

T F N L



Season 6 Issue 4

January/February
2013

The Track and Field Newsletter of MAWA

Danielle Ivers
leads Cathy
McCloskey in the
Patron's Trophy
800m at WA
Athletics Stadium.

Patron's Trophy nail-biter

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State titles entries to close
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Get set for Bunbury



Roy Fearnall strides out at last year's City versus Country clash in Bunbury.

BUNBURY Regional Athletic Club (BRAC) will hold its annual Country versus City Challenge on Saturday, February 16 and have invited MAWA members to join them.

This is a great way for extra competition before the State T&F Championships and to support the Bunbury athletic community, who always come up to Perth in large numbers for the State Championships.

Provisional programme includes 60m, 100m, 400m, 1500m R/W, medley relay, shot, discus (last year, City just pipped Country by a couple of points in the last event).

Both events are held at BRAC, Hay Park, Bunbury, starting at 3pm, followed by light eats.

Contact club secretary Val Millard (mawasecretary@gmail.com) or on Tuesday or Thursday for further details and to advise if you plan to attend, for programme/catering purposes.



TONI PHILLIPS

MAWA athletes star at championships

MAWA's two Victorian residents, Don Chambers (M75, Rutherglen) and Toni Phillips (W40, Bendigo) were each crowned Australian champions in their combined events at the AMA multi-events championships at Bendigo on January 5 and 6.

Don's decathlon total of 5498 points and Toni's heptathlon 3024 are each new state records.

"Duracell Don" set a first M75 decathlon record in August last year at the British championships. He then improved that mark by almost 300 points in December at a regional meet in Bendigo.

His second decathlon in two weeks then took his total just one point higher.

Don's highlights at the championships came in the short hurdles and sprint, plus excellent results over all three jumps (long, high and pole vault).

As a top track athlete, including world 100m hurdles gold, Toni's best events were in the shorter track events of 80m hurdles and 200m, but she picked up good points over most events to set an inaugural W40 heptathlon mark.

Our only previous heptathlete was Eileen Hindle when she was a W35. Toni had also completed a pentathlon at the December regional meet.

Entries to close soon

Jodie Osborne leads
Fiona Leonard in
the 1500m at the
State
Championships
last year.



STATE CHAMPIONSHIPS 2013

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

ENTRIES for the 2013 track and field State championships close on February 17. Full details and online entry are on the website. A paper form which can be downloaded is also on the website. If possible please use the online method – you will receive instant confirmations for events entered and payment made. Another feature of entering online is the accuracy of your information. However, if any member who has not received a paper form would like one, telephone Barbara Blurton on 9293 0190. Any other queries telephone or email Barbara at:

vetrunners@iinet.net.au

Roll of Honour

Scott Tamblin	M30	30 Nov	WAAS 800m	8:34.2 SR	Don Chambers	M75	5/6 Jan	Ben	Decathlon	5498 SR
Todd Davey	M45	30 Nov	WAAS Shot	13.01m SR	Don Chambers	M75	6 Jan	Ben	Pole Vault	2.10m SR=
David Carr	M80	6 Dec	ECAC 1500m	6:12.0 AR	David Carr	M80	17 Jan	ECAC	Pentathlon	1208 SR
Bert Carse	M70	19 Dec	WAAS 2km steeple	8:31.2 SR	Melissa Foster	W30	17 Jan	ECAC	Pentathlon	2389 SR
Scott Tamblin	M30	21 Dec	WAAS 1500m	3:54.15 SR	Todd Davey	M45	22 Jan	WAAS	wt throw	11.53m SR
Don Chambers	M75	22 Dec	Ben 80m hurdles	15.03 SR	Greg Wilson	M65	25 Jan	WAAS	High Jump	1.43m SR
Don Chambers	M75	22 Dec	Ben Decathlon	5497 SR	Scott Tamblin	M30	25 Jan	WAAS	5000m	14:54.10 SR
Toni Phillips	W40	5/6 Jan	Ben Heptathlon	3024 SR						

Get set for relays



The crowd encourages Maurice Creagh and Karyn Gower on the finish straight in last year's relay.

THE 2013 AMA postal relays will take place during the month of February, both at WAAS and ECAC.

The programme is as follows:

February 5th at WAAS: 4x100m and discus (teams of 3)

February 7th at ECAC: 4x800m walk and discus (team of 3)

February 12th at WAAS: 4x400m and shot (teams of 3)

February 14th at ECAC: 4x1500m and shot (teams of 3)

February 19th at WAAS: 4x1500m and javelin (teams of 3)

February 21st at ECAC: 4x400m and javelin (teams of 3)

February 26th at WAAS: Long jump (team of 3)

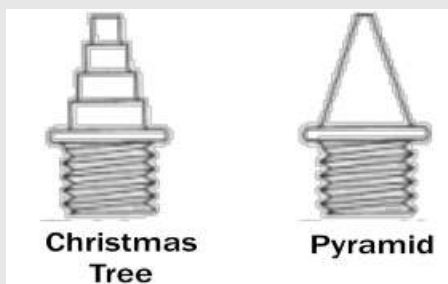
February 28th at ECAC: Long jump (team of 3)

Anybody wanting to enter any of these relays should enter their name on the sign-in sheets at WAAS and ECAC or contact Colin Smith.

Check your spikes before you hit the Mondo track

DO you ever run on the track? If so or if you are thinking of competing at the stadium in the State Championships, please take note of the following:

One of the athletes at WAAS on a Tuesday evening recently walked away with a chunk of track stuck on his spikes – obviously the WRONG sort of spikes. The Mondo track is designed for **blunt** spikes which propel a runner forward to maximise their performance. Sharp spikes



penetrate the surface and have already begun to contribute to the degeneration of the track surface.

So, please, all MAWA athletes, make sure your spikes are of the correct design. They can be ceramic or metal but **MUST** be either Christmas Tree or Pyramid variety as shown. Maximum length for the track is 7mm and for the field 9mm except for javelin and high jump which can be up to 12mm.

Spikes of the correct variety are on sale at WAAS reception. Please change yours if they are the wrong sort. And your times may improve.

A new start as Tom goes hi-tech



By TOM LENANE

With the only factory (in China) producing the starting caps burning to the ground and at this stage no-one else looking to produce starting caps, MAWA has had to look at other options when starting the track events.

With the last of the MAWA stock of caps being used on Tuesday night competitions at the Stadium (WAAS), the Coker Park competition has been in recent weeks using an electronic starting gun producing a sound that supposedly sounds like a starting gun. That it sounds more like a gunshot out of the movies probably hasn't occurred to the company producing the new starting equipment. Better options for starting races will continue to be explored.

In the meantime MAWA athletes will continue to be amused, bemused and possibly confused as they take those first acceleration steps down the track muttering "What was that?"

Steve Weller's

New beginning



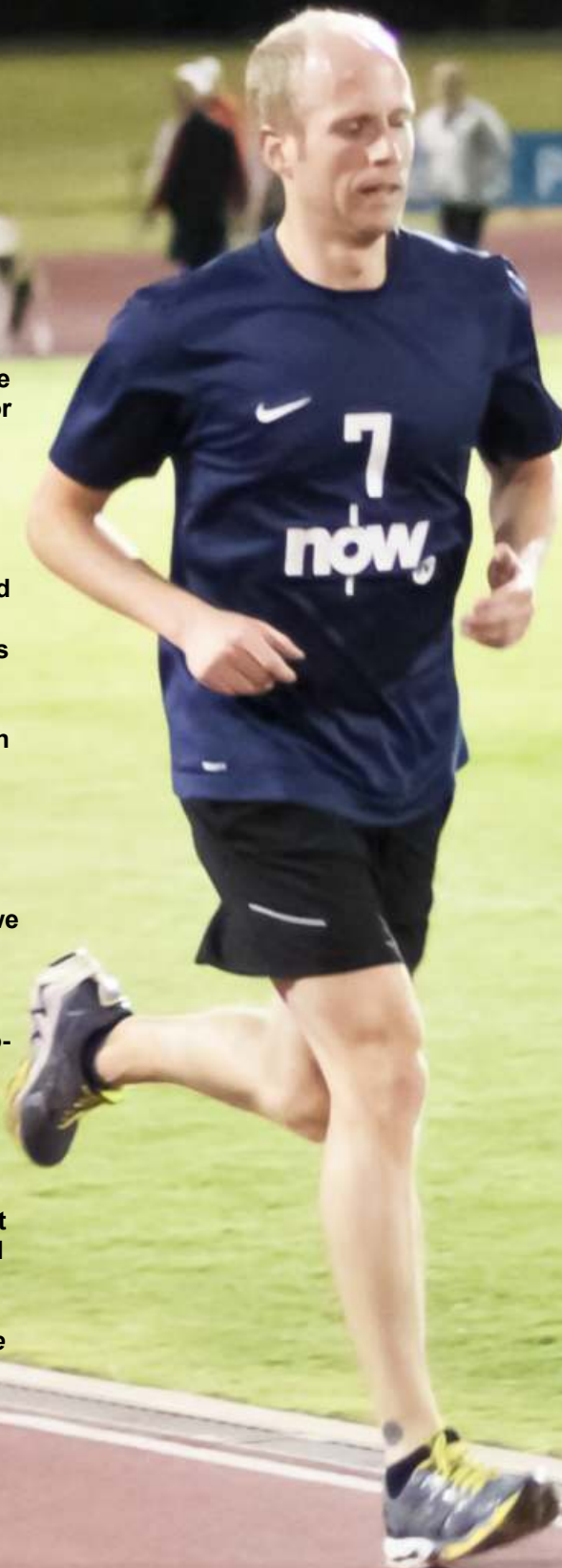
In focus

With Christine Oldfield

WHEN asked if he would agree to having his profile written for TFNL, Steve's comment was "Why? Can't you find anyone else's to do?" Until Grant Schofield introduced him to MAWA in January last year, Steve had never been involved in athletics so didn't feel he was a worthy subject. But he's been on my prospective candidates list for some time.

Born, raised and educated in Tasmania, Steve is a mechanical engineer. He moved to Melbourne for work in 1998 and moved to Perth in 2011 to take a job in mining. He's settled here for now so we look forward to seeing his athletic talents develop.

Steve has always enjoyed a variety of common and not-so-common sports including canoe polo (in which players can use their hands or their paddle). But his activity of choice has been soccer, predominantly as a player, but also a committee member and junior coach. One of his old soccer coaches used to joke (Steve says "at least I think he was joking!") that he was so bad at soccer he should take up running instead. He obviously took this to heart and, "just for fun", did the Melbourne half marathons in 2010 and 2011. He clocked times of 1:34:31 and 1:31:59 – not bad for his first-ever organised races.



With two Perth City to Surf races under his belt as well, he had obviously caught the racing bug and in May 2012 he took a trip to China to compete in the Great Wall Half Marathon. Described by the organisers as "a tough, beautiful and definitely extraordinary experience", this race involves 2582 steps (He described his experience in December's *Vetrun*). He completed the race in a remarkable time of 1:57:43. For good measure, he then went on to run the Melbourne Marathon in October in 3:14:20.

From time to time Steve also goes to Sunday runs and, most weekends, joins Tom Lenane and Toni Phillips for their training sessions. His first ventures on to the track at WAAS were a completely new experience and he found it a bit daunting at first. But, after attending for a while and meeting more people, he found that he could take it just as seriously as he wanted to. In his first weeks, having picked up an early nigggle, he decided not to compete – but came to WAAS anyway so that he could assist with the officiating. He's now a regular watch holder. He says "Of course it's a social activity too, and the friends I have there are half the reason I attend. I always leave Masters with a smile on my face now, even if I don't arrive that way

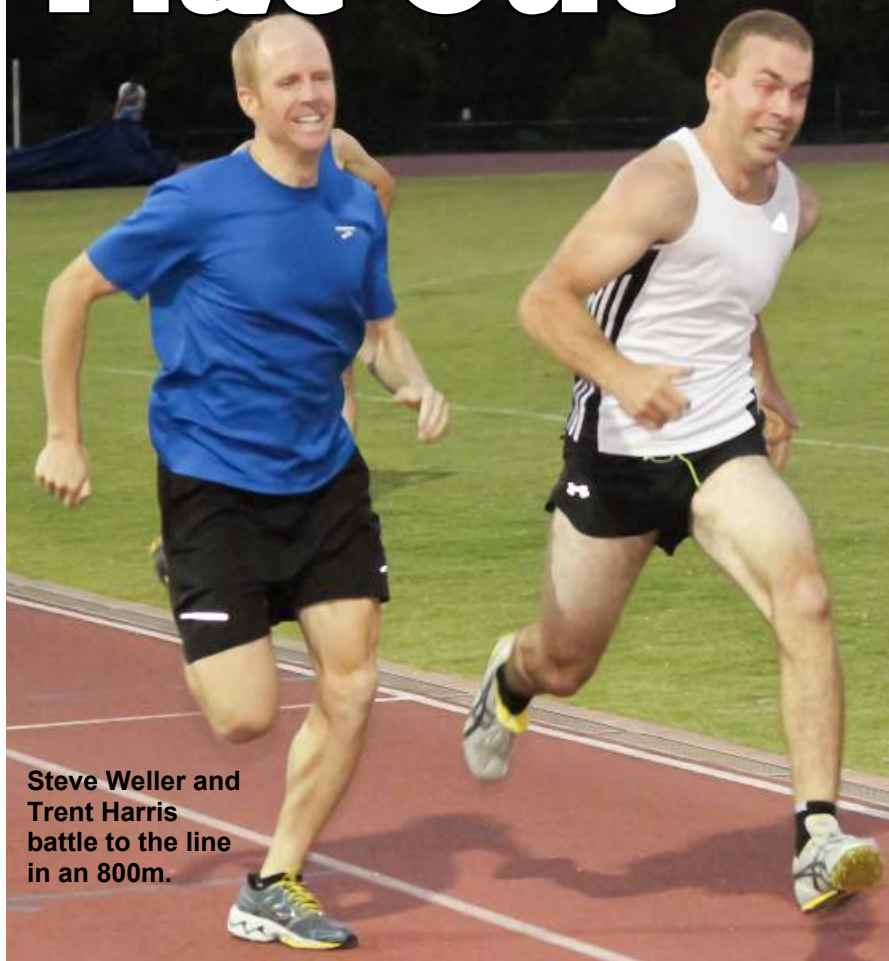
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Flat out



In focus

With Christine Oldfield



Steve Weller and Trent Harris battle to the line in an 800m.

FROM PREVIOUS PAGE

The Club Tops show him featuring in the top three in his M35 age group in several events from 800m to 5000m and also the 2000m steeplechase. At present, he is happy just to run, not 'compete'. His interest lies in middle to long distance but he recently tried a few sprints "*just out of curiosity*". He still chooses not to wear a watch while running – trying not to become a slave to the clock. But he has started keeping records of his times and is "*always happy when they improve*".

Steve ran 1:27.53, a 4 minute PB, in the Cadbury Half Marathon in January, gaining him an M35 bronze medal in the Australian Masters Half Marathon championship. And he definitely wants to try for a sub 3-hour marathon. He loves travelling, so he has his eye on a marathon in Madagascar in June this year. Perhaps he can be persuaded to do his warm up at our State Championships!

T&F Programme for February/March

Thursday 6pm start - S3 club members, \$5 visitor fee – at ECAC Wharf Street, Cannington

THURS		event 1	event 2	event 3	event 4	jump	field 1	field 2	extra event
Feb-13	07	200	800	100	4k r/w	TJ	discus relay	weight throw	4 x 800 walk relay
	14	100	1000 r/w	300	60	LJ	shot relay	javelin	4 x 1500 relay
	21	60	1500	200	3k r/w	TJ	javelin relay	hammer	4 x 400 relay
	28	100	2k r/w	400		LJ relay	discus	weight throw	State Championships 10k
Mar-13	07	200	800	100	3k r/w	TJ	hammer	shot	
	14	60	1500	300	4k r/w	LJ	javelin	weight throw	
	21	100	1000 r/w	200	3k r/w	TJ	discus	shot	high jump

		WAAS STARTING AT 6.30pm					STARTING AT 7.30pm			
TUES		event 1	event 2	event 3	event 4	jump	field 1	field 2	extra event	
Feb-13	05	60	400	200	3k r/w	LJ	weight throw	discus relay	4 x 100 relay	
	12	60	1500	200	3k r/w	TJ	shot relay	hammer	high jump	4 x 400 relay
	19	100	1000 r/w	300	60	LJ	weight throw	javelin relay	4 x 1500 relay	
	26	200	800	4k r/w		LJ relay	shot	discus	State Champs 5k walk	
Mar-13	05	100	1500	400		TJ	weight throw	hammer	State Champs 2k/3k steeplechase	
	12	200	800	100	3k r/w	LJ	shot	javelin		
	19	60	1500	300	4k r/w	TJ	weight throw	hammer		
	26	100	1000 r/w	200	3k r/w	LJ	shot	javelin		

Gillian and David take honours



Women

Gillian Young	707.86
Cathy McCloskey	697.24
Carmel Meyer	693.13
Julie Wilson	647.29
Lynne Schickert	618.89
Julie Willmott	603.74
Sarah Ladwig	530.52
Valerie Millard	519.00
Regina Crouch	495.99



Men

David Carr	710.53
Giovanni Puglisi	702.82
Bob Schickert	666.15
Kim Thomas	653.27
Greg Wilson	615.62
Ante Perdija	593.35
John Dennehy	572.50
Nick Miletic	539.92

Final event
decides
points
score



Patron's Trophy



Cathy McCloskey powers down the straight'

Down to the wire



By JOHN OLDFIELD

We went into the last round with neither men's or women's titles decided. David Carr held a slight lead over Giovanni Puglisi with just the 200m to go. The women's title was even closer. Only a few points separated Gillian Young from the chasing pair of Cathy McCloskey and Carmel Meyer.

Most of the competitors went for the faster conditions at WAAS to run this event, but Giovanni put a marker down with 76% at ECAC, accompanied by Carmel (80%), Julie Willmott's 71%, Nick Miletic, Sarah Ladwig, Regina Crouch and Valerie Millard.

At WAAS we had the final contest with five heats deciding the two titles. Cathy McCloskey ran in the opening heat, clocking a PBA of 29.0s for almost 87%. Kim Thomas and Ante Perdija were matched in heat two, fighting it out for places in the middle order. They each matched Cathy's time from heat 1, but scored around 71% for this. Heat 3

was a critical one for the podium spots; Bob Schickert stunned himself with a very fast PBA to clock 32.9s (79.6%), guaranteeing third place, and Carmel improved on her ECAC time to do the same in the women's table with 82.6%. Lynne Schickert ran in the final heat, scoring enough points to keep her in 5th place overall with 618 points, well over her 600 point target. This heat was won by Julie Wilson, another PBA and 72% confirming her fourth place.

The fourth heat saw our two champions – David Carr (37.0s) scored 82%, enough to leave him eight points clear at the top, and Gillian Young was able to drop this event having already scored enough points in earlier rounds to take the women's title.

It was the closest finish I can remember with both champions only confirmed on the final evening of the competition. I, for one, cannot wait for next year's Trophy to start.

ECAC – December 13

200m

			%pts
Colin Smith	M49	30.9	72.01
Nick Miletic	M61	36.2	66.71
Giovanni Puglisi	M61	31.8	75.94
Carmel Meyer	W51	31.9	80.66
Julie Willmott	W47	34.7	70.86
Trish Farr	W40	40.6	55.71
Christine Pattinson	W57	44.2	62.06
Maureen Keshwar	W61	40.9	69.88
Sarah Ladwig	W63	45.4	64.19
Regina Crouch	W43	39.8	58.92

Christine Oldfield	W68	47.0	65.02	Ante Perdija	M40	29.1	71.58
Valerie Millard	W66	48.5	61.86	Barrie Kernaghan	M72	32.2	82.61

WAAS – December 18

200m

			%pts				%pts
Bernard Riviere	M47	26.0	84.35	Grahak Cunningham	M35	30.3	66.14
Campbell Till	M55	27.0	85.96	Carmel Meyer	W52	31.5	82.57
Wendy Seegers	W36	27.1	79.23	John Dennehy	M53	32.4	70.62
Cathy McCloskey	W49	29.0	86.76	Bob Schickert	M71	32.9	79.64
Dave Wyatt	M61	29.4	82.14	Fran Cherry	W49	33.1	76.01
Richard Williams	M42	27.8	76.04	Greg Wilson	M65	37.0	67.00
Colin Smith	M49	28.4	78.35	David Carr	M80	37.0	82.16
Kim Thomas	M38	28.9	70.97	Carol Bowman	W58	37.1	74.69
				Gillian Young	W65	43.3	68.64
				Julie Wilson	W59	38.7	72.38
				Christine Oldfield	W68	48.4	63.14
				Lynne Schickert	W71	48.9	64.25



Patron's Trophy



The field sets off in a heat of the 800m.

800m showdown

Well, well, well! Both genders of the Trophy are now wide open. The early exit of women's champion **Peggy Macliver** has now been followed by an injury scare for men's champion **David Carr**. David is hoping to recover from his groin strain, but a slow 800m has opened up the possibility of new winners in each category.

Giovanni Puglisi (79%) and **Bob Schickert** (77.5%) each took advantage of David's low score as he struggled around the two laps – an event in which he still holds the M75 world record. **Kim Thomas**, **Ante Perdija** and **Greg Wilson** are all still in touching distance for a top-three finish

as the trophy moves to one of the tightest finishes in recent times.

It is a similar story with the women's tightly fought battle. **Gillian Young** is a single point clear of the fast-finishing **Cathy McCloskey**, with **Julie Wilson** and **Carmel Meyer** also within 13 points of the trophy lead. **Gillian** was top-scorer in this round with 80.9%, but **Cathy** (70%), **Julie** (73%) and **Carmel** (71.5%) each maintained their challenge.

With just 1500m and javelin next week, and the 200m finale the following week it is still anybody's guess who will come out on top.

ECAC – November 29

800m			%pts
Kim Thomas	M38	2:19.30	74.90
Rob Nichols	M35	2:21.50	71.66
Chris Neale	M43	2:29.80	72.96
Rob Colton	M49	2:31.10	76.29
Robin King	W54	3:02.10	73.46
Carmel Meyer	W51	2:59.90	71.51
Bob Schickert	M71	3:05.80	75.68
Don Pattinson	M59	3:11.40	65.43
Julie Willmott	W47	3:15.80	63.24
Gillian Young	W65	3:19.30	80.87
Maurice Creagh	M66	3:34.50	61.83
Colin Smith	M49	3:40.10	52.38
David Carr	M80	4:05.00	66.53
Regina Crouch	W43	4:14.50	47.00
Lynne Schickert	W71	4:54.40	62.01

WAAS – December 4

800m			%pts
Steve Weller	M37	2:24.90	71.31
Richard Williams	M42	2:40.10	67.65
Ante Perdija	M40	2:42.30	65.55
Keith Edmonds	M45	2:53.80	64.06
John Collier	M46	3:04.40	60.91
John Oldfield	M69	3:07.20	73.18
Nick Miletic	M61	3:37.00	58.63
Giovanni Puglisi	M61	2:40.40	79.32
Colin Smith	M49	2:51.00	67.42
Cathy McCloskey	W49	2:59.40	70.20
Bob Schickert	M71	3:01.30	77.56
John Dennehy	M53	3:03.00	65.16
Danielle Ivers	W32	3:06.20	60.84
Rocky Cloete	M62	3:10.80	67.19
Carol Bowman	W58	3:13.10	73.29
Julie Wilson	W59	3:15.50	73.48
Greg Wilson	M65	3:28.50	62.94
Christine Oldfield	W68	4:01.50	70.81



GIOVANNI PUGLISI



CARMEL MEYER



Patron's Trophy



Trophy race tightens



Regina Crouch keeps an eye on the flight of her javelin.

Was this the round when the two Trophy winners were decided? Well, possibly, but not definitely.

Gillian Young ran a storming 88% 1500m race to give herself a clear lead over two rivals who are around 20 points back but separated by less than two points. **Carmel Meyer** (75%) and **Cathy McCloskey** (69%) are still fighting hard, but Gillian has one hand on the Trophy. **Julie Wilson** and **Lynne Schickert** are next in line. None of the ladies' javelin throws were at the level where they could influence the final results.

There were some spectacular runs from the men over 1500m. **Kim Thomas** won Tuesday's race by some distance, his 4:43.9 garnering 75.7% and keeping him well in the chasing pack. **Giovanni Puglisi** fared even better, with 81% from his fourth place finish. This brings him within seven points of Trophy leader **David Carr** with only the 200m to come in the final week.

A revitalised **Bob Schickert** is still in the mix after pocketing almost 79% at ECAC, but realistically he and Kim are racing for third and fourth in the 200m.

It has been a fascinating Trophy this year, with the destination of both titles still in the balance going into the final week.

ECAC – December 6

1500m		%pts	
Rob Colton	M49	5:39.30	70.38
Bert Carse	M71	5:46.70	83.44
Vicki Cobby	W41	6:02.90	68.42
Bob Schickert	M71	6:06.80	78.87
David Carr	M80	6:12.00	88.80
Carmel Meyer	W51	6:12.80	75.16
Don Pattinson	M59	6:27.50	67.19
Maurice Creagh	M66	6:37.80	69.28
Julie Willmott	W47	6:40.90	66.47
Steve Fuller	M60	6:41.90	65.34
Christine Pattinson	W57	6:53.80	73.38
Sarah Ladwig	W63	8:01.40	68.84
Regina Crouch	W43	8:35.30	49.30
Lynne Schickert	W71	9:52.70	63.66
Javelin		%pts	
Regina Crouch	W43	14.01m	22.63
Vicki Cobby	W41	10.99m	16.88
Julie Willmott	W47	11.27m	20.30
Steve Fuller	M60	25.92m	38.97
Nick Miletic	M61	16.38m	25.14
Sarah Ladwig	W63	8.09m	20.68
David Carr	M80	16.88m	35.33

WAAS – December 11

1500m		%pts	
Kim Thomas	M38	4:43.9	75.73
Steve Weller	M37	4:50.9	73.17
Ante Perdija	M40	5:19.8	68.62
Giovanni Puglisi	M61	5:26.2	81.14
Niamh Keane	W47	5:28.9	81.02
Bert Carse	M71	5:34.4	86.51
Sandra Stockman	W47	5:36.1	79.28
Vicki Cobby	W41	5:39.7	73.10
Keith Edmonds	M45	5:51.0	65.60
John Oldfield	M69	6:11.4	76.07
Carmel Meyer	W51	6:14.4	74.84
Maurice Creagh	M66	6:23.6	71.84
Gillian Young	W65	6:27.9	88.12
Cathy McCloskey	W49	6:38.8	68.50
John Dennehy	M53	6:42.8	61.42
Julie Wilson	W59	6:54.2	75.42
Greg Wilson	M65	7:23.9	61.58
Nick Miletic	M61	7:36.0	58.04
Christine Oldfield	W68	8:16.9	72.19
Javelin		%pts	
Kim Thomas	M38	36.31m	40.29
Ante Perdija	M40	22.38m	25.64

Vicki Cobby	W41	14.46m	22.22
Alec Ring	M45	40.33m	50.30
Troy Wynne	M46	33.82m	42.95
John Dennehy	M53	15.25m	20.94
Carmel Meyer	W51	13.95m	26.70
Julie Wilson	W59	14.22m	33.66
Giovanni Puglisi	M61	16.29m	25.00
Nick Miletic	M61	15.48m	23.76
Greg Wilson	M65	25.99m	43.53
Gillian Young	W65	9.32m	24.97



Bob Schickert heads David Carr.

Thursday highlights at Coker Park



VICKI COOBY



MAIN PHOTO: Carol Bowman enters the home straight in a 200m



DON and CHRISTINE PATTINSON



BERT CARSE



Chis Neale leads Rob Colton and Kim Thomas into the main straight



LYNNE SCHICKERT



SARAH LADWIG

Tuesday highlights at WA Athletics Stadium



SCOTT HUTCHESON



CARMEL MEYER

MAIN PHOTO: Geoff Brayshaw prepares to unleash the javelin.



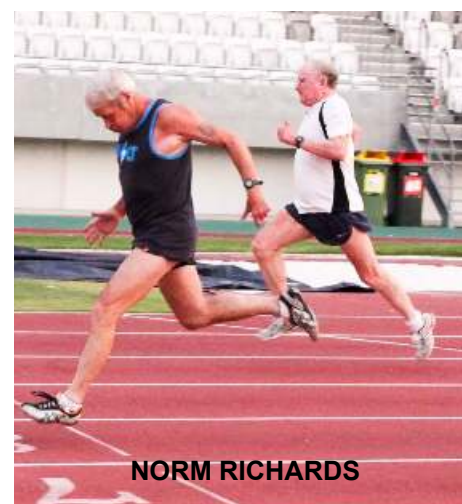
Roscoe McDonnell leads the pack in the 2000m



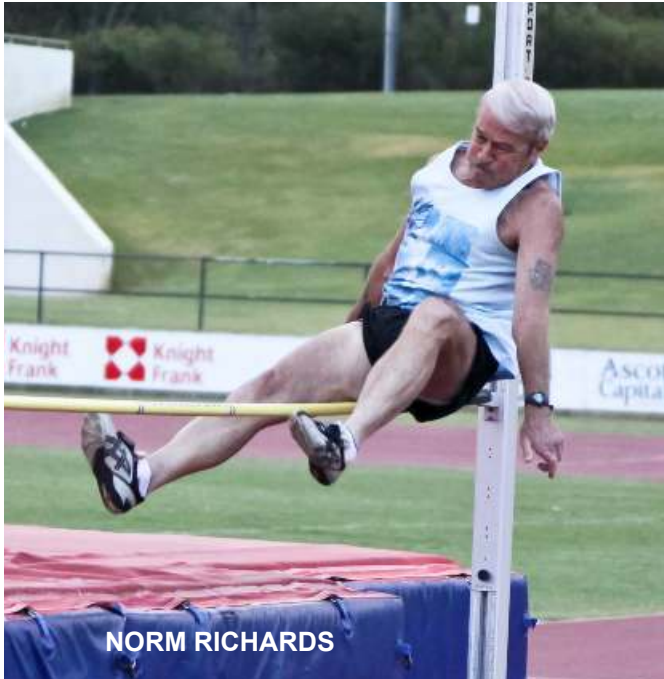
Vicki Cobby sails over the bar in the high jump.



ANTE PERDIJA



NORM RICHARDS



NORM RICHARDS

WAAS – December 4

A cool, fairly still evening greeted the 45 or so athletes at the West Australian Athletic Stadium. With four field and four track events (including the trophy 800m covered elsewhere) it proved a busy, eventful programme. Two state records, 11 PBAs and around twenty other season's bests indicates that a large number went home with smiles showing.

The SRs both went to field athletes. "Storming" **Norm Richards** leapt over 1.17m in the high jump, eclipsing his 1.13m jump from four weeks ago to raise his M75 mark. **Rob Shand** subsequently raised his M80 javelin record by over a metre to 21.80m.

Still in the field, **Cathy McCloskey** (4.49m), **Carmel Meyer** (3.49m) and **Mark Frew** (5.20m) had PBAs in the long jump pit; and **Rocky Cloete** heaved the shot to 11.54m for a new age-group best.

The evening on the track began with three heats over 200m. The 'A' race was of exceptional quality with a legal wind; **Greg Brennan** led the five-strong field home in 25.7s. Other PBAs went to **Steve Weller** and **Carmel Meyer**, with **Richard Williams** producing a season's best sandwiched between them. The third heat saw **Wendy Seegers** (27.8) coming back to form after having giving birth to her third child and M70 **Terry Faulkner** running his final race with us before returning to the cold of the UK Midlands. Heat 3 was won in style by **Barry Newell** (30.3s, PBA) with SBs behind him for **Bob and Lynne Schickert**, plus **Julie Wilson**.

ECAC – December 6

Just 23 members were supplemented by five visitors on a pleasant evening with a cool, but light breeze at ECAC. Most were here for the penultimate round of the Trophy (javelin and 1500m); these events are covered elsewhere.

Two heats over the training distance of 300m were brought home by **Chris Neale** and **Colin Smith** respectively. Colin is still very much in rehabilitation mode,

but is showing signs that he will again be a force to reckon with after turning 50 next month.

Another force to reckon with over any event from 2000m to 5000m is **Graeme Dahl**. Graeme is showing form from his earlier years again and comfortably took the 2000m event (behind a visitor) ahead of **Rob Colton**. Other PBAs in this race were set by the **Fawcett** partnership **Bob** and **Carolyn**, with **Tom Lenane** taking a break from starting duties to complete the walk over the same distance.

WAAS – December 11

Unusually cool December weather with a stiff breeze greeted an average attendance at WAAS tonight. Although many athletes were concentrating on the 1500m and javelin for the Trophy, there was much else to admire.

Beginning in the field, the high jump produced some good performances. Most notable were **Mal Clarke's** PB-equalling jump of 1.55m and **Gay Wyatt's** PBA of 1.10m, some 8cm higher than her previous mark. It was also good to see **Vicki Cobby** leaping for the first time at WAAS. The ease with which she went over 1.30m portends better to come.

The 1500m gave us some excellent performances from non-trophy members. **Niamh Keane** (5:28, 81%) returned to the track for the first time this season, and **Bert Carse** (5:34, 86%) showed that he is on the way back to form. **Sandra Stockman** ran her maiden track 1500, pleased with 5:36 as a warm up for this weekend's 6-inch 46km run; ... and this was following a 7:41 2000m 15 minutes earlier.

The sprinters benefitted from a nice following breeze, giving some good times despite the cool temperature. Heat winners were **Mal Clarke**, albeit with a dubious start which the starter let pass, **Troy Wynne** and **Keith Edmonds**.

The final events to report were a triple jump, led by the ladies **Melissa Foster** (10.87m) and **Cathy McCloskey** (9.10m) and weight throw with **Mal Clarke** and **Geoff Gee** each throwing season's bests.



SANDRA STOCKMAN

Analysis of the results



JULIE WILLMOTT

ECAC – December 13

Just 20 members were boosted by seven visitors on a cool, but pleasant evening at ECAC. The majority were focussing on the 200m – the last event in this season's Patron's Trophy, covered earlier in this issue.

Proceedings began with a single heat over 800m in which **Julie Willmott** set her first of two PBAs (the other was 200m). **Trish Farr** matched this, her other being in the 100m, but **Christine Pattinson** did even better. It is the custom that bests in the first season of track are just SBs rather than PBAs – Christine set new figures over all four events: 800m, 100m, 3000m and 200m.

Other track highlights saw **Colin Smith** continuing his rehab with a solid 100 and 200 and **Carmel Meyer** reaching new heights. Carmel set a PBA in the 100m (15.2s) and long jump (3.86m), as well as matching her best 200m mark for the trophy (31.9s).

Only three throwers turned out this evening, giving organiser **Damien Hanson** a more leisurely evening than of late with all the Trophy events. **Stella Turner** produced solid throws with both hammer and heavyweight; **Mal Clarke** continued his improving mastery of the hammer with a new best of 28.28m; and **Ali Matautia** also managed a season's best (7.95m) with the heavyweight.

WAAS (Strive) – December 14

A busy evening at WAAS saw the return of **Mark Jeffery** to competitive athletics, as well as a Strive debut for **John Dennehy** in the discus throw.

Mark set new PBAs in both long jump (6.05m) and 200m (24.77s, wind-assisted) as he starts his build up

towards 2013's combined events challenges. Also running well in the 100m were **Rob Colling** and **Brett Blanco**, both in Masters' colours. Rob's 11.58s eclipsed Brett's (11.90). They received a great welcome from the live announcer "reliving challenges from earlier years", competing in front of a very knowledgeable and appreciative audience.

Mark Elms ran an excellent 200m (26.08), with **Andrew Brooker** our star at 800m (2:13).

Field performances of note included a determined assault by **Tom Gravestock** on the M55 Australian discus record of 44.52m. Battling a gusty, variable headwind he was just over a metre short, but this is yet another field mark that will surely fall in the near future. In the same event, **Bev Hamilton** threw another season's best of 23.29m.

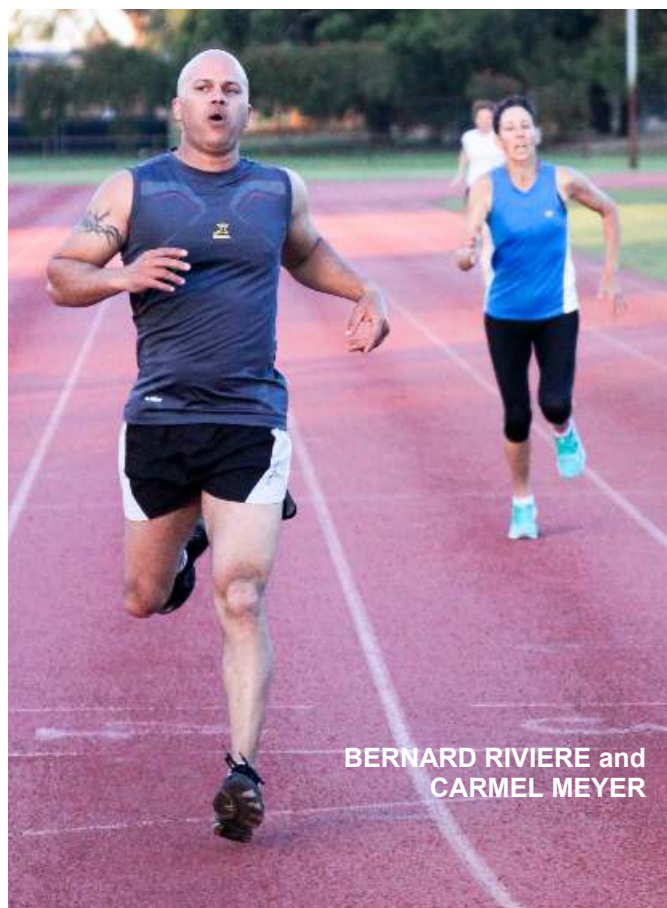
WAAS – December 18

Close to fifty turned out on the last Tuesday of the year. With five track events, including the final Trophy race (200m) and a steeplechase it was a full and varied evening's competition.

We began with a well-contested 800m race, won as usual by the irrepressible **Kim Thomas** (2:23). Visitor **Trent Harris**, **Ante Perdija** and **Ross Keane** were not far behind. **Maurice Creagh** (3:03) ran an excellent SB.

With a brisk following wind, it augured well for the trophy 200m, and certainly helped the 100m sprinters. There were two PBAs (**Bernard Riviere** and **Carmel Meyer**) plus another five season's bests as **Bernard**, **Wendy Seegers** and **Barry Newell** won the three heats.

CONTINUED NEXT PAGE



BERNARD RIVIERE and
CARMEL MEYER

Analysis of the results



BERT CARSE

FROM PREVIOUS PAGE

A 3000m kept the crowd busy whilst waiting for the 200m to take place (see the Trophy coverage earlier in this issue for that). **Rob Nichols** knocked another 10s off his best since joining us, bringing his PBA down to under 9:50. Your reporter had ample opportunity to witness his speed as he passed me five times whilst I was completing the first third of my 3000m walk! **Martin Kennedy** marked his first 3000m with us with an impressive time of 11:03.

The evening on the track closed with the specialist's event of a 2000m steeplechase. The 76cm barriers and 2000m distance are officially for masters women and M60+ athletes, so it is an unofficial race for men under 60. **Bert Carse** (now M70) set a new state record of 8:31.2, knocking more than 20 seconds off David Simmonds' mark from 2005. Bert now holds the records for M60, M65 and M70 for this event.

All six entrants in the long jump set new personal marks, aided again by the brisk following breeze. **Cathy McCloskey** (4.59m) and **Norm Richards** (3.83m) set new PBAs, with season's bests going to **Greg Brennan**, **John Dennehy**, **Dave Wyatt** and **Geoff Brayshaw**.

ECAC – December 20

Almost all of the action at this final meeting of 2012 was on the track. A few hardy throwers came for discus, where **Pat Carr** threw a season's best and the shot, with **Andrew Ward** ending his year in similar fashion. Three triple jumpers also kept **Les Beckham** busy, **Carolyn Fawcett** taking home a season's best for her Christmas stocking. Many were surprised at the number turning up for the track on what is often a quiet end-of-year meet. Four heats of the 60m were needed, with the three adult heats won by **Colin Smith** (SB), **Maureen Keshwar** (SB) and

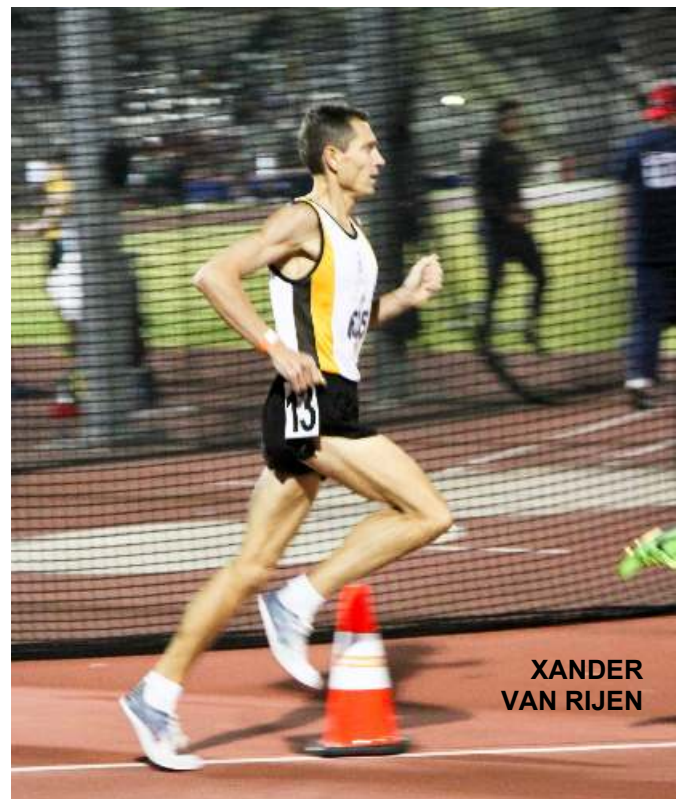
Bruce McGeorge down from the Northern Territory on his regular Christmas break in Perth.

The old distance of the mile regularly brings out some of our older runners, with tonight no exception. Although a couple of youngsters crossed the line first, paced by **Kim Thomas**, it was M70 **Bert Carse** followed by two M65s **Jim Langford** and **John Oldfield** leading the pack home. Trophy winner **Gillian Young** had a PBA not much further back. A field of 17 showed how much popularity this event still retains.

There was still time in the athletics year for five more PBAs. In the 400m, **Carmel Meyer** continues her progress, and another personal mark went to **Bob Fawcett**. Together with wife **Carolyn**, they are quietly improving week by week, reinforcing the fact that Masters Athletics is not all about who crosses the line first or jumps/throws the furthest. More PBAs in the 1000m race that ended proceedings – to **Ross Keane**, **Carmel Meyer** again and **Regina Crouch**.

WAAS (Strive) – December 21

Scott Tamblin brought 2012 to a close in much the same way as he opened it. Back in January he became the first MAWA athlete to run a sub 4-minute 1500m. In the last meeting of the year he lowered his state record to 3:54.15 in a sensational performance at the WA Athletics Stadium. **Xander van Rijen** ran a PBA of 4:15.46 in the same race. Other highlights as the year drew to a close were 11.53 (**Rob Colling**) and 11.56 (**Glenn Ross**) over 100m, both season's bests, **Mark Elms** dipping under the minute for the first time this season in a class 400m and **Melissa Foster** setting a new best of 5.43m in the long jump. Could the great **Eileen Hindle's** long-standing state record of 5.55m be under threat? And **Rob Nichols** ran a great 2k steeplechase over the high barriers of 7:03.3.



XANDER VAN RIJEN

Analysis of the results



LYNNE SCHICKERT

ECAC – January 3

Almost forty turned out for this first meeting of 2013 on a coolish evening. Newly turned 50 **Colin Smith** ran smoothly for the first time since his Achilles problem; his times will be encouraging for the Peel Gift challenge this coming weekend in Mandurah. Other winners were **Carmel Meyer**, **Maureen Keshwar** (60m) and **Tony Smith** (200m).

The middle and long events were training distances (600m, 4000m). **Kim Thomas** and **Tony Smith** led the runners home in both events. **Jim Langford** and **Bert Carse** were prominent over the longer distance, with **Mike Meredith** and **Sue Bourn** also showing well. Several walkers chose 2000m, **Tom Lenane** and **Lynne Schickert** showing the way, whilst new member **Peter Barrington** walked well over the full 4km.

Season's bests in the long jump went to **Greg Wilson** and **Vicki Cobby**. The throws were javelin and heavyweight. Two weight throw SBs were equalled (**Todd Davey** and **Stella Turner**), whilst **Julie Willmott** and **Maria Trolio** managed new PBAs with the javelin.

WAAS – January 8

A big turnout of over forty were there for the start of 2013. Ten throwers enjoyed conditions, with the hammer cage proving a major attraction. No less than five of the eight competitors recorded PBAs (**Nicole Pinel**, **Ali Matautia**, **Sue** and **Ian Coate**, plus **Mal Clarke**). **Matt Staunton** was not far away from his target of an Australian record and **Geoff Gee** also threw a season's best.

Results were not so spectacular with the heavyweight, although **Geoff Gee**, **John Everard** and **Matt Staunton** each threw over 13m, and **Bev Hamilton's** best was a strong 11.54m.

The long jumpers, like the sprinters to follow, took advantage of a strong following wind. **Melissa Foster** and **Greg Brennan** each leapt out to 5.52m, both PBAs, as was **Nicole Pinel's** 4.09m. Six others exceeded 4m.

The evening also saw some good middle distance running over the training distance of 600m, **Kim Thomas** and **Campbell Till** standing out above the rest. And **Rob Nichols** swept aside the 4000m field with a very special 12:26, some three minutes ahead of speedster **Kim Thomas**.

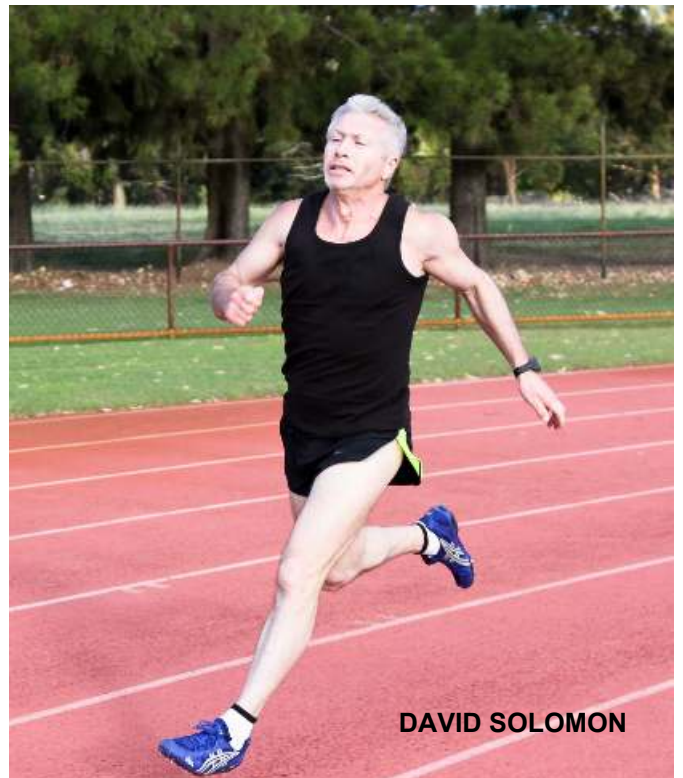
ECAC – January 10

A cool, pleasant evening with a stiff breeze greeted a good turnout. It was a standard track programme of four events. However, a request from several throwers meant that a shot put event was added to the scheduled hammer and javelin; a high jump competition had already been included alongside the triple jump, making a total of nine events for the evening.

Mal Clarke took advantage of this extension, with PBAs in high jump (1.65m), shot put (12.02m) and hammer throw (29.98m). His partner **Ali Matautia** also completed these events – her high jump being “the first for a **very** long time!” Other notable field results included PBAs with the javelin for **Carmel Meyer** and **Julie Willmott**, aided by **Damien Hanson's** coaching. It was good to see **Shanell Staunton** throwing again.

Solid times in the 400m (61.5s) and 5000m (21:44.6) were noted as we welcomed **David Solomon** back into the MAWA fold. **Brenda Painter** made the long trip up from Walpole to put in some practice before the states.

On the track also, there was an excellent 400m from superstar **David Carr**. At this time it is uncertain whether the requirements were in place for his 74.4s to be accepted as a state record. PBAs over the one-lap event were also recorded by **Carmel Meyer** and **Julie Willmott**.



DAVID SOLOMON

Analysis of the results



WAAS (Strive) – January 11

Fifteen MAWA representatives competed to get 2013 under way at the Strive meeting tonight. Heat after heat of 60m sprints took place, with **Rob Colling** our star, close to his very best with 7.34s. **Glenn Ross**, **Melissa Foster** and **Greg Brennan** all recorded top times, with **Alan Deans** carrying the 60 plus flag for us. **Fiona Leonard** ran a solid 200m as our only representative over the distance.

As usual with middle distance at Strive, **Scott Tamblin** stole the show (1:55), but **Xander van Rijen** and **Andrew Brooker** will also be pleased with their times.

Melissa Foster experimented with different run-ups in the long jump. She is determined to improve on her present bests and was pleased to have the opportunity to try something new. 5.20m was a good reward and gives her plenty to ponder.

The highlights from the three throws events tonight all came in the discus, with PBAs for **Mal Clarke** and **Greg Wilson**, **Andrew Ward** also notching a season's best.

ECAC – January 17

On a cool, breezy evening twelve MAWAnS attempted the annual pentathlon at ECAC. The women seemed to have more stamina with all of them managing to complete the five events, whilst only three of the men crossed the 1500m finish line in the gathering dark.

Melissa Foster, **Regina Crouch** and **Julie Willmott** each set overall pentathlon PBAs, gathering a clutch of personal landmarks on the way. Notable was Melissa's long jump of 5.66m. This is well beyond the 1982 state record of Eileen Hindle, but with a strong breeze helping it cannot be ratified. The other three women also claimed notable achievements en route – shot put PBA for **Julie**

Wilson, similar bests in both shot and javelin for **Carolyn Fawcett** and three season's best for **Sarah Ladwig**.

Steve Fuller was the pick of the men, with the highest overall total. **Bob Fawcett's** discus throw was a strong PBA, but he was unable to finish the 1500m. **Oswald Igel** had good PBAs in the long jump and javelin, but he also pulled out of the final event with a niggle, as did **Greg Wilson**. Last, but certainly not least, I come to the evergreen **David Carr**. David completed all five events, although each was some way down on his best. But to complete a pentathlon in under two hours is an achievement in itself, and at over 80 years old it defies belief.

At the time of writing, we are still awaiting the statistician's decision on the validity of David's and Melissa's results for state records.

WAAS – January 22

Welcome back to **Aveley McCann** and **Milton Mavrick** on an evening when once more the sprinters were blessed with a nice wind. PBAs in the opening 200m event went to **Rudi Kocis** and **Colin Smith** as many others also notched up season's bests.

The last mile event of the season drew a good crowd, but none could keep up with **Kim Thomas** who recorded an excellent time of 5:23. **Niamh Keane** was also very pleased with her second place, and **Bert Carse** ran his best of the season as he warms up for the state championships on the horizon.

Three heats of the 60m dash were led home by **Rudi Kocis**, **Dave Wyatt** and **Norm Richards**. Each heat had excellent finishes, with the timekeepers unable to split 2nd, 3rd and 4th in heat 2. Congrats to finish judge **Christine Oldfield** for being able to separate them!

CONTINUED NEXT PAGE



Analysis of the results



FROM PREVIOUS PAGE

A 4000m event closed proceedings on the track, unusually for WAAS with four walkers. Inevitably it was **Kim Thomas** who was first home, with **Steve Weller** and **Sandra Stockman** also showing well. The walkers were fronted by **John Oldfield**, getting in some cross-training for his June ultra.

The throwers are gearing up for the medal hauls ahead. **Todd Davey** once more led the way with a state record in the weight throw. **Nicole Pinel** threw a PBA, with three season's bests in this event as well. **Nicole** continued the good form in the javelin with another PBA; **Troy Wynne**, **Andrew Ward** and **Geoff Brayshaw** spearing out season's bests.

ECAC – January 24

There was a low turnout this evening at ECAC despite a good, varied programme and promising weather. This also reflected in fairly low-key times in all of the track events. **Maureen Keshwar** continues to improve week-on-week. Another PBA in the 100m was her highlight tonight. **David Solomon**, **Alison Leggo** and **Regina Crouch** were the heat winners.

Kim Thomas and **Julie Willmott** won the two 800m heats in which **David Carr** put in an effort run to dip under the 3-minute mark. It was good to see **Mel Hynds** back on the track, hopefully building up some speed again as she comes to terms with motherhood.

Maureen Keshwar won her heat of the 60m too, with **David Solomon** again taking out the top heat.

The star performance in tonight's distance race over 3000m came from **Jim Langford**. Jim is working his way slowly back to form, but a time of 12:03 shows that he is well on course again. It's a long way from his best of a few years ago, but there are strong signs of a revival.

Best results from the throws were PBAs with the heavyweight for **Nicole Pinel** and **Mark Frew**.

WAAS (Strive) – January 25

Two state records lit up the Mount Claremont sky. First the evergreen **Greg Wilson** set the new high jump record he's been targetting for the past few weeks. He cleared 1.40m, then 1.43m to raise his own SR by a further 5cm. Then **Scott Tamblin**, ever-young, scorched round 12 and a half laps of the track to break **Paul Mitchell's** M30 5000m record of 15:32 (set in 2005) by over half a minute. The new mark of 14:54.10 will surely stand for many years.

Elsewhere, **Andrew Ward** had a good meeting with PBAs in both sprints and **Todd Davey** continued his good form with PBA in the hammer, probably his least-strong event. **Fiona Leonard** had another good evening with solid 200m and 800m runs, as did **Barrie Kernaghan** with a strong 200m SB. And **Melissa Foster** gets ever-closer to **Eileen Hindle's** elusive long jump record. A legal 5.50m puts her within 5cm: surely the big one with a legal wind will come soon.



STATE CHAMPS ENTRIES CLOSE FEB 17

Looking ahead



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

Carmel Meyer leads Vicki Cobby in an 800m at Ern Clark Athletic Centre (Coker Park).