



Lyn Ventris powers to a gold medal at the Nationals in Brisbane this year.

Mark's \$1000
pay day
Page 6

Lyn heads to Monaco

MAWA's world champion race-walker, Lyn Ventris, is IAAF's female Masters Athlete of the Year for 2011. She was nominated by Oceania, according to strict criteria, and then selected by the WMA Council for submission to the IAAF. At the IAAF's Gala Awards evening in Monaco on November 12th she will rub shoulders with the likes of Sally Pearson, Usain Bolt and Mo Farah, nominees in the open category.

STELLAR YEAR – P2



and re-writes records

It took five days for Lyn Ventris to begin the re-write of the world records for race walking. She became W55 in October, and broke the 5000m track walk record on October 7 at the Australian Masters Games in Adelaide. On the following two days it was the turn, first, of the 3000m track, then the 1500m track walks. (The 3000m is officially called a 'world best' and the 1500m is not even recognised by the world bodies as an event, so it is only an Australian record.) And, not satisfied with two new marks, it was the turn of the 10km road race walk on October 12, another *world best*. Whether it's *best* or *record*, there is no question that Lyn Ventris is the Masters Queen of race walking.

MEDAL HAUL – P age 3

On top of the world

Unlike the rest of us, Lyn Ventris seems to get better as she gets older. During the past year, despite being right at the top of the W50 age group (she turned 55 in October), she has dominated every race she has contested and rewritten the record books. Her IAAF award is well deserved.

In 2011, at the 'local' level, she has retained state and national records and open championship titles, competing against athletes less than half her age. At the AMA Road Walking Championships in Melbourne in May, she broke her own 20km world record by more than five minutes, clocking an amazing 1:39:51. Age graded, this translates to a mind-blowing 101.33%.

Just a couple of months later, at the WMA Championships in Sacramento, she walked away with team gold medals in the 10km and 20km and individual golds at 5000m, 10km and 20km. Not only was she the fastest female in all these races, irrespective of age group, but Lyn won the 20km walk by more than nine minutes.

Lyn has always been an active person, with walking and gym work keeping her fit for playing squash and tennis. But she was approaching forty before she took up race walking – just in time for the AMA Championships in Perth in 1996. She entered two races and won her age group in both. By 1999 she felt confident enough to enter the 5000m and 10km road walks at the WMA Championships in Gateshead. Beaten into third and fifth positions by the Americans, she decided it was time to take things more seriously.

She sought coaching and in Brisbane in 2001 she beat the

Americans, winning both the 5000m and 10km events. And she was again the fastest female walker over all age groups. Similar success followed in San Sebastian, Riccione and Lahti.

Such achievement does not come without hard work and Lyn allows herself just one rest day each week. She recognises the importance of a good healthy diet and a variety of training activities. Her programme includes cycling, swimming, gym work, hill and speed sessions, both running and walking, and usually more than one of these each day. Since she lacks realistic competition she has to rely heavily on self motivation. But it is not just the satisfaction of her achievements or the anticipation of further success that keeps her going, she just loves participating and is keen to help others to do so by sharing her knowledge and experience.

Lyn has wasted no time in beginning her assault on the W55 records. In the space of just a few days, at the Australian Masters Games in Adelaide, she broke Australian records in the 1500m, 3000m, 5000m and 10km walks. The 1500m walk does not feature in world listings but the 3000m is a world best and both longer events, subject to ratification, give her world records. What an achievement!

Since she is based in Bunbury, we unfortunately see Lyn only rarely at our regular MAWA meetings. But we will all be eagerly following her progress during this season, when she will surely continue to keep our club statistician very busy.

We wish her well on her trip to Monaco.

Lyn gets some nourishment after another gold medal performance in the 10km road walk at the Nationals in Brisbane

Adelaide medal haul



There was much for MAWA to smile about and be proud of at the Australian Masters Games in Adelaide. Most of our eight participants won at least one gold medal. Between them they came home with 42 medals in total – 18 gold, 12 silver and 12 bronze. That's an average of five medals each.

MAIN PHOTO: Rudy Kocis strides out. INSETS: Marty Campbell (top) and Bjorn Dybdahl were all in the medals in Adelaide.

Athletes' excess baggage

Marty Campbell (6): (M45)

400m hurdles gold; 60m, 400m and high hurdles silver; 100m and 200m bronze.

Rudy Kocis (5): (M50)

60m, 100m, long jump gold; 200m, high jump silver.

Geoff Bailey (6): (M40)

3000m steeplechase, javelin, 8km cross-country gold; long jump, triple jump, outdoor pentathlon silver.

Bjorn Dybdahl (5): (M55)

3000m steeplechase gold; 800m, 8km cross-country silver; 1500m, 5000m, street mile bronze.

Lyn Ventris (4): (W55)

5000m walk, 3000m walk, 1500m walk, 10km road walk - all gold.

Tom Gravestock (5): M55

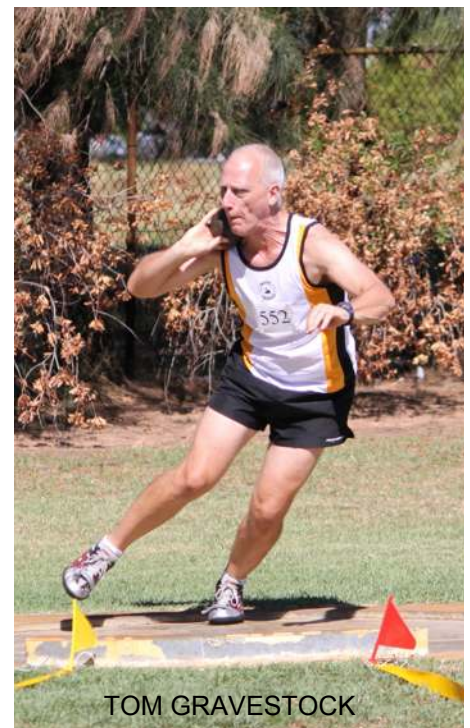
Discus gold, weight throw silver; throws pentathlon, shot put, hammer bronze.

Rob Young (4): M65

Shot put, discus, hammer, weight throw bronze.

Elizabeth Szczepanska (6): W60

Shot put, hammer, discus, weight throw, throws pentathlon all gold; javelin silver.



TOM GRAVESTOCK

Sunday runner

Lorraine Lopes – The black caviar of distance running



Lorraine Lopes leads fellow Australian Anne Stobus and American Jean Daprano.

Described thus by Campbell Till (in *Vetrun*) earlier this year, it is hard to believe that Lorraine only began running when she was sixty five. Born in Melbourne in 1940 into a sporty family, the young Lorraine played tennis, netball and squash but her only experience in running was in the annual school relay race. It was whilst playing competition squash in Geraldton in her late thirties that her competitive nature began to emerge. The youngest of her three children, Trish Knox, is also a MAWA member.

In later life, Brian Bennett persuaded Lorraine to go to a Sunday run and, although she walked, she found it very enjoyable. She began race walking but after a foot injury discovered that running was less painful. She joined the Friday morning group but any suggestion that she should do some training was rejected because she was “running just for exercise and fun”.

In 2007 she broke her hip so it was 2008 before she began to run again, mainly 10km and upwards. In 2010, having just turned 70, she was begged to run in the postal relay races for the W65 team. To prepare for the short distances she decided to try some track sessions – and got the shock of her life when she set an Australian record for the 3000m. And this was just the start of an amazing haul of records. The club statistician calculated in June this year that she had “now racked up an amazing twenty one state records and six Australian records in less than eighteen months as a W70.” (*Vetrun*, June). She had also achieved three relay Ars.

CONTINUED – Page 5

ALEX G. SPANOS SPORTS COMPLEX

W70 800 Meter Run				
Daprano	1	3	03	13
Stobaus	2	00	03	04
Lopes	3	00	10	54
Chen	4	00	10	50
Garcia: M	5	00	34	15
Espinosa	6	00	40	06
Mendibur	7	00	50	00
Stoll	8	4	00	08

ALEX G. SPANOS SPORTS COMPLEX

W70 1500 Meter Run				
Daprano	1	6	30	07
Lopes	2	6	31	36
Stoll	3	6	48	96
Carlson	4	7	05	19
Espinosa	5	7	20	76
Mendibur	6	7	35	81
Bustaman	7	8	04	09
Chen	NS			

Just for the cuppa

FROM – Page 4

In her first Australian Championships, Perth 2010, she won the 800m and the 10000m but was disappointed with the lack of competition in her age group. A couple of months later she joined the Tuesday morning group, quite unaware of what awaited her. She says that after the first session “David had run me ragged with all his reps etc”. But not being a quitter she went a couple more times – mainly for the cuppa afterwards. Then a long bike tour was an excuse to drop out and it wasn’t until this year’s postal relays that she started again. David both challenged and encouraged her and she attributes all the credit/blame for her performances to him.

At the AMA Championships in Brisbane this year Lorraine came away with gold medals in the 800m, 1500m and



Lorraine shares her medal win with David Carr

5000m but, again, lacked competition. However, things were to be different at the World Championships. Lorraine

says “Sacramento was a very exciting time for me. I went with a lot of doubts, apprehension and nerves as to whether I

would be competitive enough. When I finished second in the 5000m I was stunned. Although I had an enormous smile on my face, I couldn’t really believe it was true. It was a bit like a dream and I still have that smile on my face when I think of it. It was an amazing feeling”. Bronze and SR in the 800m and silver and AR in the 1500m brought “great feelings of joy, elation and happiness, mixed with relief”. There was no shortage of competition in these races so she was truly tested

At the time of writing, Lorraine is the current holder of state records in every distance from 400m to 10,000m and of Australian records at 1500m, 1 mile and 3000m. But, despite enjoying the experience and her great success on the track, Lorraine still feels a lot more comfortable running longer distances on the road.

T&F Programme for November

ECAC	WAAS							
	Nov 1	100m	800m	200m	3000m PT	Triple jump		
Nov 3	Nov 8	60m	1500m	100m	4000m r/w	Long jump PT	shot	Hammer PT[^]
Nov 10 [^]	Nov 15	200m	60m	400m PT	5000m r/w	Triple jump	Wt throw [^]	Discus [^]
Nov 17 [^]	Nov 22	60m	800m	3k r/w	100m PT	Long jump	Shot PT[^]	Javelin [^]
Nov 24 [^]	Nov 29	400m	1500m r/w	100m	5000m PT	Triple jump	Javelin [^]	Hammer [^]

NB: As there are no throws on Tuesdays this year, competitors may compete in a Patron’s Trophy throwing event on Friday evenings at WAAS within two Friday’s after the Thursday date.

Mark bags pro cash

and stars on YouTube

Mark Elms is \$1000 richer and has a gold medal with celebration sash after winning the Dardanup 550m handicap in October. He joins an elite band of MAWA members that have won pro-races (Lynne Choate, Norm Richards are two in recent times).

Watch the race on YouTube just copy and paste this link into your browser.
<http://www.youtube.com/watch?v=-MPzr0gUm-k>



Verses for MAWA

What do you do after a really exhilarating experience? I find that it heightens my creative instincts and often results in a poem. So it was when MAWA ran their 4x1500m relays in 2007 as a forerunner to the first national relay championships. And this is how it starts

*One half hour in December
Is one we'll sure remember.
A plethora of records – what a night!*

Then came *The St Valentine's Day Massacre* which describes how MAWA thrashed the other states in the 2008 relays. Other poems followed after National and World Championships and John was moved to write one last November to mark the last running of The Garvey Gallop, for many years a popular run on the Sunday programme.

These poems have all appeared in TFNL or Vetrun and you can now read the whole collection on the website.

Christine Oldfield

Patron's Trophy starts

Competition for this year's Patron's Trophy began on October 20. The contest is age-graded and takes in sprints, middle distance, longer races, jumps and throws.

Early pacesetters are David Carr and Gillian Young.

Athletes compete in a maximum of 14 events and points from their best 10 are added to achieve a total score. Athletes can compete on Tuesday and Thursday nights, however no event can count twice.

The 10 events must include

three field events, at least one of which is a jump.

Note: As there are no throws on Tuesdays this year, competitors may compete in a throwing event on Friday evenings at W AAS, within two Fridays after the Thursday date.

The inability to use the cage end of the infield on Thursday nights for an indefinite period means that the throws part of the Patron's Trophy needs revision. New dates for discus and hammer will be advised when we know the availability of the repaired cage. Shot and javelin dates are not affected.



ECAC October 20

10,000m			% pts
Rod Hamilton	M49	39:46.2	75.10
Graeme Dahl	M62	44:40.2	74.60
Sue Bourn	W44	45:03.1	71.10
Grant Schofield	M43	45:17.2	62.93
Maurice Creagh	M65	47:41.5	71.79
Gillian Young	W64	47:47.8	87.71
David Carr	M79	48:49.3	85.82
Jim Barnes	M68	51:43.2	68.08
Nick Miletic	M60	54:26.8	60.13
Sarah Ladwig	M62	58:30.7	69.42

WAAS October 25

10,000m			% pts
Mark Dawson	M50	42:57.0	70.09
Graeme Dahl	M62	44:29.5	74.90
Karyn Gower	W51	45:42.2	75.89
John Oldfield	M68	46:55.9	75.02
John Collier	M45	49:09.3	58.88
Julie Wilson	W58	51:53.7	73.69
Nick Miletic	M60	54:23.4	60.20

ECAC October 27

3000m			% pts
Rod Hamilton	M49	10:59.9	75.62
Kim Thomas	M37	11:30.8	65.92
Graeme Dahl	M62	12:16.6	75.59
Brian Hewitt	M57	12:23.7	71.68
Maurice Creagh	M65	13:02.0	73.16
Trish Farr	W39	13:41.4	63.40
David Carr	M79	13:43.1	85.05
John Dennehy	M52	14:22.3	59.29
Carol Bowman	W56	14:26.0	73.52
John Oldfield	M68	14:27.8	67.79
Mel Hynds	W34	14:36.3	57.79
Kim Cook	W37	14:44.7	58.08
Peggy Macliver	W67	14:52.4	84.14
Monique Thomas	W34	16:34.3	50.93
Kev Hynds	M44	16:54.5	47.30

There were many personal landmarks, all recorded on the results which you will find on the website. Updates on the leader-board will be posted on the website's track results page after each two completed rounds.

Tuesday highlights at WAAS



ABOVE: The top three placegetters in the 200m power off the line. Rudy Kocis (left) won with Wendy Seegers (right) getting the judges decision from Mark Elms (centre) in a blanket finish.



LEFT: Dave Wyatt, Campbell Till and David Clive stride out in a heat of the 200m at the West Australian Athletics Stadium.

BELOW LEFT: Barrie Kernaghan gets into full stride.

BELOW: John Dennehy leads from Peggy Macliver and Mark Dawson.



Thursday highlights at Coker Park



Bev Hamilton keeps an eye on the shot put as field events returned to the calendar.



Mark Hamilton set to unleash a shot.



Andrew Ward prepares to throw.



Greg Wilson steps down the runway.



Lajos Joni shows his style.



Geoff Gee throws a warm-up shot.

Thursday highlights at Coker Park



LEFT: Wendy Seegers, Colin Smith and Keith Martin battle for the lead in the 60m sprint.



Lynne Schickert prepares for landing in the long jump.



Newcomer Alec Ring bounds down the main straight.



Chris Neale



Kim Thomas



John Dennehy and Stan Jones run and walk the final bend.



WAAS – October 4

The summer season of track and field started at WAAS last night with a good turnout of 21 athletes. It was season's bests all round, since this was the first meet of the season. Several athletes have set themselves difficult tasks to beat these, with four PBAs on the night. **Grant Schofield** and **Julie Wilson** set new marks for the 1000m. **Andrew Brooker** did likewise in the 200m, joining **Grant** for his second PBA of the evening.

A bonus for all is the news that **Dave Wyatt** will be running a high jump event each Tuesday. With a total of four track events and two jumps each week we can look forward to some good competition to supplement the Thursday meeting at ECAC, where throws will also be available each week. And don't forget that the Strive meet on Fridays is also available to MAWA members at a \$5 entry fee (you must join the AWA at \$10 for the whole season).

ECAC – October 6

Competition for the summer season began at the Ern Clark Centre (Coker Park). Initial focus was on the throws, since these are not available at WAAS. There was a terrific javelin contest between the two M35s – **Matt Staunton** (43.88m) just edging **Mark Frew** (43.83m). PBAs went to two of the women throwers – **Maria Trolio** (24.84m) and **Gillian Young** (13.46m). It was **Matt Staunton** to the fore in the weight throw as well, with a PBA of 13.61m. **Andrew Ward** also achieved this personal landmark.

Four long-jumpers tested the pit tonight. **Chris Neale** had the longest jump of 5.51m, with **Nick Miletic** jumping out to 3.69m, his best since turning 60 a year ago. **Regina**



Crouch and **Lynne Schickert** each got their jumps season off to a start.

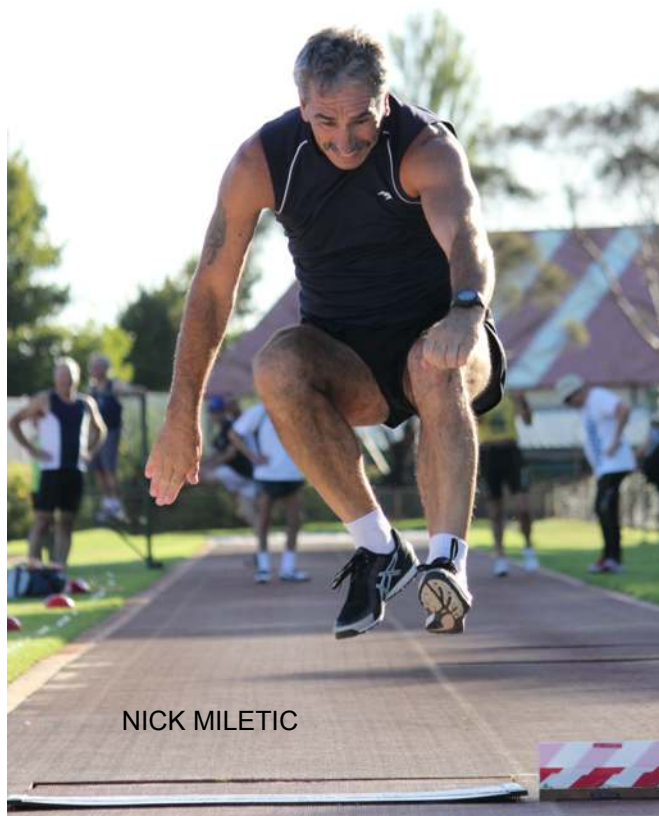
On the track there were four well-contested events. Three heats of the 100m kicked us off, with **Chris Neale** starting the season in traditional manner, crossing the line first, with newcomer **Jimmi Thommana** three metres down. Another newcomer, W35 **Wendy Seegers**, took heat 2, with Sacramento heroine **Peggy Macliver** leading the other women home in the third heat.

Three and three-quarter laps make up the 1500m, and for most of this race there was little to choose between the two M45s **Ian Cotton** and **Rod Hamilton**. Ian eased clear in the home straight to win by a second. Further back, **Carl Ciccarelli** will be pleased with his PBA of 6:05. **Sarah Ladwig** took the honours amongst the three 1500m race-walkers.

I always feel that the one-lap race is the toughest of all. 400m flat-out takes special training, combining excellent pace with the endurance to maintain this in the last 100. **Chris Neale** made light of this with an excellent 57.6, all others floundering in his wake. **Wendy Seegers** showed she's more than just a 100m runner to take heat 2, with **Sue Bourn** pocketing the win in the third heat. **Maurice Creagh** produced his best M65 time in his heat.

The 3000m is always a popular event at Coker, and tonight was no exception with 16 toeing the start line, including walker **Stan Jones**. **Rod Hamilton** led from gun to tape, winning by a lap in 11:05. Behind him came a long string of tired finishers, two of whom would be very happy with PBAs – **Maurice Creagh**, his second of the evening, and **Carol Bowman**.

A great evening's athletics concluded, with every indication that the summer season would be another memorable one.



Analysis of the results

WAAS – October 11

The highlight of this evening's meeting at WAAS was the first-ever steeplechase at a regular MAWA midweek meeting. There are some drawbacks to holding these meetings at this stadium without the exclusive use of the track, but undoubtedly the fact that we can include steeplechase and high jump events regularly is a big plus. Four athletes took on the barriers and water jump. **David Carr**, approaching 80, but seemingly as speedy as ever, led **Kerriann Bresser** home, with **Julie Wilson** (PBA in her second ever 'chase) and **Nick Miletic** also completing the event.

The evening had begun with three heats of the 100m. **Campbell Till**, **Wendy Seegers** and **John Dennehy** were heat winners. **Campbell** battled with **Craig van Waardenburg** and **Dave Wyatt**. **Craig** was pipped on the line, with all three of them producing their season's best time.

The 3000m saw **Grant Schofield** leading a small but talented field of three. Grant equalled his PBA set last week to take the honours. Two 400m heats saw **Campbell** and **John Dennehy** winners for the second time of the evening, with **Grant** leading **John Collier** home in the 1500m that followed.

ECAC – October 13

The big crowd turned out at the Ern Clark Centre (Coker Park) as the evening began on the track with three heats of 200m. No surprise that **Chris Neale** took the fast heat from **Colin Smith**. There was an excellent finish in heat two with new member **Wendy Seegers** (what a find she is!) edging ex-member **Scott Andrews** (running as a visitor). **Rod Hamilton** produced a PBA behind these two. The ever-improving **Mel Hynds** won heat three to start what would be for her an excellent evening's performance.

There followed three heats of the 800m, with the third heat having 11 starters. **Kim Thomas**, returning to form,



MELISSA HYNDS



CRAIG VAN WAARDENBURG
and CAMPBELL TILL

Roscoe McDonnell and **Robin King** breasting the imaginary tape in each. **David Smyth**, **Maurice Creagh** and **Monique Thomas** each ran PBAs and there were new club tops for a whole clutch of others.

On to the 60m, an event that I'm told the true sprinters love, because there is absolutely no chance to make up for a poor start. You need to be fast out of the blocks and into your running from the first stride. It's certainly a spectacle, even if it is challenging for timekeepers! **Colin Smith**, **Wendy Seegers**, **Peggy MacIver** and **Mel Hynds** can claim bragging rights from these four heats, with **Sarah Ladwig** recording a new *Club Tops* performance. For those not familiar with the *Club Tops*, these are the best age-group performances of the running year (April-April) in each event and are published on the website.

The final event on the track was the distance run, nominally a 5000m this week although a number chose the shorter 3000m. **Boris Padovan** was so fast that he finished the full distance whilst a number of others were still some way from completing 3000m. His 17:04 was our quickest 5000m for many a day at these meets. PBAs also went to **Grant Schofield**, **Mel Hynds** (what a night she had!) and **John Dennehy**, with three more CTs as well.

In the field the main event was the shot put. I take a special interest in this event these days, not because I can compete in it, my toes are in severe danger on the occasions I try, but because I am almost qualified as a regional throws judge in the UK and AWA have also appointed me as a chief judge in this event for 2011/12. I was mightily impressed with **Geoff Gee's** put of 11.97m (a CT) and pleased to see **Andrew Ward**, **Barbara Campbell** and **Stella Turner** also managed PBAs. The other throw was the heavyweight (makes me shudder to think of it), where **Geoff Gee** and **Bev Hamilton** pushed the *Club Tops* list to new heights.

Analysis of the results

WAAS – October 18

One of the great plus factors of running at WAAS is that the prevailing wind is behind the sprinters, making fast times possible. With a wind of more than 2m/s, times don't count for records, but they do go on the club database with a suitable annotation. **Rudy Kocis, Grant Schofield** and **Dave Wyatt** all have new PBAs to their name tonight. The opening 200m saw **Campbell Till, Barrie Kernaghan** and **John Dennehy** also record wins, with **Keith Martin** and **Peggy Macliver** enjoying the aid of the tail wind for SBs. Similarly in the 60m later in the evening, **Wendy Seegers** and **Peggy** again notched up their fastest of the season behind winners **Rudy Kocis** and new member **Bernard Riviere** respectively.

The jumpers are certainly taking advantage of facilities on a Tuesday, with both a triple and high jump on the programme. It's a pity that **Donald Bradley** is a visitor – an 11.50m triple jump is one we would like to claim for the club. **David Clive** and **Keith Martin** will still no doubt be happy with their 8m plus jumps. There were six high jumpers this evening as this event is now beginning to take off (no pun intended). It's great credit to **Dave Wyatt** for doing all the work to get high jumping back into the calendar, and good to see the return of **Greg Wilson** helping him. **Greg** is on the team of officials running this event at the Strive Friday open meetings.

Back on the track, there was a good field for the 800m event. **Roscoe McDonnell** took the honours ahead of **Mark Dawson**. PBAs went to **Maurice Creagh** (getting ever closer to breaking three minutes) and **Julie Wilson**, with SBs for **Toni Phillips** and **Graeme Dahl**. Finally the distance event saw the youngsters battle over 5000m



GRANT SCHOFIELD

(won by M40 **Keith Edmonds** celebrating a rare WBA win back home). Meanwhile the 50 plus contingent, led by **Roscoe McDonnell**, settled for 3000m.

ECAC – October 20

At the recent AGM of Australian Masters, the decision was made to trial a change in javelin weights. Under WMA rules, the W60, W65 and W70 age groups use the 400g spear. AMA has decided to trial 500g implements. One of the consequences is that W65 **Bev Hamilton** (18.01m) and newly W70 **Lynne Schickert** (10.06m) are now the owners of new state bests. **Mark Frew, Andrew Ward** and **Greg Wilson** also set new club tops for the year. **Mark** and **Greg** repeated this achievement with the shot, and event in which **Geoff Gee** had the longest put of 11.52m.

The main event on the track saw the start of the Patron's Trophy for 2011. **Gillian Young** was the star, along with **David Carr**. Gillian's 87.7% sets her trophy challenge off to a great start. David is as tough as ever to beat with 85.8%. PBAs went to **Graeme Dahl, Grant Schofield** and **Maurice Creagh**. **Rod Hamilton** had a new M45 CT, and he is right at the top of the age-group too.

Earlier, two heats of the 60m dash were taken by new members **Bernard Riviere** and **Alec Ring**. Another recent acquisition for the club **Wendy Seegers** ran Bernard very close in the top heat, to set a new W35 CT. Whilst **Rod Hamilton** started his evening well with a PBA.

Highlight in the mile was Lynne Schickert's W70 and Stan Jones' M85 state bests (unjudged) for the mile walk, and in the 400m it was **Wendy Seegers** at it again with a CT of a very swift 62.3s. This time the other two 'newies' Bernard and Alec were left in her wake.



BEV HAMILTON

Analysis of the results

WAAS – October 25

A cool, almost windless evening saw the return of the **Oldfields** from their northern home, a welcome return also for **David Clive** and **Karyn Gower**. We also welcomed new member **Oswald Igel**. Oswald produced a very respectable long jump, in a competition which saw **David Clive** and **Dave Wyatt** each improve the year's club tops list for their age groups.

Two heats of the 60m were won by **Wendy Seegers** and **Keith Martin**. Wendy had a battle royal with **Campbell Till** in the opener and the timekeepers could not separate them. **Dave Wyatt** (third place) improved the M60 club tops ahead of **David Clive**. All three members in heat two had personal landmarks – PBAs for **Keith Martin** and **John Dennehy**, with a season's best for **Peggy Macliver**,

Mark Dawson and **Maurice Creagh** each improved their PBAs in the mile race. Sandwiched between them, **Toni Phillips** now has the W35 CT for the year. The 400m was the most popular event of the evening with three heats required. CTs fell to **Campbell Till**, **Wendy Seegers** and **Peggy Macliver**. The heats were won by **Campbell**, **Keith Martin** and **Toni Phillips**.

The feature was the Patron's Trophy 10,000m race with eight competitors. A visitor, **Mike Kowal**, gets a mention as he was the winner and assures us he will soon be joining the club. PBAs went to **Graeme Dahl** and **Julie Wilson**, with a CT for **Mark Dawson**. However, top points were garnered by **Karyn Gower** (75.9%) and jet-lagged **John Oldfield** (75%).

After round one of the trophy, **David Carr** and **Gillian Young** are setting the pace, but a number of possible contenders took their 'bye' on this longest event and will enter the fray next week.



ECAC – October 27

Sixteen runners contested the Patron's Trophy 3000m which brought the track programme to its conclusion. The top points went to **David Carr** (85%) and **Peggy Macliver** (84%). David will thus retain his early top spot on the men's leader-board, whilst Peggy is currently tight behind leading woman **Gillian Young**. Other good points were garnered by **Rod Hamilton** and **Graeme Dahl** (each scoring 75.6%), with **Carol Bowman** and **Maurice Creagh** not far behind on 73%.

Events began with three heats of the 100m on this heavily pitted track. **Bernard Riviere**, **Kim Thomas** and **Peggy Macliver** each won their respective heat. **Rod Hamilton** and **Trish Farr** set new PBAs in their age group.

Starter **Tom Lenane** made an executive decision that the 14 starters in the 800m could manage in a single race, so there was doubling up in almost every lane for the mass start. **Kim Thomas** stopped the clock, figuratively speaking, at 2:46.4 just ahead of **Brian Hewitt** (PBA) and **Boris Padovan**.

The other event on the mondo was a 200m. The two heat winners were **Bernard Riviere** and **Trish Farr**. **Bernard** also managed a triple jump of over 9m.

The hammer/discus cage is under repair currently, so the trophy discus event was replaced with javelin. **Barbara Campbell** will be pleased with that decision as she upped her PBA to 14.21m. **Matt Staunton** had the best throw of the evening with over 41m. His weight throw was even better, hurling the beast to 13.89m (provisional) for a new M35 state record. **Barbara Campbell** and **Andrew Ward** were inspired by this and each claimed new PBAs. However, all of them were eclipsed by **Lajos Joni's** huge throw of 15.45m.