

August 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

ECAC – 3 August

60m			600m		
David Adams	M45	9.6	Emily Bailey	Vis	2:08.1
Owen Renting	Vis	10.4	Noah Bailey	Vis	2:15.1
Kevin Collins	M55	13.2	5000m		
Lynne Schickert	W80	16.2	Evan Georgopoulos	M50	20:37.8
David Gardiner (walk)	M75	16.3	Steve Hossack	M60	21:59.4
200m			David Adams	M45	22:00.4
Owen Renting	Vis	38.6	Paul Every	M55	22:49.7
Bob Schickert	M80	46.0	Isabella Tolardo	Vis	27:16.7
Bruce McGeorge	M65	46.2	Bruce McGeorge	M65	28:12.3
Jackie Halberg	W75	49.7	3000m		
David Gardiner (walk)	M75	64.1	Bob Schickert	M80	20:14.2
1000m			3000m walk		
Evan Georgopoulos	M50	3:30.5	Lynne Schickert	W80	25:25.2
David Adams	M45	3:40.3	Glenys Duncan	W80	26:54.3
Steve Hossack	M60	3:57.6			
Emily Bailey	Vis	4:09.0			
Isabella Tolardo	Vis	4:34.2			
Karyn Tolardo	W55	4:36.2			
Paul Every	M55	4:36.8			

AWA Road Walks 5, Rockingham – 5 August

3km walk		
Fiona van Heerwaarden	W45	19:09.8

ECAC – 10 August

100m			3000m		
Dominic Lagat	M35	14.7	Dominic Lagat	M35	11:07.6
Nick Moore	Vis	14.9	Nick Moore	Vis	11:19.2
John Miolini	Vis	16.4	David Adams	M45	12:13.6
Bob Schickert	M80	20.1	Steve Hossack	M60	12:56.3
Bruce McGeorge	M65	20.4	John Miolini	Vis	13:49.2
John Oldfield	M75	28.6	Dave Solomon	Vis	14:16.4
1500m			Bruce McGeorge	M65	16:13.3
Dominic Lagat	M35	5:14.9	John Oldfield	M75	19:04.6
David Adams	M45	5:40.9	Bob Schickert	M80	20:37.7
John Miolini	Vis	6:15.4	3000m walk		
Steve Hossack	M60	6:15.8	Fiona van Heerwaarden	W45	20:03.7
1500m walk			Lynne Schickert	W80	26:01.8
Fiona van Heerwaarden	W45	9:16.6			

ECAC – 17 August

100m			200m		
Kieran Johnson	Vis	13.7	Kieran Johnson	Vis	28.6
Milt Mavrick	M65	18.2	Greg Kennedy	Vis	40.0
Bruce McGeorge	M65	19.6	400m		
Kevin Collins	M55	21.5	Kieran Johnson	Vis	61.3
Owen Renting	Vis	17.0	David Adams	M45	74.6
George Renting	Vis	20.6	Emma Bailey	Vis	76.0
Bob Schickert	M80	22.7	Owen Renting	Vis	89.7
Lynne Schickert	W80	28.9	Helen O'Down	Vis	1:49.1
David Gardiner (walk)	M75	29.5	John Oldfield	M75	2:04.7

1000m
David Adams M45 3:44.2

5000m
David Adams M45 21:41.6
Bruce McGeorge M65 27:57.3
Milt Mavrick M65 28:20.0

5000m walk
Karyn Tolardo W55 31:20.8

3000m
Jenn Parker W50 16:07.6
Bob Schickert M80 20:55.6

3000m walk
Lynne Schickert W80 25:59.8
Glenys Duncan W80 26:43.8

WA State Road Walk Championships, Perry Lakes – 19 August

20km walk
Andrew Duncan M55 1:54:37.7
Karyn Tolardo W55 2:16:33.9
Wendy Farrow W55 2:21:36.2

ECAC – 24 August

100m
Jaiké Page Vis 13.9
Dave Wilkie M65 15.6
Hannah Maslen Vis 16.0
Kieran Johnson Vis 22.1

Greg Kennedy Vis 16.4
Owen Renting Vis 16.9
Milt Mavrick M65 17.7
Zoe Maslen Vis 22.9
David Gardiner (walk) M75 28.3
Steve Travell M65 28.3

200m
Kieran Johnson Vis 26.4
Jaiké Page Vis 28.1
David Adams M45 32.6
Greg Kennedy Vis 39.0

Owen Renting Vis 36.5
Milt Mavrick M65 40.1
Zoe Maslen Vis 45.8
Lynne Schickert W80 67.0
David Gardiner (walk) M75 70.7
Steve Travell M65 82.4

80m hurdles
Jenn Parker W50 15.1
Sue Coate W55 18.8

100m hurdles
Dave Wilkie M65 21.8

800m
Jaiké Page Vis 2:39.6
Hannah Maslen Vis 2:42.6
David Adams M45 2:46.4
Andrew Davison M55 2:51.0
Sue Coate W55 2:55.5
Jenn Parker W50 3:02.9
Fiona van Heerwaarden (wk) W45 4:34.9

3000m
Mark Maslen M45 10:16.4
David Adams M45 12:07.2
Andrew Davison M55 12:23.3
Jaiké Page Vis 12:43.5
Mike Meredith M60 15:04.2
Jim Langford M75 15:58.6
Helen O'Down Vis 16:26.7
Milt Mavrick M65 16:50.5

3000m walk
Fiona van Heerwaarden W45 20:21.0
Lynne Schickert W80 25:22.0
Steve Travell M65 28:02.5

Bunbury – 26 August

Throws pentathlon

		Hammer	Shot	Discus	Javelin	Weight
John Fettus	M50	42.87	13.30	40.04	35.24	16.25
		650	812	672	490	804
	Total points	3428				
Luella Jenkins	W80	16.32	6.03	15.13	14.41	9.62
		419	563	547	552	693
	Total points	2774				
Sharon Moloney	W60	25.84	6.97	19.46	12.96	9.03
		540	492	479	296	448
	Total points	2255				

Adelaide – 27 August

Marathon

Sharon Johnson W55 4:53:22.8

ECAC – 31 August

60m

David Adams M45 8.9
Jenn Parker W50 9.0
Sue Coate W55 9.1
Emily Bailey Vis 9.4

Greg Kennedy Vis 9.8
Maureen Keshwar W70 10.4
Carol Bowman W65 11.9

Aaron Sims Vis 8.5
Steve Travell M65 15.5
Lynne Schickert W80 15.5
David Gardiner (walk) M75 16.4

100m

Jenn Parker W50 14.4
David Adams M45 14.8
Sue Coate W55 14.8
Emily Bailey Vis 15.3
Greg Kennedy Vis 16.4

Maureen Keshwar W70 17.0
Milt Mavrick M65 18.4
Carol Bowman W65 19.3
Bob Schickert M80 21.2
Steve Travell M65 29.2

600m

Sue Coate W55 2:06.0

1 mile

Simon McGarvie M55 5:35.5
David Adams M45 6:07.9
Hannah Maslen Vis 6:13.4
Steve Hossack M60 6:51.6
Paul Every M55 7:09.2
Aaron Sims Vis 7:13.4
Karyn Tolardo W55 7:37.2
John Bailey M40 7:37.6
Lori Sexton W60 8:46.4
John Oldfield M75 9:11.9

1 mile walk

David Gardiner M75 12:37.6

5000m

Mark Maslen M45 17:41.1
Steve Hossack M60 21:46.4
David Adams M45 23:20.2
Paul Every M55 23:55.5
Milt Mavrick M65 29:08.3

5000m walk

Karyn Tolardo W55 33:01.7

3000m

Mike Meredith M60 15:20.8
Jenn Parker W50 15:28.0
Emily Bailey Vis 16:16.8
Lori Sexton W60 17:01.0
Carol Bowman W65 17:48.7
Bob Schickert M80 20:56.1

3000m walk

Lynne Schickert W80 24:29.6
John Oldfield M75 25:33.8
Steve Travell M65 27:17.9