

Track & Field Newsletter

Season 2 Issue 1

November 2008

Your newsletter returns after its winter break – or summer break in our case, since John and Christine are still in the UK.

The winter has not quite arrived in Nottingham, but reading of events in Perth as they pop into the inbox makes us both long to be back. Ah well - two months to go.

One of the ways in which we've filled the UK's rainy days this summer is to develop a new database for MAWA T&F results. This is still ongoing, but over the years will give us a rich reserve of data for PBs, SBs and answers to many of the questions that are often asked. More on this as the season develops.

Half way through this month it was time for the Patron's Trophy to take centre stage, with the longest race in the track calendar. The new Patron himself would have been impressed with the number of both men and women in the 25-lap race, as well as many of the times recorded. This is a truly wonderful competition and it will hold our interest right through to the turn of the year on the track, the jump runway and the throwers' circles. Long may it last.

It was perhaps fitting that the first track record of the season fell to David Carr again. It is almost as though he chose to remind us that he's still one of the world's elite masters. David is an inspiration to all of us when times get tough in training.

We have taken the liberty of including the times from our UK races in the results section. We hope no-one minds!

John and Christine

October's Roll of Honour

11th October (Perry Lakes)

M60 Stan Selby Wt. Pent 2970 pts **SR**

16th October (Coker Park)

M75 David Carr 10000m 47:23.3 **SR**

19th October (Perry Lakes)

W30 Byrony Glass Hammer 56.23m **SR**

M30 Cam Yorke 800m 1:56:50 **SR**

26th October (Perry Lakes)

M30 Cam Yorke 400m 49.17 **SR**

Patron's Trophy update:

David Carr and Gillian Young lead their respective sections after the first two weeks of competition. In the ladies' section, hot on Gillian's heels are Shirley Bell, Peggy Macliver and Val Millard. Bob Schickert and Bruce Mathieson lead the pack behind David. Dark horses: Peter March, Ivan Brown, Lynne Schickert. Keep your eye on these three as competition warms up in November.

Track Talk – from Christine

We're at the start of a new track season with State, National and World Championships on the horizon. For those interested in PBs, or even records, it seems like an appropriate time to think about how precious seconds or fractions of seconds can be shaved off track times.

Don't let your effort drop off in the last few metres of a race. No matter how tired you are or how far you have run, don't just aim for the finish line. Instead, as you run up the home straight, focus on a point close to the barrier at the end of the track and keep running as fast as you can until you are sure you have passed the finish line.

Don't run in any lane other than the inside one, except to overtake. (Clearly this does not apply to races run in lanes). Apart from the fact that it's harder for anyone to overtake if they have to go out to lane 3, a runner in lane 2 will run more than 7.5m further on every lap. This is the length of the stagger for 400m. For a 400m runner hoping to clock up about 90secs, this adds over a second and a half to the time.

So, if you are keen to record the best times possible, stay in lane 1. If you come up to a slower runner make sure you accelerate before overtaking and continue accelerating as you pass and drop back into lane 1. If the slow runner suddenly speeds up, as they sometimes do, and you find you can't get past, then drop back into lane 1 and await another opportunity. If the other runner really is slower they are likely to cave in at your next attempt.

Next time you watch an athletics event on TV see if you can spot the elite athletes that could also benefit from this advice – there are some!

Analysis of the month's results

Week 1: A cool, wet and windy start to the season did not deter the MAWA stalwarts. There was an excellent turn-out at Coker on the 2nd, with some really fine races. Several young visitors led the way in the 400, 1500 and 5000, but pride of place must go to our own athletes on this first night of the season. Chris Neale and Roy Fearnall in the dash, Peter, Ross and John C in the 1500m, Campbell and an in-form Toni in the 400m and Peter and David in the 5k all put down excellent markers for the season to come. The 5000 in particular seems to have brought out some wonderful performances, with Graeme, Bob, Blakeney, Karen and John C also going home glowing with their times. The field events also produced excellent performances, with many recent new additions to the fold setting good standards for the season to come. Well done to all.

Two days later at Perry Lakes, the good form continued. Excellent times by the evergreen Barrie K in the 100 and 200 were eclipsed by a stunning 200m hurdles from Toni. Byrony once more proved that she is the one to beat in the hammer and David S completed the success with an excellent 1500m race walk. Perhaps this season we will see more of our regulars turning out to face the top competition that WA can offer at these AWA weekend meets.

Week 2: The McGillivray regulars searched their memories to recall the route to our north of the river grass track, and it was good to see that an 87-year old memory is as sprightly as ever, with Peter Kennedy strutting his stuff again. Peter's 100m time these days will never threaten the other athletes, but he does throw a mean discus and shot and his smile and bonhomie always make him a welcome colleague. As at Coker, there were excellent races over the middle and longer distances, with Duncan leading home Toni and Roy Fearnall in the 400. A slight glitch with the timekeepers for the 1500 meant that all finishers after the watch gave up at the ninth failed to register official times. Rather than see this as a problem, it's a wonderful opportunity to tell the tale in the future of a PB that nobody can refute! And again, as at Coker, there were some really good times in the 5000m, led by Graeme and John C, but also Duncan and Wayne weighed in with creditable clockings. Carl made sure he registered this time by cutting it short at seven and a half laps in 13:08. If anyone is in doubt about the longevity of our masters athletes, look at the field results and estimate the average age of all the competitors. I make it somewhere in the mid-70s (and it would have been higher if that youngster Tom Gravestock hadn't joined – welcome, by the way Tom).

At Coker on Thursday, few throwers were in attendance because the winter throwing group was in its final week. We hope for more of them returning next week. (Your editors wonder from afar if the cage is finally fixed??) However, there was another good turnout from the sprinters and striders. The first 200m of the season saw impressive opening times from many, led as usual by Chris and Colin; they led the way again when a further quarter lap was added. Middle distance specialists enjoyed the two lap race in which John Collier continued his impressive start to the summer in 2:35.7, with newcomer Kim (welcome!) breasting the tape in the second heat in 2:47. Good stuff! Welcome back to Eldon George, who did his customary macho stuff by running both heats - and very impressively too. It's good to see Jackie back for her first run of the summer.

Week 2 closed with another windy day at Perry Lakes on Sunday. Byrony threw the hammer prodigious distances again and is getting ever closer to her state record. Barrie battled the gales gamely in 100 and 400, and Bruce Wilson also held the MAWA flag high with a solid 5:30 in the 1500m.

Week 3: The turnout of athletes was matched by a major influx of flies, flying ants and mozzies in the warm and still conditions tonight. It didn't deter John C, Bob N, Barrie and Ross who produced their bests so far in this fledgling season. They clearly loved the conditions in the shorter events, with Barrie threatening to break 30s again, and John now very close to a sub 2:30 800m, as well as sub 11:30 in the longer event of the evening. I can see that I need to brush up on my speed training before boarding January's flight. The expected increase in throwers began, although still a moderate turnout. Damien's first session of the season was noted with pleasure. The turnout was also emphasized by the significant number of visitors; the task now is to turn those visitors who qualify age-wise into paid-up members. How about it?

The magnificent sight of 15 men and 5 women completing the 10000 signalled the first night of the Patron's Trophy at Coker, ably supported by timekeepers and lap-scorers. David Carr's first state record of the summer is clearly the headline, but there were many other notable performances. Two of the ladies – Peggy and Gillian – eclipsed David's percentage time, and it is worthy of note that Gillian presently holds the state record which she set last year by beating Peggy's previous time. However, there were a number of other interesting features in this race - Richard Blurton's return to track racing; Nick's first outing of the summer season and excellent times also from Valerie, Peter M, Graeme and Robin amongst others. The main event took the eye, but also noted were some excellent times in the sprints and jumps and a storming 600m from Campbell, our flying statistician. The throwers seem to be showing a dislike of Coker, but it was good to see Bev there to keep Damien company!

The week ended on a high with Byrony finally eclipsing her own state hammer throw record at Perry Lakes. She is one of our brightest stars and was only 8cm off the Australian mark. There must be decades of records to come from a field athlete of whom we can all be truly proud. There were some great performances on the track as well. Cam Yorke opened his season with a flying 1:56.50 in the 800m, another state record. Colin Smith marked his first Perry Lakes outing of the season with a sub-26s 200m and a swift 60m as well. Neil Morfitt also flew home in another heat of the 800m in a very sharp 2:14.39. With Barrie K and David S also recording season's bests, MAWA was very well represented at this meet.

Week 4: The Patron's Trophy long run episode 2 took place this evening, in conditions that suited the sprinters rather than the striders. Nevertheless it was a good race, led home by Alan and Andrew. However, the best age-graded performance came from Shirley Bell with almost 80%. Is this a signal that Shirley is plotting a permanent track return? Is she a dark horse for a trophy attempt, one wonders? The turnout was very low tonight, with only 23 plus visitors. However, judging by the SBs in the 100m it was clearly an evening enjoyed by some..... including an SB for our Damien in the javelin.

Hats off to Damien! 21 competitors in the PT discus at Coker, most of them either occasional or novice throwers and Damien managed to get through the entire series almost single-handedly. He even managed to do some tuition on the way. Lest we forget how much the club owes to this great stalwart, please take the time to appreciate his efforts on the club's behalf. Three of the more experienced ladies threw season's bests and all managed to produce valid marks to glean valuable points in the PT table. The main event on the mondo was the other PT event of the night, with Campbell, Kim, Peter and Ross producing a great race at the front. Thanks also here to Keith A and Rose-Maree for turning up to help out with the lap-scoring et al. There were some excellent points notched up in this race again – Gillian, David C, Liz and Shirley all hitting the 80s and the ever-sprightly Bob Schickert and Jackie Halberg not that far behind with almost 78%.

The finale of this week was Cameron Yorke's storming state record of 49.17 in the 400m at Perry Lakes.

Week 5: Cut-off date for this month's newsletter means that the UWA results are included, but not those from Coker. So five events of the trophy are complete, and you can see the early pacesetters in the text box on the front page. There are no real surprises in these leaders, but bubbling up behind are a few who have not featured in previous seasons. It's really pleasing to see one or two new members coming to the fore, with Kim Thomas and Paul Haylett taking up stalking positions in the men's event and Sarah Ladwig in the ladies'. Shirley Bell's return to the track is also reaping rewards. The UWA meet this week attracted a small, but elite, number of athletes. There was some excellent athletics on view, with Mark Dawson storming home in the PT race, followed by John Collier who is cementing his return to form with every race. The ever-reliables - Frank and Duncan - notched up the most points in this race with commendable 75%+. It was also good to see that editor-in-chief Vic laid down his camera and pen for once and ran a good race. The two regular throwers, John E and Rob Shand, not surprisingly, led the points-scoring in the discus with Ivan Brown and Mark Dawson each scoring sufficient points to keep them in the hunt in the overall trophy table. So it's now on to the middle distance runners and putters next week, which could lead to a change in the overall standings (although one suspects that the leader in the men's event is unlikely to change with one of David Carr's signature events in Thursday's programme).

November's programme

Coker Park UWA

	4 th	1000m, 100m, 3000m run and walk, 400m PT long jump, shot PT , javelin
6 th	11 th	300m, 800m, 200m, 3000m + 3000m walk PT triple jump, javelin, discus
13 th	18 th	100m PT , 1500m r/w, 600m, 5000m r/w Long jump, discus, hammer PT
20 th	25 th	200m, 3000m r/w, 60m, 800m PT triple jump PT , shot, javelin
27 th		1500m r/w, 100m, 400m, 5000m run PT long jump, discus, wt. throw

Track & Field meeting organizing teams (as far as I know – pls advise errors)

UWA:

Equipment: Carol Bowman
 Starters:
 Sign-in sheets/Results:
 Throws: Damien Hanson
 Jumps: Les Beckham
 Track preparation:

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?

CLUB RESULTS

WEEK 1: Coker Park – October 2nd

100m

Chris Neale	M35	12.7
Diam Wright	Vis	12.8
Colin Smith	M45	13.3
Campbell Till	M50	13.4
David Luck	M45	14.2

Roy Fearnall	M65	14.1
Mick Adams	M50	14.8
Valetta Boddy	W45	15.4
Peggy Macliver	W60	16.4

Jayden Watts	Vis	18.4
Pat Carr	W75	21.4
Lynne Schickert	W65	23.7

1500m

Jarrad Martyn	Vis	4:27.1
Peter Sullivan	M50	5:26.0
Ross Keane	M45	5:29.8
John Collier	M40	5:32.1
Graeme Dahl	M55	5:43.1
Toni Phillips	W35	5:56.3
David Carr	M75	6:03.9
Dante Giacomini	M35	6:12.2
Bruce Mathieson	M60	6:22.8
Peggy Macliver	W60	6:35.7
Steve Fuller	Vis	6:39.5
John Dennehy	M45	7:18.3

1500m walk

Tom Lenane	M50	8:25.5
Stan Jones	M80	10:50.1

400m

Diam Wright	Vis	58.2
Campbell Till	M50	59.3
Toni Phillips	W35	62.1
Roy Fearnall	M65	n/t
Ross Keane	M45	68.4

Greg Vander Sanden	M50	72.4
David Carr	M75	73.2
Delia Baldock	W45	75.5

Perry Lakes – October 4th

100m

Barrie Kernaghan	M65	15.74
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200m

Barrie Kernaghan	M65	30.73
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200m hurdles

Toni Phillips	W35	32.84
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Peggy Macliver	M50	78.2
John Dennehy	M45	78.5

5000m

Peter Sullivan	M50	18:05.7
David Solomon	M40	18:49.8
Graeme Dahl	M55	20:22.0
Robin King	W50	20:38.2
Bob Schickert	M65	21:18.5
Blakeney Tindall	M45	21:25.9
Karen March	W45	21:37.1
John Collier	M40	21:49.8
Bruce Mathieson	M60	22:51.8
Maurice Creagh	M60	23:23.6

3000m

Joshua Claite	Vis	11:50.0
Dante Giacomini	M35	12:58.8
Diam Wright	Vis	13:51.6
Rachel Mezzatesta	Vis	13:54.8
Peggy Macliver	W60	14:47.6
Steve Fuller	Vis	14:48.9
Delia Baldock	W45	15:57.2
John Dennehy	M45	15:57.2

Long Jump

Chris Neale	M35	5.28
Colin Smith	M45	4.30
Valetta Boddy	W45	4.15
Lynne Schickert	W65	2.61

Discus

Bruce Mathieson	M60	27.98
Mick Adams	M50	25.78
Julie Plackett	W35	19.16
Karen Eastwood	W40	17.56
Clara Ward	W50	13.31

Shot

Mick Adams	M50	9.95
Clara Ward	W50	7.26
Julie Plackett	W35	6.41
Karen Eastwood	W40	5.64

1500m walk

David Smyth	M35	7:36.6
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Hammer Throw

Byrony Glass	W30	54.00m
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WEEK 2: UWA – October 7th**100m**

Roy Fearnall	M65	13.3
David Luck	M45	13.7
Samuel de Fiddes	Vis	16.1
Mick Adams	M50	DNF

Bob Neville	M75	20.6
Catherine Keane	Vis	20.9
Lynne Schickert	W65	21.3
Peter Kennedy	M85	32.2

1500m

Rebecca de Fiddes	Vis	5:18.8
Ross Keane	M45	5:19.3
John Collier	M40	5:20.8
Keith Edmonds	M40	5:38.1
Graeme Dahl	M55	5:40.5
Wayne Taylor	M45	5:44.5
Trevor Griffiths	Vis	5:45.0
Toni Phillips	W35	5:52.3
Ivan Brown	M60	6:06.0
Carl Ciccarelli	M45	N/T
Peggy Macliver	W60	N/T
Gill Edmonds	W40	N/T
Fiona McAuley	W55	N/T
Val Prescott	W60	N/T

1500m Walk

Lynne Schickert	W65	10:58.0
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400m

Duncan McAuley	M55	64.0
Toni Phillips	W35	64.8
Roy Fearnall	M65	64.9
Keith Edmonds	M40	70.5
Sam de Fiddes	Vis	76.2

Peggy Macliver	W60	79.2
Carl Ciccarelli	M45	81.3

Ivan Brown	M60	81.5
Catherine Keane	Vis	1:44.1
Val Prescott	W60	2:22.9

3000m

Carl Ciccarelli	M45	13:08.7
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5000m

Rebecca de Fiddes	Vis	20:14.1
Graeme Dahl	M55	20:20.8
John Collier	M40	20:59.2
Duncan McAuley	M55	21:12.3
Wayne Taylor	M45	21:13.3
Grant Owens	Vis	21:48.6
Keith Edmonds	M40	22:00.2
Frank Smith	M65	22:36.5
Ivan Brown	M60	23:08.0
Sam de Fiddes	Vis	24:05.2
Trevor Griffiths	Vis	24:07.5
Fiona McAuley	W55	27:51.7

5000m Walk

Peter Hopper	M60	34:55.2
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LONG JUMP

Lynne Schickert	W65	2.56
Peggy Macliver	W60	3.38
Tom Gravestock	M60	4.18

DISCUS

Peter Gare	M65	28.58
Peter Kennedy	M85	10.90
Tom Gravestock	M50	35.20
Rae McMillan	W80	17.47
Peter Hopper	M60	23.68

SHOT

Tom Gravestock	M50	10.33
Peter Kennedy	M85	5.44
Rae McMillan	W80	6.62

Coker Park – October 9th

(apologies for the formatting problems in the 3000 – it stems from the incoming document and I can't fix it)

200m

Chris Neale	M35	25.6
Colin Smith	M45	26.8
David Solomon	M40	28.2
David Luck	M45	28.7
Kim Thomas	M30	32.9
Peggy Macliver	W60	33.5
David Carr	M75	33.9
John Dennehy	M45	34.7
Bob Neville	M75	44.1
Valerie Millard	W60	44.6
Catherine Keane	Vis	44.7
Pat Carr	W75	49.6

300m

Chris Neale	M35	40.2
Colin Smith	M45	42.8
Kim Thomas	M30	47.1
Ross Keane	M45	48.4

Delia Baldock	W45	52.4
David Carr	M75	53.7
Maurice Creagh	M60	69.5
Catherine Keane	Vis	72.0
Peter Sullivan	M50	72.0
Ross Keane	M45	72.0

3000m walk

Robin King	W50	n\t
Tom Lenane	M50	17:37.2
Valerie Millard	W60	18:42.2
Lynne Schickert	W65	22:17.6

3000m

Peter Sullivan	M50	10:40.1
David Solomon	M40	11:24.5
John Collier	M40	11:47.7
Peggy Macliver	W60	14:20.9 SB
Steve Fuller	Vis	14:24.3
Jackie Halberg	W60	14:24.7
John Dennehy	M45	14:59.2 SB
Nick Bailey	M60	15:01.9

800m

John Collier	M40	2:35.7
Peter Sullivan	M50	2:39.6
Graeme Dahl	M55	2:42.3
Eldon George	M35	2:47.8
Bob Schickert	M65	2:55.6
Dante Giacomini	M35	3:03.0

Kim Thomas	M30	2:47.6
Eldon George	M35	2:52.4
Steve Fuller	Vis	2:54.4
Robin King	W50	2:56.3
David Carr	M75	2:56.8

Perry Lakes – October 12th**100m**

Barrie Kernaghan	M65	16.03 (-5.4m/s)
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200m

Barrie Kernaghan	M65	71.41
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WEEK 3: UWA – October 14th**200m**

Ian Cotton	M40	27.2
David Luck	M45	29.0
Duncan McAuley	M55	29.9
Barrie Kernaghan	M65	30.3 SB

Peggy Macliver	W60	34.2
Carol Bowman	W50	39.6
Catherine Keane	Vis	42.3
Bob Neville	M75	43.6 SB
Lynne Schickett	W65	51.7
Peter Kennedy	M85	66.0

3000m

Andrew Brooker	M35	11:07.0
Bjorn Dybdahl	M55	11:17.0
Bernard Mangan	M50	11:30.0
John Collier	M40	11:34.0 SB
Keith Edmonds	M40	11:50.0
Ross Keane	M45	11:54.0 SB
Duncan McAuley	M55	12:12.0

(3000m cont.)

Graeme Dahl	M55	11:53.5
Eldon George	M35	11:58.7
Ross Keane	M45	11:59.9
Kim Thomas	M30	12:13.9
Bob Schickert	M65	12:25.8
Liz Neville	W55	12:58.1
Bruce Mathieson	M60	13:01.1
Dante Giacomini	M35	13:06.4
David Carr	M75	13:53.4

800m (cont.)

John Collier	M40	3:03.8
John Dennehy	M45	3:04.6
Peggy Macliver	W60	3:09.9
Maurice Creagh	M60	3:10.1
Delia Baldock	W45	3:22.0
Nick Bailey	M60	3:26.1
Jackie Halberg	W60	3:38.4

Discus

Bruce Mathieson	M60	25.85
Julie Plackett	W35	22.35 SB

Triple Jump

Chrid Neale	M35	11.21
Colin Smith	M45	9.20
Peggy Macliver	W60	7.05
Julie Plackett	W35	6.24
Lynne Schickert	W65	6.14

1500m

Bruce Wilson	M60	5:30.37
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Hammer Throw

Byrony Glass	W30	55.17m SB
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Wayne Taylor	M45	12:20.0
Grant Owens	Vis	12:42.0
Frank Smith	M65	12:44.0
Ivan Brown	M60	12:48.0
Gill Edmonds	W40	17:19.0
Fiona McAuley	W55	17:47.0
Val Prescott	W60	N/T

3000m Walk

Val Millard	W60	N/T
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TRIPLE JUMP

Peggy Macliver	W60	6.91
Lynne Schickett	W65	5.78
Jay Holland	Vis	11.73
Mark Liddelov	Vis	9.87
Ash Brian	Vis	12.11
Brad Butler	Vis	10.29

300m

Andrew Brooker	M35	47.7
Keith Edmonds	M40	48.6
Ross Keane	M45	49.1
Grant Owens	Vis	57.4
Peggy Macliver	W60	56.3
Carol Bowman	W50	66.8
Catherine Keane	Vis	71.2

Ross Keane	M45	71.8
Lynne Schickert	W65	87.4
Ashley Brian	Vis	40.9
Jay Holland	Vis	42.6
Barrie Kernaghan	M65	48.2
Mark Liddelov	Vis	53.1

800m

Andrew Brooker	M35	2:30.3	
John Collier	M40	2:31.8	SB
Bjorn Dybdahl	M55	2:42.0	
Keith Edmonds	M40	2:55.0	
Wayne Taylor	M45	3:06.5	
Ivan Brown	M60	3:08.9	
Fiona McAuley	W55	4:29.5	
Val Prescott	W60	5:02.7	

HAMMER THROW

Peter Kennedy	M85	15.30
Steve McClelland	M50	21.17
Rae McMillan	W80	19.34
Geoff Gee	M55	33.17
Damien Hanson	M55	20.72

DISCUS

Ian Cotton	M40	37.12
Peter Kennedy	M85	10.57
Steve McClelland	M50	25.82
Rae McMillan	W80	15.68
Geoff Gee	M55	33.44
Damien Hanson	M55	23.52

Coker Park – October 16th**100m**

Chris Neale	M35	12.6	SB
Colin Smith	M45	13.2	SB
David Luck	M45	14.0	
Pat Carr	W75	21.3	
Sam de Fiddes	Vis	13.6	
Sean Griffiths	M40	15.1	
Pat Carr	W75	19.2	SB
Lynne Schickert	W65	20.3	SB

Long Jump

Peggy Macliver	W60	3.50	SB
Lynne Schickert	W65	2.67	SB

Shot

Bev Hamilton	W60	8.66
Peggy Macliver	W60	6.53

Javelin

Damien Hanson	M55	30.14
Chris Neale	M35	25.69
Bev Hamilton	W60	17.95

600m

Campbell Till	M50	1:36.2
Chris Neale	M35	1:47.6
Colin Smith	M45	1:51.0
Sam de Fiddes	Vis	1:53.5
Sean Griffiths	M40	1:54.5
David Luck	M45	2:10.6
Peter Sullivan	M50	2:19.6
Jackie Halberg	W60	2:23.7

10000m - Patron's Trophy

			%
Peter Sullivan	M50	37:18.4	80.70
Lachlan Marr	M48	38:39.1	76.65
David Solomon	M44	40:05.9	71.62
Trevor Griffiths	Vis	41:22.4	
Rebecca de Fiddes	Vis	41:24.4	
Graeme Dahl	M59	41:30.9	78.18
Peter March	M49	42:19.0	70.58
Robin King	W50	42:53.0	79.82
Kim Thomas	M34	42:53.4	62.40
John Collier	M42	43:56.1	64.38
Bob Schickert	M66	44:23.5	77.85
Paul Haylett	M47	44:38.6	65.85
David Carr	SR M76	47:23.3	83.10
Gillian Young	W61	47:45.0	83.76
Bruce Mathieson	M64	47:48.7	70.97
Peggy Macliver	W64	50:12.3	83.51
Nick Miletic	M57	50:16.7	63.45
Richard Blurton	M58	53:07.8	60.56
Steve Fuller	Vis	55:46.6	
Diane Jones	W59	55:54.4	69.42
Valerie Millard	W61	58:17.0	68.63

600m walk

Stan Jones	M80	4:15.8
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60m

Chris Neale	M35	7.9
Colin Smith	M45	8.3
David Luck	M45	8.8
Sam de Fiddes	Vis	9.3
Sean Griffiths	M40	9.4
Delia Baldock	W45	9.9
Pat Carr	W75	12.5
Lynne Schickert	W65	13.8

Perry Lakes – October 19th**60m**

Colin Smith	M45	7.95	SB
Barrie Kernaghan	M65	9.34	

200m

Colin Smith	M45	25.37	SB
Barrie Kernaghan	M65	29.41	SB

800m

Cam Yorke	M30	1:56.50	SR
Neil Morfitt	M50	2:14.39	

3000m walk

David Smyth	M35	15:48.5	
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Hammer Throw

Byrony Glass	W30	56.23	SR
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WEEK 4: UWA – October 21st**100m**

Ian Cotton	M40	13.5	
David Luck	M45	13.6	SB
Barrie Kernaghan	M65	14.9	SB
Nick Miletic	M55	15.4	
Duncan McAuley	M55	15.9	
Peggy Macliver	W60	16.0	SB
Peter Hopper	M60	16.1	
Shirley Bell	W60	19.1	

600m

Paul Haylett	M45	1:47.5	
Ian Cotton	M40	1:47.7	
Duncan McAuley	M55	1:48.0	
David Luck	M45	2:15.5	
Peggy Macliver	W60	2:16.9	

10000m Patron's Trophy

		%	
Alan Gower	M50	38:56.5	79.22
Andrew Brooker	M39	39:08.9	70.65
Mark Dawson	M47	40:43.2	72.19
Graeme Dahl	M59	41:59.3	77.30
John Collier	M42	43:36.3	64.87
Ivan Brown	M63	46:54.8	71.67
Sandra Stockman	W43	47:32.3	66.79
Shirley Bell	W60	49:31.8	79.54
Tracey Hancock	Vis	54:41.7	
Carl Ciccarelli	M47	54:41.7	53.75
Fiona McAuley	W57	60:58.1	61.82

600m cont.

Nick Miletic	M55	2:44.7	
Catherine Keane	Vis	2:45.1	
Carol Bowman	W50	2:46.1	
Valerie Prescott	W60	4:04.9	

60m

David Luck	M45	8.7	
Paul Haylett	M45	8.8	
Barrie Kernaghan	M65	9.0	
Nick Miletic	M55	9.3	
Scott Haylett	Vis	9.6	
Grant Owens	Vis	9.7	
Peggy Macliver	W60	9.7	
Debbie Wolfenden	W45	11.1	
Carol Bowman	W50	11.4	
Catherine Keane	Vis	11.7	

Shot

Rob Shand	M75	6.70	
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Javelin

Rob Shand	M75	21.88	
Peter Hopper	M60	25.60	
Damien Hanson	M55	30.24	SB

Long Jump

Peggy Macliver	W60	3.54	SB
Graeme Dahl	M55	3.15	
Peter Hopper	M60	3.35	

Perry Lakes – October 26th**100m**

Barrie Kernaghan	M65	14.96	
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400m

Cam Yorke	M30	49.17	SR
Barrie Kernaghan	M65	69.17	

Worksop (UK) – October 26th**Half marathon (Notts AAA County championships)**

John Oldfield	M65 (1 st)	1:43:21	
Christine Oldfield	W60	2:16:31	

Coker Park – October 23rd**60m**

Gillian Young	W60	11.5
Bob Neville	M75	11.9
Pat Carr	W75	12.6

David Luck	M45	8.8
Nick Miletic	M55	9.5
Steve Fuller	Vis	11.2

Patron's Trophy**3000m**

			%
David Lazarus	Vis	10:09.8	
Ron Gower	Vis	10:48.8	
Campbell Till	M51	11:42.0	72.24
Kim Thomas	M34	11:45.1	SB 63.42
Peter March	M49	11:50.3	70.26
Ross Keane	M47	11:50.9	SB 69.09
Paul Haylett	M47	12:02.6	67.97
Bob Schickert	M66	12:22.1	SB 77.81
Chris Neale	M39	12:49.1	60.09
Ian Cotton	M44	12:55.8	61.86
Scott Andrews	M37	12:59.0	58.46
Karen March	W47	12:59.6	72.64
David Carr	M76	13:05.2	SB 83.80
Dante Giacomini	M40	13:07.0	59.16
Liz Neville	W57	13:08.3	81.91
Gillian Young	W61	13:26.2	84.84
Bruce Mathieson	M64	13:29.2	70.06
Maurice Creagh	M62	13:43.5	67.62
Shirley Bell	W60	13:56.3	80.59
Tanya Holloway	Vis	13:57.2	
John Dennehy	M49	14:14.4	SB 58.41
Nick Miletic	M57	14:22.0	61.84
Delia Baldock	W46	14:43.1	SB 63.36
Jackie Halberg	W62	14:53.9	77.67
Nick Bailey	M60	15:12.0	59.98
Diane Jones	W59	16:11.5	68.37
Valerie Millard	W61	16:12.5	70.33
Sarah Ladwig	W59	17:06.9	64.68
Lynne Schickert	W67	20:46.3	60.25

400m

Chris Neale	M35	55.5	
Ron Gower	Vis	60.8	
Toni Phillips	W35	62.1	SB=
Paul Haylett	M45	67.1	
Steve Fuller	Vis	70.1	
Robin King	W50	76.9	
Dante Giacomini	M40	78.1	
Catherine Keane	Vis	1:37.8	

200m

David Luck	M45	29.4
Ross Keane	M45	32.9
Catherine Keane	Vis	44.2
Pat Carr	W75	52.0

Patron's Trophy**Discus**

			%
Ian Cotton	M44	35.08	49.23
Chris Neale	M39	28.71	38.76
Bruce Mathieson	M64	26.26	43.37
Kim Thomas	M34	26.22	35.39
Julie Plackett	W39	22.76	SB 32.31
Campbell Till	M51	21.41	29.43
Karen Eastwood	W40	18.72	SB 26.99
Nick Miletic	M57	18.57	28.95
Bob Schickert	M66	17.67	30.55
Clara Ward	W50	16.37	SB 27.84
David Carr	M76	15.02	33.88
John Dennehy	M49	14.55	22.30
Delia Baldock	W46	14.46	22.94
Valerie Millard	W61	12.91	27.36
Lynne Schickert	W67	12.59	30.81
Liz Neville	W57	12.54	24.39
Shirley Bell	W60	12.30	25.49
Peter March	M49	11.96	18.33
Carol Bowman	W53	11.87	21.33
Gillian Young	W61	11.62	24.62
Sarah Ladwig	W59	9.88	20.04

3000m walk

Robin King	W50	17:04.3
Stan Jones	M80	22:22.4

UWA – October 28th

60m

Roy Fearnall	M65	8.7	
David Luck	M45	9.6	
Nick Miletic	M55	9.9	
Norm Richards	M70	9.6	
Mark Dawson	M45	9.6	
Peter Hopper	M60	9.8	
Carol Bowman	W50	11.7	

400m

Ian Cotton	M40	61.5	
Duncan McAuley	M55	65.5	
Ivan Brown	M60	81.9	
John Collier	M40	83.5	
Carl Ciccarelli	M45	1:56.2	

200m

Roy Fearnall	M65	29.3	
David Luck	M45	30.5	
Nick Miletic	M55	34.8	
Ian Cotton	M40	30.1	
Ross Keane	M45	32.4	SB
Norm Richards	M70	33.4	
Catherine Keane	Vis	45.6	

Weight Throw

John Everard	M50	11.75	
Rocky Cloete	M58	10.13	
Rob Shand	M75	6.83	

**Patron's Trophy
3000m**

				%	
Mark Dawson	M47	11:05.0	73.86		
John Collier	M42	11:44.4	67.09		
Duncan McAuley	M59	12:02.1	75.11	SB	
Wayne Taylor	M49	12:17.3	67.68	SB	
Ross Keane	M47	12:23.2	66.09		
Frank Smith	M66	12:46.0	75.38		
Ivan Brown	M63	13:01.2	71.91		
Vic Waters	M64	13:48.7	68.41		
Peter Hopper	M63	14:25.3	64.93		
Carl Ciccarelli	M47	14:30.0	56.46		
Tracey Hancock	Vis	14:31.4			
Carol Bowman	W53	15:35.7	65.34		
Nick Miletic	M57	15:36.7	56.91		
Fiona McAuley	W57	17:23.9	61.85	SB	

Discus

				%
Rocky Cloete	Vis	29.68		
John Everard	M50	27.11	36.60	
Rob Shand	M76	21.03	47.44	
Peter Hopper	M63	19.81	32.00	
Ivan Brown	M63	17.54	28.34	
Mark Dawson	M47	14.87	21.90	

TRIPLE JUMP

Ross Wickham	M40	11.33	
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