

ECAC – 13 June

100m

Heat 1

David Adams	M45	15.60
Mateo van Heerwaarden	Vis	18.98
Tegan Durbridge	W35	20.05
Dante van Heerwaarden	Vis	22.32
Jackie Halberg	W75	25.78

Heat 2

Matt Walker	M40	12.80
Gin Ang	M60	13.64
Roger Parenzee	M55	14.20
Simon Martin	Vis	14.95
Gabriel van Heerwaarden	Vis	15.43
Malachi MacKay	Vis	15.62
Des Walsh	M65	17.11
Bruce McGeorge	M70	19.48

200m

Heat 1

Matt Walker	M40	26.36
Roger Parenzee	M55	29.43
Keith Redpath	M70	30.99
Simon Martin	Vis	32.25
Malachi MacKay	Vis	32.48
Gabriel van Heerwaarden	Vis	34.18

Heat 2

Des Walsh	M65	33.81
Brad Hollins	M50	39.55
Tegan Durbridge	W35	41.36
Dante van Heerwaarden	Vis	51.30
Jackie Halberg	W75	54.91
David Gardiner (walk)	M75	79.45

600m

Dominic Lagat	M40	1:38.22
Andy Roach	M45	1:59.94
Gabriel van Heerwaarden	Vis	2:01.23
Jenn Parker	W55	2:03.49
Brad Hollins	M50	2:20.08
Mateo van Heerwaarden	Vis	2:29.63
Brian Hewitt	M70	2:31.10
Barbara Blurton	W70	2:32.36
Carol Bowman	W65	2:36.17
Mike Meredith	M60	2:41.18
Dante van Heerwaarden	Vis	3:24.23
Liz Clennell	W55	4:13.59

AW Road Walks, Perry Lakes – 15 June

5km

Fiona van Heerwaarden	W45	32:34.93
Steven Travell	M65	41:52.01
Lynne Schickert	W80	42:31.61
Glenys Duncan	W80	48:45.61

1000m

Dominic Lagat	M40	2:53.52
Gabriel van Heerwaarden	Vis	3:27.80
Andy Roach	M45	3:29.69
Mateo van Heerwaarden	Vis	4:07.62
Dave Solomon	M55	4:09.27
Paul Every	M60	4:37.98
Mike Meredith	M60	4:41.20
Dante van Heerwaarden	Vis	4:50.56
Julie Wilson	W70	4:51.62
Fiona van Heerwaarden	W45	5:05.03
Liz Clennell	W55	5:37.02

3000m

David Adams	M45	11:27.13
Malachi MacKay	Vis	14:32.35
Julie Wilson	W70	15:48.10

5000m

Dominic Lagat	M40	18:23.91
Andy Roach	M45	23:24.94
Paul Every	M60	24:54.80
Tegan Durbridge	W35	26:28.03
Brad Hollins	M50	27:20.56
Liz Clennell	W55	27:46.20
Bruce McGeorge	M70	28:03.43
Jim Langford	M75	31:52.56

1000m walk

Karyn Tolardo	W55	6:06.88
David Gardiner	M75	7:58.76
Lynne Schickert	W80	8:34.12

3000m walk

Steve Travell	M65	25:41.78
Lynne Schickert	W80	26:12.18
Glenys Duncan	W80	26:47.03

5000m walk

Karyn Tolardo	W55	30:48.01
Fiona van Heerwaarden	W45	33:48.30

Rottnest – 16 June

Marathon

Daniel Taborsky	M40	3:37:36
Bob Lane	M75	3:51:02
Jo Scott	W45	4:30:10
Martin Pullen	M50	4:32:27

10km

Melissa Lewis	W35	54:36.48
Karyn Tolardo	W55	1:06:07.63
Wendy Farrow	W55	1:11:43.15

ECAC – 20 June

100m

Heat 1

Brad Hollins	M50	18.48
Bob Schickert	M80	21.89
Jackie Halberg	W75	24.47
Lynne Schickert	W80	30.06
David Gardiner (walk)	M75	30.85

Heat 2

Matt Walker	M40	12.68
Jenn Parker	W55	14.77
Simon Martin	M40	15.07
Paz Storey	W35	15.23
Bryce Walker	Vis	18.50

200m

Heat 1

Matt Walker	M40	26.74
Jenn Parker	W55	30.04
Dayna Lagat	Vis	30.66
Keith Redpath	M70	30.78
Andy Roach	M45	31.01
Naomi Lagat	W40	34.27
Larissa Lagat	Vis	35.29

Heat 2

Paz Storey	W35	33.43
Bob Schickert	M80	45.72
Bruce McGeorge	M70	45.97
Jackie Halberg	W75	54.61
David Gardiner (walk)	M75	76.45

800m

Dominic Lagat	M40	2:19.36
Dayna Lagat	Vis	2:49.34
Naomi Lagat	W40	2:50.75
Andy Roach	M45	2:51.60
Larissa Lagat	Vis	2:55.81
Brad Hollins	M50	3:15.81
Paz Storey	W35	3:26.20
Liz Clennell (walk)	W55	5:20.41

1500m

Dominic Lagat	M40	4:37.01
David Adams	M45	5:20.20
Andrew Davison	M60	5:52.36
Malachi MacKay	Vis	5:54.24
Andy Roach	M45	5:56.08
Emily Bailey	Vis	6:23.17
Owen Renting	Vis	6:30.53
Brian Hewitt	M70	7:14.92
Julie Wilson	W70	7:37.50
Fiona van Heerwaarden	W45	7:47.41
Jim Langford	M75	8:05.72
Liz Clennell	W55	8:30.78
Silke Peglow	W55	8:38.61

1500m walk

Karyn Tolardo	W55	9:08.88
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3000m

Dominic Lagat	M40	10:47.31
David Adams	M45	11:15.98
Andrew Davison	M60	11:54.92
Emily Bailey	Vis	14:28.09
Naomi Lagat	W40	14:29.45
Bruce McGeorge	M70	15:22.13
Brad Hollins	M50	15:36.51
Julie Wilson	W70	15:41.54
Liz Clennell	W55	16:56.16
Jim Langford	M75	17:12.77
Silke Peglow	W55	20:55.24

3000m walk

Fiona van Heerwaarden	W45	21:01.77
Karyn Tolardo	W55	21:05.13
Steve Travell	M65	23:54.83
Lynne Schickert	W80	24:54.48
Glenys Duncan	W80	26:49.97

ECAC – 27 June

60m

Heat 1

Bryce Walker	Vis	10.7
Bob Schickert	M80	13.6
Jackie Halberg	W75	14.7
David Gardiner (walk)	M75	19.7

Heat 2

Matt Walker	M40	8.0
Dominic Lagat	M40	8.7
Jenn Parker	W55	9.0
Simon Martin	M40	9.5
David Adams	M45	10.1
Des Walsh	M65	10.5
Bryce Walker	Vis	11.0
Tegan Durbridge	W35	12.4

200m

Matt Walker	M40	26.7
Simon Martin	M40	31.4
Imogen Spooner	Vis	32.2
Des Walsh	M65	34.2
Bryce Walker	Vis	42.8
Tegan Durbridge	W35	43.1
Jackie Halberg	W75	52.7

400m

Nikil Redipali	Vis	54.5
Dominic Lagat	M40	56.1
Jenn Parker	W55	70.8
Barbara Blurton	W70	85.4

1000m

Dominic Lagat	M40	2:53.6
Nikil Redipali	Vis	3:11.4
Kimberly Young	W30	3:11.8 SR
David Adams	M45	3:35.9
Emily Bailey	Vis	3:59.1
Mark Dawson	M60	4:19.4
Kirsty Peddie	W40	4:50.5
Liz Clennell	W55	4:54.2
Fiona van Heerwaarden	W45	5:04.2

3000m

Nikil Redipali	Vis	11:13.7
Imogen Spooner	Vis	14:38.1
Mark Dawson	M60	15:03.2
Kirsty Peddie	W40	16:59.0
Annette Spooner	Vis	21:04.9
Bob Schickert	M80	21:28.5

5000m

David Adams	M45	20:06.6
Daniel Sheehy	Vis	20:53.8
Tegan Durbridge	W35	26:35.8
Jim Langford	M75	29:28.2
Liz Clennell	W55	30:33.3

5000m walk

Karyn Tolardo	W55	30:55.4
Fiona van Heerwaarden	W45	32:30.7

1000m walk

Karyn Tolardo	W55	6:01.5
David Gardiner	M75	8:03.4

Bunbury – 29 June**60m**

Sue Coate	W55	9.3
Paul Foley	M55	10.0

Hammer

Ruth Johnson	W80	19.19
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Super weight

Paula Kennedy	W55	6.30	
Paul Foley	M55	4.69	
Harold Membrey	M70	5.67	
Jo Peters	M70	9.51	SR pending
Sue Coate	W55	3.45	
Mike Anderson	M75	3.46	

Throws pentathlon

		Hammer	Shot	Discus	Javelin	Weight
Jo Peters	M70	44.16	11.93	42.45	33.89	16.94
		812	824	867	629	872
		Total points	4004	AR pending		
John Fettus	M50	44.77	11.41	36.84	26.42	16.66
		685	678	606	334	828
		Total points	3131			
Tom Gravestock	M65	31.30	10.52	38.89	28.60	10.00
		543	728	689	492	500
		Total points	2952			
Paul Foley	M55	32.00	10.32	33.88	34.70	10.93
		501	656	600	538	547
		Total points	2842			
Sue Coate	W55	24.64	9.35	20.11	25.46	6.83
		446	631	439	588	347
		Total points	2451			
Sharon Moloney	W60	25.56	6.85	17.75	13.50	8.53
		533	482	428	312	418
		Total points	2173			
Paula Kennedy	W55	22.04	7.68	15.57	17.48	8.28
		388	495	319	375	442
		Total points	2019			
Harold Membrey	M70	24.99	7.27	19.41	16.29	10.72
		407	454	325	234	508
		Total points	1928			
Mike Anderson	M75	NT	5.47	15.27	9.20	6.17
		0	358	275	112	282
		Total points	1027			