

MAWA Club Tops 2024–2025

A listing of the top three performances for May 2024 to April 2025 inclusive
 - each age group, and each major event
 (Note: This does not include wind-assisted performances or indoor events)

60m

M30					W30			
Kyle Ennis	25/10/24	Strive	6.84		Kimberly Young	30/03/25	MAWA St Ch	8.3
M35					Deanna Drabsch	30/03/25	MAWA St Ch	8.4
Bonny Ndungu	26/02/25	ECAC	7.98		Charmaine Tuia	30/03/25	MAWA St Ch	8.7
M40					W35			
Matt Walker	01/08/24	ECAC	7.75		Jarria Brooks	10/10/24	ECAC	8.8
Dominic Lagat	11/07/24	ECAC	7.9		Paz Storey	08/08/24	ECAC	9.1
Nkosi Ndlovu	10/04/25	ECAC	8.03		Tegan Durbridge	01/08/24	ECAC	11.75
M45					W40			
Alex Newman	17/10/24	ECAC	8.3		Michelle Davies	16/01/25	ECAC	9.15
David Adams	01/08/24	ECAC	9.26		Catherine Manners	20/03/25	ECAC	9.56
Chris Owen	20/03/25	ECAC	9.54		Naomi Lagat	10/04/25	ECAC	9.58
M50					W45			
Adrian McKenzie	18/01/25	Strive	7.44		Melissa Foster	18/04/25	AMA Ch - Adel	8.14
Paul Jeffery	25/10/24	Strive	7.64		Janet Smith	28/01/25	Bunbury	8.6
Ken Stone	28/01/25	WAAS	8.5		Nat Lockyer	28/11/24	ECAC	9.89
M55					W50			
David Carbon	26/02/25	ECAC	8.32		Joe-Anne Dannenberg	30/03/25	MAWA St Ch	8.5
Paul Foley	28/11/24	ECAC	9.71		Asami Kobayashi	30/03/25	MAWA St Ch	9.1
Chris Brennan	20/02/25	ECAC	10.01		Tammi Doyle	26/02/25	ECAC	9.31
M60					W55			
Gin Ang	21/01/25	WAAS	8.0		Jenn Parker	27/06/24	ECAC	9.0
Brian Callaghan	25/02/25	WAAS	8.2		Sue Coate	29/06/24	Bunbury	9.3
Peter Woods	26/02/25	ECAC	10.17		Janne Wells	07/11/24	ECAC	12.50
M65					W60			
David Wilkie	01/08/24	ECAC	9.26		Juliana Kelly	28/01/25	WAAS	10.1
Des Walsh	23/05/24	ECAC	10.12		Carmel Meyer	10/10/24	ECAC	10.4
Tony Loiacono	10/04/25	ECAC	11.15		Jacqui Taleb-Bendiab	10/04/25	ECAC	10.50
M70					W65			
Michael Byrne	18/04/25	AMA Ch - Adel	9.30		Carol Bowman	11/07/24	ECAC	12.1
Keith Redpath	11/07/24	ECAC	9.4		Terri Carr	10/04/25	ECAC	13.10
Des Walsh	01/08/24	ECAC	10.02		W70			
M75					Maureen Keshwar	30/03/25	MAWA St Ch	9.9
Greg Kennedy	25/03/25	WAAS	10.4		Barbara Blurton	06/02/25	ECAC	10.63
Ivo Davies	25/03/25	WAAS	11.5		Barbara Wilson	18/04/25	AMA Ch - Adel	11.14
Stephen Crabbe	16/01/25	ECAC	11.67		W75			
M80					Barbara Blurton	30/03/25	MAWA St Ch	10.0
Ivan Brown	11/03/25	WAAS	12.0		Jackie Halberg	23/05/24	ECAC	14.39
Bob Schickert	30/05/24	ECAC	12.3		W80			
Brian Waldhuter	28/01/25	Bunbury	12.5		Ruth Johnson	22/10/24	Bunbury	12.6
					Janet Jarvis	18/04/25	AMA Ch - Adel	13.47
					Brenda Painter	18/04/25	AMA Ch - Adel	13.62

100m

M30				W30			
Kyle Ennis	29/03/25	MAWA St Ch	10.54	Kimberly Young	20/12/24	Strive	13.74
Jonathon Nowers	09/08/24	Strive	13.35	Deanna Drabsch	29/03/25	MAWA St Ch	14.20
Paul Wilmot	08/11/24	Strive	13.46	Charmaine Tuia	20/03/25	ECAC	14.77
M35				W35			
Bonny Ndungu	29/03/25	MAWA St Ch	12.14	Paz Storey	20/06/24	ECAC	15.23
M40				Jarria Brooks	03/10/24	ECAC	15.55
Dominic Lagat	04/07/24	ECAC	12.27	Amanda O'Shaughnessy	14/01/25	WAAS	16.5
Matt Walker	08/08/24	ECAC	12.4	W40			
Nkosi Ndlovu	29/03/25	MAWA St Ch	12.50	Mariette Botha	04/07/24	ECAC	14.23
M45				Catherine Manners	29/03/25	MAWA St Ch	14.85
Ashley Moore	29/03/25	MAWA St Ch	12.06	Michelle Davies	16/01/25	ECAC	15.41
David Adams	20/03/25	ECAC	13.5	W45			
Rodney Glossop	12/12/24	ECAC	14.69	Melissa Foster	11/01/25	Melbourne	13.48
M50				Janet Smith	18/01/25	Bunbury	13.8
Adrian McKenzie	29/03/25	MAWA St Ch	11.63	Jacinta Henderson	29/03/25	MAWA St Ch	15.66
Lee Stergiou	16/11/24	Strive	12.29	W50			
Alex Newman	29/03/25	MAWA St Ch	12.82	Joe-Anne Dannenberg	29/03/25	MAWA St Ch	13.53
M55				Asami Kobayashi	29/03/25	MAWA St Ch	14.77
Brad Schirmer	29/03/25	MAWA St Ch	12.68	Tammi Doyle	29/03/25	MAWA St Ch	15.15
David Carbon	18/03/25	WAAS	12.9	W55			
Xave Sequeira	04/03/25	WAAS	13.8	Jenn Parker	02/03/25	MAWA St Ch	14.38
M60				Sue Coate	02/03/25	MAWA St Ch	14.57
Gin Ang	04/03/25	WAAS	12.9	W60			
Brian Callaghan	28/01/25	WAAS	13.6	Juliana Kelly	28/01/25	WAAS	16.1
Frankie Vargacz	29/03/25	MAWA St Ch	14.37	Jacqui Taleb-Bendiab	29/03/25	MAWA St Ch	16.60
M65				Carmel Meyer	21/11/24	ECAC	17.35
Dave Wilkie	28/01/25	WAAS	15.3	W65			
Des Walsh	04/07/24	ECAC	16.35	Carol Bowman	04/07/24	ECAC	19.54
Trevor Scott	30/01/25	ECAC	18.00	Terri Carr	29/03/25	MAWA St Ch	21.99
M70				W70			
Michael Byrne	29/03/25	MAWA St Ch	14.75	Maureen Keshwar	29/03/25	MAWA St Ch	16.42
Keith Redpath	08/08/24	ECAC	14.9	Barbara Blurton	04/07/24	ECAC	16.65
Des Walsh	03/04/25	ECAC	15.76	Carol Bowman	02/03/25	MAWA St Ch	18.29
M75				W75			
Greg Kennedy	29/03/25	MAWA St Ch	17.51	Barbara Blurton	29/03/25	MAWA St Ch	16.59
Ross Goulden	01/10/24	Bunbury	17.9	Jackie Halberg	30/05/24	ECAC	23.4
Stephen Crabbe	29/03/25	MAWA St Ch	17.92	W80			
M80				Ruth Johnson	15/02/25	Bunbury	20.4
Ivan Brown	29/03/25	MAWA St Ch	19.88	Luella Jenkins	15/02/25	Bunbury	21.3
Brian Waldhuter	15/02/25	Bunbury	20.1	Brenda Painter	18/04/25	AMA Ch - Adel	22.82
Barrie Kernaghan	14/02/25	Strive	21.21				
M85							
Norm Richards	29/03/25	MAWA St Ch	18.38				
Barrie Kernaghan	28/03/25	Strive	20.37				

200m

M30					W30			
Kyle Ennis	07/12/24	Strive	21.13		Charmaine Tuia	20/02/25	ECAC	31.04
Ansen Soon	05/12/24	ECAC	28.19		Deanna Drabsch	03/10/24	ECAC	32.05
Paul Wilmot	02/03/25	MAWA St Ch	29.03		Amanda Hill	02/05/24	ECAC	32.7
M35					W35			
Matthew Konsolis	03/04/25	ECAC	23.55		Paz Storey	16/05/24	ECAC	31.67
Bonny Ndungu	20/02/25	ECAC	27.86		Jarria Brooks	07/11/24	ECAC	32.81
Tony Pfaff	09/01/25	ECAC	28.82		Amanda O'Shaughnessy	14/01/25	WAAS	35.7
M40					W40			
Dominic Lagat	04/07/24	ECAC	24.95		Mariette Botha	18/04/25	AMA Ch - Adel	29.02
Tyne Timmers	02/03/25	MAWA St Ch	25.96		Catherine Manners	20/02/25	ECAC	32.39
Matt Walker	11/07/24	ECAC	26.0		Naomi Lagat	20/06/24	ECAC	34.27
M45					W45			
David Adams	15/08/24	ECAC	30.90		Janet Smith	08/10/24	Bunbury	29.3
Andy Roach	16/05/24	ECAC	30.94		Nat Lockyer	23/01/25	ECAC	36.17
Ben Botha	04/07/24	ECAC	39.84		Crystal Glossop	02/05/24	ECAC	39.6
M50					W50			
Paul Jeffery	02/03/25	MAWA St Ch	24.90		Joe-Anne Dannenberg	18/01/25	Strive	29.20
Ken Stone	14/01/25	WAAS	29.4		Tammi Doyle	23/01/25	ECAC	32.18
Nick Moore	13/02/25	ECAC	30.85		Sandra Siviour	17/10/24	ECAC	36.8
M55					W55			
David Carbon	20/02/25	ECAC	28.09		Jenn Parker	20/06/24	ECAC	30.04
Roger Parenzee	13/06/24	ECAC	29.43		Sue Coate	11/07/24	ECAC	31.3
Dave Solomon	04/07/24	ECAC	34.06		W60			
M60					Juliana Kelly	26/11/24	WAAS	35.5
Frankie Vargacz	05/12/24	ECAC	29.23		Jacqui Taleb-Bendiab	13/03/25	ECAC	37.01
Brian Callaghan	25/03/25	WAAS	29.5		Delia Baldock	13/03/25	ECAC	41.37
John McShane	04/02/25	WAAS	32.7		W65			
M65					Carol Bowman	11/07/24	ECAC	40.0
Dave Wilkie	08/10/24	WAAS	32.4		W70			
Chico Subramanian	03/04/25	ECAC	33.34		Barbara Blurton	04/07/24	ECAC	34.87
Des Walsh	13/06/24	ECAC	33.81		Maureen Keshwar	16/05/24	ECAC	37.10
M70					Carol Bowman	19/12/24	ECAC	39.32
Michael Byrne	08/02/25	Bunbury	30.4		W75			
Keith Redpath	20/06/24	ECAC	30.78		Barbara Blurton	03/04/25	ECAC	35.07
Des Walsh	13/03/25	ECAC	34.70		Jackie Halberg	16/05/24	ECAC	51.68
M75					W80			
Greg Kennedy	25/03/25	WAAS	37.6		Ruth Johnson	08/02/25	Bunbury	45.4
Ivo Davies	25/03/25	WAAS	42.7		Luella Jenkins	14/01/25	Bunbury	55.9
Mike Anderson	08/10/24	WAAS	57.6		Lynne Schickert	13/03/25	ECAC	62.38
M80								
Ivan Brown	11/03/25	WAAS	42.5					
Brian Waldhuter	08/02/25	Bunbury	44.4					
Bob Schickert	13/02/25	ECAC	45.69					

400m

M30				W30			
Kyle Ennis	29/03/25	MAWA St Ch	50.13	Kimberly Young	29/11/24	Strive	63.69
Ansen Soon	26/02/25	ECAC	60.80	Deanna Drabsch	29/03/25	MAWA St Ch	73.09
Paul Wilmot	01/02/25	WAAS	69.79	Sadia Bashir	18/10/24	Strive	75.71
M35				W35			
Matthew Konsolis	08/03/25	AW St Ch	51.14	Paz Storey	08/08/24	ECAC	75.2
				Tegan Durbridge	14/11/24	ECAC	1:30.5
M40				W40			
Dominic Lagat	18/04/25	AMA Ch - Adel	53.22	Mariette Botha	18/04/25	AMA Ch - Adel	68.51
Tyne Timmers	29/03/25	MAWA St Ch	56.70	Naomi Lagat	29/03/25	MAWA St Ch	72.33
Mathew Walker	29/03/25	MAWA St Ch	60.70	Catherine Manners	02/01/25	ECAC	82.46
M45				W45			
Chris Bourn	29/03/25	MAWA St Ch	60.89	Janet Smith	21/01/25	Bunbury	74.9
Paul Highway	29/03/25	MAWA St Ch	63.92	Jacinta Henderson	29/03/25	MAWA St Ch	75.20
Rodney Glossop	19/12/24	ECAC	65.88	Nat Lockyer	01/10/24	WAAS	1:36.0
M50				W50			
Paul Jeffery	02/11/24	WAAS	54.88	Tammi Doyle	13/02/25	ECAC	73.40
Lee Stergiou	29/03/25	MAWA St Ch	61.13	Sandra Siviour	29/03/25	MAWA St Ch	80.86
Brad Schirmer	02/11/24	WAAS	63.33				
M55				W55			
Brad Schirmer	01/02/25	WAAS	61.45	Jenn Parker	14/11/24	ECAC	69.9
David Carbon	18/03/25	WAAS	66.2	Sue Coate	13/02/25	ECAC	71.89
Eric Hayward	12/12/24	ECAC	75.33	Karyn Tolardo	11/07/24	ECAC	2:13.2
M60				W60			
Frankie Vargacz	29/03/25	MAWA St Ch	63.04	Juliana Kelly	18/03/25	WAAS	78.1
Mike Haederle	29/03/25	MAWA St Ch	68.72	Carmel Meyer	31/10/24	ECAC	87.8
Glenn Rogers	29/03/25	MAWA St Ch	70.43	Delia Baldock	13/02/25	ECAC	1:41.66
M65				W65			
Campbell Till	29/03/25	MAWA St Ch	64.27	Carol Bowman	08/08/24	ECAC	1:32.2
Richard Harris	10/04/25	ECAC	75.74				
Garry Ralston	29/03/25	MAWA St Ch	75.80	W70			
M70				Margaret Saunders	18/04/25	AMA Ch - Adel	83.09
Michael Byrne	29/03/25	MAWA St Ch	68.63	Barbara Blurton	27/06/24	ECAC	85.4
Keith Redpath	16/05/24	ECAC	79.95	Carol Bowman	13/02/25	ECAC	88.17
Des Walsh	14/11/24	ECAC	83.5	W75			
M75				Barbara Blurton	20/03/25	ECAC	86.16
Mercurio Cicchini	29/03/25	MAWA St Ch	89.15	W80			
Greg Kennedy	29/03/25	MAWA St Ch	1:34.59	Ruth Johnson	21/01/25	Bunbury	1:58.9
David Gardiner	29/08/24	ECAC	2:57.3	Luella Jenkins	21/01/25	Bunbury	2:40.7
M80				Lynne Schickert	19/12/24	ECAC	2:46.88
Ross Goulden	29/03/25	MAWA St Ch	80.30				
Ivan Brown	29/03/25	MAWA St Ch	1:48.19				
Bob Schickert	19/12/24	ECAC	1:54.71				
M85							
Morland Smith	29/03/25	MAWA St Ch	2:24.00				

800m

M30								
Ansen Soon	30/01/25	ECAC	2:23.25	W30	Kimberly Young	16/11/24	Strive	2:27.24
Paul Wilmot	30/03/25	MAWA St Ch	3:26.3	Amanda Hill	02/05/24	ECAC		3:01.7
M35				Deanna Drabsch	02/03/25	MAWA St Ch		3:12.46
Tony Pfaff	09/01/25	ECAC	2:35.95	W35				
M40				Michelle Hunter	30/03/25	MAWA St Ch		2:35.3
Dominic Lagat	18/04/25	AMA Ch - Adel	2:02.47	Olivia Tuck	20/02/25	ECAC		2:44.36
Tyne Timmers	18/04/25	AMA Ch - Adel	2:08.87	Paz Storey	20/06/24	ECAC		3:26.20
Tom Collings	20/02/25	ECAC	2:18.01	W40				
M45				Naomi Lagat	20/02/25	ECAC		2:48.15
Mark Maslen	14/03/25	Strive	2:07.33	Georgie Smith	30/03/25	MAWA St Ch		2:58.8
Matt Silvester	26/09/24	ECAC	2:22.86	W45				
Douglas Hill	14/03/25	Strive	2:31.26	Janet Smith	02/02/25	WAAS		2:42.52
M50				Jacinta Henderson	30/03/25	MAWA St Ch		2:58.4
Andy Roach	30/03/25	MAWA St Ch	2:41.9	Brenda Almstrom	30/03/25	MAWA St Ch		3:09.5
Xinhuan Yan	13/03/25	ECAC	2:50.14	W50				
Brad Hollins	20/06/24	ECAC	3:15.81	Sandra Siviour	17/10/24	ECAC		2:58.4
M55				Tammi Doyle	30/03/25	MAWA St Ch		3:01.6
Xander van Rijen	11/03/25	WAAS	2:24.8	W55				
Dave Solomon	16/05/24	ECAC	3:27.40	Sue Coate	02/03/25	MAWA St Ch		2:58.33
M60				Jenn Parker	02/03/25	MAWA St Ch		3:00.07
Anthony Grendon	05/12/24	ECAC	2:16.72	Silke Peglow	09/01/25	ECAC		4:25.08
Simon McGarvie	18/04/25	AMA Ch - Adel	2:26.81	W60				
Frankie Vargacz	30/03/25	MAWA St Ch	2:28.0	Carmel Meyer	07/11/24	ECAC		3:36.54
M65				Sharon Moloney	01/10/24	Bunbury		5:24.75
Trevor Scott	09/01/25	ECAC	2:47.00	W65				
Richard Harris	30/03/25	MAWA St Ch	2:50.4	Carol Bowman	16/05/24	ECAC		3:41.41
Campbell Till	30/03/25	MAWA St Ch	2:51.2	W70				
M70				Margaret Saunders	17/08/24	Gothenburg		3:03.65
Michael Byrne	18/04/25	AMA Ch - Adel	2:44.64	Julie Wilson	16/05/24	ECAC		3:47.15
Brian Hewitt	20/02/25	ECAC	3:23.09	Carol Bowman	02/03/25	MAWA St Ch		3:48.36
Bruce McGeorge	05/12/24	ECAC	3:37.07	W75				
M75				Lyn Arnott	30/03/25	MAWA St Ch		4:41.8
Ross Goulden	26/11/24	Bunbury	3:24.4	W80				
Mercurio Cicchini	30/03/25	MAWA St Ch	3:34.0	Ruth Johnson	29/10/24	Bunbury		4:53.7
John Mcdonagh	30/03/25	MAWA St Ch	3:34.9	Luella Jenkins	30/11/24	Bunbury		5:55.5
M80				Lynne Schickert	17/10/24	ECAC		7:03.0
Ross Goulden	30/03/25	MAWA St Ch	3:21.1					
Peter Sanders	18/04/25	AMA Ch - Adel	3:35.31					
Bert Carse	05/12/24	ECAC	3:46.80					
M85								
Morland Smith	18/04/25	AMA Ch - Adel	5:28.63					

1500m

M30								
Ansen Soon	31/10/24	ECAC	5:06.8	W30	Amanda Hill	23/05/24	ECAC	6:30.85
Paul Wilmot	02/03/25	MAWA St Ch	6:20.92		Hannah Gethin	29/03/25	MAWA St Ch	7:01.37
M35				W35				
Balinga Pasco	11/02/25	Bunbury	4:55.6		Michelle Hunter	29/03/25	MAWA St Ch	5:10.41
M40					Amanda O'Shaughnessy	14/01/25	WAAS	6:29.0
Dominic Lagat	12/09/24	ECAC	4:29.22		Tegan Durbridge	31/10/24	ECAC	6:49.8
Tyne Timmers	18/04/25	AMA Ch - Adel	4:40.33	W40				
Tom Collings	29/03/25	MAWA St Ch	4:41.30		Angie Ross	10/04/25	ECAC	4:34.30
M45					Mariette Botha	04/07/24	ECAC	5:48.71
Mark Maslen	14/02/25	Strive	4:17.04		Georgie Smith	29/03/25	MAWA St Ch	5:48.78
Ian Thompson	14/02/25	Strive	4:30.56	W45				
Drew Langford	04/07/24	ECAC	4:46.56		Janet Smith	08/10/24	Bunbury	5:56.7
M50					Jacinta Henderson	29/03/25	MAWA St Ch	5:58.05
Paul Jeffery	03/11/24	WAAS	5:14.54		Brenda Almstrom	29/03/25	MAWA St Ch	6:23.62
Andy Roach	29/03/25	MAWA St Ch	5:37.31	W50				
Yan Xinhuan	06/02/25	ECAC	6:23.83		Lizelle Smith	10/04/25	ECAC	6:22.93
M55					Tammi Doyle	28/11/24	ECAC	6:46.11
Brad Schirmer	02/02/25	WAAS	6:29.05	W55				
John McShane	12/09/24	ECAC	6:55.34		Sue Coate	23/02/25	Brisbane	6:27.80
Eric Hayward	31/10/24	ECAC	7:21.8		Jenn Parker	31/10/24	ECAC	6:44.3
M60					Karyn Tolardo	28/11/24	ECAC	7:23.92
Anthony Grendon	06/02/25	ECAC	4:36.95	W60				
Simon McGarvie	18/04/25	AMA Ch - Adel	5:19.77		Carmel Meyer	10/10/24	ECAC	7:46.2
Mike Haederle	29/03/25	MAWA St Ch	5:24.03	W65				
M65					Sue Zlnay	18/04/25	AMA Ch - Adel	6:02.61
Richard Harris	29/03/25	MAWA St Ch	5:49.19		Carol Bowman	31/10/24	ECAC	8:12.3
Trevor Scott	13/10/24	Alice Springs	6:10.33	W70				
Chico Subramanian	27/03/25	ECAC	6:13.76		Margaret Saunders	25/08/24	Gothenburg	6:20.02
M70					Julie Wilson	25/08/24	Gothenburg	7:27.34
Michael Byrne	02/03/25	MAWA St Ch	6:06.95		Carol Bowman	28/11/24	ECAC	7:57.27
Victor Munoz	31/10/24	ECAC	6:14.2	W75				
Brian Hewitt	10/04/25	ECAC	6:52.62		Lyn Arnott	29/03/25	MAWA St Ch	9:33.59
M75								
Mercurio Cicchini	29/03/25	MAWA St Ch	6:50.66					
Jim Langford	20/06/24	ECAC	8:05.72					
Ivan Brown	19/11/24	WAAS	8:06					
M80								
Ross Goulden	18/04/25	AMA Ch - Adel	6:48.59					
Bert Carse	29/03/25	MAWA St Ch	7:20.58					
Peter Sanders	18/04/25	AMA Ch - Adel	7:20.67					
M85								
Morland Smith	18/04/25	AMA Ch - Adel	11:19.78					

3000m

M30					W30			
Ansen Soon	14/11/24	ECAC	10:54.3		Hannah Gethin	12/12/24	ECAC	17:43.94
M35					W35			
Matthew Konsolis	03/04/25	ECAC	10:46.60		Michelle Hunter	03/10/24	ECAC	11:19.35
Tony Pfaff	09/01/25	ECAC	11:10.61		Paz Storey	22/08/24	ECAC	14:48.9
M40					Tegan Durbridge	09/01/25	ECAC	14:52.83
Dominic Lagat	20/06/24	ECAC	10:47.31		W40			
Tyne Timmers	22/10/24	Bunbury	11:07.5		Naomi Lagat	25/07/24	ECAC	13:19.4
Malachi MacKay	26/09/24	ECAC	13:34.86		Kirsty Peddie	03/04/25	ECAC	15:37.93
M45					W45			
Ian Thompson	10/01/25	Strive	9:55.66		Nat Lockyer	01/10/24	WAAS	18:28.1
Mark Maslen	25/10/24	Strive	10:13.23		Fiona van Heerwaarden	01/08/24	ECAC	19:48.6
Drew Langford	04/07/24	ECAC	10:41.08		W50			
M50					Cathy Middleton	26/11/24	WAAS	16:21.3
Lee Davis	13/02/25	ECAC	12:04.45		W55			
Andy Roach	26/02/25	ECAC	13:02.84		Rochelle Airey	14/11/24	ECAC	15:29.5
Xinhuan Yan	26/02/25	ECAC	14:04.81		Liz Clennell	09/05/24	ECAC	15:38.68
M60					Karyn Tolardo	05/09/24	ECAC	15:43.0
Anthony Grendon	09/01/25	ECAC	10:12.16		W60			
Glenn Rogers	18/02/25	WAAS	11:33.9		Carmel Meyer	07/11/24	ECAC	16:47.35
Rod Hamilton	23/05/24	ECAC	11:43.10		W65			
M65					Carol Bowman	26/09/24	ECAC	17:23.85
Trevor Scott	30/01/25	ECAC	11:51.62		W70			
Greg Knuckey	17/12/24	WAAS	11:59.4		Julie Wilson	20/06/24	ECAC	15:41.54
Richard Harris	28/01/25	WAAS	12:17.3		Isolde Tietz	13/02/25	ECAC	19:29.38
M70								
Bruce McGeorge	20/06/24	ECAC	15:22.13					
Brian Hewitt	20/02/25	ECAC	15:43.14					
Peter Tietz	06/03/25	ECAC	19:16.67					
M75								
Jim Langford	23/05/24	ECAC	16:59.11					
M80								
Jim Langford	12/12/24	ECAC	19:29.77					
Bob Schickert	09/05/24	ECAC	20:50.45					
M85								
Morland Smith	17/12/24	WAAS	21:40.9					

5000m

M30								
Ansen Soon	24/10/24	ECAC	20:26.7	W35	Michelle Hunter	19/12/24	ECAC	19:44.87
					Olivia Tuck	20/02/25	ECAC	20:48.95
M35					Tegan Durbridge	07/11/24	ECAC	25:16.33
Brendon Dimmer	16/11/24	Strive	15:16.06	W40	Natalia Pond	22/02/25	Strive	18:33.85
Glen Fidler	18/01/25	Strive	18:52.57		Georgie Smith	02/03/25	MAWA St Ch	20:50.65
Adrian Fabiankovits	02/03/25	MAWA St Ch	19:37.62		Naomi Lagat	20/02/25	ECAC	25:29.01
M40				W45	Crystal Glossop	02/05/24	ECAC	24:59.5
Dominic Lagat	30/05/24	ECAC	18:08.3		Fiona van Heerwaarden	10/10/24	ECAC	30:40.0
Tyne Timmers	07/11/24	Bunbury	19:37.4	W50	Clare Wardle	18/01/25	Strive	20:34.08
M45					Lizelle Smith	20/03/25	ECAC	22:15.71
Roberto Busi	02/03/25	MAWA St Ch	17:10.78		Sandra Siviour	10/10/24	ECAC	22:28.4
Steve Weller	07/11/24	Bunbury	18:33.7	W55	Claudia Seke	02/03/25	MAWA St Ch	20:21.26
David Adams	18/07/24	ECAC	19:24.6		Rochelle Airey	02/03/25	MAWA St Ch	25:29.98
M50					Karyn Tolardo	29/08/24	ECAC	25:46.9
Alan Stabler	02/03/25	MAWA St Ch	18:14.71	W65	Sue Zlnay	02/03/25	MAWA St Ch	22:14.41
Ian Newell	02/03/25	MAWA St Ch	18:33.47		Gayle Craft	02/03/25	MAWA St Ch	28:17.07
Michael Brophy	02/03/25	MAWA St Ch	19:34.65	W70	Julie Wilson	17/08/24	Gothenburg	27:11.66
M55					Carey Dickason	18/04/25	AMA Ch - Adel	29:03.12
Kevin Murphy	02/03/25	MAWA St Ch	19:47.81		Carol Bowman	07/11/24	ECAC	29:09.30
Phil Mangano	20/02/25	ECAC	23:34.98					
Eddie Marcus	02/03/25	MAWA St Ch	23:48.33					
M60								
Glenn Rogers	02/03/25	MAWA St Ch	19:14.80					
Simon McGarvie	18/04/25	AMA Ch - Adel	20:27.00					
Pat Maslen	02/03/25	MAWA St Ch	21:10.94					
M65								
Chico Subramanian	20/03/25	ECAC	21:04.15					
Richard Harris	02/03/25	MAWA St Ch	21:35.46					
Paul Scott	08/10/24	WAAS	22:22.2					
M70								
Victor Munoz	10/10/24	ECAC	23:23.9					
Bruce McGeorge	26/09/24	ECAC	25:39.86					
Brian Hewitt	02/03/25	MAWA St Ch	27:30.99					
M75								
Michael Lee	22/10/24	WAAS	24:18.6					
Keith Miller	02/03/25	MAWA St Ch	24:36.74					
Peter Sanders	02/03/25	MAWA St Ch	25:27.96					
M80								
Peter Sanders	18/04/25	AMA Ch - Adel	25:17.93					
Bob Hull	02/03/25	MAWA St Ch	26:32.91					
Bert Carse	02/03/25	MAWA St Ch	27:32.91					
M85								
Morland Smith	02/03/25	MAWA St Ch	40:24.38					

10,000m

M30					W35			
Hayden McGregor	13/03/25	MAWA St Ch	56:46.06		Olivia Tuck	25/10/24	ECAC	46:01
M35					W40			
Balinga Pasco	25/10/24	ECAC	38:49		Kirsty Peddie	18/04/25	AMA Ch - Adel	1:00:15.49
Adrian Fabiankovits	13/03/25	MAWA St Ch	41:13.29		W45			
M45					Jill Pope	25/10/24	ECAC	46:41
Roberto Busi	13/03/25	MAWA St Ch	35:27.54		Jo Shelley	25/10/24	ECAC	51:39
Steve Weller	31/10/24	Bunbury	38:39.2		W50			
Zane Walsh	13/03/25	MAWA St Ch	38:51.98		Clare Wardle	13/03/25	MAWA St Ch	42:01.58
M50					Lizelle Smith	13/03/25	MAWA St Ch	47:07.19
Patrick Jones	13/03/25	MAWA St Ch	41:18.94		Sandra Siviour	13/03/25	MAWA St Ch	47:48.08
Michael Brophy	13/03/25	MAWA St Ch	41:57.45		W55			
M55					Claudia Seke	13/03/25	MAWA St Ch	41:54.86
Tristan Bell	25/10/24	ECAC	45:53		Rochelle Airey	13/03/25	MAWA St Ch	53:17.20
Phil Mangano	13/03/25	MAWA St Ch	48:48.46		W60			
Eddie Marcus	13/03/25	MAWA St Ch	50:29.53		Lori Sexton	13/03/25	MAWA St Ch	57:32.84
M60					W65			
Glenn Rogers	18/04/25	AMA Ch - Adel	40:34.93		Sue Zlnay	13/03/25	MAWA St Ch	47:53.19
Pat Maslen	13/03/25	MAWA St Ch	43:13.06		W70			
Peter Woods	13/03/25	MAWA St Ch	46:05.39		Julie Wilson	13/03/25	MAWA St Ch	59:51.56
M65					Susan Sanders	13/03/25	MAWA St Ch	1:04:04.44
Richard Harris	13/03/25	MAWA St Ch	45:02.65		Carey Dickason	18/04/25	AMA Ch - Adel	1:05:26.08
John Fisher	13/03/25	MAWA St Ch	53:05.22					
M70								
Peter Tietz	13/03/25	MAWA St Ch	1:06:26.32					
M75								
Keith Miller	13/03/25	MAWA St Ch	50:42.48					
Peter Sanders	13/03/25	MAWA St Ch	51:57.69					
Mercurio Cicchini	13/03/25	MAWA St Ch	52:20.78					
M80								
Peter Sanders	18/04/25	AMA Ch - Adel	53:52.50					
Bert Carse	13/03/25	MAWA St Ch	59:30.58					
Bob Schickert	13/03/25	MAWA St Ch	1:26:58.0					
M85								
Morland Smith	13/03/25	MAWA St Ch	1:30:39.1					

Mile

M30				W35			
Ansen Soon	19/12/24	ECAC	5:15.03	Tegan Durbridge	09/05/24	ECAC	7:38.44
				Paz Storey	18/07/24	ECAC	7:40.3
M40				Michelle Hunter	19/12/24	ECAC	8:32.81
Dominic Lagat	18/07/24	ECAC	5:03.1				
M45				W40			
Chris Gould	19/12/24	ECAC	4:45.60	Kirsty Peddie	25/02/25	WAAS	8:05.4
David Adams	18/07/24	ECAC	5:45.7				
Andy Roach	24/10/24	ECAC	6:06.2	W45			
				Fiona van Heerwaarden	18/07/24	ECAC	8:11.2
M50							
Xinhuan Yan	13/02/25	ECAC	7:04.18	W55			
				Karyn Tolardo	05/09/24	ECAC	7:55.1
M55				Liz Clennell	09/05/24	ECAC	8:57.89
John McShane	30/05/24	ECAC	7:44.7				
M60				W60			
Anthony Grendon	19/12/24	ECAC	4:59.48	Carmel Meyer	24/10/24	ECAC	8:14.4
Peter Woods	13/02/25	ECAC	6:59.01				
Paul Every	15/08/24	ECAC	8:09.56	W70			
				Julie Wilson	18/07/24	ECAC	8:16.1
M65				Isolde Tietz	13/02/25	ECAC	9:45.08
Trevor Scott	19/12/24	ECAC	5:52.45				
Richard Harris	01/10/24	WAAS	6:26.6				
Paul Scott	01/10/24	WAAS	7:00.7				
M70							
Brian Hewitt	13/02/25	ECAC	7:55.83				
Bruce McGeorge	18/07/24	ECAC	8:16.6				
M75							
Mercurio Cicchini	24/10/24	ECAC	7:27.9				

1500m walk

M50 Wayne Byram	30/03/25	MAWA St Ch	9:31.5	W45 Fiona van Heerwaarden	12/12/24	ECAC	8:06.69
M55 Andrew Brooker	19/11/24	WAAS	9:08	W55 Karyn Tolardo Wendy Farrow	05/11/24 30/03/25	WAAS MAWA St Ch	8:58.0 9:44.0
M60 Garry Hastie	30/03/25	MAWA St Ch	8:15.1	W60 Marcela Ruiz	18/04/25	AMA Ch - Adel	10:33.46
M65 Tom Lenane	04/07/24	ECAC	10:58.22	W70 Julie Wilson	18/04/25	AMA Ch - Adel	10:39.54
M70 Victor Munoz	18/04/25	AMA Ch - Adel	9:17.57	W80 Peggy Macliver Luella Jenkins Lynne Schickert	18/04/25 03/12/24 08/08/24	AMA Ch - Adel Bunbury ECAC	11:32.04 12:21.8 12:52.6
M75 John McDonagh	30/03/25	MAWA St Ch	11:16.8	W85 Glenys Duncan	30/03/25	MAWA St Ch	14:39.9
M80 Johan Hagedoorn	04/02/25	WAAS	10:42.2				

3000m walk

M55 Andrew Brooker	07/01/25	WAAS	18:59	W35 Melissa Lewis	26/02/25	Strive	15:28.98
M60 Garry Hastie John Dennehy	30/03/25 03/10/24	MAWA St Ch ECAC	17:40.6 24:15.60	W45 Fiona van Heerwaarden	30/03/25	MAWA St Ch	17:45.6
M65 Tom Lenane Steve Travell Dave Wilkie	19/09/24 04/07/24 09/05/24	ECAC ECAC ECAC	21:18.66 23:52.29 24:34.92	W55 Karyn Tolardo Wendy Farrow	08/10/24 30/03/25	WAAS MAWA St Ch	17:55.4 19:57.7
M70 Victor Munoz	13/02/25	ECAC	19:24.97	W60 Marcela Ruiz	02/01/25	ECAC	22:11.35
M75 John McDonagh David Gardiner	30/03/25 02/05/24	MAWA St Ch ECAC	23:53.4 24:39.7	W70 Julie Wilson Judy Saunders	30/03/25 18/03/25	MAWA St Ch WAAS	23:55.8 25:02.2
M80 Johan Hagedoorn	17/12/24	WAAS	21:48.2	W80 Peggy Macliver Lynne Schickert Glenys Duncan	30/03/25 02/05/24 04/07/24	MAWA St Ch ECAC ECAC	24:03.5 24:39.3 26:23.11
				W85 Glenys Duncan	25/03/25	WAAS	29:02.5

5000m walk

M55 Andrew Brooker	19/12/24	ECAC	33:09.07	W35 Melissa Lewis	19/08/24	Gothenburg	27:14.50
M60 Garry Hastie	18/04/25	AMA Ch - Adel	30:54.45	W45 Fiona van Heerwaarden	20/03/25	ECAC	31:17.15
M65 Tom Lenane	29/03/25	MAWA St Ch	39:58.45	W55 Karyn Tolardo	16/05/24	ECAC	30:36.18
Steven Travell	15/06/24	Perry Lakes	41:52.01	Wendy Farrow	29/03/25	MAWA St Ch	35:13.68
Trevor Scott	15/10/24	Alice Springs	42:19	W60 Marcela Ruiz	18/04/25	AMA Ch - Adel	38:57.66
M70 Victor Munoz	18/04/25	AMA Ch - Adel	33:06.25	W70 Julie Wilson	29/03/25	MAWA St Ch	40:13.11
M75 John McDonagh	29/03/25	MAWA St Ch	39:43.18	W80 Peggy Macliver	18/04/25	AMA Ch - Adel	39:17.54
M80 Johan Hagedoorn	29/03/25	MAWA St Ch	39:50.31	Lynne Schickert	20/08/24	Gothenburg	42:22.44
				Glenys Duncan	15/06/24	Perry Lakes	48:45.61
				W85 Glenys Duncan	29/03/25	MAWA St Ch	52:01.93

10km road walk

M55 Andrew Duncan	14/07/24	Perry Lakes	45:38.56	W35 Melissa Lewis	15/06/24	Perry Lakes	54:36.48
M65 Steve Travell	14/07/24	Perry Lakes	56:20.59	W55 Karyn Tolardo	15/06/24	Perry Lakes	1:06:07.63
M70 Victor Munoz	18/04/25	AMA Ch - Adel	1:06:06	Wendy Farrow	14/07/24	Perry Lakes	1:10:37.90
				W60 Marcela Ruiz	18/04/25	AMA Ch - Adel	1:17:00
				W80 Lynne Schickert	14/07/24	Perry Lakes	1:25:53.11
				Glenys Duncan	14/07/24	Perry Lakes	1:42:17.51

20km road walk

W35 Melissa Lewis	25/08/24	Gothenburg	2:00:07
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80m hurdles

W45 Nataleen Lockyer	01/02/25	WAAS	17.47
W50 Tammi Doyle	01/02/25	WAAS	17.19
W55 Jenn Parker Sue Coate	01/02/25 23/02/25	WAAS Brisbane	14.68 16.53
W70 Carol Bowman	01/02/25	WAAS	33.92

100m hurdles

M50 Paul Jeffery Brad Schirmer	03/11/24 03/11/24	WAAS WAAS	15.34 19.24	W30 Kimberly Young	29/03/25	MAWA St Ch	15.98
M55 Brad Schirmer	02/02/25	WAAS	19.49				
M60 Roger Parenzee JP Moutia	22/08/24 29/03/25	Gothenburg MAWA St Ch	16.00 23.57				
M65 Dave Wilkie	02/02/25	WAAS	22.47				

110m hurdles

M30 Paul Wilmot	29/03/25	MAWA St Ch	22.09
M40 Malachi MacKay Nkosi Ndlovu	03/11/24 29/03/25	WAAS MAWA St Ch	25.52 27.71

300m hurdles

M60 Roger Parenzee JP Moutia	15/08/24 13/03/25	Gothenburg MAWA St Ch	53.30 67.89	W50 Tammi Doyle	13/03/25	MAWA St Ch	68.11
M70 Harold Membrey	25/02/25	Bunbury	87.2	W55 Jenn Parker Sue Coate	17/08/24 13/03/25	Gothenburg MAWA St Ch	52.87 60.67

400m hurdles

M30 Paul Wilmot Hayden McGregor	13/03/25 13/03/25	MAWA St Ch MAWA St Ch	79.08 1:33.07	W30 Kimberly Young	22/02/25	Strive	66.98
M40 Tyne Timmers Malachi MacKay	18/04/25 07/03/25	AMA Ch – Adel AW St Ch	67.81 75.42	W45 Janet Smith	28/01/25	Bunbury	75.5

2000m steeplechase

M60								
David Colvin	27/03/25	MAWA St Ch	9:19.43	W35	Tegan Durbridge	26/02/25	ECAC	11:04.41
Paul Every	03/10/24	ECAC	10:41.34	W45	Fiona van Heerwaarden	27/03/25	MAWA St Ch	11:42.11
M65				W50	Sandra Siviour	26/02/25	ECAC	9:43.28
Trevor Scott	09/01/25	ECAC	8:31.88	Tammi Doyle	27/03/25	MAWA St Ch	9:56.81	
Dave Wilkie	03/10/24	ECAC	11:33.46	W55	Sue Coate	11/07/24	ECAC	10:06.3
M70				Jacqui McQueen	27/03/25	MAWA St Ch	12:31.91	
Harold Membrey	18/04/25	AMA Ch - Adel	13:04.06	Silke Peglow	09/01/25	ECAC	12:53.57	
M80				W65	Carol Bowman	13/08/24	Gothenburg	12:47.74
Bob Schickert	13/08/24	Gothenburg	12:16.03	W70	Margaret Saunders	13/08/24	Gothenburg	10:28.22
Peter Sanders	18/04/25	AMA Ch - Adel	12:57.12	Julie Wilson	13/08/24	Gothenburg	11:10.47	
M85				Carol Bowman	18/04/25	AMA Ch - Adel	12:40.88	
Morland Smith	18/04/25	AMA Ch - Adel	17:14.71	W80	Lynne Schickert	06/06/24	OMA Ch - Suva	18:09.11

3000m steeplechase

M50			
Xinhuan Yan	27/03/25	MAWA St Ch	15:57.92

Marathon

M30								
James Payne	29/09/24	Berlin	2:38:33	W35	Tegan Durbridge	06/10/24	Perth	4:53:26
An Sen Soon	06/10/24	Perth	3:14:51					
M35				W40				
Gerard Hill	07/07/24	Bibra Lake	2:35:34	Lee-Anne Flugel	07/07/24	Bibra Lake	3:09:56	
Adrian Fabiankovits	06/10/24	Perth	3:14:31	Kirsty Peddie	06/10/24	Perth	5:19:36	
M40				W45				
Adam Williams	07/07/24	Bibra Lake	2:48:46	Jill Pope	29/09/24	Berlin	3:46:43	
Zane Walsh	07/07/24	Bibra Lake	3:02:11	Jo Scott	16/03/25	Canning River	4:01:00	
Shayal Mathew	15/09/24	Mullaloo	3:32:24	Crystal Glossop	02/06/24	Brisbane	4:43:25	
M45				W50				
Chris Gould	07/07/24	Bibra Lake	2:39:25	Astrid Roberts	02/03/25	Tokyo	2:48:06	
Steve Weller	07/07/24	Bibra Lake	3:05:39	Clare Wardle	15/09/24	Sydney	3:21:00	
Daniel Smith	07/07/24	Gold Coast	3:27:43	Rashanthi Wanigasekera	03/11/24	New York	7:10:44	
M50				W55				
Alan Stabler	06/10/24	Perth	2:47:44	Heather Longworth	06/10/24	Perth	4:13:57	
Martin Pullen	16/06/24	Rottneest	4:32:27	Sandra Stockman	15/09/24	Sydney	4:19:19	
Bradley Hollins	07/07/24	Bibra Lake	4:55:18	Karyn Tolardo	15/09/24	Sydney	5:28:49	
M55				W60				
Dean Lane	07/07/24	Gold Coast	2:58:51	Lori Sexton	03/11/24	New York	4:25:56	
Kenneth Scott-Hamilton	02/03/25	Tokyo	3:38:02	W65				
Tristan Bell	07/07/24	Bibra Lake	3:41:48	Denise Cleasby	11/01/25	Hobart	4:37:58	
M60								
Mick Hearn	07/07/24	Bibra Lake	3:52:07					
José Jerónimo	08/02/25	Busselton	3:57:48					
Peter Brooke	07/07/24	Gold Coast	4:22:22					
M65								
Mitchell Cleasby	11/01/25	Hobart	3:31:20					
Kevin Johnson	15/09/24	Sydney	3:55:59					
John Pentecost	06/10/24	Perth	4:01:03					
M70								
Milton Mavrick	06/10/24	Perth	4:42:22					
Mercurio Cicchini	14/07/24	Kalgoorlie	4:55:29					
M75								
Bob Lane	16/06/24	Rottneest	3:51:02					
Keith Miller	06/10/24	Perth	5:01:23					

NOTE: Only performances from local marathon events are included by default. To guarantee inclusion of performances from other marathon events, members should notify MAWA of the details (i.e. location, date, and performance).

High Jump

M30							
Paul Wilmot	06/03/25	ECAC	1.55	W40	Mariette Botha	18/04/25	AMA Ch – Adel 1.51
Stephen Parker	02/03/25	MAWA St Ch	1.55		Michelle Krokosz	02/03/25	MAWA St Ch 1.31
					Lucy Saliba	12/12/24	ECAC 0.92
M40				W45			
Ryan Satinover	23/01/25	ECAC	1.65		Janet Smith	29/10/24	Bunbury 1.30
Nkosi Ndlovu	20/03/25	ECAC	1.60		Jacinta Thompson	14/11/24	ECAC 1.25
Malachi MacKay	02/03/25	MAWA St Ch	1.37		Crystal Glossop	14/11/24	ECAC 1.13
M45				W50			
Rodney Glossop	12/12/24	ECAC	1.46		Tammi Doyle	01/02/25	WAAS 1.18
M50				W55			
Paul Jeffery	25/10/24	Strive	1.60		Jenn Parker	28/11/24	ECAC 1.38
Brad Schirmer	02/11/24	WAAS	1.53		Sue Coate	02/11/24	WAAS 1.26
					Lisa Limonas	06/03/25	ECAC 1.19
M55				W70			
David Carbon	20/02/25	ECAC	1.28		Gay Wyatt	09/01/25	ECAC 1.07
Kevin Collins	02/03/25	MAWA St Ch	0.80		Carol Bowman	12/12/24	ECAC 0.92
M60				W80			
Hans Venter	06/03/25	ECAC	1.55		Lynne Schickert	12/12/24	ECAC 0.98
M65					Ruth Johnson	04/02/25	Bunbury 0.90
Dave Wilkie	02/03/25	MAWA St Ch	1.37		Luella Jenkins	04/02/25	Bunbury 0.90
M70							
Dave Wyatt	31/10/24	ECAC	1.28				
Bruce McGeorge	28/11/24	ECAC	1.10				
Des Walsh	12/12/24	ECAC	1.10				
M75							
Ross Goulden	07/01/25	Bunbury	1.22				
Greg Wilson	13/08/24	Gothenburg	1.15				
M80							
Ross Goulden	02/03/25	MAWA St Ch	1.31				
Brian Waldhuter	29/10/24	Bunbury	1.10				
Bob Schickert	12/12/24	ECAC	0.92				

Pole Vault

M30					W35			
Paul Wilmot	02/02/25	WAAS	1.70		Amanda Bisk	08/02/25	Strive	3.75
					Michelle Krokosz	09/11/24	Bunbury	2.20
M35					W55			
Michael Leask	14/03/25	Strive	4.40		Sue Coate	02/02/25	WAAS	2.40
M40								
Malachi MacKay	24/01/25	Strive	2.50					
M45								
Alexander Newman	18/01/25	Strive	3.00					
M50								
Paul Jeffery	03/11/24	WAAS	3.90					
Brad Schirmer	07/12/24	Strive	3.10					
John Fettus	09/11/24	Bunbury	2.30					
M55								
Brad Schirmer	14/02/25	Strive	3.00					
M65								
Dave Wilkie	14/02/25	Strive	2.40					
M75								
Geoff Brayshaw	14/02/25	Strive	2.40					
Phil Smyth	07/12/24	Strive	2.40					

Long Jump

M30					W30			
Paul Wilmot	29/03/25	MAWA St Ch	4.18		Rachael Mccree	29/03/25	MAWA St Ch	4.00
					Deanna Drabsch	29/03/25	MAWA St Ch	3.85
M35					Jenna Triplett	29/03/25	MAWA St Ch	3.66
Bonny Ndungu	29/03/25	MAWA St Ch	5.31					
Matthew Dean	29/03/25	MAWA St Ch	5.06		W35			
					Jarria Brooks	10/10/24	ECAC	3.54
M40					Tegan Durbridge	17/10/24	ECAC	2.19
Stephen Edwards	29/03/25	MAWA St Ch	5.80					
Nkosi Ndlovu	29/03/25	MAWA St Ch	5.74		W45			
Dominic Lagat	13/03/25	ECAC	5.33		Melissa Foster	09/03/25	AW St Ch	5.60
					Janet Smith	18/01/25	Bunbury	4.52
M45					Nat Lockyer	24/10/24	ECAC	3.63
Rod Glossop	21/11/24	ECAC	3.94					
					W50			
M50					Tammi Doyle	29/03/25	MAWA St Ch	3.85
Paul Jeffery	02/03/25	MAWA St Ch	5.80		Sandra Siviour	17/10/24	ECAC	2.92
Brad Schirmer	02/11/24	WAAS	5.03					
Trent Lawler	29/03/25	MAWA St Ch	3.61		W55			
					Jenn Parker	21/11/24	ECAC	4.51
M55					Sue Coate	15/12/24	Brisbane	4.29
Brad Schirmer	29/03/25	MAWA St Ch	4.83		Lisa Limonas	29/03/25	MAWA St Ch	3.89
Wayne Bariolo	29/03/25	MAWA St Ch	4.56					
David Carbon	26/02/25	ECAC	4.41		W65			
					Carol Bowman	17/10/24	ECAC	2.32
M65								
Garry Ralston	29/03/25	MAWA St Ch	4.46		W70			
Dave Wilkie	17/10/24	ECAC	3.87		Gay Wyatt	13/02/25	ECAC	3.31
					Barbara Wilson	29/03/25	MAWA St Ch	2.77
M70					Carol Bowman	13/02/25	ECAC	2.75
Dave Wyatt	16/01/25	ECAC	3.88					
Michael Byrne	02/03/25	MAWA St Ch	3.42		W75			
Des Walsh	17/10/24	ECAC	2.84		Lyn Arnott	29/03/25	MAWA St Ch	2.62
M75					W80			
Geoff Brayshaw	10/04/25	ECAC	3.56		Ruth Johnson	15/10/24	Bunbury	2.83
Phil Smyth	29/03/25	MAWA St Ch	3.39		Luella Jenkins	15/02/25	Bunbury	2.39
Mercurio Cicchini	29/03/25	MAWA St Ch	2.66		Lynne Schickert	05/06/24	OMA Ch - Suva	1.99
M80								
Ross Goulden	18/02/25	Bunbury	2.98					
Brian Waldhuter	15/02/25	Bunbury	2.73					
Bob Schickert	17/10/24	ECAC	1.35					

Triple Jump

M30					W30			
Stephen Parker	30/03/25	MAWA St Ch	8.72		Rachael McCree	30/03/25	MAWA St Ch	8.27
Paul Wilmot	30/03/25	MAWA St Ch	7.85					
M40					W35			
Stephen Edwards	21/03/25	Strive	12.71		Tegan Durbridge	07/11/24	ECAC	5.56
Nkosi Ndlovu	10/04/25	ECAC	11.65					
M45					W45			
Rodney Glossop	05/12/24	ECAC	8.53		Melissa Foster	10/04/25	AA Ch - Perth	11.86
					Janet Smith	14/01/25	Bunbury	8.85
					Nat Lockyer	24/10/24	ECAC	7.34
M50					W50			
Trent Lawler	30/03/25	MAWA St Ch	7.56		Tammi Doyle	30/03/25	MAWA St Ch	7.34
M65					W55			
Dave Wilkie	07/11/24	ECAC	7.57		Jenn Parker	18/08/24	Gothenburg	8.98
Trevor Scott	14/10/24	Alice Springs	6.37		Lisa Limonas	30/03/25	MAWA St Ch	8.02
					Sue Coate	07/11/24	ECAC	7.49
M70					W70			
Brian Hewitt	07/11/24	ECAC	5.23		Gay Wyatt	16/01/25	ECAC	6.73
M75					Barbara Wilson	18/04/25	AMA Ch - Adel	6.30
Geoff Brayshaw	30/03/25	MAWA St Ch	7.74		Carey Dickason	18/04/25	AMA Ch - Adel	5.34
M80					W80			
Brian Waldhuter	11/02/25	Bunbury	5.72		Ruth Johnson	05/11/24	Bunbury	5.52
					Janet Jarvis	18/04/25	AMA Ch - Adel	4.85
					Lynne Schickert	16/01/25	ECAC	4.65

Discus

M30					W30			
Stephen Parker	02/03/25	MAWA St Ch	30.73		Charmaine Tuia	12/12/24	ECAC	26.00
Paul Wilmot	02/02/25	WAAS	19.17		Rachael McCree	26/04/25	Bunbury	22.91
M40					W35			
Tyne Timmers	02/03/25	MAWA St Ch	27.77		Ginny Stasyszyn	07/11/24	ECAC	34.57
Malachi MacKay	13/02/25	ECAC	24.90		Michelle Krokosz	31/08/24	Bunbury	27.41
Dominic Lagat	02/01/25	ECAC	24.02		Jarria Brooks	03/10/24	ECAC	18.64
M45					W40			
Alex Newman	14/01/25	WAAS	41.99		Michelle Krokosz	26/04/25	Bunbury	29.26
Ben Botha	18/04/25	AMA Ch – Adel	28.52		Mariette Botha	16/01/25	ECAC	21.00
Rod Glossop	21/11/24	ECAC	17.54		Naomi Lagat	30/03/25	MAWA St Ch	17.24
M50					W45			
Paul Jeffery	02/03/25	MAWA St Ch	44.86		Nat Lockyer	30/03/25	MAWA St Ch	21.00
Alex Newman	30/03/25	MAWA St Ch	42.88		Jacinta Thompson	21/11/24	ECAC	20.04
John Fettus	25/05/24	Bunbury	40.28		Janet Smith	08/10/24	Bunbury	16.73
M55					W50			
Paul Foley	25/05/24	Bunbury	34.42		Tammi Doyle	12/12/24	ECAC	19.80
Brad Schirmer	30/03/25	MAWA St Ch	32.21		Sharon Davis	30/03/25	MAWA St Ch	18.35
Wayne Bariolo	30/03/25	MAWA St Ch	23.94		W55			
M60					Jennifer Parker	30/03/25	MAWA St Ch	30.17
Andrew Ward	17/12/24	WAAS	42.44		Sue Coate	13/02/25	ECAC	23.92
Paul Foley	18/04/25	AMA Ch – Adel	37.17		Donna Hiscox	18/04/25	AMA Ch – Adel	18.91
Garry Hastie	25/01/25	Bunbury	29.51		W60			
M65					Sharon Moloney	25/05/24	Bunbury	18.29
Tom Gravestock	29/06/24	Bunbury	38.89		Terri Carr	12/12/24	ECAC	15.05
Dave Wilkie	07/01/25	WAAS	25.60		Michelle Link	30/03/25	MAWA St Ch	11.82
Brian Miller	21/11/24	ECAC	22.15		W65			
M70					Terri Carr	30/03/25	MAWA St Ch	16.29
Jo Peters	18/04/25	AMA Ch – Adel	42.78		Carol Bowman	24/10/24	ECAC	9.70
Tom Gravestock	18/04/25	AMA Ch – Adel	42.73		W70			
Des Walsh	10/04/25	ECAC	24.62		Maureen Keshwar	24/10/24	ECAC	21.31
M75					Elizabeth Szczepanska	30/03/25	MAWA St Ch	17.16
Greg Wilson	20/08/24	Gothenburg	27.72		Barbara Wilson	30/03/25	MAWA St Ch	16.35
Geoff Brayshaw	30/03/25	MAWA St Ch	23.32		W75			
Mike Anderson	03/12/24	WAAS	16.32		Christina Faithfull	14/01/25	WAAS	16.92
M80					Bev Hamilton	02/03/25	MAWA St Ch	16.60
Jeff Bowen	30/03/25	MAWA St Ch	18.53		W80			
Brian Waldhuter	25/01/25	Bunbury	15.43		Luella Jenkins	31/08/24	Bunbury	14.43
Bob Schickert	21/11/24	ECAC	12.42		Ruth Johnson	19/10/24	Bunbury	11.34
					Lynne Schickert	21/11/24	ECAC	9.76

Javelin

M30				W30						
Paul Wilmot	18/10/24	Strive	28.38	Rachael McCree	29/03/25	MAWA St Ch	22.61			
Stephen Parker	02/03/25	MAWA St Ch	24.78	Charmaine Tuia	02/03/25	MAWA St Ch	15.14			
M40				W35						
Dominic Lagat	18/04/25	AMA Ch - Adel	38.70	Ginny Staszczyn	31/10/24	ECAC	33.02			
Tyne Timmers	02/03/25	MAWA St Ch	30.92	Michelle Krokosz	18/01/25	Bunbury	23.04			
Malachi Mackay	29/03/25	MAWA St Ch	23.98	Jarria Brooks	10/10/24	ECAC	20.52			
M45				W40						
Ben Botha	23/01/25	ECAC	24.58	Michelle Krokosz	02/03/25	MAWA St Ch	24.76			
M50				W45						
Paul Jeffery	02/03/25	MAWA St Ch	55.76	Janet Smith	18/01/25	Bunbury	25.81			
Brad Schirmer	03/11/24	WAAS	42.65	Nat Lockyer	29/03/25	MAWA St Ch	20.48			
John Fettus	23/11/24	Bunbury	35.12	Jacinta Thompson	02/03/25	MAWA St Ch	16.93			
M55				W50						
Brad Schirmer	29/03/25	MAWA St Ch	40.99	Tammi Doyle	06/02/25	ECAC	23.81			
Paul Foley	25/05/24	Bunbury	38.19	Sandra Siviour	29/03/25	MAWA St Ch	17.68			
Andrew Brooker	22/10/24	WAAS	36.50	W55						
M60				Sue Coate				10/10/24	ECAC	30.61
Paul Foley	18/04/25	AMA Ch - Adel	39.95	Jenn Parker	10/10/24	ECAC	22.14			
Garry Hastie	15/02/25	Bunbury	35.58	Lisa Limonas	23/01/25	ECAC	20.05			
Andrew Ward	13/03/25	ECAC	30.21	W60						
M65				Carmel Meyer				29/03/25	MAWA St Ch	17.05
Tom Gravestock	29/06/24	Bunbury	28.60	Sharon Moloney	25/05/24	Bunbury	13.62			
Dave Wilkie	11/02/25	WAAS	25.73	Michelle Link	29/03/25	MAWA St Ch	12.15			
Campbell Till	29/03/25	MAWA St Ch	24.00	W65						
M70				Carol Bowman				31/10/24	ECAC	12.78
Jo Peters	29/03/25	MAWA St Ch	36.28	W70						
Tom Gravestock	18/04/25	AMA Ch - Adel	29.18	Barbara Wilson	18/04/25	AMA Ch - Adel	18.51			
Geoff Brayshaw	10/10/24	ECAC	26.14	Maureen Keshwar	29/03/25	MAWA St Ch	14.17			
M75				Elizabeth Szczepanska				29/03/25	MAWA St Ch	13.45
Geoff Brayshaw	05/12/24	ECAC	24.84	W75						
Greg Wilson	18/04/25	AMA Ch - Adel	22.55	Christina Faithfull	29/03/25	MAWA St Ch	12.77			
Phil Smyth	29/03/25	MAWA St Ch	20.64	Beverley Hamilton	18/04/25	AMA Ch - Adel	11.57			
M80				W80						
Brian Waldhuter	08/02/25	Bunbury	12.57	Luella Jenkins	31/08/24	Bunbury	13.03			
Bob Schickert	31/10/24	ECAC	9.72	Brenda Painter	29/03/25	MAWA St Ch	10.71			
				Ruth Johnson				18/01/25	Bunbury	10.31

Shot

M30					W30			
Stephen Parker	30/03/25	MAWA St Ch	10.31		Charmaine Tuia	30/03/25	MAWA St Ch	8.13
Paul Wilmot	01/02/25	WAAS	6.68		Rachael McCree	30/03/25	MAWA St Ch	8.01
					Hannah Gethin	02/03/25	MAWA St Ch	5.30
M40					W35			
Tyne Timmers	25/02/25	Bunbury	9.29		Ginny Stasyszyn	14/11/24	ECAC	11.69
Malachi MacKay	22/11/24	Strive	8.75		Michelle Krokosz	07/12/24	Bunbury	8.46
Dominic Lagat	20/02/25	ECAC	7.97		Tegan Durbridge	19/12/24	ECAC	5.38
M45					W40			
Alex Newman	16/01/25	ECAC	11.22		Michelle Krokosz	02/03/25	MAWA St Ch	8.70
Ben Botha	16/01/25	ECAC	8.59		Mariette Botha	16/01/25	ECAC	8.31
Rodney Glossop	19/12/24	ECAC	6.80		Naomi Lagat	20/02/25	ECAC	5.83
M50					W45			
John Fettus	31/08/24	Bunbury	14.37		Melissa Foster	24/11/24	Melbourne	8.92
Paul Jeffery	02/11/24	WAAS	12.52		Janet Smith	18/01/25	Bunbury	8.76
Alex Newman	30/03/25	MAWA St Ch	11.22		Jacinta Thompson	14/11/24	ECAC	7.80
M55					W50			
Brad Schirmer	01/02/25	WAAS	10.80		Tammi Doyle	01/02/25	WAAS	8.19
Paul Foley	29/06/24	Bunbury	10.32		Sharon Davis	30/03/25	MAWA St Ch	7.12
Wayne Bariolo	29/03/25	MAWA St Ch	9.81					
M60					W55			
Paul Foley	18/04/25	AMA Ch - Adel	11.31		Sue Coate	14/11/24	ECAC	10.09
Andrew Ward	24/10/24	ECAC	9.88		Jenn Parker	02/01/25	ECAC	9.96
Garry Hastie	25/01/25	Bunbury	9.21		Paula Kennedy	25/05/24	Bunbury	8.02
M65					W60			
Tom Gravestock	29/06/24	Bunbury	10.52		Sharon Moloney	25/05/24	Bunbury	7.09
Dave Wilkie	02/01/25	ECAC	8.02		Terri Carr	02/01/25	ECAC	5.68
					Juliana Kelly	28/01/25	WAAS	5.39
M70					W65			
Jo Peters	18/04/25	AMA Ch - Adel	12.53		Terri Carr	10/04/25	ECAC	5.60
Tom Gravestock	18/04/25	AMA Ch - Adel	12.17					
Geoffrey Gee	29/03/25	MAWA St Ch	11.91		W70			
M75					Maureen Keshwar	29/03/25	MAWA St Ch	7.58
Greg Wilson	18/04/25	AMA Ch - Adel	8.67		Barbara Wilson	29/03/25	MAWA St Ch	7.19
Geoff Brayshaw	05/12/24	ECAC	7.34		Elizabeth Szczepanska	29/03/25	MAWA St Ch	6.57
Mike Anderson	14/01/25	WAAS	5.90					
M80					W75			
Jeff Bowen	29/03/25	MAWA St Ch	8.17		Beverley Hamilton	18/04/25	AMA Ch - Adel	6.75
Brian Waldhuter	15/02/25	Bunbury	6.66		Christina Faithfull	11/02/25	WAAS	6.31
Bob Schickert	19/12/24	ECAC	5.82		W80			
					Luella Jenkins	15/02/25	Bunbury	5.96
					Ruth Johnson	15/02/25	Bunbury	5.41
					Brenda Painter	29/03/25	MAWA St Ch	5.10

Hammer

M30				W30			
Stephen Parker	02/03/25	MAWA St Ch	16.20	Charmaine Tuia	20/02/25	ECAC	15.34
				Rachael McCree	26/04/25	Bunbury	14.81
M40				W35			
Malachi MacKay	23/01/25	ECAC	23.55	Ginny Stasyszyn	31/10/24	ECAC	35.26
Phil Fenn	18/02/25	Bunbury	20.00	Michelle Krokosz	07/12/24	Bunbury	21.47
Tyne Timmers	18/02/25	Bunbury	15.53				
M45				W40			
Ben Botha	21/03/25	Strive	29.00	Michelle Krokosz	29/03/25	MAWA St Ch	20.19
M50				W45			
John Fettus	27/07/24	Bunbury	46.32	Jacinta Thompson	06/02/25	ECAC	18.77
				Janet Smith	15/10/24	Bunbury	18.07
M55				Andrea Penny	31/10/24	ECAC	14.02
Paul Foley	25/05/24	Bunbury	35.04				
M60				W50			
Paul Foley	18/04/25	AMA Ch - Adel	35.40	Tammi Doyle	20/02/25	ECAC	17.37
Andrew Ward	21/01/25	WAAS	28.84				
Garry Parker	06/02/25	ECAC	25.52	W55			
M65				Jenn Parker	22/11/24	Strive	33.72
Tom Gravestock	02/03/25	MAWA St Ch	34.98	Paula Kennedy	25/05/24	Bunbury	30.64
Brian Miller	31/10/24	ECAC	31.77	Sue Coate	29/06/24	Bunbury	24.64
M70				W60			
Jo Peters	13/08/24	Gothenburg	44.48	Sharon Moloney	29/06/24	Bunbury	25.56
Tom Gravestock	18/04/25	AMA Ch - Adel	40.51	Terri Carr	09/01/25	ECAC	16.03
Harold Membrey	18/02/25	Bunbury	25.79	Michelle Link	29/03/25	MAWA St Ch	12.85
M75				W65			
Greg Wilson	30/03/25	MAWA St Ch	22.59	Terri Carr	29/03/25	MAWA St Ch	14.58
Phil Smyth	30/03/25	MAWA St Ch	20.58				
M80				W70			
Brian Waldhuter	18/02/25	Bunbury	17.60	Elizabeth Szczepanska	29/03/25	MAWA St Ch	20.85
				Carey Dickason	18/04/25	AMA Ch - Adel	16.16
				W75			
				Bev Hamilton	02/03/25	MAWA St Ch	21.81
				Christina Faithfull	29/03/25	MAWA St Ch	19.31
				W80			
				Ruth Johnson	15/10/24	Bunbury	19.99
				Luella Jenkins	31/08/24	Bunbury	18.05

Weight

M30					W30			
Stephen Parker	02/03/25	MAWA St Ch	7.19		Charmaine Tuia	02/03/25	MAWA St Ch	7.41
					Rachael McCree	26/04/25	Bunbury	4.78
M40					W35			
Phil Fenn	04/02/25	Bunbury	7.76		Ginny Stasyszyn	07/11/24	ECAC	12.20
Tyne Timmers	05/10/24	Bunbury	6.82		Michelle Krokosz	01/02/25	Bunbury	8.46
M45					W40			
Ben Botha	18/04/25	AMA Ch - Adel	10.28		Michelle Krokosz	02/03/25	MAWA St Ch	8.38
M50					W45			
John Fettus	21/12/24	Bunbury	17.33		Jacinta Thompson	21/11/24	ECAC	6.82
M55					Nataleen Lockyer	02/03/25	MAWA St Ch	5.94
Paul Foley	25/05/24	Bunbury	12.74		Andrea Penny	09/01/25	ECAC	5.02
M60					W55			
Paul Foley	18/04/25	AMA Ch - Adel	14.46		Jennifer Parker	30/03/25	MAWA St Ch	10.22
Andrew Ward	30/01/25	ECAC	12.54		Sue Coate	02/03/25	MAWA St Ch	9.68
Garry Hastie	07/12/24	Bunbury	10.36		Paula Kennedy	27/07/24	Bunbury	8.64
M65					W60			
Tom Gravestock	02/03/25	MAWA St Ch	12.75		Sharon Moloney	25/05/24	Bunbury	8.74
Brian Miller	30/03/25	MAWA St Ch	10.95		Terri Carr	09/01/25	ECAC	6.41
M70					Michelle Link	30/03/25	MAWA St Ch	6.18
Jo Peters	29/06/24	Bunbury	16.94		W65			
Tom Gravestock	30/03/25	MAWA St Ch	15.54		Terri Carr	30/03/25	MAWA St Ch	6.07
Geoffrey Gee	30/03/25	MAWA St Ch	14.83		W70			
M75					Elizabeth Szczepanska	30/03/25	MAWA St Ch	8.05
Greg Wilson	30/03/25	MAWA St Ch	8.88		Barbara Wilson	30/03/25	MAWA St Ch	7.65
Mike Anderson	30/03/25	MAWA St Ch	6.28		W75			
M80					Bev Hamilton	02/03/25	MAWA St Ch	8.35
Jeff Bowen	30/03/25	MAWA St Ch	6.85		Christina Faithfull	30/03/25	MAWA St Ch	7.53
					W80			
					Luella Jenkins	01/02/25	Bunbury	9.08
					Ruth Johnson	16/11/24	Bunbury	7.32

Decathlon

M30					W55			
Paul Wilmot	02/02/25	WAAS	2117		Sue Coate	23/02/25	Brisbane	6415
M40								
Malachi MacKay	02/02/25	WAAS	3067					
M50								
Paul Jeffery	03/11/24	WAAS	7260					
Brad Schirmer	03/11/24	WAAS	5493					
M55								
Brad Schirmer	02/02/25	WAAS	5887					
M65								
Dave Wilkie	02/02/25	WAAS	4062					

Heptathlon

W45								
Janet Smith	02/02/25	WAAS	4226					
Nataleen Lockyer	02/02/25	WAAS	1886					
W50								
Tammi Doyle	02/02/25	WAAS	3518					
W55								
Jenn Parker	02/02/25	WAAS	4733					
Sue Coate	03/11/24	WAAS	4409					
W70								
Carol Bowman	02/02/25	WAAS	2197					

Outdoor Pentathlon

M30					W30			
Paul Wilmot	02/03/25	MAWA St Ch	1155		Deanna Drabsch	02/03/25	MAWA St Ch	1385
					Hannah Gethin	02/03/25	MAWA St Ch	940
M40					W45			
Tyne Timmers	02/03/25	MAWA St Ch	2610		Janet Smith	18/01/25	Bunbury	3034
Malachi MacKay	02/03/25	MAWA St Ch	1904		Nat Lockyer	02/03/25	MAWA St Ch	1489
M50					Jacinta Thompson	02/03/25	MAWA St Ch	1351
Paul Jeffery	02/03/25	MAWA St Ch	4033		W55			
M65					Sue Coate	02/03/25	MAWA St Ch	3513
Dave Wilkie	02/03/25	MAWA St Ch	1907		Jennifer Parker	02/03/25	MAWA St Ch	3381
M70					W70			
Michael Byrne	02/03/25	MAWA St Ch	2454		Carol Bowman	02/03/25	MAWA St Ch	2034
					Carey Dickason	18/04/25	AMA Ch - Adel	1438
M80					W80			
Brian Waldhuter	08/02/25	Bunbury	1056		Ruth Johnson	15/02/25	Bunbury	1915
					Luella Jenkins	15/02/25	Bunbury	1689
					Brenda Painter	02/03/25	MAWA St Ch	1232

Throws Pentathlon

M30					W30			
Stephen Parker	02/03/25	MAWA St Ch	1648		Rachael McCree	26/04/25	Bunbury	1319
					Charmaine Tuia	02/03/25	MAWA St Ch	1306
M45					W35			
Ben Botha	02/03/25	MAWA St Ch	2032		Michelle Krokosz	07/12/24	Bunbury	1780
M50					W40			
John Fettus	31/08/24	Bunbury	3520		Michelle Krokosz	02/03/25	MAWA St Ch	2091
M55					W45			
Paul Foley	25/05/24	Bunbury	3087		Nat Lockyer	02/03/25	MAWA St Ch	1544
M60					Jacinta Thompson	02/03/25	MAWA St Ch	1468
Garry Hastie	25/01/25	Bunbury	2327		W55			
Garry Parker	25/01/25	Bunbury	1511		Jenn Parker	25/01/25	Bunbury	2895
M65					Sue Coate	02/03/25	MAWA St Ch	2737
Tom Gravestock	29/06/24	Bunbury	2952		Paula Kennedy	25/05/24	Bunbury	2292
M70					W60			
Jo Peters	29/06/24	Bunbury	4004		Sharon Moloney	27/07/24	Bunbury	2196
Tom Gravestock	18/04/25	AMA Ch - Adel	3530		W75			
Harold Membrey	25/01/25	Bunbury	1980		Bev Hamilton	02/03/25	MAWA St Ch	2328
M75					W80			
Greg Wilson	18/04/25	AMA Ch - Adel	2243		Luella Jenkins	31/08/24	Bunbury	2588
Mike Anderson	29/06/24	Bunbury	1027		Ruth Johnson	07/12/24	Bunbury	2148