

## April 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  
 Note also that this is the start of a new season – first results are all season's bests*

### Strive, WAAS – Sunday April 7

#### 100m

Glenn Ross	M40	11.85	-0.9
Paul Edmiston	M40	11.98	-2.7

#### 400m

Glenn Ross	M40	53.67	
Brian Feutrill	M45	61.42	<b>PBA</b>

#### Pole Vault

Brian Feutrill	M45	3.00	<b>SR</b>
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#### Discus

Todd Davey	M45	41.43
Tom Gravestock	M55	39.18

#### Hammer

Todd Davey	M45	34.55	<b>PBA</b>
Tom Gravestock	M55	39.18	<b>PBA</b>

#### Shot

Todd Davey	M45	12.68
Tom Gravestock	M55	11.20

### ECAC - April 11

#### 200m

Scott Willmott	VIS	26.0
Steve Fuller	M60	30.4
Aiden Hassan	VIS	33.1
Nick Miletic	M60	36.2
Bob Schickert	M70	37.4
Kem Hassan	VIS	37.9
Carol Bowman	W55	38.8

#### 1000m

Rod Hamilton	M50	3:31.2	
Aiden Hassan	VIS	3:33.3	
Steve Fuller	M60	3:45.3	<b>PBA</b>
Maurice Creagh	M65	3:52.4	
David Carr	M80	4:18.5	
Gillian Young	W65	4:20.9	
Julie Willmott	W45	4:28.6	
Bob Schickert	M70	4:34.1	
Kem Hassan	VIS	4:40.5	
Nick Miletic	M60	4:59.7	

#### 60m

Rod Hamilton	M50	9.3
Steve Fuller	M60	9.9
Aiden Hassan	VIS	10.4
Kem Hassan	VIS	11.8
Bob Schickert	M70	12.7

#### 400m

Steve Fuller	M60	71.6
Aiden Hassan	VIS	75.4
Rod Hamilton	M50	75.8
Maurice Creagh	M65	83.2
Carol Bowman	W55	87.2
Bob Schickert	M70	91.9
Kem Hassan	VIS	92.9

#### 2000m (not analysed)

Aiden Hassan	VIS	7:58.3
Rod Hamilton	M50	8:00.7
Maurice Creagh	M65	8:42.3
Milton Mavrick	M55	9:07.1
Gillian Young	W65	9:08.1
Bob Schickert	M70	9:31.4
Carol Bowman	W55	9:33.0
Julie Willmott	W45	9:37.6
Kem Hassan	VIS	9:56.7
David Carr	M80	11:39.3

### WAAS – April 16

#### 3000m

Steve Weller	M35	10:49.1
Tony Downey	M55	12:31.1
Julie Wilson	W55	14:46.7
Delia Baldock	W50	18:33.0

**ECAC - 18 April****600m (not analysed)**

Colin Smith	M50	1:50.0
Rod Hamilton	M50	1:56.5
Julie Willmott	W45	2:19.1
Carol Bowman	W55	2:26.8

**100m**

Colin Smith	M50	13.5
Kathy Lawson	W45	14.3
Rod Hamilton	M50	14.9
Liam Fukimuto	VIS	16.4
Julie Willmott	W45	16.4

**Mile**

Rod Hamilton	M50	6:15.6
Bernadette Benson	W40	6:16.1
Carol Bowman	W55	7:21.8
Julie Willmott	W45	7:46.5

**200m**

Colin Smith	M50	28.9
Kathy Lawson	W40	30.7
Rod Hamilton	M50	34.0
Liam Fukimuto	VIS	37.9
Kalen Fukimuto	VIS	37.9

**3000m**

Bernadette Benson	W40	12:12.0
Rod Hamilton	M50	12:35.5
Sue Bourn	W45	12:54.4
Carol Bowman	W55	14:35.8

**WAAS – April 23****600m (not analysed)**

David Simes	VIS	1:58.8
Wendy Seegers	W35	2:12.2
Maurice Creagh	M65	2:15.4
Carmel Meyer	W50	2:16.8
John Dennehy	M50	2:28.6
Julie Wilson	W55	2:28.8
Peter Kennedy	M90	7:05.2

**Mile**

Tony Smith	M35	5:51.2
Michael Lee	M60	6:40.7
Steve Weller	M35	6:41.4
Maurice Creagh	M65	7:57.4
Delia Baldock	W50	8:58.3

**200m**

Wendy Seegers	W35	27.9
Barrie Kernaghan	M70	35.0
John Dennehy	M50	37.9
Julie Wilson	W55	41.7

**3000m**

Steve Weller	M35	10:26.2	<b>PBA</b>
Tony Smith	M35	10:27.2	<b>PBA</b>
Maurice Creagh	M65	12:54.4	
Michael Lee	W50	13:22.8	<b>PBA</b>
Carmel Meyer	M60	13:54.1	
Julie Wilson	W55	14:37.0	<b>SB</b>

**ECAC - 25 April****800m**

Rob Colton	M45	2:28.4	
Rod Hamilton	M50	2:37.9	
Mickey Muroi	M55	2:44.1	<b>PBA</b>
Brad Smith	VIS	2:57.9	
Bruce McGeorge	M55	3:00.5	<b>PBA</b>
Yoshi Muroi	VIS	3:24.8	

Steve Weller	M35	2:28.9
Maurice Creagh	M65	3:05.9
Gillian Young	W65	3:12.7
Carol Bowman	W55	3:14.2

**100m**

Colin Smith	M50	13.5	
Brad Smith	VIS	14.4	
Bruce McGeorge	M55	16.8	<b>PBA</b>
Bob Schickert	M70	20.5	

Rob Colton	M45	14.3	
Rod Hamilton	M50	14.9	<b>SB=</b>
Valerie Millard	W65	21.8	
Lynne Schickert	W70	26.6	

**3000m walk**

Tom Lenane	M55	19:12.2	<b>PBA</b>
Valerie Millard	W65	21:12.6	
Lynne Schickert	W70	22:50.9	
John Smith	M75	25:13.6	
Jim Turnbull	M75	28:13.3	

**3000m**

Bruce McGeorge	M55	16:50.1
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**5000m**

Steve Weller	M35	19:26.2	
Mickey Muroi	M55	20:12.1	
Rod Hamilton	M50	20:28.4	
Rob Colton	M45	20:41.2	<b>PBA</b>
Maurice Creagh	M65	22:54.6	
Gillian Young	W65	23:24.5	
Bob Schickert	M70	23:54.8	
David Carr	M80	24:53.4	
Yoshi Muroi	VIS	28:07.3	

**60m**

Colin Smith	M50	8.4	
Rob Colton	M45	9.0	
Rod Hamilton	M50	9.2	<b>PBA</b>
Valerie Millard	W65	13.2	
Lynne Schickert	W70	14.7	

**400m**

Steve Weller	M35	61.2
Colin Smith	M50	62.6
Rob Colton	M45	68.4
Rod Hamilton	M50	78.5
Mickey Muroi	M55	83.4
Maurice Creagh	M65	85.0
Carol Bowman	W55	87.3
Yoshi Muroi	VIS	1:41.9

## WAAS – April 30

### 800m

Trent Harris	VIS	2:14.6	
Campbell Till	M55	2:25.6	
Tony Downey	M55	2:46.1	
Steve Weller	M35	2:46.7	
Maurice Creagh	M65	3:06.1	
Wendy Seegers	W35	3:24.9	
Peter Kennedy	M90	8:53.8	

### 100m

Andrew Taylor	M45	12.7	
Wendy Seegers	W35	12.9	
Tony Downey	M55	14.1	<b>PBA</b>
Barrie Kernaghan	M70	15.1	

### 3000m

John Dennehy	M50	15:55.4	
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### 5000m

Trent Harris	VIS	18:29.9	
Steve Weller	M35	18:32.1	<b>SB</b>
Maurice Creagh	M65	22:48.1	<b>SB</b>
Michael Lee	M60	22:58.9	<b>PBA</b>
Carmel Meyer	W50	24:09.5	
David Carr	M80	25:17.0	

### 60m

Tony Downey	M55	8.9	
Barrie Kernaghan	M70	9.9	
Peter Kennedy	M90	22.8	

### 400m

Campbell Till	M55	61.4	
Wendy Seegers	W35	64.4	
Tony Downey	M55	69.0	
Barrie Kernaghan	M70	78.4	
Maurice Creagh	M65	1:30.2	

## PARKRUNS

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

### CLAISEBROOK COVE:

#### Run 36: April 6 – 147 finishers

42	Tony Smith	M45	23:51	55.63%
97	Julie Keeley	W45	30:44	52.17%

#### Run 37: April 13– 149 finishers

11	Rod Hamilton	M50	19:59	73.81% <b>PB (PR)</b>
32	Hamish McLeod	M35	23:11	58.02%
35	Tony Smith	M35	23:36	56.21%

#### Run 38: April 20 – 166 finishers

38	Tony Smith	M35	23:46	54.69%
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#### Run 39 – April 27 – 160 finishers

5	Tony Smith	M35	18:52	70.32% <b>PB</b>
20	Hamish McLeod	M35	21:18	63.15%
106	John Talbot	M65	29:20	57.73%
160	Ange Hayward	W35	48:00	31.53%

### ROCKINGHAM:

#### Run 1: April 27 – 111 finishers

75	Bob Fawcett	M60	37:18	44.15%
76	Carolyn Fawcett	W60	37:22	52.68%

### RUSHCLIFFE, Nottingham, UK:

#### Run 26: April 6 – 85 finishers

41	John Oldfield	M65	24:46	70.39%
79	Christine Oldfield	W65	31:39	68.09% <b>PB (PR-UK)</b>

#### Run 27: April 13 – 110 finishers

101	Christine Oldfield	W65	32:02	67.27%
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#### Run 28: April 20 – 93 finishers

87	Christine Oldfield	W65	32:07	67.10%
88	John Oldfield	M65	32:07	54.28%

#### Run 29: April 27 – 107 finishers

50	John Oldfield	M65	24:16	71.84%
98	Christine Oldfield	W65	31:54	67.55%