

Golden Games



100m, 200m
Pages 5-6

PEGGY MACLIVER



200m, 400m
Pgs 9-10

LYNNE CHOATE



Walks
Pgs 8, 13

LYN VENTRIS



Relays
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JULIE WILSON and CAROL BOWMAN

Australian Masters Athletics Championships

CREAM OF THE CROP

MEDAL COUNT

Name	Age	Event	Time	%
David Carr	M75	2km stp	9:20.93	98.64*
Peggy Macliver	W65	60m	9.73	96.71
David Carr	M75	800m	2:44.00	95.99
Peggy Macliver	W65	200m	31.72	95.43
Garry Ralston	M55	(F) 60m	7.85	95.29
Lynne Choate	W55	60m	9.10	95.16
Lyn Ventris	W50	10km RW	51:03	94.66
Lorraine Lopes	W70	1500m	6:38.71	94.64
Lyn Ventris	W50	5km RW	24:33.74	94.36
Peggy Macliver	W65	100m	15.39	93.83
Lorraine Lopes	W70	5000m	24:21.25	93.81
Garry Ralston	M55	(H) 60m	8.05	92.92
Peggy Macliver	W65	400m	74.43	92.29
David Carr	M75	400m	75.50	90.69
David Carr	M75	200m	32.55	90.17

Team	G	Sr	B	T
ACT Veterans	43	33	24	100
NSW Masters	133	96	78	307
Qld Masters	139	132	117	388
SA Masters	18	25	16	59
Tas Masters	6	7	7	30
Vic Masters	106	66	34	206
WA Masters	50	38	41	129
Northern Territory	1	0	1	2
Overseas	20	16	13	49

*Best aged-graded performance for this event category.

MAWA strikes gold

More than 40 West Australian athletes headed to Queensland for the Australian Masters Athletics Championships at Easter.

MAWA athletes hit the mother load with a bag of 50 gold, 38 silver and 41 bronze medals and enjoyed the camaraderie of fellow competitors for the duration of the games.

Held at the Queensland Sport and Athletic Centre in Brisbane

the venue has undergone a few name changes over the years.

Initially the QEII Stadium for the 1982 Commonwealth Games and then the ANZ Stadium when the main track became the home ground of the Brisbane Broncos rugby league team.

In 2001 the main stadium reverted to an athletic track for the Goodwill Games. During the Broncos tenure athletics was held at the warm-up track.

At the Goodwill Games the great Olympic champion Michael Johnson retired from competition and the now disgraced Marion Jones won the 100m after her defeat at that year's world championships at Edmonton in Canada.

In master's running Brisbane hosted the world championships in the same year and if all the planets are aligned they will return to Australia at Perth in 2015.

Australian Masters Athletics Championships

MAWA duo receives top awards

The Australian Masters Athletics Awards are presented at the championship dinner each year.

Judged on performances both nationally and overseas, it is the cream of Australian masters athletes who are in the running for nomination.

At the Brisbane dinner MAWA athletes were represented in several categories (see box) with Lynne Choate and Lyn Ventris each receiving one of the prestigious awards.

On the night a brief review of each winner's performances is read out and are printed on this page.



SPRINTS

Our recipient had an outstanding National Championships in Perth twelve months ago. In fact I believe they even surprised themselves with how well they were running when they competed in their sprint events. With some very good opposition they were able to clearly win each of their events, particularly the 100m when they come within a whisker of breaking the record set almost twenty years by a legend of our sport, Wendy Ey.

**Congratulations: W55 Lynne Choate
Western Australia**

Photos: GRAEME DAHL



WALKS

This category continues to be the toughest of all the awards to win, such is the quality and depth of our walkers in this country. Our winner has been a regular participant at all levels of our championships and has been a regular winner of this particular award.

Besides winning their walking events at the Perth Championships, they also won their Open State Championships and set a World Record in the 20km event.

Congratulations: W50 Lyn Ventris

MAWA nominees

Sprints/hurdles

Lorraine Lopes
Peggy MacIver
Lynne Choate

Middle/steeple

David Carr
Bert Carse

Distance

Lorraine Lopes

Jumps

David Clive

Most outstanding athlete

David Carr

Walks

Lyn Ventris

Throws

Byrony Glass

Mulits/relays

Byrony Glass
M80 4x800

Outstanding performance

David Carr

Most outstanding female performance

Lyn Ventris

Administrator of the year

Richard Blurton

Australian Masters Athletics Championships

Heartbreak



With one hand on the championship's first gold medal Margaret Saunders' hopes ended in tears, when she tore an Achilles tendon as she entered the final lap of the 800m.

Assisted off the track by one of the first aid officers and a fellow competitor Margaret was

treated for the injury at the track before spending the next two hours at a nearby hospital.

After being given the all clear from doctors she limped around the stadium as she carried out her MAWA team manager duties.

MAIN PHOTO: Margaret Saunders opens up a lead on the first lap. INSET: Helpers assist Margaret off the track.



Andrew Brooker heads into the main straight.



JOHN DENNEHY



KIM THOMAS

800m

Kim Thomas	M35	2:20.87	4/4
Andrew Brooker	M40	2:12.75	4/7
John Dennehy	M50	2:55.2	13/13
Brian Hewitt	M55	2:35.9	5/7 PBA
Rob Antonioli	M55	2:39.4	6/7
Maurice Creagh	M60	2:54.0	7/10 SB
Nick Miletic	M60	3:03.2	8/10 PBA
Ivan Brown	M65	2:54.2	SB BRONZE
Carol Bowman	W55	3:11.94	4/4
Val Prescott	W65	4:33.65	BRONZE
Lorraine Lopes	W70	3:26.11	GOLD

Australian Masters Athletics Championships



COLIN SMITH



MARK ELMS



PEGGY MACLIVER



LYNNE CHOATE



NICK MILETIC



MAIN PHOTO:
Garry Ralston
powers to a gold
medal.

60m qualifiers

Mark Elms	M40	8.09	+1.9	q
Martin Campbell	M45	8.02	+0.3	Q
Colin Smith	M45	8.10	+0.8	q
Garry Ralston	M55	8.05	+0.8	Q
Harold Membrey	M55	9.22	+0.8	
Rob Antonioli	M55	9.34	NWI	
Nick Miletic	M60	9.63	+1.3	

60m finals

Mark Elms	M40	DNS		
Martin Campbell	M45	7.88*	+0.5	4/7
Colin Smith	M45	DNS		
Garry Ralston	M55	7.85	+0.7	GOLD SR
Melissa Foster	W30	8.32	+0.0	BRONZE
Lynne Choate	W55	9.10	+1.5	GOLD
Peggy MacLiver	W65	9.73	+0.9	GOLD
Brenda Painter	W65	10.40*	+0.9	BRONZE

* PBA

Australian Masters Athletics Championships



Peggy MacIver keeps her eye on the finish line on her way to gold. Brenda Painter (left) won bronze.



Mark Elms puts everything into the 100m..



Garry Ralston strides out to qualify for the final.

100m Qualifiers

Mark Elms	M40	12.46	+2.0 Q	PBA
Garry Ralston	M55	13.04	+0.0 q	
Rob Antonioli	M55	13.80	NWI	
Harold Membrey	M55	14.97	+0.0	
Nick Miletic	M60	15.43	+1.0	

100m finals

Mark Elms	M40	12.63	+0.2	6/8
Martin Campbell	M45	12.30	+0.3	BRONZE
Colin Smith	M45	13.08	+0.3	8/9
Garry Ralston	M55	12.82	+0.6	BRONZE
Lynne Choate	W55	15.09	+0.7	GOLD
Peggy MacIver	W65	15.39	+0.7	GOLD SR
Brenda Painter	W65	17.06	+0.7	BRONZE

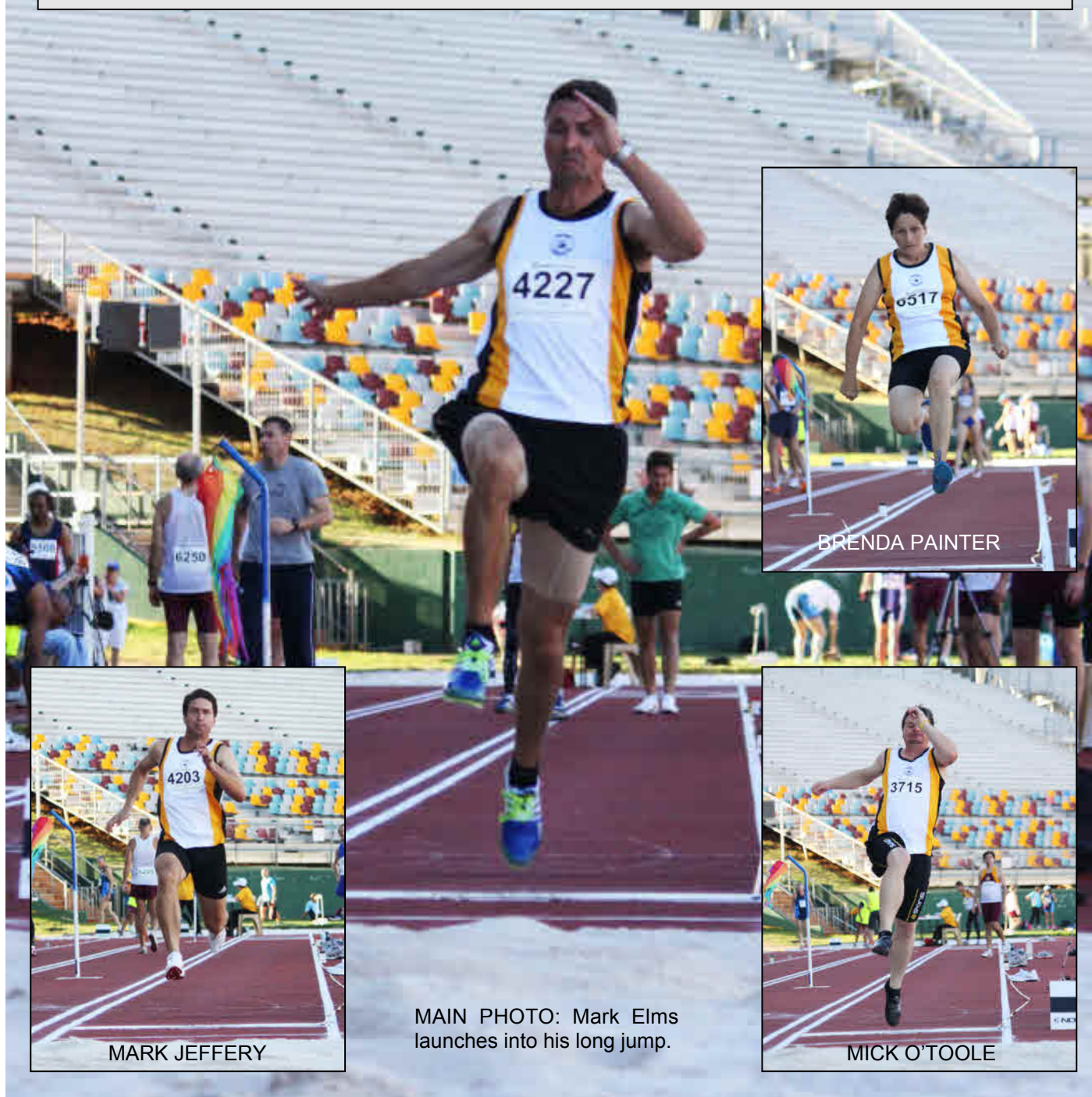
Australian Masters Athletics Championships



PEGGY MACLIVER

Long Jump

Mick O'Toole	M35	4.71	+1.2	SILVER
Mark Jeffery	M40	5.75*	+2.3	SILVER
Mark Elms	M40	5.13	+1.0	6/11
John Dennehy	M50	3.73	-1.0	4/7
Garry Ralston	M55	5.15	+1.0	SILVER
Melissa Foster	W30	4.89	+0.4	GOLD
Regina Crouch	W40	3.10	+0.1	5/5
Julie Wilson	W55	2.54	+1.0	5/5
Peggy MacLIVER	W65	3.40	+0.8	GOLD
Brenda Painter	W65	3.09	+0.7	SILVER
Lynne Schickert	W65	2.10	NW1	BRONZE
* PBA				



MAIN PHOTO: Mark Elms launches into his long jump.



BRENDA PAINTER

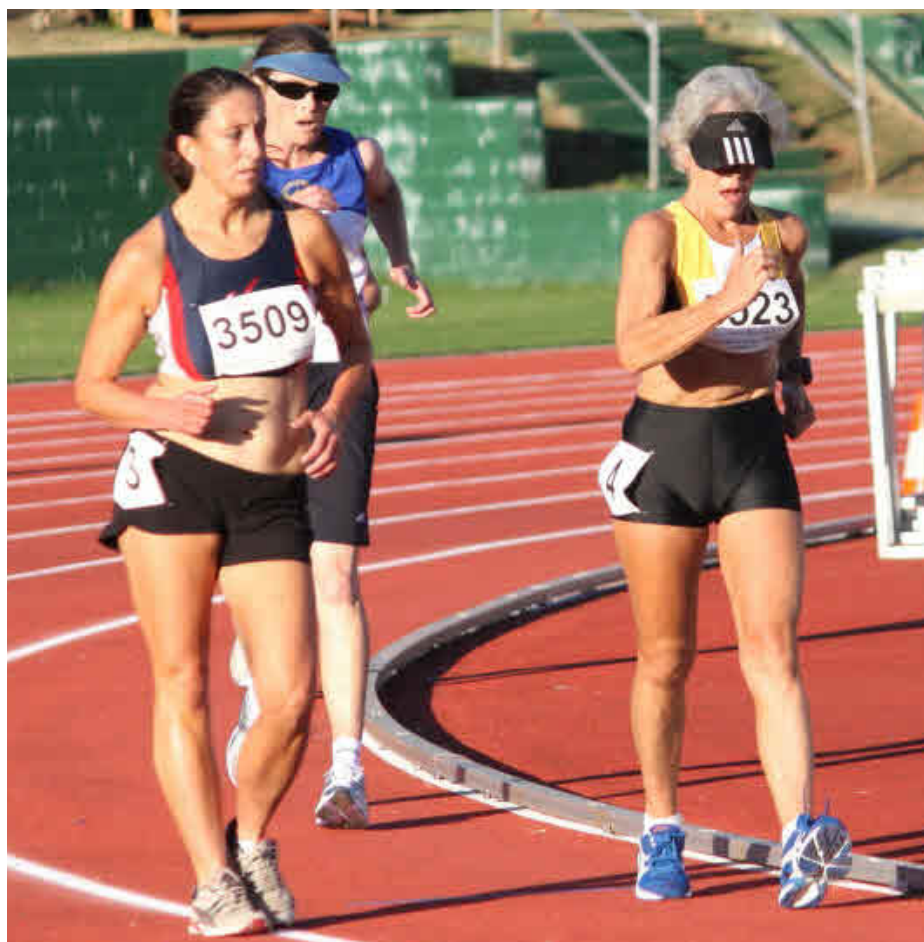


MARK JEFFERY

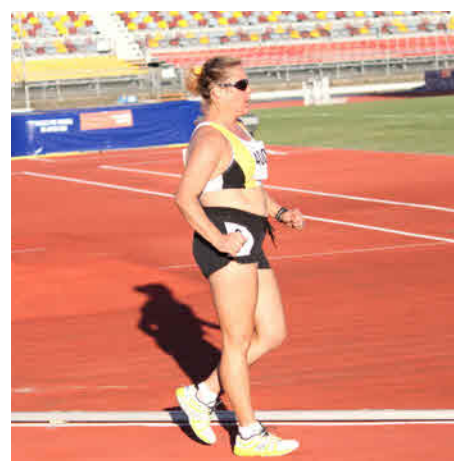


MICK O'TOOLE

Australian Masters Athletics Championships



Julie Wilson puts her head down as Kylie Irshad powers on in the 1500m.



REGINA CROUCH



HOWARD MEMBREY



Garry Hastie follows Victoria's Ja Seid-Christmass.



Lynne Schickert and Michele Mison stride out.

1500m race walk

Garry Hastie	M45	6:35.60	GOLD
Harold Membrey	M55	10:16.73	BRONZE
Regina Crouch	W40	11:51.94	BRONZE
Julie Wilson	W55	10:32.58	BRONZE
Michele Mison	W60	10:17.7	BRONZE
Lynne Schickert	W65	10:39.8	BRONZE

5000m race walk

Garry Hastie	M45	27:48.11	SILVER
Regina Crouch	W40	42:03.50	SILVER SB
Lyn Ventris	W50	24:33.74	GOLD SB
Julie Wilson	W55	36:53.81	BRONZE
Michele Mison	W60	35:07.12	4/4
Lynne Schickert	W65	37:20.58	BRONZE

Australian Masters Athletics Championships



MARK ELMS

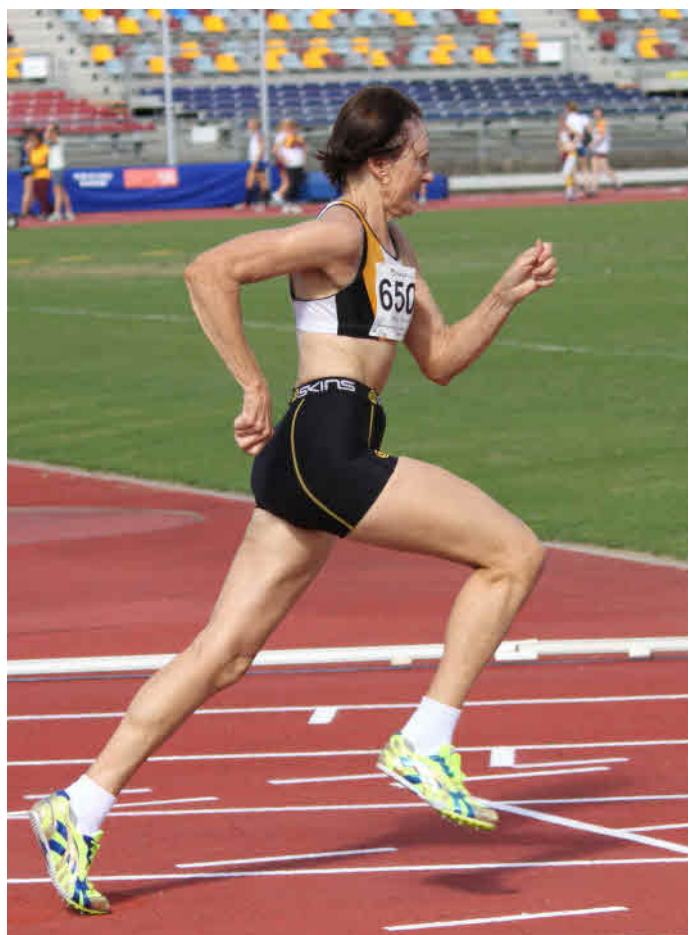


COLIN SMITH



ABOVE: Lynne Choate leads the field on her way to a gold medal.

RIGHT: David Carr digs deep to secure a silver medal.



Peggy MacIver runs into the main straight.

200m qualifiers

Mark Elms	M40	25.56	-1.1	q
Rob Antonioli	M55	30.47	0.0	
Harold Membrey	M55	30.91	-0.4	SB
Garry Ralston	M55	DNF		
Nick Miletic	M60	32.08	-1.2	

200m finals

Mark Elms	M40	24.96	+2.8	5/7 PBA
Marty Campbell	M45	24.56	+1.1	GOLD SB
Colin Smith	M45	25.92	+1.1	5/7
David Carr	M75	32.55	+0.7	SILVER
Lynne Choate	W55	30.99	+1.2	GOLD
Peggy MacIver	W65	31.72	+0.5	SILVER SR
Brenda Painter	W65	37.09	+0.5	4/5 SB

Australian Masters Athletics Championships



MAIN PHOTO: Peggy Macliver accelerates at the start. INSET: Marge Allison (right) and Peggy Macliver relax on the podium.



Carol Bowman (right) endeavours to catch Lynne Choate.



Lynne Choate (left) and Carol Bowman (right) display their medals with gold medallist Janet Holmes of Victoria.

400m qualifiers

John Dennehy	M50	72.41
Steve Fuller	M55	67.08
Rob Antonioli	M55	67.93
Harold Membrey	M55	77.68

400m

Mark Elms	M40	57.77	6/7
Marty Campbell	M45	58.84	6/8 PBA
David Carr	M75	75.50	SILVER
Lynne Choate	W55	80.99	SILVER
Carol Bowman	W55	81.78	BRONZE
Peggy Macliver	W65	74.43	SILVER SB

Australian Masters Athletics Championships

2000m steeplechase

Jacqui Sanders	W40 11:06.94 GOLD SB
Regina Crouch	W40 13:40.20 SILVER
Carol Bowman	W55 10:50.99 SILVER
Julie Wilson	W55 11:09.79 BRONZE
Sarah Ladwig	W60 11:41.93 4/4
Lynne Schickert	W65 15:17.85 SILVER



Photos: GRAEME DAHL

Carol Bowman leaps into the water as storm clouds roll in.



Sarah Ladwig clears the water on the first lap.



JULIE WILSON



REGINA CROUCH and
LYNNE SCHICKERT



Jacqui Sanders prepares for splashdown.

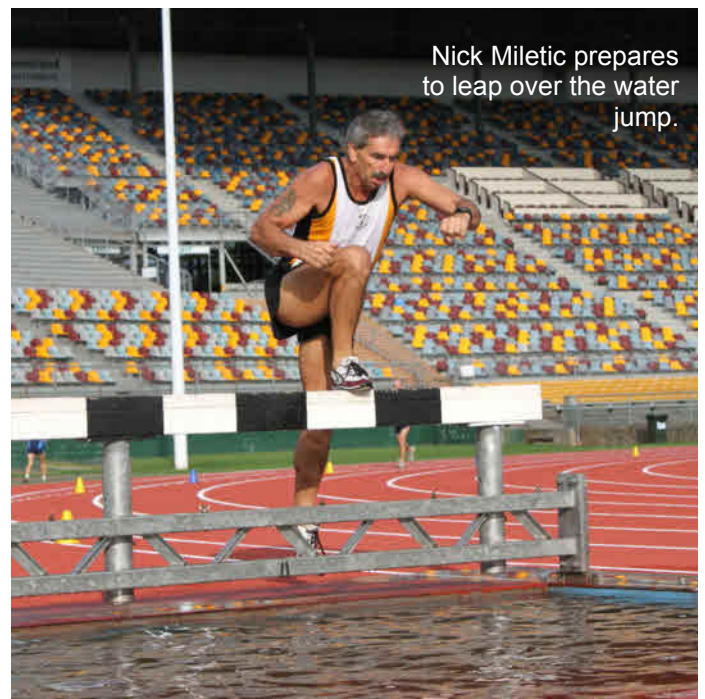
Australian Masters Athletics Championships



David Carr nears
the end of a long
day.



Bob Schickert
tackles the water
on his way to silver



Nick Miletic prepares
to leap over the water
jump.

2000m steeplechase

Nick Miletic	M60	10:30.28	SILVER
Bob Schickert	M65	9:41.89	SILVER
David Carr	M75	9:20.93	GOLD

3000m steeplechase

Kim Thomas	M35	11:32.21	GOLD PBA
Harold Membrey	M55	17:31.40	SILVER

Australian Masters Athletics Championships



Garry Hastie passes the water station on his way to a silver medal.



Lyn Ventris crosses the finish line to win a gold medal.



REGINA CROUCH



HAROLD MEMBREY



LYNNE SCHICKERT

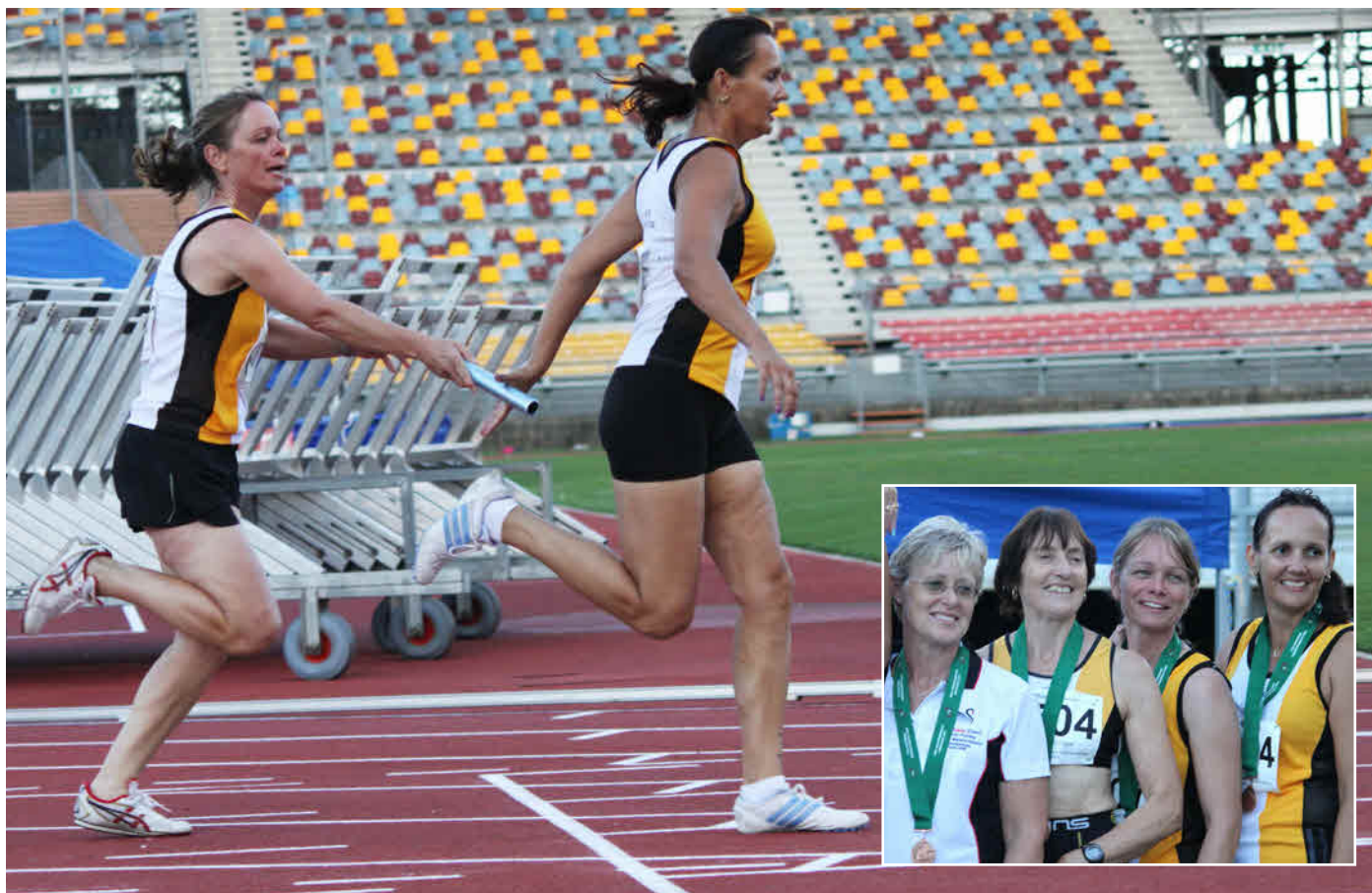


MICHELLE MISON

10km Road race walk

Garry Hastie	M45	54:03	SILVER SB
Harold Membrey	M55	1:18:35	BRONZE
Regina Crouch	W40	1:27:24	GOLD
Lyn Ventris	W50	51:03	GOLD SB
Michele Mison	W60	1:14:05	4/4
Lynne Schickert	W65	1:17:33	SILVER SB

Australian Masters Athletics Championships



ABOVE: Melissa Foster takes the baton from Jacqui Sanders to run the anchor leg and take a bronze medal. **INSET:** Lynne Choate, Peggy Macliver, Jacqui Sanders and Melissa Foster display their medals.



Run Carol Run: Julie Wilson passes the baton to Carol Bowman on their way to a bronze medal.



Marty Campbell heads off on the final leg.

Relays – 4x100

M 180+

Colin Smith, Mark Elms, Nick Miletic, Marty Campbell
51.53 6/8

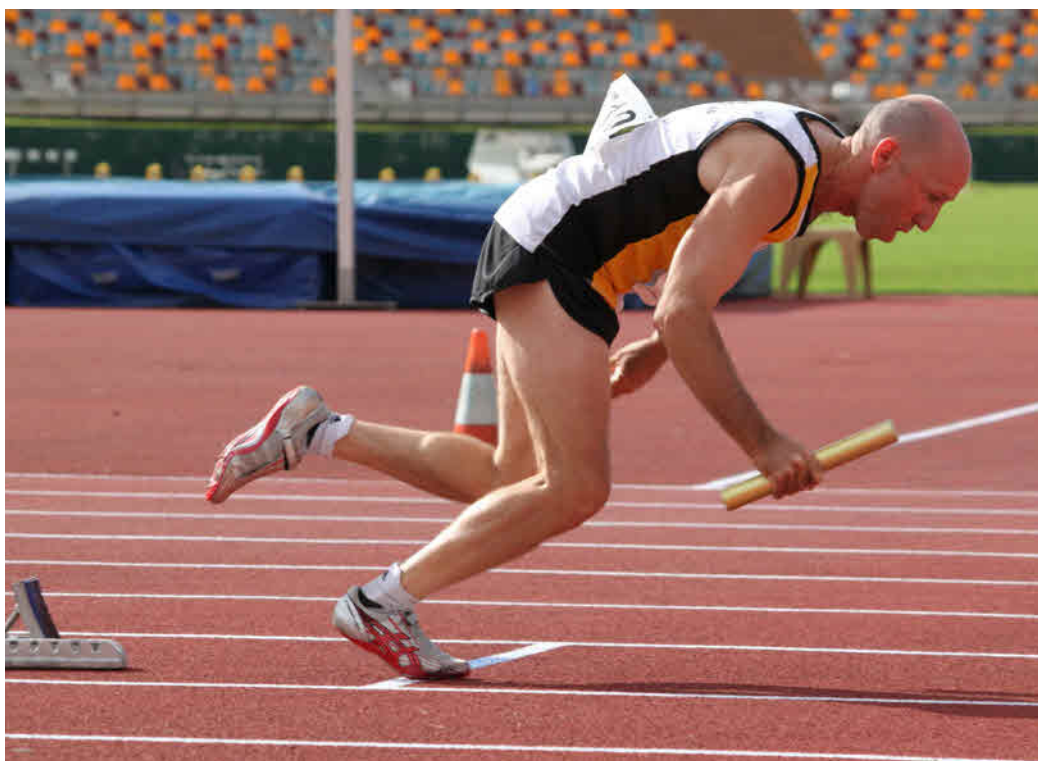
W 220+

Brenda Painter, Sarah Ladwig, Julie Wilson, Carol Bowman
75.11 **BRONZE**

W 170+

Lynne Choate, Peggy Macliver, Jacqui Sanders, Melissa Foster
58.11 **BRONZE**

Australian Masters Athletics Championships



Relays – 4x400

M 180+: Nick Miletic,
Colin Smith, Mark Elms,
John Dennehy 4:44.75
5/6

W 220+: Peggy Macliver,
Lynne Choate, Julie
Wilson, Sarah Ladwig.
5:54.92 **Silver**

LEFT: Colin Smith
blasts out of the
blocks in the first leg
of the relay.

BELOW: Julie Wilson,
Peggy Macliver, Lynne
Choate and Sarah Ladwig
show off their silver medals.



John Dennehy takes over from Colin Smith.



Mark Elms puts everything into the final leg as he crosses the finish line.



Julie Wilson sets off after receiving the baton from Lynne Choate.

Australian Masters Athletics Championships

Outdoor Pentathlon

Women	Points	100	SP	LJ	JT	800
W30- Melissa Foster	GOLD 2172	13.88 NWI	PBA 9.03m	5.12m +0.1	20.88m	SB 3:22.30
W40- Regina Crouch	BRONZE 811	18.01 NWI	5.29m	2.76m +0.1	13.42m	PBA 4:06.60
W55- Julie Wilson	SILVER 1188	PBA 20.13 NWI	SB 4.67m	2.43m +0.8	10.01m	3:39.82
W60 Sarah Ladwig	GOLD 1505	19.80 NWI	4.49m	2.51m -0.1	PBA 11.52m	3:44.20

Men	Points	LJ	JT	200m	DT	1500m
M35 - Paul Jeffery	GOLD 2837	5.75m +1.4	48.56m	25.20 +0.0	34.56m	5:13.15
BRONZE Mick O'Toole	1818	4.30m +0.6	48.56m	29.68 +0.0	27.05m	SB 6:06.38
M40 Mark Jeffery	GOLD 3007	5.63m +0.3	SR 47.53m	26.20 +0.0	33.10m	5:11.73
SILVER Mark Elms	2207	4.95m +0.7	32.21m	25.80 +0.0	17.95m	5:31.96
M55- Steve Fuller	SILVER 2509	4.07m +0.0	PBA 31.92m	PBA 29.78 +0.0	24.14m	5:45.53
BRONZE Rob Antonioli	2136	3.79m +1.7	19.95m	30.67 +0.0	19.24m	5:28.18
M60 Nick Miletic 4/4	BRONZE 2027	3.54m +0.0	28.32m ???	32.96 +0.0	24.80m	6:55.68
Greg Wilson	1668	3.32m +0.7	28.32m	39.80 +0.0	29.82m	7:21.27
M65 Ivan Brown	BRONZE 1953	3.05m +0.0	19.22m	SB 33.68 +0.0	SB 17.71m	6:27.61
M70 Don Chambers	SILVER 1981	3.70m +2.4	17.71m	32.19 -0.7	21.19m	10:23.90

Australian Masters Athletics Championships

Triple Jump

Melissa Foster	W30	10.42	-0.2	GOLD
Regina Crouch	W40	6.02	0.1	SILVER
Brenda Painter	W65	6.90	-0.7	GOLD
Lynne Schickert	W65	5.34	-0.4	SILVER
Garry Ralston	M55	8.29	-0.4	GOLD



Garry Ralston heads down the runway on his way to a gold medal in the triple jump.

Throws pentathlon results

	Points	HT	SP	DT	JT	WT
W65	GOLD					
Bev Hamilton	3637	26.85m	8.35m	22.84m	19.72m	11.15m
M35	GOLD	PBA				
Matt Staunton	3001	41.25m	11.86m	39.42m	43.91m	13.28m
M50	5/8	PBA	PBA			
Craig van Waardenburg	2712	34.20m	10.48m	30.44m	31.35m	13.07m
M55	SILVER					
Geoff Gee	3298	31.46m	12.41m	33.24m	34.59m	13.81m
M55	BRONZE	SB	SB			
Tom Gravestock	3150	33.30m	11.02m	36.75m	31.53m	12.71m
M55	4/5					
Lajos Joni	3110	38.65m	9.94m	31.34m	27.16m	14.81m
M70	4/6					
Don Chambers	2418	26.52mm	8.62m	19.04m	17.44m	12.28m
M80	GOLD	PBA	PBA	PBA		
Chris Tittel	2657	22.84m	7.76m	19.09m	14.09m	10.66m

Australian Masters Athletics Championships



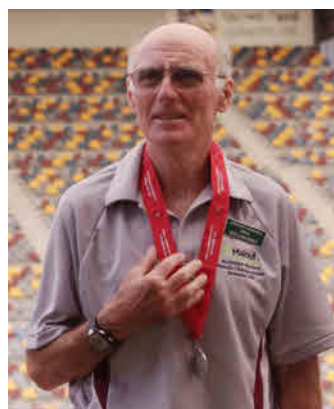
Joint gold medal winners in the high jump Greg Wilson (left) and Queensland's Peter Kennedy (centre) celebrate with Victoria's Bill Carr. Photo: JULIE WILSON



Lynne Schickert shows off her silver medal from the 200pm steeple



REGINA CROUCH



BOB SCHICKERT



Gold medal winner Paul Jeffery (centre) and bronze winner Mike O'Toole (right) share the podium with Graham Scully after the outdoor pentathlon. Photos: GREG WILSON

80m hurdles				5000m			
Don Chambers	M70	15.20	+1.4 SILVER	Kim Thomas	M35	18:39.19	GOLD PBA
100m hurdles				Brett Roach*	M40	16:58.18	GOLD
Garry Ralston	M55	20.47	-0.1 GOLD	Graeme Dahl	M60	21:25.62	5/9
110m hurdles				Maurice Creagh	M60	22:35.27	6/9
Mark Elms	M40	22.11	0.0 GOLD	Lorraine Lopes	W70	24:21.25	GOLD SR
Marty Campbell	M45	21.26	0.0 SILVER PBA	10,000m			
300m hurdles				Kim Thomas	M35	38:39.19	GOLD SB
Greg Wilson	M60	67.19	BRONZE	Brett Roach*	M40	35:02.65	GOLD
Don Chambers	M70	62.01	SILVER	Maurice Creagh	M60	46:46.13	4/4
400m hurdles				Bob Schickert	M65	47:42.64	BRONZE SB
Andrew Brooker	M40	67.58	GOLD	Julie Wilson	W55	54:11.50	BRONZE
Marty Campbell	M45	73.12	SILVER PBA	8km Cross Country			
1500m				Kim Thomas	M35	33:11	SILVER
Kim Thomas	M35	4:52.23	SILVER	Brett Roach*	M40	29.07	GOLD
Andrew Brooker	M40	4:37.03	BRONZE	Andrew Brooker	M40	30:11	4/4
Brian Hewitt	M55	5:15.11	6/9 PBA	Brian Hewitt	M55	34:50	6/9
Graeme Dahl	M60	5:42.51	7/10	Maurice Creagh	M60	40:58	6/8
Maurice Creagh	M60	6:07.74	9/10	Bob Schickert	M65	41:20	5/5
Ivan Brown	M65	6:05.03	5/5	David Carr	M75	49:32	GOLD
David Carr	M75	6:33.04	GOLD	*Brett Roach is a MAWA member but ran for Tasmania.			

Results



Hammer

Bev Hamilton	W65	28.87	SILVER
Matt Staunton	M35	42.16	PBA GOLD
Craigvan Waardenburg	M50	33.29	5/9
Lajos Joni	M55	38.30	BRONZE
Tom Gravestock	M55	ND	
Greg Wilson	M60	23.73	7/8 PBA
Chris Tittel	M80	28.28	SR GOLD

Discus

Bev Hamilton	W65	23.16	SR SILVER
Val Prescott	W65	13.86	6/7
Matt Staunton	M35	37.57	GOLD
Mick O'Toole	M35	25.17	SILVER
Andrew Ward	M45	23.38	BRONZE
Craig van Waardenburg	M50	29.37	8/13
Tom Gravestock	M55	34.69	SILVER
Lajos Joni	M55	29.96	6/7
Steve Fuller	M55	25.48	7/7 PBA
Greg Wilson	M60	28.56	5/10
Chris Tittel	M80	20.53	GOLD

High Jump

Garry Ralston	M55	1.35	BRONZE SB=
Greg Wilson	M60	1.35	GOLD
Julie Wilson	W55	1.00	4/4
Brenda Painter	W65	1.05	GOLD SB

Weight Throw

Bev Hamilton	W65	11.51	BRONZE
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Javelin

Matt Staunton	M35	44.68	GOLD
Mick O'Toole	M35	41.57	SILVER
Kim Thomas	M35	35.78	BRONZE
Mark Elms	M40	34.03	BRONZE
Andrew Ward	M45	31.77	BRONZE
Tom Gravestock	M55	31.78	4/5
Steve Fuller	M55	28.10	5/5 PBA
Greg Wilson	M60	27.50	6/8
Regina Crouch	W40	15.04	4/4
Bev Hamilton	W65	19.83	SR SILVER

Shot

Mick O'Toole	M35	8.65	BRONZE
Kim Thomas	M35	7.78	4/4
Craig van Waardenburg	M50	10.16	5/10
Geoff Gee	M55	12.24	GOLD
Tom Gravestock	M55	10.95	BRONZE
Lajos Joni	M55	10.44	4/7
Greg Wilson	M60	8.49	7/9
Chris Tittel	M80	8.42	GOLD
Bev Hamilton	W65	8.66	GOLD

Pole Vault

Mark Jeffery	M40	3.50	SILVER
Garry Ralston	M55	2.00	GOLD
Greg Wilson	M60	2.00	5/7
Don Chambers	M70	2.00	SILVER

Australian Masters Athletics Championships



Colin Smith gets friendly with one of the Queensland natives, in this case top middle distance runner Marcia Sheers.



David Carr and Lorraine Lopes talk tactics.



Lyn Ventris replenishes her energy levels after winning gold in the 10km road walk.



Melissa Foster prepares for the 4x100m relay where she ran the anchor leg.



Bob Schickert and Margaret Saunders' attention is diverted while manning the AMA "bookstore"