

Track & Field Newsletter

Season 2 Issue 5

March 2009

Racing or Training?

An impromptu conversation with one of our most experienced members the other day was the stimulus for March's editorial column.

As a club, we place great emphasis on such extended events as the Patron's Trophy, ten weeks from October to Christmas, and the AMA relays lasting the whole of February. And naturally this newsletter reports these at length to reflect this emphasis. The question being raised is the difficulty of fitting a serious training routine into such a busy race schedule. Most, if not all of us run for the sheer enjoyment we get from the sport. However, in our hearts we really know that to reach our full potential requires a serious, prolonged, cumulative training programme. It's difficult to make this compatible with racing twice a week, or even three for those of us running Sundays as well.

Most of us fall into the middle range; some run almost every race each week whilst others map out 'focus' races, maybe one every two weeks and train conscientiously in order to maximize that single performance. It is for us all to decide on a personal level what our own priorities are.

February Roll of Honour

February 12th – ECAC

Kevin Webster	M40	Wt Throw	9.89	SR
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February 14th – Bunbury

Barbara Brown	W60	Hammer	22.48	SR?
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February 28th – Perry Lakes

Byrony Glass	W30	Hammer	57.77	SR
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Bunbury Challenge – Country v City

Each year, the folk from Bunbury challenge the city to a T&F competition, followed by a barbecue. The meet was held this year on Valentine's Day, February 14th, with an afternoon of mixed events. The results are on p16 of this newsletter, with nobody entirely sure of the overall totals!

Peter de Klerk was voted the *Athlete of the Meet*, but many of the assembled number consider that Tolli's (Rob Antonioli) contribution as master chef at the BBQ that followed was equally memorable. All the city numbers that made the trip seemed to enjoy the day out and are looking forward to even more joining them next year.

National Relay Competition

A report of this competition, together with a full list of results, starts on the next page. The following records were set during the month of relay competition:

State Records: (12)

4x100 - M65, W40

4x800 – W35, W60, W50, M35, M45, M75

4x1500 – W60, M75

4x400 – W35, W60

Australian Records: (3)

4x1500 – W60, M75

4x800 – M75 (this is also an unofficial world record)

The Annual AMA National Baton Charge

Week 1: It's February as I write this, so time to get the baton box out of the shed again. The first night gave us two spectacles to watch as the sprinters started us off soon after 6pm, whilst the walkers cheered and patiently waited for their turn at the end of the programme. These relays are run in 10-year age groups, although teams can set state, national or even potential world records in 5-year groupings.

Last year in the sprints, MAWA won only the M60-69 national relays, and Victoria had a clean sweep in the walks with the exception of the younger men's groups. So the incentive was there to do better. However, the teams were disrupted by late withdrawals and several members, a number with muscle niggles, had to compete in strange age groups. None of these disadvantages worried the onlookers who were supportive and vociferous as ever. Colin led the youngsters home, and the two forty-somethings teams each produced powerful performances as the men battled out the first heat. Pride of place went to the 'oldies', nominally M60-69 but including super-vet Norm, with the youngest being spring chicken Bob at a mere 67. The years seemed to disappear as they stormed home in a new M65 state record of 58.6s. Our title from last year looks safe in their hands. The ladies followed, with Delia still doing her stretches and warm up as the first changeover was taking place. Another wonderful state record of 60.8s was set by this W40-49 team of Peggy, Delia, Kerri and Valetta. The W30s, including Carol and Sarah, followed them home, but the biggest cheer greeted the W60-69 team of Gillian, Lynne, Patricia and Valerie.

After the earlier rapid races in the 4x100s, the pace may have been slower in the race walks relays, but certainly not the effort or determination. Two men's teams vied with the ladies, as the 16 walkers lapped and lapped. A wide variety of walking styles was on show for all to see, with a number of the competitors using unconventional techniques to stay within the rules. One or two 'paddles' were shown in the race, but the experienced judges were satisfied overall that none had contravened (too much, anyway). It is quite likely that only the youngsters (Tom, Bruce, David and Peter!!) will feature in the winners' enclosure, but good fun was had by all, and certainly the atmosphere immediately recaptured that of last year when the inaugural event took place.

4 x 100m relay

M30	51.6	[Kim Thomas, Corey Thomas, Colin Smith, Lee Stergiou]
M40A	54.2	[Campbell Till, Roy Fearnall, Ian Cotton, Pieter De Klerk]
M60	58.6 SR M65	[Norm Richards, Mike O'Reilly, Barrie Kernaghan, Bob Schickert]
M40B	60.4	[John Dennehy, Nick Miletic, Damien Hanson, Sean Gartlan]
W40	60.8 SR W40	[Peggy Macliver, Delia Baldock, Kerriann Bresser, Valetta Boddy]
W30 Thomas]	69.8	[Melissa Young, Carol Bowman, Sarah Ladwig, Michelle]
W60	76.3	[Lynne Schickert, Gillian Young, Pat Carr, Valerie Millard]

4 x 800m walk

M35	18:11.2	[Tom Lenane, Bruce Wilson, David Smyth, Peter Hopper]
W50 Dance]	21:03.5	[Lynne Schickert, Valerie Millard, Rose-Maree Hollaway, Elaine]
M70	22:57.9	[Jeff Whittam, Ray Hall, Bob Fergie, Stan Jones]
W60	24:08.7	[Dorothy Whittam, Michele Mison, Lorna Lauchlan, Lesley Romeo]



photo – Vic Waters

Week 2:

Discus team event

W30	51.70m	[Michelle Thomas 13.89, Karen Eastwood 17.78, Bev Hamilton 20.03]
W50	42.13m	[Rose-Maree Hollaway 16.01, Clara Ward 15.26, Lynne Schickert 10.86]
M40	76.19m	[Kevin Webster 25.76, Ian Cotton 28.62, Andrew Plackett 21.81]
M50	66.66m	[Mike O'Reilly 16.40, Mick Adams 29.08, Damien Hanson 21.18]

4 x 1500m relay – not part of the national event, just for fun!

W40	24:17.3	[Delia Baldock, Kerriann Bresser, Simone Solomon, Niamh Keane]
W60	26:30.0 AR	[Peggy Macliver, Jackie Halberg, Shirley Bell, Gillian Young]
W30	28:47.9	[Carol Bowman, Sarah Ladwig, Toni Phillips, Melissa Young]
M75	30:01.7 AR	[David Carr, Bob Hayres, Cecil Walkley, Irwin Barrett-Lennard]
M45	20:27.3	[Ross Keane, Campbell Till, Paul Haylett, Mark Dawson]
M30	21:14.6	[John Collier, Kim Thomas, Corey Thomas, Andrew Brooker]
M50	23:49.5	[Bruce Wilson, Ivan Brown, Maurice Creagh, Pete Sullivan]
M40	24:38.7	[John Dennehy, Nick Miletic, Dante Giacomini, Ian Cotton]
M65	24:49.3	[Bob Schickert, Mike O'Reilly, John Oldfield, Dave Roberts]

As usual there were plenty of last-minute changes to the teams, but everybody that wanted a berth had one, as did a few that really would have preferred to watch! The increased interest in the throws this year meant that we were able to field four teams in the discus team event. Throwing is very strong over in the East, particularly in Victoria, so it is a demanding task to get up there with them. But the only way we will raise the standards here is to compete regularly, so hopefully things are looking up.

The 4x1500 event was a MAWA initiative last year, and has not yet been incorporated into the national “championships”. There are tentative thoughts about its inclusion in 2010. So this one was just for fun. And it brought out nine teams of 4, so 36 of us clearly thought that it was fun. Especially pleased with themselves would be the W60s and M75s, both of whom broke their Australian records set last year. Congratulations to them. There were a plethora of new state records as well, most of which were inaugural since this event is run so infrequently.

Week 3: There were three different events scheduled for this really hectic night, but with the help of so many it seemed to go very smoothly. Les and his cohorts manned the jump pit, Damien and his friends the throwing circle and Barbara’s team did their usual sterling work on the trackside. In all, we had 15 teams competing in the relays tonight, three hammer teams, a men’s and ladies’ long jump and ten 4x800 quartets in two heats. It’s good to see the resurgence in throwing this year. Although we probably cannot compete against the might of Victoria and the ACT yet, only competition like this will improve the standards to the level where we can do so. Our two long jump teams were mixed age groups, with none of the young guns taking part. However, both teams produced creditable cumulative distances and should be in the running when all the postal entries are collated next month.

It was all different on the track, with a number of the teams having great potential and high hopes of that AMA certificate as national champions. The results are below in detail. Highlights, in no particular order, include a 2:14 split from ex 800/1500 specialist Mark Dawson, a wonderful 2:17 from the always elegant Campbell, a superb 2:13 from Peter de Klerk and very fast times from Chris and Ian. Team performances of special note were Kerriann and Toni’s W35s and the evergreen W60s who always rise to the relay occasion and smashed their own SR again. But, as has become the ritual on such nights, it was the M75s – Cecil’s band – who stole the show with another state, Australian and unofficial world record. Sadly this will probably be the last time we see an M75 team for a while. Three of them turn 80 later this year and Cecil promises a further batch of records at this new age group next year! We can’t wait, Cecil, but in the meantime, let’s put our (virtual) hands together for **Cecil Walkley, Bob Hayres, Stan Lockwood** and **Irwin Barrett-Lennard**. Incidentally, Stan Lockwood’s previous state record was in 1977 when he ran the 60m in 8.6s! And another snippet from our insatiable statistician Campbell - Irwin also holds the M75 half marathon record for WA. Some range.

Long Jump “relay”

M50 13.69 [Campbell Till 4.88, Damien Hanson 4.11, David Clive 4.70]

W60 8.35 [Bev Hamilton 2.40, Peggy Macliver 3.43, Lynne Schickert 2.52]

Hammer “relay”

W50 49.09 [Bev Hamilton 22.45, Clara Ward 14.46, Lynne Schickert 12.18]

W35 40.10 [Karen Eastwood 12.94, Anne Travis 13.96, Toni Phillips 13.20]

M35 70.98 [Andrew Plackett 20.77, Mark Hamilton 31.36, Chris Neale 18.85]

4 x 800m relay

W35 11:29.8 **SR** [Toni Phillips 2:44, Delia Baldock,3:00, Simone Solomon 2:56, Kerriann Bresser 2:49]

M60 12:21.6 [John Oldfield 2:56, Mike O’Reilly 3:12, Maurice Creagh 3:22, Dave Roberts 2:51]

W60 12:36.6 **SR** [Gillian Young 2:56, Jackie Halberg, 3:14, Shirley Bell 3:19, Peggy Macliver 3:07]

W50 13:30.8 **SR** [Margaret Saunders 2:44, Theresa Howe 3:49, Sarah Ladwig 3:39, Carol Bowman 3:18]

M75 16:04.5 **WR** [Cecil Walkley 3:58, Stan Lockwood 4:23, Bob Hayres 4:05, Irwin Barrett-Lennard 3:38]

M40 9:13.0 [Mark Dawson 2:14, John Collier 2:27, Ian Cotton 2:18, Peter De Klerk 2:13]

M35 9:41.0 **SR** [Kim Thomas 2:27, Ross Keane 2:24, Paul Burke 2:28, Chris Neale 2:22]

M50 9:42.6 [Campbell Till 2:17, Pete Sullivan 2:28, Duncan McAuley 2:27,Paul Hughes 2:30]

M45 10:48.7 **SR** [Paul Haylett 2:23, Nick Miletic 3:04, John Dennehy 2:55, Colin Smith 2:26]

M60 11:02.3 [Bruce Wilson 2:35, David Carr 2:45, Ivan Brown 2:55, Bob Schickert 2:47]



photo – John Oldfield

Week 4:

Shot “relay”

M35	30.15	[Mark Hamilton 11.14, Kevin Webster 9.99, Mick Adams 9.02]
W50	19.49	[Bev Hamilton 8.98, Lynne Schickert 4.82, Rose-Maree Hollaway 5.69]

4 x 400m relay

M40	4:51.2	[Paul Haylett 61, Dante Giacomini 81, Dave Roberts 73, John Dennehy 76]
W60	5:24.5	[Gillian Young 76, Shirley Bell 88, Jackie Halberg 83, Peggy Macliver 77]
W50	6:41.3	[Carol Bowman 85, Valerie Millard 1:47, Lynne Schickert 1:53, Sarah Ladwig 1:36]
M50		DQ – illegal changeover

M40	3:54.9	[Colin Smith 59, Andrew Brooker 60, Ian Cotton 59, Peter De Klerk 57]
M30	4:07.1	[Kim Thomas 65, Ross Keane 63, Corey Thomas 64, Chris Neale 55]
M60	4:47.0	[Barrie Kernaghan 67, David Carr 74, Bruce Wilson 73, Bob Schickert 73]
W35	4:48.3	[Kerriann Bresser 72, Simone Solomon 74, Delia Baldock 74, Toni Phillips 69]

It was very close to the official declaration time of 6.50pm that the final line-ups were organized. The team sheet started the evening as *version 4* but at declaration time had become *version 7*. Perhaps not everybody realizes that the formal requirements for these national relays state that teams must be finalized by declaration time and no subsequent personnel changes are permitted. The shot-putters disappeared on to the horizon beyond the perimeter fence, as both putting circles within the perimeter were underwater as a result of the day's heavy showers. Two teams entered this year, represented each gender, so making a total of eleven field teams for the competition. Since last year's field entry was a mere three teams this reflected the much greater interest in throwing and jumping that has been evident for some time.

The 4x400m attracted an entry of eight teams, a number of them with good chances to shine at national level. Last year we won two age-groups in the men's 4x400s, but had a clean sweep from W30 to W60 in the women's. No doubt the other states took note and will be more competitive this year. The first heat swept off from the start at breakneck pace, with Campbell and Paul putting down strong markers, Gillian and Carol gamely battling to match the pace of these two speedsters. Disaster struck our lead team at the second changeover as a misunderstanding between Nick and Rob meant that the changeover was outside the permitted zone, resulting in the team's disqualification. This was a great pity as their time of sub-3:50 beat Queensland's winning time last year by more than ten seconds. The M40 second-string team, changed twice in the build-up to the event this evening, produced an excellent 4:51, and the very consistent and reliable W60s set yet another state record. The W50s are also in with a shout of the national title with a steady 6:41.

The second heat had its own drama in the first leg. Colin flew from the start and was in line for around 56s when his calf muscle spasmed badly 40m from the changeover. He struggled to the line, probably still faster than most of us run, and handed the baton over with a 59s split. With such stars as Andrew, Ian and Peter to follow there was always going to be an excellent time for this top M40 team and Peter 'broke the tape' with the clock showing 3:54.9. The M30s followed not far behind, but more drama was taking place on the track as they finished. M60s' last leg runner, Bob, had taken charge of the baton with a 10 metre lead over W30s' Toni. This was going to be a battle of the ages and the genders. Toni ate into Bob's lead and entered the straight only three metres down. The effort on Bob's face was a sight to behold as his forehead (and top-head!) became redder and redder; Toni was inching closer to him as the throng roared on their favourite. But age won the day as Toni realized with ten metres to go that she was just agonizingly short. It was a fitting end to what has been the most magnificent month of relay competition. February 2010 cannot come soon enough!



In Focus – Ross Keane

Full of early promise

Ross started out with a couple of seasons in Little As. Later, as a junior for Melville AC, he used running as pre-season warm up for football and basketball and won his high school 800m and 1500m in his final year. At the State Championships in 1980, he was in the Melville AC 4x800 junior relay team that took first place after a protest. Unfortunately his treasured winner's medal has been lost along the way. Between the ages of 19 and 46 there was an athletics drought in Ross's life. But, wanting to maintain fitness and to keep up with his kids, he then decided to join MAWA.



Keane by name, keen by nature

He is now well into his second season with the club and has run every distance from 60m to 3000m. He is usually amongst the first few runners home in races of 400m or over and in January set a PBA of 11:30.5 in the 3000m. This is clearly his best distance but what he really enjoys is the shorter 5 or 6km race on a Sunday morning when he just runs for enjoyment. He has recently added the steeplechase to his repertoire, doing all his training over the low barriers of the 2km race. At his first attempt at the higher barriers of the 3km race, he took the M45 gold medal in this year's State Championships in February in just under 12:50.

As a single parent with two young children, Ross finds that, as well as bringing health benefits, running helps him deal with the stresses and strains of daily life. And with daughter Catherine's race times steadily improving as she gets older, Ross is keen to improve *his* race times in order to ensure he keeps ahead of her for as long as possible. But, more importantly, faster times would set him up nicely for the main events of the upcoming State Championships and also for the Nationals in Adelaide. He hopes that, sometime in the future, he will have the opportunity to go overseas and have a crack at the World Championships.

“World Class Runner at 90”

This headline in the *West Australian* early this month caught my eye. It was in fact an obituary for **Rosario Iglesias**, a Mexican woman, who died recently at the age of 98. Rosario was a newspaper delivery lady who ran her round of 11km each day. One of her regular customers suggested she enter a race. So she did – at the age of 80. She won it, and that started a delayed racing career that led to her carrying the Olympic torch through Mexico City on its way to Athens in 2004.

During her running career Rosario raced in many overseas countries, including the world Masters Championships in Brisbane. She held records at W85 and W90 in combinations of the 200m, 400m and 800m. She has now passed on, but has left a legacy of little Iglesias athletes; she had 15 grandchildren and 30 great grandchildren. So those of us going to Lahti should look out for fellow competitors wearing the white, green and red of Mexico. If one of them smiles and says “My name is Iglesias”, then shake their hand and remember the grand old dame of Masters Athletics.

**Don't forget your entry form
for the state championships**

Entries close this week!

Analysis of the Results

Feb 5th: Most attention tonight was on the relays (see page 2), but there was plenty of other high quality athletics for the 60-plus to see. A good middle distance field strutted its stuff in the 1000m. Paul, Peter and Ross (sounds like a 60s folk group) showed the way, with Pete producing a PBA and the other two season's bests. Bruce made a welcome return to the track in his warm-up for the walk relay, and season highs were also there for Dante, Gillian and Peggy. Nick had his best kilometre as an M55, but Carol went one better with a **PB** of 4:16, knocking several seconds off her previous best. All the training is working really well for team Carr! Another good set of 400s followed. Peter, Campbell and David showed us how it was done in the top heat, but the second was also a very good race, with Ian pacing Lee through to his best for the season. Sean, Carol and Michelle continued their improvement as well. Valetta and Pat were the long jumps stars this week, with Damien finding some welcome time to compete now the AGT is finished. And finally, Kevin broke the 10m barrier, just, with his shot put to record his highest mark as an M40.

Feb 7th: Barrie Kernaghan was the star at Perry Lakes on Saturday, with his best 400m for two years. Barrie rarely shows much emotion, but he was clearly very happy with this one. In the field events it was Randal showing his class with a 47m throw in the discus. We need to persuade him to enter our national team events! The afternoon concluded with two steeplechase races doubling as the MAWA state championships. (These have to be held at Perry Lakes for logistical reasons.) Plenty of personal landmarks were recorded as all competitors picked up medals to cherish, and congratulations are offered to all those who competed, several for the first time in this event.

Feb 10th: With many McGillivray regulars entered in Thursday's relays at Coker the numbers were down on the track again. But there was plenty of action on the infield as the popularity of Damien's throwing events continues its upward trend. Eleven spear throwers, plus two visitors, contested the main event of the evening, with Scott just edging out Damien as the top throw – both personal landmarks. Damien's was not just his best of the season, but also a **PBA** - well done. Other SBs came from Peggy, Peter, Sean and Rob. It was Bob, Karen and Terry taking a turn in the spotlight in the shot with their season highs. Meanwhile, back on the track there were some terrific finishes in the 100m dash. Taking advantage of the benign conditions and the excellent state of the grass, Scott stormed home ahead of holidaymaker Julian Langley in an excellent 12.7. Peter, Barrie and Sean also recorded top times, with Sean's steady improvement leading to his best since joining the club. The best finish of the night was in the next heat. Duncan and Norm were inseparable along the length of the track, but your editor gave it to the senior of the two on the line by the thickness of his vest. As Duncan said afterwards "These old guys certainly know where the start and finish lines are". It's really good to see Duncan running so well again, and Norm seems to be over the injury plagued year he had in 2008 as he prepares for yet another big set of championships later this year. In the longer races, Mark again impressed with his flowing style in a very sharp kilometre race, leading home Peter, with Ross and John C pleased with their SBs. And in the 3k those two were top dogs, although it has to be recorded that Mark kindly gave us all 300m by missing the call across to the start.

Feb 12th: In the pit it was the highly technical triple jump tonight, and three visitors joined the seven trying their technique. Bev, Michelle and Colin all managed season's bests, with David Clive also jumping well. The heavyweight throw was the support event for the discus 'relay', producing a great throw from Kevin, who set a new state record (M40) of almost 10m. Andrew and Mick were inspired to set new highs themselves. Many were keeping plenty in reserves for the relays to follow on the track, but there were still some excellent races to enjoy. The sprinters claim that it takes as much energy to run the short races as we distance specialists use in ours, and who am I to argue? Certainly there was no shortage of effort in the 60m heats, with Lee, Colin. Peter and Nick putting on a fine show. And the next two heats also produced fine races, with David, Simone and Peggy to the fore. Many congratulations to Lee, Peter, Michelle, Carol and Gillian – all recording another landmark on their build up. More was to come in the 600, with foru more SBs, and also a welcome return to Margaret Saunders with a fine sub-2minute run here. The last of the sprints - the 200m - continued the trend. Colin came in with a smile on his face in something like 27s, only to lose the smile when he was told the timekeepers had missed his finish! Behind him Nick and Kevin continued their improvement, and Melissa also in the final heat. There were few takers for the 3000m with only half an hour to go to the 1500 relays, but the walkers enjoyed a stretch in the benign conditions.

Feb 15th: Few of our members made it to the Lakes this week, but Scott gave us a lesson in bend sprinting with a sub-26s 200m. Our two 800m specialists also excelled, with Andrew hitting a PBA of 2:08 and Neil not much slower in a magnificent 2:11. These two really look the part in these open fields and are great ambassadors for Masters Athletics.

Feb 17th: With the runners struggling with the customary strong McGillivray headwind most of the action was in the field events tonight. Good numbers there again as the build up to the state championships continues apace. Sue managed a season's best in the complex triple jump, whilst Bev, Peter and Rob hurled the discus prodigious distances too. The two best heavyweight throwers, John and Bob, also got into the act with SBs. The sprinters may not have enjoyed the headwind, but Keith and Norm showed them how it should be done, with Keith pacing young Norm through to an excellent best for the year. And there was some top running in the 600m event too, with Peter stretching out to win in a very impressive 1:37, and leading Mark and Ross each to an SB behind him. Ross has thoroughly deserved the acclamation on page 4 of this newsletter with a string of very impressive results.

Feb 19th: You may have expected that the huge number of athletes tonight would have been keeping their powder dry for the relays. Not so; Pete Sullivan put his cards on the table in the first race of the night with a terrific PBA of 74.5 in the 400m (and remember that Pete is a distance runner!). SBs for Carol, Gillian and Dante followed in subsequent heats. Dante was still not satisfied, cementing his consistent improvement in the 800 with another season's high of 2:52. Some very watchable sprinting followed with the 100m dash, as your editor loafed around waiting for the relays to begin, David Clive equalling his 2008/9 best in the second heat after Chris Neale warmed up with a casual 12.6. Sarah showed she meant business later as well, dipping under 20s for the first time. And still it was not finished, Dante (again) lowered his season's 3000m time to 12:35 followed by the usual Melissa improvement as she came close to the 17 minute barrier, and finally Rose walked her best of the season too. Bev 'speared' 19.5m and Andrew went over 20m with the hammer as the throwers prepared for their 'relay'.

Feb 24th: There was a much better turnout than in previous weeks with over 30 members signing in. Two middle distance events started proceedings, with Scott leading home the 'fast' heat of the 400 in a blazing 59s. Perhaps the better race in terms of closeness was the second heat, with Ivan and Norm vying for the lead all the way up the home straight. Ivan's younger lungs won the day, but both hit season's best times. The first heat of the 800 also produced a good race; Ross continues to impress (see page 4) with another big improvement to 2:27.6, with Pete, Bernard and John C close on his heels. There were four heats of the 100, all very impressive. The third heat saw Damien giving us a rare sight of his sprinting prowess. Tracey and Bob followed, with Christine making light of her ankle problem with a good SB of 20.8. A huge throng lined up on the start line for the 3000m, and there were some fast times. Pete took line honours, with Mark, Bernard and Dave W all recording season highs. John O took advantage of the benign conditions with a controlled race to notch up a PBA of 12:22. In the hammer, Bob threw over 28m for an SB and Val P recorded her best for the year in the javelin competition.

Feb 26th: Glorious conditions for this final night of the relays, and another record turnout. There was some wonderful racing in the main programme, with a plethora of SBs in the 200m, one PBA for Sarah (probably a PB as well) and a definite PB for your editor, who has no plans, however, to become a sprinter. There was a further sprinkling of SBs in the massed ranks of runners in the 60m, which included Frank Hearn, a welcome visitor from Ireland. Frank is a renowned sprinter in world circles, and certainly inspired compatriot Maurice, who strode to a season's best in the 3000m. Michelle leapt to over 8m for the first time this season in the TJ, and Mark shrugged of all the valiant work he's been doing helping with the team relays to throw his best discus of the season too. So there was much to enjoy before the relays – reported elsewhere in this newsletter.

March programme

Coker Park UWA

3rd 200m, 1500m r/w, 60m, 3000m run and walk
Triple jump, shot, discus

NB: Sunday 8th (Perry Lakes) – 2000m steeplechase (76cm barriers) is an extra event

5th 10th 60m, 800m, 300m, 5000m run and walk
long jump, hammer, discus

12th 17th 1000m, 60m, 200m, 3000m, **5000m walk (championships) – ECAC only**
Triple jump, javelin, shot

19th 24th 300m, 1500m, 100m, 2000m r/w, **10000m (championships) – ECAC only**
long jump, shot, wt throw

21st **ECAC only – Pentathlon (championships)**

28th and 29th **ECAC – main championships weekend**

CLUB RESULTS

February 5th - ECAC

1000m

Paul Haylett	M45	3:12.2	SB
Pete Sullivan	M50	3:17.4	PBA
Ross Keane	M45	3:22.0	SB
Bruce Wilson	M60	3:29.7	
Kim Thomas	M35	3:30.0	
Corey Thomas	M30	3:32.3	
Bob Schickert	M65	3:40.3	
Simone Solomon	W40	3:44.0	
Dante Giacomini	M40	3:44.5	SB
Kerriann Bresser	W40	3:45.2	
Karen March	W45	3:54.9	SB
Nick Miletic	M55	4:00.1	PBA
Gillian Young	W60	4:01.5	SB
Peggy Macliver	W60	4:13.6	SB
Carol Bowman	W50	4:16.0	PB
Maurice Creagh	M60	4:16.5	
Delia Baldock	W45	4:18.4	
Teresa Howe	W55	4:59.2	
Melissa Young	W30	5:05.2	

400m

Peter De Klerk	M45	56.9	
Julian Langley	Vis	57.4	
Campbell Till	M50	57.6	
David Solomon	M40	61.7	

Ian Cotton	M40	58.7	
Lee Stergiou	M35	60.5	SB
Barrie Kernaghan	M65	68.8	
David Carr	M75	71.5	
Sean Gartlan	M40	75.9	SB

Delia Baldock	W45	78.5	
Peggy Macliver	W60	82.6	
Carol Bowman	W50	84.9	SB
Michelle Thomas	W30	1:30.7	SB
Catherine Keane	Vis	1:34.8	
Sarah Ladwig	W55	1:35.2	

Feb 7th – Perry Lakes

2000 steeplechase (MAWA state champs)

Bruce Wilson	M60	8:21.0	
Bob Schickert	M65	9:00.6	
Kerriann Bresser	W40	9:19.6	
David Carr	M75	9:34.6	
Delia Baldock	W45	10:05.5	PBA
Jacqui Sanders	W40	10:20.0	
Carol Bowman	W50	10:39.1	PB
Lynne Schickert	W65	14:08.5	

3000 steeplechase (MAWA state champs)

Bjorn Dybdahl	M55	11:55.7	PBA
Ross Keane	M45	12:49.4	
Colin Smith	M45	14:42.6	
Nick Miletic	M55	15:23.6	

3000m

Pete Sullivan	M50	10:49.5	
Ross Keane	M45	11:55.8	
Iain MacLennan	Vis	12:28.8	
Kim Thomas	M35	12:35.4	
Paul Haylett	M45	12:39.1	
Karen March	W45	12:59.3	
Dante Giacomini	M40	13:03.2	
Corey Thomas	M30	13:10.8	
Gillian Young	W60	13:15.5	SB
Maurice Creagh	M60	14:17.9	
Sean Gartlan	M40	15:03.9	
Mike O'Reilly	M65	15:11.9	
Lorraine MacLennan	Vis	15:27.1	
Melissa Young	W30	17:05.9	PB

Long Jump

Valetta Boddy	W45	4.27	SB
Damien Hanson	M55	4.15	
Iain MacLennan	Vis	4.41	
Michelle Thomas	W30	3.49	
Pat Carr	W75	2.80	SB

Javelin

Kevin Webster	M40	33.58	
Anne Travis	W35	12.31	

Shot

Mark Hamilton	M35	11.93	
Anne Travis	W35	6.93	
Kevin Webster	M40	10.00	PBA
Mick Adams	M50	9.65	
Rose-Maree Hollaway	W50	5.70	

Shot

Anne Travis	W35	6.72	
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Hammer

Byrony Glass	W30	54.92	
Kate Glass	W55	37.30	
John Everard	M50	37.89	

Discus

Randal Humich	M35	47.17	SB
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100m

Barrie Kernaghan	M65	14.48	
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400m

Neil Morfitt	M50	58.60	
Barrie Kernaghan	M65	67.01	SB

February 10th – UWA**100m**

Scott Andrews	M35	12.7	
Julian Langley	Vis	12.9	
Peter De Klerk	M45	13.3	
Barrie Kernaghan	M65	14.5	
Sean Gartlan	M40	14.8	SB

Norm Richards	M70	14.7	
Duncan McAuley	M55	14.7	SB
Peter Hopper	M60	17.4	
Ross Calnan	M65	19.7	

Jack Gartlan	Vis	17.7	
Liam Gartlan	Vis	18.4	
Catherine Keane	Vis	19.7	
Christine Oldfield	W60	21.2	
Lynne Schickert	W65	22.6	

1000m

Mark Dawson	M45	3:04.0	
Peter De Klerk	M45	3:10.5	
Ross Keane	M45	3:13.8	SB
John Collier	M40	3:15.1	SB
Julian Langley	Vis	3:23.0	
Keith Edmonds	M40	3:49.1	
Liam Gartlan	Vis	4:51.4	

400m

Duncan McAuley	M55	66.0	
Sean Gartlan	M40	73.3	SB
Keith Edmonds	M40	74.3	
Norm Richards	M70	81.4	
Jack Gartlan	Vis	85.0	

Scott Andrews	M35	58.5	SB
Peter De Klerk	M45	58.6	
Julian Langley	Vis	62.7	
Liam Gartlan	Vis	93.8	
Catherine Keane	Vis	94.9	

February 12th – ECAC**Triple Jump**

David Clive	M70	9.03	
Bev Hamilton	W60	5.97	SB
Michelle Thomas	W30	7.41	SB
Iain MacLennan	Vis	9.53	
Martin MacLennan	Vis	6.70	
Taylah Eastwood	Vis	6.69	
Kevin Collins	M40	6.96	
Colin Smith	M45	9.35	SB
Lynne Schickert	W65	5.88	

3000m

Ross Keane	M45	12:05.7	
John Collier	M40	12:22.8	
Keith Edmonds	M40	12:25.2	
Grant Owens	M45	12:29.4	
John Oldfield	M65	12:39.2	
Mark Dawson	M45	12:51.3	
Sean Gartlan	M40	15:06.0	
Gill Edmonds	W40	16:57.3	

3000m Walk

Peter Hopper	M60	21:04.9	
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LONG JUMP

Peggy Macliver	W60	3.48	
Lynne Schickert	W65	2.62	

JAVELIN

Sue Fardella	W40	11.69	
Lily Fardella	Vis	29.40	
Karen Eastwood	W40	15.54	
Terry Eastwood	M40	21.18	
Bob Fergie	M70	21.24	
Scott Andrews	M35	34.86	SB
Ross Calnan	M65	19.75	
Lynne Schickert	W65	10.15	
Peter Hopper	M60	29.74	SB
Sean Gartlan	M40	26.63	SB
Rob Shand	M75	23.97	SB
Damien Hanson	M55	31.26	PBA
Peggy Macliver	W60	15.68	SB

SHOT

Sue Fardella	W40	5.42	
Lily Fardella	Vis	9.16	
Karen Eastwood	W40	6.23	SB
Terry Eastwood	M40	7.84	SB
Bob Fergie	M70	8.39	SB
Rob Shand	M75	6.79	
Sean Gartlan	M40	8.52	

Weight Throw

Andrew Plackett	M40	6.97	SB
Bev Hamilton	W60	8.05	
Mark Hamilton	M35	12.47	
Dale Hamilton	Vis	10.48	
Kevin Webster	M40	9.89	SR
Clara Ward	W50	7.32	
Mick Adams	SB M50	8.75	

60m

Dale Hamilton	Vis	7.8	
Lee Stergiou	M35	7.9	SB
Colin Smith	M45	8.1	
Pieter De Klerk	M45	8.1	SB
Nick Miletic	M55	9.5	

David Clive	M70	8.9	
Simone Solomon	W40	9.8	
Peggy Macliver	W60	9.9	
Michelle Thomas	W30	10.0	SB
Carol Bowman	W50	11.3	SB=

Melissa Young	W30	10.3	
Gillian Young	W60	10.7	SB
Sarah Ladwig	W55	11.9	
Pat Carr	W75	12.5	
Lynne Schickert	W65	13.6	

Iain MacLennan	Vis	9.4	
Martin MacLennan	Vis	10.9	
Taylah Eastwood	Vis	11.3	
Catherine Keane	Vis	12.1	

600m

Pieter De Klerk	M45	1:33.4	SB
Chris Neale	M35	1:33.9	SB
Dale Hamilton	Vis	1:36.7	
Pete Sullivan	M50	1:50.5	SB
Kim Thomas	M35	1:51.8	
Bruce Wilson	M60	1:56.1	
Margaret Saunders	W55	1:58.3	
Martin MacLennan	Vis	2:24.2	
Taylah Eastwood	Vis	2:34.4	
Michelle Thomas	W30	2:46.5	SB

Summer walks programme – Race Walking Club of WA**February 8th – Wilson****10km walk**

Tom Lenane	M50	1:05:39	
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5km walk

Rose-Maree Hollaway	W50	34:32	
Lesley Romeo	W60	36:55	
Michelle Mison	W60	40:06	

February 15th – Perry Lakes**10km walk**

David Smyth	M35	1:02:39	
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5km walk

Lyn Ventris	W50	24:40	
Tom Lenane	M50	32:54	
Rose-Maree Hollaway	W50	34:15	

200m

Dale Hamilton	Vis	25.3	
Colin Smith	M45	n/t	
Nick Miletic	M55	33.0	SB
Kevin Collins	M40	36.4	PBA

Chris Neale	M35	26.5	
Pieter De Klerk	M45	27.4	SB
David Clive	M70	30.2	
Bob Schickert	M65	34.6	
John Dennehy	M45	34.8	

Iain MacLennan	Vis	31.3	
Melissa Young	W30	36.3	PB
Martin MacLennan	Vis	40.3	
Catherine Keane	Vis	43.2	
Pat Carr	W75	47.6	
Lynne Schickert	W65	48.6	

3000m

Dante Giacomini	M40	12:37.4	SB
Pete Sullivan	M50	12:43.8	
Kim Thomas	M35	13:10.7	
Lorraine MacLennan	Vis	14:42.7	

3000m walk

David Smyth	M35	18:22.6	
Rose-Maree Hollaway	W50	19:57.9	
Stan Jones	M80	22:18.7	

AWA Strive meet**February 15th – Perry Lakes****60m**

Barrie Kernaghan	M65	9.33	
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200m

Scott Andrews	M35	25.74	SB
Barrie Kernaghan	M65	29.18	

800m

Andrew Brooker	M40	2:08.81	PBA
Neil Morfitt	M50	2:11.49	

5000m

Paul Mitchell	M35	17:02.5	
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February 17th – UWA**60m**

Julian Langley	Vis	8.4
Peter De Klerk	M45	8.4
Norm Richards	M70	9.3
Barrie Kernaghan	M65	9.5

Peggy Macliver	W60	10.0
Peter Hopper	M60	10.1
Tracey Gartlan	W40	10.8
Liam Gartlan	Vis	11.5
Catherine Keane	Vis	11.8

Jack Gartlan	Vis	11.1
Bob Neville	M75	11.9
Val Millard	W60	12.3
Christine Oldfield	W60	13.1
Lynne Schickert	W65	13.8

600m

Peter De Klerk	M45	1:37.1	
Mark Dawson	M45	1:42.7	SB
Ross Keane	M45	1:46.1	SB
John Collier	M40	1:50.2	
Keith Edmonds	M40	2:24.6	
Jack Gartlan	Vis	2:35.3	
Catherine Keane	Vis	2:46.9	
Liam Gartlan	Vis	3:05.1	

3000m

Mark Dawson	M45	11:07.7
Ross Keane	M45	11:46.9
John Collier	M40	12:03.9
Keith Edmonds	M40	12:17.2
Ivan Brown	M60	12:35.2

3000m Walk

Peter Hopper	M60	19:59.5
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TRIPLE JUMP

Sue Fardella	W40	5.74	SB
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February 22nd – Perry Lakes**Hammer**

Kate Glass	W55	37.32
Byrony Glass	W30	56.23

100m

Barrie Kernaghan	M65	14.63
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WEIGHT THROW

John Everard	M50	12.61	SB
Bev Hamilton	W60	9.28	
Sue Fardella	W40	4.25	
Rob Shand	M75	6.60	
Bob Fergie	M70	11.99	SB
Damien Hanson	M55	7.54	

DISCUS

John Everard	M50	28.04	
Bev Hamilton	W60	22.19	SB
Tracey Gartlan	W40	22.00	
Julian Langley	Vis	24.61	
Peter Hopper	M60	23.19	SB
Sue Fardella	W40	15.18	
Lily Fardella	Vis	27.47	
Rob Shand	M75	23.10	SB
Bob Fergie	M70	23.67	
Damien Hanson	M55	23.39	

200m

Julian Langley	Vis	27.2	
Peter De Klerk	M45	28.2	
Barrie Kernaghan	M65	30.8	
Keith Edmonds	M40	31.2	SB
Norm Richards	M70	31.3	SB

Peggy Macliver	W60	34.8
Jack Gartlan	Vis	36.6
Liam Gartlan	Vis	41.0
Catherine Keane	Vis	42.7

Bob Neville	M75	43.0
Val Millard	W60	43.5
Christine Oldfield	W60	46.4
Lynne Schickert	W65	55.0

400m

Chris Perrey	M35	51.30
Neil Morfitt	M50	58.63
Barrie Kernaghan	M65	65.50

1500m

Paul Mitchell	M35	4:43.63
Neil Morfitt	M50	4:44.16

February 19th – ECAC**400m**

Scott Andrews	M35	60.0	
Kim Thomas	M35	69.0	
Bruce Wilson	M60	73.8	
Pete Sullivan	M50	74.5	PBA

Ivan Brown	M60	79.9	
Gillian Young	W60	81.7	SB
Carol Bowman	W50	84.8	SB
Martin MacLennan	Vis	89.8	
Sarah Ladwig	W55	1:38.2	

800m

Ed Love	Vis	2:28.9	
Dale Hamilton	Vis	2:29.1	
Pete Sullivan	M50	2:44.8	
Dante Giacomini	M40	2:52.1	SB
Kim Thomas	M35	3:01.9	
Martin MacLennan	Vis	4:49.0	

100m

Dale Hamilton	Vis	12.4	
Chris Neale	M35	12.6	
Colin Smith	M45	12.9	
Scott Andrews	M35	13.1	
Nick Miletic	M55	15.5	

David Clive	M70	14.5	SB=
Peggy Macliver	W60	16.2	
Simone Solomon	W40	16.2	
John Dennehy	M45	16.7	
Michelle Thomas	W30	17.3	

Iain MacLennan	Vis	15.3	
Melissa Young	W30	17.2	
Gillian Young	W60	18.7	
Sarah Ladwig	W55	19.8	PBA
Martin MacLennan	Vis	19.8	

Anne Travis	W35	18.5	
Catherine Keane	Vis	19.3	
Valerie Millard	W60	20.1	
Pat Carr	W75	20.8	

February 24th – UWA**400m**

Scott Andrews	M35	59.1	
Mark Dawson	M45	65.3	
Rob Colton	Vis	67.7	
Barrie Kernaghan	M65	69.4	
Peter Sullivan	M50	77.0	

3000m

Steve Giles	M50	11:09.7	
Pete Sullivan	M50	11:13.6	
Ed Love	Vis	11:31.7	
Rosemary Giles	W30	11:36.2	
Dante Giacomini	M40	12:35.4	SB
Kim Thomas	M35	12:36.2	
Graeme Dahl	M55	13:59.3	
Maurice Creagh	M60	14:30.8	
Tanya Craig	Vis	14:36.9	
Lorraine MacLennan	Vis	14:44.4	
Melissa Young	W30	17:01.9	SB

3000m walk

Valerie Millard	W60	19:26.6	
Rose-Maree Hollaway	W50	19:43.2	SB

Long Jump

Colin Smith	M45	4.58	
Iain MacLennan	Vis	4.49	
Jamie Plackett	Vis	6.45	

Javelin

Chris Neale	M35	29.33	
Dale Hamilton	Vis	40.62	
Bev Hamilton	W60	19.53	SB
Andrew Plackett	M40	29.71	
Clara Ward	W50	13.15	
Jamie Plackett	Vis	33.81	
Karen Eastwood	W40	16.19	
Scott Andrews	M35	37.15	
Iain MacLennan	Vis	25.56	

Hammer

Andrew Plackett	M40	20.77	SB
Mark Hamilton	M35	31.36	
Chris Neale	M35	18.85	
Dale Hamilton	Vis	24.84	
Bev Hamilton	W60	22.45	
Clara Ward	W50	14.46	
Lynne Schickert	W65	12.18	
Karen Eastwood	W40	12.94	
Anne Travis	W35	13.96	
Toni Phillips	W35	13.20	

Ivan Brown	M60	76.3	SB
Norm Richards	M70	77.3	SB
Jack Gartlan	Vis	93.5	
Christine Oldfield	W60	103.9	
Val Prescott	W60	2:15.2	

800m

Ross Keane	M45	2:27.6	SB
Daniel Liseberg	Vis	2:28.6	
Peter Sullivan	M50	2:34.2	SB
Bernard Mangan	M50	2:35.8	
John Collier	M40	2:41.7	
Rob Colton	Vis	2:28.6	
Mark Dawson	M45	2:41.4	
Keith Edmonds	M40	2:50.2	
Dave Willmer	M45	2:52.4	
Catherine Keane	Vis	3:23.8	
Scott Haylett	Vis	3:52.9	
Val Prescott	W60	4:52.4	

100m

Scott Andrews	M35	12.9	
Barrie Kernaghan	M65	14.3	
Keith Edmonds	M40	14.9	
Norm Richards	M70	14.9	
Daniel Liseberg	Vis	13.3	
Paul Haylett	M45	13.5	
Mark Dawson	M45	15.7	
Peggy Macliver	W60	16.4	
Damien Hanson	M55	15.8	
Tracey Gartlan	W40	17.2	
Bob Neville	M75	19.2	
Christine Oldfield	W60	20.8	SB
Lynne Schickert	W65	22.3	
Scott Haylett	Vis	17.1	
Jack Gartlan	Vis	17.5	
Catherine Keane	Vis	19.0	
Liam Gartlan	Vis	19.1	

February 26th – ECAC**200m**

Chris Neale	M35	25.5	
Garry Ralston	M50	26.3	
David Solomon	M40	29.2	
David Clive	M70	30.7	
Rob Antonioli	M55	32.8	
Barrie Kernaghan	M65	28.4	SB
Frank Hearn	Vis	30.3	
Norm Richards	M70	30.8	SB
Nick Miletic	M55	32.5	SB
Bob Schickert	M65	33.1	SB
David Carr	M75	33.1	
Dale Hamilton	Vis	25.8	
Peggy Macliver	W60	32.8	SB
John Dennehy	M45	35.8	

3000m

Peter Sullivan	M50	10:53.9	
Mark Dawson	M45	10:57.6	SB
Bernard Mangan	M50	11:04.6	SB
David Willmer	M45	11:31.1	SB
Ross Keane	M45	11:39.9	
John Collier	M40	11:50.7	
Rob Colton	M40	12:11.9	
Paul Haylett	M45	12:12.5	
John Oldfield	M65	12:22.1	PBA
Ivan Brown	M60	12:30.7	
Graeme Dahl	M55	12:38.4	
Bob Schickert	M65	12:52.7	
Gill Edmonds	W40	16:22.3	

LONG JUMP

Peggy Macliver	W60	3.57	
Lynne Schickert	W65	2.54	
Tracey Gartlan	W40	3.17	
Liam Gartlan	Vis	2.72	
Peter Hopper	M60	3.51	
Robert Colton	Vis	4.30	

HAMMER

Bob Fergie	M70	28.42	SB
Rob Shand	M75	13.80	
Rae McMillan	W80	18.54	

JAVELIN

Sean Gartlan	M40	25.97	
Tracey Gartlan	W40	19.20	
Scott Andrews	M35	37.12	
Bob Fergie	M70	18.96	
Rob Shand	M75	22.15	
Rae McMillan	W80	14.46	
Val Prescott	W60	13.54	SB
Damien Hanson	M55	27.37	
Peggy Macliver	W60	15.44	

(200m cont.)

John Oldfield	M65	38.2	PB
Carol Bowman	W50	38.6	
Gillian Young	W60	36.1	
Melissa Young	W30	36.9	
Martin MacLennan	Vis	40.1	
Sarah Ladwig	W55	42.3	PBA
Valerie Millard	W60	43.1	
Pat Carr	W75	45.5	SB
Lynne Schickert	W65	48.1	

1500m

Ed Love	Vis	5:10.5	
Kim Thomas	M35	5:13.3	
Ross Keane	M45	5:18.9	
Martin MacLennan	Vis	7:41.9	
Melissa Young	W30	7:56.7	SB

60m

Garry Ralston	M50	7.8	
Dale Hamilton	Vis	8.0	
Colin Smith	M45	8.0	
Campbell Till	M50	8.2	
Nick Miletic	M55	9.6	

Corey Thomas	M30	8.7	
David Clive	M70	9.4	
Rob Antonioli	M55	9.4	
Norm Richards	M70	9.5	

Delia Baldock	W45	9.7	SB
Peggy Macliver	W60	9.9	
Melissa Young	W30	10.5	
Gillian Young	W60	11.3	
Carol Bowman	W50	11.4	

Frank Hearn	Vis	9.7	
Simone Solomon	W40	9.7	SB
John Dennehy	M45	10.2	
David Carr	M75	10.5	
Michelle Thomas	W30	10.5	
John Oldfield	M75	12.2	

Martin MacLennan	Vis	11.1	
Catherine Keane	Vis	11.7	
Sarah Ladwig	W55	11.8	SB
Pat Carr	W75	12.2	
Valerie Millard	W60	12.3	
Lynne Schickert	W65	n/t	

Shot

Dale Hamilton	Vis	10.86	
Julie Plackett	W35	6.36	

Feb 28th – Perry Lakes**100m**

Barrie Kernaghan	M65	14.86	
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200m

Barrie Kernaghan	M65	28.35	
Scott Andrews	M35	25.64	

200m hurdles

Toni Phillips	W35	33.01	
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400m hurdles

Chris Perrey	M35	56.43	
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800m

Neil Morfitt	M50	2:11.62	
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3000m

Kim Thomas	M35	11:35.3	
Dante Giacomini	M40	12:27.4	SB
Corey Thomas	M30	12:53.2	SB
Trish Farr	W35	13:12.0	
Maurice Creagh	M60	13:27.2	SB
Lorraine MacLennan	Vis	13:51.8	
Kim Ribbink	Vis	14:08.9	

3000m walk

Sean Fitzsimons	Vis	13:12.1	
Tom Lenane	M50	18:18.2	
Rose-Maree Hollaway	W50	19:38.4	SB
Stan Jones	M80	22:06.2	
Michelle Thomas	W30	25:28.1	
Carolyn Fawcett	Vis	25:28.1	

Triple Jump

Dale Hamilton	Vis	11.45	
David Clive	M70	8.80	
Michelle Thomas	W30	8.01	SB
Martin MacLennan	Vis	6.41	

Discus

Kevin Webster	M40	29.27	
Dale Hamilton	Vis	35.44	
Julie Plackett	W35	22.37	
Bev Hamilton	W60	21.23	
Mark Hamilton	M35	37.68	SB
Mick Adams	M50	29.53	
Ian Cotton	M40	34.48	
Damien Hanson	M55	22.51	
Chris Neale	M35	28.55	

3000m

Paul Mitchell	M35	9:47.7	
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3000m walk

David Smyth	M35	18:07.8	
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Shot

Byrony Glass	W30	11.52	
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Discus

Byrony Glass	W30	35.24	
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Hammer

Byrony Glass	W30	57.77	SR
Kate Glass	W55	36.84	

Feb 14th – Bunbury (City v Country Challenge) – apologies for the formatting and lack of detail

100m

M45	Colin Smith	12.94
M45	Peter de Klerk	13.1
U18	Julia Phillips	13.1
M45	David Phillips	13.75
U18	Georgia Braun	14.38
M60	Bruce Cornish	15.16
Open	Joshua Yates	15.42
M65	Bob Schickert	16.96
M65	Lyle James	17.31
W60	Bev Hamilton	21.71
W65	Lynne Schickert	22.27

200m

Colin Smith	26.66	City
Peter de Klerk	26.92	City
Julia Phillips	27.5	Country
Ruth Johnson	36.11	Country
Lyle James	36.97	Country
Lynne Schickert	49.92	City
Bruce Cornish	31.11	Country
Joshua Yates	32.48	Country
Bob Schickert	36.6	City

800m

Peter de Klerk	2.20.1
Joshua Yates	2.59.2
Bruce Cornish	3.09.1
Lyll James	4.14.3
Lynne	5.44.5
Jeff	6.16.9
Bob	6.18.4
Michelle	6.26.7
Dorothy	6.39.9
Maggie	7.20.0

2000/3000m run/walk

Bruce Cornish	12.54.8
Bob Schickert	13.05.3
Joshua Yates	13.22.1
walk Lynne Schickert	14.46.3
walk Bob Fergie	16.06.2
walk Jeff Whittam	16.12.1
Lyle James	17.07.4

Hammer

Rob Young	28.49
Bruce Cornish	36.18
Bob Fergie	28.62
Isaac Matthewson	35.2
Lyle James	5.42
Jeff Whittam	20.64
Dorothy Whittam	19.73
Lynne Schickert	10.5
Ruth Johnson	18.89
Bev Hamilton	21.73

Michelle ??	3.87	
W60 Barbara Brown	22.48	SR??
Sharon Moloney	22.63	

Shot Put

W70 Dorothy Whittam	6.76
W70 Maggie Flanders	4.54
W65 Lynne Schickert	4.77
W50 Barbara Brown	8.39
W60 Bev Hamilton	8.77
W45 Sharon Moloney	8.45
U18 Julia Phillips	6.74
U18 Georgia Braund	8.2

Isaac Matthewson	11.47
Rob Young	9.46
Bruce Cornish	8.53
Bob Fergie	8.47
Jeff Whittam	7.12
Peter de Klerk	7
Joshua Yates	6.79
Lyle James	3.52

Javelin

M65 Lyle James	12.29
M70 Jeff Whittam	13.96
M60 Rob Young	17.08
M70 Bob Fergie	24.99
M60 Bruce Cornish	28.7
M45 Colin Smith	17.78
M45 Peter de Klerk	20.75

W70 Dorothy Whittam	10.61
W70 Maggie Flanders	11.81
W65 Lynne Schickert	10.52
W60 Bev Hamilton	20.8
Open Michelle ??	10.34
U18 J Phillips	14.67
U18 G Braund	15.78
W50 B Brown	18.2
W45 Sharon Moloney	20.39

Discus

Dorothy Whittam	12.65
Maggie Flanders	10.09
Lynne Schickert	10.5
Ruth Johnson	13.54
Bev Hamilton	21.46
Michelle ??	9.88
B Brown	19.37
Sharon Moloney	23.35

Bruce Cornish	32.38	
Isaac Matthewson	27.43	
Rob Young	27.22	
Bob Fergie	23.56	
Peter de Klerk	18.12	
Jeff Whittam	16.13	
Colin Smith	15.09	
Joshua Yates	12.76	
Lyle James	10.81	