

# Track & Field Newsletter

Season 2 Issue 3

January 2009

## *Patron's Trophy Special*

Men's winner: Campbell Till

Women's winner: Peggy Macliver

1.	Campbell Till	750.12 pts	Peggy Macliver	801.95 pts
2.	David Carr	707.41	Liz Neville	710.25
3.	Chris Neale	691.83	Gillian Young	692.08
4.	Bob Schickert	679.68	Delia Baldock	634.57
5.	Mark Dawson	671.49	Valerie Millard	619.66

Other qualifiers (with a minimum of three field events, including a jump)

Bruce Mathieson (645), Ivan Brown (642), Graeme Dahl (635), Lynne Schickert (602), Kim Thomas (582), Nick Miletic (582), Carol Bowman (564), Pete March (552), John Dennehy (539), Peter Hopper (440, 8 events) and Sarah Ladwig (345, 7 events).

So, it's all over. The Trophy 2008 has been a gripping competition, keeping us fascinated right to the last day. Nobody would deny that Peggy and Campbell are worthy winners.

Campbell has been in scintillating form throughout the competition, getting better each week and clinching the trophy on the last week with brilliant performances in the 200m and long jump.

Peggy, winner for the past two years, has been in control throughout the three months of competition. However, less tough athletes would have struggled to continue after breaking an arm in the triple jump, with still three weeks to go. Peggy's answer? A season's best in the 1500m the following week – with her arm in plaster!

But the trophy is about much more than just the winners. MAWA is a wonderful club with great athletic traditions, but also, as Campbell puts it so succinctly, it is a club where fierce competition is not allowed to displace fairness and camaraderie. So everyone who has taken part is to be applauded, whether they came first or last. This is our 'decathlon', requiring ten events to count over the whole range of track and field. Altogether, 21 athletes qualified, all but one doing the full 10 events. This is without doubt the highest number in recent years going the distance.

See page 2 for a week-by-week report on how the trophy race enthralled us all.

## **NEW HIGH FOR BUNBURY STAR**

Lyn Ventris set a new world best for the 20k road walk (W50) at the Australian Open championships in Melbourne. At the same meet Victorian Andrew Jamieson also broke the 50k walk (M60) record with a new best of 4h23m16s. Many will remember Andrew walking with us at Burswood recently. He is this year's IAAF Masters Athlete of the Year,

## **December Roll of Honour**

### **December 14<sup>th</sup> – Fawkner Pk, Melbourne**

Lyn Ventris W50 20k road walk  
1h45m13s

**NEW WORLD RECORD**

### **December 18<sup>th</sup> – ECAC**

Kevin Webster M40 Wt throw 9.37m **SR**

## *Patron's Trophy Special*

### **A chronological look at how the competition gripped us all**

It all started on a cool night in the middle of October. Twenty athletes toed the start line at Coker Park, including trophy holders **Peggy Macliver** and **David Carr**. Their goal was to complete the 25 laps of the 10000m, and **David** threw down the gauntlet to his challengers with a state record. Meanwhile, **Peggy** was facing fierce competition from distance specialist **Gillian Young**. This was to be a battle, later joined by returning **Liz Neville** that lasted throughout the three months. **David** looked unbeatable with this start, with **Bob Schickert**, **Bruce Mathieson**, **Kim Thomas**, **Nick Miletic**, **John Dennehy** and **Peter March** forming the chasing pack. However I did note the form of middle distance flyer **Campbell Till** on the same night with "a storming 600m", and also opting out of the long race was subsequent leading contender **Chris Neale**. Five days later, at McGillivray, others who subsequently featured on the leader board – **Shirley Bell**, **Ivan Brown**, **Graeme Dahl** and **Mark Dawson** – started their campaign.

The last week of October saw the discus throw kick off the field events. A huge field of 21 athletes tried to master the throwing technique. It has to be recorded that they had varying degrees of success! I remarked at the time that we owed thanks gratitude to our 'throwing coach' **Damien Hanson**. How he copes with such a huge field almost single-handedly is difficult to comprehend. But he also manages to do some coaching on the way, and all with his habitual good humour. The club is really blessed to have him in its ranks. The discus first brought **Kim Thomas** and **Paul Haylett** to our attention in the trophy, and **Sarah Ladwig** made her debut in the women's event. **Campbell Till**, **Peter March**, **Kim** and **Ross Keane** led the pack home in the 3000m. Meanwhile, **Gillian**, **Shirley** and the now-returned **Liz** took advantage of **Peggy's** holiday trip to establish a lead, if temporary. At UWA, **Mark** and **Ivan** continued to set the Tuesday pace, followed by **Carol Bowman**, **Nick** and **Peter Hopper**.

Into November, with **David** having established a clear lead, but the women's race thrown wide open by **Peggy's** holiday. I noted at the time that sisters **Val Millard** and **Lynne Schickert** were also showing good form, always having a reputation of being great supporters of this trophy. And they remained there or thereabouts with consistent performances right through to the end of the competition.

The second month saw the fierce battle continue, seeing as the contenders gamely competed in events that were not their forte, then performed brilliantly in their preferred ones. In my report at the time I picked out **Campbell's** great run in the 400m, with **Chris** also creeping up the ladder following his speedy one lap. However, the 400m is one of **David's** top events and he stretched his overall lead with an amazing 93%. **Peggy**

also loves the middle distance events and she took up the challenge by clocking up top points. The following week saw some eagle-eyed judges watching the technique of the walkers (and would-be walkers). It was here that **the sisterhood** took advantage of their superior technique to make up some points, but **Shirley** and **Liz** are also proficient walkers and they kept well up in the table. After the walk at McGillivray, it was noted that **Ivan** was in the lead in the men's trophy, although his competitors had an event in hand over him. An early start for some was needed at Coker as the hammer cage had to be erected, and subsequently **Mark Hamilton** gave valuable advice to the novices on how to cope with this highly technical event. At last came the first, long-awaited sprint of the trophy – the 100m, and all the runners in one heat scored over 80%. What a race that was, surely one of the highlights of the competition. Applause from all came for **Chris**, **Campbell**, **Paul**, **Colin Smith** and **Roy Fearnall**. In the women's, **Peggy** hit the highlights with 92%, clawing back some of **Gillian's** lead. **Delia Baldock** showed for the first time on the leader board as well. At McGillivray in the same week, **Mark**, **Peter**, **Liz**, **Carol**, **Shirley** and **Ivan** all kept in the hunt with good sprint points.

All seemed to be going to form at this stage, but neither **David** nor **Peggy** could afford to ease up. **David** had a clear lead, but **Peggy** needed to take advantage of her event in hand to regain the lead from **Liz** and **Gillian**. **Shirley** was also still in the hunt, although she eventually did not complete the trophy qualification by missing the jumps. However, no-one could have anticipated the drama of the triple jump to come at Coker on the 20<sup>th</sup>. **Les Beckham** presided over this with his invaluable and welcome expertise, with **Chris**, **Campbell** and **Peggy** all producing top jumps. **Lynne**, **Valerie** and **Delia** also scored very well. However, it subsequently emerged that **Peggy** had broken her right arm during her jump. This threw the women's competition wide open again, as **Peggy** still had four more events to complete. In the men's, **David** took a rain-check, preferring to keep the long jump as his required field event. Fortunately, **Peggy's** disaster was after she had notched up 86% in the 800m. Terrific points were also scored by **Campbell**, **David**, and **Bob**, with **Gillian**, **Chris**, **Bruce**, **Liz** and **Jackie Halberg** also notching 70%+. At McGillivray, **Mark**, **Graeme**, **Ivan** and **Shirley** scored well on the two-lap race. **Mark**, **Liz** and **Peter** mastered the tricky triple jump technique to keep themselves right up there.

The climax in December was eagerly awaited .... and it did not let us down. The 5000m came and went; **Liz** and **Gillian** strode out with 80+ scores, but **Peggy** immediately answered the "will she compete?" question with an 80+ herself, complete with pink plaster cast. The male contenders all tracked each other warily, with none gaining any real advantage. Two weeks, and just four

events to go. **David's** 1500m (87%) sent out a clear message that he was still hungry for trophies. **Campbell** and **Bob** responded. However, the real story was **Peggy's** season's best of 6:28. "Nobody's having my trophy!" The contenders were just stalking each other in the javelin, so it was on to the final week, with **Peggy** seemingly only having to turn up to win, but **Campbell** and **David** were still locked together. David was hampered by a hamstring strain at Coker; but **Campbell** excelled himself in both the long jump and 200m.

So, after nine weeks of intense competition, the trophy was finally decided. **Peggy** deservedly claimed her third successive title, and eleventh overall. And **Campbell** was fittingly crowned men's champion for the first time. But everyone that either took part, or helped in any way was a winner. Our new patron will surely be very proud that his title is part of the great event that we call "**The Patron's Trophy**".

## Campbell Till Trophy Champion

"After coming close to David Carr last year I set myself a personal target of 750 points. If I could manage that I would be a little more competitive."

"As it happened I achieved that goal (*Campbell scored 750.12 points – Ed.*), but David succumbed to an inflamed hamstring on the last night, so the photo finish did not eventuate."

"I feel a little fortunate, but also honoured, to be acknowledged in such a way. It is also important to recognize that this event, and Masters in general, is conducted with high competitiveness but with great camaraderie and fairness. These features mean a lot to me and keep me motivated to improve and return each season."

*Campbell – your honour is richly deserved, and we look forward to your defence of the title next year. – Ed.*

## Peggy Macliver Trophy Champion

"It was good to have so many athletes taking part in the Patron's Trophy this year. Because of the time it takes to complete, some participants fall by the wayside, unfortunately, for one reason or another. It is a matter of endurance as much as skill."

"The first time I won this trophy was in 1990 when I was W45. I think that this goes some way to disprove the oft-quoted theory that age is a prerequisite to winning the trophy."

"Anyway, I am sure that as a W45 I would have found it beyond belief that I would even be competing at nearly 65, let alone winning it again. My mother once said to me, when I had just won a race in my 40s, 'I thought you would have grown out of that by now'. Maybe that's why I am still running."

*Peggy – 'lang may yer lum reek' as they say in Edinburgh . You are an inspiration to all of us. – Ed.*

### State Records, not reported earlier:

#### **Marathon: London – April 2008**

Liz Neville W55 3:28:54

#### **Perth – July 2008**

Gillian Young W60 3:50:22

#### **Wt Pentathlon: Perth – October 11<sup>th</sup>**

Stan Selby M60 2970 pts

### **Peter Gare:**

Readers will recall that Peter was in hospital in November. The latest news is that he is recovering well and hopes to be back with us at the track in the New Year. We all hope to see him again very soon.

## Analysis of the month's results

**Nov 29<sup>th</sup>:** Some of our regular PL athletes were at it again at the end of month Strive meet. The sprinters turned in good times, with David Luck producing a 100m season's best of 13.42; Neil dipped under the minute in the one-lap race, followed by Barrie's SB. And in the 1500 Paul also produced an SB, just behind one-time member Simon Coates, whose time I've included in the hope that he will rejoin us! The Glass mother and daughter were throwing the hammer around with great aplomb, Byrony once more tantalisingly close to her 56m state record.

**Dec 2<sup>nd</sup>:** Conditions were ideal for shorter distance races at McGillivray, warm with only a very light breeze. The flies and ants apparently also loved it, so track participants had an extra incentive to run quickly. There was a good sprinkling of season's highs in the 100 and 1500, with Graeme and Nick knocking huge chunks off their previous bests this year. Rob and Damien also enjoyed the conditions and threw the discus beyond any earlier mark. The highlight, of course, is always Patron's Trophy events. Just the one this week, the 5000m and once more there was a plethora of SBs, with the field led home by Mark in an excellent 19:08. The trophy is approaching its climax now, with the prospect of a much larger qualifying field than I can ever remember. It could be that there will be as many as 24 members completing the criteria after the long jump.

**Dec 4<sup>th</sup>:** There was a massive turnout tonight, with no less than 53 participants, including 17 in the javelin. As always our thanks go to Damien and his experienced throwers, all of whom helped to make things run smoothly. Useful points were clocked up by all as the totals mount in the trophy tables. The other points event was the 1500m. We have become accustomed to the extra effort put into trophy races and this was no exception. There were 11 SBs, four in the 'fast' heat, but another seven in the 'not so fast' race that followed. Trophy favourite David led the points total with over 87%, but mention must also go to Campbell who just missed the magic sub-5 mark by a whisker, with Ross, Kim and Chris all hot on his heels. This great pace at the front also saw Graeme and Bob through to their season's fastest over this distance. Great running, guys. In the second race Scott and Dante led the pack home. However, the closest attention was focussed on the battle between two contenders for Peggy's crown – Liz and Gillian. Gillian just took it by two-tenths of a second. Other notable performances in this race came from Nick, John D and Carol. I've left the best until last, with Peggy's season's high at 6:28, more or less ensuring the retention of the ladies' trophy with almost 87%. Maybe the jury has to be called in to assess the eligibility of this high-tech, pink streamlining stuff on the right arm?

**Dec 7<sup>th</sup>:** There was only one masters' athlete competing at a much-reduced programme today. Alan Gower joined son Ron in the 5000m, and gave him a good run for his money. Ron showed his Dad a clean pair of heels, but Alan's 18:09 is still a very commendable time.

**Dec 9<sup>th</sup>:** It was the penultimate week of the calendar year's events, and also of the very exciting Patron's Trophy. Several contenders for the men's trophy were there, with Mark Dawson doing his chances no harm. He led the 1500 from the start, showing a battling Ross Keane the way home in 4:58. Close behind this pair with another season's best was John Collier. John is having an excellent, if slightly inconsistent season, but tonight was one of his good nights. Also performing well were three ex-Presidents. Ivan produced a massive SB in the 1500, and one which has me drastically upping my own speed training so that I can compete on return! Val and Lynne also weighed in with some top results, Val in the javelin and 100m dash, Lynne also whilst "throwing the spear", backed up with a second SB in the 300m. Another runner showing good form this season is Graeme, showing that he's now acclimatised in Perth. His 49.7 in the 300m is not only an SB, but knocks 10s off his previous high this year. One last highlight was Barrie's continued good form, closing the year with 14.3 (100m) and 48.1 (300m).

**Dec 11<sup>th</sup>:** The last night at Coker of the Patron's Trophy lived up to all expectations. Peggy brushed aside her challengers with a comfortable 72% in the long jump, followed by a stunning 87% in one of her favourite events – the 200m. It's not all over yet, as Gillian could still overtake Peggy at UWA on Tuesday, but her target would be close to 100% in both events! However, the men's trophy has been blown wide open by Campbell. Determined to improve on his second place, by a mere six points to David last year, Campbell leapt more than 5m in the pit and followed it with an elegant 27.1s in the 200m. With David strangely below par in both events tonight, this one goes down to the wire again, much as it did last year. Meanwhile the battle for the minor places continues apace in both men's and women's sections. Bob managed a steady 2.94m in the long jump and followed with a season's best in the 200 to mark him down as favourite for third place, but there's still plenty of competition from Chris, Bruce, Mark and Ivan. Not far behind this pack are Graeme and Kim who could still get there with a late charge. In the women's, the battle behind Peggy and Gillian is between Liz and Delia. Other top showings on the night came from Chris, Colin and Greg with 80%-plus points. Nick and Lynne also produced SBs in the 200m. I also pick out as a terrific performance over the trophy season that of John Dennehy. John is such a self-effacing person, and we all know he likes to keep a low profile, but to complete 11 events and amass almost 550 points from his ten counting events is wonderful to see for a man who has had such a difficult few years. Well done, Kiwi!

**Dec 10<sup>th</sup>:** Most of our regular open-meet athletes turned up at this last full Strive meet of the year. Randal Humich's discus throw was probably the pick of the field performances, with all three hammer throwers also doing well. On the track, there were no season's highs in the sizzling conditions as the summer gets into full swing. Colin and Barrie threatened their bests this year without quite making them. However, times in the 3000m were all well down, but with the thermometer hovering in the high 30s that is hardly surprising!

**Dec 16<sup>th</sup>:** The main focus tonight was always going to be the final climactic night of the most exciting and best-contested Patron's Trophy for years. The ladies' result had already been virtually decided at Coker last Thursday, so Peggy could relax and savour her success. However, the men's event really did produce a terrific last week with Campbell confirming his brilliant form throughout the tournament to take the trophy for the first time. Elsewhere there was plenty else to enjoy at this last UWA meet of the year. Val Prescott ended the year with two season's bests, in the javelin and 800m; Bernard and Melissa strode home at opposite ends of the field in the 3000m, but each with a personal milestone to take home; Barrie added another time to treasure in the short dash, as did Peggy – almost as if to show there's more to come next year; and finally Ivan capped his night with another high in the 800m to add to his 200m success. Peggy tells me that there was a huge amount of help forthcoming at the meet, with many 'stepping up to the plate' to keep things running smoothly. Many thanks go to all of you from all of the rest of us.

**Dec 18<sup>th</sup>:** The trophy may be over, but the excitement continues unabated. There was an excellent turnout at Coker tonight, and the celebratory mood was apparent from the start. Both victors, Campbell and Peggy, treated us to season's bests in the opening event. Not to be outdone, Carol chipped in with one as well! All three of the longer events (mile, 3000 and 5000) saw strong fields producing good, if not exceptional times. Pete S led home the 12.5 lap pack, with Lachlan and Kim improving their bests so far. New member (?) Rod Hamilton also showed some speed and endurance with a handy sub-20. Some decided that Christmas was coming, so clipped the race to 3000, with Bert leading home Ross, Carol (again) and Melissa all producing bests for the year. The sprinters also enjoyed the night, with Colin clear in the 60m ahead of a threesome separated only by hundredths. Some sharp judging must have been required to separate those three, but Barbara is getting plenty of practice there. On the subject of Barbara, can I record officially the debt of gratitude we all have for our president? Having endured an awful three years of one injury after another, she continues to organize and control proceedings week in, week out. Our heartfelt thanks go to you, Barbara. There was less of a crowd at the pit and throwing circles this week (did I hear a sigh of relief on the other side of the world from Leas, Damien and Mark?). The regular throwers and jumpers were able to concentrate on their own performances again, and some took good advantage. Mark and Julie (shot), and Julie (triple jump) improved previous SBs. But the highlight was recent recruit Kevin Webster with a new state record in the weight throw. Congratulations, Kevin, and welcome to the club.

**And a final thought for all of us:**

**Growing old is all in the mind –**

**And the hamstrings, and the calves, and the quads, and .....**

## January's programme

ECAC	UWA	
	6 <sup>th</sup>	400m, mile, 60m, 5000m run and walk
8 <sup>th</sup>	13 <sup>th</sup>	Triple jump, shot, wt throw 100m, 800m, 200m, 3000 run and walk
15 <sup>th</sup>	20 <sup>th</sup>	Long jump, wt throw, javelin 600m, 100m, 400m, 5000m run and walk (3000m)
22 <sup>nd</sup>	27 <sup>th</sup>	Triple jump, hammer, shot Pentathlon – 200m, 800m, 1500m, LJ, javelin, discus
29 <sup>th</sup>	29 <sup>th</sup>	Individual events as above + 60m, 800m, 1500m walk mile, 100m, 600m, 5000m r/w Triple jump, discus, wt throw

**Don't forget that the age-graded throwers' competition takes place this month, starting with the javelin and wt. throw on the 8<sup>th</sup> at ECAC.**

### February relays

The AMA National relays are back! We all remember the excitement last year, and the huge success enjoyed by our own athletes. We won no less than 13 national titles. All relays will be run as part of the normal ECAC Thursday programme in February. Full details will be announced soon by John and Barbara.

**February 5: 4x100m and 4x800 race walk**

**February 12: 4x1500m and discus**

**February 14: 4x800m and hammer**

**February 21: 4x400m and shot**

**PLEASE REMEMBER TO WEAR YOUR CLUB NUMBER WHEN RUNNING ON THE TRACK, ESPECIALLY IN THE DISTANCE EVENTS.**

**THIS FACILITATES LAP SCORING.**

**ALSO PLEASE HELP WITH THE SMOOTH RUNNING OF THESE MEETS BY OFFERING TO ASSIST WITH TIMEKEEPING, LAP SCORING AND JUDGING.**

**CLUB RESULTS**  
November 27<sup>th</sup> - ECAC

**1500m**

Richard Rendell	Vis	5:09.8
Kim Thomas	M30	5:11.8
Ross Keane	M45	5:13.5
Bjorn Dybdahl	M55	5:14.7
Corey Thomas	M30	5:30.2
Steve Fuller	M55	5:56.1
Graeme Dahl	M55	6:00.8
Dante Giacomini	M40	6:04.6
Gillian Young	W60	6:06.0
Grant Owens	M45	6:39.9

**60m**

Chris Neale	M35	12.9
Colin Smith	M40	13.6
Corey Thomas	M30	14.2
David Luck	M45	14.5
Nick Miletic	M55	15.9

Melissa Young	W30	17.3
Gillian Young	W60	17.7
Catherine Keane	Vis	20.9
Sarah Ladwig	W55	20.9
Valerie Millard	W60	21.2
Lynne Schickert	W65	24.2

**400m**

Kim Thomas	M30	65.5
Ross Keane	M45	66.2
Dante Giacomini	M40	78.9
Catherine Keane	Vis	1:40.6

**Long Jump**

Chris Neale	M35	5.66
Lynne Schickert	W65	2.50

**Discus**

Mark Hamilton	M35	36.87
Geoffrey Gee	M55	32.05
Chris Neale	M35	27.12
Kevin Webster	M40	25.87
Bruce Mathieson	M60	22.69

**Weight Throw**

Geoffrey Gee	M55	13.50	<b>SR</b>
Mark Hamilton	M35	12.85	
Kevin Webster	M40	9.81	<b>SR</b>

**30<sup>th</sup> November – Perry Lakes**

**Hammer**

Byrony Glass	W30	55.22
Kate Glass	W50	38.47

**1500m**

Simon Coates	M35	4:26.05	
Paul Mitchell	M35	4:27.01	<b>SB</b>

**Patron's Trophy**

**5000m**

David Solomon	M44	18:43.7	73.47
Lachlan Marr	M48	18:55.2	75.03
Andrew Donachie	Vis	18:59.0	
Bert Carse	M67	19:28.9	85.78
Bjorn Dybdahl	M55	19:59.8	75.16
Graeme Dahl	M59	20:20.7	76.44
Campbell Till	M51	20:29.7	70.95
Pete March	M49	20:31.4	69.72
Richard Rendell	Vis	21:12.9	
Chris Neale	M39	21:25.6	61.85
Bob Schickert	M67	21:30.5	77.69
Kim Thomas	M34	21:44.9	58.96
Grant Owens	M47	21:53.0	64.36
Bruce Mathieson	M64	22:27.6	72.38
Eldon George	M39	22:27.9	58.99
Jonathan Phillips	Vis	22:26.0	
Dante Giacomini	M40	22:40.7	58.86
Liz Neville	W57	22:47.0	80.57
Joyce Donachie	Vis	22:51.9	
Gillian Young	W61	23:14.5	83.68
Blakeney Tindall	M47	23:51.0	59.05
David Carr	M76	24:06.1	78.28
Nick Miletic	M57	24:48.2	61.63
Corey Thomas	M32	25:15.1	50.36
Peggy Macliver	W64	25:19.4	80.38
Delia Baldock	W46	25:30.7	62.33
Carol Bowman	W54	25:34.9	68.85
John Dennehy	M49	26:11.7	54.63
Sarah Ladwig	W59	27:58.2	67.52

**3000m**

Steve Fuller	M55	16:36.6
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**3000m walk**

Emily Clarson	Vis	15:22.6
Rose-Maree Hollaway	W50	20:24.2

**1500m walk**

Tom Lenane	M50	8:35.6
Rose-Maree Hollaway	W50	9:39.9
Lynne Schickert	W65	10:39.1
Stan Jones	M80	10:51.9

**100m**

Colin Smith	M45	12.63	
David Luck	M45	13.42	<b>SB</b>
Barrie Kernaghan	M65	14.76	

**400m**

Neil Morfitt	M50	59.09	
Barrie Kernaghan	M65	67.75	<b>SB</b>

## December 2<sup>nd</sup> – UWA

### 1500m

Ross Keane	M40	5:11.8	
Bjorn Dybdahl	M55	5:23.3	
Graeme Dahl	M55	5:26.0	<b>SB</b>
John Collier	M40	5:36.2	
Carl Ciccarelli	M45	6:27.9	<b>SB</b>
Nick Miletic	M55	6:28.8	<b>SB</b>
Peggy Macliver	W60	6:32.8	<b>SB</b>
Carol Bowman	W50	6:54.0	

### 100m

Barry Newell	M50	13.9	<b>SB</b>
Barrie Kernaghan	M65	14.2	
Keith Edmonds	M40	14.8	<b>SB</b>
Nick Miletic	M55	15.4	

Bjorn Dybdahl	M55	14.9	
Grant Owens	M45	15.1	
Mark Dawson	M45	15.9	
Duncan McAuley	M55	17.1	
Carol Bowman	W50	18.3	<b>SB</b>

Ross Calnan	M65	17.1	
Catherine Keane	Vis	20.0	
Ella Newell	Vis	20.3	
Lynne Schickert	W65	22.8	

### Long jump

Lynne Schickert	W65	2.57	
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### Discus

Bob Fergie	M70	23.56	
Rob Shand	M75	21.90	<b>SB</b>
Damien Hanson	M55	24.23	<b>SB</b>
Rae McMillan	W80	15.75	
Ian Cotton	M40	33.99	

### 3000m

Duncan McAuley	M55	13:03.9	
Gillian Edmonds	W40	16:10.4	
Barry Newell	M50	17:55.2	

## December 7<sup>th</sup> – Perry Lakes

### 5000m

Alan Gower	M50	18:09.5	
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## December 13<sup>th</sup> – Perry Lakes

### Hammer

Kate Glass	W55	38.73	
Byrony Glass	W30	52.80	
John Everard	M50	38.56	

### Discus

Randal Humich	M35	43.54	
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### Weight throw

Bob Fergie	M70	11.13	
Rob Shand	M75	6.73	
Damien Hanson	M55	8.28	
Rae McMillan	W80	3.19	

### 400m

Duncan McAuley	M55	63.3	
Toni Phillips	W35	64.2	
Ross Keane	M40	66.7	
Barrie Kernaghan	M65	69.0	
Keith Edmonds	M40	70.5	
Bjorn Dybdahl	M55	75.0	
Barry Newell	M50	64.3	
Peggy Macliver	W60	78.8	
Ivan Brown	M60	79.1	<b>SB</b>
Nick Miletic	M55	83.7	
Carol Bowman	W50	89.0	
Catherine Keane	Vis	1:43.4	
Ella Newell	Vis	1:45.4	
Fiona McAuley	W55	2:02.2	
Val Prescott	W60	2:09.0	

## Patron's Trophy

### 5000m

			%	
Mark Dawson	M47	19:07.9	73.69	<b>SB</b>
Prabuddha Nicol	M52	19:51.4	73.83	
Bjorn Dybdahl	M55	20:15.4	74.19	
Graeme Dahl	M59	20:18.4	76.58	
Keith Edmonds	M41	20:46.1	64.76	<b>SB</b>
Wayne Taylor	M49	20:56.1	68.35	<b>SB</b>
John Collier	M42	21:33.8	62.85	
Ivan Brown	M64	22:00.5	73.87	<b>SB</b>
Carl Ciccarelli	M48	22:09.2	64.08	<b>SB</b>
Valerie Millard	W61	27:37.7	70.39	
Fiona McAuley	W57	30:12.5	60.76	

### 100m

Colin Smith	M45	12.66	
Barrie Kernaghan	M65	14.38	

### 200m

Barrie Kernaghan	M65	29.65	
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### 3000m

Paul Mitchell	M35	10:05.6	
Bruce Wilson	M60	11:28.5	
Eldon George	M35	12:12.5	



## December 4<sup>th</sup> – ECAC

### 1500m

Campbell Till	M51	5:00.4		80.92
Ross Keane	M47	5:01.8	<b>SB</b>	77.68
Kim Thomas	M34	5:02.1	<b>SB</b>	68.33
Chris Neale	M39	5:02.9		71.71
Bjorn Dybdahl	M55	5:20.8		78.49
Graeme Dahl	M59	5:25.6	<b>SB</b>	79.96
Bob Schickert	M67	5:30.0	<b>SB</b>	84.20

Pete March	M49	5:36.8		70.90
David Carr	M76	5:57.0		87.48

Scott Andrews	M37	5:38.5		62.88
Dante Giacomini	M40	5:55.9	<b>SB</b>	61.66
Ivan Lazarus	M55	6:02.7		69.42
Gillian Young	W61	6:04.7	<b>SB</b>	88.18
Liz Neville	W57	6:04.9		83.21
Bruce Mathieson	M64	6:11.8	<b>SB</b>	72.92
Madelon Rendell	Vis	6:17.5		
Jayden Watts	Vis	6:20.2		
Nick Miletic	M57	6:23.9	<b>SB</b>	66.68
Peggy Macliver	W64	6:28.0	<b>SB</b>	86.73
Delia Baldock	W46	6:37.2		66.27
John Dennehy	M49	6:42.7	<b>SB</b>	59.30
Carol Bowman	W54	6:50.5	<b>SB</b>	71.00
Jackie Halberg	W62	6:51.0		79.42
Melissa Young	W31	8:01.4		48.43
Lynne Schickert	W67	9:35.6		61.30

### 100m

Chris Neale	M35	12.5		
Colin Smith	M40	13.0		
Scott Andrews	M35	13.5		
David Solomon	M40	13.7		
Bjorn Dybdahl	M55	14.9		
Nick Miletic	M55	15.2		

Delia Baldock	W45	16.1		
Jacqui Sanders	W40	17.3		
Deb Wolfenden	W45	17.7		
Madelon Rendell	Vis	17.9		
Carol Bowman	W50	18.6		

Peggy Macliver	W60	16.3		
Melissa Young	W30	17.1		
Gillian Young	W60	17.2		
Bob Neville	M75	18.6		

Jayden Watts	Vis	17.5		
Patricia Carr	W75	21.3		
Valerie Millard	W60	21.5		
Lynne Schickert	W65	23.4		

### Shot

Mark Hamilton	M35	11.87		
Kevin Webster	M40	9.53		
Bev Hamilton	W60	8.59		

### 300m

Colin Smith	M45	40.9	<b>SB</b>	
Chris Neale	M35	41.1		
Ross Keane	M45	47.2	<b>SB</b>	
Kim Thomas	M30	51.3		
Nick Miletic	M55	56.4	<b>SB</b>	

Scott Andrews	M37	47.6		
Mel James	Vis	50.1		
David Carr	M75	50.9	<b>SB</b>	
Delia Baldock	W45	56.4		
Jacqui Sanders	W40	62.7		
Carol Bowman	W50	64.1		

### 3000m

David Lazarus	Vis	9:51.0		
David Solomon	M40	10:38.8	<b>SB</b>	
Andrew Donachie	Vis	10:39.5		
Bert Carse	M65	10:53.1		
Lachlan Marr	M45	11:01.2		
Kim Thomas	M30	11:37.5	<b>SB</b>	
Bjorn Dybdahl	M55	11:57.9		
Joel Burns	Vis	12:12.2		
Dante Giacomini	M40	12:42:0	<b>SB</b>	
Ivan Lazarus	M55	12:49.0		
Joyce Donachie	Vis	12:53.5		
Gillian Young	W60	13:53.7		
Madelon Rendell	Vis	14:45.5		
Jackie Halberg	W60	15:30.1		
Jacqui Sanders	W40	17:35.7		
Melissa Young	W30	18:01.0		

### 3000m walk

Emily Clarson	Vis	15:55.6		
Tanya Hollaway	Vis	16:34.8		
Tom Lenane	M50	17:43.3		
Rose-Maree Hollaway	W50	19:44.0	<b>SB</b>	

### points event

#### Javelin

Graeme Dahl	M59	12.25		19.00
Peggy Macliver	W64	9.39		24.57
Nick Miletic	M57	18.79		27.93
Carol Bowman	W54	8.82		18.19
Campbell Till	M51	25.31		33.48
Lynne Schickert	W67	10.39		29.24
Pete March	M49	21.27		28.55
John Dennehy	M49	14.47		19.42
Kevin Webster	M41	31.00		36.11
Mark Hamilton	M38	35.54	<b>SB</b>	39.44
Chris Neale	M39	29.62	<b>SB</b>	33.39
Bev Hamilton	W62	19.18	<b>SB</b>	47.93
Gillian Young	W61	11.56		28.26
Melissa Young	W31	10.04		13.75
Valerie Millard	W61	14.09	<b>SB</b>	34.44
Liz Neville	W57	9.76		21.81
Kim Thomas	M34	33.51	<b>SB</b>	35.20

December 9<sup>th</sup> – UWA

**Patron's Trophy  
1500m**

			%	
Mark Dawson	M47	4:58.1	78.64	
Ross Keane	M47	5:05.6	76.71	
John Collier	M42	5:16.9	70.57	<b>SB</b>
Graeme Dahl	M59	5:33.4	78.09	
Bjorn Dybdahl	M55	5:51.0	71.74	
Ivan Brown	M64	5:52.9	76.83	<b>SB</b>
Carl Ciccarelli	M48	6:37.4	59.53	
Peggy Macliver	W64	6:42.2	83.67	
Val Millard	W62	7:31.6	72.28	
Catherine Keane	Vis	8:29.2		
Fiona McAuley	W57	8:41.6	58.21	
Val Prescott	W64	9:19.5	60.15	

**Javelin**

			%	
Mark Dawson	M47	21.83	28.23	
Ivan Brown	M64	19.99	32.74	
Elaine Holmes	W60	16.02	38.32	
Steve McClelland	M50	34.26	44.49	
Bob Fergie	M73	24.06	46.30	
Rob Shand	M76	21.14	44.49	
Rae McMillan	W81	13.81	60.12	
Lynne Schickert	W67	11.40	32.09	<b>SB</b>
Peggy Macliver	W64	9.22	24.12	
Val Prescott	W64	12.76	33.39	<b>SB</b>
Val Millard	W62	14.19	35.46	<b>SB</b>

**100m**

Barry Kernaghan	M65	14.3	
Barry Newell	M50	14.6	
Keith Edmonds	M40	14.8	
Norm Richards	M70	14.8	
Bjorn Dybdahl	M55	15.3	
Grant Owens	M45	15.4	
Duncan McAuley	M55	16.4	
Catherine Keane	Vis	19.3	
Ella Newell	Vis	19.4	
Val Millard	W60	20.0	<b>SB</b>
Lynne Schickert	W65	22.9	

**TRIPLE JUMP**

Lynne Schickert	W65	5.86
Elaine Holmes	W60	5.85

**SHOT**

Elaine Holmes	W60	7.11
Steve McClelland	M50	9.17
Bob Fergie	M70	8.02
Rob Shand	M75	6.84
Rae McMillan	W80	6.44

**300m**

Duncan McAuley	M55	45.8	
Mark Dawson	M45	47.1	
Barry Kernaghan	M65	48.1	<b>SB</b>
Ross Keane	M45	48.9	
Keith Edmonds	M40	50.0	
Graeme Dahl	M55	49.7	<b>SB</b>
Bjorn Dybdahl	M55	50.1	
Barry Newell	M50	50.9	
Norm Richards	M70	54.6	
Peggy Macliver	W60	54.9	<b>SB</b>
Ross Keane	M45	53.5	
Catherine Keane	Vis	76.8	
Ella Newell	Vis	78.9	
Lynne Schickert	W65	83.3	<b>SB</b>
Fiona McAuley	W55	87.1	
Val Prescott	W60	1:30.8	

**3000m**

Mark Dawson	M45	11:29.0	
Wayne Taylor	M45	11:45.2	
Keith Edmonds	M40	11:51.1	
John Collier	M40	11:51.5	
Graeme Dahl	M55	11:55.9	
Duncan McAuley	M55	12:05.6	
Ivan Brown	M60	12:28.7	<b>SB</b>
Grant Owens	M45	12:41.4	
Carl Ciccarelli	M45	14:34.9	
Gill Edmonds	W40	15:48.2	
Barry Newell	M50	16:51.8	

## December 11<sup>th</sup> - ECAC

### 800m

Greg Vander Sanden	M50	2:28.1	
Kim Thomas	M30	2:30.9	
Bob Schickert	M65	2:43.2	<b>SB</b>
Mel James	Vis	2:51.4	
Nick Miletic	M55	3:06.2	<b>SB</b>
David Carr	M75	3:11.3	
Jackie Halberg	W60	3:12.3	<b>SB</b>
Carol Bowman	W50	3:17.3	<b>SB</b>

### 60m

Chris Neale	M35	8.0	
Colin Smith	M40	8.3	
Scott Andrews	M35	8.5	
Nick Miletic	M55	9.5	
Valetta Boddy	W45	10.0	
Peggy Macliver	W60	10.3	
Gillian Young	W60	11.1	<b>SB</b>
David Carr	M75	11.8	
Jayden Watts	Vis	11.1	
Patricia Carr	W75	12.6	
Valerie Millard	W60	12.9	
Lynne Schickert	W65	13.9	

### 3000m

Andrew Donachie	Vis	10:42.2	
Bert Carse	M65	10:55.1	
Lachlan Marr	M45	10:59.0	
Kim Thomas	M30	11:29.0	
David Willmer	M50	11:43.9	
Eldon George	M35	12:40.7	
Blakeney Tindall	M45	12:50.0	
Joyce Donachie	Vis	12:59.9	
Scott Andrews	M35	13:11.7	
Bruce Mathieson	M60	13:12.1	
Gillian Young	W60	13:28.9	
Jackie Halberg	W60	15:43.1	

### 3000m walk

Tom Lenane	M50	17:30.7	<b>SB</b>
Stan Jones	M80	22:21.6	

### Javelin

Scott Andrews	M35	39.91	
Kevin Webster	M40	31.37	<b>SB</b>
Steve McClelland	M50	31.37	

### Patron's Trophy

#### Long Jump

Peggy Macliver	W64	3.51	72.82
Bob Schickert	M67	2.94	52.84
Lynne Schickert	W67	2.65	57.99
Graeme Dahl	M59	2.83	44.91
John Dennehy	M49	3.47	48.03
Carol Bowman	W54	2.43	43.01
Nick Miletic	M57	3.88	59.82
Campbell Till	M51	5.05	71.73
Chris Neale	M39	5.53	67.88
Pete March	M49	4.09	56.62
Valetta Boddy	W45	3.94	61.52
Valerie Millard	W62	2.34	46.89
David Carr	M76	1.75	36.97
Kim Thomas	M34	4.60	53.47
Gillian Young	W61	2.63	51.87
Bruce Mathieson	M64	2.98	51.02
Pat Carr	W76	2.48	65.26
Delia Baldock	W46	4.14	65.51

### 200m

Chris Neale	M39	25.3	81.70	<b>SB</b>
Colin Smith	M45	26.8	80.68	
Campbell Till	M51	27.1	83.28	
Greg Vander Sanden	M50	27.5	81.51	
David Solomon	M44	28.5	75.30	
Scott Andrews	M37	27.7	73.46	
John Dennehy	M49	32.3	68.89	<b>SB</b>
Pete March	M49	32.9	67.64	
Nick Miletic	M57	33.9	69.37	<b>SB</b>
David Carr	M76	39.1	72.55	
Graeme Dahl	M59	31.8	74.96	
Mel James	Vis	32.7		
Bob Schickert	M67	33.6	74.96	<b>SB</b>
Lachlan Marr	M48	33.9	65.17	
Bruce Mathieson	M64	39.5	62.36	
Delia Baldock	W46	33.1	73.45	
Peggy Macliver	W64	33.6	87.58	
Gillian Young	W61	36.5	78.29	
Carol Bowman	W54	38.7	68.69	
Joyce Donachie	Vis	40.6		
Jayden Watts	Vis	37.5		
Valerie Millard	W62	43.7	66.03	
Pat Carr	W76	47.0	70.64	
Lynne Schickert	W67	47.7	63.47	<b>SB</b>

## December 14<sup>th</sup> – Keyworth, Nottingham

### Keyworth Turkey Trot

(Half marathon, very hilly but perfect conditions)

John Oldfield	M65	1:42:08	(280/790)
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## December 17<sup>th</sup> – Derby midweek mile race

John Oldfield	M65	6:32.4	(27/42, 1 <sup>st</sup> M60)
Christine Oldfield	W60	8:32.0	(9/9, 1 <sup>st</sup> W60)

**December 16<sup>th</sup> – UWA  
PATRON'S TROPHY**

**Long Jump**

			%	
Mark Dawson	M47	4.26	57.50	
Dave Wyatt	M57	4.61	71.08	
Ivan Brown	M64	3.28	56.16	
Phil Wilson	M37	5.20	62.42	
Liz Neville	W57	3.32	61.48	
Keith Martin	M65	4.26	74.11	
Mellissa Young	W31	2.98	39.94	
Campbell Till	M51	5.23	74.29	<b>SB</b>

**200m**

			%	
Campbell Till	M51	26.0	86.81	
Duncan McAuley	M59	29.4	81.08	<b>SB</b>
Barrie Kernaghan	M68	29.8	85.19	
Ivan Brown	M64	33.9	72.66	<b>SB</b>

Ian Cotton	M44	28.6	75.03	
Mark Dawson	M47	29.0	75.63	<b>SB</b>
Barry Newell	M52	30.0	75.76	
Keith Martin	M65	30.8	80.49	
Keith Edmonds	M41	31.5	66.62	<b>SB</b>

Peggy Macliver	W64	34.2	86.04	
Melissa Young	W31	37.7	56.60	
Gillian Young	W61	38.2	74.80	
Val Prescott	W64	55.7	52.83	

**800m**

Mark Dawson	M45	2:32.5		
Duncan McAuley	M55	2:33.2		
Ian Cotton	M40	2:38.5		
Lee Stergion	Vis	2:38.8		
Ivan Brown	M60	2:55.7	<b>SB</b>	
Keith Martin	M65	3:07.2		
Val Prescott	W60	4:38.1	<b>SB</b>	

**Hammer**

John Everard	M50	40.50
Geoffrey Gee	M55	32.38
Rob Shand	M75	14.28
Bob Fergie	M70	26.41

**60m**

Campbell Till	M50	8.0	
Barrie Kernaghan	M65	9.0	<b>SB=</b>
Barry Newell	M50	9.3	
Grant Owens	M45	10.0	

Phil Williams	M35	8.4
Dave Wyatt	M55	9.1
Keith Edmonds	M40	10.1

Peggy Macliver	W60	9.6	<b>SB</b>
Melissa Young	W30	10.7	
Gillian Young	W60	12.5	

**3000m**

Bernard Mangan	M50	11:12.8	<b>SB</b>
Prabuddha Nicol	M50	11:28.7	
Mark Dawson	M45	11:51.5	
Wayne Taylor	M45	12:03.6	
Keith Edmonds	M40	12:04.3	
Gillian Young	W60	14:01.9	
Barry Newell	M50	16:33.2	
Melissa Young	W30	17:57.1	<b>SB</b>

**JAVELIN**

John Everard	M50	23.59	
Rob Shand	M75	22.53	
Bob Fergie	M70	23.09	
Geoffrey Gee	M55	32.54	
Val Prescott	W60	13.45	<b>SB</b>

**December 21<sup>st</sup> – Perry Lakes**

The results from this meet have still not been published at the time of going to press. I will include them in the next issue of TFNL.

**December 28<sup>th</sup> – Caythorpe, Nottingham, UK**

**Millenium 10k road race**

John Oldfield	M65	43:34	<b>SB</b>	(208/634, 1 <sup>st</sup> M65)
Christine Oldfield	W60	59:11	<b>SB</b>	(570/634)

**December 18<sup>th</sup> – ECAC****400m**

Campbell Till	M50	57.5	<b>SB</b>
Lee Stergiou	Vis	63.2	
Corey Thomas	M30	66.0	
Kim Thomas	M30	67.0	
Dante Giacomini	M40	78.4	

Scott Andrews	M35	64.7	
Keith Martin	M65	66.9	
Peggy Macliver	W60	76.5	<b>SB</b>
Pete Sullivan	M50	85.4	
Carol Bowman	W50	85.4	<b>SB</b>
Catherine Keane	Vis	1:50.4	
Kaleisha Marr	Vis	2:05.2	

**1mile**

Pete Sullivan	M50	5:40.7	
Ed Love	Vis	5:42.2	
Bjorn Dybdahl	M55	5:48.1	
Kim Thomas	M30	5:54.5	
Bob Schickert	M65	6:15.0	
Dante Giacomini	M40	6:36.9	
Corey Thomas	M30	6:49.0	
Gillian Young	W60	6:54.8	
Bruce Mathieson	M60	6:55.8	
Scott Andrews	M35	7:12.4	
Melissa Young	W30	8:47.4	

**1mile walk**

Lynne Schickert	W65	11:24.2	
Stan Jones	M80	11:42.6	

**60m**

Colin Smith	M45	8.0	
Campbell Till	M50	8.3	
Corey Thomas	M30	8.3	
Sean Fitzsimmons	Vis	8.3	
Scott Andrews	M35	8.6	

Bjorn Dybdahl	M55	n/t	
Peggy Macliver	W60	10.3	
Melissa Young	W30	10.6	
Gillian Young	W60	11.4	
Carol Bowman	W50	12.0	

Corey Thomas	M30	11.0	
Michelle Thomas	Vis	11.1	
Catherine Keane	Vis	12.6	
Pat Carr	W75	13.1	
Kaleisha Marr	Vis	13.6	
Lynne Schickert	W65	14.0	

**5000m**

Pete Sullivan	M50	18:32.1	
Lachlan Marr	M45	18:53.2	<b>SB</b>
Rod Hamilton	M45	19:50.3	
Kim Thomas	M30	20:22.3	<b>SB</b>
Bjorn Dybdahl	M55	21:05.3	
Joel Burns	Vis	21:25.4	
Bruce Mathieson	M60	23:49.3	
Gillian Young	W60	23:53.8	
Jackie Halberg	W60	27:20.9	

**3000m**

Bert Carse	M65	11:01.9	
Ross Keane	M45	11:39.9	<b>SB</b>
Scott Andrews	M35	14:15.0	
Peggy Macliver	W60	14:31.4	
Carol Bowman	W50	15:17.7	<b>SB</b>
Delia Baldock	W45	15:32.6	
Melissa Young	W30	17:48.0	<b>SB</b>

**3000m walk**

Sean Fitzsimmons	Vis	14:30.9	
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**Triple Jump**

Corey Thomas	M30	9.85	
Michelle Thomas	Vis	7.22	
Julie Plackett	W35	6.66	<b>SB</b>
Lynne Schickert	W65	5.75	

**Shot**

Mark Hamilton	M35	11.98	<b>SB</b>
Kevin Webster	M40	9.49	<b>SR</b>
Julie Plackett	W35	6.90	<b>SB</b>

**Weight Throw**

Mark Hamilton	M35	12.54	
Kevin Webster	M40	9.37	<b>SR</b>
Julie Plackett	W35	5.22	