

## Interim Club Tops April 2011-January 2012 (three-quarters of the way through the athletics year)

<b>60m</b>		<b>Men</b>		<b>Women</b>					
<b>M30</b>				<b>W30</b>					
				Melissa Foster	22/12/11	ECAC	8.3		
				Melissa Hynds	18/08/11	ECAC	10.1		
				Monique Thomas	22/12/11	ECAC	11.4		
<b>M35</b>				<b>W35</b>					
	Brett Blanco	2/12/11	WAAS	7.2	Wendy Seegers	20/10/11	ECAC	8.0	
	Kim Thomas	22/11/11	WAAS	8.5	Kim Cook	3/11/11	ECAC	11.0	
	Simon Popelier	1/12/11	ECAC	9.6					
<b>M40</b>				<b>W40</b>					
	Rob Colling	2/12/11	WAAS	7.0	Carolyn Wills	31/05/11	WAAS	8.6	
	Chris Neale	19/05/11	ECAC	8.0	Fiona Leonard	24/05/11	WAAS	9.2	
3	Mark Elms	24/05/11	WAAS	8.1	Kerriann Bresser	3/05/11	WAAS	9.4	
3	Mark Howard	30/06/11	ECAC	8.1					
3	Richard Williams	22/11/11	WAAS	8.1					
<b>M45</b>				<b>W45</b>					
	Marty Campbell	7/10/11	ADL	7.94	1	Kathy Lawson	5/01/12	ECAC	9.2
	Bernard Riviere	20/10/11	ECAC	8.0	2	Sue Coate	22/11/11	WAAS	9.3
	Colin Smith	24/05/11	WAAS	8.1	2	Cathy McCloskey	22/12/11	ECAC	9.3
					2	Fiona Leonard	3/01/12	WAAS	9.3
					2	Fran Cherry	3/01/12	WAAS	9.3
<b>M50</b>				<b>W50</b>					
	Rudy Kocis	6/09/11	WAAS	7.5					
	Campbell Till	25/10/11	WAAS	8.0					
	Craig van Waardenburg	3/01/12	WAAS	8.1					
<b>M55</b>				<b>W55</b>					
	Garry Ralston	10/05/11	WAAS	8.5		Lynne Choate	21/06/11	WAAS	8.8
	Dave Wyatt	3/05/11	WAAS	8.8		Carol Bowman	22/11/11	WAAS	10.5
	Barry Newell	22/11/11	WAAS	8.8		Julie Wilson	22/11/11	WAAS	11.2
<b>M60</b>				<b>W60</b>					
	Dave Wyatt	25/10/11	WAAS	8.4		Sarah Ladwig	3/11/11	ECAC	12.0
	Geoff Brayshaw	22/11/11	WAAS	8.5		Carolyn Fawcett	22/09/11	ECAC	13.9
	Rob Greenhalgh	3/05/11	WAAS	8.8					
<b>M65</b>				<b>W65</b>					
	Roy Fearnall	10/05/11	WAAS	8.5		Peggy Macliver	24/05/11	WAAS	9.5
	Keith Martin	25/10/11	WAAS	9.1		Brenda Painter	1/09/11	ECAC	10.8
	Peter Hopper	3/12/12	WAAS	10.2		Lynne Schickert	22/09/11	ECAC	14.0
<b>M70</b>				<b>W70</b>					
1	Barrie Kernaghan	10/05/11	WAAS	8.7		Ruth Johnson	29/11/11	BUN	12.2
1	David Clive	25/10/11	WAAS	8.7		Lynne Schickert	3/11/11	ECAC	13.7
	Norm Richards	24/05/11	WAAS	9.2					
	Don chambers	22/11/11	WAAS	9.2					
<b>M75</b>				<b>W75</b>					
	Brian Waldhuter	29/11/11	BUN	9.4		Pat Carr	3/05/11	WAAS	13.2
	Leon Sander	29/11/11	BUN	9.9					
3	David Carr	17/11/11	ECAC	11.1					
3	Lyle James	29/11/11	BUN	11.1					
<b>M80</b>				<b>W80</b>					
	Irwin Barrett-Lennard	24/05/11	WAAS	11.3					
	Derry Foley	5/01/12	ECAC	11.9					

# 100m

## Men

## Women

### M30

### W30

Melissa Foster	13/01/12	WAAS	13.88
Mel Hynds	4/08/11	ECAC	16.9
Monique Thomas	17/11/11	ECAC	20.0

### M35

Brett Blanco	2/12/11	WAAS	11.5
Kim Thomas	22/11/11	WAAS	13.8
Simon Popelier	17/11/11	ECAC	16.5

### W35

Wendy Seegers	1/11/11	WAAS	12.6
Wendy Seegers	18/11/11	WAAS	12.75
Toni Phillips	22/11/11	WAAS	14.1
Trish Farr	27/10/11	ECAC	17.1

### M40

1	Rob Colling	2/12/11	WAAS	11.1
2	Chris Neale	30/06/11	ECAC	12.6
2	Mark Jeffery	6/07/11	SAC	12.63
2	Andrew Brooker	22/11/11	WAAS	12.6
2	Mark Elms	18/11/11	WAAS	12.80

### W40

Carolyn Wills	7/06/11	WAAS	13.9
Sue Bourn	19/05/11	ECAC	15.4
Fiona Leonard	24/05/11	WAAS	15.4

### M45

Marty Campbell	7/10/11	ADL	12.52
Bernard Riviere	15/12/11	ECAC	12.5
Colin Smith	8/07/11	SAC	12.81

### W45

Kathy Lawson	24/11/11	ECAC	14.7
Cathy McCloskey	19/01/12	ECAC	14.8
Fiona Leonard	19/01/12	ECAC	15.2

### M50

Rudy Kocis	20/09/11	WAAS	12.0
Campbell Till	22/11/11	WAAS	12.9
Craig van Waardenburg	7/06/11	WAAS	13.0

### W50

Karyn Gower	22/11/11	WAAS	17.7
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### M55

Dave Wyatt	3/05/11	WAAS	13.8
Rob Antonioli	25/10/11	BUN	14.9
Brian Hewitt	24/11/11	ECAC	15.6

### W55

Lynne Choate	3/05/11	WAAS	14.4
Carol Bowman	22/11/11	WAAS	17.9
Julie Wilson	22/11/11	WAAS	18.7

### M60

Dave Wyatt	22/11/11	WAAS	13.4
Rob Greenhalgh	3/05/11	WAAS	14.3
Nick Miletic	11/10/11	WAAS	15.2
Graeme Dahl	22/11/11	WAAS	15.2

### W60

Gillian Young	17/11/11	ECAC	18.7
Sarah Ladwig	17/11/11	ECAC	19.8
Carolyn Fawcett	12/01/12	ECAC	22.7

### M65

Roy Fearnall	7/06/11	WAAS	13.7
Keith Martin	22/11/11	WAAS	14.6
Bob Schickert	1/09/11	ECAC	17.6

### W65

Peggy Macliver	3/05/11	WAAS	15.6
Christine Oldfield	22/11/11	WAAS	21.3
Lynne Schickert	19/01/12	ECAC	22.9

### M70

David Clive	3/05/11	WAAS	14.1
Barry Kernaghan	9/07/11	SAC	14.19
Don Chambers	6/07/11	SAC	15.16
Norm Richards	3/05/11	WAAS	15.0

### W70

Ruth Johnson	20/12/11	BUN	18.7
Lynne Schickert	17/11/11	ECAC	23.4

### M75

David Carr	19/01/12	ECAC	16.4
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### W75

Pat Carr	3/05/11	WAAS	21.4
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### M80

Irwin Barrett-Lennard	3/05/11	WAAS	18.6
Derry Foley	25/08/11	ECAC	20.9

### W80

### M90

Peter Kennedy	4/10/11	WAAS	34.1
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**200m****Men****Women****M30****W30**

Mel Hynds	22/09/11	ECAC	36.7
Monique Thomas	15/12/11	ECAC	43.5

**M35**

Paul Jeffery	4/11/11	WAAS	24.72
Brett Blanco	13/01/12	WAAS	24.85
Kim Thomas	15/12/11	ECAC	28.7

**W35**

Wendy Seegers	1/11/11	WAAS	26.7
Trish Farr	27/10/11	ECAC	36.2
Kim Cook	27/10/11	ECAC	39.0

**M40**

Chris Neale	12/05/11	ECAC	25.2
Mark Jeffery	13/01/12	WAAS	26.03
Andrew Brooker	4/10/11	WAAS	26.5

**W40**

Carolyn Wills	3/01/12	BUN	29.1
Fiona Leonard	5/05/11	ECAC	30.3
Sue Bourn	12/05/11	ECAC	31.8

**M45**

Marty Campbell	8/10/11	ADL	25.15
Colin Smith	11/07/11	SAC	26.43
Bernie Riviere	15/12/11	ECAC	26.6

**W45**

Kathy Lawson	15/12/11	ECAC	30.6
2 Fiona Leonard	5/01/12	ECAC	31.7
2 Sharon Moloney	3/01/12	BUN	31.7

**M50**

Rudy Kocis	27/09/11	WAAS	25.0
Campbell Till	12/07/11	WAAS	27.3
Craig van Waardenburg	6/12/11	WAAS	27.4

**W50**

Karyn Gower	13/09/11	WAAS	37.8
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**M55**

Garry Ralston	17/05/11	WAAS	27.6
Steve Fuller	12/01/12	ECAC	29.7
Brian Hewitt	26/05/11	ECAC	32.0

**W55**

Lynne Choate	10/05/11	WAAS	31.0
Carol Bowman	15/12/11	ECAC	37.4
Julie Wilson	6/12/11	WAAS	39.3

**M60**

Duncan McAuley	1/11/11	WAAS	30.2
Rob Antonioli	3/01/12	BUN	31.3
Geoff Brayshaw	6/12/11	WAAS	31.4

**W60**

Sarah Ladwig	1/12/11	ECAC	42.2
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**M65**

Roy Fearnall	31/05/11	WAAS	28.8
Keith Martin	1/12/11	ECAC	30.1
Kaj Dewens	5/08/11	SWE	33.03

**W65**

Peggy Macliver	12/05/11	ECAC	32.6
Christine Oldfield	15/12/11	ECAC	45.6
Lynne Schickert	12/05/11	ECAC	48.9

**M70**

Barrie Kernaghan	10/05/11	WAAS	28.3
David Clive	28/07/11	ECAC	31.6
Brian Waldhuter	22/11/11	BUN	32.6

**W70**

Ruth Johnson	3/01/12	BUN	38.1
Lynne Schickert	6/12/11	WAAS	51.2

**M75**

David Carr	26/05/11	ECAC	33.0
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**W75**

Pat Carr	12/05/11	ECAC	52.1
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**M80**

Irwin Barrett-Lennard	10/05/11	WAAS	38.1
Derry Foley	25/08/11	ECAC	45.4

## 400m

## Men

### M30

Grahak Cunningham 15/11/11 WAAS 64.6

### M35

Kim Thomas 15/11/11 WAAS 63.4

### M40

Mark Jeffery 6/07/11 SAC 56.96

Chris Neale 6/10/11 ECAC 57.6

Andrew Brooker 15/11/11 WAAS 58.3

### M45

Colin Smith 14/07/11 SAC 57.33

Marty Campbell 8/10/11 ADL 61.64

Mike Kowal 3/01/12 WAAS 64.4

### M50

Campbell Till 3/01/12 WAAS 58.8

Roscoe McDonnell 15/11/11 WAAS 66.2

Craig van Waardenburg 3/01/12 WAAS 65.5

### M55

Neil Morfitt 14/07/11 SAC 60.76

Steve Fuller 19/01/12 ECAC 64.6

Brian Hewitt 24/11/11 ECAC 70.5

### M60

Duncan McAuley 15/11/11 WAAS 65.6

Graeme Dahl 15/11/11 WAAS 69.8

Rob Greenhalgh 3/05/11 WAAS 70.2

### M65

Roy Fearnall 3/05/11 WAAS 65.3

Keith Martin 25/10/11 WAAS 71.4

Kaj Dewens 5/08/11 SWE 74.70

### M70

Barrie Kernaghan 7/06/11 WAAS 67.6

Bob Schickert 19/01/12 ECAC 78.2

Brian Waldhuter 29/11/11 BUN 78.3

### M75

David Carr 2/06/11 ECAC 73.9

## Women

### W30

Mel Hynds 10/11/11 ECAC 80.8

Monique Thomas 10/11/11 ECAC 100.2

### W35

Wendy Seegers 25/10/11 WAAS 61.3

Toni Phillips 25/10/11 WAAS 70.7

Kim Cook 10/11/11 ECAC 83.4

### W40

Sue Bourn 22/12/11 ECAC 75.2

Kerriann Bresser 3/05/11 WAAS 76.8

Regina Crouch 2/06/11 ECAC 98.2

### W45

Fiona Leonard 19/01/12 ECAC 68.3

Kathy Lawson 22/12/11 ECAC 73.0

Delia Baldock 19/01/12 ECAC 73.9

### W50

Robin King 10/11/11 ECAC 87.6

### W55

Lynne Choate 3/05/11 WAAS 84.2

Carol Bowman 19/01/12 ECAC 82.3

Julie Wilson 15/11/11 WAAS 92.7

### W60

Gillian Young 10/11/11 ECAC 83.4

Sarah Ladwig 10/11/11 ECAC 97.3

Carolyn Fawcett 19/01/12 ECAC 117.6

### W65

Peggy Macliver 19/01/12 ECAC 75.8

Christine Oldfield 15/11/11 WAAS 106.9

### W70

Ruth Johnson 29/11/11 BUN 95.6

Lynne Schickert 10/11/11 ECAC 122.3

**800m****Men****Women****M30**

Grahak Cunningham 1/11/11 WAAS 02:30.3

**W30**

Mel Hynds 17/11/11 ECAC 03:23.0  
Monique Thomas 10/01/12 WAAS 03:48.5

**M35**

Kim Thomas 5/01/12 ECAC 02:23.8  
Boris Padovan 1/12/11 ECAC 02:23.9

**W35**

Toni Phillips 18/10/11 WAAS 02:51.2  
Kim cook 17/11/11 ECAC 03:08.4  
Trish Farr 27/10/11 ECAC 03:12.1

**M40**

Xander van Rijen 4/11/11 WAAS 02:02.5  
Andrew Brooker 8/07/11 SAC 02:07.4  
Mark Matcham 5/01/12 ECAC 02:26.0

**W40**

Carolyn Wills 3/01/12 BUN 03:11.9

**M45**

Ian Cotton 10/01/12 WAAS 02:20.8  
Mike Kowal 10/01/12 WAAS 02:23.2  
Rod Hamilton 17/11/11 ECAC 02:35.5

**W45**

Fiona Leonard 5/01/12 ECAC 02:43.3  
Delia Baldock 1/12/11 ECAC 03:02.6  
Cathy McCloskey 20/12/11 WAAS 03:11.1

**M50**

Campbell Till 10/01/12 WAAS 02:22.7  
Mark Dawson 10/01/12 WAAS 02:23.7  
Roscoe McDonnell 1/12/11 ECAC 02:28.9

**W50**

Karyn Gower 10/01/12 WAAS 02:54.7  
Robin King 5/01/12 ECAC 03:03.8  
Leonie Edwards 10/01/12 WAAS 03:46.6

**M55**

Neil Morfitt 11/07/11 SAC 02:13.9  
Danny Sheehan 8/07/11 SAC 02:33.9  
Bjorn Dybdahl 9/10/11 ADL 02:34.6

**W55**

Margaret Saunders 11/07/11 SAC 02:42.5  
Carol Bowman 5/01/12 ECAC 03:10.2  
Julie Wilson 6/12/11 WAAS 03:23.9

**M60**

Tony Heppener 13/10/11 ECAC 02:29.8  
Duncan McAuley 18/10/11 WAAS 02:45.7  
Graeme Dahl 18/10/11 WAAS 02:55.1

**W60**

Gillian Young 13/10/11 ECAC 03:14.0  
Sarah Ladwig 1/12/11 ECAC 03:41.2  
Carolyn Fawcett 5/01/12 ECAC 04:45.4

**M65**

Kaj Dewens 6/08/11 SWE 02:36.7  
Maurice Creagh 10/01/12 WAAS 02:54.5  
John Oldfield 6/12/11 WAAS 03:04.1

**W65**

Peggy Macliver 1/12/11 ECAC 03:11.8  
Christine Oldfield 10/01/12 WAAS 03:59.0  
Val Prescott 1/11/11 WAAS 05:00.3

**M70**

Bob Schickert 6/12/11 WAAS 03:00.2  
Brian Waldhuter 3/01/12 BUN 03:43.5  
Leon Sander 3/01/12 BUN 03:45.3

**W70**

Lorraine Lopes 11/07/11 SAC 03:10.6  
Ruth Johnson 22/11/11 BUN 04:02.2  
Lynne Schickert 6/12/11 WAAS 04:50.9

**M75**

David Carr 11/07/11 SAC 02:46.1

## 1500m

## Men

### M30

Scott Tamblin 18/01/12 WAAS 03:57.7

### M35

Boris Padovan 24/11/11 ECAC 04:45.7

Kim Thomas 8/12/11 ECAC 04:52.6

Tom Tralau 12/01/12 ECAC 06:02.4

### M40

Andrew Brooker 14/07/11 SAC 04:28.9

Mark Jeffery 7/07/11 SAC 04:58.0

Chris Neale 12/01/12 ECAC 05:23.8

### M45

Mike Kowal 2/12/11 WAAS 04:58.4

Rod Hamilton 30/06/11 ECAC 05:10.8

Ian Cotton 6/10/11 ECAC 05:32.7

### M50

Roscoe McDonnell 18/11/11 WAAS 05:02.1

Campbell Till 16/08/11 WAAS 05:13.9

Mark Dawson 18/01/12 WAAS 05:03.7

### M55

Alan Gower 8/11/11 WAAS 05:16.7

Bjorn Dybdahl 9/10/11 ADL 05:20.0

Brian Hewitt 8/12/11 ECAC 05:20.8

### M60

Graeme Dahl 3/11/11 ECAC 05:48.8

Frank Gardiner 13/12/11 WAAS 06:03.8

Maurice Creagh 13/12/11 WAAS 06:04.1

### M65

Kaj Dewens 9/08/11 SWE 05:25.5

Maurice Creagh 12/01/12 ECAC 05:57.6

Bob Schickert 14/07/11 SAC 06:11.0

### M70

Bob Schickert 8/12/11 ECAC 06:13.6

Lyle James 20/12/12 BUN 08:53.9

Leon Sander 20/12/12 BUN 09:00.5

### M75

David Carr 14/07/11 SAC 05:38.9

### M80

Irwin Barrett-Leonard 19/05/11 ECAC 07:15.2

## Women

### W30

Mel Hynds 8/12/11 ECAC 06:32.0

Monique Thomas 22/09/11 ECAC 07:31.7

### W35

Kim Cook 12/01/12 ECAC 06:03.1

Toni Phillips 24/11/11 ECAC 06:11.0

Trish Farr 25/08/11 ECAC 07:59.8

### W40

Fiona Leonard 24/05/11 WAAS 05:48.4

Jodie Osborne 19/01/12 ECAC 06:01.9

Sue Bourn 8/12/11 ECAC 06:02.7

### W45

Fiona Leonard 12/01/12 ECAC 05:42.4

Delia Baldock 8/12/11 ECAC 06:37.1

Claire Walkley 22/09/11 ECAC 06:39.7

### W50

Karyn Gower 8/12/11 ECAC 05:50.5

Robin King 8/12/11 ECAC 06:09.3

### W55

Hilary Beck 24/11/11 ECAC 06:32.8

Carol Bowman 8/12/11 WAAS 06:35.9

Julie Wilson 8/12/11 ECAC 06:48.7

### W60

Gillian Young 8/12/11 ECAC 06:19.0

Sarah Ladwig 8/12/11 ECAC 07:29.7

Carolyn Fawcett 25/08/11 ECAC 09:25.8

### W65

Peggy Macliver 8/12/11 ECAC 06:44.5

Christine Oldfield 8/11/11 WAAS 07:59.8

Val Millard 19/01/12 ECAC 08:48.3

### W70

Lorraine Lopes 24/05/11 WAAS 06:32.0

Lynne Schickert 8/12/11 ECAC 09:38.7

**mile****Men****Women****M30****W30**

Mel Hynds	5/05/11	ECAC	07:24.0
Monique Thomas	18/08/11	ECAC	08:45.2

**M35**

Kim Thomas	5/05/11	ECAC	05:40.3
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**W35**

Toni Phillips	25/10/11	WAAS	06:35.7
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**M40**

Andrew Brooker	14/06/11	WAAS	04:57.2
Mark Matcham	10/05/11	WAAS	05:46.6
Keith Edmonds	23/08/11	WAAS	06:17.7

**W40**

Bernadette Benson	10/05/11	WAAS	06:18.8
Simone Solomon	3/01/12	WAAS	07:03.9

**M45**

Mike Kowal	3/01/12	WAAS	05:23.8
David Brook	23/08/11	WAAS	05:58.4
John Collier	14/06/11	WAAS	06:01.0

**W45**

Karen March	3/01/12	WAAS	06:45.3
Delia Baldock	5/05/11	ECAC	07:27.0
Gill Edmonds	23/08/11	WAAS	07:56.3

**M50**

Mark Dawson	25/10/11	WAAS	05:50.6
Campbell Till	10/05/11	WAAS	06:12.4
Simon Leonard	14/07/11	ECAC	06:15.2

**W50****W55**

Carol Bowman	5/05/11	ECAC	07:13.0
Julie Wilson	3/01/12	WAAS	07:29.3

**M55**

Bjorn Dybdahl	14/06/11	WAAS	06:07.4
Steve Fuller	18/08/11	ECAC	06:37.2
Tom Lenane	20/10/11	ECAC	07:20.2

**M60**

Maurice Creagh	5/05/11	ECAC	06:42.5
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**W60**

Gillian Young	14/07/11	ECAC	06:49.5
Sarah Ladwig	14/07/11	ECAC	08:19.4

**M65**

Joe Clark-Murphy	22/12/11	WAAS	06:16.0
Maurice Creagh	3/01/12	WAAS	06:31.0
Ivan Brown	25/10/11	WAAS	07:02.9

**W65**

Peggy Macliver	5/05/11	ECAC	07:12.6
Christne Oldfield	18/08/11	NOT	08:37.6

**M70****W70**

Lorraine Lopes	5/05/11	ECAC	07:14.5
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**M75**

David Carr	14/06/11	ECAC	06:26.6
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## 3000m

## Men

## Women

### M30

1	Scott Tamblin	4/11/11	WAAS	08:49.0
	Grahak Cunningham	1/11/11	WAAS	11:10.8

### M35

1	Boris Padovan	21/07/11	ECAC	10:14.2
2	Kim Thomas	30/06/11	ECAC	10:47.3

### M40

1	Andrew Brooker	1/11/11	WAAS	10:41.7
2	Anthony Collis	4/10/11	WAAS	11:13.8
3	Keith Edmonds	1/11/11	WAAS	12:02.8

### M45

1	Rod Hamilton	8/09/11	ECAC	10:58.6
2	Mike Kowal	10/01/12	WAAS	11:15.3
3	David Brook	4/10/11	WAAS	11:26.5

### M50

1	Roscoe McDonnell	22/11/11	WAAS	10:45.4
2	Mark Dawson	22/11/11	WAAS	11:17.2
3	Campbell Till	9/08/11	WAAS	11:54.8

### M55

1	Alan Gower	22/11/11	WAAS	11:18.0
2	Brian Hewitt	4/08/11	ECAC	12:16.5
3	Steve Fuller	5/01/12	ECAC	13:40.6

### M60

1	Graeme Dahl	1/11/11	WAAS	12:10.8
2	Duncan McAuley	4/10/11	WAAS	12:31.9
3	Rob Greenhalgh	7/06/11	WAAS	13:12.6

### M65

1	Jim Langford	19/01/12	ECAC	12:03.5
2	John Oldfield	1/11/11	WAAS	12:46.2
2	Maurice Creagh	15/12/11	ECAC	12:46.2

### M70

1	Bob Schickert	19/01/12	ECAC	14:28.3
2	Lyle James	29/11/11	BUN	18:10.5
3				

### M75

1	David Carr	6/10/11	ECAC	13:10.9
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### M80

1	Irwin Barrett-Lennard	3/05/11	WAAS	15:15.7
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### W30

	Mel Hynds	1/11/11	WAAS	13:59.3
	Monique Thomas	15/12/11	ECAC	15:45.0
	Danielle Baldock	10/01/12	WAAS	15:32.0

### W35

	Trish Farr	8/09/11	ECAC	13:08.5
	Toni Phillips	1/11/11	WAAS	14:13.3
	Kim Cook	27/10/11	ECAC	14:44.7

### W40

	Sue Bourn	8/09/11	ECAC	12:29.4
	Lynette Collis	4/10/11	WAAS	12:35.8
	Jodie Osborne	19/01/12	ECAC	12:40.6

### W45

	Sandra Stockman	10/01/12	WAAS	12:03.4
	Claire Walkley	8/09/11	ECAC	13:55.7
	Lorraine MacLennan	26/07/11	WAAS	14:50.7

### W50

	Karyn Gower	13/09/11	WAAS	12:39.3
	Karen March	10/01/12	WAAS	12:54.4
	Robin King	22/09/11	ECAC	13:29.0

### W55

	Tessa Brockwell	8/09/11	ECAC	12:36.1
	Hilary Beck	8/09/11	ECAC	13:43.7
	Carol Bowman	1/11/11	WAAS	14:17.2

### W60

	Gillian Young	26/05/11	ECAC	13:05.6
	Sarah Ladwig	6/10/11	ECAC	15:56.9
	Carolyn Fawcett	22/09/11	ECAC	19:46.6

### W65

	Peggy Macliver	1/11/11	WAAS	14:36.4
	Christine Oldfield	15/11/11	WAAS	17:23.9

### W70

	Lorraine Lopes	12/05/11	ECAC	14:17.2
	Lynne Schickert	1/11/11	WAAS	21:14.0

## 5000m

## Men

### M30

Grahak Cunningham 15/11/11 WAAS 19:47.6

### M35

Boris Padovan 13/10/11 ECAC 17:04.0  
Kim Thomas 2/06/11 ECAC 18:29.1

### M40

Michael Barton 9/07/11 SAC 17:43.9  
Andrew Brooker 24/11/11 ECAC 19:45.2  
Keith Edmonds 15/11/11 WAAS 20:48.5

### M45

Rod Hamilton 24/11/11 ECAC 18:50.6  
Terry Cummins 15/11/11 WAAS 18:55.5  
David Brook 6/09/11 WAAS 19:49.2

### M50

Roscoe McDonnell 9/07/11 SAC 19:03.4  
Mark Dawson 15/11/11 WAAS 19:33.3  
Alan Gower 15/11/11 WAAS 19:41.2

### M55

Tony Heppener 15/09/11 ECAC 19:04.6  
Bjorn Dybdahl 9/10/11 ADL 19:55.0  
Brian Hewitt 24/11/11 ECAC 20:52.6

### M60

Graeme Dahl 9/07/11 SAC 21:26.3  
Maurice Creagh 11/11/11 ECAC 23:39.9  
Nick Bailey 7/06/11 WAAS 26:45.0

### M65

Kaj Dewens 6/08/11 SWE 19:38.8  
John Oldfield 15/11/11 WAAS 21:39.6  
Maurice Creagh 24/11/11 ECAC 22:24.4

### M70

Bob Schickert 24/11/11 ECAC 23:43.7  
Brian Waldhuter 10/12/11 BUN 29:46.7  
Lyle James 10/12/11 BUN 32:13.4

### M75

David Carr 23/06/11 ECAC 22:15.2

### M80

Irwin Barrett-Lennard 9/07/11 SAC 26:17.8

## Women

### W30

Mel Hynds 13/10/11 ECAC 23:35.9  
Monique Thomas 24/11/11 ECAC 27:58.0

### W35

Trish Farr 15/09/11 ECAC 22:27.5  
Kim Cook 11/11/11 ECAC 24:32.6

### W40

Sue Bourn 15/09/11 ECAC 21:06.4

### W45

Claire Walkley 15/09/11 ECAC 23:40.5  
Delia Baldock 15/11/11 WAAS 26:11.9

### W50

Karyn Gower 16/08/11 WAAS 21:36.7  
Robin King 13/10/11 ECAC 23:14.5

### W55

Hilary Beck 15/09/11 ECAC 23:14.9  
Julie Wilson 15/11/11 WAAS 24:28.5  
Carol Bowman 24/11/11 ECAC 25:29.6

### W60

Gillian Young 2/06/11 ECAC 22:46.2  
Sarah Ladwig 2/06/11 ECAC 27:10.7

### W65

Peggy Macliver 24/11/11 ECAC 25:18.1

### W70

Lorraine Lopes 28/06/11 ECAC 23:33.5  
Lynne Schickert 24/11/11 ECAC 36:33.5

**10000m****Men****Women****M30****W30**

Mel Hynds	25/08/11	ECAC	51:24.7
Monique Thomas	25/08/11	ECAC	59:21.9

**M35****W35**

Trish Farr	25/08/11	ECAC	48:36.7
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**M40**

Grant Schofield	20/10/11	ECAC	45:17.2
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**W40**

Sue Bourn	25/08/11	ECAC	44:16.4
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**M45**

Rod Hamilton	20/10/11	ECAC	39:46.2
Rob Colton	25/08/11	ECAC	41:50.2

**W45**

Claire walkley	25/08/11	ECAC	51:59.2
Jacqui Sanders	25/08/11	ECAC	59:21.9

**M50**

Mark Dawson	25/10/11	WAAS	42:57.0
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**W50**

Karyn Gower	25/08/11	ECAC	45:05.1
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**M55**

Steve Fuller	25/08/11	ECAC	47:35.7
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**W55**

Julie Wilson	25/10/11	WAAS	51:53.7
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**M60**

Graeme Dahl	25/10/11	WAAS	44:29.5
Nick Miletic	25/10/11	WAAS	54:23.4

**W60**

Gillian Young	20/10/11	ECAC	47:47.8
Sarah Ladwig	20/10/11	ECAC	58:30.7

**M65**

Kaj Dewens	7/08/11	SWE	40:47.1
John Oldfield	25/10/11	WAAS	46:55.9
Maurice Creagh	20/10/11	ECAC	47:41.5

**W70****M75**

David Carr	25/08/11	ECAC	48:35.6
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**M80**

1 Irwin Barrett-Lennard	11/07/11	SAC	54:05.2
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## Other track events

### 1500m walk

Garry Hastie	M50	25/10/11	BUN	07:00.8
Tom Lenane	M50	19/05/11	ECAC	09:11.9
Bruce Cornish	M60	25/10/11	BUN	09:40.1
Harold Membrey	M60	25/10/11	BUN	09:45.0
Regina Crouch	W40	6/10/11	ECAC	11:59.5
Lyn Ventris	W55	9/10/11	ADL	07:00.3
Michele Mison	W60	19/05/11	ECAC	09:54.5
Sarah Ladwig	W60	6/10/11	ECAC	10:31.2
Lynne Schickert	W65	22/09/11	ECAC	10:34.8
Lynne Schickert	W70	13/01/12	WAAS	10:25.8
Ruth Johnson	W70	20/12/11	BUN	10:42.5

### mile walk

Stan Jones	M85	20/10/11	ECAC	12:26.2
Robin King	W50	20/10/11	ECAC	08:53.8
Lynne Schickert	W70	20/10/11	ECAC	12:26.2

### 2000m walk

Tom Lenane	M50	19/05/11	ECAC	12:43.0
Michele Mison	W60	19/05/11	ECAC	13:15.3
Lynne Schickert	W65	19/05/11	ECAC	14:23.2

### 3000m walk

David Smyth	M40	6/01/12	WAAS	16:34.3
Tom Lenane	M50	2/06/11	ECAC	19:24.3
Harold Membrey	M60	10/12/11	BUN	23:08.8
Stan Jones	M85	2/06/11	ECAC	23:13.2
Regina Crouch	W40	2/06/11	ECAC	23:18.5
Robin King	W50	17/11/11	ECAC	18:16.6
Lyn Ventris	W55	8/10/11	ADL	14:27.0
Michele Mison	W60	2/06/11	ECAC	20:31.7
Sarah Ladwig	W60	13/10/11	ECAC	21:03.4
Lynne Schickert	W65	8/09/11	ECAC	21:36.4
Lorna Lauchlan	W80	3/05/11	WAAS	24:51.6

### 5000m walk

David Smyth	M40	18/01/12	WAAS	29:14.3
Garry Hastie	M50	8/07/11	SAC	26:53.1
David Smyth	M40	8/07/11	SAC	28:31.6
Lyn Ventris	W50	7/07/11	SAC	24:25.7
Lynne Schickert	W65	7/07/11	SAC	37:51.9

### 10km road walk

Garry Hastie	M50	12/07/11	SAC	55:26.1
Lyn Ventris	W50	12/07/11	SAC	49:51.9
Lynne Schickert	W65	12/07/11	SAC	1:14:08

### 20km road walk

David Smyth	M40	16/07/11	SAC	02:04:33
Garry Hastie	M50	16/07/11	SAC	01:58:17
Lyn Ventris	W50	16/07/11	SAC	01:42:20
Lynne Schickert	W65	16/07/11	SAC	02:35:20

### 2000m steeplechase

Kim Thomas	M35	19/01/12	WAAS	07:23.2
Mark Dawson	M50	10/01/12	WAAS	08:45.2
John Dennehy	M50	10/01/12	WAAS	11:13.3
Nick Miletic	M60	19/01/12	WAAS	10:22.5
John Oldfield	M65	25/06/11	BIRM	09:56.4
Bob Schickert	M65	17/07/11	SAC	10:25.6
Bob Schickert	M70	10/01/12	WAAS	11:05.4
David Carr	M75	17/07/11	SAC	09:36.1
Monique Thomas	W30	10/01/12	WAAS	11:40.4
Kerriann Bresser	W40	11/10/11	WAAS	10:00.4
Delia Baldock	W45	10/01/12	WAAS	10:28.4
Simone Solomon	W45	10/01/12	WAAS	10:49.3
Julie Wilson	W55	11/10/11	WAAS	10:09.5
Carol Bowman	W55	17/07/11	SAC	10:22.5
Lynne Schickert	W65	17/07/11	SAC	14:20.0
Lynne Schickert	W70	10/01/12	WAAS	14:59.7

### 3000m steeplechase

Andrew Brooker	M40	17/07/11	SAC	11:23.6
Geoff Bailey	M40	9/10/11	ADL	12:19.8
Roscoe McDonnell	M50	17/07/11	SAC	11:34.1
Bjorn Dybdahl	M55	17/07/11	SAC	12:46.4

### 80m hurdles

Don Chambers	M70	7/07/11	SAC	14.94
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### 100m nurdles

### 110m hurdles

Mark Jeffery	M40	7/07/11	SAC	18.95
Marty Campbell	M45	9/10/11	ADL	20.76

### 200m hurdles

### 300m hurdles

Don Chambers	M70	11/07/11	SAC	58.86
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### 400m hurdles

Marty Campbell	M45	8/10/11	ADL	68.35
Delia Baldock	W45	13/01/12	WAAS	82.73

# Long Jump

## M30

## W30

Melissa Foster	20/12/11	WAAS	5.12
Monique Thomas	03/11/11	ECAC	2.23

## M35

Paul Jeffery	06/01/12	WAAS	5.94
Kim Thomas	03/11/11	ECAC	4.67
Simon Popelier	01/12/11	ECAC	3.69

## W35

Toni Phillips	19/01/12	ECAC	2.58
Anne Travis	19/01/12	ECAC	1.88

## M40

Mark Jeffery	06/07/11	SAC	5.90
Chris Neale	06/10/11	ECAC	5.51
Geoff Bailey	07/10/11	ADL	5.32

## W40

Regina Crouch	19/01/12	ECAC	2.93
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## M45

Bernard Riviere	15/12/11	ECAC	5.16
Roger Ditewig	22/11/11	WAAS	4.21
Mark Phillips	12/01/12	ECAC	4.31

## W45

Cathy McCloskey	19/01/12	ECAC	4.06
Delia Baldock	19/01/12	ECAC	3.81
Sue Coate	20/12/11	WAAS	3.73

## M50

Rudy Kocis	07/10/11	ADL	5.07
John Dennehy	03/11/11	ECAC	3.87

## W50

## M55

Steve Fuller	12/01/12	ECAC	4.55
Rob Antonioli	25/10/11	BUN	3.93

## W55

Carol Bowman	03/11/11	ECAC	2.76
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## M60

Dave Wyatt	19/01/12	ECAC	5.00
Geoff Brayshaw	03/01/12	WAAS	4.46
Oswald Igel	25/10/11	WAAS	3.97

## W60

Sarah Ladwig	19/01/12	ECAC	2.89
Gillian Young	03/11/11	ECAC	2.30
Carolyn Fawcett	12/01/12	ECAC	2.21

## M65

Keith Martin	01/12/11	ECAC	3.80
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## W65

Peggy Macliver	19/01/12	ECAC	3.47
Lynne Schickert	19/01/12	ECAC	2.49

## M70

David Clive	19/01/12	ECAC	4.52
Don Chambers	06/07/11	SAC	3.85
Brian Waldhuter	25/10/11	BUN	3.13

## W70

Ruth Johnson	20/12/11	BUN	2.73
Lynne Schickert	22/11/11	WAAS	2.46

## M75+

David Carr	03/11/11	ECAC	2.26
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## W75

## Triple Jump

Kim Thomas	M35	24/11/11	ECAC	9.36	
Chris Neale	M40	24/11/11	WAAS	11.61	
Geoff Bailey	M40	7/10/11	ADL	11.24	
Andrew Brooker	M40	13/12/11	WAAS	10.89	
Bernard Riviere	M45	15/11/11	WAAS	10.37	
Paul Foley	M45	15/11/11	WAAS	9.10	
Campbell Till	M50	13/12/11	WAAS	9.65	
Brian Hewitt	M55	24/11/11	ECAC	7.81	
Geoff Brayshaw	M60	10/01/12	WAAS	8.86	
Keith Martin	M65	13/12/11	WAAS	8.49	
Maurice Creagh	M65	24/11/11	ECAC	5.98	
John Oldfield	M65	24/11/11	ECAC	5.03	
Don Chambers	M70	26/06/11	BIRM	7.86	
Brian Waldhuter	M70	22/11/11	BUN	7.42	
Leon Sander	M70	3/01/12	BUN	7.24	
David Carr	M75	5/01/12	ECAC	6.23	
Derry Foley	M80	5/01/12	ECAC	5.95	
Melissa Foster	W30	8/12/11	ECAC	10.83	w/a
Monique Thomas	W30	24/11/11	ECAC	5.77	
Regina Crouch	W40	24/11/11	ECAC	5.56	
Delia Baldock	W45	24/11/11	ECAC	8.57	
Cathy McCloskey	W45	13/12/11	WAAS	7.91	
Sue Coate	W45	5/01/12	ECAC	7.44	
Karyn Gower	W50	13/12/11	WAAS	5.48	
Sarah Ladwig	W60	24/11/11	ECAC	5.73	
Peggy Macliver	W65	24/11/11	ECAC	7.07	
Christine Oldfield	W65	13/12/11	WAAS	4.80	
Lynne Schickert	W70	5/01/12	ECAC	6.10	
Ruth Johnson	W70	3/01/12	BUN	5.66	

## High Jump

Mark Jeffery	M40	06/07/11	SAC
Ian Coate	M40	10/01/12	WAAS
Bernard Riviere	M45	18/10/11	WAAS
Roger Ditewig	M45	15/11/11	WAAS
Paul Foley	M45	04/11/11	WAAS
Rudy Kocis	M50	08/10/11	ADL
Dave Wyatt	M60	16/12/11	WAAS
Greg Wilson	M60	06/01/12	WAAS
Geoff Brayshaw	M60	10/01/12	WAAS
Keith Martin	M65	18/10/11	WAAS
Brian Waldhuter	M70	10/12/11	BUN
Don Chambers	M70	06/07/11	SAC
Sue Coate	W45	03/01/12	WAAS
Gill Edmonds	W45	18/10/11	WAAS
Delia Baldock	W45	01/11/11	WAAS
Ruth Johnson	W70	10/12/11	BUN

## discus

### M30

### M35

Matt Staunton	13/01/12	WAAS	39.74
Paul Jeffery	04/11/11	WAAS	37.49
Simon Popelier	08/12/11	ECAC	29.40

### M40

Mark Jeffery	13/01/12	WAAS	36.14
Geoff Bailey	09/10/11	ADL	26.75
Chris Neale	12/01/12	ECAC	26.59

### M45

Paul Foley	04/11/11	WAAS	30.38
Mark Phillips	12/01/12	ECAC	21.83

### M50

Andrew Ward	22/12/11	ECAC	30.50
Craig van Waardenburg	18/01/12	WAAS	29.66
John Dennehy	12/01/12	ECAC	17.82

### M55

Tom Gravestock	09/12/11	WAAS	39.65
Geoff Gee	08/12/11	ECAC	33.22
Lajos joni	08/12/11	ECAC	32.77

### M60

Oswald Igel	22/12/11	ECAC	33.74
Greg Wilson	12/01/12	ECAC	32.64
Harold Membrey	03/01/12	BUN	26.14

### M65

Rob Young	07/10/11	ADL	26.74
Nick Miletic	09/12/11	WAAS	25.19

### M70

Leon Sander	03/01/12	BUN	24.70
Don Chambers	07/07/11	SAC	22.51

### M80

Chris Tittel	09/07/11	SAC	21.00
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### W30

Byrony Glass	19/01/12	WAAS	34.07
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### W35

Sarah Edmiston	13/01/12	WAAS	32.79
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### W40

Carolyn Wills	03/01/12	BUN	26.99
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### W45

Sharon Moloney	03/01/12	BUN	21.82
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### W50

### W55

Carol Bowman	09/12/11	WAAS	11.99
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### W60

Elizabeth Szczepanska	07/10/11	ADL	23.87
Kate Glass	14/07/11	SAC	22.38

### W65

Bev Hamilton	08/12/11	ECAC	21.28
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### W70

Ruth Johnson	03/01/12	BUN	13.04
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### W80

## Weight Throw

### M35

Matt Staunton	27/10/11	ECAC	13.89
Simon Popelier	01/12/11	ECAC	7.73
Mark Frew	06/10/11	ECAC	7.09

### M40

Mark Hamilton	06/10/11	ECAC	12.09
Paul Abercrombie	24/11/11	ECAC	7.15
Ian Coate	15/12/11	ECAC	5.55

### M45

Ian Coate	05/01/12	ECAC	7.47
Roger Ditewig	05/01/12	ECAC	6.83

### M50

Craig van Waardenburg	05/01/12	ECAC	14.37
Andrew Ward	27/10/11	ECAC	8.98

### M55

Lajos Joni	24/11/11	ECAC	15.81
Geoff Gee	01/12/11	ECAC	13.93
Tom Gravestock	10/10/11	ADL	11.75

### M60

Greg Wilson	17/11/11	ECAC	10.37
Harold Membrey	10/12/11	BUN	10.11

### M65

Rob Young	10/10/11	ADL	8.73
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### M70

Don Chambers	26/06/11	BIRM	12.55
Brian Waldhuter	10/12/11	BUN	8.31
Lyle James	10/12/11	BUN	6.08

### M80+

Chris Tittel	12/07/11	SAC	10.34
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### W40

### W45

Sue Coate	05/01/12	ECAC	7.15
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### W50

### W55

### W60

Elizabeth Szczepanska	10/10/11	ADL	13.19
Kate Glass	12/07/11	SAC	11.61

### W65

Bev Hamilton	01/12/11	ECAC	12.18
Stella Turner	24/11/11	ECAC	8.13

### W70

Barbara Campbell	27/10/11	ECAC	9.02
Ruth Johnson	10/12/11	BUN	6.86



## Hammer

### M30

<b>M35</b>			
Matt Staunton	13/01/12	WAAS	45.10

### M40

Matt Staunton	6/01/12	WAAS	43.69
Paul Abercrombie	22/12/11	ECAC	19.92
Ian Coate	19/01/12	ECAC	17.02

### M45

Paul Foley	2/12/11	WAAS	31.19
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### M50

John Everard	6/01/12	WAAS	38.73
Craig van Waardenburg	18/01/12	WAAS	37.84
Andrew Ward	19/01/12	ECAC	22.88

### M55

Lajos Joni	2/12/11	WAAS	43.75
Tom Gravestock	8/10/11	ADL	38.89
Geoff Gee	22/12/11	ECAC	34.64

### M60

Greg Wilson	22/12/11	ECAC	25.26
Harold Membrey	29/11/11	BUN	18.48

### M65

Rob Young	29/11/11	BUN	18.31
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### M70

Brian Waldhuter	29/11/11	BUN	17.46
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### M75

Jeff Whittam	19/01/12	ECAC	19.97
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### M80

Chris Tittel	14/07/11	SAC	21.72
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### W30

Byrony Glass	18/11/11	WAAS	51.75
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### W35

Sarah Edmiston	9/12/11	WAAS	35.35
Anne Travis	19/01/12	ECAC	10.36

### W40

### W45

Sue Coate	19/01/12	ECAC	18.35
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### W50

### W55

Barbara Brown	29/11/11	BUN	21.74
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### W60

Kate Glass	9/07/11	SAC	36.11
Elizabeth Szczepanska	9/10/11	ADL	30.74

### W65

Bev Hamilton	2/12/11	WAAS	27.32
Stella Turner	19/01/12	ECAC	17.30

### W70

Ruth Johnson	29/11/11	BUN	15.90
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### W75

### W80

**Javelin****M30****W30****M35****W35****M40****W40****M45****W45****M50****W50****M55****W55****M60****W60****M65****W65****M70****W70**

					Melissa Foster	24/11/11	ECAC	22.16
					Monique Thomas	8/12/11	ECAC	6.69
Paul Jeffery	6/01/12	WAAS	54.33		Maria Trolio	6/10/11	ECAC	24.84
Mark Frew	20/10/11	ECAC	46.07					
Matt Staunton	6/10/11	ECAC	43.88					
Mark Jeffery	12/07/11	SAC	50.79		Regina Crouch	24/11/11	ECAC	13.25
Alec Ring	20/10/11	ECAC	41.27					
Andrew Brooker	16/12/11	WAAS	38.46					
Roger Ditewig	5/01/12	ECAC	43.85		Sue Coate	19/01/12	ECAC	24.18
Paul Foley	2/12/11	WAAS	41.21		Sharon Moloney	20/12/11	BUN	15.65
Mark Phillips	12/01/12	ECAC	36.77		Cathy McCloskey	19/01/12	ECAC	12.56
Andrew Ward	5/01/12	ECAC	33.34		Karyn Gower	08/12/11	ECAC	9.15
Craig van Waardenburg	5/01/12	ECAC	29.76					
Garry Hastie	25/10/11	BUN	29.61					
Rob Antonioli	25/10/11	BUN	40.51		Julie Wilson	8/12/11	ECAC	13.51
Geoff Gee	5/01/12	ECAC	24.72		Carol Bowman	8/12/11	ECAC	10.23
Tom Gravestock	10/10/11	ADL	30.72					
Geoff Brayshaw	5/01/12	ECAC	29.60		Kate Glass	14/07/11	SAC	23.60
Greg Wilson	18/01/12	WAAS	29.24		Elizabeth Szczepanska	8/10/11	ADL	17.12
Bruce Cornish	25/10/11	BUN	23.91		Gillian Young	6/10/11	ECAC	13.46
Rob Young	25/10/11	BUN	15.11		Bev Hamilton	6/10/11	ECAC	18.17
Maurice Creagh	8/12/11	ECAC	11.18		Peggy Macliver	8/12/11	ECAC	16.68
					Stella Turner	24/11/11	ECAC	12.53
Leon Sander	20/12/11	BUN	20.58		Barbara Campbell	27/10/11	ECAC	14.21
Don Chambers	7/07/11	SAC	17.18		Lynne Schickert	8/12/11	ECAC	10.73
Brian Waldhuter	25/10/11	BUN	16.39		Ruth Johnson	20/12/11	BUN	9.75

