

TFNL

The Track and Field Newsletter of MAWA



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**Aussie
champs
special**

Rob Nichols runs out of the water jump on his way to one of MAWA's 56 gold medals at the Australian Masters Athletics Championships in Adelaide.

MAWA's gold rush

Adelaide reflections

By DAVID CARR

About six men went from WA to South Australia's first Australian Championships forty years ago. We had proper running shorts, ordered from England, and yellow vests sporting a black swan. The airfare was \$400 (six weeks' wages). Billets were arranged with kindly hosts.

The track was cinders. Starting blocks were the athletes' responsibility – one of us took his on the plane. There was no wind instrument. Races were timed with ticktock watches. Some of the sprint times might still be records; the watches were faster than the runners.

Results were typed on to wax sheets and duplicated on a hand driven machine that spat out black ink sludge. The carnival was over in two days. The ladies were thanked for typing and making the tea.

Adelaide 2016, and the superlatives flowed. Biggest entry list, most innovative programming, best dinner attendance, international level stadium and ideal weather. The South Australians were justifiably proud hosts.

WA could boast its largest team and more than its share of medals.

The dinner was excellent. Elegant venue. Three courses, with choices, and all the wine you could buy. Lyn Ventris, in a stunning white outfit, walked the walk, to be awarded Hall

of Fame status. She is a brilliant walker and a fine example for all who strive for excellence.

Scott Tamblin earned the middle distance award and Melissa Foster the jumps award. These are prestigious honours and we were parochially proud.

This is not the place to analyse the many excellent performances but here are some examples. Garry Ralston established himself as Australia's best masters' sprinter. He won the 60m, 100, 200 and 300 hurdles by convincing margins. At the cross-country, Jim Langford held a six-second margin to defeat the outstanding Don Mathewson. Our team manager, Colin Smith seemed fully engaged in helping others but produced an amazing finish to claim the 400m title.

In a time of ageing membership, it was heartening to see the success of our band of younger, talented and enthusiastic women. Among them, was Clare Wardle, who set herself a demanding programme. She won the 10,000m and cross-country and was placed in the 5000m and 1500m.

Our throwers had a busy time with 55 entries into events, which represents more than 250 throws, plus warm up and assisting with retrieval and measurement. Tom Gravestock starred and earned the Royce Foley award. M80 strongman

Jim Davis moved the heavyweight 13.01m.

Lindsey Glass's coaching and influence are always evident at the throws.

Between them, the throwers won 21 gold medals and broke seven state records. Bev Hamilton broke two state records

Incidentally, at world, country and state levels records have matured and it is increasingly difficult to break them.

What of those who enjoy the sport with seemingly little chance of doing well at a national or international level? In Adelaide, there was support and encouragement for all and plenty of fun. Do some training, get some advice and you will perform better by your own standards.

The next Australian championships will be in Darwin. Like the South Australians, forty years ago, the territorians have a challenge.

There was great interest in PERTH 2016. Most of the competitors intended to compete in the world championships. Generally, they said they would enter later in the year. They were certainly using the website and were familiar with the programme. There was also an awareness that a huge number of officials and helpers would be needed.

State Records

W75	Ruth Johnson	200m	39.72
W60	Carol Bowman	300m hurdles	1:20.61
M60	Garry Ralston	300m hurdles	46.86
W75	Ruth Johnson	High jump	1.00m
M80	Jim Davis	Weight	13.01m
W70	Bev Hamilton	Throws pentathlon	3958
M80	Jim Davis	Throws pentathlon	3498
W70	Bev Hamilton	Shot put	8.27m
M80	Jim Davis	Hammer	34.12m
Relay	4x100m Women (170-219)		59.15
	W60 Lynne Choate, W70 Peggy Macliver, W45 Lisa Limonas and W40 Sharon Davis		

Adelaide raises the bar

A new standard with photographs of athletes was set at the Australian Masters Athletics Championships in Adelaide.

Michael Slagter made available free quality photos from his Michael's Photos website and emailed

the link to competitors of their individual photographs.

His team of photographers worked tirelessly and covered the majority of events and medal presentations of the four days of competition.





WA's top champs

The 2016 national championships in Adelaide was a successful championships with 59 athletes winning 56 gold, 50 silver 25 bronze individual medals and 1 silver medal in a 400 metre relay.

Congratulations to all Western Australian competing and showing true spirit in competing and the support we all gave — we were the loudest.

Our state achieved 10 state records and Tom Gravestock was awarded the Royce

Foley trophy for the best weight pentathlon score for men.

Lyn Ventris was inducted into the hall of fame, well deserved for being a world champion walker. The almost unbeatable Scott Tamblin won the best middle distance athlete for his effort and Melissa Foster for jumps winning gold at the past two world masters competitions.

Colin Smith
2016 team manager



Modelling the latest range of tee shirts, shorts, tracksuits and hats are (from left) Sharon Kingston, Jean Hampson and Annette Mead.

Trio shows off new look Australian clothing range

There was an all Australian look on the podium at Adelaide when the new range of clothing was debuted. While waiting for a flight from Barcelona to Singapore AMA president, Wilma Perkins, outlined the new range.

The new stock of AMA walk out clothing will be available for distribution from early June. AMA will shortly have the clothing size details and ordering procedures on the AMA website. Payment by bank transfer or credit card will be available.

It will be possible to purchase the tracksuit jacket separately from the tracksuit pants. Although it may not be clear in the photo there is a kangaroos pattern on the shoulders of the tee shirt and polo top. This pattern is also visible on the right hip of the shorts. The clothing is all light weight.

The tracksuit jacket is lined and has two zippered pockets and an internal pocket. The tracksuit pants are not lined but have two deep pockets. The cap has a small kangaroo on the back above the velcro adjustable strap.

MEDAL COUNT

	G	S	B
Garry Ralston	5	1*	1
Jim Davis	5	-	1
Tom Gravestock	4	1	1
David Carr	4	1	-
Byrony Glass	4	1	-
Ruth Johnson	3	6	-
Barrie Kernaghan	3	2*	-
Oswald Igel	3	-	-
Bev Hamilton	2	3	1
Clare Wardle	2	1	1
Margaret Saunders	2	1	-
Brenda Painter	2	1	-
Jim Langford	2	1	-
John Fettus	2	-	2
Lynne Schickert	1	5	-
Julie Wilson	1	3	1
Sharon Davis	1	3	-
Peggy MacIver	1	2	-
Carey Dickason	1	-	1
Morland Smith	1	1	-
Carol Bowman	1	1	-
Rob Nichols	1	2	-
Janne Wells	1	1	-
Geoff Brayshaw	1	-	2
Nicolette Whittington	1	-	-
Colin Smith	1	-	-
Sandra Voesenek	1	-	-
Karyn Tolardo	-	3	-
Neil Morfitt	-	2*	1
Mark Elms	-	2*	-
Ray Hall	-	2	-
Lyn Ventris	-	2	-
Geoff Gee	-	1	3
Bob Schickert	-	1	1
Andrew Brooker	-	1	1
Greg Wilson	-	1	-
Michael O'Toole	-	1	-
Rob Antonioli	-	1	-
Lynne Choate	-	-	3
Cheryl-Lee Dean	-	-	1
Harold Membrey	-	-	1
Lisa Limonas	-	-	1
Yolanda Carstens	-	-	1
Bjorn Dybdahl	-	-	1
Total	56	54	25

*Includes one relay medal.

Lyn Ventris honoured

At the AMA Awards dinner in Adelaide, Lyn Ventris was inducted into the AMA Hall of Fame. Lyn is the third inductee from Western Australia joining John Gilmour and David Carr. Below is the speech given by Lynne Schickert to honour Lyn.

Lyn Ventris has emerged as one of our greatest Masters Athletes still competing in open competition and consistently being an outright winner across all age groups in World Masters competitions. Her list of achievements are too numerous to list, but here are some highlights.

Australia: Lyn first competed in an official race walk competition at the AMA National Championships in Perth in 1996 in the W35 age group. Since then, Lyn has competed in 13 Australian Masters Athletics Championships winning 27 gold and 3 silver medals.

World: At World level, competing and coming third in the 5000m track walk in the WMA championships in 1999 in Gateshead spurred her on to getting a coach and getting serious. I still remember sitting with Lyn and her husband John as we gave her encouragement before that race.

The rest is history. In 2001 at the WMA championships in Brisbane Lyn won both the 5000m and 10km road walks, beating her American competitors and outright beating all other age groups – a feat she had done a number of times since.

Since then, Lyn has competed in and won the race walks in her age groups with world records tumbling during this period.

- 2004 Non-Stadia in Auckland, New Zealand
 - WMA Stadia championship from 2005 to 2011
 - 2005 San Sebastian, Spain
 - 2007 Riccione, Italy
 - 2009 Lahti, Finland
 - 2011 Sacramento, USA
 - 2012 Indoors in Jyväskylä, Finland
- and then Lyon in 2015 after three years of hamstring problems and surgery.

Lyn is currently the WMA titleholder for all three W55 race walks – 5000m track, 10km and 20k road.



Lynne Schickert congratulates Lyn Ventris on her Hall of Fame induction at the AMA Awards dinner in Adelaide.

Photo: JOHN VENTRIS

Open: For many years Lyn has also competed against the younger athletes in the WA State Open Athletics Championships winning the 5000m and 10,000m track walks and several 20km road walks, achieving State Open records for the 10,000m track and 20km road walk.

Coming third to Jane and Natalie Saville at a 10,000m track walk in 2002 with a best time of 46.35 has been a highlight of her achievements as was being first across the line in the England 20km Open road walk championships in Essex in 2005.

Many runners would love to match Lyn's personal best performance times, such as the 20km road walk in 1:34.44.

IAAF Award: Lyn's outstanding achievements in race walking have been recognised by her being named IAAF Female Masters Athlete of the Year in 2011 and 2012 – a very significant honour.

Tonight's Induction of Lyn Ventris into the Australian Masters Athletics **Hall of Fame** is a very worthy honour recognising her outstanding performances in Masters Athletics and her contribution to the wider community as a speaker on the benefits of our sport and as a coach for younger athletes.

Congratulations LYN VENTRIS.

Lyn Ventris – Highlights and Achievements

WA STATE and AUSTRALIAN MASTERS RECORD HOLDER

W40 2000m Track Walk	9.05	2001
W40 3000m Track Walk	14.05	2001
W40 5000m Track Walk	23.24	2001
W40 10Km Road Walk	47.25	2001
W40 20Km Road Walk	1:39.26	2001
W45 2000m Track Walk	9.08	2006
W50 1500m Track Walk	6.45	2007
W55 1500m Track Walk	7.00	2011

WA STATE and AUSTRALIAN and WORLD MASTERS RECORD HOLDER

W45 3000m Track Walk	13.57	2002
W45 5000m Track Walk	23.42	2005
W45 10km Track Walk	46.35	2002
W45 20km Road Walk	1:34.44	2002
W50 3000m Track Walk	13.54	2007
W50 5000m Track Walk	23.37	2007
W50 10km Road Walk	48.27	2007
W50 20km Road Walk	99.51	2011
W55 3000m Track Walk	14.27	2011
W55 5000m Track Walk	24.16	2011
W55 10km Road Walk	50.32	2011
W55 20Km Road Walk	1.40.42	2012

STATE OPEN RACE WALKING TITLE

2004	10,000m Track Walk
2004	5000m Track Walk
2005	5000m Track Walk
2005	10,000m Track Walk
2006	10,000m Track Walk
2007	10,000m Track Walk
2007	20km Road Walk
2008	10,000m Track Walk
2008	5000m Track Walk
2009	10,000m Track walk
2009	5000m Track walk
2010	5000m Track Walk
2010	20km Road Walk
2011	10,000m Track Walk

WEST AUSTRALIAN RECORD HOLDER OPEN 10,000m Track Walk 46.35

CURRENT WORLD MASTERS ATHLETICS TITLEHOLDER

W55 5000m Track Walk and W55 10K Road Walk W55 20K Road Walk

AUSTRALIAN MASTERS ATHLETICS RACEWALKER of the YEAR

2001, 2002, 2004, 2005, 2007, 2009.

BUNBURY SPORTS STAR of the YEAR (Home City)

2001, 2002, 2005 (Finalist each year since 1999)

WA MASTERS ATHLETICS ATHLETE OF THE MEET

2001, 2005, 2006, 2007

WA MASTERS AWARD FOR BEST ATHLETIC PERFORMANCE

2001, 2005, 2006, 2007, 2011

WEST AUSTRALIAN WOMENS SPORT WEST MASTERS ATHLETE OF THE YEAR - 2005

FINALIST AUSTRALIAN SPORTS AWARDS – MASTERS CATEGORY 2005, 2006

IAAF FEMALE MASTERS ATHLETE OF THE YEAR

2011 and 2012

WINNER OF THE OPEN ENGLAND 20KM ROAD WALKING CHAMPIONSHIPS AT EARLS COLNE, ESSEX - 2005.

AUSTRALIAN SPORTS MEDAL RECIPIENT



Lyn Ventris shows off her IAAF Female Athlete of the Year

Scott and Melissa's awards



SCOTT TAMLIN



Melissa Foster set an Australian record in the triple jump.

Three MAWA athletes were honoured the AMA dinner in Adelaide. In addition to Lyn Ventris' induction into the Hall of Fame two other West Australian athletes were honoured for their performances in the previous year.

Scott Tamblin won the middle distance award and Melissa Foster won the jumps award.

In addition to this success for MAWA athletes Tom Gravestock won the Royce Foley trophy for having the highest points score for weight pentathlon at the Adelaide Nationals.

The 2016 AMA Award winners:

Sprint/Hurdles – Lyn Peake – SA
 Middle Distance/Steeplechase – Scott Tamblin – WA
 Distance – Angela Carpini – NSW
 Walks – Heather Carr – VIC
 Multi Events/Relays – Justin Hanrahan -VIC
 Jumps – Melissa Foster – WA

Throws – Mary Thomas – NSW
 Most Outstanding Individual Performance – Marie Kay – QLD
 Administrator – Valmai and David Padgett – SA
 Most Outstanding Male Athlete – Don Mathewson – NSW
 Most Outstanding Female Athlete – Marge Allison – QLD

Marge Allison's joins Hall of Fame elite

Queensland's Marge Allison was the second athlete of the evening to be inducted into the Hall of Fame at the AMA dinner in Adelaide. Marge also received the Most Outstanding Female Athlete award. The multi gold medallist is pictured with fellow Hall of Fame inductee Lyn Ventris after receiving the awards.



Photo: JOHN VENTRIS

Australian Masters Athletics Championships

10,000m



Jim Langford (third from left) settles in behind Victoria's John Herridge in the early laps of the 10,000m.



FAR LEFT: Clare Wardle churns out another lap on her way to a gold medal.

LEFT: Clare celebrates with South Australia's Donna Alessio on the podium.

10,000m

W40	Clare Wardle	1	41:31.12
M70	Jim Langford	1	42:55.30
M75	Morland Smith	1	64:02.54



MORLAND SMITH

Australian Masters Athletics Championships



ABOVE LEFT: Daniel Leseberg gets into top gear in his final.

ABOVE: Barrie Kernaghan strides out on his way to a gold medal.

Photo: MICHAEL'S PHOTOS



60m

M40	Daniel Leseberg	10	8.10	-2.7
M50	Colin Smith		8.03q	-1.7
		7	8.19	-3.7
M45	Greg Brennan	7	8.32	-3.1
M60	Garry Ralston	1	8.20	-0.9
M60	Rob Antonioli	7	9.92	-0.9
M60	Harold Membrey	8	10.04	-0.9
M75	Barrie Kernaghan	1	9.69	-1.8

LEFT: Greg Brennan powers down the main straight.

BELOW: Colin Smith keeps an eye on New Zealand's Bruce Solomon as they hit the finish line.



Australian Masters Athletics Championships

60m



Peggy Macliver
(second from left and
Brenda Painter
(second from right)
accelerate from the
start of the final.

60m

W45 Lisa Limonas	9	9.27q	-0.2
W55 Nicolette Whittington	5	9.65	-1.6
W60 Lynne Choate	3	9.91	-3.6
W70 Peggy Macliver (1 st Australian)	2	9.87	-2.1
W70 Brenda Painter	2	10.55	-3.0
W75 Ruth Johnson	5	11.86	-3.0
	2	11.65	-2.2



LISA LIMONAS



LYNNE CHOATE

My Nationals

Adelaide was not a competition I was looking forward to at all. It was my 22nd National Championships, third in Adelaide, and up until now I had been lucky to be injury-free and in good form for Nationals. However 2016 was to be a different story for me. My preparation had been very limited as my plantar fasciitis, which plagued me in Lyon, was still hanging around. Having not run for six months, I bit the bullet and donned my spikes mid-March. I had not competed at all over the summer, so it was not the ideal preparation!

I had entered the 60m, 100m and 200m and all were straight finals. I lined up at the start with the usual suspects in my age group, hoping I could put something together that resembled a decent race! The headwinds were very strong in the sprints, -3.4 in my 100m. Imagine our consternation when the wind readings came up as positive on the results sheet! It transpired that the wind gauge had been set up facing the wrong direction! I ran third in both of these sprints, which I was happy with under the circumstances.



I didn't intend to run the 200m the next day at all but I shaped up ok after the first day and decided it was now or never and surprised myself with a bronze, but I had to really fight for it! My main concern was making the distance as my fitness was so lacking – the jelly legs hit 20m out and I staggered across the line! Sharon, Lisa, Peggy and myself also ran a 4 x 100m relay and finished fifth in a W40 state record apparently so that was a bonus!

I had some extra cheering in the 60m with my daughter Julie, son-in-law Grant and grandchildren Zoe and Jai coming to the track. They were in Adelaide for a family function a few days before. It was great to see them there.

The championship dinner was held at the Grand Chancellor Hotel and it was a very well-organized affair, the food was excellent as was the company. It was fantastic to see Lyn Ventris and Marge Allison inducted into the Hall of Fame, both such well-credentialed athletes and well-deserving of this honour.

The new WA uniform was very distinctive and looked very smart. Everyone cheered one another on and there were many great performances from the WA team. The competition was well-organized, weather good and Perth was promoted at every opportunity. It was great to catch up with many friends during the competition.

The next six months will be hard work. Let's hope it all comes together and I can get back to some decent form by then! Fingers crossed!

LYNNE CHOATE

Australian Masters Athletics Championships

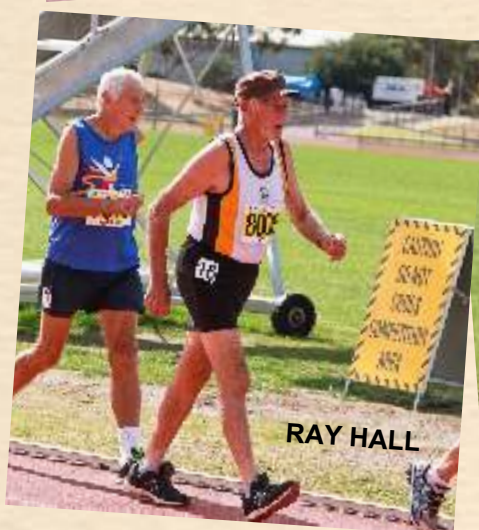
1500m walk



1500m walk

W45	Janne Wells	1	8:59.76
W50	Karyn Tolardo	2	7:54.02
W60	Julie Wilson	2	9:58.67
W70	Lynne Schickert	2	11:07.61
W75	Ruth Johnson	2	11:28.28
M60	Harold Membrey	4	11:03.00
M80	Ray Hall	3	11:00.18

LEFT: Janne Wells strides to the finish line to win a gold medal.



RAY HALL



KARYN TOLARDO



JULIE WILSON

My Nationals

Armed with two silver medals from the state championships, I went to Adelaide for the Nationals excited and hopeful that I might be able to pick up a medal or two. I had entered in the 1500m and 5 km walks. I brought my 11-year-old daughter Kristine as my cheer squad, and neither of us had ever been to Adelaide before or even to a national championship, so suffice to say we were pretty excited to go.

We arrived late Thursday night and spent the Friday sightseeing in the city centre, including visiting the museum. Saturday arrived and as this was the first competition day, I felt excited but eerily calm. We went for breakfast at a small café and then walked to the stadium. Registration went fine, and I was pleasantly surprised at how friendly everybody was. We had a

long day at the track that day, as we had arrived early to see some of the other athletes compete.

With about one hour to go before my race, Karyn Tolardo and I started warming up, and before I knew it I was standing on the start line for the 1500m walk. Now my heart was pounding so loudly that I was afraid I wasn't going to be able to hear the start gun. I had arranged with my cheer squad that if any of the other athletes in my age group came too close to me she would shout out the word "Berries" and then I could try to speed up a bit. Well as I came around the stands, I swear I could hear "mum...berries" every time, so I pushed and pushed as much as I could and managed to get to the finishing line first in my age group and with a whopping PB as well. Sunday fast approached and with it the 5 km walk. I went out fast, perhaps a little

too fast, as I died in the middle of the race. I was in the third position in my age group for most of the race, but with approximately four laps to go I managed to speed up to close the 200m gap between myself and second place, and on the finishing stretch I managed to walk into a silver medal.

The rest of our week in Adelaide was spent visiting Glenelg, the Zoo, then Glenelg again and then Hahndorf in the hills. We went to see the 10km walk and cheered for the other Western Australians who also did very well. All in all, we had a great time in Adelaide. I am very proud of myself to have managed to get a gold and silver in my very first Nationals and major competition and am now looking forward to the worlds in Perth in October.

JANNE WELLS

Australian Masters Athletics Championships

5000m walk

Lyn Ventris circulates with metronomic efficiency on her way to a silver medal.
Photos: MICHAEL'S PHOTOS

5000m walk

W45	Janne Wells	2	34:00.04
W50	Karyn Tolardo	2	28:26.80
W50	Cheryl-Lee Dean	3	32:37.49
W55	Lyn Ventris	2	26:34.45
W60	Julie Wilson	2	35:03.90
W70	Lynne Schickert	2	38:37.88



My Nationals

I was looking forward to visiting and competing as Adelaide has become one of my favourite Australian cities. The week prior to the championships was not the best of preparations as my husband (John) and I flew to Darwin and travelled on The Ghan to Adelaide arriving just as the championships commenced.

Still working my way back to my best following my hamstring surgery some time back I was fairly sure my times would improve – but not to be, with my 5000m track walk and the 10km road walk both below what I expected. The positive out of this is that I now know where I am at and how much hard work and training I have to do in the months ahead to be at my absolute



best for the World Masters Athletics Championships in Perth. I have already started on this.

From my perspective, the championships were well run and the

weather that Adelaide turned on was superb.

My highlight of the championships was to be inducted into the Australian Masters Athletics "Hall of Fame".

I feel so privileged to have been given this honour joining such a fabulous group of Masters athletes and administrators. Of course, I am really pleased to be joining the only two other West Australians to have received this honour in John Gilmour and David Carr.

This honour makes all the hard work of training on my own early most mornings really worth it. In winning the award I would like to thank all those that have helped me along the way – fellow athletes, coaches, family and friends.

LYN VENTRIS

Australian Masters Athletics Championships

800m



800m

W40 Sharon Davis	4	2:29.68
W60 Carol Bowman	5	3:20.12
W60 Margaret Saunders	2	2:50.56
W75 Ruth Johnson	1	4:00.46

Deborah Drennan leads Margaret Saunders and Anne Ryan.



RUTH JOHNSON



Sharon Davis (4016) shadows New Zealand's Vanessa Story (left), Kristza Kovacs (4036) and Larissa Stanley (4060).



CAROL BOWMAN

Australian Masters Athletics Championships

800m



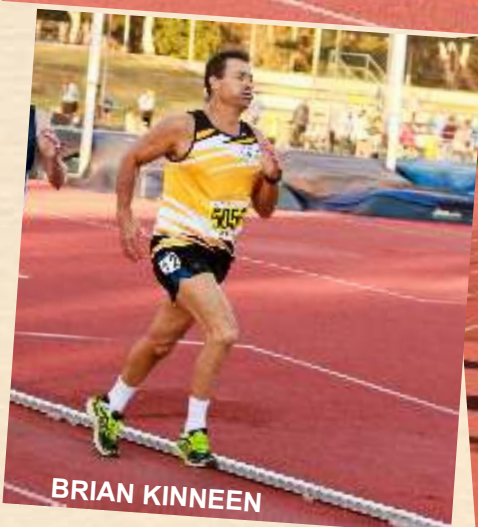
ABOVE: Neil Morfitt (6048) leads Ian Cameron, Shane Lockwood, Bjorn Dybdahl, Mark Conyers and Rob Antonioli on the first lap.



LEFT: David Carr hustles around the bend on his way to one of his four gold medals.

800m

M50	Brian Kinneen	10	2:26.42
M60	Neil Morfitt	2	2:26.22
M60	Bjorn Dybdahl	4	2:38.47
M60	Edward Nugent	6	2:39.20
M60	Rob Antonioli	7	2:52.03
M80	David Carr	1	3:10.25



BRIAN KINNEEN



Bjorn Dybdahl heads Ed Nugent and Rob Antonioli.

Australian Masters Athletics Championships

100m



ABOVE: Lynne Choate (centre) accelerates from the start on her way to a bronze medal.



100m

W45	Lisa Limonas	15.24q +1.7
		9 15.31 -1.9
W55	Nicolette Whittington	6 16.79 -2.5
W60	Lynne Choate	3 16.32 -3.4
W70	Peggy MacLIVER	3 17.36 -1.5
W75	Ruth Johnson	2 19.40 -1.5

LEFT: Lisa Limonas (right) steps up the pace at the start of the 100m.



NICOLETTE WHITTINGTON



PEGGY MACLIVER



JULIE BRIMS

Australian Masters Athletics Championships



ABOVE: Mark Elms (4529) gets into stride in the 100m final.

LEFT: Colin Smith powers off the line in the heat of the 100m.



100m

M40	Daniel Leseberg	12.67q -1.2
M45	Greg Brennan	13.25q -3.3
		9 13.19 -1.6
M45	Mark Elms	13.55q -3.7
		10 13.23 -1.6
M50	Colin Smith	13.13q +2.6
		9 13.29 -1.9
M60	Garry Ralston	1 13.06 -1.2
M60	Harold Membrey	9 16.05 -1.2
M75	Barrie Kernaghan	1 15.22 -1.1

BOTTOM LEFT: Barrie Kernaghan leads the field on his way to a gold medal.



Australian Masters Athletics Championships

1500m

The pace is on as WA's Sharon Davis (4016) settles in behind Kriszta Kovacs (4036), Susanne Wilson (4588) and Lisa Davis (3505).

CAREY DICKASON and ERICA MERCER

1500m

W40 Sharon Davis	2	5:10.75
W40 Clare Wardle	3	5:23.78
W65 Carey Dickason	3	7:46.53
W70 Erica Mercer	4	8:09.00

CLARE WARDLE

Competitors are briefed prior to the running of the 1500m.

SHARON DAVIS

Australian Masters Athletics Championships

1500m



ABOVE: World Champion Don Mathewson leads John Graham and John Herridge. Herridge went on to win the race and Mathewson the M70 age group.

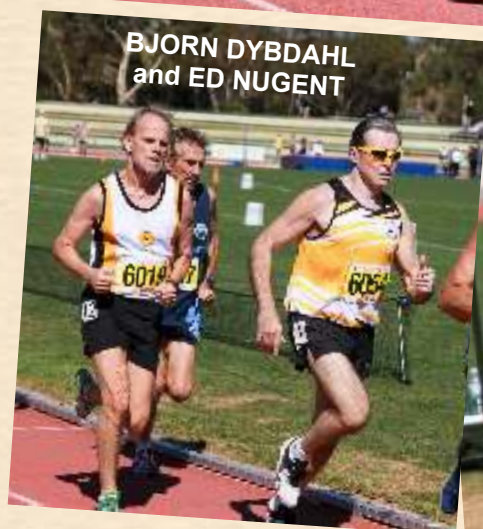


LEFT: David Carr sets the pace on his way to a gold medal.

1500m

M50	Brian Kinneen	7	5:13.23
M60	Bjorn Dybdahl	4	5:27.42
M60	Edward Nugent	7	5:36.09
M80	David Carr	1	6:34.65

BELOW: Two of Australia's top athletes David Carr and Don Mathewson catch up before the 1500m races.



BJORN DYBDAHL
and ED NUGENT



BRIAN
KINNEEN



Australian Masters Athletics Championships

Steeple



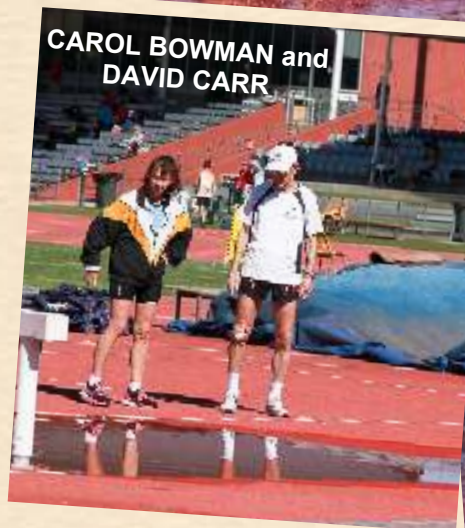
ABOVE: Double world champion Margaret Saunders splashes out of the water on her way to a gold medal.



LEFT: Julie Wilson (left) and Heather Carr are all smiles as they run out of the water jump.

Steeplechase

W60	Margaret Saunders	1	9:26.96
W60	Carol Bowman	2	10:50.54
W60	Julie Wilson	3	11:02.66
W70	Lynne Schickert	1	15:58.31
M35	Rob Nichols	1	10:29.07
M70	Bob Schickert	2	10:50.33
M80	David Carr	1	12:35.47



CAROL BOWMAN and DAVID CARR



CAROL BOWMAN



LYNNE SCHICKERT

Australian Masters Athletics Championships



ABOVE: Rob Nichols leads on the first lap and then tackles the water jump.



Steeple

Steeplechase

M35	Rob Nichols	1	10:29.07
M70	Bob Schickert	2	10:50.33
M80	David Carr	1	12:35.47

FAR LEFT: Bob Schickert splashes out of the water. LEFT: Bob passes the throwers cage as Todd Davey prepares to throw the discus.

BELOW: The steeple is a challenging event and even the greats stumble, multi-world champion David Carr takes a tumble, gets up, smiles and continues to win another gold medal.



Australian Masters Athletics Championships



200m

W40	Sharon Davis	29.23q	-2.0	
W45	Lisa Limonas	30.47q	-1.3	
		8	29.89	-1.5
W60	Lynne Choate	3	34.14	-1.9
W70	Peggy MacIver	3	34.79	-2.3
W75	Ruth Johnson	2	39.72*	-1.5

*SR

LEFT: Queensland's Julie Brims (5010) and Gianna Mogentale fight for the lead. Julie set a W50 Australian record of 26.09s (94.9 per cent) for the 200m.

BOTTOM LEFT: Sharon Davis with South Australia's Jenni Cotter after her 200m. BOTTOM CENTRE: Sharon runs to the line.



Australian Masters Athletics Championships

200m



ABOVE: Colin Smith runs the bend in the final of his 200m.



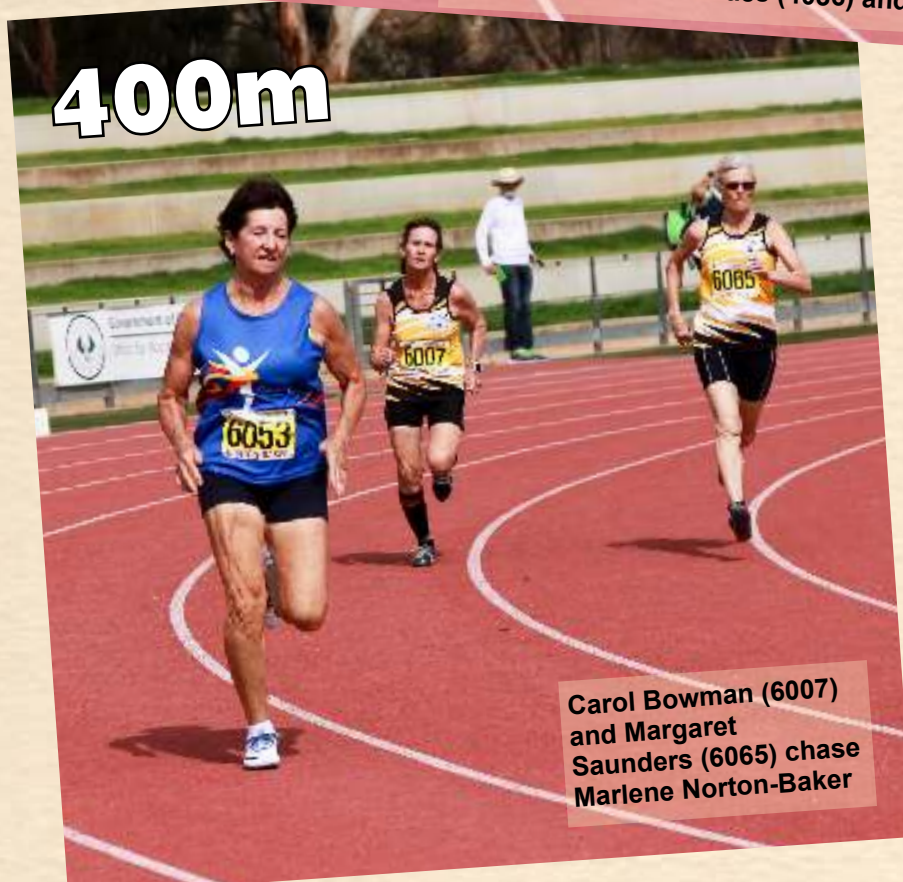
LEFT: Garry Ralston hugs the inside line in his heat.

200m

M40	Daniel Leseberg	8	25.26	-0.9
M45	Mark Elms		25.62q	NWI
		5	25.90	+0.0
M50	Colin Smith		25.76q	+0.7
		7	25.96	+0.4
M60	Garry Ralston		28.47Q	-1.8
		1	26.34	+0.5
M60	Paul McLean		31.57q	-0.9
		8	30.63	+0.5
M60	Harold Membrey		33.32	-0.9
M75	Barrie Kernaghan	1	31.08	-1.4



Australian Masters Athletics Championships



400m			
W40	Sharon Davis	3	62.26
W60	Margaret Saunders	1	74.99
W60	Carol Bowman	4	1:25.09
W75	Ruth Johnson	1	1:32.61



BELOW: Queensland's Julie Brims prepares for her final, jumps out of the blocks and recovers after winning W50 400m in 62.79 secs.



Australian Masters Athletics Championships



400m

Colin Smith runs past the 200m mark in last position. Colin switched on the turbocharger to run the field down and win gold in a thrilling finish.



ED NUGENT



NEIL MORFITT



BARRIE KERNAGHAN



MARK ELMS

400m

M45	Mark Elms	5	57.91
M50	Colin Smith		60.14Q
M50	Colin Smith	1	56.73
M60	Neil Morfitt	3	63.05
M60	Edward Nugent	5	66.42
M60	Paul McLean	7	79.81
M60	Harold Membrey	8	1:20.74
M75	Barrie Kernaghan	2	75.30
M80	David Carr	2	1:22.00

My Nationals

After years of running, the track at Adelaide is my favourite having run PB's in all my sprints at this track and now having won an individual national gold medal, I feel my luck at this will always be with me. Being in the 50-54 age group and having the biggest nominated athletes participating I thought my chances of medaling as being slim as I have only been training since January due to a stress fracture in my left foot

My championship started on day one by qualifying for the 60 metres and 100 finals and finishing seventh and ninth on a cold and big headwinds day which is not good if you only weigh 54kg

Day two was more to my liking where I turned back the clock by five years by running a 25.76 in a 200m heat and a 26.96 in the final to finished seventh. Then I ran 60.14 to finish second in my heat for a 400m final with the top three Australian having to withdraw due to injuries. Having run third or fourth over the last four years the opportunities opened up for the whole field.

Day three I woke with the encouragement of roommate Mark Elms and good mate Alan Cook whom I share a world 50-54 400-metre relay silver medal at Porto Alegre in Brazil with

My 400m started with my fellow competitors starting fast and leaving me in their dust but knowing my final

100m is my best, I settled down to run my race the best I can.

During the race, all I can remember now is this was my best chance of ever getting a national gold medal. Slowly picking up the field, I heard the commentator saying Victorian, Victorian and West Australian as I crossed the line in first place. Falling to my knees with the pains of running a 400m and my idol and the reasons I have persisted with this sport, David Carr, running and congratulating and hugging me.

All the support and congratulations I received from all the West Australian team and competitors will stay with me forever

COLIN SMITH

Australian Masters Athletics Championships



Clare Wardle (4065) and Sandra Voesenek (4064) circulate together on their way to the top two steps of the podium.



JIM LANGFORD



BRIAN KINNEEN



DAVID SOLOMON



PAUL MULHOLLAND PIPS ROB NICHOLS

5000m

W40	Sandra Voesenek	1	19:23.93
W40	Clare Wardle	2	19:45.08
M35	Rob Nichols	2	16:08.71
M50	David Solomon	5	19:47.69
M50	Brian Kinneen	7	20:02.85
M60	Bjorn Dybdahl	7	20:46.12
M65	Graeme Dahl	7	21:18.45
M70	Jim Langford	2	20:53.45
M70	Bob Schickert	3	25:46.26

Photo: MICHAEL'S PHOTOS

My Nationals

I flew to Adelaide feeling a mixture of excitement and trepidation at the thought of competing in my first Australian Masters Nationals. Thankfully for my nerves I was in the first event of the meet, the 10,000m on Saturday morning. Despite being five seconds shy of a PB, I managed to achieve gold in the W40 age category, which was a great way to start the event.

During my two years as an MAWA member I have predominately been a "Sunday runner", so I enjoyed spending the rest of the day meeting the track athletes. The banter in the stands was just as entertaining as the action on the track. As a spectator, the race of the day was the W40

800m, which saw a very gutsy performance from Sharon Davis.

With no race plans on Day 2, I had decided to sign up for the 1500m, but without any prior experience in that distance, my nerves started to set in. I stood at the start line thinking it would be my first and last 1500m. It was over in no time and it became one of the highlights of the meet for me, I loved it and can't wait to compete over this distance again!

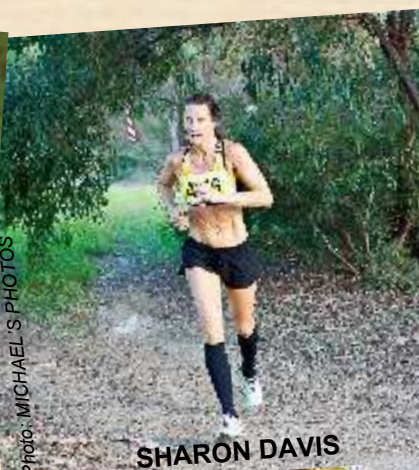
On Day 3 I ran a 5000m track PB and picked up a silver medal behind my very talented teammate Sandra Voesenek. I also witnessed the race of the meet, Colin Smith's epic gold medal run in the 400m. Although I do have to admit that I missed watching the relays in favour of an afternoon nanna nap...

The final day's events were spread over various locations; the SA Athletics Stadium, West Terrace Parklands for the Cross Country, and Kurranga Park for the Road Walk. The Cross Country was a more technical course than I was expecting. Mixed terrain with low hanging branches on a very loopy course of single track and open grassland, which saw quite a few runners ending up off course! After four laps I was glad to be finished and happy to walk away with a gold medal.

What a great weekend! I came home with four medals, new friends, huge respect for my inspiring teammates, and a determination to improve before the Worlds!

CLARE WARDLE

Australian Masters Athletics Championships



SHARON DAVIS



CLARE WARDLE

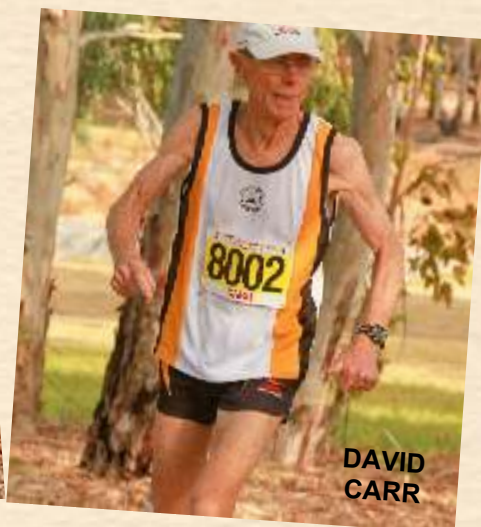
Cross Country

Cross country

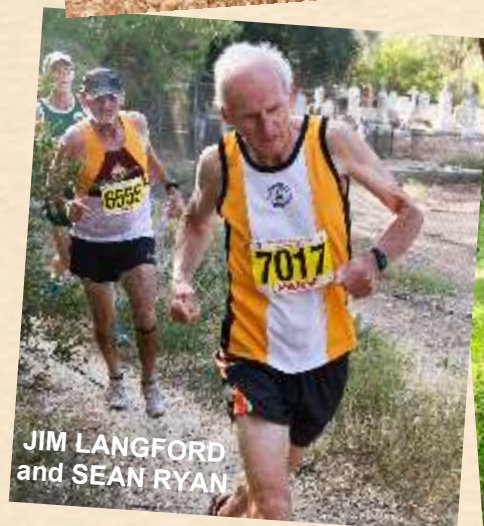
W40	Clare Wardle	1	35:23
W40	Sharon Davis	2	38:42
M35	Rob Nichols	2	28:39
M50	Brian Kinneen	5	36:22
M70	Jim Langford	1	35:29
M70	Bob Schickert	4	46:05
M75	Morland Smith	2	59:55
M80	David Carr	1	51:54



Bob Schickert and John Sheers tackle the cross country course.



DAVID CARR



JIM LANGFORD
and SEAN RYAN



SHANE DRAPER and
ROB NICHOLS



MORLAND SMITH

Australian Masters Athletics Championships

10km road walk



Australian Masters Athletics Championships

High jump and pole vault



JULIE WILSON



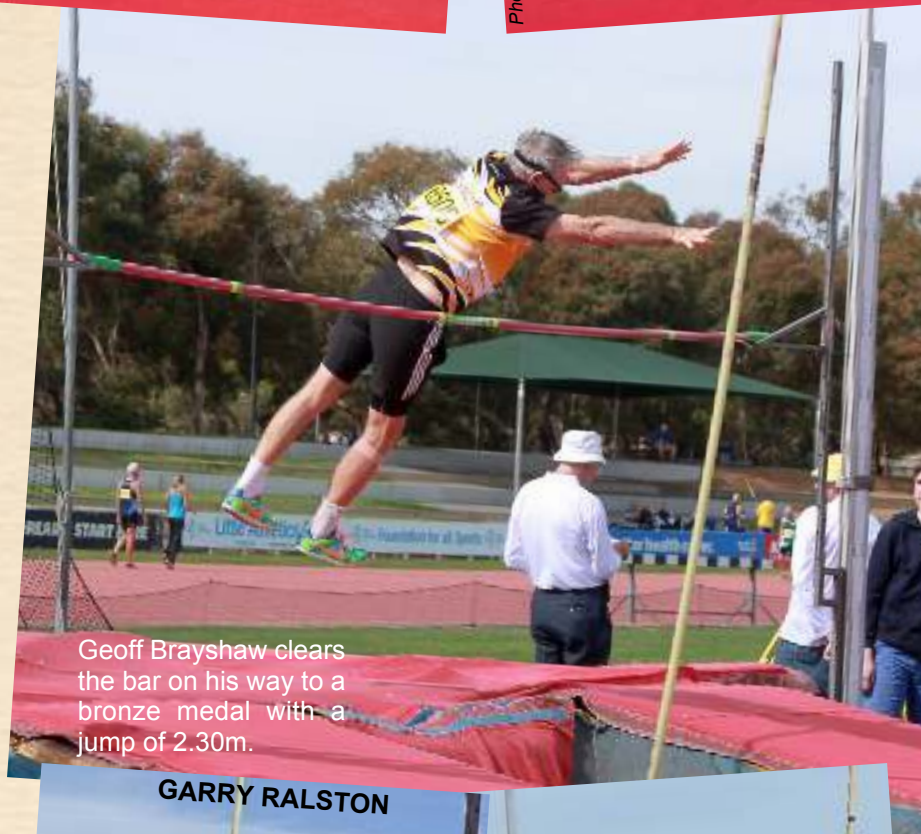
LISA LIMONAS



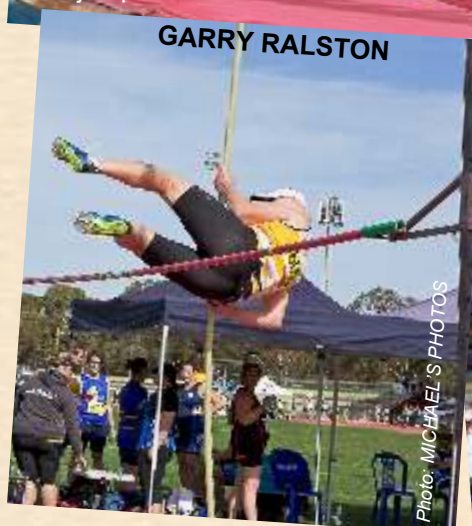
BRENDA PAINTER



RUTH JOHNSON



Geoff Brayshaw clears the bar on his way to a bronze medal with a jump of 2.30m.



GARRY RALSTON



GREG WILSON

High jump

W45	Lisa Limonas	3	1.30m
W60	Julie Wilson	2	1.00m
W70	Brenda Painter	1	0.95m
W70	Lynne Schickert	2	0.90m
W75	Ruth Johnson	1	*1.00m
M45	Andrew Brooker	2	1.60m
W65	Greg Wilson	2	1.32m
*SR			

Pole vault

M60	Garry Ralston	3	2.30m
M65	Geoff Brayshaw	3	2.30m
M65	Greg Wilson	4	1.90m

Australian Masters Athletics Championships

Hurdles

300m hurdles

W60	Carol Bowman	1	*1:20.61
M60	Garry Ralston	1	*46.86

400m hurdles

W40	Sharon Davis	1	72.29
M45	Mark Elms	2	70.54

*SR

ABOVE: Garry Ralston clears the hurdle on his way to a gold medal and setting a state record in the 300m hurdles. Garry set the highest age-graded performance of 99.83 per cent of all athletes in Adelaide.

RIGHT: Sharon Davis won gold in the 400m hurdles.

BELOW: Mark Elms soars to a silver in the 400m hurdles.

BELOW: Carol Bowman set a state record in the 300m hurdles.

Australian Masters Athletics Championships

Relays



Peggy Macliver takes over from Lynne Choate in the 4x100m. Together with Lisa Limonas and Sharon Davis the team set a state record in the W40 age group.



Mark Elms powers away from Colin Smith at the first change of the 4x100m relay.

Relays

4x100m Women (170-219) 5 *59.15

W60 Lynne Choate
W70 Peggy Macliver
W45 Lisa Limonas
W40 Sharon Davis

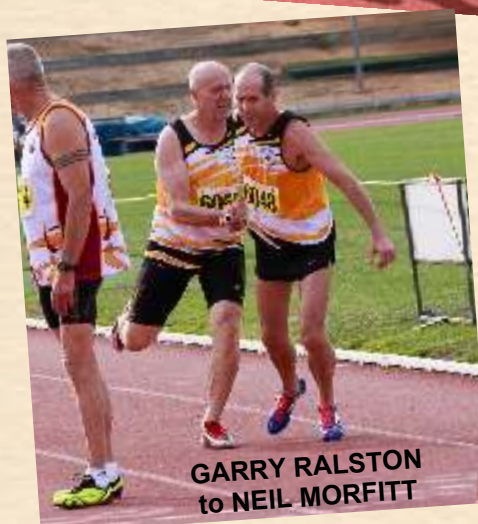
*SR

4x100m Men (180-239) 5 53.30

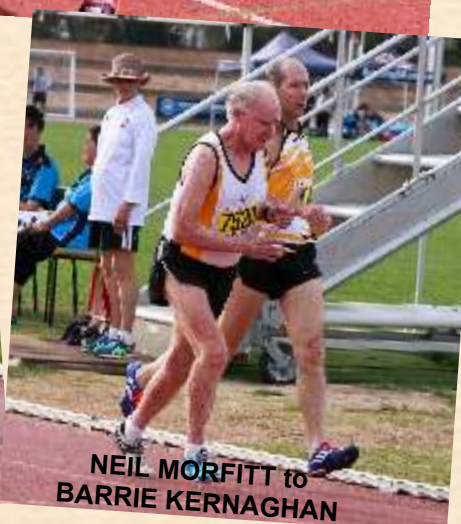
M50 Colin Smith
M75 Barrie Kernaghan
M45 Mark Elms
M60 Garry Ralston

4x400m Men (240+) 2 4:20.92

M60 Garry Ralston
M60 Neil Morfitt
M75 Barrie Kernaghan
M49 Mark Elms



GARRY RALSTON to NEIL MORFITT



NEIL MORFITT to BARRIE KERNAGHAN



BARRIE KERNAGHAN to MARK ELMS

Australian Masters Athletics Championships



JACKIE BEZUIDENHOUT



ABOVE: Brenda Painter leaps off the runway on her way to a bronze medal.

LEFT: An official keeps an eye on Lisa Limonas' take off.



Long jump

W45	Lisa Limonas	5	4.18m	+0.0
W55	Nicolette Whittington	1	3.81m	+3.0
W65	Carey Dickason	4	2.42m	+0.8
W70	Brenda Painter	2	2.73m	+0.3
W75	Ruth Johnson	2	2.96m	+0.0
M60	Garry Ralston	1	5.00m	-1.0



LENORE LAMBERT



NICOLETTE WHITTINGTON



CAREY DICKASON

Photo: MICHAEL'S PHOTOS

Australian Masters Athletics Championships

Triple jump



ABOVE LEFT: NSW's Vicki Townsend topped the W50 division with a 9.07m jump.

ABOVE: Miriam Cudmore won gold for South Australia when she jumped 7.36m.

LEFT: Lisa Limonas sails through the air on her way to a 9.02m jump.



Triple jump

W45	Lisa Limonas	4	9.02m	NWI
W70	Brenda Painter	1	6.17m	+3.5
W70	Lynne Schickert	2	4.91m	+1.0
W75	Ruth Johnson	2	6.33m	+1.1
M65	Geoff Brayshaw	1	8.61m	NWI



Australian Masters Athletics Championships



ABOVE: Geoff Brayshaw picked up a bronze medal with his throw.
INSET: Jim Davis threw 16.27m.

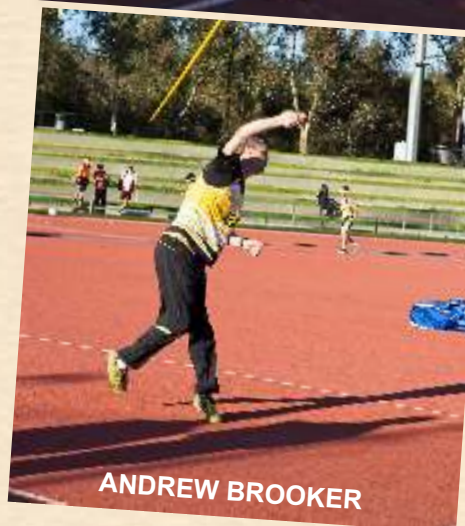
Photos: MICHAEL'S PHOTOS

LEFT: Tom Gravestock keeps an eye on his javelin and won gold.

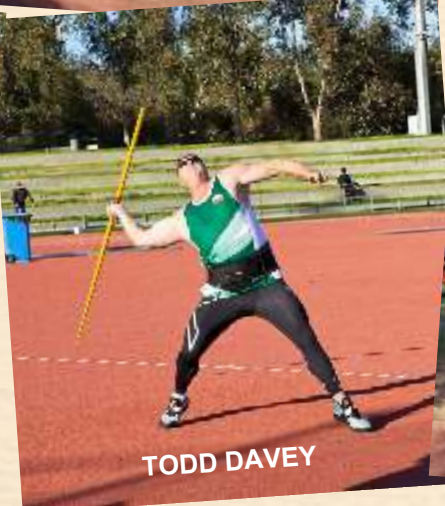


Javelin

W50	Yolanda Carstens	3	27.96m
W70	Bev Hamilton	2	15.37m
M40	Michael O'Toole	4	45.25m
M45	Andrew Brooker	3	36.41m
M50	Andrew Ward	4	34.99m
M60	Tom Gravestock	1	35.95m
M65	Geoff Brayshaw	3	30.29m
M65	Greg Wilson	6	25.13m
M80	Jim Davis	4	16.27m



ANDREW BROOKER



TODD DAVEY



YOLANDA CARSTENS

Throwers strike gold

By OSSIGEL

The throwers from WA excelled at the national championships in Adelaide. They won 21 gold, six silver and 10 bronze medals. That means about 40% of WA's Gold medals are from the throwers.

The women did very well and bagged eight gold medals. Byrony Glass (W35), our world record holder in the weight throw, was the winner of four national titles (hammer, shot put, weight throw and TP). Her weight throw of 16.75 m was one of if not the best result of the entire championship. Sally Sims (W35) set three PB's with the hammer, weight throw and in the TP. Sally is on the way to make the podium in the coming years.

Bev Hamilton (W70) collected six medals, three of them golden (shot put, weight throw and TP). Bev also set state records with the hammer and in the TP. Carey Dickason (W65) won her sole event, the hammer throw. Yolanda Carstens (W50) won bronze with the javelin and did well in the shot put and TP.

The men won 13 national titles. Jim Davis was the outstanding performer of the throwing events. He won five gold medals (shot put, discus, hammer, weight throw and TP). He improved his own state records with the hammer, the weight and in the TP. Finally, Jim became the throwing Champion of Champions, which



Tom Gravestock shows off the Royce Foley Award.

Photo: MICHAEL'S PHOTOS

was this year decided with the hammer. Jim had his hip replaced last year in July and it is a miracle that he reached such a high level again. Bunbury's John Fettus (M40) won at his first nationals with gold

medals in the discus and the weight. He also scored bronze in the shot put and the TP.

Tom Gravestock and Geoff Gee competed in the highly competitive M60 age group. Tom peaked just at the right time and won four titles (shot put, discus, javelin and TP) and placed second in the hammer. Geoff earned one silver (shot put) and three bronze medals (hammer, weight throw and TP). Ossi Igel (M65) won three Australian titles (shot put, discus and weight throw) despite a serious back injury, which stopped him training for three weeks. Andrew Brooker and Geoff Brayshaw (M65) won bronze medals for their javelin throws. Michael O'Toole (M40) and Greg Wilson did not medal despite good results.

Overall most of the throwers peaked just at the right time. The next big goals are the world masters championship in Perth. With the home ground advantage, several good results are on the wish list. Coach Lindsey Glass will start with the training in June.



AMA president Wilma Perkins presents Jim Davis with the Champion of Champions trophy.

Photo: MICHAEL'S PHOTOS

Australian Masters Athletics Championships

Throws

Andrew Ward releases the discus and keeps an eye on its flight.

Photos: MICHAEL'S PHOTOS

BYRONY GLASS

GEOFF GEE

JOHN FETTUS

BEV HAMILTON

My Nationals

I started Masters Athletics about four years ago. Adelaide was my second Nationals after Sydney in 2015. Initially, I wanted to compete in jumps and multi-events, as these were the favourite events during my young years. However my leg muscles did not like to sprint and jump again, therefore, I turned to throws, which I had done to a smaller extent before.

In February I was in great shape: In my new age group M65 I did well and was lucky and was able to set some PB's and several state records. The training was going well and I signed in for the nationals with great expectations.

However, a month later my lower back was a bit sore. With the next 10 minutes, the back was hurting like hell and I could not walk upright. There

was no chance to throw the weight and the javelin on that day. Three weeks later, thanks to acupuncture, chiropractic and massage the level of pain was low and I could do a few relaxed throws in training.

In Adelaide, I decided to reduce my programme by skipping hammer and my favourite event the throws pentathlon. The first event on Saturday was shot put. This is my strongest event and I was able to win it with a result close to my best. Sunday was discus although my technique was not good due to the long break and I threw a season-worst. However, it was good enough to win the Australian title. On Monday, I took a day off and explored the city and went sightseeing. So far my back was okay and I hoped the weight throw on Tuesday would go well. I surprised myself with a very good

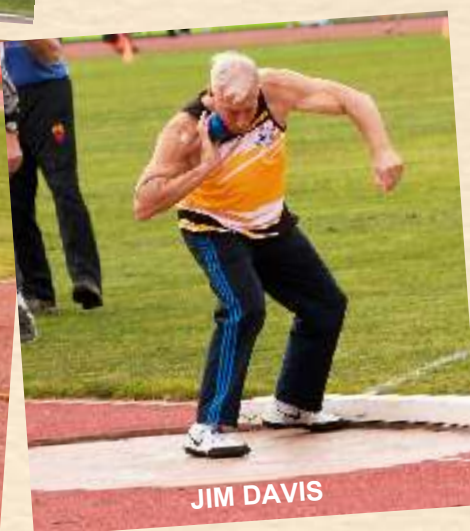
series of throws. One was the second best throw of my life which won the Australian title.

In discus and weight throw Rick Davison, a very kind "Kiwi", was the overall winner of the competition, but he was not eligible to become Australian champion. Rick and I became friends and I invited him to stay in my home during the World masters.

Overall I'm very lucky to compete after my back injury. I'm happy and little bit proud with the results. I look forward to the end of October when the master athletes of the world meet in Perth. Special thanks to my friend and coach Jim Davis, who introduced me to the secrets of the hammer and weight throw. Also thank you to the others athletes who keep me motivated.

OSWALD "OSSI" IGEL

Australian Masters Athletics Championships



Shot			
W35	Byrony Glass	1	11.06m
W35	Sally Sims	5	7.42m
W45	Mel Tantrum	5	7.43m
W50	Yolanda Carstens	4	10.00m
W70	Bev Hamilton	1	7.73m
M40	John Fettus	3	12.19m
M50	Andrew Ward	6	9.29m
M60	Tom Gravestock	1	12.57m
M60	Geoff Gee	2	12.03m
M65	Ossi Igel	1	11.40m
M65	Greg Wilson	5	8.41m
M80	Jim Davis	1	9.97m

Discus			
W35	Byrony Glass	2	33.90m
W35	Sally Sims	7	17.79m
W70	Bev Hamilton	2	21.22m
M40	John Fettus	1	34.15m
M50	Andrew Ward	5	29.82m
M60	Tom Gravestock	1	48.81m
M65	Ossi Igel	2	35.90m
(1 st Australian)			

M65	Greg Wilson	5	29.14m
M80	Jim Davis	1	26.30m
Hammer			
W35	Byrony Glass	1	51.09m
W35	Sally Sims	5	26.30m
W65	Carey Dickason	1	19.29m
W70	Bev Hamilton	3	25.33m
M50	Andrew Ward	6	25.13m
M60	Tom Gravestock	2	39.16m
M60	Geoff Gee	3	38.73m
M80	Jim Davis	1	32.83m

Weight			
W35	Byrony Glass	1	16.75m
W35	Sally Sims	4	10.90m
W70	Bev Hamilton	1	11.07m
M40	John Fettus	1	11.85m
M60	Geoff Gee	3	15.64m
M65	Ossi Igel	2	14.65m
(1 st Australian)			
M80	Jim Davis	1	*13.01m
*SR			

Pentathlon			points
W60	Julie Wilson	1	1600
M40	Michael O'Toole	2	2221
M60	Rob Antonioli	2	2177
M60	Tom Gravestock	3	2040

Throws pentathlon			
W35	Byrony Glass	1	3565
W35	Sally Sims	6	1773
W50	Yolanda Carstens	6	2768
W70	Bev Hamilton	2	*3958
M40	John Fettus	3	2657
M50	Andrew Ward	6	2321
M60	Tom Gravestock	1	3552
M60	Geoff Gee	3	3453
M80	Jim Davis	1	*3498
*SR			

(within throws pentathlon)			
W70	Bev Hamilton (shot)		*8.27m
M80	Jim Davis (hammer)		*34.12m
*SR			

Australian Masters Athletics Championships



ROB NICHOLS



PEGGY MACLIVER



JANNE WELLS

GOLD MEDALS

60m

W70 Peggy MacLaver
M60 Garry Ralston
M75 Barrie Kernaghan

100m

M60 Garry Ralston
M75 Barrie Kernaghan

200m

M60 Garry Ralston
M75 Barrie Kernaghan

400m

W60 Marg Saunders
W75 Ruth Johnson
M50 Colin Smith

800m

W75 Ruth Johnson
M80 David Carr

1500m

M80 David Carr

5000m

W40 Sandra Voesenek

10,000m

W40 Clare Wardle
M70 Jim Langford
M75 Morland Smith



300m hurdles

W60 Carol Bowman
M60 Garry Ralston

400m hurdles

W40 Sharon Davis

2000m steeplechase

W60 Marg Saunders
W70 Lynne Schickert
M80 David Carr

3000m steeplechase

M35 Rob Nichols

1500m walk

W45 Janne Wells

Cross country

W40 Clare Wardle
M70 Jim Langford
M80 David Carr

Long jump

W55 Nicolette Whittington
M60 Garry Ralston

Triple jump

W70 Brenda Painter
M65 Geoff Brayshaw

High jump

W70 Brenda Painter
W75 Ruth Johnson

Discus

M40 John Fettus
M60 Tom Gravestock
M65 Ossi Igel
M80 Jim Davis

Hammer

W35 Byroney Glass
W65 Carey Dickason
M80 Jim Davis

Javelin

M60 Tom Gravestock

Shot

W35 Byroney Glass
W70 Bev Hamilton
M60 Tom Gravestock
M65 Ossi Igel
M80 Jim Davis

Weight

W35 Byroney Glass
W70 Bev Hamilton
M40 John Fettus
M65 Ossi Igel
M80 Jim Davis

Pentathlon

W60 Julie Wilson

Throws pentathlon

W35 Byroney Glass
M60 Tom Gravestock
M80 Jim Davis

Australian Masters Athletics Championships



TOM GRAVESTOCK



RUTH JOHNSON



**KARYN
TOLARDO**

SILVER MEDALS

60m

W75 Ruth Johnson

100m

W70 Peggy Macliver
W75 Ruth Johnson

200m

W70 Peggy Macliver
W75 Ruth Johnson

400m

W40 Sharon Davis
M75 Barrie Kernaghan
M80 David Carr

800m

W60 Marg Saunders
M60 Neil Morfitt

1500m

W40 Sharon Davis

5000m

W40 Clare Wardle
M35 Rob Nichols
M70 Jim Langford

400m hurdles

M45 Mark Elms



2000m steeplechase

W60 Carol Bowman
M70 Bob Schickert

1500m walk

W50 Karyn Tolardo
W60 Julie Wilson
W70 Lynne Schickert
W75 Ruth Johnson
M80 Ray Hall

5000m walk

W45 Janne Wells
W50 Karyn Tolardo
W55 Lyn Ventris
W60 Julie Wilson
W70 Lynne Schickert

10km road walk

W50 Karyn Tolardo
W55 Lyn Ventris
W70 Lynne Schickert
M80 Ray Hall

Cross country

W40 Sharon Davis
M35 Rob Nichols
M75 Morland Smith

Long jump

W65 Carey Dickason
W70 Brenda Painter
W75 Ruth Johnson

Triple jump

W70 Lynne Schickert
W75 Ruth Johnson

High jump

W60 Julie Wilson
W70 Lynne Schickert
M45 Andrew Brooker
M65 Greg Wilson

Discus

W35 Byrony Glass
W70 Bev Hamilton

Hammer

W70 Bev Hamilton

Javelin

W70 Bev Hamilton

Shot

M60 Geoff Gee

Pentathlon

M40 Michael O'Toole
M60 Rob Antonioli

Throws pentathlon

W70 Bev Hamilton

4x 400m relay M240+

M60 Garry Ralston
M60 Neil Morfitt
M75 Barrie Kernaghan
M49 Mark Elms

Australian Masters Athletics Championships



JIM LANGFORD, DON
MATHEWSON and
BOB SCHICKERT



CAREY DICKASON



CLARE WARDLE, KRISTZA
KOVACS and SHARON DAVIS



JULIE WILSON,
MARGARET
SAUNDERS
and CAROL
BOWMAN

Photo: MICHAEL'S PHOTOS

BRONZE MEDALS

60m

W60 Lynne Choate

100m

W60 Lynne Choate

200m

W60 Lynne Choate

400m

M60 Neil Morfitt

1500m

W40 Clare Wardle
W65 Carey Dickason
M60 Bjorn Dybdahl

5000m

M70 Bob Schickert

2000m steeplechase

W60 Julie Wilson



5000m walk

W50 Cheryl-Lee Dean

10km road walk

M60 Harold Membrey

High jump

W45 Lisa Limonas

Pole vault

M60 Garry Ralston
M65 Geoff Brayshaw

Hammer

W70 Bev Hamilton
M60 Geoff Gee

Javelin

W50 Yolanda Carstens
M45 Andrew Brooker
M65 Geoff Brayshaw
M80 Jim Davis

Shot

M40 John Fettus

Weight

M60 Geoff Gee

Pentathlon

M60 Tom Gravestock

Throws pentathlon

M40 John Fettus
M60 Geoff Gee

Australian Masters Athletics Championships



King Colin



Colin Smith celebrates his victory in the 400m.