

# October 2023 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

## WAAS – 3 October

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<b>60m</b>			<b>1 mile</b>		
Suresh Sivacolundhu	M50	8.9	Anthony Grendon	M60	5:13.7
Dave Wilkie	M65	9.2	David Adams	M45	6:04.1
Wayne Collins	M50	10.3	Rob Cattrall	M65	6:47.1
Amanda Collins	W45	10.3	Paul Scott	M65	7:12.4
<b>400m</b>			Amanda Collins	W45	7:17.3
Campbell Till	M65	66.8	Wayne Collins	M50	8:23.7
Suresh Sivacolundhu	M50	71.3	<b>3000m</b>		
Dave Wilkie	M65	84.8	Andrew Collins	Vis	10:35.6
Rob Cattrall	M65	86.9	David Adams	M45	12:20.8
<b>1 mile walk</b>			Rob Cattrall	M65	13:21.8
Glenys Duncan	W80	14:25.4	Paul Scott	M65	14:09.0

## Bunbury – 3 October

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<b>100m</b>			<b>1500m</b>		
Brian Waldhuter	M80	22.03	Steve Weller	M45	5:00.6
Sharon Moloney	W60	20.06	<b>Discus</b>		
Harold Membrey	M70	18.35	Luella Jenkins	W80	14.51
<b>200m</b>			Sharon Moloney	W60	18.24
Ruth Johnson	W80	47.27	Ruth Johnson	W80	10.75
Luella Jenkins	W80	57.99	Brian Waldhuter	M80	15.78
Brian Waldhuter	M80	49.93	Harold Membrey	M70	20.38
Harold Membrey	M70	43.81	Garry Hastie	M60	28.55
Sharon Moloney	W60	45.11			

## ECAC – 5 October

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<b>100m</b>			<b>3000m</b>		
Matt Walker	M40	12.77	Andrew Davison	M55	11:38.57
Dave Wilkie	M65	15.59	David Adams	M45	13:14.49
Tammi Doyle	W50	15.99	Blakeney Tindall	M60	13:55.18
Greg Kennedy	M75	17.54	Jim Langford	M75	16:07.18
Maureen Keshwar	W70	17.75	Bruce McGeorge	M65	17:31.04
Terri Carr	W60	23.38	John Oldfield	M80	17:38.63
<b>200m</b>			<b>2000m steeplechase</b>		
Nikola Radosevic	Vis	27.31	Dane Sproxtton	Vis	8:14.00
Matt Walker	M40	27.31	Dave Wilkie	M65	11:31.53
Aleska Radosevic	Vis	31.43	Jacqui McQueen	W55	12:57.96
Dane Sproxtton	Vis	32.08	<b>Long Jump</b>		
Tammi Doyle	W50	32.43	Nikola Radosevic	Vis	4.28
Jovan Radosevic	Vis	33.76	Dave Wilkie	M65	3.92
Greg Kennedy	M75	36.92	Dane Sproxtton	Vis	3.78
John Oldfield	M80	57.60	Aleksa Radosevic	Vis	3.73
<b>800m</b>			Jovan Radosevic	Vis	3.53
Nikola Radosevic	Vis	2:21.80	Tammi Doyle	W50	3.21
Dane Sproxtton	Vis	2:29.84	Carol Bowman	W65	2.32
Aleksa Radosevic	Vis	2:44.66	<b>Discus</b>		
David Adams	M45	2:52.82	Jessica Siviour	Vis	44.79
Jovan Radosevic	Vis	3:00.44	Rick Hayward	M55	25.51
Amanda Collins	W45	3:16.44	Dave Wilkie	M65	21.58
Rick Hayward	M55	3:50.90	Maureen Keshwar	W70	18.33
Wayne Collins	M50	3:57.83	Terri Carr	W60	15.36
John Oldfield	M80	4:31.12	Mike Anderson	M75	14.69
<b>3000m walk</b>					
John McDonagh	M75	23:18.10			
Steve Travell	M65	29:03.0 (h)			

**Bunbury – 5 October**

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**1500m walk**

Harold Membrey M70 11:29.0

**3000m**

Steve Weller M45 10:45.0

**Bunbury – 7 October**

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**Throws pentathlon**

		<b>Hammer</b>	<b>Shot</b>	<b>Discus</b>	<b>Javelin</b>	<b>Weight</b>
John Fettus	M50	42.87 650	13.30 812	40.04 672	35.24 490	16.25 804
	Total points	3428				
Luella Jenkins	W80	18.15 478	6.19 581	14.95 540	14.75 568	10.54 770
	Total points	2937				
Paula Kennedy	W55	29.96 566	8.20 537	20.80 458	18.02 389	7.39 384
	Total points	2334				
Ruth Johnson	W80	20.34 549	5.52 505	11.46 390	9.49 333	7.48 514
	Total points	2291				
Sharon Moloney	W60	23.76 488	7.25 517	18.06 437	14.48 341	8.88 439
	Total points	2222				
Garry Hastie	M60	22.29 313	8.49 510	27.87 404	28.81 433	9.75 441
	Total points	2101				
Michelle Krokosz	W35	22.14 283	9.29 505	32.95 518	26.55 423	8.68 366
	Total points	2095				
Harold Membrey	M70	24.61 400	7.78 494	18.65 308	15.29 213	10.46 493
	Total points	1908				
Andrea Penny	W45	13.86 192	4.65 246	9.46 123	10.35 159	5.27 234
	Total points	954				

**Super weight**

Harold Membrey	M70	7.40	
Paula Kennedy	W55	6.91	<b>SR</b>
Sharon Moloney	W60	5.88	
Luella Jenkins	W80	5.80	
Michelle Krokosz	W35	4.60	
Ruth Johnson	W80	4.45	
Andrea Penny	W45	3.20	

**100lb weight**

Harold Membrey	M70	1.65	
Michelle Krokosz	W35	1.57	<b>SR</b>
Paula Kennedy	W55	1.38	
Sharon Moloney	W60	1.02	
Andrea Penny	W45	0.80	
Luella Jenkins	W80	0.61	<b>SR</b>
Ruth Johnson	W80	0.57	

**Australian Masters Games, Adelaide – 7-12 October**

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**60m**

Kieran Johnson	M40	8.06	-1.9
Jenn Parker	W50	9.01	-1.5
Sue Coate	W55	9.17	+0.2
Michael Byrne	M70	9.33	NWI

**100m**

Kieran Johnson	M40	12.70	+1.9
Sue Coate	W55	14.66	+2.6
Jenn Parker	W50	14.67	+1.0
Michael Byrne	M70	15.17	+0.8

**200m**

Kieran Johnson	M40	26.27	-0.5
Jenn Parker	W50	30.72	-0.3
Michael Byrne	M70	31.39	-1.0
Sue Coate	W55	31.70	-0.9

**400m**

Kieran Johnson	M40	61.58
Michael Byrne	M70	69.54
Jacques Maniacara	M60	73.48
Sue Coate	W55	89.29

**800m**

Kieran Johnson	M40	2:31.44
Michael Byrne	M70	2:48.69
Jacques Maniacara	M60	2:56.43
Sue Coate	W55	3:00.38

**1500m**

Kieran Johnson	M40	5:12.17
Peter Sanders	M75	7:01.65
Susan Sanders	W70	8:53.06

**5000m**

Kieran Johnson	M40	23:53.17
Peter Sanders	M75	24:55.44
Susan Sanders	W70	30:01.45

**80m hurdles**

Jenn Parker	W50	15.07	+0.1
Sue Coate	W55	16.47	+0.1

**300m hurdles**

Jenn Parker	W50	56.18
Sue Coate	W55	60.17

**2000m steeplechase**

Sue Coate	W55	10:04.48
Peter Sanders	M75	12:08.03
Susan Sanders	W70	14:30.76

**High Jump**

Jenn Parker	W50	1.37
Sue Coate	W55	1.25

**Pole Vault**

Sue Coate	W55	2.40	<b>SR</b>
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**Long Jump**

Kieran Johnson	M40	5.45	-0.8
Jenn Parker	W50	4.46	+0.0
Sue Coate	W55	4.07	+1.3
Jacques Maniacara	M60	3.32	+0.0

**Triple Jump**

Jenn Parker	W50	8.94	+0.1
Sue Coate	W55	8.12	+0.0

**Shot**

Jenn Parker	W50	10.09
Sue Coate	W55	9.83
Bev Hamilton	W75	7.39

**Discus**

Jenn Parker	W50	31.44
Sue Coate	W55	24.71
Bev Hamilton	W75	19.92

**Hammer**

Jenn Parker	W50	33.98
Bev Hamilton	W75	25.40

**Javelin**

Sue Coate	W55	27.30
Jenn Parker	W50	19.28
Bev Hamilton	W75	12.22

**Weight**

Bev Hamilton	W75	8.67
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**Outdoor Pentathlon – women**

		100m	Shot	Long Jump	Javelin	800m
Sue Coate	W55	14.83	10.03	3.98	26.45	3:19.94
		778	686	603	614	478
	Total points	3159				
Jenn Parker	W50	14.57	9.60	4.35	17.86	2:53.41
		730	587	645	337	658
	Total points	2957				

**Outdoor Pentathlon – men**

		Long Jump	Javelin	200m	Discus	1500m
Michael Byrne	M70	3.14	16.69	31.02	15.41	6:06.08
		373	243	685	237	728
	Total points	2266				

**Throws pentathlon**

		Hammer	Shot	Discus	Javelin	Weight
Bev Hamilton	W75	24.66	7.31	18.59	10.82	8.96
		577	606	589	328	538
	Total points	2638				

**Perth – 8 October**

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**Marathon**

Gerard Hill	M35	2:50:53	Mercurio Cicchini	M70	4:35:40
James Payne	M30	2:53:52	Leon Mitchell	M40	4:36:41
Chris Lark	M40	3:12:22	Storm Hurst	W40	4:43:56
Zane Walsh	M40	3:12:51	Bradley Hollins	M45	4:45:44
Clare Wardle	W45	3:15:30	John Herzfeld	M60	4:53:50
Lee-anne Flugel	W40	3:17:07	Tim Inglis	M65	5:05:17
David Adams	M45	3:23:09	John Oldfield	M80	5:29:49 <b>CR</b>
Tommy Glackin	M40	3:26:49	Keith Miller	M70	5:32:23
Rodney Glossop	M40	3:39:40			
Mark Griffiths	M45	3:41:12			
Kim Thomas	M45	3:46:59			
Kathy Nicholas	W55	4:29:57			
Jan Brankaer	M40	4:30:26			
Crystal Glossop	W40	4:33:51			

**Chicago – 8 October**

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**Marathon**

Kevin Johnson	M65	3:36:33
Sandra Stockman	W55	4:03:52
Rashanthi Wanigasekera	W50	5:39:49

**WAAS – 10 October**

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**100m**

Suresh Sivacolundhu	M50	14.0
Dave Wilkie	M65	15.2

Juliana Kelly	W55	16.5
Greg Kennedy	M75	17.3
Mark Dawson	M60	19.0

**200m**

Suresh Sivacolundhu	M50	31.7
Dave Wilkie	M65	32.7
Juliana Kelly	W55	35.6
Greg Kennedy	M75	38.5

**800m**

David Adams	M45	2:54.3
Rob Cattrall	M65	3:05.1
Mark Dawson	M60	3:33.0

**5000m**

David Adams	M45	22:47.7
Rob Cattrall	M65	22:49.3
Mark Dawson	M60	25:37.1

**5000m walk**

Karyn Tolardo	W55	30:41.9
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**3000m walk**

Glenys Duncan	W80	27:13.0
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**High Jump**

Ryan Satinover	M40	1.65
Dave Wilkie	M65	1.35
Ivy Satinover	Vis	1.25
Greg Kennedy	M75	1.15
Tahlie Woodhouse	Vis	1.05

**Javelin**

Ken Wilkins	M60	26.18
Michelle Krokosz	W35	24.96
Dave Wilkie	M65	22.41
Mike Anderson	M75	9.01

**Discus**

Michelle Krokosz	W35	31.27
Dave Wilkie	M65	22.26
Ken Wilkins	M60	20.31
Mike Anderson	M75	13.40
Christina Faithfull	W70	11.55

**Bunbury – 10 October**

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**400m**

Ruth Johnson	W80	1:58.5
Sharon Moloney	W60	2:01.3
Luella Jenkins	W80	2:44.9

**Long Jump**

Brian Waldhuter	M80	2.58
Ruth Johnson	W80	2.28
Luella Jenkins	W80	2.11
Sharon Moloney	W60	1.27

**Hammer**

Sharon Moloney	W60	23.30
Ruth Johnson	W80	18.59
Luella Jenkins	W80	17.77
Brian Waldhuter	M80	15.87

**ECAC – 12 October**

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<b>60m</b>			<b>5000m</b>		
Tim Loh	M35	7.84	Anthony Grendon	M60	18:19.73
Matt Walker	M40	7.89	Mark Maslen	M45	18:33.11
David Adams	M45	9.45	David Adams	M45	20:41.78
Dave Wilkie	M65	9.68	Jason Kell	M45	24:19.46
			Tammi Doyle	W50	26:25.55
Matt Walker	M40	7.99	Karyn Tolardo	W55	26:27.89
G van Heerwaarden	Vis	10.24	Gillian Young	W75	27:11.37
Greg Kennedy	M75	10.29	Liz Clennell	Vis	28:20.87
Maureen Keshwar	W70	10.53	Lori Sexton	W60	28:41.46
D van Heerwaarden	Vis	12.81	Bruce McGeorge	M65	29:21.53
Terri Carr	W60	12.82	Janne Wells	W55	30:12.16
Bob Schickert	M80	13.56	John Oldfield	M80	31:26.02
Lynne Schickert	W80	16.45	Fiona van Heerwaarden	W45	31:59.99
			Silke Peglow	W50	32:55.37
<b>400m</b>			Steve Barrie	M60	33:53.04
Rick Hayward	M55	81.61	<b>Long Jump</b>		
Lily Hayward	Vis	83.63	Lisa Limonas	W50	3.73
G van Heerwaarden	Vis	86.58	Dave Wilkie	M65	3.72
Greg Kennedy	M75	1:30.46	D van Heerwaarden	Vis	2.50
Bob Schickert	M80	2:07.89	Lynne Schickert	W80	1.93
			<b>Javelin</b>		
<b>1500m</b>			Sue Coate	W55	29.56
Mark Maslen	M45	4:33.32	Rick Hayward	Vis	26.29
Campbell Till	M65	6:20.90	Dave Wilkie	M65	25.77
Jason Kell	M45	7:11.57	Jenn Parker	W50	20.69
Dave Wilkie	M65	7:13.61	Tammi Doyle	W50	20.66
Karyn Tolardo	W55	7:13.64	Lisa Limonas	W50	20.16
Liz Clennell	Vis	7:56.93	Lily Hayward	Vis	19:54
John Oldfield	M80	9:00.06	Carol Bowman	W65	10.54
Janne Wells	W55	9:08.44	Andrea Penny	W45	9.93
Silke Peglow	W55	9:21.97	Terri Carr	W60	7.11
<b>1500m walk</b>					
Lynne Schickert	W80	12:48.17			
Pauline Sweeny	Vis	13:47.20			
<b>3000m</b>					
Mike Meredith	M60	15:09.32			
Jim Langford	M75	16:14.25			

**Bunbury – 12 October**

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<b>5000m</b>		
Steve Weller	M45	18:23.6

**Bunbury – 14 October**

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<b>2000m steeplechase</b>			<b>80m hurdles</b>		
Jenn Parker	W50	12:03.0	Brian Waldhuter	M80	22.4
Ruth Johnson	W80	15:02.9			

**Melbourne – 15 October**

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<b>Marathon</b>		
Ross Langford	M45	2:42:00
Chris Gould	M45	2:44:27
Rachel Williams	W40	3:10:04
Daniel Smith	M45	3:47:03

**WAAS – 17 October**

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<b>60m</b>			<b>1500m</b>		
Gin Ang	M55	8.3	Yuan Zhi	Vis	5:20.7
Suresh Sivacolundhu	M50	8.9	Rob Cattrall	M65	6:14.5
Dave Wilkie	M65	9.5	Mark Dawson	M60	7:02.6
Juliana Kelly	W55	10.9	Dave Wilkie	M65	8:09.7

**400m**

Suresh Sivacolundhu	M50	70.3
Dave Wilkie	M65	82.1
Juliana Kelly	W55	1:31.6

David Adams	M45	74.3
Mark Dawson	M60	84.7
Rob Cattrall	M65	87.2

**3000m**

Yuan Zhi	Vis	11:42.3
David Adams	M45	12:24.5
Rob Cattrall	M65	13:09.1

**Discus**

Andrew Ward	M60	40.81
Ken Wilkins	M60	21.89
Mike Anderson	M75	14.85
Christina Faithfull	W70	13.70

**Shot**

Andrew Ward	M60	9.33
Ken Wilkins	M60	7.56
Dave Wilkie	M65	7.28
Mike Anderson	M75	5.47
Christina Faithfull	W70	5.42

**Bunbury – 17 October**

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**60m**

Harold Membrey	M70	11.08
Sharon Moloney	W60	12.35
Brian Waldhuter	M80	12.73
Ruth Johnson	W80	13.21
Luella Jenkins	W80	13.69

**3000m**

Ruth Johnson	W80	21:51.3
Luella Jenkins	W80	25:31.9
Sharon Moloney	W60	27:24.7

**Shot**

Garry Hastie	M60	8.35
Harold Membrey	M70	7.66
Sharon Moloney	W60	6.73
Brian Waldhuter	M80	6.46
Luella Jenkins	W80	6.26
Ruth Johnson	W80	5.27

**ECAC – 19 October**

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**60m**

Matt Walker	M40	8.04
Alex Walker	Vis	9.32
Dave Solomon	M55	9.87
Bruce McGeorge	M65	11.43

Amanda Collins	W45	9.90
Terri Carr	W60	13.30
Jackie Halberg	W75	15.18
Lynne Schickert	W80	16.00
David Gardiner (walk)	M75	16.04

**200m**

Talon Hayward	Vis	25.47
Matt Walker	M40	26.82
Jeiyram Naidu	Vis	27.68
James Hayward	Vis	28.90
Dave Solomon	M55	33.80
Bruce McGeorge	M65	41.13

**800m**

Daniel Smith	M45	2:37.04
David Adams	M45	2:41.91
Andrew Davison	M55	2:43.10
Matt Godfrey	M45	3:01.08
Amanda Collins	W45	3:12.01
Brian Hewitt	M65	3:33.98
Karyn Tolardo	W55	3:39.68
Mike Meredith	M60	3:44.78
Gillian Young	W75	3:48.56

**3000m**

Anthony Grendon	M60	10:19.21
David Adams	M45	11:46.53
Matt Godfrey	M45	14:04.78
Mike Meredith	M60	14:53.88
Rochelle Airey	W50	15:15.75
Dave Solomon	M55	15:17.75
Lori Sexton	W60	16:13.47
Brian Hewitt	M65	16:18.42
Janne Wells	W55	16:23.37
Steve Barrie	M60	19:20.75
Bob Schickert	M80	20:47.51

**800m walk**

Fiona van Heerwaarden	W45	4:50.44
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**3000m walk**

Karyn Tolardo	W55	18:51.86
Fiona van Heerwaarden	W45	21:03.90
Lynne Schickert	W80	25:13.85

**Long Jump**

Amanda Collins	W45	3.89
Jenn Parker	W50	3.82
Lisa Limonas	W50	3.66
Wayne Collins	M50	3.40
Jason Kell	M45	3.32
Tammi Doyle	W50	3.30
David Adams	M45	3.18
Janne Wells	W55	2.83
Bruce McGeorge	M65	2.69
Fiona van Heerwaarden	W45	2.46
Steve Barrie	M60	2.06
Lori Sexton	W60	1.93
Karyn Tolardo	W55	1.89
Lynne Schickert	W80	1.81

**Hammer**

Jenn Parker	W50	35.70
Andrew Ward	M60	30.71
Bruce McGeorge	M65	15.80
Andrea Penny	W45	15.41
Terri Carr	W60	11.86

**Weight**

Jenn Parker	W50	11.75
Andrew Ward	M60	11.75
Terri Carr	W60	6.01
Andrea Penny	W45	4.48

**Bunbury – 19 October**

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**800m**

Harold Membrey M70 4:22.9

**Bunbury – 21 October**

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**Outdoor Pentathlon – men**

		<b>Long Jump</b>	<b>Javelin</b>	<b>200m</b>	<b>Discus</b>	<b>1500m</b>
Brian Waldhuter	M80	2.70	11.91	46.30	15.91	NT
		378	187	93	348	0
	Total points	1006				
Harold Membrey	M70	2.13	16.40	39.97	19.28	NT
		111	237	186	322	0
	Total points	856				
Garry Hastie	M60	ND	29.23	NT	27.52	NT
		0	442	0	397	0
	Total points	839				

**Long Jump**

Michelle Krokosz	W35	3.99
Luella Jenkins	W80	2.22
Sharon Moloney	W60	2.04

**200m**

Michelle Krokosz	W35	33.96
Sharon Moloney	W60	43.57
Luella Jenkins	W80	53.07

**Javelin**

Michelle Krokosz	W35	26.66
Luella Jenkins	W80	14.76
Sharon Moloney	W60	14.45

**Discus**

Michelle Krokosz	W35	31.73
Sharon Moloney	W60	19.01
Luella Jenkins	W80	16.42

**Strive, WAAS – 21 October**

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**60m**

Kyle Ennis	M30	7.03	+1.8
Mandy Mason	W55	7.78	+0.4 AR
Mathew Walker	M40	7.99	+1.8
Jonathon Nowers	M30	8.32	+1.2
Gin Ang	M55	8.34	+1.2
John Dennehy	M60	11.20	+1.0

**800m**

Nick Best M45 2:08.22

**3000m**

Roberto Busi	M45	8:58.20
Sharon Davis	W50	10:50.95

**200m**

Kyle Ennis	M30	21.75	+1.0
Mandy Mason	W55	25.13	+2.2
Mathew Walker	M40	26.32	+0.8
Jonathon Nowers	M30	27.17	+0.8

**Pole Vault**

Brad Schirmer	M50	2.60
Phil Smyth	M75	2.50
Sue Coate	W55	2.40 =SR
Dave Wilkie	M65	2.30
Nicolai Morris	W30	2.30

**400m**

Matthew Konsolis M35 51.99

**WAAS – 24 October**

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**100m**

Gin Ang	M55	13.5
Suresh Sivacolundhu	M50	14.1
Dave Wilkie	M65	15.2
Juliana Kelly	W55	16.3

**1000m**

David Adams	M45	3:41.8
Mark Dawson	M60	3:46.1
Rob Cattrall	M65	3:58.2
Glenn Rogers	M55	4:10.3
Karyn Tolardo	W55	4:43.8
David Baird	M80	5:06.5
Wendy Farrow	W55	5:30.5

**400m**

Suresh Sivacolundhu	M50	67.3
Dave Wilkie	M65	81.1
Rob Cattrall	M65	85.1
Juliana Kelly	W55	88.9

**3000m**

Mark Dawson M60 14:13.1

**3000m walk**

Wendy Farrow	W55	20:14.5
Glenys Duncan	W80	27:00.2

**5000m**

David Adams	M45	21:36.4
Rob Cattrall	M65	22:59.2
Glenn Rogers	M55	23:54.6
David Baird	M80	30:19.5

**5000m walk**

Karyn Tolardo W55 32:44.0

**Bunbury – 24 October**

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<b>60m</b>			<b>High Jump</b>		
Harold Membrey	M70	11.11	Brian Waldhuter	M80	1.12
			Luella Jenkins	W80	0.90
			Sharon Moloney	W60	0.80
<b>100m</b>			<b>Javelin</b>		
Garry Hastie	M60	17.68	Garry Hastie	M60	30.30
Harold Membrey	M70	17.70	Harold Membrey	M70	16.69
Sharon Moloney	W60	18.63	Luella Jenkins	W80	14.73
Luella Jenkins	W80	21.34	Sharon Moloney	W60	12.73
Brian Waldhuter	M80	20.06	Brian Waldhuter	M80	11.31
Ruth Johnson	W80	20.56	Ruth Johnson	W80	9.18
<b>800m</b>					
Garry Hastie (walk)	M60	4:11.4			
Ruth Johnson	W80	4:43.7			
Luella Jenkins (walk)	W80	6:09.8			
Sharon Moloney (walk)	W60	6:33.6			

**ECAC – 26 October**

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<b>100m</b>			<b>3000m walk</b>		
Matt Walker	M40	12.96	Fiona van Heerwaarden	W45	21:23.61
Aaron Sims	M40	13.80	Lynne Schickert	W80	25:41.96
Andy Roach	M45	14.98	Steve Travell	M65	25:48.41
David Adams	M45	15.43			
Lou Daniel	M60	17.76	<b>5000m walk</b>		
Bob Schickert	M80	21.44	Karyn Tolardo	W55	31:53.85
Terri Carr	W60	21.98			
Jackie Halberg	W75	25.61	<b>Long Jump</b>		
Lynne Schickert	W80	28.61	Aaron Sims	M40	4.46
			Jenn Parker	W50	4.20
			Lisa Limonas	W50	3.71
			Tammi Doyle	W50	3.55
			Dave Wyatt	M70	3.11
			Lynne Schickert	W80	1.88
<b>200m</b>			<b>Discus</b>		
Matt Walker	M40	27.69	Jenn Parker	W50	30.00
Rick Hayward	M55	32.88	Jerome Conway-Mortimer	M50	28.34
			Lou Daniel	M60	28.27
			Aaron Sims	M40	23.05
			Rick Hayward	M55	21.23
			Tammi Doyle	W50	21.00
			Bruce McGeorge	M65	20.39
			Lily Hayward	Vis	17.60
			Terri Carr	W60	15.79
			Janne Wells	W55	15.42
			Karyn Tolardo	W55	14.92
			Andrea Penny	W45	11.17
			David Adams	M45	11.15
			Fiona van Heerwaarden	W45	10.48
<b>1 mile</b>			<b>Shot</b>		
Kevin Murphy	M55	6:11.57	Jerome Conway-Mortimer	M50	8.15
Andy Roach	M45	6:13.30	Lou Daniel	M60	7.92
Tammi Doyle	W50	7:22.59	Tammi Doyle	W50	7.24
Karyn Tolardo	W55	7:34.79	Terri Carr	W60	5.16
Aaron Sims	M40	7:35.76	Andrea Penny	W45	3.81
John McDonagh	M75	8:27.07			
Brian Hewitt	M65	8:43.40			
Liz Clennell	Vis	9:30.16			
<b>1 mile walk</b>					
Fiona van Heerwaarden	W45	10:23.35			
<b>3000m</b>					
Bob Schickert	M80	20:28.36			
Brian Hewitt	M65	20:32.49			
<b>5000m</b>					
David Adams	M45	20:09.32			
Kevin Murphy	M55	20:50.51			
Liz Clennell	Vis	27:10.84			
Janne Wells	W55	30:01.59			

**Strive, WAAS – 27 October**

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<b>100m</b>				<b>1500m</b>		
Kyle Ennis	M30	10.79	+1.9	David Adams	M45	5:18.14
Mandy Mason	W55	12.13	+3.1			
Mathew Walker	M40	12.72	+1.8	<b>Javelin</b>		
David Adams	M45	14.53	+2.9	Rachel Williams	W40	12.74
John Dennehy	M60	18.37	+1.3			
<b>400m</b>						
Matthew Konsolis	M35	52.33				
David Adams	M45	70.62				



**Bunbury – 28 October**

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**Outdoor Pentathlon – women**

		<b>100m</b>	<b>Shot</b>	<b>Long Jump</b>	<b>Javelin</b>	<b>800m</b>
Jenn Parker	W50	15.08	10.05	4.20	19.18	3:14.07
		652	620	595	368	453
	Total points	2688				
Ruth Johnson	W80	20.24	5.45	2.39	9.71	4:38.49
		566	497	408	343	394
	Total points	2208				
Luella Jenkins	W80	21.43	6.49	2.18	15.06	5:33.37
		445	616	315	582	127
	Total points	2085				

**100m**

Brian Waldhuter	M80	19.71
Garry Hastie	M60	17.03

**Shot**

Brian Waldhuter	M80	6.49
Garry Hastie	M60	8.84

**Long Jump**

Brian Waldhuter	M80	2.89
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**Javelin**

Brian Waldhuter	M80	11.60
Garry Hastie	M60	30.85

**WAAS – 31 October**

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**60m**

Dave Wilkie	M65	9.5
Juliana Kelly	W55	9.8

**200m**

Campbell Till	M65	28.4
Dave Wilkie	M65	32.4
Juliana Kelly	W55	34.9

**800m**

David Adams	M45	2:52.8
Mark Dawson	M60	2:53.8
Rob Cattrall	M65	2:55.8
Paul Scott	M65	3:29.2
Karyn Tolardo	W55	3:50.8
Wendy Farrow (walk)	W55	5:22.3

**3000m walk**

Karyn Tolardo	W55	19:17.6
Wendy Farrow	W55	20:40.2
Glenys Duncan	W80	27:46.0

**3000m**

David Adams	M45	12:51.1
Rob Cattrall	M65	12:51.8
Paul Scott	M65	13:29.1
Mark Dawson	M60	14:03.6
David Baird	M80	16:25.1

**Shot**

Andrew Ward	M60	9.23
Dave Wilkie	M65	7.20
Mike Anderson	M75	5.50

**Discus**

Andrew Ward	M60	41.18
Dave Wilkie	M65	23.18
Mike Anderson	M75	15.68

**Bunbury – 31 October**

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**200m**

Harold Membrey	M70	40.21
Tyne Timmers	M40	27.04
Sharon Moloney	W60	41.21
Ruth Johnson	W80	46.71
Garry Hastie	M60	35.30

**1500m**

Tyne Timmers	M40	4:55.6
Ruth Johnson	W80	9:33.6

**1500m walk**

Sharon Moloney	W60	13:04.6
Luella Jenkins	W80	12:27.4
Garry Hastie	M60	10:51.0

**Triple Jump**

Sharon Moloney	W60	5.07
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**Discus**

Harold Membrey	M70	21.24
Tyne Timmers	M40	24.89
Sharon Moloney	W60	19.36
Luella Jenkins	W80	15.98
Ruth Johnson	W80	10.56
Garry Hastie	M60	30.70