May 2026 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

Adelaide – 3 May

Marathon

Rodney Glossop	M45	3:34:55
Crystal Glossop	W45	4:01:24

ECAC – 7 May

60m

Heat 1

Raiden Chang	Vis	7.84
Matt Walker	M40	7.95
Alex Walker	Vis	8.74
David Adams	M45	9.80
Tammi Doyle	W50	9.90

Heat 2

Malachi MacKay	M45	8.95
Lisa Limonas	W55	10.49
Des Walsh	M70	12.08
Bob Schickert	M80	14.42
Anthony Misson	Vis	15.68

300m

Heat 1

Matt Walker	M40	42.94
Malachi MacKay	M45	45.45
Frankie Vargacz	M60	45.72
Alex Walker	Vis	48.94

Heat 2

Tammi Doyle	W50	55.15
Sue Coate	W55	57.80
Lisa Limonas	W55	59.56
Des Walsh	M70	1:30.12
Anthony Misson	Vis	1:54.47

600m

Malachi MacKay	M45	1:51.04
Andy Roach	M50	2:00.49
Jenn Parker	W55	2:04.23
Sue Coate	W55	2:05.45
Brian Hewitt	M70	2:35.53
Carol Bowman	W70	2:42.71
Fiona Van Heerwaarden	W45	3:05.84

1 mile

Richard Harris	M65	6:17.51
David Adams	M45	6:18.01
Andy Roach	M50	6:41.74
Mercurio Cicchini	M75	7:42.93
Fiona Van Heerwaarden	W45	8:16.98
Brian Hewitt	M70	8:32.62

1 mile walk

Karyn Tolardo	W60	10:18.56

5000m

David Adams	M45	21:40.98
Andy Roach	M50	22:57.10
Andrew Davison	M60	23:50.26
Fiona Van Heerwaarden	W45	29:49.60

3000m

Bob Schickert	M80	24:32.71

3000m walk

Karyn Tolardo	W60	19:29.26
John Dennehy	M65	23:15.83
Steve Travell	M70	29:04.89

ECAC – 14 May

300m

Heat 1

Matt Walker	M40	42.71
Dominic Lagat	M40	44.81
Chris Connolly	Vis	45.69
Alex Walker	Vis	46.47
Peter Taylor	Vis	58.74
Kim King	W30	75.97

Heat 2

Tammi Doyle	W50	54.60
Andrea Penny	W50	63.39
Des Walsh	M70	1:34.36
Kerry Hardes	W60	1:34.55
Julie King	W55	1:44.22
Anthony Misson	Vis	1:54.44
Fiona Kingdon	Vis	3:03.82

1500m

Dominic Lagat	M40	4:55.39
Malachi MacKay	M45	5:34.30
Peter Taylor	Vis	5:43.59
David Adams	M45	5:45.37
Chris Connolly	Vis	5:56.23
Richard Harris	M65	5:58.73
Ben Taylor	Vis	6:01.33
Marsa Schroder	Vis	6:01.41
Cali Muir	Vis	7:00.32
Anotida Darangwa	Vis	7:04.35
Jake Silvester	Vis	7:15.48
Brian Hewitt	M70	7:40.82
Fiona Van Heerwaarden	W45	7:59.63
Julie King	W55	11:02.90

100m

Heat 1

Bonny Ndungu	M35	12.35
Matt Walker	M40	12.90
Alex Walker	Vis	13.14
Dominic Lagat	M40	13.81
Malachi MacKay	M45	14.17
David Adams	M45	15.67
Tammi Doyle	W50	16.17
Peter Taylor	Vis	18.58

Heat 2

Marsa Schroder	Vis	17.19
Des Walsh	M70	17.84
Ben Taylor	Vis	18.31
Andrea Penny	W50	18.57
Cali Muir	Vis	18.90
Anotida Darangwa	Vis	19.24
Brian Hewitt	M70	20.81
Anthony Misson	Vis	27.79

Heat 3

Kerry Hardes	W60	26.17
Isaac Taylor	Vis	26.83
Kim King	W30	29.97
Cove Price	Vis	31.49
Julie King	W55	31.63

1500m walk

Karyn Tolardo	W60	9:39.32
Fiona Kingdon	Vis	15:55.80

800m

Dominic Lagat	M40	2:25.10
Peter Taylor	Vis	2:53.74
Chris Connolly	Vis	2:56.82
Marsa Schroder	Vis	3:07.23
Ben Taylor	Vis	3:09.99
Cali Muir	Vis	3:30.09
Anotida Darangwa	Vis	3:39.25
Brian Hewitt	M70	3:52.85
Fiona Van Heerwaarden	W45	4:08.76
Kerry Hardes	W60	5:02.01
Julie King	W55	5:16.46

3000m

Riley Kerr	Vis	9:58.14
Dominic Lagat	M40	11:01.43
Mia Silvester	Vis	11:23.31
David Adams	M45	13:13.89
Chris Connolly	Vis	13:44.91
Emi Schroder	Vis	14:33.13
Ben Taylor	Vis	14:42.54
Peter Taylor	Vis	14:49.95
Fiona Van Heerwaarden	W45	17:06.66
Bob Schickert	M80	24:29.36
Steve Travell	M70	27:23.93

3000m walk

Karyn Tolardo	W60	19:37.31
John Dennehy	M65	22:42.30

ECAC – 21 May

60m

Heat 1

Matt Walker	M40	8.08
Alex Walker	Vis	8.25
Dominic Lagat	M40	8.32
Malachi MacKay	M45	9.07
Sue Coate	W55	9.29
Dayna Lagat	Vis	9.34
David Adams	M45	9.40
Joerg Neff	Vis	10.32

Heat 2

Jenn Parker	W55	9.48
Larissa Lagat	Vis	9.77
Naomi Lagat	W40	10.02
Des Walsh	M70	10.13
Harold Membrey	M70	10.69
Christine Stone	Vis	13.00
Julie King	W55	13.72
Kerry Hardes	W60	14.81
Christine MacKay	W80	29.57

200m

Heat 1

Matt Walker	M40	26.43
Alex Walker	Vis	26.78
Dominic Lagat	M40	27.80
Malachi MacKay	M45	28.81
Sue Coate	W55	31.17
Larissa Lagat	Vis	31.41

Heat 2

Jenn Parker	W55	31.52
Des Walsh	M70	36.20
Tammi Doyle	W50	36.24
Harold Membrey	M70	38.01
Kerry Hardes	W60	59.19
Julie King	W55	59.27

1000m

Dominic Lagat	M40	3:10.95
Dayna Lagat	Vis	3:33.36
Jason Kell	M50	3:36.16
Andy Roach	M50	3:37.57
David Adams	M45	3:41.63
Naomi Lagat	W40	4:19.20
Brian Hewitt	M70	4:51.42
Fiona Van Heerwaarden	W45	5:11.25

400m

Dominic Lagat	M40	64.95
Sue Coate	W55	1:31.22
Des Walsh	M70	2:15.90
Kerry Hardes	W60	2:15.97
Julie King	W55	2:46.08

5000m

Mark Maslen	M50	19:42.82
David Adams	M45	21:31.99
Andrew Davison	M60	22:43.65
Jason Kell	M50	23:42.22
Silke Peglow	W55	31:47.73
Janne Wells	W55	32:35.37

3000m

Dominic Lagat	M40	11:00.16
Hannah Maslen	Vis	11:32.75
Andy Roach	M50	13:06.12
Larissa Lagat	Vis	13:20.21
Naomi Lagat	W40	14:27.97
Julie King	W55	22:26.89
Bob Schickert	M80	24:15.48

3000m walk

Fiona Van Heerwaarden	W45	26:23.67

Bunbury – 23 May

Throws pentathlon

			Hammer	Shot	Discus	Javelin	Weight
Tom Gravestock	M70		43.76	11.84	38.81	25.30	15.88
			803	816	779	433	809
		Total points:	3640				
John Fettus	M50		43.94	13.24	36.24	29.27	16.28
			670	808	594	384	806
		Total points:	3262				
Ossi Igel	M75		30.35	10.30	27.74	22.13	12.88
			600	778	596	431	704
		Total points:	3109				
Jo Peters	M70		44.61	11.48	39.23	29.81	NM
			821	787	789	536	0
		Total points:	2933				
Michelle Krokosz	W40		21.59	8.15	26.67	21.98	8.01
			310	470	436	379	364
		Total points:	1959				
Sharon Moloney	W60		20.59	5.80	16.12	11.88	7.29
			408	389	380	264	343
		Total points:	1784				
Andrea Penny	W50		15.88	5.16	10.34	8.86	3.11
			219	261	161	128	95
		Total points:	864				

Shot

Phil Fenn	M45	8.08
Mike Anderson	M75	5.12

Discus

Phil Fenn	M45	19.02
Mike Anderson	M75	13.22

Weight

Mike Anderson	M75	6.07

Hammer

Harold Membrey	M70	23.14
Phil Fenn	M45	22.82

Single arm throw

Jo Peters	M70	24.80	**SR**
Ossi Igel	M75	17.29	**SR**
Tom Gravestock	M70	16.91	
Harold Membrey	M70	12.82	
Phil Fenn	M45	10.73	
Michelle Krokosz	W40	8.57	
Sharon Moloney	W60	8.25	
Andrea Penny	W50	7.75	**SR**
Mike Anderson	M75	6.57	

Cape Town – 24 May

Marathon

Astrid Roberts	W50	2:51:58
Clare Wardle	W50	3:12:40
Jennifer Wadd	W55	3:35:40
John Lucas	M65	3:53:26
Robert Lane	M75	3:58:24
Lee Anne Flugel	W45	4:10:22
John Herzfeld	M60	4:47:51
Tim Inglis	M65	4:58:21
Johannes Sanders	M80	4:59:22

ECAC – 28 May

80m hurdles (wind +0.2)

Sue Coate	W60	15.09	**SR**
Jenn Parker	W55	15.09	

1500m

David Adams	M45	5:36.61
Andy Roach	M50	5:41.84
Fiona Leonard	W55	5:47.97
Fiona Van Heerwaarden	W45	7:59.44
Brian Hewitt	M70	8:08.28
Kim King	W30	8:56.11
Julie King	W55	10:33.06

1500m walk

Karyn Tolardo	W60	9:41.82
Lynne Schickert	W80	14:47.92

800m

Malachi MacKay	M45	2:41.45
Fiona Leonard	W55	2:49.75
Andy Roach	M50	3:04.31
Tammi Doyle	W50	3:18.15
Fiona Van Heerwaarden	W45	4:19.51
Kim King	W30	5:07.75
Julie King	W55	5:15.71
Des Walsh	M70	7:32.23

200m

Heat 1 (wind +0.0)

Matt Walker	M40	26.82	
Malachi MacKay	M45	30.30	
Sue Coate	W60	30.70	**SR**
David Adams	M45	32.15	
Tammi Doyle	W50	33.00	

Heat 2

Des Walsh	M70	38.03	
Brian Hewitt	M70	39.26	
Kim King	W30	45.13	
Terri Carr	W65	46.72	
Julie King	W55	60.24	
Anthony Misson	Vis	64.47	

3000m

David Adams	M45	13:01.67
Andy Roach	M50	13:38:15
Bob Schickert	M80	23:57.49

3000m walk

Karyn Tolardo	W60	19:31.16
John Dennehy	M65	22:36.01
Fiona Van Heerwaarden	W45	23:58.22

AW walks, Perry Lakes – 30 May

5km walk

Steve Travell	M70	47:45
Lynne Schickert	W80	48:11
Glenys Duncan	W85	50:21

10km walk

Andrew Duncan	M60	57:27
Karyn Tolardo	W60	1:06:51
Wendy Farrow	W55	1:16:00

Leonora Gift – 30-31 May

1 mile (road)

Angie Ross	W45	5:22.59	(open prelim)
Angie Ross	W45	5:32.50	(open final)
Angie Ross	W45	5:45:39	(masters)