

Winter 2011 (April 28-Sept 30)

ECAC - April 28

Note: This is the start of a new season, which will continue until the Nationals in Melbourne next April. So all performances are SB (season's best)

800m

Kim Thomas	M35	2:27.6
Mark Elms	M40	2:42.7
Fiona Leonard	W40	2:43.4
Graeme Dahl	M60	2:50.4
Maurice Creagh	M60	3:01.7
David Carr	M75	3:02.4
Peggy Macliver	W65	3:13.9
John Dennehy	M50	3:14.0
Gillian Young	W60	3:17.4
Mel Hynds	W30	3:17.8
Carl Ciccarelli	M50	3:21.9
Carol Bowman	W55	3:25.1

100m

Mark Elms	M40	13.5
Colin Smith	M45	13.6
Kim Thomas	M35	14.3
Kathy Lawson	W45	15.0

Fiona Leonard	W40	15.5
John Dennehy	M50	15.8
David Carr	M75	16.9
Kevin Collins	M40	17.3

Mel Hynds	W30	17.6
Regina Crouch	W40	18.9
Irwin Barrett-Lennard	M80	19.1
Patricia Carr	W75	23.9

Sabrina Elms	Vis	15.1
Jordan Elms	Vis	15.3
Michael Elms	Vis	16.5
Serena Elms	Vis	18.1

3000m

Jordan Elms	Vis	13:10.7
Colin Smith	M45	13:29.4
Michael Elms	Vis	13:41.9
Sabrina Elms	Vis	15:42.0
Irwin Barrett-Lennard	M80	15:45.9
Serena Elms	Vis	17:07.0
Kevin Hynds	M40	17:36.4 PBA

3000m walk

Regina Crouch	W40	23:41.2
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5000m

Kim Thomas	M35	19:03.6
Rod Hamilton	M45	19:44.0
Graeme Dahl	M60	20:41.9
Carl Ciccarelli	M50	21:22.9 PBA
Sue Bourn	W40	22:15.5
Karyn Gower	W50	22:28.8
Hilary Beck	W55	23:13.3 PBA
Maurice Creagh	M60	23:18.7
Gillian Young	W60	23:23.4
Mel Hynds	W30	24:52.9
Sarah Ladwig	W60	27:27.3

60m

Colin Smith	M45	9.2
Sabrina Elms	Vis	9.2
Kathy Lawson	W45	9.5
Kevin Hynds	M40	9.7

Jordan Elms	Vis	9.8
Delia Baldock	W45	9.9
Michael Elms	Vis	10.5
David Carr	M75	10.9
Serena Elms	Vis	10.9

Mel Hynds	W30	10.7
Regina Crouch	W40	11.1
Patricia Carr	W75	13.7

400m

Colin Smith	M45	63.2
Mark Elms	M40	63.8
Fiona Leonard	W40	70.2
Maurice Creagh	M60	1:30.9
Hilary Beck	W55	1:37.5

Sabrina Elms	Vis	72.1
David Carr	M75	73.9
John Dennehy	M50	74.6
Delia Baldock	W45	76.3
Peggy Macliver	W60	80.6
Sue Bourn	W40	83.1
Mel Hynds	W30	86.9
Carol Bowman	W55	88.5

WAAS – May 3

800m

Andrew Brooker	M40	2:15.2	
John Collier	M45	2:45.8	
Toni Phillips	W35	3:02.0	
Delia Baldock	W45	3:11.3	
Fran Cherry	W45	3:42.0	

100m

Colin Smith	M45	13.1	SB
Andrew Taylor	M40	13.2	PBA
Dave Wyatt	M55	13.8	
Roy Fearnall	M65	14.1	
David Clive	M70	14.1	

Barry Kernaghan	M70	14.1	
Rob Greenhalgh	M60	14.3	
Lynne Choate	W55	14.4	
Norm Richards	M70	15.0	
Kevin Collins	M40	16.1	SB

John Dennehy	M50	15.6	SB
Peggy Macliver	W65	15.6	
Delia Baldock	W45	15.8	
Irwin Barrett-Lennard	M80	18.6	SB

Catherine Bresser	Vis	15.3	
Kerriann Bresser	W40	17.3	
Julie Wilson	W55	19.8	PBA
Pat Carr	W75	21.4	SB

3000m

Mark Matcham	M40	12:33.4	
Peggy Macliver	W65	14:50.2	
Julie Wilson	W55	14:52.4	
Irwin Barrett-Lennard	M80	15:15.7	SB
John Dennehy	M50	15:34.0	
Cathy Elms	W40	16:58.6	

3000m Walk

Lorna Lauchlan	W80	24:51.6	PBA
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5000m

John Collier	M40	20:54.1	
Karyn Gower	W50	22:47.9	

60m

Andrew Taylor	M40	8.2	
Colin Smith	M45	8.7	SB
Dave Wyatt	M55	8.8	
David Clive	M70	8.8	
Lynne Choate	W55	9.1	

Rob Greenhalgh	M60	8.8	
Barrie Kernaghan	M70	8.9	
Norm Richards	M70	9.4	
Kerriann Bresser	W40	9.4	

Catherine Bresser	Vis	9.6	
Peggy Macliver	W65	9.7	
Delia Baldock	W45	10.2	
Julie Wilson	W55	12.1	PBA
Pat Carr	W75	13.2	SB

Wind was measured within valid range

400m

Colin Smith	M45	58.1	SB
Mark Matcham	M40	62.8	
Roy Fearnall	M65	65.3	
Rob Greenhalgh	M60	70.2	
Barrie Kernaghan	M70	70.5	

Andrew Taylor	M40	66.1	PBA
Toni Phillips	W35	71.6	
Kerriann Bresser	W40	76.8	
Catherine Bresser	Vis	80.6	

Delia Baldock	W45	75.9	SB
Lynne Choate	W55	84.2	
Fran Cherry	W45	85.3	
Julie Wilson	W55	95.0	PBA

ECAC – May 5

60m

Colin Smith	M45	8.8	
Kim Thomas	M35	9.5	
Fiona Leonard	W40	9.6	
John Dennehy	M50	10.4	

Michelle Crouch	Vis	9.9	
Peggy Macliver	W65	10.4	
Mel Hynds	W30	10.8	

Regina Crouch	W40	11.3	
Pat Carr	W75	13.7	
Lynne Schickert	W65	15.8	

300m

Colin Smith	M45	43.7	
Fiona Leonard	W40	49.5	
Kim Thomas	M35	50.4	
Bob Schickert	M65	54.9	
Michelle Crouch	Vis	55.4	
Sue Bourne	W40	57.6	
Maurice Creagh	M60	63.3	
Mel Hynds	W30	63.7	
Regina Crouch	W40	66.6	

Mile

Kim Thomas	M35	5:40.3	
Simon Leonard	M50	6:24.2	PBA
Maurice Creagh	M60	6:42.5	
John Dennehy	M50	7:05.9	PBA
Peggy Macliver	W65	7:12.6	
Carol Bowman	W55	7:13.0	PBA
David Carr	M75	7:14.3	
Lorraine Lopes	W70	7:14.5	AR
Mel Hynds	W30	7:24.0	PBA
Delia Baldock	W45	7:27.0	

Mile Walk

Lynne Schickert	W65	11:29.6	
Michelle Crouch	Vis	11:44.9	
Regina Crouch	W40	12:07.5	PBA

WAAS – May 10

60m

Roy Fearnall	M65	8.5	
Garry Ralston	M55	8.5	
Barry Kernaghan	M70	8.7	SB
Lynnne Choate	W55	9.0	SB

Norm Richards	M70	9.4	
Peggy Macliver	W65	9.8	
Delia Baldock	W45	9.8	SB
John Dennehy	M50	9.8	SB

200m

Colin Smith	M45	28.4	
Fiona Leonard	W40	30.3	PBA
John Dennehy	M50	32.2	
Kim Thomas	M35	32.4	
David Carr	M75	33.9	

Peggy Macliver	W65	33.5	
Delia Baldock	W45	33.5	
Mel Hynds	W30	38.7	
Regina Crouch	W40	39.8	

4000m

Kim Thomas	M35	15:04.1	
Sue Bourne	W40	17:38.5	
Bob Schickert	M65	18:20.8	
Maurice Creagh	M60	18:31.8	
David Carr	M75	19:52.1	
Mel Hynds	W30	19:56.9	

Kevin Collins	M45	10.2	
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300m

Roy Fearnall	M65	46.3	
Keith Martin	M65	49.4	
Campbell Till	M50	49.8	
John Dennehy	M50	50.5	
David Carr	M75	53.2	

Garry Ralston	M55	47.4	
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Delia Baldock	W45	51.8
Peggy Macliver	W65	51.9
Lynne Choate	W55	53.6

Rolf Schatzmann	Vis	51.2
Carol Bowman	W55	60.7
Irwin Barrett-Lennard	M80	61.6
Julie Wilson	W55	67.0

Mile

Mark Matcham	M40	5:46.6	PBA
John Collier	M45	6:02.4	
Campbell Till	M50	6:12.4	
Bernadette Benson	W40	6:18.8	
Rolf Schatzmann	Vis	6:24.6	
Allan Billington	M50	7:06.7	PBA
Julie Wilson	W55	7:41.3	PBA
Delia Baldock	W45	7:55.7	
Gill Edmonds	W45	8:14.9	

200m

Campbell Till	M50	28.0
Barrie Kernaghan	M70	28.3
Roy Fearnall	M65	28.9
Mark Matcham	M40	29.0
Keith Martin	M65	32.1

Garry Ralston	M55	29.4	
Lynne Choate	W55	31.0	
John Dennehy	M50	31.8	SB
Cathy Elms	W40	33.2	
David Carr	M75	33.6	SB

Delia Baldock	W45	33.3	SB
Peggy Macliver	W65	33.3	SB
Irwin Barrett-Lennard	M80	38.1	
Carol Bowman	W55	38.1	
Julie Wilson	W55	44.4	

2000m

David Carr	M75	9:02.8
Cathy Elms	W40	10:48.4

4000m

John Collier	M45	16:15.5
Bernadette Benson	W40	16:20.5
Campbell Till	M50	18.43.8

ECAC – May 12

200m

Chris Neale	M40	25.2	
Colin Smith	M45	27.6	SB
Keith Martin	M65	31.7	SB
Sue Bourn	W40	31.8	PBA
Bob Schickert	M65	36.4	

John Dennehy	M50	31.6	SB
Peggy Macliver	W65	32.6	SB
David Carr	M75	33.4	SB
Brian Hewitt	M55	35.5	
Shannon Neale	Vis	38.4	

Mel Hynds	W30	36.9
Jai Thomas	Vis	37.1
Kim Thomas	M35	38.6
Carol Bowman	W55	39.5
Lynne Schickert	W65	48.9
Patricia Carr	W75	52.1

2000m (not analysed)

Kim Thomas	M35	6:39.2
Brian Hewitt	M55	7:56.6
Graeme Dahl	M60	8:09.9
Sue Bourn	W40	8:34.4
Mitch Thomas	Vis	8:37.4
Maurice Creagh	M60	8:46.6

Gillian Young	W60	8:54.4
Jai Thomas	Vis	9:42.9
Mel Hynds	W30	9:46.9
Sarah Ladwig	W60	10:20.8
Kev Hynds	M40	10:53.2
Monique Thomas	Vis	11:10.9
Jacqui Sanders	W40	11:11.1
Jackie Halberg	W65	11:52.0

2000m walk (not analysed)

Lynne Schickert	W65	14:29.1
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4000m

John Collier	M45	16:15.5
Bernadette Benson	W40	16:20.5
Campbell Till	M50	18.43.8

600m (not analysed)

Chris Neale	M40	1:38.0
Colin Smith	M45	1:41.8
Kim Thomas	M35	1:55.3
David Carr	M75	1:58.5
John Dennehy	M50	2:14.7

Delia Baldock	W45	2:09.5
Sue Bourn	W40	2:11.5
Peggy Macliver	W65	2:13.1
Maurice Creagh	M60	2:18.8
Carol Bowman	W55	2:25.2
Lorraine Lopes	W70	2:27.0
Mel Hynds	W30	2:28.9

100m

Chris Neale	M40	13.1
Colin Smith	M45	13.7
Sue Bourn	W40	15.5
Mitch Thomas	Vis	18.8
Kim Thomas	M35	19.3

John Dennehy	M50	15.5	SB
Peggy Macliver	W65	15.9	
Delia Baldock	W45	16.1	
Mel Hynds	W30	17.3	SB
Patricia Carr	W75	22.1	
Lynne Schickert	W65	23.2	

3000m

Kim Thomas	M35	11:26.3	
Graeme Dahl	M60	12:15.5	
Bob Schickert	M65	13:12.0	
David Carr	M75	13:29.8	
Maurice Creagh	M60	13:41.5	
Gillian Young	W60	13:42.5	
Lorraine Lopes	W70	14:17.2 AR	
Mel Hynds	W30	14:56.2	
Mitch Thomas	Vis	15:24.7	
Sue Bourn	W40	15:24.9	
Sarah Ladwig	W60	16:00.5	
Kev Hynds	M40	17:40.6	
Monique Thomas	Vis	19:17.4	

WAAS – May 17**200m**

Garry Ralston	M55	27.6	SB
Barrie Kernaghan	M70	28.6	
Allan Billington	M50	31.3	
Lynne Choate	W55	31.5	
Peggy Macliver	W65	32.6	SB=
Delia Baldock	W45	32.7	SB
David Carr	M75	35.7	
Graeme Dahl	M60	36.5	

2000m

John Collier	M45	7:33.7
Graeme Dahl	M60	7:53.7
Toni Phillips	W35	8:55.3
Clive Choate	M55	8:59.8
David Carr	M75	9:08.1

3000m

John Collier	M45	12:17.3
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600m

Garry Ralston	M55	1:52.5
Allan Billington	M50	2:00.6
John Collier	M45	2:03.2
David Carr	M75	2:09.1
Graeme Dahl	M60	2:10.8
Toni Phillips	W35	2:12.9
Delia Baldock	W45	2:13.4
Peggy Macliver	W65	2:19.8

100m

Barrie Kernaghan	M70	14.2
Lynne Choate	W55	15.1
Allan Billington	M50	15.6
Peggy Macliver	W65	16.0
Delia Baldock	W45	16.2
David Carr	M75	17.9
Pat Carr	W75	23.9

ECAC – May 19**300m (not analysed)**

Chris Neale	M40	40.3
Colin Smith	M45	41.3
Fiona Leonard	W40	48.6
Simon Leonard	M50	54.0
Danny Sheehan	M55	59.1
John Dennehy	M50	50.7
David Carr	M75	51.8
Peggy Macliver	W65	51.9
Sue Bourn	W40	54.2
Carol Bowman	W55	61.1
Shannon Neale	Vis	59.6
Mitch Thomas	Vis	59.7
Jai Thomas	Vis	63.7

4000m (not analysed)

Kim Thomas	M35	14:21.6
Rod Hamilton	M45	15:00.6
Graeme Dahl	M60	16:12.5
Danny Sheehan	M55	16:43.5
Simon Leonard	M50	17:20.9
Dante Giacomin	M40	17:42.1
Maurice Creagh	M60	17:46.2
Gillian Young	W60	18:05.1
Bob Schickert	M65	18:48.5
Steve Fuller	M55	20:18.5
Mitch Thomas	Vis	20:31.2
Nick Bailey	M60	20:46.7

Jai Thomas	Vis	23:25.9
Shannon Neale	Vis	24:11.3
Monique Thomas	W30	24:57.9
Jackie Halberg	W65	25:04.9

2000m walk

Tom Lenane	M50	12:43.0
Michele Mison	W60	13:15.3
Lynne Schickert	W65	14:23.2

60m

Chris Neale	M40	8.0	
Colin Smith	M45	8.6	SB
Simon Leonard	M50	9.9	
Jai Thomas	Vis	11.9	

Delia Baldock	W45	9.8	SB=
Bruce McGeorge	Vis	10.2	
Shannon Neale	Vis	10.3	
Mitch Thomas	Vis	11.7	
Patricia Carr	W75	13.4	

1500m

Kim Thomas	M35	5:16.6
Rod Hamilton	M45	5:29.4
Danny Sheehan	M55	5:29.6
Fiona Leonard	W40	5:51.1
Simon Leonard	M50	5:59.0
David Carr	M75	6:10.4
Dante Giacomin	M40	6:13.4

Sue Bourn	W40	6:16.2	
Gillian Young	W60	6:24.2	
Mitch Thomas	Vis	6:31.3	
Carol Bowman	W55	6:50.3	
Maurice Creagh	M60	6:51.1	
Peggy Macliver	W65	6:54.2	
Delia Baldock	W45	7:02.7	
Jai Thomas	Vis	7:08.2	
Irwin Barrett-Lennard	M80	7:15.2	SR?
Steve Fuller	M55	7:43.0	
Shannon Neale	Vis	8:24.5	
1500m walk			
Tom Lenane	M50	9:11.9	
Michele Mison	W60	9:54.5	
Lynne Schickert	W65	10:45.7	

100m			
Chris Neale	M40	12.8	SB
Colin Smith	M45	13.7	
Simon Leonard	M50	16.1	
John Dennehy	M50	16.3	
Sue Bourn	W40	15.4	SB
Delia Baldock	W45	15.6	SB
Peggy Macliver	W65	16.1	
David Carr	M75	16.5	SB
Bruce McGeorge	Vis	16.5	
Shannon Neale	Vis	17.3	
Irwin Barrett-Lennard	M80	18.6	SB=
Patricia Carr	W75	23.1	

WAAS – May 24**Conditions were near perfect with no wind and a cool evening.****300m (not analysed)**

Mark Elms	M40	40.5
Colin Smith	M45	40.7
Andrew Brooker	M40	41.2
Roy Fearnall	M65	45.5
Barrie Kernaghan	M70	45.7

Donald Bradley	Vis	43.5
Craig Van Waardenburg	M50	45.3
John Dennehy	M50	50.0
Lynne Choate	W55	53.8
Simon Leonard	M50	54.9

Andrew Brooker	M40	46.1
Carolyn Wills	W40	49.3
Peggy Macliver	W65	51.5
Delia Baldock	W45	51.9

Nick Miletic	M60	58.0
Carol Bowman	W55	59.7
Frank Gardiner	M60	63.6
Julie Wilson	W55	67.0

60m

Visitor	Vis	7.9
Mark Elms	M40	8.1
Colin Smith	M45	8.1
Craig Van Waardenburg	M50	8.5
Nick Miletic	M60	10.0

Roy Fearnall	M65	8.7
Barrie Kernaghan	M70	9.0
Lynne Choate	W55	9.0
Fiona Leonard	W40	9.2
John Dennehy	M50	9.8

Carolyn Wills	W40	8.8
Norm Richards	M70	9.2
Peggy Macliver	W65	9.5
Delia Baldock	W45	9.8
Simon Leonard	M50	10.2
Irwin Barrett-Lennard	M80	11.25

1500m

Donald Bradley	Vis	4:48.2
Campbell Till	M50	5:45.6
Fiona Leonard	W40	5:48.4
Simon Leonard	M50	6:12.2

Lorraine Lopes	W70	6:38.2
Delia Baldock	W45	6:42.6
Carol Bowman	W55	6:42.9
David Carr	M75	6:45.6
Julie Wilson	W55	6:56.5

100m

Mark Elms	M40	12.9
Colin Smith	M45	13.0

Craig Van Waardenburg	M50	13.3
Roy Fearnall	M65	13.8
Barrie Kernaghan	M70	14.5

Lynne Choate	W55	14.7
John Dennehy	M50	15.1
Fiona Leonard	W40	15.4
Peggy Macliver	W65	15.7
Simon Leonard	M50	16.7

Delia Baldock	W45	15.6
Nick Miletic	M60	15.8
Carol Bowman	W55	18.2
Irwin Barrett-Lennard	M80	18.7
Julie Wilson	W55	20.5

4000m (not analysed)

Donald Bradley	Vis	14:18.6
Graeme Dahl	M60	15:55.2
Simon Leonard	M50	16:45.0
Campbell Till	M50	16:47.0
Frank Gardiner	M60	17:04.7
Clive Choate	M55	17:40.4
Keith Edmonds	M40	17:53.7
Alan Billington	M40	19:28.6

ERN CLARKE AC 26/5/11**1000m**

Kim Thomas	M35	3:04.8	PBA
Brian Hewitt	M55	3:24.8	
Mark Elms	M40	3:41.0	
Toni Phillips	W35	3:46.7	
David Carr	M75	3:50.3	
Dante Giacomini	M40	3:51.7	
Sue Bourn	W40	3:54.3	
Mitch Thomas	Vis	3:57.4	
Steve Fuller	M55	3:58.7	
Gillian Young	W60	4:00.5	
Peggy Macliver	W65	4:06.0	SR
Jai Thomas	Vis	4:11.4	
Carol Bowman	W55	4:12.4	
Lorraine Lopes	W70	4:15.9	SR
Nick Miletic	M60	4:27.8	
Irwin Barrett-Lennard	M80	5:52.1	
Sarah Ladwig	W60	5:00.0	
Jackie Halberg	W65	5:09.9	
Monique Thomas	W30	5:23.2	

60m

Mark Elms	M40	8.4	
Brian Hewitt	M55	9.4	
Nick Miletic	M60	9.6	PBA=
John Dennehy	M50	9.6	PBA (HT)

(John has a previous M50 electronic time of 9.68)

Peggy Macliver	W65	9.8	
Delia Baldock	W45	9.9	
Mitch Thomas	Vis	10.9	
Jai Thomas	Vis	11.6	
Derry Foley	M80	12.2	

600m (not analysed, report below)

Mark Elms	M40	1:52.8	
Brian Hewitt	M55	1:54.3	
David Carr	M75	1:56.6	
Kim Thomas	M35	1:56.9	
John Dennehy	M50	2:00.0	
Toni Phillips	W35	2:07.7	
Delia Baldock	W45	2:15.3	
Maurice Creagh	M60	2:21.7	
Carol Bowman	W55	2:24.7	
Jai Thomas	Vis	2:30.9	
Nick Miletic	M60	2:37.4	
Irwin Barrett-Lennard	M80	2:38.5	

3000m

Kim Thomas	M35	11:17.8	SB
Brian Hewitt	M55	12:44.2	
Dante Giacomini	M40	12:53.8	
Sue Bourn	W40	12:56.3	SB
Gillian Young	W60	13:05.6	SB
Maurice Creagh	M60	13:34.7	SB
Steve Fuller	M55	13:55.5	
Bob Schickert	M65	14:07.2	
Mitch Thomas	Vis	14:10.3	
Lorraine Lopes	W70	14:44.0	
Sarah Ladwig	W60	16:06.9	
Monique Thomas	W30	18:16.7	
Jackie Halberg	W65	19:53.3	
Jai Thomas	Vis	21:55.6	
Carolyn Fawcett	W60	21:56.5	

3000m walk

Lynne Schickert	W65	22:26.8	
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1000m walk

Tom Lenane	M50	5:57.4	PBA
Michele Mison	W60	6:28.2	
Lynne Schickert	W65	6:56.6	

200m

Mark Elms	M40	26.7	
Brian Hewitt	M55	32.0	PBA
John Dennehy	M50	32.8	
Sue Bourn	W40	33.7	
Jai Thomas	Vis	43.1	
Delia Baldock	W45	32.7	SB=
David Carr	M75	33.0	SB
Peggy Macliver	W65	33.0	
Nick Miletic	M60	34.2	
Derry Foley	M80	46.7	

This report by your correspondent on the scene:

David Carr took off like a rocket with Kim Thomas cruising the first 200 in about 36 seconds. Brian Hewitt and Mark Elms had other ideas. They left their runs late, coming home strongly in the last 250m to beat David and Kim (Mark in 1.52.8, Brian in 1.54.3). Not a bad feat considering the 50m they had to make up on David and Kim in that 250m. David ran on despite a late charge from John Dennehy to finish in 1.56.6 (Kim finished in 1.56.9 and John in 2 minutes flat). It was a very brave run by David and an entertaining race.

WAAS - May 31**Conditions excellent – coolish, dry and with a light breeze****1000m**

Neil Morfitt	M50 3:08.0	
John Collier	M45 3:22.8	
Campbell Till	M50 3:23.9	
Toni Phillips	W35 3:45.6	SB
Simon Leonard	M50 3:46.7	
David Carr	M75 3:59.4	
Allan Billington	M50 4:03.2	
Delia Baldock	W45 4:04.1	PBA
Julie Wilson	W55 4:41.0	
Carolyn Wills	W40 4:44.5	

60m

Joseph Staladi	Vis 7.8	
Roy Fearnall	M65 8.7	
Craig Van Waardenburg	M50 8.7	
Lynne Choate	W55 9.1	
Norm Richards	M70 9.2	SB=
Carolyn Wills	W40 8.6	SB
Lynne Choate	W55 9.1	
Fiona Leonard	W40 9.6	
Delia Baldock	W45 9.7	SB
Kevin Collins	M40 10.3	

600m (not analysed)

John Collier	M45 1:49.3
Fiona Leonard	W40 1:52.9
John Dennehy	M50 1:56.5
Toni Phillips	W35 2:03.5
Craig Van Waardenburg	M50 2:03.9
Keith Edmonds	M40 2:19.6
Delia Baldock	W45 2:22.4

3000m

John Collier	M45 12:25.2
Campbell Till	M50 12:35.3
Keith Edmonds	M40 12:39.2
Simon Leonard	M50 13:00.7 PBA
Julie Wilson	W55 14:50.7 PBA
Nick Bailey	M60 15:30.7
Gill Edmonds	W45 15:37.5

200m

Joseph Staladi	Vis 24.6
Craig Van Waardenburg	M50 28.3
Roy Fearnall	M65 28.8 SB
Lynne Choate	W55 31.2
Allan Billington	M50 32.1
Carolyn Wills	W40 30.0
Fiona Leonard	W40 31.0
John Dennehy	W50 31.6 SB=
Delia Baldock	W55 33.1

ECAC - June 2

100m

Colin Smith	M45	13.3	
John Dennehy	M50	15.3	
Nick Miletic	M60	16.0	
Jai Thomas	Vis	19.1	

Mel Hynds	W30	17.4	
Regina Crouch	W40	17.9	SB
Carol Bowman	W55	19.1	

3000m

Dante Giacomini	M40	12:44.0	SB
Mitch Thomas	Vis	13:52.4	
Jai Thomas	Vis	14:44.7	
Monique Thomas	W30	18:17.8	
Carolyn Fawcett	W60	21:45.9	SB

3000m walk

Tom Lenane	M50	19:24.3	
Michele Mison	W60	20:31.7	
Lynne Schickert	W65	21:54.5	SB
Stan Jones	M85	23:13.2	PBA
Regina Crouch	W40	23:18.5	PBA

5000m

Kim Thomas	M35	18:29.1	PBA
Gillian Young	W60	22:46.2	SB
Lorraine Lopes	W70	23:45.9	SR
David Carr	M75	23:46.1	
Maurice Creagh	M60	23:46.8	
Mel Hynds	W30	24:53.7	
Bob Schickert	M65	26:50.8	
Sarah Ladwig	W60	27:10.7	SB

200m

Colin Smith	M45	27.2	SB
John Dennehy	M50	31.5	SB
Delia Baldock	W45	32.8	
Nick Miletic	M60	33.8	SB

Mark Howard	M40	34.1	
Mel Hynds	W30	41.2	
Regina Crouch	W40	42.2	

800m

Kim Thomas	M35	2:39.8	
Steve Fuller	M55	2:43.7	
Dante Giacomini	M40	3:06.3	
Gillian Young	W60	3:13.9	SB
David Carr	M75	3:14.9	
Carol Bowman	W55	3:15.2	SB
Delia Baldock	W45	3:24.4	
Maurice Creagh	M60	3:26.7	
Nick Miletic	M60	3:44.6	
Mel Hynds	W30	3:48.1	
Sarah Ladwig	W60	3:56.6	
Monique Thomas	W30	4:20.8	

400m

David Carr	M75	73.9	
John Dennehy	M50	74.3	SB
Delia Baldock	W45	86.2	
Gillian Young	W60	1:30.4	
Maurice Creagh	M60	1:31.3	
Mel Hynds	W30	1:35.8	
Regina Crouch	W40	1:48.2	

June 1, Nuneaton, UK

Midland Vets League, East: (mvtfl.wordpress.com)

3000m (M60+)

John Oldfield	M65	13:21.9	4/6
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WAAS – June 7

Conditions were described as “cold, but wind-free”. The results in the distance events confirm this as these are perfect for distance running. (However, if you think Perth is cold you should try it over here in winter!)

100m

Joseph Staladi	Vis	11.8	
Colin Smith	M45	12.7	SB
Craig Van Waardenburg	M50	13.0	SB
Roy Fearnall	M65	13.7	SB
Barrie Kernaghan	M70	14.3	

Carolyn Wills	W40	13.9	
Rob Greenhalgh	M60	14.8	
John Dennehy	M50	15.3	
Delia Baldock	W45	15.9	
Carol Bowman	W55	18.6	

3000m

Rob Greenhalgh	M60	13:12.6	PBA
Graeme Dahl	M60	14:33.6	
Julie Wilson	W55	14:45.2	PBA

5000m

Simon Leonard	M50	20:44.0	PBA
Carl Ciccarelli	M50	20:50.2	PBA
Danny Sheehan	M55	21:22.4	

Nick Bailey	M60	26:45.0	
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200m

Joseph Staladi	Vis	24.6	
Barrie Kernaghan	M70	28.8	
Roy Fearnall	M65	29.0	
Carolyn Wills	W40	29.2	SB
John Dennehy	M50	32.0	
Delia Baldock	W45	32.9	

800m

Andrew Brooker	M40	2:10.3	
Danny Sheehan	M55	2:58.4	
Lorraine Lopes	W70	3:24.3	
Carolyn Wills	W40	3:24.3	
Julie Wilson	W55	3:36.4	

400m

Colin Smith	M45	58.4	
Roy Fearnall	M65	66.8	
Barrie Kernaghan	M70	67.6	SB
Delia Baldock	W45	76.2	

ECAC – June 9: No meeting owing to a power cut**WAAS – June 14****Conditions were poor for shorter distances; very cold (10 degrees at 6pm)****Mile**

Donald Bradley	Vis	4:56.2	
Andrew Brooker	M40	4:57.2	PBA
John Collier	M45	6:01.0	SB
Bjorn Dybdahl	M55	6:07.4	
Bernadette Benson	W40	6:25.8	
David Carr	M75	6:26.6	PBA
Toni Phillips	W35	6:58.0	
Julie Wilson	W55	7:55.4	

600m (not analysed)

Donald Bradley	Vis	1:43.7
John Collier	M45	1:54.7
Toni Phillips	W35	2:02.3
David Carr	M75	2:04.0
Delia Baldock	W45	2:12.8
Bernadette Benson	W40	2:15.3

3000m

Donald Bradley	Vis	11:18.8
John Collier	M45	12:10.7 SB
Bernadette Benson	W40	12:51.8
David Carr	M75	14:35.8
Lorraine MacLennan	W45	14:52.3
Julie Wilson	W55	15:27.3

400m

Visitor	Vis	1:07.2
Barrie Kernaghan	M70	1:10.5
Delia Baldock	W45	1:17.4

Sunday June 12**Midland Masters Regional Championships, Leicester, UK***(Conditions in mid-summer similar to those in Perth, 12 degrees at mid-day and torrential, driving rain)***5000m**

John Oldfield	M65	22:55.8 GOLD
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ECAC – June 16**200m**

Chris Neale	M40	26.0	
Colin Smith	M45	27.4	
Mark Howard	M40	28.2	SB
Steve Fuller	M55	30.2	
Delia Baldock	W45	32.9	

60m

Colin Smith	M45	8.5
Mark Howard	M40	8.8
Delia Baldock	W45	9.8
Mel Hynds	W30	10.9
Kim Thomas	M35	11.1

2000m

Chris Neale	M40	7:35.9
Mitch Thomas	Vis	8:12.1
Steve Fuller	M55	8:16.1
David Carr	M75	8:17.2
Gillian Young	W60	8:28.1
Kim Thomas	M35	8:37.6
Maurice Creagh	M60	8:47.8
Carol Bowman	W55	9:16.0
Shannon Neale	Vis	9:40.6
Jai Thomas	Vis	9:42.1
Mel Hynds	W30	9:54.5
Monique Thomas	W30	10:54.9
Michelle Thomas	Vis	12:23.5
Carolyn Fawcett	W60	12:23.6

2000m walk

Tom Lenane	M50	13:24.5
Michele Mison	W60	13:40.5
Lynne Schickert	W65	14:22.3

4000m

Sue Bourn	W40	17:19.2
Kim Thomas	M35	17:19.6
Gillian Young	W60	18:07.8
Maurice Creagh	M60	18:08.8
Bob Schickert	M65	18:58.0
Mel Hynds	W30	19:25.3
Monique Thomas	W30	22:38.1

300m

Chris Neale	M40	41.8
Colin Smith	M45	43.4
Steve Fuller	M55	48.9
Kim Thomas	M35	56.5
David Carr	M75	52.3
Delia Baldock	W45	52.5
Bob Schickert	M65	57.7
Carol Bowman	W55	60.3
Shannon Neale	Vis	62.2
Jai Thomas	Vis	62.7
Mel Hynds	W30	63.8

WAAS – June 21

Cool, calm evening – good conditions for athletics

300m

Colin Smith	M45	41.1	
Neil Morfitt	M55	43.7	
Craig Van Waardenburg	M50	44.1	
Barrie Kernaghan	M70	45.0	
Roy Fearnall	M65	45.3	

Campbell Till	M50	46.4	
Carolyn Wills	W40	49.3	
John Dennehy	M50	50.4	
Nick Miletic	M60	55.2	

60m

Joseph Staladi	Vis	7.8	
Colin Smith	M45	8.1	SB=
Craig Van Waardenburg	M50	8.5	SB=
Roy Fearnall	M65	8.6	
Lynne Choate	W55	8.8	SB
Carolyn Wills	W40	8.7	
Norm Richards	M70	9.2	SB=
Delia Baldock	W45	9.6	SB
Nick Miletic	M60	9.7	

200m

Colin Smith	M45	27.3	
Craig Van Waardenburg	M50	28.1	SB
Barrie Kernaghan	M70	28.7	
Roy Fearnall	M65	28.8	SB=
Lynne Choate	W55	31.4	
Delia Baldock	W45	32.7	SB=
Nick Miletic	M60	34.3	

ECAC – June 23

1000m

Brian Hewitt	M55	3:27.2	
Toni Phillips	W35	3:50.6	
Mitch Thomas	Vis	3:55.3	
Kim Thomas	M35	3:57.0	
Maurice Creagh	M60	4:02.1	
Gillian Young	W60	4:07.3	
Carol Bowman	W55	4:14.8	
Peggy Macliver	W65	4:16.1	
Nick Miletic	M60	4:29.1	
Jai Thomas	Vis	4:39.9	
Mel Hynds	W30	4:41.6	
Monique Thomas	W30	5:07.7	

1000m walk

Lynne Schickert	W65	6:58.6	
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3000m walk

Lynne Schickert	W65	21:51.5	SB
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5000m

Brian Hewitt	M55	21:20.8	
Sue Bourn	W40	21:50.1	SB
Kim Thomas	M35	21:51.0	
David Carr	M75	22:15.2	
Gillian Young	W60	23:49.0	
Maurice Creagh	M60	24:09.3	
Mel Hynds	W30	25:20.9	

2000m

John Collier	M45	7:33.0	
Keith Edmonds	M40	7:46.3	
Campbell Till	M50	8:00.1	
Bernadette Benson	W40	8:01.7	
Clive Choate	M55	8:26.0	
David Carr	M75	8:27.6	
Delia Baldock	W45	9:27.1	
Mark Dawson	M50	9:55.3	
Gill Edmonds	W45	10:03.7	
Nick Miletic	M60	10:18.1	

4000m

David Brook	M45	16:11.2	
John Collier	M45	16:27.7	
Bernadette Benson	W40	16:32.7	
Ian Cotton	M45	16:51.6	
Keith Edmonds	M45	17:35.7	
Mark Dawson	M50	18:46.4	
Lorraine Lopes	W70	19:18.4	
Lorraine MacLennan	W45	19:50.3	

Monique Thomas	W30	30:29.2	
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3000m

Kevin Hynds	M40	16:51.1	PBA
Michelle Thomas	Vis`	21:28.6	
Carolyn Fawcett	W60	21:28.7	SB

400m

Colin Smith	M45	68.8	
Toni Phillips	W35	71.7	
Delia Baldock	W45	74.9	SB
Kevin Hynds	M40	1:32.3	
Mel Hynds	W30	1:37.5	
Gillian Young	W60	1:37.6	

100m

Mark Howard	M40	12.9	
Colin Smith	M45	13.2	
Brian Hewitt	M55	15.8	
Nick Miletic	M60	16.2	
Delia Baldock	W45	16.5	

200m

Colin Smith	M45	27.1	SB
Brian Hewitt	M55	32.8	SB
Nick Miletic	M60	34.5	
Mitch Thomas	Vis	44.8	
Kim Thomas	M35	45.2	

WAAS – June 28*Fine evening, but track wet from earlier rain. Lorraine Lopes warms up for Sacramento with SR (pending).***1000m**

Bjorn Dybdahl	M55	3:30.9	
Campbell Till	M50	3:32.2	
David Carr	M75	3:36.4	PBA
Graeme Dahl	M60	3:44.4	
Mark Elms	M40	3:45.3	
Toni Phillips	W35	3:48.5	
Mark Dawson	M50	4:11.4	
Delia Baldock	W45	4:19.6	
Julie Wilson	W55	4:47.9	

200m

Colin Smith	M45	26.6	SB
Mark Elms	M40	28.7	
Barrie Kernaghan	M70	28.8	
Roy Fearnall	M65	29.2	
Bjorn Dybdahl	M55	31.5	
Norm Richards	M70	32.1	
Delia Baldock	W45	33.3	
Peggy Macliver	W65	33.6	

ECAC – June 30**60m**

Mark Howard	M40	8.1	SB
Chris Neale	M40	8.1	
Nick Miletic	M60	9.8	
Carol Bowman	W55	13.8	
Delia Baldock	W45	10.3	
Mel Hynds	W30	11.3	
Jai Thomas	Vis	12.1	
Kim Thomas	M35	12.3	

1500m

Kim Thomas	M35	5:04.9	SB
Rod Hamilton	M45	5:24.8	SB
Mitch Thomas	Vis	6:06.0	
David Carr	M75	6:19.8	
Maurice Creagh	M60	6:21.0	SB
Gillian Young	W60	6:46.6	
Jai Thomas	Vis	6:52.8	
Mel Hynds	W30	6:56.4	
Nick Miletic	M60	7:08.6	
Delia Baldock	W45	7:17.7	
Monique Thomas	W30	8:09.7	

3000m

Graeme Dahl	M60	12:47.8	
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5000m

Mark Dawson	M50	22:47.6	
Lorraine Lopes	W70	23:33.5	SR
David Carr	M75	23:34.2	
Irwin Barrett-Lennard	M80	26:20.2	
Julie Wilson	W55	26:20.7	PBA

400m

Toni Phillips	W35	72.2	
Delia Baldock	W45	76.9	
Peggy Macliver	W65	79.5	SB

Ian Cotton	M45	60.4	
Mark Elms	M40	63.9	
Campbell Till	M50	65.4	
Roy Fearnall	M65	66.5	
Barrie Kernaghan	M70	69.9	

100m

Colin Smith	M45	13.1	
Ian Cotton	M45	13.5	
Mark Elms	M40	13.8	
Delia Baldock	W45	15.6	
Peggy Macliver	W65	16.6	

400m

Chris Neale	M40	59.4	
Rod Hamilton	M45	77.5	
Delia Baldock	W45	79.7	
Nick Miletic	M60	1:30.1	
Gillian Young	W60	1:30.7	
Jai Thomas	Vis	1:33.9	
Mel Hynds	W30	1:34.8	
Kim Thomas	M35	1:36.4	

3000m

Kim Thomas	M35	10:50.9	SB
Rod Hamilton	M45	11:40.8	
Sue Bourn	W40	12:55.6	SB
Mitch Thomas	Vis	13:24.3	
Maurice Creagh	M60	13:39.9	
Gillian Young	W60	14:31.8	
Mel Hynds	W30	15:21.6	
Monique Thomas	W30	17:16.5	SB

100m

Chris Neale	M40	12.6	SB
Sue Bourn	W40	15.5	
Delia Baldock	W45	15.9	
Nick Miletic	M60	16.2	

Saturday, Sunday June 25-26 - British Masters National Championships, Birmingham, UK**100m**

Don Chambers	M70	16.14 +0.0	4/6
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200m

Don Chambers	M70	33.74 -0.7	4/4
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80mH

Don Chambers	M70	15.43 -0.6	1/2
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300mH

Don Chambers	M70	61.30	2/2
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2000m Steeplechase

John Oldfield	M65	9:56.42	1/1
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Long Jump

Don Chambers	M70	3.60 -0.0	3/3
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Triple Jump

Don Chambers	M70	7.86 -1.0	3/4
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Pole Vault

Don Chambers	M70	2.01	1/2
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Weight Throw

Don Chambers	M70	12.55	3/3
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Shot Put

Don Chambers	M70	8.97	4/6
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Most of our winter track athletes are in Sacramento. Hence turnout was very low this month. 11 athletes turned u on Tuesday at WAAS, and the decision was to use it as a training session without competition. Only 4, plus a visitor were there on Thursday, but some competition took place, as below:

ECAC July 7

200m

Chris Neale	M40	25.8
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5000m

Sue Bourn	W40	21:45.0	SB
Maurice Creagh	M60	23:33.3	
Gillian Young	W60	23:35.9	

60m

Chris Neale	M40	8.0	SB=
Delia Baldock	W45	10.1	
Shannon Neale	Vis	10.2	

300m

Chris Neale	M40	40.7
Delia Baldock	W45	52.9

800m

Shannon Neale	Vis	3:17.9
Maurice Creagh	M60	3:18.9
Delia Baldock	W45	3:25.3

WAAS – July 12

200m

Campbell Till	M50	27.3	SB
Delia Baldock	W45	33.3	

800m

Campbell Till	M50	2:46.0
Mark Dawson	M45	3:03.2
Keith Edmonds	M40	3:25.1
Delia Baldock	W45	3:28.8

300m

Campbell Till	M50	46.5
Delia Baldock	W45	52.7

5000m

David Brook	M45	20:02.9	PBA
Keith Edmonds	M40	20:52.8	PBA
Mark Dawson	M45	21:40.7	PBA
Gavin Howard	M50	23:18.6	PBA
Julie Wilson	W55	25:27.0	PBA

ECAC – July 14

600m

Rod Hamilton	M45	1:59.5
Delia Baldock	W45	2:09.2
Mel Hynds	W30	2:26.2
Maurice Creagh	M60	2:28.5

1 mile

Jamie Leonard	Vis	5:58.1	
Simon Leonard	M50	6:15.2	PBA
Aiden Hassan	Vis	6:15.4	
Gillian Young	W60	6:49.5	
Maurice Creagh	M60	6:53.9	
Toni Phillips	W35	7:28.2	
Mel Hynds	W30	8:00.7	
Sarah Ladwig	W60	8:19.4	
Kevin Hynds	M40	8:31.1	

4000m

Rod Hamilton	M45	15:31.5
Sue Bourn	W40	17:19.5
Simon Leonard	M50	17:31.5
Dante Giacomini	M40	17:49.1
Gillian Young	W60	18:40.0
Mel Hynds	W30	22:28.3
Sarah Ladwig	W60	22:59.9
Kevin Hynds	M40	24:48.0

200m

Delia Baldock	W45	32.6	SB
Jamie Leonard	Vis	33.9	
Aiden Hassan	Vis	35.2	
Simon Leonard	M50	36.9	

100m

Delia Baldock	W45	15.7	
Mel Hynds	W30	17.2	SB

WAAS – July 19

600m

Campbell Till	M50	1:44.3
Delia Baldock	W45	2:13.9

Mile

Julie Wilson	W55	8:11.5
Lorraine MacLennan	W45	8:11.5

100m

Campbell Till	M50	15.3
Delia Baldock	W45	16.3

4000m

Campbell Till	M50	17:39.5
Julie Wilson	W55	21:11.5
Lorraine MacLennan	W45	21:11.6

200m

Ian MacLennan	Vis	29.5
Delia Baldock	W45	33.5

ECAC – July 21**2000m**

Boris Padovan	M35	6:49.4
Jamie Leonard	Vis	7:23.5
Rod Hamilton	M45	7:33.6
Sue Bourn	W40	8:39.8
Toni Phillips	W35	8:54.7
Maurice Creagh	M60	8:57.6
Sarah Ladwig	W60	10:24.9

2000m walk

Stan Jones	M85	15:36.6
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600m

Boris Padovan	M35	1:46.6
Rod Hamilton	M45	2:01.1
Toni Phillips	W35	2:12.7
Delia Baldock	W45	2:16.4
Carol Bowman	W55	2:34.2

WAAS – July 26**2000m**

Campbell Till	M50	7:57.5
Mark Dawson	M50	8:05.4
Mark Elms	M40	8:36.8
Gavin Howard	M50	9:03.3
Julie Wilson	W55	9:30.8
Lorraine MacLennan	W45	9:31.8
Delia Baldock	W45	9:49.2

600m

Mark Elms	M40	1:56.4
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ECAC – July 28**60m**

David Clive	M70	9.1
Jamie Leonard	Vis	9.8
Mel Hynds	W30	10.8
Jai Thomas	Vis	12.0
Kim Thomas	M35	13.1

200m

David Clive	M70	31.6
Delia Baldock	W45	33.8

4000m

Kim Thomas	M35	16:01.6
Simon Leonard	M50	17:25.4
Mitchell Thomas	Vis	18:06.0
Sue Bourn	W40	18:19.6
Maurice Creagh	M60	18:58.7
Robin King	W50	20:11.6
Mel Hynds	W30	21:12.1
Sarah Ladwig	W60	22:35.5
Monique Thomas	W30	23:36.0
David Carr	M75	26:20.8

60m

Delia Baldock	W45	9.8
Derry Foley	M80	12.9

3000m

Boris Padovan	M35	10:14.2
Rod Hamilton	M45	11:54.7
Jamie Leonard	Vis	12:53.5
Sue Bourn	W40	13:26.6
Maurice Creagh	M60	15:00.0
Sarah Ladwig	W60	16:07.3

100m

Rod Hamilton	M45	15.5	PBA
Delia Baldock	W45	15.9	
Jamie Leonard	Vis	17.0	
Derry Foley	M80	21.2	

3000m

David Brook	M45	11:52.7	
Campbell Till	M50	12:32.5	SB
Mark Dawson	M50	12:34.2	PBA
Gavin Howard	M50	13:56.2	SB
Julie Wilson	W55	14:49.4	
Lorraine MacLennan	W45	14:50.7	SB

100m

Mark Elms	M40	13.3
Delia Baldock	W45	16.3

1000m

Jamie Leonard	Vis	3:35.0
Simon Leonard	M50	3:54.7
Toni Phillips	W35	4:04.2
Mitchell Thomas	Vis	4:13.5
Maurice Creagh	M60	4:16.0
Delia Baldock	W45	4:37.0
Mel Hynds	W30	4:50.0
Monique Thomas	W30	5:12.1
David Carr	M75	5:12.8
Kim Thomas	M35	5:13.3

400m

Jamie Leonard	Vis	74.5
Delia Baldock	W45	76.7
Simon Leonard	M50	77.9
Mitchell Thomas	Vis	92.2
David Clive	M70	92.5
Maurice Creagh	M60	93.7

WAAS August 2**400m**

Campbell Till	M50	62.0	SB
Mark Dawson	M50	80.0	

4000m

Mark Dawson	M50	17:15.1	PBA
Julie Wilson	W55	20:29.0	

1000m

Jamie Leonard	Vis	3:23.8	
Aiden	Vis	3:25.7	
Campbell Till	M50	3:40.0	
Mark Dawson	M50	4:05.0	

ECAC – August 4**800m**

Kim Thomas	M35	2:33.5	
Brian Hewitt	M55	2:43.5	
Steve Fuller	M55	2:54.4	
Maurice Creagh	M65	3:07.9	
Gillian Young	W60	3:18.0	
Carol Bowman	W55	3:23.1	
Nick Miletic	M60	3:37.4	SB
Mel Hynds	W30	3:41.0	
Monique Thomas	W30	3:56.4	SB

800m walk

Stan Jones	M85	6:01.6	
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60m

Kev Hynds	M40	9.5	SB
Nick Miletic	M60	9.9	
Mel Hynds	W30	10.3	SB
Carol Bowman	W55	11.2	SB

100m

Nick Miletic	M60	16.4	
Mel Hynds	W30	16.9	SB

3000m

Kim Thomas	M35	11:40.0	
Brian Hewitt	M55	12:16.5	SB
Sue Bourn	W40	13:03.5	
Steve Fuller	M55	13:46.8	SB
Gillian Young	W60	13:47.3	
Maurice Creagh	M65	13:49.2	
David Carr	M75	15:05.9	
Mel Hynds	W30	15:06.5	
Nick Miletic	M60	15:26.9	
Monique Thomas	W30	17:12.8	SB
Kevin Hynds	M40	17:53.9	

400m

Steve Fuller	M55	69.6	
David Carr	M75	84.8	
Gillian Young	W60	85.6	SB
Carol Bowman	W55	87.8	SB
Maurice Creagh	M65	95.4	
Mel Hynds	W30	97.3	
Nick Miletic	M60	100.9	

WAAS – August 9**800m**

Mark Dawson	M50	2:39.7	PBA
Gavin Howard	M50	3:11.5	PBA

3000m

Campbell Till	M50	11:54.8	SB
Mark Dawson	M50	12:05.9	SB
Gavin Howard	M50	13:44.9	SB

Swedish National Masters Championships, Skelleftea (northern Sweden), 5-7 August**200m semis**

Kaj Dewens	M65	33.03	nq
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400m final

Kaj Dewens	M65	74.70	7/8
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800m

Kaj Dewens	M65	2:36.66	SILVER
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1500m

Kaj Dewens	M65	5:25.48	SILVER
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5000m

Kaj Dewens	M65	19:38.78	SILVER
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10,000m

Kaj Dewens	M65	40:47.09	SILVER
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ECAC – August 11**200m**

David Solomon	M45	28.3
Nick Miletic	M60	34.0
Bob Schickert	M65	36.6
Mel Hynds	W30	37.7

1500m

Colin Smith	M40	5:51.8	
Steve Fuller	M55	6:15.6	SB
Mitch Thomas	Vis	6:17.6	
Toni Phillips	W35	6:18.8	
Maurice Creagh	M65	6:22.5	
Carol Bowman	W55	6:43.8	
Mel Hynds	W30	6:57.7	
Jacqui Sanders	W45	7:23.6	
David Carr	M75	7:26.6	
Kev Hynds	M40	7:31.6	

1500m walk

Lynne Schickert	W65	10:54.2
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300m

Delia Baldock	W45	52.6
Nick Miletic	M60	58.4
Carol Bowman	W55	62.9
Maurice Creagh	M65	65.1
Mel Hynds	W30	69.1
David Carr	M75	71.4

WAAS – August 16**200m**

Roy Fearnall	M65	30.3
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1500m

Campbell Till	M50	5:13.9	SB
Mark Dawson	M50	5:32.8	
Toni Phillips	W35	6:21.6	
Julie Wilson	W55	7:11.8	

100m

Roy Fearnall	M65	14.4
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ECAC – August 18**400m**

Chris Neale	M40	59.1	SB
Keith Martin	M65	80.6	
Nick Miletic	M60	84.5	SB
Carol Bowman	W55	86.3	SB
Maurice Creagh	M65	88.7	PBA
Mel Hynds	W30	91.1	
Jacqui Sanders	W45	91.8	

4000m

Mitch Thomas	Vis	16:57.7
Sue Bourn	W40	17:25.6
Steve Fuller	M55	18:03.3
Maurice Creagh	M65	18:10.9
Bob Schickert	M65	18:52.5
David Carr	M75	19:00.0

100m

David Solomon	M45	13.9
Delia Baldock	W45	16.2
Nick Miletic	M60	16.2
Jacqui Sanders	W45	16.9
Mel Hynds	W30	17.6
Lynne Schickert	W65	24.9

5000m

David Solomon	M45	20:43.0	
Sue Bourn	W40	22:31.6	
Steve Fuller	M55	22:33.0	PBA
Maurice Creagh	M65	24:14.9	
David Carr	M75	25:23.6	
Mel Hynds	W30	25:23.8	
Bob Schickert	M65	27:38.6	
Monique Thomas	W30	28:24.3	PBA

3000m

Colin Smith	M40	14:36.5	
Kev Hynds	M40	17:12.0	
Jacqui Sanders	W45	17:51.9	
Carolyn Fawcett	W60	20:37.5	SB

5000m

Mark Dawson	M50	20:42.6	SB
Alan Gower	M50	20:55.9	
Karyn Gower	W50	21:36.7	PBA

3000m

John Dennehy	M50	14:30.1	SB
Julie Wilson	W55	14:39.7	PBA

300m

Campbell Till	M50	44.1
Roy Fearnall	M65	47.8

Trish Farr	W35	19:02.7
Mel Hynds	W30	19:46.3
Monique Thomas	W30	22:20.1
Jacqui Sanders	W45	22:31.8
Carolyn Fawcett	W60	28.15.8

2000m

Bob Fawcett	M60	15:25.0
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2000m Walk

Lynne Schickert	W65	14:53.0
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200m			
Chris Neale	M40	26.1	
Keith Martin	M65	32.3	
Delia Baldock	W45	32.6	SB=
Nick Miletic	M60	34.2	
Bob Schickert	M65	38.2	
Mel Hynds	W30	38.5	

Mile			
Mitch Thomas	Vis	06:33.9	
Steve Fuller	M55	06:37.2	
Maurice Creagh	M65	06:57.1	
David Carr	M75	07:13.5	
Carol Bowman	W55	07:14.1	
Mel Hynds	W30	07:33.9	SB

Delia Baldock	W45	07:39.9	
Monique Thomas	W30	08:45.2	

60m			
Nick Miletic	M60	9.8	
Shannon Neale	Vis	10.7	
Jai Thomas	Vis	11.3	
Bob Fawcett	M60	11.5	

Chris Neale	M40	8.2	
Delia Baldock	W45	10.1	
Mel Hynds	W30	10.1	SB
Lynne Schickert	W65	15.1	SB

WAAS – August 23

400m			
Mark Elms	M40	59.5	SB
Campbell Till	M50	59.8	SB
Roy Fearnall	M65	68.4	
Barrie Kernaghan	M70	94.5	

4000m			
Mark Dawson	M50	15:52.2	
Keith Edmonds	M40	16:28.0	
Simon Leonard	M50	16:41.4	
Karyn Gower	W50	17:04.5	
Julie Wilson	W55	19:41.5	
John Dennehy	M50	20:26.3	

200m			
Rudy Kocis	M50	29.1	
Roy Fearnall	M65	29.3	
Keith Edmonds	M40	36.0	

ECAC – August 25

200m			
Chris Neale	M40	26.2	
Colin Smith	M45	28.6	
Rob Colton	M45	30.8	PBA
Bob Schickert	M65	35.2	SB
Jacqui Sanders	W45	36.2	
Derry Foley	M80	45.4	SB

100m			
Chris Neale	M40	12.8	
Colin Smith	M45	14.3	
Rob Colton	M45	14.9	
Delia Baldock	W45	16.4	
Jacqui Sanders	W45	17.1	
Bob Schickert	M65	18.6	
Derry Foley	M80	20.9	SB
Shannon Neale	Vis	17.7	
Kim Farr	Vis	17.8	
Mel Hynds	W30	19.1	
Lynne Schickert	W65	24.9	

1500m walk			
Lynne Schickert	W65	10.53.1	

Mile			
David Brook	M45	5:58.4	
Aiden Hassan	Vis	5:59.9	
Keith Edmonds	M40	6:17.7	
Mark Dawson	M50	6:34.3	
Gill Edmonds	W45	7:56.3	PBA

60m			
Rudy Kocis	M50	7.8	
Mark Elms	M40	8.1	SB=
Roy Fearnall	M65	8.6	
James Brook	Vis	9.2	
David Brook	M45	9.6	

Nottingham – August 18 Tim Wealthall Memorial Mile races

Mile			
Christine Oldfield	W65	8:37.7	

1500m			
Rob Colton	M45	5:39.0	
Bob Schickert	M65	6:39.9	
Carol Bowman	W55	6:44.6	
Chris Neale	M40	6:55.0	
Shannon Neale	Vis	6:55.0	
Kim Farr	Vis	7:40.4	
Mel Hynds	W30	7:43.2	
Claire Walkley	W45	7:59.4	
Trish Farr	W35	7:59.8	
Carolyn Fawcett	W60	9:25.8	
Bob Fawcett	M60	11:23.8	

10000m			
Rob Colton	M45	41:50.2	
Mitch Thomas	Vis	43:21.9	
Michael Meredith	Vis	43:39.1	
Sue Bourn	W40	44:16.4	PB
Karyn Gower	W50	45:05.1	PBA
Steve Fuller	M55	47:35.7	SB
Maurice Creagh	M65	48:10.4	
David Carr	M75	48:35.6	
Trish Farr	W35	48:36.7	
Mel Hynds	W30	51:24.7	SB
Claire Walkley	W45	51:59.2	
Monique Thomas	W30	59:21.9	
Jacqui Sanders	W45	59:21.9	

WAAS – August 30

New member Hongi Laing joined yesterday, welcome. Age group unknown at time of writing

200m

Rudy Kocis	M50	28.4	SB
Roy Fearnall	M65	29.3	
Barrie Kernaghan	M70	33.1	

100m

Rudy Kocis	M50	12.3
Roy Fearnall	M65	14.1
Barrie Kernaghan	M70	15.3
Hongi Laing	?	15.6

1500m

Aiden Hassan	Vis	5:29.0
Carl Ciccarelli	M50	6:43.6

3000m

David Brook	M45	11:48.2	
Simon Leonard	M50	12:07.9	PBA
Aiden Hassan	Vis	12:47.7	
Carl Ciccarelli	M50	13:39.0	
Hongi Laing	?	13:52.2	
John Dennehy	M50	14:47.2	

ECAC – September 1

100m

Chris Neale	M40	12.9	
Rod Hamilton	M45	15.2	SB
Nick Miletic	M60	15.4	SB
Bob Schickert	M65	17.6	SB
Mel Hynds	W30	18.5	
Lynne Schickert	W65	24.2	

600m

Rod Hamilton	M45	2:41.0	
Maurice Creagh	M65	3:04.1	
Gillian Young	W60	3:17.2	
Carol Bowman	W55	3:22.4	
Mel Hynds	W30	3:24.8	
Claire Walkley	W45	3:42.4	

60m

Nick Miletic	M60	9.6	SB=
Delia Baldock	W45	9.7	
Mel Hynds	W30	10.6	
Brenda Painter	W65	10.8	
Lynne Schickert	W65	14.4	SB

5000m

David Solomon	Vis	19:29.6	
Rod Hamilton	M45	19:49.0	
Mike Meredith	Vis	21:05.7	
Maurice Creagh	M60	23:45.4	
David Carr	M75	23:58.3	
Bob Schickert	M65	24:00.4	SB
Gillian Young	W60	24:08.1	
Mel Hynds	W30	25:06.4	
Claire Walkley	W45	25:32.5	

3000m walk

Lynne Schickert	W65	21:56.8	
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300m

David Solomon	Vis	47.1	
Rod Hamilton	M45	52.9	
Delia Baldock	W45	53.3	
Nick Miletic	M60	58.9	
Carol Bowman	W55	64.5	
David Carr	M75	66.3	
Maurice Creagh	M65	66.9	
Brenda Painter	W65	71.9	

WAAS – September 6

800m

Andrew Brooker	M40	2:16.1	
Campbell Till	M50	2:33.1	SB
Mark Dawson	M50	2:38.5	SB
Aiden Hassan	Vis	2:41.7	
Roscoe McDonnell	M50	2:42.8	

60m

Rudy Kocis	M50	7.5	SB
Roy Fearnall	M65	8.6	
Simon Leonard	M50	9.6	PBA
Aiden Hassan	Vis	9.9	

3000m

Roscoe McDonnell	M50	11:16.3	
John Dennehy	M50	14:44.4	

5000m

David Brook	M45	19:49.2	SB
Mark Dawson	M50	20:39.0	SB
Karyn Gower	W50	21:52.1	
Julie Wilson	W55	25:05.0	PBA

300m

Campbell Till	M50	47.4	
Roy Fearnall	M65	48.4	

100m

Rudy Kocis	M50	12.1	SB
Roy Fearnall	M65	13.9	

ECAC – September 8

100m

Chris Neale	M40	12.6	SB=
Rod Hamilton	M45	15.1	SB
Nick Miletic	M60	15.8	
Jai Thomas	Vis	18.3	
Jacqui Sanders	W45	16.3	SB
Mel Hynds	W30	17.1	
Kim Farr	Vis	17.5	
Lynne Schickert	W65	25.0	

3000m

Rod Hamilton	M45	10:58.6	SB
Sue Bourn	W40	12:29.4	PBA
Tessa Brockwell	W55	12:36.1	
Trish Farr	W35	13:08.5	
Graeme Dahl	M60	13:11.5	
David Carr	M75	13:22.4	SB
Maurice Creagh	M65	13:31.6	SB
Hilary Beck	W55	13:43.7	PBA
Colin Smith	M45	13:44.3	

Gillian Young	W60	13:48.5	
Claire Walkley	W45	13:59.5	PBA
Jai Thomas	Vis	14:07.8	
Mel Hynds	W30	14:15.6	PBA
Bob Schickert	M65	14:47.8	
Monique Thomas	W30	16:02.1	PBA
Kevin Hynds	M40	16:52.2	
Jacqui Sanders	W45	17:22.5	SB
Carolyn Fawcett	W60	20:39.4	

600m (not analysed)

Chris Neale	M40	1:36.8	
Colin Smith	M45	1:53.2	
Rod Hamilton	M45	1:59.8	
Delia Baldock	W45	2:17.1	
Jai Thomas	Vis	2:25.5	
Mel Hynds	W30	2:29.8	
Nick Miletic	M60	2:31.4	
Sarah Ladwig	W60	2:42.6	
Monique Thomas	W30	2:48.8	

3000m walk
Lynne Schickert W65 21:36.4 **SB**

200m
Chris Neale M40 26.2
Rod Hamilton M45 32.5
Delia Baldock W45 34.1
Nick Miletic M60 34.3
Bob Schickert M65 39.8
Jai Thomas Vis 45.6

2000m (not analysed)
Rod Hamilton M45 7:39.8
Graeme Dahl M60 8:19.4
Trish Farr W35 8:43.6

(2000m – continued)
Gillian Young W60 8:44.8
Maurice Creagh M65 8:59.2
Carol Bowman W55 9:12.6
Hilary Beck W55 9:19.0
Bob Schickert M65 9:23.0
Claire Walkley W45 9:25.4
Jai Thomas Vis 9:29.5
Colin Smith M45 9:30.0
Mel Hynds W30 9:47.4
Kim Farr Vis 10:18.6
Monique Thomas W30 10:24.4
Sarah Ladwig W60 10:28.6
Jacqui Sanders W45 10:58.3
Kevin Hynds M40 11:49.7

WAAS – September 13

100m
Rudy Kocis M50 12.2
Andrew Brooker M40 12.7

3000m
Donald Bradley Vis 10:36.2
Roscoe McDonnell M50 11:10.4 **SB**
Campbell Till M50 12:10.3
Keith Edmonds M40 12:16.1 **SB**
Karyn Gower W50 12:39.3
Carl Ciccarelli M50 12:57.4 **SB**
Julie Wilson W55 14:34.2 **PBA**
John Dennehy M50 14:43.8

600m
Andrew Brooker M40 1:37.9
Toni Phillips W35 2:04.5
Carl Ciccarelli M50 2:29.9
Keith Edmonds M40 2:29.9

200m
Rudy Kocis M50 25.1 **PBA (HT)**
Donald Bradley Vis 26.4
Andrew Brooker M40 27.9
Ewen Bradley Vis 30.5
Karyn Gower W50 37.8 **PBA**

ECAC – September 15

400m
Chris Neale M40 58.7 **SB**
Colin Smith M45 62.7
Jimmi Thommana Vis 73.9
Carol Bowman W55 86.6
Mel Hynds W30 88.4
Gillian Young W60 1:37.2

60m
Peggy Macliver W65 10.1
Mel Hynds W30 10.1 **SB=**
Carol Bowman W55 11.3
Lynne Schickert W65 14.6

Chris Neale M40 8.3
Colin Smith M45 8.8

100m
Chris Neale M40 12.8
Jimmi Thommana Vis 13.4
Colin Smith M45 14.5

Delia Baldock W45 16.1
Peggy Macliver W65 17.2
Mel Hynds W30 18.0
Bob Schickert M65 21.6

5000m
Tony Heppener M55 19:04.6
Mike Meredith Vis 20:46.1
Sue Bourn W40 21:06.4 **PBA**
Boris Padovan M35 21:06.6
Mitch Thomas Vis 22:02.2
Graeme Dahl M60 22:03.4
Trish Farr W35 22:27.5 **PBA**
Hilary Beck W55 23:14.9
David Carr M75 23:18.4
Bob Schickert M65 23:21.1 **SB**
Claire Walkley W45 23:40.5 **PBA**
Maurice Creagh M60 23:40.7
Gillian Young W60 24:12.0

3000m
Roscoe McDonnell M50 11:00.8 **SB**
3000m walk
David Smyth M40 16:47.0
Lynne Schickert W65 22:41.1

800m
Roscoe McDonnell M50 2:37.5 **SB**
Chris Neale M40 2:44.7
Colin Smith M45 2:47.2
Trish Farr W35 3:14.9
Delia Baldock W45 3:17.6
Carol Bowman W55 3:19.1
Maurice Creagh M65 3:21.9
Gillian Young W60 3:23.8
Hilary Beck W55 3:25.6
David Smyth M40 3:35.2
Claire Walkley W45 3:38.4
Mel Hynds W30 3:45.3

WAAS – September 20**400m**

Donald Bradley	Vis	57.3
Mark Elms	M40	59.7
Ewen Bradley	Vis	70.4
Barrie Kernaghan	M70	76.0
Carl Ciccarelli	M50	87.4

60m

Rudy Kocis	M50	7.7
Barrie Kernaghan	M70	9.4

3000m (times recorded to nearest second)

Roscoe McDonnell	M50	11:14.0
Karyn Gower	W50	13:17.0
Julie Wilson	W55	14:45.0
John Dennehy	M50	15:06.0

ECAC – September 22**60m**

Kevin Hynds	M40	9.5	SB=
Nick Miletic	M60	9.8	
Delia Baldock	W45	9.9	
Carol Bowman	W55	11.6	

Bob Schickert	M65	10.6	
Mel Hynds	W30	10.8	
Jai Thomas	Vis	11.8	
Monique Thomas	W30	12.3	

Bob Fawcett	M60	11.7	
Carolyn Fawcett	W60	13.9	
Lynne Schickert	W65	14.0	SB

1500m

Colin Smith	M45	6:04.5	
Graeme Dahl	M60	6:11.7	
David Carr	M75	6:24.3	
Gillian Young	W60	6:25.5	
Claire Walkley	W45	6:39.7	PBA
Carol Bowman	W55	6:48.1	
Jai Thomas	Vis	6:59.5	
Mel Hynds	W30	7:00.9	
Kim Cook	W35	7:21.4	
Monique Thomas	W30	7:37.1	SB
Kevin Hynds	M40	7:52.6	

1500m walk

Lynne Schickert	W65	10:34.8	SB
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3000m walk

David Smyth	M40	16:50.1	
Lynne Schickert	W65	22:25.2	

WAAS – September 27**60m**

Rudy Kocis	M50	7.5	SB=
Barrie Kernaghan	M70	9.6	
Jim Malcolm	Vis	10.4	

1500m

Campbell Till	M50	5:22.7	
John Dennehy	M50	6:52.0	

5000m (times recorded to nearest second)

Donald Bradley	Vis	19:25.0	
Campbell Till	M50	21:08.0	
Carl Ciccarelli	M50	22:13.0	

100m

Rudy Kocis	M50	12.0	PBA
Mark Elms	M40	12.8	SB
Barrie Kernaghan	M70	14.6	
Ewen Bradley	Vis	14.7	

800m

Campbell Till	M50	2:52.0	
Toni Phillips	W35	3:05.6	
Karyn Gower	W50	3:07.5	
Mark Elms	M40	3:09.8	
Julie Wilson	W55	3:31.8	PBA

200m

Sue Bourn	W40	32.6	
Delia Baldock	W45	33.3	
Nick Miletic	M60	34.9	

David Carr	M75	35.7	
Bob Schickert	M65	36.0	
Mel Hynds	W30	36.7	SB
Graeme Dahl	M60	40.5	

300m

Colin Smith	M45	48.8	
David Smyth	M40	62.7	
Nick Miletic	M60	63.8	

Delia Baldock	W45	53.5	
David Carr	M75	59.5	
Graeme Dahl	M60	60.0	

3000m

Sue Bourn	W40	12:40.2	
Graeme Dahl	M60	12:43.3	
Robin King	W50	13:29.0	
Gillian Young	W60	13:54.8	
Claire Walkley	W45	13:55.7	PBA
Mel Hynds	W30	14:32.1	
Kim Cook	W35	15:19.3	
Bob Schickert	M65	15:51.1	
Monique Thomas	W30	16:04.1	
Kevin Hynds	M40	17:05.9	
Carolyn Fawcett	W60	19:46.6	PBA

200m

Rudy Kocis	M50	25.0	PBA
Barrie Kernaghan	M70	31.1	
Jim Malcolm	Vis	36.2	

ECAC – September 29**600m**

Chris Neale	M40	1:36.4
Colin Smith	M45	1:52.1
Rod Hamilton	M45	1:57.7
Brian Hewitt	M55	2:15.3
Maurice Creagh	M65	2:22.6
Carol Bowman	W55	2:26.1
Nick Miletic	M60	2:28.2
David Smyth	M40	2:43.4

100m

Jimmi Thommana	Vis	13.4	
Chris Neale	M40	13.7	
Colin Smith	M45	14.2	
Rod Hamilton	M45	15.1	SB=
Brian Hewitt	M55	17.1	

Keith Martin	M65	15.7
Nick Miletic	M60	16.4
Shannon Neale	Vis	17.0
Mel Hynds	W30	17.4

4000m

Tony Heppener	M60	14:54.6
Rod Hamilton	M45	15:16.9
Roscoe McDonnell	M50	15:24.0
Sue Bourn	W40	17:13.5
Maurice Creagh	M65	18:15.2
David Carr	M75	18:40.4
Gillian Young	W60	19:15.5
Mel Hynds	W30	19:15.8
Bob Schickert	M65	20:34.9

200m

Chris Neale	M40	25.9
Rod Hamilton	M45	32.6
Keith Martin	M65	32.6
Brian Hewitt	M55	34.3
Nick Miletic	M60	36.8

Delia Baldock	W45	33.4
Shannon Neale	Vis	38.0
Carol Bowman	W55	39.0
Mel Hynds	W30	40.6
Sarah Ladwig	W60	43.7

1000m

Tony Heppener	M60	3:16.1
Roscoe McDonnell	M50	3:24.4
Rod Hamilton	M45	3:33.4
Boris Padovan	M35	3:56.5
Toni Phillips	W35	3:56.8
Brian Hewitt	M35	3:59.7
Maurice Creagh	M65	4:11.2
Gillian Young	W60	4:21.6
Mel Hynds	W30	4:26.5
Nick Miletic	M60	4:35.1
Delia Baldock	W45	4:36.3
David Smyth	M40	4:57.5
Sarah Ladwig	W60	5:05.2

PBA