



Lyn on a high

Athletic elite
gather for gala
awards night



MAIN PHOTO: Lyn Ventris could not resist a training session along the promenade in Nice.
INSET: Lyn pictured with Usain Bolt at the IAAF Gala Awards night. Story – Page 2.

Girl power
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Lyn's magic night



Ron Robertson with Lyn and WMA President Stan Perkins.



Lyn shares the moment with husband John.

Western Australian Masters Athletics racewalker Lyn Ventris took her place among the world's elite athletes at the IAAF Gala held in Monaco earlier this month, honoured alongside many international athletes such as Usain Bolt and Sally Pearson.

At a glittering awards ceremony Lyn was there with Ron Robertson of New Zealand as the World Masters Athletes of the Year 2011.

At the event Bolt and Pearson were announced as the World Open athletes of the year.

Also at the event Lyn met many other past champions and athletics representatives from around the world.

Among the World Masters Athletics

contingent at the Gala was WMA President Stan Perkins and WMA Secretary Winston Thomas.

Lyn said she had to pinch herself when she met the who's who of world athletics at the event.

"It is the biggest social event the IAAF have so to be involved in it was brilliant" Lyn said.

Lyn said she very much appreciated Oceania Masters Athletics nominating her for the award and was thrilled to represent fellow masters athletes on behalf of Masters Athletics at the Gala.

Lyn and husband John spent a few days in Nice each side of the Gala weekend before returning home to Bunbury in Western Australia.



Award winners Sally Pearson and Lyn Ventris are all smiles.

Yes! We will measure that



Melissa Foster leaps off the runway on her way to breaking the state record in the triple jump.

A cry of “yeeesssss” was the signal that onlookers knew Melissa Foster had executed a special jump when she broke the state record in the triple jump during competition at Ern Clark Athletic Centre last month.

When asked if she wanted that jump measured she replied. “Yes! We will measure that.” Melissa went on to say that she does not have to think about the jump now, it just comes naturally. Her new mark is 10.67m.



Roll of Honour

October 3
 Greg Urbanowicz M30 56lb h/wt 7.74m
 Greg Urbanowicz M30 112lb h/wt 3.97m

October 7
 Lyn Ventris W55 5000m walk 24:16.7

October 8
 Lyn Ventris W55 3000m walk 14:26.99

October 9
 Lyn Ventris W55 1500m walk 7:00.30

October 12
 Lyn Ventris W55 10km walk 50:32.0

October 27
 Matt Staunton M35 Wt. throw 13.89

November 1
 AR Dave Wyatt M60 HJ 1.45m SR
 AR (Dave has equalled this height twice more in November)
 Gillian Young W64 3000m 13:05.8 91.09%

November 4
 WR Scott Tamblin M30 3000m 8:49.0 SR
 WR Xander van Rijen M44 800m 2:02.45 90.09%

November 22
 AR Peggy Macliver W65 100m 15.9 90.82%

November 24
 SR Melissa Foster W35 TJ 10.67 SR
 SR Lajos Joni M55 Wt throw 15.9 SR

Girl power



Lauren Shelley (left) and Wendy Seegers have raised eyebrows at Tuesday night MAWA meetings at the WA Athletics Stadium.

While the term Girl power was made popular by the Spice Girls in the nineties it has been the motivating factor for male athletes to lift their game at Tuesday night MAWA meetings at the WA Athletics Stadium.

First track sensation Wendy Seegers hit the scene. She has been the talk of the sprint runners with some super-fast times, only a few months after her return to competition.

Wendy had an impressive career running for South Africa some years ago competing at the IAAF World Championships at Seville and the World Indoor

Championships at Maebashi, Japan in 1999.

Now it was the turn of the male distance runners to be put on notice when Lauren Shelley entered a 3000m at WAAS.

Lauren represented Australia at the 2005 World Half Marathon Championships in Edmonton and picked up another win in the Perth City to Surf this year.

Eyeing another start in the prestigious Zatopek 10,000m in Melbourne this month Lauren was preparing to do a training session when she decided to run the 3000m. She

went on to win the race in 10 mins 32 secs with Roscoe McDonnell second in 10:45.4.

Lauren's training the previous week consisted of 22 x 400s, only two reps short of her initial goal.

She is known to a number of MAWA members in her role as a physiotherapist at Body Logic at Bethesda Hospital. Lauren's understanding of the needs of an injured athlete were highlighted when she assisted Margaret Saunders and Peggy MacIver's rehabilitation from injuries prior to the World Masters at Sacramento in July.

Mr Excitement

Rudy Kocis
rekindles
love of
running

Born in Yugoslavia in 1961, Rudy Kocis came to Australia aged three and grew up mainly in Sydney and Adelaide. Sport was in his genes (though none of his three sons has inherited the running bug) and he started running when he was about six. He loved competing and won many races as a junior, usually finishing in the top four in state championships. He joined the Navy at eighteen and although you “can’t sprint too far on a ship” he represented the Navy several times in the Forces games. He also played soccer at a reasonably high amateur level for about forty years until his “knees gave in” and couldn’t cope with all the twisting and turning.

After ten years in the Navy, he worked in Perth for six years before moving to Northam, where he has been for the last seventeen years. He runs a business, Country Copiers, and was Avon Valley Business Person of the Year in 2010.

It was his marriage breakup that kick-started his running again. He needed to refocus and concentrate his energy on something constructive. And maybe it had something to do with his recurring dream about buying colourful sprint spikes! He joined MAWA in 2010 and found that “after such a long absence, the pain of getting back to competitive running, let alone sprinting, was pretty hard going”. But with support from fellow athletes he has grown in confidence and is looking forward to regaining strength and speed commensurate with his age and ability.

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Determination a key

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His first serious challenge was at the Australian Masters Games in Alice Springs in 2010 where he ran away with the golds in the 100m and 200m. Soon afterwards he broke the M45 state 60m record. This year, at the Games in Adelaide, he was more ambitious and entered all the events he had loved as a child. He won three golds (60m, 100m and long jump) and two silvers (200m and high jump).

He plans to compete in the state and national championships this season and is looking (hopefully) towards the Pan Pacific Games next November and possibly the Worlds in Brazil in 2013. Just for fun, he participates in short course triathlons, enjoying the necessary training and dietary discipline. And he also enjoys the challenge of competing

against the younger guys at WAAS on Fridays.

Not one to sit still, Rudy likes to encourage people to be the best they can be. He has been involved in juniors soccer for years and is currently looking at completing Level 1 and 2 athletics coaching to assist the youngsters in Northam. He has also just started a personal fitness trainer course with a view to changing careers - "scary stuff". He hopes this may mean he can eventually move to Perth.

His biggest motivator is improvement – he says "Medals, records and winning are just indicators that all is going well". It has been immensely satisfying for him to have achieved so much in so little time. He finds that training alone in the country makes it difficult, but makes him even more determined to succeed.



T&F Programme for December/January

ECAC	WAAS							
Dec 1 [^]	Dec 6	200m	4km r/w	60m	800m PT	Long jump	Discus [^]	Wt throw [^]
Dec 8 [^]	Dec 13 [*]	300m	2k r/w	100m	1500m PT	Triple jump Triple jump PT [*]	Javelin PT[^]	Shot [^]
Dec 15 [^]	Dec 20	800m	100m	3k r/w	200m PT	Long jump	Wt throw [^]	Hammer [^]
Dec 22 [^]	Jan 3 [*]	60m	1 mile	400m	1000m r/w	Triple jump [^] Long jump [*]	Shot [^]	Discus
Jan 5 [^]	Jan 10 [*]	60m	800m	200m	3000m r/w	Triple jump 2km steeple [*]	Javelin [^]	Wt throw [^]

NB: As there are no throws at WAAS this year, the Patron's Trophy discus may be done at the Strive meet on December 9 and javelin at the Strive meet on December 16.



Patron's Trophy



Track's classic night



Gillian Young leads Ivan Brown in the 3000m. Gillian powered to a 91.09% aged graded result.

In the 3000m there were no less than 32 entrants requiring two heats. Sub 13-minutes was organiser **Barrrie Kernaghan's** discriminator for the first heat. The race was of such a high quality that twelve of the fourteen set new best times of one form or another, an amazing race. There were four PBAs (**Mark Dawson** again, **Terry Cummins**, **David**

Brook, and **Grant Schofield**), five new club tops for 2011/12 (**M40 Andrew Brooker**, **M30 Grahak Cunningham**, **M50 Roscoe McDonnell**, **M55 Alan Gower** and **M60 Graeme Dahl**). Three others set season's bests.

Heat 2 could have been an anti-climax – it was anything but. **Karyn Gower** and **John Oldfield** led from the gun, with Karyn setting the pace for five laps. As she began to tire, John took over, with Karyn fighting back gamely to make it a good finish, John claiming a new CT. However, behind these two was the real star of the evening. **Gillian Young** holds the W60 state record, set four years ago when she was new to the age group. Her time, now she is at the top end of the age group was only 10 seconds slower, but garnered her an astonishing points total of 91%-plus. 90% is considered world-class.

Gillian's daughter **Mel Hynds** set a new PBA, breaking the 14-minute mark for the first time. **Carol Bowman** and **Julie Wilson** had a terrific *battle of the W55s*, with Carol (SB) just edging out Julie (PBA). **Peggy Macliver** started her campaign to retain the trophy with a new CT of 14:36.4, and **Bob Schickert** also went to the top of the Club Tops list for his new age group of M70.



Karyn Gower had a race long battle with John Oldfield in the 3000m.

WAAS November 1

3000m		% pts
Andrew Brooker	M42 10:41.7	73.65
Roscoe McDonnell	M53 10:58.9	78.23
Grahak Cunningham	M34 11:10.8	66.66
Kim Thomas	M37 11:24.0	66.58
Mark Dawson	M50 11:27.1	73.21
Alan Gower	M56 11:29.8	76.63
Terry Cummins	M48 11:38.1	70.91
David Brook	M47 11:48.2	69.36
Keith Edmonds	M44 12:02.8	66.39
Graeme Dahl	M62 12:10.8	76.19
Grant Schofield	M43 12:24.9	63.93
John Collier	M45 12:25.7	64.85
Duncan McAuley	M62 13:09.1	70.56
Maurice Creagh	M65 13:34.3	70.26
John Oldfield	M68 12:46.2	76.78
Karyn Gower	W51 12:49.8	77.37
Gillian Young	W64 13:05.8	91.09
Melissa Hynds	W34 13:59.3	60.33
Ivan Brown	M66 14:02.4	68.55
Toni Phillips	W39 14:13.3	61.03
Carol Bowman	W56 14:17.2	74.28
Julie Wilson	W58 14:17.7	76.35
Peggy Macliver	W67 14:36.4	85.67
John Dennehy	M52 14:47.0	57.64
Bob Schickert	M70 15:07.5	65.50
Delia Baldock	W49 15:22.1	62.97
Nick Miletic	M60 15:51.9	57.47
Monique Thomas	W34 16:46.0	50.34
Christine Oldfield	W66 17:53.9	68.80
Lynne Schickert	W70 21:14.0	61.96



Patron's Trophy



* Les Beckham was kept busy with a large number of athletes in the long jump.

ECAC – November 3

An hour of solid, heavy rain in the late afternoon kept the turnout low at ECAC (Coker Park). Most of those there were aiming at the PT long jump, with soggy sand and a waterlogged runway to welcome them. Top points went to **Peggy Macliver**, whose trophy defence is developing pace. Her 74% was well clear of **Delia Baldock's** 62% and a clutch of competitors in the mid-50s. Longest jump of the evening belonged to **Kim Thomas** with 4.67m. Grateful thanks, as ever, are due to **Les Beckham**. Les' tireless service to the club is often taken for granted.

WAAS – November 8

Despite inclement weather, there were good numbers on the night. It seems that the Patron's Trophy has regained some of its allure that had perhaps been fading a little in recent years. Certainly **Les Beckham** may have been surprised by the numbers as he battled in his usual game style to make the long jump as smooth as possible in these difficult conditions. He

really is a treasure! No less than 17 took advantage of his organisational skills.

Dave Wyatt (77%) took percentage honours, with **Chris Neale** (5.59m) recording the longest jump. However, perhaps the most significant marks were **Gillian Young's** 54% and **Campbell Till's** 66%. **Gillian** is the current leader in the women's event, whilst **Campbell** (2009 trophy winner) has had a delayed start to his campaign through a virus.

ECAC – November 10

Twenty competitors took to the track in the Patron's Trophy 400m, requiring four heats. This is one of **David Carr's** speciality events. It is no surprise that he strengthened his grip on the leader-board with an 89.8% run. **Gillian Young**, current women's leader, produced a gallant 79% to cement her challenge to the rest of the women. **Carol Bowman**, **Delia Baldock** and **Bob Schickert** (75% each) did their cause no harm. PBAs went to **Grant Schofield**, **Brian Hewitt**, **Maurice Creagh**, **Mel Hynds** and **Hilary Beck**.

ECAC – November 3

Long Jump		% pts	
Lynne Schickert	W70	2.38	55.09
Graeme Dahl	M62	2.79	46.35
Peggy Macliver	W67	3.40	74.40
John Dennehy	M52	3.87	55.68
Kim Thomas	M37	4.67	56.06
Monique Thomas	W34	2.23	30.55
Sarah Ladwig	W62	2.77	55.51
Carol Bowman	W57	2.76	50.27
David Carr	M79	2.26	50.67
Gillian Young	W64	2.30	47.72
Kev Hynds	M44	3.58	46.55
Delia Baldock	W49	3.77	62.11

WAAS November 8

Long Jump		% pts	
Christine Oldfield	W66	1.97	42.37
Nick Miletic	M60	3.41	54.91
Julie Wilson	W58	2.62	49.25
Chris Neale	M42	5.59	71.03
John Oldfield	M68	2.07	37.84
Grant Schofield	M43	3.86	49.61
Delia Baldock	W49	3.75	61.78
Paul Foley	M46	4.14	55.20
Dave Wyatt	M60	4.80	77.29
Bernie Riviere	M45	ND	
Andrew Brooker	M42	5.45	69.25
John Dennehy	M52	3.63	52.23
Roger Ditewig	M48	3.69	50.41
Campbell Till	M54	4.49	66.42
Gillian Young	W64	2.62	54.36
Karyn Gower	W51	2.68	45.42

ECAC – November 10

400m		%	
Colin Smith	M48	64.1	76.21
Kim Thomas	M37	65.4	69.05
Grant Schofield	M43	66.9	70.51
Brian Hewitt	M57	71.0	73.04
Rod Hamilton	M49	74.1	66.38
John Dennehy	M52	74.3	67.55
Delia Baldock	W49	75.8	75.95
Bob Schickert	M70	76.9	75.49
David Carr	M79	77.6	89.83
Maurice Creagh	M65	80.3	67.93
John Oldfield	M68	83.3	68.58
Nick Miletic	m60	88.2	59.95
Mel Hynds	W34	80.8	60.75
Kim Cook	W37	83.4	60.89
Gillian Young	W64	83.4	79.21
Monique Thomas	W34	1:40.2	48.99
Carol Bowman	W57	82.6	75.16
Robin King	W53	87.6	68.29
Hilary Beck	W57	1:34.5	65.69
Sarah Ladwig	W62	1:37.3	66.71
Lynne Schickert	W70	2:02.3	59.21



Patron's Trophy



Double up

Andrew Brooker accelerates around the bend in the 400m at WA Athletics Stadium.

With a rock concert at WA Athletics Stadium disrupting the programme in two week's time, Patron's Trophy contestants faced a double challenge with the 5000m added to the scheduled 400m on the night. With the majority of athletes doing both events five heats were required for the 400m to start the programme.

Some major moves were made in the trophy leader-board. The 400m saw **Graeme Dahl** (76.7%), **Andrew Brooker** (80.3%) and **Campbell Till** (85.6%) lay down solid foundations for a move up the table. Amongst the women **Peggy Macliver** (83.5%) is making up the ground on front-runner **Gillian Young**. In a stand-

out series of races, several who are not aiming to complete ten trophy events also scored highly. **Chris Neale** (81%) won the top heat, with **Duncan McAuley**, **Barrie Kernaghan** and **Mark Elms** also either over or just under the 80% mark.

The gauntlet was picked up in the 5000m as **Mark Dawson**, **Grant Schofield**, **Maurice Creagh** and **Julie Wilson** all recorded PBAs. Two other contenders for minor trophy placings are **Karyn Gower** and **John Oldfield**. They repeated the ding-dong battle they had in the 3000m two weeks ago, but this time Karyn won the sprint finish. Her 78% was the top score in this event, with John's 77.9 only just behind. **Terry Cummins** won the race in 18:55, with **Kim Thomas**, another strong trophy contender in second place.

WAAS – November 15			
400m			% pts
Chris Neale	M42	57.6	81.32
Andrew Brooker	M42	58.3	80.34
Campbell Till	M54	59.4	85.62
Mark Elms	M44	59.9	79.32
Grahak Cunningham	M34	64.6	68.36
Kim Thomas	M37	63.4	71.23
Duncan McAuley	M62	65.6	81.60
Ian Coate	M41	66.7	69.73
Mark Dawson	M50	68.4	72.41
Barrie Kernaghan	M71	75.7	79.41
John Dennehy	M52	71.7	70.00
Delia Baldock	W49	76.4	75.35
Peggy Macliver	W67	82.2	83.56
Ivan Brown	M66	84.1	65.85
Roscoe McDonnell	M53	66.2	76.31
Graeme Dahl	M62	69.8	76.69
Keith Edmonds	M44	71.4	66.54
Paul Foley	M46	77.8	61.93
Maurice Creagh	M65	81.0	67.35
Susan Coate	W45	88.8	62.32
Julie Wilson	W58	1:32.7	67.58
Christine Oldfield	W66	1:46.9	63.27
5000m			% pts
Terry Cummins	M48	18:55.5	75.01
Kim Thomas	M37	19:14.3	67.87
Mark Dawson	M50	19:33.3	73.76
Alan Gower	M56	19:41.2	76.99
Grahak Cunningham	M34	19:47.6	64.78
David Brook	M47	20:31.7	68.61
Keith Edmonds	M44	20:48.5	66.13
Grant Schofield	M43	21:04.8	64.77
Karyn Gower	W51	21:38.8	78.21
John Oldfield	M68	21:39.6	77.88
Campbell Till	M54	21:50.0	68.26
John Collier	M45	22:15.8	62.28
Maurice Creagh	M65	22:47.9	71.95
Robin King	W53	23:16.0	74.70
Julie Wilson	W58	24:28.5	76.06
Delia Baldock	W49	26:11.9	62.99



John Oldfield shows his style.



Patron's Trophy



Shot tests athletes



Carol Bowman keeps an eye on the shot at Ern Clark Athletics Stadium.

It was another cool, soggy night of competition at the Ern Clark Athletics Centre (Coker Park). However, with both shot put and the 100m sprint scheduled as Patron's Trophy events the throng turned out in force. The evening started with the shot put in the outer circle.

Peggy Macliver, **Gillian Young** and **Lynne Schickert** all scored well amongst the women. **Greg Wilson** and **David Carr** were the pick of the male entrants, with **Campbell Till** and **Nick Miletic** moving up the leader-board with reasonable points.

The conclusion to the meeting saw no less than six heats of 100m. Women's trophy holder **Peggy Macliver** finished just shy of 90% in 16.4s. Men's holder **David Carr** does not seem to mind what event it is, he always scores heavily, but this was one of the few track occasions he was under 80%. Following a delayed start to



Julie Wilson puts the shot.

his campaign **Campbell Till** made up ground strongly with another 81.7% helping his cause.

ECAC – November 17

Shot		% pts	
Lynne Schickert	W70	4.78	44.84
Christine Oldfield	W67	3.29	27.91
Peggy Macliver	W67	6.15	53.43
Carol Bowman	W57	4.69	32.73
Monique Thomas	W34	3.80	17.38
Julie Wilson	W58	5.05	35.94
Sarah Ladwig	W62	4.54	35.14
Regina Crouch	W42	5.44	29.47
Gillian Young	W64	5.85	47.33
Bob Schickert	M70	5.85	32.94
Nick Miletic	M60	7.06	38.79
Graeme Dahl	M62	5.04	29.30
David Carr	M79	6.04	44.87
John Dennehy	M52	6.13	31.66
Kim Thomas	M37	7.91	34.57
Brian Hewitt	M57	5.40	31.12
John Oldfield	M68	2.75	19.35
Grant Schofield	M43	7.44	34.65
Greg Wilson	M64	8.59	52.99
Campbell Till	M54	7.20	38.81
Maurice Creagh	M65	5.11	32.53
100m		% pts	
Campbell Till	M54	13.8	81.67
Jimmi Thommana	M40	13.8	74.35
Grant Schofield	M43	14.4	72.71
Nick Miletic	M60	16.0	73.13
Kim Thomas	M37	14.5	69.24
Rod Hamilton	M49	15.2	71.71
John Dennehy	M52	15.8	70.38
Colin Smith	M48	15.8	68.54
Simon Popelier	M37	16.5	60.85
Brian Hewitt	M57	15.9	72.20
Peggy Macliver	W67	16.4	88.05
Delia Baldock	W49	16.5	73.52
Bob Schickert	M70	16.7	74.37
David Carr	M79	17.7	79.04
Mel Hynds	W34	17.6	59.60
Kim Cook	W37	18.1	58.56
Gillian Young	W64	18.7	75.13
Maurice Creagh	M65	19.7	61.22
Monique Thomas	W34	20.0	52.45
Carol Bowman	W57	18.4	71.52
Julie Willmott	W46	18.9	62.17
Julie Wilson	W58	19.3	68.81
Sarah Ladwig	W62	19.8	69.70
Regina Crouch	W42	19.7	57.06
Lynne Schickert	W70	23.4	63.33
Carolyn Fawcett	W60	24.1	56.22



Patron's Trophy



Richard Williams (red shirt), Barry Newell (far side), Dave Wyatt (white singlet) and Barry Kernaghan (rear) eye the finish line.

WA Athletics Stadium was designed for sprinters with a fast track and the prevailing wind a tailwind in the home straight. This week the trophy event was the 100m so inevitably the night was all about sprints.

Highlight of the round was sprint queen **Peggy Macliver** with 90.8%, closely followed by **Campbell Till**, **Dave Wyatt**, **Keith Martin** and **Andrew Brooker**. All these scored mid to high 80s.

In the first heat Andrew headed Campbell across the line, but Campbell took the age graded honours with a higher percentage.

Barrie Kernaghan's 14.2 in the second heat gained him the male age graded honours for the night with 88.52% Roscoe McDonnell ran an impressive 14.4 (77.71%) following a hard 3000m (10.45) in the event before the 100m.

The final heat saw the funny side of sprinting, with **John Oldfield** almost falling over in his attempt to get moving, and wife **Christine** 'marking time' so that he could beat her (or so she said). In this heat Julie Wilson strengthened her position as she topped the age graded honours with 71.02%.

WAAS – November 22

100m		% pts
Andrew Brooker	M42	12.6 82.54
Campbell Till	M54	12.9 87.36
Richard Williams	M41	13.0 79.46
Dave Wyatt	M60	13.4 87.31
Nick Miletic	M60	15.2 76.97
Kim Thomas	M37	13.8 72.75
Toni Phillips	W39	14.1 77.02
Barrie Kernaghan	M71	14.2 88.52
Keith Martin	M68	14.6 84.11
Graeme Dahl	M62	15.2 77.89
John Dennehy	M52	15.3 72.68
Suzanne Coate	W45	15.3 76.01
Delia Baldock	W49	15.4 78.77
Peggy Macliver	W67	15.9 90.82
Roscoe McDonnell	M53	14.4 77.71
Bob Schickert	M70	16.2 76.67
Carol Bowman	W57	17.9 72.79
Karyn Gower	W51	17.7 70.00
Julie Wilson	W58	18.7 71.02
John Oldfield	M68	20.1 61.09
Christine Oldfield	W67	21.3 67.79
Lynne Schickert	W70	23.2 63.88



Keith Martin and Kim Thomas battle as Don Chambers chases the pair.



Patron's Trophy



Sue Bourn leads Brian Hewitt in the early laps of the Patron's Trophy 5000m.

On the move

Patron's Trophy combatants had the opportunity to improve their standings on the leaderboard with two trophy events on the programme at Ern Clark Athletic Centre (Coker Park).

Early action centred on the triple jump which saw **Peggy Macliver** reclaim the lead in the womens' standings with a very high jumps mark of 77%. Her integrity also came to the fore as she had pointed out an error in an earlier jump, one metre too much being recorded.

Other outstanding jumps came from **Keith Martin** (72%), **Delia Baldock** (70%) and an 11.61m jump by **Chris**

Neale. Lynne Schickert and **Sarah Ladwig** also notched good points.

It was not a good night weather-wise for distance running, but there were still some excellent performances. The still, humid warmth made life difficult, but **Gillian Young** made light of it with an 88% run, three points more than her rival **Peggy Macliver**. Men's leader **David Carr** also scored highly (85%). Of the non-trophy runners, **Boris Padovan** was again in a class of his own, more than a lap ahead of his nearest rival. PBAs went to **Maurice Creagh, John Dennehy** and **Monique Thomas**.

Unofficial standings after eight events

(10,000m, 5000m, 3000m, 400m, 100m, LJ, TJ and shot)

1	David Carr	574.3	8	1	Peggy Macliver	549.3	7
2	John Oldfield	460.5	8	2	Gillian Young	523.1	7
3	Maurice Creagh	429.5	7	3	Julie Wilson	449.9	7
4	Kim Thomas	422.1	7	4	Lynne Schickert	414.1	7
5	Grant Schofield	419.1	7	5	Delia Baldock	413.3	6
6	Graeme Dahl	381.3	6	6	Carol Bowman	377.2	6
7	Brian Hewitt	380.0	6	7	Sarah Ladwig	353.7	6
8	Andrew Brooker	374.4	5	8	Karyn Gower	346.9	5
9	Bob Schickert	371.4	6	9	Monique Thomas	291.7	7
10	Nick Miletic	348.3	6	10	Christine Oldfield	270.1	5
11	Campbell Till	346.5	5				
12	John Dennehy	345.6	6				
13	Paul Foley **	207.5	4				

** Paul Foley's total includes discus

ECAC – November 24

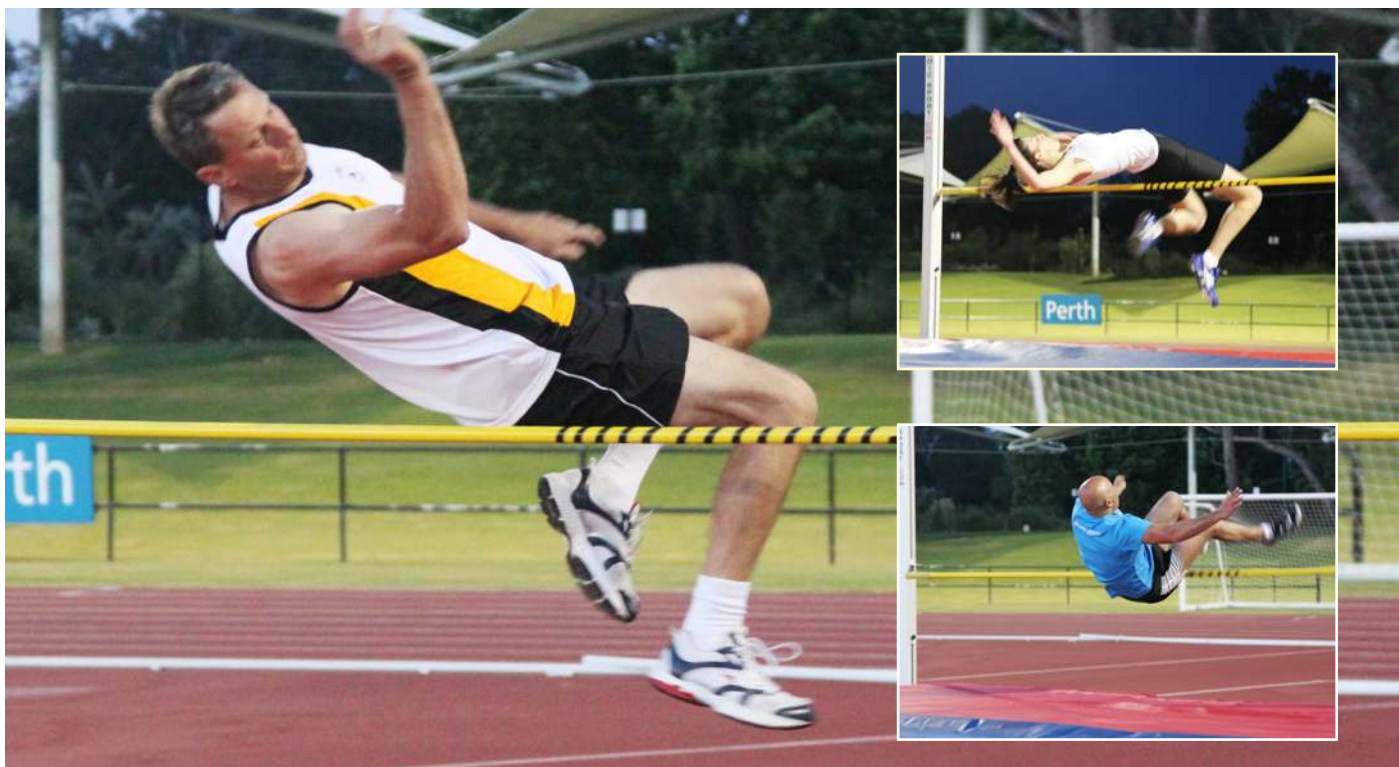
5000m % pts

Boris Padovan	M36	17:16.2	75.09
Rod Hamilton	M49	18:50.6	75.94
Kim Thomas	M37	19:15.0	67.83
Andrew Brooker	M42	19:45.2	68.60
Brian Hewitt	M58	20:52.6	73.84
Sue Bourn	W44	21:52.6	71.06
Maurice Creagh	M65	22:24.4	73.21
Gillian Young	W64	23:04.3	88.23
David Carr	M79	23:38.0	84.94
Robin King	W53	23:42.7	73.30
Bob Schickert	M70	23:43.7	72.65
Hilary Beck	W57	24:35.6	74.64
Mel Hynds	W34	25:02.7	58.01
Peggy Macliver	W67	25:18.1	84.39
Carol Bowman	W57	25:29.6	72.00
John Dennehy	M52	26:02.8	56.28
Monique Thomas	W34	27:58.0	51.95
Lynne Schickert	W70	36:33.5	61.41

Triple jump % pts

Bob Schickert	M70	5.32	48.14
Lynne Schickert	W70	5.88	67.74
Peggy Macliver	W67	7.07	77.02
David Carr	M79	5.00	54.05
Monique Thomas	W34	5.77	39.44
Kim Thomas	M37	9.36	53.00
Chris Neale	M42	11.61	69.69
Brian Hewitt	M57	7.81	58.07
Melissa Foster	W33	10.67*	72.14
Regina Crouch	W42	5.56	41.77
John Oldfield	M68	5.03	43.93
Keith Martin	M68	8.32	72.66
Delia Baldock	W49	8.57	70.53
Maurice Creagh	M65	5.98	49.63
Sarah Ladwig	W62	5.73	57.24

Tuesday highlights at WA Athletics Stadium



ABOVE, MAIN PHOTO: Roger Ditewig attempts to clear the bar in the high jump. **INSETS:** Rachael Coate (top) and Bernard Riviere sail over the bar.



LEFT: Peggy Macliver gets airborne in the triple jump as Les Beckham keeps a watching brief.

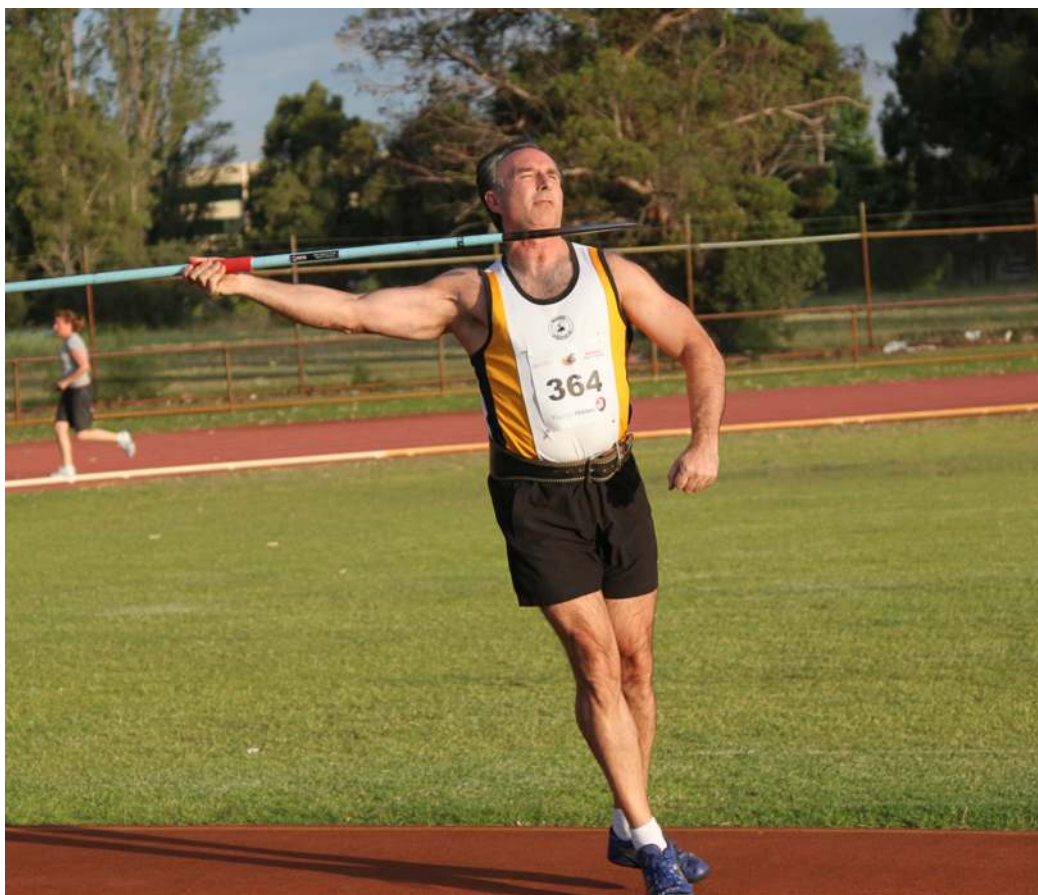


BELOW LEFT: Duncan McAuley heads to the finish line for victory in a heat of the 200m.



BELOW: Suzanne Coate strides out to win her heat of the 60m.

Thursday highlights at Coker Park



LEFT: Lajos Joni prepares to throw the javelin. Lajos went on to break the state record in the weight throw.

MIDDLE LEFT: Maurice Creagh and Monique Thomas run side by side in the 5000m.

BELOW: Toni Phillips strides out around the final bend during in the 1500m event.



WAAS – November 1

A stunning evening of athletics was enjoyed by a new record turnout for WAAS Tuesday meets of 42 athletes. There were memorable moments in each of the six events. It is fitting that the two highlights were shared between field and track. **Dave Wyatt's** new M60 state record in the high jump of 1.45m happened just before the track highlight in heat two of the 3000m. But **Gillian Young** was not to be denied her moment of glory as she then raced to an astonishing 91.09% in this final event of the evening, clocking a time of 13:05.8.

Two heats of the 100m challenged the four time-keepers. **Wendy Seegers** and **Bernard Riviere** have certainly added to the quality of our sprint races. Wendy (12.6) had the better of Bernard (12.8) into a headwind in heat one. **Barrie Kernaghan** easily won heat two ahead of fast finishing **Keith Martin**, with **John Dennehy** running an SB in third place.

Meanwhile, in the triple jump **Melissa Foster** hopped, stepped and jumped to just under 10m **Peggy Macliver** recording 6.90m for a season's best.

A busy track was cleared for us so that the seven protagonists in the two-lap event could have a clear run. It was a high class field, with each of the first four runners clocking personal landmarks. **Grahak Cunningham** and **Mark Dawson** had a close battle throughout, with Grahak's PBA (2:30.3) helping Mark to a time of 2:31.3 – over 15 seconds better than his previous best M50 time. **John Collier** was pleased to run his best of the season in third, with M65 **Maurice Creagh** running 3:00.3 – a new PBA. **Val Prescott** was another welcome returnee.

With two heats of 200m. **Wendy Seegers** edged out **Andrew Taylor**, with **Bernard Riviere** in third place. A



MELISSA FOSTER

club top went to Wendy, with Andrew being towed through to his PBA. Heat 2 saw another returnee, **Duncan McAuley** win with yet another Club Top. **Keith Martin** was close behind, setting a new season's best.

ECAC – November 3

Heavy rain in the late afternoon resulted in a low turnout at Ern Clark Athletics Centre (Coker Park) with the majority of athletes in the Patron's Trophy long jump.

Throws were again disrupted by the ongoing repair of the hammer/discus cage. Once the cage is back in action the hammer and discus events for the Trophy will be re-scheduled. **Damien Hanson** still keeps smiling, whatever fate seems to put in the way of meaningful throws competition.

It was not sprinting weather, but some good races did ensue in both the 60m and 100m events. A number of new club tops were set, with **Rod Hamilton** also clocking a PBA in the longer sprint.

Perhaps the highlight on the track was a high quality 1500m. **Rod Hamilton** and **Kim Thomas** led the way for the first 1000m, but Rod changed gear towards the end and won the race convincingly in another PBA. He is in fine form at the moment, whereas perhaps Kim needs another few weeks to get back to his best. Behind these two, **Graeme Dahl** had a fine race with his best of recent times, and **Maurice Creagh** continues to edge towards the form we saw from him a couple of years back. **Lynne Schickert** produced an excellent time walking this distance. This is her target race since turning 70.

The evening concluded with a 4000m event, won by **Roscoe McDonnell** from **Rod Hamilton**, the rest of the field stretched out over many laps behind.



ROD HAMILTON

Analysis of the results

WAAS – November 4

Conditions were pleasant for the opening night of the 2011/12 Strive season at WAAS. Masters' focus, all male, was evenly split between track and field.

There was no doubt about the highlight. **Scott Tamblin** returned to the track with a storming run in the 3000m, clocking 8:49.0 to set a new M30 state record. One feels there is much more to come, both in this and the shorter 800m later in the season. **Xander van Rijen** was another star as he started with a 2:02.45 season-opener in the 800m to record a new PBA.

Sprinters **Paul Jeffery** and **Barrie Kernaghan** were pleased with their runs too. **Paul** took advantage of the benign conditions to set a new PBA in the 200m, whilst **Barrie** ran season's best in both short and long sprints.

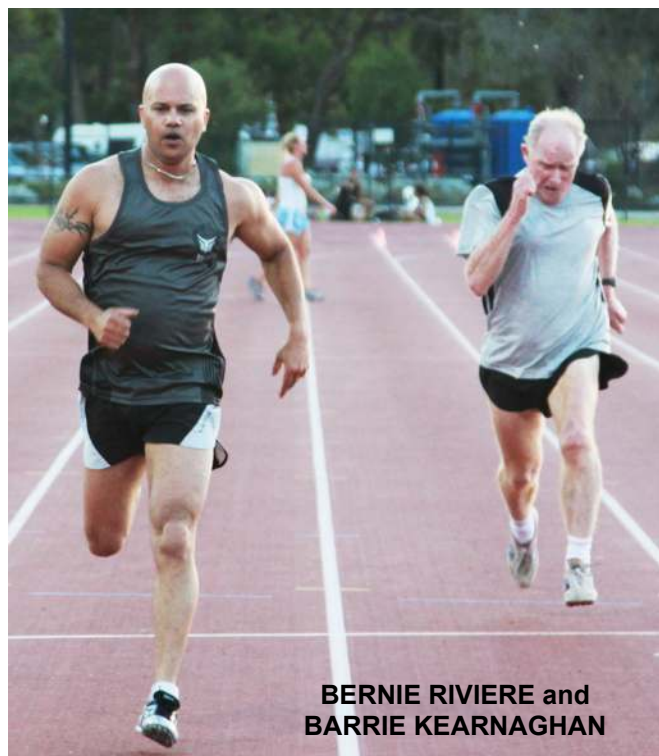
Three throws events kept athletes and officials on their toes for this busy evening's athletics. Six MAWA men rotated around the infield, both literally and figuratively as they moved between shot, javelin and discus sites. The evening opener was the shot put. **Matt Staunton** top-scored with a put of 11.65m, a distance he recorded three times. **Tom Gravestock** and **Craig van Waardenburg** each put to almost 11m, but the biggest smile of the evening lit up the face of **Paul Foley** as he threw a new lifetime PB of 10.17m with the last trial of the competition, heaving the full-size 7.26kg shot.

We welcomed new member **Martin Brough** to the fold in the javelin with a throw of over 33m. **Paul Foley** and **Matt Staunton** threw either side of 40m.

Then it was over to the discus cage to close the evening. Top throws this time went to **Matt Staunton** and **Paul Jeffery**. Matt's was over 39m, with Paul's mark of 37.49m a new PBA by around 2.5m. **Tom Gravestock** and **Paul Foley** finished with good throws too.



MATT STAUNTON



BERNIE RIVIERE and
BARRIE KEARNAGHAN

WAAS – November 8

There was a real horde clamouring to take advantage of the following wind in the sprint events. Four heats of the 60m were called for. The *fast* heat of four class athletes produced three PBAs and a season's best, but of course are all designated *wind-assisted*. **Bernie Riviere**, one of the nicest blokes you could wish to meet, took the honours, dragging **Chris Neale**, **Wendy Seegers** and **Craig van Waardenburg** through in a fantastic race.

The next two heats matched the first for closeness of finish, if not times. Potential new member **Suzanne Coate** brought her daughter with her to pace her through to a swift 9.6s in the third heat, with **Delia Baldock** and **John Dennehy** a whisker behind, inseparable for the timekeepers. Prior to that another potential member **Quinton de Klerk** recorded 7.9, dragging through a metre back **Campbell Till**, now thankfully over the virus that has kept him out for a couple of weeks. **Paul Foley**, better known as a very competent thrower, but also no mean sprinter, paced the young visitors through in the final heat.

It was a similar story in the 100m dash. A fantastic first heat (**Chris Neale** 12.1, **Bernie Riviere** 12.2, then **Wendy Seegers** and **Craig van Waardenburg**) had good quality follow-up heats. Sandwiched in between the sprints was a 1500m where athletes were battling drizzle before the storm and a very wet, in places waterlogged, track. Notable in this was a husband and wife re-writing of the current club tops. **Alan Gower** (5:16) followed another potential new member **Mike Kowal**, with Alan's wife **Karyn** adding a second Gower CT to the books with 6:05. Between these was **Maurice Creagh** agonisingly close to 6 minutes for the 1500m – another PBA.

We closed the evening with a torrential storm, It curtailed the high jump with some still in their prime (**Dave Wyatt** has already equalled his SR but was deprived of the opportunity to try to raise it)

Analysis of the results

ECAC – November 10

Prior to the Patron's Trophy events there had been two sprint events. **Jimmy Thommana**, **Colin Smith** and **Mel Hynds** were the three heat winners in the 200m, with **Kim Thomas** and new member **Simon Popelier** taking honours in the 60m dash. **Rod Hamilton**, predominantly a distance runner, again showed his all-round ability with a PBA over 200m.

Although **Rod Hamilton** (19:38) crossed the line first in the 5000m, he will forgive me for saying that the real story was four places behind him. **Sue Bourn** is relatively new to MAWA but is always there or thereabouts in the distance field on Thursday evenings. More often than not she is the women's leader. Her 21:06.5 was one-tenth of a second from a lifetime PB, set in her first season with us last year.

Maurice Creagh continued his resurgence with his second PBA of the evening, in successive races! A number of the 400m competitors used this final event as a warm down, some opting for the shorter 3000m, others continuing to the full distance.

There was also a good turnout for the throws. With the cage out of action, these are restricted to only three events. The two were shot and javelin. **Matt Staunton** led the shot field with a season's best 11.83m, **Geoff Gee** (11.75m) only just behind him. **Andrew Ward** set a new PBA, putting over 8m for the first time.

New member **Roger Ditewig** is a throws and jumps specialist, rejecting strongly any suggestion that MAWA might turn him into a runner as well. His 39.23m javelin throw was the night's lead, almost 5m longer than the next best throw.



MAURICE CREAUGH

WAAS – November 15

It was an even busier evening than usual with two Patron's Trophy events at WAAS. With disruption to the programme in two weeks' time, the 5000m was designated a trophy event in addition to the 400m. Sandwiched between these were three heats of 60m and four 200m races. Add triple and high jumps with ten and twelve competitors and you will get the flavour of the evening's attraction.

A good tailwind again meant that sprint times were wind assisted. It showed too, as **Bernie Riviere**, **Wendy Seegers** and **Andrew Brooker** each recorded PBAs in the first heat of the 60m. There were season's bests almost all the way down the card in the longer sprint (200m). **Andrew Brooker** recorded another PBA following home the winner **Chris Neale** in the top heat, and just edging out fast finishing **Mark Elms**. **Roscoe McDonnell** took the second heat.

A busy evening in the field saw five members and five visitors triple jumping. **Chris Neale** (11.05m) and **Bernie Riviere** (10.37m) showed how it should be done in a high-class competition. Twelve entrants kept organiser **Dave Wyatt** busy in the vertical jump tonight. New member **Roger Ditewig** had the highest jump of 1.55m. His daughter **Taryn** showed that she can jump as well, with a 1.40m HJ and 9.50m triple.

Last week I gave a well-deserved mention to **Les Beckham** for his efforts on behalf of the club. We must also give grateful appreciation to the work done by **Barrie Kernaghan**. This is the second year that Barrie has been running Tuesday evenings for us. It is now a more demanding task as we share the stadium with so many others.



MARK ELMS

Analysis of the results



Monique Thomas receives encouragement from her number one fan.

ECAC – November 17

Despite the focus on the Patron's trophy events of shot put and 100m sprints interest was high in the support events at Ern Clark Athletics Centre.

Simultaneous with the shot put were the first three track events. Three heats of 60m dash were over in an eye-blink, winners **Kim Thomas**, **Simon Popelier** and **John Dennehy** happy with their evening's opener. **Kim** also led the 800m runners home ahead of **Campbell Till** and **Rod Hamilton** (another PBA).

In the distance event **Rod Hamilton** continued his excellent form of late to win the 3000m in 11:10. PBAs were pocketed by **Kim Cook** and **Monique Thomas**, with **Robin King** the lone walker over the distance.

WAAS – November 18

Roscoe McDonnell was either brave or foolish. An occasional competitor against the best in the state at these Strive meets, he decided to enter three races – 400m, 1500m and 3000m steeplechase. Although taken aback by his 400m seeding which meant he ran the final 400m heat, then jogged straight to the start of the steeple! As it turned out it was brave, rather than foolish – a PBA in both the 400m and 1500m, followed by a good time in over the barriers meant he went home tired, but happy.

Wendy Seegers also tested herself at Strive for the first time, producing a swift 12.75 in the 100m top heat. **Brett Blanco**, almost an M40 now, clocked 12.18 in the men's top heat, with **Mark Elms** also under 13s in a later heat. **Mark** backed this up with a sub-60 400m, with **Roscoe** and **Barrie Kernaghan** clocking quick ones as well. **Roscoe** was surprised when told he had to use blocks for this race. Some tuition from Barrie put him right!

There was good MAWA representation in the three throws. More than half of the hammer field was wearing the singlet, with **Byrony Glass** having her first outing of the season. 45m is well below her best, but it flexed a few muscles as she got her season under way. **Matt Staunton's** 42.69m was the next best in his final outing as a single man. As I write this, his flight is on the way to Hawaii with his bride-to-be. It's the honeymoon there and LA, then on to Vegas to be wed.

WAAS – November 22

It was really all about the two sprints on this Tuesday night. WAAS was designed for sprinters with a fast track and the prevailing wind a tailwind in the home straight. This week the trophy event was the 100m so inevitably the night was all about the two sprints.

The evening opened with a 60m dash. Many used this as preparation for the 100m at the end of the evening. PBAs fell to **Kim Thomas** and **Geoff Brayshaw**, fresh back from the USA. **Keith Martin** and **Nick Miletic** equalled their age-group best too. .

It was good to see **Don Chambers** on a flying visit to his second home. Don produced a good long jump along with the two sprints. A notable landmark in the 800m was **Maurice Creagh's** first sub-3 minute run as an M65, as well as PBAs for **John Collier** and **Julie Wilson** (one of three on the night for her).

ECAC – November 24

Two state records were set on this final evening of November athletics. First **Melissa Foster** (10.67m) added 14cm to her W30 triple jump mark. This was followed by **Lajos Joni** (15.81m) extending his own M55 weight throw mark by 10cm.



NICK MILETIC