

# Track & Field Newsletter

Issue 5

April 2008

This is the first of the "remote" issues of the TFNL. Until the Oldfields return to Perth in the New Year, we will be relying on our local reporters, so please bear with us if some events are not covered as fully as usual.

The main events for the month are clearly the championships at both state and national level. Most records in the honour box on this page come from these two meets. As Vic gives these events extensive coverage in *Vetrun* we confine our own coverage to the normal events. All the results from Sydney are included at the end of this document, together with an excellent Sydney analysis by Bob Schickert.

I am still looking for local reporters for either UWA or Coker Park, whilst Christine and I are freezing in Britain. If you can offer to write a few comments in note form and email them to me then please let Lynne Schickert know. You only need to do this once a month for one of the venues, I will do the rest. Lynne is co-ordinating the roster for me, so she is the one to talk to. Many thanks.

## March Roll of Honour

### World Records:

**David Carr: M75 2000m steeplechase 8:56.59 Sydney, 22 March**  
**800m (equalled own record) 2:34.3 Coker Park, 15 March**

### Coker Park – 6 March

David Carr	M75	400m	67.7	<b>AR</b>
Gillian Young	W60	10000m	46:03.1	<b>SR</b>

### Coker Park – 8 March

Peter Gare	M65	Pentathlon	3103	<b>SR</b>
David Carr	M75	1500m	5:28.1	<b>=AR</b>
David Carr	M75	Pentathlon	3462	<b>SR</b>

### Perry Lakes – 8-9 March

Cameron Yorke	M30	400m	49.72	<b>SR</b>
Byrony Glass	W30	Hammer	55.76	<b>AR</b>
Byrony Glass	W30	Shot	12.12	<b>=SR</b>

### Coker Park 15/16 March – State Championships

Garry Ralston	M50	100mH	17.6	<b>SR</b>
Garry Hastie	M45	1500m walk	6:35.3	<b>SR</b>
Garry Hastie	M45	3000m walk	14:41.3	<b>SR</b>
Rob Shand	M75	javelin	24.69m	<b>SR</b>
Gillian Young	W60	5000m	21:41.0	<b>SR</b>
Valerie Millard	W60	1500m walk	8:59.2	<b>SR</b>
Lorna Lauchlan	W75	1500m walk	12:09.0	<b>SR</b>
Valerie Millard	W60	3000m walk	18:49.3	<b>SR</b>
Carolyn Wills	W35	high jump	1.56m	<b>SR</b>

### Coker Park 15/16 March – State Championships

Raema McMillan	W80	discus	17.29m	<b>AR</b>
Dorothy Whittam	W70	hammer	20.53m	<b>SR</b>
Byrony Glass	W30	heavy weight	16.44m	<b>AR</b>
Dorothy Whittam	W70	heavy weight	8.89m	<b>SR</b>
Kate Glass	W55	shot	10.40m	<b>SR</b>
Raema McMillan	W80	shot (2kg)	7.12	<b>AR</b>
Byrony Glass	W30	wt pentathlon	3580 pts	<b>AR</b>
Sharon Moloney	W45	wt pentathlon	2546 pts	<b>SR</b>
Bev Hamilton	W60	wt pentathlon	3157 pts	<b>SR</b>

### Sydney 21-24 March – National Championships

Byrony Glass	W30	discus	39.36m	<b>SR</b>
Byrony Glass	W30	wt pentathlon	3604 pts	<b>SR</b>
Kate Glass	W55	wt pentathlon	3902 pts	<b>SR</b>
Colin Smith	M45	60m	7.94	<b>SR</b>
David Carr	M75	200m	30.40	<b>SR</b>
David Carr	M75	400m	66.92	<b>AR</b>
Garry Ralston	M50	100mH	17.47	<b>SR</b>
Don Chambers	M70	triple jump	8.23m	<b>SR</b>
Val Millard	W60	5000m walk	31:55.19	<b>SR</b>
David Luck, Colin Smith, Chris Neale, Campbell Till	M170+ (total ages)	4x100 relay	48.77	<b>SR</b>

### UWA – 4 March

It is not very often that we get to share the track with the likes of Ben Offereins and Jodie Henry, but that was UWA tonight. Conditions were still very warm, with the customary stiff south-westerly as we shared the ground with our hosts UWAAC. The annual “Big Six” event, with the top six athletes from the state competing for prize money, shared the limelight with our own “stars” to the background of a commentary on the PA system. One or two masters also availed themselves of both the sausage sizzle and the bar, I noted. Your editor is well-known as a vegetarian and tee-totaller so did not succumb to either. There was again a large contingent of throwers tonight, with a welcome return to John Everard. Most of our top throwers showed their class, although they were at the end of the oval away from the announcer, so had little prominence over the PA. Not so sprinter Peggy Macliver, given an all-star treatment and introduced to the gallery as “world champion 800m runner, showing grace and style”. I couldn’t have put it better. The usual track athletes led their respective fields home with some excellent times, although most of the distance runners were saving themselves for the state 10000m due in two days’ time. Others had Saturday’s pentathlon in mind. Alan Gower took advantage of this to lap everybody in the 5000m, but also stormed home in the 800m in a very fast 2:17. Andrew Brooker took the honours in the 300m, Andre Morkel in the 60m dash.

### Coker – 6 March

The distance runners were clearly saving themselves for the states 10k to follow, but there’s no such thing as saving yourself when your name is David Carr. A stunning run of 67.7 in the 400m gave him yet another Australian record for his ever-growing collection, and set the scene for the 10000 that was to follow. As mentioned in the front page editorial, I am not attempting to cover state championship events in this newsletter as your *Vetrun* will have all the details.

### Perry Lakes – 7<sup>th</sup> to 9<sup>th</sup> March State Open Championships

#### Pole Vault

3<sup>rd</sup> Matt Staunton M30 3.10m

#### Discus – men

1<sup>st</sup> Randal Humich M35 44.28m

3<sup>rd</sup> Matt Staunton M30 36.56m

#### Discus – women

1<sup>st</sup> Byrony Glass W30 36.86m

#### Shot – men

2<sup>nd</sup> Matt Staunton M30 11.60m

#### Shot – women

1<sup>st</sup> Byrony Glass W30 12.12m =SR

#### Hammer – women

1<sup>st</sup> Byrony Glass W30 55.76m AR

#### Javelin – men

6<sup>th</sup> Matt Staunton M30 44.98m

#### 400m – men

2<sup>nd</sup> Cam Yorke M30 56.66s

#### 400m – men

1<sup>st</sup> Cam Yorke M30 49.72 SR

#### 1500m – men

9<sup>th</sup> Paul Mitchell M35 4:28.64

There were few MAWA members taking part this year in the State Open championships, but those that did certainly excelled. Pride of place goes to Cameron Yorke and Byrony Glass with their records, but Matt, Randal and Paul also deserve great credit. Don’t forget these were the **open** champs, so several of the participants were Beijing-bound. To win gold at these deserves immense credit, and even to take part is a great challenge, so congratulations are due to all of them. Remember that in March next year the new stadium will open so there will be even more atmosphere.

## **April's Profile - Fiona & Duncan McAuley; the tartan exiles**

Fiona left Scotland to come to Perth at the age of three, but returned at nineteen to look up relations and seek out her roots. She met and married Duncan and the short trip lasted more than ten years. He had started running with the Victoria Park Harriers in Glasgow, mainly cross country. He also competed in middle distance events in the Ayrshire Championships and the West District Championships, winning the 800m in a hugely impressive 1:52. He also starred in races at Highland Games and enjoyed beating a good local runner in the 400m. (No mention of what, if anything, was under the kilt!)

They returned to Perth in 1982. Desperate for some running, Duncan went to a Perry Lakes meeting and stormed in first in the 800m and 1500m. He was immediately recruited by UWAAC and ran with them regularly until he was about forty when he joined the Vets. He'll always remember running the 1987 City to Surf in 41:30 and winning a half marathon relay in 1996, teamed up with Brian Foley.

Fiona is one of the most dogged runners in the club. No matter what the conditions, on Tuesdays she always runs the long race and never pulls out part way through. She only started running about 12 years ago, spurred on by the need to exercise to keep off the weight she had just lost. She was soon running impressive times – clocking up best times of 23:37 for 5km and 47:17 for 10km. Injuries prevented her maintaining this level of performance and she still has to take care to avoid stress fractures. Both she and Duncan have participated in the Masters 50km event and the Masters Games in Alice Springs where Duncan did every event on offer, including the pentathlon. With their Scottish pedigree, friendly nature and ready willingness to help at all times – Duncan and Fiona are always popular members in the club.

## **UWA – March 11**

(your deputy editor writes): There was a small turnout tonight, no doubt with many saving themselves for the upcoming state championship weekend (see April's *Vetrun* for details). However, the highlight of this evening was the presentation of the club's Achievement Trophy to TFNL editor John Oldfield. This magnificent cup was described by Ivan, the club President, as "the club's most prestigious award". It goes to the athlete who has shown the greatest achievement in terms of personal improvement over 2007-8 and who has also made a significant contribution to the running of the club. In Ivan's words, "John has, during the last two years, knocked 31 minutes off his marathon PB, 11 minutes off the half marathon, more than 3 minutes off 10000m, and also improved PBs in the 5000m, 3000m, mile and 1500m – all this at the age of 64". In addition, Ivan cited his running of the Tuesday meets, organising the relays and the introduction of this TFNL. And we mustn't forget his expert salesmanship. He got rid of all the 'Masters Athletics' T-shirts within a week and almost all the recent new track suits within a few days of delivery. John tried to follow his presentation with a good time in the 3000m but unfortunately came in last, trailing well behind the others in 13:05. Too much wine the night before?

## **Coker Park – March 13**

As on Tuesday, there was a very low turnout, but no meet, with the quality of athlete we have, can be called low-key. Don Chambers was welcomed back on his annual migration from Melbourne to attend our championships. Don is an old friend and this year has done us the great honour of entering the nationals as a West Australian. It's great to have you compete in the black and gold, Don. There were also a couple of welcome visitors warming up for the weekend's competition, and despite small numbers, a glance at the times will confirm that competition was still strong.

## **UWA and Coker – March 18, 20 and 25**

These 'lame duck' sessions are rarely well attended as most members either take breath after the states, or head off to the nationals. With only one week between the two championships this year this effect was even more pronounced. However, it did give the opportunity for a novel 'handicap' 400 at Coker!

Don't forget that the winter track season is now under way at Coker Park. Every Thursday there is a session of 5 events, followed by tea and biscuits. The 10000m track handicap trophy race is also on at UWA on Thursday 24<sup>th</sup> – see any committee member or the race director Jeff Whittam for entry details. The full season starts again in early October at both venues, signalling a new season of newsletters. Until then, it's *arrivederci* to all.

John and Christine

## April's programme

### Coker Park

3 <sup>rd</sup>	400m, 100m, 1500m, 60m, 3000m run & walk
10 <sup>th</sup>	200m, 800m, 60m, 300m, 5000m run & walk
17 <sup>th</sup>	60m, 1 mile, 400m, 3000m ( run & walk), 200m
24 <sup>th</sup>	60m, 800m, 100m, 400m, 1500m ( <b>handicap 10000m at UWA</b> )
May 1 <sup>st</sup>	300m, 60m, 5000 run, 3000 walk, 100m, 800m

For the rest of the winter programme – see the track events section of the website:

[www.mastersathleticswa.org](http://www.mastersathleticswa.org)

### Track & Field meeting organizing teams

#### *UWA:*

Equipment/sign-in sheets: Carol Bowman  
Starters: Henri Cortis and  
others  
Results: Peggy Macliver  
Throws: Damien Hanson  
Jumps: Les Beckham  
Track preparation: Henri Cortis

#### *Coker Park:*

Equipment: Tom Lenane  
Starter: Tom Lenane  
Sign-in sheets: Peggy Macliver  
Throws: Damien Hanson  
Jumps: Les Beckham  
Results: Barbara Blurton

**Note:** Recorders, timekeepers and any umpires needed are assigned on the night for each race. Whenever you are not running or preparing for your next race, **PLEASE** volunteer to help. All athletes should make sure that they help at least once at each meeting.

### DO YOU CONTRIBUTE TO THE EFFECTIVE RUNNING OF THESE MEETS?

John and Christine are in the UK, returning to Perth in early 2009. Some friends have asked us to keep in touch with what we are doing in athletics whilst up north. Anything of note will appear on our UK club's website – [www.hprcrun.co.uk](http://www.hprcrun.co.uk) (Holme Pierrepont Running Club). Our email address remains unchanged, and we would welcome hearing from any of our many friends in Perth at any time. Anyone with nothing to do who wants more general news can look at our blog on Xanga –

[www.xanga.com/JOandCO](http://www.xanga.com/JOandCO)

Good Running!

## 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 <b>AR</b>

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 <b>SB</b>
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