

TFFAL

The Track and Field
Newsletter of MAWA



Season 8 Issue 7

APRIL 2015

**State
Champs
special**

Masters step up

Nicola Hibbert keeps the momentum going after a successful long jump.



Records tumble

By CARMEL MEYER

THE question in everyone's mind in the lead up to last weekend's State Championships was 'how bad is the weather going to be?' It turned out that the dire predictions of the Bureau didn't materialise and apart from high humidity the conditions were good.

The record number of entries in this 34th Championship year was a good omen for great competition and aside from a few last minute injuries everyone fronted up determined to do their best. It was particularly enjoyable catching up with fellow athletes from Albany, Bunbury, Broome and points in between.

With ECAC closed for renovation the entirety of the programme was at WAAS. The 10,000m and Steeplechase evenings saw good conditions and the athletes involved were grateful to those who came to officiate or cheer. A memorable sight from the Steeplechase evening was Colin Smith sprinting across the infield from his position as Starter to officiate at the water jump. Congratulations to young MAWA member Kristy Devereux who broke the W30 State record in her first Steeplechase.

The Outdoor and Throws Pentathlons were held on Saturday, March 7. After a cool start the temperature rose steadily and the Throws competitors bore the brunt of it with their midday start. However they must thrive in these conditions as there were four State records broken during the afternoon.

It was again a treat to have club Patron John Gilmour in attendance. John presented the Anne Shaw trophy for Athlete of the Meet to Lorraine Lopes (photo) who attained a stun-



ning age-graded performance of 98.82 per cent in the 10,000m. Lorraine is as fine boned as her beautiful greyhound Emma and she moves on the track with a similar grace and speed.

Most athletes at the Championships are content to achieve a Season Best but all enjoy sharing the delight of those who break State or even Australian records and this year we were fortunate to again have those moments. Some 25 State records were re-written and Lorraine Lopes also has an Australian record pending. It is icing on the cake when one of our fellow competitors breaks a long held record. Melissa Foster

provided one such moment when she broke the great Eileen Hindle's W35 long jump record which was set in January 1988.

Fortunately there were few injuries acquired during the Championships but when Sylvia Byers succumbed to the dreadful humidity during the 5000m walk Damien Hanson sprinted to her aid from the throwing circle with many others following. Sylvia showed what a trooper she is by taking to the track again on Tuesday night and completing her event with style and tenacity.

The 46 Nationals entrants from MAWA used the State Championships to fine tune their preparation. This is especially true of our talented throwers who have really upped the ante by issuing a friendly challenge to the other states via Facebook! This is the epitome of Masters Athletics – fierce competition and plenty of fun.

Many have commented on how well organised the Championships were and this is of course due to the skill of Barbara Blurton ably assisted by Richard. This is the 12th Championships Barbara has co-ordinated and she does it with aplomb despite the significant pain and debilitation of her injury. A number of other athletes who were side-lined with injury assisted during the Championships and we thank them for that. They would no doubt love to be competing with their peers. To all other officials and volunteers, many thanks for your help and support.

Until next year....!

Records

Shot put	M80	Jim Davis	10.63m	24-Feb-15	100m	W70	Peggy Macliver	16.64	14-Mar-15
1000m	W35	Rosemary Giles	3:18.4	3-Mar-15	200m	W70	Peggy Macliver	35.40	14-Mar-15
10,000m	W70	Lorraine Lopes	*51:31.8	5-Mar-15	800m	W75	Lorraine Lopes	*3:26.25	14-Mar-15
10,000m	M85	Irwin Barrett-Lennard	1:01:43.3	5-Mar-15	1500m Walk	W85	Lorna Lauchlan	12:47.43	14-Mar-15
Pole vault	M65	Phil Smyth	2.35m	6-Mar-15	5000m Walk	W85	Lorna Lauchlan	44:02.32	14-Mar-15
Hammer throw	W45	Christine Schelfhout	27.92m	7-Mar-15	Long jump	W35	Melissa Foster	5.78m	14-Mar-15
Javelin throw	W65	Bev Hamilton	16.92m	7-Mar-15	Hammer throw	W65	Kate Glass	29.55m	14-Mar-15
Pentathlon	W35	Melissa Foster	2769pts	7-Mar-15	Javelin throw	W70	Brenda Painter	13.35m	14-Mar-15
Throws pentathlon	W35	Byrony Glass	3642pts	7-Mar-15	60m	M85	Irwin Barrett-Lennard	12.05	14-Mar-15
Throws pentathlon	W65	Bev Hamilton	3453pts	7-Mar-15	Hammer throw	M40	Matthew Staunton	47.19m	14-Mar-15
Throws pentathlon	M40	Matt Staunton	3567pts	7-Mar-15	Javelin throw	M80	Rob Shand	22.8m	14-Mar-15
Throws pentathlon	M80	Jim Davis	3441pts	7-Mar-15	400m	W70	Peggy Macliver	83.22	15-Mar-15
2000m Steeplechase	W30	Kristy Devereux	9:43.9	10-Mar-15	400m	W75	Lorraine Lopes	1:31.08	15-Mar-15
2000m Steeplechase	W60	Margaret Saunders	9:11.0	10-Mar-15	3000m Walk	W85	Lorna Lauchlan	25:52.63	15-Mar-15
2000m Steeplechase	M85	Irwin Barrett-Lennard	12:50.0	10-Mar-15	Triple jump	M85	Derry Foley	4.87m	15-Mar-15
100m	W35	Wendy Seegers	12.04	13-Mar-15					
60m	W70	Peggy Macliver	10.56	14-Mar-15					

*pending AR



Packed for action



Lunch time



Magnetic Charlie



Can it do a wheelie?



Winners are grinner



Keeping score

2015 State Athletics Championships

5000m



ABOVE: Karyn Gower (551) passes Simone Solomon in the oppressive conditions on Saturday morning.

LEFT: Clare Wardle (404) laps Kim Cook on her way to victory in the women's 5000m.

5000m

WOMEN

Rosemary Giles	W35	20:20.18
Danielle Baldock	W35	27:00.17
Monique Thomas	W35	28:11.53
Clare Wardle	W40	19:57.18
Kim Cook	W40	23:26.23
Sue Bourn	W45	22:13.46
Simone Solomon	W45	24:35.35
Karyn Gower	W55	23:07.95
Carolyn Fawcett	W60	33:40.68
Gillian Young	W65	26:02.80
Christine Oldfield	W70	31:36.61

MEN

Steve Weller	M35	18:50.98
Kim Thomas	M40	17:39.79
Ante Perdija	M40	18:27.10
Andrew Davison	M50	18:12.63
David Solomon	M50	20:38.36
David Brook	M50	21:06.43
Steve Giles	M55	19:09.31
Mickey Muroi	M55	21:41.75
Bjorn Dybdahl	M60	19:36.22
Chris Maher	M60	19:46.11
Danny Sheehan	M60	20:10.81
Brian Hewitt	M60	20:42.17
Mark Hewitt	M60	22:22.39
Graeme Dahl	M65	21:22.05
Michael Lee	M65	22:01.70
Bruce Wilson	M65	22:13.32
Jim Langford	M70	20:11.20
Bert Carse	M70	21:14.50
John Oldfield	M70	22:45.20
Ivan Brown	M70	23:46.96
Bob Schickert	M70	25:00.58
Lyle James	M70	37:48.42
Morland Smith	M75	26:47.08
Irwin Barrett-Lennard	M85	29:51.39



Kim Thomas (415) leads the pack on the first lap of the M35-59 5000m.



DAVID SOLOMON,
MICKEY MUROI and
DAVID BROOK



STEVE WELLER and STEVE GILES

2015 State Athletics Championships

Walks

MEN

1500m walk

Daniel Lowe	M35	8:56.36
Garry Hastie	M50	8:06.37
John Dennehy	M55	10:21.67
Bruce Wilson	M65	10:07.85
John McDonagh	M65	10:09.26
John Oldfield	M70	12:30.61
John Smith	M80	11:43.22
Jeff Whittam	M80	12:57.13

3000m walk

Daniel Lowe	M35	18:27.28
Garry Hastie	M50	16:54.18
John McDonagh	M65	21:53.71
John Oldfield	M70	25:35.46
John Smith	M80	23:39.37
Jeff Whittam	M80	26:03.25

5000m walk

Daniel Lowe	M35	32:35.57
Garry Hastie	M50	30:34.89
John McDonagh	M65	37:39.27
John Smith	M80	38:24.29

WOMEN

1500m walk

Karyn Tolardo	W45	8:26.23
Julie Wilson	W60	10:08.81
Su Lloyd	W60	12:41.34
Sarah Ladwig	W65	10:42.41
Lynne Schickert	W70	11:17.32
Luella Jenkins	W70	11:54.77
Lorna Lauchlan	W80	*12:47.43
Noela Medcalf	W80	12:48.84
(*SR W85)		

3000m walk

Karyn Tolardo	W45	17:26.82
Lyn Ventris	W55	15:43.85
Julie Wilson	W60	21:52.59
Sarah Ladwig	W65	22:09.55
Lynne Schickert	W70	23:19.18
Lorna Lauchlan	W80	*25:52.63
(*SR W85)		

5000m walk

Karyn Tolardo	W45	30:47.16
Cheryl-Lee Dean	W50	32:32.44
Lyn Ventris	W55	27:08.35
Julie Wilson	W60	36:01.38
Sarah Ladwig	W65	38:02.71
Lynne Schickert	W70	39:09.01
Lorna Lauchlan	W80	*44:02.32
(*SR W85)		

Lyn Ventris leads Garry Hastie and the rest of the field in the 5000m walk.



JOHN OLDFIELD and JOHN SMITH



KARYN TOLARDO



Julie Wilson leads John McDonagh in the 3000m walk.



DANIEL LOWE

2015 State Athletics Championships

200m

Winner Campbell Till (571) runs the lane three bend as (from left) Geoff Brayshaw (650), Harold Membrey (631), Neil Morfitt (591), Nick Miletic (641), Tony Downey (580) are in hot pursuit.



Maurice Pascal (433), Daniel Leseberg (380) and Andy Taylor (372) battle in their 200m.

200m WOMEN

Nicola Hibbert	W35	29.41	-0.2
Sharon Davis	W40	29.04	-0.2
Vicki Cobby	W40	30.27	-0.2
Fiona Leonard	W45	30.65	-0.2
Sue Bourn	W45	32.20	-0.2
Carmel Meyer	W50	31.08	-0.2
Fran Cherry	W50	32.51	-0.2
Sharon Moloney	W50	32.54	-0.2
Lynne Choate	W60	33.63	-0.8
Peggy MacLIVER	W70	*35.40	-0.8
Brenda Painter	W70	43.23	-0.8
*(SR)			

MEN

Loren Penny	M30	25.46	-0.7
Justin Vincent	M30	26.89	-0.7
Andy Taylor	M35	24.42	-0.7
Daniel Leseberg	M35	25.60	-0.7
Glenn Ross	M40	23.61	-0.7
Ernie Leseberg	M40	24.14	-0.7
Lee Stergiou	M40	25.27	-0.7
Maurice Pascal	M40	25.97	-0.7
Mark Elms	M45	25.39	+0.6
Bernard Riviere	M45	26.24	+0.6
Colin Smith	M50	26.26	+0.6
Campbell Till	M55	27.28	-2.1
Neil Morfitt	M55	28.49	-2.1
Tony Downey	M55	29.31	-2.1
Harold Membrey	M60	32.86	-2.1
Nick Miletic	M60	34.60	-2.1
Geoff Brayshaw	M65	32.08	-2.1
Barrie Kernaghan	M70	29.94	-0.2
David Clive	M75	34.14	-0.2
David Carr	M80	34.90	-0.2
Irwin Barrett-Lennard	M85	41.41	-0.2



SUE BOURN



DAVID CARR and DAVID CLIVE



BRENDA PAINTER, PEGGY MACLIVER and LYNNE CHOATE



LEE STERGIU and GLENN ROSS

2015 State Athletics Championships

800m



Sharon Davis (410) passes Rosemary Giles for the lead with 200m to go. Fiona Leonard (483) went on to claim the silver medal.

MARGARET SAUNDERS and CARMEL MEYER



Andrew Brooker (462) leads the field on the first lap of the 800m.



BJORN DYBDAHL and BRIAN HEWITT



DAVID CARR and IVAN BROWN

800m

WOMEN

Kristy Devereux	W30	2:46.58
Rosemary Giles	W35	2:36.32
Sharon Davis	W40	2:31.35
Fiona Leonard	W45	2:34.82
Carmel Meyer	W50	3:01.77
Margaret Saunders	W60	2:49.67
Christine Oldfield	W70	4:06.58
Lorraine Lopes	W75	*3:26.25
(*Pending AR)		

MEN

Kim Thomas	M40	2:19.33
Andrew Brooker	M45	2:11.80
Xander van Rijen	M45	2:16.50
Chris Groom	M45	2:34.62
Ross Keane	M50	2:25.99
David Solomon	M50	2:40.70
Neil Morfitt	M55	2:22.27
Greg Vander Sanden	M55	2:26.23
Tony Downey	M55	2:39.43
Stuart Moore	M55	2:57.82
Bjorn Dybdahl	M60	2:35.56
Brian Hewitt	M60	2:36.77
Danny Sheehan	M60	2:47.77
Bruce Wilson	M65	2:57.06
Michael Lee	M65	3:01.01
Maurice Creagh	M65	3:04.66
Bert Carse	M70	2:52.82
Ivan Brown	M70	3:08.84
Bob Schickert	M70	3:16.43
Lyle James	M70	5:04.10
Morland Smith	M75	3:40.04
David Carr	M80	3:01.42
Cecil Walkley	M85	6:36.54

2015 State Athletics Championships

60m



MAIN PHOTO: The field sets off in the W35-49 60m. **INSET:** Race winner Amanda Petersen leads Nicola Hibbert, Vicki Cobby, Sue Bourn and Julie Best.

Daniel Leseberg (left), Andy Taylor (centre) and Loren Penny accelerate up the straight.

60m WOMEN

Amanda Peterson	W35	8.75	-0.7
Nicola Hibbert	W35	9.14	-0.7
Vicki Cobby	W40	9.30	-0.7
Sue Bourn	W45	9.44	-0.7
Julie Best	W45	9.69	-0.7
Sharon Moloney	W50	9.47	-0.9
Carmel Meyer	W50	9.50	-0.9
Fran Cherry	W50	9.81	-0.9
Deb Cox	W50	10.91	-0.9
Lynne Choate	W60	9.72	-0.9
Barbara Wilson	W60	11.49	-0.9
Gail Castensen	W60	12.73	-0.9
Peggy MacIver	W70	*10.56	-0.8
Brenda Painter	W70	11.49	-0.8
Luella Jenkins	W70	12.30	-0.8
Lynne Schickert	W70	14.02	-0.8
(*SR)			

MEN

Loren Penny	M30	7.95	+0.1
Andy Taylor	M35	7.46	+0.1
Daniel Leseberg	M35	7.94	+0.1
Ernie Leseberg	M40	7.41	NWI
Glenn Ross	M40	7.50	NWI
Lee Stergiou	M40	7.88	NWI
Maurice Pascal	M40	13.14	NWI
Bernard Riviere	M45	8.02	NWI
Colin Smith	M50	8.23	-0.6
Colin Shaw	M50	9.15	-0.6
Tony Downey	M55	9.00	+1.7
Harold Membrey	M60	9.67	+1.7
Nick Miletic	M60	9.92	+1.7
Geoff Brayshaw	M65	9.22	+1.7
Barrie Kernaghan	M70	9.18	+0.6
Lyle James	M70	13.94	+0.6
David Clive	M75	9.42	+0.6
Tom Crossen	M80	12.08	+0.8
Irwin Barrett-Lennard	M85	*12.05	+0.8
Derry Foley	M85	13.06	+0.8
Gordon Medcalf	M85	13.42	+0.8
(*SR)			



LEE STERGIOU and MAURICE PASCAL



COLIN SMITH and COLIN SHAW



LYNNE CHOATE and CARMEL MEYER



PEGGY MACLIVER and BRENDA PAINTER

2015 State Athletics Championships

1500m



Niamh Keane leads the field at the start of the women's 1500m.



JIM LANGFORD, BERT CARSE and CECIL WALKLEY



Andrew Brooker (462) sets the pace as the field jostles for position.



MICHAEL LEE and MARK HEWITT

1500m				Greg Vander Sanden M55 5:12.05			
WOMEN				Stuart Moore M55 6:37.73			
Kristy Devereux	W30	6:01.97		Bjorn Dybdahl	M60	5:19.89	
Kim Cook	W40	6:13.97		Brian Hewitt	M60	5:31.66	
Niamh Keane	W45	5:21.71		Mark Hewitt	M60	6:01.53	
Karyn Gower	W55	6:17.54		Michael Lee	M65	6:01.32	
Carolyn Fawcett	W60	9:05.60		Bruce Wilson	M65	6:07.31	
Christine Oldfield	W70	8:16.50		Maurice Creagh	M65	6:13.48	
MEN				Bert Carse	M70	5:42.65	
Mike Bryant	M40	5:26.77		Jim Langford	M70	5:45.99	
Jeremy Appleyard	M40	5:36.47		Ivan Brown	M70	6:16.26	
Andrew Brooker	M45	4:40.78		Bob Schickert	M70	6:31.32	
Chris Groom	M45	5:26.81		Lyle James	M70	11:22.83	
Ross Keane	M50	5:05.47		David Carr	M80	6:10.74	
David Brook	M50	5:30.94		Irwin Barrett-Lennard	M85	8:22.92	
				Cecil Walkley	M85	13:55.81	

2015 State Athletics Championships

100m



Wendy Seegers (390) dominates as Amanda Petersen (393) heads the rest of the field.

100m WOMEN

Wendy Seegers	W35	12.18	+3.0
Amanda Peterson	W35	13.67	+3.0
Nicola Hibbert	W35	14.27	+3.0
Sharon Davis	W40	14.02	+3.0
Vicki Cobby	W40	14.67	+3.0
Sue Bourn	W45	15.04	+3.0
Julie Best	W45	15.56	+3.0
Carmel Meyer	W50	15.03	+0.6
Sharon Moloney	W50	15.45	+0.6
Fran Cherry	W50	15.45	+0.6
Lynne Choate	W60	15.50	+0.6
Peggy MacIver	W70*	16.64	+0.6
Brenda Painter	W70	18.98	+0.6

MEN

Loren Penny	M30	12.37	+2.0
Justin Vincent	M30	12.94	+2.0
Andy Taylor	M35	11.61	+2.0
Daniel Leseberg	M35	12.49	+2.0
Ernie Leseberg	M40	11.58	+2.7
Lee Stergiou	M40	12.33	+2.7
Bernard Riviere	M45	12.45	+2.7
Mark Elms	M45	12.50	+2.7
Colin Smith	M50	12.65	+3.3
Tony Downey	M55	15.37	+3.3
John Dennehy	M55	16.24	+3.3
Mark Hewitt	M60	15.09	+3.2
Nick Miletic	M60	15.99	+3.2
Geoff Brayshaw	M65	14.51	+3.2
Barrie Kernaghan	M70	14.32	+3.2
Lyle James	M70	22.26	+3.2
David Clive	M75	15.46	+1.2
Tom Crossen	M80	20.71	+1.2
Irwin Barrett-Lennard	M85	19.70	+1.2
Gordon Medcalf	M85	21.31	+1.2
Derry Foley	M85	23.02	+1.2



Andy Taylor leads from Daniel Leseberg, Justin Vincent and Loren Penny.



**GEOFF BRAYSHAW
and MARK HEWITT**



COLIN SMITH

2015 State Athletics Championships



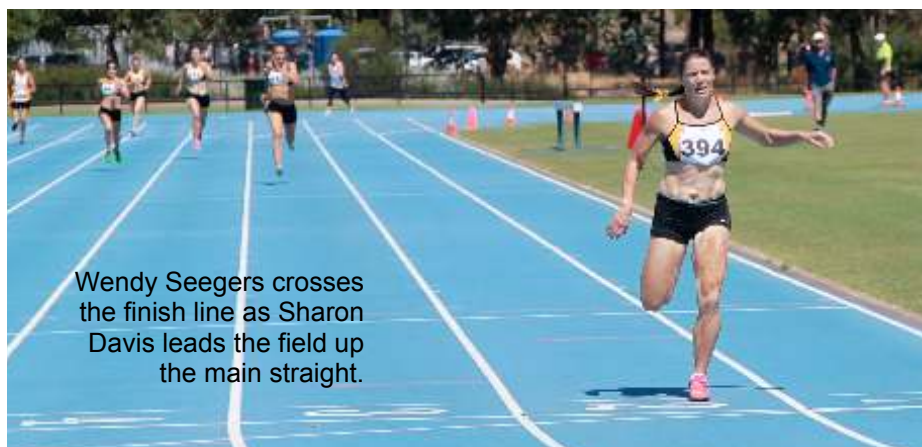
**BJORN DYBDAHL
and BRIAN HEWITT**



IRWIN BARRETT-LENNARD



Andrew Brooker powers
off the line to win the
M40 silver medal.



Wendy Seegers crosses
the finish line as Sharon
Davis leads the field up
the main straight.



**LORRAINE LOPES
and FRAN CHERRY**



**FIONA LEONARD
and VICKI COBBY**

400m WOMEN

Wendy Seegers	W35	57.05
Sharon Davis	W40	64.42
Vicki Cobby	W40	68.91
Fiona Leonard	W45	67.14
Sue Bourn	W45	73.72
Carmel Meyer	W50	72.64
Fran Cherry	W50	80.45
Peggy MacIver	W70	*83.22
Lorraine Lopes	W75	*91.08
(*SR)		

MEN

Lee Stergiou	M40	57.79
Mark Elms	M45	56.44
Andrew Brooker	M45	59.95
Colin Smith	M50	58.66
David Solomon	M50	66.82
Campbell Till	M55	59.19
Greg Vander Sanden	M55	60.92
Neil Morfitt	M55	61.46
Bjorn Dybdahl	M60	67.95
Brian Hewitt	M60	68.70
Nick Miletic	M60	88.08
Maurice Creagh	M65	81.63
Barrie Kernaghan	M70	71.18
Ivan Brown	M70	85.22
Lyle James	M70	2:27.45
David Carr	M80	80.73
Irwin Barrett-Lennard	M85	1:46.50
Cecil Walkley	M85	3:11.98

2015 State Athletics Championships

Hurdles



Mark Elms and Sharon Davis show their synchronised hurdling styles in the 400m event.



VICKI COBBY



Delia Baldock sails over the hurdle.



Nick Miletic clears the hurdle as Harold Membrey follows.

80m hurdles

Vicki Cobby	W40	15.22	+1.5
Delia Baldock	W50	18.20	+1.5

110m hurdles

Mark Jeffery	M40	17.63	+2.7
--------------	-----	-------	------

300m hurdles

Delia Baldock	W50	68.24
Harold Membrey	M60	66.54
Nick Miletic	M60	66.65

400m hurdles

Sharon Davis	W40	69.91
Vicki Cobby	W40	77.07
Mark Elms	M45	69.23

2015 State Athletics Championships

Javelin



MAIN PHOTO: Stan Selby steps down the runway. Stan threw 37.56m to win gold.

TODD DAVEY

CHRIS ANDERSON



PETER TUA



GEOFF BRAYSHAW



MALCOLM CLARKE

Javelin WOMEN

Melissa Foster	W35	26.55m
Cheryl McMahon	W40	28.67m
Ali Matautia	W40	23.11m
Yolanda Carstens	W45	26.86m
Sue Bourn	W45	12.63m
Deb Cox	W50	19.50m
Sharon Moloney	W50	19.05m
Carmel Meyer	W50	16.52m
Barbara Wilson	W60	15.81m
Bev Hamilton	W65	16.24m

Luella Jenkins	W70	14.65m
Brenda Painter	W70	*13.35m
Valerie Prescott	W70	11.24m
(*SR)		

MEN

Mal Clarke	M40	39.70m
Peter Tua	M40	22.70m
Chris Anderson	M45	40.07m
Todd Davey	M45	37.18m
Andrew Ward	M50	34.06m
Garry Hastie	M50	33.40m
Oswald Igel	M60	32.52m

Jo Peters	M60	30.39m
Mark Hewitt	M60	25.38m
Nick Miletic	M60	21.70m
Stan Selby	M65	37.56m
Geoff Brayshaw	M65	31.70m
Murray Tolbert	M65	30.78m
Greg Wilson	M65	26.23m
Bob Fergie	M75	19.90m
Rob Shand	M80	*22.80m
Jim Davis	M80	18.74m
Gordon Medcalf	M85	12.09m
(*SR)		

2015 State Athletics Championships

High jump

High Jump

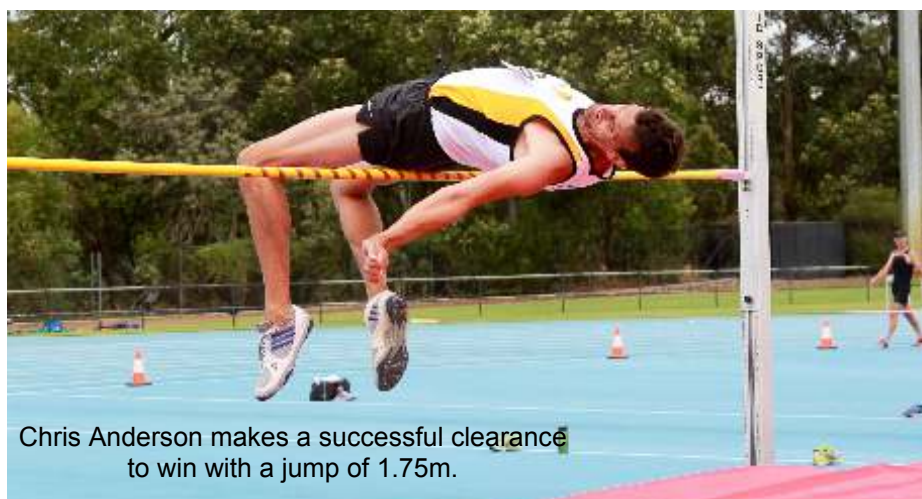
WOMEN

Sally Sims	W35	1.05m
Angela Gorey	W35	1.05m
Vicki Cobby	W40	1.25m
Delia Baldock	W50	1.15m
Gay Wyatt	W60	1.00m
Brenda Painter	W70	0.95m
Lynne Schickert	W70	0.90m

MEN

Andy Taylor	M35	1.60m
Malcolm Clarke	M40	1.50m
Chris Anderson	M45	1.75m
Colin Shaw	M50	1.30m
Colin Smith	M50	1.30m
Tony Downey	M55	1.35m
Dave Wyatt	M60	1.40m
Nick Miletic	M60	1.20m
Greg Wilson	M65	1.40m
Geoff Brayshaw	M65	1.25m

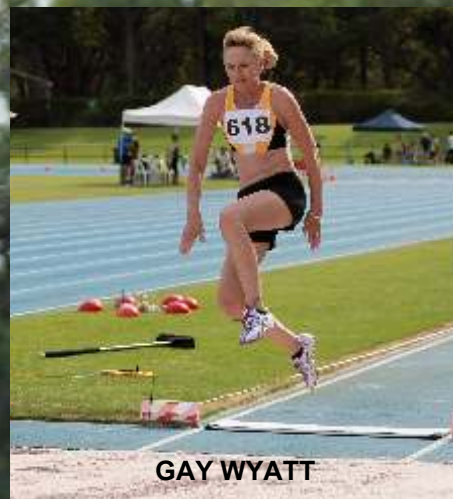
MAIN PHOTO: Vicki Cobby clears the bar on her way to a height of 1.25m. **INSET:** Delia Baldock makes a successful jump.



Long jump



GEOFF BRAYSHAW



GAY WYATT



MAIN PHOTO: Nicola Hibbert sails through the air and prepares for landing (see cover photo).



MURRAY TOLBERT



ANGELA GOREY

MEN

Long Jump

Justin Vincent	M30	5.28m	+0.6
Maurice Pascal	M40	5.53m	+0.0
Lee Stergiou	M40	5.19m	+0.0
Greg Brush	M45	5.65m	+0.0
Bernard Riviere	M45	5.24m	+0.2
Kevin Collins	M45	2.46m	+0.0
Colin Smith	M50	4.27m	+1.6
Colin Shaw	M50	4.18m	-0.4
Garry Ralston	M55	5.02m	+1.2
John Dennehy	M55	3.08m	+1.2
Mark Hewitt	M60	4.53m	+1.0
Dave Wyatt	M60	4.34m	+0.0
Murray Tolbert	M65	4.04m	+0.0
Geoff Brayshaw	M65	3.96m	+0.0
David Clive	M75	4.11m	+0.0



MELISSA FOSTER

WOMEN

Long Jump

Melissa Foster	W35	*5.78m	+0.5
Nicola Hibbert	W35	3.90m	+3.5
Angela Gorey	W35	3.42m	+1.5
Vicki Cobby	W40	4.07m	+1.9
Julie Best	W45	4.16m	+2.4
Sue Bourn	W45	3.87m	+2.0
Fran Cherry	W50	3.68m	+1.3
Carmel Meyer	W50	3.18m	+0.2
Gay Wyatt	W60	3.33m	+0.8
Barbara Wilson	W60	3.17m	+0.5
Brenda Painter	W70	2.67m	+1.5
Luella Jenkins	W70	2.60m	+0.0
Lynne Schickert	W70	2.23m	+0.4

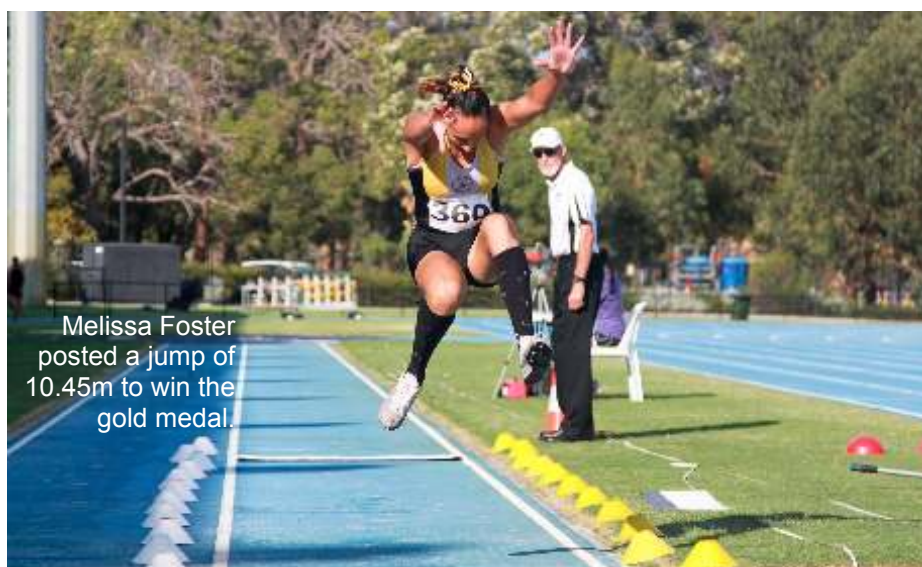
(*SR)

2015 State Athletics Championships

Triple jump



Les Beckham (left) looks on as Dave Wyatt tackles the triple jump.



Melissa Foster posted a jump of 10.45m to win the gold medal.



VICKY COBBY

WOMEN

Triple Jump

Melissa Foster	W35	10.45m	+3.6
Angela Gorey	W35	6.98m	+1.5
Vicki Cobby	W40	8.84m	+2.0
Julie Best	W45	8.82m	+3.8
Fran Cherry	W50	7.43m	+0.9
Barbara Wilson	W60	6.76m	+0.0
Gay Wyatt	W60	6.67m	+1.3
Brenda Painter	W70	5.92m	+1.8
Lynne Schickert	W70	5.23m	+1.8

MEN

Colin Smith	M50	9.18m	+0.6
Dave Wyatt	M60	9.27m	+3.9
Geoff Brayshaw	M65	8.90m	+4.4
Murray Tolbert	M65	8.87m	+0.5
David Clive	M75	7.93m	+2.6
Derry Foley	M85	*4.87m	+1.3

(*SR)



FRAN CHERRY



JULIE BEST

2015 State Athletics Championships

Throws



WOMEN

Discus

Byrony Glass	W35	34.02m
Sally Sims	W35	16.16m
Ali Matautia	W40	28.22m
Cheryl McMahon	W40	25.46m
Sharon Moloney	W50	21.72m
Deb Cox	W50	16.24m
Barbara Wilson	W60	15.16m
Bev Hamilton	W65	21.27m
Luella Jenkins	W70	14.94m
Valerie Prescott	W70	13.69m
Noela Medcalf	W80	12.81m

Hammer

Shanell Staunton	W30	24.33m
Byrony Glass	W35	52.89m
Sally Sims	W35	19.69m
Ali Matautia	W40	28.87m
Sharon Moloney	W50	28.61m
Deb Cox	W50	17.43m
Kate Glass	W65 (SR)	29.55m
Bev Hamilton	W65	27.13m
Luella Jenkins	W70	15.40m
Noela Medcalf	W80	14.13m
Shot		
Byrony Glass	W35	10.76m
Melissa Foster	W35	8.93m
Sally Sims	W35	8.14m

Ali Matautia	W40	9.83m
Sharon Moloney	W50	8.45m
Deb Cox	W50	6.01m
Barbara Wilson	W60	7.05m
Bev Hamilton	W65	8.39m
Luella Jenkins	W70	5.97m

Weight

Shanell Staunton	W30	8.20m
Byrony Glass	W35	17.71m
Sally Sims	W35	7.76m
Ali Matautia	W40	8.28m
Sharon Moloney	W50	7.49m
Kate Glass	W65	11.09m
Bev Hamilton	W65	10.45m
Luella Jenkins	W70	7.71m

2015 State Athletics Championships

Throws

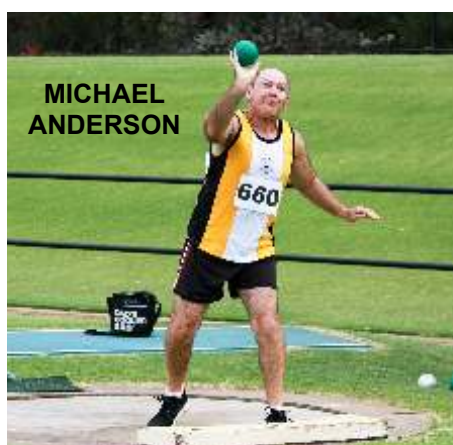


BOB FERGIE

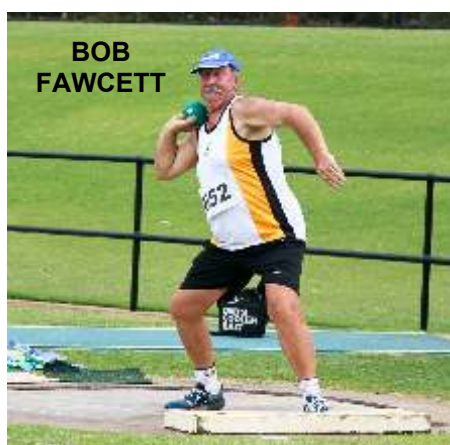


MATT STAUNTON

MAIN PHOTO: Todd Davey steps across the circle on his way to a gold medal.



MICHAEL ANDERSON



BOB FAWCETT



MALCOLM CLARKE

MEN

Discus

Matt Staunton	M40	39.06m
Malcolm Clarke	M40	36.67m
Mark Hamilton	M40	35.62m
Todd Davey	M45	40.18m
Tim Lyons	M50	35.51m
Andrew Ward	M50	30.20m
Tom Gravestock	M55	38.42m
Jo Peters	M60	40.36m
Oswald Igel	M60	38.12m
Nick Miletic	M60	27.31m
Geoff Brayshaw	M65	31.48m
Greg Wilson	M65	30.41m
Bob Fawcett	M65	20.76m
Michael Anderson	M65	16.70m
Rob Young	M70	24.62m
Bob Fergie	M75	20.86m
Jim Davis	M80	25.23m
Jeff Whittam	M80	10.40m

Hammer

Matt Staunton	M40	*47.19m
Mark Hamilton	M40	30.93m
Malcolm Clarke	M40	30.68m
Peter Tua	M40	29.88m
Todd Davey	M45	39.21m
Tim Lyons	M50	31.17m
Andrew Ward	M50	22.87m
Oswald Igel	M60	33.08m
Jo Peters	M60	30.02m
Rob Young	M70	18.32m
Bob Fergie	M75	24.74m
Jim Davis	M80	32.03m
Jeff Whittam	M80	19.87m
(*SR)		

Shot

Matt Staunton	M40	12.65m
Malcolm Clarke	M40	11.93m
Peter Tua	M40	8.84m
Todd Davey	M45	13.18m
Greg Brush	M45	9.27m
Tim Lyons	M50	9.89m

Oswald Igel	M60	11.77m
Jo Peters	M60	10.56m
Greg Wilson	M65	8.64m
Bob Fawcett	M65	6.72m
Mike Anderson	M65	6.18m
Rob Young	M70	8.58m
Bob Fergie	M75	7.59m
Jim Davis	M80	10.34m
Jeff Whittam	M80	5.92m

Weight

Matt Staunton	M40	13.96m
Malcolm Clarke	M40	10.28m
Mark Hamilton	M40	8.60m
Peter Tua	M40	8.46m
Todd Davey	M45	13.34m
Andrew Ward	M50	9.93m
Oswald Igel	M60	13.29m
Jo Peters	M60	12.97m
Rob Young	M70	8.84m
Bob Fergie	M75	10.10m
Jim Davis	M80	12.52m
Jeff Whittam	M80	8.93m

Early events



THE distance runners kicked off the State Athletic Championships this year with the 10,000m at West Australian Athletics Stadium on March 5.

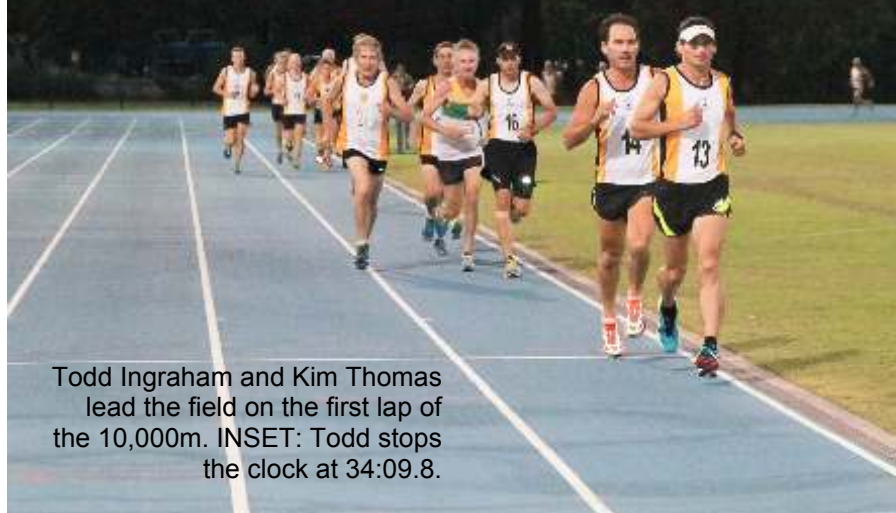
Two days later Athletes return to WAAS for the outdoor pentathlon in the morning and the throws pentathlon in the afternoon.

It was the turn of the intrepid steeplechase runners the following Tuesday night with the 2000m and 3000m events.

Melissa Foster runs the bend in the 800m the final event of the pentathlon.

2015 State Athletics Championships

10,000m



Todd Ingraham and Kim Thomas lead the field on the first lap of the 10,000m. INSET: Todd stops the clock at 34:09.8.



Women's 10,000m

Thursday, March 5 – WAAS

Rosemary Giles	W35	41:07.0
Monique Thomas	W35	61:56.3
Clare Wardle	W40	42:06.5
Sue Bourn	W45	47:10.8
Sue Zlnay	W55	45:02.5
Karyn Gower	W55	47:52.3
Lorraine Lopes	W75	*51:31.8

*Pending Australian record

(All times hand held)

Men's 10,000m

Steve Weller	M35	38:25.0
Todd Ingraham	M40	34:09.8
Kim Thomas	M40	36:29.9
Ante Perdija	M40	38:24.4
Hamish McLeod	M40	39:26.9
Mike Bryant	M40	41:35.5
Ross Keane	M50	42:13.5
David Solomon	M50	42:54.8
Trevor Scott	M55	38:04.1
Steve Giles	M55	39:06.5
Mickey Muroi	M55	42:21.0
Chris Maher	M60	39:54.5
Bjorn Dybdahl	M60	41:05.2
Brian Hewitt	M60	43:43.0
Gary Peace	M65	38:50.6
Keith Miller	M65	45:25.8
Michael Lee	M65	46:32.3
Greg Wilson	M65	58:24.8
Jim Langford	M70	40:42.5
Bert Carse	M70	44:50.4
John Oldfield	M70	48:16.4
Bob Schickert	M70	52:16.9
Morland Smith	M75	61:25.2
Irwin Barrett-Lennard	M85	^61:43.3

^State record

(All times hand held)



Steve Weller laps Keith Miller and Michael Lee.



TREVOR SCOTT and ANTE PERDIJA



CLARE WARDLE



ROSEMARY GILES

2015 State Athletics Championships



NICK MILETIC



IAN COTTON

MAIN PHOTO: Paul Jeffery dances across the circle as he prepares to unleash the discus.



COLIN SMITH

Men's pentathlon WAAS – Saturday, March 7

Paul Jeffery	M40	3489
Ian Cotton	M50	3022
Colin Smith	M50	2033
John Dennehy	M55	1179
Nick Miletic	M60	1635
Geoff Brayshaw	M65	2436
Ivan Brown	M70	2063
Leon Sander	M75	2468

Carmel Meyer leads Vicki Cobby and Sue Bourn at the start of the final lap of the final event of the pentathlon.



FRAN CHERRY

Women's pentathlon WAAS – Saturday, March 7

Melissa Foster	W35	2769
Vicki Cobby	W40	2401
Sue Bourn	W45	2182
Carmel Meyer	W50	2520
Fran Cherry	W50	2077
Julie Wilson	W60	1564
Lynne Schickert	W70	1248

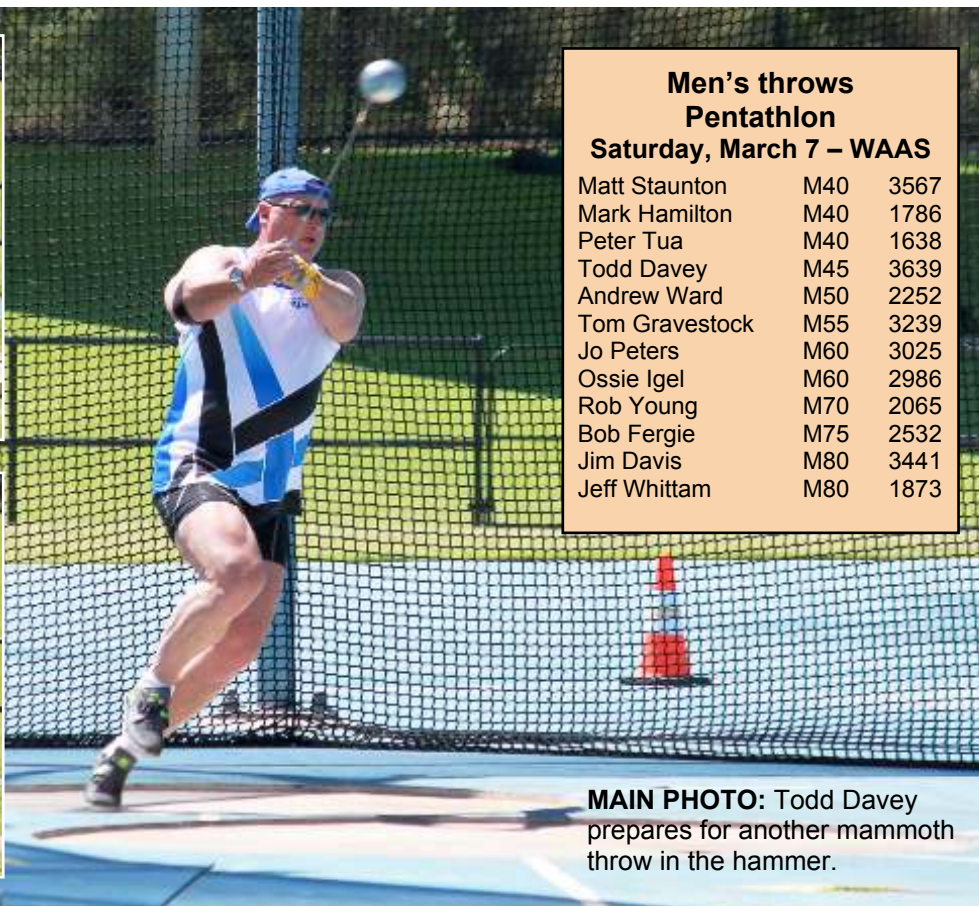
2015 State Athletics Championships



MATT STAUNTON



ANDREW WARD



Men's throws Pentathlon Saturday, March 7 – WAAS

Matt Staunton	M40	3567
Mark Hamilton	M40	1786
Peter Tua	M40	1638
Todd Davey	M45	3639
Andrew Ward	M50	2252
Tom Gravestock	M55	3239
Jo Peters	M60	3025
Ossie Igel	M60	2986
Rob Young	M70	2065
Bob Fergie	M75	2532
Jim Davis	M80	3441
Jeff Whittam	M80	1873

MAIN PHOTO: Todd Davey prepares for another mammoth throw in the hammer.



MAIN PHOTO: Bev Hamilton winds up to unleash the discus.



SALLY SIMS

Women's throws Pentathlon

Saturday, March 7 –WAAS

Byrony Glass	W35	3642
Sally Sims	W35	1647
Chris Schelfhout	W45	2341
Sharon Moloney	W50	2479
Deb Cox	W50	1764
Bev Hamilton	W65	3453
Luella Jenkins	W70	2658



TOM GRAVESTOCK



BYRONY GLASS

2015 State Athletics Championships

Ducks to water

Men's steeplechase 3000m

Tuesday, March 10 – WAAS

Todd Ingraham	M40	10:46.9
Kim Thomas	M40	11:09.9
Ante Perdiija	M40	11:37.0
Colin Shaw	M50	14:31.6

(All times hand held)

2000m

Bjorn Dybdahl	M60	8:08.9
Nick Miletic	M60	11:54.0
Bruce Wilson	M65	9:02.1
Bert Carse	M70	8:57.6
John Oldfield	M70	9:54.3
Bob Schickert	M70	10:16.2
David Carr	M80	9:50.5
Irwin Barrett-Lennard	M85	*12:50.0
Cecil Walkley	M85	21:27.4

(All times hand held)

*Pending State records



MAIN PHOTO: Bob Schickert throws himself over the water jump.

NICK MILETIC, JOHN OLDFIELD and IRWIN BARRETT-LENNARD



KIM THOMAS and TODD INGRAHAM

Vicki's last hurdle triumph



After a thrilling race when the lead changed several times, Vicki Cobby retook the lead from Margaret Saunders on the final hurdle to win in her first steeplechase race.



Women's steeplechase 2000m

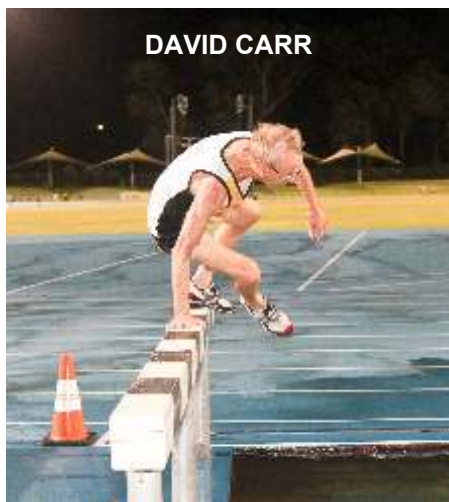
Tuesday, March 10 – WAAS

Kristy Devereux	W30	*9:43.9
Danielle Baldock	W35	10:54.7
Monique Thomas	W35	12:16.1
Vicki Cobby	W40	9:09.7
Margaret Saunders	W60	*9:11.0
Julie Wilson	W60	10:37.9
Carolyn Fawcett	W60	14:11.8
Lynne Schickert	W70	15:40.4

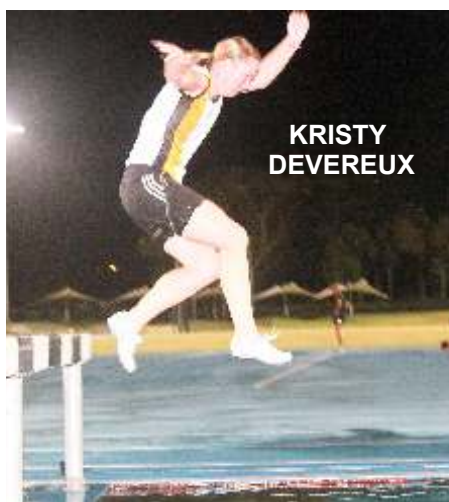
(All times hand held)

*Pending State records

DAVID CARR



KRISTY DEVEREUX





10,000 smiles



Outdoor office



Sandstorm



High jump action



Trigger happy



Bad hair day



Starter's orders