

November 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

WAMC John Gilmour 10,000m, ECAC – November 1

10,000m

Roberto Busi	M40	32:00.0
Ross Langford	M40	33:25.0
Richard Allen	M30	39:07.0
Kim Thomas	M45	39:02.2
Dee Roe	W50	41:51.5
Clare Wardle	W45	42:18.4
Tim Karajas	M40	42:46.9
John Fisher	M55	46:56.0
Bruce McGeorge	M65	50:19.6
Silke Peglow	W50	57:21.2
Janne Wells	W50	59:12.0

WAAS – November 5

100m

Jason Kell	M40	13.5
David Adams	M40	14.6
Barrie Kernaghan	M75	15.8
John Dennehy	M60	16.8

David Graieg	M35	11.9
Wayne Bariolo	M50	12.9
Rory Shaw	Vis	14.6

200m

David Graieg	M35	26.4
Campbell Till	M60	29.0
Rory Shaw	Vis	30.0
Tim Karajas	M40	30.4

Hans Venter	M55	29.1
John McShane	M55	31.0
Barrie Kernaghan	M75	33.7
Delia Baldock	W55	37.6

1500m

David Graieg	M35	5:21.3
Tim Karajas	M40	5:28.4
Mark Dawson	M55	5:42.5
Marg Saunders	W65	5:58.2 SR
Paul Scott-Taylor	M60	6:05.8
David Adams	M40	6:09.5
John McShane	M55	6:20.1
Graeme Dahl	M70	6:32.0
Geoff Vine	M70	6:49.8
Morland Smith	M80	8:28.3

1500m walk

Johan Hagedoorn	M75	10:32.4
-----------------	-----	---------

3000m

Tim Karajas	M40	12:14.2
Paul Scott-Taylor	M60	12:21.4
David Adams	M40	13:13.7
Isaiah Manning	Vis	14:26.6
John McShane	M55	14:34.8
Hans Venter	M55	14:34.8

3000m walk

Johan Hagedoorn	M75	20:51.0
Glenys Duncan	W75	26:37.0

High Jump

David Graieg	M35	1.60
Hans Venter	M55	1.55
Jenn Parker	W50	1.35
Sue Coate	W50	1.30
Wayne Bariolo	M50	1.30
Geoff Brayshaw	M70	1.25
Annmarie O'Donovan	W45	1.20
Jason Kell	M40	1.20
Isaiah Manning	Vis	1.15
Delia Baldock	W55	1.10
David Adams	M40	1.05
Des Walsh	M65	1.05
Liz Gomez	W40	1.00

Javelin

Sue Coate	W50	29.95
Jenn Parker	W50	22.37
Des Walsh	M65	19.42
Isaiah Manning	Vis	17.55
Annmarie O'Donovan	W45	15.64
David Adams	M40	9.97

Shot

Sue Coate	W50	10.38
Jenn Parker	W50	9.96
Des Walsh	M65	6.73
Mike Anderson	M70	6.60

Bunbury – November 5

60m			3000m		
Garry Hastie	M55	9.49	Ruth Johnson	W75	18:46.6
Harold Membrey	M65	10.50	Sharon Moloney	W55	21:19.3
Brian Waldhuter	M75	10.92	Discus		
Sharon Moloney	W55	11.39	Jo Peters	M65	43.04
Ruth Johnson	W75	12.56	John Fettus	M45	41.06
3000m walk			Garry Hastie	M55	26.25
Garry Hastie	M55	18:01.8	Paula Kennedy	W50	24.53
Harold Membrey	M65	24:09.3	Harold Membrey	M65	22.43
Paula Kennedy	W50	24:34.5	Sharon Moloney	W55	19.09
			Brian Waldhuter	M75	19.00
			Ruth Johnson	W75	11.10

Strive, WAAS – November 8

100m				400m		
Andrew Taylor	M40	12.18	+0.5	Paul Jeffery	M45	54.66
Lee Stergiou	M45	12.15	+0.4	Lee Stergiou	M45	55.70
Gregory Brennan	M50	12.95	+0.4	Barrie Kernaghan	M75	87.13
Gin Ang	M55	13.11	+0.2	Hammer		
Barrie Kernaghan	M75	16.47	+0.3	Byrony Glass	W40	48.64
John Dennehy	M60	17.00	+0.3			
Alan Deans	M65	18.72	+0.3			
110m hurdles						
Paul Jeffery	M45	16.56	SR			

WAAS – November 12

60m			5000m		
Aidan Pearson	Vis	7.9	Aidan Pearson	Vis	21:52.5
Gin Ang	M55	8.1	Nick Best	M40	22:13.5
Mal Clarke	M45	8.1	Hans Venter	M55	23:42.8
			Jason Kell	M40	27:16.2
Des Walsh	M65	8.8	Des Walsh	M65	31:06.2
Sue Coate	W50	8.8	3000m		
Geoff Brayshaw	M70	9.1	Alan Gray	M55	14:03.3
Lenz Keel	M75	9.4	Hammer		
Barrie Kernaghan	M75	9.8	Warren Button	M30	58.36 SR
			Jacob Schelfhout	Vis	51.95
Vicki Cobby	Vis	9.4	Alex De Silva	Vis	50.34
Fran Cherry	W55	9.7	Mal Clarke	M45	36.44
Juliana Kelly	W55	9.7	Chris Schelfhout	W50	31.41
Solomon Clarke	Vis	9.8	Andrew Ward	M55	25.98
			Norman Stanger	M80	19.41
100m			Discus		
Stuart Manning	M40	14.3	Mal Clarke	M45	38.80
Des Walsh	M65	14.5	Andrew Ward	M55	32.24
Sue Coate	W50	15.0	Chris Schelfhout	W50	20.02
			Solomon Clarke	Vis	20.00
Vicki Cobby	Vis	15.6	Norman Stanger	M80	17.40
Barrie Kernaghan	M75	15.8	Isaiah Manning	Vis	16.26
Juliana Kelly	W55	15.8	Mike Anderson	M70	15.51
Lenz Keel	M75	15.8	Long Jump		
Fran Cherry	W55	16.4	Dave Wyatt	M65	4.28
			Geoff Brayshaw	M70	4.14
800m			Sue Coate	W50	4.03
Nick Best	M40	2:22.3	Annmarie O'Donovan	W45	3.63
Stuart Manning	M40	2:40.9	Vicki Cobby	Vis	3.53
Campbell Till	M60	2:48.4	Des Walsh	M65	3.39
Alan Gray	M55	3:10.7	Fran Cherry	W55	3.20
Isaiah Manning	Vis	3:18.0	Triple Jump		
Ivan Brown	M70	3:29.1	Geoff Brayshaw	M70	8.64
Juliana Kelly	W55	3:38.8	Des Walsh	M65	6.34
Johan Hagedoorn (walk)	M75	5:15.1			
3000m walk					
Johan Hagedoorn	M75	21:03.7			
Glenys Duncan	W75	27:10.7			

Bunbury – November 12

400m

Harold Membrey	M65	86.9
Brian Waldhuter	M75	1:31.1
Ruth Johnson	W75	1:41.8

1500m

Harold Membrey	M65	7:31.2
Ruth Johnson	W75	8:34.6
Sharon Moloney	W55	9:37.9

1500m walk

Paula Kennedy	W50	11:11.0
---------------	-----	---------

Long Jump

Brian Waldhuter	M75	3.53
Harold Membrey	M65	2.55
Ruth Johnson	W75	2.37

Hammer

John Fettus	M45	42.67	SR
Jo Peters	M65	39.19	
Paula Kennedy	W50	27.70	
Sharon Moloney	W55	24.75	
Garry Hastie	M55	23.75	
Ruth Johnson	W75	21.17	
Harold Membrey	M65	19.54	
Brian Waldhuter	M75	13.17	

ECAC – November 14

60m

Maureen Keshwar	W65	9.92
Nick Fairweather	M65	9.98
Delia Baldock	W55	11.00
Cecil Walkley	M90	46.00

Oliver Berry	M30	8.18
Wayne Bariolo	M50	8.42
Steve Fuller	M65	9.23
Jenn Parker	W50	9.38
Colin Smith	M55	10.75

300m

Chris Neale	M50	43.97
Steve Fuller	M65	46.70
Colin Smith	M55	57.41
Nick Fairweather	M65	69.08

1500m

Vanessa Carson	W40	5:39.60
David Carr	M85	7:37.48
Coral McCooey (walk)	Vis	14:34.8h
Cecil Walkley	M90	22:47.6h

80m hurdles

Sue Coate	W50	17.27
Anna Watters	W40	17.97

Michelle Krokosz	W30	14.66
Jenn Parker	W50	15.74

Colin Smith	M55	18.73
Delia Baldock	W55	18.89

100m hurdles

Wayne Bariolo	M50	20.46
---------------	-----	-------

110m hurdles

Oliver Berry	M30	21.17
--------------	-----	-------

5000m

Bruce McGeorge	M65	24:26.86
Jason Kell	M40	26:04.12

3000m

Vanessa Carson	W40	12:32.60
David Solomon	Vis	13:44.27

High Jump

Michelle Krokosz	W30	1.45
Sue Coate	W50	1.25
Des Walsh	M65	1.10

Weight

Jenn Parker	W50	11.42
Andrew Ward	M55	11.21
Oliver Berry	M30	8.89
Maureen Keshwar	W65	8.20
Andrea Penny	W40	5.40

Shot

Sue Coate	W50	10.62
Jenn Parker	W50	10.35
Wayne Bariolo	M50	10.11
Oliver Berry	M30	10.04
Michelle Krokosz	W30	9.68
Andrew Ward	M55	8.53
Maureen Keshwar	W65	7.92
Des Walsh	M65	7.18
Jason Kell	M40	6.33
Vanessa Carson	W40	6.01
Andrea Penny	W40	5.03
Coral McCooey	Vis	4.86
Liz Gomez	W40	4.57
David Carr	M85	4.53

Strive, WAAS – November 15

200m

Lee Stergiou	M45	24.60	NWI
Mandy Mason	W50	27.87	NWI
Barrie Kernaghan	M75	32.61	+1.2
John Dennehy	M60	35.17	+1.2

3000m

Chris Gould	M40	9:10.22
Ross Langford	M40	9:29.08
Clare Wardle	W45	11:40.02

10,000m (Open State Championships)

Kim Thomas	M45	36:04.19
Dee Roe	W50	42:12.15

Pole Vault

Geoff Brayshaw	M70	2.55
----------------	-----	------

Hammer

Warren Button	M30	56.63
---------------	-----	-------

WAAS – November 19

200m

David Graieg	M35	26.1
Stuart Manning	M40	28.6
David Adams	M40	30.4
Oliver Berry	M30	36.2

Des Walsh	M65	30.2
Sue Coate	W50	30.8
Barrie Kernaghan	M75	35.2
Delia Baldock	W55	37.7

400m

Campbell Till	M60	63.8
Barrie Kernaghan	M75	83.9
Ivan Brown	M70	86.1
Nick Best	M40	1:32.3

1 mile

Jacques Meyer	Vis	5:26.9
David Graieg	M35	5:40.3
Aidan Pearson	Vis	6:20.7
Paul Scott-Taylor	M60	6:27.7
David Adams	M40	6:31.0
Stuart Manning	M40	6:33.5
Isaiah Manning	Vis	7:20.4
Geoff Vine	M70	7:26.0
Morland Smith	M80	9:02.6

1 mile walk

Johan Hagedoorn	M75	10:54.8
Peggy Macliver	W75	11:49.5
Glenys Duncan	W75	14:07.8

3000m

Jaycob Kell	Vis	10:07.6
Jacques Meyer	Vis	10:42.0
Nick Best	M40	11:53.0
Paul Scott-Taylor	M60	12:20.1
Aiden Pearson	Vis	12:43.4
Jason Kell	M40	13:44.1
David Adams	M40	14:43.7

Bunbury – November 19

200m

Garry Hastie	M55	34.29
Harold Membrey	M65	35.25
Brian Waldhuter	M75	38.05
Sharon Moloney	W55	38.41
Ruth Johnson	W75	43.09
Lyle James	M75	56.25

800m

Harold Membrey	M65	3:45.0
Ruth Johnson	W75	4:29.4
Brian Waldhuter	M75	5:58.2
Lyle James	M75	6:00.8

Triple Jump

Brian Waldhuter	M75	7.40
Ruth Johnson	W75	5.61

3000m walk

Johan Hagedoorn	M75	20:35.7
-----------------	-----	---------

Long Jump

Oliver Berry	M30	5.02
Wayne Bariolo	M50	4.90
Dave Wyatt	M65	4.42
Sue Coate	W50	4.26
Geoff Brayshaw	M70	4.07
David Adams	M40	3.76
Jason Kell	M40	3.48
Des Walsh	M65	3.45

Triple Jump

David Graieg	M35	11.56
Geoff Brayshaw	M70	8.75
Jason Kell	M40	7.05
Des Walsh	M65	5.82

Shot

Sue Coate	W50	10.66
Norman Stanger	M80	7.91
Des Walsh	M65	7.25
Isaiah Manning	Vis	6.29
Mike Anderson	M70	5.89

Discus

Oliver Berry	M30	26.08
Des Walsh	M65	24.93
Wayne Bariolo	M50	23.25
Chris Schelfhout	W50	21.26
Norman Stanger	M80	17.31
Jason Kell	M40	16.64
David Graieg	M35	16.60
Isaiah Manning	Vis	15.71
Mike Anderson	M70	15.18
David Adams	M40	14.98

Shot

John Fettus	M45	12.25
Jo Peters	M65	11.63
Garry Hastie	M55	8.53
Sharon Moloney	W55	7.67
Harold Membrey	M65	7.16
Brian Waldhuter	M75	5.90
Ruth Johnson	W75	5.49
Lyle James	M75	2.92

100m

Wayne Bariolo	M50	13.3h
Jason Kell	M40	14.1h
Hans Venter	M55	14.2h
Des Walsh	M65	15.3h

David Adams	M40	14.6h
Jenn Parker	W50	15.0h
Vanessa Carson	W40	16.6h
Delia Baldock	W55	18.1h
David Carr	M85	20.6h

Chris Neale	M50	13.25
Colin Smith	M55	13.78
Oliver Berry	M30	15.03
Steve Fuller	M65	15.22
Des Walsh	M65	15.39
Lee Fox	Vis	15.63

Maureen Keshwar	W65	16.60
Nick Fairweather	M65	17.76
Janne Wells	W50	18.75
Cecil Walkley	M90	66.6h

400m

Jasmine Smedely	Vis	71.38
Olivia Hillson	Vis	76.99
Brodie Emms	Vis	77.54
Alicia Coles	Vis	77.70
Aidan Edmondstone	Vis	78.39
Bella Edmondstone	Vis	82.23
Jorja Pilling	Vis	1:33.52
Campbell Pilling	Vis	1:37.03

Oliver Berry	M30	65.97
Lee Fox	Vis	66.18
Colin Smith	M55	68.11
Chris Neale	M50	68.52
Steve Fuller	M65	68.53
Allan Pilling	Vis	75.64
David Carr	M85	89.03
Cecil Walkley	M90	5:06.85

1000m

Andy Abbey	M50	3:12.71
Chris Neale	M50	3:24.21
Vanessa Carson	W40	3:29.59
Fiona Leonard	W50	3:34.76
Olivia Hillson	Vis	3:36.20
Aidan Edmondstone	Vis	3:43.34
Jasmine Smedely	Vis	3:44.67
Bella Edmondstone	Vis	3:46.47
Brodie Emms	Vis	3:51.21
David Adams	M40	3:52.72
Campbell Pilling	Vis	4:42.62
Jorja Pilling	Vis	4:42.83
Cecil Walkley	M90	13:04.48

3000m

Vanessa Carson	W40	11:48.40
Alicia Coles	Vis	12:08.82
Andy Abbey	M50	12:11.71
Chris Neale	M50	12:17.04
David Adams	M40	13:19.57
Allan Pilling	Vis	13:37.44
Wayne Bariolo	M50	14:04.93
Bruce McGeorge	M65	14:24.74
Janne Wells	W50	16:24.42
Jackie Halberg	W70	19:25.08

Triple Jump

Wayne Bariolo	M50	9.32
Hans Venter	M55	9.26
Jenn Parker	W50	8.74
Colin Smith	M55	8.64
Oliver Berry	M30	8.54
Kristine Wells	Vis	8.13
Jason Kell	M40	7.57
Delia Baldock	W55	7.08
David Adams	M40	6.52
Des Walsh	M65	6.39
Vanessa Carson	W40	6.06
David Carr	M85	4.38

Hammer

Janne Wells	W50	30.34
Bev Hamilton	W70	24.60
Garry Parker	M55	23.77
Bruce McGeorge	M65	19.99
Kristine Wells	Vis	16.13
Maureen Keshwar	W65	14.53

Weight

Jenn Parker	W50	10.63
Bev Hamilton	W70	9.47
Maureen Keshwar	W65	8.20
Garry Parker	M55	8.17
Suzanne Farcich	W60	7.15

Strive, WAAS – November 23-24

100m

Adrian McKenzie	M45	11.87	+2.2
Lee Stergiou	M45	11.93	+2.0
Gregory Brennan	M50	12.75	+2.0
Barrie Kernaghan	M75	15.68	+3.7
John Dennehy	M60	16.30	+3.7

400m

Lee Stergiou	M45	55.70
Sharon Davis	W45	62.37

Discus

Andrew Ward	M55	33.35
-------------	-----	-------

1500m

Xander van Rijen	M50	4:51.75
------------------	-----	---------

Heptathlon

		80mH	HJ	Shot	200m	LJ	Jav	800m
Ann-Marie O'Donovan	W45	15.17 (2.4) 647	1.23 534	7.32 447	31.63 (2.4) 598	3.78 (2.8) 416	18.03 335	3:05.35 473
	Total Points	3450						
Sue Coate	W50	16.06 (2.4) 529	1.29 712	10.31 727	30.74 (2.4) 753	FOUL 0	23.75 500	DNF 0
	Total Points	3221						
Jennifer Parker	W50	15.05 (2.4) 653	1.32 747	9.71 677	30.60 (2.4) 763	DNS 0	DNS 0	DNS 0
	Total Points	DNF						

Decathlon

Paul Jeffery	M45	100m 11.55 (2.6) 922	LJ 6.05 (0.7) 809	Shot 11.41 711	HJ 1.70 687	400m 53.97 867	110mH 16.75 (1.5) 810	Discus 38.49 795
		PV 3.80 719	Jav 55.87 SR 820	1500m 4:58.91 727				
		Total Points 7867 WR pending						

David Graieg	M35	100m 12.09 (2.6) 633	LJ 6.08 (1.2) 646	Shot 7.45 350	HJ 1.61 504	400m 57.34 584	110mH DNF 0	Discus 21.03 297
		PV 2.80 319	Jav 43.32 498	1500m 5:09.90 519				
	Total Points	4380						

Oliver Berry	M30	100m 12.56 (2.6) 545	LJ 5.43 (3.6) 467	Shot 7.82 356	HJ 1.37 297	400m 58.71 458	110mH 21.97 (1.5) 210	Discus 23.59 340
		PV 2.30 199	Jav 34.59 364	1500m 6:08.36 231				
	Total Points	3467						

Bunbury – November 23

Weight

John Fettus	M45	13.40
Harold Membrey	M65	9.33
Ruth Johnson	W75	8.20
Brian Waldhuter	M75	7.97

WAAS – November 26

60m			800m		
Wayne Bariolo	M50	8.1	Nick Best	M40	2:18.4
Des Walsh	M65	9.0	Jason Kell	M40	2:36.5
David Adams	M40	9.0	Chris Groom	M50	2:41.4
			Wayne Bariolo	M50	2:48.7
Garry Ralston	M60	8.3	Hans Venter	M55	2:52.5
Fran Cherry	W55	9.3	David Adams	M40	2:58.5
Juliana Kelly	W55	9.3	Des Walsh	M65	3:18.4
			Delia Baldock	W55	3:37.9
Abigail Best	Vis	9.5			
John Dennehy	M60	10.3	Mark Dawson	M55	2:39.4
Gordon Medcalf	M90	19.7	Bill Hayes	M50	2:43.9
			Fiona Leonard	W50	2:44.2
200m			Tim Karajas	M40	2:48.9
Juliana Kelly	W55	33.1	Lenz Keel	M75	3:10.7
John Dennehy	M60	34.7	Isaiah Manning	Vis	3:20.5
Fran Cherry	W55	35.3	Garry Ralston	M60	3:25.2
Isaiah Manning	Vis	35.7	Ivan Brown	M70	3:34.9
			Abigail Best	Vis	4:07.5
Campbell Till	M60	28.1	Allan Billington	M55	4:28.1
Tim Karajas	M40	31.5	Johan Hagedoorn (walk)	M75	5:53.0
Abigail Best	Vis	33.5			
Mark Dawson	M55	38.0	High Jump		
			Hans Venter	M55	1.60 SR
5000m			Geoff Brayshaw	M70	1.25
Bill Hayes	M50	20:18.9	Tim Karajas	M40	1.25
Tim Karajas	M40	21:53.8	Annmarie O'Donovan	W45	1.15
David Adams	M40	23:30.4	David Adams	M40	1.10
			Isaiah Manning	Vis	1.05
3000m					
Stuart Manning	M40	13:09.3			
Carmel Meyer	W55	16:11.4			
3000m walk					
Johan Hagedoorn	M75	20:29.3			
Peggy Macliver	W75	22:18.6			

Bunbury – November 26

100m			Javelin		
Harold Membrey	M65	17.64	John Fettus	M45	34.94
Sharon Moloney	W55	18.98	Jo Peters	M65	32.99
Brian Waldhuter	M75	18.70	Sharon Moloney	W55	16.65
Ruth Johnson	W75	21.83	Harold Membrey	M65	15.61
Lyle James	M75	27.61	Ruth Johnson	W75	10.76
			Lyle James	M75	7.31
1500m					
Harold Membrey	M65	7:53.3			
Sharon Moloney	W55	11:26.6			
Lyle James	M75	12:15.2			
1500m walk					
Ruth Johnson	W75	8:38.2			
High Jump					
Brian Waldhuter	M75	1.23			
Harold Membrey	M65	1.05			
Ruth Johnson	W75	0.95			
			Weight		
			Jo Peters	M65	14.21
			John Fettus	M45	13.16
			Sharon Moloney	W55	6.63

ECAC – November 28

60m				5000m			
Colin Smith	M55	8.42		Vanessa Carson	W40	20:09.5	
Kim Taylor	M50	8.51		Andy Abbey	M50	20:58.5	
Carl Heslop	M30	8.95		Rolf Slump	Vis	21:03.7	
David Adams	M40	9.39		Ian Hannaby	M50	22:27.0	
Steve Fuller	M65	9.48		David Adams	M40	23:51.0	
Stephen Crabbe	M70	10.50		Jason Kell	M40	24:42.2	
				Jenn Parker	W50	26:14.8	
Jasmine Heslop	W40	9.24		Rose Hordyk	Vis	26:57.3	
Casey Hordyk	Vis	9.87		David Carr	M85	27:14.1	
Maureen Keshwar	W65	10.00		Delia Baldock	W55	29:12.2	
Cecil Walkley	M90	44.10		Des Walsh	M65	31:21.6	
200m				Discus			
Carl Heslop	M30	28.06		Jessica Siviour	Vis	43.08	
Colin Smith	M55	28.19		Chris Neale	M50	33.83	
Steve Fuller	M65	30.81		Michelle Krokosz	W30	32.33	
Michelle Krokosz	W30	32.13		Steve Fuller	M65	31.17	
Stephen Crabbe	M70	37.74		Jenn Parker	W50	30.51	
				Bruce McGeorge	M65	25.01	
Jasmine Heslop	W40	31.23		Garry Parker	M55	22.63	
Megan Hordyk	Vis	31.68		Des Walsh	M65	22.22	
Casey Hordyk	Vis	33.68		Maureen Keshwar	W65	19.04	
				David Adams	M40	13.42	
				Andrea Penny	W40	12.38	
1500m				Shot			
Andy Abbey	M50	5:21.77		Jessica Siviour	Vis	11.82	
Ian Hannaby	M50	5:41.41		Michelle Krokosz	W30	9.14	
Bob Hull	M75	6:31.79		Jenn Parker	W50	9.10	
Megan Hordyk	Vis	6:42.99		Garry Parker	M55	7.91	
Alan Gray	M55	6:48.00		Maureen Keshwar	W65	7.76	
Carmel Meyer	W55	7:21.08		Coral McCooley	W50	5.48	
Levi Hordyk	Vis	7:29.39		Andrea Penny	W40	4.69	
Jackie Halberg	W70	8:18.84					
Maurice Creagh	M70	8:29.75					
Cecil Walkley	M90	22:03.3h					
1500m walk							
Haydn Gawne	M70	10:13.43					
John McDonagh	M70	10:13.62					
Coral McCooley	W50	13:27.67					
3000m							
Carl Heslop	M30	11:18.3					
Bob Hull	M75	13:04.5					
3000m walk							
John McDonagh	M70	21:37.7					

Strive, WAAS – November 29

60m				5000m			
Adrian McKenzie	M45	7.61	+0.7	Ross Langford	M40	16:10.38	
Gregory Brennan	M50	8.15	+0.3	Kim Thomas	M45	17:14.85	
John Dennehy	M60	10.61	-1.4	Clare Wardle	W45	19:11.76	
Alan Deans	M65	11.51	-1.4				
200m							
John Dennehy	M60	35.47	+1.1				
800m							
Sharon Davis	W45	2:20.19					