

# MAWA Club Tops 2023–2024

A listing of the top three performances for May 2023 to April 2024 inclusive  
 - each age group, and each major event  
 (Note: This does not include wind-assisted performances or indoor events)

## 60m

<b>M30</b>				<b>W30</b>			
Kyle Ennis	21/10/23	Strive	7.03	Amanda Hill	25/04/24	ECAC	9.55
Jonathon Nowers	21/10/23	Strive	8.32				
Paul Wilmot	23/01/24	WAAS	8.7	<b>W35</b>			
<b>M35</b>				Amanda Bisk	11/01/24	ECAC	9.08
Stephen Edwards	09/01/24	WAAS	7.6	Tegan Durbridge	21/12/23	ECAC	12.36
Tim Loh	07/03/24	ECAC	7.68	<b>W40</b>			
Johan Stassen	16/03/24	MAWA St Ch	8.39	Janet Smith	20/02/24	Bunbury	8.8
<b>M40</b>				Catherine Manners	16/11/23	ECAC	9.33
Matt Walker	16/11/23	ECAC	7.68	Ingrid Wilcock	09/11/23	ECAC	9.81
Kieran Johnson	09/01/24	WAAS	7.7	<b>W45</b>			
Dominic Lagat	16/11/23	ECAC	8.01	Melissa Foster	28/11/23	Melbourne	8.30
<b>M45</b>				Michele Jarvis	11/01/24	ECAC	9.43
Stephen Jarvis	21/12/23	ECAC	8.51	Amanda Collins	19/10/23	ECAC	9.90
David Adams	31/08/23	ECAC	8.9	<b>W50</b>			
Chris Owen	27/02/24	WAAS	8.9	Jenn Parker	31/08/23	ECAC	9.0
<b>M50</b>				Joe-Anne Dannenberg	16/03/24	MAWA St Ch	9.07
Adrian McKenzie	16/03/24	MAWA St Ch	7.45	Tammi Doyle	01/02/24	ECAC	9.52
Paul Jeffery	01/03/24	Strive	7.79	<b>W55</b>			
Lee Stergiou	30/11/23	ECAC	7.83	Mandy Mason	10/11/23	Strive	7.76
<b>M55</b>				Sue Coate	31/08/23	ECAC	9.1
Gin Ang	13/02/24	WAAS	8.2	Jenn Parker	15/02/24	ECAC	9.23
Kim Taylor	16/11/23	ECAC	8.43	<b>W60</b>			
Greg Brennan	16/03/24	MAWA St Ch	8.64	Cathy McCloskey	22/02/24	ECAC	9.10
<b>M60</b>				Fran Cherry	16/03/24	MAWA St Ch	10.37
Brian Callaghan	16/03/24	MAWA St Ch	8.67	Carmel Meyer	01/02/24	ECAC	10.37
Colin Smith	16/03/24	MAWA St Ch	10.00	<b>W65</b>			
Ken Wilkins	12/03/24	WAAS	10.2	Carol Bowman	31/08/23	ECAC	11.9
<b>M65</b>				<b>W70</b>			
Campbell Till	19/12/23	WAAS	8.6	Maureen Keshwar	16/03/24	MAWA St Ch	10.09
Dave Wilkie	20/07/23	ECAC	9.0	Barbara Blurton	07/03/24	ECAC	10.18
Des Walsh	25/04/24	ECAC	10.12	Barb Wilson	29/03/24	AMA Ch - Hob	11.49
<b>M70</b>				<b>W75</b>			
Michael Byrne	07/10/23	AMG Adelaide	9.33	Peggy Macliver	01/02/24	ECAC	12.13
Keith Redpath	25/04/24	ECAC	9.72	Brenda Painter	29/03/24	AMA Ch - Hob	13.51
Harold Membrey	16/03/24	MAWA St Ch	10.06	Jackie Halberg	25/04/24	ECAC	14.20
<b>M75</b>				<b>W80</b>			
Greg Kennedy	12/10/23	ECAC	10.29	Luella Jenkins	16/03/24	MAWA St Ch	12.05
Stephen Crabbe	16/03/24	MAWA St Ch	10.88	Ruth Johnson	12/12/23	Bunbury	12.6
David Gardiner	19/10/23	ECAC	16.04	Lynne Schickert	31/08/23	ECAC	15.5
<b>M80</b>							
Brian Waldhuter	12/12/23	Bunbury	12.0				
Mike O'Reilly	16/03/24	MAWA St Ch	12.11				
Bob Schickert	21/03/24	ECAC	12.28				
<b>M85</b>							
Norm Richards	30/01/24	WAAS	10.8				

## 100m

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<b>M30</b>									
Kyle Ennis	25/11/23	Strive	10.72	<b>W30</b>	Amanda Hill	25/04/24	ECAC	15.26	
Tim Loh	01/06/23	ECAC	13.24						
Paul Wilmot	18/11/23	WAAS	13.87	<b>W35</b>	Paz Storey	18/04/24	ECAC	15.36	
<b>M35</b>					Naomi Lagat	22/06/23	ECAC	15.7	
Matthew Konsolis	17/03/24	MAWA St Ch	12.12		Tegan Durbridge	01/02/24	ECAC	19.95	
Stephen Edwards	09/01/24	WAAS	12.4	<b>W40</b>	Janet Smith	17/02/24	Bunbury	13.6	
Dominic Lagat	11/05/23	ECAC	12.79		Catherine Manners	16/11/23	ECAC	14.88	
<b>M40</b>					Ingrid Wilcock	02/11/23	ECAC	15.48	
Kieran Johnson	05/03/24	WAAS	12.4	<b>W45</b>	Melissa Foster	25/11/23	Strive	12.98	
Mathew Walker	20/01/24	Strive	12.41		Michele Jarvis	04/01/24	ECAC	15.17	
Tyne Timmers	17/02/24	Bunbury	12.8	<b>W50</b>	Joe-Anne Dannenberg	24/02/24	WA St Ch	14.34	
<b>M45</b>					Jenn Parker	31/08/23	ECAC	14.4	
Ashley Moore	17/03/24	MAWA St Ch	12.23		Tammi Doyle	16/11/23	ECAC	15.12	
Paul Jeffery	18/11/23	WAAS	12.43	<b>W55</b>	Mandy Mason	01/12/23	Strive	12.15	
Daniel Leseberg	17/03/24	MAWA St Ch	12.55		Sue Coate	17/02/24	Bunbury	14.5	
<b>M50</b>					Jenn Parker	09/03/24	MAWA St Ch	14.74	
Adrian McKenzie	05/04/24	Strive	11.57	<b>W60</b>	Catherine McCloskey	17/03/24	MAWA St Ch	15.46	
Lee Stergiou	05/03/24	WAAS	12.3		Carmel Meyer	17/03/24	MAWA St Ch	16.42	
Paul Jeffery	23/03/24	Strive	12.48		Sharon Moloney	17/02/24	Bunbury	16.9	
<b>M55</b>				<b>W65</b>	Carol Bowman	31/08/23	ECAC	19.3	
Jannie Baard	05/04/24	Strive	13.29		<b>W70</b>	Barbara Blurton	04/01/24	ECAC	16.28
Gin Ang	24/10/23	WAAS	13.5		Maureen Keshwar	31/08/23	ECAC	17.0	
Jannie Baard	23/03/24	Strive	13.59		Carey Dickason	31/03/24	AMA Ch - Hob	22.32	
<b>M60</b>				<b>W75</b>	Peggy Macliver	20/02/24	WAAS	18.7	
Gin Ang	05/04/24	Strive	13.65		Brenda Painter	31/03/24	AMA Ch - Hob	22.12	
Brian Callaghan	30/01/24	WAAS	13.9		Jackie Halberg	25/04/24	ECAC	22.76	
Garry Hastie	30/01/24	Bunbury	15.61	<b>W80</b>	Ruth Johnson	21/11/23	Bunbury	19.39	
<b>M65</b>					Luella Jenkins	17/02/24	Bunbury	19.4	
Campbell Till	19/12/23	WAAS	13.5		Lynne Schickert	14/03/24	ECAC	28.52	
Dave Wilkie	04/05/23	ECAC	14.58						
Des Walsh	25/04/24	ECAC	16.38						
<b>M70</b>									
Michael Byrne	07/10/23	AMG Adelaide	15.17						
Keith Redpath	25/04/24	ECAC	15.19						
Harold Membrey	29/03/24	AMA Ch - Hob	15.98						
<b>M75</b>									
Greg Kennedy	05/03/24	WAAS	16.9						
Stephen Crabbe	17/03/24	MAWA St Ch	17.89						
Phil Smyth	17/03/24	MAWA St Ch	17.98						
<b>M80</b>									
Brian Waldhuter	02/01/24	Bunbury	19.24						
Bob Schickert	10/08/23	ECAC	20.1						
Barrie Kernaghan	16/02/24	Strive	21.22						
<b>M85</b>									
Norm Richards	30/01/24	WAAS	17.9						
Peter Muller	17/03/24	MAWA St Ch	24.22						

## 200m

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<b>M30</b>							
Kyle Ennis	06/12/23	Strive	21.34	<b>W30</b>	Amanda Hill	16/03/24	MAWA St Ch 31.53
Jonathon Nowers	21/10/23	Strive	27.17				
Paul Wilmot	10/11/23	Strive	29.27	<b>W35</b>	Michelle Krokosz	06/01/24	Bunbury 33.4
<b>M35</b>				Naomi Lagat	11/05/23	ECAC 33.69	
Matthew Konsolis	09/02/24	Strive	23.59	Tegan Durbridge	15/02/24	ECAC 40.48	
Stephen Edwards	16/03/24	MAWA St Ch	25.60	<b>W40</b>	Janet Smith	18/11/23	WAAS 28.53
Dominic Lagat	11/05/23	ECAC	27.51	Catherine Manners	21/12/23	ECAC 31.48	
<b>M40</b>				Naomi Lagat	16/03/24	MAWA St Ch 32.04	
Ashley Moore	16/03/24	MAWA St Ch	24.46	<b>W45</b>	Melissa Foster	18/11/23	Melbourne 28.56
Dominic Lagat	16/03/24	MAWA St Ch	25.04	Joe-Anne Buchan	18/06/23	Strive 29.67	
Matt Walker	21/03/24	ECAC	25.61	Michele Jarvis	04/01/24	ECAC 30.22	
<b>M45</b>				<b>W50</b>	Jenn Parker	21/12/23	ECAC 29.95
Daniel Leseberg	16/03/24	MAWA St Ch	25.89	Joe-Anne Dannenberg	16/03/24	MAWA St Ch 30.02	
Stephen Jarvis	04/01/24	ECAC	26.15	Tammi Doyle	18/01/24	ECAC 32.16	
Daniel Smith	16/03/24	MAWA St Ch	26.34	<b>W55</b>	Mandy Mason	25/11/23	Strive 24.63
<b>M50</b>				Sue Coate	16/01/24	WAAS 30.7	
Paul Jeffery	16/03/24	MAWA St Ch	24.96	Jenn Parker	16/03/24	MAWA St Ch 30.89	
Lee Stergiou	16/03/24	MAWA St Ch	25.48	<b>W60</b>	Cathy McCloskey	18/01/24	ECAC 33.20
Brad Schirmer	09/03/24	MAWA St Ch	27.69	Carmel Meyer	07/03/24	ECAC 33.43	
<b>M55</b>				Sharon Moloney	16/03/24	MAWA St Ch 36.48	
Jannie Baard	27/03/24	Strive	27.01	<b>W65</b>	Carol Bowman	16/03/24	MAWA St Ch 38.75
Simon McGarvie	07/09/23	ECAC	29.36	<b>W70</b>	Barbara Blurton	04/01/24	ECAC 32.94
Jeff Davidson	16/01/24	WAAS	29.9	Maureen Keshwar	15/02/24	ECAC 38.14	
<b>M60</b>				<b>W75</b>	Peggy Macliver	05/03/24	WAAS 41.7
Anthony Grendon	07/11/23	WAAS	29.0	Gillian Young	09/11/23	ECAC 43.95	
Brian Callaghan	16/01/24	WAAS	29.7	Jackie Halberg	08/06/23	ECAC 46.7	
Mark Dawson	16/01/24	WAAS	34.3	<b>W80</b>	Ruth Johnson	25/11/23	Bunbury 44.9
<b>M65</b>				Luella Jenkins	21/10/23	Bunbury 53.07	
Campbell Till	30/03/24	AMA Ch - Hob	27.81	Lynne Schickert	24/08/23	ECAC 67.0	
Dave Wilkie	11/05/23	ECAC	31.01				
Des Walsh	07/03/24	ECAC	34.64				
<b>M70</b>							
Michael Byrne	16/03/24	MAWA St Ch	30.74				
Keith Redpath	11/04/24	ECAC	32.49				
Harold Membrey	30/03/24	AMA Ch - Hob	34.88				
<b>M75</b>							
Greg Kennedy	16/03/24	MAWA St Ch	36.23				
Stephen Crabbe	16/03/24	MAWA St Ch	38.92				
Ivan Brown	09/03/24	MAWA St Ch	42.60				
<b>M80</b>							
David Baird	23/01/24	WAAS	40.2				
Brian Waldhuter	25/11/23	Bunbury	42.4				
Bob Schickert	11/05/23	ECAC	44.01				
<b>M85</b>							
Norm Richards	05/03/24	WAAS	39.0				

## 400m

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<b>M30</b>					<b>W30</b>			
Kyle Ennis	17/03/24	MAWA St Ch	50.88		Amanda Hill	17/03/24	MAWA St Ch	73.26
Nathaniel Shivaraman	05/04/24	Strive	65.61					
Paul Wilmot	17/03/24	MAWA St Ch	73.21		<b>W35</b>			
					Naomi Lagat	29/06/23	ECAC	75.14
<b>M35</b>					<b>W40</b>			
Matthew Konsolis	17/03/24	MAWA St Ch	51.91		Naomi Lagat	21/03/24	ECAC	71.85
Johan Stassen	17/03/24	MAWA St Ch	60.51		Ingrid Wilcock	14/12/23	ECAC	77.61
Dominic Lagat	11/05/23	ECAC	60.93		Kirsty Peddie	17/03/24	MAWA St Ch	1:34.26
<b>M40</b>					<b>W45</b>			
Dominic Lagat	17/03/24	MAWA St Ch	54.21		Michele Jarvis	14/12/23	ECAC	76.66
Tyne Timmers	12/03/24	Bunbury	57.7					
Mathew Walker	17/03/24	MAWA St Ch	58.96		<b>W50</b>			
<b>M45</b>					Jenn Parker	28/12/23	ECAC	69.69
Ashley Moore	17/03/24	MAWA St Ch	54.31		Tammi Doyle	30/11/23	ECAC	73.11
Paul Jeffery	18/11/23	WAAS	55.27		Cathy Middleton	23/01/24	WAAS	1:30.6
Mark Maslen	17/03/24	MAWA St Ch	61.86		<b>W55</b>			
<b>M50</b>					Mandy Mason	31/03/24	AMA Ch - Hob	57.86
Brad Schirmer	18/11/23	WAAS	64.29		Jenn Parker	17/03/24	MAWA St Ch	72.37
Suresh Sivacolundhu	24/10/23	WAAS	67.3		Sue Coate	28/12/23	ECAC	77.89
John Miolini	14/09/23	ECAC	78.68		<b>W60</b>			
<b>M55</b>					Carmel Meyer	17/03/24	MAWA St Ch	80.46
Jannie Baard	17/03/24	MAWA St Ch	59.48		Lori Sexton	14/09/23	ECAC	1:52.95
Uwe Pufke	31/03/24	AMA Ch - Hob	61.05		Sharon Moloney	10/10/23	Bunbury	2:01.3
Glenn Rogers	17/03/24	MAWA St Ch	70.83		<b>W65</b>			
<b>M60</b>					Carol Bowman	31/03/24	AMA Ch - Hob	1:30.09
Anthony Grendon	22/02/24	ECAC	62.44		<b>W70</b>			
Jacques Maniacara	17/03/24	MAWA St Ch	71.02		Barbara Blurton	16/11/23	ECAC	77.58
Trevor Scott	02/11/23	ECAC	79.63		<b>W75</b>			
<b>M65</b>					Jackie Halberg	28/12/23	ECAC	2:07.81
Campbell Till	31/03/24	AMA Ch - Hob	62.83		<b>W80</b>			
Neil Morfitt	17/03/24	MAWA St Ch	67.35		Ruth Johnson	07/11/23	Bunbury	1:58.24
Richard Harris	23/01/24	WAAS	79.8		Luella Jenkins	10/10/23	Bunbury	2:44.9
<b>M70</b>					Lynne Schickert	15/06/23	ECAC	3:11.8
Michael Byrne	17/03/24	MAWA St Ch	69.42					
Brian Hewitt	17/03/24	MAWA St Ch	84.68					
Harold Membrey	17/03/24	MAWA St Ch	1:36.34					
<b>M75</b>								
Ross Goulden	17/03/24	MAWA St Ch	81.13					
Darrell Arnett	17/03/24	MAWA St Ch	84.99					
Greg Kennedy	12/10/23	ECAC	1:30.46					
<b>M80</b>								
David Baird	23/01/24	WAAS	1:35.7					
Bob Schickert	12/10/23	ECAC	2:07.89					
<b>M85</b>								
Morland Smith	17/03/24	MAWA St Ch	2:10.86					

## 800m

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<b>M30</b>					<b>W35</b>				
Nathaniel Shivaraman	27/03/24	Strive	2:25.74		Naomi Lagat	29/06/23	ECAC	3:24.65	
					Tegan Durbridge	04/01/24	ECAC	3:36.63	
<b>M35</b>					<b>W40</b>				
Dominic Lagat	29/06/23	ECAC	2:29.9		Janet Smith	19/11/23	WAAS	2:39.84	
					Naomi Lagat	16/03/24	MAWA St Ch	2:46.54	
<b>M40</b>					Michelle Shuck	30/01/24	WAAS	2:53.5	
Dominic Lagat	16/03/24	MAWA St Ch	2:07.92		<b>W45</b>				
Sam Burke	16/03/24	MAWA St Ch	2:10.29		Vanessa Carson	25/01/24	ECAC	2:52.92	
Tyne Timmers	16/03/24	MAWA St Ch	2:11.16		Michele Jarvis	09/11/23	ECAC	3:10.08	
					Amanda Collins	19/10/23	ECAC	3:12.01	
<b>M45</b>					<b>W50</b>				
Chris Gould	06/01/24	Strive	2:07.32		Sharon Davis	06/12/23	Strive	2:20.93	
Nick Best	21/10/23	Strive	2:08.22		Jenn Parker	07/10/23	AMG Adelaide	2:53.41	
Mark Maslen	27/03/24	Strive	2:11.74		Tammi Doyle	19/11/23	WAAS	2:56.10	
<b>M50</b>					<b>W55</b>				
Andrew Kets	06/01/24	Strive	2:31.75		Sue Coate	24/08/23	ECAC	2:55.5	
Jannie Baard	25/11/23	Strive	2:31.83		Jenn Parker	09/03/24	MAWA St Ch	2:57.12	
Nick Moore	07/12/23	ECAC	2:44.22		Karyn Tolardo	19/10/23	ECAC	3:39.68	
<b>M55</b>					<b>W60</b>				
Xander van Rijen	06/01/24	Strive	2:20.41		Carmel Meyer	07/03/24	ECAC	3:21.36	
Jannie Baard	16/03/24	MAWA St Ch	2:20.74		Lori Sexton	18/04/24	ECAC	3:51.69	
Uwe Pufke	16/03/24	MAWA St Ch	2:21.10		Sharon Moloney	02/12/23	Bunbury	4:24.2	
<b>M60</b>					<b>W65</b>				
Anthony Grendon	29/03/24	AMA Ch - Hob	2:17.15		Carol Bowman	07/03/24	ECAC	3:49.78	
Jacques Maniacara	16/03/24	MAWA St Ch	2:47.51		Phillippa Bennett	18/04/24	ECAC	6:17.27	
Mark Dawson	09/01/24	WAAS	2:53.0		<b>W70</b>				
<b>M65</b>					Margaret Saunders	04/01/24	ECAC	3:00.70	
Neil Morfitt	16/03/24	MAWA St Ch	2:37.60		Barbara Blurton	07/12/23	ECAC	3:23.30	
Campbell Till	16/03/24	MAWA St Ch	2:42.73		Julie Wilson	16/03/24	MAWA St Ch	3:44.56	
Richard Harris	30/01/24	WAAS	2:47.0		<b>W75</b>				
<b>M70</b>					Gillian Young	19/10/23	ECAC	3:48.56	
Michael Byrne	16/03/24	MAWA St Ch	2:42.86		Brenda Painter	31/03/24	AMA Ch - Hob	7:10.36	
Brian Hewitt	18/04/24	ECAC	3:17.11		<b>W80</b>				
Harold Membrey	19/10/23	Bunbury	4:22.9		Ruth Johnson	21/11/23	Bunbury	4:35.0	
<b>M75</b>					Luella Jenkins	02/12/23	Bunbury	5:32.0	
Ross Goulden	16/03/24	MAWA St Ch	3:21.10		Glenys Duncan	09/01/24	WAAS	7:13.5	
Bob Hull	16/03/24	MAWA St Ch	3:23.11						
John McDonagh	16/03/24	MAWA St Ch	3:34.30						
<b>M80</b>									
David Baird	14/11/23	WAAS	3:38.2						
John Oldfield	05/10/23	ECAC	4:31.12						
Bob Schickert	29/03/24	AMA Ch - Hob	4:41.85						
<b>M85</b>									
Morland Smith	13/02/24	WAAS	4:49.7						

## 1500m

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<b>M30</b>				<b>W35</b>			
Nathaniel Shivaraman	05/04/24	Strive	5:04.02	Michelle Hunter	11/04/24	ECAC	6:24.51
Paul Wilmot	19/11/23	WAAS	7:13.71	Paz Storey	11/04/24	ECAC	7:02.66
<b>M35</b>				<b>W40</b>			
Dominic Lagat	10/08/23	ECAC	5:14.9	Michelle Shuck	14/12/23	ECAC	5:37.91
<b>M40</b>				<b>W45</b>			
Sam Burke	01/12/23	Strive	4:24.25	Fiona van Heerwaarden	11/04/24	ECAC	7:58.20
Tyne Timmers	01/04/24	AMA Ch - Hob	4:45.65				
Douglas Hill	16/02/24	Strive	4:56.00				
<b>M45</b>				<b>W50</b>			
Chris Gould	16/02/24	Strive	4:17.13	Lizelle Smith	17/03/24	MAWA St Ch	6:19.65
Mark Maslen	25/11/23	Strive	4:29.14	Tammi Doyle	02/11/23	ECAC	6:35.83
Steve Weller	03/10/23	Bunbury	5:00.6	Cathy Middleton	16/01/24	WAAS	7:34.1
<b>M50</b>				<b>W55</b>			
Simon Wheeler	05/04/24	Strive	4:40.46	Karyn Tolardo	01/06/23	ECAC	6:56.90
Evan Georgopoulos	01/06/23	ECAC	5:46.34	Liz Clennell	11/04/24	ECAC	7:53.60
John Miolini	17/03/24	MAWA St Ch	5:56.66	Jacqui McQueen	30/03/24	AMA Ch - Hob	7:58.33
<b>M55</b>				<b>W60</b>			
Simon McGarvie	30/03/24	AMA Ch - Hob	5:10.54	Carmel Meyer	05/03/24	WAAS	6:31.8
Andrew Davison	01/06/23	ECAC	5:28.48	Lori Sexton	17/03/24	MAWA St Ch	7:32.83
Glenn Rogers	17/03/24	MAWA St Ch	5:32.07	Sharon Moloney	06/02/24	Bunbury	19:33.0
<b>M60</b>				<b>W65</b>			
Anthony Grendon	01/02/24	ECAC	4:40.27	Julie Wilson	04/05/23	ECAC	7:47.63
Mike Haederle	17/03/24	MAWA St Ch	5:22.16				
Patrick Maslen	17/03/24	MAWA St Ch	5:25.70				
<b>M65</b>				<b>W70</b>			
Richard Harris	01/02/24	ECAC	5:48.27	Julie Wilson	30/03/24	AMA Ch - Hob	7:30.24
Rob Cattrall	16/01/24	WAAS	5:54.4	Carey Dickason	30/03/24	AMA Ch - Hob	8:30.27
Campbell Till	12/10/23	ECAC	6:20.90	Susan Sanders	07/10/23	AMG Adelaide	8:53.06
<b>M70</b>				<b>W80</b>			
Michael Byrne	09/03/24	MAWA St Ch	6:01.95	Ruth Johnson	31/10/23	Bunbury	9:33.6
Giovanni Puglisi	17/03/24	MAWA St Ch	6:13.25	Luella Jenkins	06/02/24	Bunbury	11:47.5
Mercurio Cicchini	17/03/24	MAWA St Ch	6:41.67				
<b>M75</b>							
Bob Hull	17/03/24	MAWA St Ch	6:55.93				
Peter Sanders	07/10/23	AMG Adelaide	7:01.65				
Geoff Vine	05/03/24	WAAS	7:07.4				
<b>M80</b>							
David Baird	02/11/23	ECAC	7:46.45				
John Oldfield	12/10/23	ECAC	9:00.06				
Bob Schickert	11/01/24	ECAC	9:47.70				
<b>M85</b>							
Morland Smith	17/03/24	MAWA St Ch	10:03.55				

## 3000m

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<b>M30</b>				<b>W35</b>			
Nathaniel Shivaraman	24/01/24	Strive	10:54.81	Michelle Hunter	11/04/24	ECAC	11:08.78
Gerard Wallen	11/05/23	ECAC	19:58.36	Georgie Smith	11/04/24	ECAC	12:25.33
<b>M35</b>				<b>W40</b>			
Dominic Lagat	10/08/23	ECAC	11:07.6	Michelle Shuck	06/02/24	WAAS	11:46.6
<b>M40</b>				<b>W45</b>			
Tyne Timmers	16/11/23	Bunbury	10:26.3	Vanessa Carson	25/01/24	ECAC	12:34.41
Douglas Hill	24/01/24	Strive	10:55.62	Michele Jarvis	14/12/23	ECAC	15:27.19
Dominic Lagat	20/02/24	WAAS	11:05.6	<b>W50</b>			
<b>M45</b>				<b>W55</b>			
Roberto Busi	10/11/23	Strive	8:51.79	Sharon Davis	21/10/23	Strive	10:50.95
Chris Gould	10/11/23	Strive	9:12.60	Rochelle Airey	16/11/23	ECAC	14:55.52
Mark Maslen	10/11/23	Strive	9:48.72	Liz Clennell	04/01/24	ECAC	15:25.88
<b>M50</b>				<b>W60</b>			
Evan Georgopoulos	18/05/23	ECAC	11:47.30	Carmel Meyer	13/02/24	WAAS	15:36.1
Nick Moore	18/01/24	ECAC	12:00.75	Lori Sexton	11/04/24	ECAC	15:43.82
Scott Claxton	04/01/24	ECAC	12:22.37	Sharon Moloney	17/10/23	Bunbury	27:24.7
<b>M55</b>				<b>W65</b>			
Simon McGarvie	21/09/23	ECAC	11:13.0	Julie Wilson	11/05/23	ECAC	15:43.30
Andrew Davison	05/10/23	ECAC	11:38.57	Carol Bowman	31/08/23	ECAC	17:48.7
Kevin Murphy	04/01/24	ECAC	11:56.41	Robin King	23/11/23	ECAC	18:41.85
<b>M60</b>				<b>W70</b>			
Anthony Grendon	19/10/23	ECAC	10:19.21	Julie Wilson	25/05/23	ECAC	15:32.35
Trevor Scott	25/04/24	ECAC	11:19.54	<b>W75</b>			
Steve Hossack	15/06/23	ECAC	12:37.2	Gillian Young	14/09/23	ECAC	16:37.32
<b>M65</b>				<b>W80</b>			
Richard Harris	23/01/24	WAAS	12:05.0	Ruth Johnson	20/02/24	Bunbury	21:04.4
Rob Cattrall	20/02/24	WAAS	12:38.3	Luella Jenkins	17/10/23	Bunbury	25:31.9
Paul Scott	05/03/24	WAAS	13:16.7	<b>M80</b>			
<b>M70</b>				<b>M85</b>			
Michael Lee	22/02/24	ECAC	14:33.91	Morland Smith	23/01/24	WAAS	20:50.7
Brian Hewitt	11/04/24	ECAC	15:11.80	<b>M80</b>			
<b>M75</b>				<b>M85</b>			
Jim Langford	24/08/23	ECAC	15:58.6	David Baird	31/10/23	WAAS	16:25.1
John Oldfield	10/08/23	ECAC	19:04.6	John Oldfield	05/10/23	ECAC	17:38.63
<b>M80</b>				<b>M85</b>			
David Baird	31/10/23	WAAS	16:25.1	Bob Schickert	03/08/23	ECAC	20:14.2
John Oldfield	05/10/23	ECAC	17:38.63	<b>M85</b>			
Bob Schickert	03/08/23	ECAC	20:14.2	Morland Smith	23/01/24	WAAS	20:50.7

## 5000m

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<b>M35</b>					<b>W35</b>			
Dean Menzies	06/12/23	Strive	14:30.68		Michelle Hunter	09/03/24	MAWA St Ch	18:58.73
					Tegan Durbridge	18/01/24	ECAC	25:58.77
<b>M40</b>					<b>W40</b>			
Tyne Timmers	09/11/23	Bunbury	19:21.0		Storm Hurst	09/03/24	MAWA St Ch	26:23.58
Kieran Johnson	07/10/23	AMG Adelaide	23:53.17					
John Bailey	07/12/23	ECAC	24:32.38					
<b>M45</b>					<b>W45</b>			
Chris Gould	20/01/24	Strive	16:19.26		Clare Wardle	09/03/24	MAWA St Ch	19:35.20
Mark Maslen	25/05/23	ECAC	17:02.29		Vanessa Carson	31/03/24	AMA Ch - Hob	21:26.53
Paul Rowland	20/01/24	Strive	18:16.02		Fiona van Heerwaarden	12/10/23	ECAC	31:59.99
<b>M50</b>					<b>W50</b>			
Alan Stabler	09/03/24	MAWA St Ch	17:56.77		Lizelle Smith	09/03/24	MAWA St Ch	22:42.92
Kim Thomas	09/03/24	MAWA St Ch	19:00.15		Tammi Doyle	12/10/23	ECAC	26:25.55
Nick Moore	09/03/24	MAWA St Ch	19:06.35		Elizabeth Clennell	09/03/24	MAWA St Ch	26:54.79
<b>M55</b>					<b>W55</b>			
Glenn Rogers	09/03/24	MAWA St Ch	19:47.47		Claudia Seke	20/01/24	Strive	20:43.81
Andrew Davison	25/05/23	ECAC	19:55.01		Niamh Keane	09/03/24	MAWA St Ch	22:42.95
Simon McGarvie	31/03/24	AMA Ch - Hob	19:59.59		Rochelle Airey	09/03/24	MAWA St Ch	24:26.85
<b>M60</b>					<b>W60</b>			
Anthony Grendon	12/10/23	ECAC	18:19.73		Sue Zlnay	09/03/24	MAWA St Ch	22:18.88
Trevor Scott	18/01/24	ECAC	19:57.89		Lori Sexton	31/03/24	AMA Ch - Hob	26:18.02
Mike Haederle	09/03/24	MAWA St Ch	20:02.88					
<b>M65</b>					<b>W65</b>			
Richard Harris	13/02/24	WAAS	21:10.2		Gayle Craft	09/03/24	MAWA St Ch	29:58.08
Paul Scott	27/02/24	WAAS	22:33.1					
Rob Catrall	10/10/23	WAAS	22:49.3		<b>W70</b>			
<b>M70</b>					Julie Wilson	31/03/24	AMA Ch - Hob	26:52.46
Giovanni Puglisi	09/03/24	MAWA St Ch	21:59.91		Susan Sanders	07/10/23	AMG Adelaide	30:01.45
Mercurio Cicchini	09/03/24	MAWA St Ch	24:35.95					
Michael Lee	09/03/24	MAWA St Ch	25:07.62		<b>W75</b>			
<b>M75</b>					Gillian Young	12/10/23	ECAC	27:11.37
Keith Miller	09/03/24	MAWA St Ch	24:32.45					
Peter Sanders	07/10/23	AMG Adelaide	24:55.44					
Bob Hull	09/03/24	MAWA St Ch	25:00.32					
<b>M80</b>								
David Baird	07/11/23	WAAS	28:51.90					
John Oldfield	12/10/23	ECAC	31:26.02					
Bob Schickert	09/03/24	MAWA St Ch	36:12.48					
<b>M85</b>								
Fred Smart	09/03/24	MAWA St Ch	29:27.48					
Morland Smith	09/03/24	MAWA St Ch	38:02.59					



## 10,000m

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<b>M40</b>				<b>W35</b>			
Zane Walsh	29/02/24	MAWA St Ch	39:36.52	Tegan Durbridge	23/04/24	ECAC	54:20.5
Tommy Glackin	29/02/24	MAWA St Ch	42:58.97				
<b>M45</b>				<b>W45</b>			
Roberto Busi	23/04/24	ECAC	35:19.7	Clare Wardle	29/02/24	MAWA St Ch	41:35.32
David Adams	23/04/24	ECAC	41:04.2	Crystal Glossop	23/04/24	ECAC	50:51.9
Rodney Glossop	23/04/24	ECAC	41:57.8				
<b>M50</b>				<b>W55</b>			
Kim Thomas	29/02/24	MAWA St Ch	42:43.74	Claudia Seke	29/02/24	MAWA St Ch	42:35.38
Scott Claxton	29/02/24	MAWA St Ch	44:59.43	Rochelle Airey	29/02/24	MAWA St Ch	52:19.43
John Miolini	29/02/24	MAWA St Ch	49:46.68	Silke Peglow	29/02/24	MAWA St Ch	1:04:11.29
<b>M55</b>				<b>W60</b>			
Glenn Rogers	29/02/24	MAWA St Ch	42:30.20	Sue Zlnay	29/03/24	AMA Ch - Hob	47:15.05
Kevin Murphy	29/02/24	MAWA St Ch	44:51.07	Lori Sexton	23/04/24	ECAC	54:02.8
Tristan Bell	23/04/24	ECAC	45:08.7				
<b>M60</b>				<b>W70</b>			
Patrick Maslen	29/02/24	MAWA St Ch	42:23.05	Gloria Lau	27/10/23	ECAC	58:10
John Herzfeld	27/10/23	ECAC	48:40	Isolde Tietz	29/02/24	MAWA St Ch	1:15:19.18
David Colvin	29/02/24	MAWA St Ch	51:35.61				
<b>M65</b>							
Richard Harris	29/02/24	MAWA St Ch	44:09.09				
Paul Scott	29/02/24	MAWA St Ch	47:45.89				
Bob Colligan	23/04/24	ECAC	50:39.3				
<b>M70</b>							
Christopher Maher	27/10/23	ECAC	45:18				
Giovanni Puglisi	29/02/24	MAWA St Ch	46:16.81				
Mercurio Cicchini	29/02/24	MAWA St Ch	52:05.28				
<b>M75</b>							
Keith Miller	29/02/24	MAWA St Ch	51:04.50				
Bob Hull	29/02/24	MAWA St Ch	58:37.14				
Jim Langford	29/02/24	MAWA St Ch	1:06:18.41				
<b>M80</b>							
Bert Carse	29/02/24	MAWA St Ch	1:07:13.76				
Bob Schickert	29/02/24	MAWA St Ch	1:14:45.74				
<b>M85</b>							
Fred Smart	29/02/24	MAWA St Ch	1:03:46.26				
Morland Smith	29/02/24	MAWA St Ch	1:21:45.29				

## Mile

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<b>M40</b>				<b>W35</b>			
Tyne Timmers	30/11/23	Bunbury	5:18.7	Tegan Durbridge	18/04/24	ECAC	9:17.01
John Bailey	18/05/23	ECAC	6:48.48				
Aaron Sims	26/10/23	ECAC	7:35.76	<b>W45</b>			
<b>M45</b>				Sharon Davis	27/07/23	ECAC	5:26.5
David Adams	27/07/23	ECAC	5:55.1	Amanda Collins	03/10/23	WAAS	7:17.3
Chris Owen	27/02/24	WAAS	6:02.3	Fiona van Heerwaarden	18/04/24	ECAC	8:50.94
Andy Roach	26/10/23	ECAC	6:13.30	<b>W50</b>			
<b>M50</b>				Tammi Doyle	26/10/23	ECAC	7:22.59
Evan Georgopoulos	18/05/23	ECAC	6:04.08	<b>W55</b>			
Wayne Collins	03/10/23	WAAS	8:23.7	Karyn Tolardo	26/10/23	ECAC	7:34.79
<b>M55</b>				Janne Wells	06/07/23	ECAC	9:03.5
Simon McGarvie	31/08/23	ECAC	5:35.5	<b>W60</b>			
Kevin Murphy	26/10/23	ECAC	6:11.57	Lori Sexton	18/04/24	ECAC	8:32.31
Paul Every	31/08/23	ECAC	7:09.2	<b>W70</b>			
<b>M60</b>				Julie Wilson	18/05/23	ECAC	8:15.02
Anthony Grendon	12/12/23	WAAS	5:02.6	<b>W75</b>			
Steve Hossack	31/08/23	ECAC	6:51.6	Gillian Young	08/02/24	ECAC	8:50.16
Mark Dawson	12/12/23	WAAS	7:30.0				
<b>M65</b>							
Richard Harris	12/12/23	WAAS	6:12.9				
Rob Cattrall	12/12/23	WAAS	6:26.3				
Paul Scott	27/02/24	WAAS	6:52.8				
<b>M70</b>							
Mercurio Cicchini	18/05/23	ECAC	7:23.03				
<b>M75</b>							
John McDonagh	26/10/23	ECAC	8:27.07				
John Oldfield	31/08/23	ECAC	9:11.9				

## 1500m walk

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<b>M30</b>				<b>W35</b>			
Paul Wilmot	16/03/24	MAWA St Ch	10:50.90	Melissa Lewis	29/03/24	AMA Ch - Hob	7:19.82
<b>M45</b>				<b>W45</b>			
Daniel Lowe	16/03/24	MAWA St Ch	10:20.75	Fiona van Heerwaarden	29/02/24	ECAC	9:10.04
<b>M50</b>				<b>W55</b>			
Wayne Byram	16/03/24	MAWA St Ch	10:15.22	Karyn Tolardo	29/03/24	AMA Ch - Hob	8:35.13
<b>M55</b>				Wendy Farrow	16/03/24	MAWA St Ch	10:08.40
Andrew Duncan	16/03/24	MAWA St Ch	7:38.14	Janne Wells	16/03/24	MAWA St Ch	10:41.21
<b>M60</b>				<b>W60</b>			
Garry Hastie	28/11/23	Bunbury	8:22.1	Sharon Moloney	31/10/23	Bunbury	13:04.6
<b>M65</b>				<b>W70</b>			
Steve Travell	14/03/24	ECAC	12:12.52	Julie Wilson	29/03/24	AMA Ch - Hob	10:23.42
<b>M70</b>				<b>W80</b>			
Harold Membrey	05/10/23	Bunbury	11:29.0	Lynne Schickert	16/03/24	MAWA St Ch	11:49.29
<b>M75</b>				Luella Jenkins	28/11/23	Bunbury	12:01.4
John McDonagh	14/12/23	ECAC	9:38.65	Glenys Duncan	25/04/24	ECAC	13:39.50
David Gardiner	28/12/23	ECAC	11:56.32				
<b>M80</b>							
Johan Hagedoorn	16/03/24	MAWA St Ch	12:25.57				
Brian Waldhuter	06/02/24	Bunbury	13:18.0				

## 3000m walk

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<b>M45</b>				<b>W45</b>			
Daniel Lowe	17/03/24	MAWA St Ch	22:02.41	Fiona van Heerwaarden	05/08/23	Rockingham	19:09.8
David Adams	23/11/23	ECAC	22:16.25	<b>W55</b>			
<b>M55</b>				Karyn Tolardo	17/03/24	MAWA St Ch	17:35.56
Andrew Duncan	17/03/24	MAWA St Ch	16:15.30	Wendy Farrow	17/03/24	MAWA St Ch	20:12.84
<b>M60</b>				Silke Peglow	01/02/24	ECAC	21:41.92
Garry Hastie	17/03/24	MAWA St Ch	19:19.01	<b>W60</b>			
John Dennehy	01/06/23	ECAC	23:04.09	Phillippa Bennett	14/12/23	ECAC	24:12.69
Lou Daniel	11/04/24	ECAC	25:05.45	<b>W65</b>			
<b>M65</b>				Lyn Ventris	17/03/24	MAWA St Ch	17:29.85
Tom Lenane	07/09/23	ECAC	21:06.04	Phillippa Bennett	18/04/24	ECAC	23:59.98
Steve Travell	11/04/24	ECAC	25:24.51	<b>W80</b>			
<b>M70</b>				Lynne Schickert	14/09/23	ECAC	24:01.54
Harold Membrey	28/09/23	Bunbury	24:18.0	Glenys Duncan	17/08/23	ECAC	26:43.8
<b>M75</b>							
John McDonagh	30/11/23	ECAC	20:00.91				
John Oldfield	14/09/23	ECAC	24:03.90				
David Gardiner	01/06/23	ECAC	24:23.07				
<b>M80</b>							
Johan Hagedoorn	17/03/24	MAWA St Ch	24:05.92				

## 5000m walk

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<b>M45</b> Daniel Lowe	03/06/23	Perry Lakes	35:50.1	<b>W35</b> Melissa Lewis	30/03/24	AMA Ch - Hob	26:49.57
<b>M55</b> Andrew Duncan Peter Back	16/03/24 01/02/24	MAWA St Ch ECAC	26:30.33 34:17.34	<b>W45</b> Fiona van Heerwaarden	01/07/23	Perry Lakes	32:54
<b>M65</b> Steve Travell	27/02/24	WAAS	42:12.3	<b>W55</b> Karyn Tolardo Wendy Farrow	17/06/23 19/12/23	Perry Lakes WAAS	29:53.9 34:25.9
<b>M75</b> John McDonagh	30/03/24	AMA Ch - Hob	37:31.97	<b>W60</b> Marcela Ruiz	17/06/23	Perry Lakes	38:58.6
<b>M80</b> Johan Hagedoorn	16/03/24	MAWA St Ch	40:33.02	<b>W65</b> Lyn Ventris	30/03/24	AMA Ch - Hob	28:37.28
				<b>W80</b> Lynne Schickert Glenys Duncan	30/03/24 03/06/23	AMA Ch - Hob Perry Lakes	42:24.35 48:33.5

## 10,000m walk

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<b>M55</b> Andrew Duncan	22/02/24	WA St Ch	56:09.66	<b>W35</b> Melissa Lewis	22/02/24	WA St Ch	55:59.51
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## 10km road walk

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<b>M55</b> Andrew Duncan	03/06/23	Perry Lakes	54:26.9	<b>W35</b> Melissa Lewis	01/04/24	AMA Ch - Hob	57:03
<b>M65</b> Victor Munoz	17/06/23	Perry Lakes	1:05:57.9	<b>W55</b> Karyn Tolardo Wendy Farrow	01/04/24 03/06/23	AMA Ch - Hob Perry Lakes	1:01:55 1:08:16.7
<b>M75</b> John McDonagh	01/04/24	AMA Ch - Hob	1:11:37	<b>W65</b> Lyn Ventris	01/04/24	AMA Ch - Hob	1:03:50
				<b>W80</b> Lynne Schickert	01/04/24	AMA Ch - Hob	1:27:48

## 20km road walk

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<b>M55</b> Andrew Duncan	19/08/23	Perry Lakes	1:54:37.7	<b>W55</b> Karyn Tolardo Wendy Farrow	19/08/23 19/08/23	Perry Lakes Perry Lakes	2:16:33.9 2:21:36.2
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## 80m hurdles

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<b>M75</b>				<b>W40</b>			
Greg Kennedy	07/03/24	ECAC	20.53	Janet Smith	18/11/23	WAAS	15.02
				Rachel Williams	18/11/23	WAAS	19.15
<b>M80</b>				<b>W45</b>			
Brian Waldhuter	14/10/23	Bunbury	22.4	Michele Jarvis	11/01/24	ECAC	16.50
				<b>W50</b>			
				Jenn Parker	14/09/23	ECAC	14.78
				Tammi Doyle	18/11/23	WAAS	17.30
				<b>W55</b>			
				Jenn Parker	31/03/24	AMA Ch - Hob	14.82
				Sue Coate	14/09/23	ECAC	15.86
				<b>W60</b>			
				Carrie Francis	31/03/24	AMA Ch - Hob	20.82

## 100m hurdles

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<b>M50</b>			
Paul Jeffery	23/03/24	Strive	15.17
Brad Schirmer	19/11/23	WAAS	20.23
<b>M55</b>			
JP Moutia	17/03/24	MAWA St Ch	23.29
<b>M65</b>			
Dave Wilkie	14/09/23	ECAC	21.27

## 110m hurdles

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<b>M30</b>			
Paul Wilmot	17/03/24	MAWA St Ch	22.87

## 300m hurdles

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<b>M65</b>				<b>W50</b>			
Dave Wilkie	16/03/24	MAWA St Ch	61.13	Jenn Parker	25/01/24	ECAC	55.23
				Tammi Doyle	16/03/24	MAWA St Ch	64.56
<b>M70</b>				<b>W55</b>			
Harold Membrey	25/01/24	ECAC	80.78	Jenn Parker	08/02/24	ECAC	53.70
				Sue Coate	16/03/24	MAWA St Ch	59.88

## 400m hurdles

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<b>M30</b>				<b>W35</b>			
Paul Wilmot	16/03/24	MAWA St Ch	89.67	Michelle Krokosz	23/01/24	Bunbury	84.9
<b>M35</b>				<b>W40</b>			
Johan Stassen	16/03/24	MAWA St Ch	67.43	Janet Smith	20/02/24	Bunbury	78.1
<b>M40</b>							
Tyne Timmers	16/03/24	MAWA St Ch	67.16				
<b>M50</b>							
Wayne Byram	16/03/24	MAWA St Ch	125.31				
<b>M55</b>							
Roger Parenzee	29/03/24	AMA Ch - Hob	84.13				
JP Moutia	16/03/24	MAWA St Ch	93.38				

## 2000m steeplechase

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<b>M60</b>				<b>W35</b>			
Patrick Maslen	14/03/24	MAWA St Ch	8:12.89	Tegan Durbridge	04/01/24	ECAC	12:11.82
Trevor Scott	04/01/24	ECAC	8:27.80				
David Colvin	14/03/24	MAWA St Ch	10:36.36	<b>W40</b>			
				Crystal Glossop	04/01/24	ECAC	12:12.05
<b>M65</b>				<b>W45</b>			
Dave Wilkie	14/03/24	MAWA St Ch	10:53.45	Michele Jarvis	04/01/24	ECAC	10:32.64
Milt Mavrick	07/09/23	ECAC	13:51.85	Fiona van Heerwaarden	14/03/24	MAWA St Ch	12:38.82
<b>M70</b>				<b>W50</b>			
Giovanni Puglisi	14/03/24	MAWA St Ch	9:36.03	Tammi Doyle	14/03/24	MAWA St Ch	10:22.16
Michael Byrne	09/12/23	Bunbury	10:29.9	Jenn Parker	20/01/24	Bunbury	10:50.0
Harold Membrey	01/04/24	AMA Ch - Hob	12:32.26	Elizabeth Clennell	14/03/24	MAWA St Ch	11:38.40
<b>M75</b>				<b>W55</b>			
Peter Sanders	07/10/23	AMG Adelaide	12:08.03	Sue Coate	01/04/24	AMA Ch - Hob	9:32.27
Jim Langford	14/03/24	MAWA St Ch	12:17.62	Jacqui McQueen	01/04/24	AMA Ch - Hob	11:52.61
David Gardiner	22/02/24	ECAC	17:44.5	Silke Peglow	14/03/24	MAWA St Ch	12:11.20
<b>M80</b>				<b>W65</b>			
Bob Schickert	01/04/24	AMA Ch - Hob	15:30.54	Carol Bowman	01/04/24	AMA Ch - Hob	12:34.35
Brian Waldhuter	09/12/23	Bunbury	16:07.9	<b>W70</b>			
<b>M85</b>				Julie Wilson	01/04/24	AMA Ch - Hob	11:10.21
Morland Smith	14/03/24	MAWA St Ch	16:26.91	Susan Sanders	07/10/23	AMG Adelaide	14:30.76
				<b>W80</b>			
				Ruth Johnson	09/12/23	Bunbury	14:39.8
				Luella Jenkins	09/12/23	Bunbury	17:12.2
				Lynne Schickert	01/04/24	AMA Ch - Hob	19:32.89

## 3000m steeplechase

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<b>M40</b>							
Tyne Timmers	22/02/24	Bunbury	12:03.3				
<b>M45</b>							
David Adams	14/03/24	MAWA St Ch	14:55.81				
<b>M50</b>							
Evangelos Georgopoulos	14/03/24	MAWA St Ch	13:27.84				
Wayne Byram	14/03/24	MAWA St Ch	19:13.98				
<b>M55</b>							
Paul Every	14/03/24	MAWA St Ch	15:38.42				

## Marathon

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<b>M30</b>								
James Payne	08/10/23	Perth	2:53:52	<b>W40</b>	Margie Hadley	09/07/23	Bibra Lake	3:01:45
Jayson Kelly	09/07/23	Bibra Lake	3:18:57		Rachel Williams	15/10/23	Melbourne	3:10:04
					Lee-Anne Flugel	02/07/23	Gold Coast	3:15:43
<b>M35</b>				<b>W45</b>				
Dean Menzies	02/07/23	Gold Coast	2:18:05	Astrid Roberts	05/11/23	New York		2:47:05
Gerard Hill	08/10/23	Perth	2:50:53	Clare Wardle	08/10/23	Perth		3:15:30
Adrian Fabiankovits	14/04/24	Bunbury	3:05:24	Jo Shelley	11/06/23	Rottnest		5:14:50
<b>M40</b>				<b>W50</b>				
Chris Lark	08/10/23	Perth	3:12:22	Rashanthi Wanigasekera	08/10/23	Chicago		5:39:49
Zane Walsh	08/10/23	Perth	3:12:51					
Tommy Glackin	08/10/23	Perth	3:26:49	<b>W55</b>				
<b>M45</b>				Sandra Stockman	08/10/23	Chicago		4:03:52
Ross Langford	15/10/23	Melbourne	2:42:00	Kathy Nicholas	08/10/23	Perth		4:29:57
Chris Gould	15/10/23	Melbourne	2:44:27	Sharon Johnson	27/08/23	Adelaide		4:53:23
Jerry Peters	09/07/23	Bibra Lake	3:12:54					
<b>M50</b>								
Tony Smith	09/07/23	Bibra Lake	3:00:24					
Andrew Kets	11/06/23	Rottnest	3:46:57					
Paul Edwards	11/06/23	Rottnest	4:10:14					
<b>M55</b>								
Wade Davis	17/09/23	Mullaloo	4:00:41					
Stuart Walker	24/09/23	Berlin	5:31:40					
<b>M60</b>								
Mitchell Cleasby	16/07/23	Kalgoorlie	3:46:02					
Mick Hearn	14/04/24	Bunbury	4:27:53					
John Herzfeld	08/10/23	Perth	4:53:50					
<b>M65</b>								
Kevin Johnson	08/10/23	Chicago	3:36:33					
John Lucas	05/11/23	New York	3:58:38					
Tim Inglis	08/10/23	Perth	5:05:17					
<b>M70</b>								
Mercurio Cicchini	08/10/23	Perth	4:35:40					
Keith Miller	08/10/23	Perth	5:32:23					
<b>M75</b>								
Robert Lane	17/09/23	Sydney	3:51:55					
<b>M80</b>								
John Oldfield	08/10/23	Perth	5:29:49					

NOTE: Only performances from local marathon events are included by default. To guarantee inclusion of performances from other marathon events, members should notify MAWA of the details (i.e. event, date, and performance).

## High Jump

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<b>M30</b> Paul Wilmot	18/11/23	WAAS	1.41	<b>W35</b> Amanda Bisk	01/02/24	ECAC	1.40
<b>M40</b> Ryan Satinover	14/12/23	ECAC	1.70	<b>W40</b> Janet Smith Rachel Williams	02/01/24 18/11/23	Bunbury WAAS	1.40 1.31
<b>M45</b> Paul Jeffery Stephen Jarvis Chris Owen	18/11/23 04/01/24 27/02/24	WAAS ECAC WAAS	1.65 1.36 1.25	<b>W45</b> Melissa Foster Michele Jarvis	14/10/23 04/01/24	Geelong ECAC	1.29 1.09
<b>M50</b> Jonathan Lester Brad Schirmer Daniel Mostert	09/03/24 18/11/23 09/03/24	MAWA St Ch WAAS MAWA St Ch	1.55 1.53 1.45	<b>W50</b> Jenn Parker Tammi Doyle Lisa Limonas	07/10/23 18/11/23 02/11/23	AMG Adelaide WAAS ECAC	1.37 1.19 1.09
<b>M55</b> Rick Hayward Kevin Collins	02/11/23 09/03/24	ECAC MAWA St Ch	1.27 0.85	<b>W55</b> Jenn Parker Sue Coate Lisa Limonas	30/03/24 01/02/24 04/01/24	AMA Ch - Hob ECAC ECAC	1.36 1.30 1.18
<b>M60</b> Hans Venter Steve Barrie Lou Daniel	17/03/24 14/12/23 30/11/23	Torun ECAC ECAC	1.45 1.06 1.03	<b>W60</b> Cathy McCloskey Sharon Moloney Terri Carr	15/02/24 26/09/23 14/12/23	ECAC Bunbury ECAC	1.09 0.90 0.85
<b>M65</b> Dave Wilkie Des Walsh	18/11/23 15/02/24	WAAS ECAC	1.41 1.03	<b>W65</b> Gay Wyatt	16/11/23	ECAC	1.06
<b>M70</b> Dave Wyatt Geoff Brayshaw	01/02/24 01/02/24	ECAC ECAC	1.25 1.20	<b>W70</b> Gay Wyatt	15/02/24	ECAC	1.09
<b>M75</b> Phil Smyth Greg Wilson Greg Kennedy	09/03/24 29/03/24 09/03/24	MAWA St Ch AMA Ch - Hob MAWA St Ch	1.25 1.21 1.20	<b>W75</b> Brenda Painter	09/03/24	MAWA St Ch	0.89
<b>M80</b> Brian Waldhuter	21/11/23	Bunbury	1.15	<b>W80</b> Lynne Schickert Luella Jenkins Ruth Johnson	09/03/24 21/11/23 21/11/23	MAWA St Ch Bunbury Bunbury	0.95 0.91 0.90

## Pole Vault

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<b>M30</b> Paul Wilmot	01/03/24	MAWA St Ch	2.00	<b>W30</b> Nicolai Morris	06/12/23	Strive	2.40
<b>M45</b> David Adams	01/03/24	Strive	1.60	<b>W35</b> Nicolai Morris	06/01/24	Strive	2.20
<b>M50</b> Brad Schirmer John Fettus	06/01/24 20/01/24	Strive Bunbury	3.00 2.30	<b>W50</b> Jenn Parker	20/01/24	Bunbury	1.30
<b>M65</b> Dave Wilkie	10/11/23	Strive	2.40	<b>W55</b> Sue Coate	21/10/23	Strive	2.40
<b>M70</b> Geoff Brayshaw	10/11/23	Strive	2.50				
<b>M75</b> Phil Smyth	21/10/23	Strive	2.50				



## Long Jump

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<b>M30</b>					<b>W35</b>			
Paul Wilmot	17/03/24	MAWA St Ch	4.09		Amanda Bisk	11/01/24	ECAC	4.63
					Michelle Krokosz	21/10/23	Bunbury	3.99
<b>M35</b>					<b>W40</b>			
Stephen Edwards	17/03/24	MAWA St Ch	5.80		Janet Smith	17/02/24	Bunbury	4.46
<b>M40</b>					Dani Dean	07/03/24	ECAC	4.17
Kieran Johnson	07/10/23	AMG Adelaide	5.45		Ingrid Wilcock	17/03/24	MAWA St Ch	4.15
Ryan Satinover	17/03/24	MAWA St Ch	5.23		<b>W45</b>			
Tyne Timmers	06/01/24	Bunbury	4.81		Melissa Foster	25/02/24	WA St Ch	5.71
<b>M45</b>					Michele Jarvis	21/12/23	ECAC	4.25
Paul Jeffery	18/11/23	WAAS	5.72		Amanda Collins	19/10/23	ECAC	3.89
Stephen Jarvis	11/01/24	ECAC	4.70		<b>W50</b>			
David Adams	09/03/24	MAWA St Ch	3.54		Jenn Parker	25/01/24	ECAC	4.51
<b>M50</b>					Lisa Limonas	12/10/23	ECAC	3.73
Paul Jeffery	17/03/24	MAWA St Ch	5.93		Tammi Doyle	09/11/23	ECAC	3.60
Brad Schirmer	18/11/23	WAAS	4.77		<b>W55</b>			
Daniel Mostert	17/03/24	MAWA St Ch	3.80		Jenn Parker	08/02/24	ECAC	4.62
<b>M55</b>					Sue Coate	08/02/24	ECAC	4.43
Rick Hayward	10/02/24	Bunbury	4.07		Lisa Limonas	20/02/24	WAAS	3.86
<b>M60</b>					<b>W60</b>			
Hans Venter	21/03/24	Torun	3.63		Cathy McCloskey	08/02/24	ECAC	3.59
Garry Hastie	01/04/24	AMA Ch - Hob	3.53		Sharon Moloney	17/02/24	Bunbury	2.24
Jacques Maniacara	07/10/23	AMG Adelaide	3.32		Lori Sexton	19/10/23	ECAC	1.93
<b>M65</b>					<b>W65</b>			
Campbell Till	25/01/24	ECAC	4.10		Gay Wyatt	23/11/23	ECAC	3.19
Dave Wilkie	18/11/23	WAAS	4.00		Carol Bowman	05/10/23	ECAC	2.32
Tom Gravestock	09/03/24	MAWA St Ch	3.42		<b>W70</b>			
<b>M70</b>					Gay Wyatt	20/02/24	WAAS	3.26
Geoff Brayshaw	25/01/24	ECAC	3.97		Barb Wilson	29/03/24	AMA Ch - Hob	2.86
Dave Wyatt	08/02/24	ECAC	3.78		Carey Dickason	31/03/24	AMA Ch - Hob	2.15
Michael Byrne	10/02/24	Bunbury	3.35		<b>W75</b>			
<b>M75</b>					Brenda Painter	31/03/24	AMA Ch - Hob	1.91
Phil Smyth	17/03/24	MAWA St Ch	3.42		<b>W80</b>			
Greg Kennedy	09/03/24	MAWA St Ch	3.10		Ruth Johnson	27/05/23	Bunbury	2.70
John McDonagh	07/03/24	ECAC	2.49		Luella Jenkins	17/02/24	Bunbury	2.50
<b>M80</b>					Lynne Schickert	07/03/24	ECAC	1.95
Brian Waldhuter	25/11/23	Bunbury	3.15					
<b>M85</b>								
Norm Richards	20/02/24	WAAS	2.85					

## Triple Jump

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<b>M30</b>					<b>W40</b>			
Paul Wilmot	16/03/24	MAWA St Ch	8.66		Janet Smith	05/03/24	Bunbury	9.30
					Ingrid Wilcock	07/12/23	ECAC	9.11
<b>M35</b>					Danielle Dean	16/03/24	MAWA St Ch	8.22
Stephen Edwards	24/02/24	WA St Ch	12.80					
<b>M40</b>					<b>W45</b>			
Tyne Timmers	07/11/23	Bunbury	4.37		Melissa Foster	12/04/24	Adelaide	11.91
					Michele Jarvis	21/12/23	ECAC	8.17
<b>M45</b>					<b>W50</b>			
David Adams	07/12/23	ECAC	5.96		Jenn Parker	07/10/23	AMG Adelaide	8.94
					Tammi Doyle	07/12/23	ECAC	6.62
<b>M50</b>					<b>W55</b>			
Jonathan Lester	16/03/24	MAWA St Ch	9.63		Jenn Parker	01/04/24	AMA Ch - Hob	9.26
					Sue Coate	01/04/24	AMA Ch - Hob	8.44
<b>M55</b>					Janne Wells	07/12/23	ECAC	6.44
Kevin Collins	16/03/24	MAWA St Ch	4.77					
<b>M60</b>					<b>W60</b>			
Steve Barrie	07/12/23	ECAC	4.74		Sharon Moloney	31/10/23	Bunbury	5.07
<b>M65</b>					<b>W70</b>			
Dave Wilkie	07/12/23	ECAC	8.08		Gay Wyatt	16/03/24	MAWA St Ch	6.88
					Barb Wilson	01/04/24	AMA Ch - Hob	6.39
<b>M70</b>					Carey Dickason	01/04/24	AMA Ch - Hob	4.92
Geoff Brayshaw	07/12/23	ECAC	8.28					
Dave Wyatt	22/02/24	ECAC	7.11		<b>W75</b>			
					Brenda Painter	16/03/24	MAWA St Ch	4.63
<b>M75</b>								
Phil Smyth	16/03/24	MAWA St Ch	7.51		<b>W80</b>			
John McDonagh	07/03/24	ECAC	5.65		Ruth Johnson	31/10/23	Bunbury	5.74
					Luella Jenkins	29/02/24	Bunbury	5.23
<b>M80</b>					Lynne Schickert	16/03/24	MAWA St Ch	4.69
Brian Waldhuter	28/11/23	Bunbury	6.24					
<b>M85</b>								
Norm Richards	16/03/24	MAWA St Ch	4.65					

## Discus

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<b>M30</b>					<b>W35</b>			
Paul Wilmot	16/03/24	MAWA St Ch	19.61		Michelle Krokosz	07/10/23	Bunbury	32.95
<b>M40</b>					<b>W40</b>			
Tyne Timmers	09/03/24	MAWA St Ch	27.04		Ingrid Wilcock	14/12/23	ECAC	19.10
Aaron Sims	26/10/23	ECAC	23.05					
Sean Mousley	28/12/23	ECAC	14.27		<b>W45</b>			
<b>M45</b>					Melissa Foster	14/10/23	Geelong	24.14
Stephen Jarvis	11/01/24	ECAC	22.26		Andrea Penny	26/10/23	ECAC	11.17
David Adams	09/03/24	MAWA St Ch	11.91		Fiona van Heerwaarden	26/10/23	ECAC	10.48
<b>M50</b>					<b>W50</b>			
Paul Jeffery	16/03/24	MAWA St Ch	42.73		Jenn Parker	07/10/23	AMG Adelaide	31.44
John Fettus	09/01/24	Bunbury	41.49		Sandra Siviour	16/03/24	MAWA St Ch	22.07
Brad Schirmer	19/11/23	WAAS	31.00		Tammi Doyle	29/02/24	ECAC	21.53
<b>M55</b>					<b>W55</b>			
Paul Foley	09/03/24	MAWA St Ch	34.10		Jenn Parker	29/02/24	ECAC	28.34
Rick Hayward	05/10/23	ECAC	25.51		Paula Kennedy	06/02/24	Bunbury	25.01
					Sue Coate	07/10/23	AMG Adelaide	24.71
<b>M60</b>					<b>W60</b>			
Andrew Ward	31/10/23	WAAS	41.18		Sharon Moloney	09/01/24	Bunbury	20.54
Timothy Lyons	16/03/24	MAWA St Ch	34.25		Terri Carr	11/01/24	ECAC	16.04
Garry Hastie	25/11/23	Bunbury	30.74		Michelle Link	16/03/24	MAWA St Ch	12.82
<b>M65</b>					<b>W70</b>			
Jo Peters	06/02/24	Bunbury	39.32		Maureen Keshwar	29/03/24	AMA Ch - Hob	19.40
Tom Gravestock	31/03/24	AMA Ch - Hob	37.76		Elizabeth Szczepanska	16/03/24	MAWA St Ch	18.35
Brian Miller	14/12/23	ECAC	25.46		Barb Wilson	29/03/24	AMA Ch - Hob	15.60
<b>M70</b>					<b>W75</b>			
Jo Peters	16/03/24	MAWA St Ch	44.46		Bev Hamilton	07/10/23	AMG Adelaide	19.92
Geoff Brayshaw	25/01/24	ECAC	29.93					
Ossi Igel	16/12/23	Bunbury	28.98		<b>W80</b>			
<b>M75</b>					Luella Jenkins	16/03/24	MAWA St Ch	18.63
Greg Wilson	09/03/24	MAWA St Ch	26.69		Ruth Johnson	11/11/23	Bunbury	12.37
Greg Kennedy	09/03/24	MAWA St Ch	17.26					
Mike Anderson	09/11/23	ECAC	16.27					
<b>M80</b>								
Brian Waldhuter	09/01/24	Bunbury	18.78					
Mike O'Reilly	16/03/24	MAWA St Ch	13.64					
<b>M85</b>								
Peter Muller	16/03/24	MAWA St Ch	19.84					
<b>M90</b>								
Jim Davis	29/03/24	AMA Ch - Hob	18.99					

## Javelin

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<b>M30</b>					<b>W35</b>			
Paul Wilmot	01/03/24	Strive	26.08		Michelle Krokosz	21/10/23	Bunbury	26.66
<b>M40</b>					<b>W40</b>			
Dominic Lagat	21/03/24	ECAC	36.50		Janet Smith	19/11/23	WAAS	26.57
Ryan Satinover	16/03/24	MAWA St Ch	35.82		Naomi Lagat	21/03/24	ECAC	19.94
Tyne Timmers	01/04/24	AMA Ch - Hob	32.80		Ingrid Wilcock	02/11/23	ECAC	17.22
<b>M45</b>					<b>W45</b>			
Stephen Jarvis	21/12/23	ECAC	25.23		Melissa Foster	31/03/24	AMA Ch - Hob	26.75
David Adams	21/03/24	ECAC	14.28		Jacinta Thompson	18/01/24	ECAC	13.84
					Andrea Penny	21/12/23	ECAC	11.20
<b>M50</b>					<b>W50</b>			
Paul Jeffery	16/03/24	MAWA St Ch	51.54		Mel Tipene	16/03/24	MAWA St Ch	34.82
John Fettus	31/03/24	AMA Ch - Hob	36.80		Tammi Doyle	21/12/23	ECAC	23.48
Brad Schirmer	19/11/23	WAAS	36.71		Jenn Parker	27/05/23	Bunbury	22.99
<b>M55</b>					<b>W55</b>			
Paul Foley	16/03/24	MAWA St Ch	41.06		Sue Coate	09/03/24	MAWA St Ch	30.14
Andrew Duncan	16/03/24	MAWA St Ch	35.81		Jenn Parker	21/03/24	ECAC	23.45
Rick Hayward	02/11/23	ECAC	30.23		Lisa Limonas	16/03/24	MAWA St Ch	19.17
<b>M60</b>					<b>W60</b>			
Andrew Ward	09/03/24	MAWA St Ch	37.79		Carmel Meyer	07/03/24	ECAC	17.44
Garry Hastie	30/03/24	AMA Ch - Hob	36.11		Sharon Moloney	02/03/24	Bunbury	15.53
Kenneth Wilkins	16/03/24	MAWA St Ch	27.54					
<b>M65</b>					<b>W65</b>			
Tom Gravestock	31/03/24	AMA Ch - Hob	27.55		Carol Bowman	12/10/23	ECAC	10.54
Dave Wilkie	12/10/23	ECAC	25.77					
Des Walsh	16/03/24	MAWA St Ch	22.83		<b>W70</b>			
<b>M70</b>					Barb Wilson	17/03/24	MAWA St Ch	16.12
Jo Peters	16/03/24	MAWA St Ch	36.42		Maureen Keshwar	30/03/24	AMA Ch - Hob	14.82
Geoff Brayshaw	01/02/24	ECAC	27.01		Christina Faithfull	30/03/24	AMA Ch - Hob	13.28
Geoffrey Gee	31/03/24	AMA Ch - Hob	26.54					
<b>M75</b>					<b>W75</b>			
Stan Selby	16/03/24	MAWA St Ch	28.29		Bev Hamilton	07/10/23	AMG Adelaide	12.22
Greg Wilson	31/03/24	AMA Ch - Hob	22.51		Brenda Painter	31/03/24	AMA Ch - Hob	11.84
Phil Smyth	16/03/24	MAWA St Ch	22.23					
<b>M80</b>					<b>W80</b>			
Brian Waldhuter	21/11/23	Bunbury	14.06		Luella Jenkins	09/03/24	MAWA St Ch	17.22
					Ruth Johnson	02/12/23	Bunbury	10.56
<b>M85</b>								
Peter Muller	16/03/24	MAWA St Ch	14.84					
<b>M90</b>								
Jim Davis	16/03/24	MAWA St Ch	11.32					

## Shot

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<b>M30</b>					<b>W35</b>			
Paul Wilmot	18/11/23	WAAS	6.76		Michelle Krokosz	07/10/23	Bunbury	9.29
<b>M40</b>					<b>W40</b>			
Tyne Timmers	19/03/24	Bunbury	9.03		Janet Smith	18/11/23	WAAS	8.82
Sean Mousley	21/12/23	ECAC	5.89		Rachel Williams	18/11/23	WAAS	8.52
<b>M45</b>					<b>W45</b>			
Paul Jeffery	18/11/23	WAAS	11.02		Melissa Foster	31/03/24	AMA Ch - Hob	9.62
Stephen Jarvis	21/12/23	ECAC	6.30		Michele Jarvis	21/12/23	ECAC	5.96
David Adams	16/11/23	ECAC	4.42		Andrea Penny	07/10/23	Bunbury	4.65
<b>M50</b>					<b>W50</b>			
John Fettus	29/03/24	AMA Ch - Hob	14.49		Jenn Parker	16/11/23	ECAC	10.32
Brad Schirmer	18/11/23	WAAS	9.76		Sandra Siviour	29/02/24	ECAC	8.49
Jerome Conway-Mortimer	28/12/23	ECAC	9.58		Tammi Doyle	17/03/24	MAWA St Ch	8.35
<b>M55</b>					<b>W55</b>			
Paul Foley	17/03/24	MAWA St Ch	10.17		Sue Coate	17/03/24	MAWA St Ch	10.20
<b>M60</b>					Jenn Parker	13/02/24	WAAS	9.94
Andrew Ward	17/03/24	MAWA St Ch	9.75		Paula Kennedy	09/03/24	MAWA St Ch	8.71
Hans Venter	21/03/24	Torun	9.71		<b>W60</b>			
Lou Daniel	17/03/24	MAWA St Ch	9.26		Sharon Moloney	02/12/23	Bunbury	7.57
<b>M65</b>					Carrie Francis	17/03/24	MAWA St Ch	6.37
Tom Gravestock	29/03/24	AMA Ch - Hob	10.27		Terri Carr	11/01/24	ECAC	5.71
Dave Wilkie	13/02/24	WAAS	7.60		<b>W65</b>			
Des Walsh	11/01/24	ECAC	7.29		Gay Wyatt	28/12/23	ECAC	5.61
<b>M70</b>					<b>W70</b>			
Jo Peters	09/03/24	MAWA St Ch	12.15		Maureen Keshwar	15/02/24	ECAC	7.77
Geoffrey Gee	29/03/24	AMA Ch - Hob	11.77		Barb Wilson	29/03/24	AMA Ch - Hob	6.97
Ossi Igel	16/12/23	Bunbury	9.93		Elizabeth Szczepanska	17/03/24	MAWA St Ch	6.32
<b>M75</b>					<b>W75</b>			
Greg Wilson	30/03/24	AMA Ch - Hob	8.13		Bev Hamilton	07/10/23	AMG Adelaide	7.39
Mike Anderson	17/03/24	MAWA St Ch	5.64		Brenda Painter	31/03/24	AMA Ch - Hob	5.58
<b>M80</b>					<b>W80</b>			
Brian Waldhuter	19/09/23	Bunbury	6.86		Luella Jenkins	16/01/24	Bunbury	6.80
<b>M85</b>					Ruth Johnson	12/12/23	Bunbury	5.81
Peter Muller	17/03/24	MAWA St Ch	6.55					
<b>M90</b>								
Jim Davis	02/03/24	Bunbury	7.13					

## Hammer

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<b>M40</b>							
Tyne Timmers	05/12/23	Bunbury	14.45	<b>W35</b>	Michelle Krokosz	07/10/23	Bunbury 22.14
Sean Mousley	14/12/23	ECAC	12.51				
<b>M50</b>				<b>W40</b>	Ingrid Wilcock	02/11/23	ECAC 12.45
John Fettus	24/02/24	Bunbury	46.77				
<b>M55</b>				<b>W45</b>	Andrea Penny	02/11/23	ECAC 15.54
Paul Foley	09/03/24	MAWA St Ch	34.56				
<b>M60</b>				<b>W50</b>	Jenn Parker	14/12/23	ECAC 36.60
Andrew Ward	05/12/23	WAAS	31.46	Tammi Doyle	30/11/23	ECAC 15.74	
Timothy Lyons	23/03/24	Strive	30.65				
Garry Hastie	02/03/24	Bunbury	26.80	<b>W55</b>	Jenn Parker	02/03/24	Bunbury 37.19
<b>M650</b>				Paula Kennedy	16/01/24	Bunbury 31.91	
Tom Gravestock	17/03/24	MAWA St Ch	34.37	Sue Coate	09/03/24	MAWA St Ch 22.82	
Brian Miller	04/01/24	ECAC	31.09				
Bruce McGeorge	15/02/24	ECAC	16.59	<b>W60</b>	Sharon Moloney	02/03/24	Bunbury 26.69
<b>M70</b>				Terri Carr	04/01/24	ECAC 13.77	
Jo Peters	02/03/24	Bunbury	45.29	Michelle Link	17/03/24	MAWA St Ch 12.71	
Geoffrey Gee	31/03/24	AMA Ch - Hob	33.17				
Ossi Igel	16/12/23	Bunbury	29.58	<b>W70</b>	Elizabeth Szczepanska	17/03/24	MAWA St Ch 20.52
<b>M75</b>				Carey Dickason	01/04/24	AMA Ch - Hob 18.19	
Greg Wilson	29/03/24	AMA Ch - Hob	23.24	Christina Faithfull	30/03/24	AMA Ch - Hob 12.67	
Phil Smyth	17/03/24	MAWA St Ch	20.49				
<b>M80</b>				<b>W75</b>	Bev Hamilton	07/10/23	AMG Adelaide 25.40
Brian Waldhuter	07/11/23	Bunbury	16.97				
<b>M90</b>				<b>W80</b>	Ruth Johnson	07/10/23	Bunbury 20.34
Jim Davis	30/03/24	AMA Ch - Hob	23.52	Luella Jenkins	17/03/24	MAWA St Ch 20.18	

## Weight

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<b>M40</b>					<b>W35</b>			
Tyne Timmers	18/11/23	Bunbury	6.79		Michelle Krokosz	16/03/24	MAWA St Ch	9.05
<b>M50</b>					<b>W45</b>			
John Fettus	03/02/24	Bunbury	17.21		Andrea Penny	07/10/23	Bunbury	5.27
Jerome Conway-Mortimer	09/11/23	ECAC	6.50		<b>W50</b>			
<b>M55</b>					Jenn Parker	19/10/23	ECAC	11.75
Paul Foley	09/03/24	MAWA St Ch	11.78		Tammi Doyle	09/11/23	ECAC	5.80
<b>M60</b>					<b>W55</b>			
Andrew Ward	16/03/24	MAWA St Ch	12.13		Jenn Parker	02/03/24	Bunbury	10.42
Garry Hastie	16/12/23	Bunbury	10.59		Paula Kennedy	16/12/23	Bunbury	10.31
Garry Parker	29/07/23	Bunbury	9.00		Sue Coate	03/02/24	Bunbury	9.49
<b>M65</b>					<b>W60</b>			
Tom Gravestock	31/03/24	AMA Ch - Hob	12.01		Sharon Moloney	03/03/24	Bunbury	9.36
Brian Miller	08/02/24	ECAC	10.84		Terri Carr	23/11/23	ECAC	6.93
Bruce McGeorge	23/11/23	ECAC	5.93		Michelle Link	16/03/24	MAWA St Ch	6.60
<b>M70</b>					<b>W70</b>			
Jo Peters	16/03/24	MAWA St Ch	17.99		Barb Wilson	31/03/24	AMA Ch - Hob	8.33
Geoffrey Gee	31/03/24	AMA Ch - Hob	14.08		Elizabeth Szczepanska	16/03/24	MAWA St Ch	8.06
Ossi Igel	16/12/23	Bunbury	12.30		Carey Dickason	01/04/24	AMA Ch - Hob	6.25
<b>M75</b>					<b>W75</b>			
Greg Wilson	09/03/24	MAWA St Ch	9.58		Bev Hamilton	07/10/23	AMG Adelaide	8.96
Mike Anderson	04/01/24	ECAC	6.29		<b>W80</b>			
<b>M80</b>					Luella Jenkins	07/10/23	Bunbury	10.54
Brian Waldhuter	18/11/23	Bunbury	8.53		Ruth Johnson	07/10/23	Bunbury	7.48
<b>M85</b>								
Peter Muller	16/03/24	MAWA St Ch	5.86					
<b>M90</b>								
Jim Davis	16/03/24	MAWA St Ch	8.23					

## Decathlon

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<b>M30</b>				
Paul Wilmot	19/11/23	WAAS	1918	
<b>M45</b>				
Paul Jeffery	19/11/23	WAAS	3562	
<b>M50</b>				
Brad Schirmer	19/11/23	WAAS	5031	
<b>M65</b>				
Dave Wilkie	19/11/23	WAAS	4254	

## Heptathlon

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<b>W40</b>				
Janet Smith	19/11/23	WAAS	3940	
Rachel Williams	19/11/23	WAAS	1184	
<b>W50</b>				
Jenn Parker	19/11/23	WAAS	4297	
Tammi Doyle	19/11/23	WAAS	3350	
<b>W55</b>				
Sue Coate	19/11/23	WAAS	4183	

## Outdoor Pentathlon

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<b>M40</b>					<b>W40</b>			
Tyne Timmers	01/04/24	AMA Ch - Hob	2498		Janet Smith	17/02/24	Bunbury	2650
<b>M45</b>					<b>W45</b>			
David Adams	09/03/24	MAWA St Ch	1459		Melissa Foster	31/03/24	AMA Ch - Hob	3343
<b>M50</b>					<b>W50</b>			
Brad Schirmer	09/03/24	MAWA St Ch	2372		Jenn Parker	07/10/23	AMG Adelaide	2957
Garry Hastie	01/04/24	AMA Ch - Hob	1313		<b>W55</b>			
Lou Daniel	09/03/24	MAWA St Ch	1174		Sue Coate	09/03/24	MAWA St Ch	3527
<b>M65</b>					Jenn Parker	09/03/24	MAWA St Ch	3361
Dave Wilkie	09/03/24	MAWA St Ch	2047		Paula Kennedy	17/02/24	Bunbury	1385
Des Walsh	09/03/24	MAWA St Ch	1292		<b>W60</b>			
<b>M70</b>					Sharon Moloney	02/12/23	Bunbury	1591
Michael Byrne	07/10/23	AMG Adelaide	2266		<b>W70</b>			
Harold Membrey	25/11/23	Bunbury	1096		Carey Dickason	31/03/24	AMA Ch - Hob	1429
<b>M75</b>					<b>W75</b>			
Greg Kennedy	09/03/24	MAWA St Ch	1575		Brenda Painter	09/03/24	MAWA St Ch	1076
Ivan Brown	09/03/24	MAWA St Ch	1099		<b>W80</b>			
<b>M80</b>					Luella Jenkins	17/02/24	Bunbury	2364
Brian Waldhuter	25/11/23	Bunbury	1339		Ruth Johnson	02/12/23	Bunbury	2244



## Throws Pentathlon

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<b>M50</b>					<b>W35</b>			
John Fettus	02/03/24	Bunbury	3472		Michelle Krokosz	07/10/23	Bunbury	2095
<b>M55</b>					<b>W45</b>			
Paul Foley	09/03/24	MAWA St Ch	2956		Andrea Penny	07/10/23	Bunbury	954
<b>M60</b>					<b>W50</b>			
Andrew Ward	09/03/24	MAWA St Ch	2766		Jenn Parker	27/05/23	Bunbury	2756
Garry Hastie	02/03/24	Bunbury	2357		<b>W55</b>			
<b>M65</b>					Jenn Parker	02/03/24	Bunbury	3061
Tom Gravestock	31/03/24	AMA Ch - Hob	2980		Sue Coate	09/03/24	MAWA St Ch	2636
<b>M70</b>					Paula Kennedy	16/12/23	Bunbury	2463
Jo Peters	02/03/24	Bunbury	3984		<b>W60</b>			
Geoffrey Gee	31/03/24	AMA Ch - Hob	2840		Sharon Moloney	02/03/24	Bunbury	2379
Ossi Igel	16/12/23	Bunbury	2620		<b>W70</b>			
<b>M75</b>					Carey Dickason	01/04/24	AMA Ch - Hob	1915
Greg Wilson	09/03/24	MAWA St Ch	2421		<b>W75</b>			
Mike Anderson	27/04/24	Bunbury	1042		Bev Hamilton	07/10/23	AMG Adelaide	2638
<b>M80</b>					<b>W80</b>			
Brian Waldhuter	16/12/23	Bunbury	1674		Luella Jenkins	09/03/24	MAWA St Ch	3129
<b>M90</b>					Ruth Johnson	07/10/23	Bunbury	2291
Jim Davis	02/03/24	Bunbury	2063					