

TFFNL

The Track and Field Newsletter of MAWA

Season 6 Issue 1

October 2012

Swing into summer

Preview Page 2

Sarah Edmiston prepares to
unleash the hammer at the State
track and field championships.

Photo: GRAEME DAHL

Records
tumble

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Hurdles queen

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Get set

The sixth season of your Track & Field Magazine begins with this preview of an exciting six months of competition. Between now and early April, in addition to 48 regular meetings at the Ern Clark Athletic Centre (ECAC) in Cannington and West Australian Athletics Stadium (WAAS), we have three State championships days and the four-day Nationals meeting in Canberra. So there are 55 opportunities to enjoy the company of your fellow members and friendly competition.

All are catered for equally this year. At each meeting there will be a full complement of throws, jumps and track. Two throws and a jump event are guaranteed at both WAAS and ECAC (Coker Park) each week, with nine additional high jump competitions at WAAS at regular intervals. Note the new timings for the Tuesday meeting at WAAS. Competition starts at 6.30pm for track, jumps, weight throws and shot. Discus, hammer and javelin start at 7.30pm. (See programme on page 9.) As WAAS is a shared track the later starting times have been implemented to ease congestion in the latter half of the programme.



Look after Les

With the later 6.30pm starting time for competition at WA Athletics Stadium jumps competitors are encouraged to hit the runway as soon as possible.

This will allow jumps official, Les Beckham (pictured), time to pack up.

Les is normally the first person at the stadium setting up for competition and the club is fortunate to have someone who gives so much of their time on a Tuesday and Thursday night.

Thursdays are unchanged, 6pm start for all events.

The **Patron's Trophy** begins on October 18 with the 10,000m. All 14 events, including the throws, are repeated the following Tuesday at WAAS, with the trophy ending as usual in mid-December.

The traditional **January pentathlon** at ECAC is followed in February by the **relay carnival**. This year, relays will take place at both ECAC and WAAS. There is

a minor change to these *postal* relays, with the 4x800m now replaced by the more popular 4x1500m event. See the programme for full details.

If you've put in the work during the season, you will be ready for the **State Championships** in late February/early March. As always, the 10,000m run and 5000m walk precede that main weekend, as do the two pentathlon events. The 10,000m takes place at ECAC and all other championship events are at WAAS with the championship weekend on March 9-10.

And finally a large group will head to Canberra on the Easter weekend to make sure that MAWA's black and gold fly prominently in the Nationals.

It's a big season, with the prospect of a trip of a lifetime to Porto Alegre, Brazil, just over the horizon in October for the World Masters Championships. Be prepared, and be there!

Patron's trophy

The Patron's Trophy is age-graded and those events marked with an asterisk on the programme (pages 8-9) are points scoring events.

Athletes compete in a minimum of ten events and a maximum of 14 and points from their best ten are added to achieve a total score. No event can count twice.

The ten events must include three field events, at least one of which is a jump.

World record marks head winter season

During an unusually dry winter the two weekly meetings continued throughout, although attendance on a Tuesday has been very low. Even so, there have been a number of highlights both in Perth and from MAWA members on their travels.

Over a period of less than three months, David Carr and Lyn Ventris set seven new world records plus a host of new state and Australian marks. See the list for full details.

Don Chambers, now M75, lives in Rutherglen on the Victorian side of the border with NSW, but retains strong links with MAWA. He is known as “Duracell Don” in Victoria because his batteries seem to last for ever, often competing in 10 or more events over a weekend, with the decathlon his speciality. Don spent July and August at the British Nationals, including the decathlon, and the North American Regionals in New Brunswick, Canada. In the process he collected six WA state records and an Australian record in the 80m hurdles.



DAVID CARR



DON CHAMBERS



LYN VENTRIS



GRAHAK CUNNINGHAM

Summary of State Records for 2012

MEN

800m M80 David Carr **2:49.0** 19/6/12 AR
(3:23.3, Irwin Barrett-Lennard, 2009)

1000m M80 David Carr 3:53.2 10/7/12
(4:25.3, Irwin Barrett-Lennard, 2010)

Mile M80 David Carr **6:26.6** 21/6/12 WR
(7:38.7, Irwin Barrett-Lennard, 2010)

3000m M80 David Carr 13:49.8(U) 16/8/12
(14:16.8, Irwin Barrett-Lennard, 2009)

5000m M80 David Carr **23:40.9** 23/8/12 AR
(23:57.6, Irwin Barrett-Lennard, 2009)

Half Marathon Irwin Barrett-Lennard 2:06:27 16/7/12
M80 Irwin Barrett-Lennard 2:05:16 12/8/12
(2:10:48, Cec Walkley, 2010)

50k Run M30 Grahak Cunningham 3:50:36 13/5/12
(3:57:51, Grahak Cunningham, 2009)

80mH M75 Don Chambers **15.34** 8/7/12 AR
(24.4, Gordon Medcalf, 2005)

300mH M75 Don Chambers 64.14 10/6/12
Don Chambers 61.37 8/7/12
Don Chambers 59.43 22/7/12
(86.5, Gordon Medcalf, 2007)

2kSC M80 David Carr **9:39.3** 26/6/12 WR
David Carr **9:38.1** 31/7/12 WR
(12:24.1, Cec Walkley, 2010)

Pole Vault M75 Don Chambers 1.90m 22/7/12
Don Chambers 2.10m 29/7/12
(1.85m, Syd Coleman, 1993)

Decathlon M75 Don Chambers 5204 pts 4&5/8/12
(inaugural)

WOMEN

10k Walk W55 Lyn Ventris **49:34** 15/7/12 WR
Lyn Ventris **49:15** 19/8/12 WR
(50:32, Lyn Ventris, 2011)

20k Walk W55 Lyn Ventris **1:43:11** 29/7/12 WR
Lyn Ventris **1:40:42** 26/8/12 WR
(inaugural)

A British viewpoint

By **Christine Oldfield**

WHEN John and I found out we had not been selected to officiate at either of the Games our initial feelings were of disappointment. But when we witnessed the level of commitment that was being demanded over such a lengthy period of time we were quite relieved. I think, too, that we would have had problems coping with the noise level in the stadium. The roar of the crowd was so loud that on several occasions it interfered with the main photo finish system.

Pictures were so blurred that they were unusable and the back-up system on the infield side of the track had to be called into play. The officials and volunteers found the experience extremely taxing but also totally exhilarating. The term ‘life changing’ has been used.

But we were free to enjoy a feast of viewing of a wide range of sports courtesy of the comprehensive television coverage. And we watched far too much, ending up pretty much ‘all Gamed out’. We watched cycling and swimming, rowing and sailing, boxing and gymnastics, shooting and archery, tennis and taekwondo. And we were fascinated by the dressage events – those horses were definitely dancing to the music.

Athletics, of course, was our main interest and it had an added dimension for us in that we knew a lot of the officials. The elderly ‘marksman’ who found himself on camera very frequently as he managed the line up of athletes at the start of the sprints lives a couple of miles from us and is mentoring John to follow in his footsteps. He’ll no doubt have many a tale to tell about coping with athletes like Usain Bolt, Tyson Gay and Oscar Pistorius.

Naturally we were pleased and proud that London surpassed expectations in the organisation and management of all the events and that Team GB performed so well. We tried not to be too parochial and much appreciated the opportunity to watch talented athletes from other nations.

For many it seemed that Usain Bolt was the star of the London Olympics and his 100m and 200m wins were certainly awesome. But, for me, the highlights were the gold medal performances of Jessica Ennis in the heptathlon, Mo Farah in the

John and Christine Oldfield are regular visitors to Perth spending the MAWA summer season here and return to Nottingham in England for the English summer. They are keen officials and competitors in both countries.

London 2012 THE OFFICIAL OLYMPIC GAMES DAILY PROGRAMME

9am Superhuman Helen Jenkins Triathlon

9.30am The Zac and Mark show Rowing

6.50pm Magnificent Mo goes the distance Athletics

London 2012

Day 8

04.08.2012

£5

Exclusive to venues

Get set...

12.30pm

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Full event timetable How sports work

Photo: PAUL WRIGHT

5000m and 10,000m, David Rudisha in the 800m and Sally Pearson in the 100m Hurdles.

It was also great to see a few athletes of masters’ age taking part. Probably the less said the better about Kim Collins, age 36,

who carried the flag for St Kitts and Nevis at the opening ceremony but was then sent home by his team manager for daring to spend the night in a hotel with his wife rather than in the Olympic Village.

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The Olympic Stadium was a sports lover's paradise in August.

Photo: PAUL WRIGHT

FROM PREVIOUS PAGE

DEBBIE Ferguson McKenzie of the Bahamas, also 36, got through the preliminary rounds and finished fifth and seventh in her heats for the 100m and 200m respectively, with times of 11.32s and 23.49s. That's not slow! Great Britain's Jo Pavey, at 38, was the first of the non Africans in both the 5000m and 10,000m in times of 15:12.72 and 30:53.20. Her 10,000m time was 19.10s faster than her previous best.

For three or four years, John and I have been involved in officiating at meetings for disabled athletes, both on the track and in the field. Some of the athletes we have come across were competing in the Paralympics and although none of them won any medals there was a significant number of PBs.

We were also interested to watch wheelchair athlete, Madison De Rozario of WA, competing in the 100m, 200m, 400m and 800m. She did not win any medals either but acquitted herself well with fifth, sixth, sixth and fourth places respectively. She used to train and compete at Perry Lakes and these days can be seen regularly at WAAS. Being used to having only one or two competitors in her races, she had the speed but not the tactics to cope with a 'full house' on the track.

In some ways, Paralympic competition is similar to masters' competition. Whereas masters have a large range of age groups, the disabled athletes have an even larger range of disability categories. In both cases this means multiple competitions in each event and a huge number of medals to be won. Every medal ceremony was televised and it did become somewhat wearying. But, having heard them so often, there's no way we can now fail to recognise the national anthems of China and Russia.

We were truly humbled by many of the performances at the Paralympic Games - and astonished by some of the techniques used to overcome disabilities. For instance, in the long jump and triple jumps for totally blind athletes, the guides positioned themselves in the middle of the runway, close to the take-off board, with their backs to pit. As their athlete sprinted along the runway the guides clapped and called out, staccato fashion, something like "Come, come, come jump", or the equivalent in their own language, moving sharply out of the way at the very last minute. But there is no more appropriate word than 'gobsmacked' to describe how we were affected by the high jump competition for single amputees. These athletes approached on crutches, let them drop, hopped up to the bar on their one leg

and flung themselves over. Three of them cleared 1.74m. Absolutely amazing!

In the September issue of *Vetrun*, John Smith recalls being overtaken in the 2007 Comrades ultra marathon by South African 'Blade Runner', Oscar Pistorius, now hailed as a great sprinter. But he is not alone in being able to compete at both ends of the distance spectrum. Richard Whitehead, a blade runner from our local Nottingham area, ran Comrades in 2010. In these Paralympic Games he won gold and broke the world record in his class for the 200m. All GB gold medal winners, in both Games, had a Royal Mail stamp produced in their honour and the post box closest to their home was painted gold. So now there is a gold post box in a village near us!

It didn't take long for life to return to 'normal' after this extraordinary summer of sport here in the UK. But the much talked about 'legacy' is already being experienced. Sports clubs around the whole country have seen a huge increase in participation at their events and a surge in applications to join. The big problem will be a lack of coaches and facilities – and funding. But hopefully some way will be found to accommodate all those who have been inspired by these Games to become involved in sport, whether in the UK or elsewhere in the world.

Toni Phillips sails over the hurdle on her way to a gold medal at the Australian Championships in Melbourne.

Photo: GRAEME DAHL

Toni Phillips – MAWA's

Queen of the hurdles



Toni Phillips was born in South Africa in 1972 and spent her childhood there and in Australia. She started running when she was five, doing cross country runs with her Dad, but at school she preferred sprinting which she found a bit easier. As a teenager she joined Northern Districts AAC and over the next dozen years or so gained several state titles in sprints and hurdles. She is an accountant but currently works for only half of each year whilst spending the rest of her time studying for a degree, majoring in Sports Science.

From early childhood until very recently, Toni also found time to play hockey. In 2002, just after she had turned thirty, she played in the Defence Force masters' team at the World Masters Games in Melbourne. Whilst there she noticed that there was an athletics competition going on and tried to make a late entry. She was unsuccessful but was inspired to return home to Perth and seek out and join the masters athletics club, which then still went under the name WAVAC. In some of the following World and Australian Masters Games she doubled up on the two

sports but says "*not sure how now*".

During her ten years of membership she has concentrated on sprinting and hurdling but she still perseveres with longer distances. She features regularly in the Club Tops in distances from 100m to 1 mile and in the 80m hurdles and still holds the state record for the W30 4x400m relay, set in 2003. She has also been a member of postal relay teams which have won AMA titles. She even runs the odd 3000m race at the mid week T&F sessions.

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Toni loves to run

Toni Phillips is a picture of concentration at the State Championships.

Photo: GRAEME DAHL



FROM PREVIOUS PAGE

Toni is an inveterate traveller and has seized every opportunity to compete outside Perth. This includes Australian Masters Games in Fremantle, Albany, Geraldton, Adelaide and Alice Springs and most of the Australian Masters Championships over the last ten years. At the nationals in Perth in 2003 she excelled herself with a total of three gold medals and one silver. But her crowning glory must be her 100m hurdles gold at the World Masters Championships in Finland in 2009 where she was cheered all the way by a deafening roar from a large MAWA contingent.

Her plans for the coming season are ambitious, covering the New Zealand Masters Games, AMA nationals in Canberra and some relays in Melbourne. And to cap it all she'll possibly go to the World Masters Championships in Porto Alegre, Brazil in October 2013. Having now reached the ripe old age of forty her hurdle distance drops from 100m to 80m and she is keen to try for the W40 title.

Toni is a bit of an organiser and during her time with Northern Districts she served on the committee, for a while as club treasurer. She has been involved as a coach with Little Athletics and has done some officiating at open competitions. Closer to home, and together

with Tom Lenane, she has been running several training groups for almost ten years. These are open to anyone but are composed mainly of masters – so it is not surprising that some of the training sessions are followed by fun and food.

Toni describes as “incredible” the people she rubs shoulders with, both at home and overseas, and says they are her motivation. She loves athletics (probably as much as she loves chocolate) and says she would like to continue running forever. But she would also like to keep winning – to “keep those Eastern States girls and Eastern Europeans on their toes”.

Margaret Chambers

Many of you will know club member Don Chambers (M75) who competes regularly in the National and World Championships, often entering more than a dozen events. He is based in Victoria.

His wife, Margaret, died suddenly in early September.

Some MAWA members who have attended world championships may remember her patiently

knitting in the grandstand while Don competed.

Several club members who were on the post Sacramento World Championships Alaskan cruise will also remember this charming lady.

We hope Don just keeps on going.

Margaret and Don relax on the deck of the cruise ship.



Thursday programme for ECAC (Coker Park) 6pm start – \$3 club members, \$5 visitor fee

THURS	event 1	event 2	event 3	event 4	jump	field 1	field 2	extra event	
Oct-12	04	100	3k r/w	400	1500 r/w	Javelin	weight throw		
	11	200	800	60	5k r/w	discus	shot		
	18	60	1 mile	400	10k*	hammer	Javelin		
	25	100	800	200	3k*	discus*	weight throw		
Nov-12	01	60	1500	100	4k r/w	shot	hammer*		
	08	200	60	400*	5k r/w	weight throw	discus		
	15	60	800	3k r/w	100*	shot*	Javelin		
	22	400	1500 r/w	100	5k*	Javelin	hammer		
Dec-12	29	200	4k r/w	60	800*	discus	weight throw		
	06	300	2k r/w	100	1500*	Javelin*	shot		
	13	800	100	3k r/w	200*	weight throw	hammer		
	20	60	1 mile	400	1000 r/w	shot	discus		
Jan-13	03	60	600	200	4k r/w	Javelin	weight throw		
	10	400	1500	100	5k r/w	hammer	Javelin		
	17	Pentathlon + 200, 1500, 60, 2000				LJ	shot	discus	
	24	100	800	60	3k r/w	Javelin	weight throw		
Feb-13	31	60	1 mile	200	3k r/w	shot	hammer		
	07	200	800	100	4k r/w	discus relay	weight throw	4 x 800 walk relay	
	14	100	1000 r/w	300	60	shot relay	Javelin	4 x 1500 relay	
	21	60	1500	200	3k r/w	Javelin relay	hammer	4 x 400 relay	
Mar-13	28	100	2k r/w	400		discus	weight throw	State Championships 10k	
	07	200	800	100	3k r/w	hammer	shot		
	14	60	1500	300	4k r/w	Javelin	weight throw		
	21	100	1000 r/w	200	3k r/w	discus	shot		

Tuesday Programme for WAAS – (Note starting times) – \$3 club members, \$5 visitor fee

TUES	WAAS STARTING AT 6.30pm					STARTING AT 7.30pm		
	event 1	event 2	event 3	event 4	jump	field 1	field 2	extra event
Oct-12	02 60	1 mile	300	1000 r/w	TJ	weight throw	discus	2k steeplechase
	09 100	3k r/w	400	1500 r/w	∟	shot	hammer	
	16 200	800	60	5k r/w	TJ	weight throw	javelin	
	23 60	1 mile	400	10k*	∟	shot	discus	
	30 100	800	200	3k*	TJ	weight throw	discus*	
Nov-12	06 60	1500	100	4k r/w	∟*	shot	hammer*	
	13 200	60	400*	5k r/w	TJ	weight throw	javelin	
	20 60	800	3k r/w	100*	∟	shot*	discus	
	27 400	1500 r/w	100	5k*	TJ*	weight throw	hammer	
Dec-12	04 200	4k r/w	60	800*	∟	shot	javelin	
	11 300	2k r/w	100	1500*	TJ	weight throw	javelin*	
	18 800	100	3k r/w	200*	∟	shot	discus	2k steeplechase
Jan-13	08 60	600	200	4k r/w	∟	weight throw	hammer	
	15 400	1500	100	5k r/w	TJ	shot	discus	
	22 200	1 mile	60	4 k r/w	∟	weight throw	javelin	
	29 100	800	60	3k r/w	TJ	shot	hammer	2k steeplechase
Feb-13	05 60	400	200	3k r/w	∟	weight throw	discus relay	4 x 100 relay
	12 60	1500	200	3k r/w	TJ	shot relay	hammer	4 x 400 relay
	19 100	1000 r/w	300	60	∟	weight throw	javelin relay	4 x 1500 relay
	26 200	800	4k r/w		∟ relay	shot	discus	State Champs 5k walk
Mar-13	05 100	1500	400		TJ	weight throw	hammer	State Champs 2k/3k steeple
	12 200	800	100	3k r/w	∟	shot	javelin	
	19 60	1500	300	4k r/w	TJ	weight throw	hammer	
	26 100	1000 r/w	200	3k r/w	∟	shot	javelin	

Looking ahead

2013 STATE CHAMPIONSHIPS

Tuesday, February 26	1930	5k walk	WAAS
Thursday, February 28	Not before 1800	10,000m	ECAC
Saturday, March 2	AM	Pentathlon	WAAS
Saturday, March 2	PM	Throws pentathlon	WAAS
Tuesday, March 5	1930	2k/3k Steeplechase	WAAS
Sat/Sun, March 9-10		Main weekend	WAAS

2013 AUSTRALIAN CHAMPIONSHIPS

CANBERRA

Friday, March 29 - Monday, April 1

2013 WORLD MASTERS CHAMPIONSHIPS

Porto Alegre, Brasil

October 16-27

Bob Schickert steps out of the water jump during the steeplechase at the nationals in Melbourne.