

# TFNL

The Track and Field Newsletter of MAWA



Season 15 Issue 5  
March 2022

The last event of the  
Women's Pentathlon, a  
gruelling 800m

## Our Championships

The Hard Work Pays Off

### ***My Championships by Oliver Berry***

I've been lucky enough to compete or volunteer at every track and field state championship event in 2022, but nothing beats the main weekend for bringing out the best in the masters athletics community.

The championships for me started with an amazing sense of community and support through the multis and pole vaulting events. The genuine happiness of each athlete to see our masters competitors do well set the tone for what would come on the main weekend.

I love the applause that comes from the grassy banks, accompanied by a yell of encouragement. Every athlete who competed on the weekend got to experience this well deserved support. Spectators and athletes alike got behind all the athletes, even if you never met them before, to cheer them across the finish line.

The friendly banter between the throwers was excellent as always, with laughs and smiles coming out on top in between the serious business of throwing something as far as you could, especially if you wore a colourful hat!

The officials, volunteers and organisers really made this event run seamlessly, it was a dream to be a competitor and I want to thank them for putting on such a magnificent carnival of athletics.



## ***Anne Shaw Trophy***

Championship director Barbara Blurton presents Maureen Keshwar with the trophy for Athlete of the Meet. Maureen set a new Australian record (pending) for the Pentathlon, achieved a 90+ % performance in the 100m plus strong performances in her many other events.

### ***A View from the Hill by Campbell Till***

They may be blinkered and biased views but I spent many hours over the championship weekend planted in a comfortable chair, covered by plenty of shade and witnessed many fine performances and displays of great endeavour. Although I was sidelined with a leg injury it didn't prevent me from catching up with various people and chat a little longer than usual than if I was a competitor, and also videoing a few events. A couple of upsides from my involuntary inertia.

I certainly did notice the arrival of the squad from Albany with their distinctive green livery and a BYO shade structure, there must have been about ten of them. Look out Bunbury, your status as dominant country club is under threat! Other country competitors that I am aware of were all-rounder Brenda Painter from Walpole and relative newcomer to masters athletics, Uwe Pufke from Kununurra.

Uwe and David Adams were contenders for this year's "Energiser Bunny" award, both competing in all track running events. That is, 60m, 100m, 200m, 400m, 800m, 1500m, 5000m and 10,000m. Both were very consistent throughout the range. David threw in the 3000m Steeplechase for good measure. Uwe displayed a remarkably high standard too, scoring over 80% in all events and, I believe, over 90% in the 800 metres, according to my calculations. To top that off, he trains in the extreme climate of the Kimberley!

Bunbury area athletes did showcase themselves in the M70 category, finishing with an enviable (and unique?) quadruple trifecta in the 60m, 100m, 200m and 400m. Unbackable next year with the bookmakers, the trio were Michael Byrne, Harold Membury and Tolli Antonioli.



*Special thanks to Vic Waters for taking photos on the main championship weekend, enabling me to concentrate on competing, and Tom Lenane for extra photos. All main weekend photos by Vic Waters unless otherwise credited.*

*Carmel*

<b>60m</b>			
W50	Mandy Mason	8.18	<b>SR</b>
M65	Garry Ralston	8.29	<b>SR</b>
<b>300m Hurdles</b>			
M65	Garry Ralston	54.09	<b>SR</b>
<b>2000m Steeple</b>			
W80	Lynne Schickert	17:58.30	<b>AR Pending</b>
<b>5000m Walk</b>			
W65	Lyn Ventris	28:28.86	<b>SR</b>
<b>High Jump</b>			
W80	Lynne Schickert	0.99m	<b>AR</b>
M75	Phil Smyth	1.30m	<b>SR</b>
<b>Pole Vault</b>			
W55	Sue Coate	2.30m	<b>SR</b>
<b>Shot</b>			
W75	Bev Hamilton	8.07m	<b>SR</b>
<b>Pentathlon</b>			
W55	Sue Coate	3691	<b>SR</b>
W70	Maureen Keshwar	3439	<b>AR Pending</b>
M45	Paul Jeffery	3815	<b>SR</b>
<b>Heptathlon</b>			
W55	Sue Coate	4685	<b>SR</b>
<b>Javelin (within Pentathlon)</b>	Paul Jeffery	56.85m	<b>SR</b>

# Congratulations Bob



Bob calls the next competitor, Jack Reid, to the javelin runway in the 2022 States Outdoor Pentathlon

In February Bob Schickert was awarded the May Campbell award for services to sport. This is the citation -

Robert 'Bob' Schickert is a stalwart of Athletics in WA. He has over 40 years of experience as an Australian athlete, administrator and official at local, regional and world competitions.

Throughout his time as an athlete, Bob has won two Gold, two Silver and two Bronze World Masters Athletics Championships medals, as well as 11 Gold, 18 Silver and 23 Bronze Australian Masters Athletics Championships medals. Bob has also been awarded the Australian Sports Medal, the World Masters Athletic Award at Lyon General Assembly for services to Masters Athletics, as well as multiple Life Memberships.

In addition to his athlete career, Bob has established himself as an effective administrator, taking on key responsibilities at a state, nations and international level. He has held a range of positions including, President, Treasurer and Secretary of WA Masters Athletics Club, World Masters Athletics Law and Legislation Committee Member, Competition Committee Member and Safety Officer, as well as Secretary of Oceania Masters Athletics. Finally, as an official, Bob has been a constant at Athletics West competitions for more than 20 years. As an Accredited Australian Athletics Official, Bob attends weekly state events as WA's Track Officiating team.

Bob with good friend Bob Carse, celebrating their new age group at the recent 10000m State Champs event.



Photos: Carmel Meyer

# sprints



by John Dennehy

Many of the sprinters scored multiple titles across the weekend but it was Mandy Mason (W50) with her scintillating 60m of 8.18 who set the track on fire and set a new State record. Notably, this would have won the men's event by a substantial margin. Mandy flew off the next day to New York to make an attempt on the indoor world record. Maureen Keshwar missed Barbara Blurton's national record in the 100m by the smallest of margins, with Cathy McCloskey, Paz Storey and Marina Scully-Ward also scorching over the track. Sharon Davis ran a massive season's best in the 200m but her 400m run was imperious as she ran away from the field and held perfect form down the home straight in perfect conditions.

Carmel Meyer put together an impressive treble culminating in a well-judged quarter, no doubt helped by the multi-talented Sue Coate; always a fierce competitor in any event. Carol Bowman also ran a strong home straight to add to her medal tally as did Jasmine Heslop, Brenda Painter and Ruth Johnson. Donna Abbey smashed out another great run although time constraints prevent a true demonstration of her talents over the 400m/800m disciplines.

Tim Loh managed a win in the 60m before a devastating suspected ACL injury in the javelin. Adrian McKenzie (M45) produced the fastest 60m (7.39) and 100m (11.89) looking poised and powerful. Bonny Ndungu, Sam Brewer, Keith Redpath and Stephen Crabbe all battled gamely to execute their race plans. Garry Ralston enjoyed success in several events, setting two new State records, with perhaps the most deceptive style going. His times were outstanding in the sprints despite a lack of training, such is the speed he is blessed with. Norm Richards, of the Dave Wyatt sprint group, looked every inch the champion he is with consistently high rating performances in sprints and jumps. Newcomer to Masters, Matthew Konsolis, showed his obvious class with titles in the 200m and 400m, striding impressively to victory. Dominic Lagat, whilst not in the form of last season raced as if he was and pushed his fellow competitors to be at their best.

Lee Stergiou was dominant across all sprints in his age group muscling his way to the tape. Initially reluctant to run the 400m he produced a fine display of quarter-mile-ing to the arena, winning in 55.83. Behind him, Andrew Brooker and Ian Hannaby finished in the medals with Anthony McEwan and Jack Reid completing the blanket finish. Michael Byrne took home plenty of hardware and has an enviable range of events seemingly completing them all with ease, courtesy of an obvious hard work ethic. Cecil Walkley (M90) (**right**) competed in sprints rather than his usual middle-distance events showing he is still swift of foot to the rousing plaudits of the crowd.





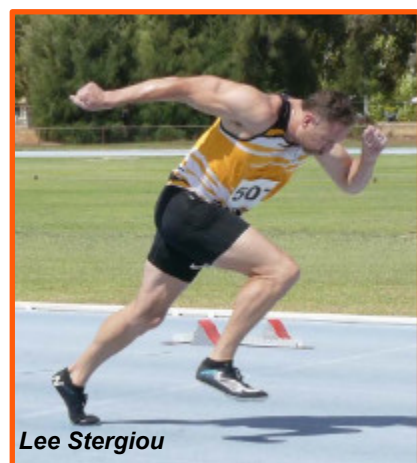
Adrian McKenzie



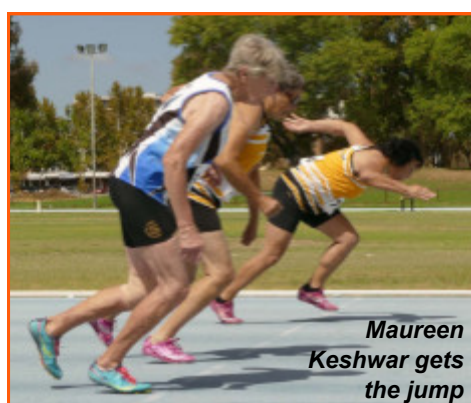
M55/M60



Mandy Mason shows her power out of the blocks on her way to a 60m State record



Lee Stergiou



Maureen Keshwar gets the jump



Mercurio Cicchini

WOMEN			MEN		
		wind			wind
<b>W35</b>		+0.0	<b>M30</b>		+0.0
1 Paz Storey	8.94		1 Tim Loh	7.55	
<b>W40</b>		+0.0	2 Terry Price	7.81	
1 Marina Scully-Ward	8.84		3 Oliver Berry	8.18	
2 Jasmine Heslop	9.63		<b>M35</b>		+0.0
<b>W45</b>		+0.0	1 Sam Brewer	7.68	
1 Joe-Anne Buchan	9.00		<b>M45</b>		+0.0
2 Donna Abbey	9.41		1 Adrian McKenzie	7.39	
<b>W50</b>		+0.0	2 Tony Ward	8.53	
1 Mandy Mason	8.18	<b>SR</b>	3 David Adams	8.64	
<b>W55</b>		+0.0	4 Luke Linden	9.20	
1 Catherine McCloskey	8.98		<b>M50</b>		-1.7
2 Sue Coate	9.33		1 Lee Stergiou	7.83	
3 Sharon Moloney	10.42		2 Dorian Moro	8.36	
<b>W65</b>		+0.0	3 Wayne Bariolo	8.58	
1 Lynne Choate	10.37		<b>M55</b>		+0.0
<b>W70</b>		-0.1	1 Uwe Pufke	8.51	
1 Maureen Keshwar	9.81		2 Hans Venter	8.89	
<b>W75</b>		-0.1	<b>M60</b>		+0.0
1 Brenda Painter	12.11		1 Garry Hastie	9.62	
<b>W80</b>		-0.1	2 Dave Wilkie	10.24	
1 Ruth Johnson	12.62		3 John Dennehy	10.98	
			<b>M65</b>		wind -0.1
			1 Garry Ralston	8.29	<b>SR</b>
			2 Desmond Walsh	9.16	
			<b>M70</b>		-0.1
			1 Michael Byrne	9.50	
			2 Harold Membrey	10.17	
			3 Rob Antonioli	10.22	
			4 Mercurio Cicchini	10.88	
			5 Mike Anderson	13.80	
			<b>M75</b>		+0.0
			1 Stephen Crabbe	10.55	
			2 Ross Goulden	10.98	
			3 Ivan Brown	11.40	
			4 Ted Miller	12.17	
			<b>M80</b>		+0.0
			1 Norman Richards	10.33	
			2 Lyle James	14.96	
			<b>M90</b>		+0.0
			1 Cecil Walkley	44.36	



**M80/M90**



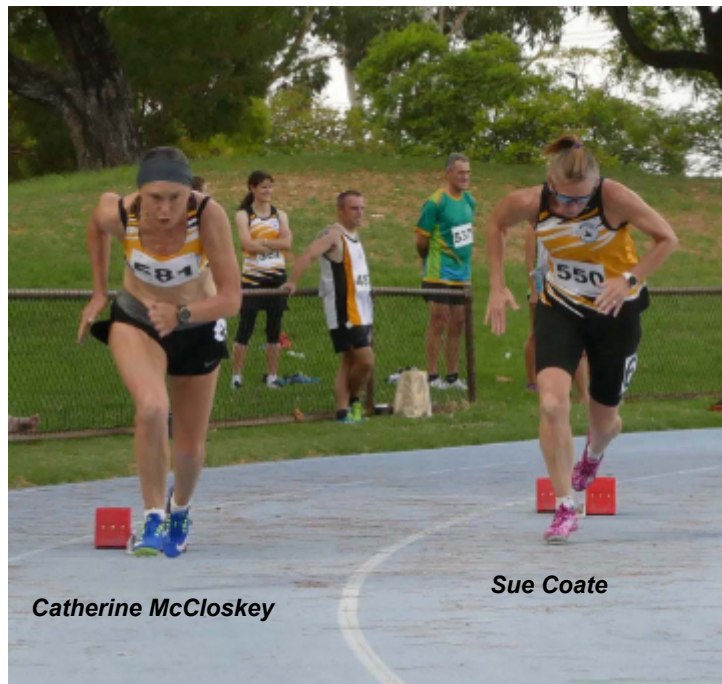
**M60/M65**



**W35/W40/W45**



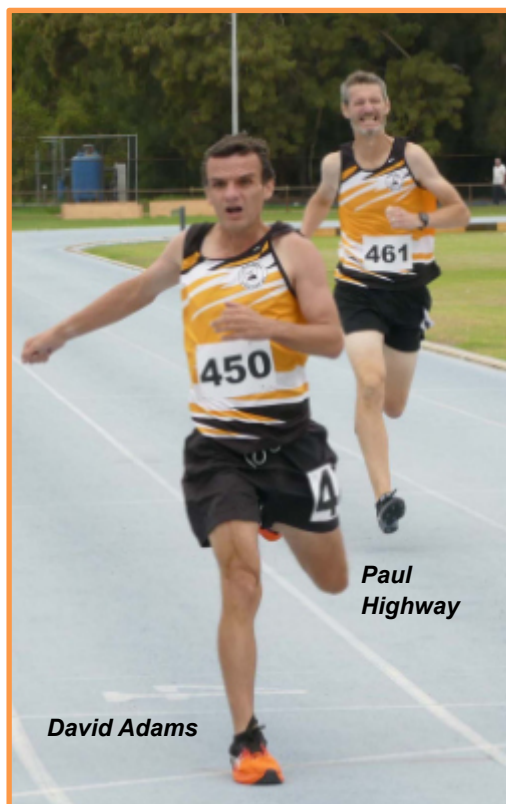
WOMEN			MEN		
		wind			wind
<b>W35</b>		-0.4	<b>M30</b>		-0.5
1 Paz Storey	14.49		1 Bonny Ndungu	12.22	
<b>W40</b>		-0.4	2 Terry Price	12.41	
1 Marina Scully-Ward	14.31		3 Oliver Berry	13.11	
2 Jasmine Heslop	15.81		<b>M35</b>		-0.5
<b>W45</b>		-0.4	1 Sam Brewer	12.24	
1 Joe-Anne Buchan	14.34		2 Stephen Edwards	12.33	
2 Donna Abbey	15.32		3 Mathew Walker	12.45	
<b>W55</b>		-0.1	<b>M45</b>		-0.5
1 Sue Coate	14.54		1 Adrian McKenzie	11.89	
2 Catherine McCloskey	14.70		2 David Adams	13.90	
3 Sharon Moloney	17.57		<b>M50</b>		-2.5
<b>W60</b>		-1.0	1 Lee Stergiou	12.61	
1 Carmel Meyer	15.50		2 Dorian Moro	13.52	
<b>W70</b>		-1.0	3 Jack Reid	14.91	
1 Maureen Keshwar	15.61		<b>M60</b>		-2.3
<b>W75</b>		-1.0	1 Garry Hastie	15.89	
1 Brenda Painter	20.00		2 Dave Wilkie	16.80	
<b>W80</b>		-1.0	3 John Dennehy	18.63	
1 Ruth Johnson	20.19		<b>M65</b>		-2.3
			1 Garry Ralston	13.75	
			2 Desmond Walsh	14.78	
			<b>M70</b>		-2.0
			1 Michael Byrne	15.74	
			2 Harold Membrey	16.72	
			3 Rob Antonioli	16.89	
			4 Mercurio Cicchini	18.28	
			5 Mike Anderson	23.16	
			<b>M75</b>		-2.0
			1 Ted Miller	17.49	
			2 Stephen Crabbe	17.94	
			3 Ivan Brown	20.37	
			<b>M80</b>		-1.8
			1 Norman Richards	17.16	
			2 Bob Schickert	21.56	
			3 Lyle James	25.84	
			<b>M90</b>		-1.8
			1 Cecil Walkley	71.49	



WOMEN			MEN		
		wind			wind
<b>W35</b>		+0.0	<b>M30</b>		+0.1
1 Naomi Lagat	32.47		1 Terry Price	25.38	
<b>W40</b>		+0.0	2 Oliver Berry	27.90	
1 Crystal Bairstow	30.59		<b>M35</b>		-0.4
2 Ingrid Wilcock	31.21		1 Matthew Konsolis	24.15	
3 Jasmine Heslop	33.86		2 Dominic Lagat	24.91	
<b>W45</b>		+0.8	3 Vincent Sew Hee	24.96	
1 Sharon Davis	28.70		4 Stephen Edwards	25.30	
2 Joe-Anne Buchan	29.74		5 Mathew Walker	25.69	
3 Donna Abbey	31.80		6 Johan Stassen	28.64	
4 Annmarie O Donovan	32.57		<b>M45</b>		+0.0
<b>W55</b>		+0.8	1 David Adams	28.53	
1 Sue Coate	30.15		2 Tony Ward	29.07	
2 Catherine McCloskey	31.80		<b>M50</b>		+0.1
<b>W60</b>		+0.0	1 Lee Stergiou	25.39	
1 Carmel Meyer	32.63		2 Ian Hannaby	28.12	
<b>W65</b>		+0.0	3 Wayne Bariolo	28.79	
1 Carol Bowman	38.79		4 Anthony McEwan	29.40	
<b>W75</b>		+0.0	<b>M55</b>		+0.4
1 Brenda Painter	49.62		1 Uwe Pufke	27.31	
<b>W80</b>		+0.0			
1 Ruth Johnson	43.66				
			<b>M60</b>		+0.4
			1 Garry Hastie	31.40	
			2 Dave Wilkie	36.84	
			3 John Dennehy	38.16	
			<b>M65</b>		+0.4
			1 Keith Redpath	30.80	
			2 Desmond Walsh	30.88	
			<b>M70</b>		+0.1
			1 Michael Byrne	31.75	
			2 Harold Membrey	35.72	
			3 Rob Antonioli	36.44	
			4 Mercurio Cicchini	40.68	
			<b>M75</b>		+0.8
			1 Stephen Crabbe	39.10	
			2 Ivan Brown	40.16	
			3 Ted Miller	52.31	
			<b>M80</b>		+0.5
			1 Norman Richards	37.15	
			2 Mike O Reilly	42.69	
			3 Bob Schickert	47.11	
			4 Lyle James	57.41	



**Dominic Lagat**



**David Adams**

**Paul Highway**



**Lyle James**



**Ian Hannaby**



**Harold Membrey**

**Rob Antonioli**



**Carol Bowman**

**Carmel Meyer**

**Ruth Johnson**

## WOMEN

<b>W35</b>	1 Paz Storey	69.56
<b>W40</b>	1 Crystal Bairstow	68.06
<b>W45</b>	1 Sharon Davis	61.79
	2 Donna Abbey	72.64
<b>W55</b>	1 Sue Coate	74.41
<b>W60</b>	1 Carmel Meyer	75.36
<b>W65</b>	1 Carol Bowman	89.39
<b>W80</b>	1 Ruth Johnson	1:48.17

## MEN

<b>M30</b>	1 Terry Price	57.39
	2 Oliver Berry	64.97
<b>M35</b>	1 Matthew Konsolis	51.39
	2 Dominic Lagat	54.74
	3 Johan Stassen	62.35
<b>M45</b>	1 David Adams	62.91
	2 Paul Highway	64.28
	3 Xinhuan Yan	75.56
<b>M50</b>	1 Lee Stergiou	55.83
	2 Andrew Brooker	62.95
	3 Ian Hannaby	63.28
	4 Anthony McEwan	63.51
	5 Jack Reid	64.65

<b>M55</b>	1 Uwe Pufke	58.61
<b>M60</b>	1 Jacques Maniacara	76.36
<b>M65</b>	1 Bruce McGeorge	1:49.51
<b>M70</b>	1 Michael Byrne	70.75
	2 Rob Antonioli	1:25.96
	3 Harold Membrey	1:29.04
	-- Mercurio Cicchini	DNF
<b>M75</b>	1 David Baird	1:21.25
	2 Ivan Brown	1:42.78
<b>M80</b>	1 Lyle James	2:42.82

# *middle distance*

*by John Dennehy*

Sharon Davis ran a world class time in the 800m despite being unchallenged, evenly splitting the two lap journey. Crystal Bairstow (W40) claimed both middle distance titles leading Naomi Lagat (W35) to finish well under the three minute barrier. Sadly these were the only women's competitors in the event, sorely missing the injured Barbara Blurton, whose coaching presence was nevertheless felt in many of the events on the weekend.

The men's divisions produced several very competitive races, foremost, the M30 battle between Callum Dowell and Brenton Mizen. Both athletes dipped well under two minutes with Dowell leading the whole way, Mizen attempting the pass around the final bend and fighting through to the tape. It was a stirring battle. Terry Price captured the bronze with another strong run. The long striding Dominick Lagat took his state crown with an aggressive race, despite a lack of fitness, ahead of Carl Heslop.

Paul Highway won the M45 title just edging out prolific racer David Adams in the final straight, while Uwe Pufke and Xander van Rijen fought to the line to both score wins in their respective divisions. Martin Kennedy took the top prize in the M60s ahead of Jacques Maniacara and Gary Prior. Michael Byrne grabbed another title joined by Ross Goulden who led home David Baird, Bruce Wilson and Ivan Brown in a competitive field. Bert Carse took the M80 title ahead of Bob Schickert with David Carr showing every indication that Earl Fee's M90 is vulnerable later this year.

Clare Wardle claimed the W45 1500m crown leading the entire field home. Sue Zlnay (W60) as always kicked home strongly finishing closely behind W40 Crystal Bairstow. Karyn Gower scored silver ahead of Philippa Bennett. Gillian Young capped an impressive return to the track with the W70 title from Carolyn Fawcett who ran strongly throughout to hold off Philippa Bennett.

The impressively bearded Callum Dowell made every post a winner leading from 'go to whoa' in the men's metric mile in 4:11.67 from Pablo Ortega and Terry Price. Zane Walsh was unchallenged in the M40 division. Drew Langford added to the family legacy scoring his title from Kim Thomas and David Adams in the M45 race. Paul Highway, Jason Kell and Xanhuan Yan completing the field. Xander van Rijen bested Andrew Collins and Andrew Brooker in the fiercely competitive M50 race, with Anthony McEwan and John Ferguson just finishing out of the medals.

Uwe Pufke completed his busy weekend undefeated in his campaign to take the M55 title, Pat Maslen and Glenn Rogers joining him on the podium. Trevor Scott ran a measured race for his title leaving Jacques Maniacara and John Fisher in his wake, Gary Prior filling fourth position. Michael Byrne won the M70 title ahead of Mercurio Cicchini, however David Baird had to use all his tactical nous to prevail over Bob Hull and Bruce Wilson. Bob Schickert added the M80 title to his trophy cabinet whilst David Carr's run puts him in touch with the M90 world record despite his limited preparation.



*Sharon Davis*



*David Carr*

*Bert Carse*



Michael Byrne

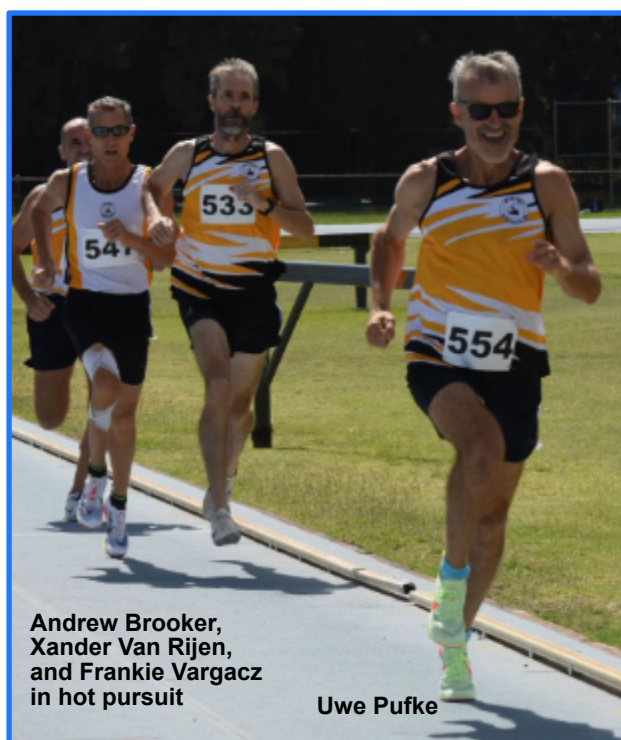


Frankie Vargacz



Brenton Mizen

Callum Dowell



Andrew Brooker,  
Xander Van Rijen,  
and Frankie Vargacz  
in hot pursuit

Uwe Pufke



Crystal Bairstow

Naomi Lagat

Photos this page:  
Tom Lenane

### WOMEN

#### W35

1 Naomi Lagat 2:51.94

#### W40

1 Crystal Bairstow 2:46.93

#### W45

1 Sharon Davis 2:24.90

#### W60

1 Phillippa Bennett 5:00.39

### MEN

#### M30

1 Callum Dowell 1:57.45  
2 Brenton Mizen 1:58.01  
3 Terry Price 2:16.32

#### M35

1 Dominic Lagat 2:14.43  
2 Carl Heslop 2:37.80

#### M45

1 Paul Highway 2:23.42  
2 David Adams 2:23.79  
3 Jason Kell 2:41.28  
4 Xinhuan Yan 2:56.47

#### M50

1 Xander van Rijen 2:15.85  
2 Andrew Brooker 2:24.63  
3 Anthony McEwan 2:28.61  
4 John Ferguson 2:38.26

#### M55

1 Uwe Pufke 2:14.97  
2 Frankie Vargacz 2:33.72

#### M60

1 Martin Kennedy 2:45.83  
2 Jacques Maniacara 3:02.90  
3 Gary Prior 3:07.07

#### M70

1 Michael Byrne 2:50.53  
2 Mercurio Cicchini 3:17.05

#### M75

1 Ross Goulden 3:05.12  
2 David Baird 3:20.69  
3 Bruce Wilson 3:36.41  
4 Ivan Brown 3:53.91

#### M80

1 Bert Carse 3:32.68  
2 Bob Schickert 4:37.16

#### M85

1 David Carr 3:36.93



W40+/M75+



Anthony McEwan leads Andrew Brooker



Karyn Gower, Bruce Wilson, Christina Wagstaff



Callum Dowell



Mercurio Cicchini

Pat Maslen crosses the finish line



Pablo Ortega checks the clock as he passes

## WOMEN

<b>W40</b>		
1 Crystal Bairstow	5:52.21	
<b>W45</b>		
1 Clare Wardle	5:25.82	
<b>W50</b>		
1 Christina Wagstaff	7:09.38	
<b>W60</b>		
1 Sue Zlnay	5:56.80	
2 Karyn Gower	6:51.87	
3 Phillippa Bennett	10:04.14	
<b>W70</b>		
1 Gillian Young	7:30.48	
2 Carolyn Fawcett	10:02.42	

## MEN

<b>M30</b>		
1 Callum Dowell	4:11.67	
2 Pablo Ortega	4:39.24	
3 Terry Price	5:18.83	
<b>M40</b>		
1 Zane Walsh	5:14.86	

<b>M45</b>		
1 Drew Langford	4:40.66	
2 Kim Thomas	4:49.46	
3 David Adams	4:57.38	
4 Paul Highway	5:06.23	
5 Jason Kell	5:58.23	
6 Xinhuan Yan	6:09.80	
<b>M50</b>		
1 Xander van Rijen	4:45.66	
2 Andrew Collins	4:47.11	
3 Andrew Brooker	4:57.93	
4 Anthony McEwan	4:59.20	
5 John Ferguson	5:12.47	
<b>M55</b>		
1 Uwe Pufke	4:43.91	
2 Pat Maslen	5:07.01	
3 Glenn Rogers	5:17.46	
4 Steve Barrie	8:54.81	

<b>M60</b>		
1 Trev Scott	5:09.52	
2 Jacques Maniacara	6:01.62	
3 John Fisher	6:02.97	
4 Gary Prior	6:12.14	

<b>M65</b>		
-- Alan Gower	DNF	
<b>M70</b>		
1 Michael Byrne	6:28.59	
2 Mercurio Cicchini	6:56.86	
<b>M75</b>		
1 David Baird	6:49.89	
2 Bob Hull	6:51.09	
3 Bruce Wilson	7:18.89	
<b>M80</b>		
1 Bob Schickert	9:37.65	
-- Bert Carse	DNF	
<b>M85</b>		
David Carr	7:48.62	

# walks

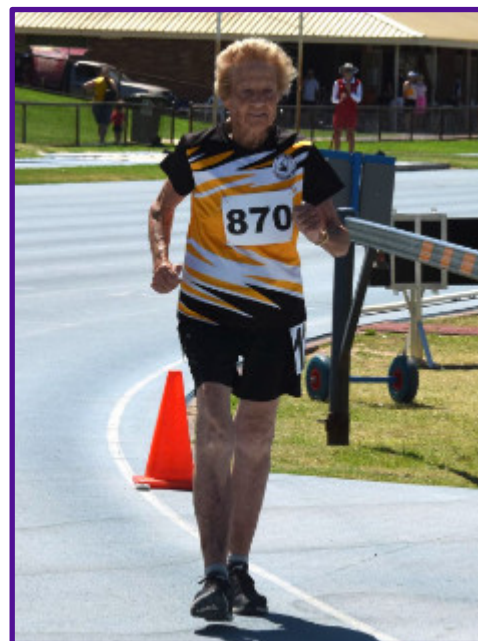


*Garry Hastie in tandem  
with Jason Kell*

**by John Dennehy**

Race walking was showcased on the track for their premier events with awe inspiring performances across the board for the crowd to witness. Under the auspices of internationally accredited judge, Marion Buchanan, competitors were given clear and precise instructions before starting. Top walkers across every distance did not trouble the judges with Karyn Tolardo, Lyn Ventris, Andrew Duncan and Garry Hastie in particular demonstrating honed technique from hours of practice. While not limited to these athletes, they serve as demonstrators of acceptable form.

In the 1500m, 3000m and 5000m walks Andrew Duncan (M55) led all-comers with a brilliant display of walking despite temperatures not conducive to fast times. Karyn Tolardo and Garry Hastie scored triple titles and also produced 'clean sheets' from the judges. Wendy Farrow added to her trophy cabinet with Sylvia Byers, Peggy Macliver, Marcela Ruiz, Glenys Duncan, Johan Hagedoorn, John McDonagh and Glenys Duncan scoring one or more titles. Lyn Ventris additionally set a State record in the 5000m with her only appearance at the championships.



**TOP: (L-R)** John McDonough, Phillippa Bennett, Sylvia Byers

## 1500m Race Walk WOMEN

<b>W50</b>	
1 Wendy Farrow	10:03.96
<b>W55</b>	
1 Karyn olardo	8:39.84
<b>W60</b>	
1 Marcela Ruiz	11:11.75
2 Phillippa Bennet	12:10.68
<b>W70</b>	
1 Peggy Macliver	12:12.02
<b>W80</b>	
1 Ruth Johnson	11:39.08
2 Lynne Schickert	11:39.32
3 Glenys Duncan	13:16.70
<b>W80</b>	
1 Sylvia Byers	13:18.85

## MEN

<b>M45</b>	
1 Jason Kell	8:19.48
<b>M55</b>	
1 Andrew Duncan	7:08.95
<b>M60</b>	
1 Garry Hastie	8:13.95
-- John Dennehy	DQ
<b>M70</b>	
1 John McDonough	10:30.79
2 Hadyn Gawne	11:07.09
<b>M75</b>	
1 Bruce Wilson	12:27.99
2 Johan Hagedoorn	12:29.14



**LEFT - (L-R):** Ruth Johnson, Marcella Ruiz, Lynne Schickert

**RIGHT:** Bruce Wilson heads into the front straight



Images by Tom Lenane

Marion pops out with the dreaded warning paddle...

Hayden Gawne

### 3000m Race Walk

#### WOMEN

<b>W40</b>		
1	Fiona van Heerwaarden	20:27.11
2	Jacinta Thompson	22:45.67
<b>W50</b>		
1	Wendy Farrow	21:18.44
<b>W55</b>		
1	Karyn Tolardo	17:37.48
<b>W60</b>		
1	Marcela Ruiz	22:47.34
--	Phillippa Bennett	DQ
<b>W80</b>		
1	Glenys Duncan	28:38.59
--	Lynne Schickert	DQ

#### MEN

<b>M55</b>		
1	Andrew Duncan	15:17.64
<b>M60</b>		
1	Garry Hastie	17:43.50
<b>M70</b>		
1	John McDonagh	21:17.88
2	Haydn Gawne	22:39.49
<b>M75</b>		
1	Johan Hagedoorn	25:01.43

**Top left:** Fiona van Heerwaarden

**Top right:** Johan Hagedoorn

**Bottom left:** Wendy Farrow

**Bottom right:** Mother and Son competitors, Andrew and Glenys Duncan

*Inset images: Tom Lenane*



**A new State record to  
Lyn Ventris**

**Top left: Andrew Duncan**

**Top Right: Jason Kell and Garry Hastie**

**Midde Left: Karyn Tolardo**

**Bottom Left: Peggy MacIver**

**Inset images: Tom Lenane**

### 5000m Race Walk

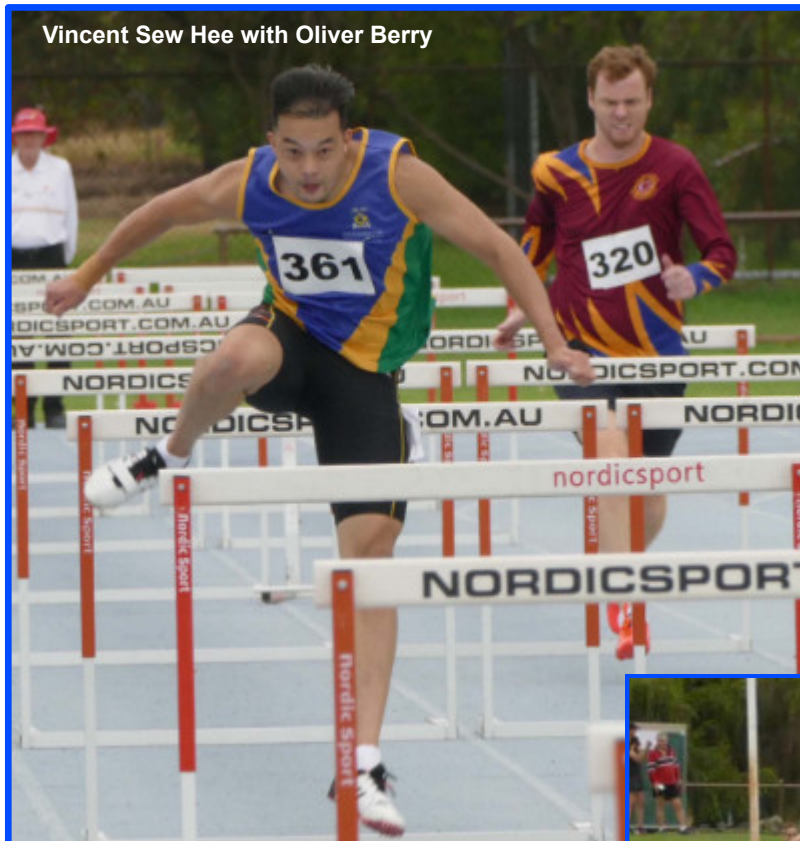
#### WOMEN

<b>W55</b>		
1 Karyn Tolardo		30:43.26
<b>W60</b>		
1 Marcela Ruiz		40:10.26
-- Philippa Bennett		DQ
<b>W65</b>		
1 Lynne Ventris		28:28.86 <b>SR</b>
<b>W75</b>		
-- Peggy MacIver		DQ
<b>W80</b>		
1 Lynne Schickert		41:09.58
2 Glenys Duncan		47:30.28

#### MEN

<b>M45</b>		
1 Jason Kell		34:10.71
<b>M55</b>		
1 Andrew Duncan		25:34.50
<b>M60</b>		
1 Garry Hastie		29:29.49
<b>M70</b>		
1 John McDonagh		37:43.21
<b>M75</b>		
-- Johan Hagedoorn		DQ

Vincent Sew Hee with Oliver Berry



J Moutia with Dave Wilkie

# *hurdles*

## 80m Hurdles

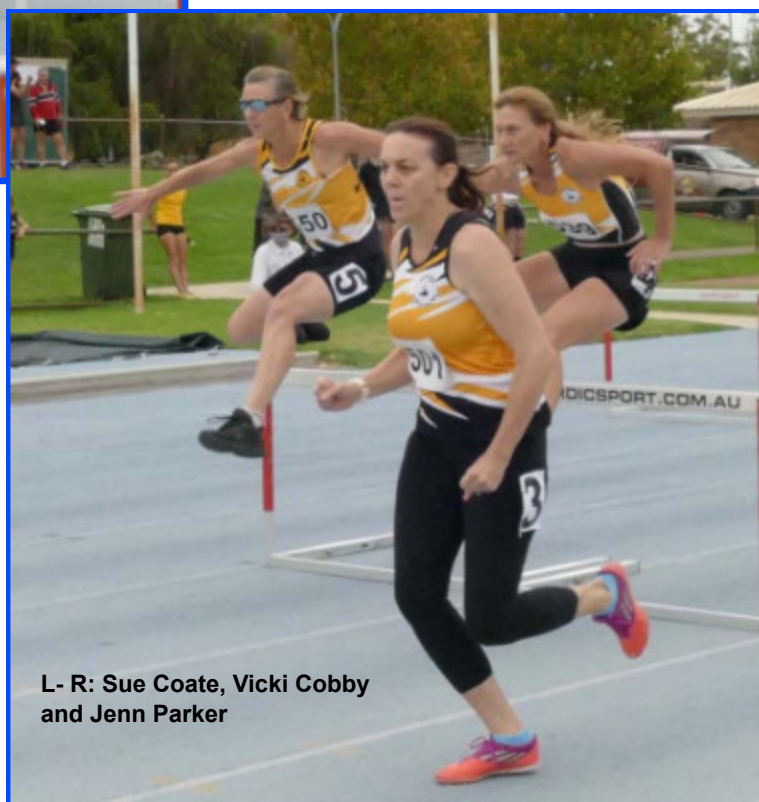
		wind
<b>W45</b>		-1.9
1 AnnMarie O Donovan	16.35	
<b>W50</b>		-1.9
1 Vicki Cobby	15.48	
2 Jennifer Parker	16.04	
<b>W55</b>		-1.9
1 Sue Coate	16.59	
<b>W60</b>		+0.8
1 Delia Baldock	20.34	
-- Carrie Francis	DNF	

## 100m Hurdles

<b>M50</b>		-0.9
1 Jack Reid	22.05	
<b>M55</b>		-1.0
1 J Moutia	24.12	
<b>M60</b>		-1.0
1 Dave Wilkie	28.47	

## 110m hurdles

<b>M30</b>		+0.0
1 Oliver Berry	24.37	
<b>M35</b>		+0.0
1 Vincent Sew Hee	16.23	



L- R: Sue Coate, Vicki Cobby and Jenn Parker



Carrie Francis off to a good start before a bad fall, Delia Baldock (right) is airborne

*Great work by the Hurdle Squad - a big crew helps make light of a big job...setting up and moving the hurdles*



Dave Wilkie

## 200m Hurdles

**W70**  
1 Maureen Keshwar 46.05

## 300m Hurdles

**W50**  
1 Vicki Cobby 56.90  
2 Jennifer Parker 57.49

**W55**  
1 Sue Coate 64.09

**W60**  
1 Delia Baldock 80.53

**M60**  
1 Garry Hastie 58.49  
2 Dave Wilkie 75.92

**M65**  
1 Garry Ralston 54.09  
**SR**

**M70**  
1 Harold Membrey 1:30.34

## 400m Hurdles

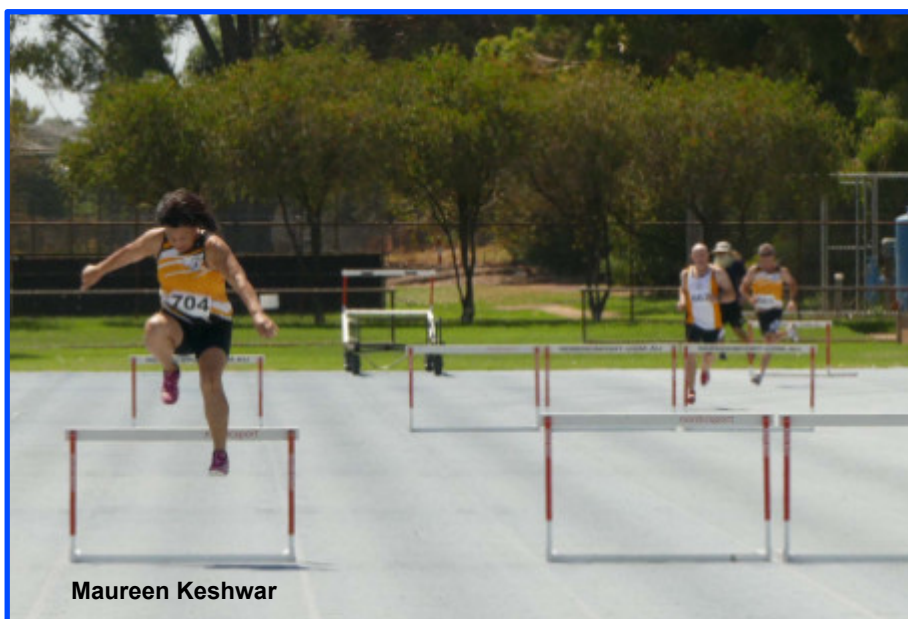
**W45**  
1 Annmarie O Donovan 1:24.92

**M30**  
1 Oliver Berry 69.04

**M35**  
1 Johan Stassen 71.49

**M50**  
1 Jack Reid 75.94

**M55**  
1 J Moutia 1:31.72



Maureen Keshwar



Garry Ralston approaches the finish line on the way to a 300m hurdle State record



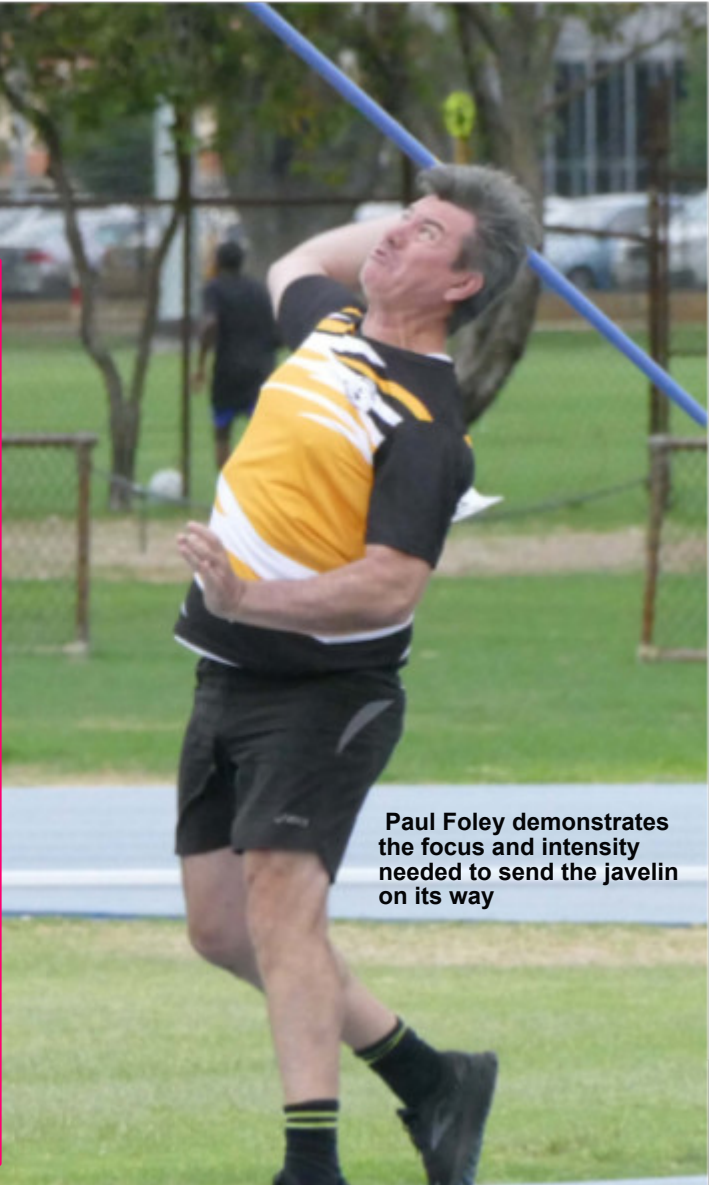
Johan Stassen with Oliver Berry in the 400m Hurdles

# field

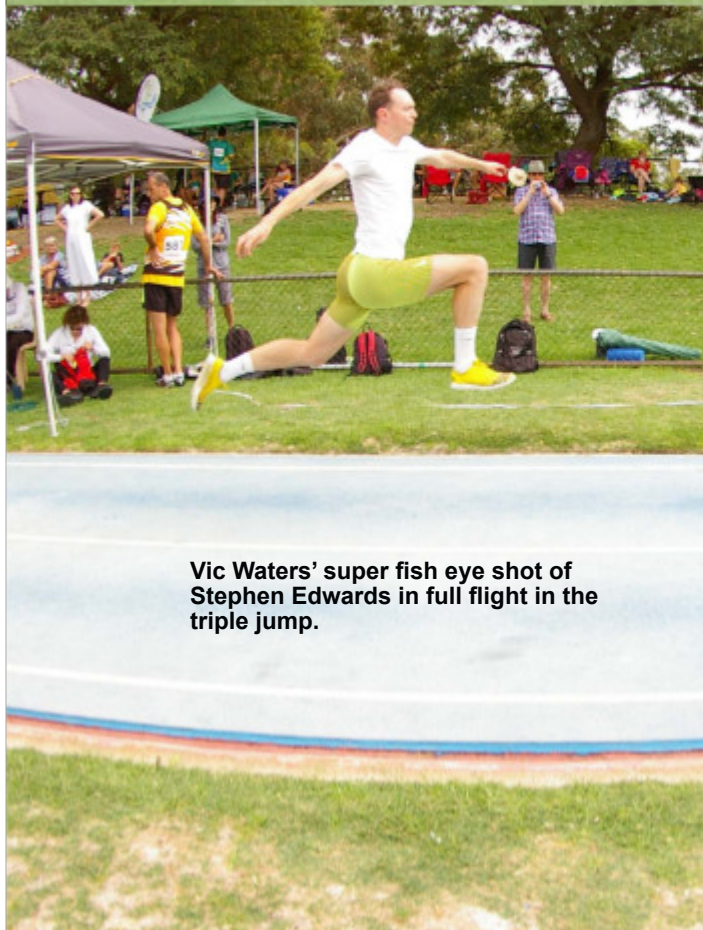
by John Dennehy

In the Hammer Jenn Parker, Paula Kennedy, Kate Glass, Bev Hamilton and Ruth Johnson scored victories, while in the men's event 2022 state titles were earned by Oliver Berry, John Fettus, Garry Parker, Andrew Ward, Bruce McGeorge Ossi Igel, Phil Smyth and Norman Stanger. Bob Fergie reversed the discus result over John Cochrane.

Sue Coate added to her growing list of titles with a javelin victory over Paula Kennedy and Sharon Moloney, with Barb Wilson besting Kate Glass in the W70 division. Bev Hamilton won a closely contested W75 title over Brenda Painter. Tim Loh managed his winning throw over Oliver Berry before his dramatic exit with injury, with John Ferguson the M50 titleholder. Andrew Duncan previously regarded as a walker surprised many with a narrow victory over highly regarded javelin exponent Paul Foley. Another walker, Garry Hastie secured a narrow victory over Andrew Ward. Desmond Walsh, Ossi Igel, Phil Smyth and Norman Stanger all won their respective divisions with the Venerable Bob Fergie holding a win over John Cochrane.



Paul Foley demonstrates the focus and intensity needed to send the javelin on its way



**Vic Waters' super fish eye shot of Stephen Edwards in full flight in the triple jump.**

Many of the same champions increased their medal tallies with wins in the Shot Put although Bev Hamilton's title included a State record. Maureen Keshwar reinforced her claims to being a true multi eventer with a dominant performance to win her age group over the well performed Kate Glass. John Fettus, no stranger to the winners circle, produced an excellent distance of 12.51m to claim the M45 crown with Wayne Bariolo recovering quickly from his injury in the pentathlon to claim a win in the M50 division. Hans Venter, Andrew Ward and Des Walsh won their respective competitions with Ossi Igel claiming top place on the podium in the M70 event with an impressive 12.06m heave. Norman Stanger continued on his winning way in the M80 event with Bob Fergie holding the edge over John Cochrane in an absorbing contest, 6.24m to 6.15m.

Familiar names claimed titles in the weight throw. Jenn Parker, Paula Kennedy, Kate Glass and Bev Hamilton in the women's competition and Oliver Berry, John Fettus, Mal Clarke, Paul Foley, Andrew Ward and Bruce McGeorge, Ossi Igel, Norman Stanger and Bob Fergie in the men's division.



Sue Coate



Melissa Lewis



Andrew Ward



Andrew Duncan

## WOMEN

## W30

-- Melissa Lewis NM

## W55

1 Sue Coate 27.36m  
2 Paula Kennedy 21.66m  
3 Sharon Moloney 16.25m

## W70

1 Barb Wilson 14.22m  
2 Kate Glass 12.05m

## W75

1 Bev Hamilton 13.21m  
2 Brenda Painter 12.81m

## MEN

## M30

1 Tim Loh 31.20m  
2 Oliver Berry 27.19m

## M50

1 John Ferguson 31.45m

## M55

1 Andrew Duncan 41.04m  
2 Paul Foley 40.44m

## M60

1 Garry Hastie 32.41m  
2 Andrew Ward 30.57m

## M65

1 Desmond Walsh 22.84m

## M70

1 Ossi Igel 26.26m

## M75

1 Phil Smyth 25.79m

## M80

1 Norman Stanger 14.86m

## M85

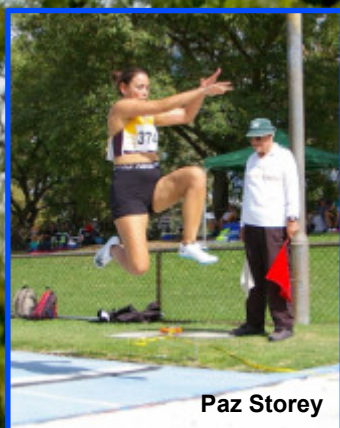
1 Bob Fergie 12.17m  
2 John Cochrane 9.29m

# 2022 State Athletics Championships

## Long jump



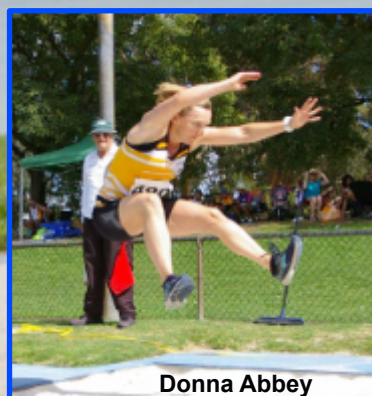
John Dennehy



Paz Storey



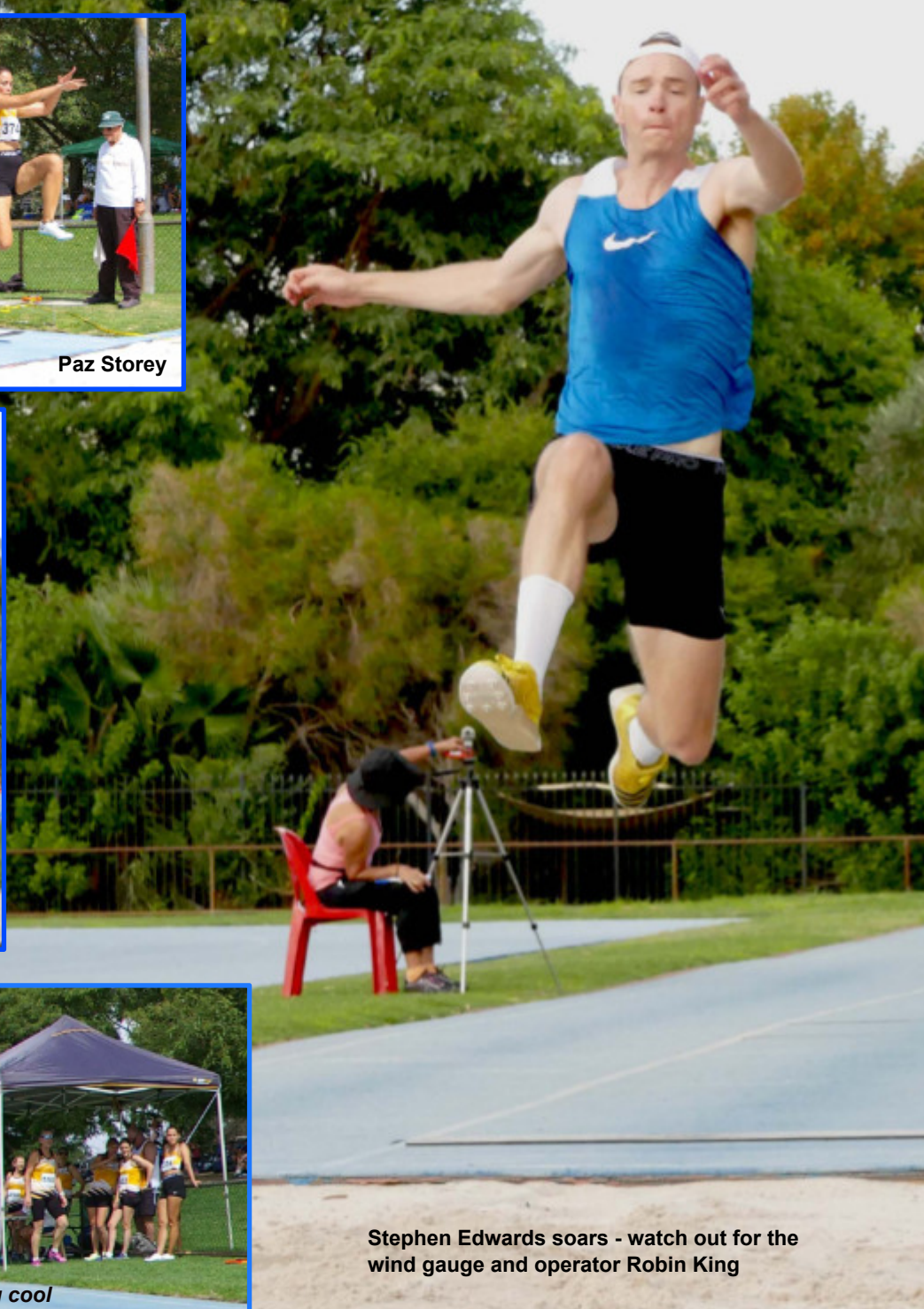
Matt Dean



Donna Abbey

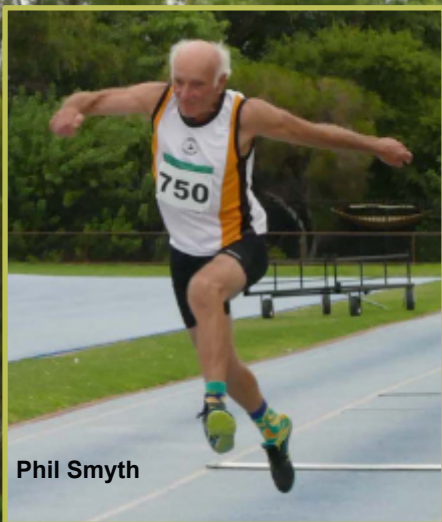


Keeping cool



Stephen Edwards soars - watch out for the wind gauge and operator Robin King

WOMEN			wind		
<b>W35</b>					
1 Paz Storey	3.55m	-1.0			
<b>W40</b>					
1 Ingrid Wilcock	4.34m	+0.0			
<b>W45</b>					
1 Donna Abbey	4.02m	+0.0			
<b>W50</b>					
Jennifer Parker	3.98m	+0.9			
<b>W55</b>					
1 Sue Coate	3.87m	+1.4			
<b>W60</b>					
Nicolette Whittington	3.55m	+0.1			
<b>W70</b>					
1 Maureen Keshwar	3.29m	+0.5			
<b>W75</b>					
1 Brenda Painter	2.27m	+1.1			
MEN			wind		
<b>W80</b>					
1 Ruth Johnson	2.58m	+1.1			
2 Lynne Schickert	2.14m	+0.0			
<b>M30</b>					
1 Matthew Dean	5.87m	-0.4			
2 Bonny Ndungu	5.12m	+0.0			
3 Oliver Berry	4.90m	+0.7			
<b>M35</b>					
1 Stephen Edwards	5.71m	+0.1			
<b>M50</b>					
1 Jonathon Lester	4.85m	+0.0			
2 Wayne Bariolo	4.08m	-0.6			
<b>M55</b>					
1 Hans Venter	3.97m	+0.0			
<b>M60</b>					
1 Dave Wilkie	3.78m	+0.0			
2 Jacques Maniacara	3.52m	+0.9			
3 John Dennehy	2.89m	-0.3			
<b>M65</b>					
1 Garry Ralston	4.48m	+1.8			
2 Desmond Walsh	3.94m	+0.4			
<b>M75</b>					
1 Phil Smyth	3.65m	+1.4			
<b>M80</b>					
1 Norman Richards	2.77m	+1.1			



Phil Smyth



Jonathon Lester



Jenn Parker



Johan Stassen



Ingrid Wilcock



Indefatigable athlete Norm Richards



Ruth Johnson finishes with a jump and a smile - perfect!

**WOMEN**

			wind
<b>W40</b>			
1	Ingrid Wilcock	9.53m	+0.2
<b>W50</b>			
1	Jennifer Parker	8.84m	+0.1
<b>W55</b>			
1	Sue Coate	7.53m	+0.0
<b>W75</b>			
1	Brenda Painter	5.47m	+0.3
<b>W80</b>			
1	Ruth Johnson	5.56m	+0.9
2	Lynne Schickert	5.07m	+1.2

**MEN**

<b>M30</b>			
1	Matthew Dean	12.15m	+0.6
2	Oliver Berry	10.55m	+0.3
<b>M35</b>			
1	Stephen Edwards	12.84m	+0.9
2	Johan Stassen	10.18m	+0.0

**M50**

1	Jonathan Lester	9.48m	+0.1
2	Jack Reid	8.75m	+0.1

**M55**

1	Hans Venter	8.30m	+0.7
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**M60**

1	Dave Wilkie	7.04m	+0.2
2	John Dennehy	6.09m	+0.6

**M75**

1	Phil Smyth	8.01m	+0.9
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**M80**

1	Norman Richards	5.45m	+0.8
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Official Glenn Bartlett keeps a close eye on shot competitor John Cochrane

# *throws*

The main weekend throws events went ahead without a few regular faces, for example, Tom Gravestock, Jo Peters and Byrony Glass but competition was nevertheless top class, and the throws contingent took the humid conditions in their stride. Byrony, out of action while she recovers from injury, came along to cheer on mum Kate Glass, and helped out with recording. The women's throws competition wasn't large- Talented thrower Michelle Krokosz was also absent due to covid isolation. Bunbury throwers Paula Kennedy and Sharon Moloney are always great competitors and great fun to have around. Bev Hamilton (W75) set a new State record in the Shot, and was the sole throws record breaker of the championship days. Well done Bev. Glenn and Kyle Bartlett put in long hours as officials as usual, resplendent in their bright blue shirts and were assisted by the willing volunteers who recorded or retrieved implements and also enjoyed a close-up view of the strength and skill required to send generally heavy things skyward. The throws competition lured a few participants who don't confine themselves to the throws arena, such as Bruce McGeorge, resplendent in his Australian flag face mask. Bruce participated in the Discus, Weight throw and Hammer, in addition to his track events.

The javelin also attracted some additional participants, most notably from the Walks community – skilled walkers Andrew Duncan and Melissa Lewis both enjoyed the opportunity to throw the spear, with Andrew showing he has serious throws chops, achieving the longest javelin throw of the entire competition at 41.04m, closely followed by seasoned thrower Paul Foley, with 40.44m. Maybe all that flexibility required to be an efficient walker also pays dividends when you throw a javelin. Tim Loh also showed he is not only a super sprinter but also a very capable javelin thrower. Sadly he was injured during his javelin outing and had to retire. Hopefully the damage isn't the suspected acl tear. 'Leaping' Phil Smyth, with a State record in the High Jump and admirable performances in the Jumps and Pole Vault, rounded out his competition with the Javelin throw. All-rounder Maureen Keshwar, still working on her javelin technique, took out the honours in the W70 Discus and Shot but left the Weight throw and Hammer to more experienced campaigners.

John Cochrane at 86 years old, just pipped 85 year old Bob Fergie for the oldest male thrower honours with the energetic Ruth Johnson at 81 the most senior lady thrower.



Kate Glass



Maureen Keshwar



Bev Hamilton



Paula Kennedy

2022 file photos Carmel Meyer

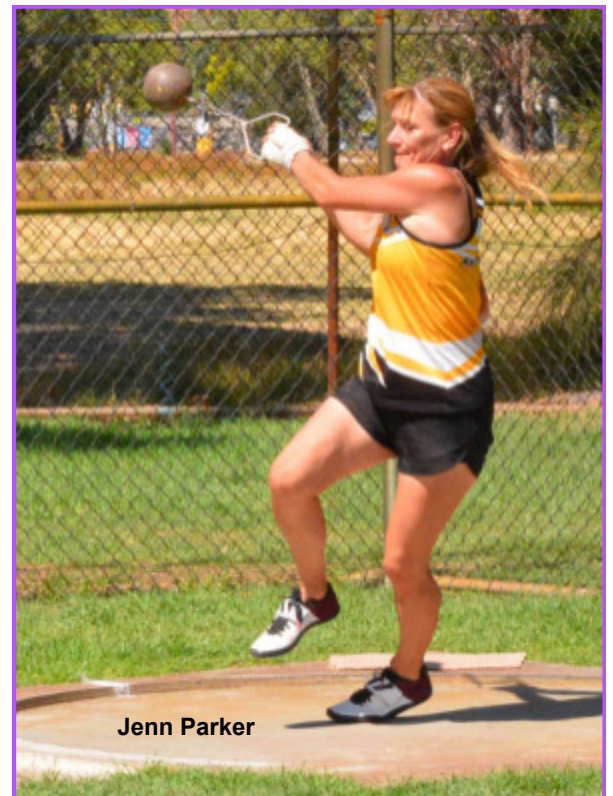
## WOMEN

### HAMMER

<b>W50</b>		
1 Jennifer Parker	33.78m	
<b>W55</b>		
1 Paula Kennedy	32.84m	
2 Sharon Moloney	24.77m	
<b>W70</b>		
1 Kate Glass	22.33m	
<b>W75</b>		
1 Bev Hamilton	27.54m	
<b>W80</b>		
1 Ruth Johnson	19.54m	

### SHOT

<b>W40</b>		
1 Jacinta Thompson	7.29m	
<b>W50</b>		
1 Jennifer Parker	9.28m	
2 Sandra Siviour	7.24m	
<b>W55</b>		
1 Sue Coate	9.33m	
2 Paula Kennedy	8.95m	
3 Sharon Moloney	7.59m	
<b>W70</b>		
1 Maureen Keshwar	8.00m	
2 Kate Glass	6.61m	
3 Barb Wilson	6.30m	
<b>W75</b>		
1 Bev Hamilton	8.07m	<b>SR</b>



2022 file photos Carmel Meyer

## WOMEN

### WEIGHT

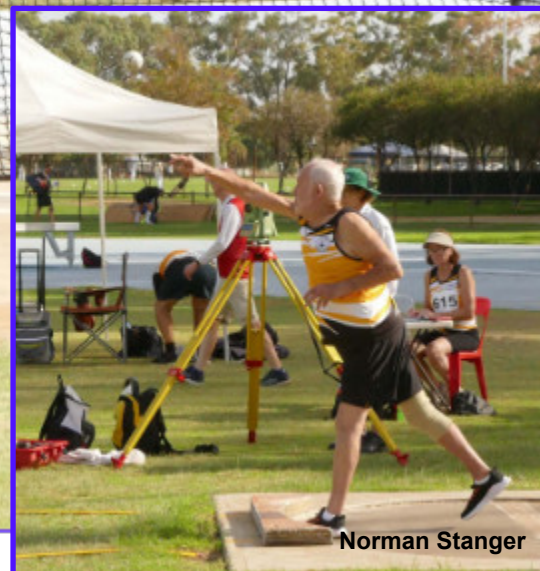
<b>W50</b>		
1 Jennifer Parker	10.51m	
<b>W55</b>		
1 Paula Kennedy	9.43m	
2 Sharon Moloney	6.91m	
<b>W70</b>		
1 Kate Glass	8.67m	
<b>W75</b>		
1 Bev Hamilton	10.31m	

### DISCUS

<b>W40</b>		
1 Jacinta Thompson	18.20m	
<b>W50</b>		
1 Jennifer Parker	28.13m	
2 Sandra Siviour	20.11m	
<b>W55</b>		
1 Sue Coate	23.48m	
2 Paula Kennedy	21.71m	
3 Sharon Moloney	19.02m	
<b>W70</b>		
1 Maureen Keshwar	21.49m	
2 Kate Glass	15.45m	
3 Barb Wilson	14.31m	
<b>W75</b>		
1 Bev Hamilton	19.35m	



Ossi Igel

Harold  
Membrey

Norman Stanger

**MEN  
HAMMER**

<b>M30</b>		
1 Oliver Berry	29.29m	
<b>M45</b>		
1 John Fettus	42.96m	
<b>M55</b>		
1 Garry Parker	23.51m	
<b>M60</b>		
1 Andrew Ward	30.70m	
<b>M65</b>		
1 Bruce McGeorge	16.58m	
<b>M70</b>		
1 Ossi Igel	35.18m	
2 Harold Membrey	24.20m	
<b>M75</b>		
1 Phil Smyth	22.18m	
<b>M80</b>		
1 Norman Stanger	14.53m	
<b>M85</b>		
1 Bob Fergie	18.82m	
2 John Cochrane	16.96m	

**SHOT**

<b>M30</b>		
1 Oliver Berry	8.77m	
2 Tim Loh	7.94m	
<b>M45</b>		
1 John Fettus	12.51m	
2 Daniel Mostert	8.19m	
<b>M50</b>		
1 Wayne Bariolo	9.96m	
<b>M55</b>		
1 Hans Venter	9.00m	
2 Garry Parker	8.46m	
<b>M60</b>		
1 Andrew Ward	9.56m	
<b>M65</b>		
1 Desmond Walsh	8.00m	
<b>M70</b>		
1 Ossi Igel	12.06m	
2 Harold Membrey	7.74m	
3 Mike Anderson	5.94m	
<b>M80</b>		
1 Norman Stanger	6.54m	
<b>M85</b>		
1 Bob Fergie	6.24m	
2 John Cochrane	6.15m	



Bob Fergie



### MEN WEIGHT


<b>M30</b>		
1	Oliver Berry	9.11m
<b>M45</b>		
1	John Fettus	13.43m
<b>M50</b>		
1	Mal Clarke	15.05m
<b>M55</b>		
1	Paul Foley	10.45m
2	Garry Parker	8.74m
<b>M60</b>		
1	Andrew Ward	12.60m
<b>M65</b>		
1	Bruce McGeorge	7.33m
<b>M70</b>		
1	Ossi Igel	15.50m
2	Harold Membrey	11.01m
3	Mike Anderson	4.91m
<b>M80</b>		
1	Norman Stanger	8.26m
<b>M85</b>		
1	Bob Fergie	9.58m

### DISCUS

<b>M30</b>		
1	Oliver Berry	26.43m
<b>M45</b>		
1	John Fettus	36.35m
<b>M50</b>		
1	Mal Clarke	41.61m
<b>M55</b>		
1	Paul Foley	35.73m
2	Garry Parker	22.14m
<b>M60</b>		
1	Andrew Ward	38.93m
2	Garry Hastie	26.27m
<b>M65</b>		
1	Bruce McGeorge	21.48m
<b>M70</b>		
1	Ossi Igel	34.49m
2	Mike Anderson	15.06m
<b>M75</b>		
1	Phil Smyth	19.45m
<b>M80</b>		
1	Norman Stanger	16.13m
<b>M85</b>		
1	John Cochrane	13.36m
2	Bob Fergie	13.23m



# Early Events



Keen spectators took up the best vantage points early in the day...no covid restrictions up there.. although social distancing was apparent

*Early Events images:  
Carmel Meyer*

## **5000m report by John Dennehy**

Clare Wardle (W45) has been in sparkling form this season and retained her state title in a dominant display of distance running finishing well clear of the pursuing field despite being well off her own state record. Vanessa Carson has been conspicuous by her absence at the track over the summer as she returns to full-time employment and raising her family, produced a fine run in the younger age group to also defend her title. Newcomer Rebecca Fogarty (W50) produced an excellent time for her state crown and in the tough W60 group winner Sue Zlnay ran strongly to head off Karen Gower with Philippa Bennett securing the bronze. Julie Wilson (W65) belied her age to score the win with Gillian Young returning from injury to best Carolyn Fawcett who had Hazel Stephen for company over the distance.

Matt Hutton (M35) added to the lustre of his title win with the fastest time of the day to lead home some quality athletes including M45 winner Drew Langford, Chris Lark (M40), Kim Thomas (M45) and Paul Rowland (M45) all running in the seventeen minute range. Older Masters members were delighted to see two Maslen's in the results with Pat and Mark both honouring their father's (Ted) memory with aggressive performances. Notably Ted Maslen has several long standing state records in the steeplechase. Highlighting their pedigree, mother Sheila is a warrior on Sunday Masters runs. David Adams (M45) dipped into sub twenty territory again followed by new dad, Jason Kell and Xinhuan Yan who showed great fortitude to finish in the increasingly hot weather. Kyle Eager finished well up in the field to take the M50 title with John Ferguson and Chris Stansbury joining him on the podium. Uwe Pufke is the 2022 M55 champion ahead of the elder Maslen, Pat, Glenn Rogers collecting bronze ahead of Steve Barrie. The largest age group, M60, was headed by Mike Haederle in a top class time of 19:24.27, with Greg Knuckey and Steve Helm winning silver and bronze medals respectively. Jacques Maniacara, Gary Prior and Paul Scott-Taylor, Blakeney Tindall and Bernard Candy finishing in that order, outside the medals but with hard fought efforts all round.

The seemingly ageless Alan Gower scorched over the 5000m distance in an impressive 20:47.70 followed by Victor Munoz, usually seen walking the distance. Also in unfamiliar territory, sprinter Michael Byrne ventured to the longer distance scoring a title and win over Mercurio Cicchini in the M70 division. Some of the legends of Masters distance running appeared in the older age groups. Jim Langford was impressive in winning the M75 title well under the 5 minute per km pace. Peter Sanders was the silver medallist while David Baird won the bronze in a typical gutsy run ahead of Bob Hull. Bert Carse was also dominant in the M80 race running sub twenty-nine minutes over club stalwart and recent May Campbell award winner for services to sport, Bob Schickert, ahead of Harry De Jong in third. David Carr, only a few months away from a change of age group was unopposed in capturing his umpteenth title, his superb run completed with a time that will smash the world record in the M90 category.

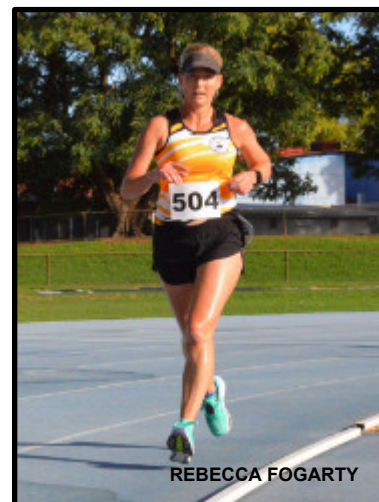
# 2022 State Athletics Championships

## 5000m

<b>W40</b>	Vanessa Carson	20:22.38
<b>W45</b>	Clare Wardle	18:50.61
<b>W50</b>	Rebecca Fogarty	22:04.99
<b>W60</b>	Sue Zlnay	22:27.21
	Karyn Gower	25:55.96
	Phillippa Bennett	36:04.87
<b>W65</b>	Julie Wilson	26:53.55
<b>W70</b>	Gillian Young	26:39.08
	Carolyn Fawcett	36:35.02
<b>W75</b>	Hazel Stephen	38:26.62



WOMEN'S 40+  
PACK STRIDES  
OUT



REBECCA FOGARTY

<b>M30</b>	Pablo Ortega	18:06.30
<b>M35</b>	Matt Hutton	17:04.36
	Peter Yates	20:14.22
<b>M40</b>	Chris Lark	17:10.57
	Zane Walsh	19:11.81
<b>M45</b>	Drew Langford	17:08.24
	Kim Thomas	17:41.26
	Paul Rowland	17:49.29
	Mark Maslen	18:58.25
	David Adams	19:59.86
	Jason Kell	23:55.70
	Xinhuan Yan	25:26.26
<b>M50</b>	Kyle Eagar	18:40.43
	John Ferguson	19:48.83
	Chris Stansbury	20:52.83
<b>M55</b>	Uwe Pufke	19:04.50
	Pat Maslen	19:27.87
	Glenn Rogers	19:34.63
	Steve Barrie	32:43.15
<b>M60</b>	Mike Haederle	19:24.27
	Greg Knuckey	20:48.13
	Steve Helm	22:23.29
	Jacques Maniacara	23:08.03
	Gary Prior	23:35.91
	Paul Scott-Taylor	24:10.09
	Blakeney Tindall	24:19.81
	Bernard Candy	25:52.69
<b>M65</b>	Alan Gower	20:47.70
	Victor Munoz	23:08.11



MICHAEL BYRNE IN HIS BUNBURY  
COLOURS - M60-79

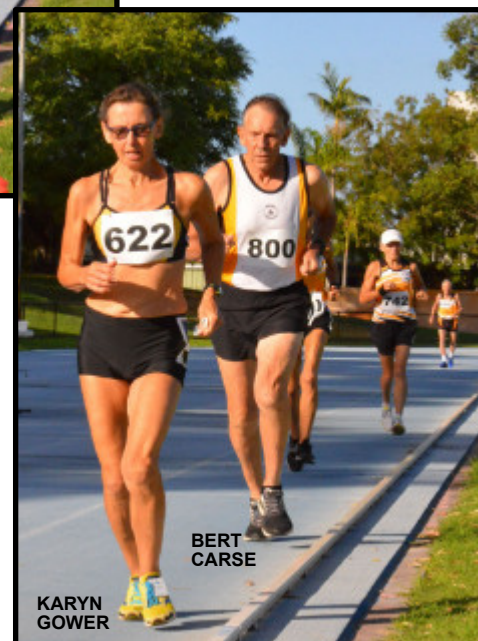


MATT  
HUTTON



KIM THOMAS

PAUL ROWLAND



KARYN  
GOWER

BERT  
CARSE



ECHELON START M30-59

## WOMEN

<b>W40</b>	Vanessa Carson	41:48.05
	Caroline Knight	42:47.78
<b>W45</b>	Clare Wardle	38:45.47
<b>W50</b>	Rochelle Airey	54:09.09
<b>W60</b>	Karyn Gower	53:19.84
<b>W70</b>	Gillian Young	56:44.40

## MEN

<b>M40</b>	Chris Lark	36:25.99
	Zane Walsh	40:47.94
	Jerry Peters	43:38.90
<b>M45</b>	Roberto Busi	34:15.26
	Kim Thomas	36:26.47
	David Adams	39:46.58
	Jason Kell	48:46.98
	Xinhuan Yan	49:01.78 -est
<b>M50</b>	Alan Stabler	40:33.08
	John Ferguson	40:35.36
	Martin O Connell	41:28.32
	Andy Abbey	53:12.83
<b>M55</b>	Uwe Pufke	38:10.38
	Glenn Rogers	39:40.83
	Pat Maslen	39:44.31
	Steve Barrie	1:09:01.80 -H
<b>M60</b>	Mike Haederle	39:02.90
	Greg Knuckey	44:27.55
	John Fisher	48:24.36
	Paul Scott-Taylor	48:27.54
	Michihito Muroi	50:03.31
<b>M65</b>	Alan Gower	41:31.87
<b>M70</b>	Keith Miller	49:34.80
	Mercurio Cicchini	49:53.76
<b>M75</b>	Peter Sanders	50:54.93
	David Baird	54:34.49
<b>M80</b>	Bert Carse	1:02:54.62
	Bob Schickert	1:14:45.33
<b>M85</b>	David Carr	1:04:35.96



WOMEN'S 40+, MEN'S 60+ EVENT

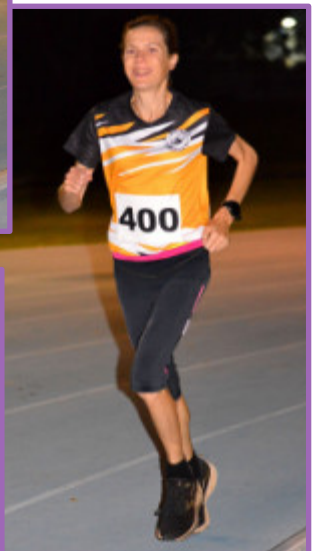


ABOVE: ROCHELLE AIREY  
CROSSES THE PURPLE MAT



LEFT: CLARE WARDLE,  
KEITH MILLER

BELOW: HER FIRST 10K  
ON THE TRACK,  
CAROLINE KNIGHT



FAR LEFT: PAT MASLEN  
HEADS A PACK



LEFT: ROBERTO BUSI,  
CHRIS LARK IS AT PEACE

BELOW: NICE SHORTS  
PAUL



ABOVE: MEN'S 35-59 HEADS INTO THE SUNSET

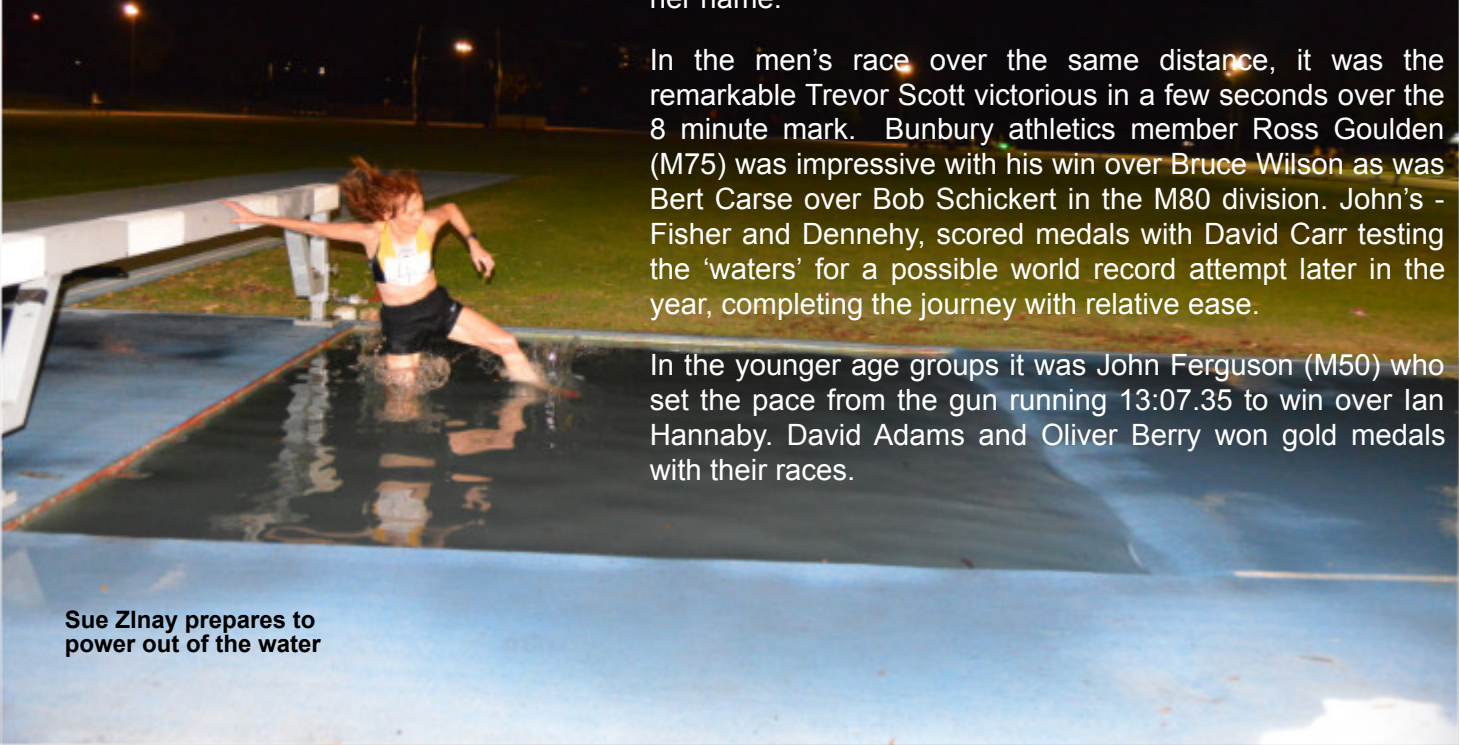


**Steeplechase & High Jump Reports by  
John Dennehy**

The five women who raced the 2000m steeplechase at ECAC before the main weekend were well supported by a knowledgeable crowd to herald their accomplishment. Sue Zlnay led the pack home with a superb performance followed by Sandra Siviour, Julie Wilson Jackie McQueen and Lynne Schickert who now has a pending Australian record next to her name.

In the men's race over the same distance, it was the remarkable Trevor Scott victorious in a few seconds over the 8 minute mark. Bunbury athletics member Ross Goulden (M75) was impressive with his win over Bruce Wilson as was Bert Carse over Bob Schickert in the M80 division. John's - Fisher and Dennehy, scored medals with David Carr testing the 'waters' for a possible world record attempt later in the year, completing the journey with relative ease.


In the younger age groups it was John Ferguson (M50) who set the pace from the gun running 13:07.35 to win over Ian Hannaby. David Adams and Oliver Berry won gold medals with their races.



**Sue Zlnay prepares to  
power out of the water**

Jenn Parker and Vicki Cobby were separated by countback after both cleared 1.30m in the W50 division, Parker taking out the title. Sue Coate (W55) added to her rapidly growing trophy cabinet with a win soaring over 1.15m. Gay Wyatt (W65), all elegance and leg, sailed over 1.06m for her title, with Brenda Painter (W75) clearing 0.89m for victory. Lynne Schickert (W80) scored an Australian Record (pending) of 0.99m to head Ruth Johnson (0.86m).

In the men's event it was M75 competitor, Phil Smyth who scored a state record of 1.30m despite being unopposed as he usually is in his specialty event, the pole vault. Dave Wyatt (M70) also cleared the same height for his win, with Dave Wilkie (M60) a further 5cm to secure his title. Multi eventer, Oliver Berry (M30) soared over 1.45m as did (M45) Daniel Mostert to win their respective divisions. Jonathan Lester (M45) had a successful attempt at 1.55m to head Patron's Trophy winner, Jack Reid who was in silver medal position with Kevin Collins grabbing the bronze. Norm Richards (M80) did not approach his State record for his win. Hans Venter (M55) was only 1cm off his State record clearing the highest jump of the day of 1.60m.



**Hans Venter**

# 2022 State Athletics Championships

## Steeplechase

David Carr and Bruce McGeorge



Trev Scott



Jacqui McQueen



### 2000m Steeplechase

#### W50

1 Sandra Siviour 10:07.99

#### W55

1 Jacqui McQueen 12:46.02

#### W60

1 Sue Zlnay 9:24.67

#### W65

1 Julie Wilson 11:28.05

#### W80

1 Lynne Schickert 17:58.30

AR Pending

#### M60

1 Trev Scott 8:03.16

2 John Fisher 10:51.23

3 John Dennehy 14:46.53

#### M65

1 Bruce McGeorge 13:17.95

#### M70

1 Greg Wilson 13:59.37

#### M75

1 Ross Goulden 10:13.23

2 Bruce Wilson 11:23.20

#### M80

1 Bert Carse 12:30.23

2 Bob Schickert 15:19.98

#### M85

1 David Carr 14:44.45

### 3000m Steeplechase

#### M30

1 Oliver Berry 17:22.03

#### M45

1 David Adams 13:51.06

#### M50

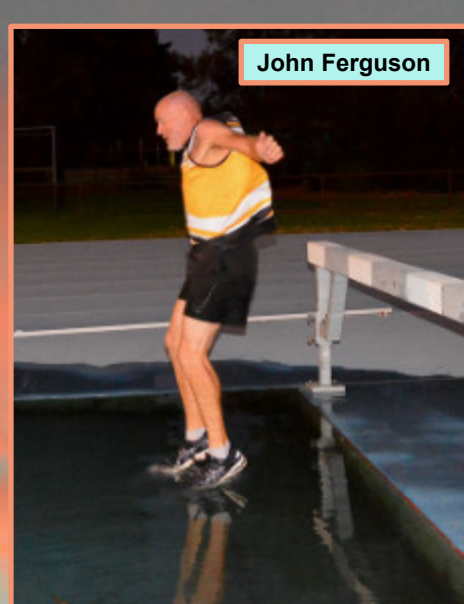
1 John Ferguson 13:07.35

2 Ian Hannaby 15:19.91

Sandra Siviour and Sue Zlnay



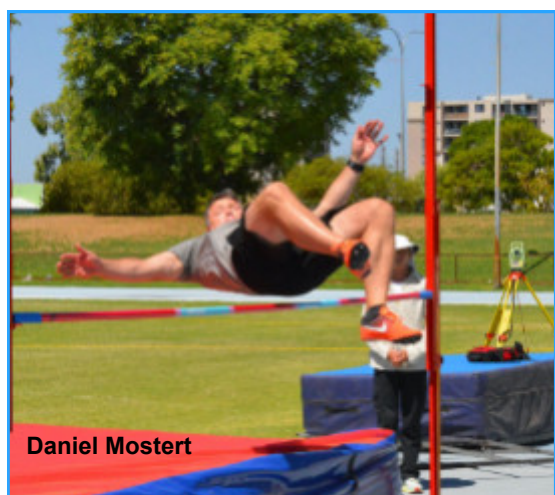
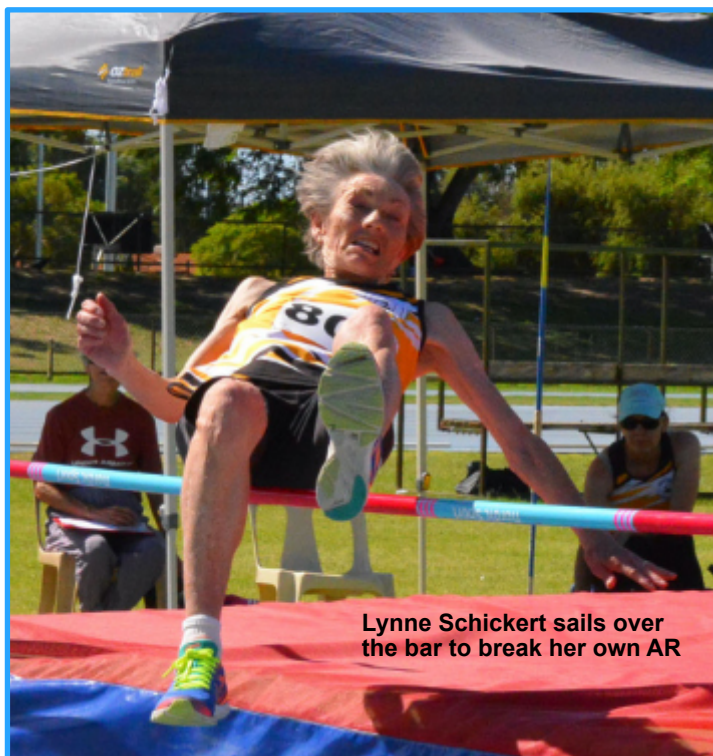
John Ferguson



*Walk on Water*

Lynne Schickert





### HIGH JUMP

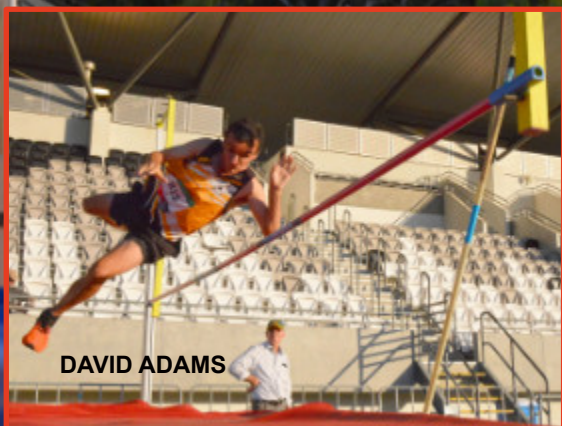
<b>W50</b>	1 Jennifer Parker	1.30m
	2 Vicki Cobby	1.30m
<b>W55</b>	1 Sue Coate	1.15m
<b>W65</b>	1 Gay Wyatt	1.06m
<b>W75</b>	1 Brenda Painter	0.89m
<b>W80</b>	1 Lynne Schickert	0.99m <b>AR</b>
	2 Ruth Johnson	0.86m
<b>M30</b>	1 Oliver Berry	1.45m
<b>M45</b>	1 Daniel Mostert	1.45m
<b>M50</b>	1 Jonathon Lester	1.55m
	2 Jack Reid	1.45m
	3 Kevin Collins	1.00m
<b>M55</b>	1 Hans Venter	1.60m
<b>M60</b>	1 Dave Wilkie	1.35m
<b>M70</b>	1 Dave Wyatt	1.30m
	2 Greg Wilson	NH
<b>M75</b>	1 Phil Smyth	1.30m <b>SR</b>
<b>M80</b>	2 Norman Richards	1.00m

# 2022 State Athletics Championships

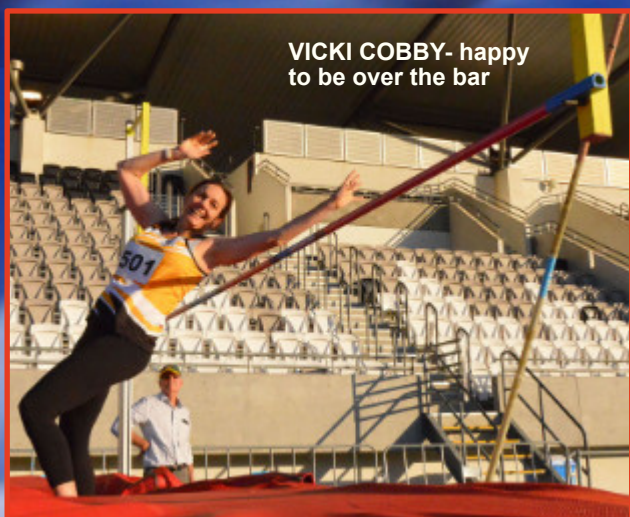
## Pole Vault

**W50** Vicki Cobby 1.80m  
**W55** Sue Coate 2.30m  
**SR**  
**M30** Oliver Berry 3.10m  
**M45** David Adams 1.70m  
**M50** Frik Jankowitz 2.70m  
**M75** Phil Smyth 2.60m

**SUE COATE** - leaps towards another SR



DAVID ADAMS



**VICKI COBBY**- happy to be over the bar



**FRIK JANKOWITZ**



**PHIL SMYTH**



**OLIVER BERRY** clears 2.70m on his way to a SB vault of 3.10m



**GEOFF BRAYSHAW**- there to support his Pole Vault squad



200m - working hard on the bend



PAUL JEFFREY prepares to send the javelin on its way

<b>M30</b>	Oliver Berry	1691
<b>M45</b>	Paul Jeffrey	3815 <b>SR</b>
<b>M50</b>	Alan Stabler	2187
	Andy Abbey	1855
	Jack Reid	1654
	Wayne Bariolo	DNF
	Mark Jeffrey	DNF



1500M  
PACK



WAYNE BARIOLO

<b>W45</b>	Annmarie ODonovan	2223
	Donna Abbey	2197
<b>W50</b>	Vicki Cobby	2889
	Jennifer Parker	2842
<b>W55</b>	Sue Coate	3691 <b>SR</b>
<b>W70</b>	Maureen Keshwar	3439 <b>AR pending</b>
<b>W75</b>	Brenda Painter	2002
<b>W80</b>	Ruth Johnson	3171
	Lynne Schickert	1908



ANNMARIE ODONOVAN



MAUREEN KESHWAR still has time to smile



So glad the 800m is over...DONNA ABBEY

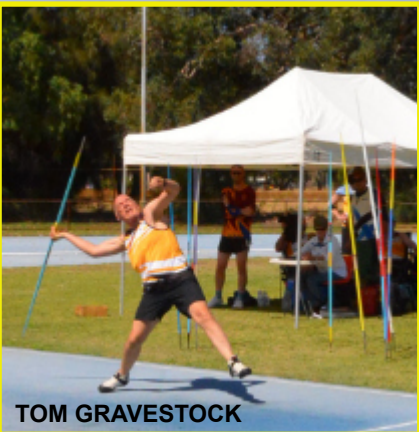
**MAL CLARKE** sends the javelin into orbit



**GARRY PARKER**



<b>M30</b>	Oliver Berry	1656
<b>M45</b>	John Fettus	3415
<b>M50</b>	Mal Clarke	3508
<b>M55</b>	Garry Parker	1716
<b>M60</b>	Andrew Ward	2837
<b>M65</b>	Tom Gravestock	3540
<b>M70</b>	Ossi Igel	3694
<b>M80</b>	Norman Stanger	1862
<b>M85</b>	Bob Fergie	2189



**TOM GRAVESTOCK**

<b>W35</b>	Michelle Krokosz	2067
<b>W40</b>	Jacinta Thompson	1314
<b>W50</b>	Jennifer Parker	2894
<b>W55</b>	Sue Coate	2913
	Paula Kennedy	2846
	Sharon Moloney	2272
<b>W70</b>	Kate Glass	2791
<b>W75</b>	Bev Hamilton	3419
	Luella Jenkins	3151
<b>W80</b>	Ruth Johnson	2774



**LUELLA JENKINS** gets good height on her shot



**PAULA KENNEDY**



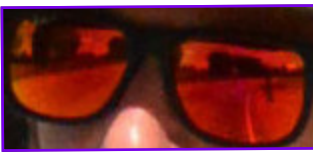
**RUTH JOHNSON**



**JACINTA THOMPSON**



VICTOR EXTOLS THE POWER OF WATER; MELISSA IS BEMUSED



EYES ON TRACK



REST AND REHYDRATE



IT'S TIME!



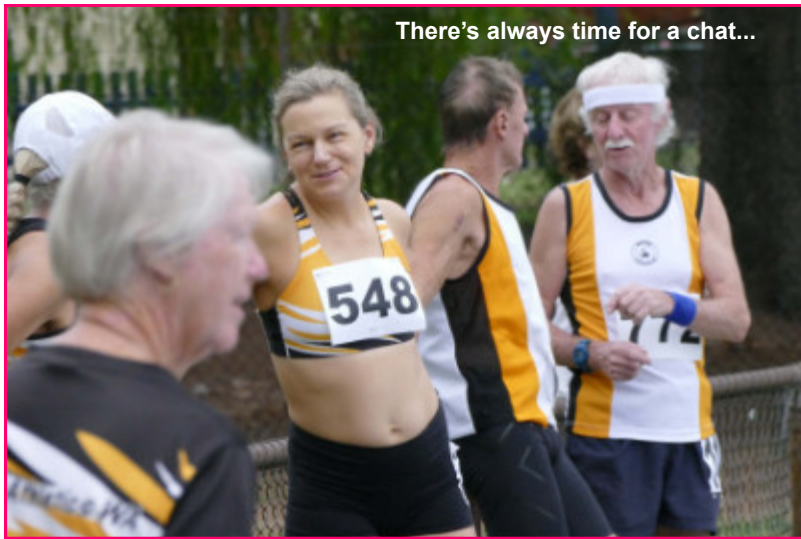
YOU MISSED A SPOT



TAGS ON for two seasoned campaigners



NOT THERE... THERE!



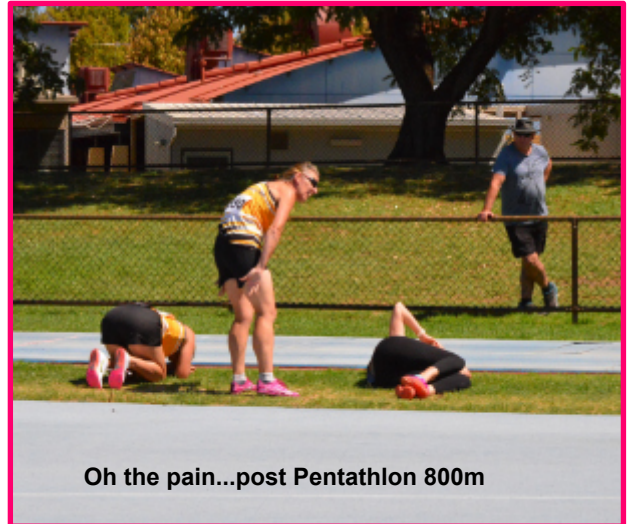
There's always time for a chat...



It's a call for you Gillian



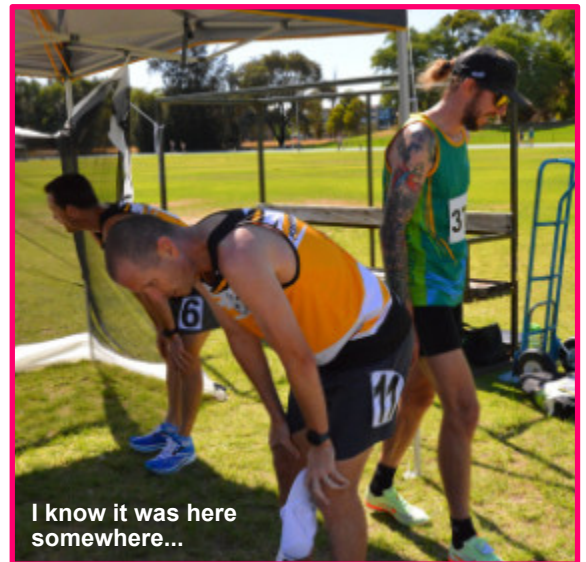
Now ladies, I want a good clean race



Oh the pain...post Pentathlon 800m



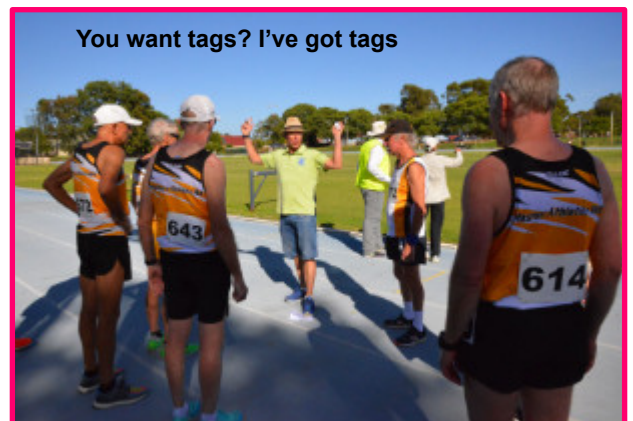
The results ladies - still smiling despite long hours at the finish line



I know it was here somewhere...



Hands up who's hungry...?



You want tags? I've got tags