

TFNL



Season 8 Issue 8

April 2015

The Track and Field
Newsletter of MAWA



Melissa Foster won gold
and set an Australian
record in the triple jump.
This sequence of shots
shows her record leap.
When she heard the
distance, she raised both
arms in delight.

**Aussie
champs
special**

National record



Sydney reflections

Hi all,
JUST a quick rundown of the 2015 Australian Championships in Sydney.

The first two days weather wise, were not very pleasant, rain and wind on the Friday and Saturday, but fine for the remaining two days.

The competition was run quite well with just a few minor hiccups.

There were some outstanding performances from our athletes including those of Irwin Barrett-Lennard, Tom Gravestock, Matt Staunton, Barrie Kernaghan,

Melissa Foster, Bev Hamilton and the amazing comeback of Peggy Macliver. Although these athletes had some outstanding performances all of our 44 athletes that participated for WA performed above expectations. Congratulations to you all.

David Carr was inducted into the AMA Hall of Fame following in the footsteps of our other Hall of Famer – John Gilmour. Congratulations to Chris Anderson for winning the AMA Performance of the Year Award Jumps category with a high jump of 1.90m.

Thank you's go to Margaret Saunders for her help in managing the women's relay teams and Graeme Dahl for his photos and this championship magazine.

All in all 49 Gold, 37 Silver and 30 Bronze medals were won by our athletes.

Thanks also to my partner Gail who assisted me as Team Manager.

See you all in the next competition where ever that is for you.

Nick Miletic
Team Manager



INDIVIDUAL MEDAL COUNT

	G	S	B
David Carr	5	-	1
Bev Hamilton	4	2	-
Matt Staunton	4	-	1
Irwin Barrett-Lennard	4	-	-
Barrie Kernaghan	4	-	-
Tom Gravestock	3	2	1
Brenda Painter	3	-	1
Daniel Lowe	3	-	-
Melissa Foster	3	-	-
Greg Urbanowicz	2	2	1
Jim Davis	2	4	-
Jim Langford	2	1	-
Garry Hastie	2	1	-
Andrew Brooker	2	-	-
Peggy Macliver	1	3	-
Vicki Cobby	1	2	2
Lynne Choate	1	1	1
Sharon Davis	1	1	1
Julie Wilson	1	1	1
Carey Dickason	1	-	1
Lisa Limonas	-	2	1
Rudy Kocis	-	3	-
Lyn Ventris	-	2	-
Geoff Brayshaw	-	2	-
Lynne Schickert	-	1	5
Oswald Igel	-	1	3
Greg Wilson	-	1	3
Rosemary Giles	-	1	2
Carol Bowman	-	1	1
Greg Brush	-	1	-
Andrew Davison	-	1	-
Bob Schickert	-	1	-
Carmel Meyer	-	-	1
Colin Smith	-	-	1
Bjorn Dybdahl	-	-	1
Nick Miletic	-	-	1
Total	49	37	30

Australian Records

Melissa Foster	W35	Triple jump	11.95m
Irwin Barrett-Lennard	M85	5000m	28:58.90

State Records

Greg Urbanowicz	M35	Weight throw	14.85m
Tom Gravestock	M60	Throws pent	3637pts
Tom Gravestocks	M60	Hammer	42.38m
Tom Gravestock	M60	Discus	44.86m
Geoff Brayshaw	M65	Pole vault	2.40m
Peggy Macliver	W70	60m	10.16
Peggy Macliver	W70	200m	34.55
Peggy Macliver	W70	400m	80.38
Sharon Davis, Vicki Cobby, Lisa Limonas, Melissa Foster		W35 4x100m relay	54.90

Caramel Cappuccino

By CARMEL MEYER

MAWA's Sydney contingent could be relied upon to deliver a funny one-liner at just the right moment to ease the tension and remind us not to take it all too seriously. And on Monday when everyone was deranged with tiredness, did we really see a thrower wearing a cow onesie?

The Sydneysiders ordered in a full range of weather conditions – sunshine, English drizzle, heavy rain, pea-soup fog, humidity, menacing storm clouds with potential lightning and a late rumble of thunder. They even boasted that they were putting on a total lunar eclipse for us on Saturday night but this entertainment proved to be a fail because of the pre-ordered cloud cover!

The wet days were doubly unpleasant for the intrepid souls walking cross country on the boggy paths from their accommodation to the track. Anyone with a car enjoyed their sudden popularity and helped ferry fellow athletes to and fro. All states and territories were represented and we even had a few international visitors from Great Britain, New Zealand and Sri Lanka. Like mobile billboards we wore our Perth 2016 t-shirts. Those who could see beyond Lyon seemed keen to visit the West in 2016.

We're used to the blood-curdling roar of champion NSW thrower Stuart Gynge but this time we were also treated to his honeyed tones as he took to the microphone as part of the commentary team. The organisers were cheerful, helpful and skilled. It's tough managing such a big event especially when the weather is unkind.

The coaches' forum attracted a small but attentive audience. Many

cold, damp athletes decided a hot shower trumped learning "how to be stronger and faster..." The panellists advocated strength training to maintain athletic performance but warned against rushing into a strength program without sorting out existing

muscle imbalances and technique deficiencies first.

Thanks to our Team Manager Nick Miletic, ably assisted by Gail Castensen. Gail and Marg Saunders (sadly, a late scratching) spent long hours on the concrete benches supporting, coaching and if required, commiserating. And from early till late all weekend Graeme Dahl was there to photograph our efforts.

"My Secret Weapon? I've got 50... but none of them work!!" – Julie

"I wish I was 70" – Carol

"Carmel, what ... HAPPENED??!!" – Colin

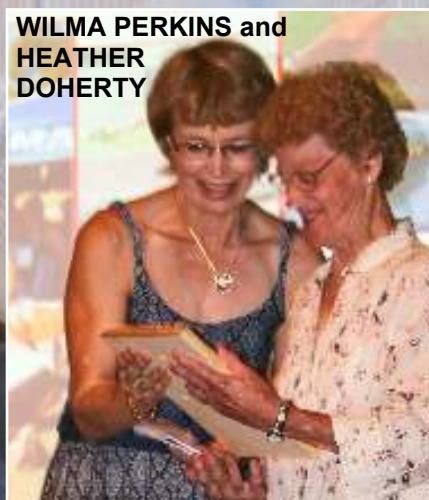
#^&@\$?!! – Carmel

Well done to our Champion of Champions wonder women Bev Hamilton (discus) Peggy MacIver and Lynne Choate (100m). There were many amazing moments but I was inspired by Tom Gravestock as he burned up the Mondo in the Outdoor Pentathlon 200m. It takes guts for a thrower to get on the track. Vicki Cobby gets the "Duracell Bunny Award" for interrupting her high jump comp to go win silver in the short hurdles then going straight back to the high jump to jump herself to another silver! A Big thank you to those who hung around to support me in the final event of the meet when the stadium was rapidly emptying. Congratulations to all who took part whether you came home with a medal or not and no matter what colour it was.

A final laugh was provided by the exhausted on-site barista. My order- "A Cappuccino for Carmel" Minutes later she presented me with a "Caramel Cappuccino" !!

Hall of Fame Award

A pensive David Carr listens to Bob Schickert outline David's achievements in Masters athletics at the AMA Awards dinner at the Bankstown Sports Club in Sydney. INSETS: AMA president Willma Perkins gave the three other Hall of Fame inductees their awards. Wal Sheppard was represented by his niece Ros Wemyss.



David Carr honoured

At the AMA Awards dinner in Sydney, David Carr was inducted into the AMA Hall of Fame. He is the second inductee from WA after John Gilmour. Below is the speech given by Bob Schickert to honour David.

IMMEDIATELY after the 1987 WMA Championships in Melbourne Lynne and I were relocating from Melbourne to Perth and therefore took an interest in the results of athletes from Western Australia. David Carr was noticed by us when he won a silver medal in the M55 800m.

Over the years since I have been fortunate to witness some of David's outstanding performances which have resulted in his induction to the AMA Hall of Fame this year. His achievements since 1987 are mind boggling. David has won 14 gold six silver and four bronze at WMA Championships

In Porto Rico the 800m was a very tactical race. David ran 2:25.14 and Earl Fee an outstanding Canadian athlete and world record holder ran 2:26.09. After the race I was with some Americans and more arrived having missed the race. The new arrivals said "How much did Earl Fee win by – nobody beats Earl Fee". I was proudly able to advise them an Australian had just done that. The list goes on and keeps getting more outstanding.

Lahti 2009 M75 400m gold and 800m silver and David had also taken up a new event where he won the silver medal in the 2000m steeple.

Sacramento 2011 M75 (at 79 years of age) gold in the 800m and 2000m steeple, bronze in the 1500m.

Porto Alegre 2013 to cap all those medals David won four gold medals in the WMA Championships in M80 gold in the 400m, 800m, 1500m, 2000m steeple.

David had also been awarded several AMA National Championship Awards.

- Middle distance/steeple 2008 and 2013.
- Most outstanding male athlete 2004, 2010 and 2014.
- Most outstanding individual performance 2002 and 2009.
- Brian Foley Award best age graded performance 1500/800/ 2009.
- In 2011 David was nominated by Oceania Masters Athletics for the IAAF Masters Athlete of the Year Award.

There is nothing more I can add except extremely well done David. Thank you.



David Carr receives his award from AMA president Wilma Perkins.

ACHIEVEMENTS

Melbourne	4x400m	M55	3:55.11	1987	Gold
Melbourne	800m	M55	2:09.78	1987	Silver
Miyazaki	400m	M60	59.13	1993	Bronze
Miyazaki	800m	M60	2:15.56	1993	Silver
Miyazaki	4x400m	M60	4:1.19	1993	Bronze
Durban	1500m	M65	5:05.13	1997	Gold
Durban	800m	M65	2:22.17	1997	Bronze
Gateshead	800m	M65	2:23.08	1999	Gold
Brisbane	800m	M65	2:22.86	2001	Gold
Puerto Rico	800m	M70	2:25.14	2003	Gold
Puerto Rico	1500m	M70	5:28.82	2003	Silver
San Sebastian	800m	M70	2:31.39	2005	Silver
Riccione	800m	M75	2:38.99	2007	Gold
Riccione	1500m	M75	5:58.30	2007	Gold
Lahti	400m	M75	67.67	2009	Gold
Lahti	800m	M75	2:44.90	2009	Silver
Lahti	2000m Steeple	M75	9:40.10	2009	Silver
Sacramento	800m	M75	2:46.02	2011	Gold
Sacramento	2000m Steeple	M75	9:36.09	2011	Gold
Sacramento	1500m	M75	5:38.86	2011	Bronze
Porto Alegre	400m	M80	1:14.10	2013	Gold
Porto Alegre	800m	M80	2:53.74	2013	Gold
Porto Alegre	1500m	M80	6:31.87	2013	Gold
Porto Alegre	2000m Steeple	M80	9:37.53	2013	Gold

Champion of Champions



WA was represented in the women's Champion of Champions race by Peggy Macliver and Lynne Choate. The race was won by South Australia's Lyn Peake from Julie Forster (NSW) and Julie Brims (Qld).

Chris wins jumps award

WA's Chris Anderson won the AMA Performance of the Year Award in the jumps category.

These awards are presented annually at the dinner function held at the end of season AMA Championships. The awards were based on athletic performances achieved during 2014 and the presentations were made during the Sydney Championships in April. The 2015 award recipients are listed below (from the AMA website).

Jumps: Chris has a long history of high jump behind him from his days in open competition Chris has now entered the M45 category and at the Athletics Western Australian Strive Meeting he set an Australian record of 1.90m.

Sprints/Hurdles: Gianna Mogentale W50 from NSW was in top form at the World Indoor Championships in Budapest winning a gold medal in the 400m, silver in the 60m and fourth place in the 200m. She set a new Australian record of 26.48s in the 200m and broke the 60m AR three times (8.40, 8.18, 8.17). Gianna won the Champion of Champions Sprint at the AMA Championships for the seventh consecutive year. Gianna excelled at the Oceania Masters, AMA Championships and PanPac Games with six gold medals at each.

Middle Distance: Jenny Flynn W60 from Qld won gold at the WMA Indoor Championships in the 800m (2.41.40)



and 1500m (5.47.05), setting Australian records in both. She also won the same two events at the Oceania Championships. At PanPac Jenny won gold in four track events including the 800m and 1500m with age grade performances all above 90%.

Distance: Janet Upcher W65 from Tasmania won the 5000m and 10,000m at the Tasmanian and AMA Championships in Hobart with best time is 22.43.75 (93.95%) and 46.08.23 (95.47%). Janet also had gold medal performances in the half marathon 1:44.37 (93.43%) and 8000m Road Championships 38.10 (90.10%).

Walking: Kelly Ruddick W40 from Victoria made quite an impact on world

records when she entered the W40 category in 2013. In 2014 Kelly broke her own world record by more than 10 seconds in the 5km with a time of 21.46.68. Kelly won the Victorian Open 5km and 10km events and finished second in the Open Roadwalk Championships in Hobart. She competed for Australia at the World Open Racewalking Cup in China in the 20km (1:34.00) and at the IAAF Challenge Series Event in Mexico where she finished seventh. In 2014 Kelly was the highest ranked Australian female walker in the IAAF rankings.

Throws: A very motivated Stuart Gynell (NSW) entered the M50 age group. Within the first month of the year Stuart set five Australian records, three in shot put, two in discus and one in the throws pentathlon plus a world record in shot (18.63m). During the year Stuart increased his AR in discus two more times with a best of 51.09m.

Multi Events /Relays: Geoff Gibbons M35 from Tasmania put together an outstanding decathlon obtaining 6428 points. This was close to the Australian record that Geoff set several years ago when he was nearer the younger end of this age group.

Administrator / Official of the Year: Ian Mann from Queensland is one of those behind the scenes administrators who have been a stalwart of Queensland Masters competitions for many years.

Australian Masters Athletics Championships



TOP: Colin Smith (third from left) and Rudy Kocis (fourth from right) leave the blocks in the 60m heat.

ABOVE: Lee Stergiou runs 7.90 to qualify for the final.

LEFT: Rudy Kocis and Quinton de Klerk battle in the final. Rudy claimed silver and Quinton finished fourth.

BELOW LEFT: Nick Miletic strides out in his heat.

BELOW: Barrie Kernaghan powers through the field to take gold.



Australian Masters Athletics Championships



ABOVE: Peggy MacIver and New Zealand's Chris Waring stride out. Peggy and Brenda Painter won gold and bronze in the 60m for WA.



LEFT: South Australia's Lyn Peake leads as WA's Lynne Choate scorchs up the track to take gold in the W60. Lyn Peak won gold in W65.

BELOW: Lisa Limonas takes off to secure fourth in W45.



Australian Masters Athletics Championships

Walks



ABOVE: Lyn Ventris is sandwiched between Victorians Pam Tindal and Heather Carr in the 1500m walk.

RIGHT: Julie Wilson puts her head down on her way to a silver medal.

FAR RIGHT: Garry Hastie's face shows the strain as he walks to a gold medal.

BELOW: Lynne Schickert and Joan Purcell battle for position. Lynne scored a bronze and Joan the silver.

BELOW CENTRE: Daniel Lowe looks relaxed on his way to the first of three gold medals.



Australian Masters Athletics Championships

800m



ABOVE: Sharon Davis chases New Zealand's Vanessa Story on the final bend of the W40 800m followed by silver medal winner Kriszta Kovacs.



LEFT: Silver medal winner Cathy Sims leads Carol Bowman who won the bronze medal in W60.



CLOCKWISE FROM FAR LEFT: Carmel Meyer, Rosemary Giles, Vicki Cobby and Carey Dickason in their 800m races.



Australian Masters Athletics Championships

800m



ABOVE: Andrew Brooker settles into the middle of the pack on the first lap of M45 800. Andrew ran 2:10.21 for fourth place.

LEFT: Gold medal winner David Carr leads Queensland's Colin Woods who won the silver medal in M80.

BELOW: David Solomon sits in behind Steve Connor (ACT) in M50.



Australian Masters Athletics Championships

100m



ABOVE: Silver medal winner Rudy Kocis checks to his right during the final of the M50 100m.

RIGHT: Lynne Choate edges out Queensland's Jeannette Flynn (right) and June Lowe (NSW) for the silver medal.

BELOW: Silver medal winner Peggy Macliver leads Anne Stobaus (Vic) and Brenda Painter.

BELOW RIGHT: Lisa Limonas strides out in the W45 final.



ABOVE: Barrie Kernaghan blitzes the field for a gold medal.



Australian Masters Athletics Championships

Steeple



ABOVE: David Carr exits the water as Bob Schickert clears the steeple.

ABOVE RIGHT: Bjorn Dybdahl continues as Elwyn Egan picks himself off the track after a tumble.

RIGHT: Gold medal winner in W60 Julie Wilson leads silver medal winner Carol Bowman.

BELOW: From left to right Irwin Barrett-Lennard, Nick Miletic and Lynne Schickert fly the flag for WA.



Australian Masters Athletics Championships



1500m



ABOVE: Steve Giles ignores the pain in his 1500m

ABOVE: Rosemary Giles and Alison Sims settle into their stride.

RIGHT: Andrew Brooker heads Jason McIntosh along the front straight.

BELOW: David Carr leads Tony Booth and Colin Woods.

BELOW CENTRE: Bjorn Dybdahl warms up for his steeple with a 1500m.

BELOW RIGHT: Carey Dickason claimed the bronze medal in W60.



Australian Masters Athletics Championships



Jeanette Flynn (gold) and Lynne Choate (bronze) power around the bend.

ABOVE: Colin Smith (left) and Rudy Kocis (middle) qualify for the final.



ABOVE: Marge Allison (gold) and Peggy Macliver (silver) lead Anne Stobaus (bronze).

BELOW: Gold medal winner Julie Forster heads Jenny Schnell and Carmel Meyer.



LISA LIMONAS



BARRIE KERNAGHAN

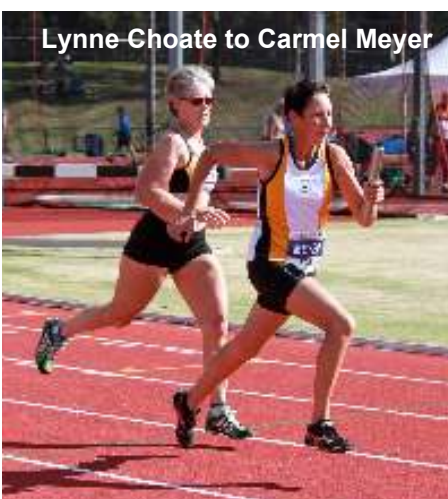


Australian Masters Athletics Championships

Close call



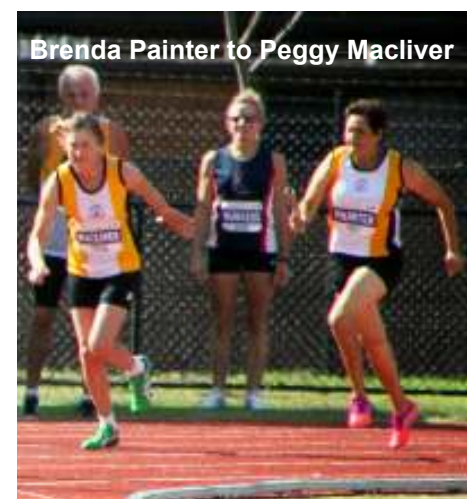
3 Sharon Davis changes to Vicki Cobby as the relay hook gets closer..



Lynne Choate to Carmel Meyer



Colin Smith to Nick Miletic



Brenda Painter to Peggy MacIver

Australian Masters Athletics Championships

400m



ABOVE: Carmel Meyer, Meghan Stewart and gold medal winner Julie Forster accelerate from the start.

LEFT: WA's Sharon Davis prepares to pass Heidi Storer on the first bend.

BELOW: Friendly rivals Marge Allison (centre) and Peggy Macliver celebrate as Anne Lang looks on.



CAROL BOWMAN



BARRIE KERNAGHAN



COLIN SMITH



DAVID CARR

Australian Masters Athletics Championships

5000m, 10,000m



ABOVE: Steve Giles checks his watch on his way to fourth place in the M55 10,000m. **INSET:** WA's Irwin Barrett-Lennard secures his first of four gold medals for the championship.



LEFT: Jim Langford leads Frank Scorzelli in the 10,000m. Both won gold in their respective age groups.

BELOW LEFT: WA's Bjorn Dybdahl heads Victoria's Peter Bence in the 5000m.

Photo: DARREN COBBY

BELOW: Graeme Dahl follows Kevin Solomon and Peter Bence in the 5000m.

Photo: DARREN COBBY



Australian Masters Athletics Championships



Australian Masters Athletics Championships

Hurdles



Vicki Cobby clears the hurdle on her way to a silver medal in the 80m event. Vicki's warm up included multiple lengths of the straight as she jogged between high jump and the delayed hurdles. She also won silver in the high jump.



My Nationals

I WAS very excited to be running my second Nationals in Sydney as I'd never been before. I took my eldest daughter and we were lucky enough to arrive a couple of days before the Championships started and sneak in a day at Bondi Beach while the sun was still shining, even managed to grab a couple of photos with some local celebrities.

The first day at the track was a wet one which, to be honest, I didn't mind as it reminded me of my younger years running in the UK in the rain. I started with the 60m to which I made the finals and a PB, a great warm up for the 800m! Although the 800m panned out differently to my plan, I had a great run, my favourite result from the Champs, and was super happy with a six second PB and finishing fifth.

Day two was still wet for the 200m and was lucky enough to gain a bronze and a season best time. The sun eventually shone for our third day, first up was the 400m, my second best run of the weekend, gaining

a much wanted PB and another fifth placing. We had great teamwork in the 4x100m where we achieved a new State record for WA and got a silver medal. I always love a relay! The sun was still out for the 400H and I ran for gold, although I do need a whole lot of work on my technique. I completed the competition on the Monday with the 8K Cross Country, running two 4K laps and a silver medal.

We finished the weekend off with a couple of days sightseeing in the city, which was great, especially as we kept bumping into familiar faces from the track in random places. Although the rain was back, I got my photos of Sydney Bridge and Opera House. Another box ticked.

I've loved watching the many talented athletes in Sydney and I'm proud to be a part of such a great team with so much inspiration! I've enjoyed making new friends as much as I've enjoyed competing. Team WA have some amazing athletes and everyone has had awesome results. I wish you all good luck in Lyon.

Sharon Davis

Australian Masters Athletics Championships

Long jump



ABOVE: Vicki Cobby prepares for landing.

LEFT: Carmel Meyer jumps to a bronze medal in W50.



This sequence of shots shows the effort Lee Stergiou puts into his jumps. Lee's best of 4.97m secured him fifth place in M40.

Australian Masters Athletics Championships



My Nationals

I DID not compete in the Nationals last year, so was looking forward to being involved in Sydney. I have a friend in Bankstown so that took care of accommodation, although relying on taxis proved a little difficult as some of the time they did not turn up and then some didn't know where the track. Also public transport was non-existent.

I collected my pack and registered on Thursday afternoon and the weather was fine and warm but a shower forecast for Friday. My first event being shot put at 3.50pm on Friday by which time the shower arrived and did not stop. I won the shot-put, so was happy with that, then went onto the hammer throw at 6.30pm which was a total disaster, put off by the rain and wet circle. I managed a silver medal, but considered it a poor performance for the amount of training I had put in.

Saturday we woke up to rain again which was heavier than Friday, first event was Javelin where I won a Silver medal behind Wilma Perkins. Later in the afternoon we were taken by bus to another athletic field in Lidcombe for discus, it was a quagmire, wading through mud to get to



the circle, the conditions affected everyone. I won the Gold medal but must admit the first two days were the worst conditions I have ever competed in.

Sunday dawned bright sunshine, everyone was in a much better frame of mind and we had the throws pentathlon which didn't go too badly until the last event – the Weight throw. I had two no throws which put me under pressure to ensure my last throw was legal, I think I suffered a panic attack but did manage to land it in the sector, this gave me the Gold medal and the National Championship record for the pentathlon.

Sunday night was the presentation dinner held at the Bankstown Sports Club, a very enjoyable night with great food. The highlight being Heather Doherty, Heather Carr and David Carr being inducted into the Hall of Fame.

Monday morning we woke up to thick fog, just to add another dimension to our weekend weather. I had the Weight throw first up and made no mistakes this time, still had a couple of no throws but three throws more than 11 metres – 11.71, 11.54, 11.38, my best effort for more than three years and the Gold medal. My last event was the Champion of Champions for Throws, this year being discus. This was won by my good friend Mary Thomas and well deserved.

I then had to get changed and head for the train station but was offered a lift to the airport by a NSW athlete. This got me to the airport early, which was closed temporarily due to a huge storm passing over, when checking in I was offered an earlier flight which got me home an hour earlier where it was also raining. I really enjoyed my nationals as you have the opportunity of catching up with friends from all over Australia and some from New Zealand.

Bev Hamilton

Australian Masters Athletics Championships

**It may have been ugly,
but the bar stayed on**



Geoff Brayshaw won a silver medal in the pole vault. This sequence of shots shows him reclaiming the State record.

My Nationals

NOT having been to an Australian Masters out of Perth I thought it was about time I went to one given I am on the LOC of Perth 2016. I needed a greater insight into what is involved. I had to balance that with family involvement over Easter so took a hit and run attitude to my visit. My favourite events in this season have been triple jump and pole vault and they were both to be on Sunday.

I entered these events without knowing when in the day either was to be held, and armed with a Saturday night fly-in and a Sunday night fly-out I ventured to the nationals.

I was vaguely aware of the weather forecast but Saturday I gather was

very wet nearly all day and I arrived Saturday night still raining and fearing my day in Sydney may be a waste. I awoke to a beautiful if a little humid Sunday. The track was not quite the WAAS but was a very friendly environment. The pole vault and Triple jump were next to each other so I was able to coordinate my two events.

I started the triple jump and my second jump was just over nine meters which I had not done for a few years and placed me well into second. I was able to prepare for the pole vault missing each subsequent jump knowing I was still in second and never likely to be in first. I was thrilled to bits with this silver as there was some pretty stiff opposition.

The pole vault is a new event for me and I held the state record of 2.30

meters for a record short time of one week earlier this year. I was absolutely thrilled to get over 2.40 meters and a state record and get another silver. One of the officials kept saying how ugly my style was, and I kept saying to myself, but the bar is still up there.

All in all a fantastic day, and I also got to meet some of the Australian and World Masters committee members who I deal with on Perth 2016.

It was also fantastic to see so many WA members over there, and the support they gave to each other and others was really something and I was proud to be part of the team, even if for such a short time.

Geoff Brayshaw

Australian Masters Athletics Championships

Throws

Matt Staunton begins his run in the Javelin round of the Throws Pentathlon. Matt threw 41.43m and won gold in the event with 3422 points.



CARMEL MEYER



GREG URBANOWICZ



MATT STAUNTON



GREG WILSON



Todd Davey shelters from the rain on the Friday. Todd, a MAWA member, competed for Tasmania and won two gold and three silver medals.

Australian Masters Athletics Championships

Pentathlon



ABOVE: Greg Wilson battles with Queensland's Viddy Jermacans in the pentathlon.
Photo: JEAN HAMPSON

LEFT: Melissa Foster blasts out of the blocks in the 100m and (below) strides out in the 800m to claim her third gold medal of the championships.



Photo: JEAN HAMPSON

My Nationals

SYDNEY was an exciting milestone for me as it would be my fifth National Championships. I arrived on Thursday to lovely weather and a big weekend of events (ten in total). Early start times and weather forecasts of cold and wet days, and my planned events quickly whittled down to three. Friday dawned, cold and wet as forecasted. We headed to the track to watch the West Aussies in force on the track and in the field. I was pleased with my performance in the Long Jump and won the gold.

On the Saturday, Mum and I headed to Taronga Zoo which gave me the opportunity to recover and relax in preparation for the Triple Jump on Sunday. The cold and wet from Friday and Saturday had passed by and we awoke to a beautiful day on the Sunday.

This is a day that I will remember for a long time. Everything came together for my Triple Jump and on jump one I broke the Championship record. Buoyed with confidence, round two came round and I jumped a massive personal best that broke the National record.

After finishing at Triple Jump, I headed over to join Vicky Cobby, Lisa Limonas and Sharon Davis for the 4x100m relay. Amazing running from all the girls and we were able to win the silver medal and break the W35 State record. Monday was another nice day and I competed in the Pentathlon. I love finishing the Championships with the Pentathlon. Going to the various sites with the same group of people and cheering each other on is fantastic. Good performances in all the events resulted in me bringing home my third gold of the competition.

Melissa Foster

MAWA results

MEN

Daniel Lowe M35

1500m Walk	8:57.34	Gold
5000m Walk	31:59.46	Gold
10km Road Walk	1:05:05	Gold

Grzegorz Urbanowicz M35

Shot Put	13.62m	Silver
Discus Throw	36.65m	Silver
Hammer Throw	46.54m	Gold
Weight Throw	14.65m	Gold
Throws Pentathlon	2927	Bronze
(including wt throw 14.85m)		SR

Matt Staunton M40

Shot Put	12.17m	Gold
Discus Throw	35.40m	Bronze
Hammer Throw	45.76m	Gold
Weight Throw	13.09m	Gold
Throws Pentathlon	3422	Gold

Lee Stergiou M40

60m	7.90Q	
60m	7.91	(7th)
100m	12.66	(heat)
200m	26.28	(heat)
400m	56.73	(5th)
Long Jump	4.97m	(5th)

Greg Brennan M45

60m	8.35q	
100m	13.23q	

Andrew Brooker M45

800m	2:10.21	(4th)
1500m	4:34.20	(4th)
400m Hurdles	64.33	Gold
Pole Vault	2.60m	Gold

Greg Brush M45

Long Jump	5.40m	Silver
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Garry Hastie M50

1500m Walk	6:50.77	Gold
5000m Walk	25:22.56	Gold
10km Road Walk	56:18	Silver
Javelin Throw	31.04m	(4th)

Andrew Davison M50

5000m	17:53.88	Silver
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Quinton de Klerk M50

60m	7.90Q	
60m	7.89	(4th)
100m	19.73	(heat)

Rudy Kocis M50

60m	7.87Q	
60m	7.72	Silver
100m	12.83Q	
100m	12.65	Silver
200m	26.31Q	
200m	26.04	Silver

Colin Smith M50

60m	8.39	(heat)
100m	13.22q	
200m	26.86Q	
200m	26.67	(4th)
400m	57.96	Bronze



David Solomon M50

800m	2:28.97	(12th)
5000m	19:49.55	(5th)
8km Cross Country	35:49	(5th)

Steve Giles M55

1500m	5:13.46	(4th)
5000m	18:55.65	(5th)
10,000m	38:34.81	(4th)
8km Cross Country	33:31	(6th)

Clive Choate M60

Javelin Throw	28.25m	(5th)
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Bjorn Dybdahl M60

800m	2:37.14	(4th)
1500m	5:30.69	(5th)
5000m	20:18.92	(8th)
2000m Steeple	8:11.76	Bronze
8km Cross Country	34:59	(6th)

Tom Gravestock M60

Shot Put	11.35m	Bronze
Discus Throw	41.07m	Silver
Javelin Throw	31.98m	Gold
Hammer Throw	41.90m	Gold
Weight Throw	16.08m	Gold
Throws Pentathlon	3637	Silver SR
(including hammer 42.38m)		SR
(including discus 44.86m)		SR

Oswald Igel M60

Shot Put	11.57m	Silver
Discus Throw	34.32m	Bronze
Hammer Throw	30.06m	Bronze
Throws Pentathlon	2901	Bronze

Nick Miletic M60

60m	10.01	(heat)
100m	16.54	(8th)
200m	35.45	(8th)
400m	82.81	(4th)
300m Hurdles	69.54	(4th)
Outdoor Pentathlon	1567	Bronze

Geoff Brayshaw M65

Triple Jump	9.02m	Silver
Pole Vault	2.40m	Silver SR

Graeme Dahl M65

5000m	21:18.68	(5th)
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Greg Wilson M65

300m Hurdles	68.79	Silver
High Jump	1.35m	Bronze
Shot Put	8.02m	(6th)
Discus Throw	26.82m	(7th)
Javelin Throw	25.39m	Bronze
Throws Pentathlon	2400pts	Bronze
Outdoor Pentathlon	1896pts	(6th)

Jim Langford M70

5000m	20:17.87	Silver
10,000m	41:45.79	Gold
8km Cross Country	34:00	Gold

Bob Schickert M70

5000m	24:55.50	(4th)
2000m Steeple	10:23.95	Silver
8km Cross Country	43:22	(4th)

Barrie Kernaghan M75

60m	9.31	Gold
100m	15.00	Gold
200m	30.88	Gold
400m	71.72	Gold

David Carr M80

200m	36.85	Bronze
400m	77.31	Gold
800m	3:06.18	Gold
1500m	6:46.26	Gold
2000m Steeple	10:15.53	Gold
8km Cross Country	47:19	Gold

Jim Davis M80

Shot Put	9.15m	Silver
Discus Throw	18.94m	Silver
Javelin Throw	8.76m	Silver
Hammer Throw	28.95m	Gold
Weight Throw	12.33m	Gold
Throws Pentathlon	2440	Silver

Irwin Barrett-Lennard M85

5000m	28:58.90	Gold AR
10,000m	1:02:37.81	Gold
2000m Stple	12:07.09	Gold
8km X Country	48:58	Gold

MAWA results



CARMEL MEYER



LYNNE CHOATE



PEGGY MACLIVER

WOMEN

Melissa Foster W35

Long Jump	5.57m	Gold
Triple Jump	11.95m	Gold AR
Outdoor Pentathlon	2590	Gold

Rosemary Giles W35

800m	2:43.23	Bronze
1500m	5:27.77	Silver
5000m	20:11.61	(4th)
10,000m	41:53.08	(4th)
8km Cross Country	37:24	Bronze

Vicki Cobby W40

200m	30.98	(5th)
800m	2:50.57	(7th)
80m Hurdles	15.09	Silver
400m Hurdles	77.42	Bronze
High Jump	1.40m	Silver
Long Jump	3.98m	(5th)
Triple Jump	8.99m	Bronze
Pole vault	2.10	Gold

Sharon Davis W40

60m	8.86q	
60m	8.99	(6th)
200m	28.75	Bronze
400m	62.39	(5th)
800m	2:25.78	(5th)
400m Hurdles	69.09	Gold
8km Cross Country	37:10	Silver

Lisa Limonas W45

60m	9.08	(4th)
100m	14.58	(5th)
200m	29.79	(5th)
High Jump	1.30m	Silver
Long Jump	4.42m	Bronze
Triple Jump	9.76m	Silver

Carmel Meyer W50

100m	15.28	(7th)
200m	31.27	(4th)
400m	69.38	(6th)
800m	2:56.64	(6th)
Long Jump	3.60m	Bronze
Javelin Throw	18.52m	(4th)
Outdoor Pentathlon	2605	(4th)

Lyn Ventris W55

1500m Walk	7:20.16	Silver
5000m Walk	26:52.61	Silver

Carol Bowman W60

400m	84.84	(4th)
800m	3:20.29	Bronze
2000m Steeple	10:47.58	Silver
8km Cross Country	43:47	(4th)

Lynne Choate W60

60m	9.50	Gold
100m	15.53	Silver
200m	32.95	Bronze

Julie Wilson W60

5000m	25:48.24	(4th)
2000m Steeple	10:30.74	Gold
1500m Walk	10:16.60	Silver
Outdoor Pentathlon	1591	Bronze

Carey Dickason W60

800m	3:42.30	(4th)
1500m	7:15.57	Bronze
5000m	26:58.17	(5th)
Long Jump	2.53m	(6th)
Triple Jump	6.17m	Gold
Hammer Throw	17.13m	(7th)

Bev Hamilton W65

Shot Put	8.04m	Gold
Discus Throw	21.02m	Gold
Javelin Throw	16.72m	Silver
Hammer Throw	24.66m	Silver
Weight Throw	11.71m	Gold
Throws Pentathlon	3415	Gold

Peggy MacLIVER W70

60m	10.16	Gold	SR
100m	16.68	Silver	
200m	34.55	Silver	SR
400m	80.38	Silver	SR

Brenda Painter W70

60m	11.43	Bronze
100m	18.74	(6th)
High Jump	0.95m	Gold
Long Jump	2.71m	Gold
Triple Jump	6.08m	Gold

Lynne Schickert W70

2000m Steeple	15:15.10	Silver
1500m Walk	10:59.21	Bronze
5000m Walk	38:41.23	Bronze
10km Road Walk	1:21:33	Bronze
Long Jump	2.18m	Bronze
Triple Jump	5.41m	Bronze

**It was wet and cold,
but WA shone**

BOWMAN
6000

COBBY
4005

SOLOMON
5258

SMITH
5257

KOCIS
5238

LIMONAS
4521

HASTIE
5228

MEYER
5018

MILETIC
6236

DAVIS
4008

CARR
8200