

TFNL

The Track and Field Newsletter of MAWA



Season 16 Issue 7
April 2023

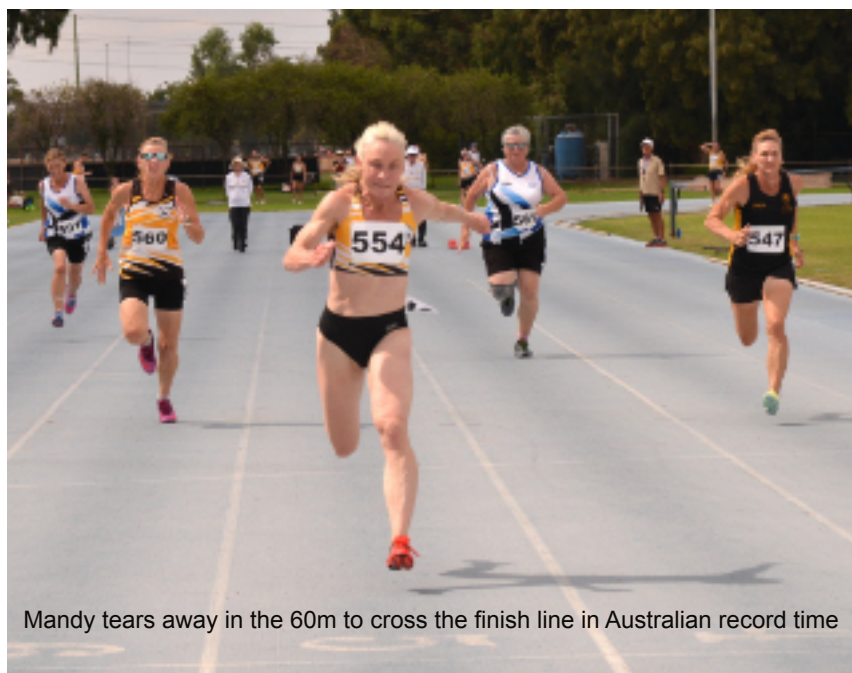
Adrian McKenzie Flies... Two Australian Records



State
Championships
Special Edition

Anne Shaw Trophy winner for Performance of the Meet

MANDY MASON



RECORDS

					wind			
W30	Nicolai Morris	24/02/2023	Pole Vault	2.40m		SR	WAAS	State Champs
M50	Frik Jankowitz	24/02/2023	Pole Vault	3.00m		SR	WAAS	State Champs
M85	Norm Richards	07/03/2023	High Jump	1.02m		SR	WAAS	Tues. comp.
M85	Norm Richards	07/03/2023	100m	18.06 sec	-1.7	SR	ECAC	Thurs. comp.
W75	Gillian Young	11/03/2023	2000m steeplechase	11:01.5		WR	SYDNEY	Sydney Nationals
W45	Sharon Davis	12/03/2023	4 x 800m	Team relay		WR	SYDNEY	Sydney Nationals
W75	Gillian Young	18/03/2023	5000m	26:00.23		SR	ECAC	State Champs
W55	Sue Coate	18/03/2023	Pentathlon	3619 points		AR	ECAC	State Champs
W80	Ruth Johnson	18/03/2023	Pent. 100m	19.39 sec		SR	ECAC	State Champs
W80	Luella Jenkin	18/03/2023	Weight - Throws Pentathlon	10.00m		SR	ECAC	State Champs
W80	Luella Jenkin	18/03/2023	Throws Pentathlon	3140		SR	ECAC	State Champs
W55	Mandy Mason	25/03/2023	60m	7.88	+0.7	AR	ECAC	State Champs
W80	Luella Jenkins	25/03/2023	60m	11.68	+1.4	SR	ECAC	State Champs
M50	Adrian McKenzie	25/03/2023	60m	7.20	+1.9	AR	ECAC	State Champs
W55	Mandy Mason	26/03/2023	100m	12.50	+0.9	SR	ECAC	State Champs
M50	Adrian McKenzie	26/03/2023	100m	11.41	+1.8	AR	ECAC	State Champs
M85	Norm Richards	26/03/2023	100m	17.92	+0.6	SR	ECAC	State Champs
W55	Mandy Mason	25/03/2023	200m	25.91	+0.0	SR	ECAC	State Champs
M85	Norm Richards	25/03/2023	200m	37.40	+0.9	SR	ECAC	State Champs
W80	Ruth Johnson	26/03/2023	1500m	8:52.38		SR	ECAC	State Champs
M85	Norm Richards	26/03/2023	Long Jump	3.01m	-1.4	SR	ECAC	State Champs
M85	Norm Richards	25/03/2023	Triple Jump	5.24m	-0.8	SR	ECAC	State Champs
W80	Luella Jenkins	25/03/2023	Discus	17.59m		SR	ECAC	State Champs
W80	Luella Jenkins	26/03/2023	Javelin	15.45m		SR	ECAC	State Champs



Taking a well-earned break, Mark Sivour and co. notice the paparazzi



My Championships

by Sue Coate

Multi-eventer and record breaker, Sue Coate, gets the spikes on for yet another event.

We started off our State Championships with the Heptathlon a couple of months ago, and what a great event. Newcomers Fiona and Tammi joined in on the fun and Dave did it all on his own in the Decathlon. Then there was the Pole Vault, where again newcomers Frederick and Nicolai took out the top prizes and State records. Next was the Pentathlons and High jump weekend. Unfortunately, I didn't have my training partner Jenn, who had COVID so wasn't able to compete; she was sorely missed. With the most competitors in the W80 age group, it was amazing to watch Lynne, Ruth and Luella battle it out. In the afternoon there was the Throws Pentathlon. It was a great fun competition and very fast, with the amazing Luella getting a State record in the weight. She makes it look so easy.

The conditions for the Steeplechase were perfect, a lovely warm Thursday night. We were all keen at the start line. Unfortunately, they put obstacles in the way that you have to jump over! This was only the fourth time that I had ever done it, but like a few of us it is not something we do every day. Poor Wayne Byram did the 3km on his own and we found out later he was doing it with a broken rib. A few of us were running up to him after he finished, thinking he was having a heart attack; breed them tough those masters.

The main event weekend was two days of laughs with a bunch of great people from all over the state that are fun and supportive of each other. It was great to see Margaret Saunders and Barbara Blurton back from injury, in the 800m. Oh my goodness, did they show us what champions they are with a 3.09 from Margaret and 3.13 from Barbara – look out next season! The 200m came along and Mandy certainly showed us that she has been working hard with a State record of 25.91. Norm also did a State record, beating a lot of the younger guys. Discus showed Jenn's dominance and her amazing husband Garry catching one of them after the first bounce! The 60m was amazing, with myself and Paula Kennedy up against Mandy. Mandy finished the race as we were getting out of the starting blocks! Mandy and Alex achieving Australian records was a highlight – you couldn't get the smiles off their faces. It was so great to see. The next day started with Javelin (one of my favourites), which I was happy with, throwing over 29m. Kat Thompson did a good throw but, coming from Broome, probably would have liked it a bit warmer.

In the younger age 400m races there were very close results with a good tussle between Sharon and Louise (although they are different age groups). It is great to have the younger ones push the older ones. Well last event was the 100m. What could Mandy, Alex and Norm do? Well, they didn't disappoint. With Alex doing another Australian record and Mandy and Norm doing a State record (Mandy was just off a World record). They probably still have the smiles on their faces.

Thank you so much to Barbara and Richard. Also to the volunteers for a great event, plus the photographers trying to make us look good. Without you guys we couldn't do this and have so much fun. And a thank you to my husband for the sacrifices he has made with all my training that I needed to do to finally get that Australian record. And a special thanks to my coaches and training girls that have pushed me all the way.



Ash Moore, Matthew Walker, Dominic Lagat, Bonny Ndungu (obscured) and Matthew Konsolis strive for top speed in the 200m

Image: Graeme Dahl

By John Dennehy

With only a zephyr recorded over the weekend, sprinters were presented with an opportunity to set records and personal or season bests. Reaping the rewards of a full winter build up and a measured competitive schedule, W55 Mandy Mason scorched over the 60m in 7.88 seconds to shatter the previous Australian record of 7.95. Mandy added the 100m (12.50) and 200m (25.91) titles to her impressive resume, both in SR times and was deservedly awarded the Anne Shaw trophy for Performance of the Meet. W80 Luella Jenkins scorched to an 11.68 second state record in the 60m, courtesy of a surprisingly long stride and enviable cadence and despite a huge undertaking of events. Carmel Meyer made a winning return to sprinting, with W30 Nicolai Morris (Physical Performance Manager of the Hockeyroos), Paz Storey, Crystal Dowell, Joe-Anne Buchan, Lynne Choate and Ruth Johnson also claiming titles.

M50 Adrian McKenzie scored an Australian record of 7.20 seconds inking his name into the record books. He added the 100m crown with another national record of 11.41 seconds with an equally smooth striding effort. M85 Norm Richards secured his 200m crown with a SR of 37.40 seconds returning from an early season hospital stay from a severe trip while sprinting. M55 Gin Ang crumpled over the line to win his 60m and also a trip to the hospital; demonstrating the value he places on state titles.

W50 Jenn Parker completed a busy schedule with good sprint times, edging out Tammi Doyle for titles. M35 Matthew Konsolis won the 200m/400m in fine style, his 51.29 one lap effort most impressive as he dragged Dominic Lagat to a seasons best of 53.63. M50 Lee Stergiou completed the same double despite a calf injury that curtailed his season severely. Campbell Till's 200m victory was his only event but he managed to steal the limelight with his stylish sprinting, only rivalled by Neil Morfitt in the 400m. Restricted by injury this season, Carol Bowman claimed another 400m crown with her familiar long stride.

W40 Louise Soia displayed power and grace with her 400m win to score the fastest women's time of the day as she was chased home by W45 Sharon Davis. M75 Ross Goulden and M80 David Baird were tactically sound but it was M75 Ted Miller and M85 Morland Smith who entered the final straight together and battled home, who roused the crowd to frantic applause, finishing .03 apart.

60m - WOMEN

W35

wind
+0.0

1 Paz Storey	8.56
2 Rosemary Brewer	9.02
3 Claire Sardelich	9.96

W40

1 Danielle Dean	9.85
2 Crystal Dowell	10.02

W45

+0.7

1 Joe-Anne Buchan	8.78
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W50

1 Jennifer Parker	9.19
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W55

1 Mandy Mason	7.88	AR
2 Sue Coate	9.26	
3 Paula Kennedy	10.97	
4 Debra Cox	13.21	

W60

+1.4

1 Sharon Moloney	10.54
2 Therese Carr	12.71

W70

1 Lynne Choate	10.69
2 Barbara Wilson	11.44

W75

1 Brenda Painter	13.44
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W80

1 Luella Jenkin	11.68	SR
2 Ruth Johnson	12.00	

60m - MEN

M30

+1.1

1 Bonny Ndungu	7.77
2 Matthew Dean	8.06
3 Paul Wilmot	8.53

M35

1 Sam Brewer	7.48
2 Matthew Walker	7.75

M45

1 Baedon Toi	8.24
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M50

+1.9

1 Adrian McKenzie	7.20	AR
2 Lee Stergiou	7.60	

M55

1 Gin Ang	8.29
2 Kim Taylor	8.33
3 Uwe Pufke	9.19

M60

1 Dave Wilkie	9.22
2 Garry Hastie	9.23
3 John Dennehy	11.08

M70

1 Michael Byrne	9.21
2 Harold Membrey	10.23

M75

+1.6

1 Stephen Crabbe	10.56
2 Ross Goulden	11.00
3 Ivan Brown	11.43
4 Phillip Fitzhardinge	13.13
5 Ted Miller	13.46

M80

1 Lyle James	15.21
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M85

1 Norm Richards	10.80
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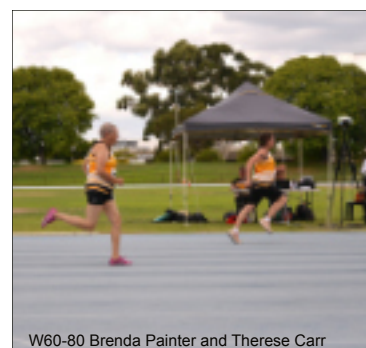
W35-40 - Crystal Dowell, Danielle Dean, Paz Storey, Rosemary Brewer, Claire Sardelich



M30-45 Baedon Toi (observed), Matthew Walker, Paul Wilmot, Matthew Dean, Sam Brewer, Bonny Ndungu



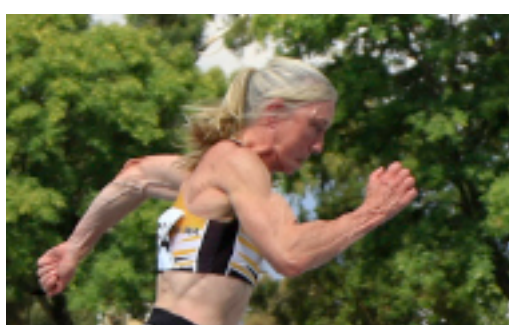
W60-80 Ruth Johnson, Luella Jenkins and Barbara Wilson



W60-80 Brenda Painter and Therese Carr



M75-85 Norm Richards, Lyle James, Ross Goulden, Phillip Fitzhardinge, Ted Miller, Ivan Brown (Stephen Crabbe observed)



W55 - Mandy Mason demonstrating the AR physique



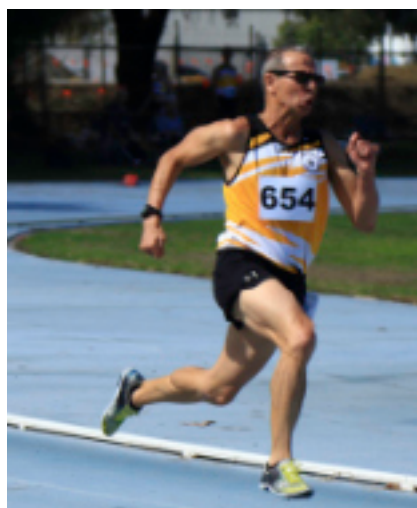
M60 - Bunbury's Garry Hastie battles Dave Wilkie

100m - WOMEN			wind +0.9	W75			M55		
W30	1 Nicolai Morris	14.78		W80	1 Brenda Painter	23.00		1 Kim Taylor	13.92
W35	1 Paz Storey	13.78			1 Ruth Johnson	19.78		M60	+0.7
W40					2 Luella Jenkin	20.74		1 Dave Wilkie	14.85
W45	1 Crystal Dowell	16.23		100m- MEN				2 John Dennehy	17.52
W50	1 Joe-Anne Buchan	13.95		M30		+1.9	M70		
					1 Bonny Ndungu	12.11		1 Michael Byrne	14.95
W55	1 Jennifer Parker	14.65		M35	2 Paul Wilmot	13.99		2 Harold Membrey	16.66
	2 Tammi Doyle	14.81						3 Mercurio Cicchini	17.67
W60	1 Mandy Mason	12.50	SR	M40	1 Matthew Konsolis	11.70		M75	+0.6
	2 Sue Coate	14.54			2 Sam Brewer	11.80		1 Ted Miller	17.48
					3 Matthew Walker	12.24		2 Phil Smyth	18.32
W65	1 Carmel Meyer	16.28	+1.0	M45		+1.8		3 Ivan Brown	19.38
	2 Sharon Moloney	17.39			1 Ashley Moore	12.06		4 Phillip Fitzhardinge	23.40
	3 Therese Carr	21.72		M50	1 Baedon Toi	13.07		M80	
W70					2 Roberto Busi	13.22		1 Lyle James	26.39
	1 Lynne Choate	18.13						M85	
					1 Adrian McKenzie	11.41 AR		1 Norm Richards	17.92 SR
					2 Lee Stergiou	12.45			

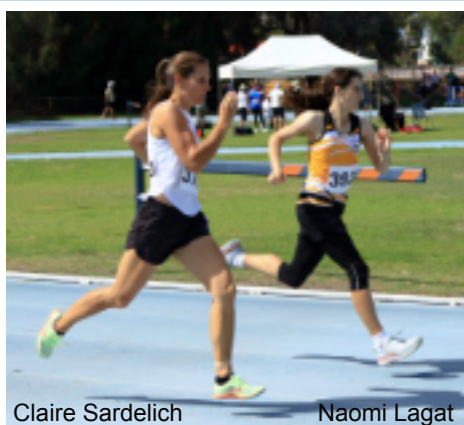


Inside lane, M50 Adrian McKenzie sets off... on an Australian record performance

200m - WOMEN			wind	200m - MEN			wind
			+0.4				+1.5
W30	1 Nicolai Morris	31.23		M30	1 Bonny Ndungu	24.37	
W35	1 Paz Storey	28.32			2 Paul Wilmot	28.64	
	2 Naomi Lagat	32.92		M35	1 Matthew Konsolis	23.46	
	3 Claire Sardelich	33.66			2 Dominic Lagat	24.38	
W40	1 Crystal Dowell	34.36			3 Matthew Walker	26.20	
W45	1 Sharon Davis	28.26	+0.0	M40	1 Ashley Moore	24.25	
	2 Joe-Anne Buchan	29.52					
W50	1 Jennifer Parker	30.09		M45	1 Baedon Toi	27.23	+0.5
	2 Tammi Doyle	30.99					
W55	1 Mandy Mason	25.91	SR	M50	1 Lee Stergiou	25.73	
	2 Sue Coate	30.05			2 Anthony McEwan	29.95	
W60	1 Carmel Meyer	34.15	+0.4	M55	1 Wayne Bariolo	28.58	+0.4
	2 Sharon Moloney	37.06					
W70	1 Lynne Choate	41.39		M60	1 Dave Wilkie	31.43	
W80	1 Ruth Johnson	42.37			2 Mark Dawson	31.94	
				M65	1 Campbell Till	27.33	+0.7
				M70	1 Michael Byrne	29.63	
					2 Keith Redpath	29.66	
					3 Harold Membrey	35.30	
				M75	1 Ross Goulden	36.74	+0.9
					2 Stephen Crabbe	37.27	
					3 Ivan Brown	40.55	
					4 Ted Miller	57.28	
				M80	1 Lyle James	57.43	
				M85	1 Norm Richards	37.40	SR

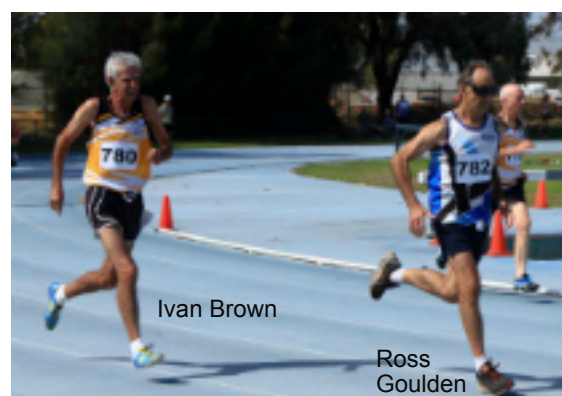


M65 Campbell Till



Claire Sardelich

Naomi Lagat



Ivan Brown

Ross Goulden


W45 - 55 race
their shadows
around the
bend

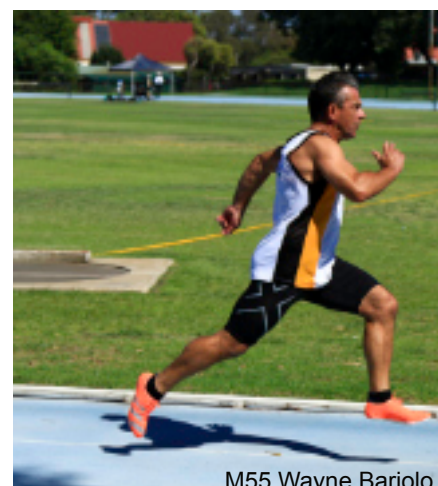

W30 Nicolai Morris



M70 Keith Redpath, Michael Byrne

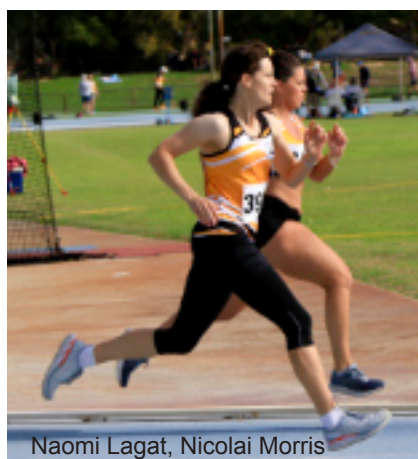
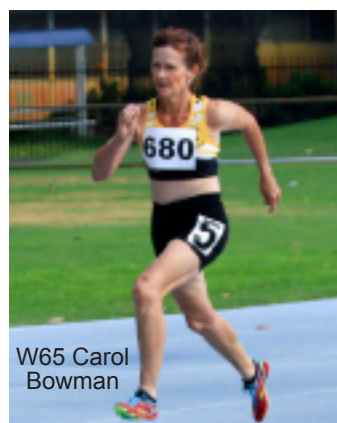
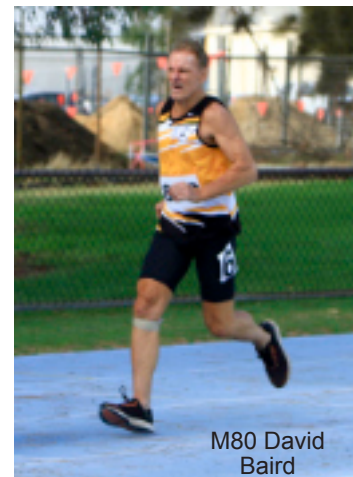
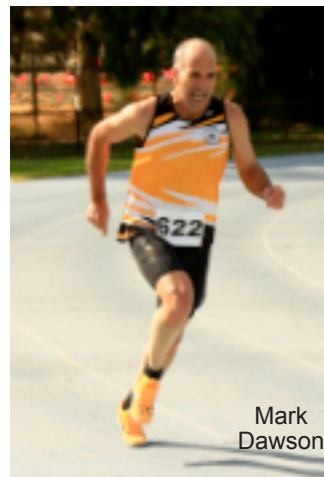
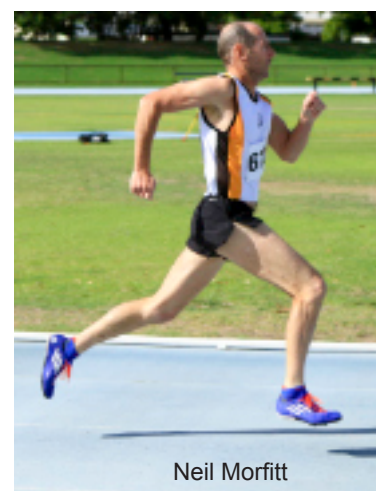


W60 Sharon Moloney, Carmel Meyer



M55 Wayne Bariolo

400m - WOMEN			400m - MEN					
W30	1 Nicolai Morris	1:13.18	M30	1 Callum Dowell	54.45	M70	1 Michael Byrne	1:08.16
W35	1 Paz Storey	1:07.50	M35	1 Matthew Konsolis	51.29	M75	2 Harold Membrey	1:36.25
	2 Naomi Lagat	1:16.59		2 Dominic Lagat	53.63		1 Ross Goulden	1:22.47
W40	1 Louise Soia	1:03.00	M50	1 Lee Stergiou	58.02		2 Geoff Vine	1:35.72
W45	1 Sharon Davis	1:03.57		2 Andrew Collins	58.52		3 Ivan Brown	1:42.13
W50	1 Sandra Siviour	1:17.16		3 Jannie Baard	1:01.60	M80	4 Ted Miller	2:01.70
W55	1 Sue Coate	1:11.59	M55	4 Anthony McEwan	1:06.91		1 David Baird	1:22.44
W65	1 Carol Bowman	1:29.15	M60	1 Uwe Pufke	59.09	M85	2 Lyle James	2:40.85
W70	1 Barbara Blurton	1:20.30	M65	1 Mark Dawson	1:12.56		1 Morland Smith	2:01.67
				2 Dave Wilkie	1:21.62			
				1 Neil Morfitt	1:06.65			



middle distance



Ross
Goulden



Legend Jim Langford heads a pack in the 1500m

By John Dennehy

Sadly the middle distance events were short of competitors, however there was no shortage of classy performances. W45 Sharon Davis, the reigning world champion, as expected took both the 800m and 1500m events in good times, especially given her lack of training over the last month. Barbara Blurton returned after a year out with injury, looking as good as ever, won well, also off limited training. W55 Sue Coate, who has added yet another event to her extensive repertoire, is now running the 800m in sub - 3 minutes consistently and if she can get her pacing correct, would prove a competitor of note. W35 Naomi Lagat, restricted by a calf tear, still managed a fine run, with Margaret Saunders and Gillian Young claiming titles in fine fashion.

M30 Callum Dowell 'took no prisoners' in his aggressive approach as he dragged M35 Dominic Lagat through the first 600m before striding away for the win, just outside the 2 minute barrier. Callum backed up to win the metric mile the next day in 4:13.53. W50 Sandra Siviour won the double with excellent times and measured racing to add to her steeplechase crown. M55 Uwe Pufke and Xander van Rijen entertained the crowd with their battle over the 800m, barely a metre apart for the whole distance, while M70 Michael Byrne and M75 Ross Goulden were dominant in their respective divisions. The elegant, long striding Neil Morfitt, employed perfect tactics to separate himself from the field early, then held superb form under pressure as the field closed, but he had already 'done the damage' to earn praise from the crowd with his victory.

M45 Chris Gould tracked Callum Dowell in the 1500m as long as he could; to record a strong 4:15.40 win. Gould was trailed by 'silver fox' Mark Maslen who ran sub 4:30, a mark he approached several times at Strive. A seasoned competitor, Mark ran a very controlled race. M50 Andrew Collins completed his double with a victory over decathlete Andrew Brooker. M60 Mark Dawson also completed a strong double. M65 Rob Catrall showed superb tactical skills to generate his win, with M70 Giovanni Puglisi, M75 Ross Goulden, David Baird and M85 Morland Smith adding to their gold medal tallies.

800m - WOMEN

W35
1 Naomi Lagat 2:55.96

W45
1 Sharon Davis 2:24.00
2 Annmarie O'Donovan 3:12.54

W50
1 Sandra Siviour 2:50.29
2 Tammi Doyle 2:57.12

W55
1 Sue Coate 2:55.67

W65
1 Margaret Saunders 3:09.60
2 Julie Wilson 3:37.89

W70
1 Barbara Blurton 3:13.87

W75
1 Gillian Young 3:35.76

800m - MEN

M30
1 Callum Dowell 2:00.15

M35
1 Dominic Lagat 2:06.55

M50
1 Andrew Collins 2:13.82
2 Andrew Brooker 2:18.15
3 Anthony McEwan 2:20.03
4 Jannie Baard 2:27.77
5 Andrew Kets 2:33.16

M55
1 Uwe Pufke 2:18.16
2 Xander van Rijen 2:19.32

M60
1 Mark Dawson 2:43.96
2 Frankie Vargacz 2:54.62
3 John Fisher 3:13.85
4 Colin Smith 3:43.11
5 Steve Barrie 4:11.65

M65
1 Neil Morfitt 2:38.15
2 Martin Kennedy 2:41.34

M70
1 Michael Byrne 2:40.71
2 Giovanni Puglisi 2:59.87

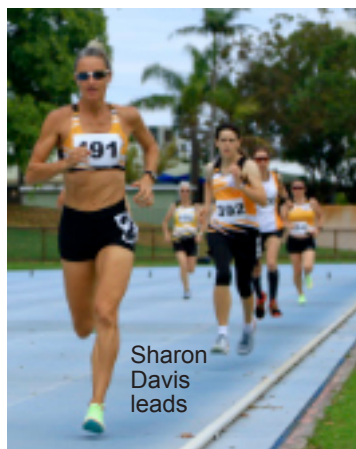
M75
1 Ross Goulden 3:07.51
2 Geoff Vine 3:33.52
3 Jim Langford 3:37.46
4 Bruce Wilson 3:37.51
5 Ivan Brown 3:53.82

M80
1 David Baird 3:21.72

M85
1 Morland Smith 4:41.98



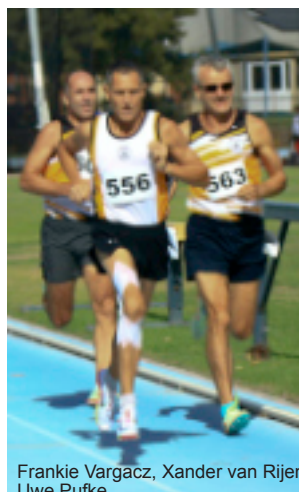
W65 champion middle distance runner and TFNL coaching columnist Marg Saunders returns to the track



Sharon Davis leads



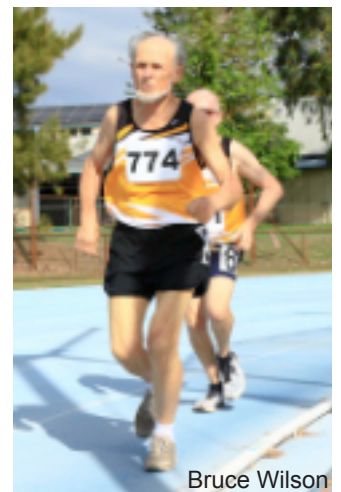
Neil Morfitt followed by Michael Byrne, Martin Kennedy



Frankie Vargacz, Xander van Rijen, Uwe Pufke



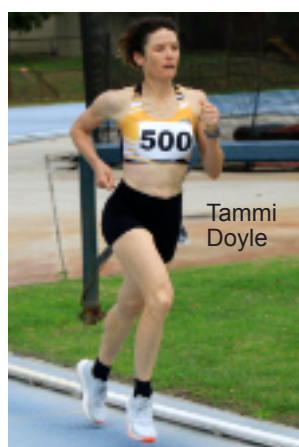
Gillian Young, Barbara Blurton, Julie Wilson



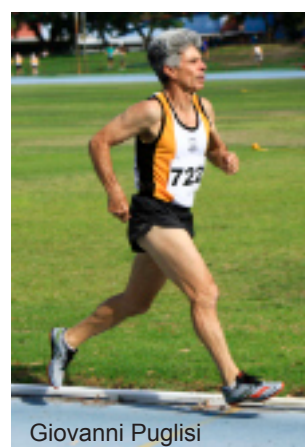
Bruce Wilson



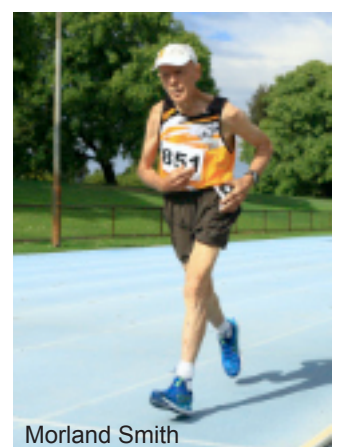
Margaret Saunders, Annmarie O'Donovan



Tammi Doyle



Giovanni Puglisi

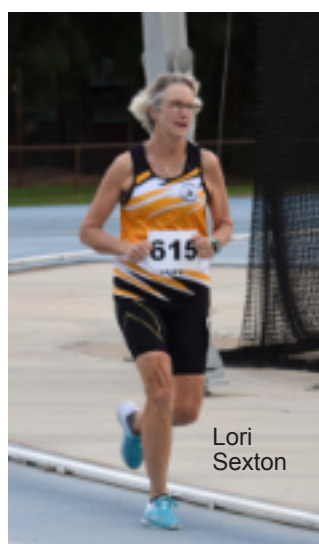


Morland Smith

W45	1 Sharon Davis	5:08.85
W50	1 Sandra Siviour	5:51.49
	2 Janne Wells	8:06.43
W60	1 Lori Sexton	7:47.62
W65	1 Julie Wilson	7:34.59
W75	1 Gillian Young	7:13.95
W80	1 Ruth Johnson	8:52.38
		SR
M30	1 Callum Dowell	4:13.53
M40	1 Zane Walsh	5:09.41
M45	1 Chris Gould	4:15.40
	2 Mark Maslen	4:29.36
	3 Drew Langford	4:40.13
M50	1 Andrew Collins	4:32.31
	2 Andrew Brooker	4:54.72
	3 Anthony McEwan	4:55.08
	Andrew Kets	DNF
M55	1 Xander van Rijen	4:54.53
	2 Pat Maslen	5:08.27
M60	1 Mark Dawson	5:57.68
	2 John Fisher	6:24.16
	3 Colin Smith	7:14.93
	4 Steve Barrie	9:08.20
M65	1 Robert Catrall	5:34.92
	2 Richard Harris	5:41.42
	3 Martin Kennedy	5:44.87
	4 Brian Hewitt	7:12.20
M70	1 Giovanni Puglisi	5:55.64
	2 Mercurio Cicchini	7:01.40
M75	1 Ross Goulden	6:35.57
	2 Bob Hull	6:41.03
	3 Geoff Vine	7:10.78
	4 Jim Langford	7:14.79
	5 Bruce Wilson	7:28.22
M80	1 David Baird	6:53.81
M85	1 Morland Smith	9:29.45



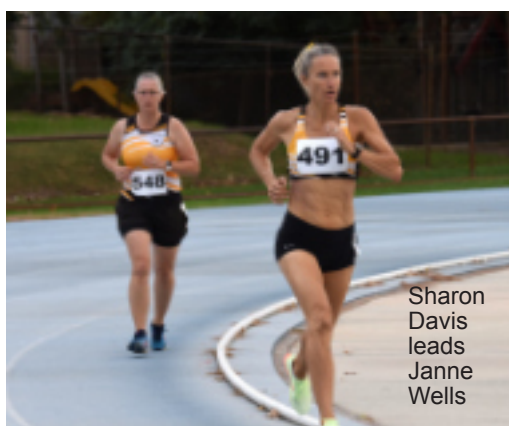
Bob Hull,
Ross
Goulden



Lori
Sexton



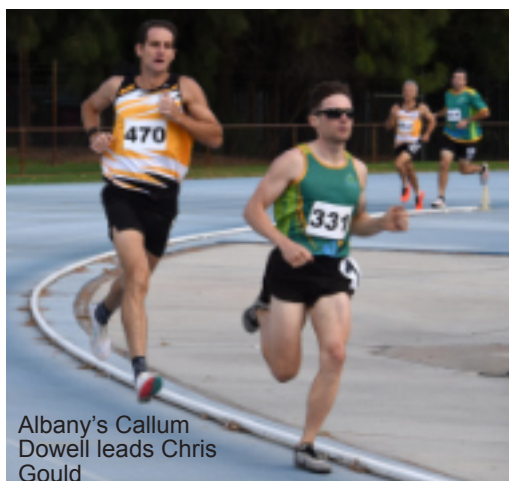
Mercurio
Cicchini



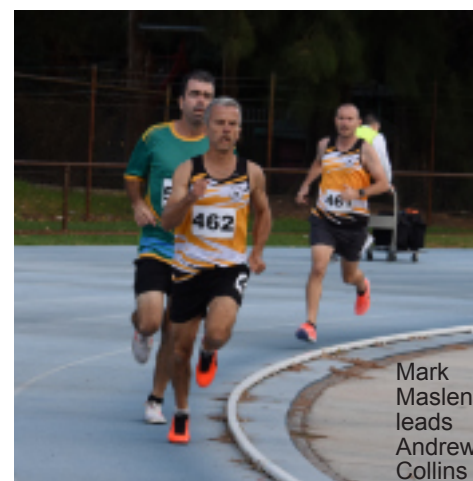
Sharon
Davis
leads
Janne
Wells



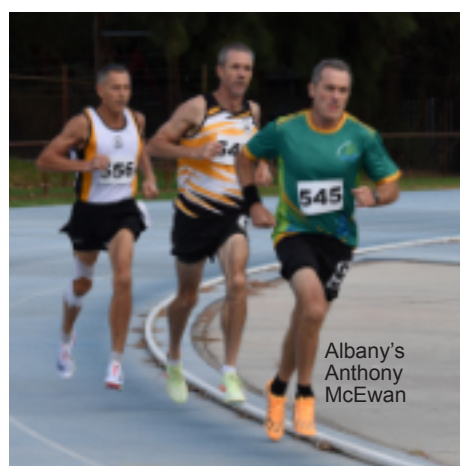
Pat Maslen



Albany's Callum
Dowell leads Chris
Gould



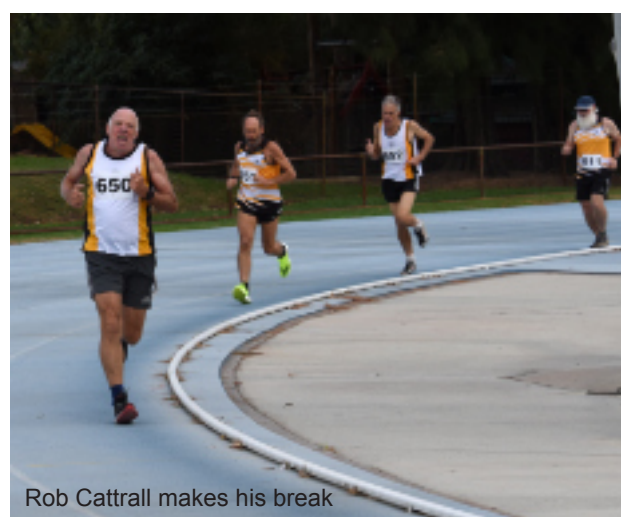
Mark
Maslen
leads
Andrew
Collins



Albany's
Anthony
McEwan



Sandra Siviour



Rob Catrall makes his break

walks



Image: Graeme Dahl

By John Dennehy

Is John Dennehy (far right) composing his write-up as he walks?

In the 1500m walk, W55 Karyn Tolardo won her age group in 8:29.55 in easily the fastest overall time of the day. W45 Fiona van Heerwarden won her age group in 8:53.86 – the overall second fastest time of the day. Behind Karyn, Wendy Farrow walked very well to record 9:45.70, with Paula Kennedy scoring the bronze medal. W50 Janne Wells made a welcome return to race-walking covering the metric mile in 10:16.91. Marcela Ruiz won the W60 in 10:49.40 over Delia Baldock. W80 Ruth Johnson won her title in 11:44.82 over Glenys Duncan.

M60 Garry Hastie was the fastest male of the day walking 9:02.82 ahead of John Dennehy and newcomer Jimmy Edwards. M45 Daniel Lowe showed his improved fitness winning in 9:56.14, M65 while Victor Munoz was always at the pointy end of the race to secure his title. John McDonagh won the battle of the M70s over Harold Membery, with M75 Johan Hagedoorn a few seconds in front of Hayden Gawne followed by Bruce Wilson in an intriguing competition.

Over the 3000m distance Fiona van Heerwarden again followed Karyn Tolardo home. Karyn has hit a rich vein of form after a build up for Sydney nationals, completing the distance in an exceptional time of 17:18.42, again the fastest overall time of the day. W55 Wendy Farrow never troubled the judges recording a quality performance of 20:03.18. Marcella Ruiz led home Delia Baldock in the W60 division with the stylish W80 Glenys Duncan finishing strongly for her win.

Daniel Lowe took out his age group title in a strong performance but it was M65 walker, Victor Munoz in 18:52.88 who led the men home. M70 John McDonagh walked to victory in 22:12.64, just ahead of the winner of the M75 division Johan Hagedoorn, closely followed by Hayden Gawne.

Over the gruelling 5000m distance Karyn Tolardo strode her way to gold, fastest overall time of the day (again) in 29:25.35 establishing a reputation as a fierce competitor capable of clutch performances. Quiet achiever Wendy Farrow also produced a classy effort for a silver medal. Marcela Ruiz clocked 39:21.15 to win the W60 event, with Glenys Duncan also a gold medal winner.

Daniel Lowe completed his triple crown with a tough performance, with Victor Munoz striding out smoothly in 32:43.70 looking comfortable despite the heat. Both competitors had recent experience at the Sydney nationals.

**5000m RACE WALK
WOMEN****W55**

- | | | |
|---|---------------|----------|
| 1 | Karyn Tolardo | 29:25.35 |
| 2 | Wendy Farrow | 33:56.88 |

W60

- | | | |
|---|--------------|----------|
| 1 | Marcela Ruiz | 39:21.15 |
|---|--------------|----------|

W80

- | | | |
|---|---------------|----------|
| 1 | Glenys Duncan | 48:43.53 |
|---|---------------|----------|

MEN**M45**

- | | | |
|---|-------------|----------|
| 1 | Daniel Lowe | 35:23.79 |
|---|-------------|----------|

M65

- | | | |
|---|--------------|----------|
| 1 | Victor Munoz | 32:43.70 |
|---|--------------|----------|

M70

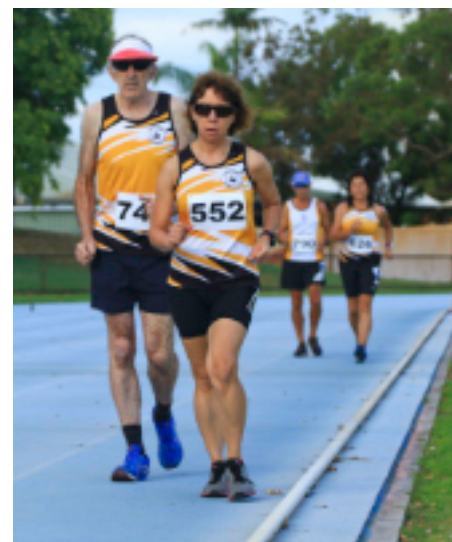
John McDonough	DQ
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M75

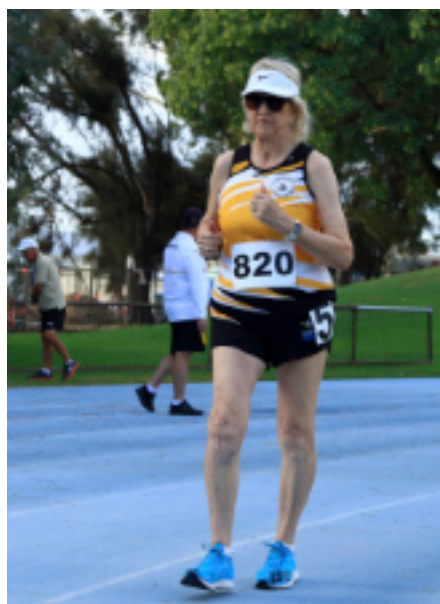
Johan Hagedoorn	DQ
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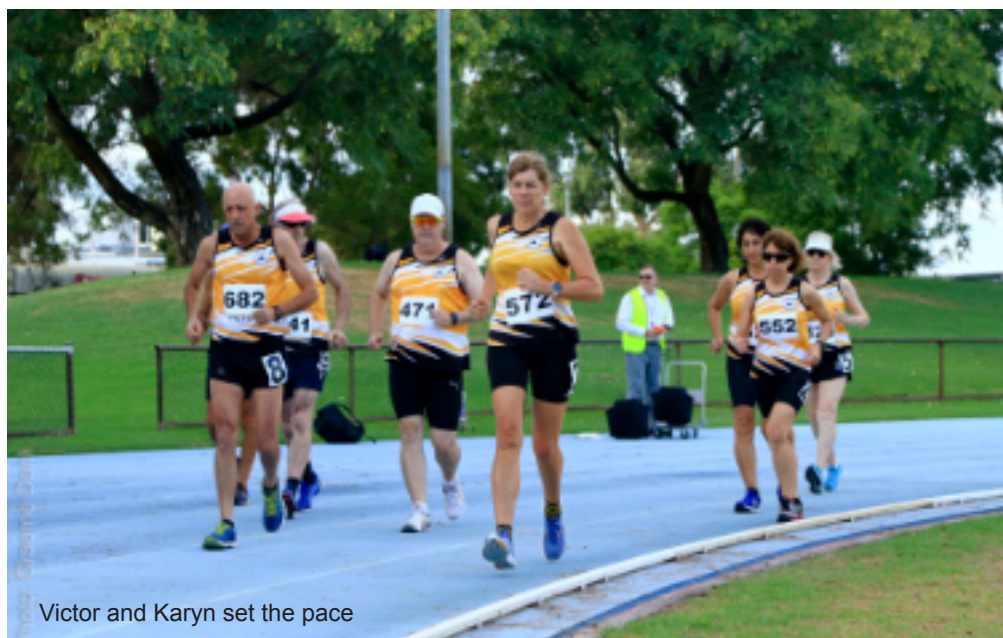
Victor Munoz



Wendy Farrow leads John McDonough



Glenys Duncan



Victor and Karyn set the pace



Daniel Lowe



Johnan Hagedoorn, Marcela Ruiz

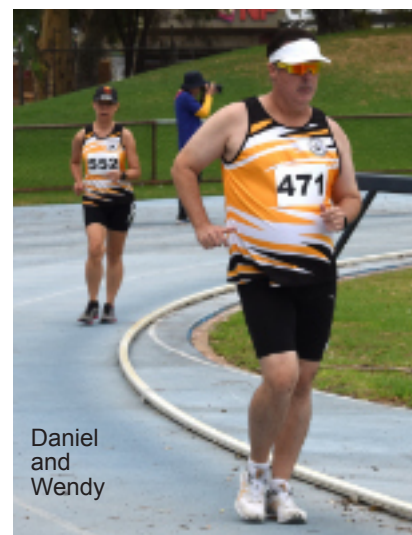
Images: Graeme Dahl

3000m RACE WALK WOMEN

W45	1 Fiona van Heerwaarden	18:46.35
W55	1 Karyn Tolardo	17:18.42
	2 Wendy Farrow	20:03.18
	3 Paula Kennedy	25:09.09
W60	1 Marcela Ruiz	22:12.99
	2 Delia Baldock	22:12.99

W80	1 Glenys Duncan	28:14.61
MEN		
M45	1 Daniel Lowe	20:57.81
M65	1 Victor Munoz	18:52.88
M70	1 John McDonough	22:12.64

M75	1 Johan Hagedoorn	22:21.66
	2 Haydn Gawne	22:29.79



1500m RACE WALK WOMEN

W45		
1	Fiona van Heerwaarden	8:53.86
W50		
1	Janne Wells	10:16.91
W55		
1	Karyn Tolardo	8:29.55
2	Wendy Farrow	9:45.70
3	Paula Kennedy	11:42.14
W60		
1	Marcela Ruiz	10:49.40
2	Delia Baldock	12:24.48

W80

1	Ruth Johnson	11:44.82
2	Glenys Duncan	14:05.71

MEN

M45

1	Daniel Lowe	9:56.14
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M60

1	Garry Hastie	9:02.82
2	John Dennehy	11:02.95
3	Jimmy Edwards	13:01.34

M65

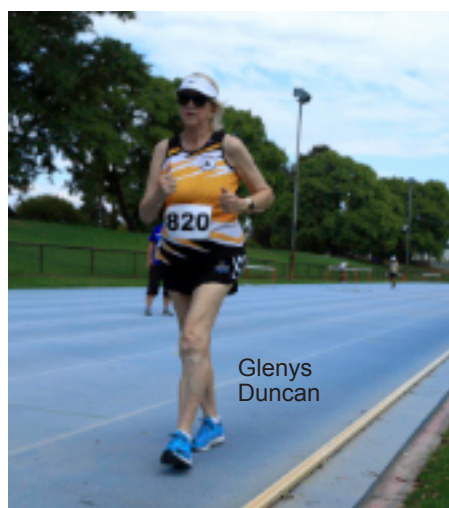
1	Victor Munoz	9:27.92
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M70

1	John McDonough	10:49.71
2	Harold Membrey	12:36.72

M75

1	Johan Hagedoorn	10:54.08
2	Haydn Gawne	10:57.33
3	Bruce Wilson	11:18.48



Images: Graeme Dahl





Sue Coate, Tammi Doyle, Jenn Parker



Colin Smith, Steve Barrie and Phillippa Bennett worked hard moving hurdles

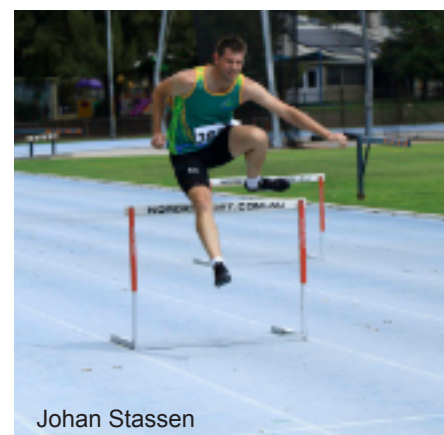
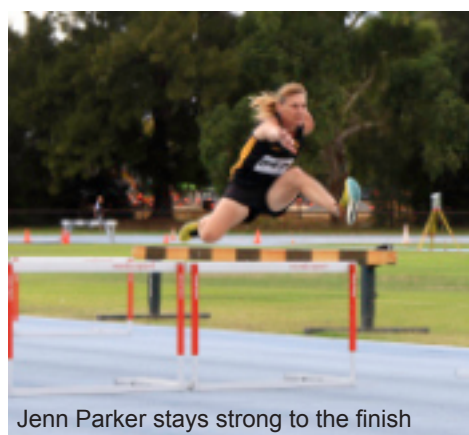
By John Dennehy

The 300m hurdles was a close race with W50 Jenn Parker over W55 Sue Coate and W50 Tammi Doyle; all three athletes happy to escape unscathed. In the one lap event M35 Johan Stassen muscled his way over the sticks in 1:08.86. M55 J. Moutia is not seen enough in competition but has collected many state hurdles titles over the last few seasons with his leg length, huge stride and competitiveness in evidence. M60 Dave Wilkie recorded 1:01.11 and M70 Giovanni Puglisi 1:02.16 to win their respective divisions.

In the sprint hurdles Jenn Parker is refining her technique with every outing, clocking 15.18 over the 80m sprint distance. Sue Coate followed Jenn home in a smart 16.83.

J. Moutia ran a comfortable 23.74 seconds to win the title, with Dave Wilkie finishing in 21.96 seconds for his crown. M30 Paul Wilmot was faced with the 110m hurdles and hurdled well to record 21.36 seconds.

HURDLES			W50	300m		
W50	80m		wind +0.3		1 Jennifer Parker	59.75
		1 Jennifer Parker	15.18		2 Tammi Doyle	1:03.11
W55				W55	300m	
		1 Sue Coate	16.83		1 Sue Coate	1:00.89
M55	100m		+0.0	M60	300m	
		1 J Moutia	23.72		1 Dave Wilkie	1:01.11
M60				M70	300m	
		1 Dave Wilkie	21.96		1 Giovanni Puglisi	1:02.16
M30	110m		-0.6	M35	400m	
		1 Paul Wilmot	21.36		1 Johan Stassen	1:08.86
			+0.0	M55	400m	
					1 J Moutia	1:30.62



Images above: Graeme Dahl



The spectator gallery is on its feet for the finish of the 300m hurdles



Maureen Keshwar, Randy Hobbs and Anne Masters on the tools



Sandra Stockman oversees while Paul Hughes and Andrew Davison put their backs into it.



Anne Masters' coached Stephen Edwards.
Injured Dave Wyatt operates the wind gauge

Jumps

By John Dennehy

W35 Claire Sardelich announced her debut at MAWA with a State title in the long jump (3.35m). W40 Danielle Dean jumped 3.99m and tripled 7.27m, with W50 Jenn Parker 4.17m and 8.81m, W55 Sue Coate with 4.08m and 8.01m, W70 Barbara Wilson 2.74m and 6.01m and W75 Brenda Painter 2.04m and 4.87m to gain the double gold in jumps, a noteworthy achievement. W80 Luella Jenkins won the long jump with 2.47m but Ruth Johnson turned the tables in the triple with a 5.02m effort.

M30 Matthew Dean displayed good technique, battling for his title in the long jump over Bonny Ndungu and Paul Wilmot. He also took out the triple with a 12.24m – 1 metre further than Bonny Ndungu. M35 Stephen Edwards showed the benefits of Strive competition jumping 5.55m, with newcomer M40 Ryan Satinover 5.31m. M50 Chris Neale injured himself in jumping after recording a 4.99m effort and M55 Wayne Bariolo was all power in his 4.37m effort. Garry Hastie (4.11m) won over Dave Wilkie in the M60 division with M75 Phil Smyth out to 3.37m. M85 Norm Richards set another SR edging over the 3m barrier by the barest of margins.

The Anne Masters coached Stephen Edwards, the open state silver medallist, was challenged by Dominic Lagat eventually winning 12.54m to 12.37m in an enthralling contest. M60 Dave Wilkie, M70s John Mcdonagh and Phil Smyth and Norm Richards all gained state titles with Norm bounding out to a SR of 5.24m.

In the high jump W45 Jacinta Thompson triumphed over Fiona van Heerwarden – 1.17m to 1.11m while W50 Lisa Limonas cleared 1.20m and W55 Sue Coate 1.23m, to claim state crowns. W80 Lynne Schickert won with a jump of 0.98m over Ruth Johnson and Luella Jenkins, both 0.89m.

Masters debutante M30 Paul Wilmot cleared 1.30m for his vertical jump title and was joined in the winner's circle by Stephen Edwards, Ryan Satinover, M55 Kevin Collins, M60 Dave Wilkie, M75 competitors Greg Wilson and Phil Smyth, who tied, and Norm Richards.

	WOMEN		wind
W35			
	1 Claire Sardelich	3.35m	+0.0
W40			
	1 Daniele Dean	3.99m	-1.4
W50			
	1 Jennifer Parker	4.17m	-0.3
	2 Lisa Limonas	3.73m	+0.0
W55			
	1 Sue Coate	4.08m	-3.0
	2 Deb Cox	2.63m	-3.4
W70			
	1 Barbara Wilson	2.74m	-2.3
W75			
	1 Brenda Painter	2.04m	-1.9
W80			
	1 Luella Jenkin	2.47m	-3.2
	2 Brenda Painter	2.31m	-1.9



Ruth Johnson



Deb Cox



Lisa Limonas



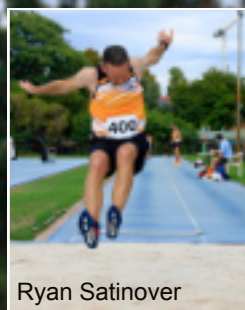
Luella Jenkin leaps watched by official Gay Wyatt



Claire Sardelich

	MEN		wind
M30			
	1 Matthew Dean	5.50m	-2.5
	2 Paul Wilmot	4.90m	-2.8
	3 Bonny Ndungu	4.21m	-3.4
M35			
	1 Stephen Edwards	5.55m	+0.0
M40			
	1 Ryan Satinover	5.31m	-0.1
M50			
	1 Chris Neale	4.99m	-1.1
M55			
	1 Wayne Bariolo	4.37m	-1.7
	2 Kevin Collins	2.17m	+0.0
M60			
	1 Garry Hastie	4.11m	+0.0
	2 Dave Wilkie	3.84m	-0.4
	3 Jacques Maniacara	3.14m	-1.2
M75			
	1 Phil Smyth	3.37m	-0.4
M85			
	1 Norm Richards	3.01m	-1.4
			SR

Norm Richards achieved SR in both Long and Triple Jump



Ryan Satinover



Phil Smyth



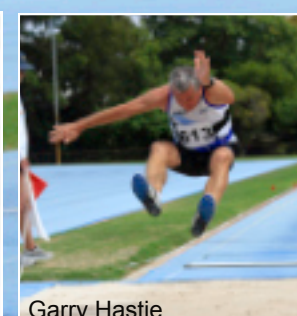
Paul Wilmot



Jacques Maniacara



Chris Neale



Garry Hastie



Sue Coate



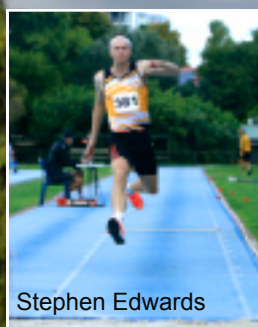
Brenda Painter



Jenn Parker

A strong, controlled step
from Danielle Dean

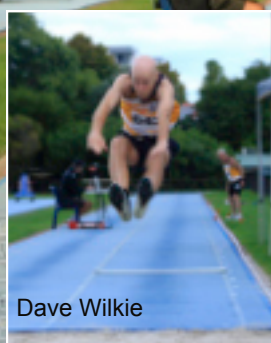
WOMEN			wind
W40	1 Danielle Dean	7.27m	+0.0
W50	1 Jennifer Parker	8.81m	-0.3
	2 Tammi Doyle	7.47m	-0.3
W55	1 Sue Coate	8.01m	+0.0
W70	1 Barbara Wilson	6.00m	-0.5
W75	1 Brenda Painter	4.87m	-0.2
W80	1 Luella Jenkin	5.02m	-1.7
	2 Ruth Johnson	4.97m	-1.7



Stephen Edwards



Matthew Dean

Dominic Lagat almost
jumps out of the
photo frame in the
Triple

Dave Wilkie



Bonny Ndungu

MEN			wind
M30	1 Matthew Dean	12.24m	+1.0
	2 Bonny Ndungu	11.24m	+0.1
	3 Paul Wilmot	8.23m	+0.0
M35	1 Stephen Edwards	12.54m	+1.5
	2 Dominic Lagat	12.37m	+1.3
M60	1 Dave Wilkie	7.39m	+0.0
M70	1 John McDonough	5.33m	-0.5
M75	1 Phil Smyth	6.74m	+0.0
M85	1 Norm Richards	5.24m	-0.8

T H R O W S

By John Dennehy



Carrie Francis is a picture of concentration, strength and balance in the shot

W60 Sharon Moloney and W50 Jenn Parker had dominant wins in the women's discus sending the platter out to 20.67m and 29.05m respectively, although W80 Luella Jenkins set the only state record (17.59m). M45 John Fettus claimed his crown with a 35.33m effort; M50 Chris Neale battled Andrew Brooker for his win. M55 Wayne Bariolo scored the title with a 25.09m throw over Garry Parker (22.21m).

M60 Andrew Ward known for his Strive performances where he is a mentor to younger athletes, showed his class by throwing the silver disc a massive 40.51m. Jo Peters (43.22m) was triumphant over Tom Gravestock in the M65 class, although Tom is still refining his new technique to accommodate his injuries. M70 Ossi Igel returned after a successful operation to throw 35.68m, with M75 Greg Wilson 27.47m, M80 Jeff Bowen 20.39m and M85 Jim Davis 18.40m to secure titles in their respective age groups. Jenn Parker collected another gold in the hammer alongside Sharon Moloney, W70 Elizabeth (Ella) Szczepanska and W75 Bev Hamilton who had a very successful competition at the recent national titles. Ruth Johnson was successful over Luella Jenkins in the W80, 20.28m to 20.25m!

John Fettus heaved the hammer out to 41.90m, with M50 Garry Parker and Andrew Ward also winners. Tom Gravestock turned the tables on Jo Peters, just – 35.13m to 35.07m. Ossi Igel, M75 Phil Smyth, Jeff Bowen and Jim Davis also scored wins.

The javelin winners included W35 Naomi Lagat, W40 Kathleen Thompson, W50 Tammi Doyle, W55 Sue Coate, the somewhat underrated Sharon Moloney, W70 Barbara Wilson, W75 Brenda Painter and the stylish W80 Luella Jenkins. The men's divisions' winners included M30 Paul Wilmot, M35 Dominic Lagat and Wayne Bariolo who threw a massive 41.20m. Walker M60 Garry Hastie proved his worth as a thrower winning against Andrew Ward and M65 Jo Peters triumphed over Tom Gravestock and Des Walsh. M70 Ossi Igel was successful over Clive Choate with specialist javelin thrower Stan Selby having the edge over M75 Phil Smyth. Jeff Bowen and Jim Davis added more gold to their collections.

The shot put was heavily supported with most winners already securing other throwing crowns. W30 Stephanie Hallen won with 5.75m, W40 Kathleen Thompson was successful with 8.98m and W45 Jacinta Thompson with 7.47m. Jenn Parker was pushed by her competitors, winning with 9.06m. Sue Coate, in one of her best events, putted out to 9.52m and Sharon Moloney also won, throwing 7.73m. W60 second place-getter Carrie Francis and husband Barrie entered the throws arena for the first time this championships. Daughter of club Patron David Carr, Therese Carr is now a keen thrower. Barbara Wilson 7.06m, Bev Hamilton 7.12m and Luella Jenkins 6.58m.

John Fettus' best of 12.43m guaranteed him gold, while Wayne Bariolo threw 9.62m, and Andrew Ward 9.53m. The M65 Jo Peters and Tom Gravestock rivalry ramped up another level with Jo winning bragging rights 11.16m to 11.15m! Ossi Igel, Greg Wilson, Jeff Bowen and Jim Davis continued their successful competitions with wins in the shot.

In the respective weight throw competitions Jenn Parker, Paula Kennedy, Sharon Moloney, Elizabeth Szczepanska, Bev Hamilton and Luella Jenkins added to their throwing legacies as did John Fettus, Garry Parker, Andrew ward Tom Gravestock, Ossi Igel, Stan Selby, Peter Muller and Jim Davis.

JAVELIN - WOMEN

W35	1 Naomi Lagat	20.38m
W40	1 Kathleen Thompson	25.09m
W50	1 Tammi Doyle	21.23m
	2 Sandra Siviour	19.07m
	3 Lisa Limonas	19.04m
W55	1 Sue Coate	29.08m
	2 Paula Kennedy	18.96m
	3 Debra Cox	16.71m
W60	1 Sharon Moloney	15.75m
	2 Carrie Francis	13.62m
	3 Michelle Link	13.38m
W70	1 Barbara Wilson	13.45m
	2 Ella Szczepanska	11.63m
	3 Christina Faithfull	11.44m
W75	1 Brenda Painter	11.54m
	2 Bev Hamilton	11.23m
W80	1 Luella Jenkin	15.45m SR

JAVELIN - MEN

M30	1 Paul Wilmot	21.68m
M35	1 Dominic Lagat	32.31m
M55	1 Wayne Bariolo	41.20m
M60	1 Garry Hastie	34.65m
	2 Andrew Ward	31.00m
	3 Ken Wilkins	29.54m
M65	1 Johannes Peters	34.86m
	2 Tom Gravestock	30.48m
	3 Desmond Walsh	21.41m
M70	1 Ossi Igel	27.94m
	2 Clive Choate	19.34m
M75	1 Stan Selby	29.25m
	2 Phil Smyth	24.29m
M80	1 Jeff Bowen	18.37m
	2 Peter Muller	15.13m
M85	1 Jim Davis	11.76m



Kathleen Thompson



Johannes Peters



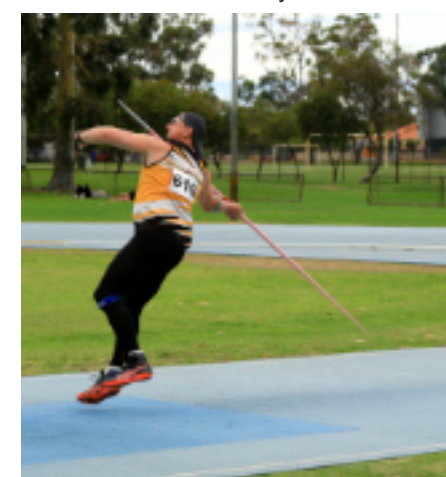
Wayne Bariolo



Tammi Doyle



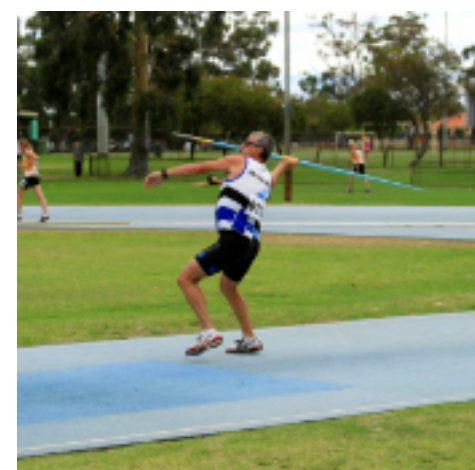
Debra Cox



Andrew Ward



Tom Gravestock



Garry Hastie



Sandra Siviour

Luella's hammer floats like a balloon

HAMMER - WOMEN

W50

1 Jennifer Parker 34.40m

W55

1 Paula Kennedy 29.87m

2 Deb Cox 17.82m

W60

1 Sharon Moloney 25.96m

2 Michelle Link 13.22m

2 Therese Carr 13.22m

W70

1 Ella Szczepanska 21.58m

W75

1 Bev Hamilton 25.04m

W80

1 Ruth Johnson 20.28m

2 Luella Jenkin 20.25m

Ella Szczepanska

Paula Kennedy

Therese Carr

Jo Peters

John Fettus

Garry Parker

Andrew Ward

Jim Davis

Ossi Igel

HAMMER - MEN

M45

1 John Fettus 41.90m

M60

1 Andrew Ward 31.83m

M65

1 Tom Gravestock 35.13m

2 Johanne Peters 35.07m

M70

1 Ossi Igel 36.15m

2 Harold Membrey 25.77m

M75

1 Phil Smyth 21.37m

M80

1 Jeff Bowen 18.24m

M85

1 Jim Davis 18.24m

2 John Cochrane 12.15m

DISCUS - WOMEN

W30	1	Stephanie Hallen	16.29m
W40	1	Kathleen Thompson	23.77m
W50	1	Jennifer Parker	29.05m
	2	Sandra Siviour	22.15m
W55	1	Sue Coate	24.91m
	2	Paula Kennedy	20.93m
	3	Debra Cox	17.15m
W60	1	Sharon Moloney	20.67m
	2	Michelle Link	13.94m
	3	Therese Carr	13.29m
W70	1	Ella Szczepanska	16.85m
	2	Barbara Wilson	15.35m
W75	1	Bev Hamilton	19.88m
W80	1	Luella Jenkin	17.59m SR

DISCUS MEN

M30	1	Paul Wilmot	17.66m
M45	1	John Fettus	35.33m
M50	1	Chris Neale	30.93m
	2	Andrew Brooker	28.80m
M55	1	Wayne Bariolo	25.09m
	2	Garry Parker	22.21m
M60	1	Andrew Ward	40.51m
	2	Ken Wilkins	26.40m
M65	1	Johanne Peters	43.22m
	2	Tom Gravestock	42.29m
	3	Des Walsh	25.18m
	4	Barry Francis	17.54m

M70

1	Ossi Igel	35.68m
2	Geoff Brayshaw	28.02m
3	Mike Anderson	15.22m

M75

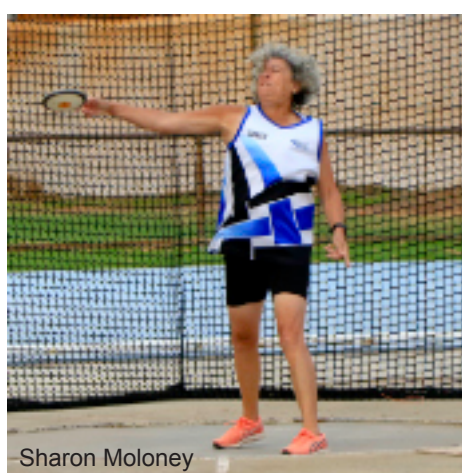
1	Greg Wilson	27.47m
2	Phil Smyth	18.87m

M80

1	Jeff Bowen	20.39m
2	Peter Muller	18.60m

M85

1	Jim Davis	18.40m
2	John Cochrane	13.08m



Images above: Graeme Dahl

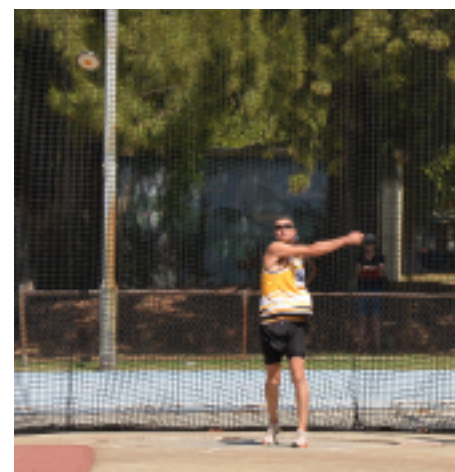
Luella Jenkin throws a new State record



Paul Wilmot



Andrew Ward is sure-footed as he spins



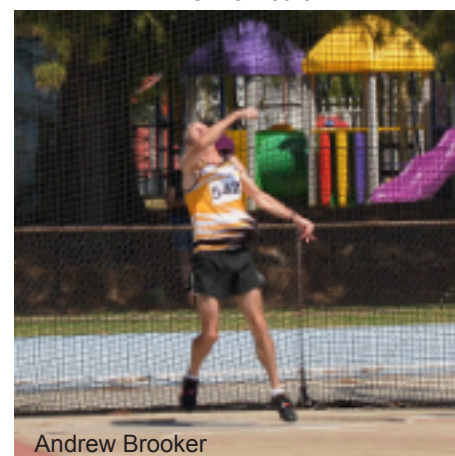
Chris Neale



Barry Francis



John Fettus



Andrew Brooker

SHOT PUT WOMEN
W30
1 Stephanie Hallen 5.72m

W40
1 Kathleen Thompson 8.98m

W45
1 Jacinta Thompson 7.47m

W50
1 Jennifer Parker 9.06m
2 Lisa Limonas 8.29m
3 Sandra Siviour 8.11m
4 Tammi Doyle 8.10m

W55
1 Sue Coate 9.52m
2 Paula Kennedy 8.54m
3 Debra Cox 6.01m

W60
1 Sharon Moloney 7.73m
2 Carrie Francis 6.28m
3 Michelle Link 4.73m
4 Therese Carr 4.61m

W70
1 Barbara Wilson 7.06m
2 Ella Szczepanska 6.74m
3 Christina Faithfull 5.28m

W75
1 Bev Hamilton 7.12m
2 Brenda Painter 5.14m

W80
1 Luella Jenkin 6.58m

SHOT PUT - MEN
M30
1 Paul Wilmot 6.22m

M45
1 John Fettus 12.43m

W55
1 Wayne Bariolo 9.62m
Garry Parker 7.45m

M60
1 Andrew Ward 9.53m

M65
1 Johannes Peters 11.16m
2 Tom Gravestock 11.15m
3 Des Walsh 7.34m

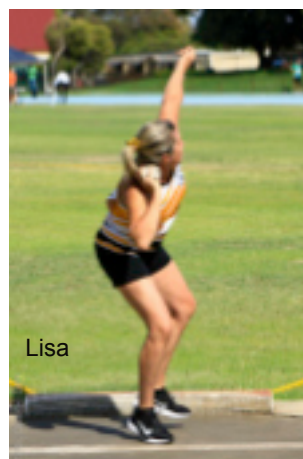
M70
1 Ossi Igel 11.83m
2 Harold Membrey 7.97m
3 Mike Anderson 6.01m

M75
1 Greg Wilson 8.09m

M80
1 Jeff Bowen 8.46m
2 Peter Muller 6.56m

M85
1 Jim Davis 7.46m
2 John Cochrane 5.67m


Johannes



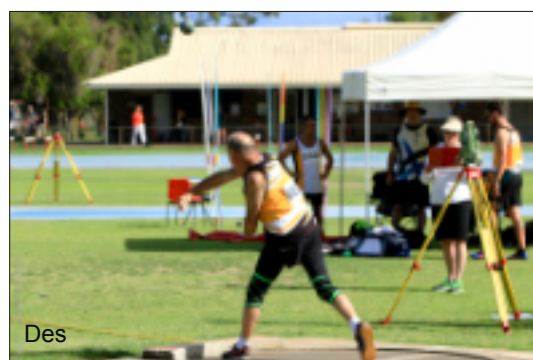
Lisa



Wayne

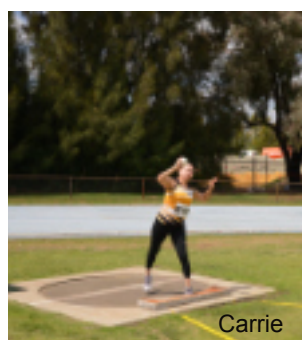


Paul

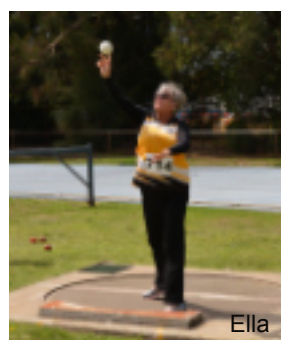


Des

Images above: Graeme Dahl



Carrie



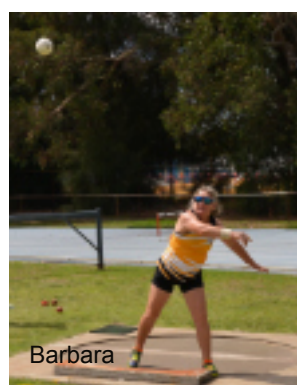
Ella



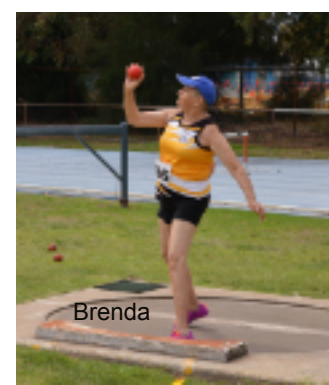
Michelle



Sharon



Barbara



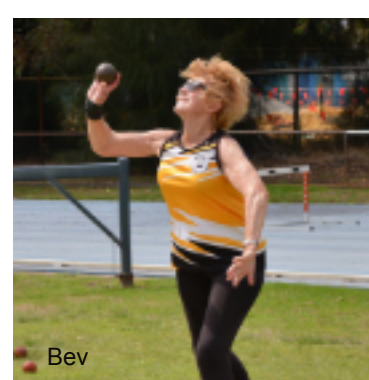
Brenda



Therese



Christina



Bev

WOMEN
W50
1 Jennifer Parker 10.49m

W55
1 Paula Kennedy 8.65m

W60
1 Sharon Moloney 9.00m
2 Michelle Link 6.70m
3 Therese Carr 5.89m

W70
1 Ella Szczepanska 8.28m
2 Barbara Wilson 7.89m
3 Christina Faithfull 5.04m

W75
1 Bev Hamilton 9.11m

W80
1 Luella Jenkin 9.73m

MEN
M45
1 John Fettus 12.45m

M55
2 Garry Parker 8.02m

M60
1 Andrew Ward 12.57m

M65
1 Tom Gravestock 12.96m
2 Johannes Peters 12.74m

M70
1 Ossi Igel 14.93m
2 Harold Membrey 11.02m
3 Mike Anderson 6.00m

M75
1 Stan Selby 10.15m

M80
1 Peter Muller 7.63m
2 Jeff Bowen 7.05m

M85
1 Jim Davis 8.31m


Jenn Parker (L) and Sharon Moloney

Images above: Graeme Dahl



Peter Muller



Garry Parker



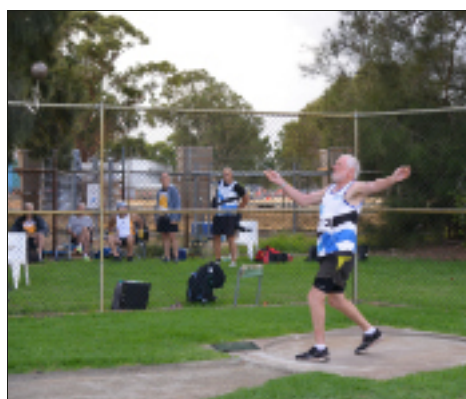
Mike Anderson



John Fettus



Ossi Igel



Harold Membrey



Tom Gravestock



Stan Selby

Early Events

By Campbell Till

Eight women and twenty-one men took to the start line of the 5000m in near perfect conditions for athletes and officials alike. M55 provided the largest field with Paul Watson leading the way from five other competitors. The three M45 runners delivered fast times and a mighty race, with Drew Langford prevailing over Mark Maslen and Ben Pronk, both only a few seconds behind. Although just failing to dip under the 26 minute barrier, W75 Gillian Young continued her fine form with yet another state record.

W55 Sue Coate was 'over the moon' at breaking the Australian record for Pentathlon. She was obviously still in 'energiser bunny' mode having just returned from a very full program in Sydney. Bunbury athletes Ruth Johnson and Luella Jenkins provided further highlights. Ruth setting the W80 100 metre state record in the Pentathlon and, not to be outdone, Luella increased the W80 Weight Throw state record along the way to amassing a new record total of 3140 points in the Throws Pentathlon, exceeding the long standing mark of Raema McMillan.

Over at the high jump area, impressive age PB's were set by Dave Wilkie and the relaxed Ryan Satinover.

Harold Membury created much mirth by being in the shower when called for the Throws Pentathlon medal presentation. The crowd steeled themselves for the 'clothing optional' ceremony, however Harold delayed proceedings to appear freshly dressed.

Glenn and Kyle racked up huge step counts conducting two Throws Pentathlons simultaneously, whilst dispensing sage advice and instruction along the way to lesser qualified officials and helpers. A big thanks to all officials and helpers. Nothing happens without you.



Caged throwers?

WOMEN**W50**

- 1 Sandra Siviour 21:37.43
- 2 Janne Wells 31:09.08

W55

- 1 Sandra Stockman 22:22.12

W60

- 1 Lori Sexton 26:42.25

W65

- 1 Julie Wilson 27:11.62
- 2 Gayle Craft 28:21.11

W70

- 1 Barbara Blurton 31:55.48

W75

- 1 Gillian Young 26:00.23
SR

MEN**M40**

- 1 Zane Walsh 18:54.91

M45

- 1 Drew Langford 17:20.36
- 2 Mark Maslen 17:24.03
- 3 Ben Pronk 17:27.40

M50

- 1 Kyle Eagar 18:31.90
- 2 Richard Wardrobe 21:28.91

M55

- 1 Paul Watson 17:42.08
- 2 Simon McGarvie 19:14.75
- 3 Pat Maslen 19:23.87
- 4 Andrew Davison 20:36.10
- 5 Tristan Bell 20:52.06
- 6 John Pangeyres 27:41.57

M60

- 1 Bernard Candy 24:23.98
- 2 John Fisher 24:48.56
- 3 Steve Barrie 33:59.75

M65

- 1 Robert Cattrall 20:57.63
- 2 Richard Harris 21:07.02
- 3 Brian Hewitt 27:53.51

M70

- 1 Mercurio Cicchini 25:14.26

M75

- 1 Bob Hull 24:20.07
- 2 Jim Langford 25:35.01
- 3 Jim Klinge 27:04.92

M80

- 1 David Baird 28:46.70
- 2 Bob Schickert 36:39.32

M85

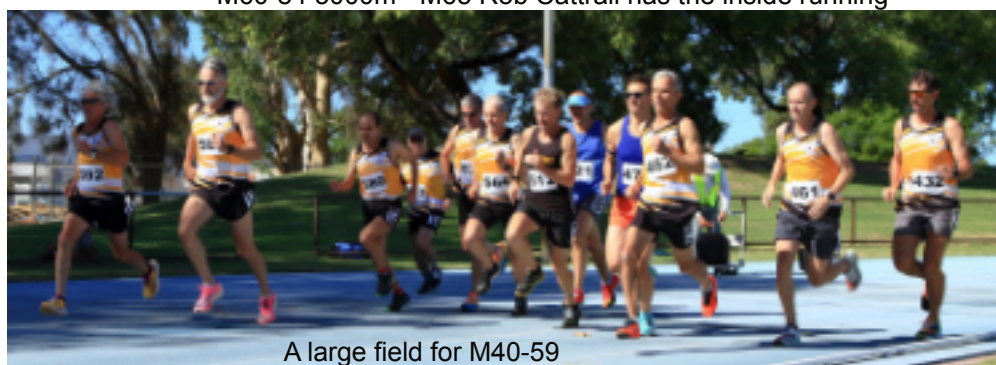
- 1 Morland Smith 34:37.41



Led by Sandra Siviour, W50-75 5000m set off in the cool of the morning



M60-84 5000m - M65 Rob Cattrall has the inside running



A large field for M40-59



Drew Langford heads Mark Maslen & Paul Watson in the M40-59

Images: Graeme Dahl



Starter Andrew Cuthbertson gets the field on it's way



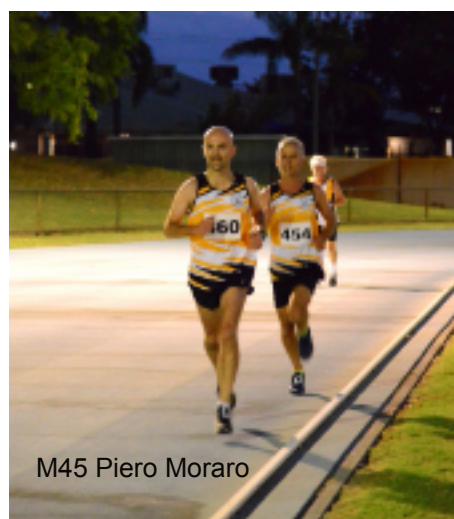
Roberto and Nikolas in lockstep



Richard Harris (R) strides out



Two Marks, Maslen & Dawson surround Morland



M45 Piero Moraro

WOMEN**W55** 1 Karyn Tolardo 51:39.14**W75** 1 Gillian Young 56:37.27**MEN****M30** 1 Nikolas Jon Arland 33:36.19**M40** 1 Zane Walsh 39:31.88**M45** 1 Roberto Busi 33:20.01
2 Piero Moraro 35:51.73
3 Mark Maslen 37:29.62**M55** 1 Pat Maslen 41:59.63
2 Tristan Bell 45:45.58
3 Paul Watson DNF**M60** 1 Mark Dawson 48:41.62**M65** 1 Richard Harris 43:56.72
2 John Fisher 50:58.53
3 Steve Barrie 1:15.05.07**M70** 1 Mercurio Cicchini 54:05.01**M75** 1 Bob Hull 56:45.16
2 David Baird 1:01.31.76**M80** 1 Bob Schickert 1:18.25.42**M85** 1 Morland Smith 1:14.34.45

Roberto receives his medal from WMA Executive Vice President Lynne Schickert



Bob Hull heads a pack

By John Dennehy

The 2023 steeplechase was held in near wind-less and cool conditions at ECAC. M50 Wayne Byram was the lone competitor in the 3000m event and despite a broken rib sustained in a recent mountain biking accident, he performed admirably, clocking 17:56.13.

Sensibly, the females and males were grouped together for the 2000m distance, providing a competitive experience for all. W50 Sandra Siviour was in a league of her own though and raced aggressively, separating from her opponents early on and producing a fine win in 9:08.89. W55 Sue Coate slashed her PB with her first sub-ten performance – 9:49.63. Silke Peglow claimed the silver medal as she continues her return to form after surgery. W65 Julie Wilson surpassed expectations with an 11:11.28 run as she finished ahead of W75 Gillian Young who recently claimed the national title in a world record performance, although Gillian's time is the second fastest time recorded in her age group.

M60 John Fisher retained his title from last year with his ever present smile in 10:55.68, over the ever improving Steve Barrie who set a PB and John Dennehy. M75 Greg Wilson competed with his usual fierce attitude to collect his state title with David Baird, the newly minted M80, 11:38.41. M85 Morland Smith added to his legacy with his 15:14.02 result. He paced himself perfectly with identical splits for each kilometre which included a very strong finishing burst.



Wayne goes it alone under the Ramadan moon

3000m Steeplechase

M50
1 Wayne Byram 17:56.13

2000m Steeplechase WOMEN

W50
1 Sandra Siviour 9:08.89
2 Janne Wells 12:14.92

W55
1 Sue Coate 9:49.63
2 Silke Peglow 12:42.55

W65
1 Julie Wilson 11:04.92

W75
1 Gillian Young 11:11.28

MEN

M60
1 John Fisher 10:55.68
2 Steve Barrie 14:15.61
3 John Dennehy 14:28.10

M75
1 Greg Wilson 15:46.12

M80
1 David Baird 11:38.41

M85
1 Morland Smith 15:14.02



Crowded at the water jump



In good spirits after it's all over



Ryan Satinover (L) and Stephen Edwards hit the heights



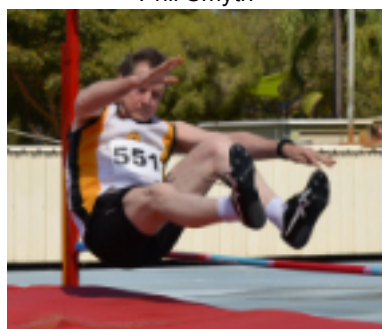
Phil Smyth



Excelling at straddle technique, Greg Wilson



Fiona Van Heerwaarden



Kevin Collins fully focussed

WOMEN			
W45	1	Jacinta Thompson	1.17m
	2	Fiona van Heerwaarden	1.11m
W50	1	Lisa Limonas	1.20m
W55	1	Sue Coate	1.23m
W80	1	Lynne Schickert	0.98m
	2	Luella Jenkin	0.89m
	2	Ruth Johnson	0.89m

MEN			
M30	1	Paul Wilmot	1.30m
M35	1	Stephen Edwards	1.65m
M40	1	Ryan Satinover	1.70m
M55	1	Kevin Collins	1.00m
M60	1	Dave Wilkie	1.43m
M75	1	Greg Wilson	1.20m
	2	Phil Smyth	1.20m
M80		Jeff Bowen	NH
M85	1	Norm Richards	1.00m



Paul Wilmot


W80 wonder woman
Ruth Johnson


Lisa Limonas sails over the bar



Luella Jenkin



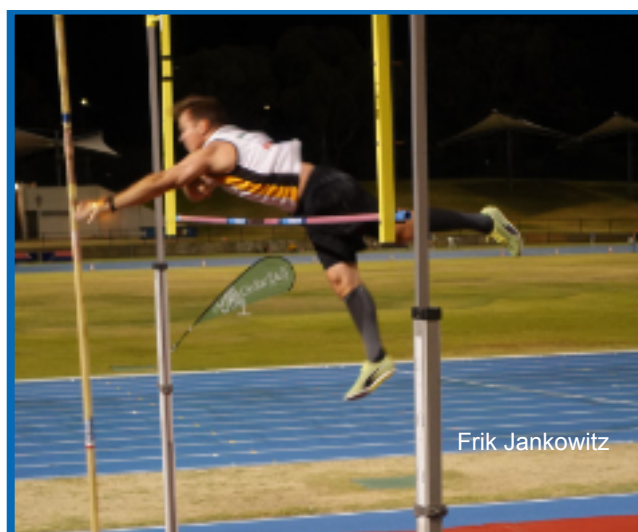
Dave Wilkie

By Geoff Brayshaw

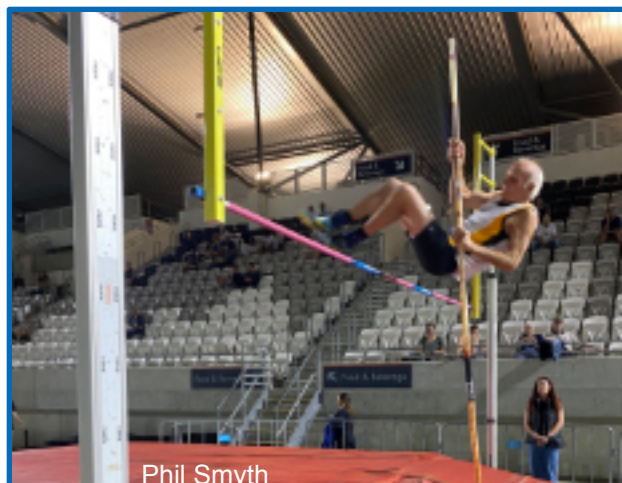
STATE CHAMPIONSHIPS – POLE VAULT FEBRUARY 24, 2023

The 2023 State Pole Vault championships were held on a near perfect evening at WAAS. Our small PV group have worked hard at training on a Sunday morning and at Strive meetings and this work showed through in the results. The season was interrupted by the near 3 month closure of the WAAS facility with only very occasional competition during this period at WAIS.

Two new records were set on the night. Frik Jankowitz cleared 3.00 meters in the 50 plus age group and Nicolai Morris cleared 2.40 meters in the 30 plus age group.



Frik Jankowitz



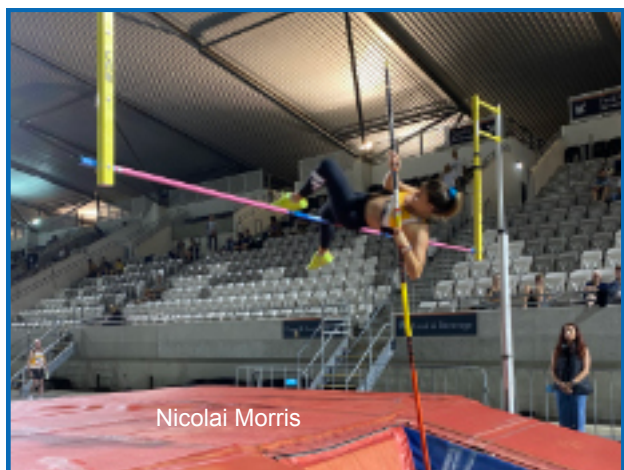
Phil Smyth



Sue Coate



Dave Wilkie



Nicolai Morris

MEN

M50	Frik Jankowitz	3.00m SR
M60	Dave Wilkie	2.40m
M75	Phil Smyth	2.40m

WOMEN

W30	Nicolai Morris	2.40m SR
W55	Sue Coate	2.30m

Images: Geoff Brayshaw



Garry Hastie

MEN			
M45	1	Paul Jeffrey	3260
M55	1	Wayne Bariolo	2419
M60	1	Garry Hastie	2629
	2	Dave Wilkie	1713

The last event....1500m
Paul Jeffrey heads the group



Wayne Bariolo



Ruth Johnson



100m start



Jacinta Thompson

W45	1	Jacinta Thompson	1573
	2	Fiona van Heerwaarden	853
W55	1	Sue Coate	3619
		AR	
W80	1	Ruth Johnson	2433
		SR 100m & Pent	
	2	Lynne Schickert	1052



Fiona van Heerwaarden



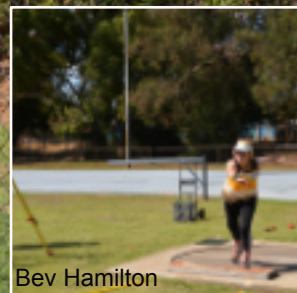
Luella Jenkin

WOMEN

W55	1	Sue Coate	2551
W60	1	Sharon Moloney	2318
W75	1	Bev Hamilton	2633
W80	1	Luella Jenkin	3140
SR - Weight			



Sue Coate



Bev Hamilton



Sharon Moloney

MEN

M45	1	John Fettus	3216
M60	1	Andrew Ward	2717
	2	Garry Hastie	2282
M65	1	Johannes Peters	3415
	2	Tom Gravestock	3387
M70	1	Harold Membrey	2007
M75	1	Greg Wilson	2503
M80	1	Jeff Bowen	2094



John Fettus sends the weight on it's way



Andrew Ward



Tom Gravestock

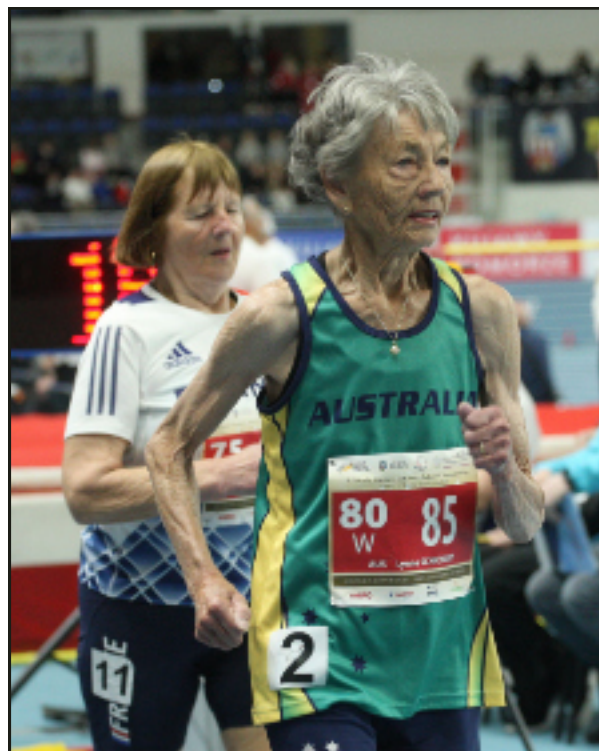


Harold Membrey

Torun wrap...



David Carr receives his 2022 WMA Male Master of the Year award from WMA Executive Vice-President Lynne Schickert. Vern Christensen, Canadian team manager, receives the Female Master of the Year trophy on behalf of Carol La Fayette-Boyd



Lynne Schickert looks strong as she powers around the indoor track followed by a French team member



David Carr and Bob Schickert line up for Australian in the 3000m



Bob Schickert runs the 3000m

By Campbell Till

The recently concluded WMA Indoor Championships in Torun, Poland, saw a small MAWA contingent test themselves in the, for most Western Australians, unfamiliar environment of Indoor Athletics with many State and Australian inaugural records being established. With fewer events and competitors, the event is conducted over seven days, compared to almost two weeks for the Outdoor equivalent. David Carr lived up to his WMA Outstanding Athlete status winning four of his five events. In addition to her WMA Executive Vic-President duties Lynne Schickert found the time and energy to compete in no less than six events.

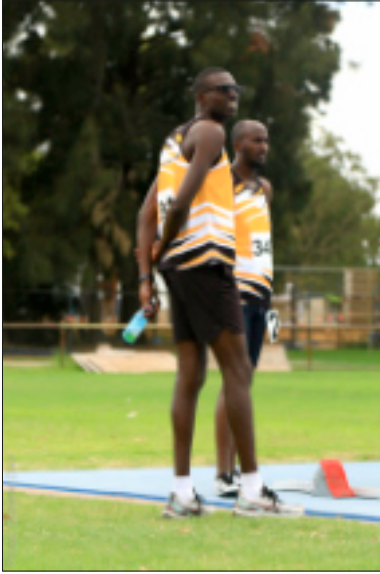
Melissa Foster had outstanding results in the Long jump and Triple jump, winning by comfortable margins in competitive fields. Unfortunately her long jump let her down in the Pentathlon, with a 'No Mark'. I'm sure she will see this as 'unfinished business' and target the event next time around.

Good friends Hans Venter and Daniel Mostert took up the challenge of competing in the Pentathlon. Hans excelled in his pet event equalling his Outdoor High jump State record of 1.61m.

Out of State MAWA member Donna Hiscox completed the team and competed in the Discus.

Images: Lutwin Jungmann

also...



Dominic and Bonny chat and prepare for sprints.



Tom Lenane did his shooting with his camera



While mum Fiona high jumps, her boys amuse themselves



Sometimes all you want to do is sleep...



Well that one's off and running...where to next? Starter Andrew Cuthbertson and Track Marshal Rochelle Airey



Tom proves there's always time for push-ups



Steve stops the shade gear from blowing away. Janne records results



Sandra is poised but anxious as she prepares to start the mid-track clock