

TFNL

The Track and Field
Newsletter of MAWA



Season 4 Issue 5

February 2011

What a blast

Pentathletes kick up a storm – Page 2



Ian Cotton lands in a cloud of sand spray during the long jump of the Pentathlon at Coker Park. *Photo: GRAEME DAHL*

Pentathlon mastered

Twelve hardy all-rounders completed the pentathlon at the Ern Clark AC this year, with one of them, **Ian Cotton**, enjoying it so much that he joined **Peter Hopper** at UWA the following Tuesday.

Five women got proceedings under way at ECAC with a 100m into a very strong headwind. This inevitably affected times and made any chance of records very doubtful. The shot proved much more to their liking – **Carol Bowman** and **Sarah Ladwig** producing PBAs, **Peggy Macliver** and **Lynne Schickert** season's bests. Another PBA fell to **Sarah** in the long jump, with **Lynne** jumping an SB too.

The javelin was the final field event for the women, before they all lined up on the track for an 800m finale. Not surprisingly, **Peggy** led the group home, but great credit, and applause went to all five, as **Carol, Sarah, Regina Crouch** and **Lynne Schickert** each completed the gruelling evening.

Men follow a different pentathlon programme, beginning with a long jump. **Ian Cotton** notched up a PBA of 5.38m, with SBs going to **Allan Billington, Garry Ralston** and **Nick Miletic**. It was the javelin next for them, with PBAs to **Paul Burke** and **Garry** and another SB for **Nick**. All seven men then moved on the track for a 200m race. Top points (797) were



Peggy Macliver strides out in the 100m, the first event of the women's pentathlon.

recorded by **Garry**, with **David Carr** not far behind (703). **Garry's** was a season's best, with **Allan** also matching that achievement.

The discus proved to be a good event as well – no less than four of the men producing SBs (**John Dennehy, Paul, David** and **Nick** again). The finale for the men is a 1500m, with athletes spread all round the track by the finish. **Paul** took the race in a season's best

of 5:15, followed by **Ian, David, Allan, Nick** (fourth SB of the evening), **Garry** and **John**. As with the women there was enthusiastic applause for the end of racing for the evening, and much heartfelt hand-shaking amongst the competitors.

With only two men doing the pentathlon at UWA it was a more laid-back affair. **Ian Cotton** did not quite match his points total of the ECAC event,

VARIETY

The aim throughout the T&F programme is to maintain variety and interest during the season. January traditionally sees the inclusion of our only combined event – the pentathlon. Added to that from 2010 has been an age-graded competition specifically for the throwers (report next edition). Each of these was popular this year, with 17 pentathletes and 14 completing the five elements of the throwers' competition.

but still produced good season's bests in the 1500m and javelin. **Peter Hopper** was extremely pleased with his overall total of 2009 points, including a PBA with the javelin and an SB in the 1500m.

Note: The competitors may well feel some disappointment on reading the results of the pentathlon – with all scores below their previous attempts. These scores are based on the age-graded tables produced for World Masters Athletics, which were revised again effective May 2010. The result of this revision was that performances now score lower marks than before, so are not comparable. Club statistician Campbell Till (he with the very sore calf) is revising the earlier records using the new tables. When completed comparisons will be more meaningful.



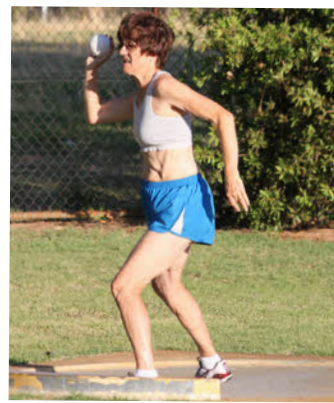
GARRY RALSTON



ALLAN BILLINGTON



CAROL BOWMAN and SARAH LADWIG



LYNNE SCHICKERT



GOLD and WORLD RECORD – MELBOURNE and GOLD – DURBAN

Pat's a world class act

If you run with MAWA you will surely know that David Carr is a top athlete and his amazing performances regularly receive deserved acclaim. But they say that behind every good man is a good woman – and so it is in David's case. Patricia – or Pat as she is usually called - is an accomplished athlete in her own right but quiet and unassuming and always very modest about her achievements.

Born in 1932, Pat grew up in country WA. At school sports she sprinted and jumped and then played netball until her mid-twenties. She worked as a stenographer but later trained at Edith Cowan and became a business education teacher in government schools. She has been married to David for more than fifty years and they have three children and five grandchildren.

For the six years after the inception of our club, Pat was a supporter and refreshment provider (that's where the "good woman" bit starts to come in ...). But then she joined in 1980, basically starting from scratch to attain fitness and speed. Her ambitious aim was to run the 100m and 200m in the World Championships in Christchurch in 1981 – she says she "had to start somewhere".

Pat achieved her aim and also won a medal in a relay. She progressed slowly and it took her about eighteen months to be able to jog for fifteen minutes. From there she graduated to the 12km City to Surf fun runs and, although sprinting remained her priority, in the mid-eighties she also took up some throwing.



And when she turned to jumping in 1987 she quickly became proficient. After just seven months she won gold in the triple jump, setting a W55 world record at the World Championships in Melbourne, an achievement she ranks amongst her most memorable. As a W65 in Durban, ten years later, she again won gold in the triple jump and also silver in the long jump, 400m and 4x400m relay. In all, her triple jumping brought her two gold medals, one silver and one bronze in four World Championships.

Pat is still the current holder of seven Australian records – W65, W70 and W75 in both long jump and triple jump and also W75 in the 'old' outdoor pentathlon. These are, of course, also state records. These include the W70 and W75 records in the 60m, 100m and 200m and at W70 in the 400m. Also on that list is the 4x100m SR as part of the W35 WAVAS team – when she was 68! To top it all her name is engraved twice on the Patron's Trophy – in 1989 and 1993.

As an official with Athletics WA for about twenty years, Pat has acted as a track judge and umpire and also a timekeeper. Nowadays, it's the latter that she concentrates on at the *Strive* meetings on a Friday evening and also at our Thursday MAWA sessions at ECAC.

A knee problem now limits her jumping so Patricia mostly sticks to sprinting and sometimes long jump. She aims to continue competing in the State Championships and hopes still to be fit enough for 2012 when she can compete as W80. She has always been motivated to keep going by her general interest in athletics and the knowledge that exercise and social contact are an enduring part of her life.

Drop in for steeple action

The Black Swan Event Financial Planning State Championships 2011

| | |
|-----------|--|
| Now | Entries are open online |
| March 6 | Entries close – no late entries accepted |
| March 10 | 5km track walk – ECAC 7pm |
| March 11 | 2km and 3km steeplechase – WAAS |
| March 17 | 10,000m run – ECAC 7pm |
| March 19 | Outdoor Pentathlon – ECAC 8am |
| March 19 | Throws Pentathlon – ECAC 12pm |
| April 2/3 | All other events – ECAC |

Perth

Kerriann Bresser prepares to make a splash during the nationals.
Photo: VIC WATERS

The State Championship steeplechase events will be held on Friday, March 11 at Western Australia Athletic Stadium (WAAS) in conjunction with Athletics Western Australia. To sharpen up your steeplechase skills a 3000m event will be held on February 11, and a 2000m steeple on February 25 as part of Friday night competition at WAAS. Normal AWA registration and entry fees apply. For further details contact Jackie Halberg.

Bunbury's new track lures

Here is your chance to race on a brand new Mondo track at the City versus Country athletic meeting in Bunbury on Saturday, February 5, from 3pm.

The programme consist of 100m, 200m, 800m, 2km steeple, 3km run and walk (if times allows), javelin, discus, shot and long jump.

The event provides an opportunity to enjoy country hospitality with a barbecue provided by the locals, just bring your own drinks.

So bring the whole family and help MAWA in the points score race.

For numbers and further details telephone MAWA and Bunbury club member Rob

Antioniolli (Tolli) on 08 97541412 or Colin Smith on 0407598226.

The organisers would appreciate names and track times of members competing in the 100m, 200m and 800m sent at least one day before the event to allow an initial running sheet to be drawn up. The track is at Hay Park off Parade Road.

Vale Ow Mun Hong

Ow Mun Hong, profiled in the December issue of TFNL, died peacefully at home on January 12. Ow was a popular man whenever he turned up to compete in the jumps at ECAC. His friendly smile and courteous demeanour will be missed by all who knew him.



'It felt like a kick in the calf'

Campbell Till thought he had been kicked in the calf at the start of a 400m at McGillivray Oval. However his agony, shown in this series of photographs, was the result of a Grade 3 tear to the calf muscle.

He said it probably brings painful memories back to those people who have experienced this type of injury to see these photos and had since heard of several anecdotes.

"It was my first experience of something this dramatic when

running, breaking my collarbone then later my foot whilst running was somehow different," Campbell said.

"It was a real shock to the system.

"I must also thank the numerous people who provided the quality first aid, I'm sure it helped reduce the severity.

"My rehab is progressing and have been informed it will be six weeks plus before I can have a real go at finishing that 400" he said.



Campbell Till grimaces as he holds his leg in pain after tearing a calf muscle.

Photos: GRAEME DAHL

T&F Programme for February

| ECAC | UWA | | | | | | | |
|---------|---------|------|-----------|------------|------------|----------------------------|--------------------------|--------------------------------------|
| | Feb 1 | 400m | 1000m r/w | 100m | 5000m r/w | Triple jump | Discus | Javelin |
| Feb 3* | Feb 8^ | 800m | 60m | 3000 m r/w | 100m | Long jump | Hammer relay* Shot^ | Wt throw 4x800 walk relay* |
| Feb 10* | Feb 15^ | 200m | 1500m | 400m | 3000m r/w | Triple jump | Discus relay* Discus^ | Javelin 4x100 relay |
| Feb 17* | Feb 22^ | 60m | 600m | 100m | 5000m r/w | Long jump | Shot relay* Shot^ | Hammer* 4x400 relay* Wt throw^ |
| Feb 24* | Mar 1^ | 300m | 1500m | 100m | 3000m r/w^ | L/j relay* Triple jump^ | High jump* Javelin | Wt throw 4x800 relay |

Coker Park highlights

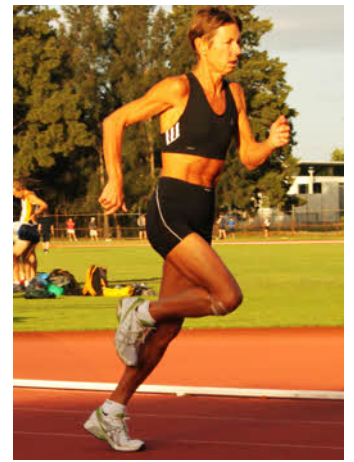


Competitors in the 100m battle for the lead (from left) David Carr, Peggy Macliver, Nick Miletic (inside lane), Mike O'Reilly and Fiona Leonard. Nick won from Fiona and Mike.



LEFT: Delia Baldock and Sue Bourn sprint up the straight in the 200m.

BELOW: Barbara Blurton powers off the line in the 400m.



Nick Miletic leads Carol Bowman, Sarah Ladwig and Melissa Hynds.



Maurice Creagh keeps Dante Giacomini and Simon Leonard at bay in the mile.

UWA highlights



Keith Edmonds (second from right) appears to be telling Norm Richards to get a move on as they battle to the line. Keith won the 60m from Lynne Choate (far left), Norm and Peggy Macliver.



Lynne Schickert, Christine Oldfield, twin sisters Frances Cherry and Cathy McCloskey hit the ground running at the start of the 100m.



Peter Hopper shows the strain of throwing the shot.



Kim Thomas heads the field in the mile.



Frank Gardiner prepares to enter the straight.

UWA January 4

As has become customary after the Christmas/New Year break, we returned to McGillivray Oval to find that the track markings had not been renewed. This made distances, and therefore times, very subjective so no analysis was completed today. It was good to welcome back **David Luck**, on holiday from his Sydney home, and also **Val Prescott**, **Lynne** and **Clive Choate** all on their first visit of the season. The field events did warrant analysis, with PBAs going to **Norm Richards** (javelin), **Kevin Collins** (triple jump) and **Andrew Ward** (shot).

ECAC January 6

It is quite unusual to find a cool evening in a Perth January. So for once the distance runners were favoured over the sprinters. The 100m started proceedings, and unfortunately ended them very quickly for **Craig van Waardenburg** with a torn hamstring halfway down the straight. **Chris Neale**, **Nick Miletic**, **Sue Bourn** and **Kevin Collins** (PBA) took line honours in the four heats.

One of the events that we 'oldies' all look forward to is the running of the mile. Tonight's was won by newly rejoined **Tony Heppener** in convincing style, from **Kim Thomas** and **Brian Hewitt**. **Colin Smith**, **David Carr** and **Peggy Macliver** won the three heats of the 400m which followed and then we were on to the long race which tonight was a 5000m. Again **Tony Heppener** led from the start, although second-placed **Brian Hewitt** did stay with him for the first three laps. **Sarah Ladwig** was first home in the concurrent 3000m walk.

Five athletes competed in the triple jump, with **David Clive's** 8.86m the longest. **Kevin Collins** had another



LYNNE CHOATE

PBA of 7.68m. Meanwhile the throwers began the age-graded throwers' competition, with five events spread over the month. Tonight's were the shot and weight throw. PBAs went to **Lajos Joni** (shot), **Stella Turner** and **Paul Foley** (weight throw). **Geoff Gee** and **Lajos Joni** took an early lead in the competition, with Geoff snatching over 70% in each event.

WAAS – January 7

There was a sparse Masters presence tonight, no throwers and just five runners. **Barrie Kernaghan** ran a season's best in the 200m, just failing to beat **David Luck** on the line. **Andrew Brooker** warmed up for his 800m with a sprightly 3000m – a PBA in fact although he feels he could run this faster with the right preparation. **Neil Morfitt** ran his first race of the season with a 2:26 800m. Back in the 3000m, **Scott Tamblin** also returned to racing but pulled out with a niggle after four laps. **Wayne Rubick** finished the same race in 13:34.

UWA – January 11

No track markings again – hopefully it will be the same as last year with the markings complete by the middle of January and we can get back to normal next week. Unfortunately **Campbell Till** suffered a sharp calf tear as he set off in the 400m and looks as though he'll be out for a few weeks. The Age-Graded Throwers competition got under way with an even half dozen competing. They'll have to go some to catch **Rae McMillan**. She's off to a flyer with 96% in the shot and 87% with the heavyweight. **Lynne Schickert** threw a PBA with the big one as well.



BRIAN HEWITT

Analysis of the results

ECAC – January 13

It was the busiest evening of the season at the Ern Clark Athletics Centre tonight. There was a gusty wind so sprint times were not spectacular, but there was some excellent middle and longer distance racing. **Garry Vogler** took the evening's honours with season's best performances in winning both the 800m (2:15.8) and 3000m (10:52). We welcomed **Toni Phillips** back into the fold, enjoying her 800m season's best of 2:54. She had a close race for 700m with **Maurice Creagh**, who could not match her finishing pace but was well pleased with 3:02.

The 200m saw PBAs for **Paul Foley** and returnee **Tom Crossen**. **Chris Neale** was also a heat winner. Other SBs in the 3000m went to **Kim Thomas** and **Bob Schickert**. Kim is having a fine season over a wide range of distances and is developing into one of our best all-round track athletes.

The Age-graded throwers' competition continued with two more events this evening. High 40s and the odd 50% were scattered through the results. **Paul Foley** and **Bev Hamilton** notched 50%-plus scores, with SBs falling to **Lajos Joni** and **Matt Staunton** (javelin) and **Paul Foley** with the discus.

WAAS – January 14

There were excellent conditions tonight, although the wind was gusty at times. Highlights on the mondo included the return to racing of **Brett Blanco** (11.79) and Bunbury-based **Darryl Lette** (12.24) in the 100m. **Barrie Kernaghan** ran a season's best 72.2 in the 400m, **Kim Thomas** a PBA of 12:30 in the 3k steeplechase. **Lyn Ventris** also made the journey up from Bunbury, clocking 14:46 in the 3000m walk.

Paul Foley was the pick of the throwers with a hammer PBA of 26.36m.



KEVIN COLLINS



TONI PHILLIPS

UWA – January 18

Conditions for a good athletics meet were surpassed by the sight of lane markings as we arrived at McGillivray tonight. The word must have spread, because it was the best turnout of the summer with 37 track athletes plus several extra throwers. Three heats of 60m started proceedings, with heat honours going to **Dave Wyatt**, **Rob Greenhalgh** and **Kevin Collins** (PBA, 9.9). Rob Colton sneaked heat 2 on a welcome return, but is currently running as a visitor.

After the absence of lane marking for the past two weeks we were delighted to see some excellent 800m racing tonight. **Andrew Brooker** showed his class in taking out the first heat, with the returning **Pieter de Klerk** not too far behind. **Kim Thomas** led heat two from the gun, winning by almost the length of the straight from **Alan Billington** (SB) and **Graeme Dahl** (PBA). The rejuvenated **Bob Schickert** and newly joined **Cathy McCloskey** also ran well in this heat. Three heats of the 200m saw the welcome return as starter of **Toni Phillips**, with SBs going to **Keith Edmonds**, **Rob Greenhalgh** and **Kevin Collins**.

Finally we had a 3000m race, with 4 SBs and a PBA for **Peter Hopper**, running instead of race-walking for a change. Meanwhile in the pit, there was a triple jump underway. **Peter Kennedy** set an inaugural M90 state record of 3.52m, and **Dave Wyatt** also jumped a season's high of 9.40m.

The Age-graded throwers competition is past its half way stage, now with just the hammer to come. Tonight we saw the javelin and discus points up for grabs. W80 **Rae McMillan** continues to plunder huge points scores (67% and 51.5% tonight), with **Rob Shand** also shining with a 50%-plus in the discus throw. **Peter Hopper** set a new PBA with the javelin.

Analysis of the results

ECAC – January 20

The main focus of tonight's meeting was 12 athletes completing a pentathlon – see the separate report for details of this. The general track events began with three heats of the 200m. A stiff headwind in the home straight had a dampening effect on times, but **Jacqui Sanders** and **Mel Hynds** still managed SBs. **Rudy Kocis** and **Sue Bourn** took the wins in the first two heats.

Garry Vogler and **Tony Heppener** had a great battle in the ensuing 1500m, with the younger man easing away over the last 300m to win in a season's best of 4:45. **Maurice Creagh** is also returning to form and clocked just over six minutes for his best of the season, with **Nick Bailey** continuing his comeback from years of injury also notching up an SB.

Three heats of 60m dashes were again affected by the headwind, but **Kevin Hynds** looked impressive in taking out the middle heat in 9.4s. Veteran **Tom Crossen** clocked his fastest this year in the final heat. The 2000m attracted its usual horde – this time 16 runners and walkers. **Garry Vogler** led **Roscoe McDonnell** off the final bend to win comfortably on the line.

WAAS – January 21

Chris Perrey (100m) and **David Brook** (5000m) made their season debuts in these open competitions tonight. Chris ran a swift 12.58 in the second heat of the sprints, whilst David tested himself gamely against tough opposition to run just outside 20 minutes in the evening's long race. **Barrie Kernaghan** set season's bests in both 100 and 200 sprints, with **Paul Mitchell** doing likewise in the 5000m. On the grass infield, **Paul Foley** set a PBA of over 30m with the hammer.



PETER GARE



RUDY KOCIS
and COLIN
SMITH

UWA – January 25

There was an excellent turnout this evening at UWA, with conditions fairly normal – stiff breeze at times on a warmish evening. **Barrie Kernaghan**, **Peter Gare** and **Norm Richards** rolled back the clock in the 200m taking the first three places, Peter with an SB. **Kevin Collins** set a new PBA in the second heat. There was no start line marked for the 1500m, so it was down to guesswork; with four SBs in the first five places, perhaps the guess erred on the generous side. It was good to see **Lorna Lauchlan** back and completing the 1500m (approx.) walk.

Kevin Collins repeated his PBA performance in the 60m, completing a good evening as he had earlier produced a good long jump as well.

The 2000m race that closed the track evening was popular as usual, with **Roscoe McDonnell** leading the field home in an impressive 7:09.

Two throws events were well contested. **Brian Miller** returned, producing a PBA of over 30m with the discus, **Greg Wilson** also throwing a season's best. **Mark Jeffrey** was another whom we welcomed back after a break, his 33.26m the longest throw of the evening. **Mark** also had the longest put in the shot, his 10.07m being a PBA.

ECAC – January 27

The first evening of the relays meant an abbreviated track programme this evening. (Relays will be covered in a special section of next month's TFNL.) Conditions were excellent for middle distance running, but the stiff headwind meant that sprint times would again be affected.

CONTINUED – Page 11

Analysis of the results

FROM – Page 10

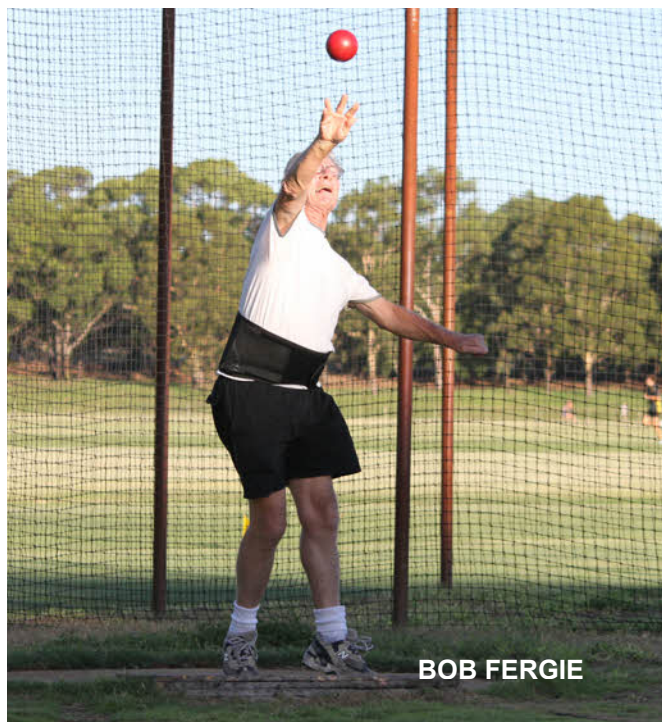
The evening opened with two heats of the 400m. **Chris Neale** surprised even himself with a storming run to take the first heat in 55.6s – an excellent season's best for him. **Keith Martin** also ran a SB, as did **Peggy Macliver** and **Mel Hynds** in the second heat. However, the story of this race was made by **Lorraine Lopes**. Lorraine is a diffident lady, and although she was aware of **Pat Carr's** W70 record felt she had no chance of bettering it. Although only two watches were recording her time, they were held by our two most reliable timekeepers. They agreed the time exactly, so the club statistician Campbell Till has accepted it as a state record.

In the 1000m that followed **Barbara Blurton** blasted away **Peggy Macliver's** 2007 W60 state record with an excellent 3:50.1 (and three watches!). Barbara suffered for it with a severe knee reaction the following morning, so we all have our fingers crossed for a speedy recovery. Two PBAs were recorded in the 1000m in addition to the SR – **Graeme Dahl** (3:38.5) and **Mel Hynds** (4:37.6). For good measure, **Tom Lenane** set a PBA in the associated 1000m walk.

The wind prevented any heroics in the 100m event, but it only slowed **Chris Neale** marginally as he comfortably took the first heat. **John Dennehy** and **David Solomon** were winners of the subsequent heats.

Melissa Foster went close to her best in the triple jump (10.32m), with **Derry Foley** also jumping well. **Dave Wyatt** ran another high jump competition this evening, with five grateful takers preparing themselves for the upcoming state championships – don't forget to enter online, entries close March 5th **Greg Wilson**, **Delia Baldock**, **Keith Martin** and new member **Fran Cherry** joined Dave with this invaluable practice.

The final event of the Age-graded throwers' competition took place tonight – the hammer throw. **Lajos Joni**, **Bev**



BOB FERGIE

Hamilton and **Bob Fergie** had the highest points score, with **Lynne Schickert** recording a PBA. There was also the regular javelin event, with **Chris Neale** displaying his all-round credentials again by recording the longest throw of 31.50m.

WAAS – January 28

The inclusion of a 2000m steeplechase led to a surge in MAWA interest, with 14 track and 7 field athletes taking part. **Kim Thomas** and **Roscoe McDonnell** had a ding-dong battle over the barriers, but the younger man always had it under control. Kim's 7:16 took him home clear of Roscoe's 7:22, but each can be proud of a terrific race. 69-year-old **Bob Schickert**, with 9:10, continues his surge back to his old form, and **David Carr** can be well pleased with 9:47. The two women, **Regina Crouch** (13:26 – first attempt) and **Lynne Schickert** (14:55, SB) also come away feeling good about themselves.

David Smyth kept the MAWA presence evident with a solid 5km walk, whilst **Lynne Choate** (14.83), **Barrie Kernaghan** (14.78) reminded youngster from Curtin **Chris Perrey** (12.51) that sprinting life does continue after 40. **Chris** ran a wonderful 400m (55.05), with M40 **Mark Jeffrey** (57.79) not too far behind. **Neil Morfitt**, whose season really only starts in January, is coming into form with 60.13. **Barrie Kernaghan**, for whom there's no such thing as an off-season, ran an excellent 70.25, only just outside his best this season. Finally on the track, there was yet another SB for **Paul Mitchell** in the 1500m.

Highlights in the field came from the big cage. Both the hammer and discus used this site tonight. **Tom Gravestock**, with his first showing for a while, led the discus field with a throw of 36.48m. **Lajos Joni** for the men, and **Kate Glass** the women took the honours with 39.88m and 32.17m whilst twirling and hurling the hammer. **Mark Jeffrey** was our leading javelin thrower with 47.38m.



REGINA CROUCH