

TFNL



Season 7 Issue 5

MARCH 2014



Steve Moneghetti runs past the rose bushes on the first lap of the 8km cross country.

Oceania
Games
special

Master Moneghetti

**Medal count
Individual medals**

	G	S	B
Don Chambers	8	4	1
Todd Davey	5		1
Greg Wilson	3	1	2
Tom Gravestock	2		3
Julie Wilson	2		2
Lynne Choate	2	1	
Lynne Schickert	1	5	
Vicky Cobby	1	4	1
Cathy McCloskey	1	3	
Carol Bowman	1	3	
Bev Hamilton	1	2	3
Rudy Kocis	1	2	
David Smyth	1	2	
Margaret Saunders	1	2	
Andrew Brooker	1	1	1
Ray Hall		2	
Ross Keane		1	
Bob Schickert		1	
Ed Wall		1	
Bjorn Dybdahl			3
Steve Fuller			2
Greg Brennan			1
Ivan Brown			1
Karen Peace			1
Total	31	35	22

Relay medals

	G	S	B
Lynne Choate	1	1	
Vicky Cobby		1	1
Carol Bowman		1	
Margaret Saunders		1	
Nick Miletic			2

Cathy McCloskey gets airborne as she strides out in the 100m.



CAROL BOWMAN



MARGARET SAUNDERS



VICKI COBBY



LYNNE SCHICKERT

- Vicky Cobby
- Cathy McCloskey
- Greg Wilson
- Greg Wilson
- Margaret Saunders
- Margaret Saunders

Bendigo gold rush



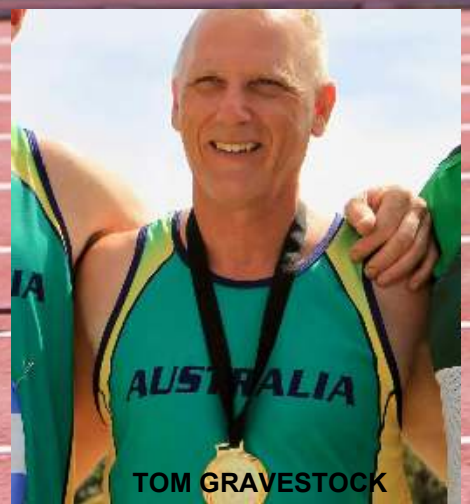
Photo: JEAN HAMPSON

**LYNNE
CHOATE**



Photo: JEAN HAMPSON

TODD DAVEY



TOM GRAVESTOCK

State records

W40	Pentathlon	2540 pts
W50	Pentathlon	2687 pts
M65	High jump	1.46m
M65	Decathlon	4347m
M65	Pole vault	=2.00m
W60	800m	2:50.11
W60	2km steeple	9:28.99

WA team on a high

By PEGGY MACLIVER

WHEN we first arrived in Bendigo the weather was cold and miserable. Our esteemed world president forgot his jacket and made a hurried visit to Vinnie's to stock up on warm clothing. The bad weather continued for a couple of days, but the worst aspect was the wind which was extremely strong and unpredictable. This made life very difficult for the competitors as they could start a race with the wind coming from one direction and it would be reversed by the finish. However things calmed down and it gradually became hotter and hotter.....

Bendigo is a beautiful city, a lot of the old buildings have been preserved, this is especially so with the houses. The streets are lined with large shady trees, it is very clean and tidy and most especially graffiti free. We found the Talking Tram to be an informative and pleasant way to see the city. We also paid a visit to the Golden Dragon Museum which had many beautiful examples of the early Chinese migrants who first came to Bendigo during the gold rush. It also housed magnificent Chinese Dragons, which are brought out at festival time. This museum was where one of our female athletes, who had consumed nine hot cross buns during day one of competition, found out she was born in the year of the pig! She hastily assured us they were "mini buns".

At the opening ceremony, after the welcoming speeches, children from the Chinese Society performed for us and this also involved Chinese Dragons. This was excellent entertainment.

The highlight of the cross country, for me, was watching



Steve Moneghetti (far right) with several of MAWA members at the Oceania Games dinner. (From left) Catherine McCloskey, Lynne Choate, Margaret Saunders, Clive Choate, Vicki Cobby, Graeme Dahl and Peggy Macliver.

Steve Moneghetti way out in front thoroughly enjoying himself as he crossed the finishing line well and truly in first place. He said afterwards this was his first run in Masters. Steve also gave the keynote address at the dinner that same

Schickert was the incoming Oceania President to replace Wilma Perkins, who was retiring after spending six years in this role. Lynne also gave an excellent speech. After the dinner some of us West Aussies were taking group photos when

all set new state records in their events. There are probably others that I did not get to watch. As usual there were lots of gold, silver and bronze to WA. The relays were great fun, with much cheering and encouragement from the bystanders. A stand out performance was by Carol Bowman, I have never seen her run as fast as she did in the 100m relay. She was the anchor leg and when she received the baton she was at least 20 metres behind. She rapidly overtook the person in front and then took off in hot pursuit of the leader. She was literally flying. Unfortunately she missed out on the gold medal by centimetres, but was congratulated by all and sundry.

Our West Aussie team was superb and as usual they were either on a high or a low, but thankfully there were more highs than lows.



“A stand out performance was by Carol Bowman, I have never seen her run as fast as she did in the 100m relay.”

night, where he related some of what he thought, were the highlights from his illustrious career. We were also entertained by Greg Champion, who received many laughs for his performance. At this dinner it was announced that Lynne

someone called over Steve and he joined us for the next photo.

I watched the Games, once again as a spectator, and there were some memorable moments. Marg Saunders, Vicki Cobby, Cathy McCloskey and Greg Wilson

2014 Oceania Championships – Bendigo



60m

Lynne Choate sprints towards the finish line.

		60m			
Greg Brennan	M45	8.19	-3.2	4/8	
Cathy McCloskey	W50	8.87	-2.6	SILVER	
Rudy Kocis	M50	8.02	-6.1	SILVER	
Nick Miletic	M60	10.19	-1.6	6/6	
Don Chambers	M75	9.83	2.9	SILVER	
Cathy McCloskey	M50	8.87	-2.6	SILVER	
Lynne Choate	W60	9.27	-0.2	GOLD	



CATHY McCLOSKEY

		100m			
Greg Brennan	M45	13.1	-5.3	BRONZE	
Rudy Kocis	M50	12.5	nwi	SILVER	
Nick Miletic	M60	16.6	nwi	7/7	
Don Chambers	M75	16.2	-5.2	GOLD	
Cathy McCloskey	W50	14.8	-2.5	4/10	
Lynne Choate	W60	15.5	-3.7	GOLD	



100m

RUDY KOCIS



JULIE FORSTER and CATHY McCLOSKEY



LYNNE CHOATE



NICK MILETIC

2014 Oceania Championships – Bendigo

200m



**RUDY
KOCIS**



GREG BRENNAN



Lynne Choate powers on to the main straight on her way to a silver medal in the 200m.

200m

Qualifiers

Greg Brennan M45 26.20 +0.9 Q

finals

Greg Brennan M45 26.22 +1.8 4/7

Rudy Kocis M50 24.54 -0.4 GOLD

Nick Miletic M60 34.33 +1.5 6/6

Don Chambers M75 33.06 nwi 4/5

Lynne Choate W60 31.57 nwi SILVER



VICKI COBBY



400m

Margaret Saunders leads Lynne Choate and the rest of the field in the 400m.



NICK MILETIC



STEVE FULLER

400m

Steve Fuller M60 1:06.35 BRONZE

Nick Miletic M60 1:24.79 8/8

Vicki Cobby W40 1:07.48 5/8

Carol Bowman W55 1:21.52 SILVER

Margaret Saunders W60 1:14.15 SILVER

Lynne Choate W60 1:20.85 4/4

2014 Oceania Championships – Bendigo

800m



800m			
Vicki Cobby	W40	2:43.5	BRONZE
Carol Bowman	W55	3:23.2	SILVER
Margaret Saunders	W60	2:50.11	SILVER

Anna Kasapis leads Lisa Davis and Vicki Cobby.



MARGARET SAUNDERS and JEANNETTE FLYNN



CAROL BOWMAN



BJORN DYBDAHL



MAIN PHOTO:
Ivan Brown heads down the back straight in the 800m.



NICK MILETIC

800m			
Andrew Brooker	M40	2:17.3	SILVER
Nick Miletic	M60	3:37.0	7/7
Bjorn Dybdahl	M60	2:36.1	BRONZE
Ivan Brown	M65	3:04.6	6/8

2014 Oceania Championships – Bendigo



1500m

Peter Sandery leads the field up the back straight.



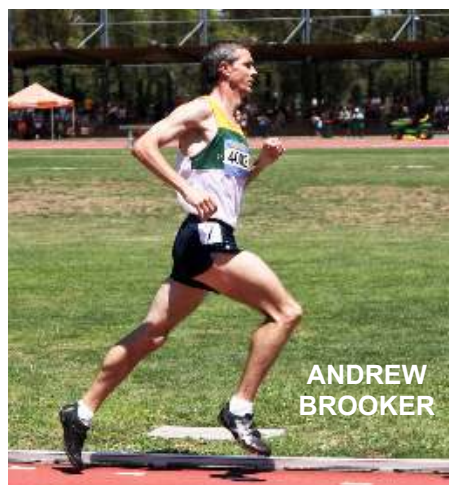
Competitors jostle for position.



IVAN BROWN



BOB SCHICKERT



ANDREW BROOKER

1500m				
Andrew Brooker	M40	4:38.48	BRONZE	
Ivan Brown	M65	6:19.38	5/5	
Bob Schickert	M70	6:47.78	4/5	

2014 Oceania Championships – Bendigo



The field sets off.



5000m

Ivan Brown (6504) looks relaxed with this group.

5000m			
Bjorn Dybdahl	M60	19:46.77	BRONZE
Ed Wall	M60	20:33.09	6/9
Ivan Brown	M65	23:20.69	5/7
Bob Schickert	M70	24:46.71	4/6
Julie Wilson	W60	25:08.75	GOLD



ED WALL



BJORN DYBDAHL



BOB SCHICKERT

Half marathon

Bob Schickert heads out towards the lake in the half marathon.



ED WALL



Half Marathon			
Karen Peace	W40	1:47.43	BRONZE
Ross Keane	M50	1:35.48	SILVER
Bjorn Dybdahl	M60	1:38.00	5/12
Ed Wall	M60	1:31.33	SILVER
Greg Wilson	M65	2:27.42	4/4
Bob Schickert	M70	2:13.16	6/7
Julie Wilson	W60	2:08.19	GOLD



Karen Peace is all smiles as she heads back towards the city.



JULIE WILSON



ROSS KEANE



GREG WILSON



BJORN DYBDAHL

2014 Oceania Championships – Bendigo



Steve Moneghetti leads the field away in front of the grandstands of the Bendigo Horse Racing Club.



ANDREW BROOKER



Cross country

Bjorn Dybdahl runs past the rose garden adjacent to the finish straight of the horse racing track.



JULIE WILSON



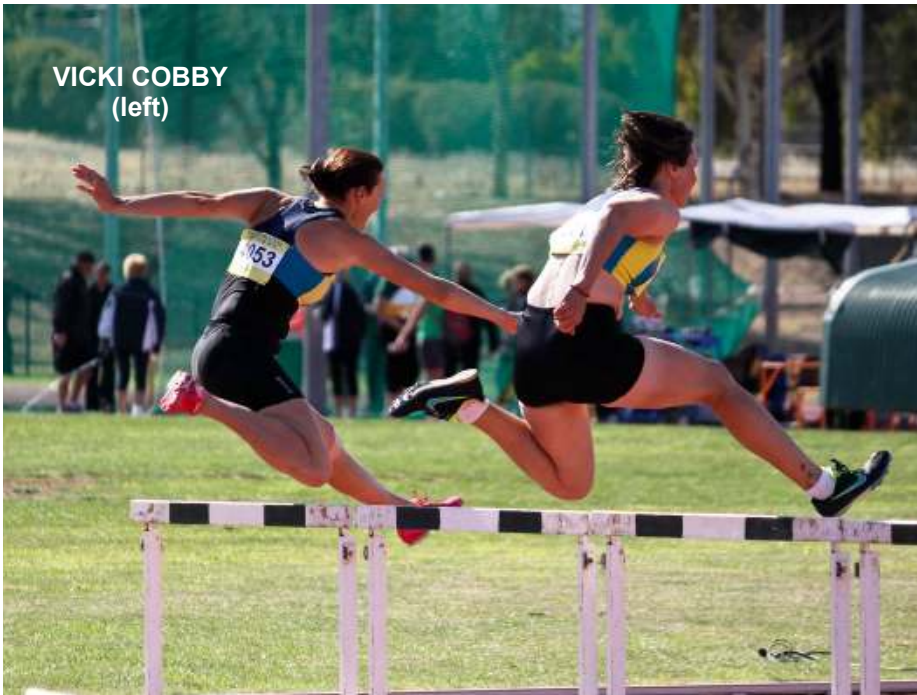
ED WALL



CAROL BOWMAN

8km Cross-country			
Andrew Brooker	M40	31:26.0	GOLD
Bjorn Dybdahl	M60	34:12.0	4/11
Ed Wall	M60	34:43.0	5/11
Bob Schickert	M70	41:46.0	4/6
Carol Bowman	W55	42:59.1	SILVER
Julie Wilson	W60	45:41.2	BRONZE

2014 Oceania Championships – Bendigo



VICKI COBBY
(left)

80m hurdles				
Don Chambers	M75	18.5	-3.7	GOLD
Vicki Cobby	W40	16.52	-6.5	SILVER
400m hurdles				
Vicki Cobby	W40	1:12.84		GOLD
300m hurdles				
Don Chambers	M75	1:04.28		SILVER



DON CHAMBERS

My Games

FOR those who did not enter the Oceania championships in Bendigo, thinking that January would be too hot to compete, then they missed a great event. The first half of the week was so cool, with strong winds, that the Vinnies store did a roaring trade in pre-loved jumpers for the many athletes who did not take warm clothes. Even though it warmed up later in the week, with daylight saving the morning competition schedule was still very pleasant for the distance events of cross country and half marathon. The 10km walk around Rosalind Park was well shaded and the half marathon course of four laps of just over 5km which took in the park and a circuit of the lake was very picturesque.

Oceania championships have quite a different atmosphere to other major

events. They are all about friendly competition with our neighbours from across the ditch and from exotic far flung islands in the South Pacific. There is always a great buzz meeting up with athletes from previous competitions, and Bendigo was no exception. The Athletes Dinner was very well attended with Steve Moneghetti as guest speaker. It was interesting to hear other speakers highlight how being active and fit was a much better outcome for the health of the community, which is what masters athletics is all about.

Amongst all the outstanding Australian performances, all our MAWA members came home as medallists, a great outcome for our club. On a personal note, I came home with five silver and a gold medal from my events, with better performances than in Brazil – those long plane flights do take it out of you! Being involved as an OMA Council member also meant that Bob and I had meetings and the Athletes Forum to attend whilst in Bendigo. WMA President Stan Perkins was in attendance at these too, providing the Council and the athletes with an overview of future WMA championships and activities within the various regions. With Wilma Perkins having finished her term of office as OMA President, it is now my privilege to serve the Council as the incoming President and continue as Oceania representative on the WMA Council.



Bob continues as OMA Secretary, a job in which he excels so I am fortunate to have his support.

So, if you would like a holiday with a difference, mark October 12-16, 2015 in your diary and we will see you in Rarotonga in the Cook Islands for the next OMA championships.

Lynne Schickert

10km road walk

David Smyth	M40	58:30.1	SILVER
Lynne Schickert	W70	1:17:43.9	SILVER

3000m track walk

David Smyth	M40	15:45.09	SILVER
Ray Hall	M80	22:20.09	SILVER
Lynne Schickert	W70	22:28.42	SILVER

5000m track walk

David Smyth	M40	27:35.82	GOLD
Ray Hall	M80	39:22.41	SILVER
Lynne Schickert	W70	37:54.32	SILVER

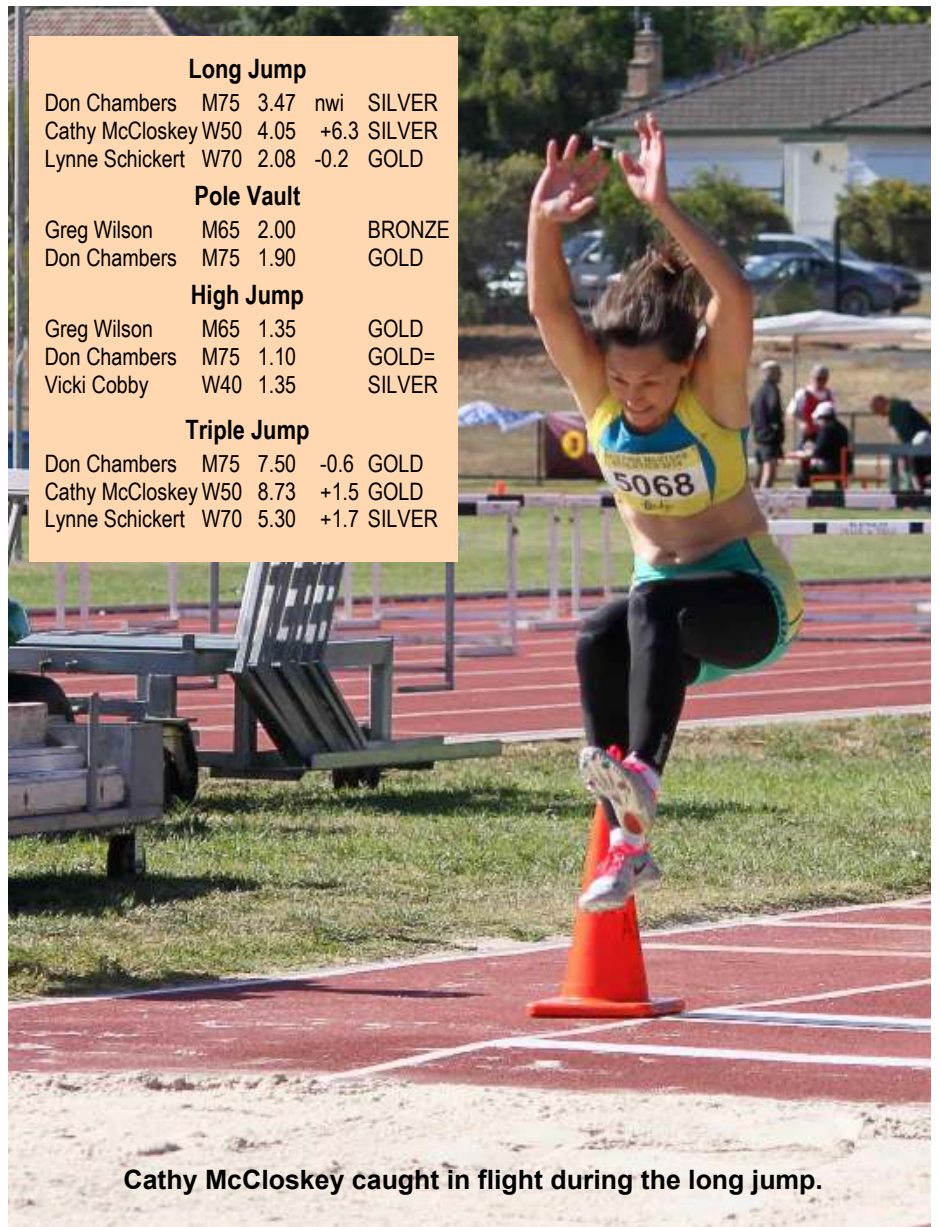
2014 Oceania Championships – Bendigo



Don Chambers sails over the bar.



Greg Wilson prepares for lift-off on his way to a gold medal in the pole vault.



Cathy McCloskey caught in flight during the long jump.

Long Jump					
Don Chambers	M75	3.47	nwi		SILVER
Cathy McCloskey	W50	4.05	+6.3		SILVER
Lynne Schickert	W70	2.08	-0.2		GOLD
Pole Vault					
Greg Wilson	M65	2.00			BRONZE
Don Chambers	M75	1.90			GOLD
High Jump					
Greg Wilson	M65	1.35			GOLD
Don Chambers	M75	1.10			GOLD=
Vicki Cobby	W40	1.35			SILVER
Triple Jump					
Don Chambers	M75	7.50	-0.6		GOLD
Cathy McCloskey	W50	8.73	+1.5		GOLD
Lynne Schickert	W70	5.30	+1.7		SILVER

2014 Oceania Championships – Bendigo



BJORN DYBDAHL



Peter Sandery,
Bob Schickert,
Greg Wilson at
the water jump.

Steeple



Carol Bowman and
Julie Wilson (left) tackle
the water jump.



MARGARET SAUNDERS



LYNNE SCHICKERT



NICK MILETIC

2000m steeplechase			
Bjorn Dybdahl	M60	8:00.10	BRONZE
Nick Miletic	M60	11:35.93	7/7
Greg Wilson	M65	11:05.17	4/5
Bob Schickert	M70	10:23.25	SILVER
Carol Bowman	W55	10:49.62	GOLD
Margaret Saunders	W60	9:28.99	GOLD
Julie Wilson	W60	10:34.16	BRONZE
Lynne Schickert	W70	15:14.24	GOLD

Relays

4x100m	
SILVER:	Vicki Cobby, Carol Bowman, Lynne Choate
BRONZE:	Nick Miletic
Medley	
GOLD:	Lynne Choate
SILVER:	Margaret Saunders
BRONZE:	Nick Miletic, Vicki Cobby

MAIN PHOTO: The camera are ready to roll for the start of the relays.

BELOW: Silver medal winners Margaret Saunders, Jean Hampson, Leanne Monk and Anne Lang celebrate their success.



My Games

Hello fellow athletes.

Just a small rundown on my experience of the Bendigo Oceanic Masters Games.

After arriving in Melbourne to pick up our hire car, the temperature was about 23, cold enough to go scrambling for a jacket. Our trip to Bendigo was quite quick along the Calder Highway, which took about 90mins.

The town of Bendigo which has about 100,000 people is a historic gold mining town and has plenty to offer tourists, such as the Chinese Museum, War Museum, Underground Mine and the Talking Train which takes you around the historic points of the town.

The temperature was very pleasant about 12 overnight to 26 or 27 during the day.

The Opening Ceremony was a Chinese theme with Dancing Dragons and Chinese Dancing.



Competitions on the first few days were very windy with about - 4 to - 6 wind factor down the straight but that changed later on to be what the locals said was normal breeze. I think Bendigo got quite a surprise to see so many athletes assembled in the one place but were very friendly and welcoming.

The event was very well run with only a few minor hiccups, from the time

we picked up our race packs to the medal presentations. A lot of thought went into the medals, which were the best of any competition I had entered.

Steve Monegetti was the main attraction at the Dinner and was also a competitor in the 8km Cross Country which he won overall in around 26 mins.

After catching up with family in Geelong, where I was brought up, I caught up with another brother who I hadn't seen for about 35 years. He lives in Wakool NSW which is about 100km north of Echuca. It was some surprise.

In my age group it was very competitive and you had to be at the top of your game to get a place, but with two bronze medals in the relays I was quite happy with my efforts after just coming back from injury.

All in all it was a good mixture of competition and holiday combined. Thank you to the Bendigo people and organisers of the athletics for a wonderful time.

NICK MILETIC

2014 Oceania Championships – Bendigo



Todd Davey winds up for a monster throw of the discus.



VICKI COBBY



TOM GRAVESTOCK

Shot			
Todd Davey	M45	12.51	GOLD
Tom Gravestock	M55	10.15	BRONZE
Greg Wilson	M65	9.06	SILVER
Don Chambers	M75	8.08	GOLD
Vicki Cobby	W40	8.25	4/5
Bev Hamilton	W65	7.56	BRONZE

Hammer			
Todd Davey	M45	36.09	GOLD
Tom Gravestock	M55	34.38	BRONZE
Don Chambers	M75	22.44	BRONZE

Discus			
Bev Hamilton	W65	21.19	SILVER

Hammer			
Bev Hamilton	W65	25.01	BRONZE

Javelin			
Todd Davey	M45	29.88	BRONZE
Steve Fuller	M60	31.22	BRONZE
Greg Wilson	M65	25.70	BRONZE

Javelin			
Bev Hamilton	W65	17.03	BRONZE

Discus			
Todd Davey	M45	40.10	GOLD
Tom Gravestock	M55	34.64	GOLD
Greg Wilson	M65	31.95	GOLD

Weight Throw			
Todd Davey	M45	11.51	GOLD
Tom Gravestock	M55	13.19	GOLD
Don Chambers	M75	10.69	SILVER
Bev Hamilton	W65	10.76	GOLD

Vicki celebrates heptathlon result



Vicki Cobby was so pleased with her heptathlon result that she decided to do a hand stand.

My Games

IT seems we just arrived back from the Worlds in Brazil and the Oceania Masters are on in Bendigo. Melbourne is the extent of travels in Victoria, so I was looking forward to a new adventure. My lead up was not good, found it difficult to get up and going after returning from South America, and suffered a number of injuries, which I was still carrying.

Accommodation was great, shared a holiday house with my sister Liz and three other friends from my hometown in NZ. We attended the Opening Ceremony on Sunday night, which was a night for socialising and great to catch up with friends I had travelled with in South America.

The programme had been reduced to half days of competition as temperatures in Bendigo can get extremely hot at this time of year, the first four days ranged between eight to 23 degrees, which in my book certainly is not hot, by Wednesday it started to warm up and since



returning home their temperatures are now extreme.

My competition started on Monday with Shot Put, it was disappointing that competitor numbers were down, there were no NZ contenders in our group, I think the fact it was so close to the Christmas holiday break had an impact.

Overall it was well organised, apart from some minor hiccups in the scheduling of throwing events, lots of volunteers from the younger generation which was refreshing, the canteen did a great job, always plenty of food available.

Tuesday I took a tour on the Talking Tram, which was an entertaining hour travelling around the sights of Bendigo. Wednesday I went to Echuca with my house mates and sailed down the Murray River on a Paddle Steamer which was lots of fun, Wednesday night was our official dinner, well attended, the food was really good and guest speaker, Steve Moneghetti, most interesting and very entertaining.

I really enjoyed my trip to Bendigo with its Gold Mining history and it's quaint little restored houses from another era, my six events I finished with one Gold, two Silver and three Bronze, so was happy with that, not so happy to return home to 43.3 degrees on Saturday afternoon.

BEV HAMILTON

2014 Oceania Championships – Bendigo



MAIN PHOTO:
Vicki Cobby runs the final event after a gruelling heptathlon.

Vicki celebrates her silver medal with Lee-Ann Grosvenor (centre) and Toni Phillips.

Decathlon											
		100m	LJ	Sh	HJ	400m	Hurdles	Discus	Pole Vault	Javelin	1500m
Greg Wilson	M65	17.80	3.63	9.51	1.46	1:26.02	23.52	29.50	1.75	24.97	7:34.60
Points total	4347 SR										
Position	GOLD										
Don Chambers	M75	16.10 -2.7	3.67 +2.7	8.54	1.10	1:32.31	18.44 +0.7	16.73	1.85	19.15	DNF
Points Total	4608										
Position	GOLD										
Heptathlon											
		80 Hurdles	HJ	Sh	200m	LJ	Javelin	800m			
Vicki Cobby	W40	15.71 -1.5	1.30	7.94	31.20 +0.4	3.96 +1.8	20.06	3:07.97			
Points Total	3085										
Position	SILVER										

2014 Oceania Championships – Bendigo



Gianna Mogentale leads Cathy McCloskey on the first lap of the 800m in the women's pentathlon.

Photo: JEAN HAMPSON

Cathy McCloskey (silver) and Gianna Mogentale (gold) celebrate.

Men's Pentathlon

		LJ	JT	200	DT	1500
Tom Gravestock	M55	3.79 -0.8 377	31.23 468	32.0 nwi 402	38.88 729	DNF 0
Points 1976 BRONZE						
Steve Fuller	M60	3.86 -0.8 467	26.10 397	29.54 +1.2 638	27.62 452	5:51.31 687
Points 2641 4/6						
Nick Miletic	M60	3.17 -0.4 283	19.77 270	33.92 +1.2 358	22.71 350	7:50.30 212
Points 1473 6/6						
Ivan Brown	M65	3.09 -1.7 324	19.72 310	33.53 nwi 459	17.32 275	6:26.12 614
Points 1982 BRONZE						

Women's Pentathlon

		100	SP	LJ	JT	800
Vicki Cobby	W40	14.82 nwi 579	8.27 475	4.12 +0.3 349	20.24 446	2:37.39 691
Points 2540 SILVER						
Cathy McCloskey	W50	14.52 +0.0 796	6.20 387	4.04 +0.3 576	18.14 361	3:04.30 567
Points 2687 SILVER						

Throws Pentathlon

		HT	SP	DT	JT	WT
Todd Davey	M45	34.21 552	12.04 757	34.66 700	32.97 419	11.18 625
Points 3053 GOLD						
Tom Gravestock	M55	33.89 587	10.49 687	34.77 636	21.17 276	10.87 576
Points 2762 4/5						
Don Chambers	M75	22.05 481	8.31 624	18.46 395	19.34 393	11.93 715
Points 2608 GOLD						
Bev Hamilton	W65	25.38 782	7.40 680	22.18 650	15.90 429	10.80 759
Points 3300 SILVER						

Flying high



LIFT OFF:
Rudy Kocis
hammers
down the
straight in the
final of the
100m.