

May Results

ECAC – May 3

600m

Kim Thomas	M38	1.53.9	
Rod Hamilton	M50	1.59.2	
Jessie Hurea	VIS	1.59.5	
Toni Phillips	W40	2.01.0	
Mitch Thomas	VIS	2.05.4	
Julie Willmott	W46	2.19.0	
Carol Bowman	W57	2.23.9	
Maurice Creagh	M65	2.23.9	
Jai Thomas	VIS	2.30.7	
Monique Thomas	W35	2.42.0	

100m

Colin Smith	M49	14.7	
Nick Miletic	M61	15.1	SB
Sue Bourn	W45	15.2	
Jai Thomas	VIS	18.9	
Kim Thomas	M38	20.2	
Jacqui Sanders	W45	16.9	PBA
Julie Willmott	W46	17.1	
Bob Schickert	M70	17.3	
Val Millard	W65	21.8	PBA

1 MILE

Kim Thomas	M38	5.58.2	
Rod Hamilton	M50	5.58.2	
Paul Odam	M52	6.00.0	
Mitch Thomas	VIS	6.16.9	
Maurice Creagh	M65	6.44.3	
Dante Giacomini	M43	6.54.9	
Gillian Young	W64	7.16.7	
Jai Thomas	VIS	7.50.0	
Monique Thomas	W35	8.24.6	
Sarah Ladwig	W63	8.29.2	
Jacqui Sanders	W45	9.53.8	
Jackie Halberg	W65	9.53.8	
Val Millard	W65	11.11.1	
Lynne Schickert	W70	11.20.5	

200m

Colin Smith	M49	27.8	SB
Toni Phillips	W40	29.7	
Nick Miletic	M61	31.9	
Sue Bourn	W45	33.1	
Rod Hamilton	M50	33.5	
Julie Willmott	W46	36.6	
Jacqui Sanders	W45	38.0	PBA
Carol Bowman	W57	38.2	
Jai Thomas	VIS	42.6	
Rebecca Mackinnon	W31	44.2	

3000m

Kim Thomas	M38	10.46.5	
Paul Odam	M52	11.31.9	
Rod Hamilton	M50	11.56.8	
Mitch Thomas	VIS	12.42.2	
Sue Bourn	W45	12.43.8	
David Carr	M79	13.16.5	
Maurice Creagh	M65	13.23.6	
Dante Giacomini	M43	13.36.5	
Bob Schickert	M70	13.51.3	
Gillian Young	W64	14.28.8	
Monique Thomas	W35	16.31.9	
Jacqui Sanders	W45	16.53.7	PBA
Sarah Ladwig	W63	16.56.9	
Rebecca Mackinnon	W31	23.39.1	

ECAC May 10

800m

Chris Neale	M43	2.35.2	
Kim Thomas	M38	2.36.2	
Toni Phillips	W40	2.55.1	
David Carr	M79	2.56.4	
Julie Willmott	W46	2.06.1	
Maurice Creagh	M65	3.08.5	
Rachel Evans	W39	3.09.8	
Dante Giacomini	M43	3.13.5	
Carol Bowman	W57	3.18.0	
Frank Gardiner	M62	3.18.8	
Gillian Young	W64	3.19.5	
Karen Hagan	W44	3.23.7	
Jacqui Sanders	W45	3.26.5	
Monique Thomas	W35	3.35.2	
Cheree Paisley	W30	3.38.1	

3000m

Frank Gardiner	M62	12.50.7	
Shannon Neale	VIS	14.18.3	
Chris Neale	M43	14.18.3	

100m

Chris Neale	M43	13.3	
Colin Smith	M49	13.4	
Nick Miletic	M61	15.6	
Julie Willmott	W46	16.7	
Rachel Evans	W39	17.8	
Shannon Neale	VIS	16.3	
Jacqui Sanders	W45	17.4	
Cheree Paisley	Vis	17.9	
Jelena May	VIS	19.3	

3000m walk

Lynne Schickert	W70	21.35.5	
John Smith	M77	23.07.9	

(5000m on next page)

5000m

Boris Padovan	M37	17.14.9
Kim Thomas	M38	18.32.1
Rod Hamilton	M50	19.10.7
Mike Meredith	M51	20.56.6
Sue Bourn	W45	21.16.4
Dante Giacomini	M43	22.43.0
Maurice Creagh	M65	23.18.9

Rachel Evans	W39	24.08.9
Bob Schickert	M70	24.12.5
Gillian Young	W64	24.18.8
Karen Hagan	W45	24.30.7
Monique Thomas	W35	28.11.2
Jacqui Sanders	W45	28.18.9
Rebecca MacKinnan	W31	38.43.6

WAAS May 15**800m**

David Solomon	M47	2:21.5	PBA
Tom Tralau	M39	2:51.7	
Mitch Thomas	Vis	2:58.2	
Kim Thomas	M38	2:59.1	
Julie Wilson	W59	3:21.1	SB
John Dennehy	M52	3:30.1	

3000m

Mitch Thomas	Vis	11:49.0
--------------	-----	---------

5000m

Kim Thomas	M38	19:14.1	
David Solomon	M47	19:28.6	
Tom Tralau	M39	21:05.6	
Jonathon Phillips	M38	21:58.6	PBA
Julie Wilson	W59	24:23.0	
Danielle Baldock	W32	24:59.0	PBA

400m

David Carr	M79	74.5	SB
John Dennehy	M52	76.0	
Julie Wilson	W59	93.2	

ECAC May 17**400m**

Chris Neale	M43	1.01.1
Toni Phillips	W40	1.12.0
Rod Hamilton	M50	1.13.8
David Carr	M79	1.19.3
Rachel Evans	W39	1.26.3
Maurice Creagh	M65	1.31.5
Gillian Young	W64	1.32.6
Cheree Paisley	Vis	1.43.7
Jelena May	VIS	1.49.2

60m

Colin Smith	M49	8.5
Mitch Thomas	VIS	10.5
Jai Thomas	VIS	11.7
Kim Thomas	M38	11.9

Nick Miletic	M61	9.7
Carol Bowman	W57	11.1
Lynne Schickert	W70	14.6

300m

Colin Smith	M49	41.3
Tony Smith	M35	44.6
Toni Phillips	W40	47.8
Rod Hamilton	M50	52.8
Nick Miletic	M61	54.6
Mitch Thomas	VIS	60.7
Kim Thomas	M38	61.2

Kathy Lawson	W46	50.8
Rachel Evans	W39	57.5
Carol Bowman	W57	58.4
Frank Gardiner	M62	64.2
Karen Hagan	W44	65.8
Cheree Paisley	Vis	66.2
Maurice Creagh	M65	72.5

1 mile

Kim Thomas	M38	5:23.3
Tony Smith	M35	5:51.9
Rod Hamilton	M50	5:53.5
Mickey Mura	M54	6:04.0
Mitch Thomas	VIS	6:24.3
David Carr	M79	6:35.1
Dante Giacomini	M43	6:44.1
Maurice Creagh	M65	7:00.4
Gillian Young	W64	7:07.8
Frank Gardiner	M62	7:17.0
Rachel Evans	W39	7:22.2
Karen Hagan	W44	7:22.5
Cheree Paisley	Vis	8:04.8
Monique Thomas	W35	8:13.7
Bob Fawcett	M62	9:27.2

200m

Colin Smith	M49	28.0
Toni Phillips	W40	29.9
Kathy Lawson	W46	32.6
Nick Miletic	M61	32.7
Jai Thomas	VIS	44.9
Kim Thomas	M38	45.3

Rod Hamilton	M50	33.7
Rachel Evans	W39	36.7
Carol Bowman	W57	37.4
Cheree Paisley	Vis	48.3

2K walk

Lynne Schickert	W70	14:50.8
-----------------	-----	---------

(continued on next page)

4000m

Kim Thomas	M38	14:50.8	
Tony Smith	M35	15:30.6	
Rod Hamilton	M50	15:43.0	
Mickey Muroi	M54	15:49.7	
Sue Bourn	W45	17:02.2	
Frank Gardiner	M50	17:22.1	
Dante Giacomini	M43	17:49.4	
Mitch Thomas	VIS	17:51.6	

Bob Schickert	M70	19:01.0	
Gillian Young	W64	19:06.9	
Rachel Evans	W39	21:00.9	
Karen Hagan	W44	22:21.3	
Monique Thomas	W35	22:21.3	
James Paisley	VIS	27:44.1	
Cheree Paisley	Vis	27:44.1	

WAAS May 22**60m**

Mitch Thomas	Vis	10.3	
Kim Thomas	M35	10.3	SB
Rachel Evans	W35	10.4	SB

300m (not analysed)

John Dennehy	M50	53.6	
Kim Thomas	M35	59.5	
Mitch Thomas	Vis	61.5	

Mile

Kim Thomas	M35	5:19.1	SB
Campbell Till	M50	5:54.5	PBA
Tom Tralau	M35	6:05.0	PBA
Mitch Thomas	Vis	6:22.3	
Rachel Evans	W35	7:09.3	SB

2000m Steeplechase

Mitch Thomas	Vis	8:30.1	
Kim Thomas	M35	8:32.0	
David Carr	M75	9:42.2	
Rachel Evans	W35	10:03.8	
Julie Wilson	W55	10:05.1	

ECAC May 24**200m**

Colin Smith	M49	27.7	SB
Kim Thomas	M38	30.3	SB
Rod Hamilton	M50	33.6	
John Kyle	VIS	37.2	

David Solomon	M47	28.2	
David Carr	M79	34.4	SB
Bob Schickert	M70	39.1	
Peter Barrington	VIS	49.1	
Lynne Schickert	W70	50.5	

2000m

Kim Thomas	M38	6:52.7	
Tony Smith	M35	7:16.0	
Rod Hamilton	M50	7:19.6	
Mickey Muroi	M54	7:39.9	
Dante Giacomini	M43	8:31.3	
Gillian Young	W64	8:52.8	
Carol Bowman	W57	9:08.0	
John Kyle	VIS	9:57.7	
Nick Miletic	M61	10:22.6	
Monique Thomas	W35	10:23.1	
Sarah Ladwig	W63	10:29.6	

2000m walk

Valerie Millard	W65	14:10.0	
Lynne Schickert	W70	14:20.2	SB
Peter Barrington	VIS	14:26.0	
John Smith	M77	14:31.7	

3000m walk

Lynne Schickert	W70	21:55.0	
John Smith	M77	22:26.7	SB
Peter Barrington	VIS	22:28.5	

600m

Kim Thomas	M38	1:39.7	
Tony Smith	M35	1:39.9	
David Solomon	M47	1:40.0	
Rod Hamilton	M50	1:59.5	
Toni Phillips	W40	2:00.0	
David Carr	M75	2:17.9	
Carol Bowman	W57	2:24.2	
Jackie Halberg	W65	2:48.5	

100m

Colin Smith	M49	13.9	
Kim Thomas	M38	14.3	SB
Rod Hamilton	M50	15.1	
Sue Bourn	W45	15.5	
Nick Miletic	M61	15.6	
John Kyle	VIS	16.2	

Valerie Millard	W65	21.8	PBA=
Peter Barrington	VIS	22.8	
Lynne Schickert	W70	23.4	

3000m

Kim Thomas	M38	11:21.1	
Rod Hamilton	M50	11:40.1	SB
Tony Smith	M35	11:40.6	
Mickey Muroi	M54	12:02.4	
Sue Bourn	W45	12:38.7	SB
Dante Giacomini	M43	13:42.3	
Bob Schickert	M70	13:54.8	
Gillian Young	W64	14:08.8	SB
David Carr	M75	14:52.8	
Monique Thomas	W35	16:34.7	
Sarah Ladwig	W63	16:41.1	SB

WAAS – May 29**200m**

Quinton de Klerk	M47	28.5	PBA
------------------	-----	------	------------

2000m

Campbell Till	M54	7:35.6	
Mickey Muroi	M54	7:38.4	
Tom Tralau	M39	7:44.2	
Keith Edmonds	M44	7:56.0	
John Collier	M46	8:07.0	
Kim Cook	W37	8:07.7	PBA
Julie Wilson	W59	9:19.5	PBA

600m

Keith Edmonds	M44	1:56.3	
David Carr	M79	1:59.9	
John Collier	M46	2:03.2	

100m

Quinton de Klerk	M47	12.8	
------------------	-----	------	--

3000m

Tom Tralau	M39	11:51.2	PBA
Mickey Muroi	M54	11:51.5	PBA
Campbell Till	M54	13:04.3	
Keith Edmonds	M44	13:08.2	
Kim Cook	W37	13:12.8	
John Collier	M46	14:12.8	
Julie Wilson	W59	14:12.8	PBA
Danielle Baldock	W32	14:34.4	PBA

ECAC – May 31**300m (not analysed)**

Tony Smith	M35	45.5	
David Carr	M75	52.8	
Julie Willmott	W45	57.9	
Jai Thomas	VIS	59.8	
Kim Thomas	M35	60.1	
Carol Bowman	W55	60.5	

2000m

Julie Willmott	W45	10:06.0	
----------------	-----	---------	--

2000m walk

Valerie Millard	W65	13:46.4	SB
Lynne Schickert	W70	14:18.9	SB

4000m (not analysed)

Kim Thomas	M35	14:21.7	
Rod Hamilton	M50	15:23.9	
Tony smith	M35	15:58.6	
Sue Bourn	W45	17:31.4	
Dante Giacomini	M40	17:55.1	
Maurice Creagh	M65	18:57.9	
Bob Schickert	M70	19:22.1	
Monique Thomas	W35	22:16.1	
Bob Fawcett	M60	26:19.1	

60m

Tony Smith	M35	9.1	
Rod Hamilton	M50	10.1	
David carr	M75	10.7	
Valerie Millard	W65	13.7	
Lynne Schickert	W70	14.1	

1500m

Tony smith	M35	5:18.5	
Rod Hamilton	M50	5:36.3	
Cathy Elms	W40	7:47.3	

100m

Tony Smith	M35	14.4	
Rod Hamilton	M50	15.6	
David Carr	M75	17.2	
Valerie Millard	W65	22.6	
Lynne Schickert	W70	23.0	SB