

## ECAC – January 9

### 200m

Chris Neale	Vis	26.7
Colin Smith	M50	27.1
Campbell Till	M55	27.3
Jim Woosley	Vis	34.5

Lisa Limonas	W40	31.4
Kristy Devereux	W30	32.8
Carmel Meyer	W50	35.2
David Carr	M80	38.7

Rob Colton	M50	30.9
Nick Fairweather	M60	33.8
Julie Willmott	W45	35.5
Rebecca MacKinnon	W30	46.3

Bob Colligan	Vis	35.3
Liam Colligan	Vis	43.0
Christine Oldfield	W65	49.8

### 800m

Giovanni Puglisi	M60	2:45.5
Rob Colton	M50	2:57.2
John Fisher	M50	3:06.3
David Carr	M80	3:15.2
Kem Hassan	M40	3:17.2

Lisa Limonas	W40	3:14.5
Julie Willmott	W45	3:15.6
Carmel Meyer	W50	3:19.1
Kristy Devereux	W30	3:31.2

Bob Colligan	Vis	3:13.3
Delia Baldock	W50	3:28.2
Tina Runnion	W50	3:42.9
Liam Colligan	Vis	3:59.5
Rebecca MacKinnon	W30	4:01.1

### 800m walk

John Smith	M75	5:59.1
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### 60m

Colin Smith	M50	8.5
Campbell Till	M55	8.5
Rob Colton	M50	9.1
Nick Fairweather	M60	10.6
Jim Woosley	Vis	10.7

Lisa Limonas	W40	9.5
Giovanni Puglisi	M60	9.8
Fran Cherry	W50	10.2
Julie Willmott	W45	10.5

Kristy Devereux	W30	9.6
David Carr	M80	11.1
Liam Colligan	Vis	11.7
John Fisher	M50	11.9

### 3000m

Bob Colligan	Vis	14:12.1
John Fisher	M50	14:12.3
Rob Colton	M50	14:26.5
Kem Hassan	M40	15:43.2
David Carr	M80	16:05.8
Tina Runnion	W50	17:05.3

### 3000m walk

Robin King	W50	22:14.2
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### 2000m walk

John Smith	M75	15:15.8
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### Long Jump

Dave Wyatt	M60	4.80
Gay Wyatt	W55	2.92
Jim Woosley	Vis	3.36
Lisa Limonas	W40	4.08
Nick Fairweather	M60	3.66
Fran Cherry	W50	3.54
Giovanni Puglisi	M60	3.55
Greg Brush	M45	5.70
Chris Neale	Vis	5.15
Rob Colton	M50	4.14
Geoff Brayshaw	M60	4.33
Campbell Till	M55	4.60
Colin Smith	M50	3.93

### Discus

Matt Staunton	M40	38.37
Andrew Ward	M50	28.67
Geoff Brayshaw	M60	33.80

### Weight Throw

Matt Staunton	M40	12.90 *
Andrew Ward	M50	9.26

\*Pending State Record