

# T F N L



The Track and Field Newsletter of MAWA

Season 6 Issue 2

November 2012



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keeps on  
Rocking**  
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**WA athletes  
head to the  
Gold Coast  
for Pan Pacs**

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to fly to  
Barcelona for  
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# Pan Pacs

## David joins world record attempt

DAVID Carr flew to the Gold Coast to join three fellow Australian athletes in an attempt to break the world M80 4 x 400m relay at the Pan Pacific Masters Games on the first weekend in November.

David will join Leo Coffey, George Harrod and Richard Hughes in the attempt.

They will wear the blue vests of the 2016 Perth World Masters.

The current record is 6min.03sec, (Japan 1998). An attempt was made by an Australian team, including Irwin Barrett-Lennard, in Melbourne last year; they missed by a second.

Thirteen West Australian athletes will compete at the Pan Pacs.

Melissa Foster has five events over the three days with the 60m, 100m sprints, 110m short hurdles, triple jump and long jump.

Bjorn Dybdahl will be busy with the 800m, 1500m, 5000m, cross country and the 3000m steeple chase.

In the field events Greg Urbanowicz, Matt Staunton, Michelle Link, Bev Hamilton, Elizabeth Szczepanska are set to feature.

A Pan Pac report will be published in next month's edition of TFNL.



**ABOVE:** David Carr takes the baton from Barrie Kernaghan in the 4x100m relay at the nationals in Melbourne.

Melissa Foster has been in top form prior to heading to the Gold Coast for the Pan Pacific Masters Games.

## Roll of Honour

Todd Davey	M45	2 Oct WAAS	Discus	38.12	SR	David Carr	M80	23 Oct WAAS	400m	75.7s	SR
Todd Davey	M45	9 Oct WAAS	Shot	12.55	SR	David Carr	M80	25 Oct ECAC	3000m	13:12.3	AR
Greg Urbanowicz	M30	16 Oct WAAS	Wt. Throw	13.80	SR					90.48%	
Gillian Young	W65	18 Oct ECAC	10,000m	48:52.8	SR	Gillian Young	W65	25 Oct ECAC	3000m	13:49.2	SR
David Carr	M80	18 Oct ECAC	10,000m	49:05.1	AR						
Norm Richards	M75	23 Oct WAAS	HJ	1.13	SR	Scott Tamblin	M30	26 Oct WAAS	3000m	8:38.3	SR
Todd Davey	M45	23 Oct WAAS	Discus	40.63	SR	Greg Wilson	M65	26 Oct WAAS	HJ	1.30m	SR
Tom Gravestock	M55	23 Oct WAAS	Discus	43.36	SR						



# Lyn to join elite again

Western Australian race walker Lyn Ventriss is set to rub shoulders with the cream of world athletes when she heads to Barcelona in November for the International Association of Athletics Federation (IAAF) Gala Awards.

For the second year in succession the Bunbury athlete has been announced as the IAAF World Masters Female athlete of the year.

Ventriss, 56, has had a year athletes can only dream of with 11 world records and winning two gold medals at the World Masters Indoor Athletic Championships at Jyväskylä in Finland.

In the 10km road walk held on an outdoor course around the frozen waters of the Jyväskylä harbour, Ventriss broke her own world record to win gold. She claimed a second world record and gold medal in the indoor

## WHAT A YEAR

- World Masters Athlete of the Year for for second year in succession).
- Eleven World records
- Two Gold medals at World Indoors

3000m track walk and a bronze medal in the team 4 x 200m relay.

In Finland, not only did she dominate her age group, but she was the fastest walker from all the age groups at the World Indoors, by 75 seconds in the 3000m and 2 min 43 secs in the 10km.

Back on home soil in Adelaide at the Australian Road Walking Championships in August Ventriss broke her own 20km world record by more than two minutes. In this event she finished third in the Open field. She has now taken more than 13 minutes off the 1996 20km world record.

Many fun runners would be embarrassed with her world record race walking times of 10km (49.15); 5km (23:57.90), 3km (14:16.41) and 20km (1:40.42).

In Monaco last year she received her award along with Usain Bolt and Sally Pearson who won the male and female awards.



**MAIN PHOTO:**  
Dave Wyatt  
plays with his  
band. **INSET:**  
Dave in a 400m  
race when he  
was 18.

**Dave Wyatt just**



# Keeps on rocking

BORN in England to the owner of the local hardware store, Dave Wyatt loved sport at school and played soccer, cricket, gymnastics, tennis and badminton. But his passion was athletics where he excelled at sprints and jumps. In 1967, at the age of sixteen, he took his school long jump and triple jump records and came third in the triple jump at the County Schools Championship. He also gained the qualifications to take him on to tertiary education in London where he gained membership to the Royal Institution of Chartered Surveyors.

In London he met Gay, an Australian whose father was on secondment to the British Army. To be with her, Dave became one of the last 'Ten-Pound Poms' and within a couple of years they were married and settled in Perth. They have two daughters and their first grandchild is due (in Canada) round about Christmas. Dave retired in 2007 after thirty five years in construction where he was associated with many major civil engineering projects in WA.

After leaving school, athletics opportunities were limited and it was not until his daughters left Little Athletics that he found the urge to compete again. That was in 1993, the year the Australian Masters Games were in Perth. So he went along to the athletics and was so impressed by the organisation and the abilities of the athletes that he vowed to become involved at the earliest opportunity – and he joined WAVAC.

His first competitive 100m race for 25 years was a chastening experience as he chose to run in the last heat against a couple of the "older blokes". He was soundly beaten by two of the fastest sprinters in the club – Keith Martin and Norm Richards. This was the trigger he needed to train harder and get faster.

High jump is Dave's passion and he has held State records in all age groups from M40 to M60, the last four of which are still current. Although he would like to have held on to them all he is happy for others to enjoy the elation that goes with the success.

Dave loves athletics and will always compete in the WA State Championships because it provides a focus for all the hard work during the season. That hard work has brought him more than a hundred state medals. He admits to often being overcome with pre-event jitters but did compete in the World Masters Championships in Brisbane in 2001 in the three jump events. In national championships, he has won twelve medals, seven of them gold. He is looking forward to competing in the World Championships in Perth in 2016 when he will have just entered the M65 age group. His goal each year is to chase the best age-graded percentages in his favourite events. He generally achieves between 80% and 90% but is always striving for the elusive 90 plus per cent..

As an Australian accredited Level 3 coach, qualified in several disciplines, Dave has been passing on his enthusiasm, knowledge and expertise to many athletes, young and old, for about twenty years.

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# IN FOCUS

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In 1995, when Lynne Choate and Norm Richards were preparing for the World Championships in Buffalo, it was Dave they approached for assistance. This trio was the nucleus of what has now become a larger group who work together regularly. They target the next National or World Championships aiming at bringing home a significant number of medals. He also introduced the high jump to some mid week T&F sessions where he has a regular following. And, since retiring from full-time work, Dave has been passing on skills and techniques at the other end of the age spectrum at a Perth private girls' school.

As a well rounded person, Dave also has a passion for music and plays guitar, bass guitar, mandolin and a little bit of keyboards. For twelve years he has played bass guitar in a band with a group of "Old Rockers". He says *"Like Masters Athletes, our bodies grow old but the desire to play over-rides the pain of arthritic fingers or the self-induced deafness as a result of overly loud amplification in our youth"*.

Dave succinctly sums up what many of us feel when he says: *"I cannot imagine life without Masters Athletics. It is the friendship and the camaraderie that exists in MAWA that brings me back each year. It is the encouragement that everyone gets without necessarily being the best. For me, it is not about winning against others, it is about winning against yourself."*



## T&F Programme for November

ECAC	WAAS							
Nov 1	Nov 6	60m	1500m	100m	4000m r/w	Long jump PT	Shot	Hammer PT
Nov 8^	Nov 13*	200m	60m	400m PT	5000m r/w	Triple jump	Wt throw	Discus^ Javelin*
Nov 15^	Nov 20*	60m	800m	3000m r/w	100m PT	Long jump	Shot PT	Javelin^ Discus*
Nov 22^	Nov 27*	400m	1500m r/w	100m	5000m PT	Triple jump^ PT	Javelin^ Wt throw*	Hammer
Nov 29^	Dec 4*	200m	4000m r/w	60m	800m PT	Long jump	Discus^ Shot*	Wt throw^ Javelin*



# Kiwi nightmare

IN 2006 several MAWA athletes ran at the impressive QEII Park in Christchurch when the Oceania Track and Field Championships were held in New Zealand.

Some five years later, on Saturday, September 4 2010, Christchurch was hit by a devastating earthquake. QEII survived this first quake, but on February 22, 2011 it was not so lucky, with the whole complex being damaged beyond repair.

Andrew Stark (CMA President) reported in the New Zealand *Vetline* magazine that in a matter of 40 seconds the athletic fraternity went from having a world-class track and field facility to a centre with nothing. Since then there have been 12,510 after-shocks.

Athletics Canterbury has set up a temporary home at Rawhiti Domain, using a grass track, but has had new throwing circles built.

An Athletics Canterbury Redevelopment sub-committee has created a plan for a new facility and has met with the Christchurch City Council to discuss sites for a new track as the ground under QEII is not suitable. However, as yet no decision has been made. For our Kiwi brothers let us hope a decision is made soon.

MAIN PHOTO: ANDREW STARK/VETLINE



Bob Schickert strides out during the Oceania Games at QEII Park in Christchurch.



This aerial shot shows the extent of damage to the athletic grounds. The grey patches are liquefaction.

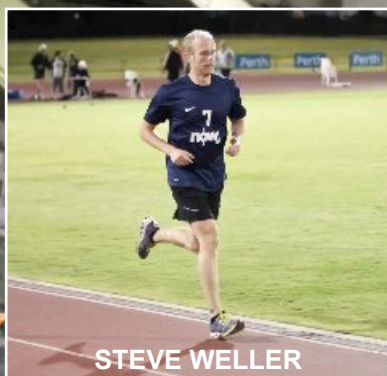




# Patron's Trophy



## Endurance test



STEVE WELLER



JULIE WILSON



Mark Dawson leads  
Bernadette Benson  
and Bert Carse.

The Patron's Trophy traditionally begins with a 10,000m race – testing the endurance of sprinters and middle-distance specialists. **David Carr** (87.4%), holder of the men's trophy, laid down the gauntlet once more to his challengers with an Australian M80 record on the opening night. Women's runner-up from last year, **Gillian Young** (87.1%), is setting the pace in this year's event again with a W65 state record.

**Kim Thomas** won both the ECAC and WAAS races against the clock, his 37:22 at WAAS a new PBA. His metronomic running was a delight to watch, with fellow M35 **Steve Weller** pushing him hard throughout. Both recorded impressive negative splits in an entertaining race. Other highlights at WAAS were **Bert Carse's** return to the track (81.3%) and **Bernadette Benson** (75.2%), each setting new PBAs. The pick of the rest at ECAC were **Lachlan Marr** (77.2%), second home behind Kim, and first women home **Robin King** (79.2%).

However, the Trophy is not just about the winners, and neither is the 10,000m



KIM THOMAS

race. It is a mental challenge to run 25 laps on the track, and this challenge is even greater at the back of the field. Wonderful support was given to those who were not in contention urging them on to complete the race. So praise too for all who finished, putting them on the ladder towards completion of this great trophy in our racing calendar.

### ECAC October 18

10,000m			%pts
Kim Thomas	M38	37:48.1	72.63
Lachlan Marr	M52	39:37.6	77.22
Rod Hamilton	M50	41:35.6	72.38
Mickey Muroi	M54	41:57.3	74.15
Wayne Taylor	M53	45:23.4	67.97
Robin King	W54	45:33.8	79.28
Rob Colton	M49	45:37.1	65.47
Gillian Young	W65	48:52.8	87.17
David Carr	M80	49:05.1	87.40
Carmel Meyer	W51	51:03.3	67.93
Rachel Evans	W39	52:31.0	58.80
Monique Thomas	W35	62:54.0	48.21
Valerie Millard	W65	68:42.2	62.02
Bob Fawcett	M63	84:04.0	40.00

### WAAS October 23

10,000m			%pts
Kim Thomas	M38	37:22.1	73.47
Steve Weller	M37	38:09.6	71.42
Ante Perdija	M40	41:08.8	67.72
Bernadette Benson	W43	42:12.5	75.23
Mickey Muroi	M54	42:53.3	72.53
Bert Carse	M71	44:46.3	81.35
Tom Tralau	M39	45:48.3	60.38
Julie Wilson	W59	49:49.8	77.88
Greg Wilson	M65	57:32.8	59.50





## Patron's Trophy



# David and Gillian lead

After round two the early leaders **David Carr** and **Gillian Young** still lead their respective fields. However, **Peggy Macliver** refuses to let go of the ladies' trophy just yet. She ignored her back problem and completed both the 3000m and discus at WAAS to keep her options open.

Top percentages in the 3000m went to the leaders. **David Carr** broke the

Australian record with a 90.48% run at ECAC. **Gillian Young** broke her own state record in the same race, scoring 87% plus in the process. But **Peggy Macliver** refuses to lie down just yet. Despite her problem she notched up 82.5% in the 3000m and threw a very respectable 37% with the discus.

Other notable performances in this round came from **Graeme Dahl** (81.47%),

**Giovanni Puglisi** (79.5%) and **Julie Wilson** (78%) in the 3000m, and **Greg Wilson** (49.5%) and **Nick Miletic** (40.6%) with the discus.

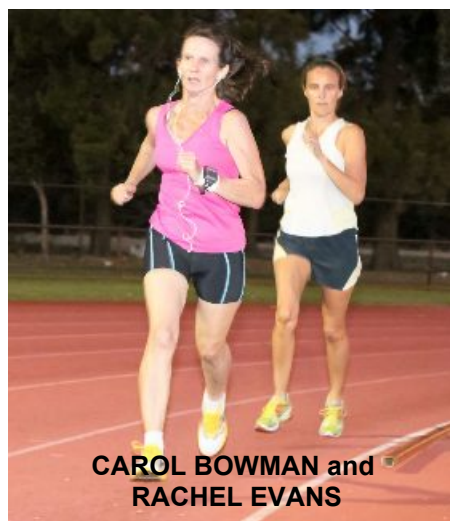
The next round should see some light shed on the possible contenders as it covers two field events – long jump and hammer. Field events are traditionally the weaker area for most contenders so could prove critical if there is a close finish.



David Carr leads Gillian Young along the main straight during the 3000m at Coker Park.



ROB NICHOLS and KIM THOMAS



CAROL BOWMAN and RACHEL EVANS

### ECAC October 25

3000m		% Pts	
Kim Thomas	M38	10:10.4	75.15
Rob Nichols	M35	10:14.8	73.12
Lachlan Marr	M52	11:11.4	76.15
Giovanni Puglisi	M61	11:33.6	79.57
Rod Hamilton	M50	11:46.0	71.25
Rob Colton	M49	12:27.6	66.75
David Carr	M80	13:12.3	90.48
Robin King	W54	13:20.8	77.38
Gillian Young	W65	13:49.2	87.69
Carmel Meyer	W51	13:58.6	71.02
Rachel Evans	W39	14:44.4	58.89
Julie Wilmott	W47	15:03.0	62.72
John Dennehy	M53	15:14.6	56.36
Monique Thomas	W35	16:40.7	50.81
Sarah Ladwig	W63	16:52.4	69.62
Bob Fawcett	M63	18:41.2	50.11
Regina Crouch	W43	18:48.8	47.85
Valerie Millard	W65	18:57.2	63.94
Nicole Pinel	W30	20:16.4	41.25
Carolyn Fawcett	W61	21:12.7	53.74

### WAAS October 30

3000m		% Pts	
Rob Nichols	M35	9:59.5	74.98
Steve Weller	M37	10:44.5	70.66
Bjorn Dybdahl	M59	11:15.4	80.30
Tony Smith	M36	11:25.5	65.98
Ante Perdija	M40	11:27.0	67.77
Graeme Dahl	M63	11:29.6	81.47
Sandra Stockman	W47	11:36.8	81.27
Tom Tralau	M39	12:23.3	62.17
Bruce Wilson	M67	12:24.4	78.29
Campbell Till	M55	12:25.6	70.30
Carmel Meyer	W51	13:48.4	71.90
Julie Wilson	W59	14:11.3	78.02
Bob Schickert	M70	14:14.3	71.24
Michael Lee	M63	14:40.3	63.82
Danielle Baldock	W32	15:09.6	55.34
Cathy McCloskey	W49	15:22.0	62.97
Peggy Macliver	W68	15:25.0	82.51
Greg Wilson	M65	15:32.4	61.36
Nick Miletic	M61	16:34.0	55.53
John Dennehy	M53	17:32.9	48.96
Lynne Schickert	W71	21:43.2	61.63



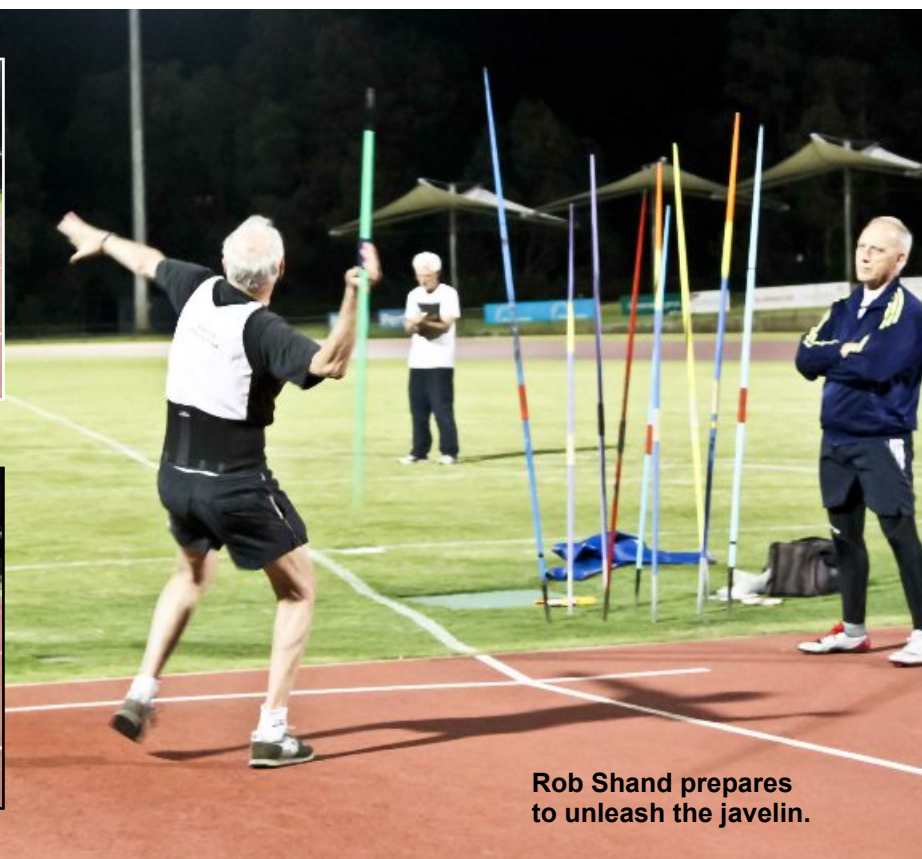
# Tuesday highlights at WA Athletics Stadium



**GREG URBANOWICZ**



**DAVID CARR**



**Rob Shand prepares to unleash the javelin.**



**TOM TRALAU**



**JOHN DENNEHY**



**MARK DAWSON**



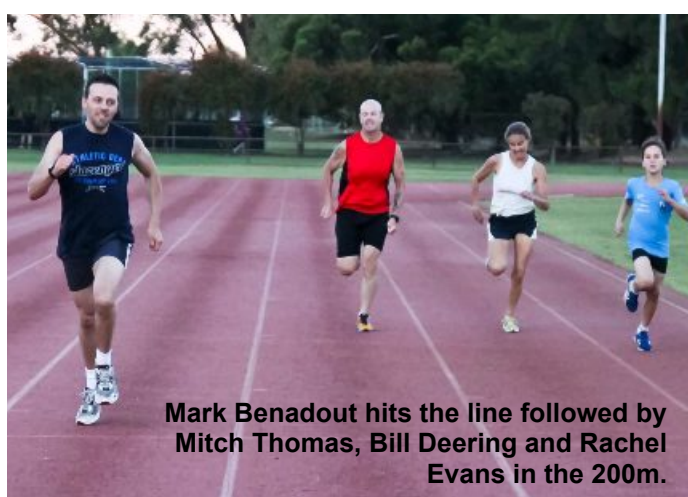
**JULIE WISON**



**DELIA BALDOCK**



# Thursday highlights at Coker Park







TONI PHILLIPS

## WAAS – October 2

After a quiet winter season at WAAS, numbers picked up for the season opener. With the addition of a steeplechase and high jump, no less than nine events marked this meeting ... and it did not take long for the first state record to go. **Todd Davey** (M45) is a welcome addition to club ranks and put down a marker by adding around three metres to Geoff Gee's 2003 discus record with a throw of 38.12m. **Tom Gravestock** also gave notice of his form after winter conditioning work with a PBA of 13.59m in the weight throw.

The sprinters got us under way on the track with a very swift 60m dash at the new start time of 6.30pm. **Rudi Kocis** (7.6s) and **Greg Brennan** (7.7s) led home the ladies **Melissa Foster** and **Toni Phillips**. If the quality of this race is any indication of the season ahead we're in for a stunner. The other two heats saw wins for **Alec Ring** (PBA; 8.6s – just ahead of **Cathy McCloskey**) and **Fran Cherry** (9.9s).

**Rob Nichols** was the star in the mile race, just missing out on a sub-5 minute time, but still setting a big PBA. **Toni Phillips** and **RudY Kocis** took the honours in two good races over the training distance of 300m. These were followed by a 1000m "time trial" event in which **Steve Weller**, **Graeme Dahl** and **Mark Dawson** each improved their PBAs, led home again by young buck **Rob Nichols**.

One of the benefits of using WAAS for these Tuesday meets is the opportunity to include monthly steeplechases. Normally men under 60 run the full 3000m distance with 91cm barriers, but we use the "ladies and M60+" specifications. So it was no surprise that **Rob**

**Nichols** (M30) completed a hat-trick in 7:15.2, a lap and a half ahead of the field. Plaudits go to **Regina Crouch** for lowering her own best to 12:17.

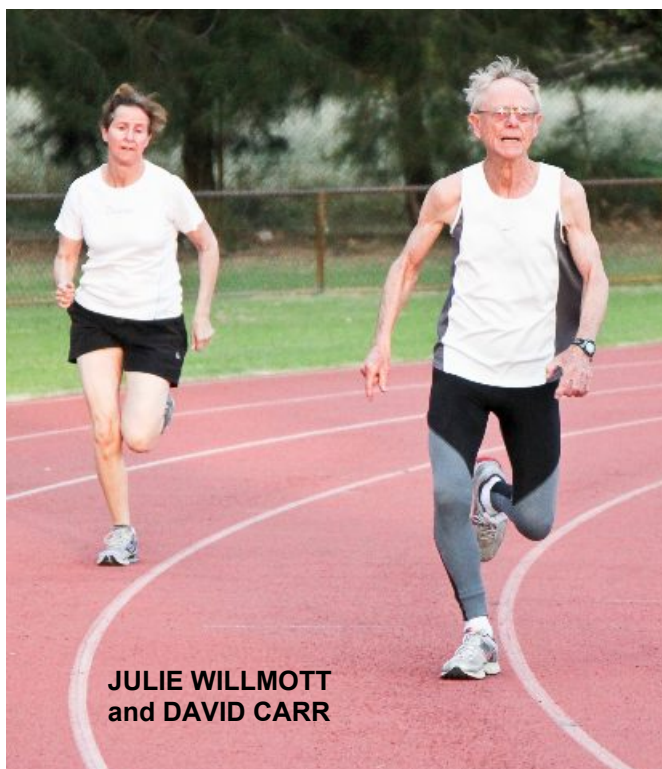
The high jump and triple jump season also got under way. **Gill Edmonds** and **Gay Wyatt** put down markers for the season over the bar; **Cathy McCloskey** and **David Carr** performed the hop, step and jump into the pit. **Melissa Foster** led the way in this technical triple jump, with a mark of 10.74m.

## ECAC – October 4

The throwers returned to Cannington; javelin and weight throws were on the programme. We welcomed new member **Shanell Staunton**, who also completed a 3000m race walk as well as the weight throw. A couple of "trackies", **David Carr** and **Julie Willmott** also had pre-Patron's Trophy practice with the javelin and long jump.

Probably the pick of the evening's track events was a 1500m in which **Rod Hamilton**, **Gillian Young** and **Giovanni Puglisi** all improved their PBAs. It can be no coincidence that each of these has featured well through the winter; the work done there is clearly paying off. Three ladies also completed the 1500 as a race walk. **Valerie Millard** just edged out sister **Lynne Schickert** with **Regina Crouch** a little further back.

Three heats of 100m were well contested, **Rod Hamilton**, **Rob Colton** and **Regina Crouch** were the three 'R's who won. **Rod** also featured prominently in the 3000m, behind the visiting **David Solomon**. PBAs in this race were notched up by **Gillian Young** and **Nick Miletic**. The other race was a 400m, in which **Julie Willmott** showed her all-round ability by setting a new PBA to go alongside that in the long jump and a solid javelin throw.



JULIE WILLMOTT  
and DAVID CARR



## Analysis of the results

### October 11 – ECAC

Numbers are building up nicely as the season gets into full swing, with a good number of throwers and jumpers tonight. The regular throwers were again supplemented by 'trackies' preparing for their annual foray into the Patron's Trophy.

**Matt Staunton** inevitably had the longest discus and shot measurements, just ousting **Geoff Gee** with the shot and **Oswald Igel** with the discus. **Bev Hamilton** and **Stella Turner** were the female competition, the ex-kiwi claiming success in each event (not surprising since she holds a full house of W65 throws state records!). The triple jump best performance (7.76m) was shared by **David Clive** and visiting **Nicole Pinel**. Nicole is another potential member coming to us via the **Toni Phillips** training group route.

On the track, we had some excellent races, with a number of PBAs, particularly over 200m and 800m. **Kim Thomas** and **Geoff Gee** (yes, Geoff Gee of throwing fame) each won their heats of the half-lap event, with PBAs going to **Rob Colton**, **Rod Hamilton** and **Bob Fawcett**. The other sprint – two heats of 60m – saw wins for **Nick Miletic** (SB) and **David Clive**, with **Julie Willmott** also taking a PBA behind David.

The highlight was perhaps a very well-populated 800m race, with 12 starters. The first three home, **Rob Colton** and **Rod Hamilton** again, joined by **Giovanni Puglisi**, all set new PBAs. However, all of the contestants will have been pleased by their times in what was an excellent race.

The distance race took the pack around 12 and a half laps, won almost inevitably by **Kim Thomas**, half a lap ahead of **Lachlan Marr**.



RUDY KOCIS

### October 9 – WAAS

There were good performances to report in each event tonight. Perhaps the best came in the two sprints. **Norm Richards** has in previous years been a Tuesday 'regular'. Injury and an operation have kept him away from running, so it was great to see him back after an absence of almost two years. Even better, he won his 100m heat with a good time of 15.3s. Earlier heats saw wins for **Rudi Kocis** and **Andrew Taylor**.

The first heat of the 400m produced some great times. Won by visitor **David Solomon**, members **Andrew Taylor** (62.9s), **Richard Williams** (66.1s) and **Alec Ring** (67s) each took home new PBAs. A second heat also showed quality one-lap running.

**Kim Thomas** is always either at or near the front in distance racing with the club. Tonight was no exception as he won the 3000m by close to a full lap in 10:30.9. A tight finish behind him saw **Keith Edmonds** just hold off the challenge of **Bernadette Benson**, each producing new age-group bests.

**Bernadette** still had enough left in the tank to pocket another PBA in the 1500m behind **David Solomon**.

**Todd Davey** was again the star of the field events tonight. For the second week in a row he snatched a state record. This time it was with the shot, putting it out to 12.55m, beating **Geoff Gee's** 2003 mark by over 70cm. PBAs also went to **Brian Miller** with the hammer and **Norm Richards** in the long jump. **Melissa Foster's** 5.35m jump was the longest of the evening.



KIM THOMAS



## Analysis of the results



MARK DAWSON

The evening's entertainment concluded with a 5000m race, won almost inevitably by **Kim Thomas**, although in a time well below his best.

### ECAC – October 18

Numbers are approaching the summer norm as the trophy events get under way. Over 30 turned out tonight for a varied programme, with the throws and long jump all popular again. We were especially pleased to see **Rob Antonioli**, now M60, up from Bunbury for the evening. There's a mention here too for **Nicole Pinel**, who is a few days shy of a birthday which will allow her to join us; next week Nicole!

**Tolli** produced the highlight jump in the sand pit. His 4.11m is a new PBA, with **Lynne Schickert** and **Regina Crouch** also jumping to season's bests. The two new members each had solid attempts at both throws, **Malcolm Clarke's** javelin mark of over 41m catching the eye. Here's a visitor to watch if he decides to join!

On the track most were keeping their powder dry for the trophy 10,000m, but there were some notable results in the mile race. **Rob Colton** led the runners home with an excellent PBA, knocking almost 20s off his previous M45 best, and he's right at the top of his age group. **Giovanni Puglisi** also had his best mile result since returning to the track earlier this year..

### WAAS – October 16

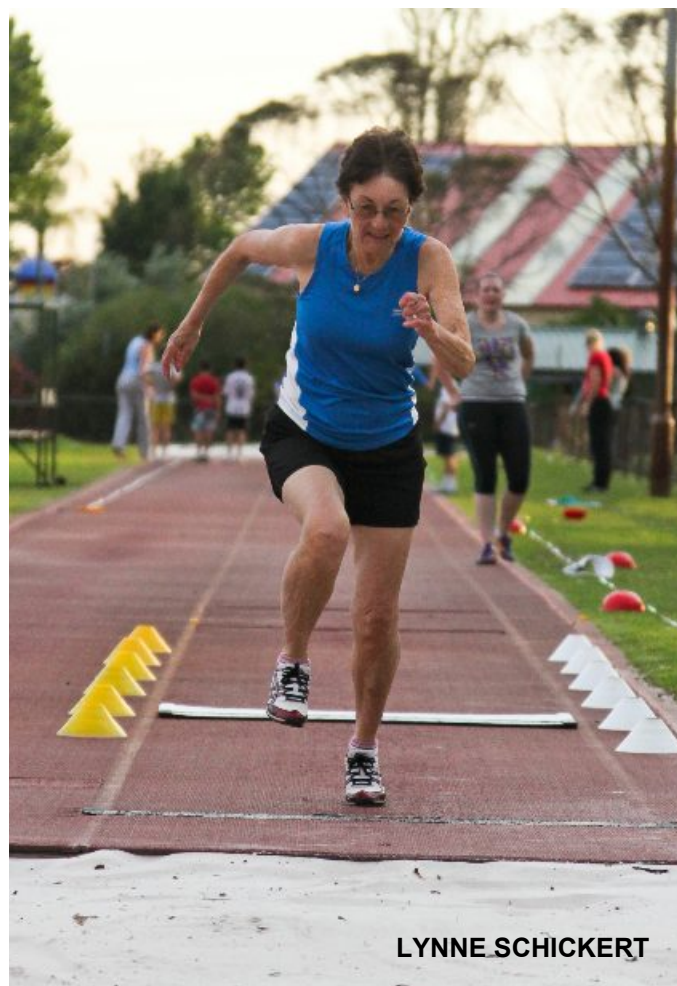
The throwers continue to hog the limelight at WAAS. It was **Greg Urbanowicz'** turn to keep record-keeper **Campbell Till** busy this week. Greg threw the heavyweight the prodigious distance of 13.80m, adding more than 50cm to his own M30 record set last year.

The throwers are returning in force on a Tuesday, no less than twelve hurled the javelin varied distances. Longest throw of the night went to youngster **Greg Urbanowicz**, but possibly the most notable was M80 **Rob Shand**. Rob's 20.57m was just 10cm shy of his own state record. It was good to see also the return of **Roger Ditewig**, **Andrew Ward** and **Rocky Cloete**.

Also in the field events there were seven triple-jumpers, with season's bests for **Melissa Foster** (10.88m), **Regina Crouch**, **Cathy McCloskey** and **David Carr**.

The track was also busy, particularly the sprints with three heats in both the 200m and 60m events. **Rudy Kocis**, **Cathy McCloskey** and **Carmel Meyer** were heat winners over 200m. **Rudi** and **Cathy** repeated the achievement over the shorter 60m dash, along with **Regina Crouch**. Also worthy of note in the 200m heats was **David Carr's** time of 34.3s. This is inside the M80 state record, currently held by **Irwin Barrett-Lennard**. Unfortunately it may have been wind-assisted so is not eligible for record purposes.

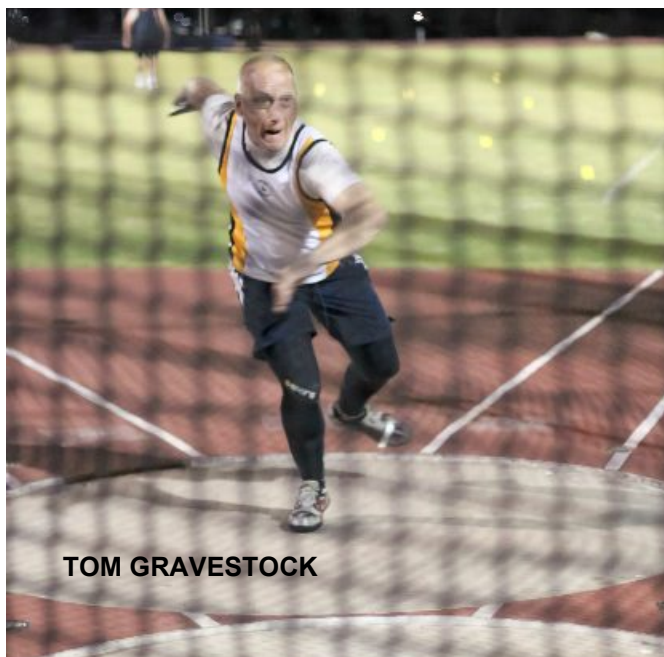
**Campbell Till** led the field home over 800m, with an impressive time of 2:31.2 (PBA). **Mark Dawson** and **Delia Baldock** (PBA) also took the eye in this race.



LYNNE SCHICKERT



## Analysis of the results



TOM GRAVESTOCK

### WAAS – October 23

On a windy night at WAAS, no less than four state records fell. **Norm Richards**, now M75, led the haul with a new high jump record of 1.13m. **David Carr** (M80) followed this up with a 400m record. Then, as twilight left us and the lights took over it was the turn of the throwers in the discus cage. **Todd Davey** (M45) set his third record in as many weeks with a throw of 40.63m, and this was matched by **Tom Gravestock** (M55) at 43.36m. Your analyst cannot recall another regular meet where four individual records were set on the same night.

The sprinters loved the wind! In the 60m dash, almost all set new PBAs. Led home by **Rudy Kocis** in the first heat, **Greg Brennan**, **Melissa Foster** and **Andrew Ward** were all under or just over the 8-second barrier. **Maurice Pascal** took the second heat, spot on 8s, with **Norm Richards** and **Fran Cherry** hot on his heels.

It was a different story with the 400m heats, the strong headwind in the back straight proving challenging. **Campbell Till** was hoping for a sub-60s finish, but conditions prevented this, his time of 62.3 just good enough to pip **Maurice Pascal**. **Richard Williams** set a new PBA just behind them, with new member on the night **Mark Pisano** enjoying the tow.

The second heat was all about a record attempt by **David Carr**. David rarely fails to please, and this run was no exception, his 75.7s a new state record. In better conditions the Australian mark could have been in sight, but that will have to wait for another occasion.

Two jumps events completed the evening's programme. In addition to **Norm Richards'** high jump already mentioned, it was good to see **Gay Wyatt** and **Andrew Brooker** take up the challenge. In the long jump **Melissa Foster** is always impressive. Her 5.37m presages a good send-off for next week's Pan-Pac Games on the Gold Coast. **Norm Richards** seems determined to keep himself in the spotlight, and a leap of close to 4m completed an excellent evening's work.

### ECAC – October 25

A large turnout was mainly concerned with the Trophy events reported elsewhere. We still had three heats of 100m, won in turn by **Malcolm Clarke**, **Carmel Meyer** and a welcome returnee **Marguerita Milicich**. Carmel's winning time of 15.9s was an age-group best for her, whilst new member Malcolm showed there is much potential with a swift 12.9s.

The nine starters in the ensuing 800m race were well spread. Youngster **Rob Nichols**, recently turned M35, was a convincing winner ahead of **Rob Colton**. **Graeme Dahl**, in the middle of the field, just missed his target of a sub-2:50 but looked impressive from where I was, the length of the straight behind him! Nevertheless, with some fatigue still there in the legs from Monday's flight from the UK 3:12 was very acceptable.

In other events: there was a single heat of 200m with **Rachel Evans** and three visitors; a good triple jump competition in which **Nicole Pinel** (joined on the night on her 30th birthday!) and **Rob Colton** (PBA) could only be separated by a single centimetre; and a shot put contest in which **Andrew Ward** set a season's best of 7.76m, still some distance behind **Malcolm Clarke's** 11.19m.

### WAAS – October 26

The weekly Strive club programme got under way at WAAS with an exceptional night for the seven MAWA athletes competing.

Star of the night was undoubtedly **Scott Tamblin**. In a majestic performance, Scott led the top 3000m race from gun to tape, fighting off a close challenge in the middle laps to stop the clock at 8:38.3. This is more than 10 seconds inside his own M30 state record and also brings the Australian record from 1990 within his reach.

Another state record on the night went to M65 **Greg Wilson**, equalling **Keith Martin's** high jump of 1.30m. **Tom Gravestock** (discus and shot) and **Melissa Foster** (long and triple jumps) were also high up on the evening's rankings.



SCOTT TAMBLIN



## Analysis of the results

### WAAS – October 30



**MARK PISANO and  
NORM RICHARDS**

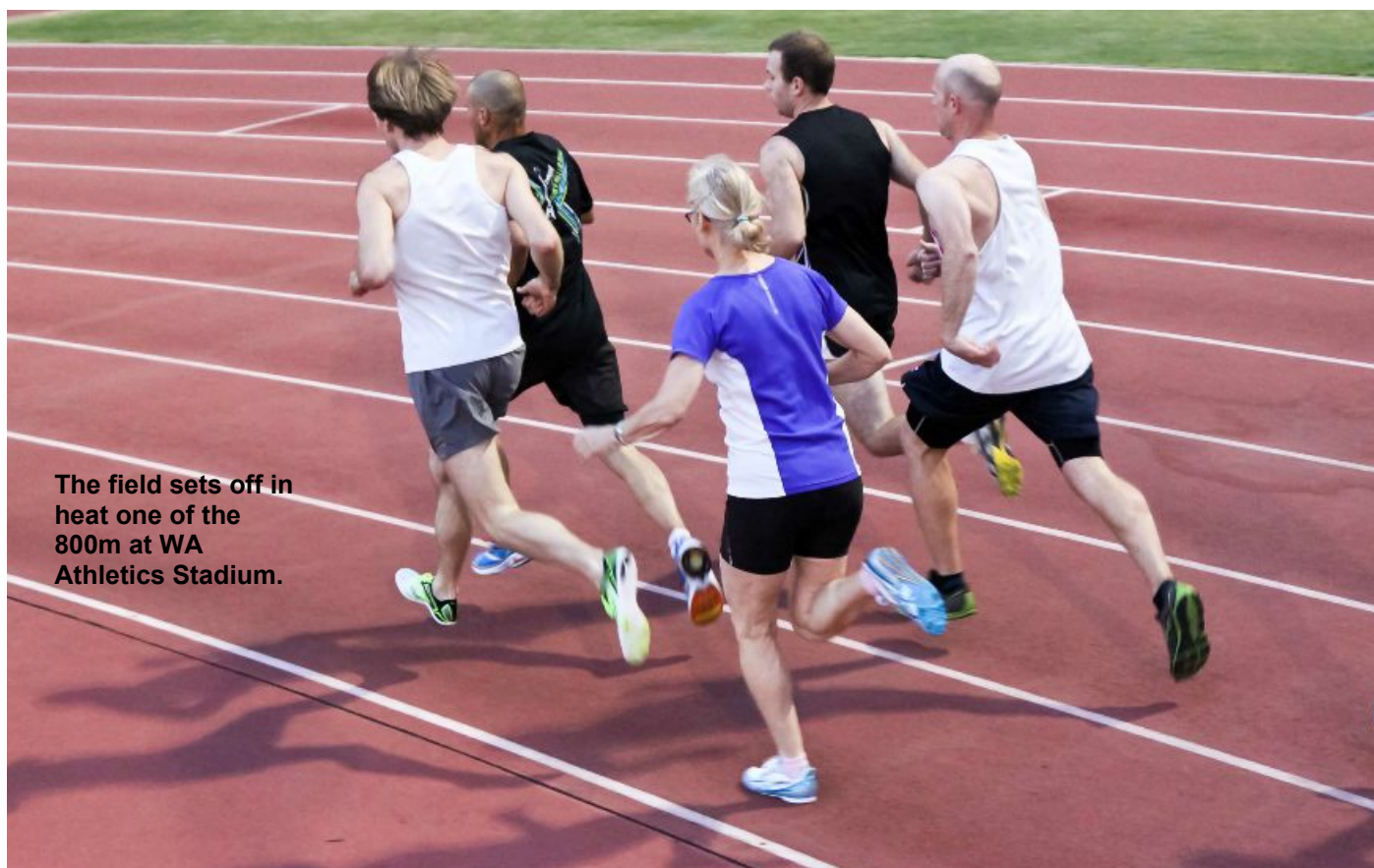
A great early-season turnout of around 45 lit up the stadium at Mt. Claremont tonight. A number were attracted by the Patron's Trophy events, but some just came because of the buzz. We welcomed **Michael Lee** to his first MAWA track event, some 32 years after his previous one. That's certainly pacing yourself Michael!

The evening opened as usual with a sprint, almost certainly assisted by the gusty south-westerly. Over 100m **Maurice Pascal, Mark Pisano, Fran Cherry** and **Julie Wilson** took line honours in the four heats. A PBA went to **David Carr**, and **Carmel Meyer** equalled hers. David's would have been a state record if not wind-assisted, but he has bigger things in mind for this weekend's Pan-Pacific Masters Games on the Gold Coast.

Two heats of 800m followed. **Tony Smith** took the first in 2:23.7, with **Rob Nichols** setting a PBA in his wake. It was good to see **Margaret Saunders** in form in this race, her Achilles problem now well in the past. **Bjorn Dybdahl** led the second 800m heat home in an excellent 2:35, with a good race some way back between M65s **Ivan Brown** and **John Oldfield**. The youngster Ivan just had too much, with **Joanna Garcia-Webb** pushing the pair all the way up the home straight.

Three heats of 200m saw PBAs for **Tony Smith** and **David Carr**. Winners of these heats were **Maurice Pascal, Richard Williams** and **Barry Newell**.

In the field events, it was great to see **John Everard** back in competition. John has a goal of setting his M50 best in the weight throw this season, his final year as an M50, and made a good start with a throw of 12.62m. Only another metre to go John!



**The field sets off in  
heat one of the  
800m at WA  
Athletics Stadium.**



# Looking ahead

## STATE CHAMPIONSHIPS 2013

Tuesday, February 26	1930	5k walk	WAAS
Thursday, February 28	Not before 10,000m		ECAC
	1800		
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

## AUSTRALIAN CHAMPIONSHIPS 2013

CANBERRA

Friday, March 29 - April 1

## 2013 WORLD MASTERS CHAMPIONSHIPS

Porto Alegre, Brazil

October 16-27

New member Joanna Garcia-Webb watches the flight of the javelin at WA Athletics Stadium.