

TFNL



Season 7 Issue 5

The Track and Field Newsletter of MAWA

March 2014

State Open Champs

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Scott Tamblin gets up on his toes in the 800m at the WA State Open Championships.





**MAWA State
Championships
to begin
Pages 4-5**

**MAWA makes
mark at State
Open champs
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IT has been a hectic month for MAWA athletes with competition in Bunbury for the annual City versus Country clash and a number of athletes competing in the State Open Championships.

Two Australian records were set in February when former Olympian Chris Anderson set a new M45 high jump record of 1.90m and Scott Tamblin (pictured) set a M30 record in the Mile of 4min 11.92 secs.

March is traditional the business end of the track and field season with the State track and field championships.

You will find a timetable of events for the State Championships on page 5.

This month members will boost their frequent flyer points with the Australian Masters Athletic Championships in Hobart and the World Masters Indoor Championships in Budapest.

For this year the AMA has decided to trial a non-Easter period for the Australian Championships. WA numbers are 37 which is down 41 per cent from the 63 who entered the Nationals at Canberra last year.

The World Championships in Brazil in October attracted 21 MAWA athletes.

Happy reading.

GRAEME DAHL

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key to injury
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City versus
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Bound for Budapest



LYNNE CHOATE

Five MAWA athletes are set to head to Budapest this month for the World Masters Indoor Athletic Championships in Budapest from March 25-30. More than 3800 athletes from 68 countries have registered for the Championships.



MELISSA FOSTER



LYNNE SCHICKERT



BOB SCHICKERT



GREG URBANOWICZ

State titles to start



Julie Wilson heads Sue Bourn and Rosemary Giles at the State Championships last year.

THIS year we have a total of 158 entries for the State Championships which is only eight less than last year. Considering that there is a direct clash with World Indoors in Budapest and that the AMA Nationals are in early March, this is a pleasing number of entries.

The entry list with the times of all events is on the website. This will make it very easy for members to see exactly when they are competing.

The WMA javelin spec for W60 to W75 has changed from 400g to 500g, as from January 1, 2014. This means we need new records. After this season has finished in April, new State and Australian records will be listed.

Unfortunately Chris Perry is not available this year to provide physio/massage services. However we are lucky to have Chris Dale as a replacement. Those of you who watched the recent Perth Track Classic will have seen Chris in the Herb Elliott mile, finishing just behind our own Scott Tamblin. Chris will be available during the main weekend of the championships.

Barbara Blurton

Ruth Frith dies at 104

QUEENSLAND Masters Athletics oldest member Ruth Frith passed away on Friday, February 28 at the age of 104.

Ruth competed in Perth at the Australian Masters Athletics Championships in 2010 when she was aged 100.

She won the Royce Foley Award in the Throws Pentathlon when she scored 11,169 points.

ROLL OF HONOUR

High Jump	W60	Gay Wyatt	1.10m	1-Feb-14	Bunbury	SR
Hammer	M40	Matt Staunton	46.89m	1-Feb-14	Bunbury	SR
Discus	W45	Paula Kennedy	29.15m	1-Feb-14	Bunbury	SR
High Jump	W60	Gay Wyatt	1.12m	6-Feb-14	ECAC	SR
Pole Vault	M50	Brian Feutrill	2.80m	8-Feb-14	Bunbury	SR
High Jump	W70	Ruth Johnson	1.02m	8-Feb-14	Bunbury	SR
High Jump	W45	Lisa Limonas	1.37m	11-Feb-14	WAAS	SR
Javelin	M40	Paul Jeffery	53.02m	16-Feb-14	WAAS	SR
High Jump	M45	Chris Anderson	1.90m	16-Feb-14	WAAS	AR
Mile	M30	Scott Tamblin	4:11.92	22-Feb-14	WAAS	AR

TIMETABLE OF EVENTS

Saturday, March 15 at WAAS

Pentathlon		W30+
M30-49, M55, M65+		9:20 100m
8:30 Long Jump		9:35 Shot
9:15 Javelin		10:10 Long Jump
10:00 200m		10:50 Javelin
10:20 Discus		11:30 800m
11:10 1500m		
Throws Pentathlon		
M50, M60		W35+, M30+
9:15 Long Jump		12:30 Hammer
10:05 Javelin		13:20 Shot
10:55 200m		14:00 Discus
11:20 Discus		14:45 Javelin
12:10 1500m		15:30 Weight Throw

Thursday, March 20

10,000m at Ern Clark Athletic Centre

19:00 W35+, M35+

Tuesday, March 25

Steeplechase at WAAS

19:30 3000m
M35-59
19:50 2000m
W35+, M80
20:30 2000m
M60-79

Saturday, March 29 at WAAS

8:30 W40+ Long Jump	12:05 W50+ 200m	13:40 W50+ 800m
8:30 M40-54 Javelin	12:10 M30-44 200m	13:45 M35-54 800m
8:30 M55+ Shot Put	12:15 M45 200m	13:50 M55-64 800m
8:30 M60+ 5000m	12:15 W40+ Javelin	13:50 W35+ Shot Put
9:30 W35+ 5000m	12:20 M50 200m	14:00 M65+ 800m
9:45 M40-54 Long Jump	12:25 M55-64 200m	14:15 W40+ 1500m Walk
10:00 M55+ Javelin	12:30 M65+ 200m	14:15 M35+ 1500m Walk
10:00 W35+ Hammer	13:00 M40+ Hammer	14:30 W35-54 60m
10:15 M35-59 5000m	13:00 W40 400m Hurdles	14:35 W55+ 60m
11:00 M55+ Long Jump	13:10 M45-59 400m Hurdles	14:40 M30-44 60m
11:00 M40-54 Shot Put	13:20 M60-69 300m Hurdles	14:45 M45-54 60m
11:00 W40+ 5000m Walk	13:25 W70 200m Hurdles	14:50 M55-64 60m
11:00 M35+ 5000m Walk	13:35 W30-49 800m	14:55 M65+ 60m
12:00 W35-49 200m		

Sunday, March 30 at WAAS

8:00 M40-54 High Jump	9:40 M50 100m	10:50 M70 400m
8:00 M60+ Discus	9:45 M55 100m	10:55 M45 400m
8:00 M40-59 Wt Throw	9:45 M70 100m	11:00 W40+ High Jump
8:00 W35+ 1500m	9:50 M60 100m	11:00 M50 400m
8:20 M55+ 1500m	9:55 M40-54 Triple Jump	11:05 M55-64 400m
8:30 W40+ Triple Jump	9:55 M75+ 100m	11:10 M65 400m
8:45 M35-54 1500m	10:00 M55+ High Jump	11:10 M75+ 400m
9:15 W35-49 100m	10:05 W40+ 3000m Walk	11:10 M40-59 Discus
9:20 W50-59 100m	10:05 M35+ 3000m Walk	11:20 M65+ Wt Throw
9:25 W60+ 100m	10:40 W35+ Wt Throw	11:35 M45 110m Hurdles
9:30 W35+ Discus	10:40 W30-49 400m	11:40 M55+ Triple Jump
9:30 M30-44 100m	10:45 W50+ 400m	11:45 M50-69 100m Hurdles
9:35 M45 100m	10:50 M35-44 400m	11:55 W40-74 80m Hurdles

Chris stars in high jump

MAWA's Chris Anderson was undoubtedly the star of the AWA State Championships at WAAS over the weekend February 14-16. A new Australian M45 high jump record of 1.90m had been on the cards since he joined the club last November. Within days he had lifted the state record to 1.85m, the highest ever jump by any MAWA athlete in its 40-year history – exceeding the 1.80m of Matt Staunton and Mark Murray.

Headlines are nothing new for Chris. Three times in his senior career he cleared 2.25m (twice in 1995 and again in 1999). He represented Australia at the World Championships in Gothenburg, Sweden in 1995, becoming an Olympian at Atlanta in the following year. It is wonderful to have him setting new marks in Masters ranks, we look forward to great things in 2016 at the Worlds in Perth.



Scott's magic mile

One week after competing in the State Open Championships Scott Tamblin set an Australian M30 record of 4 mins 11.92 secs. The record run was in the Herb Elliott Mile at the Perth Track Classic on February 22.

Photo: Scott Tamblin shows the strain of the 800m at the State Open Championships.



MAIN PHOTO: Melissa Foster prepares for her long jump. She finished fifth with a jump of 5.27m.



KIM THOMAS

State Open Champs

Wendy Seegers
pips Alysee Hogan
for third place in
the 200m final.

Masters make mark

Several MAWA members starred on and off the track at the State Open Championships on the new blue track at the West Australian Athletic Stadium.

Not only did they compete but several members contributed to the running of the event as officials.

Colin Smith delivers



In focus

With Christine Oldfield

COLIN Smith, our Perth postie, was born at the start of 1963 in Albany, but grew up in the capital. He has worked for Australia Post for 18 years and is often spotted delivering mail from his trusty motorbike. He is divorced with two grown-up daughters.

He did Little Athletics until age 12 but thereafter his further involvement in the sport was only through one of his daughters. When she gave it up he decided, at age 39, that he should "get into shape". And so, in 2002, he joined the vets, as the club was then, and began some serious training. He started competing in the state championships and holds a clutch of medals from these events. His 2013 haul comprised gold in the 400m and silver in the 60m, 100m and 200m, all with performances ranging from 83.5% to 87.8%.

He has always featured in Club Tops with, in 2012/2013, first or second positions in all distances from 60m to 800m. He used to think that 400m

was a marathon but nowadays he often joins the Sunday runners for a 5km or 6km run.

In 2003, his first season, the nationals were in Perth and, as an M40, he took bronze medals in the 100m, 200m and 400m. Since 2008, when he turned 45, he has competed in

every national championships, picking up several silver and bronze medals.

As he got a taste for travel, he took advantage of other chances to compete. At the Oceania Championships in Townsville in 2008 he took silver in the 60m and 100m and gold in the 200m and 400m.

Later, he competed, and won "a few medals", in Australian Masters Games and Pan Pacific Games. Further afield, he contested the 2012 Oceania championships in Tauranga, NZ and the World Masters Athletics Championships in Sacramento in 2011.

His memorable moments include making the final of the M45 400m at the 2009 World Masters Games in Sydney - "a highlight" - and being a member of the M50 team which won the silver medal in the 4x400m relay at the world championships in Porto Alegre, Brazil, in 2013 - "something I'll never forget". He'll also never forget the vast display of erotic statues on his subsequent visit to the museum in Lima! His plans for 2014 include the nationals in Hobart and possibly the Pan Pacific Games on the Gold Coast.

CONTINUED – next page

On track love affair



FROM – PREVIOUS PAGE

Colin doesn't limit his sporting involvement to masters athletics. For the past five years he has been an official with Athletics Western Australia. This has provided the opportunity for him to officiate at several big Athletics Australia meetings where he has met some of Australia's elite athletes.

And his interests go further than athletics. When he hit his forties he started to play veteran's hockey. He retired from this a few years ago after his first ever premiership match with Southern River Hawks Hockey Club. He also plays football for The Southern Saints masters AFL club where, until they can field a 40 plus team, he is part of the 35 plus team. And he's a club field umpire for the Canningvale Cougars amateur football club. He can have little spare time left after all this but for the last two years he has served on the MAWA committee. He is also the club's representative attending meetings of AWA's *Strive* committee.

These days Colin never goes anywhere without his Smart phone. So if you ever happen to wonder out loud what implement you should be throwing, how far or fast you have to jump or run to get 70%, what the latest Dockers score is, the result of some race or other or the temperature in Timbuktu, you will immediately see Colin reach for his phone and find the answer for you. Useful chap to have around!

He says "I don't have any motivations or aspirations. I just enjoy competing, being fit and the friends I make. But training with David Carr helps you stay focussed".

Track and Field Programme

Thursday 6pm start at ECAC (Coker Park) Wharf Street, Cannington \$3 club members, \$5 visitors

THURS		event 1	event 2	event 3	event 4	jump	field 1	field 2
Mar-14	06	400	1500	100	5k r/w	⊔	weight throw	discus
	13	60	800	200	3k r/w	⊔ + HJ	javelin	shot
	20	100	2k r/w	400	****	TJ	discus	weight throw
	27	300	1000 r/w	60	3k r/w	⊔	javelin	shot

**** State Championships 10km. Start time to be announced after close of entries

		WAAS STARTING AT 6.30pm					STARTING AT 7.15pm			
TUES		event 1	event 2	event 3	event 4	jump	field 1	field 2	steeplechase	
Mar-14	04	100	1000 r/w	600	5k r/w	TJ + HJ	weight throw	javelin		
	11	400	1500	100	4k r/w	⊔	shot	hammer	2k steeplechase	
	18	60	800	200	3k r/w	⊔ + HJ	weight throw	discus		
	25	100	2k r/w	400	1500	TJ	shot	javelin	State Champs 2k/3k steeplechase	

Flexibility is the key



the edge

With Margaret Saunders

FLEXIBILITY is the range of motion of single or multiple joints. Good flexibility aids in injury prevention, helps to minimise soreness in muscles and improves efficiency of movement. Flexibility allows muscles, ligaments, tendons and connective tissue to remain supple and thus allow the joint to move through a full range of motion. Flexibility does decrease with age and females tend to be more flexible than males. However, with training, flexibility can be greatly improved.

A wider range of movement is possible at more flexible joints. Flexibility changes will alter the mechanics of the athlete. For example if there is a decrease in flexibility in the hip area, then there will be a decrease in the stride length. If the neck area is very tight then head movement will be compromised. Loss of flexibility is specific to the individual and is joint specific. The tighter the muscles, tendons and ligaments the higher risk there is of injury occurring. Muscle strains or tears may be the result of poor flexibility.

Masters athletes who display a loss of flexibility may limit

performance particularly in power and speed events, but performance may be compromised in all events. However these athletes are capable of improving their flexibility. Three sessions a week of twenty minutes will allow the athlete to show an improvement. This training should be undertaken all year round.

The programme must be specific to the individual athlete. Group classes are sometimes useful but must be led by a physiotherapist or an exercise physiologist who should adapt the programme to suit the individual athlete.

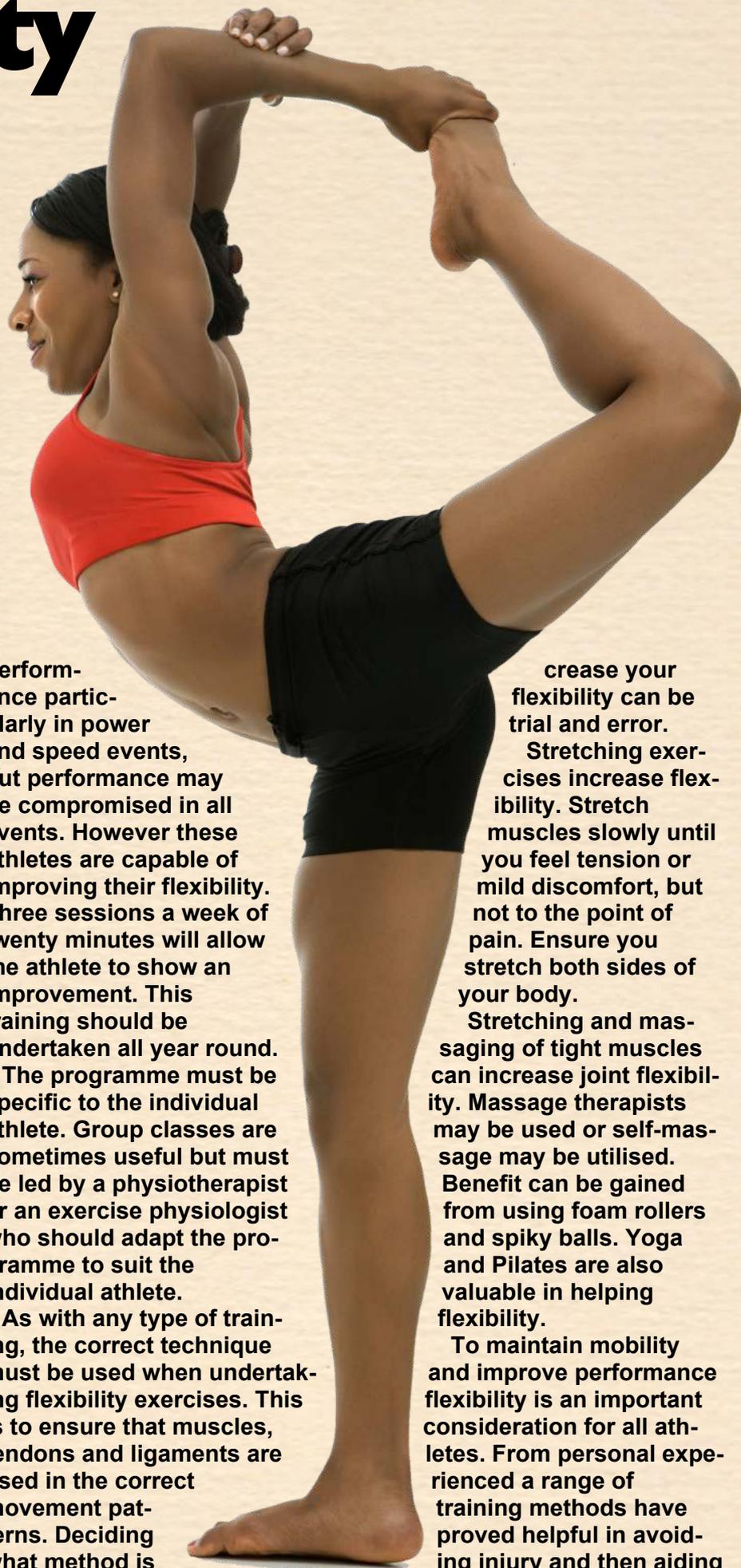
As with any type of training, the correct technique must be used when undertaking flexibility exercises. This is to ensure that muscles, tendons and ligaments are used in the correct movement patterns. Deciding what method is best for you to in-

crease your flexibility can be trial and error.

Stretching exercises increase flexibility. Stretch muscles slowly until you feel tension or mild discomfort, but not to the point of pain. Ensure you stretch both sides of your body.

Stretching and massaging of tight muscles can increase joint flexibility. Massage therapists may be used or self-massage may be utilised. Benefit can be gained from using foam rollers and spiky balls. Yoga and Pilates are also valuable in helping flexibility.

To maintain mobility and improve performance flexibility is an important consideration for all athletes. From personal experience a range of training methods have proved helpful in avoiding injury and then aiding recovery.



Bunbury turns it on

By JOHN OLDFIELD

EVEN the weather was kind; from mid to high 30s, the temperature dropped to a pleasant 28 degrees as the City folk went to the Country. Around 15 drove down the highway, arriving well in time to warm up for a 2pm start. We waited . . . and waited. Spot on 2pm, the first Bunbury folk arrived to warm up, for a 3pm start. Talk about gamesmanship!

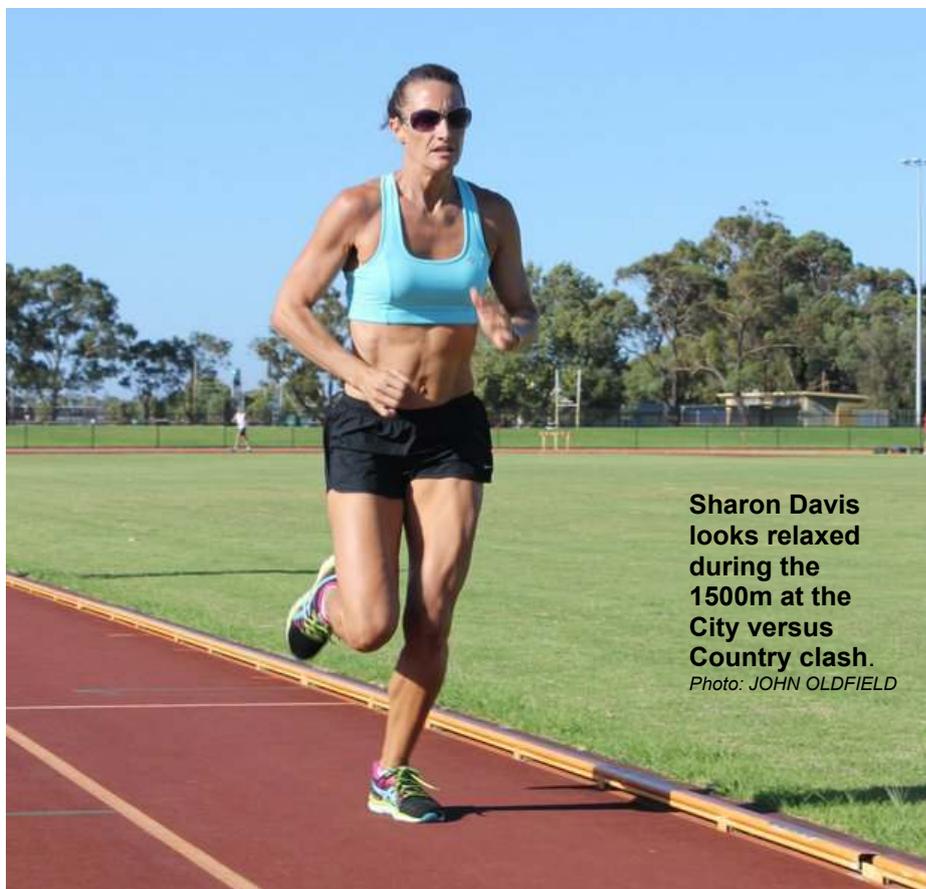
On the dot of 3 the gun went for the first 60m heat – on the back straight, downwind with the gale blowing at their backs. City folk put down a marker, with **Bernard Riviere, Mal Clarke and Melissa Foster** setting great times. Unfortunately there were a number of very quick youngsters from Bunbury, and even though the city set four new PBAs, it was probably all-square after these six heats.

The throwers were already underway, with the MAWA Mafia of **Matt Staunton, Mal Clarke and Todd Davey** heaving the shot prodigious distances and **Paula Kennedy** doing her best to match them for the opposition.

Garry Hastie, primarily a race walker but with so many more talents than that, led the 800m times (youngsters apart). Again, there was probably an even split as **Rob Colton, Carmel Meyer and Carol Bowman** matched **Rob Antonioli** and **Carey Dickason** over two laps. Still close.

The city certainly inched ahead with the discus underway. PBAs went to **Matt Staunton, Mal Clarke and Steve Fuller. Paula Kennedy, Leon Sander, Debbie Cox and Carey Dickason** tried to respond, but with **Todd Davey** (sore shoulder) backing up the City were surely ahead now.

It was the youngsters that brought Country back level over 100m. Wind-assisted PBAs for most of the city sprinters kept them in the running, but the country folk



Sharon Davis looks relaxed during the 1500m at the City versus Country clash.

Photo: JOHN OLDFIELD

were right back in it now. **Bernard Riviere, Melissa Foster, Sharon Davis, Steve Fuller, Carmel Meyer, Carol Bowman** – all PBA'd, but so did most of the country folk with the gale at their backs.

Back to the field with high jump, hammer throw and long jump and probably still all square. State records went to **Matt** with the hammer, and also **Gay Wyatt** over the high jump. Some great long jumping, all wind-assisted so no records and it was still very tight; it would probably be decided on the track.

The one-lap sprint certainly gave the edge to the country representatives, de-

spite excellent runs from **Steve Fuller and Sharon Davis** (both PBA). They were matched by **Brian Feutrill** and **Garry Hastie**, but again the youngsters had the speed that we masters could not match. It was a similar story over 1500m. The final medley relay (100, 100, 200, 400) was great fun. Again the two youngsters' teams took the prizes, but the City Chicks held up the City banner in third place.

It was a great afternoon's entertainment, with a feast to follow as we spent a pleasant hour eating, drinking and chatting after the event. First prize certainly went to **Ruth Johnson's** cheesecakes!

Hay Park competition draws visitors

THERE were five meetings at Hay Park, Bunbury during January. In mid-month, a throws pentathlon took place, with several heading down from both Perth and Mandurah. Three state records fell during the day, to **Paula Kennedy** (javelin) and **Matt Staunton** (hammer and heavyweight).

The Tuesday twilight are a mixture of both track and field. BRAC (Bunbury Regional Athletics Club) has good strength in depth in both. This showed well throughout the month. Most evenings saw as many throwers and jumpers as there were on the track. With **Sharon Moloney,**

Ruth Johnson, Leon Sander and club president **Brian Waldhuter** all showing great versatility to back up the jumping and running skills of **Rob Antonioli** and **Brian Feutrill** it was no surprise that the City v Country event was a keenly fought encounter.

High jump popularity gains altitude

ECAC – February 6

ANOTHER state record tonight for **Gay Wyatt** – her third in three weeks! This time she achieved the 1.12m that eluded her as a W55, but extended her new W60 mark. The high jump was also the scene of a great debut for **Lisa Limonas**. Lisa soared over each height up to 1.35m but was unable to clear 1.40. **Carmel Meyer** also jumped a new PBA of 1.15m; this event is really beginning to take off, literally!

On the track, three quick heats of 60m got us underway; the final heat saw all four athletes set SBs in a very tight race, **Lynne Schickert** just edging out **Carolyn Fawcett** on the line. Similar quality running over 400m meant another batch of SBs, the two heats won by regular visitors **Garry Vogler** and **Thomas Samsa**.

Unusually, there were two races of interest to our distance runners – a mile race and a 3000m. The mile was won, as usual, by **Kim Thomas**. Shining behind Kim were **Giovanni Puglisi** (PBA, 5:53) and rejuvenated **Bert Carse** (6:08). A large field of 13 finished this event, including new member **Sonia Tingay**. Sonia also race-walked the 3000m that followed. **Kim** paced **Giovanni** through to take the 3000m run, with a returning **Chris Neale**, **Bernadette Benson** and **Sandra Stockman** not far behind them.

Geoff Gee was the PBA-man with the discus, and also topped the distances for the heavyweight with a prodigious 16.08m.



Carolyn Fawcett and Lynne Schickert battle for position.
Photo: JOHN OLDFIELD

Strive (WAAS) – February 7

Opening night on the new stunning blue track was a memorable occasion. Fittingly, a very large MAWA contingent took part on a coolish, windy evening. With all three sprints

being contested, plus both horizontal jumps no less than twenty wore the black and gold.

The meet opened with eight 60m heats. **Wendy Seegers** got us off to a great start with a 7.79s 60m. **Melissa Foster**, **Lynne Choate** and **Fran Cherry** dominated heat 3 and then it was the turn of our top male sprinters.

Rob Colling set our best time of the evening, stopping the clock at 7.40, with **Rudy Kocis**, **Bernard Riviere**, and **Greg Brennan** also clocking sub-8s marks. **Wendy** (12.49, PBA) and **Rudy** (12.00) also starred over 100m.

The Club's top two jumpers, **Melissa Foster** and **Greg Brush** were prominent in the long jump, with **Melissa** also hopping and stepping out to 11.10m on the other side of the stadium in the triple.

There was plenty of MAWA interest in the 800m heats. Best time went to M45 **Xander van Rijen** (2:06), but the star was certainly **Andrew Brooker**. Andrew paced his race perfectly, stalking the leaders for 600m then accelerating confidently to win by a good five metres in a season's best of 2:14.

Scott Tamblin strode out to a swift 8:39 in the top heat of the 3000m.

Rob Shand made a rare Strive appearance, joining **Andrew Ward** in both discus and javelin events.



WENDY SEEGERS

Analysis of the results

WAAS – February 11



Campbell Till ran a sub 60 secs 400m at WAAS.

Sprinters shine

THE programme tonight offered your analyst's favourite three events – mile, steeplechase and 3000m. The mile seemed to generate best enthusiasm. **Niamh Keane** and **Ian Cotton** returned after a long lay-off, but it was the regulars **Giovanni Puglisi** (PBA), **Bert Carse** (SB) and **Maurice Creagh** (PBA) who took the eye. Most doubled-up over 3000m 15 minutes later, so not surprisingly did not record great times. **Sandra Stockman** had saved herself and produced the best performance in this race with a season's best 11:47.

The sprinters were subdued over 60m, but a good few shone in the subsequent 400m event. **Campbell Till** was back under 60s in winning the opener, with **Ian Cotton** also impressive taking the second heat. **Geoff Brayshaw's** PBA and SBs for **Ivan Brown** and **Suzi Graves** are also worthy of note. It was good also to see the annual return of British Master **Tony Faulkner** on holiday.

Highlight from the field was **Lisa Limonas** in the high jump. Lisa, after a few tips from **Dave Wyatt** last week at ECAC, cleared 1.35m. This week she took it up to 1.37m to claim a new W45 state record. **Eileen Hindle's** 1.36m record is no more. Although **Bunbury's Debbie Cox** has jumped 1.45m, she was not a member at the time, so it is an 'open' performance and not eligible as a state record.

ECAC – February 13

A really busy night at ECAC makes it difficult to mention all of the performances of merit. However, two athletes went home with a brace of PBAs – **Lisa Limonas** (100m, 200m) and **Steve Fuller** (800m and LJ). **Kristy Devereux** went one better with three – 100m, 200m and 800m.

Robin King sparkled with a great PBA in the 3000m walk. **Bernadette Benson** was back again and showed great speed with a 20:09 5000m. Final mention goes to **Dan Baldwin**. Dan made his first appearance on the track in MAWA colours, putting down very respectable times over a wide range – 100m, 800m and 5000m.

WAAS – February 18

It was a fairly quiet evening at WAAS, despite the ideal conditions – pleasantly warm with just a light breeze.

The sprinters enjoyed both 200m and 100m events, with a number of

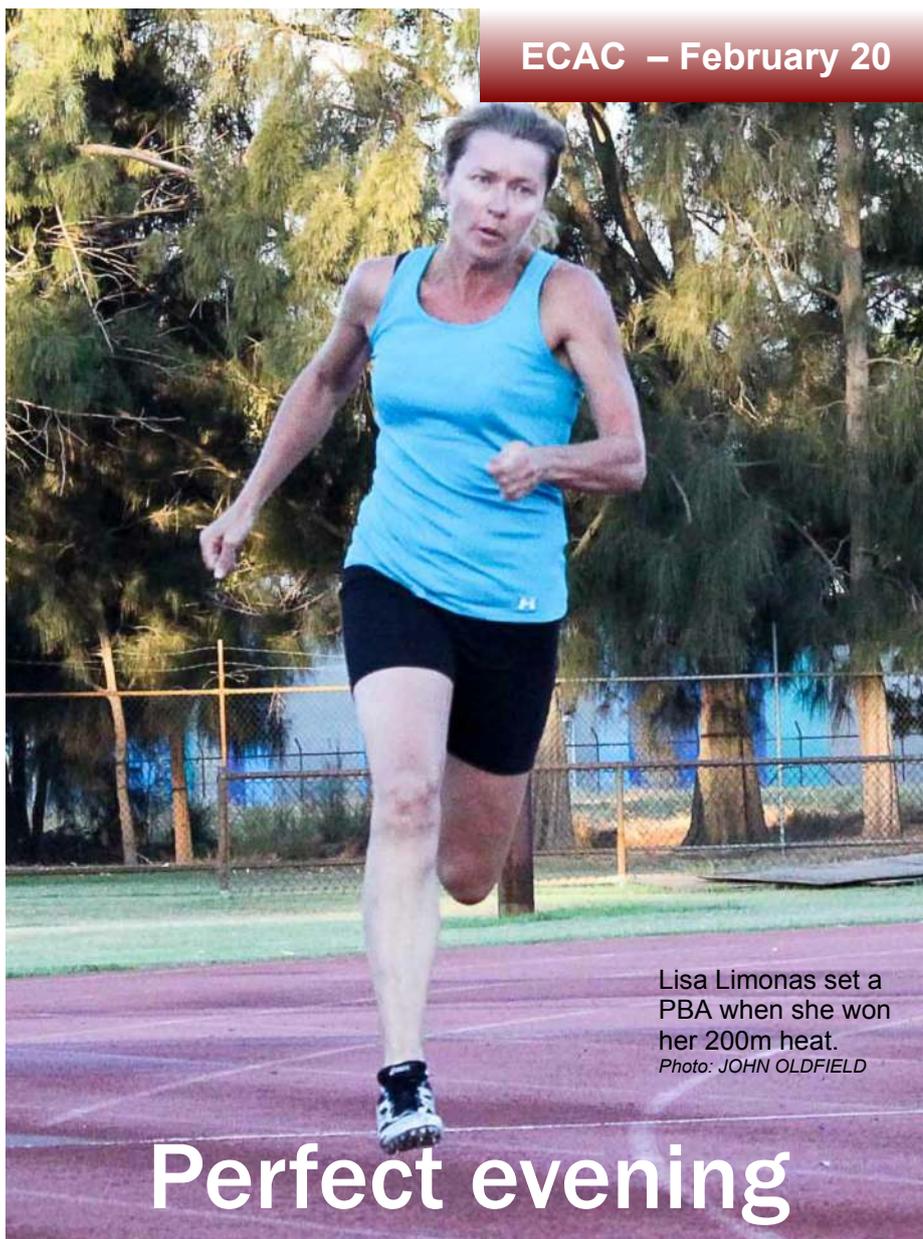
season's bests as we approach the two major championships. **Cheryl-Lee Dean** set a big new PBA in the 3000m walk. There were also some excellent performances in the long jump pit. **Chris Neale** recorded the only 5m-plus jump but a number of others were in the high-4m zone.



Chris Neale sprays the sand in the long jump pit.

Analysis of the results

ECAC – February 20



Lisa Limonas set a PBA when she won her 200m heat.

Photo: JOHN OLDFIELD

Perfect evening

AUBREY (Aub) Davie, a MAWA member from 1978 to the late '80s, recently rejoined and was a very welcome face at ECAC tonight. Aub "has not run for about 40 years, but is inspired by the prospect of Perth 2016". Good to see you back Aub!

There were highlights everywhere on a spectacular evening's track athletics.

Mark Howard, Bernard Riviere and **Bob Fawcett** were the 60m heat winners, but the show was stolen by the three ladies behind Bob in heat 3. **Monique Thomas** just took second place, but the judges could barely split **Lynne Schickert** and **Carolyn Fawcett**, giving them the same time.

A large field in the 1500m was led home by lapsed member **Garry Vogler**, with some good performances in his wake to **Ross Keane**, new club secretary **Carmel Meyer** and **Aub Davie**.

On an evening perfect for sprinting, the 200s did not disappoint. Mentions go to **Lisa Limonas** (another PBA in winning the women's heat), **Bernard Riviere** and **David Solomon** (both season's bests in the top heat).

A massed start of around twenty athletes promised a busy time for lap scorers in the 3000m. **Kim Thomas** continues to impress – another M40 best for him as he lapped the field. Rob Colton is looking good for the championships too, just shy of dipping under 12 minutes for the first time as an M50. Towards the back of the field there was still plenty to admire: SBs to family Thomas/Fawcett – **Monique, Bob** and **Carolyn** and good times too for M80 **Irwin Barrett-Lennard** and M75 **Aub Davie**.

WAAS – February 25

There was a 'sprinters' wind' this evening, encouraging excellent times in both 60m and 200m events.

60m heat winners were **Andy Taylor** (7.2s), **Campbell Till**, **David Clive** and **Geoff Brayshaw**. Andy's win was very close, with **Rudy Kocis** and **Wendy Seegers** each with a PBA and hot on his heels. **Fran Cherry** and **Carmel Meyer** also had PBAs behind David in heat three.

Andy and **Geoff** repeated their wins in the longer sprint, joined by **Ian Cotton** and **Bjorn Dybdahl**. **Terry Faulkner** (BMAF) bade us farewell with a 31.2, promising to return in 2016 for the Worlds.

Rob Nicholls achieved a 1500/3000m double, scorching home in the short race in 4:38 and backing it up with a just a heartbeat outside 10 minutes not much later. Two large fields took advantage of the benign conditions to get some practice in for the upcoming championships. We also had the unusual sight of four race walking ladies in the longer race, new members **Wendy Farrow** and **Karyn Tolardo** keeping **Cheryl-Lee Dean** and **Lynne Schickert** company.

In the field, it was good to see **Andrew Ward** finally achieving the discus PBA he has been threatening for the past few weeks. I'm also pleased to report a good long jump field, with **Chris Neale** recording the best jump – a season's best of 5.25m.



ROB NICHOLLS

Andrew's record tilt

IT was the **Andrew Brooker** story at WAAS this weekend. Attempting a decathlon at 45 is a great challenge. Andrew was spurred on by the vacant M45 state record. "I've only done distance running training this season; zero weights, zero throws or jumps practise. This helped my 400m and 1500m times" (both PBAs) "but I really felt the lack of strength and practise for discus". Andrew no-heighted in the pole vault, but, he says "this was a technical blunder – warm up jumps went well but when it counted I was taking off on the wrong foot. I only realised this afterwards."

As to the other technical event "I need to revert to a four-stride pattern in the hurdles, so have to learn to hurdle off either leg."

My unofficial total points for Andrew is a very respectable 5082, worthy of a place in the record books. However, he was incredibly unlucky in that the combined wind speed on 100m, hurdles and long jump was 0.1m/s over the permissible 'legal' limit, so the record remains vacant.

Philosophically, and typical of the man he is, Andrew comments "plenty to work on. Hopefully I'll have another crack next year."



Strive (WAAS) –
February 28

ECAC – February 13

Only a select few turned up at ECAC tonight, with mainly non-standard distance races on offer. Most were fine tuning for Hobart with the most popular event the 1000m.

David Carr stood out with 3:53, behind **Kim Thomas** (pictured) who seemed to be taking it relatively easily but still clocked sub-3 minutes. **Steve Fuller**, **Colin Shaw** and **Kem Hassan** will also be pleased with their times.



Two takers for the high jump kept your analyst occupied. **Colin Smith** attempted to raise his best to 1.30m, but just failed on his last two attempts so had to settle for an equal-best of 1.25m. **Nick Fairweather** returned to the high jump for the first time in 40 years, clearing 1.10m. He was amused when I pointed out to him this is 4cm higher than the hurdles he cleared in his early days!

Right from the Start draws comments

Many thanks to all of you who have bought a copy of my book and for all the appreciative comments you have made. I'm glad that you have found as much pleasure in reading it as I had in writing it.

Apologies are due for a few errors which were clearly mine. Amongst them, I credited Peter Gare with being M80 when he is only M70, a fact that he found quite amusing and recognition that he'd been around for a long time. I also said that some trophy winners were listed from 1885! Thank you to the readers who have pointed my errors out – keep them coming. I imagine the book will, in due course, be available online and I would like errors to be corrected by then.

Books are still available and you can buy a copy from me until I return to the United Kingdom at the end of March. You can contact me at

Right from the Start 1974 - 2014

In celebration of the 40th Anniversary
of WAVAAC and MAWA
The Club for Veteran and Masters Athletics
in Western Australia



oldfield.jc@gmail.com or see me on Tuesdays or Sundays. Cost is \$15 plus \$2.50 if you would like me to post it to you.

Christine Oldfield

Making a splash



Kim Thomas powers out of the water jump in the steeplechase at the WA State Open Championships.