

July 2019 Results

*This listing includes all events where members are known to have competed
All records are pending until ratified by the appropriate authorities*

CR = Club Record

SR = State Record

AR = Australian Record

WR = World Record

ECAC – July 4

100m

David Adams M40 15.2

800m

David Adams M40 3:01.6
Colin Smith M55 3:22.5
David Carr M85 3:38.8
Delia Baldock W55 3:44.1
Terri Carr W55 5:06.3

1500m

David Adams M40 6:13.1
Colin Smith M55 6:49.4

1500 walk

Karyn Tolardo W50 8:39.9

ECAC – July 11

60m

Colin Smith M55 8.9
David Adams M40 9.0
Des Walsh M60 9.1
Sue Coate W50 9.1

Maureen Keshwar W65 9.8
Nick Fairweather M65 10.3
Bruce McGeorge M65 13.0
John Talbot M70 15.5

Carl Heslop Vis 9.1
Jasmine Heslop Vis 9.3
Jenn Parker W50 9.8
Kevin Collins M50 11.6
Xavier Cicchini Vis 13.4
Cecil Walkley M90 39.6

200m

Colin Smith M55 26.6
Matt Chapman M40 28.9
David Adams M40 32.3
John Talbot M70 55.0

Des Walsh M60 30.9
Sue Coate W50 31.2
Michelle Krokosz W30 31.8
Jasmine Heslop Vis 31.9

Maureen Keshwar W65 34.9
Nick Fairweather M65 40.9
John Talbot M70 54.5
Cecil Walkley M90 2:09.8 -0.7 SR

600m

Quewin Gould Vis 2:05.0
David Adams M40 2:05.6
John McShane M50 2:14.0
David Carr M85 2:24.8
Carol Bowman W60 2:25.0
Michelle Krokosz W30 2:28.8
Delia Baldock W55 2:36.5
Des Walsh M70 2:50.1
John Dennehy M55 2:52.0
Cecil Walkley M90 7:34.7

1 mile

Carl Heslop Vis 5:38.8
Matt Chapman M40 6:12.1
David Adams M40 6:22.9
Paul Scott-Taylor M60 6:36.5
John McShane M50 6:39.9
Bob Hull M70 6:50.8
Mercurio Cicchini M65 6:57.0
Des Walsh M60 7:33.6
Jenn Parker W50 7:44.2
Silke Peglow W50 8:09.0
Bruce McGeorge M65 8:21.9
Delia Baldock W55 8:38.6
Jackie Halberg W70 9:13.6
John Talbot M70 9:21.2
Cecil Walkley M90 19:03.0 SR

5000m

Chris Gould M40 16:12.0
Paul Scott-Taylor M60 21:37.5
Matt Chapman M40 22:57.5
Silke Peglow W50 28:06.0

3000m

Bob Hull M70 13:15.6
David Adams M40 13:28.6
Des Walsh M60 16:33.7
John Talbot M70 18:18.9

3000m walk

John Dennehy M55 20:46.1
David Carr M85 22:58.9

ECAC – July 18

100m

Dean Matiringe	Vis	12.6
Matt Chapman	M40	13.7
Austin Chapman	Vis	14.0
David Adams	M40	14.2

Tracy van der Laan	Vis	14.6
Des Walsh	M60	14.9
Sue Coate	W50	14.9
Jenn Parker	W50	15.2

Maureen Keshwar	W65	16.0
Nick Fairweather	M65	16.2
Greg Kennedy	M70	18.2
David Carr	M85	18.7

200m

Austin Chapman	Vis	29.3
Keith Redpath	M65	30.1
David Adams	M40	30.7
Des Walsh	M60	31.7

Tracy van der Laan	Vis	30.6
Michelle Krokosz	W30	31.2
Jenn Parker	W50	31.6
Cecil Walkley	M90	2:16.9

Greg Kennedy	M70	33.9
Maureen Keshwar	W65	34.5
Nick Fairweather	M65	38.4
Dave Berry	M55	47.8

400m

Dean Matiringe	Vis	58.3
Austin Chapman	Vis	81.1
Michelle Krokosz	W30	82.2
Alan Gray	M55	89.9

David Carr	M85	85.4
Carol Bowman	W60	86.2
Delia Baldock	W55	1:32.1
Dawid Retief	Vis	1:41.1
Dave Berry	M55	2:01.5
Cecil Walkley	M90	4:50.5

1500m

Johannes Retief	Vis	4:52.5
Matt Chapman	M40	5:44.3
Matt Godfrey	M40	5:46.8
David Adams	M40	6:02.8
Colin Smith	M55	6:27.5
Des Walsh	M60	7:00.2
Silke Peglow	W50	7:42.1
Jackie Halberg	W70	8:32.5
John Dennehy	M55	9:09.4
Dave Berry	M55	9:59.8
Cecil Walkley	M90	20:12.0

3000m

Matt Chapman	M40	12:31.2
Matt Godfrey	M40	12:34.1
David Adams	M40	12:40.9
Colin Smith	M55	13:38.7
Graeme Dahl	M65	14:00.2
Jim Langford	M70	14:09.4
Alan Gray	M55	14:19.5
Silke Peglow	W50	15:35.9
Carol Bowman	W60	15:47.0
Barbara Blurton	W65	16:44.3

3000m walk

Peggy Macliver	W75	22:31.4
----------------	-----	---------

WA Throwers Club, WAAS – July 21

Hammer

Todd Davey	M50	46.67
Geoffrey Gee	M65	38.12
Beverley Hamilton	W70	23.34

Shot

Todd Davey	M50	15.48
Geoffrey Gee	M65	11.58
Beverley Hamilton	W70	6.73

Discus

Todd Davey	M50	46.79
Geoffrey Gee	M65	39.49
Beverley Hamilton	W70	18.41

ECAC – July 25

100m

Derek Bruning	Vis	13.8
Matt Chapman	M40	14.2
Austin Chapman	Vis	15.0
Aiden Pollack	Vis	16.8

Greg Kennedy	M70	15.8
Nick Fairweather	M65	16.0
Maureen Keshwar	W65	16.0
Harold Membrey	M65	16.5

Sue Coate	W50	14.7
Colin Smith	M55	15.1
Des Walsh	M60	15.3
Aiden Pollack	Vis	16.9

300m

Austin Chapman	Vis	48.9
Matt Chapman	M40	49.1
Sue Coate	W50	51.9
Michelle Krokosz	W30	52.3
Colin Smith	M55	53.7
Aiden Pollack	Vis	67.9

Greg Kennedy	M70	56.2
Harold Membrey	M65	56.5
Maureen Keshwar	W65	59.5
David Carr	M85	61.7
Nick Fairweather	M65	65.9
John Talbot	M70	87.2

800m

Matt Chapman	M40	2:52.3
Colin Smith	M55	2:54.7
Des Walsh	M60	3:07.1
Austin Chapman	Vis	3:32.0
David Carr	M85	3:34.1
Delia Baldock	W55	3:37.8
Silke Peglow	W50	3:54.2
John Dennehy	M55	4:07.3

1 mile

Andy Abbey	M50	5:57.6
Matt Chapman	M40	6:09.8
Derek Bruning	Vis	6:10.5
Paul Scott-Taylor	M60	6:48.4
Alan Gray	M55	7:08.0
Jim Langford	M70	7:09.0
John Talbot	M70	9:26.4

5000m

Geoff Davey	Vis	16:39.0
Paul Scott-Taylor	M60	22:26.5
Andy Abbey	M50	22:35.4

3000m

Silke Peglow	W50	15:52.1
Jackie Halberg	W70	18:36.8

AWA State Walks Championships, Shelley – July 28

20km road walk

Melissa Lewis	W30	2:04:17
Karyn Tolardo	W50	2:06:49

Selected marathon results

Gold Coast – July 7

John Ranger	M50	3:15:50
Zane Walsh	M35	3:51:56
Rashanthi Wanigasekera	W45	5:34:08

Kalgoorlie – July 21

Mitch Cleasby	M55	4:03:04
Keith Miller	M70	4:24:45