

July 2024 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 – 4 July

100m

Heat 1

Maureen Keshwar	W70	16.47
Mia Drabsch	Vis	19.39
Carol Bowman	W65	19.54
Cali Muir	Vis	20.73
Bob Schickert	M80	21.38
Cobey Drabsch	Vis	22.92
Jackie Halberg	W75	24.27
Lynne Schickert	W80	29.25
David Gardiner (walk)	M75	31.42

Heat 2

Mariette Botha	W40	14.23
Malachi MacKay	Vis	14.69
Keith Redpath	M70	15.10
Daynor Lagat	Vis	15.53
Dave Solomon	M55	15.83
Des Walsh	M65	16.35
Kai Langford	Vis	16.49
Ben Botha	M45	18.04
Bruce McGeorge	M70	19.20
Tegan Durbridge	W35	19.60

Heat 3

Dominic Lagat	M40	12.27
Eliot Wardrobe	Vis	12.45
Matt Walker	M40	12.60
Jeiyram Naidu	Vis	13.13
Duka Jansuk	Vis	13.32
Sri Ram Naidu	Vis	13.58
Izaak Hossack	Vis	13.81
David Adams	M45	14.92
Andy Roach	M45	15.37
Barbara Blurton	W70	16.65

200m

Heat 1

Dave Solomon	M55	34.06
Des Walsh	M65	34.22
Kai Langford	Vis	34.51
Barbara Blurton	W70	34.87
Ben Botha	M45	39.84
Carol Bowman	W65	40.97
Tegan Durbridge	W35	41.94
Jackie Halberg	W75	52.76
David Gardiner (walk)	M75	78.07

Heat 2

Dominic Lagat	M40	24.95
Eliot Wardrobe	Vis	25.19
Matt Walker	M40	26.75
Jeiyram Naidu	Vis	27.06
Duka Jansuk	Vis	27.89
Izaak Hossack	Vis	30.60
Mariette Botha	W40	30.92

300m hurdles

Sue Coate	W55	61.75
Dominic Lagat	M40	47.67
Duka Jansuk	Vis	47.70

1500m

Drew Langford	M45	4:46.56
Dominic Lagat	M40	4:51.00
Duka Jansuk	Vis	4:53.87
David Adams	M45	5:10.60
Mogga Jansuk	Vis	5:28.58
Andy Roach	M45	5:35.38
Andrew Davison	M60	5:37.10
Dayna Lagat	Vis	5:47.68
Mariette Botha	W40	5:48.71
Malachi MacKay	Vis	5:51.09
Steve Hossack	M60	6:18.80
Emily Bailey	Vis	6:20.71
Julie Wilson	W70	7:40.85
Fiona van Heerwaarden	W45	7:43.76

1500m walk

Tom Lenane	M65	10:58.22
Pauline Sweeny	Vis	14:05.26

3000m

Drew Langford	M45	10:41.08
Dominic Lagat	M40	10:55.41
David Adams	M45	11:04.02
Mogga Jansuk	Vis	11:59.73
Steve Hossack	M60	12:52.64
Andy Roach	M45	13:16.29
Dayna Lagat	Vis	13:38.34
Marsa Schroder	Vis	14:13.62
Emily Bailey	Vis	14:29.41
Emi Schroder	Vis	14:35.02
Tegan Durbridge	W35	15:02.82
Bruce McGeorge	M70	15:34.58
Julie Wilson	W70	15:42.45
Kirsty Peddie	W40	15:56.92
Mia Drabsch	Vis	17:13.08
Cali Muir	Vis	17:13.15
Jim Langford	M75	17:35.06
Bob Schickert	M80	21:03.41

3000m walk

Fiona van Heerwaarden	W45	19:03.23
Steve Travell	M65	23:52.29
Lynne Schickert	W80	25:59.39
Glenys Duncan	W80	26:23.11

Gold Coast – 7 July

Marathon

Dean Lane	M55	2:58:51
Daniel Smith	M45	3:27:43
Peter Brooke	M60	4:22:22

Bibra Lake – 7 July

Marathon

Gerard Hill	M35	2:35:34	Rodney Glossop (4hr pacer)	M45	3:59:09
Chris Gould	M45	2:39:25	Mark Griffiths (4hr pacer)	M45	3:59:11
Adam Williams	M40	2:48:46	Jo Scott	W45	4:06:57
Zane Walsh	M40	3:02:11	Bradley Hollins	M50	4:55:18
Steve Weller	M45	3:05:39	Crystal Glossop (5hr pacer)	W45	4:56:50
Lee-Anne Flugel	W40	3:09:56			
Adrian Fabiankovits	M35	3:25:46			
Jerry Peters (3.5hr pacer)	M45	3:29:58			
Tristan Bell	M55	3:41:48			
Mick Hearn	M60	3:52:07			

ECAC – 11 July

60m

Heat 1

Keith Redpath	M70	9.4
Dave Wilkie	M65	10.0
Barbara Blurton	W70	10.7
Carol Bowman	W65	12.1

Heat 2

Dominic Lagat	M40	7.9
Matt Walker	M40	8.1
Alex Walker	Vis	8.8
Malachi MacKay	Vis	9.2

Heat 3

Simon Martin	M40	8.6
Paz Storey	W35	9.2
Alex Dunn	Vis	9.7
Ben Botha	M45	10.6

Heat 4

Imogen Spooner	Vis	10.3
Gabriel van Heerwaarden	Vis	12.5
Mateo van Heerwaarden	Vis	12.9
Annette Spooner	Vis	13.5

Heat 5

Bryce Walker	Vis	10.3
Sydelle Hynds	Vis	10.9
Marsa Schroder	Vis	11.2
Maddison Rout	Vis	11.6
Cali Muir	Vis	12.2

Heat 6

Terri Carr	W60	13.8
Lynne Schickert	W80	17.1

400m

Dominic Lagat	M40	57.3
Dave Adams	M45	68.7
Andy Roach	M45	70.4
Dayna Lagat	Vis	72.8
Paz Storey	W35	75.9
Larissa Lagat	Vis	77.8
Steve Hossack	M60	79.1
Naomi Lagat	W40	83.2

Heat 2

Malachi MacKay	Vis	72.0
Alex Dunn	Vis	88.3
Dave Wilkie	M65	1:33.4
Sydelle Hynds	Vis	1:41.0
Maddison Rout	Vis	1:41.9
Karyn Tolardo (walk)	W55	2:13.2
Glenys Duncan (walk)	W80	3:14.8

200m

Heat 1

Keith Redpath	M70	31.3
Barbara Blurton	W70	35.6
Carol Bowman	W65	40.0
Ben Botha	M45	40.1
Bruce McGeorge	M70	46.2
Bob Schickert	M80	46.4

Heat 2

Malachi MacKay	Vis	30.8
Sue Coate	W55	31.3
Andy Roach	M45	31.5
Dave Wilkie	M65	34.2
Bryce Walker	Vis	39.2
Sydelle Hynds	Vis	41.8

Heat 3

Dominic Lagat	M40	25.7
Matt Walker	M40	26.0
Mariette Botha	W40	29.4
Dayna Lagat	Vis	31.4
Paz Storey	W35	32.3
Larissa Lagat	Vis	35.8
Naomi Lagat	W40	36.4

Heat 4

Simon Martin	M40	31.1
Alex Dunn	Vis	38.0

1000m

Eliot Wardrobe	Vis	2:52.0
Dominic Lagat	M40	2:54.4
Nikola Radosevic	Vis	3:02.4
Dane Sproston	Vis	3:14.1
Riley Kerr	Vis	3:19.7
David Adams	M45	3:26.8
Andy Roach	M45	3:37.5
Dayna Lagat	Vis	3:41.0
Steve Hossack	M60	3:49.2
Mariette Botha	W40	3:52.0
Larissa Lagat	Vis	3:53.6
Tony Schroder	Vis	3:58.7
Naomi Lagat	W40	4:07.0
Marsa Schroder	Vis	4:22.9
Emi Schroder	Vis	4:24.4
Maddison Rout	Vis	4:32.3
Paz Storey	W35	4:39.0
Cali Muir	Vis	4:45.9
Sydelle Hynds	Vis	4:54.4
Bruce McGeorge	M70	5:04.5
Jim Langford	M75	5:16.7

1000m walk

Karyn Tolardo	W55	5:52.1
Lynne Schickert	W80	8:09.7
Glenys Duncan	W80	8:41.4

2000m steeplechase

Eliot Wardrobe	Vis	7:31.7	Owen Renting	Vis	10:17.1
Dane Sproxton	Vis	7:39.6	Julie Wilson	W70	11:29.7
Riley Kerr	Vis	8:28.7	George Renting	Vis	12:16.0
Dominic Lagat	M40	8:50.6	Annette Spooner	Vis	14:35.3
Mateo van Heerwaarden	Vis	9:01.3	Jacqui McQueen	W55	14:35.9
Richard Wardrobe	Vis	9:08.0	Bob Schickert	M80	15:58.0
Imogen Spooner	Vis	10:05.1			
Sue Coate	W55	10:06.3			
Gabriel van Heerwaarden	Vis	10:15.8			
Tammi Doyle	W50	10:16.7			

AW Road Walks, Perry Lakes – 14 July

10km

Andrew Duncan	M55	45:38.56
Steve Travell	M65	56:20.59
Melissa Lewis	W35	1:00:23.20
Karyn Tolaro	W55	1:09:53.19
Wendy Farrow	W55	1:10:37.90
Lynne Schickert	W80	1:25:53.11
Glenys Duncan	W80	1:42:17.51

5km

Fiona van Heerwaarden	W45	34:56.63
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Kalgoorlie – 14 July

Marathon

Mercurio Cicchini	M70	4:55:29
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ECAC – 18 July

200m**Heat 1**

Dominic Lagat	M40	25.9
Matt Walker	M40	27.0
Sue Coate	W55	32.3
Barbara Blurton	W70	36.1
Carol Bowman	W65	41.4

Heat 2

Riley Kerr	Vis	32.6
Paz Storey	W35	34.5
James Kerr	Vis	37.4
Tegan Durbridge	W35	41.9
Maddison Rout	Vis	46.7

800m

Paz Storey	W35	3:31.7
Maddison Rout	Vis	3:55.1

1 mile

Dominic Lagat	M40	5:03.1
David Adams	M45	5:45.7
Paz Storey	W35	7:40.3
Maddison Rout	Vis	8:06.5
Fiona van Heerwaarden	W45	8:11.2
Julie Wilson	W70	8:16.1
Bruce McGeorge	M70	8:16.6

1 mile walk

Glenys Duncan	W80	14:34.4
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5000m

Dominic Lagat	M40	18:14.2
David Adams	M45	19:24.6
Andrew Davison	M60	21:12.8
James Kerr	Vis	24:29.6
Tegan Durbridge	W35	27:03.1
Jim Langford	M75	31:09.2

3000m

Julie Wilson	W70	16:05.5
Bruce McGeorge	M70	19:53.4
Bob Schickert	M80	21:20.7

3000m walk

Fiona van Heerwaarden	W45	19:41.9
Steve Travell	M65	25:19.3
Lynne Schickert	W80	25:24.3

80m hurdles

Sue Coate	W55	17.7
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Strive, WAAS – 20 July

100m

Gin Ang	M60	13.61	NWI
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200m

Matthew Konsolis	M35	24.12	+1.1
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ECAC – 25 July

60m			1500m walk		
Heat 1			Karyn Tolardo	W55	9:45.5
Matt Walker	M40	7.9	Lynne Schickert	W80	13:17.8
Malachi MacKay	Vis	9.0	3000m		
David Adams	M45	9.7	Dominic Lagat	M40	10:48.4
Bryce Walker	Vis	10.8	David Adams	M45	11:39.1
Heat 2			Naomi Lagat	W40	13:19.4
Dominic Lagat	M40	8.3	Isabella Tolardo	Vis	14:25.5
Bruce McGeorge	M70	11.6	Paz Storey	W35	15:15.6
Jackie Halberg	W75	15.5	Julie Wilson	W70	16:03.4
100m			Bruce McGeorge	M70	16:42.6
Dominic Lagat	M40	12.3	Jim Langford	M75	17:19.4
Matt Walker	M40	12.8	Bob Schickert	M80	21:25.4
Malachi MacKay	Vis	14.6	3000m walk		
Paz Storey	W35	16.4	Karyn Tolardo	W55	19:20.1
Bryce Walker	Vis	17.8	Lynne Schickert	W80	25:46.6
Jackie Halberg	W75	25.4	Glenys Duncan	W80	27:25.9
400m					
Dominic Lagat	M40	58.8			
Malachi MacKay	Vis	68.5			
Naomi Lagat	W40	73.4			
Andy Roach	M45	78.3			
Paz Storey	W35	81.8			
1500m					
Dominic Lagat	M40	4:47.2			
David Adams	M45	5:41.0			
Andy Roach	M45	6:24.4			
Isabella Tolardo	Vis	6:43.3			
Julie Wilson	W70	7:44.6			
Carol Bowman	W65	8:15.5			
Brian Hewitt	M70	8:15.9			

Bunbury – 27 July

Throws pentathlon

		Hammer	Shot	Discus	Javelin	Weight
John Fettus	M50	46.32	13.94	37.26	33.17	16.32
		713	857	615	453	808
	Total points	3446				
Paula Kennedy	W55	28.77	7.45	17.56	16.75	8.64
		539	477	371	355	465
	Total points	2207				
Sharon Moloney	W60	25.48	6.98	17.86	13.47	8.74
		531	493	431	311	430
	Total points	2196				
Garry Hastie	M60	24.86	8.75	27.68	30.94	9.54
		361	529	400	476	430
	Total points	2196				
Harold Membrey	M70	24.39	7.21	19.68	15.44	11.25
		395	449	331	216	538
	Total points	1929				

56lb weight

Garry Hastie	M60	3.42	
Harold Membrey	M70	3.86	
Paula Kennedy	W55	3.55	SR pending

100m

Harold Membrey	M70	17.1
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