

## Jumping Jack flash

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Masters  
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Dave Wyatt shows his style during competition. *Photo: VIC WATERS*

Athletes sharpened their skills with the first high jump for the summer season conducted at Ern Clark Athletic Centre (Coker Park) in late October.

The jumps are organised on a competition basis by Dave Wyatt who will give advice and coaching. Held on selected Thursdays, the jumps start at 6.30pm to allow for

some of the earlier races to be completed.

Dates for the summer season are: December 2 and 16, January 27, February 24, March 10 and 24.

## Colin and Tolli to rock Gold Coast

Colin Smith and Rob (Tolli) Antonioli are among a group of Western Australians who will head east to the Gold Coast to compete in the Pan Pacific Masters Games from November 6 to 14.

Colin has entered the 60m, 100m, 300m, 400m, as his prime events and the 800m, 1500m, long and triple jumps.

"My best chance of a place would be the 60m and 400m, but you never know who is going to show. If I could equal or better my times at the nationals I will be satisfied," Colin said.

Rob has entered the 60m, 100m, 200m, 300m, 400m, 800m, 1500m, 3000m and 5000m.

Colin said the other masters going to the Pan Pacs are David Clive, Bjorn Dybdahl and Melissa Foster,



Colin Smith



Roscoe McDonnell grits his teeth during the nationals.

Photo: VIC WATERS

# Roscoe loves Alice

Roscoe McDonnell was the undoubted star of the Western Australian athletes at the Alice Springs Masters Games in October. With six races producing six M50 gold medals over the five days, Roscoe led the WA medal haul.

Top times in his three track races (800m, 1500m and 3000m) were backed up with gold in the 5km cross-country and 8km road race. He then led home the strong M50 field in the Masters Mile finale.

Roscoe gave a glimpse of his form with impressive runs at UWA and Coker Park prior to his trip to Alice Springs.

Four gold medals also went to Ian Stewart (M75 gold in the 400m, 1500m, mile, shot put and silver with the discus). Other excellent performances came from Rudy Kocis (M45 gold in the 100m and 200m) and Gordon Medcalf (M80 gold in both sprints plus the discus). Elaine Holmes took W60 gold with the shot and

discus, also medalling with javelin and hammer.

Barbara Brown added W55 gold (shot and javelin) to her minor medals from the hammer throw and long jump; Noela Medcalf had two silvers from the hammer throw and discus. Mary Heppell won the W70 mile, Maggie Flanders just missed the medals in the discus, javelin throw and 5km walk, whilst ex-member Valetta Boddy brought home five silvers (100m, 400m, long, triple and high jumps).

## Roll of Honour

October 14 — ECAC  
Lajos Joni M55 Hammer 41.21m  
October 21 — ECAC  
David Carr M75 10000m 46:57.8  
October 26 — UWA  
Peter Kennedy M90 Shot 5.04m  
(and not previously reported)  
April 4 — WAAS  
Derry Foley M80 Triple Jump 6.17m

## Records up for grabs

In just a quick perusal of the lists of current State Records you will notice that a lot of them were set in the last century. And in the younger age groups, a considerable number of them date from the 1970s and 1980s.

It is hard to imagine any of us coming close to those set by John Gilmour and one or two other super talented athletes but there are some that are just waiting to be broken.

Maybe YOU could do it!

Some of the results already being posted at the beginning of the season are not too far off record marks — particularly in the short sprints and 30-40 age groups. The records are detailed on the website — why not have a look and compare your results? Aiming for a state record could be just the goal you need to motivate you through the season.

## The Oldfields -- The Perennial Migrants

Since this issue's *In Focus* had to be written before my return to Perth, I decided to feature the only two people that I had direct access to – John and myself.

For a brief spell in the early nineties, whilst living in Perth, we were members of both 'The Vets' and the Marathon Club and rejoined MAWA in 2005.

Some of you may not realise

that we are a bit like some of the birds that we enjoy watching. We spend northern hemisphere summers in England and, as autumn sets in, we fly south to enjoy the Perth heat. This way we have two athletic seasons and no winters. Over the past five years we have qualified as national and international athletics officials both in Australia and in the UK and

are hoping to be invited to officiate at the London Paralympic Games in 2012. As new kids on the block, we have no chance of getting to the Olympics.

However, we made good use of our qualifications and experience in helping run the Australian Masters Championships last Easter.

By Christine Oldfield

# Christine's running high

I was born and brought up in Scotland and, on holidays, always enjoyed the walks I did with my father. But I loathed any sort of sport and, apart from hill walking, took no form of exercise until I was over forty. When John joined the Hash in Dubai I decided to give it a go. After a couple of years I did a 10km fun run and enjoyed the feeling of achievement as I crossed the finish line.

I was never a fast runner but over the next twenty years, road races became part of my life and I ran wherever in the world I was working.



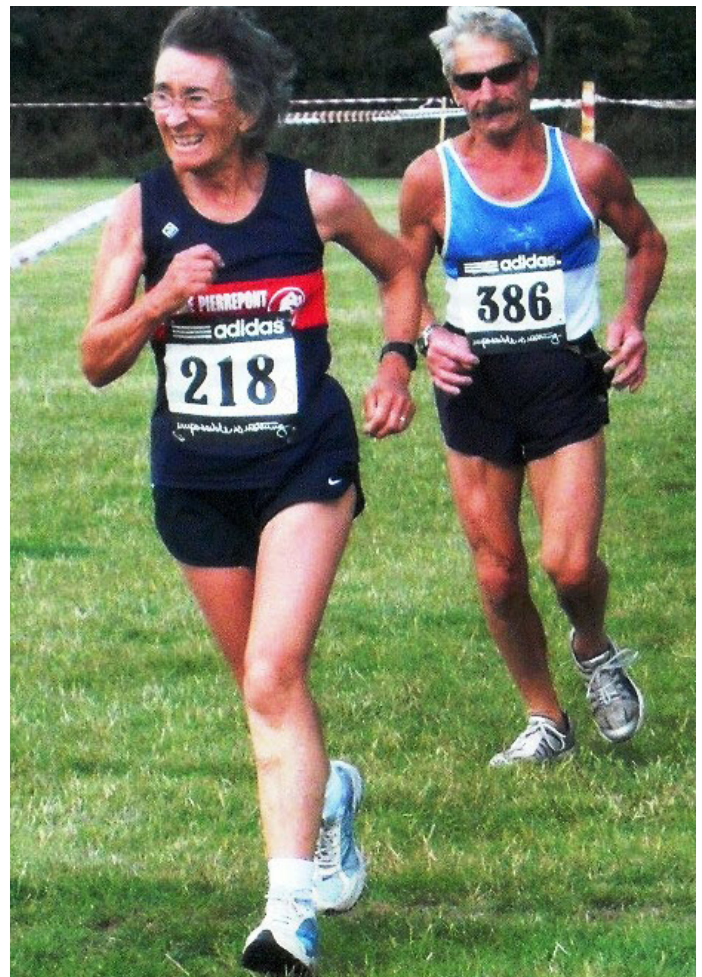
Christine receives her bronze medal as Jackie Halberg looks on at the World Championships in Lahti, Finland.

I thought the pinnacle of my achievement was completing the Edinburgh marathon at age fifty nine but when, at sixty, I ran it in 4:40, bettering my time by twenty six minutes, I felt I had conquered Everest.

Also around this time I began to run on the track with MAWA – just for fun. I can't imagine any other club where I would be given this sort of opportunity and where my efforts, no matter how slow, are respected and often applauded. Since there are not many 'old ladies' competing, it has been relatively easy to set relay records and win medals, especially at the State Championships. Most of these I regard as rewards for participation but I really value those where I have actually beaten someone and where my relay team has broken, rather than set, a record.

That I could compete at a World Championships was beyond belief but, in Riccione in 2007, I was amazed to have a significant number of competitors finish behind me in each race. And the bronze Team Cross Country medal which I brought home from Lahti in 2009, takes pride of place on our medal board.

John has always said I could run much faster if I did more training and I'm sure that is true but I think I would



Christine takes a male scalp in a UK 10km finish.

then feel that running was a chore rather than a pleasure. So I run when I feel like it but always try to have some goal in mind for motivation purposes. This might be a particular race or a PBA that I

want to beat. I am also aware of the positive effects that running has had on my health and hope that, inspired by the astonishing feats of our club's octogenarians, I will continue to run for many years to come.

# John's thirst for life

John Oldfield was born in Nottingham, England, in 1943 to working class parents. His Dad was a county standard cross country runner and John remembers, at about seven years old, running at his heels along the cliffs when on holiday in Cornwall. At school he ran track and cross country but for some years thereafter he just didn't have time to run.

He married very young and graduated as a metallurgist. But, in one of several career moves, he ended up in the retail trade. In search of opportunity he took his family overseas, ending up in Australia. He served in the Royal Australian Navy and competed for them in races from 3000m to 10,000m – often on the old cinder track in Fremantle.

In 1975 his marriage broke up and he returned to the UK where he met Christine. John took up road running and completed many half marathons and some full marathons. Their teaching careers provided the opportunity for more travel and, as members of the Hash House Harriers, they ran (and



drank) in Dubai, Bahrain, the UK, Qatar, South Africa and Australia. As to John's solo trip to the World Hash *Thriller in Manila*, the least said the better!

In his sixties, he decided to try the MAWA track sessions and has had a go at every distance from 60m to 10,000m. But he admits he is not a sprinter and now concentrates on distances of 1500m and above. Last year,

for fun, he had a go at the 2000m steeplechase and, on his first attempt, took gold and became the M65 British Masters Champion, a title he retained this year.

Despite being plagued with injuries over the last two years, John has managed to compete in two World Masters Championships – in Italy and in Finland. In Lahti he surpassed expectations and qualified for the final of the

1500m. Running in the final, in the main stadium, is something he will never forget. Closer to home his most memorable experience was his 2009 State Championship 10,000m race against Bert Carse. He lost, but to run Bert so close was an experience to treasure.

In 2008 John won the club's Achievement Award. This was in recognition, not only of his success in running a fistful of PBs, but of his contribution to the club. He had served on the committee, organised the Tuesday track sessions for two seasons and also instigated this Track & Field Newsletter.

This year he took over as webmaster and the resulting restructured site is now regularly updated with a wealth of information and photographs. When not able to run, John is like a bear with a sore head so he hopes (as I do) that he will be able to continue for many years to come. He says he is inspired by watching the ladies as he follows them around the track and looks forward to feeling the same way when he's ninety.

## T&F Programme for November

ECAC	UWA							
Oct 28	Nov 2	100m	800m	300m	3000m PT	Long jump	Discus PT	Wt throw
Nov 4 <sup>^</sup>	Nov 9 <sup>*</sup>	200m	60m	5000m r/w	400m PT	Triple jump	Shot PT	Hammer <sup>^</sup> Javelin <sup>*</sup>
Nov 11 <sup>^</sup>	Nov 16 <sup>*</sup>	1500m	400m	3000m r/w	100m PT	Long jump	Ham PT <sup>^</sup> Shot <sup>*</sup>	Wt throw
Nov 18	Nov 23	200m	4000m r/w	60m	800m PT	Triple jump PT	Discus	Javelin
Nov 25	Nov 30	400m	1500m r/w	100m	5000m PT	Long jump	Shot	Wt throw

## October 5

**UWA:** **Barrie Kernaghan** took over the running of UWA Tuesdays as a total of 29 turned out on a warm but windy evening. Although track had been taking place at ECAC through the winter, this was the first opportunity for field competition since April. And it was with the discus that the first PBAs were recorded – **Peter Gare (M70)** threw 32.22m, **Brian Miller (M50)** 29.56m. **Tracey** and **Sean Gartlan** made a welcome return to competition for the first time since Sean's overseas duty and others also threw off the winter cobwebs.

## October 7

**ECAC:** The very warm Spring weather continued at ECAC, encouraging an excellent turnout for this first Thursday meet of the season. The evening opened with some great 100m finishes. **Mark Elms** (pictured) equalled his PBA in the first, although just pipped on the line by **Chris Neale**. Close finishes were the order of the day in the other three heats too. **Brian Hewitt** and **Graeme Dahl** each set new age-group highs in the 3000m, almost a lap ahead of the rest of the 15-strong field. Three heats of the one-lap race produced more top racing, with new member **Steven Tingay** dipping under the minute in his debut race. **Brian Hewitt** followed up his 3000m PBA with another in this 400m race.

Almost everybody there seemed to be lining up for the 1500m start – the judges' stand must have been quite bare. **Steven Tingay** again took the honours, with **Graeme Dahl** almost back to his old form (another PBA in 5:46).

It was good to see some of the field athletes back on show. **Lajos Joni** warmed up for the season ahead with



MARK ELMS

good shot put and discus throws, as did **Bev Hamilton**. **Chris Neale** was maybe putting a marker down for the Patron's Trophy with a PBA discus throw of 31.47m. In the jumps pit, **Melissa Foster** is always impressive; a 10.25m triple jump sets her season up well.

## October 12

**UWA:** More of the regular Tuesday crowd returned tonight, including **Ivan Brown** (pictured) and **Val Prescott**. It was good to see **Peter Hopper** and **Julie Plackett** back in the fold too. Noticed also were **Colin Smith** and **Campbell Till**, habitually Thursday runners. Could it be that another challenge on the upcoming Patron's Trophy is under preparation? The major performances of the night were with the discus – **Julie Plackett** with a PBA of 24.12m in particular. On the track **Gill Edmonds** knocked a good 40 seconds off her PBA in the 3000m, although some distance behind husband **Keith** who led the field home.

## October 14

**ECAC:** It was a really busy evening at ECAC with the largest turnout since Perth 2010. Five full heats of the 100m sprint set things off, with a huge crowd also under Les Beckham's guidance in the long jump pit. **Chris Neale** now has fierce competition in the sprints and had to give way in the 100m to **Steven Tingay**, each man clocking a swift 12.1s. **Matt Staunton**, recently returned from Adelaide clocked 13s; PBAs behind Matt went to **Dave Wyatt** and **David Solomon**. **David Clive** completed a terrific opening race. **Kevin Hynds** also notched up a PBA in the second heat, with a number of close finishes taking place right down to the fifth race.

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IVAN BROWN

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More great sprinting was to follow in the 60m, but next came two high quality 800m races. **Mark Matcham** led home the first, and in the second heat there were three more PBAs. **Graeme Dahl** continued his return to something like his best form, with PBAs also going to **Milton Mavrick** and **Mel Hynds**.

Five more sprints followed over the 60m distance with **Chris Neale** reversing the earlier results with **Steven Tingay**. Again, they both clocked the same time of 7.8s. **Colin Smith** just edged out **Matt Staunton** in the fourth heat and a PBA of 10.8s went to **Carol Bowman**. **Melissa Foster** took out the final heat with **Mark Matcham** in close attendance.

The end of the evening on the track belonged to the distance runners – and they maintained the high standard set by the sprinters. PBAs in the 5000m went to **Graeme Dahl**, **Tessa Brockwell**, **Steve Fuller** and **Milton Mavrick**. I've saved the best until last. **David Carr** gave notice of his form for next week's start of the Patron's Trophy by knocking no less than 25 seconds off his own PBA.

I've already mentioned the huge group keeping Les Beckham busy. It is the first time I can ever recall 20 competitors in the long jump at one of our regular meets. Well done Les! **Matt Staunton**, **Gillian Young** (pictured) and **Dave Wyatt** showed their class by setting new PBAs. And still we have more on this hectic night. **Lajos Joni** started his expected haul of state records with a mark of 41.21m with the hammer. Special mention also goes to **Jim Davis**. Jim is M75 and threw the hammer a huge 33.58m. There were also 12 competitors in the discus cage. Honours went to **Matt Staunton** with a throw of over 36m.



GILLIAN YOUNG

## October 19

**UWA:** There was a normal turnout on an evening which was just made for sprinters – warm with a light breeze. **Garry Ralston** continued his build up to top form, pipping **Mark Elms** in the first heat of the 100m. **Barrie Kernaghan** handed over the reins of power just long enough to take the second heat ahead of the returning **Rob Greenhalgh**. Another welcome returnee, nonagenarian **Peter Kennedy**, also ran in this heat. A well-contested 800m was won by **John Collier**. After three heats of the 60m, with a number of season's bests it was on to the distance race. **Gill Edmonds** continued her major move up the rankings by knocking another 25 seconds off her 3000m PBA – that's over a minute now in the past two weeks.

Meanwhile there were some excellent performances in the field as a number of 'trackies' warmed up for the PT next week. **Peter Kennedy** set a new long jump PBA, whilst with the heavyweight there were new age-group marks for **Julie Plackett** and **Rocky Cloete** (long time no see, Rocky – welcome back). **Rocky** also achieved a new distance as an M60 with the discus, a feat matched by M50 **Brian Miller**.

## October 21

**ECAC:** Although it was the last event of the evening, the focal point was without doubt the 10,000m. The Patron's Trophy 2010 is under way. Conditions were good for distance running, although some perhaps thought a little warm. Men's trophy holder, **David Carr** found no problems as he was off to a flyer with a new state record, knocking 14 seconds off his own mark set a year ago in PT09.



BARRIE KERNAGHAN

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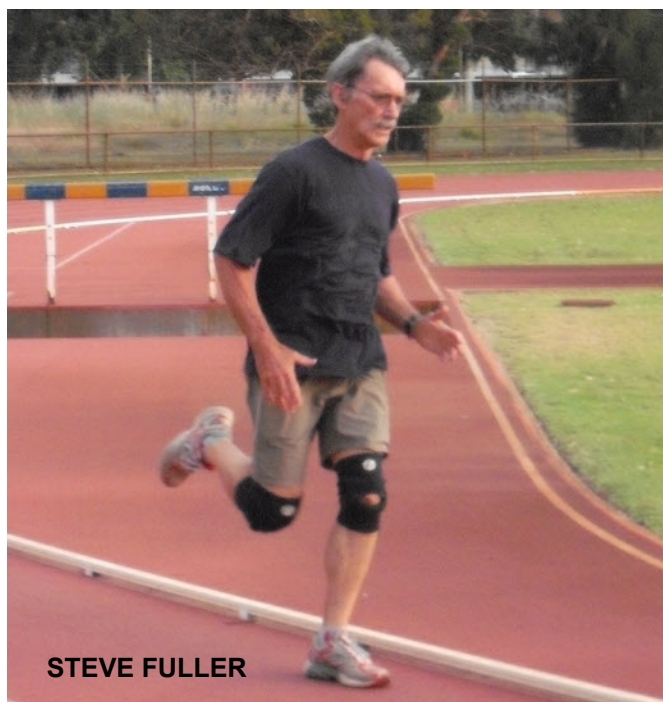
His 87% was almost matched by **Gillian Young**. 85% puts her at the top of the women's leader board, but **Peggy Macliver** took a raincheck, choosing to begin her campaign the following week. Four others set PBAs – **Brian Hewitt** (73%), **Sarah Ladwig** (71%), **Lorraine MacLennan** and **Steve Fuller** (pictured) (both 67%).

Elsewhere on the track, some swift 200m races set the evening off to a good start, notably for **Regina Crouch** with a PBA of 38.7s. Only four athletes competed in the mile race. One of these was **Margaret Saunders**. I wondered if her 6:18 (85.6%) might be a W55 state record. However, on checking, that is still safely in the hands of club president **Barbara Blurton**, whose 6:09 was set in 2005 before all Barbara's injury woes. Another good performance came from **Mike O'Reilly** in the 400m. 74.2s is a new PBA for him. SBs also came for **John Dennehy** and **Peggy Macliver** in the same race.

Whilst the main event was always going to be the 10,000m tonight, there were huge entries in the three field events to enjoy. **Matt Staunton** and **Melissa Foster** each went over 10m in the triple jump, which saw a PBA for **Derry Foley**. **Mark Matcham** and **Colin Smith** also went close to the 10m mark. **Matt Staunton** showed his all-round class in the two throws events – 10.58m with the shot and 43.57m with the discus. PBAs fell to **Gillian Young** and **Derry Foley** with the discus - indicating that each may well have a role to play in the trophy events to come.

## October 22

**Strive meet, WAAS:** The opening night of the Strive Interclub season at the WA Athletics Stadium saw seven MAWA men competing at the top level the state can offer. **Matt Staunton**, back in the fold from SA, performed well



STEVE FULLER

in four field events as he prepares for his next decathlon. On the track the main MAWA interest was in the opening 3000m. Now M40, **Paul Mitchell** was only 12 seconds away from **Tony O'Hare's** 1979 state record. New man **Jon Kappler** was close on Paul's heels with 9:22 – also only 9 seconds outside the M45 state record. We can clearly look forward to great competition between these two. **Bruce Wilson** (now M65) had a PBA of 10:32 in the same race. **Andrew Brooker** (800m) and **Colin Smith** (200m) can also be pleased with their form on this opening night.

## October 26

**UWA:** The first round of the Patron's Trophy was completed tonight with the 10,000m on grass. None of the competitors tonight has a history of PT completion, so the results may not influence the destination of the trophy. **Bjorn Dybdahl** (pictured) both won the race in just under 40 minutes and notched up the highest points total of 79.8%. **Vic Waters** made a rare track appearance with a creditable 70%, with all the other entrants scoring in the low-60s.

Probably the highlight of the evening's athletics however was a state M90 record for **Peter Kennedy** with the shot put. Season's bests in this event also went to **Peggy Macliver** and **Peter Hopper**. In the javelin throw, **Andrew Ward** (31m) and **Maria Trolio** (22m) set new PBAs, with **Peggy** adding another SB.

The shorter track events saw some good performances too. **Garry Ralston** pipped **Craig van Waardenburg** in the first heat of the 200m, but led him through to a PBA of 27.8s, with **Campbell Till** not far behind. **Campbell** stormed home in his favoured 400m race in 62.4s to show that he's sharpening up for his PT challenge. He claims not to present a challenge in this year's trophy, but it could be mind games! The mile saw a close challenge between **Bjorn Dybdahl** and **Roscoe McDonnell**.



BJORN DYBDAHL