

July 2016 Results

This listing includes all other meets where MAWA athletes are known to have competed

Note that SB refers to the combined winter and summer season (i.e. May 2016-April 2017) and since this is the first month of that season, all performances are SBs

Note also that all records are pending until ratified by the appropriate authorities

WAAS - 5 July

100m

Daniel Stolp	M40	11.7
Jan Peyper	M45	14.1
Mark Dawson	M55	17.8
Cecil Walkley	M85	44.6

800m

Jaycob Kell	Vis	2:27.1	
Mark Dawson	M55	2:28.3	PBA
Jason Kell	M40	2:45.9	
Lee Stergiou	M40	2:51.1	
Garry Ralston	M60	3:04.0	PBA
Allan Billington	M55	3:27.9	

Delia Baldock	W50	3:16.9	
Ivan Brown	M70	3:21.3	
Cecil Walkley	M85	7:11.2	SB

800m walk

Sylvia Byers	W80	6:21.5
Lorna Lauchlan	W85	6:44.9

2000m steeplechase

Kerriann Bresser	W45	9:52.7
John Dennehy	M55	12:11.2

200m

Daniel Stolp	M40	23.9
Garry Ralston	M60	27.7
Jan Peyper	M45	29.6
Andrew Brooker	M45	29.4
Mark Dawson	M55	34.6
Delia Baldock	W50	36.1
Cecil Walkley	M85	1:45.6

Shot

Tim Lyons	M50	9.47	
Alex De Silva	Vis	7.95	
Edwina Erinata-Smith	Vis	7.63	
Sarah Edmiston	W40	7.60	
Christine Schelfout	W45	7.23	SB
Michelle De Silva	W40	7.02	

Discus

Todd Davey	M45	50.75	n/a
Tim Lyons	M50	34.75	
Sarah Edmiston	W40	33.97	SR
Edwina Erinata-Smith	Vis	23.00	
Christine Schelfhout	W45	21.27	SB
Michelle De Silva	W40	18.95	
Mike Anderson	M65	17.76	
Alex De Silva	Vis	13.94	

ECAC - 7July

mile

Jasmine Pugh	Vis	5:29.5
Pete Wall	Vis	5:40.9
Anne Pugh	Vis	6:02.9
David Solomon	M50	6:37.6
David Carr	M80	7:33.0
Gillian Young	W65	7:40.3
Keenan Ninnette	Vis	8:07.4
John Dennehy	M55	8:19.7
Cecil Walkley	M85	16:11.6

mile walk

Janne Wells	W45	10:18.3
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60m

Colin Smith	M50	8.5	
David Solomon	M50	8.9	
Donna Abbey	W40	9.1	SB
Brenda Painter	W70	11.4	
Cecil Walkley	M85	28.5	

400m

Colin Smith	M50	59.6	SB
David Solomon	M50	72.4	
Bjorn Dybdahl	M60	74.3	
Donna Abbey	W40	76.5	PBA
Delia Baldock	W50	81.8	SB
Cecil Walkley	M85	3:30.0	SB

200m

David Solomon	M50	30.5	
Delia Baldock	W50	36.8	
Brenda Painter	W70	44.9	
Cecil Walkley	M85	1:38.1	SB

5000m

Pete Wall	Vis	19:01.5	
Bjorn Dybdahl	M60	20:31.2	SB
David Solomon	M50	23:22.0	

5000m walk

Karyn Tolardo	W50	29:47.0	SB
Isabella Tolardo	Vis	30:15.8	
Janne Wells	W45	35:07.0	

3000m

Gillian Young	W65	14:47.8
Bob Schickert	M70	15:21.5
John Dennehy	M55	17:11.9

WAAS - 12 July**1 mile**

Paul Mitchell	M45	5:23.6	
Brian Kinneen	M50	5:37.5	PBA
Clare Wardle	W40	5:49.0	
Claire Walkley	W50	7:35.9	PBA
Cecil Walkley	M85	16:53.2	

mile walk

Karyn Tolardo	W50	8:52.3	SB
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200m

Wayne Bariolo	M45	28.1	PBA
Sarah Hillyer	Vis	28.3	
Fiona Leonard	W45	30.8	SB
Barrie Kernaghan	M75	31.9	SB

Juliana Kelly	W50	33.5	
Lynne Choate	W60	34.0	
Delia Baldock	W50	36.2	
Cecil Walkley	M85	1:50.6	

5000m

Alan Gower	M60	19:13.2	
Clare Wardle	W40	19:49.0	
Brian Kinneen	M50	20:10.3	SB
Karyn Gower	W55	23:02.7	SB
Claire Walkley	W50	25:27.5	

5000m walk

Karyn Tolardo	W50	28:59.2	SB
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3000m

Danielle Baldock	W35	16:56.1	
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3000m walk

Lorna Laughlan	W85	26:04.1	SB
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ECAC - 14 July**100m**

Colin Smith	M50	13.4	
Tori Moss	Vis	14.6	
Jayden Moss	Vis	15.3	
Maureen Keshwar	W60	16.8	SB
Cecil Walkley	M85	44.1	

Peggy Macliver	W70	17.0	
John Dennehy	M55	17.0	
Andrea Penny	W40	19.1	
David Carr	M80	20.0	
Terri Carr	W55	20.1	SB

1500m

Pete Wall	Vis	5:02.7	
Vanessa Carson	W35	5:21.9	SB
Bob Hull	M70	6:17.0	
Gillian Young	W65	7:05.5	
David Carr	M80	8:10.4	
Mike O Reilly	M75	8:35.2	
Cecil Walkley	M85	14:15.7	

1500m walk

Isobella Tolardo	Vis	8:09.3	
Karyn Tolardo	W50	8:13.5	
Kristine Wells	Vis	9:08.0	
Janne Wells	W45	9:15.7	
Lynne Schickert	W70	11:49.3	
John Smith	M80	12:29.1	
Terri Carr	W55	13:52.2	

400m

Alan Gower	M60	68.1	
Fiona Leonard	W45	70.0	SB
Brian Kinneen	M50	71.2	
Barrie Kernaghan	M75	78.9	

Juliana Kelly	W50	81.5	
Delia Baldock	W50	84.2	
Jorja Cobby	Vis	1:44.6	
Vicki Cobby	W40	1:44.8	

Triple Jump

Lisa Limonas	W45	8.81m	SB
Vicki Cobby	W40	8.68m	
Phil Smyth	M65	8.09m	
Gay Wyatt	W60	6.36m	
Sarah Hillyer	Vis	9.76m	
Jorja Cobby	Vis	5.24m	

Weight Throw

Todd Davey	M45	15.67m	
Bryony Glass	W35	15.44m	
Geoff Gee	M60	15.55m	
Tim Lyons	M50	12.91m	
Christine Schelfout	W45	8.38m	SB
Peter Watene	M50	7.14m	

Javelin

Todd Davey	M45	37.40m	
Wayne Bariolo	M45	36.78m	PBA
Geoff Gee	M60	30.96m	
Tim Lyons	M50	19.82m	
Peter Watene	M50	17.81m	
Christine Schelfout	W45	17.36m	
Terri Carr	W55	9.80m	

300m

Colin Smith	M50	44.6	
Vanessa Carson	W35	52.6	
John Dennehy	M55	56.9	
Delia Baldock	W50	58.1	
Peggy Macliver	W70	59.9	
David Carr	M80	78.1	
Terri Carr	W55	82.1	
Cecil Walkley	M85	2:48.8	

800m

Pete Wall	Vis	2:41.7	
Tori Moss	Vis	2:55.8	
Jayden Moss	Vis	2:57.0	
Bob Hull	M70	3:00.3	SB
Carol Bowman	W60	3:21.6	
David Carr	M80	3:55.6	
Mike O Reilly	M75	3:58.1	
Cecil Walkley	M85	8:10.2	

3000m

Vanessa Carson	W35	12:01.7	
Bob Hull	M70	13:36.0	
Bob Schickert	M70	14:48.0	
Judy Davis	W50	15:58.6	
David Carr	M80	17:17.8	

3000m walk

Isabella Tolardo	Vis	17:19.0	
Karyn Tolardo	W50	17:23.4	
Janne Wells	W45	20:01.5	
Lynne Schickert	W70	24:21.7	
John Smith	M80	25:48.1	

WAAS - 19 July**100m**

Evan Boon	Vis	11.2	
Glenn Ross	M40	11.7	
Win Small	Vis	12.4	

Sue Coate	W50	14.7	
Mark Dawson	M55	15.3	SB
Lynne Choate	W60	15.4	
Barrie Kernaghan	M75	15.8	SB

Juliana Kelly	W50	15.6	SB=
Cate Mansfield	W45	16.0	
John Dennehy	M55	17.8	
Cecil Walkley	M85	46.4	

800m

Bjorn Dybdahl	M60	2:36.0	SB
Rob Catrall	Vis	2:39.8	
Alan Gower	M60	3:04.4	
Allan Billington	M55	3:10.8	PBA
Juliana Kelly	W50	3:17.8	SB
Carol Bowman	W60	3:18.4	
Delia Baldock	W50	3:22.8	
Cecil Walkley	M85	7:18.0	
Peter Kennedy	M95	11:31.8	

800m walk

Wendy Farrow	W45	5:07.5	
Sylvia Byers	W80	6:19.0	
Lorna Lauchlan	W85	6:40.7	

High Jump

Lisa Limonas	W45	1.25	
Sue Coate	W50	1.30	SR
Carol Bowman	W60	0.95	
Phil Smyth	M65	1.20	
Delia Baldock	W50	1.15	

300m

Evan Boon	Vis	35.3	
Glenn Ross	M40	38.0	
Win Small	Vis	41.8	

Barrie Kernaghan	M75	53.3	
Lynne Choate	W60	58.7	
John Dennehy	M55	60.3	

Cate Mansfield	W45	55.7	
Delia Baldock	W50	59.0	
Cecil Walkley	M85	2:48.9	

3000m

Paul Mitchell	M45	10:36.9	
Pete Wall	Vis	10:42.4	
Alan Gower	M60	11:14.6	
Bjorn Dybdahl	M60	11:29.2	SB
Rob Catrall	Vis	11:50.5	
Alan Gray	M50	13:00.4	SB
Karyn Gower	W55	13:11.3	SB

3000m walk

Wendy Farrow	W45	19:14.0	
Sylvia Byers	W80	24:42.1	
Lorna Lauchlan	W85	25:30.9	SB

Shot

Todd Davey	M45	13.63	
Geoff Gee	M60	11.65	
Tom Gravestock	M60	11.58	
Sal Sims	W35	7.37	
Carol Bowman	W60	4.82	

Hammer

Tom Gravestock	M60	38.72	
Geoff Gee	M60	36.39	
Sal Sims	W35	26.74	

ECAC - 21 July**400m**

Colin Smith	M50	66.1	
Giovanni Puglisi	M65	75.2	
Andy Abbey	M45	76.9	PBA
Delia Baldock	W50	83.4	
Carol Bowman	W60	87.0	SB
Mike O'Reilly	M75	89.3	
David Carr	M80	1:31.8	
Cecil Walkley	M85	3:28.7	SB

100m

Colin Smith	M50	13.9	
David Solomon	M50	14.4	
Kevin Collins	M45	22.4	
Cecil Walkley	M85	43.9	
Maureen Keshwar	W60	16.8	SB=
Andrea Penny	W40	18.0	
Brenda Painter	W70	19.5	
David Carr	M80	20.8	

800m

Giovanni Puglisi	M65	2:49.8	
Andy Abbey	M45	2:52.9	PBA
Delia Baldock	W50	3:33.7	
Cecil Walkley	M85	8:01.6	

200m

Colin Smith	M50	29.2	
David Solomon	M50	30.6	
Delia Baldock	W50	37.9	
David Carr	M80	46.4	
Brenda Painter	W70	50.8	
Cecil Walkley	M85	1:48.7	

5000m

Steve Weller	M40	18:26.1	
Pete Wall	Vis	18:47.6	
Giovanni Puglisi	M65	20:45.6	SB
David Solomon	M50	21:45.8	
Andy Abbey	M45	23:56.3	
Bob Schickert	M70	26:27.5	

3000m

David Carr	M80	15:25.6	
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WAAS - 26 July**800m**

Mark Dawson	M55	2:27.9	PBA
Rob Cattrall	Vis	2:35.3	
Bjorn Dybdahl	M60	2:36.3	
Fiona Leonard	W45	2:38.0	SB
Henri Cortis	M70	3:05.2	
Ivan Brown	M70	3:07.5	SB
Sue Coate	W50	3:12.6	PBA
Delia Baldock	W50	3:25.2	
Hamish McGlashan	M75	4:03.5	
Cecil Walkley	M85	7:06.5	SB

100m

Win Small	Vis	12.4	
Mark Crook	M55	15.1	
Barrie Kernaghan	M75	15.3	SB
Len Collier	Vis	16.8	

Juliana Kelly	W50	15.7	
Cate Mansfield	W45	16.1	
Hamish McGlashan	M70	18.6	
Cecil Walkley	M85	44.5	

400m

Evan Boon	Vis	51.2	
Glenn Ross	M40	54.4	
Lee Stergiou	M40	62.0	
Mia Lockwood	Vis	65.5	
Mark Dawson	M55	66.0	SB
Jane Lockwood	W35	67.6	PBA
Fiona Leonard	W45	70.4	

Barrie Kernaghan	M75	72.4	SB
Juliana Kelly	W50	76.2	PBA
Delia Baldock	W50	82.2	

Cate Mansfield	W45	81.5	
Carol Bowman	W60	84.2	SB
Len Collier	Vis	1:30.0	
Cecil Walkley	M85	3:27.8	SB

ECAC - 28 July**60m**

Rudy Kocis	M55	7.6	
Colin Smith	M50	8.1	SB=
Cath Payne	W35	8.8	SB=
Fiona Leonard	W45	9.1	PBA h/t

Cath Payne	W35	8.8	SB=
Donna Abbey	W40	9.1	SB=
Maureen Keshwar	W60	10.0	SB
Carmel Meyer	W55	10.0	
Peggy Macliver	W70	10.5	

1000m

Fiona Leonard	W45	3:33.9	
Graeme Dahl	M65	3:48.0	PBA
Carol Bowman	W60	4:18.8	SB
Gillian Young	W65	4:28.0	
Barry Newell	M60	5:01.4	
Mike O Reilly	M75	5:11.0	

1000m walk

Isabella Tolardo	Vis	5:13.9	
Karyn Tolardo	W50	5:16.3	PBA
Kristine Wells	Vis	5:44.6	
Janne Wells	W45	5:45.2	
Lynne Schickert	W70	7:41.0	
John Smith	M80	8:18.0	PBA

5000m

Paul Mitchell	M45	18:58.6	
Alan Gower	M60	19:16.2	

3000m

Rob Cattrall	Vis	11:23.0	
Bjorn Dybdahl	M60	11:52.9	
Mia Lockwood	Vis	12:49.6	
Jane Lockwood	W35	12:53.6	
Danielle Baldock	W35	16:02.1	SB
Peter Kennedy	M95	48:37.4	SR

3000m walk

Wendy Farrow	W45	18:49.6	SB
Sylvia Byers	W80	24:35.9	
Lorna Laughlan	W85	26:03.1	

Long Jump

Sue Coate	W50	3.85m	SB
John Moutia	Vis	3.51m	
Gay Wyatt	W60	3.40m	PBA
Carol Bowman	W60	2.92m	PBA
Mike Anderson	M65	2.47m	SB

Weight

Geoff Gee	M60	16.60m	SB
Byrony Glass	W35	16.35m	SB
Todd Davey	M45	15.97m	
Tom Gravestock	M60	14.45m	
Alex De Silva	Vis	8.40m	
Michelle De Silva	W40	6.65m	PBA

Discus

Todd Davey	M45	48.19m	
Tom Gravestock	M60	47.21m	
Geoff Gee	M60	38.48m	
Byrony Glass	W35	32.39m	
Michelle De Silva	W40	21.53m	PBA
Mike Anderson	W65	18.94m	
Alex De Silva	Vis	17.00m	

200m

Cath Payne	W35	30.4	SB=
Fiona Leonard	W45	31.7	
Donna Abbey	W40	32.1	PBA
Barry Newell	M60	32.7	
Delia Baldock	W50	35.4	SB
Maureen Keshwar	W60	35.8	SB

400m

Colin Smith	M50	58.6	SB
Carmel Meyer	W55	83.1	
Peggy Macliver	W70	86.4	
Delia Baldock	W50	86.7	
Mike O Reilly	M75	89.5	

5000m

Steve Weller	M40	17:52.8	SB
Bob Schickert	M70	25:33.8	
Judy Davis	W50	26:05.6	SB

3000m

Graeme Dahl	M65	12:42.9	
Gillian Young	W65	14:27.8	
David Carr	M80	14:48.8	

5000m walk

Karyn Tolardo	W50	29:25.1	
Isabella Tolardo	Vis	29:40.8	

3000m walk

Janne Wells	W45	19:23.4	
Lynne Schickert	W70	22:41.9	SB
John Smith	M80	25:42.2	