

## September 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*

### ECAC - 1 September

#### 100m

Rudy Kocis	M55	12.2	<b>PBA</b>
Bernie Riviere	M50	12.7	
Des Walsh	M60	15.8	

Kathy Lawson	W50	15.2	
Donna Abbey	W40	15.4	
Kim Farr	Vis	15.7	
Andrea Penny	W40	17.6	<b>SB</b>

Vanessa Carson	W35	15.9	
Peggy Macliver	W70	17.1	
John Dennehy	M55	17.2	
Cecil Walkley	M85	48.8	

#### 1000m

Steve Weller	M40	3:00.9	<b>PBA</b>
Vanessa Carson	W35	3:22.0	<b>SB</b>
Bjorn Dybdahl	M60	3:25.1	
Giovanni Puglisi	M65	3:25.5	<b>PBA</b>
Fiona Leonard	W45	3:25.9	<b>PBA=</b>
Graeme Dahl	M65	3:48.8	
Rob Cattrall	Vis	3:52.9	
David Carr	M80	4:09.6	<b>SB</b>
Trish Farr	W40	4:12.7	
Gavin Smith	Vis	4:16.2	
Cecil Walkley	M85	9:03.9	

#### 1000m walk

Karyn Tolardo	W50	5:22.4	
Andrew Cuthbertson	M55	7:03.8	
Lynne Schickert	W70	7:20.3	<b>SB</b>
John Smith	M80	8:21.2	

#### Long Jump

Donna Abbey	W40	4.17m	
Kim Farr	Vis	3.88m	
Andrea Penny	W40	2.73m	

#### 300m

Mark Elms	M45	43.0	
Colin Smith	M50	44.1	
Bernie Riviere	M50	45.6	
Fiona Leonard	W45	50.3	
Brad Baker	M35	60.5	
Cecil Walkley	M85	2:35.9	

Vanessa Carson	W35	50.4	
Des Walsh	M60	52.2	
Kim Farr	Vis	54.8	
Graeme Dahl	M65	55.6	
John Dennehy	M55	57.0	
Peggy Macliver	W70	57.5	
Delia Baldock	W50	59.1	
Carol Bowman	W60	60.4	

#### 5000m

Steve Weller	M40	18:09.7	
Rob Cattrall	Vis	20:25.8	
Trish Farr	W40	22:38.9	
Judy Davis	W50	26:13.7	
Bob Schickert	M70	29:02.8	

#### 5000m walk

Isabella Tolardo	Vis	29:09.1	
Karyn Tolardo	W50	29:11.8	
Wendy Farrow	W45	32:24.5	
Janne Wells	W45	33:21.6	<b>PBA</b>

#### 3000m

Giovanni Puglisi	M65	11:43.2	<b>PBA</b>
Bjorn Dybdahl	M60	12:03.1	
Graeme Dahl	M65	12:43.2	
Mark Elms	M45	14:59.0	
Maurice Creagh	M70	15:41.2	<b>SB</b>
David Carr	M80	17:10.0	

#### 3000m walk

Lynne Schickert	W70	23:28.2	
John Smith	M80	25:05.4	

### City to Surf Marathon, August 28

Anthony Smith	M45	2:52:11	
Ante Perdija	M40	3:17:28	<b>SB</b>
Stuart MacKinnon	M35	3:19:10	
Chris Neilon	M40	3:51:49	<b>SB</b>
Francis Hourquebie	M60	4:30:16	
Eamonn McNulty	M60	4:31:28	
Sarah San	W40	5:01:22	<b>PBA</b>

### WAAS - 6 September

#### 100m

Greg Brennan	M45	12.7	
Garry Ralston	M60	13.1	
Richard Parker	M55	13.8	
Colin Smith	M50	13.0	
Dawson Miller	M50	13.3	<b>SB</b>
Brian Callaghan	Vis	13.8	
Jan Peyper	M45	13.8	<b>SB</b>

Barrie Kernaghan	M75	14.9	<b>SB</b>
Des Walsh	M60	15.1	<b>SB</b>
Juliana Kelly	W50	15.7	
Annmarie O Donovan	Vis	16.0	

John Dennehy	M55	16.5	<b>SB</b>
Brenda Painter	W70	18.5	<b>SB</b>
Cecil Walkley	M85	45.9	

<b>1000m</b>			
Mark Dawson	M55	3:16.0	<b>PBA</b>
Jodie McGill	Vis	3:44.0	
Alan Gray	M50	4:04.9	
Ivan Brown	M70	4:10.6	
Cecil Walkley	M85	8:46.6	<b>PBA</b>

<b>1000m walk</b>			
Sylvia Byers	W80	7:56.0	

<b>300m</b>			
Colin Smith	M50	40.9	
Mark Elms	M45	43.6	
Richard Parker	M55	44.4	
Maurice Pascal	M40	45.4	
Lenz Keel	M70	50.0	

Sabrina Elms	Vis	44.0	
Jan Peyper	M45	44.5	
Dawson Miller	M50	45.6	
Barrie Kernaghan	M75	49.0	
Des Walsh	M60	52.2	

Garry Ralston	M60	45.7	
Juliana Kelly	W50	52.9	
John Dennehy	M55	55.1	
Delia Baldock	W50	59.2	
Cecil Walkley	M85	n/t	

#### ECAC - 8 September

<b>60m</b>			
Bernie Riviere	M50	7.8	
Colin Smith	M50	8.2	
Rob Cassian	Vis	8.4	
Trevor Bulley	Vis	8.5	
Fiona Leonard	W45	9.3	

Dawson Miller	M50	8.2	<b>SB</b>
Jeff Bilman	M40	8.2	
Kim Farr	Vis	9.3	
Des Walsh	M60	9.4	<b>SB</b>
Quinn Lockwood	Vis	10.3	

Lynne Choate	W60	9.4	<b>SB</b>
Wilma Perkins (QMA)	W65	9.8	
Carmel Meyer	W55	9.9	<b>PBA=</b>
Mike O Reilly	M75	10.3	
Peggy Macliver	W70	10.4	<b>SB</b>

Rob Cassian	Vis	10.5	
Quinn Lockwood	Vis	10.6	
Kristine Wells	Vis	10.7	
Layla Cassian	Vis	10.7	
Indie Cassian	Vis	13.3	
Cecil Walkley	M85	29.2	

<b>3000m</b>			
Rob Cattrall	Vis	11:28.1	
Andy Abbey	M45	12:27.0	<b>SB</b>
Graeme Dahl	M65	12:40.4	
Steve Weller	M40	13:34.0	
Milton Mavrick	M60	13:54.2	<b>SB</b>
Maurice Creagh	M70	14:45.7	<b>PBA</b>
Dante Giacomini	M45	15:05.4	
Judy Davis	W50	15:06.4	<b>SB</b>
Carol Bowman	W60	15:11.8	
Jackie Halberg	W70	16:50.8	

<b>5000m</b>			
Paul Mitchell	M45	18:58.4	
Alan Gower	M60	19:09.7	<b>SB</b>
Mark Dawson	M55	21:18.3	<b>SB</b>
Jodie McGill	Vis	22:12.1	

<b>3000m walk</b>			
Wendy Farrow	W45	19:04.4	
Lorna Lauchlan	W85	26:18.3	

<b>Long Jump</b>			
Garry Ralston	M60	4.87	
Dave Wyatt	M65	4.34	
Donna Abbey	W40	4.14	
Steve Pritchard	Vis	3.90	
Annmarie O Donovan	Vis	3.81	
Gay Wyatt	W60	3.00	
Carol Bowman	W60	2.98	<b>PBA</b>
Brenda Painter	W70	2.53	

<b>Weight</b>			
Todd Davey	M45	17.46	n/v
Geoff Gee	M60	16.08	
Tim Lyons	M50	13.08	<b>PBA</b>
Sarah Edmiston	W40	10.41	

<b>Hammer</b>			
Todd Davey	M45	43.55	n/v
Sarah Edmiston	W40	38.21	<b>SR</b>
Olivier Lyons	Vis	36.12	
Tim Lyons	M50	35.08	<b>PBA</b>
Jasmin Karwacki	W35	20.70	

<b>3000m walk</b>			
Karyn Tolardo	W50	16:47.0	<b>PBA</b>
Tom Lenane	M60	18:21.9	<b>PBA</b>
Kristine Wells	Vis	19:22.2	
Janne Wells	W45	19:23.7	
Lynne Schicket	W70	22:52.2	

<b>200m</b>			
Bernie Riviere	M50	26.1	<b>PBA</b>
Colin Smith	M50	26.4	<b>SB</b>
Trevor Bulley	Vis	29.8	
Des Walsh	M60	31.3	<b>SB</b>

Jeff Bilman	M40	27.5	
Rob Cassian	Vis	27.8	
Cecil Walkley	M85	1:38.9	

Carmel Meyer	W55	32.8	
Lynne Choate	W60	33.1	
Wilma Perkins (QMA)	W65	34.5	
Peggy Macliver	W70	35.0	<b>SB</b>
Quinn Lockwood	Vis	37.4	
Carol Bowman	W60	38.4	

Kim Farr	Vis	33.1	
Delia Baldock	W50	36.4	
Sasha Coates	Vis	36.6	
Kristine Wells	Vis	38.7	
Layla Cassian	Vis	41.2	

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<b>800m</b>				Graeme Dahl	M65	2:57.1	
Steve Weller	M40	2:18.5	<b>PBA</b>	Quinn Lockwood	Vis	3:05.8	
Fiona Leonard	W45	2:37.1		David Carr	M80	3:16.6	<b>SB</b>
Jane Lockwood	W35	2:38.1	<b>SB</b>	Kim Farr	Vis	3:18.7	
Andy Abbey	M45	2:40.9	<b>SB</b>	John Dennehy	M55	3:20.1	<b>SB</b>
Rob Colton	M50	2:42.5		Delia Baldock	W50	3:21.3	
Rob Catrall	Vis	2:46.1		Kristine Wells	Vis	3:24.7	
Milton Mavrick	M60	3:25.4		Sasha Coates	Vis	3:25.8	
				Mike O Reilly	M75	3:32.3	<b>PBA</b>
				Dante Giacomini	M45	3:41.2	

<b>800m walk</b>				Karyn Tolardo	W50	4:30.1	
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## WAAS - 13 September

<b>60m</b>				<b>200m</b>			
Andy Taylor	M35	7.3		Andy Taylor	M35	24.4	
Wendy Seegers	W40	7.6		Wendy Seegers	W40	24.8	<b>SB=</b>
Bernie Riviere	M50	7.9		Rudy Kocis	M55	25.4	
Greg Brennan	M45	7.9		Colin Smith	M50	26.4	<b>SB=</b>
Colin Smith	M50	8.5		Bernie Riviere	M50	26.6	
				Garry Ralston	M60	26.7	
Garry Ralston	M60	7.9		Jan Peyper	M45	28.0	<b>SB</b>
Jan Peyper	M45	8.3		Richard Parker	M55	28.1	
Richard Parker	M55	8.4		Maurice Pascal	M40	28.2	
Mark Naglasas	Vis	11.0		Des Walsh	M60	30.6	<b>SB</b>
				Barrie Kernaghan	M75	30.7	
Lisa Limonas	W45	9.0		Lisa Limonas	W45	30.2	
Des Walsh	M60	9.0	<b>SB</b>	Mark Whyte	M45	30.8	
Barrie Kernaghan	M75	9.5	<b>SB</b>	Fiona Leonard	W45	31.5	
Lynne Choate	W60	9.5		Juliana Kelly	W50	33.9	
Jasmine Pugh	Vis	8.7		Carmel Meyer	W55	33.2	
Nick Boccoardo	M50	9.3	<b>PBA</b>	Cate Mansfield	W45	33.6	
Juliana Kelly	W50	9.6	<b>SB</b>	Lynne Choate	W60	34.0	
Cate Mansfield	W45	9.8	<b>SB</b>	John Dennehy	M55	34.8	<b>SB</b>
Carmel Meyer	W55	10.1		Delia Baldock	W50	36.5	
<b>110m hurdles</b>				<b>2000m steeplechase</b>			
Andrew Brooker	M45	19.3	<b>PBA</b>	Tony Fairweather	Vis	8:17.9	
<b>800m</b>				Steve Smith	M50	8:39.0	
Dave Wrighton	Vis	2:24.5		Simone Solomon	W45	10:24.2	
Mark Dawson	M55	2:25.4	<b>PBA</b>	<b>Triple Jump</b>			
Sharon Davis	W40	2:25.9		Melissa Foster	W35	11.30	
Fiona Leonard	W45	2:36.0		Lisa Limonas	W45	9.04	
Mark Whyte	M45	2:52.5	<b>PBA</b>	Dave Wyatt	M65	8.96	
Steve Smith	M50	3:04.2		Jeff Bilman	M40	8.87	
Marg Saunders	W60	2:48.2		Nick Boccoardo	M50	7.83	
Lenz Keel	M70	2:49.1	<b>PBA</b>	Gay Wyatt	W60	6.47	
Henri Cortis	M70	2:51.5	<b>PBA</b>	<b>Shot</b>			
Simone Solomon	W50	3:00.7		Todd Davey	M45	14.21	n/v
Doug Cornish	Vis	3:07.8		Sue Coate	W50	9.64	<b>PBA</b>
Ivan Brown	M70	3:08.7		Tom Murrell	Vis	9.37	
Allan Billington	M55	3:29.1		Jasmin Karwacki	W35	8.37	<b>SB</b>
<b>800m walk</b>				Alex De Silva	Vis	7.82	
Wendy Farrow	W45	4:44.2		Nick Boccoardo	M50	7.81	
Sylvia Byers	W80	6:29.2		Michelle De Silva	W40	6.50	
<b>400m hurdles</b>				Mike Anderson	M65	6.09	
Garry Ralston	M60	73.2		Carol Bowman	W60	5.36	<b>SB</b>
Jasmine Pugh	Vis	70.2		<b>Javelin</b>			
Sharon Davis	W40	70.6		Todd Davey	M45	36.26	n/v
Kerriann Bresser	W45	1:33.3		Sue Coate	W50	25.97	<b>SB</b>
Delia Baldock	W50	1:35.5		Tom Murrell	Vis	20.75	
				Rob Shand	M80	19.85	<b>SB</b>
				Jasmin Karwacki	W35	17.03	
				Nick Boccoardo	M50	15.02	
				Carol Bowman	W60	11.59	<b>PBA</b>

**ECAC - 15 September****400m**

Colin Smith	M50	61.7	
Jane Lockwood	W35	67.6	
John Dennehy	M55	81.9	
Peggy Macliver	W70	83.4	<b>SB</b>
Quinn Lockwood	Vis	83.4	
Mike O'Reilly	M75	83.5	<b>SB</b>
Des Walsh	M60	1:31.1	

**3000m**

Rob Cattrall	Vis	11:24.7	
Bernadette Benson	W45	12:21.5	
Graeme Dahl	M65	12:55.6	
Steve Weller	M40	13:25.8	
David Carr	M80	14:44.6	
Maurice Creagh	M70	15:25.5	

**3000m walk**

Lynne Schickert	W70	22:54.6	
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**100m**

Colin Smith	M50	14.1	
Jane Lockwood	W35	15.3	
John Dennehy	M55	16.9	
Carmel Meyer	W55	16.0	
Peggy Macliver	W70	17.0	
Quinn Lockwood	Vis	17.5	
Andrea Penny	W40	17.8	

**1500m**

Steve Weller	M40	4:43.6	<b>PBA</b>
Giovanni Puglisi	M65	5:27.8	<b>PBA</b>
Rob Cattrall	Vis	5:34.5	
Jane Lockwood	W35	5:49.1	
Bernadette Benson	W45	5:58.1	
Graeme Dahl	M65	6:04.9	
Doug Cornish	Vis	6:58.0	
Jackie Halberg	W70	7:17.8	
Maurice Creagh	M70	7:24.6	

**ECAC - 22 September****100m**

Kim Taylor	M50	12.9	
Colin Smith	M50	13.2	
Rob Colton	M50	15.5	

Lynne Choate	W60	15.5	
Carmel Meyer	W55	15.9	
Nicolette Whittington	W55	16.0	

Jenny Parker	Vis	16.4	
John Dennehy	M55	17.0	
Peggy Macliver	W70	17.3	

**800m**

Andy Abbey	M45	2:32.7	<b>SB</b>
Vanessa Carson	W35	2:34.5	<b>PBA</b>
Fiona Leonard	W45	2:38.2	
Rob Cattrall	Vis	2:42.2	
Rob Colton	M50	2:45.8	

Graeme Dahl	M65	2:54.4	
Chris Bowen	Vis	3:04.7	
David Carr	M80	3:12.6	<b>SB</b>
Maurice Creagh	M70	3:30.8	
Mike O'Reilly	M75	3:38.8	

**200m**

Colin Smith	M50	27.1	
Rob Colton	M50	32.3	<b>SB</b>
Fiona Leonard	W45	32.6	
Vanessa Carson	W35	32.9	

Carmel Meyer	W55	32.6	<b>SB=</b>
Lynne Choate	W60	33.1	
John Dennehy	M55	33.6	<b>SB</b>
Peggy Macliver	W70	35.3	
Delia Baldock	W50	36.9	

**5000m**

Steve Weller	M40	17:37.8	
Rob Cattrall	Vis	20:13.2	
Bert Carse	M75	21:40.8	<b>SR</b>
Chris Bowen	Vis	22:04.7	
Rob Colton	M50	22:12.7	<b>SB</b>
Milton Mavrick	M60	24:18.6	
Andy Abbey	M45	24:44.5	
Judy Davis	W50	27:19.0	

**3000m**

Vanessa Carson	W35	11:59.7	
Graeme Dahl	M65	12:25.0	
Maurice Creagh	M70	15:06.3	
Carol Bowman	W60	16:18.5	

**3000m walk**

Lynne Schickert	W70	23:10.8	
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**WAAS - 20 September****400m**

Colin Smith	M50	58.5	<b>SB</b>
Jan Peyper	M45	62.9	<b>SB</b>
Mark Dawson	M55	71.7	
Jason Kell	Vis	76.2	

Nick Best	M40	61.5	
Richard Parker	M55	63.7	
Barrie Kernaghan	M75	79.5	
Cecil Walkley	M85	3:23.7	

Lenz Keel	M70	72.0	<b>PBA</b>
Henri Cortis	M70	75.0	<b>PBA</b>
Carmel Meyer	W55	75.9	<b>PBA</b>
Cate Mansfield	W45	76.7	<b>SB</b>

Juliana Kelly	W50	74.1	<b>PBA</b>
John Dennehy	M55	79.9	<b>SB</b>
Peggy Macliver	W70	83.4	<b>SB=</b>

**1500m**

Rob Nichols	M35	4:39.6	
Vanessa Carson	W35	5:14.2	<b>PBA</b>
Brian Kinneen	M50	5:14.7	
Mark Dawson	M55	5:19.2	
Rob Cattrall	Vis	5:22.2	
Graeme Dahl	M65	5:50.6	<b>SB</b>
Simone Solomon	W50	6:14.5	<b>PBA</b>
Ivan Brown	M70	6:38.3	
Jackie Halberg	W70	7:32.9	
Cecil Walkley	M85	14:16.7	

**100m**

Wendy Seegers	W40	12.0	
Greg Brennan	M45	12.5	
Colin Smith	M50	13.0	<b>SB=</b>
Trevor Bulley	Vis	13.6	

Nick Best	M40	12.9	
Jan Peyper	M45	13.1	<b>SB</b>
Barrie Kernaghan	M75	16.5	
Gavin Smith	Vis	17.2	

Nick Boccardo	M50	15.1	<b>SB</b>
Donna Abbey	W40	15.1	
Carmel Meyer	W55	15.8	<b>PBA</b>

Juliana Kelly	W50	15.6	<b>SB=</b>
Peggy Macliver	W70	16.7	<b>SB</b>
John Dennehy	M55	16.7	
Brenda Painter	W70	19.1	

**3000m**

Rob Nichols	M35	9:47.7	
Paul Mitchell	M45	10:52.5	
Alan Gower	M60	11:17.6	
Vanessa Carson	W35	11:32.7	
Brian Kinneen	M50	11:42.1	
Rob Cattrall	Vis	11:57.2	
Graeme Dahl	M65	12:07.0	<b>PBA</b>
Sue Zlnay	W55	12:33.8	<b>PBA</b>
Simone Solomon	W50	13:35.4	
Judy Davis	W50	15:22.1	
Nick Best	M40	15:38.6	

**September 24 – WAAS, special meet****800m**

Steven O'Halloran	M50	2:28.8	
Andrew Spratt	Vis	2:31.2	
David Solomon	M50	2:35.8	<b>SB</b>
Henri Cortis	M70	2:52.5	
Allan Billington	M55	3:06.5	<b>PBA</b>

Jane Lockwood	W35	2:40.1	
Maxine Santich	W60	3:11.8	

**1500m**

Vanessa Carson	W35	5:09.0	<b>PBA</b>
Rob Cattrall	Vis	5:11.1	
Steven O'Halloran	M50	5:12.1	
Giovanni Puglisi	M65	5:23.3	<b>PBA</b>
Peter Foot	Vis	5:27.3	
Fiona Leonard	W45	5:34.8	
Simone Solomon	W50	6:11.0	<b>PBA</b>
Gabrielle Street	Vis	6:17.2	
Maxine Santich	W60	6:42.1	
Roy Hart	Vis	6:48.6	
Lui Cecotti	M65	7:46.1	

**3000m walk**

Julie Wilson	W60	21:12.8	<b>PBA</b>
Sylvia Byers	W80	25:05.1	
Lorna Lauchlan	W85	25:56.6	

**High Jump**

Sue Coate	W50	1.30	<b>PBA=</b>
Dave Wyatt	M65	1.35	<b>SB=</b>
Steve Pritchard	Vis	1.35	
Nick Boccardo	M50	1.30	<b>SB</b>
Donna Abbey	W40	1.15	<b>SB=</b>
Ivan Brown	M70	1.15	<b>SB=</b>
Gay Wyatt	W60	1.00	
Brenda Painter	W70	0.95	

**Hammer**

Tom Gravestock	M60	38.84	
Sarah Edmiston	W40	37.06	
Geoff Gee	M60	36.59	
Thomas Murrell	Vis	33.79	
Ossi Igel	M65	31.83	
Jim Davis	M80	27.27	
Sally Sims	W35	26.59	
Angela O'Hehir	Vis	20.11	
Nick Boccardo	M50	19.67	

**Discus**

Mike Anderson	M65	16.14	
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**Weight**

Geoff Gee	M60	15.43	
Tom Gravestock	M60	15.09	
Ossi Igel	M65	14.84	
Thomas Murrell	Vis	12.01	
Jim Davis	M80	11.46	
Sarah Edmiston	W40	11.25	
Cheryl McMahon	W40	11.11	
Sally Sims	W35	10.20	
Nick Boccardo	M50	7.91	
Angela O'Hehir	Vis	7.35	

**100m**

Daniel Stolp	M40	12.0	
Bernie Riviere	M50	12.3	<b>PBA</b>
Colin Smith	M50	12.8	<b>SB</b>
Rob Cassian	Vis	12.9	
Owen Richards	M40	12.9	<b>PBA</b>
Jan Peyper	M45	13.4	

Martyn Cavanagh	Vis	13.0	
Garry Ralston	M60	13.3	
David Solomon	M50	14.8	
Steven O'Halloran	M50	14.9	
Geoff Brayshaw	M65	14.9	
Barrie Kernaghan	M75	15.3	

Allan Billington	M55	15.9	
Fred Naylor	Vis	18.9	
Derry Foley	M85	24.1	

Kathy Lawson	W50	14.6	<b>PBA</b>
Rachel Sherbourne	Vis	14.6	
Jane Lockwood	W35	15.3	<b>SB=</b>
Juliana Kelly	W50	15.4	<b>SB</b>
Nicolette Whittington	W55	15.5	<b>PBA</b>
Layla Cassian	Vis	17.7	

**200m**

Daniel Stolp	M40	23.5	<b>PBA</b>
Chris Neale	M45	24.1	<b>PBA</b>
Colin Smith	M50	25.7	<b>PBA h/t</b>
Bernie Riviere	M50	26.1	<b>PBA=</b>
Rob Cassian	Vis	27.0	
Owen Richards	M40	27.0	<b>PBA</b>

Martyn Cavanagh	Vis	26.4	
Jan Peyper	M45	27.6	<b>SB</b>
Michael Byrne	M65	29.5	<b>PBA</b>
David Solomon	M50	29.8	<b>SB</b>
Steven O'Halloran	M50	30.0	
Barrie Kernaghan	M75	30.6	

Kathy Lawson	W50	30.3	
Jane Lockwood	W35	30.6	
Juliana Kelly	W50	31.1	<b>PBA</b>
Nicolette Whittington	W55	33.7	
Layla Cassian	Vis	35.0	

Mike O'Reilly	M75	39.5	
Arthur Carbon	Vis	87.6	

**5000m walk**

Karyn Tolardo	W50	28:51.8	
Tom Lenane	M60	31:42.6	
Wendy Farrow	W45	31:44.1	<b>PBA</b>
Cheryl-Lee Dean	W50	31:57.5	
Janne Wells	W45	32:50.7	<b>PBA</b>

**400m**

Daniel Stolp	M40	52.9	<b>PBA</b>
Colin Smith	M50	56.9	<b>SB</b>
Chris Neale	M45	58.0	
Sharon Davis	W40	61.3	<b>PBA</b>
Jan Peyper	M45	62.2	<b>SB</b>
Rob Cassian	Vis	65.6	

Steven O'Halloran	M50	66.3	
Michael Byrne	M65	66.7	<b>PBA</b>
Jane Lockwood	W35	67.2	
Fiona Leonard	W45	69.3	
Barrie Kernaghan	M75	71.1	<b>PBA</b>
Henri Cortis	M70	74.0	<b>PBA</b>

Juliana Kelly	W50	73.4	<b>PBA</b>
Mike O'Reilly	M75	83.3	<b>SB</b>
Geoff Brayshaw	M65	87.0	
Layla Cassian	Vis	1:44.4	

**5000m**

Asher Lindquist	Vis	18:48.1	
Peter Buckingham	Vis	18:51.1	
Steven O'Halloran	M50	19:06.2	
Clare Wardle	W40	19:35.3	<b>PBA</b>
Peter Foot	Vis	19:38.6	
Rob Cattrall	Vis	19:40.5	
Vanessa Carson	W35	19:43.0	<b>SB</b>
Giovanni Puglisi	M65	19:49.2	<b>PBA</b>
Graeme Dahl	M65	20:57.4	<b>PBA</b>
Mark Batten	Vis	21:40.6	
Chris Gibbons	M50	21:45.9	
Jody McGill	Vis	22:22.6	
David Solomon	M50	22:22.9	
Gabrielle Street	Vis	22:39.8	
Simone Solomon	W50	24:14.8	
Heather Stanborough	Vis	25:49.1	
Lorraine Lopes	W75	26:44.1	<b>PBA</b>

**September 27 – Bunbury****80mH 76cm ET**

Brian Waldhuter	M75	21.93	
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**100m ET**

Harold Membrey	M65	17.12	
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**200m ET**

Harold Membrey	M65	34.76	
Brian Waldhuter	M75	35.67	

**5000m**

Rob Antonioli	M60	24:06.9	
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**3000m Walk**

Garry Hastie	M55	20:24.7	
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**1500m Walk**

Harold Membrey	M65	10:41.7	
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**WAAS - 27 September****100m**

Greg Brennan	M45	12.4	<b>SB=</b>
Lisa Limonas	W45	13.7	<b>SB</b>
Jane Lockwood	W35	14.3	<b>SB</b>
Sue Coate	W50	14.4	<b>PBA</b>

Trevor Bulley	Vis	13.3	
David Adams	M40	14.2	<b>PBA</b>
Barrie Kernaghan	M75	14.8	<b>SB</b>
Juliana Kelly	W50	14.9	<b>PBA</b>

Gary Ogden	Vis	15.0	
John Dennehy	M55	16.0	<b>PBA</b>
Delia Baldock	W50	16.8	<b>SB</b>
Quinn Lockwood	Vis	16.8	
Gavin Smith	Vis	18.3	

**800m**

Sharon Davis	W40	2:24.3	<b>PBA</b>
Mark Dawson	M55	2:26.2	
Brian Kinneen	M50	2:33.2	<b>SB</b>
Jane Lockwood	W35	2:42.0	
Quinn Lockwood	Vis	3:14.0	
Delia Baldock	W50	3:18.2	
Gavin Smith	Vis	3:30.4	

**5000m**

Alan Gower	M60	18:53.0	<b>SB</b>
Paul Mitchell	M45	19:15.4	
Brian Kinneen	M50	20:33.0	
Mark Dawson	M55	21:41.5	
David Adams	M40	24:05.4	
Danielle Baldock	W35	27:05.2	
Morland Smith	M75	27:37.0	

**200m**

Garry Smith	M55	27.6	
Trevor Bulley	Vis	29.3	
David Adams	M40	32.5	

Barrie Kernaghan	M75	30.4	
Jane Lockwood	W35	31.1	
Juliana Kelly	W50	31.4	
Gary Ogden	Vis	32.0	

John Dennehy	M55	34.0	
Delia Baldock	W50	36.3	
Quinn Lockwood	Vis	39.4	

**3000m walk**

Sylvia Byers	W80	24:46.9	
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**Long Jump**

Lisa Limonas	W45	4.42	<b>SB</b>
Sue Coate	W50	3.68	

**Discus**

<b>Todd Davey</b>	<b>M50</b>	<b>50.53</b>	<b>SR</b>
Tom Gravestock	M60	44.56	
Sarah Edmiston	W40	33.38	
Jasmin Karwacki	W35	24.57	<b>SB</b>
Cheryl McMahon	W40	23.84	
Mike Anderson	M65	16.58	
Angela O'Hehir	Vis	16.52	

**Shot**

<b>Todd Davey</b>	<b>M50</b>	<b>13.95</b>	<b>SR</b>
Tom Gravestock	M60	11.65	
Jasmin Karwacki	W35	8.55	<b>SB</b>
Sarah Edmiston	W40	8.24	
Cheryl McMahon	W40	8.10	
Jacqui Muir	Vis	8.07	
Pip Laufmann	Vis	7.73	
Angela O'Hehir	Vis	7.39	

**ECAC - 29 September****Mile**

Vanessa Carson	W35	5:39.7	<b>SB</b>
Rob Cattrall	Vis	5:41.6	
David Kennedy	Vis	5:58.5	
Rob Colton	M50	6:05.3	<b>PBA</b>
Bob Hull	M70	6:59.3	
Hannah Kennedy	Vis	7:17.9	
John Fisher	M55	7:23.3	
Gavin Smith	Vis	7:35.5	
Maurice Creagh	M70	7:41.9	
Gillian Young	W65	7:53.6	
Carol Bowman	W60	7:58.1	
Sophie Kennedy	Vis	8:37.1	
Cecil Walkley	M85	15:11.5	

**Mile walk**

Karyn Tolardo	W50	9:03.0	
Lynne Schickert	W70	12:04.5	<b>SB</b>

**400m**

Colin Smith	M50	58.7	
Nick Best	M40	59.3	<b>SB</b>
David Solomon	M50	68.4	
Rob Colton	M50	72.5	
David Kennedy	Vis	75.3	
John Fisher	M55	1:31.2	

Vanessa Carson	W35	70.5	
John Dennehy	M55	78.6	<b>PBA</b>
David Carr	M80	80.7	<b>SB</b>
Peggy Macliver	W70	87.2	
Hannah Kennedy	Vis	88.6	
Sophie Kennedy	Vis	1:43.4	
Louise Croeser	W50	1:44.8	

Delia Baldock	W50	1:24.1	
Maureen Keshwar	W60	2:10.9	
Brenda Painter	W70	2:11.1	
Cecil Walkley	M85	3:30.5	

**100m**

Mark Young	Vis	12.3	
Bernie Riviere	M50	12.5	
Colin Smith	M50	13.8	
David Solomon	W50	14.9	
David Kennedy	Vis	16.2	
Rachel Sherborne	W35	14.8	
Rob Colton	M50	15.6	
Lynne Choate	W60	15.6	
Vanessa Carson	W35	15.7	<b>SB=</b>
John Fisher	M55	21.2	
Maureen Keshwar	W60	16.4	
John Dennehy	M55	16.5	<b>SB=</b>
Peggy Macliver	W70	16.9	
Delia Baldock	W50	17.4	
Hannah Kennedy	Vis	19.0	
Jenny Parker	Vis	16.0	
Andrea Penny	W40	17.4	<b>SB</b>
Brenda Painter	W70	18.7	
Sophie Kennedy	Vis	20.7	
Cecil Walkley	M85	50.6	

**3000m**

Steve Weller	M40	10:10.9	<b>PBA</b>
Rob Cattrall	Vis	11:24.1	
Vanessa Carson	W35	11:33.8	
Jason Woolley	Vis	12:00.7	
David Solomon	M50	12:29.6	
Bert Carse	M75	12:34.8	
Rob Colton	M50	12:37.8	
Bob Hull	M70	13:33.7	
Hannah Kennedy	Vis	13:53.5	
David Kennedy	Vis	13:54.2	
Maurice Creagh	M70	14:30.8	<b>SB</b>
Gillian Young	W65	14:38.9	
John Fisher	M55	15:49.2	
David Carr	M80	16:32.7	
Louise Croeser	W50	16:57.6	

**3000m walk**

Karyn Tolardo	W50	16:48.5	
Lynne Schickert	W70	23:05.6	
John Smith	M80	25:25.8	

**Discus**

Todd Davey	M50	52.03	AR pending
Hendrick Cruzer	Vis	41.70	
Ossi Igel	M65	41.55	
Geoff Gee	M60	39.85	PBA
Matt Staunton	M40	37.39	SB
Cheryl McMahon	W40	26.72	SB
Jenny Parker	Vis	26.57	
Sally Sims	W35	18.32	SB

**Weight**

Todd Davey	M50	16.44	SR
Geoff Gee	M60	15.95	
Ossi Igel	M65	14.15	
Matt Staunton	M40	13.04	SB
Cheryl McMahon	W40	10.46	
Sally Sims	W35	8.85	
Shanell Staunton	W30	7.77	
Jenny Parker	Vis	7.13	