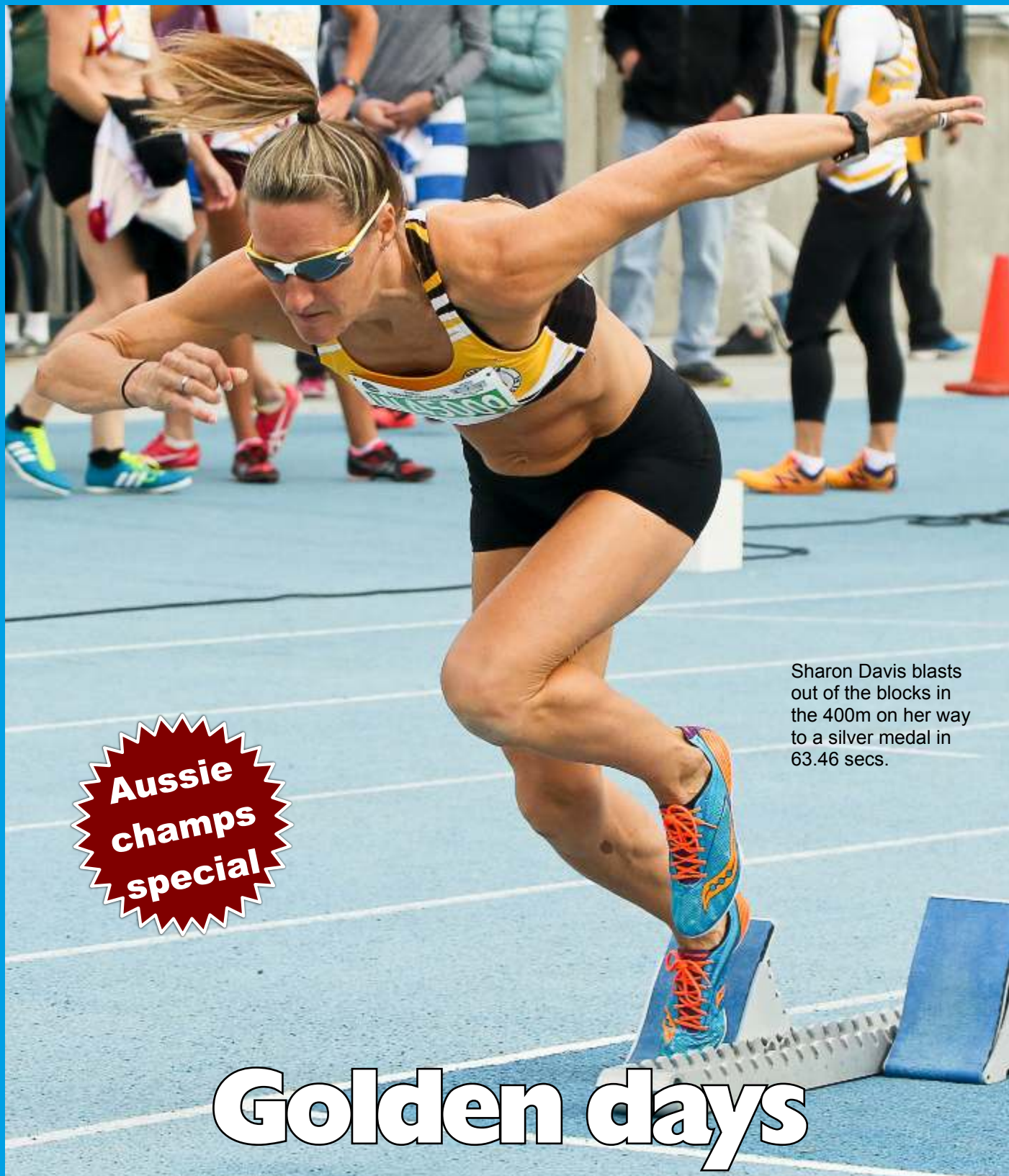


TFNL



The Track and Field Newsletter of MAWA

Season 12 Issue 9
May 2019



**Aussie
champs
special**

Sharon Davis blasts out of the blocks in the 400m on her way to a silver medal in 63.46 secs.

Golden days

1	T Youn	NSWM	5:28.44
2	M McLe	QMA	5:49.44
3	D McCo	VMA	6:42.83
4	H Memb	MAWA	7:13.98
5	D Wals	MAWA	7:37.73
6	C Elli	QMA	8:27.65
7	F Schl	MAWA	8:55.14

AMA Melbourne 2019 MEDALS - ALL (TOTAL)				
	GOLD	SILVER	BRONZE	TOTAL
VMA	236	166	172	574
NSWMA	116	120	75	311
MAWA	71	50	39	160
QMA	53	59	41	153
ACTMA	47	29	22	98
TMA	18	18	25	61
SAMA	17	27	14	58
NZMA	8	12	9	29
NTMA	4	2	1	7
CMA	2	0	0	2
MASL	0	1	0	1
MAFI	0	0	2	2

WA's top results

By MARGARET SAUNDERS

Being a spectator at national championships was a very different perspective on the event when the intended outcome was to be a competitor. Unfortunately, illness prevented me from competing and there were a number of athletes from WA this year in a similar position to myself. Others were injured and were not able to compete. Some were able to cancel their travel and accommodation whilst some travelled and cheered on the WA team.

An overall look at the organisation appeared to show a well run national championships. Yes, there were some issues but every championship will have a few problems which affect some competitors. There were some highlights with the live stream being watched by many people around Australia and even in different countries. I was informed by a friend holidaying in Hong Kong that the live

MAWA punches above its weight

Western Australia punched above its weight with four awards announced at the championships dinner. In addition, Lynne Schickert was inducted into the Hall of Fame.

The WA award winners were Gillian Young, David Carr, Lyn Ventris and Barbara Blurton. For the full list turn to page four.

During the championships, David Carr won the Brian Foley and Jo Peters won the Royce Foley Award.

streaming of the events was excellent. The live results were easy to use and appeared very quickly on the web site, sometimes beating the results appearing on the scoreboard. The only problem was the out of stadia results were not linked to this system, which made it more difficult to find those results. However, they were found on the home page of the championships later in the day.

Congratulations to all of the athletes who competed. It was great to see many new faces from WA at the championships enjoying the new experiences. Encouragement from the sidelines was very helpful to

them and the smiles from many whilst competing were a testament to their appreciation of the support from their teammates. It was pleasing to see Peggy Macliver and Margaret Langford back competing in the national championships as they have both suffered injuries for several years. Peggy has started race walking recently and achieved excellent results. The WA team performed very well across the range of events, finishing third in the medal count behind Victoria and New South Wales. Thank you to Bob Schickert who was team manager.



Hall of fame inductees



MARY THOMAS

At the AMA Awards Dinner held in Melbourne Lynne Schickert and Mary Thomas were inducted as the 18th and 19th members of the Hall of Fame – Lynne as the fourth administrator and Mary as the 14th athlete.



LYNNE SCHICKERT

Best Age graded



Photo: RON DAVIS

David Carr M85 MAWA (age graded average 99.69%)

The Brian Foley Award is awarded to the best performing male or female athlete in the 800m or 1500m event. Norma Foley has kindly donated the award in memory of her husband.

LEFT: David with Olympic gold medal winner Ralph Doubell.

AMA AWARD WINNERS



Sprints/Hurdles

Julie Brims



Middle Distance/ Steeplechase

Gillian Young



Distance

Louisa Abram



Walks

Heather Lee



Jumps

Margaret Taylor



Throws

Janice Banens



Multi Events/Relays

Geoff Shaw



Most Outstanding Male Athlete

David Carr



Most Outstanding Female Athlete

Lyn Ventris



Most Outstanding Individual Performance

George White



Administration Award

Barbara Blurton



Special recognition Award

Wilma Perkins

CHAMPIONSHIP AWARD WINNERS

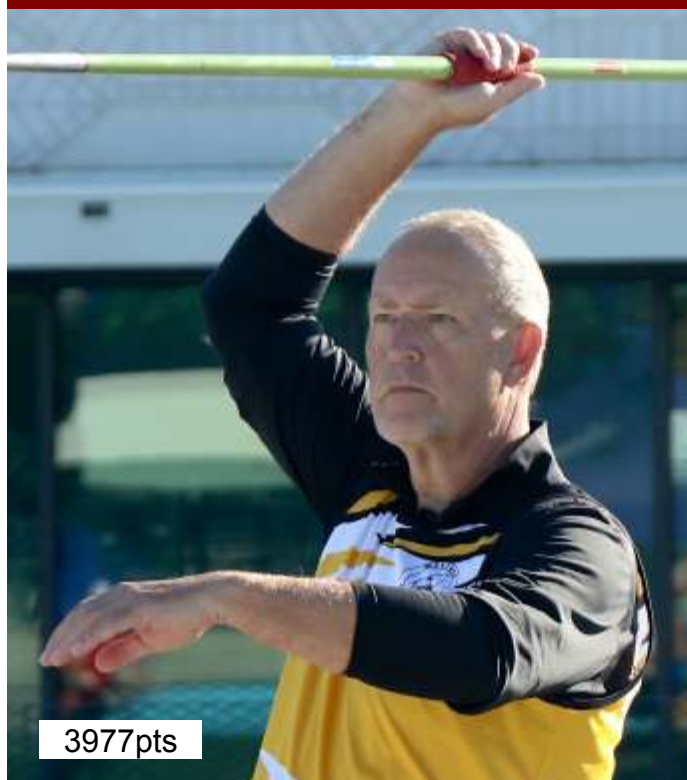
**Royce Foley Award
(Throws pentathlon)**



4148pts

Jayne Hardy (ACT)

**Royce Foley Award
(Throws pentathlon)**



3977pts

Jo Peters (WA)

**Champion of Champions Throw
(Javelin)**



58.58m (inc
handicap)

Greg Carstairs (VIC)

**Champion of Champions Throw
(Javelin)**



39.13m (inc
handicap)

Mary Thomas (NSW)

Champion of Champions



ABOVE: Julie Brims wins the Women's Champion of Champions sprint. RIGHT: The sprint champions. LEFT: Peter Crombie with Julie Brims.



ABOVE: Victoria's Bob Wishart snares the win from the outside lane. RIGHT: The men's sprint champions. LEFT: Bob Wishart receives the trophy from Peter Crombie.



AMA Championships – Melbourne 2019



CHARLIE'S ANGELS



TIME OUT



STREAMING



READY FOR BATTLE



HIGH JUMP REST POINT



GAVE IT ALL



EXHAUSTED

60m brings rewards



Freezing... once again the weather will be a significant memory from this event. In 2012, we experienced a very hot first day and a massive hailstorm on day four during the Pentathlon 800s, which left the inside field a wonderful shade of white. 2019 – it was cold!! Multiple layers including gloves and scarf were required. And for those lucky enough to be first up on Friday morning – rain coats.

Going to Nationals is always fantastic fun. Catching up with old friends, meeting new friends and hitting the track one last time before the winter break. Coming off the back of the World Indoors in March and

My Nationals

by MELISSA FOSTER

relocating to Melbourne in April, I was unsure of how this competition would go. Overall I was pleased with solid performances in all my events, including claiming my 25th individual national title, but pushing the 60m silver medallist (from the world indoors) all the way to the line was my proudest moment. This season a big focus of my training had been sprinting and my reward was the silver medal and a new personal best.

As well as competing, this year I was invited to be part of the massage team that was being provided by the LOC. It was a great opportunity to meet athletes from different states/age groups/disciplines and from the Presidents room, we had a fantastic (warm and dry) view of the track.

At this point, I would like to take this opportunity to thank everyone for their support, not just over the four days of this competition but also for the 10 years that I have been with MAWA. Your support and encouragement gives me the confidence to take on the world and I look forward to continue representing WA in the future.

AMA Championships – Melbourne 2019

60m



Julie Brims (QLD) wins gold from Jacinta Burns (VIC) and Stephanie Noon (out of shot). WA's Juliana Kelly and Lisa Limonas sit behind the Victorian pair.



Alan Coleman (TAS) pips John Wall (NSW) for the gold medal.
Alan ran 8.73 to John's 8.76.



MICHAEL BYRNE



**MELISSA FOSTER
and MONIQUE PERRY**



LENORE LAMBERT

What an experience



I competed recently in the Australian Masters Athletics Championships 2019 held in Melbourne in the 45-49 year-old category.

This was my second participation since 2018. Wow! What an excellent experience once again. Firstly, a big thank you and appreciation to the organisers and volunteers of the whole championship. They were absolutely fantastic at making things so smooth and easy for athletes and our families. Without them, none of this would be possible.

Secondly, the highlight of my championship was winning the gold medal in the 4 x 100m relay together with three fantastic people: Lee Stergio, Greg Brennan and Colin Smith. An added bonus to this was also setting a new WA record in the 4 x 100m relay.

My Nationals

by ADRIAN MCKENZIE

I also received a bronze medal in the 100m and a silver in the 60m (also achieving a new WA record). I am super proud of these achievements.

Last but not least, a big thank you must go to my beautiful wife Shan, and our kids who came along to support me (and scream very loudly for me, lol).

Also, a special mention must go out to Lisa Limonas. If it wasn't for Lisa I would not have been competing and having fun like a kid again. Whenever I bumped into Lisa she would ask "when are coming to Masters?" I think this went on for about two years (could be

exaggerating). So, thank you, Lisa.

From this small seed that was planted and watered,

I have managed to achieve some things, my family and I have begun travelling and experiencing new

places, and more

importantly making new friends. It was such an honour to be alongside many different athletes who were all truly inspirational to me and my family. We are so looking forward to, and making travel plans for the next championships, re Brisbane, Toronto, etc.

Thank you, WA Masters Athletics. You rock!

AMA Championships – Melbourne 2019



WA's Lisa Limonas and Juliana Kelly (right) and the field are all smiles after the W50 final won by Julie Brims (Qld).



Adrian McKenzie edges out Mark Giglio for the bronze medal.



COLIN SMITH

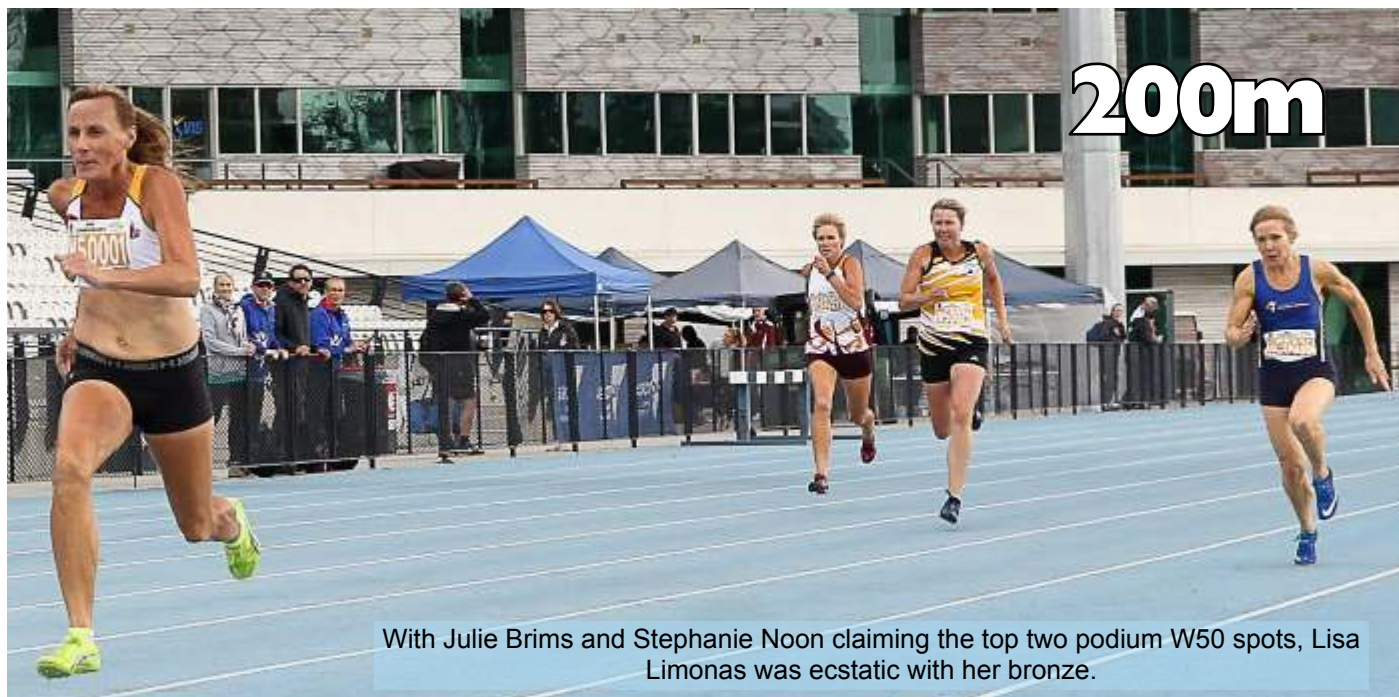


GREG BRENNAN



Carol Davis (Qld) won gold from Vivienne Cash and Kathy Heagney (right) in W65. WA's Maureen Keshwar and Lynne Choate filled the next two places.

AMA Championships – Melbourne 2019



Back on the horse



Over the past nine months, athletics has been a roller-coaster for me. More downs than ups actually. In June last year, I was training like a demon — on track for PBs in Spain. Then, 11 weeks out from Worlds, a little injury. Rehabbed and recovered six weeks later, tick! Five weeks to go, enough time to do some speed work perhaps?

The NEXT DAY, five weeks before Worlds, I was floored with the worst virus I've ever had. I struggled in Spain and underperformed. I came home, got back on the horse and re-did the awful lactic work. Was improving again in Jan/Feb, then....boom...bucked off again! Whatever it was came back just in time to ruin my Poland campaign. My biggest achievement there was to let go of my hopes for success (not easy is it?) and have a great time regardless.

Time for some blood tests when I got home, and what do I find? I've been struggling against Ross River

My Nationals

by LENORE LAMBERT

Virus – which can reactivate for up to a year!

So for me, Melbourne was the first major comp I've done since Daegu, where I've felt I might run okay. I'm not in top form, but at least feeling human again. And while the weather and some early starts weren't conducive to great times, it was the first comp in ages where I've fronted up to the start line feeling determination, rather than uncertainty. That feels SO much better, let me tell you! I dropped a couple of events, just to make sure I didn't push the boundaries with the Ross River, but managed five gold out of five. That was a real confidence booster after so much trouble. I'm back on the horse!

Nationals was very well run, it was a great venue, and I really enjoyed

being in the Athletics bubble with the Aussie athletics family. I realise I've been doing this long enough now (almost eight years) that I know quite

a few people from across the country, and I had just as much fun cheering for everyone else as I did running myself! It feels so good to be back at it, racing reasonably again, and for the worry and disappointment to be fading.

Of course, setbacks are a part of this sport, so I don't expect that will be the last of them. But it's been a good lesson in savouring the times where things are going well, and in making the most of the times when they aren't.

Giddyup!!

AMA Championships – Melbourne 2019



Rob Mayston (59.40) wins gold from Campbell Till (60.32).



CARMEL MEYER



GIANNA MOGENTALE



Luke De Biasi edges out Colin Smith for third in M55. Colin received bronze when Luke was disqualified.



MICHAEL BYRNE



JULIANA KELLY



NEIL MORFITT

Lisa's on the razor edge

Boarding the plane Thursday morning the excitement was evident especially when I realised I was seated with Silke, Karyn and Janne. It was the perfect start to Nationals.

As I looked out the window landing in Melbourne I was relieved that I had packed my four seasons in one day running attire because I was going to need it.

My roomy, Sharon Davis arrived later evening so the excitement was becoming real.

This was my first nationals in the W50s. I was excited to be competing with a fun and talented group of ladies and sad that I would be leaving the W45s, where I started my Masters with another brilliant group of ladies, plus never having to run heats just straight finals!

In my new age group, my focus was to make the finals for all my sprints. With some cold morning starts and a late 200m heat my legs coped okay with the cold. Much to my surprise I made the finals for all three sprints. My times were not PBs my excuse being I had forgotten to smooth down the legs before I left Perth. I reckon I could have SHAVED at least a 0.3 of a second off in my sprints but at least my legs were warm! And then it happened – I won the Bronze medal in the 200m!! I did not think this was possible in W50s, smiles all round and maybe a little bit of a celebration that evening.

My jumps were not my best but on the plus side, I had absolutely no pain in my knee, completed all of my jumps and finished with a silver in the triple jump. One very happy jumper.



It's podium high jinks time, as Julie Brims points to Lisa Limonas' bronzed legs. Silver medallist Stephanie Noon joins in.

My Nationals

by LISA LIMONAS

A great night was had by all at the athletes dinner with some comedy, lots of awards, Q&A with Olympic Gold medallist Ralph Doubell and a inspiring Malaga slideshow..

The 4 x 100m relay was such a great race with a bronze and a WA W40 State record! It was fantastic running with

Juliana, Sharon and Melissa – we made a great team.

Monday was Pentathlon day and the Hate hundred metres as the very funny and talented Vicky Townsend called it. Conditions were perfect, the warm sun thawed us all out so we were doing great and having fun! The points

were close for the medals and it came down to the dreaded 800m. Lucky for me I had my cheer squad along the track who got me to the finish line in first place to take Gold in my first ever pentathlon. The perfect way to finish a Nationals

A big thanks to Dave Wyatt and Dave's Girls for the great training days and to all the wonderful Masters' athletes, organisers, and officials who make these wonderful Championships happen every year.

AMA Championships – Melbourne 2019

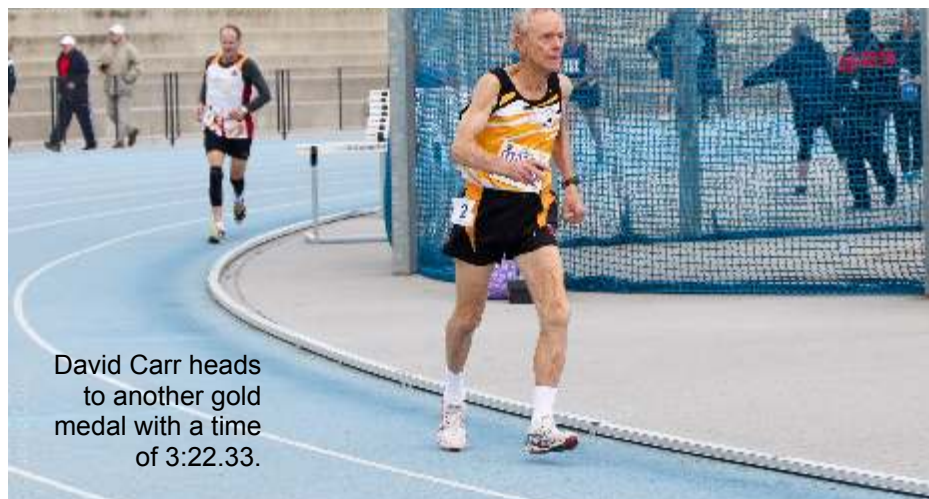


© Graeme Dainoff

Sharon Davis enters the second lap on her way to a gold medal in 2:28.35.
 INSET: Sharon discusses her 800m in a post race interview.



JULIE WILSON and PAULA MOORHOUSE



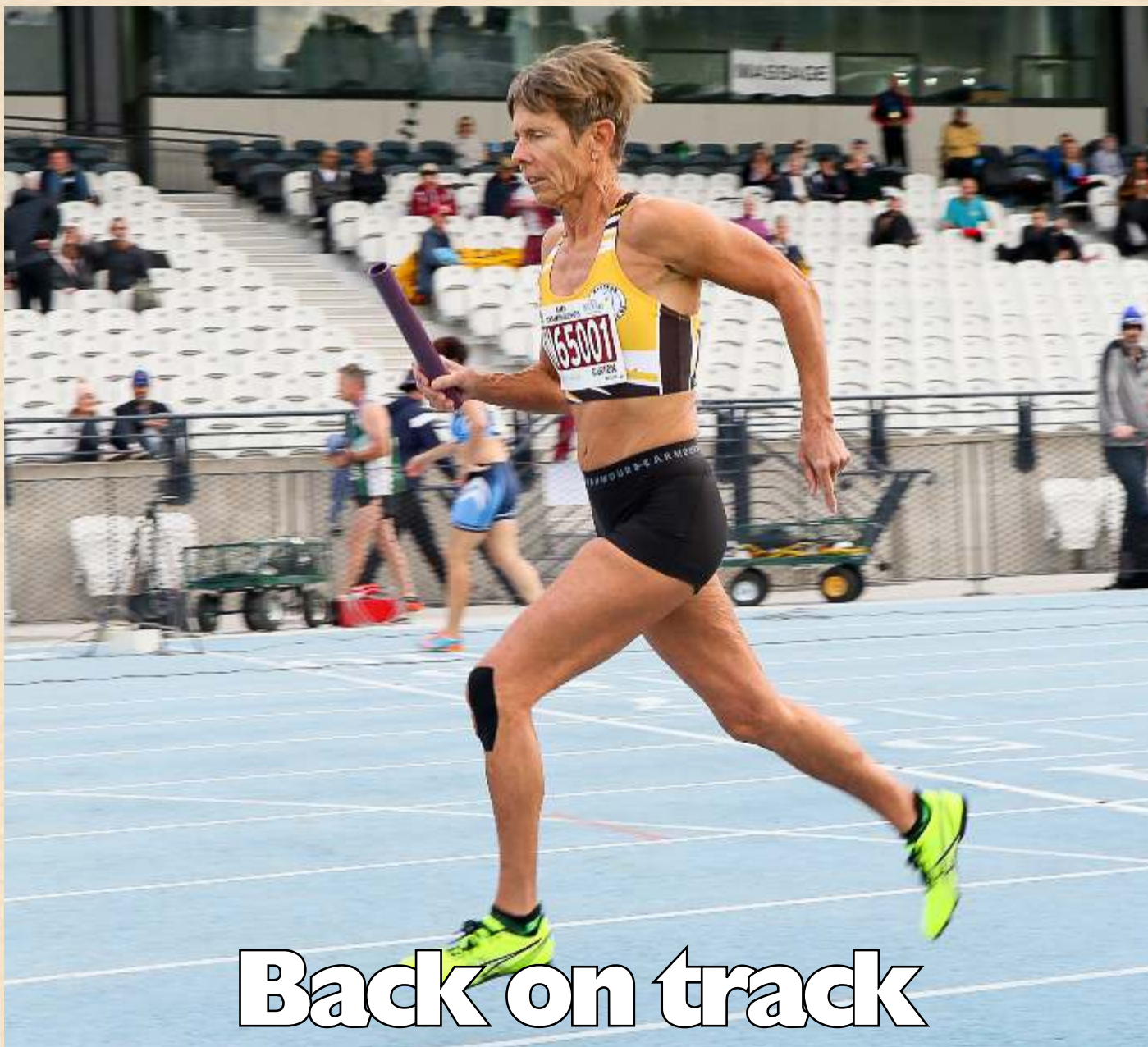
David Carr heads to another gold medal with a time of 3:22.33.



Con Dimauro (bronze) leads Paul Thomas (gold) and Neil Morfitt (silver).



IVAN BROWN



Back on track

It was with no small amount of trepidation and a healthy dose of hope that I headed off to Nationals with my aim to finish amongst the elite ranks of the W65 age group over the 200m and 400m distances, having concentrated this year more on speed rather than endurance. A few promising races over these distances suggested I'd 'be in the mix' in both races, but many things can happen....

The 400m requires exceptional pace judgement to get to the 200m mark in good time but with something to 'bring it home' – get this wrong and you are in trouble. Practice races had not been quite right. Carol Davis had posted a time of 70s while I had run no better than 75s, although she was rumoured to have recently returned from a hammy pull. My start was fine but Davis went past on my inside

My Nationals

by BARBARA BLURTON

quickly. Holding my form down the back straight I was satisfied with getting to the 200m 'comfortably uncomfortable' and it's here the race really began. Davis appeared to pick up the pace and I knew I had to go with her. I moved up on her and felt her surge. I maintained form, as I do in training so often and gradually moved passed to win. In this situation, the time is somewhat irrelevant and I have run quicker during the season. I executed my race plan as well as I could have hoped. This win was my primary target for the meet and I felt quite elated. Next year I am W70 and these times are top level in that age group.

In the 200m there was a three-way battle all the way up the home straight with all athletes stumbling at some stage, but it was Davis over Cash and I won the bronze medal. It has made me hungry for more and I feel I have unfinished business over this distance.

We lived in Melbourne for eight years in the '90s and loved our time there. It was great to be back and living so close to the trendy Albert Park village, where we spent coffee time in the Deli streaming the Championships and cheering the West Aussies from the warmth of the coffee lounge.

It was such an honour to win the Administrator of the Year award which I received at the dinner.

All in all, it was a wonderful trip and made all the better by being part of such a great WA team.

AMA Championships – Melbourne 2019

1500m



Anna Kasapis (VIC) powers to the front as Sharon Davis (5:18.05) heads to gold in W45. Anna (4:53.36) won gold in W40.



JACKIE HALBERG



Peter Sandery (SA) leads David Carr and Allan Bakes (TAS).



MORLAND SMITH



LORI SEXTON



JANNE WELLS

Taking a short cut

I made a late decision to enter Melbourne Nationals after missing most of the 2018/19 season due to a combination of a foot injury and helping my daughter move from Nashville to Australia and then onto Spain.

Feeling fresh and ready to finally race again, I arrived in Melbourne on Thursday, I had been told the motel I was staying was only a "ten minute" walk away from the track.

So at midday I set off via the road which took 35 minutes. I later caught up with Queensland team manager Col Buyers at the hotel who thought I had walked the wrong way, he said I should try walking again with him, around the lake. This route took 40 minutes!!!

Col then thought we should try walking on the other side of the lake back to our hotel and was adamant that was definitely the shortest route ... another 50mins later and we are still not back, we had now walked around the entire lake! By the time we got back to the motel, we ended up doing more than two hours of walking!!!!

My Nationals

by JULIE BRIMS

The first day of competition was 100m heats and finals, needless to say, my legs were no longer feeling fresh from the trek the previous day, but thanks to some very windy conditions I was happy with my 100m times.

Day 2 was an early start to a very long day, 60m heat at 8.10am followed by final at 9.20am.

This being my first time running in Melbourne and coming from sunny Queensland, I was not accustomed to cold, windy, rainy weather.

After lunch I started my High Jump competition, after squeezing in two attempts I was called for a 400m final, my only warm-up for this race was standing behind the blocks shivering, it was, I thought, absolutely freezing!!

Halfway around I felt a twinge in my right quad, I still didn't feel like I was getting any warmer so thought it best to pull out of the race to avoid any injury.



The day ended with a 5.20pm 200m heat. I have to say running 2 x 60m, a 400m and a 200m all on the one day was extremely taxing, I personally would have preferred Melbourne

copied Perth's 2018 Nationals programme, at least the sprints were spread out over four days instead of three days.

Sunday was my last day of competition, first I had a 200m final. I was happy with how I ran this as I recently found a coach who has been working on my technique, so for this final, I wasn't going for a time so much as just trying to execute what I'd been learning.

Next the Champion of Champions race which was the highlight of my meet.

This year's line up had the seven-time winner of this race Gianna Mogentale along with the current World Indoor, Bronze 60m medallist Monique Perry. This was such a close race, I had been having terribly slow starts all weekend and this race was no better, thankfully once I got going, I managed to get myself out in front, with the sound of Monique behind me! I was willing the finish line to come to me, finishing just in front of Gianna with Monique close behind for third.

Thank you so much to Noreen Parish and Peter Crombie who continue to support and sponsor this race.

The 4 x 100m relay was my final event, I had the opportunity to run with Queensland legend Marge Allison W70 plus, Carol Davis W65 plus and Lee-Anne Nelson.

With such a difference in speed amongst us it was necessary to have the baton change hands precisely and of quick hands.

Carol's change to myself was flawless, where we maximised the distance I ran by taking the baton within the first two metres of the change zone., then changing to Marge at the end of the change zone, passing the baton with only a metre to spare! We had established an incredible lead for Lee-Anne to power home to cross the line a good distance in front of the second place Victorians.

Thank you Melbourne for putting on an event that made you feel like you were competing at a World Championships! You did an absolutely fantastic job!

Distance dash



I stood at the start line of my 800m final, it had been a long season up until that point, as I had raced a significant number of times, mostly over the 800m and 1500m distance. I was slightly nervous standing on the start line but no more than any other race I had run during the season. I felt well prepared, my aerobic build up over the winter had been sufficient and the track sessions had benefitted me immensely.

Our race was the last of the 800s. Fast forward with 100m to go and I was hanging on for the win, I

My Nationals

by CHRIS GOULD

managed to hold off the three athletes on my tail and cross over the line for the win. The windy conditions were not conducive to quick times and placing was the main objective for most of the 800m athletes on the day. We were honoured to have our medals handed to us by the legendary gold medal-winning 800m Olympian, Ralph Doubell. All 800m runners were fortunate enough to be presented with a copy of Ralph Doubell's biography.

On to the 1500m, the gun fired and we were away. This race was tactically not the best of the season, it was over too quickly in 4:23, I had

won my age group but was not happy with how I had run. I was hoping to run 4:12 or better, which I had run on two previous occasions during the season. I felt I had left too much out on the track. A cool down around the lake with five athletes I had run against was an enjoyable way to end the days running.

It was wonderful to see so many of our WA athletes competing so well, some competing with or returning from injury, a bona fide effort by all.

Masters athletes from all corners of the country were very genuine and supportive of each other and it was enjoyable to be part of a very well organised and run event.

A special thanks to Graeme Dahl who again gave up his time and braved the conditions to bring us some great photos.

AMA Championships – Melbourne 2019

5000m



WA's Paul Scott-Taylor prepares to cut in as Roscoe McDonnell sits behind the two Queensland runners.



Clare Wardle sits on the outside as Julie Norney leads this pack and heads to W50 gold. Clare won bronze in W40.



SILKE PEGLOW



DANTE GIACOMINI



BRUCE GRAHAM



PIA HUNTER and DEE ROE

AMA Championships – Melbourne 2019



Beata Janetski and Vanessa Wilson lead Clare Wardle. Vanessa (37:39.54) held off Beata (37:57.49) to win the W35 gold medal with Clare (39:37.00) securing the W40 gold.

10,000m



Carey Dickason (left), Jim Woodriff (centre) and Lori Sexton (right) round the bend.



SILKE PEGLOW



DEE ROE



PAUL SCOTT-TAYLOR



BOB SCHICKERT

Last year at my first track event since Year 9 (37 years ago, golly, where has THAT gone?) an enthusiastic, friendly and extremely encouraging Simone Solomon suggested I join Masters and even think about going to the Nationals. The event went better than I anticipated and Simone did MAWA proud by following up her suggestion to me via social media. I am eternally grateful to her for this as it did prompt me to join Masters Athletics WA at the start of 2019 and indeed, enter the Nationals in Melbourne.

A week later I reflect on what has been an incredible and rewarding journey. I have met wonderfully welcoming and encouraging people, pushed myself to new limits and seen people who have inspired me to ensure I kept active from this day forth. It was a new world for me and one that I would love to experience again, who knows, perhaps in Brisbane in 2020...

I arrived in Melbourne late Wednesday and wandered down to pick up my registration package on the Thursday. On the way down to the stadium, I met a competitor from NSW who was a 'thrower.' On the way back I met Clare Wardle, it was good to see a fellow West Aussie before my first event. Friday arrived gusty and quite cold. I was questioning what on Earth I had been thinking at the time when I entered this event. I spied the indomitable Silke Peglow whose boundless enthusiasm and positivity are inspiring. She told me where I would need to go and what would happen prior to the event.

The race itself was not one of my favourite 10,000m memories, being a slog most of the way, especially when the wind decided to gust strongly. I appreciated the seamless organisation of the State Masters' 10,000m after milling around at the start of our race in Melbourne, the lap counter experience (thankfully I was not one of those who had to run one or two extra laps – Clare Wardle and Silke, you deserve a medal for that alone!) and the absence of a race clock was a little disappointing. Still, I managed to improve my PB and received my first gold medal so overall it was a good experience. There were some great results for people in the walks, great work Mel!

On Saturday I met Lisa Limonas and Sharon Davis on the way to the stadium that morning, lovely to meet you both. I competed in my second 1500m since Year 9. Having very little experience at this distance I started conservatively, worried I would 'run out of gas' in the last lap and intending to kick at the end. Well, next time I will start my 'kick' a bit earlier because I found I could up the pace and accelerate around a number of people in the last lap. I was delighted to have taken 15 seconds off my previous time and pick up a silver



On a mission

My Nationals

by DEE ROE

medal. (Think I will check out the strategy of the mighty Winx for the next 1500!) It was great to meet a number of other West Aussies that day including Greg and Julie and have Bob Schickert tell me it was a good race. Sharon Davis had a great run in the 1500m too.

Sunday was my last day in the stadium and my first 5000m on a track. Clare was battling a foot injury and poor Silke had suffered another lap counting incident the day before in the steeplechase! Again I adopted a rather cautious approach at the start of this race as I had no real idea how I would go. It was better than the 10,000m and I was delighted to finish in under 20 minutes for the first time ever. I picked up a bronze medal to boot which was a bonus.

Last day and on to the cross country. Another first! Nothing like leaping into the unknown. The venue was lovely, the George Knott Athletic Track in the Yarra Bend Reserve, and the hospitality that was afforded to the runners in the form of lunches, coffee, tea, cake, biscuits, fruit and some scrumptious walnuts was one of the highlights of the trip! It was very impressive. The actual race was an adventure and one where I discovered why giraffes don't live on the side of mountains, Running across a sloop when one is tall is not something your

body appreciates. I started off quickly and had hoped to stay with Karen Stanley from NSW and perhaps make a competition of it for silver behind Julie Norney, a phenomenal runner from Victoria. Alas, my legs had other ideas and made it known their kick was cooked. My time was still one I was very pleased with and again I was lucky enough to pick up a bronze. This race also allowed me the opportunity to meet a number of other WAMA members such as Colin and Roscoe. Thanks, WA crew for the support during the race, I wanted to stop after the first lap.

The Nationals were an amazing experience. Having come to competitive running 18 months ago it has given me a chance to see the opportunity for a wide variety of events and disciplines. (No Silke, it doesn't mean I am going to do the steeplechase anytime soon.) Watching people in their 80s competing so strongly was utterly inspiring and I hope to be in a position to do so when I am at that age. Masters Athletics is such a wonderful organisation, providing people with the opportunity to compete for so many reasons and yet every person feels valued, supported and a sense of achievement.

Simone, thank you for talking to me last November at the John Gilmour and convincing me to join and take part. It has given me some much-appreciated experiences and opened up many new possibilities.

AMA Championships – Melbourne 2019



CAROL BOWMAN



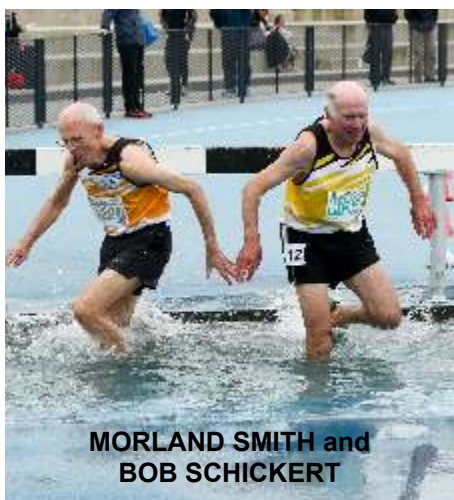
Steeple
Roscoe McDonnell exits the water jump on his way to a gold medal in M60.



BRUCE WILSON and HAROLD MEMBREY



SUE ZLNAY



MORLAND SMITH and BOB SCHICKERT



GILLIAN YOUNG and KATHY HEAGNEY

AMA Championships – Melbourne 2019



There are some days when things don't go to plan and for Colin Silcock-Delaney this was one of them.





Plan comes to fruition

Melbourne was my first away Nationals and what a week it was .. arrived at my Airbnb in Carlton on Anzac Day. Great location close to everything and my host Bek is a marathon runner so we were on the “same page “with all things Athletics. Good start to the week.

Went off to register and have a warm-up on the track, however, the designated area was about the size of two tennis courts. This made me realise how fortunate we are to have the facilities that we had at the Perth 2018 Nationals.

Day one, typical Melbourne weather. say no more. It was a great experience and a huge learning curve for me from many aspects, preparation, tactics, learning to adapt to the conditions and making sure my mind was fully set on what I wanted to achieve.

I joined WA Master two years ago and set my aim to win a National Title in the 80m hurdles. I needed a

My Nationals

by GREG KENNEDY

great start and to hit the first hurdle with correct paces which would hopefully flow through for the balance of the race. I was totally relaxed for the start, no nerves at all, just the adrenalin pumping. I never thought that I would have any time to think about anything during the race apart from hitting the finish line. However. halfway through the race, it flashed through my mind how good this was, my step pacing was going exactly to plan “yee har” I thought. When I crossed the finish line in first place, I was ecstatic. My two-year plan came true.

On day three I was advised that I was now ranked number one in World Masters for the 80m Hurdles for my age group .. I could not believe it, I had a plan to win,

however, there was no plan to be number one.

The opportunity to meet other athletes from other states and particularly in my age group was just as rewarding as my personal achievements. To add to that, I had great interaction with fellow WA athletes and some who I had only briefly chatted to prior to the Nationals. The support and comradery with all were fantastic.

I am truly inspired by all my fellow athletes, the ones that can blitz it in the 100m, the ones that can throw out of the park, the ones that can walk and race 5000m and the ones that can jump unreal heights and distances.

We should all keep fit and healthy and think how lucky we are to be involved in the WA Masters Athletics community. Set your aims and start your planning for the 2020 Nationals in Brisbane.

AMA Championships – Melbourne 2019

Hurdles



Andrew Brooker ran 18.02 in the 100m short hurdles.



JP MOUTIA



JESS DUX



LUKE DE BIASI



JENN PARKER

AMA Championships – Melbourne 2019

Long jump



Melissa Foster sails through the air on her way to a gold medal in the W40 long jump.



RUTH JOHNSON



Ingrid Wilcox jumped 4.39m to win the bronze medal in W40.



MARGARET TAYLOR



LYNNE SCHICKERT

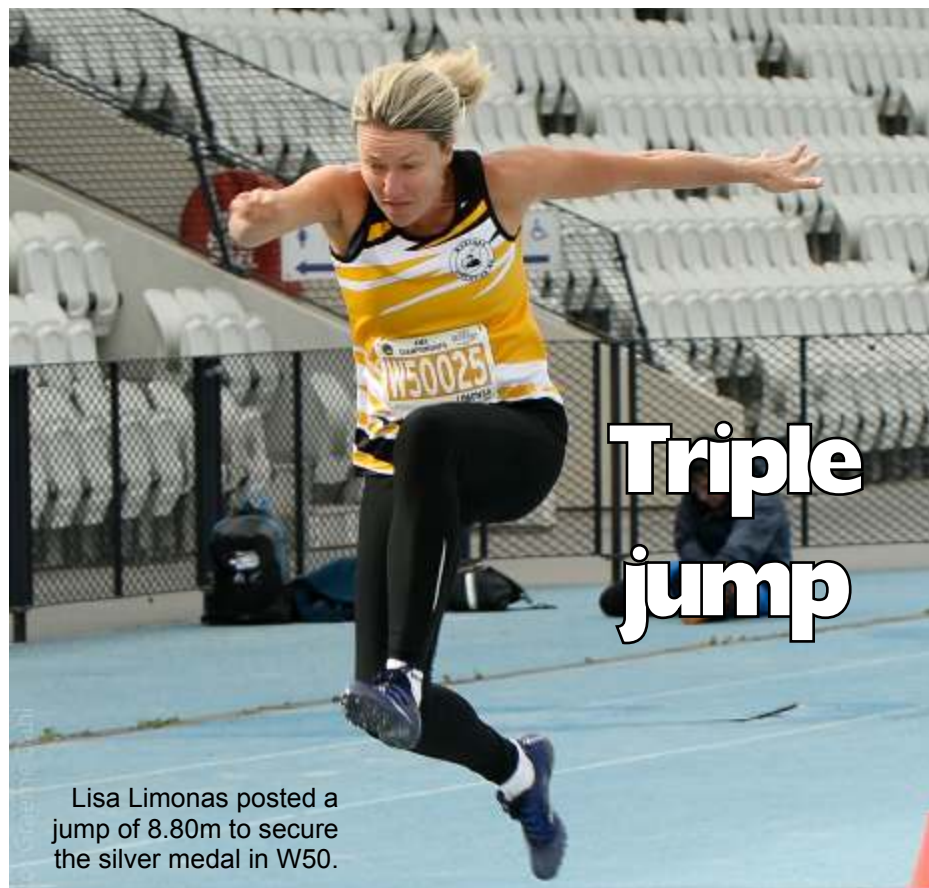


BRENDA PAINTER

AMA Championships – Melbourne 2019



HANS VENTER



Lisa Limonas posted a jump of 8.80m to secure the silver medal in W50.



JENN PARKER



GIANNI MOGENTALE



TIM JOHNSTONE



VICKI TOWNSEND

AMA Championships – Melbourne 2019



**COLIN SMITH to
LEE STERIOU**



SHARON DAVIS



**NICK FAIRWEATHER
to CAMPBELL TILL**



**JULIANA KELLY
to SHARON DAVIS**



JENNY BISHOP to MARIA CIMINO



**Julie Brims
takes off as Lynne
Choate changes to
Carmel Meyer.**



Déjà vu

Many people have told me what a great experience it is to represent your State at the Nationals when it is held out of WA. Lisa is one such person. I totally agree with her! From the moment I landed in Melbourne, I was greeted with friendliness, efficiency and awesomeness. I was totally blown away by all the athletes who competed. It never ceases to amaze me to bear witness to the determination and passion of older sportspersons. Since I took up athletics four years ago, I have been inspired by so many older athletes who are still putting in the hard yards in their training. Of course, I am forever awed by the greatness of some very fast and strong athletes. I feel so privileged to be competing amongst elite world champions.

When I was 7 years old, I dreamt of running faster than the older kids and I did for a short while. Then I just slowed down or rather my peers just got faster! Every four years when the Olympics came on, I would be glued to our black and white TV. My greatest heroine was Nadia Comaneci who scored seven perfect 10's in the 1976 Montreal Olympics. I was not allowed to do ballet or gymnastics. But I was able to run for my school and later represented my

My Nationals

by JULIANA KELLY

State (Penang, Malaysia) when I was 12 years old at the Annual National Schools Championship. On Sunday, when I was picked to run for WA in the 170+ 4 x 100m team, I was re-living my dream all those 43 years ago. I remember that my team in 1976 for the Under 13 girls 4x100m set a new record of 54.60 sec in the heats. We came second in the finals as one of my team-mates came down with a fever

but despite that, she still ran. Fast forward to 2019, my team consisted of Sharon Davis, Lisa Limonas, Melissa Foster and me. I couldn't believe my luck as these ladies are either world champions and/or champions in their age groups. I was totally comfortable with running the first leg as it was the position I used to run. But passing the baton was nerve-racking. The team ran a 55.07s and broke the State record and won a Silver just as I did in 1976. I still have that medal and it is proudly hanging next to the Masters Silver. The race was certainly a touch of déjà vu.

AMA Championships – Melbourne 2019



Julie Wilson, Juliana Kelly, Sharon Davis and Barbara Blurton celebrate silver.



South Australia's silver



Victoria's bronze



MICHAEL BYRNE

ROSCOE McDONNELL

DES WALSH to BRUCE WILSON

1500m race walk



George White (SA) and Andrew Jamieson (VIC) head the pack at the start of the first track event of the championships.



Pramesh Prasad leads Andrew Duncan.



KARYN TOLARDO



MELISSA LEWIS

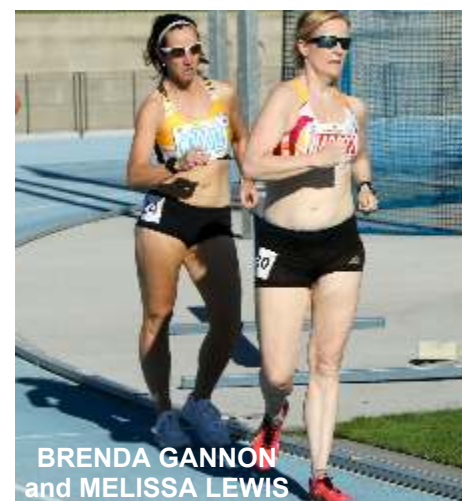


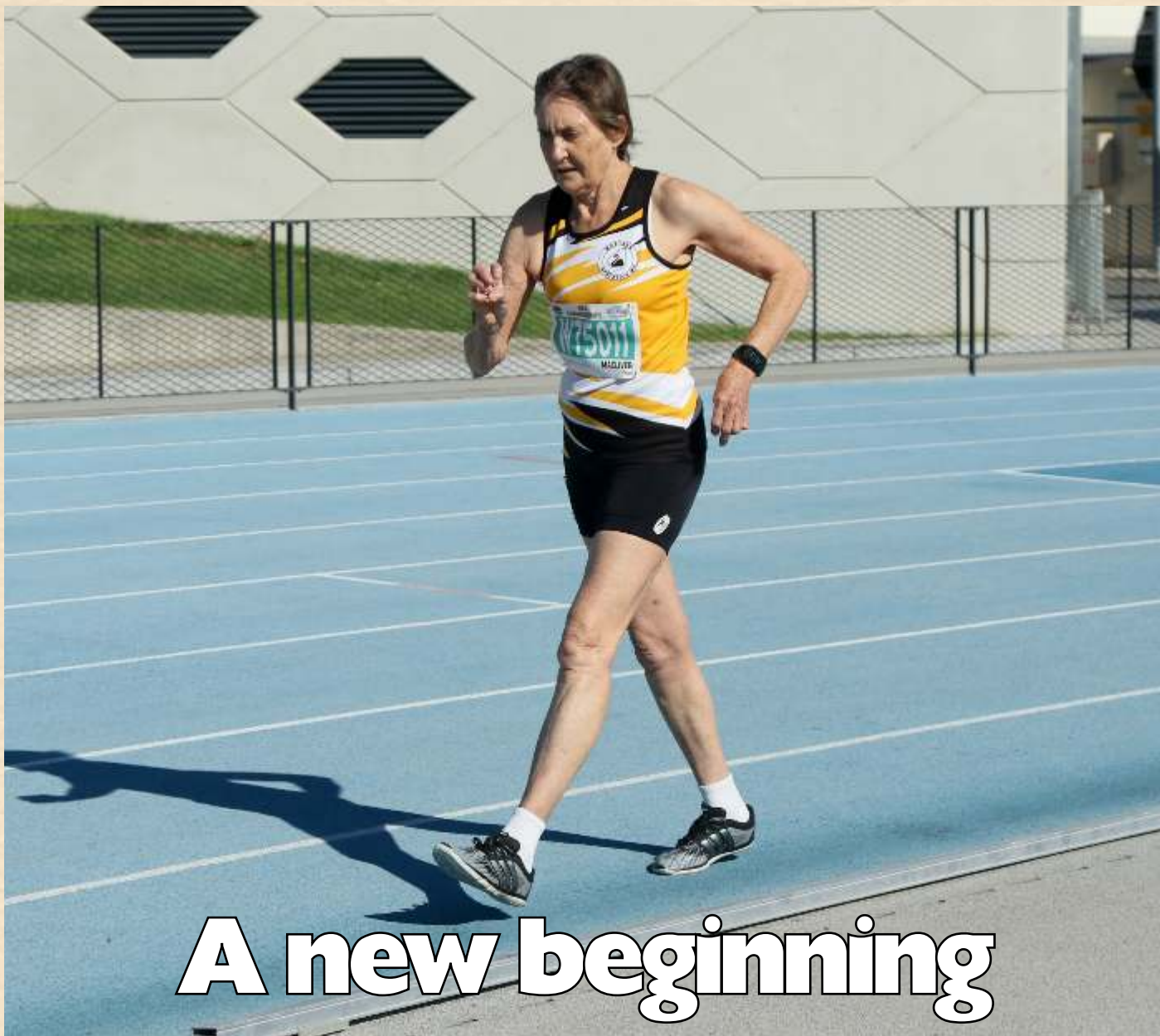
LYNNE SCHICKERT



GARRY HASTIE and DAVID MOORE

AMA Championships – Melbourne 2019





A new beginning

I originally decided to attend Nationals as a spectator as due to an ongoing leg injury I am unable to run. However, unexpectedly I discovered I could walk reasonably fast without pain in my leg so I decided to reinvent myself and entered as a race walker.

As the first day of the championships arrived and I read the weather forecast, I was rapidly questioning my sanity. I rolled out of a warm, cosy bed to face a bleak maximum of 16, with rain and strong winds. A far cry from the day before when I opened my eyes to four hot air balloons drifting across the Melbourne skyline. My 1500 race walk was the first track event of the day at 8.00 am and I arrived at 7.00 am, just as the skies opened and a downpour sent everyone scurrying for shelter. Fortunately, the race started on time, as by then I was wet, freezing and very loathe to shed

My Nationals

by PEGGY MACLIVER

my tracksuit. My light racing shoes were already wet and my socks were soaked. However, as soon as the gun fired all discomfort was forgotten as we jostled for positions and got down to race walking. It was hard going on the wet track but much to my surprise I got through with no warnings and came third in my age group, although I collected silver as the second place getter was from New Zealand.

There were inevitably some glitches and running behind with the times of events but with the big number of competitors, it is inevitable some mistakes will occur. Watching from the stands there were many highlights with great competitions and close finishes. As

always enthusiasm, cheering, support and commiserations shone through even with the bleakest of weather.

The new streamlined version of the dinner was fun and entertaining as well as honouring our award winners. The videos and action shots of masters competing were great motivators.

On the last afternoon of competition, the sun finally shone and the wind dropped, just in time for my 5k race walk. It was the first time I had walked that distance on the track and I was hoping I could keep up my pace and have a go at breaking the W75 State Record. It was touch and go, I had to really focus on not dying over the last few laps and more importantly not being DQ'd and it was the icing on the cake when I stepped over the line for a silver medal and a record.

AMA Championships – Melbourne 2019

10k race walk



The field sets off in the 10km race walk.

Photo: TERRY SWAN and VICTORIAN RACE WALKING CLUB



MELISSA LEWIS and KARYN TOLARDO

Photo: VICTORIAN RACE WALKING CLUB



Richard Everson (SA), Kevin Cassidy (VIC) and Garry Hastie do battle.

Photo: VICTORIAN RACE WALKING CLUB



DAVID SMYTH

Photo: VICTORIAN RACE WALKING CLUB



ANDREW DUNCAN and PRAMESH PRASAD

Photo: VICTORIAN RACE WALKING CLUB



WENDY FARROW

Photo: VICTORIAN RACE WALKING CLUB

AMA Championships – Melbourne 2019



MEGHANN BLAKEMAN



Cross
country

SUE ZLNAY



DEE ROE



JULIE WILSON



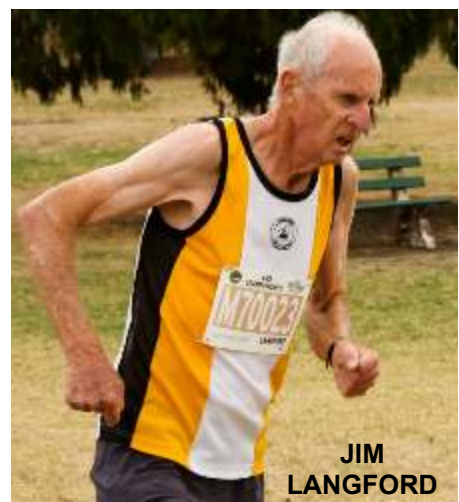
JACKIE HALBERG



MARGARET LANGFORD



BOB SCHICKERT



JIM
LANGFORD

AMA Championships – Melbourne 2019



Sue Coate jumped 1.30m to secure the silver medal in W50 on a cold Melbourne afternoon.

High jump



LISA LIMONAS



LISA LIMONAS, VICKI TOWNSEND and SUE COATE



KAREN CARAH



ANDREW BROOKER

Photo: JO DANAI

AMA Championships – Melbourne 2019

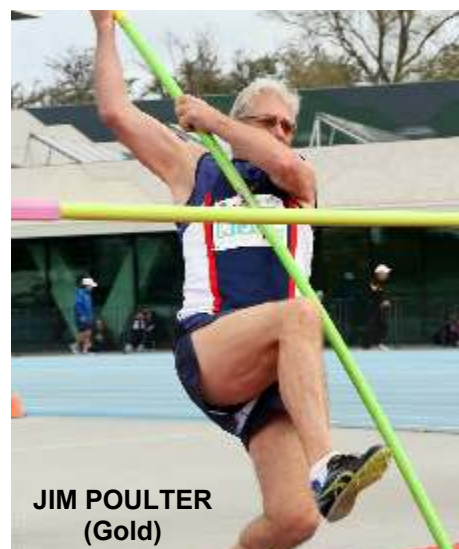
Pole vault



Sabine Orchard-Simonides jumped 1.50m to place fourth.



WILMA PERKINS (Silver)



JIM POULTER (Gold)



LEANNE MONK (Bronze)



Cathy McKeown (TAS) won the women's pole vault with a 1.90m

AMA Championships – Melbourne 2019



Lisa Limonas leads Tamara Paterson on the first lap of the 800m. Lisa went on to clinch the gold medal in W50 outdoor pentathlon with 2907 points.

Pentathlon



PHILIPPA WIGHT



MAUREEN KESHWAR and LYNNE CHOATE



ANDREW BROOKER



IVAN BROWN



GREG KENNEDY



FRANZ SCHLECHTER

AMA Championships – Melbourne 2019

Javelin



Melissa Lewis runs down the runway.



VICKI TOWNSEND



GARRY HASTIE



JANNE WELLS



SUE COATE

Hard yards pay off



My complete response to the weekend in Melbourne is extremely positive. For me, it is much more than the results. It's four full days of a positive experience with resonates. A thousand plus people sharing a passion with friends old and new.

Certainly having success in taking home a number of medals were a treat. The five gold, one silver, coming second in the champion of champions (javelin) and receiving the Royce Foley Throws Award for the second time makes the gym time and solitary throwing off a netball surface in Busselton worth it to me.

Yet the weekend in Melbourne was much more. It's time to spend an extended period with peers. To share stories and banter with like-minded people. To be part of a bigger gathering.

Over the four days, I had time to spend time with home club members rather than go straight home after our Tuesday evening gathering in Bunbury. To have extended time with fellow state athletics which can be fleeting at the annual State

My Nationals

by JO PETERS

championship. To catch up with friends made at previous nationals who are out of state and the opportunity to make new friends, whether from Australia or overseas.

My experience with Melbourne fulfilled the above in spades. Wonderful experience bantering with friends/competitors. Witnessing their joys of success, the struggles to achieve, the pain of failing/falling which builds the fortitude to train smarter and harder is the future.

My joy of seeing Ossi Igel win the M65 Shot Put, John Fettus taking home the gold in M45 Throw Pent, watching Phillip Spivey (M55) throwing an Australian Weight Record at 7.40 am on day four, Todd Davey being a medical miracle just months after major neck surgery. These are a few that come to mind. Certainly for each participant numerous amazing stories.

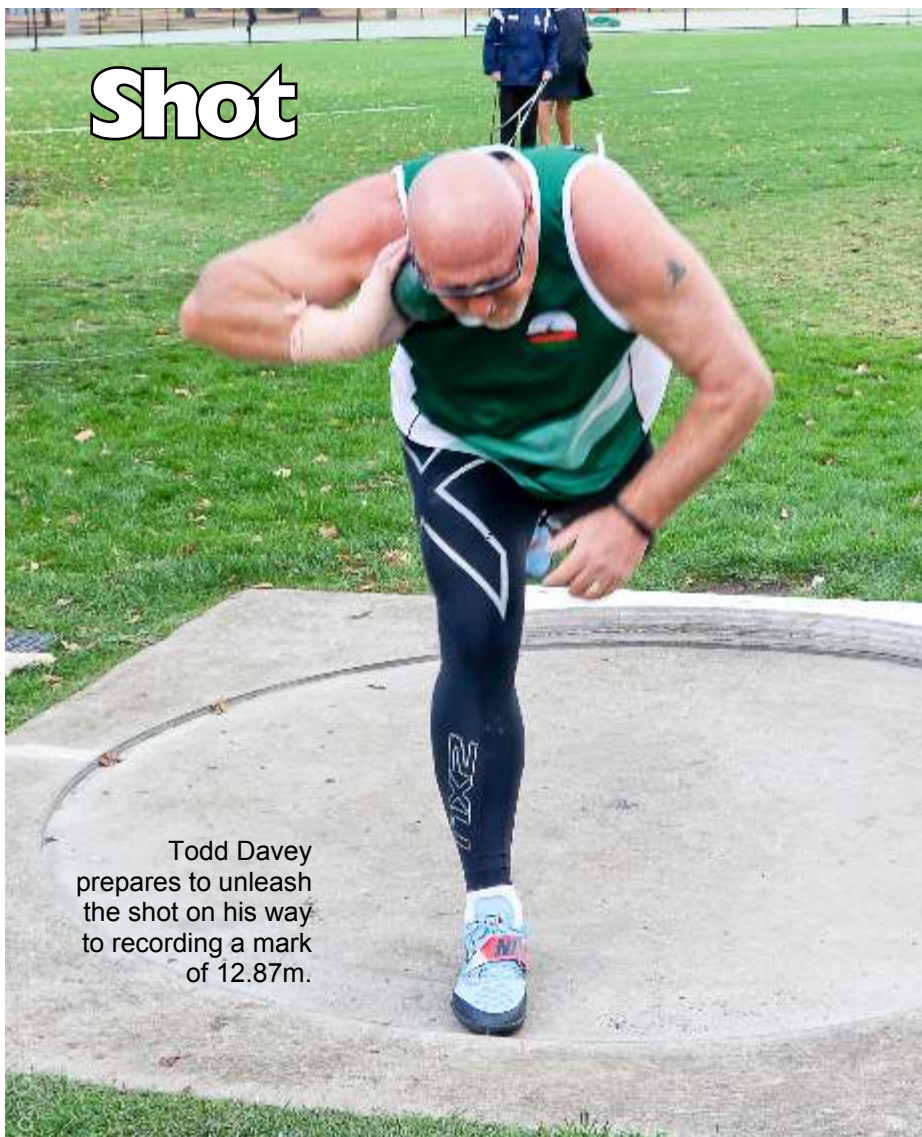
From an operational level all the events I was involved with ran on time and was officiated in a professional manner and with humor. I can not say enough about how the four-day event was run. Though a look at having old people start throwing at 7:40 am may need consideration. Perhaps the organising body felt old folks go to bed early, while the youngsters are out to footy games warrants these starting times. The event officials were wonderful in spite of the 4-10 hour days. It was a treat to be part of this event.

I have a few additional takeaways from the weekend. Certainly a better sense of what I need to work on as a thrower. Technique improvements, mental processes to harness while competing.

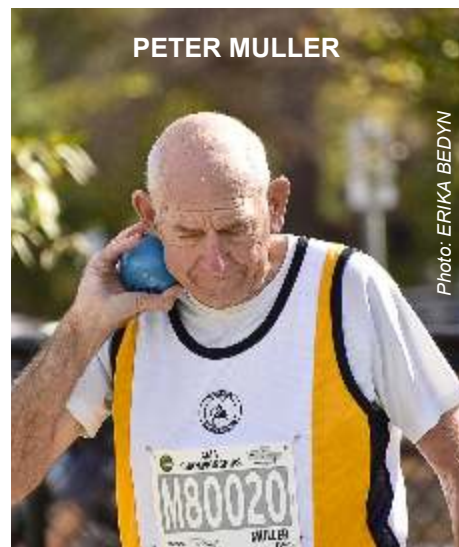
Although 2020 Worlds in Toronto is 14 months away it will come soon enough. In the meantime, I have a few closer friends to share the journey with providing the body holds up.

AMA Championships – Melbourne 2019

Shot



Todd Davey prepares to unleash the shot on his way to recording a mark of 12.87m.



PETER MULLER

Photo: ERIKA BEDYN



JIM DAVIS

Photo: ERIKA BEDYN



JENN PARKER



JOHN FETTUS

Eagles dampen enjoyable trip



I was really looking forward to the 2019 Championships in Melbourne, as the last time they were held there I had to attend a wedding in Perth, also the first time I was able to leave Perth for the past two years due to an elderly high maintenance dog.

I arrived IN Melbourne on Thursday early evening with my first event Javelin not until 3 pm on Friday, I thought that it was my only event that day so was rather relaxed as it was not the top of my favourite events. After sorting out trams I arrived at the track around midday only to be advised by Mary Thomas, my good friend and main rival, that we also had Discus at 4 pm plus they were calling us for long jump (a typo which added a group of us to the long jump, that could have been fun). It was bitterly cold and there had been heavy rain in the morning,

My Nationals

by BEV HAMILTON

we were very lucky to escape the rain for all our events for the whole weekend. As I was on the comeback from injury I was relatively happy with my results.

Gold: Discus and Weight Throw, Silver: Javelin, Shot put, Hammer and Throws Pentathlon.

Met up with Kiwi friend Laini Inivale, who flew in from Auckland on Friday morning, competing in the shot put, which he won (wearing crocs I'm lead to believe) then flew back to Auckland that night, that's dedication.

Really enjoyed the dinner party where my friend, Mary Thomas was inducted into the Masters Athletics

Hall of Fame, only the second thrower to do so. This adds to being awarded the World Master Thrower of the year in Spain last year, she sure keeps me on my toes.

I finished my Sunday competition by lunch time so headed back to the hotel, donned my West Coast Eagles gear and headed for Geelong to cheer them on, an hour trip by train. I really enjoyed being there and seeing the stadium etc. Pity, it wasn't the result I wanted.

After competition on Monday, spent time saying farewell to friends and as I had a 7 am flight on Tuesday morning I had booked a hotel closer to the airport. So I enjoyed my trip, it was just so full on, only wish I had more time to enjoy Melbourne.

AMA Championships – Melbourne 2019

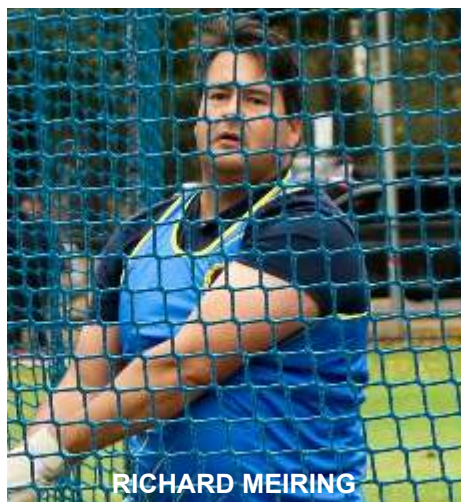


AMA Championships – Melbourne 2019

Photo: RON DAVIS



Gold medal M65 hammer winner, Jo Peters (second from left), Ossi Igel (silver) and Craig Hicks (bronze). New Zealand's Rick Davison finished third.



Throws pentathlon

Photo: Graeme/Dahl



Former WA athlete Lajos Joni recorded a mark of 9.54m in the shot and won the bronze medal in M60 Throws Pentathlon with 3030 points.



Photo: ERIKA BEDYN

Photo: ERIKA BEDYN



Photo: ERIKA BEDYN

Photo: ERIKA BEDYN

BOB BANENS



PETER MURRAY



IAN KENNEDY



DIDIMO TONELLI

John Fettus flew the flag for WA when he won gold in M45 throws pentathlon scoring 3284 points. In the weight throw he topped his group with a mark of 12.67m.

MAWA results

60m	Heat	Final	Pos	Medal	400m	Heat	Final	Pos	Medal
M45	Adrian McKenzie 7.76 (+2.2)	*7.38 (+1.0)	2	SILVER	W45	Sharon Davis	63.46	2	SILVER
M45	Lee Stergiou 7.83 (+2.2)	7.69 (+1.0)	5		W50	Juliana Kelly	76.44	4	
M50	Greg Brennan 8.15 NWI Q	8.10 (+3.9)	5		W55	Carmel Meyer 82.58 q	82.28	6	
M55	Colin Smith	7.85 (+2.2)	3	BRONZE	W60	Carol Bowman	84.94	4	
M60	Desmond Walsh	9.44 (+2.2)	5		W65	Barbara Blurton	76.26	1	GOLD
M65	Michael Byrne	9.11 (+1.7)	6		W75	Ruth Johnson	1:35.54	1	GOLD
M65	Nick Fairweather	9.75 (+1.7)	8						
M70	Greg Kennedy	9.92 (+2.5)	4						
* State record									
W40	Melissa Foster	8.06 (+1.6)	2	SILVER					
W50	Juliana Kelly 9.44 (+2.3) q	9.35 (+3.8)	9						
W50	Lisa Limonas 9.21 (+2.6) Q	9.12 (+3.8)	6						
W65	Lynne Choate	10.18 (+1.6)	4						
W65	Maureen Keshwar	9.87 (+1.6)	3	BRONZE					
W65	Julie Wilson	11.69 (+1.6)	7						
W70	Brenda Painter	11.67 (+3.1)	4						
W75	Ruth Johnson	11.03 (+3.1)	1	GOLD					
100m									
M45	Adrian McKenzie 11.80 (+3.1) Q	11.67 (+3.2)	3	BRONZE					
M45	Lee Stergiou 12.12 (+0.9) q	12.17 (+3.2)	7						
M50	Greg Brennan 12.71 (+1.7) Q	13.03 (+0.6)	6						
M55	Colin Smith 12.97 (+0.8) Q	12.64 (+2.3)	4						
M60	Desmond Walsh	14.76 (+2.1)	7						
M65	Rob Antonioli 14.95 (+1.2) q	dns							
M65	Nick Fairweather 16.48 (+1.2)								
W50	Lisa Limonas 14.89 (+3.2) Q	14.72 (+3.3)	6						
W50	Juliana Kelly 15.47 (+1.9) q	15.37 (+3.3)	9						
W55	Carmel Meyer 16.46 (+1.7)								
W65	Maureen Keshwar	16.48 (+0.3)	4						
W65	Lynne Choate	16.92 (+0.3)	5						
W70	Brenda Painter	19.38 (+0.5)	4						
W75	Ruth Johnson	19.01 (+1.3)	2	SILVER					
200m									
M45	Lee Stergiou 24.89 (+1.4) Q	24.86	4						
M55	Colin Smith 26.64 (+1.7) Q	25.65 (+2.0)	3						
M60	Desmond Walsh	30.12 (+0.1)	6						
M65	Michael Byrne 30.09 (+0.8)								
M70	William Hart	40.71 (+2.8)	7						
M85	David Carr	*37.97 (+0.6)	2	SILVER					
W50	Lisa Limonas 30.63 (+2.6) Q	30.35 (+0.0)	3	BRONZE					
W50	Juliana Kelly 32.34 (+1.8) q	31.98 (+1.8)	9						
W55	Carmel Meyer 34.59 (+1.6)								
W65	Barbara Blurton	32.85 (+1.7)	3	BRONZE					
W75	Ruth Johnson	38.75 (+3.8)	1	GOLD					
* State record									
400m									
M50	Andrew Brooker 61.75								
M55	Colin Smith 63.26 Q	57.95	3	BRONZE					
M60	Campbell Till 66.41 Q	60.32	2	SILVER					
M60	Neil Morfitt 66.46 Q	65.48	5						
M60	Desmond Walsh 73.48 q	dns							
M65	Michael Byrne	68.86	4						
M65	Harold Membrey	83.99	6						
M70	William Hart	1:35.50	5						
M85	David Carr	86.97	1	GOLD					

400m	Heat	Final	Pos	Medal
W45	Sharon Davis	63.46	2	SILVER
W50	Juliana Kelly	76.44	4	
W55	Carmel Meyer 82.58 q	82.28	6	
W60	Carol Bowman	84.94	4	
W65	Barbara Blurton	76.26	1	GOLD
W75	Ruth Johnson	1:35.54	1	GOLD
800m				
M40	Chris Gould	2:09.39	1	GOLD
M50	Dante Giacomini	3:10.77	13	
M60	Neil Morfitt	2:33.23	2	SILVER
M65	Michael Byrne	2:42.00	6	
M70	Ivan Brown	3:46.87	3	BRONZE
M85	David Carr	3:22.33	1	GOLD
W45	Sharon Davis	2:28.35	1	GOLD
W65	Julie Wilson	3:43.72	2	SILVER
W75	Ruth Johnson	3:58.60	1	GOLD
1500m				
M40	Chris Gould	4:23.32	1	GOLD
M50	Dante Giacomini	6:37.76	12	
M60	Paul Scott-Taylor	6:09.45	7	
M70	Bruce Wilson	6:56.26	5	
M80	Morland Smith	8:30.99	2	SILVER
M85	David Carr	7:00.37	1	GOLD
W45	Sharon Davis	5:18.05	1	GOLD
W50	Dee Roe	5:30.00	2	SILVER
W50	Janne Wells	7:11.42	6	
W55	Lori Sexton	7:18.95	9	
W65	Carey Dickason	7:15.40	3	BRONZE
W70	Gillian Young	7:22.45	1	GOLD
W70	Jackie Halberg	8:20.35	2	SILVER
5000m				
M50	Dante Giacomini	24:44.59	13	
M60	Roscoe McDonnell	20:28.00	5	
M60	Paul Scott-Taylor	21:54.49	8	
M80	Morland Smith	32:12.06	2	SILVER
W40	Clare Wardle	18:59.83	3	BRONZE
W50	Dee Roe	19:54.55	3	BRONZE
W50	Silke Peglow	27:26.05	8	
W55	Sue Zlnay	22:13.27	3	BRONZE
W55	Lori Sexton	25:33.32	6	
W65	Carey Dickason	25:37.89	2	SILVER
W65	Julie Wilson	26:57.55	4	



MAWA results



W65	Julie Wilson	11:04.34	2	SILVER
W70	Gillian Young	10:53.34	1	GOLD
W75	Lynne Schickert	18:27.64	1	GOLD

1500m Walk

M50	Andrew Duncan	6:40.21	1	GOLD
M55	Garry Hastie	7:31.60	2	SILVER
M70	John McDonagh	10:06.12	3	
M70	Bruce Wilson			DQ
W30	Melissa Lewis	7:46.51	1	GOLD
W50	Karyn Tolardo	8:11.65	1	GOLD
W75	Peggy Macliver	10:56.09	3	SILVER
W75	Ruth Johnson	10:59.43	4	BRONZE
W75	Lynne Schickert	12:12.69	6	

5000m Walk

M50	Andrew Duncan	*23:51.12	1	GOLD
M55	Garry Hastie	28:21.29	4	
M70	John McDonagh	34:23.80	2	SILVER
W30	Melissa Lewis	*27:06.98	1	GOLD
W50	Karyn Tolardo	28:43.94	1	GOLD
W50	Wendy Farrow	32:57.48	3	BRONZE
W75	Peggy Macliver	*37:40.35	3	SILVER
				(2ND AUS)
W75	Lynne Schickert	41:23.29	6	

Long Jump

M55	JP Moutia	3.62m (+3.1)	6	
M60	Desmond Walsh	3.68m (+2.2)	4	
M65	Franz Schlechter	3.33m (+2.7)	5	
M65	Nick Fairweather	3.28m (+2.6)	6	
M80	Peter Muller	2.47m (+3.6)	4	
W40	Melissa Foster	5.45m (+4.8)	1	GOLD
W50	Jennifer Parker	4.34m (+3.6)	1	GOLD
W50	Lisa Limonas	3.90m (+1.8)	5	
W70	Brenda Painter	2.19m (+1.4)	3	BRONZE
W75	Ruth Johnson	2.39m (+2.3)	1	GOLD
W75	Lynne Schickert	1.93m (+4.2)	2	SILVER



10,000m		Final	Pos	Medal
M60	Paul Scott-Taylor	46:47.71	4	
M75	Bob Schickert	1:06:40.66	2	SILVER
W40	Clare Wardle	39:37.0h	1	GOLD
W50	Dee Roe	42:12.53	1	GOLD
W50	Silke Peglow	56:30.0h	7	
W55	Lori Sexton	52:32.61	2	SILVER
W65	Carey Dickason	54:38.36	1	GOLD
80m Hurdles				
M70	Greg Kennedy	16.64 (+2.5)	1	GOLD
W40	Melissa Foster	12.50 (+0.8)	1	GOLD
W50	Jennifer Parker	15.91 (+2.6)	2	SILVER
W60	Carol Bowman	21.31 (+0.8)	2	SILVER
W65	Maureen Keshwar	*18.08 (+0.8)	1	GOLD
				* State record
100m Hurdles				
M50	Andrew Brooker	18.02 (+2.4)	5	
300m Hurdles				
M70	Greg Kennedy	66.17	2	SILVER
W50	Jennifer Parker	55.94	1	GOLD
W50	Janne Wells	66.38	2	SILVER
W60	Carol Bowman	74.99	2	SILVER
W65	Maureen Keshwar	74.76	1	GOLD
400m Hurdles				
M55	JP Moutia	86.49	4	
2000m Steeplechase				
M60	Roscoe McDonnell	8:09.51	1	GOLD
M65	Harold Membrey	11:28.39	5	
M70	Bruce Wilson	10:52.90	4	
M75	Bob Schickert	13:38.23	3	BRONZE
M80	Morland Smith	12:52.46	1	GOLD
W50	Janne Wells	10:52.97	1	GOLD
W50	Silke Peglow	11:14.03	2	SILVER
W55	Sue Zlnay	9:08.48	1	GOLD
W60	Carol Bowman	11:26.00	1	GOLD

MAWA results

Triple Jump

W40	Melissa Foster	10.80m (-2.7)	1	GOLD
W50	Lisa Limonas	8.80m (-3.8)	2	SILVER
W50	Jennifer Parker	8.73m (-1.7)	3	BRONZE
W65	Maureen Keshwar	6.68m (-2.0)	1	GOLD
W65	Carey Dickason	5.56m (-2.8)	2	SILVER
W70	Brenda Painter	5.21m (-3.8)	2	SILVER
W75	Ruth Johnson	6.29m (-0.90)	1	GOLD
W75	Lynne Schickert	4.73m (-1.3)	2	SILVER
M55	Hans Venter	8.83m (-3.1)	3	BRONZE
M65	Franz Schlechter	6.23m (-1.0)	5	

Hammer

M45	John Fettus	38.24m	2	SILVER
M55	Garry Parker	20.62m	4	
M65	Jo Peters	39.53m	1	GOLD
M65	Oswald Igel	32.56m	2	SILVER
M70	Greg Wilson	24.95m	9	
M85	James Davis	28.82m	1	GOLD
W50	Jennifer Parker	38.50m	3	BRONZE
W50	Janne Wells	29.99m	5	
W65	Carey Dickason	18.05m	5	
W70	Beverley Hamilton	22.36m	2	SILVER

High Jump

M50	Andrew Brooker	1.53m	3	BRONZE
M55	Hans Venter	*1.59m	1	GOLD
M65	Franz Schlechter	1.14m	4	
M70	Greg Kennedy	1.24m	4	
M70	Greg Wilson	1.12m	6	
W50	Sue Coate	1.30m	2	SILVER
W50	Lisa Limonas	1.21m	4	
W70	Brenda Painter	0.92m	2	SILVER
W75	Ruth Johnson	0.92m	1	GOLD

* State record

Javelin

M50	Andrew Brooker	39.70m	4	
M55	Garry Hastie	33.34m	6	
M60	Desmond Walsh	19.73m	9	
M65	Jo Peters	36.48m	1	GOLD
M65	Oswald Igel	33.03m	3	BRONZE
M65	Franz Schlechter	24.06m	6	
M70	Greg Wilson	26.49m	5	
M85	James Davis	11.60m	1	GOLD
W30	Melissa Lewis	22.91m	2	SILVER
W50	Sue Coate	30.11m	1	GOLD
W50	Janne Wells	19.91m	7	
W70	Beverley Hamilton	13.51m	2	SILVER



SUE COATE

Shot Put

M45	John Fettus	11.44m	3	BRONZE
M55	Garry Parker	8.04m	4	
M65	Oswald Igel	12.25m	1	GOLD
M65	Jo Peters	12.00m	2	SILVER
M65	Geoffrey Gee	11.67m	3	BRONZE
M70	Greg Wilson	8.85m	6	
M80	Peter Muller	7.02m	5	
M85	James Davis	8.09m	1	GOLD
W50	Jennifer Parker	9.90m	6	
W50	Sue Coate	9.88m	7	
W65	Maureen Keshwar	7.73m	1	GOLD
W70	Beverley Hamilton	6.64m	2	SILVER

Discus

M45	John Fettus	37.37m	2	SILVER
M55	Garry Parker	20.23m	9	
M60	Desmond Walsh	25.15m	11	
M65	Jo Peters	41.63m	1	GOLD
M65	Franz Schlechter	23.98m	7	
M65	Oswald Igel	NM		
M70	Greg Wilson	30.27m	4	
M85	James Davis	22.06m	1	GOLD
W50	Jennifer Parker	28.36m	4	
W50	Sue Coate	21.74m	7	
W65	Maureen Keshwar	20.13m	1	GOLD
W70	Beverley Hamilton	19.47m	1	GOLD

Weight Throw

M45	John Fettus	13.21m	1	GOLD
M55	Garry Parker	7.47m	3	BRONZE
M65	Jo Peters	16.18m	1	GOLD
M65	Oswald Igel	15.55m	2	SILVER
M65	Geoffrey Gee	14.94m	3	BRONZE
M85	James Davis	*11.64m	1	GOLD
W50	Jennifer Parker	11.41m	2	SILVER
W50	Janne Wells	11.11m	4	
W70	Beverley Hamilton	8.95m	1	GOLD

* State record

MAWA results

10km Road Walk

M50	Andrew Duncan	49:25	1	GOLD
M55	Garry Hastie	57:11	3	BRONZE
M70	John McDonagh	1:11:22	2	SILVER
W30	Melissa Lewis	*57:11	1	GOLD
W50	Karyn Tolardo	59:11	1	GOLD
W50	Wendy Farrow	66:12	3	BRONZE

* State record

Throws Pentathlon

M45	John Fettus	3284	1	GOLD
M65	Jo Peters	3977	1	GOLD
M65	Geoffrey Gee	3812	2	SILVER
M65	Oswald Igel	3552	3	BRONZE
M65	Franz Schlechter	2091	9	
M70	Greg Wilson	2784	6	
M85	James Davis	3274	1	GOLD
W50	Jennifer Parker	3279	2	SILVER
W50	Janne Wells	2587	5	
W70	Beverley Hamilton	3315	2	SILVER

Shot put (in Throws Pent)

M65	Geoffrey Gee	12.87m	SR
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4 x 100m Relay

M240+	Campbell Till, Nick Fairweather, Michael Byrne, Desmond Walsh	62.07	6
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M180+	Colin Smith, Greg Brennan, Lee Stergiou, Adrian McKenzie	48.25	1	GOLD
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M45 SR

W220+	Lynne Choate, Maureen Keshwar, Carmel Meyer, Carol Bowman	67.53	4
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W170+	Lisa Limonas, Sharon Davis, Melissa Foster, Juliana Kelly	55.07	3	BRONZE
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W40 SR

4 x 400m Relay

W220+	Barbara Blurton, Juliana Kelly, Sharon Davis, Julie Wilson	5:11.62	2	SILVER
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M240+	Michael Byrne, Desmond Walsh, Bruce Wilson, Roscoe McDonnell	5:08.33	2	SILVER
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LORI SEXTON

6km Cross Country

M70	Jim Langford	28:15	5	
M70	Bruce Wilson	33:47	9	
M70	William Hart	38:12	11	
M75	Bob Schickert	40:52	5	
M80	Morland Smith	46:50	2	SILVER
W70	Margaret Langford	36:02	1	GOLD
W70	Jackie Halberg	43:19	3	BRONZE

8km Cross Country

M50	Dante Giacomini	45:17	11	
M60	Roscoe McDonnell	35:16	6	
W50	Dee Roe	34:23	3	BRONZE
W50	Silke Peglow	50:13	11	
W55	Sue Zlnay	38:09	1	GOLD
W55	Lori Sexton	44:50	6	
W65	Julie Wilson	59:28	2	SILVER

Outdoor Pentathlon

M50	Andrew Brooker	2568	3	BRONZE
M60	Desmond Walsh	1907	3	BRONZE
M65	Harold Membrey	1718	2	SILVER
M65	Franz Schlechter	1507	3	BRONZE
M70	Ivan Brown	1543	3	BRONZE
M70	Greg Kennedy	1419	4	

W40	Melissa Foster	*3071	1	GOLD
W50	Lisa Limonas	2907	1	GOLD
W65	Maureen Keshwar	2766	1	GOLD
W65	Lynne Choate	2126	3	BRONZE
W65	Carey Dickason	1969	4	
W70	Brenda Painter	1737	3	BRONZE
W75	Ruth Johnson	2877	1	GOLD

* State record





Juliana Kelly, Julie Wilson, Barbara Blurton and Sharon Davis relax after the 4 x 400m relay.