

November 2023 Results

*This listing includes all events where members are known to have competed
All records are pending until ratified by the appropriate authorities*

CR = Club Record

SR = State Record

AR = Australian Record

WR = World Record

ECAC – 2 November

100m

Matt Walker	M40	12.67
Andy Roach	M45	14.92
Rick Hayward	M55	15.18
Ingrid Wilcock	W40	15.48
David Solomon	M55	15.88
Lou Daniel	M60	17.38
Bryce Walker	Vis	18.17
Bob Schickert	M80	21.98
Jackie Halberg	W75	25.00
David Gardiner (walk)	M75	29.02

400m

Campbell Till	M65	63.42
Dane Sproxton	Vis	70.22
Matilda Hawthorne	Vis	74.86
Andy Roach	M45	75.40
Trevor Scott	M60	79.63
Lou Daniel	M60	1:31.22

1500m

Dane Sproxton	Vis	5:04.57
Michelle Shuck	W40	5:43.46
Andy Roach	M45	5:54.71
John Bailey	M40	6:34.74
Paul Every	M55	6:35.57
Tammi Doyle	W50	6:35.83
Dave Wilkie	M65	7:04.54
Brian Hewitt	M65	7:42.53
David Baird	M80	7:46.45
Janne Wells	W55	8:00.39
Fiona van Heerwaarden	W45	8:15.66
Colin Smith	M60	8:26.94
David Solomon	M55	8:27.15
Bruce McGeorge	M65	8:53.48
Steve Barrie	M60	9:01.54

3000m

Trevor Scott	M60	11:55.04
Matilda Hawthorne	Vis	12:43.25
Richard Harris	M65	12:47.56
Michelle Shuck	W40	13:13.39
Mike Meredith	M60	15:07.26
Paul Every	M55	15:52.83
Brian Hewitt	M65	16:49.47
Jim Langford	M75	17:06.41
David Baird	M80	17:50.07
Steve Barrie	M60	20:22.32
Bob Schickert	M80	20:48.02
Jacqui McQueen	W55	20:48.28

3000m walk

Fiona van Heerwaarden	W45	22:59.82
Lynne Schickert	W80	25:14.56
Steve Travell	M65	29:53.50

High Jump

Jenn Parker	W50	1.36
Dave Wilkie	M65	1.36
Sue Coate	W55	1.27
Rick Hayward	M55	1.27
Tammi Doyle	W50	1.12
Lisa Limonas	W50	1.09
Gay Wyatt	W65	1.03

Javelin

Andrew Ward	M60	30.82
Rick Hayward	M55	30.23
Sue Coate	W55	29.65
Lou Daniel	M60	24.45
Jenn Parker	W50	22.55
Dave Wilkie	M65	21.62
Tammi Doyle	W50	21.43
Ingrid Wilcock	W40	17.22
Andrea Penny	W45	10.74

Hammer

Jenn Parker	W50	32.67
Andrew Ward	M60	30.66
Brian Miller	M65	29.52
Bruce McGeorge	M65	15.67
Andrea Penny	W45	15.54
Tammi Doyle	W50	13.74
Ingrid Wilcock	W40	12.45

New York – 5 November

Marathon

Astrid Roberts	W45	2:47:05	SR
John Lucas	M65	3:58:38	

WAAS – 7 November

200m

Anthony Grendon	M60	29.0
Dave Wilkie	M65	33.4
Juliana Kelly	W55	34.8

300m

Campbell Till	M65	45.3
Dave Wilkie	M65	53.7
Juliana Kelly	W55	59.1
David Baird	M80	60.5

1500m

David Adams	M45	5:48.8
Rob Cattrall	M65	5:56.6
Mark Dawson	M60	6:19.6
Glenn Rogers	M55	6:33.7
Paul Scott	M65	6:35.3
Karyn Tolardo	W55	7:18.1
David Baird	M80	8:07.7

5000m

Glenn Rogers	M55	21:54.4
David Adams	M45	22:15.1
Paul Scott	M65	23:39.2
David Baird	M80	28:51.9

5000m walk

Karyn Tolardo	W55	33:39.1
Wendy Farrow	W55	35:00.5

3000m

Rob Cattrall	M65	13:06.0
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3000m walk

Glenys Duncan	W80	27:54.6
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High Jump

Ryan Satinover	M40	1.65
Brad Schirmer	M50	1.40
Ivy Satinover	Vis	1.40
Dave Wilkie	M65	1.40

Bunbury – 7 November

400m

Tyne Timmers	M40	60.07
Garry Hastie	M60	79.85
Ruth Johnson	W80	1:58.24

Triple Jump

Tyne Timmers	M40	4.37
Brian Waldhuter	M80	3.00
Luella Jenkins	W80	2.93
Ruth Johnson	W80	2.61

Hammer

John Fettus	M50	43.07
Sharon Moloney	W60	24.01
Garry Hastie	M60	23.86
Ruth Johnson	W80	19.63
Brian Waldhuter	M80	16.97
Tyne Timmers	M40	12.73

ECAC – 9 November

60m

Matt Walker	M40	8.11
Stephen Jarvis	M45	8.76
Kim Taylor	M55	8.87
Rick Hayward	M55	9.69
Michele Jarvis	W45	9.72
Ingrid Wilcock	W40	9.81
David Adams	M45	10.12

Alex Walker	Vis	9.22
Andy Roach	M45	9.49
David Solomon	M55	9.81
Bryce Walker	Vis	11.29
Terri Carr	W60	13.19
David Gardiner (walk)	M75	16.99

800m

David Adams	M45	2:37.05
Andrew Kets	M50	2:38.71
Andy Roach	M45	2:48.87
Stephen Jarvis	M45	2:57.75
Tammi Doyle	W50	3:09.50
John Bailey	M40	3:09.79
Michele Jarvis	W45	3:10.08
Dave Wilkie	M65	3:17.81
Paul Every	M55	3:18.99
Brian Hewitt	M65	3:30.33
Bruce McGeorge	M65	3:40.46
Mike Meredith	M60	3:52.87
Steve Barrie	M60	4:18.20

200m

Matt Walker	M40	26.87
Stephen Jarvis	M45	29.65
Emily Bailey	Vis	30.64
Jenn Parker	W50	31.31
Sue Coate	W55	32.02
Catherine Manners	W40	32.36
Barbara Blurton	W70	34.45

Alex Walker	Vis	31.00
Isabel Jarvis	Vis	33.62
Sophi Jarvis	Vis	34.70
Bryce Walker	Vis	42.33

Andy Roach	M45	32.46
Michele Jarvis	W45	33.02
David Solomon	M55	35.95
Gillian Young	W75	43.95
Jackie Halberg	W75	54.63
David Gardiner (walk)	M75	72.96

5000m

Kevin Murphy	M55	20:35.44
David Adams	M45	20:53.07
Andy Roach	M45	23:24.26
Paul Every	M55	23:45.63

3000m

Andrew Kets	M50	13:30.85
Mike Meredith	M60	14:41.81
Brian Hewitt	M65	15:42.03
Jacqui McQueen	W55	17:56.13
Steve Barrie	M60	20:49.19

3000m walk

Steve Travell	M65	28:13.27
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Long Jump

Ingrid Wilcock	W40	4.14
Jenn Parker	W50	4.20
Sue Coate	W55	4.20
Dave Wilkie	M65	3.89
Michele Jarvis	W45	3.76
Lisa Limonas	W50	3.73
Tammi Doyle	W50	3.60
Dave Wyatt	M70	3.56
Isabel Jarvis	Vis	3.51

Triple Jump

Ingrid Wilcock	W40	8.76
Dave Wilkie	M65	7.51

Discus

Andrew Ward	M60	37.10
Jenn Parker	W50	27.70
Jerome Conway-Mortimer	M50	28.42
Bruce McGeorge	M65	22.41
Tammi Doyle	W50	18.42
Bev Hamilton	W75	18.25
Sean Mousley	Vis	16.57
Mike Anderson	M75	16.27
Terri Carr	W60	14.37

Weight

Andrew Ward	M60	11.45
Jenn Parker	W50	10.20
Bev Hamilton	W75	8.85
Jerome Conway-Mortimer	M50	6.50
Tammi Doyle	W50	5.80
Bruce McGeorge	M65	5.51
Sean Mousley	Vis	4.84

Super Weight

Mike Anderson	M75	3.07	SR
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Bunbury – 9 November**5000m**

Tyne Timmers	M40	19:21.0
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Strive, WAAS – 10 November**60m**

Kyle Ennis	M30	7.03	+3.0
Mandy Mason	W55	7.76	+1.5 AR
David Adams	M45	9.22	+3.2
John Dennehy	M60	10.95	+3.2

200m

Matthew Konsolis	M35	23.72	+1.1
Mandy Mason	W55	24.94	+1.9 WR pend.
Paul Wilmot	M30	29.27	+1.4
David Adams	M45	30.52	+1.2
John Dennehy	M60	38.84	+1.2

800m

Sharon Davis	W50	2:25.39
David Adams	M45	2:36.32

3000m

Roberto Busi	M45	8:51.79	SR
Chris Gould	M45	9:12.60	
Mark Maslen	M45	9:48.72	
David Adams	M45	11:34.11	

High Jump

Brad Schirmer	M50	1.45
Paul Wilmot	M30	1.40

Shot

Sue Coate	W55	9.40
Jenn Parker	W50	8.73

Javelin

Paul Wilmot	M30	21.87
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Pole Vault

Brad Schirmer	M50	2.50
Geoff Brayshaw	M70	2.50
Phil Smyth	M75	2.50
Dave Wilkie	M65	2.40
Sue Coate	W55	2.20

Bunbury – 11 November**Throws pentathlon**

		Hammer	Shot	Discus	Javelin	Weight
John Fettus	M50	38.08	12.58	37.29	34.05	15.03
		564	761	616	469	734
	Total points	3144				
Luella Jenkins	W80	19.78	6.51	15.43	14.50	9.66
		531	618	560	556	696
	Total points	2961				
Ruth Johnson	W80	20.18	5.31	12.37	9.92	6.99
		544	480	428	352	474
	Total points	2278				

Sharon Moloney	W60	24.81 514	7.29 520	18.20 441	14.02 327	9.03 448
	Total points	2250				
Garry Hastie	M60	23.21 330	8.41 504	28.11 408	29.10 439	9.45 425
	Total points	2106				
Michelle Krokosz	W35	20.73 259	9.00 486	29.89 460	25.18 397	6.83 268
	Total points	1870				
Brian Waldhuter	M80	15.75 256	6.51 428	15.74 343	12.65 206	8.09 370
	Total points	1603				

Heavy weight pentathlon

John Fettus	M50	16lb 20.04 716	20lb 18.02 779	25lb (WT) 15.81 779	35lb 11.56 675	44lb 8.31 642
	Total points	3591				
Luella Jenkins	W80	2kg 12.49 673	3kg 11.20 685	4kg (WT) 9.82 710	12lb 7.13 615	16lb (SWT) 6.17 665
	Total points	3348				
Ruth Johnson	W80	2kg 11.05 585	3kg 8.73 512	4kg (WT) 7.09 482	12lb 5.82 480	16lb (SWT) 4.58 454
	Total points	2513				
Sharon Moloney	W60	3kg 13.00 491	4kg 11.50 491	12lb (WT) 9.17 457	16lb 7.41 437	20lb (SWT) 6.33 SR 456
	Total points	2332	SR			
Brian Waldhuter	M80	3kg 11.23 399	4kg 10.17 418	12lb (WT) 8.28 381	16lb 6.59 345	20lb 5.82 358
	Total points	1901				
Michelle Krokosz	W35	12lb 8.71 260	16lb 7.74 255	20lb (WT) 7.08 281	25lb 5.46 246	35lb (SWT) 4.23 217
	Total points	1259				

WAAS – 14 November

100m

Suresh Sivacolundhu	M50	14.0
Juliana Kelly	W55	16.2
Ken Wilkins	M60	20.2

400m

Suresh Sivacolundhu	M50	69.1
Glenn Rogers	M55	77.5
Juliana Kelly	W55	1:30.0

800m

Rob Cattrall	M65	2:55.0
Glenn Rogers	M55	3:03.4
Isabella Tolardo	Vis	3:15.9
David Baird	M80	3:38.2
Karyn Tolardo	W55	3:58.9

3000m

Glenn Rogers	M55	12:45.3
Rob Cattrall	M65	12:49.3
Isabella Tolardo	Vis	14:20.0
David Baird	M80	16:27.5

3000m walk

Karyn Tolardo	W55	19:04.5
Glenys Duncan	W80	27:50.0

Bunbury – 14 November

60m			Shot		
Tyne Timmers	M40	8.84	John Fettus	M50	13.01
Janet Smith	W40	9.28	Paula Kennedy	W55	8.59
Garry Hastie	M60	10.86	Garry Hastie	M60	8.56
Sharon Moloney	W60	12.31	Tyne Timmers	M40	8.41
Brian Waldhuter	M80	12.86	Janet Smith	W40	8.29
Ruth Johnson	W80	13.22	Sharon Moloney	W60	6.96
Luella Jenkins	W80	13.40	Luella Jenkins	W80	6.46
			Brian Waldhuter	M80	5.88
			Ruth Johnson	W80	5.09
400m hurdles					
Tyne Timmers	M40	72.5			
3000m					
Tyne Timmers	M40	10:52.1			
Janet Smith	W40	12:59.4			

ECAC – 16 November

60m			3000m		
Matt Walker	M40	7.68	Dominic Lagat	M40	11:06.72
Dominic Lagat	M40	8.01	Andy Roach	M45	12:35.68
Kim Taylor	M55	8.43	Dayna Lagat	Vis	14:03.88
Alex Walker	Vis	8.95	John Bailey	M40	14:05.28
David Adams	M45	9.18	Paul Every	M55	14:21.76
Catherine Manners	W40	9.33	Naomi Lagat	W40	14:25.43
Bryce Walker	Vis	10.35	Steve Gawne	Vis	14:31.28
Bruce McGeorge	M65	10.61	Isabella Tolardo	Vis	14:47.29
Jackie Halberg	W75	15.34	Rochelle Airey	W50	14:55.52
			Jim Langford	M75	17:04.33
			Jacqui McQueen	W55	17:43.43
100m			3000m walk		
Matt Walker	M40	12.48	Karyn Tolardo	W55	18:35.91
Dominic Lagat	M40	13.33	Haydn Gawne	M75	25:12.41
David Adams	M45	14.42	Steve Travell	M65	27:12.85
Catherine Manners	W40	14.88	Pauline Sweeny	Vis	27:54.15
Tammi Doyle	W50	15.12			
Steve Gawne	Vis	16.16			
Bruce McGeorge	M65	17.21			
Alex Walker	Vis	14.95	High Jump		
Isabella Tolardo	Vis	16.38	Jenn Parker	W50	1.15
Bryce Walker	Vis	17.12	Tammi Doyle	W50	1.09
Larissa Lagat	Vis	18.66	Gay Wyatt	W65	1.06
Janne Wells	W55	19.91			
Karyn Tolardo	W55	20.79	Weight		
Steve Barrie	M60	23.25	Sean Mousley	Vis	4.29
400m			Shot		
Dominic Lagat	M40	59.04	Jenn Parker	W50	10.32
Emily Bailey	Vis	68.83	Tammi Doyle	W50	8.23
Andy Roach	M45	70.13	Janne Wells	W55	7.26
Dayna Lagat	Vis	74.69	Sean Mousley	Vis	6.13
Naomi Lagat	W40	76.35	Steve Barrie	M60	5.67
Barbara Blurton	W70	77.58	Bruce McGeorge	M65	5.19
Steve Gawne	Vis	82.33	David Adams	M45	4.42
Larissa Lagat	Vis	84.70			
Paul Every	M55	1:39.28			

Bunbury – 16 November

3000m		
Tyne Timmers	M40	10:26.3

Bunbury – 18 November**400m hurdles**

Tyne Timmers M40 69.5

Weight

John Fettus M50 16.28
 Harold Membrey M70 10.71
 Garry Hastie M60 10.42
 Sharon Moloney W60 9.35
 Brian Waldhuter M80 8.53
 Paula Kennedy W55 7.81
 Ruth Johnson W80 7.41
 Tyne Timmers M40 6.79

100lb weight

John Fettus M50 3.62
 Tyne Timmers M40 2.78
 Garry Hastie M60 2.25
 Paula Kennedy W55 2.03
 Harold Membrey M70 1.78
 Sharon Moloney W60 1.14
 Ruth Johnson W80 0.56

WA State Combined Events Championships, WAAS – 18 & 19 November**Heptathlon**

		80mH	HJ	Shot	200m	LJ	Jav	800m
Jenn Parker	W50	15.56	1.37	10.08	30.69	4.16	19.98	2:54.95
		655	759	623	651	581	387	641
	Total points	4297	SR					
Sue Coate	W55	19.05	1.25	9.42	32.61	3.93	27.13	2:58.43
		353	678	637	608	587	633	687
	Total points	4183						
Janet Smith	W40	15.02	1.37	8.82	28.53	4.34	26.57	2:39.84
		587	577	519	636	487	477	657
	Total points	3940						
Tammi Doyle	W50	17.30	1.19	7.90	32.21	3.32	21.76	2:56.10
		454	512	461	545	319	430	629
	Total points	3350						
Rachel Williams	W40	19.15	1.31	8.52	42.63	DNS	DNS	DNS
		172	512	497	3	0	0	0
	Total points	1184						

Decathlon

		100m	LJ	Shot	HJ	400m	100mH	Discus
Brad Schirmer	M50	13.37	4.77	9.76	1.53	64.29	20.23	31.00
		635	556	562	619	510	386	489
		PV	Jav	1500m				
		2.80	36.71	6:33.99				
		449	517	308				
	Total Points	5031						
Dave Wilkie	M65	16.09	4.00	7.35	1.41	81.99	22.59	21.99
		451	567	472	731	232	330	334
		PV	Jav	1500m				
		2.30	21.81	7:19.60				
		459	343	335				
	Total Points	4254						
Paul Jeffery	M45	12.43	5.72	11.02	1.65	55.27	DNS	DNS
		728	727	672	661	774	0	0
		PV	Jav	1500m				
		DNS	DNS	DNS				
		0	0	0				
	Total Points	3562						

		100m	LJ	Shot	HJ	400m	110mH	Discus
Paul Wilmot	M30	13.87	3.99	6.76	1.41	73.94	23.20	18.47
		331	204	293	324	67	141	244
		PV	Jav	1500m				
		1.80	20.31	7:13.71				
		103	166	45				
Total Points		1918						

WAAS – 21 November

100m				3000m			
Norm Richards	M85	18.1		Mark Dawson	M60	17:50.6	
1500m				3000m walk			
Bryce Greenwood	Vis	5:28.6		Glenys Duncan	W80	27:55.3	
Rob Cattrall	M65	5:55.5		Shot			
Paul Scott	M65	6:42.3		Andrew Ward	M60	9.45	
Mark Dawson	M60	7:25.4		Ken Wilkins	M60	7.33	
5000m				Christina Faithfull	W70	5.33	
Paul Scott	M65	25:16.9		Discus			
Rob Cattrall	M65	27:00.0		Andrew Ward	M60	36.79	
5000m walk				Ken Wilkins	M60	23.43	
Karyn Tolardo	W55	33:08.3		Christina Faithfull	W70	13.90	
Wendy Farrow	W55	36:40.1					

Bunbury – 21 November

60m				High Jump			
Garry Hastie	M60	10.21		Janet Smith	W40	1.35	
Harold Membrey	M70	11.27		Brian Waldhuter	M80	1.15	
Sharon Moloney	W60	11.74		Luella Jenkins	W80	0.91	
Brian Waldhuter	M80	12.06		Ruth Johnson	W80	0.90	
Luella Jenkins	W80	12.67		Javelin			
100m				Tyne Timmers	M40	30.82	
Tyne Timmers	M40	13.24		Garry Hastie	M60	30.79	
Janet Smith	W40	14.04		Janet Smith	W40	19.30	
Sharon Moloney	W60	17.17		Paula Kennedy	W55	18.21	
Garry Hastie	M60	17.53		Harold Membrey	M70	16.69	
Harold Membrey	M70	17.91		Luella Jenkins	W80	15.67	
Ruth Johnson	W80	19.39		Sharon Moloney	W60	14.18	
Luella Jenkins	W80	19.56		Brian Waldhuter	M80	14.06	
Brian Waldhuter	M80	19.72		Ruth Johnson	W80	9.60	
800m							
Tyne Timmers	M40	2:18.4					
Janet Smith	W40	3:30.7					
Ruth Johnson	W80	4:35.0					
Garry Hastie (walk)	M60	5:54.4					
Paula Kennedy (walk)	W55	6:20.6					

Bunbury – 23 November

2000m steeplechase				3000m steeplechase			
Harold Membrey	M70	14:59.0		Tyne Timmers	M40	12:20.6	
Ruth Johnson	W80	14:59.7 AR					

ECAC – 23 November

100m				1500m			
David Adams	M45	14.88		John Bailey	M40	6:40.08	
Terri Carr	W60	21.29		Paul Every	M55	6:48.59	
Jackie Halberg	W75	23.63		Tegan Durbridge	W35	7:17.45	
Lynne Schickert	W80	30.25		Brian Hewitt	M70	7:25.02	
300m				Karyn Tolardo	W55	7:33.15	
David Adams	M45	52.27		Jim Langford	M75	7:49.36	
				Liz Clennell	Vis	8:26.78	

5000m			
Paul Every	M55	25:34.91	
Liz Clennell	Vis	28:20.72	

5000m walk			
Karyn Tolardo	W55	34:10.02	

3000m			
Brian Hewitt	M70	16:29.91	
Robin King	W65	18:41.85	
Steve Barrie	M60	20:08.26	
Bob Schickert	M80	22:29.78	

3000m walk			
David Adams	M45	22:16.25	

Long Jump			
Dave Wyatt	M70	3.60	
Lisa Limonas	W50	3.56	
Gay Wyatt	W65	3.19	

Triple Jump			
Lynne Schickert	W80	4.55	

Weight			
Jenn Parker	W50	11.34	
Terri Carr	W60	6.93	
Bruce McGeorge	M65	5.93	
Sean Mousley	Vis	4.47	

Super weight			
Mike Anderson	M75	3.60	SR

Javelin			
Jenn Parker	W50	20.05	
Janne Wells	W55	15.93	
Steve Barrie	M60	14.22	
Bruce McGeorge	M65	12.22	
David Adams	M45	11.05	
Sean Mousley	Vis	10.55	
Terri Carr	W60	9.40	

Strive, WAAS – 25 November

100m				
Kyle Ennis	M30	10.72	+1.6	
Mandy Mason	W55	12.03	+2.2	
Mathew Walker	M40	12.53	NWI	
Daniel Leseberg	M45	12.92	NWI	
Melissa Foster	W45	12.98	+1.2	
John Dennehy	M60	17.76	+2.7	
Alan Deans	M70	20.12	+2.7	

200m				
Kyle Ennis	M30	21.23	+3.1	
Matthew Konsolis	M35	23.72	+1.0	
Mandy Mason	W55	24.63	+1.7	WR pend.
Mathew Walker	M40	26.79	+0.8	

800m			
Xander van Rijen	M55	2:23.19	
Jannie Baard	M50	2:31.83	
Andrew Kets	M50	2:37.13	

1500m			
Mark Maslen	M45	4:29.14	

Triple Jump			
Melissa Foster	W45	11.01	+0.7 SR

Bunbury – 25 November

Outdoor Pentathlon – men

		Long Jump	Javelin	200m	Discus	1500m
Brian Waldhuter	M80	3.15	12.50	42.4	16.74	12:13.6
		546	202	219	372	0
	Total points	1339				
Harold Membrey	M70	2.53	16.64	40.2	20.09	8:53.2
		204	242	177	340	133
	Total points	1096				

200m			
Jenn Parker	W50	31.9	
Michelle Krokosz	W35	34.7	
Sharon Moloney	W60	42.5	
Ruth Johnson	W80	44.9	
1500m			
Jenn Parker	W50	8:55.9	

Long Jump			
Jenn Parker	W50	4.13	
Michelle Krokosz	W35	3.88	
Luella Jenkins	W80	2.20	
Sharon Moloney	W60	1.94	

Javelin			
Garry Hastie	M60	29.15	
Michelle Krokosz	W35	25.83	
Jenn Parker	W50	20.46	
Luella Jenkins	W80	14.71	
Sharon Moloney	W60	13.37	

Discus			
John Fettus	M50	38.48	
Michelle Krokosz	W35	31.17	
Garry Hastie	M60	30.74	
Jenn Parker	W50	29.98	
Sharon Moloney	W60	17.53	
Luella Jenkins	W80	16.61	
Ruth Johnson	W80	11.35	

WAAS – 28 November

60m			3000m		
Brian Callaghan	M60	8.7	Bryce Greenwood	Vis	12:00.1
David Adams	M45	9.4	David Adams	M45	12:33.6
Norm Richards	M85	11.0	Rob Cattrall	M65	13:34.2
			Mark Dawson	M60	14:34.7
200m			3000m walk		
Ashley Moore	M40	24.5	Karyn Tolardo	W55	17:57.9
Brian Callaghan	M60	30.4	Wendy Farrow	W55	21:03.0
			Glenys Duncan	W80	27:50.3
800m					
David Adams	M45	2:36.2			
Bryce Greenwood	Vis	2:36.5			
Campbell Till	M65	2:54.6			
Rob Cattrall	M65	2:57.8			
Mark Dawson	M60	3:05.6			
Wendy Farrow (walk)	W55	5:25.5			

Bunbury – 28 November

100m			Discus		
Harold Membrey	M70	17.7	John Fettus	M50	38.80
Brian Waldhuter	M80	20.9	Garry Hastie	M60	28.51
Ruth Johnson	W80	21.0	Tyne Timmers	M40	23.43
Luella Jenkins	W80	22.0	Harold Membrey	M70	20.86
			Paula Kennedy	W55	20.00
200m			Luella Jenkins	W80	18.60 SR
Tyne Timmers	M40	27.2	Sharon Moloney	W60	18.51
Harold Membrey	M70	38.8	Brian Waldhuter	M80	17.13
Sharon Moloney	W60	39.4	Ruth Johnson	W80	11.58
Brian Waldhuter	M80	44.6			
Ruth Johnson	W80	45.8	Triple Jump		
Luella Jenkins	W80	54.4	Brian Waldhuter	M80	6.24
			Ruth Johnson	W80	5.42
1500m					
Tyne Timmers	M40	4:45.8			
Ruth Johnson	W80	9:36.5			
1500m walk					
Garry Hastie	M60	8:22.1			
Paula Kennedy	W55	11:56.8			
Luella Jenkins	W80	12:01.4			
Sharon Moloney	W60	14:00.0			

Bunbury – 30 November

1 mile		
Tyne Timmers	M40	5:18.7

ECAC – 30 November

60m			1000m		
Lee Stergiou	M50	7.83	Nikola Radosevic	Vis	3:01.25
Matt Walker	M40	7.95	Dane Sproxton	Vis	3:09.93
Gin Ang	M55	8.52	Michelle Hunter	W30	3:14.51 AR
Nikola Radosevic	Vis	8.83	Aleksa Radosevic	Vis	3:34.01
Alex Walker	Vis	9.11	Jovan Radosevic	Vis	3:41.53
David Adams	M45	9.38	Andy Roach	M45	3:51.83
Aleksa Radosevic	Vis	9.54	John Bailey	M40	3:57.90
Terri Carr	W60	12.94	Sue Coate	W55	4:00.44
Jackie Halberg	W75	15.07	Catherine Manners	W40	4:14.28
			Barbara Blurton	W70	4:35.64
400m			Paul Every	M55	4:38.14
David Adams	M45	67.36	Brian Hewitt	M70	4:41.24
Andy Roach	M45	71.01	Gillian Young	W75	4:45.53 AR
Tammi Doyle	W50	73.11			
Trevor Scott	M60	82.11	3000m walk		
Bruce McGeorge	M65	1:30.95	John McDonagh	M75	20:00.91
Mike Meredith	M60	1:40.85	Lynne Schickert	W80	25:12.20
Janne Wells	W55	1:43.97	Steve Travell	M65	27:55.40

3000m

Dane Sproxtton	Vis	11:11.35
Nikola Radosevic	Vis	11:25.22
Matilda Hawthorne	Vis	11:31.85
Trevor Scott	M60	11:33.14
David Adams	M45	12:29.14
Richard Harris	M65	12:43.11
Andy Roach	M45	13:22.67
Rachel Doorn	Vis	13:35.36
Paul Every	M55	14:28.37
Mike Meredith	M60	14:58.04
Brian Hewitt	M70	15:58.86
Janne Wells	W55	18:06.43
Silke Peglow	W55	18:06.62
Bob Schickert	M80	21:30.05

High Jump

Jenn Parker	W50	1.35
Sue Coate	W55	1.25
Gay Wyatt	W65	1.03
Lou Daniel	M60	1.03
Lynne Schickert	W80	0.88

Hammer

Jenn Parker	W50	35.44
Bev Hamilton	W75	17.39
Tammi Doyle	W50	15.74
Bruce McGeorge	M65	15.22
Andrea Penny	W45	15.11
Terri Carr	W60	10.99

Discus

Jessica Siviour	Vis	46.88
Jenn Parker	W50	30.50
Lou Daniel	M60	26.46
Bruce McGeorge	M65	22.83
Tammi Doyle	W50	18.97
Bev Hamilton	W75	17.50
Terri Carr	W60	15.17