

MAWA Club Tops 2022–2023

A listing of the top three performances for May 2022 to April 2023 inclusive
- each age group, and each major event
(Note: This does not include wind-assisted performances or indoor events)

60m

M30				W35			
Bonny Ndungu	25/03/23	MAWA St Ch	7.77	Paz Storey	25/03/23	MAWA St Ch	8.56
Matthew Dean	25/03/23	MAWA St Ch	8.06	Naomi Lagat	12/01/23	ECAC	9.54
Paul Wilmot	25/03/23	MAWA St Ch	8.53				
M35				W40			
Sam Brewer	25/03/23	MAWA St Ch	7.48	Melissa Foster	12/02/23	Melbourne	8.42
Dominic Lagat	01/09/22	ECAC	8.07	Dani Dean	31/01/23	WAAS	9.8
Andrew Roddy	12/01/23	ECAC	9.25				
M45				W45			
Adrian McKenzie	10/11/22	ECAC	7.5	Joe-Anne Buchan	25/03/23	MAWA St Ch	8.78
Baedon Toi	25/03/23	MAWA St Ch	8.24	Jay Roy	23/03/23	ECAC	12.11
Daniel Smith	10/11/22	ECAC	8.3				
M50				W50			
Adrian McKenzie	25/03/23	MAWA St Ch	7.20	Jennifer Parker	25/03/23	MAWA St Ch	9.19
Lee Stergiou	25/03/23	MAWA St Ch	7.60	Tammi Doyle	02/03/23	ECAC	9.48
David Statham	26/11/22	Strive	8.57				
M55				W55			
Gin Ang	25/03/23	MAWA St Ch	8.29	Mandy Mason	25/03/23	MAWA St Ch	7.88
Kim Taylor	25/03/23	MAWA St Ch	8.33	Sue Coate	24/01/23	WAAS	8.9
Simon McGarvie	20/04/23	ECAC	8.94	Juliana Kelly	24/01/23	WAAS	10.0
M60				W60			
Brian Callaghan	31/01/23	WAAS	8.7	Sharon Moloney	25/03/23	MAWA St Ch	10.54
Dave Wilkie	02/03/23	ECAC	9.11	Therese Carr	25/03/23	MAWA St Ch	12.71
Garry Hastie	25/03/23	MAWA St Ch	9.23	Phillippa Bennett	11/08/22	ECAC	18.45
M65				W65			
Dave Wilkie	20/04/23	ECAC	9.17	Julie Wilson	02/03/23	ECAC	13.00
Des Walsh	30/06/22	ECAC	9.3				
Bruce McGeorge	30/06/22	ECAC	10.0	W70			
M70				Maureen Keshwar	09/06/22	ECAC	9.6
Michael Byrne	25/03/23	MAWA St Ch	9.21	Lynne Choate	25/03/23	MAWA St Ch	10.69
Harold Membrey	04/10/22	Bunbury	9.88	Barbara Wilson	10/03/23	AMA Ch - Syd	11.39
Nick Fairweather	07/07/22	ECAC	10.87				
M75				W75			
Stephen Crabbe	25/03/23	MAWA St Ch	10.56	Brenda Painter	25/03/23	MAWA St Ch	13.44
Ross Goulden	25/03/23	MAWA St Ch	11.00	Jackie Halberg	09/02/23	ECAC	15.78
Ivan Brown	25/03/23	MAWA St Ch	11.43				
M80				W80			
Barrie Kernaghan	10/11/22	ECAC	9.5	Luella Jenkins	25/03/23	MAWA St Ch	11.68
Brian Waldhuter	07/03/23	Bunbury	11.6	Ruth Johnson	07/03/23	Bunbury	12.0
Bob Schickert	12/01/23	ECAC	12.62	Lynne Schickert	26/03/23	Torun	14.33
M85							
Norm Richards	13/10/22	ECAC	10.25				

100m

M30				W30			
Kyle Ennis	27/01/23	Strive	10.75	Nicolai Morris	26/03/23	MAWA St Ch	14.78
Bonny Ndungu	26/03/23	MAWA St Ch	12.11	W35			
Paul Wilmot	26/03/23	MAWA St Ch	13.99	Paz Storey	26/03/23	MAWA St Ch	13.78
M35				Naomi Lagat	22/09/22	ECAC	15.68
Matthew Konsolis	26/03/23	MAWA St Ch	11.70	W40			
Sam Brewer	26/03/23	MAWA St Ch	11.80	Melissa Foster	19/02/23	Melbourne	13.32
Stephen Edwards	07/02/23	WAAS	12.2	Ingrid Wilcock	03/11/22	ECAC	15.32
M40				W45			
Ashley Moore	26/03/23	MAWA St Ch	12.06	Joe-Anne Buchan	26/03/23	MAWA St Ch	13.95
M45				Jacinta Thompson	18/03/23	MAWA St Ch	17.44
Paul Jeffery	17/02/23	Strive	12.33	Andrea Penny	01/09/22	ECAC	18.17
Baedon Toi	16/03/23	ECAC	12.4	W50			
Roberto Busi	26/03/23	MAWA St Ch	13.22	Mandy Mason	30/06/22	WMA Ch Tampere	12.92
M50				Jennifer Parker	26/03/23	MAWA St Ch	14.65
Adrian McKenzie	26/03/23	MAWA St Ch	11.41	Tammi Doyle	26/03/23	MAWA St Ch	14.81
Lee Stergiou	07/01/23	Strive	12.07	W55			
David Statham	28/10/22	Strive	13.04	Mandy Mason	26/03/23	MAWA St Ch	12.50
M55				Sue Coate	21/02/23	WAAS	14.2
Simon McGarvie	06/04/23	ECAC	13.08	Juliana Kelly	10/01/23	WAAS	16.1
Gin Ang	03/11/22	ECAC	13.55	W60			
Kim Taylor	26/03/23	MAWA St Ch	13.92	Carmel Meyer	26/03/23	MAWA St Ch	16.28
M60				Sharon Moloney	26/03/23	MAWA St Ch	17.39
Brian Callaghan	31/01/23	WAAS	13.9	Therese Carr	26/03/23	MAWA St Ch	21.72
Garry Hastie	28/02/23	Bunbury	14.50	W65			
Dave Wilkie	10/01/23	WAAS	14.6	Carol Bowman	22/12/22	ECAC	19.43
M65				Julie Wilson	09/03/23	ECAC	21.91
Campbell Till	21/02/23	WAAS	13.7	W70			
Des Walsh	02/06/22	ECAC	15.3	Maureen Keshwar	30/06/22	WMA Ch Tampere	15.93
Bruce McGeorge	19/01/23	ECAC	16.91	Lynne Choate	26/03/23	MAWA St Ch	18.13
M70				Carey Dickason	13/03/23	AMA Ch - Syd	21.62
Michael Byrne	28/02/23	Bunbury	14.80	W75			
Harold Membrey	04/10/22	Bunbury	16.57	Gillian Young	08/12/22	ECAC	21.07
Mercurio Cicchini	26/03/23	MAWA St Ch	17.67	Jackie Halberg	19/01/23	ECAC	22.35
M75				Brenda Painter	26/03/23	MAWA St Ch	23.00
Ted Miller	26/03/23	MAWA St Ch	17.48	W80			
Ross Goulden	28/02/23	Bunbury	17.86	Ruth Johnson	18/03/23	MAWA St Ch	19.39
Phil Smyth	26/03/23	MAWA St Ch	18.32	Luella Jenkins	04/02/23	Bunbury	19.49
M80				Lynne Schickert	18/03/23	MAWA St Ch	24.59
Brian Waldhuter	28/02/23	Bunbury	18.91	M85			
Barrie Kernaghan	11/12/22	Strive	19.58	Norm Richards	21/02/23	WAAS	17.9
Bob Schickert	08/09/22	ECAC	21.52	M90			
M85				David Carr	08/12/22	ECAC	21.34

200m

M30					W30				
Kyle Ennis	10/02/23	Strive	21.33		Nicolai Morris	25/03/23	MAWA St Ch	31.23	
Bonny Ndungu	25/03/23	MAWA St Ch	24.37						
Paul Wilmot	25/03/23	MAWA St Ch	28.64		W35				
M35					Paz Storey	25/03/23	MAWA St Ch	28.32	
Matthew Konsolis	25/03/23	MAWA St Ch	23.46		Naomi Lagat	15/09/22	ECAC	32.89	
Dominic Lagat	25/03/23	MAWA St Ch	24.38		W40				
Stephen Edwards	07/02/23	WAAS	25.2		Melissa Foster	14/01/23	Bendigo	28.19	
M40					Ingrid Wilcock	27/10/22	ECAC	32.61	
Ashley Moore	25/03/23	MAWA St Ch	24.25		W45				
M45					Sharon Davis	25/03/23	MAWA St Ch	28.26	
Paul Jeffery	05/03/23	AWA St Ch	24.91		Joe-Anne Buchan	25/03/23	MAWA St Ch	29.52	
Adrian McKenzie	10/11/22	ECAC	25.4		Andrea Penny	13/10/22	ECAC	38.52	
Baedon Toi	16/03/23	ECAC	27.0		W50				
M50					Mandy Mason	03/07/22	WMA Ch Tampere	27.02	
Lee Stergiou	17/12/22	Strive	24.78		Jennifer Parker	25/03/23	MAWA St Ch	30.09	
Chris Neale	01/12/22	ECAC	28.14		Tammi Doyle	25/03/23	MAWA St Ch	30.99	
Andrew Brooker	12/03/23	AMA Ch - Syd	28.71		W55				
M55					Mandy Mason	25/03/23	MAWA St Ch	25.91	
Gin Ang	10/11/22	ECAC	28.4		Sue Coate	24/01/23	WAAS	30.0	
Wayne Bariolo	25/03/23	MAWA St Ch	28.58		Juliana Kelly	24/01/23	WAAS	35.9	
Simon McGarvie	20/04/23	ECAC	29.22		W60				
M60					Carmel Meyer	25/03/23	MAWA St Ch	34.15	
Brian Callaghan	07/03/23	WAAS	30.3		Sharon Moloney	25/03/23	MAWA St Ch	37.06	
Garry Hastie	13/12/22	Bunbury	30.45		Phillippa Bennett	15/09/22	ECAC	71.68	
Dave Wilkie	07/03/23	WAAS	31.2		W65				
M65					Carol Bowman	02/02/23	ECAC	39.20	
Campbell Till	25/03/23	MAWA St Ch	27.33		W70				
Dave Wilkie	20/04/23	ECAC	30.66		Maureen Keshwar	03/07/22	WMA Ch Tampere	34.79	
Des Walsh	19/05/22	ECAC	31.65		Lynne Choate	25/03/23	MAWA St Ch	41.39	
M70					W75				
Michael Byrne	25/03/23	MAWA St Ch	29.63		Jackie Halberg	12/05/22	ECAC	45.9	
Keith Redpath	25/03/23	MAWA St Ch	29.66		W80				
Harold Membrey	25/03/23	MAWA St Ch	35.30		Ruth Johnson	25/03/23	MAWA St Ch	42.37	
M75					Luella Jenkins	15/10/22	Bunbury	49.19	
Ross Goulden	25/03/23	MAWA St Ch	36.74		Lynne Schickert	02/02/23	ECAC	55.78	
Stephen Crabbe	25/03/23	MAWA St Ch	37.27						
Ivan Brown	25/03/23	MAWA St Ch	40.55						
M80									
Brian Waldhuter	21/03/23	Bunbury	42.13						
Barrie Kernaghan	17/11/22	ECAC	42.58						
M85									
Norman Richards	25/03/23	MAWA St Ch	37.40						
David Carr	12/05/22	ECAC	47.4						
M90									
David Carr	17/11/22	ECAC	42.60						

400m

M30					W30			
Matthew Dean	07/01/23	Strive	64.47		Nicolai Morris	26/03/23	MAWA St Ch	73.18
M35					W35			
Matthew Konsolis	26/03/23	MAWA St Ch	51.29		Paz Storey	26/03/23	MAWA St Ch	67.50
Dominic Lagat	26/03/23	MAWA St Ch	53.63		Naomi Lagat	12/01/23	ECAC	71.76
Adrian Fabiankovits	08/09/22	ECAC	63.16					
M40					W45			
John Bailey	10/11/22	ECAC	82.0		Sharon Davis	09/06/22	ECAC	61.8
					Jacinta Thompson	10/11/22	ECAC	87.8
					Fiona van Heerwaarden	12/01/23	ECAC	1:32.03
M45					W50			
Daniel Smith	19/01/23	ECAC	59.56		Jennifer Parker	12/03/23	AMA Ch - Syd	69.56
Chris Gould	21/03/23	WAAS	59.8		Tammi Doyle	09/02/23	ECAC	75.30
Roberto Busi	09/03/23	ECAC	65.11		Sandra Siviour	26/03/23	MAWA St Ch	77.16
M50					W55			
Lee Stergiou	20/11/22	Strive	57.42		Sue Coate	26/03/23	MAWA St Ch	61.59
Jannie Baard	26/03/23	MAWA St Ch	61.60		Juliana Kelly	21/03/23	WAAS	87.9
Jack Reid	08/09/22	ECAC	64.37		Silke Peglow	19/01/23	ECAC	2:19.74
M55					W60			
Uwe Pufke	12/03/23	AMA Ch - Syd	58.68		Carmel Meyer	09/06/22	ECAC	81.7
Simon McGarvie	20/10/22	ECAC	66.4		Sharon Moloney	06/12/22	Bunbury	1:46.21
Frankie Vargacz	12/01/23	ECAC	67.60					
M60					W65			
Anthony Grendon	09/02/23	ECAC	61.13		Carol Bowman	19/01/23	ECAC	89.13
Campbell Till	14/07/22	ECAC	63.8					
Mark Dawson	26/03/23	MAWA St Ch	72.56		W70			
M65					Barbara Blurton	26/03/23	MAWA St Ch	80.30
Campbell Till	12/03/23	AMA Ch - Syd	61.88		W75			
Neil Morfitt	26/03/23	MAWA St Ch	66.65		Gillian Young	19/01/23	ECAC	1:32.15
Keith Redpath	08/09/22	ECAC	73.32		Jackie Halberg	09/06/22	ECAC	1:47.0
M70					W80			
Michael Byrne	12/03/23	AMA Ch - Syd	67.70		Ruth Johnson	08/11/22	Bunbury	1:52.0
Harold Membrey	26/03/23	MAWA St Ch	1:36.25		Luella Jenkins	08/11/22	Bunbury	2:35.1
					Lynne Schickert	06/04/23	ECAC	3:10.43
M75								
Ross Goulden	26/03/23	MAWA St Ch	82.47					
David Baird	14/02/23	WAAS	85.7					
Geoff Vine	26/03/23	MAWA St Ch	1:35.72					
M80								
David Baird	26/03/23	MAWA St Ch	82.44					
Bob Schickert	19/01/23	ECAC	1:49.97					
Brian Waldhuter	21/03/23	Bunbury	2:14.4					
M85								
Morland Smith	26/03/23	MAWA St Ch	2:01.67					
M90								
David Carr	08/07/22	WMA Ch Tampere	1:35.47					

800m

M35								
Dominic Lagat	25/03/23	MAWA St Ch	2:06.55	W35	Naomi Lagat	22/09/22	ECAC	2:52.92
Adrian Fabiankovits	08/09/22	ECAC	2:34.16					
Andrew Roddy	01/12/22	ECAC	2:58.00	W40	Angie Ross	17/12/22	Strive	2:14.70
M40					Melissa Foster	19/02/23	Melbourne	3:00.77
John Bailey	08/09/22	ECAC	2:52.76	W45	Sharon Davis	16/06/22	ECAC	2:18.50
M45					Jacinta Thompson	18/03/23	MAWA St Ch	3:24.42
Mark Maslen	05/04/23	Strive	2:12.2		Fiona van Heerwaarden	18/03/23	MAWA St Ch	3:32.79
Nick Best	16/06/22	ECAC	2:14.59	W50	Sandra Siviour	25/03/23	MAWA St Ch	2:50.29
Drew Langford	22/09/22	ECAC	2:19.68		Jenn Parker	22/09/22	ECAC	2:55.77
M50					Tammi Doyle	25/03/23	MAWA St Ch	2:57.12
Andrew Brooker	25/03/23	MAWA St Ch	2:18.15	W55	Sue Coate	10/03/23	AMA Ch - Syd	2:49.7
Steve Preece	12/11/22	Strive	2:19.98		Karyn Tolardo	28/02/23	WAAS	3:42.8
Jannie Beard	25/03/23	MAWA St Ch	2:27.77		Silke Peglow	10/01/23	WAAS	4:30.2
M55				W60	Carmel Meyer	05/05/22	ECAC	3:17.28
Xander van Rijen	24/02/23	Strive	2:18.03		Denise Cleasby	01/12/22	ECAC	4:10.90
Uwe Pufke	25/03/23	MAWA St Ch	2:18.16		Sharon Moloney	10/12/22	Bunbury	4:16.12
Simon McGarvie	01/12/22	ECAC	2:30.89	W65	Margaret Saunders	25/03/23	MAWA St Ch	3:09.60
M60					Julie Wilson	25/03/23	MAWA St Ch	3:37.89
Anthony Grendon	26/01/23	ECAC	2:15.48		Carol Bowman	05/05/22	ECAC	3:43.63
Trevor Scott	18/08/22	ECAC	2:38.3	W70	Barbara Blurton	25/03/23	MAWA St Ch	3:13.87
Campbell Till	16/06/22	ECAC	2:43.35		Carey Dickason	13/03/23	AMA Ch - Syd	3:53.12
M65				W75	Gillian Young	25/03/23	MAWA St Ch	3:35.76
Neil Morfitt	25/03/23	MAWA St Ch	2:38.15		Jackie Halberg	05/05/22	ECAC	4:24.43
Campbell Till	18/08/22	ECAC	2:39.5	W80	Ruth Johnson	18/03/23	MAWA St Ch	4:15.58
Martin Kennedy	25/03/23	MAWA St Ch	2:41.34		Luella Jenkins	04/02/23	Bunbury	5:29.84
M70					Lynne Schickert	26/01/23	ECAC	6:02.22
Michael Byrne	25/03/23	MAWA St Ch	2:40.71					
Giovanni Puglisi	25/03/23	MAWA St Ch	2:59.87					
John McDonagh	26/01/23	ECAC	3:30.87					
M75								
Ross Goulden	25/03/23	MAWA St Ch	3:07.51					
David Baird	23/02/23	ECAC	3:25.58					
Geoff Vine	25/03/23	MAWA St Ch	3:33.52					
M80								
David Baird	25/03/23	MAWA St Ch	3:21.72					
John Brambley	16/06/22	ECAC	6:19.52					
M85								
Morland Smith	10/03/23	AMA Ch - Syd	4:36.7					
M90								
David Carr	27/10/22	ECAC	3:36.28					

1500m

M35								
Dominic Lagat	24/11/22	ECAC	4:56.86	W35	Naomi Lagat	24/11/22	ECAC	6:12.45
Adrian Fabiankovits	01/09/22	ECAC	5:06.13					
M40				W40				
Zane Walsh	26/03/23	MAWA St Ch	5:09.41	Angie Ross	11/12/22	Strive	4:40.23	
John Bailey	02/03/23	ECAC	5:57.65	Vanessa Carson	17/11/22	ECAC	5:38.13	
M45				W45				
Chris Gould	17/02/23	Strive	4:12.61	Sharon Davis	07/07/22	WMA Ch Tampere	5:01.39	
Mark Maslen	31/03/23	Strive	4:26.79	Jacinta Thompson	02/03/23	ECAC	7:09.36	
Drew Langford	22/09/22	ECAC	4:39.85	Fiona van Heerwaarden	17/11/22	ECAC	7:43.01	
M50				W50				
Steve Preece	20/11/22	Strive	4:51.52	Sandra Siviour	26/03/23	MAWA St Ch	5:51.49	
Andrew Brooker	26/03/23	MAWA St Ch	4:54.72	Jenn Parker	24/11/22	ECAC	6:32.40	
Jack Reid	01/09/22	ECAC	5:35.85	Tammi Doyle	24/11/22	ECAC	6:44.04	
M55				W55				
Xander van Rijen	26/03/23	MAWA St Ch	4:54.53	Sue Coate	24/11/22	ECAC	6:27.91	
Pat Maslen	26/03/23	MAWA St Ch	5:08.27	Karyn Tolardo	27/04/23	ECAC	7:04.93	
Simon McGarvie	27/04/23	ECAC	5:09.77	Silke Peglow	02/02/23	ECAC	10:06.09	
M60				W60				
Trevor Scott	26/05/22	ECAC	5:11.19	Lori Sexton	23/03/23	ECAC	7:45.77	
Mitch Cleasby	24/11/22	ECAC	5:49.80	Denise Cleasby	24/11/22	ECAC	8:29.91	
Rod Hamilton	16/06/22	ECAC	5:53.01	Sharon Moloney	22/11/22	Bunbury	9:23.8	
M65				W65				
Robert Cattrall	26/03/23	MAWA St Ch	5:34.92	Julie Wilson	06/04/23	ECAC	7:31.61	
Richard Harris	26/03/23	MAWA St Ch	5:41.42	Carol Bowman	24/11/22	ECAC	7:54.01	
Martin Kennedy	26/03/23	MAWA St Ch	5:44.87	W70				
M70				Carey Dickason	11/03/23	AMA Ch - Syd	7:58.31	
Michael Byrne	28/02/23	Bunbury	5:53.7	W75				
Giovanni Puglisi	26/03/23	MAWA St Ch	5:55.64	Gillian Young	26/03/23	MAWA St Ch	7:13.95	
Mercurio Cicchini	26/03/23	MAWA St Ch	7:01.40	W80				
M75				Ruth Johnson	26/03/23	MAWA St Ch	8:52.38	
Ross Goulden	26/03/23	MAWA St Ch	6:35.57	Lynne Schickert	26/05/22	ECAC	11:24.80	
Bob Hull	26/03/23	MAWA St Ch	6:41.03	Luella Jenkins	31/01/23	Bunbury	11:35.0	
Geoff Vine	26/03/23	MAWA St Ch	7:10.78					
M80								
David Baird	26/03/23	MAWA St Ch	6:53.81					
M85								
Morland Smith	11/03/23	AMA Ch - Syd	9:28.4					
David Carr	02/06/22	ECAC	11:42.6					
M90								
David Carr	01/09/22	ECAC	7:32.95					

3000m

M35							
Gerard Hill	24/02/23	Strive	8:47.67	W35	Naomi Lagat	01/09/22	ECAC 13:50.03
Dominic Lagat	26/01/23	ECAC	11:02.88				
Andrew Roddy	24/11/22	ECAC	13:22.21	W40	Vanessa Carson	03/11/22	ECAC 12:13.38
M40							
John Bailey	02/02/23	ECAC	13:12.38	W50	Tammi Doyle	16/02/23	ECAC 14:22.73
M45					Janne Wells	09/03/23	ECAC 18:05.12
Chris Gould	24/02/23	Strive	9:02.50		Silke Peglow	20/10/22	ECAC 18:10.2
Mark Maslen	20/01/23	Strive	9:51.00	W55	Juliana Kelly	10/01/23	WAAS 17:52.6
Roberto Busi	20/10/22	ECAC	9:55.9		Karyn Tolardo	19/05/22	ECAC 18:28.37
M50					Silke Peglow	17/01/23	WAAS 19:21.2
Chris Neale	01/12/22	ECAC	12:26.94	W60	Denise Cleasby	01/12/22	ECAC 17:31.20
M55					Sharon Moloney	01/11/22	Bunbury 19:36.5
Simon McGarvie	20/04/23	ECAC	11:24.9	W65	Julie Wilson	27/04/23	ECAC 15:40.09
Pat Maslen	14/02/23	WAAS	11:35.9	W70	Gillian Young	19/05/22	ECAC 15:47.20
Andrew Davison	20/04/23	ECAC	11:59.44	W80	Ruth Johnson	07/03/23	Bunbury 20:33.1
M60							
Anthony Grendon	12/01/23	ECAC	11:02.98				
Trevor Scott	04/08/22	ECAC	11:14.0				
Mitch Cleasby	01/12/22	ECAC	11:53.29				
M65							
Rob Cattrall	07/03/23	WAAS	12:12.6				
Bruce McGeorge	20/10/22	ECAC	15:33.2				
Dave Wilkie	20/04/23	ECAC	15:50.32				
M70							
Michael Byrne	01/11/22	Bunbury	13:47.6				
John McDonagh	23/06/22	ECAC	15:46.80				
M75							
David Baird	23/02/23	ECAC	15:17.83				
Jim Langford	02/02/23	ECAC	15:27.34				
M80							
Bob Schickert	26/05/22	ECAC	20:31.61				
M85							
David Carr	12/05/22	ECAC	17:34.1				
Morland Smith	31/01/23	WAAS	20:00.9				
M90							
David Carr	23/06/22	ECAC	16:20.96				

5000m

M35					W35			
Dominic Lagat	05/01/23	ECAC	19:15.21		Naomi Lagat	05/01/23	ECAC	23:47.26
M40					W40			
Zane Walsh	18/03/23	MAWA St Ch	18:54.91		Vanessa Carson	13/10/22	ECAC	20:41.00
John Bailey	08/12/22	ECAC	23:10.61		W45			
M45					Jacinta Thompson	13/10/22	ECAC	29:00.93
Chris Gould	10/02/23	Strive	15:49.02		W50			
Roberto Busi	08/09/22	ECAC	16:11.62		Sandra Siviour	18/03/23	MAWA St Ch	21:37.43
Drew Langford	18/03/23	MAWA St Ch	17:20.36		Jenn Parker	13/10/22	ECAC	25:55.58
M50					Janne Wells	16/03/23	ECAC	31:02.5
Evan Georgopoulos	27/04/23	ECAC	21:14.82		W55			
M55					Sandra Stockman	18/03/23	MAWA St Ch	22:22.12
Paul Watson	18/03/23	MAWA St Ch	17:42.08		Sue Coate	05/01/23	ECAC	25:55.24
Simon McGarvie	18/03/23	MAWA St Ch	19:14.75		Karyn Tolardo	25/08/22	ECAC	26:49.95
Pat Maslen	18/03/23	MAWA St Ch	19:23.87		W60			
M60					Lori Sexton	18/03/23	MAWA St Ch	26:42.25
Mitch Cleasby	24/11/22	ECAC	20:38.37		W65			
Steve Hossack	13/04/23	ECAC	22:29.7		Julie Wilson	18/03/23	MAWA St Ch	27:11.62
Mark Dawson	12/03/23	AMA Ch - Syd	23:00.70		Gayle Craft	18/03/23	MAWA St Ch	28:21.11
M65					W70			
Robert Cattrall	18/03/23	MAWA St Ch	20:57.63		Carey Dickason	12/03/23	AMA Ch - Syd	28:35.34
Richard Harris	18/03/23	MAWA St Ch	21:07.02		Barbara Blurton	18/03/23	MAWA St Ch	31:55.48
Campbell Till	05/01/23	ECAC	24:39.94		W75			
M70					Gillian Young	18/03/23	MAWA St Ch	26:00.23
Mercurio Cicchini	18/03/23	MAWA St Ch	25:14.26					
M75								
Bob Hull	18/03/23	MAWA St Ch	24:20.07					
Jim Langford	18/03/23	MAWA St Ch	25:35.01					
David Baird	07/02/23	WAAS	27:02.7					
M80								
David Baird	18/03/23	MAWA St Ch	28:46.70					
Bob Schickert	18/03/23	MAWA St Ch	36:39.32					
M85								
David Carr	05/05/22	ECAC	29:56.44					
Morland Smith	12/03/23	AMA Ch - Syd	34:00.33					
M90								
David Carr	13/10/22	ECAC	29:28.60					

10,000m

M30					W40			
Dean Menzies	04/11/22	ECAC	31:27		Crystal Glossop	18/04/23	ECAC	54:51.9
M35					W45			
Adrian Fabiankovits	04/11/22	ECAC	38:38		Clare Wardle	18/04/23	ECAC	40:37.9
M40					W50			
Chris Lark	11/08/22	ECAC	38:22.96		Rochelle Airey	18/04/23	ECAC	51:35.8
Rodney Glossop	18/04/23	ECAC	43:51.8		Rashanthi Wanigasekera	18/04/23	ECAC	1:03:20.6
M45					W70			
Roberto Busi	11/08/22	ECAC	34:18.55		Carey Dickason	10/03/23	AMA Ch - Syd	1:01:31.0
Steve Weller	24/11/22	Bunbury	39:05.0		Carolyn Fawcett	11/08/22	ECAC	1:15:15.1
David Adams	11/08/22	ECAC	39:56.35		W80			
M55					Kathleen Hannig	10/03/23	AMA Ch - Syd	1:52:19.0
Tristan Bell	18/04/23	ECAC	44:22.0					
Paul Every	18/04/23	ECAC	46:55.0					
M60								
Greg Knuckey	04/11/22	ECAC	43:38					
Steve Hossack	18/04/23	ECAC	45:13.0					
John Fisher	18/04/23	ECAC	47:36.7					
M65								
Micky Muroi	18/04/23	ECAC	53:52.0					
Bruce McGeorge	04/11/22	ECAC	57:43					
M70								
Mercurio Cicchini	18/04/23	ECAC	51:07.4					
M75								
Jim Langford	18/04/23	ECAC	56:37.8					
M90								
David Carr	11/08/22	ECAC	1:02:48.93					

Mile

M35				W35			
Dominic Lagat	18/08/22	ECAC	5:26.5	Naomi Lagat	18/08/22	ECAC	7:25.5
M40				W40			
John Bailey	12/01/23	ECAC	6:38.01	Vanessa Carson	03/11/22	ECAC	6:03.44
M45				W45			
David Adams	18/08/22	ECAC	5:51.1	Sharon Davis	18/08/22	ECAC	5:29.0
Roberto Busi	17/01/23	WAAS	5:55.6	W50			
Jason Kell	28/07/22	ECAC	8:22.20	Janne Wells	03/11/22	ECAC	10:16.18
M50				W55			
Andrew Kets	03/11/22	ECAC	6:16.10	Karyn Tolardo	13/04/23	ECAC	7:28.7
M60				Silke Peglow	17/01/23	WAAS	10:36.1
Trevor Scott	18/08/22	ECAC	5:37.8	W60			
Rod Hamilton	09/06/22	ECAC	6:36.6	Sharon Moloney	23/02/23	Bunbury	10:22.1
Steve Hossack	13/04/23	ECAC	6:52.9	W80			
M65				Ruth Johnson	23/02/23	Bunbury	10:38.1
Campbell Till	03/11/22	ECAC	7:30.58				
Brian Hewitt	09/03/23	ECAC	8:25.53				
Bruce McGeorge	18/08/22	ECAC	8:32.5				
M70							
Harold Membrey	23/02/23	Bunbury	9:42.1				
M75							
David Baird	12/01/23	ECAC	8:00.15				
Jim Langford	12/01/23	ECAC	8:06.57				
M85							
David Carr	09/06/22	ECAC	9:04.5				
Morland Smith	17/01/23	WAAS	10:15.8				
M90							
David Carr	28/07/22	ECAC	8:21.34				

1500m walk

M45							
Daniel Lowe	10/03/23	AMA Ch - Syd	9:39.27	W45	Fiona van Heerwaarden	25/03/23	MAWA St Ch 8:53.86
David Adams	01/09/22	ECAC	10:10.5				
M60				W50	Janne Wells	25/03/23	MAWA St Ch 10:16.91
Garry Hastie	25/10/22	Bunbury	7:45.69				
John Dennehy	11/08/22	ECAC	9:55.0	W55	Karyn Tolardo	21/07/22	ECAC 7:44.2
Jimmy Edwards	25/03/23	MAWA St Ch	13:01.34		Wendy Farrow	25/03/23	MAWA St Ch 9:45.70
M65					Paula Kennedy	25/03/23	MAWA St Ch 11:42.14
Victor Munoz	10/03/23	AMA Ch - Syd	9:16.44	W60	Marcela Ruiz	10/03/23	AMA Ch - Syd 10:02.65
Tom Lenane	19/01/23	ECAC	10:08.87		Phillippa Bennett	11/08/22	ECAC 11:27.5
Steve Travell	01/09/22	ECAC	12:48.0		Delia Baldock	23/03/23	ECAC 11:28.38
M70				W70	Maureen Keshwar	19/01/23	ECAC 12:12.23
John McDonagh	02/03/23	ECAC	9:32.48				
Harold Membrey	08/11/22	Bunbury	11:29.6	W80	Ruth Johnson	25/03/23	MAWA St Ch 11:44.82
M75					Lynne Schickert	11/08/22	ECAC 11:46.7
Johan Hagedoorn	07/03/23	WAAS	10:11.8		Luella Jenkins	27/09/22	Bunbury 12:25.41
John McDonagh	27/04/23	ECAC	10:18.83				
Haydn Gawne	25/03/23	MAWA St Ch	10:57.33				

3000m walk

M45				W45	Fiona van Heerwaarden	26/03/23	MAWA St Ch 18:46.35
Daniel Lowe	23/02/23	ECAC	20:37.23				
M55				W50	Janne Wells	21/05/22	Perry Lakes 23:18.68
Andrew Duncan	23/06/22	ECAC	15:53.14		Silke Peglow	21/05/22	Perry Lakes 27:21.35
M60				W55	Karyn Tolardo	26/03/23	MAWA St Ch 17:18.42
Garry Hastie	06/11/22	Pan Pac - G Coast	16:34.45		Wendy Farrow	26/03/23	MAWA St Ch 20:03.18
John Dennehy	30/06/22	ECAC	20:42.4		Paula Kennedy	07/03/23	Bunbury 24:32.8
M65				W60	Marcela Ruiz	26/03/23	MAWA St Ch 22:12.99
Victor Munoz	26/03/23	MAWA St Ch	18:52.88		Delia Baldock	26/03/23	MAWA St Ch 25:57.81
Tom Lenane	09/02/23	ECAC	21:50.83	W80	Lynne Schickert	05/05/22	ECAC 23:50.59
Steve Travell	05/05/22	ECAC	23:28.09		Luella Jenkins	07/03/23	Bunbury 24:26.4
M70					Glenys Duncan	07/02/23	WAAS 26:56.6
John McDonagh	09/02/23	ECAC	19:45.56				
Harold Membrey	26/01/23	Bunbury	24:25.8				
M75							
John McDonagh	27/04/23	ECAC	20:00.05				
Johan Hagedoorn	21/02/23	WAAS	20:45.7				
Haydn Gawne	26/03/23	MAWA St Ch	22:29.79				

5000m walk

M45				W45			
Daniel Lowe	25/03/23	MAWA St Ch	35:23.79	Fiona van Heerwaarden	27/04/23	ECAC	33:38.22
M60				W55			
Garry Hastie	05/11/22	Pan Pac - G Coast	29:52.46	Karyn Tolardo	25/03/23	MAWA St Ch	29:25.35
M65				Wendy Farrow	25/03/23	MAWA St Ch	33:56.88
Victor Munoz	07/03/23	WAAS	32:13.1	W60			
M70				Marcela Ruiz	07/03/23	WAAS	36:12.5
John McDonagh	11/03/23	AMA Ch - Syd	33:59.6	W80			
Harold Membrey	13/10/22	Bunbury	39:35.8	Lynne Schickert	29/06/22	WMA Ch Tampere	41:16.23
M75				Glenys Duncan	25/03/23	MAWA St Ch	48:43.53
Johan Hagedoorn	07/03/23	WAAS	35:58.8				

10,000m walk

W55			
Karyn Tolardo	07/01/23	Strive	1:04:14.4

10km road walk

M45				W45			
Daniel Lowe	13/03/23	AMA Ch - Syd	1:12:49.0	Fiona van Heerwaarden	06/08/22	Perry Lakes	1:10:58.63
M55				W55			
Andrew Duncan	09/07/22	Perry Lakes	53:26.28	Karyn Tolardo	13/03/23	AMA Ch - Syd	1:00:15.0
M65				Wendy Farrow	09/07/22	Perry Lakes	1:10:09.89
Victor Munoz	13/03/23	AMA Ch - Syd	1:06:00.0	W60			
Steven Travell	09/07/22	Perry Lakes	1:39:45.45	Marcela Ruiz	09/07/22	Perry Lakes	1:19:06.43
M70				W80			
John McDonagh	13/03/23	AMA Ch - Syd	1:09:58.0	Lynne Schickert	13/03/23	AMA Ch - Syd	1:29:14.0
				Glenys Duncan	13/03/23	AMA Ch - Syd	1:45:56.0

20km road walk

M55				W55			
Andrew Duncan	06/08/22	Perry Lakes	1:45:10.72	Karyn Tolardo	06/08/22	Perry Lakes	2:19:38.66
				Wendy Farrow	06/08/22	Perry Lakes	2:23:26.16
				W60			
				Marcela Ruiz	06/08/22	Perry Lakes	3:01:39.04

80m hurdles

W40				
Melissa Foster	14/01/23	Bendigo		13.51
W45				
Fiona van Heerwaarden	03/12/22	ECAC		22.64
W50				
Jenn Parker	02/02/23	ECAC		15.15
Tammi Doyle	02/02/23	ECAC		17.44
W55				
Sue Coate	12/03/23	AMA Ch - Syd		16.37

100m hurdles

M55				
J Moutia	26/03/23	MAWA St Ch		23.72
M60				
Dave Wilkie	26/03/23	MAWA St Ch		21.96

110m hurdles

M30				
Paul Wilmot	26/03/23	MAWA St Ch		21.36

200m hurdles

W70				
Maureen Keshwar	05/07/22	WMA Ch Tampere		44.99

300m hurdles

M60					W50				
Garry Hastie	06/11/22	Pan Pac - G Coast	57.71		Jennifer Parker	10/03/23	AMA Ch - Syd	54.99	
Dave Wilkie	25/03/23	MAWA St Ch	61.11		Tammi Doyle	25/03/23	MAWA St Ch	63.11	
M65					W55				
Campbell Till	22/09/22	ECAC	50.59		Sue Coate	22/09/22	ECAC	57.42	
M70									
Giovanni Puglisi	25/03/23	MAWA St Ch	62.16						

400m hurdles

M35					W45				
Johan Stassen	25/03/23	MAWA St Ch	68.86		Annmarie O'Donovan	12/03/22	MAWA St Ch	84.92	
M50									
Andrew Brooker	05/04/23	Strive	68.18						
M55									
J Moutia	25/03/23	MAWA St Ch	1:30.62						

2000m steeplechase

M60				W50			
Garry Hastie	20/10/22	Bunbury	9:34.3	Sandra Siviour	23/03/23	MAWA St Ch	9:08.89
John Fisher	23/03/23	MAWA St Ch	10:55.68	Janne Wells	23/03/23	MAWA St Ch	12:14.92
Steve Barrie	15/09/22	ECAC	13:44.63				
M70				W55			
Giovanni Puglisi	08/07/22	WMA Ch Tampere	8:46.60	Sue Coate	23/03/23	MAWA St Ch	9:49.63
Harold Membrey	16/02/23	Bunbury	14:08.4	Silke Peglow	23/03/23	MAWA St Ch	12:42.55
M75				W60			
David Baird	26/01/23	ECAC	10:02.86	Sharon Moloney	16/02/23	Bunbury	14:30.0
Greg Wilson	23/03/23	MAWA St Ch	15:46.12				
M80				W65			
David Baird	23/03/23	MAWA St Ch	11:38.41	Julie Wilson	23/03/23	MAWA St Ch	11:04.92
Bob Schickert	11/03/23	AMA Ch - Syd	16:13.1	Carol Bowman	26/01/23	ECAC	12:43.36
M85				W70			
Morland Smith	11/03/23	AMA Ch - Syd	14:25.4	Maureen Keshwar	08/07/22	WMA Ch Tampere	13:25.96
M90				W75			
David Carr	15/09/22	ECAC	12:26.57	Gillian Young	11/03/23	AMA Ch - Syd	11:01.5
				W80			
				Ruth Johnson	16/02/23	Bunbury	14:31.0
				Lynne Schickert	08/07/22	WMA Ch Tampere	17:57.20
				Luella Jenkins	21/01/23	Bunbury	18:01.0

3000m steeplechase

M45			
David Adams	30/10/22	Strive	13:21.95
M50			
Wayne Byram	23/03/23	MAWA St Ch	17:56.13

Marathon

M35					W35			
Dean Menzies	26/02/23	Osaka	2:17:41		Ceri Morton	02/10/22	Melbourne	3:53:26
M40					W40			
Jerry Peters	10/07/22	Bibra Lake	3:18:42		Rachel Williams	03/07/22	Gold Coast	3:24:27
Jan Brankaer	09/10/22	Perth	3:37:30		Vanessa Carson	16/04/23	Bunbury	3:27:57
Tommy Glackin	09/10/22	Perth	3:40:09		Amanda Vorisek	03/07/22	Gold Coast	3:35:11
M45					W45			
David Adams	28/08/22	Bunbury	3:08:16		Astrid Roberts	02/10/22	London	2:49:24
Grahak Cunningham	09/10/22	Perth	3:54:06		Jackie Kellerman	11/02/23	Busselton	2:51:14
Bradley Hollins	19/03/23	Canning River	4:47:41		Clare Wardle	02/10/22	Melbourne	3:23:20
M50					W50			
Jacques Meyer	09/10/22	Perth	2:56:25		Heather Longworth	12/06/22	Rottnest	4:05:23
Jonathan Lester	09/10/22	Perth	3:56:55					
M55					W55			
John Herzfeld	02/10/22	London	4:06:12		Julie Walters	05/03/23	Tokyo	5:19:30
Stuart Walker	06/11/22	New York	4:58:42		Karin Smith	12/06/22	Rottnest	5:31:29
M60								
John Lucas	02/10/22	London	3:51:02					
Peter Brooke	02/10/22	Melbourne	4:02:08					
John Fisher	09/10/22	Perth	4:59:17					
M65								
Kevin Johnson	09/10/22	Perth	3:34:26					
Bob Colligan	12/06/22	Rottnest	4:00:51					
M70								
Robert Lane	12/06/22	Rottnest	3:33:46					
Mercurio Cicchini	09/10/22	Perth	4:27:40					
Keith Miller	12/06/22	Rottnest	4:54:11					
M75								
Robert Lane	05/03/23	Tokyo	3:33:26					
Peter Sanders	03/07/22	Gold Coast	3:50:17					

NOTE: Only performances from local marathon events are included by default. To guarantee inclusion of performances from other marathon events, Members should notify MAWA of the details (i.e. event, date, and performance).

High Jump

M30					W35			
Paul Wilmot	18/03/23	MAWA St Ch	1.30		Naomi Lagat	19/01/23	ECAC	1.15
M35					W40			
Stephen Edwards	18/03/23	MAWA St Ch	1.65		Melissa Foster	03/12/22	ECAC	1.44
Dominic Lagat	03/11/22	ECAC	1.60					
Andrew Roddy	05/01/23	ECAC	1.03		W45			
M40					Jacinta Thompson	18/03/23	MAWA St Ch	1.17
Ryan Satinover	18/03/23	MAWA St Ch	1.70		Fiona van Heerwaarden	18/03/23	MAWA St Ch	1.11
M45					W50			
Daniel Mostert	07/03/23	WAAS	1.50		Jenn Parker	22/12/22	ECAC	1.30
					Lisa Limonas	17/11/22	ECAC	1.20
M50					Tammi Doyle	03/12/22	ECAC	1.17
Andrew Brooker	02/02/23	ECAC	1.50		W55			
Jack Reid	01/12/22	ECAC	1.40		Sue Coate	10/03/23	AMA Ch - Syd	1.34
M55					W60			
Hans Venter	21/02/23	WAAS	1.60		Sharon Moloney	03/01/23	Bunbury	1.00
Paul Foley	10/01/23	WAAS	1.30		W65			
Kevin Collins	18/03/23	MAWA St Ch	1.00		Gay Wyatt	01/12/22	ECAC	1.09
M60					Carol Bowman	17/11/22	ECAC	0.88
Dave Wilkie	18/03/23	MAWA St Ch	1.43		W70			
Steve Barrie	19/01/23	ECAC	1.06		Barbara Blurton	16/02/23	ECAC	1.00
John Dennehy	17/11/22	ECAC	1.03		W75			
M65					Gillian Young	19/01/23	ECAC	1.03
Campbell Till	19/01/23	ECAC	1.43		Brenda Painter	10/03/23	AMA Ch - Syd	0.80
M70					W80			
Dave Wyatt	03/11/22	ECAC	1.30		Lynne Schickert	10/03/23	AMA Ch - Syd	0.98
Harold Membrey	27/09/22	Bunbury	0.90		Luella Jenkins	22/11/22	Bunbury	0.95
M75					Ruth Johnson	27/09/22	Bunbury	0.92
Greg Wilson	18/03/23	MAWA St Ch	1.20					
Phil Smyth	24/01/23	WAAS	1.20					
M80								
Brian Waldhuter	22/11/22	Bunbury	1.15					
M85								
Norm Richards	07/03/23	WAAS	1.02					

Pole Vault

M30					W30			
Oliver Berry	04/09/22	WAAS	2.90		Nicolai Morris	24/02/23	Strive	2.40
M50					W55			
Frederick Jankowitz	24/02/23	Strive	3.00		Sue Coate	18/09/22	WAAS	2.35
M60								
Dave Wilkie	18/11/22	Strive	2.40					
M70								
Geoff Brayshaw	18/09/22	WAAS	2.65					
M75								
Phil Smyth	20/01/23	Strive	2.70					

Long Jump

M30								
Matt Dean	14/02/23	WAAS	5.68	W30	Claire Nankivell	28/02/23	WAAS	4.54
Bonny Ndungu	25/03/23	MAWA St Ch	4.90					
Paul Wilmot	25/03/23	MAWA St Ch	4.21	W35	Naomi Lagat	20/10/22	ECAC	2.94
M35								
Stephen Edwards	04/03/23	AWA St Ch	5.73	W40	Melissa Foster	05/07/22	WMA Ch Tampere	5.73
Matthew Konsolis	17/12/22	Strive	5.46	Danielle Dean	25/03/23	MAWA St Ch	3.99	
Dominic Lagat	01/09/22	ECAC	5.39	Ingrid Wilcock	27/10/22	ECAC	3.98	
M40								
Ryan Satinover	25/03/23	MAWA St Ch	5.31	W45	Jacinta Thompson	18/03/23	MAWA St Ch	3.00
M45				Fiona van Heerwaarden	18/03/23	MAWA St Ch	2.45	
Paul Jeffery	04/03/23	AWA St Ch	5.78	W50	Jenn Parker	15/09/22	ECAC	4.31
Daniel Mostert	28/02/23	WAAS	4.41	Lisa Limonas	15/09/22	ECAC	4.06	
David Adams	20/10/22	ECAC	3.42	Tammi Doyle	23/02/23	ECAC	3.71	
M50								
Chris Neale	25/03/23	MAWA St Ch	4.99	W55	Sue Coate	15/09/22	ECAC	4.33
Andrew Brooker	12/03/23	AMA Ch - Syd	4.67	Paula Kennedy	10/12/22	Bunbury	2.69	
M55								
Wayne Bariolo	25/03/23	MAWA St Ch	4.37	W60	Sharon Moloney	22/10/22	Bunbury	2.30
Hans Venter	28/02/23	WAAS	4.35					
Kevin Collins	25/03/23	MAWA St Ch	2.17	W65	Gay Wyatt	22/09/22	ECAC	3.31
M60				Carol Bowman	20/10/22	ECAC	2.02	
Garry Hastie	03/12/22	Bunbury	4.33	W70	Barbara Wilson	25/03/23	MAWA St Ch	2.74
Dave Wilkie	14/02/23	WAAS	3.89	Carey Dickason	11/03/23	AMA Ch - Syd	2.24	
Jacques Maniacara	25/03/23	MAWA St Ch	3.14					
M65				W75	Brenda Painter	25/03/23	MAWA St Ch	2.04
Bruce McGeorge	20/10/22	ECAC	2.85					
Des Walsh	18/08/22	ECAC	2.73	W80	Luella Jenkins	25/03/23	MAWA St Ch	2.47
M70				Ruth Johnson	14/03/23	Bunbury	2.36	
Dave Wyatt	11/08/22	ECAC	4.19					
Geoff Brayshaw	14/02/23	WAAS	3.79					
Michael Byrne	17/01/23	Bunbury	3.17					
M75								
Phil Smyth	31/01/23	WAAS	3.75					
M80								
Brian Waldhuter	14/03/23	Bunbury	2.96					
M85								
Norman Richards	25/03/23	MAWA St Ch	3.01					
M90								
David Carr	20/10/22	ECAC	1.33					

Triple Jump

M30								
Matthew Dean	03/03/23	AWA St Ch	12.38	W35	Naomi Lagat	08/12/22	ECAC	7.38
Bonny Ndungu	26/03/23	MAWA St Ch	11.24					
Paul Wilmot	26/03/23	MAWA St Ch	8.23	W40	Melissa Foster	08/07/22	WMA Ch Tampere	12.04
					Danielle Dean	26/03/23	MAWA St Ch	7.27
M35				W45	Jacinta Thompson	08/12/22	ECAC	6.05
Stephen Edwards	03/03/23	AWA St Ch	13.21		Fiona van Heerwaarden	08/12/22	ECAC	5.80
Dominic Lagat	26/03/23	MAWA St Ch	12.37	W50	Jenn Parker	12/01/23	ECAC	9.00
					Lisa Limonas	08/09/22	ECAC	8.20
M45					Tammi Doyle	26/03/23	MAWA St Ch	7.47
David Adams	08/12/22	ECAC	6.57	W55	Sue Coate	12/03/23	AMA Ch - Syd	8.41
				W60	Sharon Moloney	18/10/22	Bunbury	5.43
M60								
Dave Wilkie	08/12/22	ECAC	7.54	W65	Gay Wyatt	22/09/22	ECAC	6.70
John Dennehy	08/12/22	ECAC	6.06					
Steve Barrie	08/12/22	ECAC	4.53	W70	Barbara Wilson	26/03/23	MAWA St Ch	6.00
					Carey Dickason	12/03/23	AMA Ch - Syd	5.19
M65				W75	Brenda Painter	26/03/23	MAWA St Ch	4.87
Campbell Till	08/12/22	ECAC	8.96					
				W80	Lynne Schickert	12/03/23	AMA Ch - Syd	5.27
M70					Ruth Johnson	21/02/23	Bunbury	5.17
Dave Wyatt	08/12/22	ECAC	8.66		Luella Jenkins	26/03/23	MAWA St Ch	4.97
John McDonagh	09/02/23	ECAC	5.98					
M75								
Phil Smyth	26/03/23	MAWA St Ch	6.74					
M80								
Brian Waldhuter	21/03/23	Bunbury	6.77					
M85								
Norm Richards	14/02/23	WAAS	5.55					
M90								
David Carr	08/12/22	ECAC	3.21					

Discus

M30					W35			
Paul Wilmot	25/03/23	MAWA St Ch	17.66		Michelle Krokosz	07/01/23	Bunbury	31.28
					Naomi Lagat	03/11/22	ECAC	13.51
M35					W40			
Dominic Lagat	03/11/22	ECAC	22.39		Ingrid Wilcock	03/11/22	ECAC	19.21
M45					W45			
John Fettus	12/11/22	Bunbury	38.65		Jacinta Thompson	03/11/22	ECAC	19.39
Paul Jeffery	17/02/23	Strive	38.44		Fiona van Heerwaarden	05/01/23	ECAC	8.87
David Adams	03/11/22	ECAC	9.38		W50			
M50					Jenn Parker	23/02/23	ECAC	29.36
Chris Neale	25/03/23	MAWA St Ch	30.93		Sandra Siviour	25/03/23	MAWA St Ch	22.15
Andrew Brooker	12/03/23	AMA Ch - Syd	30.17		Tammi Doyle	05/01/23	ECAC	16.91
M55					W55			
Todd Davey	25/09/22	Bunbury	38.91		Sue Coate	25/03/23	MAWA St Ch	24.91
Paul Foley	13/10/22	ECAC	32.46		Paula Kennedy	25/03/23	MAWA St Ch	20.93
Wayne Bariolo	18/03/23	MAWA St Ch	25.64		Donna Hiscox	11/03/23	AMA Ch - Syd	16.29
M60					W60			
Andrew Ward	28/02/23	WAAS	42.51		Sharon Moloney	25/03/23	MAWA St Ch	20.67
Garry Hastie	07/02/23	Bunbury	31.98		Terri Carr	19/01/23	ECAC	15.87
Ken Wilkins	25/03/23	MAWA St Ch	26.40		Michelle Link	25/03/23	MAWA St Ch	13.29
M65					W65			
Tom Gravestock	18/03/23	MAWA St Ch	43.07		Carol Bowman	03/11/22	ECAC	10.86
Des Walsh	08/12/22	ECAC	25.81		W70			
Bruce McGeorge	19/01/23	ECAC	23.32		Maureen Keshwar	03/11/22	ECAC	21.66
M70					Elizabeth Szczepanska	26/03/23	MAWA St Ch	16.85
Ossi Igel	19/01/23	ECAC	37.93		Barbara Wilson	11/03/23	AMA Ch - Syd	15.50
Geoff Brayshaw	05/01/23	ECAC	29.81		W75			
Harold Membrey	04/10/22	Bunbury	22.56		Bev Hamilton	26/03/23	MAWA St Ch	19.88
M75					Gillian Young	03/11/22	ECAC	12.22
Greg Wilson	26/03/23	MAWA St Ch	27.47		W80			
Phil Smyth	31/01/23	WAAS	21.70		Luella Jenkins	11/02/23	Bunbury	18.60
M80					Ruth Johnson	29/11/22	Bunbury	12.30
Jeff Bowen	26/03/23	MAWA St Ch	20.39		Kathleen Hannig	11/03/23	AMA Ch - Syd	9.37
Peter Muller	26/03/23	MAWA St Ch	18.60					
Brian Waldhuter	10/01/23	Bunbury	16.24					
M85								
Jim Davis	26/03/23	MAWA St Ch	18.40					
Norman Stanger	17/01/23	WAAS	14.96					
John Cochrane	26/03/23	MAWA St Ch	13.08					

Javelin

M30					W35			
Paul Wilmot	20/01/23	Strive	30.12		Michelle Krokosz	05/01/23	ECAC	26.60
					Naomi Lagat	24/11/22	ECAC	22.62
M35					W40			
Dominic Lagat	22/12/22	ECAC	38.05		Melissa Foster	19/02/23	Melbourne	29.14
Andrew Roddy	01/12/22	ECAC	28.16		Ingrid Wilcock	27/10/22	ECAC	19.97
M45					W45			
Paul Jeffery	18/03/23	MAWA St Ch	49.94		Jacinta Thompson	18/03/23	MAWA St Ch	17.77
John Fettus	18/03/23	MAWA St Ch	35.94		Fiona van Heerwaarden	22/12/22	ECAC	11.74
Andrew McNally	05/01/23	ECAC	27.64					
M50					W50			
Andrew Brooker	21/02/23	WAAS	36.64		Tammi Doyle	23/03/23	ECAC	23.68
Jack Reid	01/12/22	ECAC	19.52		Jennifer Parker	04/12/22	ECAC	21.21
					Sandra Siviour	09/02/23	ECAC	20.66
M55					W55			
Wayne Bariolo	26/03/23	MAWA St Ch	41.20		Sue Coate	11/03/23	AMA Ch - Syd	30.91
Paul Foley	10/01/23	WAAS	35.32		Paula Kennedy	07/01/23	Bunbury	19.24
					Basia Lis	26/01/23	ECAC	10.33
M60					W60			
Garry Hastie	18/03/23	MAWA St Ch	38.09		Sharon Moloney	22/10/22	Bunbury	16.43
Andrew Ward	05/01/23	ECAC	32.30		Carrie Francis	25/03/23	MAWA St Ch	13.62
Ken Wilkins	26/03/23	MAWA St Ch	29.54		Michelle Link	25/03/23	MAWA St Ch	13.38
M65					W65			
Tom Gravestock	26/03/23	MAWA St Ch	30.48		Carol Bowman	01/12/22	ECAC	9.10
Desmond Walsh	26/03/23	MAWA St Ch	21.41					
Campbell Till	26/01/23	ECAC	20.86					
M70					W70			
Ossi Igel	25/03/23	MAWA St Ch	27.94		Barbara Wilson	11/03/23	AMA Ch - Syd	15.23
Geoff Brayshaw	05/01/23	ECAC	27.67		Elizabeth Szczepanska	25/03/23	MAWA St Ch	11.63
Clive Choate	25/03/23	MAWA St Ch	19.34		Christina Faithfull	25/03/23	MAWA St Ch	11.44
M75					W75			
Stan Selby	25/03/23	MAWA St Ch	29.25		Bev Hamilton	26/01/23	ECAC	12.38
Phil Smyth	24/01/23	WAAS	25.70		Brenda Painter	25/03/23	MAWA St Ch	11.54
Greg Wilson	18/03/23	MAWA St Ch	23.56		Gillian Young	01/12/22	ECAC	10.96
M80					W80			
Jeff Bowen	25/03/23	MAWA St Ch	18.37		Luella Jenkins	03/12/22	Bunbury	15.62
Peter Muller	25/03/23	MAWA St Ch	15.13		Ruth Johnson	04/02/23	Bunbury	10.56
Brian Waldhuter	31/01/23	Bunbury	13.07		Kathleen Hannig	11/03/23	AMA Ch - Syd	7.88
M85								
Jim Davis	25/03/23	MAWA St Ch	11.76					
Norman Stanger	24/01/23	WAAS	10.73					
M90								
David Carr	01/12/22	ECAC	5.85					

Shot

M30					W35			
Paul Wilmot	25/03/23	MAWA St Ch	6.22		Michelle Krokosz	11/02/23	Bunbury	9.53
					Naomi Lagat	22/12/22	ECAC	6.29
M35					W40			
Dominic Lagat	22/12/22	ECAC	8.39		Melissa Foster	19/02/23	Melbourne	9.09
					Ingrid Wilcock	03/11/22	ECAC	5.76
M45					W45			
John Fettus	29/11/22	Bunbury	13.15		Jacinta Thompson	18/03/23	MAWA St Ch	7.68
Daniel Mostert	07/03/23	WAAS	7.91		Fiona van Heerwaarden	18/03/23	MAWA St Ch	4.94
David Adams	24/11/22	ECAC	3.76					
M55					W50			
Todd Davey	08/09/22	ECAC	13.90		Jenn Parker	22/12/22	ECAC	9.67
Paul Foley	17/01/23	WAAS	9.92		Lisa Limonas	10/11/22	ECAC	8.45
Hans Venter	07/03/23	WAAS	9.81		Tammi Doyle	03/12/22	ECAC	8.21
M60					W55			
Andrew Ward	31/01/23	WAAS	9.93		Sue Coate	23/02/23	ECAC	10.36
Garry Hastie	21/03/23	Bunbury	9.25		Paula Kennedy	25/03/23	MAWA St Ch	8.54
Ken Wilkins	07/03/23	WAAS	7.49		Donna Hiscox	10/03/23	AMA Ch - Syd	5.45
M65					W60			
Tom Gravestock	18/03/23	MAWA St Ch	11.28		Sharon Moloney	04/03/23	Bunbury	7.98
Desmond Walsh	25/03/23	MAWA St Ch	7.34		Carrie Francis	25/03/23	MAWA St Ch	6.28
Campbell Till	24/11/22	ECAC	7.09		Terri Carr	19/01/23	ECAC	5.93
M70					W65			
Ossi Igel	02/02/23	ECAC	12.17		Carol Bowman	24/11/22	ECAC	4.37
Harold Membrey	26/03/23	MAWA St Ch	7.97					
Mike Anderson	31/01/23	WAAS	6.12		W70			
M75					Maureen Keshwar	30/06/22	WMA Ch Tampere	8.23
Greg Wilson	18/03/23	MAWA St Ch	8.14		Barbara Wilson	25/03/23	MAWA St Ch	7.06
					Elizabeth Szczepanska	25/03/23	MAWA St Ch	6.74
M80					W75			
Jeff Bowen	18/03/23	MAWA St Ch	8.57		Bev Hamilton	12/03/23	AMA Ch - Syd	7.42
Brian Waldhuter	21/03/23	Bunbury	6.80		Gillian Young	24/11/22	ECAC	5.58
Peter Muller	26/03/23	MAWA St Ch	6.56		Brenda Painter	25/03/23	MAWA St Ch	5.14
M85					W80			
Jim Davis	26/03/23	MAWA St Ch	7.46		Luella Jenkins	18/03/23	MAWA St Ch	7.00
Norman Stanger	17/01/23	WAAS	6.39		Ruth Johnson	29/04/23	Bunbury	5.53
John Cochrane	26/03/23	MAWA St Ch	5.67		Lynne Schickert	18/03/23	MAWA St Ch	4.69
M90								
David Carr	24/11/22	ECAC	4.57					

Hammer

M45				W35			
John Fettus	29/04/23	Bunbury	44.62	Michelle Krokosz	07/01/23	Bunbury	17.87
M55				W45			
Todd Davey	25/09/22	Bunbury	44.93	Byrony Glass	17/02/23	Strive	39.38
Paul Foley	17/01/23	WAAS	32.12	Jacinta Thompson	12/01/23	ECAC	14.67
Garry Parker	25/03/23	MAWA St Ch	23.25	W50			
M60				Jenn Parker	16/02/23	ECAC	35.06
Andrew Ward	25/03/23	MAWA St Ch	31.83	W55			
Garry Hastie	11/02/23	Bunbury	25.51	Paula Kennedy	25/03/23	MAWA St Ch	29.87
M65				Donna Hiscox	10/03/23	AMA Ch - Syd	21.35
Tom Gravestock	25/09/22	Bunbury	36.96	Sue Coate	18/03/23	MAWA St Ch	20.10
M70				W60			
Ossi Igel	10/03/23	AMA Ch - Syd	36.55	Sharon Moloney	18/03/23	MAWA St Ch	26.79
Harold Membrey	25/03/23	MAWA St Ch	25.77	Terri Carr	02/02/23	ECAC	16.76
M75				Michelle Link	25/03/23	MAWA St Ch	13.22
Greg Wilson	18/03/23	MAWA St Ch	22.86	W70			
Phil Smyth	25/03/23	MAWA St Ch	21.37	Elizabeth Szczepanska	25/03/23	MAWA St Ch	21.58
M80				Carey Dickason	10/03/23	AMA Ch - Syd	17.28
Jeff Bowen	25/03/23	MAWA St Ch	18.24	W75			
Brian Waldhuter	12/11/22	Bunbury	17.12	Bev Hamilton	10/03/23	AMA Ch - Syd	26.98
Lyle James	11/10/22	Bunbury	5.57	W80			
M85				Ruth Johnson	14/03/23	Bunbury	20.39
Jim Davis	25/03/23	MAWA St Ch	23.84	Luella Jenkins	25/03/23	MAWA St Ch	20.25
John Cochrane	25/03/23	MAWA St Ch	12.15				

Weight

M45					W35			
John Fettus	29/04/23	Bunbury	16.80		Michelle Krokosz	11/02/23	Bunbury	7.96
M55					W45			
Todd Davey	08/09/22	ECAC	16.65		Jacinta Thompson	27/10/22	ECAC	6.38
Paul Foley	13/10/22	ECAC	12.22		W50			
Garry Parker	13/10/22	ECAC	8.30		Jenn Parker	12/01/23	ECAC	10.68
M60					Tammi Doyle	12/01/23	ECAC	6.84
Andrew Ward	26/03/23	MAWA St Ch	12.57		W55			
Garry Hastie	14/01/23	Bunbury	10.75		Paula Kennedy	14/01/23	Bunbury	9.99
M65					Sue Coate	18/03/23	MAWA St Ch	7.48
Tom Gravestock	25/09/22	Bunbury	13.43		W60			
M70					Sharon Moloney	19/11/22	Bunbury	9.15
Ossi Igel	02/03/23	ECAC	15.61		Michelle Link	26/03/23	MAWA St Ch	6.70
Harold Membrey	14/01/23	Bunbury	11.49		Terri Carr	26/01/23	ECAC	6.54
Mike Anderson	16/02/23	ECAC	6.84		W70			
M75					Elizabeth Szczepanska	26/03/23	MAWA St Ch	8.28
Stan Selby	26/03/23	MAWA St Ch	10.15		Barbara Wilson	26/03/23	MAWA St Ch	7.89
Greg Wilson	18/03/23	MAWA St Ch	8.91		Christina Faithfull	26/03/23	MAWA St Ch	5.04
M80					W75			
Jeff Bowen	18/03/23	MAWA St Ch	9.18		Bev Hamilton	07/01/23	Bunbury	9.62
Brian Waldhuter	14/01/23	Bunbury	8.90		W80			
Peter Muller	26/03/23	MAWA St Ch	7.63		Luella Jenkins	11/02/23	Bunbury	10.35
M85					Ruth Johnson	18/02/23	Bunbury	7.28
Jim Davis	26/03/23	MAWA St Ch	8.31					

Combined Events

No Club Tops for Decathlon, Heptathlon, Outdoor Pentathlon and Throws Pentathlon for season 2022-23: scoring tables changed during the season, so performances within the season are not directly comparable.