

# May 2021 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 – 6 May

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### 100m

Des Walsh	M65	15.8
Maureen Keshwar	W65	15.9
Caroline	Vis	16.0
Bob Han-Busi	Vis	16.3
Brenda Painter	W75	20.5

Naomi Lagat	W35	16.0
Nick Fairweather	M65	16.9
Larissa Lagat	Vis	20.9
Bob Schickert	M75	23.2
David Gardiner (walk)	M75	33.0

Dominic Lagat	M35	12.2
Bonny Kdungu	M30	12.4

### 200m

Dominic Lagat	M35	26.4
Bonny Kdungu	M30	29.1
Naomi Lagat	W35	32.9
Roberto Busi	M40	46.3
Jackie Halberg	W75	50.9

Bob Han-Busi	Vis	35.2
Maureen Keshwar	W65	35.9
Nick Fairweather	M65	37.6
Dayna Lagat	Vis	38.0
Larissa Lagat	Vis	43.5

Kai Langford	Vis	41.6
Drew Langford	M40	41.9
Bob Schickert	M75	44.6
Brenda Painter	W75	49.7
Des Walsh	M65	52.2
David Gardiner (walk)	M75	74.8

### 1500m walk

Karyn Tolardo	W55	8:57.0
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### 600m

Dominic Lagat	M35	2:00.4
Bob Han-Busi	Vis	2:25.9
Dayna Lagat	Vis	2:49.0
Naomi Lagat	W35	2:49.4
Larissa Lagat	Vis	2:49.8
Jackie Halberg	W75	3:26.2
David Gardiner (walk)	M75	4:21.4

### 1500m

Pablo Ortega	Vis	4:50.0
Dominic Lagat	M35	5:19.3
David Adams	M40	5:47.2
Naomi Lagat	W35	6:24.8
Dayna Lagat	Vis	6:29.0
Larissa Lagat	Vis	7:02.8
Mike Meredith	Vis	7:09.1
Kai Langford	Vis	7:46.5
Drew Langford	M40	7:47.0

### 3000m

Pablo Ortega	Vis	11:07.1
Mike Meredith	Vis	15:30.4

### 3000m walk

John Dennehy	M60	22:57.5
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### 5000m

Roberto Busi	M40	17:02.5
David Adams	M40	23:10.9
Silke Peglow	W50	31:28.4

### 5000m walk

Karyn Tolardo	W55	31:46.8
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## ECAC – 13 May

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### 100m

Dominic Lagat	M35	13.1
Des Walsh	M65	15.7
Maureen Keshwar	W65	16.0
Nick Fairweather	M65	19.0
Kai Langford	Vis	19.4
Drew Langford	M40	19.7
David Gardiner (walk)	M75	34.1

### 300m

Dominic Lagat	M35	43.4
Nick Best	M45	50.6
Maureen Keshwar	W65	64.6
Nick Fairweather	M65	68.2
Des Walsh	M65	78.1
Jackie Halberg	W75	78.1
David Gardiner (walk)	M75	2:03.0

### 3000m

Drew Langford	M40	10:43.1
David Adams	M40	11:56.4
Pablo Ortega	Vis	13:23.7
Gerrit Myburgh	M45	13:37.9
Bob Schickert	M75	20:56.1

### 800m

Pablo Ortega	Vis	2:20.9
Dominic Lagat	M35	2:40.5
Gerrit Myburgh	M45	2:55.9
David Adams	M40	3:04.7
Donna Abbey	W45	3:17.3
David Gardiner (walk)	M75	6:01.7

### 1500m

Dominic Lagat	M35	5:04.2
Nick Best	M45	5:12.3
David Adams	M40	5:30.8
Gerrit Myburgh	M45	6:00.3
Kai Langford	Vis	7:26.9
Drew Langford	M40	7:27.8

### 1500m walk

Karyn Tolardo	W55	8:52.7
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### 3000m walk

Karyn Tolardo	W55	18:17.5
John Dennehy	M60	22:23.5

**AWA Road Walking Series, Perry Lakes – 15 May**

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**3km walk**

Glenys Duncan W80 26:31.35

**5km walk**Marcela Ruiz W60 38:00.25  
Melissa Lewis W30 DNF**10km walk**Andrew Duncan M55 52:32.62  
Karyn Tolardo W55 1:03:47.72  
Victor Munoz M65 1:05:07.93**ECAC – 20 May**

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**100m**David Adams M40 15.52  
Bob Han-Busi Vis 15.76  
Des Walsh M65 16.22  
Natalia Dronets W35 16.42  
Nick Fairweather M65 17.19**200m**Phoebe Lewis Vis 27.98  
Gerrit Myburgh M45 31.74  
Des Walsh M65 33.33  
Bob Han-Busi Vis 35.67  
Nick Fairweather M65 39.07**1000m**Nick Best M45 3:07.84  
David Adams M40 3:35.58  
Gerrit Myburgh M45 3:51.74  
Bob Han-Busi Vis 4:00.28  
Kai Langford Vis 4:48.91  
Drew Langford M40 4:49.29**400m**Phoebe Lewis Vis 62.85  
Nick Best M45 70.29  
Bob Han-Busi Vis 1:31.64  
Kai Langford Vis 1:44.77  
Drew Langford M40 1:44.90**3000m**

Bob Schickert M75 20:53.31

**3000m walk**

John Dennehy M60 23:06.95

**5000m**David Adams M40 21:42.64  
Gerrit Myburgh M45 22:40.82  
Jim Langford M75 25:41.09  
Silke Peglow W50 29:53.06**5000m walk**

Karyn Tolardo W55 31:03.85

**ECAC – 27 May**

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**100m**Gin Ang M55 13.45  
Phoebe Lewis Vis 13.48  
Natalia Dronets W35 15.82  
Nick Fairweather M65 16.85  
Kai Langford Vis 19.66  
David Gardiner (walk) M75 33.49**300m**Phoebe Lewis Vis 46.04  
Steve Hossack M60 56.64  
Nick Fairweather M65 67.01  
Jackie Halberg W75 87.26  
David Gardiner (walk) M75 1:59.77**800m**Nick Best M45 2:20.38  
Kai Langford Vis 3:45.02**1 mile**David Adams M40 5:54.41  
Drew Langford M40 8:02.03  
Gerrit Myburgh M45 8:02.27  
Greg Drew Vis 8:36.30**1 mile walk**John McDonagh M70 10:39.27  
Wendy Farrow W50 11:12.51**3000m**Drew Langford M40 10:08.66  
David Adams M40 11:51.70  
Gerrit Myburgh M45 12:07.63  
Steve Hossack M60 12:15.65  
Campbell Till M60 13:43.09  
Greg Drew Vis 16:38.32  
Bob Schickert M75 20:42.83**2000m walk**Andrew Duncan M55 9:41.57  
Melissa Lewis W30 9:41.79 AR pending  
Karyn Tolardo W55 11:42.47  
Victor Munoz M65 12:17.52  
Wendy Farrow W50 13:14.09  
Marcela Ruiz W60 13:33.89  
Janne Wells W50 13:39.58  
John McDonagh M70 13:55.72  
Lesley Hutton Vis 15:18.36  
David Gardiner M75 15:40.54  
Lynne Schickert W75 16:20.89  
John Dennehy M60 DQ  
Glenys Duncan W80 17:33.96**AWA Road Walking Series, Perry Lakes – 29 May**

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**3km walk**Wendy Farrow W50 20:01.37  
Glenys Duncan W80 27:18.17**10km walk**Andrew Duncan M55 55:38.47  
Karyn Tolardo W55 1:04:25.78  
Victor Munoz M65 1:04:41.40  
Oliver Berry M30 1:24:04.95