

Monthly Results – March 2012

ECAC – March 1

60m

Chris Neale	M40	7.9	
Colin Smith	M45	8.2	
David Clive	M75	8.9	
Brian Hewitt	M55	9.3	

Nick Miletic	M60	9.2	PBA
Keith Martin	M65	9.4	
Peggy Macliver	W65	9.5	SB
John Kyle	Vis	9.7	

Kim Thomas	M35	8.8	
Julie Willmott	W45	10.4	SB
Regina Crouch	W40	10.4	SB
Jai Thomas	Vis	10.9	
Carolyn Fawcett	W60	13.3	PBA

Irwin Barrett-Lennard	M80	11.2	SB
Derry Foley	M80	11.7	SB
Valerie Millard	W65	12.9	
Lynne Schickert	W70	13.1	PBA

James Paisley	Vis	9.1	
Bill Deering	Vis	9.6	
Rachel Evans	W35	10.1	SB=
Cheree Paisley	Vis	12.4	

1500m

Garry Vogler	M35	4:50.3	
Alan Gower	M55	4:53.4	SB
Tony Heppener	M60	5:00.1	SB
Mitch Thomas	Vis	5:28.3	
Kim Thomas	M35	5:28.8	
Graeme Dahl	M60	5:38.4	SB
Steve Fuller	M55	5:52.3	SB
Brian Hewitt	M55	5:57.4	
Maurice Creagh	M65	5:57.9	
Karyn Gower	W50	6:13.0	
Rachel Evans	W35	6:23.0	SB
Jai Thomas	Vis	6:24.6	
Bill Deering	Vis	6:28.4	
Gillian Young	W60	6:32.4	
Lorraine Lopes	W70	6:34.1	SB
Julie Willmott	W45	6:35.9	SB
Carol Bowman	W55	6:43.3	
Shannon Melville	Vis	7:25.4	
Cheree Paisley	Vis	7:44.4	
Monique Thomas	W30	7:45.5	SB
James Paisley	Vis	8:55.9	
Bob Fawcett	M60	9:01.0	PBA
Carolyn Fawcett	W60	9:06.7	PBA

1500m walk

Michele Mison	W60	10:08.1	
Regina Crouch	W40	11:06.1	

Long Jump

Chris Neale	M40	5.63	SB
Melissa Foster	W30	5.00	
David Clive	M75	4.27	SR
Colin Smith	M45	4.15	SB
Peggy Macliver	W65	3.50	
Regina Crouch	W40	2.84	
Derry Foley	M80	2.60	
Carolyn Fawcett	W60	2.40	PBA
Lynne Schickert	W70	2.38	

200m

Chris Neale	M40	25.6	
Colin Smith	M45	27.4	
Tony Heppener	M60	31.3	
Brian Hewitt	M55	32.1	

David Clive	M75	30.8	
Nick Miletic	M60	31.1	
Delia Baldock	W50	32.4	
Peggy Macliver	W65	32.4	
Rachel Evans	W35	35.1	SB

Julie Willmott	W45	36.3	
Irwin Barrett-Lennard	M80	37.3	SB
Jai Thomas	Vis	38.2	
Regina Crouch	W40	40.3	SB=
Derry Foley	M80	49.9	

James Paisley	Vis	36.5	
Bill Deering	Vis	39.2	
Cheree Paisley	Vis	43.4	
Valerie Millard	W65	47.2	SB
Lynne Schickert	W70	49.1	

3000m

Kim Thomas	M35	10:24.9	
Garry Vogler	M35	11:08.3	SB
Graeme Dahl	M60	12:03.8	SB
Brian Hewitt	M55	12:07.9	
Tessa Brockwell	W55	12:30.5	PBA
Karyn Gower	W50	12:56.3	
Maurice Creagh	M65	12:59.0	
Rachel Evans	W35	14:11.3	SB
Gillian Young	W60	14:39.7	
Bill Deering	Vis	15:27.1	
Irwin Barrett-Lennard	M80	15:47.3	SB
Monique Thomas	W30	16:26.2	
Bob Schickert	M70	16:35.9	
Kevin Hynds	M45	16:41.0	PBA
Cheree Paisley	Vis	16:48.3	
Bob Fawcett	M60	20:15.4	PBA
Carolyn Fawcett	W60	20:19.7	SB

3000m walk

Valerie Millard	W65	20:34.8	SB
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Discus

Matt Staunton	M35	40.56	PBA
Geoffrey Gee	M55	31.80	
Mark Frew	M35	30.83	
Chris Neale	M40	27.65	SB
Steve Fuller	M55	27.50	
Nick Miletic	M60	27.13	
Paul Abercrombie	M40	23.37	
Bev Hamilton	W65	21.76	
Chris Van Der Merwe	Vis	21.28	
Stella Turner	W65	12.88	

Weight Throw

Matt Staunton	M35	14.18	SR
Geoffrey Gee	M55	11.70	
Bev Hamilton	W65	10.37	
Stella Turner	W65	7.70	
Chris Van Der Merwe	Vis	7.65	
Mark Frew	M35	7.58	SB
Paul Abercrombie	M40	6.80	

Strive Interclub, WAAS – March 2**100m**

Rudy Kocis	M50	12.14	+2.0	PBA e/t
Mark Elms	M40	12.66	+2.5	
Craig van Waardenburg	M50	13.25	+2.0	
Barrie Kernaghan	M70	14.52	+2.5	
Alan Deans	M60	16.96	+2.5	

200m

Mark Elms	M40	25.91	+1.4	
Barrie Kernaghan	M70	29.46	+1.4	

400m

Mark Elms	M40	57.49		
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WAAS – March 6**60m** (Wind +2.3)

Rudy Kocis	M50	7.4	SB=	
Maurice Pascal	M40	7.7	SB	
Mark Elms	M45	7.8	SB=	
Adam Bennett	M35	7.9		

Wind +1.1

Campbell Till	M50	8.2		
David Clive	M75	8.7	SR	

Ian Coate	M40	8.7		
Barrie Kernaghan	M70	9.0		

Wind +0.9

Melissa Foster	W30	8.1	SB	
Cathy McCloskey	W45	8.4	PBA	
Fran Cherry	W45	9.1	PBA	
Sue Coate	W45	9.2		

Wind +1.8

Regina Crouch	W40	10.4	SB=	
John Oldfield	M65	11.9		

Pat Carr	W80	13.1	SR	
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1500m

Bjorn Dybdahl	M55	5:08.7	SB	
Steve Weller	M35	5:23.8		
Mark Dawson	M50	5:27.0		
Grant Schofield	M40	5:31.9	PBA	
John Collier	M45	5:32.8	SB	
Miles Sowden	M45	5:37.9	SB	
Maurice Creagh	M65	5:59.4		
Ivan Brown	M65	6:13.2	SB	
Danielle Baldock	W30	6:47.2		
Delia Baldock	W50	6:48.8		

1500m Walk

Ray Hall	M75	10:25.2		
John Oldfield	M65	11:28.1		

200m

Wind +1.5				
Rudy Kocis	M50	24.6	PBA	
Mark Elms	M45	25.2	SB	
Maurice Pascal	M40	25.4	SB	
Campbell Till	M50	27.0		

Wind +1.1

Barrie Kernaghan	M70	28.6	SB	
David Clive	M75	29.4	SR	
Bjorn Dybdahl	M55	30.1	PBA	

Wind +0.0

Fran Cherry	W45	33.8		
Mark Dawson	M50	36.4		
Regina Crouch	W40	39.4	SB	
Pat Carr	W80	54.8	SR	

800m

Scott Tamblin	M30	1:56.05	SB	
Xander van Rijen	M40	2:02.96		

Long Jump

Paul Jeffery	M35	5.96	+1.0	
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Discus

Matt Staunton	M35	39.01		
Sarah Edmiston	W35	32.78		
Craig van Waardenburg	M50	results awaited		

3000m

Kim Thomas	M35	10:19.1	PBA	
Roscoe McDonnell	M50	10:49.6		
David Brook	M45	11:35.4		
Steve Weller	M35	11:36.5		
Bjorn Dybdahl	M55	11:54.3		
Miles Sowden	M45	12:03.7	SB	
John Collier	M45	12:03.8	PBA	
Grant Schofield	M40	12:14.9	PBA	
Maurice Creagh	M65	12:35.3	PBA	
Mark Dawson	M50	12:56.0		
Ivan Brown	M65	13:44.0		
John Oldfield	M65	14:47.6		
Danielle Baldock	W30	16:03.4		

3000m Walk

Peter Hopper	M65	22:00.5		
Christine Oldfield	W65	23:20.8		

Long Jump

Melissa Foster	W30	5.42		
David Clive	M75	4.38	pending	SR
Ian Coate	M40	4.48		
Sue Coate	W45	3.84		
Regina Crouch	W40	3.07		
Mark Frew	M35	4.88		
Patricia Carr	W80	1.97		

Javelin

Sue Coate	W45	21.97		
John Oldfield	M65	11.56	PB	
Mark Frew	M35	44.95		
Andrew Ward	M50	29.97		
Rae McMillan	W80	11.57		
Rob Shand threw M80 javelin				

Wt. Throw

Craig van Waardenburg	M50	14.58	PBA	
Sue Coate	W45	7.49		
Mark Frew	M35	7.44		
Andrew Ward	M50	7.09		
Greg Urbanowicz	M30	13.28	SR	
Rae McMillan	W80	7.50	SB	

ECAC – March 8

200m

Chris Neale	M40	25.2	SB
Steve Fuller	M55	29.7	PBA=
Kathy Lawson	W45	30.0	
Nick Miletic	M60	30.3	PBA
Sue Bourn	W45	32.8	
Michael Crouch	Vis	26.7	
Rachel Evans	W35	34.6	SB
Julie Willmott	W45	34.8	PBA (big)
Irwin Barrett-Lennard	M80	37.1	SB
Regina Crouch	W40	39.2	SB
Liam Fukumoto	Vis	43.0	
Jessica Bates	Vis	48.8	
Lynne Schickert	W70	51.1	

800m

Alan Gower	M55	2:30.4	
Colin Smith	M45	2:43.2	
Mitch Thomas	Vis	2:48.3	
Kim Thomas	M35	2:48.6	
Jodie Osborne	W40	2:56.0	
Maurice Creagh	M65	2:57.4	
Rachel Evans	W35	3:18.1	
Julie Willmott	W45	3:19.3	

Graeme Dahl	M60	2:46.4	SB
Mitch Thomas	Vis	2:48.9	
Kim Thomas	M35	2:49.2	
Karyn Gower	W50	2:59.5	
Carol Bowman	W55	3:08.5	SB
Jai Thomas	Vis	3:12.0	
Peggy Macliver	W65	3:13.3	
Monique Thomas	W30	3:52.1	

100m

Chris Neale	M40	12.5	
Steve Fuller	M55	14.3	PBA (big)
Kathy Lawson	W45	14.7	
Nick Miletic	M60	14.8	

Peggy Macliver	W65	16.2	
Rachel Evans	W35	16.6	SB
Julie Willmott	W45	17.0	
Regina Crouch	W40	17.7	SB

(wind +0.0)

Liam Fukamoto	Vis	18.9	
Jessica Bates	Vis	20.9	
Lynne Schickert	W70	22.2	PBA
Carolyn Fawcett	W60	22.5	PBA
Patricia Carr	W75	23.4	SR

3000m

Mitch Thomas	Vis	11:50.4	
Tessa Brockwell	W55	12:37.4	
Jai Thomas	Vis	13:39.2	
Bob Schickert	M70	14:41.0	
Bob Fawcett	M60	19:17.4	PBA
Carolyn Fawcett	W60	19:25.5	PBA

3000m walk

Boris Padovan	M35	25:00.5	
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5000m

Kim Thomas	M35	18:32.2	
Garry Vogler	M35	19:11.0	PBA
Alan Gower	M55	19:36.5	
Jodie Osborne	W40	20:49.3	SB
Sue Bourn	W40	22:00.2	
Karyn Gower	W50	22:52.1	
Dante Giacomini	M40	23:43.5	
Rachel Evans	W35	24:49.7	
Irwin Barrett-Lennard	M80	27:24.6	
Monique Thomas	W30	29:20.5	

Triple Jump

Chris Neale	M40	11.48	
Michael Crouch	Vis	10.59	
Colin Smith	M45	9.20	SB
Regina Crouch	W40	6.26	
Lynne Schickert	W70	5.90	

Javelin

Carol Bowman	W55	12.14	PBA
Nick Miletic	M60	20.36	SB
Stella Turner	W65	12.86	SB
Regina Crouch	W40	13.75	
Steve Fuller	M55	29.09	SB
Julie Willmott	W45	10.47	
Andrew Ward	M50	31.66	
Paul Abercrombie	M40	27.57	
Bev Hamilton	W65	16.59	
Matt Staunton	M35	38.76	

Hammer

Stella Turner	W65	18.47	SB
Andrew Ward	M50	21.67	
Paul Abercrombie	M40	20.73	SB
Mark Hamilton	M40	28.71	
Bev Hamilton	W65	26.38	
Matt Staunton	M35	44.76	

Strive Interclub, including BSEFP State Championships steeplechases – WAAS, March 9

Championships Steeplechases

3000m (91.4cm barriers)

Kim Thomas	M35	11:18.7	PBA
Trevor Scott	M50	12:13.5	
Mark Dawson	M50	13:16.2	

2000m (76.2cm barriers)

Sue Zlnay	W50	9:48.0	
Julie Wilson	W55	9:52.6	PBA
Delia Baldock	W50	10:14.0	
Carol Bowman	W55	10:30.9	
Erica Mercer	W65	11:25.2	PBA
Monique Thomas	W30	11:52.8	
Regina Crouch	W40	13:08.4	PBA
Lynne Schickert	W70	14:04.6	SR
Carolyn Fawcett	W60	14:15.6	
David Carr	M75	9:21.8	SB 100.1%
Bert Carse	M70	9:33.4	
Maurice Creagh	M65	9:48.2	
Bob Schickert	M70	9:56.5	PBA
Nick Miletic	M60	10:03.0	PBA (big)
John Oldfield	M65	10:03.7	
Greg Wilson	M60	10:50.4	
Harold Membrey	M60	11:07.6	
Cecil Walkley	M80	14:12.4	

100m

Aldis Jaunzems	M30	12.36	+0.0	SB
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Colin Smith	M45	13.05	+0.0
Craig van Waardenburg	M50	13.33	+0.6
Barrie Kernaghan	M70	14.47	+0.6
Alan Deans	M60	17.32	+0.6

400m

Colin Smith	M45	57.84	
Andrew Brooker	M40	58.62	
Barrie Kernaghan	M70	69.00	

1500m

Alan Deans	M60	6:33.34	
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Shot Put

Sue Coate	W45	7.87	
Matt Staunton	W35	12.31	
Greg Urbanowicz	M30	12.09	SB
Craig van Waardenburg	M50	10.23	

Javelin

Sue Coate	W45	24.49	
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Hammer

Byrony Glass	W30	51.88	
Sue Coate	W45	17.93	
Matt Staunton	M35	43.44	
Greg Urbanowicz	M30	37.81	
Craig van Waardenburg	M50	34.91	

WAAS – TUESDAY 13 MARCH 2012
200m

Wind +1.4			
Rudy Kocis	M50	25.0	
Colin Smith	M45	26.1	
Maurice Pascal	M40	26.2	
Craig Van Waardenburg	M50	26.6	
Catherine Manners	Vis	27.1	

Wind 0.0			
Barrie Kernaghan	M70	28.2	SB
Richard Williams	M40	28.5	
David Clive	M75	29.7	
Miles Sowden	M45	38.7	

Wind 0.0			
Geoff Bailey	M40	27.8	SB
Aiden Hassan	Vis	32.6	
Delia Baldock	W50	32.8	
Peggy Macliver	W65	33.2	
Fran Cherry	W45	33.6	

Wind +0.5			
Danielle Baldock	W30	39.8	SB
Julie Wilson	W55	40.1	
Pat Carr	W80	55.1	

Wind +0.5			
Geoff Brayshaw	M60	30.8	
Rachel Wells	W35	33.1	
Irwin Barrett-Lennard	M80	37.7	

800m

Andrew Brooker	M40	2:17.0	
Campbell Till	M50	2:22.8	
Mark Dawson	M50	2:29.8	
Bjorn Dybdahl	M55	2:31.5	
John Collier	M45	2:34.0	PBA
Geoff Bailey	M40	2:35.0	
Jim Farr	Vis	2:52.8	

Graeme Dahl	M60	2:37.5	PBA
Jocelyn Keage	Vis	2:39.8	
Miles Sowden	M45	2:41.7	
Margaret Saunders	W55	2:43.0	
Richard Williams	M40	2:45.0	
David Carr	M75	2:46.9	SB
Ivan Brown	M65	3:01.1	
John Dennehy	M50	3:13.0	

Aiden Hassan	Vis	2:42.8	
John Collier	M45	2:55.9	
Maurice Creagh	M65	2:56.7	
Julie Wilson	W55	3:11.8	
Lorraine Lopes	W70	3:13.2	SB
Delia Baldock	W50	3:14.7	
Rachel Wells	W35	3:34.3	
Danielle Baldock	W30	3:34.6	
Kristina Dzelmanis	Vis	3:53.1	

Triple Jump

Wind +0.2			
Melissa Foster	W30	11.10	SR
Dave Wyatt	M60	9.52	SB
Geoff Brayshaw	M60	8.47	
Sue Coate	W45	7.73	SB

High Jump

Dave Wyatt	M60	1.35	
Sue Coate	W45	1.30	PBA=
Kalin Foley	Vis	1.50	
Greg Wilson	M60	1.35	
Paul Foley	M45	1.40	

100m

(+1.6)			
Steve Richardson	Vis	11.2	
Rudy Kocis	M50	11.9	PBA
Maurice Pascal	M40	12.0	PBA
Colin Smith	M45	12.9	

(+0.8)			
Catherine Manners	Vis	13.2	
Katy Jackson	Vis	13.4	
Barrie Kernaghan	M70	13.9	
Sue Coate	W45	14.9	

(+1.2)			
Bjorn Dybdahl	M55	14.6	
Fran Cherry	W45	15.0	PBA
John Dennehy	M50	15.3	SB=
Delia Baldock	W50	15.4	SB=
Peggy Macliver	W65	15.9	

(+0.5)			
Rachel Wells	W35	15.8	SB
Irwin Barrett-Lennard	M80	18.5	
Julie Wilson	W55	18.8	
Pat Carr	W80	23.0	PBA

(+1.9)			
Steve Richardson	Vis	11.2	
Katy Jackson	Vis	13.8	

3000m

Roscoe McDonnell	M50	10:44.5	PBA
Jocelyn Keage	Vis	11:17.2	
Steve Weller	M35	11:17.5	SB
David Brook	M45	11:32.2	
Bjorn Dybdahl	M55	11:48.0	SB
Tom Tralau	M35	11:58.5	PBA
Grahak Cunningham	M30	12:20.1	
Tessa Brockwell	W55	12:33.3	
Graeme Dahl	M60	12:35.4	
John Collier	M45	12:42.7	
Trish Farr	W40	12:48.5	SB
Bronwyn Dyer	W30	12:50.1	
Maurice Creagh	M65	13:10.3	
Jim Farr	Vis	13:46.7	

3000m Walk

Marie Fitzsimons	W45	17:27.1	
Peter Hopper	M65	20:59.3	PBA
John Oldfield	M65	22:46.5	PB
Christine Oldfield	W65	23:08.0	PB

Shot

Dorothy Whittam	W75	6.56	
Sue Coate	W45	7.83	
Jeff Whittam	M75	6.14	
Craig van Waardenburg	M50	11.25	
Andrew Ward	M50	8.25	
Logan Foley	Vis	10.01	
Greg Urbanowicz	M30	12.40	SB
Rae McMillan	W80	5.74	

Hammer

Dorothy Whittam	W75	22.43	PBA
Sue Coate	W45	19.98	PBA
Jeff Whittam	M75	20.02	SB
Craig van Waardenburg	M50	36.61	
Greg Urbanowicz	M30	40.76	PBA
Rae McMillan	W80	17.29	SB
Andrew Ward	M50	21.51	

ECAC – March 15

1500m

Campbell Willmott	Vis	5:00.7	
Roscoe McDonnell	M50	5:13.8	
Mitch Thomas	Vis	5:22.1	
Graeme Dahl	M60	5:27.2	PBA
Fiona Leonard	W45	5:42.5	
Ivan Brown	M65	6:19.0	
Rachel Evans	W35	6:26.4	
Siimon Leonard	M50	6:27.6	
Julie Willmott	W45	6:40.4	
Carol Bowman	W55	6:40.5	
Cheree Paisley	Vis	7:32.5	
James Paisley	Vis	8:30.2	
Bob Fawcett	M60	8:58.4	PBA

1500m walk

Lynne Schickert	W70	10:31.3	
Regina Crouch	W40	10:43.6	PBA

400m

Campbell Willmott	Vis	62.1	
Roscoe McDonnell	M50	66.9	
Fiona Lennard	W45	69.5	
Mitch Thomas	Vis	80.6	
Delia Baldock	W50	74.7	
Peggy Macliver	W65	77.5	
Rachel Evans	W35	82.2	SB
Julie Willmott	W45	86.1	
Gillian Young	W60	1:32.2	
Cheree Paisley	Vis	1:41.2	

WAAS – TUESDAY 20 MARCH 2012

1500m

Jocelyn Keage	Vis	5:10.1	
Steve Weller	M35	5:15.6	SB
Mark Dawson	M50	5:27.1	
John Collier	M45	5:33.9	
Graeme Dahl	M60	5:43.1	
Maurice Creagh	M65	5:53.5	PBA
Jonathon Phillips	Vis	5:56.8	
Ivan Brown	M65	6:11.1	SB
Lorraine Lopes	W70	6:29.7	SR
David Carr	M75	6:32.7	
Allan Billington	M50	6:42.2	
Danielle Baldock	W30	6:43.4	SB
Julie Wilson	W55	6:54.3	
Christine Oldfield	W65	8:37.2	

100m

Wind +0.9			
Garry Ralston	M55	12.4	PBA=
Greg Brennan	M40	12.5	PBA
Maurice Pascal	M40	12.6	
Allan Billington	M50	15.0	PBA=
Wind +0.3			
Katy Jackson	Vis	13.7	
Jonathon Phillips	Vis	14.3	
Fiona Leonard	W45	14.4	PBA
Fran Cherry	W45	14.8	PBA

Wind +2.0

Delia Baldock	W50	15.5	
Peggy Macliver	W65	16.0	
Julie Wilson	W55	18.7	
Pat Carr	W80	23.3	SR

Long Jump

Paul Abercrombie	M40	4.69	
Colin Smith	M45	4.12	
Peggy Macliver	W65	3.48	
Regina Crouch	W40	3.04	
Ivan Brown	M65	3.02	
Carol Bowman	W55	2.67	
Lynne Schickert	W70	2.47	
Patricia Carr	W80	2.31	SR

Discus

Campbell Willmott	Vis	31.18	
Chris van der Merwe	Vis	25.76	
Stella Turner	W65	14.85	PBA
Nick Miletic	M60	24.73	
Paul Abercrombie	M40	25.63	SB
Billy McGlye	Vis	20.53	
Bev Hamilton	W65	24.73	SR
Greg Wilson	M60	28.91	

Weight Throw

Stella Turner	W65	8.14	PBA
Billy McGlye	Vis	7.00	
Bev Hamilton	W65	10.80	

100m

Campbell Willmott	Vis	12.2	
Kathy Lawson	W45	14.3	PBA
Keith Martin	M65	15.1	
Nick Miletic	M60	15.3	
James Paisley	Vis	14.6	
Rachel Evans	W35	16.6	SB=
Julie Willmott	W45	16.7	
Cheree Paisley	Vis	18.4	
Lynne Schickert	W70	22.8	

400m

Mark Elms	M45	56.8	PBA=
Maurice Pascal	M40	59.8	
Jocelyn Keage	Vis	73.6	
Jonathon Phillips	Vis	76.4	
Garry Ralston	M55	68.3	
Fiona Leonard	W45	68.9	
Allan Billington	M50	78.4	
Ivan Brown	M65	79.7	SB
Maurice Creagh	M65	80.2	
Delia Baldock	W50	75.1	
Tom Tralau	M35	78.1	
Fran Cherry	W45	81.0	
Julie Wilson	W55	89.2	PBA
Danielle Baldock	W30	1:37.9	
Christine Oldfield	W65	1:55.7	

5000m

Steve Weller	M35	19:11.3	
Jocelyn Keage	Vis	20:16.3	
Tom Tralau	M35	20:56.9	
John Collier	M45	20:59.2	PBA
Jonathon Phillips	Vis	23:33.0	
Danielle Baldock	W30	26:37.1	
Irwin Barrett-Lennard	M80	26:42.4	

3000m

Roscoe McDonnell	M50	11:00.1	
Graeme Dahl	M60	11:34.3	PBA
Mathilde Laceze	Vis	13:23.2	
Maurice Creagh	M65	13:29.0	
Marie Fitzsimons	W45	17:13.3	

Long Jump

Mark Elms	M45	5.35
Geoff Brayshaw	M60	4.00
Sue Coate	W45	3.72
Patricia Carr	W80	2.32
Cathy McCloskey	W45	4.01

PBA nwi**Weight Throw**

Dorothy Whittam	W75	9.01
Sue Coate	W45	7.77
Andrew Ward	M50	7.63
Rae McMillan	W80	7.68
Rob Shand	M80	8.76
Jeff Whittam	M75	9.37

PBA**SB****SB****PBA****High Jump**

Delia Baldock	W50	1.15
Sue Coate	W45	1.25
Greg Wilson	M60	1.35

Discus

Andrew Ward	M50	27.23
Jeff Whittam	M75	15.89
Rob Shand	M80	19.56
Dorothy Whittam	W75	12.93
Greg Wilson	M60	29.17
Maurice Pascal	M40	18.90

SB**ECAC – March 22****60m**

Colin Smith	M45	8.5
Nick Miletic	M60	9.5
Charlie Coates	Vis	9.9
Mitch Thomas	Vis	10.5
Jai Thomas	Vis	10.7
Kim Thomas	M35	11.8

Peggy Macliver	W65	10.1
Julie Willmott	W45	10.5

4000m

Simon Coates	Vis	13:35.5
Roscoe McDonnell	M50	14:37.1
Mitch Thomas	Vis	15:22.1
Kim Thomas	M35	15:22.5
Bernadette Benson	W40	16:15.4
Silvio Frattini	Vis	16:39.6
Sue Bourn	W45	16:41.3
Tessa Brockwell	W55	17:11.8
Maurice Creagh	M65	18:33.7
Jai Thomas	Vis	18:46.1
Kim Cook	W35	18:58.5
Gillian Young	W60	19:21.0
Monique Thomas	W30	21:50.7

2000m

Graeme Dahl	M60	7:32.7
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2000m walk

John Oldfield	M65	15:38.2
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Triple Jump

Colin Smith	M45	8.84
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600m

David Carr	M75	1:59.9
Simon Coates	Vis	2:06.1
Charlie Coates	Vis	2:06.1
Kim Cook	W35	2:07.8
Peggy Macliver	W65	2:08.7
Carol Bowman	W55	2:20.3
Julie Willmott	W45	2:23.2
Delia Baldock	W50	2:25.8
Maurice Creagh	M65	2:26.9
Lorraine Lopes	W70	2:40.2

300m

Toni Phillips	W40	48.0
Silvio Frattini	Vis	49.2
Rolf Schatzmann	Vis	50.9
Delia Baldock	W50	52.1
Nick Miletic	M60	53.8
Simon Coates	Vis	55.3
Julie Willmott	W45	57.1

Hammer

Matt Staunton	M35	45.25	PBA
Geoffrey Gee	M55	32.48	
Bev Hamilton	W65	27.74	
Shanell Staunton	Vis	16.00	
Stella Turner	W65	15.44	
Anne Travis	W35	14.97	PBA

Shot

Bev Hamilton	W65	8.20	
Geoffrey Gee	M55	11.85	
Matt Staunton	M35	12.03	
Anne Travis	W35	7.44	PBA
Stella Turner	W65	6.49	
Shanell Staunton	Vis	6.13	
Julie Willmott	W45	4.80	

WAAS – TUESDAY 27 MARCH 2012**60m** Wind 2.5

Mark Elms	M45	7.96
Barrie Kernaghan	M70	N/T

Wind 1.8

Julie Wilson	W55	11.6
David Carr	M75	13.4
Pat Carr	W80	13.4

Wind 3.3

Mark Elms	M45	8.0
Barrie Kernaghan	M70	8.9

4000m (not analysed)

Roscoe McDonnell	M50	14:47.2
Mark Dawson	M50	15:52.7
Tom Tralau	M35	16:06.9
Rolf Schatzmann	M40	16:08.0
Bernadette Benson	W40	16:42.2
Maurice Creagh	M65	17:40.8
Julie Wilson	W55	19:29.1
Danielle Baldock	W30	19:49.3

300m (not analysed)

Mark Elms	M45	43.0
Barrie Kernaghan	M70	50.4

600m (not analysed)

Mark Elms	M45	1:47.3
Roscoe McDonnell	M50	1:48.9
Mark Dawson	M50	1:51.0
Grahak Cunningham	M30	1:53.4
Toni Phillips	W40	2:00.0
Tom Tralau	M35	2:05.6
Maurice Creagh	M65	2:16.0
David Carr	M70	2:35.7
Danielle Baldock	W30	2:41.5

ECAC – March 29

100m				200m			
Scott Willmott	Vis	13.0		Scott Willmott	Vis	26.2	
Mark Elms	M45	13.3		Mark Elms	M45	26.8	
Colin Smith	M45	14.1		Colin Smith	M45	28.4	
David Solomon	Vis	14.4		David Solomon	Vis	28.8	
Nick Miletic	M60	16.1					
				Rachel Evans	W35	36.0	
Julie Willmott	W45	17.4		Julie Willmott	W45	36.1	
Rachel Evans	W35	17.5		Bruce McGeorge	M55	36.2	SB
Bruce McGeorge	M55	17.7		Karen Hagan	W40	42.7	
Jacqui Sanders	W45	18.2					
Regina Crouch	W40	18.6		Mitch Thomas	Vis	37.4	
				Jai Thomas	Vis	38.1	
Bob Schickert	M70	19.7		Ross Keane	M50	38.3	
Raynor Keane	Vis	22.1		Kim Thomas	M35	40.0	
Jai Thomas	Vis	22.1		Jacqui Sanders	W45	43.8	
Valerie Millard	W65	22.2		Raynor Keane	Vis	46.4	
1000m				3000m			
Roscoe McDonnell	M50	3:14.8		David Solomon	Vis	10:48.3	
Mitch Thomas	Vis	3:28.8		Roscoe McDonnell	M50	10:52.1	
Kim Thomas	M35	3:29.8		Kim Thomas	M35	11:06.1	
Graeme Dahl	M60	3:53.0		Graeme Dahl	M60	11:40.4	
Maurice Creagh	M65	3:56.9		Sue Bourn	W45	12:15.5	PBA
Jai Thomas	Vis	4:02.4		Maurice Creagh	M65	13:03.5	
Bruce McGeorge	M55	4:07.3		Dante Giacomini	M45	13:18.2	
Rachel Evans	W35	4:10.2		Bob Schickert	M70	13:48.9	SB
Peggy Macliver	W65	4:12.2		David Carr	M75	14:14.0	
Gillian Young	W60	4:13.6	SB	Rachel Evans	W35	14:18.5	
Julie Willmott	W45	4:14.2	PBA	Gillian Young	W60	14:23.8	
Carol Bowman	W55	4:20.9		Ross Keane	M50	14:42.5	
Nick Miletic	M60	4:26.7		Raynor Keane	Vis	14:47.0	
Karen Hagan	W40	4:36.4		Mitch Thomas	Vis	14:47.2	
John Oldfield	M65	4:40.6	PBA	Bruce McGeorge	M55	14:53.5	SB
Raynor Keane	Vis	4:48.7		Karen Hagan	W40	15:21.6	
Ross Keane	M50	4:48.7		Nick Bailey	M60	15:58.7	
Monique Thomas	W30	4:54.9	PBA	Monique Thomas	W30	16:28.6	
Jacqui Sanders	W45	5:15.4		Jai Thomas	Vis	16:29.3	
1000m walk				Bob Fawcett	M60	18:57.4	PBA
Michele Mison	W60	6:42.6					
Regina Crouch	W40	6:53.1					

Strive Interclub, WAAS – April 1 (includes state open champs, day 3)

200m				High Jump			
Mark Elms	M45	25.44	+0.7	Greg Wilson	M60	1.35	
Mark Jeffery	M40	25.57	+0.7				
200m hurdles				Discus			
Toni Phillips	W40	33.91	+0.6	Sarah Edmiston	W35	36.05	SR
Long Jump				Shot Put			
Mark Elms	M45	5.38	+1.1	Greg Urbanowicz	M30	12.82	PBA
Melissa Foster	W30	5.12	+2.1				