

# April 2023 Results

*This listing includes all events where members are known to have competed, except WMA championships, which are reported elsewhere.  
All records are pending until ratified by the appropriate authorities*

CR = Club Record

SR = State Record

AR = Australian Record

WR = World Record

## Strive, WAAS – 5 April

---

<b>60m</b>				<b>800m</b>		
John Dennehy	M60	11.25	+2.1	Mark Maslen	M45	2:12.2
Barrie Kernaghan	M80	12.33	+2.1			
Mandy Mason	W55	7.89	+1.4	<b>3000m</b>		
				Chris Gould	M45	9:09.8
<b>200m</b>				Mark Maslen	M45	9:52.3
Mandy Mason	W55	26.0	+0.0	<b>Pole Vault</b>		
Matthew Konsolis	M35	23.5	+0.0	Frederick Jankowitz	M50	2.80
John Dennehy	M60	38.2	+0.0	Geoff Brayshaw	M70	2.50
Barrie Kernaghan	M80	44.3	+0.0	Phil Smyth	M75	2.50
				Dave Wilkie	M60	2.40
<b>400m hurdles</b>				Sue Coate	W55	2.30
Andrew Brooker	M50	68.18				

## ECAC – 6 April

---

<b>100m</b>				<b>1500m walk</b>		
Simon McGarvie	M55	13.08		John McDonagh	M70	9:54.14
David Adams	M45	13.57		Lynne Schickert	W80	12:31.72
<b>200m</b>				<b>3000m</b>		
Simon McGarvie	M55	29.28		Mike Meredith	M60	13:55.98
Tammi Doyle	W50	32.32		Dave Solomon	Vis	14:19.41
Bob Schickert	M80	53.93		David Adams	M45	14:23.93
<b>400m</b>				Julie Wilson	W65	15:41.82
Tammi Doyle	W50	77.82		Simon McGarvie	M55	16:22.97
Brian Hewitt	M65	1:36.79		Bob Schickert	M80	22:18.38
Lynne Schickert (walk)	W80	3:10.43		<b>3000m walk</b>		
<b>1500m</b>				Lynne Schickert	W80	24:56.83
David Adams	M45	6:30.44				
Dave Solomon	Vis	7:04.49				
Mike Meredith	M60	7:04.76				
Julie Wilson	W65	7:31.61				
Brian Hewitt	M65	7:47.67				

## ECAC – 13 April

---

<b>100m</b>				<b>1 mile walk</b>		
Gabriel van Heerwaarden	Vis	15.5		Fiona van Heerwaarden	W45	10:03.6
Bob Schickert	M80	22.1		<b>5000m</b>		
David Gardiner (walk)	M75	30.7		Mark Maslen	M45	17:22.1
<b>300m</b>				Steve Hossack	M60	22:29.7
Gabriel van Heerwaarden	Vis	57.1		Hannah Maslen	Vis	23:31.6
<b>800m</b>				David Adams	M45	23:40.4
Emily Bailey	Vis	3:00.3		Isabella Tolardo	Vis	26:22.9
David Adams	M45	3:02.3		<b>5000m walk</b>		
Gabriel van Heerwaarden	Vis	3:04.8		Karyn Tolardo	W55	31:51.8
Brian Hewitt	M65	3:52.9		<b>3000m</b>		
Steve Barrie	M60	4:44.3		Gabriel van Heerwaarden	Vis	13:06.5
David Gardiner (walk)	M75	6:06.9		Brian Hewitt	M65	18:36.8
<b>1 mile</b>				Bob Schickert	M80	21:51.6
Steve Hossack	M60	6:52.9		<b>3000m walk</b>		
David Adams	M45	6:54.9		Fiona van Heerwaarden	W45	20:38.3
John Bailey	M40	6:59.0		Glenys Duncan	W80	28:10.1
Isabella Tolardo	Vis	7:26.1				
Karyn Tolardo	W55	7:28.7				

## Bunbury – 16 April

---

### Marathon

Vanessa Carson W40 3:27:57

## ECAC – 18 April

---

### 10,000m

Steve Crooks	Vis	39:23.9	Micky Muroi	M65	53.52.0
Clare Wardle	W45	40:37.9	Crystal Glossop	W40	54.51.9
Rodney Glossop	M40	43.51.8	Jason Kell	M45	55.11.6
Tristan Bell	M55	44.22.0	Jim Langford	M75	56.37.8
Steve Hossack	M60	45.13.0	Rashanthi Wanigasekera	W50	63.20.6
John Fisher	M60	47.36.7			
Paul Every	M55	46.55.0			
Brad Hollins	M45	50.22.2			
Mercurio Cicchini	M70	51.07.4			
Rochelle Airey	W50	51.35.8			

## ECAC – 20 April

---

### 60m

Dominic Lagat	M35	8.84
Simon McGarvie	M55	8.94
Dave Wilkie	M65	9.17
David Adams	M45	9.35
Gabriel van Heerwaarden	Vis	10.21
Milton Mavrick	M65	11.37
Bob Schickert	M80	13.99
David Gardiner (walk)	M75	16.60

### 200m

Dominic Lagat	M35	29.20
Simon McGarvie	M55	29.22
Dave Wilkie	M65	30.66
Gabriel van Heerwaarden	Vis	33.30
Naomi Lagat	W35	33.87
Milton Mavrick	M65	39.65
Bob Schickert	M80	49.02

### 400m

Dominic Lagat	M35	63.00
Brad Hollins	M45	80.21
Larissa Lagat	Vis	1:36.16
David Gardiner (walk)	M75	2:46.20

### 1000m

Dominic Lagat	M35	3:23.34
Gabriel van Heerwaarden	Vis	3:48.14
David Adams	M45	3:50.09
Steve Hossack	M60	3:51.71
Dayna Lagat	Vis	4:06.70
Larissa Lagat	Vis	4:12.07
Naomi Lagat	W35	4:24.49
Karyn Tolardo	W55	4:32.78
Brian Hewitt	M65	4:52.68
Julie Wilson	W65	4:55.21
Colin Smith	M60	5:33.61

### 1000m walk

Fiona van Heerwaarden	W45	5:48.13
David Gardiner	M75	7:24.53
Lynne Schickert	W80	7:50.82

## London – 23 April

---

### Marathon

Tim Inglis	M60	5:08:09
Julie Walters	W55	5:44:13

**ECAC – 27 April**

---

**100m**

David Adams	M45	15.46
Milton Mavrick	M65	18.35
Jackie Halberg	W75	23.01
David Gardiner (walk)	M75	31.06

**200m**

Milton Mavrick	M65	39.36
Bob Schickert	M80	49.16
David Gardiner (walk)	M75	78.07

**600m**

David Gardiner (walk)	M75	4:31.1(h)
-----------------------	-----	-----------

**1500m**

Simon McGarvie	M55	5:09.77
David Adams	M45	6:06.97
Emily Bailey	Vis	6:32.17
Karyn Tolardo	W55	7:04.93
Julie Wilson	W65	7:34.26
Colin Smith	M60	7:51.15

**1500m walk**

Fiona van Heerwaarden	W45	9:22.44
John McDonagh	M75	10:18.83
Lynne Schickert	W80	12:43.57

**5000m**

Evan Georgopoulos	M50	21:14.82
David Adams	M45	22:43.39
Milton Mavrick	M65	29:26.02

**5000m walk**

Karyn Tolardo	W55	30:36.83
Fiona van Heerwaarden	W45	33:38.22

**3000m**

Simon McGarvie	M55	14:08.86
Julie Wilson	W65	15:40.09
Bob Schickert	M80	20:48.92

**3000m walk**

John McDonagh	M75	20:00.05
Lynne Schickert	W80	25:45.47

**Bunbury – 29 April**

---

**Throws pentathlon**

		<b>Hammer</b>	<b>Shot</b>	<b>Discus</b>	<b>Javelin</b>	<b>Weight</b>
John Fettus	M45	44.62	12.69	NT	32.73	16.80
		703	793	0	437	975
	Total points	2908				
Luella Jenkins	W80	16.60	6.34	16.52	14.47	9.08
		428	598	608	555	647
	Total points	2836				
Jen Parker	W50	34.19	8.79	27.48	18.61	9.72
		586	526	569	355	482
	Total points	2518				
Ossi Igel	M70	34.83	11.45	NT	20.37	12.53
		613	785	0	323	613
	Total points	2334				
Sharon Moloney	W60	26.27	7.24	18.30	14.96	8.52
		551	516	444	355	417
	Total points	2283				
Ruth Johnson	W80	20.20	5.53	11.76	10.12	6.88
		545	506	402	361	465
	Total points	2279				
Garry Hastie	M60	23.23	8.80	28.23	33.67	9.96
		331	533	411	530	454
	Total points	2259				
Paula Kennedy	W55	29.48	7.91	18.25	17.34	7.79
		555	514	389	371	410
	Total points	2239				
Harold Membrey	M70	24.93	7.47	20.78	14.99	10.67
		406	469	356	207	505
	Total points	1943				