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January 2012

1 – January 7 – Javelin state record raised by Paul Jeffery

Paul Jeffery returned to competition at WAAS last night with an impressive long jump, but stole the show with a new M35 state javelin record. His 54.33m throw eclipsed his own record by more than 4m.

2 – January 9 – Dorothy Whittam wins the Stone Trophy

In a tight finish, it was Dorothy Whittam edging out Lorna Lauchlan to take the Stone trophy at East Perth. The trophy is awarded to the best female in the handicap 7km walk. Handicaps are sealed, so that no-one knows during the race where they stand. The run handicap, with times declared in advance so it is a "first past the post wins" race, was Kim Cook.

3 – January 9 – Bronze medal for Paul Hughes in AMA half marathon

The AMA half marathon took place in Hobart yesterday with three MAWA entrants. Paul Hughes took the bronze medal in the M55 age group with a time of 1:34.05. Our other two entrants, both M50, were Roscoe McDonnell (4th, 1:31.27) and Ross Keane (5th, 1:38.50). Congratulations to all three.

4 – January 11 – Record turnout for Tuesday meet at WAAS

46 athletes attended the WAAS meet last night. This is the highest that any of us can remember on a Tuesday evening. New members Danielle Baldock and Leonie Edwards, plus US member Mark Phillips, joined debut track appearances for Karl and Sandra Stockman. The 2000m steeplechase was a feature event, pushing the number of track events to five for the evening.

5 – January 13 – Tom Gravestock joins Masters world elite

Tom Gravestock set a new M55 state discus record last night. Tom raised his own record by more than a metre to 40.66m, putting him over the standard required for a place in the Masters' world rankings. These rankings are maintained by Martin Gasselsberger (mastersathletics.net) in Austria. Tom joins Kate Glass, Bev Hamilton, Lajos Joni, Matt Staunton, all of whom have recently appeared in the world rankings.

6 – January 13 – Throws return to Tuesday evenings at WAAS

The throwers came back to Tuesday meets in force tonight. 13 competed in the 6.45pm shot put, with 11 staying to take part in the 7.30pm discus. Full results and analysis can be found on the T&F results page. Next Tuesday there will be a weight throw competition at 6.45, followed by the javelin at 7.30pm. The long throws can only take place from 7.30 to 8.30 for safety reasons. The track competition is unchanged, commencing at 6pm as usual.

7 – January 19 – Scott Tamblin breaks four minutes for 1500m

At the Strive meet last night Scott Tamblin became the first MAWA member to dip under four minutes in a 1500m race. It is a new M30 state record. In perfect conditions he led all the way in the feature race of the evening, towing two other athletes through under the magic 4 minutes. Scott is preparing for the Open Nationals in Melbourne, the week after our Masters Nationals. He is hoping to go lower still with three more months of preparation.

8 – January 23 – Interim Club Tops to January

At the three-quarter stage of the athletics year, the 2011-12 Club Tops has been updated on the track results page. There are usually lots of changes as we approach the championship season, with the Oceania regionals next month, states in March and Nationals in April, so this is a good opportunity to see where you stand so far.

9 – January 25 – Worlds 2013 in Porto Alegre move to October

The date of the World Masters Championships in Porto Alegre, Brazil has been changed. Porto Alegre is on roughly the same latitude as Perth, so the original July date is mid-winter. WMA Council has approved a date change to the Spring. The new dates are 15-27 October next year. Happy days for your webmaster, that's 10 days after he turns 70!

10 – January 29 – Runners World is closing down

Everybody's favourite running and sports shop - Runners World - is closing down at the end of February. Bob and Jan Braid, and Phil Ingpen have announced a closing-down sale. It's sad news to all of us, but we at MAWA wish them well in their retirement.

11 – January 30 – Lauren Shelley runs 2h35m in Osaka Marathon

Niamh Keane reports "News just came through that Lauren Shelley ran 2.35.57 in the women's only Osaka marathon in Japan held yesterday. The Australian A qualifying time is a sub 2.32 to be run before July 8th, however the IAAF Olympic A standard is sub 2.37. If Lauren was running for Ireland, she would be lining up in London! However I am sure some other Australian girls are also through that sub 2.37. We always wish more for our friends!"

Lauren graced us with her presence as a visitor at some track races in her pre marathon training. She is also well-known to many of us through her physiotherapy!

12 – January 31 – MAWA has public pages on Facebook and Twitter

In addition to the members' group on Facebook that we started in November, we now have a public page accessible to the virtual world. The public page will aim to promote our club with notices about events and pertinent news items. The purpose is to widen the image of the club. This page is linked to Twitter, so that each entry is repeated there - capturing two audiences via these social networking sites with a single entry.

The Facebook page can be found at www.facebook.com then use the top search box with MASTERS ATHLETICS WESTERN AUSTRALIA (not case sensitive); the Twitter tag is @MastersAthWA.

February 2012

13 – February 5 – Bunbury-based MAWA walkers sweep State Open 10km titles

Bunbury-based Lyn Ventris and Garry Hastie took the women's and men's state open 10km track walks titles at WAAS today. David Smyth took the silver in the men's race. Lyn's time (51:31.2) and Gary's (56:24.4) are both new state records. David's silver medal time was 58:48.1.

14 – February 7 – Tauranga results delayed

Apologies are offered for the lack of firm results from Tauranga. I have queried the lack of officially published data, but it seems that results will only be published after the championships finish next Sunday. I am working hard with the NZ Masters to get them earlier. In the meantime, you can read unofficial data coming from our athletes on the MAWA public page on Facebook.

15 – February 8 – Scott Tamblin to run in the Perth Classic

MAWA member Scott Tamblin is entered in the Go for 2 & 5 Perth Classic this Saturday evening. Scott recently became the first MAWA member ever to break 4 minutes for the 1500m in smashing the M30 state record. He is now testing himself against the best Australian athletes over the distance. Is there another record on the way?

16 – February 8 – Mark Elms in the Rockingham Money

Mark Elms continues to impress in the professional runs. His second place in the Rockingham 550 last Saturday put another \$125 in his pocket. 69 seconds is impressive running; a 90m handicap meant he actually ran 460m. You can watch the video of the race by using the link on the MAWA Facebook page.

17 – February 9 – States move back to WAAS

The state championships are moving back to WAAS. Read the official confirmation of this.

18 – February 15 – AMA postal relays re-start tomorrow

After the two-week break for the Oceania Championships, tomorrow sees the return of the AMA National Postal relays to ECAC. It is the turn of the one-lap specialists as we run the 4x400m event, starting at approximately 7pm. The meet starts at 6pm as usual. You do NOT need to have pre-entered; if you want to run in a relay team, just turn up and we will find you a berth. Come along and represent your state in these national championships.

19 – February 19 – Johan Hagedoorn, Peggy Macliver are Woodman Point winners

The short run event over 5km was today's handicap race. Longer distance specialists mainly decided to stick to the 10km race, leaving Johan Hagedoorn and Peggy Macliver to take the handicap honours. It was a very close finish to both men's and women's races. Vic Waters and Margaret Saunders each pushed the two winners hard in the closing stages. Around ten runners were in with a chance in a finish which showed well the handicapping skills of Richard Danks.

20 – February 24 – Worlds 2013 website launched

The WMA Masters World Championships 2013 will be in Porto Alegre, Brazil in October 2013. The LOC website has been launched; view, and make your plans!

21 – February 25 – Golden night for Glenn Ross at WAAS

New member Glenn Ross (UWA sprints coach and organiser of the Surf Life Saving athletics squad) broke the M40 state records for both 60m and 200m at the Strive Interclub last night. His 200m time of 23.25s was followed later in the evening with a lightning fast 7.37s over 60m. Each broke long-standing MAWA state records. Glenn joined this past week, bringing along with him several of the athletes he coaches to boost MAWA's ever-growing band of young sprinters. It is exciting times at WAAS these days! Full report on web reports archive.

22 – February 26 – Jean Hampson's photos from Oceania 2012

Jean Hampson took hundreds of photos at the Oceania Championships in Tauranga. She has made them available on Picasa web albums. You can access these through a link on the Oceania Masters website

23 – February 29 – David Carr steals the show at WAAS

It has been the younger new sprinters setting the pace in recent weeks at WAAS on a Tuesday. David Carr, 79 years young, redressed the balance last night. On another exciting and varied evening's competition, David ran an amazing 98.45% age-graded in the final event - a 2000m steeplechase. For full report see the web reports archive.

24 – March 1 – MAWA website popularity soars as website hits nudge 5000

Your club's website is hitting the mark as it attracts visitors from around the world. From a base of around 1500 hits per month two years ago, over the past month this increased to within a whisker of 5000 (4997 to be exact). Results from both Sunday runs and the three track meets remain the biggest attractions; thanks to the teams that work so quickly making these available (Barrie Thomsett, Richard Danks and now Jackie Halberg on Sundays, Peggy Macliver and Barbara Blurton on Tuesdays and Thursdays) these are invariably on the website the following morning at the latest. A full round up is available in the news archive, giving the surprising geographic variation of the hits including Saudi Arabia and Namibia!