

## June Results

### WAAS – June 5

#### 4000m (not analysed)

|                  |     |         |  |
|------------------|-----|---------|--|
| Steve Weller     | M35 | 16:00.8 |  |
| Tom Tralau       | M35 | 16:44.6 |  |
| Danielle baldock | W30 | 19:56.9 |  |
| John Dennehy     | M50 | 23:28.7 |  |

#### 60m

|               |     |      |  |
|---------------|-----|------|--|
| Sophia Trolio | Vis | 11.3 |  |
| David Carr    | M75 | 13.1 |  |

#### 1500m

|               |     |        |            |
|---------------|-----|--------|------------|
| Steve Weller  | M35 | 5:19.6 | <b>SB</b>  |
| Tom Tralau    | M35 | 5:51.4 |            |
| David carr    | M75 | 6:17.7 |            |
| Maria Trolio  | W35 | 6:54.7 | <b>PBA</b> |
| Sophia Trolio | Vis | 7:31.9 |            |

### ECAC – June 7

#### 1000m

|                |     |        |            |
|----------------|-----|--------|------------|
| Kim Thomas     | M35 | 2:58.0 |            |
| Tony Smith     | M35 | 2:59.0 |            |
| Rod Hamilton   | M50 | 3:24.8 | <b>PBA</b> |
| Mickey Muroi   | M50 | 3:30.6 |            |
| Mitch Thomas   | VIS | 3:46.0 |            |
| Toni Phillips  | W40 | 4:05.6 |            |
| Carol Bowman   | W55 | 4:20.7 | <b>SB</b>  |
| Nick Miletic   | M60 | 4:31.0 |            |
| Monique Thomas | W35 | 4:55.7 |            |

#### 60m

|              |     |      |  |
|--------------|-----|------|--|
| Colin Smith  | M45 | 9.7  |  |
| Tony Smith   | M35 | 10.3 |  |
| Nick Miletic | M60 | 11.4 |  |

|               |     |      |  |
|---------------|-----|------|--|
| Toni Phillips | W40 | 10.3 |  |
| Kim Thomas    | M35 | 10.3 |  |
| Rod Hamilton  | M50 | 10.6 |  |

#### 600m

|              |     |        |  |
|--------------|-----|--------|--|
| Colin Smith  | M45 | 1:43.6 |  |
| Tony Smith   | M35 | 1:52.9 |  |
| Rod Hamilton | M50 | 1:58.7 |  |
| David Carr   | M75 | 2:00.3 |  |
| Mickey Muroi | M50 | 2:02.8 |  |
| Mitch Thomas | VIS | 2:09.7 |  |
| Kim Thomas   | M35 | 2:10.4 |  |
| Carol Bowman | W55 | 2:25.3 |  |

#### 3000m

|                |     |         |            |
|----------------|-----|---------|------------|
| Kim Thomas     | M35 | 10:43.7 | <b>SB</b>  |
| Tony Smith     | M35 | 11:34.2 | <b>SB</b>  |
| Mickey Muroi   | M50 | 11:35.2 | <b>SB</b>  |
| Rod Hamilton   | M50 | 11:38.0 | <b>SB</b>  |
| Mitch Thomas   | VIS | 12:24.0 |            |
| Bob Schickert  | M70 | 13:50.5 |            |
| Monique Thomas | W35 | 16:24.0 | <b>SB</b>  |
| Bob Fawcett    | M60 | 18:48.0 | <b>PBA</b> |

#### 3000m walk

|                 |     |         |  |
|-----------------|-----|---------|--|
| Lynne Schickert | W70 | 22:24.1 |  |
|-----------------|-----|---------|--|

#### 200m

|               |     |      |            |
|---------------|-----|------|------------|
| Tony Smith    | M35 | 29.4 |            |
| Toni Phillips | W40 | 29.7 | <b>SB=</b> |
| Rod Hamilton  | M50 | 32.9 |            |

### ECAC – June 14

#### 100m

|                 |     |      |  |
|-----------------|-----|------|--|
| Mitch Thomas    | VIS | 16.8 |  |
| Jai Thomas      | VIS | 19.9 |  |
| Kim Thomas      | M35 | 20.6 |  |
| Lynne Schickert | W70 | 23.4 |  |

#### 3000m

|               |     |         |  |
|---------------|-----|---------|--|
| Bob Schickert | M70 | 14:56.4 |  |
| Jai Thomas    | VIS | 15:41.4 |  |

#### 3000m walk

|                 |     |         |  |
|-----------------|-----|---------|--|
| Lynne Schickert | W70 | 22:43.2 |  |
|-----------------|-----|---------|--|

#### 5000m

|                |     |         |           |
|----------------|-----|---------|-----------|
| Rod Hamilton   | M50 | 18:59.9 | <b>SB</b> |
| Tony Smith     | M35 | 19:23.2 |           |
| Mitch Thomas   | VIS | 20:19.6 |           |
| Kim Thomas     | M35 | 20:22.7 |           |
| Sue Bourn      | W45 | 21:53.3 |           |
| Monique Thomas | W35 | 28:30.3 |           |

#### 200m

|              |     |      |  |
|--------------|-----|------|--|
| Colin Smith  | M45 | 29.8 |  |
| David Carr   | M75 | 34.6 |  |
| Mitch Thomas | VIS | 40.4 |  |
| Kim Thomas   | M35 | 47.0 |  |

#### 800m

|              |     |        |  |
|--------------|-----|--------|--|
| Tony Smith   | M35 | 2:29.2 |  |
| Rod Hamilton | M50 | 2:57.9 |  |
| Mitch Thomas | VIS | 3:15.3 |  |
| Kim Thomas   | M35 | 3:15.9 |  |

#### 400m

|              |     |      |           |
|--------------|-----|------|-----------|
| Colin Smith  | M45 | 61.0 | <b>SB</b> |
| Tony smith   | M35 | 71.2 |           |
| Rod Hamilton | M50 | 75.5 |           |
| David Carr   | M75 | 76.2 |           |
| Mitch Thomas | VIS | 86.3 |           |
| Kim Thomas   | M35 | 87.2 |           |

**WAAS – 19/06/12****3000m**

|              |     |         |  |
|--------------|-----|---------|--|
| Steve Weller | M35 | 11:15.0 |  |
| Julie Wilson | W55 | 14:25.6 |  |

**100m**

|              |     |      |  |
|--------------|-----|------|--|
| Therese Carr | Vis | 18.6 |  |
| Julie Wilson | W55 | 18.9 |  |

**800m**

|                   |            |               |           |
|-------------------|------------|---------------|-----------|
| Steve Weller      | M35        | 2:35.3        | <b>SB</b> |
| Colin Smith       | M45        | 2:48.2        |           |
| <b>David Carr</b> | <b>M80</b> | <b>2:49.0</b> | <b>AR</b> |
| Nick Miletic      | M60        | 3:21.0        |           |

**400m**

|             |     |      |  |
|-------------|-----|------|--|
| Colin Smith | M45 | 60.5 |  |
|-------------|-----|------|--|

**ECAC - June 21****Mile**

|                   |            |               |            |
|-------------------|------------|---------------|------------|
| Tony Smith        | M35        | 5:23.1        | <b>SB</b>  |
| Rod Hamilton      | M50        | 5:47.6        | <b>PBA</b> |
| Mickey Muroi      | M50        | 5:56.0        | <b>SB</b>  |
| Colin Smith       | M45        | 6:24.6        |            |
| <b>David Carr</b> | <b>M80</b> | <b>6:26.6</b> | <b>WR</b>  |
| Sue Bourn         | W45        | 6:38.1        | <b>PBA</b> |
| Dante Giacomini   | M40        | 6:45.1        |            |
| Delia Baldock     | W50        | 7:29.2        |            |

**Mile walk**

|                  |     |         |            |
|------------------|-----|---------|------------|
| Lynne Schickert  | W70 | 11:11.7 | <b>PBA</b> |
| Peter Barrington | VIS | 11:55.5 |            |
| George Roe       | VIS | 16:26.5 |            |

**60m**

|              |     |      |           |
|--------------|-----|------|-----------|
| Colin Smith  | M45 | 8.5  |           |
| Tony Smith   | M35 | 8.6  | <b>SB</b> |
| Rod Hamilton | M50 | 9.4  |           |
| Therese Carr | VIS | 11.3 |           |

**600m (not analysed)**

|               |     |        |  |
|---------------|-----|--------|--|
| Tony Smith    | M35 | 1:48.0 |  |
| Rod Hamilton  | M50 | 2:00.2 |  |
| Mickey Muroi  | M50 | 2:03.5 |  |
| Delia Baldock | W50 | 2:14.1 |  |
| Carol Bowman  | W55 | 2:25.3 |  |
| Therese Carr  | VIS | 3:08.9 |  |

**3000m**

|                 |     |         |            |
|-----------------|-----|---------|------------|
| Tony Smith      | M35 | 11:17.9 | <b>SB</b>  |
| Rod Hamilton    | M50 | 11:27.1 | <b>PBA</b> |
| Mickey Muroi    | M50 | 12:00.9 |            |
| Sue Bourn       | W45 | 12:47.3 |            |
| Dante Giacomini | M40 | 12:59.0 | <b>SB</b>  |
| Bob Schickert   | M70 | 14:17.6 |            |

**3000m walk**

|                  |     |         |            |
|------------------|-----|---------|------------|
| Lynne Schickert  | W70 | 21:23.4 | <b>PBA</b> |
| John Smith       | M75 | 22:04.9 | <b>SB</b>  |
| Peter Barrington | VIS | 22:18.1 |            |

**WAAS – June 26****100m**

|               |     |      |  |
|---------------|-----|------|--|
| Steve Michael | M35 | 13.7 |  |
| Colin Smith   | M45 | 13.7 |  |

**2000m Steeplechase**

|                   |            |               |           |
|-------------------|------------|---------------|-----------|
| Steve Weller      | M35        | 8:21.1        |           |
| <b>David Carr</b> | <b>M80</b> | <b>9:39.3</b> | <b>WR</b> |
| Nick Miletic      | M60        | 10:45.4       |           |
| Jacqui Sanders    | W45        | 11:06.7       |           |

**60m**

|               |     |     |            |
|---------------|-----|-----|------------|
| Colin Smith   | M45 | 8.4 | <b>SB=</b> |
| Steve Michael | M35 | 8.5 |            |

**600m**

|               |     |        |  |
|---------------|-----|--------|--|
| Toni Phillips | W40 | 2:07.3 |  |
| Steve Weller  | M35 | 2:07.3 |  |

**3000m**

|               |     |         |           |
|---------------|-----|---------|-----------|
| Steve Weller  | M35 | 11:33.9 |           |
| Tom Tralau    | M35 | 12:16.8 |           |
| Campbell Till | M50 | 12:36.4 | <b>SB</b> |

**ECAC - June 28**  
**(300m, 4000m not analysed)**

**300m**

|                |     |      |
|----------------|-----|------|
| Rod Hamilton   | M50 | 51.7 |
| Mickey Muroi   | M50 | 55.0 |
| Julie Willmott | W45 | 56.2 |
| Carol Bowman   | W55 | 59.5 |
| David Carr     | M80 | 79.3 |

**60m**

|             |     |      |
|-------------|-----|------|
| Bob Fawcett | M60 | 11.5 |
| David Carr  | M80 | 11.5 |

**2000m**

|                |     |        |
|----------------|-----|--------|
| Mickey Muroi   | M50 | 7:53.3 |
| Kim Cook       | W35 | 8.11.6 |
| Karen Hagan    | W40 | 9:07.4 |
| David Carr     | M80 | 9:30.9 |
| Julie Willmott | W45 | 9:31.0 |

**PBA**

**200m**

|              |     |      |
|--------------|-----|------|
| Colin Smith  | M45 | 30.2 |
| Carol Bowman | W55 | 38.2 |
| David Carr   | M80 | 50.5 |

**4000m**

|                 |     |         |
|-----------------|-----|---------|
| Rod Hamilton    | M50 | 14:57.8 |
| Mickey Muroi    | M50 | 16:33.9 |
| Sue Bourn       | W45 | 16:37.5 |
| Kim Cook        | W35 | 16:53.9 |
| Dante Giacomini | M40 | 17:24.8 |
| Karen Hagan     | W40 | 19:50.3 |