

Track & Field Newsletter

Issue 2

January 2008

What a month December has been, with the climax of the PT followed by an amazing night with the 4 x 1500m relays. It has truly been a month never to be forgotten. So many highlights, so many records, so many superb runs and so much to report; I suspect that this issue of the newsletter will be a sought-after collector's item in the years to come. Treasure the memories as you relive each race!

I also want to thank all of you who responded so well to the plea for help in last month's newsletter. It has made the running of the two meets so much easier for the regular "officials". Special thanks are due to Barrie for taking on starting duties on a Tuesday, and to Carol for her help with looking after the UWA equipment from January.

You may notice on some of the results pages that there are the annotations PB, SB (season's best) as well as the usual record notations. It would be a great help if you do a time that warrants these to let one of us know – either the recorder or John, Barbara or Christine. It is not only the winners that are due accolades and it is so nice to recognize personal marks as well as competitive ones. Finally, we wish all of you a happy, healthy, and, most of all a FUN year in 2008.

STOP PRESS: There may be a problem in ratifying the relay world records. WMA statistician has unilaterally removed all 4x1500 records from WMA lists. Internal dispute within WMA is raging. The WA State and Australian national records remain intact. We await result of this internal battle with fascination!

Patron's Trophy – Results

Note: The list below includes all the athletes who fulfilled the criteria for the PT – a minimum of three field events, including a throw and a jump.

MEN – FINAL PLACINGS

1	David Carr	744.06
2	Campbell Till	738.74
3	Bob Schickert	684.13
4	Alan Gower	674.48
5	Ivan Brown	625.24
6	Bjorn Dybdahl	585.04
7	Chris Neale	561.29
8	Nick Miletic	558.59
9	John Dennehy	551.30
10	Colin Smith	473.15
11	Merv Jones	471.24
12	Gary Ogden	348.09
13	Bruce Wilson	347.51

WOMEN – FINAL PLACINGS

1	Peggy Macliver	776.21
2	Gillian Young	688.73
3	Delia Baldock	635.69
4	Christine Oldfield	576.73
5	Carol Bowman	572.94
6	Lynne Schickert	552.05
7	Toni Phillips	403.94

MASTERS UPSTAGE DOCKERS

The results of the 3km Patron's Trophy events held in October 2007 make for interesting analysis when compared with the results of the Fremantle Dockers' 3km time-trial conducted a week or two later.

The Dockers kicked-off their pre-season training on 29 October 2007 with this time-trial and defender Stephen Dodd led the footballers home in a time of 10:30. Midfielders Ryan Crowley and Brett Peake were second and third in times of 10:35 and 10:48 respectively.

However, these young professional footballer/athletes were upstaged by the times recorded by three of our members in the Patron's Trophy events. David Solomon (10:15.1), Christian Wakeling (10:15.9) and Alan Gower (10:29.7) all recorded faster times than the entire Dockers' squad of about 40 players; not bad for veterans with respective ages of 43, 33 and 52 and an average age of nearly 43. The average age of the Dockers' three place-getters is 23 and the average age of the playing list is about 24.

John Collier

CLUB RESULTS

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

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

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

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

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

Triple Jump

Gary Ogden	M45	9.08
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Shot

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

Highlights of the week: (*Coker*) Cool conditions with light winds made it ideal for good middle distance times tonight. In the 1500m PT event, David Carr gave evidence that he will not give up his trophy lightly. In one of his best performances since Riccione he stormed home in 5:44.7 to amass almost 90 points, extending his lead in this year’s trophy table. Peggy, another hero of Riccione, gave a similar message as ladies’ trophy holder with over 87 points. Other notable scores on a memorable night were Bert (87.88), Campbell (81+) and Bob (81+). A mention also to the other athletes who made both heats good races, with most pleased with their times. Peter and Karen March each turned in excellent performances and are now getting used to running on the track again, and Carol Bowman should be very pleased with her continuing improvement, producing a PB in the 300m. Also good to see the Nevilles back in town, with Liz getting back into her stride after her heroics in both London and Durban. One of the features of Patron’s Trophy nights is the increased turnout for field events. The javelin is particularly popular, 14 athletes making their respective marks in this event. Mark Hamilton led the way with a

throw of over 40m. Aside from these long throws, it is wonderful to see so many giving the field events a go; the real test, of course, is whether this interest is maintained when the trophy nights are over. Watch this space!

(UWA) The honours tonight undoubtedly belong to birthday girl Raema McMillan. 80 years young last month, she has re-set the shot and javelin state marks for the W80 age group. Well done, Rae! The trophy 1500m was an excellent race, with most competitors enjoying the light breeze, although humidity was quite high. Peggy eased back, with a good time already in the bag from Coker, but still scored in the high 80s. Best age-graded performance came from the Flying Scotsman, Bert Carse. Down from his altitude training at Kalamunda, his 88% left Frank Smith (81%) and your editor (79%) trailing by some distance, but still both very pleased with excellent times. Barefoot Paul Burke took line honours from Mark Dawson. Paul also featured well in the non-trophy events, showing his terrific all-round ability. Another excellent night's racing at McGillivray. Good to see 87 year-old Peter Kennedy back on the track again, and also a warm welcome home, albeit temporary, to ex-President Val Millard.. In the field events, Ross returned to the pit and jumped a very creditable triple. Matt was the outstanding javelin thrower, and again showed what a valued club member he is by giving some very useful coaching tips to the novice throwers in the PT. It is a real privilege to belong to a club that has so many really nice people who always seem happy to lend a hand to others.

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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Highlights of the week: (*Coker*) A traffic jam in the long jump pit, as fifteen athletes decided to become field athletes, most in order to qualify for the Patron's Trophy final listings. Great credit to our unsung hero, Les Beckham. Les is not a young man, but is one of our most dedicated stalwarts and rarely gets the praise that he deserves. Week after week he is there at both Coker and McGillivray, setting up the runway and pit well before anyone arrives, and always willing to give advice and assistance to novices. Les and his ilk are the backbone of the club, and his efforts are greatly appreciated by all of us. Thanks, Les. Campbell, Peggy and Keith Martin were the pick of the jumpers tonight, but hidden amongst the lower marks are a number that represent personal landmarks. More than one came away from the pit with a broad smile and sense of satisfaction, with at least two PBs being discussed. The 200m trophy race was perhaps more predictable. Four heats each produced good races, with Campbell and Colin scoring over 80 in the first (although visitor Graeme Watson flashed over the line well ahead of everyone), and Chris Neale continued his impressive form. Keith and evergreen David Carr hit the 80s in the second heat. Peggy, back on familiar territory in the sprints, stormed to almost 87% in a heat led home impressively by John Dennehy. Gillian took the final heat by a good distance, scoring 78% - not bad considering she is a distance runner by preference! Watch out for dark horse Delia as well. She produced good performances in both trophy events tonight and is right back in contention for a podium place. The 800m, 60m and 3000m events each produced good races. Graeme Watson, a newcomer just old enough to be a master and hopefully soon to become a member, was sensational in the 800 with a time rarely seen at a MAWA meet, and he seemed to inspire Neil Morfitt to a good time as well, despite his recent minor surgery. Christian and Simon also produced excellent times in the second heat. One wonders when the last time we had an 800m at Coker with 4 athletes inside 2:20. Colin led the way in his favourite 60m, with 5 others also inside 10 seconds. Honours again to Simon in the 3000m with an amazing 9:33.7, having gone through the first kilometre in 3:05. Let's make sure we get him signed up soon. A great night on the track. Mention of Mark Hamilton, as the lone thrower tonight. How he must be looking forward to the return of the throwing group en masse in the build up to the state championships from January!

(*UWA*) The last night of the Patron's Trophy, with Alan Gower, David Carr and Bob Schickert well in the lead for the men, and Peggy Macliver, Gillian Young and Delia Baldock having already sewn up the first three places for the ladies, attention moved to the minor places, and with Carol Bowman leading Christine Oldfield by a mere half point, there was much pride at stake with tonight's final session. Christine took over the lead with a PB in the long jump, so it all depended on the 200m. Carol ran well in the second heat, urged on by Nick running alongside, but Christine was not to be denied and a 2 second PB saw her maintain her hold on fourth place. All the glory in the PT goes to the leaders, but this battle on the last night is a fitting tribute to the value of this trophy in the club's track and field calendar. The format may change, but surely the trophy will endure. Many other notable performances were seen on a night with excellent conditions. Peggy again stole the headlines with yet another 87%, closely followed by Barrie's 84%. Thanks are due to Barrie and Neil Morfitt for their invaluable help in making this night run so smoothly.

From the deputy editor

A triumph that the editor felt unable to report was the fact, between 29th November and 18th December, he himself achieved personal bests by significant margins in the 1500m, 3000m, 5000m and 10000m. And this after his fistful of PBs last season. Like a good vintage wine he gets better with age!

A final comment on the night, as Rae McMillan continued to re-write the W80 throws record book, with two more pending state records. Add to this another one in the M50 hammer by Geoffrey Gee.

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

1 Mile Walk

Lynne Schickert	W65	10:51.8	SR
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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

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

Highlights of the week: (*Coker*) A fantastic atmosphere was evident this week, with the highest attendance of the summer so far, many here to run in or support the 1500m relay athletes. The relays are covered fully in January's *Vetrun* so I will concentrate on the main programme here. The evening kicked off with a sensational 400m heat in which all five athletes broke the 60 second barrier. Graeme Watson, now signed up as our youngest member, led the field home in a scorching 55.2, but Chris, Colin, Campbell and Neil all responded with sub-60 second times. This was masters' athletics at its best. The second highlight occurred in the next race, the rarely run mile. Most of the runners were warming up for the subsequent relay, but the sole walker – club stalwart Lynne Schickert set a new state record for the mile race walk. It is always good to see the hard workers rewarded, and no-one deserves success more. Well done, Lynne, another mark in the record books to your name. There were one or two problems with the times in the 60m and 5000m, but with the tension building as the start of the relay approached, it was perhaps not surprising that some fingers were twitching and pressing the wrong buttons! A good 5000m preceded the big event, with Christian, as usual, leading the field home, followed in good times by Bjorn, Steve Giles and Rosemary Johnson (welcome back to both), and Jim White visiting again. Sign up Jim, we need you back in the club. So it was on to the relays, and a tremendous climax that sounded more like a Tom Lehrer song – five state records, four Australian records and two or three world records as well.

Coker Park – 20 December 2007
4 x 1500m relay

<p>M65 Bert Carse Dave Roberts Frank Smith Bob Schickert</p> <p>Official time: 22:25.9</p> <p>WA State Record Australian Record (tbc) World Record (tbc)</p>	<p>W60 Peggy Macliver Jackie Halberg Christine Oldfield Gillian Young</p> <p>Official time: 26:47.3</p> <p>WA State Record Australian Record (tbc) World Record (tbc)</p>	<p>W45 Delia Baldock Karen March Liz Neville Robin King</p> <p>Official time: 25:00.9</p> <p>WA State Record Australian Record (tbc) World Record (tbc)</p>
<p>W35 Toni Phillips Coby Wakeling Kerriann Bresser Carol Bowman</p> <p>Official time: 29:07.1</p> <p>WA State Record Australian Record (tbc)</p>	<p>M60 Ian Davies Ivan Brown Maurice Creagh John Oldfield</p> <p>Official time: 23:12.0</p> <p>WA State Record</p>	

See January's Vetrin for a full report on the relays, complete with many photographs.

The 4x1500 Relay Race
December 20, 2007

One half hour in December
 Is one we'll sure remember.
 A plethora of records – what a night!
 As five relay teams assembled
 The watching throngs just trembled
 In anticipation of some great delight.

They weren't disappointed!
 The teams were all age graded
 And M60s led the field for quite a while.
 But their elders took the honours,
 (They must have cut the corners),
 And broke the Aussie record by a mile.

Three ladies teams did battle
 And all were in fine fettle.
 What a riot of femininity and grace!
 Speedy times for each quartet;
 Three more Oz records set –
 Just reward for keeping up such cracking pace.

The runners and spectators
 And the merry band of helpers
 All did their jobs with heaps of vim and vigour.
 Which obviously meant
 It was a grand event
 From the instant that the starter pulled the trigger.

Some regret they didn't run
 So missed out on the fun,
 We could now form lots more teams – maybe ten.
 So I asked a little bird
 And he gave me the word
 That they'll soon go out and do it all again!

Christine Oldfield Dec 2007

Masters Athletics WA State Championships 2008

The state championships take place over five different dates this year, as follows:

1. Steeplechases to be held in conjunction with Athletics WA at Perry Lakes. Sun Feb 17, register by 10.20; wear club vest & number; entry fee \$8.
2. 5km walk; Wed March 12, at Coker Park. Time and entry details TBA..
3. 10 000m track race will be at Coker Park on Thursday 6th March, 7pm start
4. Pentathlon will be at Coker Park on Saturday March 8th at 8 am
5. The main championship weekend is Saturday/Sunday 15th and 16th March, 8am start each day. The full programme will be on the web site, provisionally on 8th March after all entries have been processed.

There are now only about 10 weeks to go until the main championship weekend, so it is time to schedule your preparation, and also to finalise your entries. The closing date for entries is 24th February, but please do not leave it until the last minute. The earlier your entry is in, the smoother is the process of preparing the timetable. **PLEASE HELP BY GETTING YOUR ENTRY IN AS SOON AS POSSIBLE TO BARBARA.** There is absolutely no extension beyond the deadline of February 24th under any circumstances.

An information sheet, and an entry form, is in the January Vetrin, which is out on January 11th. All details are on the web site. Please address any queries to Barbara Blurton, email vetrunners@optusnet.com.au or tel: 9293 0190.

January's programme

Coker Park UWA

3 rd	8 th	100m, 800m, 200m, 3000m run and walk long jump, wt throw, javelin
10 th	15 th	600m, 100m, 400m, 5000m run and walk (3000m) triple jump, hammer, shot
17 th	22 nd	Pentathlon – 200m, 800m, 1500m, LJ, javelin, discus Individual events as above + 60m, 2000m, 1500m walk
24 th	29 th	100m, 1000m, 400m, 3000m r/w triple jump, discus, wt throw
31 st	5 th Feb.	mile, 100m, 600m, 3000m run and walk long jump, javelin, shot

February relays

Get your entries in for the February relays (and the re-run of the 4x1500m on January 31). Entry forms in the **relay folder**, which also contains details of all current relay records. Folder available on track nights and at Sunday runs – see John Oldfield or Barbara Blurton.

January 31: 4x1500m re-run

February 7: 4x100m

February 14: 4x800m

February 21: 4x400m

Track & Field meeting organizing teams

UWA:

Equipment:	Carol Bowman	Equipment:	Tom Lenane
Starters:	John Oldfield/Barrie Kernaghan	Starter:	Tom Lenane
Sign-in sheets/Results:	Christine Oldfield	Sign-in sheets:	Peggy Macliver
Throws:	Damien Hanson	Throws:	Damien Hanson
Jumps:	Les Beckham	Jumps:	Les Beckham
Track preparation:	John Oldfield	Results:	Barbara Blurton

Coker Park:

Relay organization – Barbara Blurton and John Oldfield

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?