

# TFNL

## The Track & Field Newsletter of MAWA

Season 2 Issue 8 – Australian Championships Special

April 2009

### MAWA Club Tops

The Nationals in Adelaide brought the summer track season to a close. The database has enabled me to compile a list of the season's best results in each age group for all the major track events (see sample page at the end of this TFNL). I've called these **Club Tops** and they will soon be on the MAWA website. Just go to the new T&F section and download via the *results archive* buttons.

They cover the major internationally-accepted distances (100, 200, 400, 800, 1500, mile, 3000, 5000 and 10000) in all age groups. Unfortunately, there is insufficient data to include walks or field events as we don't have enough in each age group to make these meaningful.

If you have Excel, and would like a copy of **ALL** results, including field, walks, visitors and non-standard distances, then send me an email and when I get back to Nottingham I'll send it to you.

Some of you will have seen the Photo Story visualisation containing about 75 photos from Adelaide. Many of these are shown as thumb-nails in this newsletter. All the photos are available to you on a CD at \$2 to cover the cost. I will turn the Photo Story into a DVD when I get back to all my equipment in the UK. Email me if you want any of these. I can take the CDs to McGillivray next Thursday (don't forget the 10k track handicap – phone Dot and Jeff if you want to enter – see Vetrin page 1 for details).

### National Championships Roll of Honour

The roll of honour is usually a list of the records set, but I have decided to make a change for these championships. The records will be posted at a later date. Probably the most revealing statistics from a meeting such as this is the list of those performances that meet the 90% level when converted to age-graded. Here they are for the Adelaide Easter weekend:

• 98.75%	David Carr	2000m s/chase
• 96.65%	David Clive	60m
• 95.99%	David Carr	800m
• 95.48%	David Carr	400m
• 94.03%	Lynne Choate	60m
• 93.46%	Lyn Ventris	5000m walk
• 91.74%	Lyn Ventris	10k road walk
• 91.36%	Pat Carr	60m
• 91.30%	Barrie Kernaghan	200m
• 91.18%	David Clive	100m
• 90.88%	David Clive	200m
• 90.77%	Neil Morfitt	800m

These seven athletes achieved what is generally accepted to be the world benchmark performance standard in the National championships. They are each truly world class and bring great honour to the club and to Western Australia.

Three of them – David Carr (3), David Clive (3) and Lyn Ventris (2) have multiple entries, testament to their standing in the world. David Carr, with three of the top four in the list, can justifiably be considered the

### Western Australian of the meet

Page 10 – Thursday results (9<sup>th</sup> and 16<sup>th</sup> April)

Page 11 – Club Tops

Page 12 – List of Records set at State Championships

## Potted Comments from the Championships (see also [www.xanga.com/MAWAinFinland](http://www.xanga.com/MAWAinFinland))

- The standard of performance seemed to be very high this year, with many excellent SBs and PBAs not finding medals.
- The organization of the four days was generally top class, with only minor hiccups. And wasn't the weather glorious?
- A Queenslander won gold in the weight pentathlon. What's news there? Ruth Frith is 99 years old. We look forward to welcoming her as a Masters centurion in Perth 2010.
- There was a great finish to the M75 cross-country race as Irwin saw the finish line 100m ahead. David was 10m behind crossing the oval but took Irwin just before the line to win by 2 seconds.
- Also in the XC, the two Tassie 80 year olds took a wrong turning and didn't realize until they reached the freeway! They retraced their steps and rejoined the race five minutes later!
- The announcer was so startled by the speed with which Ross steamed round his leg of the M220+ 4x400 relay that she didn't have time to check his name. She just kept on shouting 'Just look at that Western Australian go'!
- Running the last leg of the M170+ 4x400 relay, Colin pulled out all the stops to take gold but he also caught and overtook the 65 year old runner whose team broke the world record.
- Thanks to all who did their stint at the Perth 2010 table. It was really successful and a focal point for the WA contingent. Could some people's willingness to sit there beyond their roster time perhaps have had something to do with the comfortable chairs?
- The SAMA team had not arranged any changeover judges for the relays. But MAWA came to the rescue with John O raising a team of nine officials, six of them qualified.
- And talking of John O, we were all gobsmacked to see him on the start line of the 5000m when he'd sworn blind that he wasn't going to run.
- And we were all a trifle suspicious as John O kept disappearing for twenty minutes every two hours. He swears his visits to the ice-maidens were purely for first aid purposes but the alacrity with which the large buxom blonde got him on to her bed might suggest otherwise!

### Adelaide Lament

*In sympathy with those who had to scratch from some or all of their events as a result of injury or sickness*

Oh woe is me! I couldn't run.  
Just think of the medals I might have won.  
I'd paid the fees, booked bed and plane,  
But injury struck and all was in vain.

So what to do? Just grin and bear it  
And hope that rest would soon repair it?  
Stuck in the stand that's hard to do.  
*They're* out there running – why not you?

Should I just risk it? Temptation's great  
To strap up, run and trust to fate.  
But a choice like that is hard to make;  
One must weigh up just what's at stake.

And in the end it's usually wise  
To set one's sight on *future* prize;  
Sit back and watch some top class racing,  
Forget for now the pain you're facing.

So just relax and you'll be fine,  
To speed recovery, have a glass of wine.  
Just think 'July' and Worlds in prospect,  
Make sure by then the body's perfect.

CO

- The lament printed above was prompted by the number of MAWA athletes supporting from the stands. Peggy, Graeme and Dave Roberts had all entered but were unable to compete. They were kept company by Barbara and Richard, and various others who had niggles during the weekend and scratched from races.
- Two abiding memories from the steeplechase: how many WA singlets there were, and the variety of methods of clearing barriers and water jump!
- We cannot close these comments without a word about our Northern Territory 'guests'. Allen and Kerrie Whitley, and Nola Brockie ran in WA colours and were a very welcome addition to the ranks. We hope to meet up again next year at Perth 2010.

JO & CO

## AUSTRALIAN MASTERS CHAMPIONSHIP RESULTS

**Friday April 10<sup>th</sup>**

**10000m**

**(W50 – 2 competitors)**

1 Robin King G 44:48.27

**(M55 - 7)**

(1 Charles Chalmers VIC 36:23.13)

3 Bjorn Dybdahl B 37:42.33

**(M75 – 2)**

(1 David Padget SA 51:07.74)

2 Irwin Barrett-Lennard S 53:18.16

**Long Jump**

**(W65 – 1 competitor)**

1 Lynne Schickert G 2.17

**(M40 – 6)**

(1 David Leuchan VIC 5.82)

2 Chris Neale S 5.60

**(M55 – 4)**

(1 Peter Lamb VIC 4.81)

4 Tolli Antonioli 4<sup>th</sup> 4.16 **SB**

**(M65 – 4)**

1 Keith Martin G 4.46

**(M70 – 6)**

1 David Clive G 4.57

6 Leon Sander 6<sup>th</sup> 3.70

**Shot Put**

**(W30 – 4 competitors)**

1 Byrony Glass G 11.52

**(W55 – 5)**

(1 Denise Palmer ACT 10.61)

2 Kate Glass S 9.78

**(W60 – 5)**

1 Bev Hamilton G 9.47

4 Elaine Holmes 4<sup>th</sup> 6.98

**(M40 – 3)**

(1 Philip Frkovic NSW 12.84)

2 Sakkie Mathewson S 11.31

**Hammer**

**(W30 – 3 competitors)**

(1 Karyne di Marco NSW 57.93)

2 Byrony Glass S 56.75

**(W55 – 5)**

1 Kate Glass G 37.42

**(W60 – 6)**

(1 Rhonda Dundas VIC 30.17)

3 Bev Hamilton B 24.57

4 Elaine Holmes 4<sup>th</sup> 21.62

**(M40 – 3)**

(1 Philip Frkovic NSW 42.66)

2 Sakkie Mathewson S 35.70

**(M50 – 7)**

(1 Joni Lajos NSW 43.35)

2 John Everard S 42.67

**60m**

**(W55 – 8)**

1 Lynne Choate 94.03% G 9.04

**(W75 – 3)**

1 Pat Carr 91.36% G 11.57

**60m continued**

**(M45 – 7 competitors)**

(1 Darren Hughes NSW 7.57)

5 Colin Smith 5<sup>th</sup> 8.10

**(M55 – 9)**

(1 John van Stappen NSW 7.89)

8 Nick Miletic 8<sup>th</sup> 9.57

**100m**

**(W55 – 8)**

1 Lynne Choate G 14.61 **PBA**

**(W75 – 3)**

1 Pat Carr G 19.62

**(M40 – 5)**

(1 Greg Fopp SA 11.99)

3 Chris Neale B 12.24

**(M45 – 10)**

(1 Darren Hughes NSW 11.95)

6= Colin Smith 6<sup>th</sup> 12.87

**(M55 – 8)**

(1 John van Stappen NSW 12.58)

7 Nick Miletic 7<sup>th</sup> 15.51

**(M65 – 10)**

(1 Neville McIntyre NSW 12.89)

4 Barrie Kernaghan 4<sup>th</sup> 13.97

**(M70 – 9)**

1 David Clive 91.18% G 13.95

4 Don Chambers 4<sup>th</sup> 14.21

8 Leon Sander 8<sup>th</sup> 15.79

**800m**

**(W50 – 5 competitors)**

(1 Robyn Suttor NSW 2:40.52)

4 Robin King 4<sup>th</sup> 2:59.37

**(W55 – 8)**

(1 Jeanette Flynn QLD 2:34.33)

2 Margaret Saunders S 2:42.57 **PBA**

**(W65 – 2)**

(1 Anne Lang SA 3:02.52)

2 Val Prescott S 4:10.23 **SB**

**(M40 – 3)**

1 Andrew Brooker G 2:09.20

**(M50 – 6)**

(1 John Morton ACT 2:08.59)

3 (2<sup>nd</sup>) Neil Morfitt 90.77% S 2:11.37

**(M55 – 9)**

(1 John Lamb ACT 2:17.63)

5 Bjorn Dybdahl 5<sup>th</sup> 2:27.01 **PBA**

**(M60 – 10)**

(1 Kevin Solomon VIC 2:21.51)

9 Ivan Brown 9<sup>th</sup> 2:49.78 **PBA**

**(M65 – 6)**

(1 Tony Ireland NSW 2:26.84)

5 Bob Schickert 5<sup>th</sup> 2:52.18

**(M75 – 2)**

1 David Carr 95.99% G 2:38.53 **SB**

## Saturday 11<sup>th</sup> April

### 200m

(W55 – 7 competitors)

1 Lynne Choate G 31.01

(M40 – 4)

(1 Warren Spencer NSW 24.45)

3 Chris Neale B 24.92

(M45 – 7)

(1 Terry Baldwin VIC 24.71)

6 Colin Smith 6<sup>th</sup> 26.28

(M65 – 8)

(1 Colin Buyers QLD 26.55)

4 Barrie Kernaghan 4<sup>th</sup> 28.03

(M70 – 10)

(1 John Cooper QLD 29.09)

2 David Clive S 29.27 **SB**

9 Leon Sander 9<sup>th</sup> 33.30

(M75 – 4)

1 David Carr G 31.83

### 1500m

(W40 – 9 competitors)

(1 Kate Hecker VIC 5:07.13)

2 Niamh Keane S 5:08.72 **PBA**

(W50 – 6)

(1 Marcia Sheer QLD 5:18.34)

4 Robin King 4<sup>th</sup> 6:00.13

(W55 – 4)

1 Margaret Saunders G 5:42.44

(W60 – 4)

(1 Paula Moorhouse NSW 6:18.45)

3 Christine Oldfield B 8:29.67

(W65 – 2)

(1 Anne Lang SA 6:27.50)

2 Val Prescott S 8:30.24 **PBA**

(M40 – 4)

(1 Shawn Claydon QLD 4:31.77)

2 Andrew Brooker S 4:31.89 **PBA**

(M45 – 8)

(1 Scott Lawrence VIC 4:27.04)

4 Ross Keane 4<sup>th</sup> 4:50.59 **PB**

7 Paul Haylett 7<sup>th</sup> 4:59.74

(M50 – 9)

(1 Ian Calder NZ 4:35.26)

3 (2<sup>nd</sup>) Neil Morfitt S 4:45.28

(M55 – 10)

(1 John Bermingham TAS 4:35.26)

3 Bjorn Dybdahl B 4:52.63

(M60 – 6)

(1 Kevin Solomon VIC 4:51.78)

6 Ivan Brown 6<sup>th</sup> 5:46.53 **SB**

### High Jump

(M65 – 4 competitors)

(1 Greg Mamalis NSW 1.30)

2 Keith Martin S 1.30 **=SB**

(M70 – 4)

(1 Tom Hancock NSW 1.30)

4 Don Chambers 4<sup>th</sup> 1.05

### 2000m steeplechase

(W40 – 1 competitor)

1 Jacqui Sanders G 10:26.23

(W50 – 1)

1 Carol Bowman G 10:50.76

(W65 – 1)

1 Lynne Schickert G 15:04.25

(M65 – 5)

(1 Peter Sandery SA 8:02.95)

4 Bob Schickert 4<sup>th</sup> 10:12.64

(M75 – 1)

1 David Carr 98.75% G 9:01.98 **WR**

### 3000m steeplechase

(M55 – 4 competitors)

1 Bjorn Dybdahl G 12:03.71

3 Nick Miletic B 15:48.23

### Marg Saunders in the 1500m



David Carr on his way to another world record!





**Discus****(W30 – 3 competitors)**

1 Byrony Glass G 36.86

**(W55 – 3)**

(1 Denise Palmer ACT 28.72)

2 Kate Glass S 25.36

**(W60 – 5)**

(1 Mary Thomas NSW 24.01)

2 Bev Hamilton S 22.02

3 Elaine Holmes B 21.62 **SB****(W65 – 6)**

(1 Helen Searle QLD 21.28)

6 Val Prescott 6<sup>th</sup> 15.52 **SB****(M40 – 3)**

(1 Philip Frkovic NSW 38.10)

3 Sakkie Mathewson B 29.50

**(M70 – 7)**

(1 Tom Hancock NSW 32.47)

7 Don Chambers 7<sup>th</sup> 21.47**Javelin****(W55 – 5)**

(1 Helen Suridge SA 22.66)

2 Kate Glass S 21.63 **SB****(W60 – 5)**

(1 Mary Thomas NSW 25.09)

2 Bev Hamilton S 20.84

4 Elaine Holmes 4<sup>th</sup> 15.54**(W65 – 6)**

(1 Astrid Rose VIC 20.34)

6 Val Prescott 6<sup>th</sup> 14.55**(M70 – 5)**

(1 Tom Hancock NSW 34.34)

4 Leon Sander 4<sup>th</sup> 22.165 Don Chambers 5<sup>th</sup> 21.03**5000m race walk****(W50 – 3 competitors)**1 Lyn Ventris G 24:19.33**SB**

2 Robin King S 27:50.61

**(W60 – 5)**

(1 Elizabeth Feldman VIC 30:48.64)

2 Val Millard S 32:18.15**SB****(W65 – 3)**

(1 Sandy Brunner SA 30:53.31)

3 Lynne Schickert B 36:38.47

**(M35 – 1)**

1 David Smyth G 28:53.87

**(M65 – 5)**

(1 Graham Harrison SA 31:49.61)

4 Peter Doye 4<sup>th</sup> 33:34.32**SB****(M75 – 3)**

(1 Colin Hainsworth SA 34:42.75)

2 Ray Hall S 36:49.33

**(M80 – 4)**1 Stan Jones G 38:23.42**SB****Bev Hamilton  
Throwing the hammer****John Everard****David Clive****Sakkie Mathewson**

Sunday 12<sup>th</sup> April

Champion of Champions 100m sprint

Lynne Choate (7<sup>th</sup>) and David Clive (3<sup>rd</sup>) earned the honour of racing in the Champion of Champions race with their age-graded performances in the sprint finals (see page 2).

400m

(W50 – 6 competitors)

(1	Robyn Suttor NSW		68.28)	
4	Carol Bowman	4 <sup>th</sup>	82.26	=PB

(M35 – 4)

(1	Ernest Leseberg NSW		51.02)	
2	Chris Perrey	S	51.42	

(M40 – 8)

(1	Warren Spooner NSW		53.64)	
2	Chris Neale	S	54.74	=SB
5	Andrew Brooker	5 <sup>th</sup>	56.71	SB

(M45 – 8)

(1	Jonathan Wheatland SA		54.12)	
5	Colin Smith	5 <sup>th</sup>	58.04	SB

(M50 – 8)

(1	Daniel Hasler NSW		56.73)	
3 (2 <sup>nd</sup> )	Neil Morfitt	S	57.16	PBA

(M65 – 8)

(1	Colin Buyers QLD		59.85)	
5	Roy Fearnall	5 <sup>th</sup>	64.30	
6	Barrie Kernaghan	6 <sup>th</sup>	65.94	

(M75 – 2)

1	David Carr	95.48%	G	69.25
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5000m (W40 – 5 competitors)

(1	Kate Hecker VIC		18:58.79)	
2	Niamh Keane	S	19:55.22	

(M35 – 5)

1	Brett Roach	G	16:41.22	
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(M40 – 4)

(1	Shawn Claydon QLD		17:00.18)	
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2	David Solomon	S	18:39.33	SB
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(M55 – 12)

(1	John Bermingham TAS		17:25.51)	
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4	Bjorn Dybdahl	4 <sup>th</sup>	18:15.73	
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(M60 – 9)

(1	Kevin Solomon VIC		18:30.24)	
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9	Ivan Brown	9 <sup>th</sup>	21:30.85	SB
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(M65 – 6)

(1	Peter Sandery SA		18:42.38)	
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4	John Oldfield	4 <sup>th</sup>	21:31.76	
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(M75 – 2)

1	Irwin Barrett-Lennard	G	24:52.14	SB
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300m hurdles (M65 – 1 competitor)

1	Keith Martin	G	66.89
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400m hurdles (M35 – 1 competitor)

1	Chris Perrey	G	57.90
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(M40 – 3)

1	Andrew Brooker	G	64.62
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Bjorn Dybdahl



John Oldfield

David Solomon



Niamh Keane



Irwin Barrett-Lennard

## Sunday (continued)

### 4x100m relays

#### (W160+ - 4 teams)

(1 NSW 50.86)

4 WA 67.69 (Lynne Choate, Kerrie Whitley (NT), Carol Bowman, Jacqui Sanders)

#### (M220+ - 5 teams)

(1 ACT 50.11)

4 WA 57.10 (Paul Hughes, Nick Miletic, Barrie Kernaghan, Tolti Antonioli)

### Triple Jump

#### (W65 - 1 competitor)

1 Lynne Schickert G 5.47

#### (M40 - 4)

1 Chris Neale G 11.84

#### (M65 - 4)

(1 Julian Jacotine VIC 9.47)

2 Keith Martin S 9.23 **SB**

### Weight Pentathlon

					Shot	Discus	Hammer	Javelin	Heavyweight
<b>(W30 - 2 competitors)</b>									
1	Byrony Glass	G	3831	<b>PBA</b>	11.63	38.13	56.99	22.83	<b>SB</b> 17.29
<b>(W55 - 3 competitors)</b>									
(1	Denise Palmer	ACT	3771)						
2	Kate Glass	S	3731	<b>SB</b>	9.59	21.58	38.87	22.36	<b>SB</b> 11.58
<b>(W60 - 6 competitors)</b>									
(1	Mary Thomas	NSW	3668)						
3	Bev Hamilton	B	3198		9.00	19.26	23.31	19.46	10.36
4	Elaine Holmes	4 <sup>th</sup>	2763	<b>SB</b>	7.07	20.77	22.72	14.06	9.52
<b>(M40 - 3 competitors)</b>									
(1	Philip Frkovic	NSW	2913)						
2	Sakkie Mathewson	S	2386		10.98	27.78	34.37	31.12	11.00
<b>(M50 - 9 competitors, including 1 overseas)</b>									
(1	Mark Flaus	NZ	3266)						
7	John Everard	6 <sup>th</sup>	2642	<b>PB</b>	8.72	27.10	44.27	<b>SR</b> 23.36	13.69

### A Golden two weeks for John Everard

We all hope to peak at championships time. Some of us even dream of PBs, despite the advancing years. Imagine the joy at producing a series of no less than seven lifetime bests in the two weeks of the state and national championships. This is the amazing feat of John Everard:

28 <sup>th</sup> March	Weight throw of 13.0m in the weight pentathlon	<b>PB</b>
	Weight pentathlon score of 2565	<b>PB</b>
29 <sup>th</sup> March	Shot put of 9.75m	<b>PB</b>
	Weight throw of 13.39m	<b>PB</b>
	The next throw was 13.71m	<b>PB</b>
12 <sup>th</sup> April	Hammer throw of 44.27 (state record)	<b>PB</b>
	Weight pentathlon score of 2642	<b>PB</b>

Dream On!!



**Monday 13<sup>th</sup> April**

**8k Cross Country races**

**(W40 – 5 competitors)**

(1 Kate Hecker VIC 33:03)  
 5 Jacqui Sanders 5<sup>th</sup> 46:08

**(W50 – 5)**

(1 Erica Bunker NSW 36:14)  
 3 Robin King B 37:29  
 5 Carol Bowman 5<sup>th</sup> 44:04

**(W65 – 1)**

1 Val Prescott G 66:09

**(M35 – 5)**

1 Brett Roach G 29:08

**(M45 – 4)**

(1 Bruce Graham ACT 28:13)  
 4 Ross Keane 4<sup>th</sup> 37:46

**(M55 – 8)**

(1 Charles Chambers VIC 30:13)  
 3 Bjorn Dybdahl B 32:13  
 4 Paul Hughes 4<sup>th</sup> 33:24  
 7 Nick Miletic 7<sup>th</sup> 41:31

**(M60 – 8)**

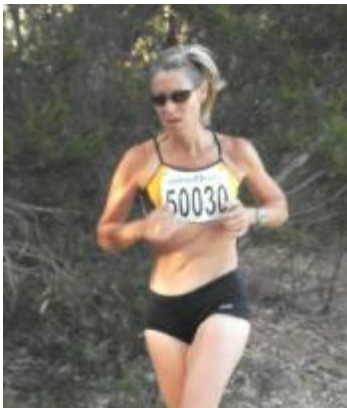
(1 Don Mathewson NSW 33:55)  
 8 Ivan Brown 8<sup>th</sup> 38:26

**(M65 – 5)**

(1 Peter Sandery SA 33:04)  
 4 Bob Schickert 4<sup>th</sup> 41:24

**(M75 – 3)**

1 David Carr G 42:15  
 2 Irwin Barrett-Lennard S 42:17





**10k road walk****(W50 – 2 competitors)**

1 Lyn Ventris G 51:35

**(W60 – 3)**

(1 Elizabeth Feldman VIC 65:02)

2 Val Millard 68:22

**(W65 – 3)**

(1 Sandy Brunner SA 61:36)

3 Lynne Schickert B 81:49

**(M65 – 3)**

(1 Graham Harrison SA 64:42)

2 Peter Doye S 68:49

**(M75 – 3)**

1 Ray Hall G 70:30

**(M80 – 2)**

1 Stan Jones G 78:28

**20k road walk (M35 – 1 competitor)**

1 David Smyth G 2:13:52

**4x400m relays****(W160+ - 3 teams)**

(1 NSW 4:12.02)

2 WA S 5:36.41

(Carol Bowman, Lynne Choate, Robin King, Jacqui Sanders)

**(M220+ - 4 teams)**

(1 NSW 4:23.66)

2 WA S 4:28.24

(Tolli Antonioli, Nick Miletic, Ross Keane, Roy Fearnall)

**(M170+ - 3 teams)**

1 WA G 3:52.26

(Chris Neale, David Solomon, Neil Morfitt, Colin Smith)

**Weight Throw****(W30 – 2 competitors)**

(1 Karyne di Marco NSW 18.38m)

2 Byrony Glass S 17.59 **PBA****(W55 – 4)**

1 Kate Glass G 11.61

(1 Mary Thomas NSW 11.98)

3 Bev Hamilton B 10.20

4 Elaine Holmes 4<sup>th</sup> 9.22**(M40 – 2)**

(1 Philip Frkovic NSW 12.46m)

2 Sakkie Mathewson S 11.44

**(M50 – 6)**

(1 Geoff Crumpton ACT 14.94m)

4 John Everard 4<sup>th</sup> 12.89**Outdoor Pentathlon****(M40 – 4 competitors)**1 Chris Neale G 2761 5.41 26.32 24.81 29.75 **SB** 5:06.36**(M45 – 6 competitors)**

(1 Alan Provenzano NSW 2777)

5 Colin Smith 5<sup>th</sup> 2038 4.40 16.15 26:05 16.87 **SB** 5:52.54**(M55 – 3 competitors)**

(1 John Browne VIC 2756)

2 Tolli Antonioli S 2622 **SB** 4.13 22.83 **SB** 28:75 **SB** 21.16 **SB** 5:24.98 **SB**

**Thursday April 9<sup>th</sup> – ECAC****60m**

Iain MacLennan	Vis	9.4	
Lorraine MacLennan	W40	10.9	<b>SB</b>
Breanna Fallows	Vis	11.1	

**800m**

John Collier	M40	2:35.4	
Pete Sullivan	M50	2:37.4	
Dante Giacomini	M40	2:51.5	
Maurice Creagh	M60	3:22.5	
Iain MacLennan	Vis	3:35.2	
Breanna Fallows	Vis	3:35.6	
Matty Collier	Vis	4:01.4	

**Thursday April 16<sup>th</sup> - ECAC****60m**

Scott Andrews	M35	7.9	
Nick Miletic	M55	9.4	
Martin MacLennan	Vis	11.1	
Carol Bowman	W50	11.6	
Pat Carr	W77	12.5	

**1 mile**

Pete Sullivan	M50	5:39.0	<b>SB</b>
John Oldfield	M65	6:15.2	<b>PB</b>
Kerriann Bresser	W40	6:21.0	<b>PBA</b>
Nick Miletic	M55	7:04.2	<b>SB</b>
Lorraine MacLennan	W40	7:07.1	
Maurice Creagh	M60	7:24.9	
David Carr	M75	7:35.3	
Jackie Halberg	W60	7:35.8	<b>PBA</b>
Sarah Ladwig	W60	8:07.5	

**1 mile walk**

Tanya Hollaway	Vis	9:07.0	
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**400m**

Scott Andrews	M35	58.4	
Pete Sullivan	M50	70.0	<b>PBA</b>
Delia Baldock	W45	74.1	<b>SB</b>
Nick Miletic	M55	84.0	
Irwin Barrett-Lennard	M75	86.9	
Carol Bowman	W50	1:30.1	

**3000m**

Dirk Klicker	M35	9:40.4	<b>SB</b>
Peter Sullivan	M50	11:00.7	
Neil McRae	M55	12:12.4	
Dante Giacomini	M40	12:25.0	
John Collier	M40	12:55.5	
Maurice Creagh	M60	13:59.4	

**3000m**

Neil McRae	M55	11:57.1	<b>SB</b>
Pete Sullivan	M50	11:58.1	
Frank Smith	M65	12:05.7	<b>PBA</b>
Graeme Dahl	M55	13:42.0	
Barbara Blurton	W55	13:44.5	
John Oldfield	M65	13:49.5	
Irwin Barrett-Lennard	M75	14:40.8	
David Carr	M75	14:43.2	
Maurice Creagh	M60	14:51.7	
Lorraine MacLennan	W40	15:33.9	
Sarah Ladwig	W60	16:16.0	<b>PBA</b>
Jackie Halberg	W60	16:59.1	
Kerriann Bresser	W40	17:16.3	

**3000m walk**

Tanya Hollaway	Vis	17:10.6	
Iain MacLennan	Vis	19:53.0	

**200m**

Delia Baldock	W45	31.6	<b>SB</b>
Nick Miletic	M55	31.8	<b>=PBA</b>
Irwin Barrett-Lennard	M75	38.1	<b>PBA</b>
David Carr	M75	39.9	

## Appendix A

<b>CLUB</b>		<b>Tops</b>	<b>08-</b>	<b>09</b>	<b>3000m</b>		<b>Women</b>	
<b>3000m</b>		<b>Men</b>			<b>3000m</b>			
<b>M30</b>					<b>W30</b>			
1	Kim Thomas	11/12/2008	ECAC	11:29.0	1	Rosemary Giles	19/02/2009	ECAC 11:36.2
2	Corey Thomas	12/03/2009	ECAC	12:33.7	2	Melissa Young	19/02/2009	ECAC 17:01.9
3					3			
<b>M35</b>					<b>W35</b>			
1	Kim Thomas	12/03/2009	ECAC	11:04.8	1			
2	Eldon George	5/03/2009	UWA	11:41.3	2			
3	Scott Andrews	30/10/2008	ECAC	12:33.5	3			
<b>M40</b>					<b>W40</b>			
1	David Solomon	4/12/2008	ECAC	10:38.8	1	Simone Solomon	13/01/2009	UWA 14:12.9
2	John Collier	14/10/2008	UWA	11:34.0	2	Jacqui Sanders	12/03/2009	ECAC 15:38.8
3	Keith Edmonds	25/11/2008	UWA	11:37.6	3	Gill Edmonds	2/12/2008	UWA 16:10.4
<b>M45</b>					<b>W45</b>			
1	Mark Dawson	24/02/2009	UWA	10:57.6	1	Karen March Lorraine	29/01/2009	ECAC 12:47.1
2	Lachlan Marr	20/11/2008	ECAC	10:58.8	2	MacLennan	12/03/2009	ECAC 14:32.6
3	Ross Keane	29/01/2009	ECAC	11:22.8	3	Delia Baldock	23/10/2008	ECAC 14:43.1
<b>M50</b>					<b>W50</b>			
1	Pete Sullivan	12/03/2009	ECAC	10:38.1	1	Carol Bowman	18/12/2008	ECAC 15:17.7
2	Bernard Mangan	24/02/2009	UWA	11:04.6	2			
3	Greg Vander Sanden	8/01/2009	ECAC	11:06.9	3			
<b>M55</b>					<b>W55</b>			
1	Bjorn Dybdahl	14/10/2008	UWA	11:17.0	1	Liz Neville	9/10/2008	ECAC 12:58.1
2	Duncan McAuley	25/11/2008	UWA	11:43.2	2	Diane Jones	23/10/2008	ECAC 16:11.5
3	Graeme Dahl	12/11/2008	UWA	11:46.4	3	Sarah Ladwig	12/03/2009	ECAC 16:51.2
<b>M60</b>					<b>W60</b>			
1	Bruce Wilson	13/12/2008	PL	11:28.5	1	Gillian Young	5/02/2009	ECAC 13:15.5
2	Ivan Brown	9/12/2008	UWA	12:28.7	2	Shirley Bell Peggy	23/10/2008	ECAC 13:56.3
3	Bruce Mathieson	9/10/2008	ECAC	13:01.1	3	Macliver	9/10/2008	ECAC 14:20.9
<b>M65</b>					<b>W65</b>			
1	Bert Carse	4/12/2008	ECAC	10:53.1	1	Lynne Schickert	23/10/2008	ECAC 20:46.3
2	Bob Schickert	4/11/2008	UWA	12:12.8				
3	John Oldfield	12/03/2009	ECAC	12:19.1				
<b>M75</b>								
1	David Carr	23/10/2008	ECAC	13:05.2				

## **Appendix B**

### **New State Records at MAWA State Championships 2009**

A total 25 records were set this year and surprisingly for WA's lofty standards no national records were achieved. Bev Hamilton had a field day with no less than five new records. The M40 Weight Throw had the unusual situation where three athletes broke the record for that event. Kevin Webster (10.48) and Damon Vincent improved the mark during the Weight Pentathlon only to be surpassed the next day by Sakkie Mathewson.

In addition to these records, four new records were set at the recent National Multi -Event Championships and New Zealand Championships by Don Chambers and Carolyn Wills.

#### **MEN**

100mH M50 (17.47, Garry Ralston, 2008)	Garry Ralston	16.8	28/3/2009
300mH M65 (55.8, Don Chambers, 2007)	Keith Martin	53.9	29/3/2009
High Jump M65 (1.20, Bob Fergie, 2001)	Keith Martin	1.30m	28/3/2009
Hammer M55 (33.10, Bob Fergie, 1993)	Geoff Gee	34.26m	28/3/09
Weight M40 (10.45, Sakkie Mathewson, 2009)	Damon Vincent	10.84m	28/3/09, Sakkie Mathewson 11.56m 29/3/09
Weight M55 (14.38, Geoff Gee, 2009)	Geoff Gee	14.96m	28/3/09
Weight Pentathlon M40 (2199, Ian Cotton, 2008)	Damon Vincent	2233 pts	28/3/09
Weight Pentathlon M55 (2715, Murray Tolbert, 2002)	Geoff Gee	3461 pts	28/3/09

#### **WOMEN**

1500m W60 (5:55.03, Jackie Halberg, 2007)	Gillian Young	5:50.9	28/9/09
300mH W65 (inaugural)	Ruth Johnson	71.3	29/3/09
1500mW W75 (12:09.0, Lorna Lauchlan, 2008)	Lorna Lauchlan	12:07.0	29/3/09
3000mW W75 (25:21.0, Glenice Shanahan, 1999)	Lorna Lauchlan	24:53.6	28/3/09
5000mW W75 (42:14.9, Glenice Shanahan, 2000)	Lorna Lauchlan	42:07.1	12/3/09
Shot W60 (9.52, Bev Hamilton, 2007)	Bev Hamilton	10.43m	29/3/09
Hammer W60 (23.93, Dorothy Whittam, 1999)	Bev Hamilton	26.09m	28/3/09



Hammer (2kg) W80 (20.08, Rae McMillan, 2007)	Rae McMillan	20.96m	28/3/09	
Weight W30 (16.44, Byrony Glass, 2008)	Byrony Glass	17.41m	29/3/09	
Weight W60 (10.33, Dorothy Whittam, 1998)	Bev Hamilton	10.79m	28/3/09	
	Bev Hamilton	10.79m	29/3/09	
Weight W70 (8.89, Dorothy Whittam, 2008)	Dorothy Whittam	9.17m	28/3/09	
	Dorothy Whittam	9.40m	29/3/09	
Weight Pentathlon W60 (3157, Bev Hamilton, 2008)	Bev Hamilton	3367 pts	28/3/09	
Pentathlon W60 (inaugural)	Peggy Macliver	3168 pts	21/3/09	
Pentathlon W65 (1500, Lynne Schickert, 2009)	Ruth Johnson	2888 pts	21/3/09	

***National Multi -Event Championships & New Zealand Championships***

Pole Vault M70 (1.50m, Don Chambers, 2008)	Don Chambers	=1.50m	1/3/09	
	Don Chambers	1.90m		8/3/09
Decathlon M70 (5295 pts, Don Chambers, 2008)	Don Chambers	5352 pts	1/3/09	
Pentathlon W35 (2455, Carolyn Wills, 2009)	Carolyn Wills	2700 pts	9/3/09	

***Campbell Till, Club Statistician***