

TFNL



Season 9 Issue 8
APRIL 2016

The Track and Field Newsletter of MAWA



Sharon Davis (421)
and Jane Lockwood
(360) run as one as
they enter the final lap
of the 800m.

Synchronised

Champs return home

With a record number of entries, the main weekend of the championships returned to Ern Clark Athletic Centre to take advantage of the Mondo track. Some athletes were using the event as part of their build-up for the Nationals championships, some were complete newbies debuting on the track or returning after an absence of 'quite some time'. The organisers arranged for Barry Mullins to fly from North Queensland with his Finish Lynx equipment, to enable the championships to have electronic timing. This is the system that allowed Josh Clarke to record an Olympic 100m qualifier (10.15) in Canberra recently, as it enabled the race to be run down the back straight and avoid the headwind. The portable system takes several hours to set up but enables accuracy to within 1/1000th of a

second, with photo finish technology. As world and national records must be electronically timed for all distances up to 800m this gave the event the appropriate status that should be accorded State Championships.

In the 5000m, the Finish Lynx lap scoring system that is to be used at the World Championships in October was trialled. This allowed competitors to see how many laps they had completed and recorded each lap via a microchip in their race number.

Track queen Wendy Seegers received the Anne Shaw trophy for Athlete of the Meet setting state records in the 100m and 400m. Wendy was somewhat overcome with the honour and will set off to compete at the Australian open championships in Sydney at the end of the month with the best wishes of WAMA members. During the

championships Carol Bowman and David Carr were presented the Patron's Trophies for their recent victories in that event.

The championships ran smoothly which is testament to the organisational skills of Barbara and Richard Blurton. Richard is the head of the Local Organising Committee for Perth 2016 with Barbara the organiser of this event for the last decade, managing to keep pace with new technology and integrating it successfully each year. The success was also due to the many officials and volunteers who helped.. Officials were in short supply as the WALA State Championships were also on this weekend at Challenge Stadium. A relaxed John Oldfield jetted in from the United Kingdom for two weeks and officiated during the weekend. The barbecue afterwards was well attended.



Wendy Seegers is all smiles after winning the Anne Shaw trophy.



Barbara Blurton presented Carol Bowman (centre) and David Carr the Patron's Trophies.



Records

200m	Wendy Seegers	W40	24.52	WAAS	AR	Javelin	Bev Hamilton	W70	16.65m	ECAC	SR
100m	Wendy Seegers	W40	12.0h	ECAC	SR	Weight	Bev Hamilton	W70	11.07m	ECAC	SR
400m	Wendy Seegers	W40	56.99	ECAC	SR	Pentathlon	Carol Bowman	W60	2021pts	ECAC	SR
80m H	Robyn Feutrill	W50	17.33	ECAC	SR	60m	Garry Ralston	M60	8.01	ECAC	SR
2000m Stp	Kristy Devereux	W30	9:36.9h	ECAC	SR	10,000m	Irwin Barrett-Lennard	M85	61:27.3h	ECAC	SR
3000m W	Sylvia Byers	W80	23:18.61	ECAC	SR	300m H	Garry Ralston	M60	48.15	ECAC	SR
5000m W	Sylvia Byers	W80	39:09.42	ECAC	SR	Pole Vault	Phil Smyth	M65	2.50m	WAAS	=SR
Hammer	Bev Hamilton	W70	26.07m	WAAS	SR	Hammer	Tom Gravestock	M60	43.20m	WAAS	SR
Javelin	Julie Daines	W40	31.08m	ECAC	SR	Hammer	Oswald Igel	M65	35.44m	WAAS	SR
Javelin	Yolanda Carstens	W50	30.18m	ECAC	SR	Javelin	Stan Selby	M70	38.61m	ECAC	SR

What are they waiting for?



Photo: Carmel Meyer

In the pink



Photo: Carmel Meyer

This is hi-tech



Camera shy Damien

TFNL crew

This TFNL is the most complete coverage of the State Championships ever. With coverage of each event from the pen of John Dennehy and illustrated with photographs from Graeme Dahl and Carmel Meyer.



GRAEME DAHL



JOHN DENNEHY



CARME MEYER



Vanessa bides her time to take top win

In the women's race Rosemary Giles (W40) went out fast but was hauled in by the excellent pacing of Vanessa Carson (W35) who was duly rewarded with an excellent time of 19:36.68.

Monique Thomas (W35) with her sterling effort ran 27:39.50. Clare Wardle (W40) ran very steadily for a 19:53.77 with Rosemary finishing in 20:26.30 and Trisha Farr in bronze medal position (22:13.20).

Sue Bourn (W45) a proven performer over the distance took another title with

22:31.01 ahead of Simone Solomon 23:20.19.

Claire Walkley was the winner of the W50 event lapping in a metronomic fashion to post a 24:54.44. Kim Chandler (W55) with yet another top class performance also demonstrated good pace judgement in her 23:30.51 effort. Gillian Young (W65) put in a big effort after being spurred on by grandchildren Jayden and Sydelle and was rewarded with a big season's best 24:02.32 and Jackie Halberg (W65) stepped it up from her recent Sunday runs with 28:02.37.



WOMEN

Vanessa Carson	W35	19:36.68
Monique Thomas	W35	27:39.50
Clare Wardle	W40	19:53.77
Rosemary Giles	W40	20:26.30
Trisha Farr	W40	22:13.20
Sue Bourn	W45	22:31.01
Simone Solomon	W45	23:20.19
Claire Walkley	W50	24:54.44
Kim Chandler	W55	23:30.51
Gillian Young	W65	24:02.32
Jackie Halberg	W65	28:02.37



Keith Hill (3588) checks his watch as Mark Dawson (3857) and John Collier (3956) follow.



KIM THOMAS and PAUL MITCHELL

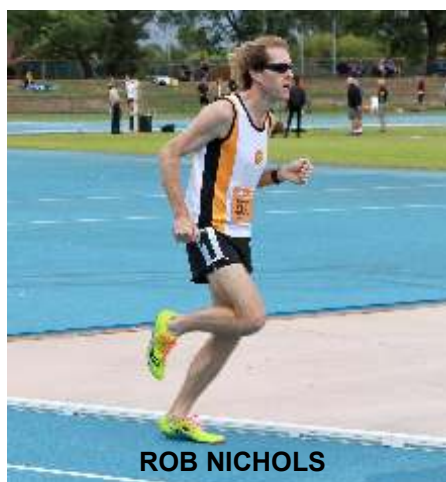
Rob's classy sub 17 victory

Rob Nichols (M35) was able to dictate the pace from the outset and his km splits reveal he was running within himself posting a 16:35.18 effort. Kim Thomas (M40) was also unchallenged in completing the journey in 17:11.15. Former Paralympic gold medallist, Paul Mitchell, celebrated his return to the masters' ranks after too long an absence, winning the M45 title in 18:10.31 from John Collier (20:58.57) and Andy Abbey (21:29.42). Andrew Davison (M50) set out with dogged determination and never lost focus returning a time of 17:45.00. Silver medal winner, David Solomon ran a tactical 22:37.92 to ensure some energy for later events.

In the M55 age group, Steven Giles upset more favoured rivals winning in a time of 18:59.81 edging out Kevin

Johnson (19:02.61) in a torrid battle for line honours. Keith Hill grabbed third place with his effort of 20:35.97 and Mark Dawson's 20:50.92 left him out of the medals but with a season's best. Alan Gower (M60) returned from Lyon with several classy performances ran 19:21.99 to score a win from Chris Maher (19:46.48) and former MAWA President Paul Hughes who came excruciatingly close to a sub 20-minute performance running 20:00.02! Versatile athlete Mark Hewitt crossed in 20:55.85 ahead of namesake Brian Hewitt (21:53.36).

Giovanni Puglisi (M65) won his age group with a 20:26.86 run ahead of the affable photographer Graeme Dahl returning a smartly composed 21:29.57. Jim Klinge (21:45.35) and Brian Danby (25:46.87) completed the field. Jim Langford's (M70) 20:31.49 was no surprise to those athletes availing themselves of the ECAC facilities on Thursday evenings having seen him churn out 3km races every fortnight, notwithstanding his Australian representative background. Bruce Wilson's second place time of 21:52.01 was also world class with Bob Hull running 23:19.47 for third. Bob Schickert ran fourth in 25:25.81 and then quickly resumed his job as track announcer for the meet. The M85 was won by Irwin Barrett-Lennard (31:51.00) well outside his own Australian record (28:28.5) from Cecil Walkley 54:39.58.



ROB NICHOLS



STEVE GILES and KEVIN JOHNSON

MEN

Rob Nichols	M35	16:35.18
Kim Thomas	M40	17:11.15
Paul Mitchell	M45	18:10.31
John Collier	M45	20:58.57
Andy Abbey	M45	21:29.42
Andrew Davison	M50	17:45.00
David Solomon	M50	22:37.92
Steve Giles	M55	18:59.81
Kevin Johnson	M55	19:02.61
Keith Hill	M55	20:35.97
Mark Dawson	M55	20:50.92
Alan Gower	M60	19:21.99
Christopher Maher	M60	19:46.48
Brian Hewitt	M60	21:53.36
Giovanni Puglisi	M65	20:26.86
Graeme Dahl	M65	21:29.57
Jim Klinge	M65	21:45.35
Brian Danby	M65	25:46.87
Jim Langford	M70	20:31.49
Bruce Wilson	M70	21:52.01
Bob Hull	M70	23:19.47
Bob Schickert	M70	25:25.81
Lyle James	M75	38:11.41
Irwin Barrett-Lennard	M85	31:51.00
Cecil Walkley	M85	54:39.58

Wendy and Karyn shine

Wendy Farrow (W45) completed a clean sweep of the 5000m walking title with her 32:14.54 effort. Karyn Tolardo (W50) walked over two minutes quicker than at last years' titles to win in 28:44.33 ahead of the lightly raced Cheryl-Lee Dean (31:31.61). Both Wendy and Karyn have availed themselves to the coaching of Rosemary Holloway and displayed the benefits over the course of the weekend. Lyn Ventris (W55), a multiple world title and record holder, paced herself perfectly to record a world class time of 26:30.13 in taking out the title. Julie Wilson (W60), who is experimenting with a new technique gold medalled in 35:13.34.

Elaine Dance (W65) showed her stamina from Sunday morning walks to walk a title winning 37:33.90. W70s Lynne Schickert once again walked a close race with Sylvia Byers (W80) never stretching the distance out to two or three metres finishing in 39:06.40 to 39:09.42 respectively. Sylvia was able to claim her second state record of the meet, a performance over a minute faster than the previous record holder's (Lorna Lauchlan) 40:13.87.

In his only performance at the championships Daniel Lowe (M40) won the gold medal in a time of 39:46.37. Notably, Garry Hastie (M50) (26:26.34) walked over four minutes faster than last year's time and M80's John Smith was unchallenged by technique or distance capturing the title in 40:35.18. Jeff Whittam's disqualification caused him no distress as he admits he is physically unable to comply with the rule but his satisfaction in completing the event was obvious to all.

Daniel Lowe (402) and Wendy Farrow (482) head past the finish line.



KARYN TOLARDO



LYN VENTRIS and GARRY HASTIE



WOMEN

1500m walk

Narelle Laurie	W40	10:33.10
Wendy Farrow	W45	9:09.76
Janne Wells	W45	9:34.63
Karyn Tolardo	W50	8:08.64
Julie Wilson	W60	10:04.04
Lynne Schickert	W70	11:25.40
Sylvia Byers	W80	11:40.00
Noela Medcalf	W80	13:41.94

3000m walk

Narelle Laurie	W40	22:21.92
Wendy Farrow	W45	19:32.08
Janne Wells	W45	20:10.52
Karyn Tolardo	W50	17:02.04
Julie Wilson	W60	21:15.63
Elaine Dance	W65	21:54.43
Lynne Schickert	W70	23:16.32
Luella Jenkins	W70	23:54.45
Sylvia Byers	W80	*23:18.61
Lorna Lauchlan	W85	26:36.34

5000m walk

Wendy Farrow	W45	32:14.54
Karyn Tolardo	W50	28:44.33
Cheryl-Lee Dean	W50	31:31.61
Lyn Ventris	W55	26:30.13
Julie Wilson	W60	35:13.34
Su Lloyd	W60	DNF
Elaine Dance	W65	37:33.90
Lynne Schickert	W70	39:06.40
Sylvia Byers	W80	*39:09.42
*SR		

Narelle's top debut

MEN

1500m walk

Garry Hastie	M50	7:28.46
John Dennehy	M55	10:20.54
Harold Membrey	M60	11:30.77
John Smith	M80	13:20.91
Jeff Whittam	M80	DQ

3000m walk

Garry Hastie	M50	16:36.84
Andrew Cuthbertson	M55	24:25.61
John Smith	M80	26:08.00
Jeff Whittam	M80	DQ

5000m walk

Daniel Lowe	M40	39:46.37
Garry Hastie	M50	26:26.34
John Brambley	M70	DNF
John Smith	M80	40:35.18
Jeff Whittam	M80	DQ

Luella Jenkins (730) heads the chasing pack of Janne Wells (474), Julie Wilson (625), John Dennehy (560) and Narelle Laurie.

Narelle Laurie (W40) announced herself to the walking community with her debut 1500m performance of 10:33.10 which will give her confidence for other races. Wendy Farrow (W45) used her amazing cadence to 'go the distance' in 9:09.76 followed by Janne Wells returning from injury (9:34.63). The tall and willowy Karyn Tolardo (W50) never troubled the judges in recording 8:08.64 for her gold

medal. Julie Wilson (W60) won her division four seconds quicker than last year in 10:04.04.

Sylvia Byers (W80) stuck to the reliable Lynne Schickert (W70) for the majority of the distance, which resulted in both women recording impressive performances. Lynne walking the distance in 11:25.40 and Sylvia 11:40.00 for respective wins. Noela Medcalf (W80)

won silver in 13:41.94. Garry Hastie (M50) walked the fastest time overall with a comfortable (for him) time of 7:28.46 and provided a master class in walking "taking it right to the edge, but never going over". John Dennehy (M55) walked a cautious 10:20.54 and Bunbury resident Harold Membrey (M60) gained another medal with his 11:30.77 effort.

Wendy pips Janne for win

In the 3km event, Narelle Laurie (W40) showed grit, determination and good form to win the title in 22:21.92. W45's Wendy Farrow recorded an excellent 19:32.08 to win from Janne Wells (20:10.52) whose time is also creditable given her recent injury. Karyn Tolardo (W50), a fixture on the Thursday evenings at ECAC, stunned with the ease of her 17:02.04 performance going close to the sub 17-minute club. Julie Wilson (W60) walked over 35 seconds quicker than 2015, completing the journey in 21:15.63 with Elaine Dance winning the silver with a 21:54.43 effort. Lynne Schickert (W70) once again inadvertently acted as pacemaker for Sylvia Byers (W80).

The always smiling Sylvia focused on Lynne the whole distance, managing to increase her pace each time she looked in

danger of slipping off the required pace. Her efforts were amply rewarded with a 30-second improvement on her own state record chalking up a 23:18.61 time for the gold medal. Lynne's stellar 23:16.32 walk gifted her a gold medal also. Luella Jenkins (W70) was the silver medallist in 23:54.45. Lorna Lauchlan confidently walked the distance in 26:36.34 despite an injury which has prevented her from replicating the form that brought her two world titles last year in Lyon.

Garry Hastie (M50) was over two minutes outside his state record, winning the title in an easy 16:36.84. Andrew Cuthbertson (M55) produced a time of 24:25.61 and secured his first gold medal. John Smith was untroubled technique wise and distance wise only taking 26:08.00 for the gold medal.



**JULIE
WILSON**



Nicolette Whittington (553) leads Carol Bowman (610), Peggy Macliver (713) and Brenda Painter (715).



JULIANA KELLY

Melissa belts out top run

Melissa Foster is, by her own admission, only back in proper training for a brief time after a big build up for the last world champs. She was still able to 'belt out' a 28.24 to win the W35 200m. No less impressive was Nicola Hibbert, whose 29.14 effort is courtesy of her "CrossFit" classes. In the W40's race, Sharon Davis crossed in 30.26 with Vicki Cobby in 30.82. Sue Bourn (W45) credits 'boot camp' for her athletics success, her 31.26

just in front of Sue Coate (32.41) and Simone Solomon 35.74. Juliana Kelly (W50) compiling a top class list of performances, won in 32.94, Lisa Tobin-Renel picking up the silver medal. Gold's went to Nicolette Whittington (W55) in 34.34 and Carol Bowman (W60) in 36.58. Peggy Macliver (W70) displayed excellent form coming off the bend and driving up the home straight, rewarded with a 35.30.

200m

WOMEN

Melissa Foster	W35	28.24
Nicola Hibbert	W35	29.14
Sharon Davis	W40	30.26
Vicki Cobby	W40	30.82
Sue Bourn	W45	31.26
Sue Coate	W45	32.41
Simone Solomon	W45	35.74
Juliana Kelly	W50	32.94
Lisa Tobin-Renel	W50	34.04
Nicolette Whittington	W55	34.34
Carol Bowman	W60	36.58
Peggy Macliver	W70	35.30
Brenda Painter	W70	42.57



Sharon Davis and Vicki Cobby power down the main straight.



Campbell Till (582), Bernard Riviere (503), Martyn Cavanagh (501), Colin Smith (532) and Rudy Kocis (544) power around the bend.

Top guns stop clock with punishing runs

Daniel Leseberg's (M35) winning time was 25.90, with Lee Stergiou running a 25.43 followed by Maurice Pascal in 26.76 to medal in the M40 division. A hotly contested M45 race was won by Chris Neale in 25.15, overhauling Greg Brennan (25.91) late in the race and Mark Elms exactly one second in arrears. Rudy Kocis scored a fine win in 25.03, albeit with an eye towards his new age group, where the state record of Barrie Kernaghan of 25.10 must be in danger.

Martyn Cavanagh ran 25.81 for silver and Colin Smith's 26.29 brought him a well-earned bronze medal edging out Bernard Riviere (26.39) by a tenth of a second.

Campbell Till (M55) set a season's best time of 26.86 winning going away from the field, but injuring himself in the process and depriving him of running in his best event, the 400m. Tony Downey's silver in 29.79, notable given his lack of racing. Garry Ralston proved to be the best of the M60 sprinters as, gifted with a

massive stride, he picked up his cadence only marginally off the bend to run the silkier 26.87 you will ever see.

Giovanni Puglisi (32.29), Nick Miletic (35.40) and Mike Anderson (42.80) were the medallists in the M65 division. Steven Crabbe's time in winning the M70 race was 36.57. Barrie Kernaghan (M75) stamped his authority on the field early coming off the bend, straightening up and 'heading for home' recording a superb 30.65.



LEE STERGIOU and DANIEL LESEBERG



GREG BRENNAN and CHRIS NEALE



MARK ELMS



MICHAEL BYRNE

200m MEN

Daniel Leseberg	M35	25.90
Lee Stergiou	M40	25.43
Maurice Pascal	M40	26.76
Chris Neale	M45	25.15
Greg Brennan	M45	25.91
Mark Elms	M45	26.91
Rudy Kocis	M50	25.03
Martyn Cavanagh	M50	25.81
Colin Smith	M50	26.29
Bernard Riviere	M50	26.39
Campbell Till	M55	26.86
Tony Downey	M55	29.79
John Dennehy	M55	35.00
Garry Ralston	M60	26.87
Michael Byrne	M60	30.37
Harold Membrey	M60	33.29
Giovanni Puglisi	M65	32.29
Nick Miletic	M65	35.40
Mike Anderson	M65	42.80
Stephen Crabbe	M70	36.57
Ted Miller	M70	DQ
Barrie Kernaghan	M75	30.65
David Clive	M75	34.32
Lyle James	M75	48.31
David Carr	M80	36.89
Irwin Barrett-Lennard	M85	41.91
Cecil Walkley	M85	1:30.43



Niamh Keane and Margaret Saunders head the rest of the pack.



Carol Bowman leads Robyn Feutrill up the back straight.

800m

WOMEN

Kristy Devereux	W30	2:46.36
Jane Lockwood	W35	2:34.71
Vanessa Carson	W35	2:43.72
Sharon Davis	W40	2:32.74
Rosemary Giles	W40	2:39.29
Niamh Keane	W50	2:39.04
Juliana Kelly	W50	3:13.78
Robyn Feutrill	W50	3:28.47
Kim Chandler	W55	3:07.93
Margaret Saunders	W60	2:47.91
Carol Bowman	W60	3:14.17

MEN

Mick O'Toole	M40	2:36.62
Maurice Pascal	M40	2:38.76
Wayne Byram	M40	3:12.77
Chris Neale	M45	2:20.61
Chris Groom	M45	DQ
David Solomon	M50	2:32.54
Mark Dawson	M55	2:25.98
Tony Downey	M55	2:47.25
Stuart Moore	M55	2:55.57
John Dennehy	M55	3:21.69
Brian Hewitt	M60	2:47.15
Giovanni Puglisi	M65	2:42.52
Graeme Dahl	M65	2:52.93
Maurice Creagh	M65	3:10.05
Bob Hull	M70	2:58.84
Ivan Brown	M70	3:03.70
Henri Cortis	M70	DNF
Mike O'Reilly	M75	4:07.66
Lyle James	M75	4:59.29
David Carr	M80	3:15.71
Cecil Walkley	M85	7:19.60

Sharon kicks to lead Jane to finish line

Kristy Devereux (W30) demonstrated her new level of fitness and confidence with a 2:46.36 time despite a lack of experience over the distance. Sharon Davis (W40) asserted her authority on the field coming off the break in the lead pack tracked closely by Jane Lockwood (W35) and Rosemary Giles (W40). Sharon and Jane gradually drew away from the field until Sharon 'kicked' with a confidence born of experience and quickly established a gap which she held until the line. Her reward was a 2:32.74. Jane's time was up there with her best (2:34.71) and she collected a gold medal for her efforts.

Vanessa Carson (W35) will be a threat with more two-lap racing under her belt as her time of 2:43.72 attests. Niamh Keane (W50) set off confidently with her enviable style and held it all the way to the line, chalking up a 2:39.04. Margaret Saunders (W60) clocked a world class time of 2:47.91 showing she is over a sustained period of injury and illness. Carol Bowman (W60) ran up to her form in a 3:14.17. Gold medallist in the W55, Kim Chandler, ran 3:07.93 again



SHARON DAVIS

indicating promise given her inexperience with track racing.

Multi-eventer Mick O'Toole won the M40's with 2:36.62 edging out sprinter Maurice Pascal who ventured up in distance but had the sprint taken out of him by the fast early pace still managed a 2:38.76. Wayne Byram's 3:12.77 gave him a bronze medal. Chris Neale (M45) led from go to whoa with assertive and aggressive tactics posting a 2:20.61 a just

reward for his bravery. He switched off at the 600m with little incentive to 'push on' for the win. David Solomon's victory in the M50's only took him 2:32.54 seconds.

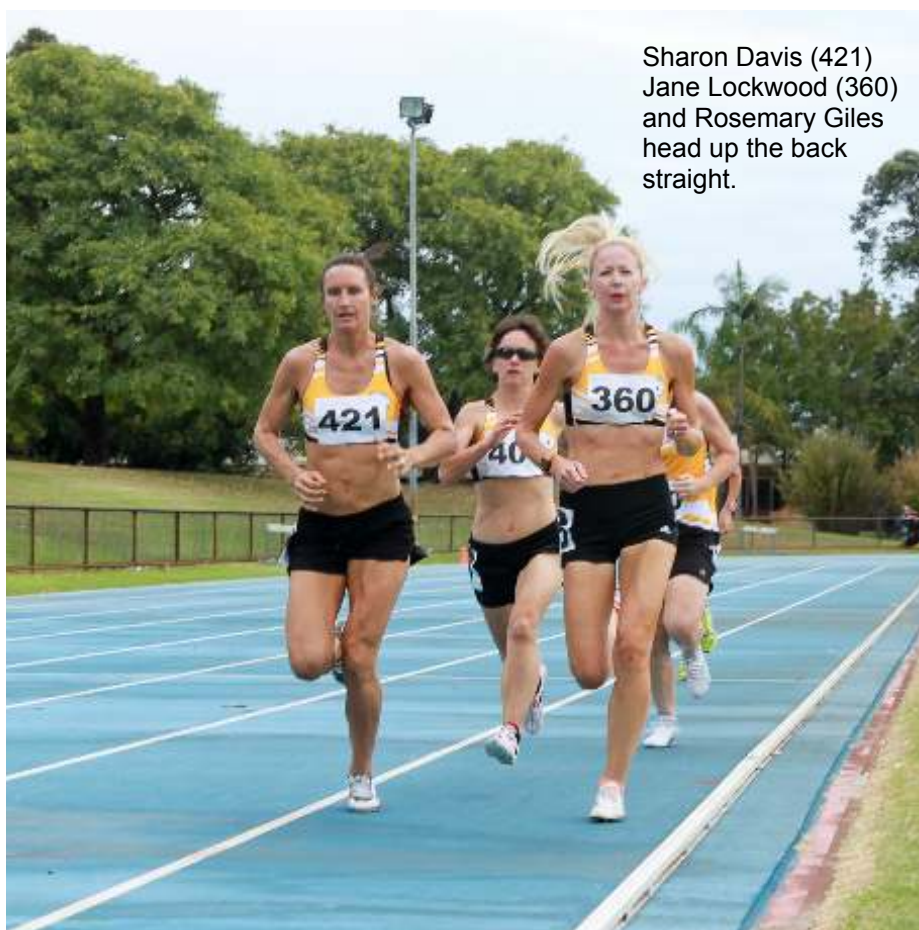
The newest member of the M55's, Mark Dawson, was untroubled to win with a 2:25.98. Tony Downey's 2:47.25 was not a true indication of his undoubted ability, but it scored him the silver medal. Stuart Moore was the bronze medallist in 2:55.57. Brian Hewitt won the M60's gold medal in 2:47.15 and Giovanni Puglisi (M65) accrued yet another gold medal with his effort of 2:42.52, ahead of Graeme Dahl (2:52.93) and Maurice Creagh (3:10.05). Bob Hull collected the gold medal in the M70's with a sub 3-minute performance of 2:58.84, ahead of 'sub 3 aspirant' Ivan Brown, who showed a return to form closing in on his target with 3:03.70. Mike O'Reilly won the M75's recording 4:07.66 and David Carr (M80) in a performance belying his age, has rarely looked better this season in returning a 3:15.71. Cecil Walkley won the M85 gold medal.



VANESSA CARSON



KIM CHANDLER



Sharon Davis (421)
Jane Lockwood (360)
and Rosemary Giles
head up the back
straight.



Competitors sprint off the line (from left) Sue Bourn, Sue Coate, Vicki Cobby, Melissa Foster and Nicola Hibbert.



Juliana Kelly gets the jump on Fran Cherry and Sharon Moloney.

Melissa and Nicola run sub 9 seconds

Two women ran sub 9 second 60m, W35 athletes Melissa Foster 8.30 and Nicola Hibbert 8.93 showed great strength and speed with legal wind readings to sit atop the podium. Broome's Vicki Cobby (W40) won in 9.33, W45's Sue Bourn 9.27 and Sue Coate 9.69 added their medal collection. Juliana Kelly 9.58 Fran Cherry 9.64 and Sharon Moloney 9.95 were the medallists in the W50 division. Barbara Wilson (W65) ran 11.51 and Peggy Macliver (W70) produced a 10.59 to best Brenda Painter 11.33.



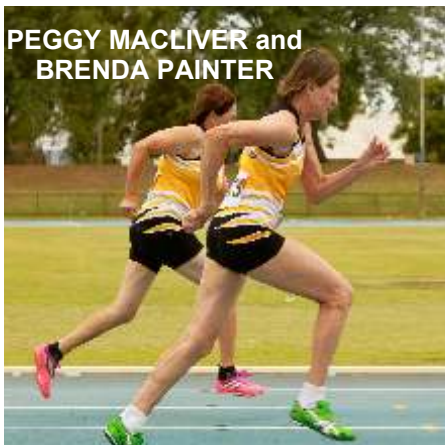
Tom Lennane prepares to fire the gun.

60m

WOMEN

Melissa Foster	W35	8.30
Nicola Hibbert	W35	8.93
Vicki Cobby	W40	9.33
Sue Bourn	W45	9.27
Sue Coate	W45	9.69
Juliana Kelly	W50	9.58
Fran Cherry	W50	9.64
Sharon Moloney	W50	9.95
Barbara Wilson	W60	11.51
Peggy Macliver	W70	10.59
Brenda Painter	W70	11.33

PEGGY MACLIVER and BRENDA PAINTER

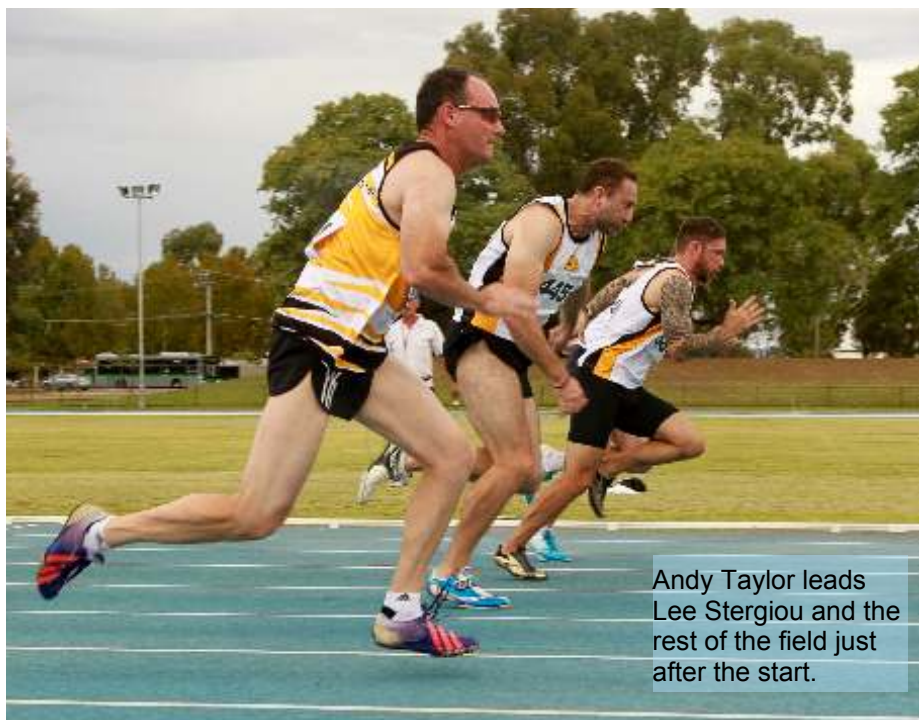


Andy inks deal with golden run

'Inked up' Andy Taylor (M35) set the fastest time overall with a 7.51 followed by Daniel Leseberg in 7.85. New Dad M40 Lee Stergiou, ran 7.58 as he led home Chris Morgan in 8.14. Karl Weber ran 7.81 to beat 400m specialist Mark Elms with 8.20 in the M45 division.

Impressive sprinting by Rudi Kocis, despite being at the very end of the M50-54 age group, produced a winning time of 7.70. Garry Ralston's M55 state record of 7.77 will be in his sights at 'world's later in the year. In a strong division, Bernie Riviere won silver in 7.96 and Kim Taylor was in third (7.98). Colin Smith, in fourth, recorded 8.16 followed by Martyn Cavanagh (8.30), Gin Ang (8.50) and Peter Watene (10.46). Peter's run all the more significant in that he has dropped over 40kgs since his first master's run in July of 2015, where he pulled a 'hammy'. Tony Downey was unchallenged in the M55's running 9.09.

Garry Ralston (M60), recently hampered by a hamstring tear, still managed an 8.01 to silver medallist Michael Byrne in 9.23 and Harold Membrey with 9.98. Renowned distance runner, Giovanni Puglisi (M65),



Andy Taylor leads Lee Stergiou and the rest of the field just after the start.

demonstrated excellent raw speed winning in 9.68 leading Nick Miletic home with a 10.43. Medallists in the M70 race were Ted Miller 9.91, Steven Crabbe 10.12 and Bob Hull 10.44. Barrie Kernaghan's raw

speed showed as he covered the distance in 9.33 close on his heels was David Clive in 9.55 and Lyle James 13.36. Gordon Medcalf's very tanned legs got him over the line comfortably in 15.35 seconds.



KARL WEBER



GARRY RALSTON



MARTYN CAVANAGH



GIOVANNI PUGLISI

60m

MEN

Andy Taylor	M35	7.51
Daniel Leseberg	M35	7.85
Lee Stergiou	M40	7.58
Chris Morgan	M40	8.14
Karl Weber	M45	7.81
Mark Elms	M45	8.20
Rudy Kocis	M50	7.70
Bernard Riviere	M50	7.96
Kim Taylor	M50	7.98
Colin Smith	M50	8.16
Martyn Cavanagh	M50	8.30
Gin Ang	M50	8.50
Peter Watene	M50	10.46
Tony Downey	M55	9.09
Garry Ralston	M60	*8.00
Michael Byrne	M60	9.23
Harold Membrey	M60	9.98
Giovanni Puglisi	M65	9.68
Nick Miletic	M65	10.43
Ted Miller	M70	9.91
Stephen Crabbe	M70	10.12
Bob Hull	M70	10.44
Barrie Kernaghan	M75	9.33
David Clive	M75	9.55
Lyle James	M75	13.36
Gordon Medcalf	M85	15.35
*SR		

Sharon pips Niamh

Kristy Devereux (W30) showed poise and determination running her 6:03.58 for the 'metric mile'. Bunbury's Rosemary Giles (W40) tried to enforce an honest pace to negate Sharon Davis' (W40) finishing speed. Niamh Keane (W50) ran with these two for three laps before Sharon showed her experience and unleashed a sustained sprint to the line recording a fine time of 5:19.05 from Niamh (5:21.09) whose time is comparable to her Lyon performance and Rosemary in 5:23.82. Robyn Feutrill posted a 6:43.00 for silver behind Niamh and Claire Walkley was the bronze medal winner in 7:04.80.

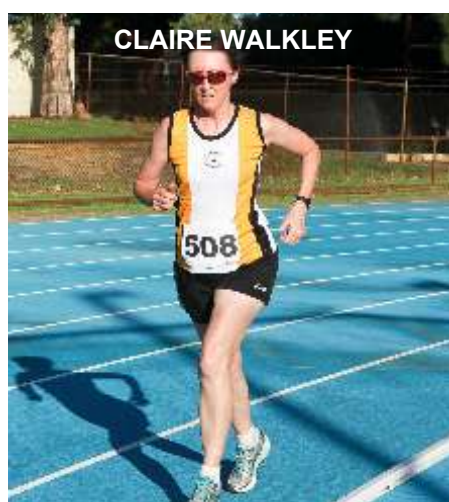
Kim Chandler's (W55) 6:31.11 is a benchmark for her and will auger well for future events. Carol Bowman (W60) ran 6:44.25 alongside W65 winner Gillian Young in 6:42.11. Silver medal winner Jackie Halberg made a welcome return to track racing recording a 7:26.16 a competitive time as she approaches a new age group.



Niamh Keane leads
Rosemary Giles and
Sharon Davis.



GILLIAN YOUNG



CLAIRE WALKLEY



JACKIE HALBERG

1500m

WOMEN

Kristy Devereux	W30	6:03.58
Sharon Davis	W40	5:19.05
Rosemary Giles	W40	5:23.82
Niamh Keane	W50	5:21.09
Robyn Feutrill	W50	6:43.00
Claire Walkley	W50	7:04.80
Kim Chandler	W55	6:31.11
Carol Bowman	W60	6:44.25
Gillian Young	W65	6:42.11
Jackie Halberg	W65	7:26.16

MEN

Rob Nichols	M35	4:29.27
Ben Pope	M35	5:32.62
Kim Thomas	M40	5:02.34
Mick O'Toole	M40	5:46.80
Wayne Byram	M40	6:47.37
Chris Groom	M45	5:37.86
Andy Abbey	M45	5:40.17
John Collier	M45	5:44.31
Mark Dawson	M55	5:11.99
Martin Kennedy	M55	5:14.86
Keith Hill	M55	5:21.89

Steve Giles	M55	5:22.42
Mark Hewitt	M60	6:16.67
Brian Hewitt	M60	DNF
Giovanni Puglisi	M65	5:29.38
Jim Klinge	M65	5:52.05
Frank Price	M65	8:40.85
Bert Carse	M70	5:45.90
Jim Langford	M70	5:48.80
Bruce Wilson	M70	5:54.71
Ivan Brown	M70	6:20.93
Bob Hull	M70	6:30.51
Lyle James	M75	9:58.12
Cecil Walkley	M85	15:49.26

Rob and Kim leave field in their wake

Rob Nichols (M35) used his long stride to great effect gradually moving away from Kim Thomas (M40) who in turn was gapping the rest of the field, eventually recording 4:29.27. Kim's time was just outside 5 minutes with 5:02.34. Ben Pope (M35) recorded 5:32.62 for silver. Mick O'Toole (M40) impressed with 5:46.80 for second from Wayne Byram 6:47.37. Chris Groom (M45) had to 'kick' in the home straight to run 5:37.86 and secure a gold medal from Andy Abbey 5:40.17 with John Collier showing a return to form in bronze with 5:44.31.

Mark Dawson (M55) ran 5:11.99 to fend off Martin Kennedy (5:14.86), Keith Hill (5:21.89) and Bunbury's Steve Giles (5:22.42) in a very hotly contested race. Mark Hewitt took out the M60 6:16.67. Giovanni Puglisi (M65) paced himself superbly to win gold in 5:29.38 ahead of the formidable Jim Klinge (5:52.05) and Frank Price (8:40.85) in third. Bert Carse (M70) ground out a win in 5:45.90 from Jim Langford (5:48.80) which is no mean feat. Bruce Wilson ran third in 5:54.71 with Ivan Brown (6:20.93) and Bob Hull (6:30.51) completing a top notch field.



Rob Nichols edges away from Kim Thomas on his way to a 4:29.27 1500m.



Mark Dawson leads Ben Pope, Steve Giles in the 1500m.



JIM LANGFORD and BERT CARSE



BOB HULL and IVAN BROWN

Wendy powers to state record



Wendy Seegers gets the jump of the the rest of the field of Sue Bourn, Vicki Cobby (441) and Julie Daines (420).

The outstanding performer was Wendy Seegers (W40) with a time just outside the Australian record but quick enough to set a WA record of 12.0. Problems with the timing equipment failed to disturb her concentration nor did unsteadiness on the blocks in both restarts.

Julie Daines in 14.5 and Vicki Cobby 14.8 were the other medallists. Nicola Hibbert (W35) covered the distance in 14.2 seconds to secure gold with Sue Bourne (W45) running 15 neat to take out the W45 race.

Juliana Kelly impressed winning in the W50's with 15.74 ahead of Carnarvon domiciled Fran Cherry (16.37), Sharon Moloney (16.46) and Lisa Tobin-Renel 16.79. Nicolette Whittington (W55) displayed good form recording 15.96 for the win. Former world champion, Lynne



PEGGY MACLIVER and
BRENDA PAINTER

Choate (W60) despite suffering the after-effects of a virus picked up in Japan recently, was still able to produce a smooth 16.29-second effort, gradually moving away from Peggy MacLIVER (W70) 17.09 and Brenda Painter 19.20.



LYNNE CHOATE

100m

WOMEN

Nicola Hibbert	W35	14.2h
Wendy Seegers	W40	*12.0h
Julie Daines	W40	14.5h
Vicki Cobby	W40	14.8h
Sue Bourn	W45	15.0h
Juliana Kelly	W50	15.74
Fran Cherry	W50	16.37
Sharon Moloney	W50	16.46
Lisa Tobin-Renel	W50	16.79
Nicolette Whittington	W55	15.96
Lynne Choate	W60	16.29
Peggy MacLIVER	W70	17.09
Brenda Painter	W70	19.20
*SR		



Competitors in the W50-59 100m blast off the start (from left)
Nicolette Whittington, Lisa Tobin-Renel, Sharon Moloney,
Juliana Kelly and Fran Cherry.

Andy sizzles in 12 second dash



The action was electric as (from left) Lee Stergiou, Maurice Pascal and Andy Taylor blast out of the blocks.



**GARRY RALSTON and
MICHAEL BYRNE**

Andy Taylor (M35) ran 12 neat dragging (M40) Lee Stergiou to 12.24 and Maurice Pascal to 13.41. Karl Weber surprised the M45 field with a slick 12.34 to shade Chris Neale (12.43), Greg Brennan 12.62 and Mark Elms 13.09. In the quality M50's field, Rudy Kocis won in 12.16 ahead of Bernard Riviere (12.65), Colin Smith 12.93 and Gin Ang 13.92. Tony Downey (M55) won in 14.81 finishing in better shape than last year when he badly injured himself.

Gary Ralston ran 13.07 for gold, Michael Byrne 14.94 for silver and Mark Hewitt 15.44 for bronze although Harold Membrey's 15.52 is worthy of note. The M65's was won by Giovanni Puglisi (15.64) and M70's by Ted Miller in a 15.55 ahead of Steven Crabbe 16.44. Multiple world medallist, Barrie Kernaghan muscled his way to victory in 15.17 over David Clive (15.63). Irwin Barrett-Lennard strode over the distance in 19.88 to best Gordon Medcalf (30.85).



Gin Ang, Bernard Riviere and the rest of the field power off the line.

100m

MEN

Andy Taylor	M35	12.00
Lee Stergiou	M40	12.24
Maurice Pascal	M40	13.41
Karl Weber	M45	12.34
Chris Neale	M45	12.43
Greg Brennan	M45	12.62
Mark Elms	M45	13.09
Rudy Kocis	M50	12.16
Bernard Riviere	M50	12.65
Colin Smith	M50	12.93
Gin Ang	M50	13.92
Tony Downey	M55	14.81
Garry Ralston	M60	13.07
Michael Byrne	M60	14.94
Mark Hewitt	M60	15.44
Harold Membrey	M60	15.52
Giovanni Puglisi	M65	15.64
Nick Miletic	M65	16.71
Ted Miller	M70	15.55
Stephen Crabbe	M70	16.44
Barrie Kernaghan	M75	15.17
David Clive	M75	15.63
Lyle James	M75	22.09
Irwin Barrett-Lennard	M85	19.88
Gordon Medcalf	M85	30.85

400m**WOMEN**

Wendy Seegers	W40	*56.99
Sharon Davis	W40	64.49
Rosemary Giles	W40	71.64
Sue Bourn	W45	77.47
Juliana Kelly	W50	79.69
Delia Baldock	W50	87.82
Kim Chandler	W55	84.23
Margaret Saunders	W60	74.05
Carol Bowman	W60	83.02
Peggy Macliver	W70	86.29
*SR		

Record run

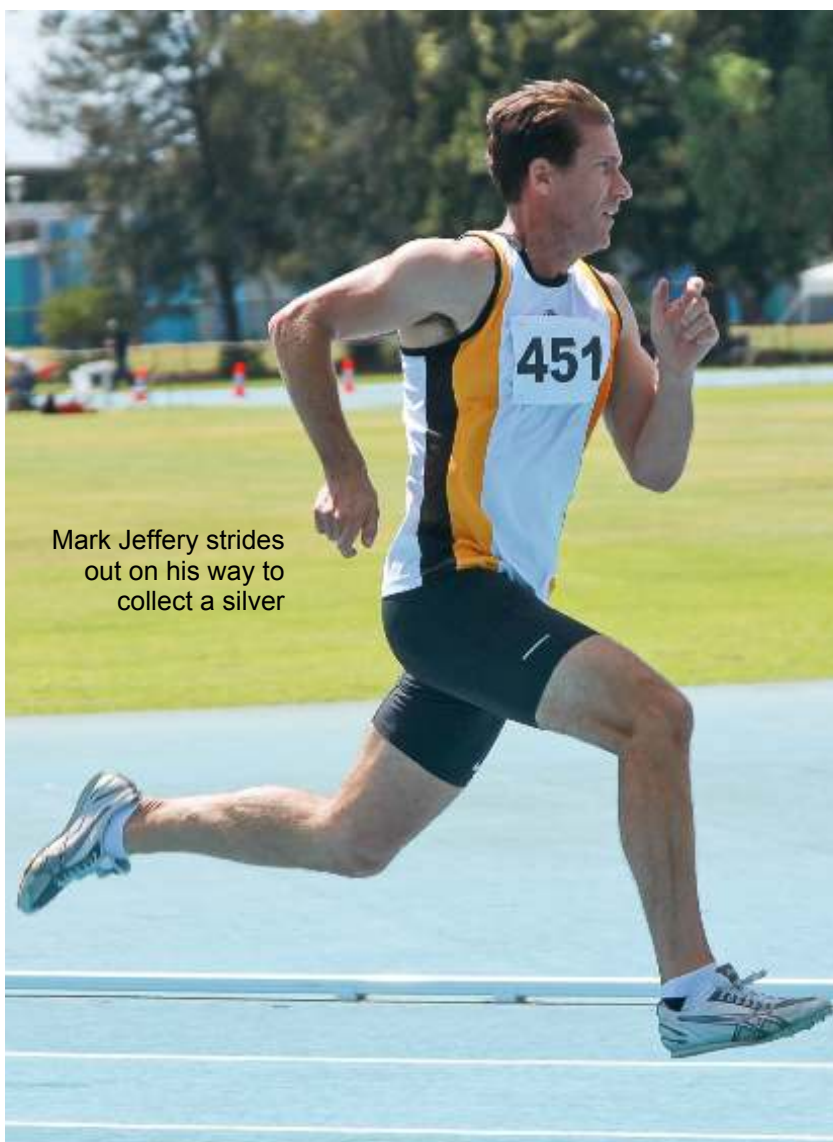
Wendy Seegers checks the time as she nears the finish line.

Delia Baldock strides out at the end of the 400m.

“Hot with a headwind in the home straight” were the weather conditions greeting the competitors in the one lap event at the end of a big track programme. Once again Wendy Seegers set a new state record-breaking former world title holder Barbara Blurton’s record (58.4) with a 56.99 time. Sharon Davis remained focused to run 64.49 for second and Rosemary Giles’ 71.64 revealing a good turn of speed for a distance runner.

Sue Bourn (W45), always a threat over any distance, ran 77.47 to drag Juliana Kelly (W50) to a sub 80 mark (79.69). Kim Chandler (W55) debuted over 400m with a winning performance of 84.23, with the vastly experienced Margaret Saunders (W60) seemingly casually striding around in a fast 74.05 Peggy Macliver (W70) added to her medal collection winning in 86.29.

MARGARET SAUNDERS**ROSEMARY GILES****JULIANA KELLY**



Mark Jeffery strides out on his way to collect a silver

One lap dash

Rob Nichols M35 rounded out his programme with a visit to an unfamiliar distance and posted a very respectable time of 58.22 and a gold medal. Lee Stergiou (M40) gold in 56.58, ran a controlled race benefitting by the presence of the M45's, especially over the final stages as four athlete's battled out for bragging rights. Chris Neale (M45) secured victory in 56.37, multi-talented Mark Jeffery silver in 56.78 and Mark Elms a very hard fought 57.85 for bronze.

Colin Smith (M50) ran a season's best of 58.55 to grab a gold medal and Mark Dawson (M55) ran a 65.27 ahead of the lightly raced Tony Downey 67.82, giving them gold and silver medals respectively. Giovanni Puglisi (M65) capped off an amazing series of races with victory in 73.31. Sadly, Henri Cortis was struck by injury early in his 800m race depriving the crowd of a possible battle royale.

Michael Byrne impressed all with his victory in the M60 running 68.62. Rob 'Tolli' Antonioli suffered an injury early on and 'did not finish'. Barrie Kernaghan (M75), showing the value of Strive racing at WAAS, recorded 74.00 (to 'run under his age') in front of Mike O'Reilly in 89.72. M80 David Carr, seemingly defying the laws of nature (and physics) also 'ran under his age' producing a 79.92. Irwin Barrett-Lennard (M85) completed his programme with a winning 1:48.89.



CHRIS NEALE



LEE STERGIOU

400m

MEN

Rob Nichols	M35	58.22
Daniel Leseberg	M35	DQ
Lee Stergiou	M40	56.58
Chris Neale	M45	56.37
Mark Jeffery	M45	56.78
Mark Elms	M45	57.85
Chris Groom	M45	66.19
Colin Smith	M50	58.55
David Solomon	M50	65.23
Mark Dawson	M55	65.27
Tony Downey	M55	67.82
John Dennehy	M55	81.78
Michael Byrne	M60	68.62
Harold Membrey	M60	81.41
Tolli Antonioli	M60	DNF
Giovanni Puglisi	M65	73.31
Maurice Creagh	M65	82.70
Barrie Kernaghan	M75	74.00
Mike O'Reilly	M75	89.72
Lyle James	M75	2:14.34
David Carr	M80	79.92
Irwin Barrett-Lennard	M85	1:48.89

2016 State Athletics Championships



SHARON DAVIS



ROBYN FEUTRILL



MARK ELMS



Delia Baldock
clears the hurdle in
the 300m event.

110m hurdles

Mark Jeffery	M45	DQ
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300m hurdles

Garry Ralston	M60	*48.15
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*SR

Harold Membrey	M60	69.14
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Bruce Wilson	M70	67.28
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400m hurdles

Mark Elms	M45	72.13
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80m hurdles

Vicki Cobby	W40	15.81
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Sue Coate	W45	17.81
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Robyn Feutrill	W50	*17.33
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Delia Baldock	W50	17.68
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*SR

100m hurdles

Melissa Foster	W35	17.31
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300m hurdles

Robyn Feutrill	W50	60.11
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Delia Baldock	W50	66.77
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400m hurdles

Sharon Davis	W40	75.12
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Vicki Cobby	W40	87.59
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GARRY RALSTON



Mark Jeffery's

Vicki and Robyn snare gold

In the 80m hurdles, Vicki Cobby (W40) won gold in 15.81 from Sue Coate (17.81), both well outside Eileen Hindle's state record of 11.8. In the W45's division, Robyn Feutrill eclipsed silver medallist, Delia Baldock's state record by .03 with her 17.33. Delia pushed her to this time with her 17.68 effort.

In another of her heptathlon disciplines, the (W35) 100m hurdles, Melissa Foster went a pleasing 17.31 for the gold medal.

The only male sprint hurdler, Mark Jeffery hit every hurdle until he pushed the eighth hurdle down thereby disqualifying himself. The bigger picture for him, of October and the world title in the decathlon remains and his effort to take advantage of every racing opportunity is to be admired.

Sharon Davis' sound technique carried her to a 75.12 win ahead of a very fatigued Vicki Cobby (87.59) in the W40 400m hurdles. In the M45 event, Mark Elms, Lyon 2015 semi-finalist, recorded 72.13 for the title.

Over the 300m distance, Robyn Feutrill led Delia Baldock by a short distance winning 60.11 to 66.33.

Garry Ralston set a state record with a blistering time of 48.15 shattering Norm Richard's 52.15 time from 1998. For reference, this time is outside world-class hurdler Richard Trembath's Australian record of 45.19, but considering Garry's inexperience, injury and 'agricultural' technique must be attainable if he wishes. Harold Membrey ran a 69.14 for the silver medal.



VICKI COBBY



MELISSA FOSTER



..... tough day



BRUCE WILSON



HAROLD MEMBREY

Yolanda shatters her own state record



Yolanda Carstens shows the style that resulted in her breaking her own state record.

Melissa Foster (W35) availed herself of the valuable opportunity for competition over the weekend by entering many events and came out with a win in the javelin throwing 23.47m. Julie Daines (W40) obliterated Louise Oswald's state record distance of 28.00 with a big throw of 31.08m for the win over Zoe Richards (21.45m). The W45 battled it out with Paula Kennedy (26.86m) gaining a win from Sue Coate (23.69m) having to go close to her own record of 27.32 from 2014.

Consistent outings on Tuesday evenings competition at WAAS gave W50 Yolanda Carstens, in her preferred event, a competitive edge as she launched the spear out to 30.18m and shattering her own state record of 26.83m. Debra Cox scored a second place (18.62m) by a single centimetre over Sharon Moloney (18.61m). The W60 title was won by Barbara Wilson courtesy of a 16.02m best throw. Kate Glass (W65) picked up another throws title with her 14.67m over June Streeter (9.84m). In a very competitive age group, Bev Hamilton added another with 14cm to her state record with a 16.65m effort over Luella Jenkins (15.95m) and Brenda Painter bronze medal performance of 12.81m. W80's Noela Medcalf threw the javelin 9.20m for her win.

Javelin

WOMEN

Melissa Foster	W35	23.47m
Julie Daines	W40	*31.08m
Zoe Richards	W40	21.45m
Paula Kennedy	W45	26.86m
Sue Coate	W45	23.69m
Yolanda Carstens	W50	*30.18m
Debra Cox	W50	18.62m
Sharon Moloney	W50	18.61m
Barbara Wilson	W60	16.02m
Kate Glass	W65	14.67m
June Streeter	W65	9.84m
Bev Hamilton	W70	*16.65m
Luella Jenkins	W70	15.95m
Brenda Painter	W70	12.81m
Noela Medcalf	W80	9.20m

*SR



JULIE DAINES

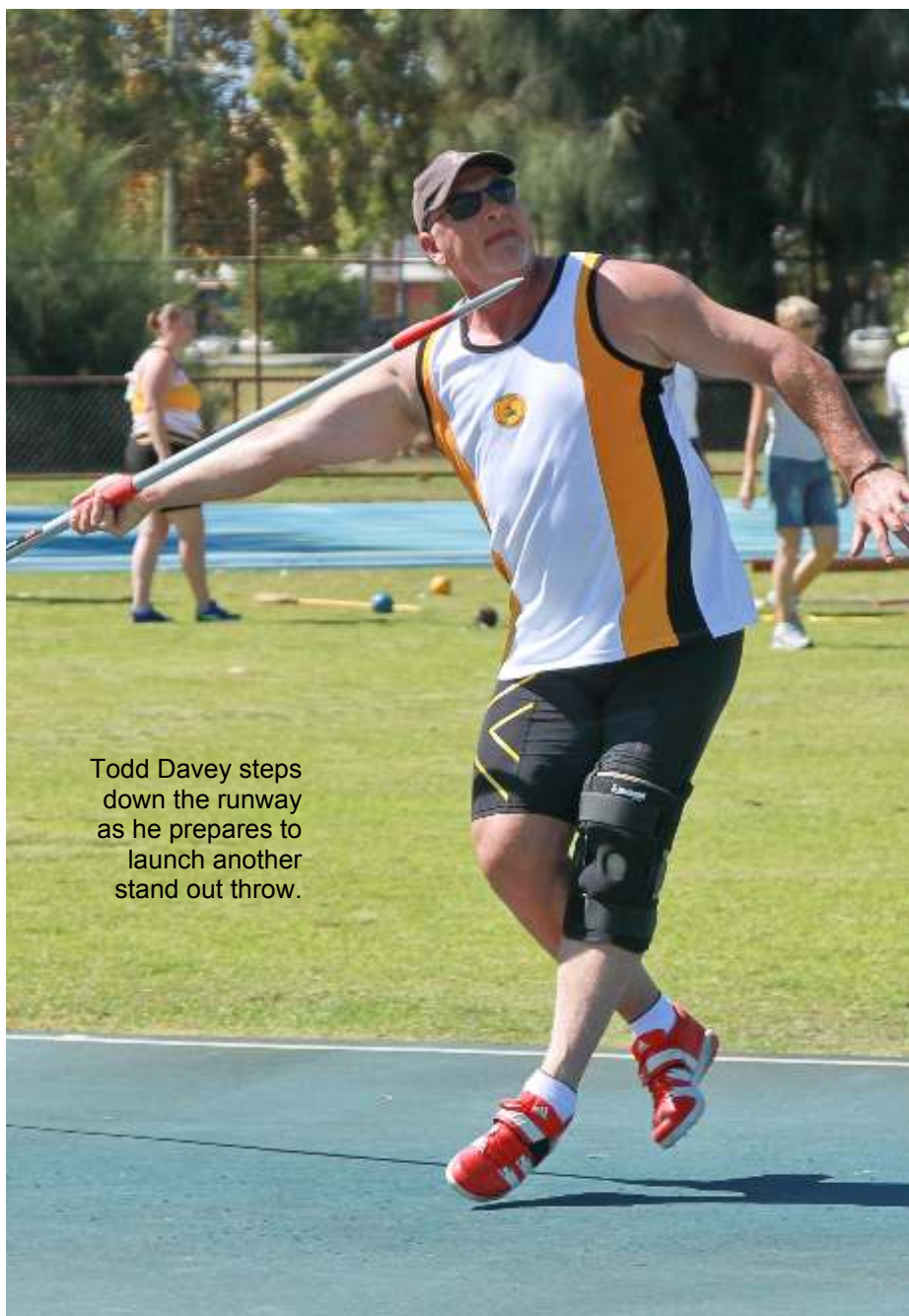


ZOE RICHARDS

Matt feeds off rivalry

In the men's javelin, M40's Matt Staunton welcomed the competition from Mick O'Toole gaining victory by less than three metres, 43.73m to 40.85m respectively, with Wayne Byram by no means disgraced with a 32.12m throw for third place. Todd Davey (M45) announced his 39.83m throw with his customary vocals to complete a consistent series of throws. Andrew Ward (M50) defended his title, sending the 700gm javelin out further than last year to 35.72m (less than six metres away from Frances Leong's state record of 41.52. from 1994). Garry Hastie, "walker extraordinaire" revealed real talent with a brief foray into thrower's territory unleashing a 32.52m throw for a silver medal.

Wayne Rubick (M55) scored a win with a 19.92m performance. Jo Peters (M60) nearly threw a state record (Ossie Igel's 32.52m) his winning effort of 31.78m being 74cm short, to take the win against Mark Hewitt (25.22m). Geoff Brayshaw's (M65) winning throw was, likewise, less than 5m outside Stan Selby's state record from 2012 of 38.63m with his best attempt of 33.98m. Greg Wilson filled the silver medal position with a 25.15m throw. Stan Selby (M70) wiped Rob Shand's state record of 31.21m off the books with his winning effort of 38.61m. In the same contest Rob, now an M80 competitor, threw 19.15m for the win. In the M85's Gordon Medcalf threw 13.10m to win.



Todd Davey steps down the runway as he prepares to launch another stand out throw.



GEOFF BRAYSHAW



STAN SELBY

Javelin

MEN

Matt Staunton	M40	43.73m
Mick O'Toole	M40	40.85m
Wayne Byram	M40	32.12m
Todd Davey	M45	39.83m
Andrew Ward	M50	35.72m
Garry Hastie	M50	32.52m
Wayne Rubick	M55	19.92m
Jo Peters	M60	31.78m
Mark Hewitt	M60	25.22m
Geoff Brayshaw	M65	33.98m
Greg Wilson	M65	25.15m
Stan Selby	M70	*38.61m
Robert Shand	M80	19.15m
Gordon Medcalf	M85	13.10m

*SR

Gay Wyatt keeps an eye on Vicki Cobby's successful jump.



JULIE WILSON



DELIA BALDOCK



LYNNE SCHICKERT

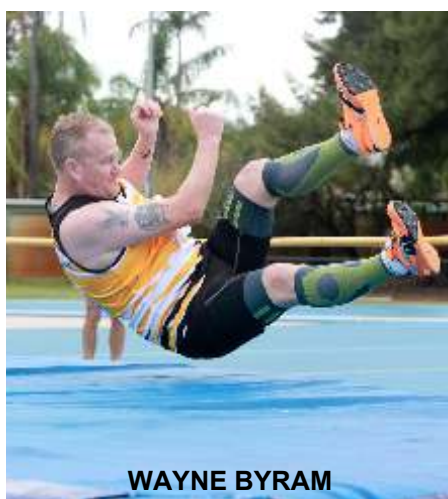
High Jump

WOMEN

Melissa Foster	W35	1.35m
Vicki Cobby	W40	1.25m
Sue Coate	W45	1.25m
Delia Baldock	W50	1.15m
Fran Cherry	W50	1.05m
Gay Wyatt	W60	1.05m
Julie Wilson	W60	0.95m
Brenda Painter	W70	1.00m
Lynne Schickert	W70	0.90m

MEN

Andy Taylor	M35	1.40m
John Fettus	M40	1.45m
Wayne Byram	M40	1.25m
Tony Downey	M55	1.30m
Dave Wyatt	M60	1.40m
Greg Wilson	M65	1.30m
Phil Smyth	M65	1.10m
Nick Miletic	M65	1.10m



WAYNE BYRAM



GAY WYATT

Melissa adds another gold to her haul

Melissa Foster (W35) added to her swag of gold medals with a high jump victory, clearing 1.35m on this occasion. Vicky Cobby (W40) was over 1.25m and Sue Coate (W45) 1.25m. Delia Baldock struck gold with a 1.15m clearance with Fran Cherry making a rare foray into the high jump arena clearing a 1.05m jump for silver. W70 Brenda Painter made the journey from Denmark worthwhile with yet another visit to the podium clearing 1.00m from Lynne Schickert's 0.90m jump.

Andy Taylor (M35) used his exceptional speed to great effect jumping 1.40m for the win. In the M40's John Fettus' winning jump measured 1.45m. Tony Downey cleared 1.30m for the M55 win. M60 Dave Wyatt replicated his 1.40m to defend his title and Greg Wilson M65 cleared 1.30m despite being restricted by illness.



Melissa Foster sails over the bar on her way to another gold medal.



Nick Miletic makes a soft landing.



GAY WYATT

MAIN PHOTO:
Vicki Cobby
runs down the
runway during
the W35+ event.



NICOLETTE WHITTINGTON



SUE BOURN



FRAN CHERRY



BRENDA PAINTER

Long Jump

WOMEN

Melissa Foster	W35	5.02m
Vicki Cobby	W40	3.74m
Sue Bourn	W45	3.66m
Fran Cherry	W50	3.44m
Nicolette Whittington	W55	3.81m
Gay Wyatt	W60	3.32m
Barbara Wilson	W60	3.05m
Luella Jenkins	W70	2.67m
Brenda Painter	W70	2.66m
Lynne Schickert	W70	2.18m

Melissa shows form with winning jump

Melissa Foster (W35), current world medallist, despite having to refine her technique balancing timing and strength, still managed a best jump of 5.02m. Vicki Cobby (W40), like Melissa a talented heptathlete, collected another title with a 3.74m jump. Sue Bourn (W45) used her great strength and fitness to long jump a

3.66m distance for the gold medal. W50's gold medallist, Fran Cherry, despite a lack of training facilities in her new workplace of Carnarvon, stretched the tape out to 3.44m for her win.

Nicolette Whittington (W55) impressed with her best effort of 3.81m. Gay Wyatt (W60) added the horizontal

jump title to her vertical jump title with her 3.32m effort. Barbara Wilson took the silver with her best of 3.05m. Luella Jenkins snatched the W70 title from Brenda Painter by a single centimetre 2.67m to 2.66m! Lynne Schickert backed up from her walks posting a 2.18m effort for bronze.

Justin tops jumpers

M30 competitor, Justin Vincent leapt furthest on the day and defended his title with a 5.38m jump. Maurice Pascal (M40) got close to the 5m mark with his best of 4.95m enough to fend off the challenge of Mick O'Toole (4.41m). Chris Neale (M45) was satisfied with the title, but not the distance of 5.21m. He is a 6m performer at his best but the sheer number of events took its toll as he saved himself for other events, namely a strong 400m field at the end of the day.

Bernard Riviere won the M50's title with an identical jump to his cousin of 4.95m, from Colin Smith 4.10m and Peter Watene (3.14m). Wayne Rubick (M55) won his title with a 3.09m from John Dennehy (3.02). Quality performers in the M60 division, Garry Ralston, Dave Wyatt and Mark Hewitt, all performed well in a close contest. Garry will no doubt have David Clive's state record of 5.33m in his sights at World's in October. His gold medal jump was a very respectable 4.85m, but it was obvious to spectators and competitors alike that minimal coaching would provide a more consistent technique for him. Dave's 4.45m effort was a silver medal winning effort and title holder Mark Hewitt won bronze with a 4.30m jump. David Clive jumped 3.83m to win the M70 title no doubt thinking of joining the next age group next year.



Justin Vincent shows the style that gained him the longest leap of the day.



MARK HEWITT



MAURICE PASCAL



MICK O'TOOLE

Long Jump

MEN

Justin Vincent	M30	5.38m
Maurice Pascal	M40	4.95m
Mick O'Toole	M40	4.41m
Chris Neale	M45	5.21m
Bernard Riviere	M50	4.95m
Colin Smith	M50	4.10m
Peter Watene	M50	3.14m
Wayne Rubick	M55	3.09m
John Dennehy	M55	3.02m
Garry Ralston	M60	4.85m
Dave Wyatt	M60	4.45m
Mark Hewitt	M60	4.30m
David Clive	M75	3.83m



Colin Smith sails through the air on his way to a silver medal.



Mick O'Toole leaps to a gold medal in the M40 class.

Mick snares gold medal

Mick O'Toole (M40) showed his versatility taking the title with an 8.15m effort. Kevin Collins (M45) jumped a gold medal performance of 5.50m to the cheers of his proud father. Bernard Riviere, the only triple jumper to go over 10m won the M50's title with 10.02m from Colin Smith's 9.61m (silver). John Dennehy (M55) set a PB of 6.90m to Wayne Rubick's 6.76m to win the title. Dave Wyatt (M60) 9.22m and Phil Smyth (M65) 8.37m took the wins in their respective age groups. David Clive (M75), as usual, put in an honest effort despite a lack of opposition still managing a 7.61m jump.

The current W35 world champion, Melissa Foster, tripled out to 11.16m displaying the solid technique that has given her an open Australian ranking this season, although short of her astounding Australian record of 12.16m. Fran Cherry (W50) went 7.36m for her gold medal while Gay Wyatt (W60) responded well to the competition from Barbara Wilson besting her 6.59m to 6.51m in an absorbing contest. Brenda Painter jumped 5.90m to Lynne Schickert's best of 4.89m to win the W70s event.



JOHN DENNEHY



WAYNE RUBICK



Dave Wyatt gets ready to extend the legs in his jump.

Triple Jump**WOMEN**

Melissa Foster	W35	11.16m
Vicki Cobby	W40	8.69m
Fran Cherry	W50	7.36m
Gay Wyatt	W60	6.59m
Barbara Wilson	W60	6.51m
Brenda Painter	W70	5.90m
Lynne Schickert	W70	4.89m

MEN

Mick O'Toole	M40	8.15m
Kevin Collins	M45	5.50m
Bernard Riviere	M50	10.02m
Colin Smith	M50	9.61m
John Dennehy	M55	6.90m
Wayne Rubick	M55	6.76m
Dave Wyatt	M60	9.22m
Phil Smyth	M65	8.37m
David Clive	M75	7.61m



Cathy McCloskey works in the pit.



SALLY SIMS

MAIN PHOTO: Sue Coate prepares to release the platter.

Sally's commitment

Byrony Glass (W35) took out the discus title from her protégé Sally Sims with a distance of 34.31m. Sally has improved consistently over the season and her 19.83m effort was a just reward for her time and commitment. In the W40, Zoe Richards displayed great potential winning with a distance of 26.99m ahead of Michelle De Silva who was nonetheless delighted with easily going over the 20m mark with her best effort of 20.87m. Paula Kennedy (W45) scored the victory over Sue Coate 25.97 to 20.10m respectively.

A talented quartet lined up for the W50's discus Sharon Moloney from Bunbury spinning the disc out to 22.82m. In second place, Yolanda Carstens' effort of 20.17m secured her a silver medal with Lisa Tobin-Renel's 19.71m throw edging out Debra Cox's best of 18.96m to grab the bronze medal. Kate Glass (19.20m) gained the win over June Streeter (12.10m) in the W65 division. W70 Bev Hamilton has broken a slew of throwing records over the course of the season in her new age group and continued her good form with a 21.76 throw. Noela Medcalf (W80) threw 12.16m to defend her title.



PAULA KENNEDY

WOMEN

Hammer

Byrony Glass	W35	50.89m
Sally Sims	W35	24.23m
Cheryl McMahon	W40	34.23m
Michelle De Silva	W40	20.81m
Christine Schelfhout	W45	26.58m
Sharon Moloney	W50	27.48m
Yolanda Carstens	W50	25.14m
Kate Glass	W65	25.37m
June Streeter	W65	14.69m
Bev Hamilton	W70	*26.07m
Noela Medcalf	W80	14.69m

Discus

Byrony Glass	W35	34.31m
Sally Sims	W35	19.83m
Zoe Richards	W40	26.99m
Michelle De Silva	W40	20.87m
Paula Kennedy	W45	25.97m

Sue Coate	W45	20.10m
Sharon Moloney	W50	22.82m
Yolanda Carstens	W50	20.17m
Lisa Tobin-Renel	W50	19.71m
Debra Cox	W50	18.96m
Barbara Wilson	W60	14.99m
Kate Glass	W65	19.20m
June Streeter	W65	12.10m
Bev Hamilton	W70	21.76m
Luella Jenkins	W70	13.45m
Noela Medcalf	W80	12.16m

Shot

Byrony Glass	W35	10.84m
Sally Sims	W35	7.57m
Vicki Cobby	W40	8.13m
Michelle De Silva	W40	7.36m
Paula Kennedy	W45	9.17m
Sue Coate	W45	7.73m
Mel Tantrum	W45	7.70m
Yolanda Carstens	W50	9.65m

Sharon Moloney	W50	7.85m
Lisa Tobin-Renel	W50	7.41m
Debra Cox	W50	5.47m
Barbara Wilson	W60	6.97m
Kate Glass	W65	7.20m
June Streeter	W65	5.18m
Bev Hamilton	W70	7.70m
Luella Jenkins	W70	6.14m

Weight

Byrony Glass	W35	16.84m
Sally Sims	W35	10.01m
Michelle De Silva	W40	6.49m
Paula Kennedy	W45	8.67m
Yolanda Carstens	W50	9.45m
Sharon Moloney	W50	7.27m
Kate Glass	W65	9.02m
June Streeter	W65	6.24m
Bev Hamilton	W70	*11.07m
Luella Jenkins	W70	8.05m
*SR		

Byrony whips up a storm with fine form

World weight throw record holder Byrony Glass (W35) threw a world class distance of 16.84m to rapturous applause by all who were privileged to witness it. Sally Sims was thus inspired to produce a 10.01m throw. Michelle De Silva (W40) with 6.49m and Paula Kennedy (W45) 8.67m won their respective categories and Yolanda Carstens (9.45m) defeated Sharon Moloney (7.27m) for the W50 title. In the W65 event, Kate Glass (9.02m) was decisive in her win over June Streeter (6.24m) while Bev Hamilton (11.07m) responded to competition from Luella Jenkins (8.05m) to break her recently set state record by 16cm.



Byrony Glass winds up to snare another stand out throw.

Shot put

A gold medal put of 10.84m by W35 Byrony Glass was the highlight of the shot competition. Sally Sims silver was secured by a 7.57m effort. Vicki Cobby (8.13m) won the W40's from Michelle De Silva (7.36m). Paula Kennedy (9.17m), Sue Coate (7.73m) and Athletics WA Development Officer Mel Tantrum (7.70m) were the medallists in the W45s.

In the W50 division, Yolanda Carstens (9.65m) enjoyed a win over Sharon Moloney (7.85m), Lisa Tobin-Renel (7.41m) and Debra Cox (5.47m). W60 winner Barbara Wilson won with a distance of 6.97m while Kate Glass (W65)

threw 7.20m to June Streeter's 5.18m to win. Bev Hamilton (7.70m) headed Luella Jenkins (6.14m) in the W70's.

Hammer

Byrony Glass confirmed her fine form in the hammer with a 50.98 throw. A 52.76m throw earlier this season putting her at ninth on the Australian ranking list. Sally Sims boasted a best effort of 24.23m for a silver medal. State (W40) record holder, Cheryl McMahon displayed great speed in the circle to send the hammer flying out to a distance of 34.23m winning the gold medal from her friend Michelle De Silva (20.18m) with another 20m plus effort. Another state record holder, Christine Schelfhout (W45) capped off a stellar

season with a winning throw of 26.58m. The quiet achiever of the throwing community, Christine is the proud mother of two of Western Australia's most promising throwers, Jesse and Jacob. Sharon Moloney (27.48) edged out Yolanda Carstens (25.14m) for the title in the W50's division.

The W65 age group saw Kate Glass (25.37m) take the win over June Streeter (14.69m). W70 Bev Hamilton improved on her own state record to take home a gold medal with a huge throw of 26.07m. Noela Medcalf (W80) threw the 2kg hammer out to 14.69m to win her age group, further than her effort of last year of 14.13m.

Big men let off steam in weight throw



TODD DAVEY



JO PETERS

Tom Gravestock lets out a scream as he keeps his eye on the implement.

Competitiveness was evident in the men's weight throw event with Matt Staunton (M40) sending the 15.88kg implement out to 13.51m. Todd Davey, in the next age group up, went a single centimetre further recording a best of 13.52m. M50 competitor, Tim Lyons, with the 11.34kg weight, threw 13.46m to win from Andrew Ward (10.86m) and Peter Watene (9.18m). Wayne Rubick received a gold medal for his 8.68m in the M55 event. The competitive M60 age group was won by Geoffrey Gee's massive distance of 16.38m. Tom Gravestock claimed silver (14.89m) and Jo Peters bronze (13.56m). Rob Young, in the M70's, threw 7.40m and M80 Jim Davis (11.60m) scored a win over Jeff Whittam (7.92m). Christian Tittel threw 8.46m for the M85 title.

MEN			Hammer			Oswald Igel		
Discus								
Matt Staunton	M40	36.88m	Matt Staunton	M40	44.47m	Greg Wilson	M65	11.48m
John Fettus	M40	34.77m	Todd Davey	M45	39.08m	John Ventris	M65	8.45m
Mick O'Toole	M40	26.64m	Tim Lyons	M50	32.55m	Rob Young	M70	6.75m
Todd Davey	M45	41.86m	Andrew Ward	M50	23.12m	Jeff Bowen	M70	8.23m
Ian Cotton	M50	36.45m	Wayne Rubick	M55	22.07m	Jim Davis	M80	7.91m
Tim Lyons	M50	36.01m	Tom Gravestock	M60	*43.20m	John Cochrane	M80	9.87m
Andrew Ward	M50	31.25m	Jo Peters	M60	37.84m	Christian Tittel	M85	8.83m
Wayne Rubick	M55	23.22m	Geoffrey Gee	M60	35.69m			6.66m
Tom Gravestock	M60	41.24m	Oswald Igel	M65	*35.44m	Weight		
Jo Peters	M60	40.06m	Jim Davis	M80	30.79m	Matt Staunton	M40	13.51m
Geoffrey Gee	M60	37.96m	Christian Tittel	M85	20.04m	Todd Davey	M45	13.52m
Oswald Igel	M65	40.96m	Shot			Tim Lyons	M50	13.46m
Greg Wilson	M65	28.40m	Matt Staunton	M40	12.02m	Andrew Ward	M50	10.86m
Nick Miletic	M65	23.34m	John Fettus	M40	11.42m	Peter Watene	M50	9.18m
Jeff Bowen	M70	21.69m	Todd Davey	M45	13.82m	Wayne Rubick	M55	8.68m
Rob Young	M70	21.51m	Andrew Ward	M50	9.80m	Geoffrey Gee	M60	16.38m
Jim Davis	M80	24.27m	Tim Lyons	M50	9.36m	Tom Gravestock	M60	14.89m
John Cochrane	M80	22.10m	Peter Watene	M50	7.86m	Jo Peters	M60	13.56m
Robert Shand	M80	17.98m	Wayne Rubick	M55	7.99m	Rob Young	M70	7.40m
Christian Tittel	M85	17.73m	Geoffrey Gee	M60	12.45m	Jim Davis	M80	11.60m
Gordon Medcalf	M85	11.44m	Tom Gravestock	M60	11.96m	Jeff Whittam	M80	7.92m
			Jo Peters	M60	11.33m	Christian Tittel	M85	8.46m
						*SR		



Gym work pays off for Matt

Matt Staunton dances across the circle as he prepares for another mammoth throw.

Anyone who has retrieved the 7.26kg shot put would be able to appreciate the distances achieved by the M40 and M45 athletes. Matt Staunton's winning distance of 12.02m and John Fettus' 11.42m are the result of endless hours of gym work and refining technique to harness speed with this strength. No less impressive was Todd Davey's (M45) 13.82m winning throw. Todd currently sits at sixth in the Australian open rankings with his recent state record of 15.04m. Andrew Ward (M50) threw 9.80m to defeat placegetters Tim Lyons (9.36m) and Peter Watene (7.86m). In the M55 category, Wayne Rubick (M55) threw agonisingly short of the 8m mark (7.99m) for his title. The M60 trio all produced fine performances with Geoff Gee (12.45m) winning over Tom Gravestock (11.96m) and Jo Peters (11.33m). Oswald Igel's 11.48m best gave him the gold medal over Greg Wilson (8.45m) and John Ventris (6.75m). Gold and silver in the M70's went to Rob Young (8.23m) and Jeff Bowen (7.91m). State record holder Jim Davis (9.87m) presided over John Cochrane (8.83m) in the M80's with M85 Christian Tittel outside his record with his winning effort (6.66m).

Hammer

Matt Staunton's (M40) winning effort of 44.47m, a season's best, took out the hammer title and holds him at 16th on the open Australian list. Todd Davey won the M45 title with a best throw of 39.08m. His 44.75m from earlier this season ranks him as 13th on the open Australian list. The M50 event was won by Tim Lyons with a throw of 32.55m over consistent



WAYNE RUBICK

performer Andrew Ward (23.12m). Wayne Rubick won the M55's title with an effort of 22.07m. Tom Gravestock (M60) revelled in the contest with a 43.20m winning throw (eclipsing his own state record of 42.38m in the process), Jo Peters filled second place (37.84m) and Geoffrey Gee was third with his 35.69m effort. Oswald Igel (M65) threw 35.44m, Jim Davis (M80) 30.79m and Christian Tittel (M85) 20.04m were all unopposed but threw top class distances to take out their respective age groups.

Discus

Matt Staunton threw a 36.88m to head Mick O'Toole's 26.64m to win the M40 title. Unsurprisingly M45 Todd Davey spun the 2kg platter way out to a distance of 41.86m for his gold medal. His early season's best throw of 44.08m ranks him number 13 on the open Australian list. The M50 competition was eventually taken out by Ian Cotton 36.45m who responded well to strong competition from the other



PETER WATENE

placegetters, Tim Lyons (36.01m) and Andrew Ward (31.25m). The M55 title was won by Wayne Rubick throwing a distance of 23.22m. Tom Gravestock (M60) 41.24m survived an unexpected challenge from Jo Peters (40.06m) with Geoffrey Gee grabbing a bronze medal with a 37.96m effort. M65's Oswald Igel revelling in his new age group with a plethora of state records recently threw a mighty 40.96m to put the title into his hands. Greg Wilson using the technique more than strength threw 28.40m from Nick Miletic (23.34m) ironically relying more on strength than technique for the third place. M70 Jeff Bowen (21.69m) squeezed out the win from former title holder Rob Young (21.51m). In the M80 event, Jim Davis responded to the challenge of John Cochrane, needing a clutch throw of 24.27m to gain top place on the podium. John's best of 22.10m fended off javelin specialist, Robert Shand's best of 17.98m. Christian Tittel threw 17.73m to win from Gordon Medcalf (11.44m).



Crop top and briefs



Crop top and briefs



Crop top and briefs



Singlet and running shorts



Singlet and running shorts

Australian uniform

With the world championships in October, competitors must wear an authorised Australian uniform. These photographs from Lyon show the styles available. Lynne Schickert has a range of samples which she will bring to ECAC and the Sunday runs. Members can try them on and then place their order through Hazel McDonnell at these contacts.

Phone : 0408 172 283

Email : merchandise@australianmastersathletics.org.au



Crop top and short bike pants



Crop top and short bike pants



Singlet and short bike pants



Singlet and men's bike pants




Singlet and men's bike pants



Singlet and short bike pants

Early events

A full-page photograph of a female athlete, Melissa Foster, in the middle of a javelin throw. She is wearing a black singlet with a yellow bib that has the number 371. She is also wearing black shorts, black knee-high socks, and white athletic shoes. Her right arm is extended forward holding the javelin, and her left arm is reaching back. Her body is in a dynamic, balanced pose. The background shows a green grass field, a blue running track, and a line of trees under a clear blue sky.

Melissa Foster throws the javelin on her way to scoring 2761 points in the pentathlon.

With the State Championships main weekend returning to Ern Clark Athletic Centre (ECAC) the early events were spread over a couple of months due to the sub-standard throwers' cage at ECAC.

The thrower's pentathlon was held in January. In early March, the pole vault at WA Athletic Stadium (WAAS) marked the start of a hectic month, followed by the 10,000m at ECAC on Thursday, March 10 and the outdoor

pentathlon the following Saturday morning.

It was back to WAAS for the 2000m and 3000m steeplechase events followed by the hammer a few days later.



Chris Maher (622)
heads a pack of
runners in the early
laps.

Competitors conquer 25 lap challenge

The State 10km was one of the events held prior to the main weekend of competition. Luckily the temperature had dropped after a warm day and after instructions were given to officials and competitors alike, the event proceeded with an enthusiastic gallery. Winner of the W35 event, Monique Thomas ran a controlled race showing great discipline and determination. A recent road best in Busselton in the 57-minute region gave her confidence and she posted a comparable track time of 59:13.5.

Clare Wardle (W40) a proven performer over Sunday runs in both cross-country and road events scored a win in 41:54.7 from Trish Farr in 46:36.8. Sue Bourn (W45) showed great consistency recording 47:02.9 compared to her winning time last year of 47:10.8. Jacqui McQueen ran most of the distance with Monique only drawing away over the final few laps to go a 57:27.7. Gillian Young (W65), after going through the half-way point close to her season's best carried on gamely, running close to even splits to reward herself with a 50:23.1.

In the men's event held concurrently, Adrian Fabiankovits (M30) ran a strong and controlled pace to get home in



SUE BOURN

40:48.5. An M30 competitor, Rob Nichols, ran the second fastest overall time of the evening 34:56.5. Kim Thomas (M40) cruised around the blue track in 36:26.1 taking the gold medal from silver medallist, the smooth-striding Steve Weller, running 36:57.4 in his only championship performance for 2016 and Hamish McLeod claiming bronze in 38:57.6. Paul Mitchell (M45) showed more than a glimpse of his talent running 41:42.7 to win the title, followed by John

Collier, who after a suitably conservative start, held his pace strongly in the second half to record 46:39.2.

M50 competitor Clemens Schmitt ran the fastest overall time of the evening 34:51.6 ahead of the fast closing Rob Nichols. The silver medal was taken by Andrew Davison in 38:16.2 with David Solomon completing the dais with 41:41.8. Ross Keane's fourth place effort was 44:12.6. Former world silver medallist (from Gateshead, State Record M40 31:49.32) Trevor Scott displayed his fitness running 37:51.7 and mixed it with runners many years his junior. Keith Hill won silver 42:47.3 and Mark Dawson secured the bronze medal with 43:45.2.

Alan Gower (M60) won the gold medal with a performance of 40:27.9, Chris Maher not far behind in 40:53.1. Giovanni Puglisi's (M65) 41:56.7 took the title from Keith Miller in (46:08.1) bronze went to Maurice Creagh (56:16.2) and fourth place was Frank Price 61:39.6. Jim Langford (M70) was untroubled to win in a world-class time of 42:15.7 from Bruce Wilson (46:18.0) and Bob Schickert (54:33.4). Irwin Barrett-Lennard ran 61:27.3 to smash his state record from last year (61:43.3) in the M85 division.

Rob Nichols (382) leads the field at the start of the 10,000m



Frank Price (left) trails Monique Thomas, Jacqui McQueen and Irwin Barrett-Lennard (inside).



Women's 10,000m

Thursday, March 10 ECAC

Monique Thomas	W35	59:13.5h
Clare Wardle	W40	41:54.7h
Trisha Farr	W40	46:36.8h
Sue Bourn	W45	47:02.9h
Jacqui McQueen	W45	57:27.7h
Gillian Young	W65	50:23.1h

Men's 10,000m

Adrian Fabiankovits	M30	40:48.5h
Rob Nichols	M35	34:56.5h
Kim Thomas	M40	36:26.1h
Steve Weller	M40	36:57.4h
Hamish McLeod	M40	38:57.6h
Paul Mitchell	M45	41:42.7h
John Collier	M45	46:39.2h
Clemens Schmitt	M50	34:51.6h
Andrew Davison	M50	38:16.2h
David Solomon	M50	41:41.8h
Ross Keane	M50	44:12.6h
Trev Scott	M55	37:51.7h
Keith Hill	M55	42:47.3h
Mark Dawson	M55	43:45.2h
Alan Gower	M60	40:27.9h
Christopher Maher	M60	40:53.1h
Giovanni Puglisi	M65	41:56.7h
Keith Miller	M65	46:08.1h
Maurice Creagh	M65	56:16.2h
Frank Price	M65	1:01:39.6
Jim Langford	M70	42:15.7h
Bruce Wilson	M70	46:18.0h
Bob Schickert	M70	54:33.4h
Irwin Barrett-Lennard	M85	*1:01:27.3h

CLEMENS SCHMITT and PAUL MITCHELL



STEVE WELLER and TREV SCOTT





Women's pentathlon

WAAS – Saturday, March 12

Melissa Foster	W35	2761
Vicki Cobby	W40	2360
Donna Abbey	W40	1685
Zoe Richards	W40	1491
Di Kelly	W45	2298
Sue Bourn	W45	2133
Sue Coate	W45	2056
Carol Bowman	W60	*2021
Julie Wilson	W60	1620
Lynne Schickert	W70	1108
*SR		

Sue Bourn leads Melissa Foster and Vicki Cobby in the final event of the pentathlon.

Men's pentathlon

WAAS – Saturday, March 12

Mick O'Toole	M40	1992
Chris Neale	M45	2976
Ian Cotton	M50	2598
John Dennehy	M55	995
Harold Membrey	M60	1614
Nick Miletic	M65	1930
Ivan Brown	M70	2083
Leon Sander	M75	2002

Melissa takes honours with top score

Melissa Foster (W35) scored a total of 2761 points for the win and the highest score of the day amongst the 10 women who graced the ECAC compound on Saturday, March 12. This was a mere eight points short of her score in winning set last year. A full complement of competitors in the W40 division ensured strong competition especially given the different strengths of those involved. Vicki Cobby garnered a total of 2360 points to outscore Donna Abbey (1685) and Zoe Richards (1491) respectively. In the W45 division, Di Kelly's 2298 points were enough to fend off a determined challenge from Sue Bourn (2133) who finished in the silver place, despite a fall in possibly her best discipline, the 800m, and current state record holder Sue Coate (2056).

Carol Bowman, in the W60 event accrued a total of 2021 points to win the gold medal from Julie Wilson (1620) and Lynne Schickert (W70) took out her age group with 1108 points and an inspirational 800m run that helped bond the competitors to finish the event on a high note.

In the men's pentathlon, it was disappointing to see only eight 'competitors' each representing separate age groups, thus being deprived of valuable competition. Some athletes decided to go through the motions to save



Photo: Carmel Meyer

JULIE WILSON

themselves for the main state championships, others focusing on their specialty discipline. Mick O'Toole (M40) demonstrated strength across the board, notably a javelin effort (42.83m) scoring 537 points, discus (27.55m) 471 points in his total of 1992 points. Chris Neale (M45) scored the highest total of the day (2976 points) with an exceptional 200m time of 25.0 (754 points) and long jump distance of 5.44m (648 points). A tough competitor, right back to his Little Athletics days, he eased off in the 1500m with no incentive to push for a fast time and resultant points score.

M45 athlete, Ian Cotton, had his usual strong discus with a 33.87m best (465

points) and javelin 34.83m (575points). His 200m sprint time of 27.6 (614 points) combined with a fine opening long jump of 4.63m (519 points) provided him with a fine total of 2598 points. M55 entrant, John Dennehy hit his best long jump of the season of 3.40m (283 points) but struggled home in the 1500m. Harold Membrey (M60) ran the 200m in 33.5 (366 points), long jumped 3.39m (283 points) and amassed 1614 points, making the journey from Bunbury worthwhile. Nick Miletic (M65) accumulated 1930 points slightly more weighted towards the throwing disciplines than in the past. With a top javelin effort (25.54m) rewarded with 459 points, he had no trouble finishing with a strong 1500m, despite the increasing heat.

M70 competitor Ivan Brown, back from a nagging calf injury lasting several months, was still able to rely on a quality 1500m time of 6:37.8 (670 points) to bolster his score to over the 2000 level (2083 points). A surprising turn of speed in the 200m sprint of 36.6 (474 points) set him up for a big score, but it was his middle distance credentials that came to the fore. Leon Sander (M75) scored 2002 points total with a stellar effort across the five disciplines. Given his slight runner's frame, his discus of 21.67m (485 points) was commendable. Also a 200m sprint in 36.6 credited his score with 474 points.



CHRIS NEALE



DONNA ABBEY



Ian Cotton prepares to throw the javelin.

Photo: CARMEL MEYER

Byrony's mammoth score

Unsurprisingly Byrony Glass (W35) won over her only other competitor in the throws pentathlon. Her score of 3491 points is a massive total and a world class effort, just short of her 2015 score of 3642 points. Sally Sims, still in the process of modifying her technique in several disciplines finished with a laudable total of 1732 points. W40 competitor, Cheryl McMahon completed her event with 2515 points with a series of consistent efforts.

The silver medal was earned by Christine Schelfhout with 2270 points. Yolanda Carstens (W50) accumulated 2581 points with a standout effort in the javelin. Kate Glass (W65) was rewarded with a 3272 points total.

June Streeter recorded a score of 1785 points in the same age group for second place. Bev Hamilton (W70) scored 3735 points which earned her a state record.

John Fettus (M40) won the state title with 2608 points. In the M45 age group, Todd Davey totalled 2790 points, although well down on his 2015 state record of 3876 points. Andrew Ward's M50 score of 2151 points gave him the state title. In the M60 event, Tom Gravestock's efforts produced a total of 3479 points to hold off

Phil surfs to victory

The state pole vault was conducted on a balmy evening at Challenge Stadium, Claremont during a Strive meeting. Master's was proudly represented by three M65 competitors: Phil Smyth 2.50m Geoff Brayshaw 2.40m and Greg Wilson 1.80m. The crowd appeared to be intrigued by the non-Parnov vaulters and witnessed a tight competition won by the boardie wearing Phil Smyth equalling the state record.

the challenge of Geoff Gee by 27 points (3450).

Jo Peters, the defending champion, earned 2955 points for the bronze medal. Solomon Thompson was in fourth place with 2374 points. Oswald Igel (M65) was the recipient of the gold medal with his total of 3531 points. M70 Rob Young's total of 1855 points won him the state title and in the M80 division, Jim Davis' total of 3034 points gave him the gold medal over Bob Fergie's total of 2902 points.

Throws Pentathlon Thursday, January 14 – WAAS

MEN

John Fettus	M40	2608
Todd Davey	M45	2790
Andrew Ward	M50	2151
Tom Gravestock	M60	3479
Geoff Gee	M60	3450
Jo Peters	M60	2955
Solomon Thompson	M60	2374
Oswald Igel	M65	3531
Rob Young	M70	1855
Jim Davis	M80	3034
Bob Fergie	M80	2902

WOMEN

Byrony Glass	W35	3491
Sally Sims	W35	1732
Cheryl McMahon	W40	2515
Christine Schelfhout	W45	2270
Yolanda Carstens	W50	2581
Kate Glass	W65	3272
June Streeter	W65	1785
Bev Hamilton	W70	3735

*State Record

Pole vault

Thursday, March 3 – WAAS

Phil Smyth	M65	*2.50m
Geoff Brayshaw	M65	2.40m
Greg Wilson	M65	1.80m

* = SR

Giovanni Puglisi powers out of the water on his way to victory in the 2000m steeple. Photos: Carmel Meyer.

Men's Steeplechase

Tuesday, March 15 – WAAS

3000m

Rob Nichols	M35	10:36.7h
Kim Thomas	M40	11:12.5h
Trev Scott	M55	12:58.7h

2000m

Giovanni Puglisi	M65	8:19.0h
Nick Miletic	M65	11:56.9h
Bruce Wilson	M70	9:20.2h
Bert Carse	M70	9:47.5h
Bob Schickert	M70	11:12.6h
David Carr	M80	10:39.3h
Irwin Barrett-Lennard	M85	12:47.4h
Cecil Walkley	M85	23:58.0h

All times hand held

Giovanni makes splash in 2000m dash

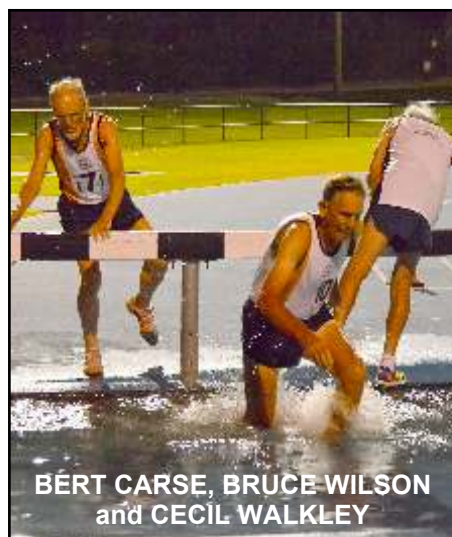
The absence of Bjorn Dybdahl was duly noted so the pace was left to Giovanni Puglisi (M65) whose 8:19.0 was a sterling effort, but a quick search threw sharp focus on the present state record (from 2010) of Bert Carse, an amazing 8:03.71! Nevertheless, Giovanni won from Nick Miletic who ran 11:56.9. In the M70's division, Bruce Wilson lapped consistently to record 9:20.2 to

overpower Bert Carse (9:47.5) late in the race and Bob Schickert (11:12.6). Another current world champion (and current world record holder) David Carr, recorded a pleasing 10:39.3. Irwin Barrett-Lennard M85 was outside his own state record returning a 12:47.4 for his efforts and Cecil Walkley produced a 23:58.0 run.

In the longer (3km) steeple Rob Nichols, despite a recent knock on the

knee from the open state champs, did not need to approach his recent state record (10:11.0) to win the M35 age group, still running 10:36.7.

In the M40s division, Kim Thomas looked comfortable in running 11:12.5 and Trevor Scott (M55) showed a variety of techniques, all legal, to negotiate the barriers, in recording a 12:58.7 performance.



BERT CARSE, BRUCE WILSON
and CECIL WALKLEY



Athletes and officials
reflect on the
evening's competition.

Photo: Carmel Meyer.

Kristy shatters her own state record

Kristy Devereux (W30), building on her state record from 2015 of 9:43.9, shattered this time to run a stellar 9:36.9. Monique Thomas (W35) won with an 11:50.3 performance while in the W40 division Vicki Cobby recorded 9:29.0 courtesy of a strong start. Kerriann Bresser demonstrated her endurance from trail running with a 9:30.3 effort also kicking home strongly to finish ahead of Simone Solomon (9:40.7) by 10 seconds.

Jacqui McQueen, who has recently returned from Canberra, won her bronze medal in a time of 10:39.7. Former South African, Kim Chandler (W55) completed her first steeplechase race in 9:59.7 and was delighted with her gold medal.

Margaret Saunders (W60) the current world champion, relied on her flat speed to win in 9:16.4 ahead of Carol Bowman (10:57.2) and one-time state record holder, Julie Wilson (11:20.5) filled the bronze medal position.

Kristy Devereux leads the field on the first lap. Photos: Carmel Meyer.



Gillian Young took out the W65 category in 10:14.4 with the field completed by Lynne Schickert (W70) who

was brought home by the applause of her fellow competitors and the crowd running 16:37.7.

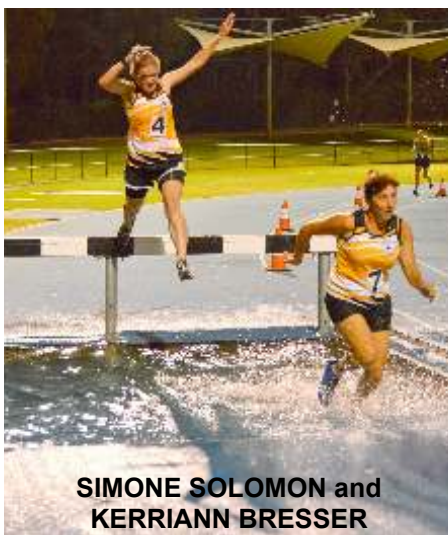
Kerriann Bresser, Lynne Schickert, Jacqui McQueen and Simone Solomon were very excited to be back on track competing together.



Julie Wilson, Carol Bowman and Gillian Young.



LYN SCHICKERT



SIMONE SOLOMON and
KERRIANN BRESSER

Women's Steeplechase 2000m

Tuesday, March 15 – WAAS

Kristy Devereux	W30	*9:36.9h
Monique Thomas	W35	11:50.3h
Vicki Cobby	W40	9:29.0h
Kerriann Bresser	W45	9:30.3h
Simone Solomon	W45	9:40.7h
Jacqui McQueen	W45	10:39.7h
Kim Chandler	W55	9:59.7h
Margaret Saunders	W60	9:16.4h
Carol Bowman	W60	10:57.2h
Julie Wilson	W60	11:20.5h
Gillian Young	W65	10:14.4h
Lynne Schickert	W70	16:37.7h

* SR All times hand held



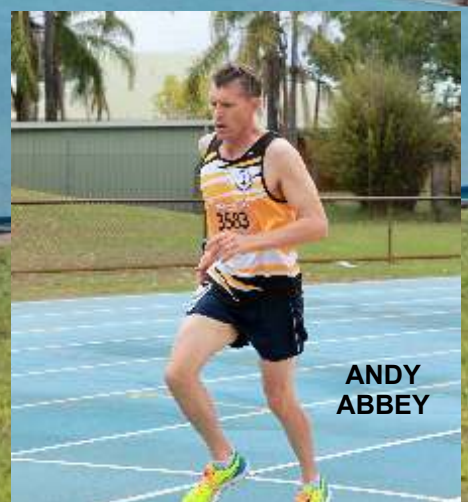
**SUE
BOURN**



PAUL HUGHES



Chris Maher runs
past the electronic
lap board showing
six laps completed



**ANDY
ABBEY**