August 2021 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 – 5 August

100m

Natalia Dronets	W35	15.79
Des Walsh	M65	15.90
Naomi Lagat	W35	16.23
Dayna Lagat	Vis	18.42
Larissa Lagat	Vis	19.49
Kai Langford	Vis	21.10
David Gardiner (walk)	M75	29.40
Dominic Lagat	M35	12.50
Tim Loh	M30	12.74
Bonny Ndungu	M30	12.94
Nick Best	M45	13.36

300m

Oliver Berry	M30	51.50
Sue Coate	W55	54.03
Carmel Meyer	W60	56.89
Dayna Lagat	Vis	60.89
Larissa Lagat	Vis	63.29
Carol Bowman	W65	66.48
Kai Langford	Vis	68.23
David Gardiner (walk)	M75	1:59.87
Dominic Lagat	M35	41.71
Naomi Lagat	W35	52.60

800m

Drew Langford	M40	2:21.96
Dominic Lagat	M35	2:56.86
Naomi Lagat	W35	2:56.97
Dayna Lagat	Vis	3:14.75
Bonny Ndungu	M30	3:15.99
Larissa Lagat	Vis	3:16.83
Kai Langford	Vis	3:36.82
David Gardiner (walk)	M75	5:48.57

1 mile

Drew Langford	M40	5:10.09
Dominic Lagat	M35	5:50.79
David Adams	M40	5:51.64
Bruce McGeorge	M65	9:01.21

1 mile walk

Karyn Tolardo	W55	9:24.24

3000m

David Adams	M40	11:39.19
Janne Wells	W50	17:07.30
Bruce McGeorge	M65	17:37.57
John Dennehy	M60	20:16.49

3000m walk

Karyn Tolardo	W55	18:04.79

Long Jump

Bonny Ndungu	M30	5.38
Oliver Berry	M30	4.59
Dave Wyatt	M70	4.03
Sue Coate	W55	3.98
Natalia Dronets	W35	3.81
Des Walsh	M65	3.26
Suzanne Farcich	W60	2.95
Maureen Keshwar	W65	2.83
Dayna Lagat	Vis	2.83
Larissa Lagat	Vis	2.54
Kai Langford	Vis	2.52

Shot

Ossi Igel	M70	12.16
Sue Coate	W55	9.34
Carmel Meyer	W60	6.30
Andrea Penny	W45	3.77

ECAC – 12 August

60m

Dayna Lagat	Vis	11.1
Kai Langford	Vis	11.4
Larissa Lagat	Vis	11.9
David Gardiner (walk)	M75	16.3
Sue Coate	W55	9.1
Cleo Demonchaux	Vis	9.4
Des Walsh	M65	9.8
Nick Fairweather	M65	10.1
Bob Han-Busi	Vis	9.5
Dave Wilke	Vis	10.4
Kevin Collins	M50	12.3
Bob Schickert	M75	14.8
Tim Loh	M30	7.8
Dominic Lagat	M35	8.0
Aaron Wallis	Vis	8.7
Des Walsh	M65	10.0

200m

Aaron Wallis	Vis	29.8
Sue Coate	W55	30.4
Des Walsh	M65	33.5
David Gardiner (walk)	M75	72.6
Naomi Lagat	W35	33.6
Dayna Lagat	Vis	38.9
Larissa Lagat	Vis	40.9
Kai Langford	Vis	42.6
Cleo Demonchaux	Vis	32.5
Izaek Hossack	Vis	33.4
Steve Hossack	M60	34.0
Bob Han-Busi	Vis	34.7
Dominic Lagat	M35	26.1
Nick Best	M45	26.9
Dave Wilke	Vis	37.3
Nick Fairweather	M65	37.6

600m

Nick Best	M45	1:48.4
Dayna Lagat	Vis	2:20.8
Larissa Lagat	Vis	2:23.4
Kai Langford	Vis	2:35.1
Jackie Halberg	W75	3:20.1
David Gardiner (walk)	M75	4:12.2

1000m

Drew Langford	M40	2:58.7
Dominic Lagat	M35	3:21.3
Andrew Davison	M55	3:22.3
Fiona Leonard	W50	3:36.8
Izaek Hossack	Vis	3:57.6
Steve Hossack	M60	3:59.5
Naomi Lagat	W35	4:00.0
Aaron Wallis	Vis	4:31.6
Colin Smith	M55	5:10.4
David Carr	M85	5:33.7
Bob Schickert	M75	5:54.5

1000m walk

Karyn Tolardo	W55	5:33.7
John McDonagh	M70	6:48.4
Lynne Schickert	W75	8:21.5

3000m

Dominic Lagat	M35	11:53.5
Naomi Lagat	W35	13:34.6
Aaron Wallis	Vis	14:31.2

3000m walk

Karyn Tolardo	W55	18:01.7
John McDonagh	M70	19:58.0
John Dennehy	M60	21:17.0
Lynne Schickert	W75	24:53.0

5000m

Nikki Moylan	Vis	19:35.0
Drew Langford	M40	19:44.0
Bruce McGeorge	M65	29:38.1

High Jump

Hans Venter	M55	1.50	
Dave Wyatt	M70	1.31	**SR**
Dave Wilke	Vis	1.25	
Sue Coate	W55	1.20	
Oliver Berry	M30	1.20	
Gay Wyatt	W65	1.03	

WA Road Walking Championships, Perry Lakes – 15 August

20km walk

Melissa Lewis	W30	1:48:45.29	**SR**
Karyn Tolardo	W55	2:17:49.77	
Wendy Farrow	W50	2:27:07.69	
Victor Munoz	M65	DQ	
Marcela Ruiz	W60	DQ	

ECAC – 19 August

100m

Dayna Lagat	Vis	18.6
Larissa Lagat	Vis	20.2
David Gardiner (walk)	M75	29.6
Dominic Lagat	M35	12.4
Jack Reid	Vis	14.7
Ingrid Wilcock	W40	15.9
Des Walsh	M65	20.2

200m

Dominic Lagat	M35	24.8
Jack Reid	Vis	30.8
Des Walsh	M65	34.7
Nick Fairweather	M65	39.7
David Gardiner (walk)	M75	72.1

800m

Jack Reid	Vis	2:57.3
Naomi Lagat	W35	3:03.3
Michael Byrne	M70	3:04.8
Jackie Halberg	W75	4:35.7

1500m

Mia Colley	Vis	5:24.0
David Adams	M40	5:38.2
Michael Byrne	M70	6:09.2
Naomi Lagat	W35	6:15.6
Dayna Lagat	Vis	6:59.2
Larissa Lagat	Vis	7:08.5
Bruce McGeorge	M65	8:30.5

1500m walk

John McDonagh	M70	10:22.9

3000m

Dominic Lagat	M35	11:41.9
David Adams	M40	11:54.5
Naomi Lagat	W35	14:38.4

Long Jump

Sue Coate	W55	4.12	**SR=**
Ingrid Wilcock	W40	3.89	
Donna Abbey	W45	3.76	
Maureen Keshwar	W65	2.61	

ECAC – 26 August

100m

Bob Han-Busi	Vis	16.6
Jason Kell	M45	18.7
Dayna Lagat	Vis	18.8
Larissa Lagat	Vis	19.9
Des Walsh	M65	17.4
Harold Membrey	M70	17.5
Nick Fairweather	M65	18.2
Natalia Dronets	W35	16.1
Ingrid Wilcock	W40	16.7
Jacqui O'Neill	W40	20.1

200m

Dominic Lagat	M35	27.2
Bob Han-Busi	Vis	37.9
Harold Membrey	M70	38.3
Dayna Lagat	Vis	41.4
Larissa Lagat	Vis	45.6
Jack Reid	Vis	30.2
Des Walsh	M65	32.7
Ingrid Wilcock	W40	33.0
Natalia Dronets	W35	34.5
Jacqui O'Neill	W40	39.7

400m

Dominic Lagat	M35	55.7
Jack Reid	Vis	67.8
Naomi Lagat	W35	75.1
Jason Kell	M45	84.2
Dayna Lagat	Vis	1:33.0
Larissa Lagat	Vis	1:34.2
Jackie Halberg	W75	1:56.6
David Gardiner (walk)	M75	2:55.5

1000m

Dominic Lagat	M35	3:20.9
David Adams	M40	3:39.7
Naomi Lagat	W35	4:03.8
David Carr	M85	5:23.7

1000m walk

David Gardiner	M75	7:15.1

3000m

Naomi Lagat	W35	13:44.2

5000m

Roberto Busi	M45	18:24.8
David Adams	M40	20:41.8
Jason Kell	M45	24:53.2
Bruce McGeorge	M65	28:50.3

High Jump

Dominic Lagat	M35	1.40
Dave Wyatt	M70	1.25
Julia Maloney	Vis	1.25
Sue Coate	W55	1.20
Gay Wyatt	W65	1.03

Shot

Harold Membrey	M70	7.93
Des Walsh	M65	7.24
Jacqui O'Neill	W40	7.03
Jack Reid	Vis	5.82
Ingrid Wilcock	W40	5.44

Bibra Lake Marathon – 29 August

Chris Gould	M45	2:41:18
Paul Rowland	M45	2:53:19
Keith Miller	M70	4:16:14
Helen Lumsden	W45	4:47:54
Ben Ridsdale	M50	5:05:07
Heike Motzek	W55	5:42:16