

TFNL

The Track and Field
Newsletter of MAWA



Season 4 Issue 6

March 2011

Country Clash

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Rudy Kocis powers
down the straight
in the 200m at the
Bunbury City
versus Country
Clash.

Photo: GRAEME DAHL

**Entries
to close
Page 3**

Fields of dreams



Bob Schickert leads Colin Smith, David Carr, Cara Ellis, Nick Miletic and Jacqui Sanders in the 2000m steeplechase.
Photos: GRAEME DAHL

Build it and they will come the saying goes. In Bunbury they benefited when a \$3.6m Mondo track was built and MAWA members benefited when the Forest Highway was built to Bunbury.

A two-hour trip from Perth allowed 16 MAWA members

to head south to compete in the City versus Country meeting at the new venue.

With open and junior athletes from Mandurah/Rockingham and Bunbury clubs MAWA athletes were given some stiff competition. In the 200m Chris Neale (24.90) and Rudy Kocis

(25.60) were pushed for second and fourth and in the 100m Rudi ran 11.88s for the fourth fastest time with Chris running 12.03s for the fifth fastest time.

Peggy Macliver lead home the female MAWA members in the 200m and 100m events and in field events Bev Hamilton

won the shot put and heavy weight throw.

While there was no official City versus Country pointscore all who made the trip had a great day which ended with a barbecue.

Results are on the MAWA website.



CHRIS NEALE



ROY FEARNALL



ROScoe McDONNELL



CAROL BOWMAN

Roll of Honour

December 15 — Albany

Brenda Painter W65 High jump 1.03m SR

January 18 — UWA

Peter Kennedy M90 Triple jump 3.62m SR

January 19 — Albany

Brenda Painter W65 High jump 1.05m SR

January 27 — ECAC

Barbara Blurton W60 1000m 3:50.1 SR

Lorraine Lopes W70 400m 90.1 SR

February 3 — ECAC

Lorraine Lopes W70 800m 3:20.0 AR

Derry Foley M80 Long jump 3.07m SR

February 8 — UWA

Peter Kennedy M90 800m 7:54.3 SR

Lorna Lauchlan W80 100m 32.2 SR

February 10 — ECAC

Lorraine Lopes W70 1500m 6:42.0 AR

Derry Foley M80 Triple jump 6.30m SR

February 12-13 — WAAS

Matt Staunton M35 Decathlon 4481pts SR

February 15 — UWA

Peter Kennedy M90 Javelin 10.44m SR

February 18 — WAAS

Greg Wilson M60 High jump 1.37m SR

February 22 — UWA

Lorna Lauchlan W80 60m 15.9 SR

February 24 — ECAC

Greg Wilson M60 High jump 1.39m SR

Stan Selby M65 Javelin 37.58m SR

Paul Foley M45 Javelin 43.15m SR

Lajos Joni M55 Wt throw 15.72m SR

February 25 — WAAS

Greg Wilson M60 High jump 1.40m SR

Championship entries to close soon

Entries for the Black Swan Event Financial Planning State Championships close on Sunday, March 6.

The online entry process streamlines administration.

While the two-day track and field events are on April 2-3 a number of stand alone events are held prior to this date.

Walkers have the first opportunity for championship

glory with a 5000m race on Thursday, March 10 at 7pm at Ern Clark Athletic Centre (Coker Park).

One week later distance runners have the opportunity to battle their minds with 25 laps of the Coker Park track with the 10,000m at 7pm.

A schedule of events can be downloaded from the MAWA website.

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

Throwers step up

MAIN PHOTO: Paul Foley winds up as he prepares to release the discus.

Photos: GRAEME DAHL



FINAL TOTALS

Rae McMillan	W80	380.54
Bev Hamilton	W65	297.73
Lajos Joni	M55	287.85
Bob Fergie	M75	270.72
Paul Foley	M45	225.20
Greg Urbanowicz	M30	200.74
Stella Turner	W65	194.67
Lynne Schickert	W65	169.38



GREG URBANOWICZ

The five elements of the Age-Graded Throwers competition finished too late for the last issue of TFNL, with completion of the hammer throw delayed by a week.

The last throw of the whole competition took Rae McMillan to an astonishing 380 points – averaging well over 75%. Her haul included 96% in the shot put, 87%

with the heavyweight and just under 80% with the hammer.

Bev Hamilton, fresh from her clean sweep of all five state records the previous month, had the second highest total just ahead of Lajos Joni and Bob Fergie.

Paul Foley, Greg Urbanowicz and Stella Turner also completed

all five throws. The final athlete to complete the series was Lynne Schickert.

The Age-Graded Throwers' competition was introduced in 2010. It is a throws pentathlon, but completed over a three-week period. Three men and three women completed the five throws last year.



Matt Staunton looks like he could run through a brick wall as he strides out. *Photo: GRAEME DAHL*

Ten out of ten for Matt

Shortly after joining MAWA in November 2004, Matt Staunton realised he was neither fast enough nor heavy enough to be competitive in individual events. So, always enjoying a challenge, he decided to give the decathlon a go. In his words, "it seemed perfect for a jack of all trades."

This year is his seventh decathlon competition. He always strives to improve on each performance and the frustrated roar that erupts when he fails to meet his own expectations can be heard around the stadium.

Hurdles, 400m and 1500m are his weakest events. The pole vault gives him the most enjoyment, though not necessarily the most points. This event along with the discus and javelin he considers as 'fun' events.

Matt loves the camaraderie of the multi events and says "spending a day or two with a bunch of blokes running, jumping and chucking stuff is a great way to spend a weekend". And, when asked why he does it, his standard reply is "it beats the heck out of swimming to Rottneest!"

In Daley's footsteps

On February 12th and 13th eleven brave men took to the track and field at WAAS to contest the State Decathlon Championships. Amongst them were masters Matt Staunton (M35) and Mark Jeffrey (M40). Also competing, in the heptathlon championships and gaining a total of 3873 points, was Joseph Staladi (U16), son of masters member Carolyn Wills of Bunbury Regional Athletics Club.

The decathlon takes place over two consecutive days and comprises ten events – four track (100m, 400m, 1500m 110m hurdles), three jumps (long jump, high jump, pole vault) and three throws (shot, discus, javelin). Performance is judged on a points system – so every second and every centimetre counts. After each event, the athletes calculate the number of points

they need to gain in subsequent events to improve their previous best performance, stay in contention or beat their competitors.

Immense effort and dedication are required to train for a decathlon and to make it through the two gruelling days of competition. So it isn't surprising that the title of "World's Greatest Athlete" has traditionally been given to the man who wins the Olympic decathlon. Britain's Daley Thompson, now over fifty years of age and holder of four world records, two Olympics medals, three Commonwealth titles and wins in the World and European Championships, is considered by many to be the greatest decathlete of all time.

Performances at WAAS were not of the calibre of Daley Thompson's but

nevertheless they reflected the training and superb fitness of the athletes. Only nine of the eleven made it to the end, with Mark Jeffrey suffering a groin strain during the first day. But Matt gritted his teeth and battled his way through the final 1500m event, gaining a total of 4481 points - along with the Masters State Championships gold medal. No other 'young' masters member has contested the decathlon so, to his inaugural M30 state record set in 2006, he now adds the M35 record.

As anticipated, Matt performed strongly in the throws but admits he had not trained sufficiently in some events to bring his total to a level for true satisfaction. But just completing such a competition is an achievement in itself and he must be congratulated.

The Young ones

It's hard to believe that Gillian hasn't always been a runner but she was never an athlete until, at home with young children, she started to play netball and loved doing so for many years. In her forties she was encouraged to join the Hills Hash House Harriers and started running with her children and other families. Here she met the Ellards who took her along to the 'Veterans' on a Sunday morning. Her first run was Point Walter where she just managed to run/walk the 6 km course.

With encouragement from other members she progressed to the 10, 15 and 25 km races in the Road Racing Championship. She is the current holder, at W55 and/or W60, of seven road racing state records including these events and also half marathon and marathon – the latter one of the highlights of her athletic career.

She started running on the track in 2002, using the sprints as interval training and relishing the satisfaction of doing PBs. For Gillian, her first couple of years a golden period setting road records, she set, and still holds, state records on the track in the 1500m, 5000m, 10000m and relay records from 4x100m up to 4x1500m. Her W60 4x1500m relay is also an Australian record.

That her 5000m and 1500m records were set at State Championships, where she enjoys the camaraderie and friendly competition, gives her particular pleasure. She was thrilled to come away from the 2010 Nationals in Perth with several medals - two gold, three silvers and a bronze.

Always a 'doer', Gillian and partner Mark (her "number 1 coach" and the person who commiserates and celebrates with her) have been race directors for the age-graded Sunday morning

run for six years. Their first run was a bit nerve racking but they now enjoy the day.

She recently retired as Business Manager at Kalamunda Senior High School but keeps as busy as ever doing the things she actually wants to do.

And the fact that she is now joined on Thursday evenings and

Sunday mornings by Melissa and Kevin and (occasionally) her grandson Callum, gives her great pleasure. There are obviously some strong running genes in this family.

Gillian is now on the road to recovery after injury forced a break from running and is hopeful that she will be able to compete in the State Championships again this year – and to continue setting PBs. At least some of her motivation to keep going comes from the support and encouragement received from everyone in the club. But she is still motivated by her Dad who was extremely fit and still riding his bike most days and doing his annual 100km ride for charity until the age of 93. When he passed away one of the things that the family had to do was cancel the order he had placed for a new bicycle. Gillian says "I still hear him saying 'go girl' when I am out there trying to find the strength to keep running".

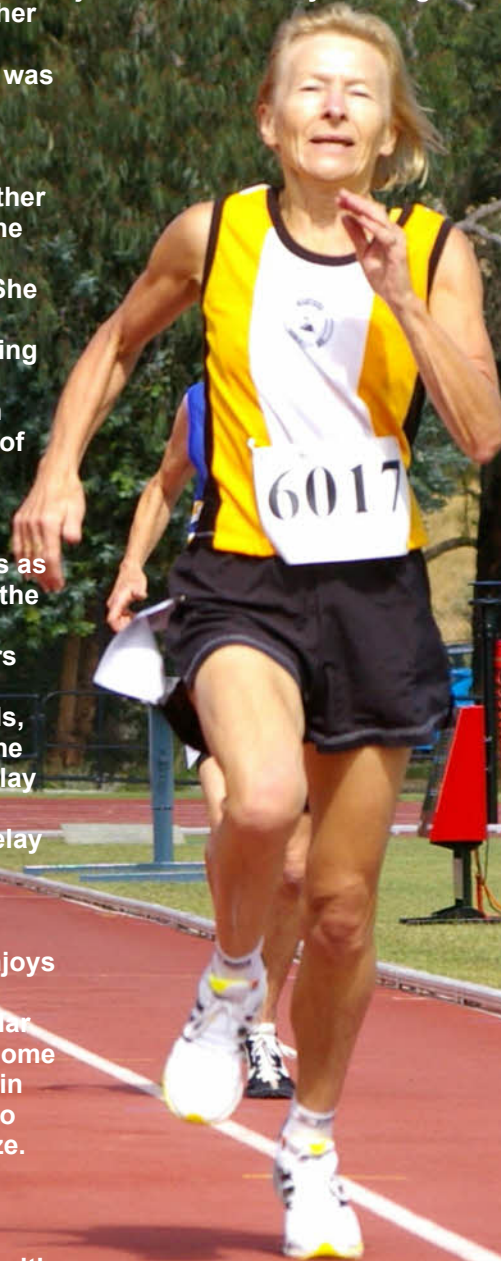


Photo: VIC WATERS

Quiet achiever

She was not quite such a slatecomer to running as her mother but it wasn't until Mel had turned thirty and was trying to give up smoking that she decided to give it a go – with her dog - but she couldn't even run 1km. Gillian's subtle and persistent persuasion to join the club eventually bore fruit and Mel, along with husband Kevin, have now become regulars and enjoy the friendly atmosphere.

Mel hadn't realised how hard running was going to be but, having embraced her mother's keen work ethic, she has gradually improved her times over all distances from 60m to 10000m. After the Woodman Point Sunday run, Jim Barnes was on a real high having latched on to Mel and been forced to stretch himself to keep up.

Melissa says she looks forward to cheering her mother on through more amazing accomplishments, but with age still on her side and Gillian as her role model and best friend, she will likely have some amazing accomplishments of her own to celebrate in the future – so keep that chardonnay on ice!

MAIN PHOTO: Melissa Hynds caught in full stride.
Photo: GRAEME DAHL



MELISSA and GILLIAN

T&F Programme for March

ECAC	UWA							
	Mar 1	300m	1500m	100m	3000m r/w	Triple jump	Javelin	Wt throw
Mar 3*	Mar 8^	60m	400m	200m	5000m r/w* 1500m^	Triple jump* Long jump^	Discus	Javelin
Mar 10*	Mar 15^	200m	800m	100m	3000m r/w	Triple jump^ Long jump*	Shot	Discus^ Hammer* State 5k walk*
Mar 17*	Mar 22^	1500m	100m	400m	5000m r/w^	Long jump^ Triple jump*	Discus	State 10k Wt throw^
Mar 24*	Mar 29^	1 mile	200m	800m	100m	Long jump* Triple jump^	Javelin	Shot
Mar 31		60m	4k r/w	300m	600m	Triple jump	Wt throw	Discus

Coker highlights



LEFT: Tony Heppener leads Kim Thomas and Rod Hamilton on to the main straight on the first lap of the 3000m.

Photos: GRAEME DAHL

BELOW: Chris Neale gives his son Shannon some encouragement.



Chris Cummins on his way to a victory in the second heat of the 600m to back up his win in the first heat.



Fiona Leonard and Bob Schickert battle for position in the 1500m with Fiona gaining the upper hand after a late charge by Bob.



Maurice Creagh leads Gillian Young in the 3000m.

UWA highlights



Cathy Elms (Second from left) breaks in the 60m. Cathy finished second to Toni Philips.

.Photos: GRAEME DAHL



Val Prescott heads on to the main straight in the 800m,



ABOVE: Michael Barton leads Margaret Saunders on the first lap of the 3000m.



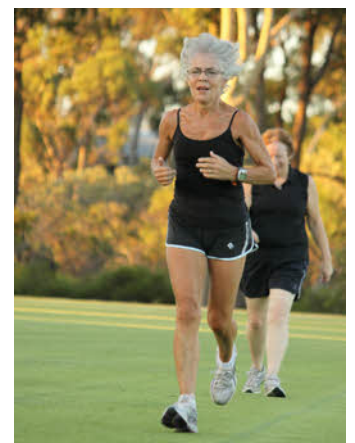
LEFT: Greg Wilson checks his stance in the shot put.

BELOW LEFT: Peter Kennedy steps out.

BELOW: Julie Wilson concentrates on style during one of the distance races.



Les Beckham watches Fran Cherry in the long jump.



UWA February 1

Regulation track turnout tonight, but plenty of throwers. Conditions were fairly normal – warm, with a stiff headwind in the home straight. The track session began with two heats of the 400m. **Colin Smith** (“I was due to train but it’s more fun racing instead”) made a rare visit to UWA and took the fast heat comfortably, leading **Rob Greenhalgh** to a season’s best behind him. The second heat was a more sedate affair, apart from winner **Mark Elms** (“I hadn’t warmed up enough for the fast heat”). Even so, the ever-improving **Kevin Collins** ran an SB behind Mark.

There followed a 1000m race, with several landmarks. **Keith Edmonds** ran a PBA, with SBs also to **Mark Dawson, Ross Keane** and **Robin King**. **John Oldfield** returned to racing for the first time since November, albeit at rehab pace. The 100m was a tough challenge in the increasing headwind, but **Cathy McCloskey** still managed her best time of 15.9 since joining us. The 5000m race that signalled the end on the track saw three more SBs – winner **Roscoe McDonnell, Mark Dawson** and a big improvement on previous 2010/11 times for **John Collier**.

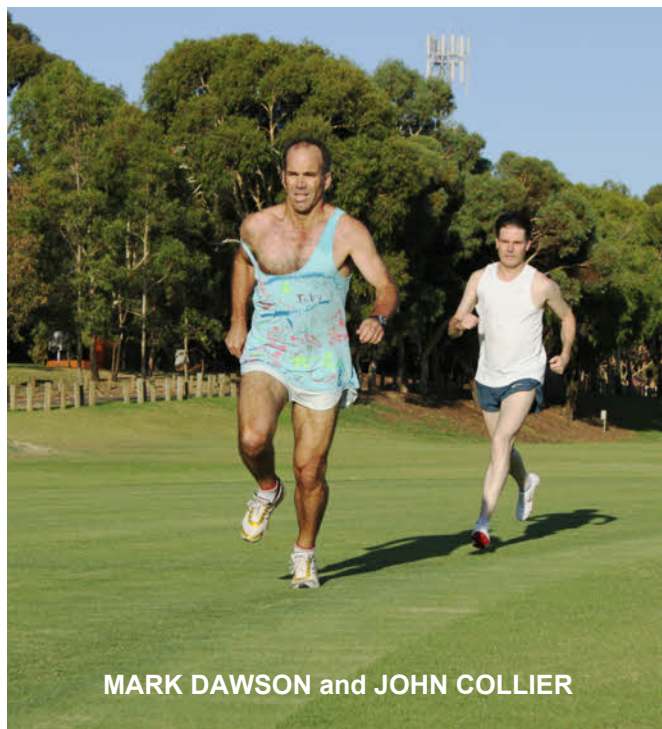
The twins (**Cathy McCloskey** and **Fran Cherry**) each tried out the triple jump, with good results, but the main field action was in the throws. **Peter Kennedy** threw a season’s high with the javelin, and **Rob Shand** did likewise with the discus. Meanwhile, **Rae McMillan** managed finally to complete the Age-Graded Throwers competition by throwing the correct hammer, and notched almost 80% in so doing.

ECAC – February 3

This was a terrific evening’s athletics, with a large turnout, two National Relays, and both Australian and State records. The AR came in the first event with **Lorraine Lopes** aiming high at **Shirley Brasher’s** 1997 mark. To



KIM THOMAS



MARK DAWSON and JOHN COLLIER

great appreciation, she stormed home almost four seconds inside this time at 3:20.0. The 800m also saw PBAs for **Mark Elms** (2:35.5) and **Mel Hynds** (3:30.4). Three others set SBs including a great run from **John Dennehy** (2:56.4).

A strong headwind made times tough in both the 60m and 100m sprints, although no less than five athletes actually matched their season’s highs, with no-one beating it. The 3000m entry was the usual large throng, led home by **Kim Thomas**, just ahead of **Rod Hamilton**. **Bob Schickert** ran a season’s best. Your analyst had a good view of all these finishes, being in the home straight for each, unfortunately in each case with several laps to go.

Two throws were taking place, in addition to the hammer ‘relay’. With the hammer, **Paul Foley** had a new PBA of 31.87m, and another in the weight throw of 10.17m. The other relay tonight was a 4x800 walk, and this is covered in the relay section of this month’s TFNL.

WAAS – February 4

The track evening began with a 3000m race in which MAWA’s top distance runner **Paul Mitchell** recorded a good 9:24. **Kim Thomas** ran a PBA of 10:51 in this race, with **David Brook** also competing. Drama surrounded the start of **Chris Perrey’s** heat in the 200m.

Two guns and a blustery wind caused a minute’s tension for Chris. But wisdom prevailed as experienced starters **Tom Lenane** and **Kevan Hook** determined a faulty start rather than a red card was called for. Chris was clearly cautious at the re-start but gathered his pace off the bend to finish in 25.64.

Our only other track athlete was **Neil Morfitt**. Neil is attempting to schedule his peak for the Worlds in Sacramento, so is in the early stages of preparation. Most of us would consider that a 2:13 800m was a good target for one’s peak!

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Analysis of the results

FROM Page 9

Matt Staunton is in the final stages of his preparation – the state decathlon is next weekend (see p3 of this TFNL). Matt did three of his events tonight – 3.30m in the pole vault (PBA), a 1.55m high jump and 36.91 with the javelin. **Mark Jeffrey** was our long jumper, also producing a PBA of 5.74m, although he did have a strong following wind. **Tom Gravestock** (shot put and discus) and **Paul Foley** (javelin) were our other entrants.

UWA – Feb 8

The times show that this was a superb evening for sprinters but the distance runners found the lack of a breeze hard to cope with. A huge crowd signed up for the 800m, so organiser **Barrie Kernaghan** deemed starting the two heats off the curve was the safe way to go. Five of the eight in heat 1 set season's bests – winner **Michael Barton** (2:22) led all the way, with other SBs going to **John Collier**, **Mark Dawson**, **Margaret Saunders** and **Greg Wilson**. The second heat saw 13 lining up, with an SB for **Val Prescott** and a state record for M90 **Peter Kennedy**, his 7:54 beating his own previous mark by 10 seconds.

The sprinters had been champing at the bit hoping that the breeze did not start, but they need not have worried. Nine SBs were recorded in the four heats of the 60m, won respectively by **Richard Williams**, **Toni Phillips**, **Barry Newell** and **Lynne Schickert**. It was a similar story in the 100m which closed the evening's programme. PBAs to **Andrew Ward**, **Keith Edmonds** and **Kevin Collins** were supplemented by SBs for twins **Cathy McCloskey** and **Fran Cherry**. In the last heat, **Lorna Lauchlan** was persuaded to participate and was rewarded with a W80 state record of 32.2s.

Sandwiched between the sprints, the 3000m did not return such good times, although there were seasons'



MARGARET SAUNDERS

highs for **John Collier**, **Mark Dawson** and **Greg Wilson**. Again, it was **Michael Barton** who stormed away from the moment the gun fired to finish almost a full lap ahead of the field in 10:32. **Peter Hopper** recorded a very quick 21:06 in the race walk, knocking almost 30 seconds off his previous best since turning 65.

Tonight's two throws saw SBs for **Peter Gare** and **Andrew Ward** in the shot put, but only two competitors with the heavyweight. Four athletes kept **Les Beckham** busy in the pit, with **Greg Wilson** (3.20m) and **Cathy McCloskey** (3.87m) each producing their best jump of the season.



DAVID CARR and LORRAINE LOPES

ECAC – February 10

For the second week in a row **Lorraine Lopes** set the standard with an Australian record. This time it was the 11 year-old W70 1500m mark which she beat. Her time of 6:42.0 knocked more than five seconds off Shirley Young's 2000 best. **Tony Heppener** and **Ross Keane** led the way in this race, each producing their best of the season on a gusty and hot evening.

Earlier, four heats of 200m confirmed that the southeasterly was highly beneficial to sprinters – a strong tailwind round the bend with a cross-wind in the straight instead of the usual Coker headwind. With less wind, **Peggy Macliver's** PBA (31.3) would have been an Australian record. **Nick Miletic** (31.2) and **Tom Crossen** (40.7) also ran PBAs, with **Carol Bowman**, **Derry Foley** plus heat winners **Chris Neale** and **David Solomon** all running season's highs.

The gusty wind was not so helpful in the one-lap race, but heat 1 winner **Kim Thomas** takes some stopping these days and his 66s flat was an SB. **Sarah Ladwig** also ran her best of the season in heat 3.

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Analysis of the results

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The wind was even less helpful in the long race. **Tony Heppener** led **Rod Hamilton** home, both well inside 12 minutes, but only **Kim Thomas** (12:00) and **David Solomon** (12:05) amongst the rest of the field went under 14 minutes.

In the triple jump, **Richard Blurton** manned the wind gauge to ensure that **Derry Foley** could claim the M80 state record. Derry has been over the old mark several times this season but either the wind reading has been too high or there's been no gauge present. Tonight his 6.30m finally goes into the record books. **Melissa Foster** is consistently over 10m (10.22 tonight) and **Dave Wyatt** also had a season's best of 9.55m.

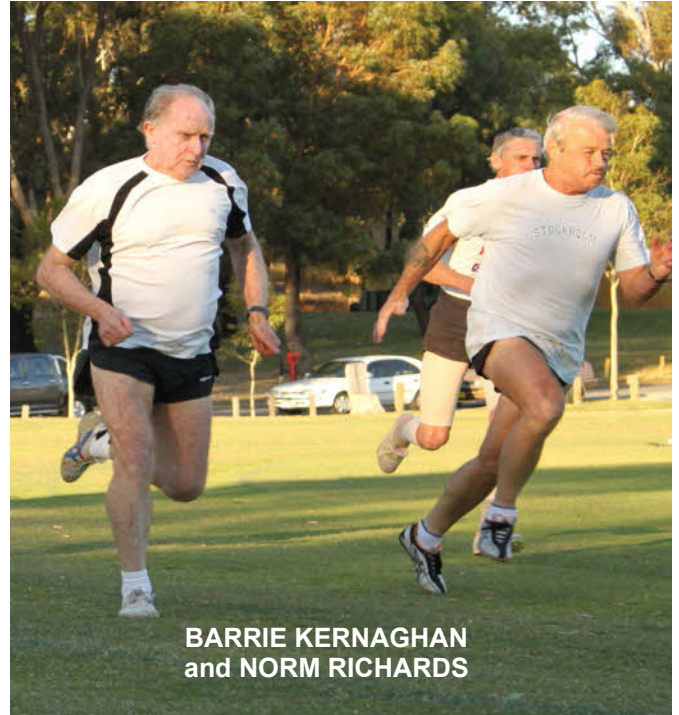
The discus relay is covered in the relay supplement. However, there was also a standard discus competition taking place, with **Greg Wilson** throwing a SB. **Matt Staunton** warmed up for the coming decathlon (see full report in this newsletter) with a 43m javelin throw.

WAAS – February 11

There was a strong MAWA turnout on the track tonight. Unfortunately most of them were sprinters and with an easterly prevailing over the customary Freo Doctor conditions were not conducive to fast times.

Seven members entered the 100m, with the best time of the evening **Darryl Lette's** 12.44, well down on his customary sub-12s. **Chris Neale** made his first-ever appearance at a Strive meet, with a strong debut time of 12.60s. **Rudy Kocis**, **Colin Smith**, **Lynne Choate**, **Barrie Kernaghan** and **Norm Richards** all battled gamely against the strong headwind.

It was a similar story in the 60m dash, with most of the sprinters doubling up but again times were below their regular speed. **Chris Neale** will be pleased with his 56.36



**BARRIE KERNAGHAN
and NORM RICHARDS**

400m, with **Colin Smith** not too much slower. **Barrie Kernaghan** also ran the 400 with a very creditable 72s. The 1500m saw **Paul Mitchell** produce a PBA of 4:19, taking three seconds off his previous post-40th birthday best. **Neil Morfitt** also ran in this race, his 5:00.6 indicating that he's on course to peak in the late summer, as is his plan.

The other track competitor was **Kim Thomas**. I've referred to in the previous TFNL to Kim's diverse ability. He is rapidly developing into one of our most reliable all-rounders. Content with running over the whole range of track distances, I sense that the steeplechase is becoming one of his favourites. A 3000m time of 11:53 over the 35 barriers indicates that he is getting to grips with the technical nature of this event. This is more than 30 seconds off his previous best.

Only two throwers from the club were at the stadium tonight. **Kate Glass** and **Bev Hamilton** hurled the hammer, with Bev also putting the shot.

UWA – February 15

Four heats of the 200m kept the starter busy as we opened a popular evening's programme. So many of those attending signed up for this race that all hands were on deck with the watches, and those finishing the first heat had to take over so the timekeepers could jog to the start for a later heat. The headwind round the bend made fast times tricky, so heat winners **Mark Elms**, **Pieter de Klerk**, **Rob Greenhalgh** and **Julie Wilson** set no personal marks. However, **Richard Williams** and **Barry Newell** each set a season's best in the fast heat and **Lynne Schickert** did likewise in Julie's heat.

It was a similar story in the 400m later in the programme. **Pieter de Klerk** just pipped **Mark Elms** on the line to take the first heat, in which SBs went to **Keith Edmonds** and the ever-improving **Cathy McCloskey**.

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DERRY FOLEY

Analysis of the results

FROM Page 11

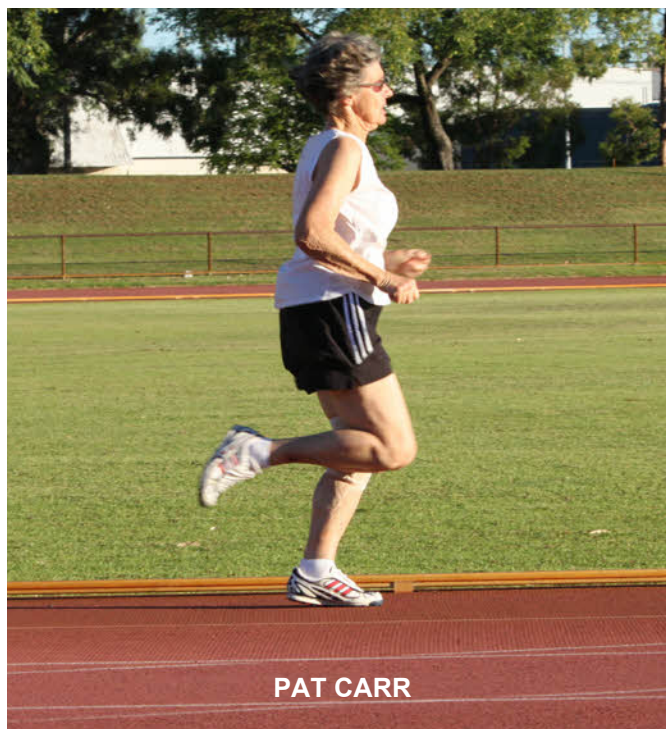
A shortage of experienced timekeepers caused a few problems in the second heat with three athletes' times unrecorded. These, surprisingly, included heat winner **Rob Greenhalgh**, whose time must have been inside his previous SB of 72.6s. **Norm Richards** was noticed by the watch-holders so his SB goes into the database.

Michael Barton, free from his junior coaching role early tonight, left the rest trailing in his wake to take a fast 1500m (4:53) from **John Collier** (SB, 5:18.7). **Milton Mavrick** also set a season's high in this race, as did **Lorna Lauchlan** in the associated 1500m race walk. The final track event was a 3000m, in which the wind had abated to a soft breeze making the hot conditions difficult for distance runners. **Clive Hicks** had no problem though, his time of 10:54 well inside his previous best this season. An SB went to second placed **David Brook**, with **Julie Wilson** also lowering her best, now down to 15:20.

Highlight in the field was yet another state record for **Peter Kennedy**, his third in four weeks. This time it was his own M90 javelin mark which he raised to 10.45m. **Val Prescott** set a season's best of 12.08m with the spear. Earlier, the throwers had been at the other end of the field spinning the discus to prodigious distances. **Geoff Brayshaw** (32m) and **Peter Hopper** (24.5m) each set new PBAs. And finally this round up of a great evening's athletics concludes with the triple jump. Three SBs were set – by **Lynne Schickert**, and the twins **Cathy McCloskey** and **Fran Cherry**.

ECAC February 17

It's a sprinter's dream – strong tailwind and warm sunshine. And didn't they take advantage of having two short straight ones! The 60m dash got us underway, and so many were making their way down to the start that hardly anybody was left to hold a watch. With regular



officials Barbara and Richard away on hospital duty, even visitors were not immune – two of them being pressed into a ten-second timekeeping lesson. Eventually **Bob Schickert** was satisfied that we could cope and starter **Tom Lenane** was given a white flag. Less than ten seconds later, **Chris Neale** and **Mark Eims** had crossed the line in 7.7s (lifetime best for Mark), with **Melissa Foster** very close on their heels also in a PBA. A similar story in the remaining three heats saw six more season's bests.

It was the same story when the start was moved 40m further back. The wind still blew; the sprinters flew; timekeepers were few. **Chris Neale** took out this prime heat as well, with SBs to **Kim Thomas** and **Fiona Leonard**. A PBA gave **Toni Phillips** the second heat, with an SB for **Delia Baldock**. But for a timer's lapse **Key Hynds** would possibly have had one as well, in a close finish with **Peggy Macliver**. **Bob Schickert** and **Mel Hynds** had SBs in the next, with the final heat going to **Melissa Foster** with another season's best. Perhaps the pick of the sprints was the classic finish in the fourth heat between **Pat Carr** and **Lynne Schickert**. The judges gave a split decision, with the recorder deciding that **Lynne** just had something ahead of **Pat** on the line. The timekeepers certainly could not separate them, each recording identical SBs.

Two well-contested heats over 600m led us into the final event of the normal evening – the 3000m. As usual there was a big crowd at the start, but many decided to use it as a final warm-up for the following relays. **Ross Keane** pushed hard, with an excellent SB of 12:06 the reward. **Hilary Beck** is improving week by week and also had an SB tonight.

Most of the throwing interest is covered elsewhere in the shot put 'relay', but a good crowd were enticed to the sand in the long jump pit, even though the wind was against them on the runway for this one.

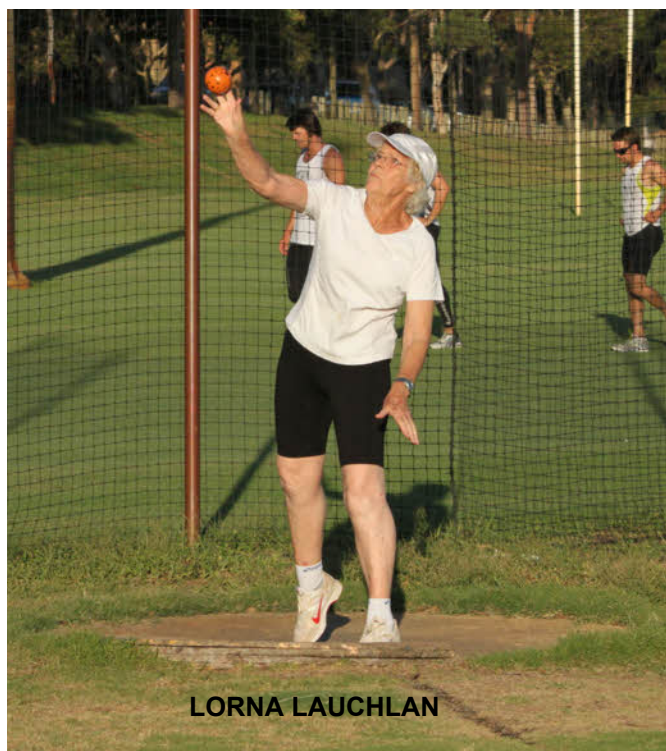
Analysis of the results

Strive – February 18

The wind had reverted to normal this week, but stayed just within legal limits for the sprinters. MAWA was very well represented on the track, particularly in the 5000m with a quarter of the field sporting the white, gold and black. **Paul Mitchell** (in his Melville Roar kit) set a stunning PBA of 16:09. The rest of the MAWA group could not match that pace, but there were some other notable performances. **Roscoe McDonnell**, fresh from his triathlon success, reduced his PBA significantly to 18:31. **Kim Thomas** (19:32), rushed across from the 800m finish to the 5000 start to run an SB. **David Brook** had a smile the width of the freeway when he saw his PBA time of 19:40 – his target was sub-20 for the first time. Finally **Jonathon Phillips** used his usual technique of leading the pace makers through the first 200m then fading to 23:31.

We had good representation in the sprints as well. **Chris Neale** (24.97) was our fastest 200m runner, with **Mark Jeffrey** shrugging off his groin problem from last week's decathlon to clock a 25.71 PBA in the same heat. **Colin Smith** (26.1), **Barrie Kernaghan** (29.6) and **Norm Richards** (31.25, SB) completed the 200m field. **Colin Smith** (13.12), **Barrie Kernaghan** (14.72) and **Norm Richards** stayed on to complete the 100m at the end of the evening. Our two 800m athletes, **Kim Thomas** (2:21, PBA) and **Neil Morfitt** (2:15) were the other entrants on the night.

The star of the field for MAWA was **Greg Wilson**. A high jumper in his younger days using the old straddle technique, he has been recently encouraged by **Dave Wyatt's** re-introduction of this event into our regular programme. Now using the flop, **Greg** broke **Keith Martin's** M60 state record with a jump of 1.37m. **Dave Wyatt**, watching and encouraging from the wings, then went on to equal his own SB of 1.45m.



LORNA LAUCLAN



LAJOS JONI

Chris Neale backed up his sprint success with a solid 5.74m long jump. In the throws, **Lajos Joni** had a new PBA with a 36.41m discus throw. **Paul Foley** and **Bev Hamilton** also produced good throws here, and in the shot put as well. All three of them then went on to hurl the hammer prodigious distances.

UWA – February 22

The evening began with a state record in the 60m. **Lorna Lauchlan**, fresh from her success in the longer sprint two weeks ago, ran 15.9 with a strong cross-wind, bettering **Phyllis Head's** 2004 time. Running season's bests in this event were **Barrie Kernaghan**, **Cathy McCloskey**, **Fran Cherry** and **Julie Wilson**, whilst **Lynne Schickert** equalled hers. It was a similar story in the 100m, with PBAs going to **Kevin Collins** and **Cathy Elms**, SBs to **Fran Cherry** and **Julie Wilson**.

There is often a correlation between sprinting and long jumping, so despite the headwind on the runway, lots of personal marks were achieved in the sand tonight too. SBs ensued for **Greg Wilson** (a big one out to 3.61m), **Fran Cherry** again, **Lynne Schickert** and **Cathy McCloskey**. Fran and Cathy are improving week by week, with each already making an impression in the Club Tops lists. I hope they have somewhere to store all the medals they are on course to pick up in the championships next month.

Elsewhere in the field there were also some notable throws. **Greg Wilson** and **Lorna Lauchlan** improved their shot put marks for the season, with **Bob Fergie** doing likewise with the heavyweight.

The final event on the track was a 5000m, but many of the entrants cut it short to 3000m as they found the heat too oppressive. Nevertheless, 3000m SBs went to **Mark Matcham**, **Bob Schickert** and **Fran Cherry** (her fourth of the night!).

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Analysis of the results

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Meanwhile the hardy ones who completed the full distance also contained some season's bests. **John Collier** is running very impressively this season, his 21:03.8 exactly matching his previous best from three weeks ago. **Greg Wilson** is another who is improving all-round week by week, his 25:51 knocking almost 30 seconds off his previous best since joining the club in the early summer. And finally, your analyst **John Oldfield** is slowly getting back to fitness after the long layoff. Another milestone was tonight's SB of 24:37.

ECAC – February 24

The last night of the relay carnival meant that there were only three preliminary track events tonight. Proceedings got under way with three heats of the 300m training distance. Heat winners **Chris Neale**, **David Carr** and **Carol Bowman** took advantage to loosen up nicely for the evening ahead. A fairly sparsely contested 1500m followed, with **Kim Thomas** ploughing a lonely furrow up front, **Fiona Leonard** the length of the straight behind at the finish. **Hilary Beck** had a season's best in the middle of the pack, as most chose to relax for the 800m relay later.

It was not relaxation time in the 100m though. Five lively heats kept stand-in starter for the night **John Oldfield** busy. **Colin Smith** took the first, with **Marguerita Milicich** relishing the stiff competition that led her to an SB. **Fiona Leonard** had a good run to win heat 2, in which **John Dennehy** helped himself to a good PBA. An age-group best also went to **Ross Keane**, winner of heat 3. **Matt Staunton**, busy with the javelin during the faster heats that are his normal seeding, had no problem winning heat 4, with **Jacqui Sanders** enjoying the tow to record a season's best. And the ladies' heat at the end saw **Pat Carr** continue her good form of late. Pat knocked half a



ROSS KEANE

second off her previous best this year, giving an indication again that she's peaking just in time for next month's championships.

In the field there were plenty of fireworks tonight. No less than four state records fell on a night when the field athletes did their best to make the news ahead of the final relay. First to go was in the javelin, where **Stan Selby** threw a huge 37.58 to set a new M65 state record. In fact it could have been even further. His next throw was a good metre longer, but Stan, thinking it was not as good, stepped over the line, thus negating the effort. In the same competition, **Paul Foley** also extended his own M45 SR to 43.15. Other personal landmarks with the javelin were a PBA for **Melissa Foster** and a season's best for **Stella Turner**.

At the other end of the field a high jump competition was taking place. **Fran Cherry** equalled her SB, but the real news was made again by **Greg Wilson**. Last Friday he broke **Keith Martin's** M60 SR, and tonight he raised that record a further 2cm to 1.39m. Little did we know that this record would stand for only 24 hours – see the next page!

But we had not yet finished with records. The throwers moved on to the heavyweight. SBs for **Mark Hamilton** and **Andrew Ward** were the pre-cursor to another great throw from **Lajos Joni**. Lajos has re-written so much of the M50 and M55 record book since moving over from New South Wales, and tonight he raised the M55 Weight Throw SR to 15.72m - a huge throw with such a weight. He has actually been measured previously at this distance, but that one was rounded down by a centimetre when the standard procedure of checking the tape against a steel tape is performed. It is possible that the same could happen again. Watch this space.

Still there was more on a busy night in the field – but for that you will have to turn to the relay supplement as tonight's long jump competition was given over to the team 'relay'.



MARGUERITA MILICICH

Analysis of the results

WAAS – February 25

The build-up to the championships in five weeks' time has meant that more MAWA members are attending this Strive Interclub meet each week to take advantage of the stiff open competition, and also the top track and field conditions. No less than nine sprinters toed the line for the 100m. (I suppose it should be 'fingered the line' since they were using blocks.)

Conditions were perfect for sprinting, although the last heat of the 100s had a wind just over the allowable 2m/s. **Brett Blanco** is our premier sprinter at the moment, and did not disappoint with 11.75 in heat 2. **Chris Neale** and **Graeme Watson** had a great battle down the straight in the next heat, with Chris just edging out the younger man. Perhaps if Graeme had been wearing MAWA colours instead of Canning Districts it may have been different. All three aforementioned ran SBs, as did **Mark Elms**, **Barrie Kernaghan**, **Lynne Choate** and **Norm Richards**. **Matt Staunton** went one better with a PBA of 12.96. **Colin Smith** also recorded a good time, but he'd run so fast earlier in the season on the Gold Coast that his season's best just eluded him.

It was a similar story in the 400m. Personal landmarks went to all four of our entrants, the best being a PBA of 54.65 for **Graeme Watson**. He had his revenge on **Chris Neale** (55.63, SB) who could not match the staying power Graeme showed in the home straight. **Mark Elms** and **Barrie Kernaghan** completed our quartet in this event, each also recording strong SBs.

The main story from the field was once again written by **Greg Wilson**. I alluded in the previous section to the fact that his high jump SR did not last long. He added another 1cm, leaping 1.40m tonight for his third state record in 8 days. **Graeme Watson** had a good long jump to add to his two track successes.

The throwers were out in force tonight as well, with the hammer being the most popular. **Byrony Glass**, our premier hammer thrower, returned to competition after a



BEV HAMILTON

long lay-off with a booming 50.90. **Matt Staunton** (39.61), **John Everard** (39.34, SB), **Kate Glass**, **Paul Foley** and **Bev Hamilton** completed the entry. Most of them continued in the same cage with the discus, supplemented by the arrival of **Lajos Joni**. **Paul Foley's** 31.47 was his season's best. Paul had earlier been joined by **Mark Elms** at the other end, throwing the javelin. **Mark's** 35.51m was 4m beyond his previous season's longest throw.



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