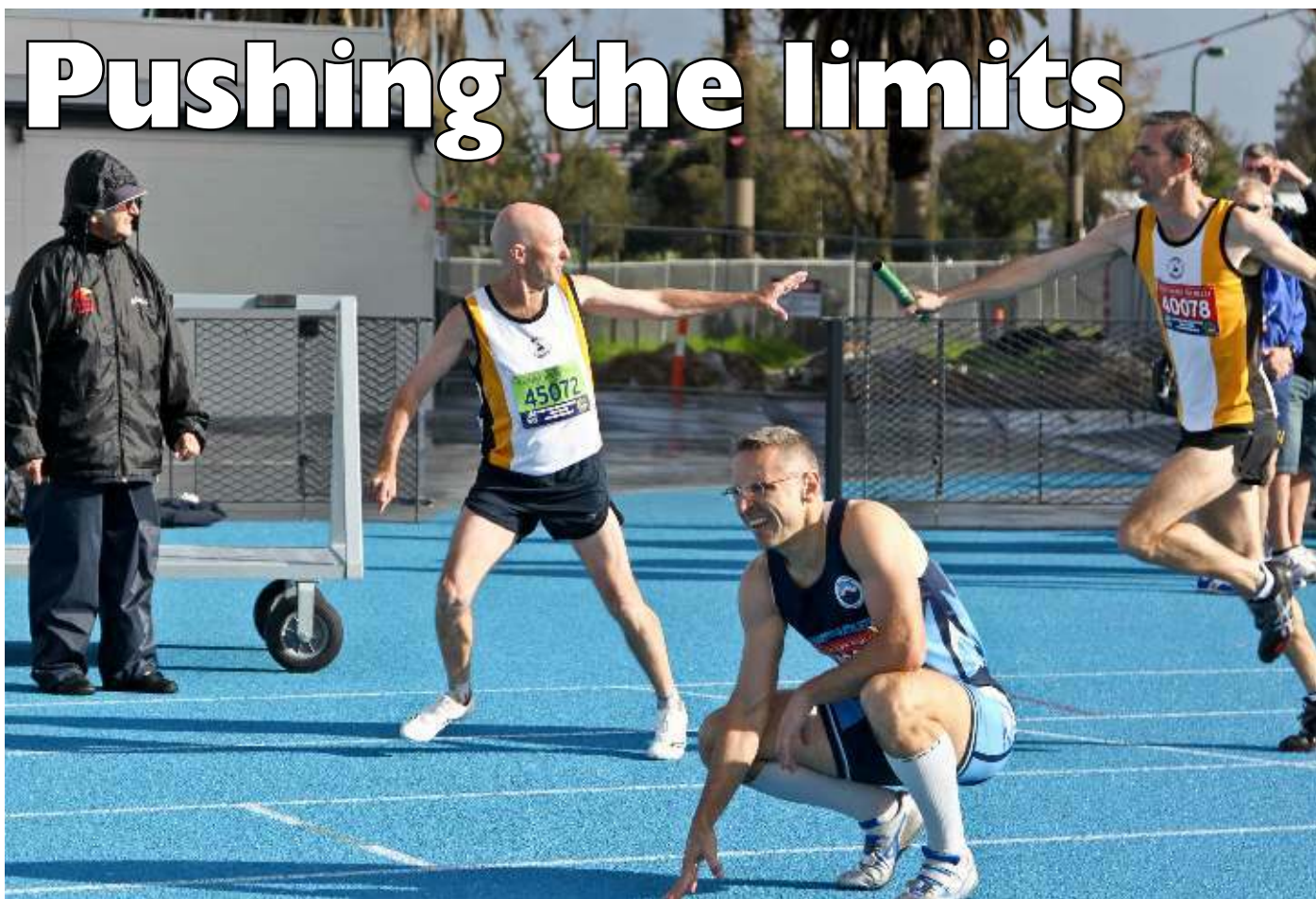


Pushing the limits



Colin Smith prepares to take the baton from Andrew Brooker in the 4x400m relay on the final day of competition.

MAWA athletes excelled across the globe in early April at the World Indoor Championships at Jyvaskyla in Finland and the Australian Masters Athletics Championships in Melbourne.

This issue of TFNL looks at some of the action. John Ventris highlights the exploits of our four walkers in the freezing conditions of Finland.

With the Australian championships, several competitors express their thoughts of what the championships meant to them through the "My Nationals" columns.

And to top it off John Oldfield has been busy trawling through the results to weed out the Western Australian ones.



Lyn Ventris ignores the frozen lake as she powers to a world record in the 10km road walk.
STORY – Page 2



It's cold outside

Lyn Ventris trains two days before her record breaking 10km road walk.

Worlds indoors – Lyn Ventris

10km walk	97.73%	49:59	WR
3000m walk	91.94%	14:51.24	WR

By JOHN VENTRIS

The 2012 World Masters Athletics Championships in Finland saw four MAWA members participating at an Indoor Championships for the first time.

It is fair to say that all were a little apprehensive about competing, given that all were racewalkers and one of the events was to be held outdoors.

Lyn Ventris, David Smyth and Ray Hall all competed in the 3000m track walk and the 10km road walk while Lynne Schickert stretched herself by competing in six events. As well as the two walks Lynne did the 60 and 200 metre sprints, long jump and triple jump.

The venue for track events and some field events was indoors at Hippos Hall with some field events being held at an outdoor stadium. The 10km road walk was held on a course around the frozen waters of the Jyvaskyla harbour. The championships were generally well run and events ran like clockwork including most of the medal presentations.

Highlights for MAWA would have been Lyn Ventris' really good walks to have broken two world records (after the MAWA championships this makes four world records in two weeks) and then to help make up a team for the relay to help win medals for two other Aussies who had not won a medal until the relay.

Also the medal to Lynne Schickert in the triple jump and Lynne's performances in the walks were really something. She walked really well and was pretty well 'robbed' at the line in both of the walk events. As one of the other Australian walkers (from Victoria and a coach as well) said – "it is the best I have seen Lynne Schickert walk".

CONTINUED NEXT PAGE



Now this is a happy little Aussie – Lyn Ventris after winning the 3000m track walk and breaking the indoor world record..



Lynne Schickert ignores the postcard scenery in the 10km road walk.
 Photo: EMMANUEL TARDI

FROM PREVIOUS PAGE

David Smyth was at his best in both walks with PBs and his new training regime is really paying off for him. David was part of the Australian M40 10km road walk gold medal winning team. He was really pleased with his walks and the atmosphere of the indoor championships.

Ray Hall was so worried about getting 'hit' by the walk judges in his walks and this proved the case in the 3000m track walk when he was disqualified but Ray took it on the chin and then walked with enthusiasm in the 10km road walk and completed the race.

The conditions in Jyvaskyla were extremely cold with some daytime temperatures down to minus three and some night temperatures down to minus 13. It snowed on a couple of days and so it was really a great experience for all – not only the championships but also the weather. On the 10km road walk day luckily the conditions were probably the best of the championships.



Ray Hall all rugged up in the 10km road walk by the frozen lake.



David Smyth in the 3000m track walk



World Indoor Championships, Jyvaskyla, Finland



Lyn Ventris on her way to victory and a world record in the 10km road walk.

Photo: EMMANUEL TARDI

Lyn Ventris

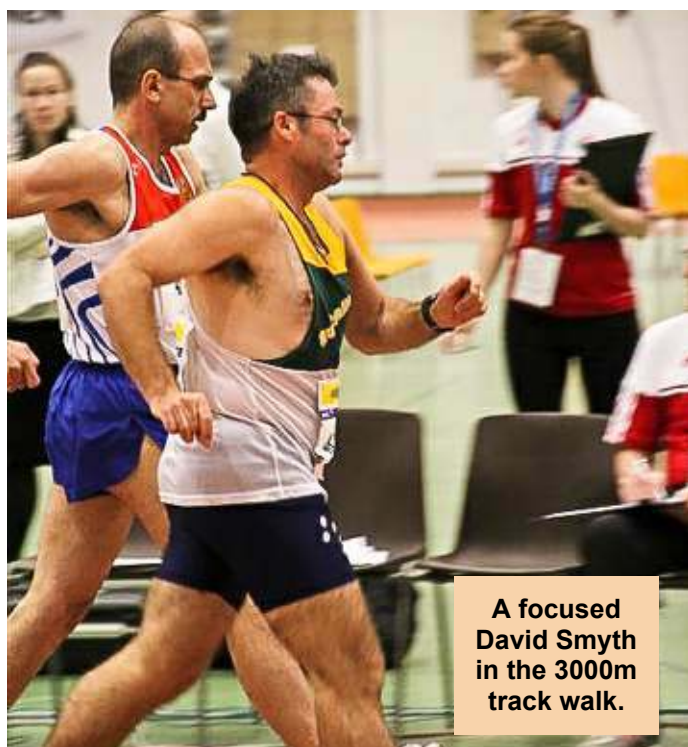
- 3000m track walk – First and Gold
(World indoor record 14:51)
- 10km road walk – First and Gold Medal
(breaking her own World record - 49:59)
- 4x200m relay – Team Bronze Australia (yes Lyn got to **run** for Oz)



Lynne Schickert leads W70 in the 10km road walk.

Lynne Schickert

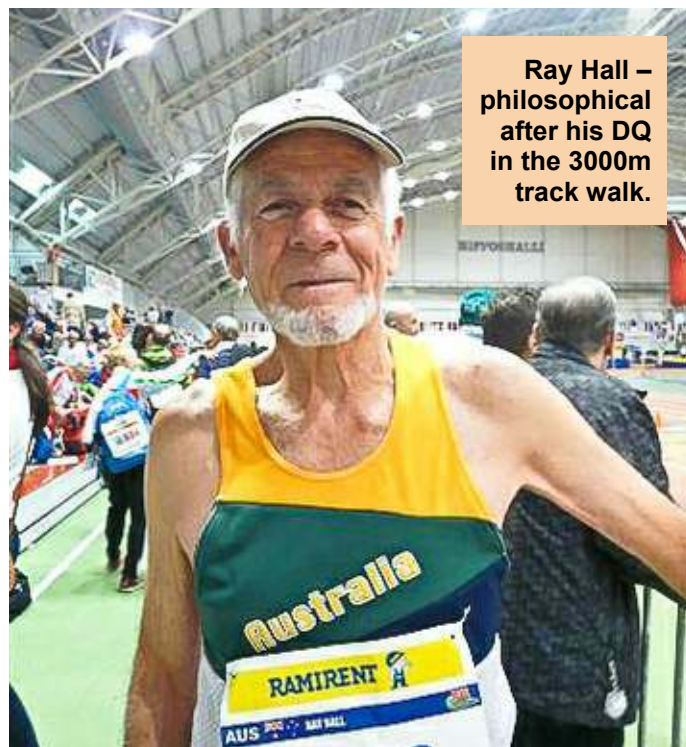
- 3000m track walk – Fourth (and only three hundredth of a second from bronze)
- 10km Road Walk – Fourth (and again just out of the medals by seconds)
- Triple Jump – Third and Bronze Medal (5.46m)
- Long Jump – Seventh (2.68m)
- 60m Sprint – (13.25)
- 200m Sprint – (46.79)



A focused David Smyth in the 3000m track walk.

David Smyth

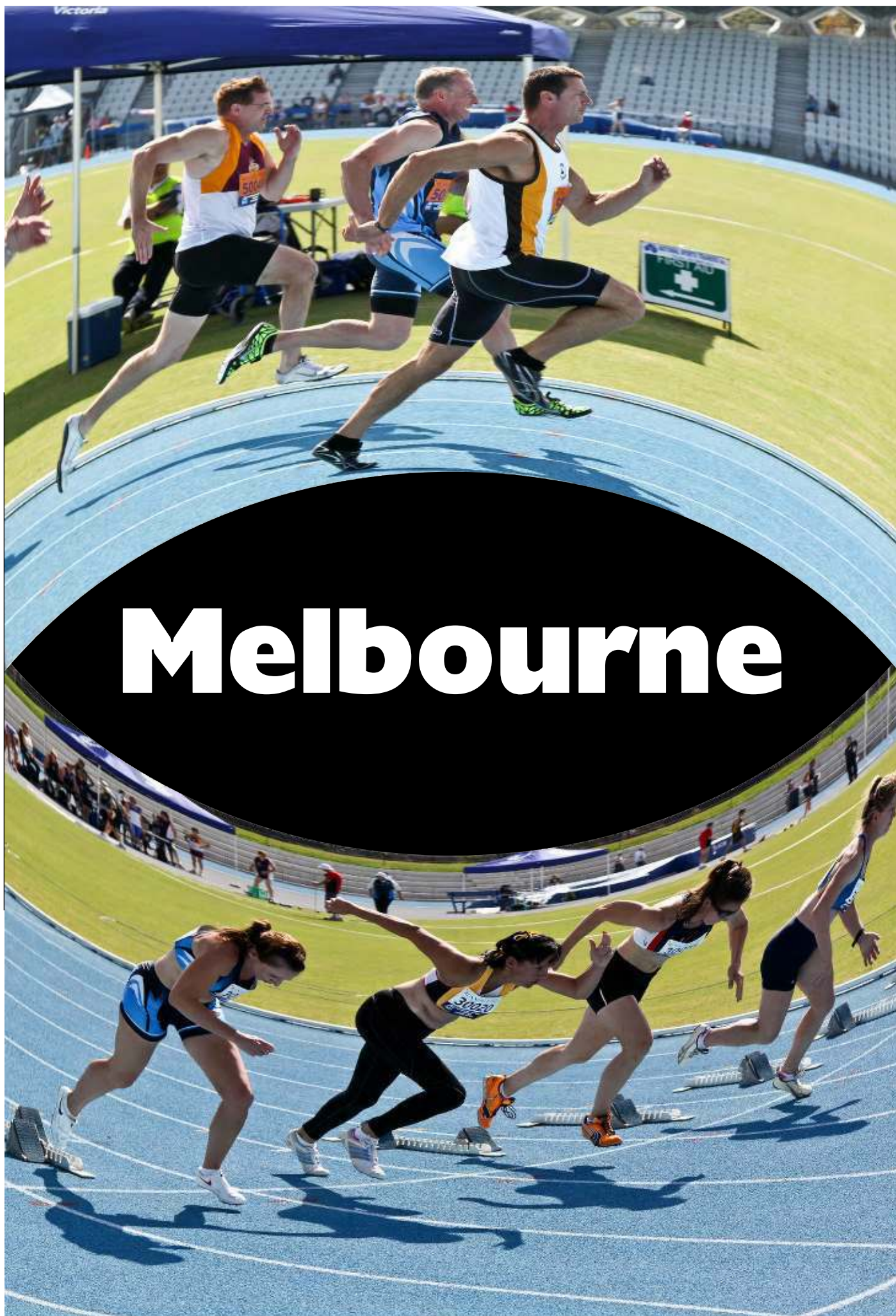
- 3000m track walk – Sixth (PB of 15:55)
- 10km road walk – Sixth (PB of 54:54)
- 10km road walk – Team Gold



Ray Hall – philosophical after his DQ in the 3000m track walk.

Ray Hall

- 3000m track walk – Unfortunately disqualified
- 10km road walk – Ninth (76:23 and very happy to have completed the 10km)



Lorraine wins Brian Foley trophy



MAWA's Lorraine Lopes was a winner on and off the track at the Australian Masters Athletics Championships in Melbourne at Easter.

For her 96.83 percent Age Graded performance in the 800m she received the Brian Foley Award for the best performing male or female athlete in the 800m or 1500m. Norma Foley donated the award in memory her husband and MAWA member. At the AMA awards dinner held on the Sunday night Lorraine and three other MAWA members received awards. (See page 8).

A number of MAWA athletes returned with a bag of medals. Sprinter Garry Ralston (M55) topped the individual medal list with six gold and one silver medals. Ruth Johnson won five gold and three silver medals and Peggy Macliver (W65) won five individual gold medals and two silver relay medals. Of the throwers Bryony Glass (W35) and Greg Urbanowicz each bagged five gold medals.

MAWA Top 10

	G	S	B
Garry Ralston	6	2	-
Ruth Johnson	5	3	-
Peggy Macliver	5	2	-
Bryony Glass	5	-	-
Greg Urbanowicz	5	-	-
Kate Glass	3	1	2
Barrie Kernaghan	3	2	-
Monique Thomas	3	2	-
Melissa Foster	3	1	1
Pat Carr/Garry Hastie	3	-	-

Of the 58 MAWA athletes who made the trip east, 47 won at least one medal.

Bryony Glass backed up her five gold medals with a world record in the W35 weight throw with 17.29m and an Australian record in the hammer of 54.47m

The championships were held at the new blue track at Lakeside Stadium on the old South Melbourne Football ground in Albert Park.



This year there were 58 entrants from Western Australia which I believe is the largest number ever to compete outside of WA. It is fantastic to see the increase in the representation. The friendship displayed by West Aussies is incredible - the cheering from the stands was wonderful to hear throughout the days. I found it just so inspiring to watch everyone competing.

I have no idea of the final tally of medals but we certainly made our mark in a range of track and field events. WA athletes also competed well in the out of stadia events of cross country and road walking.

The new track was so good to run on. It just felt so soft underfoot so I am sure that is why we could compete well over a number of days. Some people complained of the wind. It was a very weird wind swirling around and sometimes in your face in both the back and front straights. The sprints ranged from headwind to tailwind from one event to the next. I am not sure how the jumpers worked out their run up if the same problem was occurring there! However the strength of the wind is much greater in WA and all athletes had the same conditions.

Melbourne weather was on show for us during the

championships. The athletes running in the track on the first morning in the 10,000m certainly had the worst conditions as it was just so hot. By the final day we had the full range of the weather. Warming up for the final relays was interesting as it actually started hailing! Within 15 minutes the temperature had dropped about 6 degrees to just over 10 degrees. Track and field events were postponed for a short time until the very bad weather had abated.

I think all athletes left Melbourne happy with the championships and looking forward to Easter in Canberra in 2013

Margaret Saunders

Australian Masters Athletics Championships – Melbourne

CREAM OF THE CROP

Lorraine Lopes	W70	5000m	100.78%
Lorraine Lopes	W70	800m	96.83%
Lorraine Lopes	W70	1500m	96.65%
Peggy Macliver	W65	200m	94.06%
Byrony Glass	W35 Wt Throw		93.41%
David Carr	M75	400m	92.21%
Peggy Macliver	W65	800m	91.99%
Peggy Macliver	W65	400m	91.69%
David Clive	M75	100m	91.67%
Peggy Macliver	W65	100m	91.57%
David Clive	M75	LJ	91.51%
Margaret Saunders	W55	1500m	91.42%
Barrie Kernaghan	M70	200m	91.19%
Barrie Kernaghan	M70	100m	90.99%
Garry Ralston	M55	100m	90.70%

The percentages in the next column are not included in the standard comparison charts as they are either non-championship, or calculated using comparison pro-rata with other events:

60m

Peggy Macliver	W65	99.06%
Garry Ralston	M55	96.91%
Lynne Choate	W55	96.47%
Barrie Kernaghan	M70	95.65%
David Clive	M75	95.53%
Rudi Kocis	M50	95.13%
Roy Fearnall	M65	93.89%
Ruth Johnson	W70	91.84%
Colin Smith	M45	90.64%
Cathy McCloskey	W45	90.63%

2000m SC

David Carr	M75	97.26%
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200m hurdles

Ruth Johnson	W70	111.22%
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Roll of Honour

The recently conducted 2012 AMA Championships in Melbourne proves yet again Western Australia continues to punch above its weight in setting high standards and breaking records. No less than 19 State Records, two Australian Records and one World Record were set.

In addition to this there were 18 90 plus percent Age Graded Performances achieved, headed up by Lorraine Lopes' astonishing 100.78 percent in the 5000 metres. The other high achievers were David Carr, Peggy Macliver, Byrony Glass, David Clive, Marg Saunders, Barrie Kernaghan and Garry Ralston.

Campbell Till

WORLD RECORD

Weight	W35	Byrony Glass	17.29m
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AUSTRALIAN RECORDS

Long Jump	M75	David Clive	4.42m
Hammer	W35	Byrony Glass	54.47m

STATE RECORDS

60m	M50	Rudi Kocis	7.59
60m	M55	Garry Ralston	7.77
100m	M75	David Clive	14.40
200m	W80	Pat Carr	53.55
5000m	W70	Lorraine Lopes	23:04.30
1500m Walk	W65	Val Millard	9:51.69
3000m Walk	M50	Garry Hastie	25:32.23
Triple Jump	W30	Melissa Foster	11.29m
Shot	W35	Byrony Glass	11.34m
Shot	W35	Byrony Glass	11.44m
Shot	M30	Greg Urbanowicz	13.53m
Throws Pentathlon	W35	Byrony Glass	3621 pts
Pentathlon	W30	Melissa Foster	2211 pts
Pentathlon	M35	Paul Jeffery	3170 pts
Pentathlon	M40	Mark Jeffery	3107 pts
Pentathlon	W45	Sue Coate	2376 pts
4x100m Relay	W45	MAWA Team	62.38
4x400m Relay	W55	MAWA Team	5:28.90
4x100m Relay	M60	MAWA Team	60.01
4x400m Relay	M55	MAWA Team	4:29.59



Australian Masters Athletics Awards Presented at Melbourne 2012

West Australian winners



MOST OUTSTANDING FEMALE ATHLETE

The recipient of this award has had a most outstanding year which included gold medals wherever she competed, from state through to national and world championships, over whatever distances she competed in. During 2012 our recipient achieved a world record right at the end of her age group with an age graded percentage of 101.33. She is only one of two people

who hold a world record set at the end of the age group. Then towards the end of the year and into a new age group, the world records started to tumble rapidly with another three being set over three different distances. With such an outstanding year our recipient was honoured by being named IAAF Female Masters Athlete of the Year.

Congratulations Lyn Ventris

MOST OUTSTANDING INDIVIDUAL PERFORMANCE

The recipient of this award demonstrated incredible strength of mind and ability, fortitude, courage and a belief in never letting a situation get the better of you, let alone consider the option of giving up. A week before the world championships in Sacramento our recipient broke his arm whilst hurdle training. After medical attention our recipient decided not have the arm set and wore an arm brace so that they could still compete. The event was the

decathlon. Our recipient won the respect of his opposition and the officials by competing successfully in all ten events, including having to pole vault with the use of only one arm. He managed six personal bests, including three state records. This was a most outstanding individual performance to win a bronze medal in a very competitive field.

Congratulations Mark Jeffery



Photo: BOB BANENS

MIDDLE DISTANCE

The amazing thing about this recipient is that she had only completed her debut year as a member of master's athletics yet had literally hit the ground running with eight Australian records over both middle and longer distance events. Twelve months ago she competed at her first national championships in Brisbane, winning all events

contested. This success was followed by participation at the World Championships where she won silver medals in the 1500m and the 5000m as well as bronze in the 800m.

Congratulations Lorraine Lopes

Photo: AMA president Steve Lance presents Lorraine her award.

MULTI EVENTS/RELAYS

During the year a number of athletes have shown outstanding achievements in the multi events. In this same period five relay teams have enjoyed the success of breaking a world record. Two have been in the 4x100m and one in the 4x800m. The multi events/relay award goes to a team that broke the world record by more than eight seconds.

**Congratulations
Marge Allison (Qld) Peggy
Macliver (WA) Anne
Stobus (VIC)
and Noreen Parrish (Qld)**

Photo: Anne and Peggy with their awards



Photo: BOB BANENS

Australian Masters Athletics Championships



MAIN PHOTO: Kim Thomas surges past the finish line. **INSET:** Irwin Barrett-Lennard and Jim Langford settle into their race.

10,000m

Monique Thomas	W30	58:12.05
Kim Thomas	M35	37:59.01
Jim Langford	M65	42:14.39
Irwin Barrett-Lennard	M80	58:07.51

My Nationals

As I finished work on Wednesday afternoon, my mind was filled with mixed emotions. Firstly with excitement of a family holiday and secondly with apprehension as to what Kim had got me into. Mitch, Jai, Kim and myself headed off to Melbourne early on Thursday morning ensuring that we packed for ALL four seasons!

We arrived, found our hotel and headed to the "Track" where we picked up our race packs. My first race (10km) was the next day. I woke up early and left Kim and the boys asleep hoping they would join me but they didn't until I had 12 laps to go. (They'd slept in – so much for my support crew!! I just hoped they improved as the weekend went on). I finished the 10km while encouraging all the other girls along while they all lapped me and as I came to the finishing line they all cheered for me (either out of misery for having to wait for me to finish or for my sorrow).

The next day I had the 2km steeple chase and that was a funny event. With the temperature decreasing as



the weekend went on, the water temperature seemed to be the main conversation topic on the starting line. There were plenty of screams at the back of the pack as we went over/in the water jump. With my sneakers extremely waterlogged I was just thinking of the extra chocolate I could have, with Easter being the next day!

I was a little/very sore the next morning when I ran the 5km. This time I made sure that my family came with me to support me the whole way. It was a great race with it being in the

morning and all the girls chatting to me. I think they know that I do not pose a great threat to them (actually nothing at all!) Once again all the girls cheered me through the finishing line and it was then that I decided that I needed a massage. While having the massage I tried to pretend I was in Bali on the beach with a cocktail having a massage BUT that thought was soon squashed as the masseur worked into my sore "hammies" and my eyes started watering.

The next day, Monday, was the 8km Cross Country. We all headed to the train station and made our way to the course while hoping the rain would hold off. We arrived at the starting point and I saw a HUGE hill I needed to run up three times! This was when I was glad to have had that massage the day before, I don't think I could have run it. I finally ran down to the finish line just as the rain started.

My family and I had an absolutely fantastic holiday/championships and I can't envisage a better way that I could have chatted and bonded with so many beautiful people from the WA team. Thanks everyone for making it such a memorable experience.

Monique Thomas

Australian Masters Athletics Championships



Melissa Foster
(second from
left) explodes
from the
blocks.

60m

Melissa Foster	W30	8.30	+1.1
Regina Crouch	W40	10.42	+0.2
Cathy McCloskey	W45	8.64	+0.2
Lynne Choate	W55	9.07	+1.0
Peggy MacIver	W65	9.58	+2.7
Ruth Johnson	W70	10.66	+2.7
Pat Carr	W80	12.85	+2.9

Mark Elms	M45	7.86	+5.3
Colin Smith	M45	7.91	+5.3
Rudi Kocis	M50	7.59	+1.8
Craig Van Waardenburg	M50	8.41	-0.3
Garry Ralston	M55	7.77	+1.1
Bruce McGeorge	M55	10.20	+1.1
Rob Antonioli	M60	8.97	+3.3
Harold Membrey	M60	9.57	+0.0
Nick Miletic	M60	9.58	+1.6
Roy Fearnall	M65	8.67	+3.9
Barrie Kernaghan	M70	8.74	+3.9
Don Chambers	M70	9.63	+2.4
David Clive	M75	8.95	+2.3



Harold Membrey
(left) and Rob
Antonioli give
their all in the
60m.



NICK MILETIC



RUDI KOCIS



BARRIE KERNAGHAN

Australian Masters Athletics Championships – Melbourne



David Clive at full stretch as Queensland's Hugh Coogan wins the gold.



RUDI KOCIS



LYNNE CHOATE



Colin Smith checks out the opposition as Mark Elms powers on.

100m

Melissa Foster	W30	13.54	+2.2
Lynne Choate	W55	15.03	-1.7
Peggy MacIver	W65	15.90	+0.7
Ruth Johnson	W70	18.24	+0.7
Pat Carr	W80	23.35	-1.5
Mark Elms	M45	12.80	-0.2
Colin Smith	M45	13.23	-0.2
Rudi Kocis	M50	12.26	+0.0
Craig Van Waardenburg	M50	13.53	+0.0
Garry Ralston	M55	12.58	+0.0
Mark Hewitt	M55	14.72	+2.2
Rob Antonioli	M60	14.66	+1.3
Harold Membrey	M60	15.35	-0.8
Nick Miletic	M60	15.39	-0.8
Barrie Kernaghan	M70	13.98	+1.8
David Clive	M75	14.40	+1.4



GARRY RALSTON



PAT CARR

Australian Masters Athletics Championships – Melbourne



The pace hots up as MAWA's Andrew Brooker chases Victoria's David Lenehan in the M40 800m..



Lavinia Petrie is out in front as Anne Stobus, Anne Lang, Peggy MacIver and Lorraine Lopes run second, third, fourth and fifth.

800m

Monique Thomas	W30	3:43.35
Margaret Saunders	W55	2:42.51
Carol Bowman	W55	3:14.26
Peggy MacIver	W65	3:05.91
Lorraine Lopes	W70	3:13.24

Andrew Brooker	M40	2:22.33
John Collier	M45	2:29.61
Bjorn Dybdahl	M55	2:29.73
Bruce McGeorge	M55	3:11.09
Nick Miletic	M60	3:22.71
Ivan Brown	M65	3:05.03
David Carr	M75	3:00.72



Peggy runs Lavinia down in sight of the finish line.

My Nationals



Fear and trepidation were uppermost in my mind when I warmed up for my first event – the 800m. I just wanted to get past the 450m mark without feeling sore or injured. I know my training had been compromised during the summer months, but I had raced and not been sore at state championships. However the mind does strange things and my Achilles decided to remind me of twelve months ago during my warm up. However I survived the first of my races and won the 800m and was very happy. I did not feel any pain at all. I later heard that many others also had a good memory (of Brisbane) as such comments as “she has run further than last year” were heard in the grandstand and on field sites.

Margaret Saunders

Australian Masters Athletics Championships – Melbourne



HAROLD MEMBREY



Garry Hastie chases the Victorian walkers



Michele Mison (left), Valerie Millard and Regina Crouch fly the WA flag.

1500m walk			
Regina Crouch	W40	10:40.02	
Michele Mison	W60	10:27.66	
Val Millard	W65	9:51.69	
Garry Hastie	M50	7:32.76	
Harold Membrey	M60	10:13.54	
5000m walk			
Regina Crouch	W40	39:29.63	
Michele Mison	W60	36:09.42	
Val Millard	W65	35:14.27	
Garry Hastie	M50	25:32.23	
10km road walk			
Regina Crouch	W40	1:23:41	
Michele Mison	W60	1:13:13	
Valerie Millard	W65	1:20:33	
Garry Hastie	M50	51:16	
Harold Membrey	M60	1:20:33	

Australian Masters Athletics Championships – Melbourne



Mark Elms hits the hurdle and (main photo) slices the skin from his left shin on the fallen hurdle. Mark continued to pick up a silver medal. Despite a bloodied leg and severe pain Mark raced for the next three days.



Don Chambers (second from left) battles for the lead.



GARRY RALSTON



Toni Phillips soars over the hurdle in the 80m Short Hurdles

Hurdles

80m

Toni Phillips	W40	13.97	+1.1
Ruth Johnson	W70	23.64	+0.5

100m

Garry Ralston	M55	18.16	+0.5
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110m

Mark Elms	M45	22.90	+1.8
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200m

Ruth Johnson	W70	51.53	+1.8
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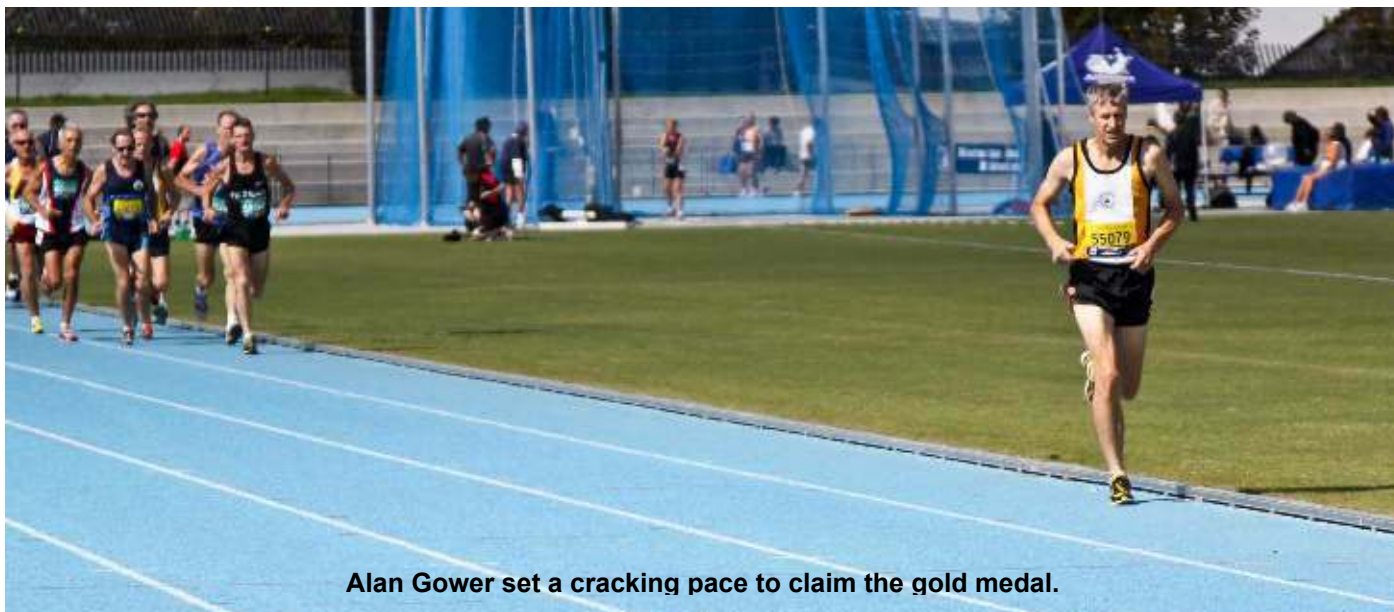
300m

Harold Membrey	M60	69.71	
Don Chambers	M70	62.37	

400m

Mark Elms	M45	69.00	
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Australian Masters Athletics Championships – Melbourne



Alan Gower set a cracking pace to claim the gold medal.



Margaret Saunders leads the pack.



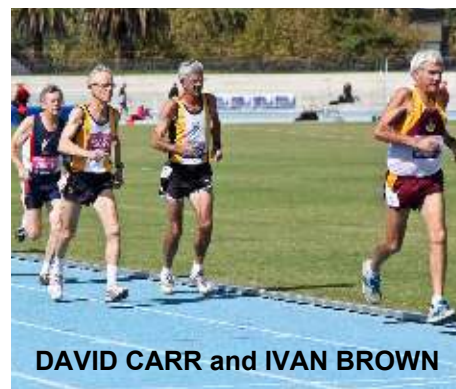
LORRAINE LOPES



KIM THOMAS



KARYN GOWER



DAVID CARR and IVAN BROWN



JOHN COLLIER



BJORN DYBDAHL

1500m

Karyn Gower	W50	5:58.82
Margaret Saunders	W55	5:36.87
Lorraine Lopes	W70	6:37.31
Kim Thomas	M35	4:59.35
John Collier	M45	5:16.35
Alan Gower	M55	4:48.82
Bjorn Dybdahl	M55	5:01.75
Ivan Brown	M65	6:16.27
David Carr	M75	6:03.20

Australian Masters Athletics Championships – Melbourne



**JULIE WILSON and
CAROL BOWMAN**



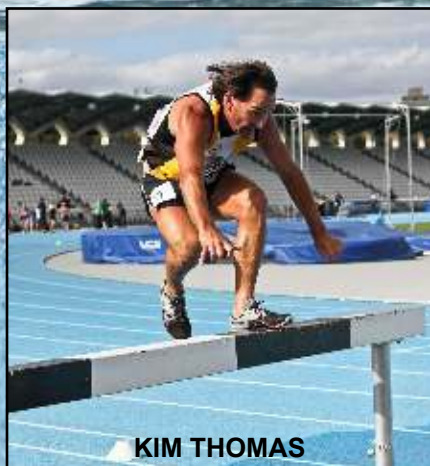
DAVID CARR



MAIN PHOTO: The temperature dropped before the steeplechase and Monique Thomas finds out just how cold the water was.



BJORN DYBDAHL



KIM THOMAS

Steeplechase			
2000m			
Monique Thomas	W30	11:53.09	
Regina Crouch	W40	12:29.11	
Julie Wilson	W55	10:06.72	
Carol Bowman	W55	10:14.88	
Bob Schickert	M70	9:50.05	
David Carr	M75	9:38.24	
3000m			
Kim Thomas	M35	11:36.04	
Bjorn Dybdahl	M55	12:51.33	



REGINA CROUCH

Australian Masters Athletics Championships – Melbourne



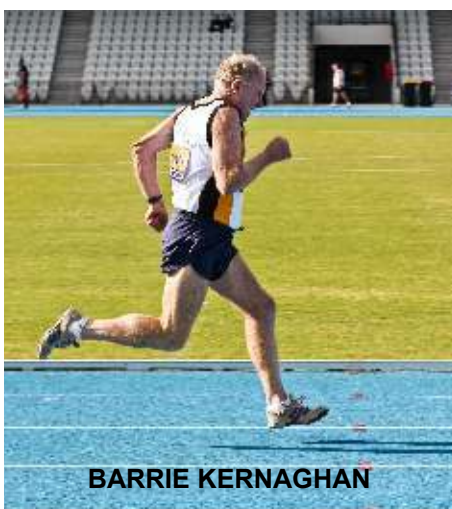
Lynne Choate runs the bend on her way to a bronze medal. Margaret Tweedie (second from left) won gold.



PEGGY MACLIVER



Garry Ralston (left) won six gold medals, but it was only silver in the 200m.



BARRIE KERNAGHAN



MARK ELMS

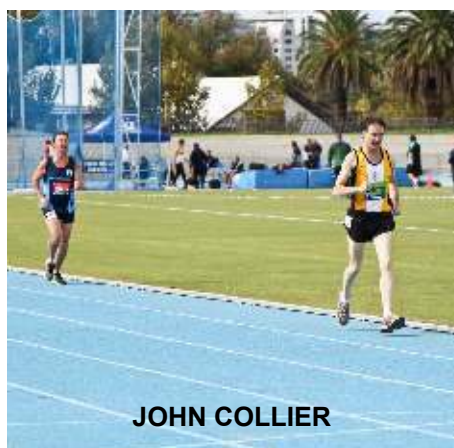
200m

Lynne Choate	W55	31.99	-0.1
Peggy MacLiver	W65	32.49	-0.1
Ruth Johnson	W70	38.47	-0.1
Pat Carr	W80	53.55	+0.4
Andrew Brooker	M40	28.12	+0.4
Mark Elms	M45	25.71	-0.1
Colin Smith	M45	26.60	-0.1
Craig Van Waardenburg	M50	27.62	+1.2
Garry Ralston	M55	25.94	-0.6
Harold Membrey	M60	32.35	-1.6
Barrie Kernaghan	M70	29.17	+0.0
David Clive	M75	32.40	-0.4
Irwin Barrett-Lennard	M80	37.43	+1.2

Australian Masters Athletics Championships – Melbourne



BOB SCHICKERT



JOHN COLLIER



Kim Thomas concentrates on his style on his way to a silver medal.



**Karyn Gower
chases ACT's
Kelley Flood.**



JULIE WILSON



MONIQUE THOMAS

5000m

Monique Thomas	W30	27:41.8
Karyn Gower	W50	21:39.6
Julie Wilson	W55	24:19.5
Lorraine Lopes	W70	23:04.3
Kim Thomas	M35	18:20.72
John Collier	M45	20:16.02
Alan Gower	M55	17:45.5
Bjorn Dybdahl	M55	19:41.9
Mark Hewitt	M55	21:38.2
Graeme Dahl	M60	19:48.81
Ivan Brown	M65	23:06.78
Bob Schickert	M70	24:36.3

8km cross-country

Monique Thomas	W30	48:46
Ciar Langford	W30	49:12
Karyn Gower	W50	38:30
Carol Bowman	W55	43:04
Ross Langford	M30	29:15
Kim Thomas	M35	32:46
John Collier	M45	35:51
Bjorn Dybdahl	M55	33:40
Mark Hewitt	M55	38:25
Jim Langford	M65	32:59
Bob Schickert	M70	42:13

Australian Masters Athletics Championships – Melbourne



ABOVE: Toni Phillips captures some of the track action on an iPad.

ABOVE: Margaret Saunders and Carol Bowman begin their 400m.



PEGGY MACLIVER



Mark Elms digs deep for his bronze medal.



RUTH JOHNSON



MARK HEWITT

400m

Margaret Saunders	W55	72.50
Carol Bowman	W55	81.40
Peggy MacLiver	W65	76.07
Ruth Johnson	W70	89.45
Mark Elms	M45	56.28
Mark Hewitt	M55	71.05
Harold Membrey	M60	78.45
Barrie Kernaghan	M70	68.12
David Carr	M75	75.60
Irwin Barrett-Lennard	M80	88.88

Australian Masters Athletics Championships – Melbourne



ABOVE: Melissa Foster prepares for her triple jump and (below) flies through the air and lands in the pit.



New South Wales' Tracey Grozanis puts everything into her triple jump.

JUMPS

Triple Jump (all nwi)

Melissa Foster	W30	11.29
Cathy McCloskey	W45	8.91
Sue Coate	W45	8.55
Ruth Johnson	W70	6.69
Garry Ralston	M55	10.37
David Clive	M75	8.16

Long Jump

Melissa Foster	W30	5.41+0.3
Regina Crouch	W40	3.34+0.3
Cathy McCloskey	W45	4.28+0.4
Sue Coate	W45	3.91+3.3
Ruth Johnson	W70	3.10NWI
Mark Elms	M45	5.22 -0.3
Garry Ralston	M55	5.17 -1.6
Mark Hewitt	M55	4.52 -1.6
Rob Antonioli	M60	3.85+1.2
David Clive	M75	4.42 NWI

High Jump

Sue Coate	W45	1.30
Greg Wilson	M60	1.35

Pole Vault

Greg Wilson	M60	2.05
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RUTH JOHNSON

Australian Masters Athletics Championships – Melbourne

My Nationals



We had a great weekend, with some great results. Some friendly rivalry with Cathy McCloskey and myself with her beating me in the Triple Jump and winning Gold on one of her last jumps.

I had the privilege to run in the relay with Lynne, Peggy and Carol and won a silver medal with a great finish from Lynne.

The most memorable being the Pentathlon on the last day. With it being cold and windy, it gave varied results throughout the events and with us just about to run our last event and on the track for the 800m the hail came down, we all just looked at each other and rushed for the shelter, eventually it passed and we came out and ran it.

Unfortunately Cathy McCloskey injured herself on the first event, 100m and thus had to pull out so it gave me the opportunity to beat her state record by six points. We shall now have to wait until next year until she beats me and breaks the new state record.

It was great to see so many of the WA guys do so well and look forward to next season.

Sue Coate



ABOVE: Sue Coate hands over to Peggy Macliver on their way to a silver medal in the 4x100m relay. The New South Wales and Queensland teams follow.



LEFT: David Carr takes the baton from Barrie Kernaghan with the Queensland team in hot pursuit



BELOW LEFT: Julie Wilson sets off as Ruth Johnson finishes her leg.

RELAYS

4x100m relay, 170+

WA 'A' 67.70
Julie Wilson, Regina Crouch,
Ruth Johnson, Monique Thomas

4x100m relay, 220+

WA 'A' 62.38
Peggy Macliver, Lynne Choate,
Sue Coate, Carol Bowman

4x100m relay, 240+

WA 'A' 60.01
Barrie Kernaghan, Nick Miletic,
David Carr, David Clive

Australian Masters Athletics Championships – Melbourne



Garry Ralston streaks away with a Victorian runner hot on his heels.



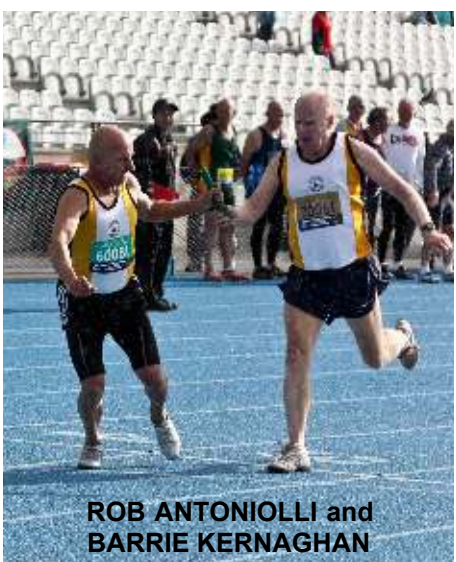
ANDREW BROOKER



LYNNE CHOATE and PEGGY MACLIVER



MARGARET SAUNDERS and CAROL BOWMAN



ROB ANTONIOLLI and BARRIE KERNAGHAN



PAUL JEFFERY and MARK ELMS

RELAYS

4x400m relay 220+

WA 'A' 5:28.90
Peggy MacLiver, Lynne Choate,
Carol Bowman, Margaret Saunders

4x400m relay 240+

WA 'A' 4:29.59
Garry Ralston, Rob Antonioli,
Barrie Kernaghan, Steve Fuller

4x400m relay 120+

WA 'A' 3:59.27
Andrew Brooker, Mark Elms,
Colin Smith, Paul Jeffery

Australian Masters Athletics Championships – Melbourne



Andrew Brooker battles with a group of Victorians as MAWA's Mark Jeffery, Mark Elms and Grant Schofield follow.



MELISSA FOSTER



JULIE WILSON



SUE COATE



TOM GRAVESTOCK



STEVE FULLER

Outdoor pentathlon

Melissa Foster	W30	2211
Sue Coate	W45	2376
Cathy McCloskey	W45	DNF
Julie Wilson	W55	1474

Paul Jeffery	M35	3170
Mark Jeffery	M40	3107
Andrew Brooker	M40	2682
Grant Schofield	M40	1634
Mark Elms	M45	2418
Steve Fuller	M55	2472
Bruce McGeorge	M55	1686
Tom Gravestock	M55	DNF
Rob Antonioli	M60	2500
Greg Wilson	M60	1664
Nick Miletic	M60	DNF
Ivan Brown	M65	1949

Australian Masters Athletics Championships – Melbourne

My Nationals

Melbourne was only my third National Masters meet and my favourite so far. Complete with wacky Melbourne weather and the funkiest blue track it was a real treat. I could only imagine the sweat and effort that would go into putting on such a show and I for one was pretty impressed.



While I would have liked to have seen some healthier food options available, typically of Melbourne, the coffee was great. I tried my hand at the sprints again but the quality of the competition at that level left me floundering. I made one final and the view from the back of the pack was impressive.

The blue track was pretty but unfortunately didn't make me run faster. I had better fortune with the various throws. I love the camaraderie with the throwers. As you can spend up to an hour getting through one event you have a chance to connect and get to know each other.

Everyone cheers you on when you throw well and happy to help with suggestions when you stuff up. It was great to see so many MAWA athletes over there competing and doing it well. Congrats to all who went. Hope you had as much fun as I did.

Craig Van Waardenburg



ABOVE: Greg Urbanowicz keeps an eye on his shot. Greg went on to win five gold medals for the championships.



LEFT: Tom Gravestock prepares to unleash the discus.

Discus			Javelin			Weight Pentathlon		
Byrony Glass	W35	35.72	Regina Crouch	W40	14.62	Byrony Glass	W35	3621
Kate Glass	W60	22.99	Sue Coate	W45	23.15	Kate Glass	W60	3629
Elizabeth Szczepanska	W60	21.64	Kate Glass	W60	18.70	Elizabeth Szczepanska	W60	3138
Greg Urbanowicz	M30	39.69	Mark Elms	M45	32.90	Greg Urbanowicz	W30	2644
Craig Van Waardenburg	M50	32.71	Steve Fuller	M55	31.03	Craig Van Waardenburg	W50	2743
Tom Gravestock	M55	37.17	Mark Hewitt	M55	22.03	Tom Gravestock	M55	3115
Bruce McGeorge	M55	23.05	Bruce McGeorge	M55	18.06	Bruce McGeorge	M55	1352
Greg Wilson	M60	30.53	Greg Wilson	M60	29.05			
Hammer			Shot			Weight Throw		
Byrony Glass	W35	54.47	Byrony Glass	W35	11.34	Byrony Glass	W35	17.29
Kate Glass	W60	35.18	Regina Crouch	W40	5.64	Kate Glass	W60	13.15
Elizabeth Szczepanska	W60	29.53	Kate Glass	W60	9.58	Elizabeth Szczepanska	W60	10.06
Greg Urbanowicz	M30	41.87	Elizabeth Szczepanska	W60	8.77	Greg Urbanowicz	M30	12.85
Craig Van Waardenburg	M50	30.80	Greg Urbanowicz	M30	13.53	Craig Van Waardenburg	M50	14.67
Tom Gravestock	M55	36.99	Craig Van Waardenburg	M50	10.94	Tom Gravestock	M55	12.47
Bruce McGeorge	M55	16.47	Tom Gravestock	M55	11.33			
			Clive Choate	M60	9.32			
			Greg Wilson	M60	9.24			

Champion of Champions



ABOVE: Gianna Mogentale leads the field in the women's Champion of Champions race.



LEFT: Lynne Choate (second from right) and Peggy MacIver (right) qualified for Western Australia.



LEFT: Hugh Coogan (left) leads the field in the Men's Champion of Champions



BELOW: David Clive (centre) represented WA in the race.

Australian Masters Athletics Championships – Melbourne

Alan Gower M55	1500	04:48.8	GOLD
	5000	17:45.5	SILVER
Andrew Brooker M40	Pent	2682	BRONZE
	4x100m		BRONZE
Barrie Kernaghan M70	60	8.74	SILVER
	100	13.98	SILVER
	200	29.17	GOLD
	400	68.12	GOLD
	4x400m		GOLD
Bjorn Dybdahl M55	800	02:29.7	SILVER
	1500	05:01.8	BRONZE
	3kSC	12:51.3	SILVER
Bob Schickert M70	5000	24:36.3	BRONZE
	2kSC	09:50.1	GOLD XC
		42:13:00	GOLD
Byrony Glass W35	D	35.72	GOLD
	HT	54.47	GOLD
	Sh	11.34	GOLD
	WT	17.29	GOLD
	Wpent	3621	GOLD
Carol Bowman W55	400	81.4	BRONZE
	2kSC	10:14.9	SILVER
	4x100m		SILVER
	4x400m		SILVER

David Clive M75	60	8.95	SILVER
	100	14.4	SILVER
	200	32.4	SILVER
	LJ	4.42	GOLD
	TJ	8.16	GOLD
Don Chambers M70	300H	62.37	BRONZE
Elizabeth Szczepanska W60HT		29.53	BRONZE
Garry Hastie M50	1500W	07:32.8	GOLD
	5000W	25:32.2	GOLD
	10kW	51:16:00	GOLD
Garry Ralston	60	7.77	GOLD
	100	12.58	GOLD
	200	25.94	SILVER
	100H	18.16	GOLD
	LJ	5.17	GOLD
	TJ	10.37	GOLD
	4x400m		GOLD



Greg Urbanowicz M30	D	39.69	GOLD
	HT	41.87	GOLD
	Sh	13.53	GOLD
	WT	12.85	GOLD
	Wpent	2644	GOLD
Greg Wilson M60	PV	2.05	BRONZE
	HJ	1.35	SILVER J
		29.05	BRONZE
Harold Membrey M60	10kW	01:20:33	SILVER
Irwin Barrett-Lennard M80	10000	58:07.5	GOLD
	200	37.43	SILVER
	400	88.88	BRONZE
Ivan Brown M65	Pent	1949	BRONZE
Jim Langford M65	10000	42:14.4	GOLD
	XC	32:59:00	GOLD
Julie Wilson W55	2kSC	10:06.7	GOLD
	Pent	1474	BRONZE
Kim Thomas M35	5000	18:20.72	SILVER
	10000	37:59.0	GOLD
	3kSC	11:36.0	SILVER
	XC	32:46:00	BRONZE



Cathy McCloskey W45	60	8.64	BRONZE
	LJ	4.28	BRONZE
	TJ	8.91	GOLD
Ciar Langford W30	XC	49:12:00	BRONZE
Colin Smith M45	4x100m		BRONZE
Craig van Waardenburg M50	HT	30.8	BRONZE
	Sh	10.94	BRONZE
	Wpent	2743	GOLD
	WT	14.67	GOLD
David Carr M75	400	75.6	SILVER
	800	03:00.7	GOLD
	1500	06:03.2	SILVER
	2kSC	09:38.2	GOLD

Australian Masters Athletics Championships – Melbourne

Kate Glass W60	D	22.99	BRONZE
	HT	35.18	GOLD
	J	18.7	SILVER Sh
		9.58	BRONZE
	WT	13.15	GOLD
	Wpent	3629	GOLD

Lorraine Lopes W70	800	03:13.2	SILVER
	1500	06:37.3	GOLD
	5000	23:04.3	SILVER

Lynne Choate W55	60	9.07	GOLD 100
		15.03	SILVER
	200	31.99	BRONZE
	4x100m		SILVER
	4x400m		SILVER

Margaret Saunders W55	400	72.5	GOLD
	800	02:42.5	GOLD
	1500	05:36.9	SILVER
	4x400m		SILVER

Mark Elms M45	400	56.28	BRONZE
	110H	22.9	SILVER
	400H	69	SILVER
	J	32.9	BRONZE
	Pent	2418	BRONZE
	4x100m		BRONZE

Mark Jeffery M40	Pent	3107	GOLD
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Paul Jeffery M35	Pent	3170	GOLD
	4x100m		BRONZE

Peggy MacIver W65	60	9.58	GOLD
	100	15.9	GOLD
	200	32.49	GOLD
	400	76.07	GOLD
	800	03:05.9	GOLD
	4x100m		SILVER
	4x400m		SILVER



Regina Crouch W40	2kSC	12:29.1	SILVER
	1500W	10:40.0	BRONZE
	5000W	39:29.6	SILVER
	10kW	01:23:41	SILVER

Rob Antonioli M60	Pent	2500	GOLD
	4x400m		GOLD

Ross Langford M30	XC	29:15:00	GOLD
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Rudi Kocis M50	60	7.59	GOLD
	100	12.26	GOLD

Ruth Johnson W70	60	10.66	GOLD
	100	18.24	SILVER
	200	38.47	SILVER
	400	89.45	SILVER
	80H	23.64	GOLD
	200H	51.53	GOLD LJ
	3.1	GOLD TJ	6.69
		GOLD	

Steve Fuller M55	Pent	2472	BRONZE
	4x400m		GOLD

Sue Coate W45	TJ	8.55	SILVER
	HJ	1.3	GOLD
	Pent	2376	GOLD
	4x100m		SILVER

Tom Gravestock M55	Sh	11.33	BRONZE
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Toni Phillips W40	80H	13.97	GOLD
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Val Millard W65	1500W	09:51.7	BRONZE
	5000W	35:14.3	BRONZE
	10kW	01:09:53	BRONZE



Melissa Foster W30	60	8.3	SILVER
	100	13.54	BRONZE
	LJ	5.41	GOLD TJ
		11.29	GOLD
	Pent	2211	GOLD

Michele Mison W60	1500W	10:27.7	BRONZE
	5000W	36:09.4	BRONZE
	10kW	01:13:13	BRONZE

Monique Thomas W30	800	03:43.4	GOLD
	5000	27:41.8	SILVER
	10000	58:12.0	GOLD
	2kSC	11:53.1	GOLD XC
		48:46:00	SILVER

Pat Carr W80	60	12.85	GOLD
	100	23.35	GOLD
	200	53.55	GOLD

