

# TFNL



Season 8 Issue 5  
FEBRUARY 2016

The Track and Field  
Newsletter of MAWA



**Champs  
entries  
to close  
soon**

Colin Shaw sails  
through the air in  
the long jump at  
Ern Clark Athletic  
Centre.

# Melissa steps up

Page 3

# Record run



WITH the M35 Australian 60m record now confirmed Wendy Seegers' quest to break the 100m record continues. She ran under the record twice in January, but with invalid wind readings the time cannot be confirmed. Hopefully Wendy will be able to break the record at a Strive meeting with the troublesome electronic timing giving no problems.



## WARNING

Final days

to avoid

\$10 joining fee

## Membership renewal grace period to end

THERE are just days left to avoid paying a \$10 joining fee for all previous members who have not renewed their memberships for 2015.

MAWA membership renewals for 2015 were due on January 1 with a one month grace period which expires on January 31.

You can access the online membership and paper form download from the right side-bar – the club prefers online membership.

New members doing Sunday runs will need to select helper dates from the 2015 Sunday Programme. This programme is now on the website and is also accessed from the right sidebar.

The committee have agreed the following fees for 2015. For single membership these fees have been held at 2014 levels, while for joint members there is a \$5 increase. New members and lapsed members re-joining will pay an additional \$10 joining fee.

Single metro hardcopy	\$60
Single metro electronic	\$45
Joint metro hardcopy	\$90
Joint metro electronic	\$75
Single Country hardcopy	\$50
Single country electronic	\$35
Joint country hardcopy	\$70
Joint country electronic	\$55

## ROLL OF HONOUR

Scott Tamblin	M35	1500m	Dec 18	WAAS	3:53.40	<b>SR</b>
Jim Davis	M80	Wt throw	Jan 6	WAAS	12.84m	<b>SR</b>
Irwin Barrett-Lennard	M85	1000m	Jan 22	ECAC	5:46.8	<b>SR</b>
Todd Davey	M45	Hammer	Jan 22	WAAS	40.66m	<b>SR</b>
Now ratified as records:						
Wendy Seegers	W35	60m	Nov 28	WAAS	7.75m	<b>AR</b>

# Melissa steps up

By JOHN OLDFIELD

AT first glance, the step up from a 5-event pentathlon over one day to the 7-event heptathlon spread over two days may seem a simple task. But bear in mind that the extra two events are both highly technical. Hurdling and high jumping require skills that regular training does not cover.

Melissa Foster has been considering this for a couple of years. "I thought it may be fun, so this year I've been learning how to hurdle and high jump", she says. The state open combined events championships this month saw her realise the dream.

Day one begins with the 100m hurdles, almost certainly the most challenging event of the seven to a newcomer. The legendary combined event camaraderie helped Melissa overcome the challenge. "The fellow competitors were awesome; we all cheered each other on. When I was doubting myself at the start of the hurdles, it was nice to have the familiar faces calming the nerves." (Three of the other girls are training partners.)

The high jump did not prove a problem either, although she had hoped for a little more. It was then back into her "regular" events with the shot put and 200m sprint closing day one.

Melissa's best event, the long jump is scheduled at the start of day two, so it was no surprise that she had a huge smile on her face as I took the opportunity to chat with her. "It's going well so far, and the conditions are perfect tonight." Her first attempt took her out to a PBA of a massive 5.61m, with a legal wind - the best start imaginable to settle the nerves. "To jump that distance with the current training schedule was amazing."

A steady javelin throw led her in to the final challenge – the 800m run. Melissa does this event only in pentathlons, but does not include distance training in her busy schedule. "I shy away from training for the 800m, just hope for the best." Having never broken three minutes before, "it was a huge achievement" to clock 2:58.5. The joy on her face as she jumped high in the air, arms aloft, as she crossed the line will be an abiding memory for all who were privileged to watch her complete the debut heptathlon.

"Will there be more?" was my next question to this new heptathlete. "I am training hard for the states, nationals and worlds." Maybe you'll see another seven-eventer in Lyon

"I have not yet decided whether to add it to my world's campaign."

Don't bet against it – she's a natural!



## Heptathlon

### State Open Combined Event Championships

WAAS January 15-16

100mH	HJ	Shot	200	LJ	Jav	800m
18.2	1.32	8.84	28.5	5.61	26.24	2:58.5
<b>PBA</b>	<b>PBA</b>		<b>PBA</b>	<b>PBA</b>		

Points Total 3645 (age-graded)

# MAWA State champs



**Entries  
close  
February 10**

# WAAS hosts all events

THIS year all events of the MAWA State Championships are at West Australian Athletics Centre (WAAS) including the 10,000m, due to the uncertainty of the availability of the Ern Clark Athletic Centre track.

VenuesWest have allowed the club exclusive use of the track from 6.30pm on Thursday, March 5 for the 10,000m.

Competitors are asked to enter online. If you do need a paper form and cannot download and print from the website

please contact Barbara Blurton on 9293 0190. Allow plenty of time to post.

Closing date for entries is Tuesday, February 10 and no late entries will be accepted.

A detailed timetable will be available on the website and at club events as soon as possible after the closing date.

A MAWA singlet or crop top must be worn by all members. If you need to purchase a uniform, contact Colin Smith via email: [colin.smith@netspace.net.au](mailto:colin.smith@netspace.net.au)

Please read the information sheet members have been sent carefully before entering and note the days on which various events take place.

If you are not competing on any particular day, please consider helping out in some way. No experience needed. Contact Barbara, preferably by email, [vetrunners@iinet.net.au](mailto:vetrunners@iinet.net.au) or phone or speak to Richard Blurton at a Sunday run.

**Barbara Blurton**  
Competition Director

## Thursday, March 5 – WAAS

10,000m

Start time depends on entry numbers but will not be before 6.30pm.

## Saturday, March 7 – WAAS

7.30am Outdoor Pentathlon  
12.00pm Throws Pentathlon

## Tuesday, March 10 – WAAS

7.30pm 3000m steeplechase  
7.50pm 2000m steeplechase

Start times may vary but will not be before those shown.



If you have a break from competition your help will be appreciated at the championships.

## Saturday, March 14

## WAAS

## Sunday, March 15

### TRACK

In the following order from 8.30am

5000m  
5000m walk  
200m  
200/300/400m hurdles  
800m  
1500m walk  
60m

**Note: High Jump date will be decided after close of entries. Competitors will be contacted as soon as possible after that.**

### FIELD

Hammer from 10.00am  
Javelin from 10.00am  
Shot from 10.00am  
Long Jump from 9.00am

### TRACK

In the following order from 8.00am

1500m  
100m  
400m  
3000m walk  
80/100/110m hurdles

### FIELD

Discus from 7.45am  
Weight throw from 7.45am  
Triple Jump from 8.00am



# Fireworks

## 3000m

HOW would your 100m time have ranked amongst 1970s Perth vets?

Was there really a Vets 3000m with 17 members under 11 minutes?

Would you like to see a chart of your progression in the long jump over ten years?

Who was the first MAWA member to break four minutes for the 1500m?

The answers to these and thousands of other questions are now at your fingertips through the T&F archive on the website.

To access this mine of information, with more than 100,000 distinct performances recorded, go to the MAWA website ([www.mastersathleticswa.org](http://www.mastersathleticswa.org)); click *Archives* tab on the main menu ribbon. You will find the data is in Excel files, stored in two different ways. You can access it by year or by event, depending on what it is you are seeking. The data is all in Excel files, allowing you to search and query as you wish.

In the same place on the website is an introductory document explaining the structure of the data, and some tips on how it might be used.

The data has taken several years to collate. This first tranche includes all the information from 2006 to the present season, plus historical data from 1974 to 1984. The missing 22 years is my remaining project, with the goal to have the archive complete by October 2016 when MAWA hosts the WMA Championships.

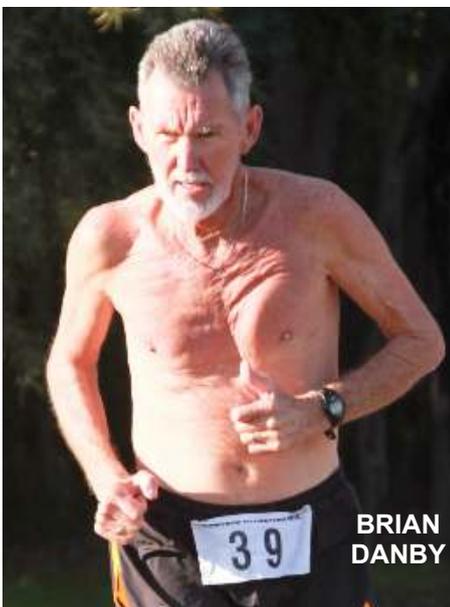
*The answers to two of the queries posed at the top of this article:*

*The 3000m was on November 5th 1981 – won by Don Caplin (9m27s), 18th was Morris Warren in a swift 11m01s. Current active members the Whittams, Rob Shand, Frank Smith, Bob Fergie, Brian Danby, Lorna Lauchlan will possibly recall the fireworks that evening at McGillivray.*

*The first MAWA member to break 4 minutes for 1500m was Scott Tamblin – Feb 3rd 2012.*



Although he was 26 years of age at the time Neil Morfitt was listed in the M35 age group in this 3000m in 1981. Neil is pictured at the World Masters Athletics Championships in Sacramento in 2011.



### 3000m

McGillivray

November 11, 1981

Don Caplin	M40	09:27	Barrie Slinger	M40	10:50
Frank Smith	M35	09:33	Jim Hosking	M35	10:50
Derek Hoye	M40	09:35	Bill Jones	M45	10:59
Maurice Johnston	M40	10:00	Les Oakley	M35	10:59
Barry Sutherland	M35	10:01	Morris Warren	M40	11:01
D Sheppard	M40	10:01	Allen Tyson	M55	11:10
Brian Danby	M30	10:19	Jeff Whittam	M45	11:21
Rob Shand	M45	10:24	Derek Walker	M45	11:33
Neil Morfitt	Vis	10:28	Don Stone	M50	11:38
Brian Foley	M40	10:29	Ian Sutherland	M40	12:34
I Henderson	M45	10:42	J McLean	M50	12:35
Bill Monks	M45	10:44	Jan Fletcher	W35	12:47
T Costello	M45	10:45	Andy Wright	M60	12:55
			Lorna Butcher	W50	13:19
			Bob Fergie	M45	13:23
			Dorothy Whittam	W45	14:23
			Margaret Warren	W45	14:27
			Gloria Sutherland	W35	16:06

# Vaulters set for lift-off

A GROUP of participants has been learning the techniques of pole vaulting at WAAS under the guidance of Mark Jeffery. One of the key advocates of the clinics Geoff Brayshaw said the group have now reached the point where they lift the bar and measure their progress.

“I am sure some of our members will be impressed by the progress of a group of beginners, Geoff said.

“We will publicise as best we can the days where we officiate height measurement as all members are obviously welcome to participate in these days.

“We only have two more dates scheduled, being January 31 and February 21. I am sure we will have one or two more where we can more formally get some official heights for record purposes and if there is any state record potential in the group we will endeavour to ensure one of these days is properly officiated.”

Preparing for pole vault training at WAAS are (from left) Phil Smyth, Ian Cotton, Andrew Brooker, Geoff Brayshaw and Colin Smith.

In the foreground is pole vault tutor Mark Jeffery's son Oli showing the group how to hold the pole.



## Officials' seminar to focus on masters

AS part of the Athletics WA (AWA) Officials Education programme a seminar will be held to give athletics officials some information about masters athletics. It will include information about the structure of the masters movement, about the modified rules that apply to masters' competitions and will detail the task of officiating at a major masters championship event.

The seminar will be coordinated and introduced by Fiona Brown, AA Officials Education Officer (WA), and presented by Lynne Schickert, Bob Schickert and Christine Oldfield.

The date is still to be confirmed but is likely to be on the afternoon of Saturday, February 21 at WAAS.

If **you** have aspirations, and the commitment, to be involved as an AWA offi-

cial, (and the opportunity to be involved at Perth 2016), there is still time to gain some experience and qualifications. The AWA Education programme is open to all athletics groups so you would be welcome to attend this seminar as a starting point.

If you are interested, contact Fiona by e-mail at [firey\\_beacon@hotmail.com](mailto:firey_beacon@hotmail.com) or talk to Lynne, Bob or Christine.

## Entry website opens for AMA championships in Sydney

IF you are planning on competing at the Australian Masters Championships the website for entries to the AMA Championships is now open.

The championships are to be held at Bankstown in Sydney from Friday, April 3 to Monday April 6 over the Easter weekend.



To enter paste the following link to your favourite browser:  
[www.amasydney2015.com.au](http://www.amasydney2015.com.au)

Intending athletes should note that note entries close Friday, March 6.

Entry Fees:  
Administration Fee: \$60  
Event Fee: \$10 per event  
Awards Dinner: \$55 per guest

# Back on track



Peggy Macliver runs the bend in her first 200m since having a titanium rod inserted into her right leg. INSET: The X-rays show the rod and screws.

WHEN I started competing with Masters in mid-2012, I heard many people speak of the achievements of a great athletic all-rounder named Peggy Macliver. Peggy has her name on the Patron's trophy no less than 14 times. The first time she won it she was only 45. She currently holds a swag of state and Australian records. Looking back Peggy feels her greatest achievement was totally unexpectedly winning the W55, 800 metres in 2:32.29 at the World Championships in Gateshead, England.

I must admit I was a little intimidated but as a novice and aspiring all-rounder myself I was keen to meet this athlete, compete against her and learn from her. But where was she? Turns out Peggy had succumbed to injury just as I arrived on the scene and after waiting and hoping for some weeks, all the while hearing more and more about Peggy's amazing abilities, it seemed I would not be lucky enough to see her in action.

Peggy has explained that the injury occurred when doing intervals, when pain like "a bolt of lightning" shot down the thigh. It was diagnosed as referred pain from the back after a CT scan and facet joint injections. Peggy was told to "just keep running as no harm could be done and to take a couple of Panadol when required".



"I suggested to Christine Oldfield recently that it would be great to see a piece on Peggy's injury and recovery in TFNL and she promptly suggested I should put finger to keyboard ..."  
**Carmel Meyer**

Some months passed as I threw myself into track and field and Sunday runs with a vengeance, hoping to develop as an athlete in the shortest possible time- a recipe for disaster of course. The only thing I developed was a stress fracture in my right heel! During recovery Margaret Saunders suggested deep water running and it was at these sessions at Challenge pool where I first met Peggy. My trepidation at meeting such a legend of MAWA completely disappeared as I discovered what a quiet, gentle and unassuming person Peggy is. Over the months of my recovery Peggy quietly advised me and buoyed me up all the while battling with her injury and an endless array of tests and specialists each with their own take on the cause of the problem.

After 14 months in which time Peggy saw six specialist doctors, physios and allied health professionals, had CT scans, an MRI, x-rays, five cortisone

injections, dry needling all in the back and hip area it was decided a scan of the painful area of the leg was in order. This showed a stress fracture of the femur, mid thigh. Finally a diagnosis!

Following another four months when it did not heal Peggy underwent surgery where a titanium rod was inserted in the femur between the hip and the knee. Unfortunately two weeks after the surgery the leg spontaneously fractured completely. After six months on crutches healing finally occurred.

After undergoing what for many of us would mean an end to our athletic pursuits, Peggy is now back training and competing. This lady not only has titanium in her leg she must have a heart made out of it as well! It is with awe that I watch her determination as she trains towards again being the best that she can be.

Welcome back Peggy!

# Eat well to run well

HEALTHY eating is important for everyone, as nutrition provides key elements that are required in order to complete daily tasks and also complete training sessions. There are particular dietary requirements for the different events of sprinting or distance, and jumping or throwing but the general principles are similar for all athletes.

All athletes must have heard of such diets as Pritikin diet, Atkins diet, Grapefruit diet, Hollywood diet, Paleo diet and so many more. Most of these would be considered unhealthy but many people regularly are "on a diet". A healthy eating plan which can be maintained should become part of your normal daily routine.

Athlete's diet choices may be affected by many factors – such as the desire to lose or control their body weight,



## the edge

With Margaret Saunders

religious or spiritual beliefs, intolerance or allergy to certain foods and specific medical needs. Medication and drugs taken can affect nutrition as some may inhibit the desire of food, the absorption of minerals, metabolism or change the taste of food.

Athletes need a balanced diet with nutritious foods from each of the five food groups. These food groups are: grains and cereals, vegetables, fruit, milk and cheese, meat and eggs.

Grains and cereals include pasta, rice, noodles and bread.

Wholemeal varieties of these are the best choice. Vegetables group also comprises legumes such as lentils, beans, peas and

nuts. Fresh fruit is an important group and seasonal fresh fruit is an excellent choice for meals and also snacks. Yoghurt is included in the milk and cheese group. Reduced fat alternatives are the best choices. Meat is preferably lean and should include chicken and fish. The amount required from each food group will depend on the event, the amount of time spent exercising and the intensity of the exercise. A better performance should be possible if the fuel is appropriate for the chosen event.

Snacks during the day should be healthy and can be chosen from a range of the food groups. When training or competition is completed a snack should be eaten to aid repair and recovery. One option is a banana.

Drink fluids, preferably water, before you exercise to ensure you are hydrated. Thirst is not a good indicator that you need fluids. Dehydration can increase the risk of a heat injury and will definitely compromise performance. In hot or humid weather fluid needs are increased and electrolyte replenishment may be needed. Constant sipping of water during the day and training is important. Drinking fluids that contain electrolytes may help but you may need to experiment with ready made drinks to ensure they meet your personal taste requirements. Check the nutritional information as they may contain high levels of salt or sugar.



# Lynne's 'new world'



ORIGINALLY a Perth girl, sprinter supreme, Lynne Choate, became a high school maths teacher. So she has been well equipped to record and remember all the statistics associated with her brilliant athletics performances, some of world class standard. Her 35 year teaching career finished with 14 years at Mandurah Catholic College where she held several responsible positions. She retired in 2012 and lives in Mandurah with Clive, her husband of 38 years. They have three adult children and two grandchildren.

Lynne has always loved sport, particularly athletics, and has run from primary school age. She played netball through her high school years and as a member of Nedlands Athletic Club she competed, from age 12, on the cinder warm-up track at Perry Lakes (no Little A's in those days!). She continued through the ranks to Seniors,



## In focus

With Christine Oldfield

doing well in interschool and state competitions. At 15 she broke the state record for 60m. But Lynne says “*it wasn't until I was around 21 that I 'matured' as a sprinter*”. This was the mid-70s and from then on she won medals, open state titles, was part of the open state team for 100m and sprint relays and set an open 60m state record of 7.3s in the late 70s. In 1977 she had transferred to Melville Athletic Club where she was coached by Shirley Strickland de la Hunty.

Lynne also enjoyed success at many of the annual South West Championships at Capel and at Intersvarsity competitions which gave her several trips over east. In 1980 “*with much sadness*” she retired from athletics to have a family and she and Clive moved to Mandurah. But she was tempted back to competition in 1985 when the inaugural South West Games were held in Bunbury – and she won the open 100m and 200m. She competed again in 1988 when the Games were hosted in Mandurah. Here she caught the eye of David Carr who told her about the Vets and persuaded her to compete in her first AAVAC Nationals which were held in Perth in 1989. And, Lynne says, “*a whole new world opened up*”.

She went on to win many vets/masters state titles and still holds a number of state records in the 60m, 100m, 200m and 4x100m relays. She has competed in nineteen national championships, winning thirteen 100m titles and has always finished in the top two in the 100m and 200m. She has also had success in 400m, long jump, triple jump and pentathlon. She won seven medals at two Oceania championships and nine at three World Masters Games. There have been 11 World Masters Athletics championships since 1993 and Lynne has competed in nine of them, taking full advantage of the marvellous travel opportunities as well as taking home eight individual medals – one gold, three silver and four bronze plus 17 relay medals – six gold, four silver and seven bronze.

**CONTINUED – next page**

# opens to the world



## FROM – previous page

Particularly memorable for her was winning the W45 100m title in Brisbane in 2001 – “a long-held goal”. In Porto Alegre in 2013 she also thought it was pretty exciting to be part of the W60 team that broke the 4x100m Australian record. 2014 saw her, as a W60, taking on the cambered track for the first time at the world indoors in Budapest. In a “fantastic atmosphere” she picked up a 60m individual bronze along with a silver and an Australian record in the 4x200m relay.

Very much an all-rounder, Lynne competed in orienteering in the late 70s and took second place in the state championships at Dryandra Forest. In 1988 she was part of a team that won the veterans section in the World Triathlon Teams Championships held in Perth. And from 1990 to 2006 she also found time to run with the professional West Coast Athletic League, competing in a variety of venues. She ran against a 16-year-old Cathy Freeman in Northam but her most memorable win was at Mazenod in 1992 when she beat Dean Capobianco in the 120m handicapped race.

Lynne is extremely dedicated and has been making the round trip of 200km between Mandurah and Perth, up to three times a week for the past 21 years, just to be able to train and race. In all her endeavours she is encouraged and supported by Clive, who stayed at home to look after the children while she travelled to championships. It was not until the worlds in Sacramento in 2011 that he accompanied her and competed himself. She has made many friendships during masters’ competitions and, more recently, at Sunday runs which she added to her training programme for the worlds in Puerto Alegre in 2013. For ten years she has been training with Dave Wyatt’s sprint group and she says “he has been a driving force in trying to get the best outcome for me”.

And Lynne also likes to put something back into her sport. Nedlands AAC, the West Coast Athletic League, the WA Women’s Association, Mandurah Triathlon Club (of which she is a Life Member), Mandurah Little Athletics and the schools she taught at were all beneficiaries of her time and expertise as she served on committees and involved herself in coaching, officiating and organising.

In April Lynne will be chasing a win at the nationals in Sydney but says that, with the current competition, “it’s getting harder and harder”. Later in the year, she is going to the world championships in Lyon with two aims - to make the finals of the 100m and 200m, as she has always previously managed, and to be selected in the 4 x 100m and 4 x 400m relays again, where she’d hope for a medal. She is motivated “just by the sheer love of the sport” and would like to think that she is still competitive enough to challenge some state records. She “certainly will be trying to”.



Lynne (second from left) celebrates her gold medal with team-mates Kathy Heagney, Wilma Perkins and Lyn Peake at the world championships in Porto Alegre.

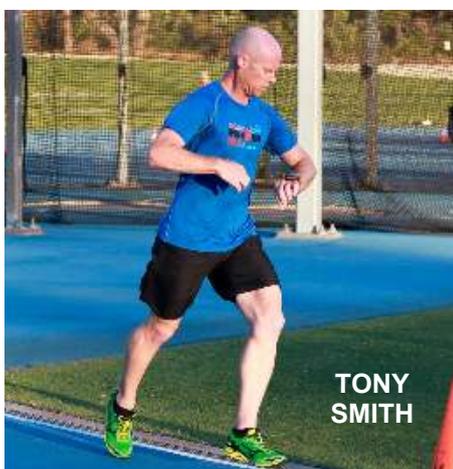
# TUESDAY NIGHT ACTION AT WAAS



Les Beckham keeps an eye on Nicole Hibbert in the long jump.



SUZI GRAVES



TONY SMITH



GIOVANNI PUGLISI



COLIN SMITH

## Track and Field Programme

**Tuesday at WA Athletics stadium, Mount Claremont**

\$6 entry to WAAS, \$3 with Seniors Card. \$2 visitor fee – pay at sign in table by finish line

*Please note starting times. Horizontal jumps start at 6pm*

Note: State Championships 10,000m on Thursday, March 5.

Start time to be announced depending on entries.

TUES	WAAS STARTING AT 6.30pm						STARTING AT 7.15pm		
	event 1	event 2	event 3	event 4	jump	field 1	field 2	steeplechase	
Jan 15	06	60	800	100	5k r/w	LJ	weight throw	hammer	
	13	200	1500 r/w	400	3k r/w	LJ	shot	javelin	2k and 3k steeplechase
	20	100	800	60	3k r/w	TJ	weight throw	discus	
	27	200	1000	60	5k r/w	HJ + LJ	shot	hammer	
Feb 15	03	100	1500 r/w	400	3k r/w	LJ	weight throw	javelin	
	10	200	1500 r/w	60	2k r/w	TJ	shot	discus	2k steeplechase
	17	200	800	100	5k r/w	HJ + TJ	weight throw	hammer	
	24	100	400	60	3k r/w	LJ	shot	javelin	
Mar 15	03	60	800	200	3k r/w	LJ	weight throw	discus	
	05								<b>STATE CHAMPS 10k</b>
	10	100	1000	200	1500	HJ + TJ	shot	hammer	<b>STATE CHAMPS 2k/3k steeplechase</b>
	17	60	800	300	3k r/w	LJ	weight throw	javelin	
	24	200	400	100	5k r/w	LJ	shot	discus	

# THURSDAY NIGHT ACTION AT ECAC



Fran Cherry leads Clare Wardle in the 60m. Both recorded 10.3secs with Fran gaining the upper hand.



KIM THOMAS and KARYN TOLARDO



DAVID CARR



MICKEY MUROI



JIM LANGFORD

## Track and Field Programme

**Thursday at Ern Clark Athletic Centre (ECAC)**

**Wharf Street, Cannington**

\$3 club members, \$5 visitors

THURS		event 1	event 2	event 3	event 4	jump
Jan 15	08	200	1500	400	3k r/w	U
	15	100	800	60	3k r/w	U
	22	200	1000	60	5k r/w	HJ + TJ
	29	100	1500 r/w	400	3k r/w	U
Feb 15	05	Pentathlon + 200, 1500, 60, 2k				U
	12	200	800	100	5k r/w	HJ + TJ
	19	100	400	60	3k r/w	U
	26	60	1500	200	3k r/w	U
Mar 15	12	60	800	200	3k r/w	HJ + U
	19	200	400	100	5k r/w	U
	26	60	1500	300	3k r/w	TJ

**ECAC (Coker Park) may not be available in March due to track resurfacing. Please check the MAWA website for Further details.**

# Bunbury challenge



Sharon Davis competes in the 1500m at last year's City versus Country clash.  
Photo: JOHN OLDFIELD

THE annual Bunbury City versus Country clash is on once again on Saturday, February 14. This is perfect hit-out for athletes with the MAWA state championships the following month.

For further details telephone co-ordinator Rob Antonioli (Tolli) on (08) 97541412 (m 0439 285371) or Colin Smith on 0407 598226.

## City versus Country Challenge February 14, 2015 3pm at BRAC track at Hay Park, Bunbury

Cost is \$5 with light refreshments afterwards

- |                     |                    |
|---------------------|--------------------|
| <b>60m sprint</b>   | <b>200m sprint</b> |
| <b>1000m run</b>    | <b>3km walk</b>    |
| <b>Medley relay</b> | <b>Long jump</b>   |
| <b>Hammer throw</b> | <b>Discus</b>      |
| <b>Pole vault</b>   |                    |

There will be an extra throw if requested.

Also on Sunday at 8.00am there will be a 10,000m run at the track.

## Brian and Ruth head points' table

THE Bunbury club continued its all round programme with another combined event on the Saturday prior to Christmas. The outdoor pentathlon attracted seven masters. **Colin Smith** travelled down from Perth, joining **Brian** and **Robyn Feutrill**, **Brian Waldhuter**, **Sharon Moloney**, **Deb Cox** and **Ruth Johnson**. Competition was strong throughout the afternoon, with **Brian Feutrill** (2443) topping the men's points and evergreen **Ruth Johnson** (2431) the best female.

Regular Tuesday and Saturday meetings have taken place during January, all with the usual strong masters' participation.

Some highlights:

- Four season's bests in the 800m (January 6) to **Rosemary Giles**, **Robyn Feutrill**, **Ruth Johnson** and **Lyle James**
- A "Giles" duo in the 3000m (January 11), with **Steve** clocking 10:08 and **Rosemary** 12:10
- In a very varied programme (January 17) the main strength was in field events. **Deb Cox** and **Brian Feutrill** excelled in the triple jump followed by more shot put SBs to **Sharon Moloney**, **Lyle James** and **Brian Feutrill**. **Rosemary Giles** also got into the act in the two-lap 800m, lowering her SB by another two seconds to 2:46.



**RUTH JOHNSON**

WAAS – January 6

## Karyn dips under mark

**KARYN Tolardo** finally dipped under 30 minutes in the 5000m walk, having come close several times in the previous months.

Bunbury-based Jim Davis ensured that 2015 started with a bang. A new M80 state heavyweight throw record of 12.85m continued his great pre-Christmas form further south. PBAs with the weight also went to **Christine Schelfhout** and **Mike Anderson**.

The strong, blustery wind also attracted sprinters out for both 60m and 100m events. **Wendy Seegers**, **Barrie Kernaghan**, **Lynne Choate** and **Colin Smith** each ran well over both distances, **Wendy** taking both top heats. **Mark Dawson** and **John Fisher** each set PBAs in the longer sprint.

**Grahak Cunningham** (5000m) and **David Brook** (3000m) each set PBAs in the distance run events. The other two events, long jump and 800m, run were each well-contested – with **Geoff Brayshaw** and **Rob Nichol** respectively taking the honours.

Finally, welcome back to the track after long-term injury to sprint ace **Peggy Mac-liver**. With the prospect of competing in her new age group in the championships ahead, the hard work will surely pay off for Peggy.



Karyn Tolardo steps out during the 5000m walk at WAAS.

WAAS (Strive) –  
December 18

**SCOTT Tamblin** did not allow the gusty conditions to trouble him as he eased towards yet another state record time over 1500m tonight. His 3:53.40 knocked over a second of his previous M35 best set a few weeks back.

Other highlights on the final Strive meeting of 2014 came in the field, with another season's best hammer throw from ace thrower **Byrony Glass** and two more PBAs from the ever-improving **Christine Schelfhout** (discus and hammer).

IT was an evening almost reminiscent of old times at ECAC tonight. There were the normal couple of heats in the 200m and 400m, but huge fields lined up for the longer distance events, almost twenty in each race.

For a change the wind had turned back to the east, giving the sprinters a tailwind as they rounded the 200m bend. **Stuart MacKinnon** and **Clare Wardle** each took full advantage, clocking PBAs, Clare in her new age group of W40. The 400m times were not spectacular, but **David Carr** showed his intentions of starting the build-up for the championships ahead with a season's best over the

ECAC – January 8

shorter event and close to it over the full lap.

The highlight of the evening was the 3000m, won as usual by youngster **Kim Thomas**. **Bert Carse** had taken the prize scalp of **Jim Langford** in the earlier 1500m, out-pacing him in the home straight to win by half a yard. But Jim took his revenge in this longer evening finale, setting a new M70 PBA of 11m44s. **Clare Wardle** completed a good evening's work with a second PBA.

## Analysis of the results

# Sprinters push the limits



Wendy Seegers (far right) hugs the line as (from left) Maurice Pascal, Campbell Till and Colin Smith give chase.

A NUMBER of returnees were made welcome this evening; **Bernadette Benson**, **Tony Smith** the younger and newly-rejoined **Lee Stergiou** increased the talent on display at the West Australian Athletic Stadium.

Two excellent heats over 200m got us underway, with what was considered a helpful, but legal wind. **Wendy Seegers** took out the top heat continuing her fine form, with **Colin Smith** and **Campbell Till** pushing her hard to the line. **Geoff Brayshaw** (season's best) took line honours in the second heat, the two women **Carmel Meyer** and **Lynne Choate** hot on his heels.

**Lee Stergiou** showed excellent pace to lead **Wendy** over the line in the 400m, her time of 58.9 a new best for the W35. **John Dennehy** was wel-

The awful state of the ECAC track was counteracted by near-perfect conditions tonight on an evening well-populated in both sprint and distance events.

**Colin Smith** led both **Colin Shaw** and **Clare Wardle** to PBAs in the opening 100m heat, **Fran Cherry** taking the win in heat two, with **Carolyn Fawcett** setting the first of two season's bests in heat three. It was a similar story over the shorter 60m dash, **Colin Shaw** and **Carolyn** each bagging another SB. With **Fran** moving up to the top heat this time it opened the door for a **John Dennehy** win in heat two.

The two-lap event was also finely-contested. **Kim Thomas** almost inevitably took heat one ahead of Kalgoorlie-based **Danny Sheehan**, up to the big city for a welcome visit. **Maxine Santich** would be pleased with her time just outside three

### WAAS – January 13

came back into the winner's fold with a fine 80.4 season's best in heat two.

Sandwiched between these two events we saw a strong 1500m performance from **Rob Nichols**. 4m30s is good running, with **Grahak Cunningham** and **Suzi Graves** clocking PBAs in his wake. The other distance event also saw several taking advantage of benign conditions to record 3000m season's bests. **Grahak Cunningham** was the pick, first to finish, with **Tony Smith** and **Bernadette Benson** not far behind.

There was a strong turnout in the throws too. **Christine Schelfhout** increased her shot put best to 7.33m, with



BERNADETTE BENSON

SBs also going to **Geoff Gee**, **Andrew Ward** and **Carmel Meyer**, pushing her claim to be an all-rounder once more. **Andrew** and also **Geoff Brayshaw**, threw the javelin to SBs as well.

### ECAC – January 15

minutes too. **Carmel Meyer** dipped under three minutes to win heat two; it was also good to see a PBA for M75 **Aubrey Davie**, reliving the 1980s when he was regularly in the top few in distance events. Also of note was a season's best for **Monique Thomas**.

A large field over 3000m was led home by **Kim** again. **Jim Langford** continues to impress in his early build up to Lyon; another PBA of 11:43.7 put a smile on his face. **Clare Wardle** is also enjoying her running; another PBA to her as she settles into the W40 age-group.

The long jump was dominated by **Colin Shaw**, his 4.58m some way ahead of the rest of the field.

### WAAS (Strive) – January 16

FOR the second week in a row there were problems with photo finish at Strive, making the evening challenging for officials and frustrating for athletes.

**Wendy Seegers** set a 100m time inside the current Australian and state records, but invalid because of a +2.8m/s wind reading. Season's personal bests for the sprint also went to **Greg Brennan** and **Alan Deans**.

**Rob Nichols** ran a lonely 3km steeplechase, his only competitor withdrawing at the last minute. **Scott Tamblin** was well pleased with his 52.4s 400m time, a distance he uses for sharpening his speed for his favoured events.

# Top conditions for athletes



Grahak Cunningham looks relaxed as he runs at WAAS.

WAAS – January 20

CONDITIONS were perfect for middle distance and sprints tonight; it was balmy with a light following breeze in the home straight. Three sprint PBAs and four in the 800m, plus one in each of the triple jump, 3000m run and 3000m walk were good rewards for the excellent turnout.

**Wendy Seegers** took pride of place as she often does, dipping under 12s for the 100m for the first time since she joined the club. This would have been a record if confirmed, but Wendy prefers to wait for electronic timing and is hoping for similar conditions on Thursday at the Strive meet. We all have fingers crossed that the electronic timing system works at this week's meeting.

Two other 100m times to note: **Lisa Limonas** set a new W45 best of 13.7s, and **Peggy Macliver** showed that she is on the road to recovery with a solid 16.4s, backed up with 10.0s over the shorter 60m. Other good 60m times came from trophy-winner **Suzi Graves** (9.0, PBA), **Fran Cherry** (9.4s, SB) and **Lee Stergiou** (7.6s).

The four personal landmarks in the two-lap race were pocketed by **Grahak Cunningham** (2:29), **Suzi Graves** (2:34), **Maurice Pascal** (2:38) and M70 **Ivan Brown** (3:12). It was also good to note that **Niamh Keane** returned to the fold in this race, eagerly 'watched' in both senses (with eyes and time-piece) by coach **Marg Saunders**.

A huge turnout for the throws meant that there were some huge grunts and yelps from that end of the stadium as both the normal heavyweight (35lb) and the bigger 56lb version were chucked tonight. Some prodigious distances were recorded, but apparently no records. I have not been advised of any special distances with the discus either, but did spy ex-member **Greg Urbanowicz** visiting from his new home over east as I jogged past the weight circle in the 3000m.

ECAC – January 22

IT was another busy evening at ECAC despite the ever-worsening condition of the track. Sprinters find the going particularly tough, with **Fran Cherry** the only athlete to produce a season's best over 200m.

There was plenty of interest in the 1000m event, two heats being called for, such was the interest. **Kim Thomas** almost inevitably took the win in the top heat, **Clare Wardle** clocking a PBA in mid-pack. **Carol Bowman** was first across the line in heat two, with **Aubrey Davie** setting a new age-best for himself. However the greatest plaudit goes to M85 **Irwin Barrett-Lennard** who set a state record of 5:46.8. Amongst the five walkers, **Tom Lenane** started heat two with a gun in his hand, but still managed to dip under six minutes for a PBA.

A small field ran the 5000m, with **Jim Langford** and **Aubrey Davie** taking PBAs. The triple jump saw only three competitors, but did include the welcome return of **Murray Tolbert**.

WAAS (Strive) –  
January 22

THERE was a big MAWA presence tonight at Strive, boosted by the return of brothers **Paul** and **Mark Jeffery**. **Mark** concentrated his efforts on the pole vault, whilst **Paul** tuned up for combined events participation with the 200m and shot put.

There was plenty of other quality around; **Scott Tamblin** ran a swift 5000m (15m38s), backing it up with a 1:56 800m run. He was kept company over the longer run by **Rob Nichols** and **Alan Gower**. MAWA singlets were prominent as usual in the 100m, the pick being a PBA by M45 **Greg Brennan** in 12.35. **Melissa Foster**'s 13.40 showed there was no hangover from the heptathlon celebrations.

The outstanding performances in the field came from mountain man **Todd Davey** – 40.66m with the hammer and 13.59 with the shot.

# Looking ahead

A high jumper is captured in mid-air, performing a Fosbury Flop over a yellow bar. The athlete is wearing a white and orange singlet, black shorts, and bright pink running shoes. Her legs are extended upwards, and her arms are also raised. She is wearing a white watch on her left wrist. The background shows a blue running track and green trees under a clear sky.

## **MAWA State Championships**

10,000m, March 5, 2015

Pentathlon March 7, 2015

2k/3k Steeplechase March 10, 2015

Main weekend March 14-15, 2015

## **Australian Masters Athletics Championships**

April 3-6, 2015

Sydney

## **World Masters Championships**

August 4-16, 2015

Lyon, France

## **Oceania Masters Championships**

October 5-10, 2015

Rarotonga, Cook Islands

Vicki Cobby jumps over the bar in the high jump at the MAWA State Athletics Championships.