

TFNL

The Track and Field Newsletter of MAWA



Season 7 Issue 8
APRIL 2014

Masters aim high



Chris Anderson hits the bar in his attempt to break his Australian M45 record.

**State
Champs
special**

Championship SUCCESS

ONCE again our State Track and Field Championships was a most successful event. The 33rd championships were again held predominately at the WA Athletics Stadium with only the 10,000m being held at ECAC. The sorry state of the track at ECAC means that venue is not really suitable for state competition in sprints and middle distance.

Unusually the event was after the National Masters championships due to that meeting not being held at Easter. You can have your say on the timing of the Nationals by completing the survey on our website. However, despite there being a few injuries carried over from Hobart, we had an excellent number of entries. It seems that 160 is now the benchmark! It was great to see so many of our newer younger members taking part and

there were some fine performances from them. This year the 5000m walk was held as part of the main weekend, a decision justified by the much higher number of athletes taking part in that event.

The championships were highly competitive, sometimes fiercely so, but as always, the rivalry was friendly and sportsmanlike. In the pentathlon Paul Jeffery broke the Australian M40 record (subject to ratification) and we almost had another Australian record from high jumper Chris Anderson, but maybe the cooler conditions were just not right on the day.

There were six State records broken during the two weeks, less than recent years, but maybe that just reflects the high standard of our records, many of which have been broken during the past year.

Unfortunately there was not enough time at the end of Sunday to present the Anne Shaw award, many having already left the stadium. It is probably not a surprise that David Carr retains this wonderful trophy for his 400m run of 95.14 per cent. David has had a most successful year and was voted the "outstanding male athlete of 2013" at the Nationals in Hobart. The trophy will be presented to David at the AGM in August.

And lastly, but by no means least, I'd like to thank the many officials and club members who contributed to the smooth running of these championships. Without them there would be no event and I know the athletes themselves really appreciated all their hard work.

BARBARA BLURTON

Roll of Honour

| | | | | | |
|------------------|-----|-------------------|-----------|-----------|------|
| Pentathlon | M40 | Paul Jeffery | *3639 pts | 15-Mar-14 | WAAS |
| Pentathlon | M45 | Andrew Brooker | 3127 pts | 15-Mar-14 | WAAS |
| 2km Steeplechase | W60 | Margaret Saunders | 9:14.8 | 25-Mar-14 | WAAS |
| 800m | W60 | Margaret Saunders | 2:48.43 | 29-Mar-14 | WAAS |
| High Jump | W45 | Lisa Limonas | 1.41m | 30-Mar-14 | WAAS |
| 3000m walk | M50 | Garry Hastie | 14:30.66 | 30-Mar-14 | WAAS |

(*Pending Australian record)



Checking



Measuring up



All smiles



Double trouble



Damien takes charge

2014 State Athletics Championships



5000m

WOMEN

| | | |
|-----------------|-----|----------|
| Rosemary Giles | W35 | 20:01.77 |
| Monique Thomas | W35 | 28:50.63 |
| Sue Bourn | W45 | 21:52.27 |
| Julie Keeley | W45 | 32:48.34 |
| Julie Wilson | W60 | 26:22.69 |
| Carey Dickason | W60 | 26:54.17 |
| Sarah Ladwig | W60 | 29:06.29 |
| Carolyn Fawcett | W60 | 33:58.22 |

MEN

| | | |
|-----------------------|-----|----------|
| Ross Langford | M35 | 16:28.25 |
| Rob Nichols | M35 | 17:04.39 |
| Tony Smith | M35 | 19:40.14 |
| Todd Ingraham | M40 | 16:10.31 |
| Kim Thomas | M40 | 18:30.06 |
| Ante Perdija | M40 | 19:51.55 |
| Andrew Davison | M45 | 17:39.03 |
| David Solomon | M45 | 19:02.01 |
| John Collier | M45 | 21:53.23 |
| Dante Giacomini | M45 | 24:06.04 |
| Matthew Fogarty | M50 | 19:04.17 |
| Robert Colton | M50 | 19:56.43 |
| Mark Dawson | M50 | 20:35.15 |
| Steve Giles | M55 | 18:42.95 |
| Michihito Muroi | M55 | 21:05.28 |
| Bruce McGeorge | M55 | 22:50.46 |
| Giovanni Puglisi | M60 | 19:23.42 |
| Paul Hughes | M60 | 19:38.73 |
| Christopher Maher | M60 | 19:40.27 |
| Mark Hewitt | M60 | 21:39.66 |
| Michael Lee | M60 | 21:51.97 |
| Milton Mavrick | M60 | 23:10.62 |
| Frank Price | M60 | 28:03.07 |
| Robert Fawcett | M60 | 33:02.52 |
| Jim Langford | M65 | 21:02.02 |
| Maurice Creagh | M65 | 22:49.64 |
| Ivan Brown | M65 | 23:58.64 |
| Bert Carse | M70 | 21:27.25 |
| Lyle James | M70 | 37:51.51 |
| Irwin Barrett-Lennard | M80 | 29:01.90 |
| Cecil Walkley | M80 | 48:09.83 |

Todd Ingraham (401) and Ross Langford (361) set the pace in the M35-59 5000m.



2014 State Athletics Championships



MEN

1500m walk

| | | |
|---------------------|-----|----------|
| Daniel Lowe | M35 | 8:23.29 |
| Garry Hastie | M50 | 7:03.00 |
| Chris Van der Merwe | M50 | DQ |
| John Dennehy | M50 | DQ |
| John McDonagh | M65 | 10:56.54 |
| Paul Martin | M70 | 10:52.02 |
| John Smith | M75 | 12:08.12 |
| Jeffrey Whittam | M75 | 12:56.88 |

3000m walk

| | | |
|--------------|-----|-----------|
| Daniel Lowe | M35 | 17:18.31 |
| Garry Hastie | M50 | *14:30.66 |
| John Smith | M75 | 23:06.62 |

*State record

5000m walk

| | | |
|---------------|-----|----------|
| Daniel Lowe | M35 | 30:33.45 |
| Garry Hastie | M50 | 26:56.65 |
| John McDonagh | M65 | DQ |
| Paul Martin | M70 | 38:27.28 |
| John Smith | M75 | 38:00.52 |

Chief walks judge Marion Buchanan issues a warning as Sonia Tingay (434) and Sarah Ladwig walk past.

WOMEN

1500m walk

| | | |
|---------------|-----|----------|
| Sonia Tingay | W40 | 10:05.81 |
| Wendy Farrow | W45 | 9:24.81 |
| Suzanne Coate | W45 | 11:16.77 |
| Robin King | W55 | 8:14.33 |
| Sarah Ladwig | W60 | 10:10.93 |

3000m walk

| | | |
|---------------|-----|----------|
| Sonia Tingay | W40 | 22:18.54 |
| Karyn Tolardo | W45 | 18:37.93 |
| Wendy Farrow | W45 | 19:32.13 |
| Robyn Hughes | W50 | DQ |
| Robin King | W55 | 16:57.85 |
| Sarah Ladwig | W60 | 21:21.02 |

5000m walk

| | | |
|-----------------|-----|----------|
| Sonia Tingay | W40 | 37:39.76 |
| Karyn Tolardo | W45 | 31:14.47 |
| Cheryl-Lee Dean | W45 | 33:06.38 |
| Wendy Farrow | W45 | 34:16.12 |
| Robin King | W55 | 28:36.04 |
| Elaine Dance | W60 | 38:27.48 |
| Lorna Lauchlan | W80 | 43:18.95 |



GARRY HASTIE



ROBIN KING



ELAINE DANCE and JOHN SMITH

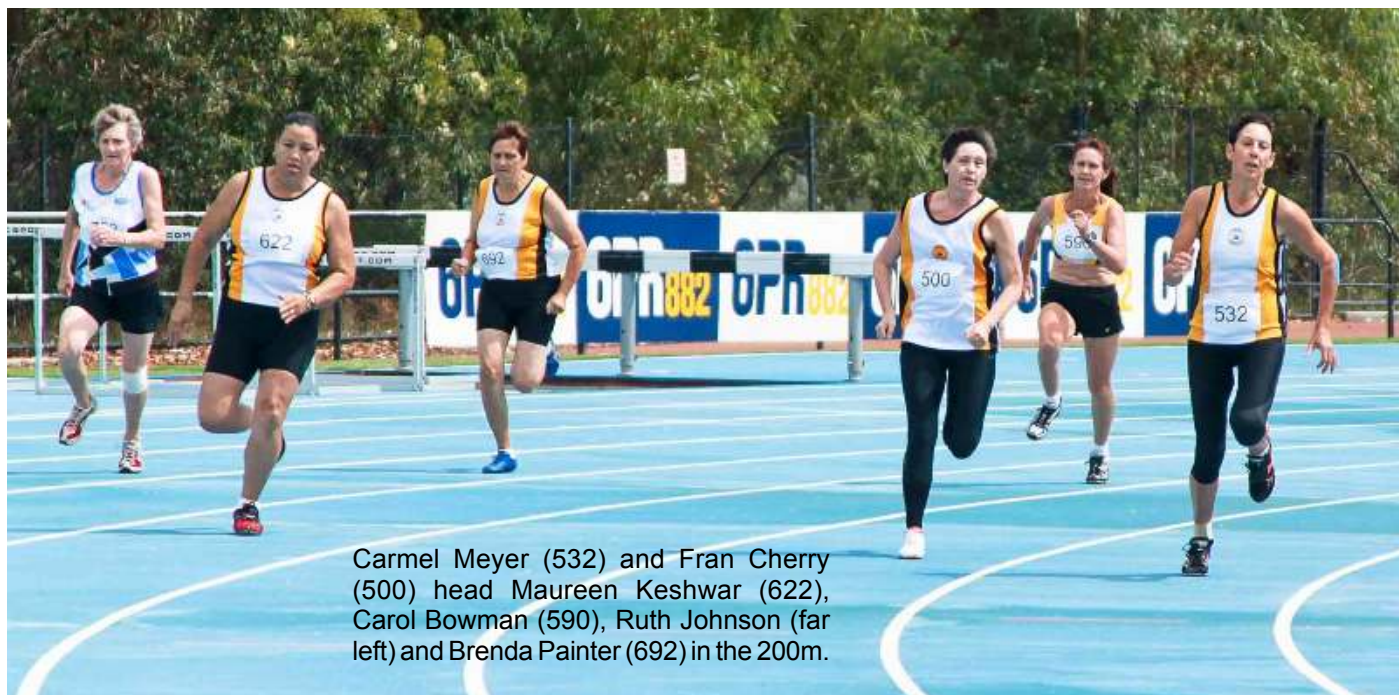


KARYN TOLARDO



DANIEL LOWE

2014 State Athletics Championships



Carmel Meyer (532) and Fran Cherry (500) head Maureen Keshwar (622), Carol Bowman (590), Ruth Johnson (far left) and Brenda Painter (692) in the 200m.

200m WOMEN

| | | |
|------------------|-----|-------|
| Sally-Anne Smith | W35 | 32.52 |
| Sharon Davis | W40 | 28.01 |
| Vicki Cobby | W40 | 29.67 |
| Lisa Limonas | W45 | 29.89 |
| Sue Bourn | W45 | 31.12 |
| Carmel Meyer | W50 | 31.48 |
| Frances Cherry | W50 | 33.97 |
| Carol Bowman | W55 | 36.94 |
| Maureen Keshwar | W60 | 35.41 |
| Brenda Painter | W65 | 38.57 |
| Ruth Johnson | W70 | 37.98 |

MEN

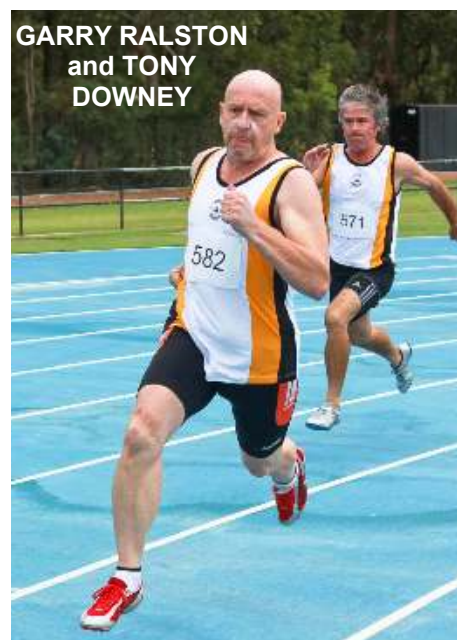
| | | |
|-----------------------|-----|-------|
| Michael Arnatt | M30 | 24.73 |
| Andy Taylor | M35 | 24.43 |
| Maurice Pascal | M40 | 26.28 |
| Kim Thomas | M40 | 29.91 |
| Bernard Riviere | M45 | 25.53 |
| Chris Neale | M45 | 25.77 |
| Mark Elms | M45 | 27.12 |
| Rudy Kocis | M50 | 25.52 |
| Colin Smith | M50 | 26.59 |
| Robert Colton | M50 | 30.64 |
| Garry Ralston | M55 | 26.60 |
| Greg Vander Sanden | M55 | 27.71 |
| Tony Downey | M55 | 29.27 |
| Stephen Fuller | M60 | 28.88 |
| Geoffrey Brayshaw | M60 | 31.89 |
| Nick Miletic | M60 | 33.78 |
| Ivan Brown | M65 | 38.11 |
| Barrie Kernaghan | M70 | 30.18 |
| Peter Gare | M70 | 33.98 |
| David Clive | M75 | 31.76 |
| Leon Sander | M75 | 33.11 |
| Tom Crossen | M75 | 48.92 |
| David Carr | M80 | 34.06 |
| Irwin Barrett-Lennard | M80 | 39.49 |



Bernard Riviere (480) and Chris Neale (455) lead Mark Elms (474).



LISA LIMONAS and
VICKI COBBY



GARRY RALSTON
and TONY
DOWNEY

2014 State Athletics Championships



**DAVID CARR and
MAURICE CREAGH**

Xander van Rijen
leads the field in
the 800m.

800m WOMEN

| | | |
|-------------------|-----|----------|
| Kristy Devereux | W30 | 2:55.96 |
| Rosemary Giles | W35 | 2:40.82 |
| Monique Thomas | W35 | 3:57.87 |
| Sharon Davis | W40 | 2:37.94 |
| Vicki Cobby | W40 | 2:54.79 |
| Niamh Keane | W45 | 2:39.31 |
| Julie Keeley | W45 | 4:31.76 |
| Carmel Meyer | W50 | 2:58.36 |
| Christine Runnion | W50 | 3:39.33 |
| Carol Bowman | W55 | 3:16.21 |
| Margaret Saunders | W60 | *2:48.43 |
| Carolyn Fawcett | W60 | 4:42.63 |
| Valerie Prescott | W70 | 5:38.30 |

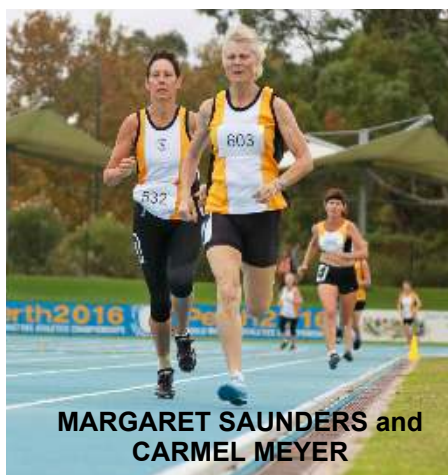
* State record

MEN

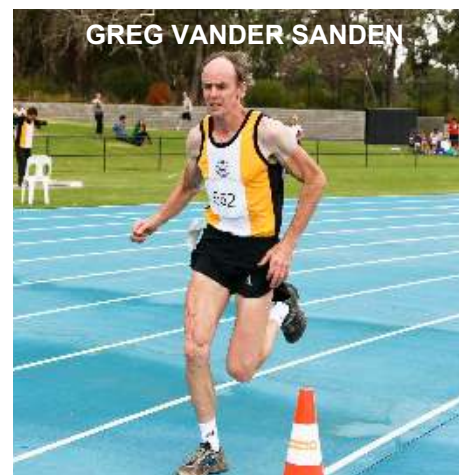
| | | |
|--------------------|-----|---------|
| Kim Thomas | M40 | 2:20.76 |
| Xander van Rijen | M45 | 2:13.23 |
| Andrew Brooker | M45 | 2:23.22 |
| John Collier | M45 | 2:42.80 |
| Ross Keane | M50 | 2:25.60 |
| Mark Dawson | M50 | 2:27.58 |
| Robert Colton | M50 | 2:37.37 |
| Greg Vander Sanden | M55 | 2:28.75 |
| Steve Giles | M55 | 2:33.86 |
| Tony Downey | M55 | 2:45.57 |
| Stephen Fuller | M60 | 2:52.23 |
| Michael Lee | M60 | 2:55.63 |
| Maurice Creagh | M65 | 3:02.50 |
| Ivan Brown | M65 | 3:16.67 |
| Peter Gare | M70 | 3:28.87 |
| Lyle James | M70 | 5:09.23 |
| Leon Sander | M75 | 3:22.93 |
| David Carr | M80 | 2:58.97 |



Rosemary Giles
sets the pace
from Niamh
Keane.



**MARGARET SAUNDERS and
CARMEL MEYER**



GREG VANDER SANDEN

2014 State Athletics Championships



The field sets off in the W35-54 60m event (from left) Fran Cherry, Sue Bourn, Vicki Cobby, Zuzana Pastuskova and Sally-Anne Smith...

60m WOMEN

| | | |
|-------------------|-----|-------|
| Zuzana Pastuskova | W35 | 8.68 |
| Sally-Anne Smith | W35 | 9.39 |
| Vicki Cobby | W40 | 9.09 |
| Sue Bourn | W45 | 9.12 |
| Frances Cherry | W50 | 9.51 |
| Carmel Meyer | W50 | 9.62 |
| Barbara Dearden | W55 | 9.75 |
| Carol Bowman | W55 | 11.16 |
| Maureen Keshwar | W60 | 10.09 |
| Barbara Wilson | W60 | 10.81 |
| Brenda Painter | W65 | 10.89 |
| Ruth Johnson | W70 | 11.23 |

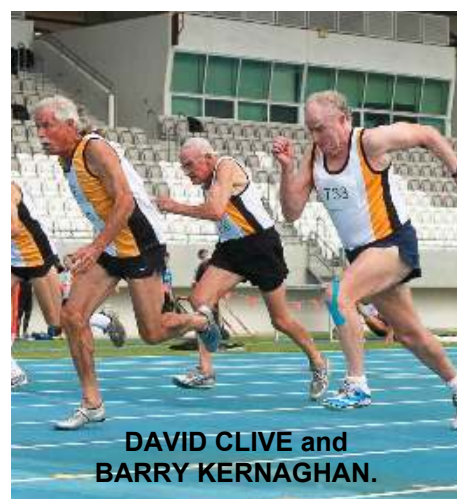
MEN

| | | |
|-------------------|-----|-------|
| Michael Arnatt | M30 | 7.55 |
| Andy Taylor | M35 | 7.56 |
| Robert Colling | M40 | 7.44 |
| Maurice Pascal | M40 | 8.15 |
| Bernard Riviere | M45 | 7.75 |
| Greg Brennan | M45 | 8.14 |
| Kevin Collins | M45 | 12.25 |
| Rudy Kocis | M50 | 7.62 |
| Colin Smith | M50 | 8.20 |
| Brian Feutrill | M50 | 8.47 |
| Garry Ralston | M55 | 7.94 |
| Campbell Till | M55 | 9.02 |
| Tony Downey | M55 | 9.05 |
| Geoffrey Brayshaw | M60 | 8.99 |
| Stephen Fuller | M60 | 9.01 |
| Nick Miletic | M60 | 10.40 |
| Barrie Kernaghan | M70 | 9.19 |
| Peter Gare | M70 | 10.23 |
| Lyle James | M70 | 13.63 |
| David Clive | M75 | 9.18 |
| Leon Sander | M75 | 10.50 |
| Tom Crossen | M75 | 12.79 |
| David Carr | M80 | 11.21 |

Garry Ralston (582) and Campbell Till (561) battle for the lead.



CAROL BOWMAN and BARBARA DEARDEN



DAVID CLIVE and BARRY KERNAGHAN.

2014 State Athletics Championships



Niamh Keane (492) and Sally-Anne Smith (371) set the pace in the 1500m.



GREG VANDER SANDEN and BJORN DYBDAHL



Rob Nichols (362) leads from Kim Thomas (404), Tony Smith (372), Ross Keane (522) and Rob Colton (501).

1500m WOMEN

| | | |
|-------------------|-----|---------|
| Sally-Anne Smith | W35 | 5:56.22 |
| Monique Thomas | W35 | 8:00.41 |
| Niamh Keane | W45 | 5:26.64 |
| Julie Keeley | W45 | 9:36.02 |
| Christine Runnion | W50 | 7:39.04 |
| Carey Dickason | W60 | 7:19.42 |
| Carolyn Fawcett | W60 | 9:25.18 |

MEN

| | | |
|-----------------|-----|---------|
| Rob Nichols | M35 | 4:39.45 |
| Tony Smith | M35 | 4:55.54 |
| David Adams | M35 | 5:39.02 |
| Kim Thomas | M40 | 4:47.40 |
| John Collier | M45 | 5:47.45 |
| Dante Giacomini | M45 | 6:30.93 |

| | | |
|--------------------|-----|----------|
| Mark Dawson | M50 | 4:57.73 |
| Ross Keane | M50 | 4:58.49 |
| Robert Colton | M50 | 5:12.84 |
| Colin Shaw | M50 | 5:37.89 |
| Greg Vander Sanden | M55 | 5:05.93 |
| Michihito Muroi | M55 | 5:36.20 |
| Bruce McGeorge | M55 | 6:02.41 |
| Giovanni Puglisi | M60 | 5:14.89 |
| Bjorn Dybdahl | M60 | 5:26.13 |
| Mark Hewitt | M60 | 6:01.17 |
| Frank Price | M60 | 8:23.20 |
| Jim Langford | M65 | 6:02.74 |
| Maurice Creagh | M65 | 6:11.14 |
| Bert Carse | M70 | 5:37.01 |
| Lyle James | M70 | 10:35.05 |
| David Carr | M80 | 6:32.51 |
| Cecil Walkley | M80 | 11:34.91 |

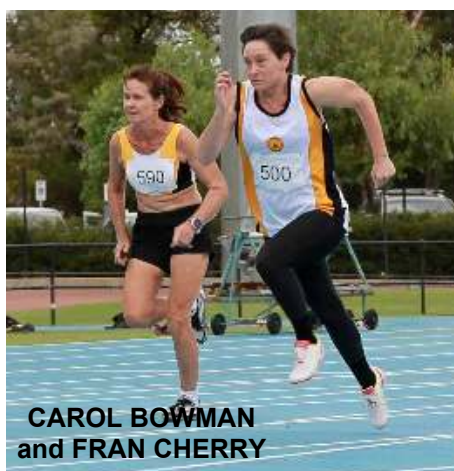


DAVID CARR

2014 State Athletics Championships



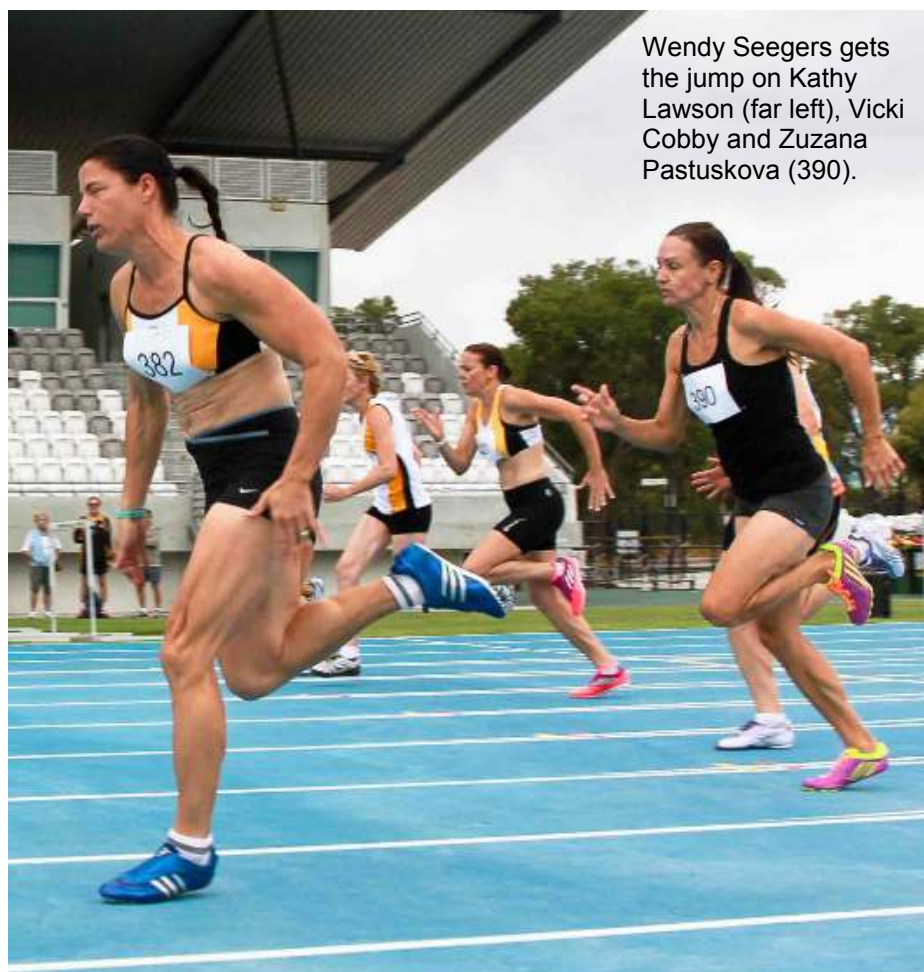
The field blasts off in the M30-44 100m (from left) Kim Thomas, Maurice Pascal, Andy Fraser and Michael Arnatt.



**CAROL BOWMAN
and FRAN CHERRY**



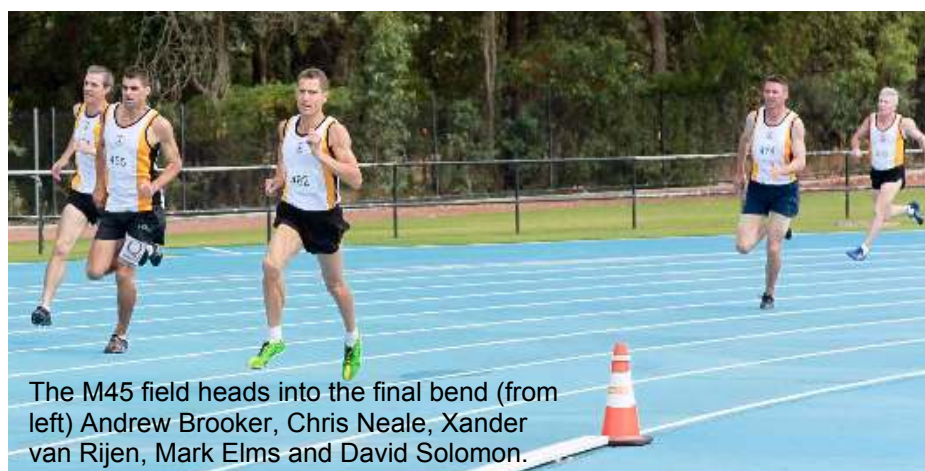
RUDY KOCIS



Wendy Seegers gets the jump on Kathy Lawson (far left), Vicki Cobby and Zuzana Pastuskova (390).

| 100m | | | | | | | | |
|-------------------|-----|-------|-----------------|-----|-------|-----------------------|-----|-------|
| WOMEN | | | | | | | | |
| Wendy Seegers | W35 | 12.53 | Brenda Painter | W65 | 17.75 | Tony Downey | M55 | 14.81 |
| Zuzana Pastuskova | W35 | 14.05 | Ruth Johnson | W70 | 18.23 | Stephen Fuller | M60 | 14.44 |
| Sally-Anne Smith | W35 | 15.42 | MEN | | | Geoffrey Brayshaw | M60 | 14.81 |
| Vicki Cobby | W40 | 14.59 | Michael Arnatt | M30 | 12.11 | Mark Hewitt | M60 | 15.10 |
| Sue Bourn | W45 | 14.78 | Andy Taylor | M35 | 11.93 | Nick Miletic | M60 | 16.36 |
| Kathy Lawson | W45 | 14.79 | Maurice Pascal | M40 | 12.93 | Robert Fawcett | M60 | 19.58 |
| Carmel Meyer | W50 | 15.30 | Kim Thomas | M40 | 14.73 | Barrie Kernaghan | M70 | 15.41 |
| Frances Cherry | W50 | 15.74 | Bernard Riviere | M45 | 12.39 | Peter Gare | M70 | 16.57 |
| Barbara Dearden | W55 | 15.53 | Chris Neale | M45 | 12.54 | Lyle James | M70 | 22.22 |
| Carol Bowman | W55 | 18.31 | Rudy Kocis | M50 | 12.23 | David Clive | M75 | 14.89 |
| Maureen Keshwar | W60 | 16.35 | Colin Smith | M50 | 13.18 | Leon Sander | M75 | 15.87 |
| | | | Robert Colton | M50 | 14.99 | Tom Crossen | M75 | 20.88 |
| | | | Garry Ralston | M55 | 12.93 | Irwin Barrett-Lennard | M80 | 18.76 |

2014 State Athletics Championships



| 400m | | | MEN | | | | | |
|-------------------|-----|---------|---------------------|-----|---------|-----------------------|-----|---------|
| WOMEN | | | | | | | | |
| Kristy Devereux | W30 | 1:10.70 | David Adams | M35 | 1:10.13 | Campbell Till | M55 | 59.30 |
| Wendy Seegers | W35 | 59.98 | Xander van Rijen | M45 | 57.44 | Greg Vander Sanden | M55 | 1:01.98 |
| Sally-Anne Smith | W35 | 1:11.78 | Chris Neale | M45 | 58.97 | Tony Downey | M55 | 1:07.85 |
| Vicki Cobby | W40 | 1:07.52 | Andrew Brooker | M45 | 1:00.21 | Stephen Fuller | M60 | 1:06.37 |
| Sue Bourn | W45 | 1:11.13 | Mark Elms | M45 | 1:02.63 | Robert Fawcett | M60 | 1:38.64 |
| Carmel Meyer | W50 | 1:10.92 | David Solomon | M45 | 1:04.04 | Maurice Creagh | M65 | 1:22.02 |
| Carol Bowman | W55 | 1:21.79 | Colin Smith | M50 | 59.17 | Barrie Kernaghan | M70 | 1:17.36 |
| Margaret Saunders | W60 | 1:14.47 | Mark Dawson | M50 | 1:04.60 | Peter Gare | M70 | 1:25.37 |
| Carolyn Fawcett | W60 | 2:00.89 | Robert Colton | M50 | 1:07.81 | Lyle James | M70 | 2:23.53 |
| Ruth Johnson | W70 | 1:31.80 | John Dennehy | M50 | 1:19.24 | Leon Sander | M75 | 1:16.02 |
| | | | Chris Van der Merwe | M50 | 1:21.91 | David Carr | M80 | 1:16.68 |
| | | | | | | Irwin Barrett-Lennard | M80 | 1:39.06 |

2014 State Athletics Championships

Rudy Kocis tackles the 100m hurdles.



ANDREW BROOKER



VICKI COBBY



GREG WILSON



BRIAN FEUTRILL



NICK MILETIC

WOMEN

80m hurdles

| | | |
|----------------|-----|-------|
| Vicki Cobby | W40 | 14.82 |
| Barbara Wilson | W60 | 21.84 |
| Ruth Johnson | W70 | 25.10 |

200m hurdles

| | | |
|--------------|-----|-------|
| Ruth Johnson | W70 | 48.64 |
|--------------|-----|-------|

400m hurdles

| | | |
|--------------|-----|---------|
| Sharon Davis | W40 | 1:10.27 |
| Vicki Cobby | W40 | 1:16.69 |

MEN

100m hurdles

| | | |
|----------------|-----|-------|
| Brian Feutrill | M50 | 17.01 |
| Rudy Kocis | M50 | 18.56 |
| Greg Wilson | M65 | 23.72 |

400m hurdles

| | | |
|----------------|-----|---------|
| Andrew Brooker | M45 | 1:07.05 |
| Chris Neale | M45 | 1:11.01 |
| Mark Elms | M45 | 1:30.16 |
| Brian Feutrill | M50 | 1:08.16 |
| Campbell Till | M55 | 1:10.36 |

300m hurdles

| | | |
|--------------|-----|---------|
| Nick Miletic | M60 | 1:07.61 |
| Greg Wilson | M65 | 1:07.09 |

2014 State Athletics Championships



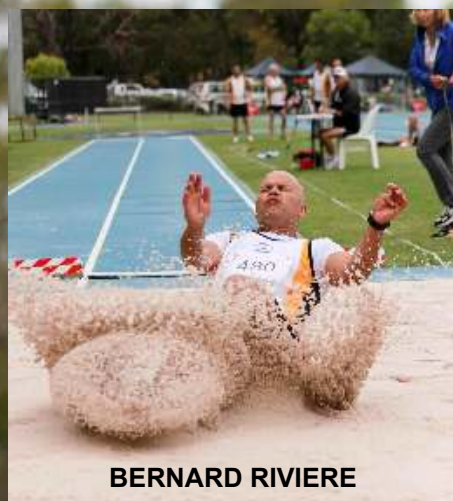
| Javelin | | | WOMEN | | | | | |
|-----------------------|-----|--------|-------------------|-----|--------|---------------------|-----|--------|
| | | | Carolyn Fawcett | W60 | 12.51m | Chris Van der Merwe | M50 | 25.64m |
| | | | June Streeter | W60 | 9.86m | Thomas Gravestock | M55 | 26.67m |
| Aliimau Matautia | W40 | 24.75m | Beverley Hamilton | W65 | 15.53m | Geoffrey Brayshaw | M60 | 32.42m |
| Paula Kennedy | W45 | 27.03m | Valerie Prescott | W70 | 11.73m | Stephen Fuller | M60 | 32.17m |
| Suzanne Coate | W45 | 22.32m | MEN | | | Mark Hewitt | M60 | 25.22m |
| Carmel Meyer | W50 | 18.67m | Malcolm Clarke | M40 | 40.53m | Robert Fawcett | M60 | 17.47m |
| Michelle Link | W50 | 18.62m | Todd Davey | M45 | 36.26m | Stan Selby | M65 | 36.15m |
| Kate Glass | W60 | 18.34m | Roger Ditewig | M50 | 40.46m | Greg Wilson | M65 | 26.92m |
| Barbara Wilson | W60 | 18.26m | Garry Hastie | M50 | 33.43m | Bob Fergie | M75 | 21.42m |
| Elizabeth Szczepanska | W60 | 17.07m | Wayne Rubick | M50 | 29.29m | Bob Chalmers | M75 | 15.90m |

2014 State Athletics Championships





MAURICE PASCAL



BERNARD RIVIERE



GARRY RALSTON

Colin Smith gets airborne in the long jump.



GAY WYATT



LISA LIMONAS



VICKI COBBY

WOMEN

Long Jump

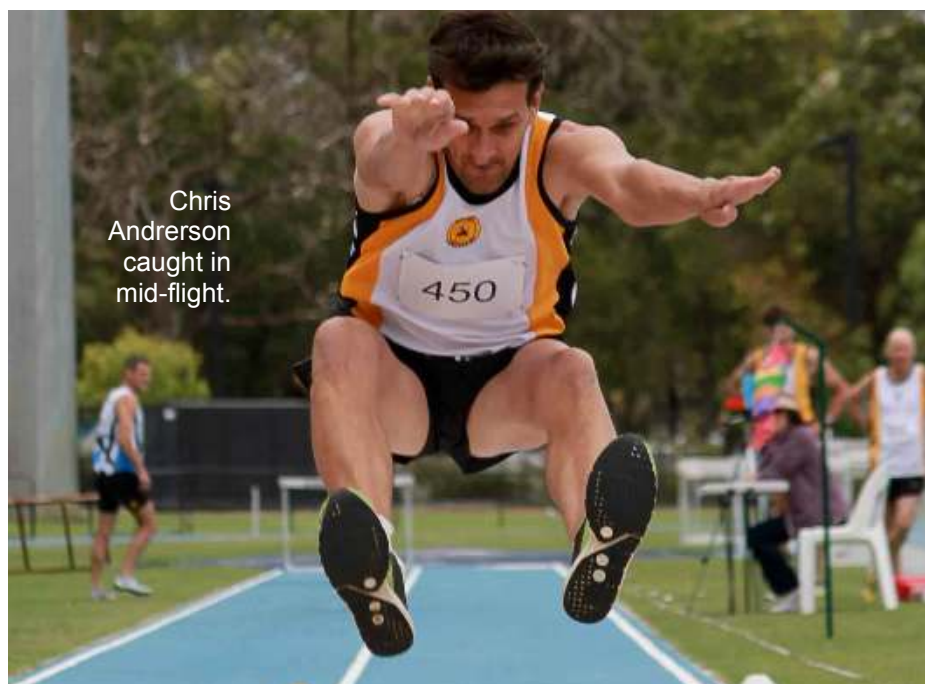
| | | |
|-----------------|-----|-------|
| Vicki Cobby | W40 | 4.23m |
| Lisa Limonas | W45 | 4.35m |
| Frances Cherry | W50 | 3.45m |
| Barbara Wilson | W60 | 3.26m |
| Gay Wyatt | W60 | 3.23m |
| Carey Dickason | W60 | 2.52m |
| Carolyn Fawcett | W60 | 2.04m |
| Brenda Painter | W65 | 2.69m |
| Ruth Johnson | W70 | 3.10m |

MEN

Long Jump

| | | |
|-------------------|-----|-------|
| Maurice Pascal | M40 | 5.53m |
| Bernard Riviere | M45 | 5.64m |
| Chris Neale | M45 | 5.34m |
| Mark Elms | M45 | 4.71m |
| Brian Feutrill | M50 | 5.07m |
| Colin Smith | M50 | 4.35m |
| Wayne Rubick | M50 | 3.40m |
| Garry Ralston | M55 | 5.21m |
| Thomas Gravestock | M55 | 3.99m |
| Mark Hewitt | M60 | 4.59m |
| Geoffrey Brayshaw | M60 | 4.34m |
| Robert Fawcett | M60 | 2.21m |
| David Clive | M75 | 4.14m |
| Leon Sander | M75 | 3.38m |

2014 State Athletics Championships



| MEN | | |
|--------------------|-----|--------|
| Triple Jump | | |
| Chris Anderson | M45 | 11.13m |
| Chris Neale | M45 | 11.01m |
| Brian Feutrill | M50 | 10.70m |
| Colin Smith | M50 | 9.16m |
| Robert Colton | M50 | 7.36m |
| Thomas Gravestock | M55 | 8.74m |
| Geoffrey Brayshaw | M60 | 8.79m |
| Leon Sander | M75 | 7.20m |

2014 State Athletics Championships



Damien Hanson looks on as Bev Hamilton dances across the circle in the weight throw.



ALIIMAU MATAUTIA



CARMEL MEYER



KATE GLASS



BYRONY GLASS

WOMEN

Hammer

| | | |
|-----------------------|-----|--------|
| Byrony Glass | W35 | 49.55m |
| Aliimau Matautia | W40 | 25.60m |
| Paula Kennedy | W45 | 25.00m |
| Michelle Link | W50 | 16.05m |
| Elizabeth Szczepanska | W60 | 29.64m |
| Kate Glass | W60 | 28.16m |
| Carey Dickason | W60 | 17.51m |
| June Streeter | W60 | 14.48m |
| Beverley Hamilton | W65 | 25.82m |
| Ruth Johnson | W70 | 17.48m |

Discus

| | | |
|------------------|-----|--------|
| Byrony Glass | W35 | 33.34m |
| Aliimau Matautia | W40 | 27.28m |
| Sandra Siviour | W40 | 14.68m |

| | | |
|-----------------------|-----|--------|
| Paula Kennedy | W45 | 24.64m |
| Suzanne Coate | W45 | 23.08m |
| Michelle Link | W50 | 14.80m |
| Elizabeth Szczepanska | W60 | 23.06m |
| Kate Glass | W60 | 20.49m |
| Barbara Wilson | W60 | 14.01m |
| June Streeter | W60 | 12.84m |
| Carolyn Fawcett | W60 | 10.78m |
| Beverley Hamilton | W65 | 22.05m |
| Valerie Prescott | W70 | 13.40m |

Shot

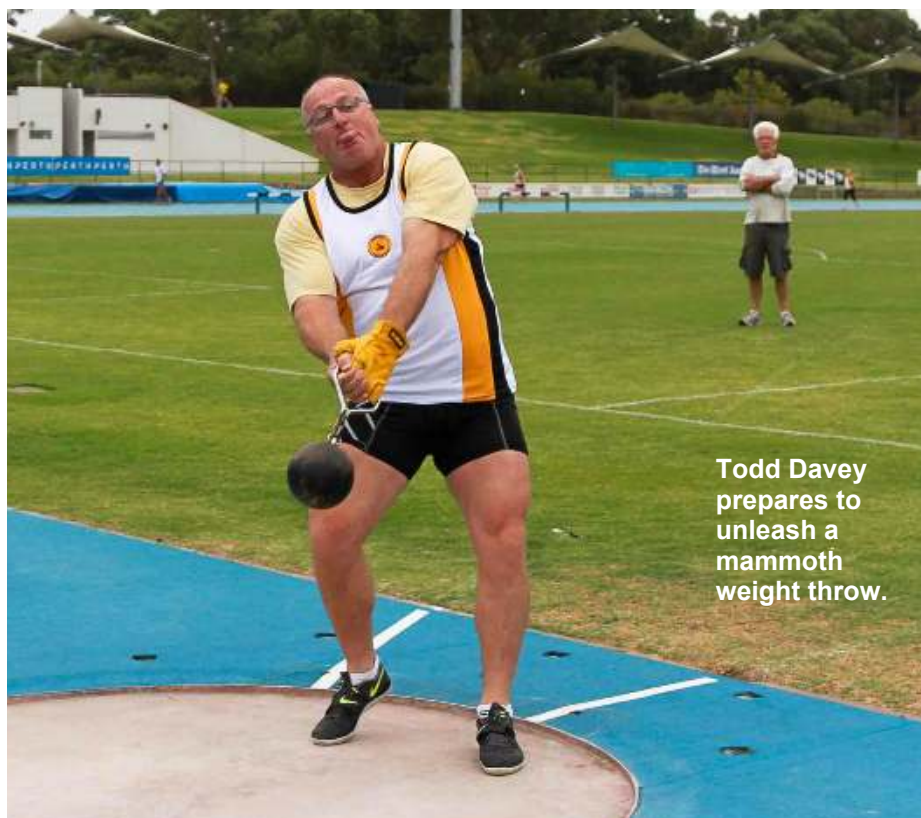
| | | |
|------------------|-----|--------|
| Byrony Glass | W35 | 11.07m |
| Aliimau Matautia | W40 | 9.03m |
| Vicki Cobby | W40 | 8.63m |
| Sandra Siviour | W40 | 7.50m |
| Paula Kennedy | W45 | 9.26m |
| Carmel Meyer | W50 | 6.75m |

| | | |
|-----------------------|-----|-------|
| Michelle Link | W50 | 4.98m |
| Kate Glass | W60 | 8.47m |
| Elizabeth Szczepanska | W60 | 8.15m |
| Barbara Wilson | W60 | 6.75m |
| June Streeter | W60 | 5.54m |
| Beverley Hamilton | W65 | 7.54m |

Weight

| | | |
|-----------------------|-----|--------|
| Byrony Glass | W35 | 15.97m |
| Aliimau Matautia | W40 | 8.81m |
| Paula Kennedy | W45 | 9.00m |
| Michelle Link | W50 | 5.55m |
| Kate Glass | W60 | 11.19m |
| Elizabeth Szczepanska | W60 | 10.25m |
| June Streeter | W60 | 6.68m |
| Beverley Hamilton | W65 | 10.31m |
| Ruth Johnson | W70 | 6.93m |

2014 State Athletics Championships



Todd Davey prepares to unleash a mammoth weight throw.



TOM GRAVESTOCK



GREG WILSON



ANDREW WARD



CHRIS VAN der MERWE

MEN

Discus

| | | |
|---------------------|-----|--------|
| Malcolm Clarke | M40 | 39.39m |
| Todd Davey | M45 | 38.20m |
| Chris Neale | M45 | 26.22m |
| Roger Ditewig | M50 | 33.31m |
| Andrew Ward | M50 | 31.03m |
| Chris Van der Merwe | M50 | 22.74m |
| Thomas Gravestock | M55 | 33.50m |
| Geoffrey Brayshaw | M60 | 32.49m |
| Stephen Fuller | M60 | 30.34m |
| Nick Miletic | M60 | 25.10m |
| Robert Fawcett | M60 | 21.01m |
| Greg Wilson | M65 | 30.41m |
| Peter Gare | M70 | 26.51m |
| Leon Sander | M75 | 23.29m |

| | | |
|-----------------|-----|--------|
| Bob Fergie | M75 | 20.81m |
| Bob Chalmers | M75 | 15.98m |
| Jeffrey Whittam | M75 | 14.74m |

Hammer

| | | |
|-------------------|-----|--------|
| Malcolm Clarke | M40 | 31.86m |
| Todd Davey | M45 | 31.15m |
| Wayne Rubick | M50 | 22.51m |
| Thomas Gravestock | M55 | 34.11m |
| Bob Fergie | M75 | 25.35m |
| Jeffrey Whittam | M75 | 18.00m |
| Bob Chalmers | M75 | 17.07m |

Shot

| | | |
|----------------|-----|--------|
| Malcolm Clarke | M40 | 12.20m |
| Todd Davey | M45 | 12.03m |
| Roger Ditewig | M50 | 10.15m |

| | | |
|---------------------|-----|-------|
| Chris Van der Merwe | M50 | 9.26m |
| Wayne Rubbick | M50 | 8.45m |
| Thomas Gravestock | M55 | 9.49m |
| Greg Wilson | M65 | 9.26m |
| Michael Anderson | M65 | 5.82m |
| Bob Fergie | M75 | 7.66m |
| Bob Chalmers | M75 | 6.80m |
| Jeffrey Whittam | M75 | 5.45m |

Weight

| | | |
|-------------------|-----|--------|
| Todd Davey | M45 | 11.02m |
| Andrew Ward | M50 | 9.36m |
| Thomas Gravestock | M55 | 10.56m |
| Bob Fergie | M75 | 9.34m |
| Jeffrey Whittam | M75 | 7.59m |
| Bob Chalmers | M75 | 6.46m |

Lift off



THE new blue track at West Australian Athletic Stadium was the venue for the early events of the State Athletic Championships with the pentathlons on March 15, the outdoor event in the morning and the weight events in the afternoon.

It was the turn of the distance runners at Ern Clark Athletic Centre the following Thursday for the 10,000m.

On Tuesday, March 25 competition returned to WAAS for the 2000m and 3000m steeplechase events.

Carmel Meyer takes off from the board in the long jump of the women's pentathlon held at WAAS.

2014 State Athletics Championships



Sue Bourn (4), Chris Mayer and Bernadette Benson run past the finish line on the first lap.



TODD INGRAHAM



ANTE PERDIJA



BERNADETTE BENSON



ROB NICHOLS

Women's 10,000m

Thursday, March 20- ECAC

| | | |
|-------------------|-----|-----------------|
| Monique Thomas | W35 | 64:26.0 |
| Bernadette Benson | W40 | 41:11.0 |
| Trisha Farr | W40 | 44:41.0 |
| Sue Bourn | W45 | 46:58.8 |
| Jo Clarkson | W55 | 45:09.5 |
| Sue Zlnay | W50 | *43:54.3 |
| | | * after 24 laps |

(All times hand held)

Men's 10,000m

| | | |
|-----------------------|-----|---------|
| Rob Nichols | M35 | 35:35.7 |
| Todd Ingraham | M40 | 34:37.2 |
| Kim Thomas | M40 | 37:10.5 |
| Ante Perdiija | M40 | 40:51.4 |
| David Solomon | M45 | 40:28.8 |
| Matthew Fogarty | M50 | 40:48.2 |
| Ross Keane | M50 | 42:17.9 |
| Mark Dawson | M50 | 43:17.2 |
| Michihito Muroi | M55 | 42:16.4 |
| Daniel Sheehan | M60 | 40:59.1 |
| Giovanni Puglisi | M60 | 41:10.9 |
| Bjorn Dybdahl | M60 | 41:44.2 |
| Christopher Maher | M60 | 41:50.3 |
| Michael Lee | M60 | 46:14.9 |
| Milton Mavrick | M60 | 48:17.9 |
| Frank Price | M60 | 58:38.0 |
| Jim Langford | M65 | 42:57.1 |
| Keith Miller | M65 | 45:43.5 |
| Bert Carse | M70 | 45:40.7 |
| John Oldfield | M70 | 47:33.0 |
| Bob Schickert | M70 | 59:41.8 |
| Irwin Barrett-Lennard | M80 | 60:11.9 |

(All times hand held)

2014 State Athletics Championships



GEOFF BRAYSHAW



**COLIN SMITH and
GARRY HASTIE**

MAIN PHOTO: Chris Neale prepares to throw the discus.



Men's pentathlon

WAAS – Saturday, March 15

| | | |
|-----------------------|-----|------|
| Steve Chilcott | M30 | 2554 |
| Paul Jeffery | M40 | 3639 |
| Mark Jeffery | M40 | 3084 |
| Kim Thomas | M40 | 2318 |
| Geoff Bailey | M40 | 1449 |
| Andrew Brooker | M45 | 3127 |
| Chris Neale | M45 | 2901 |
| Mark Elms | M45 | 2109 |
| Garry Hastie | M50 | 2230 |
| Craig Van Waardenburg | M50 | 2197 |
| Colin Smith | M50 | 1988 |
| Robert Colton | M50 | 1937 |
| Wayne Rubick | M50 | 1465 |
| Thomas Gravestock | M55 | 1699 |
| Stephen Fuller | M60 | 2920 |
| Geoffrey Brayshaw | M60 | 2284 |
| Nick Miletic | M60 | 1233 |
| Robert Fawcett | M60 | 696 |
| Peter Gare | M70 | 2271 |
| Leon Sander | M75 | 2371 |



Sue Bourn sends the sand flying in the long jump.



FRAN CHERRY

Women's pentathlon

WAAS – Saturday, March 15

| | | |
|-----------------|-----|------|
| Sue Bourn | W45 | 2235 |
| Carmel Meyer | W50 | 2563 |
| Frances Cherry | W50 | 1993 |
| Carolyn Fawcett | W60 | 895 |
| Lynne Schickert | W70 | 1371 |

2014 State Athletics Championships



**ANDREW
WARD**

**MAIN PHOTO: Tom
Gravestock steps
around the circle in
the hammer**



Men's throws Pentathlon

Saturday, March 15 – WAAS

| | | |
|-----------------------|-----|------|
| Steve Chilcott | M30 | 2251 |
| Geoff Bailey | M40 | 1446 |
| Craig Van Waardenburg | M50 | 2651 |
| Andrew Ward | M50 | 2263 |
| Thomas Gravestock | M55 | 2804 |
| Bob Fergie | M75 | 2397 |
| Jeffrey Whittam | M75 | 1593 |



**Bev Hamilton
winds up to launch
the hammer.**

Women's throws Pentathlon

Saturday, March 15 –WAAS

| | | |
|-------------------|-----|------|
| Byrony Glass | W35 | 3355 |
| Kate Glass | W60 | 3037 |
| Beverley Hamilton | W65 | 3272 |



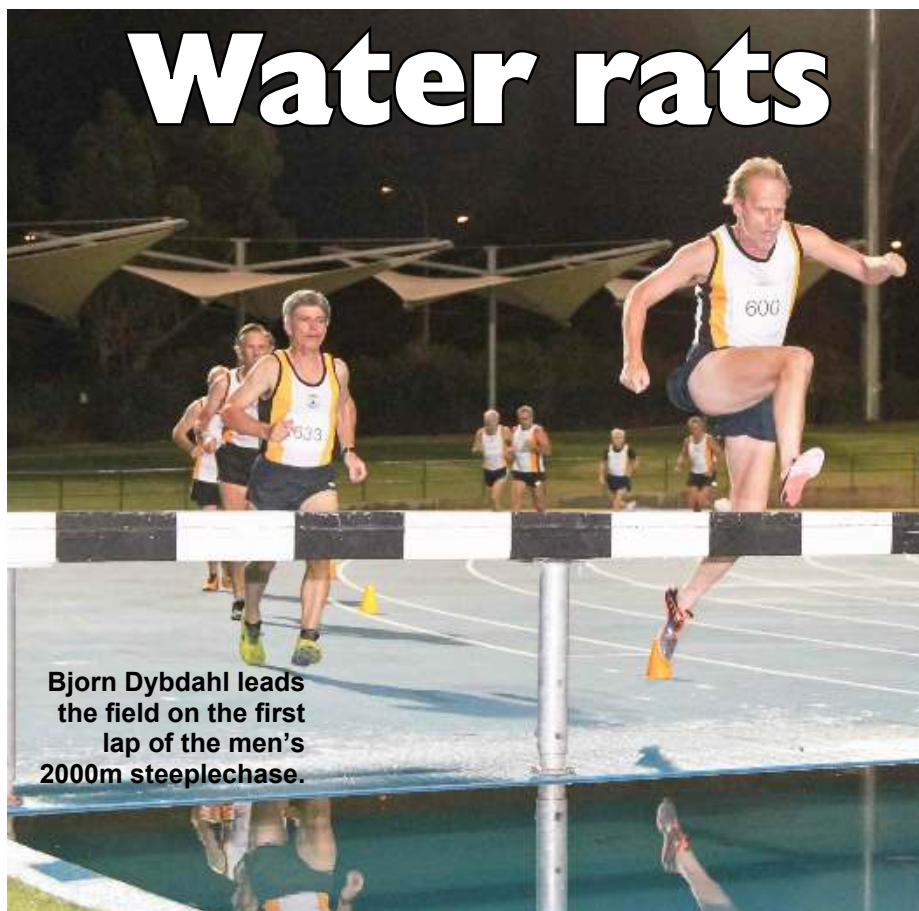
**CRAIG VAN
WAARDENBURG**



KATE GLASS

2014 State Athletics Championships

Water rats



Bjorn Dybdahl leads the field on the first lap of the men's 2000m steeplechase.

Men's steeplechase 3000m

Tuesday, March 25 – WAAS

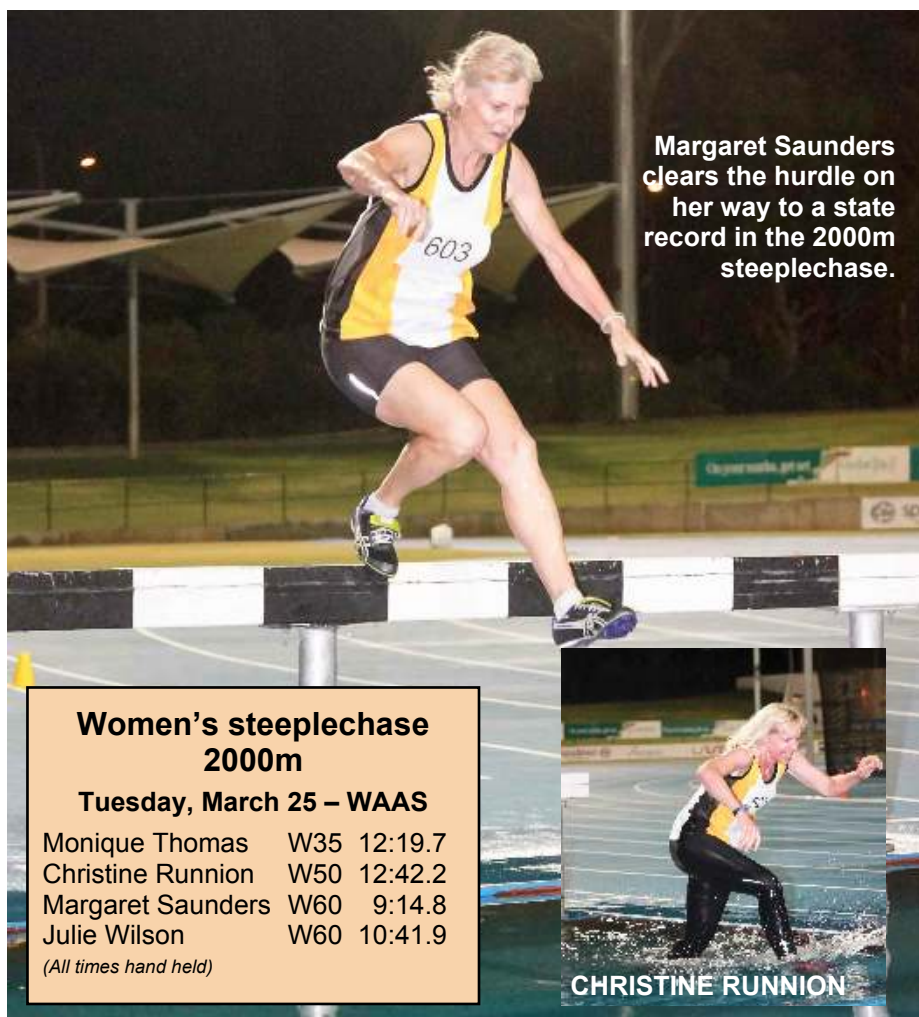
| | | |
|---------------|-----|---------|
| Rob Nichols | M35 | 10:42.5 |
| Kim Thomas | M40 | 11:39.9 |
| Ante Perdija | M40 | 12:39.8 |
| Robert Colton | M50 | 13:59.8 |
| Colin Shaw | M50 | 14:38.2 |

(All times hand held)

2000m

| | | |
|------------------|-----|---------|
| Bjorn Dybdahl | M60 | 7:54.3 |
| Giovanni Puglisi | M60 | 8:00.4 |
| Michael Lee | M60 | 9:37.0 |
| Maurice Creagh | M65 | 9:44.7 |
| Greg Wilson | M65 | 10:57.7 |
| Bert Carse | M70 | 9:08.9 |
| John Oldfield | M70 | 9:46.0 |
| David Carr | M80 | 10:25.7 |
| Cecil Walkley | M80 | 20:03.1 |

(All times hand held)



Margaret Saunders clears the hurdle on her way to a state record in the 2000m steeplechase.

Women's steeplechase 2000m

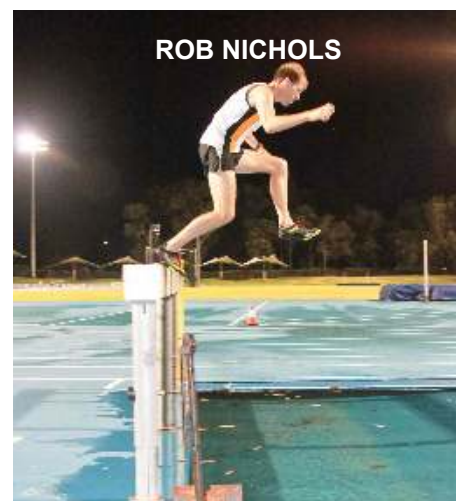
Tuesday, March 25 – WAAS

| | | |
|-------------------|-----|---------|
| Monique Thomas | W35 | 12:19.7 |
| Christine Runnion | W50 | 12:42.2 |
| Margaret Saunders | W60 | 9:14.8 |
| Julie Wilson | W60 | 10:41.9 |

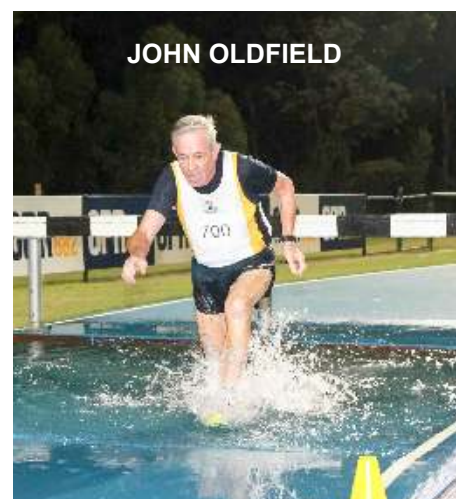
(All times hand held)



CHRISTINE RUNNION



ROB NICHOLS



JOHN OLDFIELD



All eyes



Taking a break

