



## Making a splash

MAWA athletics  
strike gold in  
New Zealand –  
Pages 4-5.



Delia Baldock, Julie Wilson and  
Carol Bowman tackle the water  
jump in the steeplechase at the  
Oceania Championships at  
Tauranga, New Zealand.

Photo: GREG WILSON

Entries to close  
Page 2

# Why is he smiling?



**Championship  
entries  
close  
March 4**

Keith Edmonds obviously likes running on the Mondo track at WA Athletics Stadium.

It was smiles all round when MAWA members heard the news that the BSEFP State Track and Field Championships would be held at the WAAS on March 24-25.

A previously scheduled Lenny Kravitz concert at the ground had been cancelled due to low ticket sales.

Championship director, Barbara Blurton, said that VenuesWest have assured her that MAWA can hold the main championship weekend at the stadium without the risk of being displaced.

The 10,000m, 5000m walk, and both pentathlons will remain at Ern Clark Athletic Centre (Coker Park) as previously scheduled.

Entries close March 4.

## Championship Events at Ern Clark Athletic Centre (Coker Park)

**Thursday, March 15**  
10,000m run 7pm

**Saturday, March 17**  
Outdoor pentathlon 8am  
Throws pentathlon noon

**Thursday, March 22**  
5000m track walk 7pm

## Championship Events at WA Athletics Stadium (next to Challenge Stadium)

**Saturday, March 24**  
From noon

**Sunday, March 25**  
From 7.45am

## Roll of Honour

		<b>January 7</b>						<b>February 5-6</b>				
Ruth Johnson	W70	HJ	Bunbury	0.94m	SR	Rob Antonioli	M60	Dec Tauranga	4080	SR		
Ruth Johnson	W70	80mH	Bunbury	20.9s	SR			<b>February 9</b>				
		<b>January 21</b>						Bev Hamilton	W65	Discus Tauranga	24.31m	SR
Ruth Johnson	W70	200mH	Bunbury	51.3s	SR	Lynne Schickert	W70	2km SC Tauranga	14:21.63	SR		
		<b>January 31</b>						<b>February 14</b>				
Roger Ditewig	M45	HJ	WAAS	1.60m	SR	Oswald Igel	M60	Shot WAAS	11.66m	SR		
M60 relay team		4x100	WAAS	62.2s	SR	Sue Coate	W45	Javelin WAAS	26.95m	SR		
M50 relay team		4x100	WAAS	55.5s	SR			<b>February 28</b>				
W65 relay team		4x100	WAAS	82.0s	SR	David Carr	M75	2k Spl WAAS	9:31.2	98.45%		

# Country clash



Barrie Kernaghan (far left), Peggy Macliver (second from right) and Roy Fearnall (right) leave the line.

Sixteen MAWA members made the trip south to Bunbury for the City versus Country clash on the Mondo track last month.

Colin Smith was one of the stand out athletes with two wins and two second places when all heat times were combined.

Tony Heppener showed his class with wins in the 1500m and

3000m and a third place when heat times were combined.

After running a 10,000m at the Strive meeting the night before, Kim Thomas ran second in the 1500m and in the 3000m crossed the line together with wife Monique and son Mitch.

In the throws, Matt Staunton claimed two victories in the shot

and hammer and second in the discus.

While early showers threatened, athletes had to contend with strong winds and cooler conditions.

Despite the weather the Bunbury meeting had a relaxed atmosphere and ended with a barbecue.



Barrie Kernaghan and Roy Fearnall hit the line together.



Colin Smith and Nick Miletic leave the blocks.



Country's Nathan Nobbs (left) battles with Colin Smith, Richard Heppener and Nick Miletic.



Valerie Millard (second from right) and Lynne Schickert

# MAWA gold rush



**Lynne Schickert sprints towards the finish line and a silver medal in the 4x100 relay.**

*Photo: MICHAEL SLAGTER*

## GOLD (23)

100m	Melissa Foster	W30	13.42	78.17%
800m	Toni Phillips	W35	2:59.55	64.29%
LJ	Melissa Foster	W30	5.00	68.03%
TJ	Melissa Foster	W30	11.17	75.52%
TJ	Delia Baldock	W45	8.52	70.12%
HJ	Greg Wilson	M60	1.34	78.90%
HJ	Delia Baldock	W45	1.21	71.18%
Shot	Matt Staunton	M35	12.36	59.85%
Disc.	Matt Staunton	M35	39.24	54.90%
Disc.	Bev Hamilton	W65	24.31	56.58%
HT	Matt Staunton	M35	43.19	69.03%
WT	Matt Staunton	M35	13.79	78.75%
3kW	Regina Crouch	W40	25:18.82	48.29%
3kW	Lynne Schickert	W70	21:28.88	75.76%
5kW	Lynne Schickert	W70	36:34.47	77.05%
10kW	Lynne Schickert	W70	1:14:23	80.23%
80mH	Delia Baldock	W45	16.46	74.30%
400H	Toni Phillips	W35	79.38	69.93%
400H	Delia Baldock	W45	82.81	77.39%
OP	Rob Antonioli	M60	2390	-
TP	Matt Staunton	M35	3090	-

(Lynne Schickert also part of the Australia W60+ 10kW team winning GOLD)

(Julie Wilson also part of the Australia W30-59 H/M team winning GOLD)

## By DELIA BALDOCK

Tauranga New Zealand turned on a week of perfect weather and running conditions for the Oceania Championships which was a relief after arriving in rain at Auckland! It promptly rained after the end of the week as well so we were extremely lucky. We even managed to get sunburnt despite the mild temperatures.

The track was new and fast providing many new Oceania records to follow. Only a few fresh breezes prevented some athletes from claiming new records. Melissa Foster was happy to be back in form. Everyone seemed to win medals and Lynne Schickert was queen of the walks while Bob, after having to pull out with health issues, worked as an official in the last few days. Murray Clarkson and his band of Kiwi helpers did a great job making us all feel welcome with many local athletes acting as officials in their spare time between their own events. Plenty of Aussie athletes also helped out.

The meet was not without challenges however. I heard that the cross country was testing – I think that meant typical NZ vertical slopes and even jumps. Also to protect the track everyone using spikes for a crouch start was required to use blocks

## MEDAL TALLY

	G	S	B
Matt Staunton	5	-	-
Lynne Schickert	4*	2	-
Delia Baldock	4	1	1
Melissa Foster	3	1	-
Toni Phillips	2	-	-
Regina Crouch	1	2	2
Bev Hamilton	1	2	1
Julie Wilson	1*	1	2
Rob Antonioli	1	1	-
Greg Wilson	1	-	3
Carol Bowman	-	1	2
Ivan Brown	-	1	-
Colin Smith	-	-	1
Nick Miletic	-	-	1

\* Includes one team gold medal  
Does not include relay medals.

and for many this was an unfamiliar experience – I know I stumbled out more than once!

Then there were event clashes – all my jumps were at the same time as the sprints so we all had to jump, then leave to run then come back and jump again, which was very disconcerting especially in the high jump when I returned to find the bar

had risen 18cm! Many also did the combined events as well as individual events.

Parking was at a premium – it was handy for the athletes staying within walking distance though, especially when they had to dash back because they forgot their number or spikes! Fortunately the good humour of all the athletes got us through these trials and it was great to catch up with old competitors and meet new ones. I even met a local who had come across to compete in her lunch hour!

There was also plenty of drama with athletes collapsing just before the finish line or crashing over the last hurdle, but somehow still managing to get up and finish. Many achieved best performances with Matt Staunton taking a clean sweep with his throws and Rob Antonioli and Bev Hamilton recording state records.

There were also sights to see of course with plenty of wining, dining, beaches, walks and my favourite the hot pools! Some even ventured to famed Rotorua to see the boiling mud.

The competition ended with the excitement of the relays with plenty of enthusiasm despite many weary, sore legs. If that wasn't enough an amazing number went on to tackle the half marathon.



# Oceania Masters, Tauranga



Check the  
MAWA website  
for a link to  
more photos.

**MAIN PHOTO:** Toni Phillips strides out during her relay.  
**INSET LEFT:** Regina Crouch during the walk.  
**INSET RIGHT:** Julie Wilson straddles the barrier in the cross country.

Photos: GREG WILSON

## SILVER (12)

60m	Melissa Foster	W30	8.65
400m	Carol Bowman	W55	80.97
LJ	Delia Baldock	W45	4.01
Jav	Bev Hamilton	W65	18.76
5kW	Regina Crouch	W40	40:45.83
10kW	Regina Crouch	W40	1:20:44
2kSC	Julie Wilson	W55	10:03.74
Dec	Rob Antonioli	M60	4080
OP	Ivan Brown	M65	1908
TP	Bev Hamilton	W65	3538
HM	Lynne Schickert	W70	2:56.53
2k Stp	Lynne Schickert	W70	14:21.63

(Lynne Schickert also part of the W60+ team winning SILVER in the half marathon)

## BRONZE (13)

Shot	Greg Wilson	M60	30.18
800m	Carol Bowman	W55	3:08.79
TJ	Regina Crouch	W40	6.31
Sh	Bev Hamilton	W65	8.17
Jav	Greg Wilson	M60	28.84
2kSC	Delia Baldock	W45	10:06.14
2kSC	Carol Bowman	W55	10:19.16
3kSC	Colin Smith	M45	14:41.84
Dec	Greg Wilson	M60	3014
OP	Nick Miletic	M60	1941
OP	Julie Wilson	W55	1584
HM	Regina Crouch	W40	2:42.07
HM	Julie Wilson	W55	1:54.59



**Delia Baldock** powers over the hurdles.



**NICK MILETIC**



**COLIN SMITH**

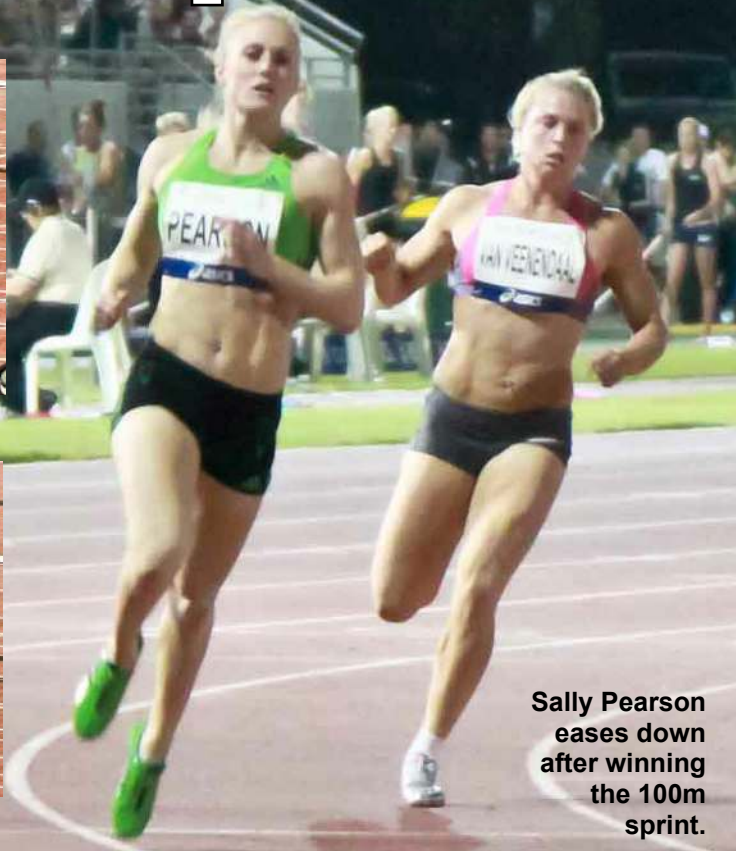
# Stars light up Perth



The women's 100m hurdles field set for the start



and explodes off the line in the 100m hurdles.



Sally Pearson eases down after winning the 100m sprint.



Scott Tamblin battles with Chris Hartley and Chartt Miller. Scott in the 1500m.

## By CHRISTINE OLDFIELD

On Saturday, February 11, Perth was the focus of Athletics Australia as we staged the 2012 Go For 2&5 Perth Track Classic, the second of the Australian tour events. At WA Athletics Stadium, the stand, the grassy banks and the VIP hospitality tent were packed.

Sally Pearson was probably the biggest crowd draw and dutifully won both the 100m and the 100m hurdles in style – despite the fact that she faltered a little at hurdles 5 and 6. And reigning Olympic Champion discus thrower, American Stephanie Brown-Trafton threw a colossal 61.71m.

However, the headline on the Athletics Australia website was “Boyd and Steffensen thrill home crowd in Perth”. And they certainly did. The roars

from the stand (some from our club members) were every bit as loud as they might have been at any rock concert. You could actually hear the expulsion of breath from the stands before the applause broke out as Alana Boyd cleared 4.66m in the pole vault, higher than any other Australian woman has ever vaulted outdoors.



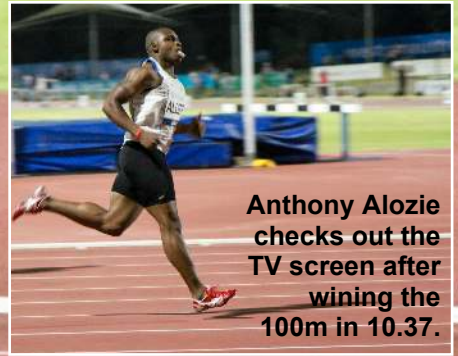
ALANA BOYD

In the 400m his time of 46:49 left Ben Offerens disappointed with third place, having won the event in Adelaide. But John Steffensen thrilled his followers with a convincing win in 46:11. With

two local heroes in the final track event of the evening the spectators went home well satisfied. And for Masters member, Scott Tamblin, it must have been an awesome experience to perform on such a prestigious stage. He must be more than happy with his time of 3:58:19 in the 1500m.



American LaBronze Garrett waits for the starter's gun in the 400m hurdles.



Anthony Alozie checks out the TV screen after winning the 100m in 10.37.



Justine Gaymon pips Brendon Cole in the 400m hurdles.

# Masters make mark

We can be proud that the Perth Track Classic ran smoothly and showcased the stadium to perfection. An event like this requires a great deal of planning and a huge number of managers, officials and volunteers. With only a relatively small number of officials from 'over east' having volunteered to make the journey to Perth, our AWA officials were all on parade. Ten of these were Masters members who officiate regularly at the Friday night Strive meetings (and there would have been three more had the date not clashed with the Oceania Champs in Tauranga).

In addition, four other 'unqualified' MAWA members had been co-opted as officials and were there, like the rest of us, kitted out in the required uniform of black trousers, shoes and socks along with the Athletics Australia 'putty' coloured polo shirts and black caps. Well done, Marg Saunders and Mark Dawson (track), Lorraine Lopes (field) and David Smyth (call room). And we must not forget Roy Fearnall, clad in the green outfit of a volunteer. He did a fantastic job with the clothes baskets and was frequently seen surrounded by a bevy of young female volunteers. It was a privilege for all of us to witness such great athletics and to rub shoulders with such outstanding athletes.

Athletics Australia usually only grants this sort of excitement to Perth once a year. But there are clearly opportunities for interested Masters members to be in-



Christine Oldfield leads the 1500m field to the starting line.

involved. When it comes to the 2016 World Masters Championships in Perth, an enormous number of officials and helpers will be required. You could be one of them. Your chances will be improved if you can offer even a minimum of skills and experience. As a MAWA member you are committed to help at our Tuesday and Thursday meetings and many of you are now doing this on a regular basis. In addition, there are our annual Masters State Championships where help is always required in a variety of jobs. Seeing an athletics meeting 'from the other side of the fence' is valuable experience and adds to your skill base. And if you wish to become

a qualified official there are courses available through AWA.

To whet your appetite further this is what Lorraine Morgan, the competition coordinator for Athletics Australia said in her thank you e-mail to officials:

"It was also a great night for Western Australia officials with many more joining the Australian officials' ranks. This all goes well for the Australian Junior Championships which will be held in Perth next year over five days! And another opportunity for new officials to progress towards the 2018 Commonwealth Games."

*(The 2018 Commonwealth Games were awarded to the Gold Coast. The 2014 games will be held in Glasgow).*

# Death jolts interest

Olympics inspires  
Campbell Till  
to take up athletics

Campbell Till was born in Perth in 1957 and spent his primary school years in Northam. He works in the surveying industry and he and his wife have two teenage children.

He says that the TV coverage of the 1968 Mexico Olympics “piqued his interest” in athletics and prompted him, in the second season ever of Little Athletics, to join Karrinyup LAC. He remembers running on cinders at Perry Lakes warm-up track and enjoyed “a modicum of success” in High School athletics and cross country. He also joined Scarborough Surf Club and, in 1974, was a member of the junior Beach Relay Team which won the state title and competed in the nationals. Some will remember the dog-chewed 1974 T-shirt with which he won Barrie Kernaghan’s *Oldest T-shirt Competition* at WAAS on Tuesday, January 24.

Then he “lapsed into many years of golf and other gentle pastimes” until, when he was about forty, a lifelong friend died suddenly. This jolted him “to pursue some unfinished business” in athletics in which he had always maintained an interest. He decided to get fit again and, having never done a great deal of training, he wanted to see what he could achieve. Soon after, he sought out and joined MAWA. He tried many events and came to realise that his forte was the 400m – a surprise since it wasn’t a distance he had run when he was younger. He also enjoyed the challenge of the pentathlon and occasionally the 400m hurdles.

Campbell is a good all round athlete. In 2009 he did the unthinkable and beat David Carr to win the Patron’s Trophy. This season he came third, with four of his performances gaining points in the mid eighties. He regularly features in the Club Tops and has a stack of medals from State Championships.

He has also competed in four National Championships. He says he “had the good fortune to win two 400m titles” – it must also have involved a lot of hard training.

CONTINUED – Page 9



# Cool Campbell

FROM – Page 8

But he found it very rewarding, having never thought he would be able to reach that level. The second title, in Sydney 2008, was particularly memorable, against good competition: “I was still leading at 350m but being run down by the reigning champion. I gave it absolutely everything and hung on by one centimetre – but then slammed to the track with my next stride and received bruised ribs and a broken collarbone for my trouble. A strange mix of exhaustion, pain and elation.”

Campbell’s contribution to MAWA has been immense. He willingly volunteers his help at the regular track and field sessions – holding a watch, recording finishers, firing the gun or raking the pit. But early on in his masters’ membership he was identified as a bit of a ‘statistics tragic’ (*his words, not mine. CO*) and it seemed natural that he would fill the vacant club statistician’s role

some nine years ago. So his main input has been keeping track of all your top performances and records. It is he who makes sure that you all have the certificates you have earned, whether it be for State, National or World records. He says that he finds it time consuming on occasions but enjoys the job, seeing the best of the club’s athletes achieving their goals.

At present he is focussing on a full recovery from injury (and progressing well) after losing a lot of fitness. Later this year he will enter a new age bracket (M55) and new challenges will be presented. He claims “One of the ‘pleasures’ of Masters – it pays to get older.” Campbell has long enjoyed the competition and friendships that masters athletics affords and foresees that continuing. If events work out he would like to have at least one run in a World Championships. Perth 2016 will surely be his opportunity.



## T&F Programme for March

ECAC	WAAS							
Mar 1 <sup>^</sup>	Mar 6 <sup>*</sup>	60m	1500m	200m	3000m r/w	Long jump	Discus <sup>^</sup>	Wt throw <sup>^</sup>
Mar 8 <sup>^</sup>	Mar 13 <sup>*</sup>	200m	800m	100m	5000m r/w <sup>^</sup> 3000m r/w <sup>*</sup>	Triple jump	Javelin <sup>^</sup>	Hammer <sup>^</sup>
Mar 15 <sup>^</sup>	Mar 20 <sup>*</sup>	1500m	100m	400m	5000m r/w <sup>*</sup>	Long jump	Discus <sup>^</sup> Wt throw <sup>^</sup>	<b>State champs 10,000m<sup>^</sup></b>
Mar 22 <sup>^</sup>	Mar 27 <sup>*</sup>	60m	4000m	300m	600m	Triple jump	Hammer <sup>^</sup> Shot <sup>^</sup>	<b>State champs 5000m walk<sup>^</sup></b>
Mar 29 <sup>^</sup>		100m	1000m r/w	200m	3000m r/w	Long jump	Javelin <sup>^</sup>	Discus <sup>^</sup>

# 4 x 800m relay

## What a finish



Fellow competitors cheer on Maurice Creagh and Karyn Gower as they battle to the finish line.

The final AMA postal relay took place with the 4x800m and what a race we had to end the relay series, with one of the most exciting finishes that kept the fellow competitors cheering. Three teams made up the field, an M40-49 quartet who completed the event in just under 11 minutes, and two other teams separated by just over a second after the eight laps. The first lap was quite close, with a mere ten seconds between first and last, but then the 'young' men stole away. Steve Fuller, Mark Dawson and John Collier ran almost identical splits with anchor Colin Smith bringing the team home in style.

The 50s women and 60s men was a much closer affair. David Carr set up a

four-second lead over Delia Baldock on the first 800m leg, but the next two legs were remarkably even. John Oldfield maintained the lead, pitted against Peggy Macliver (who had earlier run a swift 400m), and Nick Miletic did likewise racing Carol Bowman.

So it came down to a very exciting last leg. Maurice Creagh held off the strong challenge from Karyn Gower for one lap, but Karyn has guts and she gradually clawed back the lead to a couple of metres as they entered the home straight. With the crowd urging them both on, it was nip and tuck to the line, Maurice had enough left to keep Karyn behind, the final margin just over a second.

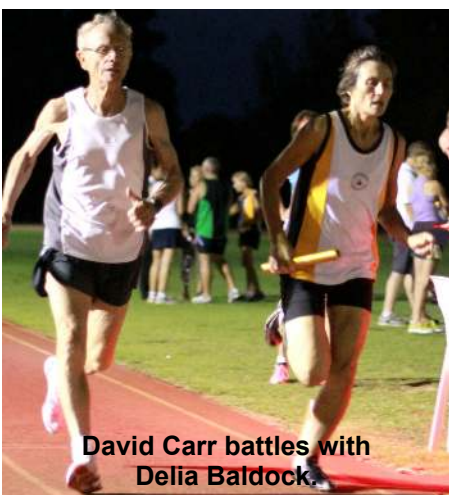


Carol Bowman takes the baton from Peggy Macliver.

### ECAC – February 23

#### 4 x 800m relay

<b>M40-49</b>	<b>10:59.9</b>	
Steve Fuller	M55	2:50
Mark Dawson	M50	2:49
John Collier	M45	2:51
Colin Smith	M45	2:30
<b>M60-69</b>	<b>12:37.9</b>	
David Carr	M75	2:58
John Oldfield	M65	3:18
Nick Miletic	M60	3:19
Maurice Creagh	M65	3:03
<b>W50-59</b>	<b>12:39.0</b>	
Delia Baldock	W50	3:02
Peggy Macliver	W65	3:18
Carol Bowman	W55	3:19
Karyn Gower	W50	3.01



David Carr battles with Delia Baldock.



John Oldfield passes the baton to Nick Miletic.

# 4 x 400m, hammer relay



Carol Bowman passes the baton to Sarah Ladwig.



David Carr (left) takes the baton from Steve Fuller as Kim Thomas passes to Roscoe McDonnell.

Photos: TOM LENANE

## Relay action

At ECAC (Coker Park) the main field event was the hammer 'relay' or team event. This is part of the AMA national (postal) relays where MAWA competes against the other states.

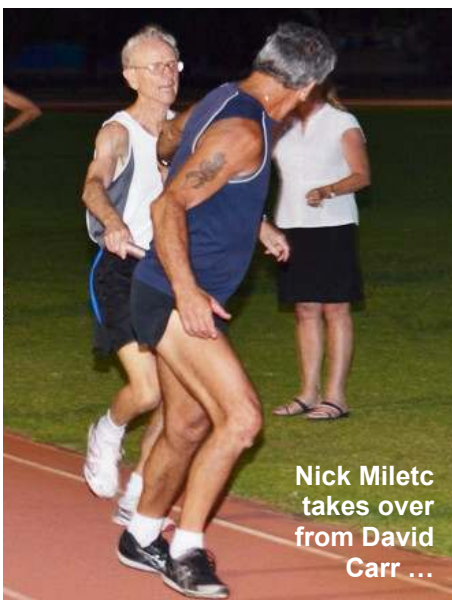
Our men's hammer team represented the M30-39 group, although two members were older. Aably led by **Matt Staunton** (with 41.25m) the team aggregated over 90m to

give themselves a chance in the overall competition.

There were three 4x400m relay teams. The young men naturally led the way from the gun, although **Steve Fuller** (M50s) gave **Kim Thomas** a good race on the first leg. After that, the distances between the three teams gradually widened until all three teams came home to good applause.



Colin Smith and Chris Neale



Nick Miletic takes over from David Carr ...



and passes to John Dennehy to run the anchor leg.

### ECAC – February 16

#### Hammer relay

M30-39	90.44m	
Andrew Ward	M50	19.26
Mark Hamilton	M40	29.93
Matt Staunton	M35	41.25

#### 4 x 400m relay

M30-39	4:09.9	
Kim Thomas	M35	1:04
Roscoe McDonnell	M50	1:08
Colin Smith	M45	1:00
Chris Neale	M40	0:58

M50-59	5:01.1	
Steve Fuller	M55	1:05
David Carr	M75	1:19
Nick Miletic	M60	1:22
John Dennehy	M50	1:15

W40-49	6:15.6	
Jodie Osborne	W40	1:24
Carol Bowman	W55	1:25
Sarah Ladwig	W60	1:47
Hilary Beck	W55	1:40

(splits approximate)

# 4 x 100m relay

## 4x100m Relay W40-50

Regina Crouch, Simone Solomon, Sue Coate and Cathy McCloskey 63.2

**W50-60 (W55 actually, so not SR)**  
Sarah Ladwig, Julie Wilson, Carol Bowman and Lynne Choate 70.7

**W60-70**  
Christine Oldfield, Valerie Millard, Lynne Schickert and Peggy Macliver 82.00**SR (W65)**

**M40-50**  
Colin Smith, Miles Sowden, Maurice Pascal and Bernard Riviere 52.00

**M50-60**  
Craig Van Waardenburg, Allan Billington, John Dennehy and Garry Ralston 55.5 **SR**

**M60-70**  
Geoffrey Brayshaw, Nick Miletic, Greg Wilson and Dave Wyatt 62.2 **SR**

**M70-80**  
David Clive, Barry Kernaghan, David Carr and Bob Schickert 64.9

# Hot hands



**Miles Sowden hands over to Bernard Riviere as Dave Wyatt and Garry Ralston wait for their runners.**

Relay action ended the programme with the 4x100m at West Australian Athletics Stadium on the last night of January.

The three women's teams went first. The 40s team, led off by **Regina Crouch** and anchored by **Cathy McCloskey** not surprisingly won this by some distance. The W50 team (10-year age groups in the post-al relays) was actually made up with four athletes all in the 55 age-group.

Their time of 70.7 was outside the W55 SR, but would have been well inside the W50 time. This was not a problem for the W60 team. **Christine Oldfield, Valerie Millard, Lynne Schickert and Peggy**

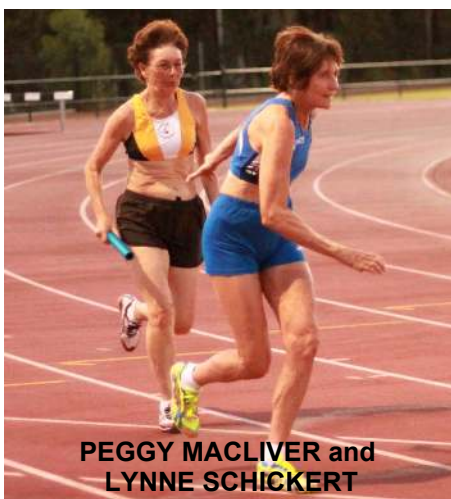
**Macliver** all qualify as 65s, so they have an inaugural state record.

There were two more SRs in the four teams making up the men's relay. The M40s had too tough a task to match the SR, but not so the M50s (**Craig van Waardenburg, Allan Billington, John Dennehy and Garry Ralston**). Their time of 55.5 was a new record by just two-tenths of a second.

The M60 record, set on the previous Thursday at ECAC, fell easily to the team of **Geoff Brayshaw, Nick Miletic, Greg Wilson and Dave Wyatt**. The M70s ran a great race too, with a time fairly close to, but just shy of, the SR.



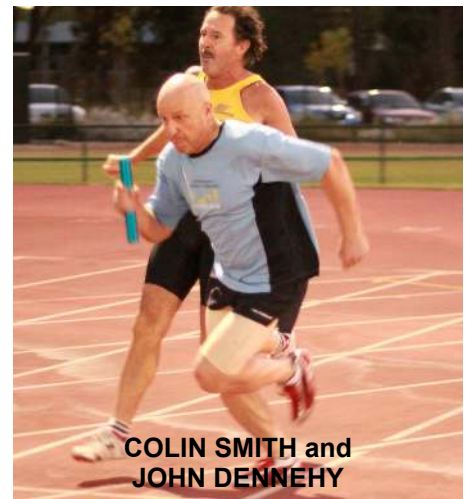
**CATHY McCLOSKEY and REGINA CROUCH**



**PEGGY MACLIVER and LYNNE SCHICKERT**



**LYNNE CHOATE and CAROL BOWMAN**



**COLIN SMITH and JOHN DENNEHY**

# Tuesday highlights at WA Athletics Stadium



**ABOVE:** Miles Sowden leads Sandra Stockman at the end of the back straight in the distance event.

**RIGHT:** David Clive powers through the air in the long jump.



**AMY McALPINE and DANIELLE BALDOCK**



**IAN COATE**



**LORRAINE LOPES**



**JEFF WHITTHAM**

# Thursday highlights at Coker Park



**ABOVE:** Kathy Lawson edges out Peter Mellow for the win with Peggy Macliver third in the 60m sprint.



**LEFT:** Mitch Thomas leads dad, Kim along the main straight.

**BOTTOM RIGHT:** British visitor Henry Heavisides powers to third place in the 800m.



**BELOW:** David Solomon on his way to second in his heat of the 800m.



## WAAS – January 31

A vibrant atmosphere as they rolled in with more than 60 again made it a fascinating evening. Five full heats of 200m got us underway. We welcomed back **Bernie Riviere** after his injury lay-off, and he took the first heat. **Colin Smith**. **Miles Sowden** ran a season's best also. The second heat was only marginally slower, won by Bernie's cousin **Maurice Pascal**. **David Clive** made a return in this heat. **Garry Ralston**, **Peggy Macliver** and **Regina Crouch** were the other heat winners.

Three heats of class 800m running entertained us next. **Kim Thomas** almost inevitably took the opening heat, this time in a season's best of 2:21.8. Other heat winners were **Miles Sowden** and **Cathy McCloskey**. PBAs went to **John Collier**, **Paul Scott-Taylor**, **Cathy**, **Delia Baldock** and **Julie Wilson**. There was another sprint – the 60m; in fact there were six of them. **Craig van Waardenburg** won the opener, **Maurice Pascal**, **Colin Smith** and **Miles Sowden** close on his heels. **Garry Ralston** showed his class by winning heat two, with **Lynne Choate** doing likewise in heat three. Popular winners in the next two heats were **Delia Baldock** and **Simone Solomon**. In the final heat **Valerie Millard** won from sister **Lynne Schickert**.

**Dave Wyatt** returned to WAAS after a two week break at ECAC for the relays, so the high jumpers were back in business. Dave might have been rueing his decision as **Roger Ditewig** equalled Dave's own M45 high jump state record of 1.60m. Added to his javelin SR earlier in the month, it's been a good four weeks for Roger. Six other athletes took the leaping challenge, with **Delia Baldock** and **Gill Edmonds** equalling their previous bests. **Geoff Brayshaw**, **Sue Coate** and **David Clive** were only separated by 27cm in the triple jump, with **Cathy McCloskey** not far behind.



## ECAC – February 2

We started with a 400m event, two heats being sufficient with the smaller than usual numbers present. **Chris Neale** surprised himself by winning the first heat, having had so little training recently. **Garry Vogler** returned after a year's absence, and **Terry Cummins** also put in a rare appearance to clock a PBA. **Kathy Lawson**, now happily a regular, won heat 2 with a season's best ahead of **John Dennehy** and **David Carr**. David's was a season's best. SBs also fell to **Maurice Creagh**, **Julie Willmott** and **Greg Wilson**.

A 1500m race followed, **Terry Cummins** continuing his good evening with another PBA. The race was won in style by **Kim Thomas**, dipping under five minutes again. **Monique Thomas** and **Trish Farr** had a great race further down the list; Monique (PBA) just had enough to leave Trish (SB) in the home straight, with **Mel Hynds** keeping a careful eye on them from behind.

The 100m heats gave few top times, but were still good races. **Chris Neale**, **Kathy Lawson**, **Paul Abercrombie** and **Julie Willmott** took the heat wins. The distance event (5000m) was popular as usual. **Kim Thomas** was the customary winner with a season's best, **Kim Cook** producing the other SB.

It was almost SBs all-round for the five long-jumpers, **Paul Abercrombie** being the surprise of the evening with a jump only just behind winner **Chris Neale**.

The conditions turned the final evening of the age-graded throwers competition into a bit of a damp squib. **Oswald Igel** was probably the most pleased on the night with scores of 62% and 53%. Even so, there were SBs for **Stella Turner** (shot and discus), and PBAs for **Brian Miller** (shot), **Greg Wilson** (discus). The final standings in this competition are still uncertain, with throws returning to WAAS and also some Strive evenings being valid.

## Analysis of the results

### WAAS – February 3

Could you ever have imagined that a MAWA athlete running 3:59.7 for a 1500m would seem an anti-climax? Of course, it was not. Yet the expectations are so high when **Scott Tamblin** lines up behind the hammer cage these days. The euphoria of his 3:57.7 three weeks ago still looms large in the mind. For the second time he was inside the magical masters four-minute barrier.

**Mark Dawson** is a quietly-spoken man. And he too had a great race in the following heat of the metric mile. Within an ace of breaking five minutes for the first time, Mark was elated with 5:00.02.

We had less athletes than usual on the night, with only one thrower, no jumpers and with several of our track athletes either already in New Zealand or at least on the way there. Yet there was plenty to admire: **Paul Edmiston's** high hurdles; **Paul Jeffery's** 100m of 12.19s; **Andrew Brooker's** 400m of 58s; **Bruce Cornish** surviving the intense scrutiny of the walks judges in the 3000m walk, and **Roy Fearnall** stepping up to 400m to test himself against the best the state has to offer.

Yet perhaps the most absorbing contest of the evening was in the shot put circle. **Sue Coate** is one of our most unassuming members. She had a wonderful contest with her own daughter **Rachael** with the shot. Each surpassed 8m, the lead leap-frogging several times during the six rounds. Rachael prevailed finally by a whisker – 8.06m to 8.02m.

### WAAS – February 7

**Les Beckham** was relegated to the pit on the back straight because the two main pits had been prepared for Saturday's track classic event. **Bob Fergie** jumped a



MARK ELMS



SUE COATE

season's best before trotting down to the weight throw area. **David Clive's** 4.51m was only a centimetre short of his best for three years, with **Geoff Brayshaw** also jumping well over four metres. **Sue Coate** entertained all of us by clearing 1.30m in the high jump and then jumping almost as high with delight at this PBA. Husband **Ian** was inspired to continue on to equal his previous best of 1.45m.

In the four heats of the 400m, **Mark Elms' 56.8s** was a new PBA, with **Maurice Pascal** not far behind in his best since joining a month back. Heat 2 was won impressively by another recent recruit, **Miles Sowden**. **Allan Billington** and **Garry Ralston** took the honours in the final two heats.

**Tom Tralau** ran an impressive PBA to win the 1500m ahead of new ace recorder **Steve Weller**.

The usual crowd made their way down for the 100m starts. Only four heats with wins for **Mark Elms** (fresh from his Rockingham 550 success), **Garry Ralston** (warming up nicely for the states), **Mike Edwards** and **John Dennehy**. **Kim Thomas** won the 5000m. **David Brook** and **Tom Tralau** impressed, in a race which saw the return to the track of your analyst for the first time for two months as the long rehab gets under way.

In the field events we started, as ever, with a short throw – this time the heavyweight. It was good to see **Byrony Glass**, undoubtedly the best thrower we have in the club. Byrony's 16.52m was still a metre short of her very best. Next longest throw came from **Craig van Waardenburg**. Craig is an unassuming athlete, always giving of his best, yet always expecting more from himself. His 13.15m would have delighted most, but he probably still felt he could have done better. Of such is made a champion.



# Analysis of the results

## ECAC – February 9

Excellent conditions led to some fine times across the range of events. With a number of regulars away in Tauranga numbers were down, although supplemented by ten visitors. Notable amongst these was **Henry Heavisides**. Henry, an M55 Ilkley Harrier from Yorkshire, England, is a British Master. Predominantly a road runner he showed us a mean turn of speed over his (first-ever) 800m and 3000m. He was only in Perth for a few days on a round-Australia trip before heading back to the UK for the start of the Spring road-running season.

Four heats of the 100m got us under way. **Paul Abercrombie** (SB), **Kathy Lawson** (PBA), **Julie Willmott** and new member **Rachel Evans** were the heat winners. Kathy's second heat saw arguably the best finish as **Sue Bourn**, normally such a strong distance runner, showed great pace to set her own PBA just behind. **Pat Carr** also deserves a mention here. Pat is so often helping to time-keep, but chose to run and recorded her season's best. Could there be some records on the way when she passes the magic 8-0 next week?

The 800m gave us some great moments. Each heat had something special to offer. I've already mentioned **Henry Heavisides'** debut 800 – 2:35 for a distance road-runner is no mean time! But **Maurice Creagh**, last over the line, knocked another 1.5 seconds off his PBA with 2:53.6. The second heat saw **Rob Colton** set a new season's best of 2:32, way ahead of the rest of the field. **Joe Clark-Murphy**, with 2:47, sent a message out to the M65s that he is a real challenger in the championships middle distance events. **Julie Willmott** and **Rachel Evans** had season's bests too. **Kim Cook** dipped under 3 minutes for the first time to win heat 3, with **Peggy Macliver** setting her best time for this season (3:09) and **Sarah Ladwig** also with a season's best.



RACHAEL EVANS



CATHY McCLOSKEY

## WAAS – February 14

Perth weather was close to its best, but with a stiff tailwind for the sprinters and jumpers and some smoke haze from the Northcliffe bush fires. In addition to a large number of PBAs, 18 in total with many wind-assisted, we had a shot put state record for M60 **Oswald Igel**. The distance (18.66m) will be confirmed once the measurement is converted to a steel tape figure.

Four heats of the 100m sprint set the tone for the evening. A clutch of PBAs and SBs were all declared wind-assisted. Heat winners **Bernie Riviere** and **Maurice Pascal** were the pick, with 12.3s and 12.5s respectively. But the second heat saw all five athletes record personal landmarks, in addition to Maurice, Ian and **Sue Coate**, plus **Nick Miletic** all set good PBAs with **Lynne Choate** also clocking her season's high. Good times followed in the last two heats as well. **Richard Williams** (13.7) took the third, just ahead of **Barrie Kernaghan** (SB, 13.8). **Cathy McCloskey**, **Barry Newell** and **Keith Martin** were also pleased with fast times. **Aveley McCann**, our latest new member, showed a swift turn of pace to take the final heat. Vintage runners **Irwin Barrett-Lennard** and **Pat Carr** also enjoyed the tailwind, **Julie Wilson** sandwiched in between.

It is not very often that we need four 800m heats, but that was the call as we shared the track with a big pack of other training athletes. **Kim Thomas** (2:21.4) won the opener. **Campbell Till**, "getting close to race fitness" in his own words, was not too far behind, with **Colin Smith** (SB) and **Tom Tralau** (PBA) and **Steve Weller** completing the field. **Grahak Cunningham** was an easy winner in heat two, but it was close for the rest with only two seconds separating **Keith Edmonds**, **Maurice Pascal** and **John Collier**.

## Analysis of the results

### ECAC – February 16

There was a good turnout at ECAC, with the regulars having returned from their exploits in Tauranga. Sprinters always complain about the surface at ECAC these days, but it does not stop them competing. Five heats were needed to satisfy those wanting to run the 60m dash. Times were not spectacular, but heat winners will nevertheless be pleased. Going home happy were **Chris Neale, Kathy Lawson, John Dennehy** and **Val Millard**. **Kathy** returned for heat 4 to nurse home her two sons.

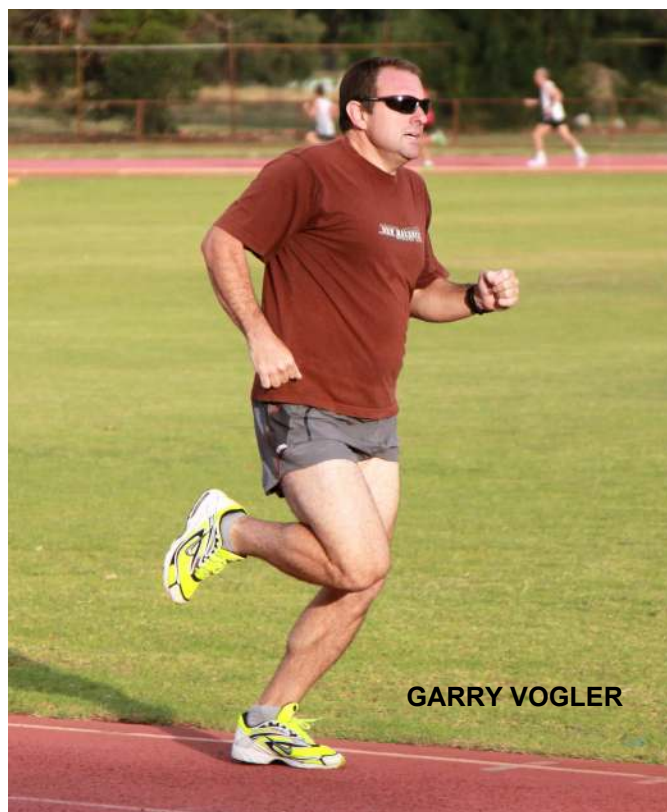
**Kim Thomas** was the stand-out performer over the mile – a PBA of 5:17 setting a high standard, with **Garry Vogler** pushing him hard all the way to the line.

The 200m featured another potential new member **Peter Ntini**. Peter is an all-round athlete – apparently anything from sprints to marathons! Anyone that can run a marathon and also push **Chris Neale** hard in a 200m has my vote. And he's asked for some hurdles in the 200 at WAAS next week! **Kathy Lawson** took the second heat ahead of **Keith Martin** and **Steve Fuller**.

Kim also won the subsequent 3000m from **Tony Hep-pener, Roscoe McDonnell** a further seven seconds adrift. **Kim Cook** set a big PBA in this race, with **Brian Hewitt** close to breaking 12 minutes with his SB. **Val Millard** is returning to good walking form, her 20:48 being another big SB.

### WAAS – February 17

The Strive meet shared billing with the state junior championships. Regular Friday-nighters are aware that this means much waiting around with lengthy delays so most stayed away. We did see **Byrony Glass** back in action and almost over her plantar fasciitis problem. Just over 50m was the distance that the hammer flew, so not far short of back to top form.



### WAAS – February 21

Still the new sprinters keep turning up! We welcomed three new members, all of whom are prodigious over the shorter distances. **Glenn Ross** (M40), **Aldis Jaunzems** (M30) and **Adam Bennett** (M35) each showed on their MAWA debut appearance that they have much to offer. With the welcome return of Northam-based **Rudy Kocis** and soon-to-join (hopefully) **Peter Ntini**.

Having mentioned the new, younger, men the focus really was on a somewhat more mature lady. It is hard to believe that **Patricia Carr** just celebrated her 80th birthday. Patricia was hoping her first race as W80 would see a new state 60m record; then go on to set a new Australian record in the upcoming championships with electronic timing. She was way inside the SR, but the wind was +2.1m/s, an agonising 0.1 over the legal record limit.

Earlier the men had strutted their stuff - 7.2s for **Glenn Ross**, 7.5s for **Aldis**, 7.4s for **Rudy**, 7.8s for **Peter** and the same time for **Adam**. What a sensational start to the evening. Add a PBA and SB for veterans **David Clive** and **Barrie Kernaghan**, and 7.9 for **Maurice Pascal** and you get a feel for the electric start to proceedings.

The 200m event had a twist to it this week. Lane 8 contained hurdles as three athletes joined the flat sprinters over the jumps. The objective was practice for the upcoming championships. **Toni Phillips, Campbell Till** and **Peter Ntini** took advantage of this opportunity.

The heats were won by **Glenn Ross, Rudy Kocis, Cathy McCloskey** and **Fran Cherry**. **Glenn** set a stunning time of 22.8 in the opener, which would have beaten **Peter Gare's** 1981 SR had the wind been legal. A number of SBs followed in later heats, with **Cathy McCloskey** setting a time which equalled her electronic PBA from last season's championships.

## Analysis of the results



STEVE FULLER

### ECAC – February 23

A coolish evening that started with the belated realisation that we were missing a starter. Where was Tom? Plan B went into action with your analyst and **Nick Miletic** sharing the duties. A stiff headwind made for slow sprint times, but this did not prevent **Steve Fuller** (15.0) setting a new PBA.

One of the 'occasional' events that always proves popular is the one kilometre race. 23 athletes took to the track. The large field was separated at the end by more than three minutes. The race was won by **Garry Vogler**, who had been a member for less than six hours, although we have seen him as a visitor over most of the recent weeks. PBAs galore were an indication of how rarely we run this distance.

**Garry** continued his good form by taking the lead heat of the 400m in a swift 64.6s, just heading off another man having a good meeting – **Steve Fuller**. **Tony Hep-pener** and **Peggy Macliver** won the subsequent heats, with Peggy just taking enough out of herself to enable me to match her in the relay. (See page 10).

It was a customary finish to the 5000m as **Kim Thomas** won again; but he did not have it all his own way. A resurgent **Alan Gower**, having clearly built up form again after his long lay-off, was on his heels all the way, finishing just three seconds down. Kim's son **Mitch**, not yet a teenager clocked a mightily impressive 20:04 to finish third. **John Collier** set a new PBA in fourth place.

### WAAS – February 24

**Glenn Ross** was the undoubted star at WAAS. M40 state records in both 200m and 60m closed a memorable first week as a MAWA member for the sprint ace.

Opening the evening with just a marginal tailwind, Glenn powered his way to a 23.25s 200m finish – just inside Peter Gare's mark which has lasted since 1981. He backed this up late in the evening with a 60m time of 7.37s, well inside Darryl Lette's record set last April. The wind for the 60m was not recorded but was negligible late in the evening.

Glenn was one of six MAWA fast-twitch men. **Mark Jeffery** had a 200m PBA on his return to the track, although this one was wind-assisted. **Aldis Jaunzems**, another new member, put in excellent runs in both short events, with **Greg Brennan**, **Craig van Waardenburg** and the evergreen **Barrie Kernaghan** completing our complement.

**Scott Tamblin** and **Xander van Rijen** impressed in the 800m heats. **Scott** was disappointed when I spoke to him afterwards, but puts his "slow" time of 1:57 down to a heavy training schedule and is hoping for better as the season draws to its close and his training load lessens. **Xander** has also run a few seconds quicker than his 2:04, but it still looked mightily quick to those of us watching.

The evening had opened with the John Gilmour 10,000m race, with **Kim Thomas** MAWA's sole representative. Kim acquitted himself very well. His target this season remains the marathon in July, where he hopes to better last year's 2h55m; everything is geared up to that race.

**Melissa Foster** was over 5m in the long jump pit again, and the throwers also enjoyed the benign conditions. **Mark Jeffery** (PBA, discus) and **John Everard** (SB, hammer) were the pick of the crop.



KIM THOMAS

## WAAS – February 28

In recent weeks it has been the sprinters making the headlines at WAAS. Our influx of younger sprinters has certainly added to the strength MAWA has in the older age groups over the shorter distances. But the show was stolen by our 79 year old world champion and world record holder **David Carr**. David's world record in the 2000m steeplechase dates from 2008 at just under nine minutes. At the very top of his age group he rolled back the years with a vintage performance of 98.45% age-graded. It is a measure of the man that he was slightly disappointed with being unable to pass a much younger man in the home straight. Of such an attitude is greatness made.

In the same race, **Julie Wilson** dipped under ten minutes for the first time. She has been getting closer each race to this benchmark and tonight was the time as she clocked 9:53.

The evening had started with the sprinters quite surprised to find that the easterly gave them a slight headwind for the 100m. It barely had any effect on **Glenn Ross**, clocking 11.5s, with **Aldis Jaunzems**, **Maurice Pascal** and **Colin Smith** completing the field in this first heat. **Tenneille Trigwell** notched her first win of what will undoubtedly be many on this, her debut meet with us. **Adam Bennett** was not far behind, **Campbell Till**, **Geoff Brayshaw** and **Nick Miletic** completing the class field in the second heat. Winners in the final three heats were **Miles Sowden**, **Keith Martin** and **Danielle Baldock**.

The large field for the subsequent 1000m almost merited a split into two races, but with the hectic programme all 17 went together. This occasional distance saw PBAs to a number of our middle-distance men: **Roscoe McDonnell** (winner in 3:09.7), **Grahak Cunningham**, **Maurice Creagh**, **Mark Dawson** and **Frank Gardiner** were the others.

Three heats of 400m in which the heat winners were **Colin Smith**, **Richard Williams** and **Cathy McCloskey** led us to the longer distance event over 5000m. Conditions were just about ideal for distance running on this superb track. **Kim Thomas** lowered his PBA yet again, this time to 18:13, finishing almost a lap ahead of that fine athlete **Grahak Cunningham**. **Paul Scott-Taylor** (21:27) also recorded a PBA, with good times also noticed for **Tom Tralau** and **Graeme Dahl**.

The triple jump adds variety to an evening's athletics. It also gave great pleasure to two regulars – **Geoff Brayshaw** (8.87m) and **Cathy McCloskey** (9.11m) each going home pleased with new PBAs. As usual **Melissa Foster** was the pick of the jumpers with 10.67m. There was a high jump too; **Delia Baldock** was delighted with her best of the season (1.27m), with **Keith Martin** (1.15m) equalling his.

Two throws events completed a very busy programme. The shot put came first. **Andrew Ward** and **Dorothy Whittam** geared up for the championships with PBAs, **Jeff Whittam** and **Rae McMillan** putting SBs. The discus saw **Oswald Igel** with the longest throw, and also a PBA, of almost 37m. Finishing at just after 8.10pm, this brought a wonderful evening's athletics to a close.



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