

# March 2024 Results

*This listing includes all events where members are known to have competed, except MAWA and AMA 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 – 1 March

<b>60m</b>				<b>Long Jump</b>			
Paul Jeffery	M50	7.79	-2.1	Paul Jeffery	M50	5.56	+0.0
Mandy Mason	W55	7.89	-0.3	<b>High Jump</b>			
Mathew Walker	M40	8.08	-3.5	Paul Wilmot	M30	1.40	
David Adams	M45	9.49	-1.3	<b>Javelin</b>			
John Dennehy	M60	11.04	-1.3	Paul Jeffery	M50	46.50	
<b>200m</b>				Paul Wilmot	M30	26.08	
Paul Jeffery	M50	25.47	-0.3	<b>Pole Vault</b>			
Mathew Walker	M40	26.15	+0.0	Brad Schirmer	M50	2.80	
Jannie Baard	M55	27.89	-1.0	Phil Smyth	M75	2.30	
Nathaniel Shivaraman	M30	29.90	-1.0	Dave Wilkie	M65	2.20	
John Dennehy	M60	37.29	-1.0	Sue Coate	W55	2.20	
<b>800m</b>				Paul Wilmot	M30	2.00	
Mark Maslen	M45	2:12.20		David Adams	M45	1.60	
Andrew Kets	M55	2:27.87					
<b>3000m</b>							
Nathaniel Shivaraman	M30	11:31.11					

## Bunbury – 2-3 March

### Throws pentathlon

		Hammer	Shot	Discus	Javelin	Weight
<b>Jo Peters</b>	<b>M70</b>	<b>45.29 SR</b>	11.72	39.30	34.84	<b>17.42 SR</b>
		836	806	791	651	900
		<b>Total points</b>	<b>3984 AR pending</b>			
John Fettus	M50	45.57	13.67	37.32	36.49	16.27
		699	838	616	513	806
		Total points	3472			
Jenn Parker	W55	37.19	9.58	27.78	20.27	10.42
		731	649	649	449	583
		Total points	3061			
Luella Jenkins	W80	19.27	6.52	16.23	14.72	9.47
		514	619	596	566	680
		Total points	2975			
Bev Hamilton	W75	22.18	6.81	16.21	10.94	8.22
		508	556	500	332	485
		Total points	2381			
Paula Kennedy	W55	28.16	8.32	17.48	17.28	10.23
		525	547	369	370	570
		Total points	2381			
Sharon Moloney	W60	26.69	7.51	18.31	15.53	9.24
		561	540	445	372	461
		Total points	2379			
Garry Hastie	M60	26.80	8.71	29.24	34.00	10.18
		398	526	430	537	466
		Total points	2357			
Jim Davis	M90	19.40	7.13	17.28	10.52	NM
		529	656	601	277	0
		Total points	2063			

Harold Membrey	M70	23.82 383	7.67 485	20.33 345	14.55 197	10.37 488
	Total points	1898				
Michelle Krokosz	W35	20.37 253	9.02 487	27.55 416	23.62 367	7.88 323
	Total points	1846				
<b>Heavy weight pentathlon</b>						
Jo Peters	M70	<b>4kg</b> 19.70 725	<b>12lb</b> 19.03 816	<b>16lb (WT)</b> 16.87 868	<b>20lb</b> 14.67 885	<b>25lb</b> 12.23 864
	Total points	4158				
Jenn Parker	W55	<b>4kg</b> 15.84 653	<b>12lb</b> 12.78 592	<b>16lb (WT)</b> 9.85 545	<b>20lb</b> 7.61 497	<b>25lb (SWT)</b> <b>7.29 SR</b> 584
	Total points	<b>2871 SR</b>				
Paula Kennedy	W55	<b>4kg</b> 12.78 511	<b>12lb</b> 11.88 544	<b>16lb (WT)</b> 10.19 568	<b>20lb</b> 7.78 511	<b>25lb (SWT)</b> 5.92 446
	Total points	2580				
Harold Membrey	M70	<b>4kg</b> 14.95 527	<b>12lb</b> 12.77 514	<b>16lb (WT)</b> 10.55 498	<b>20lb</b> 9.18 504	<b>25lb</b> 7.84 497
	Total points	2540				
Bev Hamilton	W75	<b>2kg</b> 10.44 464	<b>3kg</b> 9.85 508	<b>4kg (WT)</b> 8.65 516	<b>12lb</b> 6.80 487	<b>16lb (SWT)</b> 5.99 536
	Total points	2511				
Sharon Moloney	W60	<b>3kg</b> 12.63 474	<b>4kg</b> 11.22 477	<b>12lb (WT)</b> 9.36 468	<b>16lb</b> 7.47 442	<b>20lb (SWT)</b> 6.06 430
	Total points	2291				
Garry Hastie	M60	<b>12lb</b> 12.79 429	<b>16lb</b> 10.80 410	<b>20lb (WT)</b> 8.89 394	<b>25lb</b> 7.19 352	<b>35lb</b> 5.15 280
	Total points	1865				
Michelle Krokosz	W35	<b>12lb</b> 10.61 332	<b>16lb</b> 9.46 329	<b>20lb (WT)</b> 8.22 341	<b>25lb</b> 6.48 312	<b>35lb (SWT)</b> 4.44 233
	Total points	1547				

#### 56lb weight

John Fettus	M50	7.53	
Jo Peters	M70	5.89	SR
Garry Hastie	M60	3.67	
Harold Membrey	M70	3.61	
Paula Kennedy	W55	3.49	SR
Michelle Krokosz	W35	2.88	
Jenn Parker	W55	2.58	
Sharon Moloney	W60	2.05	SR
Luella Jenkins	W80	1.85	SR
Bev Hamilton	W75	1.60	

#### 100lb weight

Jo Peters	M70	3.21	SR
Paula Kennedy	W55	2.28	
Harold Membrey	M70	2.11	
Michelle Krokosz	W35	2.00	SR
Jenn Parker	W55	1.70	
Sharon Moloney	W60	1.24	SR
Bev Hamilton	W75	0.87	SR

#### Bunbury – 5 March

##### 200m

Tyne Timmers	M40	26.8
Janet Smith	W40	29.5
Harold Membrey	M70	38.8
Sharon Moloney	W60	42.9
Ruth Johnson	W80	47.9

##### 1500m

Tyne Timmers	M40	4:53.1
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##### Triple Jump

Janet Smith	W40	9.30
Ruth Johnson	W80	5.26
Luella Jenkins	W80	4.70

**Discus**

<b>Jo Peters</b>	<b>M70</b>	<b>41.68</b>	<b>AR pend.</b>
Garry Hastie	M60	29.89	
Tyne Timmers	M40	24.36	
Harold Membrey	M70	18.86	
Sharon Moloney	W60	17.86	
Brian Waldhuter	M80	16.09	
Luella Jenkins	W80	13.59	
Ruth Johnson	W80	10.97	

**WAAS – 5 March**

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**100m**

<b>Heat 1</b>			
Lee Stergiou	M50	12.3	
Kieran Johnson	M40	12.4	
Ken Wilkins	M60	17.0	

**Heat 2**

Dave Wilkie	M65	15.4	
Greg Kennedy	M75	16.9	
Kororia Marshall	Vis	18.7	

**Heat 3**

Harvey Johnson	Vis	17.5	
Norm Richards	M85	18.2	
Peggy Macliver	W75	19.4	

**200m****Heat 1**

Lee Stergiou	M50	25.5	
Kieran Johnson	M40	25.9	
Kororia Marshall	Vis	42.1	

**Heat 2**

Dave Wilkie	M65	33.6	
Greg Kennedy	M75	38.0	
Geoff Vine	M75	46.1	

**Heat 3**

Harvey Johnson	Vis	37.8	
Norm Richards	M85	39.0	
Peggy Macliver	W75	41.7	

**1500m**

David Adams	M45	5:15.7
Rob Cattrall	M65	5:58.7
Campbell Till	M65	6:23.2
Harvey Johnson	Vis	6:23.6
Kieran Johnson	M40	6:23.9
Paul Scott	M65	6:25.5
Carmel Meyer	W60	6:31.8
Geoff Vine	M75	7:07.4

**3000m**

David Adams	M45	11:33.0
Rob Cattrall	M65	12:57.5
Paul Scott	M65	13:16.7
Mark Dawson	M60	14:45.9
Lori Sexton	W60	15:59.3

**3000m walk**

Glenys Duncan	W80	27:14.3
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**Javelin**

Ken Wilkins	M60	24.94
Dave Wilkie	M65	22.62
Greg Kennedy	M75	15.21

**Bunbury – 7 March**

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**Long Jump**

Tyne Timmers	M40	4.80
Luella Jenkins	W80	2.46
Ruth Johnson	W80	2.21
Sharon Moloney	W60	1.90

**ECAC – 7 March**

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**60m**

<b>Heat 1</b>			
Tim Loh	M35	7.68	
Matt Walker	M40	7.75	
Emily Bailey	Vis	8.84	
Sue Coate	W55	9.43	
Dave Wilkie	M65	9.72	
Greg Kennedy	M75	11.08	

**Heat 2**

Colin Smith	M60	10.07	
Des Walsh	M65	10.18	
Barbara Blurton	W70	10.18	
Fran Cherry	W60	10.86	
Delia Baldock	W60	11.45	
Bob Schickert	M80	14.91	

**200m****Heat 1**

Matt Walker	M40	26.11
Emily Bailey	Vis	29.76
David Adams	M45	31.17
Carmel Meyer	W60	33.43
Barbara Blurton	W70	33.70
Des Walsh	M65	34.64

**Heat 2**

Andy Roach	M45	31.12
Xinhuan Yan	M50	36.48
Greg Kennedy	M75	37.71
Jacqui McQueen	W55	39.44
Bruce McGeorge	M65	52.10
Terri Carr	W60	53.75

**100m hurdles**

Dave Wilkie	M65	21.88
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**80m hurdles**

Tammi Doyle	W50	18.40
Greg Kennedy	M75	20.53
Carrie Francis	W60	21.49

**800m**

Abbey Dunseath	Vis	2:30.93
Andy Roach	M45	2:55.15
Tammi Doyle	W50	3:14.90
Carmel Meyer	W60	3:21.36
Brian Hewitt	M70	3:27.25
Colin Smith	M60	3:33.89
Carol Bowman	W65	3:49.78
Julie Wilson	W70	3:50.93
Jacqui McQueen	W55	4:17.50
Bob Schickert	M80	4:59.89

**3000m**

David Adams	M45	11:32.72
Andy Roach	M45	13:32.56
Xinhuan Yan	M50	13:56.88
Paul Every	M55	14:00.14
Mike Meredith	M60	15:26.45
Jim Langford	M75	17:03.57
Janne Wells	W55	17:46.15
Bruce McGeorge	M65	20:44.87

**3000m walk**

Karyn Tolardo	W55	18:43.97
Fiona van Heerwaarden	W45	20:16.87

**800m walk**

Karyn Tolardo	W55	4:35.57
Fiona van Heerwaarden	W45	4:41.92
Tom Lenane	M65	5:19.53

**Long Jump**

Sue Coate	W55	4.28
Dani Dean	W40	4.17
Dave Wilkie	M65	3.76
Lisa Limonas	W55	3.66
Dave Wyatt	M70	3.64
Geoff Brayshaw	M70	3.59
Gay Wyatt	W70	3.21
Tammi Doyle	W50	2.76
John McDonagh	M75	2.49
Des Walsh	M65	2.48
Lynne Schickert	W80	1.95

**Triple Jump**

Dani Dean	W40	8.09
Geoff Brayshaw	M70	7.67
Sue Coate	W55	7.54
John McDonagh	M75	5.65
Lynne Schickert	W80	4.60

**Javelin**

Sue Coate	W55	28.04
Tammi Doyle	W50	21.89
Des Walsh	M65	20.38
Carmel Meyer	W60	17.44
Greg Kennedy	M75	17.07
Terri Carr	W60	8.25

**WAAS – 12 March**

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**60m**

Heat 1		
Kieran Johnson	M40	8.7

**Heat 2**

Harvey Johnson	Vis	10.8
Norm Richards	M85	11.0

**Heat 3**

Lee Stergiou	M50	8.2
Ken Wilkins	M60	10.2

**200m**

Heat 1		
Lee Stergiou	M50	25.6
Kieran Johnson	M40	26.2

**Heat 2**

Harvey Johnson	Vis	39.9
Norm Richards	M85	41.4

**1000m walk**

Karyn Tolardo	W55	5:49.1
Wendy Farrow	W55	6:42.7

**1000m**

David Adams	M45	3:28.8
Campbell Till	M65	3:48.9
Harvey Johnson	Vis	4:06.4
Rob Cattrall	M65	4:08.5
Kieran Johnson	M40	4:19.7
Geoff Vine	M75	4:57.3
Lori Sexton	W60	5:04.9

**5000m**

David Adams	M45	20:21.9
Lori Sexton	W60	27:20.6

**3000m**

Rob Cattrall	M65	12:38.3
Wendy Jones	W55	21:39.8

**3000m walk**

Wendy Farrow	W55	20:21.4
Steve Travell	M65	26:50.8
Glenys Duncan	W80	27:43.2

**Bunbury – 12 March**

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**400m**

Tyne Timmers	M40	57.7
Harold Membrey	M70	1:46.7
Ruth Johnson	W80	2:02.6

**Long Jump**

Tyne Timmers	M40	4.50
Luella Jenkins	W80	2.32
Ruth Johnson	W80	2.25

**Shot**

John Fettus	M50	13.99
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**Hammer**

John Fettus	M50	45.92
Harold Membrey	M70	23.60
Garry Hastie	M60	21.97
Luella Jenkins	W80	18.96
Ruth Johnson	W80	18.92
Brian Waldhuter	M80	16.23

**ECAC – 14 March**

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**100m**

## Heat 1

Emily Bailey	Vis	14.45
Sue Coate	W55	14.92
Andy Roach	M45	14.94
Dave Wilkie	M65	15.16
Catherine Manners	W40	15.33
Tammi Doyle	W50	15.53

## Heat 2

Jack Lax	Vis	18.44
Delia Baldock	W60	19.28
Leo Hamer	Vis	19.80
Evie Hamer	Vis	21.01
Bob Schickert	M80	21.07
Terri Carr	W60	24.39
Lynne Schickert	W80	28.52

**300m**

Emily Bailey	Vis	47.89
Andy Roach	M45	51.99
Jack Lax	Vis	67.98
Leo Hamer	Vis	75.22
Evie Hamer	Vis	81.36
Liz Clennell	W50	1:33.40
Karyn Tolardo (walk)	W55	1:34.04

**1500m**

Jesse Hamer	Vis	4:44.73
David Adams	M45	5:34.38
Issy O'Hara	Vis	5:37.93
Andy Roach	M45	5:40.42
John Bailey	M40	6:42.26
Fiona van Heerwaarden	W45	8:13.81

**1500m walk**

Karyn Tolardo	W55	8:40.60
Steve Travell	M65	12:12.52

**Long Jump**

Sue Coate	W55	4.05
Dave Wyatt	M70	3.63
Tammi Doyle	W50	3.53
Gay Wyatt	W70	3.00

**Triple Jump**

Dave Wilkie	M65	7.43
Gay Wyatt	W70	6.62

**Hammer**

Bruce McGeorge	M65	15.05
Terri Carr	W60	12.25

**Strive, WAAS – 15 March**

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**100m**

Kyle Ennis	M30	10.96	-0.4
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**1500m**

Mark Maslen	M45	4:34.22
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**Canning River – 17 March**

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**Marathon**

Jon Gore	M50	4:52:01
Bradley Hollins	M50	4:56:46

**WAAS – 19 March**

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**100m**

Campbell Till	M65	15.4
Juliana Kelly	W55	17.6

**1500m**

David Adams	M45	5:14.3
Rob Cattrall	M65	6:23.8
Lori Sexton	W60	7:34.2

**1500m walk**

Karyn Tolardo	W55	8:56.3
Glenys Duncan	W80	14:09.3

**3000m**

David Adams	M45	11:26.2
Rob Cattrall	M65	12:45.9
Lori Sexton	W60	16:04.8
Wendy Jones	W55	22:32.8

**3000m walk**

Karyn Tolardo	W55	18:05.4
Steve Travell	M65	27:21.1

**Bunbury – 19 March**

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**60m**

Tyne Timmers	M40	8.6
Brian Waldhuter	M80	12.8
Ruth Johnson	W80	12.9

**3000m**

Tyne Timmers	M40	11:46.1
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**400m hurdles**

Tyne Timmers	M40	70.5
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**Shot**

John Fettus	M50	14.09
Tyne Timmers	M40	9.03
Garry Hastie	M60	8.57
Harold Membrey	M70	7.91
Brian Waldhuter	M80	6.10
Ruth Johnson	W80	5.09

**ECAC – 21 March**

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<b>60m</b>				<b>5000m walk</b>			
Heat 1				Karyn Tolardo	W55	30:21.81	
Matt Walker	M40	7.77		Fiona van Heerwaarden	W45	35:00.86	
David Adams	M45	9.11		<b>3000m</b>			
Cathy McCloskey	W60	9.13	SR	Carol Bowman	W65	18:29.26	
Sue Coate	W55	9.54		Bob Schickert	M80	20:47.09	
Brian Hewitt	M70	11.29		<b>3000m walk</b>			
Des Walsh	M65	16.18		Lynne Schickert	W80	25:30.91	
Heat 2				Steve Travell	M65	27:02.08	
Emily Bailey	Vis	8.91		<b>High Jump</b>			
Bob Schickert	M80	12.28		Brodie Lowry	Vis	1.71	
Terri Carr	W60	12.82		Mackenzie Ryan	Vis	1.50	
David Gardiner (walk)	M75	17.05		Ivy Satinover	Vis	1.40	
<b>200m</b>				Jenn Parker	W55	1.30	
Dominic Lagat	M40	25.32		Sue Coate	W55	1.20	
Matt Walker	M40	25.61		Dave Wyatt	M70	1.20	
Emily Bailey	Vis	30.19		Lisa Limonas	W55	1.15	
Cathy McCloskey	W60	33.52		Tammi Doyle	W50	1.15	
Brian Hewitt	M70	40.80		Gay Wyatt	W70	1.06	
Jackie Halberg	W75	55.68		Des Walsh	M65	0.94	
Tanya Bailey	Vis	64.23		Lynne Schickert	W80	0.91	
<b>400m</b>				<b>Javelin</b>			
Dominic Lagat	M40	55.77		Dominic Lagat	M40	36.50	
Dayna Lagat	Vis	70.12		Dayna Lagat	Vis	28.77	
Naomi Lagat	W40	71.85		Sue Coate	W55	26.34	
Larissa Lagat	Vis	81.12		Brodie Lowry	Vis	26.30	
Brian Hewitt	M70	88.62		Jenn Parker	W55	23.45	
<b>5000m</b>				Tammi Doyle	W50	21.46	
Evan Georgopoulos	M50	20:26.59		Naomi Lagat	W40	19.94	
David Adams	M45	21:47.05		Des Walsh	M65	19.68	
Paul Every	M55	23:48.55		Mackenzie Ryan	Vis	19.48	
Julie Wilson	W70	27:29.71		David Adams	M45	14.28	
Liz Clennell	W50	28:35.50		Terri Carr	W60	7.26	
Janne Wells	W55	31:05.05					
Bruce McGeorge	M65	32:36.21					

**Strive, WAAS – 23 March**

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<b>100m</b>				<b>800m</b>			
prelims				Jannie Baard	M55	2:22.77	
Kyle Ennis	M30	11.03	-2.5	Douglas Hill	M40	2:24.73	
Mandy Mason	W55	12.37	NWI	Nathaniel Shivaraman	M30	2:28.36	
Paul Jeffery	M50	12.48	-0.8	<b>Pole Vault</b>			
Mathew Walker	M40	12.60	-0.8	Brad Schirmer	M50	2.70	
Jannie Baard	M55	13.59	-3.2	Sue Coate	W55	2.00	
Gin Ang	M60	13.74	+0.0	<b>Hammer</b>			
Matthew Konsolis	M35	16.41	+0.0	Timothy Lyons	M60	30.65	
finals				<b>Discus</b>			
Mandy Mason	W55	12.41	-2.0	Paul Jeffery	M50	42.64	
Mathew Walker	M40	12.73	-2.5				
<b>100m hurdles</b>							
Paul Jeffery	M50	15.17	+0.1				

**Strive, WAAS – 27 March**

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<b>100m</b>				<b>800m</b>			
Adrian McKenzie	M50	11.60	+1.3	Mark Maslen	M45	2:11.74	
Jannie Baard	M55	13.43	+2.1	Nathaniel Shivaraman	M30	2:25.74	
Gin Ang	M60	13.49	+2.1	<b>Pole Vault</b>			
<b>200m</b>				Brad Schirmer	M50	2.50	
Jannie Baard	M55	27.01	+0.4	Phil Smyth	M75	2.50	