

Track & Field Newsletter

Season 2 Issue 2

December 2008

November's Roll of Honour

15th November (Perry Lakes)

M30 Cameron Yorke 400m 49.13 SR

25th November (UWA)

M55 Geoffrey Gee Shot 12.12 SR

27th November (ECAC)

M55 Geoffrey Gee Wt. Throw 13.50 SR

M40 Kevin Webster Wt. Throw 9.81 SR

Patron's Trophy Update

There are now just three weeks to go in the most fiercely-contested trophy contest for many years. Holders David Carr and Peggy Macliver were in the lead again, but neither was having everything their own way despite some mighty performances. There is a whole host of men chasing David for the silverware, but Peggy's accident has thrown the ladies' competition wide open with the finish line almost in sight. At least four more of our top women all-rounders are still in the hunt. Peggy is defying all the odds and continuing despite her arm being in plaster. But she still has the javelin to do, surely not.....??

The Patron's Trophy is one of the great traditions of the club, revered by most of our members. The competition has been revitalised by the way in which many of our newer members have taken to it this year.

It is true that the majority of our field athletes have no chance of success in this competition. Most of them do not enjoy track events and find it difficult to contemplate life under the control of a starter's gun. So the committee has come up with a bold new initiative. There will be a new, age-graded competition covering the five throwing events.

See the announcement below for full details:

AMA National Championships 2009

The championships will be held in Adelaide from April 8-11 (the Easter weekend). All the details can be accessed online at the SA Masters' website. This includes the location of the venues, all in a very compact area close to the city centre, and transport arrangements. On the same website you will shortly be able to access the competition information as well.

Hotel accommodation is getting booked up, so if you've not yet made arrangements, you should probably be thinking about it quickly.

Forms for postal entries are available through the website, but you can also enter online directly. Use the link below to go direct (point, and then CTRL-click):

www.samastersathletics.org.au

AGE GRADED THROWERS' COMPETITION

In January there will be an age-graded competition for throwers as part of the track and field programme held at Ern Clarke AC and UWA.

The competition will comprise 3 attempts at each of the 5 throwing disciplines, the performances then being age-graded to find the overall winner, in the same way that the Patron's Trophy results are calculated.

The dates are as follows:

<u>ECAC</u>	<u>UWA</u>	<u>Event</u>
8 January	13 January	wt throw/javelin
15 January	20 January	hammer/shot
29 January	3 February	discus

So throwers, here is your chance to shine regardless of age and gender.

Analysis of the results

Week 1: This is an extended week 1, because the last newsletter finished on a Tuesday. We start with the Coker Park meet on October 30th, which was dominated by the two trophy events – the shot and 400m. Again, it is impossible to talk about either of these events without applauding the main organizers – Barbara and Damien. Without these two, it is certain that the track and field events would still take place, but they would not run as smoothly as we are accustomed to. The club is so greatly indebted to these stalwarts who, for very different reasons, are often unable to take their place on the start line and throwing circle. I know that all of our members appreciate their efforts on our behalf, but a public vote of thanks never goes amiss. There was not quite a record turnout for the shot, but very close with 19 finely-honed athletes practising their style. Lynne Schickert took the honours tonight, with a very high 54%+, followed by the experienced Mark Hamilton. Many of the regular track competitors also notched up valuable points. The one-lap race comprised 5 heats, and most produced season's bests for someone, with the 80s and high 70s sprinkled around regularly. It's invidious sometimes to pick out the best, but Campbell's 85% and David Clive's 83% stand out, with Chris, Ian and Toni also breaching the 80+ mark. Of course, I've left the best until last, and it's our top athlete David Carr again with an absolutely sensational 92.73% reminding us that he is one of the great masters' athletes of all time.

It was all repeated at McGillivray on Tuesday, with the shot put and 400m taking centre stage as PT events. A gusty wind failed to deter anybody, with some outstanding performances garnering huge points totals. Pride of place was Rae McMillan's shot put that hauled in 82%. I'm sure that Rae will not mind me commenting that she is unlikely to be running too many track events, so her points total is not likely to affect the final PT result! Good points went also to Rob, Peggy, Peter and Lynne, with Shirley Bell once more staking her claim amongst the leaders. Three outstanding 83% are noted in the 400m – front-running Peggy again, with the other middle distance specialists Roy Fearnall and Duncan McAuley. Not far behind was a rejuvenated Toni, just shy of 80%. Three others produced season's bests, only to be outdone in the final race of the evening, the 3000m, which saw no less than six SBs. I would like to have been there to see what looked like a terrific race, although I might well have been stretching my eyes from half way down the back straight to see the front 6!

I finally managed to track down the results from the John Gilmour 10k races, held on October 31st at ECAC. These double as the State open championships, with the top athletes competing at the later time after the sun has gone down. Mere mortals run the first heat, and thus suffer the 6pm heat, so bear this in mind as you read the times. Twenty-five laps in thirty degree heat is no mean achievement. Suffering the heat were Robin, Sean, John C and Eldon, and carrying the MAWA banner in the championship race was a flying Paul Mitchell, in 34:01, ably backed up by David Solomon in 39:36. Paul was 3rd overall, a terrific achievement. Robin showed that Masters ladies also had class, being 3rd best overall in the ladies' times over the two races.

The last meet of this marathon week was at the Ern Clark Athletic Centre, hereafter referred to as ECAC. The walk, reinstated into the PT last year, took centre stage, but only a small number of athletes braved the glare of the expert judges. Seven walkers strode carefully around the track 7 and a half times, the ladies showing how it should be done. Robin King, that real all-round track and roadster, hit the highs with an 80+ score, but Stan showed there's plenty of speed in his legs yet with his 79.2% not quite matching his age. Other athletes collecting valuable points in the PT table were Lynne, Liz, Shirley and Val. Some good marks were achieved in all the other events, with a good smattering of season's bests evenly spread. Chris Neale seems to be approaching his top form again with SBs in all three of his events of the night – 200m, 800m and discus. And finally congratulations to Lachlan Marr on his sub 11minute 3000m.

There is a final postscript on this week. John and Christine's club in Nottingham (www.hprcrun.co.uk) have accepted both their PT 1500m times from 2007 as eligible for club records (M60 5:42.0 and W60 7:42.0). John also set a club 5km road record as M65 this week in the men's over 50 vs senior women's club challenge (21:39). MAWA can take pride in the fact that none of these performances would have even been medal finishes in the MAWA races – that's how good you are! By the way, the old men beat the young women for the 3rd successive year. Winners' cake was served by the ladies in the bar after the race.

Week 2: The Strive meet at Perry Lakes opened another hectic week for our athletes. Once more Robin King showed her great versatility by stepping down to a middle distance event and a race walk to follow her speedy 10000 last Friday. She recorded a season's best in the 800m and also a very sharp sub 7:30 in the 1500m walk. Neil Morfitt also produced an SB with a cracking 2:13.6 in another heat of the 800m. Paul Mitchell carried the MAWA banner in his first recorded 3000m outing of the season with an excellent 9:41, and PL regulars David Smyth, Byrony Glass and Barrie Kernaghan weighed in with equally respectable performances.

It was another good night all round at McGillivray on Tuesday, with some excellent times recorded in the whole range of running races. The PT event was the 3000m race walk, with three of last Thursday's competitors all trying to improve on their times. However, grass is never as conducive to fast race walking as the excellent mondo surface at Coker so no times were improved. Ivan and Peter scored some good points, with Ivan taking over the lead in the PT men's table although he has completed one more event than the other contenders. Season's bests in the javelin for one of the club's longest serving members Rob Shand and a much newer recruit Steve McClelland. John Everard's discus throw also eclipsed his earlier mark this year. Graeme and Duncan produced mightily impressive sub-12m times in the 3000m, and there were also four SBs for Keith, Ross, Wayne and Ivan again in the two-lap race. So it's on to Thursday, with the contrasting styles of the sprinters and hammer throwers to the fore in the trophy.

The evening started early at Coker, with a number of enthusiastic volunteers hauling up the cage around the hammer circle so that the PT event could take place safely. Eight hardy athletes took up the hammer challenge, although it has to be said that only four of them are making a serious attempt at the trophy. Useful, if apparently meagre, points were notched up. Mark showed everyone how it should be done, and reportedly was very generous with advice to the novices. Your analyst certainly hopes that none of these did themselves any damage in their quest for silverware. Elsewhere in the field there were a number taking on board Les' advice as they warmed up for the two imminent trophy jumps, and it is pleasing to report three season's bests in the discus throw for Mark, Mick and Julie. The sprinters finally had their trophy chance tonight, and didn't they do well! There was a series of terrific 100m heats. In the first, all five men scored over 80%, with season's bests for Chris, Campbell and Colin. Although Roy (88%) and Paul (85%) did not eclipse their best of the season, it was a magnificent race for all five. A second heat including high 70s from Nick and Bob maintained the excitement. However, the performance of the night came in the mixed heat which followed. Peggy's 91.8% laid down the gauntlet to the early trophy leaders to show them that she will not give up her trophy without a battle. Gillian responded in the next heat with 82% herself in what is not her best event, showing that the ladies' trophy will probably go down to the wire this year. Bring it on!

Before leaving the Coker results, there are some further observations needing to be made: - 4 season's bests in the 1500 for Ross, Pete S, David and Dante, but also an amazing 5:33 from Bob Schickert. This is a stunning time, not recorded as a season's best because it's his first 1500 of the year. When coupled with the other exceptional times recorded tonight, I'm really looking forward to the forthcoming relay season when there must be any number of state and Australian records under threat. And finally, how well is Graeme running now; he seems to be producing top times across the whole gamut of track events, and is also notching up good points in the field.

Week 3: The Perry Lakes Strive meet on Saturday gave the opportunity for more excellent results. John E, and the mother and daughter hammer throwers vied with each other. Naturally, Byrony led the way with another 55m-plus throw, but John's and Kate's were both very respectable distances. Paul Mitchell in the 1500, plus Colin and Cam Yorke in the 100m enjoyed the stiff competition to record good times. However, Cam did it again in the 400m, flying home in 49.13 and knocking another four hundredths off his own state record.

Sprinters and throwers came to the fore again at McGillivray, with good conditions leading to some more prolific points scoring. The hammer flew a long way for Rae and Rob, and although the track exiles could not match the style or distance they did succeed in ticking another box on their way to the trophy qualification. Four heats of the straight dash each produced some stylish runs. Peter Hopper continued his excellent sprinting from last month with a sharpish 16.4, and in amongst the season's bests that were sprinkled throughout there were plenty of notables. Liz almost broke 80%, Ivan showed he had plenty of speed to supplement his middle and longer distance endurance and Ross, Carol, Duncan and Mark hit new season's highs. However, as always, the pride of place has to go to the 80+ achievers, and this time all three were high 80s. Barrie and Norm, the spring chickens of our sprinting prowess, were locked in the 86-87 range with Barrie coming out just on top, but again it was Peggy who led the way with almost 90% - not quite matching last week's time so it didn't even count! Away from the trophy there was still plenty of good throwing and racing. Rob threw the discus a season's best of 21.80m, but was just out-distanced by young Peter H. Peter had just arrived from the long jump pit, where along with Peggy there was another SB. When you couple this with his sprinting I imagine that he went home very happy. Carol also produced two SBs on the night, as did Wayne. Finally, spare a thought for ex-President Ivan. A season's best in the 1500, but just tantalizingly outside the 6 minute benchmark. It looked an excellent night's athletics and whets the appetite for the next round of events starting on Thursday.

It emerged after the night that Peggy had broken her right arm during the triple jump competition. An accident such as this casts a shadow over the events and the best wishes of all go to her for a rapid recovery. She is such a doughty, determined character that it is even rumoured she will continue to compete in a plaster cast. She's not letting go of her trophy that easily, although the mind does boggle with how she'll cope with the javelin!

Geoffrey Gee gave us the highlight of the UWA meet on Tuesday with a massive 12.12m put to set a new state record for the shot. New member Elaine Holmes must have been very impressed at her first meet since coming down from the territory. She also showed that she'll fit in well with very creditable puts and javelin throws. Patron's Trophy contenders had the twin foci of the very technical triple jump and the demanding 800m on the track. Useful points went to all four jumpers, who were as usual very grateful for Les' advice and help. The two-lap race was clearly enjoyed so much that a number tried it twice. Hopefully they were aware that only the first one counted for points! (Otherwise we'd be there all night.) The middle distance races seem to be favoured much more by the mondo surface rather than McGillivray's grass. Nevertheless, Roy still topped the 80% with a very impressive 2:42 and Duncan was hot on his heels in points, but just ahead in time. The trophy is really generating some pressure now (see front page) so most of the runners will have been happy to garner these points to lift them up the table. Elsewhere on the track there were still plenty of opportunities to shine. The sprinters seemed to enjoy both their races, but the conditions were probably more helpful to distance running and times showed this with the first six in the 3000m all inside 12 minutes.

Can I close by asking as many of you as possible to wear your club number on track nights? Recorders and lap scorers need to be able to identify runners very quickly, and a number are reluctant to volunteer because they don't instantly recognise everybody. As the smooth running of these meets does need all to do their bit, we are trying to encourage more volunteers. It is felt that the wearing of club numbers will help. Thank you – and **please volunteer!!!!!!**

December's programme

Coker Park UWA

	2 nd	1500m r/w, 100m, 400m, 5000m Patron's Trophy long jump, discus, wt throw
4 th	9 th	1500m Patron's Trophy , 100m, 300m, 3000m run and walk triple jump, shot, javelin Patron's Trophy
11 th	16 th	800m, 60m, 3000m run and walk, 200m Patron's Trophy Long Jump Patron's Trophy , hammer, javelin
18 th		400m, 1 mile, 60m, 5000m r/w triple jump, shot, wt throw

And a Happy Christmas to all of you! See you in January

Track & Field meeting organizing teams

<i>UWA:</i>		<i>Coker Park:</i>	
Equipment:	Bob Schickert	Equipment:	Tom Lenane
Starters:	Bob S/Toni Phillips	Starter:	Tom Lenane
Sign-in sheets/Results:	Peggy Macliver	Sign-in sheets:	Peggy Macliver
Throws:	Damien Hanson	Throws:	Damien Hanson
Jumps:	Les Beckham	Jumps:	Les Beckham
Track preparation:	Bob Schickert	Results:	Barbara Blurton

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.

HELP ALWAYS NEEDED WITH LAP SCORING, TIMEKEEPING, RECORDING – PLEASE!!!

A fun date for your diary – Valentine's Day 2009

The Annual City v Country Challenge

Bunbury, 3pm, 14 Feb 2009

All are welcome for some intense, but very friendly competition

Sprints, distance events, throws followed by a BBQ

BYO drinks

CLUB RESULTS

Ern Clark Athletic Centre – 30th October

1000m

Kim Thomas	M30	3:21.7
Toni Phillips	M35	3:23.8
Paul Haylett	M45	3:26.8
Dante Giacomini	M40	3:53.2
Karen March	W45	3:57.7
David Carr	M75	3:58.5
Steve Fuller	Vis	4:00.4
Gillian Young	W60	4:15.8
Carol Bowman	W50	4:31.4
Sarah Ladwig	W55	5:02.6

100m

Chris Neale	M35	12.6
David Luck	M45	14.1
David Clive	M70	14.5

Valetta Boddy	W45	15.5
Delia Baldock	W45	16.2
Rose Hvala	Vis	19.2
Catherine Keane	Vis	20.2

3000m

Kim Thomas	M30	12:06.5
Ross Keane	M45	12:10.7
Scott Andrews	M35	12:33.5 SB
Carl Ciccarelli	M45	12:34.9 SB
Dante Giacomini	M40	12:59.1
Karen March	W45	13:25.7
John Dennehy	M45	14:47.7
Jackie Halberg	W60	14:59.9

Long Jump

Chris Neale	M35	5.32 SB
David Clive	M70	4.40
Valetta Boddy	W45	4.20 SB
Lynne Schickert	W65	2.46

Javelin

Mark Hamilton	M35	33.01
Leslie Waterhouse	Vis	22.45
Julie Plackett	W35	15.52

3000m walk

Tanya Hollaway	Vis	17:02.5
Tom Lenane	M50	17:29.8 SB
Rose-Maree Hollaway	W50	19:47.7

Patron's Trophy

Shot		%	
Bob Schickert	M67	6.12	41.61
Lynne Schickert	W67	6.31	54.82
Carol Bowman	W53	3.53	22.83
Chris Neale	M39	8.77	38.75
Ian Cotton	M44	8.47	40.11
Campbell Till	M51	7.58	38.36
John Dennehy	M49	5.41	28.33
Paul Haylett	M47	7.06	35.42
Julie Plackett	W39	6.65	33.71 SB
Peter March	M49	5.96	31.21
Kim Thomas	M34	8.16	35.29
Bruce Mathieson	M64	8.74	53.93
David Carr	M76	6.33	42.51
Leslie Waterhouse	Vis	7.65	
Mark Hamilton	M38	12.02	52.83
Gillian Young	W61	4.30	32.58
Toni Phillips	W36	6.89	32.81
Sarah Ladwig	W59	3.66	26.58
Karen March	W47	3.37	20.64

400m

		%	
Chris Neale	M39	56.0	81.85
Campbell Till	M51	58.5	85.22 SB
Ian Cotton	M44	58.7	80.94
Toni Phillips	W36	61.8	81.27 SB
David Luck	M49	68.7	71.59
Paul Haylett	M47	61.3	79.14 SB
Kim Thomas	M34	65.6	67.32
Ross Keane	M47	68.5	70.82
Steve Fuller	Vis	70.1	
David Carr	M76	71.3	92.73 SB
Peter March	M49	72.1	68.22
David Clive	M71	72.2	83.25
Bob Schickert	M66	72.7	77.37
John Dennehy	M49	76.1	64.63 SB
Bruce Mathieson	M64	80.0	67.76
Catherine Keane	Vis	1:47.9	
Rose Hvala	Vis	1:52.8	

Delia Baldock	W46	76.1	73.43
Gillian Young	W61	83.8	76.79
Jackie Halberg	W62	88.2	73.60
Carol Bowman	W53	88.2	67.82
Sarah Ladwig	W59	1:43.3	61.20
Lynne Schickert	W67	1:59.2	57.62

**October 31st – Ern Clark Athletic Centre
(John Gilmour 10km Classic and state open championship)**

Paul Mitchell	M35	34:01	
David Solomon	M40	39:36	
Robin King	W50	42:43	SB
Eldon George	M35	42:49	
Sean Griffiths	M40	43:36	
John Collier	M40	46:01	

November 4th – UWA

1000m

Andrew Brooker	M35	3:05.3	
Duncan McAuley	M55	3:21.0	
John Collier	M40	3:24.3	
Toni Phillips	W35	3:26.5	
Paul Haylett	M45	3:37.8	
Ivan Brown	M60	3:54.7	
Graeme Dahl	M55	3:57.6	
Wayne Taylor	M45	4:14.8	
Peggy Macliver	W60	4:15.9	
Shirley Bell	W60	4:27.9	
Carol Bowman	W50	4:28.8	
Grant Owens	M45	4:49.5	
Ross Keane	M45	4:56.9	
Scott Haylett	Vis	4:57.4	
Catherine Keane	Vis	5:03.1	
Val Prescott	W60	6:38.7	

100m

Roy Fearnall	M65	13.8	
David Luck	M45	13.8	
Barry Newell	M50	14.3	
Keith Edmonds	M40	15.3	
Mark Dawson	M45	16.0	
Scott Haylett	Vis	16.2	
Peter Hopper	M60	16.5	
Ross Calnan	M65	17.8	
Bob Neville	M75	17.9	
Catherine Keane	Vis	20.5	
Lynne Schickert	W65	22.9	

3000m

Keith Edmonds	M40	11:46.9	SB
Ross Keane	M45	11:47.8	SB
Wayne Taylor	M45	11:56.5	
Paul Haylett	M45	11:58.9	SB
Bob Schickert	M65	12:12.8	SB
John Collier	M40	12:14.8	
Grant Owens	M45	12:28.4	
Frank Smith	M65	12:29.3	SB
Barry Newell	M50	16:03.4	
Gill Edmonds	W40	16:20.3	SB
Fiona McAuley	W55	17:25.3	

400m (Patron's Trophy)

			%	
Mark Dawson	M47	61.2	79.27	
Duncan McAuley	M59	63.1	83.26	SB
Toni Phillips	W36	63.2	79.47	
Roy Fearnall	M65	65.2	83.66	
Keith Edmonds	M41	69.4	67.01	SB
David Luck	M49	73.9	66.56	
Graeme Dahl	M59	70.2	74.84	
Peggy Macliver	W64	79.2	83.40	
Ivan Brown	M63	80.0	67.33	SB
Liz Neville	W57	82.4	75.34	
Carol Bowman	W54	88.4	68.32	
Shirley Bell	W60	90.7	70.35	
Ross Keane	M47	73.2	66.27	
Peter Hopper	M63	83.9	64.20	
Scott Haylett	Vis	87.2		
Catherine Keane	Vis	1:47.3		
Lynne Schickert	W67	2:06.6	54.26	
Val Prescott	W64	2:06.7	52.14	SB

Shot (Patron's Trophy)

			%	
Graeme Dahl	M59	5.17	31.24	
Liz Neville	W57	5.29	36.92	
Peggy Macliver	W64	6.24	50.49	SB
Lynne Schickert	W67	4.86	42.22	
Peter Hopper	M63	7.61	45.56	
Geoffrey Gee	M55	11.66	64.23	
Rae McMillan	W80	6.43	82.05	
Ivan Brown	M63	6.69	40.05	
Rob Shand	M67	6.91	46.40	
Mark Dawson	M47	6.34	31.80	
Shirley Bell	W60	5.51	40.86	

Long Jump

Peggy Macliver	W60	3.55
Lynne Schickert	W65	2.40

Javelin

Rob Shand	M75	21.11
Rae McMillan	W80	14.81
Val Prescott	W60	11.38
Peter Hopper	M60	21.37

Nov 6th - ECAC

300m

Chris Neale	M35	40.0	SB
David Luck	M45	47.4	
Kerriann Bresser	W40	50.9	
David Carr	M75	59.0	
Peggy Macliver	W60	57.3	
Nick Miletic	M55	58.8	
Graeme Dahl	M55	60.9	
Carol Bowman	W50	63.8	SB
Catherine Keane	Vis	70.2	
Corey Thomas	M30	46.0	
Kim Thomas	M30	47.8	
Ross Keane	M45	49.0	
Shirley Bell	W60	65.4	
Colin Smith	M45	50.5	
Bob Schickert	M65	54.7	
Bruce Mathieson	M60	58.6	

800m

Campbell Till	M50	2:22.7	
Toni Phillips	W35	2:31.5	
Kim Thomas	M35	2:35.4	SB
Lachlan Marr	M45	2:42.3	
Corey Thomas	M30	2:43.0	
Ross Keane	M45	2:45.8	
Colin Smith	M45	2:58.1	
Dante Giacomini	M40	3:00.3	SB

Graeme Dahl	M55	2:46.5	
Bob Schickert	M65	2:51.0	SB
Robin King	W50	2:52.6	SB
John Dennehy	M45	2:59.3	SB
David Carr	M75	2:59.6	
Pete March	M45	3:06.9	
Nick Miletic	M55	3:16.5	

Steve Fuller	Vis	2:45.0	
Colin Smith	M45	2:56.4	SB
Peggy Macliver	W60	3:05.0	SB
Gillian Young	W60	3:11.3	
Jackie Halberg	W60	3:22.9	SB
Carol Bowman	W50	3:24.9	
Catherine Keane	Vis	3:43.1	
Sarah Ladwig	W55	3:48.5	

Discus

Mark Hamilton	M35	35.99	
Chris Neale	M35	29.64	SB
Steve McClelland	M50	29.31	
Bruce Mathieson	M60	28.31	SB
Julie Plackett	W35	24.27	SB
Karen Eastwood	W40	18.44	
Rose-Maree Hollaway	W50	14.54	

200m

Chris Neale	M35	25.5	SB
Scott Andrews	M35	28.0	
David Luck	M45	28.8	
Ross Keane	M45	31.5	SB
Nick Miletic	M55	35.8	

Kerriann Bresser	W40	32.3	
Bob Schickert	M65	33.7	
David Carr	M75	35.1	
Bruce Mathieson	M60	37.9	
Carol Bowman	W50	40.0	

Ross Keane	M45	33.6	
Peggy Macliver	W60	34.9	
Gillian Young	W60	37.6	
Catherine Keane	Vis	45.4	
Sarah Ladwig	W55	46.3	

3000m

Lachlan Marr	M45	10:59.0	
Kim Thomas	M35	11:55.2	
Pete March	M45	11:55.7	
Graeme Dahl	M55	12:01.2	
Chris Neale	M35	12:55.6	
Dante Giacomini	M40	13:10.7	
Scott Andrews	M35	13:28.1	
Bruce Mathieson	M60	13:44.0	
Gillian Young	W60	14:10.9	
Nick Miletic	M55	14:16.1	SB
John Dennehy	M45	14:36.3	
Jackie Halberg	W60	15:47.6	

Patron's Trophy

3000m walk			%
Robin King	W50	16:06.8	SB 81.00
Liz Neville	W57	18:36.3	74.86
Valerie Millard	W61	19:55.9	72.92
Shirley Bell	W60	20:40.3	69.53
Lynne Schickert	W67	21:46.6	SB 71.74
Stan Jones	M83	22:20.3	SB 79.20
Bob Neville	M75	23:58.3	65.48

Triple Jump

Mitchell Cook	Vis	12.00
Campbell Till	M50	9.86

Javelin

Steve McClelland	M50	32.70	
Karen Eastwood	W40	16.00	
Julie Plackett	W35	15.77	SB

November 9th - Perry Lakes**800m**

Neil Morfitt	M50	2:13.6	SB
Robin King	W50	2:43.3	SB

100m

Barrie Kernaghan	M65	15.0	
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200m

Barrie Kernaghan	M65	29.69	
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3000m

Paul Mitchell	M35	9:41.0	
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1500 walk

Robin King	W50	7:29.6	
David Smyth	M35	7:33.9	SB

Hammer

Byrony Glass	W30	55.98	
John Everard	M50	42.94	

November 11th – UWA**300m**

Roy Fearnall	M65	47.7	
Ross Keane	M45	51.8	
Norm Richards	M70	57.1	
Peggy Macliver	W60	59.2	
Graeme Dahl	M55	59.6	SB
Catherine Keane	Vis	70.2	

800m

Mark Dawson	M45	2:20.3	
Duncan McAuley	M55	2:31.5	
John Collier	M40	2:32.0	
Toni Phillips	W35	2:39.5	
Keith Edmonds	M40	2:40.7	SB
Ross Keane	M45	2:41.3	SB

Sean Fitzsimmons	Vis	2:23.3	
Scott Andrews	M35	2:41.7	
Graeme Dahl	M55	2:45.2	
Wayne Taylor	M45	2:55.5	SB
Ivan Brown	M60	2:58.5	SB
Kate Fitzsimmons	Vis	3:01.8	
Carl Ciccarelli	M45	3:25.9	
Catherine Keane	Vis	3:25.9	
Fiona McAuley	W55	4:30.2	

Javelin

John Everard	M50	23.90	
Rob Shand	M75	22.50	SB
Shirley Bell	W60	10.98	
Liz Neville	W55	11.21	
Steve McClelland	M50	37.10	SB

200m

Sean Fitzsimmons	Vis	28.6	
Roy Fearnall	M65	30.1	
Keith Edmonds	M40	32.9	
Norm Richards	M70	33.3	SB

Scott Andrews	M35	28.3	
Ross Keane	M45	31.2	SB
Kate Fitzsimmons	Vis	33.6	
Peggy Macliver	W60	34.0	
Ivan Brown	M60	34.6	
Bob Neville	M75	40.5	

3000m

Mark Dawson	M45	11:15.2	
Graeme Dahl	M55	11:46.4	SB
Duncan McAuley	M55	11:51.6	SB
Wayne Taylor	M45	12:01.8	
John Collier	M40	12:12.3	
Keith Edmonds	M40	12:22.6	
Frank Smith	M65	12:30.3	
Carl Ciccarelli	M45	12:31.4	SB
Vic Waters	M60	13:42.4	SB
Peggy Macliver	W60	14:44.3	
Scott Andrews	M35	15:41.4	
Fiona McAuley	W55	17:30.9	

Discus

John Everard	M50	28.51	SB
Rob Shand	M75	20.66	
Steve McClelland	M50	28.99	

3000m Walk – Patron's Trophy

			%
Tanya Holloway	Vis	16:35.1	
Liz Neville	W57	19:08.6	72.75
Peter Hopper	M63	19:43.9	68.92
Shirley Bell	W60	20:42.8	69.39
Lynne Schickert	W67	22:18.4	70.04
Ivan Brown	M63	22:28.9	60.49

Triple jump

Peggy Macliver	W60	6.97
Lynne Schickert	W65	5.75
Kevin Collins	M40	6.97
Shirley Bell	W60	4.84

November 13th – ECAC

Patron's Trophy

100m				%
Chris Neale	SB	M39	12.0	84.85
Campbell Till	SB	M51	12.5	88.40
Paul Haylett		M47	12.6	85.39
Colin Smith	SB	M45	13.1	81.06
Roy Fearnall		M65	13.6	88.68

Corey Thomas		M32	13.3	73.61
Kim Thomas		M34	14.2	69.16
Nick Miletic	SB	M57	15.0	76.54
Bob Schickert		M67	15.9	76.74
Bruce Mathieson		M64	17.5	68.50

Graeme Dahl		M59	15.2	76.49
Valetta Boddy	SB	W45	15.3	76.01
Peggy Macliver	SB	W64	15.3	91.84
Delia Baldock	SB	W46	15.9	73.91
John Dennehy		M49	16.0	68.15

Gillian Young		W61	16.7	81.85
Melissa Young		Vis	16.9	
Carol Bowman		W54	18.5	69.05

Catherine Keane		Vis	20.3	
Valerie Millard		W61	20.5	66.68
Lynne Schickert		W67	22.5	64.16

1500m

Ross Keane		M45	5:06.7	SB
Ed Love		Vis	5:07.6	
Pete Sullivan		M50	5:12.7	SB
Kim Thomas		M30	5:14.3	
Ron Gower		Vis	5:18.6	
Paul Haylett		M45	5:32.9	
Bob Schickert		M65	5:33.5	
David Carr		M75	5:48.1	SB
Dante Giacomini		M40	6:08.5	SB
Gillian Young		W60	6:37.7	
Peggy Macliver		W60	6:42.0	
Steve Fuller		Vis	6:42.6	
Nick Miletic		M55	6:48.5	
Carol Bowman		W50	7:07.7	
Karen Eastwood		W40	8:21.1	
Melissa Young		Vis	8:41.6	

1500m walk

Emily Clauson		Vis	7:11.8	
Tom Lenane		M50	8:16.4	SB
Valerie Millard		W60	9:10.7	
Rose-Maree Hollaway		W50	9:19.3	
Lynne Schickert		W65	10:34.6	SB
Stan Jones		M80	10:45.0	SB

600m

Chris Neale		M35	1:34.2	SB
Campbell Till		M50	1:34.5	SB
David Solomon		M40	1:42.4	
Ron Gower		Vis	1:43.3	
Ed Love		Vis	1:50.9	
Roy Fearnall		M65	1:52.1	
Colin Smith		M45	1:57.0	
Pete Sullivan		M50	1:58.0	SB
Delia Baldock		W45	2:09.8	
Bob Schickert		M65	2:14.4	
Bruce Mathieson		M60	2:19.1	

5000m

Dirk Klicker		M30	18:46.9	
Pete Sullivan		M50	19:14.4	
Graeme Dahl		M55	20:10.6	SB
Kim Thomas		M30	20:53.3	
Corey Thomas		M30	23:51.0	
Nick Miletic		M55	23:55.8	
Gillian Young		W60	23:57.3	
John Dennehy		M45	24:44.5	
Steve Fuller		Vis	26:47.5	
Jackie Halberg		W60	26:54.9	

3000m

Ron Gower		Vis	11:25.5	
Dante Giacomini		M40	12:53.1	SB
Melissa Young		Vis	22:13.0	

3000m walk

Emily Clauson		Vis	16:50.5	
Tom Lenane		M50	18:17.3	
Rose-Maree Hollaway		W50	20:21.4	

Long Jump

Valetta Boddy		W45	4.12	
Peggy Macliver		W60	3.51	
Julie Plackett		W35	3.07	
Graeme Dahl		M55	2.91	
Lynne Schickert		W65	2.47	

Discus

Mark Hamilton		M35	36.81	SB
Mick Adams		M50	31.12	SB
Julie Plackett		W35	24.68	SB
Corey Thomas		M30	23.38	
Kim Thomas		M30	21.33	
Karen Eastwood		W40	19.49	

Hammer – Patron's Trophy

			%	
David Carr		M76	16.57	37.03
Valerie Millard		W61	13.75	27.86
Valetta Boddy		W45	13.65	26.89
Lynne Schickert		W67	9.96	23.33
Mark Hamilton		M35	34.29	
Mick Adams		M50	18.64	
Julie Plackett		W35	15.72	
Karen Eastwood		W40	12.76	

November 18th – UWA

1500m

Mark Dawson	M45	5:00.9	
Ross Keane	M45	5:13.0	
John Collier	M40	5:28.2	
Paul Haylett	M45	5:35.0	
Wayne Taylor	M45	5:37.0	SB
Keith Edmonds	M40	5:39.5	
Toby Dawson	Vis	5:49.3	
Ivan Brown	M60	6:00.3	SB
Carl Ciccarelli	M45	6:37.7	

1500m walk

Peter Hopper	M60	9:54.0	
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600m

Duncan McAuley	M55	1:48.2	
John Collier	M40	1:52.5	
Keith Edmonds	M40	1:59.0	
Ross Keane	M45	2:02.8	
Barrie Kernaghan	M65	2:16.5	
Peggy Macliver	W60	2:16.5	SB
Grant Owens	M45	2:22.3	
Carol Bowman	W50	2:31.6	SB
Scott Haylett	Vis	2:44.8	
Catherine Keane	Vis	3:07.3	
Ella Newell	Vis	3:08.9	

5000m

Mark Dawson	M45	19:56.4	
Paul Haylett	M45	20:56.2	
Keith Edmonds	M40	21:12.0	SB
Wayne Taylor	M45	21:12.5	SB
Grant Owens	M45	21:15.3	
Carl Ciccarelli	M45	22:47.9	
John Collier	M40	23:56.8	
Fiona McAuley	W55	29:38.6	

3000m

Duncan McAuley	M55	12:16.5	
Gillian Edmonds	W40	16:45.6	

November 15th – Perry Lakes

100m

Cameron Yorke	M30	11.54	
Colin Smith	M45	12.60	

400m

Cameron Yorke	M30	49.13	SR
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1500m

Paul Mitchell	M35	4:28.32	
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Hammer

Byrony Glass	W30	55.17	
John Everard	M50	41.45	
Kate Glass	W50	38.95	

Patron's Trophy

100m

Lee Stergion	Vis	12.5		%
Barrie Kernaghan	SB	M68	14.0	87.68
Norm Richards		M71	14.5	86.69
Mark Dawson	SB	M47	15.4	69.87

Toby Dawson	Vis	13.5		
Duncan McAuley	SB	M59	15.7	74.06
Peggy Macliver		W64	15.7	89.50
Peter Hopper		M63	16.4	72.65

Liz Neville		W57	16.6	79.25
Ross Calnan	SB	M68	17.1	71.79
Carol Bowman	SB	W54	18.4	69.42
Shirley Bell		W60	19.9	68.07

Ivan Brown		M63	16.2	73.55
Scott Haylett	Vis		16.4	
Ross Keane		M47	19.8	54.34
Catherine Keane	Vis		20.1	

Hammer

Mark Dawson		M47	13.22	18.78	%
Liz Neville		W57	11.77	21.88	
Shirley Bell		W60	6.32	12.52	
Rob Shand		M76	15.65	34.97	
Rae McMillan		W81	18.02	66.35	
Peter Hopper		M63	16.39	28.50	

Long Jump

Peggy Macliver		W60	3.71	SB
Lee Stergion	Vis		5.14	
Peter Hopper		M60	3.58	SB

Discus

Rob Shand		M75	21.80	SB
Rae McMillan		W80	15.52	
Peter Hopper		M60	22.10	

November 23rd – Perry Lakes

Hammer

Byrony Glass		W30	55.29	
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60m

Cameron Yorke		M30	7.47 (-4.0)	
David Luck		M45	8.75	
Barrie Kernaghan		M65	9.67	

200m

Cameron Yorke		M30	23.17	
David Luck		M45	27.92	

800m

Neil Morfitt		M50	2:16.48	
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5000m

Paul Mitchell		M35	16:22.6	
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November 20th – ECAC

200m

Lee Stergion	Vis	26.2		Nick Miletic	M55	34.0	SB
Colin Smith	M45	27.8		Bob Schickert	M65	36.0	
Roy Fearnall	M65	28.2	SB	Bruce Mathieson	M60	37.0	SB
David Solomon	M40	28.4		John Dennehy	M45	38.3	
David Luck	M45	28.5	SB	Liz Neville	W55	34.5	
				Gillian Young	W60	35.9	SB
				Melissa Young	Vis	37.3	
				Carol Bowman	W50	38.1	SB
				Pat Carr	W75	46.8	SB

3000m

Dirk Klicker	M30	10:06.4	
Pete Sullivan	M50	10:47.3	
Lachlan Marr	M45	10:58.8	SB
David Solomon	M40	11:23.5	SB
Kim Thomas	M30	11:38.4	SB
Dante Giacomini	M40	12:52.9	SB
Corey Thomas	M30	12:58.4	
Gillian Young	W60	13:24.8	SB
Steve Fuller	M55	13:53.8	SB
Melissa Young	Vis	17:59.3	

3000m walk

Tom Lenane	M50	17:44.5	
Stan Jones	M80	22:01.1	SB

60m

Colin Smith	M40	8.1	
David Luck	M45	8.5	SB
Nick Miletic	M55	9.5	
Bruce Mathieson	M60	10.7	
Carol Bowman	W50	11.3	SB
Ross Keane	M45	10.2	
Sarah Ladwig	W55	11.9	
Catherine Keane	Vis	12.0	
Pat Carr	W75	12.0	SB
Valerie Millard	W60	12.2	
Lynne Schickert	W65	14.4	

Javelin

Corey Thomas	M30	32.75	
Kim Thomas	M30	32.27	
Bev Hamilton	W60	18.69	SB
Clara Ward	W50	14.18	

Patron's Trophy

800m							%
Chris Neale	M39	2:18.0	76.34				
Campbell Till	M51	2:18.9	84.43	SB			
Ed Love	Vis	2:27.2					
Ross Keane	M47	2:29.2	75.92				
Lachlan Marr	M48	2:40.8	71.07	SB			
Pete Sullivan	M50	2:41.5	72.02				
Roy Fearnall	M65	2:42.6	80.71				
Kim Thomas	M34	2:28.5	68.09	SB			
Corey Thomas	M32	2:42.7	62.15	SB			
David Carr	M76	2:43.7	92.96	SB			
Bob Schickert	M67	2:44.0	81.73	SB			
Steve Fuller	M56	2:55.7	69.59				
Bruce Mathieson	M64	3:00.0	72.33				
Dante Giacomini	M40	3:05.0	57.50				
John Dennehy	M49	2:53.2	66.56	SB			
Liz Neville	W57	3:02.1	76.60				
Peggy Macliver	W64	3:03.4	86.07	SB			
Delia Baldock	W46	3:05.1	66.33	SB			
Nick Miletic	M57	3:08.4	65.41	SB			
Gillian Young	W61	3:08.7	78.77	SB			
Jackie Halberg	W62	3:13.5	78.34	SB			
Carol Bowman	W54	3:24.0	65.58	SB			
Ross Keane	M45	2:59.7	2 nd run	SB			
Dante Giacomini	M40	3:01.8	2 nd run				
Catherine Keane	Vis	3:38.0					
Sarah Ladwig	W59	3:46.3	63.48	SB			
Valerie Millard	W61	3:54.4	63.41				
Lynne Schickert	W67	4:45.6	58.68				

Triple Jump

				%
Chris Neale	M39	11.53	66.80	SB
Lee Stergion	Vis	10.54		
Campbell Till	M51	10.18	68.50	SB
Delia Baldock	W46	8.48	67.04	
Peggy Macliver	W64	7.66	79.13	SB
Melissa Young	Vis	6.74		
Pat Carr	W76	5.89	76.59	
Lynne Schickert	W67	5.76	62.75	
Bruce Mathieson	M64	5.52	45.06	
Valerie Millard	W61	5.09	50.05	
Clara Ward	W50	5.08	42.37	
Sarah Ladwig	W59	4.43	42.19	

November 25th – UWA

200m

David Luck	M45	28.2
Roy Fearnall	M65	28.3
Barrie Kernaghan	M65	28.5
Norm Richards	M70	32.2
Mark Dawson	M45	35.9

Scott Haylett	Vis	36.1
Bob Neville	M75	40.0
Shirley Bell	W60	41.8
Val Millard	W60	43.6
Lynne Schickert	W65	52.7

3000m

Bjorn Dybdahl	M55	11:18.1
Pete Sullivan	M50	11:19.1
Wayne Taylor	M45	11:34.8
Keith Edmonds	M40	11:37.6
Duncan McAuley	M55	11:43.2
John Collier	M40	11:58.5
Carl Ciccarelli	M45	12:25.7
Paul Haylett	M45	12:25.7
Graeme Dahl	M55	12:47.8
Ivan Brown	M60	12:53.1
Nick Bailey	M60	15:25.2
Gill Edmonds	W40	15:35.5
Fiona McAuley	W55	17:42.6

60m

David Luck	M45	8.7
Barry Newell	M50	9.1
Keith Edmonds	M40	9.6
Barrie Kernaghan	M65	9.6
Ross Keane	M45	10.6

Scott Haylett	Vis	10.3
Catherine Keane	Vis	12.1
Ella Newell	Vis	12.2

Debbie Wolfenden	W45	10.9
Valerie Millard	W60	12.4
Lynne Schickert	W65	13.5

Shot

Geoffrey Gee	M55	12.12	SR
Rob Shand	M75	6.77	
Elaine Holmes	W60	6.52	
Rae McMillan	W80	6.57	

Javelin

Rob Shand	M75	22.37
Geoffrey Gee	M55	33.13
Elaine Holmes	W60	16.14
Rae McMillan	W80	14.65
Lynne Schickert	W65	10.19
Valerie Millard	W60	13.26

Patron's Trophy

800m

Mark Dawson	M47	2:25.2	%	78.01
Ross Keane	M47	2:31.9		74.57
John Collier	M42	2:34.6		70.06
Duncan McAuley	M59	2:39.6		78.46
Bjorn Dybdahl	M55	2:43.1		74.37
Keith Edmonds	M41	2:45.1		65.01

Paul Haylett	M47	2:36.3		72.47
Graeme Dahl	M59	2:38.4		79.06
Roy Fearnall	M65	2:42.5		80.75
Pete Sullivan	M50	2:42.9		71.40
Wayne Taylor	M49	3:00.6		63.83
Carl Ciccarelli	M48	3:10.6		59.96

Bjorn Dybdahl	M55	2:54.3		
Ross Keane	M47	2:58.2		
Ivan Brown	M63	2:58.9		72.22
John Collier	M42	2:59.8		
Carl Ciccarelli	M48	3:00.2		
Pete Sullivan	M50	3:06.3		
Keith Edmonds	M41	3:10.8		
Shirley Bell	W60	3:32.4		68.65
Scott Haylett	Vis	4:02.2		
Catherine Keane	Vis	4:22.0		
Ella Newell	Vis	4:23.5		
Barry Newell	Vis	4:23.5		

Patron's Trophy

Triple jump

Peter Hopper	M63	7.92	%	63.61
Mark Dawson	M47	7.97		50.90
Liz Neville	W57	6.51		60.11
Ross Wickham	M44	11.32		69.62

John & Christine's results from the UK:

Nov 6th – Holme Pierrepont M50+ versus senior women challenge 5k

John Oldfield	M65	21:39	SB
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Nov 12th – Derby midweek mile

John Oldfield	M65	6:29.7	SB	(39/51)
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Nov 19th – Heanor Christmas Pudding 10k (hilly, muddy, half off-road)

John Oldfield	M65	44:48	SB	(118/644, 4 th M60, 1 st M65)
Christine Oldfield	W60	61:27	SB	(550/644)