

# August 2017 Results

*This listing includes all events where members are known to have competed  
All records are pending until ratified by the appropriate authorities*

## Recent marathon results – June-August

---

### Perth Marathon – June 18

Kim Thomas	M40	2:41:19
Chris Lark	M35	2:50:58
Tony Smith	M45	3:05:51
Jacqueline Kellerman	W40	3:06:23
Alexandra Meek	W30	3:13:58
Bob Lane	M65	3:14:16
John Ranger	M50	3:14:20
Vanessa Carson	W35	3:14:55
Ante Perdija	M45	3:17:19
Kevin Johnson	M60	3:27:20
Tommy Glackin	M35	3:31:18
Stuart Mackinnon	M35	3:34:32
Daniel Sly	M30	3:35:03
Jeff Snook	M55	3:36:28
Abdul-Raouf Mohamed-Isa	M30	3:47:54
Mercurio Cicchini	M65	3:50:50
Herman Du Plessis	M50	3:53:35
Nicki Du Plessis	W45	3:53:38
Michihito Muroi	M55	4:09:56
Bob Colligan	M60	4:13:20
David Adams	M40	4:25:40
John Fisher	M55	4:27:57
Wayne Bertram	M50	4:38:18
Olivia Brabant	W30	4:43:30
Bill James-Wallace	M50	4:46:33

### AMA Marathon Championships, Gold Coast – July 2

Peter Sanders	M70	3:46:52
Susan Sanders	W60	4:13:38

### Goldfields Pipeline Marathon, Kalgoorlie – July 23

Kim Thomas	M40	2:49:46
Josie Kidman	W60	5:50:00
Chris Keillor	M35	6:42:57

### City to Surf Marathon, Perth – August 27

Kim Thomas	M40	2:43:09
Tony Smith	M45	3:01:04
Ante Perdija	M45	3:16:08
Gary Peace	M65	3:26:51
Michihito Muroi	M55	3:37:04
Simon Johnson	M30	3:37:38
Jeremy Savage	M40	4:03:25
David Adams	M40	4:04:05
Wade Davis	M45	4:08:05
Chris Keillor	M35	4:26:49
Denise Newport	W55	5:06:32

NOTE: Net times are reported where available

## ECAC – August 3

---

### 60m

Maureen Keshwar	W65	9.8
Andrea Penny	W40	10.6
Delia Baldock	W55	11.0
Yvette Ballard	W60	12.9
Lynne Schickert	W75	15.0

Colin Smith	M50	8.6
Dawson Miller	M50	8.7
Des Walsh	M60	9.0

### 100m

Dawson Miller	M50	14.4
Des Walsh	M60	15.1
Maureen Keshwar	W65	16.3
Janne Wells	W45	16.7

Delia Baldock	W55	17.9
Andrea Penny	W40	18.0
Yvette Ballard	W60	22.0
Lynne Schickert	W75	25.8

### 400m

Colin Smith	M50	61.7
Des Walsh	M60	85.5
Carol Bowman	W60	86.1
Delia Baldock	W55	86.6
Maureen Keshwar	W65	1:31.3
Yvette Ballard	W60	2:00.3

### 1500m

Alan Gray	M50	6:04.1
Mickey Muroi	M55	6:08.0
Carol Bowman	W60	7:15.0
Janne Wells	W45	7:30.9
Mike O'Reilly	M75	8:51.3
Des Walsh	M60	8:51.3

### 3000m

David Carr	M85	16:07.8
Maurice Creagh	M70	16:10.0
Bob Schickert	M75	16:18.9
Mike O'Reilly	M75	20:10.1

### 3000m walk

Lynne Schickert	W75	23:17.1
-----------------	-----	---------

### 5000m

Jim Langford	M70	22:07.2
Mickey Muroi	M55	22:36.0

## AMA 20k Walks Championships, Adelaide – August 6

---

### 20km walk

Andrew Duncan	M50	1:45:44	SR
---------------	-----	---------	----

## AWA State Road Walking Championships, Shelley – August 6

---

### Open Women 20km walk

Karyn Tolardo W50 2:11:33

## ECAC – August 10

---

### 100m

Colin Smith M50 13.6  
Dawson Miller M50 13.8  
Alan Stabler Vis 14.1  
Des Walsh M60 15.2

Maureen Keshwar W65 16.1  
John Dennehy M55 17.6  
Delia Baldock W55 17.7

### 200m

Colin Smith M50 27.7  
Alan Stabler Vis 29.3  
Dawson Miller M50 31.3  
Des Walsh M60 34.3  
Maureen Keshwar W65 34.8  
John Dennehy M55 43.0

### 600m

Andy Abbey M45 2:04.9  
John McShane M50 2:06.3  
Dawson Miller M50 2:17.2  
David Carr M85 2:19.1  
Janne Wells W45 2:30.5  
Delia Baldock W55 2:31.2

### 1500m

Alan Stabler Vis 5:31.3  
Alan Gray M50 5:55.8  
Andy Abbey M45 5:57.5  
Carol Bowman W60 7:02.1  
Janne Wells W45 7:11.1  
Des Walsh M60 8:28.1  
Mike O'Reilly M75 8:28.3

### 1500m walk

Lynne Schickert W75 11:18.6

### 3000m

Jim Langford M70 12:40.9  
Alan Gray M50 12:50.1  
John McShane M50 13:05.6  
Andy Abbey M45 13:38.7

## ECAC – August 17

---

### 60m

Maureen Keshwar W65 10.0  
Janne Wells W45 10.2  
Carol Bowman W60 10.9  
Yvette Ballard W60 12.8  
Lynne Schickert W75 14.7

Dawson Miller M50 8.7  
Des Walsh M60 9.3  
Rod Hamilton M55 9.4

### 200m

Dawson Miller M50 29.2  
Des Walsh M60 30.9  
Rod Hamilton M55 35.6  
Delia Baldock W55 37.8  
Carol Bowman W60 37.9  
John Dennehy M55 38.8

### 400m

Dawson Miller M50 73.9  
Alan Stabler Vis 74.3  
Des Walsh M60 78.9  
Rod Hamilton M55 84.4  
Delia Baldock W55 87.0  
Andy Abbey M45 88.6

### 1 mile

Alan Stabler Vis 5:54.4  
Andy Abbey M45 6:22.8  
Rod Hamilton M55 6:23.3  
Mickey Muroi M55 6:29.6  
Alan Gray M50 6:33.5  
Jim Langford M70 6:42.1  
David Carr M85 7:16.7 **WR pending**  
Janne Wells W45 8:14.5  
Des Walsh M60 8:15.0  
John Dennehy M55 9:30.5  
Yvette Ballard W60 9:37.2

### 3000m

Rod Hamilton M55 12:54.4  
Andy Abbey M45 13:48.3

### 5000m

Alan Stabler Vis 20:44.4  
Mickey Muroi M55 22:05.6

**ECAC – August 24**

---

<b>60m</b>			<b>300m</b>		
Colin Smith	M50	8.0	Colin Smith	M50	43.0
Dawson Miller	M50	8.3	Dawson Miller	M50	47.7
Des Walsh	M60	9.3	Des Walsh	M60	50.3
Janne Wells	W45	10.3	Rod Hamilton	M55	55.1
Julie Wilson	W60	11.6	Donna Abbey	W45	55.9
<b>100m</b>			<b>5000m</b>		
Dawson Miller	M50	13.0	Delia Baldock	W55	58.3
Colin Smith	M50	13.4	Carmel Meyer	W55	58.7
Des Walsh	M60	14.6	Carol Bowman	W60	59.0
Donna Abbey	W45	15.2	John Dennehy	M55	59.5
Carmel Meyer	W55	17.2	David Carr	M85	60.4
Delia Baldock	W55	17.8	Julie Wilson	W60	64.6
Andrea Penny	W40	18.1	Liz Bryson	Vis	75.3
John Dennehy	M55	19.3	<b>5000m</b>		
Julie Wilson	W60	20.0	Alan Gray	M50	21:33.5
<b>800m</b>			Mike Meredith	Vis	23:30.5
Rod Hamilton	M55	2:53.7	<b>3000m</b>		
Alan Gray	M50	3:17.1	Rod Hamilton	M55	11:56.9
Janne Wells	W45	3:31.2	David Carr	M85	15:45.2
Carmel Meyer	W55	3:31.5	Liz Bryson	Vis	16:02.7
<b>3000m walk</b>			Maurice Creagh	M70	16:26.3
Haydn Gawne	M70	22:36.9			

**Australian Road Walks Championships, Wollongong – August 27**

---

**20km walk**

Andrew Duncan M50 1:42:09 SR pending

**ECAC – August 31**

---

<b>60m</b>			<b>400m</b>		
Dawson Miller	M50	8.0	Colin Smith	M50	64.7
Colin Smith	M50	8.1	Lisa Limonas	W45	72.1
Lisa Limonas	W45	9.1	Dawson Miller	M50	78.0
Donna Abbey	W45	9.3	Donna Abbey	W45	80.0
Sue Bourn	W50	10.1	Quinn Lockwood	Vis	80.7
Jenn Parker	W45	9.4	Jenn Parker	W45	79.2
Maureen Keshwar	W65	9.7	Barry Newell	M60	83.8
John Dennehy	M55	10.5	Sue Bourn	W50	86.1
Delia Baldock	W55	10.6	Delia Baldock	W55	86.8
Quinn Lockwood	Vis	10.7	Carmel Meyer	W55	86.8
Yvette Ballard	W60	12.6	Bob Schickert	M75	87.4
Liz Bryson	Vis	12.7	<b>1000m</b>		
Lynne Schickert	W75	15.2	Rob Nichols	M35	3:00.0
<b>200m</b>			Quinn Lockwood	Vis	3:50.5
Colin Smith	M50	27.1	Carol Bowman	W60	4:26.7
Dawson Miller	M50	27.3	Barry Newell	M60	4:55.9
Lisa Limonas	W45	29.7	Bob Schickert	M75	4:58.1
Jenn Parker	W45	30.0	Liz Bryson	Vis	4:58.6
Donna Abbey	W45	32.4	<b>2000m steeplechase (0.762m)</b>		
Maureen Keshwar	W65	34.4	Jaco van Rensburg	Vis	6:30.6
Carmel Meyer	W55	35.6	Rob Nichols	M35	6:49.6
John Dennehy	M55	35.8	Tom Ferreira	Vis	6:55.8
Bob Schickert	M75	40.8	Mia Lockwood	Vis	7:23.9
Liz Bryson	Vis	44.9	Maddy Goode	Vis	7:50.8
Yvette Ballard	W60	55.4	Alan Gray	M50	9:13.6
<b>1000m walk</b>			David Carr	M85	11:13.6
Lynne Schickert	W75	7:43.3	Janne Wells	W45	11:26.3
			<b>2000m steeplechase (0.914m)</b>		
			MJ van Rensburg	Vis	6:10.1
			Chris Dale	Vis	6:10.4