

MacFarlane wins 3000m interclub

Season just gets better for the champ

By **MARK WORLEY**

COMMONWEALTH Games bronze medallist Donna MacFarlane continued her strong recent form at yesterday's interclub at the Domain with an easy win in the 3000m.

After taking out the selection trial for the world cross-country championships last weekend, the Sandy Bay mother-of-two wasn't even sure if she would run in the cold, wintry conditions.

MacFarlane battled the strong winds to finish just behind the leading men in a time of 9 minutes, 18.21 seconds.

The ninth-ranked steeplechaser in the world is looking forward to the Briggs Memorial national series meet at the Domain in two weeks, where she will have her first hit out over the 3000m steeplechase for the season.

Old Virgilians' Jason McDonald completed a rare treble by winning the 100m, 200m and 800m.



C'MON GUYS: Donna MacFarlane races with men, from left, Aaron Humphrey, James Scarr, John Jago and Chr

McDonald opened his day by winning the 800m in two minutes, then backed up half an hour later to win the 100m in 11.22sec.

In the 200m, he came from 5m behind at the halfway mark to edge out Aaron Griggs (Eastern Suburbs) by less than a metre in 22.93sec.

Eastern Suburbs young shot putter Rebecca Direen continued her record-breaking form with an

11.34min effort that broke her own state under-13 mark.

That makes the third state shot-put record Direen has set this season.

Alisa Dalton (OVA) and Clara Staples (Northern Suburbs) shared the honours in the women's sprints.

Dalton won the 100m in 13.33sec, while Staples took out the 200m in 27.66sec.

The Peacock brothers

(Eastern Suburbs) continued their dominance in the throwing circle with some solid performances.

Hamish hurled the 5kg shot to 16.91m, while younger brother Huw managed 16.56m with the 4kg.

In the discus, Huw sent the 1kg disc 51.93m, while Hamish hurled the 1.5kg disc 49.54m. Sandy Bay runner Isabella Thomson came from behind to win the women's

800m in 2min 29.2. James Scarr won the 3000m in 9min 15.

Teletha Phillip recorded a personal 15min 56.11sec in the women's 3000m while Chase Richardso won the men's race.

North-West athlete Issa Kay beat her state record at the meet in Canberra lowering the mark to 11.61sec.