

## Lenny Kravitz concert stops bid to use new stadium

# Does anybody out there even care

By GRAEME DAHL

When rock star Lenny Kravitz wrote the lyrics to *Where are We Runnin*, members of MAWA might have asked the same question when VenuesWest pulled the plug on MAWA's bid to hold the 2012 state athletics championships at WA Athletics Stadium.

Given that the government built the new stadium as an athletic track, MAWA members would have been thinking of the title of Kravitz's song *Does Anybody Out There Even Care*.

Kravitz is scheduled to hold a concert at the stadium on Wednesday, March 28 and the state championships are to be held on the Saturday and Sunday prior.

VenuesWest, which operates a number of sporting complexes in Perth, would be keen to improve their bottom line following a reported \$15.6m operating shortfall.

The VenuesWest annual report states that they expect to hold future entertainment

events at the stadium, but surely athletic events should not be sacrificed.

In August of 2011, the MAWA committee contacted VenuesWest to book the track and in October were advised that a rock concert may be held in March 2012 and that MAWA would have to give up their booking. One month later the committee was advised that the concert was fixed and that setting up the stage could not be done quickly enough to allow MAWA to hold the championships.

The titles will now be at Ern Clark Athletic Centre (Coker Park).

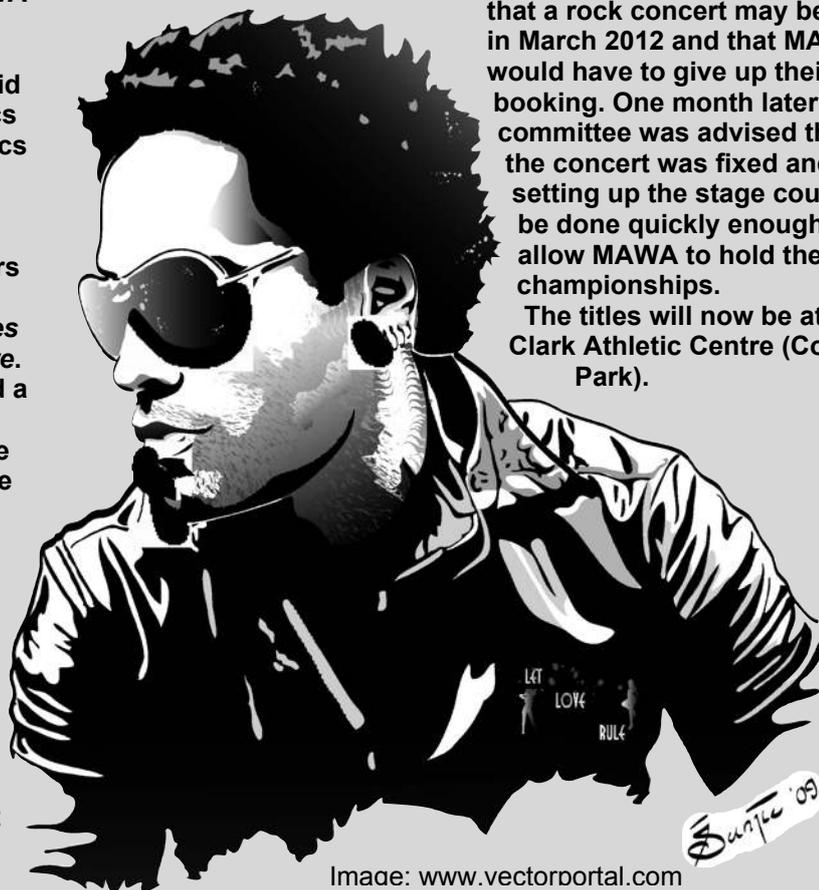


Image: [www.vectorportal.com](http://www.vectorportal.com)

# Top of the class

This has been the best series for some years. The likely winners have been clear for a few weeks, but that has not spoiled what has been a great competition. Surely nobody can doubt that Peggy Macliver and David Carr are worthy winners. Peggy now has a record six consecutive wins. The club is fortunate to have two athletes who have been outstanding throughout their careers and yet have retained longevity to admire.



## Official Patron's Trophy results

1	Peggy Macliver	818.2	1	David Carr	759.1
2	Gillian Young	711.8	2	Andrew Brooker	730.1
3	Delia Baldock	643.3	3	Campbell Till	699.3
4	Karyn Gower	633.2	4	Kim Thomas	640.4
5	Julie Wilson	629.4	5	Brian Hewitt	636.1
6	Carol Bowman	626.1	6	Bob Schickert	623.2
7	Sarah Ladwig	588.8	7	John Oldfield	609.1
8	Lynne Schickert	572.2	8	Maurice Creagh	597.8
9	Christine Oldfield	550.7	9	Grant Schofield	596.2
10	Monique Thomas	398.0	10	Nick Miletic	583.7
			11	John Dennehy	574.0

## Roll of Honour

<b>December 1</b>				<b>December 10</b>			
Bev Hamilton	W65	Wt Thr	12.18m SR	Brian Waldhuter	M70	HJ	1.27m SR
<b>December 2</b>				<b>December 15</b>			
Rob Colling	M40	100m	11.1 92.40%	Peggy Macliver	W65	200m	32.9 92.01%
Rob Colling	M40	60m	7.0 95.92%	<b>December 16</b>			
Brett Blanco	M39	60m	7.2 92.53%	Dave Wyatt	M60	HJ	1.47m SR
<b>December 9</b>				<b>December 20</b>			
Tom Gravestock	M55	Discus	39.65m SR	Peggy Macliver	W65	200m	32.1 94.31%
Sarah Edmiston	W35	Hammer	35.35m SR	Peggy Macliver	W65	100m	15.5 93.13%

## Relay addition

When the ECAC programme was drawn up the postal relays had a two-week gap for the period of the Oceania Games. A 4x1500 relay will take place on Thursday, February 9. Several athletes will be away in New Zealand, but it is the only time it can be fitted into a crowded programme in January/February.



# Patron's Trophy



# Famous five's fight

Peggy Macliver was challenged for some weeks by the plucky Gillian Young. However, careful analysis shows that Gillian's better events, the longer distances, all came in the early part of the season. Once the focus moved on to the middle distance and sprints Peggy was on home ground and surged out of sight.

If one looks at Peggy's field events it is also clear that these are very strong. Delia Baldock and Karyn Gower have proven solid in third and fourth place. Delia's shorter race speed, and Karyn's longer race strength made for a good battle, with Delia's all-round ability finally sealing third place.

The tussle for fifth and sixth between Carol Bowman and Julie Wilson has been very tight to the final event. Julie just had enough to edge out Carol for fifth spot. Sarah Ladwig showed some good ability throughout the trophy events to take seventh.



Five of the top six place getters (from left) Gillian Young, Carol Bowman, Peggy Macliver, Delia Baldock and Julie Wilson competing at Coker Park.

Lynne Schickert had to miss the final weeks with a family trip to Florence and Naples (some have it tough), but she had done enough, particularly in her strong field events to seal eighth. Christine Oldfield and Monique Thomas set themselves the target of finishing the ten events and each will be pleased with their overall performance.

## Brooker and Till's move falls short



Andrew Brooker and Campbell Till fight it out.

David Carr was always in front in the men's standings. But his final victory remained unclear as dark horse Andrew Brooker was never out of sight with events in hand. Campbell Till, winner three years ago, was also in the hunt, although missing the 5000m through a virus was a telling blow. In the end both Andrew and Campbell each fell short of a serious challenge to David's dominance as they came second and third respectively.

Kim Thomas, Brian Hewitt and Bob Schickert each had many moments to remember in a solid competition. Kim improves year-on-year, and the advent of many new younger members this year has been a

stimulus to good advance. Brian and Bob each performed well throughout the ten weeks and will be well satisfied with fifth and sixth place. John Oldfield and Maurice Creagh were each well aware that elevated positions, second and third for a number of weeks, was only because of their stronger events all coming at the beginning of the trophy.

Once the field events came into play, the downward slide was inevitable. But each is pleased with a good points total. Similarly Grant Schofield, Nick Miletic and John Dennehy, whose strong events are also not enough to challenge the best but can be well pleased with completion of the competition.



## FACEBOOK FORUM

your chance to have your say  
on the issues that matter to you

“That’s appalling” said one irate comment. “So, they build a multi-million dollar athletics track, the pollies puff out their chests .... and they cancel a state championships athletics meet to hold a concert.”

“I certainly will not risk injury and run in the state champs at Coker Park. I’ve done too much rehab and believe it was Coker Park that was the beginning of my problems last summer.”

# Decision blasted



By **JOHN OLDFIELD**

As reported on both the website and elsewhere in this issue, the state championships have been switched from the WA Athletics Stadium to the Ern Clark Athletic Centre (Coker Park). VenuesWest, who manage WAAS, cancelled our booking to allow them to prepare for a rock concert on the Wednesday following our main championships weekend.

This extraordinary decision has been widely condemned by Masters Athletics members. Nowhere has this condemnation been more forthright than on the MAWA group on Facebook. “That’s appalling” said one irate comment. “So, they build a multi-million dollar athletics track, the pollies puff out their chests .... and they cancel a state championships athletics meet to hold a concert. It’s so laughable I’m speechless”, says another.

A third compared the pollies’ attitude to athletics and football “I wonder if an Eagles or Dockers match would be cancelled if there was a chance to make more money from a rock concert.” One even looked beyond 2012 “Does this mean that there is no guarantee for our major masters

booking in 2016 if a more financially viable alternative arises?”

Amongst members who looked at more practical problems raised by the switch was a male sprinter. “I for one may have to assess the risks in running on such a hard track, especially with the nationals two weeks later.” He goes on “Being injured at the moment, all the repair/re-strengthening work may come undone in one foul (*sic*) swoop.”

One of our top female middle-distance runners concurred “I certainly will not risk injury and run in the state champs at Coker Park. I’ve done too much rehab and believe it was Coker Park that was the beginning of my problems last summer.” Her anger at the VenuesWest attitude shows through when she adds “I cannot believe a concert takes precedence over a major athletics meet again.”

Are you on the Facebook group? Are you missing out on the opportunity to have your say on the things that are important to you? Other discussions this past month have included regular views on the recent Sunday runs, the 6-hour relay, whether walkers get a fair go at MAWA. Be part of it. Send an email to John Oldfield or Toni Phillips to become part of this exchange of views.

John Collier pictured on the track with the stage for the Stevie Nicks concert in the background. The concert led to restrictions on the usage of the WA Athletics Stadium.

# Walkers wanted



Where have all the walkers gone? Pete Seeger might have written a song about it, but you'll have to make do with an article from John Oldfield.

MAWA has always been an inclusive club, catering for athletics in all its different guises. There is a myth that the club's roots are exclusively in road running and that it has traditionally based itself on the road. Nothing could be further from the truth. The club has very diverse roots. Most of its founder members ran both track and road. Even a cursory glance at the early issues of *Vetrun* (see website) shows that track results dominate the news.

There has also been a strong race-walking pedigree back to the early days of the club, now approaching its 40th anniversary. *Vetrun* issue no. 1 (July 1974)

mentions the great Dick Horsley backing up a 1000m race walk with a 400m run in 71.6s! This important aspect of athletics has been strong throughout the club's history – from Dick Horsley to Lyn Ventris. Race-walking is an integral and important branch of T&F. In recent seasons most distance races on Tuesdays and Thursdays have had walkers lining up alongside the runners. This season they have been conspicuous by their absence – and we miss them. Please come back.

Another aspect of the club that is suffering this season is throws. The throwers have had a hard time in recent months. Their winter base was unavailable to them in 2011. We have also lost the use of UWA, so that throws are now off the Tuesday night programme.

The hammer and discus cage at ECAC has been out of action for more than two months, limiting throws on a Thursday to shot put, javelin and weight throw. A small group turns out regularly at the Friday evening Strive meets, and there is a small group on a Thursday, often relegated to the outside circle. We do need to ensure that the problems are rectified so that throwing continues to thrive and the broad nature of MAWA survives.

The MAWA committee is aware of the problems. It is looking for a Tuesday solution, although unlikely to find one this season. It is hoped that the cage at ECAC will be ready to use again later this month. Don't despair, throwers, we are working to improve the situation.

# Good guys win

Improvement  
drives  
Nick Miletic



Nick Miletic tackles the water jump at the Australian championships in Brisbane early this year.

Born in Wagga Wagga, NSW, in 1951 Nick lived in Geelong for most of his schooling. He was married for thirty nine years and has three children (two boys, one girl) and four grandchildren. He played Aussie Rules Football for years and remains a passionate supporter of AFL's Geelong Cats.

Fitness was always part of his life and at about forty four he decided to try running. At first he ran on his own but when he felt up to the challenge of racing he did some of the Marathon Club fun runs. On one of these he met the Tooheys who told him about MAWA. So he joined and Nick says "this was some thirteen years ago and I have never looked back."

He soon heard about track and field and is now one of the regulars. He is often envied for looking so strong, fit and tanned – evidence of his gym work outs. Nick has always been prepared to have a go at a variety of events and looked forward with relish to his sixtieth birthday when he could compete over the lower barriers in the steeplechase.

He has competed in two World Championships (Italy and Sacramento) and found them "an awesome experience". He has not yet won any medals on the world stage but hopes to keep on trying. But, since he joined MAWA, he has competed at all the Masters National Championships and there he **has** won medals - bronze in Adelaide and silver in Brisbane in the steeplechase, bronze in the 4 x 400m relay in Adelaide and bronze in the pentathlon in Brisbane. These gave him great enjoyment as do the State Championships every year.

In 2012 he plans to go to the Oceanic Championships in New Zealand and the Nationals in Melbourne and will try to improve on his PBs. He is a self motivator and hopes to be able to run and compete for as long as possible.

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# ‘I enjoy the torture’

## FROM – Page 6

He says “I’m 60 years old and feel athletics has given me a new direction in my life. I have run nine Perth Marathons and hope to do my tenth next year. My goal is to keep improving as I get older”. To this end, he has been training with David Carr’s group for a few years and says “I enjoy the torture which makes you improve. You only get out what you put in.”

Nick is a ‘doer’ and is always ready to volunteer to help out at our MAWA events - directing a Sunday run, holding a watch, firing a gun and organising the hot drinks and biscuits at ECAC for after the Thursday track sessions in the winter. He is somewhat constrained by work at present but would like to get more involved in all areas of athletics when he retires. He would certainly be welcomed with open arms by AWA if he wanted to take up officiating.

Nick says he’s made some great friends at the club and loves the comradeship which is part and parcel of masters’ athletics.

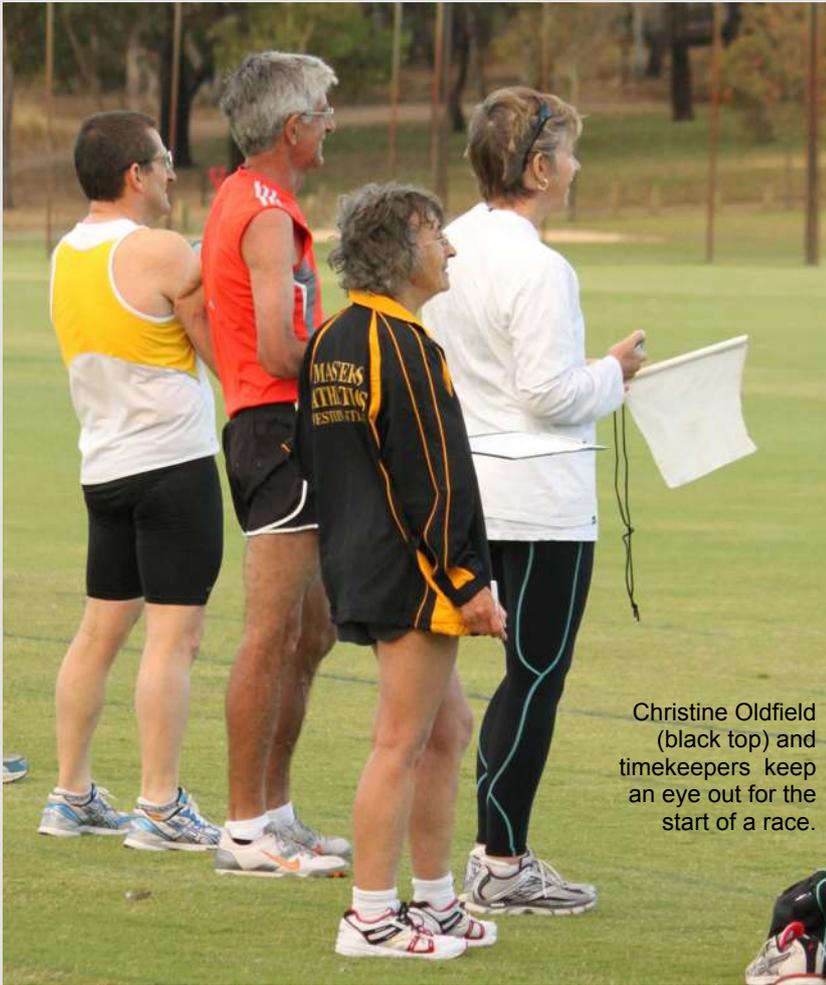


## T&F Programme for January

ECAC	WAAS							
	Jan 3	60m	1 mile	400m	1000m r/w	Long jump		
Jan 5^	Jan 10*	60m	800m	200m	3000m r/w	Triple jump 2km steeple*	Javelin^ AGT	Wt throw^ AGT
Jan 12^	Jan 17*	<b>Pentathlon^</b>	200m	1500m 60m	2000m^ 5000m r/w*	Long jump	Shot^	Discus^
Jan 19^	Jan 24*	400m	1500m	100m	3000m r/w	L/jump relay^ Long jump*	Hammer^ Javelin^	4 x 800m walk relay^
Jan 26^	Jan 31*	200m	800m	60m	4000m r/w	Triple jump <b>Discus relay^</b>	Wt throw^	4 x 100m relay^

High jump held on Tuesday nights at WA Athletics Stadium.

# Volunteers keep club moving



Christine Oldfield (black top) and timekeepers keep an eye out for the start of a race.

It may not be obvious to everyone, but the track sessions on Tuesdays and Thursdays require a considerable amount of organisation. Apart from those who make sure that all the equipment is out and ready and packed away again at the end, each race needs a starter, several timekeepers and a recorder of the result. Some also need a lap scorer. For all these jobs we rely on volunteers. That means YOU! When you joined MAWA or renewed your membership you committed to assisting with the running of the track and field sessions.

It is heartening to find so many of you, even new members and visitors, stepping forward to help, particularly with timekeeping. On Tuesdays, when there are other groups using the track alongside us, things are not always easy. At least we now have six identical watches instead of three different models, each requiring a different sequence of button pressing. So a lot of the hassle has disappeared.

If you would like a bit of practice before actually timing a race I will be happy to help. I am usually around well before 6pm – just ask me. If you like, I can also give some advice on recording the order of race finishers and lap scoring the longer races – and there is always someone close by who can help with the names.

**Christine Oldfield**

# Beep Test challenges

By **CHRISTINE OLDFIELD**

With a large part of the WAAS track unavailable on November 29, the normal Tuesday proceedings were cancelled. But Barrie Kernaghan decided that it would be a good idea to present MAWA athletes with a different sort of challenge – the Beep Test. This involves running up and down a 20m course over and over again at ever increasing speed, trying not to miss the beeps. The number of times an athlete completes the 20m course determines what performance level they reach – the higher the better. Ten of our regulars took the challenge. Here is what **Campbell Till** had to say about it:

“The post Stevie Nicks hangover gave MAWA runners the opportunity to test themselves in the way that elite athletes must do a couple of times a year.

The Beep Test is generally regarded as something to be dreaded but Masters athletes must be made of different stuff as there was an air of expectation and smiles all around.

The test is a fairly reliable low-tech method of calculating VO<sub>2</sub> max, hence its popularity with coaches of various sporting codes. Barrie gave the briefing, explaining that the test is also used as a benchmark for many military and police forces around the world. The metronomic noises or beeps then commenced.

The initial stages were easy but then the progressive increase of intensity really started to bite around Level 8. To reach Level 10 you have to run up and down the 20 metre course about 80 times. This means the efficiency of your turns and acceleration becomes crucial. Just after

reaching Level 10 several people dropped out – must have been a mental hurdle.

I think I was one of the few to have done this test previously and on that occasion I got into the 10s. On this occasion I really wanted to improve that mark and I was pleasantly surprised (and gasping) to get into the low 12s.

The champ of the day was Kim Thomas achieving a sensational score of 13.6. This equates to what a current average AFL player scores. I believe the better mid fielders achieve around 15. Afterwards Kim said he really enjoyed 'the exercise!'"

Barrie reports that all of the participants beat the 6.5 required to enter the Royal Australian Air Force and all but two passed the minimum 8.1 requirement to join Western Australian Police Force.

For further information just Google 'Beep Test'.



# Patron's Trophy



## What a run

**David Carr's** amazing 93% 800m (2:51.4) run was the highlight of the night's Patron's Trophy clash.

Despite a 40-year age difference David chased **Toni Phillips** to pip her in the home straight. There are still three rounds to go, but this has surely almost ensured David's retention of the men's trophy. It is not quite so clear cut in the women's contest, but **Peggy Macliver** eased into a significant lead with 87% over two laps. Her lead over second-placed **Gillian Young** is now 34 points.

Other significant moves in the trophy table were made by **Brian Hewitt**, **Bob Schickert** and **Maurice Creagh**, all candidates for second spot. In the women's contest, **Carol Bowman** set down a marker for her closest rival **Julie Wilson** to note.



David Carr chases Toni Phillips on the final lap of the 800m.



Peggy Macliver leads Kim Cook, Julie Willmott, Gillian Young and Nick Miletic on the first lap of the Patron's Trophy 800m.

### ECAC – December 1

800m		% points
Boris Padovan	M36	2:23.9 71.13
Brian Hewitt	M58	2:38.2 78.53
Rod Hamilton	M49	2:42.4 70.99
Rob Colton	M48	2:47.2 68.34
David Carr	M79	2:51.4 93.44
Toni Phillips	W39	2:52.0 67.11
Colin Smith	M49	2:58.6 64.55
Maurice Creagh	M65	2:58.6 73.48
Roscoe McDonnell	M53	2:28.9 80.09
Bob Schickert	M70	3:00.8 76.61
Delia Baldock	W49	3:02.6 68.97
John Dennehy	M52	3:04.6 64.06
Robin King	W53	3:05.2 71.28
Hilary Beck	W57	3:29.0 66.74
Kim Cook	W37	3:10.0 59.64
Peggy Macliver	W67	3:11.8 87.38
Carol Bowman	W57	3:12.7 72.39
Gillian Young	W64	3:19.9 78.97
Julie Willmott	W46	3:28.2 58.97
Nick Miletic	M60	3:31.2 59.78
Mel Hynds	W34	3:35.1 52.66
Sarah Ladwig	W62	3:41.2 68.53
Lynne Schickert	W70	4:54.8 60.46



# Patron's Trophy



## Wet and wild



Andrew Brooker heads to the inside lane on the back straight of the 800m.

Solid rain, at times heavy, threatened a difficult evening for those wanting to gain good points in the trophy 800m. In fact, the rain lifted and we even saw some fleeting sunshine as conditions eased.

**Andrew Brooker** (82.6%) stole the show with 2:11.1 in his signature event. **Campbell Till** (82.8%) was some 14 seconds behind but gained slightly more points as they battle for second place in the men's table. **Bob**

**Schickert** (76.9%) is also still in the running, with **Kim Thomas** (70.9%) also well in line for a podium spot. One of the best performances of the evening was **John Dennehy's** 2:52.4 – some 12 seconds better than anything else for a couple of years.

Amongst the women, **Peggy Macliver** was disappointed with her 82%. **Julie Wilson** notched a PBA, but lost ground to her great rival **Carol Bowman** in the table.



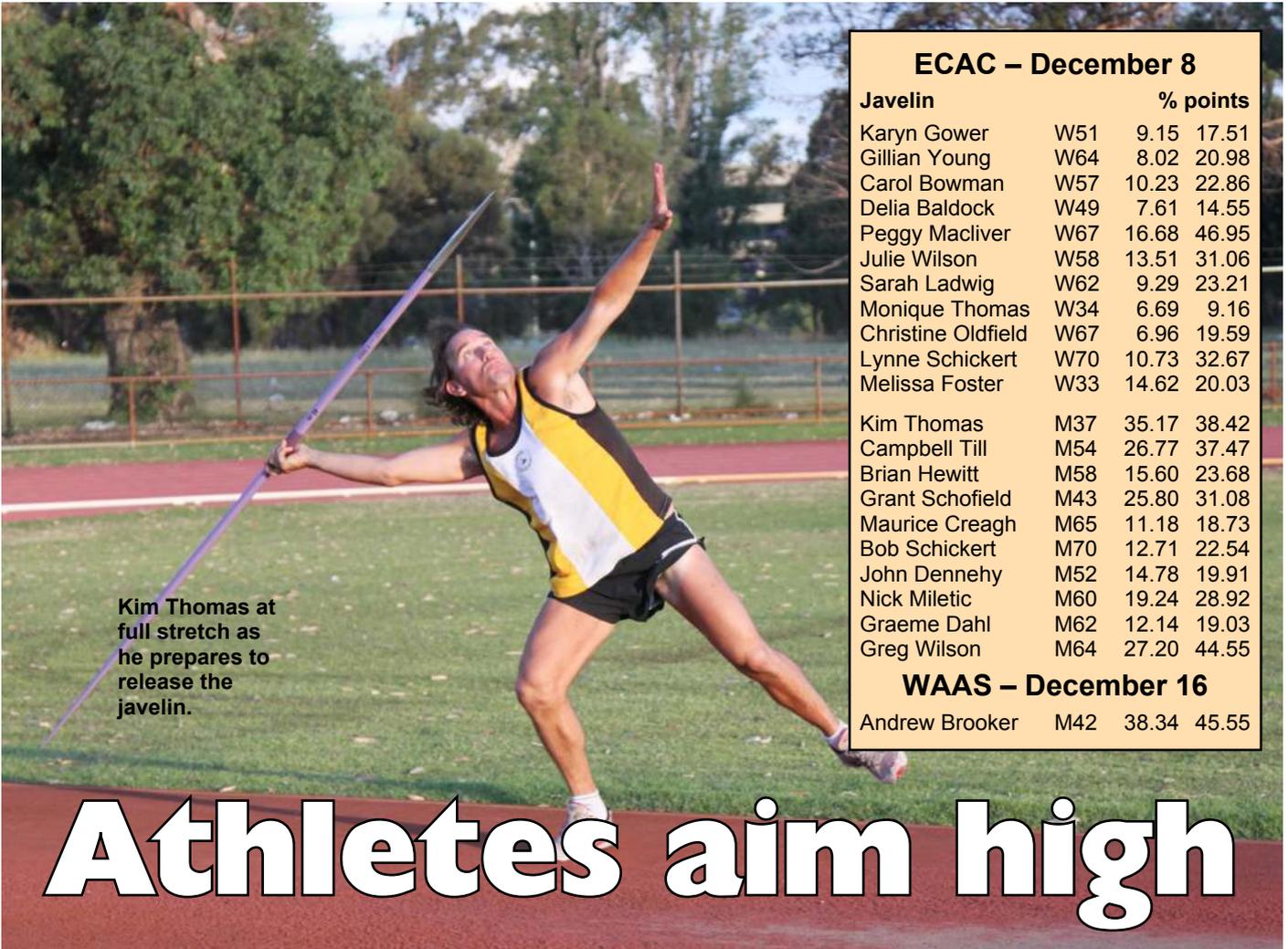
Campbell Till, Mike Kowal and Kim Thomas battle for positions on the final lap.

### WAAS – DECEMBER 6

800m		% points
Andrew Brooker	M42	2:11.1 82.62
Campbell Till	M54	2:25.2 82.83
Kim Thomas	M37	2:25.8 70.87
Mike Kowal	M49	2:26.2 78.85
Mark Dawson	M50	2:35.1 74.99
Grant Schofield	M43	2:42.4 67.30
John Collier	M45	2:51.0 65.11
John Dennehy	M52	2:52.4 68.60
Karyn Gower	W51	2:58.7 71.99
Bob Schickert	M70	3:00.2 76.86
John Oldfield	M68	3:04.1 73.60
Peggy Macliver	W67	3:23.2 82.48
Julie Wilson	W58	3:23.9 69.41
Nick Miletic	M60	3:29.6 60.24
Christine Oldfield	W67	4:01.3 69.46
Lynne Schickert	W70	4:50.9 61.28



# Patron's Trophy



Kim Thomas at full stretch as he prepares to release the javelin.

ECAC – December 8			
Javelin		% points	
Karyn Gower	W51	9.15	17.51
Gillian Young	W64	8.02	20.98
Carol Bowman	W57	10.23	22.86
Delia Baldock	W49	7.61	14.55
Peggy Macliver	W67	16.68	46.95
Julie Wilson	W58	13.51	31.06
Sarah Ladwig	W62	9.29	23.21
Monique Thomas	W34	6.69	9.16
Christine Oldfield	W67	6.96	19.59
Lynne Schickert	W70	10.73	32.67
Melissa Foster	W33	14.62	20.03
Kim Thomas	M37	35.17	38.42
Campbell Till	M54	26.77	37.47
Brian Hewitt	M58	15.60	23.68
Grant Schofield	M43	25.80	31.08
Maurice Creagh	M65	11.18	18.73
Bob Schickert	M70	12.71	22.54
John Dennehy	M52	14.78	19.91
Nick Miletic	M60	19.24	28.92
Graeme Dahl	M62	12.14	19.03
Greg Wilson	M64	27.20	44.55
WAAS – December 16			
Andrew Brooker	M42	38.34	45.55

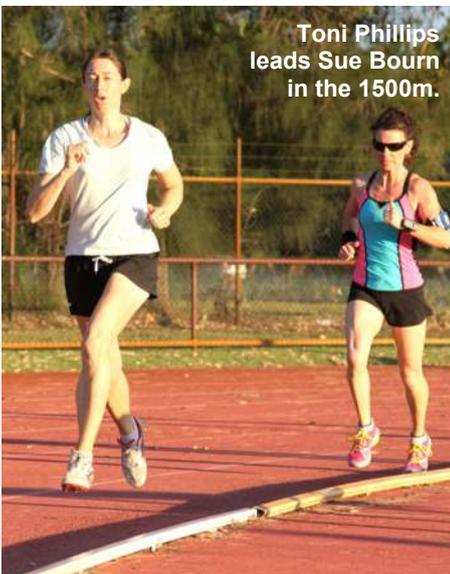
# Athletes aim high

Competition is always friendly at MAWA events. However there were a few gritted teeth as the contest for the minor placings in the trophy moved towards conclusion. It has looked for several weeks as though **David Carr** and **Peggy Macliver** would probably retain their trophies. Mathematically they could each be hauled

in over the next eight days, but it is looking highly unlikely.

However, the prized places behind them are still wide open. **Gillian Young** (88.8%) cemented her second spot in the women's table with an outstanding top score in the 1500m. **Karyn Gower** (79.94%) was within a whisker of her first 80% to move into the chasing pack. Third spot could still go to any of **Karyn**, **Carol Bowman**, **Julie Wilson** or **Delia Baldock**. For the first time in at least five years, it looks as though 10 women will complete the trophy.

The men's event is just as open, if not even more so. Twelve will probably complete with all but the top spot wide open. The prized minor placings could go to any of **Kim Thomas**, **Maurice Creagh**, **Grant Schofield** (who all have 10 events completed), **Brian Hewitt** or **Bob Schickert** (nine completed). Favourites for second and third however are 2009 winner **Campbell Till** (eight completed) and **Andrew Brooker** who still has four events to come, two of which are his specialities. It will be a fascinating finish to what must go down as the best trophy season for years.



Toni Phillips leads Sue Bourn in the 1500m.

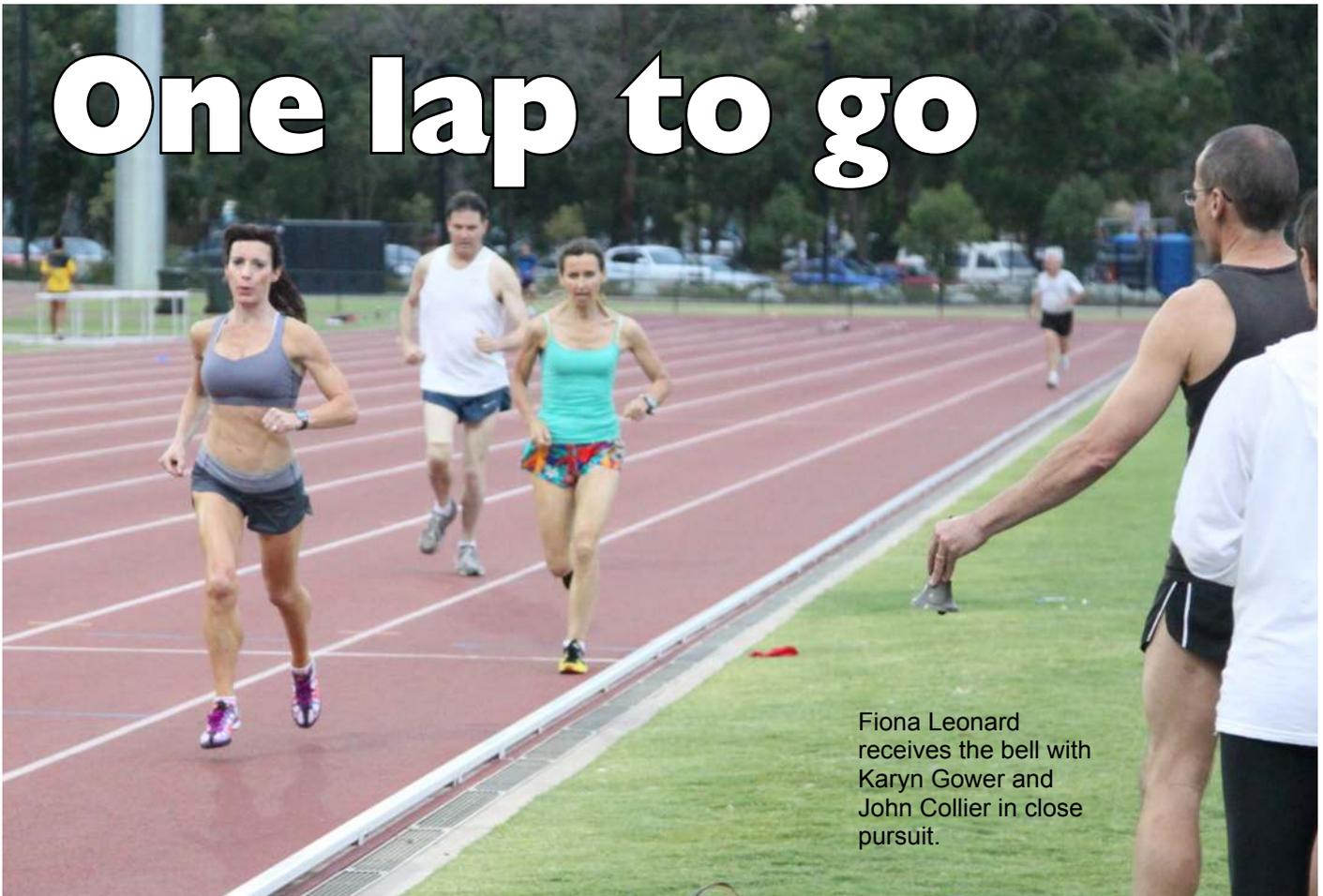
ECAC – December 8			
1500m		% points	
Karyn Gower	W51	5:50.5	79.94
Sue Bourn	W44	6:02.7	70.87
Robin King	W53	6:09.3	77.88
Toni Phillips	W39	6:11.5	65.55
Gillian Young	W64	6:19.0	88.79
Kim Cook	W37	6:21.6	62.80
Mel Hynds	W34	6:32.0	60.08
Hilary Beck	W57	6:35.7	76.73
Carol Bowman	W57	6:35.9	76.70
Delia Baldock	W49	6:37.1	68.79
Peggy Macliver	W67	6:44.5	87.24
Julie Wilson	W58	6:48.7	75.35
Sarah Ladwig	W62	7:29.7	72.58
Monique Thomas	W34	8:10.1	48.05
Christine Oldfield	W67	8:16.0	71.14
Lynne Schickert	W70	9:38.7	64.10
Kim Thomas	M37	4:52.6	72.74
Campbell Till	M54	5:19.1	78.21
Brian Hewitt	M58	5:20.8	80.48
Grant Schofield	M43	5:36.3	67.14
David Carr	M79	6:07.7	88.56
Maurice Creagh	M65	6:10.2	73.84
Bob Schickert	M70	6:13.6	76.26
John Dennehy	M52	6:17.6	64.94
Bernard Riviere	M46	6:17.8	61.49
Nick Miletic	M60	7:05.2	61.76



# Patron's Trophy



## One lap to go



Fiona Leonard receives the bell with Karyn Gower and John Collier in close pursuit.

A mixture of field and track provided the penultimate WAAS trophy evening. Most had already posted a triple jump mark, but wanted to try for improvement as the climax approaches. A few still needed every event to count. **Campbell Till** and **Andrew Brooker** scored heavily to raise their prospects. **Christine Oldfield** recorded a lifetime best. **Karyn Gower** continued to climb the ladder by supplementing her wonderful track campaign.

The 1500m required two heats, there were so many entries. **Andrew Brooker** (78.4%), still in line for a major placing, took the first with **Karyn Gower** (79.4) once more taking points honours. **John Collier** ran a PBA in this heat. Crucial points went to **Julie Wilson** (74.2%) and **Maurice Creagh** (75.1%) in the second heat as the final table begins to take shape. With just one more week to go, the winners look very safe – but it's all to play for in the race for minor placings.

### WAAS – DECEMBER 13

1500m		% points	
Andrew Brooker	M42	4:45.2	78.42
Mike Kowal	M49	5:01.3	79.25
John Collier	M45	5:46.0	66.54
Fiona Leonard	W45	5:50.2	74.28
Karyn Gower	W51	5:53.0	79.37
John Oldfield	M68	6:13.6	75.00
Simon Leonard	M52	6:27.1	63.35
John Collier	M45	5:58.9	64.15
Mark Elms	M44	6:03.6	62.71
Frank Gardiner	M61	6:03.8	72.75
Maurice Creagh	M65	6:04.1	75.08
John Dennehy	M52	6:42.1	60.98
Julie Wilson	W58	6:55.0	74.20
Julie Willmott	W46	7:00.3	73.27
Gavin Howard	M51	7:10.5	56.47
Cathy McCloskey	W48	7:30.0	59.95
Triple jump		% points	
Christine Oldfield	W67	4.80	52.29
Geoff Brayshaw	M62	8.39	66.32
Andrew Brooker	M42	10.89	65.37
Karyn Gower	W51	5.48	46.36
John Oldfield	M68	4.68	40.87
Campbell Till	M54	9.65	67.67
Cathy McCloskey	W48	7.91	64.20
Keith Martin	M68	8.49	74.15



Julie Willmott and Gavin Howard lead John Dennehy and Cathy McCloskey in the second heat of the 1500m.



# Patron's Trophy



## Flying high

### ECAC – December 15

200m		% points	
Bernard Riviere	M46	26.6	81.88
Colin Smith	M48	27.7	79.75
Kim Thomas	M37	28.7	70.91
Brian Hewitt	M58	32.0	73.50
Nick Miletic	M60	33.1	72.51
Kathy Lawson	W45	30.6	78.56
John Dennehy	M52	31.6	71.93
Fiona Leonard	W45	32.0	75.13
Peggy Macliver	W67	32.9	92.01
Delia Baldock	W49	33.2	75.78
Bob Schickert	M70	33.9	76.11
Fran Cherry	W48	35.2	70.65
David Carr	M79	36.5	81.84
Carol Bowman	W57	37.4	72.59
Maurice Creagh	M65	39.8	62.29
Monique Thomas	W34	43.5	49.06
Christine Oldfield	W67	45.6	66.38



Delia Baldock is a picture of concentration as she strides out in the 200m

Not quite the finale of the trophy .... but the two almost certain winners did not disappoint. **Peggy Macliver** stormed home in the 200m with an emphatic 92%. It is widely agreed that 90% is world-class; Peggy certainly graces the world stage. The same can be said of **David Carr**. Each of these two athletes is at home wherever they run – be it a world championships or on the pitted surface that we know as Coker Park.

Other trophy highlights have been the battle for the minor placings in both men's and women's categories. **Carol Bowman** refuses to concede that her battle with **Julie Wilson** is yet over. A season's best in the 200m keeps her in the hunt, but she still insists that she'll try to better this next Tuesday. That's spirit! In fact, **Delia Baldock** may well take third place behind **Gillian Young**. An excellent 200m, garnering 75.8%, puts her in third spot currently.

The men's placings look fairly well confirmed now, with Tuesday athletes **Andrew Brooker** and **Campbell Till** likely to finish second and third.

John Oldfield sums up the Patron's Trophy with the following remarks.

"As one who was always going to be well down the order, and now likely to finish 9th of 11, I can confirm that there is

a great deal of both enjoyment and satisfaction wherever one finishes. There is much truth in the old adage that masters athletics is all about the taking part, not just the winning."



Bernard Riviere heads Brian Hewitt in the first heat of the 200m.



# Patron's Trophy



## Fast and furious



Andrew Brooker, Campbell Till, Andrew Taylor, Colin Smith and Craig van Waardenburg accelerate around the bend.

The finale was topped by trophy winner Peggy Macliver with a 90%-plus performance in each sprint. Even her 93% in the non-trophy 100m was bettered later in the evening with a phenomenal 94.31% in the 200m. A true champion.

In the men's 200m Campbell Till scored the second highest Age-Graded score with

86.62% to be an agonising .7 of a per cent off 700 points in the final tally with third place overall.

In their the race for fifth on the leader board Julie Wilson and Carol Bowman threw everything into their final 200m with Julie edging out Carol by 3.3% in the trophy race.

### WAAS – December 20

200m		% points
Andrew Brooker	M42	25.2 83.89
Campbell Till	M54	26.6 86.62
Colin Smith	M48	26.6 83.05
Craig Van Waardenburg	M52	26.8 84.81
Andrew Taylor	M45	27.2 79.49
Richard Williams	M41	27.5 76.33
Ian Coate	M41	28.4 73.91
Grant Schofield	M43	28.6 74.48
Mike Kowal	M49	29.4 75.68
Keith Edmonds	M44	30.3 70.83
Roscoe McDonnell	M53	29.3 78.09
Fiona Leonard	W45	30.9 77.80
John Dennehy	M52	31.4 72.39
Nick Miletic	M60	31.9 75.24
Cathy McCloskey	W48	32.1 77.48
Peggy Macliver	W67	32.1 94.30
Delia Baldock	W49	32.4 77.65
Sue Coate	W45	33.0 72.85
Fran Cherry	W48	33.9 73.36
Karyn Gower	W51	36.5 70.49
Julie Willmott	W46	35.9 67.72
Carol Bowman	W57	35.9 76.41
Julie Wilson	W58	38.9 71.23
Sarah Ladwig	W62	40.8 70.71
Christine Oldfield	W67	44.5 68.02



Julie Willmott and Carol Bowman kept the timekeepers on their toes with each recording 35.9s. Julie Wilson placed third.

# Tuesday highlights at WA Athletics Stadium



Kim Thomas tries to outrun his reflection in one of the many puddles at WA Athletics Stadium following the downpour that hit Perth.



John Collier leads Bob Schickert, John Dennehy, John Oldfield (obscured) and Karyn Gower.



**ABOVE:** Lynne Schickert, Julie Wilson and Peggy Macliver run the bend in the 200m

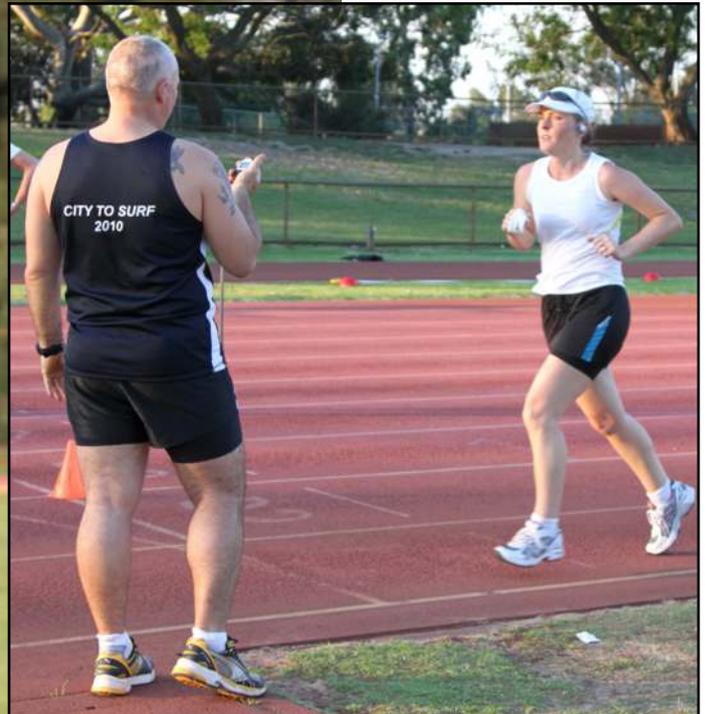


**FAR LEFT:** Andrew Brooker heads Donald Bradley down the back straight.



**LEFT:** Nick Miletic rings the bell for Mark Dawson.

# Thursday highlights at Coker Park



**ABOVE:** Kevin Hynds watches the watch as wife Melissa runs past.

**LEFT:** Bernard Riviere keeps his eyes on the finish line in the 300m.

**INSET:** Sarah Ladwig runs down the main straight.

**BELOW:** Craig van Waardenburg (far left) and Bev Hamilton prepare to release the weight throw.



## ECAC – December 1

The great Eileen Hindle paid us a friendly visit. Eileen still holds 17 state records almost twenty years after she gave up the sport. Looking very well, she arrived before the start and spent half an hour reminiscing with many old friends from her competitive days. One member recalled “She was like poetry going over the hurdles or in the jumps pits- a real natural”.

A state record always has to be a highlight. So pride of place goes to **Bev Hamilton’s** W65 12.18m weight throw. But surely alongside it she would not mind me placing **David Carr’s** amazing 93% 800m run.

The warm, almost windless conditions were ideal for sprinters on the night. Almost half of the entrants in the 200m and 60m short races achieved season’s bests or PBAs, too numerous to mention individually. **David Solomon** is not a member this season. He is living down to the south of Mandurah for work reasons and can only make spasmodic visits to the city. His excellent 200m win (27.3) showed us what we are missing. **Nick Miletic** (32.1) stormed to his best for a long time over 200m with **Julie Willmott** taking the third heat.

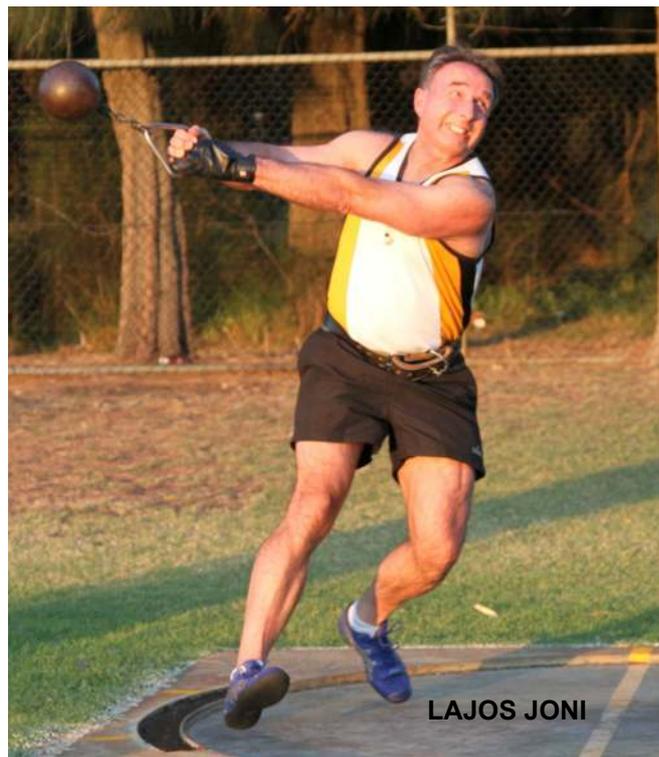
A good mix of throwers is turning out each Thursday. Apart from Bev Hamilton’s SR, the weight throw also saw **Craig van Waardenburg** (13.79m) set a PBA. **Lajos Joni** (15.80m) was only 1 cm short of his state record in his penultimate week before moving back to Sydney.

## WAAS – December 2

**Rob Colling** (M40) was welcomed as a new member four days ago. At this Strive meeting he raced down the 100m straight in 11.1s and repeated the form over 60m, clocking 7.0s. Unfortunately the Stevie Nicks concert last Saturday left us with electronic timing problems. The hand timing was not sufficiently reliable for record purposes, so this



MELISSA FOSTER



LAJOS JONI

potential SR over 100m and AR over the shorter distance cannot be validated. There were good times all round on the track. **Brett Blanco** (7.2s and 11.5s) is running into top form, **Melissa Foster**, **Barrie Kernaghan** and **Roy Fearnall** likewise.

Our only entrant over 1500m on the night was **Mike Kowal**. Mike is also new to us this season, and his 4:58.4 gave us a good indication of his pedigree too.

Add **Melissa Foster’s** 4.89 long jump and season’s bests almost all round in both hammer and javelin and it gives you a good flavour of what was a top night’s athletics.

## WAAS – December 6

The two sprints took place into a headwind, very unusual for this stadium. **Craig van Waardenburg** (27.4) made light of this with a PBA in the 200m. **Julie Wilson** (39.3) did likewise, knocking some 5 seconds off her previous best. The two 60m heats were won by **Craig van Waardenburg** and **Geoff Brayshaw**. **Geoff** also had a 3.87m jump into some very soggy sand. And finally the 4000m event saw only three takers. **Kim Thomas** led from gun to tape to clock 15:29.5, some distance ahead of **Mark Dawson** and **John Collier**.

## ECAC – December 8

Away from the trophy events, there was a 300m race, won by **Colin Smith** and a 2km run in which **Rod Hamilton** left the rest of the field trailing in his wake; and in the field **Melissa Foster** triple-jumped to a huge 10.87m. This would have easily eclipsed her state record but for a strong following wind.

The cage finally came back into use, but without the netting, as the throwers hurled the discus for the first time this season. It was **Lajos Joni’s** last hurrah, as his two year stint in Perth is over. He has now returned to his home in Sydney. We will miss his constant smile.

## Analysis of the results

### WAAS – December 9

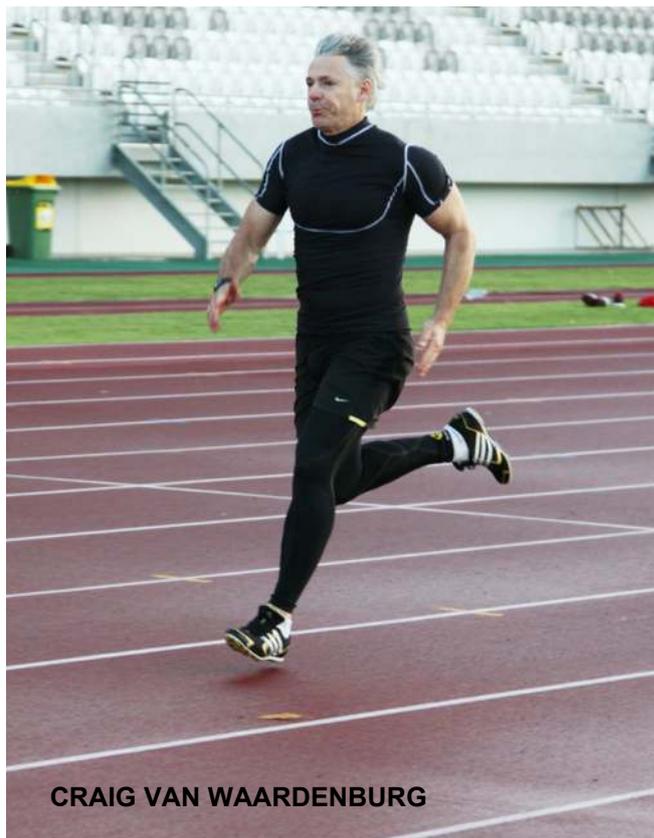
Most of the attention at the WAAS Strive meeting was in the field and over the barriers. **Tom Gravestock** grabs the headlines with a 39.65m M55 state discus record. He was joined in this event by no less than nine other MAWA members.

We welcomed new member **Sarah Edmiston**. Sarah's hammer throw of 35.35m is a new W35 state record. Her discus throwing also showed good promise. She joins the growing band of younger members who have swelled the ranks this season.

The night was designated the Patron's Trophy discus opportunity. (ECAC's discus has been cancelled until the new year with cage problems and Tuesday night throwing has been cancelled for at least the 2011/12 season.) Throwing for points, **Nick Miletic** (38.2%, PBA) took most advantage with **Carol Bowman**, **John Dennehy** and **Grant Schofield** all in the low-20s. **Greg Wilson** also threw a PBA. Greg had performances as the sole MAWA javelin thrower and high jumper too.

Four Masters athletes also jumped the barriers in a 2000m steeplechase. **David Carr** led the way, with **Julie Wilson**, **Nick Miletic** and **Mel Hynds** also practising their technique.

Main track focus was in the 100m sprint. **Rob Colling** (11.41) had a good legal wind this evening but was unable to repeat his ultra-fast hand-timed 11.1 of two weeks ago. **Craig van Waardenburg** and **Barrie Kernaghan** each put in solid runs in the later heats. **Barrie** also ran an extremely good sub-70s 400m to close the evening's entertainment.



CRAIG VAN WAARDENBURG

### WAAS – December 13

Between the Patron Trophy triple jump and the evening's concluding 1500m trophy races, there was much else to enjoy. The 300m and 2000m are not regular events, but nevertheless still enjoyed by many. **Mark Elms** and **Keith Martin** showed their sprint speed to take the honours in the 300m heats. **John Collier** took the 2km race ahead of the returning **Fiona Leonard**.

Then we had three heats of the 100m sprint. Heat winners were **Mark Elms** again, new member **Quinton de Klerk** (who joined on the night) and **Cathy McCloskey**. Cathy and sister **Fran Cherry** were also making their first appearance of the season. All the sprints were wind-assisted, so times were good, but only valid for personal landmarks, of which there were several.

Also sandwiched in this time before the 1500m trophy was a high jump competition. Dave Wyatt runs this, and once more, for the third time, equalled his own state record without managing to better it.

### ECAC – December 15

Away from the Patron's Trophy 200m events there was much to admire. **Kim Thomas** (2:24.2) led **Dave Solomon** (2:24.7) to an excellent time in the 800m in a great finish. **Rob Colling** marked his first regular club meet with 11.4 in the 100m. **Roscoe McDonnell** led all the way in a sub 11-minute 3000m. All five shot-putters recorded season's bests. **Bernie Riviere** jumped to 5.16m in the long jump, a club best for him. And on personal notes, several athletes returned to the meet after long breaks; **Simon** and **Fiona Leonard**, **Fran Cherry**, **Ian** and **Sue Coate**, **Anne Travis**. It's good to see you all again.



SUE COATE

## Analysis of the results

### WAAS – December 16

**Dave Wyatt** finally broke his own state M60 high jump record on this Strive night. After recording 1.45m at no less than four meetings, his 1.47m raised the record at last. **Greg Wilson** jumped his customary 1.35m but once more could not go higher.

It was all MAWA men in the throws. **Tom Gravestock** put the shot out to 11.06m, his best mark in Perth this season, although he did record 11.17m in the Adelaide Masters Games. Tom's 38.34m discus was also a good mark in the stiff breeze. **Greg Wilson** will be happy with his discus throw of 29.52m. Not so chuffed, however, with his javelin; "Threw rubbish tonight", he commented.

The javelin competition was the last eligible throw for the trophy, with **Andrew Brooker** taking advantage to notch good points in his quest for second place. His 38.46m (45%) is his best I have recorded on the MAWA database.

On the track it was only sprinters wearing our singlet in this final Strive meet of 2011. **Roy Fearnall** clocked 8.97s, **Barrie Kernaghan** 9.42s with legal winds in the 60m. Barrie went on to break the electronic beam at 29.67s in the 200m which closed the programme.

### WAAS – December 20

Another very busy evening at WAAS was made easy to manage by many willing hands. Many thanks are due to all who helped. It was great to see so many new fingers on watches. Thanks especially to **Karyn Gower** and **Toni Phillips** for their debuts as recorders; to **Campbell Till** for lap-scoring the 3000m and everyone who helped.

Personal landmarks were numerous. True, there was a good wind helping the sprinters, but as I said to our queen sprinter, you have to have the ability to take advantage of it. And so many did. There were no less than 18 PBAs on the night, and another 22 season's



bests. It truly was a grand finale for 2011 at WAAS – there is no doubt that this switch has been a huge success.

### ECAC – December 22

We were expecting a leisurely evening with a few of the hardy souls giving up the mince pies or last-minute shopping. No way – a big turnout with lots of endeavour mixed in with all the goodwill was the order of the day. A huge bonus to end the year was the sight of six hardy young (-ish!) men winding up the hammer/discus cage in preparation for the return of the strong men to Coker.

Damien decided to hold the scheduled discus event, but to supplement it with a bonus hammer throw instead of shot put.

**Matt Staunton** threw a lifetime best with the hammer. Three others managed PBAs as the implements themselves seemed to be enjoying the evening's outing. It calmed down a little with the subsequent discus event, several discs deciding to avoid the netting and fall outside the cage via the stanchions.

The other field event was the triple jump, **Les Beckham's** last offering of this festive season. **Lynne Schickert** and **Cathy McCloskey** took advantage of a favourable wind to record season's bests. **Melissa Foster** was foiled by the following breeze as she once again exceeded her W30 state record to no avail. It will surely come on an evening when the wind is legal, Melissa.

It was planned to be a short programme on the track. But plans did not take into account the need for five heats of the 60m and three heats of the 400m; even the two other races (mile and 1000m) should really have been separated into two heats. But ace organiser **Bob Schickert** decided that his timekeeping A-team of **Jackie Halberg**, **Pat Carr** and **John Oldfield** could cope with mass races. And so they did.

# BSEFP State Track & Field Championships

Thursday,	March 15	10,000m run	7pm	ECAC
Saturday,	March 17	Pentathlon		ECAC
Saturday,	March 17	Throws Pentathlon		ECAC
Thursday,	March 22	5km track walk	7pm	ECAC

**Saturday/Sunday March 24-25 Main Championship weekend  
Ern Clark Athletic Centre (Coker Park)**

## Other Championships

**Australian Masters are welcome at all of these events**

**February 5-12 Oceania Masters Tauranga, Bay of Plenty, New Zealand  
([www.nzmastersathletics.org.nz](http://www.nzmastersathletics.org.nz))**

**April 6-9 AMA Nationals Melbourne ([www.australianmastersathletics.org.au](http://www.australianmastersathletics.org.au))**

**July 21-22 British Masters Nationals Derby, UK ([www.bvaf.org.uk](http://www.bvaf.org.uk))**

**August 9-12 North American Masters Regionals St. John, NB, Canada  
([www.nccwma2012.com](http://www.nccwma2012.com))**

**November 3-11 Pan Pacific Masters Games Gold Coast ([www.mastersgames.com.au](http://www.mastersgames.com.au))**



**Black Swan Event**  
FINANCIAL PLANNING

Black Swan Event Financial Planning is pleased to again be associated with Masters Athletics WA, supporting the 2012 MAWA State Championships.

### **Health and wealth**

One of the key challenges of retirement is to make sure our income lasts as long as we do.

As a masters athlete, you put a lot of time and effort into maintaining a healthy body. But is your financial situation equally healthy?

If you can be confident that your income will be ongoing, whatever happens in financial markets, then you can plan and act with certainty and peace of mind, says John Cameron, Principal of Black Swan Event Financial Planning.

"In the 30 years I have been in financial planning and associated areas, many companies have tried

various ways to provide that certainty of income – mostly without success," John says.

"Now, a major institution has come up with a radical new solution which, for a reasonable cost, guarantees income for life. It is transparent and flexible, so you can make capital withdrawals (but they will affect your income), with no loss of capital on death."

If you would like more details or would like a free "health check" of your finances, contact John Cameron or Petrese Ivey at Black Swan Event Financial Planning. Or check the website at [www.blackswanevent.com.au](http://www.blackswanevent.com.au)

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