

# TFNL



Season 7 Issue 2

December 2013

The Track and Field Newsletter of MAWA

Carol Bowman won one gold and two silver medals at the Australian Masters Games in Geelong.  
**Report – Pages 6,7**

**Aust  
Masters  
action**

# Cathy sets pace



**Cathy McCloskey and Lynne Choate lead Carmel Meyer in the Patron's Trophy 100m at WAAS.**



**GIOVANNI PUGLISI**

JUST as the first two weeks favour distance runners, the following two were designed for the sprinters and throwers. The shot put and 400m were backed up by a 100m event and discus throw.

With the early absence of several trophy "regulars", this year's leader-board has an unfamiliar look as we approach the half-way stage. One thing that is already clear is that there will be a new name on the Ladies' Trophy. **Carmel Meyer** and **Cathy McCloskey** each scored well in the 400m and 100m. Cathy's 86.4% was one of the best performances in this week's 100m sprint.

The men's race is still wide open. **Giovanni Puglisi** still leads the way; his

74 plus% and 78% keep him well clear. Ominously moving upwards though is the almost perennial winner **David Carr**. David's 80%+ scores in both track events, backed up with a solid shot and discus have brought him right back into the frame.

It is already looking as though the number completing the event this year is likely to be down again, partly because of Brazil, but also with the closure of WA Athletic Stadium (WAAS) in January.

This will force all to complete the final events at the sub-standard Ern Clark Athletic Centre (Coker Park) track. Nevertheless, there is still plenty to strive for, with several of those in the chasing packs looking for their highest ever finish.

## How to claim your state or national record

ARE you looking to break a State, or even Australian or World record?

There are certain criteria to be met:

For State records

Other than at major championships, ask for three watches to be used for your time and if your performance is a possible record, make sure a note is made on the recording sheet.

Throwers should ensure the sheet is signed by two officials and a note is made of which tape has been used.

Australian and World records

These need to be recorded on special claim forms. Regular record breakers should carry forms with them (download from the AMA website). Ideally the claimant fills out the form straight after the performance and chases relevant officials before they go home, otherwise collecting signatures and documents can take weeks.

These forms could be either sent to Barbara Blurton (MAWA statistician) or directly to Clyde Riddoch (Australian statistician)

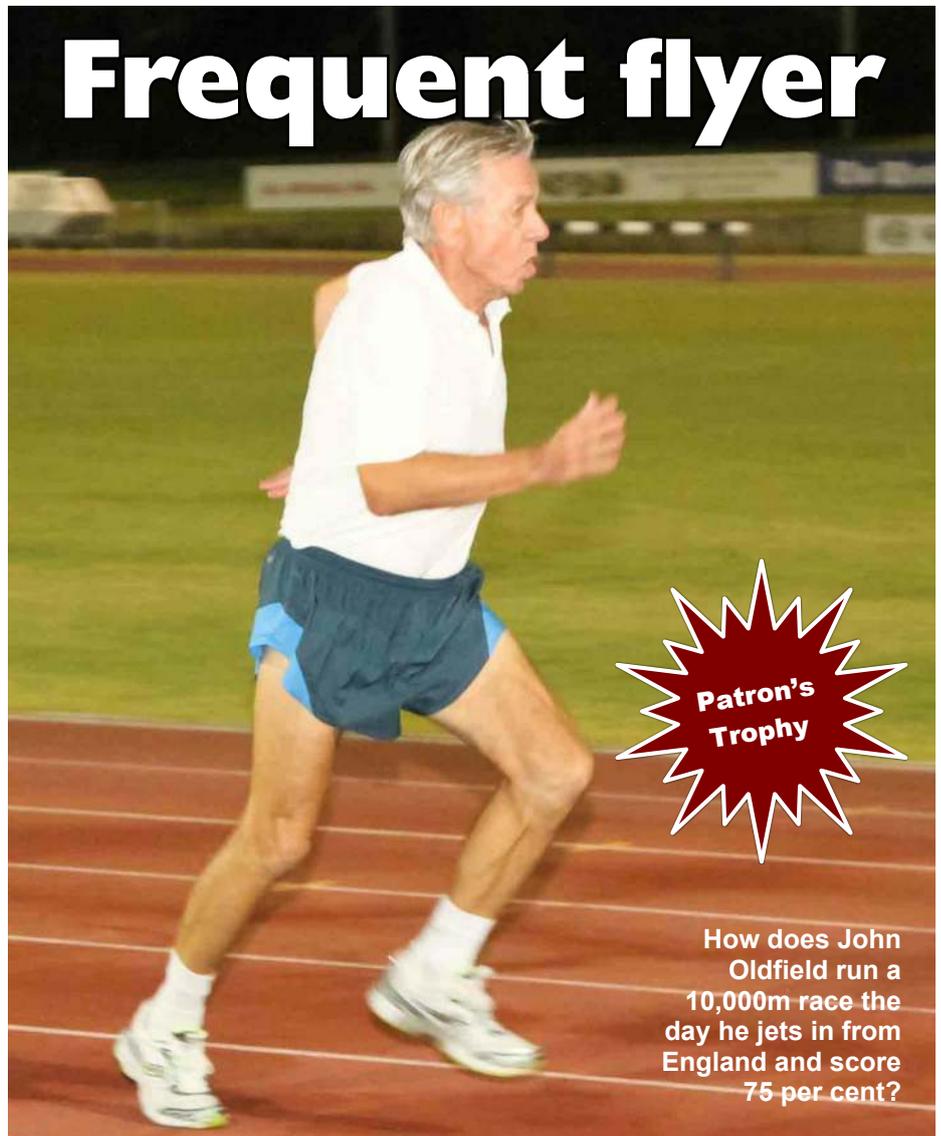
Below is an extract from an email sent from Clyde:

*I also wanted to mention that we should chase up world record claims as soon as possible once we are aware of them. There have been many Australians over the years who never received listing in WMA's official record list despite breaking world records. The record claim process from time of performance to acceptance by the WMA records officer can often take a very long time. Far too long!! All sorts of unforeseen problems occur if record claims are old.*

*If a better record comes along after an Australian claims it, WMA will forget ours and list the better performance. I can guarantee that Australians will get their certificates, but WMA validation, acknowledgement and listing is out of my hands.*

**BARBARA BLURTON**

# Frequent flyer



How does John Oldfield run a 10,000m race the day he jets in from England and score 75 per cent?

THE Trophy schedule opening weeks are a dream for distance runners with a 10,000m, followed by the 3000m.

A number of regular trophy hopefuls were still enjoying a post-Brazil holiday, so numbers were down for the 10k.

**Giovanni Puglisi** took advantage to storm into an early ladder lead with an 80%-plus score in both events. **John Oldfield** did his traditional rush from the airport to WAAS to notch a creditable 75% over the longer distance. He then backed this up with almost 78% for 3000m. **Kim**

**Thomas, Steve Weller** and **Michael Lee** are close behind in points terms.

The 3000m at WAAS saw the first good-sized field (13 runners) as a few more filtered back to WA from their travels. Amongst the women, only **Sue Bourn** attempted the 10,000m. Her 75% stood out as class. The 3000m women were headed by **Julie Wilson** (72%). Of the others, **Carmel Meyer** is carrying an injury; both **Cathy McCloskey** and **Lynne Schickert** will look to stronger events to move them forward in the rankings.

## ROLL OF HONOUR

Brian Feutrill	M45	WAAS	7 Apr	PV	3.00m	SR
Julie Wilson	W60	WAAS	14 May	2k s/c	10:12.5	SR
Julie Wilson	W60	WAAS	9 Jul	2k s/c	10:07.0	SR
David Carr	M80	WAAS	27 Aug	800m	2:53.7	96.41%
Todd Davey	M45	WAAS	8 Sep	TPent	3451pts	SR
David Carr	M80	ECAC	19 Sep	800m	2:52.7	96.96%
Geoff Gee	M60	Canberra	6 Oct	Hammer	40.32m	SR
Geoff Gee	M60	Canberra	6 Oct	Wt Throw	17.57m	SR
Geoff Gee	M60	Canberra	6 Oct	Tpent	3594pts	SR
Chris Anderson	M45	WAAS	22 Nov	HJ	1.85m	SR
John Oldfield	M70	WAAS	22 Nov	2k s/c	9:38.9	UKR

# Geoff's record meet



Geoff Gee winds up in a weight throw.

Every year the AMA holds a Winter Throws Championships. At this year's event at Canberra in October, Geoff Gee tested his newly achieved M60 status, coming away not only with the title *champion*, but three new state records and two state bests.

In the Throws Pentathlon, his overall score of 3594, plus hammer throw (40.32m) and weight throw (17.57m) set new records. He followed this up the next day with new state bests with the 56lb weight (5.19m) and 100lb weight (2.92m).

## Implement specifications changes to start next year

Changes to WMA implement specifications:

As a result of the WMA General Assembly voting decisions in Porto Alegre, the following changes to specifications will take effect from January 1, 2014.

1. Javelin specifications for W60-74 will be 500gms (previously 400gms). This will

affect the individual event as well as the heptathlon, pentathlon and throws pentathlon.

2. Men's shots shall have the IAAF maximum diameter of 130mm and women's shots shall have the IAAF maximum diameter of 110mm. This decision will not affect the shots currently

in use but will provide the opportunity to use lighter shots that are bigger in size.

3. That the 750gm shall have a maximum diameter of 182mm. This decision will provide the opportunity to use a 750gm discus that has the same size as the 1.00kg discus.

# Bunbury beckons

Colin Smith (centre) powers around the bend at the City versus Country clash at the Bunbury track.



**BUNBURY Regional Athletic Centre (BRAC) will hold the following events this season at Hay Park Athletics Arena Bunbury and invite all athletes to compete.**

**Due to popular demand from Perth athletes (and the WAAS track upgrade), the BRAC throws pentathlon has been moved from February 1 to January 18.**

**The Annual City versus Country meeting on Saturday, February 15 at 2pm.**

**All athletes are welcome and it's a great opportunity for MAWA members to get in some extra competition. For further information contact Brian Feutrill at BRAC, email [brian.feutrill@bigpond.com](mailto:brian.feutrill@bigpond.com) or MAWA secretary Val Millard, email [mawasecretary@gmail.com](mailto:mawasecretary@gmail.com). If you're planning to compete, could you let either Brian or Val know so that BRAC have some idea of the numbers of competitors.**

## Saturday morning Parkrun "bests" listed on website

More than 40 MAWA members now run in the Saturday morning Parkruns in the Perth area. Parkruns are measured 5km routes, traffic-free and happen every Saturday of the year. Accurate times are posted on the website the same day. Sites

are Claisebrook Cove, Riverton (Canning River), Aveyley and Rockingham.

Now the club has added best results for each age group to the lists on the *Records* tab of the MAWA website. Some surprising names appear; maybe yours is there?

Check it out, and also note that some age group "bests" are still not claimed.

If anyone runs a Parkrun outside Perth, please let me know by email at [oldfield.jc@gmail.com](mailto:oldfield.jc@gmail.com) so that he can add the results to the club database and amend the "bests" if necessary.

**Australian Masters Pentathlon details and entry form – pages 18 -20**

# Warm up



**Carol Bowman**

800m	3:16.7	Silver
2000m Steeple	10:57	Gold
400m	83.38	Silver
8km X Country	43:18.5	Bronze



**Stan Selby**

Javelin	37.15m	Gold
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**David Smyth**

3000m Walk	16:56.86	Gold
5000m Walk	29:26.57	Gold
10km Road walk	61:48	Silver

By CAROL BOWMAN (my experience)

**MORE** than 8000 athletes from all over Australia and overseas attended the 14<sup>th</sup> Australian Masters Games.

Held in Geelong, It involved 50 different sports and 2000 volunteers. Athletics had the highest numbers by far. Some were using the games for a final practise before going onto Brazil for the worlds.

The different sports too many to mention, included drill dance, tug of war and hill climb. I thought hill climb would be good for fitness, until I found out it was motor sport.

The opening ceremony was a spectacular event held on Saturday night. It included a variety of entertainment and various bands. Mental As Anything appeared later in the night and was a crowd pleaser. There was a parade of athletes with only a small group representing athletics

The accreditation centre was at Kardinia Park, you received a bag of goodies including a nice back pack. The thing that was missing was a programme book. I had been warned that

we might not get one, so I downloaded a copy from my computer.

They did however have a nice glossy book filled with lots of photos of different sports. People were very friendly and helpful. Security was extremely strict and you needed to wear your ID to get into any nightly entertainment.

My accommodation was a very basic motel room just 10min walk from the track. The door to my room was a bit dodgy, with great difficulty I managed to lock it. The next morning I could not open it.

I was locked in, I had to phone the motel and ask for help to get out. How embarrassing. Then next Thing that I saw was a little Asian lady climbing in through my window. I don't know why she didn't use a key?

On the first day of competition there was a bit of confusion because there weren't any programs.

Some people didn't know when their events were on. Some of the hurdles were in the wrong place.



**Toni Phillips**

80m hurdles	15.05	Gold
100m	14.61	Silver
200m	31.43	Silver
Discus	17.19m	6th

# for Brazil



Also the steeple after the water jump was in the wrong place. Too late once the race had started.

The track was of good quality and nice and springy, much better than WAAS.

The athletic centre was only small with a very small stand. There was no protection from the wind, and the rain just blew in.

The programme was running very late, and becoming later. Unfortunately, I had my 800 then my steeple 30mins later.

I decided to use my steeple as a practise run because I was the only one in my age group.

I managed to crawl around the 2k with a (PW) personal worse.

There were some outstanding performances at the games.

Levinia Petrie W70 from Victoria did the 5000m in 21:34.23 an unofficial WR.

It was a beautiful day for the running of the 8k cross country. The course was on grass with a few hills, not too challenging. Levinia Petrie W 70 ran it in 37:22.1. I ran it in 43:12.

To sum up, The Masters Games was well organised considering the large number of participants.

The people were very friendly and helpful, the athletics centre and track were adequate.

On most days the weather was good for Melbourne, I had a good experience and a lot of fun.



## Todd Davey

Shot put	12.78m	Silver
Hammer	35.92m	Bronze
Weight throw	10.35m	Silver
Discus	41.39m	Silver
Javelin	38.10m	Bronze
Wt pentathlon	3338 pts	Silver

## Elizabeth Szczepanska

Hammer		
Shot	8.17m	Gold
Javelin	17.84m	Gold
Discus	22.11m	Gold
Wt throw	11.76m	Gold
Wt pentathlon	3148 pts	Gold

## Michelle Link

Shot	6.22m	6 <sup>th</sup>
Javelin	18.23m	4 <sup>th</sup>
Discus	15.43m	5 <sup>th</sup>
Wt throw	6.07m	Bronze
Wt pentathlon	1390pts	Bronze



## Don Chambers

100m	15.85	Silver
80m S hurdles	19.22	Gold
Pole vault	2.00m	Silver
High jump	1.10m	Gold
Shot put	8.12m	Silver
200m	33.99	Silver
300m L hurdles	68.59	Gold
Discus	19.29m	Gold
Weight throw	11.18m	Gold



## Matthew Staunton

Shot put	12.46m	Gold
Hammer	44.00m	Silver
Wt throw	13.35m	Silver
Discus	38.52m	Gold
Wt pentathlon	3052 pts	Silver

# WAAS

# to close



VenuesWest have now confirmed that the stadium will be closed from January 6 to February 5 for resurfacing. The stadium will also be closed for the Christmas period December 24 to January 5.

There will be no MAWA Tuesday meetings at WAAS during this period. Two Patron's Trophy

Tuesdays are affected and members will need to do these events at ECAC on Thursdays.

AWA has re-scheduled its events during this period. MAWA State Championship dates, (March 15 pentathlons, March 29/30 main weekend) are unaffected.

## Track and Field Programme

Thursday 6pm start at ECAC (Coker Park) Wharf Street, Cannington \$3 club members, \$5 visitors

Dec-13	05	200	4k r/w	60	800*	LJ	weight throw	discus	
	12	60	1 mile	300	1000 r/w	TJ* + HJ	shot	javelin*	
	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	1500*	TJ + HJ*	javelin	shot	
	23	800	100	3k r/w	200*	LJ*	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	

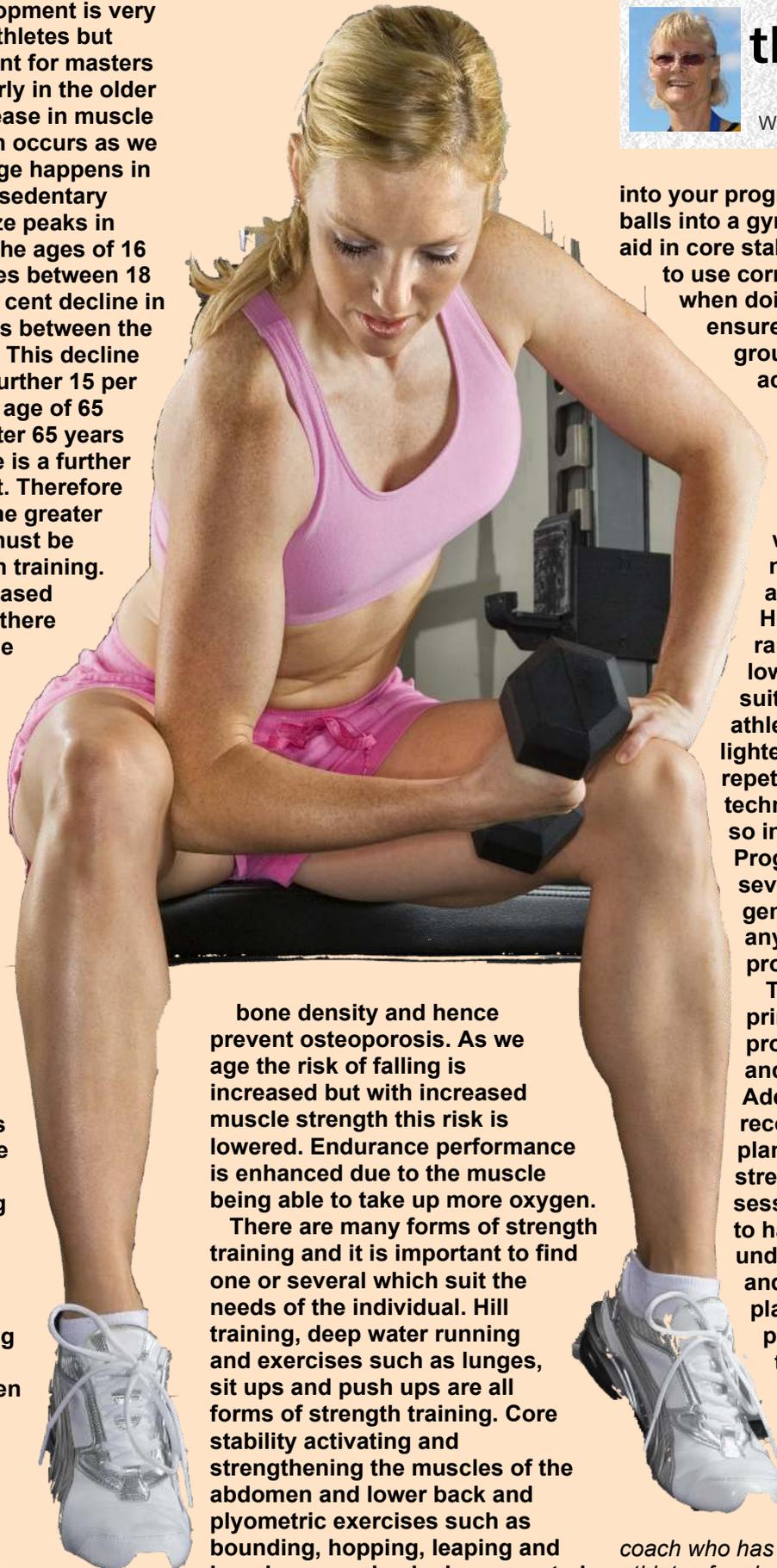
		WAAS STARTING AT 6.30pm						STARTING AT 7.15pm	
TUES		event 1	event 2	event 3	event 4	jump	field 1	field 2	steeples
Dec-13	03	400	1500 r/w	100	5k*	LJ	shot	hammer	
	10	200	4k r/w	60	800*	LJ	weight throw	discus	
	17	60	1 mile	300	1000 r/w	TJ*	shot	javelin*	
Jan-14	07	400	1500	100	5k r/w	LJ + HJ	weight throw	hammer	Track scheduled to be closed in shaded period. Check MAWA website for updates.
	14	200	800	60	3k r/w	LJ	shot	discus	
	21	400	2k r/w	100	1500*	TJ + HJ*	weight throw	javelin	
	28	800	100	2k r/w	200*	LJ*	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	

# Training for strength

STRENGTH development is very important for all athletes but extremely important for masters athletes, particularly in the older age groups. Decrease in muscle mass and strength occurs as we age and this change happens in both athletes and sedentary people. Muscle size peaks in females between the ages of 16 and 19 and in males between 18 and 24. A 5-10 per cent decline in muscle size occurs between the ages of 25 and 50. This decline continues with a further 15 per cent loss until the age of 65 but accelerates after 65 years of age where there is a further loss of 25 per cent. Therefore the older we get the greater emphasis which must be placed on strength training.

As well as decreased muscle fibre size, there is a decrease in the number of muscle fibres especially the strength and power fast twitch fibres. These changes are more marked in women than men. Therefore it is essential to have a training program to ensure that strength is developed and then maintained as the loss of muscle mass does affect performance negatively.

Strength training is important and there are both performance and health benefits to this type of training activity. Post-menopausal women have decreased oestrogen levels and this generally leads to a bone density decrease. Effective strength training can increase



bone density and hence prevent osteoporosis. As we age the risk of falling is increased but with increased muscle strength this risk is lowered. Endurance performance is enhanced due to the muscle being able to take up more oxygen.

There are many forms of strength training and it is important to find one or several which suit the needs of the individual. Hill training, deep water running and exercises such as lunges, sit ups and push ups are all forms of strength training. Core stability activating and strengthening the muscles of the abdomen and lower back and plyometric exercises such as bounding, hopping, leaping and jumping may also be incorporated



**the edge**

With Margaret Saunders

into your program. Incorporating fit balls into a gym programme will aid in core stability. It is essential to use correct techniques when doing any exercises to ensure the correct muscle group/s are being activated.

Weight training is a popular form of strength training. To develop maximal strength heavy weights and a low number of repetitions are necessary. However for sprinters, rapid repetitions with lower weights would be suitable. Endurance athletes tend to use lighter weights and more repetitions. Correct technique is imperative so injuries do not occur. Progress is not instant; several weeks will generally pass before any significant progress is noted.

The general principles of progressive overload and specificity apply. Adequate rest and recovery must be planned around the strength training sessions. It is important to have someone who understands your needs and abilities in the planning of your personal strength training program if you wish to incorporate weights.

*Margaret Saunders is a Level 5 distance running*

*coach who has been coaching athletes for about 40 years.*

# Mountain man

YOU might think Todd is a big lad but he's a shadow of his former self. Read on .....

Todd's childhood was spent in Perth, but he has worked all over the world as a manager in the mining, resources and construction industries. Currently based in WA, and often spending time away from home, he is involved in large construction projects for the likes of BHP and Woodside. He is married to Merylyn, who happens to be the daughter of the late Keith McDonald, who was the club's first president back in 1974. He has a dog and two cats and, through his two adult step children, he also has three grandchildren.

At Scotch College he excelled in sport and thinks he still holds the school's open discus record from 1983, the year he was vice-captain of the State All Schools Team. As a junior, in an era when Western Australian throwers were dominant, his coaches included Matt Barber and Shirley Strickland and he represented WA in throws events and as a decathlete. He coached at Scotch College and Wesley College for a year or so after he left school and in the mid 90s, whilst working in Papua New Guinea, he had the rewarding experience of coaching a couple of athletes to national titles.

He himself won 30-40 state titles in his earlier years but, after a severe shoulder injury, he focussed on his work, becoming (in his own words) "*somewhat of a workaholic*". About 25 years later his weight had escalated and he realised things had to change. So he dropped 20kgs and decided it was "*time to get active*". As a younger athlete he had trained at Perry Lakes where the vets also trained. He remembers thinking, "*when are these old guys going to get out of the way?*". But he did some research and discovered how



## In focus

With Christine Oldfield

big Masters Athletics had become. So in 2012 he joined MAWA and he says it "*has given me a completely new lease of life and a great work/life balance*".

And he wasted no time in climbing to first place in the Club Tops for all five throws and establishing new state records in his M45 category in discus, heavyweight, shot and throws pentathlon. In 2013 he achieved six gold medals at the MAWA state championships, gold, silver and bronze at the open state championships and, at the masters national championships in Canberra in 2013, he won four silver medals. Spurred on by all this success he went to the Great Barrier Reef Masters Games and came away with another six golds along with world rankings in the discus and throws pentathlon. He sees this as a great personal achievement considering he has three compressed vertebrae in his upper neck. But as someone said to him recently "*Masters is 15% talent, 15% training and 70% injury management*".

October and November were busy months for Todd with the Australian Masters Games in Victoria followed immediately by the WMA Championships in Brazil. His world rankings and performances had indicated "*a chance*" of a medal in Brazil so he went with fingers crossed and thinking "*It would be fantastic*" to win a medal of any colour. And he ended up with one of each; bronze in the shot, silver in the discus and gold in the throws pentathlon, in

torrential rain and in considerable pain – "*Amazing*".

Now Todd is looking forward to the Oceania Championships in Bendigo in January and the AMA Championships in Hobart in March when his great rival, Stuart Gyngell, will have moved into the next age group. Then the state championships, probably followed, he says, by physical rehab for six months. Todd himself moves into the M50 age group just three weeks before the world championships in Perth in 2016 so that is a major target for him. He says "*I'll then get a little discus and shot put to play with. It's the only sport whereby you actually look forward to getting older!!!*"

He also loves "*the competitiveness of people even as we all get older. I love throwing against my younger colleagues in MAWA and training with them. Great camaraderie exists and whilst we love to beat each other, given we exist in separate age groups, we really support and get behind each other at training and in competition*".

Todd is most appreciative of the support and help he has enjoyed since his return to athletics. He cites Tom Gravestock, his mentor, Lindsay Glass who has tried "*to coach him*" as a hammer thrower, and also Damien Hanson and Paul Edmiston. And he includes his fellow throwers, who have supported him despite his "*derogatory comments about their age and lower distances - Great Fun*".

And on the subject of derogatory comments, Todd admits that Merylyn calls him Grump Head – "*the one statement she makes that I cannot refute - mostly!!! However those that know me also know I have a very dry sense of humour too!!!*"



# Analysis of the Patron's Trophy results



## ECAC – October 31

10,000m			% pts
Kim Thomas	M39	38:08.8	72.50
Steve Weller	M38	39:35.1	69.35
Giovanni Puglisi	M62	41:22.7	80.54
Sue Bourn	W46	45:43.3	71.42

## WAAS – November 5

10,000m			% Pts
Steve Weller	M35	38:25.1	71.46
Mickey Muroi	M55	42:46.8	73.32
Mark Dawson	M50	45:06.0	67.85
Michael Lee	M60	46:25.9	73.08
John Oldfield	M70	47:46.9	75.30

## ECAC – November 7

3000m			% Pts
Kim Thomas	M35	10:10.3	75.72
Andrew Davison	M45	10:14.5	81.21
Giovanni Puglisi	M60	11:34.6	80.16
Ross Keane	M50	11:35.7	73.49
John Oldfield	M70	13:18.4	75.30
Carmel Meyer	W50	14:43.4	68.30
Delia Baldock	W50	18:28.5	53.73
Bob Fawcett	M60	19:14.5	49.11

## WAAS – November 12

3000m			% Pts
Steve Weller	M35	10:45.2	71.10
Keith Edmonds	M45	12:41.6	63.99
Campbell Till	M55	12:50.8	68.58
John Oldfield	M70	12:53.6	77.71
Michael Lee	M60	12:57.8	72.89
Ivan Brown	M65	13:33.7	72.30
Blakeney Tindall	M50	13:51.6	61.48
Cathy McCloskey	W50	15:02.6	65.15
John Dennehy	M50	15:18.9	56.57
Julie Wilson	W60	15:36.3	71.98
Bob Schickert	M70	16:42.7	61.51
Greg Wilson	M65	17:01.5	56.53
Lynne Schickert	W70	23:34.7	57.77

## ECAC – November 14

400m			% Pts
Colin Smith	M50	59.0	83.95
Kim Thomas	M35	64.3	71.29
Rob Colton	M50	68.6	72.20
Giovanni Puglisi	M60	72.4	73.94
Mitch Thomas	VIS	76.8	
Sue Bourn	W45	73.1	76.44
Aiden Hassan	VIS	81.3	
Carmel Meyer	W50	82.9	71.48
Delia Baldock	W50	87.0	67.48
Carol Bowman	W55	87.5	71.60
Mercurio Cicchini	VIS	83.2	
David Carr	M80	84.3	86.54
John Oldfield	M70	87.0	67.82
Bob Schickert	M70	1:47.7	56.88
Monique Thomas	W35	1:58.8	42.28
Lynne Schickert	W70	2:12.9	56.70

Shot			% Pts
Lynne Schickert	W70	4.98	49.31
Bob Schickert	M70	5.75	34.23
Carmel Meyer	W50	6.40	40.66
Mark Hamilton	M40	11.46	
Giovanni Puglisi	M60	6.63	38.55
Kim Thomas	M35	7.56	33.41
Colin Smith	M50	6.35	31.50
David Carr	M80	7.06	49.44

## WAAS – November 19

400m			% Pts
Trent Harris	Vis	59.6	
Campbell Till	M56	61.0	84.48
Richard Williams	M43	65.5	72.02
Mark Dawson	M52	68.2	73.59
Giovanni Puglisi	M62	71.9	74.45
Cathy McCloskey	W50	76.4	76.13

Barry Newell	M57	79.0	65.65
Ivan Brown	M68	83.2	68.67
Greg Wilson	M66	1:31.6	60.46
Julie Wilson	W60	1:32.6	68.91

Shot Put			% Pts
Melissa Foster	W35	9.54	44.52
Roger Ditewig	M50	9.53	47.27
Greg Wilson	M66	9.24	60.75
Giovanni Puglisi	M62	6.79	39.48
Cathy McCloskey	W50	6.78	41.57
Rob Shand	M81	6.49	45.45
Julie Wilson	W60	4.75	35.24

## ECAC – November 21

100m			% Pts
Michael Stidwell	VIS	14.0	
Rob Colton	M50	14.5	75.72
Giovanni Puglisi	M60	15.3	77.39
Mercurio Cicchini	VIS	17.5	
Sharon Davis	W40	14.6	75.27
Sue Bourn	W45	14.9	78.86
Carmel Meyer	W50	16.3	76.81
Delia Baldock	W50	16.7	74.19

Colin Smith	M50	13.3	82.56
Steve Fuller	M60	14.5	81.17
David Carr	M80	17.8	81.12
Bob Schickert	M70	22.4	56.79
Lynne Schickert	W70	23.5	64.77

## ECAC – November 21

Discus			% Pts
Lynne Schickert	W70	9.65	27.13
Bob Schickert	M70	13.78	27.70
Steve Fuller	M60	31.90	49.38
Delia Baldock	W50	11.47	19.86
Colin Smith	M50	18.50	24.97
John Oldfield	M70	10.50	20.02
Carmel Meyer	W50	15.41	27.18
Sue Bourn	W45	15.04	23.86
David Carr	M80	15.88	42.27
Giovanni Puglisi	M60	17.80	28.14

## WAAS – November 26

100m			% Pts
Colin Smith	M50	13.0	84.46
Richard Williams	M40	13.4	78.13
Matt Kelly	M30	13.8	70.94
Rob Colton	M50	13.9	78.99
Cathy McCloskey	W50	14.2	86.41
Lynne Choate	W60	15.2	89.14
Carmel Meyer	W50	15.7	79.75
Barrie Kernaghan	M70	17.1	75.32

Giovanni Puglisi	M60	15.2	77.89
Fran Cherry	W50	15.7	78.15
John Dennehy	M50	16.1	70.00
Ivan Brown	M65	17.5	70.17
John Oldfield	M70	20.0	62.10

Discus			% Pts
Carmel Meyer	W52	15.13	26.68
Greg Wilson	M65	33.91	58.62
Ivan Brown	M68	15.58	28.25
Giovanni Puglisi	M62	17.35	27.43
Roger Ditewig	M50	30.42	41.06
Rob Colton	M50	19.46	26.27
Colin Smith	M50	17.70	23.89
John Dennehy	M54	15.05	21.88





ALAN GOWER

## WAAS – October 1

The season got underway on the first day of October at WAAS. The weather was kind, with a good turnout of over 20 members, plus a handful of visitors for the early-season workout. A number, of course, were fine-tuning their preparations for the Worlds, now only two weeks away.

Amongst those Brazil-bound Barrie Kernaghan and Lynne Choate eased to good times in both sprints; Melissa Foster added a creditable long jump (5.25m) to her 8.1s clocking over the short 60m dash. Greg Urbanowicz had weightier things on his mind - a new state record with the heavyweight and a PBA chucking the hammer.

But there were also many other smiles: **Andy Taylor**, **Cathy McCloskey** and **Garry Ralston** taking line honours in the three heats of 60m. **Garry** had earlier won his heat over 200m, after **Tony Downey** had nabbed victory in the opening race of the evening.

**Alan Gower** has been working hard during September on the track, and it showed with an impressive 800m time, followed by a swift 5000m later on. **Andrew Brooker** (18:55.1) took this one, with **Sandra Stockman** impressive in a big new PBA of 20:52.6. Also very impressive was the 5000m race walk debut of new member **Daniel Lowe** (30:58). The track session closed with a steeplechase in which **John Dennehy**, always consistent, edged home to a new PBA in the 2km steeplechase.

Only a few throwers were there, with many honing technique for Brazil. **Todd Davey** continued from his solid winter season by equalling his PBA of 35.53m with the hammer; **Tom Gravestock** not far behind.

## ECAC – October 3

Only a few were at ECAC on Thursday, with a number already either on the way to Geelong or packing for Brazil. Noted, however, were the all-round performances of **Steve Fuller**. He

won his 100m and 400m heats, managed second overall in the long jump and produced a good javelin throw too.

Good also to see **Milton Mavrick** with a successful evening – no personal landmarks, but a solid 3000m to add to his long jump and shot put marks. **Carol Bowman**, Geelong on her mind, ran a solo 1000m whilst the rest of the field carried on for the further 5 laps.

**Lynne** and **Bob Schickert**, soon Porto Alegre bound for both competition and official business, were similarly canny in choosing not to over-exert. **Lynne** did a good 3000m race walk and long jump, with husband **Bob** settling for a steady 300m loosener.

## WAAS – October 8

Numbers picked up again at WAAS, despite the absence of a few who were already on their way to Porto Alegre or still in Geelong.

**Andy Taylor**, **Wendy Seegers** and **Garry Ralston** are sprinters off to a flyer as the season opens. Each either equalled or set new PBAs over 100m, Andy's 11.2s undoubtedly the highlight of the evening. **Tony Downey** also impressed with 13.9s taking the third heat; **Mal Clarke's** 12.5s in heat 1 also impressed.

**Rob Nichols** dipped under 10 minutes for 3000m in a race in which **Campbell Till** recorded his best (12:01) as an M55. It was also good to note the return of **Blakeney Tindall** and **Alan Billington** after a winter rest.

Two throws and two jump events were also well attended. **Cathy McCloskey** (4.15m) and **Greg Brush** (5.62m) showed they are on track for a good long jump season ahead. **Gay** and **Dave Wyatt** warmed up too in the high jump opener for 2013-14.

The discus competition was well-fought. **Todd Davey** (42.12m) and **Greg Urbanowicz** (38.49m) had their final preparation for Porto Alegre, with **Mal Clarke**, **Andrew Ward** and **Tom Gravestock** also impressive. The Worlds-bound pair also set good markers with the shot, auguring well for the stiff competition ahead in Brazil.



GARRY RALSTON

# Analysis of the results



## ECAC – October 10

Numbers were again low at ECAC. Nevertheless, there were still some close finishes. **Kim Thomas** (31.4s) just saw off **Steve Fuller** by a tenth of a second over 200m; he repeated the result over two laps in the next race, leading the M60 **Steve Fuller** to a PBA (2:40.0).

**Kim** was in full flow tonight, taking the 60m as well ahead of **John Dennehy** and **Julie Willmott**. However, he met his match over the longer 5000m race, in which **Andrew Davison** clocked a very impressive 17:50.5.

## WAAS – October 15

The field competitions at WAAS this week saw the welcome return of both **Ali Matautia** and **Bob Fergie**. Ali would be well-pleased with her new PBA of 9.28m with the heavyweight, backed up with a solid 24m throwing the javelin. **Mal Clarke**, **Tom Gravestock** and **Andrew Ward** consolidated their recent marks as the season starts to warm up.

On the track, it was mainly the sprinters again who used the conditions well. **Garry Ralston** and **Wendy Seegers** matched their impressive 100m times from last week, with **Tony Downey** improving to 13.7s. Some swift running over the 60m dash saw **Mal Clarke** just pip **Wendy Seegers**. Good also to see **Fran Cherry** back again. The final track race over 3000m will have sent **Michael Lee** (13:04.7, PBA) home happy. **Ivan Brown** is also putting together some consistency at this early stage of the season.

## ECAC – October 17

At ECAC on Thursday, the middle to long distance events were worthy of top billing. **Kim Thomas** easily took line honours over 1500m but the most notable times were behind him. Three athletes set new PBAs over the distance. **Julie Willmott** (6:32), **Trish Farr** (6:40) and **Kem Hassan** (7:09) have all put new

markers on to their file in the T&F database. **Trish** then went on to set another personal landmark (12:36.6, PBA) over 3000m.

Mention also for M75 **John Smith**. John did both a 1km and 2km walk in successive races.

Tonight's throws were the shot put and javelin. **Andrew Ward** had the best javelin throw of the evening (32.59m), just slightly further than **Steve Fuller**. **Andrew's** shot put (8.73m) also took the evening's honours.

## WAAS – October 22

Numbers continue to pick up at the Tuesday WAAS meet. This week we welcomed back several regulars. Amongst these **Greg Brennan** shone in his opening 60m of the season with a sharp 7.6s. Even so he only just finished ahead of **Wendy Seegers** and **Mal Clarke**, each only 0.1s behind. Wendy is returning to the form she showed on joining us two years ago before giving birth to her third child. **Campbell Till** took heat 2, with **Dave Wyatt** and **Cathy McCloskey** barely separable in his wake. **Tony Downey** also ran a season's best to lead **Fran Cherry** home in heat 3. A good start to the evening's racing!

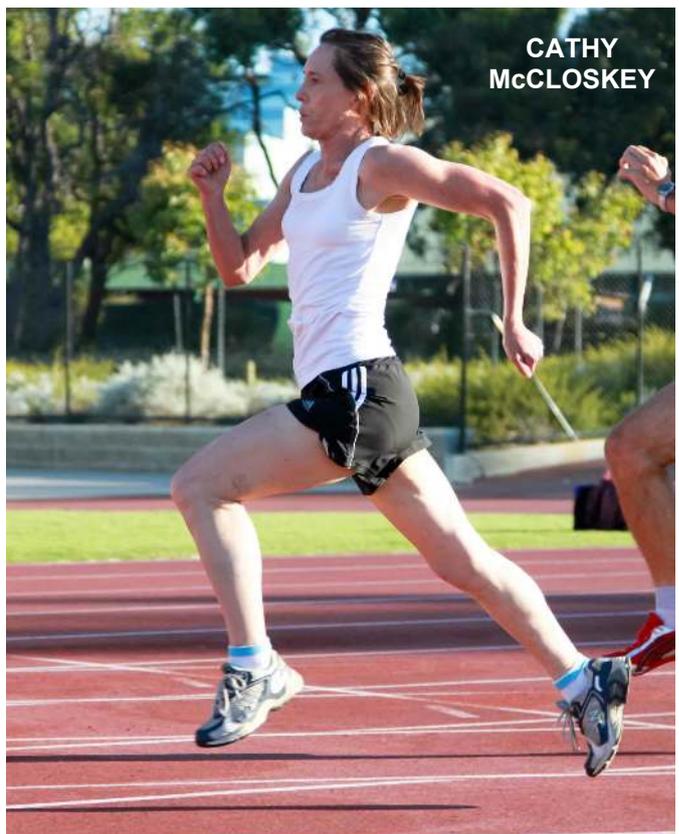
A one-mile race followed, which **Todd Ingraham** won in 4:58, ahead of **Andrew Brooker**. Notable landmarks in the pack behind went to **Keith Edmonds** (6:00.2), **Grant Schofield** (6.00.9) and **Michael Lee** (6:33.4) – PBAs one and all.

**Steve Weller** showed his speed over 3000m, almost a lap ahead of the field in 10:49.3. Two heats of 200m saw wins for **Greg Brennan**, again only just seeing off the swift **Wendy Seegers**, and **Tony Downey** who was too quick for twins **Cathy McCloskey** and **Fran Cherry**.

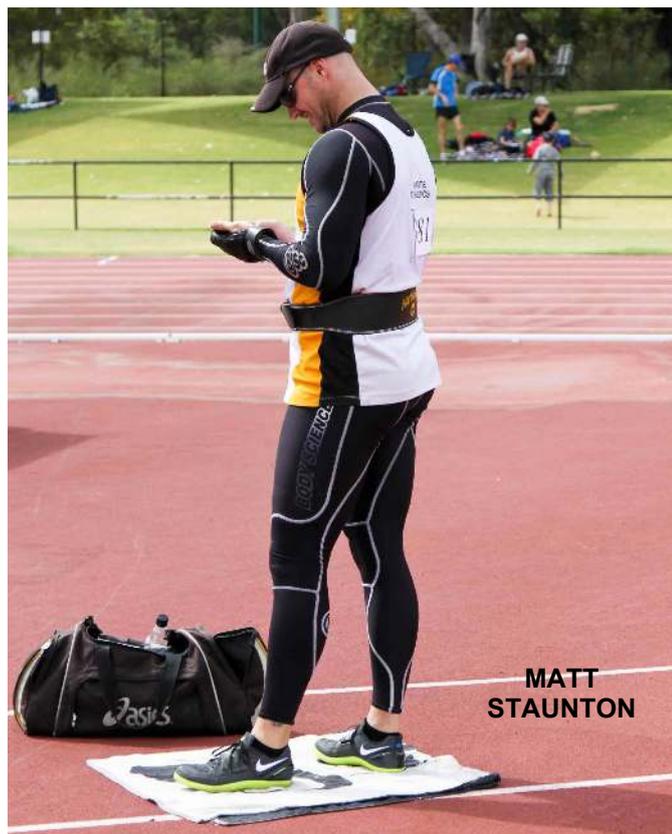
Good turnouts saw interesting competition in the field. **Dave Wyatt** (4.89m) had the best long jump on the night. He will also have been pleased to see wife **Gay** set a new PBA of 3.12m. **John Dennehy** continues to show his jumping ability too.

There was a plethora of PBAs in the throws. The returning **Roger Ditewig** and ever-improving **Andrew Ward** set new marks with the shot.

CONTINUED NEXT PAGE



## Analysis of the results



MATT  
STAUNTON

### FROM PREVIOUS PAGE

**Ali Matautia** and **Matt Staunton** did the same with the hammer, Matt sending the implement out to 45.60m. A special mention here to another returnee, **Geoff Gee**. Geoff recently entered the ranks of the M60s and celebrated in Canberra with a sterling performance at the AMA Winter Throws Championships (see elsewhere in this issue). Tonight he joined the others with a hammer PBA of 37.80m.

### ECAC – October 24

Numbers at ECAC are consistently lower than normal. Only seven members turned out this week. Of these, **Ross Keane** (17.5s, 200m) and Club Secretary **Val Millard** (12.46m, discus) set new PBAs.

### WAAS – October 29

With sprinters thin on the ground tonight the main attention was on the 800m and 2000m steeplechase. An all-male cast featured in the middle distance event. And a high-quality event it was. Speedster **Rob Nichols** led the field home in 2:12.7 (PBA). **Steve Weller** also bettered his previous attempts in 2:20, with almost all the field crossing the line in under three minutes.

Two throws and jumps made up the field programme. **Andrew Ward** and **Roger Ditewig** continued to impress. Andrew hurled the heavyweight 9.57m for a PBA, Roger did the same with the discus (32.26m). And, not to be out-done, **Geoff Gee** improved his M60 discus mark to 34.06m.

**Sue Coate** returned to the stadium for the first time, performing well in both discus and high jump.

The programme closed with the steeplechase. **Rob Colton** and **Michael Lee** were debutants at this event with MAWA, each dipping under 9m30s to set a challenging time to beat in the future. The event was won, not surprisingly by M35 **Rob Nichols** in 7:42.7. **John Dennehy** set a new best time for the event.

### ECAC – October 31

The 2013-14 Patron's Trophy was off to a delayed start at ECAC with a 10,000m race. PT events are reported in full elsewhere in this issue.

It was another sparse attendance, with only 11 members plus a handful of visitors. Hopefully this will improve once the Worlds athletes return from their post-Porto Alegre holidays. Season's bests went to **Maureen Keshwar** (200m), **Julie Willmott** (200m), **Carol Bowman** (400m) and **Steve Fuller** (1500m).

**Kem Hassan**, who joined MAWA during the winter season and is now a Thursday regular as well as a parkrunner, continues to improve almost every week. Tonight he set new PBAs in both the 1500m and 400m events, each by some distance.

### WAAS (Strive) – November 1

The opening Strive meeting of the season at WAAS saw some top performances from the MAWA elite. **Rudy Kocis** and **Greg Brennan** each dipped under 8s electronic over 60m, although slightly wind-assisted; **Todd Davey** returned from Brazil to put the shot for a season's best of almost 13m; new member **Christine Schelfhout** made her debut with the javelin.

But the highlight was a stunning performance by **Rob Nichols**, clocking 9:29.2 for 3000m – a big PBA. **Xander van Rijen** pushed him most of the way, finishing only 8 seconds behind.

### WAAS – November 5

There were small attendances at both WAAS and ECAC this week. A stiff southerly breeze assisted the sprinters at WAAS on Tuesday. **Wendy Seegers** crossed the line first in the 200m, pulling both **Dave Wyatt** (28.3s) and **Tony Downey** (28.6s) to excellent times. **Maurice Pascal** was even quicker in heat 2, recording a swift 26.7s. Debutant **Chris Wood** was pleased with his 31.2s opener as a MAWA member.

CONTINUED NEXT PAGE



MAURICE  
PASCAL

# Analysis of the results



CATHY McCLOSKEY and DAVE WYATT

## FROM PREVIOUS PAGE

With most of the distance runners concentrating efforts on the subsequent PT 10,000m event, only three used the 1500m as a warm up, **Mark Dawson** recording a season's best to win it.

An excellent 400m race ensued. **Maurice Pascal** led the way, but was taken in the home straight by canny **Campbell Till**. Campbell had eased through his earlier 200m and had enough in the tank to pass Maurice with metres to go to win in an excellent 60.7s. **Maurice** was just half a second behind, with **Wendy Seegers** not quite catching him.

Three triple jumpers pleased jumps organiser **Les Beckham**. Les has had a few quiet evenings of late, but **Gay Wyatt** and **Cathy McCloskey** recorded solid triples, and **Dave Wyatt** leapt out to a new PBA of 9.85m. 15cm to go Dave!

**Todd Davey** returned from his gold-medal exploits in Brazil to join the other three throwers under **Damien Hanson's** supervision. A solid performance (12.78m) saw him lead the shot put distances, whilst **Roger Ditewig** easily took the honours with a 38.74m javelin throw.

## ECAC – November 7

There was another eerie feeling at ECAC on Thursday at the last meet before the South America travellers return. With the main focus being on the PT 3000m, many were going through the motions. **Julie Willmott** had the satisfaction of a good SB over 800m to add to her long jump PBA (3.33m).

The two throwers also each set a season's best – **Matt Staunton** with the discus, and **Todd Davey** the heavyweight.

## WAAS (Strive) – November 8

Six of the best competed for MAWA at Strive this week. **Glenn Ross** (11.76s) led a trio of sprinters home. **Rudy Kocis** (12.07s) and **Alan Deans** were our other entrants. **Scott Tamblin** came close to dipping inside four minutes for the 1500m once more, finishing just half a second outside that magic mark. But **Xander van Rijen**, in the pack behind Scott, ran a great M45 PBA of 4:26.35.

Our other representative tonight, in the continued absence of the throwers, was race walker **Daniel Lowe**. His 18:07 for 3000m was very impressive.

## WAAS – November 12

Some more Worlds entrants trickled back from Brazil this week, as well as a few more returning after their winter break.

So we were treated to two heats of each sprint. **Bernard Riviere** and **Maurice Pascal** were involved in a great tussle over both 100m and 200m. Bernard took the short sprint, with Maurice having more staying power over 200m. **Steve Michael** ran a PBA behind them in the shorter race. The second heat was won by **Dave Wyatt**, **Cathy McCloskey** close on his heels.

Not far behind Bernard and Maurice in the 200m opening heat were **Giovanni Puglisi** and **Barry Newell**. The second heat of the longer sprint saw **Richard Williams** take line honours; **Keith Edmonds** ran a PBA in his first outing of the season.

**Leanne Hyland** (a friend of **Nicole Pinel**) recently joined the club. She also ran well in the 100m, but was even more impressive in the long jump. Top jumpers on the nights were **Steve Michael** and **Dave Wyatt**. Sole thrower at WAAS was **Matt Staunton**, with both the heavyweight and hammer.

## ECAC – November 14

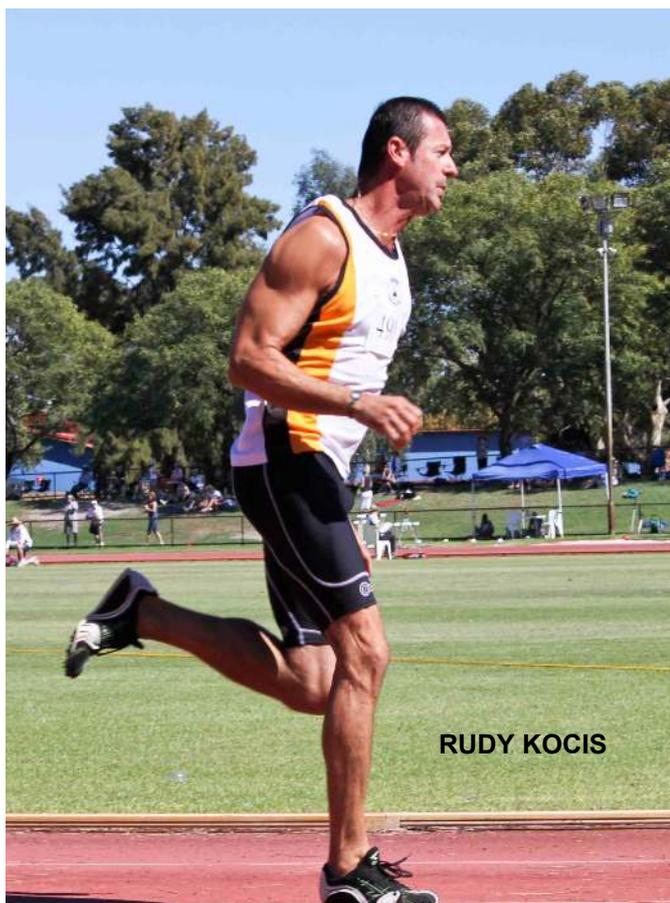
With the focus at ECAC on the two Trophy events, it was left to the return of two club stalwarts to entertain. Four gold medal **David Carr** loosened up over 200m before scoring heavily in the Trophy 400m. Also **Jim Langford** fancied a 5000m track race, and did not disappoint his fans with 20:40; remember Jim is close to 70 so that equates to well over 80%.

**Rob Colton** had a varied evening, winning the 60m heat, topping the long jump distances and also posting a very solid 5000m time on Jim Langford's heels. Another athlete going home with a smile on her face was **Maureen Keshwar**. Maureen set a new PBA over 200m, following this with a season's best in the short dash.



DAVID CARR

## Analysis of the results



### WAAS (Strive) – November 15

The sprints and field events were the main MAWA focus at Strive. **Andy Taylor** caught the eye with a sub-12s 100m, **Rudy Kocis** and **Greg Brennan** also performing well in legal winds. Over the longer sprint **Glenn Ross** was our star with an excellent 23.81s. Our other track interest was a stunning 800m PBA from **Xander van Rijen**; his 2:05 knocking more than a second off his previous M45 best.

**Mal Clarke**, **Matt Staunton** and **Christine Schelfhout** were throwers wearing the colours this evening. The hammer event produced best performances from each of them – PBAs all round. **Matt** is now getting very close to the state record of **Ed Miemanis**, set in 1975! Another 40cm and one of the oldest records on MAWA books will become history.

### WAAS – November 19

Two sprints first off meant that a number of the sprinters' work was done early. Our two top male speedsters, **Rudy Kocis** and **Bernard Riviere** took advantage with sharp wins over 200m, backed up by **Wendy Seegers** not far behind. The three of them

contended the top heat over 60m with barely a hair's breadth between them on the line. **Richard Williams** (200m) and **Mark Dawson** (60m) also helped themselves to a season's best.

There were plenty of takers in the field tonight as well. In addition to the Trophy shot put, a well-contested javelin saw **Roger Ditewig** throw a lengthy 36m, with a vintage effort from 82 year-old **Rob Shand** too. Six athletes kept **Les Beckham** busy in the long jump pit, but all were some distance below their best in the stiff headwind.

The evening concluded with six starters in a 5000m, although only three finished the full distance. **John Collier** took line honours, with **John Oldfield** and **Blakeney Tindall** the only others to complete the full distance.

### ECAC – November 21

The throwers returned in numbers at ECAC tonight. In addition to the "casual" trophy discus throwers, we welcomed back **Bev Hamilton**, **Mal Clarke** and **Ali Matautia**. With **Mark Hamilton** and **Matt Staunton** it began to look a bit more like a normal club night in the cage. **Ali** produced the only PBA of the evening with the heavyweight, but the rest will be hoping to get back into form with regular practice.

On the track, much of the focus was on preparation for the trophy 100m covered elsewhere. Throwers **Mal Clarke** and **Ali Matautia** showed their all-round ability with wins in the two 60m heats. **Rob Colton** took out the 3000m and **Steve Fuller** ran a PBA to win the 800m. One other feature worthy of note was the debut of new W40 member **Sharon Davis**. Sharon ran a sharp 100m, but also impressed over 800m until tiring in the closing straight. It was also good to see the return of **Nick Bailey** after an absence of some time.

### WAAS (Strive) – November 22

**Chris Anderson**, high jumper extraordinaire, competed for Australia at the 1995 World Championships, becoming an Olympian at Atlanta the following year. This week he joined MAWA. At Strive on Friday Chris cleared 1.85m, both a state M45 record and the highest ever by a MAWA athlete in competition.

A second, most unlikely record was also set tonight. **John Oldfield** ran the steeplechase in 9:38.9, setting a new British national M70 mark. Also on the track, PBAs over 1500m went to both **Xander van Rijen** and **Rob Nichols**.

Field items worthy of note abounded. **Mal Clarke** had a PBA (hammer) and season's best in the high jump; **Christine Schelfhout** improves every week, with new highs in all three throws. And our top hammer thrower **Matt Staunton** confirmed his status with another 46m plus throw, indicating that the record mentioned last week is tantalisingly close.

World  
Champs  
Special –  
Out soon



# Australian Masters Athletics Pentathlon Championships

Friday, March 7, 2014

## Travel and Accommodation information

### Accommodation

The Launceston Travel and Information Centre is set up to assist travellers to Launceston, Tasmania.

Email: [travelcentre@launceston.tas.gov.au](mailto:travelcentre@launceston.tas.gov.au)

Free Call: 1800 651 827

March in Tasmania is a peak tourism period so early reservations are recommended.

Some options:

**Aberdeen Court**, (motel), 35 Punchbowl Road, \$85 - \$92 est., ph: 1800 006 042

**Adina Place**, (studio), 50 York Street, \$125 est., ph: 1800 030 181

**Balmoral**, (hotel), 19 York Street, \$130 - \$170 est., ph: 03 63318000

**Colonial**, (hotel), 31 Elizabeth Street, \$135 - \$220 est., ph: 03 63316588

**Commodore**, (motel), 13 Brisbane Street, \$129 est., ph: 03 63324666

**Elphin Villas**, (motel), 28A Elphin Road, \$135 - \$140 est., ph: 1800 221 862

**Fiona's B & B**, 141A George Street, \$140 - \$165 est., ph: 03 63345965

**Hi George**, (B&B), 64 York Street, \$120 est., ph: 03 63312144

**Hotel Launceston**, 3 Brisbane Street, \$90 - \$110 est., ph: 03 63312055

**Hotel Tasmania**, 191 Charles Street, \$85 est., ph: 03 63317355

**Kilmarnock House**, (studio), 66 Elphin Road, \$130 est., ph: 03 63341514

**Mercure**, (hotel), 3 Earl Street, \$125 est., ph: 1800 030 567

**North Lodge**, 7 Brisbane Street, \$90 - \$180 est., ph: 03 63319966

**Parklane**, (motel), 9 Brisbane Street, \$130 est., ph: 03 63314233

**Star Bar**, (hotel), 113 Charles Street, \$100 est., ph: 03 63316111

**Windmill Hill Lodge**, (B&B), 22 High Street, \$100 - \$110 est., ph: 03 63319337

**\*prices are indicative only**

Other accommodation options can be found at: [www.wotif.com.au](http://www.wotif.com.au); [www.airbnb.com.au](http://www.airbnb.com.au);  
[www.visitlauncestontamar.com.au](http://www.visitlauncestontamar.com.au)

### Taxi Fares

Approximate taxi fares are:

Launceston Airport to St Leonards Athletic Centre: \$30

Launceston Accommodation to St Leonards Athletic Centre: \$20

St Leonards Athletic Centre to Launceston Transit Centre: \$20

### Buses

The Launceston Transit Centre is situated in St John Street. Information on buses from Launceston to Hobart can be found at [www.tasredline.com.au](http://www.tasredline.com.au)

Depart Launceston 5.30pm; Arrive Hobart 8.00pm. Adult \$39.70; Pensioner \$18.50.

Depart Launceston 6.45pm; Arrive Hobart 9.30pm. Adult \$39.70; Pensioner \$18.50.

Bookings can be made online. Early bookings are recommended.

### Organisation

The Australian Masters Athletics Pentathlon Championships are being conducted by the Tasmanian Masters Athletics Northern Branch. Contacts:

Jim Claxton      Email: [jim.bon@bigpond.com](mailto:jim.bon@bigpond.com)      Phone: 03 63441025

Barbara Clayton      Email: [elzyian@gmail.com](mailto:elzyian@gmail.com)

# AUSTRALIAN MASTERS ATHLETICS PENTATHLON CHAMPIONSHIPS



**FRIDAY 7th MARCH, 2014**  
**St Leonards Athletic Centre**  
**St Leonards Rd, LAUNCESTON**  
 Conducted by **Tasmanian Masters Athletics Northern Branch**



## OFFICIAL ENTRY FORM

### Your Details

To enter you must be a financial member of a registered Australian or overseas Masters club.

Please circle your association    ACT    NSW    NT    QLD    SA    TAS    VIC    WA    OVERSEAS

Surname	<input type="text"/>	First Name	<input type="text"/>
Age as at 7 March 2014	<input type="text"/>	Competition No.	<input type="text" value="TMA use only"/>
Date of Birth	<input type="text" value="DD"/> <input type="text" value="MM"/> <input type="text" value="YYYY"/>	Gender	<input type="text" value="Male"/> <input type="text" value="Female"/>
Address	<input type="text"/>		
State	<input type="text"/>	Postcode	<input type="text"/>
Home Phone	<input type="text"/>	Email	<input type="text"/>
Emergency Contact	<input type="text"/>	Phone	<input type="text"/>
Relationship	<input type="text"/>		

**Waiver:** I hereby declare that I am in good health and will be properly conditioned for the events I have entered.  
 I absolutely relieve Tasmanian Masters Athletics Inc. (TMA), Australian Masters Athletics Inc. (AMA) of any responsibility for any injury, loss or damage to me or my property which I may sustain in the course of or in connection with these championships.  
 I authorise the use of my name, voice or picture and any information on this entry form to be used without payment to me in any broadcast, telecast, promotion or advertising or in any way related to this championship.  
 I have read all the attached conditions and information concerning the Australian Masters Athletics Championships. I understand these conditions and agree by the decisions of TMA, AMA and its officials.

**No entry will be accepted unless this waiver is signed and dated below.**

Signed <input type="text"/>	Date <input type="text"/>
-----------------------------	---------------------------

### Entry Fees

AMA Sanctioning Fee		\$ 5.00
Track & Field Pentathlon	<input type="checkbox" value="X"/>	@ \$20.00    Total \$ <input type="text"/>
Throws Pentathlon	<input type="checkbox" value="X"/>	@ \$20.00    Total \$ <input type="text"/>

**TOTAL PAYABLE**    \$

Entry fees can be paid by Cheque or Money Order payable to **Tasmanian Masters Athletics Inc.** or by Credit Card (details on right).  
 Mail this form with full payment to:  
**AMA Pentathlon 2014**  
**GPO BOX 890**  
**HOBART TAS 7001**

CREDIT CARD PAYMENT - MASTERCARD & VISA ONLY (Please Circle)

Card No.

Cardholder Name

Expiry date

### Entries close    FRIDAY 7th FEBRUARY, 2014 (Late entries will not be accepted)

## EVENTS

TRACK AND FIELD PENTATHLON		THROWS PENTATHLON
WOMEN	MEN	ALL COMPETITORS
100m	200m	Hammer
Shot Put	Javelin	Shot Put
Long Jump	Long Jump	Discus
Javelin	Discus	Javelin
800m	1500m	Weight Throw

## CONDITIONS

### Uniforms

State uniform is compulsory. Failure to wear the correct uniform may result in disqualification.

### Refunds

When cancellation is received prior to the stated closing date, entry fees are refundable but NOT the Administration Fee. After the closing date, no fees are refundable.

However should an event be rescheduled by TMA and the rescheduled time is unacceptable to the entrant, only the entry fee will be refunded. If due to circumstances beyond its control, TMA must cancel an event, then no fees are refundable. The LOC has the prerogative to make exceptions on compassionate grounds (not injury).

### Drug Testing

Athletes at AMA Championships may be subject to drug testing. Refer to the AMA Handbook for Therapeutic Use Exemptions (TUE) requirements.

### Privacy Statement

In this Privacy Statement, "Personal information" has the same meaning as the Privacy Act 1988.

Athletics Inc are committed to protecting the security of the

- > Process your competition registration.
- > Provide you with competition and results information.
- > Provide you with information regarding future Masters Athletics events.

## CONTACTS

Tasmanian Masters Athletics (Northern Branch)

Jim Claxton                                      Email: jim.bon@bigpond.com                      Ph. 03 6344 1025

Barbara Clayton                                      Email: elzyian@gmail.com

## VOLUNTEERS REQUIRED

Are you willing to be a volunteer official / helper on the day?

Would your companion be willing to be a volunteer official / helper on the day?

Name of Volunteer

## PUBLIC TRANSPORT TO HOBART

Public transport is available from Launceston to Hobart at the following times (subject to change)

3.30pm; 5.30pm; 6.45pm. Travelling time is 2 1/2 hours.

Bookings can be made online at [www.tasredline.com.au](http://www.tasredline.com.au)