

Track & Field Newsletter

Issue 4

March 2008

There has been a double focus to the month just gone. Most of our track athletes took part in at least one of the national relays, whilst having an eye on the state championships ahead as well.

The relays produced yet more wonderful evenings of racing. Who can forget the 70s men in the 4x1500, and again in the 4x800. The women also played a significant role with a great performance in the 4x800 race walk. Lots more state records tumbled as well. Perhaps the most eagerly awaited of the “relays” was the last – Lynne’s and Campbell’s teams of long jumpers. The would-be cartoonists were having a field day sharpening their pencils, seeing an extended pit and speculating just how they would change the baton. Then we spoilt their fun by changing the name to the “long jump team event”.

Now the main focus centres on the serious stuff of the championships, first the states and then the nationals in Sydney. Those of us who are not going to Sydney will be wishing our athletes well, hoping that they come back with the customary bagful of medals. Our best wishes are with you all as you proudly wear the black and gold on our behalf – go get them!

February’s Roll of Honour

3rd February (Perry Lakes)

M30 Cam Yorke 400m 49.96s SR

12th February (UWA)

W80 Rae McMillan Wt Throw 9.33m SR

14th February (Coker Park)

M75 David Carr 100m 15.3s SR

17th February (Perry Lakes)

M75 David Carr 2k S/C 9:17.60 SR, AR

M65 Bert Carse 2k S/C 8:07.04 SR

19th February (UWA)

W80 Rae McMillan Javelin 14.93 SR, AR

21st February (Coker Park)

W55 Lyn Choate 60m 9.0 SR

M75 David Carr 60m 9.5 SR

M75 David Carr 200m 30.2 SR

24th February (Perry Lakes)

M30 Cam Yorke 400mH 54.83 SR, AR

Newsletter Format Change

You will notice a change in the way the results are presented in this month’s newsletter. The results also come by email each week, and some readers have commented that they are too prominent in the NL. So I have moved them to the end; they are still all there, as the NL is intended to be a full source of reference for those who want it. I have kept the Perry Lakes results in the main body as most of you never see these. I hope that this makes the letter easier to read for all. *Ed.*

MAWA track suits – ready for the nationals

As modelled by John at both UWA and Coker, these are now available in sizes from Christine to Mark, with most sizes in between as well. A snip at \$65, they will enable you to be instantly recognized as the famous sandgroper team when strutting your stuff in Sydney. Very few left be quick.

Perry Lakes – February 3rd 2008

100m

Cameron Yorke	M30	11.48
Barrie Kernaghan	M65	14.18

1500m

Rosemary Johnson	W30	5:13.33
------------------	-----	---------

Simon Coates	M30	4:17.86
--------------	-----	---------

Andrew Brooker	M35	4:32.59
----------------	-----	---------

Simon Giles	M45	4:52.29
-------------	-----	---------

400m

Cameron Yorke	M30	49.96	SR
---------------	-----	-------	-----------

Barrie Kernaghan	M65	66.20
------------------	-----	-------

David Clive	M70	70.97
-------------	-----	-------

Long Jump

Matt Saunders	M35	5.56
---------------	-----	------

Javelin

Matt Saunders	M35	
---------------	-----	--

Cameron Yorke

Cameron runs at Perry Lakes in a Curtin vest, but is also a MAWA member, and we are proud to be able to include him in our ranks. Aged 31, he is one of the top sprinters and 400m runners in the state at senior level, and a champion hurdler as well. It was a great moment to see him dip under 50 seconds for the first time in the one-lap flat race. See also the results for the 24th when Cam set a new Australian record of 54.83s for the 400m hurdles.

Cameron, along with Tom Lenane, is one of our main contacts at Coker Park. His enthusiasm and hard work have been an essential cog in the improvements such as electronic timing that are taking place there. Thanks, Cam – keep it going!

UWA – 5 February

Some of us had the unusual experience of driving through rain to McGillivray tonight, but none fell at the track site. It was humid, but with only a very light breeze leading to some good short distance racing. The programme started unusually with a mile race – leaving Nick scampering back from the 100m start lugging his blocks! It did not put him off his running though as he set his first of a clean sweep of four PBs for the night. Maybe I should lose the 6kg that he's lost recently and I could match his form. Seriously, Nick, it's good to see you looking and running so well again. Paul Burke was another who was on fire tonight, storming up the home straight in the 600m leaving the rest well in his wake. The sprinters were not to be outdone, even if we did make them wait to the second race, with some excellent times all round. There was yet another PB for my favourite lady here, 19.2. This is Christine's 3rd PB in the 100m this season, and is making me think as starter that she needs to run in a faster division. The evening finished with a 3000m, with a number of athletes finding the humidity a little tough. Mark Dawson took the honours, showing yet again that he is a quality distance runner and that Alan doesn't always have it all his own way. Meanwhile a good number of throwers took part in the javelin and shot put. There was still no javelin sector marked, causing initial problems finding a suitable site. Once under way, Matt Staunton's presence gave the rest a good example to follow with an excellent 43.67m. Many others were in the high 20s, benefitting from the good conditions. A number of occasional throwers also took part, some attempting to improve their performance for the state pentathlon next month. Peggy was the sole jumper, keeping in her hand for next month's five-eventer.

Coker Park – 7 February

Rain, and more rain. The throng gathered in the shelter of the pavilion verandah, and just ventured on to the track to warm up or run in the first event, the 60m dash. There was a following wind which was unfortunate for Lyn Choate, who would otherwise have broken her state record. One or two watches (or was it fingers?) didn't like the wet and there were a couple of missed times in amongst the very fast heats. Michael Cassidy, visiting from Adelaide and very welcome, won his heat by a good margin. But most athletes were warming up for the 100m relay to follow. After the 100 relay the sprinters enjoyed the wind again coming from the east in the 200m producing a set of excellent times. The rain returned for the 5000, so the hard pressed officials decided to start this at the 1500m start and stay under shelter as the finish was thus near the pavilion! The Bunbury duo of Steve and Rosemary showed that it made no difference to them as they led the field home. On to the walks relay as the rain relented again, and the evening finished on a high with many photos and videos at 8.15pm.

The relays are covered in the supplementary newsletter sent earlier.

Perry Lakes, 9 February, 2008

100m

Brett Blanco	M35	11.90
David Luck	M45	13.31
Barrie Kernaghan	M65	14.23
Alan Deans	M55	16.35

3000m

Simon Coates	M35	9:05.0
Paul Mitchell	M35	9:25.9
Steve Giles	M45	10:48.4
Rosemary Johnson	W30	11:08.7

800m

Rosemary Johnson	W30	2:36.94
Robin King	W45	2:46.12 PB

3000m walk

Robin King	W45	14:07.2
------------	-----	---------

200m

Brett Blanco	M35	24.55
David Luck	M45	26.71
Barrie Kernaghan	M65	28.03
Steve Giles	M45	28.89
Alan Deans	M55	33.71

Brett Blanco renewed his membership just before today's programme, and showed the sort of form that make him very welcome back in the fold. MAWA is continuing to have a good presence at the seniors' meets, with the stiffer competition of the open events drawing out excellent times. Robin certainly had nothing but praise for the added stimulus, attributing her excellent 800m PB to this.

UWA – 12 February

Hot again, nothing new there. NSW migrant David Luck was asking if it ever cooled down in Perth. We told him April sometimes. The prospect obviously inspired him – stunning times in both the sprints as he left the locals behind. Welcome to Perth, David, now you're in a MAWA vest you've really arrived. Whilst on the subjects of the sprints, has anybody else noticed that the times of the sisters Lynne and Val keep creeping down? Well done to both of you, it does not go un-noticed. 800m times were also very impressive with Andrew Brooker winning the major division by some distance in a very quick 2:10, but the following pack must also have been pleased with the digits recorded. There were very few takers for the 5000 tonight, only four managing to complete the 12 ½ laps. One amongst them, one-time Bunbury marathon record holder Tessa Brockwell (she of Rosie O'Grady fame) was making a return to the track for the first time in a number of years. Once the weather becomes kinder to her favoured distance events she could well make severe inroads into one or two state records. Peter Kennedy warmed up for his assault on the 3k and 5k state records in the upcoming champs with a good PB. It is not normally policy to highlight results of visitors, but I am making an exception this month. Little A Catherine Keane is now a regular Tuesday-nighter and is beginning to show some serious form. We are used to some good sprinting from her, but she produced a very mature 800m with some close guidance from Barry Newell and Dad Ross. She obviously has a good Little As and Seniors future ahead of her, and we look forward to welcoming her into MAWA ranks in 2029.

Inside the track, meanwhile, the throwers battled once more the poor condition of the grass and the lack of sector marking. We continue to have problems having the ground staff correcting these problems, and those with the cage at Coker, and can only sympathize with those who have to put up with this. There was a warm welcome back to Rae, after several weeks' absence, and we hope that her discus throw is accepted as a state record. Congratulations also to the three throwers who managed to submit an entry in the AMA national team event (Byrony, Kate and Bev).

Coker Park – 14 February

At last the cool change arrived. David Carr was the star of the main programme, slashing a full second off the M75 100m record, in a heat won by Chris Neale, but with David Luck continuing his sizzling form since joining us from Sydney. Barrie ran his best time for a while as well, in a heat of two with Keith who is still carrying a slight strain. Most of the rest of the meet was a prelude to the relay extravaganza to follow (see the separate supplement for this).

Maurice Creagh – the genial Irishman

A longstanding club member, Maurice is a fount of Australian running lore which he recounts in his strong Irish brogue. He started running in his native Ireland about fifty years ago with a local club – mostly cross country but with some track racing too. Leaving the Emerald Isle in 1968 in search of adventure Maurice ended up in Melbourne, running with the East Melbourne Harriers.

His work in the mining industry took him to various locations in Australia, but he always found an outlet for running. He ran with Copper City Athletic Club in Mt Isa, and in 1972 came 3rd in the Country Championships in Bundaberg. He also won the 1500m and 5000m in the Queensland Championships. In the '80s he was a member of the Goldfield Harriers and took part in the famous Golden Mile foot race through Kalgoorlie.

Nowadays he prefers the 5000m and 10000m. He runs with the Marathon Club in addition to being a regular on both our Sunday runs and the Thursday track sessions. In the recent 4x1500 relays he pocketed state records in both the M55 and M60 age groups and in the National Championship relays he was part of the M55 team that set a state record in the 4x800m.

Perry Lakes – 17 February

400m

Andrew Brooker	M35	58.01
Barrie Kernaghan	M65	68.09

1500m

Paul Mitchell	M35	4:31.23
Neil Morfitt	M50	4:45.28
Robin King	W45	5:25.45 PB

State Championships Steeplechase

2000m

Bert Carse	Gold	M65	8:07.04	SR
Bruce Wilson	Gold	M60	8:12.19	
Bob Lane	Silver	M60	8:35.00	
Bob Schickert	Silver	M65	8:53.70	
David Carr	Gold	M75	9:17.60	SR, AR
Delia Baldock	Gold	W45	10:27.62	
Lynne Schickert	Gold	W65	14:05.70	

3000m

Bjorn Dybdahl	Gold	M50	12:49.4
---------------	------	-----	---------

UWA – 19 February

Rae McMillan took advantage of the newly marked sectors to set a new AR in the javelin, having previously set SR distances without the sectors. There was some great running on the track. Warm, but with a gusty wind, all runners seemed to enjoy it. Rob Cattrall excelled from 400 to 3000m on his return as a visitor. The Gowers returned from their break and chipped in with solid runs. Nick just failed by a whisker to break the 4-minute barrier in the kilometre run; Carol showed that she is close to being ready for the states next month with good runs from 400 to a solid 15:23 in the 3000. More in the results...

The Glass Spectacular

I have to confess to being an athletics addict, and sometimes wonder if there is an Athletics Anonymous. I love everything about the sport. Tonight we were all captivated by the sight of Byrony Glass throwing the hammer. Her strength, coordination, speed of rotation and flexibility were awesome. The hammer twirled along its trajectory as it flew half way across McGillivray Oval, the watching group willing it on. Sadly it fell just a metre short of her record mark of 53.93m. Surely Byrony is one of our greatest stars and will be re-writing the record books for years to come. Great stuff!

Coker Park, 21 February

Most of the attention was naturally on the upcoming final track relays, but there was plenty to enjoy elsewhere tonight. The conditions were excellent with only a light wind, and also it was from the south-east. The sprinters were clearly geared up for it and three state records were set; two came from Mr Evergreen, David Carr and the other from Lyn Choate. Both were champions in their time and still show the same class. We welcomed new members Niamh (pronounced Neave) Keane and Sarah Ladwig, and also Marjorie Edwards a prospective member from the ever-growing Kalamunda outpost. Some rapid times were evident in the 1500 as well, with a season's best from Andrew Brooker in the van, followed by Rob Cattrall just breaking 5 minutes. Robin King was there too with an excellent 5:27, Niamh showing her class on Robin's heels. It was good also to see Prakash and Kathy Menon back on the track on a very busy night. When was the last time we had six heats of the 200m and 60m? The throwers seemed to have forgiven us for the poor state of their ground as well, with good competition in both the shot and weight throw. Matt and Mark battled it out for honours, Matt taking the shot, but Mark reversing the result in the wt. throw. Note also Stan Selby's return to the fold – welcome back, Stan.

Perry Lakes, 24th February

1500m walk

Robin King W45 15:23

60m

Brett Blanco M35 7.41

Barrie Kernaghan M65 9.32

400m Hurdles

Campbell Till M50 1:06.14

Cameron Yorke M30 54.83 **SR, AR**

200m

Brett Blanco M35 24.24

State Open Championships 5000m

4th Simon Coates M35 15:59.20 14th Steve Giles M45 18:17.20

8th Paul Mitchell M35 17:04.20

Women

3rd Rosemary Johnson W30 20:15.1

UWA – 26 February, 2008

There were lovely conditions for all runners tonight – warm, but with a pleasant light wind to cool it down. This produced a huge turnout, with 20 entrants in the 1500. There were even more in the 3000/5000 run and walk combined. PBs for Andre Morkel (60m) and Carol Bowman (200m) were amongst the many times of note in the sprints. Alan Gower returned to his customary form in both the 1500m and 3000m; Mark Dawson produced a storming 5000m, breaking 20 minutes. This is a race where your editor shrugged off his recent adductor niggles and missed out on a PB by two seconds, despite exceptional pace-making from Keith Edmonds. Keith ran well within himself and even found time to fondle wife Gill as we lapped her. Most runners in the distance race really enjoyed the favourable conditions to produce very pleasing times. Val Millard, our star walker, bettered her 5000 walk state record, but no judges, so the time cannot be ratified. Has anybody else noticed how well your President is running these days? He must be a good bet for some medals next month, even though M60 is a notoriously difficult age group. It was also good to see a fair number of throwers back at UWA, with the grass now cut and sectors marked.

Coker Park – 28 February, 2008

The temperature still in the high 30s did not stop the hordes arriving for the last meet of the month, although it curtailed the number completing the full 5000 late in the meet. The main focus tonight was in the field events. Two teams competed in the long jump event, the final act in the National Relay championships, and David Carr just missed out on an Australian record by a single centimetre. There was also a good turnout of throwers for the javelin and discus. Sprinters enjoyed good conditions with particularly good finishes and times in the 60m. One heat of this event really taxed the judges with an almost blanket finish. There were also many excellent times in the 300m – none better than Campbell's PB, 39.9 being his first ever sub-40second 300m. Well done Campbell.

March programme

Coker Park UWA

	4 th	60m, 800m, 300m, 5000m run and walk long jump, hammer, discus
6 th	11 th (6 th)	1500m r/w, 100m, 3000m r/w (UWA only), 400m triple jump, javelin, shot 10000m state championships – Coker Park 7pm
12 th		5000m race walk championships – Coker Park, time TBA
13 th	18 th	1000m, 60m, 200m, 3000m r/w Long jump, shot, wt. throw
20 th	25 th	400m, 1500m, 100m, 2000m r/w triple jump, discus, hammer
27 th		first night of the winter programme

Track & Field meeting organizing teams

<i>UWA:</i>		<i>Coker Park:</i>	
Equipment:	Carol Bowman	Equipment:	Tom Lenane
Starters:	John Oldfield/Henri Cortis	Starter:	Tom Lenane
Sign-in sheets/Results:	Christine Oldfield	Sign-in sheets:	Peggy Macliver
Throws:	Damien Hanson	Throws:	Damien Hanson
Jumps:	Les Beckham	Jumps:	Les Beckham
Track preparation:	John Oldfield	Results:	Barbara Blurton

Relay organization – Barbara Blurton and John Oldfield

Newsletter Editor: John Oldfield
Extra Reporting (profiles) Christine 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?

Newsletter now available on MAWA Website

Missed or misplaced an issue? Don't worry – the T&F newsletter is now available on the Website. Issues for the current season, including combined events and relay extras can now be found there. Go to www.mastersathleticswa.org, click on Track Events and follow the links. Thanks to Website Manager Mike Karra for his work on making this available.

CLUB RESULTS - UWA – 5 February, 2008

Javelin

Christine Oldfield	W60	7.80	PB
Matt Staunton	M30	43.67	
Peter Kennedy	M85	11.76	
Peter Hopper	M60	24.45	
Ian Colton	M40	22.90	
Gary Ogden	M45	25.00	
Rob Shand	M75	23.80	
Damien Hanson	M50	28.80	
Ross Calnan	M65	23.25	
Val Prescott	W60	13.87	

Shot

Matt Staunton	M30	11.30
Ed Carroll	M65	9.84
Gary Ogden	M45	7.72
Rob Shand	M75	6.88
Ian Colton	M40	9.41

Long Jump

Peggy Macliver	W60	3.5
----------------	-----	-----

1 Mile

Alan Gower	M50	5:21.7	
Mark Dawson	M45	5:23.2	
Bjorn Dybdahl	M50	5:34.5	
Paul Burke	M35	5:35.0	
Ross Keane	M45	5:37.4	
Bob Lane	M60	5:41.7	
John Collier	M40	5:50.0	
Nick Miletic	M55	6:02.0	PB
Karyn Gower	W45	6:50.0	

600m

Paul Burke	M35	1:44.2	
Duncan McAuley	M55	1:45.3	
Ian Cotton	M40	1:45.5	
Bjorn Dybdahl	M50	1:49.4	
John Collier	M40	1:50.5	
Rob Greenhalgh	M55	1:51.4	
Keith Edmonds	M40	1:58.0	
Bob Lane	M60	2:03.0	
Gary Ogden	M45	2:03.9	
Peggy Macliver	W60	2:10.1	
Nick Miletic	M55	2:11.6	PB
Gillian Young	W60	2:18.6	
Karyn Gower	W45	2:19.2	
Carol Bowman	W50	2:26.7	
David Luck	M45	2:59.1	
Catherine Keane	Vis	2:59.4	
Ross Keane	M45	2:59.5	

800m Walk

Val Millard	W60	4:40
-------------	-----	------

100m

David Luck	M45	13.1	
Alan Gower	M50	13.4	
Rob Greenhalgh	M55	13.8	
Nick Miletic	M55	14.8	PB
Keith Edmonds	M40	15.0	

3000m

Mark Dawson	M45	11:33.9	
Alan Gower	M50	12:00.6	
Bjorn Dybdahl	M50	12:02.2	
Keith Edmonds	M40	12:17.9	
Paul Burke	M35	12:24.1	
Bob Lane	M60	12:29.0	
Gary Ogden	M45	13:02.4	
John Collier	M40	13:08.1	
Gillian Young	W60	13:35.7	
Nick Miletic	M55	13:42.3	PB
Gill Edmonds	W43	17:11.4	
Fiona McAuley	W55	17:39.9	

Paul Burke	M35	13.5
Bjorn Dybdahl	M50	14.2
Duncan McAuley	M55	16.3
Ross Calnan	M65	16.4
Frank Gardiner	M55	18.1

Gary Ogden	M45	14.4
Peggy Macliver	W60	16.0
Gillian Young	W60	17.1
Carol Bowman	W50	18.0

3000m Walk

Val Millard	W60	19:14.4
Peter Hopper	M60	23:55.6
Peter Kennedy	M85	28:42.0

Christine Oldfield	W60	19.2	PB
Val Millard	W60	20.2	
Catherine Keane	Vis	20.4	
Peter Kennedy	M85	28.4	

1000m

Val Prescott	W60	5:56
--------------	-----	------

Coker Park – 7 February, 2008

(for relays, see supplementary issue)

60m

Colin Smith	M45	8.2
Carolyn Wills	W35	8.3
Lynne Choate	W55	8.9
Kathy Menon	W30	n/t
Nick Miletic	M55	9.4

Chris Neale	M35	7.8
Campbell Till	M50	7.9
David Luck	M45	8.3
Bjorn Dybdahl	M50	9.1
Barrie Kernaghan	M65	n/t

Michael Cassidy (SAMA)	M45	8.2
Rob Antonioli	M55	8.6
Kathy Menon	W30	9.1
Joseph Staladi	Vis	9.4
Bryar Staladi	Vis	9.4

David Carr	M75	9.5
Peggy Macliver	W60	9.6
Deb Wolfenden	W40	10.7
Carol Bowman	W50	10.8

Jacqui Sanders	W40	10.1
Gillian Young	W60	10.6
Val Millard	W60	12.0
Lynne Schickert	W65	13.1

800m

David Solomon	M40	2:21.0
Bjorn Dybdahl	M50	2:29.5
Joel Burns	M35	2:31.3
Rob Antonioli	M55	2:45.5
Dave Roberts	M65	2:50.9
Gary Ogden	M45	3:00.4
Mike O'Reilly	M65	3:17.5

Robin King	W45	2:50.0
Joseph Staladi	Vis	3:00.8
Gillian Young	W60	3:04.3
Maurice Creagh	M60	3:04.9
Kay Burt	W50	3:06.0
Jayden Watts	Vis	3:21.9
Bryar Staladi	Vis	3:35.1

200m

Graeme Watson	M30	25.1
Campbell Till	M50	26.0
Michael Cassidy (SAMA)	M45	26.7
David Solomon	M40	27.5
Carolyn Wills	W35	28.6

Chris Neale	M35	24.6
Colin Smith	M45	25.9
Paul Burke	M35	26.4
David Luck	M45	28.0
Rob Antonioli	M55	28.2

Bjorn Dybdahl	M50	29.4
Kathy Menon	W30	31.0
Lynne Choate	W55	31.1
David Carr	M75	31.5
Peggy Macliver	W60	32.4

Joel Burns	M35	30.7
Eldon George	M35	31.0
Mike O'Reilly	M65	31.9
Delia Baldock	W45	32.3
Nick Miletic	M55	32.4
Kerriann Bresser	W40	34.4
Gillian Young	W60	34.8
Jacqui Sanders	W40	36.8
Carol Bowman	W50	37.2
Bryar Staladi	Vis	31.7
Joseph Staladi	Vis	31.8
Jayden Watts	Vis	39.1

5000m

Steve Giles	M45	18:21.4
Rosemary Johnson	W30	18:52.0
Bjorn Dybdahl	M50	20:55.0
Dave Roberts	M65	21:20.4
Bob Schickert	M65	21:58.3
Gary Ogden	M45	22:06.6
Gillian Young	W60	22:34.1
Maurice Creagh	M60	22:45.3
Carolyn Wills	W35	28:19.5

5000m

Paul Burke	M35	11:48.9
------------	-----	---------

3000m walk

Robin King	W45	19:33.5
------------	-----	---------

UWA – 12 February, 2008

60m

David Luck	M45	8.1
Rob Greenhalgh	M55	8.2
Mark Dawson	M45	8.5
Barrie Kernaghan	M65	8.5
Keith Martin	M60	8.5

Paul Burke	M35	8.5
Barry Newell	M50	8.5
David Baird	M65	9.3
Peggy Macliver	W60	9.6
Ross Calnan	M65	9.9

Debbie Wolfenden	W40	10.7
Carol Bowman	W50	10.8
Christine Oldfield	W60	12.0
Val Millard	W60	12.1
Lynne Schickert	W65	13.9
Peter Kennedy	M85	16.4

800m

Andrew Brooker	M35	2:10.5
Mark Dawson	M45	2:20.8
Paul Burke	M35	2:25.3
Ian Cotton	M40	2:29.0
Bjorn Dybdahl	M50	2:29.2
Ross Keane	M45	2:30.2
Keith Edmonds	M40	2:42.7

David Baird	M65	2:51.0
Ivan Brown	M60	2:53.8
Peggy Macliver	W60	3:13.0
Carol Bowman	W50	3:20.8
Catherine Keane	Vis	3:58.0
Christine Oldfield	W60	4:00.0
Val Prescott	W60	4:37.7

5000m

Bjorn Dybdahl	M50	21:51.6
Keith Edmonds	M40	22:23.2
Tessa Brockwell	W50	22:34.6
Fiona McAuley	W55	30:41.5

5000m Walk

Peter Kennedy	M85	53:10.7 PB
---------------	-----	-------------------

3000m

Ross Keane	M45	12:50.9
Gill Edmonds	W40	17:53.0

3000m Walk

Peter Hopper	M60	24:15.0
--------------	-----	---------

200m

Rob Greenhalgh	M55	27.7
Duncan McAuley	M55	28.3
Mark Dawson	M45	28.4
Keith Edmonds	M40	28.4
Barry Kernaghan	M65	28.5
Bjorn Dybdahl	M50	29.2

David Luck	M45	26.9
Paul Burke	M35	28.4
Barry Newell	M50	29.3
Keith Martin	M60	30.5
Peggy Macliver	W60	33.5
Carol Bowman	W50	37.7

Ross Calnan	M65	35.2
Peter Hopper	M60	38.2
Val Millard	W60	44.2
Lynne Schickert	W65	50.0

Discus

Christine Oldfield	W60	8.84 PB
Carol Bowman	W50	11.78
Val Millard	W60	11.96
Bev Hamilton	W60	20.94
Lynne Schickert	W65	10.71
Ed Carroll	M65	36.62
Peter Hopper	M60	22.35
Rob Shand	M75	21.67
Rae McMillan	W80	16.53
Kate Glass	W55	23.01
Byrony Glass	W30	34.80
Keith Martin	M60	20.65
Ross Calnan	M65	17.23

Weight Throw

Bev Hamilton	W60	9.69
Kate Glass	W55	12.34
Byrony Glass	W30	15.91
Rae McMillan	W80	7.75 (5.4kg)
Rae McMillan	W80	9.33 (4kg) SR
Ian Cotton	M40	7.31
Damien Hanson	M50	7.95

Coker Park – 14 February, 2008

400m

David Solomon	M40	59.8
Keith Martin	M60	65.5
Barrie Kernaghan	M65	67.1
Nick Miletic	M55	75.5
Peter Sullivan	M45	76.0
Jayden Watts	(Vis)	1:30.2

100m

Chris Neale	M35	12.5
David Luck	M45	12.6
Colin Smith	M45	n/t
Nick Miletic	M55	14.9
David Carr	M75	15.3 SR

Astrid Edmeads	(Vis)	15.6
Delia Baldock	W45	15.6
Gillian Young	W60	16.6
Jacqui Sanders	W40	16.9

Barrie Kernaghan	M65	13.9
Keith Martin	M60	14.3

Christine Oldfield	W60	20.1
Valerie Millard	W60	20.2
Pat Carr	W75	20.3
Lynne Schickert	W65	21.7

1000m

Ross Keane	M45	3:34.3
Peter Sullivan	M45	3:36.3
Robin King	W45	3:37.0
Paul Burke	M35	3:38.8
Astrid Edmeads	(Vis)	3:58.2
Karen March	W45	4:01.0
Liz Neville	W55	4:02.7
Jayden Watts	Vis	4:10.9
Gillian Young	W60	n/t
Colin Smith	M45	n/t

1000m walk

Valerie Millard	W60	5:55.2
Lynne Schickert	W65	6:48.2

3000m

John Collier	M40	11:57.5
Carl Ciccarelli	M45	12:02.9
Maurice Creagh	M60	13:41.5
Eldon George	M35	15:06.2

Long Jump

Chris Neale	M35	5.81
Colin Smith	M45	3.80

UWA – 19 February, 2008

400m

Duncan McAuley	M55	62.3
Rob Greenhalgh	M55	63.0
Rob Colton	M40	65.4
Barrie Kernaghan	M65	66.5
Eldon George	M35	70.8
Keith Martin	M60	71.3
Gary Ogden	M45	71.9
Rob Cattrall	Vis	71.7
Peter Gare	M65	72.1
Ivan Brown	M60	77.3
Nick Miletic	M55	79.2
Carol Bowman	W50	85.6
Karyn Gower	W45	88.1
Val Prescott	W60	1:58.7

1000m

Alan Gower	M50	2:59.1
------------	-----	--------

Mark Dawson	M45	3:03.2
Rob Cattrall	Vis	3:18.0
John Collier	M40	3:23.9
Rob Colton	M40	3:31.4
Keith Edmonds	M40	3:34.3
Wayne Taylor	M45	3:35.5
Eldon George	M35	3:43.1
Bob Lane	M60	3:48.7
Gillian Young	W60	3:58.2
Nick Miletic	M55	4:01.3
John Oldfield	M60	4:11.1
Karyn Gower	W45	4:17.4
Barry Newell	M50	4:19.8
Carol Bowman	W50	4:31.9
Peter Hopper	M60	4:34.0
Christine Oldfield	W60	5:00.8
Val Prescott	W60	5:53.8

1000m Walk

Val Millard	W60	5:56.1
Lynne Schickert	W65	6:51.8

3000m walk

Peter Kennedy	M85	28:27.8	PB
---------------	-----	---------	-----------

100m

David Luck	M45	13.4
Rob Greenhalgh	M55	13.8
Barry Newell	M50	13.9
Barrie Kernaghan	M65	14.4
Nick Miletic	M55	15.5

Gary Ogden	M45	14.6
Keith Edmonds	M40	14.8
Peter Gare	M65	15.0
Gillian Young	W60	16.4
Ross Calnan	M65	16.7

Christine Oldfield	W60	21.2
Val Millard	W60	21.6
Lynne Schickert	W65	23.2
Peter Kennedy	M85	28.8

3000m

Rob Cattrall	Vis	10:58.6
Alan Gower	M50	11:01.6
Mark Dawson	M45	11:38.3
Dave Wilmer	M50	12:06.3
Bob Lane	M60	12:09.4
Wayne Taylor	M45	12:34.8
Keith Edmonds	M40	12:35.1
John Collier	M40	12:36.8
Ivan Brown	M60	12:39.4
Duncan McAuley	M55	13:02.2

Gillian Young	W60	13:38.3
Nick Miletic	M55	13:51.1
Karyn Gower	W45	14:17.7
Carol Bowman	W50	15:23.3
Eldon George	M35	15:49.3
Barry Newell	M50	16:10.4
Gill Edmonds	W40	16:33.3
Fiona McAuley	W55	17:31.7

Long Jump

Peter Kennedy	M85	1.76
Lynne Schickert	W65	2:70
Gary Ogden	M45	4:34
Peter Hopper	M60	3.44

Hammer

Peter Kennedy	M85	14.25
Gary Ogden	M45	17.84
Rae McMillan	W80	19.34
Kate Glass	W55	38.50
Byrony Glass	W30	52.90

Javelin

Peggy Macliver	W60	18.81	
Peter Gare	M65	29.45	
Val Millard	W60	13.82	
Ross Calnan	W60	22.44	
Gary Ogden	M45	21.88	
Ian Cotton	M40	33.45	
Rob Shand	M75	23.81	
Rae McMillan	W80	14.93	AR tbc
Christine Oldfield	W60	7.86	PB
Lynne Schickert	W65	10.60	
Kate Glass	W55	21.62	

Coker Park – 21 February, 2008**200m**

Chris Neale	M35	24.6
David Luck	M45	26.4
David Solomon	M40	26.8
Duncan McAuley	M55	28.0
Barrie Kernaghan	M65	27.8
Prakesh Menon	M35	28.1
Keith Martin	M60	29.6
David Clive	M70	30.8

Garry Ralston	M50	25.4	
David Carr	M75	30.2	SR
Mike O'Reilly	M65	30.8	
Lynne Choate	W55	31.1	
Nick Miletic	M55	32.2	

Ian Cotton	M40	26.9
Kathy Menon	W30	31.1
Peggy Macliver	W60	31.5
John Dennehy	M45	34.6
Carol Bowman	W50	36.9
Gillian Young	W60	33.5
Majorie Edwards	Vis	34.3
Kerriann Bresser	W40	34.6

Rob Antonioli	M55	31.1
Valerie Millard	W60	43.3
Catherine Keane	Vis	44.4
Pat Carr	W75	45.8
Lynne Schickert	W65	46.6

1500m

Andrew Brooker	M35	4:32.5	SB
Rob Cattrall	Vis	4:59.3	
Bjorn Dybdahl	M50	5:02.7	
Ross Keane	M45	5:13.8	
Bert Carse	M65	5:14.7	
John Collier	M40	5:19.7	
Robin King	W45	5:26.9	PB?
Niamh Keane	W40	5:34.6	
Rob Antonioli	M55	5:41.4	
Gary Ogden	M45	5:41.7	
Bob Schickert	M65	5:45.8	
Ivan Brown	M60	5:51.6	
Maurice Creagh	M60	6:05.2	
Karen March	W45	6:11.9	
Gillian Young	W60	6:22.7	
Toni Phillips	W35	7:11.3	
Mike O'Reilly	M65	7:49.4	

60m

Campbell Till	M50	7.7	
David Luck	M45	8.2	
Colin Smith	M45	8.2	
Nick Miletic	M55	9.0	

Garry Ralston	M50	7.7	
Chris Neale	M35	7.7	
Prakesh Menon	M35	8.4	
Barrie Kernaghan	M65	9.2	

David Clive	M70	8.6	
Gary Ogden	M45	8.8	
Lynne Choate	W55	9.0	SR
Kathy Menon	W30	9.3	
Delia Baldock	W45	9.5	
Peggy Macliver	W60	9.5	
David Carr	M75	9.5	SR
Kerriann Bresser	W40	9.6	
Carol Bowman	W50	10.7	

Rob Antonioli	M55	8.6	
John Dennehy	M45	10.0	
Arnie Jenkins	M60	10.0	

Marjorie Edwards	Vis	10.0	
------------------	-----	------	--

Pat Carr	W75	11.6	
Valerie Millard	W60	12.5	
Sarah Ladwig	W55	13.4	
Catherine Keane	Vis	13.4	
Lynne Schickert	W65	13.4	

3000m

Christian Wakeling	M30	10:17.7	
David Solomon	M40	10:29.8	
Rob Cattrall	Vis	10:35.5	
Jim Langford	M60	11:09.1	
Tessa Brockwell	W50	12:18.0	
Karen March	W45	13:10.8	
Maurice Creagh	M60	13:19.4	

Triple Jump

Gary Ogden	M45	8.72	
Rob Antonioli	M55	8.60	
Lynne Schickert	W65	5.72	

Shot

Matt Staunton	M30	12.49	
Mark Hamilton	M35	11.75	
Bev Hamilton	W60	9.23	
Stan Selby	M60	8.77	
Toni Phillips	W35	6.68	

Weight Throw

Mark Hamilton	M35	12.56	
Matt Staunton	M30	11.43	
Stan Selby	M60	11.40	
Bev Hamilton	W60	10.13	
Gary Ogden	M45	6.38	
Toni Phillips	W35	4.62	

1500m walk

Tom Lenane	M50	8:50.4	
Valerie Millard	W60	9:07.5	

UWA – 26 February, 2008

200m

David Luck	M48	27.0
Ian Cotton	M40	27.8
Barrie Kernaghan	M65	28.1
Andre Morkel	M40	28.5
Nick Miletic	M55	32.7
Rob Greenhalgh	M55	28.7
Peter Gare	M65	30.3
Bjorn Dybdahl	M50	32.5
Peggy Macliver	W60	33.1
John Dennehy	M45	33.8
Paul Burke	M35	28.9
Toni Phillips	W35	30.6
Eldon George	M35	33.5
Ross Calnan	M65	37.1
Carol Bowman	W50	37.2 PB
Karyn Gower	W45	38.2
Christine Oldfield	W60	43.8
Catherine Keane	Vis	44.2

1500m

Alan Gower	M45	4:37.0
Mark Dawson	M45	4:55.0
Ross Keane	M45	5:13.5
Paul Burke	M35	5:18.6
John Collier	M40	5:19.3
Bob Lane	M60	5:25.6
Bjorn Dybdahl	M50	5:35.7
Keith Edmonds	M40	5:39.0
Wayne Taylor	M45	5:43.3
Ivan Brown	M60	5:45.5
Carl Ciccarelli	M45	5:52.8
Eldon George	M35	5:59.7
Ian Cotton	M40	6:10.9
Nick Miletic	M55	6:11.3
Karyn Gower	W45	6:32.8
Peggy Macliver	W60	6:43.5
Peter Hopper	M60	6:45.8
John Dennehy	M45	6:48.3
Carol Bowman	W50	7:03.3
Peter Kennedy	M85	14:31.5

3000m Walk

Peter Kennedy	M85	29:51
---------------	-----	-------

5000m Walk

Val Millard	W60	32:26.7
-------------	-----	---------

60m

David Luck	M45	8.1
Paul Burke	M35	8.3
Barry Newell	M50	8.6
Rob Greenhalgh	M55	8.6
Barrie Kernaghan	M65	9.0
Andre Morkel	M40	8.5 PB
Peter Gare	M65	8.8
Toni Phillips	W35	8.9
Keith Edmonds	M40	8.9
Nick Miletic	M55	9.4
John Dennehy	M45	9.6
Peggy Macliver	W60	10.1
Ross Calnan	M65	10.2
Debbie Wolfenden	W40	10.8
Carol Bowman	W50	10.8
Ross Keane	M45	10.1
Catherine Keane	Vis	11.9
Christine Oldfield	W60	12.4
Val Millard	W60	12.4
Lynne Schickert	W65	15.0

3000m

Alan Gower	M50	10:39.3
Bjorn Dybdahl	M50	11:31.9
Paul Burke	M35	11:43.5
Carl Ciccarelli	M45	12:12.5
John Collier	M40	12:22.3
Wayne Taylor	M45	12:27.7
Ivan Brown	M60	12:29.0
Gary Ogden	M45	12:42.2
Rob Greenhalgh	M55	13:04.8
Nick Miletic	M55	13:36.5
Karyn Gower	W45	14:06.5
Barry Newell	M50	15:48.9
Gill Edmonds	W40	16:54.4

5000m

Mark Dawson	M45	19:55.3
Bob Lane	M60	21:08.8
Keith Edmonds	M40	21:19.5
John Oldfield	M60	21:20.3
Eldon George	M35	22:22.4
Christine Oldfield	W60	29:00.0 SB

Triple Jump

Gary Ogden	M45	8.79
------------	-----	------

Shot

Kate Glass	W55	9.72
Byrony Glass	W30	11.48
Bev Hamilton	W60	9.32
Bob Fergie	M70	8.21

Weight Throw

Kate Glass	W55	11.71
Byrony Glass	W30	16.25
Bev Hamilton	W60	9.85
Bob Fergie	M70	10.78
Gary Ogden	M45	5.99
Damien Hanson	M50	8.67

Coker Park – February 28, 2008**AMA National Relay Championships – long jump team event**

W60-69 Peggy Macliver, Lynne Schickert, Patricia Carr
Total distance: 8.83m (3.49m, 2.66m, 2.68m)

M30-39 Chris Neale, Campbell Till, Rob Antonioli
Total Distance: 15.38m (5.72m, 5.03m, 4.63m)

60m

Paul Haylett	Vis	8.5
David Clive	M70	8.5
Nick Miletic	M55	9.5
Chris Neale	M35	7.8
Greg Vander Sanden	M45	7.9
Colin Smith	M45	7.9
Campbell Till	M50	7.9
David Luck	M45	8.2
Rob Antonioli	M55	8.5
Keith Martin	M60	8.9
Peggy Macliver	W60	9.4
John Dennehy	M45	9.4
Carol Bowman	W50	10.7
Dale Hamilton	Vis	8.2
Arnold Jenkins	M60	10.0

Pat Carr	W75	12.2
Valerie Millard	W60	12.3
Catherine Keane	Vis	12.7
Lynne Schickert	W65	13.3

Colin Smith	M45	7.8
David Luck	M45	8.2
John Dennehy	M45	9.5
Eldon George	M35	9.9

800m

Mark Taylor	Vis	2:06.0
Neil Morfitt	M50	2:11.0
Bjorn Dybdahl	M50	2:28.0
Ross Keane	M45	2:28.9
John Keith	Vis	2:34.9
Niamh Keane	W40	2:36.8
Eldon George	M35	2:37.9
Robin King	W45	2:42.8
John Dennehy	M45	2:48.1
Toni Phillips	W35	2:51.9
Peggy Macliver	W60	3:00.0
Nick Miletic	M55	3:00.5
Maurice Creagh	M60	3:00.8
Mike O'Reilly	M65	3:05.1
Eldon George	M35	3:13.2
Carol Bowman	W50	3:16.2
Jackie Halberg	W60	3:39.6
Catherine Keane	Vis	3:43.6

300m

Mark Taylor	Vis	40.6
Colin Smith	M45	40.9
David Luck	M45	48.3

David Clive	M70	46.3
Bjorn Dybdahl	M50	47.3
David Carr	M75	48.3
Nick Miletic	M55	55.8
Bruce Mathieson	M60	60.1

(300m cont.)

Chris Neale	M35	38.7
Campbell Till	M50	39.9 PB
Rob Antonioli	M55	43.9
Paul Haylett	Vis	44.5
Eldon George	M35	49.6
Delia Baldock	W45	51.4
Niamh Keane	W40	53.9
Mike O'Reilly	M65	56.5

Dale Hamilton	Vis	42.1
Arnold Jenkins	M60	53.9
John Dennehy	M45	56.5
Majorie Edwards	W45	57.1
Carol Bowman	W50	59.7

3000m

John Keith	Vis	12:03.3
Bjorn Dybdahl	M50	12:03.7
Ross Keane	M45	12:06.6
Bob Schickert	M65	12:41.3
Tessa Brockwell	W50	13:00.3

3000m walk

David Smyth	M35	18:30.9
Valerie Millard	W60	19:37.0

5000m

Paul Hughes	M55	19:19.8
Bruce Mathieson	M60	23:23.8
Paul Haylett	Vis	23:39.9
Maurice Creagh	M60	23:43.3
Eldon George	M35	26:03.3

(Eldon walked with Robin for 3k)

5000m walk

Robin King	W45	28:35.1
------------	-----	---------

Long Jump

Chris Neale	M35	5.72
Campbell Till	M50	5.03
Rob Antonioli	M55	4.63
Peggy Macliver	W60	3.49
David Carr	M75	3.33
Pat Carr	W75	2.68
Lynne Schickert	W65	2.66

Discus

Mark Hamilton	M35	36.45
Chris Neale	M35	28.75
Dale Hamilton	Vis	28.49
Bruce Mathieson	M60	24.84
Peggy Macliver	W60	18.36
David Carr	M75	13.56
Pat Carr	W75	13.56