

TFNL

The Track and Field Newsletter of Masters Athletics WA



Season 17 Issue 1
October 2023



*Roberto and Bob prepare for
synchronised steeple splashdown
while Jackie officiates*

Leap into the new athletics season

Our Patron Bob Schickert

I am delighted to announce that our new patron will be Bob Schickert. Bob was an elite athlete in former years and has extensive knowledge and experience – he will be pleased to provide guidance and advice to members. His knowledge of MAWA is unparalleled.

Richard Blurton, President



Patron's Trophy



Now in it's 45th year and with Bob Schickert as our Patron, the Patron's Trophy will get underway on October 14. Please note that Patron's Trophy events will be held at ECAC.

Athletes compete in a minimum of nine events with the best nine giving the total score.

Competitors are challenged with a range of events from sprints, distance races, throws and jumps. The events are 100m, 400m, 800m, 1500m, 5000m, LJ, HJ, TJ, Shot Put, Discus and Javelin, so with nine to count everyone has to do at least one run, one jump and one throw.

All participants receive a commemorative certificate and all will tell you the trophy competition is great fun and a chance to try your hand at events you might not normally tackle. No one is expected to be an expert at every discipline, just willing to have a go.

Consider entering the Patron's Trophy this year - it has a long tradition within MAWA ranks.

Current Trophy holders are Sue Coate and Campbell Till (pictured right), who both worked hard to secure their third winners medallion on the trophy.





Winter Wrap...

File photo

A dedicated group of athletes continued to compete over the winter months, with numbers even climbing to an impressive 28 participants on May 25th. Complaints were heard about the wind, the rain and the chill factor but it didn't seem to dampen the general enthusiasm of the athletes.

Of course the winter competition at ECAC would not have been possible without Richard, Barbara, Gillian and their helpers who set up the timing equipment and supper table, held spare watches and recorded the results. Andrew Cuthbertson got everyone on their way as the starter for each event. If you were running late you could hear his starter's voice from the carpark calling up competitors for the the next race. Encouragement to get a spring in your step!

In March a group of MAWA members headed off to Poland to participate in the World Indoor Championships held in Torun. Many inaugural records were set by our members at this event and we congratulate them all. Good friends, Daniel Mostert and Hans Venter competed and supported each other in the M45 and M55 Pentathlon. Interestingly, due to the compact programme of the World Indoors, the Multi Events take place over one day only, as a Pentathlon rather than a Decathlon.

The Bunbury throwers group enabled all throwers to keep up their skills over winter by organising a monthly Throw's Pentathlon that was generally well attended. Congratulations to Sharon Moloney, Sue Coate and Jenn Parker who all set new State records in the Heavy Weight and Super Weight division in June.

The Pole Vault group decided not to hold a weekend competition in September, as they did last year, as there is a full programme of Pole Vault available to them at Strive.

In a rare happening, the September 28 Thursday night programme at ECAC has been cancelled due to turf replacement works scheduled to take place. So we will have a pristine new infield in place ready for the summer athletics season.

Summer Programme

Patrons' Trophy events at ECAC only

The Patron's Trophy (highlighted events) commences on Thursday October 14

Athletes compete in a minimum of 9 events with the best 9 giving the total score

Thursday at ECAC, Wharf Street, Cannington - at 6pm

EVERYONE, INCLUDING CHILDREN MUST PAY THE \$3 ENTRY FEE AT THE SIGN-IN TABLE

In addition - visitor fee:\$5 (\$2 for under 18, members' children pay not visitor fee)

<i>Thurs</i>	<i>Event 1</i>	<i>Event 2</i>	<i>Event 3</i>	<i>Event 4</i>	<i>Event 5</i>	<i>Jump</i>	<i>Field 1</i>	<i>Field 2</i>
05 - Oct	200	3000	100	800	steeple	long/triple	discus	weight
12 - Oct	60	1500	400	5000		long/triple	javelin	shot
19 -Oct	200	800	60	3000		long	hammer	weight
26 - Oct	100	1 mile	200	5000		long/triple	discus	shot
02 - Nov	100	1500	400	3000		high	javelin	hammer
09 -Nov	60	800	200	5000		long/triple	discus	weight
16 - Nov	100	400	60	3000		high	weight	shot
23 -Nov	300	1500	100	5000		long/triple	javelin	weight
30 - Nov	400	1000	60	3000		high	hammer	discus
07 - Dec	100	800	200	5000		triple	javelin	shot
14 - Dec	100	1500	400	3000		high	hammer	discus
21 - Dec	60	1 mile	200	5000		long/triple	javelin	shot
28 - Dec	60	1500	400	5000		long/triple	shot	discus
04 - Jan	200	800	3000	100	steeple	high	hammer	weight
11 - Jan	60	1500	100	S hurdles	3000	long/triple	discus	shot
18 - Jan	200	1000	400	5000		high	javelin	hammer
25 - Jan	800	L hurdles	200	3000	100	long/triple	discus	weight
01 - Feb	100	1500	60	5000		high	hammer	javelin
08 - Feb	400	1 mile	200	L hurdles	3000	long/triple	discus	weight
15 - Feb	200	800	60	5000		high	hammer	shot
22 - Feb	60	400	3000	100	steeple	long/triple	javelin	weight
29 - Feb	300	1500	100	10,000m	State Champs	high	discus	shot
07 - Mar	200	S hurdles	800	60	3000	long/triple	javelin	weight
14 - Mar	100	1500	300	Steeple	State Champs	long/triple	hammer	weight
21 - Mar	60	400	200	5000		high	javelin	shot

Tuesday at WA Athletics Stadium, Mount Claremont at 6.30pm

\$8.40 (\$4.20 for seniors card holder) entry to WAAS

In addition - visitor fee:\$5 (\$2 for under 18, members' children no fee

- pay at sign-in table

<i>Tues</i>	<i>Event 1</i>	<i>Event 2</i>	<i>Event 3</i>	<i>Event 4</i>	<i>Jump</i>	<i>Field 1</i>	<i>Field 2</i>
03 - Oct	60	1 mile	400	3000	long/triple	hammer	shot
10 - Oct	200	800	100	5000	High	javelin	discus
17 -Oct	400	600	1500	3000	long/triple	discus	shot
24 - Oct	100	1000	400	5000	High	javelin	hammer
31 - Oct	200	800	60	3000	long/triple	discus	shot
07 -Nov	300	1500	200	5000	High	javelin	shot
14 - Nov	100	800	400	3000	long/triple	hammer	discus
21 -Nov	100	1500	200	5000	High	discus	shot
28 - Nov	60	800	200	3000	long/triple	javelin	hammer
05 - Dec	400	1500	100	3000	High	hammer	discus
12 - Dec	200	1 mile	400	5000	long/triple	javelin	shot
19 - Dec	100	60	800	5000	High	hammer	discus
09 - Jan	100	800	60	3000	long/triple	javelin	discus
16 - Jan	200	1500	100	5000	High	hammer	shot
23 - Jan	600	400	200	3000	long/triple	javelin	hammer
30 - Jan	100	800	60	5000	High	discus	shot
06 - Feb	200	1000	100	3000	long/triple	javelin	hammer
13 - Feb	60	800	300	5000	High	discus	shot
20 - Feb	100	1000	200	3000	long/triple	javelin	discus
27 - Feb	60	1 mile	400	5000	High	hammer	shot
05 - Mar	100	1500	200	3000	long/triple	javelin	shot
12 - Mar	200	1000	60	5000	High	hammer	discus
19 - Mar	400	1500	100	3000	long/triple	javelin	hammer

Saturday March 9

Saturday March 16

Sunday March 17

State Champs Pentathlons and 5000m + high jump

State Champs Day 1

State Champs Day 2



ABOVE: Bob and Lynne Schickert



ABOVE: Hans Venter



RIGHT: Daniel Mostert



ABOVE: Sharon Moloney

File Photos

M35	Brendon Dimmer	20/01/2023	3000m	8:27.64	SR	WAAS
M35	Brendon Dimmer	10/02/2023	5000m	14:26.78	SR	WAAS
M80	Bob Schickert	26/03/2023	400m	2:02.16	*SR	World Indoors,Torun, Poland
M90	David Carr	26/03/2023	3000m	18:42.60	*SR/AR	World Indoors,Torun, Poland
M80	Bob Schickert	26/03/2023	3000m	21:54.87	*SR	World Indoors,Torun, Poland
W80	Lynne Schickert	26/03/2023	High Jump	0.92m	*SR/ AR	World Indoors,Torun, Poland
M80	Bob Schickert	27/03/2023	60m	13.23	*SR	World Indoors,Torun, Poland
W80	Lynne Schickert	28/03/2023	Long Jump	2.23m	*SR/ AR	World Indoors,Torun, Poland
W80	Lynne Schickert	28/03/2023	3000m Race Walk	24:28.13	*SR/ AR	World Indoors,Torun, Poland
M90	David Carr	28/03/2023	400m	1:42.02	*SR/AR	World Indoors,Torun, Poland
M55	Hans Venter	29/03/2023	Pentathlon	2629 pts	*SR	World Indoors,Torun, Poland
M55	Hans Venter	29/03/2023	High Jump	1.61m	SR	World Indoors,Torun, Poland
M55	Hans Venter	29/03/2023	60m Hurdles	12.14	*SR	World Indoors,Torun, Poland
M55	Hans Venter	29/03/2023	Long Jump	3.97m	*SR	World Indoors,Torun, Poland
M55	Hans Venter	29/03/2023	Shot Put	9.09m	*SR	World Indoors,Torun, Poland
M55	Hans Venter	29/03/2023	1000m	4:00.94	*SR	World Indoors,Torun, Poland
W40	Melissa Foster	29/03/2023	Triple Jump	11.62m	SR/AR	World Indoors,Torun, Poland
W80	Lynne Schickert	29/03/2023	60m	14.33	*SR/AR	World Indoors,Torun, Poland
M80	Bob Schickert	30/03/2023	200m	44.83	*SR	World Indoors,Torun, Poland
M45	Daniel Mostert	30/03/2023	1000m	3:47.83	*SR	World Indoors,Torun, Poland
M45	Daniel Mostert	30/03/2023	Long Jump	4.40m	*SR	World Indoors,Torun, Poland
M45	Daniel Mostert	30/03/2023	High Jump	1.48m	*SR	World Indoors,Torun, Poland
M45	Daniel Mostert	30/03/2023	60m Hurdles	12.10	*SR	World Indoors,Torun, Poland
M45	Daniel Mostert	30/03/2023	Pentathlon	2031pts	*SR	World Indoors,Torun, Poland
M90	David Carr	30/03/2023	800m	4:03.80	*SR/AR	World Indoors,Torun, Poland
M45	Daniel Mostert	30/03/2023	Shot Put	7.46m	*SR	World Indoors,Torun, Poland
M90	David Carr	31/03/2023	200m	47.58	*SR/AR	World Indoors,Torun, Poland
M90	David Carr	01/04/2023	1500m	9:10.18	*SR/AR	World Indoors,Torun, Poland
W55	Sue Coate	24/06/2023	100lb Heavy Weight	1.58m	SR	Bunbury Regional Athletics Club
W50	Jenn Parker	24/06/2023	100lb Heavy Weight	1.68m	SR	Bunbury Regional Athletics Club
W60	Sharon Moloney	24/06/2023	100lb Heavy Weight	1.17m	SR	Bunbury Regional Athletics Club
W60	Sharon Moloney	24/06/2023	Super Weight 20lb	6.17m	SR	Bunbury Regional Athletics Club
					*Inaugural	



The Summer season competition starts at the WA Athletics Stadium on Tuesday October 3, at 6.30pm, under the watchful eye of event coordinator Campbell Till. Not only do Masters athletes get the opportunity to compete, they also get to observe the efforts of the many training groups that also make use of the track in the early evening. An opportunity to learn something new perhaps?

Throwers and Jumpers will need to self-manage their competitions. Whilst track runners at Ern Clark Athletics Centre (ECAC) are able to take advantage of the electronic timing system in use and operated by Richard, Barbara and helpers, track athletes at WAAS need to help out with hand timing. It is particularly important that competitors offer to help with timing to allow all athletes to participate in their favoured event, including the event coordinator. Many hands make light work.

With this in mind and because it can seem daunting when you first pick up a stop-watch, the following article from our late correspondent and official, Christine Oldfield, is reprinted.

Rounding up is tough

By CHRISTINE OLDFIELD

I have picked up in the past few weeks that the way your finish times are recorded is not generally known and some facets of it might surprise you. So here is an explanation which might be useful for runners and is essential for timekeepers.

When there is more than one watch recording your time it is not the average time which is recorded. With two watches, the higher time is recorded and for three watches it is the middle time (which may, of course, be the same as one of the others).

And basically you have to forget what you learned in mathematics in school (if anything!) – your times are always rounded up, never down.

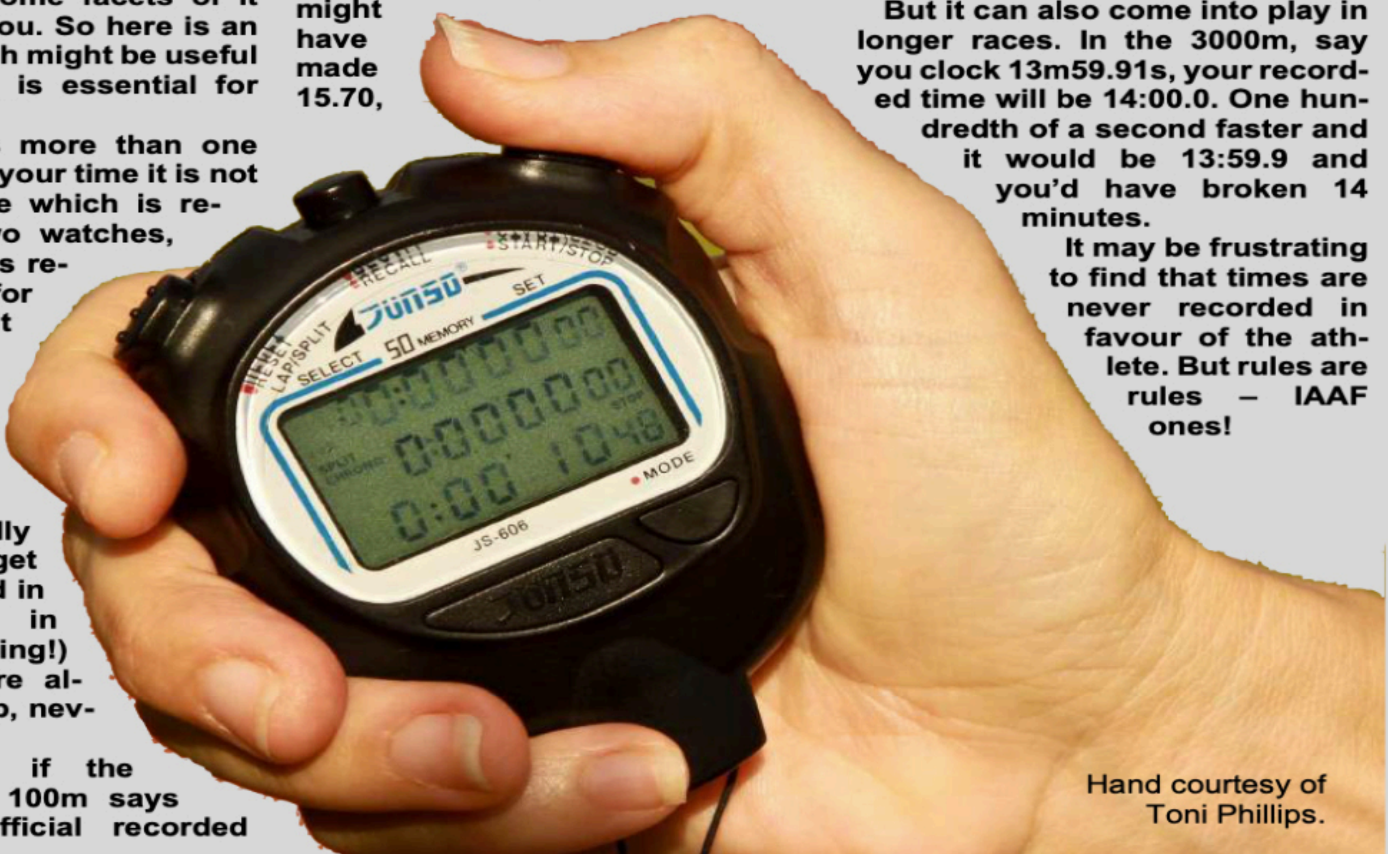
For example, if the watch for your 100m says 15.71s, your official recorded

time is 15.8s – the same as if you had run 15.79s. So if your start had been just a little bit better or you had not slowed up a fraction on approaching the finish you might have made 15.70,

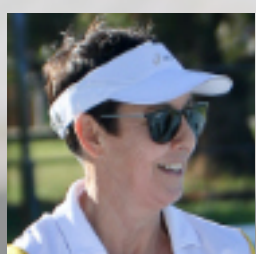
which would have been recorded as 15.7s. That one-hundredth of a second can make a tenth of a second difference which is quite significant, particularly in a sprint.

But it can also come into play in longer races. In the 3000m, say you clock 13m59.91s, your recorded time will be 14:00.0. One hundredth of a second faster and it would be 13:59.9 and you'd have broken 14 minutes.

It may be frustrating to find that times are never recorded in favour of the athlete. But rules are rules – IAAF ones!



Hand courtesy of
Toni Phillips.



In Focus

With Carmel Meyer

David Adams

I was born in Melbourne in 1976, but up until I was ten years old I lived in Maryborough, Victoria. We moved several times back and forth between Perth and Maryborough, but I have lived full-time in Perth since I was sixteen years old.

I competed in Little Athletics in Maryborough from under 7s, 8s and 9s. I took part in my first fun run, the City to Surf, in 1993 but didn't really get into running until 2010 when I joined the WA Marathon Club (WAMC). At that time, I finished my first Half-Marathon in a time of 2:22.22, an easy time to remember! I joined Masters Athletics about two years later. Now, in the last three years I have become much faster, and I achieved many PBs in 2022, in every distance from 60m to the Marathon, which I finished in a time of 3 hours 9 minutes.

I enjoy running and bike riding and I'd like to do a Triathlon, but I can't swim very far; only about 25 metres. I have done several Duathlons, which doesn't have the swim element, but for now I am just sticking to running.

I broke my ankle doing Pole Vault at Strive in 2010. I have been back doing Pole Vault since then, but I am not sure when I will attempt it again competitively; maybe for the State champs in 2024.

I do interval training every Tuesday night and a long run on Wednesday evening. For a short time I did John Dennehy's and David Carr's training on a Saturday morning at the WA Athletic Stadium (WAAS). I have also trained with Jim Barnes and his Marathon training group early on a Saturday morning; just a small group around the Swan River.



On October 8th this year I will be doing my 10th Perth Marathon. Normally I build my long run to about 25 km with a good mix of speed work, long slow distance and maintaining pace, about four or five times a week, aiming for a total of 50-60km a week. After the Marathon is over my next focus will be getting ready for the 2024 MAWA State Championships.

I competed at the 2022 AMA Championships in Brisbane where I did a PB of 4:56.61 in the 1500m, at 75.44% age-graded, placing a very close fourth by about 0.5sec. I would like to do another National Championships - I found it more of a challenge because the best runners from each State are there. The other good thing is you get to meet new people and have fun too. On the track I am now focussing on the 800m and 1500m and would like to get my age-graded percentage to 80% and over before the next State champs.

A special moment in my athletics was when I was pacing David Carr in a record attempt in 800m and 1500m at Ern Clark Athletics Centre (ECAC). David said to keep close, let him keep pace and no talking! It felt great and I felt grateful to be his pacer when he got those records. That feeling gave me a reason to keep running.

I am currently going to ECAC every Thursday night and will start back at WAAS on a Tuesday evening once the summer programme starts. I also take part in the Strive competition on a Friday night at WAAS and always enjoy the Sunday run with Masters.

My favourite event is the Steeplechase. I tried the steeple for the first time in 2016 and like that you get to jump in water while running around the track! Often, I like to do all the events in the programme on the one night.

When I get older I would like to do some officiating. I helped Mark Dawson run the Tuesday evening Masters competition at WAAS in early 2022.



David pacing the great David Carr



David and Mark Dawson set up the lap clock at WAAS



David enjoying his favourite event

Explanation of Age-Grading Percentages

By Campbell Till

At the suggestion of coach and athlete Geoff Brayshaw, Campbell Till (athletics official and former MAWA statistician) has written this article to provide insight into the system of Age-Graded Percentages which has been in use for several decades.

The latest, and seventh refinement of Age-Graded Percentages came into effect in January 2023 after approval from World Masters Athletics (WMA). This latest version is by far the most robust and reliable evaluation to date. The system provides both a percentage (Grading) and a time/distance (Performance) of the event if it were in Open competition.

Age Grading is an adjustment for a performance (time, height or distance) based on age – the older you are, the bigger the adjustment. The adjustment, known as an **Age Grade Factor**, is multiplied by the performance to get an **Age Graded Performance** so that all times, heights or distances for each event by athletes from 20 to over 100 years old can be compared to each other. The **Age Graded Performance** is calculated and assessed to be the equivalent to what the athlete would have done when they were in their 20s.



IMAGE: Graeme Dahl



Age Grades are displayed as percentages and are the percentage of a standard, usually the World Record. For example, a 90% men's 100m **Age Grade** would be 10.64 seconds **Age Graded Performance** in Open Competition (9.58 [Usain Bolt's record] /10.64). A 90% performance at M65 would be 13.08 seconds.

Age Grading Factors were first officially adopted by the World Association of Veteran Athletes (WAVA) now known as (WMA) in 1989. They were intended to be used to adjust Combined Events (Pentathlon, Heptathlon and Decathlon) performances so scores across all age groups would be consistent. Periodically, updated factors were adopted: in 1994, 2002, 2006, 2010 and 2015. The factors were derived by plotting known

exceptional performances within the range of ages. Their application has evolved over time and includes all athletics events (not just combined events) and is sometimes used to help judge best athlete in Masters competitions and also for the interest or curiosity of individual athletes to see that they are maintaining a performance level as they age.

Explanation of Age-Grading Percentages continued...

In 2018, WMA formed a committee to do the periodic Age Grade Factor update.

The updated factors were voted on at the General Assembly at Tampere, 2022. The committee used over **2 million performances**, including verified age bests, to derive the factors and to check how consistent same athlete **Age Grades** were over time.

This method results in a huge step toward an accurate representation of performance decline as athletes age. To put it into perspective - the original and previous updates considered several hundred or thousands of performances (because more comprehensive data was not available) to derive the factors. Future updates will still be needed to make the factors more accurately represent performance decline over time.

To be clear: **Age Grading** will not accurately represent performance decline until more comprehensive performance history is available. Every update, including the current version, did the best that could be done with the data available.

There are many examples of unreasonable Age Graded Performances in earlier versions, especially in older age groups. For example the M105 100 metre record is 34.5 seconds with a Grading of 75.7% however the previous version gave 117.4%.



Sharon Davis at Tampere, Finland, 2022

IMAGE: Shaggysphotos.com



John Fettus



Dave Wyatt

Some people rightfully observe that in throwing events and to some extent jumps, that percentages gained are typically lower than those achieved in running events. This can be explained by the fact that it takes specific body types and years of highly technical coaching to achieve exceptional standards, and as a consequence, the pool of people in that category is quite small. Running events still benefit from talent, dedication and coaching; however as running is a more instinctual action it is possible to more easily achieve higher percentages.

Athletes head to the Master's Games in Adelaide

Good luck to our small crew of athletes heading to the upcoming Australian Master's Games in Adelaide (Oct. 7-14) - Bev Hamilton, Jenn Parker and Sue Coate, to name a few.

Flashback photo (courtesy of the Australian Masters Games) shows Andrew Brooker hurdling in soft beach sand in his role advertising our beautiful beach lifestyle.

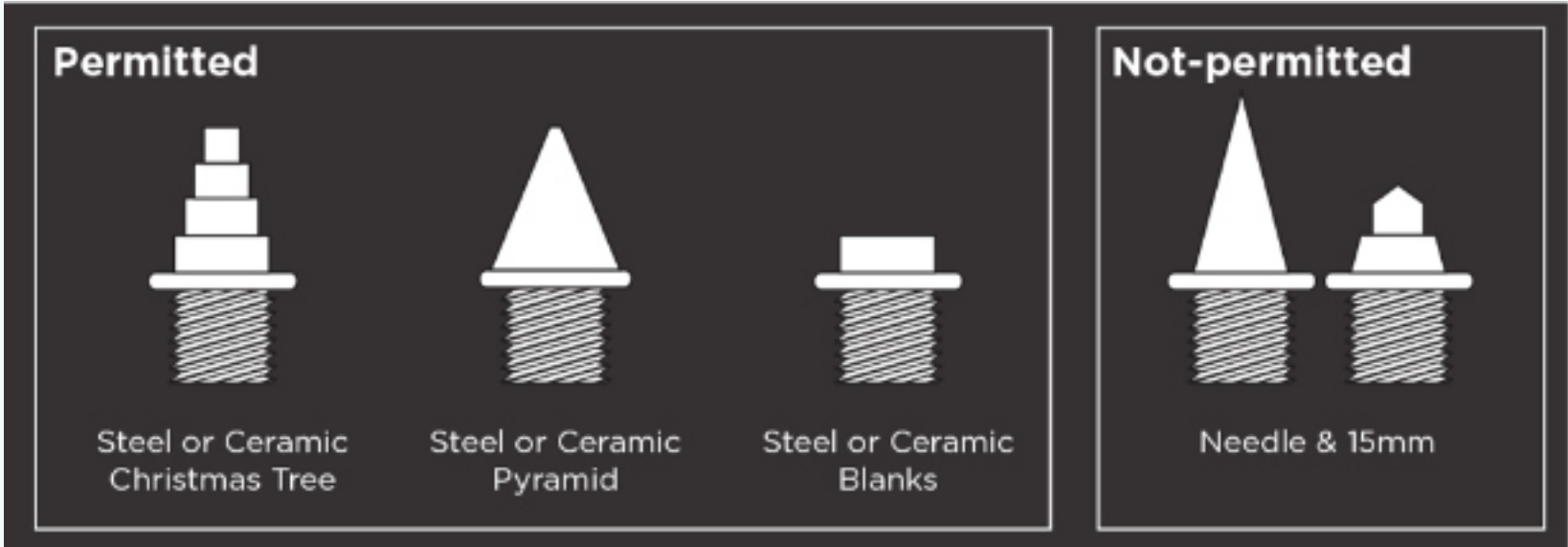
Hopefully he was paid danger money for this feat.



Strive Rules

Athletes intending to participate in Strive competition, see MAWA website for link to Strive Rules

Spikes



As a refresher, or for those new to track running, a reminder as to the spikes permitted for use on Mondo tracks.

Image Courtesy of WA Athletics

2023/24 Coaching

Coach	Discipline	Venue	Time
Tom Lenane 0414 970 514 	Sprints/Hurdles	ECAC	Monday and Wednesday 5.00pm
John Dennehy 0402 520 839 	Middle Distance	WAAS	Saturday 8.30am
Barbara Blurton 0434 287 757 	Sprints and Middle Distance	ECAC	Monday 7.15am (summer) 7.30am (winter)
Ann Masters 0407 470 949 	Jumps/Sprints Jumps/Sprints	McGillvray WAAS	Mon. 4.30pm Wed. 5.30pm Sat. 3.30pm Tues. 5.15 pm Sun. 10.30am
Keith Redpath 	Endurance/Sprints	Byford	0401 298 532 for details
Karyn Tolardo 	Race walk technique	Perth	Call 0402 831 915 to discuss
Geoff Brayshaw 	Pole Vault	WAAS	Call 0412 387 233 to discuss

Looking ahead...



Australian Masters Games
Adelaide, 7-14 October, 2023
australianmastersgames.com

MAWA State Championships 2024
Ern Clark Athletics Centre, Cannington
Feb 29 - 10000m
Mar 9 - Pentathlons, 5000m and High Jump
Mar 14 - Steeplechase
March 16/17 - Main Weekend

Australian Masters Athletics Championships
Domain Athletic Centre, Hobart Tasmania, March 29 -
April 1, 2024 amahobart2024.com.au

Pan American Masters Games
Cleveland, USA July 12-21, 2024
clevelandmasters2024.com

WMA Championships
Gothenburg, Sweden August 13-25, 2024
(registrations open January 2024) 2024wmac.com

Race-walk competitor
Johan Hagedoorn