

# TFNL



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Juliana Kelly puts everything into her long jump at the state championships.

# Pushing the limits



# Championship bliss

By JOHN DENNEHY

The Indian summer continued in Perth with the 2017 State Championships benefitting from the spectacular weather and a competitor friendly programme designed to appease most MAWA members. The coolish conditions in the mornings suited the distance runners, with temperatures rising to help sprinters in the afternoon. The field event competitors just had to weather it all.

The Ern Clark Athletic Centre is a more intimate setting that seems to suit Masters athletes. Evident this year was the pleasing emergence of new talent but also the return to form of more experienced athletes, surely the sign of a healthy club.

Winner of the Anne Shaw trophy for the performance of the meet was David Carr, after a very serious challenge from multiple global champion thrower, Byrony Glass. Such is the talent on show that a performance that would shatter the world record in a few months time was needed to have your name engraved on the prestigious trophy.

Team Blurton – Barbara and Richard, are putting together enviable reputations as



Club patron, John Gilmour, presents the Anne Shaw trophy to David Carr.

organisers of athletic events. Richard, head of the Local Organising Committee for the global championships held in Perth last year and Barbara, manager of this event for more than a decade, put their undoubted experience to good use.

Once again, Barry Mullins' Finish Lynx equipment was used which meant distances less than 1500m could be ratified as state, national or world records. The perennial problem of helpers and officials withdrawing at the last minute was once again overcome with a mixture of bribery, begging and generosity. This is the only change that would be welcomed by all.

Those that performed these tasks were thanked profusely and are truly appreciated.

The strong social atmosphere was a feature of the weekend with families and friend's raucous support of competitors and several signs held by children (pre- pre- masters) on the sidelines. The traditional barbecue that is held at the completion of the programme was well attended as all those involved relived the events of the weekend some shrouded in bandages, some smothered in sunscreen and some swathed in medals of varying colours.

## Records

100m Hurdles	M65	Geoff Brayshaw	19.78	9-Apr-17	1500m walk	M55	Garry Hastie	7:24.21	8-Apr-17
80m Hurdles	W55	Delia Baldock	18.01	9-Apr-17	200m	W75	Ruth Johnson	39.34m	8-Apr-17
80m Hurdles	W45	Kathy Lawson	15.29	9-Apr-17	Hammer Throw	W40	Byrony Glass	45.54m	1-Apr-17
Weight throw	W40	Byrony Glass	*15.83m	9-Apr-17	Hammer Throw	W45	Christine Schelfhout	29.56m	1-Apr-17
Hammer	W40	Byrony Glass	*49.27m	8-Apr-17	Heavy Weight Throw	W40	Byrony Glass	*15.83m	1-Apr-17
Shot	W40	Byrony Glass	10.72m	8-Apr-17	Shot Put	W40	Byrony Glass	10.35m	1-Apr-17
Discus	W40	Byrony Glass	36.03m	8-Apr-17	Pentathlon	W60	Gay Wyatt	2076pts	1-Apr-17
Discus	W45	Jennifer Parker	30.59m	8-Apr-17	Pentathlon	W65	Maureen Keshwar	2616pts	1-Apr-17
Discus	W70	Bev Hamilton	23.09m	8-Apr-17	Pentathlon	W70	Brenda Painter	1856pts	1-Apr-17
3000m walk	W75	Lynne Schickert	23:23.52	8-Apr-17	Pentathlon	W75	Ruth Johnson	2940pts	1-Apr-17
300m Hurdles	W55	Delia Baldock	63.98	8-Apr-17	Throws Pentathlon	W40	Byrony Glass	3303pts	1-Apr-17
800m	W65	Barbara Blurton	2:59.13	8-Apr-17	Pentathlon	M80	Leon Sander	2875pts	1-Apr-17
High jump	W55	Delia Baldock	1.20m	8-Apr-17					





*Where did the runners go?*



*I'll be watching you*



*Shady group*



*When can I have a go?*



*Take a photo of us!*



*Hands on management*

## TFNL crew

Once again the coverage of the state champs has been enhanced. John Dennehy has been burning the midnight oil with his incisive reports and illustrated with photographs from Graeme Dahl and Carmel Meyer.



**GRAEME DAHL**



**JOHN DENNEHY**



**CARMEL MEYER**



# Vanessa's classy sub 19 minute run



Clare Wardle (421) and Kerin Thomson (508) head the pack in the early laps.

## WOMEN

Vanessa Carson	W35	18:38.12
Clare Wardle	W40	19:27.65
Jacqueline Kellerman	W40	19:35.52
Kerin Thomson	W50	21:42.77
Simone Solomon	W50	23:10.13
Sue Bourn	W50	23:14.87
Judy Davis	W50	28:32.13
Sue Zlnay	W55	21:28.80
Gillian Young	W65	24:39.76
Jackie Halberg	W70	28:10.87

The women's 5000m was taken out by Vanessa Carson (W35) in a fine time of 18:38.12. Aiming for anything below the 19-minute barrier, she is reaping the rewards from an increase in distance as she aims for the Perth marathon in a few months time. Clare Wardle (W40) picked up another title with an even paced run leading the field early on before finishing in 19:27.65.

Jacqueline Kellerman is a welcome newcomer to MAWA ranks and surprised many with her silver medal performance amongst a stellar field running 19:35.52. The W50s event was won convincingly by Kerin Thompson who is adapting to track running well coming from a multi-sport

background, returning a quality time of 21:42.77. The remaining medals were won by Simone Solomon (23:10.13) and Sue Bourn (23:14.87). Judy Davis continues to impress with her efforts in this age group. Her brief time in the sport continues to be punctuated by efforts beyond anything she would have ever imagined doing last year. She is a runner to the core. Sue Zlnay (W55) sat on a steady pace and used her lethal kick to run 21:28.80.

Gillian Young (W65) continued to race herself into form with a stellar effort of 24:39.76 and Jackie Halberg (W70) would have to be pleased with her effort of 28:10.87 for the 12 and a half lap journey.



JACQUELINE KELLERMAN



SUE ZLNAY



Sue Bourn (500) and Vanessa Carson (380) lead Simone Solomon (507).





Chris Lark leads Kim Thomas and Bryant Burman.

# MEN

Adrian Fabiankovits	M30	19:01.64
Rob Nichols	M35	16:41.02
Chris Lark	M35	17:41.66
Grant Perry	M35	20:34.96
Kim Thomas	M40	17:41.46
Bryant Burman	M40	18:32.08
Alan Gray	M50	21:21.89
Paul Scott-Taylor	M55	21:58.82
Giovanni Puglisi	M65	20:48.60
Graeme Dahl	M65	20:51.70
Brian Bennett	M65	22:52.08
Lui Cecotti	M65	27:13.26
Frank Price	M65	34:29.99
Jim Langford	M70	22:31.27
Jim Klinge	M70	22:36.67
Bruce Wilson	M70	23:02.90
David Baird	M70	23:18.73
Bob Hull	M70	23:33.99
Bob Schickert	M75	26:26.21
Morland Smith	M75	27:23.47
Irwin Barrett-Lennard	M85	31:46.96

## 5000m marks track start

The 5000m for men was held on Saturday, before the heat of the day struck, with Giovanni Puglisi (M65) racing the distance conservatively in 20:48.60 to add to his title haul. Graeme Dahl (M65) ran his usual honest race to earn his medal, coming home strongly in 20:51.70 to put Giovanni on notice. Brian Bennett won bronze in 22:52.08 followed by Lui Cecotti and Frank Price. A classy field in the M70s was duly won by Jim Langford in 22:31.27 just ahead of Jim Klinge (22:36.67) with Bruce Wilson showing good fitness to record 23:02.90 with David

Baird running fourth in 23:18.73 and Bob Hull next in 23:33.99. Bob Schickert (M75) gradually increased the distance on Morland Smith to finish in 26:26.21, Morland capturing silver with 27:23.47. Irwin Barrett-Lennard (31:46.96) was untroubled in winning the M85 title.

In the M30-64 5000m race there was no surprise as Rob Nichols (M35) led from pillar-to-post to add to his golden collection in 16:41.02. Primarily a steeplechaser (state record holder and world silver bronze medallist) he is a confident runner and tactically astute. M40 winner, Kim Thomas (M40) had a great race 17:41.46 against Chris Lark (M35) 17:41.66. Chris secured silver and Grant Perry a bronze (20:34.96). Bryant Burman was the silver medallist in the M40's adapting from the road to the track with ease. Adrian Fabiankovits (M30) looked fresh coming in with 19:01.64 for a state title. Alan Gray (M50) a Tuesday evening WAAS regular, used great pace judgement to record 21:21.89 tracking Paul Scott-Taylor (M55) who continues to execute his race plans to perfection, for most of the journey. Employing an analytical eye to his races Paul has been improving with every race this season.



ROB NICHOLS



PAUL SCOTT-TAYLOR and ALAN GRAY



GRAEME DAHL and GIOVANNI PUGLISI

Photo: CARMEL MEYER





Lisa Limonas  
(483), Jennifer  
Parker (484) and  
Cath Payne (402)  
run the bend in the  
200m.

## Lisa and Cath set sprint pace

Cath Payne (W40) 29.53 and Lisa Limonas (W45) 29.83 were the only female sprinters to crack the 30-second barrier with their winning times. Jennifer Parker (31.98) showed good strength in the straight with her silver medal effort. Cathy McCloskey (W50) showed a pleasing return to form in the 200m, seizing the crown in a sizzling 30.22. Juliana Kelly tracked her the whole way with a terrific bend to post a 32.10 for silver.

Sue Bourn picked up another medal (32.69) with a slim margin back to Simone

Solomon (32.74). Nicolette Whittington (W55) closed fast in 33.78 ahead of Delia Baldock (35.55). Carol Bowman (W60) strode to victory in 37.83 behind W65 winner Maureen Keshwar (37.08).

Peggy Macliver (W70) turned back the clock, or so it seemed, with her 34.99 time in the 200m. She came off the bend with great speed and maintained her form through to the line in a display of quality sprinting. Brenda Painter earned her silver medal with a 44.00 performance. Ruth Johnson's 39.34 for the W75 title is an exceptional time.



**CATHY McCLOSKEY  
and JULIANA KELLY**

### WOMEN 200m

Cath Payne	W40	29.53
Lisa Limonas	W45	29.83
Jennifer Parker	W45	31.98
Catherine McCloskey	W50	30.22
Juliana Kelly	W50	32.10
Sue Bourn	W50	32.69
Simone Solomon	W50	32.74
Nicolette Whittington	W55	33.78
Delia Baldock	W55	35.55
Carol Bowman	W60	37.83
Maureen Keshwar	W65	37.08
Peggy Macliver	W70	34.99
Brenda Painter	W70	44.00
Ruth Johnson	W75	39.34



**SUE BOURN**



**RUTH JOHNSON and  
PEGGY MACLIVER**



# Sprinters stop clocks



Sprinters in the first heat of the men's 200m get into stride (from left) Greg Brennan, Syed Mohammed Ad'ha Alju, Edward Beer and Carl Heslop.

Carl Heslop (M30) won the 200m in 27.93 with Syed Mohammed Ad'ha Alju winning the M40s in the day's only sub 26 clocking (25.64). Edward Beer collected a silver medal running a strong bend posting 26.15. Greg Brennan was untroubled by the distance to win the M45 crown in 26.36. Colin Smith (M50) adjusted his style from the indoors event to run 26.02 and score the title. Mark Dawson was the M55 gold medallist only doing the minimum for the win. Des Walsh (M60) moved up on Tony Downey just metres from the line to seize the title and post a 29.88. Tony ran his heart out and for most of the journey looked the winner; a lack of racing proving his downfall. He was nonetheless delighted with his medal. Barry Newell proved his calf injury has finally healed and was a thoroughly deserving bronze medal winner. Any man in the 65-69 age groups

that goes under 30 seconds for the 200m is a class act and Michael Byrne is a worthy recipient of this moniker with 29.58. Harold Membrey 32.50 held form under pressure to stave off Giovanni Puglisi (32.74) with Greg Kennedy (33.88) and Nick Miletic (33.96) following. Ivan Brown showed a surprising turn of speed (35.19) to claim the M70 crown from 100m winner, Ted Miller (45.42). Ivan has extended his repertoire over the last few seasons venturing into the patron's Trophy and high jump and sprints. With little fanfare, he makes his mark with his athleticism and competitive spirit. Brian Waldhuter (M75) ran 34.86 for his title ahead of Lyle James. David Carr (M80) had a great start and ran an aggressive bend to set up his race, his endurance bringing him home in 37.16. Irwin Barrett-Lennard (M85) won from Stan Lockwood running a 44.27.



## MEN 200m

Carl Heslop	M30	27.93
Syed Mohammed Ad'ha Alju	M40	25.64
Edward Beer	M40	26.15
Greg Brennan	M45	26.36
Colin Smith	M50	26.02
Mark Dawson	M55	31.24
John Dennehy	M55	38.02
Des Walsh	M60	29.88
Tony Downey	M60	30.17
Barry Newell	M60	30.79
Michael Byrne	M65	29.58
Harold Membrey	M65	32.50
Giovanni Puglisi	M65	32.74
Greg Kennedy	M65	33.88
Nick Miletic	M65	33.96
Ivan Brown	M70	35.19
Ted Miller	M70	45.42
Brian Waldhuter	M75	34.86
Lyle James	M75	48.96
David Carr	M80	37.16
Irwin Barrett-Lennard	M85	44.27
Stan Lockwood	M85	58.40



# Running to the max



Mark Dawson leads Keith Hill, Campbell Till and Akos Gyarmathy.

## 800m

### MEN

Carl Heslop	M30	2:24.47
Grant Perry	M35	2:39.27
Damian Franklin	M40	3:02.95
Xander van Rijen	M45	2:15.49
Andy Abbey	M45	2:29.83
Chris Groom	M45	2:39.15
Colin Smith	M50	2:34.21
John McShane	M50	2:50.78
Mark Dawson	M55	2:28.12
Campbell Till	M55	2:33.03
Keith Hill	M55	2:34.44
Akos Gyarmathy	M60	2:47.04
Brian Hewitt	M60	2:57.91
Michael Byrne	M65	2:47.39
Giovanni Puglisi	M65	2:52.06
William Hart	M65	3:19.66
Henri Cortis	M70	2:52.18
Ross Goulden	M70	2:52.58
David Baird	M70	3:00.30
Bob Hull	M70	3:05.60
Ivan Brown	M70	3:09.29
Maurice Creagh	M70	3:21.31
Bert Carse	M75	3:04.10
Bob Schickert	M75	3:31.48
Lyle James	M75	5:18.53
David Carr	M80	3:05.18
Cecil Walkley	M85	8:29.19

Carl Heslop (M30) 2:24.47, Grant Perry (M35) 2:39.27 and Damien Franklin (M40) 3:02.95, all won unopposed with the win gaining priority over times. In the M45's, elegant Xander van Rijen was imperious with his win never in doubt. Despite an ongoing knee problem, his quality training was put to good use running even splits and posting 2:15.49 – extraordinary. Andy Abbey fought hard for his silver (2:29.83) with Chris Groom in a pleasing 2:39.15.

Showing great potential, the lithe and long striding Colin Smith (M50) 'jogged' the first 600m and picked the pace up to

run 2:34.21. John McShane, showing huge improvements in fitness in his first season of masters' athletics, ran into silver with 2:50.78. Mark Dawson (M55) got to the front early in the race to avoid trouble and stayed there, returning a 2:28.12 for gold. The real battle was for the other medals with Campbell Till, returning from injury running a tactically superior race to out kick Keith Hill in the home straight posting 2:33.03 to Hill's 2:34.44. Akos Gyarmathy (M60) won in a stylish 2:47.04 from Brian Hewitt (2:57.91).

The M65 and M70 competitors were grouped together which provided a great

spectacle for the crowd. Michael Byrne (M65) led the field home in 2:47.39 with the photo finish sorting the athletes out behind him. The pictures suggested the naked eye was deceived, with times of Giovanni Puglisi (M65) 2:52.06, Henri Cortis (M70) 2:52.18 and Ross Goulden (M70) 2:52.58, separating the competitors. The athletes' varying body angles on the invisible finish suggesting differently. William Hart (M65) gained a bronze in 3:19.66 with David Baird (M70) renewed tactics suggesting a sub 3-minute result is within his grasp. He ran 3:00.30 for bronze.

In the M70 age group, Bob Hull finished in 3:05.60 for fourth, with Ivan Brown (3:09.29) and Maurice Creagh (3:21.31) following. Bert Carse (M75) put in a strong surge at the 500m mark to pass David Carr (M80) and drag him to a 3:05.18 finish. Bert's 3:04.10 won him the M75 title with David's time under the world record for M85s, the division he will enter in a few months time. This performance by David was considered the "Performance of the meet" winning him the Anne Shaw trophy. Bob Schickert (M75) took silver with a tactical run, with Lyle James in bronze. Cecil Walkley won the M85 title.



DAVID CARR heads BERT CARSE



XANDER VAN RIJEN





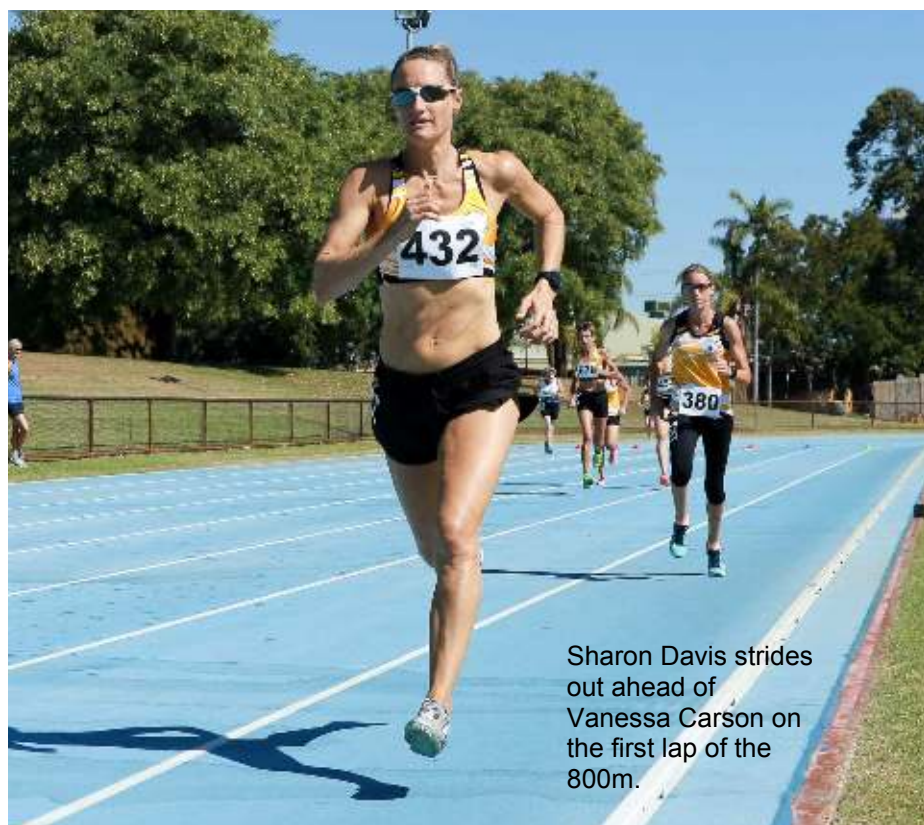
Barbara Blurton (670) leads Simone Solomon (507) and Vicki Cobby (452).

## Sharon stars as Barbara breaks record

Sadly the entrants in the Women's 800m event totalled seven, meaning just one race. However, Global 2016 finalist, Sharon Davis (W40) had the opportunity and honour of running against her inspiration, Barbara Blurton. She even ran the race in the same way, assertive and aggressive from the outset. Sharon came off the final bend 'slingshotting' her way to victory in 2:32.05.

Vanessa Carson (W35) gave a good account of herself (2:34.70) considering her credentials as a distance runner. Vicki Cobby (W45) went way under the three-minute barrier with a 2:56.90 employing her pentathlon experience to pick up another title. Simone Solomon (W50) ran a steady race and unwittingly acted as a pacemaker. Simone finished in 3:00.77 after an epic battle up the straight with Barbara Blurton, who smashed the state record in the process. The previous record (3:02.2) of Peggy Macliver was set in a pentathlon, no less.

The barefooted Erica Mercer (W70) and Ruth Johnson (W75) took out their respective titles unopposed.



Sharon Davis strides out ahead of Vanessa Carson on the first lap of the 800m.





MAIN PHOTO: The field takes off from the starting line (from left) Janne Wells, Lisa Limonas, Jennifer Parker, Cath Payne and Donna Abbey.



The field blasts off the starting line (from left) Simone Solomon, Sue Bourn, Sue Coate, Fran Cherry and Juliana Kelly.

## Slick times posted in championship run

In the W40 60m, Cath Payne ran a slick 8.90 for gold relegating Donna Abbey (9.31) to silver. Lisa Limonas (W45) won in 9.1 ahead of Jennifer Parker (9.81) and Janne Wells (10.58). The competitive W50 race saw victory taken by Sue Coate in 9.66 closely followed by Sue Bourn (9.73), Juliana Kelly (9.74), Fran Cherry (9.84) and Simone Solomon (10.99). Nicolette Whittington crossed the line in 9.84 for the W55 title ahead of Delia Baldock (10.89). Maureen Keshwar, riding high on the back of her pentathlon title, zipped through in 9.93.

World class sprinter, Peggy Macliver (W70), has shifted her focus to the shorter distances recently with good success. In 10.50 seconds the champion was crowned, leaving the other medals to Brenda Painter (11.63) and Luella Jenkins (11.81). Ruth Johnson, an underrated athlete at the best of times, got her chance to shine with a scintillating time of 11.51 win.

LEFT: Luella Jenkins (741), Peggy Macliver (731), Maureen Keshwar and Nicolette Whittington (574) walk back after their final.

### 60m

#### WOMEN

Cath Payne	W40	8.90
Donna Abbey	W40	9.31
Lisa Limonas	W45	9.10
Jennifer Parker	W45	9.81
Janne Wells	W45	10.58
Sue Coate	W50	9.66
Sue Bourn	W50	9.73
Juliana Kelly	W50	9.74
Fran Cherry	W50	9.84
Simone Solomon	W50	10.99
Nicolette Whittington	W55	9.84
Delia Baldock	W55	10.89
Maureen Keshwar	W65	9.93
Peggy Macliver	W70	10.50
Brenda Painter	W70	11.63
Luella Jenkins	W70	11.81
Ruth Johnson	W75	11.51





# Rookies show sprinting class



Competitors react to the gun (from left) Syed Mohammed Ad'ha Alju, Ed Beer and Sam Wong.

In the 60m sprint, Syed Mohammed Ad'ha Alju (M40) introduced himself to MAWA athletics posting a 7.70 time for the win. Fellow debutante, Sam Wong won his silver medal with 7.90 and Edward Beer ran 8.08 for bronze. Karl Weber (M45) muscled his way to the line in 7.92 seconds over Greg Brennan in 8.23.

Fresh from his exploits in Daegu, Colin Smith used his brilliant start to record 8.04 a step in front of Kim Taylor (8.19) and the improving Gin Ang (8.37). Mark Dawson went sub ten (9.96) easily accounting for John Dennehy (11.57). Des Walsh (M60) scorched over the distance in 9.13 winning from Tony Downey (9.26) in a thrilling tussle.

With a careless disregard for aerodynamics, a bearded Michael Byrne

The MAWA sprint ranks have been decimated by injuries this season with Wendy Seegers, Rudy Kocis, Barrie Kernaghan and David Clive in particular, notable by their absence.

“took no prisoners” with a 9.16 win. Greg Kennedy (9.74) out dipped Harold Membrey (9.78), with Giovanni Puglisi (9.89) and Nick Miletic (10.23) completing the field.

In the M70 event, Teddy Miller (10.79) pipped Bob Hull (10.85) on the line to take out the title with Rob Young (17.41) in bronze position. Bunbury's Lyle James (M75) won with a 13.58 effort and Stan Lockwood (M85) ran 16.32 for his gold medal.



MICHAEL BYRNE



Powering out of the blocks are (from left) Gin Ang, Kim Taylor, Colin Smith, Greg Brennan and Karl Weber.

## 60m

### MEN

Syed Mohammed Ad'ha Alju	M40	7.70
Sam Wong	M40	7.90
Edward Beer	M40	8.08
Karl Weber	M45	7.92
Greg Brennan	M45	8.23
Colin Smith	M50	8.04
Kim Taylor	M50	8.19
Gin Ang	M50	8.37
Mark Dawson	M55	9.96
John Dennehy	M55	11.57
Des Walsh	M60	9.13
Tony Downey	M60	9.26
Michael Byrne	M65	9.16
Greg Kennedy	M65	9.74
Harold Membrey	M65	9.78
Giovanni Puglisi	M65	9.89
Nick Miletic	M65	10.23
Ted Miller	M70	10.79
Bob Hull	M70	10.85
Rob Young	M70	17.41
Lyle James	M75	13.58
Stan Lockwood	M85	16.32



# Vanessa foregoes fast time

A quality field fought out state titles in the 1500m with Vanessa Carson (W35) forgoing a fast time but content on the win to complete her later events. Her 5:12.13 would have marked a PB last season. Sue Zlnay (W55) also impressed with a 5:52.72. Simone Solomon (W50) completed the distance in 6:10.02 with Gillian Young (W65) 6:47.17, for their various age group titles. Jackie Halberg (W70) ran 7:22.01 to outlast Erica Mercer for the crown.

Vanessa Carson pulls out a handy lead to the pack.

## 1500m

### WOMEN

Vanessa Carson	W35	5:12.13
Simone Solomon	W50	6:10.02
Sue Zlnay	W55	5:52.72
Gillian Young	W65	6:47.17
Jackie Halberg	W70	7:22.01
Erica Mercer	W70	8:05.06



Sue Zlnay strides out down the back straight on her way to a 5:52.72 1500m.



SIMONE SOLOMON



ERICA MERCER



GILLIAN YOUNG and JACKIE HALBERG



# Rob dominates with sizzling run



Jockeying for positions are Trevor Scott (573), Andrew Spratt (457) and Rob Nichols (391).

Rob Nichols (M35) appeared to lope along in the 1500m, as his 4:36.89 run continued his series of consistent races. Carl Heslop (M30) ran a controlled race as did Damien Franklin (M40) to take their respective titles. Andrew Spratt (M45) ran with long hair flailing behind a la John Walker, to capture his title in the metric mile in 4:56.18. Andy Abbey's silver was hard fought in 5:29.26, with 5:51.91 enough for Chris Groom to snatch bronze.

John McShane won the M50 crown in 5:40.97 over Alan Gray (5:52.62), both up with their season's best. Mark Dawson (M55) added to his gold medal haul with 5:19.16 ahead of distance runner Paul Scott-Taylor (6:01.55). Bjorn Dybdahl (M60) arrived in Perth the night before on a flight from China and ran 5:27.66 in his

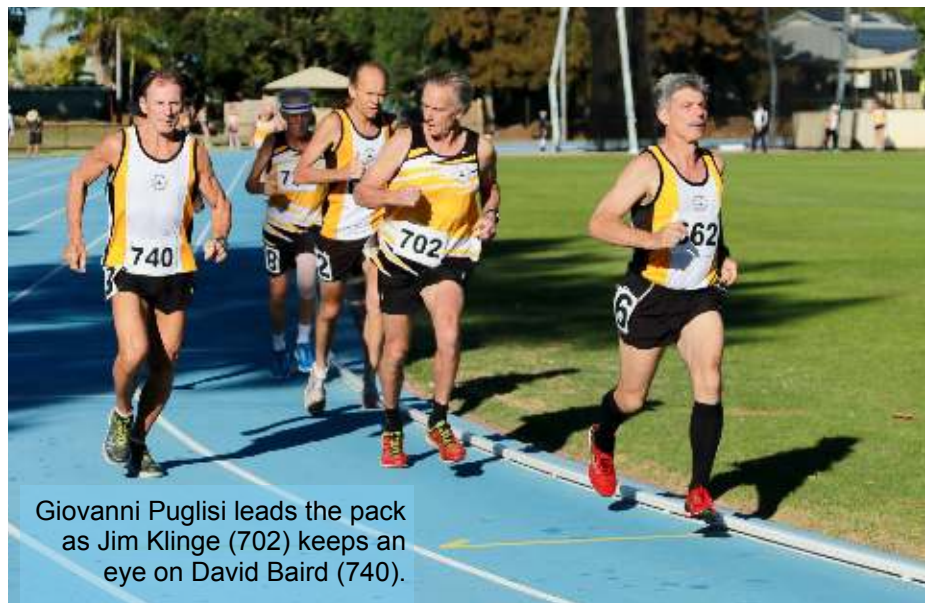
customary dogged style for the win, Akos Gyarmathy scored silver in 5:48.77 and Brian Hewitt looked comfortable with a 5:54.37 for bronze. Giovanni Puglisi (M65) 5:41.97 took the gold from 10km bronze medal winner Frank Price.

Jim Klinge (M70) scraped under six minutes with 5:59.89 for the title in his usual determined manner, Bruce Wilson taking silver in 6:18.48 with David Baird in third (6:20.16) after a stirring sprint finish. Bert Carse (M75) looked imposing with his 6:19.89 run with Bob Schickert again steady clocking 7:13.64.

Morland Smith snared bronze in 7:35.75. David Carr's title was won in 6:42.13 (within four seconds of the M85 World Record). Cecil Walkley (M85) took the title with a comfortable run.



CHRIS GROOM leads ANDY ABBEY



Giovanni Puglisi leads the pack as Jim Klinge (702) keeps an eye on David Baird (740).

## 1500m

### MEN

Carl Heslop	M30	4:54.01
Rob Nichols	M35	4:36.89
Damian Franklin	M40	6:30.45
Andrew Spratt	M45	4:56.18
Andy Abbey	M45	5:29.26
Chris Groom	M45	5:51.91
John McShane	M50	5:40.97
Alan Gray	M50	5:52.62
Mark Dawson	M55	5:19.16
Paul Scott-Taylor	M55	6:01.55
Bjorn Dybdahl	M60	5:27.66
Akos Gyarmathy	M60	5:48.77
Brian Hewitt	M60	5:54.37
Giovanni Puglisi	M65	5:41.97
Frank Price	M65	9:53.51
Jim Klinge	M70	5:59.89
Bruce Wilson	M70	6:18.48
David Baird	M70	6:20.16
Bob Hull	M70	6:41.22
Bert Carse	M75	6:19.89
Bob Schickert	M75	7:13.64
Morland Smith	M75	7:35.75
Lyle James	M75	11:12.00
David Carr	M80	6:42.13
Cecil Walkley	M85	17:08.80



# Cath clears out to secure crown



Cath Payne takes command followed by Donna Abbey and Jennifer Parker.

Cath Payne (14.33) sprinted to victory over Donna Abbey (15.18) in the W40 100m dragging Jennifer Parker (W45) along to a 15.5 run for her championship title. Sue Coate (15.17) enhanced her multi-event claims with a decisive victory in the W50s over Juliana Kelly (15.44), Sue Bourn (15.77), Simon Solomon (16.07) and Fran Cherry (16.30). W55 Delia Baldock (17.25) cruised along unopposed for her victory as did Maureen Keshwar (W65) in 16.11.

Peggy Macliver laid claims to the sprint treble with a 16.8 time in the blue riband event. The other W70s left in her wake were Brenda Painter (19.22) and Luella Jenkins (19.93). Once again Ruth Johnson's time in the W75 division of 18.63 was a class effort.



Sue Coate (far side) leads from Juliana Kelly and the rest of the field.



Maureen Keshwar leads Peggy Macliver and Ruth Johnson.

## 100m

### WOMEN

Cath Payne	W40	14.33
Donna Abbey	W40	15.18
Jennifer Parker	W45	15.50
Sue Coate	W50	15.17
Juliana Kelly	W50	15.44
Sue Bourn	W50	15.77
Simone Solomon	W50	16.07
Fran Cherry	W50	16.30
Delia Baldock	W55	17.25
Maureen Keshwar	W65	16.11
Peggy Macliver	W70	16.80
Brenda Painter	W70	19.22
Luella Jenkins	W70	19.93
Ruth Johnson	W75	18.63



# Top athletes take off in sprint dash



Syed Mohammed Ad'ha Alju gets airborne as he leads the field in the M34-49 100m final.

Syed Mohammed Ad'ha Alju posted a 12.24 over Edward Beer's 12.64 and Sam Wong 12.83 in the M40's 100m title race. Greg Brennan (12.93) grabbed the M45 title with an injury to Karl Weber making his job easier.

Colin Smith (M50) was always in command in his race turning in a surprisingly quick 12.71 over Kim Taylor (12.96) dipping under 13 seconds. Gin Ang ran 13.48 despite shin splints and a

heavy travelling schedule for his bronze. Mark Dawson (M55) continued his recovery from illness with good sprinting (16.21) to John Dennehy's 17.31, both athletes a few seconds away from early season's efforts.

Des Walsh went 14.67 with a very tight hamstring for the M60 title. Michael Byrne (M65) 'glided' to victory in 14.68 with Harold Membrey showing great speed in 15.55 and Nick Miletic scored a

hard fought bronze (16.16) ahead of Greg Kennedy. Ted Miller ran 16.13 to grab the M70 title over middle distance runner Ivan Brown (17.17).

Brian Waldhuter, another Bunbury sprinter, won the M75 division in 16.44 with Mike O'Reilly in silver with 16.76 and Lyle James in third. Irwin Barrett-Lennard (M85) ventured into sprinter territory winning in 20.41, relegating Stan Lockwood to silver in 26.79.



Evergreen Irwin Barrett-Lennard shows a style that belies his age to win the gold medal.



Looking relaxed after their 100m final are (from left) Gin Ang, Colin Smith and John Dennehy.

## 100m

### MEN

Syed Mohammed Ad'ha Alju	M40	12.24
Edward Beer	M40	12.64
Sam Wong	M40	12.83
Greg Brennan	M45	12.93
Karl Weber	M45	16.39
Colin Smith	M50	12.71
Kim Taylor	M50	12.96
Gin Ang	M50	13.48
Mark Dawson	M55	16.21
John Dennehy	M55	17.31
Des Walsh	M60	14.67
Michael Byrne	M65	14.68
Harold Membrey	M65	15.55
Nick Miletic	M65	16.16
Greg Kennedy	M65	18.01
Ted Miller	M70	16.13
Ivan Brown	M70	17.17
Brian Waldhuter	M75	16.44
Mike O'Reilly	M75	16.76
Lyle James	M75	22.81
Irwin Barrett-Lennard	M85	20.41
Stan Lockwood	M85	26.79



# Athletes ignore pain barrier



Early leader Bjorn Dbydahl (630) tries to hold off Des Walsh (622) and Mark Dawson (561).

In taking the M30 crown, Carl Heslop ran 1:02.47. Despite no history in the event, Syed Mohammed Ad'ha Alju headed out strongly and fought off the lactic acid monster in the straight to post a sterling 1:05.65.

Colin Smith (M50) demonstrated tactical nous in his 57.59 victory. Showing no signs of fatigue he held his form well in the run to the line in a very impressive 'solo' run. Mark Dawson won in 1:07.15,

having to ignore Campbell Till who suffered a 'hammy' pull before midway through the first bend, hopefully just a 'blip' in his recovery from a serious foot injury.

In the M60s, Des Walsh overhauled early leader, Bjorn Dybdahl, within the shadows of the post, running 1:08.02 to grab the title by .47 of a second. Brian Hewitt ran third, his long stride taking him to a 1:15.59. Michael Byrne displayed

perfect form, winning as he liked in 1:07.53. Second placer, Harold Membrey, finished his busy program with a 1:22.03.

Third place went to Nick Miletic in 1:27.24. Mike O'Reilly (M75) returned to form clocking 1:24.20 in winning ahead of Lyle James. The brilliant David Carr (M80) showed composure, strength and determination in equal measure to record 1:21.03 in a superb display. Cecil Walkley (M85) ran 3:45.21 to win his age group.



CARL HESLOP



NICK MILETIC

## 400m

### MEN

Carl Heslop	M30	1:02.47
Syed Mohammed Ad'ha Alju	M40	1:05.65
Colin Smith	M50	57.59
Mark Dawson	M55	1:07.15
Des Walsh	M60	1:08.02
Bjorn Dybdahl	M60	1:08.49
Brian Hewitt	M60	1:15.59
Michael Byrne	M65	1:07.53
Harold Membrey	M65	1:22.03
Nick Miletic	M65	1:27.24
Henri Cortis	M70	1:14.87
Ross Goulden	M70	1:17.07
Ivan Brown	M70	1:24.44
Maurice Creagh	M70	1:29.43
Mike O'Reilly	M75	1:24.20
Lyle James	M75	2:22.43
David Carr	M80	1:21.03
Cecil Walkley	M85	3:45.21



# Impressive pace set by top three

Cath Payne scored the sprint 'quad' with her win in the W40 400m, closing it out with 1:10.35. Vicky Cobby, despite undertaking a massive programme put together a beautiful 'quarter' in 69.64, the only women to go under 70 seconds.

Cathy McCloskey (W50) was no less impressive as she resisted the temptation to go out too hard for the first half and apportioned her effort to run 1:11.01, a significant improvement on her Perth 2016 result. Juliana Kelly also ran well to add another medal (silver) with Simone Solomon in bronze. Delia Baldock captured the W55 crown with a 1:29.12 with Carol Bowman (W60) showing rare aggression to record a 1:24.91 and the win.

Barbara Blurton (W65) gave a lesson in 400m running with a return to the sport after a decade out from a series of injuries. Many present had never seen her run and only a search through the records would indicate her talent. Running even splits with a distinctive high back-kick style that has been refined, she clocked 1:15.97.

Erica Mercer (W70) returned 1:42.92 for the distance and Ruth Johnson's 1:37.93 enhanced her reputation for quality runs taking out the W75 event.

Vicki Cobby (452) leads Cath Payne (402) in their 400m final.

## 400m

### WOMEN

Cath Payne	W40	1:10.35
Vicki Cobby	W45	1:09.64
Catherine McCloskey	W50	1:11.01
Juliana Kelly	W50	1:15.29
Simone Solomon	W50	1:16.90
Delia Baldock	W55	1:29.12
Carol Bowman	W60	1:24.91
Barbara Blurton	W65	1:15.97
Erica Mercer	W70	1:42.92
Ruth Johnson	W75	1:37.93



BARBARA BLURTON



SIMONE SOLOMON



DELIA BALDOCK



# 2017 State Athletics Championships



Delia Baldock and Sue Coate clear the hurdle in the 80m event.



**DONNA ABBEY**



## 80m Hurdles

Vicki Cobby	W45	14.95
Kathy Lawson	W50	*15.29
Sue Coate	W50	17.69
Delia Baldock	W55	*18.01
Carol Bowman	W60	21.31
Maureen Keshwar	W65	20.86
*State Record		

## 100m Hurdles

Jo Moutia	M50	28.65
Geoff Brayshaw	M65	*19.78
Greg Kennedy	M65	23.34
Harold Membrey	M65	29.10
* State Record		

## 300m Hurdles

Sue Coate	W50	1:03.93
Delia Baldock	W55	*1:03.98
Carol Bowman	W60	DQ
Maureen Keshwar	W65	1:12.95
* State Record		

Giovanni Puglisi	M65	1:01.20
Greg Kennedy	M65	1:05.55
Harold Membrey	M65	1:08.07
Nick Miletic	M65	1:12.78
Bruce Wilson	M70	1:08.28
Brian Waldhuter	M75	1:05.56

## 400m Hurdles

Donna Abbey	W40	1:26.55
Vicki Cobby	W45	1:20.22



Competitors tackle the first hurdle (from left) Brian Waldhuter (762), Bruce Wilson (713), Harold Membrey (653), Greg Kennedy (682) and Giovanni Puglisi (662).



# Vicki cleans up for gold

Vicky Cobby (W45) hurdled cleanly for the win in the 80m hurdles in 14.95 secs with Sue Coate (17.69) filling second behind Kathy Lawson (15.29) who set a new state record winning gold.

Delia Baldock (W55) also hurdled well to establish a W55 state record. Training mates, Carol Bowman (W60) and Maureen Keshwar (W65) were rewarded with state titles running 21.31 and 20.86 respectively.

The men 100m sprint hurdles were won by Jo Moutia (M50) who used his long legs to clear the sticks in a smart time. Decathlon record holder, Geoff Brayshaw, posted a 19.78 for the win in the M65 event and set a state record, followed by Greg

Kennedy (23.34) and Harold Membrey (29.10).

The long hurdles for women in the W50 division was won in 1:03.93 by Sue Coate who pipped Delia Baldock (W55) on the line. Delia time of 1:03.98 was a state record. Maureen Keshwar (W65) turned in a 1:12.95 for a fine win in a new event for her. Donna Abbey (W40) won the 400m hurdles in 1:26.55 and Vicki Cobby (W45) ran 1:20.22 for her title. Giovanni Puglisi added another title winning the 300m hurdles in 1:01.20. Silver went to Greg Kennedy in 1:05.55 and bronze to Harold Membrey in 1:08.07. The winner in the M70 was Bruce Wilson in 1:08.28 and Brian Waldhuter won the M75 in 1:05.56.



MAIN PHOTO: Vicki Cobby concentrates on her way to gold in the 400m event.

**MAUREEN KESHWAR**

**GREG KENNEDY**

Greg Brayshaw set a state record in the 100m hurdles.



# Lisa wins silver as Vicki takes gold



Lisa Limonas jumped 1.30m to win silver in the W45 high jump.

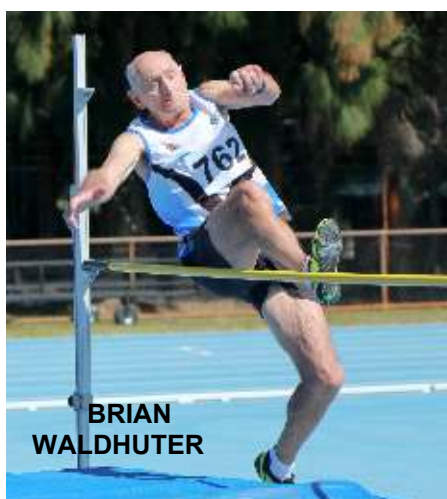
Lisa Limonas (W45) sustained a knee injury in the high jump in gaining a silver medal height of 1.30m, behind Broome resident, Vicki Cobby (1.35m) who made the trip down to the champs worthwhile, gathering a clutch of medals. Sue Coate (1.30m) won the W50 contest with Delia Baldock (W55) setting a state record of 1.20m for her title. Gay Wyatt won the W60s clearing 1.07m ahead of Carol Bowman (0.95m). Brenda Painter (W70) and Lynne Schickert (W75) were also winners in their respective categories.

Carl Heslop (M30) cleared 1.35m for the state title, with decathlete, Andrew Brooker (M45) showing his class despite still recovering from injury, with a super 1.55m clearance to win gold. Tony Downey (M60) reserved his energy for the track events with 1.20m all he needed for the title. Dave Wyatt fended off a determined duo of Greg Wilson and Greg Kennedy for the M65 crown. His winning height was 1.35m, with Greg Wilson in silver on countback from Greg Kennedy, with 1.15m jumps.

Phil Smyth (M70) has recently added the vertical jump to his programme and was within 2cm of the state record with his 1.25m effort. Brian Waldhuter (M75) equalled his own record with his winning height of 1.20m.



PHIL SMYTH



BRIAN WALDHUTER



GREG WILSON





VICKI COBBY

**High Jump****WOMEN**

Vicki Cobby	W45	1.35m
Lisa Limonas	W45	1.30m
Sue Coate	W50	1.30m
Delia Baldock	W55	*1.20m
Gay Wyatt	W60	1.07m
Carol Bowman	W60	0.95m
Brenda Painter	W70	0.92m
Lynne Schickert	W75	0.86m

\* State Record

**MEN**

Carl Heslop	M30	1.35m
Andrew Brooker	M45	1.55m
Tony Downey	M60	1.20m
Dave Wyatt	M65	1.35m
Greg Wilson	M65	1.15m
Greg Kennedy	M65	1.15m
Phil Smyth	M70	1.25m
Brian Waldhuter	M75	1.20m



Carl Heslop prepares to sail over the bar.



Gay Wyatt keeps an eye on Tony Downey as he clears the bar.



# 2017 State Athletics Championships



SUE COATE



LUELLA JENKINS



RUTH JOHNSON



MAIN PHOTO  
sails through  
way to the



BRENDA  
PAINTER

## Long Jump

### WOMEN

Donna Abbey	W40	4.26m
Cath Payne	W40	4.19m
Jennifer Parker	W45	3.89m
Sue Coate	W50	3.66m
Fran Cherry	W50	3.11m
Delia Baldock	W55	3.25m
Gay Wyatt	W60	3.22m
Luella Jenkins	W70	2.55m
Brenda Painter	W70	2.47m
Ruth Johnson	W75	2.64m
Lynne Schickert	W75	1.87m

## Long Jump

### MEN

Justin Vincent	M30	5.34m
Grant Perry	M35	4.10m
Jeff Bilman	M45	4.90m
Kevin Collins	M45	2.66m
John Dennehy	M55	3.00m
Mark Hewitt	M60	3.77m
Des Walsh	M60	3.75m
Dave Wyatt	M65	4.36m
Geoff Brayshaw	M65	4.05m
Rob Young	M70	1.36m



## Donna jumps to gold

Donna Abbey (W40) is now able to consistently long jump more than 4m and produced 4.26m under competition pressure to take the title ahead of Cath Payne (4.19m). Jennifer Parker (W45) won with a distance of 3.89m with Sue Coate (W50) jumping 3.66m for her gold ahead of Fran Cherry in silver with 3.11m. Delia Baldock (W55) 3.25m and Gay Wyatt (W60) 3.22m both took titles with their best jumps. Luella Jenkins and Brenda Painter finished in that order in the W75 division and Ruth Johnson scored a victory over Lynne Schickert in the W75 event.

In the men's long jump, M65s Dave Wyatt and Geoff Brayshaw had a great battle with Dave's best of 4.36m clinching the title. Geoff finished in silver with 4.05m. Justin Vincent (M30), off limited training, was able to produce an excellent jump of 5.34m. Mark Hewitt (M60) an accomplished runner, won his division by 2cm with a 3.77m effort over Des Walsh. Kevin Collins (M45) jumped well to record a 2.66m but was headed on the day by Jeff Bilman's 4.90m John Dennehy managed a 3.00m jump and Rob Young (M70) secured gold in the M70's.

PHOTO: Donna Abbey  
leaping through the air on her  
way to the gold medal.







Gay Wyatt sails through the air on her way to a 6.85m jump.



LISA LIMONAS

## Lisa ignores injury to win

Only one woman jumped more than eight metres in the triple jump and Lisa Limonas did it carrying an injury. The W45 competitor coached expertly by Dave Wyatt, 'stepped' out to 8.04m ahead of Jennifer Parker (7.94m) and Janne Wells (7.28m). Fran Cherry (W50) aggravated an injury in the run-up but scored the title with 7.23m and Delia Baldock (W55) went 7.46m for her crown. Gay Wyatt (W60) displayed solid technique winning in 6.85m with Brenda Painter (5.95m) and Ruth Johnson (W75) 6.19m jumping well for their titles with Lynne Schickert a silver medallist.

Geoff Brayshaw gained a measure of revenge over Dave Wyatt from the M65 long jump with a triple jump win, albeit by 4cm. In a tight, tense contest Geoff's 9.04m best secured the title ahead of Dave's 9.00m effort, the contest bringing the best out in both athletes. Phil Smyth (M70) is still a novice in the jumping arena but 8.15m would put him in the mix nationally. The M75 title was won by Brian Waldhuter with his best of 7.52m.



DELIA BALDOCK



JENNIFER PARKER





PHIL SMYTH



FRAN CHERRY



JANNE WELLS



Dave Wyatt  
flinches as he  
lands in the  
sand.



BRIAN WALDHUTER

Triple jump		
Lisa Limonas	W45	8.04m
Jennifer Parker	W45	7.94m
Janne Wells	W45	7.28m
Fran Cherry	W50	7.23m
Delia Baldock	W55	7.46m
Gay Wyatt	W60	6.85m
Brenda Painter	W70	5.95m
Ruth Johnson	W75	6.19m
Lynne Schickert	W75	4.86m
Geoff Brayshaw	M65	9.04m
Dave Wyatt	M65	9.00m
Phil Smyth	M70	8.15m
Brian Waldhuter	M75	7.52m



LYNNE SCHICKERT





Jeff Bilman loses  
his hat as he  
prepares to throw  
the javelin.

## Tony pushes Jo to victory

Popular athlete Tony Downey returned to MAWA competition in his new age group (M60) competing in a variety of events. In the javelin, off very little training but a wealth of talent, he challenged Jo Peters for much of the contest. Peters' winning throw was 34.04m to Downey's 32.83m. Des Walsh on the back of pentathlon training was able to produce an effort of 17.28m for bronze. In somewhat of an upset, specialist walker, Garry Hastie took out the M55 javelin title from Andrew Ward. Appearing as the cover picture for the event's programme he proved this wasn't an illusion by throwing the 700gm implement 35.23m with Andrew settling for silver with 32.46m, both revelling in the contest.

State record holder Stan Selby (M70) demonstrated his superb technique to post a throw of 36.94m to trounce Phil Smyth 24.66m and Rob Young 14.84m. Bob Fergie 19.65m and Jim Davis 12.15m were the medal winners in the M80 division with Rob Shand, a recent addition to the M85 ranks unopposed with 18.47m. Jeff Bilman grabbed the title in the M45 age group with an effort of 32.01m ahead of Wayne Byram (27.36m).

"Man Mountain", Todd Davey, a vocal thrower, announced each throw loudly and sent the javelin out to the wild blue yonder – or 40.22m to be exact, for the longest throw of the competition. Thomas Murrell held silver position with 27.41m.

### Javelin

#### MEN

Jeff Bilman	M45	32.01m
Wayne Byram	M45	27.36m
Todd Davey	M50	40.22m
Thomas Murrell	M50	27.41m
Garry Hastie	M55	35.23m
Andrew Ward	M55	32.46m
Jo Peters	M60	34.04m
Tony Downey	M60	32.83m
Des Walsh	M60	17.28m
Oswald Igel	M65	29.85m
Greg Kennedy	M65	18.16m
Stan Selby	M70	36.94m
Phil Smyth	M70	24.66m
Rob Young	M70	14.84m
Bob Fergie	M80	19.65m
Jim Davis	M80	12.15m
Robert Shand	M85	18.47m



TONY DOWNEY



STAN SELBY



# Training pays off for Yolanda

Women's javelin thrower, Yolanda Carstens (W50) garnered many plaudits from her competitors with her javelin technique honed over many hours of training. Her gold medal-winning distance was 27.04m and this was enough to hold out Sue Coate (24.78m), Paula Kennedy (23.89m) and Debra Cox in a tightly contested event.

Zoe Richards grabbed the W30 crown with her best of 20.83m with Chris Schelfhout (W45) sending the spear out to 19.74m for the W45 title. Sheryl Wooley earned her silver medal throwing 18.00m, with Queensland's Althea Mackie third courtesy of a 17.91m throw.

Kate Glass, who by her own admission has not been in great form this season, hampered by a recurring back injury amongst other things, was able to gather herself for a major competition, much as her daughter, Byrony does. Kate's throw of 13.16m was still enough for the win ahead of June Streeter.

Bev Hamilton relished the competition winning the W70 division with a series of good throws culminating in a 15.25m for a gold medal while Luella Jenkins won the silver (14.57m) with Brenda Painter in bronze (12.69m).

Kate Glass watches the flight of her javelin.

## Javelin

### WOMEN

Zoe Richards	W40	20.83m
Christine Schelfhout	W45	19.74m
Sheryl Woolley	W45	18.00m
Althea Mackie (QLD)	W45	17.91m
Yolanda Carstens	W50	27.04m
Sue Coate	W50	24.78m
Paula Kennedy	W50	23.89m
Debra Cox	W50	15.31m
Kate Glass	W65	13.16m
June Streeter	W65	9.14m
Bev Hamilton	W70	15.25m
Luella Jenkins	W70	14.57m
Brenda Painter	W70	12.69m





# Byrony's golden champs

Byrony Glass had a superb competition across all the events she entered with top-shelf performances. Her shot put exceeded the state record of 9.92m easily, with her best being 10.72m. Jasmin Karwacki (9.21m) was a centimetre away from the old record in winning a silver medal and Sally Sims threw a 7.86m for bronze. Zoe Richards (W40) threw 8.23m for her title. Jennifer Parker headed the field in the W45 shot with 8.90m her best.

In runner-up position was Vicki Cobby (8.44m) Sheryl Woolley landing the shot exactly seven metres from the kick board for bronze. Yolanda Carstens added the shot title to her preferred javelin, sending the 3kg ball out to 10.85m, threatening the 10.96m state best. Paula Kennedy was second with her 9.88m and third was Sue Coate with 9.66m.

Kate Glass managed a 6.24m to win, over June Streeter (5.36m) for the W65 crown. Multiple record holder, Bev Hamilton didn't need to approach her best, winning with a 7.52m effort. Peggy Macliver surprised a few onlookers with a foray into the circle, securing a silver throwing 6.15m, five cm ahead of bronze medallist, Luella Jenkins.



Zoe Richards concentrates on the job ahead.

## Shot WOMEN

Byrony Glass	W35	*10.72m
Jasmin Karwacki	W35	9.21m
Sally Sims	W35	7.86m
Zoe Richards	W40	8.23m
Jennifer Parker	W45	8.90m
Vicki Cobby	W45	8.44m
Althea Mackie (QLD)	W45	8.09m
Sheryl Woolley	W45	7.00m
Yolanda Carstens	W50	10.85m
Paula Kennedy	W50	9.88m
Sue Coate	W50	9.66m
Debra Cox	W50	5.80m
Kate Glass	W65	6.24m
June Streeter	W65	5.36m
Bev Hamilton	W70	7.52m
Peggy Macliver	W70	6.15m
Luella Jenkins	W70	6.10m

\* W40 State Record



SUE COATE



JENNIFER PARKER



# Todd's blood-curdling effort

John Fettus (M40) hurled the shot 11.56m to win his age group with the dreadlocked Peter Tua (M45), sending it out to 8.53m to win from Wayne Byram (7.15m). Todd Davey (M50) kindly announced his efforts with blood-curdling shouts, allowing the officials to move well out of the way and drawing the crowd into the contest. He propelled the 6kg metal ball a massive 14.61m seemingly defying gravity and challenging his own 15.00m state record. Thomas Murrell was not intimidated, throwing 9.66m for a well-earned silver medal. Andrew Ward (M55) responded well from the competition provided by Peter Watene, the pair returning distances of 8.96m and 8.43m respectively.

Geoff Gee (M60) made a victorious appearance in the shot putt, throwing 12.33m, with second place going to Jo Peters (11.47m). Ossi Igel turned back the challenge from Mike Anderson winning with a distance of 11.51m and Rob Young (M70) crept over the seven-metre mark to take the gold. The M80 division was a close fought affair with the win eventually going to Jim Davis (8.97m) from John Cochrane (8.54m) and Bob Fergie (7.60m).

Todd Davey prepares to challenge his own state record with another Herculean effort.



MIKE ANDERSON



JO PETERS

## Shot

### MEN

John Fettus	M40	11.56m
Peter Tua	M45	8.53m
Wayne Byram	M45	7.15m
Todd Davey	M50	14.61m
Thomas Murrell	M50	9.66m
Andrew Ward	M55	8.96m
Peter Watene	M55	8.43m
Geoffrey Gee	M60	12.33m
Jo Peters	M60	11.47m
Oswald Igel	M65	11.51m
Mike Anderson	M65	6.13m
Rob Young	M70	7.07m
Jim Davis	M80	8.97m
John Cochrane	M80	8.54m
Bob Fergie	M80	7.60m



## Byrony breaks Australian record mark

Byrony Glass, buoyed by her form in her other events, continued her dominant performances by setting a pending Australian record in the weight throw. She smashed the state record of 11.67m and Australian record of 14.62m with her 15.83m best, with Sally Sims collecting silver. Chris Schelfhout took the top prize in the W45s with an 8.88m her best just ahead of Jennifer Parker in silver with 8.64m. Paula Kennedy (W50) heaved the weight to 10.58m for the title and Kate Glass emulated her daughter taking the W65 crown throwing 8.65m. Again, June Streeter was left in her wake but took the silver medal with a 6.07m.

**Byrony Glass dances across the circle on her way to breaking the Australian record mark.**



### Weight WOMEN

Byrony Glass	W35	<sup>^</sup> 15.83m
Sally Sims	W35	8.25m
Althea Mackie (QLD)	W45	12.08m
Christine Schelfhout	W45	8.88m
Jennifer Parker	W45	8.64m
Paula Kennedy	W50	10.58m
Kate Glass	W65	8.65m
June Streeter	W65	6.07m
Bev Hamilton	W70	10.81m
Luella Jenkins	W70	8.46m
<sup>^</sup> pending W40 AR		





# Bunbury thrower secures title



John Fettus winds up to launch one of his throws.

TIM LYONS

John Fettus (M40) threw 12.43m in winning his weight title with Todd Davey (M50) establishing the furthest throw of the competition, a 15.86m. His state record for the 11.34kg implement was set recently at 18.10m. Tim Lyons was second (11.88m) and Thomas Murrell third (9.34m). Andrew Ward exceeded the 10-metre barrier by 5cm for his crown in the M55 group. Ossi Igel continued his dominance in the M65 division with a win by throwing 15.31m, with the versatile Harold Membrey the silver medallist. Rob Young is the 2017 state title holder in the M70 weight throw with Jim Davis filling the same position in the M80 division with a 10.46m throw; Bob Fergie silver with 10.28m.



Andrew Ward pivots across the circle.



THOMAS MURRELL



JO PETERS

## Weight

### MEN

John Fettus	M40	12.43m
Todd Davey	M50	15.86m
Tim Lyons	M50	11.88m
Thomas Murrell	M50	9.34m
Andrew Ward	M55	10.05m
Geoffrey Gee	M60	16.12m
Jo Peters	M60	15.47m
Oswald Igel	M65	15.31m
Harold Membrey	M65	9.12m
Rob Young	M70	6.91m
Jim Davis	M80	10.46m
Bob Fergie	M80	10.28m



# Record breaking frenzy continues

Byrony Glass displays her record breaking technique .

Byrony Glass was able to throw the 1.5kg discus a huge 36.03m to set yet another W40 state record in the W35 event. Jasmin Karwacki was the silver medallist with 24.36m and Sally Sims the bronze with 20.85m. Zoe Richards (W40) was untroubled to win her title, throwing 27.27m. Jennifer Parker (W45) also set a state record with her best effort of 30.59m.

The competition was tight behind her, between Sheryl Woolley (25.97m) and Chris Schelfhout (22.84m). In the W50s Paula Kennedy and Yolanda Carstens were less than a metre apart at competitions end, Paula taking the crown with 23.34m, Yolanda closing with a 22.80m and Debra Cox scoring the bronze. Kate Glass (15.24m) headed June Streeter (12.06m) in the W50's. Bev Hamilton (W70) enjoyed a win over Peggy MacIver and Luella Jenkins with a state record of 23.09m.



**YOLANDA CARSTENS**

## Discus

### WOMEN

Byrony Glass	W35	<sup>^</sup> 36.03m
Jasmin Karwacki	W35	24.36m
Sally Sims	W35	20.85m
Zoe Richards	W40	27.27m
Jennifer Parker	W45	*30.59m
Sheryl Woolley	W45	25.97m
Althea Mackie (QLD)	W45	25.75m
Christine Schelfhout	W45	22.84m
Paula Kennedy	W50	23.34m
Yolanda Carstens	W50	22.80m
Debra Cox	W50	15.16m
Kate Glass	W65	15.24m
June Streeter	W65	12.06m
Bev Hamilton	W70	*23.09m
Peggy MacIver	W70	14.75m
Luella Jenkins	W70	13.93m

\* State Record

<sup>^</sup>State record W40

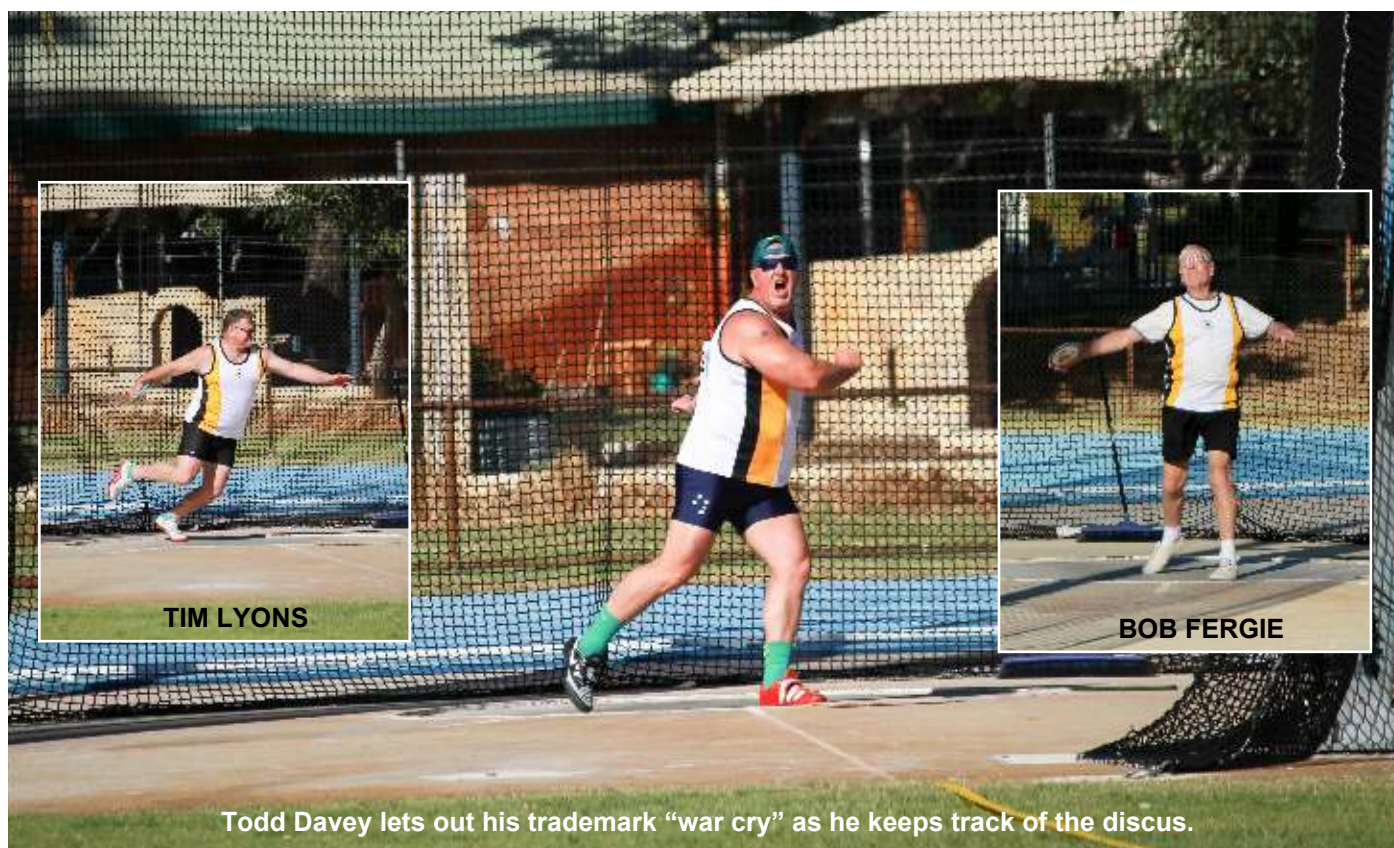


**SALLY SIMS**



**JASMIN KARWACKI**





Todd Davey lets out his trademark "war cry" as he keeps track of the discus.

## Todd reaches for the stars

John Fettus (M40) sent the 2kg disc out to a distance of 34.36 m to win his age group with Todd Davey (M50) dwarfing everybody's efforts sending the 1.75kg discus 51.22m – serious 'hang time!' His national record is 55.26m. Tim Lyons was the silver medallist with his best throw of 39.36m with Thomas Murrell also on the podium throwing 32.34m.

In the M55s, Andrew Ward threw 30.96m for gold and Peter Watene's

22.54m earned him the silver. Jo Peters (M60) sent the 1kg discus 44.04m for his gold, relegating Geoff Gee to silver. Ossi Igel (40.85m), Greg Wilson (29.59m) and Nick Miletic (25.48m) were the place getters in the competitive M65 division. Rob Young (M70) lifted the title with a 21.42m throw. The medallists in the M80 contest were closely grouped, Jim Davis triumphant with 22.68m, John Cochrane 19.76m and Bob Fergie 18.95m.



GEOFF GEE

Discus		
MEN		
John Fettus	M40	34.36m
Todd Davey	M50	51.22m
Tim Lyons	M50	39.36m
Thomas Murrell	M50	32.34m
Andrew Ward	M55	30.96m
Peter Watene	M55	22.54m
Jo Peters	M60	44.04m
Geoffrey Gee	M60	33.82m
Oswald Igel	M65	40.85m
Greg Wilson	M65	29.59m
Nick Miletic	M65	25.48m
Mike Anderson	M65	16.90m
Rob Young	M70	21.42m
Jim Davis	M80	22.68m
John Cochrane	M80	19.76m
Bob Fergie	M80	18.95m



JOHN COCHRANE



ANDREW WARD



# Althea and Byrny top class



MAIN: PHOTO: Althea Mackie topped the W45s with a 37.61m throw. INSET: Byrny Glass set a pending Australian record.



**PAULA KENNEDY**

Credited with a measurement of 49.27m Byrny Glass (W35) has another pending Australian record to her name in the Hammer throw. Competition rules had her in the W35 age group as her fortieth birthday was after close of entries. Eclipsing the old record of 46.33m she is still recovering from illness at Perth 2016. Sally Sims was able to work off this excitement with a 27.35m effort.

Christine Schelfhout won the W45 title with 27.51m best and Jennifer Parker

threw 26.77m for silver. Queensland's Althea Mackie threw 37.61m but was not eligible for the title. Paula Kennedy won the W50 crown with her best of 29.74m from Debra Cox.

Kate Glass (W65) had the better of June Streeter with her best of 21.45 and Bev Hamilton (W70) went within a metre of her state record throwing 25.22m. Ruth Johnson won the W75 hammer with 20.08m.

## Hammer

### WOMEN

Byrny Glass	W35	<sup>^</sup> 49.27m
Sally Sims	W35	27.35m
Althea Mackie (QLD)	W45	37.61m
Christine Schelfhout	W45	27.51m
Jennifer Parker	W45	26.77m
Paula Kennedy	W50	29.74m
Debra Cox	W50	17.66m
Kate Glass	W65	21.45m
June Streeter	W65	14.03m
Bev Hamilton	W70	25.22m
Ruth Johnson	W75	20.08m
<sup>^</sup> pending W40 AR		



**CHRISTINE SCHELFHOUT**



**JENNIFER PARKER**



# Mammoth throw motivates competitors

Todd Davey (M50) sent the 6.0kg hammer out to 45.27m stirring up great performances from the rest of the field. Tim Lyons (M50) grabbed silver with his best of 35.28m with Tom Murrell (M50) close behind (32.44m). Andrew Ward relies on his fast twitch fibres rather than brute strength and took out his age group with a 24.68m throw. The former sprinter is compiling a reputation as a consistent performer.

Jo Peters (M60) was unchallenged to score gold with 36.32m. Ossi Igel (M65) added to his reputation with a measured throw of 32.37m and Rob Young (M70) scored his title throwing 20.39m. John Fettus (M40) won with a 37.63m and Peter Tua (M45) was able to win with a 27.04m effort. There was little between Jim Davis, gold with 29.61m and Bob Fergie, silver with 27.56m as they battled out the M80 competition.



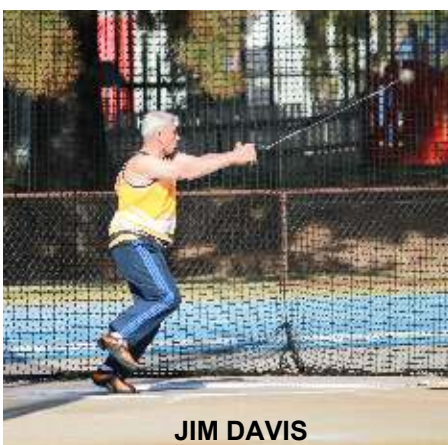
OSSI IGEL



Bunbury's Jo Peters looks like a battle hardened warrior with his knee braces.



BOB FERGIE



JIM DAVIS

## Hammer

### MEN

John Fettus	M40	37.63m
Peter Tua	M45	27.04m
Todd Davey	M50	45.27m
Tim Lyons	M50	35.28m
Thomas Murrell	M50	32.44m
Andrew Ward	M55	24.68m
Jo Peters	M60	36.32m
Oswald Igel	M65	32.37m
Rob Young	M70	20.39m
Jim Davis	M80	29.61m
Bob Fergie	M80	27.56m



# Walkers shine in the spotlight

## 5000m Walk

### WOMEN

Wendy Farrow	W45	33:05.95
Karyn Tolardo	W50	29:37.73
Su Lloyd	W60	41:45.77
Lynne Schickert	W75	40:30.34

### MEN

Daniel Lowe	M40	34:11.71
Wayne Byram	M45	36:30.06
Garry Hastie	M55	27:25.31
John McDonagh	M65	38:42.92
Johan Hagedoorn	M70	DQ

Karyn Tolardo leads  
Wayne Byram in the early  
laps of the 5000m walk..

The 5000m walk allowed Bunbury's Garry Hastie (M55) to compete under competition rules with the watchful eyes of accredited walks judges. The 2017 state open champ for 10km, his superbly smooth technique is both a little intimidating and inspirational. He won with a time of 27:25.31 after stringing the field out behind him. Daniel Lowe (M40) took out his division in 34:11.71 and Wayne Byram (M45) added to his substantial medal collection with a win in 36:30.06.

John McDonagh (M65) presented a safe technique to the judges to win in 38:42.92. Fastest women's walker, Karyn Tolardo (W50), is possessed of a fierce competitive instinct and covered the distance efficiently, clocking in with a time of 29:37.73. Wendy Farrow (W45) kept up her incredible cadence lap after lap to securing victory her age group 33:05.95.

Su Lloyd's win took 41:45.77 minutes for the W65 crown, Lynne Schickert (W75) finishing just ahead of her in 40:30.34 for her title.



**GARRY HASTIE**



**John  
McDonagh**



**WENDY  
FARROW  
and JOHAN  
HAGEDOORN**



**SU LLOYD**



# Competitors take notice of judge

## 1500m Walk

### WOMEN

Wendy Farrow	W45	9:15.89
Janne Wells	W45	9:34.95
Karyn Tolardo	W50	8:17.15
Su Lloyd	W60	13:24.70
Lynne Schickert	W75	11:34.90

### MEN

Daniel Lowe	M40	9:29.88
Wayne Byram	M45	9:44.66
Garry Hastie	M55	*7:24.21
John Dennehy	M55	10:20.27
Andrew Cuthbertson	M55	DQ
John Mcdonagh	M65	10:23.41
Harold Membrey	M65	11:34.80
Bruce Wilson	M70	10:18.01

\* State Record



The field heads up the main straight in the 1500m walk.

Chief walks judge, Marion Buchanan, noted her comments from the morning's event were followed with improved technique from many competitors in the 1500m event. Karyn Tolardo (W50) a multiple global medallist was untroubled to pick up another title walking 8:17.15. Behind her, Wendy Farrow (9:15.89) outlasted Janne Wells (9:34.95) after a fine contest. Su Lloyd (W60) and Lynne Schickert (W75) won their respective titles. Garry Hastie (M55) was also in record-setting form with 7:24.21 over the

metric mile shattering the old record by more than 30 seconds. He believes he can go faster still and by a significant margin. In walking 9:29.88 Daniel Lowe (M40) never appeared to move out of second gear to win his age group.

John Mcdonagh (M65) who also savours the longer events nevertheless covered the distance quickly in 10:23.41 for gold, Harold Membrey collecting another medal with 11:34.8. Bruce Wilson (M70) put aside his running form to walk a tactical race, scoring gold in 10:18.01.



DANIEL LOWE



HAROLD MEMBREY



JANNE WELLS



John Dennehy and John Mcdonagh



# Keeping up with the pacesetter



Karyn Tolardo, Janne Wells and John McDonagh are a picture of concentration.

The walkers were consistent with their performances over all three distances. In the 3000m walk, Wendy Farrow taking the W45 title in 19:22.72 and Janne Wells in silver with 21:13.76. Karyn Tolardo (W50) strode purposely over the distance in a title-winning time of 17:15.43, with Luella Jenkins (W70) and Lynne Schickert (W75), also winning titles. In addition, Lynne's time (23:23.52) was also a state record.

Garry Hastie (M55) cemented his place as the premiere performer in men's walks with a stunning 15:39.65, a time many would be happy to run for 3km. Daniel Lowe (M40) walked 19:27.50.



Wendy Farrow (491) and Daniel Lowe stretch out down the back straight.

## 3000m Walk

### MEN

Daniel Lowe	M40	19:27.50
Garry Hastie	M55	15:39.65
John McDonagh	M65	21:17.17

### WOMEN

Wendy Farrow	W45	19:22.72
Janne Wells	W45	21:13.76
Karyn Tolardo	W50	17:15.43
Luella Jenkins	W70	23:14.94
Lynne Schickert	W75	*23:23.52

\* State Record



JANNE WELLS



LYNNE SCHICKERT



# Early events



LYNNE SCHICKERT

A slippery throwing surface meant Todd Davey had to try out the latest in throwing “shoes” during the Throws Pentathlon on April 1<sup>st</sup> at Ern Clark Athletic Centre.

With the exception of the pole vault Ern Clark Athletic Centre was the home of the State Championships this year.

Following the pole vault, which was held at WA Athletics Stadium, the 10,000m marked the start of events at ECAC on March 30.

The following Saturday returned to ECAC with the pentathlon held in the morning and the throws pentathlon in the afternoon.

This year the steeplechase events moved from WAAS to ECAC on Thursday, April 6.

The main weekend of competition was held on the following Saturday and Sunday.





## Vanessa produces punishing run

The first track event of the 2017 Western Australian State Championships was held at the ECAC track, Cannington on Thursday evening, March 30. Conditions were excellent with a coolish breeze helping to keep the temperature down, enabling the athletes to concentrate on the task at hand.

The fastest overall woman, Vanessa Carson (W35), garnered widespread praise for her stylish 39:06.9 run from spectators and competitors alike. She continues to compile an enviable record across a variety of distances this season, running the 10km as part of her build up for the 2017 Perth marathon. Vanessa used her burgeoning pace judgement skills to hit her split times consistently and easily go sub 40 minutes. Her three children were vocal in their enthusiastic support and at times ventured into 'acapella' territory with their chants. Notably, her partner, Andrew, was her lap-scorer and her mother was the children's choirmaster.

Claire Wardle (W40) showed the benefits of regular track racing at Tuesday evenings at WAAS with a controlled performance and displayed great pace



judgement and form throughout, she added a kick finish to record 41:30.2 – 24 seconds quicker than last year. Trisha Farr ran 46 seconds quicker than last year and took out the W45 title in 45:50.5 with a sustained effort over the second half of the race; in particular, especially given she had to negotiate slower runners. The winner of the W50 crown was multi-athlete Kerin Thomson, who limited her

focus to track racing for the evening chalking up a solid 46:27.1. Sue Bourn achieved her aim of a sub-fifty minute run, recording 49:38.6 for the silver medal. Sadly, Sue has been beset by injury over the last year and although her 'Bootcamp' training has kept her strong, her running fitness has suffered. Her time was the result of intestinal fortitude rather than fitness. More comfortable over even longer distances was bronze medallist, Claire Walkley. The multiple Comrades Marathon finisher produced a sterling performance of 50:56.1 after 'backing off' when she realised a sub-fifty minute time was not 'on'. Judy Davis (W50) continued her athletic journey on the track, after a recent foray into duathlons, with a 63:05.7 race. Her grit and determination were evident from the outset and the race should give her further confidence. The vastly experienced marathoner, Liz Neville (W65) 50:50.7 gave an honest account of her fitness level with a very comfortable looking run, belying the effort she put in. Gillian Young earned her silver medal with a time of 53:40.5 despite a limited build up, to set her up nicely for the upcoming titles.



# Rob and Kim lead quality field



Kim Thomas (436) has time to wave to the camera. Kim ran with Chris Lark (371) and Kyle Eagar (in front) in the early laps.

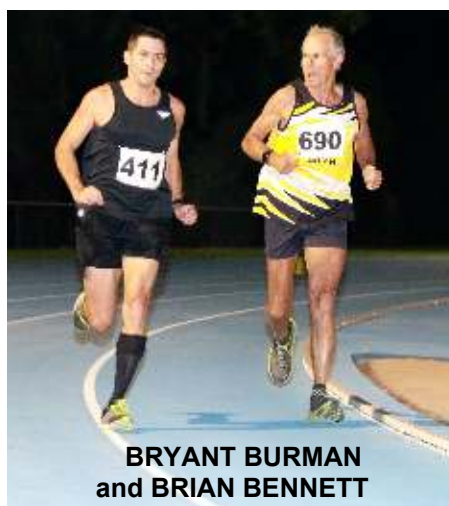
## Men's 10,000m

Thursday, March 30 ECAC

Adrian Fabiankovits	M30	41:50.4h
Rob Nichols	M35	35:22.5h
Chris Lark	M35	36:35.1h
Kim Thomas	M40	35:44.1h
Steve Weller	M40	36:57.7h
Bryant Burman	M40	38:42.4h
Kyle Eagar	M45	DNF
Michihito Muroi	M55	43:39.6h
Mark Dawson	M55	45:08.0h
Paul Scott-Taylor	M55	45:59.0h
Brian Hewitt	M60	47:43.6h
Giovanni Puglisi	M65	42:34.7h
Keith Miller	M65	46:33.7h
Frank Price	M65	71:03.0h
Brian Bennett	M65	DQ
Maurice Creagh	M70	57:15.2h
Bob Schickert	M75	57:51.2h
Morland Smith	M75	59:04.4h

Played out concurrently, the men's event was no less short on quality performances despite missing luminaries such as David Carr, Bruce Wilson, Lachlan Marr, Bjorn Dybdahl and Chris Maher, for a variety of reasons. Adrian Fabiankovits won the M30 division unchallenged and ran a 41:50.4 race off uniform laps. Rob Nichols (M35) was aggressive and assertive from gun-to-tape with an all-the-way-win in an impressive time of 35:22.5.

Negotiating his way safely through the field, he remained focused and determined for the entire distance. The steeplechase specialist and medallist from Perth 2016, conserved nothing for next week's event as he systematically ticked off the laps. Chris Lark finished second in a competitive time of 36:35.1. Kim Thomas won the M40 gold medal after tracking Nichols the entire distance, holding the initial kilometre gap for the entire race and finishing a mere 22 seconds behind in 35:44.1. Kim won the title in 2016 running 36:26.1 indicating his marathon training is benefitting all his running. Steve Weller achieved consecutive silver medals running .3 slower than his time of last year with 36:57.7, but had many pundits wishing to see him using his undoubted speed over shorter distances. Bryant Burman scored the bronze medal



**BRYANT BURMAN  
and BRIAN BENNETT**

in a fine 38:42.4. Michihito 'Mickey' Muroi (M55) exhibited all the hallmarks of the top class marathoner he is, with his steely will steering him to a 43:39.6 finish. With well over 100 marathons to his credit, Mickey still approaches each race respectfully, no matter the distance. Mark Dawson took 45:08.0 to win the silver medal with lingering symptoms of a recent 'flu seemingly ignored. Paul Scott-Taylor produced a stellar 45:59.0 run. Brian Hewitt (M60) put together a confident race returning a time of 47:43.6 for the win. A versatile athlete from 400m upwards.

State Champion for 2017 in the M65 division was the multi-talented Giovanni Puglisi in 42:34.7. Always an aggressive participant, Giovanni is able to cover the ground with an efficient stride, imperceptibly changing it to unleash a ferocious kick when the need arises. Keith Miller positioned himself in silver medal contention from the early few kilometres to run 46:33.7 transferring his Sunday run background to the track better than most. Frank Price dug deep into the reservoirs to complete the journey in 71:03.0 and he earned a much-valued bronze medal. A breach of IAAF Rule 163.6 meant Brian Bennet was disqualified as he had left the track during the competition and re-entered the race.

Maurice Creagh (M70) quietly went about his 'business' and was content to let the field 'carry him' along to record 57:15.2. It was not without effort as he was seen afterwards looking slightly worse for wear but suitably pleased with his performance. Bob Schickert (M75) shrugged off the effects of jetlag and recent multiple races in Daegu for the World Masters Indoor Championships, to win the gold medal in 57:51.2 ahead of Morland Smith, who was justifiably proud having easily cracked the hour mark with his 59:04.4 time.



# Paul displays his outstanding class

## Men

### ECAC – Saturday, April 1

Paul Jeffery	M40	3530
Wayne Byram	M45	1285
Mark Elms	M50	1624
Des Walsh	M60	2021
Rob Antonioli	M65	2712
Harold Membrey	M65	2038
Nick Miletic	M65	1960
Leon Sander	M80	*2875
* State record		



WAYNE BYRAM

Paul Jeffery searches for an elusive massive throw

Only eight male athletes fronted up to the pentathlon with a surfeit of withdrawals decimating the competition. Paul Jeffery brings an exceptionally diverse skill set to any competition. Unchallenged by opponents he was after his state record but was thwarted by two mediocre (for him) throwing events. He never got 'on' to a big discus or javelin throw despite scoring 634 points and 748 points respectively. He launched himself into the final event, the 1500m with hopes of a 4:45 clocking but succumbed to a combination of an early quick pace, fatigue and heat.

Still a brilliant performance of 3530 points it was short of the 3639 he was shooting for. His 23.9 200m was his highest scoring event with 804 points. Mark Elms won his first state medal as a fifty-year-old and made it a gold one. His 4.61m long jump gained him 514 points and he backed it up with a javelin throw of 32.05m and (433pts). A torn hamstring in his strongest discipline, the 200m put paid to any points, however, he showed great strength of character to continue with 401 points in the discus and laboured around the metric mile in less than 7 minutes for a total of 1624 points.

Des Walsh (M60) cuts a slim figure but good technique enabled him to score remarkably well in the throwing events on his way to his maiden pentathlon title with a 2021 total. A more controlled effort in the 1500m will bring a higher score as his 30.2 (592pts).

Rob Antonioli amassed a super total of 2712 points with a massive 5:43.5 1500m

time gaining 821 points alone. The M65 athlete is an experienced campaigner and showed all his wiles to win the coveted crown. Harold Membrey showed a great turn of speed in the 200m to run 32.7 (509pts) and gained 463pts as a reward for staying the distance in the 1500m. Nick Miletic lost no friends with his bronze medal performance. Nominally a runner, he had the highest totals in his age group for both throws. With a largely "agricultural" technique relying on brute strength rather than a honed technique a minimal amount of coaching would make him a threat at higher levels of competition. Another Bunbury domicile, Leon Sander (M80) gained over half his points in the two running events. A world class 200m of 34.6 (768pts) and a 1500m of 7:38.5 (735pts) contributed heavily towards his exceptional final score of 2875 points.



NICK MILETIC

## Geoff soars to title

The 2017 WAMA state championships opened in late March at WAAS with the pole vault. Reflecting the vagaries of the event the two competitors, Geoff Brayshaw (M65) and Phil Smyth (M70) met with opposite results. Fierce rivals in the field of play Geoff was able to record 2.55m to win his age group while Phil was unable to clear a height despite recent heights of more than 2.60m,

## Pole vault

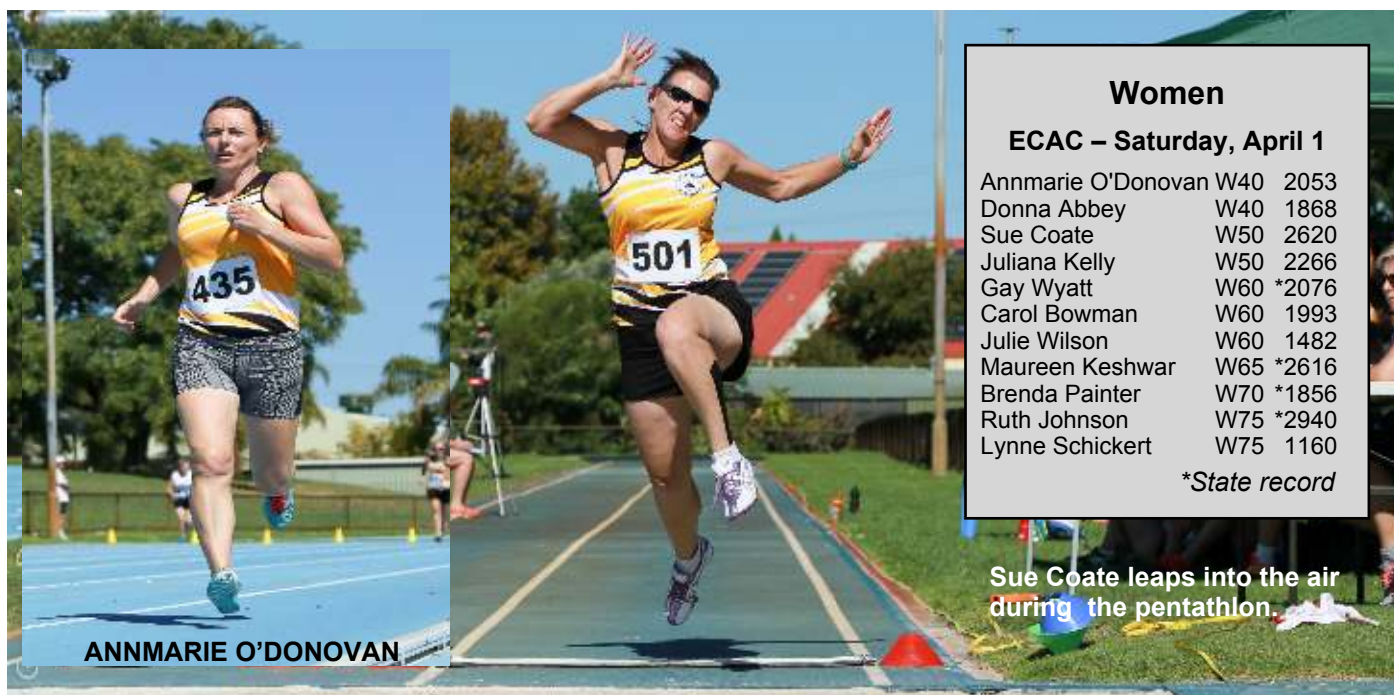
### Thursday, March 30 – WAAS

Geoff Brayshaw	M65	2.55m
Phil Smyth	M70	X



ROB ANTONIOLLI and DES WALSH





## Annmarie celebrates return to athletics

In the women's pentathlon, Annmarie O'Donovan, by her own admission, overcame relatively poor throwing, to be crowned W45 State Champion for 2017. Her successful comeback to athletics was sparked by Perth 2016 where she competed in the heptathlon and won a silver medal in the 400 hurdles. A 14.9 100m (569pts) provided the platform for a 2053 points tally. A controlled 800m bolstered her points well over 2000 and recorded a 2:57.0 effort. Donna Abbey took the silver courtesy of a classy long jump (4.13m) valued at 448pts.

Sue Coate (W50) opening strongly in the first two events with a 100m of 15.1 (708pts) and shot put of 10.02m (703pts) looked to have the title sewn up early. Her 800m only needed to be within touch of Juliana Kelly and this she did without overextending herself in the hot sun, running 3:37.5. No less impressive was Juliana, making her debut in the pentathlon. She revealed a throwing arm as she sent the spear out to 16.01m (308pts) to add to her 15.5 100m (650pts). A gutsy 800m, where she sat and kicked strongly brought her 454 points (3:16.2).

The competitive women's 60-64 event saw jumper Gay Wyatt, distance runner Carol Bowman and 'Jill of most trades', Julie Wilson, battle for supremacy. Carol surprised all, including herself, with a slick 100m (17.8) for 530 pts. Gay was 18.2 for 482pts and Julie 19.4 (352 pts).



Gay was able to edge Carol out in most disciplines, leaving Carol heading out in the two-lapper knowing only a big run would see her grab the title. A kick with 200m to go ensured her a fast time of 3:18.1 but back in the field the competitive juices of Gay were stirred and she unleashed a strong kick of her own to substantially pick up the pace and run 3:33.0. Looking every inch the middle distance athlete, with her long elegant stride and competitive instinct, the effort gave her 493pts, her highest scoring event of the five and enough for victory in a new state record. Julie finished the event with a 3:54.8 off very little training and no speed work. She has been beset by injury and enjoyed travel in the last few years,

but showed enough to suggest a return to form is imminent.

Maureen Keshwar has extended her repertoire of events recently with a steeplechase, but put herself way out of her comfort zone with a pentathlon. A new state record despite a self-confessed botched horizontal jump of best of 2.39m (244pts) was balanced by excellent throws and a sterling 3:52.9 (453pts) 800m. Reluctant to run further than one lap even to warm up until recently, Maureen's effort was worthy of merit. An excellent 100 16.0 (864pts) was the highest of the day and her throws were a feature of her competition. Should she invest more time into the pentathlon there is a wealth of talent to explore.

Brenda Painter made the trip up from her home to complete a fine pentathlon. Her Perth 2016 heptathlon served her well with no nerves to hamper her here. Her new state record of 1856 points was accrued over just four events with her lack of aerobic capacity-robbing her of an 800m score. Possessed of great speed - 100m 18.9 (607pts) and her long jump of 2.39m (317pts) a modicum of coaching will lift her remaining events.

Bunbury's outstanding Ruth Johnson ran the highest scored 100m of the day - her 18.2 gaining a hefty 831 points. With her 3:57.4 800m (774pts) tail ending a superb competition resulting in a total of 2940 points; a state title, a state record.



# Big men send officials scurrying



JO PETERS



MAIN PHOTO: Thomas Murrell puts everything into his hammer throw.

## Saturday, April 1 – ECAC

### MEN

John Fettus	M40	2756
Peter Tua	M45	1776
Todd Davey	M50	3856
Tim Lyons	M50	2720
Thomas Murrell	M50	2264
Andrew Ward	M55	2498
Jo Peters	M60	3415
Oswald Igel	M65	3648
Rob Young	M70	1604
Jim Davis	M80	3166
Bob Fergie	M80	2798

Bunbury domicile, John Fettus (M40) collected 651 points from his highest scoring discipline, the weight throw of 12.51m. His total of 2756 points was slightly down on his fourth place at Perth 2016 where he scored 2954 points.

Peter Tua (M45) best disciplines were shot put - 7.73m (443pts) and discus 24.03 (444pts). He was able to accumulate a 1776 total.

The M50 division was dominated by Todd Davey with a massive points score of 3856. Davey's discus earned him 913 points (50.93m) with a 16.35m (858pts) weight throw. His shot put of 13.32m gained him 827 points. Tim Lyons had the edge on Thomas Murrell. His 37.36m

discus earning him 627 points with Thomas's best event the weight throw where he gained 605 points. Lyons filled second position with a personal best total of 2720 with Murrell on 2264.

Andrew Ward won the M55 title with 2498 points. His highest scoring discipline was the shot where his 8.99m gave him 571 points.

Jo Peters' 15.98m weight throw was worth a tremendous 830 points. Together with a PB in the javelin of 32.99m (539pts), one of the highest scoring javelin throws of the whole competition, bolstered his points total to 3415.

Ossi Igel (M65) accrued the second highest total of the day, 3648 points. He

scored over 800 points in three disciplines. His shot of 12.03m (873pts), discus of 42.10m (849pts) and weight throw of 14.57m (806pts). Notably, Ossi's javelin throw of 31.93m was the highest scoring of the competition at 587 points.

Rob Young (M70) scored 470 points for his shot effort, measured at 7.61m and gained a total 1604 points over the course of the competition.

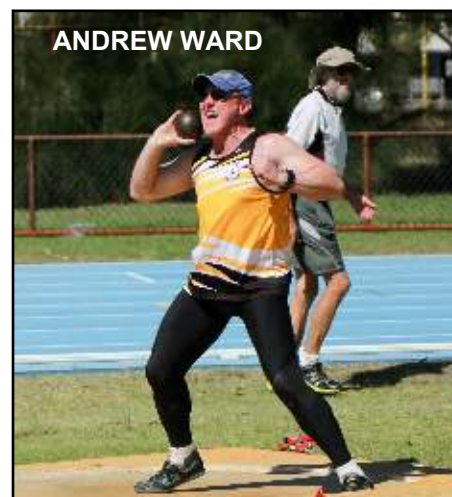
Evergreen, Jim Davis outscored Bob Fergie for the title in the M80 age group with a total of 3166 points. Jim's hammer of 29.85m, worth 771 points was his highest scoring discipline. Bob's total of 2798 points resulted from a consistent series of throws.



JOHN FETTUS



OSSI IGEL



ANDREW WARD





Bev Hamilton watches the flight of her shot during the throws pentathlon competition.

Photo: CARMEL MEYER

## Byrony bags birthday smorgasbord

This year's championships will be remembered as a records feast by Byrony Glass. A few days following her birthday Byrony set an Australian W40 weight throw record (pending) of 15.83m and four state records. Having suffered health issues during the past months, she hopes

to improve during the season. Byrony had to compete in the throws pentathlon in the W35 age group due to her age at the time of registration.

She won the throws pentathlon with 3303 points followed by Jasmin Karwacki and Sally Sims. Cheryl McMahon (W40) scored a PB of 2872 points and posted an excellent hammer throw of 34.20m. Jennifer Parker and Christine Schelfhout both had a tough competition in the W45 category with Jennifer securing the gold medal.

Bunbury's Paula Kennedy (W50) cracked the 3000 points mark with consistent throws in all disciplines. It was good to see Kate Glass (W65) competing following a long absence.

Bev Hamilton's score of 3822 points was the highest overall and won the W70 class followed by Luella Jenkins. The majority of Bev's points came from her hammer throw of 25.03m and weight throw of 10.68m

All competitors praised the officials for a well-organised event.



JASMIN KARWACKI



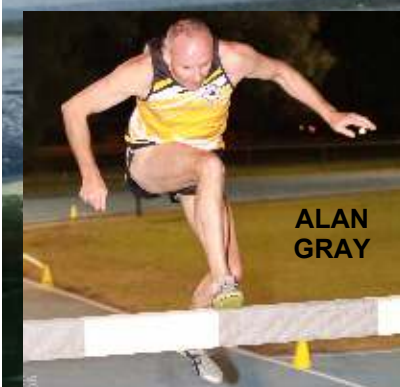
BYRONY GLASS



# Why do we do this?



**ROB  
NICHOLS**



**ALAN  
GRAY**



Bob Schickert seems to be asking "Why am I doing this?" on a cold night at Ern Clark Athletic Centre.

## Men

**Thursday, April 6 – ECAC**

### 2000m Steeplechase

Giovanni Puglisi	M65	8:43.4h
Bruce Wilson	M70	9:53.8h
Bob Schickert	M75	11:42.0h
David Carr	M80	10:57.6h
Irwin Barrett-Lennard	M85	13:26.5h
Cecil Walkley	M85	28:27.4h

### 3000m Steeplechase

Rob Nichols	M35	10:35.9h
Wayne Byram	M45	16:46.1h
Alan Gray	M50	14:48.7h

*All times hand held*

A quality field of competitors lined up for the state championship steeplechase at ECAC in Cannington. The cool wind subsided markedly, leaving comfortable conditions for the event.

Once again, Rob Nichols (M35) charged out from the gun to establish a strong pace that he never wavered from. Showing his experience over the 3km distance, he hurdled competently and maintained his long stride throughout to complete the event in 10:35.9. The 2016 Perth bronze medallist, State record holder, National title holder and AMA nominee, backed up superbly from last week's 10km event.

The M45 winner Wayne Bertram was forced to reduce his pace after a very fast start covered the distance in 16:46.1. In

the M50 division, Alan Gray debuted over the 3km event. An impressive set of consistent lap splits contributed to a fine time of 14:48.7.

Giovanni Puglisi (M65) ran a very strong race to post an 8:43.4 slower than his silver medal performance at Perth 2016. A clean sweep of all his events looks to be on the cards again this year barring incident or accident. Bruce Wilson (M70) had every reason to be pleased with his strikingly consistent lap times. Also a world master's medallist, Bruce adds quality to any event he competes in. Bob Schickert (M75) no stranger to the event, remained in his purple patch of form and recorded a very smart time of 11:42.0 for his title. David Carr (M80) approached the event with his 'game face' on. Looking

very determined he was quite smooth over the steeple engaging an effective, well-practiced technique which has served him well. The current world record holder, no less, he ran a 10:57.6 further enhancing his respect in the running community. David is on the cusp of moving into the M85 division where the present world record is 11:36.93.

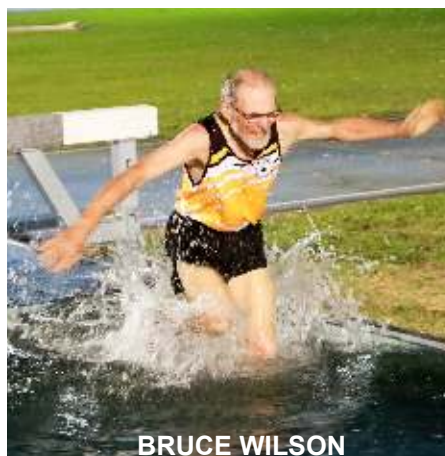
The gold and silver medallists from Perth 2016 replicated their positions at state level. Irwin Barrett-Lennard (M85) laid claims to the title early on with a very strong start with his characteristic high knee-lift helping him to victory in 13:26.5. In second place Cecil Walkley received thunderous applause for his run. Despite illness and injury, Cecil has been a fixture on both tracks throughout the season.



**GIOVANNI  
PUGLISI**



**DAVID CARR**



**BRUCE WILSON**



# Vanessa's 'record breaking' run

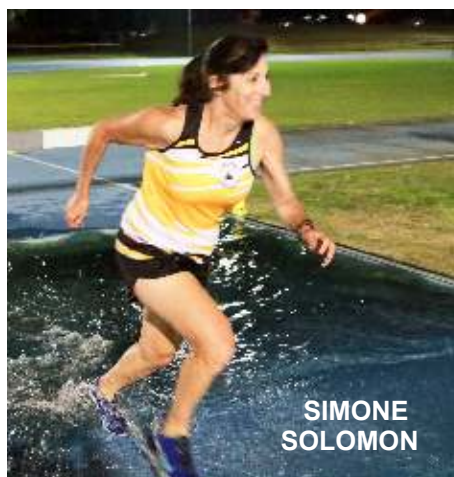
In the women's event held over the 2km distance, Vanessa Carson (W35) added to her 10km title with a dominant display of front running. Looking focused and confident despite a basic hurdling technique, she was able to negotiate the barriers without mishap or 'having a swim' as

she quipped afterwards. Her time of 7:50.4 was significantly under the state record (9:15.9) but cannot be recognised as several of the steeples have deteriorated to the point they no longer reach the required height for record purposes. Sue Zlnay (W55) ventured over the barriers using her undoubted strength and fitness to record another world class time of 9:04.4 and employed her signature 'kick' to good effect. Winner of the W50 division, Simone Solomon, showed her Perth 2016 bronze medal in the same event was no fluke as she emphasised her 'chase'

credentials with a time of 9:39.0. Julie Wilson (W60), a former state record holder in this event, showed her experience to chalk up a time of 11:24.8 despite being slightly down on fitness at present. Gillian Young (W65) also backed up from the state 10km to be untroubled by either the barriers or the distance to run 10:40.2. The silver medallist from Perth 2016 ran a time within two seconds of that performance. Lynne Schickert (W75) added another gold medal to her collection by completing the run in 17:13.8 using her trademark steely will and perseverance in equal measure.



Sue Zlnay clears the water jump hurdle on her way to a 9:04.4 run.



**SIMONE SOLOMON**



**JULIE WILSON and GILLIAN YOUNG**



Vanessa Carson powers out of the water.

## Women 2000m

Thursday, April 6 – ECAC

Vanessa Carson	W30	7:50.4h
Simone Solomon	W50	9:39.0h
Sue Zlnay	W55	9:04.4h
Julie Wilson	W60	11:24.8h
Gillian Young	W65	10:40.2h
Lynne Schickert	W75	17:13.8h

*All times hand held*





*It's all in the eyes*



*Hurry up! This track is hot*



*Where is my spade?*



*Now listen! I am only explaining this once!*



*Now, one and one is two ...*