

TFNL



Season 7 Issue 9
April 2014

The Track and Field Newsletter of MAWA



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World Indoors

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Lynne Choate hands the baton to Wilma Perkins on their way to a silver medal an Australian record in the 4 x 200m relay.

Photo courtesy Jean Hampson



**Aussies
shine in
Budapest
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**Cecil Walkley's
time with
running royalty
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THIS edition of TFNL covers the final events of the summer track and field season.

Clive Choate covers the WA athletes at the World Indoor Athletics Championships held in Budapest in March. MAWA had five athletes at the event and Clive stories highlights their memorable moments.

In May it is 60 years since Roger Bannister broke the four minute mile. One of MAWA members, Cecil Walkley trained and raced against not only Bannister, but also Chris Brasher and Chris Chataway who paced Bannister to his record.

Cecil's daughter, Claire, highlights his running career when he was a medical student in England.

In Christine Oldfield's profile this month Bert Carse is featured. His athletic days in Scotland and later in WA make fascinating reading.

So the summer season is over and you want to improve next season then read Margaret Saunder's "the edge" column on what to do in the off season.

John Oldfield concludes his analysis of this season with his coverage of the final events.

For those athletes who want to sharpen up their track racing a winter programme will be held at Ern Clark Athletic Centre and the programme is printed inside.

Happy reading.

GRAEME DAHL

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**Bert Carse's
polished act
keeps shining
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**Train to deliver
a knockout
next season
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Marcia Sheer



ONE of Australia's top masters' distance runners Marcia Sheer lost her battle with cancer in March. Marcia, a Queensland Masters member, still held the Australian W30 1500m record of 4m 25s set in 1992. For a number of years she also held the Australian W35 5000m record of 16m 26.3s and the W50m 3000m record of 10m 41s. Marcia is pictured with Colin Smith at the Australian Masters Athletics Championships in Brisbane in 2011.

Do a first aid course and save a life

CLAIRE Walkley's first aid training was put to good use recently as she explains.

Out doing our usual run a couple of weeks ago my fit, healthy running partner stumbled. Following my first aid training, I recognised Facial weakness, Arm weakness, Speech difficulty, Time to act FAST and put into action DRSABCD, grabbing a generous stranger to call the ambulance and tell them my mate was having a stroke. Time to treatment can make a HUGE difference to strokes, and they are prioritised to the hospital emergency ward.

So, here's the message. PLEASE if you haven't done one at all, or recently, find time and \$\$\$ to go and do a first aid course. Nothing I did was complicated or heroic, YOU really CAN make a difference. BTW my mate is recovering well, he's a very determined man. ☺

Royal Lifesaving WA 9383 8200

St John Ambulance Australia 9334 1222

ROLL OF HONOUR

10km track walk	M35	Daniel Lowe	1:06:16.10	27-Feb-14	WAAS
High Jump	W45	Lisa Limonas	1.40m	4-Mar-14	WAAS
Javelin	W45	Paula Kennedy	27.32m	4-Mar-14	Bunbury
Weight throw	W45	Paula Kennedy	9.26m	4-Mar-14	Bunbury
Throws Pentathlon	M40	Matthew Staunton	3249 pts	7-Mar-14	Launceston
100m	M80	David Carr	17.20	8-Mar-14	Hobart
5km track walk	M50	Garry Hastie	24:59.28	9-Mar-14	Hobart
Pole Vault	W40	Vicki Cobby	1.80m	10-Mar-14	Hobart
4 x 100m relay	W35	Sharon Davis	57.91	9-Mar-14	Hobart
		Carol Bowman			
		Vicki Cobby			
		Wendy Seegers			
4 x 400m relay	W35	Carol Bowman	4:36.06	10-Mar-14	Hobart
		Sharon Davis			
		Vicki Cobby			
		Wendy Seegers			
Pole Vault	W40	Vicki Cobby	2.10m	21-Mar-14	WAAS
10,000m	M30	Scott Tamblin	32:00.9	21-Mar-14	WAAS

Beautiful Budapest



By CLIVE CHOATE

THE World Masters Athletics' Indoor Championships were hosted in the beautiful city of Budapest, Hungary in the spring of March 25th to 30th, 2014. In this very friendly and ordered city of two million people, where the landscape flanking the Danube river hosted castles high on the hill and neo-gothic buildings with their many statues and structures reflecting colourful lights into the water at night, the World Masters' Association welcomed 3200 athletes from 70 nations.

The championships were held four metro stations from the city at SYMA Stadium which boasted two indoor tracks and outdoor throwing areas, while the cross country and road walks were held in the beautiful City Park. The main track was built two days before the championships when the venue became available after hosting a conference. We watched with interest as the mechano-like six-lane 200m circular track was pieced together in less than 52 hours. An eight-lane 60m track and raised long jump run up and pit was built inside the cambered track.

The venue promoted an exciting atmosphere as athletes powered just centimetres from spectators who lined the fence next to the high camber of lane six. The grandstand was packed and the two-tier stadium generated a lot of noise. Western Australian Masters' athletes excelled in this world class competition.



Peter Sandery (#75) sits on the runner in front in Budapest.

The championships were extremely well organised by the Hungarian association and displayed the strength of athletics in Europe where the northern hemisphere athletes dominated. The Australian, and in particular WA athletes, "punched above their weight", given there are no indoor tracks in the southern hemisphere. With more than 50 Australians at the championships they were well represented.

The next World Masters' Indoor Championships will be held at Daegu in South Korea between March 19th to 25th in 2017. If you want to experience exciting athletics at its best, in a noisy, motivating stadium which will be like a huge athletics' party you will never forget, then put this

date in your calendar. The Koreans are very keen to put on a world class event.

The Budapest World Indoor Championships was a wonderful experience, combining travel with outstanding competition where many friendships were made and renewed in a non stop party of athletics.

The enthusiasm for the championships was evident when the last relay runner crossed the line, celebrations began. Hundreds of officials in their yellow shirts swamped the finish line and the starters fired their guns in the air, celebrating a great week. These pragmatic, exuberant and proud people had put on a great event which everyone enjoyed.

Bob enjoys his outdoor races

BOB SCHICKERT (M70) was enthralled with the standard of his peers as he raced long distance events around the indoor track and in the cross country in the beautiful parks around Budapest.

Bob's early events were in the outdoors when the 8km cross country took runners through Central Park in fine but very crisp temperatures amongst the winter colours and the emerging spring blossoms. The city of Budapest is a very neat and welcoming city and Bob noted, while he couldn't match it with the lead runners, he did enjoy his races in this city.

It was a more difficult task for Bob on the indoor track where he commented, "the camber even in lane one was quite unsettling in retaining balance throughout the many laps on the 200m circuit".

Newcomers to indoor racing also reported they had to get their head around running double the number of laps where a 1500m race demanded negotiating 14 banks every 80m throughout the race.



Melissa stars with two record jumps

MELISSA FOSTER (W35) produced exceptional form winning two silver medals in the jumps, with new Australian records. Her first event was the 60 metres where she qualified for the semi-finals, but with the race set for 11:00pm after a long day, Melissa opted to rest, and concentrate on the jumps. It proved a wise decision, and she came out next morning and, on the raised run up, flew 30cm further in the triple than she had ever jumped before. This secured the silver medal and a new Australian record.

Melissa loved the indoor environment and the international competition which lifted her performances. "The raised run up platform made me feel as though I was flying over the sandpit", she exclaimed. Melissa repeated her excellent form when she set another personal best, this time in



the long jump, for a silver medal and another Australian record.

"I wasn't aware that my jump form was any different, but the fantastic indoor environment was just something special. Our competition was world class and I just kept jumping consistently further each time I ran in".

Greg excels with record breaking throw



Field event exponent GREG URBANOWICZ (M35) mixed it with a troop of European throwers, and thrived on the push to compete at the highest level. His first few events were on the outdoor circles where the huge men plied their trade. Even their warm ups exuded power and technique, accompanied by the entertaining yell of the throwing circle.

In Greg's early throw events he hurled to his nominated performances and in the competitive environment he threw a new Australian record in the shot put. Huge men performed with effortless ease and explosive power.

The throwers were in a world of their own -- they were "pigs in mud" as they

grunted their throws and stamped their huge thighs towards the throwing circles inside their cage. But away from the contest they shared a rapport different to the track runners. Greg won many friends who reciprocated coaching and technique advice as he progressed through each discipline.

By the time he lined up for his weight-throw at the indoor stadium, his peers soon respected his prowess as he spun the heavy-weight towards the rubber matted floor. Greg sent the implement further with each throw to almost hit the 14m mark when he claimed the bronze medal with a great throw and new Australian record!

Aussies set record

LYNNE CHOATE (W60) loved running in her first indoor championships. Most of the top sprinters, especially from Europe, came to the championships and Lynne lined up with two world record holders in Karla Del Grande and Caroline Powell. After a close qualifying run in the 60m in the semi-final to Powell, Lynne ran a strong final to take the bronze with a gutsy run, keeping the other Europeans out as Del Grande set another world record for the distance.

Lynne's 200m event saw a long day of qualifying through heats and semis, her last run of the day after 7pm. She was very pleased to qualify for the final which hosted only six runners on the indoor one lap circuit. A fifth place in another world record run by Del Grande was a very good result.

Culminating her championship, Lynne combined with Wilma Perkins, Linda Lynch and Jeanette Flynn in the 4x200m relay which had the crowd on their toes. The atmosphere in the stadium erupted each time the athletes powered down the last 30 metres to the waiting, nervous athletes, bunched up in their changeover order.

Runners pushed and shoved, tripped and fell, crashed in front of athletes racing for the line, and with teams dicing with



Photo provided by Jean Hampson

Two teams, two silver medals in the 4x200m relay (from left) Jeanette Flynn, Linda Lynch, Jean Hampson, Noreen Parish, Lynne Schickert, Wilma Perkins, Paula Moorhouse and Lynne Choate show their pride with the Australian flag.

different strategies, faster and slower runners in different team legs, saw the lead change in many contests.

Running the first leg for Australia, Lynne put the W60s into the lead which they held until the last 80m of the race. Great Britain world record holder Caroline Powell grabbed the lead just before the final camber to give her team the gold medal. Both teams bettered the previous world

record by five and three seconds respectively, and were well clear of the other teams. The Australian team set a new national record.

Competing in her first indoor championships, Lynne mixed it with the best sprinters, and commented, "I have discovered a new and exciting experience in athletics which is so enjoyable and motivating!"

Crowd cheers in thrilling relay

WHAT an experience for LYNNE SCHICKERT (W70)! In addition to her usual honest effort in the track walk and road race walk, Lynne was part of an exciting triple jump competition which was one of the highlights of the six-day meet. Competing in a mixed age group, fellow triple jumpers around Lynne broke the world record on no less than eight occasions, one competitor on two successive jumps.

"It was very exciting just to be part of the event and to share the tension of the contest and excitement of world records going off," Lynne declared.

Lynne had some particularly busy days where competition was

punctuated by her role in AMA administration. Lynne attended numerous meetings, and also promoted "Perth 2016" as well as delivering part of the contract arrangements to the international board, reinforcing the organisational prowess of the WA Local organising committee.

On one busy day Lynne completed the 3000m walk in which she finished fifth, then judged other walk events for the remaining contests. She was thrilled to be recognised as "an international walks judge" at these championships.

Her indoor appearance ended on a high when she completed a solid leg of the 4x200m relay to win a silver medal in front of the final day stadium, packed with more than 3000 spectators, screaming for their teams.

Running the third leg, Lynne kept the British runner at bay to hand over to Jean Hampson who brought the Australian team home to a new national indoor record. The team of Jean Hampson, Noreen Parrish, Lynne Schickert and Paula Moorhouse were thrilled with the result.

Born to run

Claire Walkley's inside story of one of MAWA's most credentialed runners.

In 1995 Cecil Walkley raced Chris Chataway and Chris Brasher at Oxford in the mile and was elated to *finally* beat them both. Roger Bannister was present but with a walking stick following a car accident. Brasher died in February 2003, Chataway recently in January 2014, Bannister is still alive but now in a wheelchair. Cecil is still running!

“Competitors and the 15,000 crowd, with thunderous applause, voted Walkley, the Cambridge three-miler, top sportsman in a grand match. Walkley didn't win, but with England losing by 4-2, and scrambling for vital points, he sacrificed all hope of personal triumph to back Brasher's victory bid. It was a triumph of strategic manoeuvre and team spirit, translated into track action.”



Cecil Walkley leads fellow Cambridge runner Chris Brasher in a three mile event with Brasher winning in a time of 14min 36s to Walkley's 14min 44.4s on July 1, 1950 at White City Stadium. INSET: Chris Brasher paces Roger Bannister in the record run.

Bannister's mile run

ON August 28, 1937, Sydney Wooderson set the world record for the mile at London's Motspur Park in 4:06, then war broke out, all competitions were cancelled, and Britain felt robbed, believing that just a little more time and the sub-4 minute record would have been broken by them. The Swedes and US, not so affected by the war, kept trying and got very close. Post war Britain was thus desperate for the Commonwealth to be the first to run under four minutes.

On May 30, 1953, Bannister planned an attempt on the record with Chris Chataway and Cecil Walkley as pacers. It was

In May it will be 60 years since the four minute mile was broken. A group of university students who regularly race against each other hatched the plan to break the barrier. One of those runners was MAWA's Cecil Walkley, his daughter Claire tells the story.

scratched because of strong winds. Bannister believed he only had a certain number of good races in him and if he didn't think he could run an excellent race would pull out.

A further attempt was planned on May 6, 1954, again at Iffley Rd track, Oxford, with Chris Brasher and Chataway pacing

this time. Cecil was by now deep in medical training delivering babies at homes and Westminster hospital to get his required training hours.

It was nearly cancelled due to strong winds, but at the last minute the wind dropped and the record finally fell in 3m 59.4s.

Cecil's running world

CECIL Walkley was born on April 29, 1929 and thus is about to have his 85th birthday! You've possibly heard him say that the Comrades medal he has is the smallest and most precious he's ever received. But you might not know that in an earlier incarnation he ran with Roger Bannister (first man to run sub-4 minutes for the mile), Chris Brasher (Gold medal in the 1956 Melbourne Olympics 3000m steeplechase in 8m 41.2s and creator of the London Marathon) and Chris Chataway (5000m world record in 13m 51.6s in White City, London 1954). These three are, of course, the team that took Bannister to his record.

Dad first discovered he was good at running when he was sent to Eastbourne College, south of England, and won the cross country in 1948. A couple of months later he ran in an interschool match and broke the half and full mile records on grass tracks. However, he was also an excellent tennis player. He won the Oxfordshire 18 and under singles tennis and got through two rounds of the singles at the Eastbourne Open tennis championship, teaming up with the school master in the doubles.

He then went up to Cambridge on a Kitchener scholarship from the British Army in 1949 to read Medicine. Failing his studies would mean the end of the scholarship and his medical studies. He thus only had time for one sport, decided he was ultimately too short to have the required power in serving, plus running was cheaper!

At University, races were run on cinder tracks. Shoes were kangaroo leather, with spikes and laces. They were run anti-clockwise, four laps was 1760 yards, being a mile. Training was twice a week, a 30 minute walk to the track, three laps of the track, rest, repeat, walk home. Races on Saturday. It was believed to be detrimental to train too much!

He competed in the freshman's year races one mile and three mile and won them both, continuing on to run throughout the summer of 1949 for Cambridge and frequently at White City stadium (built for the 1908 summer Olympics) in local and international events for which his train fare would be paid by the Athletics Association. The photo is of Chris Brasher and Cecil competing in the three mile race against the



MAWA's Cecil Walkley still running... this time in a steeplechase at WAAS.

Ivy League (Princeton and Cornell this time) on Jul 1, 1950. Pacing was not yet in common use but Chris and Cecil conspired between them for Cecil to pace and wear out the US with Chris, having a slightly stronger finish, winning the race. It worked. Chris first (14m 36s), Cecil second (14m 44.4s). The papers reported:

"Competitors and the 15,000 crowd, with thunderous applause, voted Walkley, the Cambridge three-miler, top sportsman in a grand match. Walkley didn't win, but with England losing by 4-2, and scrambling for vital points, he sacrificed all hope of personal triumph to back Brasher's victory bid. ... it was a triumph of strategic manoeuvre and team spirit, translated into track action."

To win his blue (given to the fastest in the University in that year in that event) Cecil had to switch to the mile, Brasher was always 5secs faster in the three mile.

In 1952 he went down to Westminster Hospital, London University, to continue his medical training, and broke the London three mile record. He was designated a hopeful for the Helsinki Olympics and given extra rations of meat and eggs, Britain was still on post-war rationing.

Bannister and Cecil both took their oral examination for admission to the Royal College of Surgeons, passed and thus qualified, on the same day in 1954.

Cecil joined the Kings African Rifles in Kenya as a medical officer and was part of the team that discovered that the Kenyans could run. The times they were sending back to London were not believed by the Army, surely no-one could run that fast and especially untrained. Idi Amin was part of this group and Cecil reports that he was one of the few soldiers who would turn out to train even when not compulsory.

Sadly, Idi Amin's determination was later put to extremely sinister use and Uganda's history tells the awful legacy he left. Cecil represented Kenya in the mile event against Tanganyika and Uganda as a last minute substitute. This time he didn't win.

In 1995 Cecil raced Chataway and Brasher at Oxford in the mile and was elated to *finally* beat them both. Bannister was present but with a walking stick following a car accident. Brasher died in February 2003, Chataway recently in January 2014, Bannister is still alive but now in a wheelchair. Cecil is still running!

Bert Carse's

Polished act



In focus

With Christine Oldfield



Bert Carse strides out in the 5000m at the State Championships recently.

BERT Carse was born and raised in Edinburgh, Scotland, where he completed an apprenticeship as a French polisher then worked for both a bar fitting and a shop fitting company. His interest in athletics began at 16 and he became Sports Champion of the Edinburgh Battalion of Boys Brigades. He represented Braidburn Athletic Club in cross country, road and track races at youth, junior and senior levels, winning various championships.

From 1962 he ran for Edinburgh Athletic Club and with the help of the Olympian training schedules of New Zealand coach, Arthur Lydiard, he established himself as an up and coming athlete. In April 1963 he represented the Territorial Army in a cross-country match against the Regular Army. Also in the team was John Tarrant, 'The Ghost Runner', whose name is associated with MAWA's Jim Barnes Run and the Weir trophy. Between 1963 and 1965 Bert represented various entities including the Scottish Cross Country Union and Scotland, his races sometimes including elite athletes. On the track he concentrated on middle distance.

In 1962, at an Empire Games Ball being held to raise money for the Scottish team going to the 1962 Empire Games in Perth, he met Bridget. They married in 1963 and the first of their three children was born in 1965. In 1966 the family emigrated to WA, their arrival being recorded on the Welcome Walls outside the Fremantle Maritime Museum. They now have six grandchildren and two great grandchildren.

Just after arriving in Perth, Bert went to watch the State Championships at Perry Lakes. John Gilmour talked to him about Canning Districts AC but, before he could join, he contracted typhoid. When he recovered he joined the Western Australia Police Force and served for thirty years before retiring as a Police Inspector in 1996. He competed in several World Police and Fire Games, including those in San Diego, Melbourne and Sydney and in recognition of his achievements in 1988 and 1995 he received the WA Police Commissioner's award.

CONTINUED NEXT PAGE

keeps shining



Bert Carse leaps over the water jump steeple at WAAS.

FROM PREVIOUS PAGE

AFTER retiring, he turned a hobby into a business and, until 2013, worked as a professional videographer. Bert lives in the Hills and, as a community artist, has exhibited in local exhibitions. He is also an assistant co-ordinator with the Kalamunda Learning Centre. He regularly pounds the Railway Heritage Trail through the Hills and is race director for the Kalamunda Railway event.

In 1985, after a long period without running, he read that the World Veteran Athletics Championships were to be held in 1987 in Melbourne. So he joined the Vets and began to get fit again. In the 1986 Perth Peoples Marathon he ran 2:47.41, winning a prize for being the fastest first timer. In Melbourne he reached the finals of the 1500m and 5000m and won a silver team medal in the M45 cross-

country. He went on to win the veteran street mile in Kalgoorlie in 1988 and 1989, earning himself a gold nugget each time.

Bert participated in championships at all levels, never failing to win medals – and they were mostly gold. In 2002 in addition to six gold medals at the Oceania Masters Games in Geelong he received the Clem Green Trophy for the best age-graded performance in a 1500m race. At age 60, in the State Open Championships, he came third in the 5000m and won the 3000m steeplechase. As champion he qualified to represent WA at the National Championships in Brisbane. But he says *“I did not take my win seriously and declined the invitation”*.

Bert has three sub-3-hour marathons to his credit and in 2008 he was the inaugural winner of the Jim Barnes Trophy for the highest age-graded performance in the Perth

Marathon. After MAWA's 2014 State Championships he will be looking forward to May when he will run the Edinburgh Marathon. He regularly features first in his age group in Club Tops and has set many records, some Australian, over the years. He is still the holder of state records in the 1000m, mile, 2000m steeplechase, 4x800m, 4x1500m and state bests in the 15km and 25km road runs in several age groups from M45 to M70.

At the World Masters Championships in Lahti, Finland, in 2009, he won bronze in the 2000m steeplechase and took gold as a member of the M65 cross-country team, *“enjoying the experience of being a member of the team immensely”*. His plans are to compete at world level again – in Lyon in 2015 and in Perth in 2016, when he will just have turned 75.

Knockout season

THE summer season has nearly finished. Did you achieve the results for which you were hoping? Did you exceed your expectations or are you disappointed? The answer to these questions should lead you to plan your approach to winter training.

Do you want to improve one or more aspects? For example, is the strength component lacking or do you require more speed? Mastering correct technique should be a high priority during winter training.

Winter is the time for all endurance athletes to build strength and endurance that may deliver that knockout performance next season. This may mean longer runs at a moderate intensity. However sprinters may also need to work on this facet of their event. Speed is an important component for all athletes. However different types of speed training will be required in order for the training to be event specific. For example, jumpers should do run up speed training and throwers need speed across the throwing circle. Distance athletes need an aerobic base before they work on their speed.

Weight training for throwers to build specific strength can be undertaken during the winter months. Other disciplines would also benefit from weight training. It may be a



the edge

With Margaret Saunders

good idea to get a programme from a professional in order to avoid injury and ensure the exercises are correct for the individual.

Plyometric training is another suitable training session for winter. The hopping and jumping increases muscle power and explosiveness. However there are injury risks with this type of training session. Always start with low volume training sessions and gradually the body will adapt and further loading may occur.

It is also important to work on core strength. This will help to prevent injuries in the competition phase of the year. Flexibility and technique drills should be in the programme. Skill development is another important component if the individual is to achieve their personal best performance.

However winter may bring some issues due to the cold weather and shorter daylight hours. This may make it more difficult to see where you are running if going for an easy run.

Motivation is sometimes harder when the weather is not conducive – it is certainly more difficult to motivate

yourself when the weather is cold and wet.

However remember that the benefit will be

seen when the weather improves again.

Always remember to allow time for recovery from each training session. A training programme that is well planned and shows balance with different types of sessions will ensure you achieve your goals for next summer season.

Enjoy training and thanks for the feedback from these articles.



Head south to run in winter



WINTER PROGRAMME 2014

	1st event	2nd event	3rd event	4th event
10-Apr	200	1000	400	60
17-Apr	600	200	1 mile	100
24-Apr	800	100	5k	60
01-May	60	300	1500	200
08-May	200	2k	800	100
15-May	400	4k	60	1500
22-May	1000	60	600	5k
29-May	100	5k	200	800
05-Jun	100	1 mile	60	600
12-Jun	300	60	2k	4k
19-Jun	1000	200	5k	400
26-Jun	60	1500	400	3k
03-Jul	200	5k	60	300
10-Jul	800	1500	100	4k
17-Jul	2k	400	60	3k
24-Jul	60	300	4k	200
31-Jul	800	200	3k	100
07-Aug	200	1500	100	5k
14-Aug	400	4k	200	1 mile
21-Aug	100	800	60	5k
28-Aug	100	3k	600	2k
04-Sep	400	60	5k	100
11-Sep	60	1500	200	300
18-Sep	60	800	100	5k
25-Sep	200	3k	400	1 mile

Walks included from 1000m to 4k

THURSDAY at Ern Clark Athletic Centre (Coker Park) 6pm start

Tea/coffee and biscuits provided at
end of evening

**NB Please note carefully the order
of events**

No meets at WAAS

THE Committee have decided that there will be no formal Track and field Tuesday meets at WAAS this winter.

The reasons are:

(a) Last year numbers were frequently in single figures and on occasion less than 5. With such low numbers, the effort of setting up the meet and preparing/reporting results cannot be justified

(b) The restriction on the use of lanes one and two means we cannot race over measured distances above 400m

The committee will work with VenuesWest to come up with a suitable arrangement to allow us to have our summer meets from October 1.

Members are still welcome to go on a Tuesday evening and have their own training session.

Bunbury provides variety

TUESDAY and Saturday meetings continued regularly at Bunbury during February and March. BRAC is an all-embracing club, so Masters members compete regularly alongside juniors and open-age athletes. This makes for excellent competition, as well as many parent/offspring challenges. Another major feature of athletics with Perth's southern neighbours is the huge variety of events. Regular hurdles, pole vault, combined events ensure that the programme is not monotonous.

Around 20 MAWA members take part. Very prominent this season has been W45 **Paula Kennedy**. A thorn in the side of the City team as she kept notching up points in the City v Country challenge, Paula continued after we left. No less than three state records fell to her in the period under review – hammer (February 18), javelin and weight throw (March 4).

Deb Cox and **Ruth Johnson** have also produced good results. Deb, BRAC club secretary, is another W45 regular throws specialist, with two new PBAs – javelin and discus. Ruth, now W70, still performs at a consistently high level. Sprints, middle distance, short and long hurdles, horizontal jumps, high jump, all the throws – she is comfortable with all. A bagful of medals will surely head back south with her after the States. **Sharon Moloney** has had a quiet time, but watch out, she's another who will produce at WAAS this month.



Brian Feutrill steps down the runway in the triple jump.

On to the men: from M30 with all-rounder **Steve Chilcott**, all the way up to M75 **Leon Sander** there is plenty of quality. **Garry Hastie's** walking prowess

shown at Hobart masks other talents too. Garry throws well, especially the javelin and also runs quickly over the longer events. Noted this month a 32m javelin throw.

Brian Feutrill, another M50, is another catching my eye this month. 8.3s over 60m, 13.5s 100m, a 2.80m pole vault, 4.99m long jump, 16.9 100m hurdles, 10.74m triple jump, 2:43 800m. These give a snapshot of the breadth of his abilities.

Club President **Brian Waldhuter**, M70, is also closing the season in fine form. 64.7s over 300m hurdles, excellent 100m and 200m times, when added to his long jump and throws performances prove he is more than just an able club leader.

Rob Antonioli was everywhere in the C v C challenge. He continued performing well throughout February, with excellent flat and hurdles middle distance events, backed up with solid jumps. Unfortunately, Rob suffered a bad Achilles injury at the end of the month and is probably now out for the season.



Paula Kennedy prepares to throw the javelin.

Andrew storms home in 5000m

WAAS – March 4

Andrew Davison strides down the back straight on his way to a 17min 47sec 5000m.



THE final meeting before the Hobart nationals took place in almost windless, mild conditions. This led to excellent times in the opening 100m heats, won by **Wendy Seegers** (12.2s, SB) and **Geoff Brayshaw** (14.2s). **Colin Smith** also ran a season's best, just behind **Maurice Pascal**. Maurice has been suffering from injury for most of the season and is easing his way back into shape.

A swift 1000m led to five PBAs, including the winning trio of **Mark Dawson**, **Bjorn Dybdahl** and **Ross Keane**, separated only by two seconds. **Trish Farr** paid us a rare visit, toning up with some speed work in her preparation for next month's Boston Marathon.

A 60m sprint was added to the programme to help those going to the World Indoors in Budapest at the end of the month. **Melissa Foster** and **Lynne Choate** took good advantage, but it was the speedy **Wendy Seegers** who took out the opening heat on a good night for the ladies.

Andrew Davison, now at the end of his first season with the Club, stormed home in the 5000m, in an excellent time of 17:47, although "disappointed – wanted 17:30". **Mark Dawson** ran a season's best. **John Oldfield** decided he felt good after 600m and switched focus to 3000m in an abortive attempt to beat his UK record. Well on track with lap splits up to 2400m he ran out of steam ending behind his target time.

Best triple jump was **Melissa Foster's** 10.98m, although some way below what she can do at her best. Not so with **Lisa Limonas** in the high jump. She leapt to her second state record in three weeks, this time 1.40m. **Colin Smith** also jumped well with a new PB of 1.30m.

ECAC – March 6

Despite depleted numbers due to absence in Hobart there were still some good performances this evening. **Steve Fuller** entered two events and set PBAs in each. His 4.35m long jump and 5:38 1500m were the highlights of the evening. **Tina Runnion** also pocketed a PBA over 1500m.

Two W60s ran season's bests in the 100m sprint. **Maureen Keshwar** flew across the line in 16.0s, inspiring **Carolyn Fawcett** also to an SB.

There has been a noticeable increase in distance walkers of late. New members **Sonia Tingay** and **Karyn Tolardo** joined **Robin King** showing off the talents we now have in the W40, W45 and W55 ranks in this discipline. Their 5000m times

were very respectable in perfect conditions. Running the same distance, **Kim Thomas** again took the honours, but behind him came good results for **Rob Colton** and **Dante Giacomini**, with **Sue Bourn** also looking good.

WAAS (Strive) – March 7

It was the **Paul Jeffery** show tonight. Recently entered into the ranks of M40, Paul turned it on with a great all-round performance – 6.08m in the long jump, followed by a PBA of 24.32 over 200m. He then topped it off with a 38m discus throw.

Three new PBAs in a very concentrated evening's athletics and all of a very high standard. Noted that both Paul and brother **Mark Jeffery** are entered for the state pentathlon championships next weekend. All three

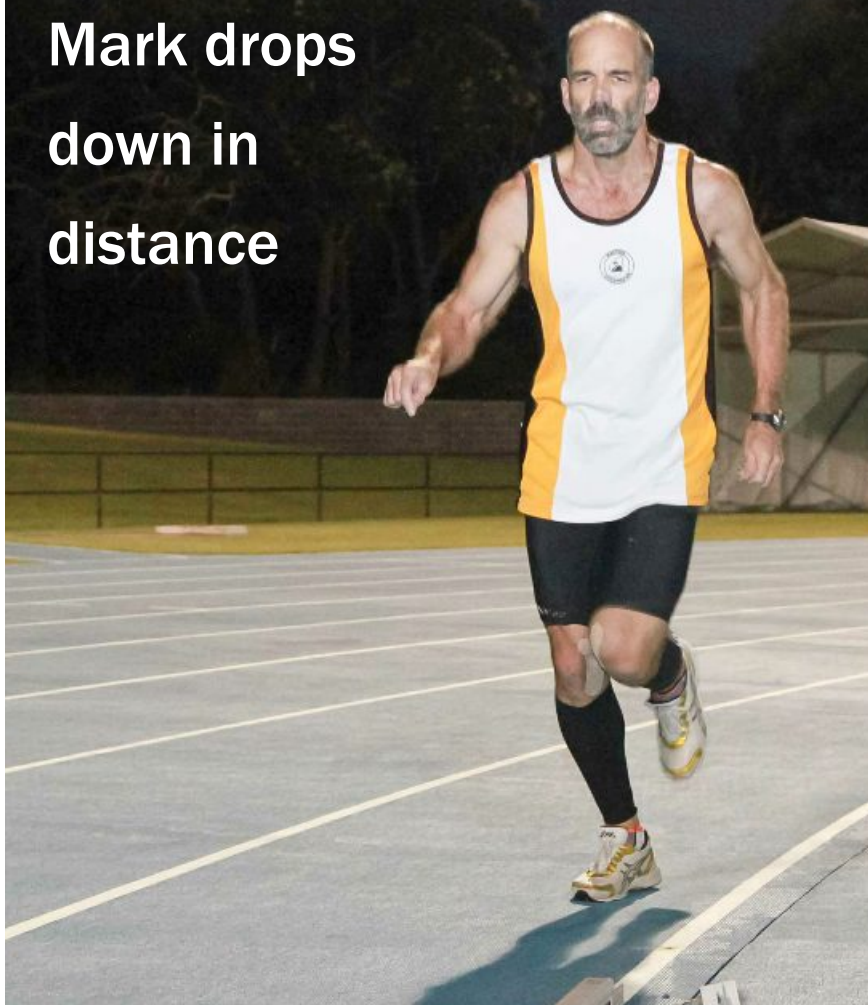


PAUL JEFFERY

of these events are included there. Mark currently holds the M40 state record and Paul the M35. Could be a great head-to-head next week!

Analysis of the results

Mark drops down in distance



WAAS – March 11

GOOD conditions again at WAAS gave us another excellent evening's athletics, even though our Hobart folk were still missing.

The evening opened with two heats of 400m. **Bernard Riviere** took the opener, with a solid PBA of 62.4s over what he calls "a marathon". **Mark Dawson**, used to much longer distances also recorded a good PBA. The second heat was won by the ever-improving **Carmel Meyer** in a season's best.

Four season's bests and a PBA marked the 1500m. **Steve Weller** took the honours, with **Ross Keane**, **Niamh Keane** and **Christine Oldfield** also smiling with SBs. **John Oldfield** went one better with a solid PBA of 6:06.

The other sprint, over 100m saw heat wins for **Fran Cherry** and **Bernard** again. **Fran** just edged out **Carmel** in a very tight finish.

Melissa Foster went home most pleased of the field athletes. An excellent 5.38m long jump was backed up with a 9m-plus shot put as she geared up for the World Indoors in Budapest.

ECAC – March 13

A FAIRLY leisurely evening's athletics gave your analyst time for a bit of reflection. One of the important aspects of our very special club is the opportunity it gives for over-thirties to change their lifestyles. We have in our ranks athletes who have competed throughout their adult lives, some at exceptional levels. And we all enjoy and respect these top performers. But an equally important subset is those who return to athletics after years out of sport, or even start for the first time.

An example tonight was a sub 3-hour marathon runner in 1984, the year in which he completed both London and New York. He even ran a 10,000m race in the same decade alongside (or should I say behind?) Sebastian Coe. **John Fisher** joined MAWA about a year ago. His Australian Army, now reservist,

commitments meant he has only run very casually since those heady days of the '80s. Until recently he was mainly a Sunday runner, but began racing on the track a few months back.

Tonight, John ran all four races – two sprints, the 800m and 3000m. He's not a sprinter, but clocked a very respectable 3:05 for an 800m PBA. Then, in the final race of the evening your analyst tried to pace him to a 13:15 3000m; his previous best was 14-plus. Not surprisingly after three earlier races he ran out of steam in the final two laps. He clocked a 20-second PBA in 13:48 – and was still smiling.

Yes, we have the top-performers, but the great strength of our club is that we are home to anyone who wants to run. Let us never change from that philosophy.

WAAS (Strive) – March 14

THREE sprinters, a middle distance speedster and a javelin thrower who

goes on forever – that was Strive tonight.

On a cool, blustery evening, **Glenn Ross**, **Rudy Kocis** and **Greg Brennan** gave us an exhibition of top 100m running. M40 **Glenn** clocked 11.71s in the top heat, mixing it with the young guns. **Rudy** ran away with heat 2 in a season's best of 11.84s; then urged **Greg** as he also produced an SB of 12.36s in the following heat. Sterling stuff, making the officials proud to be watching MAWA athletes hold their own against the best Perth can produce.

It was not over, either! Middle distance ace **Scott Tamblin** braved tough, gusty conditions to give us yet another sub-4 minute 1500m in taking second place.

Finally it was the turn of evergreen **Rob Shand**. Now M80, Rob was within a few centimetres of his PBA with a 20.95m javelin throw.

Colin back in the groove

WAAS – March 25

THE final meet at WAAS for the season was greeted by cool, overcast weather. With many saving themselves for the championships steeplechases later in the evening, there were still reasonable numbers for the regular programme.

A wind-assisted 100m saw **Wendy Seegers** storm home in 12.4, followed closely by a rejuvenated **Colin Smith**. **Ross Keane** took heat two, inching in front of **Barrie Kernaghan** and **Fran Cherry**.

Two heats of 400m were keenly contested, although **Colin Smith** again showed some class with a swift final straight. The regular events closed with a 1500m in which **Ross Keane** confirmed good form leading into the championships this weekend. His 5:10.9 is a season's best.

Colin Smith storms up the main straight.

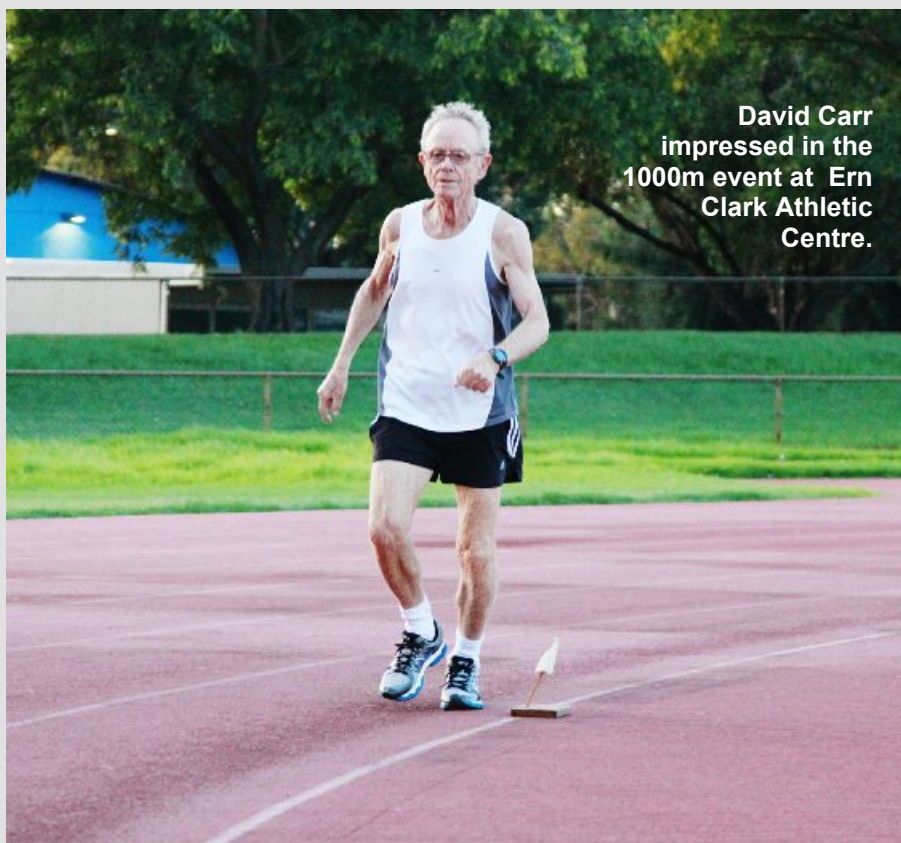


ECAC – March 27

STAR distance runner **Bernadette Benson**, just into the W45 category, graced the track this evening. She's preparing for next week's 24-hour race on the track in Coburg, Melbourne, but still showed that she has all the pace needed for short runs as well. PBAs over both 1000m and 3000m in her final outing before a 24-hour run are testament to her versatility.

There were only a few hardy members there tonight with the championship weekend only 36 hours away. However, **John Oldfield** put in his final appearance before heading away on his annual migration to England and clocked a big PBA in the 1000m race. **David Carr** also impressed in this race, with **Maurice Creagh**, **Colin Smith**, **Sue Bourn** and **Nick Fairweather** also showing on the night that they are in good form for the State Championships on Saturday and Sunday.

David Carr impressed in the 1000m event at Ern Clark Athletic Centre.



Analysis of the results

Grahak impresses

WAAS – March 18

WITH a pleasant following breeze, conducive to good times, the sprinters again had smiles on their faces. **Lynne Choate** (100m and heat winner 200m), **Rob Colton** (100m), **Fran Cherry** and **Blakeney Tindall** (both 200m) each set new PBAs. **Rudy Kocis** won the top heat in each event, with **Steve Fuller** taking the other 100m honours. **Wendy Seegers** ran Rudy close in the shorter sprint.

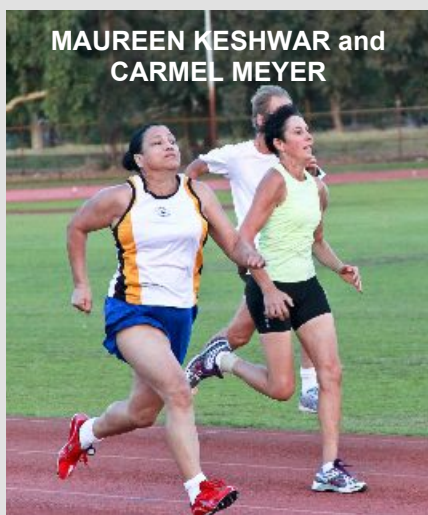
Two 800m heats also left a good number pleased with their evening's work. **Rob Colton** and **Grahak Cunningham** were first over the line in each heat. I felt for **Ivan Brown**; he's been getting ever closer to his target of sub-3 minutes, but the clock just ticked past as he lunged for the line. **Christine Oldfield** achieved her target of sub-4 for the second time in a month and another season's best.

There were few takers for the longer race this evening. **Grahak Cunningham** snuck under 20 minutes as the only 5000m finisher. **David Adams** led the small group of five home over 3000m.

Grahak Cunningham stopped the clock with a sub 20 minute 5000m.



MAUREEN KESHWAR and CARMEL MEYER



ECAC – March 20

A SMALL number of entrants took part in a programme which had been reduced to make room for the Championships 10,000m race.

We opened with two heats over 100m. **Colin Smith** took the first ahead of **Jeff Bremner** – welcomed

to his first T&F meet since joining. **Carmel Meyer** eased home ahead of **Maureen Keshwar** in heat two, with **Brian Hewitt** a close third.

Robin King showed good speed in the 2000m, race-walking. The walk was well contested, with **Sonia Tingay**, **Lynne Schickert** and **John Smith** all in the hunt. The runners were led across the line by **Brian Hewitt**; **Carolyn Fawcett** set a new PBA over this occasional distance.

The final event before the 10km race was a single heat over the one-lap distance. **Colin Smith** led **Jeff Bremner**, mirroring the 100m result, with **Colin Shaw** and **John Fisher** each pocketing a PBA.

WAAS (Strive) – March 21

It is not very often that a state record is broken by more than three minutes. That's what **Scott Tamblin** did to the 10,000m tonight at WAAS. His time of

32:00.9 will surely stay on the books for a long time. Scott now holds every M30 SR from 800m to 10,000m – a monumental achievement.

Another record breaker tonight was **Vicki Cobby**. Two weeks ago in Hobart, Vicki set an inaugural W40 pole vault best of 1.80m in taking the National gold medal. Tonight, in her Strive debut, she raised this to 2.10m.

SCOTT TAMBLIN

