

TFNL



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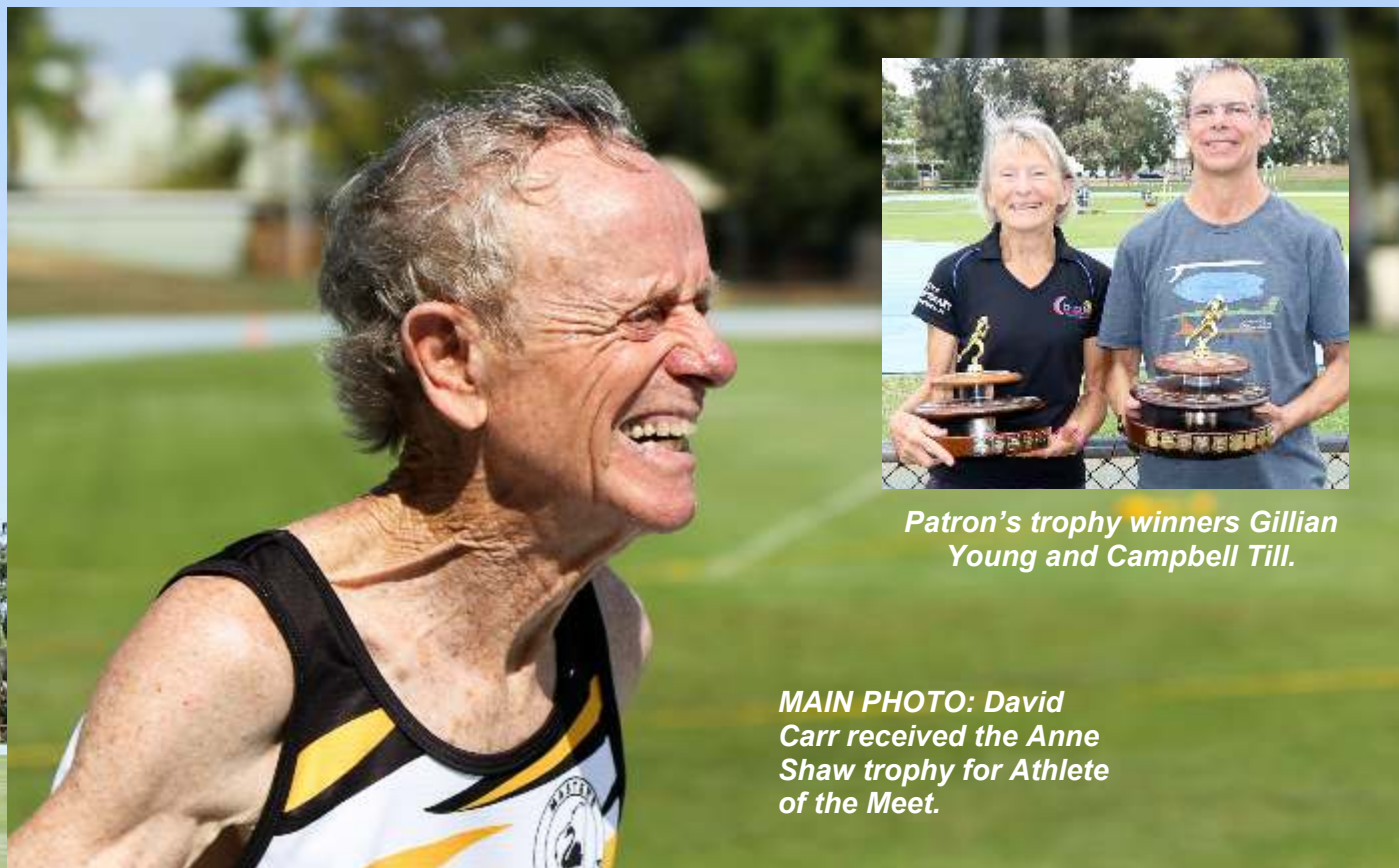
The Track and Field Newsletter of MAWA



Andrew Ward shows the style that won him the M55 discus gold medal.

**State
Champs
special**

Masters aim high



Patron's trophy winners Gillian Young and Campbell Till.

MAIN PHOTO: David Carr received the Anne Shaw trophy for Athlete of the Meet.

Championships

By CARMEL MEYER

Following a hiatus in 2018 when WA hosted the Nationals, the State Championships returned with a vengeance and a near record number of entries this year. Final numbers were a little depleted by pre-meet injuries and attrition over the main weekend but healthy entry numbers signal that masters athletics is thriving. Another sign of a thriving club is innovation. Programme innovations saw the 5000m and long jump moved to Pentathlon day.

As MAWA makes every effort to enable athletes to have a wide ranging entry list if desired, having the 5000m on Pentathlon day meant that 5000m/1500m runners could be fresh for both races. Also, the stadium was better utilised and more track time was free for the main weekend. The 5000m change was considered successful.

Reports appear mixed regarding the long jump – it made for a long and tiring day for pentathlon/long jump athletes and it seems the atmosphere was sadly lacking. This change will be reviewed prior to the 2019 championships.

Look back through the 2017 Championships TFNL you will see the photograph of a long line of furrowed-brow 10,000m lap scorers. Not this year. The new electronic lap-scoring and photo finish equipment, purchased with club funds (~\$10,000) and 'Perth 2016' Trust Fund monies (~\$40,000), allows stress-free lap counting and our athlete's performances are accurately and efficiently credited.

Also included in these purchase costs are hurdles, starting blocks, wind gauge and a lap number/bell stand. With the exception of pole vault and high jump, we are now self-sufficient in running major championships at Ern Clark Athletic Centre (ECAC) and have been able to stage a highly professional meet.

Superb organisation by Richard and Barbara Blurton was enhanced by the small army of volunteers. Many volunteers were injured athletes who had to temper their aspirations and say 'next year'; never an easy thing to do. Other volunteers were retired athletes, Sunday-run stalwarts or

the partners of competitors. All deserve a huge 'Thank You'.

To anyone who doesn't generally step up and help out I am confident each of these volunteers would say 'give it a go'. You will not only derive a great deal of personal satisfaction out of helping but also receive the sincere gratitude of all competitors. Along with the nerves at the start line and throwing arena, there is also plenty of laughter and fun, which the volunteers are very much a part of.

Anyone keen to join the team who know how to 'drive' the lap-scoring and photo-finish equipment would be warmly welcomed. You don't have to be a tech genius as training is provided. Several more people are required so that a flexible team is available to manage the championships and regular track meets. The electronic equipment is great but of no value, if there isn't anyone on hand to operate it.

CONTINUED – next page

Records

Ruth Johnson	W75	200m	38.26	SR	Paul Foley	M50	Javelin	41.87m	SR
Maureen Keshwar	W65	80m hurdles	18.48	SR	James Davis	M85	Shot	8.60m	SR
Vincent Sew Hew	M30	110m short hurdles	15.82	SR	James Davis	M85	Weight	10.94m	SR
Carol Bowman	W60	300m hurdles	1:13.45	SR	Melissa Foster	W40	Pentathlon	2734	SR
Jaime Lovell	W30	2000m Steeple	8:43.75	SR	Jennifer Parker	W50	Pentathlon	3175	SR
Peggy Macliver	W75	1500m RW	10:44.46	SR	Ruth Johnson	W75	Pentathlon	3123	SR
Peggy Macliver	W75	3000m RW	22:20.27	SR	Steve Fuller	M65	Pentathlon	3076	SR
Phil Smyth	M70	High jump	1.30m	SR	David Carr	M85	Pentathlon	2300	SR
Greg Wilson	M70	High jump	1.30m	SR	James Davis	M85	Throws Pentathlon	3392	SR
James Davis	M85	Discus	^20.36m	SR	^ In Throws Pentathlon				

draws plaudits

FROM -- previous page

Everyone enjoys the atmosphere at ECAC. Spectators can be closer to the action and are able to stand at the fence and 'holler' or relax on the grassy banks and still have a great view of proceedings. The Bunbury masters were well represented and the Albany crew stood out in their colourful, newly minted uniforms. We were again joined on Saturday by the team of less able athletes, also sporting bright smiles and t-shirts. Without a doubt, both groups learn a lot from each other in this joint athletic meet.

The weather gods smiled on our championships. The 10,000m race evening, in particular, was pleasantly cool and still; always nice when you have to run around the track 25 times. Pentathlon day was sunny and warm; maybe a little too sunny for the Throws Pentathlon but those throwing muscles would have been well warmed up. On the main weekend, the gods toyed with us by sending a light sprinkle early on Sunday but then holding

Some memorable moments

- M40 Ross Langford, who put on a masterclass of relaxed speed in the 10,000m, less than four weeks after coming ninth in the Tokushima marathon.
- M85 thrower Jim Davis, with the strength, skill and physique of a much younger man, setting four state records despite failing eyesight.
- The indomitable Peggy Macliver W75, not able to run at the moment, who took up race walking and broke two state records.
- 'Tolli' Antonioli and Michael Byrne, two M65 sprinters locked in a battle royale over four sprint events with hundredths of a second separating them each time.
- W50 Paula Kennedy, Bunbury thrower, who left her comfort zone and put in an inspirational 100m sprint effort,
- W30 Jaime Lovell, tackling her first ever steeplechase and breaking a state record.
- M85 David Carr, always truly inspirational, declared Athlete of the Meet.
- Maurice Creagh, volunteer extraordinaire, who was on hand wherever something needed doing and who took on the enormous task of sweeping debris off the track.

off on the rain until just after the final event.

Whilst we marvel at the performances of our venerable members it is great to see our youngest athletes participating and making older competitors misty-eyed with nostalgia for their glory days. Well done to all athletes competing in their first

master's championships. Having experienced the thrill of a major competition you will surely be back for more. The record number of MAWA athletes (77) entered in the Melbourne nationals just after Easter were able to take advantage of the proximity of the state championships to test themselves, hone their skills.

All smiles now it's over



Colin and friends



The treasurer lends a hand



It's only 200m away!



Sprinters recover



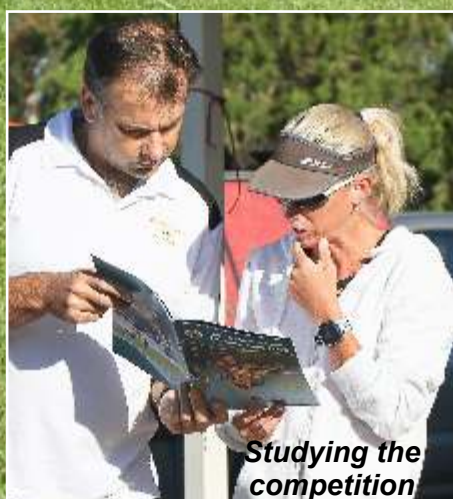
Walkers take it easy



Chain gang



Men at work



Studying the competition



Hold it!



Reflections

Sprints

By JOHN DENNEHY


Fastest overall woman in the 60m was Lisa Limonas with 9.21 with Cathy McCloskey returning from injury scoring a strong run. Adrian McKenzie recorded a slick 7.56 with David Graieg and Lee Stergiou also going under the eight-second mark.

Melissa Foster looked imperious as she ran 13.39 in the 100m with Ruth Johnson also exhibiting good sprinting form. Adrian McKenzie (M45) ran a startling 11.96 to win over Lee Stergiou with Colin Smith and Chris Neale separated by 0.01 in their race. Gin Ang also showed great technique under pressure to earn his silver medal. Tolli scored another title running 14.70 with Greg Kennedy, Stephen Crabbe and Ivo Davies tightly grouped in that order over the line. Barrie Kernaghan put an injury and illness ravaged season behind him to run a 15.91 with Norm Richards (M80) running a superb 17.57.

Lisa Limonas was pushed by Juliana Kelly in the 200m, but Cathy McCloskey's run really caught the eye – strong, with power and balance. Barbara Blurton mirrored this with her run and Ruth Johnson added to her growing collection of titles with a state record of 38.26.

Lee Stergiou muscled his way to a 24.96 200m win with Chris Neale dragging Ian Hannaby to a pb in the following race. Campbell Till ran an effortless sub 27, with Michael Byrne, Ivo Davies and Barrie Kernaghan accounting for strong fields.

Despite some very good running in the 400m the top women's time was set by Barbara Blurton (74.89) running a controlled 'quarter' while Carmel Meyer continued her amazing comeback with a stylish run. Lee Stergiou ran a stellar race for the fastest overall time although Anthony Mugavin and Chris Neale were equally impressive. Stuart Manning just held off Jason Kell, Colin Smith showed great tactical sense with his run as did Steve Fuller, Ivo Davies and Barrie Kernaghan.



Cathy McCloskey measures the distance to place the blocks before the 200m.



Janne Wells, Lisa Limonas, Juliana Kelly, Jasmine Heslop and Anna Watters power out of the blocks.



Harold Membrey, Michael Byrne and Tolli Antonioli caught in full flight.

MEN

M30

1	Vincent Sew Hew	7.67	-0.3
2	Craig Robson	9.00	-0.3

M35

1	David Graieg	7.74	-0.3
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M40

1	David Adams	9.16	-0.3
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M45

1	Adrian McKenzie	7.56	-0.3
2	Lee Stergiou	7.77	-0.3
3	Jonathan Lester	8.63	-0.3

M50

1	Donovan Roets	8.29	-1.5
2	Ian Hannaby	8.46	-1.5
3	Eric Hayward	9.21	-1.5

M55

1	Colin Smith	8.11	-1.7
2	Gin Ang	8.24	-1.7
3	Stuart Walker	8.92	-1.7

M60

1	Des Walsh	9.70	-1.7
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M65

1	Tolli Antonioli	9.15	0.4
2	Michael Byrne	9.17	0.4
3	Harold Membrey	9.73	0.4
4	Mercurio Cicchini	10.78	0.4

M70

1	Greg Kennedy	9.79	+0.0
2	Ivo Davies	10.11	+0.0
3	Stephen Crabbe	10.15	+0.0

M75

1	Barrie Kernaghan	9.86	+0.0
2	Lyle James	15.05	+0.0

M80

1	Norman Richards	10.43	-2.2
2	Peter Muller	11.59	-2.2

M85

1	Stan Lockwood	17.14	-2.2
2	Cecil Walkley	44.03	-2.2



GIN ANG

WOMEN

W35

1	Anna Watters	9.43	wind -0.4
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W40

1	Jasmine Heslop	9.38	-0.4
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W50

1	Lisa Limonas	9.21	-0.4
2	Juliana Kelly	9.53	-0.4
3	Janne Wells	10.29	-0.4

W55

1	Catherine McCloskey	9.25	-1.7
2	Delia Baldock	10.60	-1.7
3	Sharon Moloney	10.77	-1.7
4	Myree McGoldrick	11.03	-1.7

W65

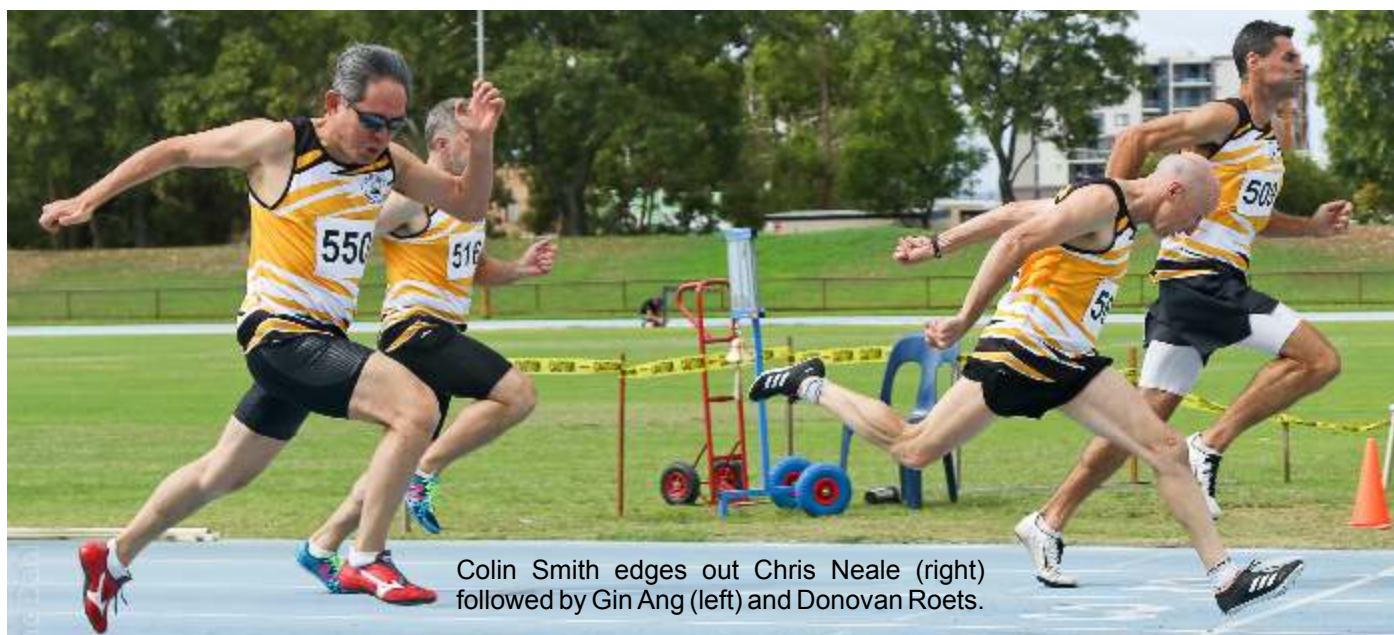
1	Maureen Keshwar	10.05	-1.2
2	Barb Wilson	11.70	-1.2
3	Julie Wilson	11.99	-1.2

W70

1	Brenda Painter	11.67	-1.2
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W75

1	Ruth Johnson	11.46	-1.2
2	Luella Jenkins	12.02	-1.2



Colin Smith edges out Chris Neale (right) followed by Gin Ang (left) and Donovan Roets.



CATHY McCLOSKEY



CARMEL MEYER and
DELIA BALDOCK



ADRIAN MCKENZIE
and LEE STERGIOU

WOMEN							
W35				W75			
			wind	1 Ruth Johnson	18.95	-1.1	
1 Anna Watters	15.19	+1.6		2 Luella Jenkins	21.13	-1.1	
W40				MEN			
1 Melissa Foster	13.39	+1.6		M30			
2 Jasmine Heslop	15.32	+1.6		1 Craig Robson	14.35	-0.3	
W50				M35			
1 Lisa Limonas	14.94	+1.6		1 Alex Tinniswood	14.17	-0.3	
2 Juliana Kelly	15.74	+1.6		M40			
3 Paula Kennedy	17.23	+1.6		1 David Adams	14.68	-0.3	
W55				M45			
1 Catherine McCloskey	15.21	-0.9		1 Adrian McKenzie	11.96	-0.3	
2 Carmel Meyer	16.75	-0.9		2 Lee Stergiou	12.29	-0.3	
3 Delia Baldock	17.31	-0.9		3 Jonathan Lester	13.89	-0.3	
4 Myree McGoldrick	18.24	-0.9		M50			
W65				1 Chris Neale	12.97	-2.2	
1 Barbara Blurton	16.19	-1.1		2 Donovan Roets	13.29	-2.2	
2 Maureen Keshwar	16.57	-1.1		3 Ian Hannaby	13.80	-2.2	
W70				M55			
1 Brenda Painter	19.46	-1.1		1 Colin Smith	12.96	-2.2	
				2 Gin Ang	13.18	-2.2	
				M60			
				1 Des Walsh	15.84	-2.2	
				M65			
				1 Tolli Antonioli	14.70	-1.2	
				2 Michael Byrne	14.92	-1.2	
				3 Harold Membrey	17.62	-1.2	
				M70			
				1 Greg Kennedy	16.09	+0.0	
				2 Stephen Crabbe	16.32	+0.0	
				3 Ivo Davies	16.87	+0.0	
				M75			
				1 Barrie Kernaghan	15.91	+0.0	
				2 Mike O'Reilly	18.02	+0.0	
				3 Lyle James	25.70	+0.0	
				M80			
				1 Norman Richards	17.57	-2.9	
				2 Peter Muller	19.68	-2.9	
				M85			
				1 Irwin Barrett-Lennard	22.49	-2.9	
				2 Stan Lockwood	28.76	-2.9	



The field sets off in the W55 200m (from left) race winner Cathy McCloskey, Sharon Moloney, Carmel Meyer, Myree Goldrick and Delia Baldock.



JULIANA KELLY



Ivo Davies, heads Stephen Crabbe (730) and Greg Kennedy (702).



Lee Stergiou is already out of shot as (from left) Stuart Manning, Alex Tinniswood, Craig Robson and David Adams follow.

WOMEN				MEN				M65			
W45				M30				1 Michael Byrne			
1	Tracy Gallagher	33.33	+2.1	1	Craig Robson	29.56	+1.3	2	Tolli Antonioli	29.75	+1.9
W50				M35				3	Keith Redpath	29.83	+1.9
1	Lisa Limonas	30.55	+2.1	1	Alex Tinniswood	28.27	+1.3	4	Harold Membrey	31.86	+1.9
2	Juliana Kelly	31.50	+2.1	M40				M70			
W55				1	Stuart Manning	27.98	+1.3	1	Ivo Davies	33.14	+2.6
1	Catherine McCloskey	30.64	+3.4	2	David Adams	30.09	+1.3	2	Greg Kennedy	33.16	+2.6
2	Carmel Meyer	33.37	+3.4	M45				3	Stephen Crabbe	33.66	+2.6
3	Sharon Moloney	35.33	+3.4	1	Lee Stergiou	24.96	+1.3	4	Ivan Brown	39.57	+2.6
4	Delia Baldock	35.85	+3.4	M50				M75			
5	Myree McGoldrick	39.71	+3.4	1	Chris Neale	25.95	+1.1	1	Barrie Kernaghan	32.94	+1.6
W65				2	Ian Hannaby	26.75	+1.1	2	David Baird	35.05	+1.6
1	Barbara Blurton	32.52	+2.0	M55				3	Mike O'Reilly	37.54	+1.6
W70				1	Colin Smith	26.40	+3.3	4	Bob Schickert	41.64	+1.6
1	Brenda Painter	44.23	+2.0	2	Stuart Walker	30.04	+3.3	M80			
W75				3	John Dennehy	37.80	+3.3	1	Norman Richards	35.49	+1.6
1	Ruth Johnson	*38.26	+2.0	M60				M85			
* State record				1	Campbell Till	26.97	+3.3	1	Irwin Barrett-Lennard	46.96	+1.6
				2	Des Walsh	30.67	+3.3	2	Cecil Walkley	2:22.91	+1.6



Stuart Manning (422), Jason Kell (431)
head David Adams and Alex Tinniswood.



BARBARA BLURTON



ANTHONY MUGAVIN



LEE STERGIU



CAROL BOWMAN

WOMEN			MEN			M65		
W35			M35			1	Steve Fuller	1:04.73
1	Elizabeth Gomez	1:16.28	1	Anthony Mugavin	56.98	2	Michael Byrne	1:08.01
W50			2	Alex Tinniswood	1:06.10	3	Tolli Antonioli	1:08.05
1	Juliana Kelly	1:16.70	M40			4	Keith Redpath	1:18.17
W55			1	Stuart Manning	1:04.32	5	Harold Membrey	1:21.05
1	Carmel Meyer	1:20.31	2	Jason Kell	1:04.71	6	Milt Mavrick	1:23.63
2	Delia Baldock	1:26.44	3	David Adams	1:09.43	M70		
W60			M45			1	Ivo Davies	1:17.33
1	Carol Bowman	1:23.31	1	Lee Stergiou	55.97	2	Ivan Brown	1:31.67
W65			M50			3	William Hart	1:35.96
1	Barbara Blurton	1:14.89	1	Chris Neale	58.56	M75		
W75			2	Ian Hannaby	1:00.57	1	Barrie Kernaghan	1:18.23
1	Ruth Johnson	1:36.47	M55			2	David Baird	1:22.20
			1	Colin Smith	57.78	3	Mike O'Reilly	1:34.10
			M60			M85		
			1	Des Walsh	1:12.88	1	David Carr	1:24.28
						2	Irwin Barrett-Lennard	2:08.85

Middle distance



Chris Gould was the class act of both the 800m and 1500m races running 2:05.28 and 4:17.47 respectively.

By JOHN DENNEHY

Sadly, Elizabeth Gomez, Julie Wilson, Jackie Halberg and Ruth Johnson all ran unopposed in their 800m races. Chris Gould was all class in his victory displaying a measured approach for a fine 2:05.28. Jannie Baard aggressively asserted his authority early on for a well-deserved win over Chris Neale

with Randy Hobbs, Martin Kennedy, Michael Byrne and Jim Klinge dominant in their divisions. Bert Carse won from David Baird with David Carr winning the Anne Shaw trophy with his 3:19.43 effort.

Clare Wardle exhibited speed and strength to outclass the women's 1500m field inspiring some quality performances from Janne Wells, Sue Zlnay, Karyn Gower and Julie Wilson.

David Graieg was rewarded for his fast early pace, setting up Chris Gould for an excellent 4:17.47 run. Dirk Klicker and Jannie Baard maintained solid pressure on their opponents to earn their titles as did Alan Gower, Giovanni Puglisi, Bob Hull, Bert Carse and the remarkable Irwin Barrett-Lennard who posted a 9:44.11 just shy of his ninetieth birthday!

2019 State Athletics Championships

800m



ELIZABETH GOMEZ



JACKIE HALBERG



JULIE WILSON

WOMEN			M40			M65		
W35			1	Chris Gould	2:05.28	1	Michael Byrne	2:45.05
1	Elizabeth Gomez	2:56.85	2	Stuart Manning	2:38.57	2	Giovanni Puglisi	2:53.39
W65			3	Jason Kell	2:39.57	3	Mercurio Cicchini	3:12.45
1	Julie Wilson	3:37.64	4	David Adams	2:54.12	4	Frank Price	5:12.58
W70			M50			M70		
1	Jackie Halberg	4:07.00	1	Jannie Baard	2:19.93	1	Jim Klinge	3:07.92
W75			2	Chris Neale	2:22.88	2	Bruce Wilson	3:22.55
1	Ruth Johnson	3:51.83	3	Ian Hannaby	2:25.22	3	William Hart	3:36.30
			4	Andy Abbey	2:33.23	--	Bob Hull	DQ
			5	John McShane	2:49.20	M75		
			6	Dante Giacomini	3:07.19	1	Bert Carse	3:05.20
MEN			M55			2	David Baird	3:08.54
M30			1	Randy Hobbs	3:08.12	3	Lyle James	6:33.52
1	Adrian Fabiankovits	2:19.83	M60			M85		
M35			1	Martin Kennedy	2:33.97	1	David Carr	3:19.43
1	Anthony Mugavin	2:16.17	2	Akos Gyarmathy	2:53.00	2	Cecil Walkley	10:56.31
2	Alex Tinniswood	2:43.01	3	Des Walsh	3:12.59			



The even start in the women's 1500 did not last long with Clare Wardle (second from right) stopping the clock in 5:01.91.



John McShane leads David Adams and Jason Kell.



The field sets off in the M70 plus 1500m won by Bob Hull.

WOMEN

W35

1 Elizabeth Gomez 5:58.36

W40

1 Clare Wardle 5:01.91

W50

1 Janne Wells 7:11.84

W55

1 Sue Zlnay 5:53.95

2 Karyn Gower 6:31.14

W65

1 Julie Wilson 7:27.75

MEN

M35

1 David Graieg 4:48.20

2 Matt Byles 4:52.43

3 Chris Lark 4:56.26

M40

1 Chris Gould 4:17.47

2 Stuart Manning 5:34.75

3 Jason Kell 5:50.25

4 David Adams 5:55.30

M45

1 Dirk Klicker 4:58.54

M50

1 Jannie Baard 5:07.39

2 Ian Hannaby 5:16.28

3 Andy Abbey 5:25.08

4 John McShane 5:51.74

M55

1 Randy Hobbs 6:34.27

M60

1 Alan Gower 5:04.32

2 Martin Kennedy 5:28.30

3 Akos Gyarmathy 6:00.93

4 Bruce McGeorge 6:37.58

M65

1 Giovanni Puglisi 5:49.77

2 Mercurio Cicchini 6:24.78

3 Milt Mavrick 6:49.99

4 Frank Price 10:17.89

M70

1 Bob Hull 6:06.27

2 Bruce Wilson 6:44.82

M75

1 Bert Carse 6:17.77

2 David Baird 6:24.06

3 Bob Schickert 8:28.70

4 Lyle James 12:57.6

M85

1 Irwin Barrett-Lennard 9:44.11

Walks/hurdles



By JOHN DENNEHY

New member Vincent Sew Hee gave a masterclass in hurdling with both his warm-up routine and then in obliterating his own state record in the 110m hurdles (15.82). Jenn Parker was clean over 'the sticks' in the 300m event, with Delia Baldock, Giovanni Puglisi, Harold Membrey, Greg Kennedy and Bruce Wilson all collecting medals. Carol Bowman's consistent hurdle training paid off with a new state record. Chris Neale and Andrew Brooker ran the 'one lap' hurdles in well under seventy

seconds, followed by M55 medallists Garry Hastie and JP Moutia.

Karyn Tolardo never troubled the walks judges as she strode to victory in all three walks events posting great times with seeming ease. The affable athlete serves as a mentor to many of the walkers with her technique, personality and knowledge. The ever consistent Wendy Farrow, Sally-Anne Smith, Elaine Dance, Lynne Schickert and the ageless Sylvia Byers all completed their races without the red card being shown. However, it was a newcomer to race walking, Peggy

MacIver, who snared state records in both the 1500m and 3000m events. Garry Hastie also won the walks triple with quality efforts. Andrew Duncan gave onlookers food for thought walking the 1500m in 6:48.30, with Wayne Byram, Jason Kell and Victor Munoz collecting gold medals. John McDonagh and Hayden Gawne had tightly fought battles in the shorter walks, with Johan Hagedoorn and Cecil Walkley bringing their competitive running instincts into the walking arena.



Elaine Dance (left)
and Elizabeth
Gomez lead Lynne
Schickert.



GARRY HASTIE

1500m Race Walk

W35

1 Elizabeth Gomez 13:01.22

W40

1 Sally-Anne Smith 9:30.40

W50

1 Karyn Tolardo 8:10.86

2 Wendy Farrow 9:31.06

3 Paula Kennedy 10:59.86

W65

1 Elaine Dance 11:33.82

W75

1 Peggy Macliver *10:44.46

2 Ruth Johnson 11:18.63

3 Lynne Schickert 12:04.61

W80

1 Sylvia Byers 12:44.51

* State record

M40

1 Jason Kell 9:17.66

2 David Adams 15:58.83

M45

1 Wayne Byram 8:30.54

M50

1 Andrew Duncan 6:48.30

M55

1 Garry Hastie 8:18.03

2 John Dennehy 10:36.76

M60

1 Victor Munoz 8:36.79

2 Des Walsh 16:55.83

M65

1 Harold Membrey 11:55.34

M70

1 John McDonagh 9:34.99

2 Haydn Gawne 9:49.54

3 Bruce Wilson 10:38.45

M75

1 Johan Hagedoorn 11:19.67

M85

1 Cecil Walkley ^29:39.9

^Hand held time



Victor Munoz
and Jason Kell
battle down the
back straight.



SALLY-ANNE SMITH



**PEGGY
MACLIVER**



Garry Hastie (571) and Karyn Tolardo (535) lead the pack at the start of the 3000m race walk.



LYNNE SCHICKERT



Peggy Macliver, Lui Cecotti (left) and John Hagedoorn stride out.



Karyn Tolardo (left) surges past Luella Jenkins (771) and Elaine Dance (680) as she heads to the finish line.

3000m Race Walk

W50

1	Karyn Tolardo	16:54.64
2	Wendy Farrow	19:43.38

W65

1	Elaine Dance	23:20.85
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W75

1	Peggy Macliver	*22:20.27
2	Luella Jenkins	23:17.97
3	Lynne Schickert	24:25.52

M45

1	Wayne Byram	19:17.65
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M55

1	Garry Hastie	17:05.94
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M60

1	Victor Munoz	18:11.97
--	Des Walsh	DQ

M70

1	John McDonagh	20:40.73
2	Haydn Gawne	20:45.41
3	Lui Cecotti	22:19.39

M75

1	Johan Hagedoorn	22:19.95
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* State record



5000m Race Walk

W50

1 Karyn Tolardo 29:18.63

W65

1 Elaine Dance 39:43.87

W75

1 Lynne Schickert 42:11.96

M40

1 Jason Kell 35:53.38

M45

1 Wayne Byram 34:03.74

M50

1 Andrew Duncan 24:46.56

M55

1 Garry Hastie 29:19.80

M60

1 Victor Munoz 30:08.95

M70

1 John McDonagh 36:20.80

2 Lui Cecotti 37:48.84

M75

1 Johan Hagedoorn 37:20.91

Andrew Duncan shows the strain of the 12 and a half lap race walk.



JOHAN HAGEDOORN
and JOHN McDONAGH



Garry Hastie leads Karyn Tolardo and Victor Munoz in the early laps of the 5000m race walk.

Vincent Sew Hew broke the State record in the 110m M30 hurdles with a new mark of 15.82 secs.



ANDREW BROOKER and ERIC HAYWARD



JP MOUTIA



Maureen Keshwar set a State record in the W65 80m Short Hurdles with time of 18.48 secs.



MELISSA FOSTER



GREG KENNEDY

80m Short Hurdles

W40

			wind
1	Melissa Foster	12.86	+0.7

W50

1	Jennifer Parker	16.78	+0.7
---	-----------------	-------	------

W55

1	Delia Baldock	18.31	+0.7
---	---------------	-------	------

W65

1	Maureen Keshwar	*18.48	-0.2
---	-----------------	--------	------

M70

1	Greg Kennedy	15.87	-0.2
		* State record	

100m Short Hurdles

M50

1	Andrew Brooker	18.2h	+1.8
2	Eric Hayward	20.5h	+1.8

M55

1	JP Moutia	23.40	+1.4
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110m Short Hurdles

M30

1	Vincent Sew Hew	*15.82	+1.4
		* State record	



Jenn Parker clears the hurdle as Delia Baldock (left) and Janne Wells power on.



Andrew Brooker (504) and Chris Neale tackle the 400m hurdles.



JP MOUTIA



GARRY HASTIE



GREG KENNEDY



HAROLD MEMBREY

300m Hurdles

W50

1	Jennifer Parker	56.79
2	Janne Wells	1:05.74

W55

1	Delia Baldock	1:10.19
---	---------------	---------

W60

1	Carol Bowman	*1:13.45
---	--------------	----------

M65

1	Giovanni Puglisi	1:01.52
2	Harold Membrey	1:11.98

M70

1	Greg Kennedy	1:03.36
2	Bruce Wilson	1:23.47

* State record

400m Hurdles

M50

1	Chris Neale	1:06.36
2	Andrew Brooker	1:08.71

M55

1	Garry Hastie	1:23.51
2	JP Moutia	1:29.38

Field



Jasmine Heslop runs down the runway in the triple jump.

By JOHN DENNEHY

Sue Coate (W50) won the javelin from a very talented field (with just over 10m covering the entire division) as did Stan Selby and Peter Muller respectively. Luella Jenkins (W75) also made her mark with the spear throwing an elegant 15.30m. Garry Hastie showed what a talented athlete he really is, with a javelin title added to his familiar walking events and later picking a medal in the high jump.

Paul Foley and Andrew Brooker enjoyed a closely fought competition with Paul eventually pushed to a state record to record the win (41.87m). Craig Robson (M30) revealed a solid technique winning with 31.70m and Des Walsh (M60) proved he indeed does have 'an arm' with his consistent training

sessions after Masters' competitions this season paying a handsome dividend.

Training partners and friends Lisa Limonas and Sue Coate also tied for the win in the high jump, finishing on 1.30m, with their friendship intact. Notably, Hans Venter took the M50 crown, capping a successful season where he set a new state record in the event, with jumps coach Dave Wyatt demonstrating to his athletes just how the Fosbury Flop should be done in securing another jumps title.

Norm Richards cleared 1.05m relying on his exceptional speed, while Jonathan Lester presented his credentials soaring over 1.60m. Gay Wyatt endorsed her claims to be considered a true multi-eventer claiming the W65 title with a 1.05m jump.

Melissa Foster sent the tape out to 11.38m in the triple jump – off what was last season considered not her take-off leg – as her injured foot continues to heal. A stunning performance. Other top performances by Lisa Limonas, Delia Baldock, Gay Wyatt, Brenda Painter and Ruth Johnson were recognised with gold medals. Alex Tinniswood scored a win (9.35m), along with Jonathan Lester (10.40m). Ian Hannaby collected another title, as Colin Smith demonstrated the importance of raw speed in the jumps extending the tape to 9.43m. Dave Wyatt combined style, speed and strength recording a best of 8.51m and Peter Muller jumped 5.97m for the M80 crown, just ahead of Norm Richards (5.73m) after an intense battle.



W30

1 Michelle Krokosz 30.97m

W35

1 Kristy Franklin 26.42m

W50

1 Sue Coate 29.36m
2 Yolanda Carstens 28.05m
3 Paula Kennedy 21.51m
4 Chris Schelfhout 19.64m
5 Janne Wells 19.05m

W55

1 Debra Cox 18.18m
2 Sharon Moloney 16.61m

W65

1 Barb Wilson 17.38m
2 Kate Glass 13.88m
3 Lynne Choate 11.51m

W70

1 Brenda Painter 12.73m
2 Hazel Stephen 6.48m

W75

1 Luella Jenkins 15.30m

W80

1 Maggie Flanders 6.92m

M30

1 Craig Robson 31.70m

M50

1 Paul Foley *41.87m
2 Andrew Brooker 40.80m

M55

1 Garry Hastie 34.79m
2 Andrew Ward 34.08m

M60

1 Des Walsh 21.64m

M65

1 Jo Peters 35.96m
2 Oswald Igel 30.50m
3 Franz Schlechter 24.60m

M70

1 Stan Selby 36.19m
2 Phil Smyth 30.79m
3 Gregory Wilson 26.02m

M80

1 Peter Muller 20.03m
2 Norman Stanger 18.78m
3 Bob Fergie 17.08m
4 John Cochrane 10.96m

M85

1 James Davis 13.75

* State record



High Jump

W50

1	Lisa Limonas	1.30m
1	Sue Coate	1.30m

W55

1	Delia Baldock	1.17m
---	---------------	-------

W65

1	Gay Wyatt	1.05m
---	-----------	-------

W70

1	Brenda Painter	0.90m
---	----------------	-------

W75

1	Ruth Johnson	0.90m
2	Luella Jenkins	0.90m
3	Lynne Schickert	0.85m

M45

1	Jonathan Lester	1.60m
---	-----------------	-------

M50

1	Kevin Collins	1.05m
---	---------------	-------

M55

1	Hans Venter	1.50m
2	Stuart Walker	1.30m
3	Garry Hastie	1.25m

M65

1	Dave Wyatt	1.30m
2	Franz Schlechter	1.15m

M70

1	Phil Smyth	*1.30m
1	Gregory Wilson	*1.30m
3	Greg Kennedy	1.20m

M80

1	Norman Richards	1.05m
2	Peter Muller	1.00m

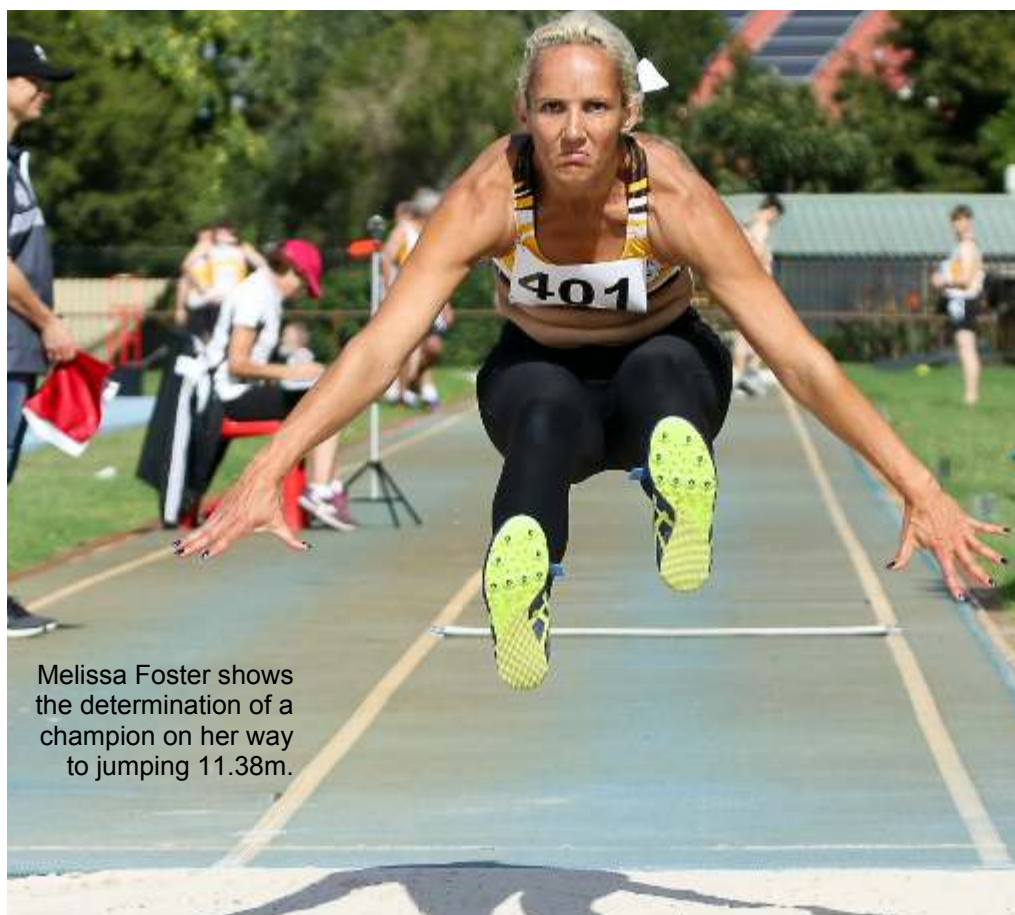
* State record

Pole vault

M70

1	Phil Smyth	2.60m
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Melissa Foster shows the determination of a champion on her way to jumping 11.38m.



JASMINE HESLOP

W40

1	Melissa Foster	11.38m	wind +1.4
2	Jasmine Heslop	8.34m	+0.6

W50

1	Lisa Limonas	9.13m	+2.6
---	--------------	-------	------

W55

1	Delia Baldock	7.41m	+2.9
---	---------------	-------	------

W65

1	Gay Wyatt	7.03m	+0.6
2	Maureen Keshwar	6.57m	+0.0
3	Barb Wilson	6.51m	+1.5

W70

1	Brenda Painter	5.60m	-0.5
---	----------------	-------	------

W75

1	Ruth Johnson	6.38m	+0.0
2	Luella Jenkins	5.12m	+0.0
3	Lynne Schickert	4.77m	+0.0

M35

1	Alex Tinniswood	9.35m	-0.8
---	-----------------	-------	------

M45

1	Jonathan Lester	10.40m	-0.4
---	-----------------	--------	------

M50

1	Ian Hannaby	8.87m	+0.0
---	-------------	-------	------

M55

1	Colin Smith	9.43m	-0.8
2	JP Moutia	7.75m	-0.7
3	Stuart Walker	7.60m	-0.4

M65

1	Dave Wyatt	8.51m	-0.3
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M80

1	Peter Muller	5.97m	-0.3
2	Norman Richards	5.73m	+0.0



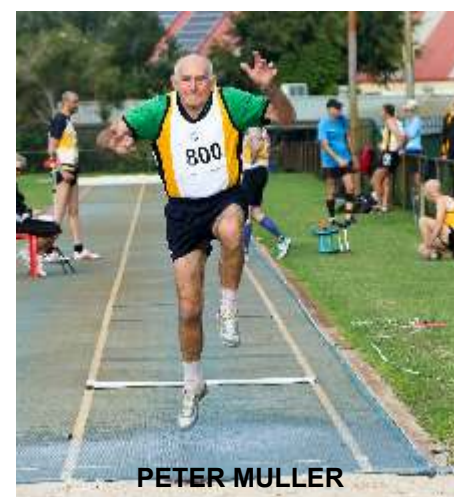
DELIA BALDOCK



LISA LIMONAS



COLIN SMITH



PETER MULLER

Throws



By JOHN DENNEHY

James Davis set a state record in the weight throw, with Byrony Glass also in top form but the W50 and M65 were the most closely fought divisions.

The shot put 'threw out' some surprising winners with Maureen Keshwar, Yolanda Carstens and Hans Venter scoring titles amidst the proven performers, Byrony, Sharon Moloney, Bev Hamilton, Matt Staunton, Geoffrey Gee and Norman Stanger. Michelle Krokosz a stalwart of Thursday evenings competition at ECAC and has

established herself as a welcome addition to the Masters' ranks.

Masters hammer throwing in Western Australia is looking very healthy with Lyndsey Glass responsible for a plethora of excellent performance throughout the ranks. His daughter, Byrony, leads the way still ranking highly amongst the open athletes in Australia and serves a role model for many others with her dedication, technique, personality and conduct in the competition arena. Jo Peters, Matt Staunton and Andrew Ward all performed up to their very best distances. Hardworking thrower, Andrew Ward has seen improvement

after a series of strong and consistent throws at Strive.

Sharon Moloney, Maureen Keshwar, Greg Wilson and Peter Muller were able to conquer strong fields to take out discus titles, whilst other winners had to contend with no opposition but their own season's best performances.

Across the throwing events, Luella Jenkins and Ruth Johnson captured medals of varying colour as did Elizabeth Szczepanska, Ossie Igel, Paula Kennedy, Garry Parker and Des Walsh. Phil Smyth added a javelin silver to his pole vault gold, later scoring a state record in the high jump with Greg Wilson.



SUE COATE



Michelle Krokosz is a picture of concentration during the shot put competition.



Chris Schelfhout concentrates as she winds up to release the hammer.



JANNE WELLS

WOMEN
Hammer
W40

1 Byriony Glass 47.47m

W50

1 Jennifer Parker 38.12m
2 Paula Kennedy 33.58m
3 Chris Schelfhout 32.63m
4 Janne Wells 32.31m

W55

1 Sharon Moloney 25.31m
2 Debra Cox 18.32m

W65

1 Elizabeth Szczepanska 24.01m
2 Kate Glass 22.64m

W70

1 Beverley Hamilton 23.86m

W75

1 Luella Jenkins 22.03m
2 Ruth Johnson 20.52m

Shot
W30

1 Michelle Krokosz 8.54m

W40

1 Byriony Glass 10.83m

W50

1 Yolanda Carstens 10.88m
2 Jennifer Parker 10.24m
3 Sue Coate 9.69m
4 Paula Kennedy 8.58m
5 Janne Wells 7.82m

W55

1 Sharon Moloney 7.35m
2 Leonie Taylor 6.70m
3 Debra Cox 5.96m
4 Michelle Link 5.08m

W65

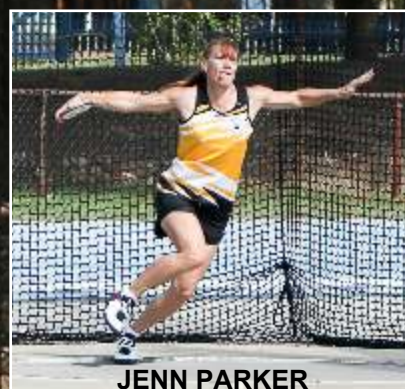
1 Maureen Keshwar 7.74m
2 Elizabeth Szczepanska 7.35m
3 Kate Glass 7.26m
4 Barb Wilson 6.62m

W70

1 Beverley Hamilton 6.78m
2 Hazel Stephen 3.19m

W75

1 Luella Jenkins 6.86m
2 Kathleen Hannig 4.63m



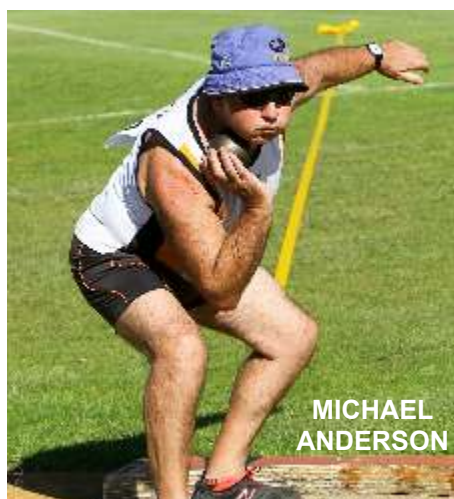
WOMEN			
Weight		W70	
W40		1 Beverley Hamilton	9.49m
1 Byrony Glass	15.13m	W75	
W50		1 Luella Jenkins	9.60m
1 Jennifer Parker	11.63m	2 Ruth Johnson	7.62m
2 Paula Kennedy	10.04m	Discus	
3 Janne Wells	9.54m	W30	
4 Yolanda Carstens	9.11m	1 Michelle Krokosz	29.59m
W55		W40	
1 Sharon Moloney	6.96m	1 Byrony Glass	30.84m
2 Michelle Link	5.83m	W50	
W65		1 Jennifer Parker	30.72m
1 Kate Glass	9.32m	2 Yolanda Carstens	25.12m
2 Elizabeth Szczepanska	8.64m	3 Sue Coate	23.00m
		4 Paula Kennedy	22.24m
		W55	
		1 Sharon Moloney	20.42m
		2 Leonie Taylor	18.42m
		3 Debra Cox	17.87m
		4 Michelle Link	13.49m
		W65	
		1 Maureen Keshwar	19.50m
		2 Elizabeth Szczepanska	19.21m
		3 Kate Glass	15.66m
		4 Barb Wilson	14.80m
		W70	
		1 Beverley Hamilton	19.45m
		W75	
		1 Luella Jenkins	17.89m
		2 Kathleen Hannig	10.36m
		W80	
		1 Maggie Flanders	9.46m



ABOVE: Geoff Gee flexes his muscle to end up with a 12.57m mark.



RIGHT: Ossi Igel keeps his eye on the hammer on his way to a silver medal.



MICHAEL ANDERSON



ANDREW WARD



GREG WILSON

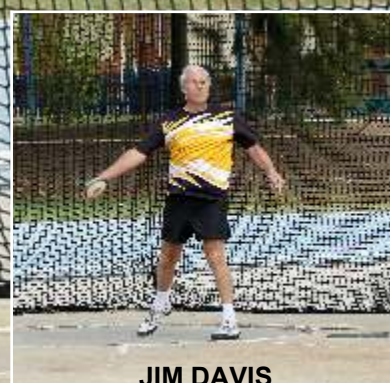
MEN								
Hammer			M85			M70		
M45			1 James Davis	30.83m		1 Gregory Wilson	9.38m	
1 Matthew Staunton	40.37m		Shot			2 Greg Kennedy	6.91m	
M55			1 Matthew Staunton	11.30m		3 Michael Anderson	6.24m	
1 Andrew Ward	27.95m		M45			4 Lui Cecotti	5.54m	
2 Garry Parker	19.41m		1 Hans Venter	9.36m		M75		
M65			2 Andrew Ward	8.86m		1 Mike O'Reilly	6.91m	
1 Jo Peters	40.61m		3 Garry Parker	8.40m		M80		
2 Oswald Igel	34.15m		M65			1 Norman Stanger	8.34m	
M70			1 Geoffrey Gee	12.57m		2 John Cochrane	8.08m	
1 Gregory Wilson	25.70m		2 Oswald Igel	11.81m		3 Bob Fergie	7.57m	
M80			3 Jo Peters	11.28m		4 Peter Muller	7.44m	
1 John Cochrane	24.97m		M85			M85		
2 Bob Fergie	24.85m					1 James Davis	*8.60m	
3 Norman Stanger	20.02m					<i>* State record</i>		



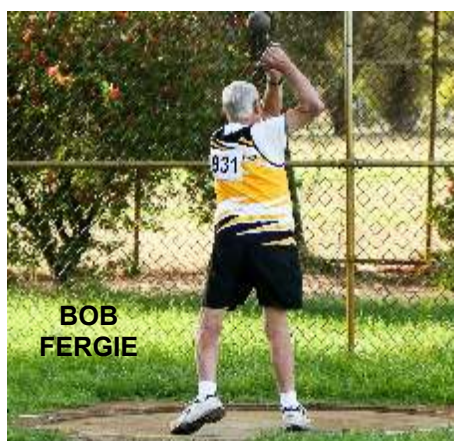
Matt Staunton dances across the circle in the discus to win the gold medal.



CRAIG ROBSON



JIM DAVIS



BOB
FERGIE



JO PETERS



GREG WILSON

MEN					
Weight			M85		
			1 James Davis	*10.94m	
			<i>* State record</i>		
M45			Discus		
1 Matthew Staunton	12.89m		M30		
M55			1 Craig Robson	28.72m	
1 Andrew Ward	10.74m		M45		
M65			1 Matthew Staunton	36.50m	
1 Jo Peters	15.96m		M55		
2 Geoffrey Gee	15.52m		1 Andrew Ward	32.88m	
3 Oswald Igel	15.12m		2 Garry Parker	23.20m	
M70			M60		
1 Gregory Wilson	9.35m		1 Des Walsh	25.83m	
M80			2 Bruce McGeorge	22.64m	
1 Bob Fergie	9.06m		M65		
2 Norman Stanger	8.54m		1 Jo Peters	43.38m	
			2 Oswald Igel	35.69m	
			M70		
			1 Gregory Wilson	30.42m	
			2 Greg Kennedy	20.39m	
			3 Michael Anderson	17.95m	
			M75		
			1 Mike O'Reilly	17.51m	
			M80		
			1 Peter Muller	23.85m	
			2 John Cochrane	19.61m	
			3 Norman Stanger	19.44m	
			4 Bob Fergie	16.71m	
			M85		
			1 James Davis	*20.36m	
			<i>* SR (in Throws Pentathlon)</i>		

Early events

By JOHN DENNEHY

Jaime Lovell smashed the state record in her steeple's debut courtesy of a near faultless hurdling technique to follow Vanessa Carson home. Giovanni Puglisi led the men's event with a strong run and Bruce Wilson impressed on his return from severe injury. Bert Carse, on limited training, ran well as did Morland Smith and world record holder, David Carr. The 3km divisions were won by Ian Hannaby, with Alan Gray (who hurdled every steeple) and David Adams, respectively.

Clare Wardle's recent addition of speed endurance work paid off handsomely with a dominant display, capturing both distance State titles. Vanessa Carson ran a sub-twenty minute 5000m with top class performances from Sue Zlnay, Karyn Gower and Lori Sexton also. Julie Wilson backed up a fine steeple's win with a measured run as did Hazel Stephens and Loretta Shillinglaw. Paul Beckers and Andrew Davison runs were overshadowed by Alan Gower's superb 18:42.46 performance. Bob Hull won well with Irwin Barrett-Lennard running well.

Elizabeth Gomez, Dee Roe and Lori Sexton scored wins in the 10,000m with Barbara Hasenoehrl and Silke Peglow gaining admirers with their focus and determination. Ross Langford asserted his authority on the field immediately with his aggressive racing. Chris Lark and Paul Scott-Taylor's stellar performances were matched by Jim Langford and David Baird in their respective divisions. Bob Schickert was resolute in finishing to the plaudits of the knowledgeable crowd.

Recent Torun long jump champion, Melissa Foster, took the state title with Lisa Limonas, Delia Baldock and Gay Wyatt also collecting wins. Jonathan Lester, Colin Smith, Dave Wyatt and Norm Richards also secured gold medals.

Pentathletes Melissa Foster, Jennifer Parker and Ruth Johnson all set state records in winning with Melissa's long jumping and sprinting, Ann-Marie O'Donovan's 800m being particular highlights. New state records were also set by Steve Fuller and David Carr.

In the weight pentathlon, Bev Hamilton, Byrony and Kate Glass, Jenn Parker, Luella Jenkins, James Davis (SR), Greg Wilson, Jo Peters, Tom Gravestock, Andrew Ward, Mal Clarke were amongst the winners with excellent point scores the reward for consistent performances across the season.

The move of the 5000m a week earlier than previous championships was no problem for Clare Wardle who dominated the race.



Clare Wardle (440) and Elizabeth Gomez lead Bob Colligan.



CHRIS
LARK



Adrian Fabiankovits (left) Dee Roe (centre) and Tim Karajas (right).

WOMEN

Elizabeth Gomez	W35	46:40.9
Clare Wardle	W40	39:18.2
Dee Roe	W50	42:30.7
Barbara Hasenoehrl	W50	56:05.0
Silke Peglow	W50	57:17.7
Lori Sexton	W55	52:45.8

MEN

Adrian Fabiankovits	M30	40:18.3
Chris Lark	M35	36:58.4
Zane Walsh	M35	41:44.3
Ross Langford	M40	33:49.4
Tim Karajas	M40	42:46.2
David Adams	M40	49:17.5
Jason Kell	M40	57:44.5
Andrew Davison	M50	41:26.4
John Fisher	M55	47:13.2
Paul Scott-Taylor	M60	44:53.2
Bob Colligan	M60	46:15.6
Michihito Muroi	M60	58:57.0
Giovanni Puglisi	M65	45:59.1
Milt Mavrick	M65	53:31.8
Jim Langford	M70	49:39.5
David Baird	M75	49:31.8
Bob Schickert	M75	1:07:27.8

All times hand held



ROSS LANGFORD



JIM LANGFORD



John McShane (542) leads, Andrew Davison (540), David Adams (420), Alan Gower (630) and Ian Hannaby (506).
INSET: Paul Beckers heads Matt Byles.

WOMEN

Elizabeth Gomez	W35	^22:01.80
Clare Wardle	W40	18:42.49
Vanessa Carson	W40	19:11.26
Barbara Hasenoehrl	W50	26:28.40
Silke Peglow	W50	27:09.19
Sue Zlnay	W55	^21:57.00
Karyn Gower	W55	23:45.13
Lori Sexton	W55	25:10.07
Julie Wilson	W65	26:32.97
Hazel Stephen	W70	35:27.17
Loretta Shillinglaw	W75	38:26.53

^ Hand held time

MEN

Paul Beckers	M30	16:35.74
Matt Byles	M35	18:40.77
Zane Walsh	M35	19:26.05
David Adams	M40	24:02.01
Jason Kell	M40	24:18.77
Andrew Davison	M50	19:03.99
Ian Hannaby	M50	20:54.81
John McShane	M50	21:57.41
Dante Giacomini	M50	22:50.78
John Fisher	M55	22:45.35
Stephen Grannells	M55	30:19.37
Alan Gower	M60	18:42.46
Paul Scott-Taylor	M60	22:11.63
Bruce McGeorge	M60	24:01.58
Giovanni Puglisi	M65	20:53.02
Mercurio Cicchini	M65	23:43.39
Michael Byrne	M65	23:48.07
Michael Lee	M65	23:50.59
Milt Maverick	M65	25:59.35
Frank Price	M65	40:55.99
Bob Hull	M70	22:15.72
Jim Langford	M70	23:13.26
Bruce Wilson	M70	24:21.08
Jim Klinge	M70	24:45.09
Bert Carse	M75	22:48.54
David Baird	M75	23:41.97
Bob Schickert	M75	31:40.28
Morland Smith	M80	32:19.29
Irwin Barrett-Lennard	M85	35:00.28



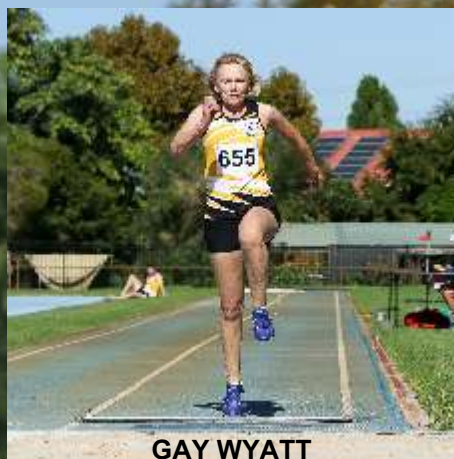
Sue Zlnay and Elizabeth Gomez lap Hazel Stephen.



KARYN GOWER



BARBARA HASENOEHL

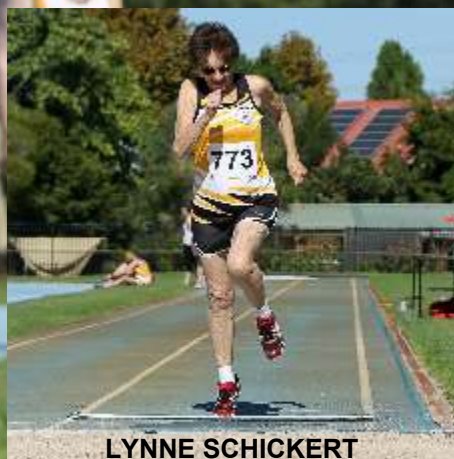


GAY WYATT



CHRIS NEALE

MAIN PHOTO: Alex Tinniswood goes barefoot in the sand in the long jump competition.



LYNNE SCHICKERT



JONATHAN LESTER



Long Jump WOMEN

			Wind
Melissa Foster	W40	5.22m	+2.4
Lisa Limonas	W50	3.99m	+1.0
Delia Baldock	W55	3.36m	+2.0
Gay Wyatt	W65	3.08m	+1.1
Brenda Painter	W70	2.06m	+1.7
Ruth Johnson	W75	2.71m	+2.3
Luella Jenkins	W75	2.51m	+0.8
Lynne Schickert	W75	1.97m	+1.4

Long Jump MEN

			Wind
Alex Tinniswood	M35	4.53m	+2.4
Jonathan Lester	M45	5.31m	+1.3
Chris Neale	M50	5.10m	+1.4
Ian Hannaby	M50	4.59m	+1.5
Kevin Collins	M50	2.91m	+1.5
Colin Smith	M55	4.80m	+1.1
Hans Venter	M55	4.59m	+1.6
JP Moutia	M55	3.79m	+1.3
Dave Wyatt	M65	4.43m	+1.6
Greg Kennedy	M70	2.62m	+0.9
Norm Richards	M80	3.24m	+1.5



FRANZ SCHLECHTER



DAVID CARR



IVAN BROWN

Men's pentathlon

Saturday, April 6

Craig Robson	M30	1249
David Graieg	M35	2632
Chris Neale	M50	2894
Tony Downey	M60	2498
Des Walsh	M60	2071
Steve Fuller	M65	*3076
Harold Membrey	M65	1864
Franz Schlechter	M65	1581
Greg Kennedy	M70	1719
Ivan Brown	M70	1643
David Carr	M85	*2300

* State record

David Graieg leads Chris Neale and Tony Downey in the 1500m.



Annmarie O'Donovan passes Melissa Foster on the final lap of the 800m.



MAUREEN KESHWAR

Women's pentathlon

Saturday, April 6

Melissa Foster	W40	*2734
Annmarie O'Donovan	W45	2366
Tracy Gallagher	W45	1909
Jennifer Parker	W50	*3175
Carol Bowman	W60	2077
Maureen Keshwar	W65	2594
Gay Wyatt	W65	2417
Brenda Painter	W70	1452
Ruth Johnson	W75	*3123
Lynne Schickert	W75	1144

* State record



GAY WYATT

Jo Peters is a picture of concentration as he prepares to release the shot.

Men's throws Pentathlon

Saturday, April 6

Malcolm Clarke	M45	3466
John Fettus	M45	3216
Matt Staunton	M45	3202
Andrew Ward	M55	2549
Tom Gravestock	M60	3140
Des Walsh	M60	1500
Jo Peters	M65	3934
Geoff Gee	M65	3580
Ossi Igel	M65	3575
Greg Wilson	M70	2620
Bob Fergie	M80	2527
Norm Stanger	M80	2469
Jim Davis	M85	*3392

* State record



**GREG
WILSON**



**MATT
STAUNTON**



**JANNE
WELLS**

Women's throws Pentathlon

Saturday, April 6

Byrony Glass	W40	3533
Jennifer Parker	W50	3072
Yolanda Carstens	W50	2829
Paula Kennedy	W50	2795
Sue Coate	W50	2691
Janne Wells	W50	2682
Sharon Moloney	W55	2413
Debra Cox	W55	1651
Kate Glass	W65	2724
Bev Hamilton	W70	3294
Luella Jenkins	W75	3237
Ruth Johnson	W75	2570



Bev Hamilton winds up in the hammer.



**BYRONY
GLASS**



**LUELLA
JENKINS**



KATE GLASS

Water rats

Alan Gray prepares to leap over the water jump.



Men's steeplechase

Thursday, April 4

3000m

David Adams	M40	17:03.39
Ian Hannaby	M50	13:42.13
Alan Gray	M55	15:30.41

2000m

Giovanni Puglisi	M65	9:02.66
Harold Membrey	M65	11:00.14
Milt Mavrick	M65	12:04.54
Bruce Wilson	M70	10:41.95
Bert Carse	M75	10:16.78
Bob Schickert	M75	13:08.34
Morland Smith	M80	13:59.03
David Carr	M85	11:16.95
Irwin Barrett-Lennard	M85	14:32.32



GIOVANNI PUGLISI



MILT MAVERICK, DAVID CARR and BRUCE WILSON



BERT CARSE and HAROLD MEMBREY



Vanessa Carson and Jaime Lovell attack the water jump.



TRACY GALLAGHER

Women's steeplechase

2000m

Thursday, April 4

Jaime Lovell	W30	*8:43.75
Vanessa Carson	W40	8:00.50
Tracy Gallagher	W45	9:57.51
Janne Wells	W50	10:50.41
Silke Peglow	W50	11:05.57
Jacqui McQueen	W50	11:48.20
Julie Wilson	W65	10:56.40
Lynne Schickert	W75	18:42.57
* State record		



JANNE WELLS



JACQUI McQUEEN and SILKE PEGLOW

Bits 'n' pieces



Jonathan Lester easily clears the bar on his way to recording a jump of 1.60m.



Where did he go?



Soft landing



This fence is too high!