

June Results

*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*

ECAC - 2 May

60m				200m			
Colin Smith	M50	9.5		Colin Smith	M50	30.0	
Julie Willmott	W45	10.3		Rod Hamilton	M50	33.7	SB
Bob Schickert	M70	11.9	SB	Julie Willmott	W45	35.6	
David Carr	M80	13.1		David Carr	M80	37.4	
Lynne Schickert	W70	14.5	SB	4000m (not analysed)			
300m (not analysed)				Rod Hamilton	M50	16:31.2	
Colin Smith	M50	49.0		Maurice Creagh	M65	18:42.2	
Julie Willmott	W45	57.4		Bob Schickert	M70	19:30.9	
David Carr	M80	64.7					
Maurice Creagh	M65	69.0					
1500m							
Rod Hamilton	M50	5:28.8	PBA				
Jeff Bremner	M50	6:06.2					
Maurice Creagh	M65	6:11.9					
David Carr	M80	7:13.0					
Nick Miletic	M60	7:25.9					

WAAS – June 4

100m				200m			
Wendy Seegers	W35	12.7	SB	Wendy Seegers	W35	27.0	
Tony Downey	M55	14.1	SB=	Tony Downey	M55	29.4	PBA
Barrie Kernaghan	M70	15.3		Barrie Kernaghan	M70	31.4	
Jim Worsley	VIS	15.9		Jim Worsley	VIS	34.4	
3000m				800m			
Karyn Gower	W50	13:34.0		Steve Weller	M35	2:32.9	
Julie Wilson	W60	14:57.0		Karyn Gower	W50	3:17.8	
John Dennehy	M50	15:10.0	SB				
5000m				400m			
Steve Weller	M35	18:21.0	PBA	Wendy Seegers	W35	66.6	
Kim Thomas	M35	19:37.0		Tony Downey	W55	74.7	
				Barrie Kernaghan	M70	75.8	
				Julie Wilson	W60	1:35.9	

ECAC - 6 June

100m				60m			
Kathy Lawson	W45	14.3		Kathy Lawson	W45	8.9	
Steve Fuller	M60	15.5		Steve Fuller	M60	9.9	
Maureen Keshwar	W60	16.8	SB	Julie Willmott	W45	10.0	SB=
Julie Willmott	W45	16.9		Liam Fukumoto	VIS	10.1	
Mitch Thomas	VIS	16.3		Valerie Millard	W65	13.6	
David Carr	M80	17.8	SB	Carolyn Fawcett	W60	13.9	
Bob Schickert	M70	18.1	SB	Lynne Schickert	W70	13.9	SB
Bob Fawcett	M60	20.1	SB				
				600m			
Valerie Millard	W65	22.2		Steve Fuller	M60	1:58.8	
Lynne Schickert	W70	22.8	SB	Kim Thomas	M35	1:59.2	
Carolyn Fawcett	W60	23.2	SB	David Carr	M80	2:13.5	
Mile walk				Julie Willmott	W45	2:18.2	
Tom Lenane	M55	9:53.3		Kathy Lawson	W45	2:21.2	
John Smith	M75	12:14.0		Maurice Creagh	M65	2:29.4	
3000m walk				Liam Fukumoto	VIS	2:33.3	
Robin King	W50	18:37.9		Barry Newell	M55	2:37.4	
Valerie Millard	W65	19:57.3	PBA	Maurice Creagh	M65	3:05.2	
Lynne Schickert	W70	22:25.0		Maureen Keshwar	W60	3:05.2	
John Smith	M75	23:48.4		Bob Schickert	M70	3:05.5	

Mitch Thomas	VIS	5:33.3	
Kim Thomas	M35	5:33.6	
Rod Hamilton	M50	6:45.6	
Robin King	W50	6:57.6	
Steve Fuller	M60	6:57.8	
David Carr	M80	7:11.3	
Julie Willmott	W45	7:16.9	SB
Maurice Creagh	M65	7:19.2	
Liam Fukumoto	VIS	7:49.1	
Barry Newell	M55	8:26.1	

Mitch Thomas	VIS	10:51.2	
Kim Thomas	M35	11:10.6	
Rod Hamilton	M50	11:34.3	SB
Bob Schickert	M70	14:11.2	
Maurice Creagh	M65	14:39.6	
Carol Bowman	W55	16:25.3	
Monique Thomas	W35	17:22.1	SB
Bob Fawcett	M60	18:48.9	SB
Carolyn Fawcett	W60	19:57.3	

WAAS – June 11

100m

Wendy Seegers	W35	13.7	
Tony Downey	M55	14.2	
Barrie Kernaghan	M70	14.8	SB
David Middleton	VIS	14.9	

4000m

Rob Nichols	M35	13:14.5	
Steve Weller	M35	14:28.6	
Keith Edmonds	M45	16:43.2	
Campbell Till	M55	16:53.0	
Maurice Creagh	M65	17:55.8	

60m

Wendy Seegers	W35	8.2	
David Middleton	VIS	8.4	
Tony Downey	M55	9.0	
Keith Edmonds	M45	9.1	
Barrie Kernaghan	M70	9.3	

600m

Tony Downey	M55	1:52.4	
Campbell Till	M55	1:57.1	
Keith Edmonds	M45	2:02.5	
Wendy Seegers	W35	2:02.7	
Maurice Creagh	M65	2:22.6	

2000m Steeplechase

Rob Nichols	M35	7:19.2	SB
Julie Wilson	W60	10:37.0	
John Dennehy	M50	10:59.8	

ECAC - 13 June

60m

Mitch Thomas	VIS	10.0	
David Carr	M80	10.9	SB
Bob Fawcett	M60	13.2	
Kim Thomas	M35	13.8	

Julie Willmott	W45	10.2	
Bob Schickert	M70	12.4	
Carolyn Fawcett	W60	13.9	
Lynne Schickert	W70	14.4	

2000m

Mitch Thomas	VIS	6:53.4	
Kim Thomas	M35	8:23.1	
Maurice Creagh	M65	8:29.6	
Steve Fuller	M60	8:44.9	
David Carr	M80	8:45.2	
Julie Willmott	W45	9:38.8	
Carol Bowman	W55	10:09.5	
Rebecca Mackinnon	W30	11:37.3	
Bob Fawcett	M60	12:30.8	
Carolyn Fawcett	W60	12:53.0	

300m

Steve Fuller	M60	47.5	
Julie Willmott	W45	55.1	
Kim Thomas	M35	57.3	
David Carr	M80	57.5	
Maurice Creagh	M65	59.8	

2000m walk

Robin King	W50	11:16.3	PBA
Lynne Schickert	W70	14:33.0	SB
John Smith	M75	18:11.4	

4000m

Rod Hamilton	M50	15:32.6	
Kim Thomas	M35	16:41.6	
Mitch Thomas	VIS	18:26.9	
Maurice Creagh	M65	18:43.6	
Bob Schickert	M70	19:39.5	
Monique Thomas	W35	23:54.9	
Bob Fawcett	M60	24:44.1	

200m

Steve Fuller	M60	30.7	
Rod Hamilton	M50	31.2	SB

WAAS – June 18

300m

Tony Downey	M55	48.2	
David Middleton	M35	48.3	
Barrie Kernaghan	M70	50.0	
Maurice Creagh	M65	65.7	

Mile

Steve Weller	M35	5:23.4	PBA
Maurice Creagh	M65	6:39.4	SB
David Carr	M80	6:56.9	
Julie Wilson	W60	7:51.1	PBA

200m

David Middleton	M35	29.4	
Tony Downey	M55	29.5	
Barrie Kernaghan	M70	31.1	

3000m

Steve Weller	M35	10:46.9	
Michael Lee	M60	13:06.6	PBA
Maurice Creagh	M65	13:10.2	

60m

David Middleton	M35	8.7	
Tony Downey	M55	9.0	
Barrie Kernaghan	M70	9.6	

ECAC - 20 June

600m				3000m			
Bob Schickert	M70	2:53.1		Julie Willmott	W45	15:26.5	
Maureen Keshwar	W60	2:53.5		Carol Bowman	W55	15:43.3	SB
				John Bocian	VIS	16:23.6	
1000m				5000m			
Rod Hamilton	M50	3:24.6	PBA	Aiden Hassan	VIS	20:06.0	
Aiden Hassan	VIS	3:27.9		Rod Hamilton	M50	21:27.8	
Maurice Creagh	M65	3:50.8	SB	Sue Bourn	W45	22:03.1	
Colin Shaw	M50	3:51.5	SB	Maurice Creagh	M65	22:25.8	SB
David Carr	M80	3:57.5	SB	Bob Schickert	M70	24:19.1	
Colin Smith	M50	3:59.2		Ken Hassan	VIS	27:21.2	
Julie Willmott	W45	4:21.3	SB	400m			
Carol Bowman	W55	4:37.6		Rod Hamilton	M50	73.9	SB
Barry Newell	M55	4:42.5		Maurice Creagh	M65	89.4	
Ken Hassan	VIS	4:44.2		Aiden Hassan	VIS	1:30.9	
Nick Miletic	M60	4:59.7		Ken Hassan	VIS	1:40.5	
200m				100m			
Barry Newell	M55	33.0		Rod Hamilton	M50	14.8	SB
Rod Hamilton	M50	33.1	SB	Colin Smith	M50	16.3	
Colin Shaw	M50	33.8		Maureen Keshwar	W60	16.4	SB
Aiden Hassan	VIS	36.7		Aiden Hassan	VIS	19.2	
Julie Willmott	W45	34.9	SB	Ken Hassan	VIS	20.5	
David Carr	M80	35.0	SB	Lynne Schickert	W70	26.2	
Maureen Keshwar	W60	37.6					
Nick Miletic	M60	37.8					
Ken Hassan	VIS	37.9					

WAAS – June 25

1000m				5000m			
Andrew Brooker	M40	3:03.3		Kim Thomas	M35	18:40.3	SB
Kim Thomas	M35	3:14.7		Callum Downey	VIS	20:34.4	
Maurice Creagh	M65	3:51.9		Maurice Creagh	M65	22:26.3	
200m				400m			
Wendy Seegers	W35	29.2		Wendy Seegers	W35	63.6	
Tony Downey	M55	29.3	PBA	Tony Downey	M55	66.0	PBA
Andrew Brooker	M40	33.5		Maurice Creagh	M65	1:30.0	
Kim Thomas	M35	38.0		100m			
				Wendy Seegers	W35	13.5	
				Tony Downey	M55	14.4	

ECAC - 27 June

60m				(cont.)			
Kathy Lawson	W45	8.9		Liam Fukumoto	VIS	6:47.2	
Mitch Thomas	VIS	9.4		Kem Hassan	M40	7:10.4	
Kim Thomas	M35	9.8		Barry Newell	M55	7:38.5	
Julie Willmott	W45	10.1		Monique Thomas	W35	8:10.7	
Bob Fawcett	M60	10.6	PBA	Bob Fawcett	M60	8:53.7	
				Carolyn Fawcett	W60	9:32.1	
Liam Fukumoto	VIS	9.8		1500m walk			
Maureen Keshwar	W60	10.0	SB	Lynne Schickert	W70	10:31.1	
Aiden Hassan	VIS	10.5		John Smith	M75	11:07.4	
Tsuyoshi Muroi	VIS	10.7		400m			
David Carr	M80	11.6	SB	Kim Thomas	M35	69.2	
				Rod Hamilton	M50	75.4	
Colin Smith	M50	9.6		David Carr	M80	79.6	SB
Rod Hamilton	M50	9.7		Mickey Muroi	M55	80.8	PBA
Carolyn Fawcett	W60	14.3		Julie Willmott	W45	81.3	
1500m				(cont.)			
Mitch Thomas	VIS	4:56.6		Kathy Lawson	W45	74.6	
Kim Thomas	M35	4:57.5		Barry Newell	M55	81.2	
Rod Hamilton	M50	5:23.5	PBA	Aiden Hassan	VIS	84.5	
Aiden Hassan	VIS	5:34.3		Liam Fukumoto	VIS	88.3	
Mickey Muroi	M55	5:46.5		Tsuyoshi Muroi	VIS	1:35.7	
Colin Smith	M50	6:27.0	SB	Maureen Keshwar	W60	1:36.6	PBA
Julie Willmott	W45	6:37.5	SB	Kem Hassan	M40	1:38.0	
				Carol Bowman	W55	1:38.0	

3000m

Mitch Thomas	VIS	10:44.0	
Kim Thomas	M35	11:22.1	
Mickey Muroi	M55	12:34.8	
Rod Hamilton	M50	12:47.0	
Aiden Hassan	VIS	13:19.3	
Kem Hassan	M40	15:13.8	
Carol Bowman	W55	15:22.8	SB
Tsuyoshi Muroi	VIS	17:05.0	
Monique Thomas	W35	17:12.7	SB
Bob Fawcett	M60	19:24.0	
Carolyn Fawcett	W60	20:38.1	

1500m walk (2nd time)

Lynne Schickert	W70	10:44.9
John Smith	M75	11:23.5

100m

Kathy Lawson	W45	14.9
Rod Hamilton	M50	15.2
Colin Smith	M50	16.3
Mickey Muroi	M55	18.1
Liam Fukumoto	VIS	16.6
Maureen Keshwar	W60	16.8
Tsuyoshi Muroi	VIS	19.5
Lynne Schickert	W70	24.1

PARKRUNS

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

CLAISEBROOK COVE:**Run 44: June 1 – 106 finishers**

14	Tony Smith	M35	19:56	66.56%
15	Rod Hamilton	M50	20:19	73.17%

Run 45: - June 8 – 123 finishers

25	Hamish McLeod	M35	21:50	61.60%
65	Kate Sommerville	W40	25:51	59.96%

Run 46: - June 15 – 114 finishers

19	Hamish McLeod	M35	22:05	60.91%
30	Michael Lee	M60	23:05	71.34% PB
78	Kate Sommerville	W40	28:31	54.35%

Run 47: - June 22 – 132 finishers

19	Rod Hamilton	M50	19:40	75.79% PB
96	John Talbot	M65	29:28	57.98%

Run 48: - June 29 – 118 finishers

11	Rod Hamilton	M50	19:29	76.44% PB
57	Jane Elton	W45	25:42	62.39%

ROCKINGHAM:**Run 6: June 1 – 146 finishers**

104	Carolyn Fawcett	W60	35:57	54.75%
105	Bob Fawcett	M60	35:58	45.78%

Run 7: - June 8 – 134 finishers

81	Bob Fawcett	M60	33:14	49.55% PB
90	Carolyn Fawcett	W60	35:08	56.02%

Run 8: - June 15 – 122 finishers

81	Carolyn Fawcett	W60	35:58	54.73%
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Run 9: - June 22 – 129 finishers

9	Michael Lee	M60	23:24	71.01%
84	Bob Fawcett	M60	34:41	47.48%
88	Carolyn Fawcett	W60	35:23	55.63%

CANNING RIVER:**Run 1: June 1 – 91 finishers**

49	Hamish McLeod	M35	21:01	64.00%
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Run 2: - June 8 – 77 finishers

2	Rod Hamilton	M50	19:51	74.90% PB
43	Delia Baldock	W50	30:13	56.15%

Run 3: June 15 – 87 finishers

3	Lachlan Marr	M50	19:19	78.26%
7	John Allen	M55	20:45	74.06%
47	Delia Baldock	W50	30:35	55.48%

Run 4: - June 22 – 65 finishers

3	Lachlan Marr	M50	18:57	79.77% PB
5	John Allen	M55	20:31	74.90% PB
38	Delia Baldock	W50	29:45	57.03% PB

Run 5: - June 29 – 95 finishers

2	Anthony Smith	M40	19:05	72.58%
3	Lachlan Marr	M50	19:07	79.08%
6	John Allen	M55	20:18	75.70%

RUSHCLIFFE, Nottingham, UK:**Run 34: June 1 – 129 finishers**

49	John Oldfield	M65	24:29	71.20%
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Run 35: - June 8 – 147 finishers

44	John Oldfield	M65	23:40	73.66%
127	Christine Oldfield	W65	31:23	68.67% PB (UK)

Run 36: - June 15 – 148 finishers

56	John Oldfield	M65	24:03	72.49%
133	Christine Oldfield	W65	31:35	68.23%

Run 38: - June 29 – 79 finishers

71	Christine Oldfield	W65	32:33	66.21%
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