

TFNL

The Track and Field
Newsletter of MAWA



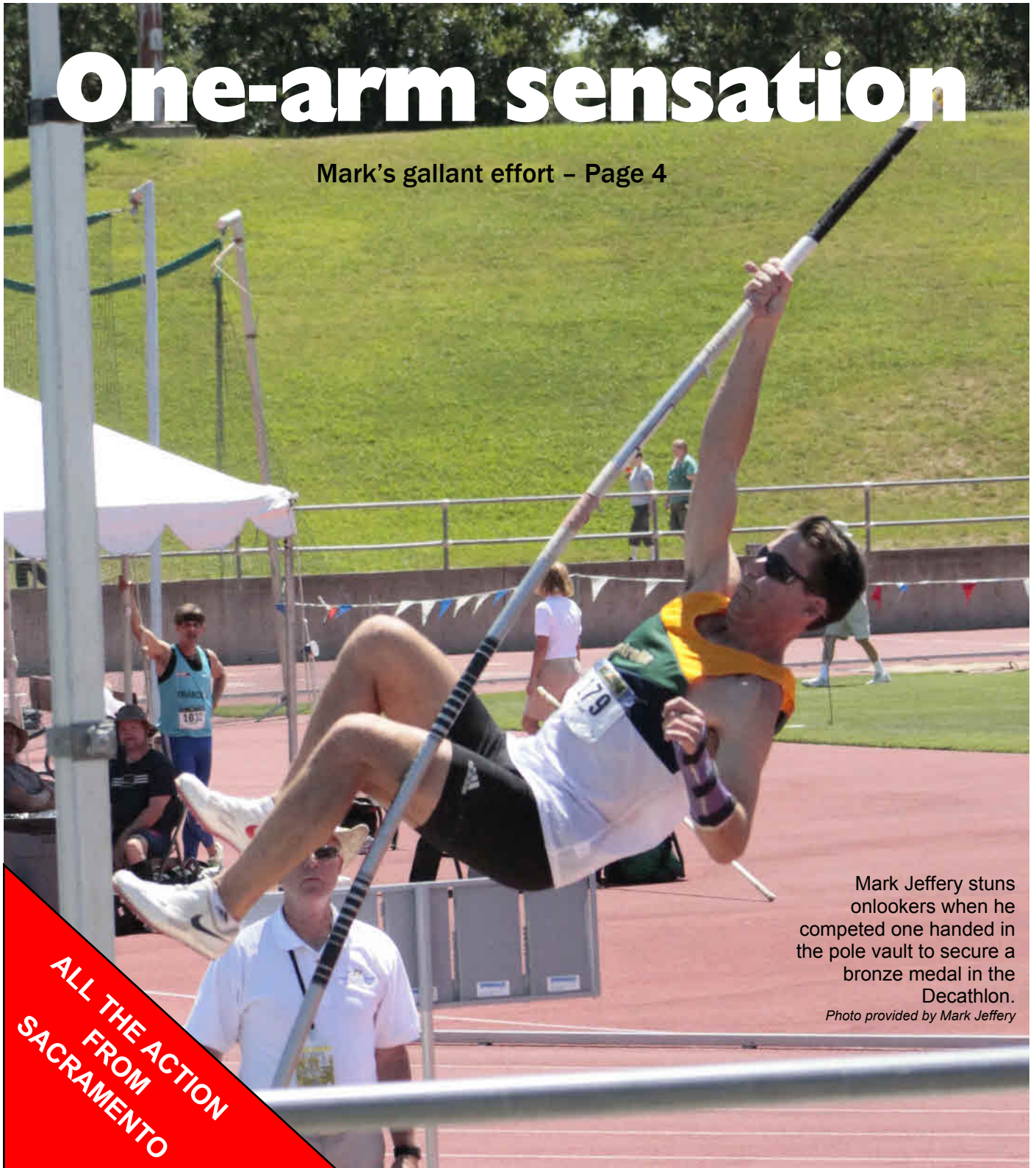
Season 4 Issue 10

WORLD MASTERS

AUGUST 2011

One-arm sensation

Mark's gallant effort - Page 4



Mark Jeffery stuns onlookers when he competed one handed in the pole vault to secure a bronze medal in the Decathlon.

Photo provided by Mark Jeffery

**ALL THE ACTION
FROM
SACRAMENTO**

World Masters Athletics Championships



| | Gold | Silver | Bronze | Total |
|--|------------|------------|------------|------------|
| USA | 199 | 173 | 152 | 524 |
| Australia | 49 | 40 | 35 | 124 |
| Germany | 40 | 39 | 49 | 128 |
| Canada | 38 | 27 | 31 | 96 |
| Great Britain and Nth Ireland | 32 | 37 | 42 | 111 |
| Finland | 22 | 14 | 10 | 46 |
| Mexico | 21 | 12 | 11 | 44 |
| Brazil | 15 | 14 | 10 | 39 |
| Portugal | 15 | 2 | 2 | 19 |
| Spain | 13 | 11 | 9 | 33 |
| New Zealand | 12 | 5 | 14 | 31 |

Figures sourced from www.wma2011.com

World Masters Athletics Championships



Richard Blurton (centre) with Irwin and Berwinne Barrett-Lennard at the Perth booth in Sacramento.

Perth effort pays off

Following 12 months of work by the Perth Bid Committee I am pleased to announce that in Sacramento at the WMA General Assembly Perth won the right to stage the 2016 World Masters Athletics Championships.

The General Assembly had earlier decided to change the Stadia Championships to even years from 2016. Lyon (France) was awarded the 2015 Championships. A lot of people have contributed to getting the bid together and it is a very positive result for Australian Masters Athletics.

The LOC looks forward to delivering the best ever World Masters Athletic Championships.

Richard Blurton (Head of Perth 2016 LOC)

Contenders promote their bids

In the week prior to the announcement of the winning bids the contenders for the 2015 championships, France, Poland and Australia all put in a lot of effort and time pushing their respective bids.

While the delegates and council members were lobbied by the three contenders, athletes were able to spend time examining what each bidder had to offer at each country's promotional booth.



The French celebrated their 2015 bid win with this huge poster in the TIC centre at Sacramento.

Mark ignores pain

IN what must be one of the stand out performances at the championships Mark Jeffery won the bronze medal in the decathlon ignoring the pain of a broken arm.

Shortly before leaving for the United States Mark broke his arm in one of his final hurdle sessions and faced the prospect of missing the championships.

Mark decided not to have the arm set and wore an arm brace.

Despite this he managed six PBA (including three state records) in ten events.

When it came to the eighth

event, the pole vault, the officials debated if he should be allowed to jump with the cast as they said it was "an outside assistance device".

Mark said that in his younger days he would train one-handed in pole placement and drew on this knowledge and tried to jump.

Although Mark's 2.80m is well below his M40 state record of 4.25m, this is a story that will be retold the world over in Masters' circles. A large crowd gathered around to watch the vault that will become a Legend.

After the event Christopher Gerhard, the German who won the gold medal, told Mark that he would have won it had it not been for the broken arm.

The decathlon is an event that inspires great respect for those who compete. For many followers of our sport the decathlon is the ultimate in athletic achievement. Mark Jeffery has raised that respect to a new level. Onlookers could not believe that he would attempt to jump, and were in awe of his performance.



Mark Jeffery sets new heights in determination with a one handed pole vault. INSET: Mark holds his medal with his broken arm.

Main photo provided by Mark Jeffery

World Masters Athletics Championships



Jim Langford (187) settles into his stride in the early stage of the cross country.

Irwin and Jim medal

Despite furnace like conditions that tested cross country competitors Irwin Barrett-Lennard and Jim Langford claimed medals.

Irwin claimed our first individual medal of the championships with an individual bronze in the M80 8km race. Jim combined with fellow Aussies Don Matthewson and Mike Walker to take team gold.

Conditions and a tough course meant that our other three competitors (Jackie Halberg, Carol Bowman and Bob Schickert) were out of contention.



BOB SCHICKERT



Carol Bowman runs through one of the loops.



IRWIN BARRETT-LENNARD

World Masters Athletics Championships



**BARRY
HEPPELL**



MAIN PHOTO: Michael Barton ignores the heat to secure a silver team medal.

Silver stars

Three more team medals will be heading back to Perth after a memorable day at Granite Park . . . Michael Barton and Roscoe McDonnell combined with Simon Evans to snatch the M40 silver; Bjorn Dybdahl took the team bronze with eastern staters Keith Bateman and Bob Pearce.

Also "enjoying" the course and heat were Clive Choate, Graeme Dahl, Nick Miletic, and Barry Heppell. Barry (Mary's son) is a US-based member of MAWA.



ROSCOE MCDONNELL

World Masters Athletics Championships

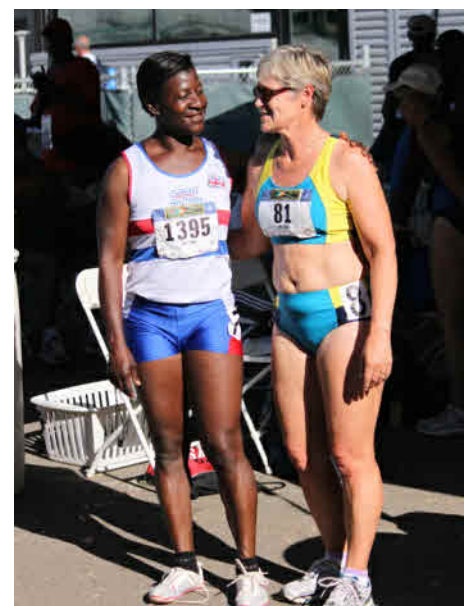
100m



Peggy Macliver (second from left) powers off the line in the 100m final won by Canada's Carol LaFayette-Boyd (424).



Barrie Kernaghan (right) and Michael Stevenson (left) battle to the line.



Lynne Choate talks to Joan Trimble.



Julie Brims checks the scoreboard.



Julie Forster dives for the line.



Peter Crombie strides out in the final.



ABOVE: Lynne Choate (far right) chases fellow Aussie Dianne Alderman (69) and Britain's Joan Trimble in the 200m final.



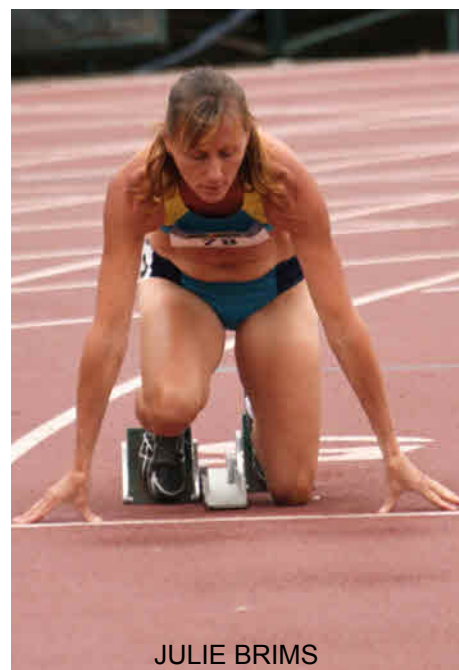
RIGHT: Marie Kay under the eye of the Sacramento Police force strides out in the 200m final.



ROY FEARNALL



BARRIE KERNAGHAN



JULIE BRIMS

World Masters Athletics Championships

400m



ABOVE: Roy Fearnall (far left) and gold medal winner Peter Crombie (far right) head the Aussie challenge in the 400m final.



LEFT: Barrie Kernaghan (right) battles with Germany's Hartmann Knorr.

BELOW LEFT: Kathy Heagney leads Lyn Peake (109) on her way to a gold medal in the 400m final.

BELOW: Julie Brims powers around the curve with fellow Aussie Gianna Mogentale (right).





LEFT: David Carr eyes the opposition on his way to a gold medal in the M75 800m final.



Lorraine Lopes (98) follows gold medal winner Anne Stobus (124) in the 800m final.



Neil Morfitt (198), Peter Hawes (170) and Terry Hicks fly the Aussie flag in their final.



Margaret Saunders strides out at the 200m mark of her final at the main stadium Sac State.



ABOVE: Lorraine Lopes takes the “walk of death” for her 1500m final resulting in a silver medal.



LEFT: With 200m to go Lorraine leads the eventual winner.



David Carr keeps an eye on the opposition in the early stages of the race.

Bob Schickert walks to the start.

World Masters Athletics Championships

steeplechase



LEFT: Andrew Brooker sails over a steeple in the 3000m steeplechase at Sac State.



Roscoe McDonnell leaps over the steeple in the early laps.



BELOW: Bjorn Dybdahl takes off in his steeplechase.



Carol Bowman makes a splash in the waterjump.



David Carr receives his gold medal from Lynne Schickert.

Gold



Peggy Macliver runs the last leg of the gold medal team in the women's 4x100m relay. INSET: Valmai Padget, Ann Stobus, Peggy Macliver and Marj Allison celebrate their win.

Gold



Roy Fearnall (far right) celebrates with Peter Crombie, Neville McIntyre and John Wight after their gold in the relay.

Gold, then disqualified



Julie Forster (front) and Julie Brims make the change that officials judged to be illegal and the team lost their gold medal.



MAIN PHOTO: Peggy Macliver hands over to Marge Allison who ran the final leg.

World record relay runs

It was a case of deja vu for the women's 65 4x400m relay gold medal winners when they broke the world record for the event.

In Gateshead in 1999 Peggy Macliver, Marge Allison, Anne Stobus and Noreen Parrish broke the women's 55 world record for the event and



Peggy Macliver, Marge Allison and Anne Stobus discuss the race

repeated the feat in Sacramento.

The success on the track continued when

in the same race the Australian women's 60 team also broke the world record.



Lynne Choate (left) and Margaret Saunders (third from left) with team-mates after winning a silver medal.



Margaret Saunders takes the baton in her 4x400m relay.



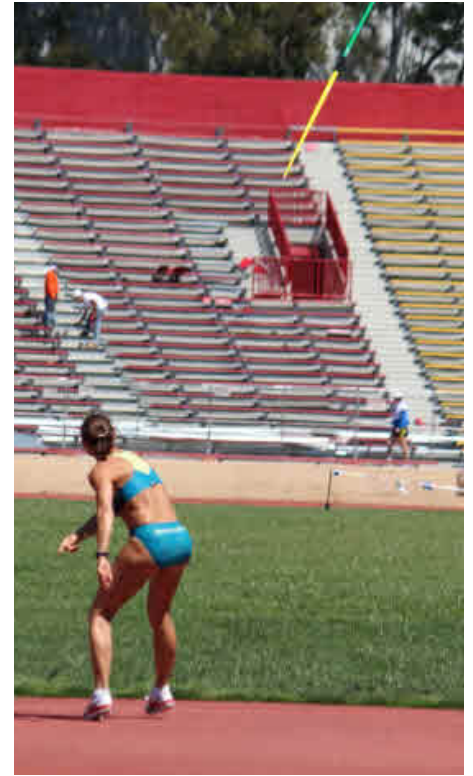
NEIL MORFITT



BARRIE KERNAGHAN

World Masters Athletics Championships

Gold and world record



Australia's Marie Kay (96) displayed her superiority with a world record in the heptathlon on her way to a gold medal.

Sacramento heat tests Aussie walkers



Lynne Schickert sets out to battle the heat.



Australia's Patrick Sela shows his style

World Masters Athletics Championships



The US sprinters put on a show for the spectators



Peter Crombie ices his hamstring.

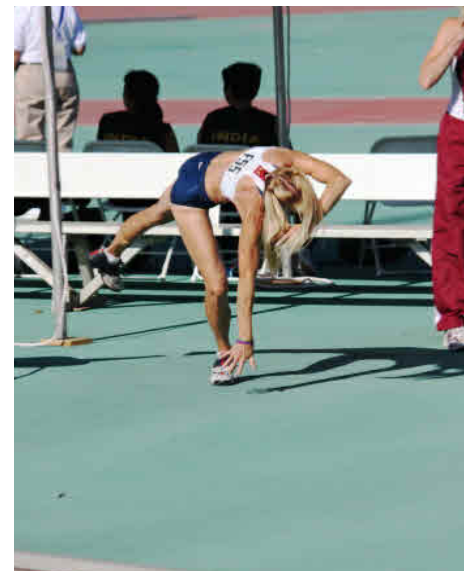


Putting on a powerhouse display in the sprints are these American sprinters.



The kangaroos were a hit at the Perth booth pictured with Irwin Barrett-Lennard, David Carr and Lorriane Lopes

How to warm up for your competition



Doing a couple of cartwheels was how this athlete relaxed prior to her competition.

Results

Days 1 and 2

8km Cross Country

| | | | | |
|-----------------------|-----|---------|-------|--------------------|
| Jim Langford | M65 | 33:01.8 | 5/31 | TEAM GOLD |
| Carol Bowman | W55 | 43:30.8 | 24/32 | |
| Bob Schickert | M65 | 46:46.8 | 28/31 | |
| Irwin Barrett-Lennard | M80 | 53:10.2 | 3/10 | BRONZE |
| Jackie Halberg | W65 | 60:10.8 | 16/17 | |
| Michael Barton | M40 | 30:15.2 | 9/16 | TEAM SILVER |
| Roscoe McDonnell | M50 | 31:37.3 | 19/40 | TEAM SILVER |
| Barry Heppell | M45 | 32:55.1 | 13/21 | |
| Bjorn Dybdahl | M55 | 33:57.9 | 23/41 | TEAM BRONZE |
| Graeme Dahl | M60 | 37:55.1 | 24/38 | |
| Clive Choate | M55 | 39:52.6 | 32/41 | |
| Nick Miletic | M60 | 48:24.7 | 36/38 | |

5000m track race walk

| | | | | |
|-----------------|-----|----------|-------|-------------|
| Lyn Ventris | W50 | 24:25.66 | 1/17 | GOLD |
| Lynne Schickert | W65 | 37:51.90 | 18/26 | |

Day 3

5000m track race walk

| | | | | |
|--------------|-----|----------|------|--|
| Garry Hastie | M50 | 26:53.07 | 7/15 | |
| David Smyth | M40 | 28:31.59 | 6/7 | |

800m heats

| | | | |
|----------------|-----|---------|---|
| Andrew Brooker | M40 | 2:07.36 | q |
| Neil Morfitt | M55 | 2:16.64 | Q |
| Bjorn Dybdahl | M55 | 2:33.87 | |

5000m

| | | | | |
|----------------|-----|----------|------|---------------|
| Lorraine Lopes | W70 | 23:45.57 | 2/13 | SILVER |
|----------------|-----|----------|------|---------------|

100m heats

| | | | | |
|------------------|-----|-------|------|---|
| Colin Smith | M45 | 12.81 | -0.2 | |
| Roy Fearnall | M65 | 13.93 | -0.7 | q |
| Barrie Kernaghan | M70 | 14.24 | -0.4 | Q |
| Lynne Choate | W55 | 14.75 | +1.0 | q |
| Don Chambers | M70 | 15.22 | +0.1 | |
| Norm Richards | M70 | 15.35 | -1.2 | |
| Peggy Macliver | W65 | 15.87 | -0.4 | Q |
| Nick Miletic | M60 | 16.05 | -1.7 | |

Day 4

5000m

| | | | | |
|-----------------------|-----|----------|-------------------|--|
| Michael Barton | M40 | 17:43.87 | 24/27 | |
| Roscoe McDonnell | M50 | 19:03.36 | 26/53 | |
| Bjorn Dybdahl | M55 | 20:43.73 | 24/40 | |
| Graeme Dahl | M60 | 21:26.30 | 26/39 | |
| Irwin Barrett-Lennard | M80 | 26:17.79 | 4/13 | |
| Bob Schickert | M65 | DNF | (ran 1 lap short) | |

300m hurdles semi-final

| | | | |
|--------------|-----|-------|---|
| Don Chambers | M70 | 59.00 | Q |
|--------------|-----|-------|---|

800m semi-finals

| | | | |
|-------------------|-----|---------|---|
| Andrew Brooker | M40 | 2:09.26 | |
| Neil Morfitt | M55 | 2:14.7 | q |
| Margaret Saunders | W55 | 2:54.14 | q |
| Carol Bowman | W55 | 3:17.65 | |

100m semi-finals

| | | | | |
|------------------|-----|-------|------|---|
| Roy Fearnall | M65 | 14.04 | -1.1 | |
| Barrie Kernaghan | M70 | 14.21 | -1.4 | Q |
| Lynne Choate | W55 | 15.00 | -0.7 | q |
| Peggy Macliver | W65 | 16.25 | -0.3 | Q |

100m finals

| | | | | |
|------------------|-----|-------|------|-----------------|
| Barrie Kernaghan | M70 | 14.19 | -0.1 | 4 th |
|------------------|-----|-------|------|-----------------|

Day 5

10000m

| | | | |
|-----------------------|-----|----------|------|
| Irwin Barrett-Lennard | M80 | 54:05.16 | 4/10 |
|-----------------------|-----|----------|------|

800m finals

| | | | |
|-------------------|-----|---------|-------------------|
| Neil Morfitt | M55 | 2:13.84 | 7/12 |
| Margaret Saunders | W55 | 2:42.44 | 5/12 |
| David Carr | M75 | 2:46.02 | GOLD 1/11 |
| Lorraine Lopes | W70 | 3:10.54 | SILVER 2/9 |

300m hurdles final

| | | | |
|--------------|-----|-------|-----|
| Don Chambers | M70 | 58.86 | 8/8 |
|--------------|-----|-------|-----|

200m qualifiers

| | | | | |
|-------------|-----|-------|------|----|
| Colin Smith | M45 | 26.43 | -2.3 | nq |
|-------------|-----|-------|------|----|

Day 6

200m semi-finals

| | | | | |
|------------------|-----|-------|------|----|
| Barrie Kernaghan | M70 | 29.03 | -2.7 | Q |
| Roy Fearnall | M65 | 29.32 | -0.8 | nq |
| Norm Richards | M70 | 33.56 | -3.3 | nq |

200m finals

| | | | | |
|------------------|-----|-------|------|-----------------|
| Barrie Kernaghan | M70 | 29.37 | -0.1 | 4 th |
| Lynne Choate | W55 | 31.96 | -2.6 | 8 th |

10km road race walk

| | | | | |
|-------------|-----|----------|------|-------------|
| Lyn Ventris | W50 | 49:51.84 | 1/19 | GOLD |
|-------------|-----|----------|------|-------------|

(also **TEAM GOLD (W45)** with Pam Tindal, Annette Major)

| | | | |
|--------------|-----|----------|------|
| Garry Hastie | M50 | 55:26.04 | 8/21 |
|--------------|-----|----------|------|

(**TEAM GOLD** with Colin Heywood, Simon Evans)

| | | | | |
|-----------------|-----|----------|-------|------------|
| Lynne Schickert | W65 | 74:07.58 | 15/24 | PBA |
|-----------------|-----|----------|-------|------------|

Weight Throw

| | | | |
|--------------|-----|-------|-----|
| Chris Tittel | M80 | 10.34 | 7/8 |
|--------------|-----|-------|-----|

Results

Day 7

Hammer

Chris Tittel M80 21.72 9/13

Weight Throw

Kate Glass W60 11.61 7/14

400m semi-finals

Colin Smith M45 57.33 nq **SB**
 Neil Morfitt M55 60.76 nq **SB**
 Roy Fearnall M65 65.24 q
 Barrie Kernaghan M70 67.92 q

1500m semi-finals

Andrew Brooker M40 4:28.84 q **PBA**
 Bjorn Dybdahl M55 5:20.42 nq
 Bob Schickert M65 6:11.26 q
 David Carr M75 6:27.87 Q

Day 8

1500m finals

Andrew Brooker M40 4:30.91 16th
 David Carr M75 5:38.86 **BRONZE**
 Lorraine Lopes W70 6:31.96 **AR SILVER**
 Bob Schickert M65 7:13.70 13th

80m hurdles semi-final

Don Chambers M70 15.75 -1.8 nq

Throws Pentathlon

Kate Glass W60 3674 **SR** 6/15
 Hammer 35.25 1024
 Shot 9.11 772
 Discus 22.38 571
 Javelin 23.60 598
 Weight Throw 11.16 709

Day 9

400m finals

Roy Fearnall M65 64.45 8th **SB**
 Barrie Kernaghan M70 67.06 5th **SB**
 Irwin Barrett-Lennard M80 85.27 **BRONZE SR**

20km road walk

Lyn Ventris W50 1:42:19.35 GOLD
 Also **TEAM GOLD** with Pam Tindal, Rosemarie Stigwood
 Garry Hastie M50 1:58:16.05 8/14 **PBA**
TEAM SILVER with Colin Heywood, Patrick Sela
 David Smyth M40 2:04:32.30 7/10 **PBA**
TEAM GOLD with Stuart Kollmorgen, James Seid-Christmass

Lynne Schickert W65 2:35:19.94 10/11 **PBA**

Throws Pentathlon

Kate Glass W60 3674 6/15 **SR**
 Hammer 35.25 1024
 Shot 9.11 772
 Discus 22.38 571
 Javelin 23.60 598
 Weight Throw 11.16 709

Day 10

3000m steeplechase

Andrew Brooker M40 11:23.56 8th
 Roscoe McDonnell M50 11:34.06 5th
 Bjorn Dybdahl M55 12:46.33 7th

2000m steeplechase

David Carr M75 9:36.09 **GOLD**
 Carol Bowman W55 10:22.48 4th
 Bob Schickert M65 10:25.54 15th
 Lynne Schickert W65 14:19.91 4th

4x100m relays

M65 **Roy Fearnall** with Peter Crombie, John Wight, Neville McIntyre 50.89 **GOLD**
 M70 **Barrie Kernaghan, Don Chambers** with Hugh Coogan, Michael Stevenson 55.19 **BRONZE**
 W50 **Lynne Choate** with Marie Kay, Robyn Suttor, Leanne Monk 55.46 4th
 W65 **Peggy Macliver** with Marge Allison, Anne Stobaus, Valmai Padget 63.83 **GOLD**

4x400m relays

W65 **Peggy Macliver** with Marge Allison, Anne Stobaus, Noreen Parrish 5:16.39 **GOLD** **WORLD RECORD**
 M55 **Neil Morfitt** with Terry Hicks, Andrew Watts, Michael Barrand 3:56.86 **SILVER**
 M65 **Roy Fearnall** with Peter Crombie, Neville McIntyre, Don Mathewson 4:13.23 **SILVER**
 M70 **Barrie Kernaghan, Don Chambers** with Hugh Coogan, Michael Stevenson 4:29.57 **SILVER** **AR**
 W55 **Margaret Saunders, Lynne Choate** with Paula Moorhouse, Irene Davey 5:12:15 **SILVER**

Results

NEW RECORDS REPORT

Pending World Records:

| Age | Event | Name | State | Performance | %Std | Date | Location |
|-----|--------------|-----------------|-------|-------------|--------|----------|-------------|
| W50 | 20k Walk | Lyn Ventris | WA | 1:39:51 | 101.3% | 29-5-11 | Middle Park |
| W60 | 20k Walk | Heather Carr | Vic | 1:56:18 | 95.0% | 29-5-11 | Middle Park |
| M65 | 10k Walk | Andrew Jamieson | Vic | 49:27 | 98.1% | 25-6-11 | Middle Park |
| W50 | Heptathlon | Marie Kay | Qld | 6202pts- | | 6/7-7-11 | Sacramento |
| M55 | 1500m | Keith Bateman | NSW | 4:12.35 | 100.6% | 15-7-11 | Sacramento |
| M65 | 20k Walk | Andrew Jamieson | Vic | 1:42:56.80 | 96.4% | 16-7-11 | Sacramento |
| W70 | 400m | Anne Stobaus | Vic | 76.63 | 94.0% | 16-7-11 | Sacramento |
| W60 | 4x400m Relay | Evelyn Peake | SA | 4:55.53 - | | 17-7-11 | Sacramento |
| | | Kathryn Heagney | Vic | | | | |
| | | Wilma Perkins | Qld | | | | |
| | | Kathryn Sims | ACT | | | | |
| W65 | 4x400m Relay | Marge Allison | Qld | 5:16.39 - | | 17-7-11 | Sacramento |
| | | Peggy Macliver | WA | | | | |
| | | Anne Stobaus | Vic | | | | |
| | | Noreen Parrish | Qld | | | | |

Australian Records:

| Age | Event | Name | State | Performance | %Std | Date | Location |
|-----|--------------|--------------------|-------|-------------|-------|----------|------------|
| W35 | 1500m | Belinda Martin | NSW | 4:21.03 | 91.8% | 17-4-11 | Melbourne |
| W70 | 1 Mile | Lorraine Lopes | WA | 7:14.5 | 93.9% | 5-5-11 | Perth |
| W70 | 3k | Lorraine Lopes | WA | 14:17.2 | 93.7% | 12-5-11 | Perth |
| W70 | 1500m | Lorraine Lopes | WA | 6:38.2 | 94.8% | 24-5-11 | Perth |
| M75 | 100m | Hugh Coogan | Qld | 14.02s | 94.2% | 11-6-11 | Townsville |
| M40 | Decathlon | Mark Jeffery | WA | 6036pts- | | 6/7-7-11 | Sacramento |
| W75 | Hammer | Val Worrell | Vic | 32.17 | 98.4% | 8-7-11 | Sacramento |
| W65 | 300m Hurdles | Marge Allison | Qld | 54.06s | 97.3% | 11-7-11 | Sacramento |
| W70 | 800m | Anne Stobaus | Vic | 3:03.94 | 96.9% | 11-7-11 | Sacramento |
| M70 | 300m Hurdles | Mick Stevenson | Tas | 51.64s | 91.1% | 11-7-11 | Sacramento |
| M75 | Throws Pent | Tom Hancock | Vic | 4290pts- | | 15-7-11 | Sacramento |
| W70 | 1500m | Lorraine Lopes | WA | 6:31.96 | 94.6% | 15-7-11 | Sacramento |
| W60 | Triple Jump | Margaret Taylor | ACT | 9.56m | 97.2% | 15-7-11 | Sacramento |
| M45 | High Jump | David Hoyle | Vic | 1.87m | 90.6% | 16-7-11 | Sacramento |
| W65 | 4x100m Relay | Marge Allison | Qld | 63.83s - | | 17-7-11 | Sacramento |
| | | Peggy Macliver | WA | | | | |
| | | Anne Stobaus | Vic | | | | |
| | | Valmai Padget | SA | | | | |
| M35 | 4x100m Relay | Leigh Phelan | Vic | 44.97s - | | 17-7-11 | Sacramento |
| | | Krzysztof Wardecki | NSW | | | | |
| | | Andrew Wilcox | Vic | | | | |
| | | Andrew Keane | Qld | | | | |
| M35 | 4x400m Relay | Andrew Wilcox | Vic | 3:32.05 - | | 17-7-11 | Sacramento |
| | | Leigh Phelan | Vic | | | | |
| | | Andrew Keane | Qld | | | | |
| | | Krzysztof Wardecki | NSW | | | | |
| M70 | 4x400m Relay | Hugh Coogan | Qld | 4:29.57 - | | 17-7-11 | Sacramento |
| | | Barrie Kernaghan | WA | | | | |
| | | Michael Stevenson | Tas | | | | |
| | | David Carr | WA | | | | |