

October Results

(NB: Porto Alegre WMA Championships are in a separate file)

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: As this is the first month of the season, most results will be season's bests

WAAS – October 1

200m

Tony Downey	M55	28.9	
Barrie Kernaghan	M70	29.4	
Adam Sahb	VIS	30.0	
Lynne Choate	W60	31.9	PBA=
Mark Dawson	M50	34.6	

Garry Ralston	M55	30.7	
Rosalyn Veersma	VIS	35.3	
Penny Ingram	VIS	36.0	
Carol Bowman	W55	37.8	

800m

Alan Gower	M55	2:38.0	
Mark Dawson	M50	2:55.4	
Tony Downey	M55	3:03.2	
Ivan Brown	M65	3:07.3	
Penny Ingram	VIS	3:19.8	
Allan Billington	M50	3:38.3	

60m

Andy Taylor	M35	7.1	
Melissa Foster	W35	8.1	
Dave Wyatt	M60	8.8	
Barrie Kernaghan	M70	9.1	
Lynne Choate	W60	9.2	
Cathy McCloskey	W50	8.8	
Penny Ingram	VIS	9.8	
Rosalyn Veersma	VIS	10.4	
Carol Bowman	W55	11.2	

Garry Ralston	M55	7.9	
David Middleton	M35	8.2	
Tony Downey	M55	8.8	
Adam Sahb	VIS	9.0	
Allan Billington	M50	9.8	

ECAC - 3 October

100m

Steve Fuller	M60	14.8	
Rahul M	VIS	15.0	
Aiden Hassan	VIS	17.1	

1000m

Carol Bowman	W55	4:20.0	
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3000m

Aiden Hassan	VIS	11:23.2	
Mike Meredith	M50	12:51.0	
Bob Schickert	M70	14:02.5	
Milton Mavrick	M55	14:05.7	
Kem Hassan	M40	14:45.7	PBA

3000m walk

Lynne Schickert	W70	22:16.2	
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400m

Steve Fuller	M60	71.3	
Carol Bowman	W55	1:31.0	

5000m

Andrew Brooker	M40	18:55.1	
Alan Gower	M55	19:05.1	
Sandra Stockman	W45	20:52.6	PBA
Mark Dawson	M50	22:29.4	

5000m Walk

Daniel Lowe	M35	30:58.3	
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2000m Steeplechase

Julie Wilson	W60	10:18.1	
John Dennehy	M50	10:57.3	PBA

Long Jump

Melissa Foster	W35	5.25	
Rosalyn Veersma	VIS	3.26	
Cathy McCloskey	W50	4.04	
Gay Wyatt	W55	2.81	
Allan Billington	M50	3.02	
Garry Ralston	M55	5.25	
Dave Wyatt	M60	4.62	

Weight Throw

Greg Urbanowicz	M35	14.39	
Todd Davey	M45	11.31	

Hammer Throw

Greg Urbanowicz	M35	42.14	PBA
Todd Davey	M45	35.53	PBA=
Tom Gravestock	M55	33.64	

1500m

Aiden Hassan	VIS	5:58.5	
Kem Hassan	M40	7:22.1	

Long Jump

Lynne Schickert	W70	2.35	
Steve Fuller	M60	3.67	
Milton Mavrick	M55	2.76	
Rahul M	VIS	3.34	

Javelin

Steve Fuller	M60	27.31	
Andrew Ward	M50	32.60	
Rahul M	VIS	21.26	

Shot

Andrew Ward	M50	8.68	
Milton Mavrick	M55	6.71	
Rahul M	VIS	7.66	

WAAS – October 8**100m**

Andy Taylor	M35	11.2
Wendy Seegers	W35	12.4
Malcolm Clarke	M40	12.5
Adam Sahb	VIS	13.4

**PBA
PBA=**

Garry Ralston	M55	12.3
Cathy McCloskey	W50	14.0

PBA ht

Tony Downey	M55	13.9
Shylah Clarke	VIS	14.4
Penny Ingram	W35	16.1

3000m

Rob Nichols	M35	9:56.9
Kim Thomas	M35	10:43.5
Campbell Till	M55	12:01.0
Mark Dawson	M50	12:58.7
Ivan Brown	M65	13:34.9
Blakeney Tindall	M50	14:18.8
Allan Billington	M50	15:25.5

PBA**400m**

Tony Downey	M55	63.5
Garry Ralston	M55	70.1
Mark Dawson	M50	72.3
John Dennehy	M50	74.3
David Carr	M80	74.7
Penny Ingram	VIS	79.8
Allan Billington	M50	85.3

1500m

Rob Nichols	M35	4:59.0
Giovanni Puglisi	M60	5:45.2
Mark Dawson	M50	6:21.4
Penny Ingram	W35	6:51.2

Long Jump

Cathy McCloskey	W50	4.15	SB
Greg Brush	M45	5.62	

High Jump

Gay Wyatt	W55	1.05
Dave Wyatt	M60	1.40
Rahul Moorthy	VIS	1.15

Shot

Greg Urbanowicz	M35	12.46	PBA
Todd Davey	M45	12.82	SB
Andrew Ward	M50	8.61	
Tom Gravestock	M55	9.97	
Rocky Cloete	VIS	11.54	

Discus

Shylah Clarke	VIS	26.70	
Greg Urbanowicz	M35	38.49	
Mal Clarke	M40	36.03	
Rahul Moorthy	VIS	22.62	
Todd Davey	M45	42.12	SB
Andrew Ward	M50	30.12	
Tom Gravestock	M55	37.16	
Rocky Cloete	VIS	35.92	

ECAC - 10 October**200m**

Kim Thomas	M35	31.4
Steve Fuller	M60	31.5
Mitch Thomas	VIS	34.9
Julie Willmott	W45	36.2

800m

Kim Thomas	M35	2:38.4
Mitch Thomas	VIS	2:38.7
Steve Fuller	M60	2:40.0
David Carr	M80	2:53.6
Julie Willmott	W45	3:24.0

PBA**60m**

Kim Thomas	M35	9.5
Mitch Thomas	VIS	9.8
John Dennehy	M50	9.9
Julie Willmott	W45	10.9

3000m

John Dennehy	M50	15:18.3
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5000m

Andrew Davison	M45	17:50.5	SB
Kim Thomas	M35	18:35.8	
Mitch Thomas	VIS	18:45.5	
Mickey Muroi	M55	20:35.7	

Triple Jump

Rahul Moorthy	VIS	6.70
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Discus

Steve Fuller	M60	29.32
Rahul Moorthy	VIS	22.39

WAAS – October 15**100m**

Garry Ralston	M55	12.3
Wendy Seegers	W35	12.4
Mal Clarke	M40	12.8

**PBA=
PBA=**

Tony Downey	M55	13.7
Dave Wyatt	M60	13.8
Brian Davies	VIS	14.9

SB

David Lee	VIS	13.0
Penny Ingram	VIS	15.5
Fran Cherry	W50	15.5

600m

Campbell Till	M55	1:41.1
David Lee	VIS	1:46.7
Tony Downey	M55	1:58.0
John Dennehy	M50	2:13.9
Penny Ingram	VIS	2:15.5

60m

Mal Clarke	M40	7.8
Wendy Seegers	W35	7.9
Brian Davies	VIS	9.2
Tony Downey	M55	9.6

Fran Cherry	W50	9.7
Penny Ingram	VIS	9.8
John Dennehy	M50	9.9
Ali Matautia	W40	10.1

SB=

3000m

David Lee	VIS	11:38.9	
Michael Lee	M60	13:04.7	PBA
Tony Downey	M55	13:32.3	
Blakeney Tindall	M50	13:33.2	SB
Ivan Brown	M65	13:47.1	
Allan Billington	M50	15:28.6	

Triple Jump

Dave Wyatt	M60	9.59	
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Weight Throw

Ali Matautia	W40	9.28	PBA
Mal Clarke	M40	11.06	
Andrew Ward	M50	8.68	
Tom Gravestock	M55	11.71	
Bob Fergie	M75	10.47	

Javelin

Ali Matautia	W40	23.70	
Mal Clarke	M40	38.76	
Andrew Ward	M50	31.20	
Brian Davies	VIS	24.67	

ECAC - 17 October**60m**

Anthony Lim	VIS	8.8	
Steve Fuller	M60	9.4	
Maureen Keshwar	W60	10.0	
Julie Willmott	W45	10.5	SB

Rahul Moorthy

VIS 9.4

Kim Thomas

M35 11.5

Bob Fawcett

M60 13.6

1500m

Kim Thomas	M35	5:07.8	
Anthony Lim	VIS	5:48.4	
Mickey Muroi	M55	5:57.7	
Steve Fuller	M60	6:15.0	
Julie Willmott	W45	6:32.4	PBA
Trish Farr	W40	6:40.0	PBA
Kem Hassan	M40	7:09.4	PBA

200m

Kim Thomas	M35	30.2	SB
Steve Fuller	M60	31.1	SB
Maureen Keshwar	W60	37.3	

3000m

Kim Thomas	M35	11:31.6	
Trish Farr	W40	12:36.6	PBA
Mickey Muroi	M55	12:55.0	
Kem Hassan	M40	15:36.4	
Bob Fawcett	M60	20:28.2	

1000m walk

John Smith	M75	7:37.3	
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2000m walk

John Smith	M75	16:02.0	
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Javelin

Steve Fuller	M60	31.22	SB
Julie Willmott	W45	14.21	
Rahul Moorthy	VIS	21.19	
Andrew Ward	M50	32.59	
Anthony Lim	VIS	19.86	

Shot

Andrew Ward	M50	8.73	SB
Rahul Moorthy	VIS	7.88	
Anthony Lim	VIS	8.12	

WAAS – October 22**60m**

Greg Brennan	M45	7.6	
Wendy Seegers	W35	7.7	SB
Mal Clarke	M40	7.7	PBA

Campbell Till

M55 8.1

Dave Wyatt

M60 8.6

Cathy McCloskey

W50 8.8

Tony Downey

M55 8.6

Fran Cherry

W50 10.1

Mile

Todd Ingraham	M35	4:58.3	
Andrew Brooker	M40	5:19.3	
Steve Weller	M35	5:36.3	
Mark Dawson	M50	5:59.7	
Keith Edmonds	M45	6:00.2	PBA
Grant Schofield	M45	6:00.9	PBA
Michael Lee	M60	6:33.4	PBA
Ivan Brown	M65	6:48.8	
Blakeney Tindall	M50	6:59.0	

200m

Greg Brennan	M45	26.0	
Wendy Seegers	W35	26.1	
Campbell Till	M55	27.8	

Tony Downey

M55 28.7

Cathy McCloskey

W50 30.7

Fran Cherry

W50 35.5

3000m

Steve Weller	M35	10:49.3	
Mark Dawson	M50	12:29.3	SB
Grant Schofield	M45	12:34.4	
Keith Edmonds	M45	13:06.6	
Michael Lee	M60	13:09.3	
Blakeney Tindall	M50	14:40.5	
John Dennehy	M50	14:50.9	SB

Long Jump

Cathy McCloskey	W50	3.99	
Fran Cherry	W50	3.35	
Gay Wyatt	W55	3.12	PBA
Dave Wyatt	M60	4.89	SB
John Dennehy	M50	3.46	

Shot

Ali Matautia	W40	8.31	
Jazz Clarke	VIS	6.93	
Geoffrey Gee	M60	13.17	SB
Roger Ditewig	M50	9.90	PBA
Andrew Ward	M50	9.06	PBA
Mal Clarke	M40	12.41	
Matt Staunton	M35	12.02	

Hammer

Ali Matautia	W40	27.00	PBA
Geoffrey Gee	M60	37.80	PBA
Roger Ditewig	M50	22.39	
Andrew Ward	M50	22.78	
Mal Clarke	M40	32.95	
Matt Staunton	M35	45.60	PBA

ECAC - 24 October**100m**

Ross Keane	M50	18.2
Raynor Keane	VIS	19.3

Ross Keane	M50	17.5	PBA
Raynor Keane	VIS	17.9	

Steve Fuller	M60	14.7	SB
Aiden Hassan	VIS	18.3	
Raynor Keane	VIS	18.8	

800m

Ross Keane	M50	2:35.2
Raynor Keane	VIS	3:00.4
Kem Hassan	M40	3:33.7

2000m walk

Val Millard	W65	14:53.0	
John Smith	M75	15:33.0	SB

300m

Steve Fuller	M60	47.8
Raynor Keane	VIS	61.8
Carol Bowman	W55	65.6

4000m

Aiden Hassan	VIS	16:32.4
Ross Keane	M50	16:35.7
Mike Meredith	VIS	17:50.5
Kem Hassan	M40	19:42.4

Discus

Matt Staunton	M35	38.73	
Steve Fuller	M60	30.68	SB
Val Millard	W65	12.46	PBA
Carol Bowman	W55	11.90	
Rahul Moorthy	VIS	23.17	

Weight throw

Matt Staunton	M35	13.42
Rahul Moorthy	VIS	5.83

WAAS – October 29**100m**

Rudi Kocis	M50	11.9
Wendy Seegers	W35	12.5
Adam Sahb	Vis	13.7

800m

Rob Nichols	M35	2:12.7	PBA
Steve Weller	M35	2:20.3	PBA
Campbell Till	M55	2:23.9	
Mark Dawson	M50	2:33.8	SB
Rob Colton	M50	2:37.3	
Grant Schofield	M45	2:39.5	
Tony Downey	M55	2:53.2	SB
Ivan Brown	M65	3:05.7	SB
Gary Ralston	M55	3:07.8	
Allan Billington	M50	3:18.5	SB

300m

Rudi Kocis	M50	41.6
Wendy Seegers	W35	42.6
Adam Sahb	Vis	47.7
Rob Colton	M50	52.0

Tony Downey	M55	47.3
Allan Billington	M50	56.0
Carmel Meyer	VIS	58.3

4000m

Rob Nichols	M35	13:55.1
Steve Weller	M35	15:34.7
Mark Dawson	M50	16:42.5
Rob Colton	M50	17:19.9
Grant Schofield	M45	17:26.2
BlakeneyTindall	M50	18:56.3

2000m

Ivan Brown	M65	8:51.8
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2000m Steeplechase

Rob Nichols	M35	7:42.7	
Rob Colton	M50	9:23.7	
Michael Lee	M60	9:28.2	
John Dennehy	M50	10:42.3	PBA
Julie Wilson	W60	10:43.0	

Long Jump

Gay Wyatt	W55	3.27	SB
John Dennehy	M50	3.69	SB

High Jump

Sue Coate	W45	1.15	
Gay Wyatt	W55	1.05	SB=
Roger Ditewig	M50	1.50	
Dave Wyatt	M60	1.40	SB=

Weight Throw

Andrew Ward	M50	9.57	PBA
Tom Gravestock	M55	11.99	SB
Geoffrey Gee	M60	16.43	SB
Bob Fergie	M75	9.81	

Discus

Rachael Coate	VIS	20.83	
Sue Coate	W45	20.68	
Roger Ditewig	M50	32.26	PBA
Andrew Ward	M50	28.24	
Tom Gravestock	M55	39.24	SB
Geoffrey Gee	M60	34.06	PBA
Bob Fergie	M75	20.58	

ECAC 31 October**10000m PATRON'S TROPHY**

			% points
Kim Thomas	M39	38:08.8	72.50
Steve Weller	M38	39:35.1	69.35
Giovanni Puglisi	M62	41:22.7	80.54
Sue Bourn	W46	45:43.3	71.42

200m

Rahul Moorthy	VIS	32.6	
Lenz Keel	VIS	33.1	
Steve Fuller	M60	34.2	
Mitch Thomas	VIS	34.4	
Julie Willmott	W45	35.8	SB
Maureen Keshwar	W60	35.8	SB
Carol Bowman	W55	40.9	
Carolyn Fawcett	W60	51.7	

1500m

Mitch Thomas	VIS	5:06.6	
Steve Fuller	M60	6:03.1	SB
Colin Shaw	M50	6:13.0	
Kem Hassan	M40	6:34.5	PBA
Julie Willmott	W45	6:58.8	

1500 walk

Robin King	W55	9:11.3	
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400m

Peter Gosling	VIS	76.0	
Mitch Thomas	VIS	76.5	
Colin Shaw	M50	77.3	
Lenz Keel	VIS	80.8	
Kem Hassan	M40	81.9	PBA
Julie Willmott	W45	82.5	
Carol Bowman	W55	87.2	SB

Strive meet, WAAS – Friday November 1**60m**

Rudi Kocis	M50	7.77	+2.1
Greg Brennan	M45	7.88	+2.1
Alan Deans	M60	10.82	+1.3

3000m

Rob Nichols	M35	9:29.1	PBA
Xander van Rijen	M40	9:37.4	

High Jump

Dave Wyatt	M60	1.40	SB=
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Javelin

Christine Schelfhout	W45	12.62	
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Discus

Todd Davey	M45	40.36	
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Shot

Todd Davey	M45	12.94	SB
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Australian Masters Games, Geelong – October 5-12

Day 1: Saturday October 5

100m
Don Chambers M75 15.85 +0.1 **GOLD**

800m
Carol Bowman W55 3:16.7 **SILVER**

80m hurdles
Don Chambers M75 19.22 -2.9 **GOLD**

2000m steeplechase
Carol Bowman W55 10:57.2 **GOLD**

Pole Vault
Don Chambers M75 2.00 **GOLD**

Shot Put
Matt Staunton M35 12.35 **GOLD**
Todd Davey M45 12.64 **SILVER**
Don Chambers M75 8.12 **GOLD**
Michelle Link W50 6.22 6/7
Elizabeth Szczepanska W60 8.17 **GOLD PBA**

Hammer
Matt Staunton M35 44.00 **SILVER**
Todd Davey M45 35.92 **BRONZE PBA**

Day 2: Sunday October 6

200m
Don Chambers M75 33.99 -0.2 **SILVER**

300m hurdles
Don Chambers M75 68.59 **GOLD**

3000m walk
David Smyth M40 16:56.86 **GOLD**

Discus
Matt Staunton M35 38.52 **GOLD**
Todd Davey M45 41.39 **SILVER**
Don Chambers M75 19.29 **GOLD**
Michelle Link W50 15.43 5/6
Elizabeth Szczepanska W60 22.11 **GOLD**

Javelin
Todd Davey M45 38.10 **BRONZE**
Stan Selby M65 37.15 **GOLD**
Michelle Link M50 18.23 4/7
Elizabeth Szczepanska W60 17.84 **GOLD PBA**

Weight Throw
Matt Staunton M35 13.35 **SILVER**
Todd Davey M45 10.35 **SILVER**
Don Chambers M75 11.18 **GOLD**
Michelle Link W50 6.07 **BRONZE**
Elizabeth Szczepanska W60 11.76 **GOLD**

Day 3: Monday October 7

400m
Carol Bowman W55 83.38 **SILVER**

5000m walk
David Smyth M40 29:26.57 **GOLD**

Women's Weight Pentathlon

	HT	SP	DT	JT	WT
W50 BRONZE Michelle Link 1390	ND 0	5.78m 353	16.21m 301	19.01m 382	6.52m SB 354
W60 GOLD Elizabeth Szczepanska 3148	26.40m 723	8.17m 678	22.67m 580	17.07m 407	11.85m SB 760

Men's Weight Pentathlon

	HT	SP	DT	JT	WT
M35 SILVER Matt Staunton 3052	45.12m SB 618	11.54m 604	39.40m SB 664	42.79m 490	13.69m SB 676
M45 SILVER Todd Davey 3338	33.89m 545	12.68m SB 804	40.91m 856	37.93m 507	11.19m 626

Day 6: Thursday October 10

10,000m road walk
David Smyth M40 61:48 **SILVER**

Throws Pentathlon – AMA Winter Throws, Canberra, October 6

	Hammer	Shot	Discus	Javelin	Weight Throw
Geoff Gee M60	40.32 722	12.98 864	31.81 540	33.18 543	17.57 925
Points Total	3594 SR	PBA			SR
Position	1/3				

PARKRUNS

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

CLAISEBROOK COVE:

Run 61 – October 5; 180 finishers

6	Grahak Cunningham	M35	18:38	71.20%
16	Rod Hamilton	M50	20:46	71.59%
43	Hamish McLeod	M35	23:25	57.44%
59	Bryan Hardy	M70	25:18	69.70%
95	John Talbot	M65	28:47	59.35%

Run 62 – October 12; (140)

15	Giovanni Puglisi	M60	20:09	80.98%
16	Rod Hamilton	M50	20:22	73.00%
61	Bryan Hardy	M70	25:16	74.77%

Run 63 – October 19; (173)

13	Rod Hamilton	M50	20:22	80.98%
73	Bryan Hardy	M70	25:16	69.79%

Run 64 – October 26; (140)

1	Todd Ingraham	M35	17:04	79.39%
44	Hamish McLeod	M35	24:07	55.77%
60	Bryan Hardy	M70	26:18	67.05%
87	John Talbot	M65	29:13	58.47%

AVELEY:

Run 13- October 5; 48 finishers

2	Anthony Smith	M40	19:19	71.70%
5	Michael Lee	M60	22:56	72.46%

RUSHCLIFFE, Nottingham, UK:

Run 52 (birthday run): October 5 – 232 finishers

56	John Oldfield	M70	22:34	78.14%
195	Christine Oldfield	W65	31:10	69.14%

CANNING RIVER:

Run 18 – October 5; 104 finishers

2	Paul Odam	M50	20:11	74.90%
6	Lisa Searle	W40	21:20	72.11%
7	Ross Keane	M50	21:24	70.02%
9	Stuart McKinnon	M30	21:47	59.68%
67	Rebecca McKinnon	W30	32:01	46.43% PB
72	Delia Baldock	W50	34:20	49.42%

Run 19 – October 12; (111)

2	Kim Thomas	M35	18:19	73.98%
6	Paul Odam	M50	19:43	76.67%
9	Lisa Searle	W40	20:59	73.31% PB
35	Kem Hassan	M40	26:15	53.21% PB
81	Delia Baldock	W50	33:38	50.45%

Run 20 – October 19; (80)

20	Adrian Kenny	M40	23:44	57.51%
34	Kem Hassan	M40	26:30	52.70%
54	Delia Baldock	W50	32:37	52.02%

Run 21 – October 26; (87)

1	Paul Odam	M50	19:30	77.52% PB
6	Lisa Searle	W40	20:37	74.62% PB
30	Kem Hassan	M40	25:55	53.89% PB
57	Delia Baldock	W50	32:29	52.23%

ROCKINGHAM:

Run 22 – October 5; 143 finishers

89	Elaine Dance	W60	34:41	56.75%
118	Vic Beaumont	M80	42:17	53.88% PB

Run 23 – October 12; (111)

72	Elaine Dance	W60	34:17	57.41% PB
83	Vic Beaumont	M80	39:26	57.78% PB

Run 24 – October 19; (94)

5	Kim Thomas	M35	18:56	71.57%
69	Bob Fawcett	M60	35:22	46.98%
75	Carolyn Fawcett	W60	36:55	53.32%

Run 25 – October 26; (128)

87	Bob Fawcett	M60	34:38	47.98%
92	Carolyn Fawcett	W60	35:41	55.16%