January 2021 Results

This listing includes all events where members are known to have competed, excluding the State Championships combined events which will be reported separately
All records are pending until ratified by the appropriate authorities

CR = Club Record **SR** = State Record **AR** = Australian Record **WR** = World Record

WAAS – January 5

60m

Syed Aljunied	Vis	7.7
Geish Hori	M45	8.5
Joe-Anne Buchan	W45	8.9
Suresh Sivacolundhu	M50	8.9
David Adams	M40	9.4
Ian Hannaby	M50	12.7
Cameron Hannaby	Vis	12.8
Norm Richards	M80	10.5
Marcus Nichols	Vis	10.5
Jack Black	Vis	10.7
Rachel Nichols	Vis	12.0
Rachel Williams	W35	9.8
Charlotte Graieg	Vis	11.8
David Graieg	M35	12.1
Elizabeth Graieg	Vis	14.0
Max Graieg	M60	14.5

100m

Ashley Moore	M40	11.8
Lee Stergiou	M45	12.3
Syed Aljunied	Vis	12.7
Geish Hori	M45	13.3
Joe-Anne Buchan	W45	14.2
David Adams	M40	15.3
Suresh Sivacolundhu	M50	14.1
Rachel Williams	W35	15.3
Mike Anderson	M70	22.7
Marcus Nichols	Vis	17.2
Norm Richards	M80	17.2
Jack Black	Vis	17.6
Rachel Nichols	Vis	18.6
Brandon Hannaby	Vis	14.4
Ian Hannaby	M50	15.2
Charlotte Graieg	Vis	19.1
David Graieg	M35	19.4
Peter Graieg	Vis	54.4
Max Graieg	M60	55.0

800m

Jaycob Kell	Vis	2:31.2
Ian Hannaby	M50	2:38.1
Mark Dawson	M55	2:49.9
Suresh Sivacolundhu	M50	2:52.2
Brandon Hannaby	Vis	3:13.6
Marcus Nichols	Vis	3:14.6
Rachel Nichols	Vis	4:13.0
Rob Nichols	M40	4:13.8
Cameron Hannaby	Vis	4:43.2
Johan Hagedoorn (walk)	M75	5:13.2

3000m walk

Johan Hagedoorn	M75	21:09.9
Glenys Duncan	W80	28:09.6

5000m

Rob Nichols	M40	17:54.9
Jaycob Kell	Vis	18:47.8
Clare Wardle	W45	19:43.6
Ian Hannaby	M50	22:12.5
Jason Kell	M45	23:20.4

3000m

David Graieg	M35	12:15.4
Brandon Hannaby	Vis	14:32.4
David Adams	M40	16:14.9
Marcus Nichols	Vis	16:46.8
Max Graieg	M60	17:29.8

Long Jump

Jenn Parker	W50	4.23
Christine De Vries	W55	4.03
Dani Fuda	W40	3.94
Dave Wyatt	M65	3.87
Sue Coate	W50	3.87
Rachel Williams	W35	3.71
Phil Smyth	M70	3.49
Grant Hicks	Vis	3.42
Norm Richards	M80	2.92
Sophie Graieg	Vis	2.82
Jack Black	Vis	2.80
Charlotte Graieg	Vis	2.52
Elizabeth Graieg	Vis	1.74

Triple Jump

Stephen Edwards	M35	12.71 (-0.3) **SR**
Michelle Krokosz	W35	9.96
Geoff Brayshaw	M70	9.00 (-0.8) **SR**
Jenn Parker	W50	8.57

Discus

Andrew Ward	M55	32.71
Michelle Krokosz	W35	32.27
Jenn Parker	W50	31.48
Anita Downing	W40	26.74
Rachel Williams	W35	22.09
Ken Wilkins	M55	19.86
Phil Smyth	M70	19.30
Grant Hicks	Vis	19.11
Mike Anderson	M70	15.04
Christina Faithfull	W70	13.64

Javelin

Olivia Williams	Vis	38.34
Andrew Ward	M55	29.48
Michelle Krokosz	W35	28.06
Sue Coate	W50	26.56
Rachel Williams	W35	26.07
Anita Downing	W40	23.20
Ken Wilkins	M55	23.06
Phil Smyth	M70	23.02
Jenn Parker	W50	20.21
Grant Hicks	Vis	20.02
Christina Faithfull	W70	11.25

Bunbury – January 5

400m

Garry Hastie	M55	72.5
Harold Membrey	M65	1:37.2
Ruth Johnson	W75	1:46.8
Brian Waldhuter	M80	2:12.4

Long Jump

Garry Hastie	M55	3.81
Brian Waldhuter	M80	3.04
Ruth Johnson	W75	2.38
Luella Jenkins	W75	1.74

Hammer

John Fettus	M45	40.44
Jo Peters	M65	30.83
Sharon Moloney	W55	25.60
Ruth Johnson	W75	21.62
Harold Membrey	M65	20.72
Luella Jenkins	W75	20.42
Garry Hastie	M55	19.39
Brian Waldhuter	M80	17.53
Deb Cox	W55	16.83

ECAC – January 7

60m

Tim Loh	M30	7.76
Dominic Lagat	M35	8.21
David Adams	M40	9.48
Keith Redpath	M65	9.91
Maureen Keshwar	W65	9.89
Naomi Lagat	W35	10.20
Greg Kennedy	M70	11.39
Dayna Lagat	Vis	11.52
Larissa Lagat	Vis	12.61
Rachel Williams	W35	9.76
Suzanne Farcich	W60	10.72
Natalia Dronets	W35	11.31
Lynne Schickert	W75	16.10

200m

Dominic Lagat	M35	25.68
Chris Gould	M45	27.20
David Adams	M40	30.92
Keith Redpath	M65	31.45
Nick Best	M40	31.96
Greg Kennedy	M70	39.17
Tim Loh	M30	27.07
Quewin Gould	Vis	33.14
Rachel Williams	W35	33.39
Dayna Lagat	Vis	39.91
Larissa Lagat	Vis	45.41

400m hurdles

Michelle Krokosz	W35	68.7(h)
Ingrid Wilcock	W40	1:31.1(h)
Oliver Berry	M30	67.34

300m hurdles

Campbell Till	M60	51.68
Jenn Parker	W50	57.87

1000m

Chris Gould	M45	2:44.52
Dominic Lagat	M35	3:03.41
Nick Best	M40	3:08.42
Quewin Gould	Vis	4:02.29
Dayna Lagat	Vis	4:18.05
Larissa Lagat	Vis	4:41.57
Mike Meredith	Vis	4:48.68
Isolde Tietz	W70	5:41.95
Peter Tietz	M65	5:45.20

1000m walk

Steve Travell	M65	7:48.66
John Brambley	M75	7:48.95
Lynne Schickert	W75	8:17.20
Bob Schickert	M75	9:25.58

3000m

Joshua Myburgh	Vis	11:37.87
Gerrit Myburgh	M45	12:11.68
Dominic Lagat	M35	13:20.26
Mike Meredith	Vis	14:03.97
Naomi Lagat	W35	14:07.25

3000m walk

John McDonagh	M70	20:00.26
Steve Travell	M65	25:30.59

Long Jump

Dominic Lagat	M35	5.93
Stephen Edwards	M35	5.85
Oliver Berry	M30	5.21
Ingrid Wilcock	W40	4.15
Jenn Parker	W50	4.15
Naomi Lagat	W35	3.54
Natalia Dronets	W35	3.27
Maureen Keshwar	W65	3.22
Dayna Lagat	Vis	3.16
Suzanne Farcich	W60	3.12
Larissa Lagat	Vis	2.95
Dianne Hewitt	W60	2.58

Hammer

Warren Button	M30	53.92
Jenn Parker	W50	35.70
Rachel Williams	W35	20.65

Javelin

Paul Foley	M55	37.37
Michelle Krokosz	W35	30.23
Jenn Parker	W50	20.47
Rachel Williams	W35	19.88
Dianne Hewitt	W60	13.38

Bunbury – January 7

Throws pentathlon

			Hammer	Shot	Discus	Javelin	Weight
John Fettus	M45		39.47	12.12	37.01	34.63	13.43
			659	763	758	450	775
		Total points	3405				
Luella Jenkins	W75		20.18	6.82	15.84	13.61	9.57
			671	694	541	496	699
		Total points	3101				
Paula Kennedy	W50		31.49	9.04	25.33	15.19	10.71
			720	621	524	288	656
		Total points	2809				
Brian Waldhuter	M80		16.02	6.42	18.01	12.52	9.05
			349	465	457	247	553
		Total points	2701				
Ruth Johnson	W75		21.22	5.74	13.04	11.00	7.19
			714	563	427	384	495
		Total points	2583				
Sharon Moloney	W55		25.92	7.93	19.62	16.56	6.77
			629	586	430	363	416
		Total points	2424				
Harold Membrey	M65		21.49	7.68	20.84	16.32	10.17
			374	513	353	236	527
		Total points	2003				
Deb Cox	W55		17.35	6.39	15.23	15.03	5.21
			370	448	313	322	296
		Total points	1749				

Strive, WAAS – January 8

100m

David Statham	M50	12.85	+0.5
Mandy Mason	W50	13.29	+1.7
Stuart Walker	M55	13.94	+1.3
David Adams	M40	14.45	+1.3
Alan Deans	M70	18.45	+1.3

400m

David Adams	M40	72.18

1500m

Clare Wardle	W45	5:02.79
Mark Dawson	M55	5:32.01
David Adams	M40	6:01.33

Discus

Andrew Ward	M55	30.61

Shot

Andrew Ward	M55	8.48

Bunbury – January 9

Discus

Jo Peters	M65	42.64
Tom Gravestock	M65	40.66
Paul Foley	M55	35.06
Tim Lyons	M55	33.54
Andrew Ward	M55	31.47
Jenn Parker	W50	29.53
Oliver Berry	M30	29.00
Paula Kennedy	W50	22.30
Sharon Moloney	W55	21.11
Andrea Penny	W45	10.11

100lb weight

John Fettus	M45	3.71	**SR**
Tim Lyons	M55	3.58	**SR**
Paul Foley	M55	3.44	
Warren Button	M30	3.35	
Jo Peters	M65	2.85	
Andrew Ward	M55	1.98	
Jenn Parker	W50	1.51	**SR**
Sharon Moloney	W55	0.94	**SR**
Andrea Penny	W45	0.77	

Hammer

Warren Button	M30	55.43
John Fettus	M45	42.23
Jenn Parker	W50	37.66
Paul Foley	M55	35.55
Tom Gravestock	M65	34.29
Tim Lyons	M55	33.71
Paula Kennedy	W50	31.74
Andrew Ward	M55	27.10
Sharon Moloney	W55	25.44
Oliver Berry	M30	23.45
Andrea Penny	W45	14.38

Super weight

Warren Button	M30	9.70	
Ossi Igel	M70	8.87	**AR**
Jo Peters	M65	7.53	
Jenn Parker	W50	7.04	
Tim Lyons	M55	5.61	**SR**
Sharon Moloney	W55	4.97	**SR**
Paul Foley	M55	4.66	
Andrea Penny	W45	3.40	

Heavy weight pentathlon

Ossi Igel	M70		**4kg**	**12lb**	**16lb**	**20lb**	**25lb**
			21.12	19.67	17.32 **SR**	14.21	12.22
			883	932	1009	908	950
		Total points	4682 **AR**				
			20lb	**25lb**	**35lb**	**44lb**	**56lb**
Warren Button	M30		22.09	20.65	14.60	11.19	8.71
			801	848	712	752	722
		Total points	3835 **AR**				
			12lb	**16lb**	**20lb**	**25lb**	**35lb**
Jo Peters	M65		17.12	14.81	11.86	11.23	7.98
			679	674	634	712	586
		Total points	3285				
			4kg	**12lb**	**16lb**	**20lb**	**25lb**
Jenn Parker	W50		17.61	14.07	10.18	8.39	6.77
			758	699	617	613	576
		Total points	3263 **SR**				
			20lb	**25lb**	**35lb**	**44lb**	**56lb**
John Fettus	M45		19.26	16.80	12.58	NT	6.82
			819	802	718	0	644
		Total points	2983				
			16lb	**20lb**	**25lb**	**35lb**	**44lb**
Tim Lyons	M55		15.39	12.44	11.91	8.37	6.80
			605	550	641	522	577
		Total points	2895 **SR**				
			16lb	**20lb**	**25lb**	**35lb**	**44lb**
Paul Foley	M55		15.24	14.07	11.20	8.43	5.99
			599	635	597	527	487
		Total points	2845				
			16lb	**20lb**	**25lb**	**35lb**	**44lb**
Andrew Ward	M55		13.61	10.94	10.11	7.66	5.30
			525	472	527	467	410
		Total points	2401				
			4kg	**12lb**	**16lb**	**20lb**	**25lb**
Paula Kennedy	W50		14.95	11.54	10.98	NT	6.17
			629	555	676	0	509
		Total points	2369				
			20lb	**25lb**	**35lb**	**44lb**	**56lb**
Oliver Berry	M30		14.99	13.94	10.49	6.51	4.97
			513	539	479	375	334
		Total points	2240				
			4kg	**12lb**	**16lb**	**20lb**	**25lb**
Sharon Moloney	W55		10.41	8.59	7.15	6.15	4.71
			457	447	446	462	397
		Total points	2209 **SR**				
			12lb	**16lb**	**20lb**	**25lb**	**35lb**
Andrea Penny	W45		6.63	5.99	5.19	4.33	3.24
			268	287	295	273	238
		Total points	1361				

WAAS – January 12

100m

		wind +2.6
David Graieg	M35	12.4
Stuart Manning	M40	13.2
Geish Hori	M45	13.5
		wind +1.3
Stuart Walker	M55	13.4
Suresh Sivacolundhu	M50	13.6
Sue Coate	W50	14.7
		wind +2.7
Stephen Edwards	M35	12.1
Norm Richards	M80	16.3
Fran Cherry	W55	16.5
Ivo Davies	M75	17.8
		wind +3.5
Izaek Hossack	Vis	17.3
Marcus Nichols	Vis	17.9
Levi Manning	Vis	24.9
		wind +3.2
Rachel Nichols	Vis	18.7
Charlotte Graieg	Vis	18.8
Kalani Manning	Vis	19.5

200m

		wind +6.0
Norm Richards	M80	34.9
Fran Cherry	W55	36.4
Ivo Davies	M75	36.4
		wind +2.1
Ashley Moore	M40	24.2
David Graieg	M35	25.3
Suresh Sivacolundhu	M50	28.7
		wind +4.8
Stuart Manning	M40	27.5
Max Graieg	M60	35.0
		wind +3.2
Izaek Hossack	Vis	37.0
Marcus Nichols	Vis	37.8
Levi Manning	Vis	50.5
		wind +1.8
Rachel Nichols	Vis	39.6
Charlotte Graieg	Vis	39.7
Kalani Manning	Vis	42.0

1500m walk

Johan Hagedoorn	M75	10:47.5

1500m

Paul Highway	M45	5:32.8
David Graieg	M35	5:41.9
Clare Wardle	W45	5:44.9
Mark Dawson	M55	5:55.4
Steve Hossack	M60	6:01.1
Rob Cattrall	M60	6:03.5
Marcus Nichols	Vis	6:25.8
Paul Scott-Taylor	M60	6:30.7
Rachel Nichols	Vis	8:26.0
Rob Nichols	M40	8:26.6

3000m

Rob Nichols	M40	10:19.6
Clare Wardle	W45	11:51.5
Paul Highway	M45	12:14.9
Steve Hossack	M60	12:22.9
Rob Cattrall	M60	12:50.2
Mark Dawson	M55	13:11.6
Paul Scott-Taylor	M60	13:21.7
Marcus Nichols	Vis	13:33.1
Izaek Hossack	Vis	15:07.7

3000m walk

Johan Hagedoorn	M75	21:00.6
Lynne Schickert	W75	25:20.3
Glenys Duncan	W80	26:46.6

Long Jump

			wind
Matt Dean	M30	5.72	+2.3
Dave Wyatt	M65	4.28	+4.9
Dani Fuda	W40	4.09	+3.4
Sue Coate	W50	3.94	+6.1
Norm Richards	M80	2.88	+4.2
Lynne Schickert	W75	2.03	+5.8

Triple Jump

			wind
Stephen Edwards	M35	12.85	+5.8
Matt Dean	M30	12.15	+2.9
Dave Wyatt	M65	8.89	+4.2
Dani Fuda	W40	7.84	+4.8
Norm Richards	M80	5.97	+3.8

Hammer

Paul Foley	M55	33.25

Shot

Paul Foley	M55	10.79
Sue Coate	W50	9.51

Bunbury – January 12

Triple Jump

Brian Waldhuter	M80	7.28
Ruth Johnson	W75	5.55

Shot

John Fettus	M45	12.17
Jo Peters	M65	9.98
Balinga Pasco	M30	8.02
Garry Hastie	M55	7.99
Sharon Moloney	W55	7.71
Harold Membrey	M65	7.27
Brian Waldhuter	M80	6.59
Luella Jenkins	W75	6.39
Deb Cox	W55	6.10
Ruth Johnson	W75	5.11

200m

Balinga Pasco	M30	29.55
Garry Hastie	M55	30.37
Harold Membrey	M65	34.91
Ruth Johnson	W75	42.84

800m

Balinga Pasco	M30	2:37.5
Harold Membrey	M65	3:58.8
Garry Hastie (walk)	M55	5:32.9
Brian Waldhuter	M80	5:40.5
Sharon Moloney (walk)	W55	6:51.1
Luella Jenkins (walk)	W75	6:51.1

ECAC – January 14

100m

Syed Aljunied	Vis	12.80	
Stuart Walker	M55	13.67	
Joe-Anne Buchan	W45	13.74	
David Adams	M40	14.05	
Noah Bailey	Vis	15.23	
Naomi Lagat	W35	16.05	
Tim Loh	M30	12.52	
Emily Bailey	Vis	15.06	
Maureen Keshwar	W65	15.87	
Barbara Blurton	W70	15.89	(-0.2) **SR**
Greg Kennedy	M70	17.06	
Nick Fairweather	M65	17.10	
Sophie Williams	Vis	14.36	
Ingrid Wilcock	W40	15.49	
Rachel Williams	W35	15.80	
Keith Martin	M75	18.45	
Terri Carr	Vis	21.21	
Isolde Tietz	W70	21.93	
Dominic Lagat	M35	12.50	
Bonny Kaman	Vis	13.40	
Bob Han-Busi	Vis	16.04	
Dayna Lagat	Vis	19.44	
Larissa Lagat	Vis	20.06	
Roberto Busi	M40	24.39	

400m

Dominic Lagat	M35	57.80
Lillian Sharp	Vis	66.50
Joe-Anne Buchan	W45	71.17
Emily Bailey	Vis	71.63
Greg Kennedy	M70	83.68
Lukas Kemboi	Vis	59.82
Nick Best	M40	60.14
Bonny Kaman	Vis	66.35
Stuart Walker	M55	71.20
Clayton Sharp	M45	77.70
Roberto Busi	M40	78.51
Steve Barrie	M55	1:55.13
Bob Han-Busi	Vis	1:29.63
Izaek Hossack	Vis	1:32.02
Dayna Lagat	Vis	1:42.95
Larissa Lagat	Vis	1:44.29

1500m

Roberto Busi	M40	5:01.33
Dominic Lagat	M35	5:25.57
Stuart Manning	M40	5:47.23
Steven Hossack	M60	5:58.09
Noah Bailey	Vis	5:59.0(h)
David Adams	M40	6:22.98
Devon Dudley	Vis	6:45.92
Alan Gray	M55	6:58.64
Bob Hull	M75	7:05.01
Colin Smith	M55	7:58.08
Bob Han-Busi	Vis	8:14.47
Peter Tietz	M65	8:23.86
Isolde Tietz	W70	8:54.36
Steve Barrie	M55	9:59.28

1500m walk

Lynne Schickert	W75	12:25.20
Dianne Hewitt	W60	14:21.48

5000m

Roberto Busi	M40	17:05.4(h)
Dylan Bailey	Vis	20:50.23
Bernadette Benson	W50	20:59.39
Amity Dudley	Vis	21:12.54
Lillian Sharp	Vis	22:56.98
Clayton Sharp	M45	24:24.15
John Bailey	M40	24:39.30
Bruce McGeorge	M65	26:44.01
Peter Tietz	M65	27:56.91

3000m

Steve Hossack	M60	12:26.1(h)
David Adams	M40	14:43.94
Bob Hull	M75	14:28.03
Isaek Hossack	Vis	15:32.9(h)
Phillippa Bennett	W60	24:36.75

High Jump

Stephen Edwards	M35	1.62
Hans Venter	M55	1.57
Sophie Williams	Vis	1.40
Paul Foley	M55	1.40
Dave Wyatt	M65	1.35
Oliver Berry	M30	1.25
Ingrid Wilcock	W40	1.25
Rachel Williams	W35	1.20

Discus

Paul Foley	M55	39.65
Jenn Parker	W50	31.27
Andrew Ward	M55	30.85
Oliver Berry	M30	29.75
Anita Downing	W40	26.19
Bruce McGeorge	M65	23.46
Rachel Williams	W35	21.79
Maureen Keshwar	W65	21.74
Jemma Foley	Vis	21.10
Ingrid Wilcock	W40	20.72
Terri Carr	Vis	18.01
Sophie Williams	Vis	16.96
Dianne Hewitt	W60	9.47

Shot

Paul Foley	M55	10.77
Stephen Edwards	M35	9.86
Jenn Parker	W50	9.76
Andrew Ward	M55	8.69
Maureen Keshwar	W65	8.41
Anita Downing	W40	8.08
Rachel Williams	W35	8.02
Oliver Berry	M30	7.87
Jemma Foley	Vis	7.80
Sophie Williams	Vis	6.78
Terri Carr	Vis	6.60
Ingrid Wilcock	W40	6.07
Dianne Hewitt	W60	5.89

WA Country Championships, Bunbury – January 15-17

100m

Brenda Painter	W75	20.05	+0.5

1500m

Balinga Pasco	M30	4:55.50

Shot

Brenda Painter	W75	5.12

Discus

Tim Lyons	M55	36.44
Brenda Painter	W75	11.46

Hammer

Tim Lyons	M55	32.63

WAAS – January 19

60m

Geish Hori	M45	8.1
Suresh Sivacolundhu	M50	8.6
Greg Kennedy	M70	9.5
Fran Cherry	W55	9.7
Norm Richards	M80	9.7
Anita Downing	W40	10.2
Stuart Walker	M55	8.3
Mike Anderson	M70	13.7
Ray Walker	M90	24.6
Rachel Nichols	Vis	11.2
Kalani Manning	Vis	11.9
Levi Manning	Vis	13.1

200m

Stuart Walker	M55	29.0
Norm Richards	M80	36.8
Fran Cherry	W55	36.8
Suresh Sivacolundhu	M50	30.1
Greg Kennedy	M70	34.0
Mike Anderson	M70	50.7
Stephen Edwards	M35	25.2
Joshua Ballard	M30	30.6
Isaiah Manning	Vis	33.3
Marcus Nichols	Vis	37.0
Rachel Nichols	Vis	42.6
Kalani Manning	Vis	47.4
Levi Manning	Vis	55.0

5000m

Rob Nichols	M40	17:37.5
Clare Wardle	W45	19:31.9
Alan Gower	M65	20:40.7
Paul Highway	M45	21:46.9
Grahak Cunningham	M40	22:02.9
Paul Scott-Taylor	M60	22:46.3

Hammer

Paul Foley	M55	31.57
Andrew Ward	M55	24.47
Phil Smyth	M70	23.63
Anita Downing	W40	16.50
Ken Wilkins	M55	10.91
Christina Faithfull	W70	10.76

400m

Ashley Moore	M40	53.5
Stuart Manning	M40	63.4
Paul Highway	M45	68.1
Suresh Sivacolundhu	M50	64.4
Isaiah Manning	Vis	74.7
Paul Scott-Taylor	M60	1:33.4
Marcus Nichols	Vis	1:30.3
Rachel Nichols	Vis	1:40.1
Kalani Manning	Vis	1:43.8

3000m

Stuart Manning	M40	14:16.3
David Brook	M55	15:54.0
Marcus Nichols	Vis	18:46.8

3000m walk

Johan Hagedoorn	M75	20:18.0
Glenys Duncan	W80	26:43.0

High Jump

Stephen Edwards	M35	1.62
Hans Venter	M55	1.58
Michelle Krokosz	W35	1.40
Paul Foley	M55	1.30
Jenn Parker	W50	1.30
Dave Wyatt	M65	1.30
Sue Coate	W50	1.25
Phil Smyth	M70	1.25
Christine De Vries	W55	1.20
Geoff Brayshaw	M70	1.20
Greg Kennedy	M70	1.20
Marcus Nichols	Vis	1.00

Javelin

Paul Foley	M55	39.67
Sue Coate	W50	29.59
Andrew Ward	M55	28.88
Geoff Brayshaw	M70	26.18
Michelle Krokosz	W35	25.43
Grahak Cunningham	M40	23.65
Ken Wilkins	M55	22.79
Anita Downing	W40	22.72
Jenn Parker	W50	20.19
Phil Smyth	M70	17.01
Christina Faithfull	W70	13.12

Bunbury – January 19

100m

Garry Hastie	M55	15.01
Brian Waldhuter	M80	18.79
Luella Jenkins	W75	21.97

High Jump

Brian Waldhuter	M80	1.17

Javelin

Garry Hastie	M55	32.00
Deb Cox	W55	16.59
Brian Waldhuter	M80	15.78
Luella Jenkins	W75	13.61

ECAC – January 21

100m

Tim Loh	M30	12.57	**wind -1.0**
Leigh Dawson	M30	12.67	
Syed Aljunied	Vis	13.43	
Phoebe Lewis	Vis	13.52	
Luke Linden	Vis	14.27	
David Adams	M40	14.96	
			wind +0.0
Dominic Lagat	M35	12.50	
Bonny Kaman	Vis	12.83	
Jenn Parker	W50	15.37	
Ingrid Wilcock	W40	15.71	
Maureen Keshwar	W65	16.04	
Barbara Blurton	W70	16.37	
Greg Kennedy	M70	17.01	
Nick Fairweather	M65	17.72	
			wind -1.0
Emily Bailey	Vis	15.42	
Dayna Lagat	Vis	20.00	
Kalani Manning	Vis	21.06	
Larissa Lagat	Vis	21.14	
Levi Manning	Vis	24.60	

200m

Leigh Dawson	M30	25.79	**wind +0.3**
Phoebe Lewis	Vis	27.54	
Luke Linden	Vis	29.71	
David Adams	M40	30.05	
Andrew Grosas	M55	33.17	
			wind -3.8
Barbara Blurton	W70	33.66	
Naomi Lagat	W35	35.07	
Nick Fairweather	M65	40.87	
Dayna Lagat	Vis	42.96	
Larissa Lagat	Vis	44.25	
			wind -2.0
Dominic Lagat	M35	24.80	
Bonny Kaman	Vis	26.64	
Kalani Manning	Vis	48.68	
Levi Manning	Vis	59.68	

800m

Nick Best	M40	2:20.21
Jessica Smith	W30	2:40.28
Stuart Manning	M40	2:43.66
Emily Bailey	Vis	2:47.09
Katelyn Smith	W30	2:49.67
Clayton Sharp	M45	3:01.71
Dominic Lagat	M35	2:25.67
Keiran Smith	Vis	3:01.52
Naomi Lagat	W35	3:06.22
Sally-Anne Smith	W40	3:07.30
Jorja Smith	Vis	3:07.60
Dayna Lagat	Vis	3:22.81
Tania De Abreu	W55	3:34.96
Larissa Lagat	Vis	3:42.19
Kai Langford	Vis	4:09.70
Silke Peglow	W50	4:10.55
Karyn Tolardo (walk)	W55	4:43.26
Steve Barrie	M55	4:48.34
John Brambley (walk)	M75	6:11.71
Steve Travell (walk)	M65	6:31.87

3000m

Drew Langford	M40	10:22.32
Jessica Smith	W30	11:51.52
Andrew Grosas	M55	14:00.77
Katelyn Smith	W30	14:17.84
Jorja Smith	Vis	15:52.71
Tania De Abreu	W55	15:53.38
Carmel Meyer	W60	16:45.92
Peter Tietz	M65	17:27.26
Isolde Tietz	W70	18:20.34
Steve Barrie	M55	21:38.8(h)

3000m walk

Karyn Tolardo	W55	19:54.13
Steve Travell	M65	25:15.1(h)

2000m steeplechase

Noah Bailey	Vis	8:01.68
Nick Best	M40	9:02.74
Isaiah Manning	Vis	9:22.76
Stuart Manning	M40	9:25.09
Andrew Grosas	M55	9:49.87
Tracy Gallagher	W45	10:33.87
Katelyn Smith	W30	10:42.78
Jessica Smith	W30	10:43.01
Silke Peglow	W50	12:33.68

Long Jump

			wind
Dominic Lagat	M35	5.69	+1.0
Bonny Kaman	Vis	4.72	+3.3
Ingrid Wilcock	W40	4.33	+2.4
Laura Melis	Vis	4.14	+1.9
Greg Kennedy	M70	3.98	+2.2
Maureen Keshwar	W65	3.40	+2.2
Dayna Lagat	Vis	3.16	+3.6
Dianne Hewitt	W60	2.66	+1.8
Kalani Manning	Vis	2.30	+1.6
Larissa Lagat	Vis	2.17	+2.5
Levi Manning	Vis	1.95	+1.9

Javelin

Paul Foley	M55	40.81
Ossi Igel	M70	30.83
Andrew Ward	M55	30.52
Laura Melis	Vis	21.46
Jenn Parker	W50	19.82
Ingrid Wilcock	W40	17.45
Jemma Foley	Vis	16.22
Carmel Meyer	W60	15.88
Christina Faithfull	W70	13.14
Dianne Hewitt	W60	11.23
Cheri Bonser	Vis	10.24
Des Foley	M80	10.23

Weight

Ossi Igel	M70	16.73
Paul Foley	M55	11.81
Andrew Ward	M55	10.60
Jenn Parker	W50	10.53
Christina Faithfull	W70	4.64

Super Weight

Des Foley	M80	4.10	**SR**
Kyle Bartlett	Vis	3.85	
Jemma Foley	Vis	3.20	

Bunbury – January 21

Throws pentathlon

			Hammer	Shot	Discus	Javelin	Weight
Luella Jenkins	W75		20.17	6.46	16.19	13.54	9.58
			670	650	555	493	699
		Total points	3067				
Ruth Johnson	W80		20.50	5.67	11.75	11.62	7.30
			807	645	455	505	569
		Total points	2981				
Brian Waldhuter	M80		18.85	6.70	18.52	12.69	8.58
			434	490	473	251	519
		Total points	2167				
Harold Membrey	M65		20.30	7.50	22.25	16.50	9.15
			346	498	384	240	463
		Total points	1931				

100lb weight

Harold Membrey	M65	1.69
Brian Waldhuter	M80	1.54
Luella Jenkins	W75	0.84
Ruth Johnson	W80	0.69

Strive, WAAS – January 22

200m

Adrian McKenzie	M45	25.02	+2.7
Oliver Berry	M30	25.44	+1.8
Joe-Anne Buchan	W45	29.45	+1.4
David Adams	M40	30.58	+1.1

800m

Angie Ross	W40	2:14.32	**SR**
Jannie Baard	M50	2:25.53	
Mark Dawson	M55	2:36.87	
David Adams	M40	2:50.88	

3000m

Gerard Hill	M35	8:33.72	
Chris Gould	M45	8:55.24	**SR**
Paul Beckers	M30	9:03.72	
Clare Wardle	W45	11:01.06	
David Adams	M40	12:48.63	

3000m walk

Melissa Lewis	W30	14:15.86	**SR**

Pole Vault

Geoff Brayshaw	M70	2.60	
Phil Smyth	M70	2.50	
Oliver Berry	M30	2.20	
Sue Coate	W50	2.00	**SR**
Michelle Krokosz	W35	2.00	**SR**

Hammer

Oliver Berry	M30	24.52

Javelin

Oliver Berry	M30	37.78

Discus

Rachel Williams	W35	20.38

Shot

Michelle Krokosz	W35	9.91
Sue Coate	W50	9.78
Rachel Williams	W35	8.10

Bunbury – January 28

80m hurdles

Brian Waldhuter	M80	19.71

Javelin

Harold Membrey	M65	17.15
Brian Waldhuter	M80	12.85
Ruth Johnson	W80	11.25

Shot

Harold Membrey	M65	7.72
Brian Waldhuter	M80	6.55
Ruth Johnson	W80	5.82

Strive, WAAS – January 30

100m

Adrian McKenzie	M45	11.55	+2.2
David Statham	M50	12.52	+1.4
Mandy Mason	W50	13.00	+2.1
Joe-Anne Buchan	W45	13.88	+1.7

Hammer

Byrony Glass	W40	43.83

1500m

Chris Gould	M45	4:14.15	
Angie Ross	W40	4:33.19	**SR**
Jannie Baard	M50	5:25.12	
Mark Dawson	M55	5:42.41	

ECAC – January 28

60m

David Adams	M40	9.62	
Cathy McCloskey	Vis	9.79	
Anna Watters	W40	9.83	
Maureen Keshwar	W65	10.10	
Barbara Blurton	W70	10.46	
Sally-Anne Smith	W40	11.77	
			wind -2.1
Phoebe Lewis	Vis	8.42	
Glen Ward	Vis	8.64	
Tony Ward	Vis	9.43	
Greg Kennedy	M70	9.96	
Fran Cherry	W55	10.36	
Nick Fairweather	M65	10.37	
			wind -4.6
Charlotte Best	Vis	9.49	
Abigail Best	Vis	10.33	
Bob Han-Busi	Vis	10.56	
Ivo Davies	M75	11.33	
Eileen Mitchell	W45	12.85	
Bob Schickert	M75	15.64	
Lynne Schickert	W75	18.24	
			wind -3.7
Cheryl Lim	Vis	10.09	
Anita Downing	W40	10.70	
Natalia Dronets	W35	10.73	
Charlene Lim	Vis	11.03	
			wind -2.7
Tim Loh	M30	7.82	
Dominic Lagat	M35	8.00	
Leigh Dawson	M30	8.01	
Lukas Kemboi	Vis	8.34	
Stuart Walker	M55	8.80	

200m

			wind -1.3
Barbara Blurton	W70	32.34	**AR**
Carmel Meyer	W60	34.03	
Maureen Keshwar	W65	34.18	
Fran Cherry	W55	37.24	
			wind -2.3
Dominic Lagat	M35	24.90	
Lukas Kemboi	Vis	26.97	
Phoebe Lewis	Vis	27.44	
Oliver Berry	M30	29.23	
Stuart Walker	M55	29.61	
Sharon Davis	W45	30.04	
			wind -0.2
Charlotte Best	Vis	30.21	
Tony Ward	Vis	30.55	
Abigail Best	Vis	34.75	
Nick Best	M40	34.82	
Roberto Busi	M40	35.20	
Steve Barrie	M55	51.29	
			wind -0.9
Jorga Smith	Vis	35.90	
Ivo Davies	M75	36.28	
Bob Han-Busi	Vis	36.99	
Charlene Lim	Vis	40.63	
Jovan Radosvic	Vis	41.86	
Noah Bailey	Vis	46.95	
Bob Schickert	M75	53.21	

80m hurdles

Glen Ward	Vis	15.46
Greg Kennedy	M70	16.41
Anna Watters	W40	16.53

1500m

Ross Langford	M40	4:35.92
Chris Gould	M45	4:36.34
Drew Langford	M40	4:36.81
Roberto Busi	M40	5:11.34
Nick Best	M40	5:11.71
Mia Colley	Vis	5:25.34
Dylan Bailey	Vis	5:27.58
David Adams	M40	6:04.58
Clayton Sharp	M45	6:05.65
Keiran Smith	Vis	6:06.71
Aleksa Radosevic	Vis	6:19.62
Glen Ward	Vis	6:23.31
Tony Ward	Vis	6:27.73
Devon Dudley	Vis	6:48.49
Abigail Best	Vis	7:38.82
Eileen Mitchell	W45	8:13.11
Jorja Smith	Vis	8:14.80
Sally-Anne Smith	W40	9:34.82
Steve Barrie	M55	10:14.01

1500m walk

John McDonagh	M70	9:32.71
John Brambley	M75	12:05.78
Lynne Schickert	W75	12:34.65
Dianne Hewitt	W60	13:41.18

3000m

Roberto Busi	M40	9:09.13
Ross Langford	M40	10:45.51
Drew Langford	M40	11:25.15
Noah Bailey	Vis	11:38.29
Amity Dudley	Vis	11:45.41
Dylan Bailey	Vis	11:45.90
Nikola Radosevic	Vis	12:23.08
David Adams	M40	13:43.01
Abigail Best	Vis	20:30.57
Nick Best	M40	20:30.69
Steve Barrie	M55	21:00.94
Phillippa Bennett	W60	21:17.83

High Jump

Leigh Dawson	M30	1.60
Hans Venter	M55	1.50
Charlotte Best	Vis	1.45
Nick Best	M40	1.15
Abigail Best	Vis	1.15
David Adams	M40	1.00

Hammer

Ossi Igel	M70	37.29
Paul Foley	M55	29.43
Bev Hamilton	W75	27.68
Andrew Ward	M55	27.15
Anita Downing	W40	17.39
Andrea Penny	W45	13.39

Shot

Ossi Igel	M70	11.68
Paul Foley	M55	10.83
Andrew Ward	M55	8.39
Maureen Keshwar	W65	8.37
Anita Downing	W40	8.22
Bev Hamilton	W75	7.47
Natalia Dronets	W35	6.98
Dianne Hewitt	W60	5.73
Lynne Schickert	W75	5.35
Andrea Penny	W45	4.52