

## December 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*

WAAS 3/12/13

*Note: All sprints and long jump were wind-assisted*

### Patron's Trophy

5000m			% points	
Rob Nichols	M35	16:54.8	76.67	PBA
Steve Weller	M35	19:07.1	68.80	
Grahak Cunningham	M35	19:53.5	65.19	PBA
Mark Dawson	M50	21:33.6	68.00	SB
Campbell Till	M55	21:51.2	69.36	
John Oldfield	M70	21:59.8	78.37	PBA
Keith Edmonds	M45	22:13.8	62.87	
Matt Kelly	M30	22:43.7	55.95	
Milton Mavrick	M60	23:13.7	66.95	PBA
Ivan Brown	M65	23:33.1	71.63	
Carmel Meyer	W50	25:07.2	68.28	
John Dennehy	M50	27:03.4	55.09	
Greg Wilson	M65	27:55.6	59.29	

### 400m

Colin Smith	M50	59.2		
Rob Nichols	M35	59.8	PBA	
Wendy Seegers	W35	60.2	PBA	
Jeremy Love	Vis	63.0		
Matt Kelly	M30	70.1		

### 1500m

Grahak Cunningham	M35	5:29.2		
Steve Weller	M35	5:41.8		
Keith Edmonds	M45	5:53.6		
Mark Dawson	M50	5:57.0		

### Strive, WAAS – December 6

#### 100m

Rudy Kocis	M50	12.02	+1.0	PBA et
Wendy Seegers	W35	12.50	+0.6	PBA et
Alan Deans	M60	17.18	+1.7	PBA
Barrie Kernaghan	M70	18.12	+0.8	

#### 1500m

Scott Tamblin	M30	3:53.86	SB	
Xander van Rijen	M45	4:17.67	PBA	
Andrew Brooker	M40	4:37.98		
Sandra Voesenek	W40	4:49.46		
Mark Dawson	M50	5:16.69	SB	
John Collier	M45	5:34.62		

#### 110m hurdles

Paul Edmiston	M40	15.72	+0.7	SR
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#### 100m

Jeremy Love	Vis	12.8		
Colin Smith	M50	13.1		
Matt Kelly	M30	13.6		SB
Lynne Choate	W60	15.3		
Keith Edmonds	M45	14.5		
Leanne Hyland	W30	15.1		
Fran Cherry	W50	15.2		PBA w/a
Christine Oldfield	W65	22.9		

#### 3000m

Blakeney Tindall	M50	14:30.0		
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#### Shot Put

Bev Hamilton	W65	7.15		
Matt Staunton	M35	13.04		PBA
Todd Davey	M45	12.90		
Roger Ditewig	M50	9.41		
Geoff Gee	M60	11.95		

#### Hammer

Bev Hamilton	W65	24.45		
Matt Staunton	M35	45.89		
Greg Urbanowicz	M35	40.10		
Geoff Gee	M60	37.15		

#### Long Jump

Leanne Hyland	W30	4.28		
Fran Cherry	W50	3:60		PBA w/a
Carmel Meyer	W50	3:56		
Colin Smith	M50	4.07		

#### 3000m steeplechase (91cm barriers)

Rob Nichols	M35	10:42.6		
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#### 3000m walk

Daniel Lowe	M35	17:53.4		SB
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#### High Jump

Greg Wilson	M65	1.35		SB=
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#### Hammer

Matt Staunton	M35	46.39		
Mal Clarke	M40	33.42		

#### Shot

Mal Clarke	M40	11.29		
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#### Javelin

Greg Wilson	M65	28.04		PBA
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## ECAC - 5 December

### Patron's Trophy

#### 800m % points

Kim Thomas	M35	2:21.2	74.60
Rob Colton	M50	2:26.5	79.39 <b>PBA</b>
David Solomon	M45	2:30.8	76.45
Colin Smith	M50	2:32.1	76.47 <b>PBA</b>
Mitch Thomas	VIS	2:32.7	

Giovanni Puglisi	M60	2:41.4	79.43
Steve Fuller	M60	2:44.5	77.34
Sue Bourn	W45	2:57.8	69.06
Carmel Meyer	W50	3:04.5	70.63 <b>SB</b>
David Carr	M80	3:04.7	90.67

Colin Shaw	M50	2:59.5	64.80 <b>PBA</b>
Alex Purcell	VIS	3:15.6	
Carol Bowman	W55	3:21.9	70.10
Bob Schickert	M70	3:30.4	67.86
Delia Baldock	W50	3:48.0	56.42
Lynne Schickert	W70	5:00.1	62.35

#### 200m

Colin Smith	M50	27.5	
David Kennedy	VIS	28.3	
David Solomon	M45	28.5	
Colin Shaw	M50	30.4	

Vicki Cobby	W40	31.2	
Kristy Devereux	W30	32.6	
Mitch Thomas	VIS	32.9	
Carmel Meyer	W50	33.4	<b>SB</b>
Kim Thomas	M35	33.9	

Alex Purcell	VIS	33.5	
Bob Schickert	M70	38.5	
David Carr	M80	38.5	<b>SB</b>
Carol Bowman	W55	39.4	
Lynne Schickert	W70	52.2	

<b>2000m walk</b>			
Tom Lenane	M55	12:03.7	<b>PBA</b>

#### 4000m

David Kennedy	VIS	13:38.7	
Kim Thomas	M35	14:08.6	
Aiden Hassan	VIS	15:56.6	
Michael Meredith	VIS	17:11.7	
Kem Hassan	M40	20:42.3	
Monique Thomas	W35	22:54.7	
Mitch Thomas	VIS	22:54.7	

#### 60m

Colin Smith	M50	8.6	
David Solomon	M45	8.7	
Rob Colton	M50	8.9	<b>PBA</b>
Steve Fuller	M60	9.1	<b>SB</b>

Colin Shaw	M50	9.2	
Vicki Cobby	W40	9.4	
Kristy Devereux	W30	9.4	

Alex Purcell	VIS	9.2	
Aiden Hassan	VIS	9.8	
Mitch Thomas	VIS	9.9	

#### Long Jump

Lynne Schickert	W70	2.31	
Alex Purcell	VIS	2.97	
Colin Smith	M50	4.21	<b>SB</b>
Steve Fuller	M60	3.74	<b>SB</b>

#### Discus

Matt Staunton	M35	39.72	<b>SB</b>
Andrew Ward	M50	30.32	<b>SB</b>
Oswald Igel	M60	37.43	
Mark Hamilton	M40	34.32	
Todd Davey	M40	40.53	
Steve Fuller	M60	31.89	<b>SB</b>

#### Weight Throw

<b>Matt Staunton</b>	<b>M35</b>	<b>14.67</b>	<b>SR</b>
Andrew Ward	M50	9.73	<b>PBA</b>
Oswald Igel	M60	12.12	<b>PBA</b>

## WAAS – December 10

### Patron's Trophy

#### 800m % points

Campbell Till	M55	2:24.3	84.73
Mark Dawson	M50	2:29.9	78.89 <b>SB</b>
Grahak Cunningham	M35	2:35.8	65.70
Matt Kelly	M30	2:36.7	64.52
John Collier	M45	2:53.5	65.29
John Oldfield	M70	3:02.5	75.90 <b>PBA</b>
Ivan Brown	M65	3:05.8	72.93

John Dennehy	M50	3:02.3	65.97
Cathy McCloskey	W50	3:04.1	69.00
Greg Wilson	M65	3:36.1	61.37
Julie Wilson	W60	3:37.4	68.98
Christine Oldfield	W65	4:07.9	67.07

#### 200m

Rudy Kocis	M50	24.6	<b>SB</b>
Mark Dawson	M50	31.0	<b>PBA</b>
Geoff Brayshaw	M60	31.8	
Fran Cherry	W50	34.2	<b>SB</b>

Lisa Limonas	W40	31.3	
Carol Bowman	W55	38.0	
Christine Oldfield	W65	47.2	

#### 4000m

Grahak Cunningham	M35	15:14.9	
Steve Weller	M35	15:49.7	
John Collier	M45	16:55.9	
Matt Kelly	M30	17:13.9	
Michael Lee	M60	17:28.5	
Blakeney Tindall	M50	19:24.9	

**(WAAS – December 10 continued)****60m**

Rudy Kocis	M50	7.7	
Cathy McCloskey	W50	8.7	<b>PBA</b>
Lisa Limonas	W40	9.1	
Fran Cherry	W50	9.7	
Carol Bowman	W55	11.3	

**Weight**

Bev Hamilton	W65	10.92	
Ali Matautia	W40	9.22	
Greg Urbanowicz	M35	14.11	
Matt Staunton	M35	13.39	
Mal Clarke	M40	11.12	<b>SB</b>
Todd Davey	M45	12.50	<b>SR</b>
Andrew Ward	M50	9.21	
Tom Gravestock	M55	12.71	<b>SB</b>
Geoff Gee	M60	17.45	

**Discus**

Bev Hamilton	W65	21.28	
Ali Matautia	W40	26.27	<b>PBA</b>
Greg Urbanowicz	M35	42.40	
Mal Clarke	M40	39.60	<b>SB</b>
Todd Davey	M45	41.87	
Andrew Ward	M50	31.30	<b>PBA</b>
Geoff Gee	M60	37.56	

**Hammer Throw**

Ali Matautia	W40	28.05	<b>PBA</b>
Matt Staunton	M35	47.29	<b>SR</b>
Greg Urbanowicz	M35	38.21	
Mal Clarke	M40	33.24	
Todd Davey	M45	33.59	
Geoff Gee	M60	37.51	

**Long Jump**

Cathy McCloskey	W50	3.98	
Fran Cherry	W50	3.63	<b>PBA</b>
Geoff Brayshaw	M60	4.18	

**ECAC - 12 December****Patron's Trophy**

<b>Triple Jump</b>			<b>% points</b>	
David Carr	M80	5.56	62.82	
Lynne Schickert	W70	5:58	66.83	<b>SB</b>
Alex Purcell	VIS	8.04		
Kim Thomas	M35	10.18	58.98	<b>PBA</b>
Delia Baldock	W50	8.16	69.04	<b>PBA</b>
Colin Smith	M50	8.98	59.63	

**60m**

Steve Chilcott	M30	8.1	
Colin Smith	M50	8.7	
David Solomon	M45	8.8	
Dan Smith	VIS	9.0	

Alex Purcell	VIS	9.4	
Aiden Hassan	VIS	9.8	
Mitch Thomas	VIS	10.5	
Kim Thomas	M35	10.7	

Kem Hassan	M40	12.7	
Bob Fawcett	M60	12.8	
Lynne Schickert	W70	14.0	
Carolyn Fawcett	W60	14.3	

**Mile**

Kim Thomas	M35	5:08.0	<b>PBA</b>
Andrew Davison	M45	5:16.4	
Mitch Thomas	VIS	5:40.7	
Mickey Muroi	M55	6:08.2	<b>PBA</b>
Aiden Hassan	VIS	6:09.8	
Dan Smith	VIS	7:12.4	
Steve Chilcott	M30	7:12.8	
Kem Hassan	M40	7:21.2	<b>PBA</b>
Bob Schickert	M70	7:24.3	
Bob Fawcett	M60	9:22.7	<b>PBA</b>
Carolyn Fawcett	W60	10:27.3	<b>PBA</b>

**Mile walk**

Tom Lenane	M55	9:52.8	
John Smith	M75	11:40.1	<b>PBA</b>

**1000m walk**

Lynne Schickert	W70	7:32.0	
John Smith	M75	8:16.5	

**Patron's Trophy**

<b>Javelin</b>			<b>% points</b>	
Sue Bourn	W45	13.03	22.82	<b>PBA</b>
Kim Thomas	M35	29.85	33.65	
Colin Smith	M50	15.29	19.86	<b>SB</b>
David Carr	M80	16.25	35.52	
Bob Fawcett	M60	17.50	28.66	
Lynne Schickert	W70	9.17	29.54	

**1000m**

David Solomon	M45	3:21.0	
Mitch Thomas	VIS	3:21.3	
Kim Thomas	M35	3:21.9	
Aiden Hassan	VIS	3:33.4	
Mickey Muroi	M55	3:49.9	
Alex Purcell	VIS	4:28.2	
Bob Schickert	M70	4:31.4	<b>PBA</b>
Carol Bowman	W55	4:34.2	
Delia Baldock	W50	5:09.8	
Monique Thomas	W30	5:11.3	
Kem Hassan	M40	5:13.5	
Bob Fawcett	M60	5:39.6	
Carolyn Fawcett	W60	6:41.2	

**Shot**

Rob Young	M65	7.92	
Steve Chilcott	M30	10.67	
Daniel Smith	Vis	10.02	

**Javelin non-trophy**

Rob Young	M65	14.13	
Steve Chilcott	M30	47.74	
Daniel Smith	Vis	44.15	

**300m**

Colin Smith	M50	43.4	
David Solomon	M45	44.8	
Alex Purcell	VIS	56.4	
Mickey Muroi	M55	57.8	
Aiden Hassan	VIS	58.1	
Mitch Thomas	VIS	59.3	
Kim Thomas	M35	60.3	
Kem Hassan	M40	78.5	

**Strive, WAAS – December 13****100m**Glenn Ross M40 11.76 +1.7 **SB=****200m**Glenn Ross M40 23.48 +1.2 **SB****800m**Xander van Ryan M45 2:04.46 **PBA**

Kim Thomas M35 2:27.51

John Collier M45 2:38.58 **SB****Long Jump**

Melissa Foster W35 5.22 +2.3

**Triple Jump**

Melissa Foster W35 11.12 +2.3

**High Jump**Greg Wilson M65 1.40 **SB****Discus**Andrew Ward M50 31.72 **PBA**

Greg Wilson M65 31.14

Christine Schelfhout W45 18.58 **SB****Hammer**

Christine Schelfhout W45 17.98

**Shot**

Andrew Ward M50 8.51

Christine Schelfhout W45 7.24 **SB****WAAS – December 17****Patron's Trophy****Triple Jump % points**

Cathy McCloskey W50 8.46 70.56

Fran Cherry W50 7.06 58.88

Gay Wyatt W55 6.82 64.95 **PBA**

Greg Wilson M65 7.09 59.83

Campbell Till M55 9.44 68.11

Rob Colton M50 7.78 51.66

John Dennehy M50 6.69 46.91

**60m**Bernard Riviere M45 7.8 **SB**Cathy McCloskey W50 8.5 **PBA**Dave Wyatt M60 8.6 **SB=**

Geoff Brayshaw M60 8.8

Lynne Choate W60 9.2

Fran Cherry W50 9.2 **PBA**Carol Bowman W55 11.0 **SB****Mile**

Grahak Cunningham M35 5:29.1

Mark Dawson M50 5:54.7 **SB**Bruce Wilson M65 6:17.8 **PBA**Michael Lee M60 6:26.0 **PBA**

David Carr M80 7:40.5

Julie Wilson W60 8:00.9

**1000m Walk**

Sue Coate W45 6:11.0

**Patron's Trophy****Javelin % points**

John Dennehy M50 15.20 21.28

Campbell Till M55 23.75 34.59

Greg Wilson M65 26.54 45.49

Ivan Brown M65 17.18 31.67

David Carr M80 13.22 28.90

**1000m**

Grahak Cunningham M35 3:14.5

Campbell Till M55 3:19.2

Mark Dawson M50 3:51.4

Michael Lee M60 3:53.4 **PBA**

Ivan Brown M65 4:00.8

David Carr M80 4:19.0

Julie Wilson W60 4:40.4

**300m**

Bernard Riviere M45 44.8

Geoff Brayshaw M60 55.6

Lynne Choate W60 56.4

Fran Cherry W50 56.9

Carol Bowman W55 61.2

**Javelin (six trials)**

Sue Coate W45 22.86

Grahak Cunningham M35 29.19 **PBA**

Geoff Gee M60 32.91

Geoff Brayshaw M60 31.18

Rob Shand M80 20.39 **SB**

**ECAC - 19 December****100m**

Colin Smith	M50	13.5
Mitch Thomas	VIS	17.0
Bob Fawcett	M60	21.6

Lisa Limonas	W40	15.0
Sue Bourn	W45	15.3
Carmel Meyer	W50	16.5

Julie Willmott	W45	17.0	
Carolyn Fawcett	W60	24.3	<b>SB</b>

Amanda Bate	VIS	20.9
Tegan Purcell	VIS	21.6
Bob Schickert	M70	24.1

**600m**

Mitch Thomas	VIS	1:56.5
Kim Thomas	M35	1:56.9
Julie Willmott	W45	2:16.1
Carmel Meyer	W50	2:25.0
Carol Bowman	W55	2:32.0
Delia Baldock	W50	2:38.4
Kem Hassan	M40	2:41.0

**2000m**

Tina Runnion	VIS	10:37.9
Carolyn Fawcett	W60	13:56.3

**2000m walk**

Lynne Schickert	W70	14:43.9	
John Smith	M75	14:45.7	<b>SB</b>

**4000m**

Mitch Thomas	VIS	15:16.8
Kim Thomas	M35	15:17.2
Giovanni Puglisi	M60	17:02.8
Sue Bourn	W45	18:13.6
Mercurio Cicchini	VIS	19:31.4
Bob Schickert	M70	20:26.3
Kem Hassan	M40	21:44.9
Bob Fawcett	M60	25:44.5

**200m**

Colin Smith	M50	28.1	
Lisa Limonas	W40	31.1	<b>SB</b>
Sue Bourn	W45	34.0	
Mitch Thomas	VIS	36.9	
Kim Thomas	M35	37.5	

Carmel Meyer	W50	34.7
Julie Willmott	W45	36.0
Kem Hassan	M40	36.8
Carol Bowman	W55	40.2

Amanda Bate	VIS	45.0
Bob Schickert	M70	45.5
Tegan Purcell	VIS	48.7
Lynne Schickert	W70	52.9
Carolyn Fawcett	W60	53.2

**Long Jump**

Lynne Schickert	W70	2.49	<b>SB</b>
Amanda Bate	VIS	2.19	
Tegan Purcell	VIS	2.32	
Mercurio Cicchini	VIS	3.41	
Lisa Limonas	W40	4.09	

**Strive, WAAS – Thursday December 19****100m**

Glenn Ross	M40	11.74	+3.2	<b>SB w/a</b>
Greg Brennan	M40	12.49	+2.2	<b>SB w/a</b>
Rudy Kocis	M50	11.95	+2.3	<b>SB w/a</b>
Alan Deans	M60	17.23	+2.0	

**400m**

Wendy Seegers	W35	62.18
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**1500m**

Scott Tamblin	M30	3:51.35	<b>SR</b>
Andrew Brooker	M40	4:38.76	
Xander van Rijen	M45	4:18.16	
John Collier	M45	5:42.68	
Mark Dawson	M50	5:11.98	<b>SB</b>
Alan Deans	M60	6:38.99	
Sandra Voeselek	W40	4:45.52	<b>SR</b>

**2000m Steeplechase**

Michael Lee	M60	9:07.2	<b>PBA</b>
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**5000m walk**

Daniel Lowe	M35	30:48.7	<b>PBA</b>
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**Long Jump**

Melissa Foster	W35	5.34	+2.0	<b>SB</b>
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**Triple Jump**

Melissa Foster	W35	11.53	+1.5	<b>PBA</b>
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**High Jump**

Mal Clarke	M40	1.50	<b>SB=</b>
Greg Wilson	M65	1.35	

**Discus**

Mal Clarke	M40	39.02	
Greg Wilson	M65	30.94	
Ali Matautia	W40	26.88	<b>PBA</b>
Christine Schelfhout	W45	19.97	<b>PBA</b>

**Javelin**

Ali Matautia	W40	24.11	<b>PBA</b>
Christine Schelfhout	W45	14.92	<b>PBA</b>

**Hammer**

Matt Staunton	M40	45.11	<b>SR</b>
Mal Clarke	M40	31.34	
Greg Wilson	M65	27.49	<b>PBA</b>
Byrony Glass	W35	44.26	
Ali Matautia	W40	27.93	
Christine Schelfhout	W45	21.26	<b>PBA</b>

## Results from Bunbury meetings (MAWA members only)

### Bunbury – November 19

#### 100m

Rob Antonioli	M60	14.9	<b>SB</b>
Harold Membrey	M60	14.9	<b>SB=</b>
Brian Waldhuter	M70	16.2	<b>SB</b>
Paula Kennedy	W45	16.7	
Ruth Johnson	W70	18.2	
Lyle James	M70	23.1	

#### 1500m

Rob Antonioli	M60	6:30.6	
Ruth Johnson	W70	8:00.0	
Lyle James	M70	10:12.9	

#### 1500m Walk

Garry Hastie	M50	7:08.3	
Harold Membrey	M60	10:26.5	<b>SB</b>

#### 200m

Rob Antonioli	M60	32.2	
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#### Javelin

Garry Hastie	M50	29.59	
Paula Kennedy	W45	24.51	
Leon Sander	M75	17.21	
Debbie Cox	W45	17.01	
Rob Young	M65	15.25	<b>SB</b>
Ruth Johnson	W70	11.63	
Rob Antonioli	M60	11.60	
Brian Waldhuter	M70	11.49	
Lyle James	M70	10.46	

#### High Jump

Brian Waldhuter	M70	1.25	
Harold Membrey	M60	1.15	<b>SB=</b>
Rob Antonioli	M60	1.05	<b>SB</b>
Ruth Johnson	W70	0.95	

### Bunbury – November 26 – (sprints were wind-assisted)

#### 60m

Rob Antonioli	M60	8.6	<b>PBA=</b>
Leon Sander	M75	9.1	<b>PBA</b>
Brian Waldhuter	M70	9.5	<b>SB</b>
Paula Kennedy	W45	10.1	
Ruth Johnson	W70	10.3	<b>PBA</b>
Lyle James	M70	11.7	

#### 3000m

Rob Antonioli	M60	14:19.6	
Lyle James	M70	21:43.7	

#### 3000m Walk

Harold Membrey	M60	22:14.0	
Ruth Johnson	W70	22:22.9	

#### Discus

Paula Kennedy	W45	28.64	<b>SR</b>
Rob Young	M65	26.81	<b>SB</b>
Harold Membrey	M60	25.81	
Leon Sander	M75	22.75	
Rob Antonioli	M60	22.53	
Brian Waldhuter	M70	19.21	
Ruth Johnson	W70	12.93	<b>SB</b>
Lyle James	M70	11.48	

#### High Jump

Garry Hastie	M50	1.25	
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#### Shot Put

Paula Kennedy	W45	9.09	<b>SR</b>
Rob Young	M65	8.15	<b>SB</b>
Ruth Johnson	W70	5.46	<b>SB</b>

### Bunbury – PENTATHLON, November 23

NAME		100m	SHOT PUT	LONG JUMP	JAVELIN	800m	Total Points
Debbie Cox points	W45	18.1 231	6.06m <b>SB</b> 350	3.39m <b>SB</b> 306	17.05m <b>SB</b> 313	4:40.5 0	1200
Ruth Johnson points	W70	18.4 636	5.27m <b>SB</b> 515	2.82m 500	10.85m 314	3:52.9 <b>SB</b> 605	2570

#### MENS PENTATHLON 23-11-13

		Long Jump	Javelin	200m	Discus	1500m	Total Points
Garry Hastie points	M50	4.41m 465	34.93m <b>PBA</b> 484	29.6 494	25.46m <b>SB</b> 387	5:59.2 484	2314 <b>PBA</b>
Rob Antonioli points	M60	3.88m <b>SB</b> 474	12.43m <b>SB</b> 129	30.5 576	20.33 302	5:44.7 <b>SB</b> 721	2202
Brian Waldhuter points	M70	3.74m <b>PBA</b> 622	14.50m <b>SB</b> 221	33.5 <b>SB</b> 558	18.94m 352	8:19.2 292	2045

**Decathlon – November 30**

	<b>100m</b>	<b>LJ</b>	<b>Sh</b>	<b>HJ</b>	<b>400m</b>	<b>100H</b>	<b>DT</b>	<b>PV</b>	<b>JT</b>	<b>1500m</b>
<b>Rob Antonioli (M60)</b>	14.1 <b>SB</b>	3.98m	6.11m	1.18m <b>SB</b>	67.2 <b>SB</b>	22.6 <b>SB</b>	15.91m	1.75m	17.19m	5:41.9
TOTAL	631	503	344	416	601	303	215	240 <b>PBA</b>	220 <b>SB</b>	735 <b>SB</b>
	4208	<b>PBA</b>								

**Bunbury – December 3****400m**

Rob Antonioli	M60	1:13.5	
Leon Sander	M75	1:22.2	<b>SB</b>
Harold Membrey	M60	1:23.5	
Ruth Johnson	W70	1:38.3	
Paula Kennedy	W45	1:39.6	
Brian Feutrill	M45	1:55.4	

**Long Jump**

Steve Chilcott	M30	5.45	
Rob Antonioli	M60	3.99	<b>SB</b>
Leon Sander	M75	3.19	<b>SB</b>
Ruth Johnson	W70	2.93	<b>SB</b>

**Hammer**

Paula Kennedy	W45	21.82	
Harold Membrey	M60	21.67	
Steve Chilcott	M30	21.19	
Ruth Johnson	W70	18.10	<b>SB</b>
Debbie Cox	W45	15.42	<b>SB</b>

**60m**

Steve Chilcott	M30	7.4
Rob Antonioli	M60	9.1
Harold Membrey	M60	10.1
Ruth Johnson	W70	11.3

**2000m**

Rob Antonioli	M60	8:54.4	<b>SB</b>
Brian Feutrill	M45	10:33.8	

**Javelin**

Steve Chilcott	M30	48.30	
Paula Kennedy	W45	22.30	
Leon Sander	M75	17.76	<b>SB</b>
Ruth Johnson	W70	9.96	

**Bunbury – December 10****200m**

Steve Chilcott	M30	26.8	
Rob Antonioli	M60	31.4	
Harold Membrey	M60	31.9	<b>SB</b>
Leon Sander	M75	32.3	<b>SB</b>
Paula Kennedy	W45	35.5	
Brian Waldhuter	M70	35.8	
Barbara Dearden	W55	36.2	
Ruth Johnson	W70	38.9	<b>SB</b>
Brian Feutrill	M45	40.1	

**800m**

Steve Chilcott	M30	2:43.5	
Rob Antonioli	M60	2:47.2	
Brian Feutrill	M45	3:10.6	
Garry Hastie	M50	3:24.2	
Leon Sander	M75	3:31.1	<b>SB</b>
Ruth Johnson	W70	3:48.2	<b>SB</b>
Barbara Dearden	W55	3:57.8	

**Shot Put**

Steve Chilcott	M30	10.16	
Paula Kennedy	W45	9.62	<b>SR</b>
Rob Young	M65	7.93	
Harold Membrey	M60	7.80	
Sharon Moloney	W50	7.57	
Brian Waldhuter	M70	6.47	<b>SB</b>
Barbara Dearden	W55	6.23	
Debbie Cox	W45	5.64	
Ruth Johnson	W70	5.04	

**Triple Jump**

Brian Waldhuter	M70	6.95	
Leon Sander	M75	6.85	<b>SB</b>
Ruth Johnson	W70	6.19	

**Hammer Throw**

Steve Chilcott	M30	25.73	<b>SB</b>
Paula Kennedy	W45	22.05	<b>SB</b>
Rob Young	M65	19.81	<b>SB</b>
Ruth Johnson	W70	17.24	
Brian Waldhuter	M70	14.23	

**Bunbury Pentathlon – December 17**

NAME		100m	Shot	LJ	Javelin	800m
Ruth Johnson	W70	18.2 <b>SB=</b>	5.25m	3.04m <b>SB</b>	9.68m	3:56.3
	<b>2621 SB</b>	658	513	601	271	578
Steve Chilcott	M30	5.34m	38.21m	25.2 <b>SB</b>	32.60m	5:49.0
	<b>2283</b>	499	416	591	516	311

# PARKRUNS

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

**New Club Bests are highlighted in sky blue**

## CLAISEBROOK COVE:

### Run 70 – December 7; 210 finishers

16	Lachlan Marr	M50	19:59	75.65%
53	Milton Mavrick	M60	23:06	69.41%
58	Hamish McLeod	M35	23:24	57.48%
77	Eamonn McNulty	M50	24:39	63.42% <b>PB</b>
89	Bryan Hardy	M70	26:05	67.60%
(101)	Karen Hagan	W45	26:40	60.12%
102	John Oldfield	M70	26:41	66.08%
137	John Talbot	M65	29:37	57.68%
164	Christine Oldfield	W65	32:37	67.14%

### Run 71 – December 14; (130)

24	Lachlan Marr	M50	22:24	67.49%
43	Hamish McLeod	M35	24:22	55.20%
55	Eamonn McNulty	M50	25:30	61.31%
64	Liz Neville	W60	26:28	74.37% <b>PB, AUS</b>
(70)	Sam Farman	W45	27:16	60.76%
80	Adrian Kenny	M40	29:22	46.48%
124	Bob Neville	M80	46:19	45.38%

### Run 72 – December 21; (182)

10	Grahak Cunningham	M35	19:08	69.34%
27	Rod Hamilton	M50	20:44	71.70%
47	Hamish McLeod	M35	22:23	60.09%
62	Jim Farr	M45	23:04	62.43%
72	Milton Mavrick	M60	23:59	66.85%
100	Eamonn McNulty	M55	25:44	60.75%

### Run 73 – December 25; (93)

1	Kim Thomas	M35	17:59	75.35%
5	Steve Weller	M35	19:09	70.23%
7	Anthony Smith	M40	19:26	71.27%
12	Bjorn Dybdahl	M60	20:19	78.92%
26	Michael Lee	M60	22:20	74.40% <b>PB</b>
40	John Fisher	M50	24:10	63.03%
58	John Oldfield	M70	26:43	66.00%
76	Monique Thomas	W35	30:19	49.48%
78	Christine Oldfield	W65	30:46	71.18% <b>PB</b>

### Run 74 – December 28; (182)

30	Hamish McLeod	M35	20:36	65.29%
42	Fiona Leonard	W45	21:41	74.71%
55	Milton Mavrick	M60	22:49	70.27%
66	John Oldfield	M70	23:50	73.99%
74	John Fisher	M50	24:21	62.56%
121	Simon Leonard	M50	29:00	52.53%
142	Christine Oldfield	W65	31:57	68.54%

## AVELEY:

### Run 22 – December 7; 39 finishers

2	Anthony Smith	M40	19:06	72.51%
(4)	Ian Davies	M65	21:02	80.51%
6	Michael Lee	M60	22:40	73.31%

### Run 23 – December 14; (35)

2	Anthony Smith	M40	19:19	71.71%
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### Run 24 – December 21; (29)

4	Anthony Smith	M40	19:39	70.48%
6	Michael Lee	M60	22:02	75.42% <b>PB</b>

### Run 25 – December 28; (59)

9	Michael Lee	M60	22:04	75.30%
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## CANNING RIVER:

### Run 27 – December 7; 110 finishers

1	Kim Thomas	M35	18:28	73.38%
6	Stuart MacKinnon	M30	19:59	65.05% <b>PB</b>
47	Kem Hassan	M40	27:59	50.27%
54	Monique Thomas	W35	29:18	51.19%
68	Rebecca MacKinnon	W30	33:47	44.01%
70	Delia Baldock	W50	34:13	49.59%
74	Bob Fawcett	M60	35:40	46.59%
81	Carolyn Fawcett	W60	36:48	53.49%
95	Sheila Maslen	W75	40:56	59.24% <b>PB</b>

### Run 28 – December 14; (99)

2	Kim Thomas	M35	18:00	75.28% <b>PB</b>
7	Paul Odam	M50	19:57	76.36%
23	John Oldfield	M70	21:59	80.21% <b>PB</b>
51	Kem Hassan	M40	27:58	50.30%
68	Merv Jones	M70	30:53	60.33%
76	Christine Oldfield	W65	34:04	64.29%
77	Delia Baldock	W50	36:08	46.96%

### Run 29 – December 21; (104)

3	Kim Thomas	M35	19:15	70.39%
7	Stuart MacKinnon	M30	20:29	63.47%
16	Adrian Kenny	M40	22:38	60.31% <b>PB</b>
42	Liz Neville	W60	25:55	75.95%
56	Kem Hassan	M40	27:57	50.33%
69	Merv Jones	M70	30:21	61.39% <b>PB</b>
76	Delia Baldock	W50	32:54	51.57%
79	Rebecca MacKinnon	W30	33:13	44.76%
90	Sheila Maslen	W75	41:43	58.13%

### Run 30 – December 28; (92)

2	Kim Thomas	M35	17:52	75.84% <b>PB</b>
38	Liz Neville	W60	25:42	76.59%
44	Kem Hassan	M40	26:14	53.62%
59	Merv Jones	M70	30:15	61.60% <b>PB</b>
62	Delia Baldock	W50	33:38	50.45%
63	Bob Fawcett	M60	33:53	49.04%
69	Carolyn Fawcett	W60	35:13	55.89% <b>PB</b>
77	Sheila Maslen	W75	42:30	57.06%
80	Bob Neville	M80	45:19	46.38% <b>PB</b>

## ROCKINGHAM:

### Run 31 – December 7; 114 finishers

91	Vic Beaumont	M80	43:55	51.88%
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### Run 32 – December 14; (104)

54	Bob Fawcett	M60	34:43	47.86%
78	Carolyn Fawcett	W60	37:52	51.87%

### Run 33 – December 21; (154)

13	John Oldfield	M70	22:23	78.78%
81	Christine Oldfield	W65	31:07	70.38%
114	Ray Hall	M80	38:49	54.14%

### Run 34 – December 28; (153)

32	Lisa Limonas	W40	24:55	63.14% <b>PB</b>
68	Kristy Devereux	W30	28:58	51.09%
120	Ray Hall	M80	37:55	55.43%

**BUNBURY:****Run 7 – December 7; 42 finishers**

4	Bjorn Dybdahl	M60	20:33	78.02%
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**Run 8 – December 14; (45)**

18	Steve Chilcott	M30	25:09	51.42%
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23	Garry Hastie	M50	28:03	53.42%
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**Run 9 – December 21; (42)**

17	Garry Hastie	M50	25:52	57.93% <b>PB</b>
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21	Steve Chilcott	M30	26:39	48.53%
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**Run 10 – December 28; (48)**

8	Steve Chilcott	M30	22:51	56.60% <b>PB</b>
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22	Garry Hastie	M50	26:27	56.65%
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**KALGOORLIE:****Run 1 – October 12; 91 finishers**

7	Mick O'Toole	M35	22:43	59.65%
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**Run 2 – October 19; (94)**

36	Mick O'Toole	M35	31:30	43.02%
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**Run 3 – October 26; (94)**

8	Mick O'Toole	M35	23:10	58.49%
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**Run 4 – November 2; (107)**

9	Mick O'Toole	M35	21:56	61.78% <b>PB</b>
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**Run 8 – November 30; (112)**

4	Mick O'Toole	M35	21:42	62.44% <b>PB</b>
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**Run 9 – December 7; (88)**

7	Mick O'Toole	M35	22:18	60.76%
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**Run 10 – December 25; (26)**

7	Mick O'Toole	M35	22:04	61.40%
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