

Vetrun

APRIL
2011
No. 445



Inside...

| | |
|-------------------------------------|-------|
| The Kings Park debate; You write | P2 |
| AGM 2011 reports | P3 |
| Piney Lakes Teddy Birds Picnic | P4 |
| Lake Monger | P5/6 |
| Membership Event | P7 |
| STATE CHAMPIONSHIPS | P8/15 |
| Helpers | P16 |

AGM 2011

Time is right for action?

I HOPE that many members will attend the AGM to discuss how we can improve access to Kings Park, and other venues, for club events.

Our final Teddy Birds Run brought the matter to a head for many.

The current committee has been asked to raise a small sub-committee to take positive action in representation of our needs and requirements to various authorities – beginning with the Kings Park board.

Vic Waters

**AGM 2011
is on April
18th, 7pm
at Hockey
Club,
Perry Lakes**

ON May 20th, 1941, the skies above Crete were filled with thousands of Nazi paratroopers invading the island. Hitler expected a swift, easy conquest which would complete his occupation of Greece. Instead, he encountered vigorous resistance from the Cretans, foreign residents, and Allied forces. Although they finally succeeded in occupying the island, Crete exacted such a price from the German forces during its ten days of resistance that the Fuhrer abandoned plans for



Lake Monger start - P5

Try for H/cap Trophy!

SOME changes to our handicap programme were agreed at the 2010 AGM and they have now been settled.

To encourage more members to compete for the Handicap Trophy, some shorter runs have been included. So, at the following events it will be the short run, rather than the 10km, that becomes the handicap event.

They are Sharks (5km), Woodman Point (5km) and Canning Caper (6km). The longer distance will still be run, of course, but will NOT be a handicap.

Other handicap runs are unchanged, so at Aquinas, Cliff Bould, East Perth and 10km Track Handicap, the long run remains the handicap event.

You will notice on the programme that where the shorter run is the handicap event, the code will show, for instance H (5km). Criteria for awarding the Handicap Trophy are unchanged.

70 years on – Arthur will return to Crete

any similar attacks elsewhere, bemoaning the loss of almost 4500 elite paratroopers.

Arthur Leggett, then in his early 20s, was one of the Aussies who fought in the defence of Greece. Now he has been chosen to represent Australia in a party of six that will travel back to go to Greece to mark the invasion

of 70 years ago.

In his biography, Arthur writes movingly of the battle for Crete, and the mates he lost. His regiment – 2/11th Battalion (City of Perth Regiment) lost 53 killed; 126 wounded, and 423 became prisoners-of-war. Arthur was captured and spent the rest of WW2 as a German prisoner.

ROAD WALK CHAMPIONSHIPS

Changed to three events

FROM this year, the Road Walking Championship (RWC) will be conducted over three events, rather than four. This will bring it into line with the RRC. Total distance for the RWC will be 30km; for the RRC it's unchanged, at 50km.



*Arthur Leggett the younger –
as he was in 1941.*

(Don't Cry For Me, Arthur's biography, is a superb read. It's available from Arthur (ph: 9279 4071.)

You write...



John Stone

Hello Vic,

Greetings from shaky Christchurch!

Vetrun readers might be interested to hear the Queen Elizabeth II Stadium and Athletics Track in Christchurch, where the 1981 World Veterans' Athletic Championships were held, has been badly damaged in the recent earthquake.

Just a few months ago, a new practice track had been built, next door to the main stadium. The new track is also severely damaged.

The stadium buildings, which house swimming pools and a gymnasium, has been given a red sticker by civil defence authorities. "Red Sticker" means that it has suffered structural damage and must not be entered.

Attached is a photo showing the state of the track after the quake.

My family are all safe and sound, but it was not a very pleasant experience.

regards,

John Stone (Christchurch, New Zealand)



Richard Danks

Athletics – a small world

PAHIA is a small seaside town in the Bay of Islands in northern NZL. After a great scenic boat cruise we were directed to the returned services club about 500m inland for a good value meal. Walking in the street there we saw someone in the distance, running, and I remarked to Lynne "that person has a style similar to Jim Klinge". Turned out it was Jim Klinge, in the town for a few days holiday as part of a couple of weeks NZL trip with wife Helen.

Bob Schickert



Distinctive style – Jim Klinge

Confucioused?

Vic

I thought you might be interested in an incident that occurred in Beijing.

Not having access to the internet where I was staying in Beijing, I went in search of an internet cafe. Despite all the shops having only Chinese signs, I soon found an internet cafe and confidently went in and sat at the only vacant computer to start searching for Google. But all the writing was in Chinese. So I called over one of the ladies who seemed to be in authority. To my amazement, not only could she understand English, but she also spent ten minutes searching the internet for me and printing the online tickets that I needed. And whilst my wife and I waited she called someone over to make us a cup of tea, which they promptly refilled when we finished.

When completed, I just had to tell her that this was the most amazing service I have ever experienced in an internet cafe.

"But this is not an internet café," she replied. "It is a real estate agency and you're sitting at my desk"

Oops...!

Richard Danks

LOCAL councils and park officials are imposing greater restrictions on many groups which further sport, fitness and health. It's time for a concerted effort, to explain our case to the bureaucrats, and if necessary, to local and State politicians. The feelings of many disgruntled runners are summed up here by Peggy MacLiver. VW

AT a time when we are frequently told by government health authorities to exercise more, eat less, etc etc why is it becoming increasingly difficult for our club to function as it should in the public domain?

It seems every week bureaucrats are forcing us to comply with more and more rules in order to do what we all want, simply have a run.

Kings Park

We used to have some glorious runs through the bridle tracks in Kings Park, rarely venturing on public footpaths or roads, but now it seems we are destroying the vegetation, putting our lives at risk crossing roads, endangering the public, so we are reduced to the farce of the Teddy Birds Picnic run of running 1.5km up and down a footpath and for that we are charged \$350 (including \$100 litter fee). The State Cross Country Championships, held in the park, are no better. Instead of enjoying real cross country along the tracks, we have to run on the verge, not allowed to cross roads or run on the side of the road and generally treated like naughty children if we disobey.

Reabold

Reabold Hill, also run by the Kings Park Board, has

Vale Fred Hagger

IN Vetrun no. 222 (April 1991) Margaret Birks (now Langford) wrote one of the most interesting features that was ever part of our 'Meet the Veteran' series. Subject was the colourful Fred Hagger, who we sadly report, died last month. Although we hadn't seen Fred for some years, he was a long-term member.

Margaret's interview with the Royal Navy veteran – where she talks of his encounters with Sophia Loren, Princess Margaret, and Hitler's war machine (for which he received a Russian medal!) is now in Vetrun Extra on the club website as a tribute to Fred.



similar restrictions and has a hefty fee attached.

The upshot of this Board's actions has made it impossible for the club to continue to use these venues for our runs. So much for public open space set aside for the enjoyment of all.

Councils

Local councils are also adding more and more conditions to our runs. Apparently some councils are now insisting that when a run goes through a car-park or crosses a street that our officials have to do a course in traffic management so they can safely direct us round the traffic. As every run has different helpers, this would mean every club member would have to do the training course to be certified.

Oh for the days when you could just put on your running gear, turn up at a venue to train or run in a group without any of the numerous restrictions in place today.

Peggy MacLiver

Taupo improved

BRIAN completed the Taupo Ironman again in a much-improved time. Details on MAWA website.

Exercise overdose?

EXTREME danger to elite athletes was highlighted by ABC's Catalyst last month. Although it's unlikely to have a direct effect on any of us, the programme is interesting, examining partial heart failure when the body is working at extremes. This link will take you to the segment. <http://www.abc.net.au/catalyst/stories/3147421.htm>



Secretary Sarah Ladwig (seen here rehearsing her speech on the McCallum Lakes Run) reports:

WE have had a very full year in MAWA with some new initiatives, successes in track and field events, well-attended Sunday morning runs and social events including two well-organised social/running week-ends away.

Our membership continues to rise and has reached 540 now, in March 2011. We are receiving more enquiries from younger athletes keen to resume running and/or athletics.

Sunday programme

A very well-organised year with race directors and helpers working hard has ensured that events continue at a variety of locations - and are well marked and set up for the day. Ross Keane has been bringing clock, printer watch and hailer to each event.

Barrie Thomsett sets out the results and makes sure they are accurate. He passes them to Richard Danks, who formats and makes more checks before they reach Vic Waters, for Vetrin, and John Oldfield for the website. The system is becoming so efficient that most are online within two days, sometimes sooner. Three long-term race directors have retired and arrangements are underway to appoint new race directors.

Track and Field

A very well organised year again at UWA on Tuesdays and Ern Clark Athletic Centre on Thursdays. Thanks to Barbara for arranging a varied programme for both evenings and ensuring results available to members so quickly on the website. Thanks also to all the scorers, volunteers and record keepers at the track. We have had

AGM REPORTS

I believe that 2010/11 has been an outstanding year for our club.

Our membership stands at an all-time high, with some encouraging signs that we are attracting more members in the younger age-groups. A major milestone was the granting of club number 1000 to Monique Fountain at one of our Sunday runs. A photo taken with David Carr (member number 2) is one to be treasured.

The staging of the 2010 Nationals was technically in this membership year, but was reported at length at last year's AGM. However, the financial accounts were not completed until this year and these showed that the event produced a very healthy income for our club.

The last year will go down in the club's history as the year we truly embraced the internet. John Oldfield has done a marvellous job with

many successes and PBs, State and world records.

A special mention to Damien Hanson who continues to ensure field events run smoothly and equipment is in good order and also Les Beckham (jumps). On Tuesdays T/F Barrie Kernaghan organises and brings track gear along. John Oldfield and Barrie K share starting duties. Thursdays, Tom Lenane (starter) and Richard Blurton assist with timing or recording almost every week. Special mention to John and Christine Oldfield for producing the TFNL monthly with some wonderful photography and design expertise from Graeme Dahl.

The committee of Barbara Blurton, Jackie Halberg, Roger Walsh, Sarah Ladwig, Damien Hanson, Richard Danks, Chris Neale and Bob Schickert do a huge amount of work behind the scenes. My personal thanks to all the committee for assisting me to settle into the role this year and giving me so much help and support.

The committee thanks all members who have contributed to such a successful year.

Richard Danks continued to handle handicaps and arrange the Sunday pro-



gramme to ensure not only venues available but also toilet keys supplied! Jeff Bowen managed the Vetrin distribution and helper programme for Sundays. Peggy Macliver continues as our efficient registrar and also processes result from the UWA track and field events. Jacqui and Vic Beaumont, Elaine and John Dance ensure morning teas provided and Elaine has ensured our presentation night continues so well. Campbell Till remains our statistician. Vic Waters continue editing Vetrin and always provides some interesting topics in 'My View'.

The summer track and field season has just finished and many thanks must go in particular to Les Beckham for looking after the jumps at both venues every week, always giving his encouragement and support as well as

Pat Hopkins handles club uniforms. Jackie efficiently maintains our visitors' table at Sunday runs, assists at ECAC, purchases medals, assists with the programme and does numerous other jobs. Bob and Lynne Schickert are role models for many MAWA athletes as they continue to show such enthusiasm and dedication to athletics in Australia and overseas.

Last, but not least, President Barbara Blurton has continued to put in some extremely hard work and her valued organisational ability and commitment to MAWA have proved invaluable.

some handy jumping tips.

I'd like to pay tribute to three club officials who are standing down this year. Jackie Halberg has been Vice President for three years and has always given me the strongest support and help, while Richard Danks has made a very important contribution in his year on the committee, particularly in dealing with the extensive documentation and red tape now typically required by local authorities. Jeff Bowen, although not on the committee, has for several years distributed the postal Vetrins and organised the schedule of helpers for Sunday runs. His contribution to the club will be missed.

Sarah Ladwig took on the demanding role of Secretary with her natural enthusiasm and willingness to learn. I'd like here to thank personally all the committee for their hard work during the past year.

Many other members have helped to make our club events, both athletic and social, so successful, but sadly there is not room to mention them all here, but your efforts do not go unnoticed, and we thank you.

*Barbara Blurton
President MAWA March 2011*

New members - Welcome!

- 1017 SCOTT-TAYLOR: Paul M50
- 1018 BYRNE: Andrea W30
- 1019 ELDRIDGE: Stephen M65
- 1020 TAYLOR: Andrew M40
- 1021 BENSON: Bernadette W40
- 1022 JEFFREY: Paul M35
- 1023 BARNES: Louise W55
- 1024 BARSON: Daniel M30
- 1025 CUMMINS: Terry M45
- 1026 FREW: Mark M35
- 1027 SZABO: Sylvia: W30

OAMA is now OMA

PREPARATIONS are in hand for a constitutional change of name to Oceania Masters Athletics Inc at the next AGM which will be held in Tauranga NZL during the Championships (5-12 February 2012.) Until then the Oceania Association of Masters Athletes Inc will trade in the intended name, OMA.

4KM RUN

| | | |
|-----------------------|-----|-------|
| Vis 1 | | 15:12 |
| Paul Hughes | M55 | 16:05 |
| Paul Odam | M50 | 16:13 |
| Tristan Bell | M45 | 16:37 |
| Vis 4 | | 17:08 |
| Graeme Dahl | M60 | 17:15 |
| Dave Roberts | M65 | 17:56 |
| Margaret Saunders | W55 | 18:29 |
| Gary Fisher | M55 | 18:42 |
| Michael Whitford | M45 | 18:45 |
| Chris Koemam | M50 | 19:07 |
| Colin Smith | M45 | 19:22 |
| Sean Keane | M45 | 19:52 |
| John Oldfield | M65 | 19:58 |
| Carol Bowman | W55 | 20:03 |
| Delia Baldock | W45 | 20:55 |
| Irwin Barrett-Lennard | M80 | 21:34 |
| Damien Hanson | M55 | 22:26 |
| Jim Riddell | M70 | 22:46 |
| Roger Walsh | M65 | 23:04 |
| Merv Jones | M70 | 24:05 |
| Andrea Byrne | W35 | 25:01 |
| Cecil Walkley | M80 | 25:44 |
| Jackie Halberg | W60 | 25:47 |
| Marg Forden | W65 | 26:29 |
| Brian Smith | M70 | 26:48 |
| Toni Frank | W65 | 29:31 |
| Linda Rhodes | W60 | 34:51 |
| Mary Heppell | W70 | 34:55 |

8KM RUN

| | | |
|-------------------|-----|-------|
| Grahak Cunningham | M30 | 31:30 |
| Bob Lane | M60 | 33:14 |
| Ross Keane | M45 | 34:03 |
| Tom Tralau | M35 | 35:04 |
| Frank Gardiner | M60 | 35:40 |
| Sandra Stockman | W45 | 36:01 |
| Mike Hale | M60 | 37:45 |
| Raymond Gimi | M45 | 37:54 |
| Bruce Mathieson | M65 | 37:59 |
| Peter Sanders | M65 | 38:14 |
| Ivan Pilton | M65 | 38:42 |
| Neil McRae | M55 | 39:25 |

Piney Lakes

March 6, 2011

Director: John Frost

WE celebrated Autumn with a well timed and much anticipated drop in temperature (well organised!) and the change from a 7 to 7.30am start, which caught out a few keen early starters. President Barbara made a guest appearance, complete with impressive strapping and crutches and performed a leadership role with style. The rain which usually accompanies this run did not even threaten and a very relaxed breakfast was enjoyed in this great park.

The race went without a hitch (probably due to all the troublemakers disporting themselves in Dwellingup) with many thanks to helpers Phyllis Farrell, Steve Hossack and Basia Lis, Gavin Howard, Brian Hunter, Alan James, Mitch Lolly, and Hilary Beck. Barry Thomsett was cajoled into helping with the results - what would we do without him? What a great institution MAWA is and what a great contribution it makes to the fitness and longevity of senior sportsmen and women in WA.

John Frost

| | | |
|------------------|-----|-------|
| Susan Sanders | W55 | 40:18 |
| Mike Khan | M65 | 40:22 |
| Richard Blurton | M60 | 40:37 |
| Charlie Chan | M55 | 40:38 |
| Jim Barnes | M65 | 41:40 |
| Hamish McGlashan | M70 | 41:43 |
| Claire Walkley | W45 | 42:53 |
| Sandra Rourke | W40 | 43:00 |
| Vis | | 43:11 |



John Frost

| | | |
|------------------|-----|-------|
| Monique Fountain | W35 | 43:37 |
| Peter Bath | M65 | 43:46 |
| Heiner Huning | M50 | 44:00 |
| David Carr | M75 | 44:58 |
| Sarah Ladwig | W60 | 45:32 |
| Theresa Howe | W60 | 46:50 |
| Paul Martin | M65 | 47:29 |
| Janet Jiang | W45 | 47:44 |
| Karl Stockman | M50 | 49:07 |
| Rhod Wright | M60 | 49:20 |
| John Talbot | M60 | 51:14 |
| Steve Clark | M65 | 52:04 |
| Kerriann Bresser | W40 | 58:58 |

4KM WALK

| | | |
|--------------------|-----|-------|
| Peter Hopper | M65 | 29:32 |
| Ray Hall | M75 | 29:38 |
| Christine Oldfield | W65 | 29:50 |
| Joan Pellier | W70 | 30:37 |
| Lorna Lauchlan | W80 | 33:03 |
| Patricia Hopkins | W65 | 33:16 |
| Richard Harris | M70 | 33:59 |
| Ray Lawrence | M80 | 34:54 |
| Dorothy Whittam | W70 | 35:30 |
| Jennie Lee | W55 | 37:41 |
| Maggie Flanders | W70 | 37:51 |
| Elaine Sillery | W75 | 38:16 |
| John Smith | M75 | 59:44 |
| John Pellier | M70 | 63:28 |
| Vis 5 | | 64:00 |
| Bob Fergie | M75 | 67:31 |
| Jeff Whittam | M75 | 67:31 |



March 13, 2011 Teddy Birds Picnic

Directors: Bob Schickert
and David Muir

Too much 'coming and going' made the final Teddy Birds no picnic.

DUE to restriction by the Kings Park Authority this was, sadly, the last Teddy Birds run. An upside was that the restricted course was easy to manage for me and the officials - Ray Atwell, Leo Hassam, Pat Hopkins, David Smyth, Wayne Taylor, Janet and Michael Walter and Rhod Wright - who all did a great job. There is virtually no flat section of the course so competitors did not have it easy.

Bob

10K RUN

| | | |
|-----------------------|-----|-------|
| Andrew Brooker | M40 | 39:07 |
| Lisa Searle | W35 | 41:40 |
| V2 | | 42:48 |
| Joe Clark-Murphy | M60 | 43:34 |
| Ross Keane | M45 | 44:01 |
| Sandra Stockman | W45 | 45:32 |
| Maurice Creagh | M60 | 48:17 |
| Ivan Pilton | M65 | 48:45 |
| Raymond Gimi | M45 | 49:08 |
| Bruce Mathieson | M65 | 49:37 |
| Scott Winn | M40 | 50:07 |
| Graham Thornton | M70 | 51:14 |
| Charlie Chan | M55 | 51:37 |
| Maree Brown | W45 | 51:55 |
| Allan Billington | M50 | 53:03 |
| Peter Bath | M65 | 55:06 |
| Shirley Bell | W60 | 55:32 |
| Irwin Barrett-Lennard | M80 | 55:33 |
| Lorraine Lopes | W70 | 56:14 |
| Tanya Burke | W35 | 56:27 |
| V3 | | 56:45 |
| Milton Mavrick | M55 | 59:59 |
| Richard Danks | M65 | 61:36 |
| Val Millard | W60 | 64:43 |
| Steve Clark | M65 | 65:45 |
| Brian Smith | M70 | 66:12 |
| Denise Viala | W60 | 66:29 |
| Fiona Cousins | W35 | 80:12 |



Andrew Brooker gave Brett Roach close company most of the way.

10.5K RUN

| | | |
|-----------------|-----|-------|
| Brett Roach | M40 | 39:51 |
| Andrew Brooker | M40 | 41:01 |
| Bob Lane | M60 | 43:18 |
| V3 | | 43:35 |
| Kim Thomas | M35 | 44:56 |
| Tom Tralau | M35 | 46:44 |
| Sandra Stockman | W45 | 46:50 |
| David Baird | M65 | 47:58 |
| Martin Watkins | M60 | 50:02 |
| Maurice Creagh | M60 | 50:35 |
| Gillian Young | W60 | 51:22 |
| Mark Sivyer | M60 | 51:23 |
| Graham Thornton | M70 | 51:33 |
| Raymond Gimi | M45 | 52:00 |
| Mike Hale | M60 | 52:27 |
| John Bell | M65 | 52:34 |
| V8 | | 53:23 |

6.6K RUN

| | | |
|---------------------|-----|-------|
| Dante Giacomini | M40 | 30:24 |
| Dave Roberts | M65 | 32:15 |
| Chris Koemam | M50 | 33:16 |
| Neil McRae | M55 | 33:28 |
| John Talbot | M60 | 40:51 |
| Janet Jiang | W45 | 41:12 |
| Andrea Byrne | W35 | 42:42 |
| Ursula Clark-Murphy | W60 | 44:21 |
| Vic Beaumont | M80 | 47:55 |

3.3K RUN

| | | |
|-------------------|-----|-------|
| Graeme Dahl | M60 | 13:57 |
| Paul Hughes | M55 | 14:43 |
| Margaret Saunders | W55 | 14:53 |
| David Carr | M75 | 15:41 |
| Dee Haines | W50 | 16:01 |
| Carol Bowman | W55 | 16:47 |
| V1 | | 16:53 |
| Delia Baldock | W45 | 17:02 |
| Peggy Macliver | W65 | 17:49 |
| Roger Walsh | M65 | 19:40 |
| Aldo Giacomini | M70 | 20:47 |
| John Byrne | M60 | 20:54 |
| V4 | | 22:19 |
| Arnold Jenkins | M65 | 22:25 |
| Jan Jarvis | W65 | 25:49 |
| Linda Rhodes | W60 | 27:59 |
| Mary Heppell | W70 | 28:10 |

Lake Monger

March 20, 2011

Director: Richard Danks

A GOOD turnout of 111 participants competed in today's event. Runners and walkers had the choice of three distances with the luxury of not making their decision until the end of each lap. The cool weather ensured excellent conditions for all competitors.

Several helpers were unable to assist, but additional volunteers ensured the day went smoothly. Special thanks are due to all helpers especially the scribes who had to record six different categories in a clear and unambiguous manner to ensure an accurate interpretation by Barrie Thomsett. Well done everyone.

Richard

| | | |
|------------------|-----|-------|
| Bob Schickert | M65 | 53:33 |
| Charlie Chan | M55 | 53:44 |
| V7 | | 53:55 |
| Melissa Hynds | W30 | 53:56 |
| Mike Khan | M65 | 54:02 |
| Maree Brown | W45 | 54:03 |
| Johan Hagedoorn | M65 | 55:10 |
| V1 | | 55:36 |
| Milton Mavrick | M55 | 55:51 |
| Jim Barnes | M65 | 55:57 |
| John Oldfield | M65 | 56:08 |
| Shirley Bell | W60 | 57:08 |
| Tanya Burke | W35 | 57:13 |
| Paula Karra | W35 | 57:39 |
| Julie Wilson | W55 | 57:40 |
| Monique Fountain | W35 | 57:41 |
| Heiner Huning | M50 | 60:57 |
| Sarah Ladwig | W60 | 62:01 |
| Lorraine Lopes | W70 | 62:02 |
| John Dance | M60 | 63:23 |



John Collier was sharp in the 3.3km run.

| | | |
|--------------|-----|-------|
| Janet Jiang | W45 | 64:15 |
| Val Millard | W60 | 66:32 |
| John Talbot | M60 | 67:44 |
| Denise Viala | W60 | 68:18 |
| Theresa Howe | W60 | 69:21 |
| Steve Clark | M65 | 69:35 |
| Vic Beaumont | M80 | 79:50 |

7K RUN

| | | |
|-----------------|-----|-------|
| Rod Hamilton | M45 | 27:04 |
| V2 | | 28:38 |
| Paul Odam | M50 | 28:43 |
| Graeme Dahl | M60 | 30:09 |
| Dante Giacomini | M40 | 31:15 |
| Bert Carse | M65 | 31:32 |
| Michael Karra | M45 | 32:44 |
| Stephen Dunn | M40 | 33:03 |
| Neil McRae | M55 | 33:45 |
| Gary Fisher | M55 | 33:48 |
| V6 | | 35:05 |



At least our walkers would have relished the concrete path.

6.6K WALK

| | | |
|------------------|-----|-------|
| Lynne Schickert | W65 | 52:31 |
| John Smith | M75 | 52:33 |
| Bob Fergie | M75 | 56:13 |
| Jeni Shillington | W50 | 57:12 |
| Lorna Lauchlan | W80 | 57:41 |
| Jeff Whittam | M75 | 57:41 |
| Ray Lawrence | M80 | 59:49 |

3.3K WALK

| | | |
|-----------------|-----|-------|
| Sylvia Szabo | W50 | 29:42 |
| Kirt Johnson | M80 | 29:55 |
| Alan Pomery | M75 | 32:43 |
| Dorothy Whittam | W70 | 34:44 |
| Maggie Flanders | W70 | 34:46 |



Above, Brett Roach and Neil Morfitt on the first lap; below, Milton Mavrick, Peggy MacLiver and Irwin Barrett-Lennard; right, David Smyth and Janet Jiang.



Bottom of page, walks apprentice Wayne Taylor with John Smith and Lynne Schickert.



John and Andrea Byrne



Matt and Kim Young



Abi Roach, Brett's son

Bob and Charlotte Lane



| | | |
|----------------|-----|-------|
| Ray Attwell | M75 | 38:10 |
| Janice Mathews | W40 | 39:32 |
| Terry Manford | M70 | 40:36 |
| Karl Stockman | M50 | 41:41 |
| Merv Jones | M70 | 43:14 |
| Aldo Giacomini | M70 | 44:07 |
| Andrea Byrne | W30 | 44:28 |
| John Byrne | M60 | 44:28 |
| Julie Wood | W60 | 48:44 |
| Pierre Viala | M60 | 48:44 |
| Jo Richardson | W55 | 48:46 |
| Elaine Dance | W60 | 48:46 |
| Arnold Jenkins | M65 | 52:16 |
| V4 | | 64:12 |
| V5 | | 64:13 |

3.5K RUN

| | | |
|-----------------------|-----|-------|
| Paul Burke | M40 | 13:23 |
| Neil Morfitt | M55 | 13:27 |
| John Collier | M40 | 13:40 |
| Brian Hewitt | M55 | 13:46 |
| Dave Roberts | M65 | 13:29 |
| Margaret Saunders | W55 | 15:45 |
| Simone Solomon | W40 | 16:38 |
| Carol Bowman | W55 | 17:04 |
| Tom Clarke | M60 | 17:20 |
| Delia Baldock | W45 | 17:44 |
| Peggy MacLiver | W65 | 17:56 |
| Irwin Barrett-Lennard | M80 | 18:07 |
| Nick Miletic | M60 | 18:31 |
| Mike Rhodes | M65 | 19:07 |
| John Mack | M65 | 19:13 |
| Christine Oldfield | W65 | 21:03 |
| Jackie Halberg | W60 | 22:45 |
| Toni Frank | W65 | 26:45 |
| Mary Heppell | W70 | 28:58 |
| Linda Rhodes | W60 | 28:59 |

10.5K WALK

| | | |
|-----------------|-----|-------|
| David Smyth | M40 | 63:27 |
| Lynne Schickert | W65 | 82:03 |
| John Smith | M75 | 82:04 |

7K WALK

| | | |
|------------------|-----|-------|
| Michele Mison | W60 | 52:37 |
| Ray Hall | M75 | 53:49 |
| Wayne Taylor | M50 | 54:15 |
| Patricia Hopkins | W65 | 59:22 |
| Lorna Lauchlan | W80 | 60:20 |
| Jeff Whittam | M75 | 60:22 |
| Bob Fergie | M75 | 60:23 |
| Simon Mort | M50 | 61:00 |
| Ann Turner | W75 | 67:26 |
| Pat Ainsworth | W75 | 67:26 |
| Margaret Warren | W75 | 70:19 |

3.5K WALK

| | | |
|-----------------|-----|-------|
| Peter Hopper | M65 | 25:02 |
| Kirt Johnson | M80 | 29:40 |
| Noela Medcalf | W75 | 29:58 |
| Ray Lawrence | M80 | 30:36 |
| Rosa Wallis | W65 | 33:09 |
| Dorothy Whittam | W70 | 33:10 |
| Wendy Clements | W65 | 33:41 |





Membership Event

March 27, 2011

Director: Brian Danby

11.6K RUN

| | | |
|-----------------|-----|-------|
| Brett Roach | M40 | 44:26 |
| Lisa Searle | W35 | 48:47 |
| V4 | | 49:14 |
| V1 | | 50:11 |
| Tom Tralau | M35 | 52:03 |
| David Baird | M65 | 55:15 |
| Raymond Gimi | M45 | 56:08 |
| Gary Fisher | M55 | 56:28 |
| Neil McRae | M55 | 58:44 |
| Charlie Chan | M55 | 58:49 |
| John Mack | M65 | 58:51 |
| V7 | | 58:56 |
| Maree Brown | W45 | 59:09 |
| Mike Khan | M65 | 59:13 |
| Graham Thornton | M70 | 60:53 |
| Sean Keane | M45 | 60:54 |
| Jim Barnes | M65 | 63:18 |
| Frank Gardiner | M60 | 65:16 |
| V3 | | 67:35 |
| Tanya Burke | W35 | 68:20 |
| Janet Jiang | W45 | 70:30 |
| Paul Martin | M65 | 70:55 |
| V2 | | 71:12 |
| Richard Danks | M65 | 71:17 |
| John Dance | M60 | 71:32 |
| Theresa Howe | W60 | 72:33 |
| John Talbot | M60 | 73:52 |
| Merv Jones | M70 | 73:53 |
| John Pellier | M70 | 75:10 |
| Val Millard | W60 | 76:23 |
| Denise Viala | W60 | 77:52 |
| Jo Richardson | W55 | 90:51 |
| Elaine Dance | W60 | 90:53 |

8.3K RUN

| | | |
|--------------------|-----|-------|
| Greg Vander Sanden | M50 | 35:42 |
| Brian Bennett | M60 | 37:27 |
| Jim Klinge | M60 | 37:40 |
| Maurice Creagh | M60 | 40:37 |
| Johan Hagedoorn | M65 | 43:59 |
| Sandra Rourke | W40 | 45:44 |
| Mike Anderson | M60 | 47:25 |
| Jane Stanbrook | W40 | 53:07 |
| Pierre Viala | M60 | 57:46 |
| Kevin Hynds | M40 | 59:51 |
| Melissa Hynds | W30 | 59:56 |
| Margaret Bennett | W65 | 69:54 |

5K RUN

| | | |
|-----------------------|-----|-------|
| John Collier | M40 | 20:02 |
| Ross Keane | M45 | 21:10 |
| Bert Carse | M65 | 21:24 |
| Dante Giacomini | M40 | 21:40 |
| Dave Roberts | M65 | 23:24 |
| V5 | | 24:24 |
| Carol Bowman | W55 | 25:02 |
| Shirley Bell | W60 | 26:09 |
| Irwin Barrett-Lennard | M80 | 26:24 |
| Ray Attwell | M75 | 27:07 |
| Mike Rhodes | M65 | 29:56 |
| Vic Waters | M65 | 30:11 |
| Aldo Giacomini | M70 | 31:07 |
| Christine Oldfield | W65 | 32:04 |
| Marg Forden | W65 | 32:45 |
| Vic Beaumont | M80 | 32:52 |
| Julie Wood | W60 | 33:15 |
| Andrea Byrne | W30 | 34:22 |
| Kathy Burr | W70 | 37:54 |
| Jan Jarvis | W65 | 40:33 |
| V6 | | 45:59 |

11.6K WALK

| | | |
|---------------|-----|---------|
| David Smyth | M40 | 72:54 |
| Michele Mison | W60 | 89:19 |
| Regina Crouch | W40 | 1:47:28 |
| John Oldfield | M65 | 1:47:30 |

8.3K WALK

| | | |
|----------------|-----|-------|
| Pat Ainsworth | W75 | 88:05 |
| Elaine Sillery | W75 | 89:22 |
| Ann Turner | W75 | 89:23 |
| Heiner Huning | M50 | 90:58 |

5K WALK

| | | |
|------------------|-----|-------|
| Peter Hopper | M65 | 35:18 |
| Ray Hall | M75 | 39:03 |
| Joan Pellier | W70 | 41:09 |
| Patricia Hopkins | W65 | 41:49 |
| Bob Fergie | M75 | 42:00 |
| Kirt Johnson | M80 | 42:01 |
| Jeff Whittam | M75 | 42:01 |
| Lorna Lauchlan | W80 | 42:02 |
| Morris Warren | M70 | 45:33 |
| Dorothy Whittam | W70 | 46:13 |
| Sylvia Szabo | W50 | 46:39 |
| Rosa Wallis | W65 | 47:20 |
| Maggie Flanders | W70 | 48:59 |
| Alan Pomery | M75 | 49:11 |
| Margaret Warren | W75 | 50:39 |
| Shorty Turner | M75 | 53:19 |

Winter track season

IT'S on! Tuesdays at WAAS will start on May 3. At the moment it is only for the winter season, but let's hope it will continue into summer. Negotiations for the inclusion of throws is ongoing, so watch the emails. Jumps are already agreed with Venues West for the summer season, should the committee decide to continue at WAAS from October.

First dates show in column 1 are Tuesdays at WAAS; second dates are Thursday at ECAC. Start - 6pm. Events take place in the order shown.

Walks are included in events from 1000 to 4km.

Tea/coffee and biscuits are provided afterwards.

APRIL

| | | | | | |
|----------|-----|------|--------|-----|-----|
| 05 & 07- | 60 | 800 | 100 | 5k | 300 |
| 12 & 14 | 200 | 1000 | 400 | 60 | 2k |
| 19 & 21 | 600 | 100 | 1 mile | 200 | 3k |
| 26 & 28 | 800 | 100 | 5k | 60 | 400 |

MAY

| | | | | | |
|---------|----|-----|--------|-----|----|
| 03 & 05 | 60 | 300 | 1 mile | 200 | 4k |
|---------|----|-----|--------|-----|----|

Throwers push the limits

WE have had some great track nights in the build-up to the State Championships.

PENDING STATE RECORDS

SHOT

| | | |
|----------------|-----|-------|
| Peggy Macliver | W65 | 6.02 |
| * Ed Carroll | M70 | 11.03 |
| Rob Shand | M75 | 6.49 |
| Bob Fergie | M75 | 8.33 |
| Rae McMillan | W80 | 6.25 |
| Victor Quinlan | M75 | 6.29 |

DISCUS

| | | |
|----------------|-----|-------|
| * Ed Carroll | M70 | 34.51 |
| Andrew Ward | M45 | 23.40 |
| Peter Hopper | M65 | 22.90 |
| Val Prescott | W65 | 13.67 |
| Bob Fergie | M75 | 24.98 |
| Brian Miller | M50 | 30.14 |
| Lorna Lauchlan | W80 | 12.72 |
| Rae McMillan | W80 | 16.09 |

WEIGHT THROW

| | | |
|--------------|-----|-------|
| Ed Carroll | M70 | 11.04 |
| Andrew Ward | M45 | 6.56 |
| * Bob Fergie | M75 | 11.84 |
| Brian Miller | M50 | 11.06 |
| Rae McMillan | W80 | 7.55 |

Open success a good warm-up for Champs

SEVEN of our athletes tested themselves in the WA Open Championships at the end of the current season, and they came away with ten medals, four of them gold.

Leading the way were our field athletes, and in particular our multi-eventers. Mark Jeffery was the star of the meet with two golds and a bronze.

His first gold came in the pole vault on Saturday, when he equalled Paul Woo's state record of 4.00m - awaiting ratification. Paul set the record some years ago, when he was an active Vets/Masters member.

A bronze followed on the same evening with the discus, behind decathlon colleague Matt Staunton (PBA) who took the silver. Recovery on Sunday morning clearly came quickly with Mark pocketing another gold medal, this time throwing the javelin.

Matt won a medal on each of the three days. He already had a gold from Friday's hammer throw before taking the discus silver. Then on Sunday came a bronze with the shot put.

Byrony Glass, our golden hammer girl, did it again with what was easily her best throw of the season (54.57m). This augurs well for the nationals coming up soon over east.

Graeme Watson is closing the season well. Although below his best in the high jump his 1.60m was good enough for the silver medal, and he took another silver with an 11.30m triple jump. Finally Andrew Brooker pocketed the only MAWA track medal. His 3000m steeplechase time was good enough for third place. Brett Blanco and Melissa Foster performed bravely in extremely competitive events but were not in medal contention.

John Oldfield

Events in May

EVENTS for the next few weeks are exactly as printed in the draft programme, which was published in Vetrunc last month, and which is on the club web-site. No amendments have been made.

2011 – another record meeting!

A RECORD number of competitors, fine weather and inaugural electronic timing all contributed to a most successful track and field championships. Black Swan Event Financial Planning sponsored the event, enabling us to provide the electronic timing, printed bib numbers and a colour programme.

My most sincere thanks to everyone who assisted in any way. Without qualified officials and many willing helpers it would not have been possible to run the programme so smoothly and efficiently.

Barbara Blurton

Thanks to the helpers

I WOULD just like to thank everyone who offered their time to help me in the canteen during the championships. Without them the canteen would not be as successful as it was. I really appreciate all the help I was given. The competitors and officials were really appreciative of the service we gave them. That made it a pleasure to work in the canteen over the weekend.

Also, a really big thank-you to everyone who brought cakes, etc along. I am sure that the competitors appreciated them. I would also like to thank Jeff Whitam for cooking the bbq at the end of the championships – and now look forward to seeing everyone in the canteen next year!

Elaine



Top – pre-eminent thrower Byrony Glass; above, representing all the helpers, and officials, who earn heartfelt thanks for a fine job, well done!

Below, Gary Ralston, M55 100m winner; and Clive Hicks, Brian Hewitt and Daniel Sheehan, in their M55 1500m finishing order.

Oceania Masters Champs 2012

THE Oceania Masters Athletics Championships 2012 web-page is now up for viewing and Newsletter #1 is on the site along with the programme, and venues.

Just visit nzmastersathletics.org.nz and click on oceania 2012 on the right hand side.



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Barbara Blurton



M35/40 100m start

WA MASTERS State Championships 2011

MEN'S EVENTS

| | | | |
|-------------|------------------|-----|-------|
| 60M | | | |
| M35 | | | |
| 1 | Staunton,Matt | M37 | 8.10 |
| M40 | | | |
| 1 | Lette,Darryl | M43 | 7.61 |
| 2 | Elms,Mark | M44 | 8.06 |
| 3 | Williams,Richard | M40 | 8.24 |
| 4 | Taylor,Andrew | M44 | 8.29 |
| M45 | | | |
| 1 | Kocis,Rudy | M49 | 7.83 |
| 2 | Campbell,Martin | M46 | 7.90 |
| 3 | Smith,Colin | M48 | 8.20 |
| M50 | | | |
| 1 | Billington,Allan | M50 | 9.60 |
| 2 | Dennehy,John | M51 | 9.68 |
| M55 | | | |
| 1 | Ralston,Garry | M55 | 8.04 |
| 2 | Wyatt,Dave | M59 | 8.82 |
| 3 | Membrey,Harold | M59 | 9.63 |
| M60 | | | |
| 1 | Brayshaw,Geoff | M61 | 9.12 |
| 2 | Miletic,Nick | M60 | 9.76 |
| M65 | | | |
| 1 | Fearnall,Roy | M67 | 8.83 |
| 2 | Miller,Ted | M66 | 9.29 |
| M70 | | | |
| 1 | Kernaghan,Barrie | M70 | 8.89 |
| M75 | | | |
| 1 | Crossen,Tom | M76 | 12.31 |
| M80 | | | |
| 1 | Foley,Derry | M81 | 12.40 |
| M90 | | | |
| 1 | Kennedy,Peter | M90 | 17.16 |
| 100M | | | |
| M35 | | | |
| 1 | Staunton,Matt | M37 | 13.04 |
| M40 | | | |
| 1 | Neale,Chris | M41 | 12.00 |
| 2 | Lette,Darryl | M43 | 12.03 |
| 3 | Elms,Mark | M44 | 12.55 |
| 4 | Williams,Richard | M40 | 13.00 |
| 5 | Taylor,Andrew | M44 | 13.22 |
| M45 | | | |
| 1 | Campbell,Martin | M46 | 12.12 |
| 2 | Kocis,Rudy | M49 | 12.17 |
| 3 | Smith,Colin | M48 | 12.84 |
| — | Jones,Nigel | M48 | DQ |
| M50 | | | |
| 1 | de Klerk,Pieter | M51 | 13.57 |
| 2 | Billington,Allan | M50 | 15.20 |
| 3 | Dennehy,John | M51 | 15.36 |

| | | | |
|-------------|------------------|-----|-------|
| M55 | | | |
| 1 | Ralston,Garry | M55 | 12.59 |
| 2 | Membrey,Harold | M59 | 14.92 |
| 3 | Hanson,Damien | M57 | 15.16 |
| M60 | | | |
| 1 | Greenhalgh,Rob | M60 | 14.09 |
| 2 | Miletic,Nick | M60 | 15.07 |
| M65 | | | |
| 1 | Fearnall,Roy | M67 | 13.94 |
| M70 | | | |
| 1 | Kernaghan,B | M70 | 14.12 |
| 2 | Neale,David | M71 | 18.49 |
| M75 | | | |
| 1 | Crossen,Tom | M76 | 19.69 |
| M80 | | | |
| 1 | Medcalf,Gordon | M81 | 18.45 |
| 2 | Foley,Derry | M81 | 18.76 |
| M90 | | | |
| 1 | Kennedy,Peter | M90 | 30.36 |
| 200M | | | |
| M40 | | | |
| 1 | Lette,Darryl | M43 | 24.69 |
| 2 | Elms,Mark | M44 | 25.44 |
| 3 | Williams,Richard | M40 | 26.76 |
| 4 | Taylor,Andrew | M44 | 27.44 |
| 5 | Schutze,Mark | M44 | 29.35 |
| 6 | Collins,Kevin | M43 | 35.01 |
| M45 | | | |
| 1 | Campbell,Martin | M46 | 25.20 |
| 2 | Kocis,Rudy | M49 | 25.33 |
| 3 | Smith,Colin | M48 | 26.20 |
| 4 | Foley,Paul | M45 | 27.06 |
| M50 | | | |
| 1 | Vander Sanden,G | M52 | 27.38 |
| 2 | Billington,Allan | M50 | 31.03 |
| 3 | Dennehy,John | M51 | 31.68 |
| M55 | | | |
| 1 | Ralston,Garry | M55 | 26.43 |
| 2 | Membrey,Harold | M59 | 31.03 |
| 3 | Hanson,Damien | M57 | 31.55 |
| M60 | | | |
| 1 | Miletic,Nick | M60 | 31.67 |
| M65 | | | |
| 1 | Fearnall,Roy | M67 | 29.02 |
| 2 | Brown,Ivan | M66 | 34.87 |
| M70 | | | |
| 1 | Kernaghan,Barrie | M70 | 28.17 |

| | | | |
|-------------|-------------------|-----|---------|
| M75 | | | |
| 1 | Crossen,Tom | M76 | 45.75 |
| M80 | | | |
| 1 | Barrett-Lennard,I | M81 | 37.89 |
| 400M | | | |
| M35 | | | |
| 1 | Thomas,Kim | M37 | 1:05.54 |
| M40 | | | |
| 1 | Neale,Chris | M41 | 56.94 |
| 2 | Elms,Mark | M44 | 57.36 |
| 3 | Williams,Richard | M40 | 1:00.16 |
| M50 | | | |
| 1 | Vander Sanden,G | M52 | 58.25 |
| 2 | Till,Campbell | M53 | 59.31 |
| 3 | de Klerk,Pieter | M51 | 1:01.15 |
| 4 | Billington,Allan | M50 | 1:11.07 |
| 5 | Dennehy,John | M51 | 1:11.75 |
| M55 | | | |
| 1 | Sheehan,Daniel | M57 | 1:11.93 |
| 2 | Membrey,Harold | M59 | 1:13.26 |
| M60 | | | |
| 1 | Miletic,Nick | M60 | 1:15.65 |
| M65 | | | |
| 1 | Fearnall,Roy | M67 | 1:06.48 |
| 2 | Brown,Ivan | M66 | 1:17.01 |
| 3 | Brambley,John | M69 | 1:28.89 |
| M70 | | | |
| 1 | Kernaghan,Barrie | M70 | 1:07.64 |
| 2 | O'Reilly,Mike | M71 | 1:24.31 |
| M75 | | | |
| 1 | Carr,David | M78 | 1:16.71 |
| M80 | | | |
| 1 | Barrett-Lennard,I | M81 | 1:30.43 |
| 2 | Walkley,Cecil | M81 | 1:59.11 |
| 800M | | | |
| M35 | | | |
| 1 | Thomas,Kim | M37 | 2:24.41 |
| M40 | | | |
| 1 | Van Rijen,Xander | M43 | 2:05.21 |
| 2 | Collier,John | M44 | 2:31.98 |
| M45 | | | |
| 1 | Colton,Robert | M47 | 2:28.37 |
| M50 | | | |
| 1 | Vander Sanden,G | M52 | 2:25.27 |
| 2 | Moore,Stuart | M51 | 2:26.90 |
| 3 | Leonard,Simon | M51 | 2:45.42 |
| 4 | Billington,Allan | M50 | 2:51.61 |
| 5 | Dennehy,John | M51 | 2:59.32 |

| | | | |
|--------------|-------------------|-----|----------|
| M55 | | | |
| 1 | Sheehan,Daniel | M57 | 2:47.30 |
| 2 | Membrey,Harold | M59 | 3:12.42 |
| M60 | | | |
| 1 | Dahl,Graeme | M61 | 2:43.44 |
| 2 | Creagh,Maurice | M64 | 3:00.29 |
| 3 | Miletic,Nick | M60 | 3:10.27 |
| M65 | | | |
| 1 | Carse,Bert | M69 | 2:43.09 |
| 2 | Schickert,Bob | M69 | 2:52.32 |
| 3 | Brown,Ivan | M66 | 2:59.07 |
| 4 | Brambley,John | M69 | 3:33.71 |
| M70 | | | |
| 1 | Smith,Morland | M73 | 3:03.74 |
| 2 | O'Reilly,Mike | M71 | 3:09.88 |
| 3 | Gare,Peter | M70 | 3:13.28 |
| M75 | | | |
| 1 | Carr,David | M78 | 2:46.08 |
| M80 | | | |
| 1 | Walkley,Cecil | M81 | 4:41.36 |
| 1500M | | | |
| M35 | | | |
| 1 | Thomas,Kim | M37 | 4:44.7h |
| M40 | | | |
| 1 | Brooker,Andrew | M42 | 4:32.2h |
| 2 | Collier,John | M44 | 5:08.2h |
| M45 | | | |
| 1 | Keane,Ross | M49 | 4:51.7h |
| 2 | Colton,Robert | M47 | 5:23.5h |
| M50 | | | |
| 1 | Vander Sanden,G | M52 | 4:41.4h |
| 2 | Kennedy,Martin | M53 | 5:02.3h |
| 3 | Moore,Stuart | M51 | 5:13.1h |
| 4 | Leonard,Simon | M51 | 5:32.7h |
| 5 | Billington,Allan | M50 | 5:59.2h |
| 5 | Rubick,Wayne | M51 | 5:59.2h |
| M55 | | | |
| 1 | Hicks,Clive | M58 | 5:02.67 |
| 2 | Hewitt,Brian | M57 | 5:15.64 |
| 3 | Sheehan,Daniel | M57 | 5:26.33 |
| M60 | | | |
| 1 | Dahl,Graeme | M61 | 5:36.08 |
| 2 | Creagh,Maurice | M64 | 6:01.36 |
| 3 | Miletic,Nick | M60 | 6:35.00 |
| M65 | | | |
| 1 | Carse,Bert | M69 | 5:27.34 |
| 2 | Schickert,Bob | M69 | 5:52.07 |
| 3 | Brown,Ivan | M66 | 5:57.00 |
| M70 | | | |
| 1 | Smith,Morland | M73 | 6:27.61 |
| 2 | O'Reilly,Mike | M71 | 7:09.95 |
| M75 | | | |
| 1 | Carr,David | M78 | 5:47.46 |
| M80 | | | |
| 1 | Barrett-Lennard,I | M81 | 7:16.57 |
| 2 | Walkley,Cecil | M81 | 8:35.71 |
| 5000M | | | |
| M35 | | | |
| 1 | Thomas,Kim | M37 | 19:19.1h |
| M40 | | | |
| 1 | Mitchell,Paul | M40 | 17:10.1h |
| 2 | Brooker,Andrew | M42 | 17:55.0h |
| 3 | Collier,John | M44 | 20:23.9h |
| 4 | Giacomin,Dante | M42 | 21:22.0h |
| M45 | | | |
| 1 | Keane,Ross | M49 | 19:32.6h |
| M50 | | | |
| 1 | Scott,Trevor | M51 | 17:39.2h |
| 2 | Kennedy,Martin | M53 | 18:27.1h |
| 3 | Leonard,Simon | M51 | 21:41.8h |
| 4 | Rubick,Wayne | M51 | 25:52.0h |
| M55 | | | |
| 1 | Hicks,Clive | M58 | 18:55.8h |
| 2 | Hewitt,Brian | M57 | 19:55.80 |
| 3 | Maher,Chris | M57 | 20:09.8h |
| 4 | Sheehan,Daniel | M57 | 20:47.9h |
| M60 | | | |
| 1 | Dahl,Graeme | M61 | 21:01.2h |
| 2 | Bennett,Brian | M63 | 21:41.3h |
| 3 | Creagh,Maurice | M64 | 22:27.3h |



1500m start – all in from M55 to M80

| | | | |
|---------------------|-------------------|-----|------------|
| M65 | | | |
| 1 | Carse,Bert | M69 | 20:29.8h |
| 2 | Schickert,Bob | M69 | 23:10.3h |
| M70 | | | |
| 1 | Smith,Morland | M73 | 24:27.0h |
| M75 | | | |
| 1 | Simmonds,David | M76 | 26:54.0h |
| M80 | | | |
| 1 | Barrett-Lennard,I | M81 | 25:57.5h |
| 2 | Walkley,Cecil | M81 | 36:39.4h |
| 10,000M | | | |
| M35 | | | |
| 1 | Thomas,Kim | M37 | 38:29.7h |
| M40 | | | |
| 1 | Mitchell,Paul | M40 | 36:50.5h |
| 2 | Collier,John | M44 | 44:44.8h |
| 3 | Giacomin,Dante | M42 | 46:24.5h |
| M45 | | | |
| 1 | Keane,Ross | M49 | 43:46.5h |
| M50 | | | |
| 1 | Scott,Trevor | M51 | 37:11.3h |
| 2 | Giles,Steve | M52 | 38:37.0h |
| 3 | Billington,Allan | M50 | 52:41.7h |
| M55 | | | |
| 1 | Maher,Chris | M57 | 41:08.0h |
| M60 | | | |
| 1 | Fish,George | M63 | 45:00.5h |
| 2 | Gardiner,Frank | M61 | 45:08.8h |
| 3 | Creagh,Maurice | M64 | 47:39.1h |
| 4 | Wilson,Greg | M63 | 56:06.0h |
| M65 | | | |
| 1 | Carse,Bert | M69 | 45:56.6h |
| 2 | Schickert,Bob | M69 | 48:15.2h |
| 3 | Oldfield,John | M67 | 49:41.8h |
| M80 | | | |
| 1 | Barrett-Lennard,I | M81 | 55:24.2h |
| 2 | Walkley,Cecil | M81 | 1:13:13.1h |
| 80M HURDLES | | | |
| M70 | | | |
| 1 | Neale,David | M71 | 20.2h |
| 100M HURDLES | | | |
| M55 | | | |
| 1 | Ralston,Garry | M55 | 18.01 |
| 110M HURDLES | | | |
| M40 | | | |
| 1 | Elms,Mark | M44 | DQ |
| M45 | | | |
| 1 | Campbell,Martin | M46 | 21.1h |
| 400M HURDLES | | | |
| M45 | | | |
| 1 | Hastie,Garry | M49 | 1:18.72 |
| 2 | Campbell,Martin | M46 | 1:20.20 |

2000M STEEPLECHASE

| | | | |
|------------|---------------|-----|----------|
| M60 | | | |
| 1 | Miletic,Nick | M60 | 10:39.2h |
| M65 | | | |
| 1 | Carse,Bert | M69 | 9:05.9h |
| 2 | Schickert,Bob | M69 | 9:30.0h |
| 3 | Oldfield,John | M67 | 9:51.3h |
| M75 | | | |
| 1 | Carr,David | M78 | 9:38.0h |
| M80 | | | |
| 1 | Walkley,Cecil | M81 | 13:59.0h |

3000M STEEPLECHASE

| | | | |
|-------------------|------------------|-----|----------|
| M35 | | | |
| 1 | Thomas,Kim | M37 | 11:32.80 |
| M50 | | | |
| 1 | McDonnell,Roscoe | M52 | 11:43.50 |
| 1500M WALK | | | |
| M40 | | | |
| 1 | Smyth,David | M41 | 7:54.96 |
| M45 | | | |
| 1 | Hastie,Garry | M49 | 6:53.65 |
| M55 | | | |
| 1 | Membrey,Harold | M59 | 10:40.13 |
| M65 | | | |
| 1 | Hopper,Peter | M66 | 9:53.40 |
| M70 | | | |
| 1 | Doye,Peter | M70 | 10:00.37 |
| M75 | | | |
| 1 | Whittam,Jeffrey | M76 | 11:56.06 |
| M85 | | | |
| 1 | Jones,Stanley | M85 | 11:30.27 |

3000M WALK

| | | | |
|-------------------|-----------------|-----|----------|
| M40 | | | |
| 1 | Smyth,David | M41 | 17:10.4h |
| M45 | | | |
| 1 | Hastie,Garry | M49 | 17:01.2h |
| M55 | | | |
| 1 | Membrey,Harold | M59 | 21:26.7h |
| M65 | | | |
| 1 | Hopper,Peter | M66 | 21:00.6h |
| M70 | | | |
| 1 | Doye,Peter | M70 | 20:45.8h |
| M75 | | | |
| 1 | Smith,John | M76 | 21:23.0h |
| 2 | Hall,Ray | M77 | 22:03.7h |
| — | Whittam,Jeffrey | M76 | DQ |
| M85 | | | |
| 1 | Jones,Stanley | M85 | 23:37.3h |
| 5000M WALK | | | |
| M40 | | | |
| 1 | Smyth,David | M41 | 28:58.3h |
| M45 | | | |
| 1 | Hastie,Garry | M49 | 25:47.9h |
| M55 | | | |
| 1 | Membrey,Harold | M59 | 35:54.8h |



Chris Neale, M40 gold medallist with a 6m jump

| | | | | |
|--------------------------------|--------------|---------------------------------|------------|--|
| M65 1 Hopper,Peter | M66 37:41.8h | M75 1 Crossen,Tom | M76 2.40m | |
| M70 1 Doye,Peter | M70 35:08.1h | M80 1 Foley,Derry | M81 2.89m | |
| M75 1 Smith,John | M76 35:28.4h | M90 1 Kennedy,Peter | M90 1.53m | |
| 2 Fergie,Bob | M75 40:55.8h | TRIPLE JUMP | | |
| 3 Whittam,Jeffrey | M76 41:17.8h | M40 1 Schutze,Mark | M44 9.75m | |
| M85 1 Jones,Stanley | M85 40:20.0h | 2 Collins,Kevin | M43 7.25m | |
| HIGH JUMP | | | | |
| M40 1 Schutze,Mark | M44 1.50m | M45 1 Smith,Colin | M48 8.65m | |
| 2 Collins,Kevin | M43 1.20m | M55 1 Ralston,Garry | M55 10.86m | |
| M45 1 Foley,Paul | M45 1.45m | 2 Wyatt,Dave | M59 9.36m | |
| M55 1 Wyatt,Dave | M59 1.45m | M60 1 Brayshaw,Geoff | M61 8.61m | |
| 2 Ralston,Garry | M55 1.35m | M65 1 Martin,Keith | M67 9.17m | |
| 3 Membrey,Harold | M59 1.15m | M80 1 Foley,Derry | M81 6.22m | |
| M60 1 Wilson,Greg | M63 1.30m | M90 1 Kennedy,Peter | M90 3.73m | |
| M65 1 Martin,Keith | M67 1.30m | DISCUS | | |
| M75 1 Fergie,Bob | M75 1.10m | M30 1 Urbanowicz,Greg | M32 35.23m | |
| LONG JUMP | | | | |
| M40 1 Neale,Chris | M41 6.00m | M35 1 Staunton,Matt | M37 39.68m | |
| 2 Schutze,Mark | M44 5.28m | M40 1 Hamilton,Mark | M40 33.43m | |
| 3 Elms,Mark | M44 5.14m | 2 Lette,Darryl | M43 27.92m | |
| 4 Collins,Kevin | M43 3.77m | M45 1 Cotton,Ian | M46 34.84m | |
| M45 1 Kocis,Rudy | M49 4.95m | 2 Foley,Paul | M45 28.47m | |
| 2 Ward,Andrew | M49 4.56m | 3 Ward,Andrew | M49 23.76m | |
| 3 Smith,Colin | M48 4.25m | M50 1 Miller,Brian | M53 24.59m | |
| M50 1 Dennehy,John | M51 3.83m | 2 Dennehy,John | M51 17.51m | |
| M55 1 Ralston,Garry | M55 5.57m | M55 1 Gravestock,Tom | M55 38.60m | |
| 2 Wyatt,Dave | M59 4.90m | 2 Joni,Lajos | M55 28.79m | |
| M60 1 Brayshaw,Geoff | M61 4.00m | 3 Membrey,Harold | M59 18.18m | |
| M65 1 Martin,Keith | M67 4.10m | M60 1 Wilson,Greg | M63 30.29m | |
| M70 1 Neale,David | M71 2.79m | 2 Brayshaw,Geoff | M61 27.79m | |
| | | M65 1 Selby,Stan | M65 34.59m | |
| | | 2 Young,Rob | M66 32.47m | |

WEIGHT THROW

| | | | |
|------------|--------------------|-----|--------|
| M30 | 1 Urbanowicz,Greg | M32 | 11.90m |
| M35 | 1 Staunton,Matt | M37 | 12.98m |
| M40 | 1 Hamilton,Mark | M40 | 11.72m |
| M45 | 1 Foley,Paul | M45 | 9.64m |
| | 2 Ward,Andrew | M49 | 6.20m |
| M50 | 1 Miller,Brian | M53 | 10.11m |
| M55 | 1 Joni,Lajos | M55 | 15.54m |
| | 2 Gravestock,Tom | M55 | 12.78m |
| M60 | 1 Wilson,Greg | M63 | 10.97m |
| M65 | 1 Selby,Stan | M65 | 11.20m |
| | 2 Young,Rob | M66 | 8.80m |
| M70 | 1 Carroll,Edmund | M70 | 11.56m |
| | 2 Doye,Peter | M70 | 8.42m |
| M75 | 1 Davis,James | M77 | 12.06m |
| | 2 Fergie,Bob | M75 | 11.97m |
| | 3 Whittam,Jeffrey | M76 | 8.68m |
| M80 | 1 Tittel,Christian | M82 | 10.09m |

JAVELIN

| | | | |
|-----------------|--------------------|-----|--------|
| M35 | 1 Frew,Mark | M35 | 46.65m |
| | 2 Staunton,Matt | M37 | 43.03m |
| | 3 Thomas,Kim | M37 | 34.25m |
| M40 | 1 Lette,Darryl | M43 | 38.59m |
| | 2 Elms,Mark | M44 | 36.35m |
| | 3 Hamilton,Mark | M40 | 33.74m |
| M45 | 1 Foley,Paul | M45 | 41.59m |
| | 2 Cotton,Ian | M46 | 37.22m |
| | 3 Ward,Andrew | M49 | 35.16m |
| | 4 Hastie,Garry | M49 | 30.28m |
| M50 | 1 Rubick,Wayne | M51 | 22.66m |
| | 2 Dennehy,John | M51 | 13.53m |
| M55 | 1 Gee,Geoffrey | M57 | 36.42m |
| | 2 Gravestock,Tom | M55 | 32.20m |
| | 3 Hanson,Damien | M57 | 30.17m |
| | 4 Joni,Lajos | M55 | 25.20m |
| M60 | 1 Brayshaw,Geoff | M61 | 32.59m |
| | 2 Wilson,Greg | M63 | 28.93m |
| M65 | 1 Selby,Stan | M65 | 36.20m |
| M70 | 1 O'Reilly,Mike | M71 | 20.10m |
| M75 | 1 Fergie,Bob | M75 | 21.00m |
| | 2 Davis,James | M77 | 17.00m |
| M80 | 1 Medcalf,Gordon | M81 | 17.28m |
| | 2 Tittel,Christian | M82 | 15.15m |
| M90 | 1 Kennedy,Peter | M90 | 9.37m |
| SHOT PUT | | | |
| M30 | 1 Urbanowicz,Greg | M32 | 11.61m |
| M35 | 1 Staunton,Matt | M37 | 11.87m |
| | 2 Thomas,Kim | M37 | 6.84m |
| M40 | 1 Hamilton,Mark | M40 | 11.30m |
| | 2 Lette,Darryl | M43 | 10.33m |
| M45 | 1 Ward,Andrew | M49 | 6.64m |



Record-setters: above, Bob Fergie M75; and Keith Martin, M65



| | | | |
|-------------------|--------------------|------|--------|
| M55 | 1 Gee,Geoffrey | M57 | 11.60m |
| | 2 Gravestock,Tom | M55 | 10.96m |
| | 3 Joni,Lajos | M55 | 9.14m |
| | 4 Membrey,Harold | M59 | 6.31m |
| M60 | 1 Wilson,Greg | M63 | 8.66m |
| | 2 Miletic,Nick | M60 | 6.70m |
| | 3 Anderson,Mike | M62 | 6.66m |
| M65 | 1 Eldridge,Stephen | M69 | 9.42m |
| | 2 Young,Rob | M66 | 8.56m |
| | 3 Hopper,Peter | M66 | 7.17m |
| M70 | 1 Carroll,Edmund | M70 | 10.77m |
| | 2 Doye,Peter | M70 | 8.25m |
| | 3 O'Reilly,Mike | M71 | 7.92m |
| M75 | 1 Davis,James | M77 | 9.75m |
| | 2 Fergie,Bob | M75 | 7.90m |
| | 3 Whittam,Jeffrey | M76 | 6.30m |
| M80 | 1 Tittel,Christian | M82 | 8.74m |
| M90 | 1 Kennedy,Peter | M90 | 4.56m |
| PENTATHLON | | | |
| M35 | 1 Jeffery,Paul | M37 | 2915 |
| | 2 Thomas,Kim | M37 | 1817 |
| M40 | 1 Neale,Chris | M41 | 2778 |
| | 2 Elms,Mark | M44 | 2453 |
| M45 | 1 Cotton,Ian | M46 | 2735 |
| | 2 Hastie,Garry | M49 | 2143 |
| | 3 Jones,Nigel | M48 | 1623 |
| M50 | 1 Dennehy,John | M51 | 1229 |
| M55 | 1 Membrey,Harold | M59 | 1531 |
| M60 | 1 Miletic,Nick | M60 | 1941 |
| M70 | 1 Gare,Peter | M70 | 2820 |
| M75 | 1 Carr,David | M78 | 2752 |
| DECATHLON | | | |
| 1 Staunton,Matt | M37 | 4481 | |

THROWS PENTATHLON

| | | | |
|------------|--------------------|-----|------|
| M30 | 1 Urbanowicz,Greg | M32 | 2509 |
| M35 | 1 Staunton,Matt | M37 | 2864 |
| M40 | 1 Hamilton,Mark | M40 | 2507 |
| M45 | 1 Foley,Paul | M45 | 2523 |
| | 2 Ward,Andrew | M49 | 1744 |
| | 3 Hastie,Garry | M49 | 1665 |
| M50 | 1 Everard,John | M52 | 2446 |
| M55 | 1 Joni,Lajos | M55 | 3209 |
| | 2 Gravestock,Tom | M55 | 2887 |
| | 3 Membrey,Harold | M59 | 1587 |
| M60 | 1 Wilson,Greg | M63 | 2197 |
| M65 | 1 Selby,Stan | M65 | 3114 |
| M70 | 1 Doye,Peter | M70 | 1937 |
| M75 | 1 Davis,James | M77 | 3077 |
| | 2 Fergie,Bob | M75 | 2879 |
| | 3 Shand,Robert | M78 | 2137 |
| | 4 Whittam,Jeffrey | M76 | 1973 |
| M80 | 1 Tittel,Christian | M82 | 2340 |

WOMEN'S EVENTS

60M

W30

| | | | |
|---|---------------------|-----|-------|
| 1 | Foster,Melissa | W32 | 8.39 |
| 2 | Milicich,Marguerita | W32 | 9.21 |
| 3 | Hynds,Melissa | W34 | 10.53 |

W40

| | | | |
|---|---------------|-----|-------|
| 1 | Leonard,Fiona | W44 | 9.50 |
| 2 | Crouch,Regina | W42 | 10.73 |

W45

| | | | |
|---|-----------------|-----|-------|
| 1 | McCloskey,Cathy | W47 | 8.85 |
| 2 | Moloney,Sharon | W48 | 9.09 |
| 3 | Cherry,Frances | W47 | 9.27 |
| 4 | Baldock,Delia | W49 | 10.08 |

W55

| | | | |
|---|----------------|-----|-------|
| 1 | Choate,Lynne | W58 | 9.07 |
| 2 | Wilson,Barbara | W59 | 10.87 |
| 3 | Bowman,Carol | W56 | 10.99 |

W60

| | | | |
|---|--------------|-----|-------|
| 1 | Ladwig,Sarah | W61 | 12.03 |
|---|--------------|-----|-------|

W65

| | | | |
|---|-----------------|-----|-------|
| 1 | Macliver,Peggy | W66 | 9.91 |
| 2 | Painter,Brenda | W66 | 10.52 |
| 3 | Jenkins,Luella | W68 | 11.42 |
| 4 | Schickert,Lynne | W69 | 13.09 |

W75

| | | | |
|---|---------------|-----|-------|
| 1 | Carr,Patricia | W79 | 12.45 |
|---|---------------|-----|-------|

100M

W30

| | | | |
|---|---------------------|-----|-------|
| 1 | Foster,Melissa | W32 | 13.30 |
| 2 | Milicich,Marguerita | W32 | 14.64 |
| 3 | Hynds,Melissa | W34 | 16.58 |

W40

| | | | |
|---|---------------|-----|-------|
| 1 | Leonard,Fiona | W44 | 14.95 |
| 2 | Crouch,Regina | W42 | 16.85 |

W45

| | | | |
|---|-----------------|-----|-------|
| 1 | McCloskey,Cathy | W47 | 14.3h |
| 2 | Moloney,Sharon | W48 | 14.5h |
| 3 | Cherry,Frances | W47 | 15.5h |
| 4 | Baldock,Delia | W49 | 15.9h |
| 5 | Cox,Debra | W47 | 17.6h |

W50

| | | | |
|---|--------------------|-----|-------|
| 1 | O'Callaghan,Bernie | W50 | 16.9h |
|---|--------------------|-----|-------|

W55

| | | | |
|---|----------------|-----|-------|
| 1 | Choate,Lynne | W58 | 14.66 |
| 2 | Wilson,Barbara | W59 | 17.44 |
| 3 | Bowman,Carol | W56 | 18.00 |
| 4 | Beck,Hilary | W56 | 21.15 |

W60

| | | | |
|---|--------------|-----|-------|
| 1 | Ladwig,Sarah | W61 | 19.29 |
|---|--------------|-----|-------|

W65

| | | | |
|---|----------------|-----|-------|
| 1 | Macliver,Peggy | W66 | 15.59 |
| 2 | Painter,Brenda | W66 | 17.02 |
| 3 | Jenkins,Luella | W68 | 18.96 |

W75

| | | | |
|---|---------------|-----|-------|
| 1 | Carr,Patricia | W79 | 21.29 |
|---|---------------|-----|-------|

200M

W30

| | | | |
|---|---------------------|-----|-------|
| 1 | Milicich,Marguerita | W32 | 32.30 |
|---|---------------------|-----|-------|

W40

| | | | |
|---|---------------|-----|-------|
| 1 | Leonard,Fiona | W44 | 30.77 |
| 2 | Crouch,Regina | W42 | 38.37 |

1500m start; right, Niamh Keane, Marg Saunders and Fiona Leonard



It's all in the start., as W55 Lynne Choate demonstrates.

W45

| | | | |
|---|-----------------|-----|-------|
| 1 | McCloskey,Cathy | W47 | 30.15 |
| 2 | Moloney,Sharon | W48 | 30.50 |
| 3 | Baldock,Delia | W49 | 33.13 |

W50

| | | | |
|---|--------------------|-----|-------|
| 1 | O'Callaghan,Bernie | W50 | 37.49 |
|---|--------------------|-----|-------|

W55

| | | | |
|---|--------------|-----|-------|
| 1 | Bowman,Carol | W56 | 36.87 |
|---|--------------|-----|-------|

W60

| | | | |
|---|--------------|-----|-------|
| 1 | Ladwig,Sarah | W61 | 41.80 |
|---|--------------|-----|-------|

W65

| | | | |
|---|----------------|-----|-------|
| 1 | Macliver,Peggy | W66 | 32.58 |
|---|----------------|-----|-------|

W75

| | | | |
|---|---------------|-----|-------|
| 1 | Carr,Patricia | W79 | 49.48 |
|---|---------------|-----|-------|

400M

W30

| | | | |
|---|---------------|-----|---------|
| 1 | Hynds,Melissa | W34 | 1:23.31 |
|---|---------------|-----|---------|

W40

| | | | |
|---|---------------|-----|---------|
| 1 | Leonard,Fiona | W44 | 1:08.62 |
| 2 | Crouch,Regina | W42 | 1:32.55 |

W45

| | | | |
|---|-----------------|-----|---------|
| 1 | McCloskey,Cathy | W47 | 1:10.56 |
| 2 | Baldock,Delia | W49 | 1:16.13 |

W50

| | | | |
|---|--------------------|-----|---------|
| 1 | O'Callaghan,Bernie | W50 | 1:20.99 |
|---|--------------------|-----|---------|

W55

| | | | |
|---|-------------------|-----|---------|
| 1 | Saunders,Margaret | W57 | 1:14.77 |
| 2 | Bowman,Carol | W56 | 1:21.26 |
| 3 | Beck,Hilary | W56 | 1:34.61 |

W60

| | | | |
|---|---------------|-----|---------|
| 1 | Young,Gillian | W63 | 1:26.09 |
|---|---------------|-----|---------|

W65

| | | | |
|---|------------------|-----|---------|
| 1 | Macliver,Peggy | W66 | 1:14.77 |
| 2 | Prescott,Valerie | W67 | 2:09.36 |

800M

W30

| | | | |
|---|---------------|-----|---------|
| 1 | Hynds,Melissa | W34 | 3:08.94 |
|---|---------------|-----|---------|

W40

| | | | |
|---|---------------|-----|---------|
| 1 | Leonard,Fiona | W44 | 2:41.61 |
| 2 | Keeley,Julie | W44 | 3:50.65 |
| 3 | Crouch,Regina | W42 | 4:34.44 |

W45

| | | | |
|---|-------------|-----|---------|
| 1 | Keane,Niamh | W45 | 2:36.06 |
|---|-------------|-----|---------|

W55

| | | | |
|---|-------------------|-----|---------|
| 1 | Saunders,Margaret | W57 | 2:43.77 |
| 2 | Bowman,Carol | W56 | 3:11.77 |
| 3 | Wilson,Julie | W57 | 3:42.82 |

W60

| | | | |
|---|---------------|-----|---------|
| 1 | Young,Gillian | W63 | 3:06.64 |
|---|---------------|-----|---------|

W65

| | | | |
|---|------------------|-----|---------|
| 1 | Macliver,Peggy | W66 | 3:04.65 |
| 2 | Prescott,Valerie | W67 | 4:48.19 |

1500M

W30

| | | | |
|---|---------------|-----|---------|
| 1 | Hynds,Melissa | W34 | 6:33.26 |
|---|---------------|-----|---------|

W40

| | | | |
|---|---------------|-----|---------|
| 1 | Leonard,Fiona | W44 | 5:34.98 |
| 2 | Keeley,Julie | W44 | 7:21.03 |

W45

| | | | |
|---|----------------|-----|---------|
| 1 | Keane,Niamh | W45 | 5:13.89 |
| 2 | Walkley,Claire | W45 | 7:16.31 |

W55

| | | | |
|---|---------------|-----|---------|
| 1 | Saunders,Marg | W57 | 5:37.06 |
| 2 | Beck,Hilary | W56 | 6:32.81 |

W60

| | | | |
|---|---------------|-----|---------|
| 1 | Young,Gillian | W63 | 6:15.08 |
|---|---------------|-----|---------|

W65

| | | | |
|---|------------------|-----|---------|
| 1 | Prescott,Valerie | W67 | 9:53.98 |
|---|------------------|-----|---------|

W70

| | | | |
|---|----------------|-----|---------|
| 1 | Lopes,Lorraine | W71 | 7:34.96 |
|---|----------------|-----|---------|

5000M

W30

| | | | |
|---|---------------|-----|----------|
| 1 | Hynds,Melissa | W34 | 24:47.5h |
|---|---------------|-----|----------|

W35

| | | | |
|---|-------------|-----|----------|
| 1 | Farr,Trisha | W39 | 22:39.7h |
|---|-------------|-----|----------|

W40

| | | | |
|---|-------------------|-----|----------|
| 1 | Benson,Bernadette | W41 | 20:32.2h |
| 2 | Keeley,Julie | W44 | 27:34.9h |

W45

| | | | |
|---|----------------|-----|----------|
| 1 | Walkley,Claire | W45 | 25:55.4h |
|---|----------------|-----|----------|

W50

| | | | |
|---|-----------------|-----|----------|
| 1 | Gower,Karyn-Sue | W51 | 22:55.6h |
|---|-----------------|-----|----------|

W55

| | | | |
|---|--------------|-----|----------|
| 1 | Wilson,Julie | W57 | 26:27.4h |
|---|--------------|-----|----------|

W60

| | | | |
|---|---------------|-----|----------|
| 1 | Young,Gillian | W63 | 22:57.5h |
|---|---------------|-----|----------|

W65

| | | | |
|---|---------------------|-----|----------|
| 1 | Shillinglaw,Loretta | W69 | 32:57.0h |
|---|---------------------|-----|----------|



10,000M

| | | | |
|------------|-------------------|------|----------|
| W30 | | | |
| 1 | Hynds,Melissa | W34 | 52:48.0h |
| W35 | | | |
| 1 | Giles,Rosemary | W35 | 42:01.7h |
| 2 | Farr,Trisha | W39 | 46:49.0h |
| W40 | | | |
| 1 | Benson,Bernadette | W41 | 43:58.1h |
| 2 | Keeley,Julie | W44 | 57:05.6h |
| 3 | Crouch,Regina | W421 | 13:10.3h |
| W55 | | | |
| 1 | Wilson,Julie | W57 | 53:10.9h |
| W60 | | | |
| 1 | Young,Gillian | W63 | 49:51.8h |
| W70 | | | |
| 1 | Lopes,Lorraine | W71 | 51:32.0h |

60M HURDLES

| | | | |
|------------|----------------|-----|-------|
| W45 | | | |
| 1 | Baldock,Delia | W49 | 16.0h |
| W65 | | | |
| 1 | Jenkins,Luella | W68 | 20.9h |

100M HURDLES

| | | | |
|------------|---------------------|----------|--|
| W30 | | | |
| 1 | Milicich,Marguerita | W3220.79 | |

400M HURDLES

| | | | |
|------------|---------------|-----|---------|
| W45 | | | |
| 1 | Baldock,Delia | W49 | 1:27.58 |

2000M STEEPLECHASE

| | | | |
|------------|-----------------|-----|----------|
| W40 | | | |
| 1 | Crouch,Regina | W42 | 13:20.4h |
| W45 | | | |
| 1 | Baldock,Delia | W49 | 10:15.9h |
| W65 | | | |
| 1 | Schickert,Lynne | W69 | 14:49.5h |

1500M WALK

| | | | |
|------------|------------------|-----|----------|
| W40 | | | |
| 1 | Crouch,Regina | W42 | 11:32.08 |
| W50 | | | |
| 1 | Ventris,Lynette | W54 | 7:06.85 |
| W55 | | | |
| 1 | Wilson,Julie | W57 | 10:54.34 |
| W60 | | | |
| 1 | Ladwig,Sarah | W61 | 9:57.17 |
| 2 | Mison,Michele | W63 | 10:16.24 |
| W65 | | | |
| 1 | Schickert,Lynne | W69 | 10:40.58 |
| 2 | Hopkins,Patricia | W68 | 12:18.69 |
| W80 | | | |
| 1 | Lauchlan,Lorna | W81 | 12:07.27 |

3000M WALK

| | | | |
|------------|------------------|-----|----------|
| W40 | | | |
| 1 | Crouch,Regina | W42 | 28:00.9h |
| W50 | | | |
| 1 | Ventris,Lynette | W54 | 15:08.3h |
| W55 | | | |
| 1 | Wilson,Julie | W57 | 22:44.8h |
| W60 | | | |
| 1 | Ladwig,Sarah | W61 | 20:38.6h |
| 2 | Mison,Michele | W63 | 22:17.1h |
| W65 | | | |
| 1 | Schickert,Lynne | W69 | 22:12.6h |
| 2 | Hopkins,Patricia | W68 | 24:55.6h |
| W75 | | | |
| 1 | Byers,Sylvia | W76 | 23:41.5h |
| 2 | Medcalf,Noela | W76 | 25:21.8h |
| W80 | | | |
| 1 | Lauchlan,Lorna | W81 | 25:02.30 |

5000M WALK

| | | | |
|------------|-----------------|-----|----------|
| W40 | | | |
| 1 | Crouch,Regina | W42 | 44:10.2h |
| W50 | | | |
| 1 | Ventris,Lynette | W54 | 25:17.9h |
| W65 | | | |
| 1 | Schickert,Lynne | W69 | 36:52.2h |
| W75 | | | |
| 1 | Byers,Sylvia | W76 | 40:19.1h |
| W80 | | | |
| 1 | Lauchlan,Lorna | W81 | 42:23.2h |



Anyone seen my hammer? Right, going up to look for it? Are, from top: Catherine McCloskey, Delia Baldock and Debra Cox.

**HIGH JUMP**

| | | | |
|------------|----------------|-----|-------|
| W45 | | | |
| 1 | Baldock,Delia | W49 | 1.20m |
| 2 | Cherry,Frances | W47 | 1.05m |

| | | | |
|------------|--------------|-----|-------|
| W55 | | | |
| 1 | Wilson,Julie | W57 | 1.00m |

| | | | |
|------------|----------------|-----|-------|
| W65 | | | |
| 1 | Painter,Brenda | W66 | 1.00m |

LONG JUMP

| | | | |
|------------|----------------|-----|-------|
| W30 | | | |
| 1 | Foster,Melissa | W32 | 5.12m |

| | | | |
|------------|---------------|-----|-------|
| W40 | | | |
| 1 | Crouch,Regina | W42 | 3.33m |

| | | | |
|------------|-----------------|-----|-------|
| W45 | | | |
| 1 | McCloskey,Cathy | W47 | 4.03m |
| 2 | Baldock,Delia | W49 | 3.93m |
| 3 | Cox,Debra | W47 | 3.27m |
| 4 | Moloney,Sharon | W48 | 3.19m |

| | | | |
|------------|----------------|-----|-------|
| W55 | | | |
| 1 | Wilson,Barbara | W59 | 3.46m |
| 2 | Wilson,Julie | W57 | 2.66m |

| | | | |
|------------|--------------|-----|-------|
| W60 | | | |
| 1 | Ladwig,Sarah | W61 | 2.91m |

| | | | |
|------------|-----------------|-----|-------|
| W65 | | | |
| 1 | Painter,Brenda | W66 | 3.23m |
| 2 | Jenkins,Luella | W68 | 2.78m |
| 3 | Schickert,Lynne | W69 | 2.52m |

| | | | |
|------------|---------------|-----|-------|
| W75 | | | |
| 1 | Carr,Patricia | W79 | 2.69m |

TRIPLE JUMP

| | | | | |
|------------|-----------------|-----|--------|--|
| W30 | | | | |
| 1 | Foster,Melissa | W32 | 10.37m | |
| W40 | | | | |
| 1 | Crouch,Regina | W42 | 6.57m | |
| W45 | | | | |
| 1 | Baldock,Delia | W49 | 8.44m | |
| 2 | McCloskey,Cathy | W47 | 8.09m | |
| 3 | Moloney,Sharon | W48 | 7.37m | |
| 4 | Cox,Debra | W47 | 6.72m | |
| W55 | | | | |
| 1 | Wilson,Barbara | W59 | 6.88m | |
| W65 | | | | |
| 1 | Painter,Brenda | W66 | 7.07m | |
| 2 | Schickert,Lynne | W69 | 5.62m | |

DISCUS

| | | | | |
|------------|-------------------|-----|--------|--|
| W30 | | | | |
| 1 | Glass,Byrony | W33 | 33.69m | |
| W40 | | | | |
| 1 | Plackett,Julie | W41 | 24.10m | |
| W45 | | | | |
| 1 | Moloney,Sharon | W48 | 19.02m | |
| 2 | Cox,Debra | W47 | 17.43m | |
| W55 | | | | |
| 1 | Szczepanska,E | W59 | 23.02m | |
| 2 | Wilson,Barbara | W59 | 15.78m | |
| 3 | Wilson,Julie | W57 | 10.42m | |
| W60 | | | | |
| 1 | Glass,Kathryn | W61 | 23.67m | |
| 2 | Streeter,June | W61 | 14.47m | |
| 3 | Turner,Stella | W64 | 12.78m | |
| W65 | | | | |
| 1 | Hamilton,Beverley | W65 | 21.69m | |
| 2 | Jenkins,Luella | W68 | 15.57m | |
| 3 | Prescott,Valerie | W67 | 14.24m | |
| W70 | | | | |
| 1 | Campbell,Barbara | W73 | 19.71m | |
| 2 | Whittam,Dorothy | W74 | 12.48m | |
| 3 | Flanders,Maggie | W74 | 9.60m | |
| W75 | | | | |
| 1 | Carr,Patricia | W79 | 14.16m | |
| W80 | | | | |
| 1 | McMillan,Raema | W83 | 14.81m | |
| 2 | Lauchlan,Lorna | W81 | 11.24m | |

HAMMER

| | | | | |
|------------|-------------------|-----|--------|--|
| W30 | | | | |
| 1 | Glass,Byrony | W33 | 52.64m | |
| W40 | | | | |
| 1 | Plackett,Julie | W41 | 25.44m | |
| W45 | | | | |
| 1 | Moloney,Sharon | W48 | 22.53m | |
| W50 | | | | |
| 1 | Everard,Kylie | W51 | 26.26m | |
| W55 | | | | |
| 1 | Szczepanska,E | W59 | 29.62m | |
| W60 | | | | |
| 1 | Glass,Kathryn | W61 | 34.32m | |
| 2 | Streeter,June | W61 | 15.76m | |
| 3 | Turner,Stella | W64 | 15.58m | |
| W65 | | | | |
| 1 | Hamilton,Beverley | W65 | 28.44m | |
| 2 | Jenkins,Luella | W68 | 14.87m | |
| W70 | | | | |
| 1 | Whittam,Dorothy | W74 | 18.49m | |
| W75 | | | | |
| 1 | Medcalf,Noela | W76 | 15.48m | |
| W80 | | | | |
| 1 | McMillan,Raema | W83 | 20.03m | |

WEIGHT THROW

| | | | | |
|------------|----------------|-----|--------|--|
| W30 | | | | |
| 1 | Glass,Byrony | W33 | 16.06m | |
| W40 | | | | |
| 1 | Plackett,Julie | W41 | 8.28m | |
| W45 | | | | |
| 1 | Moloney,Sharon | W48 | 7.45m | |
| W55 | | | | |
| 1 | Szczepanska,E | W59 | 11.30m | |



Hello boys! Melissa Foster salutes the senior sprinters.

| | | | | |
|-----------------|-------------------|-----|--------|--|
| W60 | | | | |
| 1 | Glass,Kathryn | W61 | 13.44m | |
| 2 | Turner,Stella | W64 | 7.57m | |
| 3 | Streeter,June | W61 | 6.99m | |
| W65 | | | | |
| 1 | Hamilton,Beverley | W65 | 11.04m | |
| 2 | Jenkins,Luella | W68 | 8.88m | |
| W70 | | | | |
| 1 | Whittam,Dorothy | W74 | 8.53m | |
| W80 | | | | |
| 1 | McMillan,Raema | W83 | 7.93m | |
| JAVELIN | | | | |
| W35 | | | | |
| 1 | Trolio,Maria | W38 | 22.94m | |
| W40 | | | | |
| 1 | Plackett,Julie | W41 | 17.51m | |
| 2 | Crouch,Regina | W42 | 13.86m | |
| W45 | | | | |
| 1 | Moloney,Sharon | W48 | 24.26m | |
| W55 | | | | |
| 1 | Wilson,Barbara | W59 | 18.75m | |
| 2 | Szczepanska,E | W59 | 18.69m | |
| 3 | Wilson,Julie | W57 | 9.56m | |
| W60 | | | | |
| 1 | Glass,Kathryn | W61 | 23.44m | |
| 2 | Turner,Stella | W64 | 12.21m | |
| 3 | Streeter,June | W61 | 11.21m | |
| W65 | | | | |
| 1 | Hamilton,Beverley | W65 | 18.90m | |
| 2 | Jenkins,Luella | W68 | 17.88m | |
| 3 | Painter,Brenda | W66 | 15.51m | |
| 4 | Prescott,Valerie | W67 | 13.86m | |
| W70 | | | | |
| 1 | Campbell,Barbara | W73 | 13.36m | |
| 2 | Whittam,Dorothy | W74 | 13.24m | |
| 3 | Flanders,Maggie | W74 | 11.29m | |
| W75 | | | | |
| 1 | Medcalf,Noela | W76 | 10.91m | |
| W80 | | | | |
| 1 | McMillan,Raema | W83 | 14.01m | |
| SHOT PUT | | | | |
| W30 | | | | |
| 1 | Glass,Byrony | W33 | 11.13m | |
| W40 | | | | |
| 1 | Plackett,Julie | W41 | 6.61m | |
| 2 | Crouch,Regina | W42 | 5.64m | |
| W45 | | | | |
| 1 | Moloney,Sharon | W48 | 7.36m | |
| 2 | Cox,Debra | W47 | 6.00m | |
| W55 | | | | |
| 1 | Szczepanska,E | W59 | 8.97m | |
| 2 | Wilson,Barbara | W59 | 7.03m | |

| | | | | |
|--------------------------|-------------------|-----|-------|--|
| W60 | | | | |
| 1 | Glass,Kathryn | W61 | 9.79m | |
| 2 | Turner,Stella | W64 | 6.35m | |
| 3 | Streeter,June | W61 | 6.06m | |
| W65 | | | | |
| 1 | Hamilton,Beverley | W65 | 8.61m | |
| 2 | Jenkins,Luella | W68 | 6.87m | |
| W70 | | | | |
| 1 | Campbell,Barbara | W73 | 6.59m | |
| 2 | Whittam,Dorothy | W74 | 6.37m | |
| W80 | | | | |
| 1 | McMillan,Raema | W83 | 6.83m | |
| 2 | Lauchlan,Lorna | W81 | 6.37m | |
| PENTATHLON | | | | |
| W30 | | | | |
| 1 | Foster,Melissa | W32 | 2198 | |
| W40 | | | | |
| 1 | Solomon,Simone | W44 | 1627 | |
| 2 | Crouch,Regina | W42 | 971 | |
| W45 | | | | |
| 1 | McCloskey,Cathy | W47 | 2370 | |
| 2 | Moloney,Sharon | W48 | 2016 | |
| W55 | | | | |
| 1 | Bowman,Carol | W56 | 1396 | |
| 2 | Wilson,Julie | W57 | 1249 | |
| W60 | | | | |
| 1 | Ladwig,Sarah | W61 | 1509 | |
| W65 | | | | |
| 1 | Macliver,Peggy | W66 | 3389 | |
| 2 | Jenkins,Luella | W68 | 1993 | |
| 3 | Schickert,Lynne | W69 | 1237 | |
| THROWS PENTATHLON | | | | |
| W30 | | | | |
| 1 | Glass,Byrony | W33 | 3044 | |
| W40 | | | | |
| 1 | Plackett,Julie | W41 | 1987 | |
| W45 | | | | |
| 1 | Moloney,Sharon | W48 | 1971 | |
| W50 | | | | |
| 1 | Everard,Kylie | W51 | 1711 | |
| W60 | | | | |
| 1 | Glass,Kathryn | W61 | 3593 | |
| 2 | Turner,Stella | W64 | 1847 | |
| W65 | | | | |
| 1 | Hamilton,Beverley | W65 | 3533 | |
| 2 | Jenkins,Luella | W68 | 2379 | |
| W70 | | | | |
| 1 | Whittam,Dorothy | W74 | 2628 | |
| W75 | | | | |
| 1 | Medcalf,Noela | W76 | 2476 | |
| W80 | | | | |
| 1 | McMillan,Raema | W83 | 3441 | |

COMING EVENTS – HELPERS

APRIL 14 TRACK HANDICAP

Race Directors:
Jeff & Dorothy Whittam - 08 93876438

John Collier, Tea Dreyer, Alan & Karyn-Sue Gower, Bob Hayres, Lynne Schickert, Peter Sullivan

APRIL 24 X PAGODA

Race Director:
Jackie Halberg – 08 9364 4474

Ray Attwell, Roma Barnett, Jeff Bowen, Joe & Ursula Clark-Murphy, Mary Heppell, Neil McRae, Prabuddha Nicol, Jeff Whittam

MAY 1 WEIR

Race Directors:
Neil McRae & Sean Keane

Jeff Bowen, Maggie Flanders, Rod Hamilton, Janet Jiang, Don & Christine Pattinson, Margaret Saunders

ALL helpers – you must contact the race director to confirm that you are available for the allocated event.
Please note: helpers for later May events will be contacted directly by the race directors.

MASTERS ATHLETICS WA



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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

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