

**MAWA CLUB TOPS**  
**100m Men**

**April 2012 - 2013**  
**Women**

<b>M30</b>					<b>W30</b>				
	Aldis Jaunzems	9/11/12	WAAS	12.28		Melissa Foster	9/03/13	WAAS	13.21
						Charlene Scodellaro	9/03/13	WAAS	13.45
						Nicole Pinel	5/03/13	WAAS	15.4
<b>M35</b>					<b>W35</b>				
	Steve Michael	26/02/13	WAAS	13.3		Wendy Seegers	5/03/13	WAAS	12.5
	Steve Weller	6/11/12	WAAS	13.4	w	Rosemary Giles	23/10/12	BUN	17.0
	Kim Thomas	24/05/12	ECAC	13.9		Rachel Evans	25/10/12	ECAC	17.6
<b>M40</b>					<b>W40</b>				
	Rob Colling	29/03/13	Canberra	11.40		Toni Phillips	11/09/12	WAAS	13.6
	Glen Ross	9/11/12	WAAS	11.47		Vicky Cobby	3/11/12	G CST	14.28
	Brett Blanco	14/12/12	WAAS	11.90		Regina Crouch	1/11/12	ECAC	17.0
<b>M45</b>					<b>W45</b>				
1	Bernard Riviere	18/12/12	WAAS	12.1	w	Cathy McCloskey	20/11/12	WAAS	13.6
1	Marty Campbell	3/11/12	G CST	12.15		Sue Bourn	29/01/13	WAAS	14.4
	Mark Elms	23/11/12	WAAS	12.72		Fran Cherry	19/02/13	WAAS	14.6
<b>M50</b>					<b>W50</b>				
	Rudi Kocis	11/09/12	WAAS	11.7		Sharon Moloney	23/10/12	BUN	14.6
	Colin Smith	19/02/13	WAAS	12.9		Alison Leggo	28/02/13	ECAC	14.8
	Andrew Ward	25/01/13	WAAS	13.75		Carmel Meyer	18/12/12	WAAS	15.2
<b>M55</b>					<b>W55</b>				
	Campbell Till	18/12/12	WAAS	12.8	w	Carol Bowman	9/03/13	WAAS	17.84
2	Barry Newell	6/11/12	WAAS	14.2	w	Julie Wilson	9/03/13	WAAS	17.99
2	Tony Downey	26/03/13	WAAS	14.2	w	Christine Pattinson	6/12/12	ECAC	20.5
<b>M60</b>					<b>W60</b>				
	Dave Wyatt	9/03/13	WAAS	13.70		Lynne Choate	26/02/13	WAAS	14.9
	Rob Antonioli	18/12/12	BUN	13.8		Maureen Keshwar	14/02/13	ECAC	15.6
	Steve Fuller	9/03/13	WAAS	14.20		Sarah Ladwig	2/03/13	WAAS	19.9
<b>M65</b>					<b>W65</b>				
	Greg Wilson	20/11/12	WAAS	16.5	w	Brenda Painter	9/03/13	WAAS	17.36
						Gillian Young	15/11/12	ECAC	18.5
					3	Christine Oldfield	19/02/13	WAAS	21.3
					3	Valerie Millard	28/02/13	ECAC	21.3
<b>M70</b>					<b>W70</b>				
	Barrie Kernaghan	5/03/13	WAAS	14.1	w	Ruth Johnson	29/01/13	BUN	17.8
	Brian Waldhuter	18/12/12	BUN	15.2		Lynne Schickert	30/10/12	WAAS	22.1
	Bob Schickert	20/11/12	WAAS	16.0	w				
<b>M75</b>					<b>W75</b>				
	David Clive	1/11/12	ECAC	14.7					
	Norm Richards	5/03/13	WAAS	14.8	w				
	Don Chambers	26/01/13	GEEL	15.11	w				
<b>M80</b>					<b>W80</b>				
	David Carr	5/03/13	WAAS	16.7	w				
	Stan Lockwood	9/03/13	WAAS	22.51					
<b>M90</b>									
	Peter Kennedy	5/03/13	WAAS	41.5	w				

**200m****Men****Women****M30**

Aldis Jaunzems	25/10/12	WAAS	25.63
Grahak Cunningham	12/02/13	WAAS	29.3

**M35**

Steve Weller	4/12/12	WAAS	26.8
Tony Smith	10/03/13	WAAS	28.01
Kim Thomas	11/10/12	ECAC	28.9

**M40**

Glenn Ross	22/03/13	WAAS	22.90
Mark Jeffery	2/03/13	WAAS	25.0
3 Greg Brennan	4/12/12	WAAS	25.7
3 Maurice Pascal	12/02/13	WAAS	25.7

**M45**

Marty Campbell	4/11/12	G CST	25.31
Bernard Riviere	12/02/13	WAAS	25.5
Mark Elms	16/11/12	WAAS	26.04

**M50**

Rudi Kocis	30/03/13	Canberra	23.86	w
Colin Smith	30/03/13	Canberra	26.31	w
Andrew Ward	25/01/13	WAAS	28.24	

**M55**

Campbell Till	22/01/13	WAAS	26.8	w
Neil Morfitt	10/03/13	WAAS	27.70	
Barry Newell	4/12/12	WAAS	30.3	

**M60**

Rob Antonioli	14/12/12	BUN	28.5	
Steve Fuller	10/03/13	WAAS	28.9	
Duncan McAuley	22/01/13	WAAS	29.3	w

**M65**

Ivan Brown	2/03/13	WAAS	33.6
Greg Wilson	2/03/13	WAAS	36.2

**M70**

Barrie Kernaghan	10/03/13	WAAS	29.67	
Brian Waldhuter	30/10/12	BUN	32.5	
Bob Schickert	18/12/12	WAAS	32.9	w

**M75**

Norm Richards	30/03/13	Canberra	31.75	w
Don Chambers	27/01/13	GEEL	31.77	w
Leon Sander	30/03/13	Canberra	31.87	w

**M80**

David Carr	30/03/13	Canberra	32.94
Irwin Barrett-Lennard	30/03/13	Canberra	38.94

**M90**

Peter Kennedy	26/02/13	WAAS	106.3
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**W30**

Charlene Scodellaro	10/03/13	WAAS	28.23	
Dan Ivers	4/12/12	WAAS	34.1	
Joanna Garcia-Webb	13/11/12	WAAS	34.4	w

**W35**

Wendy Seegers	22/01/13	WAAS	26.4	w
Rachel Evans	26/04/12	ECAC	35.1	

**W40**

Vicki Cobby	30/03/13	Canberra	29.67	w
Toni Phillips	3/05/12	ECAC	29.7	
Maria Trolio	3/01/13	ECAC	35.6	

**W45**

Cathy McCloskey	18/12/12	WAAS	29.0	w
Fiona Leonard	8/02/13	WAAS	30.46	
Sue Bourn	10/03/13	WAAS	31.14	

**W50**

Carmel Meyer	30/03/13	Canberra	31.41
Sharon Moloney	10/03/13	WAAS	31.87
Alison Leggo	31/01/13	ECAC	32.9

**W55**

Margaret Saunders	5/02/13	WAAS	33.5	w
Carol Bowman	10/03/13	WAAS	36.72	
Julie Wilson	12/02/13	WAAS	37.8	

**W60**

Lynne Choate	30/03/13	Canberra	31.95	w
Maureen Keshwar	12/02/13	WAAS	35.8	
Sarah Ladwig	26/04/12	ECAC	44.7	

**W65**

Peggy Macliver	23/08/12	ECAC	35.4	
Brenda Painter	30/03/13	Canberra	37.00	
Gillian Young	18/12/12	WAAS	43.3	w

**W70**

Ruth Johnson	5/02/13	BUN	37.8
Lynne Schickert	4/12/12	WAAS	47.9

**W75****W80**

## 400m

## Men

### M30

Rob Nichols	16/08/12	ECAC	63.3
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### M35

Tony Smith	9/03/13	WAAS	60.39
Kim Thomas	8/11/12	ECAC	60.6
Garry Vogler	18/10/12	ECAC	66.1

### M40

Chris Neale	10/01/13	ECAC	58.2
Maurice Pascal	9/03/13	WAAS	58.35
Chris Neale	28/02/13	ECAC	61.7

### M45

Xander van Rijen	9/03/13	WAAS	56.56
Mark Elms	9/11/12	WAAS	60.00
Colin Smith	19/06/12	WAAS	60.5

### M50

Colin Smith	9/03/13	WAAS	58.07
Mark Dawson	5/02/13	WAAS	65.4
Rod Hamilton	12/07/12	ECAC	69.1

### M55

Campbell Till	9/03/13	WAAS	58.04
Neil Morfitt	9/03/13	WAAS	60.71
Bjorn Dybdahl	13/11/12	WAAS	69.0

### M60

Steve Fuller	9/03/13	WAAS	64.49
Rob Antonioli	4/12/12	BUN	64.7
Duncan McAuley	5/03/13	WAAS	65.0

### M65

Ivan Brown	9/03/13	WAAS	77.70
Maurice Creagh	9/03/13	WAAS	79.42
Greg Wilson	13/11/12	WAAS	92.8

### M70

Barrie Kernaghan	9/03/13	WAAS	70.43
Bob Schickert	8/11/12	ECAC	79.4
Brian Waldhuter	6/11/12	BUN	85.5

### M75

Leon Sander	9/03/13	BUN	76.91
Don Chambers	27/01/13	GEEL	82.85

### M80

David Carr	9/03/13	WAAS	71.40
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### M90

Peter Kennedy	9/03/13	WAAS	294.83
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## Women

### W30

Charlene Scodellaro	9/03/13	WAAS	64.95
Joanna Garcia-Webb	13/11/12	WAAS	80.9
Danielle Baldock	5/02/13	WAAS	87.3

### W35

Rachel Evans	26/04/12	ECAC	83.5
Monique Thomas	8/11/12	ECAC	103.2

### W40

Vicky Cobby	5/11/12	G CST	65.43
Toni Phillips	12/07/12	ECAC	70.0
Regina Crouch	8/11/12	ECAC	101.1

### W45

Fiona Leonard	9/03/13	WAAS	68.22
Cathy McCloskey	9/10/12	WAAS	71.2
Sue Bourn	9/03/13	WAAS	74.78

### W50

Carmel Meyer	31/03/13	Canberra	71.27
Delia Baldock	5/07/12	ECAC	77.9
Robin King	22/11/12	ECAC	81.2

### W55

Margaret Saunders	31/03/13	Canberra	72.24
Carol Bowman	31/03/13	Canberra	81.18
Julie Wilson	13/11/12	WAAS	87.2

### W60

Gillian Young	10/05/12	ECAC	92.6
Sarah Ladwig	26/04/12	ECAC	100.6
Carolyn Fawcett	9/03/13	WAAS	122.72

### W65

Gillian Young	9/03/13	WAAS	84.20
Christine Oldfield	13/11/12	WAAS	106.8
Valerie Millard	13/11/12	ECAC	128.0

### W70

Lorraine Lopes	5/02/13	WAAS	95.1
Lynne Schickert	8/11/12	ECAC	119.5

### W75

### W80

## 800m

## Men

### M30

Scott Tamblin	8/02/13	WAAS	01:55.6
Rob Nichols	16/08/12	ECAC	02:31.5

### M35

Kim Thomas	29/11/12	ECAC	02:19.3
Tony Smith	10/03/13	WAAS	02:19.7
Rob Nichols	29/11/12	ECAC	02:21.5

### M40

Xander van Rijen	11/01/13	WAAS	02:04.1
Andrew Brooker	30/11/12	WAAS	02:11.5
Chris Neale	29/11/12	ECAC	02:29.8

### M45

Rob Colton	11/10/12	ECAC	02:21.9
Colin Smith	24/04/12	WAAS	02:27.1
David Solomon	24/01/13	ECAC	02:30.2

### M50

Rod Hamilton	11/10/12	ECAC	02:24.2
Ross Keane	10/03/13	WAAS	02:27.9
Mark Dawson	16/10/12	WAAS	02:38.6

### M55

Neil Morfitt	26/02/13	WAAS	02:21.2
Campbell Till	26/02/13	WAAS	02:22.3
Bjorn Dybdahl	3/11/12	G CST	02:34.4

### M60

Rob Antonioli	13/11/12	BUN	02:38.9
Giovanni Puglisi	4/12/12	WAAS	02:40.4
Graeme Dahl	7/02/13	ECAC	02:42.5

### M65

Maurice Creagh	29/03/13	Canberra	02:50.7
Ivan Brown	10/03/13	WAAS	03:01.6
John Oldfield	4/12/12	WAAS	03:07.2

### M70

Bert Carse	29/03/13	Canberra	02:43.7
Bob Schickert	4/12/12	WAAS	03:01.3
Brian Waldhuter	22/01/13	BUN	03:45.0

### M75

David Carr	10/05/12	ECAC	02:56.4
Morland smith	10/03/13	WAAS	03:21.0
Leon Sander	13/11/12	BUN	03:38.1

### M80

David Carr	26/02/13	WAAS	02:48.5
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## Women

### W30

Charlene Scodellaro	10/03/13	WAAS	02:31.0
Melissa Foster	2/03/13	WAAS	03:01.2
Dan Ivers	4/12/12	WAAS	03:06.2

### W35

Rosemary Giles	10/03/13	WAAS	02:42.2
Kim Cook	24/04/12	WAAS	02:53.4
Rachel Evans	10/05/12	ECAC	03:09.8

### W40

Vicky Cobby	29/03/13	Canberra	02:35.9
Toni Phillips	10/05/12	ECAC	02:55.1
Karen Hagan	6/09/12	ECAC	03:23.5

### W45

Niamh Keane	10/03/13	WAAS	02:34.1
Fiona Leonard	10/03/13	WAAS	02:36.6
Sandra Stockman	29/01/13	WAAS	02:55.4

### W50

Carmel Meyer	29/03/13	Canberra	02:53.4
Robin King	11/10/12	ECAC	03:00.7
Delia Baldock	16/10/12	WAAS	03:10.5

### W55

Margaret Saunders	26/02/13	WAAS	02:42.9
Carol Bowman	10/03/13	ECAC	03:08.5
Julie Wilson	4/12/12	WAAS	03:15.5

### W60

Gillian Young	7/02/13	ECAC	03:12.7
Sarah Ladwig	1/04/13	Canberra	03:43.7
Carey Dickason	1/04/13	Canberra	04:07.7

### W65

Gillian Young	10/03/13	WAAS	03:08.2
Peggy Macliver	11/09/12	WAAS	03:33.3
Christine Oldfield	4/12/12	WAAS	04:01.5

### W70

Lorraine Lopes	10/03/13	WAAS	03:15.7
Lynne Schickert	29/11/12	ECAC	04:54.4

### W75

### W80

## 1500m

## Men

### M30

Scott Tamblin	20/12/12	WAAS	03:54.1
Grahak Cunningham	5/03/13	WAAS	05:16.7

### M35

Rob Nichols	9/03/13	WAAS	04:37.2
Kim Thomas	11/12/12	WAAS	04:43.9
Steve Weller	9/03/13	WAAS	04:49.2

### M40

Xander van Rijen	1/02/13	WAAS	04:15.5
Andrew Brooker	1/04/13	Canberra	04:51.6
Mark Jeffery	2/03/13	WAAS	05:00.6

### M45

John Collier	9/03/13	WAAS	05:23.8
Rob Colton	6/12/12	ECAC	05:39.3
Keith Edmonds	11/12/12	WAAS	05:51.0

### M50

Ross Keane	9/03/13	WAAS	04:59.6
Steve Giles	30/03/13	Canberra	05:14.9
Mark Dawson	12/02/13	WAAS	05:20.0

### M55

Bjorn Dybdahl	9/03/13	WAAS	05:09.4
Martin Kennedy	9/03/13	WAAS	05:09.6
Mickey Muroi	9/03/13	WAAS	05:28.2

### M60

Giovanni Puglisi	11/12/12	WAAS	05:26.2
Rob Antonioli	14/12/12	BUN	05:30.3
Graeme Dahl	27/09/12	ECAC	05:46.2

### M65

Jim Langford	9/03/13	WAAS	05:38.6
Maurice Creagh	30/03/13	Canberra	05:53.3
Ivan Brown	9/03/13	WAAS	06:10.6

### M70

Bert Carse	30/03/13	Canberra	05:33.3
Bob Schickert	6/12/12	ECAC	06:06.8
Brian Waldhuter	14/12/12	BUN	08:27.2

### M75

Morland Smith	9/03/13	WAAS	07:18.5
Leon Sander	2/03/13	WAAS	07:44.0
Norm Richards	1/04/13	Canberra	09:18.0

### M80

David Carr	12/02/13	WAAS	05:54.3
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### M90

Peter Kennedy	9/03/13	WAAS	19:10.1
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## Women

### W30

Joanna Garcia-Webb	6/11/12	WAAS	06:31.7
Danielle Baldock	9/03/13	WAAS	06:46.5

### W35

Rosemary Giles	9/03/13	WAAS	05:26.8
Maria Trolio	5/06/12	WAAS	06:54.7
Monique Thomas	9/03/13	WAAS	07:42.7

### W40

Bernadette Benson	12/02/13	WAAS	05:37.6
Vicki Cobby	11/12/12	WAAS	05:39.7
Karen Peace	17/07/12	WAAS	06:29.0

### W45

Niamh Keane	9/03/13	WAAS	05:13.6
Sandra Stockman	5/03/13	WAAS	05:28.5
Cathy McCloskey	11/12/12	WAAS	06:38.8

### W50

Robin King	22/11/12	ECAC	06:02.3
Carmel Meyer	6/12/12	ECAC	06:12.8
Tina Runnion	17/01/13	ECAC	07:41.3

### W55

Christine Pattinson	22/11/12	ECAC	06:39.4
Carol Bowman	12/07/12	ECAC	06:44.4
Julie Wilson	17/07/12	WAAS	06:53.6

### W60

Carey Dickason	30/03/13	Canberra	07:30.1
Sarah Ladwig	6/12/12	ECAC	08:01.4

### W65

Gillian Young	9/03/13	WAAS	06:21.8
Christine Oldfield	6/11/12	WAAS	08:09.7

### W70

Lorraine Lopes	9/03/13	WAAS	06:41.8
Ruth Johnson	29/01/13	BUN	08:18.3
Lynne Schickert	6/12/12	ECAC	09:52.7

### W75

### W80

**mile****Men****Women****M30**

Rob Nichols 2/10/12 WAAS 05:00.4

**M35**

Kim Thomas 22/05/12 WAAS 05:19.1  
Tony Smith 31/01/13 ECAC 05:21.5  
Steve Weller 2/10/12 WAAS 05:29.1

**M40**

Dante Giacomini 26/07/12 ECAC 06:43.6

**M45**

Rob Colton 18/10/12 ECAC 05:40.2  
Keith Edmonds 2/10/12 WAAS 06:06.6  
Colin Smith 21/06/12 ECAC 06:24.6

**M50**

Rod Hamilton 21/06/12 ECAC 05:47.6  
Campbell Till 22/05/12 WAAS 05:54.5  
Mickey Muroi 21/06/12 ECAC 05:56.0

**M55**

Bruce McGeorge 20/12/12 ECAC 07:00.9  
Milton Mavrick 22/01/13 WAAS 07:22.4  
Barry Newell 23/10/12 WAAS 07:55.1

**M60**

Giovanni Puglisi 18/10/12 ECAC 06:02.5  
Graeme Dahl 31/01/13 ECAC 06:41.6  
Frank Gardiner 17/05/12 ECAC 07:17.0

**M65**

Jim Langford 20/12/12 ECAC 06:17.8  
Maurice Creagh 22/01/13 WAAS 06:37.1  
John Oldfield 20/12/12 ECAC 06:44.1

**M70**

Bert Carse 22/01/13 WAAS 05:53.6

**M75**

David Carr 17/05/12 ECAC 06:35.1

**M80**

David Carr 21/06/12 ECAC 06:26.6

**W30**

Danielle Daldock 2/10/12 WAAS 07:31.9

**W35**

Rachel Evans 22/05/12 WAAS 07:09.3  
Monique Thomas 17/05/12 ECAC 08:13.7

**W40**

Bernadette Benson 23/10/12 WAAS 06:16.6  
Karen Hagan 17/05/12 ECAC 07:22.5

**W45**

Niamh Keane 22/01/13 WAAS 05:50.7  
Sue Bourn 21/06/12 ECAC 06:38.1  
Karen Hagan 31/01/13 ECAC 07:02.0

**W50**

Delia Baldock 21/06/12 ECAC 06:45.1  
Carmel Meyer 26/07/12 ECAC 07:14.9

**W55**

Carol Bowman 31/01/13 ECAC 07:16.9

**W60**

Gillian Young 20/12/12 ECAC 07:06.6  
Sarah Ladwig 3/05/12 ECAC 08:29.2  
Carolyn Fawcett 20/12/12 ECAC 10:48.9

**W65**

Gillian Young 31/01/13 ECAC 07:09.0  
Christine Oldfield 22/01/13 WAAS 08:54.7  
Jackie Halberg 3/05/12 ECAC 09:53.8

## 3000m

## Men

### M30

Scott Tamblin	30/11/12	WAAS	08:34.2
Rob Nichols	18/09/12	WAAS	09:59.4
Grahak Cunningham	12/02/13	WAAS	12:01.8

### M35

Rob Nichols	8/2/13	WAAS	09:40.0
Kim Thomas	5/02/13	WAAS	10:05.9
Boris Padovan	13/09/12	ECAC	10:08.9

### M40

Ante Perdija	29/01/13	WAAS	11:14.8
Keith Edmonds	17/07/12	WAAS	12:04.6
Chris Neale	10/01/13	ECAC	12:12.7

### M45

Keith Edmonds	9/10/12	WAAS	11:53.1
Rob Colton	4/10/12	ECAC	12:03.3
Dante Giacomini	21/06/12	ECAC	12:59.0

### M50

Martin Kennedy	18/12/12	WAAS	11:02.9
Rod Hamilton	16/08/12	ECAC	11:10.0
Lachlan Marr	25/10/12	ECAC	11:11.4

### M55

Bjorn Dybdahl	30/10/12	WAAS	11:15.4
Mickey Muroi	21/03/13	ECAC	11:52.8
Campbell Till	31/07/12	WAAS	12:23.1

### M60

Graeme Dahl	30/10/12	WAAS	11:29.6
Giovanni Puglisi	25/10/12	ECAC	11:33.6
Rob Antonioli	30/10/12	BUN	12:20.9

### M65

Jim Langford	31/01/13	ECAC	11:47.3
Bruce Wilson	30/10/12	WAAS	12:24.4
Maurice Creagh	5/02/13	WAAS	12:51.9

### M70

Bob Schickert	31/01/13	ECAC	13:46.3
Lyle James	5/02/13	BUN	20:46.5

### M75

David Carr	3/05/12	ECAC	13:16.5
Leon Sander	24/11/12	BUN	17:17.8

### M80

David Carr	25/10/12	ECAC	13:12.3
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## Women

### W30

Danielle Baldock	30/10/12	WAAS	15:09.6
Nicole Pinel	25/10/12	ECAC	20:16.4
Rebecca Mackinnon	3/05/12	ECAC	23:39.1

### W35

Rachel Evans	13/09/12	ECAC	14:37.9
Monique Thomas	13/09/12	ECAC	16:08.2
Mel Hynds	24/01/13	ECAC	18:11.9

### W40

Bernadette Benson	9/10/12	WAAS	11:54.6
Regina Crouch	25/10/12	ECAC	18:48.8

### W45

Sandra Stockman	5/02/13	WAAS	11:36.0
Sue Bourn	2/08/12	ECAC	12:23.7
Karen Hagan	31/01/13	ECAC	14:05.5

### W50

Robin King	25/10/12	ECAC	13:20.8
Carmel Meyer	16/08/12	ECAC	13:43.0
Sharon Moloney	5/02/13	BUN	17:37.9

### W55

Julie Wilson	30/10/12	WAAS	14:11.3
Christine Pattinson	15/11/12	ECAC	14:11.8
Carol Bowman	21/03/13	ECAC	14:25.0

### W60

Gillian Young	24/05/12	ECAC	14:08.8
Sarah Ladwig	16/08/12	ECAC	16:24.7
Carolyn Fawcett	7/03/13	ECAC	20:04.4

### W65

Gillian Young	25/10/12	ECAC	13:49.2
Peggy Macliver	2/08/12	ECAC	15:16.3
Valerie Millard	25/10/12	ECAC	18:57.2

### W70

Lorraine Lopes	5/02/13	WAAS	15:05.5
Ruth Johnson	5/02/13	BUN	16:53.4
Lynne Schickert	30/10/12	WAAS	21:43.2

### W75

### W80

## 5000m

## Men

### M30

Scott Tamblin	25/01/13	WAAS	14:54.1
Rob Nichols	6/09/12	ECAC	17:17.5

### M35

Ross Langford	31/03/13	Canberra	16:48.1
Rob Nichols	10/03/13	WAAS	16:55.8
Boris Padovan	20/09/12	ECAC	17:10.0

### M40

Ante Perdija	10/03/13	WAAS	18:56.0
Dante Giacomini	19/07/12	ECAC	22:24.9

### M45

David Solomon	10/03/13	WAAS	18:44.1
Keith Edmonds	13/11/12	WAAS	21:15.1
Rob Colton	22/11/12	ECAC	21:25.0

### M50

Rod Hamilton	14/06/12	ECAC	18:59.9
Steve Giles	31/03/13	Canberra	19:01.4
Lachlan Marr	20/09/12	ECAC	19:14.4

### M55

Alan Gower	10/03/13	WAAS G	18:07.7
Bjorn Dybdahl	3/11/12	COAST	19:26.6
Chris Maher	10/03/13	WAAS	19:37.0

### M60

Graeme Dahl	27/11/12	WAAS	19:53.8
Paul Hughes	10/03/13	WAAS	19:57.8
Giovanni Puglisi	22/11/12	ECAC	20:24.0

### M65

Jim Langford	10/03/13	WAAS	20:02.5
Jim Klinge	10/03/13	WAAS	21:16.3
Maurice Creagh	31/03/13	Canberra	22:02.2

### M70

Bert Carse	10/03/13	WAAS	20:45.7
Bob Schickert	27/11/12	WAAS	23:44.4

### M75

Morland Smith	10/03/13	WAAS	26:24.6
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### M80

David Carr	23/08/12	ECAC	23:40.9
Irwin Barrett-Lennard	31/03/13	Canberra	28:23.6

## Women

### W30

Danielle Baldock	13/11/12	WAAS	26:19.0
Rebecca MacKinnon	10/05/12	ECAC	28:43.6

### W35

Rosemary Giles	10/03/13	WAAS	19:37.7
Kim Cook	24/04/12	WAAS	21:24.5
Rachel Evans	10/05/12	ECAC	24:08.9

### W40

Bernadette Benson	27/11/12	WAAS	20:15.7
Trish Farr	10/03/13	WAAS	22:01.7
Karen Peace	24/07/12	WAAS	22:22.2

### W45

Sue Bourn	23/08/12	ECAC	21:08.4
Claire Walkley	10/03/13	WAAS	23:34.1
Lorraine MacLennan	24/04/12	WAAS	24:33.0

### W50

Robin King	23/08/12	ECAC	22:15.1
Karyn Gower	10/03/13	WAAS	22:57.5
Carmel Meyer	27/11/12	WAAS	23:19.3

### W55

Julie Wilson	24/04/12	WAAS	24:17.9
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### W60

Gillian Young	10/05/12	ECAC	24:18.8
Carey Dickason	31/03/13	Canberra	27:08.3
Sarah Ladwig	6/09/12	ECAC	27:39.4

### W65

Gillian Young	31/03/13	Canberra	22:59.6
Valerie Millard	22/11/12	ECAC	33:37.6

### W70

Lorraine Lopes	31/03/13	Canberra	25:08.4
Lynne Schickert	22/11/12	ECAC	36:43.8



## 10000m

## Men

## Women

### M30

### M35

Ross Langford	28/02/13	ECAC	35:24.3
Kim Thomas	23/10/12	WAAS	37:22.1
Steve Weller	23/10/12	WAAS	38:09.6

### M40

Ante Perdija	28/02/13	ECAC	40:12.0
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### M45

David Solomon	29/03/13	Canberra	39:19.5
Rob Colton	18/10/12	ECAC	45:37.1
John Collier	28/02/13	ECAC	48:27.7

### M50

Steve Giles	29/03/13	Canberra	39:35.1
Lachlan Marr	18/10/12	ECAC	39:37.6
Rod Hamilton	18/10/12	ECAC	41:35.6

### M55

Mickey Muroi	28/02/13	ECAC	40:12.1
Chris Maher	28/02/13	ECAC	41:09.8
Martin Kennedy	28/02/13	ECAC	42:11.3

### M60

Bob Fawcett	18/10/12	ECAC	01:24:04
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### M65

Jim Langford	29/03/13	Canberra	42:18.4
Maurice Creagh	28/02/13	ECAC	47:15.7
Greg Wilson	28/02/13	ECAC	54:16.8

### M70

Bert Carse	23/10/12	WAAS	44:46.3
Bob Schickert	28/02/13	ECAC	51:15.7

### M75

Morland Smith	28/02/13	ECAC	59:00.4
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### M80

David Carr	18/10/12	ECAC	49:05.1
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### W30

### W35

Rosemary Giles	29/03/13	Canberra	41:05.4
Rachel Evans	18/10/12	ECAC	52:31.0
Monique Thomas	18/10/12	ECAC	62:54.0

### W40

Bernadette Benson	28/02/13	ECAC	42:00.1
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### W45

Sue Bourn	28/02/13	ECAC	46:38.0
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### W50

Robin King	18/10/12	ECAC	45:33.8
Sue Zlnay	28/02/13	ECAC	46:39.5
Carmel Meyer	18/10/12	ECAC	51:03.3

### W55

Julie Wilson	23/10/12	WAAS	49:49.8
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### W60

Carey Dickason	29/03/13	Canberra	56:28.8
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### W65

Gillian Young	18/10/12	ECAC	48:52.8
Valerie Millard	18/10/12	ECAC	68:42.0

### W70

Lorraine Lopes	28/02/13	ECAC	52:21.3
Loretta Shillinglaw	28/02/13	ECAC	11:22.6

## Hurdles and steeplechases

### 2000m steeplechase (76cm barriers)

Nick Miletic	M60	26/06/12	WAAS	10:45.4
Bob Fawcett	M60	5/03/13	WAAS	13:35.5
Maurice Creagh	M65	30/03/13	Canberra	09:41.7
John Oldfield	M65	22/07/12	DERBY	09:58.1
Greg Wilson	M65	5/03/13	WAAS	10:21.1
Bert Carse	M70	18/12/12	WAAS	08:31.2
Bob Schickert	M70	5/03/13	WAAS	09:53.6
David Carr	M75	22/05/12	WAAS	09:42.2
David Carr	M80	1/02/13	WAAS	09:35.1
Danielle Baldock	W30	5/03/13	WAAS	10:59.6
Rachel Evans	W35	22/05/12	WAAS	10:03.8
Monique Thomas	W35	5/03/13	WAAS	12:02.4
Regina Crouch	W40	2/10/12	WAAS	12:17.1
Jacqui Sanders	W45	30/03/13	Canberra	10:51.0
Delia Baldock	W50	5/03/13	WAAS	11:40.7
Margaret Saunders	W55	5/03/13	WAAS	09:29.6
Carol Bowman	W55	5/03/13	WAAS	10:27.0
Julie Wilson	W55	18/12/12	WAAS	10:04.1
Sarah Ladwig	W60	5/03/13	WAAS	11:50.9
Carolyn Fawcett	W60	5/03/13	WAAS	14:18.2
Gillian Young	W65	30/03/13	Canberra	10:02.5
Erica Mercer	W65	5/03/13	WAAS	12:59.2
Lynne Schickert	W70	30/03/13	Canberra	15:12.3

### 3000m steeplechase (91cm barriers)

Rob Nichols	M35	22/02/13	WAAS	10:40.9
Kim Thomas	M35	22/02/13	WAAS	12:04.4
Tony Smith	M35	5/03/13	WAAS	12:40.0
Ante Perdija	M40	5/03/13	WAAS	12:06.3
Wayne Rubick	M50	5/03/13	WAAS	17:00.9
Bjorn Dybdahl	M55	4/11/12	G CST	13:07.9

### 80m hurdles

Brian Waldhuter	M70	27/10/12	BUN	1
Don Chambers	M75	22/12/12	BEND	15
Norm Richards	M75	9/03/13	WAAS	20
Toni Phillips	W40	5/01/13	BEND	13
Vicki Cobby	W40	9/03/13	WAAS	14
Delia Baldock	W50	9/03/13	WAAS	16

### 100m hurdles

Melissa Foster	W30	3/11/12	G CST	18
Rob Antonioli	M60	27/10/12	BUN	2

### 110m hurdles

Paul Edmiston	M40	1/03/13	WAAS	15
Andrew Brooker	M40	25/01/13	WAAS	19
Brian Feutrill	M45	9/03/13	WAAS	18

### 200m hurdles

### 300m hurdles

Rob Antonioli	M60	10/11/12	BUN	5
Harold Membrey	M60	10/03/13	WAAS	71
Brian Waldhuter	M70	23/02/13	BUN	6
Don Chambers	M75	21/07/12	DERBY	5
Delia Baldock	W50	10/03/13	WAAS	65

### 400m hurdles

Rob Nichols	M35	10/03/13	WAAS	69
Brian Feutrill	M45	10/03/13	WAAS	71
Marty Campbell	M45	4/11/12	G CST	73
Campbell Till	M55	31/03/13	Canberra	70
Toni Phillips	W40	14/08/12	WAAS	8

**Walks***(italicised indicates not judged)***1000m walk**

<i>Valerie Millard</i>	<i>W65</i>	<i>20/12/12</i>	<i>ECAC</i>	<i>06:39.3</i>
<i>John Oldfield</i>	<i>M65</i>	<i>20/12/12</i>	<i>ECAC</i>	<i>07:25.2</i>

**1500m walk**

<i>Garry Hastie</i>	<i>M50</i>	<i>16/10/12</i>	<i>BUN</i>	<i>06:41.3</i>
John Dennehy	M50	10/03/13	WAAS	10:05.6
<i>Tom Lenane</i>	<i>M55</i>	<i>22/11/12</i>	<i>ECAC</i>	<i>09:17.9</i>
<i>Harold Membrey</i>	<i>M60</i>	<i>18/12/12</i>	<i>BUN</i>	<i>10:04.8</i>
John McDonagh	M60	10/03/13	WAAS	10:15.2
Bob Fergie	M75	10/03/13	WAAS	12:25.0
Irwin Barrett-Lennard	M80	29/03/13	Canberra	10:59.5
Regina Crouch	W40	29/03/13	Canberra	11:14.3
Sarah Ladwig	W60	29/03/13	Canberra	09:47.1
Valerie Millard	W65	29/03/13	Canberra	10:22.0
Lynne Schickert	W70	27/06/12	CAIRNS	10:24.7
Lorna Lauchlan	W80	10/03/13	WAAS	12:19.8

**mile walk**

<i>Tom Lenane</i>	<i>M55</i>	<i>20/12/12</i>	<i>ECAC</i>	<i>10:06.6</i>
<i>Val Millard</i>	<i>W65</i>	<i>20/12/12</i>	<i>ECAC</i>	<i>11:07.8</i>
<i>Lynne Schickert</i>	<i>W70</i>	<i>21/06/12</i>	<i>ECAC</i>	<i>11:11.7</i>

**2000m walk**

<i>Brian Feutrill</i>	<i>M45</i>	<i>6/11/12</i>	<i>BUN</i>	<i>08:55.9</i>
<i>Garry Hastie</i>	<i>M50</i>	<i>6/11/12</i>	<i>BUN</i>	<i>08:45.9</i>
<i>Tom Lenane</i>	<i>M55</i>	<i>6/12/12</i>	<i>ECAC</i>	<i>12:16.6</i>
<i>John Oldfield</i>	<i>M65</i>	<i>3/01/13</i>	<i>ECAC</i>	<i>15:08.4</i>
<i>John Smith</i>	<i>M75</i>	<i>17/05/12</i>	<i>ECAC</i>	<i>14:31.7</i>
<i>Ray Hall</i>	<i>M75</i>	<i>28/02/13</i>	<i>ECAC</i>	<i>15:18.3</i>
Regina Crouch	W40	3/01/13	ECAC	15:08.6
Robin King	W50	26/07/12	ECAC	15:58.3
<i>Val Millard</i>	<i>W65</i>	<i>31/05/12</i>	<i>ECAC</i>	<i>13:46.4</i>
<i>Christine Oldfield</i>	<i>W65</i>	<i>3/01/13</i>	<i>ECAC</i>	<i>15:35.5</i>
<i>Lynne Schickert</i>	<i>W70</i>	<i>31/05/12</i>	<i>ECAC</i>	<i>14:18.9</i>

**4000m walk**

<i>John Oldfield</i>	<i>M65</i>	<i>22/01/13</i>	<i>WAAS</i>	<i>29:56.4</i>
<i>Peter Barrington</i>	<i>M75</i>	<i>3/01/13</i>	<i>ECAC</i>	<i>31:35.3</i>
<i>Danielle Baldock</i>	<i>W30</i>	<i>22/01/13</i>	<i>WAAS</i>	<i>32:10.7</i>

**3000m walk**

<i>Garry Hastie</i>	<i>M50</i>	<i>30/10/12</i>	<i>BUN</i>	<i>14:17.1</i>
<i>Tom Lenane</i>	<i>M50</i>	<i>7/03/13</i>	<i>ECAC</i>	<i>19:31.5</i>
<i>Harold Membrey</i>	<i>M60</i>	<i>5/02/13</i>	<i>BUN</i>	<i>21:11.4</i>
John McDonagh	M60	9/03/13	WAAS	21:38.6
<i>John Oldfield</i>	<i>M65</i>	<i>13/12/12</i>	<i>ECAC</i>	<i>22:39.0</i>
<i>John Smith</i>	<i>M75</i>	<i>13/09/12</i>	<i>ECAC</i>	<i>21:05.6</i>
Bob Fergie	M75	9/03/13	WAAS	25:14.6
<i>Cheryl-Lee Dean</i>	<i>W30</i>	<i>18/09/12</i>	<i>WAAS</i>	<i>19:01.9</i>
Shanell Staunton	W30	9/03/13	WAAS	22:17.8
Regina Crouch	W40	9/03/13	WAAS	22:51.0
<i>Robin King</i>	<i>W50</i>	<i>8/11/12</i>	<i>ECAC</i>	<i>18:16.2</i>
<i>Sarah Ladwig</i>	<i>W60</i>	<i>31/01/13</i>	<i>ECAC</i>	<i>21:14.5</i>
<i>Valerie Millard</i>	<i>W65</i>	<i>21/03/13</i>	<i>ECAC</i>	<i>21:12.8</i>
<i>Christine Oldfield</i>	<i>W65</i>	<i>10/01/13</i>	<i>ECAC</i>	<i>23:31.2</i>
<i>Lynne Schickert</i>	<i>W70</i>	<i>5/07/12</i>	<i>ECAC</i>	<i>21:10.9</i>
<i>Lorna Lauchlan</i>	<i>W80</i>	<i>18/12/12</i>	<i>WAAS</i>	<i>25:18.3</i>

**5000m track walk**

David Smyth	M40	30/03/13	Canberra	26:56.5
Garry Hastie	M50	30/03/13	Canberra	25:33.7
John McDonagh	M60	13/02/13	WAAS	35:35.9
Bob Fergie	M75	13/02/13	WAAS	42:59.6
Regina Crouch	W40	30/03/13	Canberra	41:38.9
Sarah Ladwig	W60	30/03/13	Canberra	34:20.2
Valerie Millard	W65	30/03/13	Canberra	35:52.7
Lynne Schickert	W70	30/03/13	Canberra	37:23.2
Lorna Lauchlan	W80	13/02/13	WAAS	43:01.0

**5000m road walk**

David Smyth	M30	20/01/13	MELB	28:30
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**10km road walk**

Lyn Ventris	W55	19/08/12	WILSON	49:15
Regina Crouch	W40	1/04/13	Canberra	1:27:36
Valerie Millard	W65	1/04/13	Canberra	01:12:23
Lynne Schickert	W70	1/04/13	Canberra	01:18:04
David Smyth	M40	1/04/13	Canberra	58:19
Garry Hastie	M50	1/04/13	Canberra	52:07
Harold Membrey	M60	1/04/13	Canberra	01:25:32

**10km track walk**

Garry Hastie	M50	3/02/13	WAAS	58:29.0
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**20km road walk**

David Smyth	M40	26/08/12	ADEL	01:59:51
Lyn Ventris	W55	26/08/12	ADEL	01:40:41

# Long Jump

## M30


## M35

Mark Frew	4/12/12	WAAS	5.20	
Steve michael	9/03/13	WAAS	4.87	
Kim Thomas	1/11/12	ECAC	4.74	

## M40

Maurice Pascal	9/03/13	WAAS	5.85	
Mark Jeffery	2/03/13	WAAS	5.83	
Chris Neale	29/11/12	ECAC	5.65	w

## M45

Greg Brush	29/03/13	Canberra	5.82	
Brenard Riviere	9/03/13	WAAS	5.44	
Brian Feutrill	9/03/13	WAAS	5.15	

## M50

Andrew Ward	9/03/13	WAAS	4.38	
John Dennehy	18/12/12	WAAS	3.83	w
Larry Parsons	2/03/13	WAAS	3.53	

## M55


## M60

Dave Wyatt	5/02/13	WAAS	5.00	w
Oswald Igel	17/01/13	ECAC	4.33	w
Mark Hewitt	9/03/13	WAAS	4.28	

## M65

Greg Wilson	9/03/13	ECAC	3.63	
Ivan Brown	2/03/13	WAAS	2.97	

## M70

Bob Schickert	1/11/12	ECAC	2.38	
Lyle James	4/12/12	BUN	1.48	

## M75

David Clive	1/11/12	ECAC	4.14	
Don Chambers	5/01/13	BEND	3.94	
Norm Richards	18/12/12	WAAS	3.83	w

## M80

David Carr	15/11/12	ECAC	2.79	
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## M90

Peter Kennedy	19/02/13	WAAS	1.14	
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## W30

Melissa Foster	17/01/13	ECAC	5.66	w
Dan Ivers	8/01/13	WAAS	4.15	w
Nicole Pinel	19/02/13	WAAS	4.12	

## W35

Monique Thomas	2/03/13	WAAS	2.22	
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## W40

Toni Phillips	6/01/13	BEND	4.39	
Vicki Cobby	3/01/13	ECAC	4.22	w
Maria Trolio	3/01/13	ECAC	3.67	w

## W45

Cathy McCloskey	18/12/12	WAAS	4.59	w
Sue Bourn	9/03/13	WAAS	3.52	
Julie Willmott	28/02/13	ECAC	3.12	

## W50

Delia Baldock	9/03/13	WAAS	4.10	
Carmel Meyer	13/12/13	WAAS	3.86	
Alison Leggo	9/03/13	WAAS	3.46	

## W55

Julie Wilson	9/03/13	WAAS	2.82	
Carol Bowman	28/02/13	ECAC	2.68	

## W60

Sarah Ladwig	17/01/13	ECAC	2.73	w
Carey Dickason	29/03/13	Canberra	2.47	
Carolyn Fawcett	17/01/13	ECAC	2.28	w

## W65

Brenda Painter	9/03/13	WAAS	2.98	
Peggy Macliver	1/11/12	ECAC	2.90	
Gillian Young	1/11/12	ECAC	2.47	

## W70

Lynne Schickert	17/01/13	ECAC	2.61	
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## W75


## W80


## Triple Jump

### M35

Mark Pisano	M35	30/10/12	WAAS	8.98
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### M40

Maurice Pascal	M40	10/03/13	WAAS	10.94
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### M45

Bernard Riviere	M45	10/03/13	WAAS	10.65
Brian Feutrill	M45	10/03/13	WAAS	10.44
Brian Feutrill	M45	13/11/12	BUN	10.22

### M50

Andrew Ward	M50	10/03/13	WAAS	8.33
Wayne Rubick	M50	10/03/13	WAAS	7.37
John Dennehy	M50	27/11/12	WAAS	6.87

### M60

Dave Wyatt	M60	10/03/13	WAAS	9.77
Geoff Brayshaw	M60	11/12/12	WAAS	8.30
Rocky Cloete	M60	16/10/12	WAAS	8.05

### M65

Greg Wilson	M65	27/11/12	WAAS	7.38
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### M70

Brian Waldhuter	M70	22/01/13	BUN	6.43
Bob Schickert	M70	22/11/12	ECAC	5.64

### M75

David Clive	M75	11/12/12	BUN	8.02
Don Chambers	M75	28/01/13	GEEL	7.98
Leon Sander	M75	13/11/12	BUN	7.52

### M80

David Carr	M80	8/11/12	ECAC	6.08
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### M90

Peter Kennedy	M90	5/03/13	WAAS	2.34
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### W30

Melissa Foster	W30	14/02/13	WAAS	11
Nicole Pinel	W30	8/11/12	ECAC	7
Joanna Garcia-Webb	W30	16/10/12	WAAS	6

### W40

Vicki Cobby	W40	31/03/13	Canberra	9
Regina Crouch	W40	10/03/13	WAAS	6

### W45

Cathy McCloskey	W45	27/11/12	WAAS	9
Julie Willmott	W45	27/11/12	WAAS	6

### W50

Carmel Meyer	W50	22/11/12	ECAC	7
Alison Leggo	W50	24/01/13	ECAC	6

### W55

Delia Baldock	W55	10/03/13	WAAS	7
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### W60

Sarah Ladwig	W60	22/11/12	ECAC	5
Carey Dickason	W60	31/03/13	Canberra	5
Carolyn Fawcett	W60	20/12/12	ECAC	4

### W65

Brenda Painter	W65	10/03/13	WAAS	6
Valerie Millard	W65	22/11/12	ECAC	4

### W70

Lynne Schickert	W70	8/11/12	ECAC	5
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## High Jump

### M30

Greg Urbanowicz M30 03/11/12 G CST 1.40

### M35

Mark Pisano M35 13/11/12 WAAS 1.35

Matt Staunton M35 23-Nov WAAS 1.30

### M40

Andrew Brooker M40 23/10/12 WAAS 1.61

Mal Clarke M40 30/03/13 Canberra 1.57

Ian Coate M40 12/02/13 WAAS 1.45

### M45

Brian Feutrill M45 09/02/13 BUN 1.51

Bernard Riviere M45 10/03/13 WAAS 1.50

Roger Ditewig M45 13/11/12 WAAS 1.45

### M50

Colin Smith M50 31/01/13 ECAC 1.25

### M55

Tony Downey M55 10/03/13 WAAS 1.30

### M60

Dave Wyatt M60 29/01/13 WAAS 1.40

Rob Antonioli M60 09/02/13 BUN 1.20

Harold Membrey M60 09/02/13 BUN 1.15

### M65

Greg Wilson M65 25/01/13 WAAS 1.43

### M70

Brian Waldhuter M70 09/02/13 BUN 1.25

### M75

Norm Richards M75 04/12/12 WAAS 1.17

Don Chambers M75 05/01/13 BEND 1.15

Bob Fergie M75 10/03/13 WAAS 0.90

### W30

Dan Ivers W30 04/12/12 WAAS 1.:

Nicole Pinel W30 10/01/13 ECAC 1.:

### W35

Ali Matautia W35 10/01/13 ECAC 1.:

### W40

Vicki Cobby W40 30/03/13 Canberra 1.:

Toni Phillips W40 5/01/13 BEND 1.:

### W45

Sue Coate W45 29/01/13 WAAS 1.:

Gill Edmonds W45 2/10/12 WAAS 1.:

### W55

Delia Baldock W55 10/03/13 WAAS 1.:

Gay Wyatt W55 11/12/12 WAAS 1.:

Brenda Painter W65 30/03/13 Canberra 1.:

## Pole Vault

Andrew Brooker M40 25/01/13 WAAS 2.50

Brian Feutrill M45 23/02/13 BUN 2.75

Rob Antonioli M60 9/02/13 BUN 1.70

Greg Wilson M65 31/03/13 Canberra 2.00

Brian Waldhuter M70 23/02/13 BUN 1.45

Don Chambers M75 29/07/12 SANDY 2.10

## discus

### M30

Greg Urbanowicz	29/03/13	Canberra	40.97
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### M35

Matt Staunton	23/11/12	WAAS	40.52
Kim Thomas	17/01/13	ECAC	23.86
Mark Pisano	30/10/12	WAAS	18.52

### M40

Mal Clarke	5/02/13	WAAS	39.66
Mark Hamilton	9/03/13	WAAS	37.96
Mark Jeffery	2/03/13	WAAS	36.12

### M45

Todd Davey	2/03/13	WAAS	43.25
Ian Cotton	2/03/13	WAAS	33.14
Troy Wynne	25/01/13	WAAS	26.65

### M50

Andrew Ward	28/02/13	ECAC	31.01
Brian Miller	2/10/12	WAAS	28.15
Lachlan Marr	25/10/12	ECAC	18.43

### M55

Tom Gravestock	23/10/12	WAAS	43.36
Geoff Gee	30/10/12	WAAS	31.31
Brian Miller	9/03/13	WAAS	27.66

### M60

Oswald Igel	9/03/13	WAAS	37.49
Rocky Cloete	26/02/13	WAAS	35.06
Steve Fuller	2/03/13	WAAS	34.11

### M65

Greg Wilson	1/04/13	Canberra	32.57
Rob Young	9/03/13	WAAS	21.63
Ivan Brown	2/03/13	WAAS	17.70

### M70

Brian Waldhuter	12/01/13	BUN	21.00
Bob Schickert	25/10/12	ECAC	17.10
Lyle James	24/11/12	BUN	10.94

### M75

Leon Sander	9/03/13	WAAS	25.12
Don Chambers	6/01/13	BEND	21.43
Norm Richards	1/04/13	Canberra	17.57

### M80

Chris Tittel	2/03/13	WAAS	20.55
Rob Shand	5/02/13	WAAS	20.39
David Carr	25/10/12	ECAC	16.10

### M90

Peter Kennedy	9/03/13	WAAS	11.31
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### W30

Nicole Pinel	20/11/12	WAAS	25.43
Shanell Staunton	17/01/13	ECAC	16.41

### W35

Byrony Glass	9/03/13	WAAS	36.49
Sarah Edmiston	16/11/12	ECAC	36.45
Ali Matautia	31/03/13	Canberra	33.09

### W40

Toni Phillips	21/12/12	BEND	21.45
Anne Travis	8/11/12	ECAC	17.32
Regina Crouch	25/10/12	ECAC	11.94

### W45

Sue Coate	26/02/13	WAAS	24.73
Deb Cox	9/03/13	WAAS	19.95
Sue Bourn	9/03/13	WAAS	15.53

### W50

Sharon Moloney	5/02/13	BUN	23.10
Michelle Link	4/11/12	G CST	16.69
Carmel Meyer	25/10/12	ECAC	13.99

### W55

Carol Bowman	25/10/12	ECAC	11.05
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### W60

Kate Glass	31/03/13	Canberra	23.39
Elizabeth Szczepanska	4/11/12	G CST	20.16
Carolyn Fawcett	25/10/12	ECAC	10.51

### W65

Bev Hamilton	21/03/13	ECAC	25.27
Peggy Macliver	30/10/12	WAAS	14.74
Stella Turner	7/02/13	ECAC	14.48

### W70

Ruth Johnson	5/02/13	BUN	12.01
Lynne Schickert	25/10/12	ECAC	11.57

### W75

Barbara Campbell	9/03/13	WAAS	19.13
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### W80

Pat Carr	11/10/12	ECAC	12.09
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### W85

Rae McMillan	5/02/13	WAAS	13.81
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**Javelin****M30**

Greg Urbanowicz	16/10/12	WAAS	37.35
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**M35**

Mark Frew	19/02/13	WAAS	47.39
Matt Staunton	2/03/13	WAAS	40.73
Kim Thomas	11/12/12	WAAS	36.31

**M40**

Mark Jeffery	2/03/13	WAAS	52.54
Mal Clarke	29/03/13	Canberra	44.55
Andrew Brooker	29/03/13	Canberra	40.37

**M45**

Alec Ring	11/12/12	WAAS	40.33
Todd Davey	19/02/13	WAAS	38.88
Troy Wynne	22/01/13	WAAS	38.12

**M50**

Andrew Ward	22/01/13	WAAS	34.23
Wayne Rubick	10/03/13	WAAS	24.79
Larry Parsons	2/03/13	WAAS	18.78

**M55**

Geoff Gee	4/12/12	WAAS	35.30
Tom Gravestock	4/12/12	WAAS	32.35

**M60**

Steve Fuller	2/03/13	WAAS	33.27
Oswald Igel	17/01/13	ECAC	31.75
Geoff Brayshaw	10/03/13	WAAS	31.69

**M65**

Stan Selby	10/03/13	WAAS	38.62
Greg Wilson	13/11/12	WAAS	27.43
Ivan Brown	2/03/13	WAAS	19.55

**M70**

Brian Waldhuter	23/10/12	BUN	15.86
Lyle James	26/02/13	BUN	10.35

**M75**

Leon Sander	26/02/13	BUN	24.72
Don Chambers	5/08/12	OXFORD	20.09
Norm Richards	1/04/13	Canberra	17.81

**M80**

Rob Shand	4/12/12	WAAS	21.80
David Carr	15/11/12	ECAC	18.41
Chris Tittel	2/03/13	WAAS	14.41

**M90**

Peter Kennedy	19/02/13	WAAS	6.96
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**W30**

Melissa Foster	1/04/13	Canberra	27.71
Nicole Pinel	14/02/13	ECAC	16.91
Joanna Garcia-Webb	16/10/12	WAAS	7.00

**W35**

Ali Matautia	18/10/12	ECAC	25.51
Byrony Glass	13/11/12	WAAS	19.51
Monique Thomas	2/03/13	WAAS	7.69

**W40**

Maria Trolio	3/01/13	ECAC	20.51
Vicki Cobby	1/04/13	Canberra	17.91
Regina Crouch	10/03/13	WAAS	15.81

**W45**

Sue Coate	2/03/13	WAAS	21.81
Deb Cox	10/03/13	WAAS	17.41
Julie Willmott	10/01/13	ECAC	14.31

**W50**

Sharon Moloney	10/03/13	WAAS	21.51
Carmel Meyer	2/03/13	WAAS	20.51
Michelle Link	3/11/12	G CST	19.51

**W55**

Barbara Brown	20/11/12	BUN	17.21
Julie Wilson	11/12/12	WAAS	14.21
Carol Bowman	2/03/13	WAAS	11.91

**W60**

Kate Glass	10/03/13	WAAS	20.51
Elizabeth Szczepanska	3/11/12	G CST	16.61
Carolyn Fawcett	10/03/13	WAAS	11.91

**W65**

Bev Hamilton	3/11/12	G CST	20.81
Brenda Painter	10/01/13	ECAC	13.51
Stella Turner	15/11/12	ECAC	13.01

**W70**

Ruth Johnson	29/01/13	BUN	13.01
Lynne Schickert	2/03/13	WAAS	9.65

**W75**

Barbara Campbell	10/03/13	WAAS	16.61
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**W80****W85**

Rae McMillan	10/03/13	WAAS	12.01
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## Weight Throw

### M30

Greg Urbanowicz 31/03/13 Canberra 14.40

### M35

Matt Staunton 27/11/12 WAAS 13.93  
Mark Frew 24/01/13 ECAC 7.76

### M40

Mal Clarke 5/03/13 WAAS 11.68  
Mark Hamilton 10/03/13 WAAS 11.40  
Ian Coate 8/01/13 WAAS 6.54

### M45

Todd Davey 5/03/13 WAAS 12.34  
Roger Ditewig 16/10/12 WAAS 7.02

### M50

John Everard 27/11/12 WAAS 13.80  
Brian Miller 2/10/12 WAAS 12.10  
Andrew Ward 2/03/13 WAAS 9.41

### M55

Geoff Gee 10/03/13 WAAS 14.98  
Tom Gravestock 2/10/12 WAAS 13.59  
Brian Miller 10/03/13 WAAS 12.48

### M60

Oswald Igel 2/03/13 WAAS 11.74  
Rocky Cloete 19/02/13 WAAS 10.78  
Harold Membrey 10/03/13 WAAS 9.89

### M65

Greg Wilson 10/03/13 WAAS 10.28  
Rob young 10/03/13 WAAS 7.43

### M70

Brian Waldhuter 9/02/13 BUN 8.81

### M75

Don Chambers 3/11/12 G CST 11.75  
Bob Fergie 2/03/13 WAAS 8.55

### M80

Chris Tittel 19/02/13 WAAS 10.45  
Rob Shand 16/10/12 WAAS 9.05

### M90

Peter Kennedy 19/02/13 WAAS 5.25

### W30

Shanell Staunton 10/03/13 WAAS 8.96  
Nicole Pinel 19/02/13 WAAS 8.53

### W35

Byrony Glass 5/02/13 WAAS 18.02  
Ali Matautia 31/03/13 Canberra 9.20

### W40

Anne Travis 8/11/12 ECAC 6.41

### W45

Sue Coate 5/02/13 WAAS 8.50

### W50

Kylie Everard 10/03/13 WAAS 8.41  
Sharon Moloney 2/03/13 WAAS 7.95  
Annette Gravestock 1/04/13 Canberra 7.41

### W55

### W60

Kate Glass 5/03/13 WAAS 12.55  
Elizabeth Szczepanska 5/11/12 G CST 8.75

### W65

Bev Hamilton 18/10/12 ECAC 12.03  
Stella Turner 7/02/13 ECAC 7.81

### W70

### W75

Barbara Campbell 2/03/13 WAAS 10.24

### W80

### W85

Rae McMillan 19/03/13 WAAS 9.91

## Shot Put

### M30

Greg Urbanowicz 3/11/12 G CST 13.72

### M35

Matt Staunton 10/01/13 ECAC 12.65  
Mark Frew 4/12/12 WAAS 9.06  
Kim Thomas 15/11/12 ECAC 8.49

### M40

Mal Clarke 30/03/13 Canberra 13.00  
Mark Hamilton 9/03/13 WAAS 11.15  
Andrew Brooker 24/01/13 WAAS 7.78

### M45

Todd Davey 2/03/13 WAAS 13.03  
Brian Feutrill 24/11/12 BUN 10.22  
Quinton de Klerk 9/03/13 WAAS 9.13

### M50

Andrew Ward 9/03/13 WAAS 8.93  
Wayne Rubick 9/03/13 WAAS 8.50  
John Dennehy 20/11/12 WAAS 6.04

### M55

Geoff Gee 6/11/12 WAAS 12.18  
Tom Gravestock 31/03/13 Canberra 11.32

### M60

Rocky Cloete 4/12/12 WAAS 11.54  
Oswald Igel 11/10/12 ECAC 11.13  
Harold Membrey 22/01/13 BUN 8.28

### M65

Greg Wilson 9/03/13 WAAS 9.25  
Rob young 9/03/13 WAAS 7.78

### M70

Brian Waldhuter 11/12/12 BUN 7.23  
Bob Schickert 15/11/12 ECAC 5.74  
Lyle James 13/11/12 BUN 3.71

### M75

Don Chambers 5/01/13 BEND 9.20  
Leon Sander 24/11/12 BUN 7.52  
Bob Fergie 9/03/13 WAAS 6.05

### M80

Chris Tittel 2/03/13 WAAS 7.49  
Rob Shand 6/11/12 WAAS 6.74

### M90

Peter Kennedy 26/02/13 WAAS 4.32

### W30

Melissa Foster 1/04/13 Canberra 9.39  
Nicole Pinel 31/01/13 ECAC 7.88  
Shanell Staunton 17/01/13 ECAC 5.96

### W35

Byrony Glass 9/03/13 WAAS 11.26  
Ali Matautia 29/03/13 Canberra 9.51  
Monique Thomas 2/03/13 WAAS 4.82

### W40

Vicki Cobby 29/03/13 Canberra 8.26  
Toni Phillips 5/01/13 BEND 7.15  
Regina Crouch 17/01/13 ECAC 5.92

### W45

Sue Coate 2/03/13 WAAS 7.92  
Sue Bourn 2/03/13 WAAS 6.17  
Cathy McCloskey 20/11/12 WAAS 5.80

### W50

Sharon Moloney 13/11/12 BUN 8.92  
Carmel Meyer 29/03/13 Canberra 6.67  
Annette Gravestock 9/03/13 WAAS 6.03

### W55

Julie Wilson 29/03/13 Canberra 7.68  
Carol Bowman 15/11/12 ECAC 5.08

### W60

Kate Glass 31/03/13 Canberra 9.20  
Elizabeth Szczepanska 4/11/12 G CST 7.39  
Maureen Keshwar 14/02/13 ECAC 6.84

### W65

Bev Hamilton 9/03/13 WAAS 8.77  
Stella Turner 6/11/12 WAAS 6.47  
Gillian Young 15/11/12 ECAC 5.30

### W70

Lynne Schickert 15/11/12 ECAC 5.17

### W75

Barbara Campbell 14/02/13 ECAC 8.02

### W80

## Hammer

### M30

Greg Urbanowicz 19/03/13 WAAS 42.30

### M35

Matt Staunton 22/11/12 ECAC 45.19  
Daniel Lowe 10/03/13 WAAS 26.68  
Kim Thomas 1/11/12 ECAC 16.09

### M40

Mal Clarke 30/03/13 Canberra 33.22  
Mark Hamilton 10/03/13 WAAS 33.18  
Ian Coate 12/02/13 WAAS 20.80

### M45

Todd Davey 31/03/13 Canberra 34.36

### M50

John Everard 25/01/13 WAAS 39.08  
Brian Miller 9/10/12 WAAS 33.86  
Andrew Ward 10/03/13 WAAS 23.18

### M55

Tom Gravestock 14/12/12 WAAS 37.03  
Brian Miller 10/03/13 WAAS 34.70  
Geoff Gee 8/01/13 WAAS 33.98

### M60

Rocky Cloete 6/11/12 WAAS 24.14  
Oswald Igel 2/03/13 WAAS 23.96  
Harold Membrey 2/03/13 WAAS 20.45

### M65

Greg Wilson 6/11/12 WAAS 23.44  
Rob young 10/03/13 WAAS 16.36

### M70

Brian Waldhuter 6/11/12 BUN 16.91

### M75

Don Chambers 9/08/12 CANADA 27.90  
Bob Fergie 10/03/13 WAAS 20.64

### M80

Chris Tittel 2/03/13 WAAS 25.09  
Rob Shand 6/11/12 WAAS 17.82

### M90

Peter Kennedy 10/03/13 WAAS 6.42

### W30

Nicole Pinel 29/03/13 Canberra 23.78  
Shanell Staunton 10/03/13 WAAS 23.07

### W35

Byrony Glass 29/03/13 Canberra 54.67  
Sarah Edmiston 16/11/12 WAAS 36.50  
Ali Matautia 19/03/13 WAAS 25.16

### W40

Regina Crouch 6/11/12 WAAS 13.13

### W45

Sue Coate 12/02/13 WAAS 21.91

### W50

Sharon Moloney 13/11/12 BUN 28.58  
Kylie Everard 29/03/13 Canberra 23.98  
Annette Gravestock 10/03/13 WAAS 20.66

### W55

Barbara Brown 6/11/12 BUN 24.44

### W60

Kate Glass 29/03/13 Canberra 33.63  
Elizabeth Szczepanska 3/11/12 G CST 23.84

### W65

Bev Hamilton 19/03/13 WAAS 28.02  
Stella Turner 10/03/13 WAAS 15.17

### W70

### W75

Barbara Campbell 31/01/13 ECAC 27.64

### W85

Rae McMillan 10/03/13 WAAS 18.55