

September 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*

WAAS – September 3

100m			
David Solomon	M45	13.1	PBA
Barrie Kernaghan	M70	13.9	SB
Roy Fearnall	M70	14.3	PBA
Lynne Choate	W60	14.7	PBA
Bob Schickert	M70	19.0	

3000m			
David Solomon	M45	11:20.9	
Maurice Creagh	M65	12:47.6	SB
John Dennehy	M50	15:53.8	

1500m			
David Solomon	M45	5:32.3	

ECAC - 5 September

400m			
Colin Smith	M50	61.1	SB
Kim Thomas	M35	66.5	SB
Steve Fuller	M60	69.4	SB
Mitch Thomas	VIS	72.1	
David Carr	M80	74.4	SB
Colin Shaw	M50	75.8	

Carol Bowman	W55	1:27.9	
Raynor Keane	VIS	1:32.4	
Aiden Hassan	VIS	1:38.4	
Monique Thomas	W35	1:41.0	PBA
Kem Hassan	M40	1:43.8	
Dona-Marie Gavin	VIS	1:48.7	

60m			
Colin Smith	M50	8.5	
Kim Thomas	M35	8.6	
Rob Colton	M50	9.0	SB=
Mitch Thomas	VIS	9.9	
Raynor Keane	VIS	12.2	

Colin Shaw	M50	9.2	
Steve Fuller	M60	9.7	SB
Julie Willmott	W45	10.6	
Lynne Schickert	W70	15.2	

3000m			
Raynor Keane	VIS	12:52.7	
Mitch Thomas	VIS	12:52.9	
Colin Shaw	M50	14:04.1	
Aiden Hassan	VIS	14:13.0	
Julie Willmott	W45	14:32.4	SB

600m			
David Solomon	M45	1:52.4	
Bob Schickert	M70	2:15.7	
Maurice Creagh	M65	2:23.0	

200m			
David Solomon	M45	28.7	
Barrie Kernaghan	M70	29.3	SB
Roy Fearnall	M70	30.6	
Lynne Choate	W60	31.9	PBA
Bob Schickert	M70	38.7	
Lynne Schickert	W70	54.0	

3000m walk			
Valerie Millard	W65	21:21.7	

5000m			
Kim Thomas	M35	19:07.9	
Rob Colton	M50	20:32.2	PBA
Mickey Muroi	M55	20:55.8	
Barry Newell	M55	21:01.0	PBA
Sue Bourn	W45	21:29.0	
Trish Farr	W40	22:12.5	
Simon Coates	VIS	22:12.9	
Michael Lee	M60	22:36.1	PBA
Maurice Creagh	M65	23:05.0	
Bob Schickert	M70	23:45.1	SB
Kem Hassan	M40	26:58.3	
Monique Thomas	W35	29:33.8	
Dona-Marie Gavin	VIS	30:08.2	

5000m walk			
Lynne Schickert	W70	36:44.1	

100m			
Colin Smith	M50	14.5	
Rob Colton	M50	15.1	
Steve Fuller	M60	15.6	
Mitch Thomas	VIS	16.2	
Charlie Coates	VIS	16.9	
Raynor Keane	VIS	23.7	
Kim Thomas	M35	24.2	

800m			
Mitch Thomas	VIS	2:36.7	
Kim Thomas	M35	2:38.2	SB
Charlie Coates	VIS	2:43.5	
Simon Coates	VIS	2:43.6	
Rob Colton	M50	2:43.9	SB
Steve Fuller	M60	3:00.9	SB
Mickey Muroi	M55	3:06.6	
Kem Hassan	M40	3:24.4	
Raynor Keane	VIS	3:31.8	
Maurice Creagh	M65	3:32.1	

WAAS – September 10**400m**

Wendy Seegers	W35	61.6	
Tony Downey	M55	63.2	PBA
Kim Thomas	M35	66.5	SB=
Barrie Kernaghan	M70	69.4	
Roy Fearnall	M70	69.8	SB

David Carr	M80	79.6	
Maurice Creagh	M65	82.8	SB
Carol Bowman	W55	87.4	

60m

Adrian Pannekoek	VIS	8.1	
Tony Downey	M55	8.6	

Wendy Seegers	W35	8.2	
Melissa Foster	W35	8.3	
Roy Fearnall	M70	9.1	
Lynne Choate	W60	9.2	
Barrie Kernaghan	M70	9.4	

5000m

Kim Thomas	M35	18:36.2	SB
Maurice Creagh	M65	22:17.6	
Kieran Taplevy	VIS	23:11.1	

3000m

Trish Farr	W40	13:22.2	
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100m

Tony Downey	M55	14.1	
Roy Fearnall	M70	14.2	PBA
Barrie Kernaghan	M70	14.9	
Lynne Choate	W60	15.3	

2000m Steeplechase

Mitch Thomas	VIS	8:23.2	
Kim Thomas	M35	8:23.5	
David Carr	M80	10:15.7	
Julie Wilson	W60	10:16.0	
John Dennehy	M50	11:00.3	

Triple Jump

Melissa Foster	W35	10.55	
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ECAC - 12 September**60m**

Colin Smith	M50	8.6	
Mitch Thomas	VIS	9.6	
Aiden Hassan	VIS	11.0	
Kim Thomas	M35	11.8	
Raynor Keane	VIS	14.1	

Colin Shaw	M50	9.0	
Steve Fuller	M60	9.2	SB
David Carr	M80	10.6	SB
Bob Schickert	M70	11.4	
Catherine Keane	VIS	11.5	
Lynne Schickert	W70	14.2	

1500m

Mitch Thomas	VIS	5:03.2	
Kim Thomas	M35	5:04.5	
Aiden Hassan	VIS	5:18.1	
Mickey Muroi	M55	5:45.1	SB
Ross Keane	M50	5:51.2	
Maurice Creagh	M65	6:04.8	
Colin Shaw	M50	6:21.9	
Steve Fuller	M60	6:23.7	
Carol Bowman	W55	7:00.0	
Raynor Keane	VIS	7:08.1	
Monique Thomas	W35	8:13.5	
Catherine Keane	VIS	8:18.8	

200m

Mitch Thomas	VIS	32.8	
David Carr	M80	34.1	SB
Catherine Keane	VIS	38.1	
Raynor Keane	VIS	45.0	
Kim Thomas	M35	45.5	

300m

Colin Smith	M50	44.2	
Steve Fuller	M60	52.1	
Mitch Thomas	VIS	54.0	
Kim Thomas	M35	54.6	
David Carr	M80	55.6	
Carol Bowman	W55	63.6	
Catherine Keane	VIS	63.7	
Raynor Keane	VIS	73.8	

3000m

Andrew Davison	M45	10:25.4	
Aiden Hassan	VIS	11:09.9	
Kim Thomas	M35	11:10.1	
Mickey Muroi	M55	12:18.0	SB
Mitch Thomas	VIS	12:57.7	
Ross Keane	M50	12:57.9	
Raynor Keane	VIS	13:05.9	
Maurice Creagh	M65	13:06.2	
Bob Schickert	M70	14:47.6	
Monique Thomas	W35	17:15.7	
(walk)			
Robin King	W50	19:47.6	
Lynne Schickert	W70	22:57.3	

WAAS – September 17**60m**

Wendy Seegers	W35	7.7	SB
Melissa Foster	W35	8.2	SB
Dave Wyatt	M60	8.7	
Roy Fearnall	M70	8.9	SB=
Lynne Choate	W60	9.4	
Barrie Kernaghan	M70	9.4	

1500m

Alan Gower	M55	5:16.6	
Rob Cattrall	M55	5:24.1	
John Collier	M45	6:02.1	

200m

Wendy Seegers	W35	26.7	
Barrie Kernaghan	M70	29.8	
Roy Fearnall	M70	29.9	SB
Lynne Choate	W60	32.6	
John Dennehy	M50	32.9	SB

3000m

Alan Gower	M55	11:09.4	PBA
Rob Cattrall	M55	11:35.4	
Campbell Till	M55	12:10.2	PBA
Michael Lee	M60	13:16.4	
John Collier	M45	13:45.5	

400m

Alan Gower	M55	67.1	
Roy Fearnall	M70	70.4	
Barrie Kernaghan	M70	72.2	
Rob Cattrall	M55	77.1	

ECAC - 19 September**60m**

Colin Smith	M50	8.4	
Rob Colton	M50	9.0	SB=
Kim Thomas	M35	9.3	
Maureen Keshwar	W60	10.1	

Mitch Thomas	VIS	9.8	
Aiden Hassan	VIS	10.1	
Jai Thomas	VIS	10.3	
Raynor Keane	VIS	11.8	

800m

Mitch Thomas	VIS	2:33.7	
Kim Thomas	M35	2:34.0	SB
Rob Colton	M50	2:36.0	
Aiden Hassan	VIS	2:47.2	
Ross Keane	M50	2:49.7	SB
David Carr	M80	2:52.7	SB 96.96%
Mickey Muroi	M55	2:57.2	
Raynor Keane	VIS	3:10.9	
Kem Hassan	M40	3:18.8	SB
Carol Bowman	W55	3:19.0	

3000m

Raynor Keane	VIS	12:47.5	
Ross Keane	M50	12:48.3	
Monique Thomas	W35	17:07.8	

100m

Colin Smith	M50	13.8	
Rob Colton	M50	14.9	
Jai Thomas	VIS	16.5	
Maureen Keshwar	W60	16.5	
Mitch Thomas	VIS	16.3	
Kim Thomas	M35	17.0	SB
Raynor Keane	VIS	21.5	

5000m

Andrew Davison	M45	18:09.2	
Mitch Thomas	VIS	18:46.3	
Kim Thomas	M35	18:48.8	
Aiden Hassan	VIS	19:55.9	
Mickey Muroi	M55	21:07.3	
Rob Colton	M50	21:56.0	
Kem Hassan	M40	26:22.2	SB

400m

Colin Smith	M50	60.3	SB
Rob Colton	M50	60.7	PBA
Mitch Thomas	VIS	80.0	
Kim Thomas	M35	80.7	
Mickey Muroi	M55	86.4	
Carol Bowman	W55	86.6	SB
Raynor Keane	VIS	1:36.3	
Maureen Keshwar	W60	1:42.3	

WAAS - 24 September**60m**

Dave Wyatt	M60	8.6	SB
Tony Downey	M55	8.6	
Roy Fearnall	M70	8.7	PBA
Lynne Choate	W60	9.2	

800m

Kim Thomas	M35	2:30.1	SB
Alan Gower	M55	2:32.9	SB
John Collier	M45	2:54.7	

100m

David Solomon	M45	13.5	
Tony Downey	M55	13.9	
Lynne Choate	W60	14.9	
Roy Fearnall	M70	15.5	

5000m

David Solomon	M45	18:44.2	SB
Alan Gower	M55	18:50.0	SB
John Collier	M45	23:27.6	
Bob Schickert	M70	24:29.6	

3000m walk

Lynne Schickert	W70	23:27.9	
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400m

Tony Downey	M55	68.7	
Lynne Choate	W60	84.7	SB
Carol Bowman	W55	86.9	

Triple Jump

Melissa Foster	W35	10.62	SB
Lynne Schickert	W70	5.20	

ECAC - 26 September**200m**

Colin Smith	M50	28.9	
Steve Fuller	M60	30.9	
Mickey Muroi	M55	37.0	
Maureen Keshwar	W60	38.2	
Carol Bowman	W55	41.3	
Raynor Keane	VIS	41.7	
Aiden Hassan	VIS	42.2	

3000m

Aiden Hassan	VIS	11:12.5	
Ross Keane	M50	11:43.3	PBA
Mickey Muroi	M55	12:38.7	
Raynor Keane	VIS	13:29.1	
Kem Hassan	M40	14:47.7	SB

400m

Colin Smith	M50	63.3	
Steve Fuller	M60	67.5	SB
David Carr	M80	75.5	
Mickey Muroi	M55	84.5	
Carol Bowman	W55	86.7	
Raynor Keane	VIS	1:41.3	

Mile

Aiden Hassan	VIS	6:14.8	
Mickey Muroi	M55	6:28.7	
Ross Keane	M50	8:02.3	
Kem Hassan	M40	8:15.0	

100m

Colin Smith	M50	14.2	
Steve Fuller	M60	15.8	
Maureen Keshwar	W60	17.1	
Raynor Keane	VIS	22.5	

Winter walks results from June, July and August

WARWC Postal Challenge 10km road walk; Wilson - June 30

Tom Lenane M50 68:31

WARWC – WA Masters 10km road walk championships; Wilson – July 7

Garry Hastie M50 56:22
Tom Lenane M55 68:05
Valerie Millard W65 71:11
Lynne Schickert W70 76:31
John Smith M75 78:31

VMA 10km Road walk championships; Melbourne – August 17

David Smyth M40 59:46

NZMA – OMA Throws Pentathlon Postal Challenge; WAAS, September 8

Throws Pentathlon

			HT		SP		DT		JT		WT	
M35	1	Matt Staunton	43.94m		12.32m		38.78m		44.88m		13.38m	
3077			594		653		651		521		658	
M45	1	Todd Davey	35.23m	PBA	13.04m	PBA	41.32m		38.53m		11.78m	SB
3451 SR			572		831		866		517		665	

PARKRUNS

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

CLAISEBROOK COVE:

Run 57: September 7 – 75 finishers

23	Hamish McLeod	M35	23:02	58.39%
48	Bryan Hardy	M70	25:59	67.86%

Run 58: September 14 – 83 finishers

44	Bryan Hardy	M70	26:02	67.73%
52	Hamish McLeod	M35	26:42	50.37%

Run 59: September 21 – 132 finishers

58	Bryan Hardy	M70	25:24	69.42%
75	Simon Leonard	M50	27:00	56.42% PB
90	John Talbot	M65	28:35	59.77%

Run 60: September 28 – 115 finishers

17	Fiona Leonard	W45	20:52	76.84% PB
26	Hamish McLeod	M35	22:12	60.59%
81	John Talbot	M65	28:51	59.21%
105	Simon Leonard	M50	33:46	45.11%

AVELEY:

Run 9: September 7 – 19 finishers

1	Anthony Smith	M40	19:17	71.82%
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Run 10: September 14 – 32 finishers

2	Anthony Smith	M40	19:07	72.45%
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Run 11: September 21 – 55 finishers

3	Anthony Smith	M40	19:09	72.32%
11	Michael Lee	M60	22:44	73.09% PB
19	Sandra Rourke	W45	26:27	60.62% PB

Run 12: September 28 – 39 finishers

2	Anthony Smith	M40	19:18	71.76%
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RUSHCLIFFE, Nottingham, UK:

Run 48: September 7 – 151 finishers

24	John Oldfield	M65	22:07	78.82% PB
127	Christine Oldfield	W65	31:40	68.05%

Run 51: September 28 – 84 finishers

72	Christine Oldfield	W65	30:51	69.85% PB
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CANNING RIVER:

Run 14: September 7 – 88 finishers

4	Kim Thomas	M35	18:31	73.18%
5	Giovanni Puglisi	M60	19:52	82.13%
6	Paul Odam	M50	19:53	76.03% PB
14	Ross Keane (ran with Raynor)	M50	22:52	65.53%
36	John Talbot	M65	28:40	59.59%

Run 15: September 14 – 63 finishers

11	Ross Keane	M50	22:05	67.84% PB
44	Delia Baldock	W50	34:36	49.04%

Run 16: September 21 – 119 finishers

4	Kim Thomas	M35	18:29	73.31%
5	Paul Odam	M50	19:36	77.13% PB
7	John Allen	M55	20:04	76.58% PB
16	Ross Keane	M50	21:29	69.74% PB
20	Hamish McLeod	M35	21:56	61.32%
63	Monique Thomas	W35	28:47	52.11% PB
89	Delia Baldock	W50	33:10	51.16%

Run 17: September 28 – 123 finishers

5	Paul Odam	M50	19:37	77.06%
14	Ross Keane	M50	21:22	70.12% PB
41	Kem Hassan	M40	26:26	52.84% PB
82	Rebecca MacKinnon	W30	33:06	44.91%
84	Delia Baldock	W50	34:14	49.56%

ROCKINGHAM:

Run 18: September 7 – 121 finishers

112	Vic Beaumont	M80	48:42	46.78%
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Run 20: September 21 – 117 finishers

89	Elaine Dance	W60	40:42	48.36%
92	Vic Beaumont	M80	42:31	53.59% PB
113	Jacqui Beaumont	W75	57:41	43.60%