

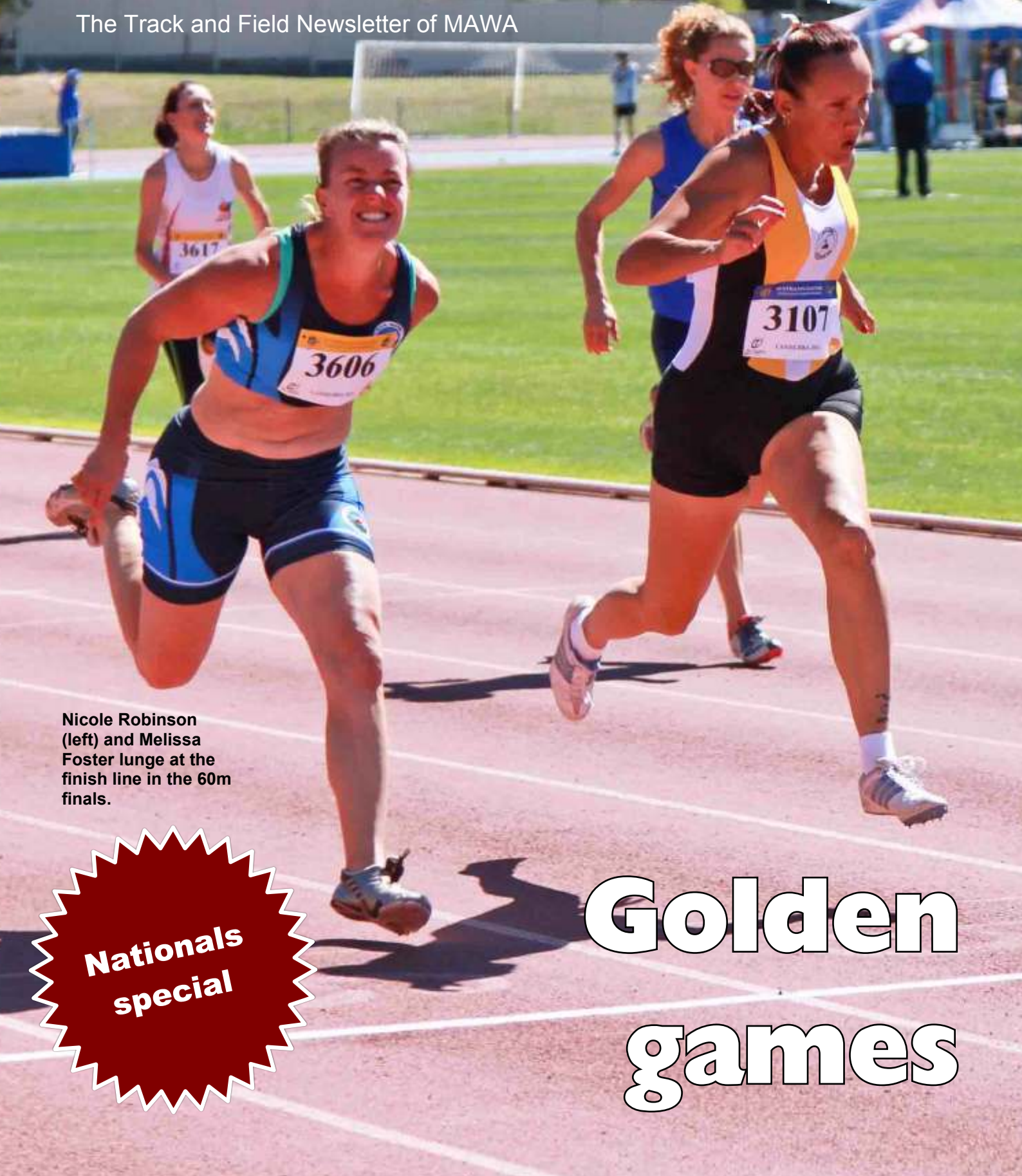
T F N L



Season 6 Issue 7

April 2013

The Track and Field Newsletter of MAWA



Nicole Robinson
(left) and Melissa
Foster lunge at the
finish line in the 60m
finals.

**Nationals
special**

Golden games

Club members shine

By DAVID CARR

MORE than a hundred of our athletes and supporters travelled to the national capital for the Australian Masters Championships.

They earned national and state records and abundant PBs. It was obvious that our Thursday and Tuesday competitions are the foundation for such strong performances.

Throwers were brilliant. The Glass family was outstanding. Byrony Glass set an Australian record in the hammer, gold in weight, shot, pentathlon. Kate won gold in weight, hammer pentathlon with Lyndsey coaching them and other throwers. Greg Urbanowicz is the strong man of the club, with a heavy weight throw of 14.40m. Just try lifting that implement.

At the magnificent, purpose-built cross country course at the Stromlo Forest Park complex, Gillian Young overcame her recent interruptions to training with a convincing win. The Langfords, Jim (first) and Ross were also among the medallists. Gillian had earlier achieved the best age graded performance in the 2000m steeples, for all women.

WA won two relays to rapturous cheers from the stands. Forming a combination from a relatively small pool is difficult; this is a significant result.

Some of the less-experienced athletes, like Vicki Cobby, Carmel Meyer and Melissa Foster (gold for long, jump, triple jump and pentathlon) and Nicole Pinel showed obvious delight at their perform-

ances. They are probably still smiling.

The ACT Veterans provided a first class meeting. They do not have a big membership, but were able to gather competent officials, who worked tirelessly for four days and no doubt for months before. We thank them.

Next step is Brazil where Australia will be well represented.

An overall impression is that those who did well had trained well and either avoided injury or managed their injuries.

Many of those at the carnival talked about the World Championships in Perth in 2016 and indicated that they were coming.

At the social, awards went to Lyn Ventris for outstanding athlete and David Carr for middle distance.

Records fall at Canberra nationals

By CAMPBELL TILL

A total of 16 new state records were set at Canberra, three of which were also Australian records. Byrony has set many ARs but this is the first season for both Melissa and Gillian to reach this level. Byrony also threw close to her world record in the weight throw.

Mal Clarke had a purple patch in the field events, winning all M40 throws, throws pentathlon and high jump, making a total of seven gold medals. Also in the field, Greg Urbanowicz won the prestigious throws Champion of Champions.

Rudy Kocis competed in the sprint Champion of Champions finishing mid field. Rudy's M50 200m victory in 23.86 (at 94.59%) was a highlight and one of the most entertaining events to watch, winning in a blanket finish.

Other perennial high percentage scorers, David Carr and Lorraine Lopes again scored highly in numerous events. Lorraine achieved 92.81%, 92.93% and 94.16% in the 800, 1500 and 5000m. David's efforts were

92.29%, 97.49% and 93.23% in the 200, 400 and 800m. Sprinter Rob Colling recorded 91.23% in his 100m M40 State record of 11.40.

AUSTRALIAN RECORDS

2000mSC	W65 Gillian Young	10:02.49	30/3/13
Hammer	W35 Byrony Glass	54.67m	29/3/13
Pentathlon	W30 Melissa Foster	2667pts	01/4/13

STATE RECORDS

100m	M40 Rob Colling	11.40	29/3/13
200m	M80 David Carr	32.94	29/3/13
400mH	M55 Campbell Till	70.27	31/3/13
Pole Vault	M65 Greg Wilson	2.00m	31/3/13
Pole Vault	M75 Don Chambers	2.10m	31/3/13
Weight	M30 Greg Urbanowicz	14.40m	31/3/13
Throws Pent	M45 Todd Davey	3336 pts	31/3/13
Throws Pent	M40 Mal Clarke	3022 pts	31/3/13
Throws Pent	M55 Tom Gravestock	3385 pts	31/3/13
5000m	W65 Gillian Young	22:59.51	31/3/13
Triple Jump	W30 Melissa Foster	11.47m	31/3/13
Pentathlon	W40 Vicki Cobby	2290 pts	01/4/13
Pentathlon	W50 Carmel Meyer	2382 pts	01/4/13

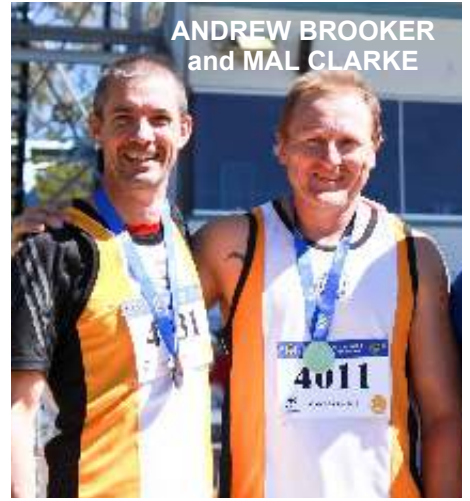
**GARRY
HASTIE**



**CATHY
McCLOSKEY**



**ANDREW BROOKER
and MAL CLARKE**



**Margaret
and Peggy
work on the
relays**



**KATHRYN
GLASS**

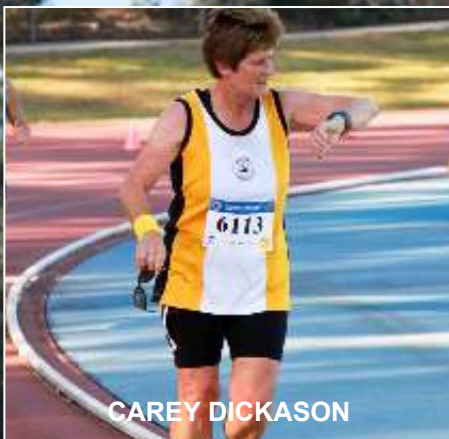


Reverse strip

While it is common for football teams to wear an away jersey Lorraine Lopes and Campbell Till thought they would join the trend and wear the MAWA singlet back to front in Canberra.



ROSEMARY GILES



CAREY DICKASON



JIM LANGFORD



STEVE GILES

10,000m

Rosemary Giles	W35	41:05.34	BRONZE
Carey Dickason	W60	56:28.76	BRONZE
Ross Langford	M35	39:16.36	SILVER
David Solomon	M45	39:19.48	SILVER
Steve Giles	M50	39:35.08	5/9
Jim Langford	M65	42:18.32	GOLD



MAIN PHOTO: Ross Langford and Tasmania's Michel Bermudes come off the back straight in the early stages of the 10,000m.



DAVID SOLOMON

Australian Masters Athletics Championships



Campbell Till
prepares for
the start.

60m heats

Cathy McCloskey	W45	9.24	NWI	q
Rob Colling	M40	7.44	NWI	Q
Greg Brennan	M40	8.14	NWI	Q
Rudy Kocis	M50	7.97	NWI	Q
Colin Smith	M50	8.50	NWI	nq
Campbell Till	M55	9.25	NWI	nq
Harold Membrey	M60	9.18	NWI	nq

60m finals (all NWI)

Melissa Foster	W30	8.34	GOLD
Regina Crouch	W40	10.71	6/6
Cathy McCloskey	W45	9.15	7/8
Carmel Meyer	W50	9.88	6/8
Lynne Choate	W60	9.44	GOLD
Maureen Keshwar	W60	10.22	4/7
Brenda Painter	W65	10.69	4/6
Rob Colling	M40	7.40	SILVER
Greg Brennan	M40	8.25	8/8
Rudy Kocis	M50	7.78	SILVER
Norm Richards	M75	9.43	SILVER
Don Chambers*	M75	9.69	BRONZE
Leon Sander	M75	9.78	4/6

*Don Chambers is a member of MAWA, but ran for Victoria.



WA's Maureen Keshwar (6108) and Lynne Choate (6101) battle with
Lyn Peake (6121) and Wilma Perkins (6122).



ROB
COLLING



CARMEL MEYER



CATHY
McCLOSKEY



RUDY KOCIS

Australian Masters Athletics Championships



ROSEMARY GILES



CAROL BOWMAN



MARGARET SAUNDERS



800m

Rosemary Giles	W35	2:44.23	4/4
Vicki Cobby	W40	2:35.86	SILVER
Carmel Meyer	W50	2:53.39	6/10
Tina Runnion	W50	3:43.80	10/10
Margaret Saunders	W55	2:45.91	SILVER
Carol Bowman	W55	3:10.70	5/5
Gillian Young	W65	3:10.27	GOLD
Lorraine Lopes	W70	3:26.73	BRONZE

MAIN PHOTO:
Lorraine Lopes (7113)
and Gillian Young
(6605) chase Anne
Stobaus (7111) and
Anne Lang (7104).

My Nationals

It was extra special that my first Nationals was at the AIS track during Canberra's Centenary year. It was a roller coaster experience, some disappointments, some moments of pure elation. Counting the Pentathlon as one event I took part in 12 events all up! Too many perhaps, but it was a learning experience and with 41 W50 entrants, many 'career athletes', I was under no illusions!

The support from team WA was phenomenal. As I ran the 800m on Day one I was able to power on to a

PBA as I heard my name called out all around the track. One lovely surprise was the support of fellow competitors from other states. They took this newbie under their wing, providing advice and encouragement. Wonderful!

One highlight was our 4x100m relay. Marg and Peggy decided our 220+ age combo – Jacqui, Brenda, Lynne and myself. I hadn't done a relay since school but Lynne gave us a brilliant "tutorial" just prior to the event and it all came together as planned. We came in second but first place was DQ'd so...my first Nationals gold!

Carmel Meyer



Australian Masters Athletics Championships



DAVID CARR

800m

Andrew Brooker	M40	2:13.66	4/7
John Collier	M45	2:33.65	5/7
Nick Miletic	M60	3:20.46	6/6
Maurice Creagh	M65	2:50.61	4/5
Bert Carse	M70	2:43.66	BRONZE
David Carr	M80	2:54.83	GOLD



MAIN PHOTO: Bert Carse (7012) follows Peter Sandery (7019) and Robert Warmoll (7010).

My Nationals

When I told friends that I was going to Canberra for Easter they all screwed up their faces in surprise, almost pitying me. I didn't understand why, I grew up in Canberra and it holds lots of childhood memories. I remember Canberra before Black Mountain Tower, before the high court and before the new parliament house. I remember running cross country around Lake Burley Griffin every weekend in winter and little athletics at Aranda Oval in summer and my "Bob Beamon" leap of 4.40m in the U10s (it's still the club record!).

I remember seeing Marita Koch run 400m very quickly (too quick as it turned out) on the newly built tartan athletics track at Bruce stadium. At Bruce, I remember practising long jump off six strides and backing into the late Ken Lorraway who was practising his triple jump off his long run on the opposite pit, then walking past seeing him have a ciggy in the car park on way home. Mum was not



impressed I can tell you. No wonder the AIS track is a non-smoking venue now.

But I digress, it's 2013 not 1977. Canberra is my fifth nationals in a row and I have had a few different goals over the years but the outdoor pentathlon was my target for this year. I entered the discus, javelin and 800m on Friday as a warmup. I was mightily pleased with my 30m effort, a lifetime

PB, (a direct result of time spent in the gym this last six months) and with the quality of the competition. Decent efforts in the javelin (yes that was me in the highlights package on the Canberra edition of the ABC news on Friday night) and 800m left me well pleased with my long day.

Canberra's organisation was solid but not outstanding. After proudly announcing the programme was on time at 3pm, my 800m ran 45 minutes late at 4.45pm. A good thing was the canteen, sandwiches, fruit and hot chips ... fantastic compared to the catering some years.

After sightseeing Saturday and Sunday, Monday arrived and I was still sore from throwing six discus and six javelin on Friday and felt pretty flat throughout my outdoor pentathlon. I only really seemed to get going in the 1500m and then in the 4x400m. How to warm up for sprint events is still a bit of mystery to me. But with two silver medals and a bronze I was happy enough with my weekend and looking forward to next year.

Andrew Brooker



REGINA CROUCH



**SARAH
LADWIG**



**HAROLD
MEMBREY**



**MAIN PHOTO:
Garry Hastie
pushes the limit
to secure a
silver medal in
the 1500m walk.**



**LYNNE SCHICKERT and
VALERIE MILLARD**



IRWIN BARRETT-LENNARD

1500m walk

Regina Crouch	W40 11:14.26	SILVER
Sarah Ladwig	W60 9:47.09	SILVER
Valerie Millard	W65 10:21.93	SILVER
Lynne Schickert	W70 10:37.45	SILVER

Valerie Millard
Lynne Schickert

W65 35:52.68 **SILVER**
W70 37:23.20 **BRONZE**

David Smyth
Garry Hastie

M40 26:56.43 **SILVER**
M50 25:33.69 **SILVER**

Garry Hastie	M50 7:13.17	SILVER
Harold Membrey	M60 10:57.34	SILVER
Irwin Barrett-Lennard	M80 10:59.48	BRONZE

10km road walk

Regina Crouch
Valerie Millard
Lynne Schickert

W40 1:27:36 **SILVER**
W65 1:12:23 **SILVER**
W70 1:18:04 **BRONZE**

5000m walk

Regina Crouch	W40 41:38.88	SILVER
Sarah Ladwig	W60 34:20.20	SILVER

David Smyth
Garry Hastie
Harold Membrey

M40 58:19 **GOLD**
M50 52:07 **SILVER**
M60 1:25:32 **GOLD**

Australian Masters Athletics Championships



Melissa Foster (3107) heads to a gold medal in the 100m.



Norm Richards (7505) and David Janssan (7503) fight for the lead followed by Leon Sander (7514).



RUDY KOCIS

100m heats

Carmel Meyer	W50	15.48	-0.6	nq
Rob Colling	M40	11.67	+0.7	Q
Greg Brennan	M40	13.56	-0.9	nq
Rudy Kocis	M50	12.79	-0.6	Q
Colin Smith	M50	13.43	-2.6	nq
Harold Membrey	M60	14.80	-1.3	nq

100m finals

Melissa Foster	W30	13.32	+1.1	GOLD
Lynne Choate	W60	15.09	-0.5	SILVER
Maureen Keshwar	W60	16.84	-0.5	7/8
Brenda Painter	W65	17.49	+0.0	5/7
Rob Colling	M40	11.40	+0.6	SILVER
Rudy Kocis	M50	12.16	-1.1	SILVER
Norm Richards	M75	15.02	+0.7	SILVER
Don Chambers*	M75	15.17	+0.7	BRONZE
Leon Sander	M75	16.40	+0.7	4/4

*Don Chambers is a member of MAWA, but ran for Victoria.



Lynne Choate (6101) battles with Kathy Heagney and Wilma Perkins (6122).

Australian Masters Athletics Championships



MAIN PHOTO:
Lorraine Lopes
(7113) gets Anne
Lang's (7104)
attention as
Gillian Young
shadows both of
them.

1500m

Rosemary Giles	W35	5:34.05	4/4
Carey Dickason	W60	7:30.04	4/4
Gillian Young	W65	6:27.06	SILVER
Lorraine Lopes	W70	7:00.62	SILVER
John Collier	M45	5:35.38	4/5
Steve Giles	M50	5:14.85	8/11
Maurice Creagh	M65	5:53.29	5/8
Bert Carse	M70	5:33.27	SILVER
David Carr	M80	6:33.27	GOLD

My Nationals

It was with some trepidation that I travelled to Canberra for this year's National Championships. At last year's championships at Melbourne I was considerably fitter and yet had finished last in all four of my events. This year I elected to compete in only two events; the 800m and 1500m runs.

As expectations were low, I decided not to take my racing too seriously and to enjoy my limited time in Canberra. This commenced on the night before the start of the championships when the likes of Marg Saunders and Graeme Dahl lead me astray at the opening ceremony and I ate too many sausage rolls and drank too much beer. Ironically, Marg had recently written articles in *Vetrun* about some of the scientific aspects of running training and preparation!

Later I ate a full pizza for dinner with a bottle of Pepsi. The next morning I consumed a large bacon and eggs breakfast and as my 800m event wasn't scheduled until late afternoon, I walked from my motel to the Parliament House precinct and back, a total of about 12kms. Returning to my motel after three hours of sightseeing, I ate a plate of chips for lunch with a coke before setting off to walk to the stadium.



I walked and I walked and I walked ... mostly all uphill ... a distance of about seven kms!

Despite my unorthodox preparation, I was confident of running a season best, which I duly did, by four seconds! And I finished second last!

Being superstitious, I adopted a similar routine the next day, with similar results in the 1500m although I was unable to reproduce a season best time. There's more to the story about my walk to the track on the second day but you'll have to ask me...

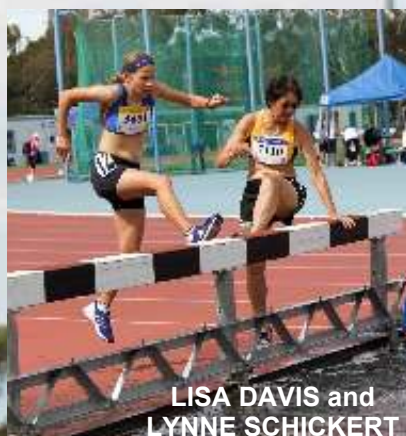
John Collier



**PETER SANDERY
and BERT CARSE**



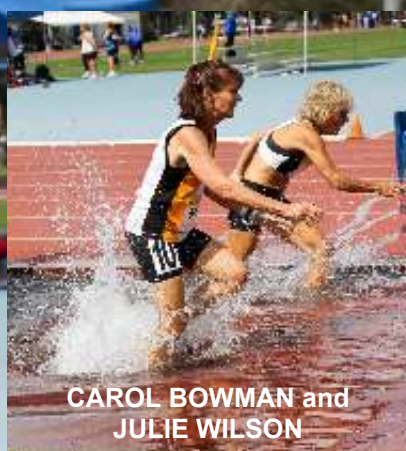
STEVE GILES



LISA DAVIS and
LYNNE SCHICKERT



JACQUI
SANDERS



CAROL BOWMAN and
JULIE WILSON



NICK MILETIC



MAIN PHOTO:
Bert Carse
prepares for
splashdown.

2000m steeplechase

Regina Crouch	W40	13:08.00	GOLD
Jacqui Sanders	W45	10:50.93	GOLD
Julie Wilson	W55	10:17.96	GOLD
Carol Bowman	W55	10:28.15	SILVER
Gillian Young	W65	10:02.49	GOLD
Lynne Schickert	W70	15:12.21	SILVER

Nick Miletic	M60	11:04.63	BRONZE
Maurice Creagh	M65	9:41.64	GOLD
Bert Carse	M70	9:00.54	SILVER
Bob Schickert	M70	10:09.57	4/5

My Nationals

This was my first Nationals away from Perth and I was a bit apprehensive about it all. I needn't have been. The day before the start we met up with competitors from Queensland at the bus stop. A couple of the ladies were in my age group and I would be running against them over the weekend. They were very friendly and I didn't feel so nervous afterwards.

The atmosphere in the grandstand where all the WA competitors and supporters congregated was great. We were always calling out and encouraging someone on the

track or in the field and when a MAWA member received a medal the cheers and applause from our contingent was the loudest.

My favourite event was the steeplechase – but only when it was over! It was very tough and all my training on how to leap over the hurdles with the greatest of ease went out of the window and I climbed over each one instead. Almost half the female entries were from WA so it was a great celebration at the finish with all of us putting in a tremendous effort.

Now I'm looking forward to my second Nationals away from Perth.

Gillian Young



Australian Masters Athletics Championships



MAIN PHOTO:
Rudy Kocis floats
around the bend
on his way to a
gold medal.

200m heats

Rudy Kocis	M50	24.80	+1.9	Q
Colin Smith	M50	26.33	+1.9	Q

200m finals

Greg Brennan	M40	26.83	+2.1	8/8
Rudy Kocis	M50	23.86	+2.2	GOLD
Colin Smith	M50	26.31	+2.2	6/7
Harold Membrey	M60	32.73	+2.0	8/8
Norm Richards	M75	31.65	NWI	SILVER
Leon Sander	M75	31.87	NWI	BRONZE
Don Chambers	M75	32.10	NWI	4/6
David Carr	M80	32.94	+0.9	SILVER
Irwin Barrett-Lennard	M80	38.94	+0.9	BRONZE

*Don Chambers is a member of MAWA, but ran for Victoria.

My Nationals

This was only my second national champs, so I was looking forward to meeting up with some old adversaries – namely Darren Hughes, who had just joined the M50 group and Dave Isackson, both from NSW.

Darren had been running faster times than I had ever produced, so the brain has already conceded to taking three silver medals and coming home satisfied.

All heats went according to plan. I was slow away in the 60m final, and if you give anyone a half metre start in the 60 it is all over very quickly – so my first silver. However, I did notice that I took some ground off the winner (Darren Hughes).

I got away well in the 100m final and when we crossed the line I was looking at lane two and Darren was looking across at me in lane six as we lunged the tape – a long anxious wait and Darren got it by 6/100ths of a second.

The next day I felt very strong in the heat of the 200m, setting up a great final.

Darren tore past me on the inside in the final and I resisted the temptation to follow, noticing that Dave had also gone out hard. At the bend with 90m to go, Darren had a four metre lead with Dave about three metres in front, so I just knuckled down and bit by bit took ground off them both. Dave muttered something like “you mongrel” as I went past him toward the finish.

We all lunged the line with Darren hitting the ground at the finish.

I managed to get the gold by 4/100ths, Darren Hughes the silver with Dave a further 1/100th behind, with a massive PB as well.

Who said the M50 sprinters are not competitive!

Either way it was such a great race to be involved in, one that leaves a lasting impression and brings you back for more.

No doubt there will be much rivalry between the three of us for years to come.

Footnote: Darren has since had an operation to insert a plate into his collarbone which was broken in several places.

Rudy Kocis

Australian Masters Athletics Championships



MAIN PHOTO: Vicki Cobby (far right) chases the pack.



CARMEL MEYER



BRENDA PAINTER

200m heats

Carmel Meyer	W50	31.41	NWI	nq
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200m finals

Vicki Cobby	W40	29.67+3.6	BRONZE
Lynne Choate	W60	31.95+4.7	BRONZE
Brenda Painter	W65	37.00+1.1	4/4



LYNNE CHOATE

My Nationals

I must admit being the rookie on the team felt strange after 16 years of State League Basketball. Sitting in the grandstand and getting pentathlon and 800m tactical advice from Peggy and Margaret was one of my highlights. Carrying it out precisely and being rewarded with a bronze medal was like icing on the cake.

My event schedule was probably a little too busy, but running from event to event was part of why I enjoyed my weekend so much. I competed in seven individual events, three relays and the pentathlon. Coming home with four silver, four bronze medals and five PBs was an achievement beyond any expectations I had prior to the championships.

Another moment that I will never forget came after I had completed my 4x100m relay with Melissa Foster, Nicole Pinel and Cathy McCloskey. As I was putting my spikes away, I discovered that there was already a pair in my bag.

I am told the look of bewilderment and horror on my face was priceless as I figured out that I had just competed in someone else's shoes. I felt dreadful when I discovered HE had to complete his relay in his sneakers. In my defence, they were identical, same size and model.

It felt amazing being part of the West Australian team and competing alongside so many newly made friends. I am definitely "hooked" and will be back!!

Vicki Cobby

Australian Masters Athletics Championships



MAIN PHOTO: Campbell Till is a picture of concentration as he clears the hurdle. **INSET:** Norm Richards gets set to clear the hurdle as he follows Don Chambers.

80m hurdles				
Don Chambers*	M75	15.73	+2.2	GOLD
Norm Richards	M75	23.70	+2.2	BRONZE

*Don Chambers is a member of MAWA, but ran for Victoria.

300m hurdles				
Don Chambers	M75	61.22		GOLD

400m hurdles				
Campbell Till	M55	70.27		SILVER



Greg Wilson sails over the bar on his way to a gold medal. INSET: Don Chambers in action.

Pole Vault				
Greg Wilson	M65	2.00		GOLD
Don Chambers*	M75	2.10		GOLD



ABOVE: Ross Langford (rear) keeps an eye on the lead pack.

MAIN PHOTO: Maurice Creagh settles into the 5000m.

LOWER RIGHT: Steve Giles heads Roscoe McDonnell.

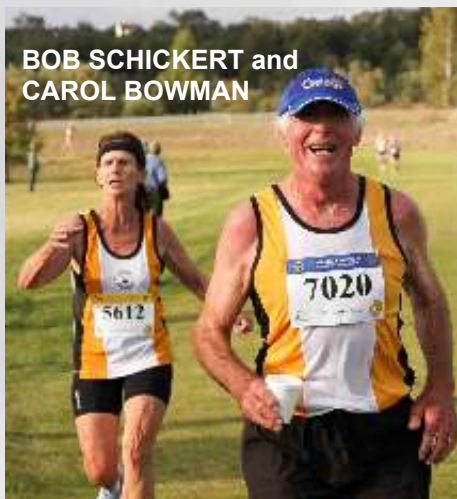


5000m

Rosemary Giles	W35 20:07.98	BRONZE
Julie Wilson	W55 24:37.47	4/4
Carey Dickason	W60 27:08.24	4/4
Gillian Young	W65 22:59.51	GOLD
Lorraine Lopes	W70 25:08.31	GOLD

Ross Langford	M35 16:48.01	BRONZE
Steve Giles	M50 19:01.36	9/15
Maurice Creagh	M65 22:02.12	6/7
Bert Carse	M70 21:45.19	BRONZE
Bob Schickert	M70 24:10.02	6/9
Irwin Barrett-Lennard	M80 28:23.60	GOLD

**BOB SCHICKERT and
CAROL BOWMAN**



8km Cross Country

Rosemary Giles W35 34:07 **BRONZE**
Jacqui Sanders W45 45:46 6/6
Carol Bowman W55 41:20 5/5
Gillian Young W65 39:44 **GOLD**

Ross Langford M35 28:33 **BRONZE**
Steve Giles M50 32:47 8/16
Jim Langford M65 33:50 **SILVER**
Maurice Creagh M65 38:12 6/7
Bob Schickert M70 40:29 6/9
David Carr M80 41:18 **GOLD**



JIM LANGFORD



DAVID CARR



**MAURICE
CREAGH**

**MAIN PHOTO: Ross
Langford heads out on
the purpose built cross
country course.**



ROSEMARY GILES



GILLIAN YOUNG



**JACQUI
SANDERS**

Australian Masters Athletics Championships



DAVID CARR



MAIN PHOTO: Margaret Saunders looks to the heavens as she crosses the line in first place.



LEON SANDER



VICKI COBBY

400m

Heats

Carmel Meyer W50 74.34 Q

Finals

Vicki Cobby W40 66.45 **BRONZE**

Carmel Meyer W50 71.27 7/8

Margaret Saunders W55 72.24 **GOLD**

Carol Bowman W55 81.18 5/5

Colin Smith M50 58.20 **BRONZE**

Campbell Till M55 58.25 **BRONZE**

Nick Miletic M60 81.93 5/5

Leon Sander M75 77.30 **GOLD**

David Carr M80 72.83 **GOLD**

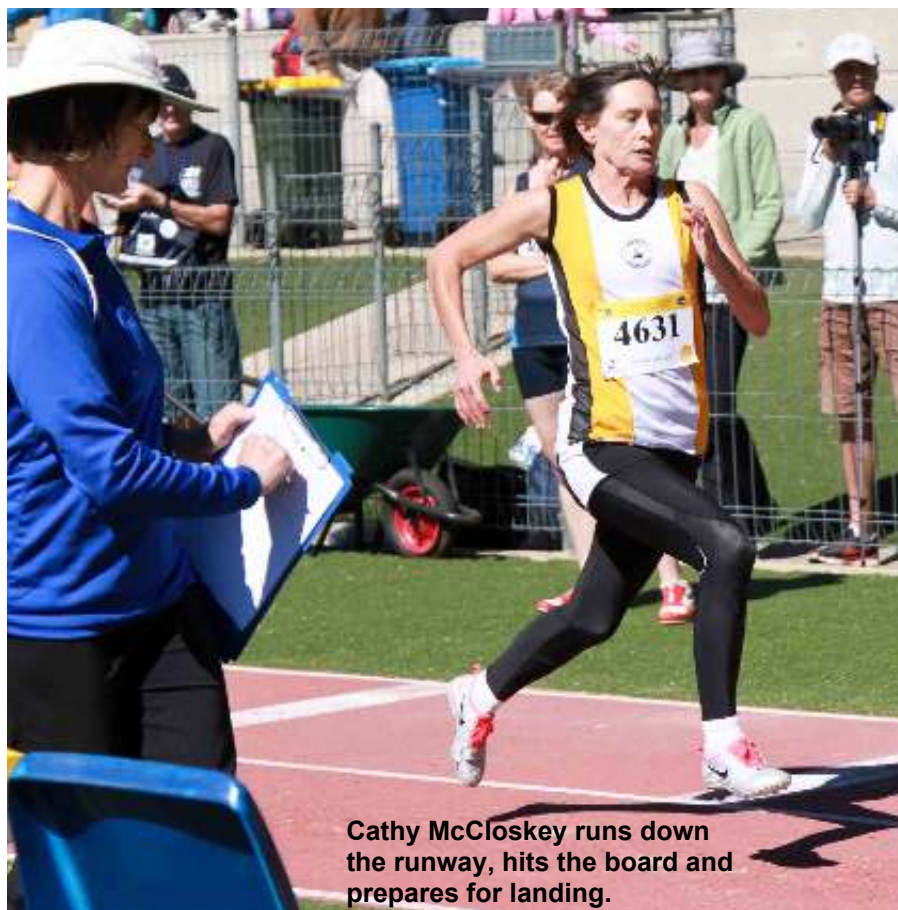


Julie Forster (left) and Carmel Meyer accelerate from the start.
CENTRE RIGHT: Carmel catches her breath at the finish.



CAROL BOWMAN

Australian Masters Athletics Championships



Cathy McCloskey runs down the runway, hits the board and prepares for landing.



Rob Antonioli (Tolli) prepares for lift-off.



Long Jump

Melissa Foster	W30	5.44	+2.1	GOLD
Nicole Pinel	W30	3.86	+0.6	BRONZE
Vicki Cobby	W40	3.99	+4.2	4/5
Regina Crouch	W40	3.21	+1.3	5/5
Cathy McCloskey	W45	4.18	+5.0	4/7
Carmel Meyer	W50	3.61	+0.1	BRONZE
Sarah Ladwig	W60	2.67	+0.1	BRONZE
Carey Dickason	W60	2.47	+0.0	4/4
Brenda Painter	W65	2.90	+0.1	BRONZE
Lynne Schickert	W70	2.38	-0.3	SILVER

Greg Brush	M45	5.82	+0.9	GOLD
Rob Antonioli	M60	3.94	-1.2	4/6
Steve Fuller	M60	3.91	+0.5	5/6
Norm Richards	M75	3.68	-0.1	GOLD
Don Chambers*	M75	3.68	+0.1	GOLD=

*Don Chambers is a member of MAWA, but ran for Victoria.

Australian Masters Athletics Championships



Melissa Foster was all smiles after this jump when she set a state triple jump record of 11.47m.



Vicki Cobby puts everything into this jump.



REGINA CROUCH

Triple Jump				
Melissa Foster	W30	11.47	-1.7	GOLD
Vicki Cobby	W40	9.08	-1.8	SILVER
Regina Crouch	W40	6.37	-2.4	4/5
Cathy McCloskey	W45	8.80	+3.4	SILVER
Carey Dickason	W60	5.19	NWI	GOLD
Brenda Painter	W65	6.74	-1.0	GOLD
Lynne Schickert	W70	5.31	-1.0	SILVER

Don Chambers M75 7.30 NWI **GOLD**

*Don Chambers is a member of MAWA, but ran for Victoria.

Australian Masters Athletics Championships



NICK MILETIC



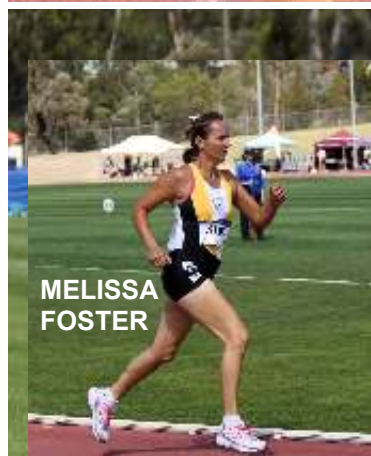
GREG WILSON



MAIN PHOTO:
Steve Fuller leads two
Victorian athletes on
his way to a gold
medal.

Men's Pentathlon

Andrew Brooker	M40	2628	SILVER
Steve Fuller	M60	2882	GOLD
Nick Miletic	M60	1517	5/6
Greg Wilson	M65	2269	BRONZE
Norm Richards	M75	2336	GOLD



**MELISSA
FOSTER**



**Cathy McCloskey ignores
the pain in the 800m.**



**SARAH
LADWIG**

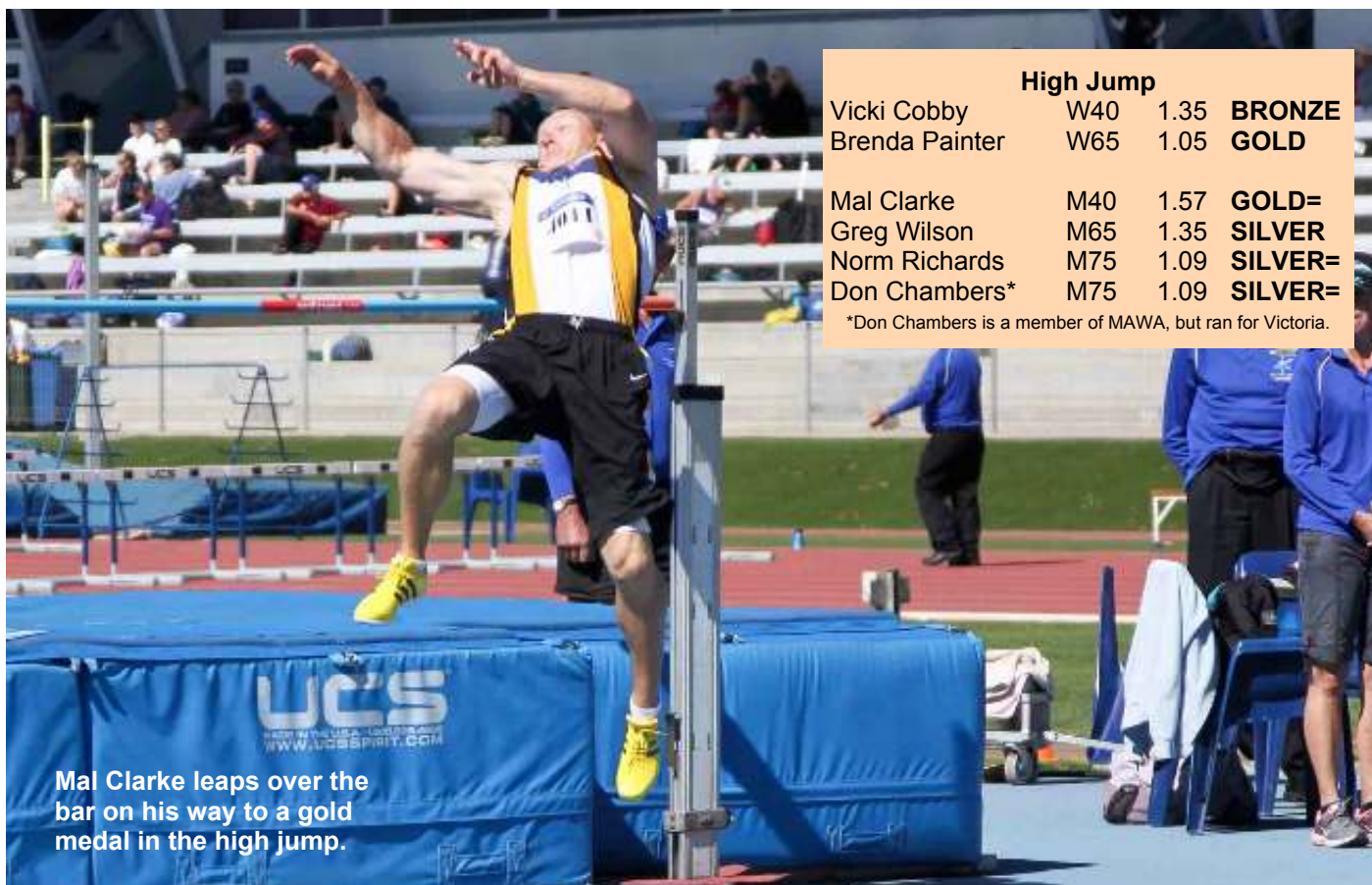


**CARMEL
MEYER**

Women's Pentathlon

Melissa Foster	W30	2667	GOLD
Vicki Cobby	W40	2290	BRONZE
Cathy McCloskey	W45	2353	BRONZE
Carmel Meyer	W50	2382	5/5
Julie Wilson	W55	1591	4/4
Carey Dickason	W60	1458	SILVER
Sarah Ladwig	W60	1404	BRONZE

Australian Masters Athletics Championships



Mal Clarke leaps over the bar on his way to a gold medal in the high jump.

High Jump			
Vicki Cobby	W40	1.35	BRONZE
Brenda Painter	W65	1.05	GOLD
Mal Clarke	M40	1.57	GOLD=
Greg Wilson	M65	1.35	SILVER
Norm Richards	M75	1.09	SILVER=
Don Chambers*	M75	1.09	SILVER=

*Don Chambers is a member of MAWA, but ran for Victoria.



Leon Sander runs in to throw the javelin.

Javelin			
Ali Matautia	W35	25.54	BRONZE
Regina Crouch	W40	15.63	6/7
Carmel Meyer	W50	17.48	5/7
Julie Wilson	W55	13.55	6/6
Kate Glass	W60	19.99	4/7
Bev Hamilton	W65	19.56	SILVER
Greg Urbanowicz	M30	32.20	4/5
Mal Clarke	M40	44.55	GOLD
Andrew Brooker	M40	40.37	BRONZE
Steve Fuller	M60	31.06	4/10
Greg Wilson	M65	27.33	BRONZE
Leon Sander	M75	21.16	BRONZE

Fast and furious



Vicki Cobby takes the baton from Cathy McCloskey.



Lynne Choate, Jacqui Sanders, Brenda Painter and Carmel Meyer savour their gold medal moment.



Cathy McCloskey, Vicki Cobby, Melissa Foster and Nicole Pinel show off their silver medals.

By MARGARET SAUNDERS

What a pleasure to co-ordinate the women's relay teams. The athletes were just so willing to participate in both the 4x100m and 4x400m teams. There are three age groups and each state is permitted to enter one team in each age group. The age groups are 120+, 170+ and 220+. WA had a team in each of the 4x100m relay events and in two age groups for the 4x400m event. There were reserves for each team and others who were prepared to compete if necessary.

The most exciting event was the 220+ event where Carmel Meyer, Jacqui Sanders, Brenda Painter and Lynne Choate ran so well. Our baton changing was so slick – due to the super quick and obviously successful coaching session by Lynne Choate just prior to the event. Lynne held off her rival Wilma Perkins of Queensland by 0.08 of a second to cross the line in

Relays 4x100m

W120+

Nicole Pinel, Cathy McCloskey,
Vicki Cobby, Melissa Foster
56.75 **SILVER**

W170+

Carol Bowman, Julie Wilson, Gil-
lian Young, Regina Crouch
72.20 6/6

W220+

Carmel Meyer, Jacqui Sanders,
Brenda Painter, Lynne Choate
62.87 **GOLD**

M240+

Norm Richards, Nick Miletic, Leon
Sander, Steve Fuller
59.17 **BRONZE**

second place. The team was so happy to have beaten the strong Queensland team, but then we heard of a disqualification -

Victoria had won the race but had changed the baton outside the required zone. WA now had the gold medal. The smiles on their faces were fantastic! The team of Carmel Meyer, Lynne Choate, Carol Bowman and Margaret Saunders were also very happy the following day when they also won gold in the 220+ 4x400m relay. The 120+ team of Nicole Pinel, Cathy McCloskey, Vicki Cobby and Melissa Foster placed second in the 4x100m.

Campbell Till was the men's relay coordinator. The men's 240+ 4x100m team of Norm Richards, Nick Miletic, Leon Sander and Stephen Fuller ran well to finish third. The 180+4x400m team of David Solomon, Stephen Fuller, Andrew Brooker and Colin Smith proved that multi eventers are physically fit and strong. Having just completed the 1500m as part of their pentathlon Stephen and Andrew ran well and their team finished a very creditable second.

Australian Masters Athletics Championships



ABOVE: Celebrating their gold medal are Carmel Meyer, Carol Bowman, Lynne Choate and Margaret Saunders.



LEFT: It's smiles all round for the men's team of Andrew Brooker, Steve Fuller, (front) Colin Smith and David Solomon snaring silver.

BELOW CENTRE: Gillian Young takes off after Sarah Ladwig's leg and (below) Julie Wilson hands over to Vicki Cobby.

Relays

4x400m

W170+

Sarah Ladwig, Gillian Young, Julie Wilson, Vicki Cobby

5:43.45 5/5

W220+

Carmel Meyer, Lynne Choate, Carol Bowman, Margaret Saunders

5:22.83 **GOLD**

M180+

David Solomon, Steve Fuller, Andrew Brooker, Colin Smith

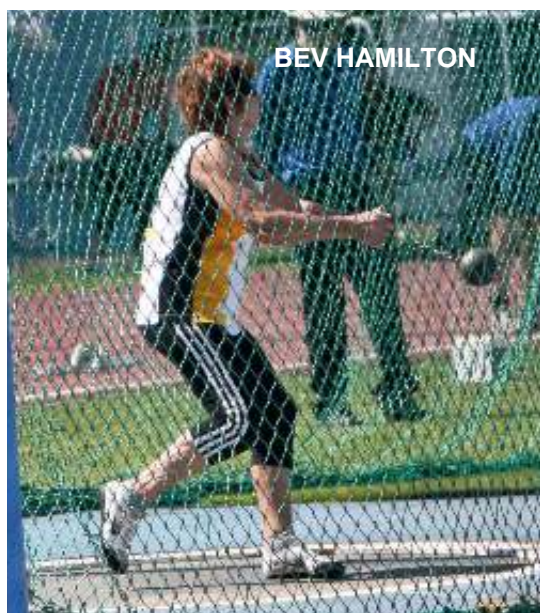
4:05.44 **SILVER**



Australian Masters Athletics Championships



Mal Clarke puts everything into this throw and captures another gold medal.



BEV HAMILTON



Throws pentathlon

Nicole Pinel	W30	1532	GOLD
Byrony Glass	W35	3403	GOLD
Ali Matautia	W35	1973	BRONZE
Kate Glass	W60	3594	GOLD
Bev Hamilton	W65	3454	SILVER

Greg Urbanowicz	M30	2789	GOLD
Mal Clarke	M40	3022	GOLD
Todd Davey	M45	3336	SILVER
Tom Gravestock	M55	3385	GOLD

Kate Glass dances across the circle to secure gold.

Australian Masters Athletics Championships



Bev Hamilton steps across the circle on her way to a silver medal.



MAL CLARKE

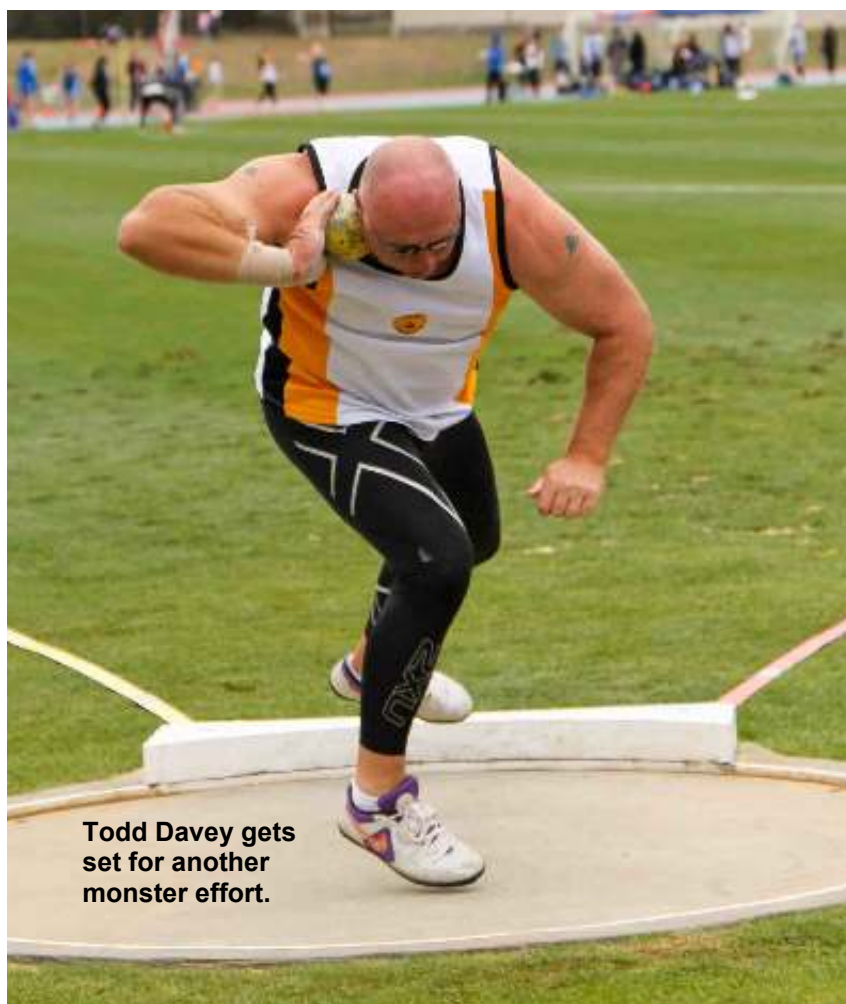


NICOLE PINEL

Shot			
Greg Urbanowicz	M30	12.83	GOLD
Mal Clarke	M40	13.00	GOLD
Todd Davey	M45	12.18	SILVER
Tom Gravestock	M55	10.43	4/8
Greg Wilson	M65	8.91	SILVER
Nicole Pinel	W30	7.48	GOLD
Byrony Glass	W35	11.00	GOLD
Ali Matautia	W35	9.51	BRONZE
Vicki Cobby	W40	8.26	SILVER
Carmel Meyer	W50	6.67	8/11
Annette Gravestock	W50	5.95	9/11
Kylie Everard	W50	5.69	10/11
Kate Glass	W60	8.96	SILVER
Bev Hamilton	W65	8.53	SILVER

Weight Throw			
Nicole Pinel	W30	8.51	SILVER
Byrony Glass	W35	17.74	GOLD
Ali Matautia	W35	8.49	4/4
Kylie Everard	W50	7.66	5/7
Annette Gravestock	W50	7.41	6/7
Kate Glass	W60	11.81	GOLD
Bev Hamilton	W65	11.13	GOLD

Greg Urbanowicz	M30	12.33	GOLD
Mal Clarke	M40	11.44	GOLD
Todd Davey	M45	11.54	SILVER
John Everard	M50	12.84	SILVER
Tom Gravestock	M55	13.32	4/6



Todd Davey gets set for another monster effort.

Australian Masters Athletics Championships



Mal Clarke wipes the discus in preparation for his gold medal discus throw. INSET: Mal winds up in the circle.



TOM GRAVESTOCK



BEV HAMILTON

Discus

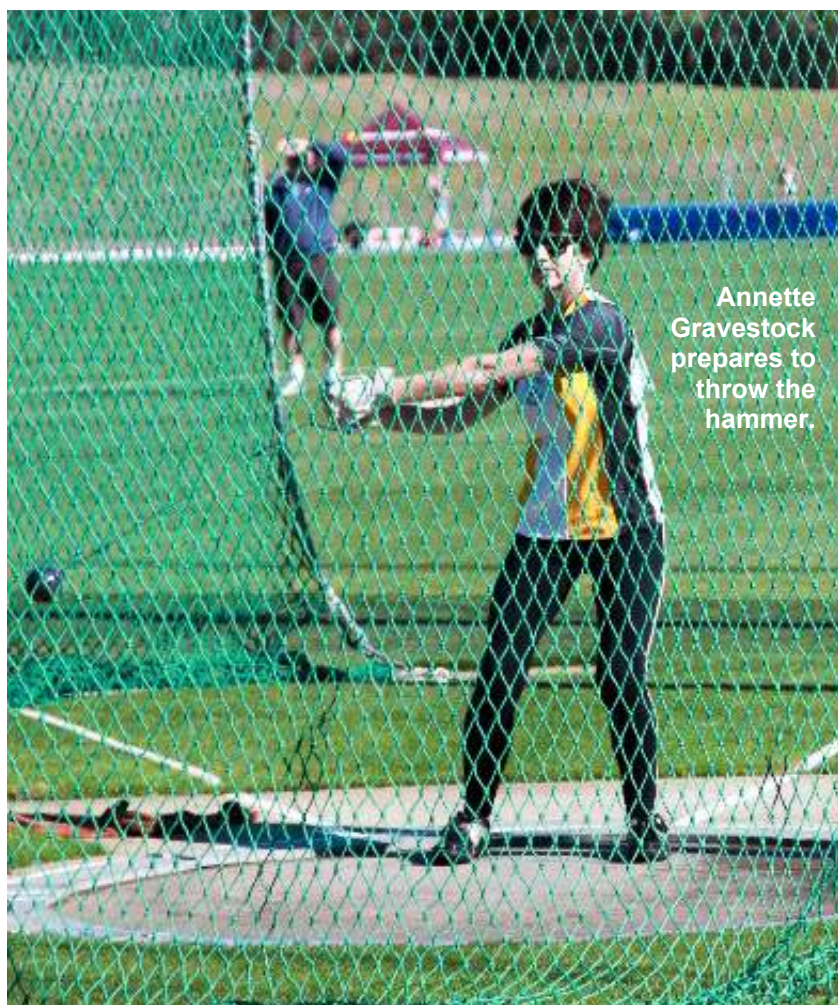
Greg Urbanowicz	M30	40.97	GOLD
Mal Clarke	M40	38.81	GOLD
Andrew Brooker	M40	30.02	5/8
Todd Davey	M45	39.42	SILVER
Tom Gravestock	M55	41.24	GOLD
Steve Fuller	M60	31.77	8/12
Greg Wilson	M65	30.19	BRONZE
Leon Sander	M75	22.72	BRONZE

Nicole Pinel	W30	23.66	GOLD
Byrony Glass	W35	34.44	GOLD
Ali Matautia	W35	26.54	BRONZE
Kate Glass	W60	22.22	BRONZE
Bev Hamilton	W65	22.36	GOLD

Hammer

Greg Urbanowicz	M30	39.69	GOLD
Mal Clarke	M40	33.22	GOLD
Todd Davey	M45	30.62	4/6
John Everard	M50	37.57	GOLD
Tom Gravestock	M55	35.91	BRONZE
Greg Wilson	M65	23.24	4/5

Nicole Pinel	W30	23.78	GOLD
Byrony Glass	W35	54.67	GOLD
Ali Matautia	W35	21.29	5/5
Kylie Everard	W50	23.98	4/8
Annette Gravestock	W50	20.50	6/8
Kate Glass	W60	33.63	GOLD
Bev Hamilton	W65	27.84	SILVER



Annette Gravestock prepares to throw the hammer.

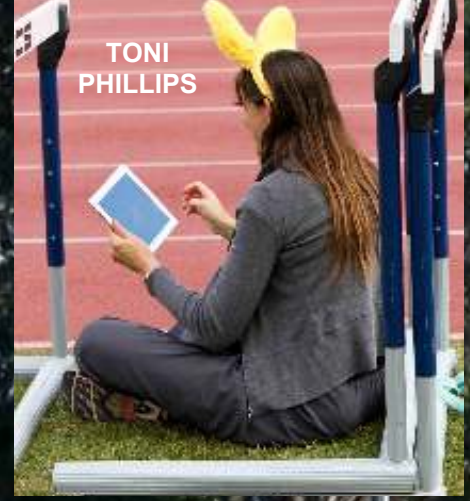
**GREG
URBANOWICZ**



**NICOLE PINEL and
MELISSA FOSTER**



**TONI
PHILLIPS**



**ROB
COLLING**



Melissa, Regina and Vicki take a break from competition.



One of the highlights on the final day was when an Australian W60 team smashed the 4x800m world record by more than 24 seconds to set a new mark of 11:22.59. Celebrating are Kathy Sims (ACT), Kathy Heagney (Vic), Jeanette Flynn (Qld) and Paula Moorhouse (NSW)



**Ross Langford steps
up the pace in the 8km
cross country at the
Stromlo Forest Park
complex**