



Lahti
2009



Sacramento
2011



Porto Alegre
2013



Perth
2015?

The main track at
the 2009 World
Championships in
Lahti, Finland.
Photo: Graeme Dahl



Games bid on track

The bid for the 2015 WMA Championships remains on track. A committee comprising representatives of Eventscorp and three MAWA members is meeting regularly. Work is in hand on the final bid documents. These go public with a formal presentation to the WMA AGM in Sacramento next July.

Our three competitors for the Championships – Bydgoszcz/Torun

(Poland), London (UK) and Lyon (France) are no doubt also working hard on their final presentations.

The twin-city bid from Poland is the dark-horse, yet has strengths. Poland has ridden out the financial woes quite well, and Bydgoszcz has a strong athletics pedigree. It is a popular venue with the IAAF, hosting international events over 30 years. Lyon has also been the scene

of many international athletics events. The Rhone valley is a popular tourist destination. London well, what can one say? Who would not want to compete in an Olympic stadium? If they can find the cash to support this bid it would be a very strong contender.

See next month's TFNL for an in-depth analysis of this stiff competition.

Don't mess
with golden
gloves OW

I wonder how many of you are aware that the club has a pole vault champion in its ranks. Mun Hong Ow, known as Ow, is member no. 873 and, coincidentally, is 73 years old. Back in the 50s, in Singapore, he was the Combined Schools and also Inter Club Pole Vault Champion representing Singapore at International meets.

At age 43 he broke the Singapore Masters All-comers record. In those days he was using a bamboo pole, only good for a single season, or a heavy steel one, and landing on sand rather than mats.

Ow is currently trying to obtain a fibreglass pole to suit his physique, so look out for him at the WAAS meetings. He thinks that with regular training he should easily be able to vault over 2.5m – the current M70 state record is 2.03m.

Ow has also won gold medals in boxing, was the Singapore National boxing coach and is an exponent of kung-fu – so don't mess with him!



Mun Hong Ow



Photos: GRAEME DAHL

One hop, One step, One jump ... Campbell Till shows how to do the triple jump.

Carr sets high bar

As at November 24 we are five weeks into the 2010 Patron's Trophy with nine events completed. So with three weeks and five events still to come it is a good time to take stock. Bear in mind that positions can change rapidly in the final weeks as athletes drop their weaker results in preference for later ones.

In the men's competition, David Carr has been in the box seat from the off. A state record in the first event sets the bar really high for your opposition. Nobody has managed to raise themselves to that level, so David has built up a commanding lead. As with the 2008 result, Campbell looks to be his closest challenger, but he

1 David Carr	552 (8)	1 Peggy Macliver	516 (7)
2 Maurice Creagh	426 (8)	2 Gillian Young	435 (6)
3 Bob Shickert	422 (7)	3 Lorriane MacLellan	423 (8)
4 Campbell Till	413 (6)	4 Sarah Ladwig	414 (7)
5 Kim Thomas	368 (7)	5 Lynne Shickert	404 (7)
6 Peter Hopper	332 (6)	6 Regina Crouch	320 (7)
7 Derry Foley	332 (6)	7 Carol Bowman	254 (5)

is some distance behind. Bob Shickert, Maurice Creagh and Peter Hopper look to be battling it out for the other places.

Peggy Macliver started just as impressively in the women's competition. Having sat out the 10,000m, her 3000m time would also have been a state record but for a shortage of timekeepers. However, she

does face a tough battle, with the ladder lead alternating between her and Gillian. Peggy now holds the edge, particularly with Gillian still having a throw to complete, but the margin is tighter than the men's.

Behind these two, Lorraine MacLennan, Sarah Ladwig and Lynne Schickert are all within touching distance of each other.

Roll of Honour

November 2 — UWA
Peter Kennedy M90 Discus 11.38m
Peter Kennedy M90 Long Jump 1.67m
November 5 — WAAS
Paul Foley M45 Javelin 42.51m
November 9 — UWA
Rocky Cloete M60 Shot 11.59m
November 11 — UWA
Lajos Joni M55 Hammer 42.41m

November 19 — WAAS
Lajos Joni M55 Hammer 42.94m
November 25 — ECAC
Lajos Joni M55 Weight 15.72m SR
(Not previously reported)
August 8 — Perth
Scott Tamblin M30 Half Marathon 1:11.27

Gold rush in east

Rob (Tolly) Antonioli strides out. Tolly was one of seven Western Australian athletes who won medals at the Pan Pacific Masters Championships.
Photo: VIC WATERS

Seven West Australian athletes punched above their weight with a 27 medal haul at the Pan Pacific Masters Games on the Gold Coast, Queensland in November. More than fifty per cent were gold with the medal count 14 gold, 12 silver and 5 bronze.

David Clive was the star with five gold medals, three of those over 90 per cent age-graded in the 60m, 100m and 200m. The 300m and long jump were near the 87 per cent mark.

Melissa Foster capped off a successful trip east with gold and a games record in the triple jump, gold in the long jump and two silver medals in the 60m and 100m respectively.

Another games record went to Bjorn Dybdahl in his 4km cross-country gold medal run. This gold took his tally to three with success in the 800m and 3000m steeplechase events. Strong performances in the 400m, 1500m, 3000m and 5000m were all rewarded with silver medals.

Rob (Tolly) Antonioli and Mike O'Reilly each won a gold medal in their 400m events with Tolly snaring silver in the 800m and two bronze in the 1500m and 3000m. Mike added two silvers in the 800m and 1500m.

Former MAWA member Roscoe McDonnell won two silver and bronze medals.

Results

Long Jump						200m finals				3000m						
David Clive	M70	4.40	-1.2	GOLD	87.82%	Colin Smith	M45	26.32	+1.2	SILVER	83.32%	Roscoe McDonnell M50	10:46.98	BRONZE	79.02%	
Melissa Foster	W30	4.81	-0.2	GOLD	64.91%	Rob Antonioli	M55	28.66	-0.1	5/7	82.62%	Bjorn Dybdahl	M55	11:02.37	SILVER	80.48%
						David Clive	M70	29.98	-2.4	GOLD	90.13%	Rob Antonioli	M55	11:30.36	BRONZE	77.88%
Triple Jump						300m						5000m				
Melissa Foster	W30	10.30	w/s 0.0	GOLD	68.85%	Colin Smith	M45	41.35		GOLD	81.93%	Roscoe McDonnell M50	18:54.50	BRONZE	77.53%	
						Rob Antonioli	M55	45.62		4/4	80.03%	Bjorn Dybdahl	M55	18:54.24	SILVER	80.86%
						David Clive	M70	49.07		GOLD	86.94%	3000m steeplechase				
60m						400m						Roscoe McDonnell M50	11:49.76	SILVER	81.10%	
Melissa Foster	W30	8.66	-0.3	SILVER	79.70%	Colin Smith	M45	56.90		GOLD	85.25%	Bjorn Dybdahl	M55	12:25.02	GOLD	80.52%
Colin Smith	M45	8.11	-0.4	4/7	87.18%	Rob Antonioli	M55	62.26		GOLD	83.83%	4km Cross-country				
Rob Antonioli	M55	8.79	+0.1	6/7	86.80%	Bjorn Dybdahl	M55	63.43		SILVER	81.76%	Roscoe McDonnell	M50	15:31.58	SILVER	
David Clive	M70	8.96	+0.1	GOLD	93.97%	Mike O'Reilly	M70	74.39		GOLD	80.80%	Bjorn Dybdahl	M55	16:05.93	GOLD	
100m - Qualifiers						800m										
Colin Smith	M45	13.02	-1.3	Q		Colin Smith	M45	2:45.43		BRONZE	68.48%					
100m finals						Bjorn Dybdahl	M55	2:25.05		GOLD	84.96%					
Melissa Foster	W30	13.84	+1.4	SILVER	75.79%	Rob Antonioli	M55	2:27.69		SILVER	84.12%	4x100m relay - composite teams				
Colin Smith	M45	12.91	+2.4	4/8	83.35%	Mike O'Reilly	M70	2:58.37		SILVER	78.83%	AUS 'A' (includes Colin Smith)	M45	51.87		
Rob Antonioli	M55	14.01	-3.2	7/9	82.44%	1500m										
David Clive	M70	14.02	+1.0	GOLD	91.87%	Bjorn Dybdahl	M55	5:11.41		SILVER	82.21%	4x400m relay - composite teams				
200m qualifiers						Rob Antonioli	M55	5:17.66		BRONZE	81.28%	AUS 'A' (includes Colin Smith)	M45	4:12.35		
Colin Smith	M45	26.61		Q		Mike O'Reilly	M70	7:16.51		SILVER	66.27%					



Rob Shand shows his javelin style.

Photos: Vic Waters

Rob loves a challenge

Rob Shand was born in 1932 in Bulawayo, Southern Rhodesia. At Milton School, he started athletics at age 12 and continued with middle distance at university in Cape Town. Here he added cross country and road racing to his repertoire and as well as a Bachelor of Architecture he also gained his Athletics blue.

He competed in the South African Junior Championships in 1952 coming second in the 880yds in 2m1.3s. In the same year he set a national record for the mile in Rhodesia. During the following two years he ran 52.3s for the 440yds, 1:57.8 for the 880yds and 4:19.6 for the mile (still PBs for those distances) and competed in the South African Open Championships.

He worked as an architect in Northern Rhodesia and the UK and migrated to Perth in 1961. He continued working here, with a term off to do his Master's degree in Melbourne (where he ended up lecturing the course since he "knew more than the people running it?!"), then started up on his own in 1980.

After a lay-off in the UK, Rob started exercising again when he came to Perth,

playing squash and running on the treadmill. He joined the Vets in 1975 and proudly wears No.9. With Vets and Masters he has run everything from 800m to marathon, clocking up some impressive times. In a glorious period from age 45 to 47 he set PBs for a dozen different distances most of which were State Records. His 16.248km for the one hour race in 1977 still stands today. He ran five marathons, his fastest being 2:52.07 and his slowest, and last, 3:05.12. He extended his participation to field events and, suffering from a worn out knee, his last run was in the pentathlon 1500m race at the Australian Vets Championships in 2003.

In Singapore's 1982 SE Asian Championships he took gold in the 5km, 1500m and 10km, the last two being all-comers' records, and also bronze in the javelin. Rob has also competed in several Australian Vets/Masters Championships. In Perth 1977 he picked up two golds and a silver in the 800m, 1500m and 10km respectively. When Perth 2003 came around he was a field athlete and took two golds and a bronze in the pentathlon, javelin and discus. In 2010, he broke the

state record in winning the javelin silver medal and bronze in the shot.

This is surely sufficient achievement for one man but Rob likes challenges. In 2000, at age 68, no longer able to run distance, he took up swimming. Every year until suffering a heart attack in 2009 he figured in state and/or national top ten rankings in a variety of distances. In 2003 he was No.1 in the state 1 hour race.

Rob's talents also stretch to the admin side of athletics. For five years from 1976 to 1981 he was the secretary of WAVAC as well as editor and distributor of the newsletter – forerunner of *Vetrun*. So issues from No.40 to No.103 were delivered in the Cottesloe, Nedlands, Dalkeith and Mosman Park areas by a man on the run – that's dedication.

Rob is married with two children and two grandchildren and hopes to continue throwing and maintaining current standards; but the two exclamation marks he placed after this last comment suggest he has no false hopes. However, he will be working towards competing in the State Championships in 2011 and hoping for results which do him justice. Good luck!



TOP: The field sets off for the 3000m at UWA.

RIGHT: Craig van Waardenburg prepares for lift off in the weight throw.

LEFT: Allan Billington leads Norm Richards in the 400m

ABOVE: Dave Wyatt sails through the air in the long jump.



T&F Programme for December/January

ECAC	UWA							
Dec 2 [^]	Dec 7	60m	1500m PT	300m	3000m r/w	Triple jump High jump [^]	Discus	Javelin PT
Dec 9 [^]	Dec 14 [*]	800m	100m	3000m r/w	200m PT	Long jump	Wt throw	Hammer [^] Javelin [*]
Dec 16 [^]	Jan 4	200m	2000m r/w	60m	600m	Long jump High jump [^]	Javelin	Shot
Jan 06	Jan 11	100m	1 mile	400m	5000m r/w	Triple jump	Shot AGT	Weight throw AGT
Jan 13	Jan 18	60m	800m	200m	3000m r/w	Long jump	Javelin AGT	Discus AGT



Melissa Hynds enters the main straight in the 4000m race.



Sue Bourn and Peggy Macliver battle for the lead in their heat of the 200m at ECAC.



Kim Thomas gives niece Storm some encouragement.



Corey Thomas leads new club member Jane Sneesby.



Stan Jones concentrates on his form during the walk.



Regina Crouch prepares for take off in the Patron's Trophy triple jump.

October 28

ECAC: The second round of the Patron's Trophy saw 16 athletes throwing the discus and 22 completing a 3000m race. Conditions were almost back to winter standard with a blustery, cold wind blowing and making good times challenging. Women's trophy holder **Peggy Macliver** took a leaf out of men's holder **David Carr's** book and began her defence with what would have been a stirring state record on the track. 14m 12.9s is 8s below her own state record, and just like in David's case last week, her old mark was set in last year's PT. However, the time cannot be ratified because there was only one watch, but Peggy's 86.6% gives her a great start.

But, she still does not have it all her own way; **Gillian Young** pipped her on percentage with an 87.3% run, with **Tessa Brockwell** running a terrific 83.3%. In the men's event, **David Carr** again topped the bill with 80%. Other notable scores in the 3000m were **Robin King** (78%), **Brian Hewitt** (76%) with **Sarah Ladwig**, **Bob Schickert**, **David Solomon**, **Maurice Creagh** and **Steve Fuller** also in the 70s.

In the trophy discus throw, top marks again went to **Peggy** with a throw of over 15m. **Steve Fuller**, **Nick Miletic** and **Derry Foley** had the highest percentages in the men's competition. PBAs with the discus were recorded by **Lorraine MacLennan**, **Kerriann Bresser** and **Maurice Creagh**. Elsewhere in the field there was a non-trophy discus event (with 6 rounds instead of the PT's three) and **Lajos Joni** set a new PBA of almost 35m. The long jump was won by **Matt Staunton** with a jump of 5.41m. **Derry Foley** wound back the clock, his leap of 2.91m defying his M80 age. **Regina Crouch** also jumped a new season's high of 3.18m.

Earlier on the track the sprinters found the difficult wind conditions very challenging and most will want to forget



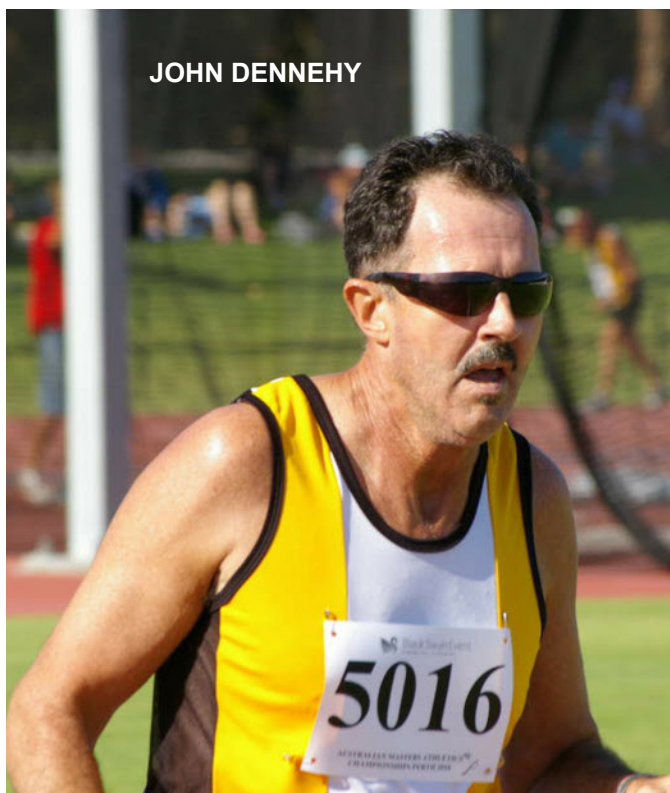
ROBIN KING

the times recorded tonight. However, there were two respectable 800m races. **Kim Thomas** won the main heat in 2:29, and **Robin King** just failed to catch **Toni Phillips** in the ladies' heat, both dipping inside three minutes.

November 2

UWA: Not as busy a night as last Thursday, but there was still much action at UWA tonight; in fact it was so busy that track organiser **Barrie Kernaghan** found no time to run himself. Three heats of the 100m opener produced PBAs for **Craig van Waardenburg** (13.6s) and **Peter Gare** (15.0s). Peter's heat produced a terrific finish with **Nick Miletic** and **Norm Richards** recording the same time of 15.0. Two good heats of 800m were won respectively by **Bjorn Dybdahl** (preparing for the Pan-Pacific on the Gold Coast) and **John Collier**. Then followed the Patron's Trophy 3000m. **Milton Mavrick** (14:36) and **Gill Edmonds** (15:34) recorded the two PBAs in the race; it was Gill's third in four weeks over this distance. The main points scorers were winner **Bjorn Dybdahl** (80.12%), a jet-lagged **John Oldfield**, revelling in the Perth heat with 72.7%, with **Frank Gardiner** and **Duncan McAuley** also breaking the 70% mark.

The PT field event tonight was the discus. **John Dennehy** (pictured) had tonight's PBA (18.77m), but the highlight was **Peter Kennedy's** M90 state record – his first of the night. Peter threw 11.38m, and followed up with a second SR in the long jump (1.67m). Other highlights in the field events were a PBA for **Andrew Ward** with the discus and two new age-group highs for **Craig van Waardenburg**, first with the discus and then the heavyweight.



JOHN DENNEHY

Analysis of the results

November 4

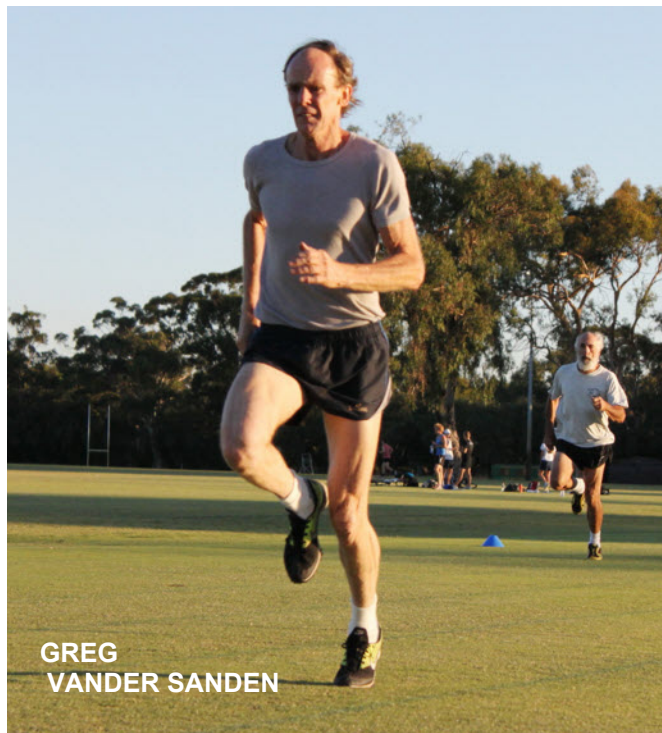
ECAC: A cool, blustery westerly wind made times difficult for the sprinters at Coker Park. So most used the 200m and 60m as warm-up for the 400m trophy event, to come at the end of the evening. **Chris Neale** and **Matt Staunton** recorded the best times in the short 60m dash. A 5000m race was sandwiched in between. **Rod Hamilton** made a welcome return to the track after an absence of almost a year, and led from the gun to take the race in a swift 19:45.

Another feature of this race was the battle between **Sue Bourn** and **Tessa Brockwell**. For ten laps or so they were alongside each other, Tessa tracking every move by Sue. As Tessa moved on to Sue's shoulder on the final lap it was time to dig in and it was Sue who crossed the line just ahead. Great racing ladies!

On to the evening's major event. Four heats of the 400m were required, with starter **Tom Lenane** marshalling events. A very high quality first heat was taken, as expected, by **Chris Neale** (81%). However, **Greg van der Sanden** (pictured, 83%) put in an excellent race to dip under the minute as well, with **David Solomon** (75%) taking third spot.

The likely trophy contenders were in either the second or third heats. This is one of **David Carr's** speciality distances, and he did not disappoint, notching up a spectacular 94%. **Peggy Macliver** (86%) clawed back some of **Gillian Young's** early trophy lead as Gillian recorded an excellent 78%. Other 70-plus performances came from the evergreen **Bob Schickert** (77), **Delia Baldock** (pictured) (73) and **Carol Bowman** (72).

Earlier, in the shot circle, more points were on offer. Pride of place was once more taken by **Peggy Macliver** with a season's best and 55%. PBAs went to **Nick Miletic**, **Kim Thomas**, **Carol Bowman** and **Lorraine MacLennan**. Three throwers were not competing for



GREG
VANDER SANDEN

points, so they had six puts, with **Matt Staunton** continuing his preparation for February's decathlon. His put of over 11m was the best of the season for him. **Bev Hamilton** also threw an SB (8.67m). All three hammer throwers had SBs – **Lajos Joni**, **Matt** and **Bev** again. Meanwhile the ever-willing **Les Beckham** took charge in the jumps pit as six of the best hopped, skipped and jumped as best they could. **Mark Matcham** joined the list of 10m-plus triple-jumpers this season with 10.09, and **Sarah Ladwig** had a PBA to enjoy the evening with.

November 5

Strive Interclub, WAAS: It's early in the Strive season and only seven MAWA members were there on a warm, fairly still Friday evening. **Paul Foley** was the busiest of them, with three throws events and a high jump; this included the javelin, in which he set a new M45 SR of 42.51m. **Bev Hamilton** and **Byrony Glass** continued their warm-up for the season ahead. Bev threw the hammer and put the shot, whilst Byrony concentrated on her specialist event, the hammer throw. On the mondo, three sprinters all recorded good times in the 100m; **Craig van Waardenburg** in what I think was his Strive debut, set an excellent PBA of 13.3. The 3000m race walk was our only other involvement, **David Smyth** recording his season's best of 16:59.

November 9

UWA: Good conditions for middle distance and longer events tonight led to nine PBAs and a state record. Pride of place goes to Rocky Cloete with a new M60 SR in the shot put. His 11.59m broke the mark set by Ed Carroll some ten years ago. The sprints were fairly uneventful, apart from seeing the return of your analyst as starter, with the inevitable false start for one of the regulars.

CONTINUED -- Page 9



DELIA
BALDOCK

Analysis of the results

FROM PAGE 8

In the 3000/5000, **Gill Edmonds** set a fourth PBA in successive weeks with 15:28 (3000m); new age marks in the 5000m were set by winner **Grahak Cunningham** (19:01), **Keith Edmonds** and **Milton Mavrick** (pictured).

The trophy event tonight was the 400m. **Campbell Till** (83%) and **Peggy Macliver** (82%) were the stars, although Peggy's mark was less than she recorded at Coker Park last week. Close calls went to **Duncan McAuley** (returning to race fitness after injury), **Keith Martin** and **Mark Elms** (all 79%). The PT is beginning to take shape after five events – see the separate report for a full update.

Five more PBAs went to the throwers, as well as Rocky's state record. **Derry Foley** put the shot 5.42m, and further PBAs were garnered with the javelin by **Julie Plackett**, **Maria Trolio**, **Rocky Cloete** and **Mark Elms**.

November 11

ECAC: A breezy evening started with a large field running a 1500m race. **Paul Odam** and **Margaret Saunders** set a good pace, making it an excellent warm-up for important points events to follow. **Lorraine MacLennan** set a new PBA of 6:17, with a number of others running SBs. **Regina Crouch** continues to impress, and was pleased with her new PBA in the 1500m walk.

Fairly uneventful 400s and a 3000m were next, before the 30-strong field made its way to the 100m start. Six heats followed, testing the skills of the two judges and three timekeepers with a number of very close finishes. Top points went to **Peggy Macliver** (87%). Next highest was **Chris Neale** (80.7%), followed closely by the



MILTON
MAVRICK

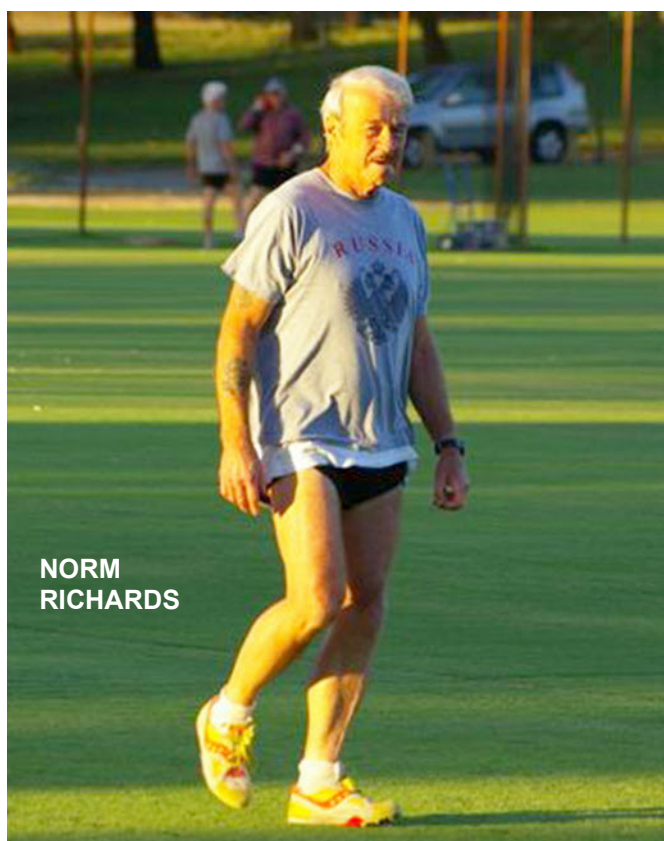
evergreen **David Carr** (79%) and **Mark Elms** (78.9%), although Mark is not aiming for a completed trophy series.

Peggy Macliver had earlier set a new PBA of 3.68m in the long jump – still 17cm short of the long-held W65 state record belonging to **Pat Carr**. Maybe she'll go closer when the points are at stake in December. **Chris Neale** also showed his class with a jump of 5.73m to lead tonight's field. The trophy field event tonight was the hammer throw – with only four brave enough to attempt it. **Lynne Schickert**, never afraid to have a go, set a new PBA of 12.72m gathering 31 points. Five regular throwers took part in a non-points hammer event, with **Lajos Joni** raising the M55 state record to 42.43m. **Matt Staunton** also had a noteworthy throw of almost 39m, and followed this up with a PBA of 12.49m with the shot.

November 12

Strive Interclub, WAAS: The MAWA athletes are trickling back to the new stadium for these Friday night floodlit meets. **Lajos Joni** joined the throwers and continued his excellent early-season form, although short of his ECAC state hammer record from the previous evening. **Matt Staunton** however threw a new PBA of 41.47m in this highly technical event. Matt continued his good form on the track with a 33s timing in the 200m hurdles.

Sprinters **Mark Elms** and **Norm Richards** set new SBs in the 200m, with **Andrew Brooker** producing another solid 800m time of 2:11.2. **Bruce Wilson** enjoys a challenge, and likes to add the variety of race walking to his repertoire from time to time. Although not up with the pack, a 1500m walk in 9:03 at M65 is a highly creditable performance.



NORM
RICHARDS

Analysis of the results

November 16

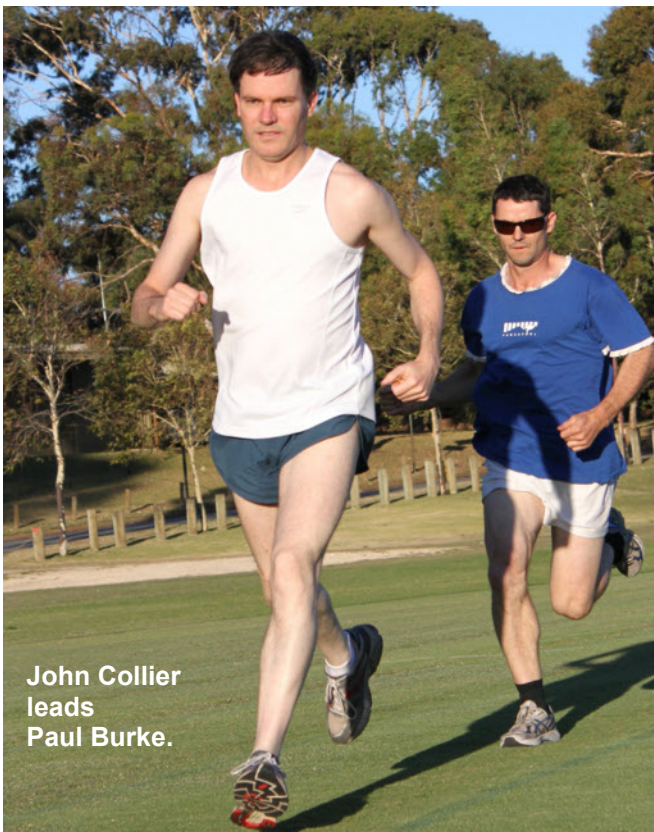
UWA: Warm, pleasant conditions greeted us at McGillivray this evening, with a moderate breeze to take the edge off the temperatures. These sounded ideal conditions for sprinting and so it turned out. The trophy 100m at the end of the evening saw no less than eight of the 13 entrants break 80% - surely a record in itself for a weekly meet? **Garry Ralston** not only edged out **Craig van Waardenburg** in the 'quickies' heat, but also took the percentage honours with almost 90%. Others over this high benchmark were **Peggy Macliver** (87%), **Craig** (85% and a PBA), **Norm Richards** (84%), **Campbell Till** and **Barrie Kernaghan** (both 83%), **Peter Gare** (81%) and **Dave Wyatt** (80%).

The evening started with a 1500m, the breeze quite strongly against in the home straight at this stage. **John Collier** ran **Paul Burke** (pictured) quite close, but dropped back on the last lap. **Gavin Howard** finished strongly to record a PBA. Two heats of the 400m were used as a sprint warm-up by most, but **Milton Mavrick** helped himself to a PBA as the wind eased. A good quality 3000m was next, with PBAs to **Greg Vander Sanden**, **Gavin Howard** and a strong finishing **Gay Wyatt**.

There were few takers for the field events, only three long jumpers and three throwers.

November 18

ECAC: Another hectic evening at the Ern Clark Centre began at 5.30 as the triple jumpers continued their trophy challenge. 13 members took to the runway, led by ladies'



John Collier leads Paul Burke.



LORRAINE MACLENNAN

trophy holder **Peggy Macliver** with 7.15m for 76.5%. **Delia Baldock** and **Derry Foley** also had 70%-plus for the event..

The evening on the track started with three heats of 200m. **Mark Matcham** and **Lorraine MacLennan** each had PBAs. Heat winners were **Colin Smith** (26.7s), **Paul Burke** (28.6s) and **Sue Bourn** (32.9s). **Kim Thomas** lapped everybody in the 4000m race, as most others appeared to be using it as a warm-up for the 800m trophy at the end of the evening. Before that there was a 60m dash. **Rudy Kocis** equalled his PBA of 7.7s. Six others set or equalled their season's best over this very short distance that challenges judges and timekeepers almost as much as the runners.

The large field for the 800m necessitated four heats. There were some excellent races, in addition to the points-gathering. **Paul Burke** led home the fast heat with an excellent 2:31, with **Margaret Saunders** showing her class over this distance in taking the second heat. Margaret had an excellent tussle over the last lap with 800m specialist **David Carr**.

David was marginally ahead as they rounded the final bend but the lady dug in and came home with a second in hand. The battle was great for David's results though. With a time of 2:49.6 the men's trophy holder pocketed a stunning 92.8%. **Peggy Macliver** was also in the points with 86%, followed by **Margaret** (81.5%) and **Gillian Young** (78.8%). PBAs went to **Lachlan Marr** and **Lorraine MacLennan**.

In the field, a high quality discus event saw PBAs for **Steve Fuller** (23.69m) and **Derry Foley** (14.65m), whilst **Andrew Ward** had a similar personal landmark with the javelin (31.59m).

Analysis of the results



GARRY RALSTON

November 19

WAAS: The main Masters' focus tonight was in the field events, with the hammer most popular. **Lajos Joni** set his third SR in five weeks with a throw of 42.94m. **Byrony Glass** threw further (49.97m), but she is struggling to find her amazing 55m-plus form of last season. Four other MAWA members flew the flag – **Kate Glass**, **Craig van Waardenburg**, **Bev Hamilton** and **Paul Foley**. All except Kate also took part in the disc competition, where they were joined by **Matt Staunton**.

Melissa Foster was also at WAAS tonight, in what I'm sure is her first appearance there under the MAWA banner. Melissa is a very strong jumper, with 5.11m in



PETER GARE

the long jump and 10.18m in the triple. On the track, **Craig van Waardenburg** and **Matt Staunton** clocked almost identical times in the 13.30s for the 100m, although in separate heats. **Matt** then went on to cover the same distance over hurdles as further preparation for his decathlon. The MAWA evening was completed by **Paul Mitchell** with a good 4:31 1500m and **Bruce Wilson** produced a swift 8:42 in the 2k steeplechase.

November 23

UWA: With the 800m and triple jump on the trophy calendar, a busy time was expected. Even so, numbers were by some distance the best of the season so far, with almost 40 turning out on a pleasant, if breezy evening.

Four heats of the 200m were first off the block. Heat winners **Greg vander Sanden**, **Richard Williams**, **Garry Ralston** and **Peggy Macliver** each looked forward to a good evening, and they were not to be disappointed. **Greg** took out the 4000m race that followed in an impressive 14:51; **Richard**, returning from injury, came second fastest in the 60m dash, led by **Garry** (pictured), who also produced a spectacular 10.41m in the triple jump. And **Peggy** rarely disappoints when it comes to trophy nights. With an excellent jump and 800m already locked away from last Thursday, she strolled through this evening's 800 but still notched an impressive 81%.

The field events produced the only PBAs of the evening. **Bob Schickert** maintained his trophy challenge with a 50% triple jump of 5.64m. **Peter Gare** (pictured) again showed his versatility; although he would probably count the sprints as his major events, he still threw the discus a very impressive 32.77m. **Maria Trolio** was the third to exceed her previous best age-group performance, hurling the javelin 22.61m.