

# Track & Field Newsletter

Issue 3

February 2008

Clearly the main feature of the month's T&F has been the hot weather. Sprints and middle distance times have been very good, with many great things to report. However, since MAWA tends to concentrate on the shortest of the distance events, the 3000m, those of us who prefer something longer have not been without opportunities. Also the throwers and jumpers are beginning to return in preparation for the states in March. Problems with the cage at Coker still hamper Damien and friends, but hopefully these can be resolved soon.

As you will have seen from the interim "souvenir" issue of this newsletter, there have also been some memorable combined-event competitions. Matt led the way with his superb decathlon, but no less than 15 of our number attempted the pentathlon at our two venues, many of them for the first time.

A re-run of the wonderful 4x1500 relay night has closed the month, with yet more outstanding performances, and 19 records. Top of the pile were those amazing 75-plus year-olds who gathered a clutch of records for themselves.

It truly has been a month for everybody, whether we have achieved times that others have noticed or not. January has shown that Masters Athletics is for everyone. Long may it last.

## January's Roll of Honour

### 13<sup>th</sup> January (Perry Lakes)

M30 Cam Yorke 400m hurdles  
55.20s **Australian Record tbc**

### 17<sup>th</sup> January (Coker Park)

W55 Lyn Choate 60m 9.2s **State Record**

M35 Chris Neale Pentathlon  
2746 points **State Record**

M75 David Carr Pentathlon  
3151 points **State Record**

### 24<sup>th</sup> January (Coker Park)

M65 Bert Carse 1000m 3:19.7 **State Record**

M75 David Carr 1000m 3:34.2 **State Record**

### 31<sup>st</sup> January (Coker Park)

19 more relay records set – see page 2 for details

## Track and Field times change?

You may have spotted Barrie Thomsett's article in Vetrin suggesting a change in the timing for Sunday runs. With the problems caused by the excessive heat at our T&F meets, is it time to consider a change here also?

There are three possible options, each of which was considered by the committee before we had the experience of daylight saving. The committee decided to leave things as they were for 2007/8, but we have the opportunity to learn from this season's meets. The three options are:

- (i) Keep it at 6pm
- (ii) Change to 6.30
- (iii) Change to 7pm

Each has advantages and disadvantages. I will bring this up at the March committee meeting, and would welcome feedback from anyone who has a view. Please let me know.

*John Oldfield (committee member)*

## World Records Tumble Again to MAWA flyers

Several age groups didn't manage to arrange teams in time for the December 4x1500 relays, and that night was so memorable that requests were made to organize another. Here it was, Thursday at Coker again, and records tumbling everywhere. Ages ranged from 35 up to the magnificent septuagenarians. In no particular order the results are recorded in the following two pages:

(please remember that all records are awaiting ratification)

### World Records

- M60 – John Oldfield, Bruce Wilson, Jim Klinge, Jim Langford 21:48.4**  
(previous record (tbc) – 22:26.1)
- W45 – Karen March, Gillian Young, Karyn-Sue Gower, Robin King 24:32.0**  
(previous record (tbc) – 25:00.9)
- M35 – Chris Neale, Paul Burke, Eldon George, Brett Roach 20:11.9**  
(inaugural record – tbc)
- M75 – Cecil Walkley, David Carr, Ken Whistler, Bob Hayres 34:17.0**  
(inaugural record – tbc)
- All of the above are obviously also state and Australian national records*

### Australian National Records

- M65 – Bob Schickert, Bert Carse, Dave Roberts, David Carr 22:15.3**  
(previous record – 22:26.1)
- W35 – Toni Phillips, Saskia Letham, Carol Bowman, Liz Neville 25:01.1**  
(previous record (tbc) – 29:07.1)

### W.A. State Records

- M50 – Alan Gower, Bjorn Dybdahl, David Baird, Campbell Till 20:40.0**
- M40 – John Collier, Ross Keane, Rob Macbeth, David Solomon 22:12.4**
- M55 – Nick Miletic, Duncan McAuley, Maurice Creagh, Frank Gardiner 23:38.9**  
(all inaugural - tbc)

So there it was again – same atmosphere, same heat, similar support and camaraderie and wonderful assistance from all those who gave their time to man the recording, the watches, the clock, the changeover umpiring, the starting ..... It was a great prelude to the AMA National Relay Championships that begin with the 4x100m next week.

For the statisticians, there were 4 pending world records, 6 Australian records and all 9 teams set new state marks. I intend to investigate whether this is also a statistic for the Guinness Book of Records. Can there ever have been a single meet where 19 new records were set? If this has ever been done before, I would certainly have enjoyed being there.

With the AMA relays coming up next week can I make a plea to all competitors to wear club vests or crop tops if possible. These are a part of the national championships – the other states are competing against us during this month and the winner will be crowned as the national relay champion for their event and age group. It is only right that we should wear the state colours proudly in such an illustrious competition. I have the stock – no excuses!

## Relay Night – full results as they happened

### Heat 1

- M35 Chris Neale, Paul Burke, Brett Roach, Eldon George  
Time: 20:11.9 **SR, AR, WR**
- M40 John Collier, David Solomon, Rob MacBeth (M50), Ross Keane (M45)  
Time: 22:12.4 **SR**
- W45 Robin King, Karyn-Sue Gower, Karen March, Gillian Young (W60)  
Time: 24:32.0 **SR, AR, WR**
- W35 Saskia Letham, Toni Phillips, Carol Bowman (W50), Liz Neville (W55)  
Time: 25:01.1 **SR, AR**
- M75 Cecil Walkley, Bob Hayres (MAWA # 4), Ken Whistler, David Carr (MAWA # 2)  
Time: 34:17.0 **SR, AR, WR**

### Heat 2

- M50 Alan Gower, Bjorn Dybdahl, Campbell Till, David Baird (M60)  
Time: 20:40.0 **SR**
- M60 John Oldfield, Bruce Wilson, Jim Langford, Jim Klinge  
Time: 21:48.4 **SR, AR, WR**
- M65 Bob Schickert, David Roberts, Bert Carse, David Carr (M75 – MAWA #2)  
Time: 22:15.3 **SR, AR**
- M55 Duncan McAuley, Nick Miletic, Frank Gardiner, Maurice Creagh (M60)  
Time: 23:38.9 **SR**

*Many thanks to all who acted as officials on the night – special mention to Barbara, Tom, Peter, Richard, and Campbell. These five were Chief Judge, Starter/changeover umpire, Chief lap scorer, Chief timekeeper and overall referee – all of which are needed for records to be ratified.*

*I would also like to thank personally those athletes who stood in at the last minute for the three “no-shows”. Your willingness to help meant that no-one was left without a berth through others’ failure to show up. A particular mention also to David Carr. Stan Lockwood had to pull out two days before the race through illness. Finding a replacement in the M75 category is not easy, so David Carr, already a valued member of the M65 team attempting to improve their December time, selflessly offered to run in both heats. David, you are a gentleman as well as a star.*

## Championships Entry Details

It is probably timely to give a reminder here about the various track and field championships, together with entry details:

**WA States:** See programme below. Entry form on club website. Entries close February 24<sup>th</sup>.

**Australian National Championships:** Sydney, March 21-24. Entry at

[www.australianmastersathletics.org.au](http://www.australianmastersathletics.org.au)

**AMA Winter Throwing Championships:** Canberra, 4-6 Oct. Entries by email to

[Sharon.gibbins@telstra.com](mailto:Sharon.gibbins@telstra.com)

**Oceania Masters Athletics Championships:**

Townsville, 27 Jul to 3 Aug. [www.athleticsnorthqld.org.au](http://www.athleticsnorthqld.org.au)

**World Masters Athletics Championships:** Finland

28 July – 8 August 2009. Entries, travel, accommodation can be organized using the forms in the official booklet. This will be available from Bob Schickert later this year. Entries can only be made on the official form, which will be returned via Bob to the AMA.

## Masters Athletics WA State Championships 2008

The state championships will take place over five different dates this year:

1. Steeplechases at Perry Lakes on Sunday Feb. 17. Register on the day before 10.20am; wear club vest and number; entry fee \$8
2. 10 000m track race will be held on Thursday March 6, at Coker Park, 7pm. Enter using standard entry form.
3. The pentathlon will be held on Saturday March 8, women at 8am, men at 8.45am. Enter on the standard entry form.
4. 5km race walk will be held on Wednesday March 12 at Coker Park. Time and entry details TBA.
5. The main championship weekend is Saturday/Sunday March 15/16. The full programme will be on the web site, provisionally on March 8<sup>th</sup>, after all entries have been processed. Start is 8am each day.

The closing date for entries is February 24<sup>th</sup>. **No entries will be accepted after that date.** Please help the smooth processing of entries by returning your form as soon as possible to Barbara Blurton, together with the money. Entry forms were in January's Vetrun. See Bob or Barbara if you do not have a form. [vetrunners@optusnet.com.au](mailto:vetrunners@optusnet.com.au) or 9293 0190.

## Championships running kit

Please remember that you must wear official kit for all championships. For state and national championships the kit is MAWA official singlets/crop tops. These are available from Pat Hopkins (Sundays) or John Oldfield on track nights. A new stock of men's singlets has now arrived, unfortunately reflecting the new price of \$33. Ladies' singlets are the old stock and are still \$25. Crop tops remain \$33 each.

Australian kit must be worn at world championships. This is available through the AMA, see the handbook for details or email the merchandising secretary Hazel McDonnell at [hazelmcd@bigpond.com](mailto:hazelmcd@bigpond.com)

## CLUB RESULTS

### Coker Park - January 3, 2008

#### 100m

Chris Neale	M35	12.2
Greg Vander Sanden	M45	12.5
Colin Smith	M45	13.1
Gary Ogden	M45	14.5
Bjorn Dybdahl	M50	14.7
Rob Antonioli	M55	14.1
Brian Hewitt	M50	15.3
John Dennehy	M45	15.5
David Carr	M75	16.0
Alan Deans	M55	16.0

Paul Burke	M35	13.5
Peggy Macliver	W60	15.8
Delia Baldock	W45	16.0
Carol Bowman	W50	18.6
Deb Wolfenden	W40	18.0
Christine Oldfield	W60	21.0
Lynne Schickert	W65	22.7

#### 800m

Greg Vander Sanden	M45	2:25.1
Paul Burke	M35	2:26.3
Bjorn Dybdahl	M50	2:32.0
Ross Keane	M45	2:32.7
Simon Ogden	Vis	2:36.6
Brian Hewitt	M50	2:37.6
David Carr	M75	2:46.3
Alan Deans	M55	2:50.0

Rosemary Johnson	W30	2:33.6
Frank Gardiner	M55	2:46.1
Graeme Dahl (QMAA)	M55	2:52.7
Robin King	W45	2:55.3
John Dennehy	M45	2:59.7
Peggy Macliver	W60	3:02.6
Maurice Creagh	M60	3:03.4
Delia Baldock	W45	3:13.9

Rob Antonioli	M55	2:40.9
Gary Ogden	M45	2:50.6
Jackie Halberg	W60	3:11.1
Carol Bowman	W50	3:18.6

#### 3000m walk

Tom Lenane	M50	19:51.8
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#### 1000m walk

Val Millard	W60	6:13.4
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#### 200m

Chris Neale	M35	24.7
Greg Vander Sanden	M45	25.1
Colin Smith	M45	25.5
Campbell Till	M50	26.0
David Solomon	M40	27.0
Rob Antonioli	M55	29.5
Bjorn Dybdahl	M50	29.9
Ross Keane	M45	30.9
Gary Ogden	M45	31.6
Simon Ogden	Vis	31.8
John Dennehy	M45	31.1
Brian Hewitt	M50	32.1
David Carr	M75	32.4
Peggy Macliver	W60	33.3
Delia Baldock	W45	33.7
Carol Bowman	W50	38.3
Christine Oldfield	W60	44.4
Lynne Schickert	W65	49.1

#### 3000m

Steve Giles	M45	11:10.9
Rosemary Johnson	W30	11:23.2
David Solomon	M40	11:47.2
Paul Burke	M35	11:48.3
Bjorn Dybdahl	M50	12:31.8
Frank Gardiner	M55	12:36.2
Graeme Dahl (QMAA)	M55	12:37.2
Alan Deans	M55	13:18.6
Robin King	W45	13:22.4
Maurice Creagh	M60	13:55.5
Jackie Halberg	W60	16:38.1

#### Long Jump

Chris Neale	M35	5.97
Campbell Till	M50	5.23
Paul Burke	M35	4.90
Colin Smith	M45	4.51
Rob Antonioli	M55	4.51
Lynne Schickert	W65	2.62

#### Weight Throw

Geoff Gee	M50	15.09
Mark Hamilton	M35	12.92
Gary Ogden	M45	5.95

#### Javelin

Chris Neale	M35	36.90
Mark Hamilton	M35	34.80
Gary Ogden	M45	26.18
Simon Ogden	Vis	22.78
Rob Antonioli	M55	21.34

**Highlights of the week:** (*Coker*) There were Happy New Year wishes all round as we assembled once more following the two-week break, and also welcomed back Greg v.d. Sanden, Alan Deans and Rob Antonioli, returning from breaks of varying lengths. Also it was good to see Rosemary and Steve up from Bunbury again, even if they did arrive via a mistaken trip to McGillivray! Damien was back after his time in the theatre, so the field events were back under control. Some good performances in the weight throw and javelin as well – particularly Chris Neale’s 36.90m javelin. The following wind also helped the long jumpers, and under Les’ watchful eye Campbell, Chris, Paul, Colin and Lynne all enjoyed the conditions. The return of Greg to the track after two years’ absence encouraged good 100m, 200m and 800m races, making the most of benign, although warm, conditions. It would not be right to omit mention of ex-President Val Millard, with an excellent 1000m walk. Her temporary return for the family wedding on 5<sup>th</sup> January has made us realise how much she is missed. Our loss is Victoria’s gain.

(*UWA*) It was a balmy evening at UWA this week, warm with a gentle breeze making for ideal sprinting and middle distance conditions. Whether this influenced the attendance or not is a moot point, but there were welcome returns to Peter Gare, Riccione hero David Clive, Andrew Brooker, Bruce Wilson and Irwin Barrett-Lennard. Also a warm welcome to Bob Lane who finally signed on the dotted line. The 100m dashers started proceedings, with Garry leading the fast heat home, Peter the next. In the same heat Carol Bowman (see profile box) had her first of two PBs on the night. The third heat saw two more of the club’s favourite ladies with PBs, confirming the excellent conditions. Congratulations to all. It was a good night of athletics generally, with young and old showing good form. Youngsters Simon Ogden and Catherine Keane, surely both prospects for the future, each produced excellent times. Andrew Brooker outpaced all in the 800, leading the field to a plethora of fast performances. Carol again showed how good a runner she is becoming with a stunning improvement to new heights in this event, knocking 8 seconds off her previous best. A most enjoyable evening on the track closed with a well-contested 3000m, in which there was close to a record field of 21 runners and 2 walkers. Alan again showed us all how it should be done in 10:29. Damien returned to UWA after his theatrical season and hosted a lengthy throws session, with a number of all-rounders visiting the arena, and also the jumps pit, in between their track races.

## Now a serious contender

Many of us remember when Carol Bowman first came to Coker Park in 2005. She introduced herself to us, saying she “hadn’t run since school days” and that she’d had little in the way of exercise in those 30-odd years. A very willing participant, we all recall that she seemed to run every race, regardless of time taken or effort required. At times, one race merged into the next as she went from finish line to the start of the next.

Carol’s running style in those first two seasons with the club, I am sure she will not mind me saying, was unconventional. With determination, hard work, and with guidance from within the club, she has blossomed into what I would now call “a serious contender”. It is wonderful to see how well she is now running, with a much improved style; I hear regular comments from trackside about how much better she flows around the track. Her reward of PBs in both the 100m and 800m at UWA on Tuesday is richly deserved.

Carol’s improvement and obvious enjoyment of athletics is an achievement in which the club can take great pride. MAWA exists to give all the chance to enjoy athletics, whatever their level of performance. Not everybody can improve as much as Carol has, but the club exists to give everybody “a fair go”. Well done, lass!

## UWA - January 8, 2008

### 100m

Garry Ralston	M50	12.7
David Clive	M70	13.8
Barrie Kernaghan	M65	14.7
Bjorn Dybdahl	M50	14.8
Nick Miletic	M55	15.0
Peter Gare	M65	15.2
Debbie Wolfenden	W40	17.4
Carol Bowman	W50	17.7 PB
Christine Oldfield	W60	19.8 PB
Catherine Keane	Vis	19.9
Val Millard	W60	21.2
Lynne Schickert	W65	21.6 PB

### 800m

Andrew Brooker	M35	2:13.5
Duncan McAuley	M55	2:31.0
Ross Keane	M45	2:31.4
Bruce Wilson	M60	2:39.4
John Collier	M40	2:40.0
Keith Edmonds	M40	2:41.5
Bob Lane	M60	2:44.8
Simon Ogden	Vis	2:37.6
Dave Roberts	M65	2:46.5
Frank Gardiner	M55	2:48.5
Gary Ogden	M45	2:54.8
Wayne Taylor	M45	2:57.0
Garry Ralston	M50	3:08.2
Nick Miletic	M55	3:12.6
Carol Bowman	W50	3:17.7 PB

<b>200m</b>			Bruce Wilson	M60	11:45.0
Garry Ralston	M50	28.1	Simon Ogden	Vis	12:15.4
David Clive	M70	29.3	Bob Lane	M60	12:20.7
Barrie Kernaghan	M65	29.6	Ivan Brown	M60	12:36.7
Bjorn Dybdahl	M50	31.0	Keith Edmonds	M40	12:42.7
Keith Edmonds	M40	31.0	John Oldfield	M60	12:45.2
			John Collier	M40	12:52.8
			Bob Schickert	M65	12:56.0
Simon Ogden	Vis	31.0	Frank Gardiner	M55	13:15.4
Peter Gare	M65	31.2	Duncan McAuley	M55	13:16.6
Ross Keane	M45	31.8	Dave Roberts	M65	13:21.9
Nick Miletic	M55	35.8	Wayne Taylor	M45	14:02.2
Irwin Barrett-Lennard	M75	38.7	Nick Miletic	M55	14:07.1
			Karyn Gower	W45	14:08.6
Barry Newell	M50	31.7	Barry Newell	M50	16:05.6
Gary Ogden	M45	31.9	Gill Edmonds	W40	16:18.6
Carol Bowman	W50	38.5	Christine Oldfield	W60	16:38.0
Catherine Keane	Vis	47.9	Fiona McAuley	W55	17:32.1
Lynne Schickert	W65	49.1			
<b>Long Jump</b>			<b>Weight Throw</b>		
Bruce Wilson	M60	3.63	Gary Ogden	M45	6.71
Gary Ogden	M45	4.09	Peter Hopper	M60	8.33
Simon Ogden	Vis	4.12	Geoffrey Gee	M50	14.70
			Damien Hanson	M50	8.98
<b>3000m Walk</b>			<b>Javelin</b>		
Peter Hopper	M60	21:19.0	Peter Gare	M65	32.87
<b>1000m Walk</b>			Gary Ogden	M45	21.63
Val Millard	W60	6:18.0	Simon Ogden	Vis	27.06
			Geoffrey Gee	M50	35.86
<b>3000m</b>			Lynne Schickert	W65	9.83
Alan Gower	M50	10:29.0	Val Millard	W60	11.14
Bjorn Dybdahl	M50	11:28.0	Damien Hanson	M50	29.32
Mark Dawson	M45	11:35.5			

## COKER PARK 10 January, 2008

<b>600m</b>					
Chris Neale	M35	1:35.0	Alan Deans	M55	16.5
Paul Burke	M35	1:42.8	Eldon George	M35	26.8
Bob Schickert	M65	1:57.8	Lynne Choate	W50	15.6
David Carr	M75	1:54.6	Delia Baldock	W45	16.4
Eldon George	M35	2:39.2	Carol Bowman	W50	18.9
Peggy Macliver	W60	2:09.1	Christine Oldfield	W60	21.1
Delia Baldock	W45	2:09.6	Val Millard	W60	22.0
John Dennehy	M45	2:13.6	Lynne Schickert	W65	23.6
Nick Miletic	M55	2:14.4	<b>Triple Jump</b>		
Carol Bowman	W50	2:20.4	Chris Neale	M35	11.90
Frank Gardiner	M55	2:30.5	Murray Tolbert	M60	9.86
Christine Oldfield	W60	2:44.0	Lynne Schickert	W65	5.60
<b>100m</b>			<b>Shot</b>		
Chris Neale	M35	12.6	Geoff Gee	M50	12.57
Colin Smith	M45	13.4	Mark Hamilton	M35	11.93
David Luck	Vis	14.2	Murray Tolbert	M60	9.93
Barrie Kernaghan	M65	15.0	Bev Hamilton	W60	8.73
Nick Miletic	M55	16.0	<b>3000m</b>		
			John Oldfield	M60	12:31.1
Paul Burke	M35	13.7	Chris Neale	M35	12:46.1
Bjorn Dybdahl	M50	15.2	Liz Neville	W55	13:37.4
John Dennehy	M45	16.1	Jackie Halberg	W60	15:13.9
Frank Gardiner	M55	16.2			

**400m**

Campbell Till	M50	57.6
Simon Coates	M35	60.1
Duncan McAuley	M55	62.1
Barrie Kernaghan	M65	66.7
Bjorn Dybdahl	M50	66.7
Paul Burke	M35	66.0
David Carr	M75	69.9
Bob Schickert	M65	73.7
John Dennehy	M45	77.0
Ivan Brown	M60	79.1
Nick Miletic	M55	81.0
Frank Gardiner	M55	73.4
Danny Sheehan	M50	74.1
Peggy Macliver	W60	76.4
Delia Baldock	W45	77.5
Robin King	W45	78.9
Carol Bowman	W50	85.7 SB
Eldon George	M35	1:47.9

**5000m**

David Solomon	M40	18:20.4
Christian Wakeling	M30	18:26.8
Steve Giles	M45	18:57.6
Rosemary Johnson	W30	19:58.2
Jeremy Ingram	Vis	20:00.9
Bjorn Dybdahl	M50	20:22.6
Robin King	W45	21:53.5
Alan Deans	M55	23:23.6
Maurice Creagh	M60	23:42.0

**3000m walk**

Tom Lenane	M50	19:02.5
Eldon George	M35	19:09.0
Val Millard	W60	19:37.4
Lynne Schickert	W65	21:53.3

**Highlights of the week:** (*Coker*) The predominant condition at Coker on Thursday was the strong southerly wind, clearly affecting times. Headwinds in the home straight always brings complaints from the sprinters, but consider the plight of 5000m runners who run the straight 13 times! The triple jumpers loved it, being a tailwind. Chris Neale leapt almost 12 metres, with Murray and Lynne also making the most of the assistance. Despite the wind, the 5000/3000 runners brought home creditable times, with our Bunbury commuters Rosemary and Steve following David Solomon and Christian Wakeling home. Four walkers also made the 3000 race walk a good event. The throws competition was curtailed, with the hammer abandoned because of problems with the cage, but Geoff Gee certainly managed a good put at the other end of the arena. Mention also of Tuesday's heroine Carol with a season's best in the 400m and another good time in the middle distance "training run" of 600m.

(*UWA*) Imagine a W30 lady throwing the hammer nearly 50m and still being 4m behind her own Australian record. That's Byrony Glass; certainly the highlight of the evening's athletics. Season's bests for sisters Lynne and Valerie in the 100m and yet another SB for Carol, lowering her 400m time for the second week in succession. The track was in excellent condition, and with a window of light breeze as it changed direction from the "doctor" to the easterly, it was another good night for the sprinters. It must have helped Lynne for her SB in the triple jump as well! A big attendance saw many good performances – welcome to new members David Luck, Andre Morkel and Fayaz Jamal. David and Fayaz turned in good times in their favoured events, and we know from his times as a visitor that Andre will be a difficult man to beat.

## UWA January 15, 2008

**600m**

Andrew Brooker	M35	1:34.2
Duncan McAuley	M55	1:44.4
Rob Colton	M40	1:46.1
Bjorn Dybdahl	M50	1:47.9
John Collier	M40	1:49.4
Bruce Wilson	M60	1:52.6
Bob Lane	M60	2:00.1
Peter Gare	M65	2:07.4
Nick Miletic	M55	2:11.5
Carol Bowman	W50	2:23.0
Christine Oldfield	W60	2:46.2

**100m**

David Luck	M45	13.5
Mark Dawson	M45	14.0
Barrie Kernaghan	M65	14.1
Bjorn Dybdahl	M50	14.5

Nick Miletic	M55	15.3
Paul Burke	M35	13.2
Rob Greenhalgh	M55	13.9
Rob Colton	M40	14.2
Keith Martin	M60	15.5
Bob Lane	M60	17.3
Barry Newell	M50	14.3
Peter Gare	M65	15.5
Ross Calnan	M65	16.8
Christine Oldfield	W60	20.3
Val Millard	W60	20.5 SB
Catherine Keane	Vis	20.5
Lynne Schickert	W65	21.5 SB
Ella Newell	Vis	21.6
Peter Kennedy	M85	30.2



**400m**

Andrew Brooker	M35	58.2
Alan Gower	M50	59.4
Bjorn Dybdahl	M50	68.1
Keith Edmonds	M40	68.6
Keith Martin	M60	69.3
Barrie Kernaghan	M65	69.9
Fayaz Jamal	M50	75.3
Rob Greenhalgh	M55	70.4
Rob Colton	M40	71.9
Bob Lane	M60	75.5
Wayne Taylor	M45	81.1
Nick Miletic	M55	81.9
Ivan Brown	M60	81.9
Carol Bowman	W50	84.7 PB
Catherine Keane	Vis	96.2
Ella Newell	Vis	1:40.0

**5000m**

Alan Gower	M50	19:03.4
Bruce Wilson	M60	19:59.0
Mark Speechley	Vis	20:09.9
Mark Dawson	M45	20:21.8
Paul Burke	M35	20:31.8
Fayaz Jamal	M50	20:32.2
Bjorn Dybdahl	M50	20:46.1
Keith Edmonds	M40	21:50.7
John Collier	M40	22:06.0
Wayne Taylor	M45	22:56.0
Blakeney Tindall	M45	23:17.2
Karyn Gower	W45	24:35.7
Nick Miletic	M55	25:03.8
Rob Colton	M40	26:00.8
Fiona McAuley	W55	32:37.8

**3000m**

Bob Lane	M60	12:45.8
Ivan Brown	M60	12:46.9
Duncan McAuley	M55	13:30.0

**3000m Walk**

Peter Hopper	M60	22:07.0
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**1000m Walk**

Val Millard	W60	6:09.5
Lynne Schickert	W65	7:13.9
Peter Kennedy	M85	9:48.2

**Triple Jump**

Lynne Schickert	W65	6.19 SB
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**Hammer**

Peter Kennedy	M85	12.93
Bev Hamilton	W60	21.86
Kate Glass	W55	38.89
Byrony Glass	W30	49.70
Geoff Gee	M50	34.97

**Shot**

Bev Hamilton	W60	8.71
Kate Glass	W55	10.05
Toni Phillips	W35	6.71
Geoff Gee	M50	12.67
Carol Bowman	W50	5.11
Lynne Schickert	W65	5.55
Val Millard	W60	5.69

**Coker Park January 17, 2008****60m**

David Clive	M70	8.5
David Luck	M45	8.7
Bjorn Dybdahl	M50	9.0
Lynne Choate	W55	9.2* SR
Nick Miletic	M55	9.8

Delia Baldock	W45	9.7
Alan Deans	M55	9.9
Eldon George	M35	10.2
Deb Wolfenden	W40	10.4
Pat Carr	W75	12.4
Catherine Keane	Vis	12.5

**2000m**

Bjorn Dybdahl	M50	7:28.6
Eldon George	M35	7:58.7
Danny Sheehan	M50	8:29.1
Ross Keane	M45	8:35.7
Nick Miletic	M55	9:02.1

**200m**

David Luck	M45	28.1
David Clive	M70	29.3
Bjorn Dybdahl	M50	29.4
Lynne Choate	W55	33.0
Nick Miletic	M55	34.4

**200m (cont.)**

Eldon George	M35	30.7
Delia Baldock	W45	32.7
Bob Schickert	M65	34.7
Danny Sheehan	M50	37.5
Catherine Keane	Vis	48.1

**800m**

David Solomon	M40	2:19.5
Bjorn Dybdahl	M50	2:43.1
Dave Roberts	M65	2:45.7
Danny Sheehan	M50	3:03.0
Maurice Creagh	M60	3:03.0
Eldon George	M35	3:21.4

**1500m**

Jim Klinge	M60	5:23.6
Bob Schickert	M65	5:44.1
Alan Deans	M55	5:48.9
Robin King	W45	5:51.4
Danny Sheehan	M50	5:59.3
Maurice Creagh	M60	6:31.5
Nick Miletic	M55	6:35.9
Delia Baldock	W45	6:39.6

**1500m walk**

Tom Lenane	M50	9:09.6
Eldon George	M35	9:48.1

<b>Discus</b>		
Mark Hamilton	M35	36.48
Toni Phillips	W35	21.45

Nick Miletic	M55	21.16
Pat Carr	W75	11.31

**Highlights of the week:** (*Coker*) The main event at both venues this week was the pentathlon. This was covered in the TFNL Extra, sent earlier. In the standard programme, Lynne Choate set a new 60m W55 state record of 9.2s in a heat headed by returnee David Clive and new member David Luck. The same two reversed positions in the 200m, closely followed by distance specialist Bjorn. Danny Sheehan returned to the fold and ran a creditable 800m. It was also good to see Jim Klinge make a rare appearance on the track, no doubt preparing for his relay debut with a sprightly 5:24 in the 1500m. Elsewhere, Eldon indicated that he is recovering from his Christmas and Hogmanay celebrations with times much closer to his norm.

(*UWA*) Again, the main focus was the pentathlon, but many other performances to note. Particularly evident again was Rae McMillan with a record distance for the W80 javelin. However, because the sectors were not marked, it may not be ratified. Also another SB for Lynne in the long jump. Particular thanks go to all those who helped on this very busy week. They are too numerous to mention, but our gratitude goes to all of you who help to run these meets. One memorable moment at the start of the evening was the spontaneous applause welcoming Henri Cortis after an absence of more than a year. We all wish him well in the rehabilitation process from his long-term knee injury.

### UWA – January 22, 2008

<b>60m</b>		
Garry Ralston	M50	7.7
David Luck	M45	8.3
Rob Colton	M40	8.8
Mark Dawson	M45	9.4
Rob Greenhalgh	M55	9.3
Peggy Macliver	W60	10.0
Ross Calnan	M65	10.5
Carol Bowman	W50	11.2
Val Millard	W60	12.3
Lynne Schickert	W65	N/T

<b>2000m</b>		
Mark Dawson	M45	6:57.4
Bjorn Dybdahl	M50	7:38.9
John Collier	M40	7:39.3
Alan Gower	M50	7:45.0
Bob Lane	M60	7:45.4
Jim White	Vis	7:53.4
Ivan Brown	M60	8:01.6
Toni Phillips	W35	9:23.9
Karyn Gower	W45	9:30.4
Fiona McAuley	W55	11:19.5

<b>200m</b>		
Paul Burke	M35	27.9
David Luck	M45	28.6
Duncan McAuley	M55	29.0
Rob Greenhalgh	M55	29.2
Rob Colton	M40	30.4
Alan Gower	M50	27.9
Mark Dawson	M45	32.1
Peggy Macliver	W60	33.9
Carol Bowman	W50	38.9
Barry Newell	M50	30.5
Peter Gare	M65	32.5
Ross Calnan	M65	38.1

<b>800m</b>		
Paul Burke	M35	2:26.3
Bjorn Dybdahl	M50	2:28.9
Rob Colton	M40	2:31.4
John Collier	M40	2:47.8
Bob Lane	M60	2:48.1
Mark Dawson	M45	2:50.9

Barry Newell	M50	3:08.9
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#### Heat 2

Duncan McAuley	M55	2:35.4
Dave Roberts	M65	2:48.8
David Willmer	M50	2:56.9
Ivan Brown	M60	3:03.1
Karyn Gower	W45	3:13.7
Catherine Keane	Vis	4:21.3
<b>(ran with Val Millard, pentathlon)</b>		
Christine Oldfield	W60	4:11.2

<b>1500m</b>		
Alan Gower	M50	4:49.8
Bjorn Dybdahl	M50	5:19.0
Ross Keane	M45	5:24.4
Jim White	Vis	5:33.6
David Willmer	M50	5:36.6
Paul Burke	M35	5:41.3
David Baird	M60	5:45.0
John Collier	M40	5:45.6
Bob Lane	M60	5:46.0
John Oldfield	M60	5:52.2
Peggy Macliver	W60	6:48.6
Carol Bowman	W50	6:55.1
Barry Newell	M50	7:30.5

<b>1500m Walk</b>		
Lynne Schickert	W65	11:08.1

<b>Long Jump</b>		
Peggy Macliver	W60	3:82
Lynne Schickert	W65	2.66 <b>SB</b>

#### Javelin

Ross Calnan	M65	22.16
Peter Gare	M65	29.31
Rae McMillan	W80	14.40*

\*Australian record distance  
but no sector marked

#### Discus

Peter Gare	M65	31.01
Toni Phillips	W35	19.39

## Coker Park – January 24, 2008

### 100m

Chris Neale	M35	12.5
Campbell Till	M50	12.9
David Luck	M45	13.4
Prakash Menon	M35	13.8
Nick Miletic	M55	15.6

Rob Antonioli	M55	14.5
Keith Martin	M60	14.5
Lynne Choate	W55	15.3
John Dennehy	M45	16.0
Richard Trembath (VMA)	M65	16.3

Peggy Macliver	W60	16.5
Carol Bowman	W50	18.7
Pat Carr	W75	20.9
Val Millard	W60	21.2
Lynne Schickert	W65	22.2

### 1000m

Graeme Watson	M30	3:01.0
Ross Keane	M45	3:17.7
Bert Carse	M65	3:19.7* <b>SR</b>
David Carr	M75	3:34.2* <b>SR</b>
Bob Schickert	M65	3:38.9
Alan Deans	M55	3:47.3
Maurice Creagh	M60	3:57.3
Nick Miletic	M55	4:00.6
Carl Ciccarelli	M45	4:03.4
Delia Baldock	W45	4:08.1
Colin Smith	M45	4:38.3

### 400m

Chris Neale	M35	55.9
Campbell Till	M50	58.4
David Solomon	M40	60.1
David Luck	M45	73.5

Rob Antonioli	M55	64.7
Richard Trembath (VMA)	M65	67.5
Keith Martin	M60	68.9
John Dennehy	M45	73.1
Peggy Macliver	W60	74.0

Kathy Menon	W30	73.5
Nick Miletic	M55	78.6
David Clive	M70	81.3
Delia Baldock	W45	81.9
Carol Bowman	W50	86.4

### 3000m

Brett Roach	M35	11:26.5
David Willmer	M50	11:26.5
Bert Carse	M65	11:47.6
Carl Ciccarelli	M45	13:08.4
Alan Deans	M55	13:29.7
John Oldfield	M60	13:35.3
Maurice Creagh	M60	13:55.0
Bob Schickert	M65	14:44.4

### 1000m walk

Val Millard	W60	6:18.7
Tom Lenane	M50	6:25.5

### 1500m walk

Robin King	W45	18:04.1
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### Triple Jump

Lynne Schickert	W65	6.00
Rob Antonioli	M55	8.78

### Discus

Bev Hamilton	W60	20.56
Toni Phillips	W35	18.24
Pat Carr	W75	11.35

### Weight Throw

Bev Hamilton	W60	8.99
Rob Antonioli	M55	6.02

**Highlights of the week:** (*Coker*) Another scorching night at Coker, so again ideal for sprinting and a nightmare for distance runners. Even so, there was a very large attendance with David Clive, David Willmer, Graeme Watson and others adding to the regulars. It must be getting close to the state championships. (Don't forget to get your entries to Barbara ASAP.) The heat did not deter Bert Carse and David Carr, each setting new state marks for the occasional distance of 1000m (M65 and M75 respectively). Also dead-heating in the 3000m were Brett Roach and Dave Willmer in an impressive 11:27. It was another good night's racing, hopefully impressing visiting VMA's legendary hurdler Richard Trembath who is here in WA for 10 days to see an old friend. He also showed us his paces in the two short races of the evening. However your roving reporter did hear that he found David Carr's interval session at Perry Lakes hard going two days later. (Don't we all?)

(*UWA*) Probably the best conditions for some time tonight – still windy but below 30 deg. for a change. 87-years young Peter Kennedy was inside the state record in the 3000m walk by almost 7 minutes, watched carefully by experts Lynne and Val to ensure that he would survive stringent judging in the state championships. Unfortunately, this effort cannot be ratified as there was no official judging, but we are all impressed by his character, cheerfulness and determination. Mark Dawson and Garry Ralston took the honours in the 100m, battling the customary strong McGillivray headwind. Mark again led the way in the 1000m with a very strong 3:07, towing John Collier to another excellent time as the middle distance brigade warmed up for Thursday's 1500m relay. There were two excellent heats of the 400m, with all athletes performing well, but Duncan's star was in the ascendance with a storming 62.4, and Alan Gower once more showed us how to run the 3000, almost lapping the second placed athlete. Wife Karyn is returning to the form she was showing last year and laid down a marker for the other W45s for the state championship events to come soon. Another athlete showing excellent form throughout this month is Ivan Brown. Training very hard after his bout of sickness in December, he is quietly (as is his way) ranking up the gears and is now a real threat to some of his co-M60s. Your editor is taking careful note of this improvement. A good discus throw from Ed Carroll, but Randall Humich was the star thrower of the night, both in the weight throw and discus. He also showed his cricketing credentials by taking a very sharp chance to dismiss the ebullient Toni Phillips, caught at silly mid-off.

### UWA – January 29, 2008

<b>100m</b>			Ivan Brown	M60	3:47.5
Garry Ralston	M50	12.5	Frank Gardiner	M55	3:48.3
David Luck	M45	13.2	David Baird	M60	3:58.1
Rob Greenhalgh	M55	13.9	Carl Ciccarelli	M45	4:00.3
Barrie Kernaghan	M65	13.9	Nick Miletic	M55	4:00.7
Nick Miletic	M55	15.7	Peggy Macliver	W60	4:12.4
			John Dennehy	M45	4:18.4
Mark Dawson	M45	12.5	Carol Bowman	W50	4:26.3
Richard Trembath	M65	15.5			
Duncan McAuley	M55	15.5	<b>400m</b>		
			Duncan McAuley	M55	62.4
Peggy Macliver	W60	15.8	Rob Greenhalgh	M55	64.7
Frank Gardiner	M55	16.0	Barrie Kernaghan	M65	66.7
John Dennehy	M45	16.2	Gary Ralston	M50	67.1
			Richard Trembath	M65	67.2
Christine Oldfield	W60	20.5	David Luck	M45	76.2
Val Millard	W60	20.9	Bruce Wilson	M60	76.6
Lynne Schickert	W65	22.0			
Peter Kennedy	M85	30.5	Barry Newell	M50	69.2
			John Dennehy	M45	76.3
<b>1000m</b>			David Baird	M60	76.5
Mark Dawson	M45	3:07.7	Frank Gardiner	M55	77.6
John Collier	M40	3:17.8	Peggy Macliver	W60	80.2
Bruce Wilson	M60	3:30.2	Nick Miletic	M55	80.8
Jim White	Vis	3:40.4	Carol Bowman	W50	85.4

Lynne Schickert W65 7:46

### 3000m

Alan Gower M50 10:20.5  
Mark Dawson M45 11:39.1  
Bruce Wilson M60 12:03.5  
Ivan Brown M60 12:31.6  
Carl Ciccarelli M45 12:39.4  
John Collier M40 12:39.9  
David Baird M60 13:45.0  
Karyn Gower W45 13:56.3  
Barry Newell M50 16:15.4  
Fiona McAuley W55 17:19.9

### 3000m Walk

Peter Hopper M60 22:20.3  
Peter Kennedy M85 31:48.8 \*\*

(SR time, but no judges present)

### 1000m Walk

Val Millard W60 6:07

### Triple Jump

Gary Ogden M45 7.91  
Lynne Schickert W65 6.01

### Discus

Christine Oldfield W60 7.00  
Ed Carroll M65 36.32  
Gary Ogden M45 20.81  
Peter Kennedy M85 9.16  
Randal Humich M35 46.64  
Peter Hopper M60 23.18  
Toni Phillips W35 18.61

### Weight Throw

Randal Humich M35 11.85  
Toni Phillips W35 7:47  
Damien Hanson M50 8:76

## Coker Park – January 31<sup>st</sup> 2008

### 100m

Barrie Kernaghan M65 13.6  
Bjorn Dybdahl M50 14.8  
Nick Miletic M55 15.0  
Rob Macbeth Vis 16.0

Richard Trembath M65 14.4  
Peggy Macliver W60 14.9  
John Dennehy M45 15.6  
Jacqui Sanders W40 16.4  
Debbie Wolfenden W40 17.3  
Pat Carr W75 19.6  
Val Millard W60 20.0  
Catherine Keane Vis 21.0  
Lynne Schickert W65 22.3

### 1 Mile

David Kennedy Vis 4:59.2  
Graeme Watson M30 5:23.4  
Bjorn Dybdahl M50 5:55.9  
Margaret Saunders W50 6:37.2  
Rob Macbeth Vis 6:44.8  
Jayden Watts Vis 7:07.7  
Kerriann Bresser W40 7:08.1  
Frank Gardiner M55 7:22.1  
Maurice Creagh M60 7:35.5  
Jacqui Sanders W40 8:26.4

### 1 Mile Walk

Robin King W45 8:36.8  
Tom Lenane M50 9:38.3  
Val Millard W60 9:53.8  
Lynne Schickert W65 11:47.5

### 600m

Neil Morfitt M50 1:32.9  
Campbell Till M50 1:34.8  
David Solomon M40 1:37.2  
Joel Burns M35 1:47.5  
Richard Trembath M65 1:48.7  
Ross Keane M45 1:50.5  
Peggy Macliver W60 2:08.8  
John Dennehy M45 2:09.0  
Rob Macbeth Vis 2:11.4  
Frank Gardiner M55 2:24.7  
Kerriann Bresser W40 2:25.2

### Javelin

Luke Webster Vis 34.89  
Josh Webster Vis 38.24  
Mark Hamilton M35 35.70  
Jayden Watts Vis 15.63  
Damien Hanson M50 30.97

### Shot

Mark Hamilton M35 11.90

### Long Jump

Luke Webster Vis 5.37  
Josh Webster Vis 6.13  
Peggy Macliver W60 3.49

## Cameron Yorke hurdling at Perry Lakes

Many members are unaware that several of their club colleagues regularly run at the weekly open inter-club meets at Perry Lakes, run by Athletics WA. On Sunday 27<sup>th</sup>, Cam Yorke (M30) staged an attempt on his own AR for the 400m hurdles. Targetting the 55.20s he set only two weeks ago, he was almost there. Unfortunately as he tired he hit the 9<sup>th</sup> hurdle hard and just missed out by four-hundredths of a second. Also proudly showing the MAWA colours at the same meet were Neil Morfitt and Andrew Brooker (800m), both of whom ran superb races. Barrie Kernaghan, still nursing his dodgy knee, ran a good 60m despite giving nearly 50 years to most of his competition.

<b>February's programme</b>		
<b>Coker Park</b>	<b>UWA</b>	
	5 <sup>th</sup>	mile, 100m, 600m, 3000 r/w, long jump, javelin, shot
7 <sup>th</sup>	12 <sup>th</sup>	60m, 800m, 200m, 5000m r/w, triple jump, discus, wt. throw <b>PLUS 4x100m and 4x800m walk at Coker Park only</b>
14 <sup>th</sup>	19 <sup>th</sup>	400m, 1000m, 100m, 3000m r/w, long jump, hammer, Javelin, <b>PLUS 4x800m at Coker Park only</b>
21 <sup>st</sup>	26 <sup>th</sup>	200m, 1500m r/w, 60m, 3000m r/w, triple jump, shot, Wt. throw <b>PLUS 4x400m at Coker Park only</b>
28th	4 <sup>th</sup> Mar.	60m, 800m, 300m, 5000m r/w, long jump, hammer, discus <b>PLUS long jump team event at CP only</b>

***Don't forget that the State Championships steeplechase takes place on February 17<sup>th</sup> at Perry Lakes. See page 4 for details.***

### Track & Field meeting organizing teams

#### UWA:

Equipment: Carol Bowman  
 Starters: John Oldfield/Barrie Kernaghan  
 Sign-in sheets/Results: Christine Oldfield  
 Throws: Damien Hanson  
 Jumps: Les Beckham  
 Track preparation: John Oldfield

#### Coker Park:

Equipment: Tom Lenane  
 Starter: Tom Lenane  
 Sign-in sheets: Peggy Macliver  
 Throws: Damien Hanson  
 Jumps: Les Beckham  
 Results: Barbara Blurton

*Relay organization – Barbara Blurton and John Oldfield*

**Note:** Recorders, timekeepers and any umpires needed are assigned on the night for each race. Whenever you are not running or preparing for your next race, **PLEASE** volunteer to help. All athletes should make sure that they help at least once at each meeting.

**DO YOU CONTRIBUTE TO THE EFFECTIVE RUNNING OF THESE MEETS?**