

David Carr powers off the final bend during competition at ECAC.



Peggy Macliver sails through the air in the points round of the long jump.

Photos: Graeme Dahl

Cream of the crop

The winners of the Patron's Trophies for the current season are David Carr and Peggy Macliver. These two exceptional all-round performers have now been joint winners of the award for four of the past five seasons.

Only Campbell Till, two years ago, has managed to knock David off the top spot. Nobody has come close to Peggy in these five years of monopoly.

In all, it is David's sixteenth success in the 33 years of

competition, and Peggy's fourteenth. And neither shows any sign of weakening their hold.

Peggy's win brings her longest winning streak to five years in succession. This is matched only by Jan Fletcher

from 1983 to 1987 and David from 1989 to 1993.

Both this season's winners have won the award across a broad spectrum of age groups with David's first win coming in M45 and Peggy's in W45.

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Campbell's close chase

Last year's Trophy winners each began their defence this season with a state record. David Carr opened his account by knocking 14 seconds off his own M75 state record in the 10,000m on October 21, notching 87 points in the process. The two men who eventually finished closest to him, Campbell Till and Bob Schickert, each gave this event a miss, as did Peggy Macliver.

Peggy started her defence the following week with a 3000m race. Her time was well inside her own W65 state record, but with only two watches recording the time it could not be ratified. Nevertheless, she also had 87% as a starting point and the holders were in control. At this stage it looked as though Gillian Young might be the one to challenge Peggy most closely, and this was the case for the first month or so of competition.

Unfortunately, injury cut Gillian's challenge short, and it was left to Lorraine MacLennan, Sarah Ladwig and Lynne Schickert to keep Peggy on her toes. Regina Crouch, in her first attempt at the trophy also maintained interest throughout as these five completed the leader-board at the conclusion. Peggy's margin of victory – more than 200 points – gives a clear indication of the superiority she holds over the other women in the club.



CAMPBELL TILL



SARAH LADWIG

Men's tally

David Carr	726.05
Campbell Till	709.88
Bob Schickert	662.97
Kim Thomas	596.15
Maurice Creagh	568.90
John Dennehy	563.35
Peter Hopper	557.59
Derry Foley	536.51
Nick Miletic (9)	497.71
Kevin Collins (4)	197.58

Women's tally

Peggy Macliver	820.83
Sarah Ladwig	612.29
Lorraine MacLennan	581.33
Lynne Schickert	575.19
Regina Crouch	486.83

Injury and work commitments saw a number of the men fall back as the eight-week competition unwound, with only eight completing the full ten events. The winner of two years ago, Campbell Till, always looked as though he was to run David Carr closest. Campbell scores highly on short and middle distance events, competes well over longer distances and is a good jumper. David's winning margin was gradually whittled down to 16 points at the end, but even Campbell always felt that David was "just out of

reach". Bob Schickert, in third place, has battled gamely in recent years with an irritating breathing problem that restricts his performance over the longer distances. For a man with a long history of top results over 3000m, 5000m and 10,000m races it meant that there was never a realistic chance of finishing at the top. But Bob is a battler – see the profile in this issue – and he fully deserves his rostrum finish.

Kim Thomas, the youngest athlete to complete the trophy, was a very creditable fourth. Maurice Creagh, John Dennehy

and Peter Hopper were separated in the final table by only a handful of points, maintaining interest in the middle of the table throughout, with Derry Foley our oldest competitor to complete the gruelling ten events.

It is a sad reflection that only one man and two ladies under 50 completed the trophy this year. The average age of the thirteen finishers is 60. But let nobody take anything away from our two deserving winners. We are very fortunate in the club to have two such gifted all-round athletes.

Roll of Honour

November 30 — UWA			
Peter Kennedy	M90	Wt Throw	6.46m
December 2 — ECAC			
Barbara Campbell	W70	Discus	20.19m
December 9 — ECAC			
Derry Foley	M80	Long Jump	2.95m
Bev Hamilton	W65	Wt. Throw	11.99m
Bev Hamilton	W65	Hammer	28.70m
Lajos Joni	M55	Hammer	43.98m
December 14 — UWA			
Peter Kennedy	M90	3000m	34:27.5
December 16 — ECAC			
Bev Hamilton	W65	Shot	8.96m
Bev Hamilton	W65	Javelin	19.83m
Rudy Kocis	M45	60m	7.30s
December 17 — WAAS			
Bev Hamilton	W65	Discus	22.30m

Bev's record frenzy

The club's statistician had already been alerted to be prepared for a clutch of state records as Bev Hamilton was about to turn 65. But the speed with which all five throws records have been broken has stunned all of us.

At ECAC, the day after her birthday and with the cake just about digested, the weight throw and

hammer records fell to the strong lady. A week later at the same venue it was the turn of the shot put and javelin records to fall.

Still with a thirst for more, Bev completed the clean sweep the following day at the Strive meet. This time it was with the discus. Nine days, five records – is this another record?



Get set for relays



Rob (Tolly) Antonioli takes off after receiving the baton from Nick Miletic at the nationals.

Photo: GRAEME DAHL

For the last three years February has been relay month. We have had world records, Australian records and state records by the bagful. Well, it's on again in 2011. They are officially called the *AMA National Postal Relays*, and we can run them any time during February.

WA still holds a large number of titles nationally on the track, and even a few of the throws relays against the much stronger Eastern States. We have acquired

the reputation of the relay kings and queens of Australia. We need to get organised and motivated to ensure that we live up to this reputation.

To help you work out your best teams, John Oldfield has put together a list of all recorded performances since the Nationals last April in all four track relay distances. These are on the website, on the usual results archive page. A copy of this will be in the relay folder on Tuesdays

and Thursdays throughout this month. Please remember that the national competition works in 10-year age groups (e.g. 30-39, 40-49, etc.). Wherever possible, teams should include only athletes within their own 10-year age range. Please do not try to poach athletes from an older age group without consultation!

Get yourselves organised – get training and practising changeovers – and most of all – be part of it!

Race for the 2015 World Masters



London calling

For sure everybody knows about London – a big, bustling, noisy city. But the attraction of London is not in beauty or culture. London is a city everyone wants to visit at least once in their life; its history, its night-life, its cosmopolitan nature – these all guarantee a varied appeal. And when that is combined with the attraction of competing in an Olympic Stadium then it can become an intoxicating mix.

Questions remain, even amongst the bidders themselves. Will the athletics track still be there in 2015? Will the huge cost of a bid be available to the British Masters Athletics Federation?

If the answers to these three questions are all “Yes” then this has to be considered the most audacious and viable alternative to Perth.



Polish challenge

The cities of Bydgoszcz and Torun are on the banks of the lovely Vistula River in the centre of Poland. Bydgoszcz is industrial, although its residents are proud of its cultural heritage. It has a lovely area of granaries and bridges, known as *Bydgoszcz Venice*, which is extremely attractive. The people boast about the Concert Hall, home to a superb philharmonic orchestra.

As a venue for athletics events, the city has a long pedigree. It has been a choice of the IAAF for championships dating back to the World Juniors in 1979. Only this year, the city hosted the IAAF World Cross-Country Championships in March and the ENEA Cup in June, the

first of this season's European Athletics Premium meetings.

Torun is widely known for its Gothic beauty. The old town centre is a World Heritage-listed site. The beautiful setting along the river banks makes Torun a wonderful tourist venue.

Without the athletics pedigree of Bydgoszcz, Torun still has much experience in hosting major sporting events.

Last year it was the home of the biennial Polish Summer Games, equivalent to the Masters Games with a multitude of different sports. Perhaps also, we should be wary of its name; put it into Google and the first hit comes up as “Born To Run”!

France lays down gauntlet

Lyon is often known as France's second city. The city boundaries house a population of around 400,000, but with the surrounding suburbs and satellite towns 'greater Lyon' is home to about 1.5 million people. Boasting two rivers – the Rhone and Saone – Lyon also lays claim to a UNESCO World Heritage site. The old city, dominated by its gothic cathedral, is criss-crossed by narrow, cobbled streets. Its other fascinating aspect is *les traboules*; these are narrow alleyways between old renaissance houses, many renovated.

The Lyonnais are very proud of their reputation for gastronomy – many famous chefs claim Lyon as their birthplace. Culture is an integral part of French lifestyle, and no city would be complete without museums and art galleries. In addition Lyon has a famous opera house. The city lies in the heart of the Rhone Valley wine region, with Beaujolais close by to the north. Nestled between the Alps and the Massif Central it is a very picturesque area of France.

Lyon's athletic pedigree is a century old. The IAAF was founded in 1912 in Stockholm, and chose Berlin, followed

by Lyon for its next two annual congresses. The 1914 congress in Lyon approved the first-ever technical rules for international competition and published the inaugural list of official world records.

The main stadium, Stade de Gerland – home of French soccer champions Olympique Lyonnais, no longer has an athletics track. It was removed in preparation for the 1998 Soccer World Cup. The main athletics stadium is now in Parc de Parilly. This is a lovely wooded park of 500 acres on the river banks to the south-east of the city.

Action man

What do you do if you have a query about athletics in general and MAWA in particular? Everyone will tell you: "Ask Bob".

Bob was born in Melbourne in 1941. Primary school athletics carnivals were always a highlight of the year but his first open athletics experience was at secondary school in 1953 when he ran a couple of mile legs of a 24 hour race. He won his school division mile event in 1956 and competed for Ivanhoe Harriers (Victoria) from 1957-1962. During his late teens he also had enough puff to play the bagpipes! Though running regularly he didn't compete from 1963-1966 due to football commitments.

During this time he had come to Perth and met and married Lynne. In 1966 his job in insurance took them to Tasmania for a few years and then to Melbourne for nineteen years. He competed for Burnie, Tasmania and represented North West Tasmania against South and North in 1968 at 800m. In Victoria he competed on the track and with Victorian Marathon Club in road events from 1969 to 1987.

Bob and Lynne started their competitive involvement with Masters Athletics in 1977. In Victoria in 1983 they started, and then managed for several years, the East Burwood weekly track competition. Back in Perth again, they joined our club in 1988. One of their two daughters has also been a MAWA member.

Bob's focus gradually changed from middle to long distance and for 30 years he ran marathons, 50 milers and a 24 hour race. He once ran a marathon while nursing a broken big toe - "Well, you don't use your big toe much in a marathon" said Bob. Bob and Lynne organise their holidays around WMA and OAMA Championships. In the past twelve years they have competed in ten different countries on three continents, the latest, OAMA 2010 in Tahiti. Bob has also competed in the last fifteen AMA T/F Championships.

At local level, he is proud to have won the 50K Road Running Championship three times and the Patron's Trophy twice. And he will never forget winning M60 gold in the OAMA 5000m at Cook Is. in 2004 or the cross country M65 team silver at the WMA Championships in 2007 at Riccione.

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Bob's running obsession

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Being so heavily involved in administration for Masters Athletics, it's hard to know how Bob ever found time to compete. He has been MAWA president and, until 2010, had been secretary for eight years. He sits on the AMA Board and, with Lynne and Vic, has produced the last four AMA handbooks. He is also on the OAMA Council and has been secretary since 2007. Through this he has enjoyed seeing the development of Masters Athletics in the Pacific Islands. In addition, he has extensive experience as AMA team manager with WMA and OAMA.

As if this were not enough, Bob was on the board of Athletics Western Australia for six years and was involved in the development of the new WA Athletics Stadium. For over ten years he has been a WA Athletics official and has track, throws and jumps qualifications. So it is not surprising that, in 2000, he was awarded a Federal Government Australian Sports Medal (ASM) for services to athletics and, in 2004, he received the AMA Administrator of year award.

Running is an important part of Bob's life. He likes the relaxation of training and, though not always enjoyable, he finds the competitive aspect of racing challenging. He also thinks goals are important. So when he turned 60 he set himself four time-targets – and achieved all of them. Now his main aspiration is to keep running. And if he could get over the breathing problems which have recently caused a downturn in performance, that would be a bonus. During 2011 he aims to compete in the masters' state, national and world championships as well as in New Zealand. It'll be a busy year.



T&F Programme for January

ECAC	UWA							
	Jan 4	200m	2000m r/w	60m	600m	Triple jump	Javelin	Shot
Jan 6	Jan 11	100m	mile	400m	5000m r/w	Long jump	Shot AGT	Wt throw AGT
Jan 13	Jan 18	60m	800m	200m	3000m r/w	Triple jump	Javelin AGT	Discus AGT
Jan 20	Jan 25	Pentathlon	Plus 200m	1500m 60m	2000m	Long jump	Shot	Discus
Jan 27*	Feb 1	400m 4x1500 relay*	1000m r/w	100m	5000m r/w	Triple jump High jump*	Hamme r*/discus	Javelin

UWA highlights



Keith Edmonds strides out as he heads Keith Martin (far right) and John Dennehy to the finish line during the 300m



LEFT: Mark Elms gets the jump on the field at the start of the 60m sprint.

BELOW: Ivan Brown enters the main straight.



Where would we be without athletes helping out with timing and recording.



Julie Plackett makes her mark with a great discus throw.

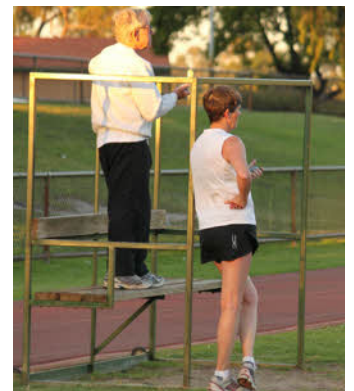
Coker Park highlights



John Dennehy and Keith Martin hit the line together in the Patron's Trophy points round of the 200m sprint.



LEFT: Delia Baldock (inside lane) keeps an eye on (from left of photo) Jamie Leonard, Sue Bourn, Fiona Leonard and Kerriann Bresser during the 200m.



Watching the watches



Garry Vogler powers on to the main straight.



Matt Staunton keeps his eye on the flight of the hammer.

November 25

ECAC: There was just the one points event tonight as we enter the three-week run-in of the PT. Many took the opportunity to practise their long jump technique, keeping **Les Beckham** very busy. **Melissa Foster** (5.25m) and **Regina Crouch** (3.52m) upped their PBAs, whilst M80 **Derry Foley** almost went one better, but missed a new state record because the wind was deemed too high. His jump of 3.04m was declared illegal for record purposes. Another SR fell; **Lajos Joni** added a further one to his increasing tally with 15.72m with the heavyweight. **Matt Staunton** is clearly enjoying working alongside Lajos and bettered his own age-group distance with a throw of 12.58m. New member **Stella Turner** also impressed with good throws in this event and also the shot.

The evening began on the track with a couple of sharp 400m runs. **Mark Elms** took out the first heat, in which season's bests went to both **Kim Thomas** and **David Carr**. The second was won by **David Solomon**. PBAs in this heat went to **Cathy Elms** and **Lorraine MacLennan**, with SBs to **Sue Bourn** and **Regina Crouch**. A solid 1500m followed, with more PBAs despite the gusty wind. This time it was **Mark Matcham** and **Mel Hynds** who had cause for celebration, Mel dipping under 7 minutes for the first time.

Three heats of the 100m sprints were next, with **Melissa Foster** having further cause for joy. She followed up her earlier long jump success with 13.7s - another PBA. **Rudy Kocis**, **Mark Elms** and **Tolly Antoniolii** were the heat winners.

And so to the 5000m, the evening's main event and last of the trophy distance races. There were no spectacular times, the gusty wind and humid conditions ensured that. However, nothing stops **Peggy Macliver**



MATT STAUNTON

when it comes to points-harvesting. Accompanied by **Graeme Dahl** for the full distance, Peggy clocked just over 25 minutes for 83%. With **Gillian Young** injured again and on the sidelines, Peggy has all but ensured yet another trophy win. **David Carr** has an almost equivalent commanding lead in the men's event, and pocketed another 77 points himself tonight. David's prowess over the whole range of distances will possibly mean that he will be able to drop this score – such is his consistency. Another notable performance was a season's best for **Maurice Creagh**, although still well down on his form of the past two seasons. **John Dennehy** also showed great determination to finish this long race, as did **Regina Crouch**. Finally, another with a huge effort tonight was **Lynne Schickert**. Lynne is one of our most gutsy competitors and always takes great pride in completing the Patron's Trophy. With no race-walk in this year's event it meant that she had to run 5000m, which she did with a PBA. Well done, Lynne.

November 30

UWA: After a very warm day, the temperature had abated quite nicely by 6pm, just right for a speedy 400m. **Craig van Waardenburg** took advantage with a PBA of 63.8s, just pipping **Richard Williams** on the line. **Richard** was one of six athletes to notch a season's best in the two heats. The subsequent 1500m saw three PBAs. **Grahak Cunningham** (5:01) was first over the line, with other PBAs going to **Keith Edmonds** and **Gavin Howard**. Each of these is improving almost week on week, and it is particularly impressive for Keith who is approaching the top end of his current age group.

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MAURICE CREAGH

Analysis of the results

FROM Page 9

Three heats of the 100m took place whilst the trophy hunters warmed up for their 5000m. **Craig van Waardenburg** again took line honours, whilst **Grahak Cunningham** recorded his second PBA of the evening. The points event closed the evening on the track, with **Clive Hicks** showing his class. Clive clocked 18:52, a season's best although well down on last year's times. Nevertheless this was worth 81% on the trophy board. **Gavin Howard** recorded his second PBA of the evening too – 23:35.

There were few throwers again. Most seem to be waiting until after the upcoming festivities. However, there was time for **Peter Kennedy** to collect three SR certificates from earlier in the season and then set a new M90 weight throw record of 6.47m. Six long jumpers prepared for the final event of the Patron's Trophy in two week's time, with **Lynne Schickert** and **Kevin Collins** each recording a season's high.

December 2

ECAC: An unseasonably cool, and very breezy evening greeted us at the Ern Clark Athletic Centre. It was hardly surprising that the sprinters produced sluggish times in the 60m heats. **Barbara Campbell**, recently joined, enjoyed her win in the final heat, and **Rudy Kocis** pulled his usual trick of setting his blocks up in the outside lane to take what little shelter the trees offered to take the first heat. **John Dennehy** took out heat 2, with **Peggy Macliver** taking the other.

The 1500m trophy event was next on the programme, and the usual large throng meandered over to the start



PETER KENNEDY

line with limited enthusiasm in the strong breeze. Newly joined **Garry Vogler** made the race his from the gun, finishing in an impressive 4:47, ahead of **Kim Thomas**. Nobody reading this will show too much surprise in learning that the top points (86% each) went to runaway leaders **David Carr** and **Peggy Macliver**. Each has now virtually sealed retention of their respective trophies. Next highest were **Ross Keane** and **Maurice Creagh** (71% each). Two heats of 300m racing (winners **Chris Neale** and **Paul Foley**) led us to the final track event, a 3000m. **Garry Vogler** won this one too, and again with **Kim Thomas** taking second place. The race was noteworthy for another track return by **Barbara Blurton** with a PBA of just outside 14 minutes.

There were only three takers for the triple jump tonight, despite the huge following wind on the runway. **Chris Neale** took advantage with his first 12-metre leap as an M40, and **Regina Crouch** improved her best with MAWA to 7.06m. This was one of the evenings that **Dave Wyatt** offered us a high jump competition, with a good number of participants, four of them visitors. Of the members, **Colin Chalmers** went the highest with 1.45m, **Dave Wyatt** himself recording his customary 1.40m.

The discus had taken place earlier in the evening, with a good field there too. **Lajos Joni** threw furthest (34m), with **Bev Hamilton**, **Barbara Campbell** and **Stella Turner** each throwing SBs.

The final event on a busy evening was the javelin. Seven throwers took part in the trophy competition with three attempts, most performing very well. PBAs went to **Kim Thomas** and **Sarah Ladwig**, but the highest points went to **Peggy Macliver** (48%). There was a parallel non-trophy javelin with six attempts each. **Paul Foley** topped his specialist event with 40.55m. SBs also went to **Bev Hamilton** and **Stella Turner**.



STELLA TURNER

Analysis of the results

December 7

UWA: There was a fairly small turnout tonight on a very pleasant evening, although the wind was strong at times. Only eight sprinters made the short trek to the 60m start, but most of them were rewarded with season's best times. **Mark Elms** took out the fast heat with 8.0s, and **Craig van Waardenburg** recorded a 'sort of' PBA. His time of 8.2 is technically a PBA, but an electronic time of 8.37 recorded earlier in the season is generally considered to be faster. The timekeeper's reaction to the gun usually necessitates the addition of around 0.2s to a hand-time.

The main event of the evening was the trophy 1500m, with a strong field of 17 toeing the line. This was led from the gun by **Greg Vander Sanden**, although he did have company in the form of ex-member **Tony Heppener** for some time. **Greg** notched up 83%, with **Bjorn Dybdahl's** 79.7% the next closest on age-graded. 76% from **Campbell Till** was one of seven season's best performances as the Patron's Trophy moves towards its final week.

Two heats of the 300m and a good 3000m in which **Milton Mavrick** recorded a PBA closed the meeting on the track. But there was plenty of action in the infield with the trophy javelin throw. PBAs here went to **Bob Schickert** and **Bjorn Dybdahl**, with **Paul Burke** also recording a season's high. Paul deserves special mention as this was his fifth event of the meeting, having run all four track events as well!



Paul Burke caught in full flight.



LAJOS JONI

December 9

ECAC: A sensational and busy evening at the Ern Clark Athletics Centre resulted in four state records in the field and some terrific racing on the track. The statisticians had been awaiting **Bev Hamilton's** move into her new age group, and she wasted no time in setting the first two of what is expected to be a clean sweep of state records in the throws. A hammer throw of 28.70m and heavyweight throw of 11.99m will probably each be rounded down slightly, but each will still surpass the old W65 records. **Lajos Joni** joined the party and increased his own M55 hammer record yet again by a further metre. **Matt Staunton** is not at the state record level, but exceeded his PBA in each of these two events tonight, and **Julie Plackett** also set a new PBA with the hammer. **Stella Turner** threw the heavyweight to a season's best to complete the celebrations.

Les Beckham was kept very busy in the long jump pit as the Patron's Trophy field events drew to their conclusion at the ECAC for this season. Ten athletes took part in this event, with pride of place going to **Derry Foley**. Derry had been foiled in his long jump attempt by an over-the-limit wind two weeks ago, but one of his jumps tonight found the right level of wind and he also had enough puff to take the M80 state record out to 2.95m. PBAs went to **Peggy Macliver** (80%), **Kim Thomas** and **Regina Crouch**, with a number of others also recording very creditable points scores.

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Analysis of the results

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Track events started with a fairly stiff headwind in the home straight, but this had quietened down to near perfect conditions by the time the trophy 200m races took place. Two heats of the 800m began proceedings. **Kim Thomas** took out the first heat, with an impressive return to the track for **Kerriann Bresser** also dipping well under 3 minutes. **Paul Burke** continued his impressive form by running the quickest time of the evening to win heat 2, in which **Sue Bourn, Mel Hynds, Sarah Ladwig** and **Christine Oldfield** all set PBAs.

Many of the trophy points-hunters warmed up in one of the three 100m heats, won in turn by **Chris Neale** (12.9), **Keith Martin** (15.2) and the irrepressible **Kim Thomas** (16.4). Ex-member **Simon Coates** had been warming up for the 3000m for almost an hour by the time it started. His work was not in vain as he raced away from the gun to win in a very speedy 9:26.7. **Paul Burke** had another PBA in this race. Also very impressive further back in the field was **Barbara Blurton**. Barbara is handling her rehabilitation very sensibly, but stretched out tonight to knock 30 seconds off her PBA with 3:34.5.

The final event of the evening, and the PT at ECAC, saw five heats of 200m. PBAs went to **Rudy Kocis** (25.8) and **John Dennehy** (31.2). John looked particularly impressive in what must have been his best race for a long time. Six athletes surpassed 80% age-graded, but none could match trophy queen **Peggy Macliver** who clocked 32.4s to register a massive 92.6% and put her 200 points clear on the trophy ladder. Men's ladder-leader **David Carr** settled for 87% but is almost equally out of sight at the top of the men's list. The trophy concludes with the final session at UWA next Tuesday.



CHRISTINE OLDFIELD

December 10

WAAS: There was a much stronger turnout from MAWA tonight, with several PBAs and also **Dave Wyatt** equalled his M55 High Jump record of 1.45m. On the track it was left to the sprinters, with both 100m and 200m events. **Colin Smith** led home the MAWA trio in the 100m final heat, but **Barrie Kernaghan** takes pride of place with a PBA of 14.66s. Season's bests in the 200m races went to both **Barrie** and **Mark Elms**, with **Colin** following on Mark's heels.

Most of the action was on the infield, however. **Tom Gravestock** returned to competition, joining **Byrony Glass** (51m), **Lajos Joni** (43m) and **Matt Staunton** (41m) in twirling and hurling the hammer. The three men also competed with the discus, **Matt** extending his PBA in WA to 39.08m. **Matt** also had a PBA with the shot. He is running into good form with about seven weeks to go to his decathlon in February.

December 14

UWA: The customary strong winds were back at UWA on a mild, otherwise pleasant evening. We welcomed back **Rob Shand**, on the recovery from his bout of whooping cough, and **Geoff Brayshaw** also making a rare appearance. Much attention focussed on the long jump pit, with the final field event for the trophy. Most of the contenders had jumped at ECAC last week, so it was left to **Norm Richards** (70%) to show how it should be done. **Campbell Till, Bjorn Dybdahl** and **Geoff Brayshaw** had jumps in the 60% range.

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COLIN SMITH and CHRIS NEALE

Analysis of the results

FROM PAGE 12

On the track, two heats of the 800m got proceedings under way. **Bjorn** won the first heat, in which season's bests went to **Mark Dawson** and **Duncan McAuley**, each looking to be in good form again. PBAs in the second heat fell to **Mark Elms** and **Gavin Howard**, with starter **John Oldfield** discarding the gun and ear-muffs to follow the contenders round, although still nursing his sore calf. Three 100m heats were won by **Mark Elms**, **Richard Williams** and **Paul Haylett**, with **Peter Kennedy** lapping the track on his long 3000m trek having started early. The rest of the 3000m field then took centre stage. **Bjorn** had a gentle 11:41 to win, leading the trio of **Keith Edmonds**, **David Brook** and **Mark Dawson** to season's bests. **Peter Kennedy** finished his 3000m solo trek in 34:25.7 to set an inaugural M90 state record.

The final trophy event for this year was the 200m, with three heats each facing what was still a strong headwind in the home straight. **Peggy Macliver**, ladies trophy winner, had the highest points score with 84.5%. **Barrie Kernaghan**, **Campbell Till** (men's runner-up), **Roy Fearnall** and **Craig van Waardenburg** also scored in the 80% range. The trophy is over for another year. Although participation this year was lower than in recent times, nobody could argue that **David Carr** and **Peggy Macliver** are our best two all-round athletes and worthy winners. Hearty congratulations to both.

December 16

ECAC: Perversely, with the Patron's Trophy finished for another year, conditions were absolutely perfect at the Ern Clarke Centre tonight. There was just a light breeze to freshen the pleasantly warm evening and all boded well for the two sprints. In the opening 200m, there were no



TOM
LENANE



GAVIN
HOWARD

less than nine season's bests, topped by two PBAs. The age-group bests went to trophy queen **Peggy Macliver** (32.0) and **Regina Crouch** (33.1). Peggy's time would have been a state record, but she had not asked for the mandatory three watches, so she'll have to do it all again next month.

A 2km race followed, with four race-walkers taking part also. Youngsters **Kim Thomas** and **Garry Vogler** led the large field around, with the slightly less young **Tom Lenane** and **Lynne Schickert** showing the walkers how to do it. A similar procession ensued in the 600m race which followed. This time the very large field was led home by the same pair of Kim and Garry, but in reverse order.

Finally there were four heats of 60m, with very sharp times again. **Rudy Kocis** had asked for multiple watches and did not disappoint. His time of 7.3s easily took the M45 state record, previously held by **Colin Smith** with 7.88 electronically-timed. PBAs also fell to **Melissa Foster**, **Peggy Macliver** and **Sarah Ladwig**. Seven others ran season's bests, as the pre-Christmas track events came to a close.

Meanwhile, there was plenty happening in the field. **Bev Hamilton** continued her re-write of the W65 state records with two more to add to last week's two. Her javelin throw of 19.83m and shot put of 8.96m will be there in the book for posterity. No doubt she will improve these further before too long as she is in great form at the moment. **Paul Foley** also had a PBA with the shot, and **Lajos Joni** with the javelin.

The evening was brought to a close with coffee and Christmas goodies (pies, cakes, etc.) as Club President **Barbara Blurton** handed out Patron's Trophy certificates to all those present who had completed the competition.