

## August Results (+ July 30 omitted last month)

**Includes Strive, 5km Parkruns and others where MAWA athletes are known to have competed**  
**Note that all records are pending until ratified by the appropriate authorities**

### WAAS – July 30

#### 60m

Wendy Seegers	W35	8.2	
Tony Downey	M55	8.6	
Barrie Kernaghan	M70	9.0	<b>SB</b>
Roy Fearnall	M70	9.0	

#### 4000m

Kim Thomas	M35	14:21.6	
Callum Downey	VIS	16:33.4	
David Brook	M45	17:41.1	
Julie Wilson	W60	19:50.0	

#### 400m

Callum Downey	VIS	60.6	
Wendy Seegers	W35	63.3	
Tony Downey	M55	66.6	
Barrie Kernaghan	M70	70.8	<b>SB</b>
Roy Fearnall	M70	71.4	<b>SB</b>

### ECAC August 1

#### 800m

Rob Colton	M45	2:39.8	
Mitch Thomas	VIS	2:40.5	
Kim Thomas	M35	2:41.7	
David Carr	M80	3:01.1	<b>SB</b>
Maurice Creagh	M65	3:05.5	
Julie Willmott	W45	3:15.2	<b>SB</b>
Aiden Hassan	VIS	3:15.4	
Carol Bowman	W55	3:33.6	
Jean Hampson (QMA)	W65	3:33.8	
Kem Hassan	M40	3:34.4	

#### 60m

Colin Smith	M50	8.6	
Rob Colton	M45	9.1	
Kim Thomas	M35	9.3	
Mitch Thomas	VIS	9.9	

Maureen Keshwar	W60	10.1	
Bruce McGeorge	VIS	10.5	
Bob Schickert	M70	11.3	<b>SB</b>
Bob Fawcett	M60	11.9	

Jean Hampson (QMA)	W65	11.4	
Lynne Schickert	W70	13.5	<b>SB</b>
Carolyn Fawcett	W60	13.5	<b>SB</b>

#### 100m

Colin Smith	M50	14.4	
Rob Colton	M45	14.8	
Mitch Thomas	VIS	17.4	
Kim Thomas	M35	18.7	<b>SB</b>

Maureen Keshwar	W60	16.9	
Jean Hampson (QMA)	W65	18.8	
Lynne Schickert	W70	23.9	

#### 1500m

Bjorn Dybdahl	M55	5:12.4	
Callum Downey	VIS	5:45.7	
Maurice Creagh	M65	6:39.7	

#### 200m

Tony Downey	M55	28.5	<b>SB</b>
Barrie Kernaghan	M70	29.8	<b>SB</b>
Bjorn Dybdahl	M55	30.7	
Roy Fearnall	M70	31.3	

#### 3000m

Mitch Thomas	VIS	10:32.3	
Kim Thomas	M35	10:32.8	
Rob Colton	M45	12:05.3	
Maurice Creagh	M65	12:58.5	
Aiden Hassan	VIS	13:37.3	
Robin King	W50	13:56.3	
Bob Schickert	M70	14:12.9	
Kem Hassan	M40	14:52.2	<b>SB</b>
Bruce McGeorge	VIS	15:03.8	
Monique Thomas	W35	16:50.6	<b>SB</b>
Bob Fawcett	M60	18:05.6	<b>PBA</b>
Carolyn Fawcett	W60	19:42.6	<b>SB</b>

#### 3000m walk

Lynne Schickert	W70	22:24.6	
John Smith	M75	23:58.4	

#### 1000m

Julie Willmott	W45	4:17.1	
----------------	-----	--------	--

#### 400m

Colin Smith	M50	66.8	
Rob Colton	M45	69.5	
Mitch Thomas	VIS	76.1	
Kim Thomas	M35	77.6	
David Carr	M80	80.2	
Kem Hassan	M40	1:42.8	

Mitch Thomas	VIS	78.3	
Kim Thomas	M35	78.9	
Maurice Creagh	M65	86.5	
Carol Bowman	W55	90.1	
Jean Hampson (QMA)	W65	95.4	
Bob Fawcett	M60	1:45.6	

**WAAS – August 6****100m**

Wendy Seegers	W35	13.0	
Tony Downey	M55	14.0	<b>PBA</b>
Barrie Kernaghan	M70	14.3	<b>SB</b>
Roy Fearnall	M70	14.6	
Lynne Choate	W60	15.5	

**60m**

Wendy Seegers	W35	7.9	<b>SB</b>
Tony Downey	M55	8.1	<b>SB</b>
Barrie Kernaghan	M70	9.0	<b>SB=</b>
Roy Fearnall	M70	9.0	
Adrian Pannekoek	VIS	9.1	
Lynne Choate	W60	9.3	

**400m**

Wendy Seegers	W35	64.0	
Tony Downey	M55	69.0	
Barrie Kernaghan	M70	69.2	<b>SB</b>
Roy Fearnall	M70	72.4	
Maurice Creagh	M65	85.6	
Lynne Choate	W60	86.5	
<b>800m</b>			
Kim Thomas	M35	2:46.1	
Steve Weller	M35	2:47.4	
Tony Downey	M55	2:57.0	
Maurice Creagh	M65	2:58.4	<b>SB</b>
<b>3000m</b>			
Steve Weller	M35	10:50.3	
Kim Thomas	M35	10:51.2	
Maurice Creagh	M65	12:49.3	<b>SB</b>
Julie Wilson	W60	14:36.0	<b>PBA</b>

**ECAC - 8 August****200m**

Colin Smith	M50	28.4	
David Solomon	M45	28.5	
Colin Shaw	M50	33.6	
Aiden Hassan	VIS	38.8	
Kim Thomas	M35	45.1	
Bob Fawcett	M60	46.2	

David Carr	M80	35.0	
Julie Willmott	W45	35.6	
Bob Schickert	M70	40.9	

**1500m**

Mickey Muroi	M55	5:51.6	
Colin Shaw	M50	6:08.2	<b>SB</b>
Maurice Creagh	M65	6:08.3	
Robin King	W50	6:18.5	<b>SB</b>
Aiden Hassan	VIS	6:20.3	
Kim Thomas	M35	6:21.3	
Julie Willmott	W45	6:50.0	
Kem Hassan	M40	7:14.0	

**300m**

Colin Smith	M50	47.2	
Colin Shaw	M50	52.5	
David Carr	M80	56.6	
Mickey Muroi	M55	67.2	

**3000m**

Kim Thomas	M35	10:40.2	
Aiden Hassan	VIS	13:25.2	
Kem Hassan	M40	15:57.1	
Monique Thomas	W35	16:50.3	<b>SB</b>
Carolyn Fawcett	W60	19:33.0	<b>SB</b>

**5000m**

David Solomon	M45	18:57.6	
Mickey Muroi	M55	21:16.6	
Sue Bourn	W45	21:53.3	
Maurice Creagh	M65	22:38.4	
Robin King	W50	23:55.5	
Bob Schickert	M70	24:18.0	

**3000m walk**

John Smith	M75	23:13.4	<b>SB</b>
------------	-----	---------	-----------

**100m**

Colin Smith	M50	13.4	<b>SB</b>
David Solomon	M45	13.6	
Colin Shaw	M50	14.5	
Julie Willmott	W45	16.3	
David Carr	M80	17.0	<b>SB</b>
Carolyn Fawcett	W60	23.7	

**WAAS – August 13****200m**

Wendy Seegers	W35	26.7	<b>SB</b>
Tony Downey	M55	28.2	<b>SB</b>
Barrie Kernaghan	M70	29.4	<b>SB</b>
Roy Fearnall	M70	31.2	<b>SB</b>
Lynne Choate	W60	32.4	

**5000m**

Kim Thomas	M35	18:38.7	<b>SB</b>
Callum Downey	VIS	20:00.5	
Maurice Creagh	M65	21:31.3	<b>PBA</b>
Clive Choate	M60	22:18.0	

**1500m**

Callum Downey	VIS	5:44.2	
Mitch Thomas	VIS	6:19.6	
Kim Thomas	M35	6:20.5	
Maurice Creagh	M65	6:35.6	

**100m**

Wendy Seegers	W35	12.9	
Tony Downey	M55	13.0	<b>PBA</b>
Barrie Kernaghan	M70	14.3	<b>SB=</b>
Roy Fearnall	M70	14.6	<b>SB=</b>
Bjorn Dybdahl	M60	14.8	
Lynne Choate	W60	15.0	<b>SB</b>
Jai Thomas	VIS	17.3	

**2000m Steeplechase**

Bjorn Dybdahl	M60	7:56.6	
Jai Thomas	VIS	9:24.9	
Mitch Thomas	VIS	9:25.2	
David Carr	M80	9:42.4	<b>SB</b>
Julie Wilson	W60	10:12.0	
John Dennehy	M50	11:22.2	

**3000m Steeplechase (76.2cm)**

Kim Thomas	M35	11:43.5	
------------	-----	---------	--

## Great Barrier Reef Masters Games, Cairns – 10-11 August

(Note: Greg Urbanowicz is still a member, even though he has moved to Queensland.)

### Discus

Greg Urbanowicz	M30	39.15	1/1
Todd Davey	M45	40.24	1/3
Don Chambers	M75	18.22	1/1

### Hammer

Greg Urbanowicz	M30	40.14	1/1
Todd Davey	M45	32.48	1/3
Don Chambers	M75	24.96	1/1

### Javelin

Greg Urbanowicz	M30	32.22	1/1
Todd Davey	M45	39.45	1/3
Don Chambers	M75	18.07	1/1

### Shot Put

Greg Urbanowicz	M30	11.47	1/1
Todd Davey	M45	12.99	1/3
Don Chambers	M75	8.48	1/1

### Weight Throw

Greg Urbanowicz	M30	14.58	1/1
Todd Davey	M45	11.61	1/3
Don Chambers	M75	10.33	1/1

### Long Jump

Don Chambers	M75	3.54	NWI	1/1
--------------	-----	------	-----	-----

### Pole Vault

Don Chambers	M75	2.01		1/1
--------------	-----	------	--	-----

### Triple Jump

Don Chambers	M75	7.00	NWI	1/1
--------------	-----	------	-----	-----

### High Jump

Don Chambers	M75	1.05		1/1
--------------	-----	------	--	-----

### PBA

### 100m

Don Chambers	M75	16.20	NWI	1/1
--------------	-----	-------	-----	-----

### 80m hurdles

Don Chambers	M75	18.52	NWI	1/1
--------------	-----	-------	-----	-----

### 300m hurdles

Don Chambers	M75	70.60		1/1
--------------	-----	-------	--	-----

### SB

### PBA

### Throws Pentathlon

		Shot Put	Wt Throw	Hammer	Discus	Javelin
Greg Urbanowicz	M30	11.20 558	14.44 703	37.65 470	32.42 512	32.22 331
<b>Total 2574</b>	<b>1/1</b>					
Todd Davey	M45	12.99 827	11.07 618	32.48 516	39.78 827	38.65 519
<b>Total 3207</b>	<b>1/3</b>					
Don Chambers	M75	8.48 639	10.30 601	24.96 563	17.86 378	18.07 359
<b>Total 2540</b>	<b>1/1</b>					

### World Masters Games, Turin – 2-11 August

#### 800m heats

Bjorn Dybdahl	M55	2:37.22	q
---------------	-----	---------	---

#### Final

Bjorn Dybdahl	M55	2:29.01	10/11
---------------	-----	---------	-------

#### 1500m final

Erica Mercer	W70	7:59.45	<b>GOLD</b>
--------------	-----	---------	-------------

#### 5000m

Bjorn Dybdahl	M55	19:49.80	4/16
---------------	-----	----------	------

#### 3000m steeplechase

Bjorn Dybdahl	M55	12:34:57	<b>SILVER</b>
---------------	-----	----------	---------------

#### 2000m steeplechase

Erica Mercer	W70	12:58.82	<b>BRONZE SR</b>
--------------	-----	----------	------------------

### ECAC - 15 August

#### 400m

Colin Smith	M50	84.3
Aiden Hassan	VIS	83.8
David Carr	M80	1:28.7
Maurice Creagh	M65	1:35.6

#### 4000m

Aiden Hassan	VIS	15:58.6
Maurice Creagh	M65	18:40.5
Bob Schickert	M70	19:20.4

#### 200m

Colin Smith	M50	29.4
David Carr	M80	36.8

#### Mile

Aiden Hassan	VIS	6:15.1
Maurice Creagh	M65	7:14.8

#### 60m

Colin Smith	M50	8.6	
David Carr	M80	11.4	<b>SB</b>

**WAAS – August 20****400m**

Callum Downey	VIS	58.6	
Wendy Seegers	W35	60.4	<b>PBA</b>
Campbell Till	M55	61.1	<b>SB</b>
David Solomon	M45	61.2	

Tony Downey	M55	63.5	<b>PBA</b>
Barrie Kernaghan	M70	69.0	<b>SB</b>
Roy Fearnall	M70	70.2	<b>PBA</b>
Maurice Creagh	M65	84.5	
Karyn Gower	W50	1:35.2	<b>PBA</b>

**4000m**

Kim Thomas	M35	14:12.8	
Alan Gower	M55	15:06.7	
David Solomon	M45	17:25.2	
Maurice Creagh	M65	17:25.2	

**200m**

Callum Downey	VIS	26.1	
Wendy Seegers	W35	26.6	<b>SB</b>
Tony Downey	M55	28.3	
Barrie Kernaghan	M70	30.2	
Roy Fearnall	M70	30.5	<b>PBA</b>
Lynne Choate	W60	32.2	<b>PBA</b>

**60m**

Wendy Seegers	W35	8.1	
Tony Downey	M55	8.6	
Roy Fearnall	M70	9.3	
Lynne Choate	W60	9.4	
Barrie Kernaghan	M70	9.4	

**Mile**

Alan Gower	M55	5:46.0	
Callum Downey	VIS	6:43.4	
Campbell Till	M55	6:55.8	
Karyn Gower	W50	6:56.8	
John Dennehy	M50	7:49.3	

**ECAC – August 22****100m**

Kathy Lawson	W45	14.5	
Liam Fukumoto	VIS	16.2	
Raynor Keane	VIS	19.9	
Kim Thomas	M35	20.6	

Maureen Keshwar	W60	16.6	
Bob Schickert	M70	17.6	<b>SB</b>
Bob Fawcett	M60	19.7	<b>SB</b>
Kim Thomas	M35	20.3	
Lynne Schickert	W70	23.0	

**800m**

Ross Keane	M50	3:00.8	
Kim Thomas	M35	3:01.7	
Raynor Keane	VIS	3:05.6	
Maurice Creagh	M65	3:07.5	
Trish Farr	W40	3:19.7	
Robin King	W50	3:26.0	

**3000 Walk**

Lynne Schickert	W70	21:59.2	<b>SB</b>
-----------------	-----	---------	-----------

**60m**

Kim Thomas	M35	8.7	
Kathy Lawson	W45	9.2	
Maureen Keshwar	W60	10.0	
Liam Fukumoto	VIS	10.0	
Raynor Keane	VIS	11.7	

Ross Keane	M50	9.8	
Bob Schickert	M70	10.7	<b>SB</b>
Bob Fawcett	M60	11.4	
Lynne Schickert	W70	13.5	<b>SB=</b>
Carolyn Fawcett	W60	13.5	<b>SB=</b>

**3000m**

Ross Keane	M50	12:40.5	
Trish Farr	W40	12:46.7	<b>PBA</b>
Raynor Keane	VIS	12:56.1	
Bob Fawcett	M60	18:26.2	
Carolyn Fawcett	W60	19:16.6	<b>PBA</b>

**5000m**

Kim Thomas	M35	18:38.5	<b>SB</b>
Sue Bourn	W45	21:49.6	
Robin King	W50	23:29.3	<b>SB</b>
Maurice Creagh	M65	23:35.0	
Bob Schickert	M70	24:08.9	
Monique Thomas	W35	29:19.1	

**WAAS – August 27****100m**

Barrie Kernaghan	M70	14.2	<b>SB</b>
Lynne Choate	W60	15.2	

**800m**

David Solomon	M45	2:26.4	
Alan Gower	M55	2:39.3	
Maurice Creagh	M65	2:53.6	<b>SB</b>
David Carr	M80	2:53.7	<b>SB 96.41%</b>
John Dennehy	M50	3:11.4	
Karyn Gower	W50	3:23.7	

**60m**

David Solomon	M45	8.7	
Barrie Kernaghan	M70	8.8	<b>SB</b>
Lynne Choate	W60	9.1	<b>SB</b>

**5000m**

David Solomon	M45	19:10.8	
Alan Gower	M55	19:22.6	
Maurice Creagh	M65	22:14.2	

**300m**

David Solomon	M45	45.6	
Barrie Kernaghan	M70	47.7	
John Dennehy	M50	55.1	
Lynne Choate	W60	55.9	
David Carr	M80	56.1	

**ECAC - 29 August****100m**

Colin Smith	M50	14.0
Aiden Hassan	VIS	19.5
Lynne Schickert	W70	24.4

**3000m**

Aiden Hassan	VIS	11:30.1
Maurice Creagh	M65	13:33.4
Bob Schickert	M70	14:22.4
Kem Hassan	M40	16:11.3

**600m**

Colin Smith	M50	1:54.7
Maurice Creagh	M65	2:28.9
Carol Bowman	W55	2:32.2

**Walk**

Lynne Schickert	W70	4:11.4
-----------------	-----	--------

**2000m**

Aiden Hassan	VIS	7:53.0
Maurice Creagh	M65	9:07.7
Bob Schickert	M70	9:28.6
Kem Hassan	M40	11:09.1

**200m**

Colin Smith	M50	28.9
Carol Bowman	W55	40.4

# PARKRUNS

*FREE, timed 5km runs, 8am every Saturday (9am UK)*

## CLAISEBROOK COVE:

### Run 52: August 3 – 211 finishers

16	Rod Hamilton	M50	20:56	71.02%
27	Tony Smith	M35	21:02	63.07%

### Run 53: August 10 – 125 finishers

6	Rod Hamilton	M50	19:37	75.79%
14	Hamish McLeod	M35	21:10	63.54%
30	Trish Farr	W40	23:07	66.55% <b>PB</b>
46	Jane Elton	W45	24:14	66.16%

### Run 54: August 17 – 160 finishers

17	Rod Hamilton	M50	19:06	76.79% <b>PB</b>
31	Fiona Leonard	W45	21:00	76.35%
47	Hamish McLeod	M35	22:27	59.91%
67	Jane Elton	W45	23:35	67.99% <b>PB</b>
89	Bryan Hardy	M70	25:23	69.47%
119	Simon Leonard	M50	27:53	54.63%

### Run 55: August 24 – 84 finishers (C2S tomorrow!)

5	Giovanni Puglisi	M60	19:42	82.83%
32	Hamish McLeod	M35	24:02	55.96%

### Run 56: August 31 – 138 finishers

32	Hamish McLeod	M35	23:44	56.67%
76	Jane Elton	W45	27:35	58.13%
93	John Talbot	M65	29:57	57.04%

## AVELEY:

### Run 4: August 3 – 32 finishers

3	Michael Lee	M65	23:00	72.25% <b>PB</b>
---	-------------	-----	-------	------------------

### Run 5: August 10 – 34 finishers

1	Anthony Smith	M40	18:51	73.47%
---	---------------	-----	-------	--------

### Run 6: August 17 – 35 finishers

1	Anthony Smith	M40	18:44	73.93% <b>PB</b>
---	---------------	-----	-------	------------------

### Run 7: August 24 – 53 finishers

1	Anthony Smith	M40	18:52	73.41%
4	Michael Lee	M65	22:46	72.99%

### Run 8: August 31 – 50 finishers

1	Anthony Smith	M40	19:14	72.01%
---	---------------	-----	-------	--------

## CANNING RIVER:

### Run 9: August 3 – 87 finishers

2	Kim Thomas	M35	18:16	74.18% <b>PB</b>
51	Bob Fawcett	M60	29:36	55.63% <b>PB</b>

### Run 10: August 10 – 76 finishers

7	Giovanni Puglisi	M60	19:49	82.34%
46	Delia Baldock	W50	30:05	56.40%

### Run 11: August 17 – 74 finishers

44	Delia Baldock	W50	30:28	55.69%
----	---------------	-----	-------	--------

### Run 12: August 24 – 81 finishers

3	Paul Odam	M50	20:00	75.58%
5	John Allen	M55	20:22	75.45%
49	Delia Baldock	W50	31:25	54.01%

### Run 13: August 31 – 86 finishers

6	Paul Odam	M50	19:58	75.71% <b>PB</b>
8	John Allen	M55	20:11	76.14% <b>PB</b>
57	Delia Baldock	W50	33:07	51.23%

## ROCKINGHAM:

### Run 14: August 3 – 134 finishers

80	Bob Fawcett	M60	33:34	49.06%
89	Carolyn Fawcett	W60	34:56	56.35%

### Run 16: August 17 – 112 finishers

2	Kim Thomas	M35	18:18	74.04%
4	Giovanni Puglisi	M60	19:58	81.72%
73	Bob Fawcett	M60	33:43	48.84%
87	Carolyn Fawcett	W60	36:34	53.83%

## RUSHCLIFFE, Nottingham, UK:

### Run 43: August 3 – 108 finishers

16	John Oldfield	M65	22:21	78.00% <b>PB (UK)</b>
----	---------------	-----	-------	-----------------------

### Run 44: August 10 - 113 finishers

93	John Oldfield	M65	28:30	61.17%
----	---------------	-----	-------	--------

### Run 46: August 24 – 140 finishers

52	John Oldfield	M65	24:47	70.34%
113	Christine Oldfield	W65	31:29	68.45%

## WALSALL ARBORETUM, Birmingham UK:

### Run 73: August 17 – 198 finishers

56	John Oldfield	M65	22:43	76.79%
----	---------------	-----	-------	--------