

# July 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

## AWA Road Walks 3, Perry Lakes – 1 July

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### 10km walk

Karyn Tolardo	W55	1:03:46
Wendy Farrow	W55	1:09:21

### 5km walk

Fiona van Heerwaarden	W45	32:54
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## Gold Coast – 2 July

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### Marathon

Dean Menzies	M35	2:18:05
Astrid Roberts	W45	2:49:33
Lee-Anne Flugel	W40	3:15:43
Daniel Smith	M45	3:56:20
Andrew Wong	M45	4:09:23

## ECAC – 6 July

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### 60m

David Adams	M45	9.5
Gabriel van Heerwaarden	Vis	9.9
Owen Renting	Vis	10.4
George Renting	Vis	11.7
Mateo van Heerwaarden	Vis	12.5
David Gardiner (walk)	M75	17.2

### 200m

Mogga Jansuk	Vis	31.3
Gabriel van Heerwaarden	Vis	33.5
Mateo van Heerwaarden	Vis	38.3
Marsa Schroder	Vis	43.4
Cali Muir	Vis	44.2
Carol Bowman	W65	44.4
Bob Schickert	M80	50.4

### 300m

Mogga Jansuk	Vis	48.4
Gabriel van Heerwaarden	Vis	58.8
Mateo van Heerwaarden	Vis	63.6
Owen Renting	Vis	64.2
Marsa Schroder	Vis	71.9
Cali Muir	Vis	73.0
Jackie Halberg	W75	83.9
David Gardiner (walk)	M75	2:02.6

### 1 mile

Eliot Wardrobe	Vis	5:03.5
David Adams	M45	6:07.6
Gabriel van Heerwaarden	Vis	6:28.0
Mateo van Heerwaarden	Vis	7:16.1
Janne Wells	W55	9:03.5

### 1 mile walk

Fiona van Heerwaarden	W45	9:57.0
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### 5000m

Michelle Hunter	Vis	20:01.1
David Adams	M45	20:34.7
Richard Wardrobe	Vis	21:18.7
Paul Every	M55	23:46.0
Emi Schroder	Vis	26:25.7
Janne Wells	W55	30:50.3
Silke Peglow	W55	31:50.6

### 3000m

Bob Schickert	M80	20:33.5
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### 3000m walk

Fiona van Heerwaarden	W45	19:28.4
Lynne Schickert	W80	25:51.1

## Bibra Lake – 9 July

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### Marathon

Tony Smith*	M50	3:00:24
Margie Hadley	W40	3:01:45
Adrian Fabiankovits	M35	3:06:48
Jerry Peters	M45	3:12:54
Jayson Kelly	M30	3:18:57
Mark Griffiths*	M45	3:58:22
Bradley Hollins	M45	4:51:25

\* pacers



**ECAC – 27 July**

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**100m**

Duka Jansuk	Vis	14.5
Milt Mavrick	M65	18.3
Brian Hewitt	M65	19.6

**300m**

Duka Jansuk	Vis	48.3
Bruce McGeorge	M65	69.1

**1 mile**

Sharon Davis	W45	5:26.5
Mogga Jansuk	Vis	5:27.5
Nick Moore	Vis	5:49.1
David Adams	M45	5:55.1

**1 mile walk**

David Gardiner	M75	12:19.2
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**3000m**

Mogga Jansuk	Vis	11:31.4
Nick Moore	Vis	11:35.0
David Adams	M45	12:07.0
Paul Every	M55	13:19.3
Bruce McGeorge	M65	16:17.3
Janne Wells	W55	17:43.5
Bob Schickert	M80	20:52.3

**3000m walk**

Glenys Duncan	W80	27:45.1
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**Bunbury – 29 July**

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**Throws pentathlon**

		<b>Hammer</b>	<b>Shot</b>	<b>Discus</b>	<b>Javelin</b>	<b>Weight</b>
Jenn Parker	W50	31.25	9.53	26.26	22.08	9.64
		526	581	538	437	476
	Total points	2558				
Luella Jenkins	W80	18.18	6.31	12.01	13.48	7.92
		479	595	413	511	551
	Total points	2549				
Bev Hamilton	W75	22.40	6.71	16.61	10.75	8.12
		514	546	514	325	478
	Total points	2377				
Ruth Johnson	W80	19.88	5.48	12.04	10.02	6.68
		534	500	414	357	448
	Total points	2253				
Sharon Moloney	W60	24.32	7.24	16.78	13.13	8.72
		502	516	399	301	429
	Total points	2147				
Harold Membrey	M70	25.22	7.60	21.24	15.42	10.97
		412	480	366	216	522
	Total points	1996				
Garry Parker	M60	20.79	7.73	22.10	11.87	9.00
		285	454	297	111	400
	Total points	1547				