# November 2022 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 – 1 November

### 60m

| | | |
|---|---|---|
| Garry Hastie | M60 | 9.33 |
| Michael Byrne | M70 | 9.62 |
| Sharon Moloney | W60 | 10.88 |
| Paula Kennedy | W55 | 11.03 |
| Ruth Johnson | W80 | 12.36 |
| Luella Jenkins | W80 | 12.53 |
| Lyle James | M80 | 15.86 |

### 3000m

| | | |
|---|---|---|
| Steve Weller | M45 | 10:49.0 |
| Michael Byrne | M70 | 13:47.6 |
| Sharon Moloney | W60 | 19:36.5 |
| Ruth Johnson | W80 | 22:20.6 |

### 3000m walk

| | | |
|---|---|---|
| Garry Hastie | M60 | 16:57.4 |
| Luella Jenkins | W80 | 24:55.7 |
| Paula Kennedy | W55 | 25:25.8 |

### Discus

| | | |
|---|---|---|
| John Fettus | M45 | 37.01 |
| Garry Hastie | M60 | 30.09 |
| Paula Kennedy | W55 | 20.49 |
| Sharon Moloney | W60 | 18.27 |
| Luella Jenkins | W80 | 16.30 |
| Brian Waldhuter | M80 | 15.78 |
| Ruth Johnson | W80 | 10.68 |
| Lyle James | M80 | 5.80 |

## ECAC – 3 November

### 100m

| | | |
|---|---|---|
| Gin Ang | M55 | 13.55 |
| David Adams | M45 | 14.71 |
| Andrew Kets | M50 | 14.72 |
| Ingrid Wilcock | W40 | 15.32 |
| | | |
| Dominic Lagat | M35 | 12.70 |
| Naomi Lagat | W35 | 16.02 |
| Dante van Heerwaarden | Vis | 21.12 |
| Ingrid Wilcock | W40 | 21.23 |

### 400m

| | | |
|---|---|---|
| Dominic Lagat | M35 | 56.15 |
| Emily Bailey | Vis | 71.89 |
| Naomi Lagat | W35 | 74.88 |
| Mark Dawson | M60 | 78.03 |
| Dayna Lagat | Vis | 78.69 |
| Larissa Lagat | Vis | 86.33 |

### 1 mile

| | | |
|---|---|---|
| Ryan Kavanagh | Vis | 5:11.67 |
| Vanessa Carson | W40 | 6:03.44 |
| Andrew Kets | M50 | 6:16.10 |
| John Bailey | M40 | 6:51.11 |
| Campbell Till | M65 | 7:30.58 |
| Larissa Lagat | Vis | 8:34.02 |
| Janne Wells | W50 | 10:16.18 |

### 1 mile walk

| | | |
|---|---|---|
| Karyn Tolardo | W55 | 9:26.46 |
| John McDonagh | M70 | 11:07.21 |

### 3000m

| | | |
|---|---|---|
| Ryan Kavanagh | Vis | 10:33.16 |
| Dominic Lagat | M35 | 11:31.63 |
| David Adams | M45 | 11:56.43 |
| Vanessa Carson | W40 | 12:13.38 |
| Mark Dawson | M60 | 13:26.41 |
| Naomi Lagat | W35 | 13:57.21 |
| Dayna Lagat | Vis | 16:36.63 |
| Steve Barrie | M60 | 17:49.46 |
| Janne Wells | W50 | 19:36.67 |

### 3000m walk

| | | |
|---|---|---|
| Karyn Tolardo | W55 | 18:15.72 |
| Fiona van Heerwaarden | W45 | 19:39.47 |
| John McDonagh | M70 | 21:20.36 |
| John Dennehy | M60 | 21:33.81 |
| Glenys Duncan | W80 | 28:44.49 |

### High Jump

| | | |
|---|---|---|
| Dominic Lagat | M35 | 1.60 |
| Dave Wyatt | M70 | 1.30 |
| Jenn Parker | W50 | 1.25 |
| Jacinta Thompson | W45 | 1.09 |
| Gay Wyatt | W65 | 1.06 |
| Fiona van Heerwaarden | W45 | 1.06 |

### Shot

| | | |
|---|---|---|
| Jessica Siviour | Vis | 11.47 |
| Daniel Cazangiu | Vis | 9.87 |
| Andrew Ward | M60 | 9.60 |
| Jenn Parker | W50 | 9.12 |
| Jacinta Thompson | W45 | 7.52 |
| Garry Parker | M55 | 7.09 |
| Ingrid Wilcock | W40 | 5.76 |

### Discus

| | | |
|---|---|---|
| Jessica Siviour | Vis | 44.34 |
| Andrew Ward | M60 | 36.87 |
| Daniel Cazangiu | Vis | 30.44 |
| Jenn Parker | W50 | 26.00 |
| Campbell Till | M65 | 22.76 |
| Garry Parker | M55 | 22.41 |
| Dominic Lagat | M35 | 22.39 |
| Maureen Keshwar | W70 | 21.66 |
| Bruce McGeorge | M65 | 20.79 |
| Jacinta Thompson | W45 | 19.39 |
| Ingrid Wilcock | W40 | 19.21 |
| John Dennehy | M60 | 14.79 |
| Naomi Lagat | W35 | 13.51 |
| Steve Barrie | M60 | 14.32 |
| Gillian Young | W75 | 12.22 |
| Carol Bowman | W65 | 10.86 |
| David Adams | M45 | 9.38 |
| David Carr | M90 | NM |

## John Gilmour 10k, ECAC – 4 November

**10,000m**

| | | |
|---|---|---|
| Dean Menzies | M30 | 31:27 |
| Adrian Fabiankovits | M35 | 38:38 |
| Greg Knuckey | M60 | 43:38 |
| Tristan Bell | M55 | 46:23 |
| Mercurio Cicchini | M70 | 51:54 |
| Bruce McGeorge | M65 | 57:43 |

## Pan Pac Masters Games, Gold Coast – 5-7 November

**60m**

| | | | |
|---|---|---|---|
| Garry Hastie | M60 | 9.29 | +2.1 |

**100m**

| | | | |
|---|---|---|---|
| Garry Hastie | M60 | 14.83 | +3.4 |

**200m**

| | | | |
|---|---|---|---|
| Garry Hastie | M60 | 31.05 | +3.5 |

**300m hurdles**

| | | |
|---|---|---|
| Garry Hastie | M60 | 57.71 |

**3000m walk**

| | | |
|---|---|---|
| Garry Hastie | M60 | 16:34.45 |

**5000m walk**

| | | |
|---|---|---|
| Garry Hastie | M60 | 29:52.46 |

**Javelin**

| | | |
|---|---|---|
| Garry Hastie | M60 | 35.12 |

## Strive, Bunbury – 5 November

**400m**

| | | |
|---|---|---|
| Matthew Konsolis | M35 | 52.03 |

## New York – 6 November

**Marathon**

| | | |
|---|---|---|
| Stuart Walker | M55 | 4:58:42 |

## Bunbury – 8 November

**400m**

| | | |
|---|---|---|
| Michael Byrne | M70 | 71.4 |
| Sharon Moloney | W60 | 108.1 |
| Ruth Johnson | W80 | 112.0 |
| Luella Jenkins | W80 | 155.1 |

**1500m**

| | | |
|---|---|---|
| Michael Byrne | M70 | 6:21.5 |
| Ruth Johnson | W80 | 10:01.6 |

**Javelin**

| | | |
|---|---|---|
| Sharon Moloney | W60 | 16.10 |
| Luella Jenkins | W80 | 13.81 |

**1500m walk**

| | | |
|---|---|---|
| Harold Membrey | M70 | 11:29.6 |

**Long Jump**

| | | |
|---|---|---|
| Ruth Johnson | W80 | 2.12 |
| Luella Jenkins | W80 | 2.06 |
| Sharon Moloney | W60 | 1.95 |

**Hammer**

| | | |
|---|---|---|
| John Fettus | M45 | 39.36 |
| Harold Membrey | M70 | 24.93 |
| Sharon Moloney | W60 | 24.01 |
| Ruth Johnson | W80 | 20.07 |
| Luella Jenkins | W80 | 19.80 |
| Brian Waldhuter | M80 | 15.80 |

## ECAC – 10 November

**60m**

| | | |
|---|---|---|
| Adrian McKenzie | M45 | 7.5 |
| Lee Stergiou | M50 | 7.9 |
| Daniel Smith | M45 | 8.3 |
| Gin Ang | M55 | 8.5 |
| David Adams | M45 | 8.8 |
| Emily Bailey | Vis | 8.8 |
| Jack Reid | M50 | 9.1 |
| Barrie Kernaghan | M80 | 9.5 |
| David Gardiner (walk) | M75 | 12.4 |

**200m**

| | | |
|---|---|---|
| Dominic Lagat | M35 | 24.8 |
| Lee Stergiou | M50 | 25.0 |
| Adrian McKenzie | M45 | 25.4 |
| Gin Ang | M55 | 28.4 |
| Sharon Davis | W45 | 30.0 |
| Jack Reid | M50 | 31.3 |
| Emily Bailey | Vis | 31.6 |
| Dayna Lagat | Vis | 38.1 |
| Hannah Maslen | Vis | 34.5 |
| Larissa Lagat | Vis | 39.0 |
| Carol Bowman | W65 | 41.2 |
| David Carr | M90 | 44.9 |
| Barrie Kernaghan | M80 | 45.5 |

**400m**

| | | |
|---|---|---|
| Dominic Lagat | M35 | 58.0 |
| Daniel Smith | M45 | 59.6 |
| Campbell Till | M65 | 63.1 |
| Sharon Davis | W45 | 63.2 |
| Simon McGarvie | M55 | 66.5 |
| Sue Coate | W55 | 71.8 |
| | | |
| Jack Reid | M50 | 66.8 |
| David Adams | M45 | 69.6 |
| Jenn Parker | W50 | 73.0 |
| Mark Dawson | M60 | 75.7 |
| Jacinta Thompson | W45 | 87.8 |
| John Dennehy | M60 | 1:31.2 |
| David Carr | M90 | 1:41.1 |
| | | |
| Naomi Lagat | W35 | 73.1 |
| Hannah Maslen | Vis | 74.9 |
| Dayna Lagat | Vis | 78.9 |
| John Bailey | M40 | 82.0 |
| Larissa Lagat | Vis | 84.2 |
| Steve Barrie | M60 | 1:45.1 |
| David Gardiner (walk) | M75 | 2:52.5 |

**5000m**

| | | |
|---|---|---|
| Paul Rowland | M45 | 17:24.4 |
| Mark Maslen | M45 | 17:35.0 |
| Michael Nguyen | Vis | 20:37.0 |
| David Adams | M45 | 21:58.9 |
| Dominic Lagat | M35 | 22:28.8 |

**3000m (*one extra lap run)**

| | | |
|---|---|---|
| Mark Dawson | M60 | 13:42.6 |
| Naomi Lagat | W35 | 16:58.0* |
| Dayna Lagat | Vis | 18:53.6* |
| Steve Barrie | M60 | 18:54.0 |

**Javelin**

| | | |
|---|---|---|
| Dominic Lagat | M35 | 32.80 |
| Andrew Ward | M60 | 30.28 |
| Sue Coate | W55 | 28.84 |
| Dayna Lagat | Vis | 20.80 |
| Jenn Parker | W50 | 18.16 |

**Shot**

| | | |
|---|---|---|
| Andrew Ward | M60 | 9.24 |
| Sue Coate | W55 | 9.24 |
| Jenn Parker | W50 | 8.97 |
| Lisa Limonas | W50 | 8.45 |
| Jacinta Thompson | W45 | 7.24 |

## Strive, ECAC – 12 November

**200m**

| | | | |
|---|---|---|---|
| Matthew Konsolis | M35 | 23.86 | -2.2 |

**800m**

| | | |
|---|---|---|
| Steve Preece | M50 | 2:19.98 |
| Sharon Davis | W45 | 2:21.25 |
| Jannie Baard | M50 | 2:28.90 |

## Bunbury – 12 November

**Throws pentathlon**

| | | | Hammer | Shot | Discus | Javelin | Weight |
|---|---|---|---|---|---|---|---|
| Luella Jenkins | W80 | | 18.71 | 6.30 | 16.71 | 14.01 | 9.36 |
| | | | 721 | 731 | 696 | 629 | 766 |
| | | Total points | 3543 | | | | |
| John Fettus | M45 | | 38.35 | 11.90 | 38.65 | 33.69 | 13.10 |
| | | | 636 | 747 | 799 | 434 | 753 |
| | | Total points | 3369 | | | | |
| Sharon Moloney | W60 | | 26.01 | 7.73 | 19.14 | 15.92 | 8.49 |
| | | | 710 | 635 | 473 | 395 | 509 |
| | | Total points | 2722 | | | | |
| Ruth Johnson | W80 | | 19.38 | 5.23 | 10.58 | 8.40 | 6.81 |
| | | | 753 | 585 | 400 | 341 | 523 |
| | | Total points | 2602 | | | | |
| Harold Membrey | M70 | | 23.57 | 7.28 | 18.91 | 13.07 | 10.32 |
| | | | 419 | 445 | 351 | 188 | 551 |
| | | Total points | 1954 | | | | |
| Brian Waldhuter | M80 | | 17.12 | 6.38 | 14.59 | 11.99 | 8.45 |
| | | | 381 | 462 | 348 | 231 | 509 |
| | | Total points | 1931 | | | | |

**100lb weight**

| | | |
|---|---|---|
| John Fettus | M45 | 3.64 |
| Harold Membrey | M70 | 1.87 |
| Brian Waldhuter | M80 | 1.54 |
| Sharon Moloney | W60 | 1.02 |
| Luella Jenkins | W80 | 0.79 |
| Ruth Johnson | W80 | 0.59 |

## Bunbury – 15 November

### 200m

| | | |
|---|---|---|
| Harold Membrey | M70 | 42.32 |
| Sharon Moloney | W60 | 46.39 |
| Ruth Johnson | W80 | 49.69 |
| Luella Jenkins | W80 | 54.50 |

### 800m

| | | |
|---|---|---|
| Sharon Moloney | W60 | 4:35.3 |
| Ruth Johnson | W80 | 5:04.1 |

### Shot

| | | |
|---|---|---|
| John Fettus | M45 | 11.12 |
| Paula Kennedy | W55 | 8.19 |
| Harold Membrey | M70 | 7.54 |
| Sharon Moloney | W60 | 7.16 |
| Luella Jenkins | W80 | 6.65 |
| Brian Waldhuter | M80 | 6.11 |
| Ruth Johnson | W80 | 5.05 |

### Triple Jump

| | | |
|---|---|---|
| Sharon Moloney | W60 | 5.28 |
| Ruth Johnson | W80 | 5.16 |

### Hammer

| | | |
|---|---|---|
| John Fettus | M45 | 39.93 |
| Paula Kennedy | W55 | 27.42 |
| Sharon Moloney | W60 | 23.13 |
| Harold Membrey | M70 | 22.86 |
| Luella Jenkins | W80 | 19.96 |
| Ruth Johnson | W80 | 18.11 |
| Brian Waldhuter | M80 | 15.54 |

## ECAC – 17 November

### 100m

| | | |
|---|---|---|
| Dominic Lagat | M35 | 12.82 |
| Roberto Busi | M45 | 14.30 |
| Jack Reid | M50 | 14.53 |
| Bob Han-Busi | Vis | 15.05 |
| Tammi Doyle | W50 | 15.39 |
| Gabriel van Heerwaarden | Vis | 17.04 |
| | | |
| Naomi Lagat | W35 | 15.84 |
| Larissa Lagat | Vis | 19.10 |
| Des Walsh | M65 | 20.24 |
| Barrie Kernaghan | M80 | 20.28 |
| Dante van Heerwaarden | Vis | 24.64 |

### 200m

**wind: -0.1**

| | | | |
|---|---|---|---|
| Jack Reid | M50 | 30.58 | |
| Gabriel van Heerwaarden | Vis | 35.47 | |
| Mark Dawson | M60 | 38.04 | |
| Barrie Kernaghan | M80 | 42.58 | |
| David Carr | M90 | 42.60 | **AR pending** |
| Des Walsh | M65 | 43.32 | |
| Jackie Halberg | W75 | 51.58 | |
| Dante van Heerwaarden | Vis | 54.17 | |

### 1500m

| | | |
|---|---|---|
| Dominic Lagat | M35 | 4:57.45 |
| Simon McGarvie | M55 | 5:23.58 |
| David Adams | M45 | 5:32.27 |
| Andrew Kets | M50 | 5:36.49 |
| Vanessa Carson | W40 | 5:38.13 |
| Michael Nguyen | Vis | 5:55.48 |
| Bob Han-Busi | Vis | 5:58.14 |
| Roberto Busi | M45 | 5:58.24 |
| Dayna Lagat | Vis | 5:59.19 |
| Gabriel van Heerwaarden | Vis | 6:00.21 |
| Larissa Lagat | Vis | 6:03.98 |
| Naomi Lagat | W35 | 6:18.72 |
| Mark Dawson | M60 | 6:30.10 |
| John Bailey | M40 | 6:34.88 |
| Jacinta Thompson | W45 | 7:13.83 |
| Gillian Young | W75 | 7:31.47 |
| Fiona van Heerwaarden | W45 | 7:43.01 |
| Steve Barrie | M60 | 8:26.40 |
| John Dennehy | M60 | 9:13.37 |

### 1500m walk

| | | |
|---|---|---|
| Tom Lenane | M65 | 10:20.48 |
| Pauline Sweeny | Vis | 14:13.18 |

### 3000m

| | | |
|---|---|---|
| Roberto Busi | M45 | 11:02.63 |
| Dominic Lagat | M35 | 11:36.15 |
| Michael Nguyen | Vis | 11:58.41 |
| David Adams | M45 | 12:29.37 |
| Vanessa Carson | W40 | 12:33.63 |
| Mark Dawson | M60 | 14:27.42 |
| David Carr | M90 | 18:58.85 |

### 2000m steeplechase

| | | |
|---|---|---|
| Roberto Busi | M45 | 7:49.45 |
| Emily Bailey | Vis | 10:10.40 |
| John Bailey | M40 | 10:11.00 |
| Bob Han-Busi | Vis | 10:59.53 |

### Discus

| | | |
|---|---|---|
| Andrew Ward | M60 | 35.42 |
| Des Walsh | M65 | 21.86 |
| Dayna Lagat | Vis | 21.55 |

### High Jump

| | | |
|---|---|---|
| Dominic Lagat | M35 | 1.50 |
| Jenn Parker | W50 | 1.25 |
| Sue Coate | W55 | 1.20 |
| Lisa Limonas | W50 | 1.20 |
| Jacinta Thompson | W45 | 1.15 |
| Fiona van Heerwaarden | W45 | 1.09 |
| Naomi Lagat | W35 | 1.06 |
| Steve Barrie | M60 | 1.03 |
| John Dennehy | M60 | 1.03 |
| Carol Bowman | W65 | 0.88 |
| Gillian Young | W75 | NH |

## Strive, WAIS – 18 November

### Pole Vault

| | | |
|---|---|---|
| Dave Wilkie | M60 | 2.40 |
| Geoff Brayshaw | M70 | 2.40 |
| Sue Coate | W55 | 2.20 |

## Bunbury – 19 November

### Discus

| | | |
|---|---|---|
| John Fettus | M45 | 37.18 |
| Paula Kennedy | W55 | 20.15 |
| Sharon Moloney | W60 | 19.27 |
| Luella Jenkins | W80 | 17.64 |
| Brian Waldhuter | M80 | 15.48 |
| Ruth Johnson | W80 | 11.02 |

### Weight

| | | |
|---|---|---|
| John Fettus | M45 | 12.90 |
| Luella Jenkins | W80 | 9.78 |
| Paula Kennedy | W55 | 9.33 |
| Sharon Moloney | W60 | 9.15 |
| Brian Waldhuter | M80 | 8.42 |
| Ruth Johnson | W80 | 7.00 |

## Strive, ECAC – 20 November

### 100m

| | | | |
|---|---|---|---|
| Lee Stergiou | M50 | 12.43 | +0.3 |
| Gin Ang | M55 | 13.67 | -1.9 |
| Sue Coate | W55 | 14.63 | -1.6 |
| David Adams | M45 | 14.92 | -1.0 |
| Jenn Parker | W50 | 15.05 | -1.6 |
| John Dennehy | M60 | 17.51 | -1.0 |
| Barrie Kernaghan | M80 | 20.09 | -1.0 |

### 400m

| | | |
|---|---|---|
| Matthew Konsolis | M35 | 51.54 |
| Lee Stergiou | M50 | 57.42 |
| Jannie Baard | M50 | 63.56 |
| David Adams | M45 | 67.72 |

### 1500m

| | | |
|---|---|---|
| Steve Preece | M50 | 4:51.52 |
| David Adams | M45 | 5:21.11 |

### 80m hurdles

| | | | |
|---|---|---|---|
| Jenn Parker | W50 | 16.22 | +0.8 |
| Sue Coate | W55 | 17.55 | +0.8 |

### 2000m steeplechase

| | | |
|---|---|---|
| David Adams | M45 | 9:13.56 |

### Javelin

| | | |
|---|---|---|
| Sue Coate | W55 | 27.79 |

### Triple Jump

| | | | |
|---|---|---|---|
| Stephen Edwards | M35 | 12.23 | +0.6 |
| Jenn Parker | W50 | 8.43 | +1.5 |

## Bunbury – 22 November

### 100m

| | | |
|---|---|---|
| Garry Hastie | M60 | 15.25 |
| Sharon Moloney | W60 | 18.59 |
| Ruth Johnson | W80 | 20.38 |
| Luella Jenkins | W80 | 20.63 |
| Lyle James | M80 | 29.55 |

### 1500m

| | | |
|---|---|---|
| Sharon Moloney | W60 | 9:23.8 |
| Ruth Johnson | W80 | 9:52.2 |

### 1500m walk

| | | |
|---|---|---|
| Paula Kennedy | W55 | 12:07.7 |

### High Jump

| | | |
|---|---|---|
| Brian Waldhuter | M80 | 1.15 |
| Sharon Moloney | W60 | 0.95 |
| Luella Jenkins | W80 | 0.95 |
| Ruth Johnson | W80 | 0.90 |

### Javelin

| | | |
|---|---|---|
| Garry Hastie | M60 | 36.18 |
| Paula Kennedy | W55 | 18.39 |
| Sharon Moloney | W60 | 15.06 |
| Luella Jenkins | W80 | 14.88 |
| Brian Waldhuter | M80 | 11.22 |
| Ruth Johnson | W80 | 9.11 |
| Lyle James | M80 | 4.37 |

## Bunbury – 24 November

### 10,000m

| | | |
|---|---|---|
| Steve Weller | M45 | 39:05.0 |

## ECAC – 24 November

**100m**

| | | |
|---|---|---|
| Gin Ang | M55 | 13.79 |
| Jack Reid | M50 | 14.66 |
| Tamara Smith | Vis | 15.65 |
| Dave Wilkie | M60 | 15.83 |
| Barrie Kernaghan | M80 | 20.65 |

**400m**

| | | |
|---|---|---|
| Dominic Lagat | M35 | 62.48 |
| Jack Reid | M50 | 65.75 |
| Dave Wilkie | M60 | 81.94 |
| Dayna Lagat | Vis | 82.68 |
| Des Walsh | M65 | 3:32.79 |

**1500m**

| | | |
|---|---|---|
| Mark Maslen | M45 | 4:39.28 |
| Dominic Lagat | M35 | 4:56.86 |
| David Adams | M45 | 5:24.45 |
| Mitch Cleasby | M60 | 5:49.80 |
| Daniel Smith | M45 | 5:49.85 |
| Mark Dawson | M60 | 5:57.98 |
| Michael Nguyen | Vis | 6:03.15 |
| Dayna Lagat | Vis | 6:06.70 |
| Campbell Till | M65 | 6:07.74 |
| Larissa Lagat | Vis | 6:10.52 |
| Naomi Lagat | W35 | 6:12.45 |
| Stuart Manning | M45 | 6:17.87 |
| John Bailey | M40 | 6:22.85 |
| Sue Coate | W55 | 6:27.91 |
| Jenn Parker | W50 | 6:32.40 |
| Tammi Doyle | W50 | 6:44.04 |
| Gillian Young | W75 | 7:29.69 |
| Carol Bowman | W65 | 7:54.01 |
| David Carr | M90 | 8:10.67 |
| Silke Peglow | W50 | 8:25.97 |
| Colin Smith | M55 | 8:26.88 |
| Denise Cleasby | W60 | 8:29.91 |
| John Dennehy | M60 | 9:16.74 |

**1500m walk**

| | | |
|---|---|---|
| Karyn Tolardo | W55 | 8:35.67 |
| John McDonagh | M70 | 10:19.79 |
| David Gardiner | M75 | 11:33.35 |

**5000m walk**

| | | |
|---|---|---|
| Karyn Tolardo | W55 | 31:12.6 (h) |

**3000m**

| | | |
|---|---|---|
| Dominic Lagat | M35 | 12:28.47 |
| Andrew Roddy | M35 | 13:22.21 |
| Mark Dawson | M60 | 13:37.34 |
| Stuart Manning | M45 | 14:43.42 |

**5000m**

| | | |
|---|---|---|
| Mark Maslen | M45 | 17:54.01 |
| Michael Nguyen | Vis | 20:08.05 |
| Mitch Cleasby | M60 | 20:38.37 |

**Long Jump**

| | | |
|---|---|---|
| Sue Coate | W55 | 4.26 |
| Jenn Parker | W50 | 4.18 |
| Tammi Doyle | W50 | 3.70 |
| Gay Wyatt | W65 | 3.06 |

**Javelin**

| | | |
|---|---|---|
| Dominic Lagat | M35 | 34.90 |
| Andrew Ward | M60 | 29.54 |
| Naomi Lagat | W35 | 22.62 |
| Dayna Lagat | Vis | 20.88 |
| Des Walsh | M65 | 16.38 |

**Shot**

| | | |
|---|---|---|
| Sue Coate | W55 | 9.76 |
| Andrew Ward | M60 | 9.55 |
| Jenn Parker | W50 | 8.85 |
| Dominic Lagat | M35 | 8.18 |
| Lisa Limonas | W50 | 8.07 |
| Tammi Doyle | W50 | 8.05 |
| Campbell Till | M65 | 7.09 |
| Des Walsh | M65 | 6.74 |
| Dave Wilkie | M60 | 6.25 |
| John Dennehy | M60 | 5.83 |
| Naomi Lagat | W35 | 5.80 |
| Gillian Young | W75 | 5.58 |
| David Carr | M90 | 4.57 |
| Carol Bowman | W65 | 4.37 |
| David Adams | M45 | 3.76 |

## Strive, ECAC – 26 November

**60m**

| | | | |
|---|---|---|---|
| Lee Stergiou | M50 | 8.21 | -0.6 |
| Gin Ang | M55 | 8.53 | -1.8 |
| David Statham | M50 | 8.57 | -1.8 |
| John Dennehy | M60 | 11.08 | -1.8 |
| Alan Deans | M70 | 12.32 | -1.8 |
| Barrie Kernaghan | M80 | 13.00 | -1.8 |

**200m**

| | | | |
|---|---|---|---|
| Matthew Konsolis | M35 | 24.19 | -1.6 |
| Lee Stergiou | M50 | 25.40 | NWI |
| John Dennehy | M60 | 37.32 | -2.5 |
| Barrie Kernaghan | M80 | 44.06 | -2.5 |

**800m**

| | | |
|---|---|---|
| Jannie Baard | M50 | 2:28.33 |

**Hammer**

| | | |
|---|---|---|
| Andrew Ward | M60 | 30.45 |

**Bunbury – 29 November**

**60m**

| | | |
|---|---|---|
| Garry Hastie | M60 | 9.46 |
| Sharon Moloney | W60 | 10.98 |
| Luella Jenkins | W80 | 11.88 |
| Ruth Johnson | W80 | 12.12 |
| Lyle James | M80 | 15.09 |

**100m**

| | | |
|---|---|---|
| Garry Hastie | M60 | 14.93 |
| Sharon Moloney | W60 | 18.27 |
| Luella Jenkins | W80 | 20.53 |
| Lyle James | M80 | 27.94 |

**3000m**

| | | |
|---|---|---|
| Ruth Johnson | W80 | 22:39.7 |

**Discus**

| | | |
|---|---|---|
| John Fettus | M45 | 37.72 |
| Garry Hastie | M60 | 30.12 |
| Sharon Moloney | W60 | 17.84 |
| Luella Jenkins | W80 | 16.39 |
| Brian Waldhuter | M80 | 15.75 |
| Ruth Johnson | W80 | 12.30 |
| Lyle James | M80 | 5.83 |

**Shot**

| | | |
|---|---|---|
| John Fettus | M45 | 13.15 |
| Sharon Moloney | W60 | 7.96 |
| Luella Jenkins | W80 | 6.58 |