



January 2004

Number 359

VETRUN



MASTERS ATHLETICS WA NEWSLETTER

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High Jinks over the Festive Season!

VALE ANTOINETTE SHAW

12/1947 to 12/2003



One of the best Masters (Veterans) athletes this state has seen. A multiple open section winner in the Perth Marathon and holder of many WA and national age group records from 1500m to 10000m,

including the 2000m steeplechase which appeared to be her favorite event and in which she set a WORLD age record.

In the Australian Championships in Perth last Easter Ann won five gold medals and achieved outstanding age graded results.

They were 800m 86.93%, 1500m 93.93%, 2000m Steeple 91.86%, 5000m 89.15% and 8K cross country 84.97%, a truly remarkable result.

With the onset of her illness she was unable to attend either Sunday mornings or Track and Field. She was a very determined competitor and always very nervous before the start.

All club members offer their condolences to Jim and family. We have also missed Jim's attendance at events as he was always ready to help out. Jim has not been an official club member and is not a runner which makes the enormous amount of work he did timekeeping etc that much more worthy of the highest praise.

Thank you Jim, and thank you Antoinette, your absence will be felt by us all.

In memory of Ann the family will be donating a piece of physiotherapy equipment to Ward 9 North at Fremantle Hospital. If any members wish to contribute, Jim and family would be most grateful. A collection box will be available during January at Sunday runs and Track and Field competitions, or donations can be sent directly to Jim Shaw at 48 Spinaway Street, Craigie 6025.

RESULTS IN

THIS ISSUE:

- Perry Lakes
- Mosman Park
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MAWA STATE CHAMPIONSHIPS

Entry form inside.

Entries close March 04, 2004.

HOT WEATHER COMPETITION

With summer now upon us, the MAWA committee would like to encourage all members to take a sensible approach to training and competition in hot weather. The decision to participate or not in competition on hot days is one that each member and official must make.

CLUB POLICY

The Club policy is that all track and field summer competition will be held in the evening to avoid the heat of the day. Further, as sprint event competitors are less affected by heat than those in endurance races, sprint events will take place at the start of the programme with the longer races at the end of the meeting when temperatures should be lower.

Start times for summer road, cross country and walk competition on Sunday mornings will be set to maximise the cooler part of the day.

When the temperature is above 20 degrees at start time, a warning will be given to competitors by the MAWA race director or club president to

- note severe conditions
- drink well before / during / after race
- back off if discomfort is felt from heat
- wear a hat and sunscreen

Drink stations will be provided at least each 5km when the temperature at event time is 20 degrees or below. If over 20 degrees, drink stations will be provided at least each 3km.

DEHYDRATION

High temperatures or moderate temperatures and high humidity increase the risk of injury from heat stress. The body adapts to heat by sweating and the cooling effect of evaporation. Despite enormous amounts of sweat when exercising in hot weather, heat does not leave the body easily. This causes the body temperature to rise and there is a danger of dehydration, heat exhaustion and heat stroke.

As humidity rises the cooling effect of sweating is reduced because the sweat cannot evaporate as fast and the apparent temperature or "Heat Index" [what the combination of humidity and temperature make it feel like] increases. At a Heat Index of over 32 C, heat stress is a possibility and all necessary precautions should be taken. When the Index tops 40 C it becomes dangerous to train or compete.

The following table shows the Heat Index for various temperatures and humidity.

H	T	27	29	32	35	38
40	26	30	34	38	43	
50	27	31	36	42	49	
60	28	32	38	46	56	
70	29	34	41	51	62	
80	30	36	45	58	69	

Adapted from Runners World Magazine, August 2000

MAWA GENERAL RECOMMENDATIONS

MAWA recommends the following to all our members training and competing in hot weather and these recommendations apply whatever the time of year.

1. Drink lots of liquids

Drinking plenty of fluids before exercise will improve cardiovascular function and body temperature regulation during exercise when it is impossible to drink enough. The body absorbs fluid at less than the rate it sweats it out during hard exercise. The objective is to minimise the loss by taking in plenty of fluids before and during activity. Drinking fluids should ideally begin in the 24 hours prior to the event.

Do not rely on thirst as an indicator of need - by the time you are thirsty it is already too late! As recommended by Sports Medicine Australia, MAWA advises members to drink at least 500mls of fluid before activity and 200mls for every 15 minutes of activity. Sports drinks with electrolytes will assist in retaining more fluid and cool water is absorbed more rapidly than warm water.

Finally, re-hydrate after exercise [at least 500mls].

To determine how much you need to drink for a long race or training session in hot weather, weigh yourself before and afterwards. Every kilogram of change represents a litre of fluid you should have drunk [subtract any fluid taken during the session of course].

2. Acclimatise to hot weather exercise

If competition in hot weather is expected then a period of 7-10 days gradual acclimatisation will facilitate adaptation and assist in performance and resistance to heat stress.

Practice drinking before training to ensure you are accustomed to the feeling; otherwise it could lead to gastrointestinal discomfort during a race.

3. Race to your fitness level

The less conditioned, those carrying a little more weight than desirable, asthmatics, diabetics, females and older athletes will generally be more susceptible to heat stress. In hot weather only race to your personal level of fitness, never over-extend yourself.

4. Slip-Slop-Slap

Be sun-smart, cover-up, use sunscreen and slap on hats and sunglasses.

From the Committee

★ Farewell! Warren Davey has been posted to South Australia by the RAAF. During his time in WA Warren has been a great asset with his wealth of athletics technical knowledge and was a key official for the 2003 national championships. We wish Warren and his family well and look forward to their return at the end of this posting.

★ At the 2003 AMA AGM the Hurdles Subcommittee recommended new hurdle specifications, with reduced event distances for older competitors, and reduced spacing between hurdles for SOME age groups. Delegates supported the trialling of these specifications over the next 12 months, including State Championships and that an update be presented at the next AGM. There was discussion on the practicality of implementing these changes in combined events, records attempts at current spacings, and specifications for the Nationals.

It was moved and carried that "At the 2004 championships the normal hurdle championships be held, and that additional non-championship events be held at the new hurdle specifications."

Hurdlers at the National Championships will need to specify on their entry if they are using the recommended new specifications (RNS) or the old official specifications (OOS). Note that some age group hurdle specifications have no changes (NC).

Certificates will be issued to hurdlers who compete over the recommended new specifications to recognize their achievement.

If any MAWA athletes wish to compete over the recommended new hurdle specifications at the State Championships in March please indicate accordingly on your entry form. This will give you an opportunity to provide input on these new recommendations, especially if you are not attending the National Championships in Melbourne at Easter.

The recommended new hurdle specifications were listed in the June 2003 Vetrin. For further information, contact Bob Schickert

Track Suits

Please Indicate Your Interest

Lynne Schickert has been investigating the provision of a club track suit with a potential supplier. This would be medium weight MicroFibre in the same style as the Australian Masters uniform and would cost around \$120 - \$125. It is proposed that a bulk order be given to the supplier when the level of interest among club members has been established. If you feel that you are likely to purchase a track suit, please contact Lynne Tel. 9330 3803; email <schickertl@bigpond.com > and indicate the size(s) you would require. Thank you.

MASTERS ATHLETICS WA - AGM

The Secretary advises that the Club's Annual General Meeting will be held at 7.00pm on Monday 26 April 2004 at the Hockey Club Rooms, Perry Lakes.

Perry Lakes 30/11/03

Wonderful helpers to make my life so easy! Best thing is the "Lap- Top" to have data done in one hit. Barrie did the "Excel" excellently. We are soon coming up for 20 years on this Run and I look forward to the next 20. We'll plan to do it as a straight 4K-8K rather than handicap or age graded, unless we hear otherwise.

Wonderful helpers. *Thank you, John Bell*

8Km Run

Jim Langford	M55	31:25
Paul Hughes	M50	31:46
Jim Klinge	M55	31:54
Andrew Cook	M35	32:24
Brian Bennett	M55	32:32
John Doust	M55	32:53
Vance Mitsopoulos	M50	32:60
Mark Speechly	M35	33:01
Bruce Wilson	M55	33:05
David Baird	M60	33:42
Geoff Barrett	M40	33:45
Doug Ashfield	M45	33:46
Ivan Pilton	M60	34:08
Brian Danby	M55	34:23
David Muir	M55	34:44
Mike Hale	M55	34:52
Michael Karra	M35	34:57
Nanda Walker	W35	35:00
John Mack	M60	35:42
Mark Sivyver	M55	36:00
Margaret Langford	W55	36:05
Johannes Hagedoorn	M60	36:24
Wayne Taylor	M40	37:24
Bob Schickert	M60	37:28
Simon Jawichre	M35	37:57
Wayne Bates	M55	38:17
Paul Martin	M60	38:18
Graeme Neill	M40	38:40
Gary Fisher	M50	38:48
John Pressley	M55	39:01
Hamish McGlashan	M65	39:02
Gillian Young	W55	39:44
Nick Miletic	M50	39:39
Brian Foley	M55	40:56
Stan Lockwood	M70	41:06
Ray Attwell	M65	41:26
Shirley Bell	W55	42:18
ula Karra	W30	42:49
Christina Rompotis	W40	42:50
Brian Hunter	M55	43:42
Keith Forden	M65	43:50
Brian Smith	M60	43:55
Bob Sammells	M65	44:14
Thea Bailey	W45	44:36
Mick Malone	M50	44:40
John Smith	M65	44:47
Roger Walsh	M60	45:12
Pamela Toohey	W55	45:12
Chris Pattinson	W45	45:34
Mike Polkinghorne	M50	45:42
Mitch Loly	M60	46:07
Jim Barnes	M60	46:43
Arnold Jenkins	M55	47:24
Liz Chandler	W30	47:31
Vic Beaumont	M70	47:35
Merv Moyle	M75	55:03

Sheila Maslen	W65	59:13
Ron Spencer	M60	65:20

4Km Run

Henri Cortis	M55	14:00
Blakeney Tindall	M40	19:33
Robyn Mitsopoulos	W50	19:45
Liz Neville	W50	20:18
Mike Anderson	M55	21:17
Graham Thornton	M60	22:07
Marg Forden	W60	22:18
Delia Baldock	W40	22:22
Dick Blom	M70	22:26
Peter Gare	M60	22:47
John Dance	M50	22:59
Wendy Clements-Green	W60	23:12
John Ellard	M60	23:24
David Carr	M70	24:35
Pam Van Graan	W50	24:37
Neil Van Graan	M50	24:37
Sue Lake	W40	24:59
Ray Hall	M70	25:29
Elaine Dance	W50	25:51
Denise Lancaster	W50	26:32
Ian Lyon	M65	28:13
Mary Young	W50	28:34
Jenni Shillington	W45	28:35
Elaine Ellard	W60	34:10
Mary Heppell	W65	30:29
Pierre Viala	M55	39:40
Glenice Shanahan	W75	60:08

6Km Walk

Don Pattinson	M50	38:19
David Brown	M55	42:10
Lynne Schickert	W60	42:38
Val Millard	W55	42:39
Lorraine Lopes	W60	43:19
Bev Whitfield	W40	44:55
Bob Neville	M70	44:55
Lorna Lauchlan	W70	48:48
Jenny Binns	W50	48:51
Rex Bruce	M60	51:24
Margaret Bennett	W60	53:44
Jo Richardson	W50	55:04
Kirt Johnson	M70	61:54
Leo Hassam	M70	61:56

Boxing Day

My thanks to all my helpers who turned out in 38 deg heat!

They were in no particular order - Anne & Shorty Turner, Bob & Sue McNamara, Chris Frampton, Andrew Cook, Raymond Gimi, Ivan Lazarus.

As the results show, it was a rather casual affair, with times and distances given by participants - Yes, I know the results do not match the norm, but that's the nature of Boxing Day Runs!

The main emphasis being on a good time, and a pleasant post Xmas gathering, in very pleasant surroundings.

Some of the locals scratched their heads, and doubted our sanity, but I tried to reassure them, all was normal?!

If Jeff publishes the attached photos, it can be seen there was festive-nonsense abounding. *Barrie Thomsett*

Pat Hopkins	1km walk	10.00
Jakob Keeley	2km run	13.00
Merv Moyle	3km run	20.00
Shirley Bell	4km run	18.00
Joan Osbourne	4km run	19.00
Brian Bennett	4km run	19.00
Keith Atkinson	5km run	25.00
Elaine Dance	4km run	26.00
Pam Toohey	4km run	26.00
Brian Hewitt	6km run	27.00
Stephen Dunn	6km run	27.00
Christina Rompotis	3km walk	28.00
Steve Toohey	3km walk	28.00
Jackie Halberg	5km run	30.00
Gillian Young	6km run	30.00
Mark Sivyver	6km run	30.00
Jim Halliday	5km run	30.00
Rex Bruce	5km walk	30.00
Kevin Payne	5km run	32.00
Jeff Whittam	3km walk	33.00
Debbie Dance	4km run	33.00
Julie Keeley	6km run	35.00
Dorothy Whittam	4km walk	37.00

MULLALOO MAGIC 16 November

M Anderson & J Hagedoorn

The weather proved perfect for the walkers and runners who came to the inaugural 'Mullaloo Magic' race event. Favourable comments were received on the scenic magnificence of the route set on the undulating red macadam coastal path from Mullaloo to Ocean Reef Marina and back (5kms+) and for the longer run of (13kms+). "+" since it was decided to move the start line some 50 metres back from the narrow path entrance at Mullaloo to avoid congestion.

Our apologies (once again) to Val, who began the long walk event at 7.00a.m. before marshals were in place at Ocean Reef to guide her through the Marina. We're also sorry about the abalone hunters meandering with laden buckets across the path. Not being fisher-people ourselves, we hadn't known they would be there as obstacles! The run will be re-scheduled next year to avoid the abalone season weeks.

Our Club race calendar is weighted to southern and central venues. This Anglo-Dutch northern suburbs fixture will help redress this historic imbalance. Our thanks to all helpers on the day. We won't list you all here but we have your names and we're very grateful for your help in making the run so successful and you will of course be invited to help again in 2004! *Mike & Johann.*

Oops, should have reminded all who came to bring their bathers to take advantage of our beautiful Mullaloo beach...See you next year!

Mosman Park

P & S Hughes

9.3km Run

Jim Langford	37:48	M55
Brian Bennett	39:11	M55
Andrew Cook	39:48	M35
Gareth Brunt	39:49	M50
David Baird	40:15	M60
Doug Ashfield	40:38	M45
David Muir	40:52	M55
Ivan Pilton	41:05	M60
Brian Danby	41:07	M55
Robert Roll	41:46	M55
Bob Schickert	42:43	M60
Mark Sivyer	43:02	M55
Johannes Hagedoorn	43:06	M60
Margaret Langford	43:31	W55
John Mack	43:33	M60
Paul Burke	43:57	
Robert Sheehy	44:58	M55
Mark Rosen	45:17	M55
Wayne Bates	45:46	M55
Christine Uren	46:27	W30
John Pressley	46:34	M55
Graeme Neill	47:07	M40
Nick Miletic	47:16	M50
Gillian Young	47:44	W55
Jim Halliday	48:07	M60
Margaret Neil	50:25	W55
Stan Lockwood	50:35	M70
Brian Smith	52:40	M60
Christina Rompotis	52:55	W40
Pamela Toohey	53:43	W55
Terry Manford	54:00	M65
Cecil Walkley	55:27	M70
Jim Barnes	55:37	M60
Mike Polkinghorne	56:11	M50
Merv Jones	58:40	M60
Linda Glass	59:06	W55
Elaine Dance	59:56	W50
Vic Beaumont	60:05	M70
John Smith	61:35	M65
Jo Richardson	61:53	W50
Mark Speechly	63:06	M35

7-Dec-03

Mary Young	54:04	W50
Julie Keeley	65:20	W35
Arnold Jenkins	65:52	M55
Merv Moyle	68:13	M75

4km Run

Ian Davies	15:12	M55
Jim Klinge	15:18	M55
Bruce Wilson	15:39	M55
John Doust	16:33	M55
Ivan Brown	18:17	M55
Brian Foley	20:01	M55
Gary Fisher	20:08	M50
Shirley Bell	20:16	W55
Damien Hanson	20:26	M50
Roger Walsh	21:08	M60
Bob Sammells	21:41	M65
John Ellard	21:58	M60
Ray Hall	22:21	M70
John Brambley	22:50	M60
Denise Lancaster	23:26	W50
Ron Spencer	28:57	M60
Mary Heppell	30:18	W65
Marg Taylor	31:48	W50
Ian Lyon	36:20	M65

10K Walk

Val Millard	66:07	W55
Lynne Schickert	68:56	W60
Lorraine Lopes	69:05	W60
5K Walk		
David Brown	29:04	M55
Bev Whitfield	29:06	W40
Beryle Doust	32:27	W55
Lorna Lauchlan	32:57	W70
Dorothy Whittam	33:44	W65
Christine Wheeler	33:54	W45
Patricia Hopkins	34:18	W60
Maggie Flanders	36:53	W65
Kirt Johnson	38:17	M70
Jeff Spencer	38:18	M60
Pat Ainsworth	41:00	W65
Jeff Whittam	41:02	M65
Leo Hassam	41:04	M70
Ernie Moyle	45:03	M75

HELPERS FEBRUARY

Age Graded - 1 Feb.

David Carr 9339 8289

Sue Bullen, John & Elaine Ellard, Keith & Marg Forden, Dee Haines, George Innes, Troy Lundgren, Fiona & Duncan McCauley, Gordon & Noala Medcalf, David Reid, Mark Rosen, Blakeney Tindall, Barry Weatherburn, Gillian Young.

South Perth - 8 Feb.

Sue Bullen 9474 3718

Keith Atkinson, Phillip Bailey, Colin Chisholm, Tony Heppener, Barry & Leonie Jones, Glenda Lawrence, Sue & Alan Nichols.

Deadly Medley - 15 Feb.

Julie Keeley 041 947 7956

Doug Ashfield, Wayne Bates, Guito Dumolard, Ian Lyon, Jan Main, Simon Mort, Graeme Neill & Mary Young.

Pleasant Run - 22 Feb.

Maggie Flanders 9314 7556

John & Barbara Bailey, Ivan & Penny Brown, Roxanne & David Colben, Telsey Hartwell, Lorraine Lopes, Pat Miller, John Pressley, John Smith.

Mt Lawley - 29 Feb.

Race Director - to be advised

Ian Davies, Richard Harris, Steffi Heussi, Alan Jennings, Barrie & Leonie Jones, Helen Lysaght, Jan Main, Wayne Taylor, Janet Walter.

NEW MEMBERS

591	Linda Glass	04/12/1958
592	Richard Boyd	24/08/1956
593	Telsey Hatwell	21/03/1935
594	Sue Wells	31/05/1951
595	Kevin Payne	18/07/1958
596	Richard Danks	02/06/1942

Race Director Required

A Race Director is needed for Burswood Park on Sunday 27 June.

Please contact **Jim Barnes** on **9459 2617** if you are able to take up this position.

Thank you.

February Birthdays

Colin	Chisolm	40	becomes M40	Leonie	Jones	44	remains W40
Ann	Deanus	64	remains W60	Wayne	Robinson	49	remains M45
James	McMillan	79	remains M75	Katrina	Spilsbury	38	remains W35
Brian	Paxman	74	remains M70	John	Bailey	78	remains M75
Noela	Medcalf	3rd 69	remains W65	Patricia	Carr	18th 72	remains W70
Elaine	Dance	53	remains W50	Janet	Walter	56	remains W55
Alan	Jennings	64	remains M60	Margaret	Doust	60	becomes W60
Georgina	Betts	43	remains W40	Barry	Jones	47	remains M45
David	Corben	47	remains M45	Delia	Baldock	42	remains W40
Allen	Tyson	6th 79	remains M75	Clive	Hicks	51	remains M50
Mary	Young	53	remains W50	Dennis	Miller	64	remains M60
Darryl	White	45	becomes M45	Jeff	Spencer	63	remains M60
Karyn-Sue	Gower	44	remains W40	John	Smith	69	remains M65
Janet	Jarvis	59	remains W55	John	Cresp	53	remains M50
Valerie	Prescott	60	becomes W60	Henri	Cortis	25th 58	remains M55
Denise	Lancaster	54	remains W50	Rex	Bruce	26th 63	remains M60
Mark	Speechley	37	remains M35	David	Clive	67	remains M65
Anthea	Cheney	48	remains W45	Irene	Ferris	52	remains W50
Joanne	Richardson	52	remains W50	Mark	Rosen	56	remains M55

Coogee Beach*Ray Hall*

14-Dec-03

8km Run

Mark Sivyver	M55	34:40
Ivan Brown	M55	35:30
John Mack	M60	35:22
Johannes Hagedoorn	M60	38:19
Graeme Neill	M40	39:44
Graham Thornton	M60	39:48
Chris Frampton	M35	39:53
Brian Foley	M55	40:21
Dick Blom	M70	40:34
Gillian Young	W55	40:57
John Ellard	M60	41:11
Paul Martin	M60	41:12
Wayne Taylor	M40	41:14
Andrew Cook	M35	41:25
Brian Bennett	M55	41:32
Troy Lundgren	M50	41:45
Robert Sheehy	M55	43:07
Julie Keeley	W35	43:18
David Baird	M60	44:15
Margaret Neil	W55	44:31
Brian Smith	M60	45:38
Bob Sammells	M65	45:39
Roger Walsh	M60	45:53
Aldo Giacomini	M65	46:15
Pamela Toohey	W55	46:29
Ann Turner	W65	46:55
Mike Polkinghorne	M50	48:19
Mitch Loly	M60	49:42
Vic Beaumont	M70	49:55
John Smith	M65	51:32
Richard Harris	M65	54:02
Jo Richardson	W50	54:42
Shorty Turner	M65	59:11
Margaret Bennett	W60	59:12

4km Run

Ivan Pilton	M60	21:45
Jim Barnes	M60	24:29
Denise Lancaster	W50	24:46
Julie Wood	W55	25:42
Jackie Halberg	W55	25:44
Damien Hanson	M50	26:06
Elaine Dance	W50	29:23
Debbie Dance	W35	31:27
Ian Lyon	M65	33:18
Mary Young	W50	33:23
Elaine Ellard	W60	33:31
Frank Usher	M80	39:16

Beach Run

Bob Schickert	M60	29:17
John Doust	M55	29:18
Arnold Jenkins	M55	47:48
Glenice Shanahan	W75	74:43

8km Walk

Val Millard	W55	54:37
Lynne Schickert	W60	57:14
Beryle Doust	W55	59:15
Peter Ryan	M50	73:53

4km Walk

Bev Whitfield	W40	33:36
Dorothy Whittam	W65	36:46
Rosa Wallis	W55	39:54
Allen Tyson	M75	39:56
Steve Toohey	M50	40:20
Ernie Moyle	M75	44:37

Canning Caper

28-Dec-03

Fresh from Christmas celebrations, and still in training for New Years Eve 102 hardy people competed at the Canning Caper.

For a number of weeks prior to the event people had been asking for a cooler temperature for this event. Given its record of being very hot and open generally this was a fair request. I was able to oblige, and the cool breeze, and earlier rain, set the scene, for a good event. In fact since we moved the event to December to get an earlier start (7.00am), it has been cooler each time.

The usual banter and glares amongst competitors, regarding their handicaps, and handicapper were evident.

Milton Mavrick showed some signs of his old form to lead home the 10k handicap. Helen Lysaght showed she is not as slow as she thought she was, and still has some of the old form. Another outstanding performance was from Christine Pattinson, as she continues her improvement. I apologise to any competitors who missed the turn mark at the 3k mark for the short event, I will make it more evident next year.

I hope you all enjoyed the event, made possible by my fabulous helpers Gareth, Gary, Phyllis, Rob, Brian, Jacob, Barry, Mary, and Neil. Happy New Year

*Keith Atkinson***6km Run**

Jim Langford	M55	22:42
Ian Davies	M55	23:44
Christopher Coates	M50	24:12
Ivan Brown	M55	26:38
Margaret Langford	W55	26:46
Hamish McGlashan	M65	28:08
John Brambley	M60	28:23
Peter Hill	M55	29:02
Irwin Barrett-Lennard	M70	29:32
Mike Anderson	M55	29:42
Vic Waters	M55	30:11
Geoff Mullins	M60	30:53
Damien Hanson	M50	32:33
Wendy Clements-Green	W60	32:51
Denise Lancaster	W50	33:55
Jackie Halberg	W55	34:07
Roger Walsh	M60	34:18
Julie Wood	W55	36:00
Mary Young	W50	36:24
Alison Aldrich	W60	36:51
Joan Pellier	W60	38:58
Debbie Dance	W35	40:50
Pierre Viala	M55	40:51
Ray Lawrence	M75	42:56
Sheila Maslen	W65	42:57
Mary Heppell	W65	42:58
Steve Toohey	M50	44:32
Basil Worner	M70	45:13
Toni Frank	W55	55:05
Leonie Jones	W40	55:31

10km Walk

Val Millard	W55	68:29
Lynne Schickert	W60	71:16
Lorraine Lopes	W60	71:35

Canning Caper

28-Dec-03

10km Run (Open Hcp)

Helen Lysaght	W50	no hcp	61:25	61:25
Milton Mavrick	M50	16:00	61:27	45:27
Chris Pattinson	W45	8:30	62:10	53:40
Jim Barnes	M60	7:00	63:10	56:10
Gillian Young	W55	15:10	62:12	47:02
John Bell	M55	21:00	62:59	41:59
Graeme Neill	M40	16:00	63:22	47:22
Joan Osborne	W55	8:45	63:36	54:51
John Smith	M65	9:00	64:01	55:00
Paul Hughes	M50	25:42	64:14	38:32
Wayne Taylor	M40	20:15	64:24	44:09
Johannes Hagedoorn	M60	20:30	64:26	43:56
Ann Turner	W65	9:00	64:28	55:28
Brian Bennett	M55	24:30	64:30	40:00
Nick Miletic	M50	16:20	64:32	48:12
John Pellier	M60	6:30	64:51	58:21
Shirley Bell	W55	14:50	64:55	40:05
Ray Attwell	M65	14:00	64:58	50:58
John Mack	M60	20:00	65:03	45:03
Mark Sivyver	M55	20:00	65:04	45:04
Chris Frampton	M35	27:00	65:06	38:06
Jim Halliday	M60	16:45	65:12	48:27
David Muir	M55	22:00	65:14	43:14
Robert Sheehy	M55	19:30	65:17	45:47
Ray Hall	M70	11:00	65:17	54:17
Brian Smith	M60	11:00	65:26	54:26
Bob Schickert	M60	23:00	65:27	42:27
Don Pattinson	M50	16:30	65:32	49:02
Mike Hale	M55	22:30	65:42	43:12
Arnold Jenkins	M55	5:00	65:46	60:46
Amanda Walker	W35	22:15	65:53	43:38
John Dance	M50	12:00	65:57	53:57
Pamela Toohey	W55	10:45	55:01	44:16
Michael Karra	M35	22:00	66:15	44:15
Ivan Pilton	M60	24:00	66:15	42:15
Brian Foley	M55	15:15	66:18	51:03
Barry Jones	M45	19:00	66:29	47:29
Paula Karra	W30	11:00	66:39	55:39
Richard Harris	M65	13:00	66:40	53:40
Mitch Loly	M60	8:15	66:44	58:29
Merv Jones	M60	7:15	66:47	59:32
Marg Forden	W60	14:00	66:55	52:56
Merv Moyle	M75	01:00	67:26	66:26
Paul Martin	M60	15:30	67:35	52:05
Fenella Gill	W40	18:20	67:58	49:38
Shorty Turner	M65	00:00	68:10	68:10
Elaine Dance	W50	6:30	68:14	61:44
Margaret Bennett	W60	00:30	68:41	68:11
Julie Keeley	W35	15:00	69:31	54:31
Raymond Gimi	M35	22:50	73:04	50:14

6km Walk (Sealed Hcp)

		Clock	Hcp	Total	Pos
Rex Bruce	M60	46:17	10:10	56:27	1
Lorna Lauchlan	W70	47:56	9:30	57:26	3
Alan Pomery	M70	48:18	10:00	58:18	5
Dorothy Whittam	W65	48:24	9:15	57:39	4
Angela (Angie) Goldie	W60	50:57	7:30	58:27	6
Pat Ainsworth	W65	52:31	4:00	56:31	2
Maggie Flanders	W65	54:23	6:00	60:23	7
Rosa Wallis	W55	58:45	7:00	65:45	9
Allen Tyson	M75	58:46	3:45	62:31	8
Pat Miller	W65	61:16	6:00	67:16	10

McGillivray Oval 11-11-2003.

Shot		
M63	Ross Calnan	7.64
M50	Damien Hanson	7.00

Heavy Weight

M50	Geoffrey Gee	13.73
M50	Damien Hanson	7.60

Les Beckham Triple Jump

M45	Ian Sanders	8.02
M50	Damien Hanson	7.77
W59	Peggy MacIver	6.66
W50	Robyn Watts	6.42
W48	Thea Bailey	6.32
W71	Pat Carr	6.01
W62	Lynne Schickert	5.85

100m (Points)	%	
M34	Andrew Brooker	13.5 73.56
M63	Barrie Kernaghan	13.8 87.54
M66	Norm Richards	14.0 88.36
M48	Alan Gower	14.1 77.23

M45	Ian Sanders	14.7 72.65
M49	Milton Maverick	15.1 72.65
M50	Damien Hanson	15.3 72.16
M63	Ross Calnan	15.8 76.46
W59	Peggy MacIver	15.9 82.83

M48	Bernard Mangan	16.0 68.06
W37	Jacqui Sanders	16.9 65.80
M66	Ian Lyon	17.4 71.09
W50	Robyn Watts	18.7 65.67
M58	Ivan Brown	18.9 61.64

W47	Anthea Cheney	16.2 74.07
W43	Leonie Jones	17.0 68.47
W48	Thea Bailey	17.8 67.92
M70	Bob Neville	18.2 70.49
W71	Pat Carr	18.7 79.14
W62	Lynn Schickert	22.5 60.09

800m

M34	Andrew Brooker	2.15.5
M38	Michael Watson	2.16.9
M53	Tony Heppener	2.20.7
M48	Alan Gower	2.21.2
M57	Henri Cortis	2.21.4
M38	Simon Jawichre	2.30.5
M48	Bernard Mangan	2.32.0
M58	Bruce Wilson	2.36.5
M62	Bob Schickert	2.38.1
M46	Doug Ashfield	2.41.8

M46	Barry Jones	2.55.8
M49	Milton Maverick	2.56.3
M55	Nick Bailey	2.58.2
W37	Katrina Spilsbury	2.58.5
M71	David Carr	3.00.1
W59	Peggy MacIver	3.00.8
W48	Thea Bailey	3.18.6
M45	Ian Sanders	3.19.1
W43	Leonie Jones	3.21.6
W37	Jacqui Sanders	3.22.1

3000m

M53	Tony Heppener	10.11.5
M45	Rob Catrall	10.16.9
M48	Alan Gower	10.34.7

M48	Bernard Mangan	10.50.7
M38	Michael Watson	11.23.4
M61	Frank Smith	11.44.0
M62	Bob Schickert	11.46.7
M46	Doug Ashfield	11.48.4
M58	Bruce Wilson	11.56.9
M57	Henri Cortis	12.34.5
M38	Simon Jawichre	12.54.5
W52	Liz Neville	13.13.2
M46	Barry Jones	13.14.6
M49	Milton Maverick	13.39.1
W48	Thea Bailey	15.06.7
W38	Gill Edmonds	15.15.6
W37	Jacqui Sanders	15.38.6
W43	Leonie Jones	16.12.4

3000m Walk (Points)	%	
M58	Bruce Wilson	16.51.976.89
W62	Lynne Schickert	20.03.975.92
W56	Val Millard	20.06.171.30
W63	Lorraine Lopes	21.07.272.84
M58	Ivan Brown	21.22.060.69
M70	Bob Neville	21.44.867.29
M38	Simon Jawichre	21.50.950.80
W37	Jacqui Sanders	21.54.957.16
M49	Milton Maverick	23.02.252.16

McGillivray Oval 18-11-2003.

Javelin

M33	Mark Hamilton	33.18
M63	Peter Gare	31.18
M50	Damien Hanson	22.64
W44	Sandra Stockell	16.56
W48	Thea Bailey	12.62

Discus

M33	Mark Hamilton	37.49
M50	Geoffrey Gee	33.32
M63	Peter Gare	30.85
M50	Damien Hanson	17.72
W44	Sandra Stockell	16.58
W48	Thea Bailey	16.23

Les Beckham Long Jump

W59	Peggy MacIver	3.20
W44	Sandra Stockell	3.16
W48	Thea Bailey	2.89

200m

M63	Barrie Kernaghan	27.6
M57	Henri Cortis	28.1
M66	Norm Richards	29.8
M37	Keith Edmonds	30.8
M50	Geoffrey Gee	37.9

M49	Milton Maverick	31.2
M71	David Carr	32.2
W59	Peggy MacIver	32.4
W64	Jan Morrey	33.2

M70	Bob Neville	34.3
W44	Sandra Stockell	34.7
W48	Thea Bailey	35.8
W37	Jacqui Sanders	36.7
W71	Pat Carr	?

1000m Walk/Run

M57	Henri Cortis	3.24.5
W38	Gill Edmonds	4.25.5
W48	Thea Bailey	4.48.6
M46	Barry Jones	4.50.5
W56	Val Millard	6.27.1

10000m (Points)

		%
M48	Alan Gower	36.44.2 80.50
M46	Doug Ashfield	40.56.6 71.12
M37	Keith Edmonds	43.03.3 63.38
M38	Simon Jawichre	46.06.5 59.60
M49	Milton Maverick	46.43.4 63.78
M58	Ivan Brown	46.44.3 68.80
M46	Barry Jones	46.46.6 62.26
W52	Liz Neville	47.03.7 73.68
W43	Karen Gower	48.46.8 65.60
W56	Gillian Young	49.58.7 72.16
W37	Jacqui Sanders	54.46.7 55.62
M47	Richard Boyd	55.41.8 52.69

McGillivray Oval 25-11-2003.

Discus

M63	Peter Gare	37.40
M33	Mark Hamilton	36.41
M50	Geoffrey Gee	36.00
M63	Ross Calnan	22.50
M50	Damien Hanson	17.19
W44	Sandra Stockell	15.00

Shot

M33	Mark Hamilton	11.66
M50	Geoff Gee 11.00 (7.26kg)	
M63	Peter Gare	9.20
W44	Sandra Stockell	7.47
M50	Damien Hanson	7.16
W48	Thea Bailey	6.50

Les Beckham Triple Jump (Points)

	%	
W31	Toni Phillips	9.09 60.20
M43	Graeme Neill	8.21 51.47
M50	Geoffrey Gee	8.21 56.90
M48	Alan Gower	7.95 53.57
W48	Thea Bailey	6.37 53.39
W62	Lynne Schickert	5.89 61.87

200m

M47	Kevin Carey	25.6
M47	Richard Parker	27.3
M63	Barrie Kernaghan	27.3
M57	Henri Cortis	27.5
M47	Guito Dumolard	27.7

M66	Norm Richards	29.3
M63	Peter Gare	30.0
W44	Carmel Carey	31.2
M51	Greg Rowlands	32.1 Vis
M63	Ross Calnan	32.2
M49	Michael Watson	26.6
W59	Peggy MacIver	32.8
W52	Liz Neville	34.3
W44	Sandra Stockell	34.4

M70	Bob Neville	34.8
W37	Jacqui Sanders	36.3
W48	Thea Bailey	37.2
W71	Pat Carr	45.0

McGillivray Oval 9-12-2003.

Discus

M50	Mark Hamilton	39.10
M63	Peter Gare	35.46
M50	Geoff Gee	33.24
M61	Jeff Bowen	31.29
M50	Damien Hanson	21.04
M63	Ross Calnan	20.69
W52	Marg Taylor	18.93
W76	Rae McMillan	15.68
M78	Allen Tyson	15.13

Shot

M50	Geoff Gee	13.01
M33	Mark Hamilton	11.93
M61	Jeff Bowen	9.06
M63	Peter Gare	8.92
W52	Marg Taylor	7.60
M50	Damien Hanson	7.04
W48	Thea Bailey	6.54
W76	Rae McMillan	6.11

Les Beckham Triple Jump

M36	Keith Edmonds	9.21
W48	Thea Bailey	6.35

200m (Points)

	%	
M47	Kevin Carey	26.3 83.00
M63	Barrie Kernaghan	27.4 89.67
M47	Richard Parker	27.4 79.67
M57	Henri Cortis	28.1 83.4
M36	Mark Speechley	31.9 63.32
M56	Garry Doyle	29.4 79.18
M63	Peter Gare	29.9 82.17
M62	Bob Schickert	32.3 75.42
M58	Bruce Wilson	32.6 72.45
M63	Ross Calnan	33.6 73.13
W44	Carmel Carey	31.0 76.71
M59	Peggy MacIver	32.3 83.44
W40	Denise McMorro	34.0 67.71
M46	Barry Jones	36.9 58.75
W48	Thea Bailey	35.9 68.4
M59	Ivan Brown	36.5 65.21
W62	Lynne Schickert	51.9 53.39

1500m Walk (Points)

	%	
M58	Bruce Wilson	8.19.9 76.02
M62	Bob Schickert	9.19.0 70.48
W62	Lynne Schickert	9.30.6 78.16
M50	Damien Hanson	9.40.2 61.19
W59	Peggy MacIver	10.09.7 70.85
M59	Ivan Brown	10.22.5 61.1
M78	Alan Tyson	13.14.4 59.54

3000m

M46	Rob Catrall	10.03.3
M36	Mark Speechley	11.05.7
M54	Duncan McAulay	11.06.4
M43	Carl Ciccarelli	11.19.7
M58	Bruce Wilson	11.31.5
M36	Keith Edmonds	11.47.1
M46	Doug Ashfield	11.55.0
M46	Barry Jones	12.57.0
W48	Thea Bailey	14.43.7

McGillivray Oval 9-12-2003 cont.

800m

M46	Rob Cattrall	2.25.4
M54	Duncan McAulay	2.27.8
M57	Henri Cortis	2.30.6
M36	Mark Speechley	2.35.5
M43	Carl Ciccarelli	2.46.4
M46	Doug Ashfield	2.47.0
W40	Denise McMorow	2.50.8
M59	Ivan Brown	2.58.5
M46	Barry Jones	2.59.7
W48	Thea Bailey	3.29.4

400m

M47	Kevin Carey	Vis 1.01.3
M57	Henri Cortis	1.02.0
M47	Richard Parker	Vis 1.03.5
M63	Barrie Kernaghan	1.06.3
M45	Rob Cattrall	1.06.4

M47	Guito Dumolard	1.08.7
M58	Bruce Wilson	1.13.8
M46	Doug Ashfield	1.15.2
M43	Graeme Neill	1.19.4

M62	Bob Schickert	1.13.7
W59	Peggy MacIver	1.16.6
W43	Karen Gower	1.25.8
7	Kevin Carey	Vis 1.27.1
W48	Thea Bailey	1.29.4

2000m Walk/ Run

M45	Bob Cattrall	Vis 6.39.4
M44	Darryl White	7.18.9
M51	Greg Rowlands	Vis 7.31.4
W52	Liz Neville	8.50.3
W44	Sandra Stockell	Vis 9.58.5
W62	Lynn Schickert	13.30.6
W73	Lorna Lachlan	15.09.1
W67	Dorothy Whittam	15.11.2
M66	Ian Lyon	15.12.3

1500m (Points)

M48	Alan Gower	4.42.54	82.34
M38	Michael Watson	4.50.66	74.32
M45	Rob Cattrall	4.54.83	77.10
M44	Darryl White	5.15.32	71.56
6	Bruce Wilson	5.18.86	79.41
M51	Greg Rowlands	5.21.53	74.11
M62	Bob Schickert	5.25.76	80.78
M46	Doug Ashfield	5.26.75	70.11
W39	Denise McMorow	5.39.56	71.76
W56	Val Millard	9.58.18	47.58
W31	Toni Phillips	5.59.86	64.04
M71	David Carr	6.01.55	80.52
M43	Graeme Neill	6.12.43	60.13
W52	Liz Neville	6.14.86	72.94
W43	Karen Gower	6.19.56	66.38
W59	Peggy MacIver	6.32.54	74.86
M50	Damien Hanson	6.46.47	58.15
W48	Thea Bailey	7.01.61	62.46
W37	Jacqui Sanders	7.02.30	56.77
W56	Val Millard	9.40.08	49.06

McGillivray Oval 2-12-2003.

Discus

M50	Mark Hamilton	38.28
M63	Peter Gare	28.86
W52	Marg Taylor	20.32
M78	Allen Tyson	15.22
W76	Rae McMillan	14.80
W56	Val Millard	14.50

Shot (Points)

M50	Geoffrey Gee	12.87	69.34
M33	Mark Hamilton	11.99	54.01
M63	Peter Gare	9.17	59.86
W52	Marg Taylor	8.12	48.80
M50	Damien Hanson	6.98	37.61
M59	Brian Foley	6.04	39.58
W76	Rae McMillan	5.56	64.50
W56	Val Millard	5.83	39.08

Les Beckham Triple Jump

M35	Andrew Cook	9.46
M45	Ian Sanders	8.10

100m

M38	Michael Watson	13.2
M47	Richard Parker	13.4
M63	Barrie Kernaghan	13.7
M57	Henri Cortis	13.8
M35	Andrew Cook	14.1

M38	Simon Jawichre	13.9
M56	Garry Doyle	14.0
M45	Ian Sanders	14.5
M62	Bob Schickert	16.7
M63	Ross Calnan	15.6
M43	Graeme Neale	15.8
W59	Peggy MacIver	16.0
M66	Ian Lyon	17.0
W71	Pat Carr	19.1

200m

M63	Barrie Kernaghan	27.3
M57	Henri Cortis	27.5
M47	Richard Parker	27.3
M56	Garry Doyle	29.3
M45	Ian Sanders	30.7
M71	David Carr	31.4
M63	Ross Calnan	32.4
M43	Graeme Neale	34.2
W37	Jacqui Sanders	35.6
W71	Pat Carr	44.3

3000m Walk

M70	Ray Hall	19.32.8
W56	Val Millard	19.33.7
W73	Lorna Lauchlan	23.06.4
M78	Allen Tyson	25.53.1

5000m

M35	Andrew Cook	19.56.5
M46	Doug Ashfield	20.11.6

M54	Rob Greenhalgh	21.13.6
M57	Henri Cortis	22.21.7
M38	Simon Jawichre	22.30.1
W52	Liz Neville	22.33.1
W38	Gill Edmonds	25.41.6

800 m (Points)

M38	Michael Watson	2.19.9	76.38
M35	Andrew Cook	2.30.3	69.65
M54	Rob Greenhalgh	2.31.0	79.87
M62	Bob Schickert	2.36.0	83.15
M59	Brian Foley	2.41.2	78.19
M38	Simon Jawichre	2.38.2	67.54
M71	David Carr	2.54.6	82.06
W52	Liz Neville	2.58.4	75.73
M56	Nick Bailey	2.59.5	68.35
W37	Katrina Spilsbury	3.02.1	65.14
W59	Peggy MacIver	3.02.6	79.44
M43	Graeme Neill	3.13.5	57.21
M70	Ray Hall	3.54.4	60.35

Coker Park 27.11.2003

200m

Terry Collins	M37	26.8
Colin Smith	M40	26.8
David Clive	M65	27.0
John Stone	M50	28.4
Ian Davies	M55	28.8
Ian Sanders	M45	30.7
Eileen Hindle	W50	34.5
Jacqui Sanders	W35	35.3
Nick Bailey	M55	36.8
Gillian Young	W55	36.9
Pat Carr	W70	41.2

800m

Greg Vander Sanden	M45	2.07.7	87.96
Alan Gower	M48	2.16.3	84.31
Micheal Watson	M38	2.16.6	78.22
Ian Davies	M56	2.17.5	89.23
Campbell Till	M46	2.18.7	81.60
Henri Cortis	M57	2.22.4	86.93
Keith Edmonds	M36	2.37.1	67.09
Bob Schickert	M62	2.33.2	84.67
Barbara Blurton	W53	2.34.4	88.34
Toni Phillips	W31	2.39.2	71.12
David Carr	M71	2.40.1	89.49
Gareth Brunt	M53	2.41.0	74.29
Brian Foley	M59	2.41.7	77.95
Keith Martin	M60	2.51.9	73.99

Peggy MacIver

Nick Bailey	M55	2.55.5	69.29
Tom Lenane	M47	3.00.0	63.36
Delia Baldock	W41	3.00.5	67.88
Frank Gardiner	M53	3.05.0	64.65
Ian Sanders	M45	3.06.7	60.17
Damien Hansen	M50	3.10.2	61.37
John Stone	M51	3.16.0	60.03
Karyn Gower	W43	3.05.8	67.06
Gill Edmonds	W38	3.08.3	63.50

Gillian Young	W56	3.08.6	74.52
Jacqui Sanders	W37	3.15.1	60.80
Lynne Schickert	W62	4.17.8	58.21

100m

Greg Vander Sanden	M45	12.2
Mike Edwards	M45	12.4
Colin Smith	M40	12.6
Campbell Till	M45	12.7
Terry Collins	M35	12.6
Micheal Watson	M35	13.0
John Stone	M50	13.0
David Clive	M65	13.4
Geoffrey Gee	M50	18.1
Ian Sanders	M45	14.2
Peggy MacIver	W55	15.3
Delia Baldock	W40	15.4
Eileen Hindle	W50	15.8

Jacqui Sanders	W35	16.4
Gillian Young	W55	16.8
Pat Carr	W70	17.7

5000m

Alan Gower	M45	18.00.5
Dave Scott	M55	19.28.4
Gareth Brunt	M50	19.45.5
Micheal Watson	M35	19.54.7
Keith Edmonds	M35	20.50.4
Bob Schickert	M60	22.51.4
Nick Bailey	M55	23.26.6
Gillian Young	W55	23.32.4
Robin King	W45	23.40.3
Karyn Gower	W40	23.48.3
Richard Harris	M65	25.15.8

3000m Walk

Lynne Schickert	W60	20.08.7
Allen Tyson	M75	26.37.2

Les Beckham Triple Jump

Keith Edmonds	M35	9.98
Terry Collins	M35	9.50
Gill Edmonds	W35	8.29
Eileen Hindle	W50	8.11

Discus

Damien Hanson	M50	19.89
Eileen Hindle	W50	18.72
Allen Tyson	M75	15.63

SHOT (Points)

Geoffrey Gee	M50	12.70	68.43
Greg Vander Sanden	M45	7.09	37.71
Ian Sanders	M45	7.08	37.66
Toni Phillips	W31	7.03	32.77
Eileen Hindle	W54	6.82	43.27
Damien Hanson	M50	6.77	36.48
Tom Lenane	M47	6.69	37.23
Henri Cortis	M57	6.42	40.30
Gillian Young	W56	6.12	41.02
Jacqui Sanders	W37	5.73	26.11

Coker Park 4.12.2003

* Pending State Record

400m

Toni Phillips	W30	63.6
Barbara Blurton	W50	65.2
Katrina Spilsbury	W35	66.6
David Carr	M70	67.0
Peggy Macliver	W55	72.2
Jacqui Sanders	W35	82.4
Greg Vander Sanden	M45	54.5
Campbell Till	M45	56.1
Mike Edwards	M45	57.4
Colin Smith	M40	58.0
Henri Cortis	M55	60.7
Micheal Watson	M35	62.8
Jim Riddell	M60	87.3
Ray Hall	M70	93.0

Les Beckham Long Jump

Steve Payne	M45	4.68
Eileen Hindle	W50	3.68
Peggy Macliver	W55	3.47
Pat Carr	W70	3.04

Discus

Mark Hamilton	M30	38.37
Steve Payne	M45	19.99
Damien Hanson	M50	18.18
Eileen Hindle	W50	18.02

Javelin

Mark Hamilton	M30	39.09*
Damien Hanson	M50	26.26

Coker Park 11.12.2003

200m (Points)		%
Greg Vander Sanden	M45	25.7 83.77
Colin Smith	M40	26.8 77.54
Toni Phillips	W31	27.8 77.84
Henri Cortis	M57	27.8 84.35

David Carr	M71	30.3 87.43
Ian Sanders	M45	31.1 69.23
Bob Schickert	M62	31.5 77.33
Damien Hansen	M50	31.8 70.16
Bernie Oliver	M60	33.7 71.13

Ian Davies	M56	28.5 81.68
Rob Antonioli	M51	30.2 74.37
Brian Foley	M59	34.4 69.19
John Ellard	M61	34.8 69.45
Jim Riddell	M64	35.2 70.37

Delia Baldock	W41	32.6 71.20
Anthea Cheney	W47	34.1 71.47
Eileen Hindle	W54	35.1 73.56
Jacqui Sanders	W37	35.7 62.94

Gillian Young	W56	35.2 74.63
Nick Bailey	M56	35.7 65.21
Derry Foley	M74	37.5 73.07
Pat Carr	W71	41.1 74.38

800m (estimated times for 1st race)

Greg Vander Sanden	M45	2.17
Ian Davies	M55	2.17
Campbell Till	M45	2.18

Henri Cortis	M55	2.25
Rob Antonioli	M50	2.36.6
Colin Smith	M40	2.41.8
Gareth Brunt	M50	2.43.0
Toni Phillips	W30	2.49.0
Nick Bailey	M55	2.56.9
John Ellard	M60	3.02.5
Frank Gardiner	M50	3.06.2
Gillian Young	W55	3.16.3
Jacqui Sanders	W35	3.17.5
Jim Riddell	M60	3.31.7

1500m Walk (Points)

Brian Foley	M59	8.07.9 78.50
Bob Schickert	M62	8.28.6 77.47
David Carr	M71	8.57.2 80.79
Gillian Young	W56	10.44.5 65.01
Jacqui Sanders	W37	10.46.6 55.52
Ian Sanders	M45	10.49.8 52.48
Allen Tyson	M78	12.24.0 63.58

3000m

Greg Vander Sanden	M45	11.01.0
Gareth Brunt	M50	11.33.1
Campbell Till	M45	11.51.1
Rob Antonioli	M50	12.08.1
Bob Schickert	M60	12.53.9
John Ellard	M60	13.13.2
Gillian Young	W55	13.32.9
Nick Bailey	M55	13.42.2
Jackie Halberg	W55	15.18.3

Les Beckham Triple Jump

Eileen Hindle	W50	8.03
Rob Antonioli	M50	6.40
Derry Foley	M70	6.33

Discus

Mark Hamilton	M30	37.46
Geoffrey Gee	M50	33.31
Margaret Taylor	W50	20.06
Damien Hanson	M50	19.15
Eileen Hindle	W50	18.66
Rob Antonioli	M50	16.68
Allen Tyson	M75	15.46

Shot

Geoffrey Gee	M50	12.72
Mark Hamilton	M30	11.70
Margaret Taylor	W50	7.97
Toni Phillips	W30	7.38
Damien Hanson	M50	6.77
Tom Lenane	M45	6.75
Eileen Hindle	W50	6.45
Derry Foley	M70	6.10
Rob Antonioli	M50	5.70

Coker Park 18.12.2003

* Pending State Record

100m

Greg Vander Sanden	M45	12.5
Campbell Till	M45	12.6
Colin Smith	M40	12.7
David Clive	M65	13.1

Henri Cortis	M55	13.4
Peggy Macliver	W55	14.8
David Carr	M70	15.0
Anthea Cheney	W45	15.4
Mike O'Reilly	M60	15.5
Eileen Hindle	W50	16.0
Delia Baldock	W40	15.5
Jacqui Sanders	W35	16.3
Gillian Young	W55	16.7
Jim Riddell	M60	17.3
Pat Carr	W70	17.5
Derry Foley	M70	17.8
Elaine Ellard	W60	25.5

2000m

Greg Vander Sanden	M45	6.24.3
Gareth Brunt	M50	7.18.7
Blakeney Tindall	M40	7.52.2
John Ellard	M60	8.12.6
Frank Gardiner	M50	8.32.3
Gillian Young	W55	8.42.3
Jacqui Sanders	W35	9.33.4
Ian Sanders	M45	9.56.2
Margaret Robinson	W65	10.11.2
Elaine Ellard	W60	13.38.1

2000m walk

Robin King	W45	11.02.0
Tom Lenane	M45	11.22.8
Lynne Schickert	W60	12.24.0

200m

Greg Vander Sanden	M45	24.9
Mike Edwards	M45	25.7
Colin Smith	M40	26.2
Toni Phillips	W30	27.3
David Clive	M65	27.7
Ian Davies	M55	28.7
David Carr	M70	30.3
Mike O'Reilly	M60	30.7
Ian Sanders	M45	30.8
Peggy Macliver	W55	31.1
Rob Antonioli	M50	30.1
Delia Baldock	W40	32.4
Anthea Cheney	W45	32.5
Nick Bailey	M55	33.3
John Ellard	M60	35.5
Jacqui Sanders	W35	35.6
Gillian Young	W55	36.2
Pat Carr	W70	40.6
Elaine Ellard	W60	59.0

800m

Greg Vander Sanden	M45	2.15.6
Campbell Till	M45	2.15.8
Ian Davies	M55	2.19.3
Henri Cortis	M55	2.21.1
Barbara Blurton	W50	2.32.5
Blakeney Tindall	M40	2.31.1
Rob Antonioli	M50	2.35.3
Frank Gardiner	M50	2.38.6
Gareth Brunt	M50	2.41.2
Brian Foley	M55	2.41.9
Mike O'Reilly	M60	2.58.5
John Ellard	M60	2.59.0
Nick Bailey	M55	3.00.2

Peggy Macliver	W55	3.00.3
Robin King	W45	3.08.6
Gillian Young	W55	3.10.9
Jacqui Sanders	W35	3.26.8
Margaret Robinson	W65	3.47.6
Lynne Schickert	W60	4.15.0

Les Beckham Long Jump (Points) %

Toni Phillips	W31	4.84 65.32
David Clive	M66	4.64 82.86
Greg Vander Sanden	M45	4.49 60.43
Delia Baldock	W41	4.02 62.71
Ian Sanders	M45	3.97 53.43
Eileen Hindle	W54	3.86 72.56
Rob Antonioli	M51	3.77 55.04
Damien Hanson	M50	3.74 53.89
Pat Carr	W71	3.25 78.13
Derry Foley	M74	3.12 62.15
Brian Foley	M59	2.77 45.04
Lynne Schickert	W62	2.52 53.16

Hammer (Points) %

Geoff Gee	M50	36.12 * 53.88
Alex Cummings	M72	30.48 60.05
Mark Hamilton	M33	27.96 33.58
Eileen Hindle	W54	24.17 51.40
Damien Hanson	M50	17.35 25.88
Brian Foley	M59	12.73 22.93
Greg Vander Sanden	M45	12.21 18.05
Toni Phillips	W31	10.57 17.00

Javelin

Mark Hamilton	M30	34.49
Geoff Gee	M50	32.72
Derry Foley	M70	11.35

Woops!

A gremlin crept in to the calculations of points for the Javelin event at Coker Park on 23 October! Amended scores are shown below:

JAVELIN (Points)		%
Andrew Brooker	M34	40.12 44.18
Geoffrey Gee	M50	28.18 41.93
Keith Durrans	M52	25.55 39.52
Damien Hanson	M50	24.72 36.79
Tom Lenane	M47	24.22 34.09
Greg Van Der Sanden	M45	23.74 32.15
Campbell Till	M46	22.58 31.18
David Carr	M71	18.95 38.62
Ian Sanders	M45	18.06 24.00
Nick Boccardo	M41	17.11 21.50
John Ellard	M61	16.27 27.45
Toni Phillips	W31	16.21 21.35
Gillian Young	W56	15.03 31.11
Marg Taylor	W52	14.57 28.39
Eileen Hindle	W54	14.08 28.39

**AMA & QLD Heptathlon & Decathlon Championships,
21 & 22 February 2004.**

QE11 State Athletic Centre.

Entries Close 9 February

2004 - No Late Entries.

**See Bob Schickert
for entry forms.**

WMA NON STADIA CHAMPIONSHIPS, AUCKLAND, APRIL 2004.

The 2004 non stadia champs will be held in Auckland from 18 - 24 April. The events being held are 10km run, half marathon, 10km walk, 20/30km road walk, 50km walk, CC relay and an Ekiden relay. There is also a marathon to be held in conjunction with the Rotorua marathon on Saturday 1 May.

Entries are available from State Secretaries. Entries will also be accepted on line - the website is
< www.wma2004.org >

Did you know the following?

EKIDEN There is nothing particularly special about an ekiden relay other than the fact that the total distance is the marathon distance of 42.195km. It usually consists of six laps but there are variations around the world. The only place that it appears in the IAAF handbook is rule 240.1 where it is a recommendation that the event consist of six stages of 5km, 10km, 5km, 10km, 5km and 7.195km. WMA have adopted these distances and will be using this format in Auckland next April. A 5km circuit is recommended but again there are variations. Teams will be selected by countries for medal consideration. No limit on the number of teams but only one team to count for medals. Individuals can also make up

unofficial teams.

CC TEAMS These only apply to the Cross Country, Marathon and 10km Road Walks held in conjunction with the stadia championships. Teams are of three persons and results based on aggregate times. If a country has three or more competitors in an age group then the first three comprise that country's team. If a country has less than three competitors the team manager can bring down a maximum of two competitors from an older group to make up a team. Such a team must be declared before the start and all competitors must compete in the same race. Athletes "brought down" are still eligible for their individual place medals in their correct age group.

State Relay Championships 7/12/03 and 20/12/03

Due to the enthusiastic efforts of Toni Phillips, two male and two female 4x400 relay Masters teams were assembled to compete in the Athletica State Relay Championships at Perry Lakes. The highlights were a third placing in the Open Female event achieved by the W30 team and an inaugural M45 State Record. The womens teams were both only a few seconds off their respective State Records.

4 x 400 results:

W30 Team (Toni Phillips, Katrina Splisbury, Lynne Choate, Peggy McLiver) 4-38.51

W35 Team (Jacqui Sanders, Gill Edmonds, Delia Baldock, Thea Bailey) 5-09.45

M35 Team (Michael Watson, Guito Dumolard, Colin Smith, Barry Kernaghan) 4-09.0

M45 Team (Mike Edwards, Greg Vander Sanden, Henri Cortis, Campbell Till) 3-53.0 (SR)

Two weeks later, same place, time for the 4x100 race. This time one team apiece. The Womens team went desperately close to breaking the State Record, missing it by a mere 0.03 seconds (blame the strong seabreeze).

The Mens team were able to break a 24 year old record by nearly 2 seconds. Thanks again to Toni for her organisational efforts.

4 x 100 results::

W30 Team (Heather Atkinson, Toni Phillips, Lynne Choate, Katrina Splisbury) 54.06

M35 Team (Colin Smith, Greg Vander Sanden, Terry Collins, Campbell Till) 49.17 (SR)

Email problems!

Your editor had a computer system failure just before Christmas, with the result that the contents of his Inbox were lost!

So, if you feel that an email should have been acknowledged, or something you expected to see in Vetrin hasn't appeared, please let him know!

Officials and Helpers for State Championships

Members who are able to help at the state championships are asked to contact Barbara Blurton or return the form below - please circle as applicable.

Dates of Championships	Friday	March 19 (eve)	Yes/No	Thursday March 25 (eve)	Yes/No
	Saturday	March 27	Yes/No	Food Preparation	Yes/No
	Sunday	March 21	Yes/No	Canteen	Yes/No
	Sunday	March 28	Yes/No		

Name _____ Phone _____

Barbara Blurton 9293 0190 6 Curran Court, Kalamunda, 6076



Please make this payment of \$..... for ☐ Clothing ☐ Membership ☐ Club Social Function
☐ Club Weekend Away ☐ Championship entry
by ☐ Visa ☐ Bank Card ☐ Mastercard

Card Number Expiry Date

Card Holder's Name.....

Signature.....

CREDIT CARD PAYMENT



PURPOSE



The objective of the club is to encourage and promote masters' athletics, general fitness and to provide training and competition within the jurisdiction of the Athletic Association of WA. Membership is available to men and women 30 years and older.

We have a comprehensive annual programme that provides the opportunity for members to participate in weekly runs and walks, as well as track and field competition. There are also training groups that meet during the week. The social

aspect is also important and many members enjoy a picnic breakfast after the Sunday races.

The format of the events allows contestants to be as competitive or social as they choose. Competition is in gender and age groups which go in five yearly increments, starting at W30 and M30.

The club is run by a small committee and is dependent on many volunteers such as race directors, marshals, time recorders and helpers of all kinds.

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If unclaimed please return to:
1/37 Bombard Street, Ardross WA 6153.



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Club Clothing

Contact Maggie Flanders: 9314 7556

Club Singlets:

THE NEW MASTERS RANGE IS NOW AVAILABLE

Club clothing in the new Masters livery:

- | | |
|--------------------------|--------------------|
| ■ WINDCHEATERS | \$25 ⁰⁰ |
| ■ COMPETITION SINGLETS | \$25 ⁰⁰ |
| ■ LONG SLEEVED T-SHIRTS | \$20 ⁰⁰ |
| ■ SHORT SLEEVED T-SHIRTS | \$18 ⁰⁰ |