

Champs take off



Pentathlon
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CATHY McCLOSKEY



Women's throws
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JULIE PLACKETT



Steeple
Page 7

ROSCOE McDONNELL and KIM THOMAS



Men's throws
Page 6

MATT STAUNTON

Black Swan Event FP State Athletics Championships



MAIN PHOTO: David Carr leads Nick Miletic in the 1500m.
INSETS: Where would we be without helpers (clockwise from above) Colin Smith, Jackie Halberg, Bob Shickert and Richard Danks ensure the throws are measured and recorded.

The battle begins

With the two-day Black Swan Financial Planning State Athletics Championship on the first weekend in April, a number of masters athletes got an early start for championship glory with the 5km track walk on March 10 at Ern Clark Athletic Centre (Coker Park).

The following evening it was the turn of the intrepid few who splashed and

dashed for medal contention in the 2km and 3km steeplechase at the Western Australia Athletic Centre.

It was a return to Coker Park the following Thursday night when a good field battled their minds for 25 laps in the 10,000m.

Two days later there was a double billing for pentathletes at Coker Park battling oppressive

conditions in their quest for medals. The outdoor pentathlon was held in the morning with the throws pentathlon in the afternoon.

This issue of TFNL highlights these early championship events with a special TFNL issue on the two-day track and field carnival to be on the web in mid April.

Black Swan Event FP State Athletics Championships

Men's outdoor pentathlon results

M35

Paul Jeffery M37 2915
Kim Thomas M37 1817

M40

Chris Neale M41 2778
Mark Elms M44 2453

M45

Ian Cotton M46 2735
Garry Hastie M49 2143
Nigel Jones M48 1623

M50

John Dennehy M51 1229

M55

Harold Membrey M55 1531

M60

Nick Miletic M60 1941

M70

Peter Gare M70 2820

M75

David Carr M78 2752



Paul Jeffery leads the field in the 1500m.

Photos: GRAEME DAHL



Kim Thomas shows his style in the discus.



David Carr, Peter Gare, Nick Miletic and Harold Membrey battle for the lead of the 200m



MARK ELMS



NICK MILETIC

LOOK FOR THE CHAMPIONSHIP SPECIAL – ON WEB IN EARLY APRIL

Roll of Honour

March 3 — ECAC
Lorraine Lopes W70 5000m 25:00.3 SR
Melissa Foster W30 Triple jump 10.55m SR
March 8 — Bunbury
Brian Waldhuter M70 High jump 1.23m SR
March 15 — UWA
Ed Carroll M70 Shot 11.03m SR

March 18 — WAAS
Greg Wilson M60 High jump 1.42m SR
March 22 — UWA
Ed Carroll M70 Discus 34.51m SR
Bob Fergie M75 Wt Throw 11.84m SR
(State champs events not included – will be reported separately.)

Black Swan Event FP State Athletics Championships



Carol Bowman waits for the pit to be raked during the long jump event of the women's pentathlon. *Photos: GRAEME DAHL*



Melissa Foster steps down the runway as she prepares to hurl the javelin.

Women's outdoor pentathlon results

W30		
Melissa Foster	W32	2198
W40		
Simone Solomon	W44	1627
Regina Crouch	W42	971
W45		
Cathy McCloskey	W47	2370
Sharon Moloney	W48	2016
W55		
Carol Bowman	W56	1396
Julie Wilson	W57	1249
W60		
Sarah Ladwig	W61	1509
W65		
Peggy Macliver	W66	3389
Luella Jenkins	W68	1993
Lynne Schickert	W69	1237



PEGGY MACLIVER



SARAH LADWIG



JULIE WILSON



SIMONE SOLOMON

Black Swan Event FP State Athletics Championships

Combined events prove successful

For the first time the Pentathlon and Throws Pentathlon were held on the same day. As well as the usual suspects there were many attempting their first pentathlon. All the drama of the pentathlon was there, falling behind in one event then regaining ground in the next.

There was even the rare occurrence of two athletes tied after four events, leaving a straight shootout in the fifth. Thirty events were held on the day. It takes many officials and volunteers to manage these events and their efforts are greatly appreciated.

By Damien Hanson

Women's throws pentathlon results

W30			
Byrony Glass	W33	3044	
W40			
Julie Plackett	W41	1987	
W45			
Sharon Moloney	W48	1971	
W50			
Kylie Everard	W51	1711	
W60			
Kathryn Glass	W61	3593	
Stella Turner	W64	1847	
W65			
Bev Hamilton	W65	3533	
Luella Jenkins	W68	2379	
W70			
Dorothy Whittam	W74	2628	
W75			
Noela Medcalf	W76	2476	
W80			
Raema McMillan	W83	3441	

Bev Hamilton steps around the circle.



Photos: GRAEME DAHL

Byrony Glass prepares to unleash the hammer.



NOELA MEDCALF



LUELLA JENKINS



SHARON MOLONEY



RAE McMILLAN

Black Swan Event FP State Athletics Championships



ABOVE: Stan Selby takes aim for another mammoth throw. *Photos: GRAEME DAHL*



Matt Staunton winds up as he prepares to unleash the hammer.

Men's throws pentathlon results

M30		
Greg Urbanowicz	M32	2509
M35		
Matt Staunton	M37	2864
M40		
Mark Hamilton	M40	2507
M45		
Paul Foley	M45	2523
Andrew Ward	M49	1744
Garry Hastie	M49	1665
M50		
John Everard	M52	2446
M55		
Lajos Joni	M55	3209
Tom Gravestock	M55	2887
Harold Membrey	M59	1587
M60		
Greg Wilson	M63	2197
M65		
Stan Selby	M65	3114
M70		
Peter Doye	M70	1937
M75		
James Davis	M77	3077
Bob Fergie	M75	2879
Robert Shand	M78	2137
Jeffrey Whittam	M76	1973
M80		
Christian Tittel	M82	2340



ROB SHAND



JOHN EVERARD



TOM GRAVESTOCK

Masters in gold dash

Despite competing in different age groups Kim Thomas (M35) and Roscoe McDonnell (M50) went head to head in the first steeplechase of the Black Swan Event Financial Planning State Athletics Championships held as part of regular Friday night competition at the West Australian Athletics Stadium.

The two threw everything into the 3000m event in their quest for gold and personal pride. Kim took the honours across the finish line from Roscoe.

Nine athletes took the 2000m 'chase challenge. Only the M65s was a contested age group, with three competitors.

It was great to see Bert Carse back on the track after such a



Bert Carse leads
Bob Schickert
and David Carr.
Photos: GRAEME DAHL

long lay-off. His winning time of 9:06 is well below his best, but still more than good enough

to take top honours. SBs went to M75 David Carr, M65 John Oldfield, M60 Nick Miletic and

W40 Regina Crouch. Second place overall, despite a fall at one point went to Bob Schickert.

Only a special group of runners tackle the steeple



ROSCOE McDONNELL



KIM THOMAS



BERT CARSE



DAVID CARR



BOB SCHICKERT



JOHN OLDFIELD



NICK MILETIC



DELIA BALDOCK

Ventris in cakewalk

Lynne Ventris showed her world class with a dominant win in the 5000m race walk which kicked off the Black Swan Event FP State Athletic Championships at Ern Clark Athletic Centre on March 10.

With all the precision of a Swiss watch she set a blistering pace to head Garry Hastie and

David Smyth across the line with a time of 25min 17.90 secs.

Another strong performance was from Lynne Schickert. Fresh from her gold medal performance in the New Zealand Masters Championships she arrived back in Australia only hours before the gun fired.



Lynne Ventris powers to the line at the Australian Masters Athletics Championships.
Photo: VIC WATERS

W30+ 5000m race walk

W40	1	Crouch, Regina	W42	44:10.20	47.27%
W50	1	Ventris, Lynette	W54	25:17.90	91.61%
W65	1	Schickert, Lynne	W69	36:52.20	75.31%
W75	1	Byers, Sylvia	W76	40:19.10	77.03%
W80	1	Lauchlan, Lorna	W81	42:23.20	80.55%

M30+ 5000m race walk

M40	1	Smyth, David	M41	28:58.30	65.79%
M45	1	Hastie, Garry	M49	25:47.90	78.81%
M55	1	Membrey, Harold	M59	35:54.80	61.85%
M65	1	Hopper, Peter	M66	37:41.80	63.39%
M70	1	Doye, Peter	M70	35:08.10	71.29%
M75	1	Smith, John	M76	35:28.40	76.42%
	2	Fergie, Bob	M75	40:55.80	65.32%
	3	Whittam, Jeffrey	M76	41:17.80	65.64%
	-	Hall, Ray	M77	DNF	
M85	1	Jones, Stanley	M85	40:20.00	77.49%

Mitchell and Giles take honours in 10,000m

MEN			WOMEN			Lorraine Lopes		
Paul Mitchell	M40	36:50.5	Rosemary Giles	W35	42:01.7	Melissa Hynds	W71	51:32.0
Trevor Scott	M51	37:11.3	Bernadette Benson	W41	43:58.1	Julie Wilson	W34	52:48.0
Kim Thomas	M37	38:29.7	Trisha Farr	W39	46:49.0	Julie Keeley	W57	53:10.9
Steve Giles	M52	38:37.0	Gillian Young	W63	49:51.8	Regina Crouch	W44	57:05.6
Chris Maher	M57	41:08.0				W42	73:10.3	
Ross Keane	M49	43:46.5						
John Collier	M44	44:44.8						
George Fish	M63	45:00.5						
Frank Gardiner	M61	45:08.8						
Bert Carse	M69	45:56.6						
Dante Giacomini	M42	46:24.5						
Maurice Creagh	M64	47:39.1						
Bob Schickert	M69	48:15.2						
John Oldfield	M67	49:41.8						
Allan Billington	M50	52:41.7						
Irwin Barrett-Lennard	M81	55:24.2						
Greg Wilson	M63	56:06.0						
Cecil Walkley	M81	73:13.1						
Brian Hewitt	M57	DNF						
Nick Miletic	M60	DNF						



Rosemary Giles (far right) and Bernadette Benson (413) head the field.



Sitting in fourth place just after the start of the 1500m, David Carr prepares to pounce to win the gold at the World Veterans' Athletic Championships in Durban in 1997

A man for all seasons

David Carr's running style could never be described as classic but it suits him and is impressively effective. He was a founder member of the club back in 1974, is now a life member and has proved himself to be one of the club's top athletes throughout the years. When asked for information for this profile he could legitimately have provided several pages detailing his athletics achievements, but the scant half page received ("Nobody is really interested in details about me, are they?") means that, despite much research, there are no doubt still some omissions in what follows.

Born in WA, David ran interclub in Perth as a sixteen year old and played baseball in the winter. At seventeen he joined the Royal Australian Navy, making the rank of Leading Aircraft Mechanic. Whilst based at Nowra, NSW, he ran with Albatross Athletic Club. He competed in B grade in Sydney, concentrating on 400m and 800m, achieving a PB of 2:08 in the latter.

At twenty-four he left the navy and, in his own words, "re-entered the real world, resumed baseball (more B grade) and thought about the future". After two years as a full time tertiary student he became a teacher but also continued his studies for some years. He eventually rose to the dizzy heights of school principal. During this time he met and married Patricia and they now have three children and five grandchildren.

From age 24 to 42 he took no part in athletics but by 1974 he was back to running with enthusiasm and MAWA, as it is now, provided the opportunity for him to try various events.

After a couple of years, he ranked amongst the place-getters in the Australian Championships and after thirteen years, in the Worlds, coming second M55 in the 800m in 2:09.78.



David with his great rival Canada's Earl Fee, two of the world's finest middle distance runners.

Closer to home, David's name is engraved on the Patron's Trophy no fewer than sixteen times, the first in 1980 the most recent in 2010. He has held, and still holds, so many state records they are too numerous to mention. His current Australian records (about a dozen of them) include, at various age groups, the 400m, 800m, 1500m, 1 mile, 3000m, 2000m steeplechase, outdoor pentathlon and 4x1500m relay. Two of these, his

800m and 2000m steeplechase are still M75 world records. He holds several AMA Championships records and, in 2008 and 2009, was awarded the Brian Foley award for best age-graded 800m/1500m performance. In 2009, at M75, he was voted the most outstanding Australian male athlete and in 2010 was given the Athlete of the Meet award for his M77 steeplechase performance.

This level of achievement could not have come without extreme dedication but David has always, in addition, found time to contribute to athletics in other ways. He was editor of the first club newsletter for a couple of years and typed, duplicated and delivered each issue. He has been the club president and was convenor of the LOC for the AMA Championships in Perth in 1989. He is always happy to pass on his knowledge to others and still regularly leads a training group for MAWA athletes.

The climax of David's season will be the World Masters Championships in Sacramento. He is at the top of the age group (M75) which contains three men who have posted faster times than his. So he suspects he would miss out on first place in his preferred events. He will run the 800m and, depending on the schedule, will choose between the 400m and 1500m and maybe tackle the steeplechase as well. David sees a win as the endpoint of the right training and of a well-planned programme.

Coker Park highlights



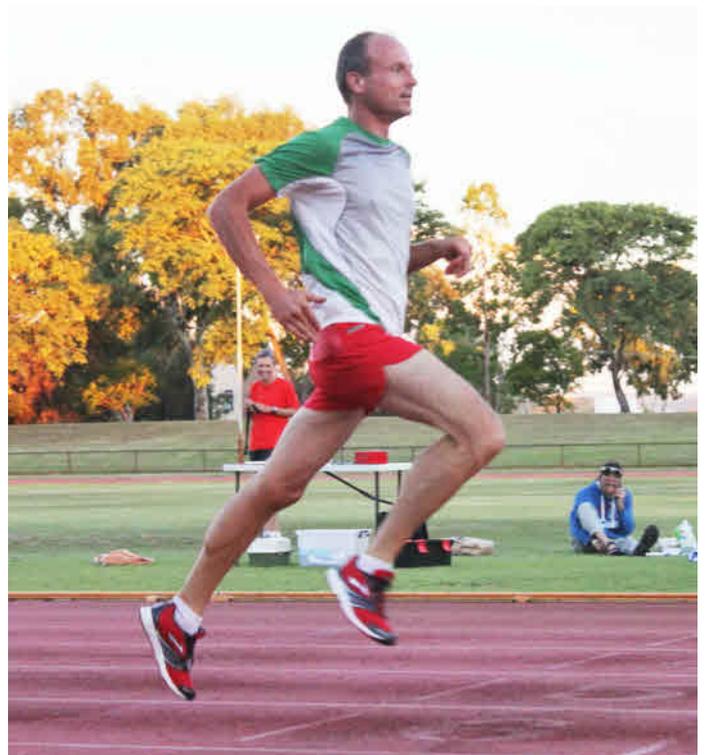
ABOVE: Chris Neale leads Andrew Taylor (left), Colin Smith and David Solomon in a heat of the 200m.



LEFT: Nick Miletic (far right) and Fiona Leonard (second from right) battle for the lead. Fiona won with Fran Cherry third followed by Jamie Leonard and Derry Foley.



Pat Carr heads Lynne Schickert across the finish line.



Rolf Schatzmann strides up the main straight.

Chris Neale ...

the gentle giant

If you used the shuttle bus that MAWA provided last Easter to ferry athletes back and forth to the stadium for the Nationals, you no doubt exchanged some cheery words with the driver, David Neale. Well, that very friendly and obliging man was our gentle giant's father. And Chris has obviously inherited many of his father's genes. David is also a MAWA member (M71) and will be competing in about five events, including the short hurdles, in the upcoming State Championships.

Chris was born in England in 1969 and the family came to Australia when he was three years old. At eight he started in Phoenix Park Little Athletics Club (now known as Cockburn LAC) and competed for them in many state championships. At thirteen he joined Melville Athletic Club Juniors and competed at Perry Lakes for four years, specialising in the long and triple jumps. He made the State under-16 team for triple jump but by the time it came to travelling to Brisbane he was beset by knee injuries and was forced to pull out – he was not happy!

With knees in better condition he eventually got back to athletics and joined MAWA in 2006. He is still doing the horizontal jumps but has added sprints to his repertoire and also tackles the long hurdles and some throws. As mind and body come into conflict he says he has to keep reminding himself that he is not 16 anymore. Since 2007 he has competed in all the State

Championships, most of the Nationals, the World Masters Games in Sydney in 2009 and the World Championships in Riccione, Italy in 2007. He found this a very "eye opening"

experience, saying that "Living in sheltered Perth, you don't realise how many excellent 'Old Runners' there are out there. Standing on the blocks next to a 'Usain Bolt look-alike' is quite intimidating."

Chris made a good start to the State Championships with a points score of 2778 in the pentathlon and, at the time of writing, only has a couple of jumps, a few sprints and the 400m hurdles to go! He also hopes to compete in the Nationals in Brisbane.

He uses PBs as a motivating force, always trying to improve times and distances in each of his disciplines. But he finds that "this is getting harder to do, the older I get." In the next 12 months he hopes to go under 24secs for 200m, under 54secs for 400m and over 3000 points in the Pentathlon.... "If only I could throw a javelin....."

Chris has to juggle his time between work (ex banker, now mortgage broker), family (wife and two children) and athletics. But he still finds time for a second job as a taxi driver for kids' sports/activities (sadly "they don't tip very well!") and for assisting coaching staff at his son's Little Athletics club each week. In addition, he serves on our own MAWA committee as the Track and Field member and will be taking over the organisation of the National Postal Relays next season.

He describes himself as a mad North Melbourne supporter – but we won't hold that against him!

Photo: GRAEME DAHL

UWA highlights



Mark Elms (second from right) wins the 100m from Richard Williams (red shirt) and Andrew Taylor (far right).



Garry Ralston powers down the main straight.



Peter Gare runs off the final bend.



Duncan McAuley strides out in a heat of the 300m.



Roy Fearnall heads into the straight to win his 300m heat.

UWA – March 1

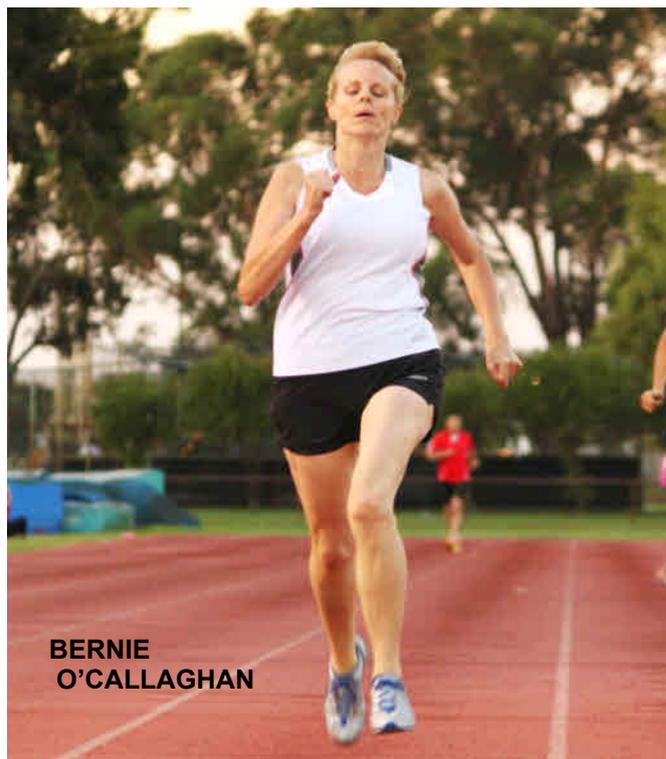
After the warm-up event - four heats of the 300m training distance, we continued with a 1500m. **John Collier** led the way, towing **Keith Edmonds** to a PBA of 5:26. **Val Prescott** also relished the fast pace, with a season's best at the back. It was then down to the serious business as far as the sprinters were concerned. 19 athletes contested the four heats of 100m, won in turn by **Mark Elms** (twice, but slower the second time), **Garry Ralston** and the ever-improving **Cathy McCloskey**, Cathy's 14.8 was her best since joining the club, with faster times falling to her week-by-week. **Richard Williams** (13.2) and **Kevin Collins** (16.3) also notched up PBAs, with **Rob Greenhalgh's** 14.6 his best of the season.

The distance event this evening was a 3000m, with 16 entrants. **Clive Hicks** led **Grahak Cunningham** for most of the race, but it was Grahak in the last 200m, showing Clive a clean pair of heels to win by a good 30 metres in 10:53 (PBA). **David Brook** and **John Collier** had another good tussle, although some half a lap behind. David won this one, but John will be very pleased with his evening's work – a win in the 1500 and an SB in the 3000. **Rob Greenhalgh** added a PBA to his earlier sprint SB, with more SBs for **Duncan McAuley** and **Greg Wilson**. New member **Bernadette Benson** showed her pedigree with a swift 12:45. **Christine Oldfield** is taking walking in her stride, with an SB to her name tonight as well.

In the field, the popular event was the javelin, with 12 competitors. PBAs went to **Geoff Brayshaw** (31.53), **Andrew Ward** (33.68) and **Bob Fergie** (22.00), with **Peggy Macliver**, **Val Prescott** and **Greg Wilson** throwing SBs. **Bob Fergie** doubled up with a season's longest weight throw as well, and **Geoff Brayshaw** demonstrated his versatility by triple jumping to a new high for the season.



ANDREW WARD



**BERNIE
O'CALLAGHAN**

ECAC – March 3

The Perth heat wave continued, but at least the breeze was fairly light today, with a tailwind in the home straight. The attendance was down on recent weeks, but the relay carnival was over and many are now into a heavy training schedule for the upcoming championships. 60m was the initial racing distance, with just two regular heats. Winners **Colin Smith** and **Marguerita Milicich** enjoyed the conditions, as did **Fiona Leonard**, **Kevin Collins** and **Regina Crouch**. Each of these three either beat or equalled their season's best.

Then it was on to the 400m. **Chris Neale** is usually poetry in motion, and never more so than tonight as he finished 7s clear of the rest in a very swift SB of 55.5. **Paul Burke** did his best to keep Chris in sight, and was very pleased with his own time of 62.5, with **David Solomon** (SB) and **Paul Foley** (PBA) not far adrift. **Fiona Leonard** is rapidly making a name for herself since recently joining. The Scots lass continues to improve week-by-week, dipping under 70s for the first time tonight. **Bernie O'Callaghan** also had a season's best in this heat. The third heat was won by **John Dennehy**, always a popular winner, with **Delia Baldock** and **Maurice Creagh** (SB) following him home. Maurice struggled in the early part of the season to regain the form that took him to last year's Achievement Award. But he's just beginning to show signs that there may be some good news ahead with the championships on the horizon.

Three heats of 200m racing ensued. **Colin Smith**, **Paul Burke** and **Mel Hynds** (SB) took these heats, with an SB also for **Marguerita Milicich** and **Kevin Collins** recording a PBA. 34.2s was his best since turning 40. **Bernie O'Callaghan** continued her good form of the night with an SB in the final heat.

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Analysis of the results

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The distance race was over 5000m. **Lorraine Lopes** had another record in her sights, although it was soon fairly obvious that this record was a long way behind the time she was to run. Lorraine had never run a track 5000m before, but that made not a jot of difference as she stopped the three watches in 25:00.3, almost 9 minutes inside the old state record.

It is typical of Lorraine's attitude that she was a little annoyed that the Australian record had proved beyond her. Next time, Lorraine! Most of the other entrants for this found the unusually high Perth temperature difficult over this distance, but there were some good times by those running/walking the shorter 3000m. **Kim Thomas** is a delight to watch over any distance; always with a smile on his face, Kim could easily be the pin-up photo to represent all that is best about Masters Athletics. Add to this pure enjoyment a 10-second season's best and the mixture is unbeatable. **Kevin Hynds** enjoyed his best 3000 of the season behind Kim, as did **Tom Lenane** with his 3k walk.

Melissa Foster was another record-breaker tonight. Her triple jumping has been over 10m consistently this season, but the state record of 10.45 had so far eluded her. Not tonight. She beat it more than once, and with the wind gauge showing under 2m/s her 10.55 is now the new mark. Many of the track athletes tuned up for the upcoming pentathlon in the championships with the discus and javelin. Regular thrower **Stella Turner** was the landmark achiever though, with SBs with each implement.

WAAS — March 4

Being a long weekend, attendance was down generally at WAAS tonight, the Masters presence mirroring that. **Chris Neale** leapt 5.82m into the long jump pit and



CHRIS NEALE



MELISSA FOSTER

clocked a very respectable 24.90 for 200m. However, he commented that he felt a bit weary after four events the previous evening at ECAC (400m, javelin, discus and triple jump). **Mark Jeffery** tried to make up for missing the second day of last month's decathlon with a groin strain. He took in the pole vault (3.65m), discus (PBA of 35.90m) and still found the energy to run a 26.4s 200m.

The high jump saw two Masters competing. **Greg Wilson** matched his own state M60 record of 1.40m, and **Graeme Watson** was close to his best with 1.65m. Only three throwers from MAWA were there this evening, Mark I've already mentioned. His decathlon companion **Matt Staunton** had a go at all three of tonight's throws, with excellent results in all of them. Perhaps the pick was his 46.31m javelin throw, but over 11m with the big shot and a 37m discus throw made it a good evening's work. **Tom Gravestock** recovered from problems with the shot to top the MAWA discus list at 37.29m.

Back on the track there were four MAWA men in the 3000m. **Andrew Brooker** is a class act over anything from 400m upwards, his 10:28.97 tonight being a new PBA. Another PBA (11:18) went to **David Brook**, with **Roscoe McDonnell** sandwiched in between these two at just under 11 minutes. **Jonathon Phillips** was our other competitor. Finally **Neil Morfitt** ran the 800m. Neil's times are incredibly consistent, always around 2:14 at this stage in his training and so it proved again tonight.

UWA — March 8

Conditions were near perfect on the grass tonight, warm but with a breeze that gradually eased during the evening. It certainly brought out the numbers, with new members **Mark Frew, Andrew Taylor, Greg Faulkner, Bernadette Benson** and **Paul Scott-Taylor** adding to the regulars. We also welcomed back **Rob Colton** who has re-joined.

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Analysis of the results

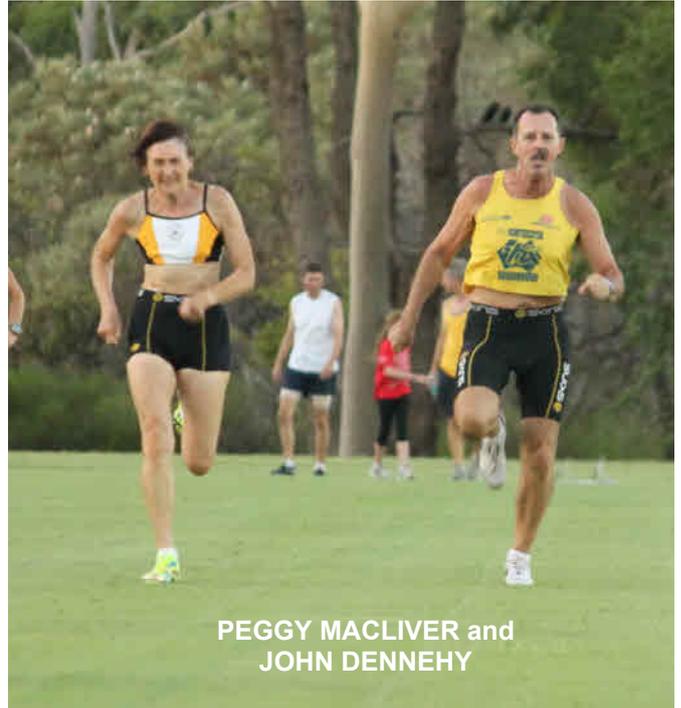
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As is customary, we began with a sprint, and it was the turn of the 60m to get us under way. SBs to **Andrew Taylor, Richard Williams** and **Julie Wilson** meant that not only the heat winners **Garry Ralston, Rob Greenhalgh** and **Fran Cherry** went away happy.

Two heats of the 400m each filled all eight lanes. Once again a clutch of season's bests behind the heat winners gave cause for much celebration. **Richard Williams** sped home in the first, with **Rob Greenhalgh** and **Allan Billington** neck-and-neck with SBs. The second heat saw ever-improving **John Collier** ease clear of **Graeme Dahl** (SB), with **Ivan Brown**, now fit again, also notching his best of the season. A change to the programme meant that we would close with a 3000m race, so the 1500m was brought forward. **John Collier** and **David Brook** each followed the hot pace set by winner **Clive Hicks** to add more SBs, with new members **Paul Scott-Taylor** and **Bernadette Benson** also showing well.

The 200m event is always a popular one on the grass. Tonight was no exception, with four heats. **Garry Ralston** made it a double by taking out the first heat, towing **Richard Williams** to his season's best. There was a tight finish behind these two, with little to separate **Keith Edmonds, Barrie Kernaghan** and returnee **Rob Colton**. **Andrew Taylor** took the second convincingly, but there was the usual epic battle between **John Dennehy** and **Peggy Macliver** in the third heat. **Fran Cherry** and **Ivan Brown** added more SBs behind these two. The final heat saw **Greg Faulkner** come home first with another SB for **Julie Wilson**.

Conditions were just about perfect for tonight's bonus 3000m. Again **Clive Hicks** led the way, but a little slower than usual after his earlier 1500. SBs behind him went to **John Collier** (ending a very good night for him), **John Oldfield, Greg** and **Julie Wilson**, plus **Fran Cherry**.



PEGGY MACLIVER and
JOHN DENNEHY

Mention also of **Graeme Dahl** whose time was his best since early October.

Seven long jumpers kept **Les Beckham** busy. **Geoff Brayshaw** recorded 4.18m, his best since turning 60 and thus a PBA, with **Julie Wilson** adding an SB. There were plenty of throwers as well, with the discus and javelin always the most popular events. The discus saw some excellent marks recorded. PBAs went to **Peter Gare** and **Andrew Ward** with season's bests for **Rob Shand, Val Prescott** and **Greg Wilson**.

ECAC – March 10

The Black Swan Event FP State Championships began this evening with 15 athletes competing in a 5000m track walk. A report and results for this event can be found on page 8.

A full and busy evening's programme began with five 200m heats. **Chris Neale** set the standard in the first, with **Colin Smith, Andrew Taylor** and **David Solomon** showing well. A battle royal in the second saw **Keith Martin** edge out **Kim Thomas** and **Ross Keane**. **Kerriann Bresser** stretched out to take the third, **Sue Bourn** only a hair's breadth behind. A race of the ladies, won by **Mel Hynds**, brought this event to its conclusion.

The breezy conditions were better suited to the 800m which was next on the agenda. **Kim Thomas** continued his fine form with a swift 2:24, **Ross Keane** again being the one to keep him honest. **Graeme Dahl** showed excellent pace with a 2:39 PBA, with SBs for **Fiona Leonard** and **John Dennehy** behind him. **Maurice Creagh** snatched the second heat from **Sue Bourn** and **Peggy Macliver**, with yet another PBA for **Mel Hynds** further down the field.

The strong headwind meant slower times than usual for the 100m sprinters, but that did not mean uneventful racing.

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From Coker Park to Canada in ten days, Kerriann Bresser prepares for the winter track season training in the snow with her brother's dog Pinotte at Rimouski, eastern Quebec.

Analysis of the results

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Chris Neale powering down the straight is always a joy to watch, but the real battle was in the second heat. **Fiona Leonard** and **Nick Miletic** were neck and neck over the second 50m, the lady just snatching victory on the line. **Peggy Macliver** and **Delia Baldock** took the honours in the remaining heats.

The mass start of a 3000m is becoming a regular feature at ECAC. 17 athletes toed the line tonight. **David Cane**, in his first appearance of the season, lapped all but one as he showed his class with a very imposing 9:44. **Kim Thomas** would have been well pleased with his time of 10:40. SBs went to **Ross Keane** and **Hilary Beck** and yet another PBA to **Mel Hynds**.

Brenda Painter showed well in the long jump on her first appearance this season. **Dave Wyatt's** re-introduction of the high jump to our programme has been appreciated by many. Seven athletes took advantage of this event tonight, with SBs to **Delia Baldock**, **Keith Martin** and **Fran Cherry**, plus a PBA for the improving **Kevin Collins**.

Only a handful of throwers appeared to contest the shot and hammer, **Matt Staunton** the class athlete with 11.53m and 39.08m respectively.

WAAS – March 11

Barrie Kernaghan treated all of us in the stands to a master class this evening at WAAS. Never the best out of the blocks, Barrie relies on his pace in the second half of the 100m to set his fast times. Never was this more evident than tonight as he gave his younger adversaries the fright of their lives, storming through between two teenagers to clock 13.79s, only 8-hundredths behind the race winner. Then he backed this up with a 68.4s 400m; the gusty headwind in the back straight was not going to put him off his stride when he's as focussed as this.



BARRIE
KERNAGHAN



FIONA LEONARD

Other highlights this evening came in the javelin, with a PBA for **Mark Elms** and several personal landmarks in the two excellent steeplechases. See full report on page 7.

UWA– March 15

The evening was just made for 200m runners. There was a warm easterly blowing as a strong tailwind on the bend, but becoming mainly a cross-wind in the straight. Of the 14 MAWA runners in these four heats, four ran PBAs and all but one of the rest had season's bests. **Mark Elms** led the first heat home, his 25.6s just quicker than his previous electronic-timed PBA. **Barrie Kernaghan** continued Friday's top form with 28.2. **Rob Greenhalgh** (29.4) also had a PBA, as did **Cathy McCloskey** (32.0). In the first heat of the following 800m **Campbell Till** tested his speed for the first time since injury, and was well-pleased with 2:38. However it was not quick enough to catch the in-form **John Collier** (2:33.8). **Barry Newell** set a new SB in the second heat, led home by **Graeme Dahl**.

Without the tailwind, the sprinters found good times harder to come by. **Rob Greenhalgh** managed a PBA of 14.5 behind **Mark Elms** and **Richard Williams** in the first heat. He was so pleased that he had another go in the final heat. **Barry Newell** took out heat 2, with **Peggy Macliver** the first member home in heat 3 behind two male visitors.

Good times were more difficult for the 3000m entrants, with the steady easterly breeze not feeling cool at all. **Graeme Dahl** continued his excellent form with a PBA of 11:49.6, and **Irwin Barrett-Lennard** also showed well with an SB. The race was won by **Clive Hicks** (10:59) from **David Brook** (11:35). **Lorna Lauchlan's** 3000m walk was some way inside her state record, but since there were no judges present it cannot be considered.

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Analysis of the results

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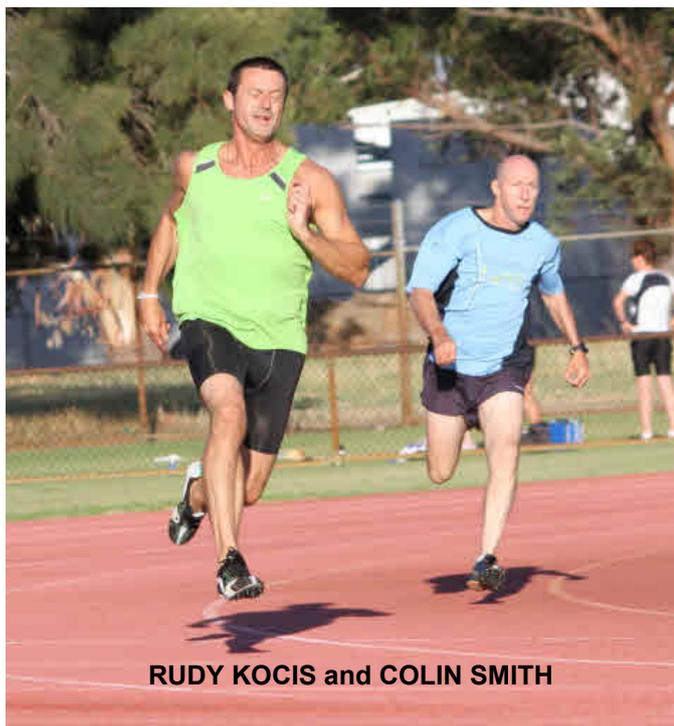
The highlight in the field came with the shot. **Ed Carroll**, on his first visit for some months, showed that the break had treated him kindly with a provisional state record of 11.03m. **Rob Shand** also showed good putting form (6.49m, SB). The discus was popular tonight, with twelve competitors. The longest throw came from **Ed Carroll** again (32.78m), with **Peter Gare** (30.10m) not far behind. **Val Prescott** threw another SB (13.27m). Only three triple-jumpers kept **Les Beckham** busy. **Cathy McCloskey** was the pick of these with a PBA of 7.99m.

ECAC – March 17

Main event this evening was undoubtedly the Black Swan Event FP state championships 10,000m. Results of this will be found separately on the website, with a report in the next TFNL.

It was good to see **David Cane** on the track again tonight. David explained that his appearances had been limited because he's "still in the recovery phase after the NY Marathon". A 4:34 1500m shows how well that recovery is progressing. Another whose recovery is progressing well is **Graeme Dahl**. Graeme has been recording impressive times in the past weeks over a whole range of distances. With two more PBAs tonight, the first a 5:35.8 1500, he could claim to be back in top form. New member **Terry Cummins** showed his potential in the same race with a solid 5:23. Four others achieved SBs in what turned out to be the race of the pre-10,000m part of the evening.

Four heats of 100m kept us all enthralled, with some close finishes to keep the judges on their toes. **Rudy Kocis** made his return from the hamstring injury picked up in late January, and showed that he's close to his good early-season form again. **Chris Neale** won the fast heat, with Rudy just edging out **Colin Smith** and **Mark Elms**. **Sue Bourn** and **Delia Baldock** were the other heat



RUDY KOCIS and COLIN SMITH



CATHY McCLOSKEY

winner, with **Bernie O'Callaghan** continuing to improve, clocking another SB.

Mark Elms stormed home in the fast heat of the 400m, leaving **Colin Smith** and **Paul Burke** in his wake. **Fiona Leonard** looks a class act over 400m, again taking out a strong second heat, with **Keith Martin** and **Graeme Dahl** contesting the minor places. **Graeme** (71.7) has now taken 9 seconds off his PBA in the past two weeks as his golden run continues. A PBA also went to **Carl Ciccarelli** in the third heat, which was won by **Sue Bourn**. **Bernie O'Callaghan** completed a good evening's work with another SB.

Derry Foley edged his triple jump mark out to 6.39m, but unfortunately a potential state record cannot be claimed because no wind gauge was in action. **Matt Staunton** and **Chris Neale** impressed with the discus. **Matt** was joined by **Bev Hamilton** at the top of the weight throw list to bring an entertaining first half of the programme to a close as the 10,000m runners warmed up for their challenge.

WAAS – March 18

Greg Wilson raised his state M60 high jump record to 1.42m at WAAS tonight, his fourth record in recent weeks. The jump competition also saw **Graeme Watson** equal his M30 PBA to 1.70m, with **Dave Wyatt** completing the trio of MAWA jumpers.

On the track, lapsed member **Chris Perrey** made an infrequent appearance in the same race that **Graeme Watson** ran his season's best (12.36). **Barrie Kernaghan** could not match last week's heroics with 14.45. However, Barrie's 200m time was an excellent 28.61, not far off his recent best. **Pieter de Klerk** is becoming more of a Strive regular, his 27.64 PBA showing that he's enjoying the challenge of open competition. He also ran a season's best in the 800m behind **Neil Morfitt**.

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The 5000m saw a large entry of more than 20, with MAWA's **Andrew Brooker** recording a big PBA of 18:00 in what for him is a rare attempt at this distance.

Only one MAWA thrower was there tonight. **Matt Staunton** threw in all three events - discus, hammer and shot put. None of the individual performances were up to his own expectations, but the combined evening's results gave him satisfaction.

UWA – March 22

It was another of those rare, almost windless evenings at UWA. The sprinters and middle-distance specialists loved it. By the time it came to the distance event at the end of the programme the warm, humid conditions with not a breath of wind to cool were a nightmare to most, with almost all producing season's worsts.

It opened well enough with a popular 1500m. Most of those present at the start time took part, with the sprinters manning the watches. **Michael Barton** led from the gun with an impressive SB of 4:45. **John Collier** continued his good form, with the remainder strung out behind. **Ivan Brown**, fresh from his altitude training in Bendigo, ran a season's best (6:09). **Peter Kennedy**, as befits a 90-year-old, brought up the rear to loud applause.

Despite the excellent conditions, times in the 100m event were not exceptional. **Andrew Taylor** took the first from **Richard Williams**. **Rob Greenhalgh** gave more evidence that he's hitting his straps for the championships ahead with a season's best to win heat 2. SBs also went to minor place winners **Barry Newell** and **Allan Billington**. **Fran Cherry** took the third heat with **Peggy Macliver** on her heels.

The 400m required three heats with what was by this time a very large turnout. Twenty athletes took part in the one-lap race. **Mark Elms** unsurprisingly was too good for the rest in heat 1, although **Duncan McAuley** managed an SB in fourth place. **Rob Greenhalgh** continued his excellent evening's work with an SB to win heat 2. SBs



MICHAEL BARTON

also went to **Barry Newell** and **Ivan Brown** in this heat. **Andrew Taylor** showed us that he's more than just a sprinter with a good win in the final heat.

With the dim lights making timekeeping and lap-scoring tricky, and the breathless humidity making running even trickier, the 5000m/3000m got under way. **Clive Hicks** won the event as usual, but with a time well down on his normal swift pace. **Graeme Dahl** and **John Collier** made light of the conditions. Graeme knocked a good 15 seconds off his best of the season to run a PBA of 20:36. However, **John Collier** turned in a stunner. He puts his 20:15 SB down to the new training regimen advocated by no less an athlete than John Gilmour. With that sort of 'coach' and John's determination, we wonder how much lower he can go. Certainly a sub-20 seems on the cards.

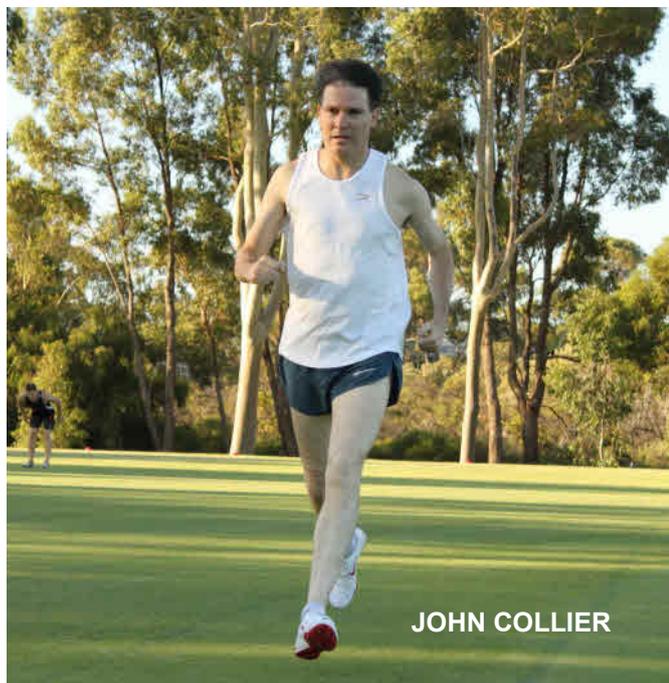
Triple jump results were respectable, but not remarkable, but there were some highlights to report from the infield. Two state records fell tonight, provisional until ratified. **Ed Carroll** set a new M70 discus mark of 34.51m and **Bob Fergie** a new weight throw for the M75s of 11.84m. **Ed** also notched a new PBA with the heavyweight. Discus SBs went to **Val Prescott**, **Bob Fergie** and **Lorna Lauchlan**.

ECAC – March 24

The last full evening's athletics at ECAC before the championships weekend was warm with just a light breeze. It was enjoyed by a large turnout with some excellent races, with many athletes fine-tuning their preparations. An extra 3000m event was added to the end of the programme to give the distance runners an opportunity before the big event.

Proceedings on the track opened with a mile race. **Kim Thomas** and **Ross Keane** enjoyed a great battle at the front, both recording PBAs. Another PBA went to **Mel Hynds**, with four more showing that their preparations are on course with season's bests.

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JOHN COLLIER

Analysis of the results

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Times may not have been spectacular in the following 200m event, but the racing certainly was. **Mark Elms** showed his class with a swift 26.0s to win the opening heat from **Colin Smith**. The battle in the second heat ended with **Nick Miletic** edging out **Sue Bourn** and **Delia Baldock**. Delia was joined by **Bernie O'Callaghan** in claiming SBs. **Carol Bowman** did the same in heat 3, but could not catch heat winner **Kevin Collins**, who moved comfortably away from the field in the home straight.

Performances in the 800m showed that the conditions were possibly more beneficial to middle distance running. Again, **Kim Thomas** (2:33) led the way, but **Niamh Keane** (2:35) and **Margaret Saunders** (2:44) made sure he did not have it all his own way. **Bert Carse** continued his rehabilitation from long-term injury, his 2:49 in this race probably the pick of his three tonight. **Dante Giacomini** was the other competitor in this high-quality opening heat, and he also bagged a season's best of 3:03. **Fiona Leonard** and **John Dennehy** fought for second heat honours. The lady won, but John was very happy with his PBA of 2:52.9. **Robin King** took the third heat, with **Dante Giacomini** making sure that his first heat SB lasted the shortest of times, knocking another two seconds off behind Robin. **Mel Hynds** also notched a PBA in this final heat.

As with the 200m, the 100m did not produce spectacular times, but there were some top races with very close finishes. Three tenths of a second separated the first four in the opening heat, visitor **Michael Crouch** given the nod over **Rudy Kocis**, but the timekeepers unable to separate them. It was a similar story in heat two, with **Sue Bourn** just finishing ahead of **Nick Miletic**. **Fran Cherry** and **Kevin Collins** close behind and also inseparable on the watches. **Delia Baldock**, only 0.7 behind the leader, finished fifth. Well done timekeepers!

Long jump SBs went to **Derry Foley** (no wind gauge or it would have been a record) and **Pat Carr**. There was a final try-out with the high jump tonight also, with **Fran**



BYRONY GLASS



SUE BOURN

Cherry and **Kevin Collins** again in tandem, this time equalling their SBs. On the infield, there was a discus and shot competition. **Mark Frew** (46.44m) and **Matt Staunton** (43.63m) had a great battle with the spear, **Stella Turner** recording her season's best too. **Matt** led the way with the shot, putting it out to 11.29m.

WAAS – March 25

It puts one's performance into some perspective when Masters athletes test themselves against open competition. Seven of our athletes did this in the WA Open Championships this weekend. Between them they came away with ten medals, four of them gold.

Leading the way were our field athletes, and in particular our multi-eventers. **Mark Jeffery** was the star of the meet with two golds and a bronze. His first gold came in the pole vault on Saturday, when he equalled **Paul Woo's** state record of 4.00m (awaiting ratification). A bronze followed on the same evening with the discus, behind decathlon colleague **Matt Staunton** (PBA) who took the silver. Recovery on Sunday morning clearly came quickly with **Mark** pocketing another gold medal, this time throwing the javelin.

Matt medalled on each of the three days. He already had a gold medal from Friday's hammer throw before taking the discus silver. Then on Sunday came a bronze with the shot put. **Byrony Glass**, our golden hammer girl, did it again with what was easily her best throw of the season (54.57m). This augurs well for the nationals coming up soon over east.

Graeme Watson is closing the season well. Although below his best in the high jump his 1.60m was good enough for the silver medal, and he took another silver with an 11.30m triple jump. Finally **Andrew Brooker** pocketed the only MAWA track medal. His 3000m steeplechase time was good enough for third place. **Brett Blanco**, **Paul Mitchell** and **Melissa Foster** performed bravely in extremely competitive events but were not in medal contention.

Analysis of the results

UWA — March 29

It was a sentimental evening at UWA as we bade farewell to the superb grass track, at least for a while. Owing to the unavailability of this venue, Tuesday track meets move to the nearby West Australia Athletics Stadium, with the winter programme commencing on May 3.

With no long race tonight, due to the proximity of the state championships, the middle distance and sprint specialists had a bonus session. We began with a mile race. **Rob Colton** and **Paul Scott-Taylor** led for most of the race, with **Bernadette Benson** stalking the pair. **Rob** pulled away as **Paul** faded on the last lap, allowing the fast-finishing **Bernadette** to grab second place. **Gill Edmonds** (PBA) and **Irwin Barrett-Lennard** (SB) were also pleased with their start to the evening.

The first sprint (200m) allowed **Garry Ralston** and **Richard Williams** to show their pace, with **Barrie Kernaghan** taking time off from organising to win heat 2. SBs in the later heats went to **Ivan Brown**, **Cathy McCloskey** and **Fran Cherry**.

Visitor **Dominic Beck** led **Campbell Till** to his best time this season in the first heat of the 800m, **Rob Colton** and **Bernadette Benson** again showing well with SBs. **Paul Scott-Taylor** took the second heat in which our visitor from Sparkhill Harriers, **David Winter** bade us farewell as he prepares to return to the colder climes.

Three heats of the 100m closed proceedings at UWA in the gloom of a dark, windless evening. **Richard Williams**, **Garry Ralston** and **John Dennehy** have the honour of being the winners of MAWA's final event at UWA.

The twins (**Cathy** and **Fran**) keep improving their jumps technique under **Les Beckham's** coaching, and each tonight closed the pre-champs season with an SB in the



IVAN
BROWN

triple jump. Similar achievements went to **Val Prescott** and **Victor Quinlan** with the javelin, **Peter Hopper** (24.80m) going one better with a PBA. **Ed Carroll** (10.50m) had the leading put with the shot, **Mark Matcham** recording a season's best of 8.25m.

Understanding quirky symbols

By JOHN OLDFIELD

It is two years since an explanation of the analysis annotations appeared. A couple of people have recently asked the question above, so here goes again:

There are two groups of indicators used in the results and analysis – records and personal milestones.

Records

- WR** World Record
- AR** Australian Record
- SR** State Record

Note that these are always provisional until ratified by the appropriate authority. State records are ratified, usually within a day or so, by club Statistician Campbell Till. Throws records can take longer. It is an IAAF requirement that throws are measured using a steel tape to qualify as a record. We do not use the steel tapes on Tuesdays or Thursdays. Instead, the

flexible tapes used are compared to a standardised steel one kept by Damien Hanson and this can take a week or so. This is why throws records are often rounded down by a centimetre or two after the event.

Note also that for 60m, 100m, 200m, long jump and triple jump records the wind speed must be measured at 2.0m/s or less. Sometimes state records are accepted without a wind reading when it is obvious that there is a headwind. Australian or World records must have an accurate wind reading for ratification.

Personal Milestones

- SB** Season's Best
- PB** Personal Best (lifetime)
- PBA** Personal Best (in current Age group)

The same provisos regarding wind speed should apply to these. However, it is the athlete's personal choice. Since wind speeds are often not taken at our meets, all

performances are recorded in the club's database. For personal landmarks, I ignore wind speeds, so some of them could be wind-assisted. A similar limitation applies to the tapes used for measuring throws – steel tapes are only used for records.

I initiated the club's database of T&F performances in October 2007. Therefore all age group milestones can only date back to that time. I rely on individuals to advise me when a lifetime best is achieved. All results that I know about go into the database.

Please let me know of any results you achieve in other places, supported by the website through which I can verify your results. I will then add them to the database.

Our athletic year is split into two seasons. The summer season runs from October 1 to the end of the AMA National Championships. The winter season covers the rest of the year.