

# Track & Field Newsletter

Season 2 Issue 4

February 2009

As we enter the second half of the summer season, the emphasis changes. Instead of the “serial” nature of the trophy, we look forward to the build up to the championships, both state and national. Mince pies and all other trappings of Christmas have been put aside as the training and preparation increase.

However, there is so much more than just championships to enjoy. Already this month we have seen the multi-event specialists (and some not so specialist) in action as the club’s annual pentathlon gave us some variety. The ladies had to adapt to their new format, designed to make the event easier logistically with the 100m and shot replacing the 200m and discus. You will find a full pentathlon report on page 2.

The new age-graded throwers’ event kept us busy throughout the month, with much interest from both regular and occasional throwers. See the report alongside this editorial column for full details of the new and popular competition.

Now that January is over, our focus switches again to the national relays. This brilliant idea from Lynne’s AMA committee was so successful last year. It will keep our attention through February as we all battle to maintain MAWA’s track relay supremacy. This will not be easy, as surely the other states will have noted our success and will be determined to peg us back this time. We also hope that the increased interest in throwing will generate more entries for those ‘relays’. Indications are that we will have just as good an entry, so let’s hope that the same success is enjoyed. It was great fun to be part of it last year, and at Masters’ level the love of the sport is surely why we train and compete.

Also in this packed issue of your favourite newsletter you’ll note that we’ve reintroduced our series of profiles, called *In Focus*. Featured this month is Lynne Schickert – she’s our page 3 girl. **JO & CO**

## January Roll of Honour

### December 21<sup>st</sup> – Perry Lakes

Cam Yorke M30 60m 6.9s (hand held timing) **SR\***

*\*(Brett Blanco’s 7.32 still stood officially as the ET record, but see below)*

### January 6<sup>th</sup> – UWA

Geoff Gee M55 WT 13.78m **SR**

### January 10<sup>th</sup> – Perry Lakes

Byrony Glass W30 HT 57.73m **SR**

### January 18<sup>th</sup> – Perry Lakes

Cam Yorke M30 60m 7.27 **SR (ET)**

Cam Yorke M30 400H 54.43 **AR**

### January 22<sup>nd</sup> – ECAC

Lynne Choate W55 60m 9.0 **=SR**

**Peter Gare Update (3 Feb):** Peter popped in to McGillivray tonight to say ‘hello’. He stayed chatting for half an hour or so and looked well and cheerful...some time ere he runs again, but it was great to see him.

*Note: Peter still holds a number of state records for his various age groups, some dating back as far as 1977. He has been one of our most prolific sprinters over the years. We hope to see him back on the track in the near future – Ed.*

## Don’t forget the upcoming championships

### March

**MAWA State Championships** – see page 6 for details, and entries to Barbara ASAP

### April 10-13

**AMA National Championships, Adelaide** – full details and online entry via the SAMA website:

[www.samastersathletics.org.au](http://www.samastersathletics.org.au)

### July 28 – August 8

**WMA World Masters Championships, Lahti, Finland** – full details and entry forms from Bob Schickert. Details are also available on the dedicated website, and also the AMA website:

[www.wma2009.org](http://www.wma2009.org)  
[www.australianmastersathletics.org.au](http://www.australianmastersathletics.org.au)

## The Pentathlon takes centre stage again

A smallish number of both men and women took part in the club's annual pentathlon this month. There were 9 testing their all-round abilities at Coker on the 22<sup>nd</sup>, and 3 at McGillivray on the 27<sup>th</sup>. The results are in the tables below:

### ECAC:

		<b>LJ</b>	<b>JT</b>	<b>200m</b>	<b>DT</b>	<b>1500m</b>	<b>Total pts</b>
Campbell Till	M50	5.08m	19.59m	26.2	19.39m	5:13.3	2720
Darryl Lette	M40	5.15m	33.38m	26.2	25.19m	6:09.6	2271
Ian Cotton	M40	3.91m	32.98m	26.8 <b>PBA</b>	33.08m	5:36.2 <b>PBA</b>	2260
Colin Smith	M45	4.60m <b>SB</b>	17.94m <b>PBA</b>	26.4	15.04m	6:02.2 <b>PBA</b>	1985 <b>PBA</b>
Nick Miletic	M55	3.82m	21.06m <b>PBA</b>	33.1 <b>SB</b>	20.86m <b>SB</b>	6:38.2	1836 <b>PBA</b>

		<b>100m</b>	<b>shot</b>	<b>LJ</b>	<b>JT</b>	<b>800m</b>	<b>Total pts</b>
Carolyn Wills	W35	14.2	9.35m <b>PBA</b>	4.83m	28.08m	2:56.8	2455
Sharon Moloney	W45	15.5	8.35m	2.95m	20.07m	3:59.6	1806
Lynne Schickert	W65	22.9	5.24m	2.52m	9.96m	4:46.2	1500 <b>PBA</b>
Carol Bowman	W50	18.4	4.65m <b>SB</b>	2.57m <b>SB</b>	10.27m <b>SB</b>	3:16.3 <b>SB</b>	1368 <b>PB</b>

### UWA:

		<b>LJ</b>	<b>JT</b>	<b>200m</b>	<b>DT</b>	<b>1500m</b>	<b>Total pts</b>
Sean Gartlan	M40	3.70	22.91	32.3	21.79	6:55.0	1167
Peter Hopper	M60	3.76	26.94 <b>SB</b>	35.6	22.54	6:52.8	2024
Ian Cotton	M40	5.00 <b>SB</b>	31.02	27.4	34.30	5:33.5 <b>SB</b>	2452 <b>PBA</b>

At Coker, the conditions were good for throwing and jumping, with the customary breeze in the home straight but a pleasant temperature in the mid-20s. This led to a number of personal landmarks in both the throws and on the track. The PBAs have to be taken in the context that many of the athletes are only occasional throwers, but even so it is great to see such good points being garnered. One the track, Ian's 200 and 1500 both stand out as top results. Colin also was very pleased with his long jump, javelin and 1500 (which he calls a 'marathon'). Carolyn looked very impressive throughout the evening, particularly in a sub 3min 800 and shot. We wish her well in the NZ championships which she is attending in March. Some of the best personal results of the evening fell to Nick and Carol. Carol's pentathlon result was her best ever, notching up four season's bests on the way, and only missing a lifetime best on the 800 by two-tenths of a second. Nick also notched up three bests on his way to a highest pentathlon as an M55. And finally, Colin and Lynne also produced overall PBAs.

Only three men braved the heat at UWA to take the pentathlon challenge, with Ian producing an overall highest as an M40. It was quite probably a lifetime PB as well. Newcomer Sean, a very welcome addition to the fold with his talented brood in tow, battled gamely with some unfamiliar events. Peter H also turned in some excellent performances, the highlight of which was a 27m javelin, a season's high. Any total over 2000 points is highly creditable for an athlete unfamiliar with many of the events. Thanks once again are due to Les and Damian for managing the logistics of the evening's entertainment.

### Another hit from Damian and your committee .....

The age-graded throwers' competition made its debut this month - and became an instant success. It attracted a good proportion of the regular throwers as well as those more at home on the track. Not surprisingly, those scoring highest were the field specialists Kate Glass and Bob Fergie. You will find full results on pages 9-15. These were converted by Barbara to age-graded percentages on which the final place is based. All the entrants have received certificates recording their performances.

### Results - AGT

<b>Kate Glass</b>	<b>292.72</b>
<b>Bob Fergie</b>	<b>257.69</b>
<b>Rob Shand</b>	<b>212.62</b>
David Carr	192.63
Mick Adams	181.99
Valerie Millard	163.38
Lynne Schickert	162.98
Andrew Plackett	156.78
Julie Plackett	151.30
Clara Ward	142.32
Karen Eastwood	139.05

### Also took part .... (some events only)

Bev Hamilton, Ed Carroll, John Everard, Kevin Webster, Kim Thomas, Geoff Gee, Michelle Thomas, Mark Hamilton, Mike O'Reilly, Peter Hopper, Stan & Shannon Selby, Sue Fardella, Steve McClelland, Val Presott, Tom Gravestock and Terry Eastwood.

## New T&F Database for MAWA

The club has developed a computerised archive of results from its Sunday runs over many years. This provides a large resource which has a number of uses. One such use is the calculation of handicaps. However, until now there has not been the equivalent for T&F results. This has been rectified with the development of this new database.

It currently contains all the results to which I have access, back as far as the 2006/7 season. I've been using this in recent months to identify season's best performances, but can now extend statistics to cover almost three years' results.

You may notice on the results' pages a new annotation – **PBA**. This denotes an **age-grade PB** - a performance that is the athlete's best since entering their current 5-year age group. I can only go back three years at the moment, so it has limitations. Over the next two years it will become comprehensive as I complete a five-year archive.

The concept has been developed in conjunction with Campbell, the club's statistician and we both hope to make full use of it in the future. At the end of the season, it is hoped to be able to produce a season's handbook with a page for each of our regulars that summarises their season's record. This will be available electronically, with a hard copy viewable at Tuesday and Thursday meets.

Please be assured that this database contains no personal data other than membership number, name and date of birth. The DOB field will be used to calculate which age group a member belongs to, and will not be used for any other purpose, nor will it be divulged to any outside body. The database has full protection via a McAfee Security Suite against intrusion from hackers.

## In Focus – Lynne Schickert

### Enjoying every challenge .....

Lynne, a W65 all rounder, is the quiet and unassuming half of the dynamic Schickert duo. But she has hidden depths. Apart from being one of only very few women of her age still competing in athletics, she plays an important role in the running of Masters Athletics worldwide.

She joined Vic Vets in the mid 70s and started running, up to half marathon distance and race walking. She particularly enjoyed the "sight seeing aspect" of fun running, especially in spring time.

Over the last thirty years or so she has competed in six WMA and six Oceania Championships, taking her far afield including Europe, Canada and the Cook Islands.



She still race walks but has graduated to shorter runs and horizontal jumps and also "plays around" with throws. She enjoys the challenge of competing in the pentathlon and the 2000m steeplechase. Her most memorable result was in the WMA Non Stadia championships in Auckland. She was a member of the winning W60 20km road walk team which went on to win the 2004 Australian Sports Award for the Masters Team category.

### Using her organising and people skills .....

Lynne is a qualified Athletics Australia official and spends most Saturday afternoons at Perry Lakes Stadium open meetings as a track judge. Since the 80s, and sometimes in tandem with Bob, she has, amongst other things, founded a local club in Melbourne, sat on the organising committee for the AAVAC National Championships in Perth, acted as one of the team managers for the World Veterans Athletics Championships in Brisbane, been organiser and consultant for the athletics component of the Fremantle Masters Games, was the Convener of the Telstra AMA Championships in Perth and team manager for the WMA Championships in Puerto Rico. Since 2004 she has sat on the Council of Oceania Association for Masters Athletics and since 2003 has been AMA's National President. This latter role has provided her with opportunities for assisting the sport to grow and develop both locally and internationally. One of her visions is to stimulate membership through retention of mature age athletes and transition of senior athletes into masters' competition by providing programmes that are both competitive and fun. She is currently the Oceania representative on the WMA Women's Committee where issues such as reduction of technical specifications for older women is being actively pursued - mainly at the instigation of Australia.

Lynne enjoys being fit and active and being part of a sport which caters for all ages and all levels of ability. She aims to compete in the State, National and World Masters Championships in 2009 and says "The friendship and support from other members is important and winning medals [of which she has many! Ed.] is the icing on the cake. I hope to continue to participate actively for many years to come."

## Analysis of the Month's Results

**January 6<sup>th</sup>:** Hot and windy conditions, ideally suited to running no more than 60m greeted the usual small group attending this first meet of 2009. The highlights took place in the throwing circle, with yet two more state records for Geoff Gee. Geoff has been re-writing the throws' record book since turning 55. His 13.78m heavyweight throw and 12.78m shot broke the previous records that he set himself in November. Well done, Geoff! Lynne Choate is determined to eclipse her own mark for the 60m, 9.0s set last February, at some stage this month and warmed up with 9.4 (twice) tonight. Eyes switch to Coker on the 22<sup>nd</sup> when she has another chance. Several other season's highs were recorded in the short dash – Keith and Stormin' Norm in the first heat, and Lynne in the last heat. John Everard, Rae McMillan and Bob Fergie also managed to overcome the conditions with high marks in the heavyweight throw and shot.

**January 8<sup>th</sup>:** Geoff was at it yet again tonight. January's heat clearly can't stop our in-form thrower as he upped his weight throw state record for the third time in two months. This was the highlight of a terrific start to the new age-graded thrower's competition. Planned to give the throwers a multi-event competition alongside the Patron's Trophy, this new initiative has clearly captured the imagination. Twelve athletes took part in each of tonight's events, ably organised as usual by Damien. Apart from Geoff's record, there were also season's bests in the javelin for Julie, Karen, Kevin and Mark. The competition continues next week with the hammer and shot and closes two weeks later with the discus. On the track, many found the evening heat overwhelming. Scott Andrews clearly likes it hot and produced two season's highs (200m and 800m). Nothing stops champion David Carr and he also sped round the half-lap race in 32.5, winning his heat comfortably. In the 100m Jacqui Sanders gratefully used Peggy's pace to help her to a season's best also. As I write this in my penultimate week of cold, I look out through the fog which is hiding the icy pavements. Nine days to go to the flight back ..... And definitely counting!

**January 10<sup>th</sup>-11<sup>th</sup>:** In the Sunday 'Strive' meet, Byrony broke her own hammer record with a massive mark of 57.73m, and mother Kate also threw a season's best of 39.77m. Meanwhile the men on the track also ran well. Simon Coates smashed his SB with 4:14 in the 1500m, and Neil just eased inside his high for the year in the 400m. Several of our less-regular Saturday runners practised for the upcoming state championships in the 2000m steeplechase. A good time was had by all!

**January 13<sup>th</sup>:** The throwers were at the forefront again tonight as the age-graded competition continued. It was a big turnout, with 13 javelin and 10 heavyweight throwers (the weight was heavy, not necessarily the throwers). Percentages in the throws are always lower than on the track for some reason, but the competition is certainly succeeding in its aim to encourage more to try their arm. After the first week it's Stan Selby and Kate Glass that are setting the pace, with Bob Fergie and Mark Hamilton close on Stan's heels. Sisters Valerie and Lynne, together with Karen Eastwood are some distance behind Kate battling it out for second place in the ladies' competition. On the track the cooler conditions encouraged some good middle distance running and also led to the first of the new PBAs (see box on page 1), fittingly falling to ex-President Valerie in the 200m. Other season's highs on the track were recorded by Jacqui (3000m), Andrew and Duncan (both 200m).

**January 15<sup>th</sup>:** It was another steamy night at Coker as the January heat wave continued. Fortunately the main focus was again on the infield as the throwers' competition continued apace. The field seems to be settled at around 12 in each of these events, with many occasional throwers joining the regulars, seeking a different challenge. There were again some excellent performances, particularly in the slightly more familiar shot put. Geoff and Bev's 69% stole the limelight, with other top shows coming from Clara, David Carr, Karen and Kevin with SBs, and Val Millard with a best as W60 PBA. The competition continues on Tuesday, after which we can get a clearer picture of the leaders going into the last event in two weeks' time. On the track the emphasis in the heat was on the shorter distances. David Solomon and Carol produced fine runs in the 600m, but were outshone by Nick with an excellent 2:22.7 being his best as an M55. The winners of the two 100m heats, Scott and Corey, also ran season's highs and each repeated this feat in the subsequent 400m - an excellent night's work for the pair. Roy's 63s was his best since turning 65, so he no doubt went home feeling very satisfied too! And another satisfied customer was Ross, whose 11:30.5 was his best for some time as well. Finally, but by no means least, our congratulations to Jacqui for a fine run in the 3000m. Encouraged all the way by David, her 16:34 knocked a cool 38s off her previous best since last May.

**January 18<sup>th</sup>:** Few masters athletes competed this Saturday, but those that were there certainly took advantage of the conditions. Pride of place once more fell to Cam Yorke. The Curtin flyer made full use of ET today to confirm his state record in the 60m with 7.27s. His hand-timed 6.9 still stands as the unofficial best, but now he's taken Brett's official SR. Not content with that, Cam then stormed around the one-lap hurdles in a stunning 54.43, smashing his own state record, but more importantly also taking the Australian best as well. Great running Cam! Neil also raised his season's high in the 800m and Paul did likewise in the 5000m.

**January 20<sup>th</sup>:** The hugely successful AGT competition continued this evening. Once more Damian and his band of helpers did everyone proud as they coped with 15 throwers in the hammer and shot. With just the discus to come, Bob Fergie has a commanding 22 point cushion on the men's leader board, with Kate Glass some 110 points clear in the ladies. The minor places are still all up for grabs, so the final event should be very interesting. On the track tonight the conditions certainly favoured the middle distances, with John C, Keith and Val P all improving their season's highs. Over the longer distances, a few athletes also managed

to perform, with Carl (5000m) preparing for his Italian sojourn with an excellent 21:40 in the 5000m, and Eldon lowering his 3000m time to sub 12m.

**January 22<sup>nd</sup>:** The main event both tonight and on Tuesday at McGillivray is the annual pentathlon. These are given full coverage in the special report on page 2. Your editors returned to competition tonight, and if we needed a reminder how tough that competition is, we certainly received it! The conditions in fact were very kind to us, with the customary Coker breeze but very pleasant temperatures. Pleasant, that is, if you have not been used to running with a maximum of 3 degrees! We both decided that we needed speed work, having concentrated on road races in the UK, and there was plenty of that available. Lynne C has signalled her determination to lower her 60m state record in the next few months, and came very close despite the headwind tonight. Colin and Roy helped her to a very swift 9.0, just equalling the old mark, so she still needs that extra tenth. In the other three heats, Scott, David C and the ever-Young Gillian with daughter Melissa all hit SBs. Gillian joked that she will not be able to beat Melissa for much longer. Time will tell – Gillian surely also has not reached her best yet this season. The 200m also produced some personal landmarks – SBs for Scott, David S and Lynne C in the super-fast first heat, and even a (very slow) life-time best for John O in the last heat. (*Since I've only done one 200m before, perhaps this is not a major achievement – Ed.*) The 800 heats were fine races, with excellent times posted in the first, and a terrific race at the front of the second heat. Kerri just managed to hold off a fast-closing Simone, both dipping under the benchmark 3 minutes. In the field, other than the pentathlon, Bev and Kevin produced excellent throws in the javelin and discus respectively. The final track event was the 1500m, in which David S led home the field, leaving Pete behind this time. Pete had previously produced an excellent 7:02 ahead of Kim, Paul and Graeme in the 2000m.

**January 24<sup>th</sup>:** The highlights of the Perry Lakes Saturday meet undoubtedly came in the 400m, with excellent times posted by the four MAWA athletes. Chris Perrey was not far behind Cam Yorke in a very impressive 50.89. I'm told by one of my occasional spies that this is a life-time PB for Chris. Well done. Barrie also produced a season's best of 67.27, but was his customary bashful self in saying that he's not happy with his times these days. It's great to continually set one's sights high – surely the way to maintain performance. Meanwhile Brett continued his 100m improvement this season with 11.50s, which according to my sparse records is his best as an M35, but I could be wrong there.

**January 27<sup>th</sup>:** Still 30° as we started proceedings at 6pm, so it was likely to be a tough night for distance running. Fortunately the programme had nothing longer than a 2k. The weather clearly affected attendance though, as only 25 or so hardy souls turned up with a select group of three opting for the pentathlon (see page 2). Despite the warm weather, the sprinters still complained about the headwind in the straight. It didn't stop Norm setting season's highs in both sprints, with Pieter and Toni matching him in the 200m. The Gartlan family was there in force tonight. Newcomer Sean, a member of 2 week's standing, was supported by Tracy and three boys all showing they have great talent in the shorter events. Daniel's 26.6 in the 200 was very impressive for a 15 year old. Elsewhere, the middle distance specialists put in good times, although it was sad to see Duncan pull out with a calf problem. Add this to Fiona's present woes health-wise and the McAuley household will be a sombre place this week. Our senior throwing superstars Bob and Rob showed enjoyed the relative peace on the infield tonight, with Rob putting in a nifty SB in the javelin. After next week's final AGT throw, hopefully Damian will be able to get some action in himself for a change.

**January 29<sup>th</sup>:** It was much cooler tonight with a light breeze, so much better for distance races. The AGT competition reached its last event with the discus throw, the ever helpful Bob joining the regulars lending Damian a hand as the large number of hopefuls competed. Useful points were bagged with the climax of the event approaching, as the battle for the minor places continued. The men's and women's leaders both come from the Tuesday group and it's there where the glory should come from on Tuesday. Mike O'Reilly threw for the first time this season, almost matching Bev's percentage with his best as an M65. There were also a number of season's bests in the heavyweight throw, with the newer recruits Julie, Clara, Mick and Karen all shining. On the track the mile was treated as a warm-up by speedster Pete Sullivan, but the rest of the field took it very seriously with stunning results. Of the 12 other runners, 8 produced PBAs. Kim was a clear winner, leading from the gun. John O led the chasing pack home in an attempt on his PB, but just missed out by two seconds. Danny, Dante, Kerri, Corey, Nick, Carol, Jacqui and Melissa all notched up their best in age group times in this mouth-watering marker for the 1500 relays to come in two weeks' time.

Four good fields in the 100m heats also led to close races in the preparation for next week's relay. There were excellent times throughout in the good conditions. Heat winners Chris, Scott, Valetta and Jacqui showed their pedigree, but the squeal of delight as Valerie heard that she'd dipped under 20s will long live in the memory. Val, always a strong walker, has improved her running enormously over the past 18 months, and this moment was also enjoyed by the rest of us. The first of the 600m heats proved a good race as well. Pieter was the clear winner all the way, with Corey and Campbell also showing class. The judges and timekeepers were tested by the rest as all six crossed the line in a bunch finish. An excellent race! There were some good performances in the second 600m heat as Nick and Pete followed Delia's strong pace to make memorable personal marks. A very mixed field made up the distance race, nominally a 5000m. Pete made it clear that it was his race, but the pack tested the lap scorer by choosing a variety of distances. There were walkers as well as runners, and some chose 1000m, some 3000 whilst others pulled out before the end. Pete's 18:22 clearly stole the show, but Ross had his eyes on a PBA and achieved it by some distance with an 11:22 3000m. Karen returned to something like the form we remember from last year with a season's best. Ever-improving Melissa may have brought up the rear, but watch this space. Her times are not threatening Mum yet, but maybe in a season or so..... Finally on a hectic but excellent night's athletics I must mention the triple jump. Les attracted seven ladies to this technical event (must be his after shave). Valetta's 8.30m as a fine effort, but other top jumps came from Michelle and Julie. Well done to all.

**February 1<sup>st</sup>:** The heatwave continued as the tired-looking Perry Lakes stadium baked in the 38° sunshine. However, there were many sterling performances to cheer the roasting MAWA officials. Chris Perrey continued his golden run with another PB, this time in the 200m. In the field, John E and Toni also threw PBAs with the shot. Back on the track it was a season's best for Barrie in the final heat of the 100m dash, whilst our two 800m runners - Neil and Andrew - both also hit highs. Finally over the hurdles Toni notched her second landmark with her fastest 200 at Perry Lakes and Chris did likewise in the 400. Three hours out in that heat is quite a challenging time for officials, but with so much to enjoy it makes it all worthwhile. Thanks, guys.

**February 3<sup>rd</sup>:** It was a fairly normal February McGillivray evening, with the mercury in the high 20s and a moderate sea breeze. The milers found the sun still a mite warm with a 6pm gun, but the throwers had no problem as the AGT came to its climax in the discus circle. Nor surprisingly, there were smiles on the faces of Bob and Kate as they signed in, and they duly confirmed their status as the top man and woman in this inaugural competition. Congratulations to all those who completed the competition. We welcomed back Ross Wickham to the jump pit. He's been recovering from an injury but enjoyed the shady pit and following wind to lead the TJ marks with his usual 11 metres plus. There was a small but select group on the track tonight – is this a revolt against the 6pm start with daylight saving, I ask myself? Perhaps we should re-open the debate about delaying the starting time? Anyway, some good racing took place. This was particularly evident in the 600m event, where no fewer than five athletes beat their previous season's high. It was good to see that Duncan's calf niggle last week has righted itself so quickly, particularly with the 400 and 800 relays on the horizon. Peter, Ian, Ross and Bob were the others raising their own highs. The temperature took its toll on most in the mile, but it did not prevent Mark Dawson claiming a new PB as an M45. Mark is in terrific form this season and there seems to be nothing stopping him re-writing his own personal record book. Aside from the times, one advantage of having such a small group on a club night is that it presents a real opportunity to chat with people. MAWA is a great club, with a tradition of fierce, but friendly competition, and this is something that none of us should lose sight of as we chase those elusive times and medals!

## Masters Athletics WA State Championships 2009

The state championships take place over five different dates this year, as follows:

1. **Steeplechases** to be held in conjunction with Athletics WA at Perry Lakes. Saturday Feb 7. See separate notice below.
2. **5km walk**; Thursday March 12, at ECAC. See separate notice below.
3. **10 000m track race** will be at ECAC on Thursday 19<sup>th</sup> March, 7pm start; entry is via the main championships entry form, closing date 8<sup>th</sup> March.
4. **Pentathlon** will be at ECAC on Saturday March 21<sup>st</sup> at 8 am. Entry is via the main championships entry form, closing date 8<sup>th</sup> March.
5. **The main championship weekend** is Saturday/Sunday 28<sup>th</sup> and 29<sup>th</sup> March, 8am start both days. The provisional programme is on the info sheet/entry form. Entry is via the main championships entry form, closing date 8<sup>th</sup> March.

There are now only about 8 weeks to go until the main championship weekend, so it is time to schedule your preparation, and also to finalize your entries. The closing date for entries is Sunday 8<sup>th</sup> March, but please do not leave it until the last minute. The earlier your entry is received, the smoother is the process of preparing the timetable. **PLEASE HELP BY GETTING YOUR ENTRY IN AS SOON AS POSSIBLE TO BARBARA.** There is absolutely no extension beyond the deadline of March 8<sup>th</sup> under any circumstances. Every year somebody asks for a late entry, but it is simply not possible.

All details are on the web site. Please address any queries to Barbara Blurton, email [vetrunners@optusnet.com.au](mailto:vetrunners@optusnet.com.au) or 9293 0190. Entry forms were in January Vetrin, and are also available from Barbara (above) or Bob (9330 3803, email [rschicke@bigpond.net.au](mailto:rschicke@bigpond.net.au))

### *2000m and 3000m Steeplechases*

These will be held in conjunction with Athletics WA at Perry Lakes, on Saturday Feb 7<sup>th</sup>. The races are scheduled to start at 5.10pm. There will be two events – a 2000m 76cm hurdles and a 3000m 91cm. Register from 2pm, but **not later than 4.30pm.**

Entrants must wear club singlet and **club number on both front and back.** (If you only have one, make up a paper one.) The entry fee of \$10 includes your AWA membership up to 30<sup>th</sup> September and Personal Accident Insurance. It also covers your first competition, which will be this race. MAWA members who have already paid this (many of you have taken out the insurance, as advertised in Vetrin) can treat this as your first competition, so you have no more to pay. If you already have this and have competed with Athletics WA previously this season, you need to pay the competition fee only (\$8).

If you have any queries about this process, see Barbara, Bob or John.

### *5000m walk Thursday 12 March at ECAC*

Please note that this event will be entry on the night.

MAWA members pay \$5. Non-members who have already entered the main championships pay \$5.

Non-members who have not entered the main championships may enter the 5km walk at a cost of \$15 (includes temporary MAWA membership of \$10) and must sign the disclaimer form on entering.

### **PLEASE NOTE**

**ALL COMPETITORS IN THE STATE CHAMPIONSHIPS MUST  
WEAR THE CLUB UNIFORM.  
THESE ARE AVAILABLE FROM PETE, JOHN or BOB ON CLUB NIGHTS**

## February's programme

ECAC	UWA	
	3 <sup>rd</sup>	mile, 100m, 600m, 5000m run and walk triple jump, discus. Weight throw
5 <sup>th</sup>	10 <sup>th</sup>	100m, 1000m, 400m, 3000m run and walk long jump, javelin, shot
<b>RELAYS on 5<sup>th</sup> ONLY</b>		<b>4x100m, 4x800m walk</b>
12 <sup>th</sup>	17 <sup>th</sup>	60m, 600m, 200m, 3000m run and walk triple jump, discus, wt throw
<b>RELAYS on 12<sup>th</sup> ONLY</b>		<b>4x1500m, Discus</b>
19 <sup>th</sup>	24 <sup>th</sup>	400m, 800m 100m, 3000m run and walk Long jump, hammer, javelin
<b>RELAYS on 19<sup>th</sup> ONLY</b>		<b>4x800m, hammer, long jump</b>
26 <sup>th</sup>	3 <sup>rd</sup> March	200m, 1500m (run/walk), 60m, 3000m r/w triple jump, shot, discus
<b>RELAYS on 26<sup>th</sup> ONLY</b>		<b>4x400m, shot</b>

### February relays

Get your entries in for the remaining February relays. Entry forms are in the **relay folder**, which also contains details of last year's national results. Folder available on track nights and at Sunday runs – see John Oldfield or Barbara Blurton.

#### MAWA Club Committee:

<b>President:</b>	<b>Barbara Blurton</b>
<b>Vice President:</b>	<b>Jackie Halberg</b>
<b>Secretary:</b>	<b>Bob Schickert</b>
<b>Treasurer:</b>	<b>Roger Walsh</b>

**General Members:** Pete March  
Valerie Millard  
Lachlan Marr  
Damian Hanson



## CLUB RESULTS

### December 21<sup>st</sup> – Perry Lakes

#### Hammer

Kate Glass	W55	37.10	
Byrony Glass	W30	54.04	
John Everard	M50	41.00	

#### 60m

Cam Yorke	M30	6.9	<b>SR*</b>
Barrie Kernaghan	M65	9.3	

### January 6<sup>th</sup> – UWA

#### 400m

Duncan McAuley	M55	65.4	
Roy Fearnall	M65	66.5	
Keith Martin	M65	69.1	
Graeme Dahl	M55	70.6	
Bjorn Dybdahl	M55	75.0	
Bob Schickert	M65	77.1	
Ivan Brown	M60	79.3	
Peggy Macliver	W60	79.6	
Val Prescott	W60	2:05.6	
Norm Richards	M70	DNF	

#### 60m

Roy Fearnall	M65	8.8	
Keith Edmonds	M40	9.3	<b>SB</b>
Lynne Choate	W55	9.4	
Norm Richards	M70	9.4	<b>SB</b>

Peggy Macliver	W60	10.3	
Elaine Holmes	W60	11.5	
Catherine Keane	Vis	11.5	
Val Millard	W60	12.3	
Lynne Schickert	W65	13.2	<b>SB</b>

Lynne Choate	W55	9.4	
Keith Edmonds	M40	9.5	
Norm Richards	M70	9.7	

#### Triple jump

Ross Wickham	M40	11.25	
Elaine Holmes	W60	5.61	
Lynne Schickert	W65	6.07	

#### 3000m

Graeme Dahl	M55	12:10.0	
Duncan McAuley	M55	12:34.3	
Ivan Brown	M60	12:50.1	
Bob Schickert	M65	13:38.1	

#### 5000m

Bjorn Dybdahl	M55	20:26.1	
Prabuddha Nicol	M50	20:26.9	
Grant Owens	M45	21:49.8	
Carl Ciccarelli	M45	22:13.9	
Keith Edmonds	M40	22:16.0	

#### Weight throw

#### 200m

Cam Yorke	M30	23.07	<b>SB</b>
Barrie Kernaghan	M65	29.0	

#### 3000m

Paul Mitchell	M35	9:28.8	<b>SB</b>
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John Everard	M50	12.60	<b>SB</b>
Elaine Holmes	W60	9.28	
Bob Fergie	M70	10.85	
Kate Glass	W55	11.28	
Rob Shand	M75	6.78	
Rae McMillan	W80	8.40	<b>SB</b>
Geoff Gee	M55	13.78	<b>SR</b>

#### mile

Andrew Brooker	M35	5:27.3	
Bjorn Dybdahl	M55	5:49.0	
Prabuddha Nicol	M50	5:52.8	
Keith Edmonds	M40	6:14.2	
Graeme Dahl	M55	6:41.0	
Carl Ciccarelli	M45	6:43.4	
Catherine Keane	Vis	7:46.5	
Val Prescott	W60	10:03.1	

#### Mile Walk

Val Millard	W60	10:07.1	
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#### Shot

John Everard	M50	9.28	
Elaine Holmes	W60	6.66	
Kate Glass	W55	9.26	
Rob Shand	M75	6.70	
Geoff Gee	M55	12.78	<b>SR</b>
Rae McMillan	W80	6.70	<b>SB</b>
Bob Fergie	M70	8.04	<b>SB</b>

### January 10<sup>th</sup> – Perry Lakes

<b>100m</b>	Cam Yorke	M30	11.70
	Brett Blanco	M35	11.63
	Barrie Kernaghan	M65	15.26
	Chris Perrey	M35	11.89

<b>400m</b>	Cam Yorke	M30	51.27
	Chris Perrey	M35	51.46
	Neil Morfitt	M50	58.53
	Barrie Kernaghan	M65	70.18

<b>1500m</b>	Simon Coates	M35	4:14.32
<b>2000SC</b>	Ross Keane	M45	8:22.2
	Nick Miletic	M55	11:19.8
	Carol Bowman	W50	11:20.1

<b>Hammer</b>	Byrony Glass	W30	57.73
	Kate Glass	W55	39.77

## January 8<sup>th</sup> – ECAC

### 100m

Colin Smith	M45	13.1
Roy Fearnall	M65	13.8
Lynne Choate	W55	14.8
Iain MacLennan	Vis	15.3

Peggy Macliver	W60	16.3	<b>SB</b>
Jacqui Sanders	W40	16.5	
Carol Bowman	W50	18.9	
Catherine Keane	Vis	19.9	
Breanna Fallowes	Vis	20.3	
Pat Carr	W75	22.1	

### 800m

Campbell Till	M50	2:20.5	
Ed Love	Vis	2:25.5	
Scott Andrews	M35	2:29.4	<b>SB</b>
Pete Sullivan	M50	2:40.5	
Blakeney Tindall	M45	2:46.7	
Roy Fearnall	M65	2:50.6	

Paul Haylett	M45	2:36.3
David Carr	M75	2:54.1
Graeme Dahl	M55	2:59.1
John Bocian	M55	3:07.2
Iain MacLennan	Vis	3:07.7
Colin Smith	M45	3:08.2
Peggy Macliver	W60	3:22.1
Carol Bowman	W50	3:30.1
Ross Keane	M45	3:33.5
Breanna Fallowes	Vis	3:37.3
Catherine Keane	Vis	3:40.5
Eldon George	M35	3:43.4

### 200m

Scott Andrews	M35	27.4	<b>SB</b>
Roy Fearnall	M65	28.9	
Ed Love	Vis	29.7	
Lynne Choate	W55	32.1	

Chris Neale	M35	27.3
Colin Smith	M45	29.3
Iain MacLennan	Vis	32.8

Catherine Keane	Vis	43.5
Breanna Fallowes	Vis	44.5
Valerie Millard	W60	46.0
Lynne Schickert	W65	n/t

David Carr	M75	32.5	<b>SB</b>
Delia Baldock	W45	33.7	
Peggy Macliver	W60	33.9	
Jacqui Sanders	W40	36.2	
Carol Bowman	W50	39.7	

### 3000m

David Lazarus	Vis	10:32.7
Pete Sullivan	M50	10:47.0
Greg Vander Sanden	M50	11:06.9
Rod Hamilton	M45	11:34.8
Ross Keane	M45	12:38.5
Blakeney Tindall	M45	12:54.4
Ivan Lazarus	M55	12:58.0
Paul Haylett	M45	13:12.2
Eldon George	M35	13:18.9
Corey Thomas	M30	13:33.5
Graeme Dahl	M55	13:41.1
John Bocian	M55	14:40.1
Jackie Halberg	W60	15:16.5
Lorraine MacLennan	Vis	15:52.1
Colin Smith	M45	15:53.1

### 3000m walk

Tanya Hollaway	Vis	17:32.4
Tom Lenane	M50	18:03.0
Rose-maree Hollaway	W50	20:47.9
Stan Jones	M80	22:48.7

### LongJump

Lynne Schickert	W65	2.62
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### Weight Throw

			%	
Karen Eastwood	W40	4.37	25.95	
Stan Selby	M63	11.55	54.03	
Julie Plackett	W39	5.12	29.82	
Clara Ward	W50	4.94	25.99	
Kevin Webster	M41	9.23	39.59	
Mick Adams	M51	7.48	32.70	
Steve McClelland	M50	8.96	38.54	
Mark Hamilton	M38	12.86	52.99	
David Carr	M76	7.40	43.37	
Valerie Millard	W62	5.28	29.81	
Lynne Schickert	W67	3.84	24.49	
Geoff Gee	M55	14.38	67.31	<b>SR</b>

### Javelin

Stan Selby	M63	33.87	54.25	
Shannon Selby	W30	27.22	37.29	
Iain MacLennan	Vis	27.47		
Julie Plackett	W39	17.05	24.97	<b>SB</b>
Karen Eastwood	W40	16.43	24.64	<b>SB</b>
Clara Ward	W50	12.94	24.19	
Kevin Webster	M41	32.22	37.53	<b>SB</b>
Mick Adams	M51	27.21	35.99	
Steve McClelland	M50	33.00	42.86	
Mark Hamilton	M38	32.99	36.61	<b>SB</b>
David Carr	M76	19.97	42.02	
Valerie Millard	W62	12.68	31.68	
Lynne Schickert	W67	8.60	24.20	

## January 13<sup>th</sup> – UWA

### WEIGHT THROW

			%	
Lynne Schickert	W67	5.01	31.95	<b>SB</b>
John Everard	M50	12.30	52.91	
Julie Plackett	W39	5.38	31.33	<b>SB</b>
Andrew Plackett	M43	6.27	27.65	
Kate Glass	W58	11.56	70.70	<b>SB</b>
Terry Eastwood	M43	7.33	32.32	
Karen Eastwood	W40	5.14	30.52	<b>SB</b>
Rob Shand	M77	6.36	38.36	
Bob Fergie	M73	10.63	57.39	
Val Millard	W62	5.69	32.13	<b>SB</b>

### JAVELIN

			%	
Lynne Schickert	W67	10.87	30.59	
John Everard	M50	23.65	30.72	
Julie Plackett	W39	15.86	23.23	
Andrew Plackett	M43	31.02	37.36	
Peter Hopper	M64	21.17	34.67	
Kate Glass	W58	19.24	44.23	
Terry Eastwood	M43	22.91	27.60	
Karen Eastwood	W40	16.81	25.21	<b>SB</b>
Ian Cotton	M44	N/T	-	
Val Millard	W62	12.36	30.88	
Rob Shand	M77	22.31	48.46	
Bob Fergie	M73	22.16	42.65	
Liam Eastwood	Vis	23.86		
Val Prescott	W64	12.20	31.92	

### 100m

Roy Fearnall	M65	13.8
Barrie Kernaghan	M65	14.7
Norm Richards	M70	14.9
Duncan McAuley	M55	16.0
Ian Cotton	M40	13.6
Pieter de Klerk	M45	13.7
Peggy Macliver	W60	16.4
Peter Hopper	M60	17.5
Ross Calnan	M65	18.4
Val Millard	W60	20.7
Lynne Schickert	W65	24.1

### 800m

Andrew Brooker	M35	2:17	<b>SB</b>
Pieter de Klerk	M45	2:25	
Rob Colton	Vis	2:28	
Duncan McAuley	M55	2:31	<b>SB</b>
John Collier	M40	2:41	
Toni Phillips	W35	2:46	
Roy Fearnall	M65	2:47	
Bob Schickert	M65	2:50	
Graeme Dahl	M55	2:57	
Peggy Macliver	W60	3:15	
Val Prescott	W60	5:05	

### 200m

Barrie Kernaghan	M65	29.4	
Roy Fearnall	M65	29.5	
Toni Phillips	W35	30.3	
Norm Richards	M70	32.4	
Ian Cotton	M40	27.3	
Pieter de Klerk	M45	28.5	
Andrew Brooker	M35	28.6	
Rob Colton	Vis	29.8	
Peggy Macliver	W60	33.3	<b>SB</b>
Jacqui Sanders	W40	36.2	
Catherine Keane	Vis	41.0	
Val Millard	W60	41.8	<b>PBA</b>
Lynne Schickert	W65	52.4	

### 3000m

Ross Keane	M45	11:49.8	
Graeme Dahl	M55	12:04.9	
Rob Colton	Vis	12:27.1	
Wayne Taylor	M45	12:30.8	
John Collier	M40	12:47.6	
Bob Schickert	M65	13:23.7	
Simone Solomon	Vis	14:12.9	
Jacqui Sanders	W40	17:08.2	<b>SB</b>

### 3000m WALK

Peter Hopper	M60	20:42.9
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### TRIPLE JUMP

Rob Colton	Vis	4.50
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**January 15<sup>th</sup> – ECAC****600m**

David Solomon	M40	1:42.0	<b>SB</b>
David Carr	M75	1:54.9	
Pete Sullivan	M50	1:55.2	
Kerriann Bresser	W40	2:04.4	
Colin Smith	M45	2:19.0	
Nick Miletic	M55	2:22.7	
Carol Bowman	W50	2:30.6	<b>SB</b>

**100m**

Scott Andrews	M35	12.5	<b>SB</b>
Colin Smith	M45	13.6	
Roy Fearnall	M65	13.7	
Lynne Choate	W55	14.8	
Nick Miletic	M55	15.2	

Corey Thomas	M30	13.0	<b>SB</b>
Andre Morkel	M40	13.4	
Rob Antonioli	M55	15.2	
Catherine Keane	Vis	18.8	
Pat Carr	W75	20.9	

**400m**

Chris Neale	M35	56.1	
Scott Andrews	M35	60.2	<b>SB</b>
Andre Morkel	M40	62.9	
Roy Fearnall	M65	63.0	<b>PBA</b>
Rob Antonioli	M55	72.0	

Corey Thomas	M30	65.7	<b>SB</b>
Pete Sullivan	M50	83.5	
Nick Miletic	M55	85.6	
Carol Bowman	W50	85.9	
Catherine Keane	Vis	1:31.2	
Michelle Thomas	W30	1:43.5	

**5000m**

Lorraine MacLennan	Vis	28:48.2	
Diane Jones	W60	28:56.2	

**January 18<sup>th</sup> – Perry Lakes****Hammer**

Byrony Glass	W30	55.39	
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**60m**

Cam Yorke	M30	7.27	<b>SR</b>
Barrie Kernaghan	M65	9.70	

**200m**

Barrie Kernaghan	M65	29.48	
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**3000m**

Pete Sullivan	M50	10:41.8	
Ross Keane	M45	11:30.5	<b>PBA</b>
Andre Morkel	M40	14:17.2	
Rob Antonioli	M55	14:35.9	
David Solomon	M40	16:33.9	
Jacqui Sanders	W40	16:34.0	<b>SB</b>

**3000m walk**

Tanya Hollaway	Vis	17:50.0	
Rose-maree Hollaway	W50	20:24.5	
Stan Jones	M80	22:40.9	

**Triple Jump**

Rob Antonioli	M55	7.41	
Michelle Thomas	W30	7.27	
Lynne Schickert	W65	5.84	

**Hammer**

Lynne Schickert	W67	8.86	<b>%</b>	20.75
Andrew Plackett	M43	14.66		19.27
Julie Plackett	W39	16.50		27.10
Clara Ward	W50	15.25		24.77
David Carr	M76	15.03		33.59
Mick Adams	M51	19.62	<b>SB</b>	26.92
Bev Hamilton	W63	22.05		46.77
Terry Eastwood	M43	11.46		15.07
Karen Eastwood	W40	10.99		18.56
Kevin Webster	M41	27.15		34.41
Geoff Gee	M55	31.97		47.88

**Shot**

Lynne Schickert	W67	5.09		44.22
Andrew Plackett	M43	7.94		36.99
Julie Plackett	W39	6.47		32.79
Clara Ward	W50	7.29	<b>SB</b>	44.70
David Carr	M76	6.56	<b>SB</b>	44.05
Mick Adams	M51	9.32		47.17
Bev Hamilton	W63	8.73	<b>SB</b>	69.06
Terry Eastwood	M43	7.44		34.66
Karen Eastwood	W40	6.03	<b>SB</b>	31.23
Brody Eastwood	Vis	7.38		
Kevin Webster	M41	9.78	<b>SB</b>	44.13
Valerie Millard	W62	5.70	<b>PBA</b>	44.12
Geoff Gee	M55	12.47		68.69

**800m**

Neil Morfitt	M50	2:13.12	<b>SB</b>
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**400m hurdles**

Cam Yorke	M30	54.43	<b>AR</b>
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**5000m**

Paul Mitchell	M35	16:20.7	<b>SB</b>
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## January 20<sup>th</sup> – UWA

### Hammer

			%	
Kate Glass	W58	33.95	64.43	
Tom Gravestock	M50	32.01	43.01	
Julie Plackett	W39	15.80	25.95	
Peter Hopper	M64	14.36	25.59	
Ed Carroll	M67	22.07	42.51	
Mick Adams	M51	18.49	25.37	
Val Millard	W62	13.49	27.96	
Bev Hamilton	W63	21.00	44.55	
Andrew Plackett	M43	17.35	22.81	<b>SB</b>
Sue Fardella	W42	12.74	22.82	
Terry Eastwood	M43	17.35	22.81	
Karen Eastwood	W40	14.47	24.44	<b>SB</b>
Rob Shand	M76	14.91	33.32	
Bob Fergie	M73	28.02	56.84	<b>SB</b>
Lynne Schickert	W67	12.20	28.57	<b>SB</b>

### Shot

			%	
Lynne Schickert	W67	5.12	44.48	
Kate Glass	W58	9.29	66.12	<b>SB</b>
Tom Gravestock	M53	10.48	55.29	<b>SB</b>
Julie Plackett	W39	6.33	32.08	
Ed Carroll	M67	9.61	65.34	
Mick Adams	M51	9.41	47.62	
Val Millard	W62	4.07	31.50	
Bev Hamilton	W63	8.50	67.25	
Andrew Plackett	M43	8.07	37.59	<b>SB</b>
Sue Fardella	W42	5.47	29.63	
Terry Eastwood	M43	6.69	31.16	
Karen Eastwood	W40	6.02	31.18	
Rob Shand	M76	6.37	42.78	
Bob Fergie	M73	7.94	48.63	

### 400m

Barrie Kernaghan	M65	69.0	
Keith Edmonds	M40	69.2	<b>SB</b>
Prabuddha Nicol	M50	77.1	
Sean Gartlan	M40	87.3	

Peggy Macliver	W60	81.1	
Eldon George	M35	87.3	
Catherine Keane	Vis	98.8	
Val Prescott	W60	2:14.2	

### 600m

Andrew Brooker	M40	1:35.6	
Mark Dawson	M45	1:45.7	
John Collier	M40	1:46.1	<b>SB</b>
Lee Stergiou	M35	1:47.8	
Prabuddha Nicol	M50	2:00.9	

Graeme Dahl	M55	2:03.1	
Eldon George	M35	2:15.4	
Sean Gartlan	M40	2:16.8	
Peggy Macliver	W60	2:18.3	
Carl Ciccarelli	M45	2:25.9	
Val Prescott	W60	3:32.9	<b>SB</b>

### 100m

Lee Stergiou	M35	13.1
Barrie Kernaghan	M65	14.8
Sean Gartlan	M40	15.1
Keith Edmonds	M40	15.2
Norm Richards	M70	15.3

Prabuddha Nicol	M50	17.1
Peter Hopper	M60	17.4
Ross Calnan	M65	18.3

Catherine Keane	Vis	20.1
Val Millard	W60	20.6
Lynne Schickert	W65	23.3

### 3000m

Ross Keane	M45	11:43.5
Eldon George	M35	11:56.0
Ivan Brown	M60	12:34.8

### 5000m

Mark Dawson	M45	19:45.8
Prabuddha Nicol	M50	19:54.2
Rod Hamilton	M45	20:09.4
Fayaz Jamal	M55	20:41.6
Graeme Dahl	M55	20:49.0
Carl Ciccarelli	M45	21:40.5
Wayne Taylor	M45	21:43.5
Keith Edmonds	M40	22:27.5
John Collier	M40	22:49.0
Sean Gartlan	M40	24:53.1

### 5000m Walk

Peter Hopper	M60	36:49.6
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### Triple jump

Lynne Schickert	W65	6.05
Tom Gravestock	M50	8.87

**January 22<sup>nd</sup> – ECAC**

100m			
Colin Smith	M45	8.4	
Roy Fearnall	M65	8.8	
Lynne Choate	W55	9.0	=SR

Scott Andrews	M35	8.2	SB
Lee Stergiou	M35	8.2	
Kim Thomas	M30	9.2	
Joseph Stalada-Wills	Vis	9.3	

John Dennehy	M45	10.0	
Peggy Macliver	W60	10.1	
David Carr	M75	10.1	SB

Melissa Young	W30	10.2	SB
Gillian Young	W60	10.9	SB
John Oldfield	M65	11.6	
Pat Carr	W75	12.5	
Christine Oldfield	W60	12.8	

**2000m**

Pete Sullivan	M50	7:02.7	
Kim Thomas	M30	7:28.2	
Paul Haylett	M45	7:37.7	
Graeme Dahl	M55	7:47.2	
Danny Sheehan	M55	8:12.8	
Karen March	W45	8:27.9	
Gillian Young	W60	8:39.6	
Maurice Creagh	M60	9:08.0	
Peggy Macliver	W60	9:21.1	
Jacqui Sanders	W40	9:46.7	
Melissa Young	W30	11:05.5	

**2000m walk**

Tom Lenane	M50	11:27.9	
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**Javelin**

Bev Hamilton	W60	19.23	PBA
Scott Andrews	M35	33.97	
Kevin Webster	M40	30.00	

**Discus**

Bev Hamilton	W60	20.67	
Kevin Webster	M40	29.27	PBA

**1500m walk**

Tom Lenane	M50	8:37.5	
Stan Jones	M80	10:53.5	

**January 24<sup>th</sup> – Perry Lakes****Hammer**

Byrony Glass	W30	56.71	
Kate Glass	W55	36.27	

**100m**

Brett Blanco	M35	11.50	PBA
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**1500m**

Paul Mitchell	M35	4:28.66	
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**200m**

Scott Andrews	M35	26.1	SB
David Solomon	M40	27.9	SB
Roy Fearnall	M65	28.6	
Lynne Choate	W55	30.9	SB

Joseph Stalada-Wills	Vis	30.4	
John Dennehy	M45	33.1	
Mike O'Reilly	M65	33.3	
David Carr	M75	33.3	

Delia Baldock	W45	33.5	
Peggy Macliver	W60	34.4	
Gillian Young	W60	38.0	
Melissa Young	W30	38.7	

John Oldfield	M65	38.7	PB
Christine Oldfield	W60	46.3	
Pat Carr	W75	50.6	

**800m**

Kim Thomas	M30	2:34.6	
Lee Stergiou	M35	2:47.7	
Pete Sullivan	M50	2:50.6	
Danny Sheehan	M55	2:52.5	
Roy Fearnall	M65	2:55.5	

Kerriann Bresser	W40	2:57.1	
Simone Solomon	W40	2:59.1	
Delia Baldock	W45	3:15.9	
Mike O'Reilly	M65	3:27.6	
Maurice Creagh	M60	3:28.3	

**1500m**

David Solomon	M40	5:11.4	
Pete Sullivan	M50	5:18.3	
Paul Haylett	M45	5:33.8	
Kim Thomas	M30	5:34.3	
Graeme Dahl	M55	5:36.5	
Bob Schickert	M65	5:39.6	
Scott Andrews	M35	5:40.8	
Danny Sheehan	M55	5:55.9	
Gillian Young	W60	6:33.8	
Simone Solomon	W40	7:02.1	
John Dennehy	M45	7:16.3	
Jacqui Sanders	W40	7:53.8	
Melissa Young	W30	8:23.6	
Christine Oldfield	W60	8:28.9	

**3000m steeplechase**

Ross Keane	M45	12:44.1	
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**400m**

Cam Yorke	M30	50.78	
Chris Perrey	M35	50.89	PB
Neil Morfitt	M50	59.26	
Barrie Kernaghan	M65	67.27	SB

**January 27<sup>th</sup> - UWA****60m**

Pieter de Klerk	M45	8.3	
Sean Gartlan	M40	9.1	
Barrie Kernaghan	M65	9.2	
Norm Richards	M70	9.2	<b>SB</b>
Kevin Collins	M40	10.7	

Daniel Gartlan	Vis	7.9	
Peggy Macliver	W60	10.0	
Jack Gartlan	Vis	10.9	
Liam Gartlan	Vis	11.2	
Lynne Schickert	W65	14.0	

**2000m**

John Collier	M40	7:38.1	
Mark Dawson	M45	7:38.5	
Bob Schickert	M65	8:00.3	
Ivan Brown	M60	8:09.1	

**200m**

Daniel Gartlan	Vis	26.6	
Pieter de Klerk	M45	27.9	<b>SB</b>
Duncan McAuley	M55	30.2	
Barrie Kernaghan	M65	30.2	

Toni Phillips	W35	30.1	<b>SB</b>
Norm Richards	M70	32.1	<b>SB</b>
Kevin Collins	M40	39.1	

Jack Gartlan	Vis	37.5	
Catherine Keane	Vis	39.8	
Liam Gartlan	Vis	40.7	
Lynne Schickert	W65	50.8	

**January 29<sup>th</sup> - ECAC****1 mile**

Kim Thomas	M35	6:02.6	
John Oldfield	M65	6:26.8	<b>PBA</b>
Pete Sullivan	M50	6:28.0	
Danny Sheehan	M55	6:32.1	<b>PBA</b>
Dante Giacomini	M40	6:33.9	<b>PBA</b>
Kerriann Bresser	W40	6:37.3	<b>PBA</b>
Corey Thomas	M30	6:54.3	
Nick Miletic	M55	7:12.7	<b>PBA</b>
Delia Baldock	W45	7:15.9	
Carol Bowman	W50	7:25.3	<b>PBA</b>
Jacqui Sanders	W40	7:43.3	<b>PBA</b>
Taylah Eastwood	Vis	7:46.9	
Melissa Young	W30	8:28.9	<b>PBA</b>

**5000m**

Pete Sullivan	M50	18:22.0	
Gillian Young	W60	23:19.3	
Maurice Creagh	M60	24:51.1	

**800m**

Pieter de Klerk	M45	2:25.3	
Ross Keane	M45	2:35.5	
John Collier	M40	2:48.9	
Mark Dawson	M45	2:55.2	

Peggy Macliver	W60	3:08.2	
John Collier	M40	3:08.5	
Jack Gartlan	Vis	3:21.0	
Catherine Keane	Vis	3:44.5	
Christine Oldfield	W60	4:16.5	

**1500m**

Paul Haylett	M45	5:21.5	
Mark Dawson	M45	5:25.0	
Pieter de Klerk	M45	5:32.3	
Ross Keane	M45	5:32.5	
Ivan Brown	M60	5:58.2	
John Oldfield	M65	5:59.8	
John Collier	M40	6:39.5	

**Long Jump**

Kevin Collins	M40	3.58	
Daniel Gartlan	Vis	5.30	

**Javelin**

Bob Fergie	M70	23.52	
Rob Shand	M75	22.60	<b>SB</b>

**Discus**

Bob Fergie	M70	22.93	
Rob Shand	M75	20.98	

**100m**

Chris Neale	M35	12.5	
Colin Smith	M45	12.7	
Campbell Till	M50	13.0	
Peter De Klerk	M45	13.3	
Corey Thomas	M30	13.4	

Scott Andrews	M35	12.6	
Lee Stergiou	M35	12.9	
Roy Fearnall	M65	14.1	
Nick Miletic	M55	15.4	

Valetta Boddy	W45	15.4	
Delia Baldock	W45	15.7	
Mike O'Reilly	M65	16.4	
Melissa Young	W30	16.8	
Gillian Young	W60	17.9	
Jacqui Sanders	W40	17.2	
Michelle Thomas	W30	17.5	
Catherine Keane	Vis	19.8	
Valerie Millard	W60	19.8	<b>PB</b>
Pat Carr	W75	21.0	
Lynne Schickert	W65	21.9	

**600m**

Peter De Klerk	M45	1:38.1	
Corey Thomas	M30	1:46.4	
Campbell Till	M50	1:50.9	
Pete Sullivan	M50	1:53.5	
Roy Fearnall	M65	1:54.9	
Chris Neale	M35	1:54.9	
Danny Sheehan	M55	1:57.0	
Lee Stergiou	M35	1:57.5	
David Carr	M75	1:57.5	

Delia Baldock	W45	2:12.0	
Ross Keane	M45	2:13.7	
Mike O'Reilly	M65	2:16.8	
Nick Miletic	M55	2:22.6	<b>PBA</b>
Carol Bowman	W50	2:22.8	
Pete Sullivan	M50	2:33.3	<b>PBA</b>
Catherine Keane	Vis	2:45.9	
Michelle Thomas	W30	2:58.3	

**3000m**

Ross Keane	M45	11:22.8	<b>PBA</b>
Kim Thomas	M35	12:26.8	
Karen March	W45	12:47.1	<b>SB</b>
Dante Giacomini	M40	13:03.3	
Jackie Halberg	W60	14:53.8	
Melissa Young	W30	17:22.0	<b>PB</b>

**5000m walk**

Tanya Hollaway	Vis	28:59.7	
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**3000m walk**

Lynne Schickert	W65	21:59.9	
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**1 mile walk**

Valerie Millard	W60	9:54.9	
Rose-Maree Hollaway	W50	10:11.8	

**February 1<sup>st</sup> – Perry Lakes****Shot**

Toni Phillips	W35	7.21	<b>PBA</b>
John Everard	M50	9.61	<b>PBA</b>

**Hammer**

Byrony Glass	W30	56.88	
John Everard	M50	40.71	
Kate Glass	W55	37.18	

**Discus**

John Everard	M50	27.27	
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**200m hurdles**

Toni Phillips	W35	32.50	<b>SB</b>
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**400m hurdles**

Chris Perrey	M35	56.8h	<b>SB</b>
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**Triple Jump**

Valetta Boddy	W45	8.30	
Julie Plackett	W35	6.84	<b>SB</b>
Clara Ward	W50	4.70	
Bev Hamilton	W60	5.79	
Lynne Schickert	W65	5.71	
Sue Fardella	W40	5.29	
Michelle Thomas	W30	7.30	

**Discus AGT**

Lynne Schickert	W67	11.19	27.39	
Julie Plackett	W39	23.18	32.91	
Clara Ward	W50	13.33	22.67	
Bev Hamilton	W63	20.37	45.19	
Mike O'Reilly	M69	22.38	41.60	<b>PBA</b>
Aldo Fardella	Vis	13.43		
Sue Fardella	W42	14.30	21.26	
Valerie Millard	W62	12.68	27.49	
Mike Adams	M51	27.74	38.13	
Karen Eastwood	W40	19.18	27.65	
Terry Eastwood	M43	19.44	27.01	
David Carr	M76	13.21	29.80	
Michelle Thomas	W30	13.90	18.10	
Kim Thomas	M35	23.99	32.38	

**Weight Throw**

Julie Plackett	W35	6.39	<b>SB</b>
Clara Ward	W50	7.38	<b>SB</b>
Bev Hamilton	W60	9.68	
Aldo Fardella	Vis	4.95	
Sue Fardella	W40	3.99	
Mark Hamilton	M35	12.81	
Mike Adams	M50	8.13	<b>SB</b>
Terry Eastwood	M40	7.06	
Karen Eastwood	W40	5.30	<b>SB</b>

**100m**

Colin Smith	M45	13.05	
Barrie Kernaghan	M65	13.63	<b>SB</b>

**200m**

Chris Perrey	M35	23.8h	<b>PB</b>
Colin Smith	M45	27.0h	
Barrie Kernaghan	M65	29.8h	

**800m**

Neil Morfitt	M50	2:11.34	<b>SB</b>
Andrew Brooker	M40	2:12.32	<b>SB</b>

**3000m**

Paul Mitchell	M35	9:47.4	
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**February 3<sup>rd</sup> – UWA****DISCUS**

			%	
Kate Glass	W58	23.79	47.24	
Bev Hamilton	W63	21.67	48.07	<b>SB</b>
Tom Gravestock	M53	36.66	52.30	<b>SB</b>
Ed Carroll	M67	no distance		
Sue Fardella	W42	14.53	21.60	<b>SB</b>
Mick Adams	M51	28.20	38.76	
Rob Shand	M76	22.03	49.70	<b>SB</b>
Julie Plackett	W39	24.73	35.11	<b>SB</b>
Rebecca Plackett	Vis	22.56		
Andrew Plackett	M43	22.58	31.37	
Bob Fergie	M73	25.25	52.18	<b>SB</b>

**WEIGHT THROW**

Kate Glass	W55	11.89	<b>SB</b>
Bev Hamilton	W60	9.93	<b>SB</b>
Tom Gravestock	M50	10.63	
Ed Carroll	M65	10.25	
Sue Fardella	W40	4.01	<b>SB</b>
Rob Shand	M75	6.53	
Andrew Plackett	M40	6.46	<b>SB</b>
Julie Plackett	W35	6.00	
Bob Fergie	M70	11.89	<b>SB</b>

**1 Mile**

Mark Dawson	M45	5:21.5	<b>PBA</b>
Ross Keane	M45	5:51.0	
Ian Cotton	M40	5:57.6	
John Collier	M40	5:59.7	
Bob Schickert	M65	6:22.2	
Peggy Macliver	W60	7:10.9	

**100m**

Peter De Klerk	M45	13.2	<b>SB</b>
Barrie Kernaghan	M65	14.2	
Norm Richards	M70	15.0	
Peggy Macliver	W60	15.3	estimated
Christine Oldfield	W60	21.2	

**600m**

Peter De Klerk	M45	1:37.1	<b>SB</b>
Ian Cotton	M40	1:41.3	<b>SB</b>
Duncan McAuley	M55	1:45.2	<b>SB</b>
Ross Keane	M45	1:48.1	<b>SB</b>
John Collier	M40	2:00.2	
Bob Schickert	M65	2:12.5	<b>SB</b>
Keith Edmonds	M40	2:20.3	
Peggy Macliver	W60	2:21.9	

**3000m**

John Oldfield	M65	12:37.9
Gill Edmonds	W40	16:52.9

**5000m**

Bernard Mangan	M50	19:28.6
Mark Dawson	M45	19:58.3
Keith Edmonds	M40	21:30.1
John Collier	M40	23:43.0

**TRIPLE JUMP**

Ross Wickham	M40	11.06	
Bev Hamilton	W60	5.63	
Sue Fardella	W40	5.43	<b>SB</b>