



VETRUN



MASTERS ATHLETICS WA NEWSLETTER

Patron: Bill Hughes - President: Val Millard - Correspondence: The Secretary MAWA, 11a Dandenong Rd, Attadale, WA 6156
Editor: Jeff Bowen - jeffbowen@westnet.com.au - Website: www.mastersathleticswa.org - enquiries@mastersathleticswa.org
February 2005 - Number 371

Pics from the Canning Caper:



Elaine Dance



Recorders Phyllis Farrell and Lorraine Lopes



Wayne Taylor and Chris Pattinson - ably marshalled by Graeme Uren

IMPORTANT NOTICE RE STATE TRACK AND FIELD CHAMPIONSHIPS

With the redevelopment of Coker Park taking longer than expected it has been decided to change the events which were programmed for 25 February and 27 February as follows;

- 5km walk and 10km runs to (McGillivray) UWA Sports Oval (subject to confirmation) - still Friday 25 Feb.
- The Pentathlon to Sunday 20 March - still at Coker Park.

Starting times are unchanged.

NOTICE OF ANNUAL GENERAL MEETING

The MAWA Annual General Meeting will be held on Monday 18 April 2005 at 7.00 pm at the Hockey Club Rooms, Perry Lakes. All members are invited to attend.

Committee Nominations

Nominations are called for the committee for 2005-2006:

President
Vice-President
Secretary
Treasurer
Committee Members (4)

Nominations are also called for positions of:

Editor (desirably a member of the committee but not required by the Constitution)
Handicapper
Statistician
Athletic Registrars (2)
Auditor

Nomination Forms are available from the Club Secretary. Proposed changes to the Constitution must be lodged with the Club Secretary (11A Dandenong Road, Attadale 6156 or schickert@bigpond.com) by 20 MARCH 2005.

Life Membership

Recommendations for Life Membership should be forwarded to the Club Secretary by 20 March 2005. Nominations need to be approved by the Committee before the AGM. A recommendation needs to come from at least three (3) members. Before a member can be elected as a Life Member they must have had active and continuous membership for at least ten (10) years and have substantially contributed to progress in the club. No more than two (2) Life Members can be elected in any one year.

Current Life Members are:

Jacqueline Billington	David Carr
Brian Danby	Bob Fergie
Brian Foley	John Gilmour
Jackie Halberg	Robert Haynes
Bill Hughes	Kirt Johnson
Merv Jones	Joan Pellier
Valerie Prescott	Robert Sammells
Robert Schickert	Lynne Schickert
Robert Shand	Barrie Slinger
Graham Thornton	Dorothy Whittam
Jeffrey Whittam	Basil Worner

Bob Schickert
Secretary

VALE FRANK McLINDEN 7.5.31 - 23.1.05

Frank joined in 1982 and as well as being a fine athlete he was soon active in administration. Frank was Treasurer in 1984/5. The main filing cabinet still used to store club documents has the inscription "WAVAC presented by Frank McLinden Treasurer 1984/5".

Injuries resulted in Frank not renewing his membership in recent years but he is well remembered for his athletic results and his friendly manner.

(2)



Healthway is proud to sponsor the MAWA Track and Field Championships 2005 to promote the Be Active health message.

Being active every day is not difficult and doing some form of moderate physical activity has some great health benefits.

There is no need to sweat or strain yourself, examples of moderate physical activity include walking, taking the stairs, going for a bike ride or joining a local sporting club.

Regular activity reduces your risk of major diseases such as heart disease and diabetes and it helps control your blood pressure, cholesterol and weight. It will also make you feel a whole lot better, physically and mentally! So Be Active and remember - you don't have to take exercise seriously, just regularly.



HELP WANTED!!!!!!

After many years of looking after Masters' clothing needs, Maggie Flanders has decided it's time to hand over to someone else. On behalf of the Committee and all the members, I'd like to thank Maggie for the tremendous contribution she has made to the Club. So, we are looking for someone to take over clothing sales.

Our Vetrin Editor, Jeff Bowen, has also regrettably said that because of eye problems he will no longer be able to edit the Vetrin as from the AGM in April. Again, I'd like to thank Jeff for his tremendous contribution to the Club. The editor's job is one that goes largely unrecognised, but we all look forward to reading the quality newsletter he publishes each month. If you have computer access and are able to commit your time, please consider taking on this job, either in full or in part. Feel free to talk to Jeff about what the editor's job involves.

Please see me or Bob Schickert if you would like to take on either of these jobs. Remember, the Club relies on its volunteers to function as well as it does. If we are unable to find an Editor, then the Vetrin in its present form may not be possible to produce.

Val Millard

Results in this Issue:

- Alderbury Reserve - East Perth - Friendship Run - Pt Walter.
- Patron's Trophy.
- Coker Park and UWA Track & Field.

URGENT

OFFICIALS AND HELPERS FOR STATE CHAMPIONSHIPS

Members who are able to help at the State Track & Field Championships are asked to contact Barbara Blurton by phone or email, or return the form below:

Dates (please circle as appropriate):

Friday 25 February (evening) Yes / No

Sunday 27 February (morning) Yes / No

Saturday 12 March Yes / No

Sunday 13 March Yes / No

Food Preparation Yes / No

Canteen Yes / No

Name.....

Phone.....

Barbara Blurton 6 Curran Court, Kalamunda 6076
Tel: 9293 0190 < vetrunners@optusnet.com.au >

Long Jump M30 <i>(5.15, Rob Colton 1996)</i>	Matthew Staunton	6.15m
Triple Jump M30 <i>(10.15, Mark Hamilton 2003)</i>	Matthew Staunton	11.05m
High Jump M30 <i>(1.64, Gavin Hames 1996)</i>	Matthew Staunton	1.75m
Pole Vault M30	Matthew Staunton	3.00m
Javelin M30 <i>(39.09, Mark Hamilton 2003)</i>	Mark Hamilton	40.26m
Discus M30 <i>(39.60, Gavin Hames 1996)</i>	Mark Hamilton	42.24m
Heavy Weight M30 <i>(12.00, Gavin Hames 1996)</i>	Mark Hamilton	13.07m
Heavy Weight M35	Kevin Webster	9.75m
Heavy Weight M35 <i>(8.42, Wayne Bariolo 2003)</i>	Stephen Noteboom	11.36m
10k Road Run M75 <i>(69:16, Merv Moyle 2003)</i>	Irwin Barrett-Lennard	47:35
15k Road Run M75	Merv Moyle	1:44.35
25k Road Run M75 <i>(3:42.20, Allen Tyson 2001)</i>	Irwin Barrett-Lennard	2:10.35
2000m Walk M75 <i>(13:57.0, Dick Horsley 1988)</i>	Stan Jones	13:24.0
15k Road Walk M75 <i>(1:56.46, Jack Collins 1991)</i>	Stan Delandgraft	1:55.30
Half Marathon Walk M70	Dick Blom	2:32:59
Pentathlon M70 <i>(2141 points, Allen Tyson 1996)</i>	David Carr	3226 pts
Pentathlon M40 <i>(2352 points, Campbell Till 2002)</i>	Greg Vander Sanden	2467 pts
Pentathlon M30 <i>(2365 points, Wayne Bariolo 2000)</i>	Matthew Staunton	2489 pts
Decathlon M30	Matthew Staunton	4749 pts
Weight Pentathlon M50	Geoffrey Gee	2935 pts
Weight Pentathlon M50 <i>(2488 pts, Murray Tolbert 2000)</i>	Geoffrey Gee	3094 pts
Weight Pentathlon M70 <i>(3087 pts, Bill Chapman 1987)</i>	Alex Cummings	3233 pts
4x100 relay M45	David Clive, David Carr, Henri Cortis, Campbell Till	52.56
Women		
60 metres W80 <i>(27.16, Phyllis Head, 2002)</i>	Phyllis Head	24.50
100 metres W60 <i>(15.3, Dorothy Whittam 1997, Pat Carr 1993)</i>	Peggy Macliver	14.90
200 metres W60 <i>(32.2, Dorothy Whittam 1996)</i>	Peggy Macliver	31.09
400 metres W60 <i>(78.9, Noela Metcalf 1995)</i>	Peggy Macliver	69.16
800 metres W60 <i>(3:07.8, Ruth Johnson 2003)</i>	Peggy Macliver	2:56.46
800 metres W50 <i>(2:24.23, Barbara Blurton 2002)</i>	Barbara Blurton	2:21.7
Marathon W65	Jill Bower	4:59.44
1500m Walk W45 <i>(8:17.0, Lesley Romeo 1993)</i>	Lyn Ventris	6:52.67
1500m Walk W60 <i>(9:28.3, Lynne Schickert 2003)</i>	Luella Jenkins	9:21.9
2000m Walk W45 <i>(10:25.0, Rose-Marie Holloway 2002)</i>	Robin King	10:23.0
3000m Walk W60 <i>(19:04.0, Valerie Tyson 1987)</i>	Lynne Schickert	18:59.7
5k Walk W45 <i>(24:09.44, Lyn Ventris 2002)</i>	Lyn Ventris **	23:56.62
20k Road Walk W45 <i>(105:20, Lyn Ventris, 2004 note 94:44 unofficial WB)</i>	Lyn Ventris *	104:09.0

Update of State Records to December 2004

Men

60 metres M45	Greg Vander Sanden	7.80 =
<i>(previous 7.80, John Stone 1998, David Carr 1978)</i>		
60 metres M65	David Clive	8.66
<i>(8.81, Norm Richards 2003)</i>		
100 metres M80	Donald Frearson	18.33
<i>(18.58, Donald Frearson 2002)</i>		
200 metres M75	Gordon Medcalf	34.7
<i>(34.9, Sydney Coleman 1991)</i>		
200 metres M80	Donald Frearson	39.09
<i>(39.19, Donald Frearson 2002)</i>		
1000 metres M70	David Carr	3:47.2
<i>(4:20.0, Allen Tyson 1996)</i>		
3000 metres M40	Jon Kappler	8:54.4
<i>(Open Record)</i>		
5000 metres M30	Paul Mitchell	15:37.9
<i>(15:44.4, Paul Mitchell 2003)</i>		
5000 metres M40	Jon Kappler	15:39.0
<i>(15:49.0, Frank Smith 1983)</i>		
10000 metres M75	Cecil Walkley	54:13
<i>(62:13.1, Frank Hansford-Miller 1993)</i>		
Half Marathon M75	Cecil Walkley	2:00:37
<i>(2:08:04, Arthur Leggett 1995)</i>		
Marathon M75	Cecil Walkley	5:00.47
110 metre Hurdles	Matthew Staunton	21.23
<i>(27.2, Jason Johansson 1999)</i>		
1500 metre Walk M75	Stan Jones	9:28.1
<i>(9:38.6, Stan Jones 2003)</i>		
3000 metre Walk M75	Stan Jones	19:25.5
<i>(21:14.7, Dick Horsley 1989)</i>		

(3)

Long Jump W55 <i>#, Dorothy Anderson 1990</i>	Eileen Hindle	4.12m
Long Jump W80 <i>#, Phyllis Head 20</i>	Phyllis Head	0.92m
Discus W50 <i>#310, Kath Holland 1999</i>	Kate Glass	26.25m
Discus (1.0kg) W75 <i>(15.92m, Raema McMillan 2003)</i>	Raema McMillan	15.98m
Discus (0.75kg) W75	Raema McMillan	18.56m
Hammer W30 <i>#2.74m, Sharon Maloney 1996</i>	Tracey Brown	34.10m
Hammer W50 <i>#7.36, Kate Glass 20</i>	Kate Glass	43.27m
Hammer W55 <i>previous 24#Dorothy Whittam 1992</i>	Eileen Hindle	26.22m
Hammer (2kg) W75	Raema McMillan	15.75m
Hammer (1.5kg) W75	Raema McMillan	21.04m
Heavy Weight W30 <i>#.9 Katrina Spilsbury 1998</i>	Tracey Brown #	12.18m
Heavy Weight W50 <i>(1.9m, Kate Glass 20)</i>	Kate Glass	12.79m
Heavy Weight W55 <i>#4Dorothy Whittam 1992</i>	Eileen Hindle	9.30m
Javelin W50 <i>#1.0, Barbara Wilson 20</i>	Kate Glass	21.65m
Javelin W75 <i>(1.5m, Raema Mcmillan 20)</i>	Rae McMillan	16.39m
Shot W30 <i>#.99 m, M. Prior, 1990</i>	Tracey Brown	10.25m
Shot W50 <i>#m, Dorothy Whittam 1993</i>	Kate Glass	10.96m
Shot (3kg) W75 <i>#.33, Raema McMillan 20</i>	Raema McMillan	6.38m
Shot (2kg) W75	Raema McMillan	7.32m
15K Road Run W55 <i>(1.4#Margerly Forden 20)</i>	Gillian Young	1:13.53
8k Road Walk W55 <i>#726, Jacqi Billington 20</i>	Valerie Millard	52:40
8k Road Walk W60	Lynne Schickert	55:33
8k Road Walk W65 <i>#30Dorothy Whittam 20</i>	Dorothy Whittam	63:06
8k Road Walk W70 <i>#38, Lorna Lauchlan 20</i>	Lorna Lauchlan	62:33
10k Road Walk W60 <i>#01.2, Lynne Schickert 20</i>	Lorraine Lopes	67:13
15k Road Walk W55 <i>(#8.21, Valerie Millard 20)</i>	Valerie Millard	1:40.32
15k Road Walk W60 <i>(#17, Lynne Schickert 20)</i>	Lorraine Lopes	1:44.35
15k Road Walk W70	Lorna Lauchlan	1:54.58
20k Road Walk W60	Lynne Schickert	2:37:44
Weight Pentathlon W50 <i>#31pts, Eileen Hindle 20</i>	Kate Glass	3451 pts
Weight Pentathlon W30 <i>(#0pts, Sharon Maloney 1996)</i>	Tracey Brown	2422 pts
Pentathlon W70 <i>#0 points, Pat Carr, 20</i>	Pat Carr	2786 pts
4x400 relay W45 Lyn Ventris, Barbara Blurton	Peggy Macliver, Lynne Choate,	4:52.35

- ** Australian and World Record
- * Australian and World Best
- # Australian Record

#: Where an athlete has improved his/her record two or more times, only the best performance is shown. The absence of a previous record denotes an inaugural event.

WEEKEND AWAY AT JARRAHDALE.

At present we have fully booked the 40 places at Jarrahdale. We have several people on the waiting list, therefore would all those who have indicated their interest please pay in full by February 13th, or your place may be filled by someone on the waiting list. Thank you. Margaret Bennett.

Help Wanted - in the Canteen for the State Track & Field Championships - 12 and 13 March 2005

Pam Toohey and Elaine Dance have again kindly offered to run the canteen at Coker Park for the State Champs. They are looking for helpers to prepare the food and attend on the counter. If you can help out for even an hour or so, please let Pam or Elaine know. Tel: 9593 3439 (P) or 9592 1793 (E)

AUSTRALIAN RELAY RECORD ATTEMPT

A team of male 65 years and over runners wish to attempt to break the 4 X 400m Men's Australian Masters relay record which currently stands at 4 min 23 sec.

The current squad is :

David Carr	70+	runs 65 secs
David Clive	65+	runs 62 secs
Barrie Kernaghan	65+	runs 60 secs

We need a fourth male 65 + to run 75 secs or under - so achieving a 4 x 400m time of 4 min 22 sec.

We are looking at forming a squad of runners aged 65+ from which the vital 4th runner and a reserve can be selected

The attempt will be made on either the 20th or 21st of March 2005 in W.A.

If you are interested, please contact Barrie on 9447 6862

We are very pleased to acknowledge the support of the WA Water Corporation for the MAWA State Track & Field Championships.



East Perth Handicap 9.1.05
McCallum Park
J Midolo & D Brown

7km Run	Final	Hcap	Actual
Graham Thomson	M60 43:59	10.52	33:07
Bryan Hardy	M60 44:29	11.20	33:09
Chris Pattinson	W45 44:55	9.28	35:27
Robin King	W45 45:04	15.39	29:25
Kevin Payne	M45 45:16	8.46	36:30
Richard Blurton	M50 45:21	9.56	35:25
Kim Thomson	W30 45:24	10.10	35:14
Merv Jones	M65 45:24	5.16	40:08
Don Pattinson	M50 45:33	14.22	31:11
Brian Danby	M55 45:36	14.50	30:46
Joan Pellier	W65 45:55	4.06	41:49
Pamela Toohey	W55 46:05	5.44	40:21
Robert Sheehy	M55 46:15	13.36	32:39
John Bell	M55 46:25	17.21	29:04
John Mack	M60 46:26	15.25	31:01
John Allen	M45 46:30	18.20	28:10
Ivan Pilton	M60 46:34	17.24	29:10
Sue Bullen	W45 46:35	6.12	40:23
Dee Haines	W45 46:37	14.01	32:36
Richard Danks	M60 46:38	10.10	36:28
Chris Frampton	M35 46:39	19.51	26:48
Michel Bermudes	M30 46:41	20.09	26:32
John Dance	M55 46:42	8.04	38:38
Paul Hughes	M50 46:45	20.09	26:36
Mike Hale	M55 46:45	17.10	29:35
Frank Smith	M60 46:49	17.21	29:28
Doug Ashfield	M45 46:53	16.35	30:18
Terry Manford	M65 46:55	8.46	38:09
Wendy C-Green	W60 46:58	8.46	38:12
Dick Blom	M70 47:00	9.07	37:53
John Byrne	M55 47:01	13.40	33:21
Andrew Cook	M35 47:02	18.48	28:14
Paul Burke	M30 47:04	15.46	31:18
Irwin B-Lennard	M75 47:06	13.33	33:33
Neil McRae	M50 47:06	18.06	29:00
Arnold Jenkins	M60 47:07	4.34	42:33
Mark Sivyer	M55 47:09	10.10	36:59
Darryl White	M45 47:10	19.58	27:12
Barry Jones	M45 47:11	14.40	32:31
Wayne Bates	M60 47:14	13.40	33:34
Mike Anderson	M55 47:15	11.13	36:02
Christopher Coates	M50 47:19	18.51	28:28
Denise Lancaster	W50 47:20	4.55	42:25
Keith Atkinson	M45 47:23	15.46	31:37
Mike Khan	M60 47:23	13.33	33:50
Brian Hunter	M60 47:31	11.27	36:04
Alan Thorniley	M50 47:35	15.30	32:05
John Collier	M35 47:36	18.34	29:02
Stan Lockwood	M75 47:38	9.49	37:49
Bev Whitfield	W40 47:41	4.34	43:07
Mitch Loly	M60 47:42	0.01	47:41
Margaret Warren	W65 47:48	6.40	41:08
Joan Osborne	W55 47:49	9.28	38:21
Karen March	W40 47:49	12.44	35:05
Bjorn Dybdahl	M50 47:50	19.44	28:06
John Smith	M65 47:51	10.10	37:41
Jo Richardson	W50 47:57	2.35	45:22
David Baird	M60 47:59	17.31	30:28
Bob Schickert	M60 48:01	16.35	31:26
Christine Engels	W45 48:07	11.34	36:33
Aldo Giacomini	M65 48:08	6.40	41:28

	Final	Hcap	Actual
Johan Hagedoom	M60 48:11	17.10	31:01
Richard Harris	M65 48:20	9.35	38:45
John Pellier	M65 48:29	11.09	37:20
John Brambley	M60 48:34	12.44	35:50
Helen Lysaght	W50 48:35	16.28	32:07
Leonie Jones	W40 48:36	11.27	37:09
Steve Toohey	M55 48:38	0.00	48:38
Margaret Bennett	W60 48:42	0.00	48:42
Duncan McAuley	M55 48:44	19.16	29:28
Deborah Gardner	W35 48:51	0.00	48:51
Gary McLean	M40 48:59	19.16	29:43
Rhod Wright	M55 49:14	9.49	39:25
Ray Hall	M70 49:23	8.46	40:37
David Scott	M55 49:26	17.52	31:34
David Muir	M60 49:41	17.10	32:31
Roger Walsh	M60 49:54	9.49	40:05
Elaine Dance	W50 50:08	3.52	46:16
Sheila Maslen	W65 50:21	0.00	50:21
Tanya Burke	W30 50:29	4.34	45:55
Vic Beaumont	M75 50:34	6.33	44:01
Jenny Owen	W50 50:47	2.28	48:19
Bob Fergie	M65 50:49	6.50	43:59
Jenni Shillington	W45 51:08	0.22	50:46
Debbie Dance	W35 52:04	3.52	48:12
Ron Spencer	M65 55:27	1.46	53:41
Brian Bennett	M55 55:43	18.55	36:48
Jodi Brauer	W30 56:30	0.00	56:30
Fiona McAuley	W50 58:43	5.16	53:27

7km Walk	Final	Hcap	Actual
Val Millard	W55 47:42	11.30	36:12 ^{1/2}
Lynne Schickert	W60 49:00	9.00	40:00 ^{5/8}
John Carrington	M70 49:15	9.45	39:30 ^{7/8}
Jeff Whittam	M70 55:45	7.40	48:05 ^{5/8}
Ian Lyon	M65 56:40	7.40	49:00 ^{6/8}
Glenda Pontifex	W45 60:39	7.45	52:54 ^{6/8}
Jennie Smith	W50 62:13	7.15	54:58 ^{6/8}
Beryle Doust	W55 62:14	9.00	53:14 ^{7/8}

4km Run	Final	Hcap	Actual
Bjorn Dybdahl	M50	15:09	
Dave Roberts	M60	15:59	
Kelly Hind	W30	16:39	
Colin Smith	M40	17:10	
Hamish McGlashan	M65	18:46	
Barbara Blurton	W50	19:04	
Jim Riddell	M65	20:11	
Delia Baldock	W40	20:20	
Kirt Johnson	M75	23:50	
Ray Lawrence	M75	24:43	
Julie Wood	W55	26:48	
Pierre Viala	M55	26:49	
Roma Barnett	W55	28:47	
Phyllis Farrell	W60	31:06	
Frank Usher	M80	34:24	

4km Walk	Final	Hcap	Actual
Lesley Romeo	W60	29:48	
Patricia Hopkins	W60	35:52	
Maggie Flanders	W65	36:31	
Rex Bruce	M60	39:16	
Norm Miller	M70	39:16	
Barbara Bailey	W70	39:38	
John Bailey	M75	39:38	
Ernie Moyle	M75	47:40	(5)

Happy Birthday to our February Members!

Stephen Anthony	M56 still M55
John Bailey	M79 still M75
Delia Baldock	W43 still W40
Michelle Bariolo	W31 still W30
Janet Baxter	W62 still W60
Rex Bruce	M64 still M60
Pat Carr	W73 still W70
Anthea Cheney	W49 still W45
Colin Chisholm	M41 still M40
David Clive	M68 still M65
Henri Cortis	M59 still M55
John Cresp	M54 still M50
Elaine Dance	W54 still W50
Ann Deanus	W65 → W65
Irene Ferris	W53 still W50
Kate Glass	W55 → W55
Karyn Gower	W45 → W45
Clive Hicks	M52 still M50
Jan Jarvis	W60 → W60
Leonie Jones	W45 → W45
Barry Jones	M48 still M45
Dirk Klicker	M31 still M30
Denise Lancaster	W55 → W55
Jim McMillan	M80 → M80
Noela Medcalf	W70 → W70
Dennis Miller	M55 → M55
Stephen Noteboom	M36 still M35
Franz Oswald	M58 still M55
Brian Paxman	M75 → M75
Val Prescott	W61 still W60
Jo Richardson	W53 still W50
Wayne Robinson	M50 → M50
Mark Rosen	M57 still M55
John Smith	M70 → M70
Jeff Spencer	M64 still M60
Alan Thorniley	M52 still M50
Allen Tyson	M80 → M80
Darryl White	M46 still M45
Mary Young	W54 still W50

DRINKING CUPS

A reminder that for health reasons officials giving out drinks at Sunday events should wear the rubber gloves provided. If gloves are unavailable the official should hold the cup at the bottom not at the top and particularly not with a finger in the cup.

**Alderbury Reserve
Perry Lakes 2.1.05**

Brian Foley

8km Run

Chris Maher	M50	29:56
Ross Parker	M55	30:27
Michel Bermudes	M30	31:17
David Willmer	M50	31:27
Chris Frampton	M35	31:47
Bjorn Dybdahl	M50	31:55
Andrew Cook	M35	31:55
John Allen	M45	33:06
Ola Ovstedal	M40	33:22
Christine Engels	W45	33:30
John Collier	M35	33:30
Neil McRae	M50	33:40
Bob Schickert	M50	33:51
David Baird	M60	35:02
John Mack	M60	36:01
Tessa Brockwell	W45	36:12
David Muir	M60	36:19
Robin King	W45	36:27
Keith Atkinson	M45	36:43
Dee Haines	W45	37:12
Mark Sivyver	M55	37:15
Raymond Gimi	M40	37:18
Jeff Lindhorst	M40	37:20
David Carr	M70	38:25
Alan Thorniley	M50	38:33
Graham Thornton	M60	38:45
Irwin B-Lennard	M75	39:00
Robert Sheehy	M55	39:00
John Byrne	M55	39:35
Wayne Bates	M60	40:05
Karen March	W40	40:52
Jim Barnes	M60	40:59
Richard Danks	M60	41:37
Fraser Deanus	M65	42:20
John Pellier	M65	42:35
John Smith	M65	43:12
Terry Manford	M65	43:24
John Dance	M55	43:34
Roger Walsh	M60	43:57
Paul Martin	M60	44:16
Stan Lockwood	M75	44:29
Jeff Spencer	M60	45:31
Richard Harris	M65	47:47
Brian Smith	M65	47:48
Pamela Toohey	W55	48:24
Arnold Jenkins	M60	50:22
Jo Richardson	W50	53:48
Jackie Halberg	W55	56:24
Margaret Bennett	W60	57:01
Ann Deanus	W60	61:38

4km Run

Henri Cortis	M55	16:45
Dave Roberts	M60	16:58
Paul Burke	M30	17:04
Deborah Gardner	W35	17:08
Colin Smith	M40	17:38
Bryan Hardy	M60	18:37
Thea Bailey	W45	18:48
Hamish McGlashan	M65	18:58
Fenella Gill	W40	19:10
Mike Anderson	M55	19:51

Jim Riddell	M65	20:46
Paul Buckley	M55	21:47
Dick Blom	M70	22:07
Bev Whitfield	W40	23:51
Kirt Johnson	M75	24:16
Tanya Burke	W30	24:34
Bob Fergie	M65	24:39
Ray Lawrence	M75	24:46
Michael Faunge	M65	24:59
Steve Toohey	M55	25:25
Margaret Warren	W65	25:33
Elaine Dance	W50	25:34
Vic Beaumont	M75	26:16
David Joseph	M45	27:39
Jenni Shillington	W45	28:07
Sheila Maslen	W65	28:08

2km Walk

Dorothy Whittam	W65	16:52
Lorna Lauchlan	W70	16:53
Merv Moyle	M75	20:22
George Schaefer	M70	23:34

4km Walk

Mitch Loly	M60	35:10
Jodi Brauer	W30	36:24
Shirley Bell	W55	36:25
Helen Lysaght	W50	36:26
Val Millard	W55	40:03

6km Walk

David Brown	M55	40:36
Lynne Schickert	W60	40:57
John Carrington	M70	41:02
Ray Hall	M70	44:11
Stan Delandgrafft	M75	44:54
Jeff Whittam	M70	46:05
Ian Lyon	M65	48:25
Rosa Wallis	W60	50:57
Jennie Smith	W50	50:58
Patricia Hopkins	W60	54:03

The first event for the year was held in the parklands surrounding Perry Lakes. The cross country course is well shaded and the early start meant that the running conditions were ideal. The start/finish position was relocated to the hockey club rooms, so that the walk course was closer to the cross-country than in previous years. Approximately 100 runners and walkers took part in the events. The run course is two laps of 4.0 km, and was marked the previous evening. Some of the flags were not easily seen among the trees, and one runner mistook the walk course and joined them for a short section near the finish. Chris Maher and Ross Parker had a good tussle throughout the event, with Chris pulling away near the finish. Tessa Brockwell won the women's event ahead of Robin King.

Val Millard, David Brown and Lynne Schickert were the leaders in the walk. Thanks to our able team of assistants (Garnet Morgan, John Pressley, John Cresp, Gordon and Noela Metcalf, Frank Smith, Wendy Clements-Green, Mark Rosen and Merv Jones) for helping organise the successful event.

Brian Foley

Friendship Run 16.1.05

John & Joan Pellier

12km Run

Chris Maher	M50	45:09
Colin Francis	M40	45:58
Paul Hughes	M50	47:55
Chris Frampton	M35	47:59
Darryl White	M45	48:38
Andrew Cook	M35	50:17
Bjorn Dybdahl	M50	50:37
John Allen	M45	50:43
David Willmer	M50	51:14
Carole Lawson	W35	51:47
Neil McRae	M50	51:51
Ivan Pilton	M60	52:54
Bob Schickert	M60	53:01
David Baird	M60	53:24
Doug Ashfield	M45	53:28
Colin Chisolm	M40	53:53
Mike Hale	M55	54:06
David Muir	M60	55:14
Johan Hagedoorn	M60	55:19
Robin King	W45	55:29
Don Pattinson	M50	55:33
Mark Sivyver	M55	58:03
Brian Danby	M55	58:24
Keith Atkinson	M45	58:36
John Bell	M55	59:20
Sean Keane	M40	59:29
Robert Sheehy	M55	59:56
John Byrne	M55	59:57
Jeanette Tiverios	W45	60:49
Bruce Haustead	M40	60:53
Mike Khan	M60	61:16
Ray Attwell	M65	63:10
Wayne Taylor	M45	63:30
Karen March	W40	64:39
Christine Engels	W45	65:00
Julie Keeley	W35	65:10
Frances Casella	W50	65:24
Richard Danks	M60	65:31
Paul Martin	M60	65:45
Shirley Bell	W55	66:25
Maree Creighton	W50	66:30
Fraser Deanus	M65	66:50
John Smith	M65	67:44
Joan Osborne	W55	67:53
Kevin Payne	M45	67:59
Cecil Walkley	M75	69:12
Stan Lockwood	M75	69:18
Margaret Warren	W65	73:22
Merv Jones	M65	79:21

Jo Richardson	W50	79:58
Laurie Collett	M70	84:00
Margaret Bennett	W60	88:33
Shorty Turner	M65	88:34

6km Run

Ian Davies	M55	22:14
Michel Bermudes	M30	22:30
Greg V der Sanden	M45	23:10
Brian Hewitt	M50	23:21
Alan Gower	M45	23:27
Christopher Coates	M50	23:55
Jim Klinge	M55	24:07
John Collier	M35	24:57
Duncan McAuley	M55	25:14
Deborah Gardner	W35	26:34
Ivan Brown	M60	26:24
Brian Bennett	M55	26:49
Mal Vernon	M50	27:04
Liz Neville	W50	27:48
Margaret Langford	W55	28:02
Graham Thornton	M60	28:28
Karyn Gower	W40	28:30
Bryan Hardy	M60	29:42
John Brambley	M60	29:45
Anne Jones	W50	30:44
Ray Attwell	M65	30:59
Mike Anderson	M55	31:03
Chris Pattinson	W45	31:37
Peter Airey	M65	31:50
Jim Riddell	M65	31:51
Brian Hunter	M60	32:22
Bob Sammells	M65	32:26
Terry Manford	M65	32:40
John Dance	M55	46:45
Dick Blom	M70	32:56
Bob Hayres	M70	33:19
Roger Walsh	M60	33:34
Sue Bullen	W45	34:15
Richard Harris	M65	34:21
Michael Faunge	M65	35:19
Vic Beaumont	M75	35:39
Fiona McAuley	W50	35:47
Steve Toohey	M55	36:05
Arnold Jenkins	M60	36:12
Bev Whitfield	W40	36:18
Kirt Johnson	M75	36:27
Denise Lancaster	W50	36:58
Pamela Toohey	W55	36:59
Jeff Spencer	M60	37:02
Paul Buckley	M55	37:05
Bob Fergie	M65	38:11
Dalton Moffett	M70	40:01
Debbie Dance	W35	40:27
Ray Hall	M70	41:01
Pierre Viala	M55	41:23
Julie Wood	W55	41:25
Elaine Dance	W50	41:29
Lorraine Lopes	W65	41:43
Sheila Maslen	W65	43:14
Jenni Shillington	W45	43:38
Ron Spencer	M65	44:28
Bob Neville	M70	45:03
Phyllis Farrell	W60	45:13
Mary Heppell	W65	45:26
Elaine Ellard	W60	46:30

(Friendship Run Ctd)

12km Walk

Peter Ryan M55 88:35

6km Walk

Val Millard W55 37:26

David Brown M55 41:00

John Carrington M70 44:38

Lesley Romeo W60 45:50

Jeff Whittam M70 47:28

Ian Lyon M65 47:43

Mitch Loly M60 50:26

Geraldine Carlton W40 51:58

Rex Bruce M60 53:06

Jodi Brauer W30 53:19

Christina Rompotis W45 54:42

Glenda Pontifex W45 54:42

Dorothy Whittam W65 55:34

Maggie Flanders W65 55:37

Pat Ainsworth W65 56:35

Patricia Hopkins W60 56:36

Jill Midolo W55 68:29

Glenice Shanahan W80 83:00

David Baird M60 48:32

Doug Ashfield M45 49:10

Johan Hagedoorn M60 50:33

Bob Schickert M60 51:11

Ola Ovstedal M40 51:13

Mark Sivyver M55 53:12

Brian Danby M55 54:02

Alan Thorniley M50 54:21

Sean Keane M40 55:06

Name not recorded 56:14

Nick Miletic M50 57:45

Christine Engels W45 59:21

Karen March W40 59:21

Kim Thomson W30 60:27

John Smith M65 62:25

Joan Osborne W55 63:01

Shirley Bell W55 66:27

Mike Hale M55 68:06

Geraldine Carlton W40 78:39

Elaine Dance W50 78:40

6.2km Run

Jim Klinge M55 24:21

Chris Shenton M35 24:35

Frank Smith M60 25:21

Geoff Barrett M40 26:13

Brian Bennett M55 26:32

Mal Vernon M50 27:22

Paul Burke M30 27:58

Liz Neville W50 28:10

Barry Jones M45 28:57

John Doust M55 30:03

David Carr M70 31:12

John Brambley M60 31:14

Leonie Jones W40 31:21

Mike Anderson M55 31:54

Bob Sammells M65 32:22

Jim Riddell M65 32:38

Paul Lewis M55 32:48

Peter Airey M65 32:56

Brian Foley M60 33:02

John Dance M55 33:07

Dick Blom M70 33:36

Sue Bullen W45 34:12

Roger Walsh M60 34:24

Christina Rompotis W45 34:32

Pamela Toohey W55 34:50

Merv Jones M65 35:12

Paul Buckley M55 35:18

Vic Beaumont M75 35:29

Darry Dahlstrom M50 35:48

Jackie Halberg W55 35:55

Ray Hall M70 36:02

Margaret Warren W65 36:36

Bev Whitfield W40 36:51

Tanya Burke W30 36:51

Arnold Jenkins M60 37:08

Bob Fergie M65 37:22

Ann Turner W65 38:31

Debbie Dance W35 40:27

Julie Wood W55 40:50

Sheila Maslen W65 41:25

Val Millard W55 41:37

Ray Lawrence M75 41:58

Jenni Shillington W45 41:59

Jan Jarvis W55 43:14

Margaret Bennett W60 45:23

Shorty Turner M65 45:23

Bob Neville M70 45:31

Mary Heppell W65 45:48

Jodi Brauer W30 52:44

George Schaefer M70 52:44

11km Walk

Peter Ryan M55 74:50

6.2km Walk

John Carrington M70 43:21

Lynne Schickert W60 45:14

Ian Lyon M65 48:39

Beryle Doust W55 49:11

Lorraine Lopes W65 49:12

Jennie Smith W50 49:15

Christine Wheeler W50 49:47

Mitch Loly M60 50:09

Jeff Whittam M70 50:12

Dorothy Whittam W65 56:33

Lorna Lauchlan W70 56:34

Maggie Flanders W65 56:51

Rex Bruce M60 56:51

Norm Miller M70 58:08

Peter March M45 60:32

Phyllis Farrell W60 60:33

Pat Ainsworth W65 65:30

Telsey Hatwell W65 65:30

Ernie Moyle M75 69:02

Leo Hassam M70 69:02

TRACK & FIELD

UWA 4.1.05

100yds

Campbell Till M45 11.6

Rob Greenhalgh M50 12.1

Henri Cortis M55 12.5

Norm Richards M65 13.3

Ross Calnan M60 14.5

David Carr M70 15.0

Barry Newell M45 13.2

Ian Lyon M65 15.6

Gordon Medcalf M75 16.1

Pat Carr W70 18.2

Lynne Schickert W60 19.7

1 mile

Brian Hewitt M50 5.14.8

Bert Carse M60 5.18.5

Jon Schultz M40 5.23.1

Darryl White M45 5.31.6

John Collier M35 5.41.1

Keith Edmonds M35 5.50.3

Dave Roberts M60 6.06.7

Micheal Watson M35 6.21.5

Ivan Brown M60 6.31.2

Barry Newell M45 7.59.6

Gill Edmonds W35 9.04.2

1 mile walk

Lynne Schickert W60 10.48.3

400m

Campbell Till M45 58.1

Micheal Watson M35 59.4

Henri Cortis M55 60.7

Dave Revell M45 65.7

Jon Schultz M40 66.8

Duncan McAuley M55 62.2

Rob Greenhalgh M50 64.7

Keith Edmonds M35 66.7

David Carr M70 70.0

Barry Newell M45 73.8

Norm Richards M65 81.8

Irwin B-Lennard M75 89.1

3 miles

Bert Carse M60 17.45.5

Darryl White M45 18.31.1

Dirk Klicker M30 19.33.5

Bob Schickert M60 19.42.4

Frank Smith M60 19.49.8

Doug Ashfield M45 19.50.9

John Collier M35 19.56.0

Duncan McAuley M55 20.53.5

Ivan Brown M60 21.20.4

Keith Edmonds M35 22.51.8

Fiona McAuley W50 28.13.1

Les Beckham Long Jump

Keith Edmonds M35 4.83

Ross Calnan M60 3.33

Lynne Schickert W60 2.77

Javelin

Rob Shand M70 26.81

Ross Calnan M60 22.44

Ian Lyon M65 18.09

Rae McMillan W75 16.29

Discus

Ed Carroll M60 41.25

Mark Hamilton M30 40.71

Rob Shand M70 23.81

Ian Lyon M65 22.74

Damien Hanson M50 20.49

Rae McMillan W75 17.02

UWA 11.1.05

*Pending State Record

200m

Colin Smith M40 26.4

Barrie Kernaghan M60 27.4

David Clive M65 27.5

Rob Colton M40 28.3

Matt Staunton M30 26.0

Myles Ferrell M35 27.5

Rob Greenhalgh M50 28.1

Barry Newell M45 29.5

Leon Sander M65 32.5

Peggy Macliver W60 32.9

Ross Calnan M60 35.1

1500m

Brian Hewitt M50 4.48.9

Campbell Till M45 4.55.8

Jon Schultz M40 4.58.5

Patrick Smith M40 4.59.3

Henri Cortis M55 5.01.7

John Collier M35 5.06.2

Rob Colton M40 5.14.8

Blakeney Tindall M40 5.34.3

Myles Ferrell M35 5.30.0

Wayne Taylor M45 5.44.7

Ivan Brown M60 5.45.4

Frank Gardiner M55 6.23.3

Leon Sander M65 7.23.1

Brian Paxman M70 7.57.5

Val Prescott W60 9.30.2

This was to be the last time the Friendship Run would be run on the current course due to new restrictions to be implemented by Kings Park in April this year.

Started in 1979 by Bob Hayres, the course has seen some fine performances over the years. I can remember John Gilmour chasing Frank Smith when the latter was at his peak. They don't seem to run like that anymore!

229 competitors finished this year in abnormally cool conditions. The 12.3km run was won by Belfast visitor Sam Crawford, 17 seconds in front of WAMC member Mike Hicks. Jackie McGovern was first female home followed by Robin King and an ever improving Jeanette Tiverios. Winners in the 6km were Ian Davies and Deborah Gardner. First walkers were Val Millard and David Brown. A minute's silence was held for the Tsunami victims. Many thanks to my helpers and we'll see you on a new course next year.

Jim Barnes

Point Walter 23.1.05

Dave Roberts

11km Run

Gary McLean M40 45:31

Neil McRae M50 46:08

John Allen M45 47:11

Brian Hewitt M50 47:22

Ivan Pilton M60 48:12

(UWA 11.1.05 Ctd)
1500m Walk

Lynne Schickert	W60	10.24.2
60m		
Colin Smith	M40	8.0
David Clive	M65	8.5
Rob Greenhalgh	M50	8.6
Barrie Kernaghan	M60	8.6
Matt Staunton	M30	7.7
Campbell Till	M45	8.1
Gordon Medcalf	M75	10.7*
Rob Colton	M40	8.5
Barry Newell	M45	8.6
Peggy McIriver	W60	9.9*

5000m

Myles Ferrell	M35	16.26.1
Michel Bermudes	M30	18.48.2
Alan Gower	M45	18.56.3
Brian Hewitt	M50	19.19.1
Rob Colton	M40	19.56.8
Patrick Smith	M40	20.04.6
Duncan McAuley	M55	20.17.0
Bob Schickert	M60	20.28.4
John Collier	M35	20.31.4
Ivan Brown	M60	21.36.2
Blakeney Tindall	M40	21.40.6
David Carr	M70	22.30.1
Wayne Taylor	M45	23.24.8
Karen Gower	W40	23.25.5
Fiona McAuley	W50	28.38.4
Barry Newell	M45	29.06.4

5000m walk

Lynne Schickert	W60	36.40.2
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Les Beckham Triple Jump

Michel Bermudes	M30	9.55
Leon Sander	M65	8.53
Lynne Schickert	W60	6.20

Shot

Matt Staunton	M30	11.46
Ed Carroll	M60	10.63
Kate Glass	W50	10.14
Rob Shand	M70	7.63
Rae McMillan	W75	7.50
Toni Phillips	W30	6.91
Damien Hanson	M50	6.66

Heavy Weight

Kate Glass	W50	12.58
Mark Hamilton	M30	12.32
Ed Carroll	M60	11.10
Matt Staunton	M30	10.74
Rob Shand	M70	8.71
Damien Hanson	M50	7.87
Rae McMillan	W75	7.38

UWA 18.1.05

100m

Barrie Kernaghan	M60	13.5
Barry Newell	M45	14.1
David Carr	M70	15.7
Ann Heitman	W35	15.4
Val Anderson	W50	15.5
Thea Bailey	W45	16.5
Bob Neville	M70	18.8

800m

Myles Ferrell	M35	2.11.3
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Jon Schultz	M40	2.18.1
Patrick Smith	M40	2.22.4
Brian Hewitt	M50	2.25.6
Michel Bermudes	M30	2.30.0
John Collier	M35	2.30.9
Darryl White	M45	2.32.4
Henri Cortis	M55	2.38.3
Rob Colton	M40	2.41.8
Blakeney Tindall	M40	2.40.1
David Carr	M70	2.45.3
Dave Roberts	M60	2.51.8
Ivan Brown	M60	2.55.4
Liz Neville	W50	2.58.3

400m

Duncan McAuley	M55	61.3
Myles Ferrell	M35	62.4
Barrie Kernaghan	M60	64.8
Jon Schultz	M40	67.2
Val Anderson	W50	75.9
Thea Bailey	W45	78.2
Ann Heitman	W35	84.6
Rob Colton	M40	64.6
Barry Newell	M45	70.9

3000m

Myles Ferrell	M35	10.40.0
Michel Bermudes	M30	10.44.1
Brian Hewitt	M50	10.59.4
Darryl White	M45	11.00.2
Patrick Smith	M40	11.36.7
Bob Schickert	M60	11.49.7
John Collier	M35	12.01.2
Frank Smith	M60	12.02.5
Duncan McAuley	M55	12.14.2
Ivan Brown	M60	12.24.7
Henri Cortis	M55	12.37.8
Blakeney Tindall	M40	12.39.7
Rob Colton	M40	12.54.5
Liz Neville	W50	13.10.6
David Carr	M70	14.00.9
Thea Bailey	W45	14.03.8
Fiona McAuley	W50	17.08.2
Barry Newell	M45	17.08.9

3000m Walk

Lynne Schickert	W60	22.13.4
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Javelin

Rob Shand	M70	25.66
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Discus

Rob Shand	M70	25.49
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Ian Lyon	M65	23.95
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Pentathlon

(LJ-Jav-200m-Disc-1500m)

Campbell Till	M45	2647
{5.40, 25.13, 26.4, 17.85, 5.07.2}		
Murray Tolbert	M55	2311
{5.02, 35.35, 30.9, 26.65, -}		
Matt Staunton	M30	1982
{5.91, 38.20, 32.5, 34.06, 5.43.1}		
Ross Calnan	M60	1254
{3.16, 21.04, 38.3, 17.79, 8.09.2}		
Lynne Schickert	W60	963
{2.60, 11.12, 52.7, 11.90, 4.29.9}		
Wayne Barriolo	M35	944
{5.22, 39.97, -, -, -}		

UWA 25.1.05

60m

Campbell Till	M45	7.8
Murray Tolbert	M55	8.1
Barrie Kernaghan	M60	8.2
Rob Greenhalgh	M50	8.3
Val Anderson	W50	9.8
Peggy McIriver	W60	9.8
Thea Bailey	W45	9.8
Ross Calnan	M60	10.0
Ian Lyon	M65	10.4

1500m

Myles Ferrell	M35	4.55.5
Darryl White	M45	5.02.0
Jon Schultz	M40	5.05.2
Alan Gower	M45	5.06.6
John Collier	M35	5.13.4
Blakeney Tindall	M40	5.27.7
Keith Edmonds	M35	5.31.3
Simon Jawichre	M40	5.38.0
Doug Ashfield	M45	5.39.1
Ivan Brown	M60	5.43.4
Barry Newell	M45	7.15.8

1500m Walk

Kelly Hind	W30	8.24.8
Ian Lyon	M65	11.15.1

300m

Campbell Till	M45	40.4
Barrie Kernaghan	M60	43.1
Henri Cortis	M55	43.6
Rob Greenhalgh	M50	44.2
Keith Martin	M60	46.6
Keith Edmonds	M35	48.2
Barry Newell	M45	50.5
Peggy McIriver	W60	52.1
Val Anderson	W50	54.4
Thea Bailey	W45	57.3

3000m

Darryl White	M45	10.53.8
Duncan McAuley	M55	11.17.7
Jon Schulz	M40	11.30.5
John Collier	M35	11.31.5
Rob Greenhalgh	M50	12.06.0
Doug Ashfield	M45	12.09.3
Simon Jawichre	M40	12.16.8
Blakeney Tindall	M40	12.22.9
Keith Edmonds	M35	12.47.0
Karen Gower	W40	13.35.8
Barry Newell	M45	16.34.5
Fiona McAuley	W50	17.06.0

3000m Walk

Val Millard	W55	20.19.4
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Les Beckham Long Jump

Murray Tolbert	M55	5.06
Keith Edmonds	M35	4.34
Peggy McIriver	W60	3.40
Ross Calnan	M60	3.22

Shot

Mark Hamilton	M30	11.84
Matt Staunton	M30	10.91
Ed Carroll	M60	10.29
Rob Shand	M70	7.23

Discus

Ed Carroll	M70	40.21
Mark Hamilton	M30	39.33

Matt Staunton	M30	36.46
Murray Tolbert	M55	27.97
Rob Shand	M70	23.34

Coker Park 6.1.05

200m

Colin Smith	M40	27.4
Kevin Webster	M35	29.2
Guito Dumolard	M45	29.2
Mike O'Reilly	M65	32.8
Anthea Cheney	W45	31.4
Delia Baldock	W40	32.9
Bob Schickert	M60	37.1
Brian Paxton	M70	53.6

1500m

Brian Hewitt	M50	5.29.7
Kim Thomson	W30	6.43.9
Mike O'Reilly	M65	7.28.7

1500m Walk

Bob Schickert	M60	8.35.4
Tom Lenane	M45	8.59.4
Stan Jones	M75	10.06.2
Lynne Schickert	W60	10.19.6
Ian Lyon	M65	11.24.4

60m

Colin Smith	M40	7.7
Mike Edwards	M45	8.1
Guito Dumolard	M45	8.2

Anthea Cheney	W45	8.8
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Delia Baldock	W40	9.5
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Bob Schickert	M60	11.3
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Lynne Schickert	W60	13.1
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5000m

Bert Carse	M60	18.58.8
Brian Hewitt	M50	19.35.5
Bob Schickert	M60	21.49.6

Les Beckham Triple Jump

Lynne Schickert	W60	5.84
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Shot

Kevin Webster	M35	8.88
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Michael Miller	M35	8.84
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Heavy Weight

Mark Hamilton	M30	12.26
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Kevin Webster	M35	9.64
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Michael Miller	M35	6.93
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Coker Park 13.1.05

100m

Colin Smith	M40	13.1
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Henri Cortis	M55	15.4
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Bob Schickert	M60	18.4
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Anthea Cheney	W45	14.7
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Delia Baldock	W40	15.6
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Liz Neville	W50	16.4
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800m

Colin Smith	M40	2.45.2
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Bob Schickert	M60	2.52.0
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Neil McRae	M50	2.56.7
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Mike O'Reilly	M65	2.58.9
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Liz Neville	W50	3.06.2
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Jim Riddell	M65	3.33.7
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400m

Delia Baldock	W40	76.6
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Bob Schickert	M60	78.1
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Liz Neville	W50	82.4
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Jim Riddell	M65	89.0
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3000m

Bert Carse	M60	11.15.0
Neil McRae	M50	11.50.1
Bob Schickert	M60	12.48.6
Helen Lysaght	W50	14.05.1
Jackie Halberg	W55	16.40.3

3000m Walk

Robin King	W45	16.25.6
Liz Neville	W50	19.31.7

Pentathlon

(LJ-Jav-200m-Disc-1500m)

David Carr	M70	2537
{3.02, 22.36, 32.9, 19.30, 6.27.8}		
Rob Antonioli	M50	2244
{4.57, 15.86, 28.8, 20.00, 5.28.1}		
Wayne Barioli	M35	1889
{5.30, 21.76, 27.8, 24.49, 5.43.7}		
Kevin Webster	M35	1508
{4.35, 36.96, 29.1, 27.23, 7.37.5}		
Michael Miller	M35	1221
{4.15, 39.97, 33.0, 20.00, 7.06.8}		

Coker Park 20.1.05**60m**

Colin Smith	M40	7.8
Kevin Webster	M35	8.5
Michael Miller	M35	9.1
Delia Baldock	W40	9.5

1500m

Brian Hewitt	M50	5.14.6
Henri Cortis	M55	5.21.2
Doug Ashfield	M45	5.43.2
Barry Jones	M45	6.22.1
Brian Foley	M60	6.29.6
Leonie Jones	W40	7.07.6

1500m Walk

Bob Schickert	M60	7.56.4
Stephen Anthony	M40	8.04.6
Tom Lenane	M45	9.02.8
Lynne Schickert	W60	9.55.4
Stan Jones	M75	10.10.1
Ian Lyon	M65	11.25.9

300m

Colin Smith	M40	41.5
Steve Noteboom	M35	44.9
Kevin Webster	M35	47.6
Michael Miller	M35	51.1
Delia Baldock	W40	52.1
Barry Jones	M45	55.5
Leonie Jones	W40	57.0

3000m

Bert Carse	M60	10.54.2
Bob Schickert	M60	12.13.5
Doug Ashfield	M45	12.16.9
Barry Jones	M45	13.26.1
Leonie Jones	W40	15.53.3

3000m Walk

Stephen Anthony	M40	17.08.3
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Discus

Mark Hamilton	M30	38.53
Steve Noteboom	M35	34.00
Kevin Webster	M35	27.45
Ian Lyon	M65	22.05
Michael Miller	M35	21.84
Eileen Hindle	W55	19.15

Shot

Mark Hamilton	M30	12.02
Steve Noteboom	M35	11.14
Kevin Webster	M35	10.08
Michael Miller	M35	8.37
Eileen Hindle	W55	7.02

Coker Park 27.1.05**100m**

Colin Smith	M40	12.7
Steve Noteboom	M35	12.9
Kevin Webster	M35	13.7
Keith Martin	M60	13.8
Delia Baldock	W40	15.8
Leonie Jones	W40	16.5
Barry Jones	M45	17.3
David Carr	M70	18.3
Bob Neville	M70	20.3

800m

Bob Schickert	M60	2.48.0
David Carr	M70	2.54.2
Brian Foley	M60	2.56.4
Keith Martin	M60	3.03.0
Liz Neville	W50	3.04.0
Barry Jones	M45	3.08.0
Robin King	W45	3.08.8
Leonie Jones	W40	3.19.3
Jim Riddell	M65	3.24.9
Delia Baldock	W40	3.26.2

60m

Colin Smith	M40	7.9
Steve Noteboom	M35	8.0
Mike Edwards	M45	8.3
Kevin Webster	M35	8.4
Barry Jones	M45	9.4
Delia Baldock	W40	9.4
David Carr	M70	10.0
Leonie Jones	W40	10.1
Ian Lyon	M65	10.2
Jim Riddell	M65	10.4

3000m

Bert Carse	M60	10.58.4
Bob Schickert	M60	12.11.2
Liz Neville	W50	13.15.3
Barry Jones	M45	13.27.3
David Carr	M70	14.36.6
Leonie Jones	W40	15.26.0
Jackie Halberg	W55	16.42.5

3000m Walk

Stephen Anthony	M40	16.05.6
Robin King	W45	16.40.2
Tom Lenane	M45	19.42.3
Lynne Schickert	W60	20.32.1
Stan Jones	M75	20.35.5

Les Beckham Triple Jump

Lynne Schickert	W60	6.13
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Javelin

Steve Noteboom	M35	41.43
Mark Hamilton	M30	39.55
Kevin Webster	M35	34.78
Ian Lyon	M65	16.67
Eileen Hindle	W55	15.15

Hammer

Steve Noteboom	M35	29.04
Kevin Webster	M35	27.56
Eileen Hindle	W55	22.48

HELPERS LIST**6 March - Manning Park****Bob Schickert 9330 3803**

Keith & Kate Patterson, Paul Lewis, Laurie Collett, Maggie Flanders, Mal & Diane Hawley, Dorothy Blake, Paul & Tanya Burke, Alan Chambers.

20 March - Teddy Birds**David Muir 9339 6813**

Jeff & Wendy Spencer, Leo Hassam, Frank Usher, Simon Mort, Frances Casella, Marc Evans, Henri Cortis, Kirsty Griffiths, Sue Vetten, John Davies.

27 March - Pleasant Run**Maggie Flanders & Pat Ainsworth 9314 7556**

Keith Atkinson, Dee Haines, David Charlton, Karen Simmons, Christine Wheeler, Mireille Tewfik.

3 April - Membership**Brian Danby 9247 2326**

Chris & Graeme Uren, Phil Baker, Beryle & John Doust, Dee Haines, Roma Barnett, Kevin Payne, Vance & Robyn Mitsopoulos, Don Caplin, Graham Thornton.

10 April - 3 Ps**Val Millard 9315 1642**

Rosa Wallis, Jeff & Wendy Spencer, David Brown & Jill Midolo, Mike Hale, Barbara & Jack Bailey, Gillian Lees, Colin Smith, Brian Hardy.

A Big Welcome to our New Members!

675	Janet Baxter	W61
676	Val Anderson	W53
677	Jack Michail	M50

**BP Refinery (Kwinana)**

is located in WA's premier industrial center 50km south of Perth.

The refinery produces fuels including LPG, petrol, jet fuel and diesel, as well as bitumen. BP plays an active role in the community by supporting local schools, non-profit organisations and sporting groups and is proud to support the 2005 MAWA State Championships in Perth. They have a particular interest in this event because of employee involvement.

RESULTS OF THE PATRON'S TROPHY 2004

Tabulated below are the points scores for those athletes who competed in four or more events during the period of the competition. The 'Best 10' column shows the total of each athlete's ten best performances, as prescribed in the competition rules. Congratulations to winners Liz Neville and David Carr.

	3000m	400m	Javelin	5000m	Discus	100m	3kmW	10km	1500m	TJ	800m	Shot	200m	1500W	LJ	HT	Best 10
Delia Baldock	56.29	68.22		59.05	70.00	70.00		58.74		62.79	66.72	69.85	56.96				568.62
Barbara Blurton	81.04	88.58		82.28	26.69	84.97											363.56
Robin King	68.23	60.99	33.05	74.88	18.73		80.92	69.39	70.94		70.92	79.50		87.33		70.79	635.38 2nd
Rae McMillan			56.35	60.89													267.53
Liz Neville	78.00	72.50	18.76	78.14	25.96	80.00	77.95	78.21	77.39	63.36		33.05					650.27 1st
Toni Phillips		75.10	22.54	28.94	82.14						59.46			59.00			241.77
Jacqui Sanders	55.35	61.27	21.77	57.06	68.71	52.56		56.86	57.85			64.35					592.47
Lynne Schickert		56.11	24.28	56.96	28.38	63.74	79.39		55.96	65.64	56.89	41.59	58.29	77.27	60.81		631.06 3rd
Kim Thomson	59.61	55.38		59.01	21.33	55.75			59.14	41.72	59.38	30.16	56.21		38.70		515.06
Steven Anthony	58.47	66.19					67.65								52.49		244.80
Doug Ashfield	63.80			66.76				67.81	65.52								263.89
Ivan Brown		70.05	34.96	72.53	26.20			74.04	74.04		72.10	35.92	71.77	65.81	48.60		619.82
David Carr	75.96	79.04		81.87	34.25	85.00		78.24	86.12	55.10	91.86	50.57	89.00		70.54		792.73 1st
John Collier	65.17	67.96		65.22					64.10		71.04						333.49
Henri Cortis	75.06	84.62	34.99	77.00	34.77	85.66		74.01	81.63	56.54	88.02	44.58	84.06		61.96		768.56 2nd
Keith Edmonds		68.55							64.04	57.13	70.09		69.22		52.00		381.03
Myles Ferrell	78.87	76.08	31.41	79.96		73.53		77.75	75.48	69.05	81.91		72.72				647.71
Derry Foley		73.17	27.11		34.39	77.20							69.28				350.20
Mark Hamilton			38.50	52.73								52.93					183.85
Brian Hewitt	78.08	74.50	36.82	78.18	20.96	74.09		76.33	77.65			74.37			52.99	39.69	643.97
Barry Jones	62.30			64.88				61.15			63.05						251.38
Duncan McAuley	77.26	83.87		76.03						57.48	81.73			46.99			318.89
Steve Noteboom	64.44	64.44	41.97		44.00	81.30			55.10	54.19	58.64	47.97				34.98	477.77
Ian Sanders	65.93			79.86		73.13			81.47		64.27		73.74	79.22	48.37		386.36
Bob Schickert		75.64				73.21		79.10	81.47		81.53		74.91				744.96 3rd
Jon Schultz	68.76	81.61		66.87			71.65		72.57								289.81
Rob Stand		54.68			49.51							54.33				35.27	193.79
Collin Smith	57.58	78.18	21.79		22.16	81.25					74.48	28.76					364.20
Wayne Taylor	65.45	65.55		65.89		68.03		64.64	67.70		69.51		67.07	68.42			664.72
Campbell Till	74.29	84.05				84.53			77.05	67.73	84.17	37.51	83.96		72.20	14.72	680.21
Blakeney Tindall	63.19	61.05		64.38							63.44						252.06
Micheal Watson	65.19	76.00											78.46		63.98		283.63
Kevin Webster					37.22								68.52			32.52	181.37

AMA Appointments – World Masters Athletics Championships – San Sebastian

Australian Masters Athletics is calling for expressions of interest from members in filling the roles of Team Manager and Medical Officer, for the team travelling to the World Championships, August 2005. How many managers are required will depend on the number of athletes competing. The AMA Handbook has outlined some of the details of a team manager appointment, but not the medical officer. It is expected that partial funding of travel and accommodation will be available. The amount of funding provided will be determined by entries and the number travelling with the official AMA travel agent – Jalpak. The AMA Board expect to be in a position to determine appointments at the National Championships in Brisbane at Easter.

The requirements for determining the appointments are for applicants to submit a resume, which addresses the following:

Team Manager(s):

Personal details: name, age, address, etc.
 Athletics background.
 Masters athletics background.
 Management experience in sport or business.
 How the applicant is able to fulfil the position.
 References for us to contact.

Medical Officer:

Personal details: name, age, address, etc.
 Medical qualifications.
 Masters athletics background.
 Similar team experiences.
 How the applicant is able to fulfil the position.
 References for us to contact.

Role of Team Manager:

On appointment, send resume to state newsletters.
 Liaise with Travel Director on number of athletes, accommodation details, and emergency contact details.
 Obtain location of Australian Embassy / Consulate, and advise them of the involvement of the Australian Team.
 Arrive early to determine location of events, relative to accommodation.
 Meet local organising management.
 Attend Managers Meetings.
 Organise team meetings, when required to pass on relevant competition information.
 Appointment of flag bearer.
 Competition team selection.
 Deal with competition issues – disqualifications, appeals, Australian records, incorrect entries, etc.
 Arrange message board.
 Collect result sheets.
 Compete yourself in 1-2 events, to be part of the experience.
 Have a good time.

Role of Medical Officer:

On appointment, send resume to state newsletters.
 Liaise with Travel Director on number of athletes, accommodation details, and emergency contact details.
 Determine if there are any local health issues to publicise.
 Determine a suitable place of routine contact for athletes and family to discuss health issues.
 To be available at the main track or cross-country venue if hot weather.
 Compete yourself in 1-2 events, to be part of the experience.
 Have a good time.

Expressions of interest are to be forwarded to the AMA Secretary at the address below, or email at bwfoley@bigpond.net.au (note – the email address in the handbook is incorrect). Applications are required by March 15.

AMA previously appointed two managers (one male and one female) and two medical officers for the Gateshead team, but only one manager for Puerto Rico.

Brian Foley

Secretary AMA Inc. 8 Habgood St, East Fremantle WA 6158

Please make this payment of \$..... for Membership Club Social Function
 Clothing Club Weekend Away Championship Entry

by VISA MASTERCARD BANKCARD

Card Number:

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PURPOSE:

The objective of the club is to encourage and promote masters athletics, general fitness and to provide training and competition. Membership is available to men and women 30 years and older.

We have a comprehensive annual programme that provides the opportunity for members to participate in weekly runs and walks, as well as track and field competition. There are also training groups that meet during the week. The social aspect is also important

and many members enjoy a picnic breakfast after the Sunday races.

The format of the events allows contestants to be as competitive or as social as they choose. Competition is structured in gender and age groups which go in five yearly increments, starting at W30 and M30.

The club is run by a small committee and is dependent on many volunteers such as race directors, marshals, time recorders and helpers of all kinds.

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Running Gear

Contact Maggie Flanders: 9525 2691

Club Clothing in the new Masters livery:

- ▶ WINDCHEATERS \$25.00
- ▶ COMPETITION SINGLETS \$25.00
- ▶ LONG SLEEVED T-SHIRTS \$20.00
- ▶ SHORT SLEEVED T-SHIRTS \$18.00

