 21:26.5 |            |
| Maurice Creagh | M65 | 22:02.5 | <b>SB</b>  |
| Kem Hassan     | M40 | 25:27.5 |            |
| John Bocian    | VIS | 27:43.9 |            |
| Bob Fawcett    | M60 | 32:17.4 | <b>PBA</b> |

#### 60m

|                 |     |      |           |
|-----------------|-----|------|-----------|
| Colin Smith     | M50 | 8.8  |           |
| Rod Hamilton    | M50 | 9.5  |           |
| Julie Willmott  | W45 | 10.3 |           |
| Lynne Schickert | W70 | 13.7 | <b>SB</b> |
| Carolyn Fawcett | W60 | 14.0 |           |

#### 300m

|                |     |      |  |
|----------------|-----|------|--|
| Colin Smith    | M50 | 47.2 |  |
| Rod Hamilton   | M50 | 54.0 |  |
| Julie Willmott | W45 | 55.4 |  |
| Jim Woosly     | VIS | 56.4 |  |

#### 800m

|                |     |        |  |
|----------------|-----|--------|--|
| Aiden Hassan   | VIS | 2:54.1 |  |
| Rod Hamilton   | M50 | 2:57.0 |  |
| Tony Segall    | VIS | 3:06.8 |  |
| Maurice Creagh | M65 | 3:10.7 |  |
| Julie Willmott | W45 | 3:26.8 |  |
| Kem Hassan     | M40 | 3:27.3 |  |

### WAAS – July 9

#### 200m

|                  |     |      |  |
|------------------|-----|------|--|
| David Middleton  | VIS | 29.5 |  |
| Barrie Kernaghan | M70 | 32.5 |  |

#### 60m

|                  |     |     |  |
|------------------|-----|-----|--|
| Barrie Kernaghan | M70 | 9.8 |  |
|------------------|-----|-----|--|

#### 2000m Steeplechase

|                |     |         |           |
|----------------|-----|---------|-----------|
| David Carr     | M80 | 9:58.3  |           |
| Maurice Creagh | M65 | 10:01.9 |           |
| Julie Wilson   | W60 | 10:07.0 | <b>SR</b> |

### MAWA State 10km Walk Championship – July 7, Wilson

|                 |     |       |  |
|-----------------|-----|-------|--|
| Garry Hastie    | M50 | 56:22 |  |
| Tom Lenane      | M55 | 68:05 |  |
| Valerie Millard | W65 | 71:11 |  |
| John McDonagh   | M65 | 75:03 |  |
| Lynne Schickert | W70 | 76:31 |  |
| John Smith      | M75 | 78:31 |  |

**ECAC – 11 July****800m**

|                |     |        |           |
|----------------|-----|--------|-----------|
| Rod Hamilton   | M50 | 2:42.0 |           |
| Tony Segall    | VIS | 2:54.5 |           |
| Colin Smith    | M50 | 3:02.5 |           |
| Aiden Hassan   | VIS | 3:03.0 |           |
| Colin Shaw     | M50 | 3:03.4 |           |
| David Carr     | M80 | 3:03.8 |           |
| Maurice Creagh | M65 | 3:04.6 | <b>SB</b> |
| Toni Phillips  | W40 | 3:13.5 |           |
| Vicki Cobby    | W40 | 3:14:0 |           |
| Robin King     | W50 | 3:24.1 |           |
| Kem Hassan     | M40 | 3:45.5 |           |

**1500m**

|                |     |        |           |
|----------------|-----|--------|-----------|
| Rod Hamilton   | M50 | 5:34.5 |           |
| Aiden Hassan   | VIS | 5:37.2 |           |
| Colin Shaw     | M50 | 6:22.3 | <b>SB</b> |
| Chloe Wilshire | VIS | 6:22.6 |           |
| Robin King     | W50 | 6:42.4 |           |
| Maurice Creagh | M65 | 6:44.8 |           |
| Kem Hassan     | M40 | 7:24.6 |           |

**100m**

|              |     |      |            |
|--------------|-----|------|------------|
| Colin Smith  | M50 | 14.1 |            |
| Rod Hamilton | M50 | 14.8 | <b>SB=</b> |
| Vicki Cobby  | W40 | 15.1 |            |
| Jim Woosly   | VIS | 16.5 |            |
| Bob Fawcett  | M60 | 20.5 |            |

|                 |     |      |           |
|-----------------|-----|------|-----------|
| Chloe Wilshire  | VIS | 15.0 |           |
| Nicole Pinel    | VIS | 16.3 |           |
| David Carr      | M80 | 17.5 | <b>SB</b> |
| Lynne Schickert | W70 | 23.5 |           |

**4000m (not analysed)**

|                |     |         |  |
|----------------|-----|---------|--|
| Aiden Hassan   | VIS | 15:48.0 |  |
| Rod Hamilton   | M50 | 16:39.4 |  |
| Tony Segall    | VIS | 17:20.2 |  |
| Maurice Creagh | M65 | 18:09.7 |  |
| Bob Schickert  | M70 | 19:24.4 |  |
| Kem Hassan     | M40 | 21:12.9 |  |
| John Bocian    | VIS | 21:55.4 |  |
| Bob Fawcett    | M60 | 25:09.4 |  |

**200m**

|             |     |      |            |
|-------------|-----|------|------------|
| Colin Smith | M50 | 29.1 |            |
| Vicki Cobby | W40 | 31.2 |            |
| David Carr  | M80 | 35.0 | <b>SB=</b> |
| Jim Woosly  | VIS | 35.0 |            |

|                |     |      |           |
|----------------|-----|------|-----------|
| Colin Shaw     | M50 | 32.2 | <b>SB</b> |
| Rod Hamilton   | M50 | 32.9 |           |
| John Bocian    | VIS | 37.5 |           |
| Maurice Creagh | M65 | 41.5 |           |

**1500m walk**

|                 |     |         |  |
|-----------------|-----|---------|--|
| Lynne Schickert | W70 | 10:58.6 |  |
|-----------------|-----|---------|--|

**WAAS – 16 July cancelled (inclement weather)****ECAC - 18 July****2000m**

|                 |     |         |  |
|-----------------|-----|---------|--|
| Rod Hamilton    | M50 | 7:25.1  |  |
| Colin Shaw      | M50 | 8:34.2  |  |
| Maurice Creagh  | M65 | 8:34.9  |  |
| David Carr      | M80 | 8:53.2  |  |
| Eldon George    | M40 | 9:01.7  |  |
| Julie Willmott  | W45 | 9:16.4  |  |
| Bob Fawcett     | M60 | 11:12.1 |  |
| Carolyn Fawcett | W60 | 12:36.8 |  |

**2000m walk**

|            |     |         |            |
|------------|-----|---------|------------|
| Robin King | W50 | 12:06.3 | <b>PBA</b> |
| John Smith | M75 | 14:32.1 | <b>SB</b>  |

**2000m walk (second, with 4000m run)**

|            |     |         |  |
|------------|-----|---------|--|
| John Smith | M75 | 15:42.6 |  |
|------------|-----|---------|--|

**600m**

|                 |     |        |  |
|-----------------|-----|--------|--|
| Colin Smith     | M50 | 1:55.2 |  |
| Rod Hamilton    | M50 | 1:57.9 |  |
| Colin Shaw      | M50 | 2:06.8 |  |
| Toni Philips    | W40 | 2:14.7 |  |
| Eldon George    | M40 | 2:20.4 |  |
| Maurice Creagh  | M65 | 2:32.8 |  |
| Bob Schickert   | M70 | 2:52.2 |  |
| Maureen Keshwar | W60 | 2:53.8 |  |

**60m**

|              |     |     |           |
|--------------|-----|-----|-----------|
| Colin Smith  | M50 | 8.3 | <b>SB</b> |
| Colin Shaw   | M50 | 8.9 |           |
| Vicki Cobby  | W40 | 9.1 |           |
| Nicole Pinel | VIS | 9.6 |           |

|                 |     |      |           |
|-----------------|-----|------|-----------|
| Maureen Keshwar | W60 | 9.9  | <b>SB</b> |
| Julie Willmott  | W45 | 10.3 |           |
| Bob Fawcett     | M60 | 12.2 |           |
| Carolyn Fawcett | W60 | 14.4 |           |

**4000m**

|                |     |         |  |
|----------------|-----|---------|--|
| Rod Hamilton   | M50 | 11:57.8 |  |
| Maurice Creagh | M65 | 13:39.7 |  |
| Bob Schickert  | M70 | 13:46.2 |  |
| Robin King     | W50 | 13:48.7 |  |
| Eldon George   | M40 | 14:09.3 |  |
| David Carr     | M80 | 15:59.8 |  |

**100m**

|                 |     |      |           |
|-----------------|-----|------|-----------|
| Colin Smith     | M50 | 14.1 |           |
| Rod Hamilton    | M50 | 15.3 |           |
| Maureen Keshwar | W60 | 16.8 |           |
| David Carr      | M80 | 19.1 |           |
| Bob Fawcett     | M60 | 20.0 | <b>SB</b> |
| Carolyn Fawcett | W60 | 24.4 |           |

**100m hurdles**

|             |     |      |  |
|-------------|-----|------|--|
| Vicki Cobby | W40 | 16.5 |  |
|-------------|-----|------|--|

**WAAS – July 23****2000m**

|                |     |         |
|----------------|-----|---------|
| Callum Downey  | VIS | 8:07.5  |
| Maurice Creagh | M65 | 8:29.6  |
| Julie Wilson   | W60 | 9:34.7  |
| John Dennehy   | M50 | 10:27.9 |

**600m**

|                    |     |        |
|--------------------|-----|--------|
| Callum Downey      | VIS | 1:42.8 |
| Tony Downey        | M55 | 1:55.7 |
| Toni Phillips      | W40 | 2:11.9 |
| Maurice Creagh     | M65 | 2:19.8 |
| Jean Hampson (QMA) | W65 | 2:33.2 |

**60m**

|                    |     |      |
|--------------------|-----|------|
| Callum Downey      | VIS | 8.4  |
| Tony Downey        | M55 | 8.8  |
| Barrie Kernaghan   | M70 | 9.6  |
| Jim Woosley        | VIS | 10.3 |
| Jean Hampson (QMA) | W65 | 11.1 |
| Julie Wilson       | W60 | 11.4 |

**100m**

|                    |     |      |
|--------------------|-----|------|
| Callum Downey      | VIS | 13.5 |
| Tony Downey        | M55 | 14.5 |
| Barrie Kernaghan   | M70 | 15.0 |
| Jim Woosley        | VIS | 16.6 |
| Jean Hampson (QMA) | W65 | 19.1 |
| Julie Wilson       | W60 | 20.3 |

**ECAC - 25 July****60m**

|                 |     |      |
|-----------------|-----|------|
| Mitch Thomas    | VIS | 10.0 |
| Bob Fawcett     | M60 | 12.9 |
| Kim Thomas      | M35 | 13.2 |
| Carolyn Fawcett | W60 | 14.3 |

|                 |     |      |
|-----------------|-----|------|
| Maureen Keshwar | W60 | 10.1 |
| Bob Schickert   | M70 | 11.8 |
| Lynne Schickert | W70 | 14.5 |

**SB****400m**

|                    |     |        |
|--------------------|-----|--------|
| Colin Smith        | M50 | 65.1   |
| Mitch Thomas       | VIS | 73.9   |
| Kim Thomas         | M35 | 74.2   |
| David Carr         | M80 | 80.2   |
| Maurice Creagh     | M65 | 83.7   |
| Jean Hampson (QMA) | W65 | 1:30.2 |
| Kem Hassan         | M40 | 1:45.3 |

**200m**

|                    |     |      |
|--------------------|-----|------|
| Colin Smith        | M50 | 31.3 |
| Jim Woosley        | VIS | 34.2 |
| David Carr         | M80 | 34.7 |
| Maureen Keshwar    | W60 | 38.2 |
| Jean Hampson (QMA) | W65 | 39.2 |

**SB****2000m**

|                 |     |         |
|-----------------|-----|---------|
| Carol Bowman    | W55 | 10:37.1 |
| Carolyn Fawcett | W60 | 12:45.1 |

**2000m walk**

|                 |     |         |
|-----------------|-----|---------|
| Lynne Schickert | W70 | 15:00.0 |
| John Smith      | M75 | 15:16.1 |

**4000m**

|                |     |         |
|----------------|-----|---------|
| Mitch Thomas   | VIS | 14:32.2 |
| Kim Thomas     | M35 | 14:34.2 |
| Aiden Hassan   | VIS | 15:07.7 |
| Trish Farr     | W40 | 17:34.0 |
| Maurice Creagh | M65 | 17:59.6 |
| Bob Schickert  | M70 | 18:56.3 |
| Kem Hassan     | M40 | 20:51.5 |
| Monique Thomas | W35 | 23:21.6 |
| Bob Fawcett    | M60 | 24:05.3 |

**1000m**

|                 |     |        |
|-----------------|-----|--------|
| Aiden Hassan    | VIS | 3:38.5 |
| Kim Thomas      | M35 | 3:39.4 |
| Trish Farr      | W40 | 4:04.4 |
| Maurice Creagh  | M65 | 4:07.9 |
| Kem Hassan      | M40 | 4:49.4 |
| Carolyn Fawcett | W60 | 6:04.8 |

**PBA**

# PARKRUNS

FREE, timed 5km runs, 8am every Saturday (9am UK)

## CLAISEBROOK COVE:

### Run 49: July 6 – 122 finishers

|    |              |     |       |        |
|----|--------------|-----|-------|--------|
| 16 | Rod Hamilton | M50 | 20:56 | 71.02% |
| 27 | Tony Smith   | M35 | 21:02 | 63.07% |

### Run 50: July 13 – 157 finishers

|     |                |     |       |        |
|-----|----------------|-----|-------|--------|
| 31  | Hamish McLeod  | M35 | 21:45 | 61.84% |
| 56  | Milton Mavrick | M55 | 23:30 | 67.66% |
| 124 | Jane Elton     | W45 | 31:19 | 51.20% |

### Run 51: July 20 – 151 finishers

|     |                  |     |       |        |
|-----|------------------|-----|-------|--------|
| 122 | Jane Elton       | W45 | 31:08 | 51.50% |
| 123 | Kate Sommerville | W40 | 31:09 | 49.76% |

## AVELEY:

### Run 1: July 6 – 35 finishers

|   |               |     |       |        |
|---|---------------|-----|-------|--------|
| 2 | Anthony Smith | M40 | 19:35 | 70.72% |
| 6 | Hamish McLeod | M35 | 23:11 | 58.02% |

### Run 2: July 13 – 28 finishers

|    |               |     |       |        |
|----|---------------|-----|-------|--------|
| 2  | Anthony Smith | M40 | 18:49 | 73.60% |
| 11 | Sandra Rourke | W45 | 27:09 | 59.05% |

### Run 3: July 20 – 18 finishers

|   |               |     |       |        |
|---|---------------|-----|-------|--------|
| 2 | Anthony Smith | M40 | 18:50 | 73.54% |
|---|---------------|-----|-------|--------|

## CANNING RIVER:

### Run 6: July 6 – 87 finishers

|    |                 |     |       |                  |
|----|-----------------|-----|-------|------------------|
| 50 | Delia Baldock   | W50 | 29:41 | 57.16% <b>PB</b> |
| 65 | Carolyn Fawcett | W60 | 35:50 | 54.93%           |
| 66 | Bob Fawcett     | M60 | 35:54 | 45.87%           |

### Run 7: July 13 – 99 finishers

|    |               |     |       |                  |
|----|---------------|-----|-------|------------------|
| 42 | Delia Baldock | W50 | 28:59 | 58.54% <b>PB</b> |
|----|---------------|-----|-------|------------------|

### Run 8: July 20 – 104 finishers

|    |               |     |       |                         |
|----|---------------|-----|-------|-------------------------|
| 2  | Kim Thomas    | M35 | 18:22 | 73.77% (ran with Mitch) |
| 62 | Delia Baldock |     | 30:26 | 55.75%                  |

## ROCKINGHAM:

### Run 13: July 20 – 134 finishers

|     |                 |     |       |                       |
|-----|-----------------|-----|-------|-----------------------|
| 80  | Bob Fawcett     | M60 | 33:34 | 49.06%                |
| 89  | Carolyn Fawcett | W60 | 34:56 | 56.35%                |
| 103 | Dave Kennedy    | M35 | 37:22 | 35.28% (ran with son) |

## RUSHCLIFFE, Nottingham, UK:

### Run 40: July 13 – 107 finishers

|    |               |     |       |        |
|----|---------------|-----|-------|--------|
| 53 | John Oldfield | M65 | 26:57 | 64.69% |
|----|---------------|-----|-------|--------|

All Perth parkruns were cancelled on July 27 due to weather warning