

# May 2019 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 – May 16

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### 100m

Colin Smith	M55	15.8
Maureen Keshwar	W65	16.1
Brian Hewitt	M65	19.1
Cecil Walkley	M90	67.6

### 200m

Colin Smith	M55	34.0
Maureen Keshwar	W65	34.6
Cecil Walkley	M90	2:19.9 SR

### 400m

Colin Smith	M55	68.8
Brian Hewitt	M65	79.4
Cecil Walkley	M90	4:48.8

### 1500m

Ian Hannaby	M50	5:22.4
Brian Hewitt	M65	6:42.9
Janne Wells	W50	7:24.9
Silke Peglow	W50	7:49.1
Carol Bowman	W60	8:17.8
Maureen Keshwar	W65	8:28.9
Jackie Halberg	W70	8:29.2
Cecil Walkley	M90	18:36.7

### 1500m walk

Karyn Tolardo	W50	8:18.8
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### 3000m

Brian Hewitt	M65	14:28.7
Delia Baldock	W55	17:17.6

### 3000m walk

John Dennehy	M55	20:49.9
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### 5000m

Ian Hannaby	M50	20:59.9
Janne Wells	W50	29:19.9
Silke Peglow	W50	29:25.8
Dave Berry	Vis	35:50.2

### 5000m walk

Karyn Tolardo	W50	30:46.2
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## ECAC – May 23

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### 100m

Colin Smith	M55	14.9
Lisa Limonas	W50	15.1
Maureen Keshwar	W65	16.2
Nick Fairweather	M65	16.4
Brian Hewitt	M65	17.5
Roger Elliott	Vis	17.8

### 300m

Dean Mafiringe	Vis	40.9
Colin Smith	M55	41.8
Brian Hewitt	M65	59.3
John Talbot	M70	86.9

Carol Bowman	W60	59.5
Delia Baldock	W55	62.6
Nick Fairweather	M65	64.1
Roger Elliott	Vis	64.7
David Carr	M85	66.2
Maureen Keshwar	W65	66.5

### 400m

Dean Mafiringe	Vis	63.2
Matt Godfrey	M40	71.6
Colin Smith	M55	71.9
Brian Hewitt	M65	82.3
Carol Bowman	W60	84.9
Roger Elliott	Vis	89.8
David Carr	M85	1:39.3
John Talbot	M70	1:59.2

### 800m

Ian Hannaby	M50	2:30.4
Vanessa Carson	W40	2:41.5
Matt Godfrey	M40	2:43.3
Brian Hewitt	M65	3:09.1
Lisa Limonas	W50	3:11.5
Alan Gray	M55	3:27.2
Roger Elliott	Vis	4:28.0
John Talbot	M70	4:30.8

### 3000m

Chris Gould	M40	9:24.6
Vanessa Carson	W40	11:27.6
Roscoe McDonnell	M60	11:37.2
Ian Hannaby	M50	12:05.1
Quentin Gould	Vis	12:23.2
Matt Godfrey	M40	12:49.6
Alan Gray	M55	14:13.2
Jackie Halberg	W70	18:45.5

### 3000m walk

John Dennehy	M55	20:12.6
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**WAAOC Winter Walks, Perry Lakes – May 25**

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**3km road walk**

Andrew Duncan M50 14:08

**5km road walk**

Victor Munoz M60 30:35

**10km road walk**Andrew Duncan M50 51:12  
Karyn Tolardo W50 1:01:10**ECAC – May 30**

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**60m**Colin Smith M55 8.5  
David Adams M40 8.9  
John Talbot M70 15.7Maureen Keshwar W65 9.7  
Quentin Gould Vis 10.2  
Nick Fairweather M65 14.6  
Cecil Walkley M90 36.9**200m**Colin Smith M55 30.7  
David Adams M40 31.2  
Maureen Keshwar W65 36.1  
John Talbot M70 55.6Barry Newell M60 35.8  
Brian Hewitt M65 37.0  
Nick Fairweather M65 37.6  
David Carr M85 39.2  
Cecil Walkley M90 2:13.3**600m**Chris Gould M40 1:36.7  
Quentin Gould Vis 2:05.0  
Brian Hewitt M65 2:14.5  
Alan Gray M55 2:25.0  
David Carr M85 2:29.8  
Delia Baldock W55 2:34.3  
Barry Newell M60 2:38.1  
John Talbot M70 3:15.5  
Cecil Walkley M90 7:33.9**1000m**Chris Gould M40 2:46.6  
Quentin Gould Vis 3:36.4  
Alan Gray M55 4:08.8  
Brian Hewitt M65 4:11.3  
Janne Wells W50 4:37.4  
Carol Bowman W60 4:38.3  
Barry Newell M60 5:22.3  
Maureen Keshwar W65 5:33.4  
John Talbot M70 5:36.3  
Cecil Walkley M90 12:43.8**1000m walk**

Karyn Tolardo W50 5:29.6

**5000m**David Adams M40 23:12.5  
Janne Wells W50 29:24.4**5000m walk**

Karyn Tolardo W50 29:25.7

**3000m**Roscoe McDonnell M60 11:35.6  
Chris Gould M40 12:43.1  
Brian Hewitt M65 15:20.5**3000m walk**John Dennehy M55 20:54.3  
David Carr M85 24:10.7