

TFNL



Season 10 Issue 7

July 2017

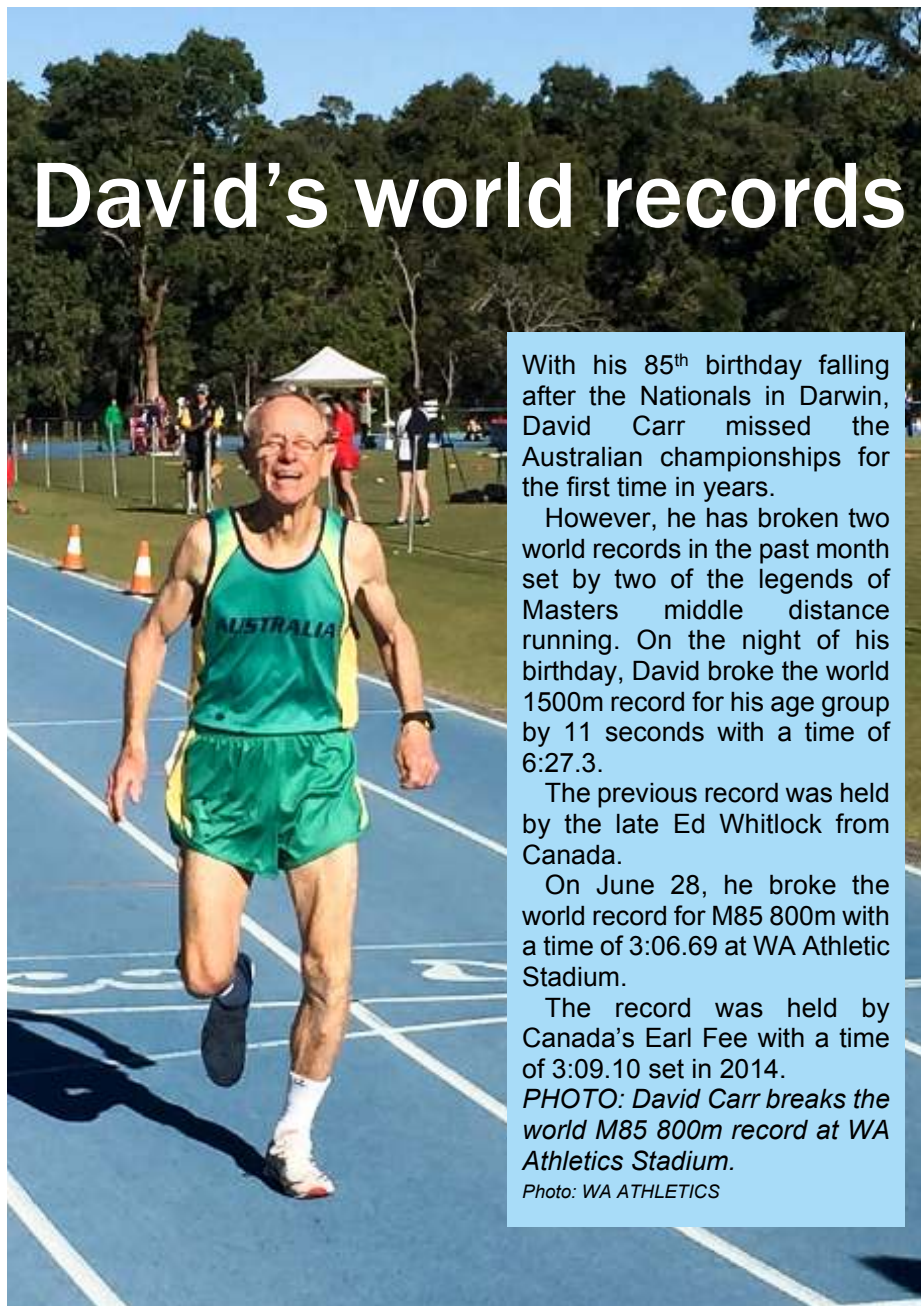
The Track and Field Newsletter of MAWA



**Aussie
champs
special**

Golden girls

David's world records



With his 85th birthday falling after the Nationals in Darwin, David Carr missed the Australian championships for the first time in years.

However, he has broken two world records in the past month set by two of the legends of Masters middle distance running. On the night of his birthday, David broke the world 1500m record for his age group by 11 seconds with a time of 6:27.3.

The previous record was held by the late Ed Whitlock from Canada.

On June 28, he broke the world record for M85 800m with a time of 3:06.69 at WA Athletic Stadium.

The record was held by Canada's Earl Fee with a time of 3:09.10 set in 2014.

PHOTO: David Carr breaks the world M85 800m record at WA Athletics Stadium.

Photo: WA ATHLETICS



MAWA INDIVIDUAL MEDALS

	G	S	B
Peggy MacIver	5	-	-
Ruth Johnson	4	6	1
Matt Staunton	4	1	-
Ossi Igel	4	-	1
Margaret Saunders	3	-	-
Karyn Tolardo	3	-	-
Giovanni Puglisi	2	2	-
Sharon Davis	2	-	3
Chris Neale	2	-	1
Gary Hastie	2	2	-
Sally Sims	2	1	1
Bruce Wilson	2	-	2
Pete Peeling	2	1	-
Brenda Painter	2	-	1
Carey Dickason	1	2	2
Bob Schickert	1	2	1
Greg Wilson	1	2	1
Jim Langford	1	2	-
Annmarie O'Donovan	1	2	-
Gillian Young	1	2	-
Rob Antonioli	1	1	4
Lisa Limonas	1	1	3
Lynne Schickert	1	1	2
Lynne Choate	1	1	1
Julie Wilson	1	1	1
Trevor Scott	1	1	1
Jacqui McQueen	1	-	-
Luella Jenkins	-	7	1
Jim Davis	-	4	2
Kellie Sadler	-	3	-
Dave Wyatt	-	3	-
Vicki Cobby	-	2	4
Jennifer Parker	-	2	3
Colin Smith	-	2	1
Michele Mison	-	2	1
Barbara Blurton	-	2	-
Wayne Byram	-	2	-
Andrew Ward	-	1	3
Gay Wyatt	-	1	2
Rob Young	-	1	1
Harold Membrey	-	1	1
Carol Bowman	-	1	-
Andrew Brooker	-	1	-
Wendy Grace	-	1	-
Xander van Rijen	-	-	2
Jody Brownley	-	-	1
Michel Byrne	-	-	1
Lachlan Marr	-	-	1
Geoff Brayshaw	-	-	1
Bjorn Dybdahl	-	-	1
Campbell Till	-	-	1
Jeff Bilman	-	-	1
Des Walsh	-	-	1
Shannel Staunton	-	-	1
Ralph Henderson	-	-	1
Total	52	67	57

Cover photo



Gold medallist (from left) Jody Brownley, Sharon Davis, Cathy McCloskey and Lisa Limonas celebrate their win in the 4x400m relay.

RELAY MEDAL COUNT

	G	S	B
Lisa Limonas	1	-	1
Sharon Davis	1	-	1
Cathy McCloskey	1	-	1
Jody Brownley	1	-	-
Andrew Brooker	-	1	1
Chris Neale	-	1	1
Colin Smith	-	1	1
Des Walsh	-	1	1
Harold Membrey	-	1	1
Rob Antonioli	-	1	1
Dave Wyatt	-	1	-
Greg Brennan	-	1	-
Carol Bowman	-	1	-
Vicky Cobby	-	1	-
Lynne Choate	-	1	-
Margaret Saunders	-	1	-
Annmarie O'Donovan	-	-	1
Garry Hastie	-	-	1
Keith Hill	-	-	1
Total	4	12	12

MAWA magic

Darwin was a very different experience for me, not a lot happening competition wise but a busy time in the role as team manager.

There were various matters to resolve but the area that required the most attention was the relay selections. With a record WA touring contingent, there was always going to be the potential for many teams to compete. In the end, nine teams were pieced together.

The mental gymnastics required to make combinations competitive, give as many people as possible a run, make all the ages tally, then rearrange prior to deadlines with

the inevitable occurrence of bodies not making the distance (mine included), was a real test. This task was made considerably easier with sage advice from Marg Saunders and Lynne Choate. Big thanks to Marg and Lynne.

Also, thanks to Richard Blurton at various times for his assistance.

The AMA Awards dinner took place in an alfresco setting on a balmy Darwin evening, this made for a very relaxed and unique event, very enjoyable.

I think the local organisers and officials (some from WA) also needed to de-stress, they had a huge job on their hands, some oversights and mishaps did occur

but they did their utmost to keep the show rolling and deserve to be acknowledged and thanked.

I thought I would be receiving complaints about a certain group of unchaperoned women in the under 50 age bracket. To my surprise, this did not eventuate however my minders may have successfully filtered what I didn't need to know.

Overall, from my vantage point, the MAWA team had many success stories, appeared to adapt to the climate and performed in the competitive but relaxed manner which we all seem to enjoy and come back for more.

CAMPBELL TILL,
Team Manager.

State Records

W75 Ruth Johnson	200m	38.57
W75 Ruth Johnson	1500m walk	10:53.30
W75 Lynne Schickert	10km road walk	1:20.31
W45 Jennifer Parker	Hammer	30.91m
W45 Jennifer Parker	Pentathlon	2404
W70 Peggy MacIver	Pentathlon	3025
W75 Ruth Johnson	Pentathlon	2949
Relay 4x100m (W170-219)	W40	57.12
Lisa Limonas (48), Sharon Davis (43), Annmarie O'Donovan (43) and Catherine McCloskey (53)		
Relay 4x100m (M180-239)	M45	48.94
Greg Brennan (48), Andrew Brooker (48), Chris Neale (48) and Colin Smith (54).		
Relay 4x100m (M240+)	M60	57.37
Des Walsh (62), Dave Wyatt (66), Harold Membrey (65) and Rob Antonioli (65).		
Relay 4x400m (W170+)	W40	4:32.79
Lisa Limonas (48), Jody Brownley (43), Catherine McCloskey (53) and Sharon Davis (43).		



Pending World Record

Relay 4x400m	W65	Australia	4:52.76
Carol Davis (66), Barbara Blurton (67), Jeanette Flynn (65) and Lyn Peake (67).			

The 2017 AMA Award winners

Sprints/Hurdles

Peter Crombie M70

Middle Distance/ Steeplechase

Jeanette Flynn W60/65

Distance

Lavinia Petrie W70

Walks

Colin Heywood M60

Jumps

Margaret Tweedie W60

Throws

Todd Davey M50

Multi Events/Relays

Wilma Perkins W65

Most Outstanding Male Athlete

Andrew Jamieson M70

Most Outstanding Female Athlete

Julie Brims W50

Most Outstanding Individual Performance

Belinda Martin W40

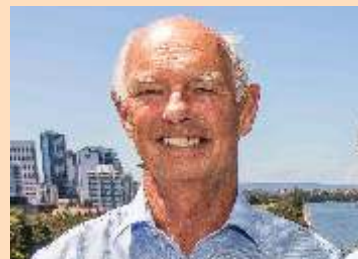
Administrator/Official

Richard Blurton WA

Photo: CHRISTINE OLDFIELD



Photo: Alan Jones



Athletes of the Meet

Champion of Champion Sprints

Female: Julie Brims

Male: Bob Wishart

Champion of Champion Throws (Shot Put)

Female: Wilma Perkins

Male: Darrin Norwood

Sprints/Hurdles

Bob Wishart	Vic	60m	96.54%
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Middle Distance

Jeanette Flynn	Qld	800m	91.53%
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Distance

Lavinia Petrie	Vic	5000m	92.27%
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Walks

Heather Carr	Vic	5000m	85.55%
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Shot Put

Helen Searle	Qld	Shot Put	76.52%
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Jumps

Miriam Cudmore	SA	Triple Jump	84.55%
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Brian Foley Award

(Highest grade % 800/1500m)

Jeanette Flynn

Royce Foley Award

(Highest points score in Throws Pentathlon)

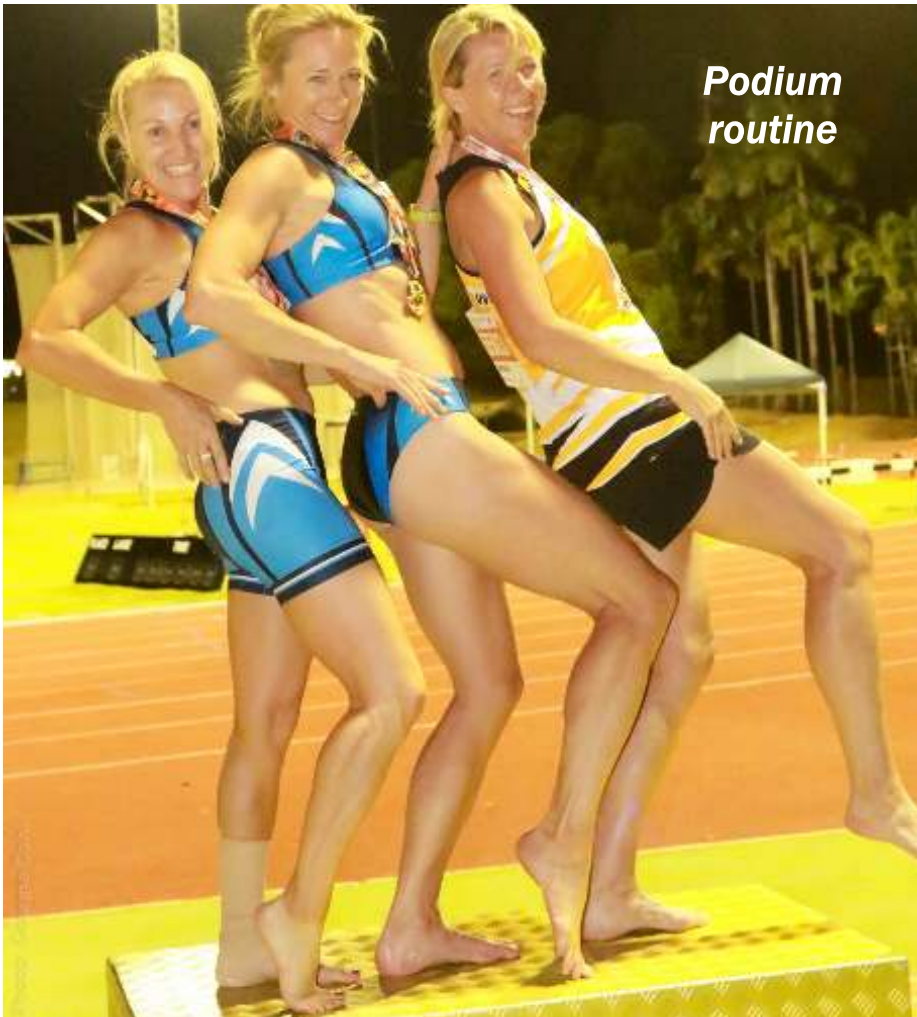
Female: Jan Banens

Male: Tom Hancock





Australian Masters Athletics Championships



Podium routine



Thumbs up



Nourishment



Stepping out



Medal smile



Ready for battle



Crocodile kiss



Meeting the locals



Sprints



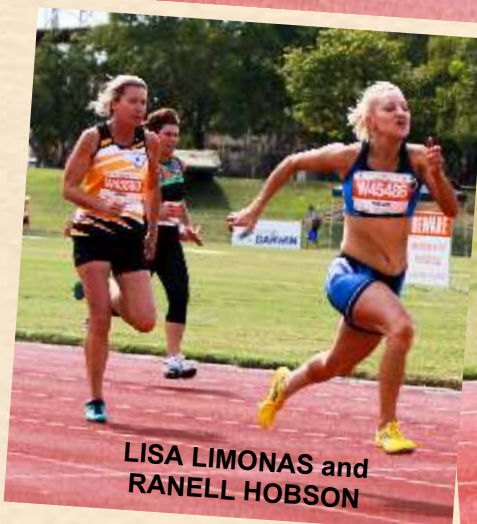
Competitors battle in the early stages of the W70 60m final . (From left) Lynne Andrews (bronze), Peggy MacIver (gold), Brenda Painter, Margaret Crooke (NZ), Gladys Wishart (silver), Janet Jarvis and Jean Hampson.



Lynne Choate (centre), Marlene Reid (left) and Mary McGregor blast out of the blocks in the W60 60m final.



**CATHY
McCLOSKEY**



**LISA LIMONAS and
RANELL HOBSON**



KAREN LONG



JULIE BRIMS and KYLIE STRONG



Australian Masters Athletics Championships



This sequence of photos shows Greg Brennan accelerating out of the blocks in the 60m preliminary.

My Nationals

The Nationals held at Darwin were my fifth appearance at a Nationals and by far my most enjoyable. It wasn't my most successful individual campaign but it was the first time I competed in a Masters WA relay team. The nationals also had a real holiday atmosphere. I have promised to take the whole family back very soon.

Prior to the nationals, I had never visited Darwin. I have now ticked off all of Australia's major cities having been to all of the others numerous times. The June weather in Darwin is magnificent and ideal for sprinters. With a range of 20 to 31 degrees, it was very comfortable. I stayed at the Hilton in Mitchell Street and hired a car to get to and from the Arafura Stadium in Marrara. It was a very easy 15-minute drive and I found myself helping other athletes to commute.

I competed in both the 60m and 100m on the first day of competition. The M45 category was one of only a few that had heats in both events. I qualified for both finals in a very tough group of sprinters. I was very pleased with my sixth placing in the final of the 60m but a bit disappointed in finishing eight in the 100m final. By the time I competed in the 100m final at 9.40pm I was starting to tighten up and fade. It made me realise I need to improve my fitness to cope with four races in a day. I can hear all of the distance runners



laughing at me right now, but as Barrie says, "it is not the races but the warm-ups that take it out of you." We also had to contend with some very stiff headwinds in both the heats and finals, something we are not used to at WAAS. I think the headwinds in the finals were both around -1.9.

I pulled up very sore the next morning so I withdrew from the 200m. I really wanted to run in the relay on Sunday and knew that if I ran the 200m I wouldn't be able to. I still drove to the track to watch the races and cheer on my team-mates.

On Sunday I experienced my most satisfying moment at a nationals event. Lining up in the 180+ 4x100m alongside Andrew Brooker, Chris Neale and Colin Smith, we surprised

everyone and finished second behind South Australia. In the process, we took a second off the state record for the event. Another highlight of that day was watching the ladies win the 170+ 4x400m. They annihilated the other teams in a magnificent performance. As with all nationals, it was great to see some of the interstate stars in action such as Ashley McMahon, Jay Stone, Darren Hughes, Andrew Wilcox, Julie Brims and Julie Forster.

I am looking forward to next year's nationals in Perth and the Worlds in Malaga. I turn 50 a month before the Worlds so I am going to make sure I get there. Next is the winter grind!

GREG BRENNAN



Australian Masters Athletics Championships

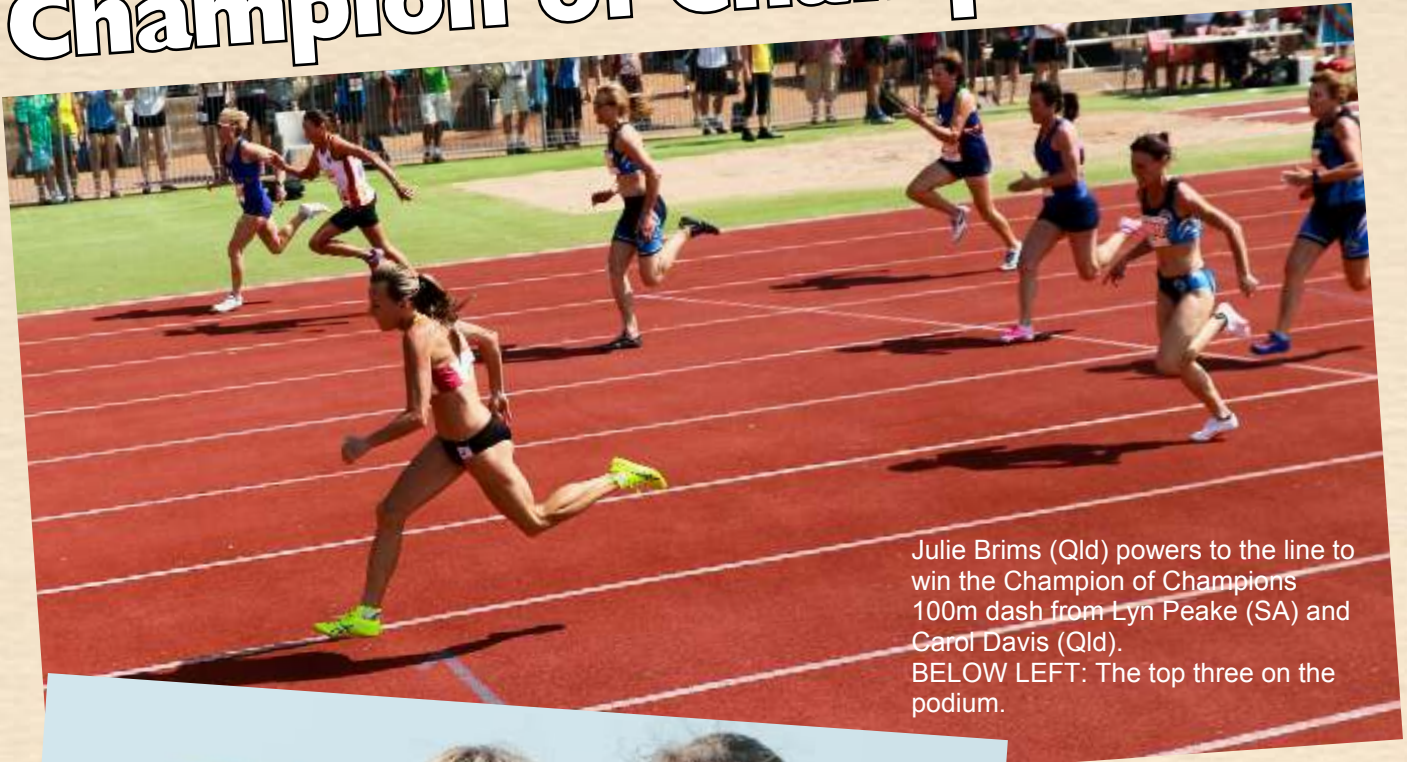


Sprints

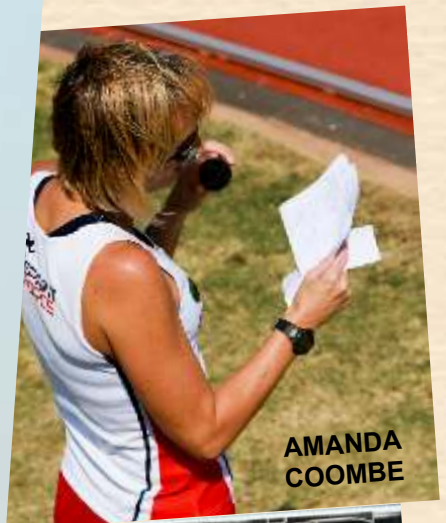




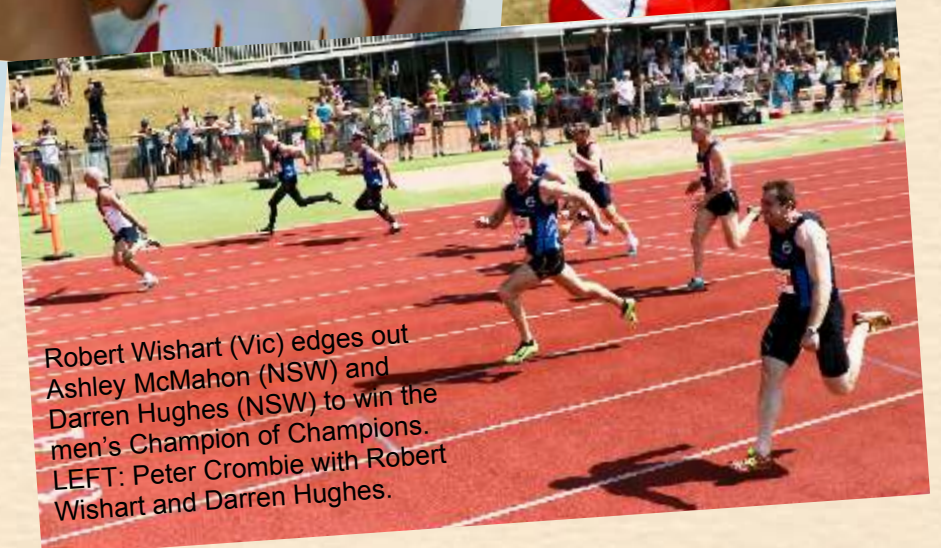
Champion of Champions



Julie Brims (Qld) powers to the line to win the Champion of Champions 100m dash from Lyn Peake (SA) and Carol Davis (Qld).
BELOW LEFT: The top three on the podium.



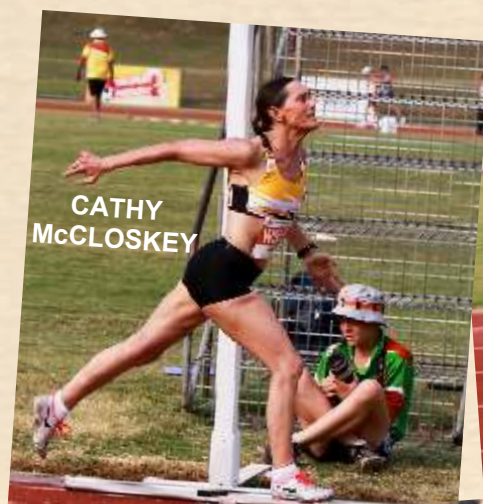
AMANDA
COOMBE



Robert Wishart (Vic) edges out Ashley McMahon (NSW) and Darren Hughes (NSW) to win the men's Champion of Champions.
LEFT: Peter Crombie with Robert Wishart and Darren Hughes.



Australian Masters Athletics Championships



CATHY
McCLOSKEY



SHARON DAVIS



PEGGY MACLIVER



Marlene Reid (left) edges
out Lynne Choate for the
gold medal in the 200m.

Sprints



BRENDA PAINTER

My Nationals

We left the cool temperature of Bunbury in early May to drive the 4000kms to Darwin to participate in the nationals. I had a few weeks of training in the heat on the way up. On Registration Day we were told that the Northern Territory athletes had been praying for hot weather so that they would have an advantage over those travelling from other states. Much to our delight, the weather was cooler than expected.

They attributed the cooler weather to the American fighter jets flying overhead stirring up the atmosphere.

Day 1. It was exhausting due to having six events over 12 hours. It was different running 100m at 9pm than during the day. I participated in the 1500m walk and to my surprise won, with a PB and State record. My friend Luella Jenkins from Bunbury was a few seconds behind me. I am



not a thrower but I liked the hammer so entered and received a bronze medal for my effort. 60m, 100m 800m and long jump I won silver medals.

Day 2. The 200m was a great race with the W75 champion from South Australia who just pipped me at the line. It was a PB and State record. In the high jump the last three competitors all failed the last height

and on a count back I received the gold.

Day 3. Was triple jump with a PB and a silver. My 400m was a gold but I couldn't break my state record.

Day 4. Monday was the outdoor pentathlon and another long tiring day. The 800m was run after 1pm but the weather was kind to us runners. Another gold.

Entered 11 events and received 11 medals. four gold, six silver, and one bronze.

It was an enjoyable four days, running with women from other states and New Zealand plus West Australians. Some of these ladies I have run with in other nationals and also Worlds in Perth last year. A number of these women will enter the next age group so it will be the last time to compete with them.

See you all in Perth next April at the nationals.

RUTH JOHNSON



Australian Masters Athletics Championships



Colin Smith (second from left) pips Ken Telfer (left) for the silver medal in the M50 200m-final as Darren Hughes (NSW) wins gold.

Sprints



DES WASLH



CHRIS NEALE



JULIE BRIMS



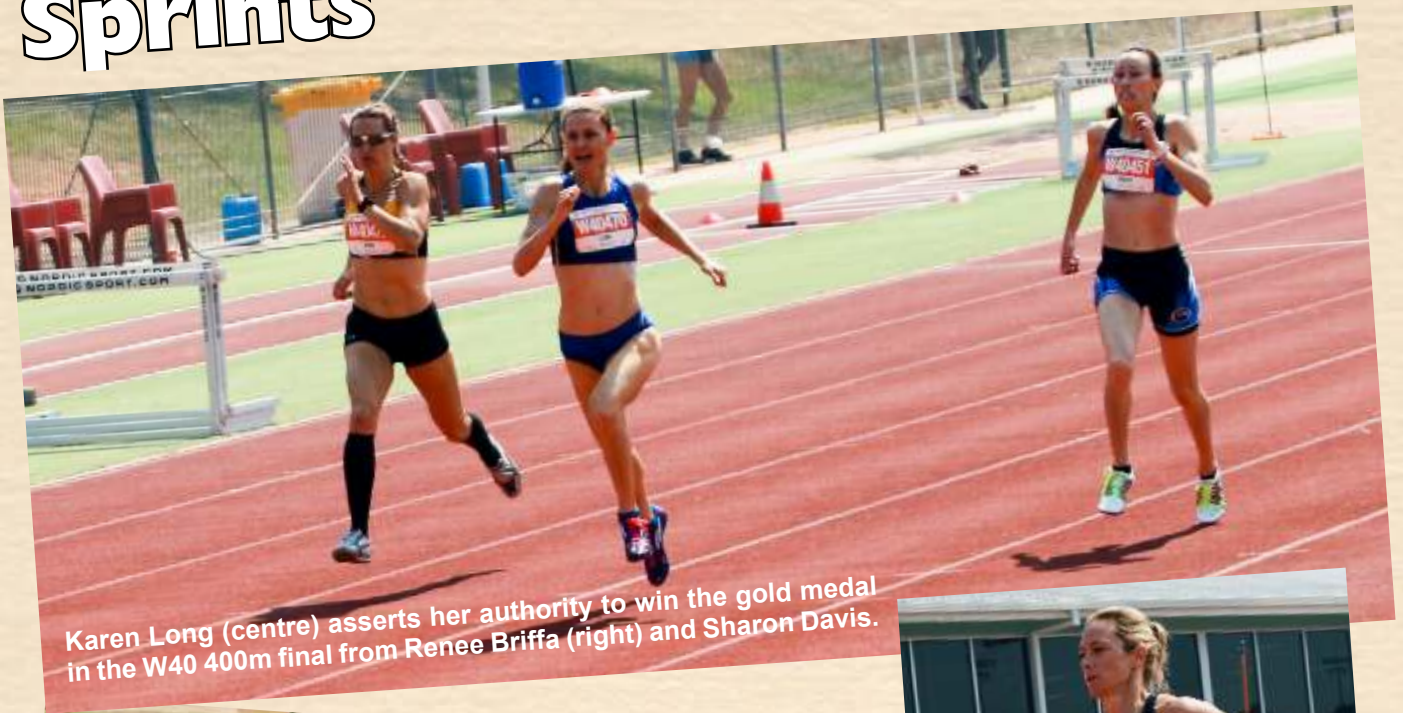
LENORE LAMBERT



KAREN LONG



Sprints



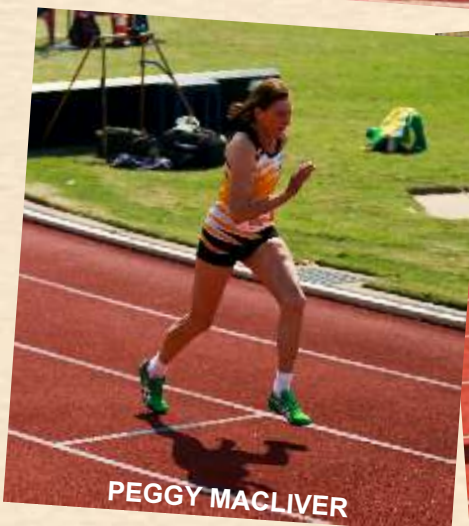
Karen Long (centre) asserts her authority to win the gold medal in the W40 400m final from Renee Briffa (right) and Sharon Davis.



Margaret Saunders claims the gold medal in the W60 400m final.



LENORE LAMBERT



PEGGY MACLIVER



BARBARA BLURTON



CAROL BOWMAN



Australian Masters Athletics Championships



1



2



3

ABOVE: (left to right) Colin Smith gets ready for the starter's command and accelerates from the start on his way to a silver medal in the M50 400m final.

LEFT: Andrew Brooker gets into full stride in the early stages of his 400m final.



Sprints



CHRIS NEALE



ROB ANTONIOLLI



DES WALSH





Australian Masters Athletics Championships



RUTH JOHNSON



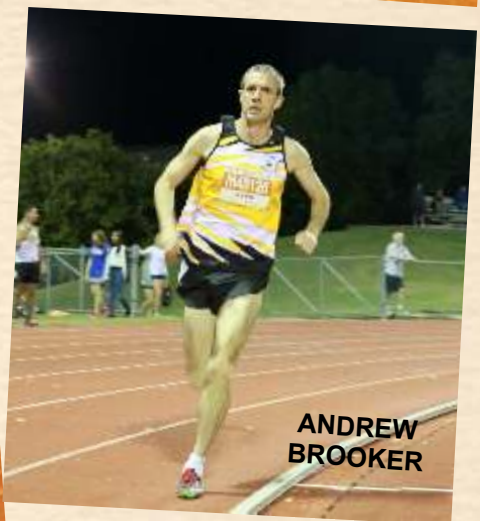
BARBARA
BLURTON



CHRIS NEALE



**Middle
distance**



ANDREW
BROOKER

LEFT: Margaret Saunders leads Jeanette Flynn to win the W60 800m gold medal. Jeanette won the W65 gold.

BELOW: Chris Bell (Qld) and Xander van Rijen fight for the silver medal in the M45 800m.



1



2



3



Australian Masters Athletics Championships



My Nationals

Eighteen months into my MAWA membership and I still need to pinch myself. It is evening, Monday, June 12. The 2017 AMA Nationals finished today and I find myself sitting in a Darwin CBD beer garden surrounded by a remarkable group of multiple medal winning athletes, all from WA.

I had been nervous arriving in Darwin. What was Darwin like? I had failed to find anyone who had actually been there. It turned out to be much greener than expected with weather that could not have been better. It was also the first time in memory that I would be sharing an apartment with flat mates who were not my immediate family. I needn't have worried on that front either. Garry Hastie and Margaret Saunders were the perfect company for an Englishman away from home. They created the ideal relaxed environment. I don't think I've ever been so 'chilled' before and during an event.

I was also worried about performing at the Nationals having struggled with an Achilles niggle that had resulted in my dropping out of the state 1500m. Still, I'd had six weeks decent training since then; stay positive. Slowly, I'm learning that Masters Athletics is as much about managing the body as running quickly.

First up, the 800m on a warm still Friday evening. A solid run for a midfield placing even if the time was a bit disappointing. Racing at eight in the evening was another learning experience.

During Saturday Captain Campbell was threatening to put me in one of the 4x400m teams. This resulted in a series of text messages as he grappled

manfully with the task of organising who knows how many athletes. Not a task for the faint-hearted. At one point I found him in a quiet corner huddled over team sheets, pen in one hand 'phone in the other. He looked up and saw me, "Just don't say anything," he smiled. I left him to it.

Saturday evening and I was lined up for the 1500m. There were some grumblings on the start line as the start time had been brought forward by 10 minutes. It seemed that most, including me, had not received that message. By this time, however, I was in the Darwin frame of mind; completely relaxed. The outcome was similar to the 800m – a solid run, midfield, time a bit underwhelming. I'm glad I didn't but, if I'm honest, I almost stepped off the track at 700m, by this time I was effectively running a solo time trial. 800m seemed a long way to go!

Sunday and Captain Campbell had done it, with a little help from his key relay team elves, and registered our relay teams. I was down for the second leg in the 240+ 4x400. Those who know me well know that sometimes I get over anxious before a race. Not in Darwin, except for this event. I was terrified. I was still in my mid-teens when I last ran a competitive 400m. Here I also had three team-mates to think about. As a result, I took over from Harold and set off like a startled rabbit. Coming into the home straight I could see a fellow competitor, who clearly knew even less about relay running than me and had run the entire second bend in the outside lane, begin to cut in sharply. We were on a collision course and he wasn't looking. I hesitated and swerved slightly but he saw me at the last moment and disaster was averted. I had gotten round. I had no idea of position but later

found that I handed over in third place with very strong runs from Des and Tolli held to the finish. A bronze medal in a national championships over, of all distances, 400m. How good is that? As our daughter exclaimed, "Dad, I didn't know you were a sprinter!"

"I'm not was my reply." So a huge thank you to Harold, Des, and Tolli for making it possible. Oh, and Captain Campbell as well.

Sunday was another day where I messed up food. By the time medals had been dished out and we returned to our apartment it was almost time to shower and get ready for the athletes' dinner. Held open air under the NT star spangled sky, speeches were short, awards were well-deserved (especially Richard's administrator of the year), the entertainment was fun, the food was good and the company was excellent.

I had been in two minds about running the cross country on Monday morning. But feeling good and in need of a longer run, I decided to go out and enjoy it. It was a good course for me being flat and varied with gravel, grass, and boardwalks across open and wooded terrain. It was a very enjoyable run, capped off by just pipping Giovanni; something that doesn't happen very often.

I'm glad I've been to Darwin and hope to return. A trip to Litchfield Park was a perfect way to get into the Darwin pace of life. Taking a wrong turn off the one road between Darwin and Litchfield probably helped make sure we didn't take anything too seriously. You'll have to ask the navigator for details.

Will I do another nationals? I certainly hope so.

KEITH HILL



4x100m relays

1



3



2



Lisa Limonas hands the baton to Sharon Davis. The pair with Annmarie O'Donovan and Cathy McCloskey won bronze in W170-219.

DES WALSH to DAVE WYATT

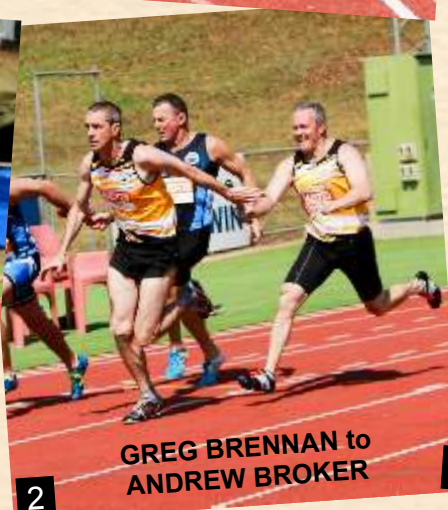
PEGGY MACLIVER

CATHY McCLOSKEY

1



2



GREG BRENNAN to
ANDREW BROKER

3





Australian Masters Athletics Championships



CHRIS NEALE to GARRY HASTIE



GARRY HASTIE to COLIN SMITH



ABOVE: Vicki Cobby takes the baton from Carol Bowman.

BELOW: Vicki gets caught in traffic.



4x400m relays



LEFT: Sharon Davis (right) waits for Cathy McCloskey. Along with Lisa Limonas and Jody Brownley the four won gold in W170-219.



1

HAROLD MEMBREY to KEITH HILL



2

KEITH HILL TO DES WALSH



3

DES WALSH TO ROB ANTONIOLLI



Australian Masters Athletics Championships



Jim Langford sits behind Kevin Solomon in the 5000m with Bruce Wilson behind. Jim won the silver, Kevin the gold and Bruce won the bronze.

5000m



Lachlan Marr leads Richard McMahon (SA) and John Jago (Tas) in the 5000m.



TREVOR SCOTT and BRUCE GRAHAM



MARK DAWSON



BJORN DYBDAHL



GIOVANNI PUGLISI



Australian Masters Athletics Championships



10,000m



Jeff Grey (ACT)
leads Lachlan
Marr (WA) and
Alan Barrett (NT).



Jim Langford
and Ralph
Henderson
flew the WA
colours in the
25-lap event.



NICK CUFF



PETE PEELING



PHIL HNIAT

Photo: Dina Campbell-McQuillan



CAREY DICKASON

Photo: Sam McQuillan



Australian Masters Athletics Championships



Steeple





Steeple



MAIN PHOTO: Bjorn Dybdahl clears the steeple. INSET: Giovanni Puglisi leaps over the steeple on his way to a gold medal. Photos: Alan Jones



Photo: Alan Jones



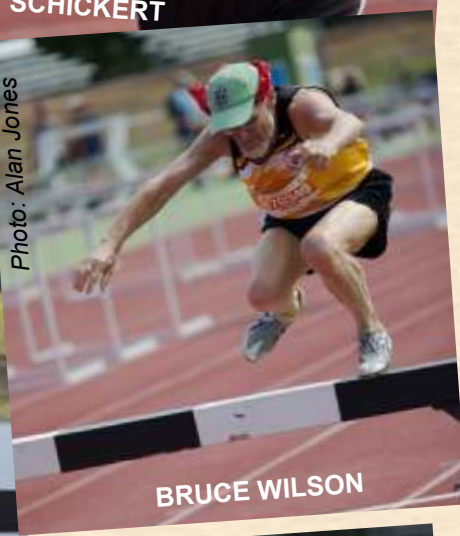
BOB SCHICKERT

Photo: Dina Campbell-McQuillan



PETE PEELING

Photo: Alan Jones



BRUCE WILSON

Photo: Sienna Bennett-Kellam



TREVOR SCOTT

Photo: Alan Jones



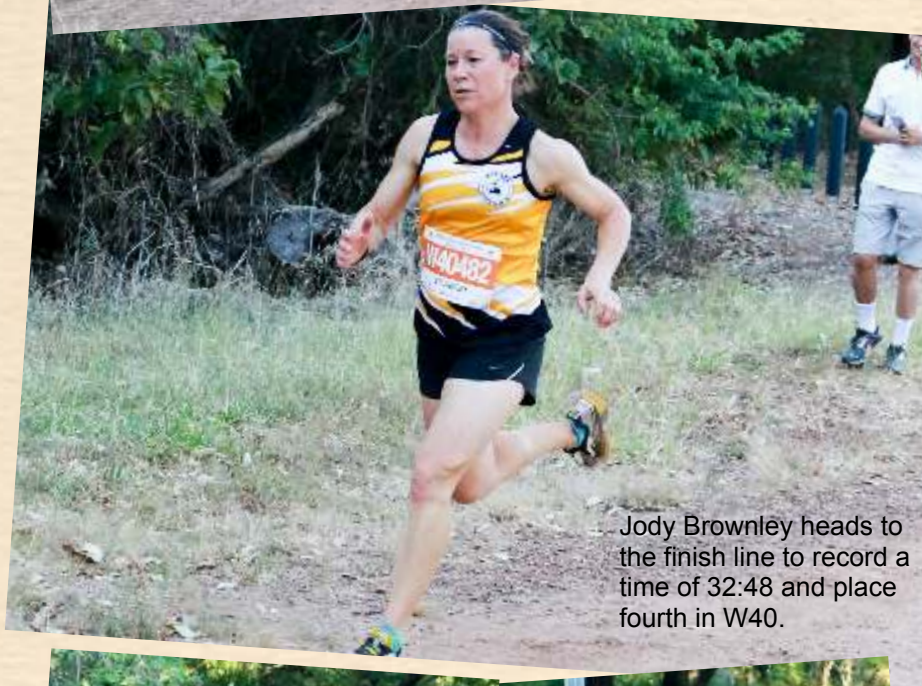
HAROLD MEMBREY



Cross country



MAIN PHOTO: Alison Sims (right) pips her mother Kathy Sims on the finish line. **INSET:** Kathy leads as Alison starts her finish sprint.



Jody Brownley heads to the finish line to record a time of 32:48 and place fourth in W40.



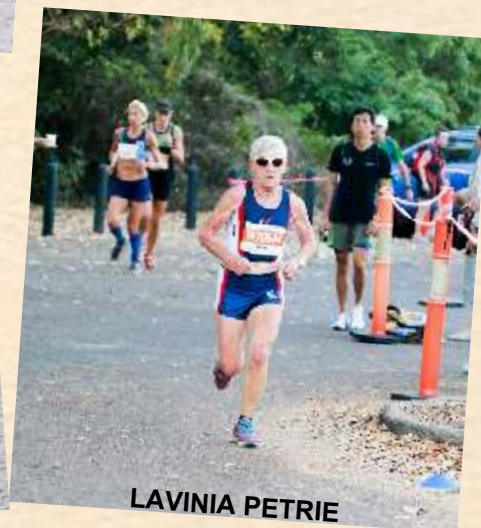
Checking the electronic timing.



WENDY GRACE



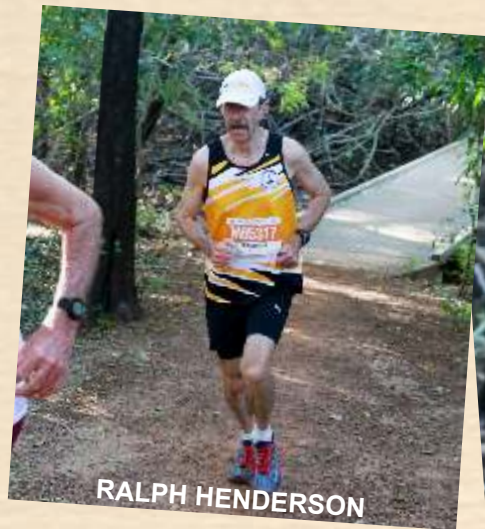
GILLIAN YOUNG



LAVINIA PETRIE



Australian Masters Athletics Championships



RALPH HENDERSON



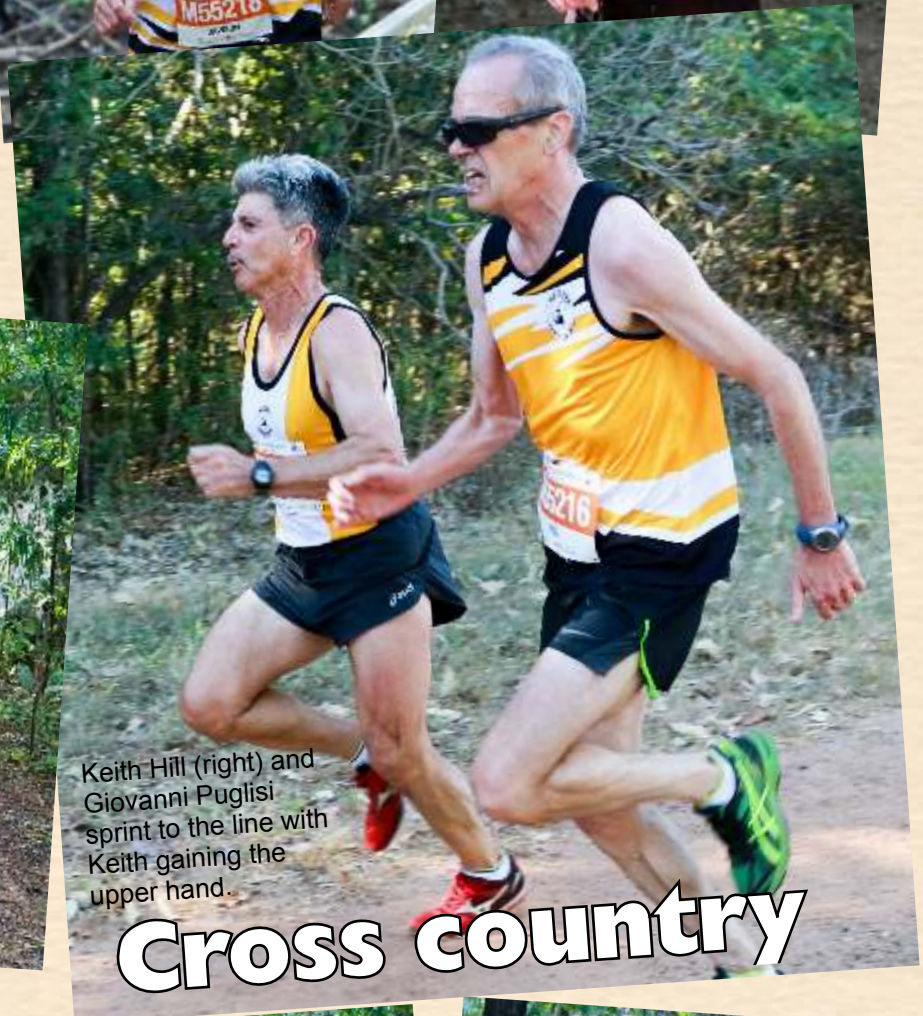
MARK
DAWSON



BOB
SCHICKERT



JIM LANGFORD

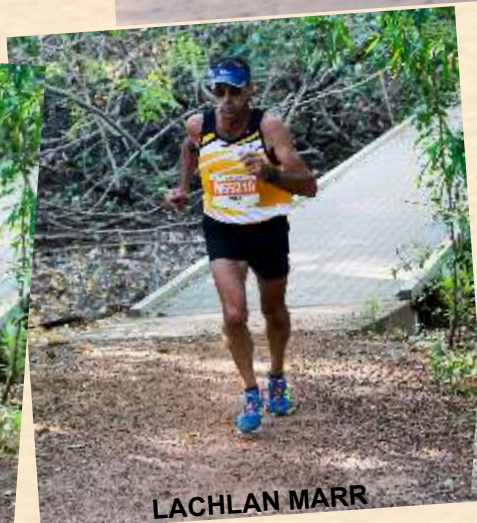


Keith Hill (right) and
Giovanni Puglisi
sprint to the line with
Keith gaining the
upper hand.

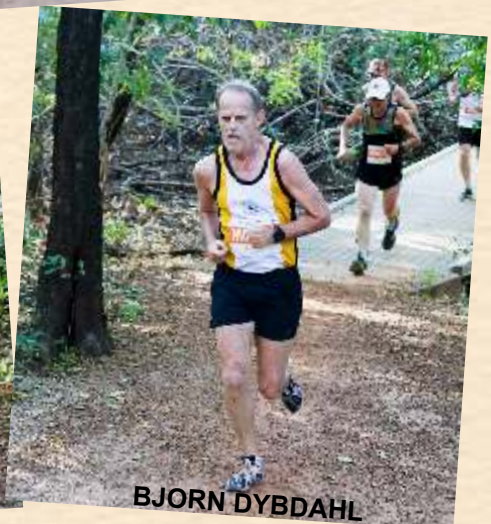
Cross country



PETE PEELING



LACHLAN MARR



BJORN DYBDAHL



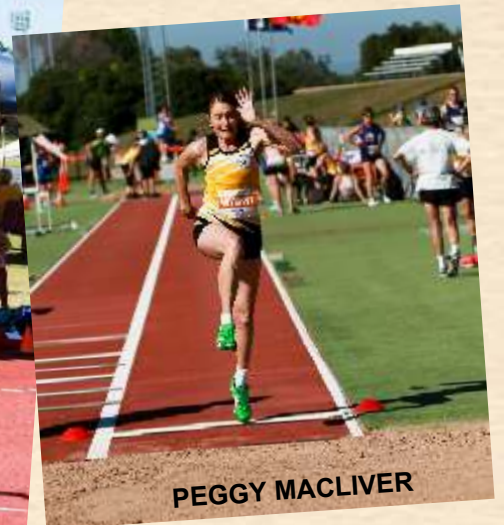
Pentathlon



Vicki Cobby steps down the runway in the javelin.



Jennifer Parker prepares to throw the javelin in the pentathlon. She posted the second top throw with 21.55m in W45



PEGGY MACLIVER



RUTH JOHNSON



JULIE WILSON



LYNNE CHOATE



Australian Masters Athletics Championships



Annmarie O'Donovan runs the final bend of the 800m. Annmarie ran 2:52.58 in the 800m to win the pentathlon with 2013 points. In the background Julie Brims assists with measuring in the weight throw.

My Nationals

Darwin 2017 would be my maiden Australian Championships. I decided to go not long after the State Championships and had been training hard and hoping for a successful meet. There was also the added attraction of not having to respond to "mom, MOM, Mom, Moomm....." for a few days.

I learned a valuable lesson day one. That is, if you fly to a meet and are competing on the same or next day, wear some compression stockings, I could barely get my spikes on Friday afternoon to do long jump. Nevertheless, I managed a PB which I was delighted with, my competition was off to a good start.

There was a great atmosphere at the track on Friday evening, old friendships and rivalries reignited and I enjoyed watching the 800m races. The 100m finals were on Friday night, but not until almost nine o'clock, so I didn't stay to watch. By all accounts, I missed a great evening of racing.

I had two events scheduled on Saturday, the 80m hurdles, and javelin. Staying at the Novotel made for a very easy ten-minute walk to

the track. Events were in full swing when I arrived. While I finished second in the hurdles, I let nerves get the better of me and didn't execute as I'd hoped to do, so I was disappointed with my performance. The javelin was practice for the pentathlon on Monday. The remainder of Saturday provided excellent viewing at the track, 200m, and 1500m with many battles.

Sunday was a rest day for me, but I was lucky to get the nod for the 4x100m relay team, I was so nervous, I think I was sixteen the last time I ran a relay. Relays are always exciting and Sunday at the track was electric. Everyone was on their feet, cheering and willing their teams to victory. We managed a third place and broke the WA state record. The 4x400m team also had a fantastic win, with Jodie Brownley running a cracking second leg. The men's races were nailbiters too, with WA putting in many notable performances.

Monday was D-day for me, Pentathlon and 400m hurdles, it was going to be a long one. Pentathlon started at 7.30am, my first three events went well and I was leading. Javelin, however, was a disaster, I didn't even make 14m, so I knew I needed to put in a good 800m, thankfully my training and some

coaching by text from John Dennehy paid dividends, I ran out of my skin to record a 2.52.50, which is only my second time sub three minutes. I was delighted and had secured the gold. Job Done.

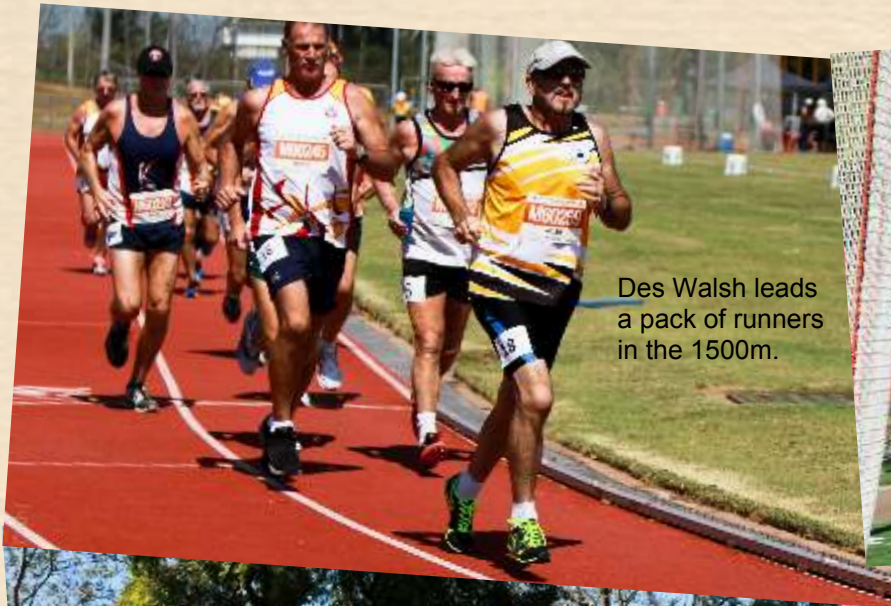
Backing up a pentathlon with 400m hurdles was never going to be pretty, and while I rested, rehydrated and did what I could to recover in between races, my legs were tired and attacking the hurdles wasn't really an option. I finished second to Sharon Davis and managed a PB, so I was happy enough. I then had to run to catch my flight home as schedule changes meant there were only 50 minutes between the start time of the 400m and the departure time for my flight. Thanks to Roger Chin I made it to the airport and caught my flight without any difficulty.

The championships were a great experience and a lot of fun. The support and camaraderie shown by athletes toward each other were genuine and made the event special. I look forward to next year when we are on home soil. My only regret was not staying longer to explore Darwin, it seemed like a great town.....another time.

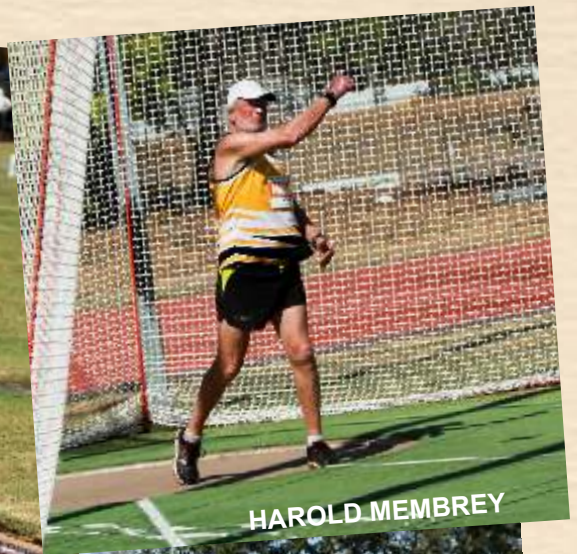
ANNMARIE O'DONOVAN



Australian Masters Athletics Championships



Des Walsh leads a pack of runners in the 1500m.



HAROLD MEMBREY



Chris Neale strides out to post a time of 5:18.70 in the 1500m.

Pentathlon



ROB YOUNG



ROB ANTONIOLLI



Australian Masters Athletics Championships



Gay Wyatt throws the javelin and runs the 800m to win bronze in the pentathlon.

My Nationals

Darwin was my first Nationals competition ever. I have been doing Masters Athletics for about 4½ years, having decided to join my husband/coach Dave who's been at it for close to twenty-five years. I had no idea what to expect in Darwin and went with no expectations. I had been nursing a sore Achilles for months and thought a bronze medal would be nice.

My first event was the long jump on Friday morning at eight. It was early and, as it turned out, rather cold. I don't perform well in the cold and I had left my tracksuit top back in the room. I did not expect to be cold in Darwin so was very apprehensive about how I would go. There were five of us in the event and so when I won the silver I was absolutely chuffed. A rather excited text and photo were sent to our daughters in Canada and Canberra to let them know just how clever their old Mum was.

Saturday's high jump turned out to be a totally different emotional experience. I hold the state record for my age group but when you don't medal and in fact are the first person out you feel a bit of a fraud and begin to wonder why you are there. It is amazing just how quickly things can change. Dave too hadn't been happy with his performance but he did at least walk away with the silver. We commiserated with each other and decided a good lunch and a couple of beers down at The Waterfront may improve things and it did!

Sunday too proved to be a day of mixed emotions. Why was I subjecting myself to so much pain? This time it was the triple jump. I love the triple jump, lousy for my joints but gosh it's just great fun. The first couple of jumps are usually my best and by the fourth round, I am in the gold medal position. So this girl who was going to be

chuffed with one bronze medal for the whole championships was going to come away with a gold! What do they say, "never count those chickens"! In the final round, I watched my place slip from first to third! What can I say, I smiled, I congratulated but truth be told, I was shattered!

The day was not lost though! I had let Campbell know that if he was scraping the bottom of the barrel I was available for both relays. Shock, horror, I was selected for the 220, 4x100 relay. I had never run a circular relay. I think my last relay was a shuttle relay in primary school. When we were warming up in the morning Dave had shown me the relay boxes and where I should stand. Okay, I thought I've got this. Luckily I was running with three amazing athletes, Lynne Choate, Peggy MacIver and Vicky Cobby so all I could think of was not letting them down. We practised the baton change and so again I thought, yep I've got this! I lined up at the third changeover; I was receiving from Vicky and handing to Peggy. All I could think of was don't drop the baton. As I looked across the lanes I saw a number of 55-year-olds standing way outside the box (go figure) and then along comes Lynne Peake in her Australian uniform and I hear they're going for a world record and then an official asks, "does anyone need tape?" What do I need tape for? This is getting scary. We didn't place but I loved that run and felt exhilarated after it. Is that what being part of a team is all about?

Monday arrives and I have entered my second pentathlon ever. Now here I did go with expectations. My first pentathlon was at our last States and I walked away with a new State record. So I decided that if I could improve just a smidgen in all events I could improve on my record. I didn't know if this would be good enough for a medal but it was my goal. Woke up Monday morning – both quads were sore, that Achilles injury had really come back to plague me, I was

physically shattered and strangely, emotionally tired as well. My personality would never allow me to withdraw unless I had a legitimate reason and I really thought what a shame I had not pulled something on my last triple jump, nothing major mind you! Of course Lynne Choate had also entered so I knew if a new State record was set it was going to be set by her and not me!

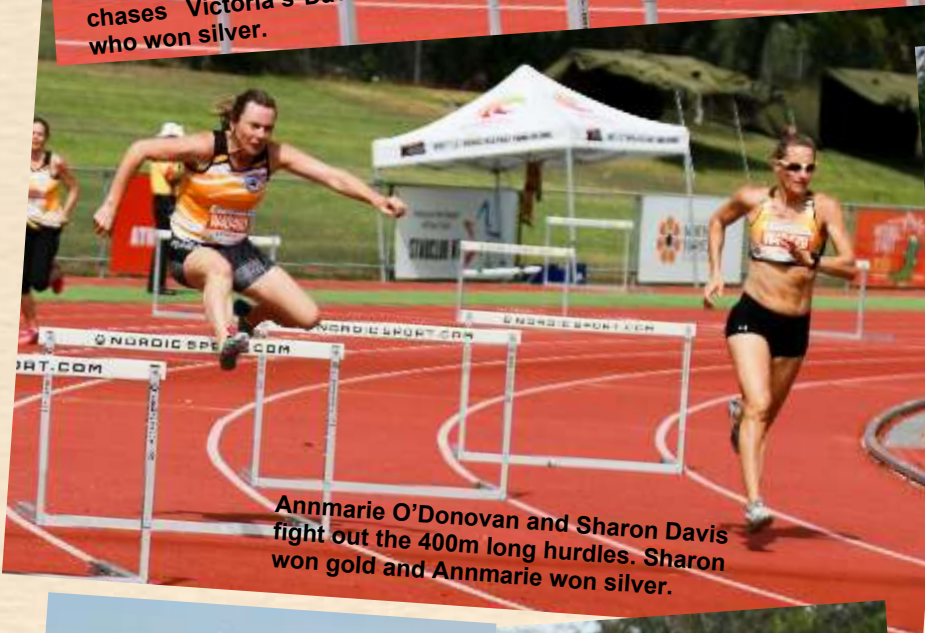
We line up for the first event the 100 metres. There are seven of us in the field. I finish fourth and of course, Lynne is first, 300 points ahead of me already (note to self – must learn how to sprint). Then comes the shot. Some of those girls know how to put a shot. I come last (note to self – must learn how to do shot). Next is the long jump. Yes, I can do this! I win but needed to win by at least a metre to claw back the points. The fourth event is the javelin. Last again (note to self – must learn how to throw the javelin). The last event of the day is the 800 metres. We have been going for 5½ hours, it's more than 30° and there's a strong wind blowing and they want me to run. I run and when we cross over at the 200-metre mark I am leading and I stay there! I never believed that I would ever say thank goodness for the 800 metres but it got me the bronze and it is the medal that I am most proud of because I never gave up! But what I remember most about that day is being with Lynne, sitting on our little stools and keeping each other going. It turned out to be my best day and I held on to my State record even if it was only by nine points!

Did I enjoy my first Nationals? Yes and no. It was far more physically and emotionally draining than I expected but I performed so much better than I thought I would. Everyone is so lovely, supportive and yes I will be back next year in Perth.

GAY WYATT



Hurdles





Australian Masters Athletics Championships



Walks



Garry Hastie recovers from another gutsy performance.
Photo: Sienna Bennett-Kellam



Karyn Tolardo shows off one of her three gold medals for the championships.

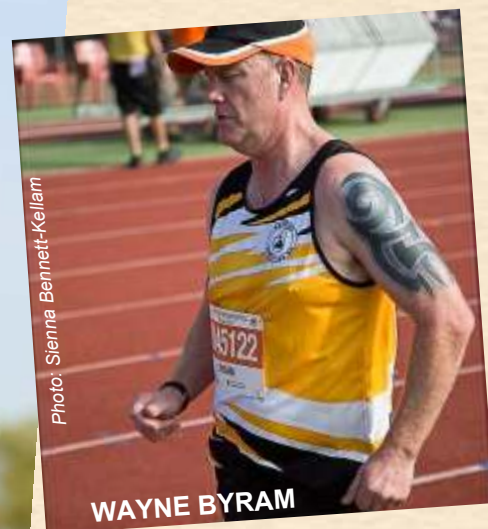


Photo: Sienna Bennett-Kellam

WAYNE BYRAM



Photo: Dina Campbell-McQuillan

LUELLA JENKINS



Photo: Dina Campbell-McQuillan

LYNNE SCHICKERT



Photo: Dina Campbell-McQuillan

MICHELE MISON



Australian Masters Athletics Championships



LUELLA JENKINS



NORM RICHARDS



GAY WYATT

Photo: Darwin High School Student Photography

Photo: Sam McQuillan

Jumps

Andrew Brooker clips the bar in the high jump. Andrew jumped 1.50m to secure the silver medal.



DAVE WYATT

Photo: Dina Campbell-McQuillan



Vicki Cobby secured a silver medal with a 1.40m height.



Australian Masters Athletics Championships



Throws



ABOVE: Jim Davis secured the bronze medal in the M80 javelin with a throw of 17.50m.



LEFT: Annmarie O'Donovan prepares to release the javelin. Annmarie posted a distance of 18.15m.

BELOW LEFT: Greg Wilson won a bronze medal.

BELOW: Clive Choate shows his style.





Australian Masters Athletics Championships



Throws

ABOVE AND LEFT: This sequence of photos shows Matt Staunton's style in the shot put. Matt secured the gold medal in the shot with a distance of 12.09m.



Photo: Sam McQuillan

TODD DAVEY



Photo: Sam McQuillan

SALLY SIMS



OSSI IGEL



Photo: Sam McQuillan

ANDREW WARD



Australian Masters Athletics Championships



Sally Sims dances across the circle in the weight throw.

My Nationals

Coming into my second nationals was definitely a different feeling (and not just due to a lingering chest infection). Being two years younger than local champion Byrony Glass, being a chance for a gold medal was certainly a new experience for me, and something I didn't know how to prepare for. Friday morning, with Hammer first up I was a bundle of nerves. After a few rusty throws and a huge PB from an unknown girl from country Victoria, I threw second last in the reverse order. Things came together in the fifth round, and a solid 29.03m put me in first place, which wasn't beaten.

Out to the discus circle for the evening event, which unfortunately held safety concerns that should have been addressed by the nationals' committee. Lucky for me, my technique doesn't utilise the full circle, and my confidence increased with each throw. Again my fifth throw was my best, with a 1.5m PB, which snuck me into third place, but a great throw from one of the local girls in her last shadowed me by 25cm. I was pretty stoked with fourth.

Day 2 was Shot Put, an event I didn't rate my chances... again, fourth at the change. I waited until my sixth throw for my best, and took

over third place, and finished the event with an unexpected bronze.

Day 3 was challenging at best. The Throws Pentathlon is a very tough event at the best of times. Based on performances to date, I gave myself a rough chance for silver. With scheduling issues requiring three age groups to combine, saw 17 of the most awesome girls challenge programming delays, the heat and hunger from 1.30, when we were due to check in, to the final throw at 8pm. I started with a very underwhelming Hammer and I mentally conceded the silver medal at that point. An average Shot Put and solid discus were expected.

Javelin, which is jokingly dubbed "the track event" by many throwers is by far my weakest discipline. I opened with my second best ever throw of 15.96m. (Un)fortunately, this was a killer for my fellow competitors, and I went into the Weight Throw just 34 points behind the silver medal. With very little preparation in my pet event, tired muscles and a heavy chest, I needed to beat the unconventional Territorian by about 40cm to squeeze her out of second place, and I was struggling mentally with the challenge of beating my friend. Not having a 10m plus throw since the World Championships due to training on a new technique, I decided to go back to a single turn and try to rip it. A

10.27m second throw was a welcome relief, and I secured the silver medal.

Monday, and time for my favourite event. Unfortunately, an executive decision was made overnight to decrease the event to four throws. This was really disappointing for me, but it was the same for all of us. I channelled the emotion into my throws, and opened strongly with a 10.03m, and followed up with a third best all time throw of 10.63m, which was my winning throw. Sharing the podium with Shanell Staunton made it all the more rad!

To finish the competition with solid performances in all events, and a medal tally of two gold, one silver, one bronze and a fourth exceeded my pre-tournament hopes. To spend the weekend with the amazing people who make up the throwing community in Australia is the reason I love this sport. To Todd Davey, congratulations on being named Australian Thrower of the Year. Lindsay, Byrony, Glenn and the awesome WA throwers, thank you for your ongoing coaching and support.

Lastly, to Northern Territory Athletics, the LOC and to the officials and volunteers, thank you for your tireless work and a job well done!

SALLY SIMS



Australian Masters Athletics Championships



Shanell Staunton won a bronze medal in the weight throw.

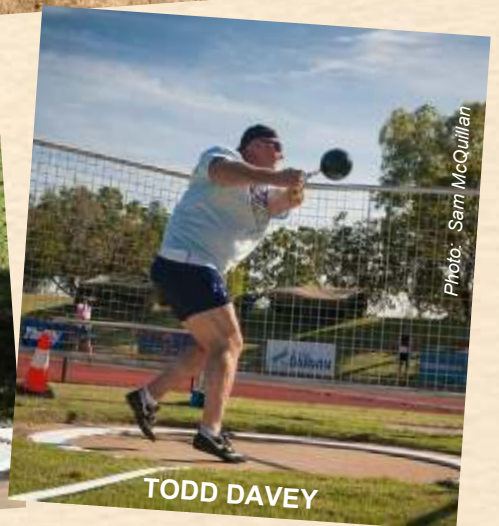
Throws



WILMA PERKINS



JIM DAVIS



TODD DAVEY

Photo: Sam McQuillan



Australian Masters Athletics Championships



Ossi Igel and friends.

My Nationals

Overall I was very happy with my results, even if I hoped for more points in the throws pentathlon.

General comment about the nationals from my point of view:

It was Darwin's first nationals so some issues were expected. The information on the web and Facebook page was helpful. The people were very friendly and kind and the medals are really beautiful. The venues were adequate. The fees for the championships were relatively low and the throws implements were new.

Many problems were caused by the three different schedules published before March with athletes having to book flights based on this information. Based on these temporary schedules several athletes made the bookings. The final schedule was published just a week before the start of the competition with major changes to accommodate the unexpected numbers. Many competitors couldn't or didn't change arrangements. At least one athlete, specialist javelin competitor, Stan Selby, who does



not have a computer, missed his javelin throw. On Sunday at 22:30 the schedule for the next day was completely revised for my weight throw and the pentathlon. My weight throw, originally scheduled for midday, was changed to 09:10am. I was alerted by a private Facebook post by Jenny Parker at 8:15 on Monday and had to 'rush like crazy' to the stadium. Only three out of ten competitors made the competition start, but we refused the victory ceremony. During

the morning the other competitors showed up extremely frustrated. After lengthy discussions, these seven were allowed to throw later. However, the competition was completely destroyed.

In the main stadium there were not enough circles for discus and weight throw so temporary circles were built, with the discus circle 800m away but not up to IAAF standards (not suitable for records). The edges of the circle were about 8-10 cm above the ground which presented a significant risk for ankle/foot injuries. The "cage" was made of construction fences but was not high enough to protect the onlookers. This was the same for both weight throw circles. To save time, the number of attempts for the weight throw was reduced from six to just four by the officials, the equivalent of a 5km runner being told they would now run 3km.

Overall I would rate the whole event a six out of ten. Considering just the throws, I would give it three out of ten.

I will now take a few weeks off after this very long season.

OSSI OSWALD



MAWA results



60m

W45	Lisa Limonas	9.02 (-0.8)	3rd
W50	Catherine McCloskey	8.98Q (-0.2)	
		8.94 (-1.7)	5th
W60	Lynne Choate	9.91 (+0.1)	4th
W70	Peggy Macliver	10.76 (-2.8)	1st
	Brenda Painter	11.77 (-2.8)	5th
	Janet Jarvis	12.37 (-2.8)	7 th
W75	Ruth Johnson	11.36 (-2.0)	2nd
	Luella Jenkins	11.76 (-2.0)	3rd
M45	Greg Brennan	8.23Q (-0.2)	
		8.16 (-1.9)	6th
M50	Colin Smith	8.02 (-1.6)	3rd
M60	Des Walsh	8.95 (-2.3)	6th
M65	Rob Antonioli	9.28 (-3.7)	3rd
	Michael Byrne	9.42 (-3.7)	6th
	Harold Membrey	9.95 (-3.7)	9th
M75	Norman Richards	10.15 (-2.0)	5 th

M50	Colin Smith	25.49 (-1.2)	5th
		26.09Q (-1.3)	
M60	Des Walsh	25.52 (-1.4)	2nd
M65	Rob Antonioli	29.40 (-1.3)	4th
		31.50Q (NWI)	
		29.60 (-1.1)	3rd
	Michael Byrne	30.24Q (+0.1)	
		29.91 (-1.1)	4th
	Harold Membrey	32.85 (NWI)	

400m

W40	Sharon Davis	62.23	3rd
W60	Margaret Saunders	74.74	1st
	Carol Bowman	1:23.98	4th
W65	Barbara Blurton	75.10	2nd
W70	Peggy Macliver	1:23.09	1st
W75	Ruth Johnson	1:32.21	1st
M45	Chris Neale	56.41	3rd
	Andrew Brooker	60.96	5th
M50	Colin Smith	56.29	2nd
M60	Des Walsh	72.98q	
		66.71	5th
M65	Rob Antonioli	74.93Q	
		67.37	3rd
	Michael Byrne	69.99Q	
		DNS	
	Harold Membrey	1:30.09	

800m

W40	Sharon Davis	2:30.37	1st
	Jody Brownley	2:41.97	3rd
W45	Vicki Cobby	2:50.32	3rd
W60	Margaret Saunders	2:52.05	1st
W65	Barbara Blurton	3:04.05	2nd
W75	Ruth Johnson	4:03.53	2nd
M45	Xander Van Rijen	2:12.86	3rd
	Chris Neale	2:16.37	5th
	Andrew Brooker	2:17.89	6th
M55	Keith Hill	2:34.88	6th
	Mark Dawson	2:36.81	7th
M60	Bjorn Dybdahl	2:38.62	5th
	Des Walsh	3:07.72	8th
M65	Rob Antonioli	2:41.80	2nd
	Michael Byrne	2:42.47	3rd
	Graeme Dahl	2:49.35	4th

1500m

W40	Sharon Davis	5:16.20	3rd
	Jody Brownley	5:26.44	5th
W65	Carey Dickason	7:35.92	2nd
M45	Xander Van Rijen	4:34.65	3rd
M55	Keith Hill	5:22.13	7th
	Mark Dawson	5:28.77	8th
	Lachlan Marr	5:36.65	9th
M60	Bjorn Dybdahl	5:34.68	5th
M65	Giovanni Puglisi	5:26.38	1st
M70	Bruce Wilson	6:17.68	3rd
M75	Bob Schickert	7:26.87	3rd
	* State record		



LISA LIMONAS

100m

W45	Lisa Limonas	15.07 (-1.6)	3rd
W60	Lynne Choate	16.47 (-0.3)	3rd
W70	Peggy Macliver	17.18 (-1.3)	1st
	Brenda Painter	19.20 (-1.3)	6th
W75	Ruth Johnson	19.53 (-1.2)	2nd
	Luella Jenkins	20.94 (-1.2)	4th
M45	Greg Brennan	13.06q (NWI)	
		13.25 (-1.8)	8th
M50	Colin Smith	13.04 (-1.3)	4th
M60	Des Walsh	14.44 (+0.0)	5th
M65	Rob Antonioli	14.98 (-1.8)	3rd
	Harold Membrey	16.10 (-1.8)	8th

200m

W40	Sharon Davis	28.94 (-1.5)	3rd
W45	Lisa Limonas	29.65 (-0.1)	3rd
W50	Catherine McCloskey	29.76 (-0.6)	5th
W60	Lynne Choate	34.27 (-0.7)	2nd
W70	Peggy Macliver	35.33 (-0.4)	1st
	Brenda Painter	43.33 (-0.4)	5th
W75	Ruth Johnson	*38.57 (-1.3)	2nd
	Luella Jenkins	43.93 (-1.3)	4th
M45	Chris Neale	25.85Q (-1.5)	



MAWA results



5000m

W60	Julie Wilson	26:54.53	3rd
	Wendy Grace	27:34.61	4th
W65	Gillian Young	25:16.53	2nd
	Carey Dickason	26:56.49	3rd
M35	Pete Peeling	DNF	
M55	Trevor Scott	17:59.75	2nd
	Lachlan Marr	19:35.48	6th
	Mark Dawson	22:29.13	10th
M60	Bjorn Dybdahl	21:06.17	6th
M65	Giovanni Puglisi	20:19.97	2nd
	Graeme Dahl	21:39.46	5th
M70	Jim Langford	22:16.15	2nd
	Bruce Wilson	23:40.00	3rd
M75	Bob Schickert	27:44.20	2nd

10,000m

W65	Carey Dickason	56:23.54	1st
M35	Pete Peeling	40:40.86	1st
M55	Lachlan Marr	40:28.88	3rd
M65	Ralph Henderson	45:53.23	3rd
M70	Jim Langford	46:13.73	1st

100m Hurdles

M65	Geoff Brayshaw	22.62 (-2.4)	3rd
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80m Hurdles

W40	Ann-Marie O'Donovan	15.62 (-2.1)	2nd
W45	Vicki Cobby	15.59 (-0.5)	2nd
W60	Carol Bowman	22.50 (-1.8)	2nd



**SHARON DAVIS and
ANNMARIE O'DONOVAN**

400m Hurdles

W40	Sharon Davis	73.91	1st
	Ann-Marie O'Donovan	79.39	2nd
W45	Vicki Cobby	1:28.67	3rd
M45	Chris Neale	68.28	1st

300m Hurdles

W60	Carol Bowman	DQ	
M65	Harold Membrey	72.90	2nd
M70	Bruce Wilson	67.93	1st

3000m Steeplechase

M35	Pete Peeling	12:32.02	1st
M55	Trevor Scott	12:54.58	1st

2000m Steeplechase

W50	Jacqui McQueen	11:10.17	1st
W60	Margaret Saunders	9:42.82	1st
	Julie Wilson	11:09.32	2nd
W65	Gillian Young	10:25.38	1st
W75	Lynne Schickert	17:39.31	1st
M60	Bjorn Dybdahl	8:27.42	3rd
M65	Giovanni Puglisi	8:34.91	1st
	Harold Membrey	11:06.37	3rd
M70	Bruce Wilson	9:43.56	1st
M75	Bob Schickert	11:33.72	1st

1500m Walk

W40	Kellie Sadler	9:30.50	2nd
W50	Karyn Tolardo	8:03.10	1st
W60	Julie Wilson	10:04.50	1st
W65	Michele Mison	12:56.40	3rd
W75	Ruth Johnson	10:53.30*	1st
	Luella Jenkins	10:57.40	2nd
	Lynne Schickert	11:30.00	4th
M45	Wayne Byram	9:09.40	2nd
M55	Garry Hastie	8:04.50	2nd
M65	Harold Membrey	11:02.70	6th
M70	Bruce Wilson	9:38.20	4th

5000m Walk

W40	Kellie Sadler	32:51.23	2nd
W50	Karyn Tolardo	29:06.14	1st
W65	Michele Mison	45:05.05	2nd
W75	Luella Jenkins	38:29.19	2nd
	Lynne Schickert	39:27.12	3rd
M45	Wayne Byram	34:10.09	2nd
M55	Garry Hastie	26:46.93	1st

10Km Road Walk

W40	Kellie Sadler	1:08:04	2nd
W50	Karyn Tolardo	1:00:42	1st
W65	Michele Mison	1:30:40	2nd
W75	Lynne Schickert	1:20:31*	2nd
M55	Garry Hastie	56:35	1st

Pole Vault

W45	Vicki Cobby	1.80m	3rd
M70	Greg Wilson	1.80m	1st

* State record



MAWA results



High Jump

W45	Vicki Cobby	1.40m	2nd
W60	Gay Wyatt	1.05m	4th
W70	Brenda Painter	0.98m	1st
W75	Ruth Johnson	0.95m	1st
	Luella Jenkins	0.95m	3rd
	Lynne Schickert	0.86m	4th
M45	Andrew Brooker	1.50m	2nd
M55	Campbell Till	1.35m	3rd
M65	Dave Wyatt	1.29m	2nd
M70	Greg Wilson	1.23m	2nd

Discus

W35	Sally Sims	23.57m	4th
W45	Jennifer Parker	31.27m	2nd
W60	Lynne Choate	13.23m	5th
W75	Luella Jenkins	17.08m	2nd
M40	Matt Staunton	39.09m	2nd
M55	Andrew Ward	30.96m	2nd
M65	Oswald Igel	40.04m	1st
	Clive Choate	25.25m	8th
	Rob Antonioli	23.57m	11th
M70	Greg Wilson	32.10m	4th
M80	James Davis	22.95m	3rd

Hammer

W35	Sally Sims	29.04m	1st
	Shanell Staunton	24.95m	4th
W45	Jennifer Parker (SR)	30.91m	3rd
W65	Carey Dickason	19.17m	4th
W75	Ruth Johnson	21.60m	3rd
	Luella Jenkins	18.95m	5th
M40	Matt Staunton	44.48m	1st
M55	Andrew Ward	27.22m	3rd
M65	Oswald Igel	33.99m	3rd
M70	Greg Wilson	26.21m	6th
M80	James Davis	30.65m	2nd

Heavy Weight

W35	Sally Sims	10.63m	1st
	Shanell Staunton	9.49m	3rd
W45	Jennifer Parker	8.48m	3rd
W75	Luella Jenkins	9.81m	2nd
M40	Matt Staunton	12.60m	1st
M55	Andrew Ward	10.71m	3rd
M65	Oswald Igel	14.85m	1st
M80	James Davis	10.77m	2nd

Javelin

W40	Ann-Marie O'Donovan	18.15m	4th
M45	Wayne Byram	25.92m	8th
M55	Garry Hastie	33.97m	2nd
	Andrew Ward	32.42m	3rd
	Peter Watene	18.81m	13th
M65	Clive Choate	27.62m	4th
M70	Greg Wilson	26.33m	3rd
M80	James Davis	17.50m	3rd

Shot

W35	Sally Sims	7.97m	3rd
W45	Jennifer Parker	8.60m	5th
W75	Luella Jenkins	6.90m	4th
M40	Matt Staunton	12.09m	1st
M45	Wayne Byram	6.24m	7th
M55	Andrew Ward	9.17m	5th
	Peter Watene	7.66m	8th
M65	Oswald Igel	11.72m	1st
M70	Greg Wilson	9.43m	4th
M80	James Davis	9.18m	2nd



ANDREW
BROOKER

Long Jump

W40	Ann-Marie O'Donovan	4.10m (NWI)	5th
W45	Lisa Limonas	4.36m (NWI)	1st
	Jennifer Parker	4.07m (NWI)	3rd
W60	Gay Wyatt	3.21m (NWI)	2nd
W65	Carey Dickason	2.67m (NWI)	4th
W70	Brenda Painter	2.48m (NWI)	3rd
W75	Ruth Johnson	2.85m (NWI)	2nd
	Luella Jenkins	2.46m (NWI)	4th
M45	Chris Neale	5.16m (NWI)	4th
M55	Peter Watene	3.11m (NWI)	6th
M65	Dave Wyatt	4.42m (NWI)	2nd
	Rob Antonioli	3.63m (NWI)	5th
M70	Rob Young	1.53m (NWI)	4th
M75	Norman Richards	3.25m (NWI)	4th

Triple Jump

W45	Lisa Limonas	9.09m (NWI)	2nd
W60	Gay Wyatt	6.89m (NWI)	3rd
W65	Carey Dickason	5.95m (NWI)	2nd
W70	Brenda Painter	5.94m (NWI)	1st
W75	Ruth Johnson	6.36m (NWI)	2nd
	Lynne Schickert	4.90m (NWI)	4th
M45	Jeff Bilman	10.19m (NWI)	3rd
M65	Dave Wyatt	8.62m (NWI)	2nd
M70	Rob Young	4.34m (NWI)	2nd



MAWA results



Pentathlon

W40	Ann-Marie O'Donovan	2013	1st
W45	Jennifer Parker	2404*	2nd
	Vicki Cobby	2331	3rd
W60	Lynne Choate	2065	1st
	Gay Wyatt	1861	3rd
	Julie Wilson	1429	6th
W65	Carey Dickason	1646	3rd
W70	Peggy Macliver	3025*	1st
	Brenda Painter	1906	4th
W75	Ruth Johnson	2949*	1st
	Luella Jenkins	2534	2nd
M45	Chris Neale	2595	1st
M60	Des Walsh	1942	3rd
M65	Rob Antonioli	2663	1st
	Harold Membrey	1757	7th
M70	Rob Young	509	3rd

Throws Pentathlon

W35	Sally Sims	1967	2nd
	Shanell Staunton	1705	4th
W75	Luella Jenkins	3175	2nd
M40	Matt Staunton	3169	1st
M55	Andrew Ward	2586	4th
M65	Oswald Igel	3469	1st
M70	Greg Wilson	2724	2nd
M80	James Davis	3234	2nd

4 X 100m Relays

W170-219	WA	57.12	3rd
	W40 SR		
	1) Limonas, Lisa 48		
	2) Davis, Sharon 43		
	3) O'Donovan, Ann-Marie 43		
	4) Mccloskey, Catherine 53		

M180-239	WA	48.94	2nd
	M45 SR		
	1) Brennan, Greg 48		
	2) Brooker, Andrew 48		
	3) Neale, Chris 48		
	4) Smith, Colin 54		

M240+	WA	57.37	2nd
	M60 SR		
	1) Walsh, Des 62		
	2) Wyatt, Dave 66		
	3) Membrey, Harold 65		
	4) Antonioli, Rob 65		

4 X 400m Relays

W170-219	WA	4:32.79	1st
	W40 SR		
	1) Limonas, Lisa 48		
	2) Brownley, Jody 43		
	3) Mccloskey, Catherine 53		
	4) Davis, Sharon 43		

W220+	WA	5:23.76	2nd
	1) Bowman, Carol 62		
	2) Cobby, Vicki 45		
	3) Choate, Lynne 64		
	4) Saunders, Margaret 63		

M180-239	WA	4:05.16	3rd
	1) Brooker, Andrew 48		
	2) Neale, Chris 48		
	3) Hastie, Garry 55		
	4) Smith, Colin 54		

M240+	WA	4:57.95	3rd
	1) Membrey, Harold 65		
	2) Hill, Keith 57		
	3) Walsh, Des 62		
	4) Antonioli, Rob 65		

W65	Australia	4:52.76	1st
	pending WR		
	1) Davis, Carol 66		
	2) Blurton, Barbara 67		
	3) Flynn, Jeanette 65		
	4) Peake, Lyn 67		



8km Cross Country

W40	Jody Brownley	32:48	4th
	Jacqui Mcqueen	45:16	5th
W60	Wendy Grace	46:10	2nd
W65	Gillian Young	41:49	2nd
M35	Pete Peeling	31:05	2nd
M55	Trevor Scott	30:12	3rd
	Lachlan Marr	31:07	4th
	Keith Hill	33:36	8th
	Mark Dawson	36:54	19th
M60	Bjorn Dybdahl	34:42	4th
M65	Giovanni Puglisi	33:37	2nd
	Ralph Henderson	35:03	4th
M70	Jim Langford	35:35	2nd
M75	Bob Schickert	48:28	2nd

W220+	WA	64.74	5th
	1) Choate, Lynne 64		
	2) Cobby, Vicki 45		
	3) Wyatt, Gay 63		
	4) Macliver, Peggy 73		

World record celebration



Relay runners celebrate a pending world record for W65 4x400m in 4:52.76.



Carol Davis to
Barbara Blurton



Barbara to
Jeanette Flynn



Jeanette to
Lyn Peake



Lyn brings it
home for a
world record