

Mark Jeffery leads MAWA field charge to ten-medal haul

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

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

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

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

100m

Brett Blanco M35 11.85 +1.4

1500m

Andrew Brooker M40 4:38.82

5000m

Paul Mitchell M40 16:16.88

3000m steeplechase

Andrew Brooker M40 11:29.20 **BRONZE**

Triple Jump

Graeme Watson M30 11.30 +1.5 **SILVER**

Melissa Foster W30 10.37 +1.4

Long Jump

Melissa Foster W30 4.82 +1.9

High Jump

Graeme Watson M30 1.60 **SILVER**

Pole Vault

Mark Jeffery M40 4.00 **SR= GOLD**

Discus

Matt Staunton M35 39.72 **PBA SILVER**

Mark Jeffery M40 35.69 **BRONZE**

Shot

Matt Staunton M35 11.99 **BRONZE**

Javelin

Mark Jeffery M40 45.22 **GOLD**

Hammer

Byrony Glass W30 54.57 **GOLD**

Matt Staunton M35 40.40 **GOLD**