



VETRUn



MASTERS ATHLETICS WA NEWSLETTER

February-March 2004 Number 360

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What no photos!

You will notice a distinctly different style to this issue of VetrUn. This relates to a change in the production team - owing to pressure of work Rod T. Wood has had to relinquish the tasks of designing and formatting the newsletter and these will now be taken over by Jeff Bowen. THANK YOU Rod for the benefit of your expertise and for all the hard work you have put in over the past three years.

Jeff will be on a steep learning curve in dealing with the software involved in publishing a newsletter such as VetrUn. He trusts that his initial amateurish efforts will lead over the next few months into a more exciting presentation - including photos!

Stop Press!!

The dates for the World Masters Athletics Stadia Championships in San Sebastian have been changed. The dates are now confirmed as: 22 August - 3 September 2005.

Ann Shaw's Achievements

Ann - who sadly passed away last December - had been a member since 1989 and started setting records from her first year and continued at an extraordinary rate until June of 2003. In all she set 22 Australian Records of which 7 are still current, and 98 State Records of which 34 are still current. In addition to all that Anne set 7 World Records in the W40 2km Stpl'chase in

A MEMBERSHIP RENEWAL FORM

is enclosed (inside the back cover).

No increase in Membership fees!

Renewals due by 31 March.

the early 90's. Her scope ranged from 800 metres right up to the Marathon. A truly remarkable accomplishment.

Many thanks to Campbell Till for providing the following analysis of Ann's achievements as a veteran athlete. The list shows Ann's best performance in each event and age category where a State Record was set (ie. progressions within an age bracket are excluded).

(A) denotes Australian Record.

800m	W40	2:19.1	15.2.92
800m	W45	2:20.4	20.2.93

1000m	W45	3:14.5	9.1.97
1000m	W50	3:21.1	1.10.98

1500m	W40	4:52.4	1.3.91
1500m	W50	4:53.8	19.3.98(A)
1500m	W55	5:16.63	19.4.03
1 Mile	W40	5:35.0	13.3.91
1 Mile	W45	5:18.6	14.3.96

2000m St'cse	W40	7:44.9	15.2.92
2000m St'cse	W45	8:02.0	4.2.96(A)
2000m St'cse	W50	8:14.6	26.3.98
2000m St'cse	W55	8:23.96	19.4.03(A)

3000m	W45	10:33.0	19.12.96(A)
3000m	W50	10:44.4	18.12.97(A)
3000m	W55	11:17.0	6.3.03(A)

5000m	W40	18:48.0	15.4.90
5000m	W45	18:20.8	1.11.96
5000m	W50	18:18.4	29.3.98
5000m	W55	19:23.9	20.4.03

10000m	W40	39.36.6	24.3.90
10000m	W45	38.00.6	27.11.97
10000m	W50	37.31.9	24.3.00(A)

10k Rd Run	W40	38:23	21.7.91
10k Rd Run	W50	38:24	28.5.00
10k Rd Run	W55	41:55	29.6.03
15k Rd Run	W40	60:04	24.6.89
15k Rd Run	W50	59:17	6.6.99
16k Rd Run	W50	65:24	25.4.99
25k Rd Run	W50	1:40:00	20.6.99

10 Miles Rd Run	W40	65:13	4.8.91
10 Miles Rd Run	W50	65:47	9.7.00

Half Marathon	W45	81:19	29.6.97
Half Marathon	W50	91.35	12.8.02
Marathon	W45	3:01:19	21.7.97
Marathon	W50	2:57:06	5.7.98

4 x 400m Relay	W40	5:03.33	21.4.03
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MAWA STATE TRACK & FIELD CHAMPIONSHIPS

Entries close on 4 March 2004!!

Late entries will not be accepted. If you need an entry form, please contact Barbara Blurton on 9293 0190 or download one from the Club's website.

The Championships Committee is pleased to acknowledge the support of BP Refinery (Kwinana) in organising this event.



From The Committee

Members are requested to carefully read the 'Rules of Athletic Involvement' which are set out on the page opposite.

A Club Policy Manual has been produced which includes:

- Risk Management
- Anti-Harrassment & Discrimination
- Hot Weather Competition
- Privacy
- Disability
- Editorial
- Sun Smart & Smoke Free

The Club Secretary has the manual and members can view it by arrangement.

ATTENTION THROWERS

The club is progressively upgrading our throwing implements and is selling off old stock we no longer need. There is a good range of shot, discus, hammer and javelin available. Some implements are slightly over or under specification but would be fine for training.

Is anyone interested in forming a winter throwing group? This is very popular in other states. We could possibly meet on Saturday mornings.

Please call me if you are interested in either of the above.

Damien Hanson 9383 4406

New Year's Resolutions: The best resolution you can make is to make sure you keep your running fun and injury free.

Whatever it takes to do these two things is the most important goal.

Each New Year sees runners making a list of resolutions. Some are determined to lose weight, be better organized, train a little harder and have other related goals. Some runners will set a goal of running every day, regardless of weather conditions for the whole year.

Others will decide that they will only run outdoors and ditch the treadmill and indoor track. The key word is "consistency"; fitness should improve and body weight will go down and race times will improve.

This logic sounds good. After all, one of the main keys to successful training in any program is consistency. The problem is that running every day, for a full year, is not healthy and certainly not practical. Many things arise in a year to change a set schedule. Minor injuries or illness may require days of rest. Excess fatigue due to any one of a number of things can make it hard or even unhealthy to train every day.

Still, we know that consistency builds fitness, both physically and mentally. So, how is it built into a running programme?

A better idea for a plan might be to run 5 or 6 days a week, taking a couple of days off when they are needed. That way, consistency would still be the focus and realistic goals can be maintained. Of course any change in a program should be gradual so if you have been running only 3 days a week for 2003, moving up to 5 days a week might be too much right away. Maybe a good goal might be to reach 4 days a week until April, 5 days a week after that date.

Some runners think in the terms of mileage goals.

Here the goal is to increase mileage to a certain target. This may not be the best approach. First, all changes should not exceed 10% and some weeks may require recovery runs of a lesser distance. It is too easy to get trapped into doing a particular workout just to hit your mileage goal.

Averaging 50km a week over the year may be a better target goal than setting out to run 50km each week regardless of how your training is going.

Whatever your goals are for 2004, make them realistic and attainable. It may be fun to daydream about running a certain race pace or distance, but this may only serve to disappoint if you can not possibly meet the goal. The best resolution you can make is to make sure you keep your running fun and injury free. Whatever it

takes to do these two things is the most important goal.

After all, the best goal to set is to be running in 2004 and beyond.
Happy running!

Many thanks to John Bell for forwarding the above article by Dave Spence.

CLUB TROPHY AND MEDAL EVENTS

New members will notice a number of symbols against the runs in the Program for Sunday runs released with this issue of *Vetrun*. These indicate events which have either a trophy for the winner/s or medals if they are championships races.

Many of the trophy events are named in recognition of club members who have been great athletes or who have made an outstanding contribution to the club over the years. There are also a number of runs listed which form the road running and the road walking championships. Presentations to winners are made either on the day after the event, or at the Presentation Day function held mid-September. It should be noted that the handicap trophy has special criteria as shown below.

HANDICAP RULES

Masters Athletics WA conducts a series of up to seven handicap running races throughout its annual program of events. Each event has individual winners (male/female) and at the completion of the series, a handicap trophy is awarded to the member who attains the overall best results for the series.

To be eligible to compete for race awards and the series trophy, competitors must be financial members of MAWA.

Handicaps are calculated by the club handicapper based on results published in *Vetrun* for at least three (3) recent club running events.

New members and visitors may be given handicaps on the day to allow them to take part in the event, but will not be considered when declaring the handicap winners for that day

MASTERS ATHLETICS WA Inc

RULES OF ATHLETIC INVOLVEMENT

Introduction

All members of MAWA when acting as officials in any capacity are volunteers, therefore for MAWA to function efficiently and effectively, individuals must accept responsibility for their own actions. To prevent injury to MAWA members and the general community and to avoid claims of negligence and limit liability on the part of MAWA we require all members and visitors to observe the following rules.

General

- Competitors must ensure they have an adequate level of fitness to compete.
- Any athletic activity involves inherent risks and may lead to over exertion, sprains, strains and even fractures. Competitors should compete with possible adverse outcomes in mind and take all reasonable precautions to avoid them.
- Competitors must supply an emergency contact phone number.
- Competitors should take notice of the MAWA Hot Weather Policy.
- If a competitor sustains an injury or illness while participating, they authorise officials to organise medical attention as deemed necessary. Competitors are personally responsible for any expenses incurred as a result including transportation, hospitalisation etc.
- Competitors and officials must not engage in any activities that may lead to harassment or discrimination.

Sunday program

- In inclement wintry weather precautions should be taken to avoid getting wet and cold when not competing.
- In extreme heat, competitors should drink well prior to and during event and should compete at a lower than maximum effort to allow for conditions.
- Competitors should take part in events with an awareness of the course conditions regarding any slippery areas, sections of uneven ground or possible traffic on a road circuit.
- When competing on footpaths competitors should:
 - share the footpaths safely with other users including pedestrians, cyclists, rollerbladers, prams etc;
 - be aware of dogs and do nothing to antagonise them;
 - at some venues, be aware that snakes may be present
- Precautions should be taken near the morning tea hot water urns.

Track and Field

- Due care should be taken when crossing the track; both directions should be checked for competing athletes.
- Competitors going to other areas of the track should not cross throwing areas in use.
- Competitors in races conducted in lanes should not cross out of their lane at the end of the race, until it is safe to do so.
- After competing in a race, competitors should move out of the path of those still competing.
- Javelins, discuses, shots, weights and hammers can be dangerous projectiles and competitors should only use them as directed and also after having checked that the throwing area is free of people.

Patron's Trophy Results

64 Men and 27 Women competed in trophy events during the competition. Results for those who completed 10 or more events were as follows:

1. David Carr	M71	801.66 pts
2. Bob Schickert	M61/62	797.03
3. Henri Cortis	M57	754.66
4. Greg vdr Sanden	M46	712.86
5. Damien Hanson	M50	619.92
6. Ivan Brown	M58	594.36
7. Ian Sanders	M45	519.58

1. Peggy Macliver	W59	775.30 pts
2. Gillian Young	W56	717.56
3. Delia Baldock	W41	647.17
4. Lynne Schickert	W62	626.01
5. Jacqui Sanders	W37	558.56
6. Toni Phillips	W31	541.53

HELPERS MARCH

7 March - Lake Monger

Trevor Robinson 9275 7485

Pat Ainsworth, Andrew Cook,
Gary McClean & Christine Engels,
Graham Neill, Blakeney Tindall,
Rhod Wright, Mary Young.

14 March - Sharks Run

Paul Martin 9339 1648

Dick Blom, Bob Fergie,
Audrey & Aldo Giacomini,
Paul Hughes, Peggy Macliver,
Sara McLaren-Kennedy

21 March - Teddy Birds

George Schaefer 9386 1695

Rex Bruce, Leo Hassam,
Pat Hopkins, Julie Keeley,
Lachlan Marr, Garnet Morgan,
Margaret Neill, Jeff Spencer,
Rod & Christine Tinniswood,
Don & Chris Pattinson.

4 April - Membership

Brian Danby 9247 2326

Don Caplin, Simon Jawichre,
Mike Polkinghorne, Mark Rosen,
Dianne Sharpe, Rhod Wright.

NOTICE OF ANNUAL GENERAL MEETING

The MAWA Annual General Meeting will be held on Monday 26 April 2004 at 7.00 pm at the Hockey Club rooms, Perry Lakes. All members are invited to attend.

Committee Nominations

Nominations are called for the committee for 2004-2005:

President; Vice-President; Secretary; Treasurer; Committee Members (4)

Nominations are also called for positions of

Editor (desirably a member of the committee but not required by the Constitution); Handicapper;

Statistician; AthleticA Registrars (2); Auditor.

Nomination Forms are available from the Club Secretary. Proposed changes to the Constitution must be lodged with the Club Secretary (11A Dandenong Road, Attadale 6156) by 27 MARCH 2004.

Life Membership

Recommendations for Life Membership should be forwarded to the Club Secretary by **27 March 2004**. Nominations need to be approved by the Committee before the AGM. A recommendation needs to come from at least three (3) members.

Before a member can be elected as a Life Member they must have had active and continuous membership for at least ten (10) years and have substantially contributed to progress in the club. No more than two (2) Life Members can be elected in any one year. Current Life Members are:

Jacqueline Billington	Bill Hughes	Robert Schickert	
David Carr	Kirt Johnston	Robert Shand	
Brian Danby	Merv Jones	Barrie Slinger	
Bob Fergie	Joan Pellier	Graham Thornton	
Brian Foley	Valerie Prescott	Dorothy Whittam	
John Gilmour	Robert Sammells	Jeffrey Whittam	Bob Schickert
Jackie Halberg	Lynne Schickert	Basil Worner	<i>Secretary</i>
Robert Hayres			

March Birthdays

Kristin Adrian	33	remains W30	Alan James	53	remains M50
Patricia Ainsworth	68	remains W65	David Jansen	43	remains M40
Barbara Bailey	74	remains W70	Kirt Johnson	75	becomes M75
Thea Bailey	49	remains M45	Paula Karra	33	remains W30
David Baird	61	remains M60	Sean Keane	40	becomes M40
Daniel Bending	59	remains M55	Barrie Kernaghan	64	remains M60
Barbara Blurton	54	remains W50	Lorna Lauchlan	74	remains W70
Donna Bocian	43	remains W40	Mitch Loly	64	remains M60
Jeff Bowen	62	remains M60	Peggy Macliver	60	becomes W60
John Brambley	62	remains M60	Fiona McAuley	53	remains W50
Donald Caplin	65	becomes M65	Rosemary McGlashan	65	becomes W65
Gary Carlton	47	remains M45	Neil McRae	52	remains M50
Ed Carroll	63	remains M60	Nick Miletic	53	remains M50
Frances Casella	53	remains W50	Toni Phillips	32	remains W30
Yvonne Chappell	52	remains W50	Margaret Robinson	66	remains W65
Alex Cummings	73	remains M70	Estelle Rogers	48	remains W45
Elaine Ellard	62	remains W60	Leon Sander	67	remains M65
Michael Faunge	66	remains M65	Peter Sanders	59	remains M55
Brian Foley	60	becomes M60	Robert Shand	72	remains M70
Raymond Gimi	40	becomes M40	Dianne Sharpe	47	remains W45
Nathalie Goffroy	31	remains W30	Frank Smith	62	remains M60
Simone Greenwood	33	remains W30	Anthony Speechley	60	becomes M60
Jenny Hart	50	becomes W50	Jo Stone	59	remains W55
Doug Hazell	52	remains M50	Christine Tinniswood	55	becomes W55
Peter Hepburn-Brown	47	remains M45	Denise VanWinsen	52	remains W50
Peter Hill	56	remains M55	Robyn Watts	51	remains W50
George Innes	69	remains M65			

Happy Birthday to our March Members!

RESULTS IN THIS ISSUE:

Alderbury Park
East Perth
Friendship Run
Pt Walter
Age Graded
South Perth Fiesta
Coker Park T & F
McGillivray T & F
Club Pentathlon
Perth Street Mile
Telstra 400m

Alderbury Park 4.1.04 Brian Foley

The first event of the year was the cross country run through the shady lower woodlands of Perry Lakes, with the walking events conducted around the adjacent paths.

There was excellent participation with approximately 90 runners and walkers. The weather was cool and kind, an improvement over last year's humidity. Allan Nicholls ran strongly with the lead group, going on to win the 8 km event by 34 seconds from Jim Langford. A consistent Gillian Young won the Women's 8 km from Christine Uren.

The walk start was somewhat remote from the cross country course and there is potential to relocate the starting position of the cross country course so that there is a more unified gathering. The 6 km walks were won by Kirt Johnson and Val Millard.

Thanks to those who helped on the day, as cross country needs more officials and they are not able to compete themselves. Jeff Whittam and Arnold Jenkins organised the walk event while Frank Smith, Jeff Spencer, Wendy Clements-Green, John Cresp, Graham Lucas, David and Pat Carr and Garnet Morgan assisted on the running course.

Brian Foley

8km Run

Allan Nicholls	M45	30:46
Jim Langford	M55	31:19

Paul Hughes	M50	31:33
Graeme Uren	M35	32:49
Jim Klinge	M55	32:51
Brian Bennett	M55	33:03
Bob Schickert	M60	34:00
Ivan Pilton	M60	34:49
David Baird	M60	35:13
Brian Danby	M55	35:48
David Muir	M55	36:49
Mark Sivyver	M55	36:54
John Mack	M60	37:58
John Pressley	M55	38:28
Barry Jones	M45	39:37
Gillian Young	W55	39:48
Graeme Neill	M40	40:29
Wayne Taylor	M40	40:34
Milton Mavrick	M50	40:42
Nick Miletic	M50	40:46
Irwin Barrett-Lennard	M70	40:59
John Ellard	M60	41:20
Christine Uren	W30	41:21
Ray Attwell	M65	41:42
Troy Lundgren	M50	42:06
Hamish McGlashan	M65	44:02
Roger Walsh	M60	44:15
Terry Manford	M65	44:55
John Dance	M50	45:10
Brian Smith	M60	45:15
Mike Hale	M55	46:37
Joan Osborne	W55	46:41
John Smith	M65	47:23
Ann Turner	W65	49:46
Elaine Dance	W50	50:30
Rhod Wright	M50	50:48
Jackie Halberg	W55	54:15
Richard Danks	M60	55:19
Jo Richardson	W50	55:48
Merv Moyle	M75	58:16
Shorty Turner	M65	62:16
Sheila Maslen	W65	66:55

4km Run

Blakeney Tindall	M40	16:59
Colin Smith	M40	18:54
Margaret Langford	W55	18:54
Neil McRae	M50	18:59
Damien Hanson	M50	20:53
Thea Bailey	W45	20:57
Ray Hall	M70	21:18
Ian Davies	M55	21:20
Dick Blom	M70	21:23
Leonie Jones	W40	21:54
Aldo Giacomini	M65	22:18
Pamela Toohey	W55	22:40
Sue Nicholls	W55	23:11
Denise Lancaster	W50	23:13
Michael Faunge	M65	23:54
Merv Jones	M60	23:57
Pierre Viala	M55	24:11
Vic Beaumont	M70	24:39
Bob Fergie	M65	24:58
Mary Young	W50	25:29
Mary Chan	W50	25:48

Linda Glass	W55	26:42
Ian Lyon	M65	28:25
Debbie Dance	W35	28:40
Margaret Bennett	W60	29:12
Steve Toohey	M50	29:43
Ron Spencer	M60	30:12
Elaine Ellard	W60	32:12
Toni Frank	W55	34:35

4km Walk

Gareth Gorman	M55	32:55
George Schaefer	M70	34:52
Pat Hopkins	W60	34:56
Maggie Flanders	W65	35:06
Jack Bailey	M75	39:20
Barbera Bailey	W60	39:22
Jeff Whittam	M65	39:35
Phylliss Farrell	W55	39:37

6km Walk

Val Millard	W55	41:04
Lynne Schickert	W60	42:06
Lorraine Lopes	W60	42:17
Christine Wheeler	W45	47:52
Dorothy Whittam	W65	49:02
Kirt Johnson	M70	49:57
Glenda Lawrence	W45	49:59

PERTH STREET MILE

3 January 2004

Trevor Scott	M40-50	4.43.1
Greg Van der Sanden	M40-50	4.58.2
Alan Gower	M40-50	4.59.3
Robert Catrall	M40-50	5.12.4
Sandy Burt	M40-50	5.16.5
Campbell Till	M40-50	5.24.6
Bruce Haustead	M40-50	5.33.7
Keith Atkinson	M40-50	6.18.8
Bjorn Dybdahl	M50-60	5.15.1
Brian Hewitt	M50-60	5.24.2
Duncan McAuley	M50-60	5.29.3
Chris Coates	M50-60	5.31.4
Henry Cortis	M50-60	5.34.5
Jim Klinge	M50-60	5.36.6
David Reid	M50-60	5.39.7
Bob Schickert	M60+	5.40.2
David Baird	M60+	5.42.2
Sue Zlany	F35-45	5.34.1
Amanda Walker	F35-45	6.05.2
Julie Keeley	F35-45	7.11.3
Barbara Blurton	F45-60	6.00.5
Val Millard	F45-60	10.17.2
Lynne Schickert	F60+	10.14.1
Lil Heatley	F60+	12.20.3

10km Track Handicap

The 16th running of the 10km Track Handicap will be held at McGillivray Oval on Thursday 29 April 2004, commencing at 7pm, under lights. (1st Runner off at 7pm.) There will be a BYO-BBQ following the event.

Entry fee of \$2.00 with entry form (see below), or forms available at club runs, and at Track & Field State Champs'.

Anyone who can come along and lap score, would be most welcome. Would you please let Jeff or Dorothy Whittam know before hand, if possible.

If you want an accurate time for the 10km, this is the event, you may even get a PB, as the weather is "usually cool" with very little wind. The track provides consistency, and a good surface to run on.

Entries close 25 April 2004. Only pre-entries eligible for trophy.

Jeff & Dorothy

✂

ENTRY FORM for Club 10km Track Handicap - 29 April 2004, 7pm, at McGillivray Oval (Under Lights)

Entry Fee \$2.00 with Entry

Name.....

Age Group

Best time in past year, (if no hcup)

.....

Name.....

Age Group

Best time in past year, (if no hcup)

.....

Entries to Jeff Whittam, 49 Holland St,
Wembley WA 6014
Tel: 9387 6438

Mosman Park & Coogee Beach

The results for these two runs were posted in the January issue of *Vetrun*. However the race reports were inadvertently omitted; the Editor apologises to the race directors concerned:

Mosman Park Run - 4km & 9km 7.12.03 P & S Hughes

It was the first summers run for the club and as usual it was hot, but the scenic views and hills make it a testing run for runners and walkers on the course. It is one of those courses that take members out of their comfort zone and from the reaction of people they enjoy the run.

We had one problem, Saturdays newspaper had the start time as 7.30am instead of 7.00am and some members were late. Special thanks to our helpers and they were Paul Martin, Dick Blom, Shelia Maslen, Jeanette and Alex Tiverios, Peggy McLiver, Dave Roberts, Robin King, Wayne Taylor, George Innes, Graham Lucas and Kerry Conte.

See you all next year but with the course modified slightly.

Paul & Sue Hughes

Coogee Beach 14.12.03 Ray Hall

This, my second event brought glowers about complexity as well as praise for its scenic undulations. After seventeen beach runners in its first year, this time 'about six' was a bitter blow, however I have been begged to retain it and it does only need one marshal.

It is impossible to unload all our gear and not leave it unattended although needing to drive off to place course markers too souvenir-able to be laid the night before, organise the many 'start-finish' crew, take marshals to position and explain their duties, alone.

This year again, not enough of the listed helpers actually turned up. Dennis Miller was able to co-opt Mrs Miller, Kirt Johnson aborted his run mid-race to become a marshal, plus amazingly an onlooker ('Son of John Hookes' and a

previous track competitor himself, I was told) stepped in with valuable help. Barrie Thomsett was awesome in persuading Leo Hassam that he could indeed do this thing, enter the finishers into our computer.

Apart from those mentioned above, you and I owe thanks to John Dance, Dee Campbell, Jacob Keeley, John Brambley, Angela Goldie, Christine Wheeler and Gareth Gorman.

Tip for organisers - course-marker flags standing in empty plant pots are handy, but giant arrows drawn on paths are ignored!

Ray Hall

MAWA STATE TRACK & FIELD CHAMPIONSHIPS

The 2004 Championships Committee is pleased to acknowledge the support of BP Refinery (Kwinana) in organising this event.



BP Refinery (Kwinana) is located in WA's premier industrial center 50km south of Perth. The refinery produces fuels including LPG, petrol, jet fuel and diesel, as well as bitumen.

BP plays an active role in the community by supporting local schools, non-profit organisations and sporting groups and is proud to support the 2004 Masters Athletics WA State Championships in Perth. They have a particular interest in this event because of employee involvement.

SUMMARY OF STATE RECORDS FROM MAY, 2003:

(AR = Australian Record; OR = Open Record)

Men

60 Metres M65 Norm Richards 9.03 (*previous 9.3, David Carr, 1997*)
100 Metres M80 Donald Frearson 18.58 (*20.3, Donald Frearson, 2002*)
200 Metres M80 Donald Frearson 39.19 (*42.1, Donald Frearson, 2002*)
800 Metres M70 David Carr 2:25.14 (AR) (*2:26.72, David Carr, Feb 2003*)
3000 Metres M40 Jon Kappler 8:58.96 (OR)
300 Metre Hurdles M65 Norm Richards 57.14 (*64.4, Gordon Medcalf, 1996*)
10k Road Run M75 Merv Moyle 69:16 (*78:35, Frank Usher, 1999*)
15k Road Run M60 Bert Carse 56:25 (*57:05, Mick Cousins, 1995*)
16k Road Run M70 Irwin Barrett-Lennard 78:42 (*79:22, Cec Walkley, 1999*)
15k Road Walk M55 John Mison 1:32:43 (*1:34:16, Paul Martin, 2001*)
1000 Metre Walk M75 Stan Jones 6:26.4 (*7:25.0, Allen Tyson, 2000*)
1500 Metre Walk M75 Stan Jones 9:38.6 (*10:12.0, Dick Horsley, 1989*)
Half Marathon Walk M55 John Mison 2:09:39 (*inaugural*)
Half Marathon Walk M60 Rex Bruce 2:39:27 (*inaugural*)
4x100 Relay M30 Curtin Team 42.9 (OR and Australian Best (*unconfirmed*))
4x100 Relay M35 MAWA Team 49.17 (*51.0, WAVAC Team, 1980*)
4x400 Relay M45 MAWA Team 3:53.0 (*inaugural*)
Javelin M30 Mark Hamilton 38.67m
Javelin M30 Mark Hamilton 39.09m (*36.43m, Mark Hamilton, Apr 2003*)
Javelin M45 Hal Chambers 45.30m
Javelin M45 Hal Chambers 45.93m (OR)
Javelin M45 Stan Selby 44.81m (*41.82m, Murray Tolbert, 2002*)
Discus M60 Ed Carroll 42.23m (*41.99, Ed Carroll, 2002*)
Shot M50 Geoff Gee 13.68m (*13.27m, John Cochrane, 1987*)
Hammer M30 Gavin Hames 43.88 (*1996 record recently added*)
Hammer M50 Geoff Gee 34.53
Hammer M50 Geoff Gee 34.57
Hammer M50 Geoff Gee 36.12 (*33.48, Bob Fergie, 1990*)
Heavy Weight M35 Wayne Bariolo 8.42m (*inaugural*)
Heavy Weight M50 Geoff Gee 14.33m
Heavy Weight M50 Geoff Gee 14.76m (*10.93m, Murray Tolbert, 2001*)
Heavy Weight M55 Murray Tolbert 8.42m (*10.12, Rob Young, 2000*)

Women

1500 Metres W75 Lil Heatly 11:22.4 (*11:31.7, Glenice Shanahan, 1999*)
3000 Metres W75 Lil Heatly 23:44.8 (*23:46.0, Glenice Shanahan, 1999*)
3000 Metres W65 Margaret Robinson 15:00.6
3000 Metres W65 Margaret Robinson 14:48.2 (*18:05.3, Pat Carr, 1997*)
5000 Metres W65 Margaret Robinson 24:50.7 (*25:13.6, Jill Bowers, 2003*)
10,000 Metres W65 Margaret Robinson 51:58.4 (*52:27.4, Ann Turner, 2003*)
Marathon W60 Margery Forden 3:56:37 (*inaugural*)
10k Road Run W55 Ann Shaw 41:55 (*46:35, Margaret Langford, 2001*)
10k Road Run W65 Ann Turner 51:53 (*53:10, Ann Turner, 2001*)
15k Road Run W60 Margery Forden 1:16:51 (*1:22:16, Ann Turner, 1998*)
15k Road Run W65 Ann Turner 1:24:00 (*1:25:29, June Strachan, 1993*)
25k Road Run W60 Margery Forden 2:11:43 (*2:18:55, Margery Forden, 2002*)
25k Road Run W65 Ann Turner 2:16:33 (*2:29:39, Ann Turner, 2001*)
1000m Track Walk W60 Lynne Schickert 5:55.1 (*6:26.0, Dorothy Whittam, 1999*)
1500m Track Walk W60 Lynne Schickert 9:31.5 1500m Track Walk W60
1500m Track Walk W60 Lynne Schickert 9:28.3 (*9:36.6, Lynne Schickert, 2002*)
2000m Track Walk W60 Lynne Schickert 12:24.0 (*12:37.8 Lorna Lauchlan 1990*)
8k Road Walk W45 Jenni Shillington 60:55 (*inaugural*)
8k Road Walk W65 Dorothy Whittam 63:40 (*69:55, Lorna Lauchlan, 1998*)
8k Road Walk W70 Lorna Lauchlan 63:42 (*97:26, Lorna Lauchlan, 2000*)

10k Road Walk W60 Lynne Schickert 68:56 (70:11.2, Lynne Schickert, 2002)
 15k Road Walk W55 Val Millard 1:43:21 (1:44:37, Jacqui Billington, 1999)
 15k Road Walk W60 Lynne Schickert 1:48:17 (1:56:00, Dorothy Whittam, 2000)
 15k Road Walk W65 Dorothy Whittam 2:01:38 (2:07:58, Val Wheeler, 2000)
 16k Road Walk W55 Michele Mison 1:55:28 (inaugural)
 Half Marathon Walk W45 Jenni Shillington 2:37:33 (inaugural)
 Half Marathon Walk W45 Christine Pattison 2:37:33 (inaugural)
 Half Marathon Walk W50 Janis Malin 2:55:43 (inaugural)
 Half Marathon Walk W55 Valerie Millard 2:26:41 (inaugural)
 Half Marathon Walk W60 Lynne Schickert 2:34:15 (inaugural)
 Half Marathon Walk W65 Jacqui Beaumont 2:57:44 (inaugural)
 Heavy Weight W75 Rae McMillan 7.75m (7.64m, Rae McMillan, Apr. 2003)
 Javelin W75 Rae McMillan 15.41m (15.15m, Rae McMillan, Apr. 2003)

Many thanks to Campell Till for providing the above facts and figures.

Age Graded - 01.2.04 - David Carr

Jim Langford reminded us again that he is the best distance runner in the club. His age graded score is 86.2%

Ray Hall scored 78.2% for his walk. Val Millard, 77.7%, fought hard over the last 200 metres of grass.

This year we have not worked out all the percentages: the place order should provide a guide to your standing.

Paul Burke was a lonely figure, waiting for twelve and half minutes to pass, but he managed to pass 42 runners.

We had sixteen workers, who did their jobs efficiently and cleared up afterwards. This makes it very easy to conduct a run.

Particular thanks to George Innes, who marks the course every year.

David and Patricia Carr

8K Run

		Fin' Time	Hcap
Jim Langford	M55	38:20	08:32
Bert Carse	M60	39:18	07:19
Bob Schickert	M60	40:26	07:19
Jim Klinge	M55	40:43	08:32
Brian Bennett	M55	40:57	08:45
John Doust	M55	41:51	08:45
Bernard Mangan	M45	42:06	10:32
Irwin Barrett-Lennard	M70	42:07	03:23
David Baird	M60	42:12	07:50
Ralph Henderson	M55	42:31	08:59
Ivan Pilton	M60	43:09	07:35
John Allen	M45	43:10	10:42
John Mack	M60	43:12	07:19
Johan Hagedoorn	M60	43:15	07:50
Neil McRae	M50	43:24	09:47
Bruce Haustead	M40	43:30	11:42
John Cresp	M50	44:28	09:35
Gareth Brunt	M50	44:45	09:35

Hamish McGlashan	M65	44:51	06:12	Julie Wood	W55	55:45	05:28
Doug Ashfield	M45	44:58	09:11	Arnold Jenkins	M55	56:35	08:04
Shirley Bell	W55	45:00	05:28	Mike Polkinghorne	M50	56:43	09:35
Mark Sivyer	M55	45:19	08:59	Roma Barnett	W50	57:23	05:45
Mike Khan	M55	45:24	08:04	Liz Chandler	W30	58:22	10:06
Geoff Barrett	M40	45:41	11:23	Sheila Maslen	W65	58:32	01:45
Wayne Bates	M55	46:00	08:04	Ray Lawrence	M75	58:33	02:54
Margaret Warren	W65	46:04	00:54	Shorty Turner	M65	58:48	05:34
Gary McLean	M40	46:13	11:42	Margaret Bennett	W60	58:49	03:16
Milton Mavrick	M50	46:40	09:59	Tanya Burke	W30	59:13	10:06
Mark Rosen	M55	47:00	08:59	Jo Richardson	W50	60:29	06:33
Wayne Taylor	M40	47:20	11:03	Ian Lyon	M65	61:30	06:12
Barry Jones	M45	47:24	10:42	Steve Toohey	M50	61:33	09:11
Helen Lysaght	W50	47:28	06:33	Debbie Dance	W35	65:01	10:00
Paul Burke	M30	47:49	12:27	Ron Spencer	M60	66:52	06:47
Richard Danks	M60	48:40	07:35				
Pamela Toohey	W55	48:45	04:35	5K Walk		Fin' Time	Hcap
Terry Manford	M65	49:10	06:30	Ray Hall	M70	35:50	03:32
Mike Anderson	M55	49:14	08:59	Val Millard	W55	35:57	03:48
Vic aumont	M70	49:27	03:23	Lynne Schickert	W60	36:31	02:30
Christina Rompotis	W40	49:27	07:58	Lorna Lauchlan	W70	36:53	00:60
John Smith	M65	49:42	05:34	John Frost	M65	41:20	04:27
Joan Osborne	W55	50:09	05:28	John Carrington	M65	41:30	03:49
Jeff Spencer	M60	50:51	07:19	Pat Ainsworth	W65	41:57	01:00
Graham Thornton	M60	50:52	07:03	Dorothy Whittam	W65	41:58	01:00
Sue Clifton	W50	50:55	06:33	Christine Wheeler	W45	43:22	05:33
John Dance	M50	51:14	09:11	Merv Moyle	M75	43:34	01:18
Dan Bending	M60	51:33	07:50	Angie Goldie	W60	44:22	03:03
Denise Lancaster	W50	51:34	06:01	Patricia Hopkins	W60	44:47	02:46
Leonie Jones	W40	51:40	08:24	Allen Tyson	M75	46:36	00:57
Julie Keeley	W35	52:31	09:14	Glenda Lawrence	W45	47:02	05:56
Jim Barnes	M60	52:53	07:35	Rex Bruce	M60	47:04	05:53
Jackie Halberg	W55	53:07	04:53	Norm Miller	M70	47:44	02:57
Merv Jones	M60	53:30	06:47	George Schaefer	M70	49:28	03:15
Kevin Pane	M45	53:36	10:55	Leo Hassam	M70	49:30	02:38
Irene Ferris	W50	53:37	06:33	Telsey Hatwell	W65	49:33	00:40
Mitch Loly	M60	53:45	07:03	Nola Bending	W55	50:31	03:33
Mary Chan	W50	53:50	09:23	Pat Miller	W65	51:20	01:39
Elaine Dance	W50	54:03	06:17	Jeff Whittam	M65	52:13	03:49
Terri Burrows	W30	54:08	10:06	Lorraine Lopes	W60	60:59	01:56
Michael Faunge	M65	54:28	06:30	Glenice Shanahan	W75	61:04	03:00
Mary Young	W50	55:01	06:17				
Paul Buckley	M50	55:21	09:11				

East Perth 11 Jan 04

Jill Midolo and David Brown

7km Run (Open Hcap)

		Clock	Hcap	Actual
Malcolm Hawley	M50	35:00	04:12	30:48
Rhod Wright	M50	41:56	02:06	39:50
Chris Pattinson	W45	42:52	05:57	36:55
Jim Barnes	M60	43:09	04:54	38:15
John Pressley	M55	43:09	12:04	31:05
Gillian Young	W55	43:22	10:37	32:45
Geraldine Carlton	W35	43:31	N/H	43:31
Troy Lundgren	M50	43:37	09:48	33:49
Paul Hughes	M50	44:16	17:59	26:17
Denise Lancaster	W50	44:26	03:30	40:56
Brian Bennett	M55	44:40	17:09	27:31
Jeff Spencer	M60	44:44	04:12	40:32
Roma Barnett	W50	44:51	02:06	42:45
Don Pattinson	M50	45:01	11:33	33:28
Bjorn Dybdahl	M50	45:10	18:20	26:50
Jim Langford	M55	45:19	18:12	27:07
Graeme Neill	M40	45:20	11:12	34:08
Ray Hall	M70	45:24	07:42	37:42
Robert Sheehy	M55	45:26	13:39	31:47
Bob Schickert	M60	45:30	16:06	29:24
Mike Khan	M55	45:32	12:11	33:21
John Ellard	M60	45:33	11:12	34:21
Aldo Giacomini	M65	45:37	07:21	38:16
Vic Beaumont	M70	45:40	03:30	42:10
Mark Sivyier	M55	45:44	14:00	31:44
Terry Manford	M65	45:49	07:07	38:42
Paul Martin	M60	45:51	10:51	35:00
Christina Rompotis	W40	45:52	07:42	38:10
Brian Smith	M60	45:54	07:42	38:12
Nick Miletic	M50	45:56	11:26	34:30
Joan Osborne	W55	45:57	06:07	39:50
Johan Hagedoom	M60	46:01	14:21	31:40
Gary Carlton	M45	46:02	N/H	46:02
Stan Lockwood	M70	46:03	09:20	36:43
Ivan Pilton	M60	45:05	15:45	29:20
David Baird	M60	46:08	16:27	29:41
Arnold Jenkins	M55	46:11	03:30	42:41
Wayne Bates	M55	46:11	12:36	33:35
John Doust	M55	46:13	16:41	29:32
Wayne Taylor	M40	46:13	14:10	32:03
Eileen Dance	W50	46:14	04:33	41:41
Kevin Atkinson	M45	46:17	14:42	31:35
Ann Turner	W65	46:19	06:18	40:01
Simon Jawichre	M35	46:20	12:04	34:16
Barry Jones	M45	46:24	13:18	33:06
Hamish McGlashan	M65	46:24	11:54	34:30
Jim Klinge	M55	46:27	18:12	28:15
Merv Jones	M60	46:28	05:04	41:24
Irene Ferris	W50	46:29	03:09	43:20
Richard Danks	W55	46:30	N/H	46:30
John Allen	M45	46:31	16:34	29:57
Bruce Wilson	M55	46:35	17:41	28:54
Pamela Toohey	W55	46:43	01:24	45:19
John Brambley	M60	46:49	10:30	36:19
Vic Waters	M55	46:49	14:42	32:07
John Pellier	M60	46:51	11:22	35:29
Mike Anderson	M55	46:52	10:30	36:22
Darryl White	M40	46:53	18:12	28:41
Leonie Jones	W40	46:55	08:52	38:03
Gareth Brunt	M50	47:03	16:34	30:29
Mick Malone	M50	47:07	07:00	40:07
Richard Harris	M65	47:16	09:06	38:10
Ray Lawrence	M75	47:32	00:42	46:50
Gary Fisher	M50	47:44	13:18	34:26
Ivan Brown	M55	47:51	15:34	32:17
Margaret Warren	W65	47:57	05:08	42:49

Shorty Turner	M65	48:04	00:00	48:04
Jo Richardson	W50	48:08	02:27	45:41
Wendy Clements-Green	W60	48:13	09:06	39:07
Joe Stickle	M65	48:21	10:23	37:58
Mary Chan	W50	48:24	06:18	42:24
Neil McRae	M50	48:24	17:19	31:05
Steve Toohey	M50	48:53	01:24	47:29
Sue Bullen	W40	49:09	08:24	40:45
Ian Lyon	M65	50:06	00:00	50:06
Robin King	W45	50:11	12:36	37:35
Ron Spencer	M60	50:28	00:00	50:28

6km Run

Amanda Walker	W35	26:17
Barbara Blurton	W50	27:29
Simon Mort	M45	28:34
Fenella Gill	W40	29:12
Roger Walsh	M60	33:10
Graham Lucas	M45	34:27
Alison Aldrich	W60	34:35
Michael Faunge	M65	35:06

4km Run

Damien Hanson	M50	22:39
Mike Khan	M55	23:36
Sheila Maslen	W65	43:11
Mary Heppell	W65	45:27

7km Walk

		Clock	Hcap	Actual
Val Millard	W55	65:24	17:00	48:24
Lynne Schickert	W60	64:36	14:25	50:11
Lorraine Lopes	W60	64:38	14:10	50:28
Bob Sammells	M65		N/H	51:21
Beryle Doust	W55	65:58	12:00	55:58
Christine Wheeler	W45	67:12	10:00	57:12
Kirt Johnson	M70	62:12	5:00	57:12
Dorothy Whittam	W65	69:16	9:20	59:57
Elaine Ellard	W60	64:46	4:00	60:47
Merv Moyle	M75		N/H	60:47

6km Walk

Rosa Wallis	W55	49:28
Shorty Turner	M65	52:40
Sue Wells	W55	54:32
Norm Miller	M70	57:42

4km Walk

Rex Bruce	M60	35:49
Pat Ainsworth	W65	35:53
Patricia Hopkins	W60	38:58
Jeff Whittam	M65	38:58
John Bailey	M75	41:36
Maggie Flanders	W65	41:39
Telsey Hatwell	W55	42:06
Pat Miller	W65	42:23

This year's turnout of 111 runners and walkers faced the Nile Street Hill on the hottest January day in 6 years!

Congratulations to Christine Pattinson and Malcolm Hawley, the 2004 Handicap winners, and Lynne Schickert who won the Margaret and Alan Stone Women Walkers' trophy.

Fastest club members in the 7km run were: Paul Hughes (Men) and Gillian Young (Women).

Fastest walkers were: Bob Sammells (Men) and Val Millard (Women).

Thanks to all helpers, Jackie Halberg, Ralph Henderson, Peter and Judy Hill, Sean Keane, Lorna Lauchlan, Dalton Moffett, Peter and Sue Sanders and Barry Thomsett.

Thanks also to the people who brought morning tea.

Thanks for your help,
Jill

Don't Forget!

MAWA AGM

26 April 2004 at 7pm.

Hockey Club rooms, Perry Lakes

Friendship - Kings Park

18.01.04

Jim Barnes

For the last 20 years straight Joan and John Pellier have conducted the Friendship Run (the Pelliers are noted for their endurance.) Anyhow, they did a good job, I hope I can do as well - but not for 20 years!

Most members and visitors liked the new course; although not so direct, it was safer, with the ever increasing traffic flow in Kings Park.

This year's weather was cooler but humid. Junior runner Russell West of Wattleup was the 6km winner and Amanda Walker the first woman in. Visitor Ian Morshead won the 12km with Brea Read the first woman to finish in 50.41.

A good number of walkers participated, Lynne Schickert and Ray Hall were the first home. A fit looking Val Millard won the 12km walk.

Many thanks to the 20+ helpers, I do appreciate all the help, special thanks to the Marathon Club helpers, see you next year.

Jim Barnes.

12km Run

Bert Carse	M60	51:15
Brian Bennett	M55	51:41
Jim Klinge	M55	52:04
John Allen	M45	53:35
Ivan Pilton	M60	54:37
David Scott	M55	55:07
Gareth Brunt	M50	55:08
David Muir	M55	56:00
Brian Danby	M55	56:02
Mark Speechly	M35	56:13
Bob Schickert	M60	56:17
John Doust	M55	56:45
Frank Smith	M60	57:13
Johan Hagedoorn	M60	57:21

Doug Ashfield	M45	57:50
John Davies	M55	58:15
Wayne Taylor	M40	58:33
Christine Uren	W30	58:50
Barry Jones	M45	58:56
John Mack	M60	59:03
Keith Atkinson	M45	60:11
Milton Mavrick	M50	60:18
Mike Khan	M55	60:20
Wayne Bates	M55	60:35
Mark Rosen	M55	60:52
Gillian Young	W55	61:02
Robert Sheehy	M55	61:16
Irwin Barrett-Lennard	M70	61:20
Nick Miletic	M50	62:06
Don Pattinson	M50	62:09
Anne Jones	W50	64:52
Keith Miller	M50	66:02
Dennis Miller	M60	66:18
Chris Pattinson	W45	66:42
Brian Smith	M60	67:19
Richard Harris	M65	67:39
John Dance	M50	69:18
Richard Danks	M60	70:15
Sue Bullen	W40	73:59
Irene Ferris	W50	78:13
John Bell	M55	81:41
Shorty Turner	M65	83:02
Margaret Bennett	W60	89:21

6km Run

Jim Langford	M55	24:10
Christopher Coates	M50	24:46
Bernard Mangan	M45	24:50
Ian Davies	M55	25:33
Ralph Henderson	M55	26:18
Amanda Walker	W35	27:00
John Cresp	M50	27:95
Chris Shenton	M35	27:27
Paul Burke	M30	27:49
Neil McRae	M50	27:54
Ivan Brown	M55	28:41
Karyn Gower	W40	29:03
Dave Roberts	M60	29:08
Hamish McGlashan	M65	29:10
Robin King	W45	29:15
Simon Mort	M45	29:41
John Brambley	M60	30:12
Peter Hill	M55	30:44
Ray Attwell	M65	30:56
Paul Buckley	M50	31:13
Mike Anderson	M55	31:35
Brian Hunter	M55	32:07
Neil Van Graan	M50	32:09
Marg Forden	W60	32:20
Frances Casella	W50	32:81
Jim Riddell	M60	33:09
Leonie Jones	W40	33:23
Keith Pane	W55	33:39
Roger Walsh	M60	33:44
Damien Hanson	M50	33:52
Bob Sammells	M65	34:02

Susan Sanders	W50	34:10
Pamela Toohey	W55	34:14
Denise Lancaster	W50	34:15
Paul Martin	M60	34:15
Joe Stickles	M65	34:22
Maree Creighton	W50	34:29
Christina Rompotis	W40	34:30
Ann Turner	W65	34:41
Helen Lysaght	W50	34:58
Mike Polkinghorne	M50	35:05
Lyn Harrop	W50	35:21
Mick Malone	M50	35:31
Arnold Jenkins	M55	35:43
Vic Beaumont	M70	36:10
Jackie Halberg	W55	36:16
Margaret Warren	W65	36:22
Michael Faunge	M65	36:28
Pam Van Graan	W50	36:29
Merv Jones	M60	36:40
Elaine Dance	W50	37:50
Roger Whalan	M60	37:21
Bob Fergie	M65	37:57
Roma Barnett	W50	39:12
Linda Glass	W55	39:34
Bridget Carse	W60	39:47
Mary Chan	W50	39:51
Ray Lawrence	M75	40:11
Jan Jarvis	W55	41:28
Julie Wood	W55	41:45
Steve Toohey	M50	42:06
Debbie Dance	W35	42:51
Pierre Viala	M55	43:41
Ian Lyon	M65	43:56
Sheila Maslen	W65	44:09
Jenni Shillington	W45	44:92
Ron Spencer	M60	45:57
Mary Heppell	W65	46:38
Elaine Ellard	W60	49:11
Frank Usher	M80	53:45

12km Walk

Val Millard	W55	91:40
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6km Walk

Ray Hall	M70	42:19
Lynne Schickert	W60	44:03
David Brown	M55	44:04
Janis Malin	W55	47:04
Beryle Doust	W55	47:05
Rex Bruce	M60	47:05
John Carrington	M65	48:56
Kirt Johnson	M70	52:49
Dorothy Whittam	W65	53:25
Rosa Wallis	W55	53:25
Sue Wells	W55	55:03
Maggie Flanders	W65	56:10
Patricia Hopkins	W60	56:15
Pat Ainsworth	W65	56:17
Allen Tyson	M75	56:51
Norm Miller	M70	56:51
Jill Midolo	W55	59:54

South Perth Fiesta		Shorty Turner	M65	53:46	Pat Miller	W65	42:53	Wendy Duncan	W50	68:30		
8.02.04		Kevin Pane	M45	54:36	Jill Midolo	W55	58:43	Vic Beaumont	M70	68:50		
Sue Bullen		Jo Richardson	W50	55:15	Ernie Moyle	M75	58:44	Irene Ferris	W50	72:40		
		Sheila Maslen	W65	58:27				John Bell	M55	76:20		
8km Run								Shorty Turner	M65	78:13		
								Margaret Bennett	W60	79:00		
Chris Frampton	M35	31:36	4km Run				6.2km Run					
Bruce Haustead	M40	33:01	Bjorn Dybdahl	M50	15:00	Pt Walter						
Brian Bennett	M55	33:18	Paul Hughes	M50	15:04	25.01.04						
David Scott	M55	33:42	Amanda Walker	W35	17:27	Dave Roberts						
John Allen	M45	33:56	Ivan Brown	M55	17:32	11km Run						
Ralph Henderson	M55	34:15	Frank Gardiner	M50	18:04	Chris Frampton	M35	42:00	Jim Langford	M55	22:46	
Gary McLean	M40	32:23	John Brambley	M60	19:37	Bjorn Dybdahl	M50	44:09	Bernard Mangan	M45	22:34	
Chris Shenton	M35	34:32	Jim Riddell	M60	20:54	Bert Carse	M60	44:40	Bruce Wilson	M55	24:31	
David Baird	M60	34:32	Ray Hall	M70	21:13	Brian Bennett	M55	45:07	Ian Davies	M55	24:34	
Neil McRae	M50	35:01	Pamela Toohey	W55	21:57	Jim Klinge	M55	46:05	Ralph Henderson	M55	24:42	
John Doust	M55	35:08	David Carr	M70	21:58	John Allen	M45	46:31	Chris Shenton	M35	25:29	
Gareth Brunt	M50	35:16	Kris Adrian	W30	22:07	Gary McLean	M40	47:09	David Scott	M55	25:43	
David Muir	M55	35:18	Arnold Jenkins	M55	22:21	John Doust	M55	47:23	Barry Jones	M45	26:54	
Doug Ashfield	M45	35:19	Michael Faunge	M65	23:19	Gareth Brunt	M50	47:28	Frank Gardiner	M50	27:12	
Frank Usher	M80	35:40	Pam Van Graan	W50	23:24	Bob Schickert	M60	47:57	Hamish McGlashan	M65	28:33	
Br Danby	M55	35:44	Irene Ferris	W50	23:52	Ivan Pilton	M60	48:23	John Brambley	M60	29:27	
John Bell	M55	36:12	Roger Whalan	M60	23:56	David Reid	M50	48:39	Brian Foley	M55	30:00	
Johan Hagedoorn	M60	36:14	Roma Barnett	W50	24:55	Neil McRae	M50	48:52	Irwin Barrett-Lennard	M70	30:16	
Mark Sivyer	M55	36:19	Elaine Dance	W50	25:12	Mark Sivyer	M55	49:09	Mike Anderson	M55	30:34	
Pat Ainsworth	W65	36:29	Julie Wood	W55	25:13	Frank Smith	M60	49:28	Ed Barrett-Lennard	M45	30:40	
Dave Roberts	M60	36:43	Steve Toohey	M50	25:23	Trevor Robertson	M50	49:37	Brian Hunter	M55	31:24	
John Mack	M60	36:47	John Stone	M50	25:57	Johan Hagedoorn	M60	49:42	Marg Forden	W60	31:26	
John Pressley	M55	38:07	Ray Lawrence	M75	26:36	Brian Danby	M55	50:36	Leonie Jones	W40	31:29	
Robin King	W45	38:22	Mary Young	W50	26:45	Paul Burke	M30	51:00	Shirley Bell	W55	31:55	
Mike Khan	M55	38:46	Jenni Shillington	W45	26:46	Milton Mavrick	M50	51:10	Troy Lundgren	M50	32:29	
Bob Schickert	M60	39:18	Ian Lyon	M65	26:49	John Mack	M60	51:17	Dick Blom	M70	32:53	
Gillian Young	W55	39:37	Jan Jarvis	W55	26:52	Wayne Taylor	M40	51:51	Aldo Giacomini	M65	33:04	
Hamish McGlashan	M65	39:39	Debbie Dance	W35	28:31	John Pressley	M55	51:54	Jeff Spencer	M60	33:36	
Jim Halliday	M60	39:56	Elaine Ellard	W60	30:14	Robert Sheehy	M55	52:38	Denise Lancaster	W50	34:30	
Wayne Taylor	M40	40:14	Allen Tyson	M75	34:06	Gillian Young	W55	53:05	Arnold Jenkins	M55	35:19	
John Ellard	M60	40:19	Toni Frank	W55	35:23	Keith Atkinson	M45	53:21	Merv Jones	M60	35:52	
Gary Fisher	M50	40:25	Glenice Shanahan	W75	51:13	Liz Neville	W50	54:33	David Carr	M70	36:02	
Vic Waters	M55	40:30	8km Walk				Doug Ashfield	M45	54:40	Bob Fergie	M65	36:26
Robert Sheehy	M55	40:32	Lynne Schickert	W60	58:51	Graeme Neill	M40	55:07	Bridget Carse	W60	37:41	
Shirley Bell	W55	40:46	Lorraine Lopes	W60	59:16	Don Pattinson	M50	55:08	Mary Chan	W50	37:42	
Gam Thornton	M60	41:03	Beryle Doust	W55	69:52	John Pellier	M60	55:34	Tanya Burke	W30	38:02	
Richard Danks	M60	41:23	4km Walk				Jim Halliday	M60	56:00	Mitch Loly	M60	38:03
Nick Miletic	M50	42:03	David Brown	M55	28:56	John Ellard	M60	56:19	Keith Forden	M65	38:18	
Geoff Mullins	M60	42:14	Lesley Romeo	W55	29:29	Nick Miletic	M50	57:24	Pierre Viala	M55	38:54	
Gillian Lees	W40	42:51	Lorna Lauchlan	W70	31:19	Richard Danks	M60	58:58	Roma Barnett	W50	39:05	
Roger Walsh	M60	42:54	Janis Malin	W55	31:21	Brian Smith	M60	59:37	Jan Jarvis	W55	40:13	
Neil Van Graan	M50	43:10	John Carrington	M65	31:39	John Dance	M50	59:56	Steve Toohey	M50	40:25	
Joe Stickles	M65	43:18	Dorothy Whittam	W65	33:08	Helen Lysaght	W50	60:29	Debbie Dance	W35	41:34	
Troy Lundgren	M50	43:23	Val Millard	W55	34:22	Julie Keeley	W35	60:55	Ray Lawrence	M75	41:36	
John Dance	M50	43:29	Rosa Wallis	W55	34:22	Christine Engels	W45	61:13	Ian Lyon	M65	41:37	
Helen Lysaght	W50	43:42	Merv Moyle	M75	35:44	Paul Buckley	M50	61:34	Mary Young	W50	42:47	
Terry Manford	M65	44:23	George Schaefer	M70	36:57	Roger Walsh	M60	61:59	Jenni Shillington	W45	42:48	
Christine Engels	W45	45:13	John Frost	M65	36:57	Jim Barnes	M60	62:14	Sheila Maslen	W65	44:09	
John Smith	M65	45:23	Patricia Hopkins	W60	36:58	Joan Osborne	W55	62:44	Ron Spencer	M60	44:53	
Joan Osborne	W55	45:47	Maggie Flanders	W65	37:01	Ann Turner	W65	63:23	Phyllis Farrell	W55	46:45	
Aldo Giacomini	M65	45:57	Sue Wells	W50	37:30	Richard Harris	M65	64:11	Joan Pellier	W60	46:03	
Richard Harris	M65	36:51	Glenda Ponifex	W45	37:33	Sue Bullen	W40	64:18	Frank Usher	M80	51:40	
Wendy Clements-Green	W60	46:54	Jeff Whittam	M65	39:22	Wendy Clements-Green	W60	64:30	11km Walk			
Jim Barnes	M60	46:59	Kylie Mahony	W35	41:59	Pamela Toohey	W55	64:56	Val Millard	W55	77:20	
Ann Turner	W65	47:02	Rex Bruce	M60	42:44	Margaret Warren	W65	65:24	Lynne Schickert	W60	80:54	
Mike Polkinghorne	M50	47:39	Norm Miller	M70	42:49	John Smith	M65	66:04	Janis Malin	W55	81:39	
Margaret Warren	W65	47:47	Telsey Hatwell	W65	42:51	Elaine Dance	W50	68:21	Lorraine Lopes	W60	87:20	
Vic Beaumont	M70	48:10										
Jackie Halberg	W55	50:35										

(Pt Walter contd)

6.2km Walk

David Brown	M55	43:50
John Carrington	M65	47:43
Lorna Lauchlan	W70	49:18
Beryle Doust	W55	49:24
Gareth Gorman	M55	49:30
Christine Wheeler	W45	49:32
Merv Moyle	M75	53:49
Kirt Johnson	M70	53:50
Pat Ainsworth	W65	54:13
John Frost	M65	49:42
Bob Neville	M70	49:50
Rosa Wallis	W55	50:05
Bob Sammells	M65	50:07
Ray Hall	M70	50:08
Dorothy Whittam	W65	51:38
Maggie Flanders	W65	55:00
Norm Miller	M70	55:04
Barbara Bailey	W70	59:09
John Bailey	M75	59:09
Jeff Whittam	M65	61:33
Jill Midolo	W55	62:02
Leo Hassam	M70	62:03
Rex Bruce	M60	62:05
Pat Miller	W65	63:40
Telsey Hatwell	W65	63:41
Glenice Shanahan	W75	66:23
George Schaefer	M70	66:25

Welcome to our New Members

(R = rejoined)

322 Diane Jones	W55 R
598 John Dennehy	M44
599 John Carrington	M69
600 Nathalie Bond	W31
601 Michael Walter	M55
602 Bruce Haustead	M40
603 Terri Burrows	W32
604 Ann Heitman	W38
605 Brian Hewitt	M50
606 Glenda Pontifex	W47
607 Jane Thompson	W49
608 Greg Tower	M48
609 Tracey Brown	W30
610 Kate Glass	W54
611 Mick Mantell	M48
612 Matt Staunton	M30
613 Gina Grayson	W30
614 Stephen Anthony	M45

*New dates for the 2005 WMA World Masters Championships Stadia in San Sebastian

World Masters Athletics recently reached an agreement with the San Sebastian Mayor and the local organising committee (LOC) re the dates for the 2005 WMA World Masters Championships Stadia.

The new dates are: 22 August - 3 September 2005 which means that the previous preliminary dates in July are cancelled.

The LOC in San Sebastian has undertaken to start all preparations now and update their website < www.wma-2005.com > where they within some short time will post all necessary information.

Telstra WA State Championships

Once again Masters Athletics WA members featured well in open competition at the recent WA State Championships:

3000m Steeplechase

1st Bjorn Dybdahl	11:48.38
2nd Bob Schickert	12:54.57

5000m Walk

1st Lyn Ventris	25:10.8
3rd Rose-Maree Holloway	31:04.2
5th Lynne Schickert	34:53.8

10,000m Walk

1st Lyn Ventris	52:39.6
3rd Rose-Maree Holloway	1:07:33.8

Following her success with 3 gold medals at the Australian Masters Games in Canberra last October, Lyn Ventris showed again she is the top open woman walker in the State. Lyn's times in Canberra were 50.25 for the 10km road walk, 24.42 for the 5000m track walk and 6.52 for the 1500m walk.

Australian Masters Athletics Inc has also recognised two outstanding performances for Lyn in 2002 where she set World Records in the W45 age group of 46:35.65 for a 10km Walk and 13:57.43 for a 3000m Walk. Congratulations Lyn.

FEEDBACK PLEASE!

As a possible alternative to the normal Club Dinner Dance (to be held in late October/early November), the idea of having a "Progressive Dinner" has been raised. This would entail hiring a coach for the evening and visiting a different venue for each course. Venues could be cafes, restaurants, or members' homes.

What do you think about this suggestion? Love it, hate it or want to explore it further?

Please provide feedback to Graeme Neill on 9285 1181. Thank you.

TRACK & FIELD RESULTS

Coker Park 8.1.04

200m

Brendan Kennedy	M35	25.0
Colin Smith	M40	25.7
Henri Cortis	M55	26.8
Toni Phillips	W30	26.8
Ian Davies	M55	27.0

David Carr	M70	29.7
Barbara Blurton	W50	29.7
Peggy MacIver	W55	30.3
John Dennehy	M40	30.4
Ian Sanders	M45	30.5

Mike O'Reilly	M60	31.1
Delia Baldock	W40	31.9
Pat Carr	W70	39.8

1500m

Brian Hewitt	M50	4.52
Blakeney Tindall	M40	5.18
Gareth Brunt	M50	5.33
Brian Foley	M55	5.44
Frank Gardiner	M50	7.07
Colin Smith	M40	7.20
Margaret Robinson	W65	7.35

1500m walk

Robin King	W45	8.18
Lynne Schickert	W60	9.37
Ray Hall	M70	9.44
Stan Jones	M75	9.44

400m

Henri Cortis	M55	60.1
Blakeney Tindall	M40	60.6
David Carr	M70	68.6
Peggy MacIver	W55	70.8

Delia Baldock	W40	73.2
Robin King	W45	73.8
Margaret Robinson	W65	84.4

500m

Bob Schickert	M60	19.50.3
Gareth Brunt	M50	20.36.1
Robin King	W45	24.53.6
Jacqui Halberg	W55	27.19.8
Margaret Robinson	W65	27.51.9
Barbara Blurton	W50	2.32.5

3000m Walk

Tom Lenane	M45	18.06.8
Ray Hall	M70	19.51.2

Les Beckham Triple Jump

Eileen Hindle	W55	8.02
Ian Sanders	M45	7.78

Shot

Geoffrey Gee	M50	12.93
Mark Hamilton	M30	11.98
Margaret Taylor	W50	8.08
Eileen Hindle	W55	7.15
Allen Tyson	M75	5.46

Discus

Mark Hamilton	M30	37.65
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Geoffrey Gee	M50	36.13
Damien Hanson	M50	22.30
Ian Sanders	M45	20.49
Margaret Taylor	W50	19.44
Eileen Hindle	W55	19.09
Allen Tyson	M75	15.28

Coker Park 15.1.04

400m

Colin Smith	M40	58.6
Henri Cortis	M55	60.0
David Clive	M65	63.6
Bjorn Dybdahl	M50	67.7
Mike O'Reilly	M60	69.6

Rob Antonioli	M50	67.7
Leone Jones	W40	80.7
Barry Jones	M45	84.7
Margaret Robinson	W65	1.40.5
John Carrington	M65	2.04.8

3000m

Bjorn Dybdahl	M50	11.00
Bob Schickert	M60	11.35
Gareth Brunt	M50	11.43
Frank Gardiner	M50	12.50
Barry Jones	M45	13.03
Gillian Edmonds	W35	15.32
Margaret Robinson	W65	15.46

3000m walk

Robin King	W45	16.34
Tom Lenane	M45	18.25
Stan Jones	M75	19.48
Ray Hall	M70	20.31
John Carrington	M65	22.12
Allen Tyson	M75	24.30

100m

Colin Smith	M40	12.7
David Clive	M65	13.0
Mike O'Reilly	M60	14.2
David Carr	M70	15.9
Colin Smith	M40	13.2
Rob Antonioli	M50	13.9
Delia Baldock	W40	14.7
Leone Jones	W40	16.0

800m

Henri Cortis	M55	2.24.3
Bjorn Dybdahl	M50	2.37.8
John Dennehy	M40	2.43.5
Bjorn Dybdahl	M50	2.41.2
Frank Gardiner	M50	2.43.3
Rob Antonioli	M50	2.51.0
Gareth Brunt	M50	2.51.8
David Carr	M70	3.02.7
Mike O'Reilly	M60	3.03.2
Barry Jones	M45	3.05.4
Robin King	W45	3.06.6
Delia Baldock	W40	3.09.6
Ray Hall	M70	3.49.0
Margaret Robinson	W65	3.55.5

Coker Park 22.1.04

*Pending State Record

100m

Colin Smith	M40	12.6
David Clive	M65	12.6
Henri Cortis	M55	13.2

Bjorn Dybdahl	M50	13.7
Milton Mavrick	M50	14.6
Mike O'Reilly	M60	14.2
David Carr	M70	14.2
Peggy MacIver	W55	14.5
Eileen Hindle	W55	15.3

Leonie Jones	W40	16.2
Gillian Young	W55	16.3
Pat Carr	W70	17.6

Lynne Schickert	W60	22.0
Elaine Ellard	W60	24.7

1500m

Henri Cortis	M55	5.01.9
Bjorn Dybdahl	M50	5.02.7
Gareth Brunt	M50	5.43.9
Milton Mavrick	M50	5.49.8
David Carr	M70	5.59.3
Barry Jones	M45	5.59.3
Gillian Young	W55	6.33.9
Frank Gardiner	M50	6.44.6
Peggy MacIver	W55	6.47.4
Leonie Jones	W40	7.07.3
Margaret Robinson	W65	7.12.5
Jim Turnbull	M65	7.23.7
Elaine Ellard	W60	9.59.3
Allan Tyson	M75	11.46.3

1500m Walk

Bruce Cornish	M55	8.38.4
Lynne Schickert	W60	9.32.5
Ray Hall	M70	9.33.8
Stan Jones	M75	9.44.3

400m

John Dennehy	M40	67.2
David Carr	M70	67.2
Mike O'Reilly	M60	70.3
Milton Mavrick	M50	74.5
Colin Smith	M40	60.1
David Clive	M65	63.7
Barbara Blurton	W50	64.0
Bjorn Dybdahl	M50	65.8
Brian Foley	M59	74.0

Peggy MacIver	W55	73.9
Gareth Brunt	M50	77.7
Barry Jones	M45	78.8
Frank Gardiner	M50	79.7

Gillian Young	W55	1.21.7
Leonie Jones	W40	1.22.6
Margaret Robinson	W65	1.41.7
Pat Carr	W70	1.49.1

3000m

Bjorn Dybdahl	M50	10.56.0
Gareth Brunt	M50	12.06.7
Frank Gardiner	M50	12.17.1
Milton Mavrick	M50	12.55.2
Barry Jones	M45	13.05.7
John Ellard	M60	13.13.9
Gillian Young	W55	13.37.8
John Dennehy	M40	14.34.3
Margaret Robinson	W65	15.17.2

3000m Walk

Bruce Cornish	M55	18.04.9
Tom Lenane	M45	18.25.9
Ray Hall	M70	19.10.7
Lynne Schickert	W60	20.46.0

Les Beckham Long Jump

Murray Tolbert	M55	5.27
Mark Hamilton	M30	4.18
Eileen Hindle	W55	4.12*
Pat Carr	W70	2.78

Discus

Mark Hamilton	M30	37.50
Geoffrey Gee	M50	34.90
Bruce Cornish	M55	28.99
Eileen Hindle	W55	18.87
Allen Tyson	M75	14.17

Shot

Mark Hamilton	M30	11.88
Geoffrey Gee	M50	11.25
Eileen Hindle	W55	6.59
Allen Tyson	M75	5.96

Coker Park 29.1.04

*Pending State Record

100m

Colin Smith	M40	12.3
Ian Sanders	M45	13.8
Anthea Cheney	W45	14.7
David Carr	M70	14.8

Rob Antonioli	M50	13.7
Mike Miller	M35	14.3
Eileen Hindle	W55	14.8

Jacqui Sanders	W35	15.7
Leonie Jones	W40	16.3
Gillian Young	W55	17.7
Pat Carr	W70	17.8

800m

Greg Vander Sanden	M45	2.12.9
Campbell Till	M45	2.15.2
Henri Cortis	M55	2.18.5
Blakeney Tindall	M40	2.30.4
Rob Antonioli	M50	2.31.5

Bjorn Dybdahl	M50	2.29.5
Frank Gardiner	M50	2.38.1
David Carr	M70	2.38.5
John Dennehy	M40	4.43.3
Toni Phillips	W30	2.55.4
Barry Jones	M45	2.55.4

Ian Sanders	M45	2.55.5
Robin King	W45	3.03.6
Gillian Young	W55	3.14.1
Leonie Jones	W40	3.15.9
Jacqui Sanders	W35	3.16.7
Jim Turnbull	M65	3.26.1

60m

Mike Edwards	M45	7.5
Greg Vander Sanden	M45	7.8
Colin Smith	M40	7.9
Campbell Till	M45	8.0

Murray Tolbert	M55	8.0
Rob Antonioli	M50	8.3
Ian Sanders	M45	8.6

Anthea Cheney	W45	9.2	Bjorn Dybdahl	M50	5.27.3	Bjorn Dybdahl	M50	4.02	200m		
Eileen Hindle	W55	9.8	Frank Gardiner	M50	5.37.4	Ian Sanders	M45	3.91	M56	Garry Doyle	30.3
Leonie Jones	W40	10.1	Gareth Brunt	M50	5.41.4	Damien Hanson	M50	3.89	M45	Ian Sanders	32.0
			Brian Foley	M55	5.49.1	Pat Carr	W70	2.97	M49	Bernard Mangan	32.3
Jacqui Sanders	W35	9.9	Barry Jones	M45	5.55.1				M46	Doug Ashfield	32.8
Gillian Young	W55	10.4	Toni Phillips	W30	5.56.7	Shot					
Pat Carr	W70	10.8	Robin King	W45	6.03.0	Mark Hamilton	M30	12.14	M32	Greg Henry	27.4
Allen Tyson	M75	13.4	Milton Mavrick	M50	6.07.7	Margaret Taylor	W50	8.32	M48	Alan Gower	27.7
			John Ellard	M60	6.09.3	Toni Phillips	W30	7.66	M63	Barrie Kernaghan	27.8
5000m			Gillian Young	W55	6.28.4	Ian Sanders	M45	5.93	M31	Gerard Kennedy	28.1
Bjorn Dybdahl	M50	18.47.0	Jim Riddell	M60	7.09.6				M36	Keith Edmonds	29.5
Bob Schickert	M60	19.59.0	Margaret Robinson	W65	7.25.1	Discus					
Doug Ashfield	M45	20.30.6	Elaine Ellard	W60	9.20.5	Mark Hamilton	M30	36.99	M46	Barry Jones	34.0
Blakeney Tindall	M40	21.03.1				Murray Tolbert	M55	28.67	W48	Thea Bailey	35.3
Barry Jones	M45	22.16.3	1500m Walk			John Sutton	M65	26.39	W37	Jacqui Sanders	35.9
Gillian Young	W55	22.37.7	Tom Lenane	M45	8.07.9	Margaret Taylor	W50	21.57			
John Ellard	M60	23.12.4	RoseMarie Holloway	W45	8.43.4	Toni Phillips	W30	20.45	2000m Run / Walk		
Leonie Jones	W60	27.08.6	Stan Jones	M75	9.28.1	Ian Sanders	M45	19.80	M46	Rob Cattrall	6.30.3
			Lynne Schickert	W60	9.53.1	Damien Hanson	M50	19.32	M48	Alan Gower	6.40.4
3000m Walk			Jim Turnbull	M65	10.26.7				M49	Bernard Mangan	7.03.8
Robin King	W45	18.06.1	Bev Sheard	W45	12.01.8	McGillivray Oval 16.12.03			M36	Keith Edmonds	7.26.4
Tom Lenane	M45	18.49.3	Allen Tyson	M75	12.08.2	* Pending State Record			M46	Doug Ashfield	7.28.8
Stan Jones	M75	19.36.5				Javelin			M59	Ivan Brown	8.17.4
Lynne Schickert	W60	20.15.1	400m			M33 Mark Hamilton	37.42		M46	Barry Jones	8.35.0
Ray Hall	M70	20.17.5	Henri Cortis	M55	60.2	M50 Geoff Gee	35.20		W43	Karyn Gower	8.45.0
			Barbara Blurton	W50	63.3	M71 Rob Shand	28.78		M47	Richard Boyd	8.44.3
Les Beckham Triple Jump			David Carr	M70	65.4	W67 Dorothy Whittam	15.75		W37	Katrina Spilsbury	9.07.8
Murray Tolbert	M55	10.76	Bjorn Dybdahl	M50	67.2	W76 Rae McMillan	15.38		W44	Sandra Stokell	9.09.0
Bjorn Dybdahl	M50	8.50							W48	Thea Bailey	9.23.4
Eileen Hindle	W50	8.05	John Dennehy	M40	68.3	Hammer (Points)	%		W37	Jacqui Sanders	9.59.2
Ian Sanders	M45	7.73	Peggy MacIver	W55	71.3	M50 Geoff Gee	34.57 *	51.57	M45	Ian Sanders	10.24.8
Rob Antoniolli	M50	7.39	Ian Sanders	M45	71.8	W67 Dorothy Whittam	21.38	58.93	W62 Lynne Schickert (W)		13.09.0
Lynne Schickert	W60	5.78	Milton Mavrick	M50	78.0	M33 Mark Hamilton	20.90	25.10	800m		
						M50 Damien Hanson	16.87	25.16	M46	Rob Cattrall	2.19.6
Javelin			Delia Baldock	W40	74.4	W76 Rae McMillan	15.81	52.13	M57	Henri Cortis	2.22.9
Mark Hamilton	M30	40.26*	Jacqui Sanders	W35	82.1	W57 Val Millard	12.12	27.38	M48	Alan Gower	2.27.2
Murray Tolbert	M55	35.26	Robin King	W45	88.4				M49	Bernard Mangan	2.33.9
Rob Antoniolli	M50	22.16				Les Beckham Long Jump (Points)			M36	Keith Edmonds	2.47.6
Mike Miller	M35	21.52	Gillian Young	W55	87.3	M36 Keith Edmonds	4.55	54.30	M47	Richard Boyd	2.49.2
Eileen Hindle	W55	14.64	Jim Riddell	M60	87.4	M57 Henri Cortis	3.95	62.50	M46	Doug Ashfield	2.52.6
Robin King	W45	14.46	Barry Jones	M45	97.2	W59 Peggy MacIver	3.87	78.18	M71	David Carr	2.55.7
			Margaret Robinson	W65	1.44.2	M50 Damien Hanson	3.75	54.03	W59	Peggy MacIver	3.00.7
Hammer			Pat Carr	W70	1.52.5	W44 Sandra Stokell	3.59	58.47	M46	Barry Jones	3.07.0
Geoffrey Gee	M50	35.76				M48 Alan Gower	3.30	46.28	W43	Karyn Gower	3.14.7
Mark Hamilton	M30	31.15	3000m			M63 Ross Calnan	3.30	56.60	W38	Gill Edmonds	3.18.7
Eileen Hindle	W55	25.15*	Bert Carse	M60	10.51.1	M71 David Carr	3.25	61.32	W48	Thea Bailey	3.25.5
Mike Miller	M35	18.66	Bjorn Dybdahl	M50	11.15.3	W71 Patricia Carr	3.24	77.88	M45	Ian Sanders	3.42.2
			Bob Schickert	M60	11.20.2	M66 Ian Lyon	3.10	55.36	W37	Jacqui Sanders	4.00.0
Coker Park 5.2.04			Gareth Brunt	M50	11.54.1	M59 Ivan Brown	2.85	46.34	McGillivray Oval		
200m			Frank Gardiner	M50	11.56.4	W48 Thea Bailey	2.83	48.79	23 - 12 - 03		
Greg Vander Sanden	M45	25.2	Blackney Tindall	M40	12.07.5	W43 Karyn Gower	2.70	43.34	Javelin		
Henri Cortis	M55	27.4	Barry Jones	M45	12.37.1	W62 Lynne Schickert	2.50	52.74	M33	Mark Hamilton	35.38
David Carr	M70	29.6	Milton Mavrick	M50	12.52.3				M50	Geoff Gee	34.83
Ian Sanders	M45	31.0	John Ellard	M60	12.58.3	100m			M63	Peter Gare	29.46
			Gillian Young	W55	13.48.3	M32	Greg Henry	12.8	M45	John Everard	26.07
Bjorn Dybdahl	M50	29.7	John Dennehy	M40	14.55.7	M31	Gerard Kennedy	13.3	W55	Valerie Prescott	12.99
Peggy MacIver	W55	30.8	Leonie Jones	W40	15.48.3	M57	Henri Cortis	13.5	Discus		
Milton Mavrick	M50	31.5	Jacqui Halberg	W55	15.50.9	M63	Barrie Kernaghan	13.5	M33	Mark Hamilton	38.97
			Margaret Robinson	W65	15.59.3	M47	Gulto Dumolard	13.8	M50	Geoffrey Gee	37.35
Delia Baldock	W40	32.6	Elaine Ellard	W60	20.59.1				M63	Peter Gare	36.30
Bob Neville	M70	34.1	Allen Tyson	M75	23.44.2	M67	Norm Richards	13.5	M45	John Everard	21.37
Jacqui Sanders	W35	34.2				M56	Garry Doyle	13.8	M50	Damien Hanson	19.70
Barry Jones	M45	34.5	3000m Walk			M45	Ian Sanders	14.7	W55	Valerie Prescott	15.74
			Robin King	W45	18.30.5	M63	Ross Calnan	15.7	Les Beckham Long Jump		
Leonie Jones	W40	34.2	RoseMarie Holloway	W45	18.41.0				W71	Pat Carr	3.23
Gillian Young	W55	34.8	Lynne Schickert	W60	20.51.2	M59	Peggy MacIver	15.3	W48	Thea Bailey	2.92
Pat Carr	W70	39.4	Jim Turnbull	M65	21.33.3	M66	Ian Lyon	16.9	400m		
			Bob Neville	M70	21.33.8	W48	Thea Bailey	16.9	M45	Greg Vander Sanden	57.0
1500m						W37	Jacqui Sanders	16.9	M57	Henri Cortis	61.0
Brian Hewitt	M50	4.49.4	Les Beckham Long Jump			W71	Pat Carr	18.7	M63	Barrie Kernaghan	62.3
Campbell Till	M40	4.51.4	Murray Tolbert	M55	5.06						

M53	Rob Greenhalgh	62.5	McGillivray Oval 6.1.04			M54	Duncan McAulay	61.7	M58	Bruce Wilson	11.42.8
W31	Toni Phillips	63.7	100m			M53	Rob Greenhalgh	64.0	M54	Duncan McAulay	11.46.3
			M63	Barrie Kernaghan	14.0	M63	Peter Gare	67.7	M62	Bob Schickert	11.48.9
M46	Rob Catrall	64.7	M50	Milton Maverick	15.5				M46	Doug Ashfield	12.46.1
M36	Keith Edmonds	67.6	M60	Roger Whalan	16.0	M39	Simon Jawichre	66.4	M59	Ivan Brown	12.50.4
M47	Guito Dumolard	67.6				W59	Peggy MacIver	73.0	M50	Milton Maverick	13.11.6
M63	Peter Gare	68.6	M66	Ian Lyon	16.9	M50	Milton Maverick	78.4	M39	Simon Jawichre	13.14.2
M71	David Carr	71.4	M74	Irwin Barrett-Leonard	16.9	M43	Graham Neale	80.1	M62	John Ellard	13.44.6
			W62	Lynne Schickert	25.1	M62	John Ellard	83.4	M43	Graham Neill	13.45.1
									W43	Karyn Gower	15.16.1
M50	Milton Maverick	74.1	400m			M45	Ian Sanders	71.9	W45	Robin King	15.17.0
M46	Doug Ashfield	74.2	M46	Campbell Till	59.3	W40	Denise McMorow	73.9	W38	Gill Edmonds	16.08.8
M59	Ivan Brown	74.7	M57	Henri Cortis	60.8	M66	Norm Richards	81.1	W59	Valerie Prescott	20.05.9
M46	Barry Jones	76.9	M63	Barrie Kernaghan	62.2	W31	Nathalie Bond	81.1	M70	Ray Hall	21.38.1 w
M59	Brian Foley	77.9	M47	Richard Boyd	72.0	W48	Thea Bailey	84.1	W62	Lynne Schickert	21.56.4 w
									M69	John Carrington	22.08.1 w
M45	Ian Sanders	72.7	800m (W = Walk)			W43	Karyn Gower	85.3	W70	Lorna Lauchlan	23.14.7 w
M56	Nick Bailey	77.7	M50	Duncan McAulay	2.23.7	M55	Mike Walter	105.1			
W48	Thea Bailey	81.3	M57	Henri Cortis	2.35.4	W55	Janet Walter	107.1			
W43	Leonie Jones	84.1	M47	Richard Boyd	2.57.8	M69	John Carrington	107.4			
W62	Lynne Schickert	113.2	M50	Milton Maverick	3.10.1	W61	Elaine Ellard	141.9			
			M74	Irwin Barrett-Leonard	3.32.7						
100 Yards			M70	Ray Hall (W)	4.37.9	100m					
M45	Colin O'Sullivan	10.9	W62	Lynne Schickert (W)	5.15.9	M63	Barrie Kernaghan	13.5			
M47	Barrie Kernaghan	12.1				M57	Henri Cortis	13.6			
M57	Henri Cortis	12.1	3000m (W = Walk)			M53	Rob Greenhalgh	13.9			
M47	Guito Dumolard	12.8	M48	Alan Gower	11.00.0	M66	Norm Richards	14.4			
			M50	Duncan McAulay	11.30.3	M45	Ian Sanders	14.5			
M63	Peter Gare	12.7	M62	Bob Schickert	12.17.0						
M50	Milton Maverick	13.8	M50	Milton Maverick	12.58.6	M63	Peter Gare	14.2			
M63	Ross Calnan	14.2	W43	Karyn Gower	13.37.4	W38	Anne Heitman	15.1			
			W38	Katrina Spilsbury	14.30.6	W59	Peggy MacIver	15.3			
W37	Jacqui Sanders	14.7	W55	Janet Walter	17.11.1	M63	Ross Calnan	15.4			
W43	Leonie Jones	15.3	M70	Ray Hall (W)	20.06.0	W31	Nathalie Bond	16.1			
W48	Thea Bailey	15.5	W62	Lynne Schickert (W)	20.35.7						
W71	Pat Carr	16.2	M55	Mike Walter	22.10.4	W37	Jacqui Sanders	16.6			
			W55	Valerie Prescott	22.30.2	W48	Thea Bailey	16.7			
1 Mile Walk			McGillivray Oval 13.01.04			M69	John Carrington	18.9			
W62	Lynn Schickert	10.23.6				W62	Lynne Schickert	22.4			
M70	Ray Hall	10.26.2				W61	Elaine Ellard	24.7			
1 mile			Shot			1500m					
M45	Greg Vander Sanden	5.00.4	M50	Geoff Gee	12.53	M49	Bernard Mangan	5.14.1			
M48	Alan Gower	5.02.3	M33	Mark Hamilton	12.04	M48	Alan Gower	5.24.8			
M46	Rob Catrall	5.11.6	M63	Peter Gare	9.33	M58	Bruce Wilson	5.33.0			
M54	Duncan McAulay	5.41.9	M61	Jeff Bowen	9.26	W40	Denise McMorow	5.50.9			
W43	Keith Edmonds	5.55.3	M9	Dale Hamilton	6.50	M50	Milton Maverick	5.55.9			
M59	Ivan Brown	6.17.4	M79	Allen Tyson	6.12	M59	Ivan Brown	5.56.9			
						M47	Doug Ashfield	6.13.1			
M50	Milton Maverick	6.31.9	Discus			M62	John Ellard	6.35.5			
M46	Barry Jones	6.44.7	M33	Mark Hamilton	37.59	W43	Karyn Gower	6.43.4			
M56	Nick Bailey	6.48.7	M63	Peter Gare	35.92	M43	Graham Neale	6.44.1			
W43	Karyn Gower	6.50.9	M50	Geoff Gee	34.94	W48	Thea Bailey	6.59.8			
W48	Thea Bailey	7.12.2	M61	Jeff Bowen	28.74	W38	Anne Heitman	7.17.6			
M45	Ian Sanders	7.16.7	M50	Damien Hanson	21.01	M45	Ian Sanders	7.21.1			
W37	Jacqui Sanders	7.28.1	M63	Ross Calnan	20.99	W37	Jacqui Sanders	7.33.2			
W43	Leonie Jones	7.35.0	W59	Valerie Prescott	16.09	W55	Janet Walter	8.37.6			
			M9	Dale Hamilton	15.71	W61	Elaine Ellard	9.53.5			
			M79	Allen Tyson	13.56	M55	Mike Walter	10.03.6			
3 Miles											
M48	Alan Gower	17.53.0	Les Beckham Long Jump			1500m Walk					
M54	Duncan McAulay	19.01.6	M45	Ian Sanders	4.13	W45	Robin King	8.01.9			
M56	Dave Scott	19.09.0	M50	Damien Hanson	3.97	W62	Lynne Schickert	10.32.2			
M62	Bob Schickert	19.28.0	W31	Nathalie Bond	3.74	M70	Ray Hall	10.32.6			
M46	Doug Ashfield	19.43.1	M9	Dale Hamilton	3.65	M69	John Carrington	10.56.1			
M53	Rob Greenhalgh	20.05.8	M63	Ross Calnan	3.58	W70	Lorna Lauchlan	11.19.5			
M36	Keith Edmonds	20.58.9	W48	Thea Bailey	3.05	M79	Alan Tyson	12.13.2			
M46	Barry Jones	22.21.7	W62	Lynne Schickert	2.58						
M50	Milton Maverick	24.54.9	400m			3000m					
W37	Jacqui Sanders	26.56.6	M57	Henri Cortis	60.8	M49	Bernard Mangan	11.05.3			
W38	Gill Edmonds	26.56.6	M63	Barrie Kernaghan	61.7	M48	Alan Gower	11.10.5			

Telstra A-Series 10 1.04 Masters 400m Handicap

- 1 Norm Richards
52.25
- 2 Barrie Kernaghan
52.49
- 3 Campbell Till (22m)
52.68
- 4 Colin Smith (31m)
52.92
- 5 Henri Cortis
53.25
- 6 Barbara Blurton
53.31
- 7 Ian Davies (36m)
53.50
- 8 Mike Edwards (15m)
53.78
- 9 Alan Deans
54.16
- 10 Greg V. Sanden (Scr)
54.27
- 11 Ian Saunders
54.90
- 12 David Clive
56.59

Club Pentathlon

This year the Club Pentathlon was held at McGillivray Oval on 6 January and at Coker Park on 15 January. The results are a combination of both meetings, hence some competitors with two results. Some non pentathlon field events are included for interest.

Overall first were Eileen Hindle (Ladies) and Campbell Till (Men). In the individual events the prime performances were:

Long Jump: Eileen Hindle 753, Campbell Till 602. Javelin: Pat Carr 543, Rob Shand 593.

200m: Eileen Hindle 641, Campbell Till 602, Greg Van der Sanden.

Discus: Pat Carr 420, Rob Shand 551 (also non-Pentathlon Geoff Gee 601 & Mark Hamilton 595).

800m/1500m: Thea Bailey 313, Campbell Till 746, Rob Antonelli 723.

An interesting competition made possible by all the very willing helpers, with thanks to Les Beckham, Jeff Bowen, Geoff Gee, Mark Hamilton, Damien Hanson and all those running the track events. Bob Fergie.

Men's Pentathlon

	LJ	JT	200	DT	1500
1 Till, Campbell	5.15m	25.27m	26.1	18.93m	5:01.6
<i>M45 2664</i>	(602)	(314)	(732)	(270)	(746)
2 Van der Sanden, Greg	4.58m	20.95m	26.5	20.88m	5:19.1
<i>M45 2353</i>	(459)	(240)	(700)	(308)	(646)
3 Antonelli, Rob	4.03m	19.66m	29.2	16.94m	5:19.8
<i>M50 2133</i>	(392)	(231)	(572)	(215)	(723)
4 Staunton, Matt	5.13m	32.70m	27.3	29.61m	5:58.8
<i>M30 1879</i>	(407)	(337)	(409)	(457)	(269)
5 Fergie, Bob (M)	3.44m	24.49m	40.0	26.71m	DNF
<i>M65 1607</i>	(451)	(448)	(176)	(532)	(0)
6 Fergie, Bob (C)	3.28m	21.54m	43.0	25.71m	8:19.3
<i>M65 1569</i>	(402)	(378)	(80)	(507)	(202)
7 Shand, Rob	2.73m	28.79m	DNF	24.35m	DNF
<i>M70 1456</i>	(312)	(593)	(0)	(551)	(0)
8 Calnan, Ross	3.25m	20.56m	34.2	21.98m	DNF
<i>M60 1381</i>	(323)	(305)	(392)	(361)	(0)
9 Sanders, Ian	4.11m	22.15m	29.5	21.74m	7:03.2
<i>M40 1372</i>	(301)	(229)	(404)	(305)	(133)
10 Miller, Michael	3.98m	28.51m	32.5	19.12m	6:46.5
<i>M35 1077</i>	(235)	(296)	(169)	(256)	(121)
11 Hamilton, Mark	DNF	37.81m	DNF	36.55m	DNF
<i>M30 1005</i>	(0)	(410)	(0)	(595)	(0)
12 Hanson, Damien (C)	3.91m	29.28m	DNF	17.08m	DNF
<i>M50 986</i>	(363)	(405)	(0)	(218)	(0)
13 Hanson, Damien (M)	3.79m	DNF	DNF	22.44m	DNF
<i>M50 653</i>	(335)	(0)	(0)	(318)	(0)
14 Gee, Geoffrey	DNF	DNF	DNF	36.87m	DNF
<i>M50 601</i>	(0)	(0)	(0)	(601)	(0)
15 Haglazas, Mark	3.82m	DNF	DNF	20.39m	DNF
<i>M45 588</i>	(290)	(0)	(0)	(298)	(0)
16 Lyon, Ian	2.98m	DNF	DNF	DNF	DNF
<i>M65 313</i>	(313)	(0)	(0)	(0)	(0)
17 Tyson, Allen	DNF	14.80m	DNF	DNF	DNF
<i>M75 296</i>	(0)	(296)	(0)	(0)	(0)

Women's Pentathlon

	LJ	JT	200	DT	800
1 Hindle, Eileen	4.21m	15.05m	34.8	18.88m	4:12.5
<i>W55 2282</i>	(753)	(349)	(641)	(408)	(131)
2 Carr, Pat	2.95m	15.07m	42.8	13.61m	DNF
<i>W70 2071</i>	(595)	(543)	(513)	(420)	(0)
3 Bailey, Thea	3.06m	12.35m	35.2	16.09m	3:19.7
<i>W45 1382</i>	(218)	(203)	(383)	(265)	(313)
4 Sanders, Jacqui	3.51m	15.15m	35.1	14.61m	3:22.5
<i>W35 978</i>	(229)	(199)	(176)	(190)	(184)
4 Schickert, Lynne	2.40m	10.73m	49.8	11.18m	4:19.0
<i>W60 978</i>	(200)	(265)	(82)	(238)	(193)