

TFNL

The Track & Field Newsletter of MAWA

Season 3 Issue 2

October 2009

Welcome back to everyone for the summer season of track & field at your favourite club. This issue of TFNL takes a look back at the winter season at ECAC. For those of you who braved the wind and the rain it will remind you of some memorable moments. For the rest of you it may whet your appetite for the new season that is upon us.

As well as a summary of the winter season, you'll also find a profile of triple gold medallist from Finland – IBL – and an injury story with a twist. I've tried to include a comprehensive list of records broken since Adelaide, and a few photos to give you an inkling of what it was like at Lahti.

As always, your feedback is welcome so please let us know what you think of this – your newsletter.

John Oldfield (profiles by Christine)

As you will all know, we were not there with you at Coker Park this winter. However, Christine and I have kept in touch by avidly reading the results each week as they came through. It seems as though it has been an 'old style' winter in Perth – often windy, usually quite cool, with frequent showers and sometimes more substantial rain. Very similar to the weather we've had in Britain in fact! But it did not stop a fascinating season of running, and in this brief summary I'll be picking out a few of what seemed to us to be highlights from afar.

Naturally, the athletes who were preparing for the world championships in Lahti used these Thursday meetings to fine tune their preparations. In a number of cases this also included an attempt to reach something approaching race fitness again after recovering from injury. Spectacular success in this objective came to one or two, but others are still looking for a return to fitness. There is a full record of the achievements of the 'Lahti nineteen' in the previous TFNL so in this issue I will concentrate on the remainder.

April and May were still almost summer, as we bade farewell to **Sean Gartlan**, off to Cyprus to work with the UN police force. Sean celebrated by running a 13.5 lap 5000m in a race that saw **Frank Smith**, **Kim Thomas** and **Barbara Blurton** all setting PBAs by running the correct distance.

(summary continued on p4)

Winter Roll of Honour

During the winter season, many of our athletes took part in the usual meets on a Thursday evening at the Ern Clark AC. A number of records were broken during the season – here is the list as far as I have been notified:

30th April

Irwin Barrett-Lennard M80 5000m 23:57.6 AR

7th May

Irwin Barrett-Lennard M80 3000m 14:16.8 AR

14th May

Irwin Barrett-Lennard M80 800m 3:24.5 SR

11th June

Cecil Walkley M80 1500m 8:00.4 SR

18th June

Peggy Macliver W65 200m 33.0 SR

25th June

Lynne Choate W55 60m 8.9 SR

9th July

Irwin Barrett-Lennard M80 60m 10.8 SR

NB: There were many records set by MAWA athletes at Lahti. These were reported in the Lahti special sent out last month.

In Focus – Irwin Barrett-Lennard

Irwin was born in Guildford but the family moved to farm in the Wongan Hills area, in the northern wheatbelt. Realising at school that activities involving a moving ball were not his forte he took up running and rowing for fitness, enjoyment and improving mental concentration. He won his High School mile, the Maiden 8 rowing Championship, the UWA Inter College mile and ran a 4:43 mile at Leederville Oval. He gained an MSc in Agriculture at UWA and was President of the UWA Sports Council.

Not just a Farmer!

Irwin and Berwine married in 1953 and for fifty years they farmed at Wongan Hills. But they were no ordinary farmers. Irwin, assisted and supported throughout by Berwine, was a Wongan Hills councillor for twenty two years, Chair of the WA Centre for Remote and Rural Medicine and Patron of the Wongan Hills Arts Society. He was also a UWA Senator for twenty eight years, which sometimes entailed a twice weekly commute to Perth. With four children, he had little time to devote to running but while in Perth he sometimes managed to fit in a morning run on the beach. One such run coincided with a Marathon Club event and he took up Ivan Brown's invitation to join the club. He then "graduated to the vets" and moved back to Perth in 2006.



Triple World Champion

Irwin admits he isn't graced with fast twitch fibres so has always excelled at events of 5km and over. He ran a marathon at 76 (4:08:20) which gave him his sixth M75 State Record in six weeks, making twelve in all. Now he's working on his M80 State and National record collection. There are too many records to detail here; suffice it to say he easily beat John Gilmour's 5000m record.

He has competed in the Australian nationals five times, at the Adelaide Games, the Oceania Championships in Christchurch and most recently at the World Masters Athletics Championships in Finland. He says "Each has been a source of new friendships, great memories and items for the shoebox. But absolutely nothing beats running for Australia and winning Gold in the World Championships." That he did three times – in the cross country, 5000m and 10000m!

Always a stalwart helper at our State Championships, Irwin will be volunteering to do his bit here at the 2010 Nationals – when he also hopes to compete in his gold medal events. His running motivation is "fitness and friendship and the joy of just doing it." He would like to think he will run another marathon, soon, and as an M80 his aspirations include not falling too far behind and encouraging others to do what we do.

Irwin has nine grandchildren and says "Let your kids and grandkids know that their potential is precious. What they do with it could help somebody or everybody. And movers and shakers need to keep fit."

Lahti Photos



Christine in the 5000m final



Lynne – 10km race walk



Jackie, 5000m final

Calf Sagas

Many of us know the feeling. A race is going really well with a chance of a top time, then gradually we become aware of a growing tightness in the calf muscles. The dreaded calf injury has appeared and there's little one can do about it. This happened to a number of our best distance runners last season, and I joined the group half way through the 10000m in Adelaide. What do you do about this irritating and persistent injury?

I tried rest, I tried physio, I did lots of stretching exercises. I rubbed all sorts of smelly medications into the body, and every time I thought it was right again the problem returned to haunt me. For the whole of the period April to early July I did no training but managed to complete a race here and there before the calf reminded me it was not happy. Over the past six months I've become quite knowledgeable about calf problems. In addition to the regulation strain or pull, more accurately called a tear, there are other ailments that appear in the calf.

I eventually saw a top sports physiotherapist - the official physio to the GB Olympic speed skating squad, who happen to be based in Nottingham. He diagnosed that I did not have a tear, but in fact a fairly common 'knot' in a very small section of my right calf. None of the remedies I'd tried has any effect on this. One potential solution was 'deep physio' which turns out to be as painful as it sounds. However, he did give me an alternative that he uses with his speed skaters, amongst whom this problem is quite prevalent. This is a derivative of acupuncture, but uses adapted techniques and needles. It involves poking a needle into the offending 'knot'. The muscle immediately twitches very noticeably, and after about 30 seconds the needle is removed and the knot has gone! It's so simple, and so quick, with just a few moments of pain then it's all over.

This needle treatment took place less than three weeks before Christine and I were due to leave for Lahti, and allowed me to complete all three of my events there with pleasing results. After Lahti, I started an 8-week training programme given to me by top SA runner Peter Sandery and thought that I might even give David Carr a challenge in the Patron's Trophy this year.

But two weeks into the programme - "Many of us know the feeling. A race is going really well with a chance of a top time, then gradually we become aware of a growing tightness in the calf muscles." Don't miss next month's continuation of this gripping story, with a surprising twist.

I wanted to include a summary of the activity with the **WINTER THROWERS' GROUP** here. However, Damien reports that there has barely been any activity because of logistics problems with throwing at the new WAAC stadium. Normal field activities start again at ECAC on Thursday (see programme below).



John, calf-problem free, 5000m final (Lahti)

October's programme

ECAC UWA

1 st	6 th	100m, 1500m r/w, 400m, 5000m run and walk long jump, discus, shot
8 th	13 th	200m, 3000m r/w, 300m, 800m triple jump, hammer, discus
15 th	20 th	100m, 600m, 60m, 10000 PATRON'S TROPHY (PT) Long jump, shot, javelin
22 nd	27 th	60m, 400m, 200m, 3000m PT triple jump, discus PT , wt throw
29 th	3 rd Nov	1000m, 100m, 3000m run and walk, 400m PT long jump, shot PT , javelin

Summary of the Winter Season

Dante Giacomini gave an indication of his improvement with a sharp time over 3000m. The following week it was the sprinters to the fore, with **Chris Neale, Jacqui Sanders** and **Shirley Bell** setting new highs in the 200m, **Delia Baldock** and **Michelle Thomas** doing the same in the 100m. The 3000m also produced some great times, with PBAs for no fewer than six: **Kim Thomas, Frank** and **Jacqui** again, **Trish Farr, Melissa Young** and **Michelle** demonstrating the wide range of her abilities. SBs also came in the 100m for **Nick Miletic** and **Pat Carr**.

Into June, with the weather closing in, good times became a little scarcer. **Cecil Walkley** paid a rare visit to the track, setting a new AR in the 1500m, in the same race as **Melissa** continued to show her rapid improvement with another PB. Conditions were still good for the longer distances, and in mid-June there was an excellent 3000m race, with **Dante, Barbara** and **Melissa** each improving their own age highs and SBs for **Maurice Creagh, Steve Fuller** and **Michelle** again. Sprinters **Colin Smith, David Solomon, Keith Martin** and **Delia** ran good 100s on the 18th, in a race in which **Peggy** lowered her own state record. The following week again proved good for the shorter distances, with **Colin** and **Dave Wyatt** recording excellent 60m marks whilst **Lynne Choate** set a new SR. But it was the 400m that week which produced the best races. **Kim, Dante, Steve Fuller, Steve Roby** and **Jacqui** each ran new PBAs, with SBs for **Nick, Chris,** and **Maurice**. Conditions seemed to be suitable over a range of distances that night as **Corey Thomas, Michelle** and **Trish** also set highs in the 5000m.

We moved into July, with the rain and wind becoming more frequent. On the 2nd there was an opportunity to experience the traditional distance of the mile. **Kim, Dante, Barbara** and **Melissa** each continued to show their recent form by setting PBAs. I should mention at this stage that I only count a time as a new high if it beats another time done by that athlete – not if it is the first recorded time, so they did actually beat at least one of their own previous times. On the same night there was another excellent distance race, this time a 3000m, in which **Campbell Till, Maurice, Steve Fuller,** and **Michelle** set new SBs, and **Graeme Dahl** gave an indication that his injury woes may be coming to a close with a huge SB. This race was won by **David Cane**, finishing almost a full lap ahead of the field. 83 year old **Stan Jones** weighed in with an SB of his own in the 3000m walk. Also in July, **Mark Elms** showed us his sprinting prowess with a very sharp 60m, following up with another excellent SB in the 400m. Also in the 400 we saw a PBA for **Kim** and SBs for **Delia**, together with Lahti-bound SBs for **Peggy, Roy** and **David Carr**. In the same race, **IBL** continued his re-write of the state records book. He then did the same in the 200m. **Bob Lane, Peter Sullivan,** and **John Bocian** were the stars in the 800m on the 16th with PBAs; **Maurice** and **Melissa** also notching their season highs.

With the Lahti athletes on their way, we welcomed **Tolli** back to the track. We saw him enter an endurance event as well as his usual sprints, and he joined **Frank, Lorraine MacLennan, Sarah Ladwig** and **Steve Fuller** with new PBAs. Meanwhile in the 400m, **Colin Smith** and **Chris Neale** set SBs. Whilst many were still reading the Lahti blog, **David Cane** ran one of the highlights of the season with stunning 3000m in 9:45.8. This must have encouraged others, with no less than eight others in the same race (out of only 12 other entrants) setting new highs. There were PBAs for **Shirley Bell, Claire Walkley, Melissa** and **Steve Fuller** and SBs for **David Solomon, Rod Hamilton, Maurice** and **Kim Ribbink**. Into the middle of August the weather was still very changeable. However it did not seem to worry the sprinters too much, and **Chris Neale** equalled his 100m PBA with a 12s flat run on the 13th. Also running well were **Val Millard** and **Carol Bowman**. Returning from Finland, **Kerriann** also set a PBA in the same heat. Meanwhile, **Rod, Claire** (PBAs, 5000m) and **Melissa** (PB, 3000m) were at it again in the distance races. There was another good 100m the following week, **Kim** and **Michelle** with PBAs, **Tolli** and **Melissa** with SBs. **Tolli** once more showed us that he can perform over a wide range of distances, with a PBA in the 3000m on the same night, matched by **Claire**. In the same race, **Nick** and **David Carr** produced season highs. The last week of an eventful month gave athletes another opportunity to try the old imperial distance of the mile. **Melissa** again continued her consistent improvement with a new PB of under 8 minutes, and she was joined by **Lorraine** (PBA, 6:53), **Kim** (SB, 5:30), **Maurice** (SB, 6:55) and **Nick** (SB 7:31). **Lorraine** had obviously saved something though, as she set another PBA in the subsequent 3000m. In the final sprints of the month, highlights were set by **Kim** with a PBA of 8.6s in the 60m and 62.9 in the 400m.

The final month before we revert to the two-centre meets also should have seen improved weather, but at the time of writing that has not happened yet. However we have welcomed back for fleeting visits **Neil Morfitt, Garry Ralston, Eldon George, Alan** and **Karyn Gower, John Dennehy, Marg Saunders** and **John** and **Elaine Ellard**. It is very good to see newer members **Gay Wyatt, Katrina Bolden** and **Jane Elton** regularly also. **Mike O'Reilly** paid us a visit on the 10th with a pleasing time of 6:43 in the 1500m on a night when a fairly sharp 2000m was run in a heavy shower, but not preventing SBs for **David Solomon, Dante, Delia, Lorraine** and **Maurice**. It was good to see **Bob** back on the track again in this race.

I cannot close without a mention for the visitors and youngsters, all of whom have brightened proceedings during the winter. Part of the club's philosophy is to encourage all to participate in athletics, and we give a warm welcome both to visitors and to the youngsters of our extended family. During the last six months there have been around thirty athletes falling into this category. We extend a sincere 'thank you' to Liam and Jack, Catherine, Katie, Breanna, Ben, Tanya, Sonia, Matthew, Martin and Iain, David, Kate, Katie, Stephen, Warren, Lachlan, the extended Thomas dynasty (Storm, Jai, Chelsea and Mitch), Russell, Zara, Callum, Jordan and Michael, Tracy, Jenny and Jo. We hope that you continue to visit us during the summer season.