

## January 2015 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 - 6 January (sprints, jumps wind-assisted)

<b>60m</b>				<b>800m</b>			
Wendy Seegers	W35	7.6	<b>SB=</b>	Rob Nichols	M35	2:16.2	
Lisa Limonas	W45	8.7	<b>PBA=</b>	Mark Dawson	M50	2:26.8	<b>SB</b>
Nicola Hibbert	Vis	8.8		Grahak Cunningham	M35	2:37.5	<b>SB</b>
Rob Colton	M50	9.1		Suzi Graves	W45	2:39.9	
Barrie Kernaghan	M70	8.8	<b>SB</b>	Terry Kavanagh	Vis	2:41.4	
Lynne Choate	W60	9.0	<b>PBA=</b>	Rob Colton	M50	2:41.7	
Fran Cherry	W50	9.8	<b>SB=</b>	Lee Stergiou	Vis	2:45.5	
John Fisher	M55	11.6		Nicola Hibbert	Vis	2:52.0	
Colin Smith	M50	8.0		Carmel Meyer	W50	3:04.0	<b>SB</b>
Mark Dawson	M50	9.4		John Fisher	M55	3:05.1	
Carmel Meyer	W50	9.5	<b>SB</b>	Maurice Creagh	M65	3:05.1	<b>SB</b>
Rebecca Stergiou	Vis	9.4		Karyn Gower	W50	3:07.5	<b>SB</b>
John Dennehy	M55	10.0	<b>SB</b>	<b>3000m</b>			
Peggy Macliver	W70	10.2		David Brook	M50	12:33.9	<b>PBA</b>
Angela Gorey	Vis	11.1		Maurice Creagh	M65	14:00.6	
<b>100m</b>				<b>5000m</b>			
Wendy Seegers	W35	12.1	<b>PBA=</b>	Rob Nichols	M35	16:43.3	
Colin Smith	M50	12.8	<b>SB=</b>	Grahak Cunningham	M35	19:23.9	<b>PBA</b>
Campbell Till	M55	13.3		Mark Dawson	M50	21:01.8	
Lisa Limonas	W45	14.5		Rob Colton	M50	21:03.3	
Mark Dawson	M50	14.1	<b>PBA</b>	Karyn Gower	W50	23:57.1	
Barrie Kernaghan	M70	14.6		John Fisher	M55	24:52.0	
Rob Colton	M50	14.7		Carmel Meyer	W50	25:00.7	
Lynne Choate	W60	15.0		<b>5000m walk</b>			
Nicola Hibbert	Vis	14.1		Karyn Tolardo	W45	29:56.1	<b>PBA</b>
Suzi Graves	W45	14.8		<b>Long Jump</b>			
Rebecca Stergiou	Vis	15.5		Lee Stergiou	Vis	5.43	
Fran Cherry	W50	15.7	<b>SB</b>	Geoff Brayshaw	M65	4.08	
John Dennehy	M55	16.2	<b>SB</b>	Nicola Hibbert	Vis	3.83	
Peggy Macliver	W70	16.7		Rebecca Stergiou	Vis	3.68	
Angela Gorey	Vis	17.9		Carmel Meyer	W50	3.60	
John Fisher	M55	18.6	<b>PBA</b>	Fran Cherry	W50	3.56	<b>SB</b>
Sal Sims	W35	19.3		John Dennehy	M55	3.40	<b>SB=</b>
<b>Hammer</b>				Joel Brooker	Vis	3.26	
Geoff Gee	M60	35.44		Angela Gorey	Vis	3.13	
Jim Davis	M80	29.69		Hayley Brooker	Vis	3.00	
Andrew Ward	M50	21.72		Karyn Gower	W50	2.57	<b>SB</b>
Chris Schelfhout	W45	21.61		<b>Weight</b>			
Sal Sims	W35	20.57		Geoff Gee	M60	17.22	<b>SB</b>
<b>ECAC - 8 January</b>				<b>Jim Davis</b>	M80	12.84	<b>SR</b>
<b>3000m walk</b>				Andrew Ward	M50	9.74	
Karyn Tolardo	W45	17:34.7		Sal Sims	W35	8.99	<b>SB</b>
Sarah Ladwig	W65	22:23.1		Christine Schelfhout	W45	7.54	<b>PBA</b>
<b>2000m walk</b>				Mike Anderson	M65	5.33	<b>PBA</b>
John Smith	M75	17:48.3		<b>200m</b>			
<b>1500m walk</b>				Colin Smith	M50	28.1	
Karyn Tolardo	W45	8:43.0		Stuart MacKinnon	M30	28.5	<b>PBA</b>
Tom Lenane	M55	9:28.9		Carmel Meyer	W50	31.9	
Robin King	W55	9:55.3		Clare Wardle	W40	34.1	<b>PBA</b>
John Smith	M75	12:35.6		David Carr	M80	35.6	<b>SB</b>
				Ben Pope	Vis	33.2	
				Fran Cherry	W50	34.8	<b>SB</b>
				Jai Thomas	Vis	35.0	
				Bob Schickert	M70	36.5	
				Sarah Ladwig	W65	47.3	
				Lynne Schickert	W70	54.3	

**1500m**

Kim Thomas	M40	5:18.9	
Mitch Thomas	Vis	5:19.3	
Stuart MacKinnon	M30	5:36.9	
Bert Carse	M70	5:37.6	
Jim Langford	M70	5:37.9	<b>PBA</b>
Ben Pope	Vis	5:56.4	
Clare Wardle	W40	6:10.8	
Maxine Santich	W60	6:23.2	
Maurice Creagh	M65	6:31.9	
Monique Thomas	W35	8:07.9	
Aubrey Davie	M75	8:18.2	<b>SB</b>
Christine Oldfield	W70	8:18.4	
Melissa Hassan	W40	8:48.8	
Kem Hassan	M45	8:49.9	
Aysha Hassan	Vis	9:06.4	
Jai Thomas	Vis	9:12.7	
Carolyn Fawcett	W60	10:10.6	

**400m**

Colin Smith	M50	66.1	
Stuart MacKinnon	M30	68.5	
Carmel Meyer	W50	75.0	<b>SB</b>
Clare Wardle	W40	78.6	
David Carr	M80	80.0	
Fran Cherry	W50	1:29.5	

**3000m**

Kim Thomas	M40	10:28.6	
Jim Langford	M70	11:44.7	<b>PBA</b>
Stuart MacKinnon	M30	12:17.5	
Clare Wardle	W40	12:44.9	<b>PBA</b>
Jai Thomas	Vis	13:20.6	
Mitch Thomas	Vis	13:21.3	
John Oldfield	M70	13:32.0	
Ben Pope	Vis	13:45.3	
Maurice Creagh	M65	14:17.4	
Bob Schickert	M70	14:21.6	
Kem Hassan	M45	16:13.3	
Monique Thomas	W35	16:57.9	
Aysha Hassan	Vis	17:02.0	
Melissa Hassan	W40	17:14.1	
Christine Oldfield	W70	17:33.0	
Aubrey Davie	M75	17:35.1	<b>SB</b>
Bob Fawcett	M65	21:56.1	
Carolyn Fawcett	W60	22:07.8	

**Long Jump**

Carmel Meyer	W50	3.83	<b>SB</b>
Jai Thomas	Vis	3.34	
Fran Cherry	W50	3.17	
Aysha Hassan	Vis	2.81	
Lynne Schickert	W70	2.31	

**Strive, WAAS – January 9***Everything hand-timed due to photo-finish failure***60m**

Greg Brennan	M45	7.7	nwi
Alan Deans	M60	10.6	nwi
Barrie Kernaghan	M70	9.2	nwi
Wendy Seegers	W35	7.7	nwi

**200m**

Rudy Kocis	M50	25-2	-1.9
Barrie Kernaghan	M70	30.7	-1.9
Sharon Davis	W40	29.5	+0.6
Fiona Leonard	W45	31.0	-2.8

**3000m**

Todd Ingraham	M40	9:19.4	
Alan Gower	M55	10:52.8	<b>PBA</b>

**800m**

Fiona Leonard	W45	2:37.1	<b>SB</b>
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**400m hurdles**

Sharon Davis	W40	70.3	
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**Discus**

Christine Schelfhout	W45	19.71	
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**Javelin**

Christine Schelfhout	W45	18.47	
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**Shot**

Christine Schelfhout	W45	6.96	<b>SB</b>
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**Triple Jump**

Melissa Foster	W35	11.40	+0.9
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**WAAS 13 January 2015****200m**

Wendy Seegers	W35	25.1	
Colin Smith	M50	26.3	
Campbell Till	M55	26.9	<b>SB</b>
Maurice Pascal	M40	29.1	

Geoff Brayshaw	M65	31.1	<b>SB</b>
Carmel Meyer	W50	31.6	
Lynne Choate	W60	31.9	
Peggy Macliver	W70	35.5	

Fran Cherry	W50	35.5	
Angela Gorey	Vis	38.5	

**1500m**

Rob Nichols	M35	4:30.6	
Grahak Cunningham	M35	5:09.5	<b>PBA</b>
Tony Smith	M35	5:12.0	
Suzi Graves	W45	5:22.3	<b>PBA</b>
Giovanni Puglisi	M60	5:35.4	
Bernadette Benson	W45	5:38.2	
Maurice Creagh	M65	6:18.8	<b>SB</b>

**1500m walk**

Karyn Tolardo	W45	8:37.7	
Sylvia Byers	W80	12:06.5	

**400m**

Lee Stergiou	M40	58.2	
Wendy Seegers	W35	58.9	<b>PBA</b>
Maurice Pascal	M40	63.4	
Campbell Till	M55	64.4	

John Dennehy	M55	80.4	<b>SB</b>
Lynne Choate	W60	85.5	
Fran Cherry	W50	87.5	<b>SB</b>
Angela Gorey	Vis	1:37.6	

**2000m steeplechase**

Luke Graves	Vis	6:12.1	
Rob Nichols	M35	6:37.2	
MJ Van Rensburg	Vis	6:55.4	
Ollie Purser	Vis	7:17.9	
Tony Smith	M35	8:25.2	

**Shot**

Geoff Gee	M60	12.36	<b>SB</b>
Jim Davis	M80	9.62	
Andrew Ward	M50	9.09	<b>SB</b>
Sal Sims	W35	7.78	
Chris Schelfhout	W45	7.33	<b>PBA</b>
Carmel Meyer	W50	6.56	<b>SB</b>
Mike Anderson	M65	5.75	

**Long Jump**

Lee Stergiou	M40	5.35	
Geoff Brayshaw	M65	4.33	<b>SB</b>
Rebecca Stergiou	W30	3.95	
Fran Cherry	W50	3.55	
John Dennehy	M55	3.30	
Angela Gorey	Vis	3.05	
Karyn Gower	W50	2.77	<b>PBA</b>

**ECAC - 15 January****100m**

Colin Smith	M50	13.5	
Colin Shaw	M50	14.1	<b>PBA</b>
Alex Purcell	Vis	14.2	
Clare Wardle	W40	16.5	<b>PBA</b>
John Fisher	M55	20.0	

Fran Cherry	W50	17.2	
Bob Schickert	M70	17.8	
David Carr	M80	20.5	
Aubrey Davie	M75	20.7	

Kristine Wells	Vis	19.2	
Tegan Purcell	Vis	20.3	
Gabriella Alfonso	Vis	23.0	
Lynne Schickert	W70	23.7	
Carolyn Fawcett	W60	24.6	<b>SB=</b>

**60m**

Colin Smith	M50	8.8	
Colin Shaw	M50	9.1	<b>SB</b>
Fran Cherry	W50	10.3	
Clare Wardle	W40	10.3	
John Fisher	M55	12.8	

Alex Purcell	Vis	9.5	
John Dennehy	M55	10.7	
Danny Sheehan	M60	12.2	
Aubrey Davie	M75	12.9	
David Carr	M80	13.7	

Colin Shaw	M50	9.3	
Lynne Schickert	W70	14.0	
Carolyn Fawcett	W60	14.0	<b>SB</b>
Bob Fawcett	M65	15.7	

Kristine Wells	Vis	11.8	
Tegan Purcell	Vis	12.4	
Bob Schickert	M70	12.7	
Gabriella Alfonso	Vis	13.8	

**3000m walk**

Karyn Tolardo	W45	17:40.5	
Robin King	W55	20:28.4	

**Javelin**

Andrew Ward	M50	33.92	<b>SB</b>
Geoff Brayshaw	M65	32.01	<b>SB</b>
Melissa Foster	W35	24.68	
Chris Schelfhout	W45	18.71	
Carmel Meyer	W50	17.82	
Sal Sims	W35	13.39	

**3000m walk**

Karyn Tolardo	W45	17:59.7	
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**3000m**

Kim Thomas	M40	11:14.2	
Mitch Thomas	Vis	11:32.9	
Jim Langford	M70	11:43.7	<b>PBA</b>
Danny Sheehan	M60	11:54.5	
Mickey Muroi	M55	12:27.1	
Clare Wardle	W40	12:30.2	<b>PBA</b>
Maurice Creagh	M65	13:33.4	<b>SB</b>
Colin Shaw	M50	14:19.8	
Bob Schickert	M70	14:23.9	
John Fisher	M55	14:42.4	
Monique Thomas	W35	16:59.5	
Bob Fawcett	M65	20:36.9	
Carolyn Fawcett	W60	20:47.4	

**800m**

Kim Thomas	M40	2:36.4	
Danny Sheehan	M60	2:47.8	
Clare Wardle	W40	2:50.0	
Mitch Thomas	Vis	2:50.7	
Mickey Muroi	M55	2:59.7	
Maxine Santich	W60	3:03.3	
Maurice Creagh	M65	3:08.9	
John Fisher	M55	3:19.1	

Carmel Meyer	W50	2:58.2	<b>SB</b>
John Dennehy	M55	3:22.1	
David Carr	M80	3:24.7	
Kristine Wells	Vis	3:33.8	
Monique Thomas	W35	3:53.7	<b>SB</b>
Aubrey Davie	M75	4:03.4	<b>PBA</b>

**1000m walk**

Kristine Wells	Vis	5:07.7	
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**Long Jump**

Colin Shaw	M50	4.58	<b>PBA</b>
Alex Purcell	Vis	4.50	
Carmel Meyer	W50	3.80	
Fran Cherry	W50	3.31	
John Dennehy	M55	3.25	
Kristine Wells	Vis	2.95	
Tegan Purcell	Vis	2.68	
Lynne Schickert	W70	2.25	
Aubrey Davie	M75	1.53	
Gabriella Alfonso	Vis	1.44	

## State Open Combined Event Championships, WAAS; 15/16 January

### Heptathlon

		<b>100mH</b>	<b>HJ</b>	<b>Sh</b>	<b>200</b>	<b>LJ</b>	<b>Jav</b>	<b>800m</b>
Melissa Foster	W35	18.2	1.32	8.84	28.5	5.61	26.24	2:58.5
		<b>PBA</b>	<b>PBA</b>		<b>PBA</b>	<b>PBA</b>		
Points Total	3645 (age-graded)							

### Strive, WAAS – January 16

#### 100m

Wendy Seegers	W35	12.16	nwi	<b>PBA</b>
Greg Brennan	M45	12.52	nwi	<b>SB</b>
Quinton de Klerk	M50	13.20	nwi	
Alan Deans	M60	17.35	nwi	<b>SB</b>

#### 400m

Scott Tamblin	M35	52.4	ht
Fiona Leonard	W45	69.2	ht

#### 3000m steeplechase

Rob Nichols	M35	10:23.1
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#### Hammer

Christine Schelfhout	W45	23:59
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#### Javelin

Andrew Ward	M50	34.89	<b>SB</b>
Christine Schelfhout	W45	20.74	<b>PBA</b>

#### Shot

Christine Schelfhout	W45	7.54	<b>PBA</b>
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### WAAS 20 January 2015

#### 100m

Wendy Seegers	W35	11.9	<b>PBA</b>
Lee Stergiou	M40	12.1	
Colin Smith	M50	12.9	
Nicola Hibbert	W35	14.6	

Lisa Limonas	W45	13.7	<b>PBA</b>
Barrie Kernaghan	M70	14.4	<b>SB</b>
Geoff Brayshaw	M65	14.5	
Lynne Choate	W60	15.2	

Rebecca Stergiou	W30	15.4	
Fran Cherry	W50	16.0	
Peggy Macliver	W70	16.4	
Angela Gorey	Vis	17.6	
Irwin Barrett-Lennard	M85	19.9	

#### 800m

Andrew Brooker	M45	2:14.0	<b>SB</b>
Neil Morfitt	M55	2:24.0	
Grahak Cunningham	M35	2:29.4	<b>PBA</b>
Suzi Graves	W45	2:34.0	<b>PBA</b>
Maurice Pascal	M40	2:38.6	<b>PBA</b>
Niamh Keane	W45	2:42.6	
Keith Edmonds	M45	2:46.8	
Nicola Hibbert	W35	2:48.2	
Carmel Meyer	W50	2:57.6	<b>SB</b>
Maurice Creagh	M65	3:02.6	<b>SB</b>
Ivan Brown	M70	3:12.4	<b>PBA</b>

#### 60m

Lee Stergiou	M40	7.6	
Wendy Seegers	W35	7.7	
Colin Smith	M50	7.9	
Barrie Kernaghan	M70	9.4	

Lisa Limonas	W45	8.7	
Lynne Choate	W60	9.3	
Fran Cherry	W50	9.4	<b>SB</b>
Rebecca Stergiou	W30	9.6	

Nicola Hibbert	W35	8.9	
Suzi Graves	W45	9.0	<b>PBA</b>
Peggy Macliver	W70	10.0	<b>SB</b>
Angela Gorey	Vis	10.5	

#### 3000m

Andrew Davison	M50	10:43.9	
Grahak Cunningham	M35	11:30.2	<b>SB</b>
Keith Edmonds	M45	11:56.6	<b>SB</b>
David Brook	M50	12:04.5	<b>PBA</b>
John Oldfield	M70	13:26.9	
Maurice Creagh	M65	13:33.8	
Carmel Meyer	W50	14:25.6	
Randy Hobbs	Vis	16:42.4	

#### Triple Jump

Melissa Foster	W35	11.15	
Lisa Limonas	W45	9.50	<b>SB</b>
Geoff Brayshaw	M65	8.29	
Phil Smyth	M65	8.22	<b>SB</b>
Fran Cherry	W50	7.36	<b>PBA</b>
Angela Gorey	Vis	6.64	

#### Weight

Byrony Glass	W35	16.55	
Geoff Gee	M60	16.48	
Matt Staunton	M40	13.96	
Todd Davey	M45	13.76	
Jim Davis	M80	12.66	
Bev Hamilton	W65	9.98	
Andrew Ward	M50	9.82	<b>SB</b>
Sal Sims	W35	8.58	
Christine Schelfhout	W45	7.74	<b>PBA</b>
Mike Anderson	M65	5.22	
Melissa Eccles	Vis	4.90	

#### Discus

Todd Davey	M45	39.05
Matt Staunton	M40	37.81
Geoff Gee	M60	35.05
Geoff Brayshaw	M65	31.23
Andrew Ward	M50	30.62
Jim Davis	M80	24.33
Bev Hamilton	W65	20.13
Sal Sims	W35	17.07
Mike Anderson	M65	16.58
Melissa Eccles	Vis	15.66
Christine Schelfhout	W45	16.52
Angela Gorey	Vis	14.32

**56lb Weight**

Todd Davey	M45	9.57
Matt Staunton	M40	8.65
Greg Urbanowicz	M35	8.19
Geoff Gee	M60	6.03
Byrony Glass	W35	5.40
Andrew Ward	M50	4.78
Mike Anderson	M65	2.16

**3000m walk**

Christine Oldfield	W70	23:03.1	<b>PBA</b>
Sylvia Byers	W80	23:06.2	

**800m walk**

John Oldfield	M70	5:55.6	
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**ECAC - 22 January****200m**

Colin Smith	M50	27.6	
Stuart MacKinnon	M30	28.7	
Carmel Meyer	W50	32.4	
Clare Wardle	W40	34.2	
Fran Cherry	W50	34.8	<b>SB=</b>

Bob Schickert	M70	37.3	
Alex Ashton	Vis	37.8	
Kristine Wells	Vis	42.3	
Amanda Bate	Vis	46.4	
Tegan Purcell	Vis	51.1	
Lynne Schickert	W70	58.8	

**1000m**

Kim Thomas	M40	3:09.2	<b>SB</b>
Mitch Thomas	Vis	3:16.4	
Stuart MacKinnon	M30	3:27.6	
Ben Pope	Vis	3:29.6	
Clare Wardle	W40	3:38.6	<b>PBA</b>
Mickey Muroi	M55	3:44.5	
Maxine Santich	W60	3:56.5	
David Carr	M80	4:00.2	
Maurice Creagh	M65	4:06.9	

Carol Bowman	W60	4:39.2	
Randy Hobbs	Vis	4:44.9	
Gillian Young	W65	4:48.2	
Alex Ashton	Vis	4:58.9	
Aubrey Davie	M75	5:27.6	<b>PBA</b>
Amanda Bate	Vis	5:34.1	
Irwin Barrett-Lennard	M85	5:46.8	<b>SR</b>
Christine Oldfield	W70	5:51.4	
Carolyn Fawcett	W60	6:09.6	
Tegan Purcell	Vis	6:31.9	

**1000m walk**

Tom Lenane	M55	5:57.4	<b>PBA</b>
Kristine Wells	Vis	7:07.7	
Lynne Schickert	W70	7:17.3	
John Oldfield	M70	7:27.3	
John Smith	M75	8:37.2	

**60m**

Colin Smith	M50	8.6	
Stuart MacKinnon	M30	8.9	
Carmel Meyer	W50	9.7	
Murray Tolbert	M65	9.7	
Fran Cherry	W50	10.1	

Clare Wardle	W40	10.3	
Alex Ashton	Vis	10.8	
Amanda Bate	Vis	11.7	
Tegan Purcell	Vis	12.6	
Lynne Schickert	W70	13.9	<b>SB=</b>

**5000m**

Kim Thomas	M40	19:18.8	
Jim Langford	M70	19:50.2	<b>PBA</b>
Mitch Thomas	Vis	19:59.3	
Mickey Muroi	M55	20:41.8	
Clare Wardle	W40	20:59.4	
Ben Pope	Vis	23:08.9	
Bob Schickert	M70	24:39.9	
Monique Thomas	W35	28:51.3	<b>SB</b>
Aubrey Davie	M75	30:39.4	<b>PBA</b>
Irwin Barrett-Lennard	M85	31:42.5	

**3000m**

Gillian Young	W65	15:28.4	
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**3000m walk**

John Oldfield	M70	23:32.0	
Christine Oldfield	W70	23:48.0	

**2000m walk**

John Smith	M75	17:05.3	
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**Triple Jump**

Murray Tolbert	M65	8.59	
Fran Cherry	W50	7.34	
Kristine Wells	Vis	5.90	
Lynne Schickert	W70	5.37	
Tegan Purcell	Vis	5.27	
Amanda Bate	Vis	4.91	

**Strive, WAAS – Thursday January 22****100m**

Greg Brennan	M45	12.35	+2.3	<b>PBA</b>
Quinton de Klerk	M50	12.65	+1.4	
Barrie Kernaghan	M70	15.44	+0.8	
Alan Deans	M60	17.13	+0.8	<b>SB</b>
Melissa Foster	W35	13.40	+0.9	<b>SB</b>

**200m**

Paul Jeffery	M40	24.62	+0.9	
Barrie Kernaghan	M70	30.93	+1.4	
Wendy Seegers	W35	25.14	+1.0	

**800m**

Scott Tamblin	M35	1:56.82	
Fiona Leonard	W45	2:38.91	

**5000m**

Scott Tamblin	M35	15:37.88	<b>PBA</b>
Rob Nichols	M35	16:28.57	<b>PBA</b>
Alan Gower	M55	18:26.5	<b>SB</b>

**Long Jump**

Greg Brush	M45	5.27	+1.7	
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(continued Strive, 22 Jan)

### High Jump

Melissa Foster W35 1.30

### Pole Vault

Mark Jeffery M45 3.80 SR

### Discus

Andrew Ward M50 31.88 PBA

Christine Schelfhout W45 17.64

### Hammer

Todd Davey M45 40.66 SR

Byrony Glass W35 49.39

Christine Schelfhout W45 25.85

### Shot

Paul Jeffery M40 10.79

Todd Davey M45 13.59

Christine Schelfhout W45 7.63 PBA

## WAAS 27 January 2015

### 200m

Lee Stergiou M40 25.7

Colin Smith M50 26.1

Suzi Graves W45 29.9 PBA

Fiona Leonard W45 30.1 PBA

Barrie Kernaghan M70 30.5

Lynne Choate W60 31.9

Fran Cherry W50 33.3 SB

John Dennehy M55 33.9

Peggy Macliver W70 35.1 SB

Irwin Barrett-Lennard M85 41.9

### 1000m

Scott Tamblin M35 2:29.0 SR

Grahak Cunningham M35 3:04.2

Niamh Keane W45 3:24.3

Fiona Leonard W45 3:25.9 PBA

Neil Morfitt M55 3:31.7

Marg Saunders W60 3:32.3 SR

Mark Dawson M50 3:49.1

Ivan Brown M70 4:05.0

### 60m

Lee Stergiou M40 7.8

Colin Smith M50 8.0

Geoff Brayshaw M65 9.0

Barrie Kernaghan M70 9.2

Fiona Leonard W45 9.3 SB

Lynne Choate W60 9.4

Fran Cherry W50 9.4 SB=

Peggy Macliver W70 10.2

John Dennehy M55 10.2

Irwin Barrett-Lennard M85 11.8

### 5000m

Grahak Cunningham M35 19:36.3

David Brook M50 21:26.4 SB

Mark Dawson M50 21:51.0

Danielle Baldock W30 26:58.2

Irwin Barrett-Lennard M85 30:07.2 SB

### 3000m

Suzi Graves W45 12:09.5

### 5000m walk

John Oldfield M70 39:14.6 PBA

Sylvia Byers W80 39:17.8 PBA

### High Jump

Sal Sims W35 1.05

Lisa Limonas W45 1.42 SR

Gay Wyatt W60 1.05

Phil Smyth M65 1.20 PBA

Geoff Brayshaw M65 1.30 PBA

Dave Wyatt M60 1.35

### Long Jump

Fran Cherry W50 3.53

Gay Wyatt W60 3.30 SB

Geoff Brayshaw M65 4.18

Phil Smyth M65 3.76 PBA

Lee Stergiou M40 4.76

### Shot

Sal Sims W35 7.95 PBA

Christine Schelfhout W45 7.74 PBA

Jim Davis M80 10.16

Mike Anderson M65 6.01

Geoff Gee M60 12.50 SB

Andrew Ward M50 9.21

### Hammer

Sal Sims W35 19.22

Chris Schelfhout W45 25.59

Jim Davis M80 32.81

Geoff Gee M60 38.51 SB

Andrew Ward M50 22.04

Greg Urbanowicz M35 40.57

## State Open Championships, Day 1, WAAS – Friday January 30

### 400m qualifiers

Wendy Seegers W35 58.35 Q PBA

### 1500m

Scott Tamblin M35 3:51.01 AR pending

### Triple Jump

Melissa Foster W35 11.59 (+0.0) AR pending

### Long Jump

Greg Brush M45 5.26 +0.0

### Hammer

Matt Staunton M40 45.78 SB

Todd Davey M45 42.35 SR pending

## State Open Championships, Day 2, WAAS – Saturday January 31

### 400m final

Wendy Seegers W35 57.02 **PBA**

### Hammer

Byrony Glass W35 53.83 **SB**  
Christine Schelfhout W45 27.15 **PBA**

### ECAC - 29 January

#### 100m

Colin Smith M50 14.0  
Colin Shaw M50 14.5  
Jai Thomas Vis 17.4  
Raynor Keane Vis 19.0

Fran Cherry W50 16.2  
Maureen Keshwar W60 16.8  
Irwin Barrett-Lennard M85 20.7  
Gabriella Alfonso Vis 23.0

#### 1500m

Kim Thomas M40 5:07.0  
Mitch Thomas Vis 5:07.3  
Ross Keane M50 5:13.7  
Mike Bryant M40 5:28.5 **SB**  
Jim Langford M70 5:29.7 **PBA**  
Mickey Muroi M55 5:43.2  
Brian Hewitt M60 5:54.0  
Clare Wardle W40 5:55.5 **PBA**  
Maurice Creagh M65 6:16.0 **SB**  
Colin Shaw M50 6:45.9  
Randy Hobbs Vis 7:58.8  
Aubrey Davie M75 8:03.3 **PBA**  
Kem Hassan M45 8:23.7

#### 1500m walk

Karyn Tolardo W45 9:18.5  
John Smith M75 12:33.2  
Helen Bryant Vis 13:24.4

#### 2000m walk

John Smith M75 17:13.1

#### Long Jump

Colin Shaw M50 4.10  
Brian Hewitt M60 3.52  
Fran Cherry W50 3.51  
Jai Thomas Vis 3.50

#### 400m

Colin Smith M50 60.2  
David Solomon M50 66.0  
David Carr M80 78.7  
Mickey Muroi M55 79.8 **PBA**  
Maurice Creagh M65 84.6  
Mike O'Reilly M75 86.5  
Raynor Keane Vis 1:53.3

Kim Thomas M40 70.8  
Colin Shaw M50 74.3 **SB**  
Mitch Thomas Vis 74.5  
Clare Wardle W40 77.7 **SB**  
Jai Thomas Vis 81.0  
Fran Cherry W50 82.1 **PBA**  
Carol Bowman W60 1:35.3  
Gabriella Alfonso Vis 1:59.5

#### 3000m

Kim Thomas M40 11:14.0  
Mitch Thomas Vis 11:28.2  
Jim Langford M70 11:38.5 **PBA**  
Mickey Muroi M55 12:13.2 **SB**  
David Solomon M50 12:37.4  
Brian Hewitt M60 12:38.9  
Ross Keane M50 12:56.1  
Clare Wardle W40 13:28.8  
Raynor Keane Vis 14:01.8  
Maurice Creagh M65 14:23.3  
Monique Thomas W35 16:49.8  
Nick Bailey M65 17:06.1  
Aubrey Davie M75 17:11.2 **PBA**  
Kem Hassan M45 18:10.4  
Mike O'Reilly M75 19:18.6

#### 3000m walk

Karyn Tolardo W45 18:53.2

## Results from Bunbury

### January 6

<b>60m</b>				<b>800m</b>			
Robyn Feutrill	W50	10.2		Rosemary Giles	W35	02:48.2	<b>SB</b>
Ruth Johnson	W70	11.1	<b>SB</b>	Robyn Feutrill	W50	03:31.1	<b>SB</b>
Sharon Moloney	W50	9.5		Sharon Moloney	W50	03:58.6	
Brian Waldhuter	M70	9.9		Ruth Johnson	W70	03:59.0	<b>SB</b>
				Lyle James	M70	04:59.7	<b>SB</b>
<b>High Jump</b>				<b>Shot</b>			
Brian Feutrill	M50	1.40		Sharon Moloney	W50	8.33	
				Lyle James	M70	2.85	
<b>Discus</b>				<b>3000m</b>			
Ruth Johnson	W70	11.68		Brian Feutrill	M50	15:20.0	
Deb Cox	W50	19.71		Sharon Moloney	W50	20:48.0	
Brian Waldhuter	M70	20.31	<b>SB</b>				
Garry Hastie	M50	22.89					
Sharon Moloney	W50	20.62					
Lyle James	M70	10.61	<b>SB</b>	<b>3000m walk</b>			
				Garry Hastie	M50	18:14.0	

### January 11

<b>3000m</b>				<b>10000m</b>			
Rosemary Giles	W35	12:10.4		Brian Feutrill	M50	48:41.4	
Steve Giles	M55	10:08.2		Lyle James	M70	1:28:41	

### Saturday January 17

<b>80m hurdles</b>				<b>Triple Jump</b>			
Brian Waldhuter	M70	19.6		Brian Feutrill	M50	10.59	
				Brian Waldhuter	M70	7.52	
<b>5000m</b>				Deb Cox	W50	6.86	<b>PBA</b>
Brian Waldhuter	M70	35:22.6		Sharon Moloney	W50	5.19	
Sharon Moloney	W50	35:31.4		Ruth Johnson	W70	5.84	
Lyle James	M70	40:10.2					
<b>5000m walk</b>				<b>Shot</b>			
Ruth Johnson	W70	38:21.0		Brian Feutrill	M50	8.32	<b>SB</b>
				Brian Waldhuter	M70	7.44	
				Lyle James	M70	3.73	<b>SB</b>
<b>800m</b>				Sharon Moloney	W50	8.91	<b>SB</b>
Rosemary Giles	W35	2:46.3	<b>SB</b>	Deb Cox	W50	6.66	
				Ruth Johnson	W70	5.48	

### Tuesday January 20

<b>200m</b>				<b>Shot</b>			
Rosemary Giles	W35	33.4		Sharon Moloney	W50	8.79	
Brian Waldhuter	M70	33.9		Brian Waldhuter	M70	7.04	
Sharon Moloney	W50	38.6		Deb Cox	W50	6.65	
Ruth Johnson	W70	38.9	<b>SB</b>	Ruth Johnson	W70	4.87	
Robyn Feutrill	W50	34.8	<b>SB</b>				
<b>Triple Jump</b>				<b>800m</b>			
Robyn Feutrill	W50	5.84		Rosemary Giles	W35	2:43.3	<b>SB</b>
				Steve Giles	M55	2:40.1	
				Robyn Feutrill	W50	3:27.0	<b>SB</b>
				Sharon Moloney	W50	4:06.0	
				Ruth Johnson	W70	4:09.4	

### Tuesday January 27

<b>100m</b>				<b>Javelin</b>			
Ruth Johnson	W70	17.9		Garry Hastie	M50	31.25	
Lyle James	M70	22.0		Sharon Moloney	W50	18.65	<b>SB</b>
Sharon Moloney	W50	15.6		Brian Waldhuter	M70	15.37	
Brian Waldhuter	M70	16.4		Ruth Johnson	W70	10.66	
				Lyle James	M70	10.49	<b>SB</b>



**High Jump**

Brian Waldhuter	M70	1.21	
Robyn Feutrill	W50	1.19	<b>PBA</b>
Ruth Johnson	W70	1.02	<b>PBA=</b>
Sharon Moloney	W50	0.95	

**1500m**

Robyn Feutrill	W50	7:10.6	
Ruth Johnson	W70	8:11.1	<b>SB</b>
Lyle James	M70	10:48.6	

**60m**

Sharon Moloney	W50	9.7	
Ruth Johnson	W70	11.1	<b>SB=</b>
Lyle James	M70	13.5	<b>SB</b>

**1500m walk**

Garry Hastie	M50	8:16.6	
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**Saturday January 31****300m hurdles**

Robyn Feutrill	W50	63.4	
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**60m**

Brian Feutrill	M50	9.1	
Sharon Moloney	W50	9.9	
Ruth Johnson	W70	11.3	

**Throws Pentathlon**

		<b>HT</b>	<b>Sh</b>	<b>D</b>	<b>J</b>	<b>WT</b>
<b>Jim Davis</b>	M80	34.85	10.14	26.08	** **	12.00
		950	864	723 <b>PBA</b>	***	772

**TOTAL \*\*\* total unknown  
(javelin distance incorrect)**

<b>Rob Young</b>	M70	18.52	9.00	19.87	14.51	7.59
		318	614	375	221	377

**TOTAL 1905**

<b>Todd Davey</b>	M45	40.16	13.26	39.38	37.93	12.36
		673	848	817	507	704

**TOTAL 3549**

<b>Matt Staunton</b>	M40	44.35	12.14	36.94	39.43	13.53
		675	699	679	483 <b>SB</b>	720

**TOTAL 3256**

<b>Greg Urbanowicz</b>	M35	40.79	12.13	36.39	30.97	12.70
		545 <b>SB</b>	642	602	318 <b>PBA</b>	618

**TOTAL 2725**

<b>Oswald Igel</b>	M60	31.43	10.75	30.59	29.07	12.81
		530 <b>SB</b>	692	514	458	641 <b>PBA</b>

**TOTAL 2835**

<b>Garry Hastie</b>	M50	21.86	8.28	24.75	28.07	9.09
		286 <b>SB</b>	468 <b>SB</b>	372	362	426 <b>SB</b>

**TOTAL 1914**

<b>Sharon Moloney</b>	W50	28.37	8.60	20.11	19.22	7.60
		633	585	395	387 <b>SB</b>	431

**TOTAL 2431 PBA**

<b>Ruth Johnson</b>	W70	17.22	5.13	11.58	10.26	5.84
		558 <b>SB</b>	498	347	292	405

**TOTAL 2100**

<b>Deb Cox</b>	W50	18.81	7.03	16.82	21.36	6.38
		365	455 <b>PBA</b>	315	440 <b>PBA</b>	344 <b>SB</b>

**TOTAL 1919 PBA**

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

Thursday January 1: 51 members

Stuart MacKinnon	Pioneer	M30	19:30	Danny Sheehan	Kalgoorlie	M60	19:22	
<b>Anthony Smith</b>		<b>M40</b>	<b>19:37</b>	Clare Wardle		W40	20:04	<b>PB</b>
<b>Jim Langford</b>		<b>M70</b>	<b>20:17</b>	Mick O'Toole		M40	23:53	
Bjorn Dybdahl		M60	20:55	Kim Thomas	Canning R	M40	17:25	
<b>Hamish McLeod</b>		<b>M35</b>	<b>21:05</b>	Graeme Dahl		M65	22:34	<b>PB</b>
Jeff Bremner		M50	22:20	Kristy Devereux		W30	24:38	
Dan Baldwin		M40	22:37	Merv Jones		M75	29:27	
Colin Smith		M50	22:55	Kem Hassan		M45	30:44	
Wade Davis		M45	24:27	Melissa Hassan		W40	31:00	
Jeremy Savage		M35	24:42	Tania Baldwin		W40	37:42	
<b>John Oldfield</b>		<b>M70</b>	<b>26:03</b>	Carolyn Fawcett		W60	38:07	
John Fisher		M55	26:26	Sheila Walsh		W50	38:51	
Denise Newport		W50	26:31	Delia Baldock		W50	39:12	
Eamonn McNulty		M55	26:52	Bob Fawcett		M65	41:46	
Max Sulejmani		M45	27:40	Sheila Maslen		W75	42:27	
Katrina Tyza		W35	29:40	Adam Dance	Rock'ham	M30	24:20	
<b>John Talbot</b>		<b>M65</b>	<b>30:20</b>	John Oldfield		M70	24:30	
Christine Oldfield		W70	31:57	Helen Lintott		W40	26:26	
Clinton Bishop		M40	35:01	Max Sulejmani		M45	26:34	
Clare Wardle		W40	39:20	Christine Oldfield		W70	31:08	
Tania Baldwin		W40	37:32	Ray Hall		M80	39:33	
Tracy Bishop		W40	52:30	<b>Vic Beaumont</b>		<b>M85</b>	<b>42:39</b>	<b>PBA</b>
Kelly Underwood		W35	59:06	John Fisher	Geographe B	M55	24:02	
Tracy Sulejmani		W40	59:09 t/r	Cassie Hughes		W40	25:09	
				Robyn Feutrill		W50	28:45	<b>PB</b>
				Brian Feutrill		M50	28:45	
				Steve McKean	Mt Clarence	M45	19:34	
				Hamish McLeod	Claisebrook	M35	19:43	
				Fiona Leonard		W45	20:40	
				Jim Farr		M45	23:03	<b>SB</b>
				Denise Newport		W50	25:20	
				Simon Leonard		M55	26:03	
				Gillian Young		W65	26:40	
				Eamonn McNulty		M55	27:07	
				John Talbot		M65	28:05	
				Robyn Dunlop		W40	28:27	
				Melissa Hynds		W35	31:06	
				Clinton Bishop		M40	32:17	
				Brian Smith		M75	35:41	
				Tracy Bishop		W40	36:27	
				Julie Storey		W40	37:23	
				Sam Farman	Kawana QLD	W50	41:38	

(italicised athletes ran both Pioneer and Canning River)

(**emboldened athletes ran the 11km between P and CR**)

Todd Ingraham	Canning R	M40	16:52	Denise Newport		W50	25:20	
Stuart MacKinnon		M30	20:14	Simon Leonard		M55	26:03	
Michael Lee		M65	22:26	Gillian Young		W65	26:40	
Dan Baldwin		M40	22:27	Eamonn McNulty		M55	27:07	
Wade Davis		M45	24:34	John Talbot		M65	28:05	
Jeremy Savage		M35	24:41	Robyn Dunlop		W40	28:27	
Eamonn McNulty		M55	26:37	Melissa Hynds		W35	31:06	
Denise Newport		W50	25:53	Clinton Bishop		M40	32:17	
Max Sulejmani		M45	27:05	Brian Smith		M75	35:41	
<b>John Oldfield</b>		<b>M70</b>	<b>28:21</b>	Tracy Bishop		W40	36:27	
Katrina Tyza		W35	29:59	Julie Storey		W40	37:23	
John Fisher		M55	30:24	Sam Farman	Kawana QLD	W50	41:38	
Jon Storey		M40	30:55					
Christine Oldfield		W70	35:29					
Clinton Bishop		M40	37:54					
<b>Anthony Smith</b>		<b>M40</b>	<b>38:17</b>					
Sheila Maslen		W75	43:06					
<b>John Talbot</b>		<b>M65</b>	<b>48:05</b>					
<b>Hamish McLeod</b>		<b>M35</b>	<b>52:20</b>					
Clare Wardle		W40	55:48					
Kelly Underwood		W35	60:18					
Tracy Sulejmani		W40	60:19					
Tracy Bishop		W40	64:27					
Tania Baldwin		W40	64:38 t/r					
Douglas Lintott	Rock'ham	M35	20:28					
Adam Dance		M30	23:40					
Helen Lintott		W40	26:22					

Saturday January 3; 52 members

Stuart MacKinnon	Pioneer	M30	20:00	Kim Thomas	Canning R	M40	18:06	
Jeff Bremner		M50	22:01	Graeme Dahl		M65	22:45	
Jeremy Savage		M35	30:16	Kem Hassan		M45	28:09	
Kelly Underwood		W35	31:40	Monique Thomas		W35	28:45	
Tracy Sulejmani		W40	50:30	Delia Baldock		W50	32:39	
Giovanni Puglisi	Carine	M60	19:41	Carolyn Fawcett		W60	35:20	
Anthony Smith	Joondalup	M40	18:43	Sheila Walsh		W50	36:52	
Lui Cecotti		M65	25:51	Bob Fawcett		M65	37:48	
Aura Cook		W45	27:33	Sheila Maslen		W75	43:32	
Marie Fitzsimons		W45	29:03	Stuart MacKinnon	Pioneer	M30	19:58	
				Dan Baldwin		M40	21:40	
				Wade Davis		M45	23:10	
				Jeff Bremner		M50	23:55	
				Max Sulejmani		M45	26:28	
				Robyn Dunlop		W40	28:34	
				John Talbot		M65	28:54	
				Clinton Bishop		M40	36:09	
				Tania Baldwin		W40	37:26	
				Jeremy Savage		M35	38:53	
				John Brambley		M70	40:44	
				Julie Storey		W40	43:46	
				Tracy Bishop		W40	52:19	
				Kelly Underwood		W35	53:12	
				Sam Farman		W50	58:23	
				Tracy Sulejmani		W40	58:27	

Giovanni Puglisi	Carine	M60	20:26		(Bibra Lake continued ....)		
Sue Zinay		W50	20:50	<b>PB</b>	Christine Oldfield	W70	30:09
Karyn Gower		W50	23:41	<b>PB</b>	Carolyn Fawcett	W60	35:38
Anthony Smith	Joondalup	M40	18:31		Tania Baldwin	W40	38:34
Lui Cecotti		M65	25:54		Hamish McLeod	M40	40:26
Mick O'Toole	Kalgoorlie	M40	23:30		Max Sulejmani	M45	59:54
Robyn Feutrill	Geographe B	W50	48:04	t/r	Tracy Sulejmani	W40	59:57 t/r
Steve McKean	Mt Clarence	M45	19:34		Karyn Gower	Carine	W50 23:29 <b>PB</b>
Hamish McLeod	Claisebrook	M40	22:03		Katrina Tyza	W35	28:27
Frank Gardiner		M65	22:36		Sam Farman	W50	58:52 t/r
Denise Newport		W50	25:08		Lui Cecotti	Joondalup	M65 25:43
Cassie Hughes		W40	25:24		Aura Cook	W45	28:15
Christine Oldfield		W70	31:03		Marie Fitzsimons	W45	29:12
John Oldfield		M70	39:31		Bernard Mangan	Heirisson I	M60 21:51
Douglas Lintott	Rock'ham	M35	24:44		Eamonn McNulty		M55 26:56
Dante Giacomini		M45	25:27		John Talbot		M65 30:55
Claudia Wells		W40	35:22		Jon Storey	ECP S'pore	M40 24:15
Vic Beaumont		M85	42:45		Julie Storey		W40 54:57
Ray Hall		M80	45:20		Douglas Lintott	Rock'ham	M40 21:32
					Craig Trudgian		M50 21:44 <b>PB</b>
<b>Saturday January 17; 36 members</b>					<b>Vic Beaumont</b>	<b>M85</b>	<b>41:30 PBA</b>
Anthony Smith	Joondalup	M40	18:45		Mitch Loly	M70	48:19
Lui Cecotti		M65	26:44		Danny Sheehan	Kalgoorlie	M60 20:17
Marie Fitzsimons		W45	29:27		Mick O'Toole		M40 23:14
Clare Wardle	Carine	W40	20:35		Anthony Smith	Bunbury	M40 26:10
Karyn Gower		W50	23:47		Clare Wardle	Manjimup	W40 21:06 <b>PB</b>
Bronwyn Bell		W30	29:15		Robyn Feutrill	Geographe B	W50 27:42 <b>PB</b>
Danny Sheehan	Heirisson I	M60	22:28		Brian Feutrill		M50 27:43
Mick O'Toole		M40	26:24		Stuart MacKinnon	Pioneer	M30 19:39
Eamonn McNulty		M55	29:52		Graeme Dahl	Canning R	M65 22:12 <b>PB</b>
John Talbot		M65	30:51		Kristy Devereux		W30 25:24
Sam Farman		W50	41:08		Merv Jones		M75 29:09
Brian Feutrill	Geographe B	M50	28:22		Delia Baldock		W50 30:36
Stuart MacKinnon	Pioneer	M30	19:38		Sheila Walsh	W50	38:14
Jeff Bremner		M50	23:19		Sheila Maslen	W75	43:24
Jeremy Savage		M35	25:48				
Kelly Underwood		W35	26:21		<b>Saturday January 31; 49 members</b>		
Kim Thomas	Canning R	M40	17:56		Kim Thomas	Bibra Lake	M40 17:43
Dan Baldwin		M40	23:42		Graeme Dahl		M65 21:52 <b>PB</b>
Simon Leonard		M55	24:02		John Oldfield		M70 21:59 <b>81.2% SB</b>
Kristy Devereux		W30	24:10		Monique Thomas		W35 28:40
Monique Thomas		W35	28:29		Bronwyn Bell		W30 28:46
Merv Jones		M75	29:47		Christine Oldfield		W70 33:13
Bob Fawcett		M65	35:11		Rod Hamilton	Carine G	M50 19:54
Carolyn Fawcett		W65	35:19		Michael Lee		M65 22:10
Sheila Walsh		W50	35:29		Karyn Gower		W50 23:52
Tania Baldwin		W40	40:04		Katrina Tyza		W35 28:04 <b>PB</b>
Douglas Lintott	Rockingham	M40	21:45		Mick O'Toole	Heirisson I	M40 23:52
Craig Trudgian		M50	22:19		Merv Jones		M75 31:10
Dante Giacomini		M45	25:12		Danielle Baldock	Joondalup	W30 27:24
Ray Hall		M80	42:30		Lui Cecotti		M65 27:28
Rod Hamilton	Claisebrook	M50	20:14		Stuart MacKinnon	Pioneer	M30 19:36
Denise Newport		W55	25:12		Jeff Bremner		M50 23:26
Max Sulejmani		M50	25:58		Jeremy Savage		M35 24:17
Cassie Hughes		W40	26:32		Dan Baldwin		M40 24:19
John Oldfield		M70	40:08		Wade Davis		M45 24:54
Hamish McLeod	ECP S'pore	M40	19:55		Clinton Bishop		M40 36:16
					John Brambley		M70 38:32
<b>Saturday January 24; 48 members</b>					Tania Baldwin		W40 38:47
(Bibra Lake inaugural run day)					Tracy Bishop		W40 39:50
Kim Thomas	Bibra Lake	M40	17:17		Max Sulejmani		M45 55:48
Rod Hamilton		M50	19:44	<b>SB</b>	Kelly Underwood		W35 56:35
Dan Baldwin		M40	21:56		Brian Feutrill	Geographe B	M50 22:14 <b>PB</b>
John Oldfield		M70	22:14	<b>SB</b>	Robyn Feutrill		W50 29:30
Jeff Bremner		M50	22:55		Dante Giacomini	Rock'ham	M45 24:58
Wade Davis		M45	23:41		Helen Lintott		W40 27:01
Jeremy Savage		M35	24:06		Douglas Lintott		M40 27:02
Denise Newport		W55	24:55		Ray Hall		M80 40:55
Cassie Hughes		W40	25:08	<b>PBA</b>	Mitch Loly		M70 50:02
Simon Leonard		M55	25:20		Frank Gardiner	Claisebrook	M65 22:23
Kelly Underwood		W35	26:24		Jon Storey		M40 23:55
Monique Thomas		W35	28:04		Hamish McLeod		M40 24:29
Bronwyn Bell		W30	29:03		Cassie Hughes		W40 24:37 <b>PB</b>

Denise Newport	Claisebrook	W55	25:13
Dutch Holland		M45	27:07
John Talbot		M65	28:59
Chris Neilon		M40	31:34
Sam Farman		W50	37:29
Clare Wardle		W40	41:19
Julie Storey		W40	45:37
Robin King		W55	51:39
Brian Hewitt	Canning R	M60	21:33
Delia Baldock		W50	31:07
Kem Hassan		M45	32:14
Sheila Maslen		W75	44:02