

September 2024 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 – 5 September

100m

Ciarain Hoey	Vis	12.8
Matt Walker	M40	13.2
David Adams	M45	16.4
Tegan Durbridge	W35	20.5
Dante van Heerwaarden	Vis	21.4

Extra Heat

Matt Walker	M40	12.8
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300m

Frankie Vargacz	M60	47.4
David Adams	M45	51.7
Dante van Heerwaarden	Vis	66.6
Bruce McGeorge	M70	67.1
Tegan Durbridge	W35	69.6

800m

Ciarain Hoey	Vis	2:37.9
Zoe Maslen	Vis	3:31.7

1 mile

Andy Roach	M45	6:47.3
Karyn Tolardo	W55	7:55.1
Fiona van Heerwaarden	W45	8:45.1

3000m

Mark Maslen	M45	10:25.9
Ciarain Hoey	Vis	11:01.0
David Adams	M45	11:55.6
Andy Roach	M45	13:57.0
Karyn Tolardo	W55	15:43.0
Bruce McGeorge	M70	15:44.9

3000m walk

Fiona van Heerwaarden	W45	20:44.7
Steve Travell	M65	26:35.6

ECAC – 12 September

60m

Heat 1

Trevor Moyo	Vis	7.17
Matt Walker	M40	7.94
Izaak Hossack	Vis	8.57
Dave Wilkie	M65	9.91
Andy Roach	M45	10.37

Heat 2

Di Smith	Vis	10.99
Maddison Rout	Vis	11.60
Bob Schickert	M80	12.95
Terri Carr	W60	13.37
Jake Silvester	Vis	13.84
Jackie Halberg	W75	15.49
Lynne Schickert	W80	17.12

100m

Heat 1

Trevor Moyo	Vis	11.21
Ciarain Hoey	Vis	12.43
Matt Walker	M40	12.56
Izaak Hossack	Vis	13.68
Malachi MacKay	Vis	14.32
Sue Coate	W55	15.00

Heat 2

Dave Wilkie	M65	15.99
Bob Schickert	M80	21.40
Bruce McGeorge	M70	22.27
Terri Carr	W60	22.60
Jackie Halberg	W75	26.52
Lynne Schickert	W80	30.27

400m

Dominic Lagat	M40	57.17
Ciarain Hoey	Vis	57.74
Matt Walker	M40	67.11
Naomi Lagat	W40	75.81
Larissa Lagat	Vis	82.24
Maddison Rout	Vis	1:42.98
Jake Silvester	Vis	1:46.67

1500m

Dominic Lagat	M40	4:29.22
Mark Maslen	M45	4:37.03
Matt Silvester	Vis	4:54.86
Malachi MacKay	Vis	5:33.12
Dayna Lagat	Vis	5:36.31
Mia Silvester	Vis	5:45.22
Andy Roach	M45	5:47.38
Larissa Lagat	Vis	5:55.41
Naomi Lagat	W40	6:03.34
Paul Scott	M65	6:43.53
John McShane	M55	6:55.34
Sue Coate	W55	7:13.76
Maddison Rout	Vis	7:38.47
Fiona van Heerwaarden	W45	8:02.10

5000m

Paul Scott	M65	23:16.93
Andy Roach	M45	24:30.43
Bruce McGeorge	M70	25:54.84

3000m

Dominic Lagat	M40	11:08.82
Mark Maslen	M45	11:26.98
Hannah Maslen	Vis	11:27.61
Dayna Lagat	Vis	12:46.19
Naomi Lagat	W40	14:08.83

3000m walk

Fiona van Heerwaarden	W45	20:46.67
Lynne Schickert	W80	26:11.56
Glenys Duncan	W80	26:55.29
Steve Travell	M65	27:07.77

Mullaloo – 15 September

Marathon

Shayal Mathew M40 3:32:24

Sydney – 15 September

Marathon

Lee-Anne Flugel W40 3:13:10
Clare Wardle W50 3:21:00
Kevin Johnson M65 3:55:59
Sandra Stockman W55 4:19:19

Lori Sexton W60 4:31:10
Karyn Tolardo W55 5:28:49
Robert Lane M75 5:41:35

ECAC – 19 September

60m

Matt Walker M40 8.11
Malachi MacKay M40 9.26
Keith Redpath M70 9.61
Sue Coate W55 9.68
Tamara Smith Vis 9.75
Maureen Keshwar W70 10.59
Mike Cyran M50 11.30
Fiona van Heerwaarden W45 12.08
Terri Carr W60 13.92
Jackie Halberg W75 15.91

200m

Matt Walker M40 26.38
Malachi MacKay M40 29.81
Keith Redpath M70 31.59
Sue Coate W55 32.42
Maureen Keshwar W70 40.13
Mike Cyran M50 46.32
Terri Carr W60 54.96
Jackie Halberg W75 62.79

1000m walk

Tom Lenane M65 7:23.11
Pauline Sweeny Vis 9:26.86

1000m

Tony Pfaff Vis 3:15.84
Paul Every M60 4:28.79
Bruce McGeorge M70 4:37.64
Mike Meredith M60 5:03.92
Julie Wilson W70 5:06.27
Fiona van Heerwaarden W45 5:20.36

3000m

Tony Pfaff Vis 10:33.40
Paul Every M60 14:18.74
Mike Meredith M60 15:28.93
Julie Wilson W70 16:30.45

3000m walk

Fiona van Heerwaarden W45 20:34.61
Tom Lenane M65 21:18.66
Glenys Duncan W80 27:42.40
Pauline Sweeny Vis 28:51.20

ECAC – 26 September

100m

Heat 1
Trevor Moyo Vis 11.73
Jeyiram Naidu Vis 13.02
Matt Walker M40 13.25
Duka Jansuk Vis 13.43
Ciarain Hoey Vis 13.73
Izaak Hossack Vis 14.43
Malachi MacKay M40 14.69
Keith Redpath M70 15.49
Steve Hossack M60 17.75

Heat 2

Jenn Parker W55 15.57
Charmaine Tuia W30 15.91
Manjinder Kauz Vis 17.55
Bruce McGeorge M70 18.63
Carol Bowman W65 20.44
Julie Wilson W70 22.01
John Dennehy M60 24.62
Jackie Halberg W75 26.51

Heat 3

Deanna Drabsch Vis 15.79
Mia Drabsch Vis 18.43
Max Tuia Vis 19.19
Cali Muir Vis 21.19
Caius Tuia Vis 21.37
Cobey Drabsch Vis 23.74

200m

Heat 1
Trevor Moyo Vis 23.82
Eliot Wardrobe Vis 26.51
Jeyiram Naidu Vis 27.00
Matt Walker M40 28.41
Duka Jansuk Vis 28.77
Izaak Hossack Vis 29.11
Malachi MacKay M40 29.51
Mogga Jansuk Vis 31.93

Heat 2

Keith Redpath M70 31.88
Deanna Drabsch Vis 33.29
Maddison Rout Vis 42.82
Cali Muir Vis 44.08
Caius Tuia Vis 49.62
Jenn Parker W55 49.77
Jake Silvester Vis 54.94
John Dennehy M60 55.30
Jackie Halberg W75 57.75

3000m

Malachi MacKay M40 13:34.86
Julie Wilson W70 16:30.64
Carol Bowman W65 17:23.85

400m

Eliot Wardrobe	Vis	53.48
Ciarain Hoey	Vis	55.90
Duka Jansuk	Vis	60.64
Matt Walker	M40	64.03
Andy Roach	M45	71.57
Mogga Jansuk	Vis	72.11
Maddison Rout	Vis	1:34.18
Jake Silvester	Vis	2:10.71

800m

Duka Jansuk	Vis	2:21.76
Matt Silvester	M45	2:22.86
Mogga Jansuk	Vis	2:48.95
Andy Roach	M45	3:04.47
Maddison Rout	Vis	3:30.72
Mia Drabsch	Vis	3:49.27
Julie Wilson	W70	3:55.25

5000m

Taban Jansuk	Vis	20:10.74
Richard Wardrobe	Vis	22:30.19
Steve Hossack	M60	23:05.53
Andy Roach	M45	24:03.44
Paul Every	M60	24:55.56
Bruce McGeorge	M70	25:39.86
Milt Mavrick	M70	28:56.28
Silke Peglow	W55	31:02.80
Janne Wells	W55	32:33.12

5000m walk

Karyn Tolardo	W55	30:47.62
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3000m walk

John Dennehy	M60	24:49.29
Lynne Schickert	W80	26:57.97
Glenys Duncan	W80	27:46.15

Berlin – 29 September

Marathon

James Payne	M30	2:38:33
Jill Pope	W45	3:46:43