

Summer 2007/8 results (starting 22 November)

COKER PARK November 22, 2007

800m – Patron's Trophy			%
Simon Coates	M37	2:09.6	79.73
Neil Morfitt	M52	2:13.5	88.58
Christian Wakeling	M33	2:17.1	73.75
Campbell Till	M50	2:17.2	84.78
Brett Roach	M38	2:35.0	67.31
Eldon George	M38	2:42.0	64.40

Chris Neale	M38	2:36.7	66.58
Colin Smith	M44	2:40.4	68.77
Bob Schickert	M66	2:42.2	81.76
John Dennehy	M48	2:52.2	66.36
David Carr	M75	2:52.3	86.89
Peter March	M48	3:04.8	61.84
Nick Miletic	M56	3:18.0	61.75
Jim Barnes	M64	3:46.0	57.61

Delia Baldock	W45	3:01.3	67.16
Peggy Macliver	W63	3:02.6	84.70
Robin King	W49	3:04.8	68.15
Gillian Young	W60	3:05.4	78.65
Karen March	W46	3:14.6	63.10
Carol Bowman	W53	3:41.5	59.60
Merv Jones	M68	3:42.1	61.01
Lynne Schickert	W66	4:42.6	58.15

Triple Jump – Patron's Trophy			%
Chris Neale	M38	11.93	68.33
Campbell Till	M50	10.12	67.20
Colin Smith	M44	9.68	59.54
Delia Baldock	W45	9.08	70.88
Merv Jones	M68	6.65	58.08
Peggy Macliver	W63	6.40	65.04
Lynne Schickert	W66	5.72	61.24
Bob Schickert	M66	5.60	47.26
David Carr	M75	5.56	55.32

60m		
Chris Neale	M35	7.7
Colin Smith	M40	8.1
David Clive	M70	8.8
Mike Edwards	M50	8.8
Nick Miletic	M55	9.8

Shot		
Mark Hamilton	M35	11.78

Javelin		
Mark Hamilton	M35	37.10
Chris Neale	M35	35.88

200m		
Chris Neale	M35	24.7
Colin Smith	M40	26.5
David Solomon	M40	27.1
David Clive	M70	31.2
Nick Miletic	M55	34.8

Peter March	M45	31.7
Peggy Macliver	W60	32.6
David Carr	M75	32.6
John Dennehy	M45	35.0

Eldon George	M35	31.9
Gillian Young	W60	35.7
Jacqui Sanders	W40	35.8
Karen March	W45	37.2
Carol Bowman	W50	39.7

3000m		
Christian Wakeling	M30	10:37.1
Bert Carse	M65	11:36.2
John Oldfield	M60	12:25.9
Karen March	W45	13:34.9
Peter March	M45	13:35.0
Gillian Young	W60	14:31.0
Jackie Halberg	W60	14:32.4
Jim Barnes	M60	15:15.8
Merv Jones	M65	16:49.5
Jacqui Sanders	W40	17:29.2
Coby Wakeling	W35	21:28.0

3000m walk		
Robin King	W45	17:11.4
Eldon George	M35	19:20.9
Tom Lenane	M50	19:24.8

Highlights of the week: (*Coker*) The 800m Patron's Trophy brought everybody out of the woodwork, with more than 20 athletes vying for the points. Some terrific two-lap racing here, with Campbell, David, Bob and Peggy all well up into the mid to high 80s. However, pride of place must go to Neil Morfitt on his welcome return to the track, with a stunning 88.58%. The triple-jumpers also achieved some excellent results, and Delia took the honours here with just over 70%. Considering the athletes rarely have practice in this event this, and the other results, were commendable. Lynne's jump deserves mention, and it was good to see the "trackies" Campbell, Colin, Merv, Bob and David also competing in this event.

In the non-PT events, the two shorter events saw some great sprinting from Chris in particular. In the 3000m, in hot, windy and dry conditions, Christian again showed his class leaving Bert and John trailing in his wake. All the very close finishes seemed to involve Gillian, just edging out Jacqui in the 200m and then Jackie in the 3000m. She just failed to repeat this in the 800m, with Robin inching ahead of her on the line.

(*UWA*) Ideal weather conditions at McGillivray on Tuesday, warm with only a light breeze, but the track continues to deteriorate. Lane and start/finish markings were almost non-existent as the groundsman continues to concentrate on matters other than athletics. Nevertheless, there were some good performances in the PT, with Peggy taking the honours in the triple jump. Alan Gower and Duncan McAuley starred in the 800m with 80%-plus scores, and President Ivan recording a welcome return to near his best. Ivan continued to show well with an excellent 3000m time in a good race with four others either inside or close to 12 minutes. Paul Burke continued to show his potential as an all-round runner with good times in the 200m and 60m... Matt Staunton also showed well in all three field events to complement his sprinting ability. With three strong visitors, Tracy, Samantha and Andre as potential new members, and Barry Newell's family also taking part in two "invitation" races, it was a varied and enjoyable, if somewhat hectic night.

UWA – November 27, 2007

800m PATRON'S TROPHY			%
Alan Gower	M50	2:22.7	82.87

Matt Staunton	M30	2:29.0	67.86
Duncan McAuley	M55	2:29.8	82.93
Paul Burke	M35	2:33.7	67.23

John Collier	M40	2:39.6	67.25
Keith Edmonds	M40	2:45.7	64.20
Ross Keane	M45	2:50.5	65.87
Toni Phillips	W35	2:53.1	65.44
Andre Morkel	Vis	2:56.1	
Ivan Brown	M60	2:58.9	71.66
Mark Dawson	M45	3:06.0	60.38
Keith Martin	M60	3:21.9	64.49
Tracy Hancock	Vis	3:32.1	
Carl Ciccarelli	M45	3:32.1	53.41
Peggy Macliver	W60	3:15.4	79.16
Nick Miletic	M55	3:25.4	59.52
Carol Bowman	W50	3:28.5	63.32
Roger Walsh	M60	3:34.4	60.73
Christine Oldfield	W60	3:52.8	66.44
Val Prescott	W60	4:48.1	53.69

TRIPLE JUMP PATRON'S TROPHY

			%
Peggy Macliver	W60	6.95	70.63
Matt Staunton	M30	10.67	58.78
Toni Phillips	W35	9.00	62.24
Gary Ogden	M45	9.18	60.16
Ivan Brown	M60	6.42	50.75
Alan Gower	M50	8.75	59.69

200m

Duncan McAuley	M55	28.5
Keith Martin	M60	29.0
Nick Miletic	M55	34.0
Carol Bowman	W50	38.9

Paul Burke	M35	28.7
Barrie Kernaghan	M65	34.0
Peggy Macliver	W60	34.3
Ross Calnan	M65	37.5

Samantha Tough	Vis	32.7
Tracy Hancock	Vis	35.2
Jacqui Sanders	W40	37.1
Christine Oldfield	W60	44.2

400m

Charlie Gribble	Vis	77.8
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Samantha Tough	Vis	82.3
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3000m

Carl Ciccarelli	M45	11:48.8
Ross Keane	M45	11:50.8
Keith Edmonds	M40	11:53.5
John Collier	M40	12:02.4
Ivan Brown	M60	12:39.2
Mark Dawson	M45	13:34.0
Nick Miletic	M55	13:55.9
Roger Walsh	M60	14:56.0
Barry Newell	M50	14:57.9
Jacqui Sanders	W40	16:47.0
Gill Edmonds	W40	16:47.4
Fiona McAuley	W55	17:27.4

3000m WALK

Peter Hopper	M60	20:46.9
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60m

Paul Burke	M35	8.4
Keith Edmonds	M40	9.0
Keith martin	M60	9.0
Nick Miletic	M55	9.6

Andre Morkel	Vis	8.6
Barry Newell	M50	9.0
Barrie Kernaghan	M65	10.7
Carol Bowman	W50	11.4

SHOT

Gary Williams	M55	8.78
Matt Staunton	M30	11.48
Gary Ogden	M45	7.80
Toni Phillips	W35	7.16
Andre Morkel	Vis	8.57

JAVELIN

Gary Williams	M55	30.27
Matt Staunton	M30	42.31
Gary Ogden	M45	26.51
Val Prescott	W60	13.38
Ross Calnan	M65	21.64
Peggy Macliver	W60	17.11

COKER PARK

November 29, 2007

5000m – Patron's Trophy

			%
Christian Wakeling	M33	19:30.3	65.44
Campbell Till	M50	20:00.5	72.09
Carl Ciccarelli	M47	20:41.9	68.05
Brian Hewitt	M54	20:57.7	71.10
Ross Keane	M46	21:02.5	66.42
Bob Schickert	M66	21:09.0	78.29
John Oldfield	M64	21:18.0	76.32
Karen March	W46	21:58.1	72.38
Maurice Creagh	M61	21:58.3	72.03
Robin King	W49	22:00.3	74.99

600m

Chris Neale	M35	1:34.6
Colin Smith	M40	1:59.0
Carl Ciccarelli	M45	2:26.1
Jim Barnes	M60	2:35.5
Merv Jones	M65	2:41.6

100m

Chris Neale	M35	12.5
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Gillian Young	W60 *	22:02.9	86.91
Peter March	M48	22:33.6	62.92
Liz Neville	W56	23:31.2	76.97
David Carr	M75	23:56.5	77.41
Peggy Macliver	W63	24:11.8	82.84
Nick Miletic	M56	24:50.9	61.00
John Dennehy	M48	25:03.8	56.64
Delia Baldock	W45	25:24.6	61.85
Carol Bowman	W53	25:59.5	66.87
Merv Jones	M68	28:55.1	58.33

Colin Smith	M40	12.9
Cameron Eldridge	(Vis)	13.1
Peter March	M45	15.0
Nick Miletic	M55	15.1

John Dennehy	M45	15.7
Peggy Macliver	W60	16.0
Gillian Young	W60	16.8
Karen March	W45	18.2

Carol Bowman	W50	18.4
Lynne Schickert	W65	24.8

400m

Colin Smith	M40	59.8
Chris Neale	M35	60.3
Christian Wakeling	M30	60.4
Cameron Eldridge	(Vis)	63.3
Robin King	W45	79.4
Coby Wakeling	W35	22:07

3000m walk

Lynne Schickert	W65	22:26
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Long Jump

Chris Neale	M35	5.82
Peggy Macliver	W60	3.53
Lynne Schickert	W65	2.55

Discus

Mark Hamilton	M35	39.50
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Weight Throw

Mark Hamilton	M35	12.15
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December 4, 2007

Noranda

5000m PATRON'S TROPHY %

Alan Gower	M50	18:28.8	79.33
Bjorn Dybdahl	M50	20:49.4	71.58
Mark Dawson	M45	21:04.6	66.31
Paul Burke	M35	21:18.8	61.27
Rob Macbeth	Vis	22:26.9	
Ivan Brown	M60	22:48.0	70.65
Blakeney Tindall	M45	23:05.8	60.51
Andre Morkel	Vis	24:22.1	
Karyn Gower	W45	25:00.8	64.35
Christine Oldfield	W60	29:05.1	68.91
Fiona McAuley	W55	30:23.2	59.57

600m

Colin Smith	M40	1:44.5
Duncan McAuley	M55	1:44.7
Paul Burke	M35	1:48.5
Garry Ralston	M50	1:54.9
Mark Dawson	M45	1:57.5
Bjorn Dybdahl	M50	1:58.3
Toni Phillips	W35	2:01.8
Bob Schickert	M65	2:03.3
Margaret Saunders	W50	2:07.9
Nick Miletic	M55	2:25.5
Carol Bowman	W50	2:36.2

100m

Garry Ralston	M50	13.2
Colin Smith	M40	13.9
Paul Burke	M35	14.2
Bjorn Dybdahl	M50	15.3
Nick Miletic	M55	16.0

Bob Schickert	M65	16.9
Debbie Wolfenden	W40	18.1
Carol Bowman	W50	19.0
Christine Oldfield	W60	21.9
Lynne Schickert	W65	24.1

400m

Matt Baker	M40	59.6
Paul Burke	M35	65.5
Andre Morkel	Vis	68.3
Ross Keane	M45	71.8
Bjorn Dybdahl	M50	74.1

Toni Phillips	W35	71.2
Gary Ogden	M45	73.9
Barry Newell	M50	76.0
Lucas Baker	Vis	79.2
Bob Schickert	M65	80.6
Nick Miletic	M55	86.2
Carol Bowman	W50	93.6

3000m

Ross Keane	M45	13:02
Duncan McAuley	M55	13:22
Gary Ogden	M45	14:14
Margaret Saunders	W50	14:17
Barry Newell	M50	16:05

LONG JUMP

Lynne Schickert	W65	2.83
Gary Ogden	M45	4.11
Debbie Wolfenden	W40	3.06
Bjorn Dybdahl	M50	3.80
Lucas Baker	Vis	3.39
Matt Baker	M40	5.33

COKER PARK December 6, 2007**1500m – Patron's Trophy**

			%
Christian Wakeling	M33	4:43.9	72.56
Campbell Till	M50	4:55.5	81.56
Bert Carse	M66	5:13.6	87.88
Ross Keane	M46	5:21.0	72.37
Brian Hewitt	M54	5:32.0	75.17
Bob Schickert	M66	5:38.2	81.49
David Carr	M75	5:44.7	89.38
Peter March	M48	5:51.0	66.19

Karen March	W46	6:10.0	71.15
John Dennehy	M48	6:14.6	63.16
Peggy Macliver	W63	6:19.7	87.28
Liz Neville	W56	6:25.8	77.62
Delia Baldock	W45	6:34.7	65.90
Nick Miletic	M56	6:57.1	60.87
Carol Bowman	W53	6:57.5	68.89
Merv Jones	M68	7:43.2	60.49
Lynne Schickert	W66	9:12.6	62.84

100m

Colin Smith	M40	13.2
Nick Miletic	M55	15.5
Carol Bowman	W50	18.7
Delia Baldock	W45	16.3
Lynne Schickert	W65	24.4

300m

Colin Smith	M40	41.1
Ross Keane	M45	51.3
David Carr	M75	52.0

Delia Baldock	W45	56.2
Nick Miletic	M55	60.9
Carol Bowman	W50	62.2

Javelin – Patron's Trophy

			%
Mark Hamilton	M37	40.80	44.57
Campbell Till	M50	25.80	33.51
Peter March	M46	24.28	31.98
Gary Ogden	M49	21.62	29.02
Nick Miletic	M56	17.59	25.62
Peggy Macliver	W63	16.51	42.20
David Carr	M75	15.74	32.12
John Dennehy	M48	14.20	18.71
Robin King	W49	12.80	24.47
Bob Schickert	M66	11.04	18.92
Lynne Schickert	W66	10.57	29.01
Pat Carr	W75	10.51	37.07
Carol Bowman	W53	9.20	18.49
Merv Jones	M68	7.24	13.02

3000m

Christian Wakeling	M30	10:34.8
Brett Roach	M35	10:47.8
Ian Davies	M60	10:48.1
Bert Carse	M65	11:37.4
Gary Ogden	M45	12:19.8
Robin King	W45	12:34.6
Peter March	M45	12:40.7
Karen March	W45	12:43.7
Maurice Creagh	M60	12:44.4
Nick Miletic	M55	14:02.6
Peggy Macliver	W60	14:09.2
John Dennehy	M45	14:15.5
Merv Jones	M65	16:42.4
Coby Wakeling	W35	19:47.2

Shot

Mark Hamilton	M35	11.98
Bev Hamilton	W60	8.65
Gary Ogden	M45	7.61

Triple Jump

Gary Ogden	M45	9.08
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UWA - December 11, 2007

1500m PATRON'S TROPHY

			%
Paul Burke	M37	4:52.1	72.87
Mark Dawson	M46	5:07.9	75.45
Bert Carse	M66	5:12.3	88.24
Ross Keane	M46	5:16.4	73.43
Matt Staunton	M33	5:20.3	64.31
John Collier	M41	5:25.7	68.02
Bob Lane	Vis	5:31.6	
Frank Smith	M65	5:38.1	80.85
John Oldfield	M64	5:42.0	79.28
Ivan Brown	M63	5:49.8	76.88
Andre Morkel	Vis	6:02.8	
Peggy Macliver	W63	6:26.7	85.70
Nick Miletic	M56	6:51.7	61.67

			%
Carol Bowman	W53	6:55.9	69.15
Christine Oldfield	W63	7:42.0	71.73
Peter Kennedy	M87	14:29.9	46.84

JAVELIN PATRON'S TROPHY

Matt Staunton	M33	44.00	45.82
Christine Oldfield	W63	6.36	16.26
Ivan Brown	M63	15.14	24.25
Val Millard	W61	8.71	21.29
Lynne Schickert	W66	9.43	25.88
Ross Calnan	M67	19.69	34.56
Bob Schickert	M66	12.92	22.15
Bjorn Dybdahl	M54	20.69	28.96

100m

Andre Morkel	Vis	13.5
Rob Greenhalgh	M55	14.4
Barrie Kernaghan	M65	15.2
Nick Miletic	M55	15.6

Paul Burke	M35	13.1
Bob Schickert	M65	16.4
Ross Calnan	M65	16.8
Carol Bowman	W50	18.4

Val Millard	W60	21.0
Bob Chard	Vis	22.0
Lynne Schickert	W65	22.9
Peter Kennedy	M85	29.3

300m

Duncan McAuley	M55	44.0
Rob Greenhalgh	M55	45.4
Barrie Kernaghan	M65	49.1
Nick Miletic	M55	57.7

Paul Burke	M35	46.1
Bjorn Dybdahl	M50	51.8
Bob Schickert	M65	53.2
Bob Lane	Vis	54.8
Peggy Macliver	W60	54.8
Carol Bowman	W50	62.5
Bob Chard	Vis	78.8

3000m

Bjorn Dybdahl	M50	10:56.5
Paul Burke	M35	11:25.0
Bert Carse	M65	11:26.3
Mark Dawson	M45	11:46.8
John Collier	M40	12:18.2
Duncan McAuley	M55	12:24.9
Bob Lane	M55	12:26.1
Ivan Brown	M60	12:37.9
Nick Miletic	M55	14:06.6
Fiona McAuley	W55	17:38.9
Bob Chard	Vis	No time

3000m WALK

Val Millard	W60	19:37.5
Lynne Schickert	W65	21:51.2

TRIPLE JUMP

Ross Wickham	M40	12.13
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SHOT

Matt Staunton	M30	11.92
Rob Shand	M75	7.06
Rae McMillan	W80	6.76 (SR tbc)

JAVELIN (non-trophy)

Matt Staunton	M30	45.49
Peter Kennedy	M85	9.40
Rob Shand	M75	23.56
Rae McMillan	W80	13.44 (SR)

COKER PARK - December 13, 2007

200m – Patron's Trophy

			%
Graeme Watson (Vis)		25.3	
Colin Smith	M44	26.4	81.29
Chris Neale	M38	26.5	77.39
Campbell Till	M50	26.8	83.64
Nick Miletic	M56	34.4	67.91
Keith Martin	M64	29.4	83.78
Bjorn Dybdahl	M54	30.1	76.56
Peter March	M48	33.1	66.75
David Carr	M75	33.2	84.03
Bob Schickert	M66	33.7	74.15
John Dennehy	M48	31.9	69.26
Peggy Macliver	W63	33.5	86.98
Delia Baldock	W45	34.6	69.48
Carol Bowman	W53	38.7	67.94
Gillian Young	W60	36.4	77.75
Karen March	W46	39.7	61.24
Christine Oldfield	W63	45.1	64.61
Lynne Schickert	W66	49.4	60.72

Long Jump – Patron's Trophy

			%
Campbell Till	M50	5.22	73.19
Colin Smith	M44	4.40	57.25
Bjorn Dybdahl	M54	4.36	64.47
Keith Martin	M64	4.12	70.54
John Dennehy	M48	4.00	54.67
Delia Baldock	W45	3.91	61.05
Nick Miletic	M56	3.60	54.72
Peggy Macliver	W63	3.56	72.65
David Carr	M75	3.09	64.03
Deb Wolfenden	W44	2.77	42.68
Bob Schickert	M66	2.68	47.38
Gillian Young	W60	2.67	51.82
Lynne Schickert	W66	2.66	57.20
Carol Bowman	W53	2.54	44.25
Christine Oldfield	W63	2.35	47.96

800m

Graeme Watson (Vis)	M30	2:12.8
Neil Morfitt	M50	2:17.9
Bjorn Dybdahl	M50	2:27.8
Ross Keane	M45	2:32.7
Brian Hewitt	M50	2:38.5
Bob Schickert	M65	2:45.0
Keith Martin	M60	3:14.1
Nick Miletic	M55	3:14.4
Christian Wakeling	M30	2:17.8
Simon Coates	M35	2:19.3
Jim White (Vis)	M55	2:47.7
Peter March	M45	2:55.9
Frank Gardiner	M55	2:56.9
Kerriann Bresser	W35	2:57.9
Karen March	W45	3:03.5
Roger Walsh	M60	3:14.8

60m

Colin Smith	M40	9.0
Bjorn Dybdahl	M50	9.2
Brian Hewitt	M50	9.4
Peter March	M45	9.7
Nick Miletic	M55	9.8
John Dennehy	M45	9.5
Peggy Macliver	W60	10.1
David Carr	M75	10.1
Deb Wolfenden	W40	10.9
Carol Bowman	W50	11.3
Gillian Young	W60	10.6
Karen March	W45	11.3
Val Millard	W60	13.3
Lynne Schickert	W65	n/t

3000m

Simon Coates	M35	9:33.7
Christian Wakeling	M30	10:45.2
Bjorn Dybdahl	M50	11:41.3
Jim White (Vis)	M55	12:01.9
Frank Smith	M65	12:12.0
Brian Hewitt	M50	12:19.5
Peter March	M45	12:50.6
Karen March	W45	12:54.9
Gillian Young	W60	12:55.6
Frank Gardiner	M55	12:56.1
Blakeney Tindall	M45	13:09.4
Maurice Creagh	M60	13:13.5
Kerriann Bresser	W35	15:39.9
Coby Wakeling	W35	19:30.6

3000m walk

Tom Lenane	M50	19:26.3
Val Millard	W60	19:28.8

Hammer

Mark Hamilton	M35	32.78
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Javelin

Mark Hamilton	M35	35.10
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UWA - 18 December 2007

200m PATRON's TROPHY			%
Matt Staunton	M30	26.8	73.56
Alan Gower	M50	28.6	79.46
Mark Dawson	M45	29.8	73.08
Barrie Kernaghan	M65	29.8	84.52
Keith Edmonds	M40	30.1	69.21
Peggy Macliver	W60	33.3	87.5
Bob Schickert	M65	33.6	74.37
Ivan Brown	M60	35.5	68.92
Nick Miletic	M55	36.7	63.66
Carol Bowman	W50	37.9	69.38
Barry Newell	M50	31.7	71.2
Christine Oldfield	W60	43.1	67.6 PB
Lynne Schickert	W65	49.5	60.6

LONG JUMP PATRON's TROPHY			%
Christine Oldfield	W60	2.61	53.27 PB
Peggy Macliver	W60	3.61	73.67
Matt Staunton	M30	5.58	64.22
Ross Calnan	M65	2.92	51.63
Ivan Brown	M60	3.18	53.6
Gary Ogden	M45	4.02	55.65
Lynne Schickert	W65	2.43	52.26
Bruce Wilson	M60	3.46	57.43
Carol Bowman	W50	2.68	46.69
Paul Burke	M35	4.91	58.94
Bob Schickert	M65	2.74	48.44

60m (maybe approx. – no track markings!!)

Rob Greenhalgh	M55	8.3
Gary Ogden	M45	8.6
Keith Edmonds	M40	8.8
Barrie Kernaghan	M65	9.0
Nick Miletic	M55	9.1
Mark Dawson	M45	9.3
Peggy Macliver	W65	9.4
Bob Schickert	M65	9.6
Ross Calnan	M65	9.8
Carol Bowman	W50	10.8
Matt Staunton	M30	7.7
Paul Burke	M35	8.2
Catherine Keane	Vis	11.9
Christine Oldfield	W60	11.9 PB
Val Millard	W60	12.4 PB
Lynne Schickert	W65	12.6 PB

3000m

Alan Gower	M50	10:20.5
Mark Dawson	M45	11:22.7
Bruce Wilson	M60	11:38.6
Paul Burke	M35	11:46.0
Keith Edmonds	M40	11:57.0
Simon Ogden	(Vis)	12:04.0
John Oldfield	M60	12:15.3 PB
Frank Smith	M65	12:21.5
Ivan Brown	M60	12:23.6 SB
Rob Greenhalgh	M55	12:26.5
John Collier	M40	12:38.5
Graeme Dahl	M55	12:43.2
Gary Ogden	M45	12:44.7
Nick Miletic	M55	13:51.0
Barry Newell	M50	15:03.5
Gill Edmonds	W40	16:07.2

800m

John Collier	M40	2:32.4
Ross Keane	M45	2:35.2
Bob Lane	Vis	2:40.5
Simon Ogden	Vis	2:42.4
Gary Ogden	M45	2:53.0
Paul Burke	M35	2:52.2
Frank Gardiner	M55	3:01.6
Peggy Macliver	W60	3:09.0
Nick Miletic	M55	3:24.8
Carol Bowman	W50	3:25.3
Roger Walsh	M60	3:25.6
Val Prescott	W60	4:35.9

800m WALK

Val Millard	W60	4:53.7
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3000m WALK

Val Millard	W60	19:56.8
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Javelin

Matt Staunton	M30	44.64
Gary Ogden	M45	25.63
Rae McMillan	W80	13.87
Rob Shand	M75	23.45
Ross Calnan	M65	21.66
Val Prescott	W60	12.95
Simon Ogden	Vis	21.88
Bruce Wilson	M60	13.77

Hammer

Matt Staunton	M30	39.10
Gary Ogden	M45	17.63
Geoffrey Gee	M50	37.03 (SR)
Rae McMillan	(3kg) W80	15.45 (SR)
Rae McMillan	(2kg) W80	20.18 (SR)

Coker Park – 20 December 2007

400m

Graeme Watson	Vis	55.2
Chris Neale	M35	56.0
Colin Smith	M40	57.2
Campbell Till	M50	57.5
Neil Morfitt	M50	58.4
Christian Wakeling	M30	61.7
Barrie Kernaghan	M65	69.0
John Dennehy	M45	69.7
Peggy Macliver	W60	75.6
Robin King	W45	81.8
Nick Miletic	M55	85.4
Carol Bowman	W50	86.7
Merv Jones	M65	90.3

1 Mile

Christian Wakeling	M30	5:47.0
David Carr	M75	6:29.0
Frank Gardiner	M55	6:32.7
Paul Burke	M35	6:37.6
Karen March	W45	6:43.2
Liz Neville	W55	6:47.5
Gillian Young	W60	7:00.6
Nick Miletic	M55	7:10.7

5000m

Christian Wakeling	M30	18:41.3
Bjorn Dybdahl	M50	19:20.6
Steve Giles	M45	19:39.4
Jim White	M55	19:42.4
Rosemary Johnson	W30	19:46.6
Paul Burke	M35	20:23.4
Graeme Dahl	M55	NT
Nick Miletic	M55	24:03.0

3000m

Frank Gardiner	M55	12:50.7
Robin King	W45	13:37.5

60m

Chris Neale	M35	NT
Graeme Watson	Vis	8.2
Colin Smith	M40	NT
Nick Miletic	M55	9.2
Colin Smith	M40	8.1
Paul Burke	M35	8.4
Bjorn Dybdahl	M50	9.5
John Dennehy	M45	9.6
Delia Baldock	W45	9.8
Christine Oldfield	W60	12.7
Lynne Schickert	W65	13.6

1 Mile Walk

Lynne Schickert	W65	10:51.8	SR
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Shot

Bev Hamilton	W60	8.88
Mark Hamilton	M35	12.03

Triple Jump

Lynne Schickert	W65	5.78
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Discus

Bev Hamilton	W60	20.97
Mark Hamilton	M35	37.64
Chris Neale	M35	29.63
Graeme Watson	Vis	21.05

Track & Field Newsletter

Souvenir issue – combined events

January 2008

Matt's Magical Weekend

Surely the greatest test of all round athletic ability, certainly of stamina and grit, is the event we call the decathlon. I remember watching with awe as Daley Thompson won Olympic gold, and years later Dean Macey struggling with a hamstring strain through the last event, the 1500m, to claim his bronze medal. It was Christine's and my privilege to be asked to officiate at the state open championships decathlon and heptathlon at Perry Lakes on January 12th /13th.

Matt Staunton was one of the six entrants in the decathlon, competing as a Masters athlete since this meet doubled as our own championship. Seeing these superhuman men at close quarters throughout their ten events made the respect for their achievements even greater. From the 100m on the first morning, through long jump, shot put, high jump and finishing the Saturday with a gruelling 400m, the camaraderie amongst the six men was a great delight. They all constantly encouraged each other to greater heights. Then on the Sunday it started all over again – high hurdles, discus, the highly technical pole vault and javelin left just one event to the end. Imagine after these nine events with only a half hour break between, in 30-plus degree heat, toeing the line for a 1500m! What a wonderful achievement just to complete the event. Matt's results are shown in the box below. He did not quite manage to break his own state record, but did achieve some great personal bests on the way to his M30 state championship win. He actually would have taken the bronze in the open event, but as he was competing in a different category was ineligible. We take our hats off to you, Matt. You are a true champion.

<u>Saturday</u>	<u>Result</u>	<u>Points</u>
100m:	12.94	478
Long jump:	5.42	465
Shot:	12.31	625
High jump:	1.71	560
400m:	58.64	461
First day's points total:		2589

<u>Sunday</u>	<u>Result</u>	<u>Points</u>
110m hurdles:	20.90	260
Discus:	35.97	583
Pole vault:	3.40	457
Javelin:	49.07	575
1500m:	5:35.7	372
Second day's points total:		2247

Total points for decathlon: 4836

One of the features of the club's summer T&F programme is the January pentathlon. This year's two events are covered on the following pages.

Pentathlon at Coker Park – January 17, 2008

Results – Men

Chris Neale	M35	2746 pts
Colin Smith	M45	1924
John Dennehy	M45	1162
Campbell Till	M50	2902
David Carr	M75	3151

Results –Women

Carol Bowman	W50	1264 pts
Peggy Macliver	W60	3179
Christine Oldfield	W60	1222
Lynne Schickert	W65	1333

Chris Neale

Long jump	6.01	655 pts
Javelin	35.80	404
200m	24.5	705
Discus	30.88	482
1500m	5:14.6	500

NEW STATE RECORD FOR M35

Chris' great all-round effort in the 35 deg. heat just surpassed Greg van der Sanders' record by 13 points. (Mike Edwards' 1992 mark was made using the old tables.) His long jumping is amazing and nobody can have missed his wonderful sprinting form this season. Add two very competent throws and you can see how well-suited Chris is to the pentathlon.

Colin Smith

Long jump	4.36	407 pts
Javelin	16.89	171
200m	26.1	732
Discus	16.37	220
1500m	6:10.1	394

Colin is a rare participant in this event, although he sometimes "has a go", with some success, at the long jump and throws. He is an excellent sprinter, but admits to struggling a bit with "long" runs like the 1500. As he said when I interviewed him, it was difficult after being out delivering letters in the 40 degree heat to get himself prepared for a 1500 at the end. "Now, if I'd been allowed to do it on my postie's bike"

John Dennehy

Long jump	3.74	273 pts
Javelin	15.50	148
200m	31.4	356
Discus	14.98	193
1500m	7:03.6	192

Everybody knows what a quiet, modest man John is. It was difficult to get him to talk about his night. Your deputy editor, however, has the ability to read minds "I don't want to be here", he thought as he raced down the runway for his third jump. "Sh....." as he landed in the pit. And at the end of the 1500m "What's the next event – I'm just getting warmed up for this." John, as always, had nothing but praise for his fellow athletes "What a great bunch they are. It was real fun competing with them tonight."

Campbell Till

Long jump	5.18	697 pts
Javelin	22.55	283
200m	25.7	843
Discus	19.99	272
1500m	5:04.9	807

“All pentathletes experience a great sense of achievement to complete a multi-event whether they be an Australian record breaker or just submitting themselves to the rigours of 5 events in two hours.” This was no different, but with the added ingredient of 35 degree heat. “It proved to be the most fatiguing I can recall – very tired the next day. I was aiming for a 3000-point total but fell just short, so that remains a goal for the future.”

David Carr

Long jump	3.00	494 pts
Javelin	18.83	411
200m	31.9	849
Discus	16.56	403
1500m	5:50.8	994

NEW STATE RECORD FOR M75

David broke Syd Coleman’s M75 record. Syd’s record of 2300 was set in 1994, but David has put it out of sight to all but himself by raising it by over 850 points. His individual styles on the track, field and pit make this awesome athlete absolutely unique.

Carol Bowman

Long jump	2.57	146 pts
Javelin	9.06	149
200m	37.4	377
Discus	12.21	206
800m	3:19.3	386

“It was a fun night, but very hot! I did the pentathlon for some variety – it is so different and I can use it to improve in many events. I particularly like the 800 because I am already improving in this and it is my target at the nationals. I was close to a PB in the 800m, but didn’t warm up properly. Conversely, I hate the long jump. It would be good if more people entered the pentathlon – it makes it more competitive and exciting to watch.” (.But harder to organise!! – Ed.)

Peggy Macliver

Long jump	3.60	628 pts
Javelin	17.83	498
200m	32.8	889
Discus	16.93	405
800m	3:06.4	759

This is good training for the state champs – but it’s a pity that more people don’t prepare for the individual events that make up the pentathlon. I really enjoy the 200m and the long jump – I’m always hoping to get in the “good one”, but this time I didn’t. It’s lovely to hear the banter in the pentathlon, there’s great spirit. Cheering and commiserations in the throws in particular I remember.

Christine Oldfield

Long jump	2.43	208 pts	
Javelin	6.46	129	PB
200m	42.4	339	PB
Discus	7.62	140	PB
800m	3:46.2	406	PB

I did it because it was fun and a challenge. Yes, I did 4 PBs, but the field events I rarely do, so I can improve these. The 800 PB was very satisfying, to do a big PB as the last event was a big surprise. I'm not really built to throw; I also have a sore shoulder from the shot put in the PT. I remember thinking during the pentathlon "how amazing it is that I'm doing this. I had never run on a track until 2005, had never done a field event until 2007" It seemed beyond belief. Yes, my new pink top made me feel good about myself, but it doesn't go with my tartan shorts!

Lynne Schickert

Long jump	2.43	274 pts	
Javelin	10.31	292	
200m	47.9	208	SB
Discus	11.96	303	
800m	4:34.2	256	

I like the variety of events the pentathlon offers – it's a foil to race walking and it also helps me with my long jump event. As it happened, I was disappointed with the long jump; I had not warmed up properly because of the heat, but by the 200m I was much happier and did a season's best. Overall, it was good fun competing and trying to match the performances of the younger competitors. With daylight saving, nobody seems in a hurry to go home these days.

Pentathlon at UWA – January 22, 2008

Following the state records for Chris Neale and David Carr at Coker, it was the Tuesday brigade's turn tonight at UWA. There was a similar male turn out, but only one lady kept the five men company. Val Millard maintained the focus on fun and enjoyment that characterized her three-year period as President of the club.

Results – Men

Gary Ogden	M45	1841pts
Garry Ralston	M50	2360
Nick Miletic	M55	1730
Keith Martin	M60	2225
Peter Hopper	M60	1578

Results –Women

Valerie Millard	W60	1031pts
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Valerie Millard

Long jump	2.51	233pts
Javelin	8.76	202
200m	48.4	118
Discus	11.65	252
800m	4:13.1	226 SB

The whole evening was “lots of fun”, “it was good to have a go at events I have rarely tried before.” Val’s long jump and throws were very creditable. She did not run at her normal pace in the 200, but finished the night off with an excellent 800, accompanied by the deputy editor who assures me she was not interviewing during the two laps.

Gary Ogden

Long jump	4.00	328 pts
Javelin	26.16	329
200m	30.1	437
Discus	19.24	276
1500m	5:53.2	471

Gary is a regular field event competitor, in addition to his prowess on the track, so it was no surprise to see him in the multi-event. It was good fun to do, but very hard work completing all five events in under two hours. “I’m certainly glad it’s all over” was the comment after the 1500.

Garry Ralston

Long jump	5.28	725 pts
Javelin	18.54	212
200m	26.2	802
Discus	24.49	357
1500m	7:01.1	264

A highly accomplished sprinter, it was no surprise that Garry enjoyed the long jump and 200m most. “Chris Neale told me about this, and although I have never held a javelin before, I thought I would give it a go.” Garry, too, felt that it was tough to complete the five events in less than two hours, and commented that “the 1500m felt more like 3 miles”. Analysing his results, however, indicates that perhaps we have another multi-eventer in the making with some distance training!

Nick Miletic

Long jump	3.91	429 pts
Javelin	19.17	257
200m	34.3	324
Discus	19.41	297
1500m	6:37.5	423 SB

“I like the variety. It tests strengths and abilities in different areas, although I’ve never done one before”. Nick seemed pleased with his good jump and javelin throw, and when asked after the 200m said that he felt very good. Some serious practice went in before the discus throw, with an unusual style, to good effect. The night just kept getting better for Nick with a season’s best in the 1500 rounding off a great debut performance in the event.

Keith Martin

Long jump	4.35	646 pts
Javelin	21.40	323
200m	30.2	644
Discus	22.00	362
1500m	7:43.3	250

Keith is an experienced decathlete, with a superb 6th place in the 1993 worlds. Also with national titles in all jumps and hurdles, his all-round ability is not in doubt. Excellent results in the 200m and long jump gave him a really solid start, but the 1500m was his “first long race in ages” and clearly tested endurance. “If I survive tonight I will enter the event in the state championships.” With over 2000 points, that is surely now on!

Peter Hopper

Long jump	3.47	382 SB
Javelin	25.66	413 SB
200m	41.0	98 SB
Discus	22.75	378 SB
800m	7:25.9	307 SB

“I’ve never done this before; it’s an act of stupidity!” Peter tried the pentathlon last year but picked up an injury in the long jump (hence the “act of stupidity”). He has not done the javelin since school days “a few years back”. The 200m he found “tough” but was happy enough at the end after completing the 1500m. “What an achievement to do all five events in one night.” And so say all of us, Peter.

Fifteen athletes, over the two nights, started the pentathlon. All of them completed the event, many of them attempting a multi-event for the first time. We put our hands together for all of you, whether record-breaker or first-timer – well done!

Coker Park - January 3, 2008

100m

Chris Neale	M35	12.2
Greg Vander Sanden	M45	12.5
Colin Smith	M45	13.1
Gary Ogden	M45	14.5
Bjorn Dybdahl	M50	14.7
Rob Antonioli	M55	14.1
Brian Hewitt	M50	15.3
John Dennehy	M45	15.5
David Carr	M75	16.0
Alan Deans	M55	16.0

Paul Burke	M35	13.5
Peggy Macliver	W60	15.8
Delia Baldock	W45	16.0
Carol Bowman	W50	18.6
Deb Wolfenden	W40	18.0
Christine Oldfield	W60	21.0
Lynne Schickert	W65	22.7

800m

Greg Vander Sanden	M45	2:25.1
Paul Burke	M35	2:26.3
Bjorn Dybdahl	M50	2:32.0
Ross Keane	M45	2:32.7
Simon Ogden	Vis	2:36.6
Brian Hewitt	M50	2:37.6
David Carr	M75	2:46.3
Alan Deans	M55	2:50.0

Rosemary Johnson	W30	2:33.6
Frank Gardiner	M55	2:46.1
Graeme Dahl (QMAA)	M55	2:52.7
Robin King	W45	2:55.3
John Dennehy	M45	2:59.7
Peggy Macliver	W60	3:02.6
Maurice Creagh	M60	3:03.4
Delia Baldock	W45	3:13.9

Rob Antonioli	M55	2:40.9
Gary Ogden	M45	2:50.6
Jackie Halberg	W60	3:11.1
Carol Bowman	W50	3:18.6

3000m walk

Tom Lenane	M50	19:51.8
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1000m walk

Val Millard	W60	6:13.4
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200m

Chris Neale	M35	24.7
Greg Vander Sanden	M45	25.1
Colin Smith	M45	25.5
Campbell Till	M50	26.0
David Solomon	M40	27.0
Rob Antonioli	M55	29.5
Bjorn Dybdahl	M50	29.9
Ross Keane	M45	30.9
Gary Ogden	M45	31.6
Simon Ogden	Vis	31.8
John Dennehy	M45	31.1
Brian Hewitt	M50	32.1
David Carr	M75	32.4
Peggy Macliver	W60	33.3
Delia Baldock	W45	33.7
Carol Bowman	W50	38.3
Christine Oldfield	W60	44.4
Lynne Schickert	W65	49.1

3000m

Steve Giles	M45	11:10.9
Rosemary Johnson	W30	11:23.2
David Solomon	M40	11:47.2
Paul Burke	M35	11:48.3
Bjorn Dybdahl	M50	12:31.8
Frank Gardiner	M55	12:36.2
Graeme Dahl (QMAA)	M55	12:37.2
Alan Deans	M55	13:18.6
Robin King	W45	13:22.4
Maurice Creagh	M60	13:55.5
Jackie Halberg	W60	16:38.1

Long Jump

Chris Neale	M35	5.97
Campbell Till	M50	5.23
Paul Burke	M35	4.90
Colin Smith	M45	4.51
Rob Antonioli	M55	4.51
Lynne Schickert	W65	2.62

Weight Throw

Geoff Gee	M50	15.09
Mark Hamilton	M35	12.92
Gary Ogden	M45	5.95

Javelin

Chris Neale	M35	36.90
Mark Hamilton	M35	34.80
Gary Ogden	M45	26.18
Simon Ogden	Vis	22.78
Rob Antonioli	M55	21.34

UWA - January 8, 2008

100m

Garry Ralston	M50	12.7
David Clive	M70	13.8
Barrie Kernaghan	M65	14.7
Bjorn Dybdahl	M50	14.8
Nick Miletic	M55	15.0

Peter Gare	M65	15.2
Debbie Wolfenden	W40	17.4
Carol Bowman	W50	17.7 PB

Christine Oldfield	W60	19.8 PB
Catherine Keane	Vis	19.9
Val Millard	W60	21.2
Lynne Schickert	W65	21.6 PB

800m

Andrew Brooker	M35	2:13.5
Duncan McAuley	M55	2:31.0
Ross Keane	M45	2:31.4
Bruce Wilson	M60	2:39.4
John Collier	M40	2:40.0
Keith Edmonds	M40	2:41.5
Bob Lane	M60	2:44.8

Simon Ogden	Vis	2:37.6
Dave Roberts	M65	2:46.5
Frank Gardiner	M55	2:48.5
Gary Ogden	M45	2:54.8
Wayne Taylor	M45	2:57.0
Garry Ralston	M50	3:08.2
Nick Miletic	M55	3:12.6
Carol Bowman	W50	3:17.7 PB

200m

Garry Ralston	M50	28.1
David Clive	M70	29.3
Barrie Kernaghan	M65	29.6
Bjorn Dybdahl	M50	31.0
Keith Edmonds	M40	31.0

Simon Ogden	Vis	31.0
Peter Gare	M65	31.2
Ross Keane	M45	31.8
Nick Miletic	M55	35.8
Irwin Barrett-Lennard	M75	38.7

Barry Newell	M50	31.7
Gary Ogden	M45	31.9
Carol Bowman	W50	38.5

Catherine Keane	Vis	47.9
Lynne Schickert	W65	49.1

Long Jump

Bruce Wilson	M60	3.63
Gary Ogden	M45	4.09
Simon Ogden	Vis	4.12

3000m Walk

Peter Hopper	M60	21:19.0
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1000m Walk

Val Millard	W60	6:18.0
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3000m

Alan Gower	M50	10:29.0
Bjorn Dybdahl	M50	11:28.0
Mark Dawson	M45	11:35.5
Bruce Wilson	M60	11:45.0
Simon Ogden	Vis	12:15.4
Bob Lane	M60	12:20.7
Ivan Brown	M60	12:36.7
Keith Edmonds	M40	12:42.7
John Oldfield	M60	12:45.2
John Collier	M40	12:52.8
Bob Schickert	M65	12:56.0
Frank Gardiner	M55	13:15.4
Duncan McAuley	M55	13:16.6
Dave Roberts	M65	13:21.9
Wayne Taylor	M45	14:02.2
Nick Miletic	M55	14:07.1
Karyn Gower	W45	14:08.6
Barry Newell	M50	16:05.6
Gill Edmonds	W40	16:18.6
Christine Oldfield	W60	16:38.0
Fiona McAuley	W55	17:32.1

Weight Throw

Gary Ogden	M45	6.71
Peter Hopper	M60	8.33
Geoffrey Gee	M50	14.70
Damien Hanson	M50	8.98

Javelin

Peter Gare	M65	32.87
Gary Ogden	M45	21.63
Simon Ogden	Vis	27.06
Geoffrey Gee	M50	35.86
Lynne Schickert	W65	9.83
Val Millard	W60	11.14
Damien Hanson	M50	29.32

COKER PARK

10 January, 2008

600m

Chris Neale	M35	1:35.0
Paul Burke	M35	1:42.8
Bob Schickert	M65	1:57.8
David Carr	M75	1:54.6
Eldon George	M35	2:39.2

Peggy Macliver	W60	2:09.1
Delia Baldock	W45	2:09.6
John Dennehy	M45	2:13.6
Nick Miletic	M55	2:14.4
Carol Bowman	W50	2:20.4

Frank Gardiner	M55	2:30.5
Christine Oldfield	W60	2:44.0

100m

Chris Neale	M35	12.6
Colin Smith	M45	13.4
David Luck	Vis	14.2
Barrie Kernaghan	M65	15.0
Nick Miletic	M55	16.0

Paul Burke	M35	13.7
Bjorn Dybdahl	M50	15.2
John Dennehy	M45	16.1
Frank Gardiner	M55	16.2
Alan Deans	M55	16.5
Eldon George	M35	26.8
Lynne Choate	W50	15.6
Delia Baldock	W45	16.4
Carol Bowman	W50	18.9

400m

Campbell Till	M50	57.6
Simon Coates	M35	60.1
Duncan McAuley	M55	62.1
Barrie Kernaghan	M65	66.7
Bjorn Dybdahl	M50	66.7
Paul Burke	M35	66.0
David Carr	M75	69.9
Bob Schickert	M65	73.7
John Dennehy	M45	77.0
Ivan Brown	M60	79.1
Nick Miletic	M55	81.0
Frank Gardiner	M55	73.4
Danny Sheehan	M50	74.1
Peggy Macliver	W60	76.4
Delia Baldock	W45	77.5
Robin King	W45	78.9
Carol Bowman	W50	85.7 SB
Eldon George	M35	1:47.9

Christine Oldfield	W60	21.1
Val Millard	W60	22.0
Lynne Schickert	W65	23.6

Triple Jump

Chris Neale	M35	11.90
Murray Tolbert	M60	9.86
Lynne Schickert	W65	5.60

Shot

Geoff Gee	M50	12.57
Mark Hamilton	M35	11.93
Murray Tolbert	M60	9.93
Bev Hamilton	W60	8.73

3000m

John Oldfield	M60	12:31.1
Chris Neale	M35	12:46.1
Liz Neville	W55	13:37.4
Jackie Halberg	W60	15:13.9

5000m

David Solomon	M40	18:20.4
Christian Wakeling	M30	18:26.8
Steve Giles	M45	18:57.6
Rosemary Johnson	W30	19:58.2
Jeremy Ingram	Vis	20:00.9
Bjorn Dybdahl	M50	20:22.6
Robin King	W45	21:53.5
Alan Deans	M55	23:23.6
Maurice Creagh	M60	23:42.0

3000m walk

Tom Lenane	M50	19:02.5
Eldon George	M35	19:09.0
Val Millard	W60	19:37.4
Lynne Schickert	W65	21:53.0

**UWA
January 15, 2008**

600m

Andrew Brooker	M35	1:34.2
Duncan McAuley	M55	1:44.4
Rob Colton	M40	1:46.1
Bjorn Dybdahl	M50	1:47.9
John Collier	M40	1:49.4
Bruce Wilson	M60	1:52.6
Bob Lane	M60	2:00.1
Peter Gare	M65	2:07.4
Nick Miletic	M55	2:11.5
Carol Bowman	W50	2:23.0
Christine Oldfield	W60	2:46.2

100m

David Luck	M45	13.5
Mark Dawson	M45	14.0
Barrie Kernaghan	M65	14.1
Bjorn Dybdahl	M50	14.5
Nick Miletic	M55	15.3

Paul Burke	M35	13.2
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Rob Greenhalgh	M55	13.9
Rob Colton	M40	14.2
Keith Martin	M60	15.5
Bob Lane	M60	17.3

Barry Newell	M50	14.3
Peter Gare	M65	15.5
Ross Calnan	M65	16.8
Christine Oldfield	W60	20.3
Val Millard	W60	20.5 SB
Catherine Keane	Vis	20.5
Lynne Schickert	W65	21.5 SB
Ella Newell	Vis	21.6
Peter Kennedy	M85	30.2

400m

Andrew Brooker	M35	58.2
Alan Gower	M50	59.4
Bjorn Dybdahl	M50	68.1
Keith Edmonds	M40	68.6
Keith Martin	M60	69.3

Barrie Kernaghan	M65	69.9
Fayaz Jamal	M50	75.3
Rob Greenhalgh	M55	70.4
Rob Colton	M40	71.9
Bob Lane	M60	75.5
Wayne Taylor	M45	81.1
Nick Miletic	M55	81.9
Ivan Brown	M60	81.9
Carol Bowman	W50	84.7 PB
Catherine Keane	Vis	96.2
Ella Newell	Vis	1:40.0

5000m

Alan Gower	M50	19:03.4
Bruce Wilson	M60	19:59.0
Mark Speechley	Vis	20:09.9
Mark Dawson	M45	20:21.8
Paul Burke	M35	20:31.8
Fayaz Jamal	M50	20:32.2
Bjorn Dybdahl	M50	20:46.1
Keith Edmonds	M40	21:50.7
John Collier	M40	22:06.0
Wayne Taylor	M45	22:56.0
Blakeney Tindall	M45	23:17.2
Karyn Gower	W45	24:35.7
Nick Miletic	M55	25:03.8
Rob Colton	M40	26:00.8
Fiona McAuley	W55	32:37.8

3000m

Bob Lane	M60	12:45.8
Ivan Brown	M60	12:46.9
Duncan McAuley	M55	13:30.0

3000m Walk

Peter Hopper	M60	22:07.0
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1000m Walk

Val Millard	W60	6:09.5
Lynne Schickert	W65	7:13.9
Peter Kennedy	M85	9:48.2

Triple Jump

Lynne Schickert	W65	6.19 SB
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Hammer

Peter Kennedy	M85	12.93
Bev Hamilton	W60	21.86
Kate Glass	W55	38.89
Byrony Glass	W30	49.70
Geoff Gee	M50	34.97

Shot

Bev Hamilton	W60	8.71
Kate Glass	W55	10.05
Toni Phillips	W35	6.71
Geoff Gee	M50	12.67
Carol Bowman	W50	5.11
Lynne Schickert	W65	5.55
Val Millard	W60	5.69

Coker Park January 17, 2008

60m

David Clive	M70	8.5
David Luck	M45	8.7
Bjorn Dybdahl	M50	9.0
Lynne Choate	W55	9.2* SR
Nick Miletic	M55	9.8
Delia Baldock	W45	9.7
Alan Deans	M55	9.9
Eldon George	M35	10.2
Deb Wolfenden	W40	10.4
Pat Carr	W75	12.4
Catherine Keane	Vis	12.5

2000m

Bjorn Dybdahl	M50	7:28.6
Eldon George	M35	7:58.7
Danny Sheehan	M50	8:29.1
Ross Keane	M45	8:35.7
Nick Miletic	M55	9:02.1

200m

David Luck	M45	28.1
David Clive	M70	29.3
Bjorn Dybdahl	M50	29.4
Lynne Choate	W55	33.0
Nick Miletic	M55	34.4

200m (cont.)

Eldon George	M35	30.7
Delia Baldock	W45	32.7

Bob Schickert	M65	34.7
Danny Sheehan	M50	37.5
Catherine Keane	Vis	48.1
800m		
David Solomon	M40	2:19.5
Bjorn Dybdahl	M50	2:43.1
Dave Roberts	M65	2:45.7
Danny Sheehan	M50	3:03.0
Maurice Creagh	M60	3:03.0
Eldon George	M35	3:21.4
1500m		
Jim Klinge	M60	5:23.6
Bob Schickert	M65	5:44.1
Alan Deans	M55	5:48.9
Robin King	W45	5:51.4
Danny Sheehan	M50	5:59.3
Maurice Creagh	M60	6:31.5
Nick Miletic	M55	6:35.9
Delia Baldock	W45	6:39.6
1500m walk		
Tom Lenane	M50	9:09.6
Eldon George	M35	9:48.1
Discus		
Mark Hamilton	M35	36.48
Toni Phillips	W35	21.45
Nick Miletic	M55	21.16
Pat Carr	W75	11.31

Peggy Macliver	W60	16.5
Carol Bowman	W50	18.7
Pat Carr	W75	20.9
Val Millard	W60	21.2
Lynne Schickert	W65	22.2

1000m

Graeme Watson	M30	3:01.0
Ross Keane	M45	3:17.7
Bert Carse	M65	3:19.7* SR
David Carr	M75	3:34.2* SR
Bob Schickert	M65	3:38.9
Alan Deans	M55	3:47.3
Maurice Creagh	M60	3:57.3
Nick Miletic	M55	4:00.6
Carl Ciccarelli	M45	4:03.4
Delia Baldock	W45	4:08.1
Colin Smith	M45	4:38.3

400m

Chris Neale	M35	55.9
Campbell Till	M50	58.4
David Solomon	M40	60.1
David Luck	M45	73.5

Rob Antonioli	M55	64.7
Richard Trembath (VMA)	M65	67.5
Keith Martin	M60	68.9
John Dennehy	M45	73.1
Peggy Macliver	W60	74.0

Kathy Menon	W30	73.5
Nick Miletic	M55	78.6
David Clive	M70	81.3
Delia Baldock	W45	81.9
Carol Bowman	W50	86.4

3000m

Brett Roach	M35	11:26.5
David Willmer	M50	11:26.5
Bert Carse	M65	11:47.6
Carl Ciccarelli	M45	13:08.4
Alan Deans	M55	13:29.7
John Oldfield	M60	13:35.3
Maurice Creagh	M60	13:55.0
Bob Schickert	M65	14:44.4

1000m walk

Val Millard	W60	6:18.7
Tom Lenane	M50	6:25.5

1500m walk

Robin King	W45	18:04.1
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Triple Jump

Lynne Schickert	W65	6.00
Rob Antonioli	M55	8.78

Discus

Bev Hamilton	W60	20.56
Toni Phillips	W35	18.24
Pat Carr	W75	11.35

Weight Throw

Bev Hamilton	W60	8.99
Rob Antonioli	M55	6.02

UWA – January 29, 2008

100m			David Baird	M60	76.5
Garry Ralston	M50	12.5	Frank Gardiner	M55	77.6
David Luck	M45	13.2	Peggy Macliver	W60	80.2
Rob Greenhalgh	M55	13.9	Nick Miletic	M55	80.8
Barrie Kernaghan	M65	13.9	Carol Bowman	W50	85.4
Nick Miletic	M55	15.7			
Mark Dawson	M45	12.5	3000m		
Richard Trembath	M65	15.5	Alan Gower	M50	10:20.5
Duncan McAuley	M55	15.5	Mark Dawson	M45	11:39.1
 			Bruce Wilson	M60	12:03.5
Peggy Macliver	W60	15.8	Ivan Brown	M60	12:31.6
Frank Gardiner	M55	16.0	Carl Ciccarelli	M45	12:39.4
John Dennehy	M45	16.2	John Collier	M40	12:39.9
 			David Baird	M60	13:45.0
Christine Oldfield	W60	20.5	Karyn Gower	W45	13:56.3
Val Millard	W60	20.9	Barry Newell	M50	16:15.4
Lynne Schickert	W65	22.0	Fiona McAuley	W55	17:19.9
Peter Kennedy	M85	30.5	3000m Walk		
 			Peter Hopper	M60	22:20.3
1000m			Peter Kennedy	M85	31:48.8 **
Mark Dawson	M45	3:07.7	(SR time, but no judges present)		
John Collier	M40	3:17.8	1000m Walk		
Bruce Wilson	M60	3:30.2	Val Millard	W60	6:07
Jim White	Vis	3:40.4	Lynne Schickert	W65	7:46
Ivan Brown	M60	3:47.5	 		
Frank Gardiner	M55	3:48.3	Triple Jump		
David Baird	M60	3:58.1	Gary Ogden	M45	7.91
Carl Ciccarelli	M45	4:00.3	Lynne Schickert	W65	6.01
Nick Miletic	M55	4:00.7	 		
Peggy Macliver	W60	4:12.4	Discus		
John Dennehy	M45	4:18.4	Christine Oldfield	W60	7.00
Carol Bowman	W50	4:26.3	Ed Carroll	M65	36.32
 			Gary Ogden	M45	20.81
400m			Peter Kennedy	M85	9.16
Duncan McAuley	M55	62.4	Randal Humich	M35	46.64
Rob Greenhalgh	M55	64.7	Peter Hopper	M60	23.18
Barrie Kernaghan	M65	66.7	Toni Phillips	W35	18.61
Gary Ralston	M50	67.1	 		
Richard Trembath	M65	67.2	Weight Throw		
David Luck	M45	76.2	Randal Humich	M35	11.85
Bruce Wilson	M60	76.6	Toni Phillips	W35	7:47
 			Damien Hanson	M50	8:76
Barry Newell	M50	69.2			
John Dennehy	M45	76.3			

Coker Park – January 31st 2008

100m			Nick Miletic	M55	15.0
Barrie Kernaghan	M65	13.6	Rob Macbeth	Vis	16.0
Bjorn Dybdahl	M50	14.8			

Richard Trembath	M65	14.4
Peggy Macliver	W60	14.9
John Dennehy	M45	15.6
Jacqui Sanders	W40	16.4
Debbie Wolfenden	W40	17.3
Pat Carr	W75	19.6
Val Millard	W60	20.0
Catherine Keane	Vis	21.0
Lynne Schickert	W65	22.3

1 Mile

David Kennedy	Vis	4:59.2
Graeme Watson	M30	5:23.4
Bjorn Dybdahl	M50	5:55.9
Margaret Saunders	W50	6:37.2
Rob Macbeth	Vis	6:44.8
Jayden Watts	Vis	7:07.7
Kerriann Bresser	W40	7:08.1
Frank Gardiner	M55	7:22.1
Maurice Creagh	M60	7:35.5
Jacqui Sanders	W40	8:26.4

1 Mile Walk

Robin King	W45	8:36.8
Tom Lenane	M50	9:38.3

Val Millard	W60	9:53.8
Lynne Schickert	W65	11:47.5

600m

Neil Morfitt	M50	1:32.9
Campbell Till	M50	1:34.8
David Solomon	M40	1:37.2
Joel Burns	M35	1:47.5
Richard Trembath	M65	1:48.7
Ross Keane	M45	1:50.5
Peggy Macliver	W60	2:08.8
John Dennehy	M45	2:09.0
Rob Macbeth	Vis	2:11.4
Frank Gardiner	M55	2:24.7
Kerriann Bresser	W40	2:25.2

Javelin

Luke Webster	Vis	34.89
Josh Webster	Vis	38.24
Mark Hamilton	M35	35.70
Jayden Watts	Vis	15.63
Damien Hanson	M50	30.97

Shot

Mark Hamilton	M35	11.90
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Long Jump

Luke Webster	Vis	5.37
Josh Webster	Vis	6.13
Peggy Macliver	W60	3.49

January 31, 2008 - 4x1500m Relay Night – full results as they happened

Heat 1

M35 Chris Neale, Paul Burke, Brett Roach, Eldon George
Time: 20:11.9 **SR, AR, WR**

M40 John Collier, David Solomon, Rob MacBeth (M50), Ross Keane (M45)
Time: 22:12.4 **SR**

W45 Robin King, Karyn-Sue Gower, Karen March, Gillian Young (W60)
Time: 24:32.0 **SR, AR, WR**

W35 Saskia Letham, Toni Phillips, Carol Bowman (W50), Liz Neville (W55)
Time: 25:01.1 **SR, AR**

M75 Cecil Walkley, Bob Hayres (MAWA # 4), Ken Whistler, David Carr (MAWA # 2)
Time: 34:17.0 **SR, AR, WR**

Heat 2

M50 Alan Gower, Bjorn Dybdahl, Campbell Till, David Baird (M60)
Time: 20:40.0 **SR**

M60 John Oldfield, Bruce Wilson, Jim Langford, Jim Klinge
Time: 21:48.4 **SR, AR, WR**

M65 Bob Schickert, David Roberts, Bert Carse, David Carr (M75 – MAWA #2)
Time: 22:15.3 **SR, AR**

M55 Duncan McAuley, Nick Miletic, Frank Gardiner, Maurice Creagh (M60)
Time: 23:38.9 **SR**

4x100 results – 7 February

Heat 1

- W30-39 Kathy Menon, Carolyn Wills, Jacqui Sanders, Lyn Choate
Time: 59.7
- W40-49 Delia Baldock, Debbie Wolfenden (W44), Kerriann Bresser, Carol
Bowman
Time: 65.3 possible **SR** for W40
- W60-69 Lynne Schickert, Val Millard, Peggy Macliver, Gillian Young
Time: 72.9 **SR (W60)**

Heat 2

- M30-39 Graeme Watson (M30), Chris Neale, Paul Burke, Matt Staunton
Time: 49.1 **SR (M30)**
- M40-49 Colin Smith, Gary Ogden, David Luck, Steve Giles (all M45s)
Time: 53.5
- M50-59 Campbell Till, Bjorn Dybdahl, Nick Miletic, Rob Antonioli
Time: 55.7 **SR (M50)**
- M60-69 Bob Schickert, Barrie Kernaghan, David Carr, Mike O'Reilly
Time: 61.2 **SR (M65)**

4x800m race walk – 7 February

(no records possible in this event as there were no official walk judges)

- M30-39 Eldon George, Peter Hopper, Tom Lenane, Bruce Wilson
Time: 18:34.3
- W60-69 Michelle Mison, Lynne Schickert, Peggy Macliver, Val Millard
Time: 20:03.9
- W40-49 Robin King, Jacqui Sanders, Lorraine Lopes, Liz Neville
Time: 20:11.7
- W70-79 Dorothy Whittam, Ann Turner, Lorna Lachlan, Pat Ainsworth
Time: 25:17.4

Discus team event – 12 February

Note: As well as relays, there are field event “team championships” sanctioned by the AMA. A team of three has three throw/jumps each, and the total of each athlete’s best distance is the team score.

W30 Byrony Glass 34.80m, Kate Glass 25.01m, Bev Hamilton 20.94m
Total distance: 80.75m

Long Jump team event – 28 February

W60 Peggy Macliver, Lynne Schickert, Valerie Millard

The result of this event will appear in the March issue of TFNL

4x800 results – 14 February “The Valentine’s Day Extravaganza” (all records are to be confirmed)

Heat 1

W40-49 “B” Delia Baldock, Carol Bowman, Jacqui Sanders, Kerriann Bresser (W40)
Time: 12:48.6. Splits (approx) 3:05, 3:17, 3:23, 3:03
SR

W60-69 Peggy Macliver, Jackie Halberg, Christine Oldfield, Gillian Young (W60)
Time: 13:04.9. Splits (approx) 3:00, 3:18, 3:50, 2:56
SR, AR

M70-79 Brian Paxman, Ken Whistler, Bob Hayres, Cecil Walkley (M75)
Time: 16:07.1. Splits 4:17, 3:55, 3:59, 3:55
SR, AR

W40-49 “C” Theresa Howe, Val Millard, Lynne Schickert, Deb Wolfenden (W40)
Time: 17:00.0. Splits 3:48, 3:52, 4:38, 4:41

Heat 2

M60-69 “A” Jim Langford, Jim Klinge, Ivan Brown, David Carr (M60)
Time: 10:54.1. Splits 2:43, 2:33, 2:54, 2:44
SR

M60-69 “B” Bert Carse, Dave Roberts, Mike O’Reilly, Bob Schickert (M65)
Time: 11:19.6. Splits 2:36, 2:50, 3:05, 2:48
SR, AR

M30-39 “B” Brett Roach, Eldon George, Keith Martin, John Oldfield (M35)
Time: 11:41.3. Splits 2:32, 2:38, 3:18, 3:13
SR

M50-59 “B” Paul Hughes, Nick Miletic, Maurice Creagh, Arnie Jenkins (M55)
Time: 12:00.4. Splits 2:35, 2:59, 3:14, 3:12

SR

Heat 3

- M30-39 “A” Graeme Watson, Paul Burke, Joel Burns, Chris Neale (M30)
Time: 9:21.0. Splits 2:12, 2:19, 2:35, 2:14
SR, AR
- M50-59 “A” Neil Morfitt, Bjorn Dybdahl, Campbell Till, Duncan McAuley (M50)
Time: 9:22.9. Splits 2:12, 2:27, 2:17, 2:26
SR
- M40-49 “A” Pete Sullivan, Lachlan Marr, Colin Smith, Dave Solomon (M40)
Time: 9:52.7. Splits 2:27, 2:33, 2:27, 2:25
- M40-49 “B” Ross Keane, John Collier, Ian Cotton, John Dennehy (M40)
Time: 10:24.1. Splits 2:33, 2:35, 2:26, 2:49
- W40-49 “A” Marg Saunders, Karen March, Kay Burt, Robin King (W45)
Time: 11:53.3 Splits 2:57, 3:06, 3:02, 2:47
SR, AR

**The St Valentine’s Day Massacre
or
The National Championships 4x800m Relay Race**

On the fourteenth day of February in nineteen twenty nine,
Al Capone arranged the massacre of Bugs Moran’s vile gang.
And seventy nine years later, on St Valentine’s Day night
The MAWA gangsters drew no blood, but put up quite a fight.

For the National Relay Championships devised by AMA
Thirteen teams were armed and ready to enter the affray.
With weapons poised the first wave stood to face the four by eight;
The sound of gunfire set them off; two laps would seal their fate.

With batons raised they made their charge, determined to deliver,
And this they did with speed and skill – their motto: Now or Never.
Then wave on wave took up the chase, each passing on their baton;
When outright victory came at last, just one poor soul had fallen!

The thrill of battle gripped us all and filled us with excitement.
Sixteen records, the spoils of war, were bagged and were important.
But, fingers crossed, we have to hope a sweeter prize awaits -
For grapevine gossip does suggest we’ve massacred other states!

Christine Oldfield

4x400m – 21st February
(all records are to be confirmed, all splits are approximate)

Division 1

- W40-49 Delia Baldock, Karyn Gower, Robin King, KerriAnn Bresser **(W40)**
Time: 5:11.4. Splits 76, 83, 74, 75
- W30-39 Kathy Menon, Karen March, Niamh Keane, Toni Phillips **(W30)**
Time: 5:13.3. Splits 78, 84, 79, 70
- W50-59 Carol Bowman, Sarah Ladwig, Lyn Choate, Tessa Brockwell **(W50)**
Time: 5:54.2. Splits 82, 85, 109, 78
SR
- W60-69 Gillian Young, Peggy Macliver, Valerie Millard, Lynne Schickert **(W60)**
Time: 6:09.8. Splits 76, 75, 104, 114
SR

Division 2

- M60-69A David Clive, Roy Fearnall, Keith Martin, Barrie Kernaghan **(M60)**
Time: 4:29.2. Splits 70, 66, 67, 66
SR
- M40-49B Nick Miletic, David Carr, Bjorn Dybdahl, Gary Ogden **(M45)**
Time: 4:36.9. Splits 73, 69, 64, 70
- M60-69B Bob Schickert, Arnie Jenkins, Ivan Brown, Bert Carse **(M60)**
Time: 4:57.8. Splits 71, 75, 77, 74

Division 3

- M30-39 Chris Neale, Graeme Watson, Paul Burke, Andrew Brooker **(M30)**
Time: 3:46.3. Splits 55, 56, 58, 57
SR
- M50-59A Campbell Till, Duncan McAuley, Rob Antonioli, Alan Gower **(M50)**
Time: 4:02.8. Splits 57, 61, 64, 60
SR
- M40-49A Greg van der Sanden, John Collier, John Dennehy, Ian Cotton **(M40)**
Time: 4:11.9. Splits 55, 65, 71, 60

Perry Lakes – February 3rd 2008

100m

Cameron Yorke	M30	11.48
Barrie Kernaghan	M65	14.18

1500m

Rosemary Johnson	W30	5:13.33
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Simon Coates	M30	4:17.86
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Andrew Brooker	M35	4:32.59
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Simon Giles	M45	4:52.29
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400m

Cameron Yorke	M30	49.96	SR
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Barrie Kernaghan	M65	66.20
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David Clive	M70	70.97
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Long Jump

Matt Saunders	M35	5.56
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Javelin

Matt Saunders	M35	
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Cameron Yorke

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

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

Perry Lakes, 9 February, 2008

100m

Brett Blanco	M35	11.90
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David Luck	M45	13.31
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Barrie Kernaghan	M65	14.23
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Alan Deans	M55	16.35
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3000m

Simon Coates	M35	9:05.0
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Paul Mitchell	M35	9:25.9
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Steve Giles	M45	10:48.4
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Rosemary Johnson	W30	11:08.7
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800m

Rosemary Johnson	W30	2:36.94
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Robin King	W45	2:46.12	PB
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3000m walk

Robin King	W45	14:07.2
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200m

Brett Blanco	M35	24.55
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David Luck	M45	26.71
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Barrie Kernaghan	M65	28.03
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Steve Giles	M45	28.89
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Alan Deans	M55	33.71
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Perry Lakes – 17 February

400m

Andrew Brooker	M35	58.01
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Barrie Kernaghan	M65	68.09
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1500m

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

2000m

Bert Carse	Gold	M65	8:07.04	SR
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Bruce Wilson	Gold	M60	8:12.19
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Bob Lane	Silver	M60	8:35.00
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Bob Schickert	Silver	M65	8:53.70
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David Carr	Gold	M75	9:17.60	SR, AR
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Delia Baldock	Gold	W45	10:27.62
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Lynne Schickert	Gold	W65	14:05.70
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3000m

Bjorn Dybdahl	Gold	M50	12:49.4
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Perry Lakes, 24th February

1500m walk

Robin King W45 15:23

60m

Brett Blanco M35 7.41

Barrie Kernaghan M65 9.32

400m Hurdles

Campbell Till M50 1:06.14

Cameron Yorke M30 54.83 **SR, AR**

200m

Brett Blanco M35 24.24

State Open Championships 5000m

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

8th Paul Mitchell M35 17:04.20

Women

3rd Rosemary Johnson W30 20:15.1

Club results on next pages

CLUB RESULTS - UWA – 5 February, 2008

Javelin

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

Shot

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

Long Jump

Peggy Macliver	W60	3.5
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1 Mile

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

600m

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

800m Walk

Val Millard	W60	4:40
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100m

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

3000m

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

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

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

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

3000m Walk

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

1000m

Val Prescott	W60	5:56
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Coker Park – 7 February, 2008

60m

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

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

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

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

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

800m

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

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

200m

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

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

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

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

5000m

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

5000m

Paul Burke	M35	11:48.9
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3000m walk

Robin King	W45	19:33.5
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UWA – 12 February, 2008

60m

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

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

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

800m

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

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

5000m

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

5000m Walk

Peter Kennedy	M85	53:10.7 PB
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3000m

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

3000m Walk

Peter Hopper	M60	24:15.0
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200m

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

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

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

Discus

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

Weight Throw

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

Coker Park – 14 February, 2008

400m

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

100m

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

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

Barrie Kernaghan	M65	13.9
Keith Martin	M60	14.3

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

1000m

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

1000m walk

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

3000m

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

Long Jump

Chris Neale	M35	5.81
Colin Smith	M45	3.80

UWA – 19 February, 2008

400m

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

1000m

Alan Gower	M50	2:59.1
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Mark Dawson	M45	3:03.2
Rob Cattrall	Vis	3:18.0
John Collier	M40	3:23.9
Rob Colton	M40	3:31.4
Keith Edmonds	M40	3:34.3
Wayne Taylor	M45	3:35.5
Eldon George	M35	3:43.1
Bob Lane	M60	3:48.7
Gillian Young	W60	3:58.2
Nick Miletic	M55	4:01.3
John Oldfield	M60	4:11.1
Karyn Gower	W45	4:17.4
Barry Newell	M50	4:19.8
Carol Bowman	W50	4:31.9
Peter Hopper	M60	4:34.0
Christine Oldfield	W60	5:00.8
Val Prescott	W60	5:53.8

1000m Walk

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

3000m walk

Peter Kennedy	M85	28:27.8	PB
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100m

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

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

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

3000m

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

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

Long Jump

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

Hammer

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

Javelin

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

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

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

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

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

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

1500m

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

60m

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

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

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

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

Marjorie Edwards	Vis	10.0	
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Pat Carr	W75	11.6	
Valerie Millard	W60	12.5	
Sarah Ladwig	W55	13.4	
Catherine Keane	Vis	13.4	
Lynne Schickert	W65	13.4	

3000m

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

Triple Jump

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

Shot

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

Weight Throw

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

1500m walk

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

UWA – 26 February, 2008

200m

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

1500m

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

3000m Walk

Peter Kennedy	M85	29:51
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5000m Walk

Val Millard	W60	32:26.7
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60m

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

3000m

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

5000m

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

Triple Jump

Gary Ogden	M45	8.79
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Shot

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

Weight Throw

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

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

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

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

60m

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

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

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

800m

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

300m

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

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

(300m cont.)

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

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

3000m

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

3000m walk

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

5000m

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

(Eldon walked with Robin for 3k)

5000m walk

Robin King	W45	28:35.1
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Long Jump

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

Discus

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

**Perry Lakes – 7th to 9th March
State Open Championships**

Pole Vault

3 rd Matt Staunton	M30	3.10m
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Discus – men

1 st Randal Humich	M35	44.28m
3 rd Matt Staunton	M30	36.56m

Discus – women

1 st Byrony Glass	W30	36.86m
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Shot – men

2 nd Matt Staunton	M30	11.60m
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Shot – women

1 st Byrony Glass	W30	12.12m = SR
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Hammer – women

1 st Byrony Glass	W30	55.76m AR
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Javelin – men

6 th Matt Staunton	M30	44.98m
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400m – men

2 nd Cam Yorke	M30	56.66s
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400m – men

1 st Cam Yorke	M30	49.72 SR
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1500m – men

9 th Paul Mitchell	M35	4:28.64
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CLUB RESULTS

UWA – 4 March, 2008

60m

Andre Morkel	M40	8.4
Rob Greenhalgh	M55	8.5
Keith Martin	M60	8.8
Barrie Kernaghan	M65	injured

Peter Gare	M65	8.8
Toni Phillips	W35	8.8
Peggy Macliver	W60	9.5
John Dennehy	M45	9.9
Carol Bowman	W50	11.0

Ross Calnan	M65	10.4
Christine Oldfield	W60	12.3
Lynne Schickert	W65	13.4
Peter Kennedy	M85	17.1

800m

Alan Gower	M50	2:17.4
Paul Burke	M35	2:19.4
Ian Cotton	M40	2:24.3
John Collier	M40	2:31.5
John Dennehy	M45	2:50.5
Marc Young	Vis	2:54.2
Toni Phillips	W35	2:59.0
Peggy Macliver	W60	3:05.3
Karyn Gower	W45	3:06.9
Carol Bowman	W50	3:20.0
Christine Oldfield	W60	3:56.8
Val Prescott	W60	4:37.6

300m

Andrew Brooker	M35	41.4
Andre Morkel	M40	44.4
Rob Greenhalgh	M55	44.9
Paul Burke	M35	46.5
Peter Gare	M65	47.2
Keith Martin	M60	47.6
Barry Newell	M50	47.7
Barrie Kernaghan	M65	50.2
John Dennehy	M45	55.0

(300m cont.)

Peggy Macliver	W60	54.2
Carol Bowman	W50	58.6
Karyn Gower	W45	59.7
Val Prescott	W60	87.6

5000m

Alan Gower	M50	18:35.0
John Collier	M40	21:17.0
Wayne Taylor	M45	21:17.6

3000m

Karyn Gower	W45	14:54.0
Barry Newell	M50	16:25.6

2000m

Ivan Brown	M60	n/t
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3000m Walk

Lynne Schickert	W65	21:42.8
Peter Hopper	M60	23:06.5
Peter Kennedy	M85	28:56.1

Long Jump

Lynne Schickert	W65	2.51
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Hammer

John Everard	M45	34.80
Peter Kennedy	M85	15.67
Bev Hamilton	W60	20.60
Rob Shand	M75	16.20
Matt Staunton	M30	38.48
Byrony Glass	W30	51.75
Kate Glass	W55	36.57

Discus

John Everard	M45	22.46
Peter Gare	M65	28.01
Ed Carroll	M65	34.95
Peter Hopper	M60	21.87
Bev Hamilton	W60	21.35
Rob Shand	M75	22.10
Matt Staunton	M30	36.07
Val Prescott	W60	14.31
Toni Phillips	W35	18.68
Byrony Glass	W30	37.15
Lynne Schickert	W65	9.95

Coker Park – 6 March 2008

1500m

Simon Coates	M30	4:28.3
Neil Morfitt	M50	4:49.0
Ross Keane	M45	5:08.2
John Collier	M40	5:15.9
Niamh Keane	W40	5:17.9
Paul Haylett	M45	5:38.5
Jayden Watts	(Vis)	6:29.0

1500m walk

Tom Lenane	M50	9:03.1
Lynne Schickert	W65	10:20.5

100m

Colin Smith	M45	12.9
David Luck	M45	13.3
David Clive	M70	13.9
Nick Miletic	M55	15.5
Bruce Mathieson	M60	17.3

Joel Burns	M35	14.8
John Dennehy	M45	16.1
Deb Wolfenden	W40	17.7

Majorie Edwards	W45	16.3
Pat Carr	W75	20.8
Catherine Keane	Vis	20.8

400m

Chris Neale	M35	55.6
Colin Smith	M45	59.7
David Solomon	M40	60.0
David Luck	M45	71.5

Joel Burns	M35	65.2
Neil Morfitt	M50	65.7
David Clive	M70	67.2
David Carr	M75	67.7 AR

John Collier	M40	66.2
Ross Keane	M45	68.5
John Dennehy	M45	70.0
Peggy Macliver	W60	74.0
Robin King	W45	76.8
Jayden Watts	Vis	94.1
Catherine Keane	Vis	1:49.0

Delia Baldock	W45	73.3
Bruce Mathieson	M60	83.0
Eldon George	M35	98.1

Triple Jump

Bruce Mathieson	M60	5.68
Lynne Schickert	W60	5.61

UWA – 11 March, 2008

1500m

Mark Dawson	M45	5:06.7
Ross Keane	M45	5:11.8
John Collier	M40	5:18.7
Wayne Taylor	M45	5:36.1
Carol Bowman	W50	6:59.7

100m

Andre Morkel	M40	13.3
Ian Cotton	M40	13.5
Barry Newell	M40	13.8
Rob Greenhalgh	M55	13.8
Barrie Kernaghan	M65	14.8

Toni Phillips	W35	14.5
Keith Edmonds	M40	14.9
Peggy Macliver	W60	15.7
John Dennehy	M45	15.8
Bob Schickert	M65	17.1
Marc Young	M40	15.5
Ross Calnan	M65	16.8
Carol Bowman	W50	17.8

Christine Oldfield	W60	20.3
Catherine Keane	Vis	20.6
Lynne Schickert	W65	27.4

400m

Keith Edmonds	M40	68.9
Barry Newell	M50	69.4
Toni Phillips	W35	73.6
Marc Young	M40	74.7
Peggy Macliver	W60	75.3
Bob Schickert	M65	78.5
Carol Bowman	W50	90.3

Ian Cotton	M40	60.7
Andre Morkel	M40	61.9
Rob Greenhalgh	M55	62.4
Barrie Kernaghan	M65	68.7
John Collier	M40	71.8
John Dennehy	M45	73.2
Catherine Keane	Vis	1:46.6

3000m

Mark Dawson	M45	11:32.0
Wayne Taylor	M45	11:55.1
John Collier	M40	12:07.5
Ivan Brown	M60	12:21.6 SB
Keith Edmonds	M40	12:44.5
John Oldfield	M60	13:05.1

Javelin

Ross Calnan	M65	22.30
John Dennehy	M45	16.02
Rob Shand	M75	21.97
Damien Hanson	M50	26.89

Shot

Ed Carroll	M65	10.08
Rob Shand	M75	6.75

Coker Park – 13 March, 2008**1000m**

John Keith	Vis	3:29.0
Paul Haylett	Vis	3:35.7
Gillian Young	W60	3:57.6
David Carr	M75	3:59.4
Peggy Macliver	W60	4:04.5
Karen March	W45	4:07.8
Carol Bowman	W50	4:24.4
Chris Neale	M35	4:24.4

60m

Chris Neale	M35	7.9
Colin Smith	M45	8.7
Don Chambers	M70	9.6

Paul Haylett	Vis	8.6
Joel Burns	M35	9.4
John Dennehy	M45	9.7
Peggy Macliver	W60	9.8
David Carr	M75	10.0

Gillian Young	W60	10.7
Carol Bowman	W50	10.7
Sarah Ladwig	W55	13.2
Lynne Schickert	W65	14.3

200m

Chris Neale	M35	27.7
Paul Haylett	Vis	28.5
John Keith	Vis	29.5
Colin Smith	M45	30.3

(200m cont.)

John Dennehy	M45	31.5
Peggy Macliver	W60	33.1
David Carr	M75	33.1
Gillian Young	W60	36.2
Carol Bowman	W50	38.0
Sarah Ladwig	W55	47.5

3000m

Joel Burns	M35	11:45.0
John Keith	Vis	11:52.8
Paul Haylett	Vis	13:13.8
Karen March	W45	13:18.8
Gillian Young	W60	13:29.9
Maurice Creagh	M60	13:33.5
Delia Baldock	W45	14:30.2
Nick Bailey	M60	15:01.2

Long Jump

Don Chambers	M70	4.07
Lynne Schickert	W65	2.45

Shot

Mark Hamilton	M35	12.16
Don Chambers	M70	10.15
Bev Hamilton	W60	9.48
Bruce Mathieson	M60	8.28

Weight Throw

Don Chambers	M70	13.22
Mark Hamilton	M35	12.75
Bev Hamilton	W60	9.96
Bruce Mathieson	M60	7.83

Coker Park – 20 March, 2008**400m**

Ian Cotton	M40	59.6
Paul Haylett	Vis	62.9
John Keith	Vis	65.2
Toni Phillips	W35	69.4
Gillian Young	W60	79.5
Kerriann Bresser	W40	80.0

1500m

John Keith	Vis	5:33.0
Ian Cotton	M40	6:11.2
Gillian Young	W60	6:14.0
Maurice Creagh	M60	6:15.4
Bruce Mathieson	M60	6:32.0
Kerriann Bresser	W40	7:25.8

100m

Paul Haylett	Vis	13.4
Toni Phillips	W35	13.9
John Keith	Vis	14.4
George Keith	Vis	15.3

2000m

Bert Carse	M65	7:16.7
John Keith	Vis	7:59.4
Paul Haylett	Vis	8:41.0
Gillian Young	W60	8:44.4
Maurice Creagh	M60	8:44.9
George Keith	Vis	9:39.2
Kerriann Bresser	W40	9:46.4

UWA – 18 March, 2008**1000m**

Mark Dawson	M45	3:34:6
Ivan Brown	M60	3:45:5
Andre Morkel	M40	3:50:1
Toni Phillips	W35	3:56:6
Nick Miletic	M55	3:57:2
Karen Gower	W45	4:05:2
Carol Bowman	W50	4:33:9

1000m Walk

Val Millard	W60	6:14:8
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60m

Andre Morkel	M40	8.4
Barry Newell	M50	8.9
Keith Edmonds	M40	9.6
Nic Miletic	M55	9.7
Toni Phillips	W35	9.1
Ross Calnan	M65	10.4
Carol Bowman	W50	11.4

Catherine Newell	Vis	12.4
Val Millard	W60	12.6

200m

Andre Morkel	M40	27.5
Barry Newell	M50	28.3
Keith Edmonds	M40	31.7
Ivan Brown	M60	47.9

Toni Phillips	W35	32.1
Ross Calnan	M65	36.9
Karen Gower	W45	40.5
Catherine Newell	Vis	47.5

3000m

Mark Dawson	M45	11:59:5
Keith Edmonds	M40	12:03:4
Nick Bailey	M60	15:11:8
Barry Newell	M50	15:30.8

UWA – 25 March, 2008**400m**

Andre Morkel	M40	62.3
*Mark Dawson	M45	65.7
*Toni Phillips	W35	67.1
*Peter Gare	M65	68.0
*Garry Ogden	M45	75.9
*Handicap times (all ran in lane 1)		

100m

Andre Morkel	M40	14.38
Gary Ogden	M45	14.42
John Collier	M40	16.40

Toni Phillips	W35	14.53
Peter Gare	M65	15.48
Ross Calnan	M65	18.14

2000m

Mark Dawson	M45	7:14:9
John Collier	M40	7:36:5
Wayne Taylor	M45	7:39:7
Gary Ogden	M45	8:54:1

1500m

John Collier	M40	5:45:1
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National Championships, Sydney – 21-24 March, 2008

Women 60m

7	Deborah Wolfenden	W44	WA	10.74
1	Lynne Choate	W55	WA	9.38
1	Peggy Macliver	W63	WA	9.69
3	Valerie Millard	W61	WA	12.43
2	Lynne Schickert	W66	WA	13.06
1	Patricia Carr	W76	WA	12.11

Men 60m

4	Chris Neale	M39	WA	7.89
2	Colin Smith	M45	WA	7.94
2	Garry Ralston	M52	WA	7.79
4	Campbell Till	M50	WA	8.18
9	Nick Milletic	M57	WA	9.78
2	Don Chambers	M70	WA	9.19

Men 100m

6	Chris Neale	M39	WA	12.36
4	Colin Smith	M45	WA	12.64
7	David Luck	M48	WA	13.60
2	Garry Ralston	M52	WA	12.30
9	Nick Milletic	M57	WA	15.76
	(Nick ran 15.51 in qualifying)			
2	Don Chambers	M70	WA	14.78

Women 100m

1	Lynne Choate	W55	WA	14.97
1	Peggy Macliver	W63	WA	15.29

Women 100m Champions

4	Peggy Macliver	W63	WA	12.52
7	Lynne Choate	W55	WA	12.97

Men 200m

6	Chris Neale	M39	WA	25.35
4	Colin Smith	M45	WA	25.56
6	David Luck	M48	WA	26.93
2	Garry Ralston	M52	WA	25.58
2	Don Chambers	M70	WA	29.75
1	David Carr	M75	WA	30.40

Women 200m

1	Lynne Choate	W55	WA	31.26
1	Peggy Macliver	W63	WA	31.33

Men 400m

6	Colin Smith	M45	WA	57.70
1	Campbell Till	M50	WA	56.34
11	Nick Milletic	M57	WA	1:12.62
1	Don Chambers	M70	WA	1:14.08
1	David Carr	M75	WA	1:06.92

Women 400m

4	Carol Bowman	W53	WA	1:21.73
4	Lynne Choate	W55	WA	1:18.72
1	Peggy Macliver	W63	WA	1:10.11

Men Short Hurdles <100m>

1	Garry Ralston	M52	WA	17.47
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Men Short Hurdles <80m>

1	Don Chambers	M70	WA	15.50
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Men Long Hurdles <300m>

1	Don Chambers	M70	WA	56.84
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Men Long Hurdles <400m>

2	Campbell Till	M50	WA	1:04.87
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Men 800m

9	Ross Keane	M46	WA	2:30.14
8	Bjorn Dybdahl	M54	WA	2:30.24
9	Nick Milletic	M57	WA	2:50.62
1	David Carr	M75	WA	2:39.46

Women 800m

4	Carol Bowman	W53	WA	3:17.41
1	Peggy Macliver	W63	WA	2:57.30
3	Valerie Prescott	W64	WA	4:09.31

Men 1500m

8	Ross Keane	M46	WA	5:11.84
8	Bjorn Dybdahl	M54	WA	5:09.04
5	Nick Milletic	M57	WA	5:55.75
1	David Carr	M75	WA	6:08.95
2	Irwin Barrett-Lennard	M78	WA	6:45.50

Women 1500m

3	Carol Bowman	W53	WA	6:44.18
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Men 5000m

4	Bjorn Dybdahl	M54	WA	18:53.58
2	David Solomon	M43	WA	18:08.09
1	Irwin Barrett-Lennard	M78	WA	23:58.76

Women 5000m

3	Carol Bowman	W53	WA	25:03.95
4	Valerie Prescott	W64	WA	33:54.32

Men 10000m

2	Bjorn Dybdahl	M54	WA	39:42.56
3	Bob Schickert	M66	WA	46:28.5
1	Irwin Barrett-Lennard	M78	WA	47:49.7

Women 2000m Steeplechase

1	Lynne Schickert	W66	WA	14:12.08
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Men 2000m Steeplechase

3	Bob Schickert	M66	WA	8:47.60
1	David Carr	M75	WA	8:56.59

Men 3000m Steeplechase

1	Bjorn Dybdahl	M54	WA	12:21.36
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Women 4x100m Relay W200+

4	WA	A	1:03.67
	Peggy Macliver 63	Deborah Wolfenden 44	
	carol Bowman 53	Lynne Choate 55	

Men 4x100m Relay M170+

3	WA	A	48.77
	Colin Smith 45	Chris Neale 39	
	David Luck 48	Campbell Till 50	

Men 4x400m Relay M170+

5	WA	A	4:29.52
	David Carr 75	Chris Neale 39	
	Nick Milletic 57	Ross Keane 46	

Men 8km cross-country

4	Bjorn Dybdahl	M54	WA	34:48.0
5	Nick Milletic	M57	WA	43:21.0
1	Bob Schickert	M66	WA	38:51.0
1	Irwin Barrett-Lennard	M78	WA	43:06.0

Women 5000m Race Walk

1	Lynette Ventris	W51	WA	24:36.63
1	Valerie Millard	W61	WA	31:55.19
1	Lynne Schickert	W66	WA	35:34.14

Men 5000m Race Walk

1	David Smyth	M38	WA	29:08.75
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Men 20km Race Walk

1	David Smyth	M38	WA	2:14:19.0h
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Women 10k race walk

(approx. details – final listing awaited)

1	Lynette Ventris	W51	WA	42:00
1	Valerie Millard	W61	WA	65:00
1	Lynne Schickert	W66	WA	77:40

Men Long Jump

1	Chris Neale	M39	WA	5.85m
1	Garry Ralston	M52	WA	5.24m
2	Campbell Till	M50	WA	5.12m
5	Colin Smith	M45	WA	4.27m
2	Don Chambers	M70	WA	3.87m

Women Long Jump

1	Lynne Schickert	W66	WA	2.29m
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Men Triple Jump

1	Chris Neale	M39	WA	11.69m
3	Colin Smith	M45	WA	9.30m
1	Garry Ralston	M52	WA	9.82m
1	Don Chambers	M70	WA	8.23m

Women Triple Jump

1	Lynne Schickert	W66	WA	5.40m
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Men High Jump

4	Don Chambers	M70	WA	1.05m
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Men Pole Vault

3	Matthew Staunton	M34	WA	3.00m
---	Don Chambers	M70	WA	NH

Men Shot Put

1	Matthew Staunton	M34	WA	11.33m
5	Robert Young	M63	WA	9.48m
5	Don Chambers	M70	WA	9.11m

Women Shot Put

1	Byrony Glass	W30	WA	11.67m
1	Kathryn Glass	W58	WA	10.34m
1	Beverley Hamilton	W62	WA	9.34m

Men Hammer Throw

1	Matthew Staunton	M34	WA	34.23m
7	Robert Young	M63	WA	21.98m
5	Don Chambers	M70	WA	24.88m

Women Hammer Throw

2	Byrony Glass	W30	WA	53.30m
1	Kathryn Glass	W58	WA	39.15m
4	Beverley Hamilton	W62	WA	21.12m

Men Discus

1	Matthew Staunton	M34	WA	34.46m
10	Robert Young	M63	WA	25.13m

Women Discus

1	Byrony Glass	W30	WA	39.36m
3	Kathryn Glass	W58	WA	25.11m
2	Beverley Hamilton	W62	WA	21.95m
4	Valerie Prescott	W64	WA	15.40m

Men Javelin

6	Don Chambers	M70	WA	21.46m
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Women Javelin

1	Kathryn Glass	W58	WA	21.62m
2	Beverley Hamilton	W62	WA	18.95m
4	Valerie Prescott	W64	WA	15.10m

Women Weight Throw

2	Byrony Glass	W30	WA	16.12m
2	Kathryn Glass	W58	WA	11.41m
3	Beverley Hamilton	W62	WA	9.63m

Men Weight Throw

6	Robert Young	M63	WA	10.47m
4	Don Chambers	M70	WA	12.48m

Men Weight Pentathlon

1	Matthew Staunton	M34	WA	2616
5	Don Chambers	M70	WA	2629

Women Weight Pentathlon

2	Byrony Glass	W30	WA	3604
1	Kathryn Glass	W58	WA	3902
3	Beverley Hamilton	W62	WA	3132

Men Outdoor Pentathlon

2	Matthew Staunton	M34	WA	2294
1	Chris Neale	M39	WA	2630
1	Don Chambers	M70	WA	2250