

March 2025 Results

This listing includes all events where members are known to have competed, except for MAWA State Championships and WMA Indoor Championships, which are reported elsewhere. All records are pending until ratified by the appropriate authorities

CR = Club Record

SR = State Record

AR = Australian Record

WR = World Record

Tokyo – 2 March

Marathon

Astrid Roberts	W50	2:48:06
Kenneth Scott-Hamilton	M55	3:38:02
John Lucas	M65	4:04:30

WAAS – 4 March

100m

Heat 1		
David Adams	M45	16.6
Ivan Brown	M80	21.0
Mike Anderson	M75	24.5

Heat 2

Anthony Misson	Vis	26.7
John Dennehy	M65	27.1

Heat 3

Gin Ang	M60	12.9
Simon Martin	M40	13.1
Brian Callaghan	M60	13.6
Xave Sequeira	M55	13.8

200m

Heat 1

Ivan Brown	M80	45.3
John Dennehy	M65	53.3
Anthony Misson	Vis	67.8

Heat 2

Simon Martin	M40	27.7
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1500m

David Adams	M45	6:34.5
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3000m

David Adams	M45	15:58.9
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3000m walk

Wendy Farrow	W55	20:59.6
Glenys Duncan	W80	28:53.0

Bunbury – 4 March

60m

Tyne Timmers	M40	8.6
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100m

Tyne Timmers	M40	13.4
Brian Waldhuter	M80	20.7
Ruth Johnson	W80	22.0

800m

Tyne Timmers	M40	2:15.0
Ruth Johnson	W80	5:05.0

High Jump

Brian Waldhuter	M80	1.10
Ruth Johnson	W80	0.85

Javelin

Garry Hastie	M60	33.94
Jo Peters	M70	32.09
Tyne Timmers	M40	26.48
Phil Fenn	M40	20.15
Sharon Moloney	W60	11.64
Ruth Johnson	W80	9.21

ECAC – 6 March

100m

Heat 1

Mark Harper	VMA	11.98
Ciarein Hoey	Vis	12.45
Dominic Lagat	M40	12.65
Nicholas Collis	Vis	13.30
Paul Wilmot	M30	13.81
Clemie Jones	Vis	14.37
Mark O'Hare	Vis	14.96

Heat 2

Lucas Johnson	Vis	14.91
Owen Renting	Vis	16.20
Carmen Collings	Vis	16.34
Des Walsh	M70	16.55
Barbara Blurton	W70	17.18
Ava Collings	Vis	17.80
Ivy Renting	Vis	18.57
Greg Bridge	M60	19.21
Delia Baldock	W60	19.33
Sydelle Hynds	Vis	20.56

300m			
Heat 1			
Tammi Doyle	W50	52.93	
Barbara Blurton	W70	59.71	
Owen Renting	Vis	60.11	
Carol Bowman	W70	61.69	
Ivy Renting	Vis	69.73	
Delia Baldock	W60	73.26	
Greg Bridge	M60	85.15	
Des Walsh	M70	86.32	

Heat 2			
Dominic Lagat	M40	39.38	
Ciarein Hoey	Vis	40.85	
Cleo Collings	Vis	50.65	
Jenn Parker	W55	52.52	
Carmen Collings	Vis	57.33	
Ava Collings	Vis	61.65	
Sydelle Hynds	Vis	67.03	

1500m			
Tom Collings	M40	4:47.56	
Jesse Hamer	Vis	4:47.56	
Issy O'Hare	Vis	5:22.60	
Cleo Collings	Vis	5:40.30	
Andy Roach	M50	6:09.90	
David Adams	M45	6:22.00	
Xinhuan Yan	M50	6:30.06	
Brian Hewitt	M70	7:19.14	
Sydelle Hynds	Vis	8:26.21	
Silke Peglow	W55	8:35.63	
Isolde Tietz	W70	8:53.60	
Peter Tietz	M70	9:34.67	

1500m walk			
Karyn Tolardo	W55	9:14.02	

3000m			
Dominic Lagat	M40	11:14.82	
Jesse Hamer	Vis	11:23.63	
Andy Roach	M50	13:48.90	
Mark O'Hare	Vis	14:24.51	
Xinhuan Yan	M50	14:28.54	
David Solomon	M60	14:43.93	
David Adams	M45	15:04.49	
Brian Hewitt	M70	17:05.25	
Peter Tietz	M70	19:16.67	
Silke Peglow	W55	19:49.70	
Isolde Tietz	W70	19:47.48	
Les Neill	M60	20:38.85	
Bob Schickert	M80	22:19.16	

3000m walk			
Karyn Tolardo	W55	19:55.26	
Lynne Schickert	W80	27:03.02	

High Jump			
Hans Venter	M60	1.55	SR
Paul Wilmot	M30	1.55	
Nicholas Collis	Vis	1.46	
Mariette Botha	W40	1.40	
Jenn Parker	W55	1.28	
Lucas Johnson	Vis	1.25	
Samantha Johnson	Vis	1.22	
Lisa Limonas	W55	1.19	
Tammi Doyle	W50	1.16	
Gay Wyatt	W70	1.01	
Oliver Johnson	Vis	1.01	
Lynne Schickert	W80	0.95	

Discus			
Jessica Siviour	Vis	44.62	
Andrew Ward	M60	39.02	
Jenn Parker	W55	29.44	
Jerome Conway-Mortimer	M50	25.21	
Des Walsh	M70	22.51	
Garry Parker	M60	22.27	
Greg Bridge	M60	21.21	
Tammi Doyle	W50	19.05	
Oliver Johnson	Vis	15.70	

Shot			
Andrew Ward	M60	9.42	
Jerome Conway-Mortimer	M50	9.22	
Jenn Parker	W55	8.82	
Tammi Doyle	W50	8.19	
Greg Bridge	M60	7.99	
Des Walsh	M70	7.56	
Lisa Limonas	W55	7.51	
Garry Parker	M60	7.44	
Dominic Lagat	M40	6.76	
Xinhuan Yan	M50	6.74	
Oliver Johnson	Vis	6.36	

AW Open State Championships, WAAS – 7-9 March

100m			
Prelim			
Kyle Ennis	M30	10.55	+2.2
Joe-Anne Dannenberg	W50	13.84	+3.8

Finals			
Kyle Ennis	M30	10.62	+2.3

200m			
Joe-Anne Dannenberg	W50	29.05	+2.4

100m hurdles			
Kimberly Young	W30	16.50	+0.9

400m			
Prelim			
Matthew Konsolis	M35	51.19	
Finals			
Matthew Konsolis	M35	51.14	

400m hurdles			
Malachi MacKay	M40	75.42	
Kimberly Young	W30	67.56	

Triple Jump			
Stephen Edwards	M40	12.67	+2.6
Melissa Foster	W45	11.70	+1.3

Pole Vault			
Michael Leask	M35	4.25	
Amanda Bisk	W35	3.75	=SR

Long Jump			
Melissa Foster	W45	5.60	-2.1

Hammer			
Ben Botha	M45	26.64	

WAAS – 11 March

60m			800m		
Heat 1			Xander van Rijen	M55	2:24.8
John Dennehy	M65	16.2	David Adams	M45	3:08.9
Anthony Misson	Vis	17.3			
Heat 2			5000m		
Simon Martin	M40	8.2	David Adams	M45	24:37.9
Greg Kennedy	M75	10.9	Kirsty Peddie	W40	28:02.3
Ivan Brown	M80	12.0			
Mike Anderson	M75	14.6	5000m walk		
			Karyn Tolardo	W55	32:18.9
200m			3000m walk		
Heat 1			Glenys Duncan	W80	29:08.5
John Dennehy	M65	51.0			
Anthony Misson	Vis	67.3			
Heat 2					
Simon Martin	M40	28.5			
Greg Kennedy	M75	37.7			
Ivan Brown	M80	42.5			

ECAC – 13 March

200m			Long Jump		
Heat 1			Dominic Lagat	M40	5.33
Mark Harper	VMA	23.93	Nkosi Ndlovu	M40	5.23
Nkosi Ndlovu	M40	26.65	Jenn Parker	W55	4.25
Dominic Lagat	M40	27.67	Sue Coate	W55	4.00
Keith Redpath	M70	31.84	Tammi Doyle	W50	3.71
David Adams	M45	34.80	Lynne Schickert	W80	1.75
Naomi Lagat	W40	35.37			
Larissa Lagat	Vis	36.43	Javelin		
Heat 2			Dominic Lagat	M40	34.50
Des Walsh	M70	34.70	A Conway-Mortimer	Vis	34.40
Barbara Blurton	W70	35.86	Dayna Lagat	Vis	30.21
Jacqui Taleb-Bendiab	W60	37.01	Andrew Ward	M60	30.21
Xinhuan Yan	M50	37.14	Sue Coate	W55	28.09
Brian Hewitt	M70	39.87	Jerome Conway-Mortimer	M50	24.13
Greg Kennedy	M75	41.23	Ram Young	Vis	23.62
Delia Baldock	W60	41.37	Tammi Doyle	W50	22.28
Lynne Schickert	W80	62.38	Larissa Lagat	Vis	19.46
			Des Walsh	M70	17.62
			Naomi Lagat	W40	13.91
			Terri Carr	W60	6.66
800m					
Dominic Lagat	M40	2:08.66			
Dayna Lagat	Vis	2:41.18			
Ram Young	Vis	2:47.86			
Larissa Lagat	Vis	2:48.97			
Xinhuan Yan	M50	2:50.14			
Andrew Davison	M60	2:52.36			
Naomi Lagat	W40	2:56.59			
David Adams	M45	3:04.08			
Brian Hewitt	M70	3:25.03			

Strive, WAAS – 14 March

60m				800m		
Kyle Ennis	M30	6.99	+0.2	Mark Maslen	M45	2:07.33
Adrian McKenzie	M50	7.50	-0.5	Malachi MacKay	M40	2:30.31
Brian Callaghan	M60	8.81	-2.0	Douglas Hill	M45	2:31.26
Malachi MacKay	M40	8.97	-2.0			
John Dennehy	M65	11.50	+1.3	Pole Vault		
Barrie Kernaghan	M80	13.18	+1.3	Amanda Bisk	W35	3.60
				Michael Leask	M35	4.40
200m				Shot		
Kyle Ennis	M30	21.54	+1.0	Jerome Conway-Mortimer	M50	8.95
Matthew Konsolis	M35	23.61	+3.1	Malachi MacKay	M40	7.50
John Dennehy	M65	40.89	+1.8			
Discus						
Malachi MacKay	M40	23.59				

Canning River – 16 March

Marathon

Jo Scott	W45	4:01:00
Bradley Hollins	M50	5:14:14

WAAS – 18 March

100m

Heat 1

Mike Anderson	M75	24.4
John Dennehy	M65	24.7
Anthony Misson	Vis	32.7

Heat 2

David Carbon	M55	12.9
Simon Martin	M40	13.2
Juliana Kelly	W60	16.6
Ivo Davies	M75	19.5

Heat 3

Greg Kennedy	M75	17.7
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400m

David Carbon	M55	66.2
Simon Martin	M40	73.2
Juliana Kelly	W60	78.1
Greg Kennedy	M75	1:48.5

1500m

Glenn Rogers	M60	5:46.9
David Adams	M45	6:14.4
Kirsty Peddie	W40	7:46.7

1500m walk

Wendy Farrow	W55	10:24.0
Glensys Duncan	W80	14:14.3

3000m

David Adams	M45	13:54.8
Kirsty Peddie	W40	16:39.7

3000m walk

Karyn Tolardo	W55	20:14.2
Wendy Farrow	W55	20:49.1
Judy Saunders	W70	25:02.2

ECAC – 20 March

60m

Heat 1

Mark Harper	VMA	7.60
Nkosi Ndlovu	M40	8.17
David Carbon	M55	8.46
Dominic Lagat	M40	8.80
Charmaine Tuia	W30	9.08
Dayna Lagat	Vis	9.16
Dorian Muro	Vis	9.19
Jenn Parker	W55	9.30
Catherine Manners	W40	9.56
Keith Redpath	M70	9.67

Heat 2

Bonny Ndungu	M35	8.08
Chris Owen	M45	9.54
G van Heerwaarden	Vis	9.83
Tammi Doyle	W50	9.86
David Adams	M45	10.05
Xinhuan Yan	M50	10.38
Greg Kennedy	M75	11.19
Greg Bridge	M60	11.75
Ivo Davies	M75	12.72

Heat 3

Oliver Johnson	Vis	10.24
Max Tuia	Vis	10.63
Jacqui Taleb-Bendiab	W60	10.67
George Renting	Vis	10.79
Lizelle Smith	W50	11.29
Ivy Renting	Vis	11.56
Delia Baldock	W60	11.97
Caius Tuia	Vis	12.00
Nelleke Patterson	W70	12.38
Terri Carr	W60	13.06
Tegan Durbridge	W35	13.58

100m

Heat 1 (hand times)

Mark Harper	M45	11.8
Bonny Ndungu	M35	12.2
Nkosi Ndlovu	M40	12.6
Dominic Lagat	M40	13.0
David Adams	M45	13.5
Dorian Muro	Vis	14.9
Keith Redpath	M70	15.1
Greg Kennedy	M75	18.3

Heat 2

Imogen Spooner	Vis	14.59
Jenn Parker	W55	15.34
Catherine Manners	W40	15.71
Tammi Doyle	W50	16.13

Heat 3

Charmaine Tuia	W30	14.77
Oliver Johnson	Vis	17.34
Max Tuia	Vis	17.53
George Renting	Vis	18.11
Lizelle Smith	W50	18.18
Ivy Renting	Vis	19.17
Jacqui Taleb-Bendiab	W60	19.55
Caius Tuia	Vis	19.94
Delia Baldock	W60	20.14
Tegan Durbridge	W35	21.97

400m

Heat 1

Dominic Lagat	M40	55.31
Campbell Till	M65	65.22
Frankie Vargacz	M60	66.10
Andy Roach	M50	71.81
David Adams	M45	79.31

Heat 2

Chris Owen	M45	67.38
Xinhuan Yan	M50	76.54
Chico Subramanian	M65	84.28
Jenn Parker	W55	85.83
Barbara Blurton	W75	86.16 SR
Brian Hewitt	M70	87.77
George Renting	Vis	1:33.37
Ivy Renting	Vis	1:37.16
Annette Spooner	Vis	1:39.89
Mike Meredith	M60	1:50.16

5000m

Nikola Radosevic	Vis	17:21.94
Lizelle Smith	W50	22:15.71
Chico Subramanian	M65	21:04.15
Andy Roach	M50	21:08.68
David Adams	M45	21:09.08
Xinhuan Yan	M50	23:59.19
Tegan Durbridge	W35	25:34.79
David Solomon	M60	27:05.15
Nelleke Patterson	W70	30:59.27
Peter Tietz	M70	31:43.61
Isolde Tietz	W70	32:48.94

5000m walk

Fiona van Heerwaarden	W45	31:17.15
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3000m

Dominic Lagat	M40	11:22.27
Chris Owen	M45	12:02.83
Mike Meredith	M60	15:25.19
Julie Wilson	W70	17:18.60

High Jump

Nkosi Ndlovu	M40	1.60
Hans Venter	M60	1.50
Imogen Spooner	Vis	1.35
G van Heerwaarden	Vis	1.35
Dave Wyatt	M70	1.25

Shot

Dayna Lagat	Vis	9.59
Jenn Parker	W55	9.41
Jerome Conway-Mortimer	M50	8.31
Tammi Doyle	W50	7.62
Garry Parker	M60	7.09
Terri Carr	W60	5.40
Andrea Penny	W45	4.17

Javelin

Dominic Lagat	M40	33.72
Dayna Lagat	Vis	30.63
David Carbon	M55	26.94
Jerome Conway-Mortimer	M50	23.82
Imogen Spooner	Vis	22.83
Tammi Doyle	W50	22.32
G van Heerwaarden	Vis	21.66
Xinhuan Yan	M50	17.98
Tamara Smith	Vis	17.47
Di Smith	Vis	10.55
Andrea Penny	W45	7.99
Terri Carr	W60	7.26

Strive, WAAS – 21 March**100m**

Kyle Ennis	M30	10.74	+0.9
Joe-Anne Dannenberg	W50	14.29	+0.7
John Dennehy	M65	18.55	+0.6
Barrie Kernaghan	M85	21.07	+0.6
Alan Deans	M70	21.55	+0.6

400m

Matthew Konsolis	M35	51.54
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1500m

Mark Maslen	M45	4:22.43
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Triple Jump

Stephen Edwards	M40	12.71	+0.8
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Pole Vault

Amanda Bisk	W35	3.40
Brad Schirmer	M55	2.90
Phil Smyth	M75	2.40
Geoff Brayshaw	M75	2.40
Sue Coate	W55	2.30

High Jump

Mariette Botha	W40	1.45
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Hammer

Ben Botha	M45	29.00
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Bunbury – 25 March**60m**

Tyne Timmers	M40	8.4
Harold Membrey	M70	11.3
Brian Waldhuter	M80	12.6

300m hurdles

Harold Membrey	M70	87.7
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400m hurdles

Tyne Timmers	M40	71.0
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Shot

John Fettus	M50	12.82
Tyne Timmers	M40	8.99
Garry Hastie	M60	8.58
Harold Membrey	M70	7.40
Phil Fenn	M40	7.29
Sharon Moloney	W60	6.35
Brian Waldhuter	M80	6.08

WAAS – 25 March

60m			1000m		
Heat 1			Xander van Rijen	M55	3:08.8
Juliana Kelly	W60	10.3	Andrew Davison	M60	3:40.4
Mike Anderson	M75	14.1	David Adams	M45	3:59.3
Anthony Misson	Vis	16.1	1000m walk		
John Dennehy	M65	16.4	Wendy Farrow	W55	6:38.3
Heat 2			5000m		
Simon Martin	M40	8.1	David Adams	M45	26:34.1
Brian Callaghan	M60	8.3	5000m walk		
David Adams	M45	9.4	Karyn Tolardo	W55	31:55.5
Greg Kennedy	M75	10.4	3000m walk		
Ivo Davies	M75	11.5	Wendy Farrow	W55	20:44.4
200m			Judy Saunders	W70	25:23.4
Simon Martin	M40	27.8	Steve Travell	M65	28:32.9
Brian Callaghan	M60	29.5	Glenys Duncan	W85	29:02.5
Juliana Kelly	W60	35.6			
Greg Kennedy	M75	37.6			
Ivo Davies	M75	42.7			

ECAC – 27 March

100m (wind -0.9)			300m		
Eliot Wardrobe	Vis	12.21	Eliot Wardrobe	Vis	38.22
Bonny Ndungu	M35	12.47	Chico Subramanian	M65	55.49
Nkosi Ndlovu	M40	12.63	Des Walsh	M70	58.44
Tammi Doyle	W50	15.37	Owen Renting	Vis	59.52
David Adams	M45	15.69	George Renting	Vis	63.14
Owen Renting	Vis	16.13	Greg Kennedy	M75	65.44
Des Walsh	M70	16.35	1500m		
Barbara Blurton	W75	17.07	Jesse Hamer	Vis	4:42.66
George Renting	Vis	17.66	Chico Subramanian	M65	6:13.76
Greg Kennedy	M75	17.98	David Adams	M45	6:17.94
Delia Baldock	W60	19.17			

Strive, WAAS – 28 March

100m				Pole Vault		
John Dennehy	M65	18.48	+0.5	Amanda Bisk	W35	3.75
Barrie Kernaghan	M85	20.37	+0.5	Shot		
200m				Malachi MacKay	M40	7.49
John Dennehy	M65	39.41	+0.5			