

# TFNL

## The Track & Field Newsletter of MAWA

Season 3 Issue 1 – Lahti World Championships Special

August 2009

### MAWA medal winners

#### GOLD

Irwin Barrett-Lennard (3) - 5000m  
- cross-country  
- 10000m  
Lyn Ventris (3) - 5000m race walk  
- 10km road race walk  
- 20km road race walk  
Peggy Macliver (2) - 100m  
- 200m  
Toni Phillips - 100m hurdles  
Don Chambers - 80m hurdles  
David Carr - 400m  
Lynne Schickert - 2k steeplechase

#### SILVER

David Carr (2) - 800m  
- 2k steeplechase  
Peggy Macliver - 400m

#### BRONZE

Don Chambers - 300m hurdles  
Bert Carse - 2k steeplechase

#### TEAM GOLD

Bert Carse - cross-country  
Lyn Ventris - 20k race walk

#### TEAM BRONZE

Jackie Halberg - cross-country  
Christine Oldfield - cross-country  
Bjorn Dybdahl - cross-country  
Lynne Schickert - 10k race walk

#### RELAY GOLD

Roy Fearnall - 4x400m

#### RELAY SILVER

Peggy Macliver - 4x100m  
Lynne Choate (2) - 4x100m  
- 4x400m  
Don Chambers - 4x400m  
David Carr - 4x400m

#### RELAY BRONZE

Norm Richards - 4x100m  
Don Chambers - 4x100m  
Roy Fearnall - 4x100m

### World Championships Roll of Honour

#### (records set at Lahti)

Decathlon: Don Chambers M70 5517 points SR  
(pole vault) Don Chambers M70 2.00m SR=  
100m: Lynne Choate W55 14.41 SR=  
Peggy Macliver W65 15.51 SR  
300m hurdles: Don Chambers M70 53.74 SR  
400m Irwin Barrett-Lennard M80 85.53 SR=  
Peggy Macliver W65 73.24 AR

400m David Carr M77 67.67 99.41%  
this is thought to be an age-graded world best %

800m Irwin Barrett-Lennard M80 3:23.30 SR  
200m: Peggy Macliver W65 32.49 SR  
Peggy Macliver W65 32.15 SR  
10000: Irwin Barrett-Lennard M80 51:34.24 SR  
2000m s/c: Bert Carse M65 8:05.83 SR

## Looking back on Lahti

There are few other countries with lakes so extensive  
And surely not many where life's so expensive.  
But driving's a pleasure when traffic's so sparse –  
Even in rush hour there's space between cars.  
There are steep rooves on houses and quaint little churches  
And, wherever you look, there are spruces and birches.  
*That's Finland!*

The whole language is fiendish – beyond comprehension;  
With add-ons and accents, just two things to mention.  
Bizarre looking words that defy all pronouncing,  
And you can't even guess at a probable meaning.  
*That's Finnish!*

They are blond and they're friendly and most are obliging;  
And their sporting arenas are truly amazing.  
They are mad about picking wild mushrooms and berries  
And do much of their travelling on the numerous ferries.  
They have Sauna World Championships and play frisbee  
golf  
And up north in Lapland they keep Santa's Rudolph.  
*They're the Finns!*

There are ducks and flycatchers, sleek swallows and crows,  
And great crested grebes – birds that everyone knows.  
There are lots of pied wagtails and magpies and buzzards,  
And woodpeckers pecking – but no very rare birds.  
There are long tailed red squirrels and mozzies that bite  
But the moose on the road signs remained out of sight.  
*That's the wildlife!*

All these things we recorded in mind or on camera  
Whilst focussing hard on maintaining our stamina.  
Reaching peak several times in the space of twelve days  
Demands plenty of will power – but good training pays.  
So from eighty six countries we gathered together,  
In national colours, for a trip to remember.  
From the north and the south and the east and the west,  
We all met in Lahti to give of our best.  
*We're the athletes!*

Our performances varied midst great competition,  
But we relished the chance to confront opposition;  
And often we bettered the times we'd projected  
With astounding results that were quite unexpected.  
There were oodles of medals – bronze, silver and gold,  
And the list of our 'bests' is a sight to behold.  
*That's achievement!*

Some were just back from time out for injury reasons,  
Really testing themselves for the first time this season.  
Some problems just vanished; others rose to the surface,  
But most of us managed to do ourselves justice.  
*That's life!*

From their place in the grandstand or down by the track,  
Our group from down-under just never held back.  
They cheered and encouraged the fast and the slow,  
Which can make all the difference as most of us know.  
And our shouts signalled clearly the meaning of 'mate'  
Each time that an Aussie ran up the home straight.  
*That's support!*

And those representing our own western state  
Were hauling in medals at a phenomenal rate.  
Gold for Lynne, Roy and Bert and for David and Toni,  
Plus we'll claim one for Don and then two more for Peggy.  
And for Irwin, at eighty, there are three more to score  
While for Lyn, just believe it, a big clutch of four!  
*They're World Champions!*

Kerrian, Bob and Graeme and John, too, and Debbie  
Missed out on the medals but left Lahti happy.  
That they got through to finals or ran some great races  
Was bonus enough for tying up their laces.  
Norm and Bert, Roy and Don and Björn and Lynne S,  
And Jackie and Christine all took bronzes, no less.  
Then for Lynne C and Peggy came silvers - two each,  
One for Don, three for David – ain't life a peach?  
It may sound big-headed but we're quite right to state –  
That our humble club members punched well above weight.  
*We're MAWA!*

Being part of it all was a great revelation,  
Feeling highs and some lows and huge bursts of elation.  
To run there in Lahti with athletes so gifted  
Was a great source of pride and our spirits were lifted.  
*It was brilliant!*

*Christine Oldfield*

*August, 2009*

## Details of the Championships as it happened

### Day 1 - Tuesday, 28 July 2009

#### Golds on Day 1 for MAWA

Our fleet-footed Irwin Barrett-Lennard set the tone for a great first day by winning the first 8 km cross country race by almost 3 minutes. Irwin has had a new lease of life since turning 80 a few months back, re-writing the state record books. Now he pocketed our first gold of the championships with a stunning run of 41:26 in the M80, leaving the other 9 athletes trailing in his wake.

This was soon followed by another gold in the M65 XC team event. Bert Carse, putting all his calf woes behind him and coming 6<sup>th</sup> (out of 48) in the individual race, joined Peter Sandery (SA, 3rd overall) and Don Matthewson (NSW, 7th overall) to easily win the team gold by over 2 minutes. In the same race John Oldfield was 22nd, and delighted to be round the course in 35:50, whilst Bob Schickert had a recurrence of his mystery ailment but struggled round gamely and finished to great applause in 42:59.

Another medal for two WA athletes came in the next race - the W60 XC. Jackie Halberg and Christine Oldfield joined Petrina Trowbridge (VIC) on the podium to take the bronze team medal. Petrina also took the individual bronze, Jackie was 13<sup>th</sup> overall (42:43) and Christine 22<sup>nd</sup> (49:57).

The last race featuring WA athletes was the M55 XC, with Bjorn Dybdahl featuring strongly in 14th place (out of 46) and Graeme Dahl 33rd. Bjorn has been training hard with Peter Sandery whilst working in Adelaide and put in a very strong performance with a great time of 29:26 for the accurately-measured course. Graeme came home in 35:32.

The only other events on Day 1 were the first half of the decathlon and heptathlon. Don Chambers is in the decathlon, results to follow on completion of the event.

The atmosphere is great again, with the organisation much improved on the shambles that was Riccione two years ago. More tomorrow; today sees the completion of the dec/heptathlons and also the 5km race walks on the track. The main stadium events, including sprints, begin on Thursday.

#### *Comments (1) – from Kerriann*

Hello John - Toni and I are in Estonia! We are also experiencing difficulties with computers and web access. We are back later today, hopefully see you soon.

### Day 2 - Wednesday, 29 July 2009

#### The Golds keep coming .....

Major computer problems this end, so this will be brief. Lyn Ventris added to WA's gold tally on Wednesday with her usual sterling performance in the W50 5km track walk. She won, with a broad smile on her face, by more than half a lap in an unofficial time of 25:48. Lynne Schickert came 10th in her W65 5km walk (out of 16). Decathlon results awaited. Postscript on the XC - Bjorn's M55 cross country team picked up a bronze team medal.

### Day 3 - Thursday, 30 July 2009

#### The main stadium events start

The sprinters took the spotlight on Thursday as the main stadium events began. With the large entries for the 100s there are three rounds for many age groups and yesterday was thus qualification for the semi finals. One exception to this is Lynne Choate's W55 group which had the semi. Lynne strolled home in 3rd place (14.50) to take her place in Saturday's final. Don Chambers (M70, 14.39) and Roy Fearnall (M65, 13.56) are also safely through. Unfortunately Norm Richards (14.91) and Debbie Wolfenden (17.28) missed out.

They finally seem to have sorted out the computer system - it was apparently the software that they didn't know how to use properly - and so I can report the missing results from earlier. Don Chambers' mammoth 2-day exertion on the decathlon resulted in 9th place (out of 14). For the statisticians his results are: Total 5517 points. 100m 14.57, LJ 3.77m, shot 10.05m; HJ 1.12m; 400m 77.37; 80H 14.76, discus 18.82; pole vault 2.00m; javelin 19.93m and 1500 8:58.71. I'm exhausted just writing it. He didn't finish until after 8pm on the second day!

Today is a rest day. Christine and I are off on a drive around the lakes area with lunch out somewhere up by the lakeside. Saturday is a very busy day with nearly all of our WA athletes taking part. It's the finals of the 5000m, and the semis and finals of the 100s, plus some hurdles.

#### Bjorn in 800 final

One late result from Thursday - Bjorn qualified for Sunday's final in the M55 800m. His time of 2:17.85 was easily good enough to see him through. Heavy rain here last night broke the near perfect conditions so far, and it's a little cooler and cloudier today. Good for the 5000m runners at Nastola, not so good for the sprinters in the main stadium.

### Day 4 - Saturday, 01 August 2009

#### Peggy adds to MAWA golds

Peggy Macliver added her first gold of the championships to the MAWA pot on Saturday with a very convincing win in the W65 100m. There was a clear margin between our flying world champion and the rest of the field as she raced across the line in 15.51, just short of Pat Carr's state record. There's no rest for her, however as it's the 200m qualifiers today!

A second gold is also proudly hanging around the neck of IBL. Not content with his success in the opening race of the championships, Irwin is now also world champion at 5000m. He led the M80 race from gun to tape, winning by almost a lap in 25:07.41. He also has more to come with the 800m today.

In the remaining 500m races, Bert Carse was 6th (out of 35) in the M65 5000m with a time of 19:06.17. John Oldfield came 16th in the same final in 21:25.38. Bjorn ran superbly in the M55 5000m, finishing 7th/37 in 17:37.19, with

Graeme Dahl 21st in 20:24.63. Bjorn's result was his 2nd lifetime PB in 2 days, beating his previous best by more than 15 seconds after knocking 6 seconds off his 800m PB on Thursday.

In the other 100m finals, Lynne Choate (W55) took great pleasure in her 14.41 time, taking 5th place. Don Chambers (M70, 14.46) and Roy Fearnall (M65, 13.70) both ran strong semis, but did not qualify for their finals. Meanwhile in the 800 semis, Kerriann Bresser (W40) found the competition too hot but would have been delighted with a time of 2:42.06. No problems for our Riccione hero David Carr; his 800m semi was hotly contested but David crossed the line with the fastest qualifying time for today's final in 2:58.15. Also through to the 300m hurdles final is Don Chambers, qualifying 4th fastest in 54.85.

That's it from a really hectic day at the three stadia making up these championships. It's another busy day on Sunday, with the women's 5000m at Nastola, the 800m finals and 200m qualifiers at the main stadium and Lynne Schickert's triple jump (with good hopes of another medal) at Radiomäki.

Comments (2)



Alas! No PB for me but the experience was awesome!! To run with world class athletes and run a time similar to my season's best 😊. - Kerriann

Hi John and all others, great to see everyone having a go. Just saw David got pipped in the M75 800 by his Polish nemesis. Congrats to Don Chambers with a new Decathlon SR and for Peggy's 100 which sneaks under the W65 SR, because it was electronically timed.

Looks like Bjorn is going to make my 800s a lot more difficult!

Hope you all continue doing your best. Campbell

PS: In Scandinavia there is a "Till Brewery", anyone seen their products? If you do, please celebrate (after running, of course).

Campbell

#### Day 5 - Sunday, 02 August 2009

**800m silver for David**

David Carr had a terrific battle with the man that Campbell calls 'his Polish nemesis'. We all thought that David had the race as he strode into the lead coming off the final bend, but his foe thought otherwise and came back strongly to take the gold. David had to settle for the silver medal in 2:44.90.

In the 800m finals, both Bjorn and Irwin showed the effects of their efforts the previous day in the 5000m, both being up with the pace at the bell, but tailing off on the second lap. Irwin was 5th of 12 in 3:23.30, and Bjorn did another very impressive 2:21.89, still inside his previous PB but not in contention for a medal. In the triple jump Lynne Schickert

was strangely off-form in an event she enjoys, but still came up smiling as she always does. Her jumps were all very consistent, with 5.69m being the best of them.

The 5000m finals at Nastola, about 20km from Lahti, were the scene for the W60 bronze-medal winners from Tuesday's cross-country. Neither added to their tally, but Jackie Halberg was inside her 25-minute target with 24:57.89 and Christine Oldfield breasting the imaginary tape in 29:20.11.

It's the 10km race walk and the 200m semis and finals today. In yesterday's 200m qualifiers Don Chambers took an automatic spot in the semi with 30.18, and Roy Fearnall is through to the final with an impressive 27.48s. Lynne Choate is also straight through to the final without having to run, as the 9th entry withdrew before the draw for the semis. And last, but definitely not least, Toni Phillips has arrived from her trip to Estonia with Kerriann. She clocked a season's best of 27.70 in her semi and is also an automatic qualifier for today's final.

#### Day 6 - Monday, 03 August 2009

**Memorable sprint double for Peggy**

Peggy Macliver booked her place in Masters Athletics history today with her second gold. This one, in the 200m, completed the sprinter's magic 100-200 double. She was pushed to the line this time, but still won with a metre or two to spare in a very sharp time of 32.15. Other 200 finals results were Roy Fearnall 7th in 27.90s (Aussies 1-2 in this one, Colin Buyers and Neil McIntyre). Lynne Choate was 5th in the W55 (30.68) and Toni Phillips 6th in her first final of the games in 27.76.

Elsewhere in Lahti, the 10km road walk took place and there was more good news. Lynne Schickert was part of the bronze medal winning team in a time of 1:15:34. In a subsequent W50 race, Lyn Ventris took her usual gold, and once more it was in very impressive style. Her time is not to hand at the moment. Another late result from yesterday gave us more good news, Don Chambers, in what was his 14th event of the championships, took bronze with a very fast time of 53.74 in the M70 300m

#### Day 7 - Tuesday, 04 August 2009

**Cloudy day for 1500, 400 semis**

It was a fairly low-key day in Lahti on Tuesday, with only the 10000m finals taking place at the second stadium. MAWA's only competitor in these was Graeme Dahl in the M55. Graeme was 20/25 with a time of 43:31.29.

Meanwhile in the main stadium the morning focus was on the semis of the 1500m, and in the afternoon the qualifiers/semis of the 400m. Cool, with an overcast sky made for good conditions, and Bjorn certainly took advantage of these with a terrific time of 4:43.93, which put him into Thursday's M55 final. Kerriann looked, to all intents and purposes, out of contention at the bell, but ran a phenomenal last lap to loud cheers from the Aussie contingent in the stand to take the final W40 qualifying spot in a time of 5:43.73. The assistant blog-master has written up

the M65 semis (see later), for reasons which will become apparent.

We had more success in the 400s, with David Carr strolling home in his M75 semi, a good 10m ahead of the field in 70.55. Roy Fearnall also went through with ease in the M65 semi with an automatic place in the final (63.48). Don Chambers just missed qualification for his final with a 72.30s run. One other result to report from Monday was Don's M70 long jump of 3.81m. This gave him 17th place in a massive field of 25.

Christine here! Your blogmaster is much too modest to brag about his own achievements so I'll do it for him. John went into the 1500m semi-finals with one objective – a good time. His target was 5:55. In such a strong field the final didn't figure in his thoughts. The first semi was comprehensively won by Bert Carse (5:20.26) and, up in the stand, I counted six finishers slower than 5:55 and saw there was one DNS. Nine were to be eliminated altogether so I realised John would be very close to qualifying for Thursday's final. And, after a storming run, he did. But he didn't realise it and was just celebrating beating his target by 2 secs (5:53.00) when the qualifiers went up on the electronic scoreboard. The disbelief and elation have not yet worn off. He says it's almost as good as getting a medal. He puts it down to having had his first wine for 10 days the night before and having run without socks – which he'd forgotten.

(John here again; me, modest? I'll never run another 1500 in socks!) Wednesday is a well-earned rest day for all competitors, especially following the athlete's party tonight! No doubt there will be a sore head or two, but at alcohol prices approaching 4 times the cost of booze in Oz, maybe it will not be too bad.

*Comments (2)*

Aussie Aussie Aussie!!  
Kerriann

Congratulations to all our Masters competitors, it's great to see you out there. Truly an inspiration. Fantastic stuff Bjorn, mate, you're flying!  
David Cane

## **Day 8 - Thursday, 06 August 2009**

### **Golden hat-tricks for Irwin, Lyn**

Irwin Barrett Lennard and Lyn Ventris each added a third individual gold medal to their suitcases on a fabulous day for WA's contingent in Lahti. Lyn also led the Australian race walk team to gold, giving her a fourth and booking an even loftier place in WA's athletics folklore.

Irwin's gold in the M80 10000m set this glorious day rolling in style. As with his previous successes in these championships, he led from gun to tape and won by a very wide margin in 51:34.24. It was a sunny, warm day, so conditions were not good for distance events, but Irwin's strength, both physical and mental, have been an inspiration to the whole team. He is definitely the hero of Lahti for all of

us. This does not underplay Lyn's achievements, but we are so used to seeing it from her that it is almost expected that she wins every race. And she does not disappoint. In a combined 20km age group race, all the women walked together. Lyn (W50 it is easy to forget, so dominant is she) won the race overall in a time of 1h48m04s. The time was good enough to lift the Australian team in the walk to gold also.

In other morning races, Don Chambers booked his place in today's 80m hurdles final (M70), winning his semi by at least 5 metres in a very sharp 14.26s. The only other 10000m competitor from WA was Bob Schickert. Bob has had a torrid time with his mystery breathing ailment in Lahti, and many of us were on edge as he decided to take his place in this 25 lap race in the mid-day sun. Our concerns were misplaced; his determination to complete the race was evident and he came home in the middle of the field quite safely. The time is unimportant; the boost to his confidence was great to see.

The afternoon was then taken over by a long succession of 1500m finals (16 qualify for 1500m finals). First up was the M65 final with Bert Carse our leading athlete, coming home 7th in his best time for over a year (5:08.73). Surprise finalist, your very own blogger, bettered his semi-final time by more than 2 seconds in 5:50.80, to take 13th place. It was my second best time ever, so you have one very happy blogger this morning. Even happier because of Christine's result in the next race, W60. She dipped inside 8 minutes for the first time since her ankle fracture last year, running at her best for a long time to take 9th place in 7:51.77. In the same race Jackie Halberg had a recurrence of her hamstring injury about half way through the race but limped on to finish 8th in 7:30.18.

We still had two more athletes in 1500 finals. Bjorn once again showed his improved middle distance form, not quite matching his semi final time, but getting very close with a 13th place in the M55 final in a time of 4:45.26. And again, reported last, but certainly not the least impressive was Kerriann. This is her first world championships and she's had a terrific time. She came agonisingly close to her lifetime best in a tough W40 final. 15th place in 5:37.40 is her reward for a very well-paced race with almost even splits throughout. It was a really top finish to an excellent day for WA.

There are only two days left before we all head off home by diverse routes. But they are big days for our group. Today sees the finals of the hurdles and 400m and tomorrow is taken up with all the relays in the main stadium and our busy, and ever-growing steeplechase group battling for medals in the secondary stadium.

## **Day 9 - Friday, 07 August 2009**

### **Toni, David get that golden feeling**

On the penultimate day of these highly successful championships, Toni Phillips and David Carr added their names to the list of WA's world champions. Toni had a real shock when she arrived in the call room for her race. There had been only five entrants for her W35 100m hurdles, that we all knew, and Toni's declared time this season was the slowest. But only two turned up in the call room, so it was a



straight battle in lanes 4 and 5 with a German girl. A wonderful start gave Toni the edge; she hurdled the first in front - always key in these races and by the fourth the German was under pressure, clipping it heavily. It was Toni's gold as long as she kept her form - and didn't she just! She looked sublime as she cleared all the hurdles with ease and romped home to the gold in 16.23s. It was a wonderful moment that few of the large Aussie contingent will forget.

David Carr of course, is used to that golden feeling. But few of his previous wins could have been as dominant as this. He looks so unassuming as he runs, and such is the energy-saving style that the spectators just don't realise how fast he is moving. Suffice to say that there was no moment in his M75 400m that he looked in danger as he stopped the clock in 67.67s, the best part of 20 metres ahead of the rest of the field. A great win, giving MAWA our second gold of the day and 12th in total so far.

We could really claim another gold, as part-time MAWA member Don Chambers also became a world champion in the early afternoon. Don's Victorian credentials are prevalent, but we nevertheless took great pride in saluting his victory in the 80m hurdles (M70). His win was just as convincing as the other two in a terrific time of 14.16s.

The rest of the day was given up to the 400m finals. Peggy had hopes of her third gold in the W65 final, and gave it everything she had, smashing the Australian record in the process. She was in the lead at the half-lap stage, but was just headed in the straight and despite a gallant effort missed out on the gold by less than a metre. Her time of 73.24 will keep statistician Campbell busy and it gave her a very brave silver medal to add to the collection.

Roy Fearnall also ran extremely well in a final that contained four Australians. Colin Buyers and Neville McIntyre took the first two places, with Roy running his best for some time to take 5th place in a very swift 62.43. It's hard to believe that an M65 can run 62.43s for 400m and still come 5th! Roy has run brilliantly this past two weeks, and with 4 Aussies in the 400m final the prospects in Saturday's 4x400 relay look awesome. Our only other finalist today was triple gold medallist Irwin. Unfortunately, the organisers of the event made a serious blunder in the programme, scheduling the M80 400 semi and final, not only on the same day, but less than 2 hours apart. Irwin qualified for the final with ease. But it was one race too far on a warm, sunny day and his 85:54 brought him home in 5th place.

Saturday is the last day of competition. We have no marathon runners, so the attention will be split between our growing band of steeplechasers at the secondary stadium and the medal-hungry relay sprinters in the main stadium.

### **Day 10 - Saturday, 08 August 2009**

#### **Lynne and Roy hit the gold trail**

Lynne Schickert and Roy Fearnall were the final two MAWA athletes to find gold in Lahti today. Lynne's fine individual gold came in the 2k steeplechase. She was the only W65 competitor in this mixed age group race, but her time of 14:05.11 meant that she can wear her medal with pride. Roy's gold came with the M65 team in the 4x400m relay on the final afternoon. Roy has run really well

throughout the championships and thoroughly deserved to be packing a gold medal in his suitcase. These two bring the overall tally of MAWA golds to 14 (15 if we count Don Chambers as MAWA). With only 18 (19) athletes, it's a highly impressive haul.

It was not only golds today though, and it is not all about golds, or even medals. Everyone who has been here has thoroughly enjoyed it, medal or not. There were two other individual medals in the steeplechases - David Carr took the silver in the M70 (9:40.10), Bert the bronze (M65, a very impressive 8:05.83, possible PB - and on his birthday!). Bjorn was 5th (of 13) in the M55 3000m steeplechase with a definite big PB of 11:33.03.

Finally we came to the closing relays, with loads of medals for Australia, and also a world record in the W40 4x100 of 48.01s. No MAWA members in that quartet, but there were medals for Peggy (W60 4x100, silver), Lynne Choate (W55 4x100, silver), Norm Richards (M70 4x100, bronze) and Roy Fearnall (M65 4x100, bronze). Toni's W35 team was 5th despite a great last leg from our hurdles world champion. In the 4x400m relays, medals went to Lynne Choate (W55, silver), David Carr and Don Chambers (M70, silver) and as already recorded Roy's M65 team hit gold. Toni's W35 quartet finished just out of the medals, in 4th place.

It's all over now, and the team is breaking up to make its diverse route home. Some are going via Russia on a Volga River cruise, some via Lapland, others via the UK and Jackie has decided to be different and visit Mongolia on her way to Beijing.

That's it folks! See you all again in October. I'm off to start my training now for the Patron's Trophy.

### **John (with lots of help from Christine)**

WMA championships come around every two years. Some wish to test themselves against the best in the world. For others it's a chance to visit new places and enjoy the camaraderie of masters' athletics in a different setting. For whatever reason, these championships are eagerly awaited, an event not to be missed.

Lahti did not let us down. The Finns did their best to make these championships efficient, pleasant and enjoyable. And they certainly succeeded in those objectives. The organisation was excellent; the hosts were very hospitable; the setting was spectacular; the facilities were good and even the weather was perfect.

On all counts this was a successful and highly enjoyable championships. The financial state of the world may have led to the drop in numbers this time; just fewer than 5000 athletes took part, against the 6500 that went to Riccione. But I hope that the verdict on these will perhaps encourage more to think of making the trip to California in July 2011. Sacramento promises to be another well-organised, very friendly championship.

## WORLD MASTERS CHAMPIONSHIP RESULTS

### Tuesday 28 July

#### 8km cross country

Irwin Barrett-Lennard	M80	41:26	1/10	<b>GOLD</b>
Bert Carse	M65	32:16	6/49	<b>TEAM GOLD</b>
John Oldfield	M65	35:50	22/49	
Bob Schickert	M65	42:59	42/49	
Jackie Halberg	W60	42:43	13/23	<b>TEAM BRONZE</b>
Christine Oldfield	W60	49:57	20/23	<b>TEAM BRONZE</b>
Bjorn Dybdahl	M55	29:26	14/46	<b>TEAM BRONZE</b>
Graeme Dahl	M55	35:32	33/46	

### Tues/Wed 28-29 July

#### Decathlon

Don Chambers M70 5517 pts 9/15 SR

(100m) 14.57s  
 (long jump) 3.77m  
 (shot) 10.05m  
 (high jump) 1.12m  
 (400m) 77.37s

(80m hurdles) 14.76s  
 (discus) 18.82m  
 (pole vault) 2.00m  
 (javelin) 19.93m  
 (1500m) 8:58.71

### Wednesday 29 July

#### 5000m track race walk

Lyn Ventris W50 25:48.07 1/13 **GOLD**

Lynne Schickert W65 35:34.39 10/16

### Thursday 30 July

#### 100m qualifiers (quarter-finals)

Don Chambers M70 14.39 3<sup>rd</sup> in ht q  
 Norm Richards M70 14.91 6<sup>th</sup> in ht

Roy Fearnall M65 13.56 4<sup>th</sup> in ht q

Deb Wolfenden W45 17.28 6<sup>th</sup> in ht  
**(semi-final)**

Lynne Choate W55 14.50 3<sup>rd</sup> in ht Q

#### **(straight through to final)**

Peggy Macliver W65

#### **800m semi-final**

Bjorn Dybdahl M55 2:17.85 5<sup>th</sup> in ht q **PB**

### Saturday 1 August

#### 5000m

Irwin Barrett-Lennard M80 25:07.41 1/6 **GOLD**

Bert Carse M65 19:06.17 6/35  
 John Oldfield M65 21:25.38 16/35 **SB**  
 Bob Schickert M65 DNF

Bjorn Dybdahl M55 17:37.19 7/38 **PB**  
 Graeme Dahl M55 20:24.63 21/38

#### **100m (semi-finals)**

Don Chambers M70 14.46 5<sup>th</sup> in ht  
 Roy Fearnall M65 13.70 6<sup>th</sup> in ht

#### **(finals)**

Peggy Macliver W65 15.51 **SR** **GOLD**

Lynne Choate W55 14.41 **SR=** 5<sup>th</sup>

#### **800m (semi-finals)**

David Carr M75 2:58.15 1<sup>st</sup> in ht Q

Kerriann Bresser W40 2:42.06 10<sup>th</sup> in ht

#### **300m hurdles (semi-final)**

Don Chambers M70 54.85 3<sup>rd</sup> in ht Q

### Sunday 2 August

#### 5000m

Jackie Halberg W60 24:57.89 11/16  
 Christine Oldfield W60 29:20.11 16/16

#### **200m (qualifiers – quarter-finals)**

Don Chambers M70 30.18 4<sup>th</sup> in ht q  
 Norm Richards M70 31.16 4<sup>th</sup> in ht

#### **(semi-finals)**

Roy Fearnall M65 27.48 3<sup>rd</sup> in ht q

Toni Phillips W35 27.70 2<sup>nd</sup> in ht Q

#### **(straight through to final)**

Lynne Choate W55

#### **800m finals**

Irwin Barrett-Lennard M80 3:23.30 5/12 **SR**

David Carr M75 2:44.90 2<sup>nd</sup> **SILVER**

Bjorn Dybdahl M55 2:21.89 12/12

#### **Triple Jump final**

Lynne Schickert W65 5.69m 8/8

#### **300m hurdles final**

Don Chambers M70 53.74 3<sup>rd</sup> **BRONZE**

**Monday 3 August**  
**10km road race walk**

Lynne Schickert W65 1:15.34 11/14 **TEAM BRONZE**

Lyn Ventris W50 53:08 1/14 **GOLD**

**200m finals**

Peggy Macliver W65 32.15 1<sup>st</sup> **GOLD**

Roy Fearnall M65 27.90 7<sup>th</sup>

Lynne Choate W55 30.68 5<sup>th</sup>

Toni Phillips W35 27.76 6<sup>th</sup>

**Long Jump final**

Don Chambers M70 3.81m 17/25

**Tuesday 4 August**

**10000m finals**

Graeme Dahl M55 43:31.29 20/25

**1500m semi-finals**

Bert Carse M65 5:20.26 1<sup>st</sup> in ht Q

John Oldfield M65 5:53.00 10<sup>th</sup> in ht q **PBA**

Bjorn Dybdahl M55 4:43.93 7<sup>th</sup> in ht q **PB**

Kerriann Bresser W40 5:43.73 9<sup>th</sup> in ht q

**400m semi-finals**

David Carr M75 70.55 1<sup>st</sup> in ht Q

Don Chambers M70 72.30 3<sup>rd</sup>

Roy Fearnall M65 63.48 2<sup>nd</sup> in ht Q

**Thursday 6 August**

**10000m finals**

Irwin Barrett-Lennard M80 51:34.24 1<sup>st</sup> **GOLD**

Bob Schickert M65 51:43.64 11/16

**20km road race walk**

Lyn Ventris W50 1:48.04 1/7 **GOLD**

Also **TEAM GOLD**

**80m hurdles semi-final**

Don Chambers M70 14.26 1<sup>st</sup> Q

**1500m finals**

Bert Carse M65 5:08.73 7<sup>th</sup> **PBA**

John Oldfield M65 5:50.80 13<sup>th</sup> **PBA**

Jackie Halberg W60 7:30.18 8<sup>th</sup>

Christine Oldfield W60 7:51.77 9<sup>th</sup> **SB**

Bjorn Dybdahl M55 4:45.26 13<sup>th</sup>

Kerriann Bresser W40 5:37.40 15<sup>th</sup>

**Friday 7 August**

**100m hurdles final**

Toni Phillips W35 16.23 1<sup>st</sup> **GOLD**

**80m hurdles final**

Don Chambers M70 14.16 1<sup>st</sup> **GOLD**

**400m semi-final**

(needed owing to a gross blunder by the organizers!)

Irwin Barrett-Lennard W80 85.53 2<sup>nd</sup> Q

**400m finals**

Irwin Barrett-Lennard W80 85.54 5<sup>th</sup>

David Carr M75 67.67 1<sup>st</sup> 99.41% **GOLD**

Peggy Macliver W65 73.24 2<sup>nd</sup> **AR SILVER**

Roy Fearnall M65 62.43 5<sup>th</sup>

**Saturday 8 August**

**2000m steeplechase**

David Carr M75 9:40.10 2<sup>nd</sup> **SILVER**

Lynne Schickert W65 14:05.11 1<sup>st</sup> **GOLD**

Bert Carse M65 8:05.83 3<sup>rd</sup> **PB BRONZE**

Bjorn Dybdahl M55 11:33.03 5/13 **PB**

**4x100m relays**

M70: Norm Richards, Don Chambers, Alan Bradford,  
Robert Cozens 56.42 3<sup>rd</sup> **BRONZE**

M65: Roy Fearnall, Colin Buyers, Tony Ireland,  
Neville McIntyre 52.77 3<sup>rd</sup> **BRONZE**

W60: Noreen Parrish, Jean Hampson, Lynne Andrews,  
Peggy Macliver 63.63 2<sup>nd</sup> **SILVER**

W55: Wilma Perkins, Lynne Choate, Lyn Peake,  
Kate Johnstone 59.55 2<sup>nd</sup> **SILVER**

**4x400m relays**

M70 Alan Bradford, Robert Cozens, Don Chambers,  
David Carr 4:42.54 2<sup>nd</sup> **SILVER**

M65: Neville McIntyre, Tony Ireland, Roy Fearnall,  
Colin Buyers 4:14.38 1<sup>st</sup> **GOLD**

W55: Lyn Peake, Noreen Parrish, Lynne Choate,  
Wilma Perkins 5:17.36 2<sup>nd</sup> **SILVER**

W35: Toni Phillips, Donna Hiscox, Amanda Coombe,  
Suzy Cole 4:16.72 4<sup>th</sup>



