



TFNL

The Track and Field Newsletter of MAWA

Season 3 Issue 8

April 2010



David Carr had the whip out at the final training session for his Saturday group as athletes sharpened up for the Australian Masters Athletic Championships in Perth.

Photo: GRAEME DAHL

Revamp on eve of nationals

With the Australian Masters Athletic Championships starting on Good Friday we have boosted TFNL with the addition of Graeme Dahl to the team.

Following complex negotiations and at great expense to MAWA, Graeme will take charge of the presentation aspects of the newsletter, using his experience in

this field. This move should make the reading of this online newsletter a more enjoyable experience.

Christine Oldfield continues to research and write the popular athlete profiles, this week she looks at Norm Richards and Barrie Kernaghan. John Oldfield retains overall editorial control and is responsible for the analysis of results as well

as maintaining the statistical database used for that analysis.

Photographs are mainly taken either by Vic Waters or John. The team is extremely grateful to Vic for this important contribution to TFNL.

Graeme is also a keen photographer and will add breadth to this aspect of the newsletter in the future.

Postal relays take off

MAWA took 13 national titles in the annual postal relays held in February. Some terrific Thursday evenings in the February carnival led to nine champion teams on the track, two in the throws and two in the jumps pit. Two teams deserve special mention, each taking two national titles. Readers will be well aware of the very special M80s, capturing both the 4x400m and 4x800m titles, one with an Australian record and the other with a world record. Add to that the M50 throwers, who are also double champions. Tom Gravestock and

Lajos Joni anchored both the hammer and shot teams, joined by John Everard in one and Craig van Waardenurg in the other. Full story on page 2

Efforts acknowledged

A Big "Thank You" to all those who have lent a hand on Tuesdays and/or Thursdays throughout the season. In particular I would like to recognise the huge contributions made by Les Beckham, Iain MacLennan and Richard Blurton. These three do not

compete, but every week they are a major factor behind the success of our T&F summer season. Many others play major roles – Damien Hanson, Barbara Blurton, Bob Schickert, Tom Lenane, Raema McMillan, Peggy Macliver, Maurice Creagh to name but a few. There are many others who step in as starter, record from time to time, lap score, organise the throwers or time-keep. To all of you, from everyone who enjoys these track and field sessions, a big "Thank you".

Club scores 13 titles

Thirteen more National Relay title certificates are heading our way after another highly successful series. In the previous two years of this competition the other states had shown spasmodic interest, allowing WA to dominate the podium. But this year the total entries almost doubled as the ACT, NSW and Victoria made a much greater effort to end that domination.

MAWA and the ACT continue to lead the way on the track. Each took no less than nine of the track victories. Our successes were all in the 4x800m and 4x400m. The haul would have been better except for our inability to get many of our top sprinters into action in February... and better still if our signature event, the 4x1500m, were part of the carnival nationally. The M80s set Australian records in each of their two titles.

The sprinters did help to win two long jump titles for us, and our M50 throwers were delighted to capture the Hammer and Shot titles. These victories were particularly sweet for Lajos Joni, Tom Gravestock, John Everard and Craig van Waardenburg.

This completes the third year of the competition. Graeme Rose, the Competition Director based in Melbourne, has declared this third year a major success with entries up from 109 teams last year to a massive 187 in 2010. The future of the event is secure, with a review of its format and content to take place for 2011.

In addition to the full results there is also a summary of the best performance in each event and age group. These are published on the AMA web site. We can take great pride in the fact that 7 of our 13 titles now feature in that list.

Full list of MAWA winners

4x400	M30	Kim Thomas, Dante Giacomini, Colin Smith, Chris Neale
4x400	M50	Steve Fuller, Alan Gower, Garry Ralston, Campbell Till
4x400	W50	Barbara Blurton, Carol Bowman, Karyn Gower, Marg Saunders CHAMPS BEST
4x400	M80	Cecil Walkley, Vic Beaumont, Stan Lockwood, Irwin Barrett-Lannard CHAMPS BEST
4x800	M30	Scott Tamblin, Corey Thomas, Kim Thomas, Paul Burke CHAMPS BEST
4x800	M50	Campbell Till, Trevor Scott, Paul Hughes, Neil Morfitt
4x800	M60	Duncan McAuley, Maurice Creagh, Ivan Brown, Bert Carse
4x800	W60	Shirley Bell, Sarah Ladwig, Jackie Halberg, Gillian Young
4x800	M80	Cecil Walkley, Vic Beaumont, Stan Lockwood, Irwin Barrett-Lannard CHAMPS BEST
Hammer	M50	Tom Gravestock, Lajos Joni, John Everard CHAMPS BEST
Shot	M50	Tom Gravestock, Lajos Joni, Craig van Waardenburg
LJ	W30	Melissa Foster, Michelle Thomas, Simone Solomon CHAMPS BEST
LJ	M40	Chris Neale, Damien Hanson, Murray Tolbert CHAMPS BEST



Relay winners Gillian Young (back left), Sarah Ladwig, Jackie Halberg and Shirley Bell prepare for the nationals at training on Saturday.

March Roll of Honour

February 26 – WAAS

Lajos Joni M50 Hammer 44.91m SR
Bev Hamilton W60 Hammer 28.20m SR

March 2 – UWA

Rae McMillan W80 Shot 7.12m AR=

March 4 – ECAC

Lajos Joni M50 Hammer 45.08 SR

March 5 – WAAS

Scott Tamblin M30 800m 1:51.81 AR

March 11 – ECAC

Irwin Barrett-Lennard M80 1000m 4:50.0 SR

Lorraine Lopes W70 3000m 14:47.8 SR

March 12 – WAAS

Cam Yorke M30 400m 49.85 SR

March 18 – ECAC

Irwin Barrett-Lennard M80 1500m 7:27.2 SR
W65 relay squad W65 4x400m 6:25.7 AR
(Peggy Macliver, Lynne Schickert, Lorraine Lopes, Christine Oldfield)

March 23 – UWA

Louise Oswald W40 Heavy Weight 8.74m SR

Tom Gravestock M55 Discus 39.63m SR

March 25 – ECAC

Tom Gravestock M55 Hammer 38.48m SR

IN FOCUS

The Dynamic Duo - Norm Richards and Barrie Kernaghan



These two 'old-timers' have done so much in their lives (some of it unprintable!) that these profiles are necessarily just small snapshots of some of those things that have made them what they are today.

When they run on Tuesday and Friday nights they still

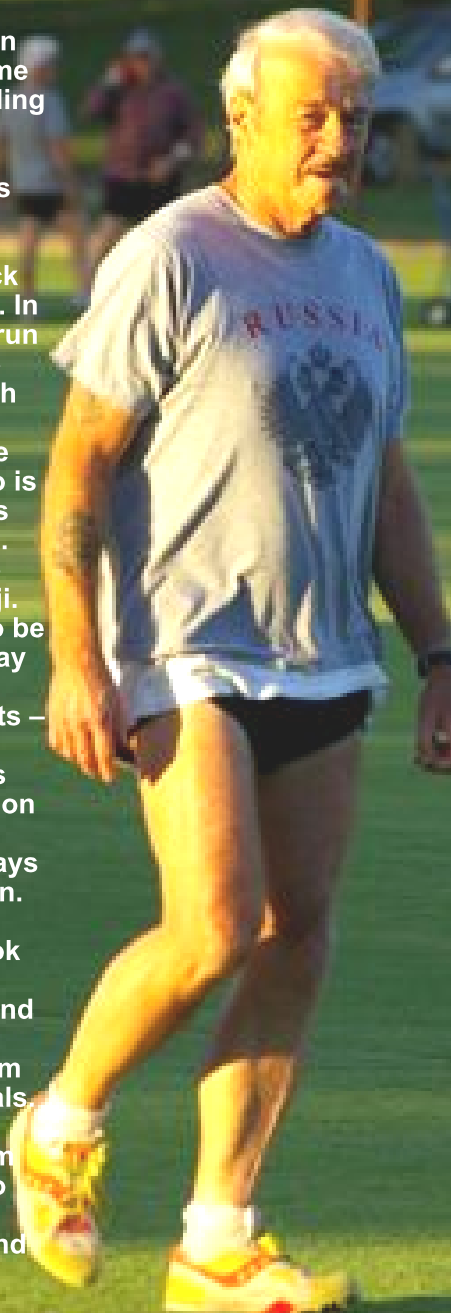
astound younger runners with their fitness and turn of speed. They have both achieved several sprint performances over 90% in recent months and AWA have even used a photograph of the two of them on the Events Archive section of their website.

Norm ... Mr nice guy

Born in 1937 in a country town in Victoria, Norm went on to become an Agricultural Inspector, travelling widely to check up on farming practices. His main sports as a youngster were Australian Rules football, boxing and cycling – which he did professionally. He won the Dandenong Junior Track Cycling Championships in 1955. In the late seventies he started to run with Victoria's Springvale/Noble Park vets club and came to Perth in 1982 for the Australian Championships. This was where he first encountered Barrie, who is a few years younger, and, to this day, he is still trying to beat him. That same year, Norm ran in the first Oceanic Games in Suva, Fiji.

In 1984 he moved to Perth to be closer to family and straight away joined our vets club. He now concentrates on the short sprints – and is notorious for his flying starts. In the past, however, he's run every distance up to marathon and also the Mundaring to York ultra-marathon. Nowadays he says that 400m seems like a marathon. He's competed in the Oceanic Games in Auckland and the Cook Islands and in World Games in America, England, Spain, Italy and Finland. He usually makes the semi-finals in the 100m and 200m and has won several relay medals.

For the last twenty years he has also run professionally, from Dandanup to Mullew, Subiaco to Kalgoorlie, achieving second place in one of the York Gifts and winning a few races – like the



Mandurah Gift. His most recent professional outing was this season's Wanneroo Gift.

One of his abiding athletics memories is from the National Championships in Perth In 1989. In the 100m he dead-heated with three other runners and the next day the same four runners dead-heated in the 200m. It couldn't happen with photo finish!

Norm has three daughters and a son, nine grandchildren and one great grand child - and a vast quantity of medals. Many of his medals have been given away to family and other children, in the hope that it might encourage them to participate in athletics. But he has a cabinet for those medals with special significance, which include some for one of his other passions - ballroom dancing. And if there were medals for joke telling, Norm would always get gold. But don't listen to his jokes if you are of a prudish disposition!

Without running Norm wouldn't have had the opportunity to see so many places. His travel highlight was a trip to Russia, Turkey and Europe from Lahti in 2009. He enjoys the company of like minded people who, even as they age, don't appear to be old – and are great to have a few (or many) beers with. He'll continue to run as long as he can and will always make sure it is still fun.



Barrie Kernaghan sets up his starting blocks in preparation for another clash with Norm Richards. INSERT: Barrie in action.

Barrie's running affair

Barrie was born in Perth in 1940 and, as a child, his only sport was surfing. Having become his surf club's beach sprint champion, he joined Nedlands Amateur athletic club in 1959 (competing on grass at the Leederville Oval) and ran in the 3 mile, 6 mile and steeplechase for club points. He was club champion and in winter cross country he came 6th in the state 10 mile road race championships and 4th in the state 15 mile.

During the time he was working for the Commonwealth Bank in Katanning he turned professional. He won every gift from Mullewa to Lake Grace and every state title from 75yds to a mile, initially running bare foot. In 1969, at age 29, he ran in the Australian Professional Foot Running Championships in Toowoomba, Queensland and was proud to compete against Billy Howard, possibly Australia's greatest pro athlete.

Back in Perth after 11 years country service, he wasn't allowed to compete against amateurs at Perry Lakes. So he took up coaching at Karrinyup Little Athletics and had such success that thereafter he had an input into almost every aspect and level of athletics in WA. Amongst other things he has been chairman, many times, of Karrinyup,

both the LA and senior clubs, Chairman of the senior athletics association, state Coaching and Education Officer for LA, treasurer of the Perry Lakes Rekotan Track Fund Raising committee and inaugural chairman of the WA Institute of Technology (WAIT) now Curtin, Regional Athletic Centre. Here he instigated weekly competition for blind and disabled athletes and acted as coach and guide to totally blind runner, Murray Buck.

Whilst training Murray he came across Bob Fergie who suggested that he nominate for the Veterans Championships being held in Perth in 1982. Although he was short on training, he did enter and won gold, silver and bronze in the 100m, 200m and 400m. In later Championships, with better preparation, he won all three golds. In 1985, at his first world championships in Rome, he won a 400m relay gold medal. In subsequent World Championships he has won individual medals of each colour as well as 8 relay medals.

As a vet he was allowed to run at Perry Lakes and has competed there for Karrinyup ever since. He has attended seven World Games and won over fifty state and national gold medals - mainly in relays, but also individual gold in the

400m. In 2000 he was proud to be selected to carry the Olympic torch through Triggs and was awarded the Queen's Australian Sports Medal for his contribution to the sport of athletics over a forty year period. He says that none of it could have been achieved without the full support of Coral, his wife of 47 years.

Perhaps surprisingly, he has managed to make time for a life outside athletics. He grows orchids (Cymbidiums, which he kindly hands out to all and sundry) and is heavily into genealogy. He has a valuable Australian stamp collection and still performs as a magician at the occasional birthday party. He says that if you want someone to disappear, just give him a ring - he still has a garage full of tricks.

Athletics has kept him healthy, fit and sane and has helped him make many friends throughout the world. It has also given him the opportunity to travel extensively after each world championships. Both his children were also athletics champions so, for many years, the family almost lived at Perry Lakes. Now that it is being pulled down they have a problem - they had always planned to scatter Barrie's ashes there! As Barrie says "You might as well die doing something you love."

Analysis of the results

Friday, February 26

Finishing off the February track meets, this was a session dominated by field athletes. With an easterly still blowing, the headwind made it hard for sprinters to produce good times, but the hammer throwers took over with two state records.

We welcomed Sakkie Matthewson (pictured), Darryl and Vanessa Lette up from Bunbury for the evening. Vanessa made the trip worthwhile with a PBA of 22.13m with the discus, whilst Sakkie heaved a good hammer (33.47m) and shot (11.40m). Darryl battled the headwind (not recorded by the electronics again unfortunately) for a sharp 12.12 in the 100m. Damien Hanson threw the javelin out to over 30m for a season's best, showing that he will be in good form for April's Nationals. But the highlights in the field were state records with the hammer for Lajos Joni (44.91m) and Bev Hamilton (28.20m). Byrony Glass showed that she too is gearing up for the battles to come with a very good 56.30m. Rob Shand continues to threaten his own discus mark without quite breaking the record. Perhaps that too will go in April.

As indicated earlier in this report, the unusual evening easterly meant that the sprinters did not have their usual tailwind advantage and it showed in the times. Apart from Darryl Lette's heat already mentioned, no wind readings are available for the other MAWA men either. Colin Smith is recovering well from his post-Sydney injury and recorded a satisfying 13.11s in open company. The sprint duo, all secrets revealed on earlier pages (- well, some of them!) ran well, with Barrie Kernaghan leaving Norm Richards well in his wake this time. Norm did not get his usual start advantage and never looked like threatening his nemesis tonight.

We had five athletes in the 400m, two of whom featured in the division one race. Cam Yorke (49.84) pipped Scott Tamblin (50.00) over the last 20m. In later heats Colin Smith (58.33), Brad Walsh (60.76) and Barrie Kernaghan (65.70) acquitted themselves well and showed the strength in depth that MAWA can offer in the one-lap race.

Tuesday, March 2

With the postal relays now finished for another year the emphasis is back to preparations for the National Championships next month. So a good number turned out tonight, greeted by pleasant but windy conditions. Two sprints in the early part of the meet pleased the fast twitch brigade, Mark Elms more than most. He equaled his PBA in the opening 200m and set a new one in the 60m. Clearly he is peaking at the right time. There were also SBs for Paul Foley and Rob Greenhalgh (200m), plus

Garry Ralston and Roy Fearnall (60m). Toni Phillips ran her first 60m this season, setting a very sharp marker of 9.4s. Richard Parker has been a member for a little while now, but we met him at the track for the first time. He showed that he has good sprinting ability with 27.2s and 9.1s in the two events.

Sandwiched between these sprints was a 1500m with very few entrants. Six runners and one walker were led to the tape by Trevor Scott with an exceptional 4:42 time. Coupled with his subsequent 3000m win Trevor is another to watch over Easter. In the same race Neil McRae posted his season's best of 5:58.

The 3000m attracted a larger turnout than the earlier 1500, and as already stated was won by Trevor Scott. His time of 10:07 was greeted by a loud shout (by himself) of "That's better" as he crossed the line. Sure is! Clive Hicks produced another good run, although well behind Trevor. Sbs went to the ever-improving Sean David and sprint specialist Garry Ralston putting in some endurance work. Sylvia Byers made a

welcome return to the track, walking the 3000m along with Lorna Lauchlan.

Peter Kennedy was the only business for jumps organiser Les Beckham tonight, but there was a good turnout for the two throws. Rae McMillan recorded 7.12m with the shot, equalling her W80 Australian record. In addition to the regulars, Geoff Gee and Ed Carroll were there tonight with a welcome return. Stalwart thrower Bob Fergie looks as though he is starting to peak timeously as he notched up a season's best (24.89m) with the discus. Four weeks to go when we are all put to the test against the nation's best!



Analysis of the results

Thursday, March 4

It was back to the usual ECAC conditions tonight with a gusty headwind in the home straight against the sprinters, but dropping as the evening wore on to help the distance runners. Two of our fast sprint ladies made light of it though, Amanda Lloyd and Delia Baldock each recording a season's best in the 60m. It's very unusual for Delia to



make the first race and she will be pleased that she did. New member Arthur Spender won his heat comfortably, with distance specialist Ian Davies in his wake.

There was an excellent turnout in the 800m event, with something to savour in each of the three heats. As we edge closer to the big event next month the focus sharpens. Our top runners in each age group gradually hone their preparations and are now concentrating on their specialist events. We have a plethora of good middle distance runners, some returning from injury but most now coming into top form. The first heat showcased Niamh Keane (pictured above). Niamh finds it difficult to make these evenings normally, but showed some of the old style and speed as the only lady in the first heat. This was dominated by a battle between Kim Thomas (2:30) and Pete Sullivan (2:32). Ross Keane (2:32) crossed the line first in the second heat. His return to something approaching top form is very impressive. Further down the field David Carr produced his best run since the world championships, with another to watch next month Barbara Blurton not far behind. And there was still interest as we moved further down in this fascinating heat, with Delia Baldock pushing Peggy Macliver all the way to the line.

There was still more as the third heat also gave us more impressive middle distance running. The 800m is probably

the shortest distance that the long distance specialists can handle with relative comfort. Neil McRae (2:59, PBA) prefers races whose title ends in three zeros but dipped under three minutes as he won this heat with ease. Carol Bowman used to prefer the longer distances, but as a confirmed member of the David Carr Training Group she is now concentrating on 4/8/15 and brought her PBA down tonight to 3:16. We also have in our ranks two ladies who are targetting the great South African Comrades Run. Surely that puts into perspective a time in the 3:20s for Jane Elton? Spare a thought of appreciation for Julia Wardell also. She has only recently taken up running and, like others before her, is recording better times (3:44, SB) most weeks.

We have become used to large numbers on Thursday for the distance race. Around 30 again took to the track tonight, and your lap scorer quickly gave up trying to keep count. Unfortunately that meant that one visitor ran a lap short. Sorry!

There were lots of personal landmarks, seven SBs plus PBAs to Darryl White (3000m) and Neil McRae in the 5000m. Graham Harrison, our long-term visitor from SAMA was one of the SBs in the 5k walk.

In the field, five long jumpers included Pat Carr (2.80m, SB). The throwers are working very hard in advance of the Nationals, many of them competing on Friday night at WAAS in addition to their mid-week meets. An event that is developing strongly under Lindsey Glass' watchful eye is the hammer throw. Coinciding with the recent arrival of Lajos Joni (pictured below) in the West for two years a number of our throwers are improving significantly with 'the big one'. Julie Plackett improved her PBA again tonight, and Lajos edged his state record higher again. He is still about a metre short of his best throw in Sydney but says with supreme confidence "I'll reach fifty metres, very soon!"

The discus was the other field event tonight, with Mark Hamilton and Peter Gare showing their strength and skill to record lengthy distances.



Analysis of the results

Friday, March 5

Another good turnout tonight from MAWA, with the Lettes travelling up from Bunbury to swell numbers. Darryl Lette had an immediate impact with 12.02 in the 100m (SB), following this up with a swift 200m also (25.13). Lynne Choate showed that she is approaching top form as the Nationals near with good times in both sprints. Highlight on the track was again provided by middle distance ace Scott Tamblin. He broke the Australian M30 800m record for the fourth time in seven weeks, his new mark of 1:51.83 edging ever closer to his promised sub-1:50. Paul Mitchell has now rejoined MAWA and so we have a distance runner who can stay with the top runners in the state. His 9:09 in the 3000m is way faster than anything else produced by a Masters athlete this season.

The hammer throwers moved on from yesterday at ECAC and were joined by Tom Gravestock. He threw a new M50 PBA of 40.07m, breaking a psychological barrier that has eluded him thus far. We hope that he can now follow Lajos Joni into the mid, and even high 40m range. John Everard is also in this exalted company, throwing over 41m tonight. We have a top team of M50 throwers who are synergising well and pushing each other to better performances almost every week.

The ladies also had a good night at WAAS, with Byrony Glass, Bev Hamilton, Louise Oswald and Vanessa Lette all enjoying long throws.

Vanessa's husband Darryl moved from the track to record over 36m with the javelin, and Damien Hanson equalled his best as an M50 with a 31.26m javelin throw.

Tuesday, March 9

It was a nice warm evening with only a light breeze, but a little humid. Perfect again for the fast-twitch brigade, but challenging for we whose muscles barely twitch at all. So there were no less than six SBs in the opening 60m event. Could it be that I measured the start incorrectly? Surely not! Garry Ralston, Craig van Waardenburg, Geoff Brayshaw, Peggy Macliver, Neil Davis and Lynne Schickert were not complaining anyhow. It was good too for the 800m, with Alan Gower (2:17, PBA) winning the first heat in style. SBs went to Paul Burke and Grant Schofield. Possibly inspired by her husband's achievement, Karyn Gower (2:57, PBA) matched it in the second heat, won by John Dennehy in 2:55. Gavin Howard ran a season's best. Your editor tested his calf in this heat. On strict instructions

not to push too hard, he will have satisfied his physio by running outside four minutes. There's a long way still to go! Michael Barton (17:55), Alan Gower (18:05) and Sue Zlnay (pictured) (21:21) were pleased with their 5000m times, but it was not a night for distance landmarks with the humidity tonight. Sylvia Byers enjoyed the opportunity to practice a full 5000m walk before the nationals. In the field, there were SBs with the shot for Geoff Gee, Craig van Waardenburg and Ed Carroll. A discus PBA went to Val Prescott, and SBs to Geoff and Craig again, plus Paul Foley.

Thursday, March 11

The evening started with two very well-populated races over the training distance of 1000m. Unlike most

organisations, Western Australia does keep records over this distance in its 'miscellaneous' section, and Irwin Barrett-Lennard said "thank you very much, I'll have one of those" with 4:50. Another dubious distance event followed, the 60m being recognised internationally only as an indoor event but it is very popular in Australia. It fits well in our Thursday night sessions, but causes problems on Tuesdays as there is no start line marked. This time it was Campbell Till who took advantage with a sharp 7.9s for a season's best. Four other athletes also made this personal landmark –

Corey Thomas, Delia Balsock, Sarah Ladwig and Pat Carr. Colin Smith likes 60m so much he ran it twice – clocking identical times.

Then it was across the field to the 200m start line with four heats of the half-lap race. Campbell Till again stole the show, almost catching flyer Chris Neale (25.1) on the line. Campbell's time of 25.2 is a PBA. Another PBA went to distance specialist Shirley Bell, with SBs to five other athletes.

The final track event of the evening, really three events was the distance race. We have become accustomed to echelon mass starts and so it was again with 33 athletes toeing the two separate lines. Lorraine Lopes knocked around 45 seconds off her state record for 3000m. Steve Fuller continues to shine, recording another PBA of 12:52. SBs went to four others over 3000m. The walkers had the choice of 3k or 5k. Sarah Ladwig recorded a season's best over 3k, with David Smyth and Graham Harrison doing the same in the longer distance.

Continued next page



Analysis of the results

From previous page

Five athletes hopped, stepped and jumped into the pit, with Dave Wyatt travelling the furthest he has for the season (9.75m). Chris Neale (11.75m) gave his SB a nudge, but just missed it. Elsewhere in the field there was a good crowd throwing the javelin. Lajos Joni (28.49m) and Melissa Foster (25.10m) recorded SBs. The other event was the shot put, where a PBA went to Julie Plackett (7.04m) and a season's best to Melissa Foster (8.58m), who must be very pleased with her evening's work.

Friday, March 12

There was a reduced programme tonight at WAAS as many of the younger athletes were over in Sydney. It did not stop Cam Yorke hitting the headlines again as he lowered his 400m record once more – this time under 49s. Roy Fearnall joined the regular MAWA members to run a swift 400m in a later heat to Cam's.

Paul Foley continued his impressive form with the javelin, once more beyond his benchmark 40m. And he backed this up with a season's best shot put of 10.01m. Back on the track, another highlight came at the end of the evening as Paul Mitchell ran a 15:22 5000m race that puts him well out in front as MAWA's leading distance runner this season.

Tuesday, March 16

A small number of track athletes turned up tonight for the parallel programme that I commented on from last Thursday. With the 1000m not being run too often, it was no surprise to see two PBAs – to Alan Gower (pictured) and Ivan Brown. It produced an exciting finish too, with Michael Barber just pipping Alan over the last few metres. Vetrun guru and club photographer Vic Waters captured



some terrific photos of this and other races tonight; you can view and download these via the website photo galleries.

It was good to see Keith Martin back on the track for only the second time this season. Keith has had a bad time with injuries this year. He is easing his way slowly to fitness but is still short of his usual pace. Not so Barrie Kernaghan.

Approaching his 70th birthday next week he was still quick enough to show a clean pair of heels to the rest in the 60m.

Conditions were better for the longer event as the wind dropped a bit. There was a 5000m walk on, with Lorna Lauchlan celebrating her status as W80 for the first time. Her 41:30 still beat her best W75 time.

Most runners chose 3000m rather than the 5000m on



offer, with Alan Gower easing to the line first in just under 11 minutes. Sue Zlnay took 2nd place with an excellent 12:23. A season's best, possibly even a PB, went to the ever-improving Grant Schofield with two other ladies also recording landmarks. Gill Edmonds (16:37) ran her best of the season, whilst Christine Oldfield (pictured) tried gamely to sprint the last 100m to dip under 17 minutes but still ran a PBA at 17:01.

We were short of athletes on the track tonight, but there were plenty of throwers. No less than 15 took the javelin in hand. Dorothy Whittam (13.60m) and Ivan Brown (16.11m) threw a season's longest. Peggy Macliver went one better with a PBA of 18.90m.

I have already mentioned two big birthdays in this report. There is another one pending with Peter Kennedy timing his 90th to perfection – one day before the upcoming Nationals! Peter is an inspiration to all of us. I can only hope to be able to match his evening's efforts – 60m, 200m, triple jump and javelin!

Thursday, March 18

There was a special relay event added to the programme tonight. The W65 squad had been prevented from competing during the postal relays and this event was added to give them the opportunity. The only other team to take advantage was a W45 quartet, and they led their older colleagues through to a third Australian record in five weeks. The four 65s – Peggy Macliver, Lynne Schickert, Lorraine Lopes and Christine Oldfield had only expected the state record to be within their reach but they ran their socks off and knocked over 20 seconds off the AR.

Continued next page

Analysis of the results

From previous page

After the race Lorraine let it be known that she had picked up two shoes quickly as she left home and ran the race in two left shoes!

Conditions were ideal tonight as the cooler weather had arrived. It augured well for the 10000m to be held at the end of the evening, but the huge entry for the 1500 also took advantage. Ten season's bests were recorded, with Neil McRae the pick, knocking almost 30 seconds off his. Toni Phillips, revelling in the freedom of not having to prepare for a championships, equalled her PBA, and Irwin Barrett-Lennard set a new state record of 7:27.2.

The sprinters did not like the cool, breezy conditions however, and times in the 100m were not spectacular. The three heats were won respectively by Colin Smith, John Dennehy and Toni Phillips. Conditions were more conducive to good times in the 400m, with Campbell Till demonstrating again that he is on song for the championships. His 57.7s is very close to his best in recent years. Great interest in Barbara Blurton's return to the one-lap race put the focus on the second heat. Friend and training partner John Dennehy is also in good form and led her through to excellent times for each. In the same heat Ivan Brown and Keith Martin also showed good form and there was a PBA for Cecil Walkley. The third heat also made for good watching. Peggy Macliver took line honours with Carol Bowman recording a PBA further down the field. Jackie Halberg was not too far off her best for the season further back.

I mentioned earlier the good conditions for the 10000m. This distance is such that we have very few opportunities during the season to practice as it is difficult to fit it into our short meetings. Surprisingly for the conditions times were generally either

par at best. SBs went to Kim Thomas and Karen March, each bettering their only other 10000 this season. Corey Thomas went one better, setting a new PBA in what will be his last season as an M30. Bjorn Dybdahl was the only member under the 40m benchmark, with a time of 39:46. New member Jonathon Phillips showed that he does have the stamina to complete a 10000, and no doubt he will improve as he gains more experience racing with the club. Claire Walkley, of course, has plenty of stamina, this being just a small fraction of the event that she is targeting in June!

Three visitors joined the nine members keeping Les Beckham busy in the long jump arena. No special landmarks were recorded, but there was certainly a nice collection of jumps as many prepared for either the jump event, or more likely the pentathlons over the Easter weekend.

Tonight's throws were the heavyweight and shot. Only six throwers took part in the two events, with organiser Mark Hamilton helping himself to a season's best with the big one. Heaving the heavyweight any distance is creditable, but to throw it over 13m is very praise-worthy. Bev Hamilton and new member Lisa Kirsch were not far behind with throws of more than 12m.

The smaller sphere, although it is just as dense, went shorter distances, with Mark again putting the furthest (11.52m). Lisa shows good potential and was not too far behind with a put of 9.40m. Bruce Mathieson (perhaps preparing for the pentathlon?) also got some worthwhile practice in with 6.91m.

Only one more Thursday programme is scheduled before the big one, and all indications are that we can look forward to some terrific T&F over those four days.

Friday, March 19 — WAAS

The main MAWA interest tonight was in the final event – the 2000m steeplechase. Nine athletes entered, with M55s Bjorn Dybdahl and Nick Miletic (pictured) enjoying the shorter distance and lower barriers. Bob Schickert ran his first 'chase of the season. He was delighted with his form and time, seeing this as a good sign for the same event over Easter. Two ladies were running their first ever steeple, Shirley Bell and Theresa Howe.

They were exceptionally cautious over the water jump, but both got round the course to complete the race. Cecil Walkley knocked a further tad off of his M80 state record further back in the field.

The 100m saw some excellent sprinting from Brett Blanco and Darryl Lette, each recording their best this season. However, it



was in the 1500m race that the top marks were awarded – all three MAWA members producing PBAs. Paul Mitchell (4:19), Alan Gower (4:35) and Karyn Gower (6:05) went home very happy. Paul was even happier because son Ron was behind him!

In the four throws events, Byrony Glass is worthy of mention. She threw the hammer a prodigious 55m, getting close again to her best of 57m. Rob Shand put the shot a season's best of 6.85m, whilst Darryl Lette posted a similar achievement with 30.20m with the discus.

We also had competitors in the two vertical jumps. Mark Jeffrey cleared 3.65m in the pole vault and Graeme Watson 1.70m in the high jump. It's good to see two more MAWA members in open competition, but even more so as these two events show that there is extra diversity within our ranks.