

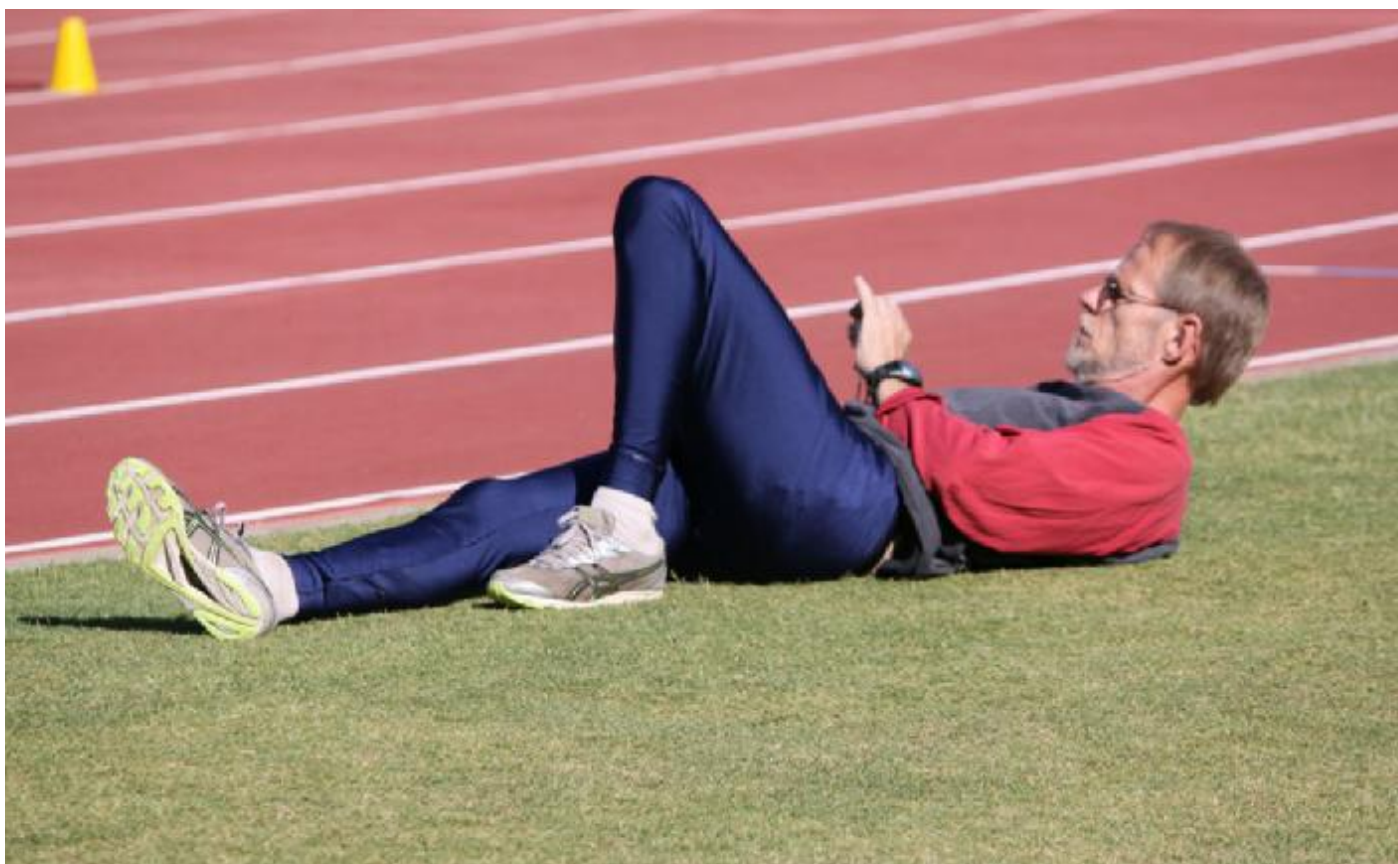


TFNL

The Track and Field Newsletter of MAWA

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Could Bjorn Dybdahl's laid back approach be his secret to running. It certainly has not hampered his performance this year and he will be out to improve on the track this summer.

Photo: GRAEME DAHL

Time to make a move

It's time to shake off those winter running blues with the start of the summer track and field season.

There is always a huge contrast between the summer track season at the two venues of UWA and ECAC against the winter season at ECAC. Contrasting weather is one of the factors, but also many members prefer either to have a break from

running or switch to road and cross country in the winter. In one way it is a shame that there are fewer attending the winter sessions.

The bane of many summer evenings – a strong wind – is often absent at these cooler winter evenings and this leads to good times being set. However, we all need a break from time to time to

keep ourselves not only fresh, but fit.

Whatever the reason, now is the time for all to dust off the Asics, Saucony, Nike or whatever your preference and prepare for the new season which starts at UWA's McGillivray Oval, Mt Claremeont on October 5.

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Winter season review

In all, over 70 members attended at least one of the winter ECAC evenings. This gives a false picture, because the average attendance was probably closer to 25, with some of the colder Thursdays seeing even less. Even the prospect of a warm drink and cake or biscuits to follow (thanks Carol and Nick) failed to tempt many in the darkness that was June and July.

Nevertheless some good racing took place with a number of state records falling. As club statistician Campbell put it “Records were set, often by the usual suspects – Lorraine Lopes, Irwin Barrett-Lennard and Lyn Ventris”.

Winter regulars took advantage when the running conditions were kind to improve times over a range of events. Notable amongst these were Mel and Kevin Hynds, Lorraine MacLennan, Chris Neale and David Solomon.

A number of new or recent members also showed good form. Regina Crouch displayed versatility in running and walking, and new members Kate Sommerville, Paul Odam, Mark Matcham, Jon Wannberg, Sue Bourn and Cathy Elms all feature prominently in the better times of the season.

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Colin Smith strides out ... Colin was a regular during the Winter Season.

Photo: GRAEME DAHL

MAWA's Tahitian tales



Photo: VIC WATERS

Any review of the winter's AT&F athletics would not be complete without mention of the Championships that have taken place. This year the Oceania Masters Championships were in Tahiti.

It's a tough task travelling to such a remote place, but four MAWA members – Bob and Lynne Schickert (pictured), Bjorn Dybdahl and Bev Hamilton – were joined by part-time MAWA multi-athlete Don Chambers.

A suitcase full of medals

returned to Australia with the worthy representatives of the club, and their achievements are on the website.

A mid-year *Club Tops* 2010/11 listing the year's best performances so far contains a significant number of entries from these newer members, as well as "the usual suspects".

This list is also available on the club's website – www.mastersathleticswa.org for you to download.

The list is updated through-

out the season, so that the best three performances in all the regular race distances are recorded for posterity. This archive only commenced in 2009/10 but the plan is to add to it each year so that the track history of the club is there.

It is only really meaningful if there are sufficient entries in an event. Events with few competitors are not represented. So *Club Tops 2010/11* includes an archive of best performances in less popular events (the walks, steeplechase, etc.).

T&F Programme for October

UWA	ECAC							
Oct 5		60m	1000m	300m	3000m r/w	Long jump	Wt throw	Discus
Oct 12	Oct 7	100m	3000m r/w	400m	1500m r/w	Triple jump	Discus	Shot
Oct 19*	Oct 14^	100m	800m	60m	5000m r/w	Long jump	Wt throw* Hammer^	Discus
Oct 26	Oct 21	200m	Mile	400m	10000m PT	Triple jump	Shot	Javelin
Nov 2	Oct 28	100m	800m	300m	3000m PT	Long jump	Discus PT	Wt throw

Let the battle begin



Campbell Till shows the style that helped him win the 2009 trophy. *Photo: VIC WATERS*

Those hardy athletes taking advantage of the winter season at Coker Park have a head start in their preparations for this new season. Notable amongst these have been the two holders of the Patron's Trophy, David Carr and Peggy Macliver. The rest of us will have to work very hard to wrest the silverware away from them as the competition starts in mid-October.

For most of us the PT is out of reach; our objective, similar to the club runner entering a marathon, is to complete the course. It is a tough challenge – not less than 10 events, with three of them throws or jumps. Even on the track the range

of ability needed is demanding. Everything from sprints, through middle distance to the longer races must be tackled if we are to achieve that coveted certificate.

I remember last year going almost from the aircraft door to UWA in order to run in the 10,000m – my best event. This year Christine and I will not be back from England in time to do that, but will have to make a similar drive for the 3000m in order to cover 10 events. Such is the attraction of this great component of the pre-Christmas season. Bring it on!

John Oldfield

Patron's Trophy honour roll

MEN

1979	M40	Ross Holland
1980	M45	David Carr
1981	M60	Andy Wright
1982	M55	Allen Tyson
1983	M60	Andy Wright
1983-4	M70	Dick Horsley
1984-5	M70	Dick Horsley
1985-6	M50	Basil Worner
1986-7	M55	Basil Worner
1987-8	M40	Keith Martin
1989	M55	David Carr
1990	M55	David Carr
1991	M55	David Carr
1992	M60	David Carr
1993	M60	David Carr
1994	M50	Keith Martin
1995	M50	Keith Martin
1996	M60	David Carr
1997	M60	David Carr
1998	M65	David Carr
1999	M50	Brian Foley
2000	M65	David Carr
2001	M55	Bob Schickert
2002	M70	David Carr
2003	M60	Bob Schickert
2004	M70	David Carr
2005	M70	David Carr
2006	M55	Henri Cortis
2007	M70	David Carr
2008	M75	David Carr
2009	M50	Campbell Till
2010	M75	David Carr



Shand had a hand

The trophy was first presented by the then Patron W J (Bill) Hughes. It was designed by Rob Shand who also supplied the materials and a local woodworker shaped the discs. Twenty-three years later a further tier was added.

A women's trophy was awarded from 1980.

Scoring systems and qualifying events have changed a few times.

WOMEN

1980	W40	Dorothy Whittam
1981	W50	Lorna Butcher
1982	W50	Lorna Butcher
1983	W35	Jan Fletcher
1984	W35	Jan Fletcher
1985	W35	Jan Fletcher
1986	W40	Jan Fletcher
1987	W40	Jan Fletcher
1988	W35	Joy Sanger
1989	W55	Pat Carr
1990	W45	Peggy Macliver
1991	W45	Peggy Macliver
1992	W45	Peggy Macliver
1993	W60	Pat Carr
1994	W40	Jill Chambers
1995	W45	Anne Shaw
1996	W50	Peggy Macliver
1997	W60	Dorothy Whittam
1998	W50	Peggy Macliver
1999	W50	Peggy Macliver
2000	W55	Peggy Macliver
2001	W55	Peggy Macliver
2002	W60	Lynne Schickert
2003	W60	Lynne Schickert
2004	W55	Peggy Macliver
2005	W50	Liz Neville
2006	W50	Liz Neville
2007	W60	Peggy Macliver
2008	W60	Peggy Macliver
2009	W60	Peggy Macliver
2010	W65	Peggy Macliver