

TFNL

The Magazine of Masters Athletics Western Australia



Season 17 Issue 6
March 2024

State Championships Special Edition



Anne Shaw Trophy winner, Bunbury's
Jo Peters means business in the
Throws Pentathlon

Anne Shaw Trophy for Performance of the Meet

Jo Peters



Club President, Rochelle Airey, presents Jo with the trophy

RECORDS

				wind				
W55	Claudia Seke	10000m	42:35.38		29/02/2024	SR	ECAC	MAWA State Champs
W55	Paula Kennedy	56lb Weight	3.29m		02/03/2024	SR	Bunbury	Throws Pentathlon
W80	Luella Jenkins	56lb Weight	1.85m		02/03/2024	SR	Bunbury	Throws Pentathlon
M70	Jo Peters	Weight	17.42m		02/03/2024	SR	Bunbury	Throws Pentathlon
M70	Jo Peters	56lb Weight	5.89m		02/03/2024	SR	Bunbury	Throws Pentathlon
M70	Jo Peters	Throws Pentathlon	3984		02/03/2024	AR pending	Bunbury	Throws Pentathlon
W55	Jennifer Parker	Discus	37.19m		03/03/2024	SR	Bunbury	Throws Pentathlon
W55	Jennifer Parker	Super Weight	7.29m		03/03/2024	SR	Bunbury	Throws Pentathlon
W60	Sharon Moloney	56lb Weight	2.05m		03/03/2024	SR	Bunbury	Throws Pentathlon
W35	Michelle Krokosz	100lb Weight	2.00m		03/03/2024	SR	Bunbury	Throws Pentathlon
W60	Sharon Moloney	100lb Weight	1.24m		03/03/2024	SR	Bunbury	Throws Pentathlon
W75	Bev Hamilton	100lb Weight	0.87m		03/03/2024	SR	Bunbury	Throws Pentathlon
W55	Jennifer Parker	Weight Throw Pentathlon	2872		03/03/2024	SR	Bunbury	Throws Pentathlon
M70	Jo Peters	100lb Weight	3.21m		03/03/2024	SR	Bunbury	Throws Pentathlon
M70	Jo Peters	Discus	41.68m		05/03/2024	AR pending	Bunbury	BRAC competition
M70	Jo Peters	Hammer	45.29m		05/03/2024	SR	Bunbury	BRAC competition
W80	Luella Jenkins	Javelin	17.22m		09/03/2024	SR	Bunbury	BRAC competition
W80	Luella Jenkins	Discus	18.63m		16/03/2024	SR	ECAC	MAWA State Champs
M70	Jo Peters	Weight	17.99m		16/03/2024	AR pending	ECAC	MAWA State Champs
M70	Jo Peters	Discus	44.46m		16/03/2024	AR pending	ECAC	MAWA State Champs
M90	Jim Davis	Weight	8.24m		16/03/2024	SR	ECAC	MAWA State Champs
M90	Jim Davis	Javelin	11.32m		16/03/2024	SR	ECAC	MAWA State Champs
M90	Jim Davis	Discus	17.36m		16/03/2024	SR	ECAC	MAWA State Champs
M50	Paul Jeffrey	Javelin	51.54		16/03/2024	SR	ECAC	MAWA State Champs
M50	Paul Jeffrey	100m Hurdles	15.29sec	+0.4	17/03/2024	SR	ECAC	MAWA State Champs
W50	Mel Tipene	Javelin	34.82m		16/03/2024	SR	ECAC	MAWA State Champs
W55	Jennifer Parker	80m Hurdles	15.26m	+1.00	17/03/2024	SR	ECAC	MAWA State Champs
W65	Lyn Ventris	3000m Walk	17:29.38		17/03/2024	SR	ECAC	MAWA State Champs

My Championships

By Tammi Doyle



There are few events that better prepare you for escaping a rampaging army of Grecian chariots than steeplechase. What could make running in a circle more entertaining? A few fences and a creek, of course. Steeple marked the beginning of my 2024 States campaign and with a depth of previous experience at running the event sitting at One, I wasn't expecting much, but I was in good company. Fiona van Heerwaarden and I both were second-timers and the very brave Xinhuan Yan was a complete novice, but here we were.

Conditions were kindly warm, but Carol Bowman warned the water jump was not! The 3km gentlemen ran first and unfortunately Yan's first attempt ended in a DNF after a calf injury at the water jump, although he probably was still pleased he made it out of the puddle alive as he quipped he couldn't swim prior to the race. Next year, Yan! David Adam's final straight was a highlight when, flashing his trademark grin, he sprinted home like he was finishing a 200 to the cheers of the crowd.

Prior to our race, the very gifted Julie Wilson demonstrated her slick method of spinning over the steeple, and the unstoppable Lynne Schickert, showed us her sit and pivot style. The rest of us mostly employed the 'hands-on and hope' technique, which was functional, though far from pretty. Silke Peglow and Jacqui McQueen had a ding-dong battle to the finish with just one second separating them. I finished distantly behind Sue Coate, who took off like her shorts were on fire, and although I was sure she would slow down after realising it was in fact a 5-lap race, and not 2, naturally and disappointingly, she did not.

There were 'real' steeplechasers there, of course. Patrick Maslen's (M60) ability to clear every barrier with perfect hurdler's technique was inspiring. But all competitors, no matter their time, bubbled in post-race endorphin euphoria, that the steeplechase was just good fun.

I returned to the track early on Saturday for javelin, which I love, followed shortly by 800m, which I don't. But we gain the greatest satisfaction from the things that challenge us the most, so despite the deepening heat and humidity, my competitors and I gave it our best. I needed binoculars to see Naomi Lagat ahead after she flew the first 200 and finished with a 'massive PB'.

I joined Sue Coate and Dave Wilkie in the 300m hurdles. Sue and Dave raced tightly to the finish, while I watched them from behind. Nevertheless, I was happy with my race.

Sunday promised to be cooler, but the humidity kept conditions somewhat soupy. I felt for the long track runners and walkers, and chatted with Bob Schickert after his 1500m. He was dripping with effort, like he'd run through the sprinkler.

I had long jump first, and my reputation for never hitting the board was proven. Thumbs down. Then I threw a shot. Most people are surprised that someone with figure of a 12-year-old likes to push a 3kg shot, but I do. My first attempt was a season's best 8.35m- one and done because the rest weren't so good, but you only need one, right? Thumbs up! Sandra Siviour joined me and made it a close tussle, Sandra eventually taking the win by 9cm, which in fact feels better than the 1cm she beat me by last year.

The final event of my Championships was 100m. I am in constant awe at the quality of WA Masters women sprinters, and it's rather difficult not to feel like a gigantic fraud when the likes of multiple world record holder Mandy Mason is racing a couple of lanes away. But it's women like her that bring the best out in us, and I felt privileged to share a track with them all.

As a newcomer to competing, it's probably the people, rather than the sport itself that drew me back to this, my second season. Masters athletes are generous, humble, inspiring and at times utterly hilarious. I hope to see everyone again next State Champs.



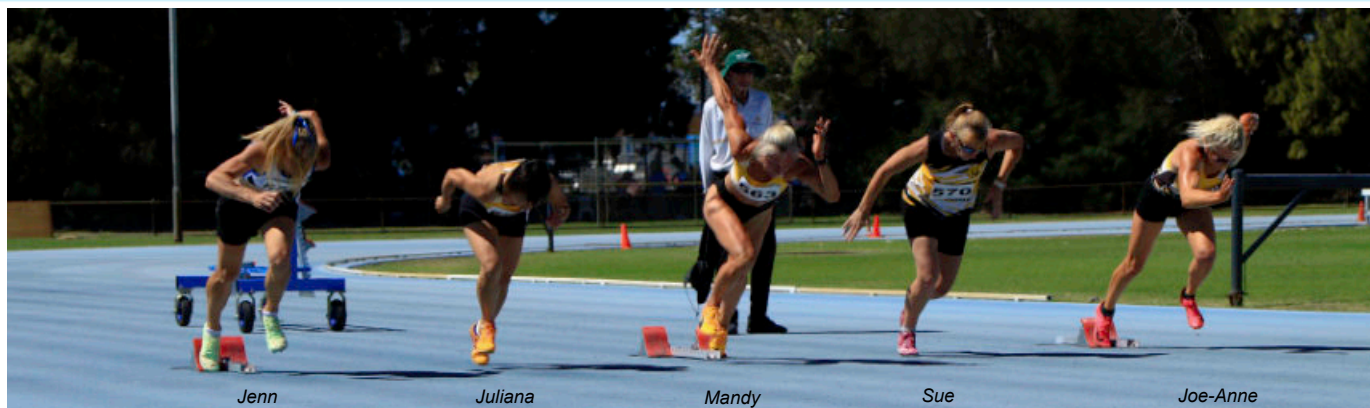
L-R: Uwe, Mark, Jannie, and Kieran make the charge for home in the 400m

Sprints

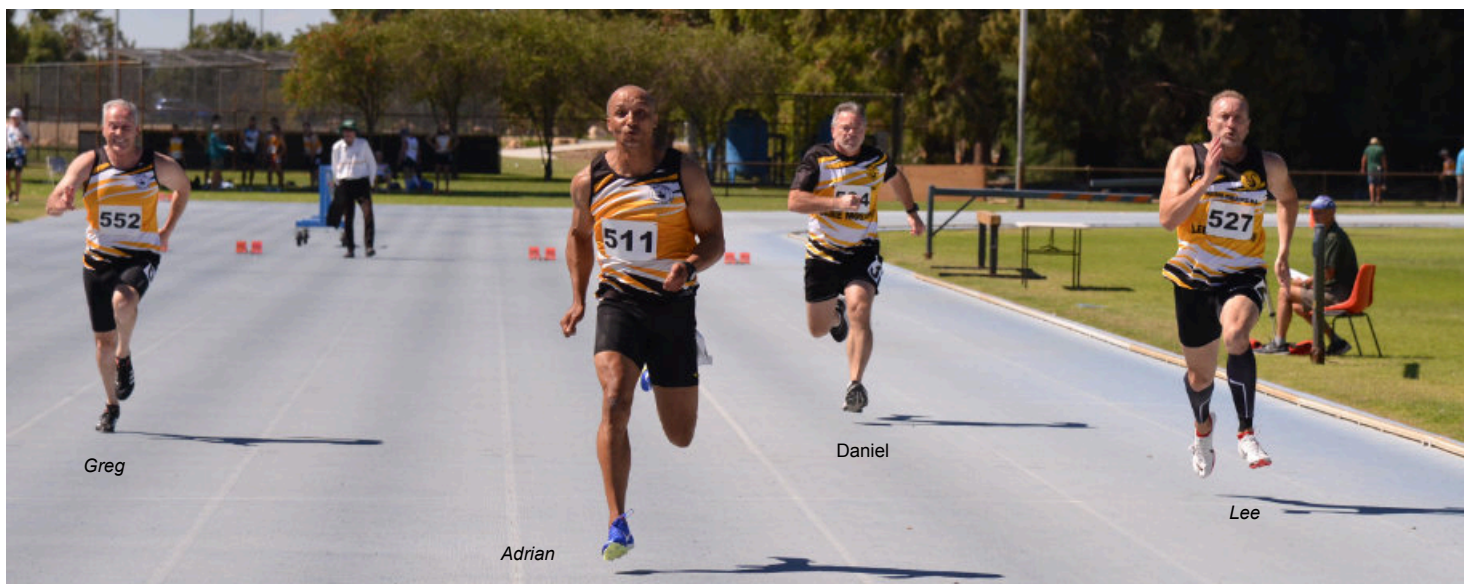


Peggy, Brenda, Carol, Barbara, Sharon, Carmel and Therese in the W60+ 200m

60m WOMEN				wind					wind					wind
W40	1	Catherine Manners	9.66	-1.7	W75	1	Brenda Painter	13.63	-2.1	M50	1	Adrian Mckenzie	7.45	-1.8
	2	Danielle Dean	9.98	-1.7		W80						2	Lee Stergiou	8.04
W50					1		Luella Jenkins	12.05	-2.1			3	Daniel Mostert	9.25
	1	Joe-Anne Dannenberg	9.07	-1.7					M55					
W55				60m MEN						1	Greg Brennan	8.64	-1.8	
	1	Mandy Mason	7.98	-1.7	M30				M60					
	2	Jenn Parker	9.27	-1.7		1	Kyle Ennis	7.06		-1.6	1	Brian Callaghan	8.67	-1.8
	3	Sue Coate	9.63	-1.7		2	Terry Price	8.03		-1.6	2	Colin Smith	10.00	-1.8
W60	4	Juliana Kelly	10.23	-1.7	M35	3	Paul Wilmot	9.09	-1.6		3	Kenneth Wilkins	10.64	-1.8
									M65					
	1	Catherine McCloskey	9.40	-2.1	1	Johan Stassen	8.39	-1.6			1	Dave Wilkie	9.71	-2.4
	2	Fran Cherry	10.37	-2.1	M40				2	Bruce McGeorge	10.28	-2.4		
	3	Sharon Moloney	10.43	-2.1		1	Mathew Walker	7.97	-1.6	M70				
W70	4	Delia Baldock	11.27	-2.1	2	Kieran Johnson	7.97	-1.6			1	Michael Byrne	9.64	-2.4
	5	Therese Carr	13.14	-2.1	M40				2		Harold Membrey	10.06	-2.4	
									3	Mercurio Cicchini	11.06	-2.4		
	1	Maureen Keshwar	10.09	-2.1	1	David Adams	9.48	-1.6		4	Tolli Antonioli	11.16	-2.4	



IMAGES ABOVE: Graeme Dahl



2024

Masters State Athletics Championships

100m

100m WOMEN				wind					wind					wind
W35	1	Alysse Priddis	13.04	-1.7	W80	1	Luella Jenkins	22.19	-1.6	M60	1	Brian Callaghan	13.97	+0.6
W40	1	Kirsty Peddie	20.07	-1.7	100m MEN					M65	2	Lou Daniel	16.45	+0.6
W50	1	Joe-Anne Dannenberg	14.88		M30	1	Kyle Ennis	10.92	-0.3	M70	3	Kenneth Wilkins	17.06	+0.6
	2	Tammi Doyle	15.79	-1.7		2	Terry Price	12.58	-0.3		1	Dave Wilkie	15.41	-0.7
W55	1	Mandy Mason	12.61	-1.7	M35	3	Paul Wilmot	14.44	-0.3		2	Des Walsh	16.63	-0.7
	2	Jenn Parker	15.44	-1.7		1	Matthew Konsolis	12.12	-0.3	M75	3	Harold Membrey	16.31	-0.7
	3	Sue Coate	15.66	-1.7	M40	2	Stephen Edwards	12.59	-0.3		2	Mercurio Cicchini	18.34	-0.7
	4	Juliana Kelly	17.00	-1.7		1	Ashley Moore	12.23	-0.7	M80	3	Phil Smyth	17.98	-2.4
W60	1	Catherine McCloskey	15.46	-1.6		2	Mathew Walker	12.71	-0.7		1	Ted Miller	17.68	-2.4
	2	Carmel Meyer	16.42	-1.6	M45	3	Kieran Johnson	12.75	-0.7		2	Stephen Crabbe	17.89	-2.4
	3	Fran Cherry	17.28	-1.6		1	Daniel Leseberg	12.55	-0.7	M85	3	Phil Smyth	17.98	-2.4
	4	Sharon Moloney	17.85	-1.6	M50	1	Adrian McKenzie	11.74	+0.6		1	Bob Schickert	21.72	-2.4
	5	Delia Baldock	18.86	-1.6	M55	1	Greg Brennan	13.88	+0.6		2	Norm Richards	18.82	-2.4
	6	Therese Carr	22.39	-1.6		2	Glenn Rogers	15.27	+0.6		2	Peter Muller	24.22	-2.4
W70	1	Barbara Blurton	16.50	-1.6										
W75	1	Brenda Painter	23.23	-1.6										



L-R: Stephen, Kyle, Matthew, Terry and Paul



Daniel, Lee, Kieran, Ashley and Mathew



Peter, Norm, Bob, Phil, Stephen and Ted



Harold, Mercurio, Michael, Des and Dave



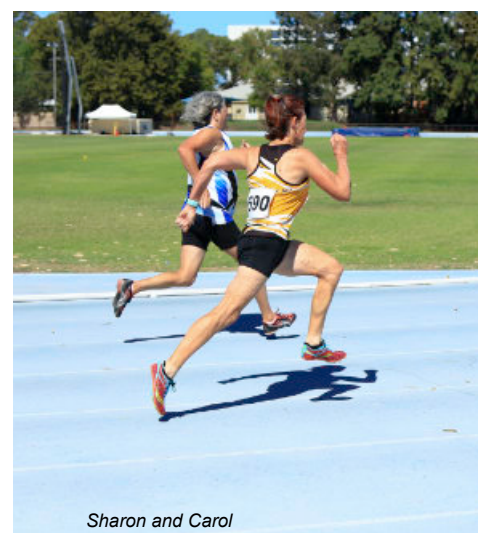
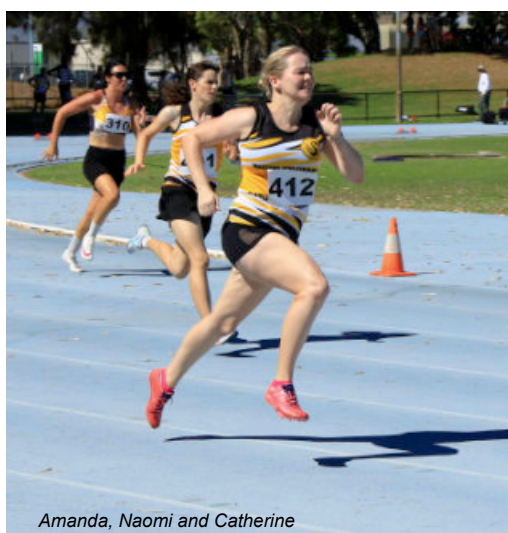
Brian, Ken, Lou, Greg, Glenn, Lee and Adrian



Sue, Juliana, Tammi, Jenn, Mandy and Alysse

200m WOMEN				wind					wind					wind
W30	1	Amanda Hill	31.53	+1.4	W70	1	Barbara Blurton	33.74	-0.3	M50	1	Paul Jeffery	24.96	-0.9
W35	1	Alysse Priddis	25.55	+1.4	W75	1	Peggy MacIver	41.76	-0.3	M60	2	Lee Stergiou	25.48	-0.9
W40	1	Catherine Manners	31.59	+1.4		2	Brenda Painter	60.58	-0.3		1	John Dennehy	42.44	-0.9
	2	Naomi Lagat	32.04	+1.4	200m MEN					M65	1	Dave Wilkie	31.79	+1.4
W50	1	Joe-Anne Dannenberg	30.02	+1.6	M30	1	Kyle Ennis	21.85	-0.3		2	Des Walsh	41.66	+1.4
						2	Terry Price	25.04	-0.3	M70	1	Michael Byrne	30.74	+1.4
						3	Paul Wilmot	29.31	-0.3		2	Harold Membrey	35.23	+1.4
W55	1	Mandy Mason	25.03	+1.6	M35	1	Matthew Konsolis	23.97	-0.3	M75	1	Greg Kennedy	36.23	-0.2
	2	Jenn Parker	30.89	+1.6		2	Stephen Edwards	25.60	-0.3		2	Stephen Crabbe	38.92	-0.2
	3	Juliana Kelly	34.55	+1.6	M40	1	Ashley Moore	24.46	-0.6		3	Ted Miller	51.92	-0.2
	4	Jacqui McQueen	38.82	+1.6		2	Dominic Lagat	25.04	-0.6	M80	1	Mike O'Reilly	45.27	-0.2
W60	1	Carmel Meyer	33.47	-0.3		3	Kieran Johnson	25.64	-0.6		2	Bob Schickert	47.39	-0.2
	2	Sharon Moloney	36.48	-0.3		4	Mathew Walker	26.12	-0.6	M85	1	Norm Richards	39.31	-0.2
	3	Therese Carr	51.71	-0.3	M45	1	Daniel Leseberg	25.89	-0.6					
W65	1	Carol Bowman	38.75	-0.3		2	Daniel Smith	26.34	-0.6					
						3	David Adams	30.96	-0.6					

IMAGES THIS PAGE: Graeme Dahl

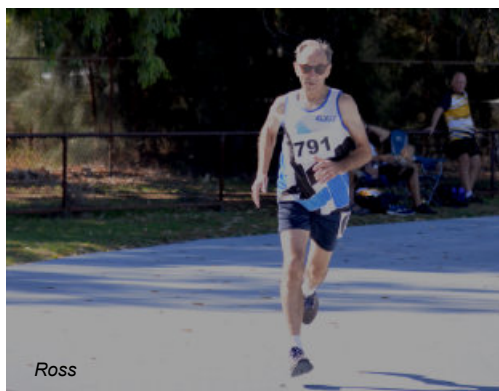
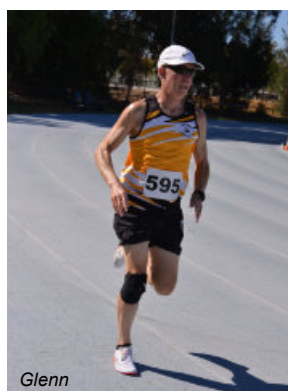
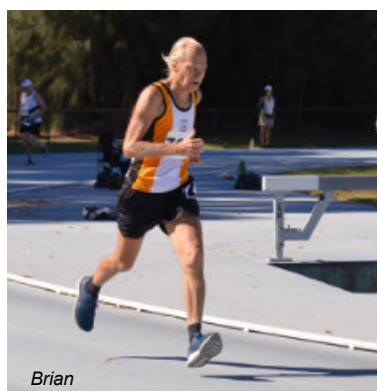
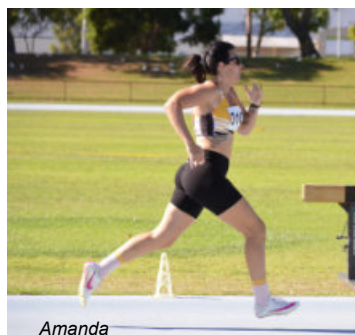
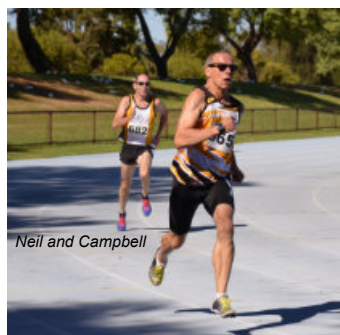
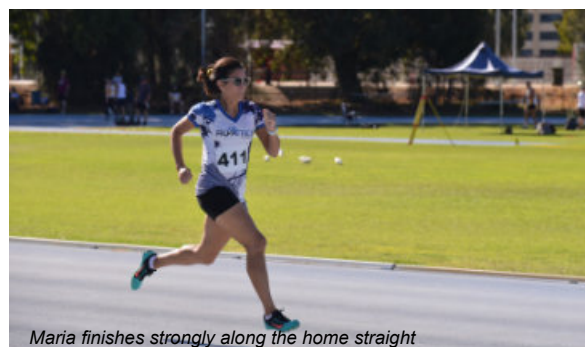


400m WOMEN

W30	1	Amanda Hill	73.26
W40	1	Maria Fernandez	69.43
	2	Kirsty Peddie	1:34.26
W55	1	Jenn Parker	72.37
W60	1	Carmel Meyer	80.46
W65	1	Carol Bowman	1:30.84
W70		Barbara Blurton	DNF
400m MEN			
M30	1	Kyle Ennis	50.88
	2	Terry Price	57.68
	3	Paul Wilmot	73.21

M35	1	Matthew Konsolis	51.91
	2	Johan Stassen	60.51
M40	1	Dominic Lagat	54.21
	2	Ashley Moore	54.31
	3	Mathew Walker	58.96
	4	Kieran Johnson	61.61
M45	1	Mark Maslen	61.86
M55	1	Jannie Baard	59.48
	2	Uwe Pufke	61.08
	3	Glenn Rogers	70.83
M60	1	Anthony Grendon	62.62
	2	Nigel Bancroft	70.39
	3	Jacques Maniacara	71.02
	4	Mark Dawson	85.77

M65	1	Campbell Till	63.01
	2	Neil Morfitt	67.35
	3	Des Walsh	2:00.95
M70	1	Michael Byrne	69.42
	2	Brian Hewitt	84.68
	3	Harold Membrey	1:36.34
M75	1	Ross Goulden	81.13
	2	Darrell Arnett	84.99
	3	Geoff Vine	1:37.22
M85	1	Morland Smith	2:10.86





Bob Hull and Julie Wilson head a pack in the 1500m

Middle Distance



Anthony Grendon makes his break in the 800m

800m WOMEN

W40	1	Naomi Lagat	2:46.54
W50	1	Tammi Doyle	3:02.03
W55	1	Jacqui McQueen	3:55.34
W70	1	Julie Wilson	3:44.56

800m MEN

M30	1	Terry Price	2:21.49
M35	1	Mike Lawson	2:11.66
M40	1	Dominic Lagat	2:07.92
	2	Sam Burke	2:10.29
	3	Tyne Timmers	2:11.16
	4	Kieran Johnson	2:16.53
	5	Douglas Hill	2:23.75

M45	1	Mark Maslen	2:14.24
	2	David Adams	2:28.85
	3	Andy Roach	2:32.34

M50	1	John Miolini	2:47.90
------------	---	--------------	---------

M55	1	Jannie Baard	2:20.74
	2	Uwe Pufke	2:21.10
	3	Andrew Kets	2:28.34

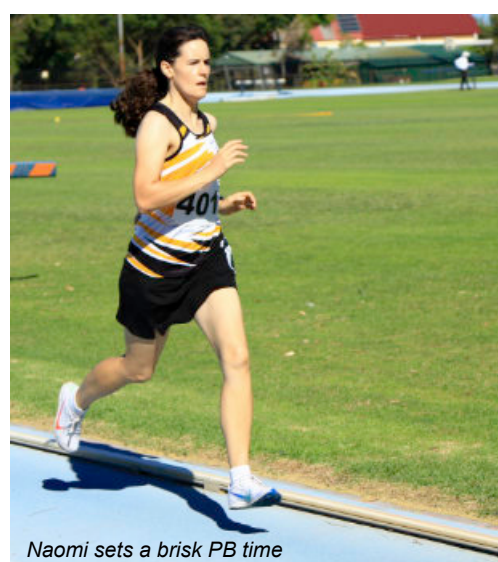
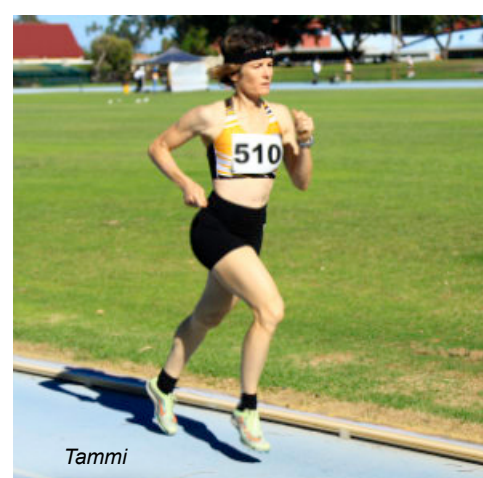
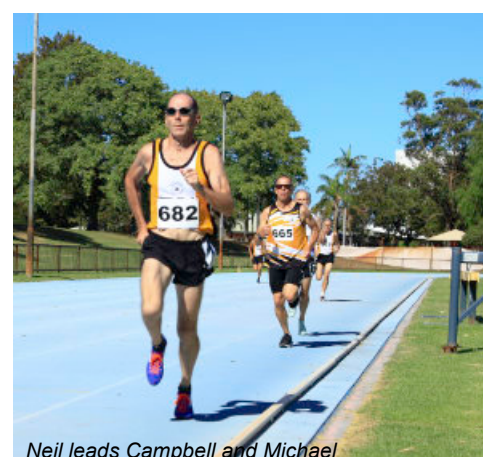
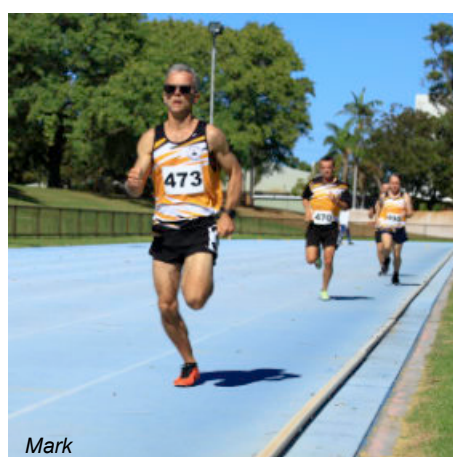
M60	1	Anthony Grendon	2:17.76
	2	Nigel Bancroft	2:38.72
	3	Jacques Maniacara	2:47.51
	4	Mark Dawson	3:08.34
	5	Colin Smith	3:30.93

M65	1	Neil Morfitt	2:37.60
	2	Campbell Till	2:42.73
	3	Martin Kennedy	3:01.51

M70	1	Michael Byrne	2:42.86
	2	Brian Hewitt	3:22.89

M75	1	Ross Goulden	3:21.10
	2	Bob Hull	3:23.11
	3	John McDonagh	3:34.30
	4	Geoff Vine	3:41.07
	5	Jim Langford	4:02.37

IMAGES THIS PAGE: Graeme Dahl



1500m WOMEN

W50	1	Lizelle Smith	6:19.65
W60	1	Lori Sexton	7:32.83
W70	1	Julie Wilson	7:31.38

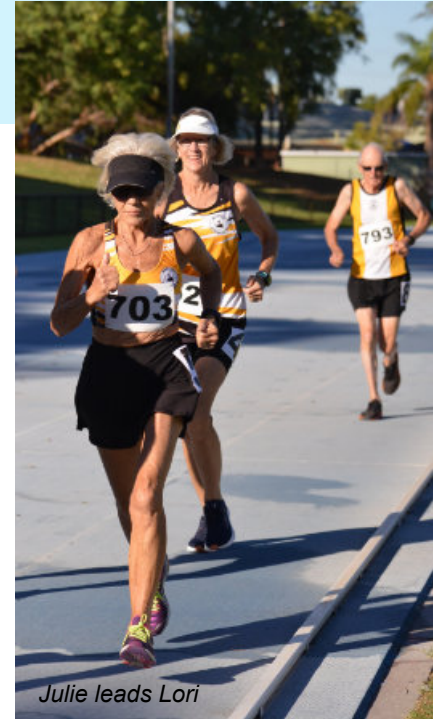
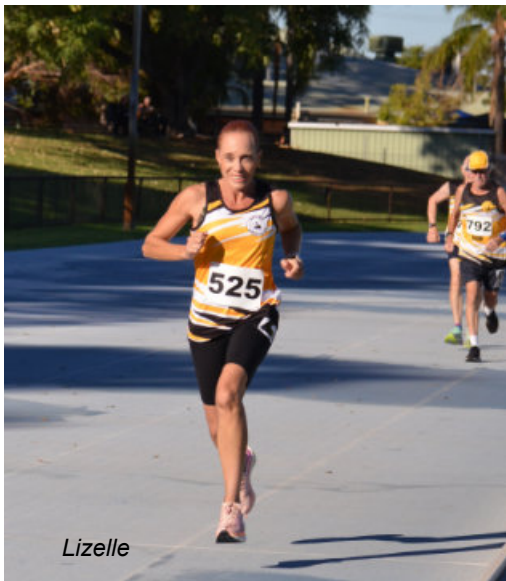
1500m MEN

M30	1	Terry Price	5:13.85
M40	1	Sam Burke	4:26.84
	2	Tyne Timmers	4:45.75
	3	Kieran Johnson	5:56.04
M45	1	Mark Maslen	4:41.97
	2	Andy Roach	5:23.70

M50	1	John Miolini	5:56.66
M55	1	Glenn Rogers	5:32.07
M60	1	Anthony Grendon	4:46.77
	2	Mike Haederle	5:22.16
	3	Patrick Maslen	5:25.70
	4	Mark Dawson	6:26.19
	5	David Colvin	6:35.88
	6	Colin Smith	7:43.68

M70	1	Giovanni Puglisi	6:13.25
	2	Mercurio Cicchini	6:41.67
	3	Brian Hewitt	6:46.05

M75	1	Bob Hull	6:55.93
	2	Geoff Vine	7:18.13
	3	Jim Langford	7:51.24
M80	1	Bob Schickert	9:51.93
M85	1	Morland Smith	10:03.55



Race Walks



Great to see Johan Hagedoorn back competing following a cycling injury



*Cool, calm and collected...
Glenys Duncan*

2024 Masters State Athletics Championships 1500m race walk

WOMEN

W45 1 Fiona van Heerwaarden 9:17.41

W55 1 Karyn Tolardo 8:51.14
2 Wendy Farrow 10:08.40
3 Janne Wells 10:41.21

W80 1 Lynne Schickert 11:49.29
2 Glenys Duncan 15:02.21
3 Luella Jenkins DNF

MEN

M30 1 Paul Wilmot 10:50.90

M45 1 Daniel Lowe 10:20.75

M50 1 Wayne Byram 10:15.22

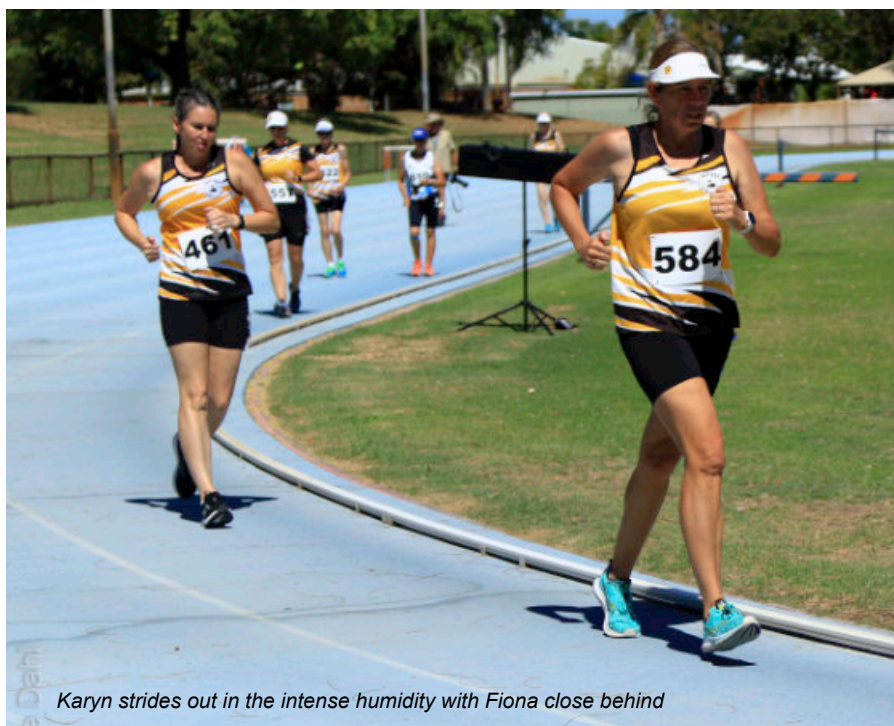
M55 1 Andrew Duncan 7:38.14

M60 1 Garry Hastie 9:10.67

M65 1 Steve Travell 13:19.11

M75 1 John McDonagh 10:49.75

M80 1 Johan Hagedoorn 12:25.57



Karyn strides out in the intense humidity with Fiona close behind

IMAGES:
Graeme Dahl



Wendy in the blue cap with Janne following



L-R: Paul, Daniel and Wayne



Bunbury's Garry Hastie works to stay with Andrew Duncan



Lynne overtakes Luella who later retired from the race

2024 Masters State Athletics Championships 3000m race walk

3000m race walk WOMEN

W45 1 Fiona van Heerwaarden 20:35.25

W55 1 Karyn Tolardo 17:35.56
2 Wendy Farrow 20:12.84

W65 1 Lyn Ventris **SR** 17:29.85

W80 1 Lynne Schickert 24:25.74
2 Glenys Duncan 29:38.62

3000m race walk MEN

M45 1 Daniel Lowe 22:02.41

M55 1 Andrew Duncan 16:15.30

M60 1 Garry Hastie 19:19.01

M65 1 Steve Travell 27:22.64

M75 1 John McDonagh 23:58.97

M80 1 Johan Hagedoorn 24:05.92



Lyn Ventris walks to a new State Record

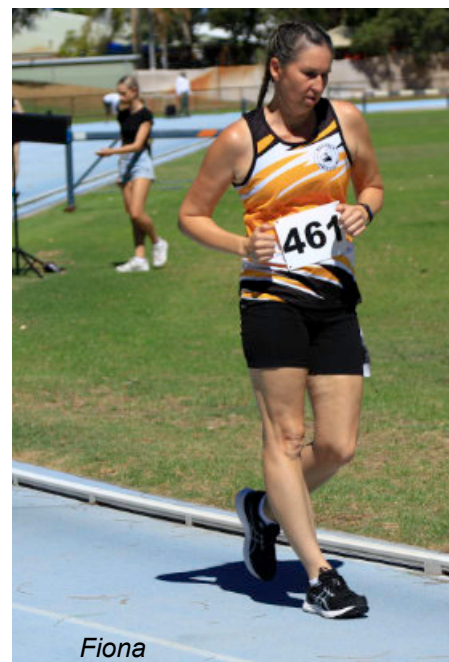
IMAGE ABOVE: Tom Lenane



Andrew



Garry



Fiona



Lynne

IMAGES: Graeme Dahl



Daniel

2024 Masters State Athletics Championships 5000m race walk

5000m race walk WOMEN

W45	1	Fiona van Heerwaarden	34:26.79
W55	1	Karyn Tolardo	31:15.35
	2	Wendy Farrow	34:27.20
W80	1	Lynne Schickert	42:30.21
	2	Glenys Duncan	50:30.34

5000m race walk MEN

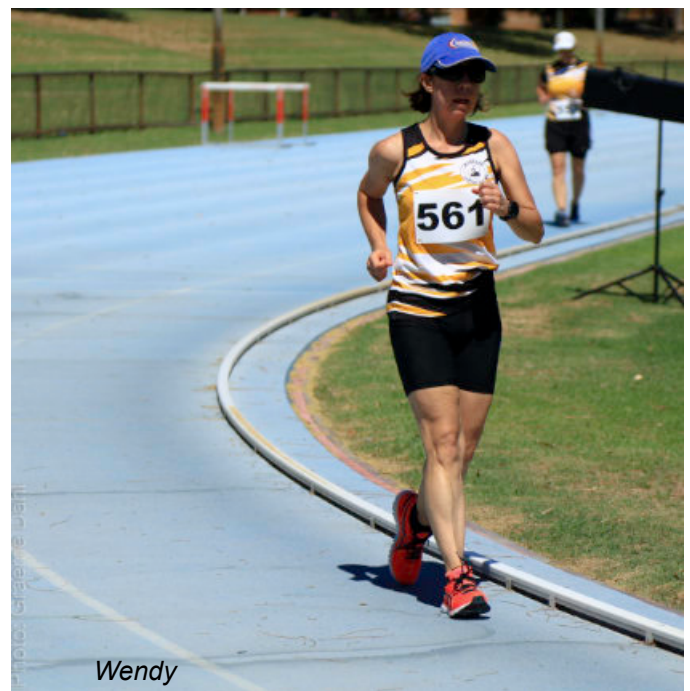
M45	1	Daniel Lowe	38:05.11
M55	1	Andrew Duncan	26:30.33
M65	1	Steve Travell	43:29.24
M75	1	John McDonagh	37:42.50
M80	1	Johan Hagedoorn	40:33.02



Karyn



John



Wendy



Steve



Glenys

80m HURDLES WOMEN

wind

W55

1	Jenn Parker	SR	15.26	+1.0
2	Sue Coate		17.42	+1.0

W60

1	Carrie Francis		21.03	+1.0
---	----------------	--	-------	------

100m HURDLES MEN

M50

1	Paul Jeffery	SR	15.29	+0.4
---	--------------	----	-------	------

M55

1	JP Moutia		23.29	-0.2
---	-----------	--	-------	------

M65

1	Dave Wilkie		22.07	+0.4
---	-------------	--	-------	------

110m HURDLES MEN

M30

1	Paul Wilmot		22.87	+0.4
---	-------------	--	-------	------



300m Hurdles WOMEN

W50

1 Tammi Doyle 64.56

W55

1 Sue Coate 59.88

300m Hurdles MEN

M65

1 Dave Wilkie 61.13

400m Hurdles MEN

M30

1 Paul Wilmot 89.67

M35

1 Johan Stassen 67.43

M40

1 Tyne Timmers 67.16

M50

1 Wayne Byram 2:05.31

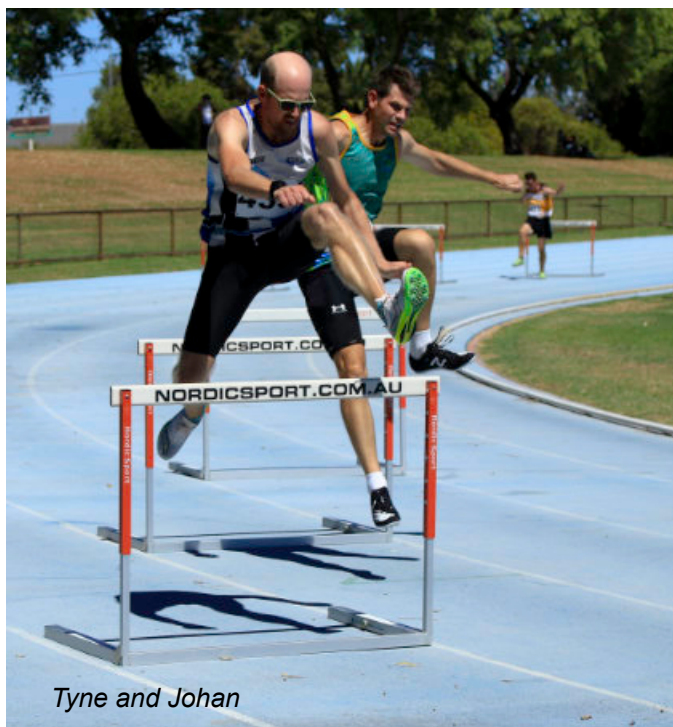
M55

1 JP Moutia 1:33.38



JP

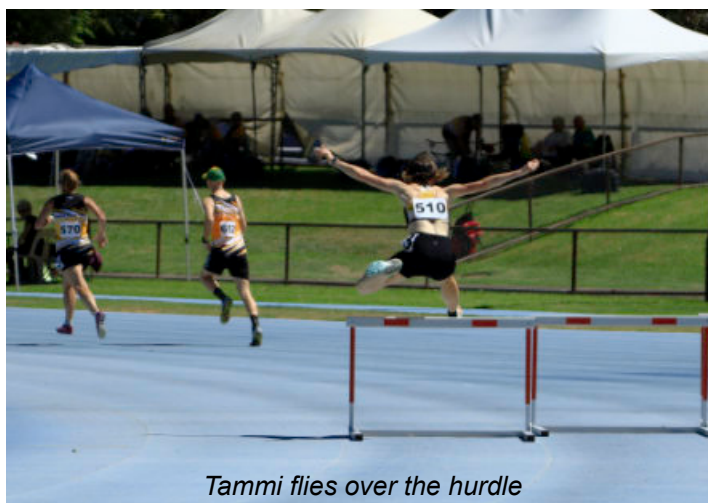
IMAGES THIS PAGE: Graeme Dahl



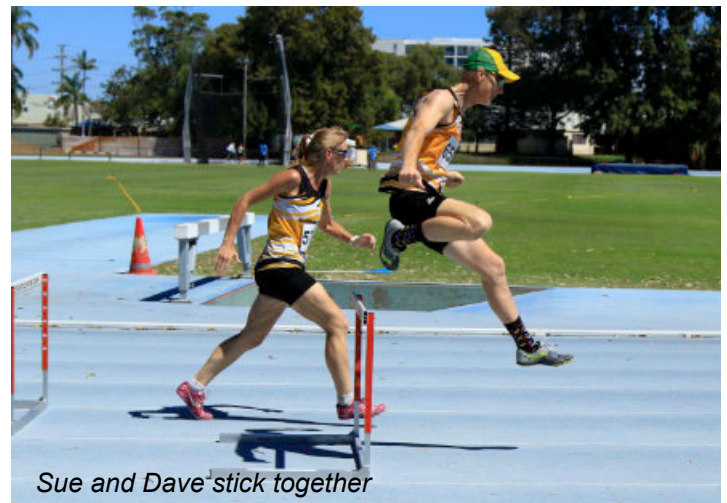
Tyne and Johan



Wayne



Tammi flies over the hurdle



Sue and Dave stick together

2024

Masters State Athletics Championships

long jump

WOMEN				wind	MEN				wind
W40					M30				
	1	Ingrid Wilcock	4.15m	+1.2		1	Paul Wilmot	4.09m	+0.5
	2	Danielle Dean	3.94m	-0.7	M35				
W50						1	Stephen Edwards	5.80m	+1.9
	1	Tammi Doyle	3.37m	-1.1	M40				
W55						1	Ryan Satinover	5.23m	-1.3
	1	Jenn Parker	4.44m	-0.5		2	Kieran Johnson	4.95m	+1.9
	2	Sue Coate	4.08m	-0.7	M50				
	3	Lisa Limonas	3.76m	-0.7		1	Paul Jeffery	5.93m	+1.8
W70						2	Daniel Mostert	3.80m	+1.6
	1	Gay Wyatt	3.14m	+1.2	M60				
W75						1	Jacques Maniacara	3.06m	+0.0
	1	Brenda Painter	1.78m	+0.0	M65				
W80						1	Dave Wilkie	3.71m	+0.0
	1	Luella Jenkins	2.30m	+0.0	M75				
	2	Lynne Schickert	1.85m	+0.7		1	Phil Smyth	3.42m	+0.9
					M85				
						1	Norm Richards	2.74m	-0.3

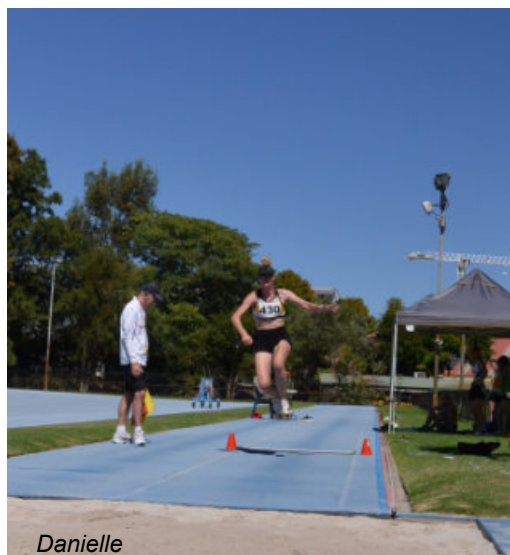
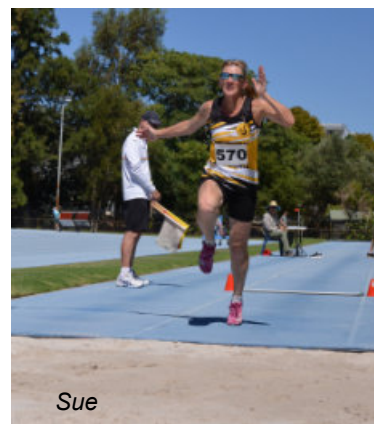


2024

Masters State Athletics Championships

triple jump

WOMEN				wind					wind					wind
W40					W80					M55				
1	Ingrid Wilcock	9.11m	+0.0		1	Lynne Schickert	4.69m	+1.9		1	Kevin Collins	4.77m	-0.5	
2	Danielle Dean	8.22m	+0.0		MEN					M65				
W55					M30					1	Dave Wilkie	7.46m	+0.0	
1	Jenn Parker	8.56m	+1.2		1	Paul Wilmot	8.66m	+0.0		M85				
2	Sue Coate	7.92m	+2.3		M35					1	Norm Richards	4.65m	-1.5	
W70					1	Stephen Edwards	12.01m	+0.0						
1	Gay Wyatt	6.88m	+0.0		M50									
2	Barb Wilson	6.18m	+2.1		1	Jonathan Lester	9.63m	+0.1						
W75														
1	Brenda Painter	4.63m	+0.0											

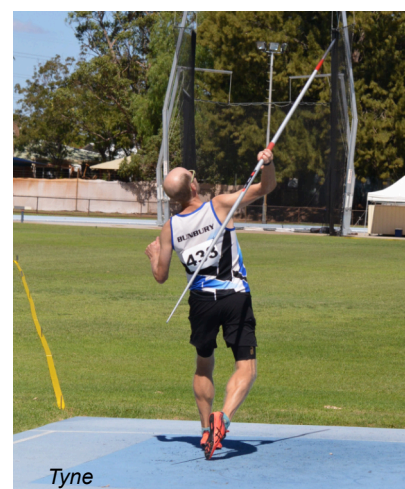
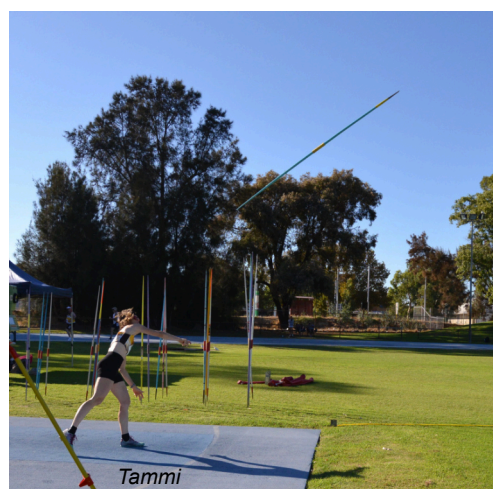


WOMEN

W35	1	Michelle Krokosz	25.23m
W50	1	Mel Tipene SR	34.82m
	2	Tammi Doyle	22.09m
	3	Sandra Siviour	20.41m
W55	1	Sue Coate	25.72m
	2	Lisa Limonas	19.17m
	3	Paula Kennedy	17.82m
W60	1	Carmel Meyer	17.26m
	2	Sharon Moloney	14.00m
	3	Michelle Link	12.50m
W70	1	Barb Wilson	16.12m
	2	Elizabeth Szczepanska	13.10m
	3	Christina Faithfull	12.26m
	4	Maureen Keshwar	12.20m

W75	1	Brenda Painter	10.96m
W80	1	Luella Jenkins	15.04m
MEN			
M30	1	Paul Wilmot	24.86m
M40	1	Ryan Satinover	35.82m
	2	Tyne Timmers	32.31m
M50	1	Paul Jeffrey SR	51.54m
	2	Jerome Conway-Mortimer	23.82m
M55	1	Paul Foley	41.06m
	2	Andrew Duncan	35.81m

M60	1	Garry Hastie	33.50m
	2	Andrew Ward	30.33m
	3	Kenneth Wilkins	27.54m
	4	Lou Daniel	26.14m
M65	1	Tom Gravestock	26.81m
	2	Dave Wilkie	23.41m
	3	Des Walsh	22.83m
M70	1	Jo Peters	36.42m
M75	1	Stan Selby	28.29m
	2	Phil Smyth	22.23m
M85	1	Peter Muller	14.84m
M90	1	Jim Davis SR	11.32m



WOMEN

W35	1	Michelle Krokosz	29.26m
W50	1	Sandra Siviour	22.07m
	2	Tammi Doyle	20.61m
W55	1	Jenn Parker	27.56m
	2	Sue Coate	21.84m
	3	Paula Kennedy	18.64m
W60	1	Sharon Moloney	19.15m
	2	Therese Carr	14.37m
	3	Michelle Link	12.82m
W70	1	Maureen Keshwar	18.53m
	2	Elizabeth Szczepanska	18.35m
	3	Christina Faithfull	14.62m
	4	Barb Wilson	14.36m
W75	1	Bev Hamilton	16.08m

W80

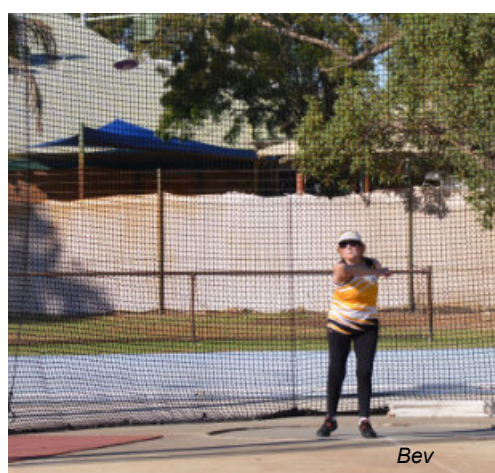
1	Luella Jenkins	18.63m
MEN		
1	Paul Wilmot	19.61m
1	Tyne Timmers	25.74m
1	Paul Jeffrey	42.73m
2	John Fettus	38.84m
3	Jerome Conway-Mortimer	26.22m
1	Paul Foley	31.81m
1	Andrew Ward	36.95m
2	Timothy Lyons	43.25m
3	Lou Daniel	28.43m
4	Garry Hastie	26.89m
5	Kenneth Wilkins	23.30m

M65

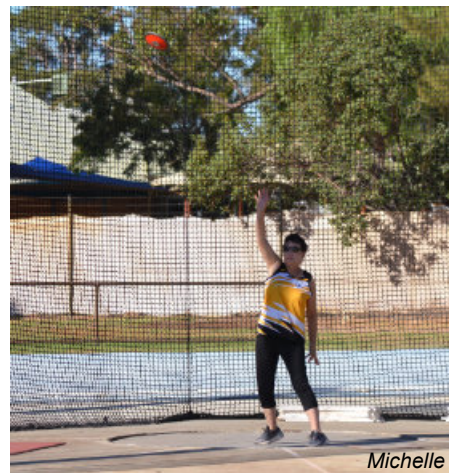
SR	1	Tom Gravestock	37.20m
	2	Brian Miller	23.74m
	3	Des Walsh	22.89m
	4	Dave Wilkie	22.21m
	5	Barry Francis	17.57m
M70	1	Jo Peters AR (pending)	44.46m
M75	1	Greg Wilson	26.02m
	2	Phil Smyth	15.31m
	3	Mike Anderson	15.12m
M80	1	Mike O'Reilly	13.64m
M85	1	Peter Muller	19.84m
M90	1	Jim Davis SR	17.36m



Luella



Bev



Michelle



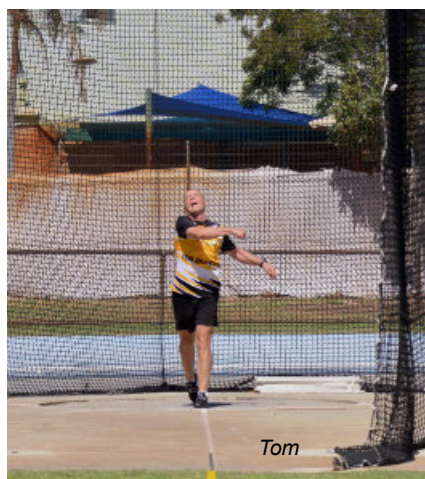
Greg



Peter



Barry



Tom



Jo



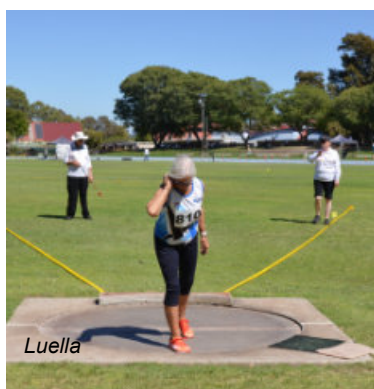
John

WOMEN

W50	1	Sandra Siviour	8.84m
	2	Tammi Doyle	8.35m
W55	1	Sue Coate	10.20m
	2	Jenn Parker	9.64m
	3	Paula Kennedy	8.37m
	4	Lisa Limonas	8.25m
W60	1	Sharon Moloney	7.34m
	2	Carrie Francis	6.37m
	3	Therese Carr	4.92m
	4	Michelle Link	3.99m
W70	1	Maureen Keshwar	7.37m
	2	Barb Wilson	6.75m
	3	Elizabeth Szczepanska	6.32m
	4	Christina Faithfull	5.44m

W75	1	Bev Hamilton	7.10m
W80	1	Luella Jenkins	6.35m
MEN			
M30	1	Paul Wilmot	5.23m
M50	1	John Fettus	13.79m
	2	Paul Jeffrey	11.93m
	3	Jerome Conway-Mortimer	9.52m
	4	Daniel Mostert	8.07m
M55	1	Paul Foley	10.17m
M60	1	Andrew Ward	9.75m
	2	Lou Daniel	9.26m

M65	1	Tom Gravestock	10.14m
	2	Dave Wilkie	7.24m
	3	Barry Francis	5.86m
M70	1	Jo Peters	11.47m
	2	Harold Membrey	7.99m
M75	1	Greg Wilson	7.76m
	2	Mike Anderson	5.64m
M80		Mike O'Reilly	DNF
M85	1	Peter Muller	6.55m



WOMEN

W55	1	Paula Kennedy	29.40m
W60	1	Sharon Moloney	25.17m
	2	Michelle Link	12.71m
W70	1	Elizabeth Szczepanska	20.52m
W75	1	Bev Hamilton	23.56m
W80	1	Luella Jenkins	20.18m

MEN

M50	1	John Fettus	45.19m	M70	1	Harold Membrey	24.26m
M55	1	Paul Foley	29.34m	M75	1	Greg Wilson	23.06m
M60	1	Timothy Lyons	30.09m		2	Phil Smyth	20.49m
	2	Andrew Ward	28.62m	M90	1	Jim Davis	20.49m
M65	1	Tom Gravestock	34.37m				
	2	Brian Miller	30.64m				

Apologies for lack of Hammer photos, we weren't able to get there...here are some more shot images instead.



Early events



By Campbell Till

In a welcome break from recent furnace like days, 40 men and 13 women lined up for 12 and a half laps in pleasantly cool weather. As a result, many fast 5000m times were posted throughout all divisions. Using the Age Graded percentages to examine the results, the best performed woman was W60 Sue Zlnay, followed by W45 Clare Wardle, W55 Niamh Keane and W30 newcomer Michelle Hunter. It was great to see Niamh Keane back on the track. Age-graded men's results saw M60 Anthony Grendon in the lead, followed by M70 Giovanni Puglisi, Alan Stabler and, fastest by time, M35 Mike Lawson. The afternoon's high jump competition saw the indefatigable W75, Brenda Painter backing up from her morning Pentathlon with her usual energy. The men's high jump, with eleven competitors, kept the Wyatt's busy officiating. Thanks to all officials and helpers on the day. Read below Dave Wilkie's bird's eye view of Pentathlon proceedings.

W70 Julie Wilson and W55 Rochelle Airey look determined, while W60 Lori Sexton looks relaxed as the pack round the bend in the 5000m.

IMAGE: Graeme Dahl

Multi Madness

By Dave Wilkie

Most readers already know about the W55 multi duopoly of Coates and Parker; Arch rivals, frenemies, ruthless competitors, pride of MAWA. Yes, they were at it again in the pentathlon with both scoring at stratospheric heights. Jen was ahead by a whisker in the 100m, centimetres in the long jump and shot, one hand on the gold. Then came the javelin.

I don't know what's going on with Jen and javelin. How hard can it be? Arm back, a few steps, plant the left foot, drive the hip, throw through the point and zoom, 35 metres and glory immortal. Just watch Sue. Alas for Jen, like the legendary Steven Bradbury, Sue pinged a winner and raced from last to first. Jen only had the 800m to claw back the lead. She ran a blistering 800 but as she crossed the line Sue had run a scorching 799. Not enough. Sue claimed gold and bragging rights for another year – or at least until the nationals – and she will most definitely exercise those rights.

Those two aside, the pentathlon is contested by ordinary mortals. It's a great day out; run, jump and throw. What's not to like? You cruise around with the guys and get to know a few blow-ins and out-of-towners. Come on down next year. You'll love it. Oh, you can't throw. Do you think the rest of us can? We're all pretty lame. It's just a bit of fun. We had 11 in the men's this year. Let's see if we can get up to 20 next year. Spread the word. It's the best day on the calendar.

There was some attrition with men. The one competitor who can actually throw, Tom Gravestock, didn't make it past the long jump. On the bright side, this opened the door for Dave Wilkie and Des Walsh to get some bling. Poor Bruce McGeorge had a time clash with the 5000m and couldn't make the start. We all felt for him.

David Adams and Michael Byrne stormed to gold. Both are great runners but have no pretensions to throwing. Tyne Timmers and Brad Schirmer can actually do a bit of everything and topped the age adjusted points table. Brad put so much into his 1500m that he improved his PB by 30+ seconds and was exhausted to the point of vomiting. That's commitment.

Greg Kennedy and Ivan Brown fought it out in the M75. Ivan ran a great 1500m but couldn't claw back Greg's lead. Lou Daniel cruised through for gold in M60.

Now the throws pentathlon, that's another beast. No spaghetti armed running types in that crew. Real men, big men, strong men hurling heavy things from one side of the infield to the other. The 60kg weaklings among us could only stand back in awe as lumps of metal defied the laws of physics. Everyone got a medal, mostly gold. Harold Membrey was up against Jo Peters in M70. The man is a beast so credit where it's due. In the women's throws Pentathlon, the ladies from Bunbury- W55 Paula Kennedy, W60 Sharon Moloney and wonder woman W80 Luella Jenkins, came up to liven up the competition.

Great weather, great competitors, great fun. Give it a go next year. Gold and glory are up for grabs.

5000m WOMEN

W30	1	Michelle Hunter	18:58.73
W40	1	Storm Hurst	26:23.58
W45	1	Clare Wardle	19:35.20
W50	1	Lizelle Smith	22:42.92
	2	Elizabeth Clennell	26:54.79
W55	1	Niamh Keane	22:42.95
	2	Rochelle Airey	24:26.85
	3	Silke Peglow	29:42.59
	4	Janne Wells	29:49.60
W60	1	Sue Zlnay	22:18.88
	2	Lori Sexton	26:38.29
W65	1	Gayle Craft	29:58.08
W70	1	Julie Wilson	26:56.73
5000m MEN			
M30	1	Ben Trowbridge	17:59.27
M35	1	Mike Lawson	16:21.16

M45	1	Mark Maslen	17:58.44
	2	Andy Roach	20:30.02
	3	Chris Owen	21:31.49
M50	1	Alan Stabler	17:56.77
	2	Kim Thomas	19:00.15
	3	Nick Moore	19:06.35
	4	Michael Brophy	19:06.35
	5	Scott Claxton	21:16.68
	6	John Miolini	23:16.92
	7	Xinhuan Yan	23:39.46
M55	1	Glenn Rogers	19:47.47
	2	Kevin Murphy	20:58.22
M60	1	Anthony Grendon	18:50.66
	2	Mike Haederle	20:02.88
	3	Patrick Maslen	20:42.07
	4	Stephen Helm	21:05.28
	5	Nigel Bancroft	21:37.07
	6	Steve Hossack	21:51.29
	7	Bernard Candy	22:57.88
	8	Jacques Maniacara	23:17.72
	9	Blakeney Tindal	23:57.94
	10	Mark Dawson	28:32.89
	11	Steve Barrie	33:24.38

M65	1	Paul Scott	22:52.54
	2	Frank Keaney	24:26.31
	3	Bruce McGeorge	34:20.47
M70	1	Giovanni Puglisi	21:59.91
	2	Mercurio Cicchini	24:35.95
	3	Michael Lee	25:07.62
	4	Brian Hewitt	26:35.59
M75	1	Keith Miller	24:32.45
	2	Bob Hull	25:00.32
	3	Brian Bennett	29:11.23
	4	Jim Langford	29:15.15
M80	1	Bob Schickert	36:12.48
	2	Bert Carse	DNF
M85	1	Fred Smart	29:27.48
	2	Morland Smith	38:02.59



IMAGES Above: Graeme Dahl



IMAGES L/R:
Tom Lenane



Eagerness and anticipation as Race 1 sets off

IMAGES: Graeme Dahl

10000m WOMEN

W45
1 Clare Wardle 41:35.32

W55
1 Claudia Seke **SR** 42:35.38
2 Rochelle Airey 52:19.43
3 Silke Peglow 1:04:11.29
4 Janne Wells 1:05:43.90

W70
1 Isolde Tietz 1:15:19.18

10000m MEN

M30
1 Ben Trowbridge 41:14.60
Hayden McGregor DNF

M35
1 Mike Lawson 35:28.29

M40
1 Zane Walsh 39:36.52
2 Tommy Glackin 42:58.97

M45
1 Piero Moraro 35:43.57
2 David Adams 44:00.11

M50
1 Kim Thomas 42:43.74
2 Scott Claxton 44:59.43
3 John Miolini 49:46.68

M55
1 Glenn Rogers 42:30.20
2 Kevin Murphy 44:51.07
3 Tristan Bell 45:09.20
4 Paul Every 53:56.87

M60
1 Patrick Maslen 42:23.05
2 David Colvin 51:35.61
3 Mark Dawson 53:56.74
4 Steve Barrie 1:13:27.51

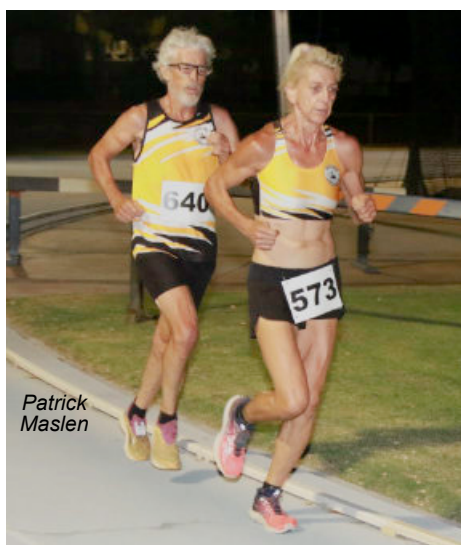
M65
1 Richard Harris 44:09.09
2 Paul Scott 47:45.89
3 Frank Keaney 51:55.05
4 Bob Colligan 52:54.71

M70
1 Giovanni Puglisi 46:16.81
2 Mercurio Cicchini 52:05.28

M75
1 Keith Miller 51:04.50
2 Bob Hull 58:37.14
3 Jim Langford 1:06:18.41

M80
1 Bert Carse 1:07:13.76
2 Bob Schickert 1:14:45.74

M85
1 Fred Smart 1:03:46.26
2 Morland Smith 1:21:45.29

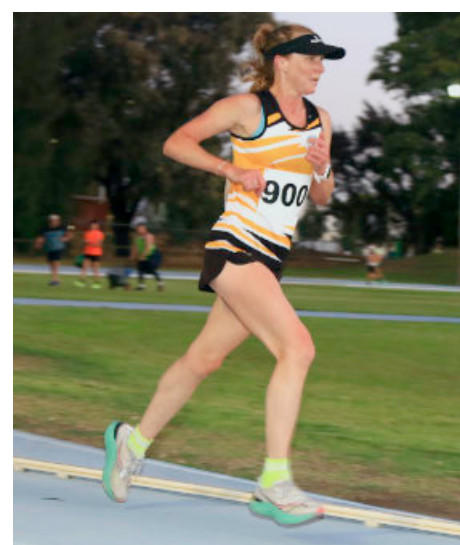


Patrick Maslen

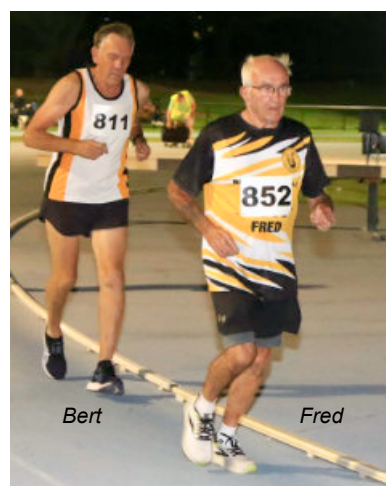
New W55 State Record - Claudia Seke



Fastest male - M35 Mike Lawson



Fastest female - W45 Clare Wardle



Bert

Fred



Second race pack, jockeying for positions

2024 Masters State Athletics Championships

steeplechase

MEN 3000m

M30	1	Callum Dowell	10:44.89
M45	1	David Adams	14:55.81
M50	1	Evangelos Georgopoulos	13:27.84
	2	Wayne Byram	19:13.98
	3	Xinhuan Yan	DNF
M55	1	Paul Every	15:38.42

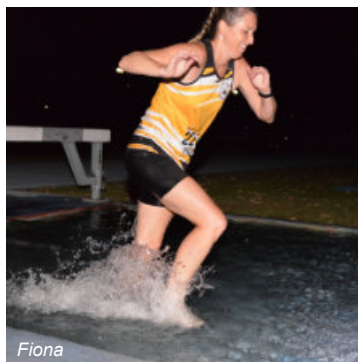
WOMEN 2000m

W45	1	Fiona van Heerwaarden	12:38.82
W50	1	Tammi Doyle	10:22.16
	2	Elizabeth Clennell	11:38.40
W55	1	Sue Coate	9:59.72
	2	Silke Peglow	12:11.20
	3	Jacqui McQueen	12:12.17
W65	1	Carol Bowman	13:10.28
W70	1	Julie Wilson	11:29.52
W80	1	Lynne Schickert	20:06.26

MEN 2000m

M60	1	Patrick Maslen	8:12.89
	2	David Colvin	10:36.36
	3	Steve Barrie	13:33.87
M65	1	Dave Wilkie	10:53.45
	2	Bruce McGeorge	DNF
M70	1	Giovanni Puglisi	9:36.03
M75	1	Jim Langford	12:17.62
M80	1	Bob Schickert	16:10.69
M85	1	Morland Smith	16:26.91

IMAGES: Carmel Meyer & Tom Lenane



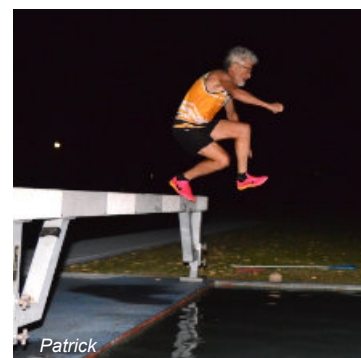
Fiona



Steve



Lynne



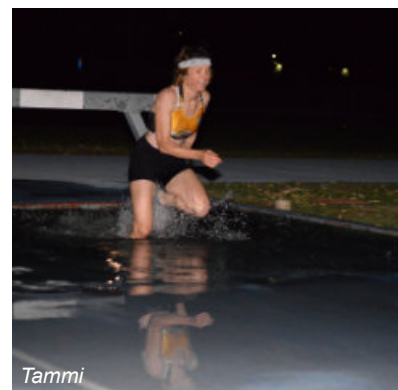
Patrick



David and Dave



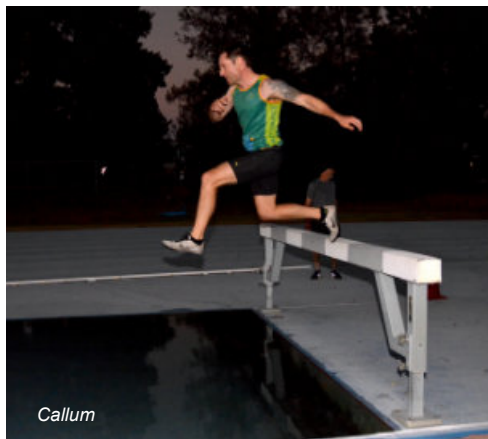
Evangelos



Tammi



Bob and Morland



Callum



Giovanni



Steeple sequence from L-R Silke, Carol and Jacqui



Elizabeth



Paul

WOMEN

W55	1	Jenn Parker	1.27m
	2	Sue Coate	1.21m
W70	1	Gay Wyatt	1.04m
W75	1	Brenda Painter	0.89m
W80	1	Lynne Schickert	0.95m
	2	Luella Jenkins	0.89m

MEN

M30	1	Paul Wilmot	1.40m
M35	1	Stephen Edwards	NH
M45	1	Chris Owen	1.25m
M50	1	Jonathan Lester	1.55m
	2	Daniel Mostert	1.45m
M55	1	Kevin Collins	0.85m
M60	1	Nigel Bancroft	1.30m
M65	1	Dave Wilkie	1.40m
M75	1	Phil Smyth	1.25m
	2	Greg Wilson	1.20m
	3	Greg Kennedy	1.20m



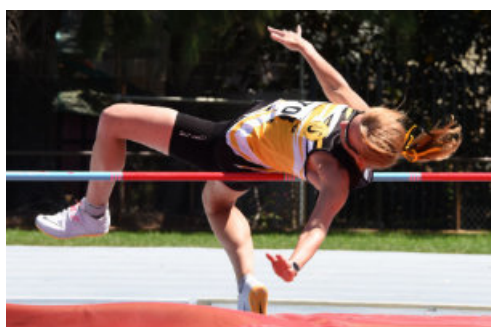
Greg K watches Greg W



Phil



Greg K



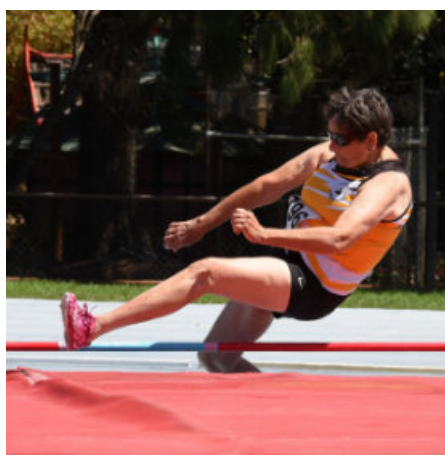
Sue



Nigel



Gay



Brenda



Jenn



Luella

IMAGES: Tom Lenane



Geoff (centre) with his pole vault group

WOMEN

W55

1 Sue Coate 2.20m

MEN

M30

1 Paul Wilmot 2.00m

M45

1 Brad Schirmer 2.80m

2 David Adams 1.60m

M65

1 Dave Wilkie 2.20m

M70

1 Phil Smyth 2.30m



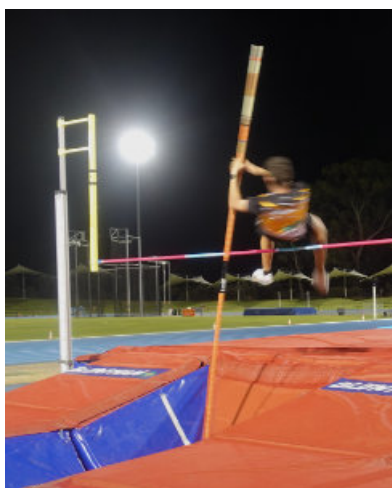
Phil



Sue



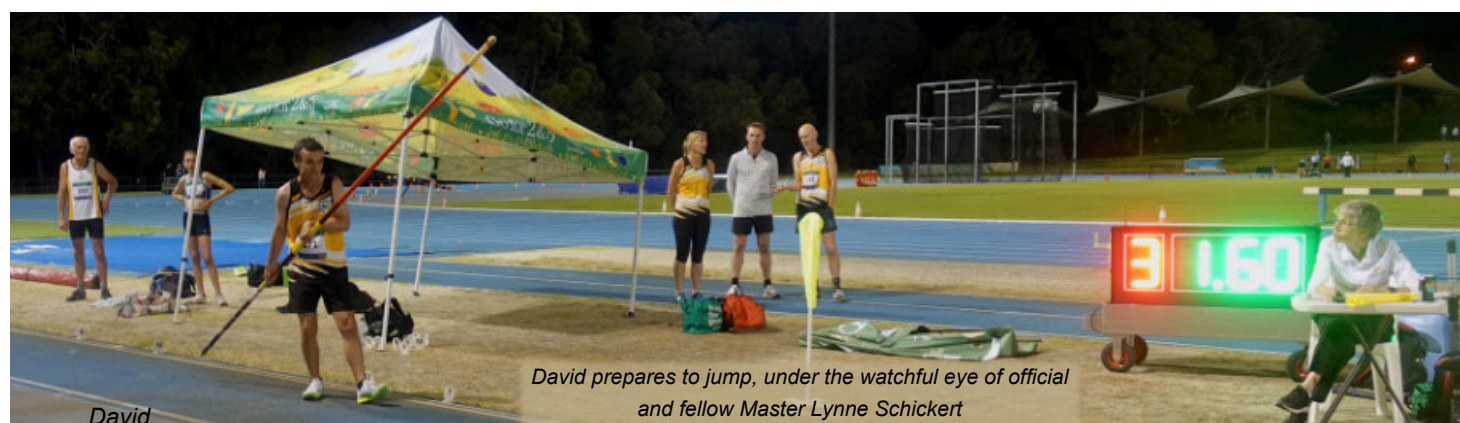
Dave



Paul



Brad



David

David prepares to jump, under the watchful eye of official and fellow Master Lynne Schickert

WOMEN

W55	1	Sue Coate	3527
	2	Jenn Parker	3361

W75	1	Brenda Painter	1076
------------	---	----------------	------

MEN

M40	1	Tyne Timmers	2467
------------	---	--------------	------

M45	1	David Adams	1459
------------	---	-------------	------

M50	1	Brad Schirmer	2372
------------	---	---------------	------

M60	1	Lou Daniel	1174
------------	---	------------	------

M65	1	Dave Wilkie	2047
	2	Des Walsh	1292
		Tom Gravestock	DNF

M70	1	Michael Byrne	2211
------------	---	---------------	------

M75	1	Greg Kennedy	1575
	2	Ivan Brown	1099



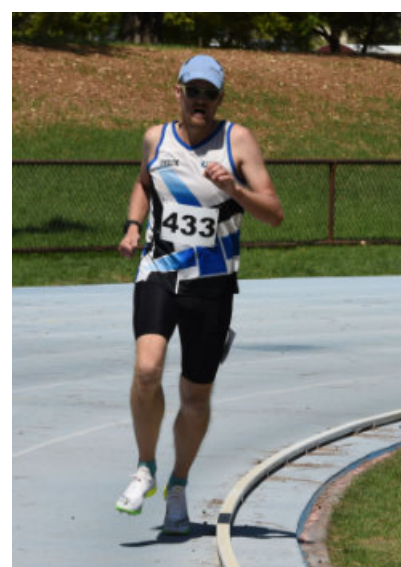
Michael, Brad and Dave are sun smart



Lou and Ivan



Time for a change of shoes



Tyne



Des



Brenda conquers the 800m



Unstoppable athlete David Adams

2024 Masters State Athletics Championships throws pentathlon

MEN

M50	1 Paul Foley	2956
M60	1 Andrew Ward	2766
M70	1 Jo Peters	3945
	2 Harold Membrey	1956
M75	1 Greg Wilson	2421

WOMEN

W55	1 Sue Coate	2636
	2 Jenn Parker	2632
	3 Paula Kennedy	2364
W60	1 Sharon Moloney	2190
W75	1 Bev Hamilton	2344
W80	1 Luella Jenkins	3129
	SR	
	Javelin	



Harold



Jenn



Greg



Paula



Andrew



Luella



Bev



Sharon



Paul

Bits and Pieces...



A quick rest before the next lot of hard work



It landed here...



The Bunbury crew flew the flag(s)



Podium chat zone



*Congratulations on a great event
Barbara*



Hurdle warm-up...or new dance craze



The man with the medals



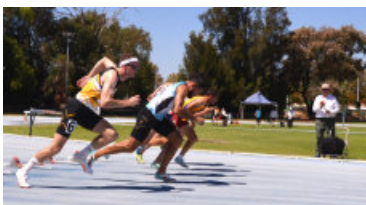
Wonderful team Wyatt



Colin makes sure the water is pristine



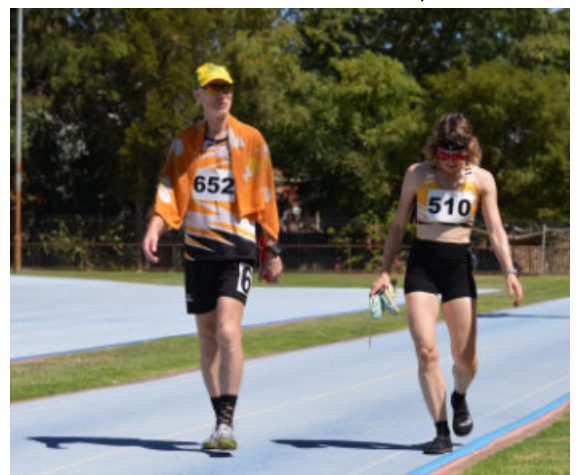
*And you thought it all just happened...?
More hard workers*



*Another successful start from the man
with the electronic gun, Andrew Cuthbertson*



*More hard work in the hot sun
Lui and Claudia*



And then Tammi said to Dave..hurdles are really fun!