

November 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

Bunbury – 2 November

Throws pentathlon

		Hammer	Shot	Discus	Javelin	Weight
Jo Peters	M70	37.48	11.07	39.36	30.31	15.28
		669	755	792	547	774
	Total points	3537				
John Fettus	M50	44.92	13.28	37.57	34.58	15.66
		688	810	621	478	771
	Total points	3368				
Garry Hastie	M60	22.73	8.76	27.39	31.19	9.84
		321	530	395	481	446
	Total points	2173				
Ruth Johnson	W80	19.20	5.15	10.09	8.71	6.72
		512	462	332	299	451
	Total points	2056				
Harold Membrey	M70	23.45	7.63	19.80	15.36	10.43
		376	482	334	214	491
	Total points	1897				

AW Combined Events, WAAS – 2-3 November

Heptathlon

		80mH	HJ	Shot	200m	LJ	Jav	800m
Sue Coate	W55	17.37	1.26	9.55	31.53	4.12	27.06	3:08.46
		520	689	647	683	654	631	585
	Total points	4409						

Decathlon

		100m	LJ	Shot	HJ	400m	100mH	Discus
Paul Jeffery	M50	11.81	5.99	12.52	1.56	54.88	15.34	-
		935	900	757	644	866	870	0
		PV	Jav	1500m				
		3.90	51.27	5:14.54				
		819	783	686				
	Total Points	7260						
Brad Schirmer	M50	12.67	5.03	10.53	1.53	63.33	19.24	29.86
		763	626	616	619	543	469	466
		PV	Jav	1500m				
		2.80	42.65	6:31.67				
		449	624	318				
	Total Points	5493						
Dave Wilkie	M65	16.34	3.78	7.66	1.32	83.11	23.76	22.39
		418	498	498	627	209	254	342
		PV	Jav	1500m				
		2.20	20.20	7:12.20				
		421	309	362				
	Total Points	3938						

		100m	LJ	Shot	HJ	400m	100mH	Discus
Malachi MacKay	M40	13.87	4.37	7.50	1.29	65.82	25.52	22.80
		401	343	386	297	328	81	333
		PV	Jav	1500m				
		2.10	18.58	5:47.39				
		187	173	394				
	Total Points	2923						

New York – 3 November

Marathon

Lori Sexton	W60	4:25:56
Rashanthi Wanigasekera	W50	7:10:44

WAAS – 5 November

60m			1500m walk		
Heat 1			Karyn Tolardo	W55	8:58.0
Brian Callaghan	M60	8.5	Andrew Brooker	M55	9:32.7
Mike Anderson	M75	14.6	Wendy Farrow	W55	10:20.4
			Johan Hagedoorn	M80	12:02.0
Heat 2			3000m walk		
Simon Martin	Vis	9.9	Karyn Tolardo	W55	19:14.4
John Dennehy	M65	13.5	Andrew Brooker	M55	20:28.0
Anthony Misson	Vis	15.8	Wendy Farrow	W55	20:31.7
1500m			Johan Hagedoorn	M80	23:45.3
Paul Scott	M65	6:31.8	Glenys Duncan	W80	27:43.0
Rob Cattrall	M65	7:16.4			
5000m					
Paul Scott	M65	23:00.5			

Bunbury – 5 November

200m			Discus		
Tyne Timmers	M40	27.2	John Fettus	M50	39.01
1500m			Garry Hastie	M60	27.18
Tyne Timmers	M40	5:16.7	Tyne Timmers	M40	24.47
1500m walk			Harold Membrey	M70	19.79
Garry Hastie	M60	9:39.5	Luella Jenkins	W80	12.42
Triple Jump			Ruth Johnson	W80	11.31
Ruth Johnson	W80	5.52			
Luella Jenkins	W80	4.54			

ECAC – 7 November

60m			200m		
Heat 1			Jacob Ouwendyk	Vis	25.12
Jacob Ouwendyk	Vis	7.94	Matt Walker	M40	26.12
Matt Walker	M40	7.98	Conner Ouwendyk	Vis	26.40
Conner Ouwendyk	Vis	8.35	Josh D'Silva	Vis	29.84
Josh D'Silva	Vis	9.38	Jarria Brooks	W35	32.81
Jarria Brooks	W35	9.66	Barbara Blurton	W70	36.17
Nat Lockyer	W45	10.39			
Heat 2			3000m		
Carmel Meyer	W60	10.62	Andy Roach	M45	12:46.94
Bruce McGeorge	M70	10.98	Carmel Meyer	W60	16:47.35
Janne Wells	W55	12.50	Steve Travell	M65	25:10.18
Terri Carr	W60	13.58	3000m walk		
David Gardiner (walk)	M75	18.25	David Gardiner	M75	25:10.94
800m			5000m walk		
Tom Collings	M40	2:23.81	Karyn Tolardo	W55	32:11.54
Andy Roach	M45	2:46.04			
Carmel Meyer	W60	3:36.54			

5000m

Rodney Glossop	M45	21:49.44
Tegan Durbridge	W35	25:16.33
Crystal Glossop	W45	25:44.35
Jenn Parker	W55	25:48.11
Sue Coate	W55	25:50.73
Bruce McGeorge	M70	27:32.63
Carol Bowman	W70	29:09.30
Janne Wells	W55	30:59.42
Silke Peglow	W55	31:42.07
Bob Schickert	M80	38:52.58

Discus

Andrew Ward	M60	37.42
Ginny Stasyszyn	W35	34.57
Des Walsh	M70	23.46
Mike Anderson	M75	15.45
Terri Carr	W60	13.87
David Gardiner	M75	9.04

Triple Jump

Jenn Parker	W55	8.65
Rodney Glossop	M45	7.97
Ruby Glossop	Vis	7.59
Dave Wilkie	M65	7.57
Sue Coate	W55	7.49
Nat Lockyer	W45	7.27
Crystal Glossop	W45	6.70
Tegan Durbridge	W35	5.56
Brian Hewitt	M70	5.23
Lynne Schickert	W80	4.28

Weight

Ginny Stasyszyn	W35	12.20
Andrew Ward	M60	11.66
Mike Anderson	M75	6.27
Terri Carr	W60	6.26
Nat Lockyer	W45	5.36

Bunbury – 7 November

5000m

Steve Weller	M45	18:33.7
Tyne Timmers	M40	19:37.4

Strive, WAAS – 8 November

60m

Kyle Ennis	M30	6.89	+0.7
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100m

Kyle Ennis	M30	10.64	-0.1
Paul Wilmot	M30	13.46	+1.5
John Dennehy	M65	19.17	+0.4
Barrie Kernaghan	M80	22.20	+0.4

400m

Malachi MacKay	M40	64.52
Frankie Vargacz	M60	65.93

1500m

Mark Maslen	M45	4:24.83
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110m hurdles

Paul Wilmot	M30	23.16	+1.8
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Javelin

Paul Wilmot	M30	27.59
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Hammer

Malachi MacKay	M40	21.12
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Bunbury – 9 November

Heavy weight pentathlon

		16lb	20lb	25lb (WT)	35lb	44lb
John Fettus	M50	19.82	17.68	14.97	11.05	8.65
		707	762	731	638	676
	Total points	3514				
Luella Jenkins	W80	11.19	10.16	8.87	7.00	5.38
		594	612	630	603	560
	Total points	2999				
Harold Membrey	M70	14.48	12.63	10.97	9.36	7.66
		508	507	522	516	482
	Total points	2535				
Ruth Johnson	W80	9.98	8.07	6.65	5.73	4.62
		520	467	446	469	460
	Total points	2362				
Garry Hastie	M60	13.06	9.53	9.35	7.90	5.19
		441	351	419	398	285
	Total points	1894				

		12lb	16lb	20lb (WT)	25lb	35lb (SWT)
Michelle Krokosz	W35	11.21	9.41	7.97	5.79	4.45
		355	328	328	267	234
	Total points	1512				

Pole Vault

John Fettus	M50	2.30
Michelle Krokosz	W35	2.20

Bunbury – 12 November

400m

Tyne Timmers	M40	58.9
Ruth Johnson	W80	2:04.4

Long Jump

Tyne Timmers	M40	4.61
Luella Jenkins	W80	2.22
Ruth Johnson	W80	2.22

Hammer

John Fettus	M50	41.21
Garry Hastie	M60	21.11
Ruth Johnson	W80	19.04
Luella Jenkins	W80	15.81
Tyne Timmers	M40	13.64

WAAS – 12 November

100m

Cleo Collings	Vis	14.7
John Dennehy	M65	23.4
Anthony Misson	Vis	25.3

400m

Cleo Collings	Vis	71.1
Rob Cattrall	M65	1:36.5

800m

Tom Collings	M40	2:20.5
Richard Harris	M65	2:59.4
Rob Cattrall	M65	3:16.6
John McShane	M60	3:21.4
Paul Scott	M65	3:35.8
Johan Hagedoorn (walk)	M80	6:02.2

3000m

Richard Harris	M65	12:29.6
Paul Scott	M65	13:08.4
John McShane	M60	14:14.9
Rob Cattrall	M65	14:59.1
Morland Smith	M85	22:11.0
Steve Travell	M65	26:08.9

3000m walk

Karyn Tolardo	W55	18:24.4
Andrew Brooker	M55	19:41.6
Wendy Farrow	W55	20:17.3
Johan Hagedoorn	M80	21:58.3
Glenys Duncan	W80	28:21.6

Hammer

Alex de Silva	Vis	48.74
Dan Nguyen	Vis	47.51
Olivier Lyons	Vis	38.72
Andrew Ward	M60	28.69

Discus

Dan Nguyen	Vis	39.19
Andrew Ward	M60	35.53
Alex de Silva	Vis	33.80
Olivier Lyons	Vis	28.64
Mike Anderson	M75	15.34

Bunbury – 14 November

3000m

Steve Weller	M45	11:01.9
Tyne Timmers	M40	11:18.9

ECAC – 14 November

60m

Heat 1		
Matt Walker	M40	8.0
Tamara Smith	Vis	9.3
Paz Storey	W35	9.7
Nat Lockyer	W45	10.3

Heat 2

Tegan Durbridge	W35	12.3
Delia Baldock	W60	12.3
Mike Anderson	M75	14.6
Des Walsh	M70	15.6

100m

Heat 1		
Matt Walker	M40	12.65
Ansen Soon	M30	13.66
Alex Walker	Vis	13.74
Ruby Glossop	Vis	16.16
Pete Woods	M60	16.64

Heat 2

Maureen Keshwar	W70	16.78
Carol Bowman	W70	19.31
Delia Baldock	W60	20.68
Bruce McGeorge	M70	22.98
Terri Carr	W60	23.43

400m

Heat 1		
Ansen Soon	M30	62.9
Jenn Parker	W55	69.9
Andy Roach	M45	71.5
Sue Coate	W55	72.8
Paz Storey	W35	76.1
Emilie Woods	Vis	83.0

Heat 2

Ruby Glossop	Vis	80.9
Carol Bowman	W70	89.4
Jacinta Thompson	W45	1:34.6
Nat Lockyer	W45	1:36.6
Crystal Glossop	W45	1:41.1

Heat 3

Pete Woods	M60	80.5
Des Walsh	M70	83.5
Tegan Durbridge	W35	1:30.5
Bruce McGeorge	M70	1:33.7
Brian Hewitt	M70	1:36.8
Bob Schickert	M80	2:02.2
Lynne Schickert	W80	2:50.4

3000m

Ansen Soon	M30	10:54.3
Andy Roach	M45	12:09.0
Pete Woods	M60	13:14.7
Emilie Woods	Vis	13:51.6
Paul Every	M60	14:15.4
Rochelle Airey	W55	15:29.5
Brian Hewitt	M70	17:25.1

3000m walk

Karyn Tolardo	W55	19:13.4
Fiona van Heerwaarden	W45	20:38.9

High Jump

Jenn Parker	W55	1.25
Jacinta Thompson	W45	1.25
Sue Coate	W55	1.19
Crystal Glossop	W45	1.13
Gay Wyatt	W70	1.04
Lynne Schickert	W80	0.92

Shot

Ginny Stasyszyn	W35	11.69
Sue Coate	W55	10.09
Jenn Parker	W55	9.92
Des Walsh	M70	8.02
Jacinta Thompson	W45	7.80
Maureen Keshwar	W70	7.28
Nat Lockyer	W45	7.14
Bruce McGeorge	M70	5.67
Bob Schickert	M80	5.64
Brian Hewitt	M70	5.52
Tegan Durbridge	W35	5.25
Terri Carr	W60	5.19
Ruby Glossop	Vis	5.07
Lynne Schickert	W80	4.76
Crystal Glossop	W45	4.75
Carol Bowman	W70	4.69

Strive, WAAS – 16 November

100m

Kyle Ennis	M30	10.64	+2.7
Lee Stergiou	M50	12.29	+1.6
Paul Wilmot	M30	13.69	+2.4

110m hurdles

Paul Wilmot	M30	29.24	+4.7
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200m

Lee Stergiou	M50	25.33	+3.2
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800m

Kimberly Young	W30	2:27.24
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5000m

Brendon Dimmer	M35	15:16.06
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High Jump

Paul Wilmot	M30	1.35
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Hammer

Malachi MacKay	M40	21.65
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Bunbury – 16 November

Weight

John Fettus	M50	16.41
Garry Hastie	M60	9.86
Ruth Johnson	W80	7.32

WAAS – 19 November

100m

Heat 1		
Cleo Collings	Vis	15.2
Juliana Kelly	W60	18.1
Mike Anderson	M75	24.5

Heat 2

John Dennehy	M65	24.2
Anthony Misson	Vis	33.9

200m

Cleo Collings	Vis	32.0
Juliana Kelly	W60	36.5
Richard Harris	M65	37.0
John Dennehy	M65	50.6
Anthony Misson	Vis	68.3

1500m

Tom Collings	M40	4:58
Richard Harris	M65	6:04
Rob Cattrall	M65	6:33
Ivan Brown	M75	8:06

3000m
Rob Cattrall M65 14:16.1

3000m walk
Andrew Brooker M55 19:44.8
Wendy Farrow W55 20:16.7
Johan Hagedoorn M80 22:47.5

1500m walk
Andrew Brooker M55 9:08
Wendy Farrow W55 10:05
Johan Hagedoorn M80 11:18
Glenys Duncan W80 14:05

ECAC – 21 November

100m
Heat 1
Jacob Ouwendyk Vis 12.52
Connor Ouwendyk Vis 13.33
Sue Coate W55 15.51
Charlotte Glossop Vis 16.23
Ruby Glossop Vis 16.39
Des Walsh M70 16.42
Carmel Meyer W60 17.35
Tegan Durbridge W35 19.46

Heat 2
Jenn Parker W55 15.41
Charlotte Glossop Vis 16.63
Ruby Glossop Vis 16.79
Jasmine Woods Vis 17.62

300m
Dave Wilkie M65 53.11
John McShane M60 55.32
Carmel Meyer W60 57.86
Barbara Blurton W70 59.00
Carol Bowman W70 62.75
Tegan Durbridge W35 63.87
Bob Schickert M80 84.75
Des Walsh M70 1:44.42

1500m
Andy Roach M45 5:39.51
Peter Woods M60 6:18.84
John McShane M60 7:16.75
Paul Every M60 7:27.35
Brian Hewitt M70 7:45.61
Jasmine Woods Vis 8:09.61
Liz Clennell Vis 8:45.18

1500m walk
Karyn Tolardo W55 9:23.97

3000m
Andy Roach M45 13:02.42
Carmel Meyer W60 16:52.46

3000m walk
Lynne Schickert W80 26:10.04

5000m
Paul Every M60 25:58.29
Bruce McGeorge M70 26:55.85
Liz Clennell Vis 29:30.97

5000m walk
Karyn Tolardo W55 33:08.71

Long Jump
Jenn Parker W55 4.51
Sue Coate W55 4.10
Rod Glossop M45 3.94
Charlotte Glossop Vis 3.41
Ruby Glossop Vis 3.30
Jacinta Thompson W45 2.85
Des Walsh M70 2.61
Carol Bowman W70 2.40
Bruce McGeorge M70 2.40
Brian Hewitt M70 2.15
Lynne Schickert W80 1.65

Weight
Brian Miller M65 10.18
Jacinta Thompson W45 6.82
Terri Carr W60 6.01

Discus
Jenn Parker W55 27.78
Des Walsh M70 24.17
Dave Wilkie M65 22.52
Sue Coate W55 22.28
Brian Miller M65 22.15
Jacinta Thompson W45 20.04
Rod Glossop M45 17.54
Bruce McGeorge M70 16.66
Charlotte Glossop Vis 14.30
Brian Hewitt M70 14.21
Tegan Durbridge W35 14.09
Ruby Glossop Vis 12.96
Crystal Glossop W45 12.56
Bob Schickert M80 12.42
Terri Carr W60 12.36
Lynne Schickert W80 9.76

Strive, WAAS – 22 November

100m
Kyle Ennis M30 10.73 +4.4
Paul Wilmot M30 13.31 +2.1
Kimberly Young W30 13.87 +1.5

400m hurdles
Kimberly Young W30 69.38

Pole Vault
Amanda Bisk W35 3.45 **SR**
Brad Schirmer M50 3.00
Malachi MacKay M40 2.30
Phil Smyth M75 2.30
Sue Coate W55 2.30

Long Jump
Jenn Parker W55 4.31 +1.2

High Jump
Paul Wilmot M30 1.45

Hammer
Jenn Parker W55 33.72

Shot
Malachi MacKay M40 8.75

Discus
Malachi MacKay M40 22.41

Bunbury – 23 November

200m

Ruth Johnson	W80	48.0
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Long Jump

Ruth Johnson	W80	2.39
Luella Jenkins	W80	2.25

Javelin

Garry Hastie	M60	35.18
John Fettus	M50	35.12
Luella Jenkins	W80	11.22
Ruth Johnson	W80	10.19

Discus

John Fettus	M50	39.61
Garry Hastie	M60	28.76
Ruth Johnson	W80	10.72
Luella Jenkins	W80	10.16

Bunbury – 26 November

60m

Harold Membrey	M70	10.9
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100m

Janet Smith	W45	14.4
Harold Membrey	M70	17.7
Ruth Johnson	W80	21.2
Luella Jenkins	W80	23.6

High Jump

Janet Smith	W45	1.30
Ross Goulden	M75	1.20
Ruth Johnson	W80	0.87
Luella Jenkins	W80	0.80

800m

Janet Smith	W45	3:06.5
Ross Goulden	M75	3:24.4
Garry Hastie (walk)	M60	4:26.2

Javelin

John Fettus	M50	31.13
Garry Hastie	M60	32.03
Jo Peters	M70	32.01
Harold Membrey	M70	17.08
Sharon Moloney	W60	10.41
Ruth Johnson	W80	9.75
Luella Jenkins	W80	9.57

WAAS – 26 November

60m

Gin Ang	M60	8.1
Brian Callaghan	M60	8.4
Simon Martin	M40	9.6
Juliana Kelly	W60	10.2
Mike Anderson	M75	14.6
John Dennehy	M65	14.9
Anthony Misson	Vis	16.2

200m

Brian Callaghan	M60	30.7
Simon Martin	M40	33.5
Juliana Kelly	W60	35.5
John Dennehy	M65	52.2
Anthony Misson	Vis	73.0

800m

Rob Cattrall	M65	3:10.5
Wendy Farrow (walk)	W55	5:30.5
Johan Hagedoorn (walk)	M80	5:59.9

3000m

Rob Cattrall	M65	14:25.1
Cathy Middleton	W50	16:21.3
Morland Smith	M85	22:28.7

3000m walk

Wendy Farrow	W55	21:40.8
Johan Hagedoorn	M80	22:04.5
Glenys Duncan	W80	27:18.1

Bunbury – 28 November

800m

Tyne Timmers	M40	2:13.9
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ECAC – 28 November

60m

Paul Foley	M55	9.71
Nat Lockyer	W45	9.89
Lynne Schickert	W80	16.34

200m

Jenn Parker	W55	31.35
Dave Wilkie	M65	32.80
Paul Foley	M55	38.12
Nat Lockyer	W45	40.10
Terri Carr	W60	76.03

1500m

Jesse Hamer	Vis	4:41.77
Rod Glossop	M45	5:29.55
Brad Schirmer	M50	6:33.15
Tammi Doyle	W50	6:46.11
Tegan Durbridge	W35	7:00.91
Bruce McGeorge	M70	7:12.56
Karyn Tolardo	W55	7:23.92
Jacinta Thompson	W45	7:25.35
Carol Bowman	W70	7:57.27
Nat Lockyer	W45	8:44.21
Bob Schickert	M80	10:19.26

3000m

Tegan Durbridge	W35	15:30.09
Steve Travell	M65	27:07.34

3000m walk

Karyn Tolardo	W55	20:44.85
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Hammer

Jenn Parker	W55	28.90
Paul Foley	M55	24.34
Andrea Penny	W45	12.86
Terri Carr	W60	11.78

Javelin

Brad Schirmer	M50	34.21
Paul Foley	M55	32.40
Andrea Penny	W45	11.02
Terri Carr	W60	8.10

High Jump

Brad Schirmer	M50	1.38	
Rod Glossop	M45	1.38	
Jenn Parker	W55	1.38	SR
Dave Wilkie	M65	1.34	
Jacinta Thompson	W45	1.22	
Lisa Limonas	W55	1.13	
Tammi Doyle	W50	1.10	
Bruce McGeorge	M70	1.10	
Gay Wyatt	W70	1.04	
Nat Lockyer	W45	1.04	
Lynne Schickert	W80	0.92	
Carol Bowman	W70	0.89	
Bob Schickert	M80	0.89	

Strive, WAAS – 29 November

100m

Kyle Ennis	M30	10.69	+1.3
Malachi MacKay	M40	14.18	-0.4
John Dennehy	M65	19.50	+0.4
Barrie Kernaghan	M80	21.51	+0.4

1500m

Mark Maslen	M45	4:21.02
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Hammer

Malachi MacKay	M40	20.66
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400m

Matthew Konsolis	M35	52.11
Malachi MacKay	M40	63.22
Kimberly Young	W30	63.69
Frankie Vargacz	M60	64.55

Bunbury – 30 November

Outdoor Pentathlon – women

		100m	Shot	Long Jump	Javelin	800m
Luella Jenkins	W80	21.5	4.77	2.29	8.25	5:55.5
		415	419	362	279	59
	Total points	1534				

100m

Harold Membrey	M70	17.2
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Javelin

Garry Hastie	M60	34.59
Harold Membrey	M70	16.80

Shot

Garry Hastie	M60	8.86
Harold Membrey	M70	8.04
Ruth Johnson	W80	5.11