

## March 2014 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 – March 4

#### 60m

Wendy Seegers	W35	7.6	
Maurice Pascal	M40	7.8	
Melissa Foster	W35	8.0	
Colin Smith	M50	8.1	<b>SB</b>

Lynne Choate	W60	9.2	
Fran Cherry	W50	9.5	
Barrie Kernaghan	M70	9.5	

#### 100m

Wendy Seegers	W35	12.2	<b>SB</b>
Maurice Pascal	M40	12.6	
Colin Smith	M50	13.0	<b>SB</b>
Mark Elms	Vis	13.2	

Geoff Brayshaw	M60	14.2	
David Adams	M35	14.4	
Lynne Choate	W60	14.9	
Barrie Kernaghan	M70	15.1	
Fran Cherry	W50	15.3	

#### 1000m

Mark Dawson	M50	3:14.0	<b>PBA</b>
Bjorn Dybdahl	M60	3:14.7	<b>PBA</b>
Ross Keane	M50	3:16.2	<b>PBA</b>
Bert Carse	M70	3:33.4	
David Adams	M35	3:44.1	
Maurice Creagh	M65	3:50.8	<b>SB</b>
John Collier	M45	3:52.7	
Ivan Brown	M65	3:53.6	<b>SB</b>
Trish Farr	W40	3:56.0	<b>PBA</b>
Carmel Meyer	W50	4:06.6	<b>PBA</b>
John Oldfield	M70	4:24.3	

#### 3000m

John Oldfield	M70	13:11.2	
Maurice Creagh	M65	14:31.7	

#### 5000m

Andrew Davison	M45	17:47.3	
Paul Hughes	M60	20:04.8	
Mark Dawson	M50	20:25.1	<b>SB</b>
Sandra Stockman	W45	21:06.0	
Trish Farr	W40	22:24.8	
John Collier	M45	23:28.8	

#### 5000m Walk

Karyn Tolardo	W45	32:17.2	
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#### Triple Jump

Melissa Foster	W35	10.98	
Fran Cherry	W50	7.03	
Gay Wyatt	W60	6.35	
Geoff Brayshaw	M60	8.73	<b>SB</b>

#### High Jump

Gay Wyatt	W60	1.05	
Lisa Limonas	W45	1.40	<b>SR</b>
Dave Wyatt	M60	1.40	
Colin Smith	M50	1.30	<b>PBA</b>

#### Javelin

Geoff Brayshaw	M60	31.00	
Mark Elms	Vis	31.37	
David Adams	M35	13.53	
Carmel Meyer	W50	16.51	
Fran Cherry	W50	14.23	<b>PBA</b>

#### 600m

Mark Elms	Vis	1:58.9	
Ross Keane	M50	1:59.8	
David Carr	M80	2:04.1	
Bjorn Dybdahl	M60	2:06.9	
John Collier	M45	2:08.2	
David Adams	M35	2:10.7	
John Dennehy	M50	2:20.3	

### ECAC – March 6

#### 400m

Mitch Thomas	Vis	73.4	
Colin Smith	M50	76.7	
Carmel Meyer	W50	77.0	
Kim Thomas	M40	77.9	
Bob Fawcett	M60	n/t	

#### 1500m

Mitch Thomas	Vis	5:18.2	
Kim Thomas	M40	5:18.5	
Steve Fuller	M60	5:38.5	<b>PBA</b>
Robin King	W55	6:36.1	
Dante Giacomini	M45	6:42.2	
Tina Runnion	W50	7:28.2	<b>PBA</b>

#### 100m

Colin Smith	M50	15.6	
Carmel Meyer	W50	15.7	
Isabella Tolardo	Vis	15.8	
Frank Price	M60	24.7	

Maureen Keshwar	W60	16.0	<b>SB</b>
Mitch Thomas	Vis	17.0	
Carolyn Fawcett	W60	22.0	<b>SB</b>

#### 2000m walk

John Smith	M75	15:57.4	
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#### 5000m

Kim Thomas	M40	18:58.6	
Rob Colton	M50	20:31.7	
Sue Bourn	W45	22:23.7	
Dante Giacomini	M45	24:42.6	
Kem Hassan	M40	26:54.0	
Monique Thomas	W35	30:04.2	
Mitch Thomas	Vis	30:04.7	
Bob Fawcett	M60	33:11.7	<b>SB</b>
Carolyn Fawcett	W60	36:32.9	

#### 5000m walk (not judged)

Declan Tingay	Vis	26:32.9	
Karyn Tolardo	W45	31:16.9	<b>SB</b>
Robin King	W55	31:26.3	
Sonia Tingay	W40	36:57.9	

#### Long Jump

Steve Fuller	M60	4.35	<b>PBA</b>
Nick Fairweather	M60	3.55	

**Strive Interclub, WAAS – March 7****100m**

Glenn Ross	M40	11.67 +0.5	<b>SB</b>
Barrie Kernaghan	M70	15.59 +0.9	
Alan Deans	M60	17.45 +0.9	

**200m**

Glenn Ross	M40	23.00 +1.5	<b>SB</b>
Paul Jeffery	M40	24.32 +1.5	<b>PBA</b>
Rudy Kocis	M50	24.49 +0.9	<b>SB</b>
Barrie Kernaghan	M70	31.10 +1.2	

**800m**

Scott Tamblin	M30	1:54.92	<b>SB</b>
Alan Deans	M60	3:16.37	

**Long Jump**

Paul Jeffery	M40	6.08 +1.5	<b>SB</b>
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**Discus**

Paul Jeffery	M40	37.97	<b>PBA</b>
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**Hammer**

Byrony Glass	W35	49.94	
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**WAAS – March 11****400m**

Bernie Riviere	M45	62.4	<b>PBA</b>
Maurice Pascal	M40	63.1	
Mark Dawson	M50	65.1	<b>PBA</b>
David Adams	M35	73.1	

Carmel Meyer	W50	73.6	<b>SB</b>
Marg Saunders	W60	75.6	
Fran Cherry	W50	82.5	<b>SB</b>
Barrie Kernaghan	M70	85.4	

**1500m**

Steve Weller	M35	5:11.9	<b>SB</b>
Ross Keane	M50	5:16.5	<b>SB</b>
Niamh Keane	W45	5:24.4	<b>SB</b>
David Adams	M35	5:52.6	
Campbell Till	M55	5:54.3	
John Collier	M45	5:56.7	
John Oldfield	M70	6:06.5	<b>PBA</b>
Blakeney Tindall	M50	6:16.2	
David Brook	Vis	6:37.8	
John Dennehy	M50	7:20.7	
Christine Oldfield	W65	7:59.2	<b>SB</b>

**4000m**

Paul Hughes	M60	15:40.3	
Steve Weller	M35	15:40.6	
David Brook	Vis	17:34.5	
John Collier	M45	18:16.0	

**3000m**

Ross Keane	M50	12:26.2	
John Oldfield	M70	13:35.7	

**3000m Walk**

Wendy Farrow	W45	19:31.2	<b>SB</b>
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**100m**

Bernard Riviere	M45	12.3	
Maurice Pascal	M40	12.8	
Dave Wyatt	M60	13.8	
David Adams	M35	15.1	

Fran Cherry	W50	15.5	
Carmel Meyer	W50	15.5	
Blakeney Tindall	M50	16.5	
Barrie Kernaghan	M70	16.5	

**Long Jump**

Leanne Hyland	W30	3.81	
Melissa Foster	W35	5:38	
Fran Cherry	W50	3.24	
Gay Wyatt	W60	3.09	
Geoff Brayshaw	M60	4.22	

**Shot Put**

Leanne Hyland	W30	6.74	
Melissa Foster	W35	9.08	
Anne Travis	W40	6.58	

**ECAC - 13 March****60m**

Mark Howard	M40	8.4	<b>SB</b>
Colin Smith	M50	8.8	
Nick Miletic	M60	9.9	<b>SB</b>

Lisa Limonas	W45	9.0	
Nick Fairweather	M60	9.2	<b>SB</b>
Maureen Keshwar	W60	10.0	
Carmel Meyer	W50	10.3	

Brian Hewitt	M60	10.4	
Irwin Barrett-Lennard	M80	12.2	
Tom Crossen	M75	12.3	
John Fisher	M50	12.4	

**Long Jump**

Lisa Limonas	W45	4.22	<b>PBA (w/a?)</b>
Melissa Foster	W35	5.44	<b>PBA (w/a?)</b>

**200m**

Colin Smith	M50	30.2	
Lisa Limonas	W45	30.4	
Nick Fairweather	M60	33.7	<b>SB</b>
Nick Miletic	M60	33.9	<b>SB</b>
Irwin Barrett-Lennard	M80	42.2	

Sue Bourn	W45	32.3	
Maureen Keshwar	W60	36.2	
Carol Bowman	W55	39.0	
John Oldfield	M70	40.5	<b>SB</b>
John Fisher	M50	40.9	

**3000m**

Ross Keane	M50	11:54.8	
Brian Hewitt	M60	12:18.2	
Sue Bourn	W45	12:57.5	<b>SB</b>
Maurice Creagh	M65	13:03.5	<b>SB</b>
John Oldfield	M70	13:18.5	
John Fisher	M50	13:48.3	<b>PBA</b>
Kem Hassan	M40	15:06.7	
Aub Davie	M75	17:45.1	<b>SB</b>

**800m**

Ross Keane	M50	2:31.5	<b>SB</b>
Brian Hewitt	M60	2:46.6	
Maurice Creagh	M65	2:56.6	<b>SB</b>
John Fisher	M50	3:05.1	<b>PBA</b>
Carmel Meyer	W50	3:07.8	
Robin King	W55	3:16.9	
Kem Hassan	M40	3:18.8	
Carol Bowman	W55	3:19.5	
Nick Miletic	M60	3:35.7	
Aub Davie	M75	4:05.8	

**3000m walk**

Robin King	W55	17:52.0	<b>PBA</b>
Karyn Tolardo	W45	18:03.0	<b>SB</b>
Isabella Tolardo	VIS	18:29.0	
Tom Lenane	M50	18:55.7	
John Smith	M75	21:42.5	??

**Strive, WAAS – March 14****100m**

Glenn Ross	M40	11.71	+1.9	
Rudy Kocis	M50	11.84	+2.1	<b>PBA e/t</b>
Greg Brennan	M45	12.36	+3.9	<b>PBA e/t</b>
Alan Deans	M60	17.18	+2.2	<b>SB=</b>

**Discus**

Rob Shand	M80	18.41	
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**Javelin**

Rob Shand	M80	20.95	<b>SB</b>
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**1500m**

Scott Tamblin	M30	3:58.36	
Mark Dawson	M50	5:23.91	
Alan Deans	M60	6:55.35	

**WAAS – March 18****60m**

Rudy Kocis	M50	7.4	
Wendy Seegers	W35	7.5	
Rob Colton	M50	8.8	<b>PBA</b>
David Adams	M35	9.1	<b>SB</b>

**200m**

Rudy Kocis	M50	24.3	<b>SB</b>
Wendy Seegers	W35	25.3	
Steve Fuller	M60	29.0	
Rob Colton	M50	30.9	

Steve Fuller	M60	8.5	
Lynne Choate	W60	9.0	<b>PBA=</b>
Fran Cherry	W50	9.4	
Barrie Kernaghan	M70	9.8	

Lynne Choate	W60	31.4	<b>PBA</b>
Barrie Kernaghan	M70	31.8	
Fran Cherry	W50	33.0	<b>PBA=</b>
Blakeney Tindall	M50	34.5	<b>PBA</b>

**800m**

Rob Colton	M50	2:32.4	
Campbell Till	M55	2:40.3	
Steve Fuller	M60	2:44.0	
Niamh Keane	W45	2:44.3	
David Adams	M35	2:55.8	
Maurice Creagh	M65	3:02.8	
John Collier	M45	3:04.8	

**5000m**

Grahak Cunningham	M35	19:58.2	
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**3000m**

David Adams	M35	12:27.7	<b>SB</b>
David Brook	M50	12:45.8	
John Collier	M45	12:55.5	
Maurice Creagh	M65	14:39.6	
Blakeney Tindall	M50	15:32.6	

Grahak Cunningham	M35	2:47.1	
Blakeney Tindall	M50	2:56.6	<b>SB</b>
Carmel Meyer	W50	2:59.1	
Ivan Brown	M65	3:00.6	<b>SB</b>
David Brook	M50	3:17.2	
Carol Bowman	W55	3:19.9	
John Dennehy	M50	3:35.3	
Christine Oldfield	W65	3:59.2	<b>SB</b>

**3000m Walk**

Isabella Tolardo	VIS	18:10.2	
Karyn Tolardo	W45	18:36.9	

**Long Jump**

Fran Cherry	W50	3.51	
Leanne Hyland	W30	4.07	
Rob Colton	M50	3.70	

**ECAC - 20 March****100m**

Colin Smith	M50	13.5	
Jeff Bremner	M50	14.3	
Mitch Thomas	VIS	15.9	
Bob Fawcett	M60	19.2	<b>SB</b>
John Fisher	M50	19.6	

Carmel Meyer	W50	15.6	
Maureen Keshwar	W60	16.1	
Brian Hewitt	M60	16.2	
Carolyn Fawcett	W60	22.1	
Lynne Schickert	W70	23.7	

**2000m**

Mitch Thomas	VIS	7:01.7	
Brian Hewitt	M60	7:55.1	
Campbell Till	M55	8:00.0	
John Fisher	M50	8:41.2	<b>SB</b>
Kem Hassan	M40	9:06.8	
David Carr	M80	9:10.5	
Carol Bowman	W55	9:35.9	
Carolyn Fawcett	W60	12:51.7	<b>PBA</b>

**2000m walk**

Robin King	W55	11:35.2	<b>PBA</b>
Sonia Tingay	W40	13:55.4	
Lynne Schickert	W70	14:43.8	<b>SB</b>
John Smith	M75	14:57.1	

<b>400m</b>				Brian Hewitt	M60	74.8	
Colin Smith	M50	63.2		Mercurio Cicchini	M60	83.4	
Jeff Bremner	M50	65.0		John Fisher	M50	84.4	<b>PBA</b>
Colin Shaw	M50	69.9	<b>PBA</b>				
Carmel Meyer	W50	74.4					

### Strive, WAAS – March 21

<b>100m</b>			
Greg Brennan	M45	12.42	+0.3
Rudy Kocis	M50	12.25	+0.3
Barrie Kernaghan	M70	15.17	+0.7
Alan Deans	M60	17.33	+0.7
Fran Cherry	W50	15.57	-0.7

<b>200m</b>			
Bernard Riviere	M45	26.07	+0.2
Barrie Kernaghan	M70	31.60	+0.2
Fran Cherry	W50	33.28	-0.6

<b>1500m</b>			
Mark Dawson	M50	5:28.52	
Alan Deans	M60	6:50.42	

### WAAS – March 25 (note all sprints were wind-assisted)

<b>100m</b>			
Wendy Seegers	W35	12.4	
Colin Smith	M50	12.7	<b>PBA w/a</b>
Mark Elms	Vis	13.0	
David Adams	M35	15.0	

Ross Keane	M50	15.3	<b>PBA w/a</b>
Barrie Kernaghan	M70	15.5	
Fran Cherry	W50	15.5	

<b>400m</b>			
Colin Smith	M50	60.1	
Campbell Till	M55	63.6	
Mark Elms	Vis	65.5	
Rob Colton	M50	68.3	

David Adams	M35	72.7	
Blakeney Tindall	M50	76.2	
John Dennehy	M50	80.9	
Barrie Kernaghan	M70	82.3	

### ECAC - 27 March

<b>300m</b>			
Colin Smith	M50	57.3	
Kim Thomas	M40	59.3	
Nick Fairweather	M60	59.7	
John Fisher	M50	65.4	

<b>1000m</b>			
Bernadette Benson	W45	3:40.0	<b>PBA</b>
Kim Thomas	M40	3:40.4	
David Carr	M80	3:57.5	
Maurice Creagh	M65	4:01.6	
John Oldfield	M70	4:09.3	<b>PBA</b>
John Fisher	M50	4:12.0	
Carol Bowman	W55	4:22.2	
Frank Gardiner	M60	4:27.3	
Sarah Ladwig	W60	5:11.7	

<b>1000m walk</b>			
John Smith	M75	7:59.8	

<b>10,000m (John Gilmour 10k)</b>			
Scott Tamblin	M30	32:00.9	<b>SR</b>

<b>High Jump</b>			
Chris Anderson	M45	1.75	

<b>Pole Vault</b>			
Vicki Cobby	W40	2.10	<b>SR</b>

<b>Discus</b>			
Matt Staunton	M40	39.17	

<b>Hammer</b>			
Matt Staunton	M40	41.89	
Byrony Glass	W35	49.36	

<b>1500m</b>			
Ross Keane	M50	5:10.9	<b>SB</b>
Grahak Cunningham	M35	5:29.3	
Rob Colton	M50	5:33.9	
Kim Thomas	M40	5:38.9	
David Adams	M35	6:23.7	
Karyn Gower	W50	6:31.0	
Christine Oldfield	W65	8:03.8	

<b>Javelin</b>			
Geoff Brayshaw	M60	29.18	
Grahak Cunningham	M35	27.04	
Rob Shand	M80	20.18	

<b>2000m</b>			
David Lee	Vis	7:13.0	
David Brook	M50	8:00.6	
David Adams	M35	8:16.0	<b>SB</b>
Karen Peace	W40	8:53.7	
Blakeney Tindall	M50	9:05.9	

<b>60m</b>			
Colin Smith	M50	9.0	
Nick Fairweather	M60	9.1	<b>SB</b>
Kim Thomas	M40	11.0	
John Fisher	M50	13.0	
Frank Price	M60	15.1	

<b>3000m</b>			
Bernadette Benson	W45	11:31.4	<b>PBA</b>
Kim Thomas	M40	11:39.1	
Sue Bourn	W45	12:47.0	<b>SB</b>
Frank Gardiner	M60	12:58.9	
Maurice Creagh	M65	13:08.7	
John Fisher	M50	14:00.0	
John Oldfield	M70	14:58.1	
Frank Price	M60	17:41.6	

<b>3000m walk</b>			
Sarah Ladwig	W60	22:44.1	
John Smith	M75	24:44.5	

**Strive, WAAS – March 28**

**100m**

Glenn Ross	M40	11.74 +0.2
Alan Deans	M60	17.46 +0.3

**200m**

Glenn Ross	M40	23.45 +0.2
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**800m**

Alan Deans	M60	3:19.96
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**3000m**

Scott Tamblin	M30	8:35.9	<b>SB</b>
Bruce Wilson	M65	12:26.1	

**STATE, NATIONAL and WORLD INDOOR CHAMPIONSHIPS, plus Bunbury/parkrun results are on the following pages**

**AMA National Championships, Hobart – March 8-10 (Pentathlons bottom of next page)**

**60m prelims**

Colin Smith M50 8.19 +1.7 q

**60m finals**

Andy Taylor M35 7.60 nwi 4/6  
 Greg Brennan M45 7.90 nwi 5/7  
 Colin Smith M50 8.13 nwi 5/8 **SB**  
 Nick Miletic M60 10.09 nwi 6/6 **SB**  
 David Carr M80 10.73 nwi **SILVER**  
 Wendy Seegers W35 7.92 nwi **GOLD**  
 Brenda Painter W65 11.08 nwi **SILVER**

**100m prelims**

Greg Brennan M45 12.49 -0.5 Q **SB**  
 Colin Smith M50 13.11 +0.9 **SB**

**100m finals**

Andy Taylor M35 11.96 -0.8 4/7  
 Greg Brennan M45 12.56 -0.8 5/7  
 Nick Miletic M60 16.06+1.5 **SB** 6/6  
 Don Chambers M75 15.53 -1.7 **SILVER**  
 David Carr M80 17.20-1.8 **SR GOLD**  
 Carol Bowman W55 18.36 -0.2 5/5  
 Brenda Painter W65 18.01 -1.5 **SILVER**

**200m prelims**

Greg Brush M45 28.59 +0.2 Q  
 Colin Smith M50 26.68 +2.0 q **SB**  
 Wendy Seegers W35 29.03 +0.7 Q

**200m finals**

Greg Brush M45 26.62 -0.1 6/8 **SB**  
 Colin Smith M50 27.09 -0.5 7/8  
 Nick Miletic M60 35.12 -0.9 6/6  
 Ivan Brown M65 35.08 +0.0 5/5  
 Don Chambers M75 34.45 nwi **BRONZE**  
 David Carr M80 34.73 nwi **GOLD**  
 Irwin Barrett-Lennard M80 41.31 nwi **BRONZE**  
 Wendy Seegers W35 25.74 +1.0 **GOLD**  
 Sharon Davis W40 29.08 +0.9 **BRONZE**  
 Vicki Cobby W40 30.19 +0.9 4/7 **SB**  
 Brenda Painter W65 40.23 nwi **SILVER**

**400m**

Colin Smith M50 59.37 4/8  
 Nick Miletic M60 86.19 **BRONZE**  
 David Carr M80 1:34.85 **GOLD**  
 Wendy Seegers W35 60.01 **GOLD PBA**  
 Sharon Davis W40 64.17 **GOLD PBA**  
 Vicki Cobby W40 69.65 **BRONZE**  
 Carol Bowman W55 82.72 **BRONZE**

**800m**

Bjorn Dybdahl M60 2:40.16 **BRONZE**  
 Nick Miletic M60 3:35.36 5/5 **/SB**  
 Maurice Creagh M65 3:08.71 7/8  
 Ivan Brown M65 3:09.96 8/8  
 David Carr M80 3:00.65 **GOLD**  
 Rosemary Giles W35 2:47.08 **BRONZE**  
 Sharon Davis W40 2:31.69 **SILVER SB**  
 Vicki Cobby W40 2:58.34 **BRONZE**

**1500m**

Rob Nichols M35 4:31.08 **SILVER**  
 Steve Giles M55 5:16.86 7/8  
 Bjorn Dybdahl M60 5:14.13 **SB** 4/6  
 Maurice Creagh M65 5:57.48 **SB** 6/10  
 Ivan Brown M65 5:59.13 **SB** 7/10  
 David Carr M80 6:31.59 **SB GOLD**  
 Rosemary Giles W35 5:27.60 **SILVER**  
 Sharon Davis W40 5:25.87 **PBA SILVER**

**5000m**

Rob Nichols M35 16:35.80 **SILVER PBA**  
 Bjorn Dybdahl M60 19:59.97 5/5  
 Ivan Brown M65 23:17.20 6/7 **SB**  
 Irwin Barrett-Lennard M80 28:44.50 **GOLD SB**  
 Rosemary Giles W35 20:15.82 **SILVER**  
 Claire Walkley W45 24:33.78 6/7  
 Carey Dickason W60 27:35.32 **SILVER**

**10,000m**

Steve Giles M55 39:25.27 **SILVER**  
 Irwin Barrett-Lennard M80 59:34.39 **GOLD**  
 Rosemary Giles W35 41:45.02 **GOLD**  
 Claire Walkley W45 47:43.90 **PBA BRONZE**  
 Julie Wilson W60 55:57.37 **GOLD**  
 Carey Dickason W60 58:40.63 **SILVER**

**80m hurdles**

Don Chambers M75 19.09 +2.3 **GOLD**  
 Vicki Cobby W40 14.86 +0.7 **SILVER**

**300m hurdles**

Nick Miletic M60 66.14 **BRONZE**  
 Don Chambers M75 62.00 **SB GOLD**

**400m hurdles**

Sharon Davis W40 68.45 **GOLD**  
 Vicki Cobby W40 74.57 **SILVER**

**3000m steeplechase**

Rob Nichols M35 11:00.33 **GOLD**

**2000m steeplechase**

Bjorn Dybdahl M60 8:30.24 5/7  
 Michael Lee M60 9:29.79 6/7  
 Nick Miletic M60 12:08.53 7/7  
 Maurice Creagh M65 9:22.57 **GOLD PBA**  
 David Carr M80 9:52.23 **GOLD**  
 Carol Bowman W55 11:01.45 **GOLD**  
 Julie Wilson W60 11:12:01 **GOLD**  
 Lynne Schickert W70 16:22.02 **GOLD**

**1500m walk**

Daniel Lowe M35 8:25.26 **GOLD**  
 David Smyth M40 7:04.86 **PBA SILVER**  
 Garry Hastie M50 6:43.78 **SB GOLD**  
 Lynne Schickert W70 14:40.91 **BRONZE**

**5000m walk**

Daniel Lowe M35 30:20.01 **GOLD PBA**  
 David Smyth M40 26:43.28 **SILVER PBA**  
 Garry Hastie M50 24:59.28 **GOLD SR**  
 Lynne Schickert W70 38:30.94 **BRONZE**

**10,000m road walk**

Daniel Lowe M35 1:01:28 **GOLD**  
 David Smyth M40 0:57:47 **SILVER**  
 Garry Hastie M50 0:51:50 **GOLD SB**  
 Lynne Schickert W70 1:20:35 **BRONZE**

**High Jump**

Garry Hastie M50 1.38 **BRONZE SB**  
 Colin Smith M50 1.35 4/5 **PBA**  
 Greg Wilson M65 1.33 **SILVER**  
 Vicki Cobby W40 1.30 **SILVER**  
 Brenda Painter W65 1.02 **SILVER**

**Pole Vault**

Greg Wilson M65 1.90 **SILVER**  
 Vicki Cobby W40 1.80 **SR GOLD**

### Long Jump

Greg Brush	M45	5.56	-0.9	<b>GOLD</b>
Don Chambers	M75	3.46	-1.5	<b>SILVER</b>
Vicki Cobby	W40	4.37	+0.4	<b>GOLD</b>
Cathy McCloskey	W50	3.63	+0.0	<b>SILVER</b>
Carey Dickason	W60	2.54	+0.0	<b>4/5 PBA</b>
Brenda Painter	W65	2.88	nwi	<b>BRONZE</b>
Lynne Schickert	W70	2.11	-0.6	<b>GOLD</b>

### Triple Jump

Don Chambers	M75	7.66	+0.0	<b>SILVER SB</b>
Vicki Cobby	W40	9.49	+0.0	<b>GOLD PBA</b>
Carey Dickason	W60	5.96	+0.0	<b>BRONZE PBA</b>
Brenda Painter	W65	6.54	+0.5	<b>GOLD</b>
Lynne Schickert	W70	5.35	+0.3	<b>GOLD</b>

### Discus

Matt Staunton	M40	41.47		<b>GOLD</b>
Todd Davey	M45	39.40		<b>GOLD</b>
Andrew Ward	M50	30.07		5/8
Greg Wilson	M65	29.87		<b>SILVER</b>
Paula Kennedy	W45	25.90		<b>GOLD</b>

### Hammer

Matt Staunton	M40	44.04		<b>GOLD</b>
Todd Davey	M45	32.19		<b>SILVER</b>
Don Chambers	M75	23.41		<b>GOLD</b>
Paula Kennedy	W45	26.08		<b>GOLD PBA</b>
Carey Dickason	W60	18.10		<b>SILVER SB</b>

### Javelin

Matt Staunton	M40	41.77		<b>BRONZE</b>
Todd Davey	M45	36.10		<b>BRONZE</b>
Garry Hastie	M50	37.80	<b>PBA</b>	<b>SILVER</b>
Andrew Ward	M50	35.12	<b>PBA</b>	<b>BRONZE</b>
Greg Wilson	M65	28.62	<b>PBA</b>	<b>GOLD</b>
Paula Kennedy	W45	27.20	<b>SR</b>	<b>GOLD</b>

### Shot

Matt Staunton	M40	11.60	<b>GOLD</b>
Todd Davey	M45	11.74	<b>SILVER</b>
Greg Wilson	M65	8.78	<b>SILVER</b>
Vicki Cobby	W40	8.00	5/7
Paula Kennedy	W45	9.21	<b>GOLD</b>

### Weight Throw

Matt Staunton	M40	13.57	<b>GOLD</b>
Todd Davey	M45	11.05	<b>GOLD</b>
Don Chambers	M75	11.14	<b>GOLD</b>
Paula Kennedy	W45	8.65	<b>GOLD</b>

### 4x100m relay

Sharon Davis, Vicki Cobby,	57.91	<b>BRONZE</b>
Carol Bowman, Wendy Seegers	<b>SR</b>	
Julie Wilson, Brenda Painter,	1:21.73	5/5
Lynne Schickert, Carey Dickason		

### 4x400m relay

Maurice Creagh, Nick Miletic,	5:21.92	4/4
David Carr, David Solomon		
Carol Bowman, Vicki Cobby,	4:36.06	<b>BRONZE SR</b>
Sharon Davis, Wendy Seegers		

### 8km Cross-country run

Rob Nichols	M35	29:40	<b>SILVER</b>
David Solomon	M45	32:47	6/10
Steve Giles	M55	33:33	4/5
Michael Lee	M60	40:25	6/6
Irwin Barrett-Lennard	M80	49:42	<b>GOLD</b>
Rosemary Giles	W35	35:29	<b>SILVER</b>
Claire Walkley	W45	44:13	6/8
Carol Bowman	W55	45:09	<b>GOLD</b>
Julie Wilson	W60	48:41	<b>GOLD</b>

### Outdoor Pentathlon – Launceston, 7 March

Ian Cotton	M45	2107	<b>SILVER</b>
Greg Wilson	M65	1798	<b>BRONZE</b>
Julie Wilson	W60	1695	<b>SILVER</b>
Carey Dickason	W60	1616	<b>BRONZE</b>

### Throws Pentathlon – Launceston, 7 March

Matt Staunton	M40	3249	<b>GOLD SR</b>
Todd Davey	M45	3041	<b>GOLD</b>
Andrew Ward	M50	2086	4/4

### Throws Pentathlon

		Hammer	Shot	Discus	Javelin	Weight Throw
Matt Staunton	M40	41.11m 615	12.46m 720	37.22m 685	41.47m 516	13.41m 713
Todd Davey	M45	31.93m 505	11.37m 708	37.60m 773	35.58m 467	10.61m 588
Andrew Ward	M50	20.41m 258	8.63m 492	28.44m 446	33.49m 458	9.20m 432

### Outdoor Pentathlon (men)

		LJ	JT	200	DT	1500
Ian Cotton	M45	3.12m -0.4 582	34.64m 451	27.82 +0.5 548	ND 0	5:35.18 526
Greg Wilson	M65	3.38m -0.8 407	27.05m 475	41.34 -0.9 103	28.11m 518	7:48.47 295

### Outdoor Pentathlon (Oceania version - women)

		100	SP	LJ	JT	800
Julie Wilson	W60	19.64 -0.5 330	4.92m 359	2.48m -0.7 214	14.26m 326	3:36.32 466
Carey Dickason	W60	20.28 -0.5 270	5.62m 427	2.65m -0.1 265	9.41m 187	3:36.24 467

## State Masters Championships (preliminary events)

March 15, WAAS

### Pentathlon – women (Oceania)

		<b>100</b>	<b>SP</b>	<b>LJ</b>	<b>JT</b>	<b>800</b>
Sue Bourn	W45	14.6 <b>SB</b>	6.43m	3.61m	13.20m <b>PBA</b>	2:52.0 <b>PBA</b>
1	<b>2235 PBA</b>	657	378	367	224	609
Carmel Meyer	W50	15.1 <b>PBA</b>	7.04m	3.66m	17.18m <b>SB</b>	2:55.8 <b>SB</b>
1	<b>2563 PBA</b>	668	456	448	337	654
Fran Cherry	W50	15.2 <b>SB</b>	6.07m	3.32m	13.07m	3:24.7 <b>PBA</b>
2	<b>1993 PBA</b>	653	377	345	237	381
Carolyn Fawcett	W60	21.9 <b>SB</b>	5.18m	1.96m	10.79m <b>SB</b>	4:40.8 <b>PBA</b>
1	<b>895 SB</b>	124	385	78	226	82
Lynne Schickert	W70	22.5	4.69m	2.19m	10.05m <b>SB</b>	5:03.6
1	<b>1371</b>	230	445	244	284	168

### Pentathlon – men

		<b>LJ</b>	<b>JT</b>	<b>200m</b>	<b>DT</b>	<b>1500m</b>
Steve Chilcott	M30	5.85m <b>SB</b>	45.64m	24.9 <b>SB</b>	32.36m	5:35.6 <b>SB</b>
1	<b>2554 SB</b>	554	524	593	511	372
Paul Jeffery	M40	6.26m <b>PBA</b>	51.93m	24.2	36.86m	4:42.5 <b>PBA</b>
1	<b>3639 AR</b>	771	684	755	677	752
Mark Jeffery	M40	5.82m	48.47m	25.4	34.76m	5:23.9
2	<b>3084</b>	661	628	652	630	513
Kim Thomas	M40	4.39m	36.04m <b>PBA</b>	28.7 <b>PBA</b>	21.15m	4:43.3 <b>PBA</b>
3	<b>2318 PBA</b>	341	430	466	334	747
Geoff Bailey	M40	4.65m	22.25m	28.7	25.78m	DNF
4	<b>1449</b>	394	218	404	433	0
Andrew Brooker	M45	5.59m <b>PBA</b>	39.38m <b>SB</b>	27.3	25.93m <b>PBA</b>	4:38.5 <b>PBA</b>
1	<b>3127 SR</b>	686	532	568	489	852
Chris Neale	M45	5.51m <b>PBA</b>	29.42m	25.8	29.14m	5:17.5
2	<b>2901</b>	666	362	687	566	620
Mark Elms	M45	4.76m	32.06m	26.9	17.28m	6:15.7
3	<b>2109</b>	479	407	598	287	338
Garry Hastie	M50	4.01m	30.66m	30.0	23.59m	5:24.2 <b>PBA</b>
1	<b>2230</b>	367	408	444	350	661
Craig van Waardenburg	M50	4.12m	33.81m <b>PBA</b>	30.0	29.56m	6:11.7
2	<b>2197</b>	394	464	444	468	427
Colin Smith	M50	4.25m <b>PBA</b>	14.89m	26.9	17.94m	5:52.5
3	<b>1988</b>	425	138	668	241	516
Rob Colton	M50	3.90m	19.90m <b>PBA</b>	30.0 <b>PBA</b>	16.94m	5:16.0 <b>SB</b>
4	<b>1937 PBA</b>	343	222	444	222	706
Wayne Rubick	M50	3.42m	23.49m	32.9	24.06m	6:39.4
5	<b>1465</b>	239	283	272	359	312
Tom Gravestock	M55	3.80m <b>SB</b>	25.02m	34.2	37.96m	DNF
1	<b>1699</b>	378	348	265	708	0
Steve Fuller	M60	4.00m	32.00m <b>SB</b>	28.8 <b>SB</b>	30.05m	5:45.1
1	<b>2920 SB</b>	508	518	672	503	719
Geoff Brayshaw	M60	4.15m	32.37m <b>SB</b>	30.8 <b>SB</b>	32.89m	8:29.6 <b>SB</b>
2	<b>2284 PBA</b>	552	526	531	563	112
Nick Miletic	M60	3.07m	18.45m	37.3	21.56m	7:47.1
3	<b>1233</b>	259	244	181	327	222
Bob Fawcett	M60	2.47m	17.67m <b>SB</b>	41.6 <b>SB</b>	20.03m	DNF
4	<b>696 PBA</b>	126	229	45	296	0
Peter Gare	M70	3.35m	22.82m	33.4 <b>SB</b>	25.97m	8:17.4
1	<b>2271</b>	485	418	543	528	297
Leon Sander	M75	2.94m	10.00m	33.0	23.38m	7:37.0 <b>SB</b>
1	<b>2371</b>	439	147	689	534	562



## Throws Pentathlon

		HT	Sh	D	J	WT
Byrony Glass 1 <b>3355</b>	W35	47.32m 972	10.86m 612	<b>SB</b> 31.39m 511	20.66m 325	<b>PBA</b> 15.69m 935
Kate Glass 1 <b>3037</b>	W60	27.26m 752	8.23m 684	21.43m 542	<b>SB</b> 17.47m 418	10.26m 641 <b>SB</b>
Bev Hamilton 1 <b>3272</b>	W65	26.27m 816	7.41m 681	20.47m 590	16.29m 441	10.62m 744
Steve Chilcott 1 <b>2251</b>	M30	24.34m 260	10.55m 519	33.27m 529	<b>SB</b> 41.14m 459	10.57m 484 <b>SB</b>
Geoff Balley 1 <b>1446</b>	M40	18.73m 209	7.99m 419	23.44m 383	21.50m 207	5.45m 228
Craig van Waardenburg 1 <b>2651</b>	M50	32.36m 486	10.48m 623	29.14m 460	32.55m 442	12.72m 640
Andrew Ward 2 <b>2263</b> <b>PBA</b>	M50	23.47m 316	<b>SB</b> 8.93m 513	30.29m 483	34.55m 477	9.92m 474
Tom Gravestock 1 <b>2804</b>	M55	33.32m 574	9.31m 595	35.68m 657	27.32m 392	11.03m 586
Bob Fergie 1 <b>2397</b>	M75	23.08m 510	7.21m 525	19.10m 413	18.57m 372	9.95m 577
Jeff Whittam 2 <b>1593</b>	M75	18.68m 387	5.19m 347	14.22m 279	9.50m 134	8.05m 446

## March 20 – ECAC – 10,000m

Monique Thomas	W36	1:04:26.0		Daniel Sheehan	M60	40:59.1
Bernadette Benson	W44	41:11.0 <b>PBA</b>		Giovanni Puglisi	M63	41:10.9 <b>PBA</b>
Trish Farr	W42	44:41.0 <b>PBA</b>		Bjorn Dybdahl	M60	41:44.2 <b>PBA</b>
Sue Bourn	W47	46:58.8		Christopher Maher	M60	41:50.3
Jo Clarkson	W58	45:09.5		Michael Lee	M64	46:14.9 <b>PBA</b>
Rob Nichols	M36	35:35.7		Milton Mavrick	M60	48:17.9 <b>PBA</b>
Todd Ingraham	M40	34:37.2		Frank Price	M64	58:38.0
Kim Thomas	M40	37:10.5 <b>PBA</b>		Jim Langford	M69	42:57.1
Ante Perdija	M42	40:51.4		Keith Miller	Vis	45:43.5
David Solomon	M49	40:28.8		Bert Carse	M72	45:40.7 <b>SB</b>
Matthew Fogarty	Vis	40:48.2		John Oldfield	M70	47:33.0 <b>PBA</b>
Ross Keane	M52	42:17.9		Bob Schickert	M72	59:41.8
Mark Dawson	M53	43:17.2 <b>SB</b>		Irwin Barrett-Lennard	M84	1:00:11.9
Mickey Muroi	M56	42:16.4 <b>SB</b>				

## Tuesday March 25, WAAS – steeplechases

### 2000m steeplechase

Monique Thomas	W35	12:19.7
Tina Runnion	W50	12:42.2
<b>Margaret Saunders</b>	<b>W60</b>	<b>9:14.8 SR</b>
Julie Wilson	W60	10:41.9
Bjorn Dybdahl	M60	7:54.3
Giovanni Puglisi	M60	8:00.4
Michael Lee	M60	9:37.0
Maurice Creagh	M65	9:44.7
Greg Wilson	M65	10:57.7 <b>PBA</b>
Bert Carse	M70	9:08.9
John Oldfield	M70	9:46.0
David Carr	M80	10:25.7
Cecil Walkley	M80	20:03.1

### 3000m steeplechase

Rob Nichols	M35	10:42.5 <b>SB</b>
Kim Thomas	M40	11:39.9 <b>PBA</b>
Ante Perdija	M40	12:39.8
Rob Colton	M50	13:59.8
Colin Shaw	M50	14:38.2

## WA State Championships weekend, WAAS – Sat/Sun March 29/30

*Note: "Temp" indicates non-member who has taken temporary membership to compete at the Championships*

### Women

#### 60m

Zuzana Pastuskova	Temp	8.68	
Sally-Anne Smith	Temp	9.39	
Vicki Cobby	W40	9.09	<b>SB</b>
Sue Bourn	W45	9.12	
Fran Cherry	W50	9.51	
Carmel Meyer	W50	9.62	
Barbara Dearden	W55	9.75	
Carol Bowman	W55	11.16	
Maureen Keshwar	W60	10.09	
Barbara Wilson	W60	10.81	<b>PBA</b>
Brenda Painter	W65	10.89	
Ruth Johnson	W70	11.23	

#### 100m

Wendy Seegers	W35	12.53	
Zuzana Pastuskova	Temp	14.05	
Sally-Anne Smith	Temp	15.42	
Vicki Cobby	W40	14.59	
Sue Bourn	W45	14.78	
Kathy Lawson	W45	14.79	
Carmel Meyer	W50	15.30	
Fran Cherry	W50	15.74	
Barbara Dearden	W55	15.53	<b>PBA</b>
Carol Bowman	W55	18.31	
Maureen Keshwar	W60	16.35	
Brenda Painter	W65	17.75	
Ruth Johnson	W70	18.23	

#### 200m

Sally-Anne Smith	Temp	32.52	
Sharon Davis	W40	28.01	<b>SB</b>
Vicki Cobby	W40	29.67	<b>PBA</b>
Lisa Limonas	W45	29.89	<b>PBA</b>
Sue Bourn	W45	31.12	<b>PBA</b>
Carmel Meyer	W50	31.48	w/a
Fran Cherry	W50	33.97	w/a
Carol Bowman	W55	36.94	w/a <b>SB</b>
Maureen Keshwar	W60	35.41	w/a <b>PBA</b>
Brenda Painter	W65	38.57	w/a <b>SB</b>
Ruth Johnson	W70	37.98	w/a <b>SB</b>

#### 400m

Kristy Devereux	W30	70.70	<b>PBA</b>
Wendy Seegers	W35	59.98	<b>PBA</b>
Sally-Anne Smith	Temp	71.78	
Vicki Cobby	W40	67.52	
Sue Bourn	W45	71.13	<b>PBA</b>
Carmel Meyer	W50	70.92	<b>PBA</b>
Carol Bowman	W55	81.79	
Margaret Saunders	W60	74.47	
Carolyn Fawcett	W65	2:00.89	
Ruth Johnson	W70	1:31.80	

#### 800m

Kristy Devereux	W30	2:55.96	<b>PBA</b>
Rosemary Giles	W35	2:40.82	<b>PBA</b>
Monique Thomas	W35	3:57.87	<b>SB</b>
Sharon Davis	W40	2:37.94	
Vicki Cobby	W40	2:54.79	
Niamh Keane	W45	2:39.31	<b>SB</b>
Julie Keeley	W45	4:31.76	
Carmel Meyer	W50	2:58.36	
Tina Runnion	W50	3:39.33	
Carol Bowman	W55	3:16.21	<b>SB</b>
Margaret Saunders	W60	2:48.43	<b>SR</b>
Carolyn Fawcett	W60	4:42.63	
Val Prescott	W70	5:38.30	

#### 1500m

Sally-Anne Smith	Temp	5:56.22	
Monique Thomas	W35	8:00.41	<b>SB</b>
Niamh Keane	W45	5:26.64	
Julie Keeley	W45	9:36.02	
Tina Runnion	W50	7:39.04	
Carey Dickason	W60	7:19.42	<b>PBA</b>
Carolyn Fawcett	W60	9:25.18	<b>SB</b>

#### 5000m

Rosemary Giles	W35	20:01.77	<b>SB</b>
Monique Thomas	W35	28:50.63	<b>SB</b>
Sue Bourn	W45	21:52.27	<b>SB</b>
Julie Keeley	W45	32:48.34	
Julie Wilson	W60	26:22.69	
Carey Dickason	W60	26:54.17	<b>PBA</b>
Sarah Ladwig	W60	29:06.29	
Carolyn Fawcett	W60	33:58.22	<b>PBA</b>

#### 1500m walk

Sonia Tingay	W40	10:05.81	
Wendy Farrow	W45	9:24.81	
Sue Coate	W45	11:16.77	
Robin King	W55	8:14.33	<b>PBA</b>
Sarah Ladwig	W60	10:10.93	

#### 3000m walk

Sonia Tingay	W40	22:18.54	
Karyn Tolardo	W45	18:37.93	
Wendy Farrow	W45	19:32.13	
Robin King	W55	16:57.85	<b>PBA</b>
Sarah Ladwig	W60	21:21.02	<b>SB</b>

#### 5000m walk

Sonia Tingay	W40	37:39.76	
Karyn Tolardo	W45	31:14.47	<b>PBA</b>
Cheryl-Lee Dean	W45	33:06.38	
Wendy Farrow	W45	34:16.12	
Robin King	W55	28:36.04	<b>PBA</b>
Elaine Dance	W60	38:27.48	
Lorna Lauchlan	W80	43:18.95	

#### 80m hurdles

Vicki Cobby	W40	14.82	
Barbara Wilson	W60	21.84	
Ruth Johnson	W70	25.10	

#### 200m hurdles

Ruth Johnson	W70	48.64	
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#### 400m hurdles

Sharon Davis	W40	70.27	
Vicki Cobby	W40	76.69	

#### High Jump

Vicki Cobby	W40	1.30	
Lisa Limonas	W45	1.41	<b>SR</b>
Sue Coate	W45	1.25	<b>SB</b>
Gay Wyatt	W60	1.05	
Brenda Painter	W65	0.90	

#### Long Jump

Vicki Cobby	W40	4.23	
Lisa Limonas	W45	4.35	<b>PBA</b>
Fran Cherry	W50	3.45	
Barbara Wilson	W60	3.26	
Gay Wyatt	W60	3.23	
Carey Dickason	W60	2.52	
Carolyn Fawcett	W60	2.04	
Brenda Painter	W65	2.69	
Ruth Johnson	W70	3.10	<b>PBA=</b>

**Triple Jump**

Vicki Cobby	W40	9.31	
Fran Cherry	W50	7.10	
Barbara Wilson	W60	6.97	<b>PBA</b>
Gay Wyatt	W60	6.75	
Carey Dickason	W60	6.09	<b>PBA</b>
Brenda Painter	W65	6.73	<b>SB</b>
Ruth Johnson	W70	6.46	

**Discus**

Byrony Glass	W35	33.34	<b>SB</b>
Ali Matautia	W40	27.28	<b>PBA</b>
Sandra Siviour	W40	14.68	
Paula Kennedy	W45	24.64	
Sue Coate	W45	23.08	<b>SB</b>
Michelle Link	W45	14.80	
Elizabeth Szczepanska	W60	23.06	<b>SB</b>
Kate Glass	W60	20.49	
Barbara Wilson	W60	14.01	
June Streeter	W60	12.84	
Carolyn Fawcett	W60	10.78	<b>PBA</b>
Bev Hamilton	W65	22.05	
Valerie Prescott	W70	13.40	

**Hammer**

Byrony Glass	W35	49.55	
Ali Matautia	W40	25.60	
Paula Kennedy	W45	25.00	
Michelle Link	W45	16.05	
Elizabeth Szczepanska	W60	29.64	<b>SB</b>
Kate Glass	W60	28.16	
Carey Dickason	W60	17.51	
June Streeter	W60	14.48	
Bev Hamilton	W65	25.82	
Ruth Johnson	W70	17.48	

**Javelin**

Ali Matautia	W40	24.75	<b>PBA</b>
Paula Kennedy	W45	27.03	
Sue Coate	W45	22.32	
Carmel Meyer	W50	18.67	<b>SB</b>
Michelle Link	W50	18.62	
Kate Glass	W60	18.34	
Barbara Wilson	W60	18.26	
Elizabeth Szczepanska	W60	17.07	
Carolyn Fawcett	W60	12.51	<b>PBA</b>
June Streeter	W60	9.86	
Bev Hamilton	W65	15.53	
Valerie Prescott	W70	11.73	

**Shot**

Byrony Glass	W35	11.07	<b>SB</b>
Ali Matautia	W40	9.03	<b>PBA</b>
Vicki Cobby	W40	8.63	<b>PBA</b>
Sandra Siviour	W40	7.50	
Paula Kennedy	W45	9.26	
Carmel Meyer	W50	6.75	
Michelle Link	W50	4.98	
Kate Glass	W60	8.47	
Elizabeth Szczepanska	W60	8.15	
Barbara Wilson	W60	6.75	
June Streeter	W60	5.54	
Bev Hamilton	W65	7.54	

**Weight**

Byrony Glass	W35	15.97	
Ali Matautia	W40	8.81	
Paula Kennedy	W45	9.00	
Michelle Link	W45	5.55	
Kate Glass	W60	11.19	<b>SB</b>
Elizabeth Szczepanska	W60	10.25	
June Streeter	W60	6.68	
Bev Hamilton	W65	10.31	
Ruth Johnson	W70	6.93	<b>SB</b>

**MEN****60m**

Michael Arnatt	M30	7.55	
Andy Taylor	M35	7.56	
Rob Colling	M40	7.44	
Maurice Pascal	M40	8.15	
Bernard Riviere	M45	7.75	w/a
Greg Brennan	M45	8.14	w/a
Kevin Collins	M45	12.25	w/a
Rudy Kocis	M50	7.62	w/a
Colin Smith	M50	8.20	w/a
Brian Feutrill	M50	8.47	w/a
Garry Ralston	M55	7.94	w/a
Campbell Till	M55	9.02	w/a
Tony Downey	M55	9.05	w/a
Geoff Brayshaw	M60	8.99	w/a
Steve Fuller	M60	9.01	w/a
Nick Miletic	M60	10.40	w/a
Barrie Kernaghan	M70	9.19	<b>SB</b>
Peter Gare	M70	10.23	
Lyle James	M70	13.63	
David Clive	M75	9.18	
Leon Sander	M75	10.50	
Tom Crossen	M75	12.79	
David Carr	M80	11.21	

**100m**

Michael Arnatt	M30	12.11	
Andy Taylor	M35	11.93	
Maurice Pascal	M40	12.93	
Kim Thomas	M40	14.73	<b>PBA</b>
Bernard Riviere	M45	12.39	
Chris Neale	M45	12.54	<b>PBA</b>
Rudy Kocis	M50	12.23	
Colin Smith	M50	13.18	
Rob Colton	M50	14.99	
Garry Ralston	M55	12.93	
Tony Downey	M55	14.81	
Steve Fuller	M60	14.44	
Geoff Brayshaw	M60	14.81	
Mark Hewitt	M60	15.10	<b>PBA</b>
Nick Miletic	M60	16.36	
Bob Fawcett	M60	19.58	
Barrie Kernaghan	M70	15.41	
Peter Gare	M70	16.57	
Lyle James	M70	22.22	
David Clive	M75	14.89	
Leon Sander	M75	15.87	
Tom Crossen	M75	20.88	
Irwin Barrett-Lennard	M80	18.76	

**200m**

Michael Arnatt	M30	24.73	
Andy Taylor	M35	24.43	
Maurice Pascal	M40	26.28	
Kim Thomas	M40	29.91	
Bernard Riviere	M45	25.53	<b>PBA</b>
Chris Neale	M45	25.77	
Mark Elms	Temp	27.12	
Rudy Kocis	M50	25.52	
Colin Smith	M50	26.59	<b>SB</b>
Rob Colton	M50	30.64	
Garry Ralston	M55	26.60	<b>SB</b>
Greg Vander Sanden	M55	27.71	
Tony Downey	M55	29.27	
Steve Fuller	M60	28.88	<b>SB</b>
Geoff Brayshaw	M60	31.89	
Nick Miletic	M60	33.78	<b>SB</b>
Ivan Brown	M65	38.11	
Barrie Kernaghan	M70	30.18	
Peter Gare	M70	33.98	
David Clive	M75	31.76	
Leon Sander	M75	33.11	
Tom Crossen	M75	48.92	
David Carr	M80	34.06	<b>SB</b>
Irwin Barrett-Lennard	M80	39.49	<b>SB</b>

**400m**

David Adams	M35	70.13	<b>PBA</b>
Xander van Rijen	M45	57.44	
Chris Neale	M45	58.97	
Andrew Brooker	M45	60.21	
Mark Elms	Temp	62.63	
David Solomon	M45	64.04	
Colin Smith	M50	59.17	
Mark Dawson	M50	64.60	<b>PBA</b>
Rob Colton	M50	67.81	
John Dennehy	M50	79.24	
Chris Van der Merwe	Temp	81.91	
Campbell Till	M55	59.30	<b>SB</b>
Greg Vander Sanden	M55	61.98	
Tony Downey	M55	67.85	
Steve Fuller	M60	66.37	
Bob Fawcett	M60	1:38.64	<b>PBA</b>
Maurice Creagh	M65	82.02	<b>SB</b>
Barrie Kernaghan	M70	77.36	
Peter Gare	M70	85.37	
Lyle James	M70	2:23.53	
Leon Sander	M75	76.02	<b>SB</b>
David Carr	M80	76.68	
Irwin Barrett-Lennard	M80	1:39.06	

**800m**

Kim Thomas	M40	2:20.76	
Xander van Rijen	M45	2:13.23	
Andrew Brooker	M45	2:23.22	
John Collier	M45	2:42.80	
Ross Keane	M50	2:25.60	<b>PBA</b>
Mark Dawson	M50	2:27.58	<b>SB</b>
Rob Colton	M50	2:37.37	
Greg Vander Sanden	M55	2:28.75	
Steve Giles	M55	2:33.86	
Tony Downey	M55	2:45.57	<b>SB</b>
Steve Fuller	M60	2:52.23	
Michael Lee	M60	2:55.63	
Maurice Creagh	M65	3:02.50	
Ivan Brown	M65	3:16.67	
Peter Gare	M70	3:28.87	
Lyle James	M70	5:09.23	
Leon Sander	M75	3:22.93	<b>SB</b>
David Carr	M80	2:58.97	

**1500m**

Rob Nichols	M35	4:39.45	
Tony Smith	M35	4:55.54	<b>SB</b>
David Adams	M35	5:39.02	<b>PBA</b>
Kim Thomas	M40	4:47.40	
John Collier	M45	5:47.45	
Dante Giacomini	M45	6:30.93	<b>PBA</b>
Mark Dawson	M50	4:57.73	<b>SB</b>
Ross Keane	M50	4:58.49	<b>PBA</b>
Rob Colton	M50	5:12.84	<b>PBA</b>
Colin Shaw	M50	5:37.89	<b>PBA</b>
Greg Vander Sanden	M55	5:05.93	
Mickey Muroi	M55	5:36.20	<b>SB</b>
Bruce McGeorge	Temp	6:02.41	
Giovanni Puglisi	M60	5:14.89	<b>PBA</b>
Bjorn Dybdahl	M60	5:26.13	
Mark Hewitt	M60	6:01.17	
Frank Price	M60	8:23.20	
Jim Langford	M65	6:02.74	
Maurice Creagh	M65	6:11.14	
Bert Carse	M70	5:37.01	<b>SB</b>
Lyle James	M70	10:35.05	
David Carr	M80	6:32.51	
Cecil Walkley	M80	11:34.91	

**5000m**

Ross Langford	M35	16:28.25	<b>PBA</b>
Rob Nichols	M35	17:04.39	
Tony Smith	M35	19:40.14	<b>SB</b>
Todd Ingraham	M40	16:10.31	<b>PBA</b>
Kim Thomas	M40	18:30.06	<b>PBA</b>
Ante Perdija	M40	19:51.55	
Andrew Davison	M45	17:39.03	<b>PBA</b>
David Solomon	M45	19:02.01	
John Collier	M45	21:53.23	<b>SB</b>
Dante Giacomini	M45	24:06.04	<b>SB</b>
Matthew Fogarty	Temp	19:04.17	
Rob Colton	M50	19:56.43	<b>PBA</b>
Mark Dawson	M50	20:35.15	
Steve Giles	M55	18:42.95	<b>PBA</b>
Mickey Muroi	M55	21:05.28	
Bruce McGeorge	Temp	22:50.46	
Giovanni Puglisi	M60	19:23.42	<b>PBA</b>
Paul Hughes	M60	19:38.73	<b>PBA</b>
Chris Maher	M60	19:40.27	
Mark Hewitt	M60	21:39.66	<b>PBA</b>
Michael Lee	M60	21:51.97	<b>PBA</b>
Milton Mavrick	M60	23:10.62	<b>PBA</b>
Frank Price	M60	28:03.07	<b>SB</b>
Bob Fawcett	M60	33:02.52	<b>SB</b>
Jim Langford	M65	21:02.02	
Maurice Creagh	M65	22:49.64	<b>SB</b>
Ivan Brown	M65	23:58.64	
Bert Carse	M70	21:27.25	
Lyle James	M70	37:51.51	
Irwin Barrett-Lennard	M80	29:01.90	
Cecil Walkley	M80	48:09.83	

**1500m walk**

Daniel Lowe	M35	8:23.29	<b>SB</b>
Garry Hastie	M50	7:03.00	
John McDonagh	M60	10:56.54	
Paul Martin	M70	10:52.02	
John Smith	M75	12:08.12	
Jeff Whittam	M75	12:56.88	

**3000m walk**

Daniel Lowe	M35	17:18.31	<b>PBA</b>
Garry Hastie	M50	14:30.66	<b>SR</b>
John Smith	M75	23:06.62	

**5000m walk**

Daniel Lowe	M35	30:33.45	
Garry Hastie	M50	26:56.65	<b>SB</b>
Paul Martin	M70	38:27.28	
John Smith	M75	38:00.52	

**100m hurdles**

Brian Feutrill	M50	17.01	
Rudy Kocis	M50	18.56	
Greg Wilson	M65	23.72	

**400m hurdles**

Andrew Brooker	M45	67.05	
Chris Neale	M45	71.01	
Mark Elms	Temp	1:30.16	
Brian Feutrill	M50	68.16	<b>PBA</b>
Campbell Till	M55	70.36	

**300m hurdles**

Nick Miletic	M60	67.61	
Greg Wilson	M65	67.09	<b>PBA</b>

**High Jump**

Chris Anderson	M45	1.80	
Brian Feutrill	M50	1.50	
Colin Smith	M50	1.35	<b>PBA=</b>
Garry Hastie	M50	1.35	
Greg Vander Sanden	M55	1.45	
Greg Wilson	M65	1.30	
Bob Fergie	M75	0.90	

**Long Jump**

Maurice Pascal	M40	5.53	
Bernard Riviere	M45	5.64	<b>PBA</b>
Chris Neale	M45	5.34	
Mark Elms	Temp	4.71	
Brian Feutrill	M50	5.07	
Colin Smith	M50	4.35	<b>PBA</b>
Wayne Rubick	M50	3.40	
Garry Ralston	M55	5.21	
Tom Gravestock	M55	3.99	<b>SB</b>
Mark Hewitt	M60	4.59 w/a	<b>PBA</b>
Geoff Brayshaw	M60	4.34	
Bob Fawcett	M60	2.21	
David Clive	M75	4.14	w/a
Leon Sander	M75	3.38	w/a

**Triple Jump**

Chris Anderson	M45	11.13	
Chris Neale	M45	11.01	
Brian Feutrill	M50	10.70	
Colin Smith	M50	9.16 w/a	<b>PBA</b>
Rob Colton	M50	7.36	
Tom Gravestock	M55	8.74	
Geoff Brayshaw	M60	8.79	<b>SB</b>
Leon Sander	M75	7.20	<b>SB</b>

**Discus**

Mal Clarke	M40	39.39	
Todd Davey	M45	38.20	
Chris Neale	M45	26.22	
Roger Ditewig	M50	33.31	<b>SB</b>
Andrew Ward	M50	31.03	
Chris Van der Merwe	Temp	22.74	
Tom Gravestock	M55	33.50	
Geoff Brayshaw	M60	32.49	
Steve Fuller	M60	30.34	
Nick Miletic	M60	25.10	<b>SB</b>
Bob Fawcett	M60	21.01	
Greg Wilson	M65	30.41	
Peter Gare	M70	26.51	<b>SB</b>
Leon Sander	M75	23.29	
Bob Fergie	M75	20.81	<b>SB</b>
Bob Chalmers	M75	15.98	
Jeff Whittam	M75	14.74	<b>SB</b>

**Hammer**

Mal Clarke	M40	31.86	
Todd Davey	M45	31.15	
Wayne Rubick	M50	22.51	
Tom Gravestock	M55	34.11	
Bob Fergie	M75	25.35	<b>SB</b>
Jeff Whittam	M75	18.00	
Bob Chalmers	M75	17.07	

**Javelin**

Mal Clarke	M40	40.53	
Todd Davey	M45	36.26	
Roger Ditewig	M50	40.46	
Garry Hastie	M50	33.43	
Wayne Rubick	M50	29.29	<b>PBA</b>
Chris Van der Merwe	Temp	25.64	
Tom Gravestock	M55	26.67	
Geoff Brayshaw	M60	32.42	<b>SB</b>
Steve Fuller	M60	32.17	<b>SB</b>
Mark Hewitt	M60	25.22	<b>PBA</b>
Bob Fawcett	M60	17.47	
Stan Selby	M65	36.15	
Greg Wilson	M65	26.92	
Bob Fergie	M75	21.42	
Bob Chalmers	M75	15.90	

**Shot**

Mal Clarke	M40	12.20	
Todd Davey	M45	12.03	
Roger Ditewig	M50	10.15	<b>PBA</b>
Chris Van der Merwe	Temp	9.26	
Wayne Rubick	M50	8.45	
Tom Gravestock	M55	9.49	
Greg Wilson	M65	9.26	
Mike Anderson	M65	5.82	
Bob Fergie	M75	7.66	<b>SB</b>
Bob Chalmers	M75	6.80	
Jeff Whittam	M75	5.45	<b>SB</b>

**Weight**

Todd Davey	M45	11.02	
Andrew Ward	M50	9.36	
Tom Gravestock	M55	10.56	
Bob Fergie	M75	9.34	
Jeff Whittam	M75	7.59	
Bob Chalmers	M75	6.46	

**World Masters Indoors Championships, Budapest, Hungary – 25-30 March**

**60m prelims**

Don Chambers	M75	9.64	nq
Melissa Foster	W35	8.30	q - <b>SR</b>
Lynne Choate	W60	9.27	q - <b>SR</b>

**60m finals**

Melissa Foster	W35	DNS	
Lynne Choate	W60	9.31	<b>BRONZE</b>

**200m prelims**

Lynne Choate	W60	32.07	q - <b>SR</b>
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**200m semis**

Lynne Choate	W60	32.26	q
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**200m finals**

Lynne Choate	W60	32.24	5th
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**1500m**

Bob Schickert	M70	7:08.56	nq
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**3000m**

Bob Schickert	M70	15:56.92	
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**60m hurdles prelims**

Don Chambers	M75	13.37	q
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**Final**

Don Chambers	M75	13.16	
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**3000m walk**

Lynne Schickert	W70	22:25.99	
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**10km road race walk**

Lynne Schickert	W70	1:17:43	5/14
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**8km Cross-Country**

Bob Schickert	M70	48:48.8	
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**Long Jump**

Don Chambers	M75	3.61	
Melissa Foster	W35	5.71	<b>SILVER - AR</b>

**Triple Jump**

Don Chambers	M75	7.75	- <b>AR</b>
Melissa Foster	W35	11.82	<b>SILVER - AR</b>
Lynne Schickert	W70	5.35	

**Discus**

Greg Urbanowicz	M35	39.19	
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**Hammer**

Greg Urbanowicz	M35	42.67	
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**Shot**

Greg Urbanowicz	M35	12.19	- <b>AR</b>
Don Chambers	M75	8.16	

**Weight Throw**

Greg Urbanowicz	M35	13.84	<b>BRONZE - AR</b>
Don Chambers	M75	11.36	<b>AR</b>

**4x200m relay W60**

Lynne Choate, Linda Lynch, Wilma Perkins, Jeanette Flynn			
		2:07:39	<b>SILVER - AR</b>

**4x200m relay W65**

Lynne Schickert, Noreen Parrish, Paula Moorhouse, Jean Hampson			
		2:36:34	<b>SILVER - AR</b>

**Indoor Pentathlon**

		60m hurdles	HJ	Sh	LJ	1000m
Don Chambers	M75	11.33 <b>AR</b>	1.15 <b>AR</b>	8.98 <b>AR</b>	3.63 <b>AR</b>	DNF
<b>AR</b>	2968	7/10	903	669	711	685
						0

## Results from Bunbury meetings (MAWA members only)

### 4 February

#### 100m

Steve Chilcott	M30	12.4
Brian Feutrill	M50	12.8 <b>PBA</b>
Leon Sander	M75	16.0
Rob Antonioli	M60	16.2
Ruth Johnson	W70	18.0
Lyle James	M70	23.0

#### Javelin

Steve Chilcott	M30	46.80
Garry Hastie	M50	32.20
Debbie Cox	W45	18.10 <b>PBA</b>
Leon Sander	M75	14.48
Brian Waldhuter	M70	13.62
Rob Antonioli	M60	13.28
Ruth Johnson	W70	11.29
Lyle James	M70	9.75

#### High Jump

Steve Chilcott	M30	1.60
Brian Waldhuter	M70	1.15
Rob Antonioli	M60	1.10
Ruth Johnston	W70	0.99

#### 1500m

Rob Antonioli	M60	6:21.9
Brian Feutrill	M50	7:44.2
Ruth Johnson	W70	8:04.7
Lyle James	M70	10:04.2 <b>SB</b>

#### 1500 walk

Garry Hastie	M50	6:53.6
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### 8 February

#### 80m hurdles

Ruth Johnson	W70	21.0
Brian Waldhuter	M70	19.5

#### 100m hurdles

Rob Antonioli	M60	23.2
Brian Feutrill	M50	16.6

#### Pole Vault

Rob Antonioli	M60	1.60
Brian Feutrill	M50	2.80

#### High Jump

Debbie Cox	W45	1.00
Ruth Johnson	W70	1.02 <b>PBA</b>

### February 11

#### 60m

Brian Feutrill	M50	8.3
Rob Antonioli	M60	9.1
Paula Kennedy	W45	9.8
Leon Sander	M75	9.9
Brian Waldhuter	M70	10.0

#### High Jump

Brian Feutrill	M50	1.50
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#### 3000m walk

Garry Hastie	M50	14:48.3
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#### EVENT – Discus pts

Paula Kennedy	W45	27.47
Leon Sander	M75	24.00
Garry Hastie	M50	23.34
Brian Waldhuter	M70	21.80 <b>PBA</b>
Sharon Moloney	W50	19.86
Rob Antonioli	M60	19.45
Debbie Cox	W45	19.30 <b>PBA</b>
Ruth Johnson	W70	13.70 <b>SB</b>

#### 3000m

Brian Feutrill	M50	15:26.9
Leon Sander	M75	17:30.1

### February 15

#### 300m hurdles

M70	Brian Waldhuter	63.9
M60	Rob Antonioli	56.4

#### 400m hurdles

M50	Brian Feutrill	68.3
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#### Long Jump

Brian Feutrill		5.13
M60	Rob Antonioli	4.00
M70	Brian Waldhuter	3.47
M75	Leon Sander	3.03

#### Pole Vault

M60	Rob Antonioli	1.60
M50	Brian Feutrill	2.80

## February 18

### 400m

Brian Feutrill	M50	61.8	<b>PBA</b>
Leon Sander	M75	78.6	<b>SB</b>
Brian Waldhuter	M70	80.4	

### Hammer

Lisa Kirsch	W60	32.72	
Sharon Moloney	W50	27.30	<b>SB</b>
Paula Kennedy	W45	26.26	<b>SR</b>
Debbie Cox	W45	14.58	

### EVENT – Long Jump

Brian Feutrill	M50	4.99	
Leon Sander	M75	3.27	

## February 22

### 200m Hurdles

Ruth Johnson	W70	48.6	
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### 300m hurdles

Brian Waldhuter	M70	64.7	
Rob Antonioli	M60	55.5	

### 400m hurdles

Brian Feutrill	M50	68.6	<b>PBA</b>
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## February 25

### 60m

Steve Chilcott	M30	7.5	
Brian Feutrill	M50	8.5	
Barbara Dearden	W55	10.0	
Ruth Johnson	W70	11.1	

### 800m

Ruth Johnson	W70	3:47.8	
Brian Feutrill	M50	2:43.7	<b>PBA</b>
Brian Waldhuter	M70	3:37.8	<b>SB</b>
Leon Sander	M75	3:41.4	
Barbara Dearden	W55	3:54.7	<b>SB</b>

### 800m walk

Garry Hastie	M50	3:26.9	
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## March 4

### 100m

Brian Feutrill	M50	14.1	
Leon Sander	M75	15.6	
Brian Waldhuter	M70	15.8	<b>SB</b>
Paula Kennedy	W45	16.5	<b>SB</b>
Ruth Johnson	W70	18.1	

### Javelin

Steve Chilcott	M30	42.11	
Garry Hastie	M50	31.70	
Paula Kennedy	W45	27.32	<b>SR</b>
Debbie Cox	W45	16.52	
Brian Waldhuter	M70	13.99	
Sharon Moloney	W50	12.62	
Leon Sander	M75	11.98	
Ruth Johnson	W70	10.47	

### High Jump

Ruth Johnson	W70	0.95	
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### EVENT – Javelin (non pts)

Paula Kennedy	W45	24.52	
Lisa Kirsch	W60	19.90	
Debbie Cox	W45	17.08	
Sharon Moloney	W50	16.63	
Leon Sander	M75	11.29	

### 2000m

Brian Feutrill	M50	8:40.4	
Garry Hastie	M50	9:32.9	
Leon Sander	M75	11:56.0	
Sharon Moloney	W50	13:13.1	

### 60m

Brian Feutrill	M50	10.7	
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### 80m Hurdles

Ruth Johnson	W70	27.1	
Brian Waldhuter	M70	18.6	<b>SB</b>

### 100mhurdles

Rob Antonioli	M60	21.9	<b>SB</b>
Brian Feutrill	M50	16.9	

### Pole Vault

Rob Antonioli	M60	1.80	<b>PBA</b>
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### Shot Put

Ruth Johnson	W70	5.20	
Debbie Cox	W45	5.86	
Brian Waldhuter	M70	6.60	<b>SB</b>
Steve Chilcott	M30	10.50	

### 200m

Brian Feutrill	M50	27.9	
Leon Sander	M75	32.8	
Brian Waldhuter	M70	33.7	
Barbara Dearden	W55	35.5	<b>SB</b>
Ruth Johnson	W70	39.2	

### Triple Jump

Ruth Johnson	W70	6.44	
Brian Feutrill	M50	10.74	<b>PBA</b>

### Weight Throw

Steve Chilcott	M30	10.14	
Paula Kennedy	W45	9.26	<b>SR</b>
Ruth Johnson	W70	6.22	
Sharon Moloney	W50	6.18	

### 1500m

Brian Feutrill	M50	5:58.3	<b>PBA</b>
Leon Sander	M75	7:48.1	
Sharon Moloney	W50	9:54.7	

### 1500m walk

Garry Hastie	M50	6:53.3	
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### 60m

Leon Sander	M75	9.6	
Brian Waldhuter	M70	9.9	
Ruth Johnson	W70	11.1	



**March 11****60m**

Brian Feutrill	M50	8.1
Leon Sander	M75	9.7
Barbara Dearden	W55	9.8
Brian Waldhuter	M70	10.0
Ruth Johnson	W70	11.0

**Discus**

Garry Hastie	M50	26.19	<b>SB</b>
Leon Sander	M75	22.53	
Debbie Cox	W45	19.18	
Brian Waldhuter	M70	19.02	
Ruth Johnson	W70	12.72	

**March 18****400m**

Brian Feutrill	M50	1:05.3	
Brian Waldhuter	M70	1:18.0	<b>SB</b>
Leon Sander	M75	1:19.0	<b>SB</b>
Ruth Johnson	W70	1:30.5	<b>SB</b>
Paula Kennedy	W45	1:35.8	<b>SB</b>

**Hammer**

Paula Kennedy	W45	25.84	
Garry Hastie	M50	17.79	
Brian Waldhuter	M70	17.60	
Deb Cox	W50	17.60	<b>PBA</b>
Ruth Johnson	W70	17.42	

**High Jump**

Brian Feutrill	M50	1.55	<b>PBA</b>
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**100m**

Brian Feutrill	M50	13.5
Leon Sander	M75	16.2
Brian Waldhuter	M70	16.2
Ruth Johnson	W70	18.5

**3000m**

Garry Hastie	M50	14:33.2	
Brian Feutrill	M50	14:35.6	<b>PBA</b>

**Long Jump**

Leon Sander	M75	3.12
Brian Waldhuter	M70	3.10
Ruth Johnson	W70	2.88

**Javelin**

Garry Hastie	M50	27.28	
Paula Kennedy	W45	26.42	
Deb Cox	W50	18.32	<b>PBA</b>
Leon Sander	M75	11.90	
Ruth Johnson	W70	11.20	

# PARKRUNS

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

**New Club Bests are highlighted in sky blue**

## CLAISEBROOK COVE:

### Run 83 – March 1; 241 finishers

11	Giovanni Puglisi	M60	19:24	<b>PB</b>
12	Rod Hamilton	M50	19:33	
41	John Oldfield	M70	22:18	
47	Adrian Kenny	M40	22:44	
95	Tony Smith	M35	25:19	
100	Bryan Hardy	M70	25:39	
104	Dutch Holland	M40	25:47	<b>PB</b>
106	Hamish McLeod	M35	25:53	
107	Denise Newport	W50	25:59	
153	Jon Storey	M40	28:43	
167	Robyn Dunlop	W40	29:35	
178	Christine Oldfield	W65	30:44	
185	Katrina Tyza	W30	31:26	

### Run 84 – March 8; (296)

36	Jim Farr	M45	21:46	<b>PB</b>
97	Bryan Hardy	M70	25:22	
99	Denise Newport	W50	25:29	<b>PB</b>
136	Hamish McLeod	M35	26:40	
188	John Talbot	M65	28:54	
202	Jon Storey	M40	29:27	
226	Katrina Tyza	W30	30:33	
280	Dutch Holland	M40	44:50	

### Run 85 – March 15; (213)

10	Giovanni Puglisi	M60	19:25	
16	Amanda Walker	W45	20:13	<b>PB</b>
22	Sue Zlnay	W50	21:25	<b>PB</b>
69	Denise Newport	W50	25:13	<b>PB</b>
187	Clinton Bishop	M40	37:34	<b>PB</b>
192	Tracy Bishop	W40	39:26	<b>PB</b>
196	Dutch Holland	M40	42:03	

### Run 86 – March 22; (245)

66	Simon Leonard	M50	24:01	
91	Bryan Hardy	M70	25:26	
96	Denise Newport	W50	25:30	
132	John Oldfield	M70	28:01	
141	Robyn Dunlop	W40	28:28	
163	Christine Oldfield	W65	30:19	
176	Sam Farman	W45	31:21	
177	Katrina Tyza	W30	31:23	
227	Clinton Bishop	M40	37:22	<b>PB</b>
232	Tracy Bishop	W40	39:10	<b>PB</b>

### Run 87 – March 29; (261)

8	Kim Thomas	M40	19:09	
24	Rod Hamilton	M50	20:31	
27	Hamish McLeod	M35	20:35	<b>SB</b>
91	Bryan Hardy	M70	24:29	<b>PB</b>
102	Denise Newport	W50	25:13	
109	Max Sulejmani	M40	26:05	
149	John Talbot	M65	28:40	
160	Robyn Dunlop	W40	29:08	
190	Sam Farman	W45	30:51	
192	Katrina Tyza	W35	31:00	
223	Dutch Holland	M45	33:39	

## CANNING RIVER:

### Run 40 – March 1; 111 finishers

1	Kim Thomas	M40	17:34	<b>PB</b>
43	Kem Hassan	M40	26:29	
45	Dan Baldwin	M40	26:37	
57	Monique Thomas	W35	28:45	<b>PB</b>
61	Delia Baldock	W50	29:09	
64	Merv Jones	M70	29:53	
91	Tania Baldwin	W40	38:41	
102	Bob Neville	M80	42:56	

### Run 41 – March 8; (162)

2	Kim Thomas	M40	17:29	<b>PB</b>
11	Paul Odam	M50	19:50	
13	Stuart MacKinnon	M30	19:58	<b>PB</b>
17	Fiona Leonard	W45	21:12	
27	Adrian Kenny	M40	22:12	<b>PB</b>
37	Dante Giacomini	M45	23:37	
40	Simon Leonard	M50	23:46	<b>PB</b>
58	Kem Hassan	M40	25:42	<b>PB</b>
80	Monique Thomas	W35	28:46	
84	Merv Jones	M70	29:11	
86	Delia Baldock	W50	29:14	
111	Aldo Giacomini	M75	33:45	
125	Clinton Bishop	M40	38:25	
129	Tracy Bishop	W40	39:34	<b>PB</b>
134	Sheila Maslen	W75	40:23	<b>PB</b>
139	Rebecca MacKinnon	W30	41:20	

### Run 42 – March 15; (133)

15	Adrian Kenny	M40	21:32	<b>PB</b>
28	Dante Giacomini	M45	23:21	<b>PB</b>
36	Kem Hassan	M40	24:26	<b>PB</b>
40	Carol Bowman	W55	24:47	<b>PB</b>
43	Dan Baldwin	M40	24:58	
68	Merv Jones	M70	28:55	<b>PB</b>
81	Melissa Hassam	W40	30:30	
93	Aldo Giacomini	M75	33:48	
97	Tania Baldwin	W40	35:43	
108	Sheila Maslen	W75	41:13	

### Run 43 – March 22; (122)

7	Kim Thomas	M40	18:44	
36	Kem Hassan	M40	24:54	
70	John Talbot	M65	28:34	
72	Monique Thomas	W35	28:47	
75	Merv Jones	M70	28:54	<b>PB</b>
83	Melissa Hassan	W40	29:35	<b>PB</b>
92	Adrian Kenny	M40	33:13	
112	Sheila Maslen	W75	42:53	

### Run 44 – March 29; (128)

8	Stuart MacKinnon	M30	20:02	
50	Kem Hassan	M40	26:05	
70	Merv Jones	M70	29:06	
74	Melissa Hassan	W40	29:37	
108	Adrian Kenny	M40	39:52	
113	Sheila Maslen	W75	42:42	

## MANJIMUP

### Run 1 – March 29; (61)

3	Dan Baldwin	M40	21:35	
6	Clare Alfonso	W35	22:47	
16	Jon Storey	M40	27:32	
30	Tania Baldwin	W40	38:41	
31	Clinton Bishop	M40	38:54	
33	Tracy Bishop	W40	39:42	

**ROCKINGHAM:****Run 44 – March 1; 190 finishers**

106	Bob Fawcett	M60	34:01
136	Ray Hall	M80	38:43

**Run 45 – March 8; (227)**

14	Dan Baldwin	M40	21:17
124	Bob Fawcett	M60	30:39
151	Carolyn Fawcett	W60	34:04 <b>PB</b>
170	Tania Baldwin	W40	36:16
183	Ray Hall	M80	38:19
215	Vic Beaumont	M80	46:58

**Run 46 – March 15; (196)**

24	Kristy Devereux	W30	24:21
69	Tracy Sulejmani	W40	27:38 <b>PB</b>
70	Max Sulejmani	M40	27:39

**Run 47 – March 22; (197)**

27	Kristy Devereux	W30	24:15 <b>PB</b>
153	Ray Hall	M80	37:44 <b>PB</b>
175	Vic Beaumont	M80	43:48

**Run 48 – March 29; (190)**

154	Ray Hall	M80	37:46
164	Vic Beaumont	M80	42:02

**PIONEER, GOSNELLS:****Run 8 – March 1; 61 finishers**

3	Stuart MacKinnon	M30	21:41
28	Rebecca MacKinnon	W30	35:02
32	Kelly Underwood	W35	36:30

**Run 9 – March 8; (60)**

6	Jeff Bremner	M50	22:36
7	Jeremy Savage	M35	23:22
14	Kelly Underwood	W35	26:17 <b>PB</b>

**Run 10 – March 15; (95)**

4	Stuart MacKinnon	M30	20:22
8	Jeff Bremner	M50	21:25 <b>PB</b>
10	Wade Davis	M45	22:01
11	Jeremy Savage	M35	22:02 <b>PB</b>
15	Jim Farr	M45	23:30
41	Robyn Dunlop	W40	29:28
52	Kelly Underwood	W35	31:33
53	Sam Farman	W45	31:39
54	Katrina Tyza	W30	31:40
61	Jon Storey	M40	32:46

**Run 11 – March 22; (58)**

4	Wade Davis	M45	21:42 <b>PB</b>
5	Jeff Bremner	M50	21:44
6	Jeremy Savage	M35	21:55 <b>PB</b>
15	Max Sulejmani	M40	25:39 <b>PB</b>
21	Kelly Underwood	W35	29:22

**AVELEY:****Run 34 – March 1; 73 finishers**

1	Anthony Smith	M40	18:38
10	Duncan McAuley	M60	23:03
12	Darryl White	M55	23:15

**Run 35 – March 8; (70)**

3	Anthony Smith	M40	19:19
11	John Oldfield	M70	22:07
13	Darryl White	M55	22:58 <b>PB</b>
31	Christine Oldfield	W65	29:39 <b>PB</b>

**Run 36 – March 15; (81)**

3	Anthony Smith	M40	18:56
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**Run 37 – March 22; (112)**

6	Anthony Smith	M40	19:36
14	Michael Lee	M60	22:06
15	Darryl White	M55	22:28 <b>PB</b>

**Run 38 – March 29; (89)**

2	Anthony Smith	M40	18:39
10	Darryl White	M55	22:35
30	Sandra Rourke	W45	26:15 <b>PB</b>

**BUNBURY:****Run 21 – March 15; 42 finishers**

16	Bryan Hardy	M70	25:42
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**Run 22 – March 22; (43)**

16	Garry Hastie	M50	26:20
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**Run 23 – March 29; (45)**

12	Steve Chilcott	M30	24:53
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**KALGOORLIE:****Run 23– March 1; 180 finishers**

4	Danny Sheehan	M60	19:39
12	Mick O'Toole	M35	21:25 <b>PB</b>

**Run 24 – March 8; (226)**

6	Danny Sheehan	M60	19:35 <b>PB</b>
21	Mick O'Toole	M35	21:59

**Run 25 – March 15; (191)**

4	Danny Sheehan	M60	19:36
24	Mick O'Toole	M35	25:13

**Run 26 – March 22; (177)**

6	Danny Sheehan	M60	19:41
11	Mick O'Toole	M35	21:38

**Run 27 – March 29; (181)**

5	Danny Sheehan	M60	20:06
9	Mick O'Toole	M35	22:12