January 2026 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

Bunbury – 3 January

Heavy weight pentathlon

			4kg	12lb	16lb (WT)	20lb	25lb
Jo Peters	M70		19.90	17.75	14.55	13.72	10.43
			733	754	731	818	711
		Total points	3747				
			4kg	**12lb**	**16lb (WT)**	**20lb**	**25lb**
Harold Membrey	M70		13.87	12.13	10.55	9.01	7.19
			483	482	498	492	443
		Total points	2398				
			2kg	**3kg**	**4kg (WT)**	**12lb**	**16lb (SWT)**
Ruth Johnson	W80		10.21	7.90	6.55	5.40	4.21
			534	455	437	436	406
		Total points	2268				
			3kg	**4kg**	**12lb (WT)**	**16lb**	**20lb (SWT)**
Sharon Moloney	W60		11.95	9.62	8.10	6.34	5.71
			445	396	391	357	396
		Total points	1985				
			4kg	**12lb**	**16lb (WT)**	**20lb**	**25lb**
Mike Anderson	M75		8.23	6.66	5.90	4.92	4.44
			287	255	265	247	265
		Total points	1319				

Bunbury – 6 January

60m

Tyne Timmers	M45	8.4
Harold Membrey	M70	10.9
Brian Waldhuter	M85	13.1
Ruth Johnson	W80	14.0
Luella Jenkins	W80	16.6

400m hurdles

Tyne Timmers	M45	67.6

3000m

Tyne Timmers	M45	12:24

Shot

Jo Peters	M70	11.17
Tyne Timmers	M45	9.05
Garry Hastie	M60	8.68
Harold Membrey	M70	7.48
Brian Waldhuter	M85	6.40
Sharon Moloney	W60	6.28
Ruth Johnson	W80	4.91
Luella Jenkins	W80	4.45

WAAS – 6 January

60m

Dylan Panizza	M35	7.3
Minh Le	M50	8.7
Dave Wilkie	M65	9.8
Sandy Braiuka	Vis	9.9
Catherine Zhoya	W60	10.5
John Dennehy	M65	10.8
Andrea Penny	W50	11.2

100m

Minh Le	M50	13.9
David Adams	M45	15.0
Dave Wilkie	M65	15.8
John Dennehy	M65	17.0
Andrea Penny	W50	18.5

1000m

Minh Le	M50	3:45.2
David Adams	M45	3:48.6
Clare Wardle	W50	3:50.7
Steve Lewsen	M55	3:50.9
Richard Harris	M65	3:53.1
Glenn Rogers	M60	3:58.8
Mark Dawson	M60	4:08.4
Isabella Tolardo	Vis	4:11.5
Sandy Braiuka	Vis	5:31.2

1000m walk

Karyn Tolardo	W60	7:10.4
Glenys Duncan	W85	9:33.3

5000m

Clare Wardle	W50	20:41.2
Glenn Rogers	M60	20:53.4
Minh Le	M50	22:00.4
David Adams	M45	23:55.5
Isabella Tolardo	Vis	25:06.0

3000m

Mark Dawson	M60	15:36.3

ECAC – 8 January

200m

Heat 1

Mark Harper	M50	25.43
Dawson Miller	M60	31.16
David Adams	M45	33.06
Sandy Braiuka	Vis	36.62

Heat 2

Maddison Tamblin	Vis	37.17
Carol Bowman	W70	39.88
Neve Tamblin	Vis	40.29
Terri Carr	W65	49.22

80m hurdles

Tammi Doyle	W50	17.50

100m hurdles

Dave Wilkie	M65	22.46

1500m

Teena Tamblin	W35	5:31.44
Andy Roach	M50	5:40.17
Fiona Leonard	W55	5:46.34
Xinhuan Yan	M50	6:08.52
Sue Coate	W55	6:23.96
Andy Abbey	M55	6:35.78
Tegan Durbridge	W35	7:38.02
Fiona van Heerwaarden	W45	7:58.71
Janne Wells	W55	9:06.00
Silke Peglow	W55	9:23.24

1500m walk

Lynne Schickert	W80	13:57.00

5000m

Scott Tamblin	M45	17:08.30
Teena Tamblin	W35	21:57.00
David Adams	M45	22:58.91
Xinhuan Yan	M50	24:00.56
Tegan Durbridge	W35	25:16.75
Andy Abbey	M55	25:19.56
Silke Peglow	W55	31:46.60

3000m

Andy Roach	M50	12:36.57
Janne Wells	W55	19:35.80
Bob Schickert	M80	24:44.29

3000m walk

Fiona van Heerwaarden	W45	19:38.52

Long Jump

Malachi MacKay	M45	4.66
Dave Wyatt	M70	3.79
Dave Wilkie	M65	3.73
Tammi Doyle	W50	3.57
Lisa Limonas	W55	3.56
Sandy Braiuka	Vis	3.22
Gay Wyatt	W70	2.89
Carol Bowman	W70	2.43

Triple Jump

Lisa Limonas	W55	6.88
Gay Wyatt	W70	6.38
Dawson Miller	M60	6.36

Shot

Sue Coate	W55	9.97
Sandy Braiuka	Vis	8.65
Malachi MacKay	M45	7.96
Tammi Doyle	W50	7.56
Dave Wilkie	M65	7.49
Lyn Arnott	W75	6.46
Christina Faithfull	W75	6.36
Terri Carr	W65	5.55
Brian Hewitt	M70	5.46
Andrea Penny	W50	4.99
Christine MacKay	W80	3.43

Hammer

Sandy Braiuka	Vis	21.77
Christina Faithfull	W75	18.56
Andrea Penny	W50	17.02
Terri Carr	W65	15.44
Tammi Doyle	W50	14.2

Strive, WAAS – 9 January

100m

Kyle Ennis	M30	10.67	-0.3
Ciarain Hoey	M30	12.50	+0.4
Melissa Foster	W45	13.38	-0.7
Ella Pardy	W35	13.49	+0.7
Joe-Anne Dannenberg	W50	14.44	+0.3
Michelle Davies	W40	14.45	+0.3
John Dennehy	M65	17.22	+0.4

400m

Frankie Vargacz	M60	65.88

1500m

Mark Maslen	M45	4:37.59

WAAS – 13 January

100m

Henry Salazar	M30	13.1
Minh Le	M50	14.0
John Dennehy	M65	16.9

200m

Jane Brownlee	W30	28.2
Minh Le	M50	29.8
David Adams	M45	32.1
John Dennehy	M65	35.3

1500m

Isabella Tolardo	Vis	6:20.9
Mark Dawson	M60	6:38.7
Janne Wells	W55	8:49.5
Silke Peglow	W55	9:09.9

3000m

David Adams	M45	12:47.9
Richard Harris	M65	12:48.5
Mark Dawson	M60	14:47.9
Isabella Tolardo	Vis	14:49.8
Janne Wells	W55	19:09.8
Silke Peglow	W55	19:44.2
Wendy Jones	W60	23:00.2

3000m walk

Karyn Tolardo	W60	20:11.6
Wendy Farrow	W55	21:18.8
Judy Saunders	W75	24:45.7

Bunbury – 13 January

100m

Tyne Timmers	M45	13.3
Michael Byrne	M70	17.0
Harold Membrey	M70	18.0
Brian Waldhuter	M85	22.6
Ruth Johnson	W80	24.6

800m

Tyne Timmers	M45	2:14.1
Michael Byrne	M70	3:09.3
Garry Hastie	M60	4:25.5
Ruth Johnson	W80	5:15.7
Brian Waldhuter	M85	6:01.4

High Jump

Brian Waldhuter	M85	1.10
Michael Byrne	M70	1.10
Ruth Johnson	W80	0.85

Javelin

Tyne Timmers	M45	32.70
Garry Hastie	M60	32.02
Jo Peters	M70	31.85
Harold Membrey	M70	16.13
Brian Waldhuter	M85	12.96
Sharon Moloney	W60	12.05
Ruth Johnson	W80	9.49

ECAC – 15 January

60m

Heat 1

Raiden Chang	Vis	7.73
Bonny Kamau	Vis	7.74
Matt Walker	M40	8.11
Simon Martin	M45	8.40
Max Vooght Cranks	Vis	8.58
Travis Willcox	M40	8.62
Malachi MacKay	M45	8.89
Dawson Miller	M60	8.96
Marlik Omondi	Vis	9.01

Heat 2

Jenn Parker	W55	9.54
Catherine Manners	Vis	9.67
Kathy Lawson	W55	10.22
Lisa Limonas	W55	10.45
Catherine Zhoya	W60	10.94
Bruce McGeorge	M70	12.11
Anthony Misson	Vis	15.93
Lynne Schickert	W80	19.43
Christine MacKay	W80	38.56

Discus

Andrew Ward	M60	38.50
Dave Wilkie	M65	25.29
Sue Coate	W55	24.59
Sandy Braiuka	W55	22.68
Bruce McGeorge	M70	18.40
Mike Anderson	M75	15.83

100m

Heat 1

Sue Coate	W55	15.33
Kathy Lawson	W55	16.76
Lisa Limonas	W55	16.96
Bruce McGeorge	M70	23.42
Anthony Misson	Vis	25.47
Christine MacKay	W80	63.95

Heat 2

Bonny Kamau	Vis	12.49
Matt Walker	M40	12.90
Simon Martin	M45	13.47
Marlik Omondi	Vis	13.89
Travis Willcox	M40	13.95
Malachi MacKay	M45	13.98
Dawson Miller	M60	14.26
Jenn Parker	W55	15.15
Catherine Manners	Vis	15.19

400m

Alan Stabler	M50	70.20
Andy Roach	M50	70.33
John Fisher	M65	70.93
David Adams	M45	77.66
Xinhuan Yan	M50	78.29
Andy Abbey	M55	82.62
Isabella Tolardo	Vis	82.76
Catherine Zhoya	W60	1:51.27

3000m

Alan Stabler	M50	11:29.06
Andy Roach	M50	13:01.98
David Adams	M45	13:31.69
Xinhuan Yan	M50	13:41.75
Andy Abbey	M55	14:18.08
Isabella Tolardo	Vis	14:36.90
John Fisher	M65	16:05.41
Robin King	W65	16:09.89
Jack Lax	Vis	18:04.85
Wendy Jones	W60	23:15.51
Bob Schickert	M80	24:49.40

3000m walk

Karyn Tolardo	W60	21:00.11

2000m steeplechase

Sue Coate	W55	9:30.67
Xinhuan Yan	M50	9:44.01
Owen Renting	Vis	10:37.65
Isabella Tolardo	Vis	10:56.81
David Adams	M45	11:44.60
George Renting	Vis	11:50.02
Silke Peglow	W55	12:58.85
Janne Wells	W55	13:24.40
David Gardiner	M80	18:46.76

High Jump

Mariette Botha	W40	1.45
Dave Wilkie	M65	1.35
Malachi MacKay	M45	1.30
Jenn Parker	W55	1.30
Sue Coate	W55	1.20
Dave Wyatt	M70	1.20
Lisa Limonas	W55	1.15
Gay Wyatt	W70	1.04
Lynne Schickert	W80	0.83
Carol Bowman	W70	0.83

Weight

Andrew Ward	M60	12.13
Jenn Parker	W55	9.98
Sandy Braiuka	W55	8.13
Malachi MacKay	M45	5.45
Christine MacKay	W80	2.78

Super Weight

Mike Anderson	M75	3.38

Strive, WAAS – 16 January

100m

Kyle Ennis	M30	10.62	+0.9
Dylan Panizza	M35	11.46	+2.5
Melissa Foster	W45	13.27	+1.4
Michelle Davies	W40	14.40	+1.6
John Dennehy	M65	17.15	+2.1

200m

Kyle Ennis	M30	21.32	+2.8
Mark Harper	M50	24.29	+1.4
Joe-Anne Dannenberg	W50	29.91	+2.7
John Dennehy	M65	35.58	+2.3

800m

Mark Maslen	M45	2:14.38
Xander van Rijen	M55	2:27.89

3000m

Tom Shenton	M30	9:48.09

Pole Vault

Malachi MacKay	M45	2.50
Geoff Brayshaw	M75	2.35
Sue Coate	W55	2.35
Phil Smyth	M75	2.25
Dave Wilkie	M65	2.05

Long Jump

Melissa Foster	W45	5.34	+1.8
Malachi MacKay	M45	4.61	+1.2

Javelin

Sue Coate	W55	27.43

Bunbury – 17 January

Throws pentathlon

			Hammer	Shot	Discus	Javelin	Weight
Jo Peters	M70		41.76	11.56	41.54	34.66	14.57
			760	793	845	647	732
		Total points	3777				
Jenn Parker	W55		30.90	9.48	30.53	19.72	9.90
			588	641	726	434	548
		Total points	2937				
Sue Coate	W55		23.65	9.68	24.95	26.36	9.33
			424	658	570	612	511
		Total points	2775				
Ruth Johnson	W85		19.40	5.15	10.01	9.53	6.80
			637	557	404	408	558
		Total points	2564				
Bev Hamilton	W80		19.52	6.31	15.75	9.67	7.58
			523	595	574	341	523
		Total points	2556				

Luella Jenkins	W80		16.35	5.09	11.64	10.07	8.47
			420	456	397	359	597
		Total points	2229				
Garry Hastie	M60		23.90	8.94	24.12	32.35	10.26
			343	543	334	504	470
		Total points	2194				
Michelle Krokosz	W40		22.78	8.71	28.86	24.15	7.98
			333	511	481	425	363
		Total points	2113				
Brian Waldhuter	M85		16.38	6.04	16.15	11.59	7.89
			335	453	436	235	424
		Total points	1883				
Sharon Moloney	W60		19.48	6.46	15.52	11.74	7.92
			381	447	362	260	381
		Total points	1831				
Andrea Penny	W50		16.18	4.97	9.12	9.49	5.96
			225	248	134	142	259
		Total points	1008				

AW Country Championships, Albany – 16-18 January

100m

Tyne Timmers	M45	13.15

200m

Tyne Timmers	M45	27.01

400m

Tyne Timmers	M45	59.38

800m

Tyne Timmers	M45	2:15.20
Balinga Pasco	M35	2:24.44

1500m

Balinga Pasco	M35	4:45.28

Long Jump

Tyne Timmers	M45	4.80

Javelin

Tyne Timmers	M45	34.49

WAAS – 20 January

60m

Travis Willcox	M40	7.8
Jannie Baard	M55	8.2
Juliana Kelly	W60	9.7
Catherine Zhoya	W60	9.9

200m

Jannie Baard	M55	26.9
Travis Willcox	M40	29.7
John Dennehy	M65	35.2
Juliana Kelly	W60	35.2
Glenys Duncan (walk)	W85	1:41.0

3000m

Mark Dawson	M60	15:14.4
Wendy Jones	W60	23:20.3

400m

Jane Brownlee	W30	65.6
Travis Willcox	M40	66.7
Mark Dawson	M60	83.9
Glenys Duncan (walk)	W85	3:40.6

5000m

Glenn Rogers	M60	19:53.6
Clare Wardle	W50	20:48.3
Andrew Brooker	M55	21:03.4
Isabella Tolardo	Vis	25:00.9

Bunbury – 20 January

200m

Michael Byrne	M70	32.0
Harold Membrey	M70	38.0
Ruth Johnson	W85	47.9

1500m

Michael Byrne	M70	6:30.4

Triple Jump

Ruth Johnson	W85	5.24
Luella Jenkins	W80	4.12

Discus

Jo Peters	M70	36.78
Garry Hastie	M60	26.17
Harold Membrey	M70	18.48
Sharon Moloney	W60	15.14
Luella Jenkins	W80	13.55
Ruth Johnson	W85	10.71

100m

Heat 1

Mark Harper	M50	12.19
Matt Walker	M40	13.15
Alex Walker	Vis	13.77
Dawson Miller	M60	14.34
Campbell Till	M65	14.53
Sue Coate	W55	15.20

Heat 2

Deanna Drabsch	W35	14.17
Dave Wilkie	M65	16.20
Kathy Lawson	W55	16.71
Geoff Brayshaw	M75	17.32
Max Tuia	Vis	17.54
Caius Tuia	Vis	19.05

Heat 3

Mia Drabsch	Vis	17.13
Maureen Keshwar	W70	18.47
Andrea Penny	W50	19.01
Cobey Drabsch	Vis	20.27
Anastasia Tuia	Vis	22.29
Archie Drabsch	Vis	23.30

Heat 4

Anthony Misson	Vis	24.80
Christine MacKay	W80	59.33

200m

Heat 1

Mark Harper	M50	25.17
Matt Walker	M40	27.36
Campbell Till	M65	28.66
Frankie Vargacz	M60	30.06
Dawson Miller	M60	30.32
Jenn Parker	W55	30.77

Heat 2

Malachi MacKay	M45	29.47
David Adams	M45	33.60
Dave Wilkie	M65	34.92
Carol Bowman	W70	39.26
Maureen Keshwar	W70	42.03
Terri Carr	W65	48.08

Heat 3

Mia Drabsch	Vis	36.79
Max Tuia	Vis	36.87
Caius Tuia	Vis	41.48
Cobey Drabsch	Vis	42.12
Anastasia Tuia	Vis	56.18

1500m

Aleksa Radosevic	Vis	5:16.17
Jovan Radosevic	Vis	5:23.21
Andy Roach	M50	5:40.92
Xinhuan Yan	M50	6:05.15
Andy Abbey	M55	6:07.00
John Fisher	M65	6:39.35
Isabella Tolardo	Vis	6:50.39
Brian Hewitt	M70	8:07.41

1500m walk

Karyn Tolardo	W60	9:49.68

3000m

Cobey Drabsch	Vis	14:32.03

5000m

Nikola Radosevic	Vis	17:59.29
David Adams	M45	21:50.36
Andy Roach	M50	22:52.27
Xinhuan Yan	M50	25:53.25
Isabella Tolardo	Vis	26:35.57
Andy Abbey	M55	26:38.44
Silke Peglow	W55	32:57.76

5000m walk

Karyn Tolardo	W60	34:36.78

Long Jump

Jenn Parker	W55	4.45
Malachi MacKay	M45	4.37
Sue Coate	W55	4.19
Deanna Drabsch	W35	3.83
Dave Wilkie	M65	3.64
Dave Wyatt	M70	3.54
Mia Drabsch	Vis	3.42
Geoff Brayshaw	M75	3.34
Lyn Arnott	W75	2.49
Carol Bowman	W70	2.29

Triple Jump

Geoff Brayshaw	M75	7.56
Sandy Braiuka	W55	6.23

Javelin

Mark Theseira	Vis	32.99
Sue Coate	W55	29.21
Mark Matcham	M55	29.08
Jerome Conway-Mortimer	M50	24.85
Geoff Brayshaw	M75	24.24
Melissa Foster	W45	24.05
Sandy Braiuka	W55	22.48
Jenn Parker	W55	20.89
Xinhuan Yan	M50	18.55
Brian Hewitt	M70	15.76
Maureen Keshwar	W70	14.54
Andrea Penny	W50	11.15
Lyn Arnott	W75	9.79
Terri Carr	W65	8.34
Christine MacKay	W80	4.21

Shot

Sue Coate	W55	9.89
Jenn Parker	W55	9.62
Sandy Braiuka	W55	8.75
Melissa Foster	W45	8.71
Jerome Conway-Mortimer	M50	8.69
Malachi MacKay	M45	8.35
Mark Matcham	M55	8.06
Mark Theseira	Vis	7.85
Geoff Brayshaw	M75	7.38
Dave Wilkie	M65	7.34
Maureen Keshwar	W70	6.87
Lyn Arnott	W75	6.34
Terri Carr	W65	5.91
Andrea Penny	W50	5.21
Carol Bowman	W70	4.62
Christine MacKay	W80	3.36

Strive, WAAS – 24 January

100m

Ciarain Hoey	M30	12.14	+4.0
Tyne Timmers	M45	12.89	+4.0
David Statham	M55	12.90	+1.9
Joe-Anne Dannenberg	W50	13.98	+3.9
Michelle Davies	W40	14.15	+1.4
John Dennehy	M65	16.83	+1.1
Alan Deans	M75	21.98	+1.1

400m

Matthew Konsolis	M35	51.99
Tyne Timmers	M45	58.38
Jannie Baard	M55	61.43
Frankie Vargacz	M60	65.23

1500m

Tom Collings	M40	4:40.82

Pole Vault

Amanda Bisk	W35	3.75

Triple Jump

Melissa Foster	W45	11.00	+2.1

High Jump

Mariette Botha	W40	1.45

Hammer

Ben Botha	M45	27.27

Bunbury – 24 January

Outdoor Pentathlon – men

			Long Jump	Javelin	200m	DIscus	1500m
Brian Waldhuter	M85		2.84	10.73	49.3	15.95	11:59.7
			559	209	106	429	39
		Total points	1342				

Long Jump

Ruth Johnson	W85	2.26
Luella Jenkins	W80	1.66

Javelin

Garry Hastie	M60	31.80
Harold Membrey	M70	15.66
Sharon Moloney	W60	12.42
Ruth Johnson	W85	9.14
Luella Jenkins	W80	8.80

200m

Harold Membrey	M70	39.2
Ruth Johnson	W85	51.6

Discus

Garry Hastie	M60	26.48
Harold Membrey	M70	19.59
Sharon Moloney	W60	14.33
Luella Jenkins	W80	13.31
Ruth Johnson	W85	10.45

1500m walk

Garry Hastie	M60	11:43.9
Harold Membrey	M70	11:59.9

Bunbury – 27 January

110m hurdles

Tyne Timmers	M45	22.2

400m

Tyne Timmers	M45	59.3
Michael Byrne	M70	74.4
Harold Membrey	M70	1:54.8

Long Jump

Tyne Timmers	M45	4.65
Ruth Johnson	W85	2.04
Luella Jenkins	W80	2.02

Hammer

Jo Peters	M70	40.96
Garry Hastie	M60	24.72
Harold Membrey	M70	24.66
Sharon Moloney	W60	19.60
Ruth Johnson	W85	17.72
Luella Jenkins	W80	17.18

WAAS – 27 January

60m

Heat 1

Gin Ang	Vis	8.3
Travis Willcox	M40	8.5

Heat 2

Dave Wilkie	M65	9.8
Juliana Kelly	W60	10.1
John Dennehy	M65	10.8

100m

Heat 1

Travis Willcox	M40	13.3
Gin Ang	Vis	13.4
David Adams	M45	16.5

Heat 2

Juliana Kelly	W60	16.5
John Dennehy	M65	17.5
Mike Anderson	M75	24.9

800m

Jannie Baard	M55	2:36.1
Glenn Rogers	M60	2:55.1
Travis Willcox	M40	2:58.6
Richard Harris	M65	3:00.3
Rob Cattrall	M65	3:09.3
Mark Dawson	M60	3:28.7
Dave Wilkie	M65	3:45.8

5000m

Glenn Rogers	M60	19:48.1
Clare Wardle	W50	20:12.9
David Adams	M45	21:13.0
Isabella Tolardo	Vis	23:47.8

5000m walk

Karyn Tolardo	W60	33:25.9

3000m

Richard Harris	M65	13:18.2
Rob Cattrall	M65	13:45.2
Mark Dawson	M60	16:38.1
Wendy Jones	W60	23:03.3

3000m walk

Wendy Farrow	W55	21:29.3
Glenys Duncan	W85	29:20.2

ECAC – 29 January

60m

Heat 1

Mark Harper	M50	7.59
Matt Walker	M40	7.94
Nicholas Collis	Vis	8.34
Jannie Baard	M55	8.45
Dawson Miller	M60	8.62
Malachi MacKay	M45	8.74
David Adams	M45	9.53
Catherine Manners	Vis	9.53
Tammi Doyle	W50	9.69

Heat 2

Jenn Parker	W55	9.26
Lisa Limonas	W55	10.10
Sandy Braiuka	W55	10.28
Catherine Zhoya	W60	10.70
Carol Bowman	W70	11.81
John Dennehy	M65	13.11
Bob Schickert	M80	14.00
Anthony Misson	Vis	16.09
Lynne Schickert	W80	19.26
Christine MacKay	W80	30.95

100m

Heat 1

Mark Harper	M50	12.19
Bonny Ndungu	M35	12.40
Matt Walker	M40	12.83
Jannie Baard	M55	13.83
Catherine Manners	Vis	15.51
Dawson Miller	M60	23.01

Heat 2

Malachi MacKay	M45	14.04
Fujiko MacKay	Vis	17.42
John Dennehy	M65	17.84
Andrea Penny	W50	19.05
Mercurio Cicchini	M75	19.26
Carol Bowman	W70	19.28
Anthony Misson	Vis	25.50
Christine MacKay	W80	55.28

300m hurdles

Dave Wilkie	M65	63.31

1 mile

Andy Roach	M50	6:02.13	
Fiona Leonard	W55	6:03.36	**SR**
Xinhuan Yan	M50	6:48.01	
Isabella Tolardo	Vis	7:36.97	
Fiona van Heerwaarden	W45	8:27.61	
Julie Wilson	W70	9:14.05	

1 mile walk

Karyn Tolardo	W60	11:21.86
Tom Lenane	M65	11:38.16

3000m

Olivia Tuck	W35	12:22.64
David Adams	M45	12:38.22
Andy Roach	M50	13:43.00
Xinhuan Yan	M50	14:02.78
Isabella Tolardo	Vis	15:03.63
Brian Hewitt	M70	18:19.57
Wendy Jones	W60	22:58.30
Bob Schickert	M80	24:35.56

3000m walk

Fiona van Heerwaarden	W45	19:08.52
Karyn Tolardo	W60	19:46.28
Julie Wilson	W70	21:49.25

High Jump

Mariette Botha	W40	1.45
Jenn Parker	W55	1.30
Malachi MacKay	M45	1.30
Dave Wilkie	M65	1.30
Dave Wyatt	M70	1.20
Lisa Limonas	W55	1.13
Tammi Doyle	W50	1.10
David Adams	M45	1.04
Carol Bowman	W70	0.92
Lynne Schickert	W80	0.83

Discus

Andrew Ward	M60	35.69
Jenn Parker	W55	28.53
Jerome Conway-Mortimer	M50	27.46
Ben Botha	M45	27.33
Mark Theseira	Vis	25.13
Malachi MacKay	M45	24.13
Sandy Braiuka	W55	23.39
Tammi Doyle	W50	19.26
Christine MacKay	W80	7.08

Hammer

Fujiko MacKay	Vis	38.11
Jenn Parker	W55	31.90
Ben Botha	M45	29.18
Andrew Ward	M60	27.87
Sandy Braiuka	W55	23.11
Tammi Doyle	W50	17.02
Andrea Penny	W50	15.99

Strive, WAAS – 31 January

60m (WA Open State Championships)

Kyle Ennis (prelim)	M30	6.96	+0.2
Kyle Ennis (final)	M30	7.07	-1.9
Adrian McKenzie	M50	7.56	-0.4
Dylan Panizza	M35	7.58	+0.0
Melissa Foster	W45	8.48	-1.3
Michelle Davies	W40	8.80	-1.3
Joe-Anne Dannenberg	W50	8.99	-1.3

200m

Mark Harper	M50	24.62	-0.6
Ciarain Hoey	M30	25.00	+0.3
Jannie Baard	M55	27.56	+0.3
Malachi MacKay	M45	28.02	-0.7
Joe-Anne Dannenberg	W50	30.36	-1.2
John Dennehy	M65	35.81	-0.3

800m

Sam Burke	M40	2:06.03
Ciarain Hoey	M30	2:17.64
Kimberly Young	W30	2:31.37
Frankie Vargacz	M60	2:33.24

Pole Vault

Amanda Bisk	W35	3.60	

Long Jump

Melissa Foster	W45	5.19	+0.0

Discus

Malachi MacKay	M45	23.50

Shot

Malachi MacKay	M45	7.89

Javelin

Melissa Foster	W45	22.15

Bunbury – 31 January

100m

Tyne Timmers	M45	14.1
Harold Membrey	M70	18.1

800m

Tyne Timmers	M45	2:17.0

Long Jump

Tyne Timmers	M45	4.58

Shot

Tyne Timmers	M45	9.03
Garry Hastie	M60	8.57

Javelin

Garry Hastie	M60	34.58
Tyne Timmers	M45	28.95