

## November 2014 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 - 4 November

#### PATRON'S TROPHY

		% points		
Colin Smith	M50	59.1	84.37	<b>SB</b>
Andrew Brooker	M45	59.5	80.44	
Wendy Seegers	W35	59.9	85.71	<b>PBA</b>
Maurice Pascal	M40	60.1	78.49	<b>SB</b>
Campbell Till	M55	61.5	84.33	<b>SB</b>
Paul Martin	Vis	59.2	n/a	
Chris Groom	M45	65.1	74.52	
Mark Dawson	M50	66.0	76.55	
Grant Schofield	M45	66.7	72.23	

Lisa Limonas	W45	68.0	81.38	<b>PBA</b>
Suzi Graves	W45	69.3	82.25	
Barrie Kernaghan	M70	74.1	85.98	<b>SB</b>
Carmel Meyer	W50	75.8	78.92	

Sue Bourn	W45	70.6	79.93	<b>PBA</b>
Giovanni Puglisi	M60	71.2	75.66	<b>SB</b>
Bert Carse	M70	78.9	79.16	
Delia Baldock	W50	80.2	73.89	
John Dennehy	M55	85.0	60.24	
Karyn Gower	W50	91.7	65.87	<b>PBA</b>
Christine Oldfield	W65	1:53.0	62.71	

		% points		
Wendy Seegers	W35	12.3		<b>SB</b>
Paul Martin	Vis	12.4		
Maurice Pascal	M40	12.5		

Barrie Kernaghan	M70	14.7		<b>SB</b>
Suzi Graves	W45	14.9		<b>PBA</b>
Angela Gorey	Vis	19.2		
Juliana Kelly	Vis	24.1		

### ECAC - 6 November

#### PATRON'S TROPHY

		% points		
Chris Neale	M45	12.7	83.62	
Colin Smith	M50	13.0	85.00	
Justin Vincent	Vis	13.3	n/a	
Dan Baldwin	M40	13.8	74.86	<b>PBA</b>
Aiden Hassan	Vis	14.8	n/a	
Shannon Neale	Vis	15.5	n/a	
Mercurio Cicchini	M65	17.2	70.12	
Kevin Collins	M45	20.8	51.39	

Kim Thomas	M40	14.6	70.27	<b>SB</b>
Giovanni Puglisi	M60	15.9	74.91	
Bob Fawcett	M65	19.8	60.91	<b>PBA</b>
Carolyn Fawcett	W60	24.6	56.59	

Jamie Neale	Vis	17.4	n/a	
Elly Vincent	Vis	18.1	n/a	
Kristine Wells	Vis	19.1	n/a	
Monique Thomas	W35	22.8	46.49	

#### 800m

Shannon Neale	Vis	2:39.4		
Chris Neale	M45	2:41.2		<b>PBA</b>
Kim Thomas	M40	2:41.5		<b>SB</b>
Aiden Hassan	Vis	2:47.5		
Elly Vincent	Vis	3:20.9		
Kem Hassan	M45	3:54.6		

#### 1000m

Steve Weller	M35	3:40.2	
John Oldfield	M70	4:59.6	
Christine Oldfield	W65	5:28.7	

#### 5000m

Steve Weller	M35	18:12.6	<b>PBA</b>
Mark Dawson	M50	21:08.6	<b>SB</b>
Sue Bourn	W45	21:41.8	<b>SB</b>
Grant Schofield	M45	22:27.5	
John Oldfield	M70	23:39.7	

#### 5000m walk

Dale Hennighan	Vis	24:32.3	
Marie Fitzsimons	Vis	29:22.3	
Karyn Tolardo	W45	30:12.3	<b>PBA</b>

#### Long Jump

John Dennehy	M55	3.38	
Gay Wyatt	W60	2.92	<b>SB</b>
Sal Sims	Vis	2.78	
Angela Gorey	Vis	2.76	

#### High Jump

Lisa Limonas	W45	1.35	
Sal Sims	Vis	1.05	
Gay Wyatt	W60	1.00	
Angela Gorey	Vis	1.00	

#### Weight Throw

Tom Gravestock	M55	13.25	<b>SB</b>
Andrew Ward	M50	9.81	<b>SB</b>

#### PATRON'S TROPHY

		% points		
Kim Thomas	M40	24.24	32.72	<b>PBA</b>
Dan Baldwin	M40	18.12	24.69	
Kevin Collins	M45	10.05	14.52	
Colin Smith	M50	17.34	23.84	
Carmel Meyer	W50	16.31	29.31	<b>PBA</b>
Giovanni Puglisi	M60	18.35	29.64	
Carolyn Fawcett	W60	10.42	23.11	
Bob Fawcett	M65	20.74	35.03	
Mercurio Cicchini	M65	16.41	27.72	

#### 200m

Chris Neale	M45	26.7	
Justin Vincent	Vis	28.0	
Colin Smith	M50	31.7	
Shannon Neale	Vis	32.0	

Elly Vincent	Vis	35.7	
Jamie Neale	Vis	36.9	
Kristine Wells	Vis	41.5	
Kem Hassan	M45	47.4	

#### Triple Jump

Chris Neale	M45	9.84	
David Brosztl	Vis	9.44	
Elly Vincent	Vis	6.98	
Carmel Meyer	W50	6.74	
Kristine Wells	Vis	6.17	

**3000m**

Kim Thomas	M40	10:27.1
Aiden Hassan	Vis	11:57.2
Giovanni Puglisi	M60	12:01.0
Dan Baldwin	M40	12:19.3
Bert Carse	M70	12:32.1
Mercurio Cicchini	M65	13:36.4

**(3000m cont.)**

Monique Thomas	W35	16:23.8
David Brosztl	Vis	16:42.6
Kem Hassan	M45	17:25.2
Janne Wells	Vis	17:45.6
Bob Fawcett	M65	19:33.0
Carolyn Fawcett	W60	19:47.6

**Strive, WAAS – November 7****100m**

Rudy Kocis	M50	12.16	+1.1
Alan Deans	M60	18.76	+2.1
Barrie Kernaghan	M70	15.52	+2.1
Wendy Seegers	W35	12.23	+1.0 <b>PBA</b>

**400m**

Barrie Kernaghan	M70	77.54
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**3000m steeplechase**

Rob Nichols	M35	10:20.97	<b>PBA</b>
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**Javelin**

Andrew Ward	M50	32.29
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**Hammer**

Andrew Ward	M50	23.15	<b>SB</b>
Byrony Glass	W35	50.40	

**WAAS - 11 November – all sprints were wind-assisted****PATRON'S TROPHY****100m**

			% points	
Wendy Seegers	W35	12.2	87.87	<b>PBA=</b>
Paul Martin	Vis	12.3	n/a	
Maurice Pascal	M40	12.7	82.44	
Colin Smith	M50	12.8	86.33	<b>SB</b>

Andrew Brooker	M45	13.4	79.25	
Chris Groom	M45	14.1	76.31	
Grant Schofield	M45	14.1	75.82	
Nick Miletic	M60	16.0	74.44	<b>SB</b>

Sue Bourn	W45	14.2	83.66	<b>PBA</b>
Suzi Graves	W45	14.5	82.76	<b>PBA</b>
Barrie Kernaghan	M70	15.0	86.93	
Carmel Meyer	W50	15.5	81.55	

Keith Edmonds	M45	14.7	73.20	
Giovanni Puglisi	M60	14.8	80.47	<b>PBA</b>
Bob Schickert	M70	16.7	77.13	
Bert Carse	M70	17.7	72.77	

John Dennehy	M55	16.5	68.73	
Delia Baldock	W50	16.7	74.97	
Phil Smyth	M65	17.4	70.11	

Sal Sims	Vis	18.2	n/a	
Karyn Gower	W50	18.2	70.16	<b>PBA</b>
Angela Gorey	Vis	19.0	n/a	
Lynne Schickert	W70	22.5	68.58	<b>SB</b>

**200m**

Wendy Seegers	W35	25.1	<b>SB</b>
Paul Martin	Vis	25.4	
Maurice Pascal	M40	25.8	
Colin Smith	M50	26.3	<b>PBA=</b>

Barrie Kernaghan	M70	32.2	
Bob Schickert	M70	38.8	
Christine Oldfield	W65	49.7	
Lynne Schickert	W70	52.3	<b>SB</b>

**800m**

Neil Morfitt	Vis	2:27.9
Chris Groom	M45	2:33.1
Bjorn Dybdahl	M60	2:37.9
Keith Edmonds	M45	2:45.2
Paul Martin	Vis	2:53.9

**PATRON'S TROPHY****Discus**

			% points	
Andrew Brooker	M45	26.76	37.93	<b>PBA</b>
Nick Miletic	M60	22.26	35.96	
Grant Schofield	M45	21.83	31.53	
Giovanni Puglisi	M60	20.64	33.34	<b>PBA</b>
Suzi Graves	W45	17.88	29.35	
Bert Carse	M70	17.00	35.13	
John Dennehy	M55	15.39	22.82	
Bob Schickert	M70	14.29	29.53	
Sue Bourn	W45	13.92	22.46	
Delia Baldock	W50	12.65	22.31	<b>PBA</b>
Karyn Gower	W50	10.18	18.65	
Lynne Schickert	W70	9.32	27.00	

**3000m**

Bjorn Dybdahl	M60	11:13.0	<b>PBA</b>
Alan Gower	M55	11:39.5	
Sue Bourn	W45	12:21.3	<b>SB</b>
Keith Edmonds	M45	12:39.8	
John Oldfield	M70	13:39.2	<b>SB</b>
Karyn Gower	W50	13:55.7	
Rosie Lehane	Vis	15:00.3	
Arianna Tolardo	Vis	15:00.9	
Carmel Meyer	W50	15:05.0	

**3000m walk**

Karyn Tolardo	W45	17:33.3	<b>PBA</b>
Wendy Farrow	W45	19:03.2	<b>PBA</b>

**Triple Jump**

Phil Smyth	M65	7.32	
Carmel Meyer	W50	7.27	<b>SB</b>
Angela Gorey	Vis	6.45	
Sal Sims	Vis	6.04	

**Shot**

Andrew Ward	M50	8.86	<b>SB</b>
Sal Sims	Vis	7.14	
Mike Anderson	M65	6.10	

**Discus**

Andrew Ward	M50	30.09	
Mike Anderson	M65	18.91	<b>PBA</b>
Sal Sims	Vis	15.34	

**ECAC - 13 November****300m**

Colin Smith	M50	47.4
David Solomon	M50	47.7
Stuart MacKinnon	M30	47.9
Aiden Hassan	Vis	53.3
Maureen Keshwar	W60	62.6
Kim Thomas	M40	62.7
Kem Hassan	M45	76.9

**1500m**

Stuart MacKinnon	M30	5:39.2
Aiden Hassan	Vis	6:23.7
Kim Thomas	M40	6:24.3
Claire-Marie Wilson	Vis	6:29.1
Carol Bowman	W60	7:18.6
Kem Hassan	M45	8:19.4
Aubrey Davie	M75	8:38.9

**60m**

Colin Smith	M50	9.0
Stuart MacKinnon	M30	9.1
Maureen Keshwar	W60	10.2
Nick Miletic	M60	10.6
Aubrey Davie	M75	13.1
Carolyn Fawcett	W60	15.0

**SB****3000m**

Aiden Hassan	Vis	11:33.0
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**Strive, WAAS – November 14****100m**

Barrie Kernaghan	M70	15.10	+0.4
Alan Deans	M60	17.76	+0.4

**SB****200m**

Greg Brennan	M45	26.13	+1.7
Barrie Kernaghan	M70	30.58	+1.3
Wendy Seegers	W35	24.96	+1.9
Fiona Leonard	W45	31.17	+1.0

**PBA****WAAS - 18 November****PATRON'S TROPHY****5000m**

			<b>% points</b>	
Bernard Rourke	Vis	17:54.7	n/a	
Andrew Brooker	M45	17:56.6	77.28	
Bjorn Dybdahl	M60	19:09.5	82.61	<b>PBA</b>
Alan Gower	M55	19:22.2	80.28	
Giovanni Puglisi	M60	19:24.6	82.99	
David Solomon	M50	20:11.8	71.42	
Suzi Graves	W45	20:12.0	80.68	<b>PBA</b>
Dan Baldwin	M40	21:12.0	63.45	<b>PBA</b>
David Carr	M80	24:33.9	88:17	
Carmel Meyer	W50	24:39.9	70.46	
Karyn Gower	W50	24:40.6	71.38	
John Dennehy	M55	27:52.5	53.92	<b>SB</b>

**300m**

Paul Martin	Vis	40.1
Wendy Seegers	W35	40.4
Campbell Till	M55	42.9
Bernard Riviere	M45	44.2

Dan Baldwin	M40	45.3
Barrie Kernaghan	M70	51.2
Delia Baldock	W50	56.9
Christine Oldfield	W70	80.0

**PATRON'S TROPHY****5000m**

			<b>% points</b>	
Kim Thomas	M40	17:11.1	77.68	<b>PBA</b>
David Solomon	M50	19:25.9	74.23	<b>SB</b>
Giovanni Puglisi	M60	19:33.4	82.37	<b>SB</b>
Mike Bryant	M40	20:00.0	67.76	
Jim Langford	M70	20:37.4	83.59	
Stuart MacKinnon	M30	20:38.0	61.86	
Sue Bourn	W45	20:45.7	77.53	<b>PBA</b>
Bert Carse	M70	20:52.0	86.00	
Grant Schofield	M45	21:03.1	66.38	<b>SB</b>
Colin Smith	M50	22:48.4	63.76	
Mercurio Cicchini	M65	23:06.6	70.98	<b>PBA</b>
Bob Schickert	M70	24:14.8	74.01	<b>SB</b>
Nick Miletic	M60	27:37.9	58.30	
John Dennehy	M55	28:34.0	52.61	
Kem Hassan	M45	29:07.4	46.88	
Carolyn Fawcett	W60	33:50.0	59.24	<b>PBA</b>
Lynne Schickert	W70	37:42.3	62.78	

**5000m walk**

Karyn Tolardo	W45	30:38.8
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**Long Jump**

John Dennehy	M55	3.30
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**Javelin**

Carmel Meyer	W50	18.13
Bob Fawcett	M65	16.65
Maureen Keshwar	W60	10.76

**800m**

Fiona Leonard	W45	2:41.06
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**High Jump**

Lisa Limonas	W45	1.40
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**SB=****Discus**

Andrew Ward	M50	26.43
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**1500m**

Christine Oldfield	W70	8:23.7
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**1500m walk**

Cheryl-Lee Dean	W45	9:17.2
Wendy Farrow	W45	9:17.8
John Oldfield	M70	11:11.3

**PBA****PBA****60m**

Wendy Seegers	W35	7.8
Bernard Riviere	M45	7.8
Campbell Till	M55	8.4
Dan Baldwin	M40	8.7

David Solomon	M50	8.8
Geoff Brayshaw	M65	9.0
Barrie Kernaghan	M70	9.6
Phil Smyth	M65	10.6
Sal Sims	Vis	11.2

**SB****Long Jump**

Geoff Brayshaw	M65	4.14
Oswald Igel	M60	3.96
Phil Smyth	M65	3.39
Sal Sims	Vis	2.95

**SB**

**Weight**

Todd Davey	M45	13.66	
Matt Staunton	M40	13.35	<b>SB</b>
Tom Gravestock	M55	12.07	

**Hammer**

Matt Staunton	M40	43.89
Tom Gravestock	M55	31.49
Sal Sims	Vis	20.88

**ECAC - 20 November****PATRON'S TROPHY**

				% points	
<b>800m</b>					
Andrew Brooker	M45	2:15.1	82.41	<b>PBA</b>	
Kim Thomas	M40	2:25.4	73.16	<b>SB</b>	
Giovanni Puglisi	M60	2:39.1	81.21	<b>PBA</b>	
Mercurio Cicchini	M65	3:05.2	70.86		
Nick Miletic	M60	3:25.7	62.81		
Colin Smith	M50	2:30.4	77.97	<b>PBA</b>	
Colin Shaw	M50	2:55.8	66.71		
David Carr	M80	3:08.7	91.23		
Bob Schickert	M70	3:09.0	76.73		
John Dennehy	M55	3:29.4	57.92		
Monique Thomas	W35	4:03.1	46.61		
Lynne Schickert	W70	5:03.2	63.28		

**200m**

Colin Smith	M50	28.9	
Stuart MacKinnon	M30	29.1	<b>PBA</b>
Colin Shaw	M50	30.4	<b>SB</b>
Nick Miletic	M60	35.8	

Alex Purcell	Vis	31.3	
Aiden Hassan	Vis	34.9	
Mitch Thomas	Vis	35.9	
Claire-Marie Wilson	Vis	37.4	

Justin Vincent	M30	27.7	
Maureen Keshwar	W60	36.4	<b>SB</b>
Elly Vincent	Vis	37.2	
Bob Schickert	M70	37.6	<b>SB</b>
Aubrey Davie	M75	44.2	

**3000m**

Kim Thomas	M40	9:57.3	<b>PBA</b>
Mitch Thomas	Vis	10:37.9	
Aiden Hassan	Vis	11:06.2	
Stuart MacKinnon	M30	11:31.3	<b>PBA</b>
Jim Langford	M70	12:04.6	
Glen Gillett	Vis	13:25.6	
Kem Hassan	M45	14:54.2	<b>SB</b>
Monique Thomas	W35	16:20.2	
Aubrey Davie	M75	18:48.6	

**3000m walk**

Karyn Tolardo	W45	17:27.4	<b>PBA</b>
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**Strive, WAAS – November 21****100m**

Rudy Kocis	M50	12.23	+0.9
Mark Elms	M45	12.86	+0.2
Barrie Kernaghan	M70	15.28	+0.8
Alan Deans	M60	17.95	+0.8

**400m**

Barrie Kernaghan	M70	72.91	<b>SB</b>
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**1500m**

Rob Nichols	M35	4:24.19	
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**PATRON'S TROPHY**

				% points	
<b>High Jump</b>					
Colin Shaw	M50	1.35	68.18		
Colin Smith	M50	1.35	68.18		
Kim Thomas	M40	1.20	54.05		
Nick Miletic	M60	1.20	69.77		
Carmel Meyer	W50	1.15	71.43		
Giovanni Puglisi	M60	1.15	66.86		
Mercurio Cicchini	M65	1.15	68.45		
Bob Schickert	M70	1.00	66.67		
Lynne Schickert	W70	0.90	76.27		
David Carr	M80	0.70	53.44		

**100m**

Alex Purcell	Vis	14.3	
Stuart MacKinnon	M30	14.4	
Maureen Keshwar	W60	16.8	
Claire-Marie Wilson	Vis	18.1	

**800m**

Stuart MacKinnon	M30	2:43.2	
Aiden Hassan	Vis	2:49.5	
Mitch Thomas	Vis	2:49.9	
Glen Gillett	Vis	3:07.3	
Claire-Marie Wilson	Vis	3:11.7	
Kem Hassan	M45	4:09.1	
Maureen Keshwar	W60	5:02.3	

**800m walk**

John Smith	M75	6:40.0	
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**2000m walk**

John Smith	M75	15:07.6	
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**Long Jump**

Justin Vincent	M30	5.27	
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**Discus**

Todd Davey	M45	43.45	<b>PBA</b>
Justin Vincent	M30	19.40	

**Shot**

Todd Davey	M45	14.40	<b>PBA</b>
Justin Vincent	M30	7.97	

**Discus**

Todd Davey	M45	41.11	
Matt Staunton	M40	38.99	
Byrony Glass	W35	34.69	
Christine Schelfhout	W45	18.43	<b>SB</b>

**Hammer**

Matt Staunton	M40	45.24	<b>SB</b>
Byrony Glass	W35	46.96	
Christine Schelfhout	W45	24.28	<b>PBA</b>

**Javelin**

Christine Schelfhout	W45	17.96	<b>PBA</b>
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## WAAS - 25 November

### PATRON'S TROPHY

				% points	
<b>800m</b>					
Bernie Bourke	M45	2:22.0	79.09		
Mark Elms	M45	2:30.7	75.17		
Mark Dawson	M50	2:31.5	78.71		
Chris Groom	M45	2:33.0	74.04	<b>SB</b>	
Grant Schofield	M45	2:38.7	70.77	<b>PBA</b>	
Dan Baldwin	M40	2:32.2	70.53	<b>PBA</b>	
Suzi Graves	W45	2:38.2	78.93	<b>PBA</b>	
Giovanni Puglisi	M60	2:39.4	81.05		
Bert Carse	M70	2:49.3	85.66		
Christine Oldfield	W70	4:06.6	72.28		
Sue Bourn	W45	2:49.1	73.22	<b>PBA</b>	
David Brook	M50	2:51.7		<b>PBA</b>	
Carmel Meyer	W50	3:05.8	71.05		
Karyn Gower	W50	3:11.6	69.82		
Delia Baldock	W50	3:13.8	67.24	<b>SB</b>	
John Dennehy	M55	3:20.4	60.52	<b>SB</b>	

### 200m

Wendy Seegers	W35	24.9	<b>PBA h/t</b>
Paul Martin	Vis	24.9	
Mark Elms	M45	25.1	<b>PBA</b>
Maurice Pascal	M40	25.6	<b>SB</b>

Sabrina Elms	Vis	27.0
Barrie Kernaghan	M70	31.1
Mark Dawson	M50	34.5
Kylie Baker	Vis	34.9
Ivan Brown	M65	38.9

### 100m

Paul Martin	Vis	12.0	
Wendy Seegers	W35	12.1	<b>PBA h/t</b>
Mark Elms	M45	12.6	<b>PBA h/t</b>

Barrie Kernaghan	M70	15.6
Kylie Baker	Vis	15.8
Sal Sims	Vis	18.6

### PATRON'S TROPHY

				% points
<b>High Jump</b>				
Chris Anderson	M45	1.80	85.31	
Andrew Brooker	M45	1.60	75.83	
Paul Martin	Vis	1.50	n/a	
Dan Baldwin	M40	1.40	63.93	
Lisa Limonas	W45	1.35	75.42	
Mark Dawson	M50	1.25	64.43	
Colin Smith	M50	1.25	63.13	
Grant Schofield	M45	1.20	57.42	
Suzi Graves	W45	1.15	66.86	
Delia Baldock	W50	1.15	70.12	
Giovanni Puglisi	M60	1.15	66.86	
Sal Sims	Vis	1.10	n/a	
Phil Smyth	M65	1.10	67.48	
Bert Carse	M70	1.05	70.00	
Sue Bourn	W45	1.05	60.00	
Gay Wyatt	W60	1.00	68.49	
John Dennehy	M55	1.00	52.91	
Karyn Gower	W50	0.80	50.31	

### 3000m

Andrew Davison	M50	10:43.2
David Brook	M50	12:51.8
Michael Lee	M65	12:59.6
John Oldfield	M70	13:19.0
Ivan Brown	M65	14:16.3

### 3000m walk

Karyn Tolardo	W45	17:40.3
Wendy Farrow	W45	18:38.2

### Long Jump

Phil Smyth	M65	3.63	<b>SB</b>
Sal Sims	Vis	2.81	

### Shot

<b>Todd Davey</b>	<b>M45</b>	<b>14.54</b>	<b>SR</b>
Matt Staunton	M40	12.39	<b>SB</b>
Christine Schelfhout	W45	6.71	<b>SB</b>
Mike Anderson	M65	6.40	<b>PBA</b>

### Javelin

Todd Davey	M45	37.84
Matt Staunton	M40	34:48
Christine Schelfhout	W45	20:59

## World Rankings

M45	Shot Put (16 Lb)	Click here to view Complete M45 Shot Put (16 Lb) List	
1	15.46 John Wirtz (45)	USA 	Ashland, OH, USA on 14 Jun 14
2	15.15 Conradie Scheepers (47)	RSA 	Bloemfontein , FS, RSA on 9 Nov 14
3	14.54 Todd Davey (48)	AUS 	Perth, AU-WA, AUS on 25 Nov 14

## ECAC - 27 November

### PATRON'S TROPHY

				% points
<b>1500m</b>				
Kim Thomas	M40	4:42.8	77.60	<b>PBA</b>
Giovanni Puglisi	M60	5:14.8	85.43	<b>PBA</b>
Mitch Thomas	Vis	5:15.9	n/a	
Mark Elms	M45	5:19.8	73.31	<b>PBA</b>
Stuart MacKinnon	M30	5:20.1	64.35	<b>PBA</b>
Colin Smith	M50	5:20.2	75.92	<b>PBA</b>
Dan Baldwin	M40	5:21.6	68.88	
Aiden Hassan	Vis	5:27.1	n/a	
Bert Carse	M70	5:36.6	88.65	

Mercurio Cicchini	M65	6:12.6	73.36	<b>SB</b>
David Carr	M80	6:25.4	90.06	<b>SB</b>
Carmel Meyer	W50	6:27.2	74.28	
Rosie Lehane	Vis	6:31.3	n/a	
Bob Schickert	M70	6:32.4	76.04	<b>SB</b>
Arianna Tolardo	Vis	6:42.5	n/a	
John Dennehy	M55	7:11.8	58.31	
Kem Hassan	M45	7:13.2	52.12	<b>SB</b>
Carol Bowman	W60	7:15.0	72.86	
Jean Hampson (QMA)	W65	7:28.1	n/a	
Silke Peglow	Vis	7:44.1	n/a	
Monique Thomas	W35	7:54.6	50.49	<b>SB</b>
Aubrey Davie	M75	8:28.9	63.99	<b>SB</b>
Maureen Keshwar	W60	9:09.0	60.36	
Lynne Schickert	W70	10:51.9	59.96	

**PATRON'S TROPHY****Triple Jump**

				<b>% points</b>	
Dan Baldwin	M40	9.89	58.66	<b>PBA</b>	
Colin Smith	M50	9.00	60.57		
Kim Thomas	M40	8.98	52.64		
Giovanni Puglisi	M60	7.97	64.02	<b>PBA</b>	
Carmel Meyer	W50	7.46	64.93	<b>SB</b>	
Mercurio Cicchini	M65	6.65	55.19		
Jean Hampson (QMA)	W65	6.58	n/a		
Bert Carse	M70	6.57	62.87		
John Dennehy	M55	6.56	46.66		
Lynne Schickert	W70	5.41	66.06		
David Carr	M80	5.12	59.19		

**3000m**

Mitch Thomas	Vis	10:23.0		
Kim Thomas	M40	10:23.4		
Aiden Hassan	Vis	11:14.9		
Jim Langford	M70	11:56.5	<b>SB</b>	
Stuart MacKinnon	M30	12:00.0		
Kem Hassan	M45	14:51.6		
Monique Thomas	W35	16:20.6		
Silke Peglow	Vis	16:32.9		

**3000m walk**

Karyn Tolardo	W45	18:02.7		
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**60m**

Mark Elms	M45	8.2		
Colin Smith	M50	8.3		
Stuart MacKinnon	M30	8.7	<b>PBA</b>	
Rosie Lehane	Vis	9.1		
Karyn Tolardo	W45	12.1	<b>PBA</b>	

Arianna Tolardo	Vis	9.8		
Maureen Keshwar	W60	10.0		
Maeve Lehane	Vis	10.1		
Silke Peglow	Vis	12.7		

**1500m walk**

Karyn Tolardo	W45	8:59.5	<b>SB</b>	
John Smith	M75	12:47.6		

**2000m walk**

John Smith	M75	15:57.6		
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**400m**

Mark Elms	M45	56.8	<b>SB</b>	
Stuart MacKinnon	M30	66.5	<b>PBA</b>	
Maeve Lehane	Vis	82.0		
Carol Bowman	W60	1:32.7		
Maureen Keshwar	W60	1:35.9	<b>SB</b>	
Silke Peglow	Vis	1:42.5		
Aubrey Davie	M75	2:46.7		

**Strive, WAAS – 28 November****60m**

Rudy Kocis	M50	7.55	+3.1	<b>SB</b>
Barrie Kernaghan	M70	9.58	+2.0	<b>SB</b>
Alan Deans	M60	10.83	+2.0	
Wendy Seegers	W35	7.75	+1.4	<b>SR/AR</b>

**(SR, AR both pending paperwork completion)****200m**

Barrie Kernaghan	M70	31.30	+1.3	
Fiona Leonard	W45	30.93	+2.7	<b>SB</b>

**800m**

Scott Tamblin	M35	1:55.04	<b>PBA</b>	
Andrew Brooker	M45	2:12.99	<b>PBA</b>	
Fiona Leonard	W45	2:39.29		

**Javelin**

Melissa Foster	W35	26.67		
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**Shot**

Melissa Foster	W35	9.65		
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## Pan Pacific Masters Games; 1-3 November, Gold Coast

### 60m prelims

Greg Brennan M45 7.99 0.0 Q

### 60m finals

Greg Brennan M45 7.86 +1.2 **SB**  
Melissa Foster W35 8.31 -1.2 **SILVER**

### 100m prelims

Greg Brennan M45 13.14 -6.7 q

### 100m finals

Greg Brennan M45 12.91 -1.8 **SB**  
Melissa Foster W35 13.58 -2.8 **SILVER**

### 200m

Melissa Foster W35 28.66 -0.7 **PBA GOLD**

### 400m

### 800m

Bjorn Dybdahl M60 2:29.25 **PBA SILVER**

### 1500m

Bjorn Dybdahl M60 5:13.15 **PBA SILVER**  
Bob Schickert M70 6:34.01 **BRONZE**

### 5000m

Bob Schickert M70 24:47.28 **SB SILVER**

### 100m hurdles

Melissa Foster W35 19.50 -1.6 **GOLD**

### 3000m walk

Lynne Schickert W70 22:50.16 **SILVER**

### 5000m walk

Lynne Schickert W70 38:58.45 **SILVER**

### 10km road walk

Lynne Schickert W70 1:23:48 **BRONZE**

### 2km steeplechase

Bjorn Dybdahl M60 8:17:46 **SILVER**  
Bob Schickert M70 10:55.78 **GOLD**  
Lynne Schickert W70 16:41.44 **SILVER**

### 4km cross-country

Bjorn Dybdahl M60 16:17.3 **GOLD**

### 8km cross-country

Bob Schickert M70 46:00.2 **GOLD**

### Long Jump

Melissa Foster W35 5.32 -1.3 **GOLD**

### Triple Jump

Melissa Foster W35 11.45 nwi **SB GOLD**  
Lynne Schickert W70 5.35 +2.0 **SILVER**

### High Jump

Melissa Foster W35 1.30 **PBA SILVER**

### Discus

Todd Davey M45 41.77 **SB GOLD**  
Geoff Brayshaw M60 30.70 **BRONZE**  
Rob Young M70 25.13  
Michelle Link W50 13.54  
Elizabeth Szczepanska W60 20.51 **SILVER**  
Bev Hamilton W65 20.34 **GOLD**

### Hammer

Todd Davey M45 39.26 **GOLD SR**  
Rob Young M70 17.14  
Michelle Link W50 15.37  
Elizabeth Szczepanska W60 29.14 **SILVER**  
Bev Hamilton W65 23.38 **SILVER**

### Javelin

Todd Davey M45 42.60 **SILVER**  
Rob Young M70 16.84 **PBA**  
Melissa Foster W35 27.35 **PBA GOLD**  
Michelle Link W50 17.24  
Elizabeth Szczepanska W60 15.69 **SILVER**  
Bev Hamilton W65 16.01 **SILVER**

### Shot

Todd Davey M45 13.63 **GOLD SR**  
Rob Young M70 8.96 **BRONZE**  
Melissa Foster W35 9.71 **PBA GOLD**  
Michelle Link W50 5.12  
Elizabeth Szczepanska W60 8.10 **SILVER**  
Bev Hamilton W65 7.37 **BRONZE**

### Weight Throw

Todd Davey M70 13.86 **GOLD SR**  
Rob Young M70 8.69  
Michelle Link W50 5.89  
Elizabeth Szczepanska W60 10.25 **SILVER**  
Bev Hamilton W65 10.56 **SB GOLD**

## Results from Bunbury

### October 14

#### 60m

Sharon Moloney W50 9.4  
Brian Feutrill M50 10.6  
Brian Waldhuter M70 10.1  
Lyle James M70 14.6

#### 100m

Sharon Moloney W50 16.1  
Brian Feutrill M50 16.1  
Brian Waldhuter M70 17.2  
Lyle James M70 29.9

#### 1500m

Sharon Moloney W50 8:15.3  
Brian Feutrill M50 5:48.8 **PBA**  
Lyle James M70 9:10.8

**October 21****100m**

Sharon Moloney	W50	15.6	
Brian Waldhuter	M70	16.1	
Lyle James	M70	26.1	

**1500m**

Sharon Moloney	W50	7:46.7	<b>PBA</b>
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**High Jump**

Brian Waldhuter	M70	1.27	
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**October 25****60m**

Brian Feutrill	W50	9.6	
Lyle James	M70	19.1	

**400m**

Brian Feutrill	M50	70.7	
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**5000m**

Brian Feutrill	M50	23:50.2	
Lyle James	M70	36:32.1	

**80m hurdles**

Brian Waldhuter	M70	19.1	
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**October 28****60m**

Sharon Moloney	W50	9.8	
Ruth Johnson	W70	12.0	
Brian Waldhuter	M70	9.9	<b>SB</b>
Lyle James	M70	16.5	

**3000m Walk**

Ruth Johnson	W70	23:11.8	
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**3000m**

Sharon Moloney	W50	18:16.0	
Lyle James	M70	22:11.6	

**November 1****400m Hurdles**

Brian Feutrill	M50	70.6	
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**300m Hurdles**

Brian Waldhuter	M70	69.3	
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**Pole Vault**

Brian Feutrill	M50	2.80	<b>PBA=</b>
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**November 4****400m**

Sharon Moloney	W50	1.39.5	
Ruth Johnson	W70	1.41.9	<b>SB</b>
Brian Feutrill	M50	63.9	<b>SB</b>
Brian Waldhuter	M70	85.4	
Lyle James	M70	2.20.1	

**200m**

Sharon Moloney	W50	39.0	
Ruth Johnson	W70	41.7	
Lyle James	M70	49.1	

**2000m Walk**

Garry Hastie	M50	10:55.5	
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**Javelin**

Sharon Moloney	W50	17.08	
Garry Hastie	M50	29.20	
Rob Young	M70	14.99	
Lyle James	M70	8.77	

**Weight Throw**

Sharon Moloney	W50	8.64	<b>PBA</b>
Rob Young	M70	7.60	

**100m hurdles**

Brian Feutrill	M50	18.2	
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**Hammer**

Rob Young	M70	21.47	
Brian Waldhuter	M70	19.55	<b>PBA</b>
Jim Davis	M80	34.07	<b>PBA</b>

**Shot**

Brian Feutrill	M50	7.96	
Rob Young	M70	8.70	
Brian Waldhuter	M70	6.88	
Jim Davis	M80	10.35	<b>PBA</b>

**Shot**

Sharon Moloney	W50	8.40	
Ruth Johnson	W70	3.60	
<i>Brian Waldhuter</i>	M70	9.82	<b>PBA</b>
Lyle James	M70	3.37	

**Discus**

Deb Cox	W50	15.94	
Sharon Moloney	W50	21.73	
Ruth Johnson	W70	11.92	
Garry Hastie	M50	23.86	
Brian Waldhuter	M70	18.59	
Lyle James	M70	8.75	

**Discus**

Deb Cox	W50	19.91	<b>PBA</b>
Ruth Johnson	W70	11.69	

**Javelin**

Deb Cox	W50	19.97	<b>PBA</b>
Garry Hastie	M50	30.80	<b>SB</b>

**2000m**

Sharon Moloney	W50	11:19.3	<b>PBA</b>
Ruth Johnson	W70	12:05.5	<b>PBA</b>
Brian Feutrill	M50	8:19.0	<b>PBA</b>
Lyle James	M70	14:20.7	

**Hammer**

Deb Cox	W50	18.52	<b>PBA</b>
Sharon Moloney	W50	25.78	
Ruth Johnson	W70	15.85	<b>SB</b>
Brian Waldhuter	M70	15.69	
Lyle James	M75	8.75	<b>PBA</b>



**November 8****10000m**

Rosemary Giles	W35	44:46.2	
Steve Giles	M55	42:24.3	

**Pole Vault**

Brian Feutrill	M50	2.90	<b>PBA</b>
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**Discus**

Rosemary Giles	W35	16.79	
Garry Hastie	M50	24.03	<b>SB</b>
Steve Giles	M55	19.28	

**John Gilmour 10,000m track race (WAMC), ECAC, 31 October  
(times recorded to nearest second only, not eligible for records)**

Scott Tamblin	M35	31:13.0	<b>PBA</b>
Steve Weller	M35	38:15.0	
Bert Carse	M70	45:01.0	
Brian Hewitt	M60	45:01.0	
Trish Farr	W40	45:33.0	<b>SB</b>
Michael Lee	M65	46:01.0	<b>PBA</b>
Eldon George	M45	46:31.0	

# PARKRUNS

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

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

**PBs are best as a MAWA member, not including parkruns as non-members**

## Saturday November 1: 39 members

Hamish McLeod	Claisebrook	M35	19:50	
Eamonn McNulty		M55	23:45	<b>PBA</b>
Denise Newport		W50	23:57	
John Oldfield		M70	25:25	
Dutch Holland		M45	27:40	
Christine Oldfield		W65	32:24	
John Talbot		M65	34:41	
Sam Farman		W50	34:46	
Jon Storey		M40	35:05	
Kim Thomas	Canning R	M40	19:40	
Clare Wardle		W40	19:50	<b>PBA</b>
Dan Baldwin		M40	22:18	
Delia Baldock		W50	27:42	
Clinton Bishop		M40	32:04	
Tania Baldwin		W40	40:02	
Sheila Maslen		W75	42:15	<b>SB</b>
Tracy Bishop		W40	45:52	
Carolyn Fawcett		W60	1:00:24	t/r
Stuart MacKinnon	Pioneer	W30	19:24	
Jeff Bremner		M50	21:21	
Jeremy Savage		M35	23:41	
Kelly Underwood		W35	52:57	
<b>Trevor Scott</b>	<b>Rock'ham</b>	<b>M55</b>	<b>17:58</b>	<b>PB</b>
Elaine Dance		W60	35:47	
John Dance		M65	37:06	<b>PB</b>
Ray Hall		M80	39:01	
Mitch Loly		M70	49:23	
Anthony Smith	Aveley	M40	20:42	
Rod Hamilton	Joondalup	M50	19:46	<b>SB</b>
Aura Cook		W45	28:21	<b>PB</b>
Sue Zlnay	Carine	W50	21:05	
Martin Watkins		M65	24:42	
Katrina Tyza		W35	29:59	
Bernard Mangan	Heirisson	M55	22:16	
Jane Elton		W45	25:34	
David Baird		M70	27:41	
Sarah San		W35	35:06	
Jo Richardson		W60	49:16	
<b>Danny Sheehan</b>	<b>Kalgoorlie</b>	<b>M60</b>	<b>19:05</b>	<b>PB</b>

## Saturday November 8; 47 members – NEW RECORD

### (Inaugural Geographe Bay, Busselton run)

Clare Wardle	Geographe B	W40	20:28	
Jeremy Savage		M35	23:00	<b>SB</b>
Jon Storey		M40	24:25	
Kelly Underwood		W35	25:38	
Max Sulejmani		M45	26:26	
John Talbot		M65	26:28	<b>PB</b>
Sam Farman		W50	27:16	
Robyn Dunlop		W40	29:17	
Katrina Tyza		W35	30:03	
Tanya Burke		W40	30:24	
Tracy Sulejmani		W40	57:14	t/r
Hamish McLeod	Claisebrook	M35	19:43	
Amanda Walker		W45	20:36	
Frank Gardiner		M60	21:39	<b>PB</b>
John Fisher		M50	23:12	
Denise Newport		W50	24:10	
Eamonn McNulty		M55	24:13	
John Oldfield		M70	24:18	
Clinton Bishop		M40	30:51	<b>PB</b>
Christine Oldfield		W65	31:12	<b>SB</b>
Julie Keeley		W45	32:18	

Tracy Bishop	Claisebrook	W40	46:25	
Kim Thomas	Canning R	M40	17:28	
Rod Hamilton		M50	19:54	
<b>Jim Langford</b>		<b>M70</b>	<b>20:33</b>	<b>PB</b>
Liz Neville		W60	26:45	
Delia Baldock		W50	26:58	
Monique Thomas		W35	27:58	
Kem Hassan		M45	28:23	
Merv Jones		M75	28:37	
Melissa Hassan		W40	30:33	
Sheila Maslen		W75	43:58	
Douglas Lintott	Rock'ham	M35	20:20	
Adam Dance		M30	23:23	
Elaine Dance		W60	33:42	
Ray Hall		M80	38:57	
Vic Beaumont		M80	46:25	
Mitch Loly		M70	51:05	
Danny Sheehan	Kalgoorlie	M60	19:14	
<b>Stuart MacKinnon</b>	<b>Pioneer</b>	<b>M30</b>	<b>19:17</b>	<b>PB</b>
Jeff Bremner		M50	23:22	
Dan Baldwin	Kingscliff NSW	M40	20:49	
David Reid	Carine	M60	26:54	<b>PB</b>
Lui Cecotti	Joondalup	M65	25:37	
Chris Neilon	Heirisson	M40	26:28	
Tony Smith		M35	27:53	
Ange Hayward		W40	46:39	
Anthony Smith	Aveley	M40	19:17	

## Saturday November 15; 40 members

Hamish McLeod	Claisebrook	M35	18:43	<b>PB</b>
Rod Hamilton		M50	20:00	
John Oldfield		M70	22:32	<b>SB</b>
Eamonn McNulty		M55	23:34	<b>PB</b>
Robyn Dunlop		W40	28:22	
Christine Oldfield		W65	30:41	<b>SB</b>
Dutch Holland		M45	47:50	
Ray Hall	Rock'ham	M80	38:57	
Mitch Loly		M70	43:34	<b>PB</b>
Vic Beaumont		M80	44:18	
Jeff Bremner	Pioneer	M50	21:20	
Tracy Bishop		W40	35:40	
John Brambley		M70	39:42	
Tracy Sulejmani		W40	57:52	t/r
Trevor Scott	Heirisson	M55	18:01	
Bernard Mangan		M55	21:42	<b>PB</b>
Anthony Smith	Aveley	M40	19:19	
Jeremy Savage		M35	24:18	
Jon Storey		M40	24:57	
Kelly Underwood		W35	24:59	<b>PB</b>
Kim Thomas	Canning R	M40	17:05	<b>PB</b>
Delia Baldock		W50	26:58	
John Talbot		M65	27:49	
Sam Farman		W50	27:50	
Monique Thomas		W35	27:50	
Melissa Hassan		W40	28:50	
Kem Hassan		M45	28:51	
Merv Jones		M75	29:16	
Katrina Tyza		W35	29:25	<b>PB</b>
Bob Fawcett		M65	33:03	<b>PBA</b>
Sheila Walsh		W50	34:15	
Aldo Giacomini		M75	35:33	
Carolyn Fawcett		W60	35:35	
Sheila Maslen	Canning R	W75	43:57	
Sue Zlnay	Carine	W50	21:10	
Karyn Gower		W50	25:41	

Duncan McAuley	Joondalup	M65	23:14	
Martin Watkins		M65	24:14	<b>PB</b>
Aura Cook		W45	29:39	
Danny Sheehan	Kalgoorlie	M60	19:08	

**Saturday November 22; 42 members**

Kim Thomas	Canning R	M40	17:02	<b>PB</b>
Stuart MacKinnon		M30	19:19	
<b>Jim Langford</b>		<b>M70</b>	<b>20:24</b>	<b>PB</b>
Wade Davis		M45	23:04	<b>SB</b>
Jeremy Savage		M35	23:16	
John Oldfield		M70	24:38	
Tina Franklin		W40	25:06	
Kem Hassan		M45	26:21	
Delia Baldock		W50	27:11	
Sam Farman		W50	27:31	<b>PB</b>
John Talbot		M65	27:50	
Monique Thomas		W35	28:00	
Robyn Dunlop		W40	28:35	
Melissa Hassan		W40	28:55	
Merv Jones		M75	29:09	
Kelly Underwood		W35	29:54	
Clinton Bishop		M40	30:22	<b>PB</b>
<b>Christine Oldfield</b>		<b>W70</b>	<b>30:42</b>	<b>PBA</b>
Carolyn Fawcett		W60	34:10	
Tracy Bishop		W40	36:40	
Tania Baldwin		W40	37:36	
Rebecca MacKinnon		W30	43:29	
Sheila Maslen		W75	43:53	
Hamish McLeod	Claisebrook	M35	21:37	
John Fisher		M50	23:19	
Eamonn McNulty		M55	23:41	
David Baird		M70	26:45	
Rod Hamilton	Carine	M50	20:22	
Michael Lee		M65	25:10	
Jeff Bremner	Pioneer	M50	21:50	
Lui Cecotti	Joondalup	M65	26:47	
Aura Cook		W45	28:45	
Craig Trudgian	Rock'ham	M50	21:46	<b>PB</b>
Vic Beaumont		M80	42:26	<b>SB</b>
Ray Hall		M80	44:25	
Mitch Loly		M70	50:06	
<b>Trevor Scott</b>	<b>Heirisson</b>	<b>M55</b>	<b>17:48</b>	<b>PB</b>
Bernard Mangan		M60	21:25	<b>PB</b>
Dutch Holland		M45	27:31	
Ange Hayward		W40	49:55	
Danny Sheehan	Kalgoorlie	M60	19:12	

**Saturday 29 November; 41 members**

Hamish McLeod	Claisebrook	M35	18:48	
John Fisher		M50	23:01	
Martin Watkins		M65	24:06	<b>PB</b>
Denise Newport		W50	24:32	
John Talbot		M65	29:25	
Julie Keeley		W45	32:18	
John Oldfield	Aveley	M70	26:26	
<b>Christine Oldfield</b>		<b>W70</b>	<b>30:32</b>	<b>SB</b>
Kim Thomas	Canning R	W40	17:37	
Todd Ingraham		M40	17:57	
Kem Hassan		M40	25:16	
Carol Bowman		W60	26:30	
Delia Baldock		W50	27:16	
Monique Thomas		W35	27:31	
Merv Jones		M75	29:42	
Melissa Hassan		W40	32:44	
Clinton Bishop		M40	33:51	
Carolyn Fawcett		W60	34:26	
Sheila Maslen		W75	43:46	
Tracy Bishop		W40	46:11	
Tony Smith	Carine	M40	18:58	
Michael Lee		M65	22:40	
Karyn Gower		W50	25:09	<b>PB</b>

Katrina Tyza		W35	29:07	<b>PB</b>
Tracy Sulejmani		W40	37:11	t/r
Stuart MacKinnon	Pioneer	M30	19:39	
Jeff Bremner		M50	59:21	t/r
Bernard Mangan	Heirisson	M60	21:47	
Dutch Holland		M45	26:17	<b>PB</b>
Robyn Dunlop		W40	28:55	<b>PB</b>
Danny Sheehan	Kalgoorlie	M60	19:25	
Dan Baldwin	Geographe B	M40	20:17	<b>PB</b>
Tania Baldwin		W40	37:40	
Trevor Scott	Rock'ham	M55	n/t	
Rod Hamilton		M50	n/t	
Craig Trudgian		M50	n/t	
Adam Dance		M30	n/t	
Helen Lintott		W40	n/t	
Douglas Lintott		M35	n/t	
Vic Beaumont		M80	n/t	
Mitch Loly		M70	n/t	