

# TFNL



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The Track and Field Newsletter of MAWA

December 2012

**World Athlete** *of the Year*  
**2012**

**Elite gather in Barcelona**



Photo: JOHN VENTRIS

The two top women in the world of athletics, Lyn Ventris and Allyson Felix at the IAAF Gala Awards in Barcelona.



# World Athlete of the Year 2012

## Lyn joins athletic royalty



World champion race walker Lyn Ventris joined the world athletic elite when she received her trophy for the World Masters Female Athlete of the Year award at the IAAF Gala Awards in Barcelona on November 24.

Ventris, W 55, set 11 World Masters Bests in 2012 and won two titles at the WMA Indoor Championships. Four of those records came in the 10Km Race Walk and two in the 3000m Race Walk on the track.

"I had a sneaking feeling I might be winning the Award as I won it last year and Barcelona is a long way from Australia," Ventris said.

"I'm very proud that the IAAF are honouring not just me but race walking."

On stage with Lyn was Rob Lida from the United States who won the men's award.

Lida, M 75, began his career at the University of Kansas in the 1950s, and hasn't stopped since. In 2012 he established five World Masters Best including the M 75 indoor 60m, 200m and 400m; and the M75 outdoor 100m and 200m. He is also a member of relays teams which currently hold four world records.



Lyn with Prince Albert of Monaco and Usain Bolt (below). Photos: JOHN VENTRIS

"This is incredible, not only to win this Award but to be here at the Centenary and rub shoulders with the stars of the past and present," said Lida.

"It's a thrill to share a stage with the likes of Usain Bolt and Allyson Felix but also to meet many of the people who were my heroes in the 1960s when I was running at the University of Kansas like Peter Snell."





# Record breakers



Scott Tamblin strides out on a Friday night. Scott broke the M30 1500m state record in 3min 56.83secs in early November and on the last night of the same month ran 8min 34.2secs to break the 3000m record.

## Roll of Honour

Don Chambers	M75	4 Nov	G Cst	HJ	1.10m	SR=	Rae McMillan	W85	27 Nov	WAAS	WT	7.57m	AR
David Carr	M80	4 Nov	G Cst	200m	33.76	SR	Rae McMillan	W85	27 Nov	WAAS	HT	18.35m	AR
					(90.05%)		Todd Davey	M45	29 Nov	ECAC	Discus	5.69m	SR
Bev Hamilton	W65	3 Nov	G Cst	Jav	20.83m	SR	Todd Davey	M45	30 Nov	WAAS	Shot	13.01m	SR
Greg Urbanowicz	M30	3 Nov	G Cst	Shot	13.82m	SR	Scott Tamblin	M30	30 Nov	WAAS	3000m	8:34.2	SR
David Carr +3	M80	5 Nov	G Cst	4x400m	5:32.29	WR							
Scott Tamblin	M30	9 Nov	WAAS	1500m	3:56.83	SR							
Greg Wilson	M65	9 Nov	WAAS	HJ	1.35m	SR	David Carr	M80	4 Nov	G Cst	800m	2:59.02	91.05%
Todd Davey	M45	15 Nov	ECAC	Shot	12.89m	SR	David Carr	M80	4 Nov	G Cst	2k s/c	9:40.14	98.50%
Greg Wilson	M65	16 Nov	WAAS	HJ	1.38m	SR	Rudi Kocis	M50	5 Nov	G Cst	60m	7.90	91.44%
							David Carr	M80	8 Nov	ECAC	400m	1:16.4	92.93%

### Also 90%



# Pan Pacs – Gold Coast

## MAWA's medal haul

MAWA athletes excelled across the whole range of T&F events at the Pan-Pacific Masters Games on the Gold Coast. Sprints, hurdles, middle distance, distance, cross-country, jumps both horizontal and vertical, throws – medals galore in each sphere of competition filled the return luggage on flights home to Perth.

Pride of place in any report has to go to a world record. Having just failed by less than a second in Melbourne earlier this year, Leo Coffey (Vic), Richard Hughes (NSW) and George Harrod (Qld) invited **David Carr** to join them in the 4x400m relay world record attempt. The rest is now history – a new world mark (5:32.29) by 28 seconds. The old record 6:00.03 was set by four Japanese runners in 1998.

This was only one of four records broken by the WA legend on the Gold Coast. He also set new Games records over 800m and the 2000m steeplechase, as well as a state record for 200m. Each race saw David over the magical 90% age-graded level that is recognised as a world-class performance.

In the middle distance races, first mention goes to **Vicki Cobby**. Vicki is a new member to the club, just back into racing, with concern about how she might fare: *"I am entering my very first race since 1988.....so excited and nervous."* No need to worry – a gold medal in the 400m safely in the bag!

**Bjorn Dybdahl** is one of our top athletes



PHOTO:Melissa Foster claimed gold and games records in the long and triple jump.

over this type of event – medals in each of the 800m, 1500m, 5000m and 4km cross-country showcase his class.

Hurdling is a specialisation for the few. We were fortunate at these games to have two such specialists. **Marty Campbell** took the M45 gold medals over both short (100m) and long (400m) hurdles, and **Don Chambers** (M75) did likewise over 80m and 300m in his age category. Incidentally, Don also took gold in the pole vault, weight pentathlon and silver in the 60m, 100m and 200m sprints!

Our sprinters formed a very strong group. **Rudi Kocis** starred, with gold in 60m, 100m and 200m. His 60m win was achieved with a 90%+ performance and the 100m a games

record. **Melissa Foster** has a gold and a silver from the 60m and 100m, and **Marty**

**Campbell** a 60m bronze; **Vicki Cobby** has a similar medal from this short dash.

**Melissa Foster** also stole the show in the long and triple jumps with games records and golds from both. **Don Chambers** had an almost unblemished record in all four jumps – gold in long, triple and pole vault, silver over the high jump.

Finally the throws: It is unusual at these distant competitions for us to send so many throwers. No less than seven of our athletes took part. The undoubted star was **Greg Urbanowicz**. In the final years of his M30 age-group he dominated the field with gold in discus, hammer, shot and weight throw. Chuck in a bronze with the javelin (and a silver in the high jump) you can imagine how heavy his suitcase was on the flight home.

**Bev Hamilton** and **Elizabeth Szczepanska** also brought home many medals. Bev included golds from the discus and javelin (state record) amongst her six medals.

**Michelle Link**, recently joined, had bronze medals too, from each of the discus, javelin and shot put. Finally, but certainly not least, **Matt Staunton** pocketed gold medals with the shot and heavyweight, plus a discus bronze.





David Carr with his 4x400m relay teammates celebrate breaking the world record on the Gold Coast.

By DAVID CARR

With 12,000 fellow competitors, the multi-sport Pan Pac Masters Games at the Gold Coast are a major sporting occasion.

Athletics drew three to four hundred competitors and this is comparable to our nationals each Easter.

The Broadbeach Convention Centre was the venue for registration, information, social activities and merchandising. There was a band, stage performance or dancing each evening ... and a bar.

To some it was all a big party and to others it was serious competition.

Our WA athletes did us proud. Rudy Kocis and Melissa Foster are athletes that other competitors respect. They look like winners. They have the style, preparation and technique. Rudy expected to win his sprints, and his opposition look as if they expected that too. Melissa long-jumped 5.32m with other competitors looking in envy.

Vicki Cobby had travelled from Broome and had the biggest smiles of the day as she captured her first masters' medal. Martin Campbell was another of our country members to enjoy success.

A three metres improvement on her final throw brought victory to Bev Hamilton in the javelin, a victory sweeter in that this is not her main event.



**"Our WA athletes did us proud. Rudy Kocis and Melissa Foster are athletes that other competitors respect. They look like winners. They have the style, preparation and technique. Rudy expected to win his sprints, and his opposition look as if they expected that too. Melissa long-jumped 5.32m with other competitors looking in envy."**

Queensland Masters conducted the track and field competition and did a fine job. They were quick to rectify any problems such as when the clock played up, the sandwiches ran out and the computer glitched.

The M80 4x400 relay world record was the result of months of preparation to have runners from four states, phone and e-mail arrangement, baton practice and uniform provision.

The ABC and two regional papers provided some coverage prior to the event, and on the day Channel Nine filmed the run and did interviews after. The Gold

Coast Bulletin took photographs and interviews too. The story made the Gold Coast Channel 9 news that evening. The team ran in the Perth 2016 shirts, offering some publicity for our World Championships.

The next Pan Pac Masters is scheduled in two years time and is highly recommended.

One of the best performances of the meeting was from Victoria's Levinia Petrie (W69) who ran 22:06 in the 5000m and then 3.05 for 800m.



Geoff Gee

# Digging deep



## In focus

With Christine Oldfield

Born in Sydney in 1953, Geoff has been married to Ai Lin since 2005 and is a geologist by profession. His work has taken him to many remote places around the world and he recalls one of the strangest athletics sights he has ever seen: *"It was while working in Namibia. My base town of Swakopmund had a modern synthetic athletics track, complete with a fully regenerated savanna forest growing on the infield! Needless to say I met no local throwers there"*. It's just as well that situation is not common because Geoff is a thrower.

He began athletics as an undergraduate at the University of NSW, mainly as a thrower. But he developed into what he describes as *"a half-decent decathlon competitor"* and had

several top five finishes at the NSW Open Championships in the 1970s. He competed regularly in the Sydney Interclub competition from 1972 to 1979 where his contemporaries included John Everard and Lajos Joni who are also now MAWA members. Geoff received an Athletics Blue from the University in 1977 but had to give up competition in 1980 as a consequence of career demands.

He found out about MAWA accidentally *"whilst internet browsing"* and joined in 2002. The economic recession at that time meant that he had ample spare time to prepare for the upcoming 2003 AMA National Championships, staged in Perth. He won M45 gold in the shot put, with silvers in the discus and weight throw, beating many of

the younger throwers, and came second in the pentathlon. With the return of economic boom times, work increased and Geoff's athletics activity was limited to *"patchy participation"*.

But in the early 2000s he still managed to achieve a bunch of state records. His M45 records in the weight throw and throws pentathlon are still current, as are his M50 and M55 state records, set in 2009 and 2010 in the shot and throws pentathlon. He has competed in three National Championships – he says *"with mixed success"* – and the shot has been his most successful event as far as medals go. But he regrets being *"a perpetual bridesmaid in the weight pentathlon"*.

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# Geoff aims for 2016



## In focus

FROM -- PREVIOUS PAGE

At the moment, close to the top of his age group, he is just biding his time until next season when he hopes for "a big start as an M60". But he is still keeping his arm exercised and in good shape on a Tuesday evening at WAAS, where he also helps out with the officiating of the throwing events.

His long term goal is the World Championships here in Perth in 2016 where he will be targeting top-ten finishes in shot, weight throw and throws pentathlon. A longer term aspiration is an Australian record in the shot put.

Geoff epitomises the attitude of many club members when he says "Notwithstanding that I am a thrower, I keenly follow all the track results of MAWA Club members, and indeed, Australia-wide masters. Never ceases to amaze me when vets come out of the woodwork after decades of inactivity and set records. I love this sport and plan to be in it for life."

## T&F Programme for December/January

ECAC	WAAS							
	Dec 4	200m	4k r/w	60m	<b>800m</b>	Long jump	Shot	Javelin
Dec 6^	Dec 11*	300m	2km r/w	100m	<b>1500m</b>	Triple jump	Shot^ Wt throw*	<b>Javelin</b>
Dec 13^	Dec 18*	800m	100m	3km r/w	<b>200m</b>	Long jump 2km steeple*	Wt throw^ Shot*	Hammer^ Discus*
Dec 20^		60m	1 mile	400m	1000m r/w	Triple jump	Shot	Discus
Jan 03^	Jan 8*	60m	600m	200m	4km r/w	Long jump	Javelin^ Wt throw*	Wt throw^ Hammer*
Jan 10^	Jan 15*	400m	1500m	100m	5km r/w	Triple jump	Hammer^ Shot*	Javelin^ Discus*
Jan 17		200m	1500m	60m	3km r/w Pentathlon	Long jump	Shot	Discus
	Jan 22	200m	1 mile	60m	4km r/w	Long jump	Wt throw	Javelin
Jan 24^	Jan 29*	100m	800m	60m	3km r/w	Triple jump 2km steeple*	Javelin^ Shot*	Wt throw^ Hammer*
Jan 31		60m	1 mile	200m	3km r/w	Long jump	Shot	Hammer





# Patron's Trophy



Les Beckham keeps an eye on Bob Schickert in the long jump.

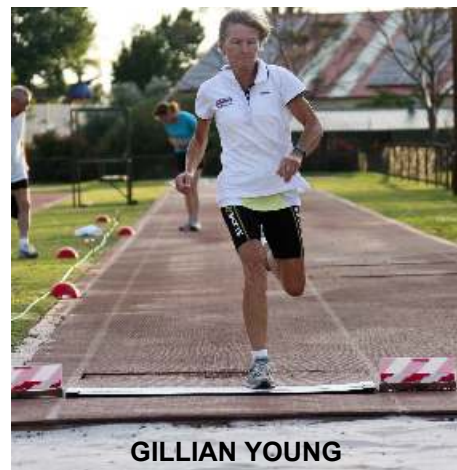
No track in the third round, but there was still much interest in the two field events. These are often critical in deciding final positions. Only around half of the thirty long jump contestants are planning to complete ten events, with the current leaders each scoring well.

**David Carr** rattled off a PBA (59%), and **Gillian Young** also notched up a healthy 52%. **Peggy Macliver** continued to close the gap with almost 65%. Her first two trials were tentative, but the fighting spirit came through in a determined final jump. Other female contenders **Carmel**

**Meyer, Julie Wilson** and **Lynne Schickert** also scored well.

The men's competition behind the leader is shaping up as an interesting battle. **Kim Thomas, Greg Wilson** and **Lachlan Marr** all look to be competitive, whilst **Giovanni Puglisi** and **Nick Miletic** are not far behind either. And never write off the evergreen **Bob Schickert**.

Not surprisingly, few trophy contenders took up the hammer challenge. Of those who did, **Greg Wilson's** was by far the stand-out result with 42%. The other four will almost certainly drop this score in the final table.



GILLIAN YOUNG

## ECAC – November 1

Long jump			%pts
Nicole Pinel	W30	3.54m	47.07
Kim Thomas	M38	4.74m	57.52
Regina Crouch	W43	3.01m	45.81
Rob Colton	M49	3.93m	54.43
Julie Willmott	W47	3.11m	49.84
Lachlan Marr	M52	2.98m	42.88
Carol Bowman	W57	2.33m	43.15
Nick Miletic	M61	3.62m	59.15
Giovanni Puglisi	M61	3.61m	58.99
Peggy Macliver	W68	2.90m	64.73
Gillian Young	W65	2.47m	52.22
Valerie Millard	W65	1.67m	35.31

Bob Schickert	M71	2.38m	45.86
Lynne Schickert	W71	2.41m	56.97
David Clive	M75	4.14m	85.71
David Carr	M80	2.57m	58.94
Hammer			%pts
Nick Miletic	M61	14.94m	24.78
Giovanni Puglisi	M61	10.52m	17.45
David Carr	M80	16.09m	36.17

## WAAS – November 6

Long jump			%pts
Cathy McCloskey	W45	3.99	65.73
Mark Pisano	M35	4.00	46.95
Carmel Meyer	W50	3.30	55.93

Julie Wilson	W55	2.70	51.53
Dave Wyatt	M60	4.44	72.55
Greg Wilson	M65	3.19	55.48
John Dennehy	M50	3.22	46.94
Ante Perdija	M40	4.33	53.79
Alec Ring	M45	4.31	56.79
Mark Frew	M35	4.63	55.58
Regina Crouch	W40	2.98	45.36
Troy Wynne	M45	4.38	57.71
Andrew Brooker	M40	5.22	67.10
Joanna Garcia-Webb	W30	3.09	41.42

Hammer			%pts
Regina Crouch	W40	13.13	24.25
Greg Wilson	M65	23.44	42.84





# Patron's Trophy



## 400m showdown

Julie Willmott strides out at the start of her heat of the Patron's Trophy 400m.

The 400m is a good event for both sprinters and middle-distance specialists. Men's holder **David Carr** took full advantage with another 90% plus run, building up what is already looking like an unassailable lead. Women's leader **Gillian Young** is a distance specialist, but still produced a PBA to maintain a healthy advantage over the rest. The question all are asking is whether **Peggy Macliver** can put her injury behind her and make the comeback of all time. It is looking less likely now, but never write off her fighting spirit until it is mathematically impossible.

Other good performances in this round came from the chasing packs in both genders. **Carmel Meyer** (79%) continues to impress, and **Julie Wilson** is in with a shout of a podium spot. Sisters **Valerie Millard** and **Lynne Schickert** are also cementing a place in this chasing pack. For the men, there will be interest to the end for the minor placings; **Bob Schickert** and **Giovanni Puglisi** produced near 75% runs to further their claims.



KIM THOMAS

### ECAC – November 8

400m			%pts
Kim Thomas	M38	60.6	75.08
Gary Vogler	M37	71.2	63.43
David Carr	M80	76.4	92.93
Robin King	W54	81.5	74.11
Steve Fuller	M60	69.9	75.65
Bernard Riviere	M46	73.9	65.20
Carmel Meyer	W51	74.5	78.81
Bob Schickert	M71	79.4	75.71
Julie Willmott	W47	80.1	70.45
Giovanni Puglisi	M61	71.8	74.09
Carol Bowman	W58	84.0	74.58
Gillian Young	W65	85.5	77.94
Regina Crouch	W43	1:41.1	53.58
Monique Thomas	W35	1:43.2	48.15
Sarah Ladwig	W63	1:44.8	62.47
Lynne Schickert	W71	1:59.5	61.62
Valerie Millard	W65	2:09.3	51.54

### WAAS – November 13

400m			%pt
Campbell Till	M55	59.5	86.05
Kim Thomas	M38	61.4	74.10
Ante Perdija	M40	66.3	69.65
Duncan McAuley	M63	65.9	81.75
Keith Edmonds	M45	67.8	70.59
Mark Pisano	M35	68.6	64.88
Ivan Brown	M67	1:20.1	70.22
Nick Miletic	M61	1:23.7	63.56
Bjorn Dybdahl	M59	69.0	76.14
Giovanni Puglisi	M61	71.2	74.72
Cathy McCloskey	W49	72.1	79.85
John Dennehy	M53	75.8	66.65
Troy Wynne	M46	1:21.2	59.33
Joanna Garcia-Webb	W31	1:20.9	58.84
Julie Wilson	W59	1:27.2	72.50
Greg Wilson	M65	1:32.8	58.78
Christine Oldfield	W67	1:51.4	61.66
Valerie Millard	W65	2:08.0	52.06





# Patron's Trophy



## On the limit



Bob Schickert, Julie Willmott, John Dennehy and Carmel Meyer battle for position.



GREG WILSON

This was a critical round in the trophy with two of the most popular events. 22 different competitors put the shot and 29 ran the 100m over the two evenings. After the half-way point in proceedings the respective ladders are taking shape.

It is sad to note that **Peggy Macliver** has had to concede that she will be unable to complete the Trophy this year, leaving the women's field wide open for a new champion. Currently **Gillian Young**, last year's runner-up, has a 35-point lead over newcomer **Carmel Meyer**. A fascinating tussle for positions 3 to 6 is taking place between sisters **Valerie Millard** and **Lynne Schickert**, plus the two **Julies** - **Wilson** and **Willmott**. The **Julies'** 100m

70%+ marks gave them an edge, but then the sisters responded with high 40% shot puts to redress the balance, leaving it still "all to play for".

In the men's competition, the notional leader is now **Greg Wilson**, some 42 points clear of champion **David Carr**. However, David passed the 100m, and has two events in hand over Greg, with two of his strongest events (800m and 1500m) to come. In reality Greg is in with a pack of five who could take positions 2 to 6. **Kim Thomas**, **Bob Schickert**, **Nick Miletic** and **John Dennehy** are all in with a shout after strong 100m runs. **Giovanni Puglisi** and **Ante Perdija** are also in the mix with four track events still to come.

### ECAC – November 15

100m				%pts
Kim Thomas	M38	14.4	70.21	
Giovanni Puglisi	M61	15.7	74.97	
Carmel Meyer	W51	16.4	75.55	
Nick Miletic	M61	16.8	70.06	
Marguerita Milicich	W34	16.3	64.36	
Julie Willmott	W47	16.7	71.14	
Don Pattison	M59	19.9	58.44	
Christine Pattison	W56	21.5	60.60	
Bob Schickert	M71	16.9	74.38	
Regina Crouch	W43	17.6	64.60	
Gillian Young	W65	18.5	76.70	
Sarah Ladwig	W63	22.8	61.05	
Monique Thomas	W35	19.7	53.25	
Bob Fawcett	M63	19.7	60.46	
Valerie Millard	W65	22.0	64.50	
Lynne Schickert	W71	23.7	63.38	
Shot				%pts
Nicole Pinel	W30	6.95m	30.71	
Kim Thomas	M38	8.49m	37.32	

Monique Thomas	W35	4.56m	21.28
Regina Crouch	W43	5.61m	31.11
Julie Willmott	W47	4.61m	28.23
Carmel Meyer	W51	6.45m	40.24
Carol Bowman	W58	5.08m	36.16
Nick Miletic	M61	7.51m	42.43
Giovanni Puglisi	M61	6.94m	39.21
Sarah Ladwig	W63	4.24m	33.54
Gillian Young	W65	5.30m	43.91
Valerie Millard	W65	5.18m	42.92
Bob Schickert	M71	5.74m	33.22
Lynne Schickert	W71	5.17m	49.81

### WAAS – November 20

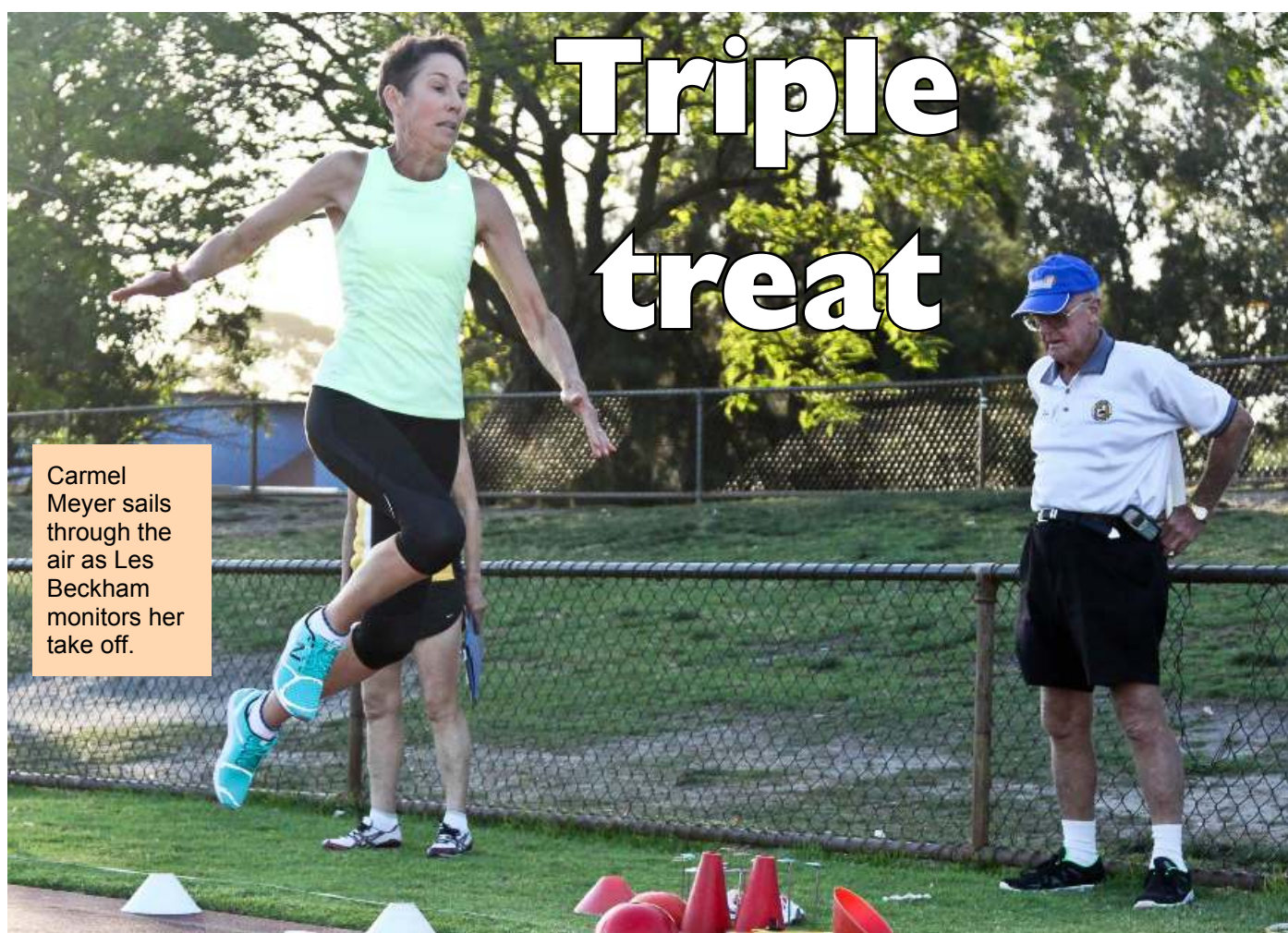
100m				%pts
Dave Wyatt	M61	13.6	86.54	
Cathy McCloskey	W49	13.6	89.19	
Vicki Cobby	W41	14.2	78.24	
Alec Ring	M45	14.6	72.74	
Steve Taseff	M47	16.0	67.25	
Campbell Till	M55	13.4	84.63	
Kim Thomas	M38	14.0	72.21	
Ante Perdija	M40	14.1	72.77	

Bjorn Dybdahl	M59	14.9	78.05
Giovanni Puglisi	M61	15.4	76.43
Fran Cherry	W49	15.4	78.77
Carmel Meyer	W51	15.8	78.42
John Dennehy	M53	15.9	70.38
Bob Schickert	M71	16.0	78.56
Julie Willmott	W47	16.4	72.44
Greg Wilson	M65	16.5	73.09
Julie Wilson	W59	18.8	71.33
Lynne Schickert	W71	22.1	67.96
<b>Shot</b>			<b>%pts</b>
Nicole Pinel	W30	7.07m	31.24
Kim Thomas	M38	8.00m	35.16
Ante Perdija	M40	6.01m	26.70
Alec Ring	M45	8.40m	40.44
Steve Taseff	M47	7.19m	36.08
Cathy McCloskey	W49	5.80m	37.47
Julie Willmott	W47	4.84m	29.64
John Dennehy	M53	6.04m	31.87
Julie Wilson	W59	4.97m	36.09
Giovanni Puglisi	M61	6.70m	37.85
Greg Wilson	M65	8.38m	53.34





# Patron's Trophy



Carmel Meyer sails through the air as Les Beckham monitors her take off.

With the triple jump and 5000m this was a critical week for the trophy contenders. Some excellent jumps were recorded. **Cathy McCloskey** leapt into contention with over 9m (74.9%). Her two main rivals for the ladies' trophy, are now looking over their shoulders. **Gillian Young** passed the jump but scored an excellent 86% over 5000m, whilst **Carmel Meyer** maintained the pressure at the top (66% jump, 72% 5000m). It will certainly be a close finish.

**David Carr** is still in prime position in the men's table, although he decided not to compete in the 5000m so now has three races and a javelin throw to go. Top of the leader-board for the men as it stands is **Greg Wilson**. Greg endured a gruelling 5000m to maintain his challenge, after a sterling triple jump of 61%. **Kim Thomas**, **Bob Schickert** and **Giovanni Puglisi** are still in touch.

Other notable performances in this round abounded. **Graeme Dahl's** 80% 5000m at WAAS and **Lynne Schickert's** 69% jump at ECAC were probably the most notable. With around 17 still in the hunt to complete the trophy this one is building up to a grand finale.

## ECAC – November 22

5000m			%pts
Kim Thomas	M38	18:24.50	71.45
Tony Smith	M36	20:02.10	64.73
Giovanni Puglisi	M61	20:24.00	77.58
Graeme Dahl	M63	20:44.50	77.67
Rob Colton	M49	21:25.00	66.81
Don Pattison	M59	22:43.60	68.43
Gillian Young	W65	23:57.40	86.31
Bob Schickert	M71	24:12.00	72.11
Maurice Creagh	M66	25:41.30	64.45
John Dennehy	M53	26:35.30	55.59
Sarah Ladwig	W63	28:34.80	70.13
Monique Thomas	W35	28:42.80	50.78
Regina Crouch	W43	31:49.70	48.35
Valerie Millard	W65	33:37.60	61.49
Lynne Schickert	W71	36:43.80	62.20
Triple jump			%pts
Nicole Pinel	W30	6.75m	44.15
Regina Crouch	W43	6.50m	49.47
Rob Colton	M49	7.91m	51.83
Carmel Meyer	W51	7.80m	65.99
Giovanni Puglisi	M61	7.70m	59.92
Sarah Ladwig	W63	5.65m	57.42
Valerie Millard	W65	4.42m	46.48
Bob Schickert	M71	5.64m	51.98
Lynne Schickert	W71	5.86m	68.78
David Carr	M80	5.95m	65.75

## WAAS – November 27

5000m			%pts
Kim Thomas	M38	18:22.30	71.60
Ante Perdija	M40	19:19.00	69.11
Tony Smith	M36	19:41.90	65.83
Graeme Dahl	M63	19:53.80	80.96
Bernadette Benson	W43	20:15.70	75.95
Tom Tralau	M39	21:03.20	62.94
Grahak Cunningham	M35	21:14.80	60.67
Bert Carse	M71	21:37.40	80.70
Alec Ring	M45	23:19.30	59.46
Carmel Meyer	W51	23:19.30	72.60
Bob Schickert	M71	23:44.40	73.51
John Collier	M46	24:44.30	56.49
Julie Wilson	W59	24:44.50	76.33
Maurice Creagh	M66	25:07.10	65.92
Julie Willmott	W47	25:11.30	63.91
Cathy McCloskey	W49	26:45.60	61.67
John Dennehy	M53	26:58.10	54.81
Greg Wilson	M65	27:18.10	60.09
Triple jump			%pts
Cathy McCloskey	W49	9.10m	74.90
Julie Willmott	W47	6.76m	54.17
John Dennehy	M53	6.87m	47.51
Giovanni Puglisi	M61	7.55m	58.75
Greg Wilson	M65	7.38m	61.24
Lynne Schickert	W71	5.68m	66.67
David Carr	M80	5.70m	62.98



# Thursday highlights at Coker Park



Kim Thomas, Marguerita Milicich, Nicole Pinel, David Clive and Nick Miletic power off the line.



Rob Colton, Rod Hamilton and David Clive battle down the straight.



BOB SCHICKERT



REGINA CROUCH



BERNARD RIVIERE



GIOVANNI PUGLISI



# Tuesday highlights at WA Athletics Stadium



**FLAT OUT:** Glen Ross heads Greg Brennan, Malcolm Clarke, Campbell Till and Alec Ring in the 60m.



**Vicki Cobby leads, Bob Schickert Carmel Meyer (third) and Fran Cherry (second) in a heat of the 60m.**



**Trent Harris leads the field on the first lap of the 800m.**



**DANIELLE BALDOCK**



# Night moves



Friday night Strive meetings at West Australian Athletic Stadium bring out the best in MAWA athletes not only on the track and field but also filling vital official positions.

MAIN PHOTO: Andrew Ward prepares to throw the javelin with John Oldfield officiating.



DAVID CARR



BOB SCHICKERT



JULIE WILSON



ROB NICHOLS



SCOTT TAMBLIN





ROD HAMILTON

## ECAC – November 1

It was a fairly quiet evening on the track -- the two Patron's Trophy events were both in the field. See the separate report for coverage of these.

Two dashes up the home straight, over 60m and 100m, were scheduled. With a following wind it was an ideal opportunity for good times. However, a number of our top sprinters were at the Pan-Pacs on the Gold Coast, and with others either injured or resting, turnout was low. All seven in the 60m recorded PBAs (**Julie Willmott**, **Regina Crouch**) or season's bests. It was almost the same in the 100m, the two heats being led home by **Rod Hamilton** and **Julie Willmott** again, with most taking and SB/PBA home with them.

Other track events included a 1500m in which **Kim Thomas** once more showed he is one of our most consistent runners over anything other than sprints. There was also a 4km race where **Lachlan Marr** just pipped **Kim**, each having rushed over from the long jump runway to make the starter's gun.

The big throwing cage is once more "under repair", so very little throwing took place. Just a handful of shot putters chanced their arms practising technique for later in the season.

## WAAS – November 6

Another unusually cool evening at WAAS did not deter the sprinters tonight. The gusty tailwind counteracted the

temperature, so a number of season's bests were noted over 60m. Heat winners **Quinton de Klerk** and **Mark Frew** were racing for the first time this season, third-heat winner **Carmel Meyer** producing her quickest of the fledgling season.

**Richard Williams** and **Fran Cherry** took their chance to lead home the field over heats 2 and 3 in the 100m sprint, with **Quinton de Klerk** again taking out heat 1.

Sandwiched in between these shorter races was a well-contested 1500m race. It was really two separate races; the younger men at the front were led home by **Steve Weller**. Steve's 5:03 was well over 10 seconds inside his previous PBA and put him the length of the straight ahead of his nearest rival **Ante Perdija**. **Bjorn Dybdahl** and **Keith Edmonds** each recorded SBs, Bjorn with his second 1500m in 24 hours – the previous one being on the other side of the country at the Pan-Pacs. **Bernadette Benson** and **Tom Tralau** brought up the rear of this leading group. Behind them was the "second race", led home by **Bert Carse**, returning to something like good form with an M70 PBA. **Carmel Meyer** surged up the home straight for a PBA, pipping your analyst over the final 10 metres.

Two of the three field events (long jump and hammer throw) were Trophy events reported elsewhere. The shot put saw a welcome return of **Rocky Cloete** to competition, putting 11.46m, just shy of **Geoff Gee's** leading mark of over 12m. Season's bests in this event also went to **Rob Shand** and **Stella Turner**.



FRAN CHERRY



## Analysis of the results



NICOLE PINEL

### ECAC – November 8

Six visitors boosted the throng on a fairly busy evening at ECAC. There was a welcome return to **Carl Ciccarelli**, **Bernard Riviere**, **Anne Travis** and **Steve Fuller**, plus a few of the successful MAWA athletes returning from the Pan-Pacific Games on the Gold Coast.

Two sprints began the evening's proceedings, with starter **Tom Lenane's** new-fangled gun proving challenging for the timekeepers to spot in the evening's low sun. Heat winners over 200m were **Bernard Riviere**, **Carmel Meyer** and **Carol Bowman** but the times have to be treated circumspectly with the timekeeping problems. **Bernard** again prevailed in the top heat over 60m in a very close race. **Garry Vogler** and newly turned M60 **Steve Fuller** pushed him to a swift finish. The second heat was won by **Nicole Pinel**, with two young visitors on her heels and **Julie Willmott** close behind them.

The main event of the evening, four heats over 400m, is covered in the trophy report elsewhere in this issue, so the only remaining track event was a popular 3000/5000m race. Five walkers covered the shorter distance, **Robin King** well ahead of the rest, but **Valerie Millard** turning in a strong season's best. The running race over 5000m was won by **David Solomon** (who has promised to re-join soon!), with many others treating it as a warm-down from the earlier trophy 400m. Notable times were recorded by **Carmel Meyer** (PBA), with season's bests at this early stage going to **Rod Hamilton** and **Graeme Dahl**.

The ECAC cage is still proving problematic, but **Damien Hanson** was able to organise a "controlled" discus for the faithful. **Matt Staunton** put in the star performance with almost 40m, **Bev Hamilton**, also freshly back from the Pan-Pacs, threw a season's best of 22.72m. It was a similar story with the heavyweight, **Matt** extending the tape to almost 14m for an SB, with **Anne Travis** clocking a PBA on her return from the injury she suffered in July.

All three triple jumpers, **Lynne Schickert**, **Nicole Pinel** and the third Pan-Pac star returning tonight, **David Carr** hopped, skipped and jumped out to season's best distances.

### WAAS (Strive) – November 9

Twelve MAWA members competed, with some very high quality performances. **Scott Tamblin** stole the show with 3:56.83 to win the top heat over 1500m. Last December he was the first MAWA member ever to break four minutes for the distance. His time knocked another second off his M30 state record.

**Greg Wilson** also improved the M65 high jump record to 1.35m, having previously held this jointly with Keith Martin. Greg is targeting the Australian record of 1.46m this season, but accepts that he has some serious work to do to challenge that.

Another of our athletes building some good form is **Matt Staunton**. Matt is consistently over 40m with the hammer, and has the Australian record of 46.85m in his sights this season. Add in the return to competition of **Byrony Glass** and some excellent sprint times from **Glenn Ross** and **Rob Colling** and it gives you a good feel for the quality that MAWA brings to these open competitions.



GREG WILSON



## Analysis of the results



STEVE FULLER

### WAAS – November 13

It was the busiest evening of the season so far at WAAS with around 50 athletes competing. Four track events, plus two jumps and two throws meant a hectic night for officials, with many a helping hand easing the strain.

The wind was good for the sprinters, and probably just below the legal limit. Three heats of 200m got us underway, with **Glenn Ross** (23.2), **Mark Pisano** and **Fran Cherry** each running SBs in winning their heats. Five others also ran SBs. It was a similar story with the three heats over 60m. **Rob Colling** (7.7) took the top heat in a tight finish with **Gregg Brennan**. **Mark Frew** and **Cathy McCloskey** almost dead-heated in the next race, each clocking 8.4s for a new PBA. **Fran Cherry** ended the sprints with the final victory.

The distance race was won by **Steve Weller**, almost a lap ahead of the field in a new PBA of 18:25.3. Bernadette Benson and Carmel Meyer are each finding excellent form over the past month; new marks were set by each further back in the field.

**Dave Wyatt's** high jump competition is proving popular again. Seven took the vertical jump challenge on the night, with **Gay Wyatt** setting a new height of 1.02m and **Mal Clarke** recording the best jump of 1.55m.

The two throws also attracted good fields. With the heavyweight, **Byrony Glass** is in a class of her own. 17.24m was her mark tonight, some 4m clear of the next best from **John Everard**. **Mark Frew** had a new PBA, with **Todd Davey** and **Kate Glass** also recording good distances.

**Mark Frew** and **Mal Clarke** each threw the javelin over 43m, with **Roger Ditewig** and **Greg Wilson** also producing season's bests.

### ECAC – November 15

The main focus was the two Trophy events, shot put and 100m. These are covered elsewhere in this issue.

Three other track events began with a short dash over 60m. **Mal Clarke**, **Marguerita Milicich** and **Valerie Millard** provided alliteration for the winners. Mal's 8.1 in the opening heat was a season's best, with **Carmel Meyer** clocking another PBA behind him. Valerie's time in the final heat was also her best since turning 65. **Carmel** had another PBA in the subsequent 800m race, knocking a good 10 seconds off her previous best.

The field events were popular. Eleven athletes threw the javelin, with **Andrew Ward**, **Todd Davey** and **Mal Clarke** the pick of them. Several of the regular throwers also competed in a 'normal' shot put competition after the Trophy one had finished (i.e. six trials instead of three). **Todd Davey** led the way again (12.89m) with a state record, adding another 30cm to the one he set a few weeks ago.

### WAAS (Strive) – November 16

The emphasis for MAWA was in the field events, with only **Mark Elms** and **Alan Deans** contesting two sprints.

Highlight was a state record for **Greg Wilson** over the high jump bar, raising his M65 mark by another 3cm to 1.38m. Also worthy of mention was the return to the hammer cage of **Byrony Glass**. She dominates any field in which she competes with this implement and tonight was no exception. Her 52.29m throw is still some way below her best, but a good 16m further than anyone else on the night.

Other throws of note were 36.50m for **Sarah Edmiston**, 32.66m for **Kate Glass** (SB) and a discus mark of 36.45m, again for **Sarah Edmiston** (PBA).



MARK ELMS



## Analysis of the results



NEIL MORFITT

### WAAS – November 20

Although it was a busy Trophy evening there was plenty else happening tonight. A strong tailwind attracted the 60m runners as a warm up for the later 100m. SBs and PBAs abounded! **Glenn Ross, Melissa Foster, Vicki Cobby** and **Danielle Baldock** took the honours in the four heats. Noted also were **Alec Ring, Mal Clarke, Adam Bennett** and **Greg Brennan** all of whom produced solid times.

Next up was an 800m event with two heats. **Trent Harris**, now a regular with six years to go before he is eligible to join, and **David Brook** were the heat winners. Very good times were produced by the returning **Neil Morfitt** and **Ante Perdiija** in the first heat; **Grahak Cunningham, Keith Edmonds** and **Vicki Cobby** were also worthy of mention.

The 3000m race was won in a canter by **Steve Weller** yet again, this time lowering his PBA for the third time this season as he continues to improve.

The long jumpers also took advantage of the strong following wind. Six of them managed season's best, with **Melissa Foster** (5.41m) and **Dave Wyatt** (4.72m) probably the pick. The regular throwers waited for the 'casual' trophy shot putters to finish and then showed how it can be done. **Mal Clarke** (11.81m), **Geoff Gee** (11.29m) and **Todd Davey** (12.35m) were the best of the men, with **Ali Matautia** (8.52m) showing that the girls can put too.

### ECAC – November 22

It was the **Tony Smith** show this evening. A stunning performance saw Tony win all three non-Trophy races, each with a PBA. He began with 62.8 to take the opening

heat of the 400m, followed this immediately with a 5:11.0 1500m and backed it up by hauling in visitor **Scott Hutcheson** to take the 100m in 14.0. Only the Trophy 5000m victory eluded him as he came in second to **Kim Thomas**.

New W60 members **Maureen Keshwar** and **Nola Hill** were welcomed into the MAWA fold, each testing themselves in unfamiliar territory over both 400m and 100m. Another worthy performance on the night was **David Carr's** 6:39 for 1500m. This would have been a state record but for insufficient watches. David had not asked for the requisite three – he was only taking warming down after his Trophy triple jump!

Half a dozen throwers tested themselves with both javelin and hammer tonight. Pick of the performances was **Matt Staunton's** 45m hammer throw. He is now within touching distance of this season's target – the Australian record only a couple of metres further. **Stella Turner** had a season's best with the hammer, and **Andrew Ward** likewise with the javelin.

### WAAS (Strive) – November 23

There was MAWA interest in four track and four field events this evening at WAAS. Main focus on the track was an attempt by **David Carr** to improve his own M80 world record for the 2000m steeplechase. Cheered on by an appreciative audience in the stands, David was less than two seconds outside the time needed.

There was also much encouragement for the sprinters. With a wind that oscillated either side of the legal limit, **Glen Ross, Aldis Jaunzems, Mark Elms** and **Andrew Ward** each posted good times. **Mark** repeated this over 400m, just outside the 60s barrier.



DAVID CARR



## Analysis of the results



ANDREW WARD

The final event with Masters' interest was a classy 1500m in which **Scott Tamblin** was a smidgeon over 4 minutes and **Xander van Rijen** opened his season with a sharp 4:18.

Six throwers competed in our colours tonight. Season's bests went to **Matt Staunton** and **Bev Hamilton** with the discus; SBs too for **Andrew Ward** (javelin) and **Mal Clarke** and **John Everard** (hammer). Mal is clearly benefitting with Lindsey Glass' coaching in an event which is new to him.

We also had three high jumpers, with **Mal Clarke** again the pick at 1.50m.

### WAAS – November 27

**Rae McMillan** grabbed the headlines this evening at WAAS. Newly turned 85 years young, Rae put aside her recent knee surgery to set inaugural W85 national records for both heavyweight (7.57m) and hammer (18.35m). No less than nine throwers took part this evening, the biggest turnout of the season for a non-trophy throws competition. Season's bests with the weight throw went to **Kate Glass**, **John Everard** and **Matt Staunton**. It was also good to see **Kylie Everard** back throwing again.

With the main track focus on the 5000m later in the evening, the early events were fairly subdued. But there was much interest in a well-contested 1500m, won by **Tony Smith** inching out **Grahak Cunningham**. **Bernadette Benson** lowered her PBA to 5:40 with other season's bests going to a trio who are yet to hit their straps this season – **John Oldfield**, **Colin Smith** and **Maurice Creagh**. **Duncan McAuley** continued his impressive return to the track with a solid win over 400m.

### ECAC – November 29

The cool, blustery and showery weather was a reminder of winter evenings, and many decided the warmth of an evening at home was a good idea! Highlights of the evening were a state record for **Todd Davey** with the discus (M45, 45.69m) and a PBA for **Carmel Meyer** in the 200m (W50, 33.1s). In the first heat of the 200m Chris Neale (M40) took the honours with a solid 26.9s.

In the 4000m Rob Nichols led home the field in (M35 13:57.5) followed by Mitch and Kim Thomas.

### WAAS (Strive) – November 30

If we thought that the last meet was going to give us a quiet end to the month then there was a big surprise in store. **Rob Antonioli** made the long trip up from Bunbury, bringing along new member **Brian Feutrill** (M45).

"Tolli" performed very creditably over 200m and in the long jump, and also set a new PBA (2:41.95) in the 800m. **Brian Feutrill** gave us a glimpse of his all-round ability, with a high jump of 1.45m, triple jump over 10m and then rounded the evening off over the 400m hurdles.

Two state records are always worthy performances; tonight's came from **Scott Tamblin** with yet another very swift 3000m race (8:34.2, knocking almost 10 seconds off his own state record and now within touching distance of the Australian best). And **Todd Davey** continued his record spree of the past two months. This time it was the shot put, over the 13m barrier for the first time.

The sprinters loved a good, but often legal, tailwind. **Rob Colling** (7.41s), **Glenn Ross** (7.55s), **Aldis Jaunzems** (7.79s) and **Greg Brennan** (7.95s) the pick over the short 60m dash.



TODD DAVEY



# Looking ahead

Keith Edmonds  
shows his relaxed  
running style at  
West Australian  
Athletic Stadium.

## STATE CHAMPIONSHIPS 2013

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

## AUSTRALIAN CHAMPIONSHIPS 2013

CANBERRA

Friday, March 29 - April 1

## 2013 WORLD MASTERS CHAMPIONSHIPS

Porto Alegre, Brazil

October 16-27