

# July 2015 Results

*Includes all meets where MAWA athletes are known to have competed  
Note that all records are pending until ratified by the appropriate authorities*

## ECAC - 2 July – opening of the new track

### 200m

Colin Smith	M50	27.2	
Stuart MacKinnon	M30	28.8	
David Solomon	M50	29.5	<b>SB</b>
Nick Miletic	M60	37.0	

Bjorn Dybdahl	M60	30.8	<b>PBA</b>
Lynne Choate	W60	32.5	
Jane Lockwood	Vis	34.1	
Peggy Macliver	W70	35.8	
David Carr	M80	35.9	<b>SB</b>

Claire Wardle	W40	35.4	
Bob Schickert	M70	36.9	
Carol Bowman	W60	39.5	
Rebecca MacKinnon	W30	43.9	<b>PBA</b>
Gabriella Alfonso	Vis	45.2	

### 1500m

Rob Nichols	M35	4:44.6	
Stuart MacKinnon	M30	5:25.1	
Suzi Graves	W45	5:30.1	
Clare Wardle	W40	5:56.2	
Graeme Dahl	M65	6:06.6	<b>SB</b>
Kim Thomas	M40	6:12.2	
Mitch Thomas	Vis	6:12.6	
Trish Farr	W40	6:13.3	<b>PBA</b>
Milton Mavrick	M60	6:33.2	
Maurice Creagh	M65	6:37.4	
Carol Bowman	W60	6:46.7	<b>PBA</b>
John Dennehy	M55	7:07.1	<b>PBA</b>
Delia Baldock	W50	7:25.8	
Fran Cherry	W50	7:44.5	
Carol O'Connell	W50	7:55.1	

### 1500m walk

Declan Tingay	Vis	6:01.4	
Karyn Tolardo	W45	8:32.5	

### 5000m walk

Declan Tingay	Vis	22:47.3	
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### 3000m walk

Karyn Tolardo	W45	17:47.4	
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## WAAS - 7 July

### 100m

Lynne Choate	W60	15.1	<b>SB</b>
Juliana Kelly	W50	16.1	<b>PBA</b>
Peggy Macliver	W70	16.9	<b>SB</b>
Irwin Barrett-Lennard	M85	19.2	<b>PBA=</b>
Peter Watene	M50	19.6	

### 800m

Bjorn Dybdahl	M60	2:39.9	
Mark Dawson	M50	2:47.8	
Alex Grey	Vis	2:52.5	
Graeme Dahl	M65	2:54.4	<b>PBA</b>
David Carr	M80	3:01.6	
Alan Gray	M50	3:09.7	
John Dennehy	M55	3:20.0	<b>PBA</b>
Juliana Kelly	W50	3:22.9	<b>PBA</b>

### 3000m walk

Lorna Lauchlan	W85	24:40.1	<b>PBA</b>
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### 60m

Colin Smith	M50	8.4	
David Solomon	M50	8.8	<b>SB</b>
Stuart MacKinnon	M30	9.0	
Lynne Choate	W60	9.4	
Nick Miletic	M60	10.9	

Peggy Macliver	W70	10.7	
Gabriella Alfonso	Vis	12.5	
Rebecca MacKinnon	W30	12.8	
Bob Fawcett	M65	15.2	
Lynne Schickert	W70	16.1	

### 400m

Colin Smith	M50	61.7	
David Solomon	M50	68.6	
Bjorn Dybdahl	M60	69.8	
Jane Lockwood	Vis	74.2	

Clare Wardle	W40	77.3	
David Carr	M80	79.2	<b>SB</b>
Fran Cherry	W50	1:31.3	
Gabriella Alfonso	Vis	1:52.5	

### 5000m

Rob Nichols	M35	17:19.8	
Mitch Thomas	Vis	17:56.1	
Kim Thomas	M40	18:05.9	
Bjorn Dybdahl	M60	20:14.4	
Jim Langford	M70	20:15.0	
David Solomon	M50	21:04.8	
Clare Wardle	W40	21:21.0	
Stuart MacKinnon	M30	21:23.0	
Trish Farr	W40	22:46.7	
Milton Mavrick	M60	24:01.0	
Maurice Creagh	M65	24:50.3	
Monique Thomas	W35	28:21.6	

### 3000m

Graeme Dahl	M65	12:47.2	<b>SB</b>
Bob Schickert	M70	15:58.3	
Carolyn Fawcett	W60	18:39.8	<b>PBA</b>
Rebecca MacKinnon	W30	20:55.5	<b>PBA</b>

### 60m

Lynne Choate	W60	9.3	<b>SB</b>
Juliana Kelly	W50	10.0	<b>SB</b>
Peggy Macliver	W70	10.3	<b>SB</b>
Peter Watene	M50	11.2	
Irwin Barrett-Lennard	M85	11.7	<b>PBA</b>

### 200m

Melissa Foster	W35	28.2	<b>PBA</b>
Bjorn Dybdahl	M60	31.1	
Alex Grey	Vis	31.6	
Lynne Choate	W60	33.1	
Juliana Kelly	W50	36.0	<b>PBA</b>

Peggy Macliver	W70	36.3	
David Carr	M80	37.4	
Peter Watene	M50	43.6	
Terri Carr	Vis	45.4	

**(July 7 continued)****3000m**

Graeme Dahl	M65	12:42.5	<b>SB</b>
Campbell Till	M55	12:51.9	
John Dennehy	M55	17:09.5	

**Discus**

<b>Tom Gravestock</b>	<b>M60</b>	<b>48.94</b>	<b>SR</b>
Byrony Glass	W35	34.00	
Terry Carr	Vis	19.22	

**ECAC - 9 July****400m**

Colin Smith	M50	59.8	<b>SB</b>
David Carr	M80	77.7	<b>SB</b>
John Dennehy	M55	79.9	<b>PBA</b>
Maurice Creagh	M65	1:33.0	
Maxine Santich	W60	1:36.7	
Frank Price	M65	2:01.8	

Trish Farr	W40	81.2	
Lynne Choate	W60	82.5	<b>SB</b>
Peggy Macliver	W70	83.2	<b>SB</b>
Delia Baldock	W50	86.4	

**100m**

Lynne Choate	W60	15.7	
Colin Smith	M50	16.2	
Mike O Reilly	M75	16.6	<b>PBA</b>

**800m**

Neil Morfitt	M55	2:21.3	<b>SB</b>
Graeme Dahl	M65	2:56.8	
Maxine Santich	W60	3:20.9	
Maurice Creagh	M65	3:22.1	
Frank Price	M65	4:22.5	
Trish Farr	W40	3:08.9	<b>PBA</b>
Delia Baldock	W50	3:24.9	<b>SB</b>
Fran Cherry	W50	3:39.4	<b>PBA</b>

**WAAS - 14 July****800m**

Alan Gower	M55	2:20.0	<b>PBA</b>
Mark Elms	M45	2:26.4	<b>PBA</b>
Mark Dawson	M50	2:34.9	
Tony Downey	M55	2:48.3	
Melissa Foster	W35	2:52.9	<b>PBA</b>
Graeme Dahl	M65	2:56.1	
Carol Bowman	W60	3:15.9	<b>PBA</b>

**1500m**

Niamh Keane	W50	5:15.0	<b>PBA</b>
Mark Dawson	M50	5:35.7	<b>SB</b>
Campbell Till	M55	5:40.0	
Graeme Dahl	M65	5:48.2	<b>PBA</b>
Alan Gray	M50	5:54.4	<b>SB</b>
Karyn Gower	W55	6:01.3	<b>PBA</b>
Tony Downey	M55	6:06.8	
Delia Baldock	W50	7:11.2	<b>SB</b>

**3000m walk**

Lorna Lauchlan	W85	24:48.2	
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**5000m**

Bjorn Dybdahl	M60	21:01.5	
Mark Dawson	M50	22:21.4	
Irwin Barrett-Lennard	M85	29:02.0	

**Hammer**

Tom Gravestock	M60	40.38	
Bryony Glass	W35	52.79	

**200m**

Colin Smith	M50	28.2	
Lynne Choate	W60	33.9	
John Dennehy	M55	34.6	<b>PBA</b>
Mike O Reilly	M75	35.0	<b>PBA</b>
David Carr	M80	35.9	<b>SB=</b>
Peggy Macliver	W70	36.0	
Carol Bowman	W60	39.1	

**3000m**

Alan Gower	M55	10:19.5	<b>PBA</b>
Jim Langford	M70	11:45.3	
Graeme Dahl	M65	12:25.5	<b>SB</b>
Karyn Gower	W55	12:43.6	<b>PBA</b>
Trish Farr	W40	13:05.2	
Maxine Santich	W60	14:15.6	
Maurice Creagh	M65	14:16.7	
Frank Price	M65	17:12.1	
Fran Cherry	W50	17:41.5	

**800m walk**

John Smith	M80	6:36.7	
Declan Tingay	Vis	3:08.3	

**3000m walk**

Declan Tingay	Vis	13:17.0	
Lynne Schickert	W70	22:57.4	

**2000m walk**

John Smith	M80	16:55.0	<b>PBA</b>
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**60m**

Colin Smith	M50	8.3	
Mark Elms	M45	8.3	
Tony Downey	M55	8.8	
Peggy Macliver	W70	10.6	
John Dennehy	M55	10.6	

**3000m**

Alan Gower	M55	10:46.5	<b>SB</b>
Alan Gray	M50	12:39.5	<b>SB</b>
Karyn Gower	W55	13:14.7	
John Dennehy	M55	16:29.9	

**100m**

Mark Elms	M45	12.8	<b>SB</b>
Colin Smith	M50	13.3	
Tony Downey	M55	14.1	
Peggy Macliver	W70	16.7	<b>SB</b>

**ECAC - 16 July****800m**

David Solomon	M50	2:35.0	<b>SB</b>
Chris Neale	M45	2:46.1	
Shannon Neale	Vis	2:46.1	
Maurice Creagh	M65	3:27.2	
Frank Price	M65	4:28.2	

Clare Wardle	W40	2:45.5	<b>PBA</b>
Trish Farr	W40	3:10.4	
Maxine Santich	W60	3:11.8	<b>SB</b>
Carol Bowman	W60	3:12.9	<b>SB</b>
Kristine Wells	Vis	3:19.3	
Amanda Bate	Vis	3:22.7	
Delia Baldock	W50	3:22.7	<b>SB</b>
Fran Cherry	W50	3:49.0	

**100m**

Chris Neale	M45	12.5	<b>PBA h/t</b>
Sue Bourn	W45	15.3	
Shannon Neale	Vis	15.4	
David Clive	M75	15.9	

Mark Howard	M45	15.5	
Peggy Macliver	W70	16.4	<b>PBA=</b>
John Dennehy	M55	16.4	
Rebecca MacKinnon	W35	20.2	

Kristine Wells	Vis	17.8	
Amanda Bate	Vis	18.7	
Gabriella Alfonso	Vis	20.0	

**5000m walk**

Declan Tingay	Vis	23:46.5	
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**3000m walk**

Lynne Schickert	W70	23:32.7	
John Smith	M80	25:52.0	

**WAAS - 21 July****100m**

Lynne Choate	W60	14.9	<b>SB</b>
Juliana Kelly	W50	15.7	<b>PBA</b>
Mark Dawson	M50	16.5	

**400m**

Andrew Brooker	M45	59.6	
Alex Grey	Vis	71.5	
Juliana Kelly	W50	84.6	<b>PBA</b>
Peggy Macliver	W70	84.7	

**3000m**

Alan Gower	M60	10:19.4	<b>PBA</b>
Tony Smith	M35	10:49.8	
Mark Dawson	M50	12:05.2	<b>SB</b>
Alan Gray	M50	12:14.4	<b>SB</b>
Graeme Dahl	M65	12:29.5	
Karyn Gower	W55	12:39.5	<b>PBA</b>
Campbell Till	M55	12:42.3	

**ECAC - 23 July****60m**

Colin Smith	M50	8.4	
Stuart MacKinnon	M30	8.9	<b>SB</b>
Mark Howard	M45	8.9	

**3000m**

David Solomon	M50	12:08.7	<b>SB</b>
Fran Cherry	W50	17:10.0	<b>SB</b>
Rebecca MacKinnon	W35	19:31.5	<b>PBA</b>

**5000m**

Clare Wardle	W40	20:19.0	<b>SB</b>
Sue Bourn	W45	22:20.5	
Trish Farr	W40	22:21.5	<b>SB</b>
Maurice Creagh	M65	24:06.5	<b>SB</b>
Bob Schickert	M70	26:25.4	
Janne Wells	Vis	27:45.0	
Frank Price	M65	29:18.4	

**200m**

Chris Neale	M45	25.3	<b>PBA</b>
Neil Morfitt	M55	28.1	
David Solomon	M50	30.4	
Shannon Neale	Vis	32.3	
David Clive	M75	34.0	

Clare Wardle	W40	34.0	<b>PBA</b>
John Dennehy	M55	35.1	
Peggy Macliver	W70	35.8	<b>SB=</b>
Kristine Wells	Vis	39.7	
Amanda Bate	Vis	40.1	
Gabriella Alfonso	Vis	49.5	

**1500m**

Clare Wardle	W40	5:39.9	<b>PBA</b>
Frank Price	M65	8:37.2	<b>PBA</b>

**1500m walk**

Declan Tingay	Vis	6:10.1	
Kristine Wells	Vis	9:42.5	

**1000m**

Delia Baldock	W50	4:24.5	
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**200m**

Alex Grey	Vis	31.3	
Lynne Choate	W60	32.8	
Juliana Kelly	W50	33.4	<b>PBA</b>
Peggy Macliver	W70	35.8	

**2000m steeplechase**

David Carr	M80	10:15.0	
John Dennehy	M55	11:14.9	
Irwin Barrett-Lennard	M85	12:40.0	
Cecil Walkley	M85	23:58.9	<b>SB</b>

**3000m walk**

Sylvia Byers	W80	23:44.7	
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**(heat 2)**

Milton Mavrick	M60	10.4	
Peggy Macliver	W70	10.4	
Rebecca MacKinnon	W30	11.9	<b>PBA</b>

**800m**

Rob Nichols	M35	2:17.2	
Neil Morfitt	M55	2:22.4	
Stuart MacKinnon	M30	2:32.3	<b>PBA</b>
Graeme Dahl	M65	2:51.0	<b>PBA</b>
David Carr	M80	3:11.3	
John Dennehy	M55	3:14.3	<b>PBA</b>
Milton Mavrick	M60	3:16.2	<b>PBA</b>
Carol Bowman	W60	3:17.4	
Maurice Creagh	M65	3:17.7	<b>SB</b>
Regina Crouch	W45	4:49.2	

**100m**

Colin Smith	M50	13.4	
Mark Howard	M45	14.2	<b>PBA</b>
Stuart MacKinnon	M30	14.7	
Milton Mavrick	M60	18.9	
Rebecca MacKinnon	W30	19.7	<b>PBA</b>

**400m**

James Doyle	Vis	52.6	
Stuart MacKinnon	M35	73.3	
Delia Baldock	W50	80.1	<b>SB</b>
Mike O'Reilly	M75	82.2	<b>PBA</b>
David Carr	M80	85.1	
Peggy Macliver	W70	86.0	
Rebecca MacKinnon	W35	1:51.6	

**3000m**

Rob Nichols	M35	9:52.5	
Stuart MacKinnon	M35	12:11.6	
Graeme Dahl	M65	12:17.4	<b>SB</b>
Maurice Creagh	M65	14:12.8	<b>SB</b>
Milton Mavrick	M60	14:35.1	
Bob Schickert	M70	14:46.6	<b>SB</b>
Jackie Halberg	W65	15:53.8	<b>SB</b>
Rebecca MacKinnon	W35	18:46.3	<b>SB</b>

**3000m walk**

Lynne Schickert	W70	22:56.2	<b>SB</b>
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**British Masters Championships, Birmingham, July 25-26****1500m**

Bjorn Dybdahl	M60	5:15.12	6/7
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**2000m steeplechase**

Bjorn Dybdahl	M60	7:55.24	1/1 <b>GOLD</b>
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**WAAS 28 July 2015****200m**

Mark Elms	M45	25.9	
Colin Smith	M50	27.0	
Tony Downey	M55	29.5	
Juliana Kelly	W50	33.6	
John Dennehy	M55	34.0	<b>SB</b>
Peggy Macliver	W70	35.1	<b>SB</b>
David Carr	M80	37.9	

**800m**

Mark Dawson	M50	2:32.9	<b>SB</b>
Alex Gray	Vis	2:47.3	
Tony Downey	M55	2:53.7	
Alan Gray	M50	2:57.3	<b>SB</b>
Graeme Dahl	M65	2:58.3	
Delia Baldock	W50	3:18.4	<b>SB</b>
Juliana Kelly	W50	3:41.2	

**100m**

Colin Smith	M50	13.1	
Tony Downey	M55	14.1	
Juliana Kelly	W50	15.8	
John Dennehy	M55	16.6	
Peggy Macliver	W70	16.7	

**400m**

Mark Elms	M45	58.4	
Tony Downey	M55	70.6	
Alex Gray	Vis	71.6	
Delia Baldock	W50	81.3	
David Carr	M80	81.8	
Juliana Kelly	W50	86.4	

**5000m**

Alan Gower	M60	17:43.7	<b>PBA</b>
Mark Dawson	M50	20:57.1	
Alan Gray	M50	21:05.3	

**5000m walk**

Sylvia Byers	W80	39:51.2	
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**1000m**

Graeme Dahl	M65	4:11.3	
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**3000m**

Campbell Till	M55	12:56.3	
Karyn Gower	W55	13:13.4	