

May 2025 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 – 1 May

100m

Matthew Konsolis	M35	12.00
Matt Walker	M40	12.62
Matthew Wong	Vis	13.05
Malachi MacKay	M40	14.08
Janelle Konsolis	Vis	14.99
Jenn Parker	W55	15.10
Des Walsh	M70	15.66
Sue Coate	W55	16.28
Brian Hewitt	M70	18.68
Jackie Halberg	W75	26.15

200m

Matt Walker	M40	26.81
Jenn Parker	W55	32.27
Des Walsh	M70	33.61
Sue Coate	W55	33.61

400m

Frankie Vargacz	M60	63.39
Mark Harper	VMA	85.73
Melissa Foster	W45	85.94
Dave Solomon	M60	85.99
Barbara Blurton	W75	86.15 SR
Brian Hewitt	M70	1:33.19

800m

Malachi MacKay	M40	2:45.24
Andy Roach	M50	2:46.26
David Adams	M45	3:08.13
Brian Hewitt	M70	3:45.26
Isolde Tietz	W70	4:29.87

5000m

David Adams	M45	28:47.78
Peter Tietz	M70	31:54.71

3000m

Andy Roach	M50	13:34.18
Dave Solomon	M60	16:07.05
Bruce McGeorge	M70	21:01.67

ECAC – 8 May

100m

Matt Walker	M40	12.65
Nkosi Ndlovu	M40	13.09
Kevin Collins	M55	25.14
Jackie Halberg	W75	28.15

300m

Nkosi Ndlovu	M40	43.88
Frankie Vargacz	M60	44.99
Malachi MacKay	M40	51.07

600m

Malachi MacKay	M40	1:57.89
David Adams	M45	2:22.12
Brian Hewitt	M70	2:26.18
Carol Bowman	W70	2:34.07
Fiona van Heerwaarden	W45	2:53.44

1500m

Andy Roach	M50	5:57.53
Paul Scott	M65	6:40.13
David Adams	M45	6:55.68
Zoe Maslen	Vis	7:19.21
Brian Hewitt	M70	7:23.59
Fiona van Heerwaarden	W45	7:55.86
Isolde Tietz	W70	8:58.58
Peter Tietz	M70	9:02.82

3000m

Mark Maslen	M45	11:36.34
Andy Roach	M50	13:11.11
Malachi MacKay	M40	13:32.56
Paul Scott	M65	14:05.72
David Adams	M45	15:31.73
Peter Tietz	M70	18:54.96
Isolde Tietz	W70	19:02.72

3000m walk

Fiona van Heerwaarden	W45	19:14.58
-----------------------	-----	----------

ECAC – 15 May

60m

Heat 1		
Matt Walker	M40	8.15
David Adams	M45	10.15
Bruce McGeorge	M70	12.98

Heat 2

Mark Howard	M55	10.31
Des Walsh	M70	10.52
Bob Schickert	M80	13.35
Terri Carr	W65	13.51
Jackie Halberg	W75	16.95

200m

Matthew Konsolis	M35	24.47
Matt Walker	M40	27.47
Janelle Konsolis	Vis	30.90
Des Walsh	M70	49.24
Bruce McGeorge	M70	49.57
Bob Schickert	M80	51.02
Terri Carr	W65	56.60

400m

Jovan Radosevic	Vis	69.97
Larissa Lagat	Vis	81.12
Naomi Lagat	W40	85.11
Brian Hewitt	M70	89.82

3000m

Dominic Lagat	M40	10:35.07
Malachi MacKay	M40	13:22.81
Dayna Lagat	Vis	14:21.15
Naomi Lagat	W40	14:40.59
Mike Meredith	M60	15:33.74

1000m

Dominic Lagat	M40	2:50.49
Nikola Radosevic	Vis	3:30.62
Aleksa Radosevic	Vis	3:15.42
Malachi MacKay	M40	3:24.66
Dayna Lagat	Vis	3:26.11
Larissa Lagat	Vis	3:41.36
Andy Roach	M50	3:43.40
Naomi Lagat	W40	3:45.22
Jovan Radosevic	Vis	3:50.81
David Adams	M45	4:15.03
Paul Scott	M65	4:20.14
Brian Hewitt	M70	4:27.67
Mike Meredith	M60	5:02.51
Fiona van Heerwaarden	W45	5:04.64
Isolde Tietz	W70	5:43.63
Peter Tietz	M70	6:03.13

1000m walk

Lynne Schickert	W80	9:28.67
-----------------	-----	---------

5000m

Riley Kerr	Vis	18:06.76
Andy Roach	M50	22:51.88
Paul Scott	M65	23:24.20
David Adams	M45	24:42.39
James Kerr	M45	25:28.29
Peter Tietz	M70	31:55.22
Isolde Tietz	W70	32:27.36
Bruce McGeorge	M70	36:46.67

5000m walk

Fiona van Heerwaarden	W45	32:50.47
-----------------------	-----	----------

AW Road Walks, Perry Lakes – 17 May

5km

Marcela Ruiz	W60	38:21.88
Glenys Duncan	W85	51:57.31

10km

Andrew Duncan	M60	1:01:28.42
---------------	-----	------------

ECAC – 22 May

100m

Heat 1		
Matthew Konsolis	M35	11.9
Nkosi Ndlovu	M40	12.2
Matt Walker	M40	12.8
Janelle Konsolis	Vis	14.5

Heat 2

Larissa Lagat	Vis	16.5
Des Walsh	M70	16.8
Bruce McGeorge	M70	20.7
Terri Carr	W65	21.8
Bob Schickert	M80	24.4

200m

Heat 1		
Matthew Konsolis	M35	24.1
Nkosi Ndlovu	M40	25.7
Janelle Konsolis	Vis	30.6
Matt Walker	M40	38.7

Heat 2

Dayna Lagat	Vis	30.2
Larissa Lagat	Vis	36.2
Des Walsh	M70	44.3
Terri Carr	W65	55.7

800m

Dominic Lagat	M40	2:13.1
Frankie Vargacz	M60	2:36.1
David Adams	M45	3:11.9
Brian Hewitt	M70	3:21.2

1500m

Dominic Lagat	M40	4:39.5
Malachi MacKay	M45	5:23.7
Dayna Lagat	Vis	5:32.4
Larissa Lagat	Vis	5:48.0
Andy Roach	M50	5:49.8
David Adams	M45	6:29.2
Brian Hewitt	M70	7:24.0

1500m walk

Lynne Schickert	W80	14:32.1
-----------------	-----	---------

3000m

Dominic Lagat	M40	10:46.9
Malachi MacKay	M45	12:50.5
Andy Roach	M50	13:27.7
Dayna Lagat	Vis	14:11.8
David Adams	M45	14:39.2
Mike Meredith	M60	15:53.2
Bruce McGeorge	M70	20:15.4

Bunbury – 24 May

Throws pentathlon

		Hammer	Shot	Discus	Javelin	Weight
Jo Peters	M70	43.26	12.33	40.25	26.56	16.05
		792	856	814	462	819
	Total points	3743				
John Fettus	M50	43.30	13.05	38.55	27.89	16.68
		658	794	641	360	829
	Total points	3282				
Michelle Krokosz	W40	21.44	8.45	27.42	23.01	8.65
		307	492	451	401	401
	Total points	2052				
Sharon Moloney	W60	21.79	6.16	16.35	11.75	8.04
		438	421	387	261	388
	Total points	1895				
Harold Membrey	M70	23.78	7.16	16.36	14.67	10.34
		382	445	257	200	486
	Total points	1770				
Phil Fenn	M40	20.12	7.12	20.55	21.00	7.32
		234	362	290	210	330
	Total points	1426				

Discus

Mike Anderson M75 14.09

Hammer

Ruth Johnson W80 19.16

Shot

Mike Anderson M75 5.44

Ruth Johnson W80 5.02

Weight

Mike Anderson M75 5.70

100lb weight

Phil Fenn M40 3.29

Jo Peters M70 3.20

Michelle Krokosz W40 2.12

Mike Anderson M75 1.02

ECAC – 29 May

60m

Heat 1

Matthew Konsolis M35 7.7

Matt Walker M40 7.8

Alex Walker Vis 8.6

Janelle Konsolis Vis 9.4

Heat 2

Brian Hewitt M70 11.6

Bruce McGeorge M70 14.1

Mike Anderson M75 14.4

100m

Matthew Konsolis M35 11.8

Matt Walker M40 12.9

Alex Walker Vis 13.5

Janelle Konsolis Vis 14.7

Terri Carr W65 21.5

Bruce McGeorge M70 21.8

1000m

Andy Roach M50 3:50.8

Brian Hewitt M70 5:05.3

Crystal Glossop W45 5:15.0

Fiona van Heerwaarden W45 5:16.4

3000m

Crystal Glossop W45 16:26.4

5000m

Rodney Glossop M45 22:44.8

Andy Roach M50 24:10.3

Bruce McGeorge M70 34:18.2

5000m walk

Fiona van Heerwaarden W45 32:56.2

AW Road Walks, Woodbridge – 31 May

5km walk

Fiona van Heerwaarden W45 31:58.80

Karyn Tolardo W55 34:04.04

Steve Travell M65 45:42.76

Glenys Duncan W85 50:52.24

10km walk

Andrew Duncan M60 1:01:48.49

Wendy Farrow W55 1:12:17.19

Leonora Gift – 31 May - 1 June

1 mile

Angie Ross	W40	5:13.68
Tammi Doyle	W50	6:46.08