

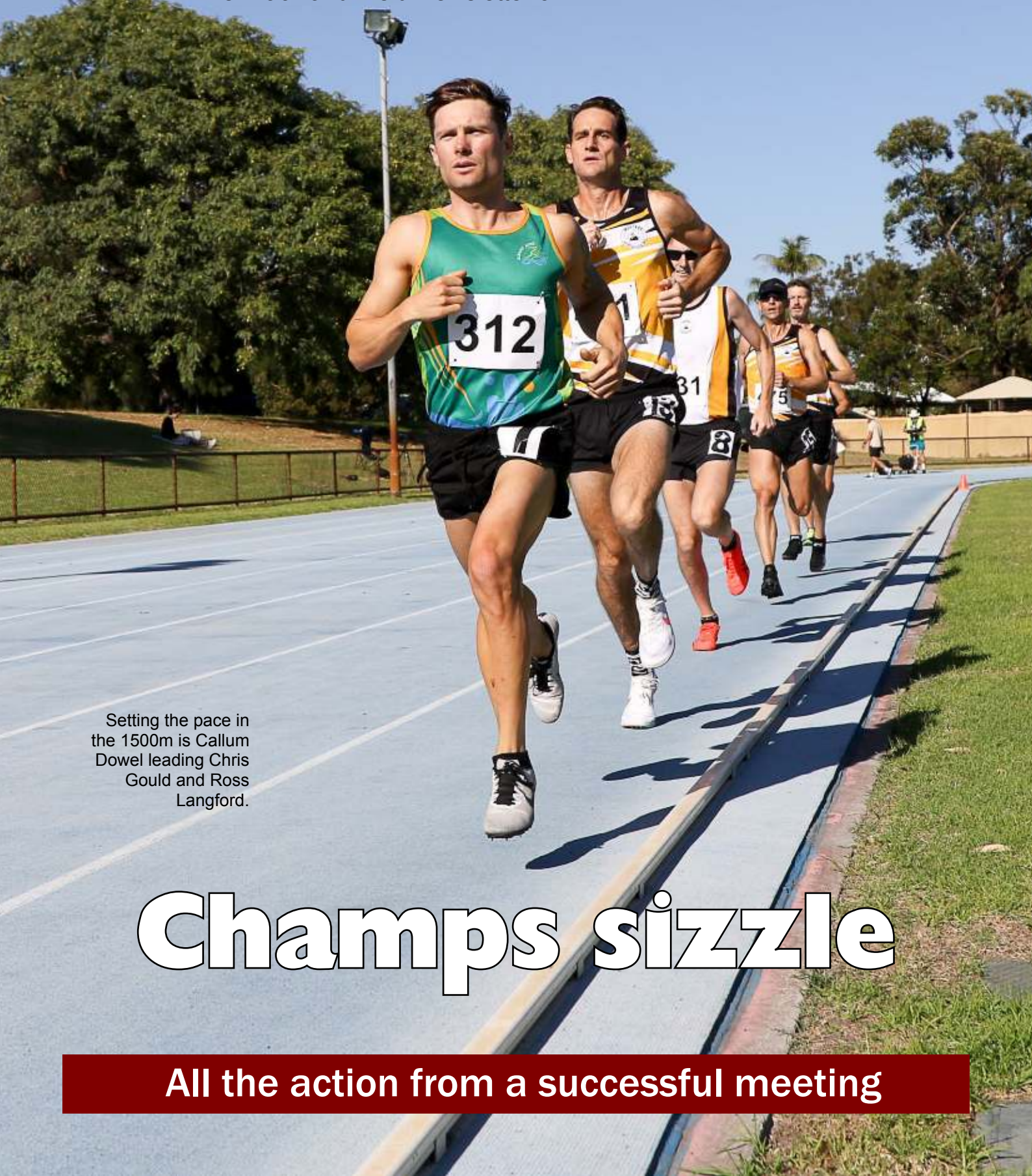
# TFNL



Season 14 Issue 5

April 2021

The Track and Field Newsletter of MAWA



Setting the pace in the 1500m is Callum Dowel leading Chris Gould and Ross Langford.

## Champs sizzle

All the action from a successful meeting



# Championships back on track

By **CARMEL MEYER**

After the disruptions of 2020, athletes relished the chance to take part in the 40th State Track and Field Championships which culminated in the main weekend competition on March 27-28. I heard nary a mention of the c-word (c\_v\_d) which was great. How fortunate we are to be able to get back to competing with our peers from around the State, to mingle, chat and enjoy a post-comp, barbecue and beverage. The weather conditions were mostly perfect although the 10,000m runners on the evening of March 14th were troubled by the high humidity – some participants were so ‘damp’ they could have been mistaken for Steeplechasers.

Of course, a major event such as this doesn’t just happen. Those of us with our minds pre-occupied by performance preparations would do well to think of, and thank, all those officials and volunteers standing in the wings, making sure everything is in place so that we can do our thing. Special thanks to Jim Langford and Maurice Creagh who quietly get

## Memorable moments

The Duracell Bunny Award goes to M31 Oliver Berry (20 events, decathlon counted as one event) and to Bunbury athlete W80 Ruth Johnson (12 events, pentathlon counted as one event).

Ruth (pictured) was also the deserving winner of the Anne Shaw Trophy for Performance of the Meet. Ruth set a slew of State records (nine) and has two pending Australian records. That tally must surely be unprecedented. Ruth is a remarkable athlete; she tackles each event with an athletic prowess that belies her age.

The ‘They Must have had their Weeties’ Awards go to M41 Zane Walsh, who participated in an ultramarathon race over the weekend



then fronted up for his 1500m on Sunday morning.

Also, M44 David Adams and W50 Sandra Siviour, who started their Sunday with a Darlington Half Marathon then popped into ECAC to compete. I’ll have what they’re having!

things done – setting up, and that most onerous of jobs – packing up – when everyone is hot and tired. Special thanks to the “other halves” of athletes – new member W62 Phillippa Bennett’s partner springs to mind. He

stepped up to help without hesitation. The main weekend ran beautifully to time, due to the streamlined work of the support crew.

**CONTINUED – next page**



## Records

Mandy Mason	W50	60m	8.56	=SR	Ruth Johnson	W80	Long jump	2.39m	SR
Ruth Johnson	W80	60m	11.78	SR	<i>State record in Pentathlon</i>				
Ray Walker	M90	60m	15.15	SR	Ruth Johnson	W80	Long jump	2.48m	SR
Ruth Johnson	W80	100m	19.55	SR	Stephen Edwards	M35	Triple jump	13.07m	SR
Ruth Johnson	W80	200m	39.89	SR	Ruth Johnson	W80	Triple jump	6.39m	SR
Ruth Johnson	W80	400m	1:39.25	SR	Michelle Krokosz	W35	Pole vault	2.05m	SR
Ruth Johnson	W80	800m	^4:14.05	AR	Sue Coate	W50	Pole vault	2.05m	SR
<i>Pending Australian record in Pentathlon</i>					Bev Hamilton	W75	Discus	19.45m	SR
Kathleen Hannig	W80	1500m	11:34.72	SR	<i>State record in Pentathlon</i>				
Kathleen Hannig	W80	5000m	1:36.14.7h	SR	Jim Davis	M85	Discus	21.13m	SR
Melissa Lewis	W30	1500m RW	6:58.99	SR	Bev Hamilton	W75	Hammer	29.98m	SR
Andrew Duncan	M55	1500m RW	6:54.65	SR	Ruth Johnson	W80	Hammer	22.53m	SR
Andrew Duncan	M55	3000m RW	14:47.45	SR	Cheryl Quinlivan	W45	Javelin	31.02m	SR
Andrew Duncan	M55	5000m RW	25:05.81	SR	Mark Jeffery	M50	Javelin	51.03m	SR
Jessica Smith	W30	High jump	1.53m	SR	<i>State record in Pentathlon</i>				
Ruth Johnson	W80	High jump	^1.92m	AR	Stan Selby	M75	Javelin	31.28m	SR
Jonathan Lester	M50	High jump	1.62m	SR	Geoff Brayshaw	M70	Decathlon	5377pts	SR
Norm Richards	M80	High jump	1.15m	SR	Ruth Johnson	W80	Pentathlon	3545pts	SR
					Mark Jeffery	M50	Pentathlon	3577pts	^AR
					<i>^ Pending Australian record</i>				

### FROM – previous page

A visiting official was overheard commenting that larger athletics associations could take a leaf out of our book! Championship director Barbara Blurton has taken on the mammoth task of organising the State Championships for twenty years. That is phenomenal. Both Barbara and Richard are the lynchpin of Masters athletics in WA and we are tremendously lucky to be the recipients of their drive and commitment.

The following pages are full of images and words that capture the essence of competition in our chosen fields. Just the satisfaction of doing your best on the day is a prize worth striving for. Some even came away with a personal best or a record. Others had injuries or niggles that forced them to stay away from the start line or the throws arena altogether. Some of those athletes chose to absorb the atmosphere by being helpers. Doing so eases the disappointment somewhat and whets the appetite for a bigger, better return next season. Some ath-

letes got to front up, full of anticipation, only to suffer the agony of a torn hammy, a fall, a pulled something-or-other mid-event, and were forced to limp disconsolately away to find an ice pack.

Some didn't quite perform as they had hoped but you can bet they were all glad they got to wear their colours and numbers nevertheless. WAIS Strength and Conditioning Coach, M45 Geish Hori, competed with MAWA through the season to enhance his understanding of the physical and psychological processes of athletics competition. He then rounded off his experience by participating in the short sprints at the Championships.

The word 'inspirational' is sometimes over-used in sporting circles so having googled possible synonyms I am going to say how many 'stirring' performances there have been throughout the Championships; from our young athletes to the more seasoned competitors. Check out the list of record-breaking performances across all disciplines.

Having so many new younger members makes for exhilarating com-

petition; a generous mix of ages in the same event can bring out the best in all athletes. M93 Ray Walker was the most senior competitor with W30 Katelyn Smith and M30 Clancy Pascoe taking the young gun positions. Witnessing M50 Mark Jeffrey set a pending Australian record in the Pentathlon with brother Paul's encouragement in the 1500m, was a true exhibition of guts and determination. Mark has form, however – who can forget his pole vault at the 2011 World Champs in Sacramento, where a broken arm couldn't deter him from securing a bronze medal!

Not allowing vision issues to define them were M83 Morland Smith and champion thrower M87 Jim Davis. Highlights for Morland were successfully completing the Steeplechase and having a battle royale with club Patron M88 David Carr in the 1500m. Health issues could not deter legends David Carr and W79 Lynne Schickert (WMA Executive Vice President), and others, from taking to the track this year.





*Maurice ... Mr Reliable*



*Helping out*



*Listen, I have the gun*



*Talking shop*



*Tense times*



*Have I got your attention now!*



*Counting the laps*



# Sprints



**STEPHEN EDWARDS**



**INGRID WILCOCK**



**CATHY McCLOSKEY**





Mandy Mason gets into full stride just after the start of the 200m.

# Full throttle

**By JOHN DENNEHY**

In the sprints, top performances were recorded by Mandy Mason who has turned herself into a world-class sprinter with a dedicated regime overseen by 'Jumping' Jimmy Miller, Commonwealth Games pole vault bronze medallist. Sharon Davis ran an aggressive 200m despite a limited preparation as did Maureen Keshwar. Ruth Johnson added to her collection of medals with an outstanding set of sprint times. Newcomer Suzanne Farcich won her very first master's medals in front of her proud family.

Tim Loh battled with Bonny Kdungu, both producing pleasing

times, with the Leseberg 'boys' Daniel and Ernie, adding to the quality performances. Ernie's 200m run of 23.51 of particular note. Geoff Brayshaw ran a blistering 100m, as did Garry Ralston.

Catherine McCloskey, Naomi Lagat and Carmel Meyer all secured multiple titles impressively with the season's best times.

Louise Soia turned back the clock with a powerfully dominant display of one-lap running, submitting a season's best in the process as she led home a field of gold medal winners in various age groups.

Dominic Lagat had the crowd on their feet with his finish to his 'quarter

mile' as he experiments with pace judgement. The experienced Ernie Leseberg had his lead dramatically reduced in the home straight as Dom kicked home – the result 52.97 for both athletes. Ashley Moore continued to gain fans with his fearless running over 200m and 400m, setting a season's best also. Chris Neale won his title in the 400m over a top-class field. As always the elegant Campbell Till looked effortless grabbing the M60 title. Neil Morfitt strode around in the M65's, David Baird and Mike O'Reilly also gold medallists in their respective categories.





The field power off the line in M50-59 (from left) Stuart Walker, Hans Venter, Kim Taylor, Dorian Moro, Greg Brennan and Karl Weber.



ERNIE LESEBERG



DANI FUDA, ANNA WATTERS and NATALIA DRONETS

# WOMEN

wind

## W35

1 Natalia Dronets 9.78 +0.0

## W40

1 Anna Watters 9.12 +0.0

2 Danielle Fuda 9.83 +0.0

## W45

1 Joe-Anne Buchan 8.84 +0.0

## W50

1 Mandy Mason ^8.56 +1.1

2 Sue Coate 9.29 +1.1

3 Jennifer Parker 9.52 +1.1

## W55

1 Catherine McCloskey 9.20 +1.1

2 Fran Cherry 10.23 +1.1

3 Sharon Moloney 10.25 +1.1

## W60

1 Suzanne Farcich 11.03 +1.1

## W65

1 Maureen Keshwar 9.90 +0.0

2 Barb Wilson 11.34 +0.0

## W70

1 Christina Faithfull 12.91 +0.0

# W75

1 Luella Jenkins 12.01 +0.0

2 Brenda Painter 12.16 +0.0

## W80

1 Ruth Johnson \*11.78 +0.0

2 Kathleen Hannig 18.01 +0.0

\* State record ^ = State record

# MEN

wind

## M30

1 Tim Loh 7.79 -1.5

2 Bonny Kdungu 8.03 -1.5

3 Oliver Berry 8.32 -1.5

## M35

1 Dominic Lagat 8.00 -1.5

## M40

1 David Adams 9.10 -0.5

## M45

1 Ernie Leseberg 7.39 -0.5

2 Simon French-Bluhm 7.88 -0.5

3 Geish Hori 8.00 -0.5

4 Anthony Ward 8.87 -0.5

## M50

1 Karl Weber 7.88 -1.0

2 Greg Brennan 8.16 -1.0

3 Dorian Moro 8.32 -1.0

## M55

1 Kim Taylor 8.55 -1.0

2 Stuart Walker 8.79 -1.0

3 Hans Venter 9.00 -1.0

## M60

1 John Dennehy 11.11 -4.2

## M65

1 Michael Byrne 9.88 -4.2

2 Harold Membrey 10.16 -4.2

3 Nick Fairweather 10.39 -4.2

## M70

1 Greg Kennedy 9.76 -4.2

2 Mercurio Cicchini 11.30 -4.2

3 Mike Anderson 13.64 -4.2

## M75

1 Keith Martin 11.18 -0.4

2 Ivan Brown 11.43 -0.4

3 Bob Schickert 14.12 -0.4

## M80

1 Norman Richards 10.17 -0.4

## M90

1 Ray Walker \*15.15 -0.4

2 Stan Lockwood 21.50 -0.4

\* State record



# 2021 State Athletics Championships

100m



The final event of the weekend was the 100m sprint (from left) Stephen Edwards (360), Tim Loh, Bonny Kdungu (320) and Oliver Berry (rear).



RUTH JOHNSON  
and BRENDA  
PAINTER



MANDY MASON



RAY WALKER

WOMEN							
<b>W35</b>				<b>W75</b>			
1 Natalia Dronets	15.76	-1.8		1 Brenda Painter	19.81	-0.3	
<b>W40</b>				<b>W80</b>			
1 Anna Watters	15.01	-1.8		1 Ruth Johnson	*19.55	-0.3	
2 Danielle Fuda	16.09	-1.8		<i>* State record</i>			
<b>W45</b>				<b>MEN</b>			
1 Joe-Anne Buchan	14.23	-1.8		<b>M30</b>			
<b>W50</b>				1 Bonny Kdungu	12.65	-0.3	
1 Mandy Mason	13.60	-0.4		2 Tim Loh	12.76	-0.3	
2 Sue Coate	14.88	-0.4		3 Oliver Berry	13.05	-0.3	
3 Jennifer Parker	15.48	-0.4		<b>M35</b>			
4 Jacqui McQueen	18.02	-0.4		1 Stephen Edwards	12.58	-0.3	
<b>W55</b>				<b>M40</b>			
1 Catherine McCloskey	14.89	-0.4		1 Daniel Leseberg	12.77	-0.9	
2 Fran Cherry	17.01	-0.4		2 David Adams	15.19	-0.9	
3 Sharon Moloney	17.16	-0.4		<b>M45</b>			
<b>W60</b>				1 Ernie Leseberg	11.77	-0.9	
1 Carmel Meyer	15.86	-0.3		2 Geish Hori	12.82	-0.9	
2 Suzanne Farcich	26.05	-0.3		<b>M50</b>			
<b>W65</b>				1 Karl Weber	12.61	+0.0	
1 Maureen Keshwar	16.21	-0.3		2 Greg Brennan	13.10	+0.0	
				3 Dorian Moro	13.13	+0.0	
				4 Andrew Brooker	13.62	+0.0	
				<b>M55</b>			
				1 Stuart Walker	14.20	-1.6	
				<b>M60</b>			
				1 John Dennehy	17.33	-1.6	
				<b>M65</b>			
				1 Garry Ralston	13.78	-1.6	
				2 Michael Byrne	15.67	-1.6	
				3 Harold Membrey	16.17	-1.6	
				4 Nick Fairweather	16.51	-1.6	
				<b>M70</b>			
				1 Geoff Brayshaw	15.57	-1.4	
				2 Greg Kennedy	16.07	-1.4	
				3 Mercurio Cicchini	18.29	-1.4	
				4 Mike Anderson	22.76	-1.4	
				<b>M75</b>			
				1 Keith Martin	18.36	-1.4	
				2 Ivan Brown	19.79	-1.4	
				3 Bob Schickert	22.60	-1.4	
				<b>M80</b>			
				1 Norman Richards	17.57	-1.4	
				2 Mike O'Reilly	18.67	-1.4	
				<b>M90</b>			
				1 Ray Walker	26.30	-1.4	



# 2021 State Athletics Championships

200m



WOMEN			W80			M55				
			1 Ruth Johnson	*39.89	+0.0	1 Stuart Walker	29.92	+0.0		
			* <i>State record</i>							
W35						M60				
1 Naomi Lagat	33.74	+0.0	MEN			1 Mark Dawson	31.62	+0.0		
2 Natalia Dronets	34.62	+0.0				2 John Dennehy	37.76	+0.0		
W40						M65				
1 Ingrid Wilcock	30.95	+0.0	1 Oliver Berry			28.18	-0.9			
W45			M35							
1 Sharon Davis	29.10	+0.0	1 Dominic Lagat			24.50	-0.9	1 Keith Redpath	31.51	-0.2
2 Joe-Anne Buchan	29.73	+0.0	2 Stephen Edwards			25.33	-0.9	2 Michael Byrne	31.56	-0.2
W50			M40			3 Harold Membrey			34.28	-0.2
1 Mandy Mason	28.06	+0.0	1 Ashley Moore			24.76	-0.9	1 Greg Kennedy	33.21	-0.2
2 Sue Coate	31.07	+0.0	2 David Adams			32.56	-0.9	2 Mercurio Cicchini	38.71	-0.2
3 Jacqui McQueen	38.16	+0.0	M45			M75				
W55			1 Ernie Leseberg			23.51	-1.4	1 Keith Martin	37.62	+0.0
1 Catherine McCloskey	31.72	+0.0	2 Anthony Ward			29.55	-1.4	2 Ivan Brown	38.69	+0.0
W60			M50			3 Bob Schickert			45.31	+0.0
1 Carmel Meyer	33.03	+0.0	1 Chris Neale			26.45	-0.4	-- Ivo Davies	DNF	+0.0
W75			2 Ian Hannaby			27.79	-0.4	M80		
1 Brenda Painter	46.21	+0.0	3 Andrew Brooker			27.90	-0.4	1 Norman Richards	35.89	+0.0
			4 Uwe Pufke			28.24	-0.4	2 Mike O'Reilly	40.45	+0.0
			5 Mark Elms			29.64	-0.4	3 Morland Smith	49.98	+0.0





Louise Soia (381) leads Crystal Bairstow (410) into the final bend of the one-lap race.



RUTH JOHNSON



NEIL MORFITT



IAN COTTON



CHRIS NEALE

WOMEN		M40		M65	
<b>W35</b>		1 Ashley Moore	53.51	2 Mark Dawson	70.56
1 Louise Soia	63.74	2 David Adams	79.73	3 Jacques Maniacara	73.39
<b>W40</b>		<b>M45</b>		<b>M70</b>	
1 Crystal Bairstow	67.82	1 Ernie Leseberg	52.97	1 Greg Kennedy	84.82
<b>W60</b>		<b>M50</b>		2 Mercurio Cicchini	1:32.17
1 Carmel Meyer	79.39	1 Chris Neale	59.11	<b>M75</b>	
<b>W80</b>		2 Andrew Brooker	60.85	1 David Baird	82.06
1 Ruth Johnson	*1:39.25	3 Ian Hannaby	61.79	2 Ivan Brown	1:38.40
* State record		4 Uwe Pufke	62.04	<b>M80</b>	
<b>MEN</b>		5 Xander van Rijen	62.38	Mike O'Reilly	1:45.14
<b>M30</b>		<b>M55</b>		Morland Smith	2:01.05
1 Oliver Berry	62.9	1 Ian Cotton	63.81		
<b>M35</b>		2 Stuart Walker	69.55		
1 Dominic Lagat	52.97	<b>M60</b>			
		1 Campbell Till	61.08		



# Middle distance



SHARON DAVIS



PAUL O'SULLIVAN



JULIE WILSON



Naomi Lagat runs the final bend on her way to a W35 gold medal in a time of 2:54.16.



# Two-lap dash



Callum Dowell leads  
Dominic Lagat on the first  
lap of the 800m.

## By JOHN DENNEHY

The middle distances were a feast for the track aficionados. Callum Dowell achieved his aim of a sub two minute 800m with an aggressive, yet controlled effort. A four-second personal best was Dominic Lagat's reward for following Callum.

Chris Gould's 2:04.22 was an outstanding effort with Nick Best showing the benefit of consistently racing. Steve Preece won the M50 crown leading Gingin's ever-smiling Jannie Baard closely followed by the stylish Xander van Rijen. Ian Cotton displayed his clinical approach to racing edging out Andrew Davison; Mark Dawson doing the same to Jacques

Maniacara and Martin Kennedy.

Neil Morfitt ran a measured race to victory, with Mercurio Cicchini, Bob Hull and Morland Smith securing top of the podium finishes in their respective age groups.

Sharon Davis took out her favoured event, demonstrating to debutante Naomi Lagat superb technique, tactics and pacing. In the pentathlon, Ruth Johnson's run was a pending Australian record.

Clare Wardle attained her sub five minute 1500m time, heading Jessica Smith, Crystal Bairstow and Karyn Gower. They were followed by Julie Wilson, Phillippa Bennett and Kathleen Hannig.

Highlights in the men's 1500m included Callum Dowell's front running, Chris Gould's capacity for high-level racing, Steve Preece's confident racing, Andrew Davison's surprising speed and Andy Abbey's determination. Rob Catrall and Mark Dawson finished in that order after an entertaining race. Jim Langford returned to the winner's circle after injury and illness. The club's patron, David Carr used all his tactical nous to finish in front of Morland Smith by .06 of a second to showcase what being an athlete really means to those fortunate to witness the race.





WOMEN					
<b>W35</b>		<b>M35</b>		<b>M55</b>	
1 Naomi Lagat	2:54.16	1 Dominic Lagat	2:10.00	1 Ian Cotton	2:28.97
<b>W45</b>		2 Chris Gilbert	2:26.56	2 Andrew Davison	2:30.04
1 Sharon Davis	2:36.50	<b>M40</b>		3 Alan Gray	3:10.90
<b>W50</b>		1 Graeme Watson	2:17.65	<b>M60</b>	
1 Christina Granger	3:18.63	2 Paul O'Sullivan	2:21.69	1 Mark Dawson	2:39.31
<b>W60</b>		3 David Adams	2:47.84	2 Jacques Maniacara	2:40.31
1 Phillippa Bennett	5:01.57	<b>M45</b>		3 Martin Kennedy	2:42.69
<b>W65</b>		1 Chris Gould	2:04.22	<b>M65</b>	
1 Julie Wilson	3:40.30	2 Nick Best	2:18.55	1 Neil Morfitt	2:30.86
<b>W80</b>		3 Dirk Klicker	2:24.32	2 Michael Byrne	2:50.63
Ruth Johnson	4:14.05	4 Paul Highway	2:26.39	<b>M70</b>	
<i>Pending AR (in Pent)</i>		-- Anthony Ward	DNF	1 Mercurio Cicchini	3:06.90
MEN		<b>M50</b>		<b>M75</b>	
<b>M30</b>		1 Steve Preece	2:15.72	1 Bob Hull	3:09.15
1 Callum Dowell	1:59.25	2 Jannie Baard	2:19.38	2 David Baird	3:11.86
2 Oliver Berry	2:36.62	3 Xander van Rijen	2:20.29	3 Bert Carse	3:17.11
		4 Andy Abbey	2:21.31	4 Bruce Wilson	3:27.42
		5 Uwe Pufke	2:25.35	-- Ivan Brown	DNF
		6 Ian Hannaby	2:31.87	<b>M80</b>	
				1 Morland Smith	4:32.24





The women's 1500m was the first track event of the day (from left) Kathleen Hannig (801), Julie Wilson (673), Karyn Gower (613), Phillippa Bennett (obscured), Clare Wardle (462), Crystal Bairstow (410) and Jessica Smith (322).



ZANE WALSH



UWE  
PUFKE



DAVID CARR and  
MORLAND SMITH

WOMEN		MEN			
<b>W30</b>		<b>M30</b>		2 Glenn Rogers	5:26.91
1 Jessica Smith	5:35.26	1 Callum Dowell	4:09.60	<b>M60</b>	
<b>W40</b>		<b>M40</b>		1 Robert Cattrall	5:28.09
1 Crystal Bairstow	5:43.52	1 Ross Langford	4:38.61	2 Mark Dawson	5:31.79
<b>W45</b>		2 Zane Walsh	5:53.29	3 Jacques Maniacara	5:58.93
1 Clare Wardle	4:59.00	<b>M45</b>		4 Paul Scott-Taylor	6:11.81
<b>W60</b>		1 Chris Gould	4:12.46	<b>M65</b>	
1 Karyn Gower	6:38.73	2 Paul Highway	5:06.21	1 Michael Byrne	6:09.20
2 Phillippa Bennett	9:47.39	3 Dirk Klicker	5:10.17	<b>M70</b>	
<b>W65</b>		<b>M50</b>		1 Mercurio Cicchini	6:26.10
1 Julie Wilson	7:30.27	1 Steve Preece	4:44.15	<b>M75</b>	
<b>W80</b>		2 Uwe Pufke	4:52.53	1 Jim Langford	6:42.95
1 Kathleen Hannig	11:34.72	3 Andy Abbey	4:56.68	2 David Baird	6:44.18
		4 Xander van Rijen	4:57.66	3 Bruce Wilson	7:10.83
		5 Ian Hannaby	5:16.59	<b>M80</b>	
		<b>M55</b>		1 Morland Smith	9:35.44
		1 Andrew Davison	5:12.44	<b>M85</b>	
				1 David Carr	9:35.38



# Walks/hurdles



**ANDREW DUNCAN**



**KARYN TOLARDO**



**WAYNE BYRAM**



**MELISSA  
LEWIS**





The field sets off at the start of the men's 1500m race walk with Andrew Duncan setting the pace.

## 1500m Race Walk

### WOMEN

#### W30

1 Melissa Lewis \*6:58.99

#### W50

1 Wendy Farrow 9:36.53

2 Paula Kennedy 11:16.16

3 Regina Crouch 12:41.90

#### W55

1 Karyn Tolardo 8:32.14

2 Delia Baldock 11:05.21

3 Leonie Taylor 13:26.36

#### W60

1 Marcela Ruiz 10:29.92

#### W75

1 Lynne Schickert 12:14.44

#### W80

1 Ruth Johnson 11:39.22

2 Glenys Duncan 12:49.49

#### W85

1 Sylvia Byers 14:38.51

### MEN

#### M30

1 Oliver Berry 11:22.96

#### M45

1 Wayne Byram 9:21.84

#### M55

1 Andrew Duncan \*6:54.65

#### M60

1 John Dennehy 11:42.68

#### M65

1 Victor Munoz 9:06.00

2 Harold Membrey 12:02.31

3 Steven Travell 12:08.64

#### M70

1 John McDonagh 9:49.88

2 Haydn Gawne 11:27.54

#### M75

1 Bruce Wilson 10:40.92

2 Johan Hdoorn 10:43.75

3 John Brambley 11:53.56

#### M80

1 Morland Smith 12:53.13]

\* State record



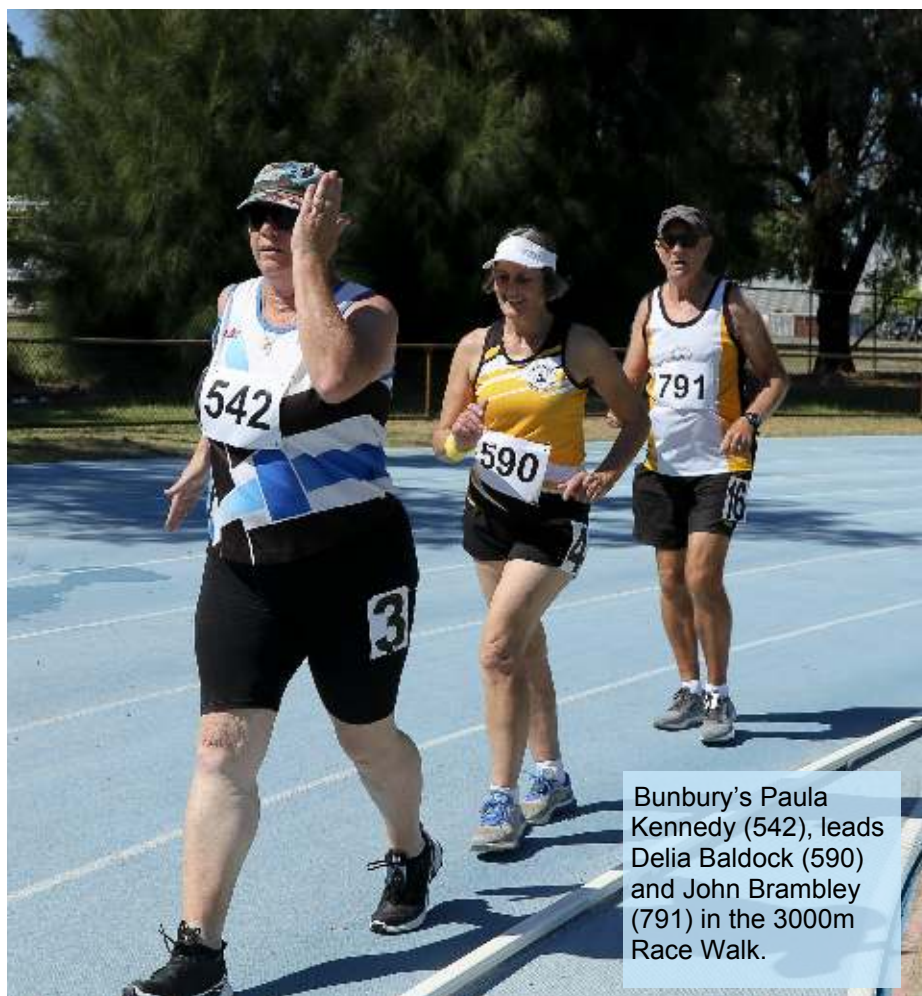
Marcela Ruiz (603) and Wendy Farrow (531) stride out.



DELIA BALDOCK

Melissa Lewis secured the short walk title with a state record dipping under the seven-minute barrier, Andrew Duncan replicating the feat in the men's division. Behind them, they led a plethora of outstanding performances including title winners Wendy Farrow Karyn Tolardo, Marcela Ruiz and the redoubtable Lynne Schickert. Ruth Johnson and Sylvia Byers defied the adverse conditions to win and for the men, Oliver Berry, Wayne Byram John Dennehy, Victor Munoz, John McDonagh, Bruce Wilson and debutante Morland Smith.





Bunbury's Paula Kennedy (542), leads Delia Baldock (590) and John Brambley (791) in the 3000m Race Walk.



SYLVIA BYERS



JOHAN HAGEDOORN

In the 3000m event Delia Baldock, Paula Kennedy, Regina Crouch and Glenys Duncan never troubled the judges with their varying techniques to score medals. Steve Travell, John Brambley, Hayden Gawne and Johan Hagedoorn conquered the harsh conditions and obviously benefitted from season-long competitions at the race venue. Andrew Duncan's 25:05.81 5000m effort drew praise from walkers and runners alike as an impressive effort.



GLENYS DUNCAN

## 3000m Race Walk WOMEN

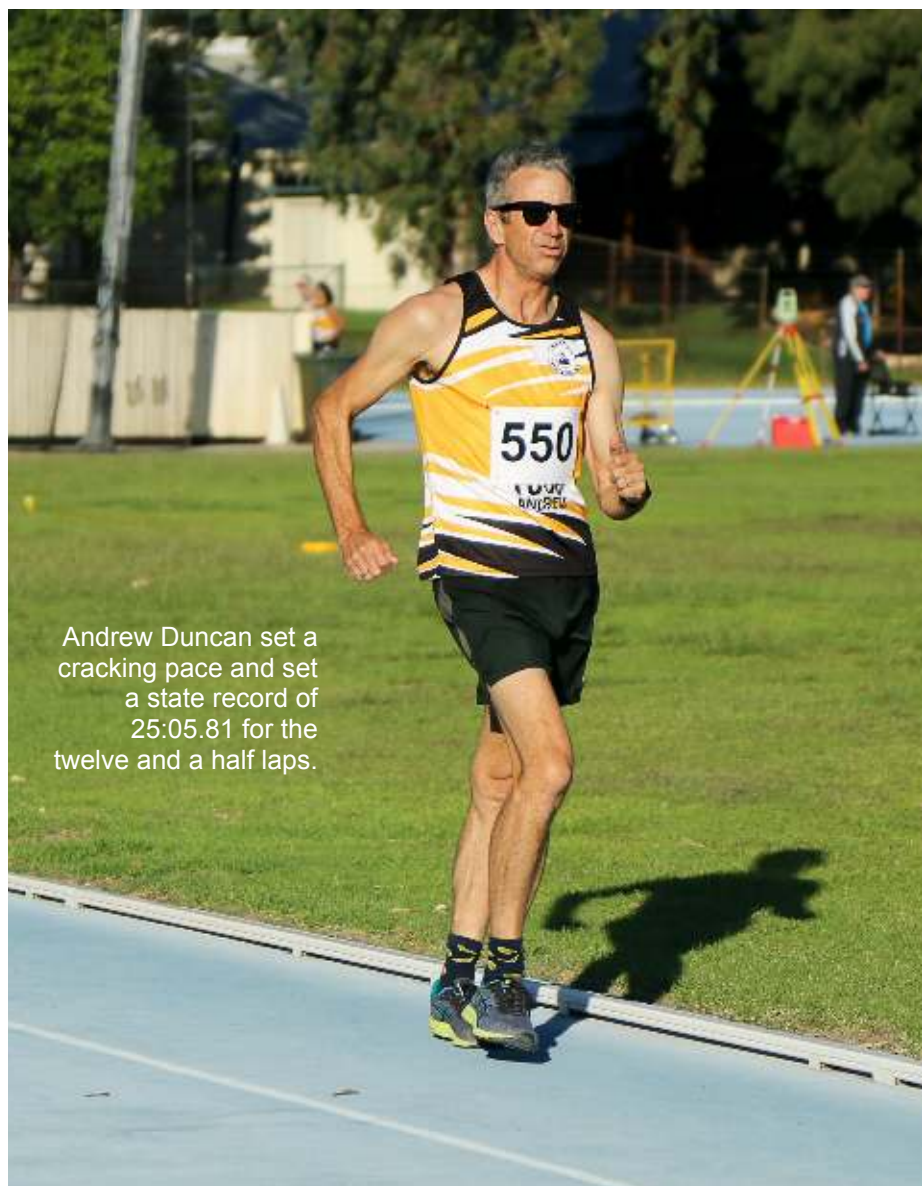
<b>W50</b>		
1	Wendy Farrow	20:00.74
2	Paula Kennedy	24:26.74
3	Regina Crouch	26:33.32
<b>W55</b>		
1	Karyn Tolardo	17:47.19
2	Delia Baldock	24:23.83
<b>W60</b>		
1	Marcela Ruiz	22:58.39
<b>W75</b>		
1	Lynne Schickert	24:28.91
<b>W80</b>		
1	Glenys Duncan	26:56.16
<b>W85</b>		
1	Sylvia Byers	32:52.33

## MEN

<b>M55</b>		
1	Andrew Duncan	*14:47.45
<b>M65</b>		
1	Victor Munoz	18:58.65
2	Steven Travell	27:49.06
<b>M70</b>		
1	John McDonagh	20:05.21
2	Haydn Gawne	23:10.20
<b>M75</b>		
1	Johan Hagedoorn	24:23.05
2	John Brambley	25:36.74

\* State record





Andrew Duncan set a cracking pace and set a state record of 25:05.81 for the twelve and a half laps.



STEVEN TRAVELL and REGINA CROUCH



LYNNE SCHICKERT

## 5000m Race Walk

### W50

- |   |               |          |
|---|---------------|----------|
| 1 | Wendy Farrow  | 33:42.57 |
| 2 | Regina Crouch | 45:08.52 |

### W55

- |   |               |          |
|---|---------------|----------|
| 1 | Karyn Tolardo | 30:14.02 |
|---|---------------|----------|

### W60

- |   |              |          |
|---|--------------|----------|
| 1 | Marcela Ruiz | 38:34.12 |
|---|--------------|----------|

### W75

- |   |                 |          |
|---|-----------------|----------|
| 1 | Lynne Schickert | 42:41.52 |
|---|-----------------|----------|

### W80

- |   |               |          |
|---|---------------|----------|
| 1 | Glenys Duncan | 45:57.67 |
|---|---------------|----------|

### M45

- |   |             |          |
|---|-------------|----------|
| 1 | Wayne Byram | 40:08.46 |
|---|-------------|----------|

### M55

- |   |               |           |
|---|---------------|-----------|
| 1 | Andrew Duncan | *25:05.81 |
|---|---------------|-----------|

### M65

- |   |                |          |
|---|----------------|----------|
| 1 | Victor Munoz   | 31:51.20 |
| 2 | Steven Travell | 47:17.31 |

### M70

- |   |               |          |
|---|---------------|----------|
| 1 | John McDonagh | 37:26.94 |
|---|---------------|----------|

### M75

- |   |                 |          |
|---|-----------------|----------|
| 1 | Johan Hagedoorn | 39:37.10 |
|---|-----------------|----------|

\* State record



Karyn Tolardo concentrates during the 5000m Race Walk





MAIN PHOTO:  
Vincent Sew Hee  
eyes the next hurdle  
in the 110m event.

The hurdlers enjoyed the near windless conditions Geoff Brayshaw transferring his speed 'over the sticks' particularly well as did the consummate specialist Vincent Sew Hee. Joseph Moutia and Garry Ralston completed their annual hurdles race to keep their respective streaks alive, Joseph venturing over the longer event for good measure. Sue Coate secured another title as did Anna Watters, Greg Kennedy, Harold Membrey and Bruce Wilson.

#### 80m Hurdles

##### W40

1 Anna Watters 16.44 +0.2

##### M70

1 Geoff Brayshaw 15.44 +0.2

2 Greg Kennedy 16.15 +0.2

#### 100m Hurdles

##### M55

1 Joseph Moutia 23.00 +0.0

##### M65

1 Garry Ralston 20.88 +0.0

#### 110m Hurdles

##### M30

1 Oliver Berry 20.27 +0.0

##### M35

1 Vincent Sew Hee 15.94 +0.0



ANNA WATTERS



JOSEPH MOUTIA





MAIN PHOTO: Sue Coate clears the hurdle in the 300m



GREG KENNEDY



HAROLD MEMBREY

#### 300m Hurdles

<b>W50</b>		
1	Sue Coate	64.40
<b>M65</b>		
1	Harold Membrey	77.81
<b>M70</b>		
1	Greg Kennedy	60.77
<b>M75</b>		
1	Bruce Wilson	88.07

#### 400m Hurdles

<b>M30</b>		
1	Oliver Berry	67.17
<b>M55</b>		
1	Joseph Moutia	88.94



# Field



**GEOFF  
BRAYSHAW**



**KEN WILKINS**



**ANDREA PENNY**



**DAVE WYATT**





# High flyers

**By JOHN DENNEHY**

In the long jump Natalia Dronets continued her rapid improvement to take the crown, no doubt helped by the technique on display amongst her competitors. Ingrid Wilcock took the W40 title with the W50 podium a fiercely contested event. Jenn Parker won out, from the amazing Sue Coate and Lisa Limonas – all top-class competitors. Suzanne Farcich and Maureen Keshwar kept their coach's hints in mind to gain titles with Brenda Painter winning by one centimetre from Luella Jenkins. The formidable Ruth Johnson approached her state record in winning the W80 event.

Reigning state open triple champ Stephen Edwards unsurprisingly dominated the competition with his display of controlled speed, technique and focus. Coached by the knowledgeable Anne Masters, he has added a new depth to the

horizontal jumps this season. His 13.07m winning effort was indicative of a somewhat emerging talent despite his age. Matt Dean scored double jumps gold as did Jonathan Lester, Hans Venter, Norm Richards, Suzanne Farcich, Brenda Painter and Ruth Johnson, whose 6.39m effort stunned many. Dominic Lagat showed his athletic abilities were not confined to running alone with a well-deserved silver medal to provide Stephen Edwards with competition in his long jump.

Michelle Krokosz tripled 10.16m for her title and the longest jump overall in the women's competition, with many of the competitors repeating their long jump victories.

The high jump was held on the pentathlon day and Jessica Smith cleared 1.53m for a new state record in the high jump; her victories over 1500m and 5000m making an unusual combination. Michelle

Krokosz and Sue Coate soared to state titles along with Dani Fuda and Brenda Painter. Ruth Johnson added another pending Australian record to her growing list of accolades.

Jonathan Lester notched a state record of 1.62 with his win, Norm Richards clearing 1.15m for the same. Hans Venter, Greg Kennedy and Greg Wilson all added to an absorbing competition. Dave Wyatt contributed to many of the jumper's success with his coaching over the season while securing his own title.

Pole Vault records have tumbled this season from Michelle Krokosz and Sue Coate respectively. Coached, cajoled and coerced at times by Geoff Brayshaw, they are literally pushing the bar to new heights. State title holders and record-holders they were joined by Oliver Berry, David Adams, Phil Smyth and Geoff Brayshaw on the podium.




**INGRID WILCOCK**

**WAYNE BYRAM**

**MICHELLE KROKOSZ**

**MAIN PHOTO: Cheryl Quinlivan set a W45 state record of 31.02m.**

**STAN SELBY**
**WOMEN**
**W35**

1 Michelle Krokosz 29.91m

**W40**

1 Ingrid Wilcock 17.20m

**W45**

1 Cheryl Quinlivan \*31.02m

2 Andrea Penny 8.31m

**W50**

1 Sue Coate 27.53m

2 Paula Kennedy 18.28m

**W55**

1 Sharon Moloney 16.10m

**W65**

1 Barb Wilson 16.45m

2 Maureen Keshwar 15.45m

**W70**

1 Christina Faithfull 13.71m

2 Kate Glass 11.89m

**W75**

1 Luella Jenkins 14.18m

2 Bev Hamilton 13.30m

3 Brenda Painter 11.99m

**W80**

1 Kathleen Hannig 7.62m

**MEN**
**M30**

1 Oliver Berry 31.62m

2 Tim Loh 29.85m

**M35**

1 Chris Gilbert 44.34m

**M45**

1 Wayne Byram 25.35m

**M50**

1 Mark Elms 32.16m

Mark Jeffery 51.03m

*SR (in Pent)*
**M55**

1 Paul Foley 42.22m

2 Andrew Ward 30.92m

3 Ken Wilkins 22.31m

**M65**

1 Jo Peters 36.11m

**M70**

1 Ossi Igel 28.34m

2 Greg Wilson 25.47m

**M75**

1 Stan Selby \*31.28m

2 Jeff Bowen 17.63m

**M80**

1 Peter Muller 14.67m

**M85**

1 Jim Davis 14.72m

2 John Cochrane 11.67m

3 Bob Fergie 11.04m

*\* State record*





LISA LIMONAS



BRENDA PAINTER


MAIN PHOTO:  
Ingrid Wilcock  
prepares for  
lift-off.


MATT DEAN



DOMINIC LAGAT

**WOMEN**
**W35**

1 Natalia Dronets 3.63m +0.8

**W40**

1 Ingrid Wilcock 4.36m +0.0

2 Danielle Fuda 3.99m +0.0

**W50**

1 Jennifer Parker 4.16m -0.2

2 Sue Coate 4.09m +0.0

3 Lisa Limonas 3.55m +0.0

**W60**

1 Suzanne Farcich 3.08m +0.5

**W65**

1 Maureen Keshwar 3.22m -0.2

2 Barb Wilson 2.49m +0.0

wind

**W75**

1 Brenda Painter 2.39m +0.0

2 Luella Jenkins 2.38m +0.0

3 Lynne Schickert 1.97m +0.0

**W80**
*Ruth Johnson* \*2.39m -1.6

*SR (in Pent)*

1 Ruth Johnson \*2.48m -0.4

\* *State record*
**MEN**
**M30**

1 Matthew Dean 5.58m +0.8

2 Bonny Kdungu 5.06m +0.7

3 Oliver Berry 4.97m NWI

**M35**

1 Stephen Edwards 5.65m +0.6

2 Dominic Lagat 5.52m +0.0

3 Chris Gilbert 5.22m +0.0

**M45**

1 Simon French-Bluhm 5.18m +0.9

2 Anthony Ward 3.96m +0.0

**M50**

1 Jonathan Lester 5.10m +0.0

2 Ian Hannaby 4.50m +0.0

3 Mark Elms 2.19m +0.0

**M55**

1 Hans Venter 4.24m +0.0

**M60**

1 Jacques Maniacara 3.32m -0.3

**M65**

1 Garry Ralston 4.81m +0.0

2 Dave Wyatt 4.12m -1.5

**M70**

1 Geoff Brayshaw 3.83m +0.4

**M80**

1 Norman Richards 3.28m +0.0





## WOMEN

### W35

1 Michelle Krokosz 10.16m +0.3

### W40

1 Ingrid Wilcock 9.32m -0.6

2 Danielle Fuda 8.23m +0.0

### W50

1 Jennifer Parker 8.58m +1.2

2 Lisa Limonas 8.31m +1.6

### W60

1 Suzanne Farcich 6.03m +0.7

### W65

1 Barb Wilson 6.41m +1.1

### W75

1 Brenda Painter 5.81m +1.1

### W80

1 Ruth Johnson 6.39m -0.1

## MEN

### M30

1 Matthew Dean 12.01m +0.0

2 Oliver Berry 10.57m +0.3

3 Bonny Kdungu 10.00m +0.0

### M35

1 Stephen Edwards \*13.07m +0.0

### M50

1 Jonathan Lester 10.56m +0.1

2 Ian Hannaby 8.61m +1.3

3 Kevin Collins 5.29m +0.8

### M55

1 Hans Venter 8.94m +0.0

### M65

1 Dave Wyatt 8.90m +0.0

### M80

1 Norman Richards 5.98m +1.0

\* State record







**MIKE ANDERSON**



**BARBARA BLURTON**



**JIM DAVIS**



**GLENN BARTLETT**

# Throws





Jo Peters loses his hat as he winds up in the hammer.

**By JOHN DENNEHY**

Bev Hamilton starred in the discus following up on her state record from the throws pentathlon of 19.45m with a 19.30m effort. Sharon Maloney, Maureen Keshwar and new talents Christine Faithfull and Kathleen Hannig all won titles along with Jenn Parker and the brilliant Byrony Glass, fresh from her feats at the recent Highland games. Amongst the male throwers, Ian Cotton triumphed over a talented field as did Jo Peters and Ossi Igel and Jim Davis, who also set a state record.

Byrony Glass sent the hammer out over 40m to claim her title adding it to the state open title she won a few weeks early for the umpteenth time. Jenn Parker approached the same distance as Byrony albeit with a lighter implement to emphasise her talent. Kate Glass returned to competition in fine style to collect the W70 crown. Bev Hamilton added another title to her collection as did Ruth Johnson who set another state record for good measure.

John Fettus threw the hammer over 40m to secure his win, Tim Lyons gaining the edge over Andrew Ward in the M55 section. Jo Peters narrowly beat Tom Gravestock in a competition that will be resumed in the next state titles. Ossi Igel added the hammer gold to his collection of medals with another good contest amongst the venerable men of throwing – Jim Davis, John Cochrane and Bob Fergie.

Cheryl Quinlivan claimed a state record with her winning 31.02m effort somewhat overshadowing the winning throws of Michelle Krokosz and Ingrid Wilcock in the younger divisions. Sue Coate and Kathleen Hannig were victorious with Luella Jenkins surprisingly winning over the higher credentialed Bev Hamilton and Brenda Painter in the W75 event. Likewise, Christina Faithfull scored a win over the more accomplished Kate Glass.

Oliver Berry and Tim Loh had a fine competition to finish in that order. Chris Gilbert, Wayne Byram

and Mark Elms, Paul Foley, Jo Peters, Ossi Igel, Stan Selby (state record) and Peter Muller all entitled to call themselves state champions, with Jim Davis also triumphing over his mates.

Amongst the usual shot put winner's names of Krokosz, Glass, Parker, Moloney, Keshwar, Glass (senior) and Hamilton were newcomers Kathleen Hannig and the diminutive Andrea Penny making waves in the throwing circle.

Stephen Edwards put his enviable speed to good use to score a win in the men's competition amongst a litany of the master's best putters. Jeff Bowen was a welcome sight on the field with a familiar order in the M85 section.

Weight throw title holders also had a familiar ring about them – Glass x2, Moloney, Penny, Parker Hamilton, and Johnson for the women. In the men's Berry, Fettus, Foley, Peters, Igel, Selby and Davis all threw a distance to take a well-earned state title.





CHRISTINA  
FAITHFULL



Cheryl Quinlivan winds up as she prepares to throw the hammer.



RUTH JOHNSON



BEV HAMILTON



BRENDA  
PAINTER

WOMEN			
Hammer			
<b>W40</b>		<b>W75</b>	
1 Byrony Glass	40.38m	1 Bev Hamilton	*29.98m
<b>W45</b>		2 Luella Jenkins	22.02m
1 Cheryl Quinlivan	30.21m	<b>W80</b>	
2 Andrea Penny	14.89m	1 Ruth Johnson	*22.53m
<b>W50</b>			
1 Jennifer Parker	38.83m	<b>Shot</b>	
2 Paula Kennedy	31.45m		
<b>W55</b>		<b>W35</b>	
1 Sharon Moloney	27.83m	1 Michelle Krokosz	9.67m
<b>W70</b>		<b>W40</b>	
1 Kate Glass	22.00m	1 Byrony Glass	10.27m
2 Christina Faithfull	15.29m	<b>W45</b>	
		1 Andrea Penny	4.70m
		<b>W50</b>	
		1 Jennifer Parker	10.32m
		2 Sue Coate	9.91m
		3 Paula Kennedy	8.80m
		4 Sandra Siviour	8.40m
		<b>W55</b>	
		1 Sharon Moloney	7.74m
		2 Leonie Taylor	7.24m
		<b>W65</b>	
		1 Maureen Keshwar	8.45m
		2 Barb Wilson	6.82m
		<b>W70</b>	
		1 Kate Glass	6.06m
		2 Christina Faithfull	5.86m
		3 Barbara Blurton	5.69m
		<b>W75</b>	
		1 Bev Hamilton	7.93m
		2 Luella Jenkins	6.59m
		3 Brenda Painter	6.07m
		<b>W80</b>	
		1 Kathleen Hannig	5.06m
		* State record	





Jenn Parker concentrates as she prepares to throw the discus.

BYRONY GLASS

SANDRA SIVIOUR



SHARON MOLONEY



CHRISTINA FAITHFULL



BEV HAMILTON

WOMEN			
Weight			
<b>W40</b>		<b>W75</b>	
1 Byrony Glass	13.28m	1 Bev Hamilton	10.63m
<b>W45</b>		2 Luella Jenkins	9.89m
1 Andrea Penny	5.12m	<b>W80</b>	
<b>W50</b>		1 Ruth Johnson	7.38m
1 Jennifer Parker	11.40m		
2 Paula Kennedy	10.38m	<b>Discus</b>	
<b>W55</b>		<b>W35</b>	
1 Sharon Moloney	7.09m	1 Michelle Krokosz	31.38m
<b>W70</b>		<b>W40</b>	
1 Kate Glass	7.12m	1 Byrony Glass	32.46m
2 Christina Faithfull	6.45m	<b>W50</b>	
		1 Jennifer Parker	29.14m
		2 Sandra Siviour	20.35m
		3 Paula Kennedy	20.33m
		<b>W55</b>	
		1 Sharon Moloney	20.33m
		2 Leonie Taylor	18.39m
		<b>W65</b>	
		1 Maureen Keshwar	20.96m
		2 Barb Wilson	16.37m
		<b>W70</b>	
		1 Christina Faithfull	15.68m
		2 Kate Glass	15.09m
		<b>W75</b>	
		1 Bev Hamilton	19.30m
		Bev Hamilton	19.45m
		SR (in Throws Pent)	
		<b>W80</b>	
		1 Kathleen Hannig	9.91m





JOHN FETTUS



ANDREW WARD



TIM LYONS



OSSI IGEL

MEN					
Hammer					
<b>M30</b>		<b>M85</b>		<b>M65</b>	
1 Oliver Berry	16.80m	1 Jim Davis	26.28m	1 Jo Peters	11.75m
<b>M45</b>		2 John Cochrane	23.01m	2 Tom Gravestock	11.00m
1 John Fettus	40.51m	3 Bob Fergie	20.06m	<b>M70</b>	
<b>M55</b>		Shot		1 Ossi Igel	11.90m
1 Tim Lyons	32.50m	<b>M30</b>		2 Greg Wilson	8.32m
2 Andrew Ward	27.47m	1 Oliver Berry	7.70m	3 Greg Kennedy	7.32m
<b>M65</b>		2 Tim Loh	6.69m	4 Mike Anderson	6.26m
1 Jo Peters	36.82m	<b>M35</b>		<b>M75</b>	
2 Tom Gravestock	35.89m	1 Stephen Edwards	9.50m	1 Jeff Bowen	7.92m
3 Bruce McGeorge	15.94m	<b>M45</b>		2 Stephen Eldridge	6.98m
<b>M70</b>		1 John Fettus	12.31m	<b>M80</b>	
1 Ossi Igel	37.65m	<b>M55</b>		1 Peter Muller	6.69m
2 Greg Wilson	22.71m	1 Paul Foley	10.49m	<b>M85</b>	
		2 Hans Venter	9.18m	1 Jim Davis	8.12m
		3 Andrew Ward	8.98m	2 John Cochrane	7.09m
				3 Bob Fergie	5.60m





Oliver Berry dances across the circle.



TIM LOH



BRUCE McGEORGE



STAN SELBY



PAUL FOLEY



TOM GRAVESTOCK

MEN			
Weight			
<b>M30</b>		<b>M70</b>	
1 Oliver Berry	8.68m	1 Ossi Igel	16.44m
<b>M45</b>		2 Mike Anderson	5.43m
1 John Fettus	13.18m	<b>M75</b>	
<b>M55</b>		1 Stan Selby	11.37m
1 Paul Foley	11.70m	<b>M85</b>	
2 Tim Lyons	11.56m	1 Jim Davis	10.23m
3 Andrew Ward	11.21m	2 Bob Fergie	8.84m
<b>M65</b>		<b>Discus</b>	
1 Jo Peters	14.27m	<b>M30</b>	
2 Tom Gravestock	13.44m	1 Oliver Berry	26.71m
3 Harold Membrey	10.17m	2 Tim Loh	15.95m
		<b>M45</b>	
		1 John Fettus	34.86m
		<b>M55</b>	
		1 Ian Cotton	37.44m
		2 Paul Foley	36.73m
		3 Tim Lyons	33.52m
		4 Andrew Ward	33.04m
		5 Ken Wilkins	20.59m
		<b>M65</b>	
		1 Jo Peters	43.00m
		2 Tom Gravestock	42.60m
		3 Bruce McGeorge	22.64m
		<b>M70</b>	
		1 Ossi Igel	34.55m
		2 Greg Wilson	28.77m
		3 Mike Anderson	16.82m
		<b>M80</b>	
		1 Peter Muller	21.86m
		<b>M85</b>	
		1 Jim Davis	*21.13m
		2 John Cochrane	17.27m
		3 Bob Fergie	13.93m
		* State record	



# Early events

By JOHN DENNEHY

Roberto Busi stole the limelight in humid conditions with his exceptional 10,000m time with many competitors garnering plaudits for their sheer 'guts and determination' in completing the journey. Morland Smith added to his legacy, despite injury as did Gerrit Myburgh, Ross Langford and Kathleen Hannig on debut.

Clare Wardle capped off a record-breaking season with a composed race as did Sue Zlnay, Eulalia van Bloomestein and Karyn

Gower. Chris Gould showed aggression and pace judgement with his run.


In the 5000m, Roberto Busi again scored overall honours. Steve Preece, Alan Gower, Giovanni Puglisi and Paul Rowland all displayed classic form in securing their respective titles. Bob Hull led home the M75's

leaving a trail of class athletes in his wake. Andrew Davison secured his target time sticking to his race plan to the second.

The 'Smith girls' (Jessica and Katelyn) introduced themselves to master's competition with superb running and Sandra Siviour emerged from her high profile discus throwing daughter, Jessica, to score the W50 title. Lori Sexton ran a measured race as did Kerin Thomson and Silke Peglow.

In the pentathlon, Mark Jeffery has a pending national record, courtesy of a relatively injury-free build-up. He dug deep in the 1500m with brother Paul guiding him, Paul's aspirations of a global best thwarted by conditions and an uncharacteristic non-scoring discus competition. Impressive totals set by Michelle Krokasz, Jennifer Parker and Maureen Keshwar were shadowed somewhat, by Ruth Johnson's massive total.

Sue Coate, Ruth Johnson and Johnathan Lester all have pending state records in the vertical jump, with coach Dave Wyatt modelling good technique under pressure.



**DIGGING DEEP:** Paul Jeffery (474) gives his brother Mark encouragement in the final lap of the 1500m at the end of a gruelling pentathlon.





**JESSICA and  
KATELYN SMITH**



**MAIN PHOTO:** Clare Wardle takes a sizeable lead from Sandra Siviour and the rest of the field on the first of twelve and a half laps.

## WOMEN

### W30

Jessica Smith	18:59.40
Katelyn Smith	21:28.01

### W45

Clare Wardle	18:35.71
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### W50

Sandra Siviour	21:04.31
Kerin Thomson	24:53.38
Silke Peglow	29:22.11

### W55

Lori Sexton	26:23.84
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### W60

Sue Zlnay	22:07.10
Karyn Gower	24:22.65
Phillippa Bennett	37:16.57

### W65

Julie Wilson	27:12.58
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## MEN

### M40

Roberto Busi	15:47.90
Ross Langford	16:30.74
Chris Lark	16:51.26
Paul O'Sullivan	18:44.60
David Adams	21:15.38

### M45

Paul Rowland	17:33.44
Gerrit Myburgh	20:24.82

### M50

Steve Preece	17:48.89
Andy Abbey	20:16.85
Ian Hannaby	21:13.35

### M55

Andrew Davison	18:59.05
Glenn Rogers	19:50.91
David Solomon	22:52.01

### M60

Robert Catrall	21:06.14
Jacques Maniacara	22:58.53
Blakeney Tindall	23:49.91
John Fisher	23:55.18

### M65

Alan Gower	19:45.85
Christopher Maher	22:49.75
Michael Byrne	23:17.48
Milt Mavrick	27:06.05

### M70

Giovanni Puglisi	21:15.95
Mercurio Cicchini	23:15.00
Keith Miller	23:21.09

### M75

Bob Hull	22:58.46
Jim Langford	24:14.35
Bert Carse	25:10.95
David Baird	25:30.81
Bob Schickert	39:28.32

### M80

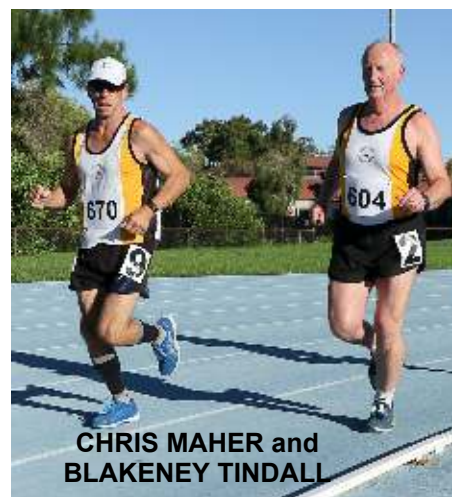
Morland Smith	35:10.88
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Chris Lark leads Roberto Busi and Ross Langford in the early laps of the race.



**PAUL ROWLAND**



**CHRIS MAHER and  
BLAKENEY TINDALL**

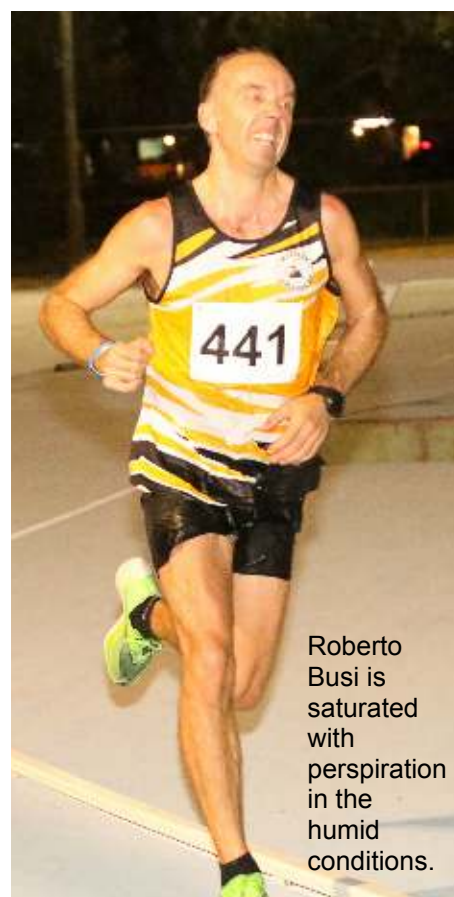


# 2021 State Athletics Championships

10,000m



Bob Hull (761) and Vanessa Carson (420) lead this pack at the start.



Roberto Busi is saturated with perspiration in the humid conditions.

## MEN

### M35

James Hadfield 56:17.00

### M40

Roberto Busi 32:11.01

Ross Langford 35:32.11

Chris Lark 36:04.24

Zane Walsh 42:41.99

David Adams 45:41.45

### M45

Chris Gould 33:57.21

Gerrit Myburgh 45:53.46

### M50

Andy Abbey 45:05.70

### M55

Andrew Davison 41:28.20

Glenn Rogers 42:29.33

### M60

Paul Scott-Taylor 48:47.67

John Fisher 50:51.89

Michihito Muroi 51:12.29

### M65

Milt Mavrick 57:35.88

### M70

Giovanni Puglisi 44:52.82

Keith Miller 48:57.12

Mercurio Cicchini 49:18.61

Brian Bennett 59:14.24

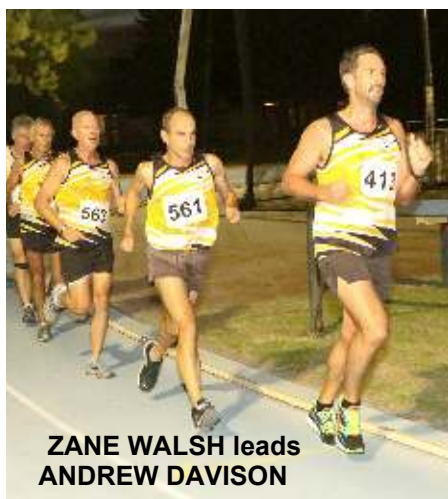
### M75

Bob Hull 53:02.88

David Baird 56:40.47

### M80

Morland Smith 1:14:36.94



ZANE WALSH leads  
ANDREW DAVISON



CHRIS GOULD



CLARE  
WARDLE  
and  
SILKE  
PEGLOW

## WOMEN

### W40

Vanessa Carson 43:55.14

### W45

Clare Wardle 39:13.75

### W50

Eulalia van Blomestein 43:06.46

Silke Peglow 1:02:56.22

### W55

Lori Sexton 55:39.84

### W60

Sue Zlnay 48:41.96

Karyn Gower 51:49.80

### W80

Kathleen Hannig \*1:36:14.7h

\* State record





<b>W30</b>		<b>M30</b>	
Jessica Smith	*1.53m	Oliver Berry	1.50m
<b>W35</b>		<b>M50</b>	
Michelle Krokosz	1.40m	Jonathan Lester	*1.62m
<b>W40</b>		Kevin Collins	1.00m
Danielle Fuda	1.20m	<b>M55</b>	
<b>W50</b>		Hans Venter	1.55m
Sue Coate	1.25m	Paul Foley	1.35m
* State record		<b>M65</b>	
<b>W75</b>		Dave Wyatt	1.30m
Brenda Painter	0.95m	<b>M70</b>	
Luella Jenkins	0.92m	Greg Kennedy	1.25m
<b>W80</b>		Greg Wilson	1.15m
Ruth Johnson	**0.92m	<b>M80</b>	
* State record		Norman Richards	*1.15m
** Pending Australian record		* State record	





### W35

Michelle Krokosz \*2.05m

### W50

Sue Coate \*2.05m

\* State record



SUE COATE



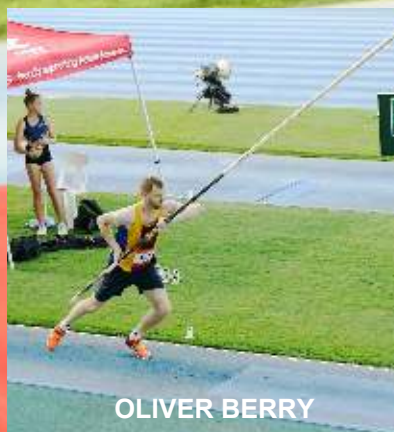
CHNS NEALT

2

It was a record breaking performance by Michelle Krokosz (sequence shots) and Sue Coate in the pole vault held at WAAS.

1

3



OLIVER BERRY



GEOFF BRAYSHAW



DAVID ADAMS



MAIN PHOTO: Phil Smyth is all smiles after a successful jump.

### M30

Oliver Berry 2.45m

### M40

David Adams 1.65m

### M70

Phil Smyth 2.55m  
Geoff Brayshaw 2.45m





**OLIVER BERRY**

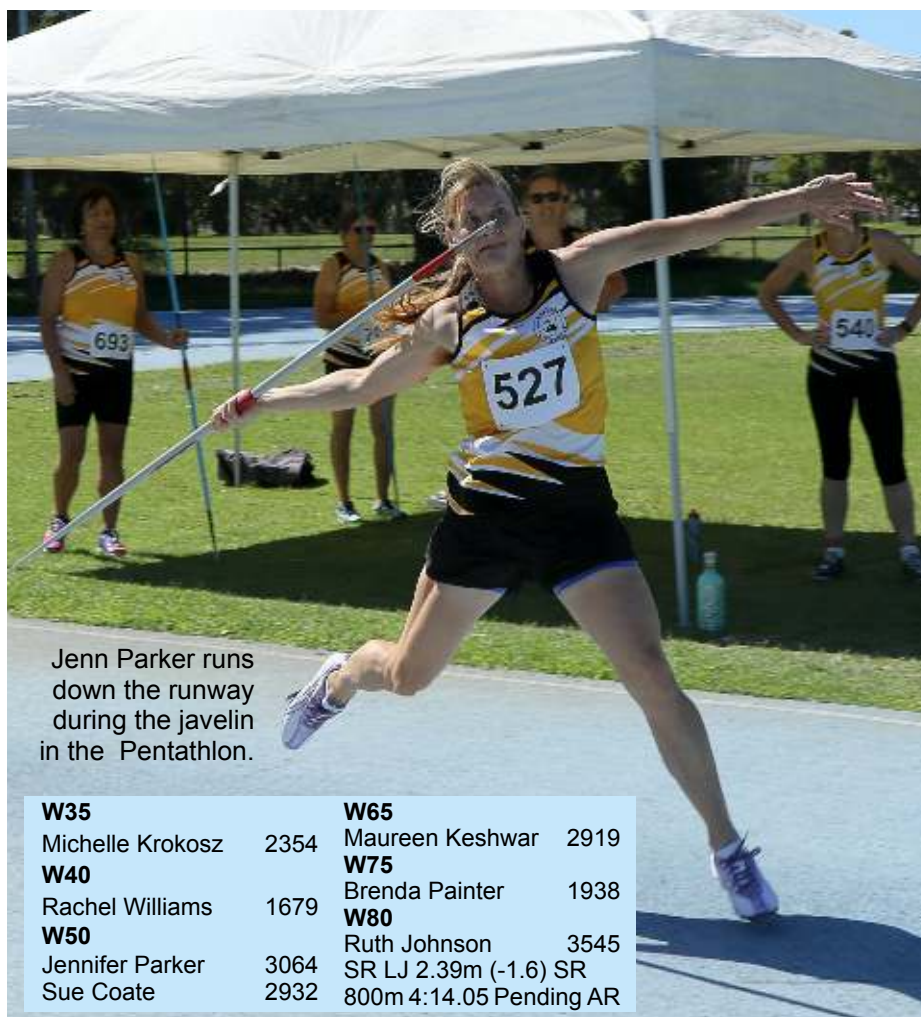


**CHRIS NEALE**



MAIN PHOTO: Ian Cotton prepares to unleash the discus in the Pentathlon.

<b>M30</b>	
Oliver Berry	1879
<b>M45</b>	
Paul Jeffery	2914
<b>M50</b>	
Mark Jeffery	3577
Pending AR Javelin	SR 51.03m
Chris Neale	2824
Mark Elms	1077
<b>M55</b>	
Ian Cotton	2884
<b>M65</b>	
Harold Membrey	1650
<b>M70</b>	
Greg Kennedy	1611
<b>M75</b>	
Ivan Brown	1836



Jenn Parker runs down the runway during the javelin in the Pentathlon.

<b>W35</b>		<b>W65</b>	
Michelle Krokosz	2354	Maureen Keshwar	2919
<b>W40</b>		<b>W75</b>	
Rachel Williams	1679	Brenda Painter	1938
<b>W50</b>		<b>W80</b>	
Jennifer Parker	3064	Ruth Johnson	3545
Sue Coate	2932	SR LJ 2.39m (-1.6) SR	
		800m 4:14.05 Pending AR	



**RACHEL WILLIAMS**



**RUTH JOHNSON**



John Fettus is a picture of concentration as he dances across the circle in the shot.

## MEN

### M30

Oliver Berry 1851

### M45

John Fettus 3381

Mal Clarke 3067

### M55

Paul Foley 3273

Andrew Ward 2654

### M65

Jo Peters 3722

Tom Gravestock 3477

Harold Membrey 1972

### M70

Ossi Igel 3716

Greg Wilson 2345

### M85

James Davis 3076

Bob Fergie 2052



MAL CLARKE



OSSI IGEL



LUELLA JENKINS

## WOMEN

### W40

Byrony Glass 3099

Rachel Williams 1774

### W45

Andrea Penny 1066

### W50

Jennifer Parker 3168

Paula Kennedy 2594

### W55

Sharon Moloney 2436

Debra Cox 1739

### W70

Kate Glass 2771

### W75

Bev Hamilton 3620

Discus \*19.45m

\*State record

Luella Jenkins 2993

A pensive Andrea Penny enters the circle during the Throws Pentathlon.



BYRONY GLASS

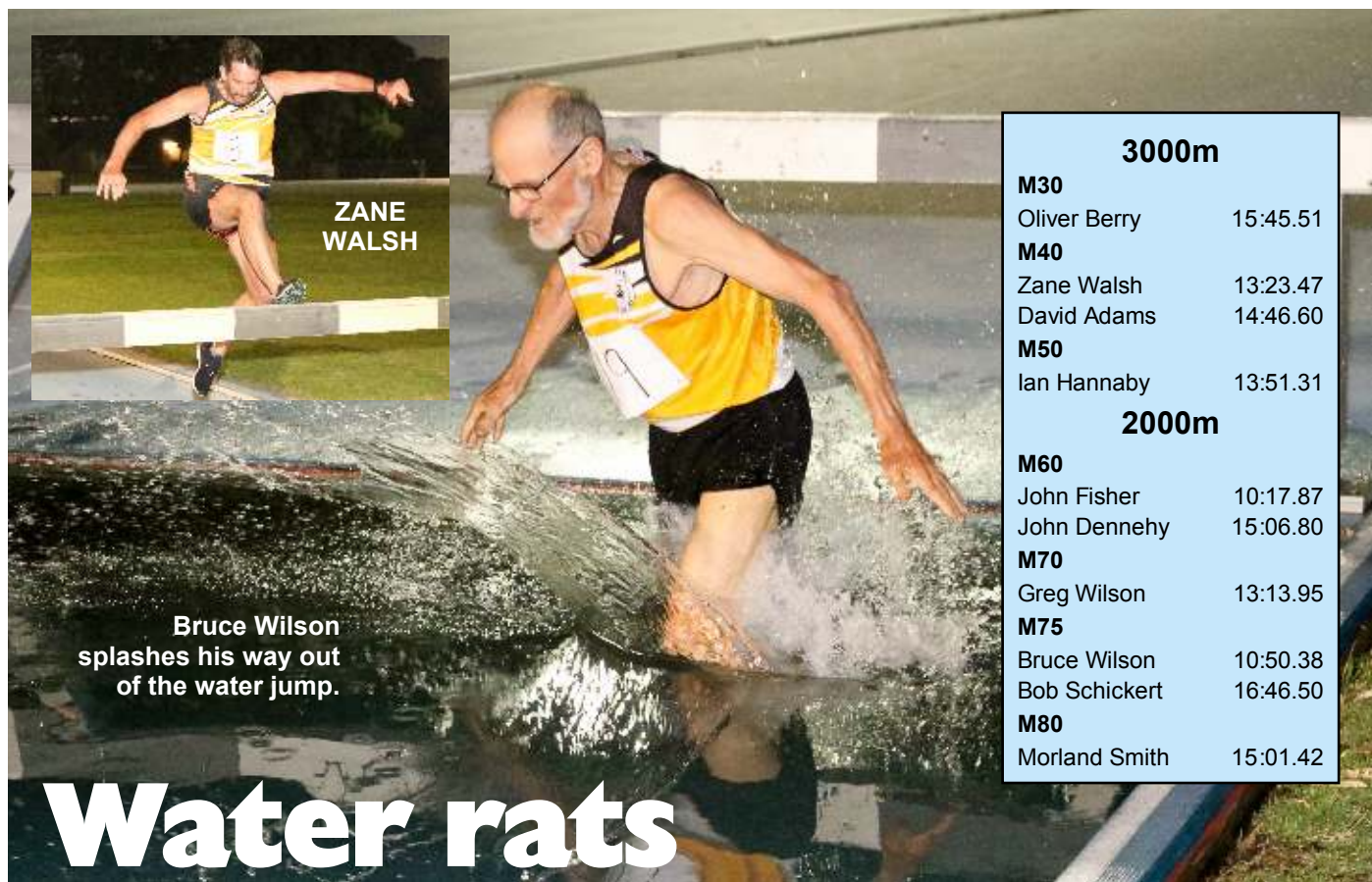


DEBRA COX





ZANE WALSH

Bruce Wilson  
splashes his way out  
of the water jump.**3000m****M30**

Oliver Berry 15:45.51

**M40**

Zane Walsh 13:23.47

David Adams 14:46.60

**M50**

Ian Hannaby 13:51.31

**2000m****M60**

John Fisher 10:17.87

John Dennehy 15:06.80

**M70**

Greg Wilson 13:13.95

**M75**

Bruce Wilson 10:50.38

Bob Schickert 16:46.50

**M80**

Morland Smith 15:01.42

# Water rats

**2000m****W45**

Tracy Gallagher 10:05.67

**W50**

Sandra Siviour 8:54.63

Jacqui McQueen 11:42.38

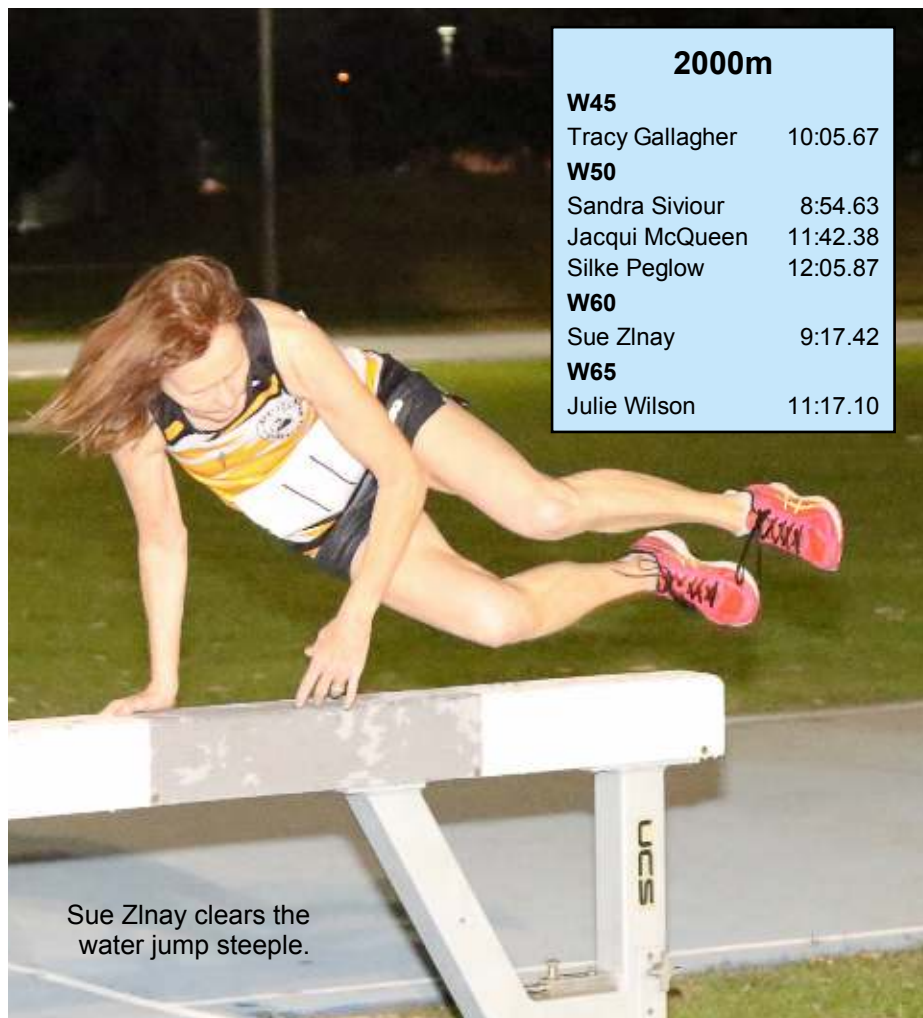
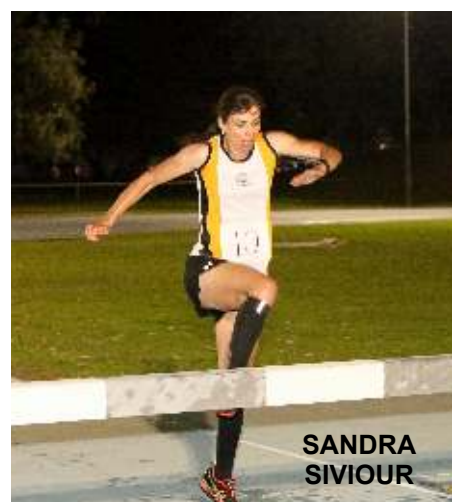
Silke Peglow 12:05.87

**W60**

Sue Zlnay 9:17.42

**W65**

Julie Wilson 11:17.10

Sue Zlnay clears the  
water jump steeple.JOHN  
FISHERSANDRA  
SIVIOUR



# Bits 'n' pieces



**CARMEL  
MEYER**



**THE WIND MAN**



**JAVELIN TALK**



**CLEANING UP**