

RESULTS – SUMMER 2008/9

WEEK 1: Coker Park – October 2nd

100m

Chris Neale	M35	12.7
Diam Wright	Vis	12.8
Colin Smith	M45	13.3
Campbell Till	M50	13.4
David Luck	M45	14.2

Roy Fearnall	M65	14.1
Mick Adams	M50	14.8
Valetta Boddy	W45	15.4
Peggy Macliver	W60	16.4

Jayden Watts	Vis	18.4
Pat Carr	W75	21.4
Lynne Schickert	W65	23.7

1500m

Jarrad Martyn	Vis	4:27.1
Peter Sullivan	M50	5:26.0
Ross Keane	M45	5:29.8
John Collier	M40	5:32.1
Graeme Dahl	M55	5:43.1
Toni Phillips	W35	5:56.3
David Carr	M75	6:03.9
Dante Giacomini	M35	6:12.2
Bruce Mathieson	M60	6:22.8
Peggy Macliver	W60	6:35.7
Steve Fuller	Vis	6:39.5
John Dennehy	M45	7:18.3

1500m walk

Tom Lenane	M50	8:25.5
Stan Jones	M80	10:50.1

400m

Diam Wright	Vis	58.2
Campbell Till	M50	59.3
Toni Phillips	W35	62.1
Roy Fearnall	M65	n/t
Ross Keane	M45	68.4

Greg Vander Sanden	M50	72.4
David Carr	M75	73.2
Delia Baldock	W45	75.5

Perry Lakes – October 4th

100m

Barrie Kernaghan	M65	15.74
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200m

Barrie Kernaghan	M65	30.73
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200m hurdles

Toni Phillips	W35	32.84
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Peggy Macliver	M50	78.2
John Dennehy	M45	78.5

5000m

Peter Sullivan	M50	18:05.7
David Solomon	M40	18:49.8
Graeme Dahl	M55	20:22.0
Robin King	W50	20:38.2
Bob Schickert	M65	21:18.5
Blakeney Tindall	M45	21:25.9
Karen March	W45	21:37.1
John Collier	M40	21:49.8
Bruce Mathieson	M60	22:51.8
Maurice Creagh	M60	23:23.6

3000m

Joshua Claite	Vis	11:50.0
Dante Giacomini	M35	12:58.8
Diam Wright	Vis	13:51.6
Rachel Mezzatesta	Vis	13:54.8
Peggy Macliver	W60	14:47.6
Steve Fuller	Vis	14:48.9
Delia Baldock	W45	15:57.2
John Dennehy	M45	15:57.2

Long Jump

Chris Neale	M35	5.28
Colin Smith	M45	4.30
Valetta Boddy	W45	4.15
Lynne Schickert	W65	2.61

Discus

Bruce Mathieson	M60	27.98
Mick Adams	M50	25.78
Julie Plackett	W35	19.16
Karen Eastwood	W40	17.56
Clara Ward	W50	13.31

Shot

Mick Adams	M50	9.95
Clara Ward	W50	7.26
Julie Plackett	W35	6.41
Karen Eastwood	W40	5.64

1500m walk

David Smyth	M35	7:36.6
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Hammer Throw

Byrony Glass	W30	54.00m
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WEEK 2: UWA – October 7th**100m**

Roy Fearnall	M65	13.3
David Luck	M45	13.7
Samuel de Fiddes	Vis	16.1
Mick Adams	M50	DNF

Bob Neville	M75	20.6
Catherine Keane	Vis	20.9
Lynne Schickert	W65	21.3
Peter Kennedy	M85	32.2

1500m

Rebecca de Fiddes	Vis	5:18.8
Ross Keane	M45	5:19.3
John Collier	M40	5:20.8
Keith Edmonds	M40	5:38.1
Graeme Dahl	M55	5:40.5
Wayne Taylor	M45	5:44.5
Trevor Griffiths	Vis	5:45.0
Toni Phillips	W35	5:52.3
Ivan Brown	M60	6:06.0
Carl Ciccarelli	M45	N/T
Peggy Macliver	W60	N/T
Gill Edmonds	W40	N/T
Fiona McAuley	W55	N/T
Val Prescott	W60	N/T

1500m Walk

Lynne Schickert	W65	10:58.0
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400m

Duncan McAuley	M55	64.0
Toni Phillips	W35	64.8
Roy Fearnall	M65	64.9
Keith Edmonds	M40	70.5
Sam de Fiddes	Vis	76.2

Peggy Macliver	W60	79.2
Carl Ciccarelli	M45	81.3

Ivan Brown	M60	81.5
Catherine Keane	Vis	1:44.1
Val Prescott	W60	2:22.9

3000m

Carl Ciccarelli	M45	13:08.7
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5000m

Rebecca de Fiddes	Vis	20:14.1
Graeme Dahl	M55	20:20.8
John Collier	M40	20:59.2
Duncan McAuley	M55	21:12.3
Wayne Taylor	M45	21:13.3
Grant Owens	Vis	21:48.6
Keith Edmonds	M40	22:00.2
Frank Smith	M65	22:36.5
Ivan Brown	M60	23:08.0
Sam de Fiddes	Vis	24:05.2
Trevor Griffiths	Vis	24:07.5
Fiona McAuley	W55	27:51.7

5000m Walk

Peter Hopper	M60	34:55.2
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LONG JUMP

Lynne Schickert	W65	2.56
Peggy Macliver	W60	3.38
Tom Gravestock	M60	4.18

DISCUS

Peter Gare	M65	28.58
Peter Kennedy	M85	10.90
Tom Gravestock	M50	35.20
Rae McMillan	W80	17.47
Peter Hopper	M60	23.68

SHOT

Tom Gravestock	M50	10.33
Peter Kennedy	M85	5.44
Rae McMillan	W80	6.62

Coker Park – October 9th

(apologies for the formatting problems in the 3000 – it stems from the incoming document and I can't fix it)

200m

Chris Neale	M35	25.6
Colin Smith	M45	26.8
David Solomon	M40	28.2
David Luck	M45	28.7
Kim Thomas	M30	32.9
Peggy Macliver	W60	33.5
David Carr	M75	33.9
John Dennehy	M45	34.7
Bob Neville	M75	44.1
Valerie Millard	W60	44.6
Catherine Keane	Vis	44.7
Pat Carr	W75	49.6

300m

Chris Neale	M35	40.2
Colin Smith	M45	42.8
Kim Thomas	M30	47.1
Ross Keane	M45	48.4

Delia Baldock	W45	52.4
David Carr	M75	53.7
Maurice Creagh	M60	69.5
Catherine Keane	Vis	72.0
Peter Sullivan	M50	72.0
Ross Keane	M45	72.0

3000m walk

Robin King	W50	n\t
Tom Lenane	M50	17:37.2
Valerie Millard	W60	18:42.2
Lynne Schickert	W65	22:17.6

3000m

Peter Sullivan	M50	10:40.1
David Solomon	M40	11:24.5
John Collier	M40	11:47.7
Peggy Macliver	W60	14:20.9 SB
Steve Fuller	Vis	14:24.3
Jackie Halberg	W60	14:24.7
John Dennehy	M45	14:59.2 SB
Nick Bailey	M60	15:01.9

800m

John Collier	M40	2:35.7
Peter Sullivan	M50	2:39.6
Graeme Dahl	M55	2:42.3
Eldon George	M35	2:47.8
Bob Schickert	M65	2:55.6
Dante Giacomini	M35	3:03.0

Kim Thomas	M30	2:47.6
Eldon George	M35	2:52.4
Steve Fuller	Vis	2:54.4
Robin King	W50	2:56.3
David Carr	M75	2:56.8

Perry Lakes – October 12th**100m**

Barrie Kernaghan	M65	16.03 (-5.4m/s)
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200m

Barrie Kernaghan	M65	71.41
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WEEK 3: UWA – October 14th**200m**

Ian Cotton	M40	27.2
David Luck	M45	29.0
Duncan McAuley	M55	29.9
Barrie Kernaghan	M65	30.3 SB

Peggy Macliver	W60	34.2
Carol Bowman	W50	39.6
Catherine Keane	Vis	42.3
Bob Neville	M75	43.6 SB
Lynne Schickett	W65	51.7
Peter Kennedy	M85	66.0

3000m

Andrew Brooker	M35	11:07.0
Bjorn Dybdahl	M55	11:17.0
Bernard Mangan	M50	11:30.0
John Collier	M40	11:34.0 SB
Keith Edmonds	M40	11:50.0
Ross Keane	M45	11:54.0 SB
Duncan McAuley	M55	12:12.0

(3000m cont.)

Graeme Dahl	M55	11:53.5
Eldon George	M35	11:58.7
Ross Keane	M45	11:59.9
Kim Thomas	M30	12:13.9
Bob Schickert	M65	12:25.8
Liz Neville	W55	12:58.1
Bruce Mathieson	M60	13:01.1
Dante Giacomini	M35	13:06.4
David Carr	M75	13:53.4

800m (cont.)

John Collier	M40	3:03.8
John Dennehy	M45	3:04.6
Peggy Macliver	W60	3:09.9
Maurice Creagh	M60	3:10.1
Delia Baldock	W45	3:22.0
Nick Bailey	M60	3:26.1
Jackie Halberg	W60	3:38.4

Discus

Bruce Mathieson	M60	25.85
Julie Plackett	W35	22.35 SB

Triple Jump

Chrid Neale	M35	11.21
Colin Smith	M45	9.20
Peggy Macliver	W60	7.05
Julie Plackett	W35	6.24
Lynne Schickert	W65	6.14

1500m

Bruce Wilson	M60	5:30.37
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Hammer Throw

Byrony Glass	W30	55.17m SB
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Wayne Taylor	M45	12:20.0
Grant Owens	Vis	12:42.0
Frank Smith	M65	12:44.0
Ivan Brown	M60	12:48.0
Gill Edmonds	W40	17:19.0
Fiona McAuley	W55	17:47.0
Val Prescott	W60	N/T

3000m Walk

Val Millard	W60	N/T
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TRIPLE JUMP

Peggy Macliver	W60	6.91
Lynne Schickett	W65	5.78
Jay Holland	Vis	11.73
Mark Liddelov	Vis	9.87
Ash Brian	Vis	12.11
Brad Butler	Vis	10.29

300m			
Andrew Brooker	M35	47.7	
Keith Edmonds	M40	48.6	
Ross Keane	M45	49.1	
Grant Owens	Vis	57.4	
Peggy Macliver	W60	56.3	
Carol Bowman	W50	66.8	
Catherine Keane	Vis	71.2	

800m

Andrew Brooker	M35	2:30.3	
John Collier	M40	2:31.8	SB
Bjorn Dybdahl	M55	2:42.0	
Keith Edmonds	M40	2:55.0	
Wayne Taylor	M45	3:06.5	
Ivan Brown	M60	3:08.9	
Fiona McAuley	W55	4:29.5	
Val Prescott	W60	5:02.7	

Coker Park – October 16th

100m

Chris Neale	M35	12.6	SB
Colin Smith	M45	13.2	SB
David Luck	M45	14.0	
Pat Carr	W75	21.3	
Sam de Fiddes	Vis	13.6	
Sean Griffiths	M40	15.1	
Pat Carr	W75	19.2	SB
Lynne Schickert	W65	20.3	SB

600m

Campbell Till	M50	1:36.2	
Chris Neale	M35	1:47.6	
Colin Smith	M45	1:51.0	
Sam de Fiddes	Vis	1:53.5	
Sean Griffiths	M40	1:54.5	
David Luck	M45	2:10.6	
Peter Sullivan	M50	2:19.6	
Jackie Halberg	W60	2:23.7	

600m walk

Stan Jones	M80	4:15.8	
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60m

Chris Neale	M35	7.9	
Colin Smith	M45	8.3	
David Luck	M45	8.8	
Sam de Fiddes	Vis	9.3	
Sean Griffiths	M40	9.4	
Delia Baldock	W45	9.9	
Pat Carr	W75	12.5	
Lynne Schickert	W65	13.8	

Ross Keane	M45	71.8	
Lynne Schickert	W65	87.4	
Ashley Brian	Vis	40.9	
Jay Holland	Vis	42.6	
Barrie Kernaghan	M65	48.2	
Mark Liddelou	Vis	53.1	

HAMMER THROW

Peter Kennedy	M85	15.30	
Steve McClelland	M50	21.17	
Rae McMillan	W80	19.34	
Geoff Gee	M55	33.17	
Damien Hanson	M55	20.72	

DISCUS

Ian Cotton	M40	37.12	
Peter Kennedy	M85	10.57	
Steve McClelland	M50	25.82	
Rae McMillan	W80	15.68	
Geoff Gee	M55	33.44	
Damien Hanson	M55	23.52	

Long Jump

Peggy Macliver	W60	3.50	SB
Lynne Schickert	W65	2.67	SB

Shot

Bev Hamilton	W60	8.66	
Peggy Macliver	W60	6.53	

Javelin

Damien Hanson	M55	30.14	
Chris Neale	M35	25.69	
Bev Hamilton	W60	17.95	

10000m - Patron's Trophy

			%
Peter Sullivan	M50	37:18.4	80.70
Lachlan Marr	M48	38:39.1	76.65
David Solomon	M44	40:05.9	71.62
Trevor Griffiths	Vis	41:22.4	
Rebecca de Fiddes	Vis	41:24.4	
Graeme Dahl	M59	41:30.9	78.18
Peter March	M49	42:19.0	70.58
Robin King	W50	42:53.0	79.82
Kim Thomas	M34	42:53.4	62.40
John Collier	M42	43:56.1	64.38
Bob Schickert	M66	44:23.5	77.85
Paul Haylett	M47	44:38.6	65.85
David Carr	SR M76	47:23.3	83.10
Gillian Young	W61	47:45.0	83.76
Bruce Mathieson	M64	47:48.7	70.97
Peggy Macliver	W64	50:12.3	83.51
Nick Miletic	M57	50:16.7	63.45
Richard Blurton	M58	53:07.8	60.56
Steve Fuller	Vis	55:46.6	
Diane Jones	W59	55:54.4	69.42
Valerie Millard	W61	58:17.0	68.63

Perry Lakes – October 19th**60m**

Colin Smith	M45	7.95	SB
Barrie Kernaghan	M65	9.34	

200m

Colin Smith	M45	25.37	SB
Barrie Kernaghan	M65	29.41	SB

800m

Cam Yorke	M30	1:56.50	SR
Neil Morfitt	M50	2:14.39	

3000m walk

David Smyth	M35	15:48.5	
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Hammer Throw

Byrony Glass	W30	56.23	SR
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WEEK 4: UWA – October 21st**100m**

Ian Cotton	M40	13.5	
David Luck	M45	13.6	SB
Barrie Kernaghan	M65	14.9	SB
Nick Miletic	M55	15.4	
Duncan McAuley	M55	15.9	
Peggy Macliver	W60	16.0	SB
Peter Hopper	M60	16.1	
Shirley Bell	W60	19.1	

600m

Paul Haylett	M45	1:47.5	
Ian Cotton	M40	1:47.7	
Duncan McAuley	M55	1:48.0	
David Luck	M45	2:15.5	
Peggy Macliver	W60	2:16.9	

10000m Patron's Trophy

		%	
Alan Gower	M50	38:56.5	79.22
Andrew Brooker	M39	39:08.9	70.65
Mark Dawson	M47	40:43.2	72.19
Graeme Dahl	M59	41:59.3	77.30
John Collier	M42	43:36.3	64.87
Ivan Brown	M63	46:54.8	71.67
Sandra Stockman	W43	47:32.3	66.79
Shirley Bell	W60	49:31.8	79.54
Tracey Hancock	Vis	54:41.7	
Carl Ciccarelli	M47	54:41.7	53.75
Fiona McAuley	W57	60:58.1	61.82

600m cont.

Nick Miletic	M55	2:44.7	
Catherine Keane	Vis	2:45.1	
Carol Bowman	W50	2:46.1	
Valerie Prescott	W60	4:04.9	

60m

David Luck	M45	8.7	
Paul Haylett	M45	8.8	
Barrie Kernaghan	M65	9.0	
Nick Miletic	M55	9.3	
Scott Haylett	Vis	9.6	
Grant Owens	Vis	9.7	
Peggy Macliver	W60	9.7	
Debbie Wolfenden	W45	11.1	
Carol Bowman	W50	11.4	
Catherine Keane	Vis	11.7	

Shot

Rob Shand	M75	6.70	
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Javelin

Rob Shand	M75	21.88	
Peter Hopper	M60	25.60	
Damien Hanson	M55	30.24	SB

Long Jump

Peggy Macliver	W60	3.54	SB
Graeme Dahl	M55	3.15	
Peter Hopper	M60	3.35	

Perry Lakes – October 26th**100m**

Barrie Kernaghan	M65	14.96	
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400m

Cam Yorke	M30	49.17	SR
Barrie Kernaghan	M65	69.17	

Worksop (UK) – October 26th**Half marathon (Notts AAA County championships)**

John Oldfield	M65 (1 st)	1:43:21	
Christine Oldfield	W60	2:16:31	

Coker Park – October 23rd**60m**

Gillian Young	W60	11.5
Bob Neville	M75	11.9
Pat Carr	W75	12.6

David Luck	M45	8.8
Nick Miletic	M55	9.5
Steve Fuller	Vis	11.2

Patron's Trophy**3000m**

			%
David Lazarus	Vis	10:09.8	
Ron Gower	Vis	10:48.8	
Campbell Till	M51	11:42.0	72.24
Kim Thomas	M34	11:45.1	SB 63.42
Peter March	M49	11:50.3	70.26
Ross Keane	M47	11:50.9	SB 69.09
Paul Haylett	M47	12:02.6	67.97
Bob Schickert	M66	12:22.1	SB 77.81
Chris Neale	M39	12:49.1	60.09
Ian Cotton	M44	12:55.8	61.86
Scott Andrews	M37	12:59.0	58.46
Karen March	W47	12:59.6	72.64
David Carr	M76	13:05.2	SB 83.80
Dante Giacomini	M40	13:07.0	59.16
Liz Neville	W57	13:08.3	81.91
Gillian Young	W61	13:26.2	84.84
Bruce Mathieson	M64	13:29.2	70.06
Maurice Creagh	M62	13:43.5	67.62
Shirley Bell	W60	13:56.3	80.59
Tanya Holloway	Vis	13:57.2	
John Dennehy	M49	14:14.4	SB 58.41
Nick Miletic	M57	14:22.0	61.84
Delia Baldock	W46	14:43.1	SB 63.36
Jackie Halberg	W62	14:53.9	77.67
Nick Bailey	M60	15:12.0	59.98
Diane Jones	W59	16:11.5	68.37
Valerie Millard	W61	16:12.5	70.33
Sarah Ladwig	W59	17:06.9	64.68
Lynne Schickert	W67	20:46.3	60.25

400m

Chris Neale	M35	55.5	
Ron Gower	Vis	60.8	
Toni Phillips	W35	62.1	SB=
Paul Haylett	M45	67.1	
Steve Fuller	Vis	70.1	
Robin King	W50	76.9	
Dante Giacomini	M40	78.1	
Catherine Keane	Vis	1:37.8	

200m

David Luck	M45	29.4
Ross Keane	M45	32.9
Catherine Keane	Vis	44.2
Pat Carr	W75	52.0

Patron's Trophy**Discus**

			%
Ian Cotton	M44	35.08	49.23
Chris Neale	M39	28.71	38.76
Bruce Mathieson	M64	26.26	43.37
Kim Thomas	M34	26.22	35.39
Julie Plackett	W39	22.76	SB 32.31
Campbell Till	M51	21.41	29.43
Karen Eastwood	W40	18.72	SB 26.99
Nick Miletic	M57	18.57	28.95
Bob Schickert	M66	17.67	30.55
Clara Ward	W50	16.37	SB 27.84
David Carr	M76	15.02	33.88
John Dennehy	M49	14.55	22.30
Delia Baldock	W46	14.46	22.94
Valerie Millard	W61	12.91	27.36
Lynne Schickert	W67	12.59	30.81
Liz Neville	W57	12.54	24.39
Shirley Bell	W60	12.30	25.49
Peter March	M49	11.96	18.33
Carol Bowman	W53	11.87	21.33
Gillian Young	W61	11.62	24.62
Sarah Ladwig	W59	9.88	20.04

3000m walk

Robin King	W50	17:04.3
Stan Jones	M80	22:22.4

UWA – October 28th

60m

Roy Fearnall	M65	8.7	
David Luck	M45	9.6	
Nick Miletic	M55	9.9	
Norm Richards	M70	9.6	
Mark Dawson	M45	9.6	
Peter Hopper	M60	9.8	
Carol Bowman	W50	11.7	

400m

Ian Cotton	M40	61.5	
Duncan McAuley	M55	65.5	
Ivan Brown	M60	81.9	
John Collier	M40	83.5	
Carl Ciccarelli	M45	1:56.2	

200m

Roy Fearnall	M65	29.3	
David Luck	M45	30.5	
Nick Miletic	M55	34.8	
Ian Cotton	M40	30.1	
Ross Keane	M45	32.4	SB
Norm Richards	M70	33.4	
Catherine Keane	Vis	45.6	

Weight Throw

John Everard	M50	11.75	
Rocky Cloete	M58	10.13	
Rob Shand	M75	6.83	

TRIPLE JUMP

Ross Wickham	M40	11.33	
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**Patron's Trophy
3000m**

			%	
Mark Dawson	M47	11:05.0	73.86	
John Collier	M42	11:44.4	67.09	
Duncan McAuley	M59	12:02.1	75.11	SB
Wayne Taylor	M49	12:17.3	67.68	SB
Ross Keane	M47	12:23.2	66.09	
Frank Smith	M66	12:46.0	75.38	
Ivan Brown	M63	13:01.2	71.91	
Vic Waters	M64	13:48.7	68.41	
Peter Hopper	M63	14:25.3	64.93	
Carl Ciccarelli	M47	14:30.0	56.46	
Tracey Hancock	Vis	14:31.4		
Carol Bowman	W53	15:35.7	65.34	
Nick Miletic	M57	15:36.7	56.91	
Fiona McAuley	W57	17:23.9	61.85	SB

Discus

			%	
Rocky Cloete	Vis	29.68		
John Everard	M50	27.11	36.60	
Rob Shand	M76	21.03	47.44	
Peter Hopper	M63	19.81	32.00	
Ivan Brown	M63	17.54	28.34	
Mark Dawson	M47	14.87	21.90	

Ern Clark Athletic Centre – 30th October

1000m

Kim Thomas	M30	3:21.7
Toni Phillips	M35	3:23.8
Paul Haylett	M45	3:26.8
Dante Giacomini	M40	3:53.2
Karen March	W45	3:57.7
David Carr	M75	3:58.5
Steve Fuller	Vis	4:00.4
Gillian Young	W60	4:15.8
Carol Bowman	W50	4:31.4
Sarah Ladwig	W55	5:02.6

100m

Chris Neale	M35	12.6
David Luck	M45	14.1
David Clive	M70	14.5
Valetta Boddy	W45	15.5
Delia Baldock	W45	16.2
Rose Hvala	Vis	19.2
Catherine Keane	Vis	20.2

3000m

Kim Thomas	M30	12:06.5
Ross Keane	M45	12:10.7
Scott Andrews	M35	12:33.5 SB
Carl Ciccarelli	M45	12:34.9 SB
Dante Giacomini	M40	12:59.1
Karen March	W45	13:25.7
John Dennehy	M45	14:47.7
Jackie Halberg	W60	14:59.9

Long Jump

Chris Neale	M35	5.32 SB
David Clive	M70	4.40
Valetta Boddy	W45	4.20 SB
Lynne Schickert	W65	2.46

Javelin

Mark Hamilton	M35	33.01
Leslie Waterhouse	Vis	22.45
Julie Plackett	W35	15.52

3000m walk

Tanya Hollaway	Vis	17:02.5
Tom Lenane	M50	17:29.8 SB
Rose-Maree Hollaway	W50	19:47.7

Patron's Trophy

Shot				%
Bob Schickert	M67	6.12	41.61	
Lynne Schickert	W67	6.31	54.82	
Carol Bowman	W53	3.53	22.83	
Chris Neale	M39	8.77	38.75	
Ian Cotton	M44	8.47	40.11	
Campbell Till	M51	7.58	38.36	
John Dennehy	M49	5.41	28.33	
Paul Haylett	M47	7.06	35.42	
Julie Plackett	W39	6.65	33.71	SB
Peter March	M49	5.96	31.21	
Kim Thomas	M34	8.16	35.29	
Bruce Mathieson	M64	8.74	53.93	
David Carr	M76	6.33	42.51	
Leslie Waterhouse	Vis	7.65		
Mark Hamilton	M38	12.02	52.83	
Gillian Young	W61	4.30	32.58	
Toni Phillips	W36	6.89	32.81	
Sarah Ladwig	W59	3.66	26.58	
Karen March	W47	3.37	20.64	

400m

				%
Chris Neale	M39	56.0	81.85	
Campbell Till	M51	58.5	85.22	SB
Ian Cotton	M44	58.7	80.94	
Toni Phillips	W36	61.8	81.27	SB
David Luck	M49	68.7	71.59	
Paul Haylett	M47	61.3	79.14	SB
Kim Thomas	M34	65.6	67.32	
Ross Keane	M47	68.5	70.82	
Steve Fuller	Vis	70.1		
David Carr	M76	71.3	92.73	SB
Peter March	M49	72.1	68.22	
David Clive	M71	72.2	83.25	
Bob Schickert	M66	72.7	77.37	
John Dennehy	M49	76.1	64.63	SB
Bruce Mathieson	M64	80.0	67.76	
Catherine Keane	Vis	1:47.9		
Rose Hvala	Vis	1:52.8		

Delia Baldock	W46	76.1	73.43
Gillian Young	W61	83.8	76.79
Jackie Halberg	W62	88.2	73.60
Carol Bowman	W53	88.2	67.82
Sarah Ladwig	W59	1:43.3	61.20
Lynne Schickert	W67	1:59.2	57.62

**October 31st – Ern Clark Athletic Centre
(John Gilmour 10km Classic and state open championship)**

Paul Mitchell	M35	34:01	
David Solomon	M40	39:36	
Robin King	W50	42:43	SB
Eldon George	M35	42:49	
Sean Griffiths	M40	43:36	
John Collier	M40	46:01	

November 4th – UWA

1000m

Andrew Brooker	M35	3:05.3	
Duncan McAuley	M55	3:21.0	
John Collier	M40	3:24.3	
Toni Phillips	W35	3:26.5	
Paul Haylett	M45	3:37.8	
Ivan Brown	M60	3:54.7	
Graeme Dahl	M55	3:57.6	
Wayne Taylor	M45	4:14.8	
Peggy Macliver	W60	4:15.9	
Shirley Bell	W60	4:27.9	
Carol Bowman	W50	4:28.8	
Grant Owens	M45	4:49.5	
Ross Keane	M45	4:56.9	
Scott Haylett	Vis	4:57.4	
Catherine Keane	Vis	5:03.1	
Val Prescott	W60	6:38.7	

100m

Roy Fearnall	M65	13.8	
David Luck	M45	13.8	
Barry Newell	M50	14.3	
Keith Edmonds	M40	15.3	
Mark Dawson	M45	16.0	
Scott Haylett	Vis	16.2	
Peter Hopper	M60	16.5	
Ross Calnan	M65	17.8	
Bob Neville	M75	17.9	
Catherine Keane	Vis	20.5	
Lynne Schickert	W65	22.9	

3000m

Keith Edmonds	M40	11:46.9	SB
Ross Keane	M45	11:47.8	SB
Wayne Taylor	M45	11:56.5	
Paul Haylett	M45	11:58.9	SB
Bob Schickert	M65	12:12.8	SB
John Collier	M40	12:14.8	
Grant Owens	M45	12:28.4	
Frank Smith	M65	12:29.3	SB
Barry Newell	M50	16:03.4	
Gill Edmonds	W40	16:20.3	SB
Fiona McAuley	W55	17:25.3	

400m (Patron's Trophy)

			%	
Mark Dawson	M47	61.2	79.27	
Duncan McAuley	M59	63.1	83.26	SB
Toni Phillips	W36	63.2	79.47	
Roy Fearnall	M65	65.2	83.66	
Keith Edmonds	M41	69.4	67.01	SB
David Luck	M49	73.9	66.56	
Graeme Dahl	M59	70.2	74.84	
Peggy Macliver	W64	79.2	83.40	
Ivan Brown	M63	80.0	67.33	SB
Liz Neville	W57	82.4	75.34	
Carol Bowman	W54	88.4	68.32	
Shirley Bell	W60	90.7	70.35	
Ross Keane	M47	73.2	66.27	
Peter Hopper	M63	83.9	64.20	
Scott Haylett	Vis	87.2		
Catherine Keane	Vis	1:47.3		
Lynne Schickert	W67	2:06.6	54.26	
Val Prescott	W64	2:06.7	52.14	SB

Shot (Patron's Trophy)

			%	
Graeme Dahl	M59	5.17	31.24	
Liz Neville	W57	5.29	36.92	
Peggy Macliver	W64	6.24	50.49	SB
Lynne Schickert	W67	4.86	42.22	
Peter Hopper	M63	7.61	45.56	
Geoffrey Gee	M55	11.66	64.23	
Rae McMillan	W80	6.43	82.05	
Ivan Brown	M63	6.69	40.05	
Rob Shand	M67	6.91	46.40	
Mark Dawson	M47	6.34	31.80	
Shirley Bell	W60	5.51	40.86	

Long Jump

Peggy Macliver	W60	3.55
Lynne Schickert	W65	2.40

Javelin

Rob Shand	M75	21.11
Rae McMillan	W80	14.81
Val Prescott	W60	11.38
Peter Hopper	M60	21.37

Nov 6th - ECAC

300m

Chris Neale	M35	40.0	SB
David Luck	M45	47.4	
Kerriann Bresser	W40	50.9	
David Carr	M75	59.0	
Peggy Macliver	W60	57.3	
Nick Miletic	M55	58.8	
Graeme Dahl	M55	60.9	
Carol Bowman	W50	63.8	SB
Catherine Keane	Vis	70.2	
Corey Thomas	M30	46.0	
Kim Thomas	M30	47.8	
Ross Keane	M45	49.0	
Shirley Bell	W60	65.4	
Colin Smith	M45	50.5	
Bob Schickert	M65	54.7	
Bruce Mathieson	M60	58.6	

800m

Campbell Till	M50	2:22.7	
Toni Phillips	W35	2:31.5	
Kim Thomas	M35	2:35.4	SB
Lachlan Marr	M45	2:42.3	
Corey Thomas	M30	2:43.0	
Ross Keane	M45	2:45.8	
Colin Smith	M45	2:58.1	
Dante Giacomini	M40	3:00.3	SB

Graeme Dahl	M55	2:46.5	
Bob Schickert	M65	2:51.0	SB
Robin King	W50	2:52.6	SB
John Dennehy	M45	2:59.3	SB
David Carr	M75	2:59.6	
Pete March	M45	3:06.9	
Nick Miletic	M55	3:16.5	

Steve Fuller	Vis	2:45.0	
Colin Smith	M45	2:56.4	SB
Peggy Macliver	W60	3:05.0	SB
Gillian Young	W60	3:11.3	
Jackie Halberg	W60	3:22.9	SB
Carol Bowman	W50	3:24.9	
Catherine Keane	Vis	3:43.1	
Sarah Ladwig	W55	3:48.5	

Discus

Mark Hamilton	M35	35.99	
Chris Neale	M35	29.64	SB
Steve McClelland	M50	29.31	
Bruce Mathieson	M60	28.31	SB
Julie Plackett	W35	24.27	SB
Karen Eastwood	W40	18.44	
Rose-Maree Hollaway	W50	14.54	

200m

Chris Neale	M35	25.5	SB
Scott Andrews	M35	28.0	
David Luck	M45	28.8	
Ross Keane	M45	31.5	SB
Nick Miletic	M55	35.8	

Kerriann Bresser	W40	32.3	
Bob Schickert	M65	33.7	
David Carr	M75	35.1	
Bruce Mathieson	M60	37.9	
Carol Bowman	W50	40.0	

Ross Keane	M45	33.6	
Peggy Macliver	W60	34.9	
Gillian Young	W60	37.6	
Catherine Keane	Vis	45.4	
Sarah Ladwig	W55	46.3	

3000m

Lachlan Marr	M45	10:59.0	
Kim Thomas	M35	11:55.2	
Pete March	M45	11:55.7	
Graeme Dahl	M55	12:01.2	
Chris Neale	M35	12:55.6	
Dante Giacomini	M40	13:10.7	
Scott Andrews	M35	13:28.1	
Bruce Mathieson	M60	13:44.0	
Gillian Young	W60	14:10.9	
Nick Miletic	M55	14:16.1	SB
John Dennehy	M45	14:36.3	
Jackie Halberg	W60	15:47.6	

Patron's Trophy

3000m walk			%
Robin King	W50	16:06.8	SB 81.00
Liz Neville	W57	18:36.3	74.86
Valerie Millard	W61	19:55.9	72.92
Shirley Bell	W60	20:40.3	69.53
Lynne Schickert	W67	21:46.6	SB 71.74
Stan Jones	M83	22:20.3	SB 79.20
Bob Neville	M75	23:58.3	65.48

Triple Jump

Mitchell Cook	Vis	12.00
Campbell Till	M50	9.86

Javelin

Steve McClelland	M50	32.70	
Karen Eastwood	W40	16.00	
Julie Plackett	W35	15.77	SB

November 9th - Perry Lakes**800m**

Neil Morfitt	M50	2:13.6	SB
Robin King	W50	2:43.3	SB

100m

Barrie Kernaghan	M65	15.0	
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200m

Barrie Kernaghan	M65	29.69	
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3000m

Paul Mitchell	M35	9:41.0	
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1500 walk

Robin King	W50	7:29.6	
David Smyth	M35	7:33.9	SB

Hammer

Byrony Glass	W30	55.98	
John Everard	M50	42.94	

November 11th – UWA**300m**

Roy Fearnall	M65	47.7	
Ross Keane	M45	51.8	
Norm Richards	M70	57.1	
Peggy Macliver	W60	59.2	
Graeme Dahl	M55	59.6	SB
Catherine Keane	Vis	70.2	

800m

Mark Dawson	M45	2:20.3	
Duncan McAuley	M55	2:31.5	
John Collier	M40	2:32.0	
Toni Phillips	W35	2:39.5	
Keith Edmonds	M40	2:40.7	SB
Ross Keane	M45	2:41.3	SB

Sean Fitzsimmons	Vis	2:23.3	
Scott Andrews	M35	2:41.7	
Graeme Dahl	M55	2:45.2	
Wayne Taylor	M45	2:55.5	SB
Ivan Brown	M60	2:58.5	SB
Kate Fitzsimmons	Vis	3:01.8	
Carl Ciccarelli	M45	3:25.9	
Catherine Keane	Vis	3:25.9	
Fiona McAuley	W55	4:30.2	

Javelin

John Everard	M50	23.90	
Rob Shand	M75	22.50	SB
Shirley Bell	W60	10.98	
Liz Neville	W55	11.21	
Steve McClelland	M50	37.10	SB

200m

Sean Fitzsimmons	Vis	28.6	
Roy Fearnall	M65	30.1	
Keith Edmonds	M40	32.9	
Norm Richards	M70	33.3	SB

Scott Andrews	M35	28.3	
Ross Keane	M45	31.2	SB
Kate Fitzsimmons	Vis	33.6	
Peggy Macliver	W60	34.0	
Ivan Brown	M60	34.6	
Bob Neville	M75	40.5	

3000m

Mark Dawson	M45	11:15.2	
Graeme Dahl	M55	11:46.4	SB
Duncan McAuley	M55	11:51.6	SB
Wayne Taylor	M45	12:01.8	
John Collier	M40	12:12.3	
Keith Edmonds	M40	12:22.6	
Frank Smith	M65	12:30.3	
Carl Ciccarelli	M45	12:31.4	SB
Vic Waters	M60	13:42.4	SB
Peggy Macliver	W60	14:44.3	
Scott Andrews	M35	15:41.4	
Fiona McAuley	W55	17:30.9	

Discus

John Everard	M50	28.51	SB
Rob Shand	M75	20.66	
Steve McClelland	M50	28.99	

3000m Walk – Patron's Trophy

			%
Tanya Holloway	Vis	16:35.1	
Liz Neville	W57	19:08.6	72.75
Peter Hopper	M63	19:43.9	68.92
Shirley Bell	W60	20:42.8	69.39
Lynne Schickert	W67	22:18.4	70.04
Ivan Brown	M63	22:28.9	60.49

Triple jump

Peggy Macliver	W60	6.97	
Lynne Schickert	W65	5.75	
Kevin Collins	M40	6.97	
Shirley Bell	W60	4.84	

November 13th – ECAC

Patron's Trophy

100m				%
Chris Neale	SB	M39	12.0	84.85
Campbell Till	SB	M51	12.5	88.40
Paul Haylett		M47	12.6	85.39
Colin Smith	SB	M45	13.1	81.06
Roy Fearnall		M65	13.6	88.68

Corey Thomas		M32	13.3	73.61
Kim Thomas		M34	14.2	69.16
Nick Miletic	SB	M57	15.0	76.54
Bob Schickert		M67	15.9	76.74
Bruce Mathieson		M64	17.5	68.50

Graeme Dahl		M59	15.2	76.49
Valetta Boddy	SB	W45	15.3	76.01
Peggy Macliver	SB	W64	15.3	91.84
Delia Baldock	SB	W46	15.9	73.91
John Dennehy		M49	16.0	68.15

Gillian Young		W61	16.7	81.85
Melissa Young		Vis	16.9	
Carol Bowman		W54	18.5	69.05

Catherine Keane		Vis	20.3	
Valerie Millard		W61	20.5	66.68
Lynne Schickert		W67	22.5	64.16

1500m

Ross Keane		M45	5:06.7	SB
Ed Love		Vis	5:07.6	
Pete Sullivan		M50	5:12.7	SB
Kim Thomas		M30	5:14.3	
Ron Gower		Vis	5:18.6	
Paul Haylett		M45	5:32.9	
Bob Schickert		M65	5:33.5	
David Carr		M75	5:48.1	SB
Dante Giacomini		M40	6:08.5	SB
Gillian Young		W60	6:37.7	
Peggy Macliver		W60	6:42.0	
Steve Fuller		Vis	6:42.6	
Nick Miletic		M55	6:48.5	
Carol Bowman		W50	7:07.7	
Karen Eastwood		W40	8:21.1	
Melissa Young		Vis	8:41.6	

1500m walk

Emily Clauson		Vis	7:11.8	
Tom Lenane		M50	8:16.4	SB
Valerie Millard		W60	9:10.7	
Rose-Maree Hollaway		W50	9:19.3	
Lynne Schickert		W65	10:34.6	SB
Stan Jones		M80	10:45.0	SB

600m

Chris Neale		M35	1:34.2	SB
Campbell Till		M50	1:34.5	SB
David Solomon		M40	1:42.4	
Ron Gower		Vis	1:43.3	
Ed Love		Vis	1:50.9	
Roy Fearnall		M65	1:52.1	
Colin Smith		M45	1:57.0	
Pete Sullivan		M50	1:58.0	SB
Delia Baldock		W45	2:09.8	
Bob Schickert		M65	2:14.4	
Bruce Mathieson		M60	2:19.1	

5000m

Dirk Klicker		M30	18:46.9	
Pete Sullivan		M50	19:14.4	
Graeme Dahl		M55	20:10.6	SB
Kim Thomas		M30	20:53.3	
Corey Thomas		M30	23:51.0	
Nick Miletic		M55	23:55.8	
Gillian Young		W60	23:57.3	
John Dennehy		M45	24:44.5	
Steve Fuller		Vis	26:47.5	
Jackie Halberg		W60	26:54.9	

3000m

Ron Gower		Vis	11:25.5	
Dante Giacomini		M40	12:53.1	SB
Melissa Young		Vis	22:13.0	

3000m walk

Emily Clauson		Vis	16:50.5	
Tom Lenane		M50	18:17.3	
Rose-Maree Hollaway		W50	20:21.4	

Long Jump

Valetta Boddy		W45	4.12	
Peggy Macliver		W60	3.51	
Julie Plackett		W35	3.07	
Graeme Dahl		M55	2.91	
Lynne Schickert		W65	2.47	

Discus

Mark Hamilton		M35	36.81	SB
Mick Adams		M50	31.12	SB
Julie Plackett		W35	24.68	SB
Corey Thomas		M30	23.38	
Kim Thomas		M30	21.33	
Karen Eastwood		W40	19.49	

Hammer – Patron's Trophy

				%
David Carr		M76	16.57	37.03
Valerie Millard		W61	13.75	27.86
Valetta Boddy		W45	13.65	26.89
Lynne Schickert		W67	9.96	23.33
Mark Hamilton		M35	34.29	
Mick Adams		M50	18.64	
Julie Plackett		W35	15.72	
Karen Eastwood		W40	12.76	

November 18th – UWA

1500m

Mark Dawson	M45	5:00.9	
Ross Keane	M45	5:13.0	
John Collier	M40	5:28.2	
Paul Haylett	M45	5:35.0	
Wayne Taylor	M45	5:37.0	SB
Keith Edmonds	M40	5:39.5	
Toby Dawson	Vis	5:49.3	
Ivan Brown	M60	6:00.3	SB
Carl Ciccarelli	M45	6:37.7	

1500m walk

Peter Hopper	M60	9:54.0	
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600m

Duncan McAuley	M55	1:48.2	
John Collier	M40	1:52.5	
Keith Edmonds	M40	1:59.0	
Ross Keane	M45	2:02.8	
Barrie Kernaghan	M65	2:16.5	
Peggy Macliver	W60	2:16.5	SB
Grant Owens	M45	2:22.3	
Carol Bowman	W50	2:31.6	SB
Scott Haylett	Vis	2:44.8	
Catherine Keane	Vis	3:07.3	
Ella Newell	Vis	3:08.9	

5000m

Mark Dawson	M45	19:56.4	
Paul Haylett	M45	20:56.2	
Keith Edmonds	M40	21:12.0	SB
Wayne Taylor	M45	21:12.5	SB
Grant Owens	M45	21:15.3	
Carl Ciccarelli	M45	22:47.9	
John Collier	M40	23:56.8	
Fiona McAuley	W55	29:38.6	

3000m

Duncan McAuley	M55	12:16.5	
Gillian Edmonds	W40	16:45.6	

November 15th – Perry Lakes

100m

Cameron Yorke	M30	11.54	
Colin Smith	M45	12.60	

400m

Cameron Yorke	M30	49.13	SR
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1500m

Paul Mitchell	M35	4:28.32	
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Hammer

Byrony Glass	W30	55.17	
John Everard	M50	41.45	
Kate Glass	W50	38.95	

Patron's Trophy

100m

Lee Stergion	Vis	12.5		%
Barrie Kernaghan	SB	M68	14.0	87.68
Norm Richards		M71	14.5	86.69
Mark Dawson	SB	M47	15.4	69.87

Toby Dawson	Vis	13.5		
Duncan McAuley	SB	M59	15.7	74.06
Peggy Macliver		W64	15.7	89.50
Peter Hopper		M63	16.4	72.65

Liz Neville		W57	16.6	79.25
Ross Calnan	SB	M68	17.1	71.79
Carol Bowman	SB	W54	18.4	69.42
Shirley Bell		W60	19.9	68.07

Ivan Brown		M63	16.2	73.55
Scott Haylett	Vis		16.4	
Ross Keane		M47	19.8	54.34
Catherine Keane	Vis		20.1	

Hammer

Mark Dawson		M47	13.22	18.78	%
Liz Neville		W57	11.77	21.88	
Shirley Bell		W60	6.32	12.52	
Rob Shand		M76	15.65	34.97	
Rae McMillan		W81	18.02	66.35	
Peter Hopper		M63	16.39	28.50	

Long Jump

Peggy Macliver		W60	3.71	SB
Lee Stergion	Vis		5.14	
Peter Hopper		M60	3.58	SB

Discus

Rob Shand		M75	21.80	SB
Rae McMillan		W80	15.52	
Peter Hopper		M60	22.10	

November 23rd – Perry Lakes

Hammer

Byrony Glass		W30	55.29	
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60m

Cameron Yorke		M30	7.47 (-4.0)	
David Luck		M45	8.75	
Barrie Kernaghan		M65	9.67	

200m

Cameron Yorke		M30	23.17	
David Luck		M45	27.92	

800m

Neil Morfitt		M50	2:16.48	
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5000m

Paul Mitchell		M35	16:22.6	
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November 20th – ECAC

200m

Lee Stergion	Vis	26.2	
Colin Smith	M45	27.8	
Roy Fearnall	M65	28.2	SB
David Solomon	M40	28.4	
David Luck	M45	28.5	SB

Nick Miletic	M55	34.0	SB
Bob Schickert	M65	36.0	
Bruce Mathieson	M60	37.0	SB
John Dennehy	M45	38.3	
Liz Neville	W55	34.5	
Gillian Young	W60	35.9	SB
Melissa Young	Vis	37.3	
Carol Bowman	W50	38.1	SB
Pat Carr	W75	46.8	SB

3000m

Dirk Klicker	M30	10:06.4	
Pete Sullivan	M50	10:47.3	
Lachlan Marr	M45	10:58.8	SB
David Solomon	M40	11:23.5	SB
Kim Thomas	M30	11:38.4	SB
Dante Giacomini	M40	12:52.9	SB
Corey Thomas	M30	12:58.4	
Gillian Young	W60	13:24.8	SB
Steve Fuller	M55	13:53.8	SB
Melissa Young	Vis	17:59.3	

3000m walk

Tom Lenane	M50	17:44.5	
Stan Jones	M80	22:01.1	SB

60m

Colin Smith	M40	8.1	
David Luck	M45	8.5	SB
Nick Miletic	M55	9.5	
Bruce Mathieson	M60	10.7	
Carol Bowman	W50	11.3	SB
Ross Keane	M45	10.2	
Sarah Ladwig	W55	11.9	
Catherine Keane	Vis	12.0	
Pat Carr	W75	12.0	SB
Valerie Millard	W60	12.2	
Lynne Schickert	W65	14.4	

Javelin

Corey Thomas	M30	32.75	
Kim Thomas	M30	32.27	
Bev Hamilton	W60	18.69	SB
Clara Ward	W50	14.18	

Patron's Trophy

800m				%	
Chris Neale	M39	2:18.0	76.34		
Campbell Till	M51	2:18.9	84.43	SB	
Ed Love	Vis	2:27.2			
Ross Keane	M47	2:29.2	75.92		
Lachlan Marr	M48	2:40.8	71.07	SB	
Pete Sullivan	M50	2:41.5	72.02		
Roy Fearnall	M65	2:42.6	80.71		
Kim Thomas	M34	2:28.5	68.09	SB	
Corey Thomas	M32	2:42.7	62.15	SB	
David Carr	M76	2:43.7	92.96	SB	
Bob Schickert	M67	2:44.0	81.73	SB	
Steve Fuller	M56	2:55.7	69.59		
Bruce Mathieson	M64	3:00.0	72.33		
Dante Giacomini	M40	3:05.0	57.50		
John Dennehy	M49	2:53.2	66.56	SB	
Liz Neville	W57	3:02.1	76.60		
Peggy Macliver	W64	3:03.4	86.07	SB	
Delia Baldock	W46	3:05.1	66.33	SB	
Nick Miletic	M57	3:08.4	65.41	SB	
Gillian Young	W61	3:08.7	78.77	SB	
Jackie Halberg	W62	3:13.5	78.34	SB	
Carol Bowman	W54	3:24.0	65.58	SB	
Ross Keane	M45	2:59.7	2 nd run	SB	
Dante Giacomini	M40	3:01.8	2 nd run		
Catherine Keane	Vis	3:38.0			
Sarah Ladwig	W59	3:46.3	63.48	SB	
Valerie Millard	W61	3:54.4	63.41		
Lynne Schickert	W67	4:45.6	58.68		

Triple Jump

			%	
Chris Neale	M39	11.53	66.80	SB
Lee Stergion	Vis	10.54		
Campbell Till	M51	10.18	68.50	SB
Delia Baldock	W46	8.48	67.04	
Peggy Macliver	W64	7.66	79.13	SB
Melissa Young	Vis	6.74		
Pat Carr	W76	5.89	76.59	
Lynne Schickert	W67	5.76	62.75	
Bruce Mathieson	M64	5.52	45.06	
Valerie Millard	W61	5.09	50.05	
Clara Ward	W50	5.08	42.37	
Sarah Ladwig	W59	4.43	42.19	

November 25th – UWA

200m

David Luck	M45	28.2
Roy Fearnall	M65	28.3
Barrie Kernaghan	M65	28.5
Norm Richards	M70	32.2
Mark Dawson	M45	35.9

Scott Haylett	Vis	36.1
Bob Neville	M75	40.0
Shirley Bell	W60	41.8
Val Millard	W60	43.6
Lynne Schickert	W65	52.7

3000m

Bjorn Dybdahl	M55	11:18.1
Pete Sullivan	M50	11:19.1
Wayne Taylor	M45	11:34.8
Keith Edmonds	M40	11:37.6
Duncan McAuley	M55	11:43.2
John Collier	M40	11:58.5
Carl Ciccarelli	M45	12:25.7
Paul Haylett	M45	12:25.7
Graeme Dahl	M55	12:47.8
Ivan Brown	M60	12:53.1
Nick Bailey	M60	15:25.2
Gill Edmonds	W40	15:35.5
Fiona McAuley	W55	17:42.6

60m

David Luck	M45	8.7
Barry Newell	M50	9.1
Keith Edmonds	M40	9.6
Barrie Kernaghan	M65	9.6
Ross Keane	M45	10.6

Scott Haylett	Vis	10.3
Catherine Keane	Vis	12.1
Ella Newell	Vis	12.2

Debbie Wolfenden	W45	10.9
Valerie Millard	W60	12.4
Lynne Schickert	W65	13.5

Shot

Geoffrey Gee	M55	12.12	SR
Rob Shand	M75	6.77	
Elaine Holmes	W60	6.52	
Rae McMillan	W80	6.57	

John & Christine's results from the UK:

Nov 6th – Holme Pierrepont M50+ versus senior women challenge 5k

John Oldfield	M65	21:39	SB
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Nov 12th – Derby midweek mile

John Oldfield	M65	6:29.7	SB	(39/51)
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Javelin

Rob Shand	M75	22.37
Geoffrey Gee	M55	33.13
Elaine Holmes	W60	16.14
Rae McMillan	W80	14.65
Lynne Schickert	W65	10.19
Valerie Millard	W60	13.26

Patron's Trophy

800m

Mark Dawson	M47	2:25.2	%	78.01
Ross Keane	M47	2:31.9		74.57
John Collier	M42	2:34.6		70.06
Duncan McAuley	M59	2:39.6		78.46
Bjorn Dybdahl	M55	2:43.1		74.37
Keith Edmonds	M41	2:45.1		65.01

Paul Haylett	M47	2:36.3		72.47
Graeme Dahl	M59	2:38.4		79.06
Roy Fearnall	M65	2:42.5		80.75
Pete Sullivan	M50	2:42.9		71.40
Wayne Taylor	M49	3:00.6		63.83
Carl Ciccarelli	M48	3:10.6		59.96

Bjorn Dybdahl	M55	2:54.3		
Ross Keane	M47	2:58.2		
Ivan Brown	M63	2:58.9		72.22
John Collier	M42	2:59.8		
Carl Ciccarelli	M48	3:00.2		
Pete Sullivan	M50	3:06.3		
Keith Edmonds	M41	3:10.8		
Shirley Bell	W60	3:32.4		68.65
Scott Haylett	Vis	4:02.2		
Catherine Keane	Vis	4:22.0		
Ella Newell	Vis	4:23.5		
Barry Newell	Vis	4:23.5		

Patron's Trophy

Triple jump

Peter Hopper	M63	7.92	%	63.61
Mark Dawson	M47	7.97		50.90
Liz Neville	W57	6.51		60.11
Ross Wickham	M44	11.32		69.62

Nov 19th – Heanor Christmas Pudding 10k (hilly, muddy, half off-road)

John Oldfield	M65	44:48	SB	(118/644, 4 th M60, 1 st M65)
Christine Oldfield	W60	61:27	SB	(550/644)

November 27th - ECAC

1500m

Richard Rendell	Vis	5:09.8
Kim Thomas	M30	5:11.8
Ross Keane	M45	5:13.5
Bjorn Dybdahl	M55	5:14.7
Corey Thomas	M30	5:30.2
Steve Fuller	M55	5:56.1
Graeme Dahl	M55	6:00.8
Dante Giacomini	M40	6:04.6
Gillian Young	W60	6:06.0
Grant Owens	M45	6:39.9

60m

Chris Neale	M35	12.9
Colin Smith	M40	13.6
Corey Thomas	M30	14.2
David Luck	M45	14.5
Nick Miletic	M55	15.9
Melissa Young	W30	17.3
Gillian Young	W60	17.7
Catherine Keane	Vis	20.9
Sarah Ladwig	W55	20.9
Valerie Millard	W60	21.2
Lynne Schickert	W65	24.2

400m

Kim Thomas	M30	65.5
Ross Keane	M45	66.2
Dante Giacomini	M40	78.9
Catherine Keane	Vis	1:40.6

Long Jump

Chris Neale	M35	5.66
Lynne Schickert	W65	2.50

Discus

Mark Hamilton	M35	36.87
Geoffrey Gee	M55	32.05
Chris Neale	M35	27.12
Kevin Webster	M40	25.87
Bruce Mathieson	M60	22.69

Weight Throw

Geoffrey Gee	M55	13.50	SR
Mark Hamilton	M35	12.85	
Kevin Webster	M40	9.81	SR

30th November – Perry Lakes

Hammer

Byrony Glass	W30	55.22
Kate Glass	W50	38.47

1500m

Simon Coates	M35	4:26.05	
Paul Mitchell	M35	4:27.01	SB

Patron's Trophy

5000m			%
David Solomon	M44	18:43.7	73.47
Lachlan Marr	M48	18:55.2	75.03
Andrew Donachie	Vis	18:59.0	
Bert Carse	M67	19:28.9	85.78
Bjorn Dybdahl	M55	19:59.8	75.16
Graeme Dahl	M59	20:20.7	76.44
Campbell Till	M51	20:29.7	70.95
Pete March	M49	20:31.4	69.72
Richard Rendell	Vis	21:12.9	
Chris Neale	M39	21:25.6	61.85
Bob Schickert	M67	21:30.5	77.69
Kim Thomas	M34	21:44.9	58.96
Grant Owens	M47	21:53.0	64.36
Bruce Mathieson	M64	22:27.6	72.38
Eldon George	M39	22:27.9	58.99
Jonathan Phillips	Vis	22:26.0	
Dante Giacomini	M40	22:40.7	58.86
Liz Neville	W57	22:47.0	80.57
Joyce Donachie	Vis	22:51.9	
Gillian Young	W61	23:14.5	83.68
Blakeney Tindall	M47	23:51.0	59.05
David Carr	M76	24:06.1	78.28
Nick Miletic	M57	24:48.2	61.63
Corey Thomas	M32	25:15.1	50.36
Peggy Macliver	W64	25:19.4	80.38
Delia Baldock	W46	25:30.7	62.33
Carol Bowman	W54	25:34.9	68.85
John Dennehy	M49	26:11.7	54.63
Sarah Ladwig	W59	27:58.2	67.52

3000m

Steve Fuller	M55	16:36.6
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3000m walk

Emily Clarson	Vis	15:22.6
Rose-Maree Hollaway	W50	20:24.2

1500m walk

Tom Lenane	M50	8:35.6
Rose-Maree Hollaway	W50	9:39.9
Lynne Schickert	W65	10:39.1
Stan Jones	M80	10:51.9

100m

Colin Smith	M45	12.63	
David Luck	M45	13.42	SB
Barrie Kernaghan	M65	14.76	

400m

Neil Morfitt	M50	59.09	
Barrie Kernaghan	M65	67.75	SB

December 2nd – UWA

1500m

Ross Keane	M40	5:11.8	
Bjorn Dybdahl	M55	5:23.3	
Graeme Dahl	M55	5:26.0	SB
John Collier	M40	5:36.2	
Carl Ciccarelli	M45	6:27.9	SB
Nick Miletic	M55	6:28.8	SB
Peggy Macliver	W60	6:32.8	SB
Carol Bowman	W50	6:54.0	

100m

Barry Newell	M50	13.9	SB
Barrie Kernaghan	M65	14.2	
Keith Edmonds	M40	14.8	SB
Nick Miletic	M55	15.4	

Bjorn Dybdahl	M55	14.9	
Grant Owens	M45	15.1	
Mark Dawson	M45	15.9	
Duncan McAuley	M55	17.1	
Carol Bowman	W50	18.3	SB

Ross Calnan	M65	17.1	
Catherine Keane	Vis	20.0	
Ella Newell	Vis	20.3	
Lynne Schickert	W65	22.8	

Long jump

Lynne Schickert	W65	2.57	
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Discus

Bob Fergie	M70	23.56	
Rob Shand	M75	21.90	SB
Damien Hanson	M55	24.23	SB
Rae McMillan	W80	15.75	
Ian Cotton	M40	33.99	

3000m

Duncan McAuley	M55	13:03.9	
Gillian Edmonds	W40	16:10.4	
Barry Newell	M50	17:55.2	

December 7th – Perry Lakes

5000m

Alan Gower	M50	18:09.5	
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December 13th – Perry Lakes

Hammer

Kate Glass	W55	38.73	
Byrony Glass	W30	52.80	
John Everard	M50	38.56	

Discus

Randal Humich	M35	43.54	
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Weight throw

Bob Fergie	M70	11.13	
Rob Shand	M75	6.73	
Damien Hanson	M55	8.28	
Rae McMillan	W80	3.19	

400m

Duncan McAuley	M55	63.3	
Toni Phillips	W35	64.2	
Ross Keane	M40	66.7	
Barrie Kernaghan	M65	69.0	
Keith Edmonds	M40	70.5	
Bjorn Dybdahl	M55	75.0	

Barry Newell	M50	64.3	
Peggy Macliver	W60	78.8	
Ivan Brown	M60	79.1	SB
Nick Miletic	M55	83.7	
Carol Bowman	W50	89.0	
Catherine Keane	Vis	1:43.4	
Ella Newell	Vis	1:45.4	
Fiona McAuley	W55	2:02.2	
Val Prescott	W60	2:09.0	

Patron's Trophy

5000m

			%	
Mark Dawson	M47	19:07.9	73.69	SB
Prabuddha Nicol	M52	19:51.4	73.83	
Bjorn Dybdahl	M55	20:15.4	74.19	
Graeme Dahl	M59	20:18.4	76.58	
Keith Edmonds	M41	20:46.1	64.76	SB
Wayne Taylor	M49	20:56.1	68.35	SB
John Collier	M42	21:33.8	62.85	
Ivan Brown	M64	22:00.5	73.87	SB
Carl Ciccarelli	M48	22:09.2	64.08	SB
Valerie Millard	W61	27:37.7	70.39	
Fiona McAuley	W57	30:12.5	60.76	

100m

Colin Smith	M45	12.66	
Barrie Kernaghan	M65	14.38	

200m

Barrie Kernaghan	M65	29.65	
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3000m

Paul Mitchell	M35	10:05.6	
Bruce Wilson	M60	11:28.5	
Eldon George	M35	12:12.5	

December 4th – ECAC

1500m

Campbell Till	M51	5:00.4		80.92
Ross Keane	M47	5:01.8	SB	77.68
Kim Thomas	M34	5:02.1	SB	68.33
Chris Neale	M39	5:02.9		71.71
Bjorn Dybdahl	M55	5:20.8		78.49
Graeme Dahl	M59	5:25.6	SB	79.96
Bob Schickert	M67	5:30.0	SB	84.20

Pete March	M49	5:36.8		70.90
David Carr	M76	5:57.0		87.48

Scott Andrews	M37	5:38.5		62.88
Dante Giacomini	M40	5:55.9	SB	61.66
Ivan Lazarus	M55	6:02.7		69.42
Gillian Young	W61	6:04.7	SB	88.18
Liz Neville	W57	6:04.9		83.21
Bruce Mathieson	M64	6:11.8	SB	72.92
Madelon Rendell	Vis	6:17.5		
Jayden Watts	Vis	6:20.2		
Nick Miletic	M57	6:23.9	SB	66.68
Peggy Macliver	W64	6:28.0	SB	86.73
Delia Baldock	W46	6:37.2		66.27
John Dennehy	M49	6:42.7	SB	59.30
Carol Bowman	W54	6:50.5	SB	71.00
Jackie Halberg	W62	6:51.0		79.42
Melissa Young	W31	8:01.4		48.43
Lynne Schickert	W67	9:35.6		61.30

100m

Chris Neale	M35	12.5		
Colin Smith	M40	13.0		
Scott Andrews	M35	13.5		
David Solomon	M40	13.7		
Bjorn Dybdahl	M55	14.9		
Nick Miletic	M55	15.2		

Delia Baldock	W45	16.1		
Jacqui Sanders	W40	17.3		
Deb Wolfenden	W45	17.7		
Madelon Rendell	Vis	17.9		
Carol Bowman	W50	18.6		

Peggy Macliver	W60	16.3		
Melissa Young	W30	17.1		
Gillian Young	W60	17.2		
Bob Neville	M75	18.6		

Jayden Watts	Vis	17.5		
Patricia Carr	W75	21.3		
Valerie Millard	W60	21.5		
Lynne Schickert	W65	23.4		

Shot

Mark Hamilton	M35	11.87		
Kevin Webster	M40	9.53		
Bev Hamilton	W60	8.59		

300m

Colin Smith	M45	40.9	SB	
Chris Neale	M35	41.1		
Ross Keane	M45	47.2	SB	
Kim Thomas	M30	51.3		
Nick Miletic	M55	56.4	SB	

Scott Andrews	M37	47.6		
Mel James	Vis	50.1		
David Carr	M75	50.9	SB	
Delia Baldock	W45	56.4		
Jacqui Sanders	W40	62.7		
Carol Bowman	W50	64.1		

3000m

David Lazarus	Vis	9:51.0		
David Solomon	M40	10:38.8	SB	
Andrew Donachie	Vis	10:39.5		
Bert Carse	M65	10:53.1		
Lachlan Marr	M45	11:01.2		
Kim Thomas	M30	11:37.5	SB	
Bjorn Dybdahl	M55	11:57.9		
Joel Burns	Vis	12:12.2		
Dante Giacomini	M40	12:42:0	SB	
Ivan Lazarus	M55	12:49.0		
Joyce Donachie	Vis	12:53.5		
Gillian Young	W60	13:53.7		
Madelon Rendell	Vis	14:45.5		
Jackie Halberg	W60	15:30.1		
Jacqui Sanders	W40	17:35.7		
Melissa Young	W30	18:01.0		

3000m walk

Emily Clarson	Vis	15:55.6		
Tanya Hollaway	Vis	16:34.8		
Tom Lenane	M50	17:43.3		
Rose-Maree Hollaway	W50	19:44.0	SB	

points event

				%
Javelin				
Graeme Dahl	M59	12.25		19.00
Peggy Macliver	W64	9.39		24.57
Nick Miletic	M57	18.79		27.93
Carol Bowman	W54	8.82		18.19
Campbell Till	M51	25.31		33.48
Lynne Schickert	W67	10.39		29.24
Pete March	M49	21.27		28.55
John Dennehy	M49	14.47		19.42
Kevin Webster	M41	31.00		36.11
Mark Hamilton	M38	35.54	SB	39.44
Chris Neale	M39	29.62	SB	33.39
Bev Hamilton	W62	19.18	SB	47.93
Gillian Young	W61	11.56		28.26
Melissa Young	W31	10.04		13.75
Valerie Millard	W61	14.09	SB	34.44
Liz Neville	W57	9.76		21.81
Kim Thomas	M34	33.51	SB	35.20

December 9th – UWA

Patron's Trophy

1500m

			%	
Mark Dawson	M47	4:58.1	78.64	
Ross Keane	M47	5:05.6	76.71	
John Collier	M42	5:16.9	70.57	SB
Graeme Dahl	M59	5:33.4	78.09	
Bjorn Dybdahl	M55	5:51.0	71.74	
Ivan Brown	M64	5:52.9	76.83	SB
Carl Ciccarelli	M48	6:37.4	59.53	
Peggy Macliver	W64	6:42.2	83.67	
Val Millard	W62	7:31.6	72.28	
Catherine Keane	Vis	8:29.2		
Fiona McAuley	W57	8:41.6	58.21	
Val Prescott	W64	9:19.5	60.15	

Javelin

			%	
Mark Dawson	M47	21.83	28.23	
Ivan Brown	M64	19.99	32.74	
Elaine Holmes	W60	16.02	38.32	
Steve McClelland	M50	34.26	44.49	
Bob Fergie	M73	24.06	46.30	
Rob Shand	M76	21.14	44.49	
Rae McMillan	W81	13.81	60.12	
Lynne Schickert	W67	11.40	32.09	SB
Peggy Macliver	W64	9.22	24.12	
Val Prescott	W64	12.76	33.39	SB
Val Millard	W62	14.19	35.46	SB

100m

Barry Kernaghan	M65	14.3	
Barry Newell	M50	14.6	
Keith Edmonds	M40	14.8	
Norm Richards	M70	14.8	
Bjorn Dybdahl	M55	15.3	
Grant Owens	M45	15.4	
Duncan McAuley	M55	16.4	
Catherine Keane	Vis	19.3	
Ella Newell	Vis	19.4	
Val Millard	W60	20.0	SB
Lynne Schickert	W65	22.9	

TRIPLE JUMP

Lynne Schickert	W65	5.86
Elaine Holmes	W60	5.85

SHOT

Elaine Holmes	W60	7.11
Steve McClelland	M50	9.17
Bob Fergie	M70	8.02
Rob Shand	M75	6.84
Rae McMillan	W80	6.44

300m

Duncan McAuley	M55	45.8	
Mark Dawson	M45	47.1	
Barry Kernaghan	M65	48.1	SB
Ross Keane	M45	48.9	
Keith Edmonds	M40	50.0	
Graeme Dahl	M55	49.7	SB
Bjorn Dybdahl	M55	50.1	
Barry Newell	M50	50.9	
Norm Richards	M70	54.6	
Peggy Macliver	W60	54.9	SB
Ross Keane	M45	53.5	
Catherine Keane	Vis	76.8	
Ella Newell	Vis	78.9	
Lynne Schickert	W65	83.3	SB
Fiona McAuley	W55	87.1	
Val Prescott	W60	1:30.8	

3000m

Mark Dawson	M45	11:29.0	
Wayne Taylor	M45	11:45.2	
Keith Edmonds	M40	11:51.1	
John Collier	M40	11:51.5	
Graeme Dahl	M55	11:55.9	
Duncan McAuley	M55	12:05.6	
Ivan Brown	M60	12:28.7	SB
Grant Owens	M45	12:41.4	
Carl Ciccarelli	M45	14:34.9	
Gill Edmonds	W40	15:48.2	
Barry Newell	M50	16:51.8	

December 11th - ECAC

800m

Greg Vander Sanden	M50	2:28.1	
Kim Thomas	M30	2:30.9	
Bob Schickert	M65	2:43.2	SB
Mel James	Vis	2:51.4	
Nick Miletic	M55	3:06.2	SB
David Carr	M75	3:11.3	
Jackie Halberg	W60	3:12.3	SB
Carol Bowman	W50	3:17.3	SB

60m

Chris Neale	M35	8.0	
Colin Smith	M40	8.3	
Scott Andrews	M35	8.5	
Nick Miletic	M55	9.5	
Valetta Boddy	W45	10.0	
Peggy Macliver	W60	10.3	
Gillian Young	W60	11.1	SB
David Carr	M75	11.8	
Jayden Watts	Vis	11.1	
Patricia Carr	W75	12.6	
Valerie Millard	W60	12.9	
Lynne Schickert	W65	13.9	

3000m

Andrew Donachie	Vis	10:42.2	
Bert Carse	M65	10:55.1	
Lachlan Marr	M45	10:59.0	
Kim Thomas	M30	11:29.0	
David Willmer	M50	11:43.9	
Eldon George	M35	12:40.7	
Blakeney Tindall	M45	12:50.0	
Joyce Donachie	Vis	12:59.9	
Scott Andrews	M35	13:11.7	
Bruce Mathieson	M60	13:12.1	
Gillian Young	W60	13:28.9	
Jackie Halberg	W60	15:43.1	

3000m walk

Tom Lenane	M50	17:30.7	SB
Stan Jones	M80	22:21.6	

Javelin

Scott Andrews	M35	39.91	
Kevin Webster	M40	31.37	SB
Steve McClelland	M50	31.37	

Patron's Trophy Long Jump

			%
Peggy Macliver	W64	3.51	72.82
Bob Schickert	M67	2.94	52.84
Lynne Schickert	W67	2.65	57.99
Graeme Dahl	M59	2.83	44.91
John Dennehy	M49	3.47	48.03
Carol Bowman	W54	2.43	43.01
Nick Miletic	M57	3.88	59.82
Campbell Till	M51	5.05	71.73
Chris Neale	M39	5.53	67.88
Pete March	M49	4.09	56.62
Valetta Boddy	W45	3.94	61.52
Valerie Millard	W62	2.34	46.89
David Carr	M76	1.75	36.97
Kim Thomas	M34	4.60	53.47
Gillian Young	W61	2.63	51.87
Bruce Mathieson	M64	2.98	51.02
Pat Carr	W76	2.48	65.26
Delia Baldock	W46	4.14	65.51

200m

			%	
Chris Neale	M39	25.3	81.70	SB
Colin Smith	M45	26.8	80.68	
Campbell Till	M51	27.1	83.28	
Greg Vander Sanden	M50	27.5	81.51	
David Solomon	M44	28.5	75.30	
Scott Andrews	M37	27.7	73.46	
John Dennehy	M49	32.3	68.89	SB
Pete March	M49	32.9	67.64	
Nick Miletic	M57	33.9	69.37	SB
David Carr	M76	39.1	72.55	
Graeme Dahl	M59	31.8	74.96	
Mel James	Vis	32.7		
Bob Schickert	M67	33.6	74.96	SB
Lachlan Marr	M48	33.9	65.17	
Bruce Mathieson	M64	39.5	62.36	
Delia Baldock	W46	33.1	73.45	
Peggy Macliver	W64	33.6	87.58	
Gillian Young	W61	36.5	78.29	
Carol Bowman	W54	38.7	68.69	
Joyce Donachie	Vis	40.6		
Jayden Watts	Vis	37.5		
Valerie Millard	W62	43.7	66.03	
Pat Carr	W76	47.0	70.64	
Lynne Schickert	W67	47.7	63.47	SB

December 14th – Keyworth, Nottingham

Keyworth Turkey Trot

(Half marathon, very hilly but perfect conditions)

John Oldfield M65 1:42:08 (280/790)

December 17th – Derby midweek mile race

John Oldfield M65 6:32.4 (27/42, 1st M60)

Christine Oldfield W60 8:32.0 (9/9, 1st W60)

**December 16th – UWA
PATRON'S TROPHY**

Long Jump			%	
Mark Dawson	M47	4.26	57.50	
Dave Wyatt	M57	4.61	71.08	
Ivan Brown	M64	3.28	56.16	
Phil Wilson	M37	5.20	62.42	
Liz Neville	W57	3.32	61.48	
Keith Martin	M65	4.26	74.11	
Melissa Young	W31	2.98	39.94	
Campbell Till	M51	5.23	74.29	SB

200m			%	
Campbell Till	M51	26.0	86.81	
Duncan McAuley	M59	29.4	81.08	SB
Barrie Kernaghan	M68	29.8	85.19	
Ivan Brown	M64	33.9	72.66	SB

Ian Cotton	M44	28.6	75.03	
Mark Dawson	M47	29.0	75.63	SB
Barry Newell	M52	30.0	75.76	
Keith Martin	M65	30.8	80.49	
Keith Edmonds	M41	31.5	66.62	SB

Peggy Macliver	W64	34.2	86.04	
Melissa Young	W31	37.7	56.60	
Gillian Young	W61	38.2	74.80	
Val Prescott	W64	55.7	52.83	

800m			
Mark Dawson	M45	2:32.5	
Duncan McAuley	M55	2:33.2	
Ian Cotton	M40	2:38.5	
Lee Stergion	Vis	2:38.8	
Ivan Brown	M60	2:55.7	SB
Keith Martin	M65	3:07.2	
Val Prescott	W60	4:38.1	SB

Hammer		
John Everard	M50	40.50
Geoffrey Gee	M55	32.38
Rob Shand	M75	14.28
Bob Fergie	M70	26.41

60m			
Campbell Till	M50	8.0	
Barrie Kernaghan	M65	9.0	SB=
Barry Newell	M50	9.3	
Grant Owens	M45	10.0	

Phil Williams	M35	8.4
Dave Wyatt	M55	9.1
Keith Edmonds	M40	10.1

Peggy Macliver	W60	9.6	SB
Melissa Young	W30	10.7	
Gillian Young	W60	12.5	

3000m			
Bernard Mangan	M50	11:12.8	SB
Prabuddha Nicol	M50	11:28.7	
Mark Dawson	M45	11:51.5	
Wayne Taylor	M45	12:03.6	
Keith Edmonds	M40	12:04.3	
Gillian Young	W60	14:01.9	
Barry Newell	M50	16:33.2	
Melissa Young	W30	17:57.1	SB

JAVELIN			
John Everard	M50	23.59	
Rob Shand	M75	22.53	
Bob Fergie	M70	23.09	
Geoffrey Gee	M55	32.54	
Val Prescott	W60	13.45	SB

December 21st – Perry Lakes

The results from this meet have still not been published at the time of going to press. I will include them in the next issue of TFNL.

December 28th – Caythorpe, Nottingham, UK

Millenium 10k road race

John Oldfield	M65	43:34	SB	(208/634, 1 st M65)
Christine Oldfield	W60	59:11	SB	(570/634)

December 18th – ECAC**400m**

Campbell Till	M50	57.5	SB
Lee Stergiou	Vis	63.2	
Corey Thomas	M30	66.0	
Kim Thomas	M30	67.0	
Dante Giacomini	M40	78.4	

Scott Andrews	M35	64.7	
Keith Martin	M65	66.9	
Peggy Macliver	W60	76.5	SB
Pete Sullivan	M50	85.4	
Carol Bowman	W50	85.4	SB
Catherine Keane	Vis	1:50.4	
Kaleisha Marr	Vis	2:05.2	

1mile

Pete Sullivan	M50	5:40.7	
Ed Love	Vis	5:42.2	
Bjorn Dybdahl	M55	5:48.1	
Kim Thomas	M30	5:54.5	
Bob Schickert	M65	6:15.0	
Dante Giacomini	M40	6:36.9	
Corey Thomas	M30	6:49.0	
Gillian Young	W60	6:54.8	
Bruce Mathieson	M60	6:55.8	
Scott Andrews	M35	7:12.4	
Melissa Young	W30	8:47.4	

1mile walk

Lynne Schickert	W65	11:24.2	
Stan Jones	M80	11:42.6	

60m

Colin Smith	M45	8.0	
Campbell Till	M50	8.3	
Corey Thomas	M30	8.3	
Sean Fitzsimmons	Vis	8.3	
Scott Andrews	M35	8.6	

Bjorn Dybdahl	M55	n/t	
Peggy Macliver	W60	10.3	
Melissa Young	W30	10.6	
Gillian Young	W60	11.4	
Carol Bowman	W50	12.0	

Corey Thomas	M30	11.0	
Michelle Thomas	Vis	11.1	
Catherine Keane	Vis	12.6	
Pat Carr	W75	13.1	
Kaleisha Marr	Vis	13.6	
Lynne Schickert	W65	14.0	

5000m

Pete Sullivan	M50	18:32.1	
Lachlan Marr	M45	18:53.2	SB
Rod Hamilton	M45	19:50.3	
Kim Thomas	M30	20:22.3	SB
Bjorn Dybdahl	M55	21:05.3	
Joel Burns	Vis	21:25.4	
Bruce Mathieson	M60	23:49.3	
Gillian Young	W60	23:53.8	
Jackie Halberg	W60	27:20.9	

3000m

Bert Carse	M65	11:01.9	
Ross Keane	M45	11:39.9	SB
Scott Andrews	M35	14:15.0	
Peggy Macliver	W60	14:31.4	
Carol Bowman	W50	15:17.7	SB
Delia Baldock	W45	15:32.6	
Melissa Young	W30	17:48.0	SB

3000m walk

Sean Fitzsimmons	Vis	14:30.9	
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Triple Jump

Corey Thomas	M30	9.85	
Michelle Thomas	Vis	7.22	
Julie Plackett	W35	6.66	SB
Lynne Schickert	W65	5.75	

Shot

Mark Hamilton	M35	11.98	SB
Kevin Webster	M40	9.49	SR
Julie Plackett	W35	6.90	SB

Weight Throw

Mark Hamilton	M35	12.54	
Kevin Webster	M40	9.37	SR
Julie Plackett	W35	5.22	

The Pentathlon takes centre stage again

A smallish number of both men and women took part in the club's annual pentathlon this month. There were 9 testing their all-round abilities at Coker on the 22nd, and 3 at McGillivray on the 27th. The results are in the tables below:

ECAC:

		LJ	JT	200m	DT	1500m	Total pts
Campbell Till	M50	5.08m	19.59m	26.2	19.39m	5:13.3	2720
Darryl Lette	M40	5.15m	33.38m	26.2	25.19m	6:09.6	2271
Ian Cotton	M40	3.91m	32.98m	26.8 PBA	33.08m	5:36.2 PBA	2260
Colin Smith	M45	4.60m SB	17.94m PBA	26.4	15.04m	6:02.2 PBA	1985 PBA
Nick Miletic	M55	3.82m	21.06m PBA	33.1 SB	20.86m SB	6:38.2	1836 PBA

		100m	shot	LJ	JT	800m	Total pts
Carolyn Wills	W35	14.2	9.35m PBA	4.83m	28.08m	2:56.8	2455
Sharon Moloney	W45	15.5	8.35m	2.95m	20.07m	3:59.6	1806
Lynne Schickert	W65	22.9	5.24m	2.52m	9.96m	4:46.2	1500 PBA
Carol Bowman	W50	18.4	4.65m SB	2.57m SB	10.27m SB	3:16.3 SB	1368 PB

UWA:

		LJ	JT	200m	DT	1500m	Total pts
Sean Gartlan	M40	3.70	22.91	32.3	21.79	6:55.0	1167
Peter Hopper	M60	3.76	26.94 SB	35.6	22.54	6:52.8	2024
Ian Cotton	M40	5.00 SB	31.02	27.4	34.30	5:33.5 SB	2452 PBA

At Coker, the conditions were good for throwing and jumping, with the customary breeze in the home straight but a pleasant temperature in the mid-20s. This led to a number of personal landmarks in both the throws and on the track. The PBAs have to be taken in the context that many of the athletes are only occasional throwers, but even so it is great to see such good points being garnered. On the track, Ian's 200 and 1500 both stand out as top results. Colin also was very pleased with his long jump, javelin and 1500 (which he calls a 'marathon'). Carolyn looked very impressive throughout the evening, particularly in a sub 3min 800 and shot. We wish her well in the NZ championships which she is attending in March. Some of the best personal results of the evening fell to Nick and Carol. Carol's pentathlon result was her best ever, notching up four season's bests on the way, and only missing a lifetime best on the 800 by two-tenths of a second. Nick also notched up three bests on his way to a highest pentathlon as an M55. And finally, Colin and Lynne also produced overall PBAs.

Only three men braved the heat at UWA to take the pentathlon challenge, with Ian producing an overall highest as an M40. It was quite probably a lifetime PB as well. Newcomer Sean, a very welcome addition to the fold with his talented brood in tow, battled gamely with some unfamiliar events. Peter H also turned in some excellent performances, the highlight of which was a 27m javelin, a season's high. Any total over 2000 points is highly creditable for an athlete unfamiliar with many of the events. Thanks once again are due to Les and Damian for managing the logistics of the evening's entertainment.

December 21st – Perry Lakes**Hammer**

Kate Glass	W55	37.10
Byrony Glass	W30	54.04
John Everard	M50	41.00

60m

Cam Yorke	M30	6.9	SR*
Barrie Kernaghan	M65	9.3	

January 6th – UWA**400m**

Duncan McAuley	M55	65.4
Roy Fearnall	M65	66.5
Keith Martin	M65	69.1
Graeme Dahl	M55	70.6
Bjorn Dybdahl	M55	75.0

Bob Schickert	M65	77.1
Ivan Brown	M60	79.3
Peggy Macliver	W60	79.6
Val Prescott	W60	2:05.6
Norm Richards	M70	DNF

60m

Roy Fearnall	M65	8.8	
Keith Edmonds	M40	9.3	SB
Lynne Choate	W55	9.4	
Norm Richards	M70	9.4	SB

Peggy Macliver	W60	10.3	
Elaine Holmes	W60	11.5	
Catherine Keane	Vis	11.5	
Val Millard	W60	12.3	
Lynne Schickert	W65	13.2	SB

Lynne Choate	W55	9.4
Keith Edmonds	M40	9.5
Norm Richards	M70	9.7

Triple jump

Ross Wickham	M40	11.25
Elaine Holmes	W60	5.61
Lynne Schickert	W65	6.07

3000m

Graeme Dahl	M55	12:10.0
Duncan McAuley	M55	12:34.3
Ivan Brown	M60	12:50.1
Bob Schickert	M65	13:38.1

5000m

Bjorn Dybdahl	M55	20:26.1
Prabuddha Nicol	M50	20:26.9
Grant Owens	M45	21:49.8
Carl Ciccarelli	M45	22:13.9
Keith Edmonds	M40	22:16.0

Weight throw

John Everard	M50	12.60	SB
Elaine Holmes	W60	9.28	
Bob Fergie	M70	10.85	

200m

Cam Yorke	M30	23.07	SB
Barrie Kernaghan	M65	29.0	

3000m

Paul Mitchell	M35	9:28.8	SB
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Kate Glass	W55	11.28	
Rob Shand	M75	6.78	
Rae McMillan	W80	8.40	SB
Geoff Gee	M55	13.78	SR

mile

Andrew Brooker	M35	5:27.3
Bjorn Dybdahl	M55	5:49.0
Prabuddha Nicol	M50	5:52.8
Keith Edmonds	M40	6:14.2
Graeme Dahl	M55	6:41.0
Carl Ciccarelli	M45	6:43.4
Catherine Keane	Vis	7:46.5
Val Prescott	W60	10:03.1

Mile Walk

Val Millard	W60	10:07.1
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Shot

John Everard	M50	9.28	
Elaine Holmes	W60	6.66	
Kate Glass	W55	9.26	
Rob Shand	M75	6.70	
Geoff Gee	M55	12.78	SR
Rae McMillan	W80	6.70	SB
Bob Fergie	M70	8.04	SB

January 10th – Perry Lakes

100m	Cam Yorke	M30	11.70
	Brett Blanco	M35	11.63
	Barrie Kernaghan	M65	15.26
	Chris Perrey	M35	11.89

400m	Cam Yorke	M30	51.27	
	Chris Perrey	M35	51.46	
	Neil Morfitt	M50	58.53	SB
	Barrie Kernaghan	M65	70.18	

1500m	Simon Coates	M35	4:14.32	SB
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2000SC	Ross Keane	M45	8:22.2
	Nick Miletic	M55	11:19.8
	Carol Bowman	W50	11:20.1

Hammer	Byrony Glass	W30	57.73	SR
	Kate Glass	W55	39.77	SB

January 13th – UWA

WEIGHT THROW

			%	
Lynne Schickert	W67	5.01	31.95	SB
John Everard	M50	12.30	52.91	
Julie Plackett	W39	5.38	31.33	SB
Andrew Plackett	M43	6.27	27.65	
Kate Glass	W58	11.56	70.70	SB
Terry Eastwood	M43	7.33	32.32	
Karen Eastwood	W40	5.14	30.52	SB
Rob Shand	M77	6.36	38.36	
Bob Fergie	M73	10.63	57.39	
Val Millard	W62	5.69	32.13	SB

JAVELIN

			%	
Lynne Schickert	W67	10.87	30.59	
John Everard	M50	23.65	30.72	
Julie Plackett	W39	15.86	23.23	
Andrew Plackett	M43	31.02	37.36	
Peter Hopper	M64	21.17	34.67	
Kate Glass	W58	19.24	44.23	
Terry Eastwood	M43	22.91	27.60	
Karen Eastwood	W40	16.81	25.21	SB
Ian Cotton	M44	N/T	-	
Val Millard	W62	12.36	30.88	
Rob Shand	M77	22.31	48.46	
Bob Fergie	M73	22.16	42.65	
Liam Eastwood	Vis	23.86		
Val Prescott	W64	12.20	31.92	

100m

Roy Fearnall	M65	13.8
Barrie Kernaghan	M65	14.7
Norm Richards	M70	14.9
Duncan McAuley	M55	16.0
Ian Cotton	M40	13.6
Pieter de Klerk	M45	13.7
Peggy Macliver	W60	16.4
Peter Hopper	M60	17.5
Ross Calnan	M65	18.4
Val Millard	W60	20.7
Lynne Schickert	W65	24.1

800m

Andrew Brooker	M35	2:17	SB
Pieter de Klerk	M45	2:25	
Rob Colton	Vis	2:28	
Duncan McAuley	M55	2:31	SB
John Collier	M40	2:41	
Toni Phillips	W35	2:46	
Roy Fearnall	M65	2:47	
Bob Schickert	M65	2:50	
Graeme Dahl	M55	2:57	
Peggy Macliver	W60	3:15	
Val Prescott	W60	5:05	

200m

Barrie Kernaghan	M65	29.4	
Roy Fearnall	M65	29.5	
Toni Phillips	W35	30.3	
Norm Richards	M70	32.4	
Ian Cotton	M40	27.3	
Pieter de Klerk	M45	28.5	
Andrew Brooker	M35	28.6	
Rob Colton	Vis	29.8	
Peggy Macliver	W60	33.3	SB
Jacqui Sanders	W40	36.2	
Catherine Keane	Vis	41.0	
Val Millard	W60	41.8	PBA
Lynne Schickert	W65	52.4	

3000m

Ross Keane	M45	11:49.8	
Graeme Dahl	M55	12:04.9	
Rob Colton	Vis	12:27.1	
Wayne Taylor	M45	12:30.8	
John Collier	M40	12:47.6	
Bob Schickert	M65	13:23.7	
Simone Solomon	Vis	14:12.9	
Jacqui Sanders	W40	17:08.2	SB

3000m WALK

Peter Hopper	M60	20:42.9
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TRIPLE JUMP

Rob Colton	Vis	4.50
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January 15th – ECAC**600m**

David Solomon	M40	1:42.0	SB
David Carr	M75	1:54.9	
Pete Sullivan	M50	1:55.2	
Kerriann Bresser	W40	2:04.4	
Colin Smith	M45	2:19.0	
Nick Miletic	M55	2:22.7	
Carol Bowman	W50	2:30.6	SB

100m

Scott Andrews	M35	12.5	SB
Colin Smith	M45	13.6	
Roy Fearnall	M65	13.7	
Lynne Choate	W55	14.8	
Nick Miletic	M55	15.2	

Corey Thomas	M30	13.0	SB
Andre Morkel	M40	13.4	
Rob Antonioli	M55	15.2	
Catherine Keane	Vis	18.8	
Pat Carr	W75	20.9	

400m

Chris Neale	M35	56.1	
Scott Andrews	M35	60.2	SB
Andre Morkel	M40	62.9	
Roy Fearnall	M65	63.0	PBA
Rob Antonioli	M55	72.0	

Corey Thomas	M30	65.7	SB
Pete Sullivan	M50	83.5	
Nick Miletic	M55	85.6	
Carol Bowman	W50	85.9	
Catherine Keane	Vis	1:31.2	
Michelle Thomas	W30	1:43.5	

5000m

Lorraine MacLennan	Vis	28:48.2	
Diane Jones	W60	28:56.2	

January 18th – Perry Lakes**Hammer**

Byrony Glass	W30	55.39	
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60m

Cam Yorke	M30	7.27	SR
Barrie Kernaghan	M65	9.70	

200m

Barrie Kernaghan	M65	29.48	
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3000m

Pete Sullivan	M50	10:41.8	
Ross Keane	M45	11:30.5	PBA
Andre Morkel	M40	14:17.2	
Rob Antonioli	M55	14:35.9	
David Solomon	M40	16:33.9	
Jacqui Sanders	W40	16:34.0	SB

3000m walk

Tanya Hollaway	Vis	17:50.0	
Rose-maree Hollaway	W50	20:24.5	
Stan Jones	M80	22:40.9	

Triple Jump

Rob Antonioli	M55	7.41	
Michelle Thomas	W30	7.27	
Lynne Schickert	W65	5.84	

Hammer

Lynne Schickert	W67	8.86	%	20.75
Andrew Plackett	M43	14.66		19.27
Julie Plackett	W39	16.50		27.10
Clara Ward	W50	15.25		24.77
David Carr	M76	15.03		33.59
Mick Adams	M51	19.62	SB	26.92
Bev Hamilton	W63	22.05		46.77
Terry Eastwood	M43	11.46		15.07
Karen Eastwood	W40	10.99		18.56
Kevin Webster	M41	27.15		34.41
Geoff Gee	M55	31.97		47.88

Shot

Lynne Schickert	W67	5.09		44.22
Andrew Plackett	M43	7.94		36.99
Julie Plackett	W39	6.47		32.79
Clara Ward	W50	7.29	SB	44.70
David Carr	M76	6.56	SB	44.05
Mick Adams	M51	9.32		47.17
Bev Hamilton	W63	8.73	SB	69.06
Terry Eastwood	M43	7.44		34.66
Karen Eastwood	W40	6.03	SB	31.23
Brody Eastwood	Vis	7.38		
Kevin Webster	M41	9.78	SB	44.13
Valerie Millard	W62	5.70	PBA	44.12
Geoff Gee	M55	12.47		68.69

800m

Neil Morfitt	M50	2:13.12	SB
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400m hurdles

Cam Yorke	M30	54.43	AR
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5000m

Paul Mitchell	M35	16:20.7	SB
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January 20th – UWA

Hammer

			%	
Kate Glass	W58	33.95	64.43	
Tom Gravestock	M50	32.01	43.01	
Julie Plackett	W39	15.80	25.95	
Peter Hopper	M64	14.36	25.59	
Ed Carroll	M67	22.07	42.51	
Mick Adams	M51	18.49	25.37	
Val Millard	W62	13.49	27.96	
Bev Hamilton	W63	21.00	44.55	
Andrew Plackett	M43	17.35	22.81	SB
Sue Fardella	W42	12.74	22.82	
Terry Eastwood	M43	17.35	22.81	
Karen Eastwood	W40	14.47	24.44	SB
Rob Shand	M76	14.91	33.32	
Bob Fergie	M73	28.02	56.84	SB
Lynne Schickert	W67	12.20	28.57	SB

Shot

			%	
Lynne Schickert	W67	5.12	44.48	
Kate Glass	W58	9.29	66.12	SB
Tom Gravestock	M53	10.48	55.29	SB
Julie Plackett	W39	6.33	32.08	
Ed Carroll	M67	9.61	65.34	
Mick Adams	M51	9.41	47.62	
Val Millard	W62	4.07	31.50	
Bev Hamilton	W63	8.50	67.25	
Andrew Plackett	M43	8.07	37.59	SB
Sue Fardella	W42	5.47	29.63	
Terry Eastwood	M43	6.69	31.16	
Karen Eastwood	W40	6.02	31.18	
Rob Shand	M76	6.37	42.78	
Bob Fergie	M73	7.94	48.63	

400m

Barrie Kernaghan	M65	69.0	
Keith Edmonds	M40	69.2	SB
Prabuddha Nicol	M50	77.1	
Sean Gartlan	M40	87.3	

Peggy Macliver	W60	81.1	
Eldon George	M35	87.3	
Catherine Keane	Vis	98.8	
Val Prescott	W60	2:14.2	

600m

Andrew Brooker	M40	1:35.6	
Mark Dawson	M45	1:45.7	
John Collier	M40	1:46.1	SB
Lee Stergiou	M35	1:47.8	
Prabuddha Nicol	M50	2:00.9	

Graeme Dahl	M55	2:03.1	
Eldon George	M35	2:15.4	
Sean Gartlan	M40	2:16.8	
Peggy Macliver	W60	2:18.3	
Carl Ciccarelli	M45	2:25.9	
Val Prescott	W60	3:32.9	SB

100m

Lee Stergiou	M35	13.1
Barrie Kernaghan	M65	14.8
Sean Gartlan	M40	15.1
Keith Edmonds	M40	15.2
Norm Richards	M70	15.3

Prabuddha Nicol	M50	17.1
Peter Hopper	M60	17.4
Ross Calnan	M65	18.3

Catherine Keane	Vis	20.1
Val Millard	W60	20.6
Lynne Schickert	W65	23.3

3000m

Ross Keane	M45	11:43.5
Eldon George	M35	11:56.0
Ivan Brown	M60	12:34.8

5000m

Mark Dawson	M45	19:45.8
Prabuddha Nicol	M50	19:54.2
Rod Hamilton	M45	20:09.4
Fayaz Jamal	M55	20:41.6
Graeme Dahl	M55	20:49.0
Carl Ciccarelli	M45	21:40.5
Wayne Taylor	M45	21:43.5
Keith Edmonds	M40	22:27.5
John Collier	M40	22:49.0
Sean Gartlan	M40	24:53.1

5000m Walk

Peter Hopper	M60	36:49.6
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Triple jump

Lynne Schickert	W65	6.05
Tom Gravestock	M50	8.87

January 22nd – ECAC

100m			
Colin Smith	M45	8.4	
Roy Fearnall	M65	8.8	
Lynne Choate	W55	9.0	=SR

Scott Andrews	M35	8.2	SB
Lee Stergiou	M35	8.2	
Kim Thomas	M30	9.2	
Joseph Stalada-Wills	Vis	9.3	

John Dennehy	M45	10.0	
Peggy Macliver	W60	10.1	
David Carr	M75	10.1	SB

Melissa Young	W30	10.2	SB
Gillian Young	W60	10.9	SB
John Oldfield	M65	11.6	
Pat Carr	W75	12.5	
Christine Oldfield	W60	12.8	

2000m

Pete Sullivan	M50	7:02.7	
Kim Thomas	M30	7:28.2	
Paul Haylett	M45	7:37.7	
Graeme Dahl	M55	7:47.2	
Danny Sheehan	M55	8:12.8	
Karen March	W45	8:27.9	
Gillian Young	W60	8:39.6	
Maurice Creagh	M60	9:08.0	
Peggy Macliver	W60	9:21.1	
Jacqui Sanders	W40	9:46.7	
Melissa Young	W30	11:05.5	

2000m walk

Tom Lenane	M50	11:27.9	
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Javelin

Bev Hamilton	W60	19.23	PBA
Scott Andrews	M35	33.97	
Kevin Webster	M40	30.00	

Discus

Bev Hamilton	W60	20.67	
Kevin Webster	M40	29.27	PBA

1500m walk

Tom Lenane	M50	8:37.5	
Stan Jones	M80	10:53.5	

January 24th – Perry Lakes**Hammer**

Byrony Glass	W30	56.71	
Kate Glass	W55	36.27	

100m

Brett Blanco	M35	11.50	PBA
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1500m

Paul Mitchell	M35	4:28.66	
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200m

Scott Andrews	M35	26.1	SB
David Solomon	M40	27.9	SB
Roy Fearnall	M65	28.6	
Lynne Choate	W55	30.9	SB

Joseph Stalada-Wills	Vis	30.4	
John Dennehy	M45	33.1	
Mike O'Reilly	M65	33.3	
David Carr	M75	33.3	

Delia Baldock	W45	33.5	
Peggy Macliver	W60	34.4	
Gillian Young	W60	38.0	
Melissa Young	W30	38.7	

John Oldfield	M65	38.7	PB
Christine Oldfield	W60	46.3	
Pat Carr	W75	50.6	

800m

Kim Thomas	M30	2:34.6	
Lee Stergiou	M35	2:47.7	
Pete Sullivan	M50	2:50.6	
Danny Sheehan	M55	2:52.5	
Roy Fearnall	M65	2:55.5	

Kerriann Bresser	W40	2:57.1	
Simone Solomon	W40	2:59.1	
Delia Baldock	W45	3:15.9	
Mike O'Reilly	M65	3:27.6	
Maurice Creagh	M60	3:28.3	

1500m

David Solomon	M40	5:11.4	
Pete Sullivan	M50	5:18.3	
Paul Haylett	M45	5:33.8	
Kim Thomas	M30	5:34.3	
Graeme Dahl	M55	5:36.5	
Bob Schickert	M65	5:39.6	
Scott Andrews	M35	5:40.8	
Danny Sheehan	M55	5:55.9	
Gillian Young	W60	6:33.8	
Simone Solomon	W40	7:02.1	
John Dennehy	M45	7:16.3	
Jacqui Sanders	W40	7:53.8	
Melissa Young	W30	8:23.6	
Christine Oldfield	W60	8:28.9	

3000m steeplechase

Ross Keane	M45	12:44.1	
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400m

Cam Yorke	M30	50.78	
Chris Perrey	M35	50.89	PB
Neil Morfitt	M50	59.26	
Barrie Kernaghan	M65	67.27	SB

January 27th - UWA**60m**

Pieter de Klerk	M45	8.3	
Sean Gartlan	M40	9.1	
Barrie Kernaghan	M65	9.2	
Norm Richards	M70	9.2	SB
Kevin Collins	M40	10.7	

Daniel Gartlan	Vis	7.9	
Peggy Macliver	W60	10.0	
Jack Gartlan	Vis	10.9	
Liam Gartlan	Vis	11.2	
Lynne Schickert	W65	14.0	

2000m

John Collier	M40	7:38.1	
Mark Dawson	M45	7:38.5	
Bob Schickert	M65	8:00.3	
Ivan Brown	M60	8:09.1	

200m

Daniel Gartlan	Vis	26.6	
Pieter de Klerk	M45	27.9	SB
Duncan McAuley	M55	30.2	
Barrie Kernaghan	M65	30.2	

Toni Phillips	W35	30.1	SB
Norm Richards	M70	32.1	SB
Kevin Collins	M40	39.1	

Jack Gartlan	Vis	37.5	
Catherine Keane	Vis	39.8	
Liam Gartlan	Vis	40.7	
Lynne Schickert	W65	50.8	

January 29th - ECAC**1 mile**

Kim Thomas	M35	6:02.6	
John Oldfield	M65	6:26.8	PBA
Pete Sullivan	M50	6:28.0	
Danny Sheehan	M55	6:32.1	PBA
Dante Giacomini	M40	6:33.9	PBA
Kerriann Bresser	W40	6:37.3	PBA
Corey Thomas	M30	6:54.3	
Nick Miletic	M55	7:12.7	PBA
Delia Baldock	W45	7:15.9	
Carol Bowman	W50	7:25.3	PBA
Jacqui Sanders	W40	7:43.3	PBA
Taylah Eastwood	Vis	7:46.9	
Melissa Young	W30	8:28.9	PBA

5000m

Pete Sullivan	M50	18:22.0	
Gillian Young	W60	23:19.3	
Maurice Creagh	M60	24:51.1	

800m

Pieter de Klerk	M45	2:25.3	
Ross Keane	M45	2:35.5	
John Collier	M40	2:48.9	
Mark Dawson	M45	2:55.2	

Peggy Macliver	W60	3:08.2	
John Collier	M40	3:08.5	
Jack Gartlan	Vis	3:21.0	
Catherine Keane	Vis	3:44.5	
Christine Oldfield	W60	4:16.5	

1500m

Paul Haylett	M45	5:21.5	
Mark Dawson	M45	5:25.0	
Pieter de Klerk	M45	5:32.3	
Ross Keane	M45	5:32.5	
Ivan Brown	M60	5:58.2	
John Oldfield	M65	5:59.8	
John Collier	M40	6:39.5	

Long Jump

Kevin Collins	M40	3.58	
Daniel Gartlan	Vis	5.30	

Javelin

Bob Fergie	M70	23.52	
Rob Shand	M75	22.60	SB

Discus

Bob Fergie	M70	22.93	
Rob Shand	M75	20.98	

100m

Chris Neale	M35	12.5	
Colin Smith	M45	12.7	
Campbell Till	M50	13.0	
Peter De Klerk	M45	13.3	
Corey Thomas	M30	13.4	

Scott Andrews	M35	12.6	
Lee Stergiou	M35	12.9	
Roy Fearnall	M65	14.1	
Nick Miletic	M55	15.4	

Valetta Boddy	W45	15.4	
Delia Baldock	W45	15.7	
Mike O'Reilly	M65	16.4	
Melissa Young	W30	16.8	
Gillian Young	W60	17.9	
Jacqui Sanders	W40	17.2	
Michelle Thomas	W30	17.5	
Catherine Keane	Vis	19.8	
Valerie Millard	W60	19.8	PB
Pat Carr	W75	21.0	
Lynne Schickert	W65	21.9	

600m

Peter De Klerk	M45	1:38.1	
Corey Thomas	M30	1:46.4	
Campbell Till	M50	1:50.9	
Pete Sullivan	M50	1:53.5	
Roy Fearnall	M65	1:54.9	
Chris Neale	M35	1:54.9	
Danny Sheehan	M55	1:57.0	
Lee Stergiou	M35	1:57.5	
David Carr	M75	1:57.5	

Delia Baldock	W45	2:12.0	
Ross Keane	M45	2:13.7	
Mike O'Reilly	M65	2:16.8	
Nick Miletic	M55	2:22.6	PBA
Carol Bowman	W50	2:22.8	
Pete Sullivan	M50	2:33.3	PBA
Catherine Keane	Vis	2:45.9	
Michelle Thomas	W30	2:58.3	

3000m

Ross Keane	M45	11:22.8	PBA
Kim Thomas	M35	12:26.8	
Karen March	W45	12:47.1	SB
Dante Giacomini	M40	13:03.3	
Jackie Halberg	W60	14:53.8	
Melissa Young	W30	17:22.0	PB

5000m walk

Tanya Hollaway	Vis	28:59.7	
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3000m walk

Lynne Schickert	W65	21:59.9	
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1 mile walk

Valerie Millard	W60	9:54.9	
Rose-Maree Hollaway	W50	10:11.8	

February 1st – Perry Lakes**Shot**

Toni Phillips	W35	7.21	PBA
John Everard	M50	9.61	PBA

Hammer

Byrony Glass	W30	56.88	
John Everard	M50	40.71	
Kate Glass	W55	37.18	

Discus

John Everard	M50	27.27	
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200m hurdles

Toni Phillips	W35	32.50	SB
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400m hurdles

Chris Perrey	M35	56.8h	SB
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Triple Jump

Valetta Boddy	W45	8.30	
Julie Plackett	W35	6.84	SB
Clara Ward	W50	4.70	
Bev Hamilton	W60	5.79	
Lynne Schickert	W65	5.71	
Sue Fardella	W40	5.29	
Michelle Thomas	W30	7.30	

Discus AGT

Lynne Schickert	W67	11.19	27.39	
Julie Plackett	W39	23.18	32.91	
Clara Ward	W50	13.33	22.67	
Bev Hamilton	W63	20.37	45.19	
Mike O'Reilly	M69	22.38	41.60	PBA
Aldo Fardella	Vis	13.43		
Sue Fardella	W42	14.30	21.26	
Valerie Millard	W62	12.68	27.49	
Mike Adams	M51	27.74	38.13	
Karen Eastwood	W40	19.18	27.65	
Terry Eastwood	M43	19.44	27.01	
David Carr	M76	13.21	29.80	
Michelle Thomas	W30	13.90	18.10	
Kim Thomas	M35	23.99	32.38	

Weight Throw

Julie Plackett	W35	6.39	SB
Clara Ward	W50	7.38	SB
Bev Hamilton	W60	9.68	
Aldo Fardella	Vis	4.95	
Sue Fardella	W40	3.99	
Mark Hamilton	M35	12.81	
Mike Adams	M50	8.13	SB
Terry Eastwood	M40	7.06	
Karen Eastwood	W40	5.30	SB

100m

Colin Smith	M45	13.05	
Barrie Kernaghan	M65	13.63	SB

200m

Chris Perrey	M35	23.8h	PB
Colin Smith	M45	27.0h	
Barrie Kernaghan	M65	29.8h	

800m

Neil Morfitt	M50	2:11.34	SB
Andrew Brooker	M40	2:12.32	SB

3000m

Paul Mitchell	M35	9:47.4	
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February 3rd – UWA**DISCUS**

			%	
Kate Glass	W58	23.79	47.24	
Bev Hamilton	W63	21.67	48.07	SB
Tom Gravestock	M53	36.66	52.30	SB
Ed Carroll	M67	no distance		
Sue Fardella	W42	14.53	21.60	SB
Mick Adams	M51	28.20	38.76	
Rob Shand	M76	22.03	49.70	SB
Julie Plackett	W39	24.73	35.11	SB
Rebecca Plackett	Vis	22.56		
Andrew Plackett	M43	22.58	31.37	
Bob Fergie	M73	25.25	52.18	SB

WEIGHT THROW

Kate Glass	W55	11.89	SB
Bev Hamilton	W60	9.93	SB
Tom Gravestock	M50	10.63	
Ed Carroll	M65	10.25	
Sue Fardella	W40	4.01	SB
Rob Shand	M75	6.53	
Andrew Plackett	M40	6.46	SB
Julie Plackett	W35	6.00	
Bob Fergie	M70	11.89	SB

1 Mile

Mark Dawson	M45	5:21.5	PBA
Ross Keane	M45	5:51.0	
Ian Cotton	M40	5:57.6	
John Collier	M40	5:59.7	
Bob Schickert	M65	6:22.2	
Peggy Macliver	W60	7:10.9	

100m

Peter De Klerk	M45	13.2	SB
Barrie Kernaghan	M65	14.2	
Norm Richards	M70	15.0	
Peggy Macliver	W60	15.3 estimated	
Christine Oldfield	W60	21.2	

600m

Peter De Klerk	M45	1:37.1	SB
Ian Cotton	M40	1:41.3	SB
Duncan McAuley	M55	1:45.2	SB
Ross Keane	M45	1:48.1	SB
John Collier	M40	2:00.2	
Bob Schickert	M65	2:12.5	SB
Keith Edmonds	M40	2:20.3	
Peggy Macliver	W60	2:21.9	

3000m

John Oldfield	M65	12:37.9
Gill Edmonds	W40	16:52.9

5000m

Bernard Mangan	M50	19:28.6
Mark Dawson	M45	19:58.3
Keith Edmonds	M40	21:30.1
John Collier	M40	23:43.0

TRIPLE JUMP

Ross Wickham	M40	11.06	
Bev Hamilton	W60	5.63	
Sue Fardella	W40	5.43	SB

February 5th - ECAC**1000m**

Paul Haylett	M45	3:12.2	SB
Pete Sullivan	M50	3:17.4	PBA
Ross Keane	M45	3:22.0	SB
Bruce Wilson	M60	3:29.7	
Kim Thomas	M35	3:30.0	
Corey Thomas	M30	3:32.3	
Bob Schickert	M65	3:40.3	
Simone Solomon	W40	3:44.0	
Dante Giacomini	M40	3:44.5	SB
Kerriann Bresser	W40	3:45.2	
Karen March	W45	3:54.9	SB
Nick Miletic	M55	4:00.1	PBA
Gillian Young	W60	4:01.5	SB
Peggy Macliver	W60	4:13.6	SB
Carol Bowman	W50	4:16.0	PB
Maurice Creagh	M60	4:16.5	
Delia Baldock	W45	4:18.4	
Teresa Howe	W55	4:59.2	
Melissa Young	W30	5:05.2	

400m

Peter De Klerk	M45	56.9	
Julian Langley	Vis	57.4	
Campbell Till	M50	57.6	
David Solomon	M40	61.7	
Ian Cotton	M40	58.7	
Lee Stergiou	M35	60.5	SB
Barrie Kernaghan	M65	68.8	
David Carr	M75	71.5	
Sean Gartlan	M40	75.9	SB
Delia Baldock	W45	78.5	
Peggy Macliver	W60	82.6	
Carol Bowman	W50	84.9	SB
Michelle Thomas	W30	1:30.7	SB
Catherine Keane	Vis	1:34.8	
Sarah Ladwig	W55	1:35.2	

Feb 7th – Perry Lakes**2000 steeplechase (MAWA state champs)**

Bruce Wilson	M60	8:21.0	
Bob Schickert	M65	9:00.6	
Kerriann Bresser	W40	9:19.6	
David Carr	M75	9:34.6	
Delia Baldock	W45	10:05.5	PBA
Jacqui Sanders	W40	10:20.0	
Carol Bowman	W50	10:39.1	PB
Lynne Schickert	W65	14:08.5	

3000 steeplechase (MAWA state champs)

Bjorn Dybdahl	M55	11:55.7	PBA
Ross Keane	M45	12:49.4	
Colin Smith	M45	14:42.6	
Nick Miletic	M55	15:23.6	

3000m

Pete Sullivan	M50	10:49.5	
Ross Keane	M45	11:55.8	
Iain MacLennan	Vis	12:28.8	
Kim Thomas	M35	12:35.4	
Paul Haylett	M45	12:39.1	
Karen March	W45	12:59.3	
Dante Giacomini	M40	13:03.2	
Corey Thomas	M30	13:10.8	
Gillian Young	W60	13:15.5	SB
Maurice Creagh	M60	14:17.9	
Sean Gartlan	M40	15:03.9	
Mike O'Reilly	M65	15:11.9	
Lorraine MacLennan	Vis	15:27.1	
Melissa Young	W30	17:05.9	PB

Long Jump

Valetta Boddy	W45	4.27	SB
Damien Hanson	M55	4.15	
Iain MacLennan	Vis	4.41	
Michelle Thomas	W30	3.49	
Pat Carr	W75	2.80	SB

Javelin

Kevin Webster	M40	33.58	
Anne Travis	W35	12.31	

Shot

Mark Hamilton	M35	11.93	
Anne Travis	W35	6.93	
Kevin Webster	M40	10.00	PBA
Mick Adams	M50	9.65	
Rose-Maree Hollaway	W50	5.70	

Shot

Anne Travis	W35	6.72	
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Hammer

Byrony Glass	W30	54.92	
Kate Glass	W55	37.30	
John Everard	M50	37.89	

Discus

Randal Humich	M35	47.17	SB
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100m

Barrie Kernaghan	M65	14.48	
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400m

Neil Morfitt	M50	58.60	
Barrie Kernaghan	M65	67.01	SB

February 10th – UWA**100m**

Scott Andrews	M35	12.7	
Julian Langley	Vis	12.9	
Peter De Klerk	M45	13.3	
Barrie Kernaghan	M65	14.5	
Sean Gartlan	M40	14.8	SB

Norm Richards	M70	14.7	
Duncan McAuley	M55	14.7	SB
Peter Hopper	M60	17.4	
Ross Calnan	M65	19.7	

Jack Gartlan	Vis	17.7	
Liam Gartlan	Vis	18.4	
Catherine Keane	Vis	19.7	
Christine Oldfield	W60	21.2	
Lynne Schickert	W65	22.6	

1000m

Mark Dawson	M45	3:04.0	
Peter De Klerk	M45	3:10.5	
Ross Keane	M45	3:13.8	SB
John Collier	M40	3:15.1	SB
Julian Langley	Vis	3:23.0	
Keith Edmonds	M40	3:49.1	
Liam Gartlan	Vis	4:51.4	

400m

Duncan McAuley	M55	66.0	
Sean Gartlan	M40	73.3	SB
Keith Edmonds	M40	74.3	
Norm Richards	M70	81.4	
Jack Gartlan	Vis	85.0	

Scott Andrews	M35	58.5	SB
Peter De Klerk	M45	58.6	
Julian Langley	Vis	62.7	
Liam Gartlan	Vis	93.8	
Catherine Keane	Vis	94.9	

February 12th – ECAC**Triple Jump**

David Clive	M70	9.03	
Bev Hamilton	W60	5.97	SB
Michelle Thomas	W30	7.41	SB
Iain MacLennan	Vis	9.53	
Martin MacLennan	Vis	6.70	
Taylah Eastwood	Vis	6.69	
Kevin Collins	M40	6.96	
Colin Smith	M45	9.35	SB
Lynne Schickert	W65	5.88	

3000m

Ross Keane	M45	12:05.7	
John Collier	M40	12:22.8	
Keith Edmonds	M40	12:25.2	
Grant Owens	M45	12:29.4	
John Oldfield	M65	12:39.2	
Mark Dawson	M45	12:51.3	
Sean Gartlan	M40	15:06.0	
Gill Edmonds	W40	16:57.3	

3000m Walk

Peter Hopper	M60	21:04.9	
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LONG JUMP

Peggy Macliver	W60	3.48	
Lynne Schickert	W65	2.62	

JAVELIN

Sue Fardella	W40	11.69	
Lily Fardella	Vis	29.40	
Karen Eastwood	W40	15.54	
Terry Eastwood	M40	21.18	
Bob Fergie	M70	21.24	
Scott Andrews	M35	34.86	SB
Ross Calnan	M65	19.75	
Lynne Schickert	W65	10.15	
Peter Hopper	M60	29.74	SB
Sean Gartlan	M40	26.63	SB
Rob Shand	M75	23.97	SB
Damien Hanson	M55	31.26	PBA
Peggy Macliver	W60	15.68	SB

SHOT

Sue Fardella	W40	5.42	
Lily Fardella	Vis	9.16	
Karen Eastwood	W40	6.23	SB
Terry Eastwood	M40	7.84	SB
Bob Fergie	M70	8.39	SB
Rob Shand	M75	6.79	
Sean Gartlan	M40	8.52	

Weight Throw

Andrew Plackett	M40	6.97	SB
Bev Hamilton	W60	8.05	
Mark Hamilton	M35	12.47	
Dale Hamilton	Vis	10.48	
Kevin Webster	M40	9.89	SR
Clara Ward	W50	7.32	
Mick Adams	SB M50	8.75	

60m

Dale Hamilton	Vis	7.8	
Lee Stergiou	M35	7.9	SB
Colin Smith	M45	8.1	
Pieter De Klerk	M45	8.1	SB
Nick Miletic	M55	9.5	

David Clive	M70	8.9	
Simone Solomon	W40	9.8	
Peggy Macliver	W60	9.9	
Michelle Thomas	W30	10.0	SB
Carol Bowman	W50	11.3	SB=

Melissa Young	W30	10.3	
Gillian Young	W60	10.7	SB
Sarah Ladwig	W55	11.9	
Pat Carr	W75	12.5	
Lynne Schickert	W65	13.6	

Iain MacLennan	Vis	9.4	
Martin MacLennan	Vis	10.9	
Taylah Eastwood	Vis	11.3	
Catherine Keane	Vis	12.1	

600m

Pieter De Klerk	M45	1:33.4	SB
Chris Neale	M35	1:33.9	SB
Dale Hamilton	Vis	1:36.7	
Pete Sullivan	M50	1:50.5	SB
Kim Thomas	M35	1:51.8	
Bruce Wilson	M60	1:56.1	
Margaret Saunders	W55	1:58.3	
Martin MacLennan	Vis	2:24.2	
Taylah Eastwood	Vis	2:34.4	
Michelle Thomas	W30	2:46.5	SB

Summer walks programme – Race Walking Club of WA**February 8th – Wilson****10km walk**

Tom Lenane	M50	1:05:39	
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5km walk

Rose-Maree Hollaway	W50	34:32	
Lesley Romeo	W60	36:55	
Michelle Mison	W60	40:06	

February 15th – Perry Lakes**10km walk**

David Smyth	M35	1:02:39	
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5km walk

Lyn Ventris	W50	24:40	
Tom Lenane	M50	32:54	
Rose-Maree Hollaway	W50	34:15	

200m

Dale Hamilton	Vis	25.3	
Colin Smith	M45	n/t	
Nick Miletic	M55	33.0	SB
Kevin Collins	M40	36.4	PBA

Chris Neale	M35	26.5	
Pieter De Klerk	M45	27.4	SB
David Clive	M70	30.2	
Bob Schickert	M65	34.6	
John Dennehy	M45	34.8	

Iain MacLennan	Vis	31.3	
Melissa Young	W30	36.3	PB
Martin MacLennan	Vis	40.3	
Catherine Keane	Vis	43.2	
Pat Carr	W75	47.6	
Lynne Schickert	W65	48.6	

3000m

Dante Giacomini	M40	12:37.4	SB
Pete Sullivan	M50	12:43.8	
Kim Thomas	M35	13:10.7	
Lorraine MacLennan	Vis	14:42.7	

3000m walk

David Smyth	M35	18:22.6	
Rose-Maree Hollaway	W50	19:57.9	
Stan Jones	M80	22:18.7	

AWA Strive meet**February 15th – Perry Lakes****60m**

Barrie Kernaghan	M65	9.33	
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200m

Scott Andrews	M35	25.74	SB
Barrie Kernaghan	M65	29.18	

800m

Andrew Brooker	M40	2:08.81	PBA
Neil Morfitt	M50	2:11.49	

5000m

Paul Mitchell	M35	17:02.5	
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February 17th – UWA**60m**

Julian Langley	Vis	8.4
Peter De Klerk	M45	8.4
Norm Richards	M70	9.3
Barrie Kernaghan	M65	9.5

Peggy Macliver	W60	10.0
Peter Hopper	M60	10.1
Tracey Gartlan	W40	10.8
Liam Gartlan	Vis	11.5
Catherine Keane	Vis	11.8

Jack Gartlan	Vis	11.1
Bob Neville	M75	11.9
Val Millard	W60	12.3
Christine Oldfield	W60	13.1
Lynne Schickert	W65	13.8

600m

Peter De Klerk	M45	1:37.1	
Mark Dawson	M45	1:42.7	SB
Ross Keane	M45	1:46.1	SB
John Collier	M40	1:50.2	
Keith Edmonds	M40	2:24.6	
Jack Gartlan	Vis	2:35.3	
Catherine Keane	Vis	2:46.9	
Liam Gartlan	Vis	3:05.1	

3000m

Mark Dawson	M45	11:07.7
Ross Keane	M45	11:46.9
John Collier	M40	12:03.9
Keith Edmonds	M40	12:17.2
Ivan Brown	M60	12:35.2

3000m Walk

Peter Hopper	M60	19:59.5
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TRIPLE JUMP

Sue Fardella	W40	5.74	SB
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February 22nd – Perry Lakes**Hammer**

Kate Glass	W55	37.32
Byrony Glass	W30	56.23

100m

Barrie Kernaghan	M65	14.63
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WEIGHT THROW

John Everard	M50	12.61	SB
Bev Hamilton	W60	9.28	
Sue Fardella	W40	4.25	
Rob Shand	M75	6.60	
Bob Fergie	M70	11.99	SB
Damien Hanson	M55	7.54	

DISCUS

John Everard	M50	28.04	
Bev Hamilton	W60	22.19	SB
Tracey Gartlan	W40	22.00	
Julian Langley	Vis	24.61	
Peter Hopper	M60	23.19	SB
Sue Fardella	W40	15.18	
Lily Fardella	Vis	27.47	
Rob Shand	M75	23.10	SB
Bob Fergie	M70	23.67	
Damien Hanson	M55	23.39	

200m

Julian Langley	Vis	27.2	
Peter De Klerk	M45	28.2	
Barrie Kernaghan	M65	30.8	
Keith Edmonds	M40	31.2	SB
Norm Richards	M70	31.3	SB

Peggy Macliver	W60	34.8
Jack Gartlan	Vis	36.6
Liam Gartlan	Vis	41.0
Catherine Keane	Vis	42.7

Bob Neville	M75	43.0
Val Millard	W60	43.5
Christine Oldfield	W60	46.4
Lynne Schickert	W65	55.0

400m

Chris Perrey	M35	51.30
Neil Morfitt	M50	58.63
Barrie Kernaghan	M65	65.50

1500m

Paul Mitchell	M35	4:43.63
Neil Morfitt	M50	4:44.16

February 19th – ECAC**400m**

Scott Andrews	M35	60.0	
Kim Thomas	M35	69.0	
Bruce Wilson	M60	73.8	
Pete Sullivan	M50	74.5	PBA

Ivan Brown	M60	79.9	
Gillian Young	W60	81.7	SB
Carol Bowman	W50	84.8	SB
Martin MacLennan	Vis	89.8	
Sarah Ladwig	W55	1:38.2	

800m

Ed Love	Vis	2:28.9	
Dale Hamilton	Vis	2:29.1	
Pete Sullivan	M50	2:44.8	
Dante Giacomini	M40	2:52.1	SB
Kim Thomas	M35	3:01.9	
Martin MacLennan	Vis	4:49.0	

100m

Dale Hamilton	Vis	12.4	
Chris Neale	M35	12.6	
Colin Smith	M45	12.9	
Scott Andrews	M35	13.1	
Nick Miletic	M55	15.5	

David Clive	M70	14.5	SB=
Peggy Macliver	W60	16.2	
Simone Solomon	W40	16.2	
John Dennehy	M45	16.7	
Michelle Thomas	W30	17.3	

Iain MacLennan	Vis	15.3	
Melissa Young	W30	17.2	
Gillian Young	W60	18.7	
Sarah Ladwig	W55	19.8	PBA
Martin MacLennan	Vis	19.8	

Anne Travis	W35	18.5	
Catherine Keane	Vis	19.3	
Valerie Millard	W60	20.1	
Pat Carr	W75	20.8	

February 24th – UWA**400m**

Scott Andrews	M35	59.1	
Mark Dawson	M45	65.3	
Rob Colton	Vis	67.7	
Barrie Kernaghan	M65	69.4	
Peter Sullivan	M50	77.0	

3000m

Steve Giles	M50	11:09.7	
Pete Sullivan	M50	11:13.6	
Ed Love	Vis	11:31.7	
Rosemary Giles	W30	11:36.2	
Dante Giacomini	M40	12:35.4	SB
Kim Thomas	M35	12:36.2	
Graeme Dahl	M55	13:59.3	
Maurice Creagh	M60	14:30.8	
Tanya Craig	Vis	14:36.9	
Lorraine MacLennan	Vis	14:44.4	
Melissa Young	W30	17:01.9	SB

3000m walk

Valerie Millard	W60	19:26.6	
Rose-Maree Hollaway	W50	19:43.2	SB

Long Jump

Colin Smith	M45	4.58	
Iain MacLennan	Vis	4.49	
Jamie Plackett	Vis	6.45	

Javelin

Chris Neale	M35	29.33	
Dale Hamilton	Vis	40.62	
Bev Hamilton	W60	19.53	SB
Andrew Plackett	M40	29.71	
Clara Ward	W50	13.15	
Jamie Plackett	Vis	33.81	
Karen Eastwood	W40	16.19	
Scott Andrews	M35	37.15	
Iain MacLennan	Vis	25.56	

Hammer

Andrew Plackett	M40	20.77	SB
Mark Hamilton	M35	31.36	
Chris Neale	M35	18.85	
Dale Hamilton	Vis	24.84	
Bev Hamilton	W60	22.45	
Clara Ward	W50	14.46	
Lynne Schickert	W65	12.18	
Karen Eastwood	W40	12.94	
Anne Travis	W35	13.96	
Toni Phillips	W35	13.20	

Ivan Brown	M60	76.3	SB
Norm Richards	M70	77.3	SB
Jack Gartlan	Vis	93.5	
Christine Oldfield	W60	103.9	
Val Prescott	W60	2:15.2	

800m

Ross Keane	M45	2:27.6	SB
Daniel Liseberg	Vis	2:28.6	
Peter Sullivan	M50	2:34.2	SB
Bernard Mangan	M50	2:35.8	
John Collier	M40	2:41.7	
Rob Colton	Vis	2:28.6	
Mark Dawson	M45	2:41.4	
Keith Edmonds	M40	2:50.2	
Dave Willmer	M45	2:52.4	
Catherine Keane	Vis	3:23.8	
Scott Haylett	Vis	3:52.9	
Val Prescott	W60	4:52.4	

100m

Scott Andrews	M35	12.9	
Barrie Kernaghan	M65	14.3	
Keith Edmonds	M40	14.9	
Norm Richards	M70	14.9	
Daniel Liseberg	Vis	13.3	
Paul Haylett	M45	13.5	
Mark Dawson	M45	15.7	
Peggy Macliver	W60	16.4	
Damien Hanson	M55	15.8	
Tracey Gartlan	W40	17.2	
Bob Neville	M75	19.2	
Christine Oldfield	W60	20.8	SB
Lynne Schickert	W65	22.3	
Scott Haylett	Vis	17.1	
Jack Gartlan	Vis	17.5	
Catherine Keane	Vis	19.0	
Liam Gartlan	Vis	19.1	

February 26th – ECAC**200m**

Chris Neale	M35	25.5	
Garry Ralston	M50	26.3	
David Solomon	M40	29.2	
David Clive	M70	30.7	
Rob Antonioli	M55	32.8	
Barrie Kernaghan	M65	28.4	SB
Frank Hearn	Vis	30.3	
Norm Richards	M70	30.8	SB
Nick Miletic	M55	32.5	SB
Bob Schickert	M65	33.1	SB
David Carr	M75	33.1	
Dale Hamilton	Vis	25.8	
Peggy Macliver	W60	32.8	SB
John Dennehy	M45	35.8	

3000m

Peter Sullivan	M50	10:53.9	
Mark Dawson	M45	10:57.6	SB
Bernard Mangan	M50	11:04.6	SB
David Willmer	M45	11:31.1	SB
Ross Keane	M45	11:39.9	
John Collier	M40	11:50.7	
Rob Colton	M40	12:11.9	
Paul Haylett	M45	12:12.5	
John Oldfield	M65	12:22.1	PBA
Ivan Brown	M60	12:30.7	
Graeme Dahl	M55	12:38.4	
Bob Schickert	M65	12:52.7	
Gill Edmonds	W40	16:22.3	

LONG JUMP

Peggy Macliver	W60	3.57	
Lynne Schickert	W65	2.54	
Tracey Gartlan	W40	3.17	
Liam Gartlan	Vis	2.72	
Peter Hopper	M60	3.51	
Robert Colton	Vis	4.30	

HAMMER

Bob Fergie	M70	28.42	SB
Rob Shand	M75	13.80	
Rae McMillan	W80	18.54	

JAVELIN

Sean Gartlan	M40	25.97	
Tracey Gartlan	W40	19.20	
Scott Andrews	M35	37.12	
Bob Fergie	M70	18.96	
Rob Shand	M75	22.15	
Rae McMillan	W80	14.46	
Val Prescott	W60	13.54	SB
Damien Hanson	M55	27.37	
Peggy Macliver	W60	15.44	

(200m cont.)

John Oldfield	M65	38.2	PB
Carol Bowman	W50	38.6	
Gillian Young	W60	36.1	
Melissa Young	W30	36.9	
Martin MacLennan	Vis	40.1	
Sarah Ladwig	W55	42.3	PBA
Valerie Millard	W60	43.1	
Pat Carr	W75	45.5	SB
Lynne Schickert	W65	48.1	

1500m

Ed Love	Vis	5:10.5	
Kim Thomas	M35	5:13.3	
Ross Keane	M45	5:18.9	
Martin MacLennan	Vis	7:41.9	
Melissa Young	W30	7:56.7	SB

60m

Garry Ralston	M50	7.8	
Dale Hamilton	Vis	8.0	
Colin Smith	M45	8.0	
Campbell Till	M50	8.2	
Nick Miletic	M55	9.6	

Corey Thomas	M30	8.7	
David Clive	M70	9.4	
Rob Antonioli	M55	9.4	
Norm Richards	M70	9.5	

Delia Baldock	W45	9.7	SB
Peggy Macliver	W60	9.9	
Melissa Young	W30	10.5	
Gillian Young	W60	11.3	
Carol Bowman	W50	11.4	

Frank Hearn	Vis	9.7	
Simone Solomon	W40	9.7	SB
John Dennehy	M45	10.2	
David Carr	M75	10.5	
Michelle Thomas	W30	10.5	
John Oldfield	M75	12.2	

Martin MacLennan	Vis	11.1	
Catherine Keane	Vis	11.7	
Sarah Ladwig	W55	11.8	SB
Pat Carr	W75	12.2	
Valerie Millard	W60	12.3	
Lynne Schickert	W65	n/t	

Shot

Dale Hamilton	Vis	10.86	
Julie Plackett	W35	6.36	

Feb 28th – Perry Lakes**100m**

Barrie Kernaghan	M65	14.86	
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200m

Barrie Kernaghan	M65	28.35	
Scott Andrews	M35	25.64	

200m hurdles

Toni Phillips	W35	33.01	
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400m hurdles

Chris Perrey	M35	56.43	
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800m

Neil Morfitt	M50	2:11.62	
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3000m

Kim Thomas	M35	11:35.3	
Dante Giacomini	M40	12:27.4	SB
Corey Thomas	M30	12:53.2	SB
Trish Farr	W35	13:12.0	
Maurice Creagh	M60	13:27.2	SB
Lorraine MacLennan	Vis	13:51.8	
Kim Ribbink	Vis	14:08.9	

3000m walk

Sean Fitzsimons	Vis	13:12.1	
Tom Lenane	M50	18:18.2	
Rose-Maree Hollaway	W50	19:38.4	SB
Stan Jones	M80	22:06.2	
Michelle Thomas	W30	25:28.1	
Carolyn Fawcett	Vis	25:28.1	

Triple Jump

Dale Hamilton	Vis	11.45	
David Clive	M70	8.80	
Michelle Thomas	W30	8.01	SB
Martin MacLennan	Vis	6.41	

Discus

Kevin Webster	M40	29.27	
Dale Hamilton	Vis	35.44	
Julie Plackett	W35	22.37	
Bev Hamilton	W60	21.23	
Mark Hamilton	M35	37.68	SB
Mick Adams	M50	29.53	
Ian Cotton	M40	34.48	
Damien Hanson	M55	22.51	
Chris Neale	M35	28.55	

3000m

Paul Mitchell	M35	9:47.7	
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3000m walk

David Smyth	M35	18:07.8	
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Shot

Byrony Glass	W30	11.52	
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Discus

Byrony Glass	W30	35.24	
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Hammer

Byrony Glass	W30	57.77	SR
Kate Glass	W55	36.84	

Feb 14th – Bunbury (City v Country Challenge) – apologies for the formatting and lack of detail

100m

M45	Colin Smith	12.94
M45	Peter de Klerk	13.1
U18	Julia Phillips	13.1
M45	David Phillips	13.75
U18	Georgia Braun	14.38
M60	Bruce Cornish	15.16
Open	Joshua Yates	15.42
M65	Bob Schickert	16.96
M65	Lyle James	17.31
W60	Bev Hamilton	21.71
W65	Lynne Schickert	22.27

200m

Colin Smith	26.66	City
Peter de Klerk	26.92	City
Julia Phillips	27.5	Country
Ruth Johnson	36.11	Country
Lyle James	36.97	Country
Lynne Schickert	49.92	City
Bruce Cornish	31.11	Country
Joshua Yates	32.48	Country
Bob Schickert	36.6	City

800m

Peter de Klerk	2.20.1
Joshua Yates	2.59.2
Bruce Cornish	3.09.1
Lyll James	4.14.3

Lynne	5.44.5
Jeff	6.16.9
Bob	6.18.4
Michelle	6.26.7
Dorothy	6.39.9
Maggie	7.20.0

2000/3000m run/walk

Bruce Cornish	12.54.8
Bob Schickert	13.05.3
Joshua Yates	13.22.1
walk Lynne Schickert	14.46.3
walk Bob Fergie	16.06.2
walk Jeff Whittam	16.12.1
Lyle James	17.07.4

Hammer

Rob Young	28.49
Bruce Cornish	36.18
Bob Fergie	28.62
Isaac Matthewson	35.2
Lyle James	5.42
Jeff Whittam	20.64

Dorothy Whittam	19.73
Lynne Schickert	10.5
Ruth Johnson	18.89
Bev Hamilton	21.73

Michelle ??	3.87	
W60 Barbara Brown	22.48	SR??
Sharon Moloney	22.63	

Shot Put

W70 Dorothy Whittam	6.76
W70 Maggie Flanders	4.54
W65 Lynne Schickert	4.77
W50 Barbara Brown	8.39
W60 Bev Hamilton	8.77
W45 Sharon Moloney	8.45
U18 Julia Phillips	6.74
U18 Georgia Braund	8.2

Isaac Matthewson	11.47
Rob Young	9.46
Bruce Cornish	8.53
Bob Fergie	8.47
Jeff Whittam	7.12
Peter de Klerk	7
Joshua Yates	6.79
Lyle James	3.52

Javelin

M65 Lyle James	12.29
M70 Jeff Whittam	13.96
M60 Rob Young	17.08
M70 Bob Fergie	24.99
M60 Bruce Cornish	28.7
M45 Colin Smith	17.78
M45 Peter de Klerk	20.75

W70 Dorothy Whittam	10.61
W70 Maggie Flanders	11.81
W65 Lynne Schickert	10.52
W60 Bev Hamilton	20.8
Open Michelle ??	10.34
U18 J Phillips	14.67
U18 G Braund	15.78
W50 B Brown	18.2
W45 Sharon Moloney	20.39

Discus

Dorothy Whittam	12.65
Maggie Flanders	10.09
Lynne Schickert	10.5
Ruth Johnson	13.54
Bev Hamilton	21.46
Michelle ??	9.88
B Brown	19.37
Sharon Moloney	23.35

Bruce Cornish	32.38	
Isaac Matthewson	27.43	
Rob Young	27.22	
Bob Fergie	23.56	
Peter de Klerk	18.12	
Jeff Whittam	16.13	
Colin Smith	15.09	
Joshua Yates	12.76	
Lyle James	10.81	

The Annual AMA National Baton Charge

Week 1: It's February as I write this, so time to get the baton box out of the shed again. The first night gave us two spectacles to watch as the sprinters started us off soon after 6pm, whilst the walkers cheered and patiently waited for their turn at the end of the programme. These relays are run in 10-year age groups, although teams can set state, national or even potential world records in 5-year groupings.

Last year in the sprints, MAWA won only the M60-69 national relays, and Victoria had a clean sweep in the walks with the exception of the younger men's groups. So the incentive was there to do better. However, the teams were disrupted by late withdrawals and several members, a number with muscle niggles, had to compete in strange age groups. None of these disadvantages worried the onlookers who were supportive and vociferous as ever. Colin led the youngsters home, and the two forty-somethings teams each produced powerful performances as the men battled out the first heat. Pride of place went to the 'oldies', nominally M60-69 but including super-vet Norm, with the youngest being spring chicken Bob at a mere 67. The years seemed to disappear as they stormed home in a new M65 state record of 58.6s. Our title from last year looks safe in their hands. The ladies followed, with Delia still doing her stretches and warm up as the first changeover was taking place. Another wonderful state record of 60.8s was set by this W40-49 team of Peggy, Delia, Kerri and Valetta. The W30s, including Carol and Sarah, followed them home, but the biggest cheer greeted the W60-69 team of Gillian, Lynne, Patricia and Valerie.

After the earlier rapid races in the 4x100s, the pace may have been slower in the race walks relays, but certainly not the effort or determination. Two men's teams vied with the ladies, as the 16 walkers lapped and lapped. A wide variety of walking styles was on show for all to see, with a number of the competitors using unconventional techniques to stay within the rules. One or two 'paddles' were shown in the race, but the experienced judges were satisfied overall that none had contravened (too much, anyway). It is quite likely that only the youngsters (Tom, Bruce, David and Peter!!) will feature in the winners' enclosure, but good fun was had by all, and certainly the atmosphere immediately recaptured that of last year when the inaugural event took place.

4 x 100m relay

M30	51.6	[Kim Thomas, Corey Thomas, Colin Smith, Lee Stergiou]
M40A	54.2	[Campbell Till, Roy Fearnall, Ian Cotton, Pieter De Klerk]
M60	58.6 SR M65	[Norm Richards, Mike O'Reilly, Barrie Kernaghan, Bob Schickert]
M40B	60.4	[John Dennehy, Nick Miletic, Damien Hanson, Sean Gartlan]
W40	60.8 SR W40	[Peggy Macliver, Delia Baldock, Kerriann Bresser, Valetta Boddy]
W30 Thomas]	69.8	[Melissa Young, Carol Bowman, Sarah Ladwig, Michelle
W60	76.3	[Lynne Schickert, Gillian Young, Pat Carr, Valerie Millard]

4 x 800m walk

M35	18:11.2	[Tom Lenane, Bruce Wilson, David Smyth, Peter Hopper]
W50	21:03.5	[Lynne Schickert, Valerie Millard, Rose-Maree Hollaway, Elaine
	Dance]	
M70	22:57.9	[Jeff Whittam, Ray Hall, Bob Fergie, Stan Jones]
W60	24:08.7	[Dorothy Whittam, Michele Mison, Lorna Lauchlan, Lesley Romeo]



photo – Vic Waters

Week 2:

Discus team event

W30	51.70m	[Michelle Thomas 13.89, Karen Eastwood 17.78, Bev Hamilton 20.03]
W50	42.13m	[Rose-Maree Hollaway 16.01, Clara Ward 15.26, Lynne Schickert 10.86]
M40	76.19m	[Kevin Webster 25.76, Ian Cotton 28.62, Andrew Plackett 21.81]
M50	66.66m	[Mike O'Reilly 16.40, Mick Adams 29.08, Damien Hanson 21.18]

4 x 1500m relay – not part of the national event, just for fun!

W40	24:17.3	[Delia Baldock, Kerriann Bresser, Simone Solomon, Niamh Keane]
W60	26:30.0 AR	[Peggy Macliver, Jackie Halberg,, Shirley Bell, Gillian Young]
W30	28:47.9	[Carol Bowman, Sarah Ladwig, Toni Phillips, Melissa Young]
M75	30:01.7 AR	[David Carr, Bob Hayres, Cecil Walkley, Irwin Barrett-Lennard]
M45	20:27.3	[Ross Keane, Campbell Till, Paul Haylett, Mark Dawson]
M30	21:14.6	[John Collier, Kim Thomas, Corey Thomas, Andrew Brooker]
M50	23:49.5	[Bruce Wilson, Ivan Brown, Maurice Creagh, Pete Sullivan]
M40	24:38.7	[John Dennehy, Nick Miletic, Dante Giacomini, Ian Cotton]
M65	24:49.3	[Bob Schickert, Mike O'Reilly, John Oldfield, Dave Roberts]

As usual there were plenty of last-minute changes to the teams, but everybody that wanted a berth had one, as did a few that really would have preferred to watch! The increased interest in the throws this year meant that we were able to field four teams in the discus team event. Throwing is very strong over in the East, particularly in Victoria, so it is a demanding task to get up there with them. But the only way we will raise the standards here is to compete regularly, so hopefully things are looking up.

The 4x1500 event was a MAWA initiative last year, and has not yet been incorporated into the national “championships”. There are tentative thoughts about its inclusion in 2010. So this one was just for fun. And it brought out nine teams of 4, so 36 of us clearly thought that it was fun. Especially pleased with themselves would be the W60s and M75s, both of whom broke their Australian records set last year. Congratulations to them. There were a plethora of new state records as well, most of which were inaugural since this event is run so infrequently.

Week 3: There were three different events scheduled for this really hectic night, but with the help of so many it seemed to go very smoothly. Les and his cohorts manned the jump pit, Damien and his friends the throwing circle and Barbara’s team did their usual sterling work on the trackside. In all, we had 15 teams competing in the relays tonight, three hammer teams, a men’s and ladies’ long jump and ten 4x800 quartets in two heats. It’s good to see the resurgence in throwing this year. Although we probably cannot compete against the might of Victoria and the ACT yet, only competition like this will improve the standards to the level where we can do so. Our two long jump teams were mixed age groups, with none of the young guns taking part. However, both teams produced creditable cumulative distances and should be in the running when all the postal entries are collated next month.

It was all different on the track, with a number of the teams having great potential and high hopes of that AMA certificate as national champions. The results are below in detail. Highlights, in no particular order, include a 2:14 split from ex 800/1500 specialist Mark Dawson, a wonderful 2:17 from the always elegant Campbell, a superb 2:13 from Peter de Klerk and very fast times from Chris and Ian. Team performances of special note were Kerriann and Toni’s W35s and the evergreen W60s who always rise to the relay occasion and smashed their own SR again. But, as has become the ritual on such nights, it was the M75s – Cecil’s band – who stole the show with another state, Australian and unofficial world record. Sadly this will probably be the last time we see an M75 team for a while. Three of them turn 80 later this year and Cecil promises a further batch of records at this new age group next year! We can’t wait, Cecil, but in the meantime, let’s put our (virtual) hands together for **Cecil Walkley, Bob Hayres, Stan Lockwood** and **Irwin Barrett-Lennard**. Incidentally, Stan Lockwood’s previous state record was in 1977 when he ran the 60m in 8.6s! And another snippet from our insatiable statistician Campbell - Irwin also holds the M75 half marathon record for WA. Some range.

Long Jump “relay”

M50 13.69 [Campbell Till 4.88, Damien Hanson 4.11, David Clive 4.70]

W60 8.35 [Bev Hamilton 2.40, Peggy Macliver 3.43, Lynne Schickert 2.52]

Hammer “relay”

W50 49.09 [Bev Hamilton 22.45, Clara Ward 14.46, Lynne Schickert 12.18]

W35 40.10 [Karen Eastwood 12.94, Anne Travis 13.96, Toni Phillips 13.20]

M35 70.98 [Andrew Plackett 20.77, Mark Hamilton 31.36, Chris Neale 18.85]

4 x 800m relay

W35 11:29.8 **SR** [Toni Phillips 2:44, Delia Baldock,3:00, Simone Solomon 2:56, Kerriann Bresser 2:49]

M60 12:21.6 [John Oldfield 2:56, Mike O’Reilly 3:12, Maurice Creagh 3:22, Dave Roberts 2:51]

W60 12:36.6 **SR** [Gillian Young 2:56, Jackie Halberg, 3:14, Shirley Bell 3:19, Peggy Macliver 3:07]

W50 13:30.8 **SR** [Margaret Saunders 2:44, Theresa Howe 3:49, Sarah Ladwig 3:39, Carol Bowman 3:18]

M75 16:04.5 **WR** [Cecil Walkley 3:58, Stan Lockwood 4:23, Bob Hayres 4:05, Irwin Barrett-Lennard 3:38]

M40 9:13.0 [Mark Dawson 2:14, John Collier 2:27, Ian Cotton 2:18, Peter De Klerk 2:13]

M35 9:41.0 **SR** [Kim Thomas 2:27, Ross Keane 2:24, Paul Burke 2:28, Chris Neale 2:22]

M50 9:42.6 [Campbell Till 2:17, Pete Sullivan 2:28, Duncan McAuley 2:27, Paul Hughes 2:30]

M45 10:48.7 **SR** [Paul Haylett 2:23, Nick Miletic 3:04, John Dennehy 2:55, Colin Smith 2:26]

M60 11:02.3 [Bruce Wilson 2:35, David Carr 2:45, Ivan Brown 2:55, Bob Schickert 2:47]



photo – John Oldfield

Week 4:

Shot "relay"

M35	30.15	[Mark Hamilton 11.14, Kevin Webster 9.99, Mick Adams 9.02]
W50	19.49	[Bev Hamilton 8.98, Lynne Schickert 4.82, Rose-Maree Hollaway 5.69]

4 x 400m relay

M40	4:51.2	[Paul Haylett 61, Dante Giacomini 81, Dave Roberts 73, John Dennehy 76]
W60	5:24.5	[Gillian Young 76, Shirley Bell 88, Jackie Halberg 83, Peggy Macliver 77]
W50	6:41.3	[Carol Bowman 85, Valerie Millard 1:47, Lynne Schickert 1:53, Sarah Ladwig 1:36]
M50		DQ – illegal changeover

M40	3:54.9	[Colin Smith 59, Andrew Brooker 60, Ian Cotton 59, Peter De Klerk 57]
M30	4:07.1	[Kim Thomas 65, Ross Keane 63, Corey Thomas 64, Chris Neale 55]
M60	4:47.0	[Barrie Kernaghan 67, David Carr 74, Bruce Wilson 73, Bob Schickert 73]
W35	4:48.3	[Kerriann Bresser 72, Simone Solomon 74, Delia Baldock 74, Toni Phillips 69]

It was very close to the official declaration time of 6.50pm that the final line-ups were organized. The team sheet started the evening as *version 4* but at declaration time had become *version 7*. Perhaps not everybody realizes that the formal requirements for these national relays state that teams must be finalized by declaration time and no subsequent personnel changes are permitted. The shot-putters disappeared on to the horizon beyond the perimeter fence, as both putting circles within the perimeter were underwater as a result of the day's heavy showers. Two teams entered this year, represented each gender, so making a total of eleven field teams for the competition. Since last year's field entry was a mere three teams this reflected the much greater interest in throwing and jumping that has been evident for some time.

The 4x400m attracted an entry of eight teams, a number of them with good chances to shine at national level. Last year we won two age-groups in the men's 4x400s, but had a clean sweep from W30 to W60 in the women's. No doubt the other states took note and will be more competitive this year. The first heat swept off from the start at breakneck pace, with Campbell and Paul putting down strong markers, Gillian and Carol gamely battling to match the pace of these two speedsters. Disaster struck our lead team at the second changeover as a misunderstanding between Nick and Rob meant that the changeover was outside the permitted zone, resulting in the team's disqualification. This was a great pity as their time of sub-3:50 beat Queensland's winning time last year by more than ten seconds. The M40 second-string team, changed twice in the build-up to the event this evening, produced an excellent 4:51, and the very consistent and reliable W60s set yet another state record. The W50s are also in with a shout of the national title with a steady 6:41.

The second heat had its own drama in the first leg. Colin flew from the start and was in line for around 56s when his calf muscle spasmed badly 40m from the changeover. He struggled to the line, probably still faster than most of us run, and handed the baton over with a 59s split. With such stars as Andrew, Ian and Peter to follow there was always going to be an excellent time for this top M40 team and Peter 'broke the tape' with the clock showing 3:54.9. The M30s followed not far behind, but more drama was taking place on the track as they finished. M60s' last leg runner, Bob, had taken charge of the baton with a 10 metre lead over W30s' Toni. This was going to be a battle of the ages and the genders. Toni ate into Bob's lead and entered the straight only three metres down. The effort on Bob's face was a sight to behold as his forehead (and top-head!) became redder and redder; Toni was inching closer to him as the throng roared on their favourite. But age won the day as Toni realized with ten metres to go that she was just agonizingly short. It was a fitting end to what has been the most magnificent month of relay competition. February 2010 cannot come soon enough!



UWA – March 3rd

200m

Daniel Leseberg	Vis	26.1	
Barrie Kernaghan	M65	28.3	SB
Duncan McAuley	M55	28.5	SB
Keith Martin	M65	29.4	SB
Norm Richards	M70	31.2	

Mark Dawson	M45	32.2	
Bob Schickert	M65	33.2	
Peggy Macliver	W60	33.7	
Christine Oldfield	W60	45.2	SB
Lynne Schickert	W65	49.4	

Jack Gartlan	Vis	35.5	
Scott Haylett	Vis	36.9	
Liam Gartlan	Vis	38.5	
Catherine Keane	Vis	40.2	

1500m

Mark Dawson	M45	4:56.9	SB
Ross Keane	M45	5:01.4	SB
John Collier	M40	5:25.3	
Keith Edmonds	M40	5:50.2	
Ivan Brown	M60	5:57.0	
Catherine Keane	Vis	8:14.2	
Paul Haylett	M45	8:18.1	

60m

Daniel Leseberg	Vis	8.0	
Barrie Kernaghan	M65	9.1	
Norm Richards	M70	9.1	SB

Scott Haylett	Vis	10.3	
Liam Gartlan	Vis	10.9	
Jack Gartlan	Vis	11.2	
Catherine Keane	Vis	11.9	

Peggy Macliver	W60	10.1	
Bob Schickert	M65	10.1	
Lynne Schickert	W65	13.6	

March 8th – Perry Lakes

100m

Barrie Kernaghan	M65	14.37	
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400m

Chris Perrey	M35	50.88	PB	
Cam Yorke	M30	51.18		
Barrie Kernaghan	M65	64.00	SB	(big!)

800m

Neil Morfitt	M50	2:09.8	SB	
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3000m

Paul Mitchell	M35	9:30.3		
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1500m walk

Garry Hastie	M45	6:52.0		
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3000m

Mark Dawson	M45	11:19.4	
Paul Haylett	M45	11:46.3	SB
Duncan McAuley	M55	11:56.7	
Keith Edmonds	M40	11:58.7	
Ross Keane	M45	12:01.1	
John Collier	M40	12:07.7	
Grant Owens	M45	12:44.4	
Ivan Brown	M60	13:58.1	
Sean Gartlan	M40	14:36.4	PB
Gill Edmonds	W40	16:14.2	
Christine Oldfield	W60	17:20.4	

SHOT

Tracey Gartlan	W40	8.34	
Rachel Crowder	W35	5.89	
Sean Gartlan	M40	8.53	SB
Sue Fardella	W40	5.67	SB
Rob Shand	M75	6.97	SB
Rob Fergie	M70	8.31	
Rae McMillan	W80	6.77	PBA
Ed Carroll	M65	10.08	SB

DISCUS

Keith Martin	M65	22.85	
Tracey Gartlan	W40	21.63	
Rachel Crowder	W35	14.85	
Sean Gartlan	M40	21.15	
Sue Fardella	W40	16.65	SB
Rob Shand	M75	23.13	SB
Bob Fergie	M70	24.43	
Ed Carroll	M65	33.27	
Rae McMillan	W80	14.28	
Damien Hanson	M55	22.41	

TRIPLE JUMP

Ross Wickham	M40	11.56	SB
Lynne Schickert	W65	5.71	

Hammer

Byrony Glass	W30	57.07	
Kate Glass	W55	39.85	SB
John Everard	M50	42.94	

2000m steeplechase

Bjorn Dybdahl	M55	7:32.3	
David Carr	M75	9:15.8	SB
Nick Miletic	M55	9:48.4	PB (big)
Jacqui Sanders	W40	10:11.4	PB
Carol Bowman	W50	10:43.8	

March 5th - ECAC

60m

Garry Ralston	M50	7.6	SB
Chris Neale	M35	7.7	SB
Darryl Lette	M40	7.7	
Dale Hamilton	Vis	7.8	
Nick Miletic	M55	9.6	

Keith Martin	M65	9.1	
Kerriann Bresser	W40	9.3	
Damien Hanson	M55	9.7	
Peggy Macliver	W60	9.8	
Carol Bowman	W50	11.3	SB=

Corey Thomas	M30	8.5	
Nicki Wordell	Vis	9.7	
John Dennehy	M45	9.8	SB
Michelle Thomas	W30	9.8	SB
Gillian Young	W60	11.0	

Jacqui Sanders	W40	10.1	
Taylah Eastwood	Vis	11.1	
Catherine Keane	Vis	11.9	
Pat Carr	W75	12.2	
Valerie Millard	W60	12.5	
Lynne Schickert	W65	13.4	

800m

Peter De Klerk	M45	2:13.1	SB
Ed Love	Vis	2:21.4	
Ross Keane	M45	2:22.3	PBA
Geoff Sims (ACT)	M60	2:23.2	
Dale Hamilton	Vis	2:24.0	
Kim Thomas	M35	2:28.9	
Bob Schickert	M65	2:47.2	
Dante Giacomini	M40	2:51.7	SB

David Carr	M75	2:47.3	
Kathy Sims (ACT)	W55	2:53.6	
Gillian Young	W60	2:55.3	PBA
Kerriann Bresser	W40	2:58.8	
Mike O'Reilly	M65	3:04.1	SB
John Dennehy	M45	3:05.5	
Peggy Macliver	W60	3:14.2	
Nick Miletic	M55	3:17.6	
Carol Bowman	W50	3:22.8	
Catherine Keane	Vis	3:37.7	
Taylah Eastwood	Vis	3:47.9	
Diane Jones	W60	3:59.5	
Eldon George	M35	4:01.0	

Long Jump

Dale Hamilton	Vis	5.60	
Garry Ralston	M50	5.31	
Michelle Thomas	W30	3.58	SB
Nicki Wordell	Vis	3.36	
Catherine Keane	Vis	3.03	
Pat Carr	W75	2.76	

300m

Chris Neale	M35	38.4	SB
Dale Hamilton	Vis	39.7	
Darryl Lette	M40	40.2	
Campbell Till	M50	40.5	
Peter De Klerk	M45	41.7	
David Solomon	M40	44.5	

Keith Martin	M65	46.9	
David Carr	M75	51.2	
Delia Baldock	W45	51.6	SB
Kerriann Bresser	W40	51.9	
John Dennehy	M45	54.3	
Taylah Eastwood	Vis	70.9	

Garry Ralston	M50	42.6	
Peggy Macliver	W60	52.3	SB
Damien Hanson	M55	54.2	
Nicki Wordell	Vis	54.9	
Jacqui Sanders	W40	55.6	SB
Nick Miletic	M55	55.6	SB
Carol Bowman	W50	63.3	SB

5000m

David Cane	M40	17:55.0	
Paul Hughes	M55	19:15.4	
Kim Thomas	M35	20:21.5	SB
Grant Owens	M45	21:51.3	
Blakeney Tindall	M45	22:31.4	
Corey Thomas	M30	23:25.4	SB
Maurice Creagh	M60	23:47.2	

3000m

David Solomon	M40	11:20.5	
Ross Keane	M45	11:41.3	
Eldon George	M35	11:41.3	SB
Dante Giacomini	M40	12:40.2	
John Oldfield	M65	12:51.5	SW
Kathy Sims (ACT)	W55	13:14.2	
Gillian Young	W60	13:43.8	
Jacqui Sanders	W40	16:10.5	SB
Diane Jones	W60	16:34.2	
Colin Smith	M45	17:32.7	
Garry Ralston	M50	17:33.0	

3000m walk

Tom Lenane	M50	17:56.9	
Valerie Millard	W60	19:56.0	
Lynne Schickert	W65	21:39.0	SB
Stan Jones	M80	22:08.5	

Hammer

Dale Hamilton	Vis	25.86	
Bev Hamilton	W60	21.82	
Karen Eastwood	W40	12.80	
Mark Hamilton	M35	35.99	PBA
Rebecca Plackett	Vis	18.69	
Kevin Webster	M40	28.48	
Mick Adams	M50	19.99	SB

(March 5th continued.....)**Discus**

Dale Hamilton	Vis	34.67	
Bev Hamilton	W60	21.73	
Karen Eastwood	W40	20.62	SB
Taylah Eastwood	Vis	18.24	

March 10th – UWA**60m**

Scott Andrews	M35	8.0	
Rob Colton	Vis	8.4	
Barrie Kernaghan	M65	9.0	
Norm Richards	M70	9.0	

Mark Dawson	M45	9.0	
Simone Solomon	W40	9.1	
Bob Schickert	M65	10.1	
Jack Gartlan	Vis	NT	
Liam Gartlan	Vis	NT	

Jacqui Sanders	W40	9.7	
John Oldfield	M65	11.1	
Catherine Keane	Vis	11.4	
Val Millard	W60	12.0	
Christine Oldfield	W60	12.1	
Lynne Schickert	W65	13.5	

800m

Rob Colton	Vis	2:28.1	
Ian Cotton	M40	2:29.3	
Mark Dawson	M45	2:31.6	
Ross Keane	M45	2:52.2	
Bob Schickert	M65	2:54.8	

Keith Edmonds	M40	2:48.0	
John Oldfield	M65	2:54.3	
Simone Solomon	W40	2:56.8	
Jack Gartlan	Vis	3:20.0	
Catherine Keane	Vis	3:28.0	
Jacqui Sanders	W40	3:28.5	
Liam Gartlan	Vis	3:48.9	
Christine Oldfield	W60	4:01.0	
Val Prescott	W65	4:24.8	

LONG JUMP

Peggy Macliver	W60	3.40	
Tracey Gartlan	W40	3.38	
Simone Solomon	W40	3.84	
Jacqui Sanders	W40	3.65	
Rob Colton	Vis	4.67	

HAMMER THROW

Rachel Crowder	W35	13.77	
Tom Gravestock	M50	34.32	
Rob Shand	M75	15.31	
Rae McMillan	W80	19.17	
Bev Hamilton	W60	22.73	

Julie Plackett	W35	22.98	
Rebecca Plackett	Vis	22.14	
Kevin Webster	M40	31.03	PBA
Mark Hamilton	M35	37.22	
Mick Adams	M50	29.24	
Ian Cotton	M40	31.94	
Damien Hanson	M55	23.12	

300m

Scott Andrews	M35	40.7	
Duncan McAuley	M55	45.4	
Barrie Kernaghan	M65	45.7	
Rob Colton	Vis	46.8	
Mark Dawson	M45	46.9	

Ian Cotton	M40	45.5	
Keith Edmonds	M40	49.9	
Norm Richards	M70	50.2	
Bob Schickert	M65	58.7	

Jack Gartlan	Vis	57.8	
Liam Gartlan	Vis	63.1	
Catherine Keane	Vis	63.8	
Val Prescott	W65	87.7	

3000m

Duncan McAuley	M55	12:55.8	
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3000m Walk

Geoff Barrow	Vis	17:34.2	
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5000m

Rod Hamilton	M45	19:25.3	
David Willmer	M45	19:41.4	
Ross Keane	M45	20:45.1	
Grant Owens	M45	22:04.2	
Keith Edmonds	M40	22:58.9	
Tanya Hollaway	Vis	25:55.7	
Scott Andrews	M35	29:14.1	

5000m Walk

Geoff Barrow	Vis	30:35.4	
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DISCUS

Sean Gartlan	M40	21.55	
Tracey Gartlan	W40	25.01	
Rachel Crowder	W35	17.13	
Tom Gravestock	M50	36.45	
Rob Shand	M75	23.39	
Ed Carroll	M65	33.95	
Rae McMillan	W80	16.47	
Bev Hamilton	W60	21.75	
Val Prescott	W65	13.81	

March 12th - ECAC

1000m

Peter De Klerk	M45	3:05.6	
David Solomon	M40	3:07.2	
Paul Haylett	M45	3:12.3	
Peter Sullivan	M50	3:17.8	
Kim Thomas	M35	3:20.0	
Niamh Keane	W40	3:24.8	
Corey Thomas	M30	3:24.6	
David Carr	M75	3:38.1	
Dante Giacomini	M40	3:43.8	
Kerriann Bresser	W40	3:45.6	
Garry Ralston	M50	3:49.6	
Ivan Brown	M60	3:53.3	
Gillian Young	W60	4:03.5	
Nick Miletic	M55	4:07.8	
Peggy Macliver	W60	4:08.8	
Carol Bowman	W50	4:25.1	
Jackie Halberg	W60	4:34.3	
Sarah Ladwig	W55	4:47.6	
Teresa Howe	W55	5:01.2	

60m

Dale Hamilton	Vis	7.9	
Scott Andrews	M35	7.9	SB
Colin Smith	M45	8.1	
Dave Wyatt	M55	8.6	SB
Barrie Kernaghan	M65	8.7	SB
Nick Miletic	M55	9.3	

Valetta Boddy	W45	9.8	SB
Peggy Macliver	W60	10.0	
Gillian Young	W60	10.8	
Carol Bowman	W50	11.3	
Sarah Ladwig	W55	12.0	

Peter De Klerk	M45	8.6	
Kerriann Bresser	W40	9.6	
Delia Baldock	W45	9.7	
Jacqui Sanders	W40	10.2	
Bob Neville	M75	11.4	SB

200m

Dale Hamilton	Vis	24.7	
Chris Neale	M35	24.9	SB
Scott Andrews	M35	25.8	
Colin Smith	M45	26.3	
Peter De Klerk	M45	27.0	SB
Barrie Kernaghan	M65	28.6	

David Carr	M75	32.6	
Kerriann Bresser	W40	33.1	
Nick Miletic	M55	33.3	
Peggy Macliver	W60	33.3	
Gillian Young	W60	37.9	
Carol Bowman	W50	39.6	

200m (cont.)

Iain MacLennan	Vis	31.1	
Delia Baldock	W45	33.0	SB
Catherine Keane	Vis	40.7	
Sarah Ladwig	W55	41.5	PBA
Bob Neville	M75	42.0	
Pat Carr	W75	46.3	

Peter De Klerk	M45	27.2	
David Solomon	M40	28.8	
Kerriann Bresser	W40	35.8	
Liam Gartlan	Vis	37.7	
Martin MacLennan	Vis	40.8	

3000m

Peter Sullivan	M50	10:38.1	SB
Kim Thomas	M35	11:04.8	PBA
John Oldfield	M65	12:19.1	PBA
Bob Schickert	M65	12:33.4	
Corey Thomas	M30	12:33.7	SB
Dante Giacomini	M40	12:49.6	
Gillian Young	W60	13:37.3	
Maurice Creagh	M60	13:51.6	
Lorraine MacLennan	W45	14:32.6	SB
Jacqui Sanders	W40	15:38.8	PBA
Jackie Halberg	W60	15:44.5	
Teresa Howe	W55	15:50.2	
Sarah Ladwig	W55	16:51.2	SB

Triple Jump

Chris Neale	M35	11.81	SB
Dale Hamilton	Vis	11.64	
Iain MacLennan	Vis	9.81	
Valetta Boddy	W45	7.92	
Rebecca Plackett	Vis	7.74	
Julie Plackett	W35	7.02	SB

Javelin

Julie Plackett	W35	17.20	SB
Rebecca Plackett	Vis	20.91	
Kevin Webster	M40	32.65	PBA
Chris Neale	M35	31.01	SB
Mark Hamilton	M35	30.82	
Tracey Gartlan	W40	21.08	SB
Mick Adams	M50	26.23	
Sean Gartlan	M40	25.75	
Dale Hamilton	Vis	43.14	

Shot

Julie Plackett	W35	6.90	SB=
Rebecca Plackett	Vis	7.98	
Kevin Webster	M40	10.02	
Mark Hamilton	M35	12.13	SB
Tracey Gartlan	W40	8.31	
Mick Adams	M50	9.76	
Sean Gartlan	M40	8.60	SB
Dale Hamilton	Vis	10.60	

March 17th – UWA**1000m**

Mark Dawson	M45	3:13.8	
Rod Hamilton	M45	3:31.4	
Jack Gartlan	Vis	4:12.2	
Catherine Keane	Vis	4:19.0	
Liam Gartlan	Vis	5:26.7	
Val Prescott	W65	5:44.3	

1000m (Walk)

Val Millard	W60	6:00.3	
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60m

Scott Andrews	M35	7.9	
Barrie Kernaghan	M65	8.8	
Norm Richards	M70	8.9	SB
Keith Edmonds	M40	9.4	

Amanda Lloyd	W30	8.9	
Val Millard	W60	11.9	PBA
Christine Oldfield	W60	12.4	
Lynne Schickert	W65	13.1	SB

Jack Gartlan	Vis	9.9	
Liam Gartlan	Vis	10.7	
Catherine Keane	Vis	11.1	

200m

Scott Andrews	M35	26.1	
Barrie Kernaghan	M65	29.0	
Duncan McAuley	M55	29.4	
Keith Edmonds	M40	30.6	SB
Norm Richards	M70	31.1	

Jack Gartlan	Vis	38.8	
Catherine Keane	Vis	42.2	
Amanda Lloyd	W30	45.1	
Val Millard	W60	45.1	
Lynne Schickert	W65	50.7	

March 19th - ECAC**300m**

Dale Hamilton	Vis	38.3	
Campbell Till	M50	40.1	
Peter De Klerk	M45	41.3	
Barrie Kernaghan	M65	45.3	

Colin Smith	M45	43.3	
David Solomon	M40	44.6	
David Carr	M75	50.5	
Delia Baldock	W45	51.4	
Jack Gartlan	Vis	59.8	
Sarah Ladwig	W55	66.6	
Liam Gartlan	Vis	72.8	

3000m

Rod Hamilton	M45	11:23.8	SB
Duncan McAuley	M55	12:12.9	
Keith Edmonds	M40	12:14.8	
Max Waters	Vis	12:29.3	
Grant Owens	M45	12:48.9	
Vic Waters	M60	13:30.9	SB
Gill Edmonds	W40	16:21.2	
Christine Oldfield	W60	17:17.9	SB
Jack Gartlan	Vis	19:54.6	

TRIPLE JUMP

Lynne Schickert	W65	5.95	
Ross Wickham	M40	10.86	
Amanda Lloyd	W30	7.68	

JAVELIN

Scott Andrews	M35	37.66	
Tracey Gartlan	W40	20.53	
Bev Hamilton	W60	19.70	SB
Peggy Macliver	W60	16.64	SB
Geoff Gee	M55	33.85	SB
Rob Shand	M75	22.45	
Rae McMillan	W80	13.32	
Damien Hanson	M55	27.65	
Val Prescott	W65	16.20	SB big!

SHOT

Tracey Gartlan	W40	8.11	
Bev Hamilton	W60	9.15	SB
Peggy Macliver	W60	5.75	
Geoff Gee	M55	11.92	
Rob Shand	M75	6.70	
Rae McMillan	W80	6.40	

1500m

Paul Haylett	M45	5:00.5	PBA
Ross Keane	M45	5:01.7	
Niamh Keane	W40	5:13.2	
Dante Giacomini	M40	5:43.3	PBA
Kerriann Bresser	W40	5:51.6	PBA
Jack Gartlan	Vis	7:17.8	
Catherine Keane	Vis	7:33.9	
Christine Oldfield	W60	7:55.3	SB

(March 19th cont.)**100m**

Dale Hamilton	Vis	12.1
Campbell Till	M50	13.3
Peter De Klerk	M45	13.3
Colin Smith	M45	14.1
Barrie Kernaghan	M65	14.2

Peter De Klerk	M45	13.3	
Amanda Lloyd	W30	15.2	
Delia Baldock	W45	15.5	SB
David Carr	M75	16.1	
Michelle Thomas	W30	16.7	SB

Peter De Klerk	M45	13.6	
Sarah Ladwig	W55	19.5	PBA
Valerie Millard	W60	20.3	
Pat Carr	W75	20.5	
Christine Oldfield	W60	20.9	
Lynne Schickert	W65	23.4	

Peter De Klerk	M45	13.8
Liam Gartlan	Vis	17.6
Jack Gartlan	Vis	17.6
Catherine Keane	Vis	19.3

2000m

David Solomon	M40	7:03.3
Paul Hughes	M55	7:20.1
Ross Keane	M45	7:42.0
Bruce Wilson	M60	7:43.3
Dante Giacomini	M40	9:39.5
Sean Gartlan	M40	10:38.9
Sarah Ladwig	W55	10:47.7
Liam Gartlan	Vis	11:47.0

Long Jump

Chris Neale	M40	5.17	
Dale Hamilton	Vis	5.50	
Colin Smith	M45	4.39	
Tracey Gartlan	W40	3.41	SB

Shot

Julie Plackett	W35	7.01	SB
Rebecca Plackett	Vis	7.72	
Dale Hamilton	Vis	10.82	
Bev Hamilton	W60	9.33	SB
Kevin Webster	M40	9.61	
Mark Hamilton	M35	11.35	
Tracey Gartlan	W40	8.50	SB
Sean Gartlan	M40	9.45	SB
Mick Adams	M50	9.50	

Weight Throw

Julie Plackett	W35	6.69	SB
Dale Hamilton	Vis	13.62	
Bev Hamilton	W60	10.12	SB
Kevin Webster	M40	10.24	
Mark Hamilton	M35	13.24	SB
Tracey Gartlan	W40	6.73	
Mick Adams	M50	9.75	SB

2000m walk

Lynne Schickert	W65	14:20.9
Stan Jones	M80	14:29.9

Relay	AMA	NATIONAL	POSTAL RELAYS – W.A. RESULTS			AND POSITIONS		Time	Place
	Age Grp	Team Members and Performance							
4X 100m	M30-39	Kim Thomas	Corey Thomas	Colin Smith	Lee Stergiou	51.60	1		
	M40-49	Campbell Till	Roy Fearnall	Ian Cotton	Pieter de Klerk	54.20	3		
	M60-69	Norm Richards	Mike O'Reilly	Barrie Kernaghan	Bob Schickert	58.60	1		
	W30-39	Melissa Young	Carol Bowman	Sarah Ladwig	Michelle Thomas	69.80	1		
	W40-49	Peggy Macliver	Delia Baldock	Kerriann Bresser	Valetta Boddy	60.80	2		
	W60-69	Gillian Young	Lynne Schickert	Valerie Millard	Patricia Carr	76.30	1		
4 x 400m	M30-39	Kim Thomas	Ross Keane	Corey Thomas	Chris Neale	4m 07.1s	1		
	M40-49	Colin Smith	Andrew Brooker	Ian Cotton	Pieter de Klerk	3m 54.9s	1		
	M60-69	Barrie Kernaghan	David Carr	Bruce Wilson	Bob Schickert	4m 47.0s	1		
	W30-39	Kerriann Bresser	Simone Soloman	Delia Baldock	Toni Phillips	4m 48.3s	1		
	W50-59	Carol Bowman	Valerie Millard	Lynne Schickert	Sarah Ladwig	6m 41.3s	1		
	W60-69	Gillian Young	Shirley Bell	Jackie Halberg	Peggy Macliver	5m 24.5s	1		
4 x 800m	M30-39	Kim Thomas	Paul Burke	Ross Keane	Chris Neale	9m 41.0s	1		
	M40-49	John Collier	Mark Dawson	Ian Cotton	Pieter de Klerk	9m 13.0s	1		
	M50-59	Campbell Till	Pete Sullivan	Duncan McAuley	Paul Hughes	9m 42.6s	1		
	M60-69	Bruce Wilson	Ivan Brown	Bob Schickert	David Carr	11m 02.3s	2		
	M70-79	Cecil Walkley	Bob Hayres	Stan Lockwood	I. Barrett-Lennard	16m 04.5s	2		
	W30-39	Toni Phillips	Simone Soloman	Kerrian Bresser	Delia Baldock	11m 29.8s	1		
	W50-59	Carol Bowman	Margaret Saunders	Sarah Ladwig	Theresa Howe	13m 30.8s	2		
	W60-69	Gillian Young	Peggy Macliver	Jackie Halberg	Shirley Bell	12m 36.6s	1		
4x800m Walk	M30-39	David Smyth	Tom Lenane	Bruce Wilson	Peter Hopper	18m 11.2s	1		
	M70-79	Jeff Whittam	Ray Hall	Bob Fergie	Stan Jones	22m 57.9s	1		
	W50-59	Elaine Dance	Rose Holloway	Lynne Schickert	Valerie Millard	21m 03.5s	2		
	W60-69	Dorothy Whittam	Michele Mison	Lorna Lauchlan	Lesley Romeo	24m 08.7s	2		
Relay	Age Grp	Team Members and Performance						TOTAL	
HAMMER	M30-39	Chris Neale	18.85	Mark Hamilton	31.36	Andrew Plackett	20.77	70.98	1
	W30-39	Anne Travis	13.96	Toni Phillips	13.20	Karen Eastwood	12.94	40.10	1
	W50-59	Clara Ward	14.46	Bev Hamilton	22.45	Lynne Schickert	12.18	49.09	1
SHOT	M30-39	Mark Hamilton	11.14	Kevin Webster	9.99	Mick Adams	9.02	30.15	1
	W50-59	Rose Holloway	5.69	Lynne Schickert	4.82	Bev Hamilton	8.98	19.49	1
DISCUS	M40-49	Kevin Webster	25.76	Ian Cotton	28.62	Andrew Plackett	21.81	76.19	1
	M50-59	Mike O'Reilly	16.40	Mick Adams	29.08	Damien Hanson	21.18	66.66	5
	W30-39	Michelle Thomas	13.89	Karen Eastwood	17.78	Bev Hamilton	20.03	51.70	2
	W50-59	Rose Holloway	16.01	Clara Ward	15.26	Lynne Schickert	10.86	42.13	1
Long Jmp	M50-59	Campbell Till	4.88	Damien Hanson	4.11	David Clive	4.70	13.69	1
	W60-69	Peggy Macliver	3.43	Bev Hamilton	2.40	Lynne Schickert	2.52	8.35	1

March 24th - UWA**300m**

Scott Andrews	M35	42.8
Barrie Kernaghan	M65	46.6
Norm Richards	M70	53.3
David Clive	M70	55.2

Mark Dawson	M45	52.0
Damien Hanson	M55	57.0
Val Prescott	W65	88.9

1500m

Ross Keane	M45	5:01.0	PBA
Mark Dawson	M45	5:14.5	
John Collier	M40	5:27.8	
Keith Edmonds	M40	6:08.9	
John Oldfield	M65	6:20.1	
Tanya Holloway	Vis	6:40.0	
Scott Haylett	Vis	8:35.8	
Catherine Keane	Vis	8:35.8	
Val Prescott	W65	9:06.0	SB

LONG JUMP

David Clive	M70	4.62	PBA=
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SHOT

Ed Carroll	M65	9.78	
Bob Fergie	M70	8.43	SB
Rob Shand	M75	6.49	
Rae McMillan	W80	6.40	
Ian Cotton	M40	9.68	PBA

100m

Scott Andrews	M35	12.8	
David Clive	M70	13.9	SB
Barrie Kernaghan	M65	13.9	
Keith Edmonds	M40	14.6	PBA
Norm Richards	M70	14.8	

Mark Dawson	M45	15.2	SB
Damien Hanson	M55	15.3	PBA
Scott Haylett	Vis	17.6	
John Oldfield	M65	18.2	PB
Catherine Keane	Vis	19.5	
Christine Oldfield	W60	20.8	SB=

2000m

Mark Dawson	M45	7:16.3
John Collier	M40	7:36.9
Keith Edmonds	M40	7:45.8
Frank Smith	M65	8:03.6
Ross Keane	M45	8:12.1
Paul Haylett	M45	8:13.7
Tanya Holloway	Vis	9:25.6
Scott Andrews	M35	9:25.6
Gillian Edmonds	W40	10:01.5
Peter Hopper	M60	13:06.5

HEAVY WEIGHT

Ed Carroll	M65	9.33	
Bob Fergie	M70	11.17	
Rob Shand	M75	6.70	
Rae McMillan	W80	9.26	PBA
Ian Cotton	M40	8.20	PBA