

July 2011- Sacramento (in reverse order)

Please note: where you are referred to reports, these can be found in the Sacramento special issue of TFNL

1 – July 18 – World Record in Sacramento in the 4x400m relay

Peggy Macliver ran the second leg in the W65 4x400m relay team that broke the world record in taking gold yesterday. This is still unofficial, and takes our gold medal count to 13. An individual gold went to David Carr in the M75 steeplechase. On a day when four golds, four silvers and a bronze came our way, there ss much to catch up with in the Day 10 report and results.

2 – July 18 - Two more golds for the incomparable Lyn Ventris

Is she our greatest Masters athlete of all time? Few would dispute it. Lyn Ventris won the 20km road walk (W50) yesterday, and combined to take a team gold as well. These golds, plus a team gold for the M40 (David Smyth) and team silver M50 (Garry Hastie), made it a wonderful day for our race walkers. See the Day 9 report and results.

3 – July 17 - Medals Galore on Day 9 in Sacramento

A technical hitch has delayed the results in the 20km road walk, but I can tell you that there are multiple medals, including golds in this event. Results will be added when I can finalise them. Meanwhile, there are several state records in the 400m and throws, courtesy Irwin Barrett-Lennard, Kate Glass and Chris Tittel. See the Day 9 report and results

4 – July 16 - Third silver for Lorraine Lopes, and another AR

It was the 1500m finals day on Friday, with more medals for WA. Lorraine Lopes snatched her third silver in her third event, setting another Australian record in the process. David Carr followed up his 800m gold medal with a bronze in the 1500m. His time of 5:38.86 augurs well for a potential world record attempt next season when he turns 80. Speaking of world records, Aussie Keith Bateman set an astonishing new mark for the M55s of 4:12.35 (100.61%). He now holds all the world records for this age group from 1500 to 10000m. See the photos in the track gallery. See the Day 8 report and results.

5 – July 15 - Mark Jeffery breaks his own SR with javelin

Mark Jeffery, with the broken arm, set a new M40 State Record for the javelin during his epic decathlon (see July 8 report). Yesterday he raised this from 49.18m to 50.79m in the individual event. How far will he be able to throw it when his left arm heals, one wonders?.

6 – July 14 - Days 5 and 6 in photographs

More great photos by Graeme Dahl have arrived. This batch covers the 200m and 800m finals, as well as some from the Perth 2015 information booth. Note: These photographs are available via the track gallery for download.

7 – July 14 - 24 hours to Perth 2015 Decision Day

Thursday (California time) is the day that the WMA General Meeting will decide the host city for the 2015 championships, with Perth one of the two front runners. The decision is expected at around 3 am Friday Perth time. Your website will flash the news as soon as it is released. Today in Sacramento there were two throws finals for MAWA: Kate Glass and Chris Tittel both did well, finishing in mid-positions in the weight and hammer respectively. On the track there were no medal finals for us, with the focus on qualifying for Friday's and Saturday's 1500 and 400 finals. See the Day 7 report and results

8 - July 13 - Three Golds on glory day for MAWA's walkers

The race walkers came to the fore on day 6 in William Land Park with an individual gold and two team gold medals in the 10km road walk. Lyn Ventris added the individual W50 gold to her track walk medal from day 2, also teaming up with Pam Tindal and Annette Major to take the W45 team gold. Garry Hastie (8th in the individual race) joined forces with Colin Heywood and Simon Evans to secure team gold in his M50 age group. See the Day 6 report and results.

9 – July 12 - Margaret Saunders' reflections on her 800m final

Margaret Saunders should not have been in Sacramento. She tore her Achilles' tendon in the Brisbane Nationals and was advised not to start running again until the end of July. Read her reflections on what it means to be in a world championships final. See report.

10 – July 12 - David Carr retains world 800m title, another silver for Lorraine Lopes

David Carr saves his best for the World Championships. Any world medal is a great athletic achievement, the gold is the pinnacle. But to do it when you are right at the top of his age group shows what a superstar is David Carr. Pushed all the way by his Spanish opponent, David won in 2:46.02.

Lorraine Lopes added another silver (W70 800m) to her suitcase for the journey home. See the Day 5 report and results.

11 – July 10 - Days 3 and 4 in photographs

The photos continue to pour through from Graeme in California. For the latest selection see the track gallery.

12 – July 10 - 3 MAWA sprinters in 100m finals on day 4

Barrie Kernaghan, Peggy Macliver and Lynne Choate battled through to their respective 100m finals on Saturday in Sacramento. Barrie took 4th place in his final to be our best-placed quick-man. Elsewhere Irwin Barrett-Lennard also came 4th in his 5000m final. On the infield the throwers began their competition, with Kate Glass and Chris Tittel flying the flag for us. See the Day 4 report and results

13 – July 9 - Mark Jeffery won decathlon bronze with broken arm

Astonishing as it may seem, Mark Jeffery's decathlon bronze came despite a broken arm, sustained in hurdles training before leaving Perth. Read all about it in the special report.

14 – July 9 - Lorraine Lopes' silver medal the highlight of day 3

A silver for Lorraine Lopes in the 5000m kept the MAWA spirits high on day 3 in the heat of Sacramento. More about this, and the rest of the track programme (100m and 800m qualifiers, 5000m track walk), together with results are in the Day 3 report.

15 – July 8 - A photographic souvenir of Days 1 and 2

Graeme Dahl has sent a collection of great photographs from the first two days of competition. A two-page souvenir edition is available. Note: These photographs are also available via the track gallery for download.

16 – July 8 - Mark Jeffery sets 3 SRs in his debut Decathlon

Mark Jeffery (M40) exceeded his own expectations in this, his debut decathlon. (He only completed the first day of the WA Open Championships event in February, pulling out with a groin strain on the second morning.) The first day brought PBAs in 100m and 400m, with a state record (pending) in the high jump. Comfortable in bronze medal contention going into day 2, a PBA in the hurdles got him off to a great start. However, a regulation discus and a fright in the pole vault (only 2.80m compared to his own SR of 4.20m set in April this year) left him only just in third place.

The response was a mammoth javelin throw, a new SR, and a PBA in the final 1500m. A well-deserved bronze medal will be a constant reminder of this wonderful day in Mark's athletics life.

Full analysed results to date are on the track results page.

17 – July 8 - Lyn Ventris takes gold, Mark Jeffery bronze

Lyn Ventris, so often our star performer, set the standards with the first MAWA individual gold today. It came as she demolished the field in the 5000m race walk on the track. Mark Jeffery held on to third place in the decathlon throughout the second day to record a memorable bronze medal in this most challenging of events (see above). More team medals came our way on the second day of cross-country competition; Michael Barton and Roscoe McDonnell were part of the M40 silver-medal winning trio; Bjorn Dybdahl has a team bronze medal.

Read all about it in the Day 2 report.

18 – July 7 - Should Irwin's bronze have been a different colour?

The buzz from California is that Irwin Barrett-Lennard's bronze could have been better. A little bird tells me that he actually ran an extra lap, but still finished third! Watch this page

19 – July 7 - Bronze for Irwin, team gold for Jim on Day 1

Irwin Barrett-Lennard took the M80 Cross-Country bronze medal in Granite Park on the first day of competition, braving hot and humid conditions over the tough course. Jim Langford combined with Don Matthewson and Mike Walker to pocket a team gold medal over the same course. Read all about it in the Day 1 report.