

# TFNL



Season 7 Issue 1

October 2013

The Track and Field Newsletter of MAWA



Bjorn Dybdahl  
and Nikoly  
Krasnikov (1699)  
from the Russian  
Federation at the  
start of the 800m  
at the Torino 2013  
World Masters  
Games.

**MORE** Page 4

*Photo: Bob Pearce*

# Tussle in Torino



# David's nomination

David Carr has been nominated by Oceania Masters Athletics Council for the IAAF Masters Athlete of the Year Award. Nominations from each of the WMA Regions will be considered at a WMA council

meeting in Porto Alegre in October and winners announced. David's outstanding record of achievements makes him a worthy nominee for this prestigious award.

Victoria's Dawn Hartigan has also been selected as an Oceania nominee.

MAWA's Lyn Ventris has won the past two World Masters Female Athlete of the Year Awards.

**David Carr is a giant on the Masters' world stage and at home.**







# Aussies head to Brazil

**MAWA athletes have punched above their weight with entries topping all but two of the states and territories for the World Masters Athletic Championships at Porto Alegre, Brazil in October.**

**A total of 21 local athletes (12 male and nine female) are entered with the Australian**

**numbers reaching 125. Victoria heads the states with 46 entries followed by New South Wales on 25 then Western Australia.**

**The championships begin on October 15 and end on October 27.**

**Two years ago in Sacramento the Australian team put in a stellar performance to finish**

**second to the United States of America with Germany third in the medal count.**

**It was at this meeting that the French Lyon bid pipped the West Australians for the right to host the 2015 World Masters Athletic Championships. However, Perth secured the right to hold the championships in 2016.**

## **Austalian Capital Territory (9)**

Robert Banens  
Radovan Leovic  
Mary Campbell  
Mark Campbell  
Margaret Taylor  
Janice Banens  
Sharon Gibbins  
Ray Green  
Fran Harris

## **New South Wales (25)**

Jacqueline Bezuidenhout  
John Cooper  
John Fienieg  
Albert Gay  
Jayne Hardy  
John Kay  
Marie Kay  
Con Kotis  
Wayne Marriott  
Donald Mathewson  
Neville McIntyre  
Gianna Mogentale  
Janet Naylor  
Noreen Parrish  
Stuart Paterson  
Cristine Penn  
Joan Purcell  
Cristine Suffolk  
Jill Taylor  
Mary Thomas  
Adriana Van Bockel

Jacqueline Walton  
John Walton  
Krzysztof Wardecki  
Glenys Whitehead

## **Queensland (12)**

Irene Davey  
Bert Janes  
Rosemary Dean  
Jean Hampson  
VidvudsJermacans  
Althea Mackie  
Colin McLeod  
Wilma Perkins  
Joanne Pronk  
Anne Ryan  
Sean Ryan  
Alan Stacey

## **South Australia (8)**

Lesley Dawson  
Miriam Cudmore  
Anne Lang  
Karen Long  
Evelyn Peake  
Robert Pearce  
Peter Sandery  
Claire Woods

## **Victoria (46)**

Stephen Baird  
Stephen Barker  
Margaret Beaumont  
Ian Beaumont  
Ralph Bennett  
William Carr

Heather Carr  
Donald Chambers  
James Christmass  
Allan Cook  
Maria De Zwart  
Russell Dickenson  
Anthony Doran  
Elwyn Egan  
Andrew Egginton  
Simon Evans  
Elizabeth Feldman  
Neil Gray

Justin Hanrahan  
Dawn Hartigan  
Kathryn Heagney  
John Herridge  
Sharon Higgins  
Keith Howden  
Andrew Jamieson  
Barry Jeffs  
Celia Johnson  
Stuart Kollmorgen  
Geoffrey Major  
Rob Mayston  
Leanne Monk  
Lorraine Mussett  
Terry Phelan  
Mark Purvis  
Christine Schultz  
Collin Silcock-Delaney  
James Sinclair  
Kevin Solomon  
Gwen Steed  
Pamela Tindal

Petrina Trowbridge  
Andrew Wilcox  
Raymond Wilson  
Ewen Wilson  
Allan Wood  
Valerie Worrell

## **Tasmania (4)**

Lynne Andrews  
Geoffrey Gibbons  
Roscoe McDonnell  
Michael Stevenson

## **Western Australia (21)**

David Carr  
Geoffrey Brayshaw  
Lynne Choate  
Vicki Cobby  
Todd Davey  
Bjorn Dybdahl  
Roy Fearnall  
Melissa Foster  
Byrony Glass  
Kathryn Glass  
Jacquelin Halberg  
Beverley Hamilton  
Garry Hastie  
Barrie Kernaghan  
Nick Miletic  
Margaret Saunders  
Lynne Schickert  
Robert Schickert  
Colin Smith  
Christian Tittel  
Grzegorz Urbanowicz

# Bjorn's Italian job



Bjorn Dybdahl hurdles the water jump on his way to a silver medal in the 3000m steeplechase at the Torino 2013 World Masters Games held in Turin, Italy in August.

Bjorn placed fourth in the 5000m (19:49.80), ninth in the 1500m (5:11.97) and tenth in the 800m (2:29.01).

MAWA's Erica Mercer secured a gold medal in her 2000m steeplechase (12:58.82). Erica won bronze in the 1500m (7:59.45).



Bjorn with Frantisek Kolinek (centre) and Evgenil Morozov after the medal ceremony.

*Photos: Bob Pearce*

Final		Stadio Primo Nebiolo - 03 August 2013 - Start Time: 20:21					
Pos.	Bib	Athlete	Year	Cat.	COUNTRY	Mark	Points
1	1391	KOLINEK Frantisek	1956	M55	CZE CZECH REPUBLIC	12:03.41	
2	1976	DYBDAHL Bjorn	1953	M55	AUS AUSTRALIA	12:34.57	
3	1456	MOROZOV Evgenii	1958	M55	RUS RUSSIAN FEDERATION	12:41.63	
4	717	LERRO Aniello	1958	M55	ITA ITALY	12:53.64	
	384	RAVETTA Andrea	1957	M55	ITA ITALY	DNF	
	669	GERARD Gualandi	1955	M55	FRA FRANCE	DNS	

## Congratulations, John!

Way back in February, John Oldfield sat his Athletics Australia Level A track exam. He has just received his result – and he has

passed. This doubles the number of Level A qualified track officials in Western Australia, Geoff Garnett being the only other.



# Lynne steps down

**AFTER 10 years on the AMA Board, MAWA Life Member Lynne Schickert has decided not to re-nominate for a Board position for 2013-14. From 2003 to 2009 Lynne was AMA President and from 2009 to 2013 remained a Board member where her portfolios included Communications and Marketing, with an ongoing commitment compiling the AMA History. For**

**the past seven years she has been involved in the production of the AMA Handbook.**

**Lynne remains involved with Masters Athletics at the highest levels, retaining her ongoing commitments to Oceania Masters Athletics, where she is the Oceania Region delegate to World Masters Athletics and is the WMA representative on the Perth 2016**

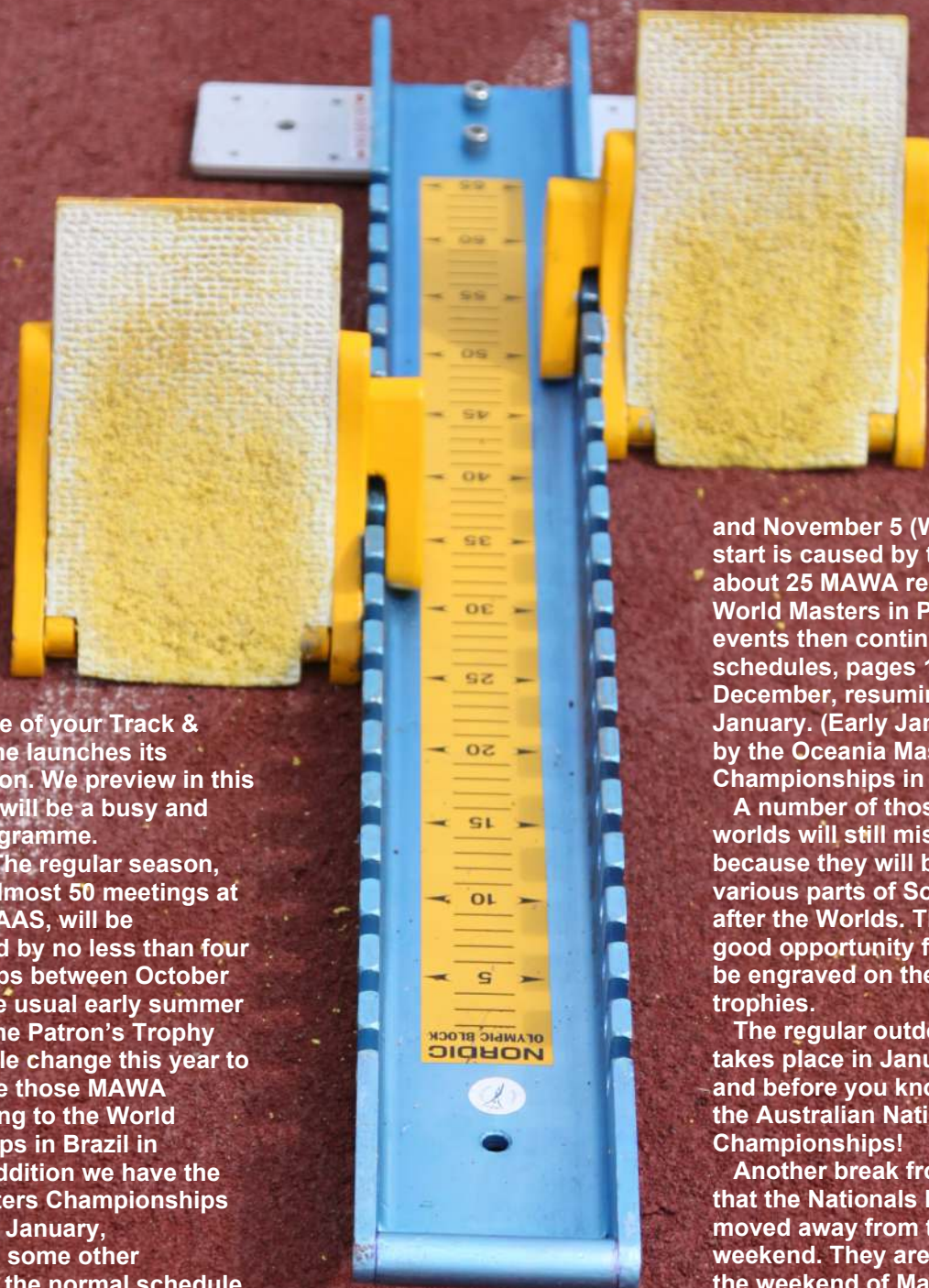
**Championship Committee. Lynne will continue to work on compiling the AMA History and will provide support to the production of the AMA Handbook.**

**All MAWA members should be grateful for her enormous contribution to the administration and promotion of Masters Athletics – locally, Australia-wide and Internationally.**





# On your blocks



This 50<sup>th</sup> issue of your Track & Field magazine launches its seventh season. We preview in this section what will be a busy and intensive programme.

**Overview:** The regular season, comprising almost 50 meetings at ECAC and WAAS, will be supplemented by no less than four championships between October and April. The usual early summer highlight of the Patron's Trophy has a schedule change this year to accommodate those MAWA members going to the World Championships in Brazil in October. In addition we have the Oceania Masters Championships in Bendigo in January, necessitating some other alterations to the normal schedule. Details of these schedules can be found on page twelve.

**Regular Programme:** Every Tuesday at WAAS sees a full T&F programme. Long or triple jump begins at 6pm, then four track events (usually two sprints, a middle-distance race and long distance race) run from 6.30pm alongside two throws. In addition

every three or four weeks there is a high jump competition.

A similar programme takes place at ECAC each Thursday, with all three disciplines starting at 6pm. There is a monthly extra at WAAS – a steeplechase for the intrepid.

**Patron's Trophy:** PT begins with a 10,000m on October 31 (ECAC)

and November 5 (WAAS). This late start is caused by the absence of about 25 MAWA regulars at the World Masters in Porto Alegre. PT events then continue weekly (see schedules, pages 10-11) until mid-December, resuming in mid-January. (Early January is taken up by the Oceania Masters Championships in Bendigo.)

A number of those going to the worlds will still miss the PT because they will be touring various parts of South America after the Worlds. There could be a good opportunity for new names to be engraved on these prestigious trophies.

The regular outdoor pentathlon takes place in January at ECAC, and before you know it we are into the Australian National and State Championships!

Another break from tradition is that the Nationals have been moved away from the Easter weekend. They are scheduled for the weekend of March 8-10 in Hobart. So our State Championships will unusually be after the Nationals. The States 10,000m continues to be run at ECAC (March 20), but all other championship events are at WAAS, the main weekend being March 29-30.

Details of all these events are on the MAWA, AMA or OMA websites.



# Seasonal transition



Greg Wilson, Barrie Kernaghan and Bob Fergie power off the line in the 60m at the State championships.

THIS time of the year the weather is getting warmer, the summer track season approaches and this can mean a time when “niggles” or soreness can occur. The transitioning from winter training to track training sessions may cause stress on muscles, ligaments and tendons as athletes train at a different intensity on a different running surface.

Footwear is one item to consider if soreness does occur. Speaking to physiotherapists I have become aware that one cause of plantar fasciitis may be footwear. In winter we tend to wear closed in shoes and socks. In summer it is more common to wear bare feet, sandals, thongs and open shoes. These different shoes put the muscles, tendons and ligaments under a different stress and injury may occur. Rehabilitation may involve exercises and strapping of the foot to relieve the symptoms and pain. There are other causes of plantar fasciitis but this cause is often overlooked.

Athletes frequently wear spikes in summer when track training and



## the edge

With Margaret Saunders

this necessitates the running technique being a little different. For a short while, running may feel uncomfortable due partly to the different cushioning and the positioning of the spikes under the ball of the foot. There will be a period of adjustment to this different technique as the lower leg muscles control foot motion and stability and this increase or change in activity may cause sore muscles or tendonitis. Ensure rest days are planned after hard sessions and initial sessions using spikes to allow the body to adjust to the new loading.

Regular running shoes tend to have a raised heel, whereas track sprint spikes have a low heel. Training on the artificial surface in these shoes compared to grass may cause injuries to the Achilles tendon area. Sometimes wearing a heel pad may aid in minimising the

injury. Tendonitis is an overuse injury and the change to run up practise in spikes on the different surface may cause this overuse.

Jumpers also need to look at the transition from winter to summer.

As the summer season approaches it is an excellent time to look back on the previous summer season and set goals for this season. Set realistic targets based on how you have trained during winter. What worked well last season? What was not successful? It is important to analyse your strengths and weaknesses. Investigate the weaknesses and set strategies to improve. The strategy may be to increase your strength, your endurance, or speed, or work on specific muscle imbalances. You may have been working on these during winter and now is the time to see how successful you have been. Remember as a masters athlete we do not necessarily keep improving our times and distances each year. Investigate your age graded performance and this will show if you are improving.



Rae McMillan

# Lives life to the full

## Ruth turns 104

QUEENSLAND'S Ruth Frith celebrated her 104<sup>th</sup> birthday in August. Ruth competed in Perth at the Australian Masters Championships in 2010.

Ruth featured in the film *The 100 + Club* shown on ABC TV where she was pictured pumping iron in her personal gym.

*MAIN PHOTO: Ruth Frith watches Rae McMillan in Perth.*

RAEMA McMillan, oldest female MAWA member by five years, was born in Sydney in 1927. Primary schooling was near the family home in Maroubra Beach and later at Sydney Girls High School. At fifteen she started work at Spicer & Detmold Stationery Manufacturers, a protected industry during the war years. After doing various jobs she moved to Perth in 1952. Six years later she married James McMillan, a British ex-serviceman and she continued working full time until she was sixty. They had no family and, since Jim died some years ago, she has hankered after a return to NSW to be near the rest of her family.

Being the daughter of Howard Hallett, who, in his time, was considered Australia's greatest ever rugby league fullback, it is not surprising that sport was part of her family life style. Rae could swim at a very early age and was a proficient surfer by the age of ten. Perhaps not remarkable today – but more than 75 years ago?



## In focus

With Christine Oldfield

Despite being an all round athlete at school, she made a start in competitive swimming. But, at eighteen, she switched to her preferred sport of athletics and competed for NSW Women's Amateur Athletic Association from 1946 to 1952. Rae's documents are all in NSW and it was a long time ago, but she recalls that for three consecutive years, 1948, 49 and 50, she was discus champion and achieved an Australian record. She then dropped to second but won the javelin in 1952. And competing for NSW in the state team, she achieved first or second places in various throws.

She continued in athletics after coming west, competing first for North Perth then for Applecross-Melville AC.

*CONTINUED NEXT PAGE*



# Heading back East

**FROM PREVIOUS PAGE** SHE was state javelin and discus champion and was placed in other throws at various times. There were no medals awarded in those days – just certificates.

After giving up athletics in 1960 she pursued other interests. She played weekend golf and was a member of several clubs.

When she retired, her sister, a life member of NSW AAA, sent her a javelin and suggested she “try the Veterans”. Raema already had a discus so, at 60 years of age, she went down to McGillivray Oval and joined WAVAC.

She immediately made her mark, knocking huge chunks off state throws records. And this continued as she passed through the age groups, breaking records set by the likes of Phyllis Head, Val Tyson and Betty Baumann. The same happened to many Australian records and as a W65 she added the throws pentathlon to her list of state records. She still holds current W80 and/or W85 state and Australian records in all five throws and the throws pentathlon.

As the sole competitor in her age group, Rae obviously features first in the W85 Club Tops, but the distances she throws are greater than many of the much younger athletes who figure in the Tops. Raema has two pet gripes about getting old – AWA’s insurance doesn’t cover athletes over 80 and the 2kg shot is too small to allow her to get a proper hold on it. She has never been one to enjoy sitting around doing

nothing and has made valuable contributions to several of the clubs she has been a member of.

In NSW she was inter-club secretary for the women’s athletics association, officiated for Randwick Kensington AC and coached a women’s basketball team – as well as competing in it. In Perth, she was an official for WA’s Association, serving at Perry Lakes each week and at some international meetings. She sat on the committee of a public course golf club from 1952-2006 and, at Mount Lawley Golf Club, she was a committee member for many years and lady secretary for three years. Having held the posts of president and treasurer and served on the committee of Trigg Art Club she was awarded life membership in 2010.

MAWA has also reaped the benefit of her experience and dedication. Rae has always pulled her weight in making sure the mid-week field sessions run smoothly, often transporting heavy implements week by week. And in the last year or so, when she has been carrying injuries, she has still turned up at the stadium to officiate the throws on a Tuesday night.

Rae competed in the 2013 state championships but it will be her last – in mid October she will make the move to NSW. She has already made contact with a masters’ group over there and hopes to be able to join them. But she won’t be forgetting her ties to Perth and MAWA.





**2013-2014 Summer Track and Field Programme  
Tuesday at WA Athletics Stadium, Mount Claremount**

\$3 entry to WAAS. \$2 visitor fee – pay at sign in table by finish line

Please note starting times. Horizontal jumps start at 6pm

TUES	WAAS STARTING AT 6.30pm							STARTING AT 7.15pm	
	event 1	event 2	event 3	event 4	jump	field 1	field 2	steeples	
Oct-13	01 200	800	60	5k r/w	LJ	weight throw	hammer		2k steeplechase
	08 100	3k r/w	400	1500 r/w	LJ + HJ	shot	discus		
	15 100	600	60	3k r/w	TJ	weight throw	javelin		
	22 60	1 mile	200	3k r/w	LJ	shot	hammer		
	29 100	800	300	4k r/w	LJ + HJ	weight throw	discus		2k steeplechase
Nov-13	05 200	1500	400	<b>10k*</b>	TJ	shot	javelin		
	12 100	800	200	<b>3k*</b>	LJ	weight throw	hammer		
	19 200	60	<b>400*</b>	5k r/w	LJ	<b>shot*</b>	javelin		
	26 60	800	3k r/w	<b>100*</b>	TJ + HJ	weight throw	<b>discus*</b>		
Dec-13	03 400	1500 r/w	100	<b>5k*</b>	LJ	shot	hammer		
	10 200	4k r/w	60	<b>800*</b>	LJ	weight throw	discus		
	17 60	1 mile	300	1000 r/w	<b>TJ*</b>	shot	<b>javelin*</b>		
Jan-14	07 400	1500	100	5k r/w	LJ + HJ	weight throw	hammer		
	14 200	800	60	3k r/w	LJ	shot	discus		2k steeplechase
	21 400	2k r/w	100	<b>1500*</b>	TJ + HJ*	weight throw	javelin		
	28 800	100	2k r/w	<b>200*</b>	<b>LJ*</b>	shot	hammer		
Feb-14	04 200	1500	400	3k r/w	LJ	weight throw	discus		
	11 60	1 mile	400	3k r/w	TJ + HJ	shot	javelin		2k + 3k steeplechase
	18 200	800	100	5k r/w	LJ	weight throw	hammer		
	25 60	1500	200	3k r/w	LJ	shot	discus		
Mar-14	04 100	1000 r/w	600	5k r/w	TJ + HJ	weight throw	javelin		
	11 400	1500	100	4k r/w	LJ	shot	hammer		2k steeplechase
	18 60	800	200	3k r/w	LJ + HJ	weight throw	discus		
	25 100	2k r/w	400	1500	TJ	shot	javelin		<b>State Champs 2k/3k steeples</b>



## Thursday at ECAC (Coker Park) Wharf Street, Cannington

\$3 club members, \$5 visitors

THURS	event 1	event 2	event 3	event 4	jump	field 1	field 2
Oct-13	03 100	3k r/w	400	1500 r/w	LJ	javelin	shot
	10 200	800	60	5k r/w	TJ	discus	weight throw
	17 60	1500	200	3k r/w	LJ	javelin	shot
	24 100	800	300	4k r/w	LJ	discus	weight throw
	31 200	1500	400	<b>10k*</b>	TJ	javelin	shot
Nov-13	07 100	800	200	<b>3k*</b>	LJ	discus	weight throw
	14 200	60	<b>400*</b>	5k r/w	LJ	<b>shot*</b>	javelin
	21 60	800	3k r/w	<b>100*</b>	TJ + HJ	<b>discus*</b>	weight throw
	28 400	1500 r/w	100	<b>5k*</b>	LJ	shot	javelin
Dec-13	05 200	4k r/w	60	<b>800*</b>	LJ	weight throw	discus
	12 60	1 mile	300	1000 r/w	<b>TJ* + HJ</b>	shot	<b>javelin*</b>
	19 100	600	200	4k r/w	LJ	weight throw	discus
Jan-14	02 400	1500	100	5k r/w	LJ + HJ	shot	javelin
	09 200	800	60	3k r/w	LJ	weight throw	discus
	16 400	2k r/w	100	<b>1500*</b>	TJ + <b>HJ*</b>	javelin	shot
	23 800	100	3k r/w	<b>200*</b>	<b>LJ*</b>	weight throw	discus
	30	Pentathlon + 200, 1500, 60, 2000			LJ	shot	javelin
Feb-14	06 60	1 mile	400	3k r/w	TJ + HJ	discus	weight throw
	13 200	800	100	5k r/w	LJ	shot	javelin
	20 60	1500	200	3k r/w	LJ	weight throw	discus
	27 100	1000 r/w	600	4k r/w	TJ + HJ	javelin	shot
Mar-14	06 400	1500	100	5k r/w	LJ	weight throw	discus
	13 60	800	200	3k r/w	LJ + HJ	javelin	shot
	20 100	2k r/w	400	<b>****</b>	TJ	discus	weight throw
	27 300	1000 r/w	60	3k r/w	LJ	javelin	shot

**\*\*\*\*State Championships 10k** start time to be announced after close of entries



# Looking ahead



**2013 World Masters Championships**  
Porto Alegre, Brazil – October 15-27

**Oceania Championships 2014**  
Bendigo – January 5-11  
**AMA Half Marathon championships**  
Bendigo – January 12

**Australian Championships 2014**  
T&F and throws pentathlon, Launceston  
Friday, March 7  
Main championships, Hobart March 8-10

**WMA World Indoor Championships**  
Budapest March 25-30

**MAWA State Championships**  
Pentathlons – Saturday, March 15, WAAS  
10,000m – Thursday, March 20, ECAC  
2k/3k Steeplechase – March 25, WAAS  
Main Weekend – March 29-30, WAAS

Vicki Cobby runs down the back straight in the 4x100m relay at the Nationals in Canberra.