

# TFNL



The Track and Field Newsletter of MAWA

Season 6 Issue 5

March 2013



Rob Nichols prepares for a wet landing at the water jump. He scored a silver medal in the men's open 3000m steeplechase on Friday night.

## Wet night at WAAS

State  
Champs  
preview

Masters triumph - Page 7

# World records fall



## WAAS (Strive)

February 1

David Carr (main photo) stole the show once more. He lowered his own world M80 steeplechase record by three seconds, finishing the five laps in 9:35.1. The large crowd greeted his achievement with prolonged applause, acknowledged in his usual humble fashion by the great man himself.

## WAAS

February 5

Another world record – the second in four days, which is surely unprecedented outside championships! Byrony Glass (pictured left) recaptured her W35 weight throw record with a stunning throw of 18.02m. Clearly this will take a few weeks to be ratified but all appears to be in order with the paperwork.

## Roll of Honour

David Carr	M80	Feb 1	WAAS	2k s/c	9:35.1	WR*	Todd Davey	M45	Feb 15	WAAS	Hammer	41.81m	SR
Byrony Glass	W35	Feb 5	WAAS	WT 18.02m		WR*	Todd Davey	M45	Feb 16	Bun	Discus	42.88m	SR*
Rae McMillan	W85	Feb 5	WAAS	WT 7.74m		AR*	Todd Davey	M45	Feb 19	WAAS	WT	11.66m	SR
Rae McMillan	W85	Feb 5	WAAS	discus	13.81m	AR*	Rae McMillan	W85	Feb 19	WAAS	Javelin	11.75m	AR*
Paul Edmiston	M40	Feb 8	WAAS	60m	7.27	SR	(WRs, ARs are pending – annotated *)						
Todd Davey	M45	Feb 5	Bun	Shot	13.02	SR*	Also:						
David Carr	M80	Feb 12	WAAS	1500m	5:54.3	AR	4x100m relay	W50	Feb 5	WAAS	67.3	SR	
					93.24%*		(Alison Leggo, Margaret Saunders, Julie Wilson, Lynne Choate)						
Barbara Campbell	W75	Feb 14	ECAC	Shot	8.02m	SR	Missed from 2012 state championships:						
Todd Ingraham	M35	Feb 15	WAAS	5000m	16:15.32	93.24%	Delia Baldock	W50	Mar 24	WAAS	50mH	17.36	SR

# Championship lift off



**2013  
State  
Champs**

**THE 2013 Black Swan Event Financial Planning Track and Field Championships begin in late February with the 5000m walk and 10,000m.**

**On Tuesday, February 26 the walkers take to the WA Athletic Stadium track (WAAS) in the 5km walk.**

**Two days later it will be a battle of the minds for distance athletes covering the 25 laps of the Ern Clark Athletic Centre (Coker Park) in the 10,000m.**

**On March 2 the action returns to WAAS with the outdoor pentathlon in the morning and the throws pentathlon in the afternoon.**

**On the following Tuesday it will be the turn of the intrepid competitors at WAAS tackling the 2000m and 3000m steeplechase events.**

**The following weekend at WAAS the spotlight will focus on the main two-day championship weekend on March 9-10.**

# Championship chatter

2013  
State  
Champs

By CHRISTINE OLDFIELD

IT'S Championship time again, so it's time to make sure that everyone is fully informed about all the ins and outs of competing on the track or in the field. Lack of equipment and officials means that a blind eye is sometimes turned to some of the things that go on at the club mid-week sessions but, at a championship event, this will not be the case. So take note of the following and make sure you don't get disqualified.

If you don't know the rules of your particular event(s), make sure you look them up or ask someone before the championships. There are several qualified officials in the club who will be willing to help you.

Nobody is allowed within a competition area unless they are competitors or officials. So you can't congregate around the start/finish area. Stay in the stands until it's time for your event.

You must wear your club uniform top (preferably with black shorts) for both States and Nationals. Wear your numbers on your chest and your back - not on your shorts. Only one number is required for high jump, pole vault and throws. Report for your events as instructed – don't be late.

## Track

Whether the start of an event is in lanes or off the curve, you should stand back from the start line until called to your marks. Go up to line when called but don't let your foot touch it, or your fingers, if using blocks or a crouch start. Settle into position quickly and remain absolutely still. For events of 400m and less you will then be called to the set position where you must again be still until the gun goes. For events of 800m or more there is no 'set' command. Masters are not required to use blocks or a crouch start.

Whether running in lanes or not you must never cross the white line on your left or even let your feet touch it. If this happens on a bend it is a disqualification offence. If running 800m in lanes do not cut in until you have rounded the first bend and passed the cones at the break line. In a championship event there will be officials specially positioned to watch for these offences.

In a distance event, be aware of faster runners who need to be able to pass easily. If you overtake another athlete make sure you keep your pace up and do not cut back in too soon. Try to keep track of your own laps. If you disagree with what a lap scorer shouts to you, say so and it will be checked before you come round next time.

## Field

Always listen to the official who is calling athletes and be ready for your next trial – it's important that no time is wasted waiting for athletes to take their turn.

Throwers: Make sure you know the weight of implement you should be throwing for your age group. Never enter the cage, circle or runway until instructed to do so by an official. Always be aware of officials and helpers out in the sector and only throw when safe to do so. If there is a shortage of officials you may be asked to retrieve and return your own implement or that of the next competitor. Never throw an implement from any spot other than the designated throwing area.

Always walk out of the back of the circle or runway after the implement has landed.

## Jumpers

Before the start of competition, where appropriate, make sure you let officials know your starting heights and triple jump take-off board distance. Have your run up measured out and marked according to the rules. For horizontal jumps, leave the pit quickly (from the side or the back) – the jump cannot be measured until you do.

# Preparing for the day

2013  
State  
Champs

ALL athletes strive to produce their best performances in championship races. This is not as easily achieved as it seems. There are so many things that may not go according to plan. Each competition is a great time to practise what you have learnt in training. However there are some strategies you can try in order to minimise this possibility.

The first is the importance of tapering for a major competition. Tapering is a short term reduction in your training load and can increase such things as muscle strength, VO<sub>2</sub> max, muscle power, muscle endurance and muscle glycogen concentration. The recommendation is that, in the final week leading up to the competition, modifications can be made to your training program that should enhance your chances of producing your best performance. Training load should be reduced by about 70% in total and can be reduced in several ways – by decreasing training volume, training intensity, training frequency or duration – or by using a combination of all four.

One example of tapering is to maintain the same training days, but reduce the volume of training you complete each day. Do not



## the edge

With Margaret Saunders

then run your speed sessions much above race pace due to lowering the intensity. Another example is to reduce the number of intervals or jumps you do. This tapering of training should ensure you feel fresher, recover faster and perform at your peak in the major competition of the year.

Do not eat unfamiliar foods in the week leading to your major competition. Stay with your familiar patterns as your body knows how to process these foods. Avoid excessive alcohol consumption the evening before, particularly distance athletes as this can lead to dehydration.

Another important aspect is to remain as relaxed as possible. Read a book the night before, watch a movie, work on your jigsaw puzzle or anything that you find relaxing. Then get a good night's sleep. This will help you be in peak form for your event.

Preparation the night before, or morning of, the competition is also vital. Pack your bag with everything you need – it is amazing how many athletes turn

up with some valuable item of clothing not packed in their bag. This means to check you have your competition uniform, competition number, warm up shoes, competition shoes, socks, tracksuit, sunscreen, hat, warm clothes for after the event, towel and any other equipment you require. Prepare any food or drinks you will need to consume during the day.

Ensure you have planned how long it will take you to drive to the venue, and then add some extra time to allow for anything unfortunate that may occur. Read the competition guidelines and note such things as the check in time before your event. Then plan your warm up based on this time. You should have practised this in training prior to the day.

Good luck, enjoy the competition and remember that if everything does not go according to plan, there will be future events.

*Margaret Saunders is a Level 5 distance running coach who has been coaching athletes for about 40 years. She has coached athletes such as Ray Boyd who represented Australia on several occasions in marathon and cross country running. She has coached many Masters over the years including Niamh Keane and Ann Shaw.*

# TIMETABLE OF EVENTS

## Tuesday, February 26 at WAAS

19:30 W30+ 5000m walk  
19:30 M30+ 5000m walk

## Thursday, February 28 at ECAC (Coker Park)

19:00 W30+ 10,000m  
19:00 M30+ 10,000m

## Saturday, March 2 at WAAS

7:30 M35-59 Pentathlon  
8:15 W30+ Pentathlon  
8:30 M60+ Pentathlon  
11:45 W30+ Wt Pentathlon  
12:30 M30+ Wt Pentathlon

## Tuesday, March 5 at WAAS

19:30 M35-59 3000m steeplechase  
19:50 W30+ 2000m steeplechase  
20:15 M60+ 2000m steeplechase

## Saturday, March 9 at WAAS

11:00 M30-54 Hammer	13:25 M50-59 100m	14:35 W60+ 400m
11:00 W60+ Shot Put	13:30 M45 100m	14:40 W50-59 400m
11:00 M60+ Discus	13:35 M35-44 100m	14:45 W30-49 400m
11:00 W30-54 Long Jump	13:40 M55+ Long Jump	14:45 W60+ Hammer
11:00 M35-54 Long Jump	13:40 M55+ Hammer	14:45 M30-59 Discus
12:00 W55+ Long Jump	13:40 W60+ 100m	15:00 W30+ 3000m walk
12:00 W30+ 1500m	13:45 W50-59 100m	15:00 M50+ 3000m walk
12:20 M60+ 1500m	13:50 W30-49 100m	15:30 W30-54 Hammer
12:20 W30-54 Discus	13:50 W60+ Discus	15:40 W40-54 80m Hurdles
12:20 M30-54 Shot Put	14:00 W30-54 Shot Put	15:40 M75 80m Hurdles
12:20 M55+ Shot Put	14:10 M65+ 400m	15:45 M65 100m Hurdles
12:45 M35-59 1500m	14:20 M60 400m	15:50 M45 110m Hurdles
13:15 M65+ 100m	14:25 M50-59 400m	
13:20 M60 100m	14:30 M35-49 400m	

## Sunday, March 10 at WAAS

7:30 W35+ 5000m	10:00 W30-49 200m	11:30 W40-59 Javelin
7:45 M40-49 High Jump	10:05 W50-59 200m	11:40 W40 400m Hurdles
8:00 M30-54 Wt Throw	10:10 W60+ 200m	11:40 M35-59 400m Hurdles
8:00 M55+ Javelin	10:15 M30-54 Javelin	11:45 W50 300m Hurdles
8:15 M60+ 5000m	10:20 W30+ Wt Throw	11:45 M60 300m Hurdles
8:30 W40+ High Jump	10:30 W40+ 1500m walk	11:55 M35-44 60m
9:00 M35-59 5000m	10:30 M50+ 1500m walk	12:00 M45 60m
9:00 M35+ Triple Jump	10:45 M35-54 800m	12:05 M50-59 60m
9:00 W60+ Javelin	11:50 M55-64 800m	12:10 M60 60m
9:30 M55+ Wt Throw	11:00 M65+ 800m	12:15 M65+ 60m
9:40 M35-44 200m	11:00 W30+ Triple Jump	12:20 W30-44 60m
9:45 M45-54 200m	11:00 M50+ High Jump	12:25 W45 60m
9:50 M55-64 200m	11:15 W30-54 800m	12:30 W50-59 60m
9:55 M65+ 200m	11:25 W55+ 800m	12:35 W60+ 60m

# Masters magic



Kim Thomas tackles the water jump on his way to a bronze medal in the men's open 3000m steeplechase on Friday night.

The WA Open championships took place over several evenings at WAAS this month with the final night on February 22nd. And MAWA has five open state champions.

**Garry Hastie** took gold in the 10km track race walk. Our top male race walker comes from the Bunbury group. He has no fear of the open competition and is a regular winner against all-comers.

**Byrony Glass**, now a world record holder as well as several Australian records left the field trailing in her wake in the hammer throw.

**Matt Staunton** was a clear winner in the men's hammer throw.

**Todd Davey** returned to the sport by joining Masters last October. Since then he has set no less than 11 state records and crowned his season with the open javelin title.



**Melissa Foster** (pictured) set a new personal best taking silver for the triple jump, but went one better in the long jump with the gold. She was ecstatic at becoming the open champion with a leap of 5.54m, only 1cm off her own state W30 record.

"Great thing was that the jump came in round six, so I know that my strength and fitness are improving," she says.

## Andrew takes his time to back up



Andrew Brooker (left) and U20 champion Samuel Smith.

In 1986 a young 17-year-old named Andrew Brooker completed his first decathlon, garnering 4931 points on that day. The experience was so enjoyable that Andrew decided it was time to do another one 27 years later. This time he competed in the Western Australia Open men's championship at WAAS on 24th/25th January this year.

It is testament to Andrew's durability that his points total this time, as an M40 competing at the top end of his age group, was only 30 points less than his first attempt, 4901. As he was the only competitor in this latest challenge,

he can now proudly claim to be the WA Open champion and has a gold medal to prove it.

The statistics are as follows for this year's decathlon:

Day 1: 100m, 13.15, LJ 5.50m (PBA), Shot 7.78m (PBA), HJ 1.61m (PBA), 400m 60.85s

Day 2: 110mH 19.72s, Discus 25.63m, PV 2.50m, Javelin 40.28m (SB), 1500m 4:57.87

Total points (graded to M40): 4901.

He points out that on this basis his next attempt at this event will be in 2040 as an M70!

Melissa Foster

# Flying to new heights



MELISSA Foster is a 'local' girl, born and raised in Perth's Swan Area. CPA qualified, she currently works as the Financial Controller for Auswest Timbers (part of the Brickworks Building Products Group). Some readers will remember her son, Zachary, who recently turned thirteen, competing occasionally as a visitor at club track and field meetings.

As a youngster, Melissa competed with Little Athletics and was good enough at the triple jump to be selected to represent WA in Singapore in 1993. She "*did a little bit of open athletics in 95 and 97*" but much of her time, from the age of four, was spent horse-riding.

After joining MAWA in the 2009/2010 season she says she has never looked back. Her performances have certainly improved remarkably. Although horizontal jumps are her speciality she is willing to have a go at almost everything as



## In focus

With Christine Oldfield

demonstrated by her state records in three consecutive years in the pentathlon. Having started with 1788 points in early 2010 she had raised this to 2389 by 2013.

At Club level she regularly features in the W30 Club Tops for 60m, 100m, long jump and triple jump. Further afield, she has attended all the Nationals since Perth 2010, the Pan Pacific Masters Games twice and the Oceania Championships in Tauranga in 2012. She has accumulated a bundle of medals, most of them gold, over her five events. And for two consecutive years her pentathlon performances in the Nationals were Championship records.

She also holds state records in the triple jump, having broken

Katrina Spilsbury's 1999 mark by 8cm in 2011. This she improved three times and reached a PB of 11.29m at the Nationals in Melbourne in 2012 – a "*stand out*" performance for her. In Melbourne she also equalled her personal best in the long jump with a jump of 5.41m.

By late January this year she had gradually improved this to 5.66m, well above Eileen Hindle's W30 state record of 5.55m from 1982. It is also 1cm more than the current Australian record. Unfortunately it was wind assisted so Melissa can't claim either record. But that surely won't be long in coming.

Melissa has the coming year mapped out with plans to compete in the Masters State Championships, the Nationals in Canberra, the Open State Championships and the World Masters Championships in Porto Alegre, Brasil in October.

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# Enjoyment motivates



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HER aim is to extend her personal bests and the ultimate goal would be to achieve close to 6m in the long jump and 12m in the triple jump. She says she would love to complete a heptathlon one day and, and with that in mind, she is currently working on the hurdles. After that she'll have a crack at the high jump. Amazingly, she still finds time for things other than athletics and competes in eventing and mounted games with her horse and pony.

Melissa likes to give something back to her sport and

when her son was doing Little Athletics she was treasurer for Eastern Hills, Greenmount and Ellenbrook LACs. She also assisted at training and was one of the key jump officials at Eastern Hills. Currently she is the treasurer for the WA branch of the Mounted Games Association and she helps with timekeeping and recording at MAWA Tuesday night meetings.

Melissa is motivated by the sheer enjoyment she feels from doing athletics and she says *"I love the friends you make and the camaraderie you experience when competing at nationals and other events."*

## T&F Programme for March

Thursday 6pm start - \$3 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
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	
Mar-13	05	100	1500	400		TJ	weight throw	hammer	<b>State Champs 2k/3k steeple</b>	
	12	No competition as track is unavailable to MAWA.								
	19	60	1500	300	4k r/w	TJ	weight throw	hammer		
	26	100	1000 r/w	200	3k r/w	LJ	shot	javelin		

# ***Relays take to the track***



**Five  
pages of  
action**



**BARRIE KERNAGHAN**



**SUE BOURN**

# 4 x 100m relay



**MAIN PHOTO:** Lynne Choate heads to the finish line and claims a state record for the team.



**SUE COATE and FRAN CHERRY**



**BERNARD RIVIERE**



**MARGARET SAUNDERS**

<b>WAAS – February 5</b>			
<b>4 x 100m relay</b>			
<b>M40-49</b>		<b>54.9</b>	<b>M60 – 69</b>
Colin Smith	M50		Dave Wyatt
Maurice Pascal	M40		John Oldfield
John Dennehy	M50		Barrie Kernaghan
Bernard Riviere	M45		Norm Richards
<b>W40 – 49</b>		<b>63.8</b>	<b>W50 – 59</b>
Sue Bourn	W45		Lynne Choate
Regina Crouch	W40		Margaret Saunders
Fran Cherry	W45		Julie Wilson
Sue Coate	W45		Alison Leggo
			<b>64.7</b>
			<b>67.3</b>

# 4 x 800m walk relay



SARAH LADWIG and  
LYNNE SCHICKERT



JOHN OLDFIELD and SARAH



REGINA CROUCH



MAIN PHOTO: Valerie Millard  
begins her second lap.

**ECAC – February 7**  
**4 x 800m walk relay**

<b>M50-59</b>		<b>20:48.6</b>
John Oldfield	M65	5:42
Colin Smith	M50	5:52
John Dennehy	M50	4:43
Tom Lenane	M55	4:32
<b>W40-49</b>		<b>21:18.6</b>
Sarah Ladwig	W60	5:10
Lynne Schickert	W70	5:31
Regina Crouch	W40	5:40
Val Millard	W65	4:59



Take it John! Colin Smith urges  
John Dennehy to take the baton.

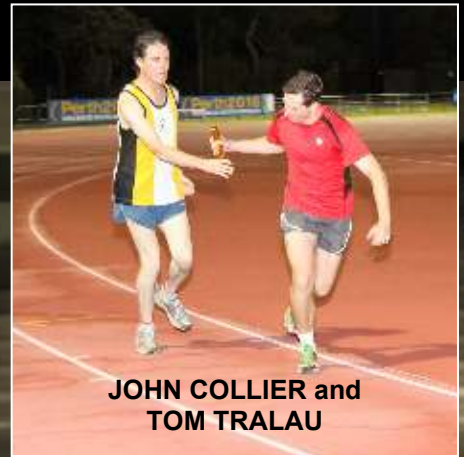


TOM LENANE

# 4 x 1500m relay



**JOHN OLDFIELD and  
JULIE WILSON**



**JOHN COLLIER and  
TOM TRALAU**



**STEVE WELLER**



**BERT CARSE**



**MAIN PHOTO: Kim Thomas  
runs the final leg.**

## **ECAC – February 14 1500m relay**

**M50-59 22:58.7**

Ross Keane	M50
Maurice Creagh	M65
Jim Langford	M65
Bert Carse	M70

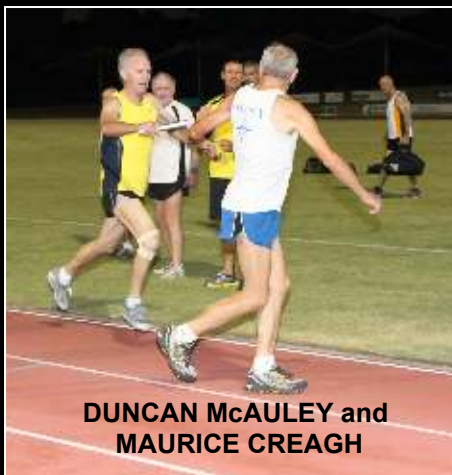
## **WAAS – February 19**

**M30-39 21:37.9**

John Collier	M45
Tom Tralau	M35
Steve Weller	M35
Kim Thomas	M35

**Composite 24:12.6**

Julie Wilson	W55
John Oldfield	M65
Mitch Thomas	VIS
Bert Carse	M70



**DUNCAN McAULEY and MAURICE CREAGH**



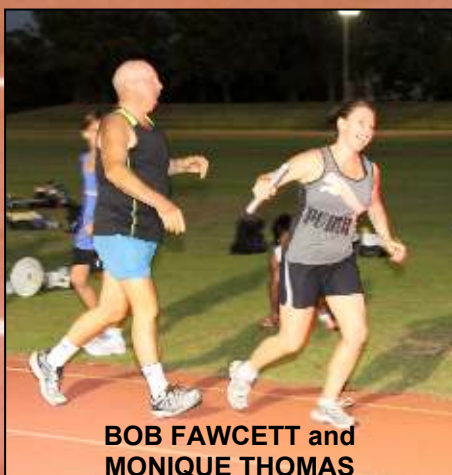
**MITCH and KIM THOMAS**



**GILLIAN YOUNG**



**COLIN SMITH**



**BOB FAWCETT and MONIQUE THOMAS**



# 4 x 400m relay

## WAAS – February 12

### 4 x 400m relay

**W50-59** 5:44.3

Julie Wilson	W55
Lynne Choate	W60
Carol Bowman	W55
Margaret Saunders	W55

**M60-69** 5:19.7

Duncan Mc Auley	M60
Maurice Creagh	M65
Nick Miletic	M60
Barrie Kernaghan	M70

**M40-49** 4:22.4

John Dennehy	M50
Campbell Till	M55
Maurice Pascal	M40
Colin Smith	M50

## ECAC – February 21

**4x400 relay** 7:29.0

### W60-69

Gillian Young	W65
Carolyn Fawcett	W60
Lynne Schickert	W70
Sarah Ladwig	W60

**Team 2** 4:56.0

Steve Fuller	M60
Regina Crough	W40
Colin Shaw	VIS
Scott Harris	VIS

**Team 3** 6:06.4

Bob Fawcett	M60
Monique Thomas	W35
Mitch Thomas	VIS
Kim Thomas	M35

**MAIN PHOTO:**  
Julie Wilson runs the first leg.

# Country takes honours



**ROB ANTONIOLLI (Tolli)**

By **BOB SCHICKERT**

THE big Challenge was on for another year with Bunbury Athletic Club President Brian Waldhuter welcoming the visitors, Tolli advising participants of the events and rules,

Harold Membrey working on the laptop to keep score and Garry Hastie and Bruce Cornish doing the starting. This year the events were 60, 100, 800, 3000 walk, 1500 and a medley relay which included an 800 walk and shot, javelin and discus.

Representatives of MAWA included Club Secretary Val Millard, Committee

member Colin Smith, David Clive, Maurice Creagh, Steve Fuller, Barry Kernaghan, Lynne and Bob Schickert. Many of the Bunbury competitors are MAWA members. Todd Davey representing country threw a new MAWA state record in the discus.

Over a great meal provided by BAC, including dessert (made by Ruth Johnson who did not compete) following the conclusion of events Tolli announced Country as the narrow winners this year.

Many thanks to all members of BAC for making MAWA members very welcome.

CITY		60m	100m	800m	1500m	1500mW	3000mW	Shot	Javelin	Discus
Ali Matautia	W35	0	0	0	0	0	0	8.81m	20.98m	26.85m
Valerie Millard	W65	12.61	21.52	0	0	0	21:23.75	4.63m	0	11.78m
Lynne Schickert	W70	13.25	22.34	0	0	0	22:31.54	4.69m	0	10.85m
Malcolm Clarke	M40	8.07	0	0	0	0	0	11.87m	43.02m	38.45m
Bernard Riviere	M45	7.83	12.33	0	0	0	0	0	0	0
Colin Smith	M50	8.28	13.4	3:05.31	0	0	0	0	0	0
Steve Fuller	M60	8.76	14.28	0	0	0	0	0	25.78m	30.78m
Maurice Creagh	M65	0	0	2:57.35	6:16.30	0	0	0	0	0
Bob Schickert	M70	0	0	3:04.76	6:28.16	0	0	0	0	0
Barrie Kernaghan	M70	9.4	14.53	0	0	0	0	0	0	0
Ray Hall	M70	12.93	0	0	0	11:19.82	0	0	0	0

COUNTRY		60m	100m	800m	1500m	1500mW	3000mW	Shot	Javelin	Discus
Julie Best	W40	9.34	15.15	0	0	0	0	6.70m	16.20m	15.67m
Deb Cox	W45	0	0	0	0	0	0	0	0	19.24m
Sharon Moloney	W50	9.58	15.51	0	0	0	0	8.76m	18.81m	23.21m
Heath Feutrill	U16 M	8.11	12.72	0	6:07.91	0	0	0	0	0
Richard Heppener	U18 M	7.89	12.62	0	0	0	0	0	0	0
Stephen Chilcott	Open	7.52	12.03	0	0	0	0	10.18m	50.29m	30.78m
Nathan Nobbs	M35	8.82	13.59	0	0	0	0	8.60m	23.37m	23.03m
Todd Davey	M45	0	0	0	0	0	0	12.91m	37.55m	42.88m
Brian Fueutrill	M45	8.33	13.39	2:43.40	0	0	0	0	32.15m	0
Garry Hastie	M50	0	0	0	0	0	16:03.96	0	0	0
Harold Membrey	M60	9.36	14.76	0	0	9:53.44	0	7.79m	0	25.69m
Tony Heppener	M60	0	0	2:27.75	5:18.93	0	0	0	0	0
Rob Antoniulli	M60	0	0	2:39.20	5:41.98	0	0	0	0	26.32m
Bruce Cornish	M60	0	0	0	0	0	0	8.14m	25.31m	28.80m
Robert Young	M65	0	0	0	0	0	0	0	0	24.28m
Brian Waldhuter	M70	9.82	15.94	0	0	0	0	0	0	21.23m
Lyle James	M70	11.93	19.13	0	9:23.41	0	0	3.29m	0	9.43m
Leon Sander	M75	9.52	15.47	0	0	0	0	0	19.86m	24.26m
David Clive	M75	9.15	14.55	0	0	0	0	0	0	0

Tom Lenane

# Trigger happy

If you go to the track at ECAC on a Thursday evening you will easily pick Tom out – he’s the man with the gun. Nowadays it’s not a ‘proper’ gun but an electronic device and Tom also has to carry around a loudspeaker to make it sound like the real thing.

Tom is the man who has kept you poised (sometimes for what seems like an eternity) on the starting line at club meetings and championships for many years and those of you who compete at the WA open meetings will have seen him in action there. He has been an official with AWA for some thirteen years and for seven of these was chief starter. In 2010 he was selected to the starting panel for the Athletics Australia National Championships when they were held in Perth and he is presently the starter for West Coast Athletics League for their professional running series.

For a country lad, born in Moora and raised on a wheat/sheep farm at Bindi Bindi, 40 km east of Moora, he has come a long way. He spent four years at Wembley TAFE and joined the public service as a trainee cartographer. Now, thirty six years later, he is doing graphics and promotions work with the same department he started in. Skills learnt here stood him in good stead



## In focus

With Christine Oldfield

when he volunteered to stand in as editor of *The Vetrin* for a few months at the turn of the century. He was married but is now single again with three sons (29, 27 and 24 years old).

Tom did reasonably well as a distance runner at school competitions but didn’t continue after leaving. But he resumed running when one of his sons announced he wanted to do cross country running with Little Athletics. He also “*instantly became the coach*”. He then gained his coaching qualifications and he’s been coaching ever since, mostly at LAs level. Having done a Sports Medicine Trainers course he also worked as a trainer with Subiaco Football Club for two years.

When his sons stopped doing the LAs summer competition after about eight years, Tom started the Curtin Juniors club at Coker Park as coach and chairman. In all, Tom has served sixteen years on the LA executive committees including a stint as Centre chairman.

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# Walking a mile



## FROM PREVIOUS PAGE

HE joined MAWA, or WAVAC as it was then, at the start of 2000 and in the early days he competed in all events. More recently he has focussed on race walking and continues his participation through the winter months with the Western Australian Race Walking Club, usually over 10 km.

He has earned a number of state medals over the years and in the 2011/2012 Club Tops he ranked first in the M50 2000m walk and the M55 mile walk and second in the M50 1500m and 5000m distances. When the nationals came to Perth in 2010 Tom picked up bronze medals in the 1500m and 5000m walks. He says he *“Loved the atmosphere and spirit at the Nationals”*.

He just likes to keep fit and enjoy athletics but aims to keep competing. He is working towards improving his

times and is looking forward to having the World Championships on his doorstep in 2016. He will have just turned 60 by then so it will be an ideal opportunity to show what he can do. In addition to some walks he thinks he might possibly tackle the 2000m steeplechase.

Tom’s interests outside athletics include bushwalking, WA wildflowers, photography, cooking and wave skiing. It’s hard to see where he fits all this in because, apart from his formal commitments in athletics, he has been involved for many years in organising training groups – for masters and others. One long-standing group, which he describes as *“cheese lovers with a running problem”*, trains at Kings Park (winter) and City Beach (summer). They then sit down for a couple of hours enjoying each other’s company and fine foods and cheeses.

# Thursday highlights at Coker Park



Mal Clarke keeps an eye on the bar in the high jump.



LEFT: Scott Hutcheson leads from Colin Smith in the 60m.



NICK MILETIC

BELOW: Delia Baldock and Carol Bowman show you can time and pose for the camera during the relays as Colin keeps his eye on the laps.



# Tuesday highlights at WA Athletics Stadium



**MILTON MAVRICK**

**LEFT:** Bernard Riviere, Maurice Pascal, Scott Hutcheson and Colin Smith fight out a 60m.

**BELOW:** Tony Smith, Mitch Thomas, Keith Edmonds, Barrie Kernaghan and Richard Williams run the bend in the 200m.



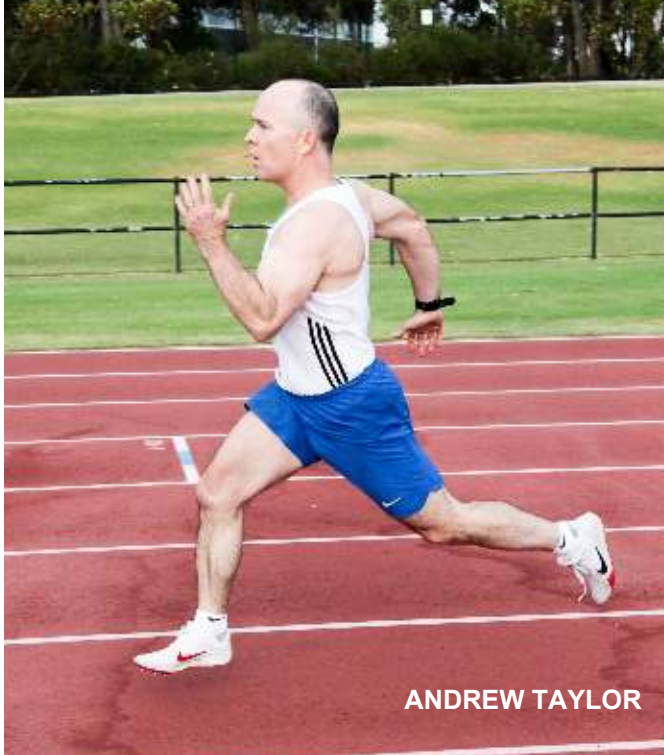
**JOHN  
OLDFIELD**



**BERNADETTE  
BENSON**



**NIAMH KEANE**



## WAAS – January 29

The first 50 plus attendance of the season came on a balmy, breezy evening at WAAS. As has become the norm, the sprinters loved the following wind, with excellent times in the four heats of 100m. Heat winners **Rudi Kocis**, **Wendy Seegers**, **Andrew Taylor** and **Sue Bourn** each had great times, with Sue's being a PBA. **Colin Smith** in heat 2 also set his best time since turning 50, with season's bests going to **Maurice Pascal**, **Wendy Seegers** and **Melissa Foster**.

It was a similar story over the shorter 60m distance. **Rudi** and **Sue** again came out as winners, with **Colin Smith** and **David Clive** taking the middle two heats. Colin and Sue took home their second PBA of the evening.

The top heat of the 800m saw a win for regular visitor **Trent Harris**. The second heat gave us a close finish, **Sue Bourn** just holding off a resurgent **Maurice Creagh** for her third win of the meet. **Ivan Brown** is also showing good form, finishing just behind, with an excellent PBA for **Milton Mavrick** in fourth place. **Lorraine Lopes** returned to the track for the first time, putting in a solid time as she begins the build-up to the championships ahead.

A good 3000m, won as usual in style by **Rob Nichols** ahead of **Steve Weller** also gave us an insight into **Kim Thomas'** pacing skills. He led **Ante Perdija** to a very good PBA alongside Kim's son Mitch. **David Brook** also put in his debut for the season with a steady 3000.

The final event of the track was a steeplechase. We saw the debut of both **Gillian Young** and **Danielle Baldock**. Each needed live advice at the first (and second) water jump, but thereafter went well, both finishing in very creditable times. **Greg Wilson** ran a PBA, some 10 seconds inside his previous best. The race was won by **Rob Nichols**, not surprisingly over these low barriers for an M35, with **Ante Perdija** similarly placed

behind him. **David Carr**, although disappointed with his time, still broke 10 minutes ahead of **Julie Wilson**.

Field highlights were PBAs for **Ali Matautia** and **Mal Clarke** with the hammer, **Greg Urbanowicz** having the best throw of over 40m. No takers for the triple jump tonight, but six athletes competed in the high jump, where a season's best was records by **Dave Wyatt**.

## ECAC – January 31

It was a busy evening with the high jump added to the usual 4 track/3 field event programme. The undoubted highlight was **Barbara Campbell's** W75 state record with the hammer. Her 27.64m throw added four metres to the existing mark set by **Dorothy Whittam**. PBAs in the hammer also fell to **Nicole Pinel**, **Stella Turner** and **Mal Clarke**. It was a good evening for **Nicole Pinel** as she also had a PBA with the shot.

The track events began with a 60m dash, the first heat catching the timekeepers out as they desperately sought starter **Tom Lenane's** "flash". The subsequent three heat winners were **Alison Leggo**, **Mark Howard** and **Nick Miletic**. Nick ran in three of the heats "to make sure he got a time recorded"! PBAs to **Maureen Keshwar** and **Delia Baldock**. **Julie Willmott** joined these two as part of her hat-trick of PBAs – also besting previous times over 200m and the mile.

**Tony Smith** won the mile race in 5:21, with the remainder spread out over more than a lap. It was good to see ultra-marathon specialist **Karen Hagan** testing out her newly-found pace; 7m02s for the mile and 14m05s over 3000m is some going for a runner whose next big challenge is over 100km.

Also in the 3000m, two PBAs went to club stalwarts who are each finding some form after a long spell in the doldrums: **Bob Schickert** and **Jim Langford** are each enjoying running and competing again after lengthy spells of injury or illness.



## Analysis of the results

### WAAS (Strive) – February 1

Seventeen masters athletes took the challenge against the best competition that Perth can offer on these Interclub meets. **Xander van Rijen** was our track highlight (1500m, 4:15.45, PBA). **Rob Antonioli** and **Brian Feutrill** made the long trip from Bunbury, adding good performances in several events including the short hurdles.

Masters athletes almost outnumbered the others in the throws, with **Mal Clarke**, **Todd Davey**, **Ali Matautia** and **Sue Coate** each recording PBAs with the hammer. Regulars **Bev Hamilton**, **Byrony** and **Kate Glass** also performed well. Newly-joined **Greg Brush** joined Friday regular **Melissa Foster** in the long jump, each leaping more than 5m.

### WAAS – February 5

It was a hectic night on the track with thirteen races and a relay, so we did not finish until after 8pm. All but one race was of 400m or less, necessitating lanes and with only half of the track available to us that takes a long time. A brisk wind meant excellent, but non-legal times for sprinters. More than half the 60m entrants ran season's bests, with **Fran Cherry** equalling her PBA in winning heat 3.

Times were not quite so good over 200m. Heat winners were **Bernard Riviere**, **Richard Williams**, **Barry Newell** and **Fran Cherry**. PBAs to **Bernard**, **Tony Smith**, **Keith Edmonds** and **Sue Bourn**.

Four heats were also needed for the 400m event. **Maurice Pascal** had a terrific battle with **Campbell Till** the younger man just edging it in the final few metres. **Mark Dawson** is also in fine form and set a big new PBA behind these two, with **Maurice Creagh** also hitting his



straps at the right time of the season. It was also good to see **Margaret Saunders** hitting good times – 75s over 400m and 33.5 over 200m.

The distance runners had plenty of time to warm up, and clearly took advantage of this – five of them producing PBAs over 3000m. **Kim Thomas** is getting ever closer to a sub 10-minute clocking, with **Tom Tralau** and **Sandra Stockman** hitting new personal marks in the middle pack. **Greg Wilson** and **Milton Mavrick** were also cock-a-hoop over PBAs further down the field.

Long jumpers also enjoyed a good following wind; **Alison Leggo** set a new SB of 3.34m, but **Dave Wyatt** went one better with a PBA of exactly 5m.

The throwers were clearly inspired by Byrony's achievement. **Rae McMillan** set new state records with both heavyweight and discus, and discus PBAs also went to **Greg Urbanowicz**, **Mal Clarke** and the evergreen **Rob Shand**.

### ECAC – February 7

A stiff breeze on a relatively mild evening meant that sprinters were looking to moderate times. So it turned out, with only **Julie Willmott** (200m) and **Maureen Keshwar** (100m) recording PBAs. Other heat winners (visitors excluded) were **David Solomon** (200 and 100), **Ante Perdija** (200) and **Nick Miletic** (100).

The second heat over 800m provided an excellent race, with most of the eight lanes producing season's best and **Gillian Young** a PBA. It was won in style by **Graeme Dahl** in 2:42, with **David Carr** working very hard behind him to finish in an excellent time of 2:51, just 2 seconds outside his AR. **Maurice Creagh** was pulled through but just failed by a tenth of a second to break 3 minutes.

In the field, the stand-out performance came from **Steve Fuller's** discus throw of 29.75m – an excellent PBA.

## Analysis of the results



**BARRIE KERNAGHAN**

### WAAS (Strive) – February 8

The 60m was the focus for MAWA tonight. **Paul Edmiston** set a new state record (7.27s, close to the AR of 7.19); **Rudi Kocis** (M50) and **Lynne Choate** (W60) came close to their respective ARs too.

Good, legal times abounded over 200m as well; **Fiona Leonard** had a new PBA and **Barrie Kernaghan** a season's high.

Our top middle-distance runner **Scott Tamblin** doubled up for the first time in my memory. An 800m, followed by a 3000m is ambitious for anyone, but for a top runner it's almost unheard of. Not surprisingly, the 3000m time was well outside his normal range, following a swift 1:55 for the 800m.

**Melissa Foster** also doubled up, but a long jump followed by a triple is not that unusual. Good triple too (SB, 11.20m).

### WAAS – February 12

Almost 50 at WAAS on the night for a lengthy and varied programme. The wind was still favourable for sprinting, but deemed to be legal. PBAs galore in both the 60m and 200m, too many for individual mentions. Trying to pick out special ones is always difficult, but it was good to see the long-established members doing well: **Colin Smith**, **Delia Baldock**, **Lynne Choate** all took home new age-bests. **Rudi Kocis** will be very pleased with his 7.3s 60m dash, backed up with a 24.3s 200m run.

Some good performances were also noted over 1500m. **Ante Perdija** had a PBA (5:07); and **Tony Smith** did even

better, winning his heat in an excellent time of 4:55. Praise also for **Bernadette Benson**. She celebrated her selection for the Australian senior squad for the World 24-hour championships (Holland in May) with a top 1500m (5:07) backed up by a very solid sub-12-minute 3000m.

High jump plaudits go to **Ian Coate** with a new age-best of 1.45m and similar achievement with the hammer (20.80m). Wife **Sue** threw the hammer further (21.91) to improve her best on a good night for the Coate family.

The evening finished with a 4x400m relay, three teams being led home by the M40s, with three over-age members!

### ECAC – February 14

**Barbara Campbell** made the most of her trip for this Valentine's Day meet with a W75 state record in the shot (8.02m). Other notable throws came from the youngest thrower, **Nicole Pinel** (javelin PBA, 16.94m) and similar achievement for **Bob Fawcett**. Bob has a go at most things, and his 17.96m javelin will have pleased him no end.

On the track the main focus was the sprints, with the other events both being training distances. Four heats of 100m saw wins for **Scott Hutcheson**, **Nick Miletic**, **Colin Smith** and **Regina Crouch**. **Maureen Keshwar** also posted a PBA of 15.6s. **Scott** again, **Mark Howard**, **Mitch Thomas** and **Regina Crouch** took the wins over the short 60m dash, with season's bests also going to **David Solomon** and **Bob Fawcett**.

The evening closed with relays over 4x1500m and a shot team event.



**MITCH THOMAS**

## Analysis of the results



RAE McMILLAN

### WAAS – February 19

A perfect night for athletics brought out a season's record entry tonight. It's a good job that another box of gun caps was donated, with six heats of 100m and five over 60m required.

PBA's over the longer sprint distance were recorded by **Bernard Riviere**, **Colin Smith** and **Fran Cherry** with a number of other season's bests. **Rudy Kocis** (11.9s) had the best time of the night with a superb start that saw him lead home a rapid first heat ahead of **Bernard Riviere**, **Greg Brennan** and **Maurice Pascal**.

The shorter dash also saw a number of personal landmarks, including those for heat winners **Rudi Kocis**, **Steve Michael**, **Rocky Cloete** and **Nicole Pinel**. **Steve** has been a member for a few months now, but this is only his second trip to the track. There looks to be plenty more to come.

A field of 22 started a memorable 1000m race. This high-quality race produced a plethora of age group personal bests – no less than ten of them. **Grahak Cunningham** found the distance to his liking, leading home the field with **Mark Dawson** in close attendance. Highlights abounded throughout the field with smiles on the majority of faces crossing the line.

Field events were also popular in the final build-up to the state championships. **Byrony Glass'** 17.92m weight throw came within 10cm of her pending world record from earlier this month; **Todd Davey** set his 11th state record since October (11.66m, weight throw) and **Rae McMillan** (11.75m, javelin) set another provisional W85 Australian record. There were also notable javelin marks from **Mark Frew** and 90-year-old **Peter Kennedy**.

After a barren two weeks, **Les Beckham** was kept busy again tonight with nine long jumpers. **Greg Brennan** had the longest jump of 5.27m, with other sound marks recorded by **Nicole Pinel** and **Mark Frew**.

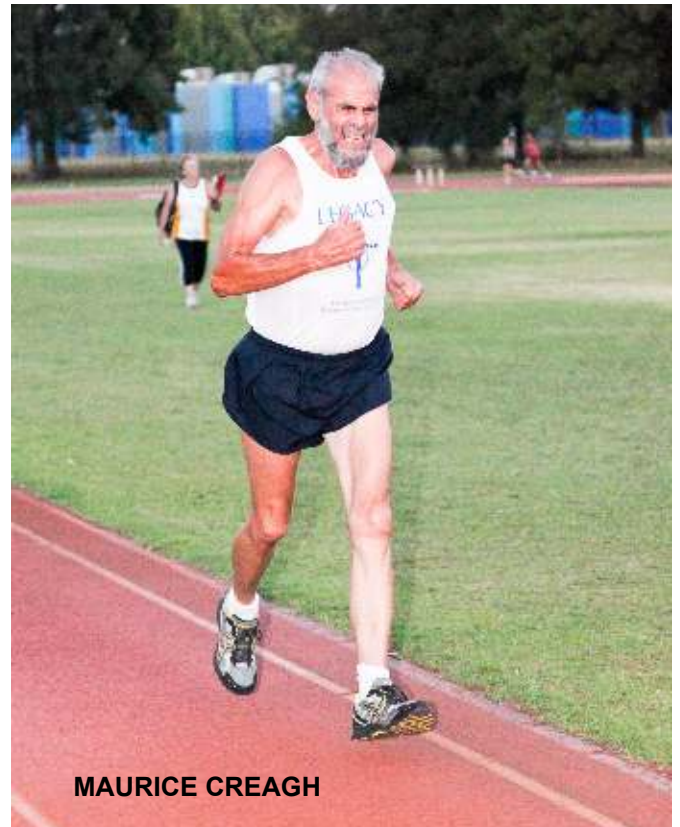
### ECAC – February 21

Conditions were excellent for both sprints and middle distance running tonight. The temperature was warm, but not too hot, with a light to moderate breeze. With regular starter **Tom Lenane** absent, it was left to **Nick Miletic** to get us under way with the 60m heats. **Colin Smith**, **Maureen Keshwar**, **David Carr** and **Valerie Millard** were the winners of the four heats, with David's time (10.4s) being the stand out. His time would have easily beaten the state record, but with no advance notice insufficient watches and no wind gauge meant it was not rewarded.

**Tony Smith** (5:05) led home the large crowd running the 1500m race. Notable times behind him came from **Karen Hagan** with a 6:31 PBA (not bad for a 100km ultra runner!) and five other season's bests, the pick of them **Graeme Dahl's** 5:39. **Maurice Creagh** has been edging ever closer to a sub 6-minute time this season, and got as close as it's possible to get tonight (6:00)!

**Kim Thomas** won the 3000m in a canter, leading **Tony Smith** to another good result, this time a PBA of 10:58. **Julie Willmott** also lowered her best time in the pack behind. It was good to see long-time member **John Bocian** back visiting us.

Field events were quite sparsely populated. However, both triple jumpers, **Lynne Schickert** and **Alison Leggo**, achieved season's bests. **Shanell Staunton** and **Bev Hamilton** did the same from the hammer cage. **Steve Fuller** was the pick of the javelin throwers with a new age-group best of 27.93m. **Stella Turner** also threw a PBA.



MAURICE CREAGH

# Looking ahead

AUSTRALIAN CHAMPIONSHIPS 2013

CANBERRA

Friday, March 29 - April 1

2013 WORLD MASTERS CHAMPIONSHIPS

Porto Alegre, Brazil

October 16-27



Ante Perdija, Mitch and Kim Thomas lead Tom Tralau in a 3000m at WAAS.