

MAWA Club Tops – An Explanation

This is an archive of the best performances by MAWA members over the athletics year 2009/10. The year is deemed to begin immediately following the 2009 National Championships in Adelaide and ending with the 2010 Nationals in Perth.

The archive includes only those T&F events in which there are sufficient data to make comparisons within the age groups meaningful. Unfortunately that necessarily excludes the walks and field events.

The archive began with the 2008/9 season and so this is now its second year.

It is quite likely that there are errors and/or omissions. If you know of any, please send me an email.

John Oldfield
April 2010

60m**Men****Women****M30**

1	Stephen Ford	6/08/09	ECAC	7.70
2	Corey Thomas	11/03/10	ECAC	8.50
3				

M35

1	Paul Burke	11/02/10	ECAC	8.40
2	Kim Thomas	27/08/09	ECAC	8.60
3	Scott Andrews	21/01/10	ECAC	8.60

M40

1	Darryl Lette	2/04/10	WAAS	7.55
2	Chris Neale	2/04/10	WAAS	7.70
3	Mark Elms	2/04/10	WAAS	7.92

M45

1	Colin Smith	2/04/10	WAAS	7.73
2	Marty Gray	2/04/10	WAAS	8.11
3	Paul Haylett	20/10/09	UWA	8.40

M50

1	Garry Ralston	10/09/09	ECAC	7.60
2	Campbell Till	11/03/10	ECAC	7.90
3	Trevor Bulley	2/04/10	WAAS	8.02

M55

1	Dave Wyatt	11/12/09	WAAS	8.68
2	Rob Antonioli	2/04/10	WAAS	8.69
3	Rob Greenhalgh	2/03/10	UWA	8.70

M60

1	Geoff Brayshaw	2/04/10	WAAS	8.59
2	Rob Greenhalgh	2/04/10	WAAS	8.62
3	Bruce Cornish	2/04/10	WAAS	9.23

M65

1	Roy Fearnall	2/03/10	UWA	8.60
2	Barrie Kernaghan	11/12/09	WAAS	8.80
3	Keith Martin	16/03/10	UWA	10.00

M70

1	Barrie Kernaghan	2/04/10	WAAS	8.59
2	David Clive	17/12/09	ECAC	8.60
3	Norm Richards	2/04/10	WAAS	8.72

M75

1	David Carr	17/12/09	ECAC	9.80
2	Tom Crossen	2/04/10	WAAS	11.55

M80

1	Gordon Medcalf	2/04/10	WAAS	10.86
2	Derry Foley	2/04/10	WAAS	11.24
3	Stan Lockwood	2/04/10	WAAS	16.16

M85

1	Peter Kennedy	2/03/10	UWA	16.40
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M90

1	Peter Kennedy	2/04/10	WAAS	15.91
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W30

1	Melissa Foster	2/04/10	WAAS	8.34
2	Amanda Lloyd	2/04/10	WAAS	8.40
3	Michelle Thomas	17/09/09	ECAC	9.80

W35

1	Lisa Thornton	2/04/10	WAAS	8.32
2	Toni Phillips	2/03/10	UWA	9.40
3	Anne Travis	24/09/09	ECAC	11.20

W40

1	Simone Solomon	2/04/10	WAAS	9.21
2	Jacqui Sanders	10/09/09	ECAC	9.90

W45

1	Sharon Moloney	2/04/10	WAAS	8.71
2	Delia Baldock	2/04/10	WAAS	9.52

W50

1	Carol Bowman	10/12/09	ECAC	10.90
2	Kay Nicolle	2/04/10	WAAS	13.48

W55

1	Lynne Choate	2/04/10	WAAS	8.68
2				

W60

1	Gillian Young	27/08/09	ECAC	11.20
2	Sarah Ladwig	11/03/10	ECAC	11.50
3	Val Millard	17/09/09	ECAC	12.70

W65

1	Peggy Macliver	2/04/10	WAAS	9.43
2	Ruth Johnson	2/04/10	WAAS	10.16
3	Brenda Painter	2/04/10	WAAS	10.41

W75

1	Pat Carr	2/04/10	WAAS	11.23
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100m

Men

Women

M30

1	Cam Yorke	15/01/10	WAAS	11.17
2	Grahak Cunningham	23/02/10	UWA	14.40
3	Corey Thomas	17/09/09	ECAC	21.50

M35

1	Brett Blanco	2/04/10	WAAS	11.44
2	Chris Perrey	18/12/09	WAAS	12.07
3	Darryl Lette	29/01/10	WAAS	12.09

M40

1	Darryl Lette	19/03/10	WAAS	11.92
2	Chris Neale	2/04/10	WAAS	12.17
3	Mark Howard	18/06/09	ECAC	12.00

M45

1	Marty Campbell	2/04/10	WAAS	11.79
2	Colin Smith	11/10/09	SYD	12.50
3	Marty Gray	2/04/10	WAAS	13.28

M50

1	Garry Ralston	11/10/09	SYD	12.39
2	Campbell Till	2/04/10	WAAS	12.61
3	Trevor Bulley	2/04/10	WAAS	12.99

M55

1	Rob Greenhalgh	7/10/09	UWA	13.90
2	Rob Antonioli	11/10/09	SYD	14.13
3	Chris Drew	20/10/09	UWA	14.10

M60

1	Bruce Cornish	2/04/10	WAAS	14.53
2	Geoff Brayshaw	23/03/10	UWA	14.50
3	Peter Hopper	3/11/09	UWA	16.20

M65

1	Roy Fearnall	30/07/09	LAH	13.56
2	Barrie Kernaghan	18/12/09	WAAS	13.77
3	Keith Martin	7/10/09	UWA	14.40

M70

1	David Clive	17/11/09	UWA	13.60
2	Barrie Kernaghan	23/03/10	UWA	13.70
3	Norm Richards	18/12/09	WAAS	14.10

M75

1	David Carr	12/11/09	ECAC	15.60
2	Tom Crossen	2/04/10	WAAS	19.24

M80

1	Gordon Medcalf	2/04/10	WAAS	18.13
2	Derry Foley	2/04/10	WAAS	18.28
3	Irwin Barrett-Lennard	23/02/10	UWA	18.50

M85

1	Peter Kennedy	3/11/09	UWA	27.50
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M90

1	Peter Kennedy	2/04/10	WAAS	27.19
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W30

1	Amanda Lloyd	2/04/10	WAAS	13.58
2	Melissa Foster	2/04/10	WAAS	13.69
3	Michelle Thomas	12/11/09	ECAC	16.10

W35

1	Lisa Thornton	2/04/10	WAAS	13.36
2	Toni Phillips	18/03/10	ECAC	14.70
3	Trish Farr	3/12/09	ECAC	19.40

W40

1	Kerriann Bresser	13/08/09	ECAC	14.20
2	Simone Solomon	5/04/10	WAAS	15.25
3	Jacqui Sanders	7/05/09	ECAC	16.00

W45

1	Sharon Moloney	2/04/10	WAAS	13.97
2	Delia Baldock	7/05/09	ECAC	15.10
3	Debbie Wolfenden	30/07/09	LAH	17.28

W50

1	Mickey Ellis	23/02/10	UWA	17.30
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W55

1	Lynne Choate	2/04/10	WAAS	13.99
2	Barbara Wilson	5/04/10	WAAS	17.66
3	Carol Bowman	21/01/10	ECAC	18.50

W60

1	Gillian Young	7/05/09	ECAC	17.50
2	Sarah Ladwig	18/03/10	ECAC	19.60
3	Valerie Millard	7/05/09	ECAC	20.40

W65

1	Peggy Macliver	12/11/09	ECAC	15.30
2	Ruth Johnson	2/04/10	WAAS	16.80
3	Brenda Painter	2/04/10	WAAS	17.00

W75

1	Pat Carr	14/05/09	ECAC	20.20
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200m**Men****Women**

M30

1	Cam Yorke	8/01/10	WAAS	22.61
2	Stephen Ford	10/12/09	ECAC	27.20
3	Corey Thomas	19/11/09	ECAC	28.40

W30

1	Amanda Lloyd	15/12/09	UWA	34.10
2	Michelle Thomas	25/02/10	ECAC	36.20
3	Melissa Young	7/05/09	ECAC	36.90

M35

1	Brett Blanco	3/04/10	WAAS	24.06
2	Chris Perrey	11/12/09	WAAS	24.16
3	Mark Jeffrey	5/04/10	WAAS	25.85

W35

1	Toni Phillips	2/08/09	LAH	27.70
2	Anne Travis	24/09/09	ECAC	43.50

M40

1	Chris Neale	7/05/09	ECAC	24.20
2	Darryl Lette	3/04/10	WAAS	24.84
3	Mark Elms	5/04/10	WAAS	25.63

W40

1	Jacqui Sanders	7/05/09	ECAC	33.50
1	Niamh Keane	11/03/10	ECAC	33.50
3	Jane Elton	10/12/09	ECAC	39.40

M45

1	Marty Campbell	3/04/10	WAAS	24.46
2	Colin Smith	3/04/10	WAAS	25.00
3	Ian Cotton	5/04/10	WAAS	26.06

W45

1	Delia Baldock	3/04/10	WAAS	32.02
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M50

1	Campbell Till	11/03/10	ECAC	25.20
2	Greg Vander Sanden	3/04/10	WAAS	26.07
3	Garry Ralston	2/03/10	UWA	26.50

W50

1				
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M55

1	Rob Antonioli	5/04/10	WAAS	28.51
2	Rob Greenhalgh	16/02/10	UWA	29.00
3	Chris Drew	13/10/09	UWA	29.90

W55

1	Lynne Choate	3/04/10	WAAS	30.18
2	Carol Bowman	11/03/10	ECAC	36.40
3				

M60

1	Duncan McAuley	24/11/09	UWA	29.10
2	Bruce Cornish	5/04/10	WAAS	29.26
3	Geoff Brayshaw	16/03/10	UWA	31.30

W60

1	Gillian Young	7/05/09	ECAC	36.20
2	Jackie Halberg	11/02/10	ECAC	38.20
3	Shirley Bell	11/03/10	ECAC	40.00

M65

1	Roy Fearnall	2/08/09	LAH	27.48
2	Barrie Kernaghan	22/01/10	WAAS	28.12
3	Peter Gare	12/01/10	UWA	31.90

W65

1	Peggy Macliver	3/08/09	LAH	32.15
2	Ruth Johnson	3/04/10	WAAS	35.26
3	Brenda Painter	3/04/10	WAAS	36.37

M70

1	Barrie Kernaghan	3/04/10	WAAS	28.93
2	David Clive	24/11/09	UWA	29.00
3	Norm Richards	3/04/10	WAAS	30.09

W75

1	Pat Carr	21/01/10	ECAC	45.60
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M75

1	David Carr	21/05/09	ECAC	31.90
2	Tom Crossen	3/04/10	WAAS	43.90

M80

1	Irwin Barrett-Lennard	9/07/09	ECAC	36.50
2	Derry Foley	3/04/10	WAAS	40.82

M85

1	Peter Kennedy	27/10/09	UWA	73.40
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M90

1	Peter Kennedy	3/04/10	WAAS	66.78
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400m

Men

M30

1	Cam Yorke	12/03/10	WAAS	48.95
2	Scott Tamblin	26/02/10	WAAS	50.00
3	Grahak Cunningham	23/02/10	UWA	65.50

M35

1	Chris Perrey	14/02/10	WAAS	52.17
2	Paul Burke	4/04/10	WAAS	58.93
3	Kim Thomas	17/12/09	ECAC	61.70

M40

1	Chris Neale	3/04/10	WAAS	54.50
2	Andrew Brooker	3/04/10	WAAS	56.70
3	Mark Elms	4/04/10	WAAS	58.98

M45

1	Colin Smith	11/10/09	SYD	56.36
2	Ian Cotton	4/04/10	WAAS	56.71
3	Mark Elms	18/02/10	ECAC	58.10

M50

1	Campbell Till	4/04/10	WAAS	56.00
2	Greg Vander Sanden	3/04/10	WAAS	57.50
3	Neil Morfitt	11/10/09	SYD	57.88

M55

1	Rob Antonioli	3/04/10	WAAS	62.00
2	Bjorn Dybdahl	14/01/10	ECAC	62.60
3	Steve Fuller	4/02/10	ECAC	65.10

M60

1	Duncan McAuley	23/02/10	UWA	63.90
2	John Dennehy	29/10/09	ECAC	73.30
3	Ivan Brown	18/03/10	ECAC	77.70

M65

1	Roy Fearnall	7/08/09	LAH	62.43
2	Barrie Kernaghan	14/02/10	WAAS	64.63
3	Keith Martin	7/10/09	UWA	68.70

M70

1	Berrie Kernaghan	3/04/10	WAAS	64.60
2	Don Chambers	4/08/09	LAH	72.30
3	David Clive	17/12/09	ECAC	72.40

M75

1	David Carr	7/08/09	LAH	67.67
2	Tom Crossen	4/04/10	WAAS	01:56.4

M80

1	Irwin Barrett-Lennard	9/07/09	ECAC	85.30
2	Cecil Walkley	23/07/09	ECAC	02:04.3

M85

1	Peter Kennedy	7/10/09	UWA	03:36.8
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M90

1	Peter Kennedy	4/04/10	WAAS	03:06.1
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Women

W30

1	Melissa Young	10/09/09	ECAC	87.20
2	Katrina Bolden	29/10/09	ECAC	88.00

W40

1	Lorraine MacLennan	3/11/09	UWA	82.40
2	Jane Elton	14/01/10	ECAC	91.40

W45

1	Delia Baldock	9/07/09	ECAC	74.60
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W50

1	Carol Bowman	18/02/10	ECAC	83.50
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W55

1	Barbara Blurton	18/03/10	ECAC	71.60
2	Margaret Saunders	4/04/10	WAAS	72.29
3	Carol Bowman	4/04/10	WAAS	81.61

W60

1	Gillian Young	18/02/10	ECAC	88.30
2	Jackie Halberg	4/02/10	ECAC	90.30
3	Sarah Ladwig	4/04/10	WAAS	90.78

W65

1	Peggy Macliver	7/08/09	LAH	73.24
2	Ruth Johnson	4/04/10	WAAS	85.07
3	Christine Oldfield	23/02/10	UWA	01:44.8

W70

1	Lorraine Lopes	18/02/10	ECAC	96.10
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800m

Men

Women

M30

1	Scott Tamblin	5/03/10	WAAS	01:51.8
2	Cam Yorke	8/11/09	WAAS	01:55.5
3	Grahak Cunningham	23/02/10	UWA	02:32.5

M35

1	Kim Thomas	10/12/09	ECAC	02:22.0
2	Paul Burke	2/04/10	WAAS	02:18.0
3	Scott Andrews	21/01/10	ECAC	03:35.8

M40

1	Xander van Rijen	2/04/10	WAAS	02:04.7
2	Andrew Brooker	11/12/09	WAAS	02:08.7
3	Chris Neale	25/06/09	ECAC	02:21.5

M45

1	David Cane	2/04/10	WAAS	02:15.5
2	Brad Walsh	2/04/10	WAAS	02:18.7
3	Ian Cotton	2/04/10	WAAS	02:21.5

M50

1	Neil Morfitt	11/10/09	SYD	02:11.5
2	Greg vander Sanden	2/04/10	WAAS	02:12.2
3	Alan Gower	9/03/10	UWA	02:17.4

M55

1	Bjorn Dybdahl	30/07/09	LAH	02:17.8
2	Rob Antonioli	11/10/09	SYD	02:30.5
3	Roscoe McDonnell	7/01/10	ECAC	02:35.7

M60

1	Duncan McAuley	2/04/10	WAAS	02:32.9
2	Bob Lane	16/07/09	ECAC	02:36.9
3	Maurice Creagh	7/01/10	ECAC	02:50.9

M65

1	Bert Carse	2/04/10	WAAS	02:34.0
2	Roy Fearnall	2/04/10	WAAS	02:52.6
3	Ivan Brown	2/04/10	WAAS	02:52.3

M70

1	Mike O'Reilly	2/04/10	WAAs	02:53.7
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M75

1	David Carr	16/07/09	ECAC	02:43.7
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M80

1	Irwin Barrett-Lennard	16/07/09	ECAC	03:21.8
2	Cecil Walkley	10/12/09	ECAC	03:59.7

W30

1	Katrina Bolden	5/04/10	WAAS	03:21.7
2	Melissa Young	16/07/09	ECAC	03:31.4
3	Melissa Foster	21/01/10	ECAC	03:39.5

W35

1	Toni Phillips	8/11/09	WAAS	02:31.8
2	Presley Vouteva	30/04/09	ECAC	03:44.1

W40

1	Kerriann Bresser	1/08/09	LAH	02:42.1
2	Simone Solomon Lorraine	5/04/10	ECAC	02:51.2
3	MacLennan	3/09/09	ECAC	03:03.0

W45

1	Delia Baldock	30/04/09	ECAC	03:01.1
2	Sharon Moloney	5/04/10	WAAS	03:19.5

W50

1	Karyn Gower	9/03/10	UWA	02:57.7
2	Jo Clarkson	19/11/09	ECAC	03:09.4
3	Carol Bowman	10/12/09	ECAC	03:18.4

W55

1	Marg Saunders	30/07/09	ECAC	02:43.6
2	Barbara Blurton	10/12/09	ECAC	02:49.5
3	Carol Bowman	2/04/10	WAAS	03:06.3

W60

1	Gillian Young	2/04/10	WAAS	03:03.7
2	Peggy Macliver	5/11/09	ECAC	03:15.0
3	Shirley Bell	3/09/09	ECAC	03:19.8

W65

1	Peggy Macliver	10/12/09	ECAC	03:06.7
2	Ruth Johnson	5/04/2010	WAAS	03:29.7
3	Christine Oldfield	7/01/10	UWA	04:00.3

W70

1	Lorraine Lopes	2/04/10	WAAS	03:33.0
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1500m**Men****Women****M30**

1	Grahak Cunningham	1/12/09	UWA	05:13.9
2	Corey Thomas	3/12/09	ECAC	05:40.2

M35

1	Paul Mitchell	19/03/10	WAAS	04:19.7
2	Kim Thomas	3/04/10	WAAS	04:56.1
3	Paul Burke	3/04/10	WAAS	04:59.8

M40

1	Xander van Rijen	3/04/10	WAAS	04:18.5
2	Andrew Brooker	17/10/09	SYD	04:34.1
3	Chris Neale	5/04/10	WAAS	05:04.1

M45

1	David Cane	3/12/09	ECAC	04:30.4
2	Neil Morfitt	17/10/09	SYD	04:44.1
3	Ross Keane	3/04/10	WAAS	04:54.5

M50

1	Alan Gower	19/03/10	WAAS	04:35.3
2	Greg Vander Sanden	3/04/10	WAAS	04:37.9
3	Trevor Scott	2/03/10	UWA	04:42.4

M55

1	Bjorn Dybdahl	4/08/09	LAH	04:43.9
2	Rob Antonioli	17/10/09	SYD	04:59.7
3	Brian Hewitt	3/04/10	WAAS	05:16.9

M60

1	Bruce Wilson	3/04/10	WAAS	05:32.7
2	Maurice Creagh	25/02/10	ECAC	05:49.2
3	Bruce Cornish	5/04/10	WAAS	06:08.7

M65

1	Bert Carse	17/10/09	SYD	05:03.9
2	John Oldfield	6/08/09	LAH	05:50.8
3	Ivan Brown	3/04/10	WAAS	05:52.8

M70

1	Morland Smith	3/04/10	WAAS	05:53.2
2	Mike O'Reilly	3/04/10	WAAS	06:30.9
3	Norm Richards	5/04/10	WAAS	07:59.6

M75

1	David Carr	3/12/09	ECAC	05:57.4
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M80

1	Irwin Barrett-Lennard	3/04/10	WAAS	07:18.5
2	Cecil Walkley	3/04/10	WAAS	07:40.8

M90

1	Peter Kennedy	5/04/10	WAAS	14:29.8
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W30

1	Katrina Bolden	18/03/10	ECAC	05:55.7
2	Melissa Young	11/06/09	ECAC	07:13.1
3	Julia Wardell	25/02/10	ECAC	07:30.5

W35

1	Saskia Letham	1/10/09	ECAC	05:45.6
2	Toni Phillips	18/03/10	ECAC	05:52.3
3	Trish Farr	3/12/09	ECAC	06:37.3

W40

1	Niamh Keane	23/03/10	UWA	05:22.0
2	Kerriann Bresser	6/08/09	LAH	05:37.4
3	Simone Solomon	23/07/09	ECAC	06:09.7

W45

1	Niamh Keane	3/04/10	WAAS	05:13.4
2	Delia Baldock	3/12/09	ECAC	06:43.9

W50

1	Bernardette Berrell	3/04/10	WAAS	05:36.0
2	Robin King	3/04/10	WAAS	05:56.2
3	Jo Clarkson	3/12/09	ECAC	06:05.2

W55

1	Margaret Saunders	3/04/10	WAAS	05:37.0
2	Barbara Blurton	3/12/09	ECAC	06:14.5
3	Carol Bowman	3/12/09	ECAC	06:44.9

W60

1	Gillian Young	3/04/10	WAAS	06:10.8
2	Shirley Bell	3/04/10	WAAS	06:34.8
3	Jackie Halberg	11/06/09	ECAC	06:56.3

W65

1	Peggy Macliver	3/12/09	ECAC	06:29.5
2	Christine Oldfield	21/01/10	ECAC	07:55.1
3	Val Prescott	3/04/10	WAAS	09:19.1

W70

1	Lorraine Lopes	21/01/10	ECAC	07:09.6
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mile**Men****Women****M35**

1 Kim Thomas 27/08/09 ECAC 05:30.3

M40

1 Andrew Brooker 24/09/09 ECAC 05:14.3
2 Dante Giacomini 2/07/09 ECAC 06:11.0
3 Eldon George 24/09/09 ECAC 06:13.9

M45

1 David Cane 27/08/09 ECAC 04:55.9
2 Rod Hamilton 2/07/09 ECAC 05:49.7
3 David Solomon 17/12/09 ECAC 06:06.6

M50

1 Pete Sullivan 24/09/09 ECAC 05:54.9
2 Darryl White 24/09/09 ECAC 06:29.9

M55

1 Graeme Dahl 2/07/09 ECAC 06:15.1
2 John Bocian 24/09/09 ECAC 06:18.7
3 Steve Fuller 2/07/09 ECAC 06:35.6

M60

1 Maurice Creagh 17/12/09 ECAC 06:39.6
2 Graeme Dahl 17/12/09 ECAC 06:59.4

M65

1 John Oldfield 16/04/09 ECAC 06:15.2
2 Mike O'Reilly 24/09/09 ECAC 07:30.0

M75

1 David Carr 27/08/09 ECAC 07:21.7

M80

1 Irwin Barrett-Lennard 2/07/09 ECAC 07:44.3
2 Cecil Walkley 17/12/09 ECAC 08:25.7

W30

1 Katrina Bolden 17/12/09 ECAC 07:35.1
2 Melissa Young 17/12/09 ECAC 07:54.7
3

W35

1 Toni Phillips 24/09/09 ECAC 06:40.4
2 Trish Farr 27/08/09 ECAC 07:22.7

W40

1 Simone Solomon 2/07/09 ECAC 06:33.8
2 MacLennan 24/09/09 ECAC 06:46.7
3 Claire Walkley 27/08/09 ECAC 07:09.8

W50

1 Carol Bowman 17/12/09 ECAC 07:26.9

W55

1 Barbara Blurton 2/07/09 ECAC 06:34.6

W60

1 Shirley Bell 27/08/09 ECAC 07:04.0
2 Gillian Young 27/08/09 ECAC 07:09.5
3 Sarah Ladwig 27/08/09 ECAC 08:09.2

W65

1 Peggy Macliver 17/12/09 ECAC 07:30.0
2 Christine Oldfield 17/12/09 ECAC 08:40.9

3000m**Men****Women****M30**

1	Grahak Cunningham	23/02/10	UWA	11:49.2
2	Corey Thomas	17/12/09	ECAC	12:03.3
3				

W30

1	Katrina Bolden	11/02/10	ECAC	13:23.2
2	Melissa Young	4/02/10	ECAC	15:29.8
3	Julia Wardell	25/02/10	ECAC	15:31.2

M35

1	Paul Mitchell	5/03/10	WAAS	09:08.9
2	Kim Thomas	7/05/09	ECAC	10:57.5
3	Paul Burke	2/03/10	UWA	11:29.6

W35

1	Saskia Letham	8/10/09	ECAC	11:44.5
2	Trish Farr	7/05/09	ECAC	12:58.9
3	Toni Phillips	23/02/10	UWA	13:57.8

M40

1	Andrew Brooker	24/09/09	ECAC	10:31.3
2	David Solomon	7/05/09	ECAC	10:56.3
3	Keith Edmonds	18/02/10	ECAC	11:35.0

W40

	Lorraine			
1	MacLennan	24/09/09	ECAC	13:15.9
2	Simone Solomon	25/06/09	ECAC	13:35.7
3	Claire Walkley	20/08/09	ECAC	14:03.2

M45

1	David Cane	29/10/09	ECAC	09:35.3
2	Rod Hamilton	6/08/09	ECAC	10:48.2
3	David Solomon	10/12/09	ECAC	11:39.4

W45

1	Karen March	29/10/09	ECAC	12:39.0
	Lorraine			
2	MacLennan	16/02/10	UWA	14:19.9
3	Delia Baldock	27/08/09	ECAC	14:34.9

M50

1	Trevor Scott	10/12/09	ECAC	10:06.2
2	Alan Gower	27/10/09	UWA	10:24.9
3	Peter Sullivan	18/02/10	ECAC	10:28.3

W50

1	Sue Zinay	16/03/10	UWA	12:23.6
2	Jo Clarkson	29/10/09	ECAC	12:40.5
3	Karyn Gower	16/03/10	UWA	13:19.4

M55

1	Bjorn Dybdahl	18/06/09	ECAC	10:39.9
2	Clive Hicks	16/02/10	UWA	10:51.1
3	Paul Hughes	7/05/09	ECAC	11:13.2

W55

1	Barbara Blurton	18/06/09	ECAC	13:21.8
2	Gay Wyatt	12/01/10	UWA	15:37.6
3	Cheryl van der Spuy	7/01/10	ECAC	16:18.7

M60

1	Bob Lane	20/08/09	ECAC	11:39.0
2	Duncan McAuley	27/10/09	UWA	11:54.9
3	Bruce Wilson	5/02/10	WAAS	12:15.5

W60

1	Gillian Young	30/04/09	ECAC	13:23.4
2	Shirley Bell	6/08/09	ECAC	13:38.2
3	Jackie Halberg	18/06/09	ECAC	15:07.9

M65

1	Jim Langford	16/02/10	UWA	11:21.1
2	Bert Carse	18/06/09	ECAC	11:31.4
3	Frank Smith	23/07/09	ECAC	12:01.6

W65

1	Peggy Macliver	22/10/09	ECAC	14:20.7
2	Christine Oldfield	16/03/10	UWA	17:01.6

M70

1	Mike O'Reilly	7/01/10	ECAC	15:17.0
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W70

1	Lorraine Lopes	11/03/10	ECAC	14:47.8
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M75

1	David Carr	22/10/09	ECAC	12:44.3
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M80

1	Irwin Barrett-Lennard	7/05/09	ECAC	14:16.8
2	Cecil Walkley	10/12/09	ECAC	17:17.1

5000m

Men

M30

1	Grahak Cunningham	1/12/09	UWA	20:48.1
2	Corey Thomas	25/06/09	ECAC	22:55.1

M35

1	Paul Mitchell	12/03/10	WAAS	15:22.3
2	Kim Thomas	30/04/09	ECAC	19:05.5
3	Paul Burke	9/03/10	UWA	20:38.8

M40

1	David Cane	3/09/09	ECAC	16:43.4
2	Brett Roach	4/04/10	WAAS	16:46.8
3	Michael Barton	9/03/10	UWA	17:55.6

M45

1	David Cane	26/11/09	ECAC	16:40.2
2	Ross Henderson	4/04/10	WAAS	17:31.0
3	Rod Hamilton	3/09/09	ECAC	18:07.7

M50

1	Alan Gower	26/11/09	WAAS	17:26.8
2	Pete Sullivan	4/04/10	WAAS	18:21.0
3	Steve Giles	4/04/10	WAAS	18:31.2

M55

1	Bjorn Dybdahl	1/08/09	LAH	17:37.2
2	Clive Hicks	26/11/09	ECAC	18:23.1
3	Paul Hughes	4/04/10	WAAS	19:12.2

M60

1	Bruce Wilson	4/04/10	WAAS	20:28.1
2	Jim Klinge	4/04/10	WAAS	20:30.8
3	Duncan McAuley	17/11/09	UWA	20:44.5

M65

1	Bert Carse	1/08/09	LAH	19:06.2
2	Frank Smith	30/04/09	ECAC	20:59.1
3	John Oldfield	1/08/09	LAH	21:25.4

M75

1	David Carr	1/10/09	ECAC	23:06.6
2	David Simmonds	4/04/10	WAAS	26:22.8

M80

1	Irwin Barrett-Lennard	30/04/09	ECAC	23:57.6
2	Cecil Walkley	4/04/10	WAAS	29:42.0

Women

W30

1	Rosemary Giles	4/04/10	WAAS	20:21.3
2	Katrina Bolden	4/04/10	WAAS	22:27.0
3	Melissa Young	26/11/09	ECAC	26:31.0

W35

1	Trish Farr	4/04/10	WAAS	22:35.1
2	Katrina Bolden	3/09/09	ECAC	23:29.9
3	Toni Phillips	1/12/09	UWA	28:29.8

W40

1	Simone Solomon Lorraine	26/11/09	ECAC	22:48.0
2	MacLennan	1/10/09	ECAC	22:59.9
3	Claire Walkley	3/09/09	ECAC	23:28.7

W45

1	Karen March	4/04/10	WAAS	21:58.8
2	Karyn Gower	3/09/09	ECAC	22:05.2
3	Delia Baldock	26/11/09	ECAC	24:57.8

W50

1	Sue Zlnay	4/04/10	WAAS	20:04.7
2	Jo Clarkson	26/11/09	ECAC	21:24.7
3	Karyn Gower	19/02/10	WAAS	22:28.3

W55

1	Barbara Blurton	30/04/09	ECAC	22:44.3
2	Carol Bowman	26/11/09	ECAC	25:02.9
3	Carey Dickason	4/04/10	WAAS	25:42.2

W60

1	Gillian Young	4/04/10	WAAS	22:48.2
2	Shirley Bell	4/04/10	WAAS	23:45.7
3	Jackie Halberg	2/08/09	LAH	24:57.9

W65

1	Peggy Macliver	26/11/09	ECAC	24:14.9
2	Christine Oldfield	1/12/09	UWA	28:50.0
3	Loretta Shillinglaw	4/04/10	WAAS	30:41.2

10000m

Men

Women

M30

1	Corey Thomas	18/03/10	ECAC	46:43.1
2				
3				

M35

1	Paul Mitchell	2/04/10	WAAS	35:14.0
2	Kim Thomas	18/03/10	ECAC	41:13.9
3	Jonathon Phillips	18/03/10	ECAC	49:35.0

M40

1	Brett Roach	2/04/10	WAAS	35:27.6
2	Michael Barton	2/04/10	WAAS	36:59.8
3	Eldon George	6/11/09	WAAS	41:22.0

M45

1	David Cane	6/11/09	WAAS	35:00.0
2	David Solomon	6/11/09	WAAS	39:25.0
3	Lachlan Marr	2/04/10	WAAS	43:04.1

M50

1	Alan Gower	6/11/09	WAAS	36:32.0
2	Pete Sullivan	2/04/10	WAAS	37:39.0
3	Steve Giles	2/04/10	WAAS	39:21.4

M55

1	Bjorn Dybdahl	6/11/09	WAAS	37:52.0
2	Chris Maher	2/04/10	WAAS	38:35.8
3	Graeme Dahl	4/08/09	LAH	43:31.3

M60

1	John Doust	2/04/10	WAAS	43:50.1
2	Maurice Creagh	2/04/10	WAAS	45:43.3
3	Ivan Brown	6/11/09	WAAS	46:14.0

M65

1	Jim Langford	2/04/10	WAAS	40:03.6
2	John Oldfield	6/11/09	WAAS	44:32.0
3	Bob Schickert	2/04/10	WAAS	49:44.9

M75

1	David Carr	15/10/09	ECAC	47:11.9
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M80

1	Irwin Barrett-Lennard	6/08/09	LAH	51:34.2
2	Cecil Walkley	6/11/09	WAAS	1:12:22

W30

1	Rosemary Giles	2/04/10	WAAS	42:16.7
2	Katrina Bolden	15/10/09	ECAC	48:39.3

W35

1	Trish Farr	2/04/10	WAAS	46:25.6
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W40

1	Claire Walkley	2/04/10	WAAS	48:44.7
2	Julie Keeley	2/04/10	WAAS	58:28.1
3	Jacqui Sanders	15/10/09	ECAC	58:57.3

W45

1	Karen March	2/04/10	WAAS	46:43.5
2	Simone Solomon	6/11/09	WAAS	48:42.0
3	Lorraine MacLennan	15/10/09	ECAC	49:20.7

W50

1	Robin King Kerrie Edwards-	2/04/10	WAAS	44:55.3
2	Whitley	2/04/10	WAAS	46:43.8

W55

1	Carey Dickason	2/04/10	WAAS	57:20.5
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W60

1	Gillian Young	18/03/10	ECAC	48:23.8
2	Sarah Ladwig	15/10/09	ECAC	1:00:54
3				

W65

1	Loretta Shillinglaw	2/04/10	WAAS	1:04:38
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W70

1	Lorraine Lopes	2/04/10	WAAS	50:48.7
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