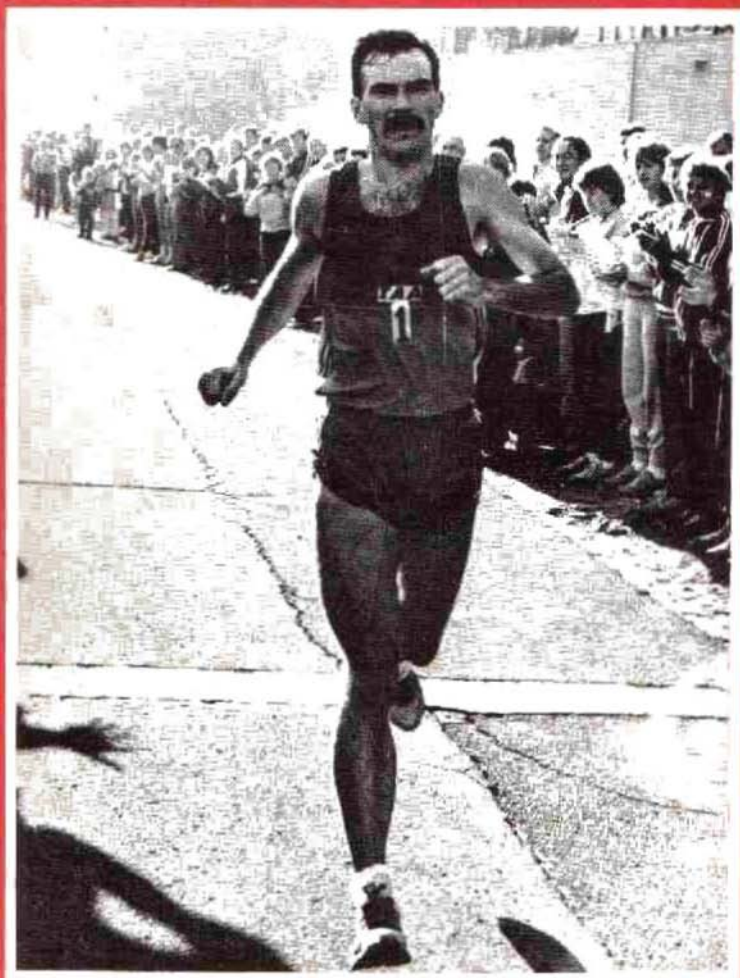


# Amateur Athletic Union of Australia



## HANDBOOK OF RECORDS AND RESULTS 1984 THIRTY-THIRD YEAR OF ISSUE



*Robert de Castella*

AUSTRALIAN ATHLETIC UNION

(Formerly the Amateur Athletic Union of Australia) 1927 - 1982  
 (Formerly the Amateur Athletic Union of Australasia) 1897 - 1927

Founded 1897

MEMBER OF THE INTERNATIONAL AMATEUR ATHLETIC FEDERATION

Affiliated with: Australian Olympic Federation  
 Australian Commonwealth Games Association  
 Confederation of Australian Sport

M E M B E R A S S O C I A T I O N S

Queensland Athletic Association  
 New South Wales Amateur Athletic Association  
 Victorian Athletic Association  
 Amateur Athletic Association of Tasmania  
 Athletic Association of South Australia  
 Athletic Association of Western Australia  
 Australian Capital Territory Amateur Athletic Association  
 Australian Track and Field Coaches' Association  
 Australian Association of Veterans' Athletic Clubs  
 Australian Universities Sports' Association

HONORARY LIFE MEMBERS

(Elected by A.A.U. of A)

\* Hugh R. Weir, C.B.E. (1967)  
 C. Ronald Aitken, C.B.E. (1965)  
 \* Arthur J. Hodsdon, M.B.E. (1965)  
 \* Norman G. Hutton (1968)  
 Leonard B. Curnow, O.B.E. (1968)  
 \* Robert E. Graham, O.B.E. (1968)  
 F. Theo Treacy, O.B.E. (1969)  
 \* G. Soper (1969)  
 C. Herbert Gardiner (1974)  
 Thomas C. Blue (1980)

\* Deceased

(Elected by A.W.A.A.U.)

Miss Gwen Bull (1962)  
 Miss Nell Gould, B.E.M. (1962)  
 Mrs. Doris Magee, A.M., M.B.E. (1962)  
 Miss Lillian Neville (1962)  
 Mrs. Mavis Ebzery, O.A.M. (1967)  
 Mrs. Maisie McQuiston, B.F.M. (1971)  
 Mrs. Margaret Cahill (1972)  
 Mrs. Mabel Robinson, M.B.E. (1973)  
 Mrs. Joyce Bonwick (1978)  
 H. George Carruthers

DIRECTORY

Postal Address: Grandstand, Olympic Park Athletic Track, Swan Street, Melbourne,  
 Victorian 3002

Telegrams: Amathunion, Melbourne

Telex: 30625 ME200

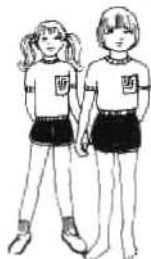
Telephone: National (03) 429 5077

International 61 3 429 5077

## CONTENTS

### AUSTRALIAN CHAMPIONSHIPS

Road Running Championships – Marathon	3
Road Walking Championships	3
Cross Country Championships	4
Australian All Schools Cross Country Championships	5
Australian All Schools Road Walking Championships	7
Australian All Schools Track and Field Championships	7
Track and Field Championships Boys U/16	15
Track and Field Championships Girls U/16	16
Australian Track and Field Championships	17
Australian Multiple Events Championships	26
<b>Records</b>	28
Australian Records Superseded	41
<b>Performances of Australian Athletes In International Competition</b>	
London Marathon	42
Seoul Marathon	42
Japan/China Tour	42
World Student Games	42
World Championships, Helsinki	42
Lugano Cup Walks, Bergen, Norway	46
Eschborn Cup Walk, Bergen Norway	46
Taiwan Area Games	47
First World Sports Fair, Tokyo (Indoor Meeting)	47
Road Races, New Zealand	47
IAAF World Championship (Women's 10k Race), San Diego	47
International Women's Ekiden Renown Cup Relays, Japan	49
Touring Team (U/20), U.S.A.	49
Australian Ranking List – Men	52
Australian Ranking List – Women	71



## ASSISTING JUNIOR SPORT IN OUR COMMUNITY



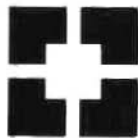
THE LEND LEASE JUNIOR  
SPORTS FOUNDATION

in conjunction with

DEPARTMENT OF  
YOUTH, SPORT and RECREATION



*Application forms for J.S.F. assistance are now  
available from Centre Management office*



**BROADMEADOWS  
SHOPPING SQUARE**

Managed by LendLease  
Pascoe Vale Road. Tel. 309 5955

AUSTRALIAN CHAMPIONSHIPS 1983/84WANG AUSTRALIAN MARATHON

MEN (Conducted in Sydney 12/6/83).

D. Froude (ACT) 2:15.19, J. Stanley (NSW) 2:17.04, L. Whitty (NSW) 2:17.05,  
G. Hand (ACT) 2:17.18, S. Poulton (NSW) 2:17.21, L. Adams (QLD) 2:18.02,  
G. Clewes (ACT) 2:18.35, J. Duck (Vic) 2:20.15.

Teams: New South Wales 10, Australian Capital Territory 12, Victoria 36.

WOMEN (Conducted in Sydney 12/6/83).

M. Sloan (Vic) 2:37.50, J. Colwell (QLD) 2:39.26, A. Perkins (ACT) 2:46.59,  
R. Longstaff (ACT) 2:49.09, B. Byrnes (Vic) 2:49.58, J. Walker (NSW) 2:57.40,  
B. Fay (Vic) 2:58.07, J. Flood (SA) 3:00.33.

Teams: Victoria 13, Australian Capital Territory 17, Queensland 31.

SANYO AUSTRALIAN ROAD CHAMPIONSHIPS

25k - MEN (Conducted in Adelaide, 26/6/83).

J. Coole (Vic) 1:14.26, R. McDonald (NSW) 1:15.41, G. Wood (SA) 1:15.55,  
B. Lewry (Vic) 1:16.10, G. Hand (ACT) 1:16.29, C. Neave (ACT) 1:16.37,  
D. Dowd (SA) 1:17.29, S. Poulton (NSW) 1:17.39.

Teams: South Australia 31, Victoria 32, New South Wales 35.

10k - WOMEN (Conducted in Adelaide, 26/6/83).

K. Whannell (QLD) 33.21, R. Mallinder (Vic) 33.29, D. Gould (SA) 33.42,  
A. Lord (Vic) 33.58, M. Moyle (SA) 34.11, D. Letherby (SA) 34.30, P. Just (NSW)  
34.49, A. Perkins (ACT) 34.53.

Teams: South Australia 16, New South Wales 32, Queensland 38.

50k WALK - MEN (Conducted in Perth, 27/8/83).

K. Knox (NSW) 4-28:19.5, I. Fay (SA) 4-29:16.7, C. Donald (Vic) 4-39:35.3,  
D. Cash (Vic) 4-41:06.0.

Teams: Victoria 8, Western Australia 13.

10k WALK - WOMEN Under-20 (Conducted in Perth 27/8/83).

L. Harrison (NSW) 51:34.0, R. Smith (Vic) 51:38.9, F. Toohey (Vic) 52:59.9,  
K. Arkins (NSW) 53:56.2.

Teams: New South Wales 7, Western Australia 14.

20k WALK - MEN Under 20 (Conducted in Perth 28/8/83).

A. Muir (NSW) 1-34:29.3, A. Duncan (Vic) 1-37:20.0, R. Erierson (SA) 1-37:44.0,  
J. Grímanes (NSW) 1-43:58.0.

Teams: New South Wales 6, Western Australia 15.

20k WALK - WOMEN (Conducted in Perth 28/8/83).

S. Pierson (Vic) 1-39:34.6, L. Harpur (SA) 1-47:10.4, L. Harrison (NSW) 1-53:17.3,  
S. Marbey (NSW) 1-56:14.0.

Teams: South Australia 8, Western Australia 13.



20k WALK - MEN (LUGANO CUP TRIAL) (Conducted in Adelaide 25/6/83).

D. Smith (Vic) 85:59, S. Baker (Vic) 88:00, W. Sawa11 (Vic.AC) 88:15,  
 A. Jachno (Vic) 89:23, W. Dyer (Vic) 89:49, T. Erickson (Vic.AC) 90:17,  
 M. Woods (NSW) 91:46, G. White (SA) 93:05.

Teams: Victoria 10, South Australia 26.

10k WALK - WOMEN (ESCHBORN CUP TRIAL) (Conducted in Adelaide 25/6/83).

S. Cook (ACT) 47:24, S. Pierson (Vic) 47:45, A. Ryan (NSW) 48:47, R. Thompson  
 (NSW) 49:47, K. Saxby (NSW) 50:52, R. Smith (Vic) 51:01, F. Toohey (Vic)  
 51:42, L. Harpur (SA) 52:08.

Teams: New South Wales 9, Victoria 12, South Australia 24.

10k WALK - MEN Under 20 (Conducted in Adelaide 25/6/83).

A. Muir (NSW) 45:22, R. Everson (SA) 47:58, B. Cullen (NSW) 48:05, S. Donald  
 (NSW) 48:21, J. Pianko (Vic) 50:44, R. Lilley (NSW) 53:27.

Teams: New South Wales 6

8k WALK - WOMEN Under 18 (Conducted in Adelaide 25/6/83).

L. Harrison (NSW) 41:03, B. Jenner (SA) 41:12, K. Arkins (NSW) 41:27, Y. Waters  
 (Vic) 44:16, M. Maisano (WA) 45:24, F. Doove (Vic) 46:02, M. Hathaway (WA) 46:20,  
 S. Walsh (WA) 46:21.

Teams: Victoria 10, Western Australia 11.

8k WALK - MEN Under 18 (Conducted in Adelaide 25/6/83).

P. Copeland (Vic) 37:28, J. Grimanis (NSW) 38:20, A. Ludwig (QLD) 38:34,  
 A. Crawford (NSW) 38:45, P. Hilton (Vic) 38:55, R. McFadden (SA) 39:42, K. Miller  
 (Vic) 40:25, D. Mander (SA) 40:38.

Teams: Victoria 11, New South Wales 13, South Australia 23.

SANYO AUSTRALIAN CROSS COUNTRY CHAMPIONSHIPS12k MEN (Conducted in Brisbane, 20/8/83).

Z. Noubé (ZIM) 36:15.7, M. Little (Vic) 36:36.4, G. Briggs (ACT) 37:02.1  
 S. Moneghetti (Vic) 37:14.8, D. Froude (ACT) 37:25.7, R. Wilson (Vic) 37:47.2,  
 B. Lewry (VicAC) 37:47.6, A. Lloyd (NSW AC) 37:50.3, L. Whitty (NSW) 37:50.7.

Teams: Victoria 19, Australian Capital Territory 27, New South Wales 40.

8k WOMEN (Conducted in Brisbane 20/8/83),

R. Mallinder (Vic) 28:45.7, K. Whannel (QLD) 29:07.3, J. Pratten (ACT) 29:14.9,  
 A. Perkins (ACT) 29:20.4, S. Pierson (Vic) 29:22.9, A. Lord (Vic) 30:06.9,  
 M. Ricardo (NSW) 30:15.1, M. Main (NSW) 30:15.8.

Teams: Victoria 17, New South Wales 30, Queensland 31.

8k MEN Under 20 (Conducted in Brisbane 20/8/83)

M. Norwood (Vic) 25:35.8, R. Caskie (NSW) 25:41.9, G. Jones (NZ) 25:48.8,  
 P. Berney (QLD) 25:56.8, G. Cameron (NZ) 25:59.9, J. Meagher (Vic) 26:05.5,  
 C. Thompson (QLD) 26:06.7, P. Griffiths (WA) 26:13.0, R. Skinner (Vic) 26:27.0  
 A. Dobie (Vic) 26:32.1.

Teams: Victoria 18, New South Wales 29, Queensland 41.

8k WOMEN Under 20 (Conducted in Brisbane 20/8/83).

T. Turney (Vic) 22:06.8, S. Bruce (NZ) 22:30.0, C. Morris (NZ) 22:37.8,  
S. Denham (NZ) 22:53.8, A. Stuart (NZ) 23:13.4, H. Pynor (NSW) 23:17.2,  
E. Argall (NSW) 24:08.6, C. Smith (NSW) 24:16.6, A. Williams (QLD) 24:17.9,  
S. Schulte (QLD AC) 24:27.0, J. Rogers (Qld) 24:29.3, E. Rose (NSW) 24:50.6.

Teams: New Zealand 10, New South Wales 12, Queensland 24.

6k MEN Under 18 (Conducted in Brisbane 20/8/83).

C. Dalton (NSW) 19:22.1, A. McDonald (QLD AC) 19:27.3, S. Quilty (Vic) 19:41.2,  
W. Andrews (NSW AC) 19:43.8, S. Anderson (QLD) 19:44.3, M. Mate (NSW) 19:53.4,  
M. Causer (NSW) 19:53.8, S. Mee (ACT) 20:03.1.

Teams: New South Wales 10, Queensland 21, Victoria 22.

4k WOMEN Under 18 (Conducted in Brisbane 20/8/83).

D. Gould (SA) 14:00.9, M. Smith (Vic) 14:24.7, S. Fisher (Vic) 14:36.4,  
J. Pollard (Vic) 14:39.3, C. Jones (Qld) 14:41.0, J. Thompson (Qld) 14:48.6,  
J. Nykvist (QLD) 14:57.1, L. Schulz (NSW) 14:59.2.

ALL SCHOOLS' CROSS COUNTRY CHAMPIONSHIPS  
(Conducted in Canberra, 31st July, 1983 ).

3,000 metres GIRLS Under 15

M. Adamson (QLD) 10:44, A. Stuart (NZ) 10:54, S. Scholes (NSW) 10:58, L. McGrath  
(NZ) 11:06, J. Jones (SA) 11:08, K. MacKee (Qld) 11:09, L. Muoio (Qld) 11:11,  
C. Smith (NSW) 11:12.

Teams: Queensland 10, New South Wales 15, South Australia 21.

4,000 Metres BOYS Under 15

A. McDonald (Qld) 12:48, B. Simmons (Vic) 13:11, D. Wilson (Vic) 13:14, M. Smith  
(NSW) 13:16, D. Palmer (NSW) 13:29, M. Lennon (Tas) 13:31

Teams: Victoria 12, New South Wales 19, Queensland 21

4,000 metres GIRLS Under 17

L. Tregenza (SA) 14:23, F. Dawes (ACT) 14:34, K. Duncanson (NSW) 14:45, L. Winning  
(Vic) 14:46, C. Borg (NSW) 14:51, J. Thompson (Qld) 14:51

Teams: Victoria 21, New South Wales 23, Queensland 28

4,000 metres BOYS Under 17

A. Ford (QLD) 12:25, S. Mee (ACT) 12:28, G. Webster (ACT) 12:29, C. Tagg (QLD) 12:39,  
S. Spiers (WA) 12:40, R. Moore (NZ) 12:42, S. Yock (NZ) 12:43, R. Moore (NZ) 12:51,  
C. Brown (QLD.AC) 12:52.

Teams: Australian Capital Territory 15, Queensland 16, Tasmania 29.

6,000 metres GIRLS Under 19

M. Smith (Vic) 22:05, C. Morriss (NZ) 22:37, S. Parcell (NZ) 22:44, J. Pollard (Vic)  
22:52, J. Perkins (Vic) 22:58, N. Gould (NZ) 23:06, M.R. Vince (NSW) 23:38,  
J. Nykvist (QLD) 23:47, K. Barry (NZ) 23:49, L. Harrison (NSW) 23:52

Teams: Victoria 6, New South Wales 17, Queensland 27.

# PUT YOUR FOOT IN IT!



The unique Chamois Sock  
specially designed for sport

## CHAMPERS SPORTING SOCKS



Experience the incredible comfort and support from Champers natural chamois leather sporting socks. Champers hug your feet like a second skin, Champers natural chamois leather absorbs perspiration, reduces pressure points preventing blistering and chafing.

All circulation around the foot enabling the skin to breathe naturally and reduce overheating.



Created from the softest natural chamois leather, Champers have become the choice of some of the world's leading sports people searching for unique foot comfort.

Let your feet enjoy the experience.  
Available only by sending the coupon.

Name .....

Address .....

No of Pair(s)..... Male..... Female..... Shoe Sizes

Only \$19.95 per pair plus \$2.00 postage and handling.

To order, send cheque or money order to:

CHAMOIS SPORTING PRODUCTS, P.O. Box 124, Belgrave 3160, VICTORIA

PH (03) 754 4122

8,000 metres BOYS Under 19

R. Boyd (WA) 25:46, D. Lightfoot (NSW) 25:59, C. Dalton (NSW) 26:03,  
 B. Camp (Vic) 26:07, S. Quilty (Vic) 26:23, A. Miller (NZ) 26:27,  
 R. Howell (NZ) 26:34, M. Inwood (Qld) 26:35.

Teams: New South Wales 12, Victoria 22, Queensland 26.

ALL SCHOOLS' ROAD WALKING CHAMPIONSHIPS  
 (Conducted in Canberra, 30th July, 1983)

3,000 metres GIRLS Under 15

Y. Waters (Vic) 14:54, W. Nixon (NSW) 14:57, C. Vanstan (Vic) 15:15,  
 R. Talbot (SA) 15:21, M. Scott (WA) 15:26, L. Hemmerling (NSW) 15:29

Teams: Victoria 11, New South Wales 16, Western Australia 26.

3,000 metres BOYS Under 15

G. Huxley (NSW) 14:20, L. Cramer (WA) 14:32, P. Johnson (NSW) 14:48,  
 C. Topperwine (SA) 14:49, B. Jones (NSW) 15:01, M. Fletcher (NSW) 15:12

Teams: New South Wales 7, South Australia 18, Australian Capital Territory 26

6,000 metres GIRLS Under 17

K. Arkins (NSW) 31:01, S. Miller (Vic) 31:51, Y. Waters (Vic) 32:25,  
 P. Langley (NSW) 33:14, N. Sinkinson (SA) 33:20, J. Goodall (Vic) 33:31

Teams: Victoria 11, New South Wales 12, South Australia 25

6,000 metres BOYS Under 17

P. Copeland (Vic) 28:10, I. Waters (Vic) 28:42, A. Crawford (NSW) 29:08,  
 K. Miller (Vic) 29:34, A. Keeshan (Vic) 29:45, C. Brill (Vic) 30:30

Teams: Victoria 17, New South Wales 18, South Australia 20.

10,000 metres GIRLS Under 19

L. Harrison (NSW) 51:16, T. Clarke (NSW) 51:28, B. Thompson (NSW) 54:53,  
 K. Arkins (NSW) 55:04, R. Webster (Vic) 57:04, J. Lewry (SA) 57:49

Teams: New South Wales 6

10,000 metres BOYS Under 19

S. Richardson (Vic) 47:46, R. McFadden (SA) 47:48, P. Hilton (Vic) 50:37,  
 A. Crawford (NSW) 51:43, P. Bach (WA) 54:55, J. Young (NSW) 55:27,  
 K. Hemmerling (NSW) 59:49, G. Huxley (NSW) 61:56.

Teams: Victoria 9, New South Wales 12.

ALL SCHOOLS' TRACK AND FIELD CHAMPIONSHIPS  
 (Conducted in Adelaide, 9th, 10th and 11th December, 1983)

GIRLS UNDER 15

100 METRES - R. Adamson (NSW) 12.49, J. Morrison (Tas) 12.56, K. McGuigan  
 (Qld.AC) 12.59, J. Frewin (SA) 12.67, S. Morice (Qld) 12.75, J. Bridges (Vic)  
 12.80

200 METRES - S. Yeatman (NSW) 25.83, J. Morrison (Tas) 25.93, S. Rea (Vic) 26.12,  
 J. Frewin (SA) 26.41, S. Morice (Qld) 26.41, L. Mateljan (WA) 27.32

400 METRES - J. Mottram (NSW) 56.83, R. Taylor (SA) 57.90, J. Morrison (Tas) 57.96, M. Powell (Vic) 60.55, T. Bell (Qld) 60.61, A. Fuller (WA) 60.91

800 METRES - E. Jagers (ACT) 2:13.87, E. Keynes (SA) 2:15.38, S. Scholes (NSW) 2:15.69, M. Dohnt (SA.AC) 2:15.71, M. Barrett (Vic.AC) 2:16.72, V. Gardner (Vic) 2:18.91

1500 METRES - S. Scholes (NSW) 4:37.89, K. Johnson (NSW.AC) 4:40.74, E. Keynes (SA) 4:47.06, K. Murdoch (NSW.AC) 4:48.29, V. Gardner (Vic) 4:49.42, K. Mackee (Qld) 4:56.80

3000 METRES - S. Scholes (NSW) 10:06.27, L. Schulz (NSW.AC) 10:08.51, L. Muoio (Qld) 10:37.58, G. Ingram (SA) 10:40.58, V. Gardner (Vic) 10:50.76, A. Schaller (NT) 10:55.68

90m HURDLES - P. Elvey (NSW.AC) 13.24, R. Adamson (NSW.AC) 13.25, A. Dennis (NSW.AC) 13.38, K. Saunders (Vic) 13.47, K. Donaldson (WA.AC) 13.55, C. Hurst (SA) 13.72.

1500m WALK - G. Blythe (Vic) 6:54.2, M. McNee (Qld) 7:12.7, J. Lambert (SA) 7:13.6

HIGH JUMP - C. Hurst (SA) 1.73, M. Ware (NSW) 1.73, P. Elvey (NSW) 1.70, L. Asinari (SA), 1.67, 5 N. Crees (Qld.AC) 1.67, 6 L. Cranston (Qld) 1.67

LONG JUMP - S. Morice (Qld) 5.96, C. Hurst (SA) 5.78, R. Kothe (Vic) 5.75, M. Ware (NSW) 5.56, M. O'Rourke (Qld.AC) 5.50, K. Bell (Vic.AC) 5.47

SHOT PUT - Y. Ykema (Vic) 15.46, R. Fellowes (Qld) 13.79, V. French (WA) 13.71, C. Sweeney (NSW.AC) 13.67, W. Neal (NSW) 13.26, T-M Gordon (NSW.AC) 13.08

DISCUS THROW - Y. Ykema (Vic) 45.04, V. French (WA.AC) 39.80, R. Fellowes (Qld) 39.02, N. Gregoric (SA) 38.90, R. Sutton (Vic.AC) 36.96, M. Stone (NSW.AC) 32.98

JAVELIN THROW - V. French (WA) 39.62, A. Broadway (Vic) 35.74, R. Fellowes (Qld.AC) 35.14, A. Farley (Qld) 35.06, F. Atkinson (SA) 33.76, A. Cash (NSW) 33.52

#### BOYS UNDER 15

100 METRES - R. McLeod (Vic) 11.41, G. Sayers (NSW) 11.47, P. Northeast (SA) 11.55, J. Underwood (Qld) 11.59, T. Bennett (Tas) 11.59, J. Fitts (Vic.AC) 11.61

200 METRES - G. Sayers (NSW.AC) 22.91, M. Garner (NSW) 23.16, R. Shoemith (NSW.AC) 23.56, J. Fitts (Vic.AC) 23.56, S. Farley (Vic) 23.57, P. Northeast (SA) 23.67

400 METRES - P. Northeast (SA) 50.89, M. Parsons (NSW) 51.05, P. Mapstone (NSW.AC) 51.22, S. Farley (Vic.AC) 51.30, M. Garner (NSW.AC) 51.88, D. Gould (Vic) 53.18.

800 METRES - P. Mapstone (NSW) 1:57.00, N. Nixon (NSW.AC) 1:58.00, J. Lamont (Qld) 1:58.43, D. Gould (Vic) 2:02.76, P. Haswell (Qld.AC) 2:03.69, S. Conquest (Qld.AC) 2:03.79

1500 METRES - A. McDonald (Qld) 4:10.2, N. Nixon (NSW) 4:11.1, J. Lamont (Qld.AC) 4:12.0, G. McCulloch (Vic) 4:12.1, M. Devlin (WA) 4:17.1, P. DiMichael (ACT) 4:24.0

3000 METRES - A. McDonald (Qld) 8:57.83, J. Hart (Vic) 9:18.70, B. Gill (Tas) 9:18.72, G. Carson (SA) 9:18.77, J. Edmondson (WA) 9:27.33, C. McKenzie (Vic.AC) 9:29.34

100m HURDLES - C. Fox (NSW.AC) 14.31, N. Nicholas (Qld) 14.40, J. Bennett (NSW) 14.66, S. Waller (SA) 14.68, D. Perera (ACT) 14.88, D. Freeman (Vic) 14.95

1500m WALK - N. Ahern (NSW) 6:26.83, C. Topperwein (SA) 6:30.50, B. Jones (NSW.AC) 6:39.77, D. Sexton (Vic) 6:42.84, C. Arkins (NSW) 6:57.94, D. Dragonas (NSW) 7:00.93



HIGH JUMP - A. Rogers (SA.AC) 1.97, J. DeLaMare (NSW) 1.97, M. Pederson (SA) 1.94, J. Moir (NSW.AC) 1.91, D. Throssell (WA) 1.82, P. Freeman (Vic) 1.76

LONG JUMP - D. Hosking (SA) 6.56, T. McGillicuddy (NSW) 6.51, A. Juhas (Tas) 6.32, J. Kane (WA) 6.28, G. Gorman (NSW) 6.02

TRIPLE JUMP - D. Hosking (SA) 13.31, R. McLeod (Vic) 13.23, C. Knight (NSW) 12.95, J. Kane (WA) 12.82, N. Nicholas (Qld) 12.48, A. Juhas (Tas) 12.39

SHOT PUT - C. Strathakaros (Vic) 17.46, S. Larsson (SA) 17.45, R. Giroud (WA) M. Farrant (NSW) 16.50; M. McCloskey (N.AC) 15.98, T. Huskisson (NSW.AC) 15.26

DISCUS THROW - S. Larsson (SA) 57.68, A. Foote (SA.AC) 48.66, P. Kaiserfeld (NSW) 48.52, A. Winston (Vic) 46.72, B. Webeck (NSW.AC) 44.66, R. Giroud (WA) 43.32

JAVELIN THROW - A. Winston (Vic.AC) 62.94, D. Bushell (NSW) 58.56, R. Giroud (WA) 57.98, D. Draheim (Qld) 55.82, M. Pritchard (Qld.AC) 54.06, A. Carr (SA.AC) 52.62

#### GIRLS UNDER 17

100 METRES - S. Broadrick (WA) 12.02, C. Reynolds (Qld) 12.26, N. Dillon (SA) 12.29, D. Brown (Vic) 12.33, C. Cole (WA.AC) 12.39, R. Gregory (ACT) 12.45

200 METRES - S. Broadrick (WA) 24.57, J. Walker (NSW.AC) 24.78, L. Robson (NSW.AC) 25.11, N. Boegman (NSW) 25.13, H. Pawlowski (Vic) 25.28, C. Cole (WA.AC) 25.39

400 METRES - J. Walker (NSW.AC) 55.23, N. Azar (Qld) 55.44, K. Ariens (NSW) 55.90, K. Bristow (NSW.AC) 56.43, K. Mattner (SA) 57.35, E. Blyth (Vic.AC) 57.68

800 METRES - E. Blyth (Vic) 2:09.26, P. Nichols (Tas) 2:10.03, T. Garnett (WA) 2:10.03, A. McVie (Qld) 2:11.75, K. Oates (SA) 2:11.81, M. Collins (ACT) 2:13.53

1500 METRES - L. Tregenza (SA) 4:31.28, K. Duncanson (NSW) 4:36.55, T. Garnett (WA) 4:39.68, A. Williams (Qld) 4:42.20, K. Jukes (Qld.AC) 4:42.72, T. Eggermont (NSW.AC) 4:42.79

3000 METRES - L. Tregenza (SA) 9:55.44, A. Williams (Qld) 10:07.78, K. Jukes (Qld) 10:08.39, M. McDonagh (Vic) 10:17.00, K. Peek (NSW) 10:25.66, J. Robinson (WA) 10:37.21

100m HURDLES - H. Pawlowski (Vic) 14.68, N. Boegman (NSW) 15.07, J. Chiswell (WA) 15.81, M. Atkinson (NSW.AC) 16.01, J. Worsfold (WA.AC) 16.54, K. Dowley (SA) 16.60

3000m WALK - K. Arkins (NSW) 14:38.80, Y. Waters (Vic) 14:43.22, R. Talbot (SA) 14:54.05, C. Vanstan (Vic.AC) 15:22.50, J. Goodall (Vic.AC) 16:11.48, N. Sinkinson (SA.AC) 16:21.31

HIGH JUMP - D. Debnam (Vic.AC) 1.75, K. Farrell (NSW) 1.75, A. Rutherford (Vic.AC) 1.72, J. Lamont (Vic.AC) 1.72, H. Ware (Vic) 1.72, C. Hurst (SA.AC) 1.69

LONG JUMP - M. Woods (NSW.AC) 5.89, C. Randall (SA.AC) 5.74, C. Hurst (SA.AC) 5.62, T. Roberts (SA.AC) 5.60, N. Varoe (SA.AC) 5.51, R. Kothe (Vic) 5.49

SHOT PUT - V. French (WA) 11.74, J. Irwin (WA) 11.55, K. Standerwick (Vic) 11.50, T. Jones (Vic.AC) 11.33, J. Larking (Qld) 11.27, S. Clarke (NSW) 11.20

DISCUS THROW - S. Flynn (SA.AC) 41.34, K. Standerwick (Vic) 41.26, K. Walton (Qld) 41.26, C. Mitchell (SA) 38.54, J. Irwin (WA.AC) 38.16, S. Clarke (NSW) 37.96

JAVELIN THROW - S. Clarke (NSW) 42.02, L. Kennedy (NSW) 41.06, V. French (WA) 40.44, J. Bryksy (SA.AC) 38.52, J. Whybrow (Vic) 37.86, K. Farrow (SA) 37.78

**Fitness & Endurance Tonic from U.S.S.R.**

# **BIO ZING**

**(SIBERIAN GINSENG EXTRACT)**

*Biozing contains concentrated amounts of siberian ginseng. Studies have shown that this preparation can help increase endurance, performance and concentration of an individual and can be especially helpful in periods of stress. In view of its beneficial effects, Biozing is widely used by athletes.*

**Used by Soviet Athletes & Cosmonauts**

Available at Health Food Stores

Enquiries: (02) 516 5422

BOYS UNDER 17

11

100 METRES - S. McBain (SA) 11.05, M. Murphy (NSW) 11.06, J. Greenhalgh (Qld) 11.10, D. McGrath (Qld.AC) 11.32, A. Wallace (Vic.AC) 11.38, M. Dunn (Qld.AC) 11.39

200 METRES - M. Murphy (NSW) 21.50, M. Reed (Vic) 22.01, J. Greenhalgh (Qld) 22.08, M. Dunn (Qld.AC) 22.37, A. Wallace (Vic.AC) 22.45, D. McGrath (Qld.AC) 22.57

400 METRES - M. Murphy (NSW) 47.13, M. Dunn (Qld) 48.10, M. Reed (Vic) 49.17, M. Lubrano (NSW.AC) 49.23, M. Longmuir (Vic.AC) 49.77, J. Klabbers (Vic.AC) 50.08

800 METRES - P. Warren (NSW) 1:54.78, D. Graham (SA) 1:55.20, J. Watters (Vic) 1:55.87, G. Nevin (Vic.AC) 1:56.26, A. Cook (WA) 1:56.50, A. Ives (ACT) 1:57.74

1500 METRES - A. Ford (Qld) 3:54.33, P. Warren (NSW) 3:56.08, D. Graham (SA) 3:59.00, R. Brown (Qld.AC) 4:01.16, C. Tagg (Qld.AC) 4:01.42, S. Spiers (WA) 4:02.35

3000 METRES - A. Ford (Qld) 8:38.44, C. Tagg (Qld.AC) 8:39.90, S. Rothwell (NSW) 8:41.08, S. Spiers (WA) 8:42.33, R. Brown (Qld.AC) 8:50.46, M. McKenzie (Vic) 8:54.14

110m HURDLES - M. Longmuir (Vic) 14.21, D. Francis (Qld) 14.26, T. Barbour (SA) 14.48, A. Wallace (Vic.AC) 14.49, D. Muson (NSW) 14.82, E. Papantoniou (WA.AC) 15.07

2000m STEEPLECHASE - A. Rothwell (NSW) 5:59.99, C. Greber (Qld) 6:07.10, L. Dalton (Vic) 6:10.54, P. Ayers (NSW.AC) 6:12.62, T. Keynes (SA.AC) 6:15.70, A. Kemp (Qld.AC) 6:17.89

3000m WALK - P. Copeland (Vic) 13:19.5, I. Waters (Vic.AC) 13:29.7, C. Mee (ACT) 13:30.8, C. Brill (Vic.AC) 13:46.3, N. Ahern (NSW.AC) 13:59.8, B. Richardson (NSW) 14:02.7

HIGH JUMP - T. Barbour (SA) 2.06, P. Cameron (Qld) 2.04, P. Agnew (NSW.AC) 2.01, D. Correll (SA.AC) 2.01, R. Sandilands (NSW) 1.98, A. Rogers (SA.AC) 1.98

LONG JUMP - D. Culbert (Vic) 7.31, S. McBain (SA) 7.06, B. Williams (Qld.AC) 6.93, C. Turnbull (Qld) 6.92, P. Beaty (Vic.AC) 6.87, S. Carlin (SA.AC) 6.86

TRIPLE JUMP - G. Harvey (WA) 14.35, T. Barnes (NSW.AC) 14.31, A. Blight (Vic) 14.07, B. Williams (Qld) 14.06, T. Jones (SA.AC) 13.69, S. Kapera (Qld.AC) 13.61

POLE VAULT - J. Adamopoulos (Vic) 4.15, C. Spillane (Vic.AC) 4.05, J. Thomas (SA) 3.85, C. Steputat (WA) 3.85, N. Oliver (Qld) 3.65, J. Reidy (NSW) 3.55

SHOT PUT - W. Reiterer (Vic) 17.62, B. Laidler (WA) 17.40, M. Solonsch (Vic.AC) 16.49, A. Butler (NSW) 16.19, R. Edwards (Qld) 16.06, S. Carline (NSW.AC) 15.84

DISCUS THROW - W. Reiterer (Vic) 59.82, B. Laidler (WA) 54.14, S. Carlin (SA) 51.98, S. Carline (NSW) 49.76, A. Cummings (WA) 45.96, W. Hooper (Qld) 43.10

JAVELIN THROW - D. Marx (Vic.AC) 66.78, W. Reiterer (Vic) 65.96, M. Hesse (NSW) 65.84, G. Baggley (Qld) 65.38, S. Carline (NSW.AC) 63.36, D. Marsh (SA.AC) 60.08

HAMMER THROW - V. Muccitelli (Vic) 63.44, P. Baxevanis (Vic.AC) 60.66, S. Carlin (SA) 59.66, S. Carline (NSW) 55.18, S. Taylor (SA.AC) 49.56, G. Schubert (SA.AC) 42.38

GIRLS UNDER 19

100 METRES - S. Broadrick (WA) 12.24, S. Priestley (Qld) 12.26, B. Mullen (Vic) 12.43, A. Caples (NSW) 12.50, D. Lemberg (Qld.AC) 12.57, J. Rumney (Tas) 12.70

200 METRES - B. Mullen (Vic) 24.65, A. Caples (NSW) 24.74, S. Priestley (Qld) 24.76, D. Lemberg (Qld.AC) 25.16, C. Cole (WA) 25.23, J. Rumney (Tas) 25.79

400 METRES - L. O'Connell (Vic) 56.18, S. Ellis (Qld) 56.31, S. Hartgers (NSW) 57.58, K. Moyle (SA) 58.34, D. Dram (Qld.AC) 58.77, A. Wheeler (WA) 58.91

800 METRES - J. Nykvist (Qld) 2:06.5, S. Hartgers (NSW) 2:08.8, L. O'Connell (Vic) 2:09.1, S. Collins (ACT) 2:09.1, R. Reeves (SA) 2:21.5, N. Phillips (WA) 2:29.3

- 1500 METRES - J. Nykvist (Qld) 4:21.98, M. Smith (Vic) 4:27.15, J. Robinson (WA) 4:50.52, K. Wood (NSW) 4:58.82
- 3000 METRES - D. Gould (SA) 10:12.85, S. Clarke (Qld) 10:26.90, K. Wood (NSW) 10:28.20, J. Robinson (WA) 10:45.60
- 100m HURDLES - H. Pawlowski (Vic) 14.55, L. Dare (WA) 14.68, J. McCullough (Qld) 15.40
- 400m HURDLES - C. Wilson (Vic) 61.98, A. Fuller (WA) 63.02, E. Gray (NSW.AC) 63.26, C. Ryan (NSW) 64.59, R. Lloyd (SA) 65.62, J. Ewing (Vic.AC) 65.79
- 3000m WALK - L. Harrison (NSW) 14:56.17, R. Talbot (SA) 14:58.55, Y. Waters (Vic) 15:10.70, C. Vanstan (Vic.AC) 15:16.93, K. Arkins (NSW.AC) 15:35.49, M. Scott (WA) 15:46.65
- 4 x 100m RELAY - New South Wales 46.88, Queensland 47.07, Victoria 47.75, South Australia 48.45, Western Australia 48.08, Tasmania 49.34
- 4 x 400m RELAY - Victoria 3:47.73, New South Wales 3:48.22, Queensland 3:49.24, Western Australia 3:51.16, South Australia 3:58.46, Tasmania 3:59.50
- HIGH JUMP - S. Barber (SA) 1.76, L. Dare (WA) 1.73, K. Farrell (NSW.AC) 1.70, C. Suters (NSW) 1.65, E. R. Sluyters (ACT) 1.65, E. A. Rutherford (Vic) 1.65
- LONG JUMP - N. Boegman (NSW) 6.30, S. Priestly (Qld) 6.05, M. Woods (NSW.AC) 5.98, J. McCullough (Qld.AC) 5.67, D. Lemberg (Qld.AC) 5.59, J. Worsfold (WA) 5.48
- SHOT PUT - G. Larsen (Tas) 12.65, L. Dorling (Vic) 12.51, J. Meier (NSW) 12.15, J. Irwin (WA) 11.95, S. Clarke (NSW.AC) 11.06, F. Pollock (Qld) 10.96
- DISCUS THROW - M. Wegerbauer (Tas) 41.84, J. Amos (NSW) 41.32, K. Ward (Qld) 40.40, S. Flynn (SA.AC) 38.12, C. Mitchell (SA) 37.26, J. Irwin (WA) 36.60
- JAVELIN THROW - C. Harvey (Qld.AC) 48.38, J. Cox (Qld) 47.52, L. Kennedy (NSW) 41.26, S. Clarke (NSW.AC) 41.02, J. Brysky (SA.AC) 39.92, N. Symons (SA) 38.08
- HEPTATHLON - C. Randall (SA) 5052, B. Hoonhout (Qld) 5051, J. Worsfold (WA) 4780, E. Gray (NSW) 4643, J. King (WA.AC) 4622, A. Kiekebosch (Vic) 4563

BOYS UNDER 19

- 100 METRES - I. Mace (NSW.AC) 10.72, R. Pryor (Vic.AC) 10.79, T. Mason (Vic.AC) 10.87, P. Zahra (Vic) 10.87, S. Saunders (NSW.AC) 10.88, P. Doherty (ACT) 11.19
- 200 METRES - F. Martin (NSW) 21.49, T. Mace (NSW.AC) 22.07, F. Concillia (Vic) 22.18, P. Zahra (Vic.AC) 22.34, H. Jeffrey (Qld.AC) 22.98, P. Doherty (ACT) 22.98
- 400 METRES - F. Concillia (Vic) 47.84, R. Bowen (Qld.AC) 48.08, J. Cunningham (Qld) 48.31, A. Bond (NSW) 48.34, T. Purcell (Vic.AC) 49.42, S. Trost (Qld.AC) 49.43
- 800 METRES - B. Acres (WA) 1:48.42, S. Trost (Qld) 1:51.87, J. Kelly (Vic.AC) 1:52.42, T. Purcell (Vic) 1:53.37, S. Quilty (Vic.AC) 1:54.62, A. Barnes (Tas) 1:55.09
- 1500 METRES - B. Acres (WA) 3:56.16, A. Barnes (Tas) 3:57.01, G. Dalton (NSW.AC) 3:57.02, D. Gust (Vic) 3:58.90, J. Kelly (Vic.AC) 3:59.71, W. Andrews (NSW) 4:00.12
- 5000 METRES - M. Inwood (Qld) 14:53.21, C. Dalton (NSW.AC) 14:54.54, D. Lavender (NSW.AC) 15:17.24, W. Andrews (NSW) 16:00.06, P. McGlone (Tas) 16:07.54, M. Barton (WA) 17:00.04
- 110m HURDLES - S. Saunder (NSW) 14.42, A. Affleck (Vic) 14.79, B. Hundloe (Qld) 14.85, A. Wignall (NSW.AC) 15.13, G. Anderson (SA) 15.22, M. Skerritt (Vic.AC) 15.53
- 400m HURDLES - D. Misson (NSW) 53.30, M. Longmuir (Vic) 53.93, B. Hundloe (Qld) 54.26, I. Upton (SA) 55.30, F. Ratcliff (Tas) 56.14, A. Rains (WA) 61.52

2000m STEEPLECHASE - M. Inwood (Qld) 5:51.80, S. Mee (ACT) 5:55.42, R. Davies (Vic) 6:03.73, S. George (Qld.AC) 6:05.51, J. Fraser (SA) 6:25.33, K. White (WA) 6:35.81

4 x 100m RELAY - New South Wales 41.25, Victoria 41.64, Queensland 42.58, South Australia 42.78, Western Australia 44.37, Tasmania 45.03

4 x 400m RELAY - Victoria 3:14.67, Queensland 3:14.70, New South Wales 3:19.48, Western Australia 3:23.97, South Australia 3:24.91, Tasmania 3:29.54

3000m WALK - S. Richardson (Vic) 13:35.10, N. Ahern (NSW.AC) 13:41.62, C. Mee (ACT) 13:57.77, A. Crawford (NSW.AC) 14:08.44, P. Hilton (Vic.AC) 14:13.74, R. Woolcock (Qld) 14:14.23

HIGH JUMP - M. Allen (WA) 2.14, N. Smith (NSW) 2.07, P. Agnew (NSW.AC) 2.04, J. Cardone (SA) 2.04, D. Harrison (Qld.AC) 2.04, M. Rosevear (Qld) 1.98

LONG JUMP - M. Morgan (Vic) 7.65, R. Wood (Vic.AC) 7.52, R. Hannah (NSW) 7.24, S. Shirley (Qld) 6.88, I. Van Roden (Qld.AC) 6.87, R. Smith (NSW.AC) 6.84

TRIPLE JUMP - I. Van Roden (Qld) 15.18, M. Skerritt (Vic.AC) 14.74, M. Morgan (Vic) 14.38, R. Fallon (ACT) 14.18, A. Flynn (NSW.AC) 13.80, N. Smith (NSW.AC) 13.25

POLE VAULT - S. Arkell (SA) 4.20, J. Thomas (SA.AC) 3.95, C. Steputat (WA) 3.95, J. Adamopoulos (Vic) 3.85, S. Mantoufeh (NSW) 3.85, G. Stanyer (SA.AC) 3.75

SHOT PUT - S. Lynes (Qld) 15.89, J. Payne (NSW) 15.78, L. Taylor (Qld.AC) 15.11, R. Sullivan (Qld.AC) 14.37, A. Butler (NSW.AC) 14.30, B. Jackwitz (Qld.AC) 13.68

DISCUS THROW - S. Carlin (SA) 50.88, B. Laidler (WA.AC) 49.98, A. Cummings (WA) 49.06, S. Lynes (Qld.AC) 48.26, P. Kitney (NSW) 44.86, S. Senegue (Vic) 44.24

JAVELIN THROW - D. Dixon (SA.AC) 67.46, M. Hesse (NSW) 58.86, R. Horgan (SA) 57.72, A. Flynn (NSW.AC) 57.36, M. Morgan (Vic) 56.76, A. Cummings (WA) 55.58

HAMMER THROW - V. Muccitelli (Vic) 59.46, D. Dixon (SA) 46.18, G. Taylor (NSW) 41.28

MULTIPLE EVENT - S. Shirley (Qld) 6708, A. Flynn (NSW) 6613, T. Foster (Qld.AC) 6366, T. Donald (Tas) 5977, J. Hutton (WA) 5842, J. Clapton (Vic) 5691

#### 1984 AUSTRALIAN ALL SCHOOLS TEAM

	<u>BOYS</u>	<u>GIRLS</u>
100 metres	Ian Mace (NSW)	Suzanne Broadrick (WA)
200 metres	Fred Martin (NSW)	Suzanne Broadrick (WA)
400 metres	Miles Murphy (NSW)	Jenny Walker (NSW)
800 metres	Barry Acres (WA)	Jodie Nykvist (Qld)
1500 metres	Anthony Ford (Qld)	Jodie Nykvist (Qld)
3000 metres	Anthony Ford (Qld)	Lisa Tregenza (SA)
5000 metres	Michael Inwood (Qld)	
2000m Steeplechase	Michael Inwood (Qld)	
100m Hurdles		Helen Pavlowsky (Vic)
110m Hurdles	Steven Saunders (NSW)	
400m Hurdles	David Misson (NSW)	Cathie Wilson (Vic)
3000m Walk	Paul Copeland (Vic)	Kerry Arkins (NSW)
High Jump	Michael Allen (WA)	Sharon Barber (SA)
Pole Vault	Simon Arkell (SA)	
Long Jump	Michael Morgan (Vic)	Nicole Boegman (NSW)
Triple Jump	Ian Van Roden (Qld)	
Discus Throw	Sean Carlin (SA)	Yvette Ykema (Vic)
Shot Put	Stephen Lynes (Qld)	Greta Larson (Tas)
Javelin Throw	David Dixon (SA)	Cherry Harvey (Qld)
Hammer Throw	Vincent Muccitelli (Vic)	
Multiple Event	Simon Shirley (Qld)	
Heptathlon		Chris Randall (SA)



# DO YOU REALLY KNOW HOW MUCH STRAIN YOU ARE PUTTING ON YOUR HEART DURING EXERCISING OR TRAINING?

Although generally fit and healthy, even exertion of the untrained heart can be extremely dangerous, and accurate heart beat measurement during rest and exertion periods can efficiently indicate potential strain in even heart disease victims.

The F-1 sports Heart Monitor — Sport Tester is designed to offer the trained athlete or the untrained layperson outdoors an accurate method of heart measurement, during relaxation, rest, or exertion, and also records the information in play-back later to give a full picture of the heart beat from start to finish.

## TECHNICAL SPECIFICATIONS

### CHEST TRANSMITTER

Case 115 x 25 x 11.5 mm ABS plastic  
operating temperature range — 10°C  
+50°C  
integral battery

power consumption 0.8 mA  
radio state 60 mA DC  
weight 16 g

### WRIST RECEIVER

microcomputer CMOS 4 bit display

15.716 digits

case 55 x 44 x 11.5 mm

power consumption max 0.09 mA min

5.01 mA DC

operating temperature range 10°C

+50°C

weight 12 g

batteries 9-C 5A 16

## SPORT TESTER HEART RATE MICROCOMPUTER FUNCTIONS



ANTENNA  
EXTENSION

MODE  
SYMBOL

MODE  
KEY

CONTROL  
KEY

LIMITS TIME KEY ALARM KEY

SPORT TESTER microcomputer allows you to choose your tracking level. It can be preset to give upper and lower limit alarm at desired pulse values.

### 1. MEMORY RECALL

SPORT TESTER microcomputer stores the results of the measuring period in its memory. A value is stored every 30 seconds (1/7th heart rate values). These may be played back after the measurement period.

### 2. WATCH

The 14-hour display shows the present time in hours, minutes and seconds. An alarm clock facility is also included.

### 4. STOPWATCH

SPORT TESTER contains another micro-computing function STOPWATCH mode.

## SPORT TESTER

The receiver unit has three modes of operation.

### 1. HEART RATE METER

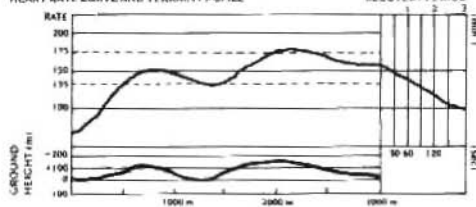
Using the new patented inductive PULSE TRANSMITTER as long as a signal transducer and a radio wave transmitter transfers your heart rate information to the SPORT TESTER receiver microcomputer unit.

The receiver in HEART RATE METER mode recognizes the electric field and beats exactly the exertion level of your heart every 3 seconds.

## INFORMATION ABOUT YOUR HEART'S EXERTION LEVEL GUIDES YOU TO RATIONAL EXERCISING.

The condition of the muscles of the heart is directly related to heart rate, which in turn is proportional to the oxygen consumption during physical or mental exertion.

## HEART RATE CURVE AND TERRAIN PROFILE



## EXERCISING AND TRAINING

The heart rate changes during some period of physical or mental exertion and this can be plotted on a graph to give an indication of heart condition. The rate of heart recovery can likewise be plotted and compared to known medical data to indicate level of fitness.

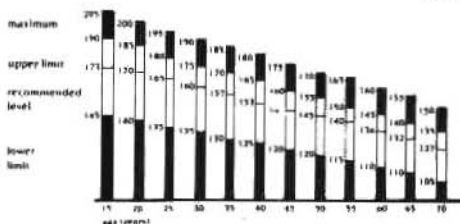
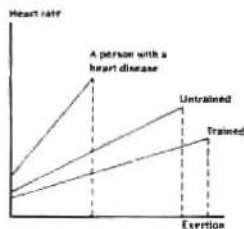
Our diagram shows a sportsman who has pre-set his pulse range from 175 to 175 and run 1000 meters cross-country. The earlier he has measured the recovery period of 3 minutes and recalled the results.

The training rate measurement can also be used to give the finishing touch to style and technique. For example, running — style and technique can be developed to cause as little exertion as possible. With sports, which require concentration and carefulness, heart rate measurement helps to estimate the level of tension and exertion. These kind of situations are common, where for example shooting, darts, archery and bowling are concerned.

● Measuring and monitoring the basic condition of the heart without medical supervision.

● Exercising and training  
● Fitness testing  
● Relaxation and Rehabilitation

The faster the heart rate, the harder the heart is working to produce a specific result. For instance, on average, the heart when at rest pumps blood at a heart rate of about 70 per minute, but with regular exercise this new value can be significantly decreased to even less than 40 per minute, and the volume of pumped blood remains the same or even increases.



## PULSE RATE IS A DIRECT INDICATION OF THE EXERCISING EFFICIENCY

It has been shown that the heart rate should be kept below certain recommended levels according to age and physical condition. The chart shows the recommended exertion levels, both the maximum to safeguard ones health

and the minimum necessary to achieve a 40% oxygen improvement.

A few persons or unimpaired persons a longer period of time should decrease his or her upper limit by at least 10%.

Available from

**KILPINEN IMPORTING**

Robbie Kilpinen

Made in Finland

Phone: (062) 319342

43 Jamieson Cres  
Kambah  
Canberra, A.C.T. 2902  
Australia

Highly accurate  
and  
Fully Guaranteed.

ATHLETE OF THE MEET

MILES MURPHY (NSW) - 1st Under 17 400m - 47.13 (Record)  
 - 1st Under 17 200m - 21.50  
 - 2nd Under 17 100m - 11.06  
 - 1st member N.S.W. 4 x 100m Relay Team (Record)  
 - 1st member N.S.W. 4 x 400m Relay Team

UNDER 16 TRACK AND FIELD CHAMPIONSHIPS

JANUARY 14th and 15th, 1984

BOYS

100 METRES - D. McGrath (Qld) 11.6, C. Elliott (Vic) 11.7, A. Taylor (Vic) 11.8, M. Osborne (SA) 11.9, D. Sharp (WA) 12.0, S. Heasman (WA) 12.2

200 METRES - D. McGrath (Qld) 23.0, C. Elliott (Vic) 23.1, N. Garner (NSW) 23.5, G. Stephens (Vic) 23.5, S. Heasman (WA) 23.5, T. Bennett (Tas) 23.9

400 METRES - C. Morling (Tas) 50.6, C. Sideridis (Vic) 50.8, C. Weir (NSW) 51.0, C. Turner (NSW) 51.1, P. Northeast (SA) 52.0, M. Price (Vic) 52.2

800 METRES - P. Mapstone (NSW) 2:02.2, C. Orr (Vic) 2:02.6, S. Barclay (NSW) 2:03.0, G. Smith (Qld) 2:04.5, S. Polwarth (Vic) 2:06.5, C. Turner (NSW) 2:06.6

1500 METRES - L. Dalton (Vic) 4:08.8, G. Smith (Qld) 4:10.5, A. Roberts (Vic) 4:13.1, P. Trench (WA) 4:19.6, S. Parker (SA) 4:21.3, M. Devlyn (WA) 4:23.6

3000 METRES - L. Dalton (Vic) 9:18.5, A. McDonald (Qld) 9:19.2, J. Smart (WA) 9:23.4, P. Ayres (NSW) 9:27.5, M. Devlyn (WA) 9:31.1, M. Chance (Qld) 10:01.8

100m HURDLES - G. Papantonfau (WA) 14.3, A. Zorzit (ACT) 14.6, P. Kent (Vic) 14.7, W. Lubach (Qld) 14.8, C. Pugh (Qld) 15.2, M. Walker (SA) 15.3

2000m STEEPCHASE - L. Dalton (Vic) 6:20.8, M. Chance (Qld) 6:25.7, P. Ayres (NSW) 6:30.4, D. Gurner (SA) 6:39.7, B. Adamson (Vic) 6:40.5, D. Tulley (ACT) 6:46.1

4 x 100m RELAY - Victoria 43.4, Western Australia 44.7, New South Wales 44.7, Queensland 44.8, South Australia 45.0, Tasmania 45.1

4 x 400m RELAY - Victoria 3:26.2, New South Wales 3:30.4, Tasmania 3:32.8, South Australia 3:32.9, Western Australia 3:33.6, Queensland 3:35.0

1500m WALK - N. Ahern (NSW) 6:21.1, A. Keeshan (Vic) 6:27.7, R. Crockett (WA) 6:35.0, P. Keast (SA) 6:35.5, L. Cramer (WA) 6:35.9, C. Topperwein (SA) 6:37.1

HIGH JUMP - C. Munzberg (SA) 2.04, A. Rogers (SA) 1.94, M. Pedersen (SA) 1.91, J. DeLaMare (NSW) 1.91, G. Jones (NSW) 1.91, C. Anderson (WA) 1.88

LONG JUMP - D. McGrath (Qld) 6.78, M. Penniment (SA) 6.63, E. Papantoniou (WA) 6.58, A. Cipak (Vic) 6.56, D. Hosking (SA) 6.55, T. McGillicuddy (NSW) 6.52

TRIPLE JUMP - S. Bilsborough (Vic) 13.84, A. Cipak (Vic) 13.66, B. Vanderwyk (Vic) 13.55, D. Hosking (SA) 13.37, A. Kallas (Tas) 13.27, S. Ware (SA) 13.20

POLE VAULT - T. Schwerdt (SA) 3.05, J. Ware (NSW) 2.95, C. Pugh (Qld) 2.95, D. Gigović (Qld) 2.85, R. Lawton (WA) 2.60, G. Rose (WA) 2.45

SHOT PUT - W. Reiterer (Vic) 18.06, D. Laidler (WA) 17.80, S. Larsson (SA) 15.47, R. Giroud (WA) 15.33, W. Briggs (Vic) 15.00, A. O'Brien (NSW) 14.49

DISCUS THROW - B. Laidler (WA) 69.48, B. Vanderwyk (Vic) 55.72, S. Larsson (SA) 55.18, C. Nikolovski (Vic) 54.90, W. Briggs (Vic) 54.52, A. Phillis (NSW) 54.18

JAVELIN THROW - M. Hesse (NSW) 64.42, D. Vickers (Qld) 57.02, W. Reiterer (Vic) 55.64, R. Giroud (WA) 54.00, R. Bungate (NSW) 53.20, A. Letham (WA) 47.92

HAMMER THROW - S. Taylor (SA) 52.20, A. Phillips (NSW) 51.18, A. O'Brien (NSW) 49.58, S. Larsson (SA) 43.48, B. Laidler (WA) 38.34, R. Giroud (WA) 35.82

## GIRLS

**100 METRES** - S. Broadrick (WA) 12.2, K. Reynolds (Qld) 12.5, M. Moore (NSW) 12.5, N. Dillon (SA) 12.6, S. Kirsopp (Vic) 12.8, R. Gregory (ACT) 12.8

**200 METRES** - S. Broadrick (WA) 25.3, N. Dillon (SA) 26.2, J. Walker (NSW) 26.4, K. Reynolds (Qld) 26.8, R. Gregory (ACT) 26.9, L. Clarke (NSW) 26.9

**400 METRES** - J. Walker (NSW) 56.3, S. Everitt (NSW) 57.1, J. Allen (Tas) 57.3, L. McKinnon (Qld) 57.4, B. Hoonhout (Qld) 57.5, K. Markey (NSW) 58.0

**800 METRES** - S. Everitt (NSW) 2:12.8, J. Douglas (Qld) 2:14.1, P. Garrett (Qld) 2:15.2, J. Allen (Tas) 2:15.3, S. Kernaghan (WA) 2:17.7, N. Webster (Vic) 2:20.1

**1500 METRES** - M. Adamson (Qld) 4:43.1, L. Moresco (WA) 4:45.0, K. Duncanson (NSW) 4:45.0, M. Webster (Vic) 4:47.0, H. Searle (NSW) 4:58.8, A. Graham (ACT) 4:59.5

**3000 METRES** - M. Adamson (Qld) 10:14.3, L. Schultz (NSW) 10:16.5, K. Duncanson (NSW) 10:16.9, L. Moresco (WA) 10:23.0, K. Pearce (WA) 10:46.4, S. Ingram (SA) 11:03.3

**4 x 100m RELAY** - Western Australia 48.2, New South Wales 48.2, Victoria 48.5, Queensland 49.1, Tasmania 49.2, South Australia 49.3

**4 x 400m RELAY** - New South Wales 3:53.2, Queensland 3:56.7, South Australia 3:58.9, Victoria 4:02.3, Tasmania 4:04.4, Western Australia 4:09.0

**1500m WALK** - W. Nixon (NSW) 6:57.3, M. Scott (WA) 6:59.1, Y. Waters 7:08.1, P. Murray (NSW) 7:10.8, K. Arkins (NSW) 7:12.7, L. Becker (Tas) 8:00.7

**HIGH JUMP** - D. Kirwin (Qld) 1.76, K. Farrell (NSW) 1.71, D. Debnam (Vic) 1.71, T. Shepherd (WA) 1.68, H. Price (Qld) 1.68, D. Tschirpig (SA) 1.68

**LONG JUMP** - S. Ja Klofsky (Qld) 5.73, K. Bell (Vic) 5.70, R. Kothe (Vic) 5.68, B. Hoonhout (Qld) 5.60, C. Hurst (SA) 5.47, J. Howe (NSW) 5.42

**SHOT PUT** - Y. Ykema (Vic) 12.28, J. Irwin (SA) 11.77, V. French (WA) 11.57, B. Serone (NSW) 11.55, S. Ja Klofsky (Qld) 11.23, R. Singh (Qld) 10.23

**DISCUS THROW** - Y. Ykema (Vic) 47.24, V. French (WA) 40.62, J. Irwin (WA) 40.04, T. Phillips (WA) 35.80, N. Gregoric (SA) 35.14, K. Gregory (Tas) 34.78

**JAVELIN THROW** - V. French (WA) 39.62, D. Barnett (WA) 37.30, H. Price (Qld) 37.04, J. Morgan (Vic) 36.30, S. Ja Klofsky (Qld) 34.48, K. Gregory (Tas) 33.08

## SPORTS INJURIES

Take the heat and pain out of those injuries.

## APPLY COOLING SOOTHING

Aspirin formulation for external application where you need it.

RELIEVE PAIN —  
SLEEP WITHOUT DRUGS  
Chemists only. PM 7281/84



## CONTACT INJURIES

For all muscular soreness, stiffness and strains and sprains.

## RELIEVE THE PAIN WITH

Gentle quick application.  
No odour in use.  
A new concept in sports medication.

Chemists only. PM 7282/84



AUSTRALIAN TRACK AND FIELD CHAMPIONSHIPS

Conducted at Olympic Park, Melbourne 29, 30, 31 March  
and 1 April 1984

MEN

100 METRES - P. Narracott (N) 10.62, P. VanMiltenburg (V) 10.65, G. Keating (V) 10.69, F. Martin (N) 10.81, C. Kearney (N) 10.93, R. Stone (V) 11.00, R. Wainwright (W) 11.07, P. Donovan (N) 11.18.

200 METRES - P. VanMiltenburg (V) 21.17, P. Narracott (N) 21.34, F. Martin (N) 21.47, C. Kearney (NAC) 21.58, D. Johnston (N) 21.70, B. Leavy (N) 21.70, R. Stone (VAC) 21.94, M. Benoit (V) 22.20.

400 METRES - B. Frayne (S) 45.96, G. Minihan (V) 46.15, R. Mitchell (V) 46.42, P. Stubbs (V) 46.79, D. Johnston (N) 46.99, M. Gutrey (NZ) 47.53, J. Fleming (VAC) 47.70, G. Sheahan (VAC) 48.27.

800 METRES - P. Bourke (V) 1-47.42, P. Gilbert (N) 1-47.81, P. Peerless (NZ) 1-48.57, D. Taylor (W) 1-48.76, M. Favier (OAC) 1-48.91, A. Ozolins (N) 1-49.67, R. McVicar (N) 1-51.09, P. Schnyder (V) 1-51.71.

1500 METRES - M. Hillardt (V) 3-36.26, S. Overt (GB) 3-36.60, P. Scammell (V) 3-38.99, S. Foley (VAC) 3-42.42, M. Halmy (A) 3-43.75, D. Forbes (N) 3-44.73, W. Horsey (N) 3-47.77, G. Ryan (V) 3-50.41.

5000 METRES - Z. Ncube (Zim) 13-51.52, S. Foley (VAC) 13-53.45, M. Gilchrist (NZ) 13-59.65, D. Forbes (N) 14-00.30, S. Moneghetti (VAC) 14-05.47, A. Garnham (VAC) 14-09.3, M. Martin (O) 14-12.03, G. Briggs (A) 14-12.60.

10000 METRES - Z. Ncube (Zim) 28-31.08, S. Austin (V) 28-41.04, A. Lloyd (N) 28-42.40, J. Andrews (N) 28-48.81, M. Little (V) 28-54.56, S. Moneghetti (VAC) 28-56.54, A. Garnham (V) 29-59.73, K. Livingstone (VAC) 30-01.83.

4 x 100m RELAY - Victoria 40.77, New South Wales 40.90, Western Australia 40.95, South Australia 41.63, Queensland 41.91.

4 x 400m RELAY - Composite Team 3-04.30, New South Wales 3-08.59, Queensland 3-14.74, Victoria 3-15.20, South Australia 3-20.11.

110m HURDLES - D. Wright (Q) 13.87, M. Wilson (V) 14.54, J. Caligiuri (V) 14.58, R. Wahrbichler (S) 14.82, M. Kent (Q) 14.85, M. Carroll (N) 14.89, P. Anderson (VAC) 15.04.

400m HURDLES - D. Horrobin (V) 51.00, G. McLaughlin (N) 51.45, G. Brown (Q) 52.17, N. McGillivray (N) 52.17, K. Gordon (Q) 52.36, B. White (N) 52.98, M. Edwards (W) 53.48, L. Miller (V) 53.57.

3000m STEEPLECHASE - G. Zeuner (S) 8-34.52, K. Martin (USA) 8-34.44, W. Dyer (V) 8-35.02, P. Larkins (V) 8-39.94, B. Hewitt (S) 8-42.39, G. Briggs (A) 8-45.20, C. Cook (A) C. Lynch (VAC) 9-00.65.

HIGH JUMP - J. Atkinson (Q) 2.28, J. Knight (V) 2.17, R. TePuni (NZ) 2.14, M. Lane (Q) 2.11, M. Barratt (S) 2.09, D. Braithwaite (V) 2.08, M. Allen (W) 2.05, J. Parker (N) 2.05.

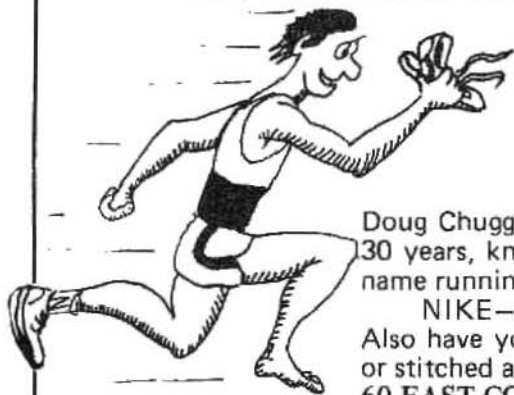
LONG JUMP - G. Honey (V) 8.15, S. Walsh (NZ) 7.91, M. Morgan (V) 7.43, B. Hutchins (N) 7.36, R. Hannah (N) 7.31, G. Stewart (W) 7.24, J. Swan (S) 7.09, P. Hadfield (N) 7.02.

TRIPLE JUMP - K. Lorroway (A) 16.59, P. Beames (V) 15.94, P. Butler (N) 14.87, B. Babijczuk (V) 14.84, J. Swan (S) 14.82, A. Newton (W) 14.77, I. Van Roden (Q) 14.72, R. Syme (S) 14.55.

POLE VAULT - R. Chisholm (V) 4.90, N. Honey (V) 4.80, K. Simons (S) 4.80, R. Huddle (V) 4.70, G. Wainwright (S) 4.70, M. Stewart (VAC) 4.70, J. Mattinson (S) 4.70, B. Randall (VAC) 4.60.

# Runner's Den

## THE RUNNING SHOE SPECIALISTS AND SHOE REPAIR EXPERTS



For all your running requirements-Shoes, Socks, Spikes, Shorts, Singlets, T-shirts-why not see the experts?

Doug Chugg, runner, coach, and a shoe repairer for 30 years, knows all about shoes. See Doug for top name running shoes for men, women and children.

NIKE-TIGER-PUMA-NEW BALANCE

Also have your New Balance shoes resoled, heeled, or stitched at:

60 EAST CONCOURSE, BEAUMARIS (589-5273)

# Is Your Team / Club / School / Getting The Kind Of Identification It Deserves?

Our superb new cap—with your logo (and any extra wording you want) on it, reaches out to tell everyone who you are—day after day after day. Up head high—where it is seen. In all kinds of weather.

We design creative art that commands attention—and produce logos that project real quality. A phone call or letter puts a sample and quote on your desk next day—and caps in your hands just 10 days after you confirm.

Orders start at 48 caps./ For 144—240—500—1000+ we mix cap colors as you want. 10 stock colors available.

Call us—and show the world who you are!

**PLEASE NOTE!** We have no agents nor are we affiliated with any other Co.



## CANBERRA CAPS INC.

Correspondence P.O. Box 66 Fishwick A.C.T. 2609  
Telephone (062) 80 5582





SHOT PUT - R. Rigby (V) 17.92, P. Nettle (S) 17.71, S. Gyngeil (N) 16.80, J. Minns (V) 16.60, P. McGrath (N) 16.29, W. Barber (W) 15.93, G. Sedgwick (Q) 15.82, J. McNamara (Q) 15.48.

DISCUS THROW - P. Nandapi (V) 56.50, R. Priman (Q) 51.74, S. Hays (N) 49.06, W. Apostolidis (N) 48.82, C. Barrett (NZ) 48.60, M. Henderson (Q) 48.30, M. Kemp (S) 47.78, J. Hancy (W) 47.02.

JAVELIN THROW - D. Dixon (S) 73.82, J. Stapylton-Smith (NZ), P. Dohnt (S) 69.66, J. Highland (W) 67.68, R. Lethbridge (V) 65.50, P. Thornton (S) 64.54, M. Keen (W) 63.74, M. Hesse (N) 62.44.

HAMMER THROW - H. Lotz (V) 66.86, P. Spivey (V) 64.54, B. Eugene (S) 61.60, J. Rope (S) 57.94, J. Quigley (V) 57.00, D. Huxley (T) 56.74, G. Farmer (N) 55.32, G. Malachowski (VAC) 54.80.

## WOMEN

100 METRES - D. Wells (N) 11.60, L. Lynch (W) 11.87, H. Davey (N) 11.88, J. Meares (V) 12.09, S. Ruxton (S) 12.10, K. Johnson (Q) 12.13, K. Druitt (W) 12.31.

200 METRES - D. Wells (N) 23.25, H. Davey (N) 23.80, L. Lynch (W) 23.89, J. Meares (V) 24.22, K. Johnson (Q) 24.28, M. Holland (N) 24.37, L. Evans-Cassidy (Q) 24.54.

400 METRES - K. Robertson (NZ) 52.54, M. Holland (N) 52.99, L. Evans-Cassidy (Q) 53.46, S. Oakley (T) 53.54, J. White (W) 54.34, W. Old (S) 54.72, S. Speers (T) 55.63, L. Longstaff (S) 57.34.

800 METRES - H. Barralet (Q) 2-01.78, T. Cater (V) 2-03.01, K. Coster (N) 2-03.85, G. Millar (T) 2-06.03, W. Old (S) 2-06.23, M. Corcoran (V) 2-07.16.

1500 METRES - A. McKenzie (NZ) 4-17.90, J. Nykvist (Q) 4-18.52, P. Just (N) 4-19.09, M. Poor (N) 4-19.68, M. Baumgartner (V) 4-20.50, S. Dalton (NAC) 4-21.45, E. Patmore (Q) 4-23.20, L. Carver (Q) 4-25.51.

3000 METRES - D. Gould (S) 9-15.11, L. Martin (S) 9-15.60, C. Schuwalow (V) 9-24.34, R. Just (N) 9-27.42, A. Lord (VAC) 9-29.94, S. Dalton (NAC) 9-30.19, M. Sloane (V) 9-36.98, J. Green (Q) 9-37.10.

10000 METRES - S. Pierson (V) 33-33.66, A. Foley (S) 35-09.09, K. Whannel (V) 35-34.12, G. Riley (V) 35-48.91, K. Jukes (Q) 35-50.15, G. Thomas (W) 38-02.31.

100 m HURDLES - G. Nunn (S) 13.81, C. Stanton (W) 14.43, J. Miller (T) 14.50, D. Bloomfield (N) 14.53, J. Wainwright (W) 14.53, J. Stewart (N) 14.56, L. Garling (N) 14.61.

400m HURDLES - D. Flintoff (V) 56.88, L. Massey (NZ) 57.42, D. Tomsett (V) 57.51, T. Genge (NZ) 58.01, L. Kay (NZ) 58.37, L. Richards (N) 59.92, L. Longstaff (S) 60.35, M. Hardstaff (T) 60.52.

4 x 100m RELAY - New South Wales 45.04, Victoria 45.73, Tasmania 46.66, South Australia 46.78, Queensland 46.89.

4 x 400m RELAY - Victoria 3-35.47, Tasmania 3-38.69, New South Wales 3-39.13, Queensland 3-43.29, New Zealand 3-46.08, Western Australia 3-49.88.

5000m WALK - S. Cook (A) 22-04.42, S. Pierson (V) 22-50.39, R. Thompson (N) 23-15.82, L. Young (V) 23-20.78, K. Saxby (NAC) 24-05.15, S. Miller (VAC) 25-42.01, J. Wonnocott (S) 26-19.65, B. Jenner (S) 27-05.81.

HIGH JUMP - V. Browne (W) 1.90, C. Stanton (W) 1.90, K. Morrow (N) 1.87, D. Bopf (Q) 1.84, D. Robertson (N) 1.84, C. Lee (S) 1.78, J. Talbot (V) 1.78, T. Painter (NZ) 1.78

LONG JUMP - R. Lorroway (A) 6.68, L. Garden (N) 6.47, G. Nunn (S) 6.38, J. Mitchell (NZ) 6.18, A. Turnbull (S) 6.09, N. Boegman (N) 6.00, M. McLean (A) 5.99, J. Millar (T) 5.96.

SHOT PUT - G. Martin (V) 17.64, C. Schultz (V) 15.75, G. Hughes (NZ) 15.51, A. Etienne (VAC) 14.57, S. Reinwald (V) 13.53, M. Bancroft (N) 12.85, P. Mountfield (N) 12.67, V. Jackson (VAC) 12.65.

DISCUS THROW - G. Martin (V) 55.98, C. Schultz (V) 48.38, A. Etienne (VAC) 48.08, S. Reinwald (V) 48.02, A. Rovis-Hermann (A) 46.84, S. Penson (S) 45.82, P. Mountfield (N) 45.78, M. Vibose (N) 44.92.

JAVELIN THROW - P. Rivers (V) 62.66, J. Kieboom (S) 55.14, M. Vibose (N) 52.64, M. Cilento (S) 48.48, L. McHarg (N) 46.04, C. Harvey (SAC) 45.50, T. Wrenn (V) 45.08, M. Boland (N) 44.06.

#### MEN - UNDER 20

100 METRES - R. Stone (V) 10.77, C. Kearney (N) 10.79, B. Leavy (Q) 10.92, T. Sweeney (V) 10.94, D. Mullany (Q) 11.13, S. Saunders (N) 11.16, G. Rosen (N) 11.23, P. Zahra (VAC) 11.27.

200 METRES - B. Leavy (Q) 21.35, R. Stone (V) 21.43, R. Lucas (S) 22.03, F. Concilia (VAC) 22.04, P. Zahra (V) 22.16, V. Males (T) 22.54, D. McRostie (V) 22.56, J. Fladun (S) 22.62.

400 METRES - R. Lucas (S) 48.04, D. Bernstein (V) 48.74, D. McRostie (V) 48.90, J. Cunningham (Q) 49.77, J. Fladun (S) 50.53, B. Hundloe (Q) 50.62, V. Males (T) 50.84, K. Hillhouse (N) 51.80.

800 METRES - M. Favier (Q) 1-49.18, B. Acres (W) 1-49.23, G. Small (V) 1-50.53, A. White (N) 1-50.66, D. Biczko (N) 1-54.96, N. Sideridis (V) 1-55.56, M. Bannink (V) 1-56.63.

1500 METRES - M. Norwood (V) 3-48.64, T. Pugh (Q) 3-49.01, A. White (N) 3-49.77, D. Lightfoot (N) 3-52.85, J. Walsh (VAC) 3-59.76, B. Acres (W) 4-04.22, G. Ewart (T) 4-05.81.

5000 METRES - A. Dobie (V) 14-38.21, R. Caskie (N) 14-41.01, B. Camp (V) 14-50.41, T. Pugh (Q) 14-59.89, M. Nicholl (N) 15-26.87.

4 x 100m RELAY - Victoria 41.32, Queensland 41.67, South Australia 41.86, New South Wales 42.15, Tasmania 43.53.

4 x 400m RELAY - Victoria 3-14.50, Queensland 3-18.36, New South Wales 3-19.44, Tasmania 3-20.54.

110m HURDLES - S. Saunders (N) 14.44, M. Runge (Q) 14.62, D. Wright (W) 14.69, A. Affleck (V) 15.09, A. Faccioni (A) 15.50, B. Barbour (Q) 15.66, R. Butler (V) 15.70.

400m HURDLES - D. Wright (W) 52.47, B. Hundloe (Q) 53.26, F. Ratcliff (T) 53.34, R. Butler (V) 53.92, P. Frawley (V) 54.62, B. Barbour (Q) 54.76, M. Poulton (VAC) 55.29, A. Jones (N) 55.53.

2000m STEEPLECHASE - B. Kentwell (N) 5-47.55, I. Humphries (N) 5-52.47, J. Walsh (NSW) 5-53.54, R. Skinner (V) 5-53.99, J. Minio (V) 6-06.98, P. Barker (Q) 6-15.24, G. Olden (S) 6-17.14.

5000m WALK - A. Muir (N) 21-54.3, T. Nancarrow (V) 22-07.60, S. Richardson (V) 23-04.88, M. D'Osseter (V) 23-26.96, P. Nunn (VAC) 23-51.40, M. Coleman (VAC) 23-59.40, R. McFadden (S) 24-01.00.

HIGH JUMP - M. Lane (Q) 2.15, D. Braithwaite (V) 2.12, D. Anderson (W) 2.06, J. Cardone (S) 2.06, N. Smith (N) 2.06, J. Parker (N) 2.03, G. Scott (A) 2.00, J. Lang (V) 1.95.

LONG JUMP - R. Hannah (N) 7.27, B. Kennedy (Q) 7.09, I. Reed (V) 7.03, G. Rosen (N) 6.98, R. Fallon (A) 6.86, M. Bourke (V) 6.81, J. McKenzie (W) 6.65.

TRIPLE JUMP - R. Syme (S) 14.86, J. McKenzie (W) 14.82, M. Duncan (V) 14.55, A. Hough (N) 14.47, R. Fallon (A) 13.43.

POLE VAULT - J. Mattinson (S) 4.50, M. Priestley (V) 4.40, J. Simons (S) 4.20, S. Mantofeh (N) 4.10, A. Hough (N) 4.10, J. Clapton (V) 4.00, R. Jarmyn (SAC) 4.00.

SHOT PUT - P. Frkovic (N) 14.38, S. Liggins (N) 14.29, A. Davies (N) 13.98, P. Lonsdale (Q) 13.96, T. Panayiotidis (V) 12.85, A. Matthews (S) 12.62, C. Larsen (T) 12.44, A. Catton (V) 12.43.

DISCUS THROW - A. Bray 47.10, J. Highland (W) 45.42, D. Sullivan (N) 45.26, J. Light (Q) 45.12, L. Sbisá (V) 41.70, A. Matthews (S) 40.30, M. Keen (W) 39.32, G. Dart (S) 39.16.

JAVELIN THROW - D. Dixon (S) 75.86, M. Keen (W) 66.10, D. Barber (T) 66.00, M. Freund (Q) 62.38, A. Matthews (S) 60.66, A. Hough (N) 60.40, K. Harker (Q) 56.24, S. Reed (N) 54.86.

HAMMER THROW - S. Ellard (B) 51.80, D. Kozlowski (S) 51.00, Z. Medak (V) 48.42, D. Disbury (S) 44.46, A. Matthews (S) 44.34, P. Frkovic (N) 39.92.

#### WOMEN - UNDER 20

100 METRES - J. Spradley (N) 11.92, L. Brett (V) 11.95, M. Spitteler (W) 11.96, J. Austin (N) 11.97, E. White (WAC) 11.99, A. White (W) 12.08.

200 METRES - E. White (W) 24.52, L. Brett (V) 24.81, S. Stewart (V) 25.09, M. Spitteler (W) 25.31, J. Austin (N) 25.31, J. Spradley (N) 25.84.

400 METRES - S. Collins (A) 55.91, G. Hall (N) 56.18, M. Babbage (N) 56.28, L. Bull (V) 57.01, S. Speers (T) 57.31.

800 METRES - S. Collins (A) 2-06.72, A. McKenzie (NZ) 2-07.71, S. Speers (T) 2-10.88, A. Leaney (V) 2-12.06, L. Bull (V) 2-14.13, J. Perkins (V) 2-14.36, L. Mitchell (S) 2-19.83, G. Hall (N) 2-21.24.

1500 METRES - A. Leany (V) 4-44.00, K. Watt (V) 4-44.28.

3000 METRES - K. Watt (V) 10-02.07.

4 x 100m RELAY - Western Australia 47.38, Victoria 47.51, New South Wales 47.66.

4 x 400m RELAY - Victoria 3-52.88, New South Wales 3-55.28.

100m HURDLES - J. Wainwright (W) 14.17, A. White (W) 14.54, H. Graham (N) 15.03, B. Pittman (Q) 15.20, J. O'Reilly (S) 15.76.

400m HURDLES - S. Lawton (N) 1-02.76, H. Graham (N) 1-03.50, J. Ewing (V) 1-03.90, K. Armstrong (V) 1-03.99, J. O'Reilly (S) 1-07.90.

3000m WALK - F. Toohey (V) 15-20.21, B. Jenner (S) 15-50.29.

HIGH JUMP - S. Barber (S) 1.78, T. Painter (NZ) 1.78, J. Talbot (V) 1.70.

LONG JUMP - J. Mitchell (NZ) 6.03, J. Spradley (N) 5.89, J. Wainwright (W) 5.77, J. O'Reilly (S) 5.46, L. Brett (V) 5.43, K. Hale (S) 5.29.

SHOT PUT - M. Bancroft (N) 12.97, J. Hammond (V) 12.85, P. Mountfield (N) 12.82, R. May (V) 12.46, J. Meier (N) 12.32, J. O'Reilly (S) 11.60.

DISCUS THROW - P. Mountfield (N) 46.48, J. Amos (N) 41.46, R. May (V) 41.00, M. Wegerbauer (T) 40.86.

JAVELIN THROW - S. Wijesundera (W) 47.26, M. Cilento (S) 45.18, P. Mountfield (N) 42.24, J. Boyce (S) 40.00.

#### MEN - UNDER 18

100 METRES - S. McBain (S) 10.70, C. Elliott (VAC) 10.92, P. Simensen (N) 10.99, P. Doherty (A) 11.01, M. Adcock (S) 11.03, T. Foster (Q) 11.10, A. Wallace (VAC) 11.13.

200 METRES - M. Murphy (N) 21.59, D. Ashcroft (T) 22.12, D. Dale (NZ) 22.21, M. Reed (V) 22.32, A. Bond (N) 22.44, M. Dunn (Q) 22.63, P. Cordera (S) 22.68, B. Miers (Q) 23.45.

400 METRES - M. Murphy (N) 47.2, M. Reed (V) 48.4, A. Bond (N) 48.8, J. Klabbers (V) 48.9, P. Cordera (S) 48.9, J. Sayer (N) 49.5, M. Dunn (Q) 50.5.

**BRYAN ARTHUR DYE**  
 9 Brereton St.,  
 Traralgon 3844

Phone (051) 74 2285

All classes of internal and external  
**Repairs, Renovations**  
**Alterations**  
**& Additions To**  
 Residential  
 Commercial and  
 Industrial Properties

*"We wish all Athletes  
 every Success"*

**Dura**

**(Australia)**

**Construction Pty. Ltd.**

Incorporated in Victoria

**Building and Civil Engineering Contractors**

Member of the Master Builders Association of Victoria

*"We are pleased to  
 support*

*Australian  
 Athletes"*



**OTIS**

are proud to be  
 associated with  
 young Australians  
 through amateur sport

**OTIS**

lifts, escalators & travelators  
**WITH YOU ALL THE WAY**

800 METRES - P. Burkinshaw (N) 1-53.14, J. Sayer (N) 1-53.96, A. Ives (A) 1-54.27, G. Nevin (V) 1-55.57, P. Lucas (S) 1-57.26, D. Casboul (V) 1-57.45, D. Parish (T) 1-58.93,

1500 METRES - D. O'Flaherty (V) 3-55.75, P. Burkinshaw (N) 3-57.42, D. Graham (A) 3-57.91, C. Dalton (N) 3-59.90, T. Conley (S) 4-04.32, R. Davies (V) 4-09.50, C. Tagg (Q) 4-15.03,

3000 METRES - C. Dalton (N) 8-36.04, R. Boyd (W) 8-38.68, S. Mee (A) 8-40.38, C. Tagg (Q) 8-42.13, M. Sewell (N) 8-43.13, M. McKenzie (V) 8-46.57, D. Vaughan (V) 8-49.46, S. Rothwell (N) 8-50.41.

4 x 100m RELAY - Victoria 42.16, New South Wales 42.17, South Australia 42.20, Queensland 43.21.

4 x 400m RELAY - Victoria 3-14.39, New South Wales 3-16.32, Queensland 3-22.59, South Australia 3-28.56.

110m HURDLES - D. Francis (Q) 14.74, D. Misson (N) 14.80, H. Halley (N) 14.86, D. Czinner (N) 14.94, A. Rains (W) 15.23, P. Doherty (A) 15.30, A. Wallace (V) 15.38.

400m HURDLES - M. Longmuir (V) 54.83, D. Czinner (NAC) 55.15, R. Zganiacz (N) 55.36, A. Wallace (V) 55.37, H. Halley (N) 55.98, D. Misson (N) 56.08, A. Rains (W) 58.04, A. Zorzit (A) 58.22.

2000m STEEPLECHASE - S. Mee (A) 5-51.76, S. Rothwell (N) 5-56.35, R. Boyd (W) 5-57.47, J. Agosta (V) 6-00.63, P. Woods (A) 6-07.87, R. Porter (S) 6-08.76, S. Knight (Q) 6-09.40, M. McKenzie (V) 6-18.60.

3000m WALK - P. Copeland (V) 13-01.06, N. Ahern (N) 13-13.30, K. Miller (VAC) 13-41.01, G. Saunders (V) 13-46.30, C. Mee (A) 13-51.90, D. Mander (S) 14-09.09, G. Huxley (N) 14-22.56, P. Johnston (NAC) 15-18.52.

HIGH JUMP - M. Allen (W) 2.13, R. Sandilands (NAC) 2.07, P. Agnew (N) 2.04, S. Shirley (Q) 1.98, P. Henderson (V) 1.98, D. Correll (S) 1.95, G. Jones (N) 1.95, J. Preston (V) 1.90.

LONG JUMP - D. Culbert (V) 7.25, S. Simon (Q) 7.11, R. Wood (V) 7.05, I. Doyle (VAC) 6.96, J. Clarke (VAC) 6.91, I. Van Roden (Q) 6.88, G. Carroll (N) 6.74, R. Smith (N) 6.61.

TRIPLE JUMP - P. Simensen (N) 14.93, I. Van Roden (Q) 14.84, M. Sweeney (V) 14.59, S. McBain (S) 14.58, A. Flynn (N) 14.33, S. Bilsborough (VAC) 13.41, T. Jones (S) 13.07,

POLE VAULT - C. Spillane (V) 4.35, S. Arkell (S) 4.35, T. Foster (Q) 4.15, J. Thomas (S) 4.05, B. McCullough (V) 3.75, A. Flynn (N) 3.45, S. Maeder (SAC) 3.45.

SHOT PUT - J. Minns (V) 19.31, C. Watson (T) 15.23, A. Flynn (N) 14.85, R. Edwards (Q) 14.78, S. Disbury (S) 14.46, S. Larsson (S) 14.27, P. Sacchetta (V) 14.10, A. O'Brien (N) 13.51.

DISCUS THROW - W. Reiterer (V) 56.98, S. Carlin (S) 52.90, S. Carline (N) 51.78, S. Larsson (S) 51.06, J. Minns (V) 50.20, T. Davey (W) 46.84, C. Watson (T) 46.54, V. Muccitelli (V) 46.24.

JAVELIN THROW - M. Hesse (N) 68.22, W. Reiterer (V) 65.82, A. Flynn (N) 62.60, D. Marx (V) 62.22, B. Hodgson (S) 61.64, P. Sacchetta (V) 59.68, S. Carline (N) 59.40, J. Hutton (W) 57.64.

HAMMER THROW - V. Muccitelli (V) 60.94, S. Carlin (S) 54.54, P. Baxevanis (V) 54.48, C. Watson (T) 50.82, A. O'Brien (N) 46.38, G. Taylor (N) 45.84, S. Taylor (S) 43.92, B. Young (NAC) 37.14.



## WOMEN - UNDER 18

100 METRES - S. Alton (N) 11.93, N. Dillon (S) 12.02, M. Clarken (NZ) 12.03, B. Mullen (V) 12.14, L. Lovell (T) 12.29, D. Oran (Q) 12.34, A. Caples (N) 12.35, N. Boegman (N) 12.44.

200 METRES - S. Alton (N) 24.62, N. Dillon (S) 24.92, D. Oram (Q) 25.06, B. Mullen (V) 25.08, L. Lovell (T) 25.09, R. Harris (S) 25.27, K. Thompson (T) 25.43, A. Caples (N) 25.69.

400 METRES - M. Gabbedy (W) 55.07, K. Baumgartner (V) 55.57, L. O'Connell (V) 56.12, K. Camp (S) 57.10, S. Hartgers (N) 57.40, R. Farrelly (T) 57.79, K. Thompson (T) 58.03, K. Ariens (N) 59.15.

800 METRES - J. Nykvist (Q) 2-07.20, S. Hartgers (N) 2-08.78, K. Camp (S) 2-09.29, L. O'Connell (V) 2-10.05, T. Garnett (W) 2-11.42, M. Collins (A) 2-15.83, P. Nicholls (T) 2-16.49, M. Bernstein (V) 2-18.57.

1500 METRES - S. Dalton (N) 4-29.22, T. Adams (N) 4-29.96, K. Duncanson (NAC) 4-30.23, L. Tregenza (S) 4-34.51, M. Leaney (V) 4-40.73, T. Garnett (W) 4-41.28, C. Butler (T) 4-43.48, A. Williams (Q) 4-46.74.

3000 METRES - D. Gould (S) 9-31.37, T. Adams (N) 9-41.15, M. Adamson (Q) 9-41.94, K. Duncanson (N) 9-42.06, J. Pollard (V) 10-07.05, S. Fisher (V) 10-07.73, A. Williams (Q) 10-12.63, P. Hunter (V) 10-20.77.

4 x 100m RELAY - Victoria 47.47, South Australia 47.93, New South Wales 48.21, Tasmania 49.46.

4 x 400m RELAY - Victoria 3-43.35, South Australia 3-49.61, New South Wales 3-49.82, Tasmania 3-49.84, Queensland 3-57.23.

100m HURDLES - H. Pawlowski (V) 14.68, J. Cameron (V) 14.86, E. Gray (N) 15.02, M. Atkinson (N) 15.12, C. Randall (S) 16.22.

400m HURDLES - I. C. Wilson (V) 59.10, M. Gabbedy (W) 59.39, A. Sullivan (N) 62-74, M. Atkinson (N) 64-02, R. Lloyd (S) 64-39, E. Gray (N) 64.54, J. Wynen (V) 64.64, T. Roberts (S) 65.28.

3000m WALK - L. Harrison 14-35.80, S. Miller (V) 14-49.05, Y. Waters (V) 15-18.30, C. Vanstan (V) 15-34.93, K. Arkins (N) 15-51.91, A. Harrington (VAC) 15-55.28, T. Buckingham (VAC) 16-14.47.

HIGH JUMP - C. Sharpe (N) 1.76, T. Shepherd (W) 1.76, C. Hurst (S) 1.73, C. Randall (S) 1.73, S. Suters (N) 1.65, A. Bramwell (V) 1.65, A. Rutherford (V) 1.65.

LONG JUMP - N. Boegman (N) 6.26, M. Clarken (NZ) 6.03, S. Morice (Q) 5.74, C. Randall (S) 5.60, J. Ginger (NAC) 5.57, C. Hurst (S) 5.56, A. Drinkwater (N) 5.47, T. Roberts (S) 5.39.

SHOT PUT - L. Dorling (V) 13.86, Y. Ykema (V) 13.60, G. Larsen (T) 12.99, B. Serone (N) 12.39, T. Jones (VAC) 12.19, K. Standerwick (V) 11.36.

DISCUS THROW - Y. Ykema (V) 46.12, C. Mills (S) 45.44, K. Standerwick (V) 44.34, T. Watts (N) 40.38, J. Wheaton (V) 39.22, S. Clarke (N) 38.58, K. Walton (Q) 37.40, G. McNaughton (VAC) 37.02.

JAVELIN THROW - C. Harvey (S) 45.96, M. Boland (N) 44.50, A-M. Kiekebosh (V) 44.18, S. Clarke (N) 42.92, J. Bryksy (S) 42.12, K. Farrow (S) 41.92, J. Whybrow (V) 38.74, J. Redfern (V) 36.58.

# FIRST FOR SERVICE ACROSS AUSTRALIA



Throughout the nation  
our friendly staff are  
trained to give you the  
best possible service.

We have Branches in  
all States plus the A.C.T.  
and Northern Territory  
linked by computer for  
speedy service and fast  
claims settlement.



## Medibank Private

**First for service across Australia.**

AUSTRALIAN MULTIPLE EVENTS CHAMPIONSHIPS  
(Conducted at Canberra, 14-15 April 1984)

100m; Long Jump; Shot Put; High Jump; 400m;  
110m H; Discus Throw; Pole Vault; Javelin Throw; 1500m.

DECATHLON - MEN

P. Hadfield (S) 7692 points	(11.08; 7.17; 13.74; 1.83; 48.00; 15.67; 45.66; 4.70; 55.98; 4-48.97)
S. Poelman (NZ) 7481 points	(11.18; 6.93; 13.20; 2.01; 50.86; 15.48; 39.52; 4.20; 55.88; 4-34.47)
S. Andrews (NAC) 7295 points	(11.39; 6.77; 13.06; 1.95; 50.08; 16.08; 42.74; 4.10; 53.42; 4-37.95)
J. Hunt (NZ) 7269 points	(10.88; 6.94; 11.48; 2.04; 48.55; 16.82; 36.50; 4.10; 58.90; 4-56.16)
S. Bews (V) 7180 points	(11.45; 6.85; 12.60; 1.95; 50.18; 16.84; 36.48; 3.80; 59.56; 4-21.93)
P. Anderson (VAC) 6961 points	(11.33; 6.42; 11.95; 1.86; 48.84; 15.21; 35.38; 3.80; 48.72; 4-33.90)
C. Bradshaw (V) 6733 points	(11.77; 6.47; 10.94; 1.86; 49.92; 16.04; 35.42; 3.80; 46.00; 4-20.43)
V. Svarcs (VAC) 6357 points	(12.38; 6.28; 11.18; 1.92; 53.53; 17.87; 36.88; 4.00; 56.14; 4-50.38)

DECATHLON - MEN UNDER 20

A. Hough (N) 6631 points	(11.59; 6.53; 10.85; 1.86; 50.63; 16.82; 33.92; 4.00; 48.44; 4-35.40)
T. Hunt (NZ) 6495 points	(11.85; 6.50; 12.53; 1.89; 53.67; 17.57; 38.82; 3.80; 53.60; 4-59.39)
S. Hauf (NZ) 6357 points	(11.59; 6.51; 9.93; 1.83; 53.43; 16.09; 33.14; 4.10; 46.48; 4-52.83)
A. Faccioni (A) 5875 points	(11.48; 6.43; 11.60; 1.89; 51.02; 15.63; 29.12; -- 47.66; 4-35.45)
T. Donald (T) 5834 points	(11.82; 6.25; 9.56; 1.89; 51.44; 18.59; 28.26; 3.30; 42.04; 4-41.25)
A. Kohlrusch (N) 5813 points	(11.68; 6.25; 10.81; 1.83; 52.37; 18.52; 28.54 3.10; 47.80; 4-56.16)
M. Sullivan (V) 5451 points	(12.31; 5.64; 10.91; 1.71; 53.46; 18.25; 30.00; 3.10; 38.46; 4-33.87)
D. Van Haren (NAC) 5199 points	(12.58; 5.47; 8.57; 1.80; 54.68; 19.35; 29.06; 3.50; 42.36; 4-50.04)

MULTIPLE EVENT - MEN UNDER 18

A. Flynn (N) 6977 points	(11.71; 6.79; 14.68; 1.80; 53.08 16.84; 45.48; 3.40; 67.90; 4-48.56)
T. Barbour (S) 6970 points	(11.31; 6.53; 12.35; 2.04; 48.52; 15.51; 34.88; 3.90; 52.78; 5-20.22)
S. Simon (Q) 6961 points	(11.44; 6.80; 12.17; 2.01; 49.67; 16.05; 39.28; 3.40; 43.58; 4-30.69)
C. Steputat (W) 6590 points	(11.77; 6.20; 13.02; 1.77; 52.03; 15.97; 34.80; 3.60; 58.44; 4-43.22)
H. Hamish (N) 6467 points	(11.30; 6.59; 11.25; 1.77; 50.88; 15.63; 33.62; 3.00; 52.46; 4-43.69)

S. Holubnytschyj (T) 5435 Pts.	(12.01; 5.98; 9.43; 1.74; 52.94; 16.82; 28.30; 2.80; 33.10; 4-32.34)
M. Burt (V) 5238 points	(12.64; 5.12; 10.38; 1.74; 56.78; 18.15; 32.06; 2.80; 55.06; 4-48.26)

**HEPTATHLON - WOMEN**

	100m H; High Jump; Shot Put; 200m; Long Jump; Jav; 800m;
G. Nunn (S) 6273 points	(13.65; 1.83; 13.06; 23.84; 6.34; 36.06; 2-12.87)
J. Millar (T) 5753 points	(14.39; 1.83; 9.63; 24.66; 5.73; 37.46; 2-14.40)
L. Richards (N) 5599 points	(14.52; 1.59; 10.55; 24.58; 5.63; 40.76; 2-14.58)
A. Turnbull (S) 5565 points	(15.35; 1.83; 10.87; 25.01; 6.14; 34.70; 2-28.70)
W. DeVroom (N) 5414 points	(14.51; 1.65; 10.01; 24.93; 5.56; 36.72; 2-22.35)
G. Hale (V) 5280 points	(15.38; 1.74; 10.43; 25.49; 5.07; 35.14; 2-19.43)
V. Goodall (Q) 5106 points	(14.73; 1.59; 9.39; 25.16; 5.05; 28.26; 2-13.83)
R. Williams (V) 4949 points	(15.87; 1.59; 10.19; 24.70; 5.15; 27.54; 2-25.07)
J. Sweetman (A) 4756 points	(17.38; 1.71; 9.72; 25.70; 5.05; 23.12; 2-21.18)

In Support of  
Australian Amateur Athletics



**H.N. OLVER**

PTY LTD

MASTER BUILDERS

Building Contractors

Specializing in Commercial,  
Industrial and Public Buildings.

"Lucknow Plant Hire Pty Ltd"

For builders equipment and  
small tools.

PRINCES HIGHWAY,

LUCKNOW,

P.O. BOX 200

BAIRNSDALE 3875

Tel (051) 524 712

A.H. (Paynesville) 566 324



**SHAWN COSGROVE  
TALKS SPORT**

*"The Sport That's Making News"*

Monday to Friday

5p.m.-7 p.m.

## RECORDS

	<u>Record</u>	<u>Name</u>	<u>Country/ State</u>	<u>Date</u>	<u>Place</u>
<u>100 YARDS</u>					
Australian Open	9.2	Bob Lay	NSW	10/03/65	Sydney
Australian National	9.2	Bob Lay	NSW	10/03/65	Sydney
Australian Under 20					
<u>100 METRES</u>					
World	9.93	Calvin Smith	USA	3/07/83	Colorado Springs
Commonwealth	10.04	Lennox Miller	JAM	14/10/68	Mexico
Australian Open	10.18	Mel Lattany	USA	1/11/82	Adelaide
Australian National	10.26	Paul Narracott	QLD	6/03/84	Melbourne
Australian National	10.0	Paul Narracott	QLD	9/03/78	Brisbane
Australian Under 20	10.33e	Gerrard Keating	VIC	4/10/82	Brisbane
Australian Under 20	10.0 h	Paul Narracott	QLD	19/03/78	Brisbane
Australian Under 18	10.47	Darren Clark	NSW	18/03/83	Melbourne
<u>200 METRES</u>					
World	19.72	Pietro Mennea	ITA	12/09/79	Mexico
Commonwealth	19.86	Don Quarrie	JAM	3/08/71	California
Australian Open *	20.06	Peter Norman	VIC	16/10/68	Mexico
Australian National	20.06	Peter Norman	VIC	16/10/68	Mexico
Australian Under 20	20.49e	Peter Gandy	NSW	11/01/81	Hobart
Australian Under 20	20.3 h	Darren Clark	NSW	12/11/83	Sydney
Australian Under 18	20.86e	Darren Clark	NSW	5/03/83	Sydney
Australian Under 18	20.6 h	Paul Narracott	QLD	30/10/76	Brisbane
<u>400 METRES</u>					
World	43.86	Lee Evans	USA	18/10/68	Mexico
Commonwealth	44.58	Bert Cameron	JAM	6/06/81	Baton Rouge
Australian Open	44.84	Rick Mitchell	VIC	37/07/80	Moscow
Australian National	44.84	Rick Mitchell	VIC	30/97/80	Moscow
Australian Under 20	45.27	Darren Clark	NSW	22/01/84	Sydney
Australian Under 18	46.62	Darren Clark	NSW	18/12/82	Sydney
<u>800 METRES</u>					
World	1-41.73	Sebastian Coe	GB & NI	10/06/81	Florence
Commonwealth	1-41.73	Sebastian Coe	ENG	10/06/81	Florence
Australian Open	1-44.40	Ralph Doubell	VIC	15/10/68	Mexico
Australian National	1-44.40	Ralph Doubell	VIC	15/10/68	Mexico
Australian Under 20	1-45.9	Michael Hillardt	QLD	15.01.81	Melbourne
Australian Under 18	1-50.39	Barry Acres	WA	17/03/83	Melbourne
<u>1000 METRES</u>					
World	2-12.18	Sebastian Coe	GB	11/07/81	Oslo
Commonwealth	2-12.18	Sebastian Coe	GB	11/07/81	Oslo
Australian Open	2-18.0	Michael Hillardt	VIC	10-12/83	Melbourne
Australian National	2-18.0	Michael Hillardt	VIC	10/12/83	Melbourne
Australian Under 20	2-24.0	Mark Arens	SA	20/12/81	Adelaide
<u>1500 METRES</u>					
World	3-30.77	Steve Ovett	GB	4/09/83	Rieti
Commonwealth	3-30.77	Steve Ovett	ENG	4/09/83	Rieti
Australian Open	3-34.20*	Michael Hillardt	VIC	11/03/84	Sydney
Australian National	3-34.20*	Michael Hillardt	VIC	11/03/84	Sydney
Australian Under 20	3-39.7	Michael Hillardt	QLD	23/03/80	Sydney
Australian Under 18	3-48.0	Brett Crew	QLD	3/02/79	Brisbane

\* Awaiting recognition

	<u>Record</u>	<u>Name</u>	<u>Country/ State</u>	<u>Date</u>	<u>Place</u>
<u>1 MILE</u>					
World	3-47.33	Sebastian Coe	GB & NI	28/08/81	Brussels
Commonwealth	3-47.33	Sebastian Coe	ENG	28/08/81	Brussels
Australian Open	3-52.59	John Walker	NZ	13/03/82	Adelaide
Australian National	3-53.33	Michael Hillardt	QLD	13/03/82	Adelaide
Australian Under 20	3-59.0	Michael Hillardt	QLD	14/12/80	Adelaide
<u>2000 METRES</u>					
World	4-51.4	John Walker	NZ	30/06/76	Oslo
Commonwealth	4-51.4	John Walker	NZ	30/06/76	Oslo
Australian Open	5-01.3	Steven Foley	VIC	22/12/79	Adelaide
Australian National	5-01.3	Steven Foley	VIC	22/12/79	Adelaide
Australian Under 20	5-15.5	Mark Arens	SA	22/12/79	Adelaide
<u>3000 METRES</u>					
World	7-32.1	Henry Rono	Kenya	27/06/78	Oslo
Commonwealth	7-32.1	Henry Rono	Kenya	27/06/78	Oslo
Australian Open	7-43.0	Henry Rono	Kenya	10/02/80	Brisbane
Australian National	7-47.2	Ron Clarke	VIC	27/06/67	Vesteras
Australian Under 20	8-03.5*	Malcolm Norwood	VIC	22/03/84	Melbourne
Australian Under 18	8-21.58	Colin Dalton	NSW	21/01/84	Sydney
<u>5000 METRES</u>					
World	13-00.42	David Moorcroft	GB	7/07/82	Oslo
Commonwealth	13-00.42	David Moorcroft	GB	7/07/82	Oslo
Australian Open	13-16.6	Ron Clarke	VIC	5/07/66	Stockholm
Australian National	13-16.6	Ron Clarke	VIC	5-07/66	Stockholm
Australian Under 20	13-49.89	Malcolm Norwood	VIC	18-01/84	Melbourne
Australian Under 18	15-00.6*	Darren O'Flaherty	VIC	14/02/84	Melbourne
<u>10,000 METRES</u>					
World	27-22.4	Henry Rono	Kenya	11/06/78	Vienna
Commonwealth	27-22.4	Henry Rono	Kenya	11/06/78	Vienna
Australian Open	27-31.68	Henry Rono	Kenya	6-03/80	Melbourne
Australian National	27-39.89	Ron Clarke	VIC	14-07.65	Oslo
Australian Under 20	29-11.8	Robert de Castilla	VIC	17/12/75	Melbourne
<u>20,000 METRES - TRACK</u>					
World	57-24.2	Jos Hermans	Holland	1/05/76	Papendal
Commonwealth	58-37.2	Robert de Castilla	AUS	17/04/82	Rome
Australian Open	58-37.2	Robert de Castilla	VIC	17/04/82	Rome
Australian National	58-37.2	Robert de Castilla	VIC	17/04/82	Rome
Australian Under 20	70-03.8	Max Little	TAS	5/10/68	Latrobe
<u>25,000 METRES - TRACK</u>					
Commonwealth	75-22.6	Ron Hill	ENG	21/07/65	Bolton
Australian Open	80-31.4	Brian Morgan	NSW	24/05/80	Newcastle
Australian National	80-31.4	Brian Morgan	NSW	24/05/80	Newcastle
Australian Under 20	84-12.0	Eero Keranen	VIC	3/11/74	Melbourne
<u>30,000 METRES - TRACK</u>					
World	89-18.8	Toshihiko Seko	JAP	22/03/81	Christchurch
Commonwealth	91-30.4	Jim Alder	SCOT	5/09/70	London
Australian Open	98-33.5	Brian Morgan	NSW	24/05/80	Newcastle
Australian National	98-33.5	Brian Morgan	NSW	24/05/80	Newcastle
Australian Under 20	106-53.0	Eero Keranen	VIC	3/11/74	Melbourne

\* Awaiting recognition

BEST WISHES TO AMATEUR ATHLETES

# Jennings Industries Ltd.

Our operations cover all States & Territories of Australia  
& cater for all building needs such as:—

- HOUSING
- COMMERCIAL
- INDUSTRIAL
- RECREATIONAL
- EDUCATION
- WELFARE
- INSTITUTIONAL

*We have over 30 yrs experience in the construction of Public Works*

**HEAD OFFICE**  
690 SPRINGVALE RD., MULGRAVE 3170  
TEL (03) 561 8888

## GOLD COAST INTERNATIONAL MARATHON and HALF MARATHON

**Sun. 5th August**

*Incorporating Q.A.A. State  
Queensland Veteran Marathon Championships  
Incorporating Queensland State Titles*



*Come and run on the Gold Coast.  
On the flat and fast marathon course,  
within 25 metres of the beach at all  
times. For information on the race  
contact: Dusty Lewis,  
PO Box 5251,  
Gold Coast Mail Exchange,  
Queensland, 4217.  
PH: (075) 38 4680.*



<u>1 HOUR - TRACK</u>	<u>Record</u>	<u>Name</u>	<u>Country/ State</u>	<u>Date</u>	<u>Place</u>
World	20,994m	Jos Hermans	Holland	1/05/76	Papendal
Commonwealth	20,516m	Robert de Castella	AUS	12/04/82	Rome
Australian Open	20,232.56m	Ron Clarke	VIC	27/10/65	Geelong
Australian National	20,232.56m	Ron Clarke	VIC	27/10/65	Geelong
Australian Under 20	18,678m	Tony Bart	SA	29/08/73	Adelaide
<u>MARATHON - ROAD</u>					
World	2:08-12.7	Alberto Salazar	USA	25/10/81	New York
Commonwealth	2:08-18	Robert de Castella	AUS	6/12/81	Fukuoka
Australian Open	2:08-18	Robert de Castella	AUS	6/12/81	Japan
Australian National	2:08-18	Robert de Castella	AUS	6/12/81	Japan
<u>110 METRES HURDLES</u>					
World	12.93	Renaldo Nehemiah	USA	19/08/81	Zurich
Commonwealth	13.37	Mark McCoy	CAN	4/10/82	Brisbane
Australian Open	13.37	Mark McCoy	CAN	4/10/82	Brisbane
Australian National	13.48	Don Wright	QLD	4/10/82	Brisbane
Australian Under 20	14.69e	Ray McKinnon	WA	20/03/81	Adelaide
Australian Under 20	14.5 h	Ray McKinnon	WA	20/03/81	Adelaide
Australian Under 18	13.6	Don Wright	QLD	28/02/76	Brisbane
<u>200 METRES HURDLES</u>					
Australian Open	22.7	J.M. McCann	NSW	5/03/66	Sydney
Australian Under 20	23.2	Peter Balthes	QLD	9/02/63	Brisbane
<u>400 METRES HURDLES</u>					
World	47.02	Edwin Moses	USA	31/08/83	Koblenz
Commonwealth	47.82	John Aku-Bua	UGA	2/09/72	Munich
Australian Open	49.32	Bruce Field	VIC	29/01/74	Christchurch
Australian National	49.32	Bruce Field	VIC	29/01/74	Christchurch
Australian Under 20	51.57	John Roche	VIC	23/03/80	Sydney
Australian Under 18	53.04	Darren Wright	WA	17/03/83	Melbourne
<u>1500 METRES STEEPLECHASE</u>					
Australian Under 18	4-17.5	G.D. Young	SA	6/02/80	Adelaide
<u>2000 METRES STEEPLECHASE</u>					
Australian Under 20	5-38.6	Greg Dunsford	NSW	13/03/77	Hobart
Australian Under 18	5-50.7	Stuart Mee	NSW	21/12/83	Sydney
<u>3000 METRES STEEPLECHASE</u>					
World	8-05.4	Henry Rono	Kenya	13/05/78	Seattle
Commonwealth	8-05.4	Henry Rono	Kenya	13/05/78	Seattle
Australian Open	8-21.0	Kip Rono	Kenya	12/02/80	Adelaide
Australian National	8-21.98	Kerry O'Brien	SA	4/07/70	Berlin
Australian Under 20	8-38.9*	Brendan Hewitt	SA	8/02/84	Adelaide
<u>1500 METRES TRACK WALK</u>					
Australian Open	5-19.1	David Smith	VIC	7/02/81	Melbourne
Australian National	5-19.1	David Smith	VIC	7/02/81	Melbourne
Australian Under 20	5-37.5	Andrew Jachno	VIC	6/03/82	Melbourne
Australian Under 18	5-59.1*	Paul Copeland	VIC	6/03/84	Melbourne
<u>3000 METRES TRACK WALK</u>					
Australian Open	11-11.5	David Smith	VIC	8/03/81	Sydney
Australian National	11-11.5	David Smith	VIC	8/03/81	Sydney
Australian Under 20	12-00.3	Michael Woods	NSW	13/03/82	Sydney
Australian Under 18	12-34.9	Alan Muir	NSW	23/03/81	Adelaide

	Record	Name	32	Country/ State	Date	Place
<u>5000 METRES TRACK WALK</u>						
Australian Open	19-31.53	David Smith		VIC	31/03/84	Melbourne
Australian National	19-31.53	David Smith		VIC	31/03/84	Melbourne
Australian Under 20	21-11.77	Alan Muir		NSW	31/03/84	Melbourne
<u>10,000 METRES TRACK WALK</u>						
Australian Open	39-41.7	David Smith		VIC	15/02/84	Collingwood
Australian National	39-41.7	David Smith		VIC	15/02/84	Collingwood
Australian Under 20	43-43.4	Michael Harvey		VIC	28/02/82	Melbourne
<u>15,000 METRES TRACK WALK</u>						
Australian Open	63-32.0	David Smith		VIC	27/06/81	Melbourne
Australian National	63-32.0	David Smith		VIC	27/06/81	Melbourne
Australian Under 20	71-09.9	Michael Harvey		VIC	27/06/81	Melbourne
<u>20,000 METRES TRACK WALK</u>						
World	80-06.8	Daniel Bautista		MEX	17/10/79	Montreal
Commonwealth	85-29.8	Marcel Jobin		CAN	31/07/82	Ottawa
Australian Open	86-07.8	David Smith		VIC	27/06/81	Melbourne
Australian National	86-07.8	David Smith		VIC	27/06/81	Melbourne
Australian Under 20	96-39.7	Michael Harvey		VIC	27/06/81	Melbourne
<u>30,000 METRES TRACK WALK</u>						
World	2:06.54	Rolf Kowalsky		GDR	28/03/82	Berlin
Commonwealth	2:22-54.7	Dennis Jackson		ENG	28/06/81	Brighton
Australian Open	2:23-09.2	Noel Freeman		VIC	26/07/69	Melbourne
Australian National	2:23-09.2	Noel Freeman		VIC	26/07/69	Melbourne
<u>50,000 METRES TRACK WALK</u>						
World	3:41-39.0	Raoul Gonzalez		MEX	25/05/79	Fana
Commonwealth	4:06-39.0	Willi Sawall		AUS	14/08/76	Glenhuntly
Australian Open	4:06-39.0	Willi Sawall		AUS	14/08/76	Glenhuntly
Australian National	4:06-39.0	Willi Sawall		AUS	14/08/76	Glenhuntly
<u>1 HOUR TRACK WALK</u>						
Australian Open	14,103.65m	Willi Sawall		VIC	18/07/81	Collingwood
Australian National	14,103.65m	Willi Sawall		VIC	18/07/81	Collingwood
<u>2 HOURS TRACK WALK</u>						
World	28,358m	Rolf Kowalsky		GDR	28/03/82	Berlin
Commonwealth	27,123.25m	Willi Sawall		AUS	24/05/80	Melbourne
Australian Open	27,123m	Willi Sawall		VIC	24/05/80	Melbourne
Australian National	27,123m	Willi Sawall		VIC	24/05/80	Melbourne
Australian Under 20	23,127.84	Ross Haywood		VIC	21/08/65	Melbourne
<u>4 x 100m RELAY</u>						
World	37.86	USA			9/08/83	Helsinki
Commonwealth	38.29	Jamaica			19/10/68	Mexico
Australian Open	39.31	AUS			2/02/74	Christchurch
Australian National	39.31	AUS			2/02/74	Christchurch
Australian Under 20	41.1	QLD			19/03/78	Brisbane
Australian Under 18	42.16	VIC			29/03/84	Melbourne
<u>4 x 200m RELAY</u>						
World	1-20.26	USA			25/07/78	Tempe
Commonwealth	1-23.5	Trinidad			9/04/66	Port of Spain
Australian Open	1-23.8	VIC			9/03/75	Melbourne
Australian National	1-23.8	VIC			9/03/75	Melbourne
Australian Under 20	1-25.48	NSW			4/12/83	Sydney
Australian Under 18	1-28.2	VIC			17/12/83	Melbourne

	<u>Record</u>	<u>Name</u>	<u>Country/ State</u>	<u>Date</u>	<u>Place</u>
<u>4 x 400m RELAY</u>					
World	2-56.16	USA		20/10/68	Mexico
Commonwealth	2-59.6	Kenya		20/10/68	Mexico
Australian Open	3-02.1	VIC		26/02/84	Melbourne
Australian National	3-02.1	VIC	26/02/84	26/02/84	Melbourne
Australian Under 20	3-12.54	NSW		21/03/81	Adelaide
Australian Under 18	3-14.39	VIC		30/03/84	Melbourne
<u>4 x 800m RELAY</u>					
World	7-03.89	GBR		30/08/82	London
Commonwealth	7-03.89	ENG		30/08/82	London
Australian Open	7-20.0	QLD		6/03/82	Brisbane
Australian National	7-20.0	QLD		6/03/82	Brisbane
Australian Under 20	7-39.5	NSW		29/11/81	Sydney
Australian Under 18	7-56.9*	VIC		18/12/82	Melbourne
<u>4 x 1500m RELAY</u>					
World	14-38.8	E.GER		17/08/77	Cologne
Commonwealth	14-40.4	NZ		22/08/73	Oslo
Australian Open	15-26.4	VIC		7/03/76	Box Hill
Australian National	15-26/4	VIC		7/03/76	Box Hill
Australian Under 20	16-00.70	NSW		4/12/83	Sydney
Australian Under 18	16-38.62	NSW		20/11/83	Sydney
<u>POLE VAULT</u>					
World	5.83	Thierry Vigneron	FRA	1/09/83	Rome
Commonwealth	5.65	Keith Stack	ENG	7/07/81	Stockholm
Australian Open	5.53	Don Baird	VIC	16/04/77	Long Beach
Australian National	5.53	Don Baird	VIC	16/04/77	Long Beach
Australian Under 20	4.90	Ray Boyd	VIC	22/03/71	Adelaide
Australian Under 18	4.45	John Mattinson	SA	18/03/83	Melbourne
<u>LONG JUMP</u>					
World	8.90	Bob Beamon	USA	18/10/68	Mexico
Commonwealth	8.23	Lyn Davies	Wales	30/06/68	Switzerland
Australian Open	8.15	Gary Honey	VIC	31/03/84	Melbourne
Australian National	8.15	Gary Honey	VIC	31/03/84	Melbourne
Australian Under 20	7.64	Michael Morgan	VIC	11/12/83	Adelaide
Australian Under 18	7.64	Michael Morgan	VIC	11/12/83	Adelaide
<u>TRIPLE JUMP</u>					
World	17.89	Jose de Oliveira	Brazil	15/10/75	Mexico
Commonwealth	17.57	Keith Connor	ENG	5/06/82	Utah
Australian Open	17.46	Ken Lorroway	ACT	7/08/82	London
Australian National	17.46	Ken Lorroway	ACT	7/08/82	London
Australian Under 20	16.27	Ian Campbell	VIC	17/01/76	Melbourne
Australian Under 18	15.40	Fred Holpen	QLD	13/01/74	Brisbane
<u>HIGH JUMP</u>					
World	2.36	Gerd Wessig	W.GER	1/08/80	Moscow
Commonwealth	2.32	Milton Ottey	Canada	4/06/82	Utah
Australian Open	2.31	Milton Ottey	Canada	7/10/82	Brisbane
Australian Open =	2.31	Steven Wray	Bahamas	7/10/82	Brisbane
Australian National	2.28*	John Atkinson	QLD	31/03/84	Melbourne
Australian Under 20	2.18	David Hoyle	VIC	21/03/81	Adelaide
Australian Under 18	2.14	David Hoyle	VIC	15/12/79	Perth
Australian Under 18 =	2.14	Michael Allen	WA	10/12/83	Adelaide

\* Awaiting recognition



## TROPHIES

TROPHIES AT  
WHOLESALE PRICES  
EXPERT ENGRAVING  
AND SPECIALIZING IN  
CLUB & SCHOOL  
REQUIREMENTS

CONTACT  
BARRY OR SHIRLEY

on 792 9048  
or A.H. 551 2593

257 THOMAS STREET,  
DANDENONG. VIC.

A shoe for runners who are  
murder on running shoes.



The New Balance 55 is designed for people who are tough on running shoes, or who do their running in areas that are tough on shoes. With a unique carbon rubber houndstooth outersole and combination-lasted design, it's the most durable running shoe that New Balance makes.

Available in two widths:  
2E - Average. 4E - Broad.  
From specialist sporting footwear retailers  
only

**new balance**   
Distributed by R. Wallace Mitchell  
Pty. Ltd., Melbourne. **555**

*Best Wishes To All Amateur Athletes*

## KILKENNY BROTHERS

PLUMBING CONTRACTORS

*Residential — Commercial  
and Govt. Dept.  
Urgent Work Attended to.*

16 Lohair Street,  
Pascoe Vale South 3044  
Telephone: 386 4119

## NOVA

### SOUND SYSTEM HIRE

EASY TO OPERATE  
CASSETTE & RECORD  
STEREO SYSTEMS  
● P.A. SYSTEMS  
QUALITY & RELIABILITY

**555 4766**

**NOVA HIRE PTY. LTD.**

4 COMMERCIAL RD., HIGHETT

<u>SHOT PUT</u>	<u>Record</u>	<u>Name</u>	<u>Country/ State</u>	<u>Date</u>	<u>Place</u>
World	22.22	Udo Beyer	GDR	25/06/83	Los Angeles
Commonwealth	21.68	Geoff Capes	ENG	18/05/80	Cumbria
Australian Open	20.04	Gary Williky	USA	30/01/83	Canberra
Australian National	18.52	Philip Nettle	SA	12/02/84	Sydney
Australian Under 20	16.95	Stuart Gungell	NSW	12/11/83	Sydney
Australian Under 18	18.62	John Minns	VIC	29/01/84	Geelong
<u>DISCUS THROW</u>					
World	71.86	Yuri Dumchev	USSR	29/05/83	Moscow
Commonwealth	66.72	Brad Cooper	Bahamas	8/08/82	Havana
Australian Open	65.06	Wayne Martin	NSW	3/01/79	Melbourne
Australian National	65.06	Wayne Martin	NSW	3/01/79	Melbourne
Australian Under 20	48.76	Werner Reiterer	VIC	18/02/84	Melbourne
Australian Under 18	59.82*	Werner Reiterer	Vic	10/12/83	Adelaide
<u>JAVELIN THROW</u>					
World	99.72	Tom Petranoff	USA	15/05/83	Los Angeles
Commonwealth	90.58	Mike O'Rourke	NZ	22/01/82	Auckland
Australian Open	90.58	Tom Petranoff	USA	27/01/83	Melbourne
Australian National	82.84	Manfred Rohkamper	VIC	22/03/80	Sydney
Australian Under 20	78.22*	David Dixon	SA	13/03/84	Adelaide
Australian Under 18	74.26	David Dixon	SA	17/03/83	Melbourne
<u>HAMMER THROW</u>					
World	84.14	Sergei Litinov	USSR	20/06/83	Moscow
Commonwealth	75.90	Peter Farmer	AUS	14/08/79	Vanves
Australian Open	75.08	Bob Weir	ENG	3/10/82	Brisbane
Australian National	75.90	Peter Farmer	NSW	14/08/79	Vanves
Australian Under 20	55.18	Bradley Monk	QLD	10/12/83	Brisbane
Australian Under 18	60.96	Vincent Muccitelli	VIC	30/03/84	Melbourne
<u>DECATHLON</u>					
World	8,777	Jurgen Hingsen	E.GER	4-5/06/83	Bernhausen
Commonwealth	8,743	Daley Thompson	ENG	7-8/09/82	Athens
Australian Open	8,410	Daley Thompson	GB	4-5/10/82	Brisbane
Australian National	8,090	Peter Hadfield	SA	7-8/04/84	Adelaide
Australian Under 20	7,080	Andrew Seagrim	SA	26-27/01/80	Adelaide
Australian Under 18	7,018*	Michael Morgan	VIC	2-3/04/83	Adelaide
<u>BEST ON RECORD</u>					
<u>12 hours - 10 man track relay - VIC</u>					
	239,516.77m	APS United		25/09/83	Doncaster
<u>24 hours - 10 man track relay - VIC</u>					
	418,008m	Croydon AAC		8-9/16/74	Croydon
<u>50 miles track walk - VIC</u>					
	2h.31.27	James Gleeson, Chelsea		24/10/71	Preston
<u>100 miles track walk - VIC</u>					
	18h.33.58	James Gleeson, Chelsea		23/10/71	Preston
<u>24 hours track walk - VIC</u>					
	122m1s. 244yds. 2'4"	James Gleeson, Chelsea		23-24/10/71	Preston

\* Awaiting recognition

## RECORDS - WOMEN

36

Country/  
State

Record

Name

Date

Place

100 METRES

World	10.79	Evelyn Ashford	USA	3/07/83	Colorado Springs
Commonwealth	11.00	Angella Taylor	CAN	4/10/82	Brisbane
Australian Open	11.00	Angella Taylor	CAN	4/10/82	Brisbane
Australian National	11.20	Raelene Boyle	VIC	15/10/68	Mexico
Australian Under 20	=11.2	Jenny Lamy	NSW	21/01/67	Sydney
Australian Under 20	11.20	Raelene Boyle	VIC	15/10/68	Mexico
Australian Under 18	=11.2	Jenny Lamy	NSW	21/01/67	Sydney
Australian Under 18	11.20	Raelene Boyle	VIC	15/10/68	Mexico

200 METRES

World	21.71	Marita Koch	W.GER	10/06/79	Karl Marx
Commonwealth	22.13	Kathy Smallwood	ENG	9/09/82	Athens
Australian Open	22.35	Denise Boyd	VIC	23/03/80	Sydney
Australian National	22.35e	Denise Boyd	VIC	23/03/80	Sydney
Australian National	22.2 h	Denise Boyd	VIC	23/03/80	Sydney
Australian Under 20	22.74	Raelene Boyle	VIC	18/10/68	Mexico
Australian Under 18	22.74	Raelene Boyle	VIC	18/10/68	Mexico

400 METRES

World	47.99	J. Kratochvilova	CZE	10/08/83	Jelsinki
Commonwealth	50.06	Marita Payne	CAN	10/08/83	Helsinki
Australian Open	51.08	Raelene Boyle	VIC	4/10/82	Brisbane
Australian National	51.08	Raelene Boyle	VIC	4/10/82	Brisbane
Australian Under 20	52.90e	M. Baumgartner	VIC	20/12/80	Melbourne
Australian Under 20	52.7 h	M. Baumgartner	VIC	15/01/81	Melbourne
Australian Under 18	52.7	M. Baumgartner	VIC	15/01/81	Melbourne

800 METRES

World	1-53.28	J. Kratochvilova	CZE	26/07/83	Munich
Commonwealth	1-59.0	Charlene Rendina	AUS	28/02/76	Melbourne
Australian Open	1-59.0	Charlene Rendina	VIC	28/02/76	Melbourne
Australian National	1-59.0	Charlene Rendina	VIC	28/02/76	Melbourne
Australian Under 20	2-05.3	Margaret Reddish	WA	28/02/81	Perth
Australian Under 18	2-05.3	Margaret Reddish	WA	28/02/81	Perth

1500 METRES

World	3-52.47	Tatyana Kazankina	USSR	13/08/80	Zurich
Commonwealth	4-01.6	Christine Bennign	ENG	15/08/79	Zurich
Australian Open	4-07.6	Greta Waitz	NOR	11/01/79	Melbourne
Australian National	4-08.06	Jenny Orr	VIC	7/09/72	Munich
Australian Under 20	4-14.79	Carolyn Schuwalow	VIC	27/01/83	Melbourne
Australian Under 18	4-14.79	Carolyn Schuwalow	VIC	27/01/83	Melbourne

1 MILE

World	4-17.44	Maricica Puica	RUM	16/09/82	Italy
Commonwealth	4-29.67	Debbie Scott	CAN	26/06/82	Oslo
Australian Open	4-32.9	Terri Boxer	GB	15/10/82	Adelaide
Australian National	4-41.91	Terri Cater	VIC	15/12/83	Melbourne
Australian Under 20	4-46.6	Carolyn Schuwalow	VIC	15/10/82	Adelaide

3000 METRES

World	8-26.78	Svetlana Ulmasova	USSR	25/07/82	Kiev
Commonwealth	8-37.06	Wendy Sly	GB	10/08/83	Helsinki
Australian Open	8-45.53	Anne Audain	NZ	4/10/83	Brisbane
Australian National	8-58.5*	Donna Gould	SA	22/03/84	Melbourne
Australian Under 20	8-58.5*	Donna Gould	SA	22/03/84	Melbourne
Australian Under 18	8-58.5*	Donna Gould	SA	22/03/84	Melbourne

\* Awaiting recognition

	<u>Record</u>	<u>Name</u>	<u>Country/ State</u>	<u>Date</u>	<u>Place</u>
<u>5000 METRES</u>					
World	15-08.26	Mary Decker-Tabb	USA	5/06/82	Lugene
Commonwealth	15-13.22	Ann Audain	NZ	17/03/82	Auckland
Australian Open	15-40.6*	Donna Gould	SA	15/02/84	Adelaide
Australian National	15-40.6*	Donna Gould	SA	15/02/84	Adelaide
Australian Under 20	15-40.6*	Donna Gould	SA	15/02/84	Adelaide
Australian Under 18	15-40.6*	Donna Gould	SA	15/02/84	Adelaide
<u>10,000 METRES</u>					
World	31-27.58	R. Sadreydinova	URS	7/09/83	Odessa
Commonwealth	32-21.47	Anne Audain	NZ	17/02/83	Auckland
Australian Open	32-50.6	Lisa Martin	SA	14/02/84	Melbourne
Australian National	32-50.6	Lisa Martin	SA	14/02/84	Melbourne
<u>MARATHON - ROAD</u>					
World	2:22-47	Joan Benoit	USA	19/04/83	Boston
Commonwealth	2:25-28.7	Alison Roe	NZ	25/10/81	New York
Australian Open	2:32-22	Lisa Martin	SA	10/12/83	Alabama
Australian National	2:32-22	Lisa Martin	SA	10/12/83	Alabama
<u>90 METRES HURDLES</u>					
Australian Under 18	12.8	Jayne Beasley	WA	10/01/81	Perth
<u>100 METRES HURDLES</u>					
World	12.36	Grazyna Rabsztyń	Poland	13/06/80	Warsaw
Commonwealth	12.87	Shirley Strong	ENG	24/08/83	Zurich
Australian Open	13.07	Lorna Boothe	ENG	7/10/82	Brisbane
Australian National	12.93	Pam Ryan	VIC	4/09/77	Munich
Australian Under 20	13.88e	Jane Fleming	VIC	20/03/82	Brisbane
Australian Under 20	13.6 h	Jayne Beasley	WA	4/03/82	Perth
Australian Under 18	13.74e	Jayne Beasley	WA	4/09/82	Brisbane
Australian Under 18	13.6	Jayne Beasley	WA	4/12/82	Perth
<u>400 METRES HURDLES</u>					
World	54.02	Anna Ambroze	USSR	11/06/83	Moscow
Commonwealth	55.89	Debbie Flintoff	AUS	7/10/82	Brisbane
Australian Open	55.89	Debbie Flintoff	VIC	7/10/82	Brisbane
Australian National	55.89	Debbie Flintoff	VIC	7/10/82	Brisbane
Australian Under 20	58.5	Sally Hamilton	WA	10/03/79	Perth
Australian Under 20	57.86	Sally Hamilton	WA	23/03/79	Perth
Australian Under 18	57.86	Sally Hamilton	WA	23/03/79	Perth
<u>1500 METRES TRACK WALK</u>					
Australian Open	6-10.8*	Sue Cook	ACT	21/01/84	Canberra
Australian National	6-10.8*	Sue Cook	ACT	21/01/84	Canberra
Australian Under 20	6-32.4	Sally Pierson	VIC	8/11/80	Melbourne
Australian Under 18	6-32.4	Sally Pierson	VIC	8/11/80	Melbourne
<u>3000 METRES TRACK WALK</u>					
Australian Open	13-02.5	Sally Pierson	VIC	21/02/82	Melbourne
Australian National	13-02.5	Sally Pierson	VIC	21/02/82	Melbourne
Australian Under 20	13-02.5	Sally Pierson	VIC	21/02/82	Melbourne
Australian Under 18	13-50.0	Sally Pierson	VIC	31/01/81	Melbourne
<u>5000 METRES TRACK WALK</u>					
World	21-51.85*	Guiliana Salce	Italy	1/10/83	L'Aquila
Commonwealth	22-04.42*	Sue Cook	AUS	1/04/84	Melbourne
Australian Open	22-04.41*	Sue Cook	ACT	1/04/84	Melbourne
Australian National	22-04.42*	Sue Cook	ACT	1/04/84	Melbourne
Australian Under 20	22-43.7	Sally Pierson	VIC	22/05/82	Box Hill
Australian Under 18*	24-51.6 *	Sally Pierson	VIC	10/02/80	Aberfeldie

\* Awaiting recognition





## WHAT IS SUSTAGEN SPORT?

SUSTAGEN SPORT is a delicious, nutritionally complete, high-energy, low bulk product, that is packed with all the nourishment of a full meal. It contains a special blend of proteins, fats and carbohydrates, as well as the essential vitamins and minerals, to ensure that SUSTAGEN SPORT is a complete source of nourishment on its own.

Sportsmen should compete only when their energy reserves are at their maximum, and digestion of food is complete. SUSTAGEN SPORT is digested rapidly, because its fat content is much lower than most other foods, thereby eliminating the adverse effects which solid foods can produce.

SUSTAGEN SPORT is used in training and shortly before competition by many great athletes and sportsmen in Australia, and around the world.

## BUSINESS FINANCE!

*We specialise in:*

Equity capital as well as Business loans

Available for Suitable Ventures

**ULTRA — PLUS FINANCIAL SERVICES**

P.O. Box 299, South Yarra Vic. 3141

**Tel: (03) 267 5300**

	Record	Name	Country/ State	Date	Place
<u>10,000 METRES TRACK WALK</u>					
World	45-47.0	Sue Cook	AUS	14/09/83	Leicester
Commonwealth	46-42.6	Sue Cook	AUS	23/05/82	Adelaide
Australian Open	45-47.0	Sue Cook	AUS	14/09/83	Leicester
Australian National	45-47.0	Sue Cook	AUS	14/09/83	Leicester
<u>4 x 100m RELAY</u>					
World	41.53	GDR		31/07/83	Berlin
Commonwealth	42.43	GB & NI		1/08/80	Moscow
Australian Open	43.15	ENG		9/10/82	Brisbane
Australian National	43.18	AUS		31/02/76	Montreal
Australian Under 20	45.75	VIC		24/03/79	Perth
Australian Under 18	45.75	VIC		24/03/79	Perth
<u>4 x 200m RELAY</u>					
World	1-28.15	GDR		9/08/80	Jena
Commonwealth	1-31.57	GB		20/08/77	London
Australian Open	1-38.7*	VIC		18/12/83	Melbourne
Australian National	1-38.7*	VIC		18/12/83	Melbourne
Australian Under 20	1-43.5*	VIC		18/12/83	Melbourne
Australian Under 18	1-43.5*	VIC		18/12/83	Melbourne
<u>4 x 400m RELAY</u>					
World	3-19.04	GDR		11/09/82	Athens
Commonwealth	3-25.26	CAN		9/02/83	Edmonton
Australian Open	3-27.70	CAN		9/10/82	Brisbane
Australian National	3-27.72	VIC		9/10/82	Brisbane
Australian Under 20	3-40.29	TAS		18/03/83	Melbourne
Australian Under 18	3-42.47	NSW		21/03/82	Brisbane
<u>4 x 800m RELAY</u>					
World	7-52.3	URS		16/08/76	
Commonwealth	8-23.8	GB		2/10/71	Paris
Australian Open	9-03.5	VIC		18/12/83	Melbourne
Australian National	9-03.5	VIC		18/12/83	Melbourne
Australian Under 20	9-07.4*	VIC		5/03/83	Melbourne
<u>LONG JUMP</u>					
World	7.43	Anisorra Cusmir	RUM	4/06/83	Bucharest
Commonwealth	6.90	Bev Kinch	ENG	14/08/83	Helsinki
Australian Open	6.78	Shonel Ferguson	BAH	7/10/82	Brisbane
Australian National	6.74	Robyn Lorraway	VIC	30/07/83	London
Australian Under 20	6.49	Nicole Boegman	NSW	20/02/83	Melbourne
Australian Under 18	6.49	Nicole Boegman	NSW	20/03/83	Melbourne
<u>HIGH JUMP</u>					
World	2.04	Tamara Bykova	USSR	25/08/83	Pisa
Commonwealth	1.97	Debbie Brill	CAN	19/07/80	Berne
Australian Open	= 1.94	Vanessa Browne	WA	26/02/83	Adelaide
Australian Open	= 1.94*	Christine Stanton	WA	14/03/84	Adelaide
Australian National	= 1.94	Vanessa Browne	WA	26/02/83	Adelaide
Australian National	= 1.94*	Christine Stanton	WA	14/03/84	Adelaide
Australian Under 20	1.88	Chris Annison	WA	9/12/77	Adelaide
Australian Under 18	1.88	Chris Annison	WA	9/12/77	Adelaide

\* Awaiting recognition

	<u>Record</u>	<u>Name</u>	<u>Country/ State</u>	<u>Date</u>	<u>Place</u>
<u>SHOT PUT</u>					
World	22.45	Ilona Slupianek	GDR	11/05/82	Potsdam
Commonwealth	19.36*	Gael Martin	AUS	4/03/84	Melbourne
Australian Open	19.36*	Gael Martin	VIC	4/03/84	Melbourne
Australian National	19.36*	Gael Martin	VIC	4/03/84	Melbourne
Australian Under 20	15.31	Sue Reinwald	VIC	5/03/83	Melbourne
Australian Under 18	14.54	Astra Vitols	VIC	15/01/77	Melbourne
<u>DISCUS THROW</u>					
World	73.26	Galina Savinkova	USSR	22/05/83	Leselidze
Commonwealth	67.48	Margaret Ritchie	SCO	26/04/80	California
Australian Open	63.00	Gael Mulhall	VIC	11/01/79	Melbourne
Australian National	63.00	Gael Mulhall	VIC	11/01/79	Melbourne
Australian Under 20	51.48	Gael Mulhall	VIC	5/12/74	Melbourne
Australian Under 18	51.48	Gael Mulhall	VIC	5/12/74	Melbourne
<u>JAVELIN THROW</u>					
World	74.76	Tiina Lillak	FIN	13/06/83	Tampere
Commonwealth	73.58	Tessa Sanderson	ENG	26/06/83	Edinburgh
Australian Open	69.28	Petra Rivers	VIC	20/03/82	Brisbane
Australian National	69.28	Petra Rivers	VIC	20/03/82	Brisbane
Australian Under 20	61.76	Petra Rivers	VIC	17/10/70	Melbourne
Australian Under 18	61.76	Petra Rivers	VIC	17/10/70	Melbourne
<u>HEPTATHLON</u>					
World	6,836	Ramona Newbert	GDR	18-19/06/83	Moscow
Commonwealth	6,353	Judy Livermore	ENG	10-11/09/83	Sofia
Australian Open	6,282	Glynis Nunn	SA	3-4/10/82	Brisbane
Australian National	6,282	Glynis Nunn	SA	3-4/10/82	Brisbane
Australian Under 20	5,555	Jocelyn Millar	TAS	18-19/03/82	Brisbane
Australian Under 18	5,483*	Kylie Coombe	QLD	17-18/01/84	Melbourne

\* Awaiting recognition

## SPORTS INJURIES

Take the heat and pain out of those injuries.

### APPLY COOLING SOOTHING

Aspirin formulation for external application where you need it.

RELIEVE PAIN —  
SLEEP WITHOUT DRUGS  
Chemists only. PM 7381/84



## SPORTS INJURIES

**TAKE DIRECT ACTION  
AGAINST PAIN**

No odour in use.  
Won't stain clothing.  
APPLY ANYWHERE ANY TIME  
ONLY YOU WILL NOW.  
Chemists only. PM 7388/84



## AUSTRALIAN RECORDS SUPPRESSED

Since the publication of the 1983 edition of this Almanac, the following performances have been adopted as Australian records, but have since been superseded by better marks:

## MEN

5000m Walk	O & N	20-02.21	David Smith (V)	19/1/83	Melbourne
	O & N	20-01.6	David Smith (V)	19/2/83	Melbourne
Triple Jump	O & N	17.35	Ken Lorroway (A)	12/3/83	Adelaide
Hammer Throw	N	71.56	Hans Lotz (V)	19/3/83	Melbourne
	N	72.52	Hans Lotz (V)	17/4/83	Melbourne
	N	73.80	Hans Lotz (V)	25/4/83	Melbourne

## MEN UNDER 20

200 metres		20.85e	Darren Clark (N)	5/3/83	Sydney
400 metres		46.43e	Darren Clark (N)	19/2/83	Sydney
		45.6 h	Darren Clark (N)	22/10/83	Sydney
		45.37e	Darren Clark (N)	5/11/83	Sydney
4 x 200m Relay		1-27.1	Waverley AAC (V)	18/12/82	Melbourne
4 x 1500m Relay		16-34.8	Old Xaverians AC(V)	19/12/82	Melbourne
Shot Put		15.94	Stuart Gyngell (N)	13/2/83	Sydney
		16.05	Stuart Gyngell (N)	29/10/83	Sydney
Discus Throw		45.26	Mark Henderson (Q)	18/3/83	Melbourne
Hammer Throw		54.76	Bradley Monk (Q)	19/3/83	Melbourne

## MEN UNDER 18

400m Hurdles		53.04	Darren Wright (W)	12/3/83	Perth
2000m Steeplechase		5-50.8	Michael Inwood (Q)	26/11/83	Brisbane
4 x 100m Relay		42.37	N.S.W.	18/3/83	Melbourne
4 x 400m Relay		3-18.39	N.S.W.	17/3/83	Melbourne
Shot Put		17.24	John Minns (V)	17/3/83	Melbourne
		18.08	John Minns (V)	4/12/83	Melbourne
Hammer Throw		50.76	Darren Conduit (V)	18/3/83	Melbourne
		53.54	Vincent Muccitelli (V)	22/10/83	Melbourne

## WOMEN

3000 metres	N	9-18.2	Megan Sloane(V)	20/2/83	Melbourne
	N	9-04.96	Carolyn Schuwalow(V)	20/2/83	Melbourne
5000 metres	O	16-15.5	Ruth Smeeth (Eng)	15/10/82	Adelaide
	N	16-15.7	Janis Hams (S)	1/12/82	Adelaide
3000m Walk	O & N	13-03.8	Sue Cook (V)	26/2/83	Adelaide
5000m Walk	O & N	22-32.4	Sue Cook (V)	22/5/82	Melbourne
Shot Put	O & N	18.98	Gael Martin (V)	20/7/83	West Germany

## WOMEN UNDER 20

3000 metres	9-04.96	9-04.96	Carolyn Schuwalow(V)	20/2/83	Melbourne
Long Jump		6.35m	Nicole Boegman (N)	18/3/83	Melbourne

## WOMEN UNDER 18

3000 metres		9-04.96	Carolyn Schuwalow(V)	20/2/83	Melbourne
Long Jump		6.35m	Nicole Boegman (N)	18/3/83	Melbourne
Heptathlon		5,424	Jane Fleming (V)	30-31/1/83	Brisbane

PERFORMANCES OF AUSTRALIAN ATHLETES IN INTERNATIONAL COMPETITIONLONDON MARATHON, 17th APRIL 1983

Jackie Turney	11th	2:40-05	
Dot Browne	16th	2:41-24	Teams
Shane Barrett		2:45-00	Australia - 3rd
Rosemary Longstaff		2:46-00	

SEOUL MARATHON, 24th APRIL 1983

L. Whitty	Failed to finish
A. Lloyd	Failed to finish

JAPAN/CHINA TOUR 3rd - 17th MAY 1983

Hiroshima, 3/5/83	D. Clark	1st	200m	21.3
Tokyo, 8/5/83	D. Clark	1st	400m	45.42
	G. Minihan	5th	400m	47.04
	D. Flintoff	1st	400m Hurdles	59.49
Nanjing, 13/5/83	D. Clark	1st	200m Heat	21.29
		1st	200m S.F.	31.14
		1st	200m Final	21.00
	G. Minihan	1st	200m Heat	21.55
		2nd	200m S.F.	21.60
		3rd	200m Final	21.32
14/5/83	D. Flintoff	1st	400m Hurd. Heat	58.88
		1st	400m Hurd. Fin.	57.98
15/5/83	D. Clark	1st	400m Heat	49.95
		1st	400m Final	46.45
	G. Minihan	1st	400m Heat	48.95
		2nd	400m Final	47.23
	D. Flintoff	1st	400m Hurdles	57.98
		1st	400m	54.66

WORLD STUDENT GAMES, EDMONTON, 6th - 10th July 1983

Paul Gilbert	4th	800m	1-51.24
James Middleton	10th	Decathlon	7,123
Leanne Evans	4th	200m Heat	24.00
	5th	200m S.F.	24.13
	4th	400m Heat	53.00
	7th	400m Final	53.50
Heather Barralet	4th	800m Heat	2-04.30
	6th	800m Final	2-03.30

WORLD CHAMPIONSHIPS, HELSINKI, 7th - 14th AUGUST 1983100 metres

Paul Narracott	2nd	Heat	10.38
	3rd	2nd round	10.37
	2nd	S.F.	10.38
	7th	Final	10.33
Gerard Keating	4th	Heat	10.57
	7th	2nd round	10.59

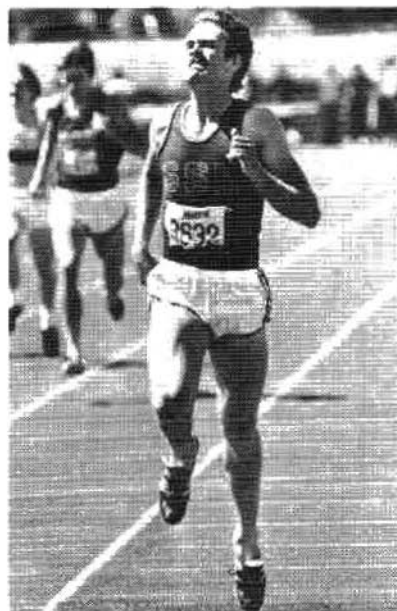
Hammer Throw

Hans Lotz DNQ. Qual. round 66.14

4 x 100m RelayNarracott, Keating,  
Frayne, Wright 4th Heat 40.024 x 400m RelayHoney, Minihan,  
Gilbert, Clarke Heat20k WalkDavid Smith 15th Final 1-25.23  
Simon Baker 29th Final 1-28.09  
Willi Sawall 30th Final 1-28.16MarathonRobert de Castella 1st 2-10.03  
Jeff Coole 38th 2-20.25  
Grenville Wood DNFWOMEN200 metresDenise Boyd 8th Heat 23.38  
3rd 2nd round 23.28  
6th S.F. 23.26400 metresDenise Boyd 4th Heat 54.70  
5th 2nd round 52.03200 metresBruce Frayne 3rd Heat 21.15  
4th 2nd round 20.97  
7th S.F. 20.94  
Paul Narracott 3rd Heat 21.08  
6th 2nd round 21.34400 metresDarren Clarke 2nd Heat 46.26  
2nd 2nd round 45.84  
7th S.F. 46.36  
Gary Minihan 4th Heat 46.90  
5th 2nd round 46.32800 MetresMichael Hillardt 2nd Heat 1-48.44  
7th S.F. 1-49.64  
Paul Gilbert 6th Heat 1-51.39  
Peter Bourke 4th Heat 1-48.15110m HurdlesDon Wright 2nd Heat 13.70  
7th S.F. 14.28Long JumpGary Honey 2nd Qual. round 8.12m  
6th Final 8.06mSPONSORED IN SUPPORT  
OF AMATEUR ATHLETES*Ralph Mackie & Staff  
(Vic.) Pty. Ltd.***SPECIALISING IN: . . . .****Design & Construction of  
Multipurpose Classrooms or  
Libraries to suit Govt.  
specifications**Telephone: 783 1315  
After Hours: 90 174911 Cranbourne Rd.,  
Frankston, 3199**aesmith**

MECHANICAL ENGINEERS AND CONTRACTORS

**AIR CONDITIONING & HEATING****•SALES •DESIGN  
•INSTALLATION •SERVICE****VISIT OUR SHOWROOM****A.E. SMITH & SON PTY. LTD.****HAMILTON ST.****HORSHAM 82-3580**AUTHORISED DEALER **"GOOD LUCK AUSTRALIA"**



*Rick Mitchell*



*Robyn Lorraway*



*Robert de Castella*



*Glynis Nunn*



*Michael Hillardt*





*Debbie Wells*



*Gary Honey*



*Paul Narracott*



*Christine Stanton*

Marathon

Jim Colwell	25th	Final	2-45.07
Jackie Turney	26th	Final	2-45.43
Megan Sloane	39th	Final	2-51.11

100m Hurdles

Glynis Nunn	3rd	Heat	13.26
	3rd	2nd round	13.23
	8th	S.F.	13.39

400m Hurdles

Debbie Flintoff	1st	Heat	56.47
	5th	S.F.	56.63

High Jump

Christine Stanton	DNQ	Qual.	1.80
Vanessa Browne		Qual.	1.87
	9th	Final	1.88

Long Jump

Robyn Lorroway	2nd	Qual.	6.65
	8th	Final	6.65

Shot Put

Gael Martin		Qual.	17.79
	11th	Final	17.79

Heptathlon

Glynis Nunn	7th	Final	6,195	100 H.	13.17	977	P.B.
				H.J.	1.74	974	
				Shot Put	12.98	779	
				200	24.02	936	P.B.
				L.J.	6.31	973	
				Javelin	32.64	645	
				800	2-10.96	911	P.B.

LUGANO CUP WALKS, BERGEN, NORWAY 24th and 25th SEPTEMBER 198320k - Men

Simon Baker	14th	1:24-42.1
Andrew Jachno	18th	1:25-50.7
Michael Wood	30th	1:28-17.1
David Smith	Disq.	

## Teams:

U.S.S.R.	1st
Italy	2nd
Czechoslovakia	3rd
Mexico	4th
Australia	5th

50k - Men

Tim Erickson	25th	4:15-12.7
Duncan Knox	39th	4:35-12.2
Michael Harvey	Withdrew	
William Dyer	Disq.	

ESCHBORN CUP WALK, BERGEN, NORWAY, 24th SEPTEMBER 198310k - Women

Sue Cook	3rd	45-26.4
Sally Pierson	4th	45-39.4
Rachael Thompson	15th	47-50.5
Ann Ryan	20th	49-04.8

## Teams:

China	1st
U.S.S.R.	2nd
Australia	3rd

TAIWAN AREA GAMES, 22nd - 24th OCTOBER 1983

<u>800 metres</u>			
Brett Crew	1st	S.F.	
	1st	Final	
<u>1500 metres</u>			
David Forbes	2nd	Final	3-49.0
<u>5000 metres</u>			
David Forbes	2nd	Final	
Gary Briggs	3rd	Final	
<u>3000m Steeplechase</u>			
Gary Briggs	2nd	Final	
<u>Pole Vault</u>			
Robert Chisholm	2nd		4.60m

INDOOR MEETING - FIRST WORLD SPORTS FAIR, TOKYO 10th OCTOBER 1983

<u>High Jump</u>			
Vanessa Browne	2nd		1.86m
<u>60 metres</u>			
Paul Narracott	5th		6.82s
<u>60m Hurdles - Women</u>			
Glynis Nunn	1st		8.34s
<u>60m Hurdles - Men</u>			
Don Wright	3rd		7.96s
<u>Long Jump</u>			
Glynis Nunn	1st		6.18m

8km and 10km ROAD RACES, NEW ZEALAND, 12-15 NOVEMBER 19838km, 12th November, Wellington

Steve Moneghetti	3rd	23.05	<u>Teams</u>
Jeff Coole	4th	23.11	
Jim Murphy	6th	23.18	Australia - 1
Andrew Garnham	7th	23.23	
Graham Clewes	9th	23.24	
Malcolm Norwood	26tg	24.31	

10km, 15th November, Auckland

Jeff Coole	1st	29.18	<u>Teams</u>
Steve Moneghetti	2nd	29.27	
Graham Clewes	4th	29.28	Australia - 1
Jim Murphy	7th	29.53	
Andrew Garnham	11th	30.08	
Malcolm Norwood	19th	31.05	

IAAF WORLD CHAMPIONSHIP WOMEN'S 10k RACE, SAN DIEGO, 4th DECEMBER 1983

Lisa Martin	10th	33.19	<u>Teams</u>
Rhonda Mallinder	34th	34.54	
Jillian Pratten	43rd	35.26	Australia - 7
Kerry Whannell	56th	36.47	

**CONCRETING AND  
PAVING  
CONTRACTORS**

**REX PAVING**

**59 HELLER STREET  
WEST BRUNSWICK 3055  
TELEPHONE 380 4680**

**COMMERCIAL — RESIDENTIAL  
AND INDUSTRIAL  
APPROVED CONTRACTORS  
TO THE PWD**

**THE NAME OF THE GAME  
IS POWER** 

**POWER SPORTS  
FOOTWEAR**

## INTERNATIONAL WOMEN'S EKIDEN RENOWN CUP RELAYS, JAPAN, 26th FEBRUARY 1984

England	1st	2-20.54
Australia	2nd	2-23.50
(Donna Gould, Sally Pierson, Anne Foley, Anne Lord, Tania Turney, Desiree Letherby, Jenny Green)		

## UNDER-20 TOURING TEAM TO U.S.A., APRIL/MAY 1983

	Mt. Sac	Arizona	San Jose	Modesto
Kathy Armstrong	300 H 46.0	300 H 45.6	300 H 47.3	300 H 46.7
Michelle Bancroft	S.P. 13.18	S.P. 13.06	S.P. 11.66	S.P. 13.23
Julie Bates	J 41.20	dnc	dnc	J 40.13
Jeanette Boyce	J 41.56	S.P. 9.26	dnc	S.P. 11.02
Tracy Brand	H.J. 1.72	H.J. 1.72	H.J. 1.67	H.J. 1.72
Jenny Ewing	300 H 45.5	300 H fell	300 H 45.6	300 H 45.9
Cherry Harvey	J 48.15	dnc	dnc	J 42.00
Sarah Heasley	200 26.1	200 26.4	400 57.6 200 25.6	200 25.89
Michelle Lyons	800 2-12.7 1500 4-25.0	800 2-14.6	800 2-12.3 1500 4-35.8	800 2-14.6 1500 4-28.03
Anne-Marie Munro	Relays	Relays	100 H 14.95	100 H 15.17
Bronwyn Patman	300 H 46.4	300 H 46.2	300 H 47.09	300 H 46.4
Sandra Speers	400 55.1	400 55.3 200 25.1	400 54.94 800 2-07.5	400 54.65 200 25.3
Wendy Walton	1500 4-42.0 3000 10-11.0	1500 4-56.0	1500 4-47.0 3000 10-12.0	1500 4-51.0
Monika Wegerbauer	D 35.00	D 35.66	D 34.90	D 35.90
Serge Ambrose	P.V. 3.75	P.V. 3.80	P.V. 3.81	dnc
Warwick Andrews	1500 4-15.5	1500 4-02.0	1500 4-05.5 3000 8-51.0	3200 9-30
Martin Bannink	800 1-54.01	800 1-55.0	800 1-53.9	800 1-54.9
Peter Darley	Relays	100 H 15.0 100 11.2	disq.	disq.
John Clapton	P.V. 3.96	P.V. 4.00	P.V. 3.96	P.V. 3.88
Neil Coghlan	100 H 14.62	100 H 14.2 100 10.9	100 H 14.45	100 H 14.31
Adrian Cresswell	Relays	100 11.2 200 22.0	100 11.5	100 11.01
Anatole Dahan	300 H 42.7	100 H 15.3 400 52.0	300 H 39.36	300 H 38.8
Rodney Davies	800 1-59.0	800 2-00.0	800 2-00.1	400 53.0
Mark Debnam	H.J. 1.85	H.J. 1.85	H.J. 1.88	Inj.
Peter Dohnt	J 64.00	P.V. 3.20	S.P. 11.14	Inj.
Robert Fregon	800 1-54.98	800 1-55.6	Inj.	Inj.
Robert Gillard	1500 3-56.2	1500 3-57.0	1500 3-57.3	Mile 4-19.0

Under-20 Touring Team to U.S.A. (Cont)

	Mt. Sac	Arizona	San Jose	Modesto
Darren Gillies	1500 3-56.9 3000 8-36.8	1500 4-00.0	3000 8-35.8	3200 9-19.7
Brad Goodings	300 H 40.3	300 H 39.8 100 H 15.0	300 H 39.6 100 H 15.2	300 H 39.2
Stuart Gyngell	D 46.02	S.P. 15.25 D 47.26	S.P. 18.08 D 44.50	S.P. 18.46
Bruce Hutchings	3000 8-59.0	Inj.	Inj.	Inj.
Bruce Kentwell	3000 8-32.3	dnc	3000 8-54.3	3200 9-42.9
Alastair Meyer	Relays	100 11.3 100 H 15.1	Relays	300 H 39.9
Leigh Miller	400 49.2	400 49.3	400 48.05	400 48.82
Mark Mitchell	3000 8-42.5	3000 8-59.0	3000 8-56.0	3200 9-42.9
John O'Dowd	3000 8-44.4	3000	Inj.	3200 9-44.0
Darren O'Flaherty	3000 8-33.3 1500 4-04.2	1500 4-29.0	1500 4-25.06	Mile 4-18.0
Roger Paranzee	Relays	300 H 38.5	300 H 38.21	300 H 36.6
Murray Priestly	P.V. 3.05	P.V. 3.90	P.V. 3.81	dnq
Glenn Rosen	L.J. 7.07	100 10.92 L.J. 6.61	L.J. 6.98 100 11.0	L.J. 7.31
Craig Rosenberg	100 11.35	100 11.08 200 22.5	100 11.7 200 22.76	200 22.8
Neale Smith	H.J. 2.08	H.J. 2.00	H.J. 2.00	H.J. 2.08
John Welsh	3000 8-27.9 1500 3-57.4	1500	1500 3-57.3	Mile 4-25.0
Michael Whitty	Relays	100 11.2	Relays	200 22.9
Damien Woods	P.V. 3.05	P.V. 3.90	P.V. 3.75	P.V. 3.73

## SPORTS INJURIES

Strains, Sprains  
Muscular stiffness and  
soreness etc... APPLY

Aspirin formulation for  
external application where  
you need it...

RELIEVE PAIN  
SLEEP WITHOUT DRUGS  
Chemists only. PM 6431/83



## CONTACT INJURIES

For all muscular soreness,  
stiffness and strains and  
sprains.

RELIEVE THE PAIN WITH  
Gentle quick application.  
No odour in use.  
A new concept in sports  
medication.

Chemists only PM 7289/84



## AUSTRALIAN RANKING LIST (FROM 1/4/83 - 30/4/84)

Compiled by Paul Jenès with grateful acknowledgements to Bernie Cecins (WA), Fletcher McEwen (SA), Roy McFadden (SA) Pat Agg (Geelong), Mike McLaughlin (Vic), Mark Wall (Vic), Pam Turney (Vic), Steve Foley (Vic), Peter Hamilton (ACT), A.I.S., N.S.W. Association, Brian Roe, Daryl Cross (Qld) and members of Ranking and Recording Committees around Australia and many others who have helped with information.

I have extended the season now to the end of April because Australian Championships and trials have now extended into April over the past two years.

Once again I have included a small ranking list of Under-20 and Under-18. However, as I do not have access to birthdates, I may have missed some athletes who should have been included and vice versa.

I have included the year of birth of each athlete in brackets where known.

The under-age lists only include athletes who have been under-age for the season.

Once again, international conversion factors have been used to rank athletes. 100m, 200m, 100h, 110h (0.24 secs), 400, 400h, (0.14 secs).

As wind gauges are not always used or where used the readings are not passed on I have included the performance unless extreme wind conditions have applied.

Could any errors, omissions, amendments etc. be sent to:

Paul Jenès (ATFS)  
A.A.U. Statistician  
11 Milton Street  
NUNAWADING, Vic. 3131

**THERE'S JUST ONE  
NAME FOR A BETTER  
WAY TO GATHER,  
STORE, SHARE AND  
SUPPLY INFORMATION  
BY COMPUTER...**

An acknowledged leader in every facet of computer technology applied to the specialised, sensitive needs of public sector operations, PROGENI furnishes the best, most cost-effective answer to a new system or the upgrade of an existing service. Proven, impartial counselling, design and implementation experience is just a telephone call to PROGENI away.

**PROGENI**  
**OUTSTANDING COMPUTER  
TECHNOLOGY**

**PROGENI** Alexander Chambers  
**MELBOURNE:** 9 Alexander Street  
P.O. Box 376  
Mount Waverley, 3149  
Telephone: 288 7366

**Bonneys**  
PEST CONTROL PTY. LTD.

**Leaders in pest control since 1948**

- White ants
- Rats
- Fleas
- Mice
- Possums
- Silverfish
- Argentine Ants
- Cockroaches
- Ants
- Borers
- Spiders
- Bees
- Earwigs
- Carpet Beetles
- Obligation free quotes
- Prompt service by trained pest control technicians
- Safe, approved treatments
- Regular maintenance service
- Specialists in termite barrier slab treatments in accordance with the Australian Standards 2057

HEAD OFFICE  
77 LIME AVE. MILDURA  
PHONE 23 4252

MELBOURNE OFFICE  
971 MOUNTAIN HWY  
BAYSWATER 72 0203

RESIDENT COUNTRY SERVICEMEN AT  
ALBURY 21 7255  
BALLARAT 31 1999  
BENDIGO 42 2075  
BIRCHIP 92 2382  
BROKEN HILL 3567  
CHARLTON 91 1231  
COBAR 36 2402  
DENILQUIN 81 2407  
ECHUCA 82 2647  
GRIFFITH 62 3115

HOLBROOK 36 2553  
HORSHAM 82 1221  
MARYBOROUGH 61 2388  
MILDURA 23 4252  
OUYEN 92 1392  
PORTLAND 23 1156  
SHEPPARTON 21 3542  
SWAN HILL 32 2937  
WARRACKNABEAL 10  
YARRAWONGA 44 3254

Member: Pest & Weed Control Association of Victoria



## AUSTRALIAN RANKING LIST (FROM 1/4/83 - 30/4/84)

## MEN

## 100 YARDS

9.76	Fred Martin (66)	N S	18/2
9.76	Clayton Kearney	N S	18/2
9.78	Peter Van Miltenburg(57)	V M	15/12
9.6	Peter Donovan (57)	O B	17/12
9.88	Bruce Frayne (58)	V M	15/12

## 100 METRES

9.9	Paul Narracott (59)	O B	4/1
10.26	Narracott	M	6/2
10.33	Narracott	Helsinki	8/8
10.37	Narracott	Helsinki	7/8
10.38	Narracott	Helsinki	7/8
10.38	Narracott	Helsinki	8/8
10.43	Narracott	London	13/7
10.43	Narracott	London	23/7
10.43	Narracott	A	14/3
10.44	Narracott	Luxembourg	26/7
10.47	Peter VanMiltenburg(57)	V A	14/3
10.50	Gerard Keating (62)	V B	3/3
10.3	Darren Clark (65)	N S	1/10
10.3	Peter Donovan (57)	O B	4/1
10.58	Clayton Kearney	N S	7/1
10.58	Brett Leavy	Walnut	28/4
10.63	Warren Peters	O B	3/3
10.4	Danny Mullany	O B	4/1
10.69	Bruce Frayne (58)	V Oslo	9/7
10.71	Fred Martin (66)	N S	11/2
10.72	Reid Pryor	V Walnut	28/4
10.73	Peter Brebner (61)	S A	10/3
10.5	Robert Henderson (63)	N S	28/1
10.5	Craig Pettit	W P	4/2
10.74	Robert Stone (65)	V M	6/3
10.75	Phil Smith	S A	10/3
10.81	Don Wright (59)	Q S	4/2
10.83	Pat Kaine	N S	7/1
10.6	Miles Murphy (67)	N S	1/10
10.6	Frank Concilia	V M	6/11
10.6	Paul Zahra	V M	6/11
10.6	Tim Mason	V M	6/11
10.6	Paul Mahady	V M	26/11
10.6	Bruce Smith	V M	29/11
19.6	David Gynther	O B	4/1
10.6	Michael Benoit (62)	V M	14/2
10.6	Ross Wainwright	W P	4/2
10.6	Craig Elliott (68)	V M	26/2
10.89	Neil Newstead	N S	7/1
10.90	Glen Rosen	N S	4/2

Doubtful Time

10.4	Ashley Irving	V M	5/11
------	---------------	-----	------

Wind Assisted

10.1	Van Miltenburg	M	10/3
10.39	Keating	B	3/3
10.2	Pettit	P	1/2
10.49	Clark	Hamilton	26/1
10.51	Leavy	M	29/3
10.53	Donovan	B	3/3

10.54	Martin	B	3/3
10.3	Frayne	M	10/3
10.54	Stone	M	29/3
10.55	Steve McBain	S M	29/3
10.4	Wainwright	P	10/3
10.64	Reid Pryor	V M	29/3

UNDER 20

10.3	Clark		
10.58	Kearney		
10.58	Leavy		
10.4	Mullany		
10.71	Martin		
10.72	Pryor		
10.74	Stone		
10.75	Smith		
10.6	Murphy		
10.6	Concilia		
10.6	Zahra		
10.6	Mason		
10.6	Elliott		
10.90	Rosen		

Wind Assisted

10.49	Clark		
10.51	Leavy		
10.54	Martin		
10.54	Stone		
10.55	McBain		
10.64	Pryor		

UNDER 18

10.71	Martin		
10.6	Elliott		
10.6	Murphy		
10.96	Steve Saunders	N S	11/3
10.7	Reid Pryor	V M	6/11
11.05	Steve McBain	S A	9/12
10.06	Jason Greenhalgh	O A	10/12
10.8	Paul Simensen	N C	19/2
11.11	D. McGrath	Q B	3/3
11.13	H. Jeffrey	O B	3/3
10.9	Tim Sorellis	V M	22/10
10.9	David Ashcroft	T H	26/11
11.14	Brad Miers	Q B	3/3

Wind Assisted

10.55	McBain		
10.64	Pryor		
10.68	Ashcroft		
10.5	Greenhalgh	B	26/11
10.78	Saunders	S	4/2
10.94	Hamish Halley	M	29/3
10.95	Simonsen	M	29/3

## 200 METRES

20.49	Darren Clark (65)	N S	12/11
20.69	Peter VanMiltenburg(57)	V M	6/3
20.71	Fred Martin (66)	N B	4/3
20.76	Clark	S	7/1
20.78	Martin	S	11/3
20.83	Clark	S	26/11

200 metres (Cont)

20.6	Van Miltenburg	M	26/1
20.6	Martin	S	29/1
20.89	Clark	M	15/12
20.94	Bruce Frayne (58)	V Helsinki	13/8
20.7	Van Miltenburg	M	17/1
20.7	Paul Narracott (59)	Q C	11/2
21.04	Clayton Kearney	N S	11/3
21.08	Miles Murphy (67)	N S	7/1
20.9	Brett Leavy	Q Walnut	28/4

21.16	Gerrard Keating (62)	V S	11/3
21.16	Robert Henderson (63)	N S	11/3
21.24	David Johnston	N S	12/2
21.24	Rick Mitchell (55)	V M	6/3
21.24	Robert Stone (65)	V M	6/3
21.27	Gary Minihan (62)	V M	15/12
21.38	Michael Ryan (58)	Q B	4/3
21.2	Pete Stubbs	V M	11/2
21.2	Mark Rosenberg (62)	N C	18/2
21.49	Michael Benoit (62)	V M	6/3
21.51	Don Wright (59)	Q S	12/2
21.3	Greg Parker (60)	V M	3/12
21.3	Bruce Smith	V M	29/11
21.3	Ross Wainwright	W P	3/3
21.4	Roger Parenzee (64)	W P	19/11
21.4	Craig Pettit	W P	19/11
21.4	Peter Hopwood	V M	17/1
21.4	Colin O'Sullivan (55)	W P	21/1
21.76	Fred Etter	N S	7/1
21.76	Pat Kaine	N S	12/2
21.80	Glenn MacLaughlan(62)	N S	17/1
21.82	David Gynther	Q B	4/3

Wind Assisted

20.3	Narracott	B	7/1
20.5	Van Miltenburg	M	22/3
20.6	Leavy	B	7/1
20.86	Frayne	Budapest	29/7
20.7	Ryan	B	7/1
20.8	Murphy	S	1/10
20.8	Mullany	B	7/1

Straight Course

20.8	Johnston	S	7/3
------	----------	---	-----

UNDER 20

20.49	Clark	T M	7/1
20.71	Martin	V M	11/2
21.04	Kearney	N S	12/2
21.08	Murphy	N S	7/1
20.9	Leavy	N S	7/1
21.24	Stone	N S	7/1
21.4	Parenzee	N S	7/1
21.6	David Ashcroft	T M	7/1
21.6	Frank Concilia	V M	11/2
21.88	Glen Rosen	N S	12/2

Wind Assisted

20.6	Leavy	N S	7/1
20.8	Murphy	N S	7/1

UNDER 18

20.71	Martin	N S	7/1
21.08	Murphy	N S	7/1

Under 18 (Cont)

21.6	Ashcroft	N S	7/1
22.01	Mark Reed	V A	11/12
22.08	Jason Greenhalgh	Q A	11/12
21.9	R. Mathanda	W P	3/3
22.0	Anthony Wallace	V M	6/11
22.0	D. McGrath	Q C	11/3
22.1	Anthony Bond	N C	18/2
22.40	Reid Pryor	V M	3/3
22.44	Michael Dunn	Q B	4/3

Wind Assisted

22.04	Bond	S	12/2
-------	------	---	------

400 METRES

45.05	Darren Clark (65)	N London	24/7
45.27	Clark	S	22/1
45.37	Clark	S	5/11
45.42	Clark	Tokyo	8/5
45.6	Clark	S	22/10
45.75	Clark	A	18/12
45.84	Clark	Helsinki	8/8
45.87	Gary Minihan (62)	V A	14/3
45.95	Bruce Frayne (58)	V M	30/3
45.96	Frayne	M	1/4
46.09	Rick Mitchell (55)	V M	30/3
46.17	David Johnston	N S	11/2
46.5	Peter VanMiltenburg(57)	V M	18/2
46.79	Peter Stubbs	V M	1/4
46.89	Mark Rosenberg (62)	N S	17/12
46.95	Miles Murphy (67)	N A	14/3
47.00	Michael Ryan (58)	Q B	4/3
47.04	Gerald Sheehan (60)	V M	4/3
47.18	Richard Lucas	S A	24/3
47.21	Robert Stone (65)	V M	4/3
47.2	Greg Parker (60)	V M	12/11
47.39	John Fleming (59)	V A	14/3
47.3	Darren Bernsten	V M	2/2
47.3	Jeff Sargent	V C	10/3
47.55	Robert Henderson (63)	N B	4/3
47.72	Ray Gooding (59)	V M	4/3
47.6	Russell Forbes	V M	12/11
47.6	Mike Willis (55)	V M	2/2
47.6	Alan Ozolins	N S	28/1
47.81	Glenn MacLaughlan (62)	N S	17/3
47.7	Tony McDonald (56)	N S	22/10
47.84	Frank Concilia	V A	11/12
47.7	Paul Gilbert (60)	N C	25/2
47.7	Barry Acres (65)	W P	4/2
47.84	Damian McRostie	V M	4/3
47.84	Ken Gordon	V M	10/12
47.9	Mike Hillardt (61)	V M	18/2
47.9	Keith Norman	V M	10/12
48.00	Peter Hadfield	S C	14/4

UNDER 20

45.05	Clark	N S	7/1
46.95	Murphy	N S	7/1
47.18	Lucas	N S	7/1
47.21	Stone	N S	7/1
47.3	Bernsten	N S	7/1
47.6	Ozolins	N S	7/1
47.84	Concilia	N S	7/1
47.7	Acres	N S	7/1
47.84	McRostie	N S	7/1
48.08	Robert Bowen	Q A	11/12

Best wishes to all athletes

**ALLSTAFF AIR  
CONDITIONING  
PTY. LTD.**

ENGINEERS &  
CONTRACTORS IN  
AIR CONDITIONING  
& MECHANICAL SERVICES

TELEPHONE: 551 3066  
REDWOOD DRIVE, DINGLEY

Compliments extended to all Athletes from

**P.M. VERSTEEGEN  
& SONS PTY. LTD.**

MASTER BUILDERS

36 NEW STREET,  
RINGWOOD 3134

TEL 870 3255

**MASSAGE**  
FOR ACTIVE ATHLETES

Relieves fatigue and stiffness  
Reduces risk of injury  
Aids recovery from injury  
Improves training and performance

GRAEME CHAPMAN A.R.M., D.T.M.  
(ultramarathon runner)

Phone: (02) 639 9525

BEST WISHES TO ALL AMATEUR  
ATHLETES FROM

**FRIGRITE  
SERVICE**

AIR CONDITIONING AND  
REFRIGERATION SERVICE

Commercial and Industrial  
24 Hours — 7 Days a Week

27 Grange Road, Tel. 584 2711  
Cheltenham, 3192 A.H. 63 3768

BEST WISHES TO ALL ATHLETES FROM

**G. & P. May Pty. Ltd.**

132 Dorset Road, Croydon 3136

TELEPHONE: 723 5170

For  
ELECTRICAL CONTRACTING  
AND  
SERVICING



**THE FLETCHER  
WATTS GROUP**



AUSTRALIA'S LEADING BUILDING  
CONSTRUCTORS & DEVELOPERS

ARE PROUD TO BE ASSOCIATED  
WITH THE  
AMATEUR ATHLETIC  
UNION AND WISH ALL

83 Riversdale Rd., Hawthorn, 3122. Telephone: 819-2022

## UNDER 18

46.95	Murphy			
48.15	John Cunningham	Q B	30/10	
48.34	Anthony Bond	A A	11/12	
48.4	Mark Reed	V M	29/3	
48.8	Michael Dunn	Q B	29/10	
48.9	John Klabbers (67)	V M	29/3	
48.9	Paul Cordera	S M	29/3	
49.0	David Ashcroft	T H	4/3	
49.36	S. Doyle	Q B	3/3	
49.45	Simon Shirley	Q B	3/3	

## 800 METRES

1-45.6	Paul Gilbert (60)	N M	22/3	
1-45.9	Pat Scammell (61)	V M	22/3	
1-46.1	Michael Hillardt (61)	V M	11/2	
1-46.19	Hillardt	M	6/3	
1-46.29	Hillardt	Hamilton	26/1	
1-46.37	Hillardt	London	23/7	
1-46.4	Hillardt	M	25/2	
1-46.45	Hillardt	M	18/1	
1-46.47	Hillardt	Gateshead	31/7	
1-46.45	Gilbert	London	23/7	
1-46.69	Scammell	M	3/3	
1-46.8	Peter Bourke (58)	M	22/3	
1-47.26	Rob McVicar	N S	22/1	
1-47.31	Brett Crew (62)	Q M	6/3	
1-48.42	Barry Acres (65)	W A	10/12	
1-48.76	Dean Taylor	W M	31/3	
1-48.8	Mike Willis (55)	V M	11/2	
1-48.85	Matt Favier (65)	Q M	6/3	
1-49.31	Paul Schnyder (62)	V M	6/3	
1-49.54	John Fleming (59)	V S	22/1	
1-49.5	Peter Hawes (56)	Q B	25/5	
1-49.66	Rob Wright	Q B	4/3	
1-49.67	Alan Ozolins	N M	31/3	
1-49.9	Russell Forbes	V M	3/12	
1-50.4	Glyn Yates	W P	19/2	
1-50.53	Geoff Small	V M	30/3	
1-50.66	Adrian White (64)	N M	30/3	
1-50.83	Gary Goulding (60)	Q B	4/3	
1-50.92	Jamie Botten	S A	15/2	
1-51.0	Gerard Ryan (60)	V M	25/2	
1-51.0	Craig James	S A	15/1	
1-51.1	Steve Foley	V M	25/2	
1-51.13	David Forbes	N S	5/2	
1-51.2	Guy Watson (62)	V M	19/11	
1-51.2	Michael Trushell	A C	18/2	
1-51.22	David Bieza	N S	12/2	
1-51.22	Scott Chesterman	V M	3/3	
1-51.2	Mick Halmy	A C	11/3	
1-51.3	Anthony Thoburn	Q B	11/2	

## UNDER 20

1-48.42	Acres			
1-48.85	Favier			
1-49.67	Ozolins			
1-50.53	Small			
1-50.66	White			
1-51.22	Biczo			
1-51.3	Thoburn			
1-51.62	Tony Gamer	Q B	10/8	
1-51.87	Stuart Trost	Q A	10/12	
1-52.12	Martin Bannink	V M	3/3	

## UNDER 18

1-51.62	Gamer			
1-53.14	Paul Burkinshaw	N M	30/3	
1-53.96	James Sayer	N M	30/3	
1-54.27	Anthony Ives	A M	30/3	
1-54.3	Jason Watters	V M	6/11	
1-54.72	Gary Nevin	V M	3/3	
1-54.78	Phillip Warren	A	10/12	
1-55.0	Robert Moors	V M	6/11	
1-55.20	David Graham	A	10/12	
1-55.9	A. Cook	Q P	3/3	
1-56.60	S. Doyle	Q B	4/3	
1-53.61	R. Deutsch	N S	12/2	

## 1000 METRES

2-18.0	Michael Hillardt(61)	V M	10/12	
2-24.03	Paul Gilbert (60)	N London	15/7	
2-24.4	Stuart Aikman	N S	29/2	
2-24.7	Adrian White (65)	N S	29/2	
2-27.5	Craig Logan (62)	V M	10/12	
2-27.5	D. Simes	N S	29/2	
2-27.9	Gary Zeuner (53)	S A	24/3	
2-29.0	Ian Seymour	V M	10/12	
2-29.8	D. Lightfoot	N S	24/3	
2-30.3	Peter Hawes (56)	Q B	5/11	

## 1500 METRES

3-34.20	Michael Hillardt(61)	V S	11/3	
3-35.86	Hillardt	S	22/1	
3-36.26	Hillardt	M	31/3	
3-37.86	Pat Scammell (61)	V M	6/3	
3-38.33	Scammell	Brussels		
3-38.52	Scammell	S	11/3	
3-38.89	Scammell	Turku	28/7	
3-38.98	Scammell	Stockholm	26/7	
3-38.99	Scammell	M	31/3	
3-39.08	Scammell	Goteborg	6/8	
3-39.41	Steve Foley	V S	11/3	
3-39.89	David Forbes	N S	11/3	
3-40.13	Wayne Dyer (58)	V M	6/3	
3-42.31	Gerard Ryan (60)	V M	18/1	
3-43.6	Peter Bourke (58)	V M	18/2	
3-43.75	Mick Halmy	A M	31/3	
3-44.52	Warwick Horsey	Q M	18/1	
3-44.91	Michael Trushell	A M	6/3	
3-48.26	Malcolm Norwood(64)	V M	6/3	
3-45.96	Craig James	S M	18/1	
3-45.9	Angus Dobie	V M	2/2	
3-46.3	Paul Gilbert (60)	N M	24/11	
3-46.59	Gary Zeuner (53)	S A	18/12	
3-46.7	Andrew Lloyd (59)	N S	21/12	
3-46.97	David Just	N S	22/1	
3-47.27	Graeme Cook	N S	22/1	
3-47.2	Ken Hall (51)	V M	18/2	
3-47.3	Brett Crew (62)	Q B	4/1	
3-47.5	Zephaniah Ncube(Zimbabwe)		4/2	
3-47.6	Daryl GATHARD(62)	V M	29/11	
3-47.99	Mike Bialczak	V M	18/1	
3-48.00	Graham Crouch (48)	V Oslo	9/7	
3-48.0	Pat Kaufman (58)	T M	29/11	
3-48.0	Mark Arens (62)	S M	7/1	
3-48.0	Richard Whiteley	V M	18/2	

1500 metres (Cont.)

3-48.1	Ray Wilson	V M	29/11
3-48.2	Tim Pugh	Q B	26/2
3-48.4	Wayne Clarke	V M	24/11
3-48.50	Rob Wright	Q B	3/3
3-48.6	Steven James	N S	21/12

UNDER 20

3-45.25	Norwood		
3-45.29	Dobie		
3-42.2	Pugh		
3-49.01	Adrian White (64)	N S	14/1
3-49.5	Brendan Hewitt	S A	18/2
3-49.8	Barr Acres	W P	5/11
3-51.0	Jobie Kelly	V M	2/2
3-51.0	John Walsh	V M	18/2
3-51.84	Colin Dalton	N S	7/1
3-52.85	David Lightfoot	N M	29/3
3-53.1	Brad Camp	V M	2/2

UNDER 18

3-51.84	Colin Dalton	N S	7/1
3-54.2	Darren O'Flaherty	V M	2/2
3-54.33	Anthony Ford	A	11/12
3-56.08	Phillip Warren	A	11/12
3-57.42	Paul Burkinshaw	N M	30/3
3-57.91	David Graham	S M	30/3
3-59.96	S. Chandler	N S	11/2
4-01.28	D. Lavender	N S	11/2
4-01.92	Rod Davies	V M	4/3

1 MILE

3-57.09	Michael Hillardt(61)	M	15/12
3-57.8	Hillardt	Wanganui	21/3
3-58.54	Hillardt	V Auckland	28/1
3-58.70	Pat Scammell(61)	V Luxembourg	20/7
3-59.66	Scammell	M	15/12
4-01.90	Wayne Dyer (58)	V M	15/12
4-02.4	Gerard Ryan (60)	V M	15/12
4-04.0	Rob Wright	Q B	17/12
4-04.2	Warwick Horsey	Q B	17/4
4-07.0	Barry Greig	V M	15/12
4-07.3	Steve Millington	V M	12/12
4-07.3	Mark Arens (62)	S M	15/12
4-08.1	Mike Bialczak	V M	12/12

2000 METRES

5-19.63	Graham Crouch(48)	V Edinburgh	26/6
---------	-------------------	-------------	------

3000 METRES

7-57.90	Andrew Lloyd (59)	N S	22/1
7-58.1	Zephaniah Ncube(ZIM)	C	11/2
7-58.3	John Andrews (58)	N C	11/2
7-59.36	Steve Austin (51)	V Malmo	1/8
8-00.14	Austin	Stockholm	27/7
8-00.51	Peter Hutton (56)	N S	22/1
8-00.6	Rob de Castilla(57)	V C	11/2
8-00.74	de Castilla	London	15/7
8-03.5	Malcolm Norwood(64)	V M	22/3
8-04.0	Graham Clewes (58)	A C	11/2
8-04.01	Wayne Brennan	N S	22/1
8-06.79	Steve Foley	V S	22/1

3000 metres (Cont)

8-10.54	David Forbes	N S	17/3
8-10.6	Peter Haynes	S C	11/2
8-11.6	David Chettle (51)	T C	11/2
8-12.08	Danny Boltz (62)	N S	10/12
8-12.7	Max Little (49)	V M	22/3
8-13.0	Martin Stock	V M	22/3
8-13.12	Wayne Dyer (58)	V S	22/1
8-13.18	Laurie Whitty (60)	N S	10/12
8-13.3	Garry Henry	S A	/11
8-14.53	Steve Mayman	N S	22/1
8-14.7	Michael Trushell	A C	11/2
8-15.0	Tim Pugh	Q B	18/2
8-15.06	Brian Spurrell	V Hamilton	26/1
8-15.4	Brendan Hewitt	S A	24/3
8-15.8	Angus Dobie	V M	22/3
8-15.8	Derek Froude	NZ/A C	11/2
8-19.1	Steve Poulton	N Auckland	21/1
8-19.3	Mark Martin	Q B	10/12
8-19.4	Danny O'Dea	S C	11/2
8-19.4	Toddy Kearns	N S	29/2

UNDER 18

8-21.58	Colin Dalton	N S	18/1
8-30.6	Michael Inwood	Q B	3/12
8-36.6	Darren O'Flaherty	V M	15/12
8-38.68	Ray Boyd	W M	30/3
8-40.38	Stuart Mee	A M	30/3
8-42.13	Chris Tagg	O M	30/3
8-43.13	Mark Sewell	N M	30/3
8-44.1	Greg Webster	A C	11/2
8-46.2	David Graham	S M	15/12
8-46.57	Matthew McKenzie	V M	30/3
8-46.99	David Vaughan	V M	3/3
8-50.41	Stephen Rothwell	N M	30/3

2 MILES

8-50.3	Peter Hutton (56)	N S	28/12
8-59.2	Toddy Kearns (60)	N S	28/12

5000 METRES

13-45.2	Steve Austin (51)	V M	22/3
13-45.5	John Andrews (58)	N M	22/3
13-46.0	Zephania Ncube	ZIM C	16/2
13-46.3	Andrews	C	16/2
13-46.9	Austin	M	26/1
13-47.50	Ncube	M	3/3
13-47.79	Austin	M	3/3
13-49.89	Malcolm Norwood (64)	V M	18/1
13-50.0	Gary Briggs (58)	Q M	26/1
13-50.5	Rob deCastella(57)	V C	16/2
13-52.29	Andrew Lloyd (59)	N M	18/1
13-54.70	Graham Clewes(58)	A M	18/1
13-53.0	Steve Foley	V M	26/1
13-54.0	Steve Moneghetti(62)	V M	26/1
13-54.96	Max Little (49)	V M	3/3
13-56.2	Peter Haynes	S C	16/2
13-58.0	Ken Hall (51)	V M	26/1
14-00.30	David Forbes	N M	1/4
14-01.1	Mike Hillardt (61)	V M	19/11
14-02.0	Lindsay Burgoyne(52)	V M	26/1
14-04.0	Angus Dobie	V M	24/1

## 5000 metres (Cont)

14-04.2	Andrew Garnham (60)	V M	19/11
14-04.7	Peter Hutton (56)	N S	22/2
14-04.82	Adam Hoyle (63)	V M	3/3
14-05.0	Joe Murphy (55)	V M	19/11
14-06.5	Gary Carmichael	Q B	11/3
14-09.0	Gary Zeuner (53)	S M	26/1
14-09.79	Steve Poulton (57)	N Auck.	28/1
14-09.88	Laurie Whitty(60)	N S	26/11
14-11.0	Chris Lynch (54)	V M	26/1
14-11.05	Martin Stock	V M	6/3
14-12.0	Tim O'Shaughnessy	V M	26/1
14-12.03	Mark Martin	Q M	1/4
14-13.30	Glen Henry (57)	V M	18/1

## UNDER 20

14-04.0	Dobie		
14-41.01	Robie Caskie	N M	29/3
14-42.26	Colin Dalton	N S	14/1
14-42.3	Brad Camp	V M	3/3
14-53.21	Michael Inwood	Q A	9/12
14-53.8	Nick Sharman	V M	3/3
14-56.95	Tim Pugh	Q B	3/3
14-59.5	Robert Skinner	V M	3/3
15-03.2	B. Scullasy	V M	3/3
15-13.70	Bruce Kentwell	N S	14/1

## 10,000 METRES

28-02.73	Rob deCastella(57)	V M	15/12
28-17.90	deCastella	London	23/7
28-26.34	Laurie Whitty (60)	N M	15/12
28-31.08	Zephaniah Ncube	ZIM M	30/3
28-41.04	Steve Austin (51)	V M	30/3
28-41.14	Ncube	M	6/3
28-42.40	Andrew Lloyd (59)	N M	30/3
28-44.89	Ncube	M	15/12
28-45.18	John Andrews (58)	N M	6/3
28-48.81	Andrews	M	30/3
28-52.58	Derek Froude	NZ A M	15/12
28-54.56	Max Little (49)	V M	30/3
28-55.9	Glen Henry (57)	V M	15/12
28-56.50	Steve Moneghetti(62)	V M	30/3
29-01.1	Garry Henry	S A	29/10
29-05.9	Graham Clews (58)	A M	15/12
29-14.3	Andrew Garnham(60)	V M	15/12
29-14.4	Vrian Morgan	Battersea Pk	
		N	29/6
29-32.9	Colin Ramadge (60)	V M	15/12
29-33.9	Danny Boltz (62)	N S	20/11
29-35.8	Peter Brett	S Bakers-	
		field	15/4
29-37.8	Wayne Brennan	N S	20/11
29-40.6	Joe Murphy (55)	V M	15/12
29-40.6	Grenville Wood (55)	S A	10/3
29-43.7	Toddy Kearns (60)	N M	15/12
29-45.6	Lindsay Burgoyne(52)	V M	15/12
29-49.1	Robin Sealey (57)	V M	15/12
29-49.7	Rob Wallace (51)	V M	15/12
29-55.6	Ray Wilson	V M	15/12
29-55.8	Peter Hutton (56)	N S	20/11
30-00.4	Keith Livingstone	NZ V M	15/12
30-02.3	Steve Foley	V M	15/12
30-05.2	Rob Falkenberg	V M	15/12
30-07.6	Paul Tucker	V M	15/12
30-12.7	Dan O'Dea	S A	9/12

## MARATHON

2:08-37.0	Rob deCastella(57)	V	Rotterdam	
				9/4/83
2:10-03.0	deCastella		HeIsinki	14/8
2:11-25.0	Derek Froude	NZ A	N.York	23/10
2:15-04.0	Nick deCastella	V	Auck.	19/11
2:15-18.10	Froude	S		13/6
2:15-31.34	Laurie Whitty(60)	N	Rio de J	2/7
2:15-50.0	Grenville Wood(55)	S	C	8/4
2:16-21.0	Laurie Adams (51)	Q	Gold Coast	
				/7
2:16-48.0	Rob Wallace (51)	V	C	8/4
2:16-57.0	Colin Neave	A	C	10/4/83
2:17-00.0	Graham Clews(58)	A	Rotterdam	
				9/4/83
2:17-03.65	John Stanley (47)	N	S	12/6
2:17-17.72	Garry Hand (45)	A	S	12/6
2:17-20.52	Steve Poulton (57)	N	S	12/6
2:17-27.0	Graeme Kennedy(58)	V	HongK.	21/1
2:19-08.0	Jeff Coole (53)	V	London	17/4/83
2:19-56.0	Glen Henry (57)	V	C	8/4
2:19-59.0	Max Little (49)	V	Hamilton	
				21/10
2:20-14.16	John Duck (52)	V	S	12/6
2:20-27.0	Paul O'Hare (49)	V	A	28/8
2:21-01.0	Brian Morgan(55)	N	N.York	23/10
2:21-49.0	Andrew Kirk	A	C	8/4
2:22-30.35	Clive Hicks	S		12/6
2:22-46.0	Alan Thurlow	NZ	W P	1/5
2:23-03.0	Sean J'Flynn	V	C	8/4
2:23-38.0	Jim Murphy	A	C	8/4
2:23-55.0	Peter Mitchell	V	M	20/11
2:24-24.0	Ian Minter (50)	V	C	8/4
2:24-44.0	Peter Schultz	S	A	/6
2:24-51.0	Len Johnson	V	C	10/4/83
2:24-58.0	L. O'Dwyer	Q	M	9/10
2:25-15.0	Greg McMahon	V	C	8/4

## 110 metres HURDLES

13.72	Don Wright (59)	Q	S	11/12
13.75	Wright		Budapest	7/9
13.87	Wright		London	23/7
13.87	Wright		M	1/4
13.91	Wright		Oslo	9/7
13.7	Wright		C	4/1
13.7	Wright		M	22/3
13.98	Wright		London	23/7
14.01	Wright		London	15/7
14.03	Wright		Berlin	17/8
14.03	Wright		Gateshead	31/7
13.8	Wright		C	21/1
14.09	Michael Wilson (59)	V	M	6/3
14.32	Michael Kent (60)	Q	B	4/3
14.39	Michael Carroll (62)	N	S	14/1
14.54	Neil McGillivray(52)	N	B	4/3
14.58	John Caligiuri(62)	V	M	1/4
14.72	Ray Warbichler	S	A	4/2
14.5	Neil Coghlan (63)	V	M	3/12
14.5	Paul Anderson(62)	V	M	3/12
14.5	Daryl Nettleton(57)	V	M	3/12
14.76	Greg Barnett (61)	V	M	31/3
14.78	Chris Nunn (58)	S	A	18/12
14.6	Graham Tew (56)	V	M	3/12
14.6	Peter Hadfield (55)	S	A	8/4
14.87	Michael Runge	Q	B	4/3

# J. & G. PANOZZO

Builders and  
Joinery Work

**3 OLGA AVENUE  
HORSHAM 3400**

**TEL: (053) 82 1981**

Contractors to the  
Public Works Dept.

## HAMPTON SUPER-RITE

*ARE PROUD TO  
SUPPORT AMATEUR ATHLETICS  
AND WISH ALL COMPETITORS  
AT EVERY LEVEL  
THE GREATEST  
POSSIBLE SUCCESS*

562 HAMPTON STREET  
HAMPTON, VIC.  
PH 598 1667

**"SPECIALS EVERY DAY  
OF THE WEEK"**

## BARCALDINE STEEL CONSTRUCTION

*Specialising in:*

- ★ Readymix Concrete
- ★ General Engineering
- ★ Backhoe Hire

grids, domestic & Industrial fences  
bulk fuel tanks, head resurfacing  
pipe & bolt threading  
mig & tig welding

Proprietors: Steve & Phil Egerton  
Railway Reserve P.O. Box 115  
Barcaldine. QLD. 4725  
Telephone: (074) 51 1364  
A/H: (074) 51 1563

*With Compliments To  
All Amateur Athletes From*

**J.A.J. LOHMAN  
PTY. LTD.**

**Master Builders**

**DORSET ROAD,  
BAYSWATER NORTH  
Phone: 729 6081**



110 metres Hurdles (Cont.)

14.93	Steve Saunders	N S	10/3
14.7	John Roche (60)	V M	3/12
15.01	Dennis Stamatelos	N M	29/3
15.02	Darren Wright	W M	29/3
14.8	James Middleton(61)	N A	18/5
14.8	Michael Young (62)	Q B	11/2
15.11	David Morrow (59)	N B	4/3
14.9	Dolph Francis	Q Towns- ville -/4	
15.17	David Tarbottom(62)	N B	4/3
15.0	Mark Longmuir	V M	19/11
15.0	Garry Brown (54)	Q Towns- ville -/4	
	<u>Wind Assisted</u>		
13.70	Wright	Helsinki	12/8
14.44	Saunders	M	29/3
14.62	Runge	M	29/3
14.69	Darren Wright	M	29/3
14.5	Ray McKinnon (61)	V M	10/3
14.6	Barry Besanko (56)	V M	10/3

UNDER 20

14.87	Runge		
14.93	Saunders		
15.01	Stamatelos		
15.02	Wright		
14.9	Francis		
15.0	Brent Hundloe	Q B	18/2
15.0	Mark Longmuir	V M	19/11
15.1	Alex Affleck	V M	29/11
15.36	Bruce Barbour	Q B	4/3
15.51	Tim Barbour	S C	15/4
15.3	Brad Goodings	V M	3/12

Wind Assisted

14.44	Saunders		
14.62	Runge		
14.69	Wright		
15.09	Affleck		

UNDER 18 (0.991m)

14.42	Steve Saunders	N S	11/2
14.3	Mark Longmuir	V M	4/2
14.74	Dolph Francis	Q M	29/3
14.80	David Misson	N M	29/3
14.86	Hamish Halley	N M	29/3
14.94	Damien Czinner	N M	29/3
14.7	David Misson	N S	7/3
15.23	Adrian Rains	W M	29/3
15.30	Peter Opherty	A M	29/3
15.37	T. Minehan	N S	11/2
15.38	Anthony Wallace	V M	29/3

400 METRES HURDLES

50.52	Garry Brown (54)	Q S	11/3
50.4	Brown	C	19/2
50.61	Brown	B	3/3
50.8	Brown	M	22/3
51.00	Brown	M	6/3
51.00	Dale Horrobin (60)	V M	31/3
51.11	Ken Gordon (62)	Q B	3/3
51.21	Neil McGillivray(52)	N B	3/3

400m Hurdles (Cont.)

51.43	Horrobin	M	3/3
51.45	Glenn MacLaughlan(62)	N M	31/3
52.1	Brian White	N C	19/2
52.31	Leigh Miller	V M	3/3
52.3	Mark Woodbridge(58)	V M	22/3
52.47	Darren Wright	W M	30/3
52.82	Andrew Trevor-Jones	N S	10/12
52.93	Chris Bradshaw	V M	3/3
52.94	Mike Edwards (56)	W M	30/3
52.9	Roger Parenzee	W P	12/11
53.26	Stuart Miller (59)	V M	3/3
53.26	Brent Hundloe	Q M	30/3
53.30	David Misson	N A	10/12
53.34	Felix Ratcliff	T M	30/3
53.42	D. McCutcheon	Q B	3/3
53.49	John Roche (60)	V M	18/1
53.57	David Tarbottom(62)	N S	12/2
53.5	David Hodgson	V A	20/3
53.66	Barry Besanko(56)	V M	1/3
53.67	Peter Brebner (61)	S A	11/3
53.78	W. Nicholson	N S	12/2
53.79	Nick Hagicostas(61)	S A	20/1
53.7	Mark Longmuir	V M	11/2
53.7	Bruce Barbour	Q B	26/2
53.92	Russell Butler	V M	30/3
54.1	Greg Doran	V M	25/2
54.2	Craig Logan (62)	V M	11/2
54.2	Errol Ata	V M	14/2

UNDER 20

52.47	Wright		
52.9	Paranee		
53.26	Hundloe		
53.30	Misson		
53.34	Ratcliffe		
53.7	Longmuir		
53.7	Barbour		
53.92	Butler		
54.62	Phillip Frawley	V M	30/3
54.80	Hamish Halley	N S	12/2
54.82	Anthony Hough	N S	12/2

UNDER 18

53.30	Misson		
53.7	Longmuir		
54.60	Simon Shirley	Q B	4/3
54.80	Halley		
55.15	Damien Czinner	N M	30/3
55.36	Richard Zganiacz	N M	30/3
55.37	Anthony Wallace	V M	30/3
57.37	Adrian Raine	W M	30/3
57.77	Andrew Zorzit	A M	30/3
58.09	Matthew Forwood	V M	30/3

3000 METRES STEEPLECHASE

8-34.52	Gary Zeuner (53)	S M	31/3
8-35.02	Wayne Dyer (58)	V M	31/3
8-38.9	Brendan Hewitt (64)	S A	8/2
8-39.94	Peter Larkins (54)	V M	31/3
8-41.0	Zeuner	A	8/2
8-42.39	Hewitt	M	31/3
8.43.89	Dyer	M	4/3



3000m Steeplechase (Cont.)

8-45.0	Hewitt	A	22/2
8-45.11	Gary Briggs (58)	Q M	4/3
8-45.20	Briggs	M	31/3
8-47.6	Chris Cook	A M	22/3
8-49.7	Andrew Garnham(60)	V M	24/11
8-49.76	John Corack (61)	V M	4/3
8-53.14	Chris Lynch (54)	V M	4/3
8-55.1	Pat Kaufman (58)	T M	2/2
8-56.4	Barry Greig	V M	2/2
8-56.82	Steve Brennan (51)	V M	4/3
8-58.63	Ian Minter (50)	V M	4/3
8-59.9	Glen Young	S A	15/1
9-02.5	Andrew Wilkinson	V M	2/2
9-02.36	Craig Logan (62)	4/3	
9-03.9	Andrew Douglas	N S	18/1
9-04.4	Bruce Kentwell	N S	28/1
9-08.4	Bob Lange (50)	V A	29/2
9-09.1	Peter Brett	S Salinas	21/4
9-09.28	Graham Kipp (46)	V M	4/3
9-13.1	Bryan Lewry (56)	V M	10/3
9-14.83	Robert Skinner	V M	1/3
9-15.0	Robin Gorringe	S A	23/11
9-15.3	Grant Warren	V M	2/2
9-17.2	Jamie Botten	S A	4/1
9-18.5	Chris Viney	V M	2/2
9-19.98	John Walsh	V M	1/3
9-20.5	Arthur Kingsland(56)	V M	2/2
9-21.9	Andrew Cochrane	V M	2/2
9-22.0	Greg Adams	V M	21/1

2000 METRES STEEPLCHASEUNDER 20

5-31.80	Michael Inwood	Q A	11/12
5-35.42	Stuart Mee	A A	11/12
5-47.55	Bruce Kentwell	N M	30/3
5-52.47	Ian Humphries	Q M	30/3
5-53.54	John Walsh	V M	30/3
5-53.99	Robert Skinner	V M	30/3
5-55.1	Brendan Hewitt (64)	S A	11/1
5-56.35	Stephen Rothwell	N M	29/3
5-57.0	Ray Boyd	W P	10/3
6-00.63	Jason Agosta	V M	29/3

UNDER 18

5-31.80	Inwood		
5-35.42	Mee		
5-56.35	Rothwell		
5-57.0	Boyd		
6-00.63	Agosta		
6-04.10	Mark Nicholl	N S	12/2
6-04.33	Laurie Dalton	V M	1/3
6-07.10	Craig Greber	A	11/12
6-07.87	Pat Woods	A M	29/3
6-08.46	Stuart Knight	Q B	3/3
6-08.64	Matthew McKenzie(67)	V M	1/3
6-08.67	Rod Davies	V M	1/3

4 x 100 METRES RELAY

40.02	National Team	Helsinki	9/8
40.77	Victoria	M	31/3

4 x 100 metres Relay (Cont.)

40.90	New South Wales	M	31/3
40.95	W. Australia	M	31/3
41.0	Essendon-EMH	V M	10/3
41.0	S.E. Suburbs	V M	10/3
41.25	N.S.W. U.19	A	15/12
41.32	Victoria U.20	M	29/3
41.59	Queensland	S	14/1
41.53	South Australia	M	31/3
41.64	Victoria U.19	A	10/12
41.67	Queensland U.20	M	29/2
41.5	Mayne Harriers	Q B	28/1
41.81	N.M.K. U.20	N S	19/11
41.86	South Australia U.20	M	29/3
41.8	St. Stephens Harr.	V M	24/11
41.8	Box Hill	V M	10/3
42.05	U.N.S.W.	N S	20/11
41.9	Mt. Gravatt	Q B	28/1
41.9	W.A. University	W P	18/2

4 x 200 METRES RELAY

1-25.48	Manly-Warringah U20	N S	3/12
1-25.75	Ryde Hornsby	N S	3/12
1-26.3	Essendon-EMH	V M	3/12
1-26.4	St. Stephens Harr.	V M	3/12
1-26.6	Mayne Harriers	q b	29/1
1-26.9	Collingwood	V M	17/12
1-27.2	Glenhuntly	V M	17/12
1-27.79	Western Suburbs	N S	3/12
1-27.8	Mt. Gravatt	Q B	29/1
1-27.9	S.E. Suburbs	V M	11/2
1-28.09	Nat. Junior Team	Walnut	28/4

4 x 400 METRES RELAY

3-02.1	National Team	M	26/6
3-03.97	National Team	M	6/3
3-04.29	National Team	M	1/4
3-07.66	Composite Team	M	6/3
3-08.59	N.S. Wales	M	1/4
3-10.90	National Team	S	12/2
3-11.19	N.S. Wales	S	12/2
3-11.62	National Team	Helsinki	12/8
3-12.2	St. Stephens Harr.	V M	18/12
3-12.59	U.N.S.W.	N S	25/11
3-13.6	Glenhuntly	V M	18/12
3-13.7	A.I.S.	C	28/1
3-14.1	Sandringham	V M	18/11
3-14.39	Victoria U18	M	30/3
3-14.50	Victoria U20	M	30/3
3-14.67	Victoria U19	A	11/12
3-14.70	Queensland U19	A	11/12
3-15.20	Victoria	M	1/4
3-15.4	Victoria	M	7/1
3-15.67	N.S. Wales	S	15/1

4 x 800 METRES RELAY

7-32.0	St. Stephens Harr.	V M	17/12
7-34.7	Floreat	W P	3/3
7-41.0	Glenhuntly	V M	17/12
7-41.86	Randwick Botany	N S	3/12

## 4 x 800 metres Relay (Cont.)

7-48.5	Toowong	Q B	29/1
7-49.3	Lara	V M	17/12
7-50.6	Mitchelton	Q B	29/1
7-51.12	Northern Suburbs	N S	3/12
7-52.04	Sydney Uni.	N S	3/12

## 4 x 1500' METRES RELAY

15-45.5	Queensland Uni.	Q B	28/1
16-01.35	Bankstown	N S	20/11
16-01.70	Manly-Warringah U20	N S	3/12
16-10.3	Doncaster	V M	18/12
16-11.5	Old Xaverians	V M	18/12
16-12.3	Box Hill	V M	18/12
16-17.8	Toowong	Q B	28/1
16-18.7	T.G.C.	Q B	28/1
16-19.2	Mitchelton	Q B	28/1
16-22.41	Blue Mts. U20	N S	3/12

## 3000 METRES WALK

11-36.04	David Smith (55)	V	London	23/7
11-58.3	Simon Baker (58)	V M		10/3
11-58.5	Baker	M		18/2
11-59.8	Baker	M		24/11
12-02.0	Baker	M		12/11
12-07.3	Baker	M		2/2
12-10.9	Andrew Jachno (62)	V M		10/3
12-14.5	Mike Woods (62)	N S		19/11
12-16.4	Baker	M		26/11
12-17.8	Michael Harvey (62)			10/3
12-20.4	Martin Richardson(63)	V M		2/2
12-23.4	Bill Dyer (61)	V M		24/11
12-24.5	Duncan Knox (59)	V M		2/2
12-29.2	Mark Thomas	V M		24/11
12-30.36	Alan Muir (64)	N S		17/12
12-43.5	Stephen Richardson(64)	V M		21/1
12-44.3	Keith Knox (50)	N S		5/11
12-47.0	Paul Copeland (67)	V M		2/2
12-48.1	Mark Wall (56)	V M		21/1
12-49.1	David Thomson	A C		11/3
12-49.2	Trevor Nancarrow	V C		10/3
12-49.4	George White	S A		14/1
12-50.98	John Smith (38)	N S		3/12
12-53.0	David Cash (51)	V M		18/2
12-57.30	Ben Cullen	N S		17/3
12-58.80	Frank Clarke	N S		17/3
13-02.0	Stephen Donald	N S		29/1
13-04.0	Mark Donahoo	V M		22/10
13-04.1	Rod Huxley (60)	N S		22/10
13-04.7	Nicholas Ahern	N S		29/1
13-05.0	Tim Erickson (50)	V M		21/1
13-05.9	Bob Mee	A C		11/3
13-10.3	Richard Wverson	S A		14/1
13-11.0	Clyde Riddoch	V M		21/1
13-12.5	Chris Mee	A C		10/3
13-13.7	Leigh Purtil	V C		11/3
13-14.8	Andrew Ludwig	Q B		23/3
13-17.0	Denis Bunworth	V M		21/1
13-19.81	Greg Rowe (61)	N S		3/12

## 3000 metres Walk (Cont.)

<u>UNDER 20</u>			
12-30.36	Muir		
12-43.5	S. Richardson		
12-47.0	Copeland		
12-49.2	Nancarrow		
12-57.30	Cullen		
13-02.0	Donald		
13-04.7	Ahern		
13-12.5	C. Mee		
13-14.8	Ludwig		
13-22.8	Rob McFadden	S A	5/11
13-26.0	Paul Kennedy	V M	21/1
13-26.7	Ian Waters (67)	V A	9/12
<u>UNDER 18</u>			
12-47.0	Copeland		
13-04.7	Ahern		
13-12.5	Mee		
13-14.8	Ludwig		
13-26.7	Waters		
13-27.0	Jack Grimanes	N S	8/10
13-32.0	Paul Hilton	V M	2/2
13-40.0	Ken Miller	V M	6/11
13-43.40	Grant Saunders	V M	1/3
13-48.02	Alex Crawford	N S	13/9
13-52.81	C. Bull	V M	1/3

## 5000 METRES WALK

19-20.5	David Smith (55)	V M		29/10
19-31.53	Smith	M		31/3
19-43.4	Smith	S		19/2
19-45.65	Willi Sawall (41)	V M		31/3
19-56.9	Smith	C		11/1
19-57.68	Simon Baker (58)	V M		31/3
20-12.0	Smith	C		11/2
20-18.9	Andrew Jachno (62)	V C		11/1
20-40.83	Michael Harvey (62)	V M		31/3
20-56.1	Baker	M		29/11
21-09.17	Mike Woods (62)	N S		10/12
21-11.77	Alan Muir (64)	N M		31/3
21-18.7	Martin Richardson(63)	V M		29/11
21-25.35	Steven Richardson(64)	V M		31/3
21-26.0	Bill Dyer (61)	V M		8/2
21-30.7	George White	S A		7/12
21-43.83	Duncan Knox (59)	V M		31/3
21-47.11	Keith Knox (50)	N M		31/3
21-54.7	Richard Everson	S A		7/12
22-01.2	Trevor Nancarrow	V M		2/3
22-13.0	Mark Dosseter	V M		14/2
22-22.0	Mark Wall (56)	V M		8/2
22-25.61	John Smith (38)	N S		10/12
22-33.1	Bob Mee	A C		11/2
22-36.97	Ben Cullen	N S		15/1
22-43.0	Ian Fay	S A		9/11
22-52.29	Greg Rowe (61)	N S		10/12
22-53.0	Rob McFadden	S A		9/11
22-54.0	Clyde Riddoch	V M		15/1
22-55.7	Stephen Donald	N S		28/12

# LEIGHTON

AUSTRALIA'S LEADING  
CONSTRUCTION CONTRACTOR

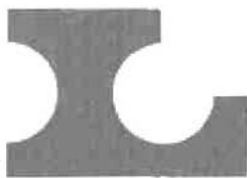
**BUILDS A BETTER AUSTRALIA**

- Feasibility Studies
- Design & Construction
- Project Management

- FOR
- Civil Engineering
  - Building
  - Property Development
  - Mining
  - Mechanical & Electrical Engineering



**Advance Australia**



**TEL: 819 4633**

**LEIGHTON CONTRACTORS PTY. LTD.**  
116 Church Street, Hawthorn 3122



**WORLD LEADER** in the research production of **ALOE VERA**.

Talk to us about the treatment of **SPORT RELATED INJURIES** and the many benefits of our **BEE POLLEN** and **BEE PROPOLIS** Products.

**FOREVER LIVING PRODUCTS** can be purchased through independent distributors. For further information and marketing opportunities contact:—

**SYDNEY**

Bob Hendricks,  
36 Amax Avenue,  
GIRRAWEE, N.S.W., 2145.  
(02) 668 1277

**MELBOURNE**

Malcolm McLean,  
Unit 1/13 Aylward Avenue,  
THOMASTOWN, Vic. 3074.  
(03) 460 4388

**BRISBANE**

Graham Edelston,  
111 Colchester Street,  
STH BRISBANE, Qld. 4101.  
(07) 44 9510

**ADELAIDE**

Peter Tooth,  
Unit 1/68 William Street,  
NORWOOD, S.A. 5067.  
(08) 332 6299

**PERTH**

David Gorell,  
Unit 3/115 Howe Street,  
Osborne Park Trade Centre,  
OSBORNE PARK, W.A., 6017.  
(09) 443 2388

## 5000 metres Walk (Cont.)

22-56.3	David Thompson	A C	11/2
23-00.79	John Harris	Q S	10/12
23-07.9	Richard Pestell	W P	25/2
23-09.76	Frank Clarke	N S	10/12
23-19.0	Paul Nunn	V M	14/2
23-22.2	Malcolm Coleman	V M	2/3

## UNDER 20

21-11.77	Muir		
21-25.35	Richardson		
22-01.2	Nancarrow		
22-13.0	Dosseter		
22-36.97	Cullen		
22-53.0	McFadden		
22-55.7	Donald		
23-19.0	Nunn		
23-22.2	Coleman		
23-26.5	Paul Kennedy	V M	17/1
23-46.81	Jack Grimanes	N S	25/1
23-54.8	Andrew Ludwig	Q B	3/12

## 20km WALK

1:20-22.7	David Smith (55)	V M	18/12
1:20-51.0	Smith	Petange	21/8
1:23-00.0	Smith	S	4/3
1:23-10.0	Smith	M	24/4/83
1:23-26.8	Willi Sawall (41)	V M	8/4
1:23-31.0	Smith	M	22/5
1:23-56.0	Sawall	S	4/3
1:24-28.9	Simon Baker (58)	V M	21/1
1:24-39.6	Andrew Jachno (62)	V M	21/1
1:24-42.1	Baker	Bergen	24/9
1:28-17.1	Mike Woods (62)	N Bergen	24/9
1:28-39.6	Michael Harvey(62)	V M	8/4
1:29-45.2	Bill Dyer (61)	V M	21/1
1:29-48.0	Martin Richardson	V M	5/2
1:30-17.0	Tim Erickson (50)	V A	26/6
1:33-05.0	George White	S A	26/6
1:33-42.0	Duncan Knox (59)	V M	22/5
1:34-44.0	John Smith (38)	N S	7/5
1:35-46.5	Richard Everson	S M	5/2
1:35-58.0	Rod Huxley (60)	N A	26/6
1:36-14.0	Ian Fay	S S	4/3
1:36-40.0	Peter Fullager	S A	26/6
1:36-50.0	Alan Muir (64)	N S	23/7
1:36-57.0	Keith Knox (50)	N S	4/3
1:37-01.0	David Cash (51)	V M	22/5
1:37-34.0	John Harris	Q S	4/3
1:37-51.0	Jim Bannon	V M	22/5
1:38-28.0	Mark Donahoo	V M	5/2
1:38-47.6	Clarrie Jack (45)	V M	21/1
1:38-57.0	David Thomson	A S	4/3
1:38-58.0	Harry Summers	V M	22/5
1:39-06.6	Paul Copeland(67)	V M	5/2
1:39-56.0	Ben Cullen	N S	4/3
1:40-05.0	Greg Rowe (61)	N A	26/6
1:40-31.0	Colin Barnett	S	4/3
1:41-12.0	Malcolm Coleman	V M	5/6

## 50km WALK

4:01-02.0	Andrew Jachno (52)	V A	18/3
4:05-41.0	Michael Harvey (62)	V A	18/3
4:15-12.7	Tim Erickson (50)	V Bergen	25/9
4:18-09.0	Harvey	S	9/7
4:21-27.0	Keith Knox (50)	N A	18/3
4:21-55.0	Erickson	S	9/7
4:27-07.0	Bill Dyer (61)	V S	9/7
4:27-15.0	Duncan Knox (59)	V S	9/7
4:28-11.0	Keith Knox	N S	9/7
4:31-11.0	Dyer	M	5/6
4:35-57.0	Colin Donald(57)	V M	5/6
4:36-20.0	Ian Fay	S S	9/7
4:36-20.0	Peter Fullager	S S	9/7
4:37-19.0	Robin Whyte (52)	N S	9/7
4:42-09.0	David Cash (51)	V M	5/6
4:44-07.0	John Smith (38)	N S	9/7
4:45-49.0	Harry Summers	V A	18/3
4:47-41.0	Mark Wall (56)	V M	24/4
4:53-42.0	John Harris	Q S	9/7
4:55-29.0	Tim Thomson	S S	9/7
4:59-47.0	Frank Overton(48)	N S	9/7
5:02-16.0	Greg Rowe (61)	N S	9/7
5:06-41.0	Tomas Kazak	A	18/3
5:17-59.0	G. Audley	A	18/3

## HIGH JUMP

2.28	John Atkinson (63)	Q M	31/2
2.25	Atkinson	P	18/3
2.20	Atkinson	B	25/2
2.20	Atkinson	A	14/3
2.18	John Knight (58)	V M	3/3
2.17	Knight	M	31/3
2.16	Ian Rutledge (65)	Q B	3/3
2.15	Rutledge	B	4/2
2.15	Mike Allen	W P	11/2
2.15	Atkinson	S	11/2
2.15	Knight	M	11/2
2.15	Atkinson	B	18/2
2.15	Atkinson	B	4/3
2.15	Knight	M	6/3
2.15	Atkinson	S	11/3
2.15	Mark Lane (64)	Q M	30/3
2.13	Angus Waddell (64)	Q B	12/11
2.12	Des Braitwaite	V M	30/3
2.11	Joe Cordone	S A	17/12
2.11	Jeff Parker (65)	N A	11/3
2.10	Mark Barratt (58)	S Edmonton	6/7
2.10	Gary Johnson (64)	S A	4/2
2.08	Neale Smith (65)	N Tucson	27/4
2.08	David Correll	S A	11/2
2.08	David Morrow (59)	N S	11/2
2.07	David Anderson(65)	W P	10/3
2.07	Richard Sandilands	N M	30/3
2.06	Tim Barbour	S A	30/13
2.06	Mark Thebridge(62)	N S	14/1
2.05	Ross Wickham	W P	19/11
2.05	Mark Nugent	S A	26/11

High Jump (Cont)

2.05	Geordie Scott	A A	9/12
2.05	Shaun Seery (63)	N S	11/2
2.05	Andrew Munsberg (65)	S A	25/2
2.05	Jeff Lang (65)	V M	3/3
2.05	Simon Shirley	Q M	17/3
2.05	A. Ryan	N S	17/3
2.04	Andrew John	N S	29/10
2.04	Paul Cameron	Q A	10/12
2.04	Peter Agnew	N A	11/12
2.04	D. Harrison	Q A	10/12
2.04	Clive Munsberg	S P	15/1

UNDER 20

2.16	Rutledge
2.15	Allen
2.15	Lane
2.13	Vaddell
2.12	Jraithwaite
2.11	Cardone
2.11	Parker
2.10	Johnson
2.08	Smith
2.08	Correll

UNDER 18

2.15	Allen		
2.08	Correll		
2.07	Sandilands		
2.06	Barbour		
2.05	Shirley		
2.04	Agnew		
2.04	C. Munsberg		
2.04	Cameron		
2.03	Michael Morgan(66)	V M	6/11
2.02	Ray Smith	N S	4/2
2.00	Damian Medins	Q B	21/1
2.00	Ernie Keseg	S A	25/2
2.00	Steve Wachtel	S A	25/2
2.00	Sandy Hancock	S A	17/12
2.00	Jason Preston	V M	4/3
2.00	Philip Henderson	V M	4/3
2.00	Chris Barnett	Q B	3/3

POLE VAULT

5.36	Don Baird (51)	V Eugene	9/6
5.21	Baird	Eugene	1/7
5.20	Baird	Eugene	14/5
5.20	Baird	Eugene	4/6
5.00	Rob Chisholm(57)	V M	12/11
4.90	Chisholm	N	19/11
4.90	Greg Wainwright(61)	S A	25/2
4.90	Chisholm	M	4/3
4.90	Chisholm	M	1/4
4.81	Peter Hadfield (55)	S A	8/4
4.80	Ray Boyd (51)	V London	24/7
4.80	Neil Honey (63)	V M	10/3
4.80	John Mattinson(65)	S A	11/3
4.80	Kym Simons (58)	S A	24/3
4.70	Rob Huddle (54)	V M	21/1
4.70	Andrew Stewart (55)	V M	1/3
4.70	Mark Stewart (62)	V M	1/4
4.66	Gavin Vernon (59)	N S	12/2

Pole Vault (Cont)

4.63	Peter Dyer (58)	NZ N S	5/11
4.60	Brett Randall(54)	V M	1/4
4.45	Murray Priestley(65)	V M	18/2
4.35	Chris Spillane	V M	30/3
4.35	Simon Arkell	S M	30/3
4.25	John Adamopoulos(67)	V A	22/12
4.25	James Simons (65)	S A	10/3
4.25	Anthony Hough (64)	N S	24/3
4.15	Cameron Cuthill (62)	V M	19/11
4.15	Peter Fossey (59)	V M	15/12
4.15	Mark Spivey (61)	V M	4/3
4.15	Tim Foster	Q M	30/3
4.11	John Clapton	Tucson	27/4/83
4.10	Serge Ambrose	S A	8/12
4.10	Robert Sadler	NZ S A	18/2
4.10	Ian Wilson (59)	W P	19/2
4.10	P. McDonald	N S	12/2
4.10	Tim Day	NZ S A	11/3
4.10	Sam Mantoufeh	N M	29/3
4.10	Stuart Andrews	N C	15/4

UNDER 20

4.80	Mattinson
4.45	Priestley
4.35	Spillant
4.35	Arkell
4.25	Adamopoulos
4.25	J. Simons
4.25	Hough
4.15	Foster
4.11	Clapton
4.10	Ambrose
4.10	McDonald
4.10	Day
4.10	Mantoufeh

UNDER 18

4.35	Spillant		
4.35	Arkell		
4.25	Adamopoulos		
4.15	Foster		
4.05	Justin Thomas	S M	30/3
4.00	Brian McCullough	V M	22/3
3.90	Tim Barbour	S C	15/4

LONG JUMP

8.15	Gary Honey (59)	V M	31/3
8.12	Honey	Helsinki	9/8
8.06	Honey	Helsinki	10/8
8.06	Honey	Zurich	24/8
8.05	Honey	London	29/8
8.05	Honey	M	6/3
8.03	Honey	A	14/3
8.01	Honey	Brussels	26/8
8.00	Honey	M	25/2
7.97	Honey	Berlin	17/8
7.64	Michael Morgan(66)	V A	11/12
7.54	Robert Hannah (65)	N S	16/10
7.52	Robbie Wood (66)	V A	11/12
7.37	Ray McKinnon (61)	V P	12/11
7.36	Brian Hutchins (58)	N M	31/3

## Long Jump (Cont.)

## 65 TRIPLE JUMP

7.33	Stephen Knott (59)	T H	26/11
7.33	Jason Swan	S A	11/3
7.31	Glen Rosen	N Modesto	14/5
7.31	David Culbert	V A	9/12
7.28	Jon O'Grady	Q B	8/12
7.27	James Middleton(61)	N S	2/10
7.24	Glenn Stewart	W M	31/3
7.21	Robert Knight	S A	-/4/83
7.21	Peter Hadfield(55)	S A	25/2
7.20	Peter Fossey (59)	V M	14/12
7.17	Simon Corthy (62)	S A	11/3
7.15	Paul Cleary (62)	V C	2/10
7.14	John Smith	V M	3/12
7.12	Chris Jackson (61)	N S	2/10
7.11	Stuart Parr (58)	N S	29/1
7.11	Simon Shirley	Q M	30/3
7.10	Chris Nunn (58)	S A	26/11
7.09	Brett Kennedy	Q M	30/3
7.06	Steve McBain	S A	9/12
7.05	Andrew Newton (63)	W P	4/2
7.04	Glenn Carroll	N S	15/10
7.04	Roger Weedon	S A	18/12
7.04	John Savis (56)	Q B	4/3
7.03	Peter Beames (63)	V C	28/1
7.03	Ian Reed (65)	V M	11/2

Wind Assisted

8.25	Honey	M	11/2
7.66	Hannah	S	12/2
7.56	Stewart	P	10/12
7.44	Hadfield	A	7/4
7.39	Rosen	S	12/2
7.38	Smith	M	11/2
7.17	Newton	P	4/3

UNDER 20

7.64	Morgan
7.54	Hannah
7.52	Wood
7.31	Rosen
7.31	Culbert
7.21	Knight
7.11	Shirley
7.09	Kennedy
7.06	McBain
7.04	Carroll

Wind Assisted

7.66	Hannah
7.39	Rosen

UNDER 18

7.64	Morgan		
7.52	Wood		
7.31	Culbert		
7.11	Shirley		
7.06	McBain		
7.04	Carroll		
7.02	Ian Doyle	V C	11/3
6.94	Steve Saunders	N S	16/10
6.91	Joseph Clarke	V M	30/3
6.90	Attila Cipak (68)	V M	22/10
6.88	Ian van Roden	Q M	30/3

16.60	Ken Lorraway (56)	A C	14/12
16.59	Lorraway	London	15/7
16.59	Lorraway	M	1/4
16.51	Lorraway	A	10/3
16.49	Lorraway	A	14/3
16.42	Lorraway	Nice	18/7
16.34	Lorraway	M	6/3
16.22	Peter Beames (63)	V A	11/2
16.02	Beames	C	19/2
15.98	Beames	A	4/2
15.23	George Murrell (60)	S A	3/12
15.18	Ian van Roden	Q A	11/12
15.14	Paul Cleary (62)	V C	29/10
15.13	Peter Butler (56)	N S	21/12
15.02	David Rooney (59)	N B	3/3
15.00	Gary Honey (59)	V M	26/11
15.00	Peter Kropp	Q B	26/11
15.00	Robert Syme	S A	18/2
14.98	Andrew Newton (63)	W P	k8/3
14.93	Paul Simonsen	N M	29/2
14.92	Michael Morgan(66)	V M	6/11
14.89	Jason Swan	S A	17/12
14.87	Clay Tompkin (53)	N S	11/2
14.79	Anthony Hough(64)	N S	14/1
14.78	David Hayes	S A	18/2
14.74	Michael Skerritt(66)	V A	11/12
14.74	Bohdan Babijczuk(52)	V M	10/3
14.73	Nick Mones	V A	20/5
14.69	Mick McGrath (47)	N S	28/1
14.62	John MacKenzie	W M	29/3
14.59	Matt Sweeney	V M	29/3
14.54	Steve Saunders	N S	15/10
14.49	Peter Stanley	V M	4/3
14.48	David Zorin (57)	Q B	3/3
14.47	Nick Hodgson	V A	20/5
14.45	Ian Brindley	N S	21/12
14.44	Peter Griffin	V M	4/3

Indoors

16.81	Lorraway	Osaka	16/1
-------	----------	-------	------

Wind Assisted

17.07	Lorraway	C	19/2
17.03	Lorraway	A	10/3
15.37	Newton	P	18/2
15.23	Rooney	S	26/11
14.84	Babijczuk	M	1/4
14.82	Mackenzie	M	30/3

UNDER 20

15.18	Van Roden
15.00	Syme
14.93	Simonsen
14.92	Morgan
14.79	Hough
14.78	Hayes
14.74	Skerritt
14.62	Mackenzie
14.59	Sweeney
14.54	Saunders



REG'D. USED UNDER AGREEMENT WITH THE TRADEMARK OWNERS



**It's marvellous  
what a difference  
MILO makes!**

## THE FOUNTAIN LINE MARKER

**—It Sprays it on!**

Ideal for quick and easy marking of Football Grounds, Athletic Fields and Tennis Courts.

Over 40,000 in use on Leading Playing Fields and Tennis Courts in Australia.

Made in three sizes:

- No. 1 for Tennis Courts
- No. 3 for Small Playing Areas or 3 Tennis Courts
- No. 6 for Football Fields and Athletic Grounds

No. 3 and No. 6 also available for 4" Line

When ordering state whether for hard or grass surface.

## FOUNTAIN LINE MARKER CO.

3 JABEZ ST., MARRICKVILLE, N.S.W. 2204 (02) 569 4794

Queensland: Oxley Bros. (07) 259 9529 Victoria: Oxley Bros. (03) 64 3497 South Australia: J.L. Burley (08) 42 7715 Western Australia: Nicholas J. Bell (09) 445 2949



## ATHLETIC MARKING PINS



USED FOR MARKING—  
HANDICAP POSITIONS

—COMPETITOR

POSITIONS—RELAY

BATON CHANGE

POSITIONS—STARTING

POSITIONS—TAKE OFF

LINE FOR JUMPING—

DISTANCE MARKING

FOR SHOT PUT AND

JAVELIN, AND DISCUS.

JOHN MCGAIN PTY. LTD

PHONE. NO. 569-4794

100 mm. SQUARE FLAG

—300 mm. LONG

POINTED STEM—ZINC

PLATED FOR RUST

RESISTANCE—

WEATHER RESISTANT

NUMBERS 20 PER SET

—NUMBERED 1-20.

IN METAL CARRYING

RACK.

3 JABEZ STREET,  
MARRICKVILLE 2204



## Triple Jump (Cont.) - Under 20

	<u>Wind Assisted</u>			
14.82	Mackenzie			
14.55	Malcolm Duncan	V M	29/3	
	<u>UNDER 18</u>			
15.18	van Roden			
14.93	Simonsen			
14.92	Morgan			
14.59	Sweeney			
14.54	Saunders			
14.35	Greg Harvey	W A	11/12	
14.31	Tim Barnes	A	11/12	
14.30	Alan Flynn	N M	29/3	
14.15	Steve McBain	S M	29/3	
14.07	Andrew Blight	V A	11/12	

	<u>Wind Assisted</u>			
14.58	McBain	M	29/3	
14.33	Flynn	M	29/3	

SHOT PUT

18.52	Phil Nettle (54)	S S	12/2	
18.14	Ray Rigby (49)	V M	4/3	
18.14	Nettle	A	14/3	
18.09	Nettle	C	4/2	
18.08	Rigby	M	22/3	
18.03	Nettle	M	4/3	
18.01	Nettle	M	6/3	
17.96	Rigby	S	12/2	
17.92	Rigby	M	1/4	
17.80	Nettle	A	11/3	
17.46	Stuart Gyngeil (63)	N S	11/3	
17.34	Matt Barber (56)	W A	15/1	
16.76	Wayne Barber	W P	19/11	
16.60	John Minns (67)	V M	1/4	
16.50	Greg Sedgwick (62)	Q B	3/3	
16.38	Sam Hayes (61)	N S	29/10	
16.37	Peter McGrath (61)	N S	12/11	
15.78	Damien Green (60)	V M	11/12	
15.59	Merv Kamp (42)	S S	12/2	
15.55	John McNamara	Q B	16/3	
15.32	Koris Bertolacci (54)	V M	21/1	
15.26	Joe Quigley (61)	V M	4/3	
14.93	Vlad Slavnic (58)	V M	18/2	
14.78	San Latu (51) Tonga	V M	10/3	
14.66	Hans Lotz (47)	V Hamburg	24/8	
14.53	B. Horvatin	V M	28/1	
14.49	Grant Edwards (62)	N S	14/1	
14.38	Philip Frkovic	N M	30/3	
14.36	Robert Wagner	N S	29/10	
14.33	Keith Falle	NZ N S	7/1	
14.29	Stephen Liggins	N M	30/3	
14.01	Alan Davies	N S	5/2	
13.96	Peter Lonsdale	Q M	30/3	
13.75	R. Chambers	Q B	26/11	
13.74	Peter Hadfield	S C	14/4	
13.71	S. Shorten	V M	12/11	
13.71	J. Payne	N S	5/2	
13.70	Brian Zunker	Q Townsville		

## 67 Shot Put (Cont.)

	<u>UNDER 20</u>			
16.60	Minns			
14.38	Frkovic			
14.29	Liggins			
14.01	Davies			
13.96	Lonsdale			
13.71	Payne			
12.98	Cole Larsen	T H	3/3	
12.85	Terry Panayiotidis	V M	30/3	
12.62	Adam Matthews	S M	30/3	
12.50	John Light	Q B	3/3	

	<u>UNDER 18 (5.449kg)</u>			
19.31	John Minns (67)	V M	30/3	
16.61	Werner Reiterer(68)	V M	3/3	
16.46	Bentley Laidler	W P	25/2	
15.23	Craig Watson	T M	35/3	
14.85	Alan Flynn	N M	30/3	
14.82	A. Butler	N B	4/3	
14.78	Ray Edwards	Q M	30/3	
14.46	Sean Disbury	S M	30/3	
14.30	Vincent Muccitelli	V M	3/3	
14.29	Anthony O'Brien	N S	4/2	

DISCUS THROW

60.08	Paul Nandapi (61)	V A	10/3	
59.42	Nandapi	A	15/1	
58.90	Nandapi	S	12/2	
58.70	Nandapi	M	22/3	
58.68	Nandapi	C	19/2	
58.32	Nandapi	C	21/1	
58.02	Nandapi	M	6/3	
57.34	Nandapi	M	3/3	
56.96	Nandapi	M	7/1	
56.84	Nandapi	A	14/3	
55.96	Vlad Slavnic (58)	V M	18/2	
55.60	Phil Nettle (54)	S C	19/2	
52.44	Merb Kemp (42)	S C	19/2	
52.14	Dick Priman (52)	Q B	4/3	
51.74	Bill Apostolidis(63)	N S	14/1	
50.72	Sam Hays (61)	N S	24/3	
50.06	Greg Sedgwick (62)	Q B	23/3	
49.20	John Henry	W P	7/12	
48.78	Greg La Rose	V S	15/1	
48.78	Werner Reiterer	V M	18/2	
48.30	Mark Henderson	Q M	2/3	
48.28	Joe Quigley (61)	V M	3/3	
47.84	Craig Considine(59)	V M	12/11	
47.76	Ken Soutar (57)	N S	29/1	
47.68	Perdi Hynnfi Finland	V M	10/3	
47.60	David Sullivan	N S	29/1	
47.10	Alan Bray	N M	29/3	
47.08	Stuart Gyngeil(63)	N S	24/3	
46.32	John Minns (66)	V Geelong	11/2	
46.06	Peter McGrath (61)	N S	12/2	
46.02	Scott Ellard	V M	12/11	
46.00	Rob Wilks (54)	V M	17/1	
45.88	Warwick Selvey(39)	A M	31/3	
45.66	Peter Hadfield (55)	S C	15/4	
45.42	Jamie Hyland	W M	29/3	



Discus Throw (Cont.)

45.12	John Light	N M	29/3
44.50	Larry Sbisa	V M	3/3
43.90	S. Shorten	V M	22/10
43.42	John McNamara	Q B	4/3

UNDER 20

48.75	La Rose		
48.78	Reiterer		
47.60	Sullivan		
47.10	Bray		
46.32	Minns		
46.02	Ellard		
45.42	Highland		
45.12	Light		
44.50	Sbisa		
42.56	Philip Frkovic	N S	26/11

UNDER 18

59.82	Werner Reiterer(68)	V M	22/10
52.90	Sean Carlin	S M	29/3
51.78	Stephen Carline	N M	29/3
51.06	Steve Larsson	S M	29/3
50.20	John Minns (67)	V M	29/3
48.62	Bentley Laidler	W P	3/3
47.10	Craig Watson	T L	28/1
46.84	Todd Davey	W M	29/3
46.24	Vincent Muccitelli	V M	29/3
45.48	Alan Flynn	N C	15/4

HAMMER THROW

73.80	Hans Lotz (47)	V M	25/4/83
72.52	Lotz	M	17/4/83
69.60	Lotz	M	24/3
69.34	Lotz	M	7/1
69.08	Lotz	M	10/3
66.86	Lotz	M	31/3
66.28	Lotz	Mayen	18/9
66.14	Lotz	Helsinki	8/8
66.14	Lotz	M	30/3
65.42	Phillip Spivey (61)	V C	4/1
62.00	Joe Quigley (61)	V M	24/3
61.60	Eugene Bria	S M	31/3
59.86	Greg Farmer (55)	N S	7/3
59.04	John Rofe	S M	24/3
58.44	David Huxley (58)	T C	11/2
57.18	Wal Jacenko (46)	N S	17/3
56.46	Brad Monk (63)	Q B	11/2
56.46	Loris Bertolacci(54)	V M	15/2
56.44	George Malachowski(49)	V M	3/12
56.38	Robert Wagner	N S	29/2
54.86	Gus Puopolo (48)	V M	19/11
52.84	Scott Ellard	V M	3/3
52.80	Ian Ison (48)	N S	7/3
52.46	Vince Muccitelli(66)	V M	19/11
51.90	David Kozlowski	S A	10/3
51.78	Phil Robinson	W P	10/12
51.12	Roger Glass (54)	V M	10/12
51.02	Neil Tatt	V M	18/2
50.78	Steve Dorman	V M	28/1
50.38	Tom Murrell (62)	S A	19/11
50.36	Stephen Hall	V M	25/2

Hammer Throw (Cont.)

50.30	Andrew Heyes (61)	N S	5/2
50.24	Sean Carlin	S A	11/3
48.42	Zeljan Medak	V M	30/3
48.20	Matt Barber (56)	W P	19/11
47.88	Russell Alphey	V M	21/1
47.28	Grant Edwards	N S	14/1

UNDER 20

52.84	Ellard		
52.46	Muccitelli		
51.90	Kozlowski		
50.24	Carlin		
48.42	Medak		
44.68	Adam Matthews	S A	11/2
44.52	Philip Frkovic	N S	24/3
44.46	Darren Disbury	S M	30/3

UNDER 18 (5.449kg)

60.96	Vince Muccitelli(66)	V M	30/3
54.54	Sean Carlin	S M	30/3
54.48	Peter Baxevanis	V M	30/3
50.82	Craig Watson	T M	30/3
47.32	Anthony O'Brien	N S	24/3
45.84	Greg Taylor	N M	30/3
45.82	A. Phillis	N S	5/2
43.92	Stuart Taylor	S M	30/3
43.06	Brett Young	N S	5/2
40.46	Allan Flynn	N S	5/2

JAVELIN THROW

78.22	David Dixon	S A	14/3
76.16	Dixon	Walnut	28/4
75.60	Dixon	M	30/3
74.36	Jamie Highland	W P	10/3
73.82	Dixon	M	1/4
72.28	Highland	P	21/1
71.46	Dixon	A	15/1
71.00	Dixon	Walnut	29/4
70.82	Peter Dohnt	S A	14/3
70.44	Highland	P	10/12
70.68	Dixon	A	25/2
69.66	Dohnt	M	1/4
69.28	Gordon Markovic(63)	N S	5/11
69.16	Murray Keen	W P	25/2
68.44	Rob Lethbridge(53)	V M	26/1
67.78	Garry Calvert (54)	S M	24/11
67.76	Peter Thornton (63)	S A	11/3
67.54	Ian Wilson (59)	W P	3/12
67.22	Bruce Dengate (60)	N S	22/1
66.12	Dominic Barber	T L	18/2
64.78	Martin Hesse	N S	22/10
64.46	Lyle Daniel	Q B	4/3
64.34	Tim Warden	V M	19/11
64.30	Mark Freund	Q B	4/3
63.86	Rod McCafferty(62)	T L	31/10
63.84	Stephen Bews (62)	V M	4/3
62.86	Peter Keene	V M	24/11
62.64	Russell Spinks (57)	V M	4/3
62.52	Alan Dashwood	Q S	17/3
62.40	Colin Carbis	V M	18/2
62.30	Andrew Seagrim	S A	18/2

Javelin Throw (Cont.)

62.24	Zdzislaw Debicki	S A	14/3
62.08	Werner Reiterer	V M	26/1
61.88	Michael Morgan (66)	V M	10/3
61.58	Adam Matthews	S A	11/2
61.50	Peter Hadfield (55)	S A	8/4
61.42	John Hancy	W P	25/2
61.38	Darren Marx	V M	18/2
61.22	Anthony Hough (64)	N S	12/2
60.38	Cameron Morris	V M	10/12

UNDER 20

78.22	Dixon
74.36	Highland
69.28	Markovic
69.16	Keen
66.12	Barber
64.78	Hesse
64.30	Freund
62.24	Debicki
62.08	Reiterer
61.88	Morgan
61.58	Matthews
61.38	Marx
61.22	Hough

UNDER 18 (700 gr)

68.30	Darren Marx (67)	V M	4/3
68.22	Martin Hesse	N M	30/3
67.90	Alan Flynn	N C	15/4
65.96	Werner Reiterer	V A	11/12
61.64	Ben Hodgson	S M	30/3
61.50	Petro Sacchetta	V M	3/3
61.30	Glenn Bagglely	Q B	3/3
61.30	Stephen Carline	N M	30/3
60.80	Peter Donaldson	V M	15/2
60.52	John Hutton	W M	30/3

DECATHLON

8090	Peter Hadfield (55)	S A	8/4
7692a	Hadfield	C	15/4
7638	Hadfield	A	29/1
7525	Hadfield	M	18/3
7511	Hadfield	A	21/12
7295a	Atuart Andrews (62)	N C	15/4
7302	Stephen Bews (62)	V M	18/3
7180a	News	C	15/4
7138a	Geoff Jones (59)	N S	19/2
7123a	James Middleton (61)	N Edmonton	10/7
7127	Middleton	A	18/5
6961a	Paul Anderson (62)	V C	15/4
7003	Peter Fossey (59)	V A	18/5
6990	Ian Wilson (59)	W P	19/2
6879	Chris Bradshaw (61)	V M	18/3
6631a	Anthony Hough (64)	N C	15/4
6584a	Gavin Vernon (59)	N S	19/2
6599	Michael Morgan (66)	V M	15/12
6561	Simon Shirley	Q M	18/3
6540	Viktor Svarcs (56)	V M	15/12
6510	Michael Smith	V M	18/3

6508	Paul Marshall	W P	19/2
6368a	Stephen Waddell	N S	19/2
6446	Peter Urban (52)	V M	18/3
6361	Nick Milanovic	V Geelong	25/2
6075	Terry Beaton	A C	4/3
6034	Nick Hagicostas (61)	S A	21/12
5875a	Adrian Faccioni	A C	15/4
5834a	Tony Donald	T C	15/4
5813a	Andrew Kohlrusch	N C	15/4
5854	P. Fogarty	Q B	26/2
5839	Terry Baldwin	V M	18/3
5786	B. Linthorne	Q B	26/2

a - electronic timing.

100 point difference between manual and electronic.

UNDER 20

6631a	Hough		
6599	Morgan		
5561	Shirley		
5875a	Adrian Faccioni	A C	15/4
5834a	Tony Donald	T C	15/4
5813a	Andrew Kohlrusch	N C	15/4
5683a	A. Davies	N S	19/2
5451a	Mark Sullivan	V C	15/4
5481	R. Groppi	V M	18/3

MULTIPLE EVENTUNDER 18

6977a	Alan Flynn	N C	15/4
6970a	Tim Barbour	S C	15/4
6961a	Simon Shirley	Q C	15/4
6783	Tim Foster	Q B	26/2
6590a	Christian Steputat	W C	15/4
6467a	Hamish Halley	N C	15/4
5891a	R. Smith	N S	19/2
5823a	D. van Horen	N S	19/2
5832	John Hutton	W P	19/2
5536a	Stephen Carlin	N S	19/2

**SPORTS INJURIES****TAKE DIRECT ACTION  
AGAINST PAIN**

No odour in use.  
Won't stain clothing.  
APPLY ANYWHERE ANY TIME  
ONLY YOU WILL NOW.

Chemists only. PM 7386/84



# *Mars*

Mars confectionery is proud to sponsor  
the Mars Five Star Athletic Awards.

The Mars Five Star Awards encourage  
young Australians to participate and enjoy  
all forms of sport.



## **Taking on the Challenge.**

## WOMEN

## 100 METRES

11.39	Debbie Wells (61)	N S	11/3	12.1	Julie Austin	N S
11.1	Wells	S	29/2	12.1	Miriam Spitteler	W P
11.48	Wells	M	6/3			
11.3	Wells	S	22/2		<u>Wind Assisted</u>	
11.60	Denise Boyd (52)	V Hengelo	12/7	11.79	Flemming	
11.60	Wells	M	31/3	11.92	Janelle Spradley	N M
11.62	Helen Davey (58)	N London	29/7	11.93	Sue Alton (66)	N M
11.66	Davey	Hengelo	12/7	11.95	Brett	M
11.67	Wells	B	3/3	11.96	Miriam Spitteler	W M
11.67	Wells	A	14/3	11.97	Julie Austin	W M
11.67	Wells	M	31/3	11.99	Ellen White	W M
11.72	Leanne Lynch (60)	W A	18/12			
11.73	Diane Holden (63)	N S	11/3		<u>UNDER 18</u>	
11.5	Jane Flemming (65)	V M	25/2	11.7	Broadrick	
11.6	Kerry Johnson	Q B	4/1	12.07	Oram	
11.6	Leanne O'Connor (63)	N S	22/2	11.9	Boegman	
11.84	Robyn Lorraway (61)	A M	4/3	11.9	Wainwright	
11.85	Sue Clark (63)	N S	4/2	11.9	Mullen	
11.7	Debbie Flintoff (60)	V M	3/12	12.26	Kerry Reynolds	A
11.7	Sharon Ruxton (57)	S A	26/11	12.29	Natalie Dillon	S A
11.7	Leanne Evans-Cassidy(60)	Q B	4/1	12.30	Sue Alton	N S
11.7	Suzanne Broadrick (68)	W P	7/1	12.1	Julie Bridges	V M
11.94	Jan Meres (60)	V M	6/3	12.38	Belinda Hoonhout	Q B
11.8	Deann Bopf (62)	Q B	4/1			
11.8	Sandra Priestley (65)	Q B	4/1		<u>Wind Assisted</u>	
11.8	Jenny Flaherty (60)	V M	11/2	11.93	Alton	
11.8	Joanne Schmidt	V M	25/2	12.02	Natalie Dillon	S M
11.8	Kaylene Coster(61)	N S	29/2			
11.8	Debbie Armstrong	V M	25/2		<u>200 METRES</u>	
12.06	Glynis Nunn (60)	S Luxembourg	20/7	22.98	Debbie Wells (61)	N S
12.07	Maree Holland (63)	N S	11/2	23.16	Wells	B
12.07	Debbie Oram	Q B	3/3	23.18	Wells	M
12.13	Leanne Liezellyn	Q B	3/3	23.25	Wells	M
11.9	Nicole Boegman (67)	N S	15/10	23.26	Denise Boyd (52)	V Helsinki
11.9	Jayne Wainwright (66)	W P	7/1	23.28	Boyd	Helsinki
11.9	Kath Druitt	W P	7/1	23.30	Boyd	Hengelo
11.9	Brigitte Mullen	V M	3/12	23.1	Wells	C
11.9	Pat Goodrope	V M	4/2	23.1	Wells	S
11.9	Lisa Brett	V M	24/3	23.39	Wells	Hamilton
	<u>Wind Assisted</u>			23.3	Leanne Lynch (60)	W P
11.4	Lynch	P	24/3	23.5	Maree Holland (63)	N S
11.79	Flemming	Hamilton	26/1	23.80	Helen Davey (58)	N M
11.89	Evans-Cassidy	Hamilton	26/1	23.6	Leanne Evans-Cassidy(60)	Q B
	<u>UNDER 20</u>			23.7	Kerry Johnson	Q B
11.5	Flemming			23.7	Jan Meres (60)	V M
11.7	Broadrick			24.02	Glynis Nunn (60)	S Helsinki
11.8	Priestley			23.8	Debbi Flintoff (60)	V M
12.07	Oram			24.08	Leanne O'Connor (63)	N S
11.9	Boegman			23.9	Nicole Boegman (67)	N S
11.9	Wainwright			23.9	Diane Holden (63)	N S
11.9	Mullen			23.9	K th Druitt	W P
11.9	Brett			24.0	Suzanne Broadrick (58)	W P
12.30	Sue Alton	N S	11/2	24.0	Joanne Schmidt	V M
12.31	Janelle Spradley	N S	4/2	24.0	Jane Flemming (65)	V M
				24.28	Debbie Oram	Q B
				24.1	Eileen Hindle (49)	W P
				24.1	Sally Oakley (61)	T H

24.34	Sharon Ruxton (57)	S A	15/1
24.49	Sue Clark (63)	N S	26/11
24.52	Ellen White	W M	30/3
24.3	Gaylee Chick	T M	7/1
24.3	Kaylene Coster (61)	N S	29/2
24.56	Debbie Tomsett (60)	V M	6/3
24.62	Sue Alton (66)	N M	30/3
24.65	Brigitte Mullen	V A	11/12
24.5	Lisa Brett	V M	12/11
24.5	Jennine White (62)	W P	21/1
24.5	Lisa Lovell	T H	5/3

Wind Assisted

23.0	Lynch	P	24/3
23.65	Natalie Dillon	S Walnut	28/4

UNDER 20

23.9	Boegman		
24.0	Broadrick		
24.28	Dram		
24.52	E. White		
24.62	Alton		
24.65	Mullen		
24.5	Brett		
24.5	Lovell		
24.82	Janelle Spradley	N S	12/2
24.85	Sandra Priestley	Q S	15/11

Wind Assisted

23.65	Dillon		
-------	--------	--	--

UNDER 18

23.9	Boegman		
24.0	Broadrick		
24.28	Dram		
24.62	Alton		
24.65	Mullen		
24.92	Natalie Dillon	S M	30/3
25.01	Michelle Lock	Q B	4/3
24.8	Mia Gabbedy	W P	3/3
25.09	Lisa Lovell	T M	30/3
25.15	Belinda Hoonhout	Q B	4/3
25.27	Rebecca Harris	S M	30/3

Wind Assisted

23.65	Dillon		
-------	--------	--	--

400 METRES

51.62	Denise Boyd (52)	V London	30/7
52.03	Boyd	Helsinki	8/8
52.56	Boyd	Oslo	11/7
52.75	Boyd	London	15/7
52.8	Kaylene Coster (61)	N S	11/2
52.95	Debbie Flintoff (60)	V Oslo	11/7
52.99	Maree Holland (63)	N M	31/3
53.00	Leanne Evans-Cassidy(60)	Los Angeles	24/6
53.00	Evans-Cassidy	Edmonton	6/7

52.9	Leanne Evans-Cassidy	S	11/2
52.9	Flintoff	M	4/3
53.4	Heather Barralet (54)	Q B	4/2
53.4	Maxine Corcoran (54)	V M	4/3
53.54	Sally Oakley (61)	T M	31/3
53.9	Wendy Old	S A	18/2
54.0	Michelle Baumgartner(63)	V M	18/2
54.2	Sharon Ellis (660)	Q B	12/11
54.34	Jennine White (62)	W M	31/3
54.4	Terri Cater (56)	V M	18/2
54.5	Gail Millas (63)	T H	4/3
54.65	Sandra Speers (64)	T Modesto	14/5
54.9	Cherie Green	N S	11/2
55.07	Mia Gabbedy	W M	29/3
55.17	Lisa O'Connell	V M	4/3
55.23	Jenny Walker	A A	11/12
55.1	Gaylee Chick	T H	4/3
55.2	Julie Schwass (57)	N S	11/2
55.44	Nicole Azar	Q A	11/12
55.3	Debbie Tomsett (60)	V M	4/3
55.4	Debbie Oram	Q B	4/2
55.57	Kerry Baumgartner	V M	29/3
55.6	Glenda Hall (64)	N A	18/12
55.6	Catherine Gridley	T L	18/2
55.90	Kristel Ariens	N A	11/12
55.91	Melissa Babbage (66)	W S	10/3
55.91	Sarah Collins	A M	29/3
55.8	Belinda Hoonhout	Q B	12/11
55.94	Cathy Wilson (67)	V M	4/3

UNDER 20

54.2	Ellis		
54.65	Speers		
55.07	Gabbedy		
55.17	O'Connell		
55.23	Walker		
55.44	Azar		
55.4	Oram		
55.57	Baumgartner		
55.6	Hall		
55.6	Gridley		

UNDER 18

54.2	Ellis		
55.07	Gabbedy		
55.17	O'Connell		
55.23	Walker		
55.44	Azar		
55.4	Oram		
55.57	Baumgartner		
55.90	Ariens		
55.91	Babbage		
55.8	Hoonhout		
55.94	Wilson		

## 800 METRES

2.00.23	Heather Barralet (54)	Q M	6/3
2.00.2	Kaylene Coster (61)	N S	24/3
2.00.3	Barralet	B	19/2
2.00.5	Terri Cater (56)	V M	11/2
2.00.50	Barralet	A	14/3
2.00.7	Coster	S	7/3
2.00.70	Barralet	S	11/3
2.00.8	Barralet	B	23/3
2.01.2	Michelle Baumgartner(63)	V M	25/2
2.01.3	Baumgartner	M	14/2
2.02.9	Maxine Corcoran (54)	V M	14/2
2.05.8	Sarah Collins	A M	22/3
2.06.03	Gail Millar (63)	T M	1/4
2.06.23	Wendy Old	S M	1/4
2.06.5	Jodie Nykvist	Q A	10/12
2.07.5	Sandra Speers (64)	T San Jose	7/5
2.08.0	Penny Just	N S	22/2
2.08.2	Katrina Camp	S A	25/2
2.08.34	Julie Schwass (57)	N S	5/2
2.08.78	Susanne Hartgers	N M	30/3
2.08.8	Louise Carver	Q B	11/2
2.09.1	Debbie Flintoff (60)	V M	3/12
2.09.1	Lisa O'Connell	V A	10/12
2.09.37	Elizabeth Rose	N S	5/2
2.10.02	Maxine Poor	N S	5/2
2.10.03	Paula Nichols	T A	10/12
2.10.03	Trish Garnett	W A	10/12
2.10.33	Cheryl Attenborough(62)	N S	5/2
2.10.41	Helen Pynor (64)	N S	5/2
2.10.73	Anne Leaney	V M	3/3
2.10.80	Mandy Berntsen	V M	1/3
2.10.82	Barbara Bennett	N S	5/2
2.10.96	Glynis Nunn (60)	S Helsinki	8/8
2.11.16	Lisa Bull	V M	6/3
2.11.46	Glenda Hall (64)	N S	12/11
2.11.46	Elizabeth Patmore	Q B	4/3
*2.09.26	Elizabeth Blythe	V A	10/12

## UNDER 20

2.05.8	Collins
2.06.5	Nykvist
2.07.5	Speers
2.08.2	Camp
2.08.78	Hartgers
2.09.1	O'Connell
2.09.26	Blythe
2.10.03	Nichols
2.10.03	Garnett
2.10.73	Leaney

## UNDER 18 +

2.06.5	Nykvist		
2.08.2	Camp		
2.08.78	Hartgers		
2.09.1	O'Connell		
2.09.26	Blythe		
2.10.03	Nichols		
2.10.03	Garnett		
2.10.80	Berntsen	V M	1/3
2.11.75	Alison McVie	Q A	10/12
2.11.81	Kerran Gates	S A	10/12
2.11.87	Melanie Collins	A M	30/3

## 1500 METRES

4.12.0	Michelle Baumgartner(63)	V M	18/2
4.18.52	Jodie Nykvist	Q M	31/3
4.18.9	Terri Cater (56)	V M	7/2
4.19.09	Penny Just	N M	31/3
4.19.1	Cater	M	29/11
4.19.68	Maxine Poor	N M	31/3
4.20.50	Baumgartner	M	31/3
4.21.2	Lisa Martin (60)	S Corvallis	26/5
4.21.45	Sharon Dalton (67)	N M	31/3
4.21.61	Alison Quelch(63)	N Knoxville	21/5
4.23.20	Elizabeth Patmore	Q M	31/3
4.23.83	Elizabeth Rose	N S	11/2
4.23.95	Carolyn Schuwalow(65)	V M	4/3
4.25.51	Louise Carver	Q M	31/3
4.25.65	Roseanne Brisbane	V M	31/3
4.25.9	Michelle Lyons (66)	Q Walnut	22/4
4.26.55	Tania Adams (67)	N S	17/3
4.26.97	Helen Pynor (64)	N M	31/3
4.27.15	Melissa Smith	V A	11/12
4.28.7	Megan Sloane (53)	V M	18/2
4.29.6	Lisa Tregenza	S A	3/12
4.29.91	Julie Rennie (58)	W M	31/3
4.30.23	Kerith Duncanson(68)	N M	29/3
4.30.86	Jenny Green (61)	Q B	3/3
4.31.1	Michelle Adamson	Q B	19/2
4.31.6	Donna Gould (66)	S A	18/12
4.32.0	Ann Lord (61)	V C	4/2
4.32.4	Anne Leaney	V M	21/1
4.32.7	Kathy Watt (64)	V M	22/3
4.33.0	L. Asmussen	W P	18/3
4.33.18	Geraldine Riley	V M	4/3
4.33.35	Susanne Hartgers	N S	19/11
4.34.27	Barbara Bennett	N S	17/12

## UNDER 20

4.18.52	Nykvist
4.21.45	Dalton
4.23.95	Schuwalow
4.25.9	Lyons
4.26.55	Adams
4.26.97	Pynor
4.27.15	Smith
4.29.6	Tregenza
4.30.23	Duncanson
4.31.1	Adamson
4.31.6	Gould

## UNDER 18

4.21.45	Dalton		
4.25.9	Lyons		
4.26.55	Adams		
4.29.6	Tregenza		
4.30.23	Duncanson		
4.31.1	Adamson		
4.31.6	Gould		
4.33.35	Hartgers		
4.37.0	L. Moresco	W P	4/3
4.39.33	Alison McVie	Q B	4/3

# Have you lost interest in your savings account?

Compare your old fashioned low interest savings account to our ANZ Access Account, and you'll find plenty to get excited about.

You'll be earning high interest, and your money is always available at call. And the Access streamlined banking system is designed to make your banking simpler and more convenient.

With ANZ Access you can arrange for your pay to be automatically put in, regular payments like rent or car payments paid out and you can make transfers from account to account. Plus you can easily arrange to withdraw cash at any ANZ branch in Australia.

Interested? See your nearest ANZ branch soon.

  
**Access Account.**

ANZ 271

## Crawford Plumbing Pty. Ltd.

9 SUSSEX ROAD  
FRANKSTON, 3199.

**Tel: 787 1028**

- *Plumbing*
- *Maintenance*
- *Drainage and roofing*



QUICK  
RELIABLE  
SERVICE

INDUSTRIAL — COMMERCIAL — DOMESTIC  
**ALL SUBURBS**

MAINTENANCE CONTRACTORS AVAILABLE  
QUOTATIONS WITHOUT OBLIGATION

**232 6333**

**43 BENWERRIN DRIVE, BURWOOD EAST**

Sponsored in appreciation of the help of the Ambulance Service  
of Victoria.

## General & Sanitary Plumbing Contractors

H. S. HUNT & SON  
59 JACARANDA STREET  
RED CLIFFS 3496

PHONE: (050) 24 1480  
A/H: (050) 24 1826 FOR

**AIR CONDITIONING,  
SHEET METAL AND  
TANK MANUFACTURERS**

4.41.9	Terri Cater (56)	V M	15/12
4.44.83	Penny Just	N S	18/2
4.45.3	Jodie Nykvist	Q M	15/12
4.49.64	Elizabeth Rose	N S	18/2
4.50.2	Jenny Green (61)	V M	15/12
4.51.0	Maxine Poor	N M	15/12
4.51.0	Melissa Smith	V M	15/12
4.52.9	Lisa Tregenza	S M	15/12
4.55.60	Sharon Dalton (67)	N S	18/2
4.56.36	Tania Adams (67)	N S	18/2
4.59.7	Kerran Oates	S M	15/12

3000 METRES

8.58.5	Donna Gould (66)	S M	22/3
9.04.02	Gould	A	14/3
9.07.9	Gould	A	8/2
9.08.5	Gould	A	4/1
9.14.8	Alison Quelch(63)N Knoxville	9/4/83	
9.14.88	Lisa Martin (60) S Eugene		14/5
9.15.11	Gould	M	1/4
9.15.60	Martin	M	1/4
9.15.8	Martin	Eugene	2/4
9.15.90	Martin	Indianapolis	17/6
9.20.92	Carolyn Schuwalow(65)	V M	3/3
9.23.91	Penny Just	N M	3/3
9.24.96	Ann Lord (61)	V M	3/3
9.27.35	Megan Sloane (53)	V M	3/3
9.29.2	Sharon Dalton (67)	N S	29/2
9.32.0	Sally Pierson (63)	V M	17/1
9.33.7	Jenny Green (61)	Q B	16/3
9.35.0	Tania Turney (65)	V M	14/2
9.38.0	Lisa Tregenza	S A	9/11
9.38.88	Tania Adams (67)	N M	1/4
9.40.67	Elizabeth Rose	N S	14/1
9.41.94	Michelle Adamson	Q M	30/3
9.42.06	Kerith Duncansson(68)	N M	31/3
9.46.33	Shane Barrett (55)	Q S	15/1
9.49.8	Desiree Letherby	S A	15/1
9.50.9	Kerry Saxby	N S	29/1
9.51.0	Kerry Whannell(57)	Q B	16/3
9.52.4	Andrea Waddle	T H	4/3
9.53.3	Roseanne Brisbane	V C	10/3
9.53.9	Jillian Pratten	A C	5/11
9.54.5	Karen Fischer (66)	Q B	30/10
9.55.6	Jodie Nykvist	Q B	11/1
9.56.1	Kathy Watt (64)	V C	10/3
9.57.6	Kathy Wilkinson (62)	V A	18/5
9.59.00	Geraldine Riley	V M	3/3
10.00.02	Sarah Fisher	V M	3/3
10.00.2	Wendy Walton	V M	7/1
10.00.8	Anita Williams	Q B	19/11
10.01.0	Laila Schulz	N S	29/1

Indoors

9.14.07	Quelch	Gainessville	11/2
---------	--------	--------------	------

UNDER 20

8.58.5	Gould
9.20.94	Schuwalow
9.29.2	Dalton
9.35.0	Turney
9.38.0	Tregenza
9.38.88	Adams

9.41.94	Adamson
9.42.06	Duncansson
9.54.5	Fischer
9.55.6	Nykvist

UNDER 18

8.58.5	Gould		
9.29.2	Dalton		
9.38.88	Adams		
9.41.94	Adamson		
9.42.06	Duncansson		
9.54.5	Fischer		
10.00.02	Fisher		
10.00.8	Williams		
10.03.9	Kerry Jukes	Q B	11/2
10.07.05	Jenny Pollard	V M	30/3

5000 METRES

15.40.6	Donna Gould (66)	S A	15/2
16.06.15	Lisa Martin (60)	S Houston	2/6
16.07.83	Martin	Houston	4/6
16.08.81	Martin	Eugene	30/4/83
16.10.06	Alison Quelch(63)	Houston	2/6
16.12.6	Quelch	Philadelphia	30/4/83
16.16.99	Quelch	Knoxville	31/3
16.25.52	Martin	Eugene	21/5
16.30.6	Quelch	Lexington	14/5
16.37.8	Rhonda Mallinder(58)	V M	19/11

10,000 METRES

32.50.6	Lisa Martin(60)	S M	14/2
33.28.1	Sally Pierson (63)	V M	14/2
33.31.4	Pierson	M	13/12
33.33.66	Pierson	M	31/3
33.46.7	Martin	Walnut	23/4/83
34.07.02	Martin	Houston	1/6
34.25.6	Ann Foley	S A	10/3
34.42.8	Desiree Letherby	S A	10/3
35.00.0	Megan Sloane (53)	V M	13/12
35.09.09	Foley	M	31/3
35.34.12	Kerry Whannell (57)	Q M	31/3
35.48.91	Geraldine Riley	V M	31/3
35.50.15	Kerry Jukes	Q M	31/3
36.26.0	Dot Browne (41)	V M	13/12
36.30.0	Joan Cameron(56)	V M	13/12
36.38.86	Penny Just	N S	3/12
36.55.0	Linda Thompson	V M	13/12
37.14.56	Kerry Saxby	N S	3/12
37.20.0	Iris Cook	V M	13/12
37.20.9	Helen Ashcroft	T A	10/3
37.29.0	Jenny Altermatt	V M	13/12
37.48.12	Mora Main	N S	3/12
38.00.75	Pat Marshall	N S	3/12
38.02.31	Glenda Thomas	W M	31/3
38.27.74	Margaret Ricardo (58)	N S	3/12
39.11.5	Josie Mifsud	A C	30/11
39.18.8	Barbara-Ann O'Byrne	T L	17/12
39.53.0	Karen Banks	A C	30/11
39.53.0	L. Murrell	Q B	21/1





Distributors of

## GEELONG CEMENT

Drymix  
Mortar & Concrete

### Additives

**LIQUID COLOR FOR CEMENT** — For coloring mortar, concrete, toppings and pavings.

**MORTAR PLASTICISER** — Makes cement mortars easier to use

**CLEAR WATERPROOFER** — Water resisting agent.

**UNIWELD** — Cement bonding agent.

**BLACK DAMPCOURSE** — An integral cement water proofing aid.

all orders  
PH: 62-3421

# AUSSIE RUNNER



## ATHLETIC SPECIALIST

101 WICKLOW AVE, CROYDON  
PHONE: 723 3895

# Lufkin



from

## Cooper The Toolmaker

CRESCENT-LUFKIN-NICHOLSON  
PLUMB-WELLER-WISS-XCELITE



## SPORTS HEALTH

*Introduces*

**Dietary  
Planning,  
Health &  
Fitness  
Program**

### THE NUTRITIONIST IS A COMPUTER?

First you tell your computer what you eat and what sort of activities you do each day. It will tell you whether you are likely to gain or lose weight, just how healthy your diet is and what exercises and activities you can perform in order to balance the energy taken in through food.

All you require is DR. IMBERGER'S "Dietary Planning, Health & Fitness" program which allows the computer to give you a complete picture of your nutritional and exercise needs.

The "Dietary Planning, Health & Fitness" program can be used with most microcomputers.

**SPORTS HEALTH PTY LTD**  
Suite 10, 456 St. Kilda Road, Melbourne  
Tel: 267 3850

**SPORTS HEALTH PTY LTD** also offers a total program for all sports.  
● Nutritional Analysis ● Sports Counselling ● Sports Acupuncture  
● Sports Health Grape Juice ● Naturopathy ● Sports Health  
Vitamin & Mineral Therapy ● Trophies



## Raise your flag high!

Fly your club's flag with the pride and respect it deserves.

Take advantage of the patriotic fervour taking the country by storm, generating an increased interest in all kinds of flags.

Evan Evans Flags are Australia's No. 1 flag manufacturer and specialise in:

- Club flags
- Premiership Pennants
- Banners
- Bannerettes

also

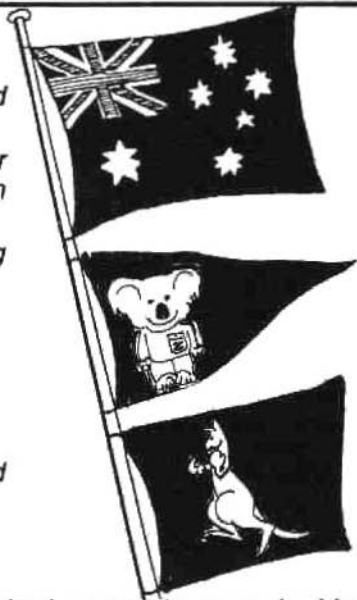
● Extensive Flag Pole installation and repair service.

### EVAN EVANS FLAGS.

(A division of Sunshine Australia Group Pty. Ltd. (Inc. in Vic.)

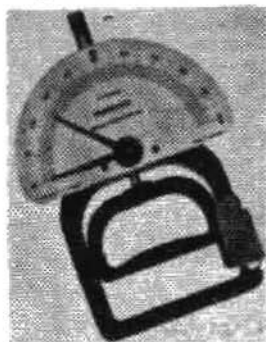
**680 Elizabeth Street  
Melbourne 300  
Telephone: 347 5755**

Our company also incorporates an embroidery division, R. F. Kemp, 372-374 Little Bourke Street, Melbourne. Phone 67 4150 for quotes on embroidered club badges, blazers, jumpers, etc.



**CIG**

**Medishield  
Ramsay**



*Leading Suppliers of:  
Books in Physical Education  
Teaching Aids, Charts, Models  
Anthropometric Equipment and  
Spenco Health Education Products.*

**SYDNEY**  
802 George Street  
Sydney 2000  
Phone: 212 5177

**MELBOURNE**  
202 Berkeley Street  
Carlton 3053  
Phone: 347 4122

**BRISBANE**  
557 Gregory Terrace  
Fortitude Valley 4006  
Phone: 52 5377

**ADELAIDE**  
103 Rundle Street  
Kent Town 5067  
Phone: 42 7111

**PERTH**  
594 Hay Street  
Jolimont 6014  
Phone: 387 6011

**Medical Books, Gases, Instruments & Equipment**

400 METRE HURDLES

56.22	Debbie Flintoff (60)	V Los Angeles	26/6	64.27	Lloyd		
56.25	Flintoff	M	3/3	64.33	Janine Wynen	V M	3/3
56.35	Flintoff	M	18/1	64.35	Tracey Roberts	S A	15/1
56.47	Flintoff	Heisinki	8/8				
56.50	Flintoff	A	15/1				
56.63	Flintoff	Heisinki	9/8				
56.7	Flintoff	M	25.2				
56.88	Flintoff	M	1/4				
57.01	Flintoff	M	6/3				
57.09	Flintoff	Stockholm	26/7				
57.51	Debbie Tomsett (60)	V M	1/4				
58.82	Glynis Nunn (60)	S A	11/3				
59.10	Cathy Wilson (67)	V M	30/3				
59.39	Mia Gabbedy	W M	30/3				
59.57	Jenny Low (62)	Q B	3/3				
59.71	Sally Fleming	W M	3/3				
59.92	Lesley Richards (63)	N M	1/4				
60.02	Lynley Longstaff	S A	11/3				
60.3	Marianne Hardstaff (63)	T M	7/1				
60.71	Vicki Goodall	Q B	3/3				
60.80	Lyndal Garling (63)	N S	12/2				
60.81	Georgina Hale (63)	V M	31/3				
62.26	Wendy de Vroom	N S	12/2				
62.28	Kerrie Soanes (58)	V M	3/3				
62.45	Angela Sullivan	N S	12/2				
62.55	Bev Miller	Q B	3/3				
62.72	Barbara Wilmot	V M	3/3				
62.76	Suzanne Lawton	N M	30/3				
62.98	Helen Graham	N S	12/2				
63.02	Annette Fuller	W A	10/12				
63.23	Elizabeth Gray	N A	11/12				
63.30	Helen Pawlowski	V M	18/1				
63.39	Kathy Armstrong	V M	3/3				
63.49	Kylie Coombe (67)	Q B	3/3				
63.7	Judi Allen	T L	4/2				
63.90	Jenny Ewing	V M	30/3				
64.02	Megan Atkinson	N M	30/3				
64.1	M.Allenby	Q B	26/11				
64.27	Rosie Lloyd	S M	30/3				

UNDER 20

59.10	Wilson						
59.39	Gabbedy						
60.71	Goodall						
62.45	Sullivan						
62.76	Lawton						
62.98	Graham						
63.02	Fuller						
63.23	Gray						
63.30	Pawlowski						
63.39	Armstrong						

UNDER 18

59.10	Wilson						
59.39	Gabbedy						
62.45	Sullivan						
63.30	Pawlowski						
63.23	Gray						
63.49	Coombe						
64.02	Atkinson						

64.27	Lloyd						
64.33	Janine Wynen	V M	3/3				
64.35	Tracey Roberts	S A	15/1				

4 x 100 METRES RELAY

45.04	New South Wales	M	31/3				
45.73	Victoria	M	31/3				
46.50	Eastern Suburbs	N S	3/12				
46.66	Tasmania	M	31/3				
46.78	South Australia	M	31/3				
46.88	New South Wales U/19	N A	10/12				
46.89	Queensland	M	31/3				
46.8	New South Wales	S	24/3				
47.01	St.George-Norths	N S	3/12				
47.07	Queensland U/19	A	10/12				
47.08	Queensland	S	15/1				
47.38	Western Australia U/20	M	29/3				
47.47	Victoria U/18	M	29/3				
47.51	Victoria U/20	M	29/3				
47.4	University	Q B	3/12				
47.66	New South Wales U/20	M	29/3				
47.80	Cumberland	N S	26/11				
47.93	South Australia U/18	M	29/3				

4 x 200 METRES RELAY

1.39.0	University	Q B	4/2				
1.41.7	Western Districts	S A	26/11				
1.42.2	Kelvin Grove	Q B	29/1				
1.43.0	Mitchelton	Q B	29/1				

4 x 400 METRES RELAY

3.35.47	Victoria	M	1/4				
3.38.69	Tasmania	M	1/4				
3.39.13	New South Wales	M	1/4				
3.42.29	Queensland	M	1/4				
3.43.35	Victoria U/18	M	30/3				
3.45.3	South Australia	M	7/1				
3.45.3	Tasmania	M	7/1				
3.47.07	Eastern Suburbs	N S	3/12				
3.47.73	Victoria U/19	A	11/12				
3.48.22	New South Wales	A	11/12				
3.48.69	Ryde	N S	7/1				
3.49.24	Queensland U/19	A	11/12				
3.49.82	New South Wales U/18	M	30/3				
3.49.88	West Australia	M	30/3				

3000 METRES WALK

13.08.0	Sally Pierson (63)	V M	24/11				
13.10.0	Pierson	M	2/2				
13.10.96	Sue Cook (58)	V Toronto	19/6				
13.14.0	Pierson	M	21/1				
13.20.67	Bev Wilkins	N S	17/3				
13.29.25	Cook	S	12/2				
13.31.8	Pierson	M	12/11				
13.44.3	Wilkins	S	29/1				
13.45.5	Pierson	M	22/10				
13.45.5	Wilkins	S	24/3				

13.47.67	Lorraine Young (59)	V S	12/2	23.15.82	Rachel Thompson(62)	N M	1/4
14.12.2	Lisa Harrison (66)	N S	24/3	23.23.0	Anne Miller (63)	V M	22/3
14.12.6	Kerry Saxby	N S	29/1	23.55.69	Bev Wilkins	N S	3/3
14.16.2	Roseanne Smith	V M	2/3	24.05.15	Kerry Saxby	N M	1/4
14.16.63	Rachel Thompson (62)	N S	21/1	25.02.0	Sarah Miller	V M	22/3
14.21.0	Anne Ryan (62)	N S	24/3	25.05.0	Frances Toohey(65)	V M	14/2
14.23.66	J. Shepherd	N S	12/2	25.17.60	Anne Ryan	N S	10/12
14.33.0	Frances Toohey (65)	V M	18/2	25.45.6	Sue Norbey (64)	W P	3/12
14.37.37	Sarah Miller	V M	1/3	25.47.66	Lisa Harrison (66)	N S	14/1
14.38.60	Kerry Atkins	N A	9/12	26.09.86	Tanya Clarke (66)	N S	10/12
14.48.22	Yvonne Waters (68)	V A	9/12	26.19.65	Julie Wonnacott	S M	1/4
14.48.7	Sue Norbey (64)	W P	12/11	26.43.5	Janine Goodall	V M	22/3
14.52.0	Wendy Nixon	N S	3/12	26.58.4	Carolyn Vanston	V M	29/11
14.54.05	Renee Talbot	S A	9/12	27.05.81	Bernadette Jennes	S M	1/4
14.57.4	Janine Goodall	V M	17/1	27.20.0	Kathy Schultz	S A	9/11
14.59.0	Carolyn Vanston	V M	18/2				
15.08.46	Tanya Clarke (66)	N S	5/2				
15.11.0	Gabrielle Blythe	V M	24/11				
15.11.86	Teresa Buckingham	V M	1/3				
15.12.21	Bronwen Thompson	N S	5/2				
15.13.0	Julie Wonnacott	S A	7/12				
15.21.5	Bernadette Jenes	S A	7/12				
15.23.6	Robyn Webster	V M	5/11				
15.24.0	Paula Murray	N S	3/12				
15.33.64	Amanda Harrington	V M	1/3				
15.36.4	Penny Urqhart	Q B	22/1				
15.46.65	M.Scott	W A	10/12				

UNDER 20

14.12.2	Harrison
14.16.2	Smith
14.33.0	Toohey
14.37.37	Miller
14.38.60	Atkins
14.43.22	Waters
14.52.0	Nixon
14.54.05	Talbot
14.57.4	Goodall
14.59.0	Vanston

UNDER 18

14.12.2	Harrison
14.37.37	Miller
14.38.60	Atkins
14.43.22	Waters
14.52.0	Nixon
14.54.05	Talbot
14.57.4	Goodall
14.59.0	Vanston
15.11.0	Blythe
15.11.86	Buckingham

5000 METRES WALK

22.04.42	Sue Cook (58)	V M	1/4
22.06.34	Cook	M	3/3
22.16.3	Cook	C	17/2
22.39.5	Sally Pierson (63)	V M	22/3
22.50.39	Pierson	M	1/4
22.52.0	Lorraine Young (59)	V C	17/2
22.53.06	Pierson	M	3/3
22.56.6	Pierson	M	29/10
22.59.6	Cook	C	11/1

ROAD

22.49.0	Cook	A	3/9
22.55.0	Pierson	A	3/9
23.42.0	Ryan	A	26/6
24.11.0	Thompson	A	26/6
24.13.0	Lillian Harpur (48)	S A	3/9
24.20.0	Wilkins	A	3/9

10KM WALK (ROAD)

45.26.4	Sue Cook (58)	V Bergen	24/9
46.39.4	Sally Pierson (63)	V Bergen	24/9
46.40.1	Cook	M	22/5
47.12.0	Pierson	M	8/4
47.24.0	Cook	A	26/6
47.45.0	Pierson	A	26/6
47.50.5	Rachel Thompson(62)	V Bergen	24/9
48.37.84	Cook	Montreal	17/6
48.47.0	Anne Ryan (62)	N A	26/6
49.01.0	Lorraine Young(59)	V M	8/4
50.42.3	Roseanne Smith	V M	22/5
50.52.0	Kerry Saxby	N A	26/6
51.04.0	Lisa Harrison(66)	N S	23/7
51.14.4	Frances Toohey (65)	V M	22/5
51.45.0	Bev Wilkins	N S	21/5
52.08.0	Lillian Harpur (48)	S A	26/6
52.56.0	Tanya Clarke (66)	N S	9/7
54.59.1	Marlene Stanway	V M	22/5
55.27.0	Bronwen Thompson	N S	23/7
56.43.0	Kathy Schultz	S A	26/6

20KM WALK

1.39.06.0	Sally Pierson (63)	V M	15/8
1.43.08.0	Anne Ryan	N S	7/5
1.46.34.4	Lorraine Young(59)	V M	18/12
1.47.35.0	Rachel Thompson	N S	7/5
1.51.08.5	Sarah Miller	V M	5/2
1.51.42.0	Lisa Harrison (66)	N S	7/5
1.53.37.0	Bev Wilkins	S N	7/5
1.59.51.0	Marlene Stanway	V M	15/8

## HIGH JUMP

1.95	Chris Stanton (59)	W P	22/4
1.94	Stanton	A	14/3
1.94	Stanton	P	18/3
1.91	Stanton	P	14/1
1.91	Vanessa Browne (63)	W A	11/3
1.90	Stanton	P	12/11
1.90	Browne	A	4/2
1.90	Browne	M	1/4
1.90	Stanton	M	1/4
1.89	Stanton	P	3/3
1.89	Stanton	S	11/3
1.88	Katrina Morrow (59)	N S	11/2
1.86	Deann Bopf (62)	Q B	5/11
1.84	Donna Robertson (61)	N M	1/4
1.83	Glynis Nunn (60)	S C	14/4
1.83	Jocelyn Millar (62)	T C	14/4
1.83	Ann Turnbull (62)	S C	14/4
1.80	Cathy Lee (62)	S A	24/3
1.78	Liz Dare (66)	W P	6/11
1.78	Sharon Barber (65)	S M	29/3
1.78	Jenny Talbot (64)	V M	1/4
1.78	Cathy Sharpe (67)	N Walnut	28/4
1.77	Leonie Fahy	N S	3/12
1.77	Vera Abromas	N S	3/12
1.77	Joanne Sweetman (54)	N C	3/3
1.77	Amanda Thomas (64)	N C	14/4
1.76	Deann Kerwin	O P	15/1
1.76	Tracey Shepherd	W M	29/3
1.75	Chris Randall	S A	5/11
1.75	Sandra Moran	S A	19/11
1.75	Andrea Bramwell (66)	V M	24/11
1.75	Joanne Lamont	V M	3/12
1.75	Joanne Gracey	Q B	3/12
1.75	Debra Debnam	V A	10/12
1.75	Kellie Farrell	N A	10/12
1.75	Nicole Coughlan	V M	18/2
1.75	Jane Flemming (65)	V M	18/2
1.74	Lisa Rutter (67)	N S	15/9
1.74	Sharlene Suters	N S	15/10
1.74	Cheryl Hurst	S A	17/3
1.74	Georgina Hale (63)	V C	14/4

## UNDER 20

1.78	Dare
1.78	Barber
1.78	Talbot
1.78	Sharpe
1.77	Fahy
1.77	Abromas
1.77	Thomas
1.76	Kerwin
1.76	Shepherd
1.75	Randall
1.75	Bramwell
1.75	Lamont
1.75	Gracey
1.75	Debnam
1.75	Farrell
1.75	Talbot
1.75	Flemming

## High Jump (Cont.)

	UNDER 18
1.78	Dare
1.78	Sharpe
1.77	Fahy
1.77	Abromas
1.77	Thomas
1.76	Kerwin
1.76	Shepherd
1.75	Randall
1.75	Bramwell
1.75	Lamont
1.75	Debnam
1.75	Farrell

## LONG JUMP

6.74	Robyn Lorraway (61)	A London	30/7
6.73	Lorraway	A	14/3
6.69	Lorraway	M	6/3
6.68	Lorraway	M	31/3
6.65	Lorraway	Helsinki	13/8
6.65	Lorraway	Helsinki	14/8
6.62	Lorraway	A	11/3
6.55	Glynis Nunn (60)	S Cwmbran	10/7
6.55	Nicole Boegman (67)	N S	15/10
6.54	Lorraway	Munich	26/7
6.50	Linda Garden (58)	N A	14/3
6.30	Ann Turnbull (62)	S A	14/3
6.16	Chris Stanton (59)	W A	14/3
6.15	Sandra Priestley (65)	Q B	/10
6.00	Kylie Coombe (67)	Q B	26/2
5.98	Marianne Woods	N A	11/12
5.97	Jayne Wainwright (66)	W P	25/2
5.96	Selena Morrice	O A	10/12
5.90	Jocelyn Millar (62)	T M	31/3
5.89	Janelle Spradley	N M	30/3
5.88	Megan McLean (64)	A C	2/10
5.88	Jane Flemming (65)	V Auckland	28/1
5.81	Margaret Hamley (61)	N S	8/10
5.80	Kathy Hale	S A	26/11
5.78	Cheryl Hurst	S A	10/12
5.77	Diana Croves (63)	V M	31/3
5.76	Wendy Veom (59)	N C	4/3
5.74	Chris Randall	S A	11/12
5.71	Chris Knox (61)	N S	12/11
5.69	Sharon Jaklofsky	Q B	26/11
5.68	Pat Goodrope	V M	3/3
5.67	Lisa Brett	V M	19/11
5.67	Julie-Ann McCullough	Q A	10/12
5.64	Rachel Kothe	V A	10/12
5.63	Lesley Richards	N C	15/4
5.62	Jodie Girger	N S	29/1
5.61	R. Cansdell	N S	29/10
5.61	K. Bell	V M	18/2

## Indoors

6.61	Lorraway	Osaka	16/1
	No Wind Gauge		
6.75	Lorraway	C	28/1

**SPORTSWELL TOURS AND TOURNAMENTS**

Specializes in organising sporting tours to allow keen sports enthusiasts, at any level and in any sport, to combine their sport with a holiday. Events organised or on the drawing board include:

- ★ AUGUST 1984 Marathon/Fun Run Jakarta/Bali
- ★ SEPTEMBER 1984 Marathon/Fun Run New Caledonia
- ★ SEPTEMBER 1984 Marathon/Fun Run Fiji

C/- BONAR TRAVEL  
1ST FLOOR, 10 MARTIN PLACE  
SYDNEY N.S.W. AUSTRALIA 2000  
TELEPHONE: (02) 232 7244  
TELEX : AA 24630



In support of the  
Athletic Team  
at Los Angeles

## Peninsula Church of England School

Mt. Eliza, Vic.

NEXT TIME DO YOURSELF A  
FAST FOOD FAVOUR AND  
GRAB AN APPLE

INSERTED IN THE INTERESTS OF HEALTHY  
EATING BY THE AUSTRALIAN APPLE  
AND PEAR CORPORATION



SPONSORED IN THE  
INTERESTS OF  
AMATEUR SPORT.

## Universal GYM EQUIPMENT

149 WHITEHORSE RD.  
BALWYN. 3103  
PHONE 80 4446

## BROADMEADOWS CLUB

The Entertainment Centre  
of the North  
Monday — Saturday



DISCO  
LIVE BANDS  
ROCK & COUNTRY

"New Members Welcome"

111 SUNSET BOULEVARD,  
JACANA 309 6550

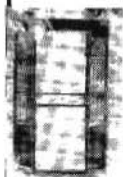
Best wishes from

**I & M STIGLIC**  
ALL INTERNAL AND EXTERNAL  
REPAIRS AND PAINTING  
**RESIDENTIAL — INDUSTRIAL —  
COMMERCIAL**

FOR QUOTE  
TELEPHONE  
700 3470



**László Security**  
LOCKSMITHS



- LOCKS DOOR FURNITURE
- SECURITY DOORS
- ALARM SYSTEMS
- DO-IT-YOURSELF KITS
- INSTALLATION AT LOW COST
- FREE ADVISORY SERVICE

469 GLENFERRIE RD., HAWTHORN

819-4635

A.H.: 25-6674

## Stephens Sport Travel

support the  
84 Australian Athletes  
at Los Angeles

**88 Pitt Street, Sydney**  
**(02) 231 3833**

Long Jump (Cont.)

<u>Wind Assisted</u>			
6.90	Lorroway	A	4/2
6.71	Boegman	S	15/9
6.42	Stanton	P	4/3
6.17	Wainwright	P	4/2
5.99	McLean	M	31/3
5.96	Millar	M	31/3
5.94	Knox	S	26/11

UNDER 20

6.55	Boegman
6.15	Priestley
6.00	Coombe
5.98	Woods
5.97	Wainwright
5.96	Morrice
5.89	Spradley
5.88	McLean
5.88	Flemming
5.80	Hale

Wind Assisted

6.71	Boegman
6.17	Wainwright
5.99	McLean

UNDER 18

6.55	Boegman
6.00	Coombe
5.98	Woods
5.97	Wainwright
5.96	Morrice
5.78	Hurst
5.74	Randall
5.67	Brett
5.64	Kothe
5.62	Girger

Wind Assisted

6.71	Boegman
6.17	Wainwright

SHOT PUT

19.36	Gael Martin (56)	V M	4/3
18.98	Martin	Leverkusen	20/7
18.51	Martin	A	14/3
18.12	Martin	M	18/1
17.92	Martin	A	11/3
17.79	Martin	Helsinki	11/8
17.79	Martin	Helsinki	12/8
17.71	Martin	S	22/1
17.64	Martin	M	1/4
17.29	Martin	Leverkusen	27/7
16.38	Sue Reinwald (63)	V M	12/11
16.18	Chris Schultz (51)	V M	18/1
16.14	Bev Francis (55)	V S	11/3
15.93	Astra Etienne (60)	V M	26/11
13.86	Leanne Dorling (66)	V M	30/3
13.61	Michelle Bancroft (65)	N S	17/3
13.59	Yvette Ykema	V M	30/3
13.53	Andrea Rovis-Herman (61)	W C	26/2

Shot Put (Cont.)

13.38	Chris Stanton (59)	W P	4/3
13.35	Heidi Wittesch (57)	S A	11/3
13.18	Clynis Nunn (60)	S A	28/1
13.15	Vicki Jackson (62)	V M	26/11
13.03	Pam Mountfield (65)	N S	5/2
12.99	Greta Larsen	T M	30/3
12.85	Thadie Hammond	V M	30/3
12.83	Robyn May (64)	V M	4/3
12.82	Elspeth Laing	S A	18/5
12.72	Jenny Irwin (68)	W P	5/11
12.69	Mereoni Vibose	Fiji N S	17/3
12.54	Amanda Thomas (64)	N S	18/2
12.47	Leanne Devins (63)	N S	11/2
12.40	Bernadette Serone	N S	24/3
12.38	Tracey Jones (67)	V M	18/2
12.32	Jacqueline Meier (66)	N M	30/3
12.10	Sharon Clarke	N S	15/9
12.02	Vanessa Franch	W P	5/11
11.71	Joanne Kendall	N S	15/10
11.69	Margaret Hamlay (61)	N S	28/1
11.65	Rochelle Sutton	V M	3/12

Unconfirmed

16.91	Reinwald	M	29/10
-------	----------	---	-------

UNDER 20

13.86	Dorling
13.59	Ykema
13.03	Mountfield
12.99	Larsen
12.85	Hammond
12.83	May
12.72	Irwin
12.54	Thomas
12.40	Serone
12.38	Jones

UNDER 18

13.86	Dorling		
13.59	Ykema		
12.99	Larsen		
12.72	Irwin		
12.40	Serone		
12.38	Jones		
12.32	Meier		
12.10	Clarke		
11.71	Joanne Kendall	N S	15/10
11.65	Katrina Standerwick	V M	4/3

DISCUS THROW

60.78	Gael Martin (56)	V S	11/3
59.40	Martin	A	14/3
59.02	Martin	Leverkusen	20/7
57.72	Martin	Leverkusen	27/7
57.30	Martin	Hamilton	26/1
57.00	Martin	M	22/3
56.54	Martin	M	3/3
56.16	Martin	M	18/1
55.98	Martin	M	31/3
55.78	Martin	Auckland	28/1
50.90	Sue Reinwald (63)	V M	24/11
50.70	Astra Etienne (60)	V M	26/11



## FENCING

- DOMESTIC • INDUSTRIAL

*Supplied or Erected All Areas*

- PARTITIONS • PALING
- ENCLOSURES • CHAIN WIRE
- SIDEWAYS • WELDMESH

*Fence Repairs*

FOR NO OBLIGATION QUOTATION CONTACT

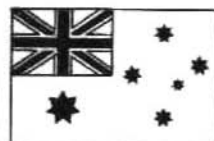
## RODEK FENCING PTY LTD

763 5400 or 763 5100

9 RUSHDALE ST., SCORESBY, A/H 232 4204  
7 BLOSSOM CRT., GLEN WAVERLEY

# PYROX

Specialists in  
gas heating  
and hot water  
are proud to be  
with associated  
champions.



Proudly  
60 Years  
Australian

## VINCENT TUCK PAINTING & ASSOCIATED SERVICES

- ★ Specialists in domestic & commercial projects
- ★ Approved applicators:—

- Hitchens building products, trafficable roofing "Traffigard"
- Muraflex coatings.

Large crew available on hand at all times

16 KILMISTON COURT, FRANKSTON  
TEL: (059) 71-1471

## SPORTS INJURIES

Strains, Sprains  
Muscular stiffness and  
soreness etc... APPLY  
Aspirin formulation for  
external application where  
you need it...  
RELIEVE PAIN  
SLEEP WITHOUT DRUGS  
Chemists only. PM 6431/83



## The **IKEA** "Cities" Marathon

(CITY OF SYDNEY to CITY OF BLACKTOWN)  
over the Olympic distance of 42km 195m

Sunday, August 19th

6 a.m. Start



Entry forms  
available —

Enquiries:

Ian Winton  
Race Co-ordinator  
Blacktown City Council  
Ph.: (02) 621 0011  
P.O. Box 63,  
Blacktown, 2148

MAJOR SPONSOR



"SO MUCH MORE THAN JUST A FURNITURE STORE"

Discus Throw (Cont.)

49.86	Chris Schultze (51)	V M	6/3
49.72	Andrina Rovis-Herman (61)	W C	11/2
49.00	Pam Mountfield (65)	N S	3/3
47.60	Heidi Wittesch (57)	S A	10/3
47.24	Yvette Ykema	V P	15/1
46.82	Sally Penson (62)	S A	10/3
45.70	Claire Mills	S A	14/3
45.54	Leanne Dennis (63)	N S	29/1
44.92	Mereoni Vibose Fiji	N M	31/3
44.70	Jenny Ware	O B	4/3
44.34	Katrina Standerwick	V M	29/3
43.66	Julie Amos (66)	N S	11/3
43.16	Kathy Walton (67)	O B	30/10
42.00	Monika Wegerbauer	T N	12/11
41.34	Sally Flynn (66)	S A	11/12
41.06	Sharon Clarke	N S	29/1
41.00	Robyn May	V M	29/3
40.76	Jenny Irwin (68)	W P	4/2
40.62	Vanessa French	W P	15/1
40.56	Tracey Watts	N S	28/1
40.48	Trudy Dawson	W P	26/11
40.40	Karen Ward	S A	11/12
40.32	Jackie Wheaton	V M	22/3
40.22	Chris Mitchell	S A	18/10

UNDER 20

49.00	Mountfield
47.24	Ykema
45.70	Mills
44.34	Standerwick
43.66	Amos
43.16	Walton
42.00	Wegerbauer
41.34	Flynn
41.06	Clarke
41.00	May

UNDER 18

47.24	Ykema
45.70	Mills
44.34	Standerwick
43.66	Amos
43.16	Walton
41.34	Flynn
41.06	Clarke
40.76	Irwin
40.56	Watts
40.32	Wheaton

JAVELIN THROW

62.66	Petra Rivers (52)	V M	1/4
61.94	Rivers	A	14/3
60.28	Rivers	A	14/3
59.70	Rivers	M	25/2
59.30	Rivers	M	6/3
59.24	Rivers	A	17/3
59.16	Rivers	M	3/3
58.58	Rivers	M	22/2
58.32	Rivers	M	18/2
56.96	Rivers	A	17/3

Javelin Throw (Cont.)

55.14	Jeannette Kieboom(59)	S M	1/4
54.62	Pam Matthews (58)	V M	6/3
52.64	Mereoni Vibose Fiji	N M	1/4
50.78	Lisa McHarg	N S	19/2
48.54	Cherry Harvey (66)	S Modesto	23/4
48.48	Melinda Cilento	S M	1/4
47.76	Terri Wrenn	V M	3/3
47.64	Sandra Moran (61)	S A	14/3
47.52	Janwill Cox	Q A	11/12
47.26	Sally Wijesundra	W M	30/3
46.58	Martin Boland	N S	4/2
46.44	Leanne Dennis (63)	N S	3/3
44.90	Pam Mountfield (65)	N S	19/11
44.18	Anne-Marie Kiwkbosch	V M	30/3
43.86	Sharon Clarke	N S	28/1
43.78	Mary Thomas (44)	N S	29/1
43.58	Lyndall Kennedy (67)	N S	3/12
42.80	Janine Morgan	V M	19/11
42.42	Chris Schultz	V M	3/3
42.12	Jane Brysky	S M	30/3
42.04	Jeanette Boyce	S A	15/1
41.92	Kate Farrow	S M	30/3
41.82	Lesley Richards (63)	N S	19/11
41.75	Vanessa French	W P	7/1
41.18	Jill McCrossan	V M	4/2
41.16	Joanne Whybrow	V M	5/11
40.54	Chris Stanton (59)	W P	25/2
40.50	Trudy Dawson	W P	26/11
40.02	Jane Flemming (65)	V M	3/12

UNDER 20

48.54	Harvey
48.48	Cilento
47.52	Cox
47.26	Wijesundra
46.58	Boland
44.90	Mountfield
44.18	Kiekebosch
43.86	Clarke
43.58	Kennedy
42.80	Morgan

UNDER 18

48.54	Harvey
46.58	Boland
44.18	Kiekebosch
43.86	Clarke
43.58	Kennedy
42.80	Morgan
42.12	Brysky
42.04	Boyce
41.92	Farrow
41.16	Whybrow

HEPTATHLON

6273a	Glynis Nunn (60)	S C	15/4
6195a	Nunn	Helsinki	9/8
6127a	Nunn	A	29/1
5753a	Jocelyn Millar (62)	T C	15/4
5599a	Lesley Richards (63)	N C	15/4
5565a	Ann Turnbull (62)	S C	15/4

Heptathlon (Cont.)

5512a	Millar	A	29/1
5483	Kylie Coombe (67)	Q M	18/3
5414a	Wendy de Vroom (59)	V C	15/4
5397a	Coombe	C	15/4
5330	Georgine Hale (63)	V M	18/3
5221a	Amanda Thomas (64)	N C	15/4
5206a	Chris Randall	S C	15/4
5176	Katie Harders (63)	Q B	26/2
5160	Nicole Boegman (67)	N D	3/10
5152a	Jhodie Hammond	V C	15/4
5106a	Vicki Goodall (65)	Q C	15/4
5089a	Pam Mountfield (65)	N S	19/2
5078	Belinda Hoonhout	Q B	26/2
5070a	Anne-Marie Kiekebosch	V C	15/4
5001	Julie Worsfold	W P	26/11
4989a	Suzanne Lawton	N C	15/4
4970a	Debbie Barrett	W C	15/4
4949a	Robyn Williams	V C	15/4
4853	Joanne Sweetman	N C	4/3
4792	Bev Miller	Q B	22/1
4769a	Jodi O'Reilly	S C	15/4
4765a	Lisa McHarg	N S	19/2
4746	Kim Stuart	Q B	9/10
4708	Jacinta Hunt (66)	V M	6/11
4673a	Elizabeth Gray	N C	15/4
4622a	Jenny King	W A	10/12
4518	A. Wheeler	W P	20/11
4492	Jill McCrossan	V M	6/11

UNDER 20

5483	Coombe
5221a	Thomas
5206a	Randall
5160	Boegman
5152a	Hammond
5106a	Goodall
5089a	Mountfield
5078	Hoonhout
5070a	Kiekebosch
5001	Worsfold

UNDER 18

5483	Coombe
5206a	Randall
5160	Boegman
5078	Hoonhout
5070a	Kiekebosch
5001	Worsfold
4970a	Barrett
4746	Stuart
4708	Hunt
4673a	Gray
4622a	King

# Running Wild

"BRISBANE'S BIGGEST RUNNING SHOP"

catering for runners of all standards

635 LOGAN ROAD GREENSLOPES

(opposite the Greenslopes Bowling Centre)



adidas



SHOES SHORTS  
SINGLETS SOCKS  
SHIRTS AVAILABLE

CASIO SPORTS WATCHES

ALSO OUR OWN MAKE RUNNING ATTIRE AVAILABLE

AT COMPETITIVE PRICES

SPECIALITY FOR CLUBS' TEAMS ETC.

GIVE US A CALL ON

**394 3322**



# RIPPA SKIPPA

THE JUMP ROPE OF THE FUTURE - LONG LASTING, NON CURLY, NON FRAY, FLUORESCENT MODERN SKIPPING ROPE GLIDES THROUGH THE AIR AT SUPER SPEED, UNIQUE SILKY SMOOTH BEARINGS. ADJUSTABLE FOR CHILDREN AND ADULTS OF ALL SIZES.

Rippa Skippa is the ideal choice because... You get both fun and your aerobic exercise at whatever speed you desire... You can skip almost anywhere safely and easily.

Price \$19.95 (incl. GST) - 10% off for bulk purchase - 10% off for schools and sporting clubs - CROWN & ANDREWS PTY. LTD.

36 CROWPER STREET  
DRAVILLIE QLD 4147  
Ph. (07) 666 6711

