



## World record walk



Lyn Ventris' metronomic performance breaks 5000m mark

### Pentathlon



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### Throws



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### Steeple



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### 10,000m



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# Black Swan Event FP State Athletics Championships



## Titles begin in earnest

In the two weeks prior to the main championship weekend, the Black Swan Event Financial Planning State Athletics Championships began with the 2km and 3km steeplechase on March 9 at WA Athletic Stadium.

Six days later it was the turn of the distance runners with the 10,000m at Ern Clark Athletic Centre (Coker Park).

Athletes returned to Coker Park two days later for the outdoor and throws pentathlons. The out-

door events in the morning and throws in the afternoon.

This issue of TFNL highlights these early events with a special issue on the two-day track and field carnival to be on the web in mid April.

## Roll of Honour

February 28					March 13						
Delia Baldock	W50	HJ	WAAS	1.27m	SR	Melissa Foster	W30	TJ	WAAS	11.10	SR
						David Carr	M79	800m	WAAS	2:46.9	95.96%
						Lorraine Lopes	W70	800m	WAAS	3:13.2	96.85%
March 1					March 15						
David Clive	M75	LJ	ECAC	4.27m	SR	Pat Carr	W80	LJ	ECAC	2.31m	SR
Matt Staunton	M35	Wt Throw	ECAC	14.17m	SR	Bev Hamilton	W65	Discus	ECAC	24.73m	SR
						Lorraine Lopes	W70	10,000m	ECAC	48:59.9	AR
March 6					March 15						
David Clive	M75	60m	WAAS	8.7	SR	Ross Langford	W30	10,000m	ECAC	35:46.9	SR
Pat Carr	W80	60m	WAAS	13.1	SR						
David Clive	M75	200m	WAAS	29.4	SR						
					94.13%	Peggy Macliver	W65	Pentathlon	ECAC	3494pts	AR
Pat Carr	W80	200m	WAAS	54.8	SR	Ruth Johnson	W70	Pentathlon	ECAC	2891pts	SR
David Clive	M75	LJ	WAAS	4.38m	SR	Sue Coate	W45	Throws Pent	ECAC	2279pts	SR
					90.76%	Bev Hamilton	W65	Throws Pent	ECAC	3712pts	SR
Greg Urbanowicz	M30	Wt Throw	WAAS	13.27m	SR	Matt Staunton	M35	Throws Pent	ECAC	3149pts	SR
						Jim Davis	M75	Throws Pent	ECAC	3119pts	SR
March 9					March 20						
Lynne Schickert	W70	2k s/chase	WAAS	14:04.6	SR	Lorraine Lopes	W70	1500m	WAAS	6:29.7	AR
David Carr	M79	2k s/chase	WAAS	9:21.8	100.1%						98.56%
Paul Edmiston	M40	110m H	WAAS	16.59	SR	Pat Carr	W80	100m	WAAS	23.3	SR

# Night to remember

Anticipation was in the air; lap scorers, timekeepers were primed; there was even a blank world record claim form waiting. After the unprecedented performances of Lyn Ventris in Adelaide where she re-wrote the W55 race walks record book, all were aware that another similar performance was on the cards. And so it turned out to be.

From the gun, Lyn put down her marker with a first 200m of around 47 seconds. The pace steadied to just inside two -minute laps but she was on world record pace all the way, only once or twice 'slowing' to 2-minute laps. A final lap of inside 1m 50s brought her home in 23m 57.9s. The new world record is subject to the usual rider that it is pending until ratified, but all the boxes seem to be ticked. The applause from those of us privileged to be there will live long in the memory as she received her

medal under the ECAC flood-lights.

However, this was not a one-woman race. With Masters' events there are many races within a race. Each age group is a sub-race and so everyone had something to strive for. With race walking, there is also the added complication of needing to stay within the rules to satisfy the walks judges. Most managed to do this. Garry Hastie, Garry Vogler and David Smyth were the other three walkers who almost kept Lyn company. But there were excellent performances all the way through the field, right down to W80 Lorna Lauchlan, who produced an 82%+ age-graded time.

WORLD INDOORS- Page 20



MAIN PHOTO: Garry Hastie cruises around the bend.

## 5000m walk

Regina Crouch	W4040:57.5	Garry Vogler	M3526:46.8
Lyn Ventris	W5523:57.9	David Smyth	M4027:11.4
	<b>WR 97.68%</b>	David Best	M4536:25.6
Michele Mison	W6035:41.1	Garry Hastie	M5025:26.6
Val Millard	W6533:56.9	Peter Doye	M7035:11.2
Lesley Romeo	W6538:09.5	Ray Hall	M7535:11.0
Lynne Schickert	W7036:17.4	Bob Fergie	M7540:28.9
Lorna Lauchlan	W8042:07.0	Richard Harris	M75 DQ
		Jeff Whittam	M75 DQ



Richard Harris, (751) and Bob Fergie (760) lead Jeff Whittam (771) in the early laps..



Valerie Millard heads Lynne Schickert.

# Black Swan Event FP State Athletics Championships



Leon Sander, David Carr, Don Chambers, John Oldfield and Ivan Brown run the bend in the 200m.



The 1500m field sets off.



PETER GARE

## Men's outdoor Pentathlon results

Chris Neale	M40	2717
Andrew Brooker	M40	2633
Geoff Bailey	M40	2351
Ian Coate	M40	1751
Paul Abercrombie	M40	1662
Mark Elms	M45	2483
Nigel Jones	M45	1462
John Dennehy	M50	1059
Steve Fuller	M55	2277
Geoff Brayshaw	M60	2278
Nick Miletic	M60	1934
Greg Wilson	M60	1486
Bob Fawcett	M60	607
Ivan Brown	M65	1963
John Oldfield	M65	1101
Peter Gare	M70	3102
Don Chambers	M70	1809
Leon Sander	M75	2975
David Carr	M75	2205



NIGEL JONES



LEON SANDER

# Black Swan Event FP State Athletics Championships



**Women's outdoor pentathlon results**

Melissa Foster	W30	2193
Regina Crouch	W40	959
Sue Coate	W45	2365
Sue Bourn	W45	2198
Carol Bowman	W55	1726
Julie Wilson	W55	1688
Sarah Ladwig	W60	1357
Carolyn Fawcett	W60	370
Peggy Macliver	W65	3494
Ruth Johnson	W70	2891
Lynne Schickert	W70	1534

Les Beckam shows Sue Bourn the white flag as she prepares to begin her jump.



Peggy Macliver crosses the finish line to set an Australian record in the pentathlon.



MELISSA FOSTER



REGINA CROUCH



SUZANNE COATE



RUTH JOHNSON



SARAH LADWIG

# Black Swan Event FP State Athletics Championships



## Women's throws pentathlon results

Byrony Glass	W30	3309
Anne Travis	W35	1281
Sue Coate	W45	2279
Sharon Moloney	W45	2137
Sandra Mutch	W50	1709
Kate Glass	W60	3638
Bev Hamilton	W65	3712
Stella Turner	W65	2100
Ruth Johnson	W70	2286
Dorothy Whittam	W75	3191

Byrony Glass prepares to unleash another monster throw during the hammer event..



Bev Hamilton steps across the circle.



Sharon Moloney winds up during the hammer.



**KATE GLASS**



**STELLA TURNER**

# Black Swan Event FP State Athletics Championships



## Men's throws pentathlon results

Matt Staunton	M35	3149
Mark Hamilton	M40	2453
Ian Coate	M40	1308
Craig van Waardenburg	M50	2534
Andrew Ward	M50	1978
Tom Gravestock	M55	3135
Greg Wilson	M60	2281
Harold Membrey	M60	1880
Rob Young	M65	1818
Noel Donohoe	M70	2408
Don Chambers	M70	2360
Jim Davis	M75	3119
Bob Fergie	M75	2607
Jeff Whittam	M75	1701
Chris Tittel	M80	2773

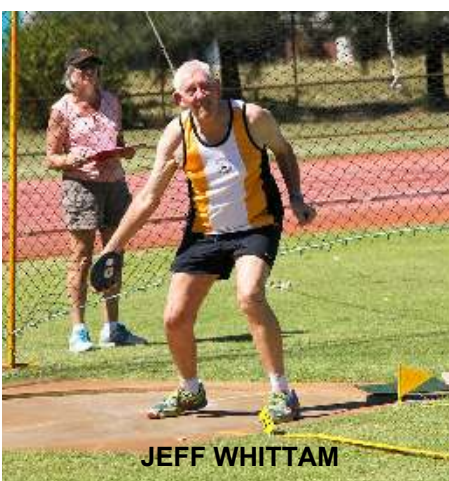
Craig van Waardenburg shows his style in the hammer.



Matt Staunton concentrates on his action during the hammer round of the throws pentathlon.



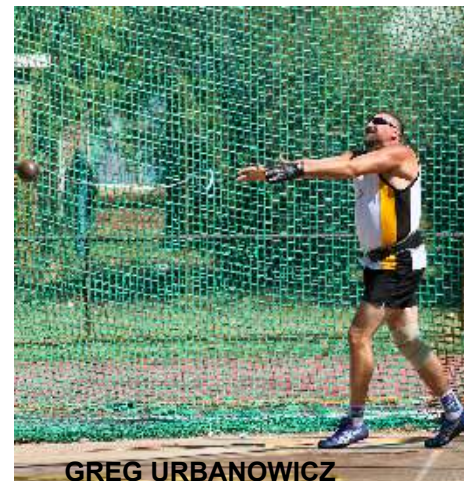
DON CHAMBERS



JEFF WHITTAM



HAROLD MEMBREY



GREG URBANOWICZ

# A special breed



It was that “crazy bunch” – the steeplechasers that took to the WAAS track for the first leg of the Black Swan Event Financial Planning State Championships.

Twenty-one intrepid athletes took up the challenge, surely a record in its own right. The young men, ‘chasing over 3000m and the high barriers, got us under way. Kim Thomas led from gun to tape in another new PBA to add to his glorious season. Two M50s – Trevor Scott and Mark Dawson completed the field in this curtain-raiser.

Following the women’s event, it was the turn of the 60 plus men. Several were either just out of rehab mode or still in it, but pluck is the name of the game with steeplechasers. One who is always “in focus” is David Carr. He set his best time for a couple of years and achieved an almost unbelievable 100% plus in leading home all of the younger men.

Bert Carse, with almost zero training after a succession of injuries was not far behind. The ‘dark horse’ of the event, Maurice Creagh, was next to cross the line. Maurice has not run a steeplechase since his young days. “I was quite useful as an under-20 in Ireland” he said. The old hurdling technique may no longer be there but useful he still is. Bob Schickert threw off his recent blues to finish strongly just ahead of an impressive run from Nick Miletic. John Oldfield, Greg Wilson and Bunbury-based Harold Membrey were all pleased to complete the course.

Mark Dawson is a picture of concentration as he hurdles the water barrier.



**MAURICE  
CREAGH**



**JOHN OLDFIELD**

Men's steeplechase results			
<b>3000m (91.4cm barriers)</b>			
Kim Thomas	M35		11:18.7
Trevor Scott	M50		12:13.5
Mark Dawson	M50		13:16.2
<b>2000m (76.2cm barriers)</b>			
David Carr	M75	*9:	21.8
Bert Carse	M70		9:33.4
Maurice Creagh	M65		9:48.2
Bob Schickert	M70		9:56.5
Nick Miletic	M60		10:03.0
John Oldfield	M65		10:03.7
Greg Wilson	M60		10:50.4
Harold Membrey	M60		11:07.6
Cecil Walkley	M80		14:12.4
* 100.1%			



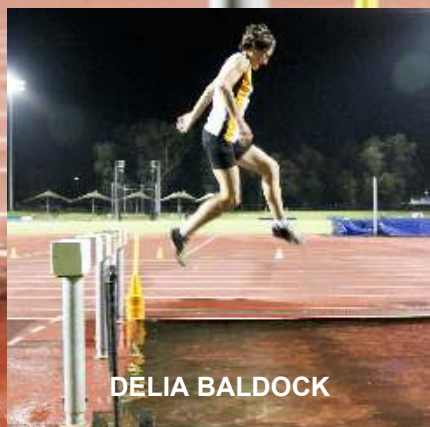
# Running to the max

Nine women faced the starter's gun in the 2000m BSE-FP State Championships.

The field soon split into several groups. Sue Zlnay led out Julie Wilson, Delia Baldock and Carol Bowman battling it out for line honours. Sue was never seriously challenged, but Julie ran another very impressive race as she continues to demonstrate wonderful improvement over all events. In the middle of the field we welcomed back to the MAWA fold Erica Mercer. Erica is one of our long-standing members who makes occasional visits these days, usually for this event. Monique Thomas kept her company for a while before Erica's superior technique allowed her to pull away. Regina Crouch was one of four setting a new PBA, Lynne Schickert also lowering her own W70 state record just ahead of another improving athlete Carolyn Fawcett.



**JULIE WILSON**



**DELIA BALDOCK**

**MAIN PHOTO: Sue Zlnay prepares for splash down in the 2000m steeplechase.**



**LYNNE SCHICKERT**



**CAROLYN FAWCETT**

## Women's steeplechase results

### 2000m (76.2cm barriers)

Sue Zlnay	W50	9:48.0
Julie Wilson	W55	9:52.6
Delia Baldock	W50	10:14.0
Carol Bowman	W55	10:30.9
Erica Mercer	W65	11:25.2
Monique Thomas	W30	11:52.8
Regina Crouch	W40	13:08.4
Lynne Schickert	W70	<sup>^</sup> 14:04.6
Carolyn Fawcett	W60	14:15.6

<sup>^</sup> SR

# Black Swan Event FP State Athletics Championships



Outright winner  
Ross Langford leads  
Paul Mitchell.



Garry Vogler (370),  
Steven Giles (531) and  
Alan Gower (560).

## MEN'S 10,000m

Ross Langford	M30 35:46.9
Kim Thomas	M35 36:47.9
Alan Gower	M55 36:55.4
Clemens Schmitt	M45 36:57.4
Trevor Scott	M50 37:42.1
Steve Giles	M50 38:42.0
Garry Vogler	M35 38:57.9
Michihito Muroi	M50 40:23.9
Chris Maher	M55 40:27.6
Paul Mitchell	M40 40:44.8
Mark Dawson	M50 41:06.8
Bjorn Dybdahl	M55 41:11.7
Jim Langford	M65 41:46.2
Pete Sullivan	M50 42:02.6
Joe Clark-Murphy	M65 43:21.2
Keith Miller	M60 44:02.0
Brian Bennett	M60 44:27.6
John Collier	M45 44:43.5
Grant Schofield	M40 47:21.0
Maurice Creagh	M65 47:35.1
Dante Giacomini	M40 48:42.9
Bert Carse	M70 48:53.1
Irwin Barrett-Lennard	M80 53:09.7
Bob Schickert	M70 54:31.0
David Carr	M75 54:39.6



Kim Thomas (left), Keith Miller  
(centre) and Brian Bennett.



**MAURICE  
CREAGH**



**JIM  
LANGFORD**

# Black Swan Event FP State Athletics Championships

## Night moves

### WOMEN'S 10,000m

Jodie Osborne	W40	42:36.4
Sue Bourn	W40	44:09.0
Bronwyn Dyer	W30	47:59.2
Julie Wilson	W55	48:58.6
Lorraine Lopes	W70	*48:59.9
Monique Thomas	W30	58:10.4
Julie Keeley	W55	58:27.6
Val Millard	W65	63:44.1
Loretta Shillinglaw	W70	69:32.1
		*98.18%

Bronwyn Dyer displays her relaxed running style halfway through the 25 laps.



Lorraine Lopes (720) sets off at the start on her way to a remarkable 98.18 per cent age graded results.

Lorraine Lopes (pictured left) added another Australian record to her comprehensive collection at the Black Swan Event State Championships 10,000m event. In a wonderful exhibition of controlled, power running she knocked almost two minutes off her own state record and a full 30 seconds off the W70 Australian record. Both records are pending ratification.



JODIE OBORNE



MONIQUE THOMAS



SUE BOURN

# Success lights flame

as Bob Fergie  
tries out  
different  
events

Bob was born in England in 1935 and, as a boy, played soccer and cricket. His only athletics involvement was at a Boy Scout Carnival where he surprisingly won the high jump. His next jump was when he was forty. After school he started to play Rugby Union and became a regular full back. After National Service he spent five years making polio vaccine and in August 1962, "when there was nobody left to vaccinate", he and his wife and daughter moved to Perth. He worked at the then Perth Chest Hospital and stayed there until he retired. He played rugby for the Royal Perth Hospital team and later for Cottesloe until 1971 when "his body called it a day".

By this time he had four daughters and became associated with Hamersley Little Athletics Centre in its inaugural year. Until 1983 he was an active participant, as an official and as secretary and chairman. In 1996 he drafted their 25 year history. He was also an administrator and official for State and National Championships held in WA. And, over the years, was involved in organising Australian Masters Games and Firefighters Games and officiated at National

Championships for AAA, the Police and Australian Universities.

Perth used to send teams to the annual SW Championships in Capel and in 1977 Bob decided to have a go at competing. He entered a number of throwing and

jumping events, winning some and setting an over-35 high jump record. "The flame having been lit" he enquired about senior athletic clubs and was referred to the 'new' Western Australian Veteran Amateur Athletic Club, WAVAAC, who were then organising the 1977 Nationals. His first appearance for our club was at these championships where he gained a bronze in three throws and silver in the triple jump – and also the first of seven torn hamstrings over the next three years.

Competing at Perry Lakes, he developed a curiosity to try other events such as the pole vault but illusions about being a decathlete were shattered when he tried the 110m high hurdles. He found the hammer and heavyweight best suited his disintegrating knees and they remain his favourite events. But he is still faithful to the high jump, his first ever event, and takes a jump once a year at the State Championships – "it gives the young hopefuls something to chase and to keep them honest". Bob has hardly missed any State Championships since the first in 1982 and has had more than 100 wins.

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# Skills recognised



**FROM – Page 12**

He has only competed in Nationals that were held in Perth but “won the odd title” - 1982 high jump and hammer; 1989 shot. 1993 shot, high jump and hammer; 1996 hammer and shot. He has done three Capel to Collié relays, one Bunbury half marathon walk and many half marathon championship walks. He also does a bit of sprinting and is a regular Sunday race walker. He still holds the M60 state records for the hammer (35.92m) and heavyweight, (13.20m) set in 1997, and last year set an M75 record for the high jump (1.10m).

Rob Shand quickly recognised an organiser when he saw one and, in 1978, he persuaded Bob to be his assistant secretary.

This was the start of many years of service to the club – as a committee member, event manager for the 1982 Nationals, organiser of many state championships and on the LOC for others, up to 2007. Much of the donkey work associated with the production of the Newsletters was also done by Bob. In the early 80s he was involved in setting up the mid-

week T&F meetings and drew up the original points score system which he ran for a number of years. He also introduced the weight pentathlon and organised a number of the Pentathlon Championships as well as officiating at Club events. It’s no wonder he was voted life membership in 1982.

In this year’s State Championships, despite recent injury, Bob has entered a dozen events and has already picked up a silver medal in both the weight pentathlon and the 5000m walk. Looking further to the future he wants to continue as long as possible, to reach the 50 year membership mark (which will happen when he is 92) and to set a once a year high jump mark.

# Tuesday highlights at WA Athletics Stadium

**LEFT:** Catherine Manners (centre) leads Katy Jackson, Barrie Kernaghan and Sue Coate in the 100m sprint.



**BELOW:** Rudi Kocis sprints to victory in the 200m. Colin Smith and Craig van Waardenburg are in close pursuit.

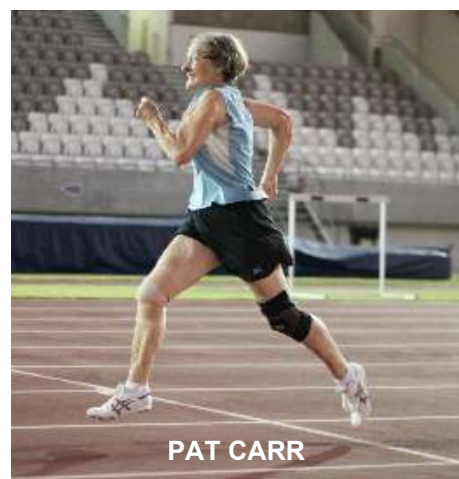
**CENTRE RIGHT:** Danielle Baldock eyes the finish line for a win in her heat of the 200m.



## Like ducks to water



Kim Thomas (left) and son Mitch look at home powering out of the water jump of the steeplechase.



PAT CARR

# Thursday highlights at Coker Park



Kathy Lawson and Chris Neale lead Nick Miletic in the 200m



Cheree Paisley heads Julie Wilmott during the 400m.



Colin Smith starts his triple jump.



Steve Fuller and Sue Bourn run the bend.



Irwin Barrett-Lennard and Rachel Evans battle in the 200m.

## ECAC – March 1

Numbers were back up after a few quiet weeks at Ern Clark Athletic Centre (Coker Park). Forty members, boosted by seven visitors made for a busy night.

**David Clive** became an M75 two days earlier, so we should have expected fireworks. The unusually benign conditions were another pointer. David's long jump (4.27m) with a legal, but unmeasured wind is almost a metre beyond the M75 state record, and also 15cm beyond the Australian record. The wind was undoubtedly legal and will be accepted for an SR, but unfortunately a wind reading is essential for an AR. David's 60m time of 8.9s also easily surpassed David Carr's 60m SR of 9.5s, but we will have to wait to see if this is ratified since there was only one watch on it.

**Matt Staunton** was another with a box of tricks. His discus throw of 40.56m was his best on my database (although apparently he has thrown further elsewhere), but his weight throw definitely set a new SR of 14.18m.

The other events on the track (1500m, 200m and 3000m) were extremely popular. SBs and PBAs littered the results sheet.

Coming back after a long lay-off, **Alan Gower** is "almost there" in his own words; the exploits of **Kim Thomas** have been well-covered in these reports, but he still seems to improve each week; **Peggy Macliver** is quietly ratcheting up the tempo; **Lynne Schickert** and **Val Millard** will clearly pocket a clutch of walks medals as long as the judges are happy; **Brian Hewitt**, always a good distance runner, has developed some fast-twitch speed; **Steve Fuller** has improved his all-round skills and will be a handful for the others in his age-group in the pentathlon; **Melissa Foster** is both jumping and running well; and the evergreens – **Lorraine Lopes**, **Irwin Barrett-Lennard** and **David Carr** will surely make a headline or two come Melbourne.



ADAM BENNETT

## WAAS – March 6

An idyllic late summer evening produced some spectacular record-breaking. Five, possibly six, state records went to **Pat Carr** (W80, two records), **David Clive** (M75, two, possibly three) and **Greg Urbanowicz** (M30).

All attention was focussed on the sprints, and the all-important wind gauge as we got under way on the dot of 6pm. The first heat of 60m ended up as the only one with an illegal wind (+2.3) with it gradually easing to zero as the sun went down. Season's bests all round in this heat, won by **Rudy Kocis** with **Maurice Pascal**, **Mark Elms** and **Adam Bennett** in close order just behind. Heat two saw the wind drop within legal limits, to the delight of **David Clive**. Paced by **Campbell Till**, who is quietly ratcheting up his speed, David eased home in 8.7. This is almost a second inside the old record, held by **David Carr**, who was manning the wind gauge.

Two PBAs (twins **Cathy McCloskey** and **Fran Cherry**) behind SB winner **Melissa Foster** in the next heat led us to another SR in heat 4. This time David had the pleasure of recording a legal wind for wife **Pat Carr** as she cantered home in 13.1, more than two seconds inside the existing W80 SR.

It was déjà vu in the 200m heats. PBAs to **Rudy Kocis** and **Bjorn Dybdahl** in the early heats, with SBs a-plenty, but the focus was again on the W80 and M75. They were up to scratch again, each recording excellent times and notching a second SR of the evening a-piece.

**David Clive** was not finished yet. Having earlier decided that he would not attempt to add the long jump record, he changed his mind. Unfortunately, no-one was available to man the wind-gauge, but his 4.38m may yet be accepted as there was adjudged to be almost zero wind at this stage of the evening.



LYNNE SCHICKERT



## Analysis of the results

### ECAC – March 8

Perth put on its kindest face for the sprinters: a following wind on the bend, where it is not measured in the 200m, and a slight cross-wind in the home straight for the 100m. So there were plenty of good times in both events. **Pat Carr** took advantage again, as she had done on Tuesday. It was the 100m W80 state record that she pocketed (23.4s, +0.0m/s wind).

PBAs in the 200m went to **Steve Fuller**, **Nick Miletic** and **Julie Willmott** – Julie knocked more than a second off her previous best. **Steve Fuller** did it again in the 100m, this time it was his turn to knock almost a second off. Other PBAs in the 100m went to **Lynne Schickert** and **Carolyn Fawcett**.

In the distance events **Bob** and **Carolyn Fawcett** each reduced their PBAs over 3000m by some distance, and **Garry Vogler** did likewise in the longer run. **Jodie Osborne** set a season's best.

Field events were well-attended, with 10 athletes practising the javelin. **Carol Bowman** continued her good evening with a PBA, several others throwing season's best. **Matt Staunton** and **Andrew Ward**, two of our most regular throwers, had the longest throws of the evening. In the hammer throw, it was **Paul Abercrombie** and **Stella Turner** who were the most satisfied with their longest throws this season, **Matt Staunton** coming within a metre of his PB.

The final event of the evening to report was the technical triple jump. Those who can put together speed and coordination have a decided advantage here. **Chris Neale** had earlier demonstrated his speed with a 25.2s 200m (SB). He added the coordination on the runway to triple out to 11.48m. This is not his best for the season, but very close. **Colin Smith's** 9.2m was a season's high.



### WAAS – March 13

Another record attendance meant it was a hectic evening with 66 competitors, with eight of them visitors.

There were five heats of each sprint, with three full heats of 800m sandwiched in between. Opening with a 200m **Rudy Kocis** led the way in heat 1, **Colin Smith** just edging out **Maurice Pascal** and **Craig van Waardenburg** behind him. **Barrie Kernaghan** was within a whisker of the M70 state record in heat two. **Geoff Bailey** crowned his first visit of the season with a win in heat 3, his 27.8s close to his best and well ahead of the rest of the field. **Danielle Baldock** and **Geoff Brayshaw** took the final two heat wins.

The wind had increased slightly, but obligingly remained legal, for the 100m. **Steve Richardson**, a welcome visitor, scorched home (11.2s) in heat 1, pulling **Rudy Kocis** and **Maurice Pascal** through to new PBAs. Other highlights in the later heats saw **Fran Cherry** run a new PBA, with **John Dennehy** and **Delia Baldock** each equalling their SBs in a tight finish. **Rachel Wells** returned after a few weeks' absence to win heat 4.

In between the sprints we saw some high quality 800m running. **Andrew Brooker** enjoys this event, and easily won the star heat ahead of **Campbell Till**. Further down the field **John Collier** was pleased with his PBA (2:34). **Jim Farr** (husband of Trish) running a creditable 2:53.

In heat two **Graeme Dahl** ran 2:37.5 with **Jocelyn Keage** close behind; Jocelyn is another of **Danielle Baldock's** friends. The middle part of this heat saw a 'race within a race'. 800m specialists **Margaret Saunders** and **David Carr** finished close together, either side of **Richard Williams**, all in excellent times. The pick of heat 3 results was **Lorraine Lopes** who was only 3 seconds outside her Australian W70 record.

## Analysis of the results

### ECAC – March 15

Three events on the track and three in the field provided an excellent curtain-raiser for the state championships 10,000m to follow. The field events provided the major highlights of the evening with two more state records in what has been a busy month for Campbell Till, club statistician.

**Pat Carr** continued her re-write of the W80 sprints and jumps records. It was a long jump, 2.31m with a stiff headwind of -1.6m/s indicates that she is threatening the Australian record of 2.40m when conditions are better.

**Bev Hamilton** was the other keeping Campbell busy. Bev's discus throw of 24.73m bettered her own state record set last year.

**Stella Turner** was another thrower with a very satisfactory night's work. Her weight throw of 8.14m and discus throw of 14.85m were both PBAs.

On the track we began unusually with a 1500m race. PBAs to **Graeme Dahl** and **Bob Fawcett**, got us off to a great start. **Roscoe McDonnell** was the fastest, although not first across the line. Having missed the start he was given a timed start after the rest and came home with the quickest time. A lesson to be learned here – turn up at the start well before the race time as there is no guarantee the starter will wait for you!

Two heats of 100m sprints with a following wind were distinguished with a PBA for **Kathy Lawson**. The other event was a 400m, with most of the entrants taking it fairly easily with the big event still to come.



LORRAINE  
LOPES  
and coach  
DAVID CARR

### WAAS – March 20

It was an eightieth birthday celebration above all at WAAS. Member number 9, one of the great stalwarts of the club from its earliest days, **Rob Shand** celebrated his birthday - inevitably with his friends from MAWA (or WAVAC as it was known in the early days). Rob celebrated it with a season's best in both weight throw and discus. Still bright as a button, he is going to be hard to beat in all the events at this weekend's championships. Few have done more for the club as it approaches its fortieth year. As you read this, raise a glass to the man. Add a state record for another vintage member, W80 **Pat Carr**, this time in the 100m with three watches confirming the time and a wind gauge reading right on the legal limit. Pat would have possibly added to this by lowering her long jump SR by 1cm, but unfortunately no wind gauge reading was available and the wind was fluctuating around the limit.

Another SR, this time for relative spring-chicken **Lorraine Lopes**, completed the statistics for the evening. Lorraine lowered her own state W70 1500m record by another three seconds as she completed her preparations for the states and nationals ahead. Statistician **Campbell Till**, nursing a niggle to ensure that he could compete at the weekend, was well-placed to oversee the records. He spent the evening as recorder and kept an eagle eye on the logistics to ensure the validity of the results.

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BEV HAMILTON

LOOK FOR THE CHAMPIONSHIP SPECIAL – ON WEB EARLY APRIL

## Analysis of the results

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These issues apart, it was not an over-busy evening. Around 45 athletes rounded off their preparations for the weekend's championships. Unusually we started with a middle distance event (1500m). Scheduling is based on what works at ECAC, and unfortunately 6 to 6.45pm is a hectic time with other folk on the track at WAAS, so it was quite difficult, both running and officiating this event. However, it seems that we managed to cope with Lorraine's record success. Perhaps the two meets need distinct schedules next year?

No such problems for the 100m heats, with PBAs falling to a number of athletes across the whole ability and age ranges. Three heats of 400m followed. Heat winners **Mark Elms** (equalling his M40 best), **Garry Ralston** and **Delia Baldock** showed how it was done. But there were a number of other good times recorded, **Fiona Leonard**, **Allan Billington** and **Tom Tralau** all noted with a big smile after the race. And speaking of smiles, **Julie Wilson** seems to have a permanent one. Yet another PBA to this lady who came to us a couple of years back with no running pedigree.

The 5000m/3000m saw PBAs to **John Collier** (under 21 minutes with a superb sprint finish in the 5000m) and the ever-improving **Graeme Dahl** posted a 3000m time of 11:34 was an astonishing 15s inside his M60 best, and almost 25s inside his season's best.

In the field, aside from events already mentioned above, **Cathy McCloskey** was unfortunate to aggravate her hamstring problem in the long jump and is now doubtful for the championships. **Sue Coate** and **Jeff Whittam** heaved the heavyweight to new PBAs and the longest discus throws were claimed by **Greg Wilson** and **Andrew Ward**.



ALLAN BILLINGTON



TONI PHILLIPS

### ECAC – March 22

There was a full programme of events on the night despite the promise of fireworks in the state championships walk to follow. Four track events preceded the 5000m walk. Not surprisingly, with some keeping their powder dry for the walk, and others resting before the big championship weekend ahead, numbers were down. But that did not mean that there was not some top athletics to report.

Sprint specialists **Colin Smith** (8.5s) and **Peggy Maccliver** (10.1s) took the two heats of 60m which opened proceedings. Two non-standard distances followed, giving regulars an opportunity to test themselves in different circumstances. Conditions were breezy in this early part of the evening, but it bothered **Toni Phillips** not a jot as she stormed home in grand style over 300m, leaving two male visitors wondering where she had gone.

Possibly the second loudest applause of the evening greeted **David Carr** in the 600m race which followed. David is peaking perfectly, as is his way. He left all trailing a long way back as he pushed to achieve a sub-2 minute 600m. Exhortations came from all around as the great man strove over the last twenty metres to just dip inside that target mark.

**Roscoe McDonnell** showed he is top form in the 4000m distance event which closed the standard meet on the track whilst the two field events continued. PBAs were recorded in the hammer to **Matt Staunton** (another who is peaking at the right time) and **Anne Travis**. Anne went on to improve her age-group best with the shot also to complete a very successful evening for her.

# Athletes set for Finnish cold



LYN VENTRIS

The WMA world indoor championships take place in Finland early this month. Five MAWA members are heading that way. There are four walkers - World female Masters athlete of the year Lyn Ventris is leading the cast, together with three more walkers (Lynne Schickert, Ray Hall and David Smyth). Rounding off the list is distance runner Roscoe McDonnell.



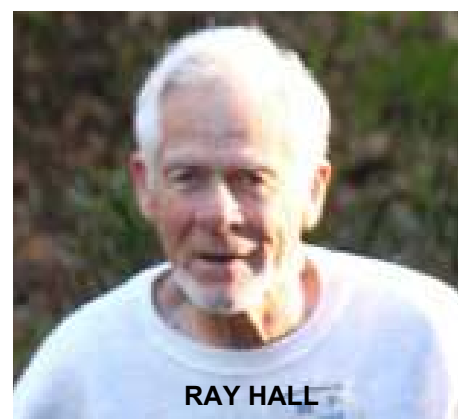
ROSCOE McDONNELL



LYNNE SCHICKERT



DAVID SMYTH



RAY HALL



**Black Swan Event**  
FINANCIAL PLANNING

Black Swan Event Financial Planning is pleased to again be associated with Masters Athletics WA, supporting the 2012 MAWA State Championships.

## **Health and wealth**

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As a masters athlete, you put a lot of time and effort into maintaining a healthy body. But is your financial situation equally healthy?

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"In the 30 years I have been in financial planning and associated areas, many companies have

tried various ways to provide that certainty of income – mostly without success," John says.

"Now, a major institution has come up with a radical new solution which, for a reasonable cost, guarantees income for life. It is transparent and flexible, so you can make capital withdrawals (but they will affect your income), with no loss of capital on death."

If you would like more details or would like a free "health check" of your finances, contact John Cameron or Petrese Ivey at Black Swan Event Financial Planning. Or check the website at [www.blackswanevent.com.au](http://www.blackswanevent.com.au)

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