

May 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

Colin Smith	M50	9.5	
Julie Willmott	W45	10.3	
Bob Schickert	M70	11.9	SB
David Carr	M80	13.1	
Lynne Schickert	W70	14.5	SB

300m (not analysed)

Colin Smith	M50	49.0	
Julie Willmott	W45	57.4	
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 – May 7

60m

Wendy Seegers	W35	8.1	
Tony Downey	M55	8.9	
Barrie Kernaghan	M70	9.6	SB
Jim Woosley	VIS	9.9	

300m

Wendy Seegers	W35	43.9	
Tony Downey	M55	45.9	
Barrie Kernaghan	M70	51.4	
Maurice Creagh	M65	66.2	

Mile

Grahak Cunningham	M35	5:04.3	PBA
Maurice Creagh	M65	6:48.1	SB

Mile Walk

John Dennehy	M50	9:55.1	
Helen Doran-Wu	VIS	13:36.3	

ECAC - 9 May

200m

Colin Smith	M50	29.8	SB
Bob Schickert	M70	36.8	SB
David Carr	M80	38.2	

100m

Colin Smith	M50	13.8	
David Carr	M80	22.2	
Val Millard	W65	22.4	
Lynne Schickert	W70	24.4	SB

200m

Colin Smith	M50	30.0	
Rod Hamilton	M50	33.7	SB
Julie Willmott	W45	35.6	
David Carr	M80	37.4	

4000m (not analysed)

Rod Hamilton	M50	16:31.2	
Maurice Creagh	M65	18:42.2	
Bob Schickert	M70	19:30.9	

200m

Wendy Seegers	W35	28.2	
Tony Downey	M55	30.3	PBA
Barrie Kernaghan	M70	33.4	SB

2000m

John Dennehy	M50	10:34.5	
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2000m Walk

Helen Doran-Wu	VIS	18:50.9	
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4000m

David Brook	M40	16:38.8	
Prabuddha Nicol	M55	17:01.7	
Grahak Cunningham	M35	18:44.0	
Maurice Creagh	M65	18:57.1	

2000m walk

Val Millard	W65	14:00.9	
Lynne schickert	W70	14:42.7	

3000m

Maurice Creagh	M65	13:36.8	
Bob Schickert	M70	14:14.3	

800m

Colin Smith	M50	2:54.2	
Maurice Creagh	M65	3:05.9	SB=

WAAS – 14 May**200m**

Wendy Seegers	W35	26.8	SB
Tony Downey	M55	30.5	
Barrie Kernaghan	M70	30.8	SB
Jim Woosl	VIS	33.1	

300m

Rob Nichols	M35	9:51.0	
Kim Thomas	M35	10:18.2	
Andre Botels	VIS	12:42.4	
Maurice Creagh	M65	12:57.2	

100m

Wendy Seegers	W35	13.3	
Tony Downey	M55	14.9	
Barrie Kernaghan	M70	15.3	

2000m Steeplechase (76.2cm barriers)

Rob Nichols	M35	7:56.7	
Kim Thomas	M35	7:57.3	
Julie Wilson	W60	10:12.5	SR
John Dennehy	M50	10:58.3	PBA

300m (not analysed)

Wendy Seegers	M35	44.1	
Tony Downey	M55	48.1	
Kim Thomas	M35	49.7	
Barrie Kernaghan	M70	50.5	
Maurice Creagh	M65	64.1	

ECAC - 16 May**300m**

Julie Willmott	W45	55.7	
Mitch Thomas	VIS	56.7	
Kim Thomas	M35	57.6	
Maureen Keshwar	W60	77.3	

4000m

Mitch Thomas	VIS	14:56.2	
Kim Thomas	M35	14:56.9	
Maurice Creagh	M65	18:55.7	
Bob Schickert	M70	19:22.6	
Monique Thomas	W35	24:01.6	
Bob Fawcett	M60	27:03.5	

2000m walk

Lynne Schickert	W70	14:45.7	
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60m

Colin Shaw	M50	9.2	
Julie Willmott	W45	10.0	SB
Maureen Keshwar	W60	10.2	
Lynne Schickert	W70	15.0	

1500m

Colin Shaw	M50	6:27.6	
Maurice Creagh	M65	6:34.1	
Julie Willmott	W45	7:06.9	

100m

Colin Shaw	M50	14.4	
Julie Willmott	W45	16.0	PBA
Maureen Keshwar	W60	17.0	

WAAS – 21 May**400m**

Wendy Seegers	W35	62.8	SB
Tony Downey	M55	66.4	SB
Barrie Kernaghan	M70	71.6	SB
Maurice Creagh	M65	85.7	

4km

Steve Weller	M35	14:14.9	
Dave Simes	M50	16:08.4	
Maurice Creagh	M65	17:54.8	
Julie Wilson	W60	19:48.9	
John Dennehy	M50	20:53.9	

60m

Tony Downey	M55	9.2	
Barrie Kernaghan	M70	9.4	SB
Dave Simes	M50	9.6	
Jim Worsley	M60	9.9	

1500m

Steve Weller	M35	4:56.8	
Maurice Creagh	M65	6:20.0	

100m

Tony Downey	M55	14.1	
Barrie Kernaghan	M70	15.4	
Dave Simes	M50	15.7	
Jim Worsley	M60	16.3	

ECAC - 23 May**1000m**

Kim Thomas	M35	3:07.5	
Colin Shaw	M50	3:55.8	
Robin King	W50	3:57.6	
Maurice Creagh	M65	3:58.0	

60m

Kim Thomas	M35	8.5	
Kathy Lawson	W45	8.7	
Colin Shaw	M50	8.8	SB
Kaelan Fukumoto	VIS	10.2	

Maureen Keshwar	W60	10.3	
Bob Schickert	M70	11.9	SB=
Valerie Millard	W65	13.6	
Lynne Schickert	W70	14.5	SB=

200m

Kathy Lawson	W45	30.7	
Barry Newell	M55	32.4	
Kaelan Fukumoto	VIS	37.4	

600m

Kim Thomas	M35	1:55.6	
Maurice Creagh	M65	2:16.2	
Barry Newell	M55	2:36.9	
Maureen Keshwar	W60	3:18.0	
Bob Schickert	M70	3:18.3	

3000m

Kim Thomas	M35	10:53.6	
Maurice Creagh	M65	14:02.7	
Bob Schickert	M70	14:10.7	SB
Monique Thomas	W35	17:30.8	
Mitch Thomas	VIS	17:31.4	

3000m walk

Robin King	W50	18:02.9	
Valerie Millard	W65	21:50.8	
Lynne Schickert	W70	22:08.5	SB
John Smith	M75	23:43.8	SB

WAAS – May 28**1000m**

Rob Nichols	M35	2:58.5	
Kim Thomas	M35	3:22.4	
Steve Weller	M35	3:29.8	
Tony Downey	M55	3:46.2	
Keith Edmonds	M45	3:49.5	

60m

Wendy Seegers	W35	8.0	
Tony Downey	M55	8.3	
Barrie Kernaghan	M70	9.1	
Jim Worsley	VIS	9.6	

600m

Keith Edmonds	M45	1:53.4	
Tony Downey	M55	1:57.1	
Wendy Seegers	W35	2:03.2	
John Dennehy	M50	2:28.6	

3000m

Rob Nichols	M35	10:10.3	
Steve Weller	M35	10:39.1	
Keith Edmonds	M45	13:12.1	

200m

Wendy Seegers	W35	26.8	
Rob Nichols	M35	27.6	
Tony Downey	M55	29.5	
Barrie Kernaghan	M70	30.8	
Jim Worsley	VIS	34.0	
John Dennehy	M50	35.2	

ECAC - May 30**100m**

David Carr	M80	19.4	SB
Bob Fawcett	M60	20.3	
Carolyn Fawcett	W60	24.3	
Jai Thomas	VIS	25.0	
Mitch Thomas	VIS	25.1	
Kim Thomas	M35	26.2	

Julie Willmott	W45	17.0	
Maureen Keshwar	W60	17.2	
Bob Schickert	M70	20.0	SB
Valerie Millard	W65	22.5	
Lynne Schickert	W70	24.4	SB=

800m

Maurice Creagh	M65	3:20.4	
Maureen Keshwar	W60	5:03.0	
Bob Schickert	M70	5:07.2	

400m

David Carr	M80	86.2	
Maurice Creagh	M65	88.2	

3000m

Jai Thomas	VIS	12:52.3	
Maurice Creagh	M65	13:16.9	
Bob Schickert	M70	14:14.4	
Julie Willmott	W45	15:09.3	
Monique Thomas	W35	17:52.7	
Bob Fawcett	M60	19:23.6	
Carolyn Fawcett	W60	19:51.5	

3000m walk

Valerie Millard	W65	21:32.0	
Lynne Schickert	W70	22:45.1	

5000m

Sue Bourne	W45	21:48.5	
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200m

Sue Bourne	W45	32.8	
David Carr	M80	40.0	

PARKRUNS

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

CLAISEBROOK COVE:

Run 40: May 4 – 174 finishers

18	Tony Smith	M35	20:45	63.94%
106	John Talbot	M65	28:52	58.66%

Run 41: May 11 – 129 finishers

16	Hamish McLeod	M35	20:37	65.24%
91	John Talbot	M65	28:32	59.35%

Run 42: May 18 – 157 finishers

105	Cheryl van der Spuy	W55	29:09	63.81%	PB
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Run 43: May 25 – 121 finishers

1	Kim Thomas	M35	17:41	76.63%	PB
7	Tony Smith	M35	19:48	67.00%	
28	Hamish McLeod	M35	22:55	58.69%	
76	Monique Thomas	W35	28:55	51.87%	PB
82	Kate Sommerville	W40	29:31	52.51%	PB

ROCKINGHAM:

Run 2: May 4 – 94 finishers

60	Bob Fawcett	M60	35:22	46.56%
61	Carolyn Fawcett	W60	35:32	55.39%

Run 3: May 11 – 106 finishers

69	Bob Fawcett	M60	35:02	47.00%	PB
97	Carolyn Fawcett	W60	42:49	45.97%	

Run 4: May 18 – 117 finishers

63	Bob Fawcett	M60	34:29	47.75%	PB
69	Carolyn Fawcett	W60	35:02	56.18%	PB

Run 5: May 25 – 115 finishers

111	Carolyn Fawcett	W60	57:17	34.36%
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RUSHCLIFFE, Nottingham, UK:

Run 30: May 4 – 128 finishers

51	John Oldfield	M65	24:13	71.99%
111	Christine Oldfield	W65	32:09	67.03%

Run 31: May 11 – 113 finishers

71	John Oldfield	M65	27:03	64.45%
101	Christine Oldfield	W65	32:33	66.21%

Run 32: May 18 – 119 finishers

111	Christine Oldfield	W65	32:16	66.79%
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