

# Track & Field Newsletter

Season 2 Issue 6

April 2009

The summer has gone, track and field is drawing towards its close and daylight saving is about to end, perhaps in WA forever. There is much disagreement on the subject of time shifting, even amongst those involved in athletics. You would expect athletes to welcome the extra evening daylight. However, what you gain in the evening you lose in the morning when many of us do our training.

Perhaps the most significant effect that the time shift has had on us is the extra heat during the Tuesday and Thursday meets. The sun is higher at 6pm with daylight saving, and this has clearly made distance racing significantly more exhausting. If daylight saving is retained, there is good reason for a discussion amongst the Tuesday and Thursday regulars about a change in the start time. This decision should come from all of those affected. Let's see what happens in the referendum.

As you will all know, the most important event this month is the W.A. Championships at the Ern Clark Athletics Centre. This is followed early next month by the AMA Nationals, this year in Adelaide. There will be a separate issue of the newsletter to cover these two events. It will be sent as soon as I have the Nationals results in full, probably around April 15.

Shortly after that, Christine and I will return to our northern hemisphere home for the UK track season. We will see many of you again in July and August in Lahti, Finland. TFNL will be having its winter break whilst we are away and will return, with the swallows, in October.

We are based in the Midlands of England, in Nottingham. Do let us know if you are visiting the area and we will be happy to meet up for a drink or lunch. And, of course, if any of you is interested at any time in the future of a house swap, then please talk to us.

## March Roll of Honour

### January 13<sup>th</sup> – Bunbury

Carolyn Wills W35 Javelin 31.32m SR

### February 17<sup>th</sup> – Bunbury

Sakkie Matthewson M40 Hammer 37.63m SR

### February 24<sup>th</sup> – Bunbury

Sakkie Matthewson M40 Wt Throw 10.45m SR

### March 8<sup>th</sup> – Perry Lakes

John Everard M50 Hammer 42.94m SR=

***NB: Records from the championships are in the special TFNL***

## AMA NATIONAL POSTAL RELAY RESULTS

AMA holds its national 'postal' relays in the month of February. Each state runs a series of age-group track relays and team field events. The results are collated postally and the winner becomes the national champion.

This year MAWA submitted a total of 35 entries – 20 runs, 4 walks, 2 jumps and 9 throws. Our 35 teams did brilliantly with 26 champions (out of 63 awards), 7 second places and 1 third. This is even better than last year when we had 19 champions. With so much success it is perhaps invidious to pick out special teams. Two, however, probably deserve such mention. The W60 belles (Shirley Bell, Peggy Macliver, Gillian Young and Jackie Halberg) made a clean sweep of the 4x100, 4x400 and 4x800 runs. And the M70 men (Jeff Whittam, Ray Hall, Bob Fergie and Stan Jones) walked off with the 4x800 championship.

All winning teams will receive certificates, which will be presented to the MAWA secretary at the Nationals championships Awards Dinner over the Easter weekend.

## Championships Blog

To make it easier to keep in touch with what is happening in all the championships, from now right through to August, I have started a blog on the web. The address is

[www.xanga.com/MAWAinFinland/weblog](http://www.xanga.com/MAWAinFinland/weblog)

Although the name says Finland, it will cover the states and nationals as well. Some of you are already visiting the site, with a few also adding your comments, updating it with your own progress. Please keep doing this as we go through the next five months as it adds to the interest for everyone.

I am adding photos to the site as I get them; you can view these and also download them if you want to keep one (just right-click on the photo and follow the instructions).



4x1500 relays (photo – John Oldfield)

# In Focus – Damien Hanson

(photos – Vic Waters)

At school Damien loved both cricket and athletics. He chose to continue playing the former and is still involved in that sport as a coach, umpire and administrator. The latter, apart from a bit of jogging and some fun runs, went into abeyance until 2001. In that year, a leaflet taken home from the gym promoted the inaugural Fremantle Masters Games and his daughter coerced him into entering. He has been a Masters member ever since. Now he manages the Freo Masters Athletics programme and has been a MAWA committee member since 2003.

He is essentially a thrower, his favourite implements being the javelin and discus. But his silver and bronze pentathlon medals from the 2003 and 2004 National Championships bear witness to his all round talent. He enjoys the camaraderie and social aspect of these events – something he deems “not possible if puffing your way around the track”.

Injury has kept him from serious competition for several years but he thinks he might now, at last, be back on the road to retrieving some of his previous form. His silver medal performance in the recent State Championship pentathlon gives credence to this - 2138 points with a 74.39% achievement in the 200m.



Damien, recognizable by his mop of white hair, is ‘keeper of the throws equipment’. In that role he is often to be seen with a little (but heavy) blue trolley in tow and a long bundle of javelins under his arm. Even when he is not fit enough to participate he is always there on Tuesdays and Thursdays to supervise the throwing events and give encouragement and advice to novices. When the summer programme ceases he organizes the Winter Throwers training group.

Damien is very much the entertainer. Not surprising, since outside athletics he works as a lighting designer and technical manager for stage productions, concerts and events. This often necessarily involves evening commitments but somehow he manages to keep clashes to a minimum and seldom misses MAWA track and field evenings.

His dream of someday completing a decathlon may be the stuff of fantasy but his ambition to attend a national championship in every state and territory is surely achievable.

Meantime he just feels it is a privilege to be allowed to compete each week with the club and share in the companionship of other athletes.

## Are you pleased with your race pace?

Every now and again, some of us come up with a lifetime best for a particular race. It happened to me in February when I ran 38.2s for 200m. Was I chuffed! On an early morning run I began to think about this and, as often happens, my mind started to wander mathematically (I am an ex-maths teacher). The Zig-Zag in Kalamunda is a fascinating place, but there is lots of time to think as one plods up the 6km of incline. By the time I reached halfway I’d worked out that not only was my 200m PB pace slower than Haile Gebreselassi runs the marathon, but that he runs at 35.2s for 200m, and does it more than 200 times one after the other in covering the 26.2 miles! It puts everything into perspective, doesn’t it?

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## Winter Programme

The summer is almost over, and with it ends another very successful T&F season. However, you don’t need to suffer any withdrawal symptoms as the track sessions at ECAC keep on through the winter months on a Thursday. (Throwers – talk to Damien about Saturday morning sessions at Perry Lakes.) The Thursday sessions have already started on the 26<sup>th</sup> March. There are usually five events each week, from 6pm, and the evenings end with tea and refreshments on the verandah.

### April 2:

400m, 100m, 1500m, 60m, 3000m r/w

### April 9: (AMA Nationals in Adelaide)

200m, 800m, 60m, 300m, 5000m r, 3000m w

### April 16:

60m, mile, 400m, 3000m r/w, 200m

### April 23: (10k track handicap at UWA)

60m, 800m, 100m, 400m, 1500m

## Analysis of the Results

**March 3<sup>rd</sup>:** The conditions at UWA this Tuesday were close to perfect with warm sunshine and just a light breeze. Most of the regulars were here, with a welcome return to Keith Martin, Ed Carroll and Ross Wickham (must be triple jump night!). New member Rachel Crowder also joined us for the first time as an addition to the ever-growing throwing group. On the track, proceedings started with a couple of 200m heats. Daniel, soon to become a member (?) led home three regulars each with a season's best – Barrie, Duncan and Keith. Mark won the second heat, with Bob and Peggy battling it out for the minor places and Christine disgusted with her time of 45.2. Nonetheless it was an SB. Mark and Ross led the field in the 1500m, both with SBs, with John C, Keith and Ivan also under 6 minutes. Paul marshalled home the youngsters, although Scott wandered off the track in trying to sprint to the finish. Norm continued his preparation for the upcoming championships by improving his 60m time for the third time in four weeks, but the real battle was in the second heat between Bob and Peggy. These two have great rivalry in the sprints and this time Peggy just stayed ahead of Bob's well-timed dip, with the expert timekeepers unable to split them on the watches. Paul took the 3000m seriously whilst the youngsters watched and hit a season's high, with Sean 'just jogging round to ease his way back from injury' and managing a 25 second PB. In the shot there was a PB as a W80 for Rae and SBs for Sean, Rob, Ed and the ever-improving Sue. She and Rob did it again with the discus. Finally Ross, who has been battling a leg injury for much of the past 18 months, leapt 11.56m in the TJ.

**March 5<sup>th</sup>:** It was a warm evening with the usual sea breeze, but there was such low humidity that many runners found taking in sufficient air was difficult. However, the large number of SBs, coupled with four age-group PBs showed that many regulars are coming to peak condition as the championships approach. We also welcomed Geoff and Kathy Sims, visiting from ACT Masters. Garry and Chris put down the markers for the night's entertainment in the very first race, with Darryl very close behind. Also with SBs in the 60m short dash were John D and Michelle, and Carol ran 11.3 for the third time this season. Maybe a dip will take you under next time, Carol! Peter continues to show us his prowess in the middle distance events. His 2:13.1 was a season's high in the 800m, although he did run a faster (unofficial) split in the relay. Also with SBs in this event were Dante and Mike. Two PBs in the age-group were achieved by Ross and Gillian. Ross has been bringing his times down over most events all season, and finally beat his March, 2008 time by 2 seconds tonight. Gillian continues to show us that life begins at .... Her only previous time under 3 minutes (2:56.4) was also last March, although she matched it with the unofficial relay split recently. Now she has a 2:55 to her name. The plethora of excellent times in the 'training' distance of 300m is certainly a signal of good things to come later in the month; congratulations to Chris (again), Delia, Peggy, Jacqui, Nick and Carol. So it was on to the air-gasping race of 3000/5000. Most of us had the intention of doing the full distance, but only a third did so. Well done to the brothers Thomas, and also to newcomer David Cane. David showed us his credentials with an excellent 17:55, leading the field home with almost a lap to spare. Also welcome back to Eldon, who has been trudging through the Edinburgh snow for the past few weeks but showed that it toughens you up with an excellent time tonight. Jacqui, (should we call her a dark horse for championship honours?), lowered her time yet again in the 3000m. And a new notation of SW is added to the results, but I promise I will not use it for anyone else. Well done to Lynne. We finally managed to get a watch on her in the 60m after giving her a 'no-time' several times this season, and she repaid us with a season's best in the long walk. On the infield, Mark and Kevin each notched up PBAs – Mark in the hammer and Kevin with the discus. SBs also went to Mick (hammer) and Karen (discus).

**March 8<sup>th</sup>:** This was billed as the 'Farewell to Perry Lakes' meet. There are still the state championships to come next week, but it is the last club meet before demolition of the stadium built almost half a century ago for the 1962 Commonwealth Games. MAWA athletes said farewell to the old dame in style. Steeplechase PBs were set by Nick Miletic (over a minute off and enjoying the lower barriers), Jacqui Sanders and Chris Perrey, and a big PBA by Neil Morfitt. Neil's 800m time of 2:09 equates to almost 92% and is edging ever closer to David Carr's M50 state record of 2:08.8 set back in 1983. Barrie Kernaghan, along with David Carr and me can probably remember watching those 1962 Games. (Peggy Macliver can do better than that – she took part in a junior women's race at the stadium six months before those games.) Barrie celebrated by knocking no less than 1.5 seconds off his best 400 time of the season and David 20 seconds off his previous steeplechase best this year. Kate Glass also threw the hammer further than any other distance in 2008/9, whilst John Everard equalled his own state record of 42.94m. Some will take part in the open championships next week but for most Perry Lakes has been 'farewelled' memorably.

**March 10<sup>th</sup>:** It was very warm with just a light sea breeze, so excellent conditions for the shorter races tonight. This, coupled with a re-measuring of the unmarked 60m start meant SBs for almost everybody. Valerie and Jacqui turned this into a PBA, and your editor also decided to have a go, and lowered his PB by half a second. Perhaps we'll try measuring the full circuit next week! In the 800m that followed, Rob Colton showed his fast finishing pace by leading Ian home, with Mark taking it gently so as not to aggravate his minor injury too much. Keith took line honours in the second heat, with Simone helping John O through the third quarter to his second PB of the night. Simone also clocked her season's best, as did Christine and Val P. The 300m athletes also benefitted from the conditions, with Scott showing how it should be done in a very fast 40.7s. Duncan, Barrie, Mark, Norm and Val P also ran their best of the year in this 'training' distance race. Rod Hamilton made his return to the track to lead home the 5000m athletes, with David Willmer not too far behind in an excellent 19:41. Ross added to his impressive collection of PBAs with 20:45. Geoff Barrow, visiting from Victoria, was so pleased with his 3k walk that he decided to keep going and marked up an equally impressive 5k as well. Tracey's long jump and discus throw were SBs, and she was joined by Rachel and Ed. Rob threw

his best distance with the discus since turning 75. With the hammer, Bev also beat her previous W60 distance and Tom returned after a few weeks' absence with an impressive throw too.

**March 12<sup>th</sup>:** We were promised a cloudy, cooler day, and so it turned out to be. The conditions were excellent for the 5km race walkers who were to entertain us after the main programme had finished. See the championships issue of TFNL for coverage of that event. But it was also kind weather for the rest of us and a good evening's athletics ensued. The track started unusually with a



1000m race, instead of the traditional sprint. The regular speedsters, Peter, Pete, David Solomon and Paul romped home. Niamh, making a welcome return and the Thomas brothers followed with the rest of the massive field of 19 strung out and testing the timekeepers' abilities. The evening's main programme of championship distances gave us a chance to assess the preparedness of many of the contenders for medals. There were just three heats of the 60m, with the top runners in the first heat producing 3 SBs – Scott, occasional runner Dave Wyatt and always-running Barrie. **Valetta (pictured left)** led the way in the second heat with her SB as well. Peter de Klerk held himself back to the final heat, winning it without problems and leading three ladies and Bob Neville home to good times too. A PBA for Sarah and SBs for Chris, Peter and Delia were the highlights in the 200m. Kerriann was pleased with her recovery from niggles – so pleased in fact that she ran across the infield and had another go in the final heat. Probably the main image of these 200m heats was David Carr refusing to give way as Peggy, Kerriann and Nick chased him up the straight. A classy 3000m closed the main

programme, with 3 PBAs (Kim, John O and Jacqui) and a further 4 season's bests. Off the track there were also some excellent build-up returns. Chris, Julie and Valetta mastered the technique required for the TJ. In the throwing arena, Kevin produced the result of the night with over 32m with the javelin, whilst SBs fell to Julie, Chris (again) and Tracey. The difficult job of putting the shot also produced 3 SBs – Mark, Sean and Julie leaving with smiles on their faces. And that's what it's all about, isn't it? Smiles and satisfaction come from good competition much more than can be produced by medals.

**March 17<sup>th</sup>:** It was a very quiet night on the track - presumably several were holding fire for the championships next week, and all the distance runners having Thursday's 10000m on their minds. We did welcome new member Amanda Lloyd who showed us her sprinting pace with 8.9 in the 60m. Scott, Barrie Norm and Keith also gave us a good first 60m heat, with Barrie pacing Norm and helping him down to yet another SB, this time dipping under the 9s mark. In the second heat the three mature ladies all ran respectable times, with Val delighted to go under 12s for the first time. Vic Waters brought along son Max as a visitor, and celebrated with a season's best in the 3000m, Max putting in a solid run too behind Rod's SB at the front of the pack. There were plenty of takers in the javelin, with a number limbering up for Saturday's pentathlon. Bev, Peggy and Geoff threw good SBs, but I've picked out Val Prescott's as the throw of the night. She added a massive 3m to her season's high! Bev also carried her good form of late on to the shot, and with her sprinting ability as well she could be a dark horse for the pentathlon. In the pit, Ross continues to make light of his long-term niggles, whilst newcomer Amanda gave us a glimpse of some all-round ability with a solid triple jump.

**March 19<sup>th</sup>:** Anything but quiet tonight! The whole place had a real buzz around it as the distance runners poured into Coker for the championships 10000m race later. That race is covered in the championships TFNL special. The regular programme began with yet another 300m race, giving the middle distance specialists an opportunity to sharpen up further. This was eagerly grabbed by Campbell and Peter, both looking very good for next week's championships. A sparse, but very high quality 1500m followed with no less than 3 PBAs – from Paul H, Dante and Kerriann. Christine also made light of her long-term ankle problem with a season's best. Four heats of the 100m dash gave Peter the opportunity to run his second 300 of the evening by having three attempts. His best was in the top flight heat, where he was among good company. In the second heat there were SBs for Delia and Michelle, and Sarah locked on to Peter's distant figure to notch up a PBA of 19.5. The 2000m gave an opportunity for those who were officiating the main event to stretch their legs. Lynne and Stan also had a chance of getting in a race walk. The field events produced many excellent results. Most were fin-tuning for the main weekend, but a few for this Saturday's pentathlon championship. Hence there were lots of SBs – Tracey in the pit and shot put; Julie, Bev and Sean in the shot and Julie (again), Bev (again), Mark and Mick with the heavyweight. Well done to all.



**Delia – SB in the 100m  
(Photo – Vic Waters)**

**March 24<sup>th</sup>:** This was the last night of the summer season. With the championships only four days away only twenty or so trusted their bodies tonight, and many of those were 'just jogging'. But not Ross – there was yet another PBA in the 1500 as he draws ever closer to a sub-5 minute run. And not Damien or Keith either, as they set PBAs in the 100m. Ian (shot and weight throw) and David Clive equaling his best in the long jump also showed they were not yet content to rest. It is, however on to the main event now – good luck to everyone in the championships!



## CLUB RESULTS

### UWA – March 3<sup>rd</sup>

#### 200m

Daniel Leseberg	Vis	26.1	
Barrie Kernaghan	M65	28.3	<b>SB</b>
Duncan McAuley	M55	28.5	<b>SB</b>
Keith Martin	M65	29.4	<b>SB</b>
Norm Richards	M70	31.2	

Mark Dawson	M45	32.2	
Bob Schickert	M65	33.2	
Peggy Macliver	W60	33.7	
Christine Oldfield	W60	45.2	<b>SB</b>
Lynne Schickert	W65	49.4	

Jack Gartlan	Vis	35.5	
Scott Haylett	Vis	36.9	
Liam Gartlan	Vis	38.5	
Catherine Keane	Vis	40.2	

#### 1500m

Mark Dawson	M45	4:56.9	<b>SB</b>
Ross Keane	M45	5:01.4	<b>SB</b>
John Collier	M40	5:25.3	
Keith Edmonds	M40	5:50.2	
Ivan Brown	M60	5:57.0	
Catherine Keane	Vis	8:14.2	
Paul Haylett	M45	8:18.1	

#### 60m

Daniel Leseberg	Vis	8.0	
Barrie Kernaghan	M65	9.1	
Norm Richards	M70	9.1	<b>SB</b>

Scott Haylett	Vis	10.3	
Liam Gartlan	Vis	10.9	
Jack Gartlan	Vis	11.2	
Catherine Keane	Vis	11.9	

Peggy Macliver	W60	10.1	
Bob Schickert	M65	10.1	
Lynne Schickert	W65	13.6	

### March 8<sup>th</sup> – Perry Lakes

#### 100m

Barrie Kernaghan	M65	14.37	
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#### 400m

Chris Perrey	M35	50.88	<b>PB</b>	
Cam Yorke	M30	51.18		
Barrie Kernaghan	M65	64.00	<b>SB</b>	<b>(big!)</b>

#### 800m

Neil Morfitt	M50	2:09.8	<b>SB</b>	
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#### 3000m

Paul Mitchell	M35	9:30.3		
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#### 1500m walk

Garry Hastie	M45	6:52.0		
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#### 3000m

Mark Dawson	M45	11:19.4	
Paul Haylett	M45	11:46.3	<b>SB</b>
Duncan McAuley	M55	11:56.7	
Keith Edmonds	M40	11:58.7	
Ross Keane	M45	12:01.1	
John Collier	M40	12:07.7	
Grant Owens	M45	12:44.4	
Ivan Brown	M60	13:58.1	
Sean Gartlan	M40	14:36.4	<b>PB</b>
Gill Edmonds	W40	16:14.2	
Christine Oldfield	W60	17:20.4	

#### SHOT

Tracey Gartlan	W40	8.34	
Rachel Crowder	W35	5.89	
Sean Gartlan	M40	8.53	<b>SB</b>
Sue Fardella	W40	5.67	<b>SB</b>
Rob Shand	M75	6.97	<b>SB</b>
Rob Fergie	M70	8.31	
Rae McMillan	W80	6.77	<b>PBA</b>
Ed Carroll	M65	10.08	<b>SB</b>

#### DISCUS

Keith Martin	M65	22.85	
Tracey Gartlan	W40	21.63	
Rachel Crowder	W35	14.85	
Sean Gartlan	M40	21.15	
Sue Fardella	W40	16.65	<b>SB</b>
Rob Shand	M75	23.13	<b>SB</b>
Bob Fergie	M70	24.43	
Ed Carroll	M65	33.27	
Rae McMillan	W80	14.28	
Damien Hanson	M55	22.41	

#### TRIPLE JUMP

Ross Wickham	M40	11.56	<b>SB</b>
Lynne Schickert	W65	5.71	

#### Hammer

Byrony Glass	W30	57.07	
Kate Glass	W55	39.85	<b>SB</b>
John Everard	M50	42.94	

#### 2000m steeplechase

Bjorn Dybdahl	M55	7:32.3	
David Carr	M75	9:15.8	<b>SB</b>
Nick Miletic	M55	9:48.4	<b>PB (big)</b>
Jacqui Sanders	W40	10:11.4	<b>PB</b>
Carol Bowman	W50	10:43.8	

## March 5<sup>th</sup> - ECAC

### 60m

Garry Ralston	M50	7.6	<b>SB</b>
Chris Neale	M35	7.7	<b>SB</b>
Darryl Lette	M40	7.7	
Dale Hamilton	Vis	7.8	
Nick Miletic	M55	9.6	

Keith Martin	M65	9.1	
Kerriann Bresser	W40	9.3	
Damien Hanson	M55	9.7	
Peggy Macliver	W60	9.8	
Carol Bowman	W50	11.3	<b>SB=</b>

Corey Thomas	M30	8.5	
Nicki Wordell	Vis	9.7	
John Dennehy	M45	9.8	<b>SB</b>
Michelle Thomas	W30	9.8	<b>SB</b>
Gillian Young	W60	11.0	

Jacqui Sanders	W40	10.1	
Taylah Eastwood	Vis	11.1	
Catherine Keane	Vis	11.9	
Pat Carr	W75	12.2	
Valerie Millard	W60	12.5	
Lynne Schickert	W65	13.4	

### 800m

Peter De Klerk	M45	2:13.1	<b>SB</b>
Ed Love	Vis	2:21.4	
Ross Keane	M45	2:22.3	<b>PBA</b>
Geoff Sims (ACT)	M60	2:23.2	
Dale Hamilton	Vis	2:24.0	
Kim Thomas	M35	2:28.9	
Bob Schickert	M65	2:47.2	
Dante Giacomini	M40	2:51.7	<b>SB</b>

David Carr	M75	2:47.3	
Kathy Sims (ACT)	W55	2:53.6	
Gillian Young	W60	2:55.3	<b>PBA</b>
Kerriann Bresser	W40	2:58.8	
Mike O'Reilly	M65	3:04.1	<b>SB</b>
John Dennehy	M45	3:05.5	
Peggy Macliver	W60	3:14.2	
Nick Miletic	M55	3:17.6	
Carol Bowman	W50	3:22.8	
Catherine Keane	Vis	3:37.7	
Taylah Eastwood	Vis	3:47.9	
Diane Jones	W60	3:59.5	
Eldon George	M35	4:01.0	

### Long Jump

Dale Hamilton	Vis	5.60	
Garry Ralston	M50	5.31	
Michelle Thomas	W30	3.58	<b>SB</b>
Nicki Wordell	Vis	3.36	
Catherine Keane	Vis	3.03	
Pat Carr	W75	2.76	

### 300m

Chris Neale	M35	38.4	<b>SB</b>
Dale Hamilton	Vis	39.7	
Darryl Lette	M40	40.2	
Campbell Till	M50	40.5	
Peter De Klerk	M45	41.7	
David Solomon	M40	44.5	

Keith Martin	M65	46.9	
David Carr	M75	51.2	
Delia Baldock	W45	51.6	<b>SB</b>
Kerriann Bresser	W40	51.9	
John Dennehy	M45	54.3	
Taylah Eastwood	Vis	70.9	

Garry Ralston	M50	42.6	
Peggy Macliver	W60	52.3	<b>SB</b>
Damien Hanson	M55	54.2	
Nicki Wordell	Vis	54.9	
Jacqui Sanders	W40	55.6	<b>SB</b>
Nick Miletic	M55	55.6	<b>SB</b>
Carol Bowman	W50	63.3	<b>SB</b>

### 5000m

David Cane	M40	17:55.0	
Paul Hughes	M55	19:15.4	
Kim Thomas	M35	20:21.5	<b>SB</b>
Grant Owens	M45	21:51.3	
Blakeney Tindall	M45	22:31.4	
Corey Thomas	M30	23:25.4	<b>SB</b>
Maurice Creagh	M60	23:47.2	

### 3000m

David Solomon	M40	11:20.5	
Ross Keane	M45	11:41.3	
Eldon George	M35	11:41.3	<b>SB</b>
Dante Giacomini	M40	12:40.2	
John Oldfield	M65	12:51.5	<b>SW</b>
Kathy Sims (ACT)	W55	13:14.2	
Gillian Young	W60	13:43.8	
Jacqui Sanders	W40	16:10.5	<b>SB</b>
Diane Jones	W60	16:34.2	
Colin Smith	M45	17:32.7	
Garry Ralston	M50	17:33.0	

### 3000m walk

Tom Lenane	M50	17:56.9	
Valerie Millard	W60	19:56.0	
Lynne Schickert	W65	21:39.0	<b>SB</b>
Stan Jones	M80	22:08.5	

### Hammer

Dale Hamilton	Vis	25.86	
Bev Hamilton	W60	21.82	
Karen Eastwood	W40	12.80	
Mark Hamilton	M35	35.99	<b>PBA</b>
Rebecca Plackett	Vis	18.69	
Kevin Webster	M40	28.48	
Mick Adams	M50	19.99	<b>SB</b>

**(March 5<sup>th</sup> continued.....)****Discus**

Dale Hamilton	Vis	34.67	
Bev Hamilton	W60	21.73	
Karen Eastwood	W40	20.62	<b>SB</b>
Taylah Eastwood	Vis	18.24	

**March 10<sup>th</sup> – UWA****60m**

Scott Andrews	M35	8.0	
Rob Colton	Vis	8.4	
Barrie Kernaghan	M65	9.0	
Norm Richards	M70	9.0	

Mark Dawson	M45	9.0	
Simone Solomon	W40	9.1	
Bob Schickert	M65	10.1	
Jack Gartlan	Vis	NT	
Liam Gartlan	Vis	NT	

Jacqui Sanders	W40	9.7	
John Oldfield	M65	11.1	
Catherine Keane	Vis	11.4	
Val Millard	W60	12.0	
Christine Oldfield	W60	12.1	
Lynne Schickert	W65	13.5	

**800m**

Rob Colton	Vis	2:28.1	
Ian Cotton	M40	2:29.3	
Mark Dawson	M45	2:31.6	
Ross Keane	M45	2:52.2	
Bob Schickert	M65	2:54.8	

Keith Edmonds	M40	2:48.0	
John Oldfield	M65	2:54.3	
Simone Solomon	W40	2:56.8	
Jack Gartlan	Vis	3:20.0	
Catherine Keane	Vis	3:28.0	
Jacqui Sanders	W40	3:28.5	
Liam Gartlan	Vis	3:48.9	
Christine Oldfield	W60	4:01.0	
Val Prescott	W65	4:24.8	

**LONG JUMP**

Peggy Macliver	W60	3.40	
Tracey Gartlan	W40	3.38	
Simone Solomon	W40	3.84	
Jacqui Sanders	W40	3.65	
Rob Colton	Vis	4.67	

**HAMMER THROW**

Rachel Crowder	W35	13.77	
Tom Gravestock	M50	34.32	
Rob Shand	M75	15.31	
Rae McMillan	W80	19.17	
Bev Hamilton	W60	22.73	

Julie Plackett	W35	22.98	
Rebecca Plackett	Vis	22.14	
Kevin Webster	M40	31.03	<b>PBA</b>
Mark Hamilton	M35	37.22	
Mick Adams	M50	29.24	
Ian Cotton	M40	31.94	
Damien Hanson	M55	23.12	

**300m**

Scott Andrews	M35	40.7	
Duncan McAuley	M55	45.4	
Barrie Kernaghan	M65	45.7	
Rob Colton	Vis	46.8	
Mark Dawson	M45	46.9	

Ian Cotton	M40	45.5	
Keith Edmonds	M40	49.9	
Norm Richards	M70	50.2	
Bob Schickert	M65	58.7	

Jack Gartlan	Vis	57.8	
Liam Gartlan	Vis	63.1	
Catherine Keane	Vis	63.8	
Val Prescott	W65	87.7	

**3000m**

Duncan McAuley	M55	12:55.8	
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**3000m Walk**

Geoff Barrow	Vis	17:34.2	
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**5000m**

Rod Hamilton	M45	19:25.3	
David Willmer	M45	19:41.4	
Ross Keane	M45	20:45.1	
Grant Owens	M45	22:04.2	
Keith Edmonds	M40	22:58.9	
Tanya Hollaway	Vis	25:55.7	
Scott Andrews	M35	29:14.1	

**5000m Walk**

Geoff Barrow	Vis	30:35.4	
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**DISCUS**

Sean Gartlan	M40	21.55	
Tracey Gartlan	W40	25.01	
Rachel Crowder	W35	17.13	
Tom Gravestock	M50	36.45	
Rob Shand	M75	23.39	
Ed Carroll	M65	33.95	
Rae McMillan	W80	16.47	
Bev Hamilton	W60	21.75	
Val Prescott	W65	13.81	

## March 12<sup>th</sup> - ECAC

### 1000m

Peter De Klerk	M45	3:05.6	
David Solomon	M40	3:07.2	
Paul Haylett	M45	3:12.3	
Peter Sullivan	M50	3:17.8	
Kim Thomas	M35	3:20.0	
Niamh Keane	W40	3:24.8	
Corey Thomas	M30	3:24.6	
David Carr	M75	3:38.1	
Dante Giacomini	M40	3:43.8	
Kerriann Bresser	W40	3:45.6	
Garry Ralston	M50	3:49.6	
Ivan Brown	M60	3:53.3	
Gillian Young	W60	4:03.5	
Nick Miletic	M55	4:07.8	
Peggy Macliver	W60	4:08.8	
Carol Bowman	W50	4:25.1	
Jackie Halberg	W60	4:34.3	
Sarah Ladwig	W55	4:47.6	
Teresa Howe	W55	5:01.2	

### 60m

Dale Hamilton	Vis	7.9	
Scott Andrews	M35	7.9	<b>SB</b>
Colin Smith	M45	8.1	
Dave Wyatt	M55	8.6	<b>SB</b>
Barrie Kernaghan	M65	8.7	<b>SB</b>
Nick Miletic	M55	9.3	

Valetta Boddy	W45	9.8	<b>SB</b>
Peggy Macliver	W60	10.0	
Gillian Young	W60	10.8	
Carol Bowman	W50	11.3	
Sarah Ladwig	W55	12.0	

Peter De Klerk	M45	8.6	
Kerriann Bresser	W40	9.6	
Delia Baldock	W45	9.7	
Jacqui Sanders	W40	10.2	
Bob Neville	M75	11.4	<b>SB</b>

### 200m

Dale Hamilton	Vis	24.7	
Chris Neale	M35	24.9	<b>SB</b>
Scott Andrews	M35	25.8	
Colin Smith	M45	26.3	
Peter De Klerk	M45	27.0	<b>SB</b>
Barrie Kernaghan	M65	28.6	

David Carr	M75	32.6	
Kerriann Bresser	W40	33.1	
Nick Miletic	M55	33.3	
Peggy Macliver	W60	33.3	
Gillian Young	W60	37.9	
Carol Bowman	W50	39.6	

### 200m (cont.)

Iain MacLennan	Vis	31.1	
Delia Baldock	W45	33.0	<b>SB</b>
Catherine Keane	Vis	40.7	
Sarah Ladwig	W55	41.5	<b>PBA</b>
Bob Neville	M75	42.0	
Pat Carr	W75	46.3	

Peter De Klerk	M45	27.2	
David Solomon	M40	28.8	
Kerriann Bresser	W40	35.8	
Liam Gartlan	Vis	37.7	
Martin MacLennan	Vis	40.8	

### 3000m

Peter Sullivan	M50	10:38.1	<b>SB</b>
Kim Thomas	M35	11:04.8	<b>PBA</b>
John Oldfield	M65	12:19.1	<b>PBA</b>
Bob Schickert	M65	12:33.4	
Corey Thomas	M30	12:33.7	<b>SB</b>
Dante Giacomini	M40	12:49.6	
Gillian Young	W60	13:37.3	
Maurice Creagh	M60	13:51.6	
Lorraine MacLennan	W45	14:32.6	<b>SB</b>
Jacqui Sanders	W40	15:38.8	<b>PBA</b>
Jackie Halberg	W60	15:44.5	
Teresa Howe	W55	15:50.2	
Sarah Ladwig	W55	16:51.2	<b>SB</b>

### Triple Jump

Chris Neale	M35	11.81	<b>SB</b>
Dale Hamilton	Vis	11.64	
Iain MacLennan	Vis	9.81	
Valetta Boddy	W45	7.92	
Rebecca Plackett	Vis	7.74	
Julie Plackett	W35	7.02	<b>SB</b>

### Javelin

Julie Plackett	W35	17.20	<b>SB</b>
Rebecca Plackett	Vis	20.91	
Kevin Webster	M40	32.65	<b>PBA</b>
Chris Neale	M35	31.01	<b>SB</b>
Mark Hamilton	M35	30.82	
Tracey Gartlan	W40	21.08	<b>SB</b>
Mick Adams	M50	26.23	
Sean Gartlan	M40	25.75	
Dale Hamilton	Vis	43.14	

### Shot

Julie Plackett	W35	6.90	<b>SB=</b>
Rebecca Plackett	Vis	7.98	
Kevin Webster	M40	10.02	
Mark Hamilton	M35	12.13	<b>SB</b>
Tracey Gartlan	W40	8.31	
Mick Adams	M50	9.76	
Sean Gartlan	M40	8.60	<b>SB</b>
Dale Hamilton	Vis	10.60	



**March 17<sup>th</sup> – UWA****1000m**

Mark Dawson	M45	3:13.8	
Rod Hamilton	M45	3:31.4	
Jack Gartlan	Vis	4:12.2	
Catherine Keane	Vis	4:19.0	
Liam Gartlan	Vis	5:26.7	
Val Prescott	W65	5:44.3	

**1000m (Walk)**

Val Millard	W60	6:00.3	
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**60m**

Scott Andrews	M35	7.9	
Barrie Kernaghan	M65	8.8	
Norm Richards	M70	8.9	<b>SB</b>
Keith Edmonds	M40	9.4	

Amanda Lloyd	W30	8.9	
Val Millard	W60	11.9	<b>PBA</b>
Christine Oldfield	W60	12.4	
Lynne Schickert	W65	13.1	<b>SB</b>

Jack Gartlan	Vis	9.9	
Liam Gartlan	Vis	10.7	
Catherine Keane	Vis	11.1	

**200m**

Scott Andrews	M35	26.1	
Barrie Kernaghan	M65	29.0	
Duncan McAuley	M55	29.4	
Keith Edmonds	M40	30.6	<b>SB</b>
Norm Richards	M70	31.1	

Jack Gartlan	Vis	38.8	
Catherine Keane	Vis	42.2	
Amanda Lloyd	W30	45.1	
Val Millard	W60	45.1	
Lynne Schickert	W65	50.7	

**March 19<sup>th</sup> - ECAC****300m**

Dale Hamilton	Vis	38.3	
Campbell Till	M50	40.1	
Peter De Klerk	M45	41.3	
Barrie Kernaghan	M65	45.3	

Colin Smith	M45	43.3	
David Solomon	M40	44.6	
David Carr	M75	50.5	
Delia Baldock	W45	51.4	
Jack Gartlan	Vis	59.8	
Sarah Ladwig	W55	66.6	
Liam Gartlan	Vis	72.8	

**3000m**

Rod Hamilton	M45	11:23.8	<b>SB</b>
Duncan McAuley	M55	12:12.9	
Keith Edmonds	M40	12:14.8	
Max Waters	Vis	12:29.3	
Grant Owens	M45	12:48.9	
Vic Waters	M60	13:30.9	<b>SB</b>
Gill Edmonds	W40	16:21.2	
Christine Oldfield	W60	17:17.9	<b>SB</b>
Jack Gartlan	Vis	19:54.6	

**TRIPLE JUMP**

Lynne Schickert	W65	5.95	
Ross Wickham	M40	10.86	
Amanda Lloyd	W30	7.68	

**JAVELIN**

Scott Andrews	M35	37.66	
Tracey Gartlan	W40	20.53	
Bev Hamilton	W60	19.70	<b>SB</b>
Peggy Macliver	W60	16.64	<b>SB</b>
Geoff Gee	M55	33.85	<b>SB</b>
Rob Shand	M75	22.45	
Rae McMillan	W80	13.32	
Damien Hanson	M55	27.65	
Val Prescott	W65	16.20	<b>SB big!</b>

**SHOT**

Tracey Gartlan	W40	8.11	
Bev Hamilton	W60	9.15	<b>SB</b>
Peggy Macliver	W60	5.75	
Geoff Gee	M55	11.92	
Rob Shand	M75	6.70	
Rae McMillan	W80	6.40	

**1500m**

Paul Haylett	M45	5:00.5	<b>PBA</b>
Ross Keane	M45	5:01.7	
Niamh Keane	W40	5:13.2	
Dante Giacomini	M40	5:43.3	<b>PBA</b>
Kerriann Bresser	W40	5:51.6	<b>PBA</b>
Jack Gartlan	Vis	7:17.8	
Catherine Keane	Vis	7:33.9	
Christine Oldfield	W60	7:55.3	<b>SB</b>

**(March 19<sup>th</sup> cont.)****100m**

Dale Hamilton	Vis	12.1
Campbell Till	M50	13.3
Peter De Klerk	M45	13.3
Colin Smith	M45	14.1
Barrie Kernaghan	M65	14.2

Peter De Klerk	M45	13.3	
Amanda Lloyd	W30	15.2	
Delia Baldock	W45	15.5	<b>SB</b>
David Carr	M75	16.1	
Michelle Thomas	W30	16.7	<b>SB</b>

Peter De Klerk	M45	13.6	
Sarah Ladwig	W55	19.5	<b>PBA</b>
Valerie Millard	W60	20.3	
Pat Carr	W75	20.5	
Christine Oldfield	W60	20.9	
Lynne Schickert	W65	23.4	

Peter De Klerk	M45	13.8
Liam Gartlan	Vis	17.6
Jack Gartlan	Vis	17.6
Catherine Keane	Vis	19.3

**2000m**

David Solomon	M40	7:03.3
Paul Hughes	M55	7:20.1
Ross Keane	M45	7:42.0
Bruce Wilson	M60	7:43.3
Dante Giacomini	M40	9:39.5
Sean Gartlan	M40	10:38.9
Sarah Ladwig	W55	10:47.7
Liam Gartlan	Vis	11:47.0

**Long Jump**

Chris Neale	M40	5.17	
Dale Hamilton	Vis	5.50	
Colin Smith	M45	4.39	
Tracey Gartlan	W40	3.41	<b>SB</b>

**Shot**

Julie Plackett	W35	7.01	<b>SB</b>
Rebecca Plackett	Vis	7.72	
Dale Hamilton	Vis	10.82	
Bev Hamilton	W60	9.33	<b>SB</b>
Kevin Webster	M40	9.61	
Mark Hamilton	M35	11.35	
Tracey Gartlan	W40	8.50	<b>SB</b>
Sean Gartlan	M40	9.45	<b>SB</b>
Mick Adams	M50	9.50	

**Weight Throw**

Julie Plackett	W35	6.69	<b>SB</b>
Dale Hamilton	Vis	13.62	
Bev Hamilton	W60	10.12	<b>SB</b>
Kevin Webster	M40	10.24	
Mark Hamilton	M35	13.24	<b>SB</b>
Tracey Gartlan	W40	6.73	
Mick Adams	M50	9.75	<b>SB</b>

**2000m walk**

Lynne Schickert	W65	14:20.9
Stan Jones	M80	14:29.9

Relay	AMA	NATIONAL	POSTAL RELAYS – W.A. RESULTS			AND POSITIONS		Time	Place
	Age Grp	Team Members and Performance							
4X 100m	M30-39	Kim Thomas	Corey Thomas	Colin Smith	Lee Stergiou	51.60	1		
	M40-49	Campbell Till	Roy Fearnall	Ian Cotton	Pieter de Klerk	54.20	3		
	M60-69	Norm Richards	Mike O'Reilly	Barrie Kernaghan	Bob Schickert	58.60	1		
	W30-39	Melissa Young	Carol Bowman	Sarah Ladwig	Michelle Thomas	69.80	1		
	W40-49	Peggy Macliver	Delia Baldock	Kerriann Bresser	Valetta Boddy	60.80	2		
	W60-69	Gillian Young	Lynne Schickert	Valerie Millard	Patricia Carr	76.30	1		
4 x 400m	M30-39	Kim Thomas	Ross Keane	Corey Thomas	Chris Neale	4m 07.1s	1		
	M40-49	Colin Smith	Andrew Brooker	Ian Cotton	Pieter de Klerk	3m 54.9s	1		
	M60-69	Barrie Kernaghan	David Carr	Bruce Wilson	Bob Schickert	4m 47.0s	1		
	W30-39	Kerriann Bresser	Simone Soloman	Delia Baldock	Toni Phillips	4m 48.3s	1		
	W50-59	Carol Bowman	Valerie Millard	Lynne Schickert	Sarah Ladwig	6m 41.3s	1		
	W60-69	Gillian Young	Shirley Bell	Jackie Halberg	Peggy Macliver	5m 24.5s	1		
4 x 800m	M30-39	Kim Thomas	Paul Burke	Ross Keane	Chris Neale	9m 41.0s	1		
	M40-49	John Collier	Mark Dawson	Ian Cotton	Pieter de Klerk	9m 13.0s	1		
	M50-59	Campbell Till	Pete Sullivan	Duncan McAuley	Paul Hughes	9m 42.6s	1		
	M60-69	Bruce Wilson	Ivan Brown	Bob Schickert	David Carr	11m 02.3s	2		
	M70-79	Cecil Walkley	Bob Hayres	Stan Lockwood	I. Barrett-Lennard	16m 04.5s	2		
	W30-39	Toni Phillips	Simone Soloman	Kerrian Bresser	Delia Baldock	11m 29.8s	1		
	W50-59	Carol Bowman	Margaret Saunders	Sarah Ladwig	Theresa Howe	13m 30.8s	2		
	W60-69	Gillian Young	Peggy Macliver	Jackie Halberg	Shirley Bell	12m 36.6s	1		
4x800m Walk	M30-39	David Smyth	Tom Lenane	Bruce Wilson	Peter Hopper	18m 11.2s	1		
	M70-79	Jeff Whittam	Ray Hall	Bob Fergie	Stan Jones	22m 57.9s	1		
	W50-59	Elaine Dance	Rose Holloway	Lynne Schickert	Valerie Millard	21m 03.5s	2		
	W60-69	Dorothy Whittam	Michele Mison	Lorna Lauchlan	Lesley Romeo	24m 08.7s	2		
Relay	Age Grp	Team Members and Performance						TOTAL	
HAMMER	M30-39	Chris Neale	18.85	Mark Hamilton	31.36	Andrew Plackett	20.77	70.98	1
	W30-39	Anne Travis	13.96	Toni Phillips	13.20	Karen Eastwood	12.94	40.10	1
	W50-59	Clara Ward	14.46	Bev Hamilton	22.45	Lynne Schickert	12.18	49.09	1
SHOT	M30-39	Mark Hamilton	11.14	Kevin Webster	9.99	Mick Adams	9.02	30.15	1
	W50-59	Rose Holloway	5.69	Lynne Schickert	4.82	Bev Hamilton	8.98	19.49	1
DISCUS	M40-49	Kevin Webster	25.76	Ian Cotton	28.62	Andrew Plackett	21.81	76.19	1
	M50-59	Mike O'Reilly	16.40	Mick Adams	29.08	Damien Hanson	21.18	66.66	5
	W30-39	Michelle Thomas	13.89	Karen Eastwood	17.78	Bev Hamilton	20.03	51.70	2
	W50-59	Rose Holloway	16.01	Clara Ward	15.26	Lynne Schickert	10.86	42.13	1
Long Jmp	M50-59	Campbell Till	4.88	Damien Hanson	4.11	David Clive	4.70	13.69	1
	W60-69	Peggy Macliver	3.43	Bev Hamilton	2.40	Lynne Schickert	2.52	8.35	1

**March 24<sup>th</sup> - UWA****300m**

Scott Andrews	M35	42.8
Barrie Kernaghan	M65	46.6
Norm Richards	M70	53.3
David Clive	M70	55.2

Mark Dawson	M45	52.0
Damien Hanson	M55	57.0
Val Prescott	W65	88.9

**1500m**

Ross Keane	M45	5:01.0	<b>PBA</b>
Mark Dawson	M45	5:14.5	
John Collier	M40	5:27.8	
Keith Edmonds	M40	6:08.9	
John Oldfield	M65	6:20.1	
Tanya Holloway	Vis	6:40.0	
Scott Haylett	Vis	8:35.8	
Catherine Keane	Vis	8:35.8	
Val Prescott	W65	9:06.0	<b>SB</b>

**LONG JUMP**

David Clive	M70	4.62	<b>PBA=</b>
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**SHOT**

Ed Carroll	M65	9.78	
Bob Fergie	M70	8.43	<b>SB</b>
Rob Shand	M75	6.49	
Rae McMillan	W80	6.40	
Ian Cotton	M40	9.68	<b>PBA</b>

**100m**

Scott Andrews	M35	12.8	
David Clive	M70	13.9	<b>SB</b>
Barrie Kernaghan	M65	13.9	
Keith Edmonds	M40	14.6	<b>PBA</b>
Norm Richards	M70	14.8	

Mark Dawson	M45	15.2	<b>SB</b>
Damien Hanson	M55	15.3	<b>PBA</b>
Scott Haylett	Vis	17.6	
John Oldfield	M65	18.2	<b>PB</b>
Catherine Keane	Vis	19.5	
Christine Oldfield	W60	20.8	<b>SB=</b>

**2000m**

Mark Dawson	M45	7:16.3
John Collier	M40	7:36.9
Keith Edmonds	M40	7:45.8
Frank Smith	M65	8:03.6
Ross Keane	M45	8:12.1
Paul Haylett	M45	8:13.7
Tanya Holloway	Vis	9:25.6
Scott Andrews	M35	9:25.6
Gillian Edmonds	W40	10:01.5
Peter Hopper	M60	13:06.5

**HEAVY WEIGHT**

Ed Carroll	M65	9.33	
Bob Fergie	M70	11.17	
Rob Shand	M75	6.70	
Rae McMillan	W80	9.26	<b>PBA</b>
Ian Cotton	M40	8.20	<b>PBA</b>