

CLUB TOPS

Explanation

This database shows the best three athletes in each age group. It covers track races in all the internationally recognised race distances, from 100m to 10000m.

NOTE: Some athletes appear in two different age groups. They have changed groups on a birthday during the season.

Unfortunately, there is insufficient data to warrant the inclusion of the walks and throws, as there are not enough participants in each age group to make these meaningful.

The full database, in Excel, covers all performances in all events. It includes the results of visitors and juveniles as well as members. (Italicised entries in the database indicate the best results from previous years.)

I will be happy to send this as an email attachment to anyone who wants it.

YOU WILL NEED EXCEL TO ACCESS THIS DATABASE. IT IS 1.3MB IN SIZE

100m

Men

Women

M30

1	Cam Yorke	15/11/2008	PL	11.54
2	Corey Thomas	15/01/2009	ECAC	13.0
3	Kim Thomas	13/11/2008	ECAC	14.2

M35

1	Chris Perrey	11/01/2009	PL	11.89
2	Chris Neale	13/11/2008	ECAC	12.0
3	Scott Andrews	15/01/2009	ECAC	12.5

M40

1	Chris Neale	28/03/2009	ECAC	12.1
2	Andre Morkel	28/03/2009	ECAC	13.1
3	Ian Cotton	21/10/2008	UWA	13.5

M45

1	Colin Smith	15/11/2008	PL	12.60
2	Paul Haylett	13/11/2008	ECAC	12.6
3	Peter De Klerk	3/02/2009	UWA	13.2

M50

1	Garry Ralston	28/03/2009	ECAC	12.4
2	Campbell Till	13/11/2008	ECAC	12.5
3	Barry Newell	2/12/2008	UWA	13.9

M55

1	Duncan McAuley	10/02/2009	UWA	14.7
2	Bjorn Dybdahl	2/12/2008	UWA	14.9
3	Nick Miletic	13/11/2008	ECAC	15.0

M60

1	Peter Hopper	21/10/2008	UWA	16.1
2	Ivan Brown	18/11/2008	UWA	16.2
3	Bruce Mathieson	13/11/2008	ECAC	17.5

M65

1	Roy Fearnall	7/10/2008	UWA	13.3
2	Barrie Kernaghan	28/03/2009	ECAC	13.6
3	Keith Martin	28/03/2009	ECAC	13.9

M70

1	David Clive	24/03/2009	UWA	13.9
2	Norm Richards	18/11/2008	UWA	14.5

M75

1	Bob Neville	4/11/2008	UWA	17.9
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W30

1	Michelle Thomas	28/03/2009	ECAC	16.6
2	Melissa Young	29/01/2009	ECAC	16.8

W35

1	Carolyn Wills	22/01/2009	ECAC	14.2
2	Anne Travis	19/02/2009	ECAC	18.5

W40

1	Simone Solomon	19/02/2009	ECAC	16.2
2	Jacqui Sanders	8/01/2009	ECAC	16.5
3	Tracey Gartlan	28/03/2009	ECAC	17.2

W45

1	Valetta Boddy	13/11/2008	ECAC	15.3
2	Sharon Moloney	22/01/2009	ECAC	15.5
3	Delia Baldock	29/01/2009	ECAC	15.7

W50

1	Carol Bowman	2/12/2008	UWA	18.3
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W55

1	Lynne Choate	10/04/2009	ADL	14.6
2	Liz Neville	18/11/2008	UWA	16.6
3	Sarah Ladwig	28/03/2009	ECAC	18.9

W60

1	Peggy Macliver	13/11/2008	ECAC	15.3
2	Gillian Young	13/11/2008	ECAC	16.7
3	Shirley Bell	21/10/2008	UWA	19.1

W65

1	Lynne Schickert	16/10/2008	ECAC	20.3
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W75

1	Pat Carr	16/10/2008	ECAC	19.2
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200m

Men

Women

M30

1	Cam Yorke	23/11/2008	PL	23.17
2	Corey Thomas	29/03/2009	ECAC	27.9
3	Kim Thomas	9/10/2008	ECAC	32.9

M35

1	Chris Perrey	29/03/2009	ECAC	23.5
2	Chris Neale	12/03/2009	ECAC	24.9
3	Scott Andrews	29/03/2009	ECAC	25.2

M40

1	Chris Neale	29/03/2009	ECAC	24.3
2	Ian Cotton	21/03/2009	ECAC	26.1
3	Darryl Lette	22/01/2009	ECAC	26.2

M45

1	Colin Smith	19/10/2008	PL	25.37
2	Pieter De Klerk	29/03/2009	ECAC	26.4
3	David Luck	23/11/2008	PL	27.92

M50

1	Garry Ralston	29/03/2009	ECAC	25.1
2	Campbell Till Greg Vander	21/03/2009	ECAC	25.8
3	Sanden	21/03/2009	ECAC	26.2

M55

1	Duncan McAuley	3/03/2009	UWA	28.5
2	Damien Hanson	29/03/2009	ECAC	29.7
3	Tolli Antonioli	21/03/2009	ECAC	30.4

M60

1	Ivan Brown	16/12/2008	UWA	33.9
2	Peter Hopper	27/01/2009	UWA	35.6

M65

1	Barrie Kernaghan	29/03/2009	ECAC	27.5
2	Roy Fearnall	20/11/2008	ECAC	28.2
3	Keith Martin	21/03/2009	ECAC	28.8

M70

1	David Clive	11/04/2009	ADL	29.3
2	Norm Richards	29/03/2009	ECAC	29.7
3	Leon Sander	21/03/2009	ECAC	31.8

M75

1	David Carr	21/03/2009	ECAC	31.8
2	Bob Neville	25/11/2008	UWA	40.0

M85

1	Peter Kennedy	14/10/2008	UWA	66.0
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W30

1	Melissa Young	29/03/2009	ECAC	35.1
2	Amanda Lloyd	17/03/2009	UWA	45.1

W35

1	Toni Phillips	27/01/2009	UWA	30.1
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W40

1	Simone Solomon	29/03/2009	ECAC	30.9
2	Kerriann Bresser	8/11/2008	ECAC	32.3
3	Jacqui Sanders	8/01/2009	ECAC	36.2

W45

1	Delia Baldock	29/03/2009	ECAC	31.9
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W50

1	Carol Bowman	20/11/2008	ECAC	38.1
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W55

1	Lynne Choate	29/03/2009	ECAC	30.3
2	Liz Neville	20/11/2008	ECAC	34.5
3	Sarah Ladwig	29/03/2009	ECAC	40.3

W60

1	Peggy Macliver	26/02/2009	UWA	32.8
2	Gillian Young	29/03/2009	ECAC	35.3
3	Valerie Millard	13/01/2009	UWA	41.8

W65

1	Lynne Schickert	11/12/2008	ECAC	47.7
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W75

1	Pat Carr	29/03/2009	ECAC	43.8
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400m

Men

Women

M30

1	Cam Yorke	15/11/2008	PL	49.13
2	Corey Thomas	28/03/2009	ECAC	63.9
3	Kim Thomas	27/11/2008	ECAC	65.5

M35

1	Chris Perrey	8/03/2009	PL	50.88
2	Chris Neale	23/10/2008	ECAC	55.5
3	Scott Andrews	28/03/2009	ECAC	57.3

M40

1	Chris Neale	28/03/2009	ECAC	54.7
2	Andrew Brooker	12/04/2009	ADL	56.7
3	Ian Cotton	28/03/2009	ECAC	57.1

M45

1	Peter De Klerk	5/02/2009	ECAC	56.9
2	Colin Smith	12/04/2009	ADL	58.0
3	Mark Dawson	4/11/2008	UWA	61.2

M50

1	Campbell Till Greg van der	28/03/2009	ECAC	56.2
2	Sanden	28/03/2009	ECAC	56.6
3	Neil Morfitt	12/04/2009	ADL	57.2

M55

1	Duncan McAuley	4/11/2008	UWA	63.1
2	Steve Fuller	23/10/2008	ECAC	70.1
3	Graeme Dahl	4/11/2008	UWA	70.2

M60

1	Bruce Wilson	19/02/2009	ECAC	73.8
2	Ivan Brown	24/02/2009	UWA	76.3
3	Bruce Mathieson	30/10/2008	ECAC	80.0

M65

1	Roy Fearnall	15/01/2009	ECAC	63.0
2	Barrie Kernaghan	28/03/2009	ECAC	63.5
3	Keith Martin	28/03/2009	ECAC	66.0

M70

1	David Clive	30/10/2008	ECAC	72.2
2	Norm Richards	24/02/2009	UWA	77.3

M75

1	David Carr	28/03/2009	ECAC	68.6
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W30

1	Melissa Young	28/03/2009	ECAC	83.0
2	Michelle Thomas	5/02/2009	ECAC	90.7

W35

1	Toni Phillips	30/10/2008	ECAC	61.8
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W40

1	Karen Eastwood	28/03/2009	ECAC	01:40.2
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W45

1	Delia Baldock	28/03/2009	ECAC	74.7
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W50

1	Robin King	23/10/2008	ECAC	76.9
2	Carol Bowman	28/03/2009	ECAC	82.2
3				

W55

1	Liz Neville	4/11/2008	UWA	82.4
2	Sarah Ladwig	28/03/2009	ECAC	92.4
3	Fiona McAuley	2/12/2008	UWA	01:42.2

W60

1	Peggy Macliver	18/12/2008	ECAC	76.5
2	Gillian Young	19/02/2009	ECAC	81.7
3	Jackie Halberg	30/10/2008	ECAC	88.2

W65

1	Lynne Schickert	30/10/2008	ECAC	119.2
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800m

Men

Women

M30

1	Cam Yorke	19/10/2008	PL	01:56.5
2	Kim Thomas	20/11/2008	ECAC	02:28.5
3	Corey Thomas	20/11/2008	ECAC	02:42.7

M35

1	Andrew Brooker	13/01/2009	UWA	02:17.0
2	Chris Neale	20/11/2008	ECAC	02:18.0
3	Kim Thomas	5/03/2009	ECAC	02:28.9

M40

1	Andrew Brooker	15/02/2009	PL	02:08.8
2	Ian Cotton	29/03/2009	ECAC	02:16.6
3	David Solomon	29/03/2009	ECAC	02:23.3

M45

1	Peter de Klerk	5/03/2009	UWA	02:13.1
2	Mark Dawson	29/03/2009	ECAC	02:18.8
3	Ross Keane	29/03/2009	ECAC	02:21.3

M50

1	Neil Morfitt Greg Vander	8/03/2009	PL	02:09.8
2	Sanden	29/03/2009	ECAC	02:15.3
3	Campbell Till	20/11/2008	ECAC	02:18.9

M55

1	Bjorn Dybdahl	10/04/2009	ADL	02:27.0
2	Duncan McAuley	13/01/2009	UWA	02:31.0
3	Graeme Dahl	25/11/2008	UWA	02:38.4

M60

1	Ivan Brown	10/04/2009	ADL	02:49.8
2	Bruce Mathieson	20/11/2008	ECAC	03:00.0
3	Maurice Creagh	9/10/2008	ECAC	03:10.1

M65

1	Roy Fearnall	25/11/2008	UWA	02:42.5
2	Bob Schickert	11/12/2008	ECAC	02:43.2
3	John Oldfield	10/03/2009	UWA	02:54.3

M75

1	David Carr	10/04/2009	ADL	02:38.6
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W30

1	Melissa Young	29/03/2009	ECAC	03:31.1
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W35

1	Toni Phillips	8/11/2008	ECAC	02:31.5
2	Carolyn Wills	22/01/2009	ECAC	02:56.8

W40

1	Kerriann Bresser	29/03/2009	ECAC	02:41.7
2	Simone Solomon	29/03/2009	ECAC	02:54.0
3	Karen Eastwood	29/03/2009	ECAC	04:11.2

W45

1	Delia Baldock	20/11/2008	ECAC	03:05.1
2	Sharon Moloney	22/01/2009	ECAC	03:59.6

W50

1	Robin King	09/11/2008	PL	02:43.3
2	Carol Bowman	22/01/2009	ECAC	03:16.3

W55

1	Margaret Saunders	10/04/2009	ADL	02:42.6
2	Liz Neville	20/11/2008	ECAC	03:02.1
3	Sarah Ladwig	29/03/2009	ECAC	03:30.9

W60

1	Gillian Young	5/03/2009	ECAC	02:55.3
2	Peggy Macliver	20/11/2008	ECAC	03:03.4
3	Jackie Halberg	20/11/2008	ECAC	03:13.5

W65

1	Val Prescott	10/04/2009	ADL	04:10.3
2	Lynne Schickert	21/03/2009	ECAC	04:26.9

1500m

Men

Women

M30

1	Kim Thomas	4/12/2008	ECAC	05:02.1
2	Corey Thomas	27/11/2008	ECAC	05:30.2

M35

1	Kim Thomas	28/03/2009	ECAC	04:53.1
2	Chris Neale	4/12/2008	ECAC	05:02.9
3	Eldon George	28/03/2009	ECAC	05:20.8

M40

1	Andrew Brooker	11/04/2009	ADL	04:31.9
2	Chris Neale	21/03/2009	ECAC	05:04.6
3	David Solomon	22/01/2009	ECAC	05:11.4

M45

1	Mark Dawson	28/03/2009	ECAC	04:47.6
2	Ross Keane	11/04/2009	ADL	04:50.6
3	Paul Haylett	28/03/2009	ECAC	04:55.1

M50

1	Greg van der Sanden	28/03/2009	ECAC	04:39.5
2	Neil Morfitt	28/03/2009	ECAC	04:43.1
3	Pete Sullivan	28/03/2009	ECAC	04:52.1

M55

1	Bjorn Dybdahl	28/03/2009	ECAC	04:47.8
2	Chris Maher	28/03/2009	ECAC	05:15.5
3	Graeme Dahl	4/12/2008	ECAC	05:25.6

M60

1	Bruce Wilson	28/03/2009	ECAC	05:23.5
2	Ivan Brown	11/04/2009	ADL	05:46.6
3	Bruce Cornish	21/03/2009	ECAC	05:55.6

M65

1	Bob Schickert	4/12/2008	ECAC	05:30.0
2	John Oldfield	27/01/2009	UWA	05:59.8
3	Keith Martin	21/03/2009	ECAC	06:37.4

M70

1	Morland Smith	28/03/2009	ECAC	06:35.6
2	Leon Sander	21/03/2009	ECAC	06:59.6

M75

1	David Carr	13/11/2008	ECAC	05:48.1
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W30

1	Melissa Young	28/03/2009	ECAC	07:30.5
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W35

1	Toni Phillips	7/10/2008	UWA	05:52.3
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W40

1	Niamh Keane	11/04/2009	ADL	05:08.8
2	Kerriann Bresser	28/03/2009	ECAC	05:34.4
3	Simone Solomon	22/01/2009	ECAC	07:02.1

W45

1	Delia Baldock	4/12/2008	ECAC	06:37.2
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W50

1	Carol Bowman	4/12/2008	ECAC	06:50.5
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W55

1	Margaret Saunders	28/03/2009	ECAC	05:35.7
2	Liz Neville	4/12/2008	ECAC	06:04.9
3	Fiona McAuley	11/12/2008	UWA	08:41.6

W60

1	Gillian Young	28/03/2009	ECAC	05:50.9
2	Shirley Bell	28/03/2009	ECAC	06:24.4
3	Peggy Macliver	4/12/2008	ECAC	06:28.0

W65

1	Val Prescott	11/04/2009	ADL	08:30.3
2	Lynne Schickert	4/12/2008	ECAC	09:35.6

mile

Men

Women

M30

1	Kim Thomas	18/12/2008	ECAC	05:54.5
2	Corey Thomas	18/12/2008	ECAC	06:49.0
3				

M35

1	Andrew Brooker	6/01/2009	UWA	05:27.3
2	Kim Thomas	29/01/2009	ECAC	06:02.6
3	Scott Andrews	18/12/2008	ECAC	07:12.4

M40

1	Ian Cotton	3/02/2009	UWA	05:57.6
2	John Collier	3/02/2009	UWA	05:59.7
3	Keith Edmonds	6/01/2009	UWA	06:14.2

M45

1	Mark Dawson	3/02/2009	UWA	05:21.5
2	Ross Keane	3/02/2009	UWA	05:51.0
3	Carl Ciccarelli	6/01/2009	UWA	06:43.4

M50

1	Peter Sullivan	18/12/2008	ECAC	05:40.7
2	Prabuddha Nicol	6/01/2009	UWA	05:52.8
3				

M55

1	Bjorn Dybdahl	18/12/2008	ECAC	05:48.1
2	Danny Sheehan	29/01/2009	ECAC	06:32.1
3	Graeme Dahl	6/01/2009	UWA	06:41.0

M60

1	Bruce Mathieson	18/12/2008	ECAC	06:55.8
2				
3				

M65

1	Bob Schickert	18/12/2008	ECAC	06:15.0
2	John Oldfield	16/04/2009	ECAC	06:15.2
3				

W30

1	Melissa Young	29/01/2009	ECAC	08:28.9
2				
3				

W35

1				
2				
3				

W40

1	Kerriann Bresser	29/01/2009	ECAC	06:37.3
2	Jacqui Sanders	29/01/2009	ECAC	07:43.3
3				

W45

1	Delia Baldock	29/01/2009	ECAC	07:15.9
2				

W50

1	Carol Bowman	29/01/2009	ECAC	07:25.3
2				

W55

1				
2				
3				

W60

1	Gillian Young	18/12/2008	ECAC	06:54.8
2	Peggy Macliver	3/02/2009	UWA	07:10.9
3	Christine Oldfield	17/12/2008	DE	08:32.0

3000m

Men

Women

M30

1	Kim Thomas	11/12/2008	ECAC	11:29.0
2	Corey Thomas	12/03/2009	ECAC	12:33.7
3				

W30

	Rosemary			
1	Giles	19/02/2009	ECAC	11:36.2
2	Melissa			
3	Young	19/02/2009	ECAC	17:01.9

M35

1	Kim Thomas	12/03/2009	ECAC	11:04.8
2	Eldon George	5/03/2009	UWA	11:41.3
3	Scott Andrews	30/10/2008	ECAC	12:33.5

W35

1				
2				
3				

M40

1	David Solomon	4/12/2008	ECAC	10:38.8
2	John Collier	14/10/2008	UWA	11:34.0
3	Keith Edmonds	25/11/2008	UWA	11:37.6

W40

	Simone			
1	Solomon	13/01/2009	UWA	14:12.9
2	Jacqui			
3	Sanders	12/03/2009	ECAC	15:38.8
	Gill Edmonds	2/12/2008	UWA	16:10.4

M45

1	Mark Dawson	24/02/2009	UWA	10:57.6
2	Lachlan Marr	20/11/2008	ECAC	10:58.8
3	Ross Keane	29/01/2009	ECAC	11:22.8

W45

1	Karen March	29/01/2009	ECAC	12:47.1
2	Lorraine			
3	MacLennan	12/03/2009	ECAC	14:32.6
	Delia Baldock	23/10/2008	ECAC	14:43.1

M50

1	Pete Sullivan	12/03/2009	ECAC	10:38.1
2	Bernard Mangan	24/02/2009	UWA	11:04.6
3	Greg Vander Sanden	8/01/2009	ECAC	11:06.9

W50

	Carol			
1	Bowman	18/12/2008	ECAC	15:17.7
2				
3				

M55

1	Bjorn Dybdahl	14/10/2008	UWA	11:17.0
2	Duncan McAuley	25/11/2008	UWA	11:43.2
3	Graeme Dahl	12/11/2008	UWA	11:46.4

W55

1	Liz Neville	9/10/2008	ECAC	12:58.1
2	Diane Jones	23/10/2008	ECAC	16:11.5
3	Sarah Ladwig	12/03/2009	ECAC	16:51.2

M60

1	Bruce Wilson	13/12/2008	PL	11:28.5
2	Ivan Brown	9/12/2008	UWA	12:28.7
3	Bruce Mathieson	9/10/2008	ECAC	13:01.1

W60

1	Gillian Young	5/02/2009	ECAC	13:15.5
2	Shirley Bell	23/10/2008	ECAC	13:56.3
	Peggy			
3	Macliver	9/10/2008	ECAC	14:20.9

M65

1	Bert Carse	4/12/2008	ECAC	10:53.1
2	Bob Schickert	4/11/2008	UWA	12:12.8
3	John Oldfield	12/03/2009	ECAC	12:19.1

W65

	Lynne			
1	Schickert	23/10/2008	ECAC	20:46.3

M75

1	David Carr	23/10/2008	ECAC	13:05.2
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5000m

Men

Women

M30

1	Kim Thomas	5/03/2009	ECAC	20:21.5
2	Corey Thomas	5/03/2009	ECAC	23:25.4

M35

1	Brett Roach	12/04/2009	ADL	16:41.2
2	Kim Thomas	29/03/2009	ECAC	19:10.3
3	Eldon George	29/03/2009	ECAC	19:53.9

M40

1	David Solomon	12/04/2009	ADL	18:39.3
2	Keith Edmonds	2/12/2008	UWA	20:46.1
3	John Collier	29/03/2009	ECAC	20:48.8

M45

1	Lachlan Marr	18/12/2008	ECAC	18:53.2
2	Mark Dawson	2/12/2008	UWA	19:07.9
3	Rod Hamilton	10/03/2009	UWA	19:25.3

M50

1	Peter Sullivan	02/10/2008	ECAC	18:05.7
2	Alan Gower	07/12/2008	PL	18:09.5
3	Bernard Mangan	3/02/2009	UWA	19:28.6

M55

1	Bjorn Dybdahl	29/03/2009	ECAC	18:05.5
2	Paul Hughes	29/03/2009	ECAC	18:51.9
3	Chris Maher	29/03/2009	ECAC	19:15.5

M60

1	Bruce Wilson	29/03/2009	ECAC	20:02.4
2	Jim Klinge	29/03/2009	ECAC	20:39.9
3	David Scott	29/03/2009	ECAC	21:03.0

M65

1	Bert Carse	27/11/2008	ECAC	19:28.9
2	John Oldfield	29/03/2009	ECAC	21:07.0
3	Bob Schickert	27/11/2008	ECAC	21:30.5

M70

1	Morland Smith	29/03/2009	ECAC	24:36.9
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M75

1	David Carr	27/11/2008	ECAC	24:06.1
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W40

1	Niamh Keane	12/04/2009	ADL	19:55.2
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W45

1	Karen March	29/03/2009	ECAC	21:36.5
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W50

1	Robin King	02/10/2008	ECAC	20:38.2
2	Carol Bowman	27/11/2008	ECAC	25:34.9

W55

1	Liz Neville	27/11/2008	ECAC	22:47.0
2	Fiona McAuley	7/10/2008	UWA	27:51.7
3	Sarah Ladwig	27/11/2008	ECAC	27:58.2

W60

1	Gillian Young	29/03/2009	ECAC	22:20.8
2	Shirley Bell	29/03/2009	ECAC	23:08.9
3	Peggy Macliver	27/11/2008	ECAC	25:19.4

W65

1	Margaret Bennett	27/07/2008	T'VILLE	33:23.8
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10000m

Men

Women

M30

1	Corey Thomas	19/03/2009	ECAC	48:06.6
2	Kim Thomas	16/10/2008	ECAC	42:53.4
3				

M35

1	Andrew Brooker	21/10/2008	UWA	39:08.9
2	Kim Thomas	19/03/2009	ECAC	39:48.3
3	Eldon George	19/03/2009	ECAC	42:03.0

M40

1	David Solomon	31/10/2008	ECAC	39:36.0
2	Sean Griffiths	31/10/2008	ECAC	43:36.0
3	John Collier	21/10/2008	UWA	43:36.3

M45

1	Lachlan Marr	19/03/2009	ECAC	37:49.4
2	Mark Dawson	19/03/2009	ECAC	40:25.2
3	Peter March	16/10/2008	ECAC	42:19.0

M50

1	Pete Sullivan	19/03/2009	ECAC	37:05.4
2	Alan Gower	21/10/2008	UWA	38:56.5
3	Barry Jones	19/03/2009	ECAC	50:55.7

M55

1	Bjorn Dybdahl	19/03/2009	ECAC	37:26.9
2	Chris Maher	19/03/2009	ECAC	38:46.8
3	Graeme Dahl	16/10/2008	ECAC	41:30.9

M60

1	David Scott	19/03/2009	ECAC	45:30.6
2	Ivan Brown	21/10/2008	UWA	46:54.8
3	Bruce Mathieson	16/10/2008	ECAC	47:48.7

M65

1	Bert Carse	19/03/2009	ECAC	43:28.3
2	John Oldfield	19/03/2009	ECAC	43:39.9
3	Bob Schickert	16/10/2008	ECAC	44:23.5

M75

1	David Carr Irwin Barrett-	16/10/2008	ECAC	47:23.3
2	Lennard	19/03/2009	ECAC	50:40.5
3	Cecil Walkley	19/03/2009	ECAC	1:04:38

W30

1	Trisha Farr	19/03/2009	ECAC	49:03.5
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W40

	Sandra			
1	Stockman	21/10/2008	UWA	47:32.3
2	Julie Keeley	19/03/2009	ECAC	54:33.4

W45

1	Karen March	19/03/2009	ECAC	44:35.6
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W50

1	Robin King	31/10/2008	ECAC	42:43.0
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W55

1	Diane Jones	16/10/2008	ECAC	55:54.4
2	Fiona McAuley	21/10/2008	UWA	1:00:41

W60

1	Gillian Young	19/03/2009	ECAC	46:09.8
2	Shirley Bell	19/03/2009	ECAC	48:19.5
3	Peggy Macliver	16/10/2008	ECAC	50:12.3

W65

	Loretta			
1	Shillinglaw	19/03/2009	ECAC	1:09:11