

# December 2015 Results

*Includes all meets where MAWA athletes are known to have competed  
 Note that SB refers to the combined winter and summer season (i.e. April 2015-March 2016)  
 Note also that all records are pending until ratified by the appropriate authorities*

## WAAS - 1 December

<b>1500m (Patron's Trophy)</b>		<b>Points %</b>	
Chris Groom	M45 5:37.5	n/a	
Nick Best	Vis 5:44.6	n/a	
Kep Knudson	M35 5:45.0	61.08	
Jane Lockwood	W35 5:57.4	n/a	
Alan Gray	M50 6:07.5	n/a	
Steve White	M30 6:27.8	n/a	
Ivan Brown	M70 6:35.1	73.22	
John Dennehy	M55 6:53.7	61.37	<b>PBA</b>
Tracy Bauer	Vis 6:59.8	n/a	

<b>400m</b>		<b>Points %</b>	
Wendy Seegers	W35 56.3	<b>PBA</b>	
Nick Best	Vis 56.5		
Lee Stergiou	M40 57.6	<b>SB</b>	
Campbell Till	M55 61.2	<b>SB</b>	
Steve White	M30 71.1		
Barrie Kernaghan	M75 75.3		
Henri Cortis	M65 81.0	<b>PBA</b>	
Ivan Brown	M70 81.9	<b>SB</b>	

Juliana Kelly	W50 77.2	<b>PBA</b>	
Delia Baldock	W50 81.9		
Tracy Bauer	Vis 84.1		

<b>60m</b>		<b>Points %</b>	
Lee Stergiou	M40 7.5	<b>SB</b>	
Wendy Seegers	W35 7.6	<b>SB=</b>	
Steven Michael	Vis 8.2		
Lisa Limonas	W45 8.7		

Fran Cherry	W50 9.6	<b>SB=</b>	
Barrie Kernaghan	M75 9.6		
Juliana Kelly	W50 9.6	<b>PBA</b>	

Sue Coate	W45 9.5		
Tracy Bauer	Vis 9.8		
Peggy Macliver	W70 10.5		

## Bunbury – December 1

<b>400m</b>		<b>Points %</b>	
Brian Feutrill	M50 62.5	<b>SB</b>	
Robyn Feutrill	W50 77.0	<b>PBA</b>	
Leon Sander	M75 91.4	<b>SB</b>	
Lyle James	M75 141.2	<b>SB</b>	
Rosemary Giles	W40 78.9		

<b>Hammer</b>		<b>Points %</b>	
Garry Hastie	M50 20.52	<b>SB</b>	
Deb Cox	W50 15.65		

## Strive, WAAS – December 4

<b>100m</b>		<b>Points %</b>	
Greg Brennan	M45 12.65	w <b>SB</b>	
Barrie Kernaghan	M75 15.30	w	
Alan Deans	M65 17.58	w	
Wendy Seegers	W35 11.86	w <b>PBA w/a</b>	

<b>400m</b>		<b>Points %</b>	
Chris Neale	M45 57.54	<b>PBA</b>	
Fiona Leonard	W45 67.65		

<b>High Jump (Patron's Trophy)</b>		<b>Points %</b>	
Kep Knudson	M35 1.40m	60.87	
Ivan Brown	M70 1.15m	74.19	<b>PBA=</b>
Carol Bowman	W60 0.85m	59.03	

<b>High Jump (non Patron's)</b>		<b>Points %</b>	
Dave Wyatt	M60 1.35		
Gay Wyatt	W60 1.05	<b>SB=</b>	
Fran Cherry	W50 1.00		
Sue Coate	W45 1.20		
Lisa Limonas	W45 1.35	<b>SB</b>	
Phil Smyth	M65 1.25	<b>PBA</b>	
Nick Best	Vis 1.45		
Simon Temby	Vis 1.30		

<b>Weight</b>		<b>Points %</b>	
Todd Davey	M45 14.18		
Geoff Gee	M60 16.34		
Michelle De Silva	W40 5.81		
Andrew Ward	M50 10.26		

<b>Discus</b>		<b>Points %</b>	
Todd Davey	M45 41.76		
Andrew Ward	M50 29.29		
Michelle De Silva	W40 20.90	<b>PBA</b>	
Mike Anderson	M65 17.25	<b>SB</b>	
Simon Temby	Vis 18.17		
Alex De Silva	Vis 14.46		

<b>3000m</b>		<b>Points %</b>	
Alan Gray	M50 12:50.0		
Steve White	M30 14:01.8		

<b>2000m</b>		<b>Points %</b>	
Cecil Walkley	M85 19:09.6	<b>SB</b>	

<b>Long Jump</b>		<b>Points %</b>	
Robyn Feutrill	W50 3.10		
Leon Sander	M75 2.27	<b>SB</b>	
Lyle James	M75 1.30	<b>SB</b>	

<b>2000m</b>		<b>Points %</b>	
Lyle James	13:48.8	<b>PBA</b>	

<b>Javelin</b>		<b>Points %</b>	
Garry Hastie	M50 29.41	<b>SB</b>	
Leon Sander	M75 17.68	<b>SB</b>	
Deb Cox	W50 17.00		

<b>1500m</b>		<b>Points %</b>	
Mark Dawson	M50 5:12.85		

<b>Shot</b>		<b>Points %</b>	
Byrony Glass	W35 10.74	<b>SB</b>	

<b>Hammer</b>		<b>Points %</b>	
Byrony Glass	W35 48.92		

## ECAC – December 3

### 60m

Owen Richards	M35	8.6	
Geoff Brayshaw	M65	9.1	<b>SB</b>
Rob Colton	M50	9.5	
Fran Cherry	W50	10.0	
Kristine Wells	Vis	11.3	

### 800m

Alan Stabler	Vis	2:44.0	
Rob Colton	M50	2:44.5	
Jim Langford	M70	2:59.2	
Delia Baldock	W50	3:20.1	
Colin Smith	M50	3:20.1	<b>SB</b>
Carol Bowman	W60	3:23.5	
Kristine Wells	Vis	3:37.2	
Andy Abbey	Vis	3:41.9	

### 5000m

Jim Langford	M70	20:40.4	
Rob Colton	M50	21:18.0	<b>SB</b>
Alan Stabler	Vis	21:58.3	
Andy Abbey	Vis	22:42.7	
Sue Bourn	W45	23:13.0	
Bob Schickert	M70	28:53.1	

### 3000m

John Dennehy	M50	15:55.0	
--------------	-----	---------	--

### 5000m walk

Karyn Tolardo	W50	29:06.5	
---------------	-----	---------	--

### 3000m walk

Janne Wells	W45	20:34.6	
-------------	-----	---------	--

## WAAS - 8 December

### 60m

Lee Stergiou	M40	7.5	<b>SB=</b>
Steven Michael	Vis	8.0	
Gin Wah Ang	Vis	8.8	

Doug Peyman	Vis	8.5	
Geoff Brayshaw	M65	8.9	<b>PBA</b>
David Adams	M35	9.1	<b>PBA=</b>
Barrie Kernaghan	M75	9.4	<b>SB=</b>

Juliana Kelly	W50	9.6	<b>PBA=</b>
Tracy Bauer	Vis	9.7	
Kim Chandler	W55	10.9	
Cecil Walkley	M85	31.7	

### 800m

David Wrighton	Vis	2:17.7	
Nick Best	M35	2:18.6	
Mark Dawson	M50	2:29.5	
Suzi Graves	W45	2:45.5	
Doug Peyman	Vis	2:54.4	
Alan Gray	M50	2:58.8	
Henri Cortis	M65	3:02.7	<b>PBA</b>
Juliana Kelly	W50	3:15.6	<b>PBA</b>
Tracy Bauer	Vis	3:16.5	
Carol Bowman	W60	3:17.0	
Delia Baldock	W50	3:28.8	

### 5000m

Rob Nichols	M35	16:52.0	<b>SB</b>
Jasmine Pugh	Vis	19:19.9	
David Solomon	M50	19:43.5	
David Adams	M35	22:15.6	<b>PBA</b>

### Long Jump (Patron's)

Sue Bourn	W45	3.85	62.60	
Janne Wells	W45	3.58	57.37	
John Dennehy	M55	3.49	53.04	<b>PBA</b>
Carol Bowman	W60	2.45	48.32	
Karyn Tolardo	W50	2.39	39.90	
Lynne Schickert	W70	2.24	56.26	
Bob Schickert	M70	2.05	41.67	

### Long Jump (non Patron's)

Fran Cherry	W50	3.31	
Geoff Brayshaw	M65	4.17	<b>SB</b>
Owen Richards	M35	3.92	

### 200m

Owen Richards	M35	29.0	
Rob Colton	M50	32.5	
Alan Stabler	Vis	32.7	
Andy Abbey	Vis	36.6	
Delia Baldock	W50	36.7	
John Dennehy	M55	36.8	
Carol Bowman	W60	39.6	
Kristine Wells	Vis	44.0	

### Javelin

Todd Davey	M45	40.20	
Andrew Ward	M50	34.39	
Mark Hamilton	M45	29.99	<b>SB</b>
Geoff Brayshaw	M65	29.83	<b>SB</b>
Julie Plackett	W45	14.58	

### Weight

Todd Davey	M45	14.22	
Mark Hamilton	M45	11.37	
Andrew Ward	M50	10.34	
Julie Plackett	W45	7.39	

### Long Jump (Patron's)

Todd Ingraham	M40	4.12	51.76	
David Adams	M35	3.91	47.98	<b>PBA</b>
John Dennehy	M55	3.25	49.39	
Carol Bowman	W60	2.55	50.30	<b>PBA</b>

### 3000m

Suzi Graves	W45	12:56.0	
-------------	-----	---------	--

### 2000m

Cecil Walkley	M85	19:19.8	
---------------	-----	---------	--

### 5000m walk

Karyn Tolardo	W50	28:32.2	<b>PBA</b>
Sylvia Byers	W80	n/t	

### 200m

Nick Best	M35	25.9	
Jasmine Pugh	Vis	27.7	
Campbell Till	M55	30.0	
Mark Dawson	M50	31.1	<b>SB</b>

Steven Michael	Vis	28.0	
Doug Peyman	Vis	28.2	
David Adams	M35	32.0	
Delia Baldock	W50	36.4	
Carol Bowman	W60	37.9	<b>PBA</b>

### 2000m steeplechase

Mark Dawson	M50	8:58.2	
Alan Gray	M50	9:08.2	<b>SB</b>
Nick Best	M35	10:16.2	
David Carr	M80	10:36.6	
John Dennehy	M55	10:56.1	<b>PBA</b>

**Long Jump (non Patron's)**

Steven Michael	Vis	4.71	
Dave Wyatt	M60	4.53	<b>SB=</b>
Geoff Brayshaw	M65	4.29	<b>SB</b>
Phil Smyth	M65	3.75	<b>SB</b>
Gay Wyatt	W60	3.20	
Kim Chandler	W55	3.10	

**Shot**

Todd Davey	M45	13.50	
Byrony Glass	W35	10.12	
Geoff Gee	M60	11.80	
Yolanda Carstens	W50	8.99	
Alex De Silva	Vis	7.54	
Michelle De Silva	W40	6.60	
Mike Anderson	M65	5.93	

**Hammer**

Byrony Glass	W35	41.30	
Todd Davey	M45	40.14	<b>SB</b>
Geoff Gee	M60	37.73	
Cheryl McMahon	W40	33.12	<b>SB</b>
Kate Glass	W65	25.45	<b>SB</b>
Yolanda Carstens	W50	20.99	
Alex De Silva	Vis	18.96	
Michelle De Silva	W40	18.72	<b>SB</b>

**ECAC – December 10****100m**

Donna Abbey	Vis	15.6	
John Dennehy	M55	17.1	
Colin Smith	M50	17.3	
Peggy Macliver	W70	17.5	

Delia Baldock	W50	17.7	
Carol Bowman	W60	18.5	
Lynne Schickert	W70	25.7	
Tania Barker	Vis	33.3	

**Mile**

Andrew Spratt	Vis	6:07.4	
Jim Langford	M70	6:23.5	
Bruce McGeorge	M60	7:22.0	
David Carr	M80	7:40.3	
Ryan Lance	Vis	7:58.7	
Janne Wells	W45	9:14.1	
Tania Barker	Vis	18:36.0	

**Mile walk**

Kristine Wells	Vis	10:48.4	
John Smith	M80	12:55.1	

**3000m**

Ryan Lance	Vis	11:17.2	
Jim Langford	M70	12:09.8	
Bruce McGeorge	M60	13:55.1	<b>PBA</b>
Bob Schickert	M70	16:52.1	

**3000m walk**

Karyn Tolardo	W50	17:05.3	<b>PBA</b>
Janne Wells	W45	21:26.0	

**Strive, WAAS – December 11****100m**

Glenn Ross	M40	11.75	<b>SB</b>
Greg Brennan	M45	12.50	<b>SB</b>
Alan Deans	M65	17.83	

**200m**

Glenn Ross	M40	23.64	w/a
Mark Jeffery	M45	25.28	
Wendy Seegers	W35	24.49	
Fiona Leonard	W45	30.21	w/a

**800m**

Scott Tamblin	M35	1:57.35	
Xander van Rijen	M45	2:09.96	<b>SB</b>
Neil Morfitt	M55	2:22.16	
Fiona Leonard	W45	2:36.13	

**200m (Patron's)**

Sue Bourn	W45	31.8	78.21	
Janne Wells	W45	35.0	70.26	
Carol Bowman	W60	37.1	77.04	<b>PBA</b>
Bob Schickert	M70	37.8	72.62	

John Dennehy	M55	34.2	68.30	
David Carr	M80	40.0	81.18	
Karyn Tolardo	W50	42.7	59.63	<b>PBA</b>
Lynne Schickert	W70	58.5	55.16	

**200m (non Patron's)**

Donna Abbey	Vis	32.9	
Colin Smith	M50	36.0	
Peggy Macliver	W70	36.1	
Delia Baldock	W50	36.4	
Ryan Lance	Vis	37.5	
Kristine Wells	Vis	40.1	

**Javelin (Patron's)**

Donna Abbey	Vis	10.57m	n/a	
Sue Bourn	W45	15.06m	27.94	
John Dennehy	M55	14.35m	20.90	
Lynne Schickert	W70	10.11m	34.56	
Karyn Tolardo	W50	9.98m	18.65	
Carol Bowman	W60	9.86m	24.10	

**Shot**

Donna Abbey	Vis	5.47m	
Carol Bowman	W60	4.95m	

**5000m**

Kim Thomas	M40	17:16.13	<b>SB</b>
------------	-----	----------	-----------

**Pole Vault**

Mark Jeffery	M45	4.10	<b>SR</b>
--------------	-----	------	-----------

**Discus**

Mark Jeffery	M45	33.22	
Andrew Ward	M50	29.27	
Byrony Glass	W35	33.15	<b>SB</b>
Bev Hamilton	W70	20.18	

**Shot**

Byrony Glass	W35	11.10	<b>SB</b>
Bev Hamilton	W70	7.61	

**Hammer**

Andrew Ward	M50	24.32	<b>SB</b>
Byrony Glass	W35	50.16	<b>SB</b>
Bev Hamilton	W70	25.22	<b>SR</b>

**WAAS - 15 December****100m**

Lee Stergiou	M40	12.3	
Lisa Limonas	W45	14.2	
David Adams	M35	14.6	<b>SB=</b>
Suzi Graves	W45	15.3	

Juliana Kelly	W50	15.1	<b>PBA=</b>
Tracy Bauer	Vis	15.6	
John Dennehy	M55	17.1	
Bob Schickert	M70	19.8	

Penny Taylor	Vis	15.3	
Victor Goytizolo	Vis	15.3	
Ivan Brown	M70	17.9	
Lynne Schickert	W70	24.6	<b>SB</b>

**Mile**

David Solomon	M50	5:47.4	<b>PBA</b>
Mark Dawson	M50	5:47.8	<b>PBA</b>
Jane Lockwood	W35	6:18.0	
David Adams	M35	6:27.8	
Ivan Brown	M70	7:03.5	
Tracy Bauer	Vis	7:20.8	

**Mile walk**

Sylvia Byers	W80	13:10.2	
--------------	-----	---------	--

**1000m walk**

Lynne Schickert	W70	7:55.3	
-----------------	-----	--------	--

**200m (Patron's)**

			<b>Points %</b>
Kep Knudson	M35	26.4	76.48
Todd Ingraham	M40	28.2	74.43 <b>PBA</b>
David Adams	M35	31.9	64.80
John Dennehy	M55	33.7	69.32 <b>SB</b>
Bob Schickert	M70	36.4	75.41 <b>SB</b>
Sue Bourn	W45	31.1	79.97 <b>SB</b>
Carol Bowman	W60	37.9	75.41
Lynne Schickert	W70	53.2	60.66 <b>SB</b>

**3000m**

Mark Dawson	M50	11:51.6	<b>SB</b>
Suzi Graves	W45	12:19.2	<b>SB</b>
Alan Gray	M50	12:36.0	
Campbell Till	M55	12:47.8	
Nick Best	M35	13:55.2	
David Solomon	M50	13:57.2	

**Bunbury – December 8****200m**

Lyle James	M75	51.9	
------------	-----	------	--

**Shot Put**

Sharon Moloney	W50	7.86	
Deb Cox	W50	6.25	
Rosemary Giles	W40	5.38	
Lyle James	M75	4.19	<b>PBA</b>

**Bunbury – December 12****2000m steeplechase**

Rosemary Giles	W40	9:12.8	
Lyle James	M75	15:39.3	

**200m (non Patron's)**

Lee Stergiou	M40	24.6	<b>PBA</b>
Nick Best	M35	25.6	<b>SB</b>
David Solomon	M50	29.3	<b>SB</b>
Lisa Limonas	W45	29.6	

Jane Lockwood	W35	31.4	
Juliana Kelly	W50	31.8	<b>PBA</b>
Suzi Graves	W45	32.8	
Delia Baldock	W50	35.6	<b>SB</b>
Peggy Macliver	W70	36.0	

**3000m walk**

Sylvia Byers	W80	24:28.6	
Lorna Lauchlan	W85	25:19.1	

**Triple Jump**

Nick Best	M35	11.10	
Lisa Limonas	W45	9.35	<b>SB</b>
Dave Wyatt	M60	9.10	<b>SB</b>
Phil Smyth	M65	7.96	
Gay Wyatt	W60	6.61	

**Weight**

Todd Davey	M45	13.88	
Geoff Gee	M60	16.49	
Byrony Glass	W35	16.34	
Andrew Ward	M50	11.09	<b>PBA</b>
Yolanda Carstens	W50	8.65	

**Javelin (non Patron's)**

Todd Davey	M45	38.60	
Andrew Ward	M50	33.89	
Geoff Gee	M60	32.47	
Yolanda Carstens	W50	25.57	
Phil Smyth	M65	24.05	
Penny Taylor	Vis	20.59	
Rob Shand	M80	19.52	
Sal Sims	W35	12.98	

**Javelin (Patron's)**

			<b>Points %</b>
David Adams	M35	12.04	13.57
John Dennehy	M55	15.15	22.07 <b>PBA</b>
Carol Bowman	W60	10.80	26.40 <b>SB</b>
Kep Knudson	M35	25.26	27.17
Todd Ingraham	M40	23.30	27.14 <b>PBA</b>
Sue Bourn	W45	12.53	23.24

**800m**

Rosemary Giles	W40	2:44.7	<b>PBA</b>
Lyle James	M75	5:11.5	

**Hammer**

Deb Cox	W50	16.64	
---------	-----	-------	--

## Bunbury – Saturday December 12

### Throws Pentathlon

		<b>Hammer</b>	<b>Shot</b>	<b>Discus</b>	<b>Javelin</b>	<b>Weight Throw</b>
Rob Young	M70	21.54 <b>SB</b> 371	8.65 550	23.98 477	16.30 263	8.62 443
Points Total	2104					
Deb Cox	W50	17.71 <b>SB</b> 337	6.18 386	18.85 <b>SB</b> 364	18.93 <b>SB</b> 380	5.52 283
Points Total	1750					
Brian Waldhuter	M75	18.79 <b>SB</b> 366	6.82 458	16.83 350	14.51 264	8.33 <b>SB</b> 465
Points Total	1903					
Sharon Moloney	W50	23.99 510	7.71 510	13.31 233	16.09 310	5.95 314
Points Total	1877					
Todd Davey	M45	40.17 <b>SB</b> 673	14.83 964	45.30 <b>SR</b> 967	38.57 518	13.11 754
Points Total	3876 <b>SR</b>					
Oswald Igel	M65	30.97 600	11.58 <b>SR</b> 837	40.45 <b>SB</b> 810	29.55 532	13.09 <b>SR</b> 713
Points Total	3492 <b>PBA</b>					

## Bunbury – 15 December

### 100m

Brian Feutrill	M50	13.3	
Leon Sander	M75	16.2	
Robyn Feutrill	W50	17.1	
Lyle James	M75	21.3	<b>PBA</b>

### High Jump

Robyn Feutrill	W50	1.20	<b>PBA</b>
----------------	-----	------	------------

### 1500m

Rosemary Giles	W40	5:41.0	
Robyn Feutrill	W50	6:31.9	<b>PBA</b>
Lyle James	M75	10:34.3	

### Javelin

Garry Hastie	M50	29.20	
Leon Sander	M75	18.50	<b>SB</b>
Deb Cox	W50	16.36	
Rosemary Giles	W40	13.90	<b>PBA=</b>
Robyn Feutrill	W50	13.80	
Brian Waldhuter	M75	13.44	
Lyle James	M75	10.93	<b>PBA</b>

### Shot

Lyle James	M75	3.94	
------------	-----	------	--

## ECAC - December 17

### 100m

Kathy Lawson	W45	15.2	
Colin Smith	M50	16.9	
Mercurio Cicchini	M65	17.2	
Ben Hope	Vis	18.9	
Trinity Pope	Vis	19.2	

### 1500m

Ryan Lance	Vis	5:23.5	
Ben Pope	Vis	5:44.7	
Mike Bryant	M35	5:51.6	
Bob Hull	Vis	6:33.1	
Mercurio Cicchini	M65	7:25.3	
Maurice Creagh	M65	7:25.3	
Delia Baldock	W50	7:36.2	

### 1500m walk

Karyn Tolardo	W50	8:32.4	
John Smith	M80	12:15.1	<b>SB</b>

### 60m

Kathy Lawson	W45	9.4	
Colin Smith	M50	9.7	
Mercurio Cicchini	M65	10.6	
Trinity Pope	Vis	11.5	

### 3000m

Mike Bryant	M35	13:57.3	
Maurice Creagh	M65	16:24.2	

### 5000m

Jim Langford	M70	20:44.0	
Ryan Lance	Vis	25:08.3	

### 5000m walk

Karyn Tolardo	W50	31:14.0	
---------------	-----	---------	--

## Strive, WAAS – December 17

<b>100m</b>				<b>Long Jump</b>			
Alan Deans	M65	17.83		Paul Jeffery	M40	5.95	<b>SB nwi</b>
Lisa Limonas	W45	14.26	w/a				
<b>400m</b>				<b>Discus</b>			
Wendy Seegers	W35	55.72	<b>AR pending</b>	Paul Jeffery	M40	38.29	<b>PBA</b>
Paul Jeffery	M40	54.80	<b>PBA</b>	Todd Davey	M45	42.00	
Chris Neale	M45	56.51	<b>PBA</b>	Andrew Ward	M50	30.83	<b>SB</b>
Nick Best	M35	56.94		Byrony Glass	W35	32.63	
				Chris Schelfhout	W45	20.24	
<b>1500m</b>				<b>Javelin</b>			
Scott Tamblin	M35	4:00.22		Paul Jeffery	M40	50.96	<b>SB</b>
Xander van Rijen	M45	4:29.10		Chris Schelfhout	W45	19.69	
<b>110m hurdles</b>				<b>Hammer</b>			
Paul Jeffery	M40	16.85		Todd Davey	M45	39.44	
				Andrew Ward	M50	24.20	
<b>High Jump</b>				Byrony Glass	W35	49.66	
Andrew Brooker	M45	1.60	<b>SB</b>	Chris Schelfhout	W45	25.86	

## Bunbury – 19 December

### Outdoor Pentathlon – women (jumps/sprints w/a)

		<b>100m</b>	<b>Shot</b>	<b>Long Jump</b>	<b>Javelin</b>	<b>800m</b>
Robyn Feutrill	W50	17.0	6.12	3.34	14.1	3:18.6
		420	381	352	262	433
Points Total	1848					

### Outdoor Pentathlon – men (jumps/sprints w/a)

		<b>Long Jump</b>	<b>Javelin</b>	<b>200m</b>	<b>Discus</b>	<b>1500m</b>
Brian Feutrill	M50	5.32 <b>PBA w/a</b>	16.25	27.6	19.33	6:56.3
		706	161	635	267	250
Points Total	2019					
Garry Hastie	M50	4.01	29.09	29.5	24.00	6:08.9
		368	380	496	358	439
Points Total	2041					
Leon Sander	M75	2.70 <b>SB</b>	18.68 <b>SB</b>	34.6	22.21 <b>SB</b>	9:05.2
		357	375	609	501	275
Points Total	2117					

<b>Shot</b>				<b>800m</b>			
Deb Cox	W50	6.42	<b>SB</b>	Rosemary Giles	W40	2:47.3	

<b>Javelin</b>			
Deb Cox	W50	16.6	

## WAAS - 22 December

<b>100m</b>				<b>1500m walk</b>			
Lee Stergiou	M40	12.3		Karyn Tolardo	W50	8:05.7	<b>PBA</b>
Nick Best	M35	14.1					
David Solomon	M50	14.4		<b>60m</b>			
Mark Dawson	M50	15.7		Rudy Kocis	M50	7.5	
				Lee Stergiou	M40	7.5	
Geoff Brayshaw	M65	14.6		Nick Best	M35	8.9	
Victor Goytizolo	Vis	15.7					
Grace McMahon	Vis	15.9		Lisa Limonas	W45	8.8	
Cheryl McMahon	W40	16.4		Vicki Cobby	W40	9.0	
Abi Best	Vis	16.4		Delia Baldock	W50	10.2	
<b>1500m</b>							
Rob Nichols	M35	4:29.7	<b>SB</b>	Abi Best	Vis	10.2	
Mark Dawson	M50	5:20.3		Charlotte Best	Vis	10.8	
David Solomon	M50	5:25.4		Jorja Cobby	Vis	11.9	
Maddie Good	Vis	5:27.5		<b>3000m walk</b>			
Campbell Till	M55	5:28.3	<b>PBA</b>	Karyn Tolardo	W50	17:48.8	
Suzi Graves	W45	5:32.9		Sylvia Byers	W80	23:45.9	
Cecil Walkley	M85	15:36.5					

**3000m**

Rob Nichols	M35	10:08.7
Mark Dawson	M50	12:16.4
Suzi Graves	W45	12:25.1
Alan Gray	M50	13:23.3
Simone Solomon	W45	14:38.9
David Solomon	M50	14:38.9

**2000m**

Cecil Walkley	M85	20:45.9
---------------	-----	---------

**High Jump**

Dave Wyatt	M60	1.35	
Nick Best	M35	1.40	
Vicki Cobby	W40	1.35	
Lisa Limonas	W45	1.30	
Phil Smyth	M65	1.25	<b>PBA=</b>
Charlotte Best	Vis	1.10	
Gay Wyatt	W60	0.95	
Jorja Cobby	Vis	0.85	

**Shot**

Todd Davey	M45	13.70	
Tom Gravestock	M60	11.82	<b>PBA</b>
Geoff Gee	M60	12.21	
Ossi Igel	M65	11.45	
Andrew Ward	M50	9.41	<b>PBA=</b>
Cheryl McMahon	W40	8.17	
Sal Sims	W35	8.11	<b>SB</b>
Geoff Brayshaw	M65	7.87	<b>PBA</b>
Chris Schelfhout	W45	7.01	
Grace McMahon	Vis	6.54	
Mike Anderson	M65	5.95	

**Discus**

Tom Gravestock	M60	45.09	
Todd Davey	M45	42.33	
Ossi Igel	M65	36.88	
Geoff Gee	M60	36.81	
Cheryl McMahon	W40	29.29	
Andrew Ward	M50	28.86	
Chris Schelfhout	W45	24.21	<b>PBA</b>
Grace McMahon	Vis	17.94	<b>SB</b>
Sal Sims	W35	17.73	<b>SB</b>
Mike Anderson	M65	17.33	<b>SB</b>