

# Interim Club Tops – Winter Season

# 2011

## 60m

## Men

### M30

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### M35

Kim Thomas	5/05/11	ECAC	9.5
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### M40

Chris Neale	19/05/11	ECAC	8.0
Mark Elms	24/05/11	WAAS	8.1
Mark Howard	30/06/11	ECAC	8.1

### M45

Colin Smith	24/05/11	WAAS	8.1
David Brook	23/08/11	WAAS	9.6

### M50

Rudy Kocis	6/09/11	WAAS	7.5
Craig van Waardenburg	24/05/11	WAAS	8.5
John Dennehy	26/05/11	ECAC	9.6
Simon Leonard	6/09/11	WAAS	9.6

### M55

Garry Ralston	10/05/11	WAAS	8.5
Dave Wyatt	3/05/11	WAAS	8.8
Brian Hewitt	26/05/11	ECAC	9.4

### M60

Rob Greenhalgh	3/05/11	WAAS	8.8
Nick Miletic	26/05/11	ECAC	9.6
Bob Fawcett	18/08/11	ECAC	11.5

### M65

Roy Fearnall	10/05/11	WAAS	8.5
Bob Schickert	22/09/11	ECAC	10.6

### M70

Barrie Kernaghan	10/05/11	WAAS	8.7
David Clive	3/05/11	WAAS	8.8
Norm Richards	24/05/11	WAAS	9.2

### M75

### M80

Irwin Barrett-Lennard	24/05/11	WAAS	11.3
Derry Foley	26/05/11	ECAC	12.2

## Women

### W30

Melissa Hynds	18/08/11	ECAC	10.1
Monique Thomas	22/09/11	ECAC	12.3

### W35

### W40

Carolyn Wills	31/05/11	WAAS	8.6
Fiona Leonard	24/05/11	WAAS	9.2
Kerriann Bresser	3/05/11	WAAS	9.4

### W45

Delia Baldock	21/06/11	WAAS	9.6
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### W50

### W55

Lynne Choate	21/06/11	WAAS	8.8
Carol Bowman	4/08/11	ECAC	11.2
Julie Wilson	3/05/11	WAAS	12.1

### W60

Carolyn Fawcett	22/09/11	ECAC	13.9
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### W65

Peggy Macliver	24/05/11	WAAS	9.5
Brenda Painter	1/09/11	ECAC	10.8
Lynne Schickert	22/09/11	ECAC	14.0

### W70

### W75

Pat Carr	3/05/11	WAAS	13.2
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### W80

## 100m

## Men

### M30

### M35

### M40

### M45

### M50

### M55

### M60

### M65

### M70

### M75

### M80

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

Kim Thomas	12/05/11	ECAC	19.3
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Chris Neale	30/06/11	ECAC	12.6
Mark Jeffery	6/07/11	SAC	12.63
Andrew Brooker	13/09/11	WAAS	12.7

Colin Smith	8/07/11	SAC	12.81
David Solomon	11/08/11	ECAC	13.9
Rob Colton	25/08/11	ECAC	14.9

Rudy Kocis	20/09/11	WAAS	12.0
Craig van Waardenburg	7/06/11	WAAS	13.0
John Dennehy	24/05/11	WAAS	15.1

Dave Wyatt	3/05/11	WAAS	13.8
Brian Hewitt	23/06/11	ECAC	15.8

Rob Greenhalgh	3/05/11	WAAS	14.3
Hongi Laing	30/08/11	WAAS	15.6
Nick Miletic	1/09/11	ECAC	15.4

Roy Fearnall	7/06/11	WAAS	13.7
Keith Martin	29/09/11	ECAC	15.7
Bob Schickert	1/09/11	ECAC	17.6

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

David Carr	19/05/11	ECAC	16.5
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## Women

### W30

### W35

### W40

### W45

### W50

### W55

### W60

### W65

### W70

Mel Hynds	4/08/11	ECAC	16.9
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Carolyn Wills	7/06/11	WAAS	13.9
Sue Bourn	19/05/11	ECAC	15.4
Fiona Leonard	24/05/11	WAAS	15.4

Delia Baldock	19/05/11	ECAC	15.6
Jacqui Sanders	8/09/11	ECAC	16.3

Lynne Choate	3/05/11	WAAS	14.4
Carol Bowman	24/05/11	WAAS	18.2
Julie Wilson	24/05/11	WAAS	20.5

Peggy Macliver	3/05/11	WAAS	15.6
Lynne Schickert	12/05/11	ECAC	23.2

**200m****Men****Women**

<b>M30</b>				<b>W30</b>				
				Mel Hynds	22/09/11	ECAC	36.7	
<b>M35</b>				<b>W35</b>				
Kim Thomas	5/05/11	ECAC	32.4					
<b>M40</b>				<b>W40</b>				
Chris Neale	12/05/11	ECAC	25.2	Carolyn Wills	7/06/11	WAAS	29.2	
Mark Elms	26/05/11	ECAC	26.7	Fiona Leonard	5/05/11	ECAC	30.3	
Andrew Brooker	13/09/11	WAAS	27.9	Sue Bourn	12/05/11	ECAC	31.8	
<b>M45</b>				<b>W45</b>				
Colin Smith	11/07/11	SAC	26.43	Delia Baldock	14/07/11	ECAC	32.6	
David Solomon	11/08/11	ECAC	28.3	Jacqui Sanders	25/08/11	ECAC	36.2	
Rob Colton	25/08/11	ECAC	30.8					
<b>M50</b>				<b>W50</b>				
Rudy Kocis	27/09/11	WAAS	25.0	Karyn Gower	13/09/11	WAAS	37.8	
Campbell Till	12/07/11	WAAS	27.3					
Craig van Waardenburg	21/06/11	WAAS	28.1					
<b>M55</b>				<b>W55</b>				
Garry Ralston	17/05/11	WAAS	27.6	Lynne Choate	10/05/11	WAAS	31.0	
Brian Hewitt	26/05/11	ECAC	32.0	Carol Bowman	10/05/11	WAAS	38.1	
				Julie Wilson	10/05/11	WAAS	44.4	
<b>M60</b>				<b>W60</b>				
Nick Miletic	2/06/11	ECAC	33.8	Sarah Ladwig	29/09/11	ECAC	43.7	
Graeme Dahl	17/05/11	WAAS	36.5					
<b>M65</b>				<b>W65</b>				
Roy Fearnall	31/05/11	WAAS	28.8	Peggy Macliver	12/05/11	ECAC	32.6	
Keith Martin	12/05/11	ECAC	31.7	Lynne Schickert	12/05/11	ECAC	48.9	
Kaj Dewens	5/08/11	SWE	33.03					
<b>M70</b>				<b>W70</b>				
Barrie Kernaghan	10/05/11	WAAS	28.3					
David Clive	28/07/11	ECAC	31.6					
Norm Richards	12/07/11	SAC	33.56					
<b>M75</b>				<b>W75</b>				
David Carr	26/05/11	ECAC	33.0	Pat Carr	12/05/11	ECAC	52.1	
<b>M80</b>								
Irwin Barrett-Lennard	10/05/11	WAAS	38.1					
Derry Foley	25/08/11	ECAC	45.4					

## 400m

## Men

### M30

### M35

### M40

### M45

### M50

### M55

### M60

### M65

### M70

### M75

Kim Thomas	30/06/11	ECAC	96.4
Mark Jeffery	6/07/11	SAC	56.96
Chris Neale	15/09/11	ECAC	58.7
Mark elms	23/08/11	WAAS	59.5
Colin Smith	14/07/11	SAC	57.33
Rod Hamilton	30/06/11	ECAC	77.5
Campbell Till	23/08/11	WAAS	59.8
Simon Leonard	28/07/11	ECAC	77.9
Carl Cicerelli	20/09/11	ECAC	87.4
Neil Morfitt	14/07/11	SAC	60.76
Steve Fuller	4/08/11	ECAC	69.6
John Dennehy	2/06/11	ECAC	74.3
Rob Greenhalgh	3/05/11	WAAS	70.2
Nick Miletic	18/08/11	ECAC	84.5
Maurice Creagh	2/06/11	ECAC	91.3
Roy Fearnall	3/05/11	WAAS	65.3
Kaj Dewens	5/08/11	SWE	74.70
Keith Martin	18/08/11	ECAC	80.6
Barrie Kernaghan	7/06/11	WAAS	67.6
Don Chambers	6/07/11	SAC	86.03
David Clive	28/07/11	ECAC	92.5
David Carr	2/06/11	ECAC	73.9

## Women

### W30

### W35

### W40

### W45

### W50

### W55

### W60

### W65

### W70

Mel Hynds	15/09/11	ECAC	88.4
Toni Phillips	3/05/11	WAAS	71.6
Kerriann Bresser	3/05/11	WAAS	76.8
Regina Crouch	2/06/11	ECAC	98.2
Delia Baldock	23/06/11	ECAC	74.9
Fran Cherry	3/05/11	WAAS	85.3
Jacqui Sanders	18/08/11	ECAC	91.8
Lynne Choate	3/05/11	WAAS	84.2
Carol Bowman	18/08/11	ECAC	86.3
Julie Wilson	3/05/11	WAAS	95.0
Gillian Young	4/08/11	ECAC	85.6

## 800m

## Men

### M30

### M35

Kim Thomas 4/08/11 ECAC 02:33.5

### M40

Andrew Brooker 8/07/11 SAC 02:07.4  
Chris Neale 15/09/11 ECAC 02:44.7  
Dante Giacomini 2/06/11 ECAC 03:06.3

### M45

John Collier 3/05/11 WAAS 02:45.8  
Colin Smith 15/09/11 ECAC 02:47.2

### M50

Campbell Till 6/09/11 WAAS 02:33.1  
Roscoe McDonnell 15/09/11 ECAC 02:37.5  
Mark Dawson 6/09/11 WAAS 02:38.5

### M55

Neil Morfitt 11/07/11 SAC 02:13.9  
Danny Sheehan 8/07/11 SAC 02:33.9  
Roscoe McDonnell 6/09/11 WAAS 02:42.8

### M60

Maurice Creagh 2/06/11 ECAC 03:26.7  
Nick Miletic 4/08/11 ECAC 03:37.4

### M65

Kaj Dewens 6/08/11 SWE 02:36.7  
Maurice Creagh 4/08/11 ECAC 03:07.9

### M70

### M75

David Carr 11/07/11 SAC 02:46.1

### M80

## Women

### W30

Mel Hynds 4/08/11 ECAC 03:41.0  
Monique Thomas 4/08/11 ECAC 03:56.4

### W35

Toni Phillips 3/05/11 WAAS 03:02.0  
Trish Farr 15/09/11 ECAC 03:14.9

### W40

Carolyn Wills 7/06/11 WAAS 03:24.3

### W45

Delia Baldock 3/05/11 WAAS 03:11.3  
Claire Walkley 15/09/11 ECAC 03:38.4  
Fran Cherry 3/05/11 WAAS 03:42.0

### W50

Karyn Gower 20/09/11 ECAC 03:07.5

### W55

Margaret Saunders 11/07/11 SAC 02:42.5  
Carol Bowman 2/06/11 ECAC 03:15.2  
Hilary Beck 15/09/11 ECAC 03:25.6

### W60

Gillian Young 4/08/11 ECAC 03:18.0  
Sarah Ladwig 2/06/11 ECAC 03:55.6

### W65

### W70

Lorraine Lopes 11/07/11 SAC 03:10.6

## 1500m

## Men

### M30

### M35

Kim Thomas 30/06/11 ECAC 05:04.9

### M40

Andrew Brooker 14/07/11 SAC 04:28.9  
Mark Jeffery 7/07/11 SAC 04:58.0  
Colin Smith 11/08/11 ECAC 05:51.8

### M45

Rod Hamilton 30/06/11 ECAC 05:24.8  
Rob Colton 25/08/11 ECAC 05:39.0  
Colin Smith 22/09/11 ECAC 06:04.5

### M50

Campbell Till 16/08/11 WAAS 05:13.9  
Mark Dawson 16/08/11 WAAS 05:32.8  
Simon Leonard 19/05/11 ECAC 05:59.0

### M55

Bjorn Dybdahl 14/07/11 SAC 05:20.5  
Danny Sheehan 19/05/11 ECAC 05:29.6  
Steve Fuller 11/08/11 ECAC 06:15.6

### M60

Graeme Dahl 22/09/11 ECAC 06:11.7  
Maurice Creagh 30/06/11 ECAC 06:21.0  
Nick Miletic 30/06/11 ECAC 07:08.6

### M65

Kaj Dewens 9/08/11 SWE 05:25.5  
Bob Schickert 14/07/11 SAC 06:11.0  
Maurice Creagh 11/08/11 ECAC 06:22.5

### M70

### 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 30/06/11 ECAC 06:56.4  
Monique Thomas 22/09/11 ECAC 07:31.7

### W35

Toni Phillips 11/08/11 ECAC 06:18.8  
Kim Cook 22/09/11 ECAC 07:21.4  
Trish Farr 25/08/11 ECAC 07:59.8

### W40

Fiona Leonard 24/05/11 WAAS 05:48.4  
Sue Bourn 19/05/11 ECAC 06:16.2

### W45

Claire Walkley 22/09/11 ECAC 06:39.7  
Delia Baldock 24/05/11 WAAS 06:42.6  
Jacqui Sanders 11/08/11 ECAC 07:23.6

### W50

### W55

Carol Bowman 24/05/11 WAAS 06:42.9  
Julie Wilson 24/05/11 WAAS 06:56.5

### W60

Gillian Young 19/05/11 ECAC 06:24.2  
Carolyn Fawcett 25/08/11 ECAC 09:25.8

### W65

Peggy Macliver 19/05/11 ECAC 06:54.2  
Christine Oldfield 18/08/11 NOT 08:37.7

### W70

Lorraine Lopes 24/05/11 WAAS 06:32.0

**mile****Men****Women**

<b>M30</b>				<b>W30</b>			
				Mel Hynds	5/05/11	ECAC	07:24.0
				Monique Thomas	18/08/11	ECAC	08:45.2
<b>M35</b>				<b>W35</b>			
Kim Thomas	5/05/11	ECAC	05:40.3	Toni Phillips	14/06/11	WAAS	06:58.0
<b>M40</b>				<b>W40</b>			
Andrew Brooker	14/06/11	WAAS	04:57.2	Bernadette Benson	10/05/11	WAAS	06:18.8
Mark Matcham	10/05/11	WAAS	05:46.6				
Keith Edmonds	23/08/11	WAAS	06:17.7				
<b>M45</b>				<b>W45</b>			
David Brook	23/08/11	WAAS	05:58.4	Delia Baldock	5/05/11	ECAC	07:27.0
John Collier	14/06/11	WAAS	06:01.0	Gill Edmonds	23/08/11	WAAS	07:56.3
<b>M50</b>				<b>W50</b>			
Campbell Till	10/05/11	WAAS	06:12.4				
Simon Leonard	14/07/11	ECAC	06:15.2				
Mark Dawson	23/08/11	WAAS	06:34.3				
<b>M55</b>				<b>W55</b>			
Bjorn Dybdahl	14/06/11	WAAS	06:07.4	Carol Bowman	5/05/11	ECAC	07:13.0
Steve Fuller	18/08/11	ECAC	06:37.2	Julie Wilson	10/05/11	WAAS	07:41.3
<b>M60</b>				<b>W60</b>			
Maurice Creagh	5/05/11	ECAC	06:42.5	Gillian Young	14/07/11	ECAC	06:49.5
				Sarah Ladwig	14/07/11	ECAC	08:19.4
<b>M65</b>				<b>W65</b>			
Maurice Creagh	18/08/11	ECAC	06:57.1	Peggy Macliver	5/05/11	ECAC	07:12.6
<b>M70</b>				<b>W70</b>			
				Lorraine Lopes	5/05/11	ECAC	07:14.5
<b>M75</b>							
David Carr	14/06/11	ECAC	06:26.6				
<b>M80</b>							

## 3000m

## Men

### M30

### M35

Boris Padovan	21/07/11	ECAC	10:14.2
Kim Thomas	30/06/11	ECAC	10:50.9

### M40

Keith Edmonds	13/09/11	WAAS	12:16.1
Mark Matcham	3/05/11	WAAS	12:33.4
Dante Giacomini	2/06/11	ECAC	12:44.0

### M45

Rod Hamilton	8/09/11	ECAC	10:58.6
David Brook	30/08/11	WAAS	11:48.2
John Collier	14/06/11	WAAS	12:10.7

### M50

Roscoe McDonnell	15/09/11	ECAC	11:00.8
Campbell Till	9/08/11	WAAS	11:54.8
Mark Dawson	9/08/11	WAAS	12:05.9

### M55

Brian Hewitt	4/08/11	ECAC	12:16.5
Steve Fuller	4/08/11	ECAC	13:46.8

### M60

Graeme Dahl	12/05/11	ECAC	12:15.5
Rob Greenhalgh	7/06/11	WAAS	13:12.6
Maurice Creagh	26/05/11	ECAC	13:34.7

### M65

Bob Schickert	12/05/11	ECAC	13:12.0
John Oldfield	1/06/11	NUN	13:21.9
Maurice Creagh	8/09/11	ECAC	13:31.6

### M70

### M75

David Carr	8/09/11	ECAC	13:22.4
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### M80

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

### W30

Mel Hynds	8/09/11	ECAC	14:15.6
Monique Thomas	8/09/11	ECAC	16:02.1

### W35

Trish Farr	8/09/11	ECAC	13:08.5
Kim Cook	22/09/11	ECAC	15:19.3

### W40

Sue Bourn	8/09/11	ECAC	12:29.4
Bernadette Benson	14/06/11	WAAS	12:51.8
Cathy Elms	3/05/11	WAAS	16:58.6

### W45

Claire Walkley	8/09/11	ECAC	13:55.7
Lorraine MacLennan	26/07/11	WAAS	14:50.7
Gill Edmonds	31/05/11	WAAS	15:37.5

### W50

Karyn Gower	13/09/11	WAAS	12:39.3
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
Julie Wilson	13/09/11	WAAS	14:34.2

### W60

Gillian Young	26/05/11	ECAC	13:05.6
Sarah Ladwig	12/05/11	ECAC	16:00.5
Carolyn Fawcett	22/09/11	ECAC	19:46.6

### W65

Peggy Macliver	3/05/11	WAAS	14:50.2
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### W70

Lorraine Lopes	12/05/11	ECAC	14:17.2
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## 5000m

## Men

### M30

### M35

Kim Thomas	2/06/11	ECAC	18:29.1
Boris Padovan	15/09/11	ECAC	21:06.6

### M40

Michael Barton	9/07/11	SAC	17:43.9
Keith Edmonds	12/07/11	WAAS	20:52.8
John Collier	3/05/11	WAAS	20:54.1

### M45

Rod Hamilton	1/09/11	ECAC	19:49.0
David Brook	6/09/11	WAAS	19:49.2
David Solomon	11/08/11	ECAC	20:43.0

### M50

Roscoe McDonnell	9/07/11	SAC	19:03.4
Mark Dawson	6/09/11	WAAS	20:39.0
Simon Leonard	7/06/11	WAAS	20:44.0

### M55

Tony Heppener	15/09/11	ECAC	19:04.6
Bjorn Dybdahl	9/07/11	SAC	20:43.8
Brian Hewitt	23/06/11	ECAC	21:20.8

### M60

Graeme Dahl	9/07/11	SAC	21:26.3
Maurice Creagh	2/06/11	ECAC	23:46.8
Nick Bailey	7/06/11	WAAS	26:45.0

### M65

Kaj Dewens	6/08/11	SWE	19:38.8
John Oldfield	12/06/11	LEIC	22:55.8
Bob Schickert	15/09/11	ECAC	23:21.1

### M70

### M75

David Carr	23/06/11	ECAC	22:15.2
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### M80

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

### W30

Mel Hynds	2/06/11	ECAC	24:53.7
Monique Thomas	11/08/11	ECAC	28:24.3

### W35

Trish Farr	15/09/11	ECAC	22:27.5
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### W40

Sue Bourn	15/09/11	ECAC	21:06.4
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### W45

Claire Walkley	15/09/11	ECAC	23:40.5
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### W50

Karyn Gower	16/08/11	WAAS	21:36.7
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### W55

Hilary Beck	15/09/11	ECAC	23:14.9
Julie Wilson	6/09/11	WAAS	25:05.0

### W60

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

### W65

### W70

Lorraine Lopes	28/06/11	ECAC	23:33.5
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# 10000m

## Men

### M30

### M35

### M40

### M45

### M50

### M55

### M60

### M65

### M75

### M80

Rob Colton	25/08/11	ECAC	41:50.2
Steve Fuller	25/08/11	ECAC	47:35.7
Kaj Dewens	7/08/11	SWE	40:47.1
Maurice Creagh	25/08/11	ECAC	48:10.4
David Carr	25/08/11	ECAC	48:35.6
Irwin Barrett-Lennard	11/07/11	SAC	54:05.2

## Women

### W30

### W35

### W40

### W45

### W50

### W55

### W60

### W70

Mel Hynds	25/08/11	ECAC	51:24.7
Monique Thomas	25/08/11	ECAC	59:21.9
Trish Farr	25/08/11	ECAC	48:36.7
Sue Bourn	25/08/11	ECAC	44:16.4
Claire Walkley	25/08/11	ECAC	51:59.2
Jacqui Sanders	25/08/11	ECAC	59:21.9
Karyn Gower	25/08/11	ECAC	45:05.1

## Other track events

### 1500m walk

Tom Lenane	M50	19/05/11	ECAC	09:11.9
Michele Mison	W60	19/05/11	ECAC	09:54.5
Lynne Schickert	W65	22/09/11	ECAC	10:34.8

### 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	15/09/11	ECAC	16:47.0
Tom Lenane	M50	2/06/11	ECAC	19:24.3
Stan Jones	M85	2/06/11	ECAC	23:13.2
Regina Crouch	W40	2/06/11	ECAC	23:18.5
Michele Mison	W60	2/06/11	ECAC	20:31.7
Lynne Schickert	W65	8/09/11	ECAC	21:36.4
Lorna Lauchlan	W80	3/05/11	WAAS	24:51.6

### 5000m walk

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

John Oldfield	M65	25/06/11	BIRM	09:56.4
Bob Schickert	M65	17/07/11	SAC	10:25.6
David Carr	M75	17/07/11	SAC	09:36.1
Carol Bowman	W55	17/07/11	SAC	10:22.5
Lynne Schickert	W65	17/07/11	SAC	14:20.0

### 3000m steeplechase

Andrew Brooker	M40	17/07/11	SAC	11:23.6
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 hurdles

### 110m hurdles

Mark Jeffery	M40	7/07/11	SAC	18.95
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### 200m hurdles

### 300m hurdles

Don Chambers	M70	11/07/11	SAC	58.86
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## Field events

### decathlon

Mark Jeffery	M40	07/07/11	SAC	6036
Don Chambers	M70	07/07/11	SAC	4733

### Pole Vault

Mark Jeffery	M40	07/07/11	SAC	2.80
Don Chambers	M70	07/07/11	SAC	2.10

### Throws Pentathlon

Kate Glass	W60	14/07/11	SAC	3674
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