

# TFNL

The Track and Field  
Newsletter of MAWA



Season 5 Issue 8

STATE CHAMPIONSHIPS

APRIL 2012

## Masters magic

Toni Phillips caught  
in mid flight in the  
80m hurdles at WA  
Athletics Stadium.



Photo  
Wrap –  
Inside



## Black Swan Event FP State Athletics Championships

# Athlete of the Meet



The championships have not been a one-woman show, despite the two world records for Lyn Ventris. In fact the Athlete of the Meet award was awarded quite deservedly to Lorraine Lopes. This trophy goes to the best age-graded performance during the championships. Lorraine scored over 98% in three different events.

At Cannington on March 15, her Australian record 10,000m run amassed 98.18% in reducing her own best time by almost two minutes. Lorraine followed this in the first event last Saturday with another AR in the 1500m (98.59%). The best was still to come. Although not an Australian record this time, another PB of 23m 30s over 5000m on Sunday morning edged the percentage up to 98.93%.

Lorraine has raised herself to the top level of Australian athletics with great performances of a very high calibre.

## Roll of Honour

Lorraine Lopes	25/3/12	5000m	23:30.00	98.94%	Peggy Macliver	17/3/12	800m	3:02.2	SR
Lorraine Lopes	24/3/12	1500m	6:29.49	98.59%	Bev Hamilton	17/3/12	T/Pent	3712pts	SR
Lyn Ventris	24/3/12	3000mW	14:16.41	95.68%	Matt Staunton	17/3/12	T/Pent	3149pts	SR
David Clive	25/3/12	60m	8.96	95.42%	Jim Davis	17/3/12	T/Pent	3119pts	SR
Garry Ralston	25/3/12	60m	7.94	94.84%	Sue Coate	17/3/12	T/Pent	2279pts	SR
Barrie Kernaghan	25/3/12	60m	8.79	94.43%	Dorothy Whittam	17/3/12	Hammer	23.19m	SR
Lynne Choate	25/3/12	60m	9.27	94.39%	David Clive	24/3/12	100m	14.86	SR
Peggy Macliver	25/3/12	60m	9.97	94.38%	Pat Carr	24/3/12	100m	22.12	SR
David Clive	25/3/12	200m	30.21	92.35%	Val Millard	24/3/12	3000mW	20:28.71	SR
Peggy Macliver	24/3/12	400m	74.42	92.30%	Lorna Lauchlan	24/3/12	3000mW	24:50.47	SR
David Carr	25/3/12	800m	2:54.88	91.58%	Pat Carr	24/3/12	LJ	2.37m	SR
David Clive	24/3/12	LJ	4.37m	90.48%	Sarah Edmiston	24/3/12	Hammer	37.89m	SR
Peggy Macliver	25/3/12	200m	33.46	90.47%	Bev Hamilton	24/3/12	Hammer	29.33m	SR
David Carr	24/3/12	1500m	6:00.33	90.37%	Dorothy Whittam	24/3/12	Hammer	23.90m	SR
Garry Ralston	25/3/12	200m	25.90	90.19%	Stan Selby	24/3/12	Javelin	38.63m	SR
Lyn Ventris	22/3/12	5000mW	23:57.9	WR	Rob Shand	24/3/12	Javelin	20.67m	SR
Lyn Ventris	24/3/12	3000mW	14:16.41	WB	Garry Ralston	24/3/12	100m	12.50	SR
Lorraine Lopes	15/3/12	10,000m	48:59.9	AR	Barbara Campbell	24/3/12	Javelin	18.21m	SR
Peggy Macliver	17/3/12	O/Pent	3494pts	AR	David Clive	25/3/12	TJ	8.19m	SR
Lorraine Lopes	24/3/12	1500m	6:29.49	AR	Sarah Edmiston	25/3/12	Discus	34.71m	SR
David Clive	24/3/12	LJ	4.37m	AR	Sarah Edmiston	25/3/12	Wt. Throw	11.18m	SR
Ruth Johnson	25/3/12	200mH	48.50	AR	Ruth Johnson	25/3/12	400m	89.23	SR
Pat Carr	25/3/12	60m	12.95	AR	Lorraine Lopes	25/3/12	5000m	23:30.0	SR
Ross Langford	15/3/12	10,000m	35:46.9	SR	Val Millard	25/3/12	1500mW	9:54.40	SR
Ruth Johnson	17/3/12	O/Pent	2891pts	SR	Garry Hastie	25/3/12	1500mW	6:42.29	SR



# Black Swan Event FP State Athletics Championships



A very successful championships came to a close around 1pm Sunday. A provisional count of results show two world records, seven Australian and 17 state records. But it's about much more than records.

These championships give us all an opportunity to come together, to enjoy our sport in a friendly, but very competitive spirit. Thanks to everyone who took part. A special thank you to Barbara Blurton for organising the event so well; to our friends the AWA officials for

supplementing our own resources and to Jodie and her VenuesWest team for their hard work over the weekend.

Their success was due in no small part to those of you who responded to John and Christine Oldfield's persistent requests for help and to those who just turned up on the day and offered your services. Whether your role was for half an hour or for many hours, your input helped to ensure that everything ran smoothly and pleasantly.





# Black Swan Event FP State Athletics Championships



Jim Langford and Cecil Walkley



Tony Heppener wins gold.



Mark Dawson leads Bjorn Dybdahl and Alan Gower.



Ivan Brown, Bert Carse and David Carr run the bend.

## Men's 1500m

Kim Thomas	M35	4:36.83
Geoff Bailey	M40	4:56.75
Dante Giacomini	M40	6:05.81
John Collier	M45	5:08.66
Rob Colton	M45	5:11.12
Trevor Scott	M50	4:49.84
Mark Dawson	M50	4:51.47
Allan Billington	M50	6:00.26
Alan Gower	M55	4:43.68
Bjorn Dybdahl	M55	5:07.80
Danny Sheehan	M55	5:24.01
Tony Heppener	M60	5:08.12
Graeme Dahl	M60	5:27.41
Nick Miletic	M60	6:47.02
Bob Fawcett	M60	8:29.13
Jim Langford	M65	5:40.05
David Baird	M65	5:56.78
Maurice Creagh	M65	6:00.65
Ivan Brown	M65	6:03.65
Bert Carse	M70	6:08.27
Bob Schickert	M70	6:29.43
Lyle James	M70	8:13.06
David Carr	M75	6:00.33
Cecil Walkley	M80	8:51.00



# Black Swan Event FP State Athletics Championships



**ABOVE:** The field sets off in the women's 1500m race.

**LEFT:** Carol Bowman leads Lorraine Lopes. Lorraine set an Australian record of 6:29.49 and age graded 98.94 per cent.



## Women's 1500m

Danielle Baldock	W30 6:31.37
Monique Thomas	W30 7:19.10
Jodie Osborne	W40 5:39.37
Fiona Leonard	W45 5:30.13
Julie Keeley	W45 7:26.93
Karyn Gower	W50 5:55.81
Carol Bowman	W55 6:32.62
Julie Wilson	W55 6:41.29
Carey Dickason	W60 7:26.40
Lorraine Lopes	W70 6:29.49



**JULIE KEELEY**



**KARYN GOWER**



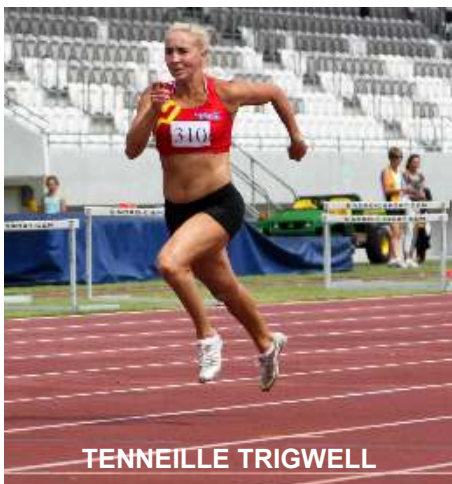
**JODIE OSBORNE**



# Black Swan Event FP State Athletics Championships



Kathy Lawson heads the field in the W45 event. Hot on Kathy's heels were Fiona Leonard and Fran Cherry.



TENNEILLE TRIGWELL



Lynne Choate, Carol Bowman and Delia Baldock power off the blocks.

## Women's 100m

Tenneille Trigwell	W30	13.07
Melissa Foster	W30	13.82
Regina Crouch	W40	18.39
Kathy Lawson	W45	14.93
Fiona Leonard	W45	15.24
Fran Cherry	W45	15.27
Sue Coate	W45	15.44
Sharon Moloney	W45	15.54
Sue Bourn	W45	15.54
Jacqui Sanders	W45	16.96
Delia Baldock	W50	16.19
Lynne Choate	W55	15.20
Carol Bowman	W55	18.30
Sarah Ladwig	W60	20.00
Peggy Macliver	W65	16.17
Brenda Painter	W65	17.70
Ruth Johnson	W70	18.08
Lynne Schickert	W70	21.77
Pat Carr	W80	22.12



PEGGY MACLIVER



LYNNE CHOATE



# Black Swan Event FP State Athletics Championships



The field wait for the starter's gun.



**BOB FERGIE**



Competitors in the M45 final eye the finish line.

## Men's 100m

Kim Thomas	M35	16.11	Allan Billington	M50	15.64
Glenn Ross	M40	11.78	Garry Ralston	M55	12.50
Chris Neale	M40	12.69	Mark Hewitt	M55	15.11
Maurice Pascal	M40	12.73	Rob Greenhalgh	M60	14.63
Greg Brennan	M40	13.73	Geoff Brayshaw	M60	14.69
Paul Abercrombie	M40	13.93	Harold Membrey	M60	15.38
Marty Campbell	M45	12.30	Nick Miletic	M60	15.61
Mark Elms	M45	12.75	Bob Fawcett	M60	20.16
Bernard Riviere	M45	12.91	Keith Martin	M65	15.47
Colin Smith	M45	12.97	Barrie Kernaghan	M70	14.38
Nigel Jones	M45	13.58	David Clive	M75	14.86
Rudy Kocis	M50	12.42	Leon Sander	M75	16.28
Craig van Waardenburg	M50	13.24	Bob Fergie	M75	21.96
Andrew Ward	M50	13.78	Irwin Barrett-Lennard	M80	18.61



**BARRIE KERNAGHAN**



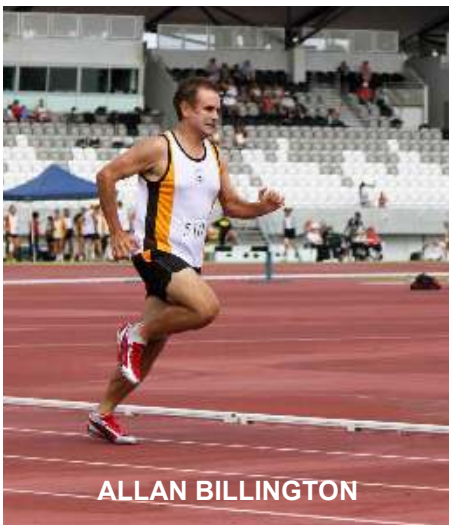
# Black Swan Event FP State Athletics Championships



Xander van Rijen heads Andrew Brooker and Chris Neale.



Garry Ralston and Bjorn Dybdahl.



**ALLAN BILLINGTON**



Mark Elms sets off with Robert Colton and Colin Smith in close pursuit.

Men's 400m					
Kim Thomas	M35	65.85	Bjorn Dybdahl	M55	66.31
Xander van Rijen	M40	55.94	Danny Sheehan	M55	68.86
Chris Neale	M40	56.36	Tony Heppener	M60	65.53
Maurice Pascal	M40	56.95	Rob Greenhalgh	M60	67.55
Andrew Brooker	M40	57.86	Harold Membrey	M60	74.92
Mark Elms	M45	56.85	Nick Miletic	M60	79.55
Colin Smith	M45	57.80	Roy Fearnall	M65	67.29
Marty Campbell	M45	62.99	David Baird	M65	76.01
Rob Colton	M45	65.99	Maurice Creagh	M65	79.55
Allan Billington	M50	72.89	Bob Schickert	M70	80.21
John Dennehy	M50	91.42	Lyle James	M70	116.88
Garry Ralston	M55	59.76	Leon Sander	M75	76.41
Steve Fuller	M55	61.67	Irwin Barrett-Lennard	M80	90.20
			Cecil Walkley	M80	126.24



**MAURICE PASCAL**



# Black Swan Event FP State Athletics Championships



Danielle Baldock, Regina Crouch and Monique Thomas power around the first bend in the W30-44 400m.



Margaret Saunders and Peggy Macliver run the home straight.



**FIONA LEONARD**



**DELIA BALDOCK**



**JACQUI SANDERS**

<b>Women's 400m</b>		
Danielle Baldock	W30	84.50
Monique Thomas	W30	93.17
Jodie Osborne	W40	79.59
Regina Crouch	W40	94.84
Fiona Leonard	W45	68.79
Sue Bourn	W45	72.24
Fran Cherry	W45	74.66
Jacqui Sanders	W45	86.95
Delia Baldock	W50	73.99
Margaret Saunders	W55	71.15
Carol Bowman	W55	84.57
Carey Dickason	W60	99.76
Peggy Macliver	W65	74.42
Ruth Johnson	W70	89.23



# Black Swan Event FP State Athletics Championships



An early start did not deter the women's 5000m field.



**ABOVE:** Sue Bourn sets the pace in the early laps of the 5000m.

**MIDDLE RIGHT:** Lorraine Lopes and Julie Wilson run the back straight

**LOWER RIGHT:** Monique Thomas, Julie Keeley and Carey Dickason.



**BRONWYN DYER**



Women's 5000m		
Bronwyn Dyer	W30	21:26.6
Monique Thomas	W30	27:08.1
Sue Bourn	W45	21:14.3
Julie Keeley	W45	27:02.0
Jacqui Sanders	W45	27:55.3
Karyn Gower	W50	21:50.5
Julie Wilson	W55	24:21.0
Carey Dickason	W60	27:25.2
Lorraine Lopes	W70	23:30.0
Loretta Shillinglaw	W70	32:05.8



# Black Swan Event FP State Athletics Championships



Paul Mitchell and Kim Thomas in the early stages of the 5000m. The two staged a classic battle for the 12 laps.



Michihito Muroi heads Trevor Scott and Alan Gower.



Bjorn Dybdahl, Paul Hughes and Danny Sheehan,



Jim Langford waits to pounce as Graeme Dahl leads. *Photos: TOM LENANE*



Men's 5000m		
Kim Thomas	M35	17:42.7
Paul Mitchell	M40	18:10.1
Dante Giacomini	M40	22:32.4
John Collier	M45	20:24.4
Trevor Scott	M50	18:59.9
Mark Dawson	M50	19:09.8
Michihito Muroi	M50	19:43.7
Pete Sullivan	M50	22:32.4
Alan Gower	M55	18:10.4
Bjorn Dybdahl	M55	19:19.7
Paul Hughes	M55	19:21.9
Danny Sheehan	M55	20:23.5
Mark Hewitt	M55	21:38.1
Graeme Dahl	M60	20:08.3
Brian Bennett	M60	21:40.3
Jim Langford	M65	20:04.0
Maurice Creagh	M65	22:29.8
Bob Schickert	M70	25:22.2
James Lyle	M70	30:42.3
David Simmonds	M75	26:23.0
Irwin Barrett-Lennard	M80	26:34.4
Cecil Walkley	M80	36:03.8



# Black Swan Event FP State Athletics Championships



**PAUL JEFFERY**



**Sue Bourn, Fran Cherry, Sharon Moloney and Fiona Leonard set off.**



**Peter Gare, Barrie Kernaghan, Keith Martin and Ivan Brown run the bend.**



**NICK MILETIC**

## Women's 200m

Regina Crouch	W40	39.10
Kathy Lawson	W45	30.60
Fiona Leonard	W45	30.77
Sharon Moloney	W45	31.75
Sue Bourn	W45	32.38
Fran Cherry	W45	32.88
Delia Baldock	W50	33.38
Lynne Choate	W55	31.90
Carol Bowman	W55	37.31
Peggy Macliver	W65	33.46
Brenda Painter	W65	38.21
Ruth Johnson	W70	38.33

Colin Smith	M45	26.23
Bernard Riviere	M45	26.54
Rob Colton	M45	30.19
Craig van Waardenburg	M50	27.58
Garry Ralston	M55	25.90
Steve Fuller	M55	28.66
Bjorn Dybdahl	M55	31.28
Rob Antonioli	M60	29.71
Rob Greenhalgh	M60	29.89
Geoff Brayshaw	M60	30.46
Harold Membrey	M60	31.77
Nick Miletic	M60	32.19
Keith Martin	M65	31.12
Ivan Brown	M65	34.25
Barrie Kernaghan	M70	29.42
Peter Gare	M70	31.41
Lyle James	M70	42.31
David Clive	M75	30.21
Leon Sander	M75	32.96
Irwin Barrett-Lennard	M80	37.67

## Men's 200m

Paul Jeffery	M35	24.38
Kim Thomas	M35	29.97
Chris Neale	M40	25.90
Ian Coate	M40	28.58
Mark Elms	M45	25.54



**MARK ELMS and COLIN SMITH**



# Wonder woman

Lyn Ventris does not do things one at a time. In the Australian Masters Games last October she set two official world records and a 'world best'. So after breaking the W55 5000m track walk record again two days before the championship weekend another special performance was on the cards at WA Athletics Stadium.

This time it was the 3000m walk, officially only a 'world best' as this is not an IAAF championships event. Once more it was clear from the gun that Lyn was totally focussed on the clock. She left the whole field in her wake, sweeping home in 14m 16.41s to take a further ten seconds off her Adelaide time.



## 1500m race walk

Regina Crouch	W40	11:28.31
Marie Fitzsimons	W45	8:00.79
Sarah Ladwig	W60	9:56.50
Michele Mison	W60	10:15.71
Val Millard	W65	9:54.40
Lynne Schickert	W70	10:23.09
Lorna Lauchlan	W80	12:26.51
David Smyth	M40	7:38.60
David Best	M45	10:09.42
Garry Hastie	M50	6:42.29
Harold Membrey	M60	11:52.36
John Oldfield	M65	13:06.44
Jeff Whittam	M75	DQ

## 3000m race walk

Regina Crouch	W40	23:08.48
Marie Fitzsimons	W45	16:31.59
Lyn Ventris	W55	14:16.41
Michele Mison	W60	20:57.91
Sarah Ladwig	W60	21:04.32
Val Millard	W65	20:28.71
Lynne Schickert	W70	21:49.69
Lorna Lauchlan	W80	24:50.47
David Smyth	M40	16:12.63
David Best	M45	21:19.04
Garry Hastie	M50	15:47.0
John Oldfield	M65	24:59.95
Ray Hall	M75	21:49.58
Christine Oldfield	W65	DQ
Garry Vogler	M35	DNF
Peter Doye	M70	DQ



JOHN OLDFIELD, JEFF WHITTAM and LORNA LAUCLAN



WHAT A RUN

MAIN PHOTO: Lyn Ventris leads Garry Hastie and Garry Vogler at WA Athletics Stadium .

The field sets off in the 3000m race walk





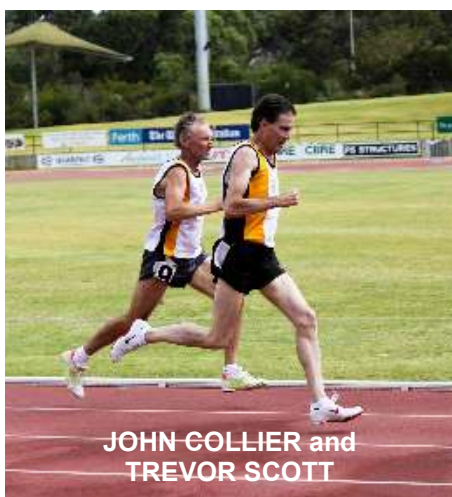
# Black Swan Event FP State Athletics Championships



Xander van Rijen heads Andrew Brooker, Kim Thomas and Mark Dawson. INSET: Xander crosses the finish line..



Margaret Saunders leads down the main straight on the first lap.



**JOHN COLLIER and  
TREVOR SCOTT**



**FIONA LEONARD**

## Women's 800m

Monique Thomas	W30	3:39.79
Fiona Leonard	W45	2:40.67
Jacqui Sanders	W45	3:39.94
Julie Keeley	W45	3:45.81
Margaret Saunders	W55	2:43.69
Carol Bowman	W55	3:09.01
Julie Wilson	W55	3:23.10
Carey Dickason	W60	3:48.24
Lorraine Lopes	W70	3:28.46

## Men's 800m

Kim Thomas	M35	2:19.78
Xander van Rijen	M40	2:14.83
Andrew Brooker	M40	2:16.89
John Collier	M45	2:28.05
Rob Colton	M45	2:32.02
Mark Dawson	M50	2:21.85
Trevor Scott	M50	2:29.43
Allan Billington	M50	2:56.45
Steve Fuller	M55	2:33.08
Bjorn Dybdahl	M55	2:33.63
Danny Sheehan	M55	2:39.46
Tony Heppener	M60	2:25.72
Graeme Dahl	M60	2:45.52
Nick Miletic	M60	3:13.11
Ivan Brown	M65	2:57.30
Maurice Creagh	M65	3:01.38
Bob Schickert	M70	3:06.20
Peter Gare	M70	3:09.05
Lyle James	M70	4:11.70
David Carr	M75	2:54.88
Leon Sander	M75	3:09.93
Cecil Walkley	M80	4:26.09



# Black Swan Event FP State Athletics Championships



Delia Baldock leads Keith Martin in the 300m hurdles on the Sunday.



Toni Phillips and Delia Baldock tackle the hurdles on the Saturday.

## 80m hurdles

Toni Phillips	W40	13.81
Delia Baldock	W50	17.36
Ruth Johnson	W70	25.53

## 100m hurdles

Garry Hastie	M50	20.66
Garry Ralston	M55	19.45

## 100m hurdles

Marty Campbell	M45	20.90
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## 200m hurdles

Ruth Johnson	W70	48.04
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## 300m hurdles

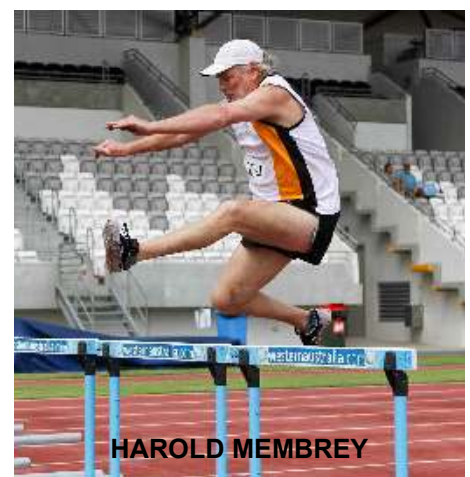
Delia Baldock	W50	59.92
Rob Antonioli	M60	55.87
Harold Membrey	M60	71.48
Keith Martin	M65	59.86

## 400m hurdles

Geoff Bailey	M40	75.74
Mark Elms	M45	73.85
Garry Hastie	M50	76.38



GARRY HASTIE



HAROLD MEMBREY



# Black Swan Event FP State Athletics Championships



The field sets off in the W45 event. Kathy Lawson took the honours from Fiona Leonard and Sue Bourn.



The W50-64 starters power off the blocks with Lynne Choate scoring the win.

## Women's 60m

Melissa Foster	W35	8.37
Regina Crouch	W40	10.74
Kathy Lawson	W45	9.17
Fiona Leonard	W45	9.23
Sue Bourn	W45	9.25
Fran Cherry	W45	9.29
Sue Coate	W45	9.32
Sharon Moloney	W45	9.38
Delia Baldock	W50	10.21
Lynne Choate	W55	9.27
Carol Bowman	W55	11.27
Sarah Ladwig	W60	12.67
Peggy Macliver	W65	9.97
Brenda Painter	W65	10.88
Ruth Johnson	W70	11.17
Lynne Schickert	W70	13.55
Pat Carr	W80	12.95



PEGGY MACLIVER



# Black Swan Event FP State Athletics Championships



**ABOVE:** Mark Elms false starts in the M45-54 final.



**LEFT:** In the re-started race Colin Smith, Bernard Riviere and Mark Elms battle for the lead. Bernard won from Colin and Mark.

**BOTTOM:** Ian Coate and Kim Thomas blast off the line. Although the two were in different age groups Ian pipped Kim to the line.

## Men's 60m

Kim Thomas	M35	9.24
Ian Coate	M40	8.76
Bernard Riviere	M45	8.01
Colin Smith	M45	8.03
Mark Elms	M45	8.22
Craig van Waardenburg	M50	8.41
Allan Billington	M50	9.74
Garry Ralston	M55	7.94
Rob Greenhalgh	M60	8.82
Rob Antonioli	M60	9.10
Harold Membrey	M60	9.53
Nick Miletic	M60	9.65
Keith Martin	M65	9.57
John Oldfield	M65	12.30
Barrie Kernaghan	M70	8.79
Peter Gare	M70	9.39
Lyle James	M70	11.56
David Clive	M75	8.96
Leon Sander	M75	10.11
Bob Fergie	M75	12.92





# Black Swan Event FP State Athletics Championships



Sue Coate concentrates as she throws the javelin.



**ANDREW WARD**



Geoff Brayshaw prepares to unleash the javelin.



Ian Coate steps down the runway.

## Women's Javelin

Maria Trolio	W35	23.37
Sarah Edmiston	W35	22.71
Regina Crouch	W40	15.76
Sue Coate	W45	24.67
Sharon Moloney	W45	19.74
Michelle Link	W50	18.50
Barbara Brown	W55	18.88
Kate Glass	W60	21.28
Elizabeth Szczepanska	W60	16.76
June Streeter	W60	11.55
Bev Hamilton	W65	19.65
Stella Turner	W65	13.61
Barbara Campbell	W70	18.21
Dorothy Whittam	W75	12.35

## Men's Javelin

Matt Staunton	M35	41.65	Trevor Scott	M50	21.35
Kim Thomas	M35	31.52	Geoff Gee	M55	33.41
Mark Hamilton	M40	34.54	Steve Fuller	M55	32.65
Paul Abercrombie	M40	31.66	Mark Hewitt	M55	22.40
Ian Coate	M40	24.90	Geoff Brayshaw	M60	31.93
Roger Ditewig	M45	41.98	Clive Choate	M60	29.21
Bernard Riviere	M45	30.88	Greg Wilson	M60	29.07
Mark Elms	M45	29.55	Stan Selby	M65	38.63
Andrew Ward	M50	34.30	Bob Chalmers	M70	20.55
Garry Hastie	M50	31.24	Leon Sander	M75	22.46
Chris van der Merwe	M50	25.65	Jim Davis	M75	21.06
Wayne Rubick	M50	23.25	Bob Fergie	M75	20.69
			Rob Shand	M80	20.67



# Black Swan Event FP State Athletics Championships



Dave Wyatt sails over the bar and to a soft landing (inset).



Greg Wilson clears the bar. Greg tied with Dave Wyatt.



Garry Hastie shows he is a master of several disciplines.

## High Jump

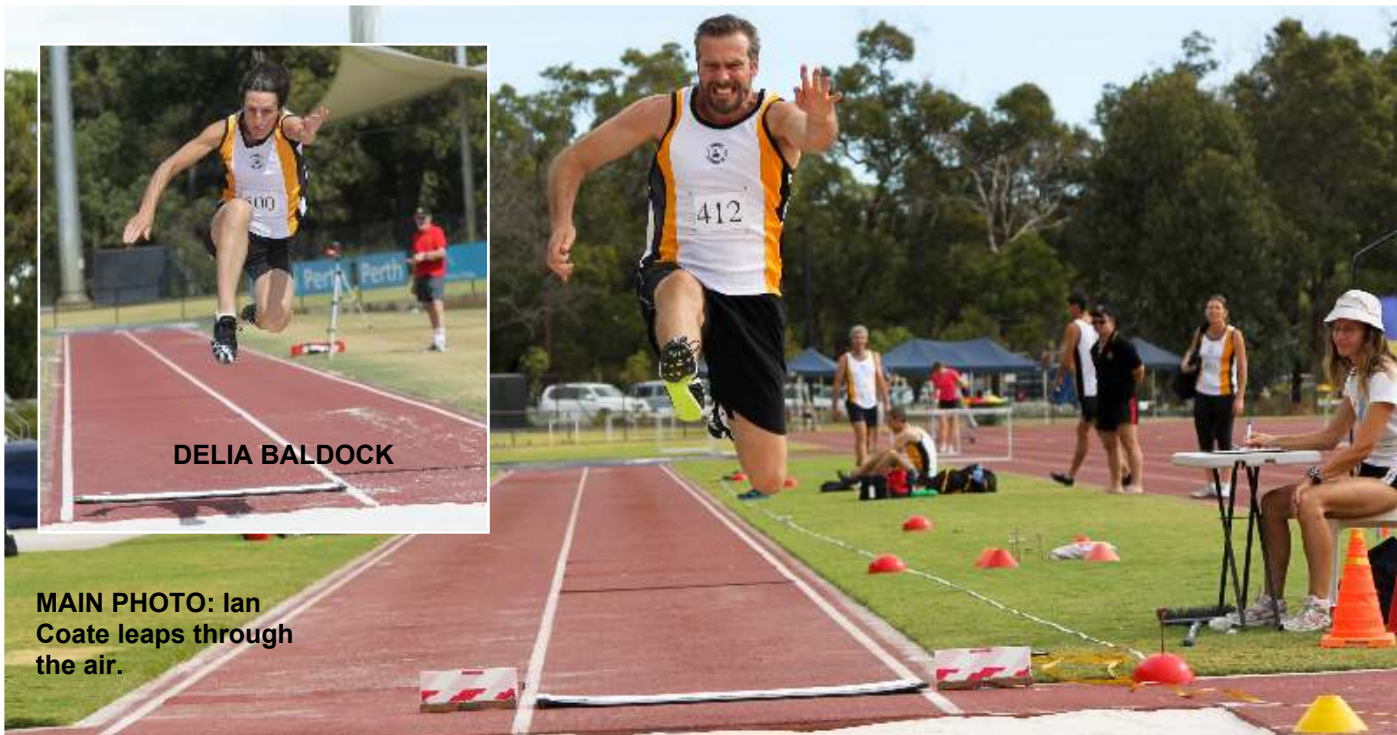
Sue Coate	W45	1.33
Delia Baldock	W50	1.20
Brenda Painter	W65	1.00
Greg Urbanowicz	M30	1.30
Ian Coate	M40	1.40
Kevin Collins	M40	1.10
Bernard Riviere	M45	1.53
Roger Ditewig	M45	1.50
Garry Hastie	M50	1.40
<i>(won on countback)</i>		
Chris van der Merwe	M50	1.40
Wayne Rubick	M50	1.05
Greg Wilson	M60	1.38
Dave Wyatt	M60	1.38
<i>(tied – both awarded gold)</i>		
Keith Martin	M65	1.10
Bob Fergie	M75	1.00



Chris van der Merwe placed second on countback with a jump of 1.40m.



# Black Swan Event FP State Athletics Championships



**DELIA BALDOCK**

**MAIN PHOTO: Ian Coate leaps through the air.**



**GEOFF BAILEY**



**MELISSA FOSTER**



**ANDREW BROOKER**

## Long Jump

Melissa Foster	W30	5.21	Mark Elms	M45	5.44	Sue Coate	W45	8.02
Michelle Thomas	W30	3.20	Bernard Riviere	M45	5.34	Delia Baldock	W50	8.08
Regina Crouch	W40	2.95	Colin Smith	M45	4.30	Carey Dickason	W60	5.66
Sue Coate	W45	3.79	Rob Colton	M45	4.28	Sarah Ladwig	W60	5.45
Delia Baldock	W50	3.84	Rudy Kocis	M50	4.76	Brenda Painter	W65	6.88
Julie Wilson	W55	2.67	Andrew Ward	M50	4.29	Ruth Johnson	W70	6.61
Sarah Ladwig	W60	2.72	Trevor Scott	M50	3.82	Lynne Schickert	W70	5.37
Carey Dickason	W60	2.39	Wayne Rubick	M50	3.62	Chris Neale	M40	11.32
Brenda Painter	W65	2.92	John Dennehy	M50	3.54	Geoff Bailey	M40	11.21
Ruth Johnson	W70	2.89	Garry Ralston	M55	5.28	Ian Coate	M40	9.72
Lynne Schickert	W70	2.43	Mark Hewitt	M55	4.70	Bernard Riviere	M45	10.27
Pat Carr	W80	2.37	Dave Wyatt	M60	4.61	Colin Smith	M45	9.42
Maurice Pascal	M40	5.75	Geoff Brayshaw	M60	4.12	Rob Colton	M45	7.92
Chris Neale	M40	5.65	Keith Martin	M60	3.43	Andrew Ward	M50	8.06
Andrew Brooker	M40	5.41	David Clive	M75	4.37	Wayne Rubick	M50	6.90
Geoff Bailey	M40	5.36	Leon Sander	M75	3.08	Garry Ralston	M55	10.48
Ian Coate	M40	4.74	Bob Fergie	M75	2.52	Dave Wyatt	M60	9.56
Paul Abercrombie	M40	4.34				Geoff Brayshaw	M60	8.78
Kevin Collins	M40	3.26				Keith Martin	M60	8.27
						David Clive	M75	8.19
						Bob Fergie	M75	5.54

## Triple Jump

Melissa Foster	W30	10.47
Regina Crouch	W40	6.43



# Black Swan Event FP State Athletics Championships



**BYRONY GLASS**



**SUE COATE**



**SARAH EDMISTON**



**SHARON MOLONEY**

## Women's Discus

Byrony Glass	W30	33.89
Sarah Edmiston	W35	34.71
Sue Coate	W45	22.17
Sharon Moloney	W45	21.93
Sandra Mutch	W50	18.26
Michelle Link	W50	16.57
Barbara Brown	W55	18.74
Elizabeth Szczepanska	W60	22.80
Kate Glass	W60	22.03
Carey Dickason	W60	14.59
June Streeter	W60	13.14
Bev Hamilton	W65	23.15
Stella Turner	W65	14.31
Barbara Campbell	W70	17.98

## Women's Hammer

Byrony Glass	W30	53.21
Sarah Edmiston	W35	37.89
Sharon Moloney	W45	23.27
Sue Coate	W45	18.73

Kylie Everard	W50	23.38
Sandra Mutch	W50	19.84
Barbara Brown	W55	23.30
Kate Glass	W60	33.70
Elizabeth Szczepanska	W60	28.80
Carey Dickason	W60	19.90
June Streeter	W60	17.00
Bev Hamilton	W65	29.33
Stella Turner	W65	15.19
Ruth Johnson	W70	17.82
Dorothy Whittam	W75	23.90

## Women's Shot Put

Byrony Glass	W30	11.08
Sarah Edmiston	W35	8.52
Regina Crouch	W40	5.44
Sue Coate	W45	7.83
Sharon Moloney	W45	7.28
Sandra Mutch	W50	7.86
Michelle Link	W50	5.77
Barbara Brown	W55	7.44
Kate Glass	W60	9.60

Elizabeth Szczepanska	W60	8.84
Carey Dickason	W60	6.49
June Streeter	W60	6.15
Bev Hamilton	W65	8.68
Stella Turner	W65	6.08
Barbara Campbell	W70	7.29

## Women's Weight Throw

Byrony Glass	W30	16.47
Sarah Edmiston	W35	11.18
Sue Coate	W45	8.66
Sharon Moloney	W45	6.88
Sandra Mutch	W50	8.91
Barbara Brown	W55	7.88
Kate Glass	W60	13.01
Elizabeth Szczepanska	W60	12.50
June Streeter	W60	6.60
Bev Hamilton	W65	11.15
Stella Turner	W65	7.07
Barbara Campbell	W70	8.30
Ruth Johnson	W70	7.07



# Black Swan Event FP State Athletics Championships



**GREG WILSON**



**MATT STAUNTON**



**Tom Gravestock screams as he watches his put.**



**OSWALD IGEL**

## Men's Hammer

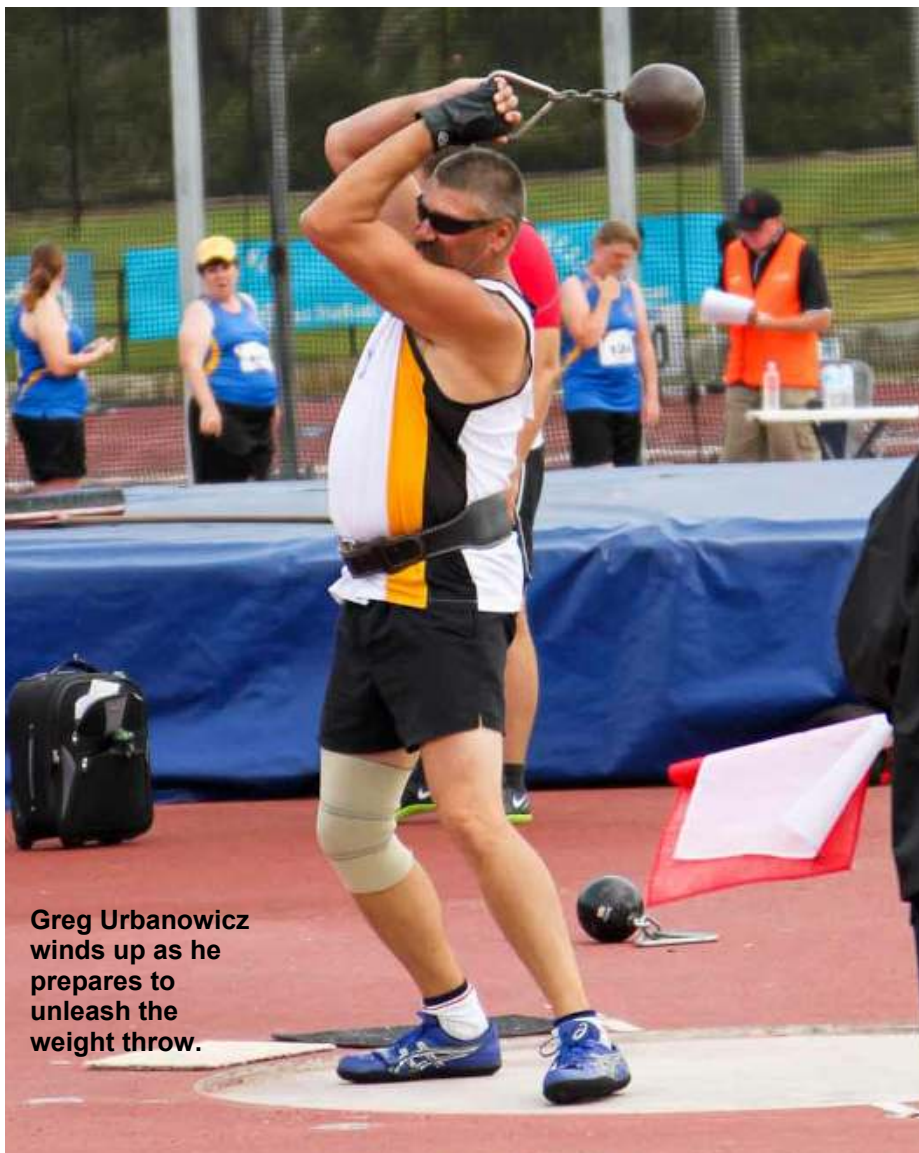
Greg Urbanowicz	M30	37.01
Matt Staunton	M35	44.85
Mark Hamilton	M40	33.09
Ian Coate	M40	18.86
Roger Ditewig	M45	28.37
John Everard	M50	42.33
Craig van Waardenburg	M50	33.70
Andrew Ward	M50	24.54
Wayne Rubick	M50	22.22
Tom Gravestock	M55	37.33
Geoff Gee	M55	31.13
Oswald Igel	M60	37.94
Geoff Brayshaw	M60	31.37
Greg Wilson	M60	24.67
Harold Membrey	M60	21.54
Rob Young	M65	19.50
Bob Chalmers	M70	20.40
Jim Davis	M75	31.72
Bob Fergie	M75	25.17
Jeff Whittam	M75	19.18
Chris Tittel	M80	25.54
Rob Shand	M80	17.22

## Men's Shot Put

Greg Urbanowicz	M30	12.40
Mark Hamilton	M40	11.00
Greg Brush	M40	8.77
Ian Coate	M40	6.98
Roger Ditewig	M45	8.38
Bernard Riviere	M45	7.27
Craig van Waardenburg	M50	10.64
Chris van der Merwe	M50	9.27
Andrew Ward	M50	7.67
Geoff Gee	M55	11.58
Tom Gravestock	M55	11.08
Oswald Igel	M60	11.49
Greg Wilson	M60	8.74
Harold Membrey	M60	7.87
Rob Young	M65	7.70
Bob Chalmers	M70	7.81
Jim Davis	M75	9.78
Bob Fergie	M75	8.12
Jeff Whittam	M75	5.22
Chris Tittel	M80	7.85
Rob Shand	M80	6.86



# Black Swan Event FP State Athletics Championships



Greg Urbanowicz winds up as he prepares to unleash the weight throw.



CRAIG VAN WAARDENBURG



ANDREW WARD



GEOFFREY GEE

## Men's Discus

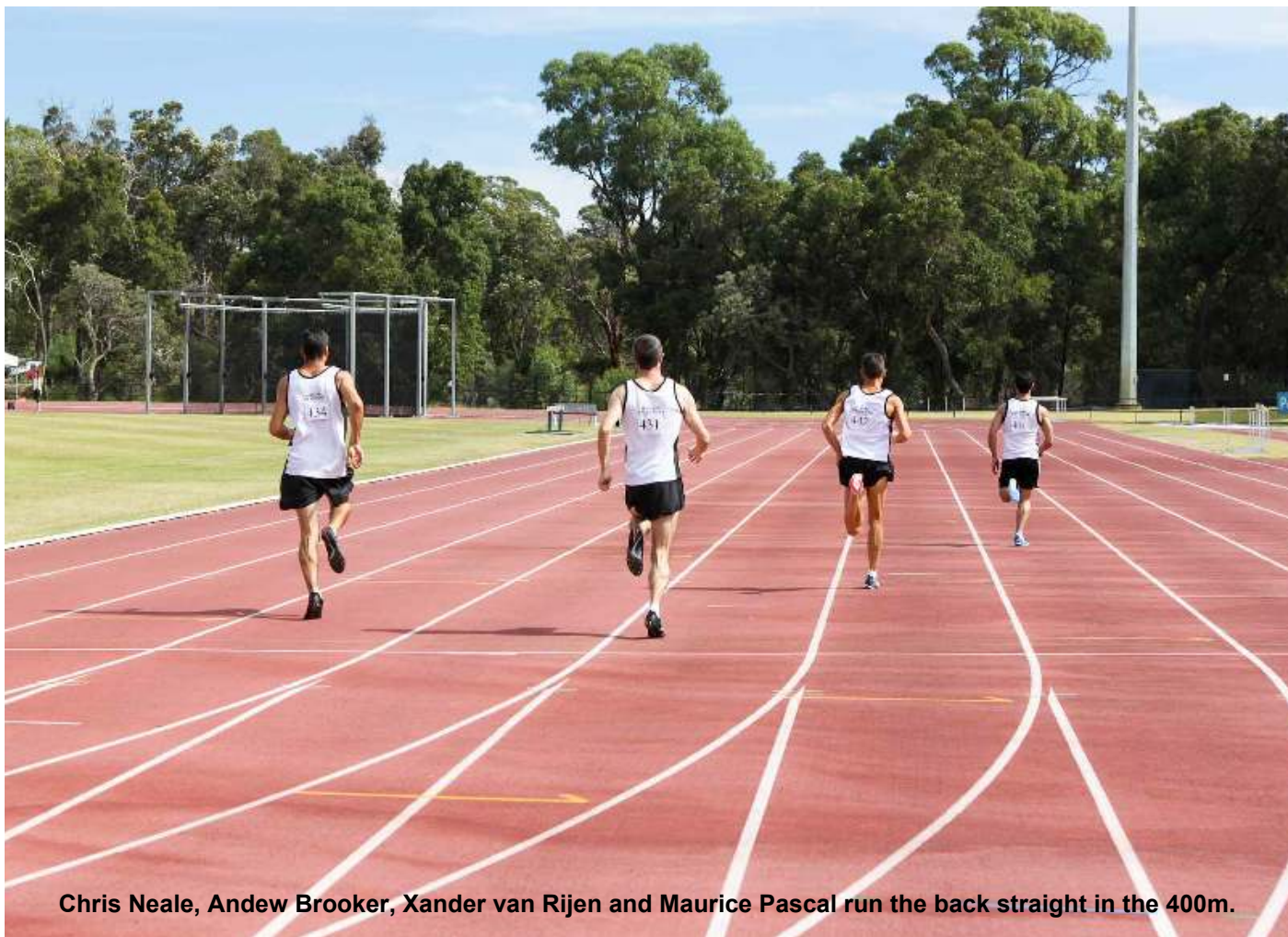
Greg Urbanowicz	M30	34.70
Paul Jeffery	M35	36.11
Mark Hamilton	M40	35.21
Ian Coate	M40	22.86
Roger Ditewig	M45	28.37
Craig van Waardenburg	M50	31.00
Andrew Ward	M50	27.13
Chris van der Merwe	M50	23.65
John Dennehy	M50	17.44
Tom Gravestock	M55	37.50
Steve Fuller	M55	29.38
Oswald Igel	M60	37.94
Geoff Brayshaw	M60	31.37
Greg Wilson	M60	30.31
Nick Miletic	M60	27.44
Harold Membrey	M60	26.19
Stan Selby	M65	32.13
Rob Young	M65	25.02
Peter Gare	M70	30.35
Bob Chalmers	M70	16.58
Jim Davis	M75	27.99

Leon Sander	M75	22.78
Bob Fergie	M75	22.10
Jeff Whittam	M75	13.67
Chris Tittel	M80	20.86
Rob Shand	M80	19.21

## Men's Weight Throw

Greg Urbanowicz	M30	11.31
Mark Hamilton	M40	11.70
Ian Coate	M40	6.89
Craig van Waardenburg	M50	13.56
Andrew Ward	M50	7.87
Geoff Gee	M55	14.25
Tom Gravestock	M55	13.13
Greg Wilson	M60	10.64
Harold Membrey	M60	10.00
Rob Young	M65	8.97
Bob Chalmers	M70	7.98
Jim Davis	M75	11.36
Bob Fergie	M75	10.96
Jeff Whittam	M75	7.61
Chris Tittel	M80	10.48
Rob Shand	M80	9.06





Chris Neale, Andrew Brooker, Xander van Rijen and Maurice Pascal run the back straight in the 400m.



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

**Health and wealth**

One of the key challenges of retirement is to make sure our income lasts as long as we do. As a masters athlete, you put a lot of time and effort into maintaining a healthy body. But is your financial situation equally healthy?

If you can be confident that your income will be ongoing, whatever happens in financial markets, then you can plan and act with certainty and peace of mind, says John Cameron, Principal of Black Swan Event Financial Planning.

“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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