

# December 2018 Results

*This listing includes all events where members are known to have competed  
All records are pending until ratified by the appropriate authorities*

## Bunbury – December 1

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### Outdoor Pentathlon – women

		100m	Shot	Long Jump	Javelin	800m
Ruth Johnson	W75	20.1 609	5.60 546	2.71 576	10.70 371	4:02.9 738
	Total points	2840				
Luella Jenkins	W75	21.8 435	7.29 751	2.32 386	17.10 648	4:58.4 361
	Total points	2581				
Jenn Parker	W45	15.4 578	8.90 570	4.34 589	19.02 358	3:07.7 451
	Total points	2546				
Brenda Painter	W70	19.3 561	5.40 531	2.29 279	13.89 461	6:05.6 4
	Total points	1836				
Sharon Moloney	W55	17.8 440	8.02 594	2.16 89	16.53 362	DNS 0
	Total points	1485				

### Outdoor Pentathlon – men

		Long Jump	Javelin	200m	Discus	1500m
Brian Waldhuter	M75	3.39 608	13.42 757	36.8 468	19.32 419	09:08.4 268
	Total points	2520				
Garry Hastie	M55	4.33 519	33.23 507	30.2 502	25.36 428	06:07.8 522
	Total points	2478				
Rob Antonioli	M65	3.53 453	17.01 251	31.9 545	28.23 521	06:40.2 552
	Total points	2322				
Harold Membrey	M65	2.68 215	16.42 238	33.5 446	20.49 345	07:16.3 407
	Total points	1651				
Leon Sander	M80	2.18 261	16.66 369	41.3 389	18.16 461	DNF 0
	Total points	1480				

**WA Throwers Club, ECAC – December 1****Throws pentathlon**

		<b>Hammer</b>	<b>Shot</b>	<b>Discus</b>	<b>Javelin</b>	<b>Weight</b>
Janne Wells	W50	26.44	7.97	18.75	21.21	8.79
		579	532	362	437	517
	Total points	2427				
Malcolm Clarke	M45	34.97	12.41	36.77	40.31	11.52
		567	785	752	548	648
	Total points	3300				
<b>Todd Davey</b>	<b>M50</b>	<b>53.23 SR</b>	16	49.82	36.71	17.65
		895	1022	889	516	937
	Total points	<b>4259 AR</b>				
Andrew Ward	M55	26.3	8.61	30.82	31.18	10.47
		424	542	548	467	550
	Total points	2531				
Geoff Gee	M65	37.09	12.47	34.55	31.79	15.73
		749	911	669	583	881
	Total points	3793				

**WAAS – December 4****100m**

David Graieg	M30	12.1
Des Walsh	M60	14.1
David Adams	M40	14.5
Lisa Limonas	W45	14.7
Juliana Kelly	W50	15.7
Barrie Kernaghan	M75	16.3
John Dennehy	M55	17.3
Delia Baldock	W55	17.7
Isaiah Manning	Vis	17.7

**400m**

David Graieg	M30	56.3
Campbell Till	M60	62.1
Mark Dawson	M55	70.6
David Adams	M40	74.8
David Baird	M75	77.3
Barrie Kernaghan	M75	86.7
Juliana Kelly	W50	87.9
Delia Baldock	W55	1:33.6
Joe Steffanelli	Vis	1:42.6

**1500m**

Ian Hannaby	M50	5:18.6
Mark Dawson	M55	6:06.6
Paul Scott-Taylor	M60	6:11.3
Alan Gray	M55	6:16.6
Brendon Manning	Vis	6:35.2
David Baird	M75	7:02.4
Joe Steffanelli	Vis	10:32.8
Des Walsh	M60	10:32.8

**3000m**

David Graieg	M30	11:58.5
Ian Hannaby	M50	12:00.6
Paul Scott-Taylor	M60	12:57.4
Stuart Manning	M40	12:58.6
David Brook	M55	13:14.5
David Adams	M40	13:23.7
Hans Venter	M50	13:27.8
Brendan Manning	Vis	13:53.9
David Baird	M75	13:57.6
Isaiah Manning	Vis	15:21.2

**High Jump**

David Graieg	M30	1.55
Hans Venter	M50	1.50
Dave Wyatt	M65	1.33
Lisa Limonas	W45	1.30
Sue Coate	W50	1.25
Geoff Brayshaw	M65	1.25
Phil Smyth	M70	1.20

**Hammer**

Todd Davey	M50	49.30
Ossi Igel	M65	30.86
Andrew Ward	M55	24.13
Greg Wilson	M70	22.96
Norman Stanger	M80	20.65

**Discus**

Todd Davey	M50	50.10
Bailey Dawson	Vis	47.60
Ossi Igel	M65	37.43
Randal Humich	M45	34.98
Andrew Ward	M55	32.03
Greg Wilson	M70	30.20
Sue Coate	W50	24.23
Campbell Till	M60	22.25
Des Walsh	M60	20.94
David Graieg	M30	20.78
Ian Hannaby	M50	19.26
Norman Stanger	M80	17.79
John Dennehy	M55	16.07
Mike Anderson	M70	15.52
Juliana Kelly	W50	13.75

**Bunbury – December 4**

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**60m**

Garry Hastie	M55	9.03
Harold Membrey	M65	9.96
Brian Waldhuter	M75	10.22
Paula Kennedy	W50	10.44
Sharon Moloney	W55	10.82
Ruth Johnson	W75	12.15
Luella Jenkins	W75	12.56
Lyle James	M75	13.60

**3000m**

Michael Byrne	M65	13:38.5
Ruth Johnson	W75	18:42.2
Sharon Moloney	W55	20:15.4
Luella Jenkins	W75	21:07.4
Lyle James	M75	26:34.5

**3000m walk**

Garry Hastie	M55	16:47.8
Harold Membrey	M65	22:32.7

**Shot**

Paula Kennedy	W50	8.54
Garry Hastie	M55	8.06
Harold Membrey	M65	7.01
Luella Jenkins	W75	6.82
Ruth Johnson	W75	5.35
Lyle James	M75	3.03

**Discus**

John Fettus	M45	34.01
Paula Kennedy	W50	25.46
Garry Hastie	M55	25.34
Sharon Moloney	W55	21.29
Harold Membrey	M65	19.48
Brian Waldhuter	M75	16.93
Luella Jenkins	W75	16.01
Ruth Johnson	W75	11.72
Lyle James	M75	7.33

**ECAC – December 6**

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**100m**

Allan Karol	Vis	12.63
Colin Smith	M55	13.01
Ian Hannaby	M50	13.89
David Adams	M40	15.77
John Talbot	M70	26.74

Des Walsh	M60	15.33
Jenn Parker	W45	15.74
Nick Fairweather	M65	16.63
John Dennehy	M55	16.80
Ossi Igel	M65	16.92
Janne Wells	W50	17.09

Jonathan Lester	M45	15.71
Delia Baldock	W55	18.40
Andrea Penny	W40	19.05
Cecil Walkley	M85	66.79

Cooper Moore	Vis	15.26
Bob Schickert	M75	18.67
Julie Wilson	W65	20.47
Gillian Young	W70	20.48
Lynne Schickert	W75	26.51

Jacob McCormack	Vis	15.94
Brock Moore	Vis	17.67
Riley Clark	Vis	17.70
Maddie Clark	Vis	18.93
Amelia Coopmeiners	Vis	19.50

**800m**

Ian Hannaby	M50	2:52.84
Rod Hamilton	M55	3:01.66
Riley Clark	Vis	3:01.70
David Adams	M40	3:02.91
Allan Karol	Vis	3:07.13
Cooper Moore	Vis	3:27.77
Jacob McCormack	Vis	3:27.90
Amelia Coopmeiners	Vis	3:46.08
Julie Wilson	W65	3:46.13
Brock Moore	Vis	3:49.24
Delia Baldock	W55	3:49.56
Maddie Clark	Vis	4:14.43
John Talbot	M70	4:29.06
Cecil Walkley	M85	10:04.27

**400m**

Jonathan Lester	M45	70.86
Michelle Krokosz	W30	73.93
Barbara Blurton	W65	79.43
Carol Bowman	W60	83.92
Cecil Walkley	M85	4:59.48

Anthony Mugavin	Vis	64.37
David Adams	M40	73.23
Rod Hamilton	M55	81.25
Julie Wilson	W65	1:32.46
Jackie Halberg	W70	1:45.19
John Talbot	M70	1:59.65

Cooper Moore	Vis	80.73
Jacob McCormack	Vis	82.31
Riley Clark	Vis	86.13
Brock Moore	Vis	1:30.28
Amelia Coopmeiners	Vis	1:31.49
Maddie Clark	Vis	1:45.15

**3000m**

Allan Karol	Vis	12:20.49
Rod Hamilton	M55	12:53.38
Graeme Dahl	M65	13:03.89
David Adams	M40	13:42.70
Mike Meredith	Vis	13:54.95
Cooper Moore	Vis	14:16.93
Gillian Young	W70	14:33.98
Claire Walkley	W50	15:21.49
Carol Bowman	W60	15:37.41
David Carr	M85	15:51.88
Julie Wilson	W65	15:59.43
John Talbot	M70	18:29.03

**3000m walk**

Haydn Gawne	M70	19:56.47
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**Javelin**

Allan Karol	Vis	38.09
Andrew Ward	M55	30.71
Michelle Krokosz	W30	28.47
Franz Schlechter	M65	25.00
Des Walsh	M60	20.91
Jenn Parker	W45	19.73
Janne Wells	W50	17.57
Andrea Penny	W40	10.41

**Triple Jump**

Allan Karol	Vis	11.17
Jonathan Lester	M45	10.01
Colin Smith	M55	9.63
Anthony Mugavin	Vis	9.41
Michelle Krokosz	W30	9.31
Ian Hannaby	M50	9.23
Jenn Parker	W45	8.89
Ossi Igel	M65	7.95
Janne Wells	W50	7.58
John Dennehy	M55	6.42
Des Walsh	M60	6.34
Bob Schickert	M75	4.93
Lynne Schickert	W75	4.62

**Weight**

Todd Davey	M50	17.56
Alex De Silva	Vis	12.37
Andrew Ward	M55	10.12
Franz Schlechter	M65	8.45
Andrea Penny	W40	5.54

**Bunbury – December 8****Throws pentathlon**

		<b>Hammer</b>	<b>Shot</b>	<b>Discus</b>	<b>Javelin</b>	<b>Weight</b>
Byrony Glass	W40	45.01	9.95	30.22	17.18	13.86
		998	598	523	284	890
	Total points	3302				
Paula Kennedy	W50	29.76	9.14	22.71	23.63	9.82
		672	629	459	497	591
	Total points	2848				
Sharon Moloney	W55	26.39	7.71	19.79	16.11	7.28
		643	566	434	351	456
	Total points	2450				
Kate Glass	W65	23.39	6.78	14.46	12.31	7.70
		708	612	386	333	506
	Total points	2545				
Bev Hamilton	W70	20.83	6.78	19.21	13.16	8.30
		709	700	644	432	626
	Total points	3111				
Todd Davey	M50	47.69	15.46	52.96	38.76	17.55
		785	982	956	553	931
	Total points	4207				
Tom Gravestock	M60	34.58	11.32	47.68	33.81	12.83
		598	736	884	556	642
	Total points	3416				
John Everard	M60	32.86	7.31	22.02	15.32	10.83
		561	433	336	184	524
	Total points	2038				
Franz Schlechter	M65	18.49	7.40	23.53	22.69	8.82
		304	489	413	376	443
	Total points	2025				
Brian Waldhuter	M75	17.23	6.04	19.17	12.71	8.28
		325	393	415	217	462
	Total points	1812				

**Strive, WAAS – December 9****100m**

Paul Jeffery	M40	11.83	+2.5
Lee Stergiou	M45	12.22	+1.6
Gregory Brennan	M50	12.79	+1.6
Colin Smith	M55	12.58	+2.2
Barrie Kernaghan	M75	16.23	+2.2

**400m**

Paul Jeffery	M40	54.4
Lee Stergiou	M45	58.7
Colin Smith	M55	57.0
Sharon Davis	W45	61.3
Barrie Kernaghan	M75	79.1

**Pole Vault**

Geoff Brayshaw	M65	2.60
Phil Smyth	M70	2.40

**Discus**

Paul Jeffery	M40	38.56
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**WAAS – December 11**

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**200m**

David Graieg	M30	24.8
Des Walsh	M60	29.5
David Adams	M40	31.4
Mark Dawson	M55	35.2

Sue Coate	W50	30.6
Barrie Kernaghan	M75	32.6
Juliana Kelly	W50	32.7
David Baird	M75	40.9

Alan Gray	M55	35.4
Ivan Brown	M70	37.0
Tory Gaglia	Vis	40.8

Campbell Till	M60	32.8
Mike Anderson	M70	47.4

**400m**

David Adams	M40	73.9
Juliana Kelly	W50	81.5
Barrie Kernaghan	M75	81.6
Ivan Brown	M70	87.4
Delia Baldock	W55	1:33.7

David Graieg	M30	67.9
Tim Karajas	Vis	71.8

**1 mile**

Tim Karajas	Vis	5:40.2
David Graieg	M30	5:46.8
Mark Dawson	M55	6:16.3
Paul Scott-Taylor	M60	6:37.3
Campbell Till	M60	6:53.5

**3000m**

David Graieg	M30	11:44.0
Tim Karajas	Vis	11:44.9
Mark Dawson	M55	12:39.1
Alan Gray	M55	13:05.7
Paul Scott-Taylor	M60	13:07.4
David Brook	M55	13:21.8
David Adams	M40	13:30.0

**Long Jump**

Dave Wyatt	M65	4.64
Jenn Parker	W45	4.46
Lisa Limonas	W45	4.28
Sue Coate	W50	3.96
Gay Wyatt	W60	3.32

**Triple Jump**

David Graieg	M30	11.40
Jenn Parker	W45	9.36
Lisa Limonas	W45	8.92
Gay Wyatt	W60	7.03

**Shot**

Sue Coate	W50	10.16
Andrew Ward	M55	8.49
Norman Stanger	M80	8.16
Jenn Parker	W45	8.11
Julie Gaglia	W40	7.99
Phil Smyth	M70	7.93
David Graieg	M30	7.20
Mike Anderson	M70	6.39
Juliana Kelly	W50	6.36
Gay Wyatt	W60	6.12
Tory Gaglia	Vis	3.72

**Javelin**

Andrew Ward	M55	31.57
Julie Gaglia	W40	28.43
Sue Coate	W50	27.71
Campbell Till	M60	23.66
Phil Smyth	M70	22.93
Des Walsh	M60	22.00
Jenn Parker	W45	20.82
Lisa Limonas	W45	16.97
Norman Stanger	M80	12.55
Gay Wyatt	W60	10.34
Tory Gaglia	Vis	7.55

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**Bunbury – December 11**

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**400m**

Michael Byrne	M65	69.67
Rob Antonioli	M65	73.37
Garry Hastie	M55	83.31
Harold Membrey	M65	88.46
Brian Waldhuter	M75	89.95
Paula Kennedy	W50	1:51.13
Luella Jenkins	W75	2:12.80
Lyle James	M75	2:59.34

**2000m**

Harold Membrey	M65	10:07.8
Lyle James	M75	17:52.5

**Long Jump**

Rob Antonioli	M65	3.73
Brian Waldhuter	M75	3.67
Harold Membrey	M65	2.77
Luella Jenkins	W75	2.34
Sharon Moloney	W55	1.89
Lyle James	M75	1.17

**Javelin**

Garry Hastie	M55	32.05
Paula Kennedy	W50	22.42
Luella Jenkins	W75	14.93
Sharon Moloney	W55	14.91
Debra Cox	W50	14.54
Lyle James	M75	8.08

**Hammer**

Paula Kennedy	W50	30.75
Sharon Moloney	W55	25.89
Garry Hastie	M55	21.09
Harold Membrey	M65	19.33
Luella Jenkins	W75	18.51
Brian Waldhuter	M75	14.32

**ECAC – December 13**

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<b>60m</b>			<b>3000m</b>		
David Adams	M40	9.58	Jim Langford	M70	14:25.99
Des Walsh	M60	10.16	Gillian Young	W70	14:40:73
Bob Schickert	M75	13.28	Mike Meredith	Vis	15:26.16
Lynne Schickert	W75	16.01	Julie Wilson	W65	15:53.48
Cecil Walkley	M85	38.84	David Carr	M85	15:58.94
			Maurice Creagh	M70	16:52.87
Colin Smith	M55	9.32	<b>3000m walk</b>		
Michelle Krokosz	W30	9.33	Karyn Tolardo	W50	18:46.04
Jenn Parker	W45	9.44	Haydn Gawne	M70	20:48.42
Nick Fairweather	M65	10.02	<b>5000m</b>		
Andrea Penny	W40	11.19	Paul Scott-Taylor	M60	22:55.86
Julie Wilson	W65	12.11	David Adams	M40	23:47.38
<b>200m</b>			Bob Hull	M70	23:56.99
Michelle Krokosz	W30	31.88	Silke Peglow	W50	29:24.36
David Adams	M40	32.20	<b>Long Jump</b>		
Carol Bowman	W60	38.37	Michelle Krokosz	W30	4.33
Julie Wilson	W65	42.95	Nick Fairweather	M65	3.44
Cecil Walkley	M85	2:26.77	Des Walsh	M60	3.09
<b>800m</b>			Lynne Schickert	W75	2.18
Colin Smith	M55	2:19.6h	<b>Hammer</b>		
Campbell Till	M60	2:30.0h	Alex De Silva	Vis	40.50
Chris Groom	M50	2:38.0h	Jenn Parker	W45	32.04
Des Walsh	M60	2:56.6h	Janne Wells	W50	30.44
Alan Gray	M55	2:57.1h	Ossi Igel	M65	30.00
Paul Scott-Taylor	M60	3:14.8h	Andrew Ward	M55	27.27
Jenn Parker	W45	3:04.9h	<b>Weight</b>		
Janne Wells	W50	3:21.0h	Ossi Igel	M65	13.28
Gillian Young	W70	3:27.7h	Andrew Ward	M55	10.29
Ossi Igel	M65	3:30.1h	Jenn Parker	W45	9.76
Julie Wilson	W65	3:35.7h	Michelle Krokosz	W30	6.33
Delia Baldock	W55	3:36.7h	Andrea Penny	W40	5.54
Maurice Creagh	M70	3:41.2h			
Bob Schickert	M75	3:50.4h			
John Dennehy	M55	3:55.0h			
Lynne Schickert	W75	6:12.5h			
Cecil Walkley	M85	10:10.8h			

**Strive, WAAS – December 14**

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<b>100m</b>			<b>5000m</b>		
Gregory Brennan	M50	13.03 +1.4	Rick Cooke	M45	17:13.86
<b>200m</b>			Rochelle Rodgers	W30	17:33.35
Andrew Brooker	M45	26.67 +4.6	<b>Long Jump</b>		
<b>800m</b>			Melissa Foster	W40	5.42 +0.9
Chris Gould	M40	2:04.38	<b>Pole Vault</b>		
Sharon Davis	W45	2:17.27 SR	Geoff Brayshaw	M65	2.75 SR

**WA Throwers Club, ECAC – December 15**

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<b>Discus</b>			<b>Hammer</b>		
Geoffrey Gee	M65	39.22	Byrony Glass	W40	47.57
Cheryl McMahon	W40	27.14	Cheryl McMahon	W40	32.50
Sally Sims	W40	21.50	Christine Schelfhout	W50	31.09
Christine Schelfhout	W50	21.00	Geoffrey Gee	M65	30.36
Kate Glass	W65	17.23	Sally Sims	W40	29.01
<b>Shot</b>			Kate Glass	W65	23.56
Geoffrey Gee	M65	12.64 SR	<b>Weight</b>		
Cheryl McMahon	W40	8.27	Geoffrey Gee	M65	15.87
Sally Sims	W40	7.56	Byrony Glass	W40	14.84
Christine Schelfhout	W50	7.20	Sally Sims	W40	9.88
Kate Glass	W65	6.59	Christine Schelfhout	W50	8.97
<b>Javelin</b>			Kate Glass	W65	8.31
Christine Schelfhout	W50	17.07			

**WAAS – December 18**

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<b>60m</b>			<b>3000m</b>		
Melissa Foster	W40	7.9	Ian Hannaby	M50	13:22.4
Stuart Manning	M40	8.4	Hans Venter	M50	13:28.0
David Adams	M40	8.8	<b>5000m</b>		
Des Walsh	M60	9.3	Paul Scott-Taylor	M60	22:00.0
 			David Adams	M40	22:28.4
Lisa Limonas	W45	9.1	Mark Dawson	M55	22:35.5
Ann-Marie O'Donovan	W45	9.3	David Brook	M55	22:42.4
Juliana Kelly	W50	9.3	David Baird	M75	25:38.0
Isaiah Manning	Vis	10.5	<b>High Jump</b>		
Gay Wyatt	W60	11.2	Hans Venter	M50	1.51
 			Sue Coate	W50	1.32
<b>100m</b>			Dave Wyatt	M65	1.32
David Adams	M40	13.7	Lisa Limonas	W45	1.29
Des Walsh	M60	14.1	Ann-Marie O'Donovan	W45	1.15
Lisa Limonas	W45	14.4	Gay Wyatt	W60	1.03
Sue Coate	W50	14.4	Isaiah Manning	Vis	0.90
 			<b>Hammer</b>		
Stuart Manning	M40	13.8	Alex De Silva	Vis	44.44
Juliana Kelly	W50	15.1	Chris Schelfhout	W50	28.62
Ann-Marie O'Donovan	W45	15.1	Norman Stanger	M80	20.12
Mark Dawson	M55	17.8	<b>Discus</b>		
Gay Wyatt	W60	19.2	Alex De Silva	Vis	31.93
 			Des Walsh	M60	24.38
<b>800m</b>			Chris Schelfhout	W50	19.82
Ian Hannaby	M50	2:34.9	Mike Anderson	M70	17.49
Mark Dawson	M55	2:41.8	Norman Stanger	M80	17.12
Stuart Manning	M40	2:54.1	Johan Hagedoorn	M75	11.95
Hans Venter	M50	2:56.0	Isaiah Manning	Vis	10.22
Paul Scott-Taylor	M60	3:14.2	 		
Sue Coate	W50	3:16.3	<b>200m</b>		
Ann-Marie O'Donovan	W45	3:17.9	Garry Hastie	M55	30.18
David Baird	M75	3:21.0	Rob Antonioli	M65	30.99
Juliana Kelly	W50	3:25.2	Harold Membrey	M65	34.15
Delia Baldock	W55	3:38.6	Brian Waldhuter	M75	35.84
John Dennehy	M55	4:16.3	Paula Kennedy	W50	38.60

**Bunbury – December 18**

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<b>200m</b>			<b>Shot</b>		
Garry Hastie	M55	30.18	Paula Kennedy	W50	9.12
Rob Antonioli	M65	30.99	Garry Hastie	M55	8.61
Harold Membrey	M65	34.15	Luella Jenkins	W75	7.14
Brian Waldhuter	M75	35.84	Harold Membrey	M65	6.90
Paula Kennedy	W50	38.60	Debra Cox	W50	6.33
Luella Jenkins	W75	51.12	Brian Waldhuter	M75	6.17
Lyle James	M75	60.35	Lyle James	M75	2.64
 			<b>Hammer</b>		
<b>800m</b>			Paula Kennedy	W50	31.91
Rob Antonioli	M65	3:16.16	Garry Hastie	M55	24.30
Garry Hastie	M55	4:11.98	Debra Cox	W50	16.87
Luella Jenkins	W75	5:02.30	 		
Lyle James	M75	6:05.40	<b>Triple Jump</b>		
 			Brian Waldhuter	M75	7.21
<b>Triple Jump</b>			Luella Jenkins	W75	4.49
Brian Waldhuter	M75	7.21	 		
Luella Jenkins	W75	4.49	 		

**ECAC – December 20**

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**100m**

Colin Smith	M55	13.2
Carl Heslop	Vis	13.6
Jonathan Lester	M45	13.9
Jasmine Heslop	Vis	15.2

David Adams	M40	15.3
Des Walsh	M60	17.8
Delia Baldock	W55	18.3
Andrea Penny	W40	18.6
Lynne Schickert	W75	26.3

**400m**

Colin Smith	M55	58.1
Carl Heslop	Vis	59.1
David Adams	M40	71.9
Jasmine Heslop	Vis	74.3

Anthony Mugavin	Vis	66.7
Jonathan Lester	M45	69.9
Michelle Krokosz	W30	72.7
Carol Bowman	W60	85.1
Delia Baldock	W55	1:32.6

**1500m**

Vanessa Carson	W40	5:42.2
Anthony Mugavin	Vis	5:46.9
John McShane	M50	6:21.4
Alan Gray	M55	6:22.3
Mike Meredith	Vis	6:51.2
Gillian Young	W70	6:54.1
Kristine Wells	Vis	7:22.3
Maurice Creagh	M70	7:37.0
Irwin Barrett-Lennard	M85	10:08.7

**1500m walk**

Karyn Tolardo	W50	8:57.8
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**3000m**

Vanessa Carson	W40	12:14.5
Paul Scott-Taylor	M60	12:44.9
Ian Hannaby	M50	12:49.4
John McShane	M50	13:49.0
David Adams	M40	14:02.9
Jim Langford	M70	14:25.6
Mike Meredith	Vis	14:30.3
Anthony Mugavin	Vis	16:40.3
Des Walsh	M60	16:42.5
Maurice Creagh	M70	17:03.8
Hazel Stephen	W70	22:04.5

**3000m walk**

Karyn Tolardo	W50	19:57.2
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**2000m steeplechase**

Carl Heslop	Vis	8:14.4
Vanessa Carson	W40	8:41.9
Alan Gray	M55	9:59.2
Gillian Young	W70	10:36.9
Kristine Wells	Vis	10:51.1
Janne Wells	W50	11:04.5
David Adams	M40	11:32.6
David Carr	M85	12:43.5
Therese Carr	W55	15:58.2

**Long Jump**

Anthony Mugavin	Vis	4.75
Jonathan Lester	M45	4.69
Des Walsh	M60	2.90
Lynne Schickert	W75	2.01

**Javelin**

Ossi Igel	M65	30.83
Michelle Krokosz	W30	28.50
Des Walsh	M60	20.57
Jenn Parker	W45	20.25
Andrea Penny	W40	12.40
Garry Parker	M55	11.35

**Shot**

Geoffrey Gee	M65	11.81
Ossi Igel	M65	10.86
Michelle Krokosz	W30	9.15
Jenn Parker	W45	8.56
Janne Wells	W50	8.15
Ian Hannaby	M50	7.94
Garry Parker	M55	7.20
Des Walsh	M60	7.13
Colin Smith	M55	5.86
Bob Schickert	M75	5.68
Therese Carr	W55	5.45
Lynne Schickert	W75	5.30
Gillian Young	W70	4.78
Hazel Stephen	W70	3.13

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**Strive, WAAS – December 20**

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**100m**

Lee Stergiou	M45	12.36	+1.2
Gregory Brennan	M50	12.76	+1.7
Melissa Foster	W40	13.07	+2.3

**400m**

Lee Stergiou	M45	57.32
Chris Neale	M45	58.48

**1500m**

Chris Gould	M40	4:17.49
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**Triple Jump**

Melissa Foster	W40	10.32	+0.0
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**Hammer**

Byrony Glass	W40	47.43
Matt Staunton	M45	42.55
Tim Lyons	M55	29.08
Andrew Ward	M55	25.56

**Discus**

Matt Staunton	M45	37.65
Andrew Ward	M55	29.05