

WAAS - March 20

Rob Shand (MAWA number 9) celebrates his Eightieth birthday;

W80 Patricia Carr sets another state record;

Lorraine Lopes follows suit

It was an eightieth birthday celebration above all at WAAS. Member number 9, one of the great stalwarts of the club from its earliest days, **Rob Shand** celebrated his birthday - inevitably with his friends from MAWA (or WAVAC as it was known in the early days). Rob celebrated it with a season's best in both weight throw and discus. Still bright as a button, he is going to be hard to beat in all the events at this weekend's championships. Few have done more for the club as it approaches its fortieth year. As you read this, raise a glass to the man.

Add a state record for another vintage member, W80 **Pat Carr**, this time in the 100m with three watches confirming the time and a wind gauge reading right on the legal limit. Pat would have possibly added to this by lowering her long jump SR by 1cm, but unfortunately no wind gauge reading was available and the wind was fluctuating around the limit.

Another SR, this time for relative spring-chicken **Lorraine Lopes**, completed the statistics for the evening. Lorraine lowered her own state W70 1500m record by another 3 seconds as she completed her preparations for the states and nationals ahead. Statistician **Campbell Till**, nursing a niggle to ensure that he could compete at the weekend, was well-placed to oversee the records. He spent the evening as recorder and kept an eagle eye on the logistics to ensure the validity of the results.

These issues apart, it was not an over-busy evening. Around 45 athletes rounded off their preparations for the weekend's championships. Unusually we started with a middle distance event (1500m). Scheduling is based on what works at ECAC, and unfortunately 6 to 6.45pm is a hectic time with other folk on the track at

WAAS, so it was quite difficult, both running and officiating this event tonight. However, it seems that we managed to cope with Lorraine's record success. Perhaps the two meets need distinct schedules next year? Discussions are already in hand.

No such problems for the 100m heats, with PBAs falling to a number of athletes across the whole ability and age ranges. Three heats of 400m followed. Heat winners **Mark Elms** (equalling his M40 best), **Garry Ralston** and **Delia Baldock** showed how it was done. But there were a number of other good times recorded, **Fiona Leonard**, **Alan Billington** and **Tom Tralau** all noted with a big smile after the race. And speaking of smiles, **Julie Wilson** seems to have a permanent one. Yet another PBA to this lady who came to us a couple of years back with little running pedigree and seems to improve race upon race, always with a great smile across her face.

The 5000m/3000m saw PBAs to **John Collier** (under 21 minutes with a superb sprint finish in the 5000m) and the ever-improving **Graeme Dahl**. Graeme shuns praise, but his performances over the past couple of months across the 400 to 3000 range have been very impressive indeed. Tonight's 3000m time of 11:34 was an astonishing 15s inside his M60 best, and almost 25s inside his season's best.

In the field, aside from events already mentioned above, **Cathy McCloskey** was unfortunate to aggravate her hamstring problem in the long jump and is now doubtful for the championships. **Sue Coate** and **Jeff Whittam** heaved the heavyweight to new PBAs and the longest discus throws were claimed by **Greg Wilson** and **Andrew Ward**.

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1500m

Jocelyn Keage	Vis	5:10.1	
Steve Weller	M35	5:15.6	SB
Mark Dawson	M50	5:27.1	
John Collier	M45	5:33.9	
Graeme Dahl	M60	5:43.1	
Maurice Creagh	M65	5:53.5	PBA
Jonathon Phillips	Vis	5:56.8	
Ivan Brown	M65	6:11.1	SB
Lorraine Lopes	W70	6:29.7	SR
David Carr	M75	6:32.7	
Allan Billington	M50	6:42.2	
Danielle Baldock	W30	6:43.4	SB
Julie Wilson	W55	6:54.3	
Christine Oldfield	W65	8:37.2	

100m

Wind +0.9			
Garry Ralston	M55	12.4	PBA=
Greg Brennan	M40	12.5	PBA
Maurice Pascal	M40	12.6	
Allan Billington	M50	15.0	PBA=

Wind +0.3

Katy Jackson	Vis	13.7	
Jonathon Phillips	Vis	14.3	
Fiona Leonard	W45	14.4	PBA
Fran Cherry	W45	14.8	PBA

Wind +2.0

Delia Baldock	W50	15.5	
Peggy Macliver	W65	16.0	
Julie Wilson	W55	18.7	
Pat Carr	W80	23.3	SR

400m

Mark Elms	M45	56.8	PBA=
Maurice Pascal	M40	59.8	
Jocelyn Keage	Vis	73.6	
Jonathon Phillips	Vis	76.4	

Garry Ralston	M55	68.3	
Fiona Leonard	W45	68.9	
Allan Billington	M50	78.4	
Ivan Brown	M65	79.7	SB
Maurice Creagh	M65	80.2	

Delia Baldock	W50	75.1	
Tom Tralau	M35	78.1	
Fran Cherry	W45	81.0	
Julie Wilson	W55	89.2	PBA
Danielle Baldock	W30	1:37.9	
Christine Oldfield	W65	1:55.7	

5000m

Steve Weller	M35	19:11.3	
Jocelyn Keage	Vis	20:16.3	
Tom Tralau	M35	20:56.9	
John Collier	M45	20:59.2	PBA
Jonathon Phillips	Vis	23:33.0	
Danielle Baldock	W30	26:37.1	
Irwin Barrett-Lennard	M80	26:42.4	

3000m

Roscoe McDonnell	M50	11:00.1	
Graeme Dahl	M60	11:34.3	PBA
Mathilde Laceze	Vis	13:23.2	
Maurice Creagh	M65	13:29.0	

3000m Walk

Marie Fitzsimons	W45	17:13.3	
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High Jump

Delia Baldock	W50	1.15	
Sue Coate	W45	1.25	
Greg Wilson	M60	1.35	

Long Jump

Mark Elms	M45	5.35	
Geoff Brayshaw	M60	4.00	
Sue Coate	W45	3.72	
Patricia Carr	W80	2.32	PBA nwi
Cathy McCloskey	W45	4.01	

Weight Throw

Dorothy Whittam	W75	9.01	
Sue Coate	W45	7.77	PBA
Andrew Ward	M50	7.63	
Rae McMillan	W80	7.68	SB
Rob Shand	M80	8.76	SB
Jeff Whittam	M75	9.37	PBA

Discus

Andrew Ward	M50	27.23	
Jeff Whittam	M75	15.89	
Rob Shand	M80	19.56	SB
Dorothy Whittam	W75	12.93	
Greg Wilson	M60	29.17	
Maurice Pascal	M40	18.90	