

TFNL



Season 8 Issue 2
NOVEMBER 2014

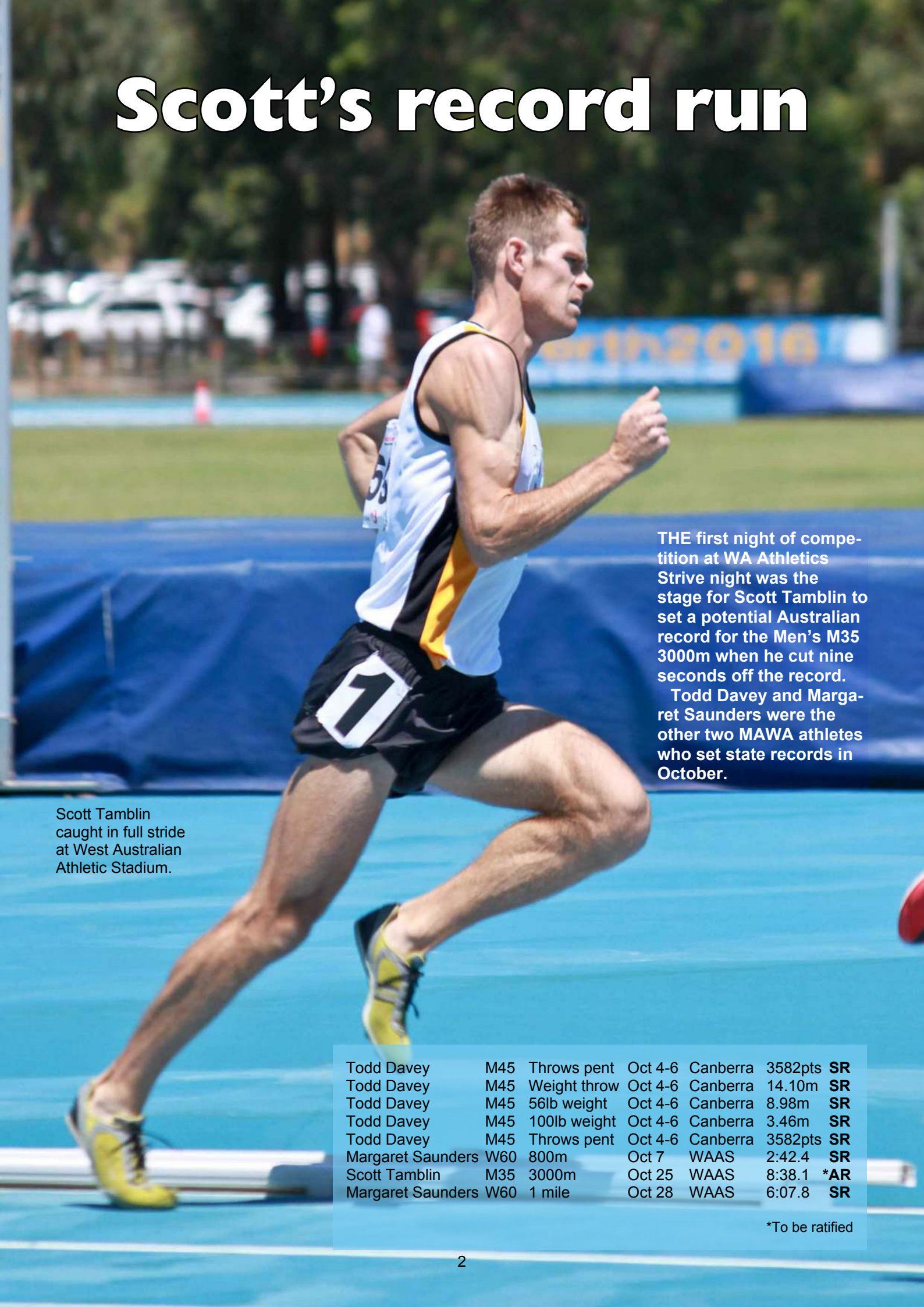
The Track and Field Newsletter of MAWA

**Bjorn's
Asian
adventure
Pages 6-7**

**Trophy
action
kicks off**

Sue Bourn putting the shot during the Patron's Trophy round at WAAS.

Scott's record run



Scott Tamblin caught in full stride at West Australian Athletic Stadium.

THE first night of competition at WA Athletics Strive night was the stage for Scott Tamblin to set a potential Australian record for the Men's M35 3000m when he cut nine seconds off the record.

Todd Davey and Margaret Saunders were the other two MAWA athletes who set state records in October.

Todd Davey	M45	Throws pent	Oct 4-6	Canberra	3582pts	SR
Todd Davey	M45	Weight throw	Oct 4-6	Canberra	14.10m	SR
Todd Davey	M45	56lb weight	Oct 4-6	Canberra	8.98m	SR
Todd Davey	M45	100lb weight	Oct 4-6	Canberra	3.46m	SR
Todd Davey	M45	Throws pent	Oct 4-6	Canberra	3582pts	SR
Margaret Saunders	W60	800m	Oct 7	WAAS	2:42.4	SR
Scott Tamblin	M35	3000m	Oct 25	WAAS	8:38.1	*AR
Margaret Saunders	W60	1 mile	Oct 28	WAAS	6:07.8	SR

*To be ratified

Night moves



Mark Dawson leads Bert Carse and Dan Baldwin in the 10,000m at WAAS.

10,000m			
ECAC October 16			
			% pts
Kim Thomas	M40	36:50.0	75.65
David Solomon	M50	41:21.1	72.80
Giovanni Puglisi	M60	41:47.3	80.46
Sue Bourn	W45	44:10.4	74.71
Trish Farr	W40	45:45.5	68.85
Dan Baldwin	M40	46:19.9	60.59
Mercurio Cicchini	M65	48:05.7	71.19
Milton Mavrick	M60	49:44.7	65.82
Bob Schickert	M70	52:40.0	70.09
David Carr	M80	55:07.7	82.00
Frank Price	M65	58:37.1	58.41
Monique Thomas	W35	61:40.0	49.57
Bob Fawcett	M65	76:42.0	44.64

WAAS October 21			
			% pts
Kim Thomas	M40	35:52.0	77.68
Steve Weller	M35	38:04.1	72.65
Andrew Brooker	M45	38:16.0	75.63
Ante Perdiija	M40	38:34.8	73.32
Mark Dawson	M50	42:58.0	71.80
Sue Bourn	W45	43:52.1	75.23
Bert Carse	M70	44:43.0	83.76
Dan Baldwin	M40	45:13.3	62.08
Karyn Gower	W50	49:08.1	73.52
Nick Miletic	M60	54:14.6	61.99



SUE BOURN

THE Trophy got off to a flyer with 23 aspirants setting off on the eight-week journey to the finish line. It began at ECAC, where last year's top two men **David Carr** and **Giovanni Puglisi** again set the pace, each netting over 80 points. **Kim Thomas** was first over the line, with an excellent PBA, and with **David Solomon** stalking the leaders.

Sue Bourn was the highest scoring female, but many of the ladies prefer to give this long race a miss, coming in with next week's sprint.

Ten athletes made up the field at WAAS, with **Sue** improving her score to 75 points, closely followed by **Karyn Gower**. Distance specialist **Bert Carse**, in stunning form these past few months, jumped into the lead in the men's race showing that he could be a real contender this year.

The scene is set, and this major part of the MAWA T&F calendar is once more under way, hopefully keeping us enthralled as usual to its conclusion in December.



STEVE WELLER and ANTE PERDIJA



KARYN GOWER



ANDREW BROOKER

Leader of the pack



Andrew Brooker leads the field in the early stages of the Patron's Trophy 3000m.

THE men's competition saw little change in this round, save the emergence of **Andrew Brooker** as a podium contender. With a 10:26 3000m run (77 points) and a 7.97 shot put (38 points) he has pushed himself into third place on the ladder at this early stage of the trophy competition. **David Carr** and **Giovanni Puglisi** still head the rankings, but it is early days and all to play for.

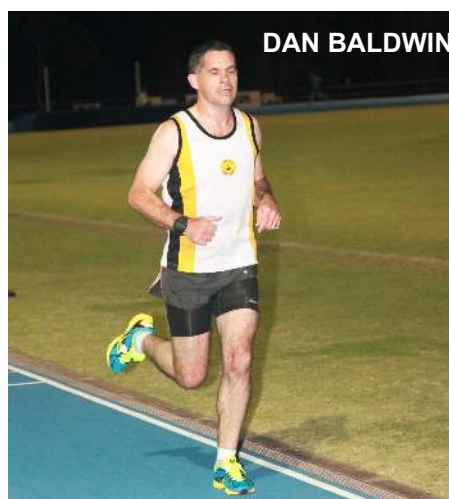
The women's table shows **Sue Bourn** still well ahead, but stalking her not too far back are **Suzi Graves**, **Carmel Meyer**, **Monique Thomas** and the evergreen **Lynne Schickert**.



CARMEL MEYER



MARK DAWSON



DAN BALDWIN

3000m

ECAC October 23

		%		pts
Kim Thomas	M40	10:31.6	73.71	
Mitch Thomas	Vis	10:47.5	n/a	
Giovanni Puglisi	M60	11:24.2	82.11	
Chris Neale	M45	11:47.4	68.36	
David Solomon	M50	12:16.2	68.33	
Colin Smith	M50	12:16.8	68.83	
Sue Bourn	W45	12:28.2	75.69	
Mercurio Cicchini	M65	13:21.7	71.36	
David Carr	M80	13:36.6	92.50	
Kem Hassan	M40	14:16.3	55.61	
Bob Schickert	M70	14:18.8	71.82	
Monique Thomas	W35	16:19.4	52.46	
Nick Miletic	M60	16:36.6	56.37	
Carolyn Fawcett	W60	19:31.6	60.16	
Lynne Schickert	W70	22:40.8	61.15	

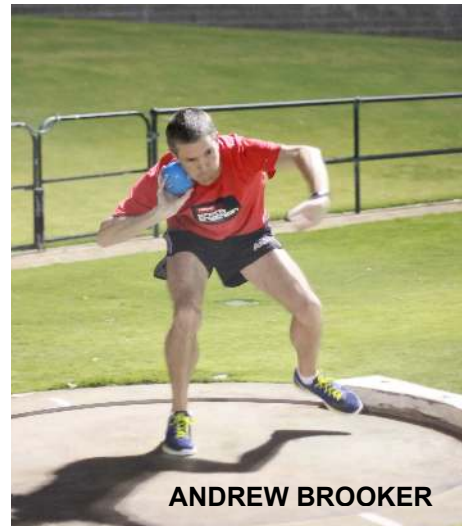
WAAS October 28

		%		pts
Andrew Brooker	M45	10:26.1	77.24	
Mark Dawson	M50	11:41.1	73.52	
Dan Baldwin	M40	11:52.0	65.88	
Suzi Graves	W45	11:53.1	80.41	
Grant Schofield	M45	12:14.8	66.33	
Sue Bourn	W45	12:45.0	74.03	
Karyn Gower	W50	13:36.5	75.89	
John Oldfield	M70	14:19.6	70.80	
Carmel Meyer	W50	14:25.1	70.68	
Delia Baldock	W50	15:04.4	66.72	
John Dennehy	M55	16:49.5	51.92	

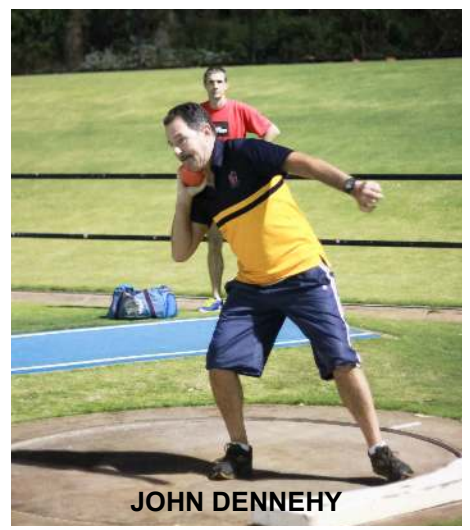
Patron's Trophy



Carmel Meyer releases the shot during the Patron's Trophy round at WAAS.



ANDREW BROOKER



JOHN DENNEHY

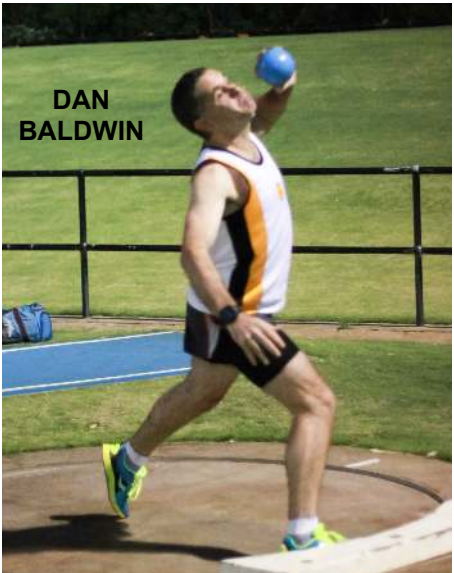
THE shot put is one of the Patron's Trophy events that highlights the versatility of the masters' athlete.

David Carr pulled out nearly 12 points to his nearest rival Giovanni Puglisi, while Colin Shaw scored 48.28 per cent to finish second and Nick Miletic third in the men's round. Others who scored well

in this event were Chris Neale and Bob Fawcett.

In the women's race Lynne Schickert topped the leader board in the shot put while Suzi Graves just edged out Carmel Meyer by less than one per cent. Sue Bourn kept her points tally ticking over with 37.17 per cent.

Shot			
ECAC October 23			
			% pts
Chris Neale	M45	8.41	40.49
Colin Shaw	M50	7.74	48.28
David Carr	M80	7.14	52.15
Kim Thomas	M40	7.14	31.72
Nick Miletic	M60	7.01	41.98
Giovanni Puglisi	M60	6.78	40.60
Bob Fawcett	M65	6.56	41.76
Sue Bourn	W45	6.17	37.78
Colin Smith	M50	6.05	30.62
Mercurio Cicchini	M65	5.90	37.56
Bob Schickert	M70	5.76	34.29
Monique Thomas	W35	5.10	24.78
Lynne Schickert	W70	4.89	49.85
Carolyn Fawcett	W60	4.41	34.89
WAAS October 28			
			% pts
Andrew Brooker	M45	7.97	38.37
Dan Baldwin	M40	7.82	35.29
Grant Schofield	M45	7.63	37.49
Suzi Graves	W45	6.69	42.08
Mark Dawson	M50	6.52	34.41
Carmel Meyer	W50	6.38	41.27
Sue Bourn	W45	6.07	37.17
John Dennehy	M55	5.84	32.18



DAN BALDWIN



GRANT SCHOFIELD

Asian adventure

By BJORN DYBDAHL

DEB and I have always liked to travel and when there is an athletic competition in our area we like to travel there. It is always easy to make the decision to go.

Over the past six months I have taken part in three masters athletics meets north of Australia: Singapore Masters, Malaysian Masters (Kuantan) and the Asia Masters (Kitakami, Japan).

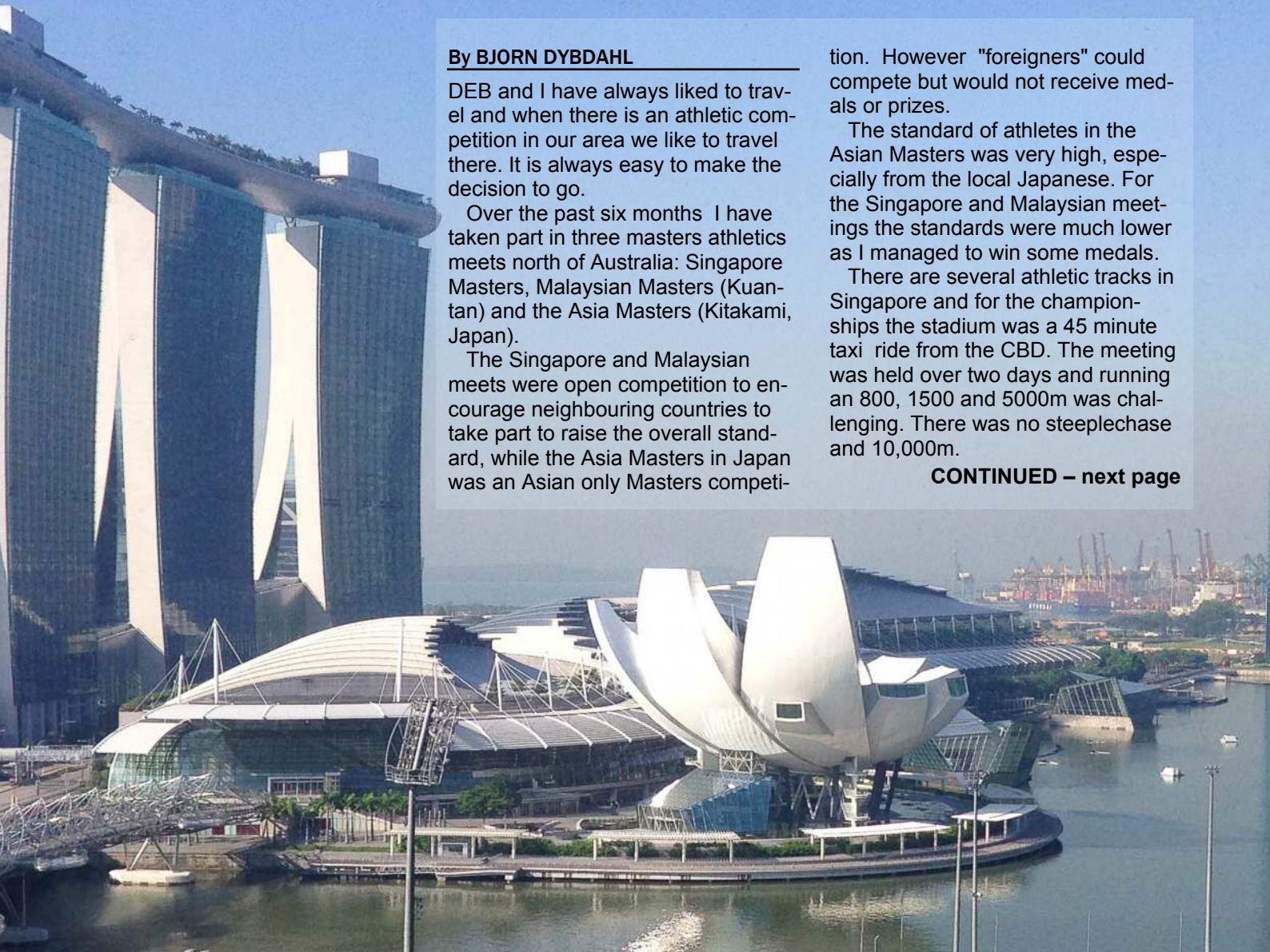
The Singapore and Malaysian meets were open competition to encourage neighbouring countries to take part to raise the overall standard, while the Asia Masters in Japan was an Asian only Masters competi-

tion. However "foreigners" could compete but would not receive medals or prizes.

The standard of athletes in the Asian Masters was very high, especially from the local Japanese. For the Singapore and Malaysian meetings the standards were much lower as I managed to win some medals.

There are several athletic tracks in Singapore and for the championships the stadium was a 45 minute taxi ride from the CBD. The meeting was held over two days and running an 800, 1500 and 5000m was challenging. There was no steeplechase and 10,000m.

CONTINUED – next page



The track in Singapore and (inset) the sign warning people to evacuate the track when lightning is around.





Bjorn Dybdahl (third from right) with fellow competitors after the steeplechase in Japan.

The Asian circuit

FROM – Previous page

THE meeting was well run although a severe electrical storm delayed competition for nearly three hours. Red flashing lights are used to signal that the track must be evacuated.

In Malaysia the Open Masters was very similar to Singapore apart from changing the order of events.

The meeting was held in Kuantan a one to two hour drive across the peninsula to the east coast with a good track and sunny, hot and humid weather.

My brother (a MAWA member who has run at our Sunday runs in Perth) currently lives in Kuala Lumpur, so it was part of a family gathering in Kuantan where I made him run the 800m.

The track was in good condition with the main Kuantan soccer field in the middle. We had to be part of the march into the stadium where Australia was grouped with Hong Kong.

The Asian Masters in Kitakami, in Japan was by far the best competition. Kitakami is a four hour speed train ride north of Tokyo. It is a clean and peaceful city of 93,000 people in the land of industry and agriculture. The apple season was on when I was there. The meeting was held over five days, unfortunately my events were over two of the five days.

Three of my events were on the second day with the 2000m steeple at 8am, the 800m at 10.30am and 5000m just after 1pm, so there was not much left in the legs for the 1500m the following day. There were 15 entries for the steeple and 5000m, but as many as 25 for the 1500m

and 800m. I managed a happy third in the steeple running 7 mins 51 secs.

There were two tracks side by side, but there were no lights so some of the 400m sprints were held in the "dark". The competition was well run and there were two large video screens posting results and video of the action.

One thing to mention is the seeding in the races with more than one heat in an age group. In the 800m there were two

heats of 13 with all athletes older than 62 in heat 1 and the younger runners in heat 2. A little unfair I thought. The same procedure was done for the sprints.

Outside the track there were 30 to 40 stalls selling everything from food, souvenirs to T-shirts. A photo service was available at the track.

However, Japan is much more than running and we had a wonderful week in Kyoto and Japan after competition.



Deb Wolfenden stands in front of the Golden Temple in Kyoto.

High achiever



Geoff Brayshaw and Maxine, his wife of 43 years, have three grown-up children and four grandchildren. His family had farmed near Narembeen since 1924 and Geoff spent his first 12 years on the farm and at the local Mt Walker district school. At five, he won the pre-school dash down the ninth hole of the local golf course. There was some dispute as he was so small he ran under the finishing tape. He went on to win the local Eastern District school championship in each of his last four years at Mt Walker.



In focus

With Christine Oldfield

For secondary education he boarded in Northam whilst attending Northam High School. He peaked in athletics at about 13 and after that won few events, mostly limited to long and triple jump. After failing first year engineering at UWA he took up a career in accounting. He worked for Coopers and Lybrand for 14

years then BDO Chartered Accountants until he retired from practice in 2005. He retired as managing partner, having also been National President of the Institute of Chartered Accountants in 2002. He was awarded the Order of Australia in 2007 for services to the accounting profession.

He is still active in that profession, including being a director of Fortescue Metals Group from 2007 to 2013 and of Poseidon Nickel Limited to this day.

CONTINUED – Next page

takes time to run

FROM – Previous page

HE has also chaired an Aboriginal Corporation called Gumala, centred in the Pilbara. Geoff is MAWA's treasurer and he is currently also a director and treasurer of the LOC for the 2016 World Masters Athletics Championships in Perth. What better person to hold the purse strings for such a prestigious event?

Geoff played tennis and started baseball at 40 when his shoulder could not handle tennis any more. But athletics played no part in his life until he turned 45. Then, probably because he wanted to see if he could still do what he had done as a schoolboy, he made the occasional foray into masters athletics. He remembers entering a few events at Coker park and winning something. He heard about the Australian Masters Games and, in 1995, went to Melbourne and surprised himself by coming second in the M45 triple jump. Two years later he went to the Games in Canberra where he thinks he might have won a bronze in the sparsely contested pentathlon. But he remembers the silver medal in Melbourne as his best result ever.

Geoff was always pretty busy and work took priority. So it was really only after he retired that he found time to think seriously about his sporting life. He felt "a little long in the tooth" to play baseball but nevertheless has been to the USA three times in the last five years to play at an end of year seniors baseball series in Phoenix. And he started going a bit more often to the masters athletics sessions. This time he joined in at McGillivray Oval and, more recently, at WAAS. He does

horizontal jumps and long throws and is a handy sprinter – perfect for the pentathlon, if only the 1500m wasn't part of it. He describes his athletic career as "pretty ordinary" but he won a bronze medal in the javelin at the Perth 2010 nationals, features in five events in MAWA's 2013/14 Club Tops and at the 2014 State Championships he took four gold and

four silver medals, including one in the pentathlon.

But Geoff thinks his career and the travelling he has done is "way more interesting" than his athletic career. His adventures with Maxine include a family visit to Eastern Europe in 1989 just before the wall came down, a week in North Korea at the invitation of the Ministry of Finance, a tour of Syria just before the current conflict started, a 2012 trip to Myanmar (formerly Burma) to attend the world wide launch of the Anti Slavery organisation known as Walk Free and two weeks in 2013 helping to build a church school in Nairobi.

Closer to home, he'll be going to the 2014 Pan Pacific Games on the Gold Coast early in November as part of a baseball team, but has also entered the javelin competition. He'll have just turned 65 so is keen to see how he does in his new age group as he competes in the coming season and at the 2015 state championships. He says he gets "very bored just running for health and fitness" so enjoys the fun he gets out of the jumps and throws and participating with others. He has few aspirations other than keeping up with his own shadow or "at least not losing too much over the years."



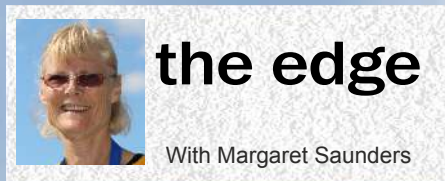
Mind power

HOW can I improve my performance? How often do I hear that comment? Most times the answer would be discussing training programs, specific drills, technical strength training, gym work, recovery sessions or analysing technical models. However there is one other aspect which should be considered. Learning psychological skills is a very important, but often neglected, component of training. One lecture or session will not make a positive impact. Just as physical improvements take time to develop so do psychological aspects. Have you ever watched events in the Olympic Games where athletes appear to be talking to themselves or rehearsing a movement pattern? These are part of the athlete's psychological training.

When an injury occurs it is also more likely that psychological aspects be considered. Confidence can be dented and the emotional reaction to the injury must be considered. A positive attitude to rehabilitation is essential. Returning to training and then competition should include psychological aspects and some of the techniques discussed below could be used.

Athletes may produce markedly different results between two competitions or training despite the weather and wind conditions being similar and competition being on the same track as training. Psychological factors such as stress of competition, negative thoughts, lack of self-belief, anxiety or worry may account for these disparities.

There are many strategies which can be learned. Some of them are setting goals, relaxation techniques, positive self-talk and visualisation. It ap-



pears so simple – change the negative thoughts to positive ones. How often have I heard comments such as “the wind is so strong”, “I never compete well in the afternoon”, “it is too hot”, “it is too cold”, “the hill is so long” or “I always get sick before major competitions”. Frequently the athlete does not realise what they are saying. According to the athletes, the comments seem to be so reasonable and factual!

These negative thoughts do affect their behaviour.

Set goals that are SMART. This ensures that the goal is specific, measureable, attainable, realistic and timely. Writing down your goals can help in attaining them and display them where they can be frequently viewed.

Relaxation is so important, and can be used to help both physical and mental anxiety. There are many relaxation techniques such as listening to music, meditation and breathing techniques. These should be practiced first at training and then incorporated into competition.

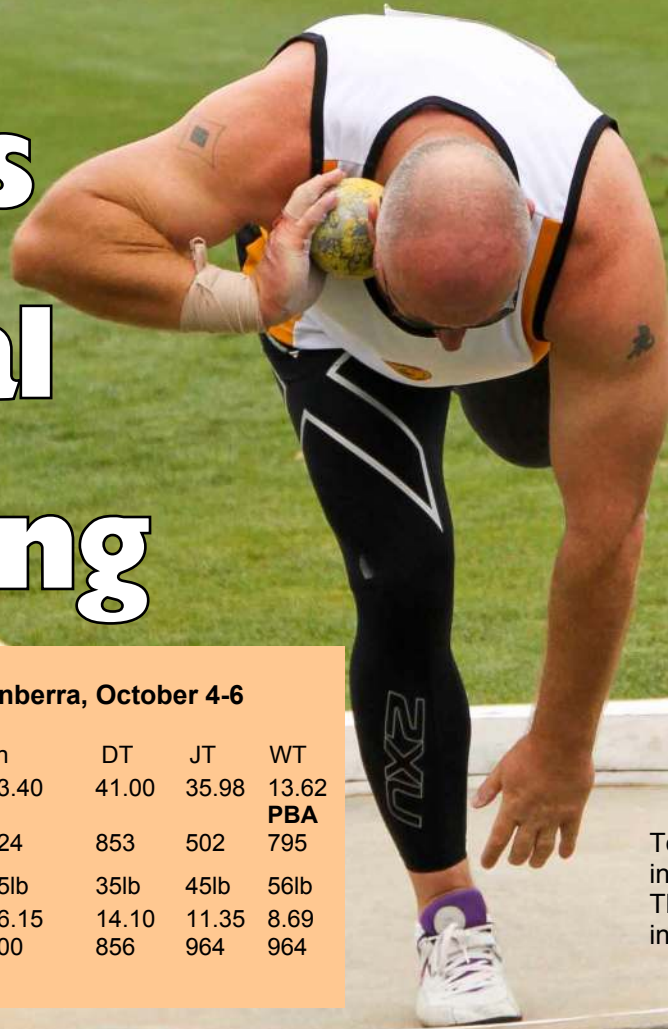
Visualise yourself performing the event using a correct technical model, going through the rounds in a field events, coming out of the blocks in sprints or the lap times you wish to achieve in distance events.

Self talk is another simple strategy where you say to yourself positive statements such as “I am strong”, “I have trained well”, “I am flexible” or “I start quickly”. Use key words such as relax, calm, power, tall or words that relate to your correct technical model. These cue words may relate to a particular technical aspect of the event or a movement pattern.

Determine the technique which best suits you and with practise these strategies will form part of your routine and become automatic during training or competition. Remember these strategies seem simple but they must be practised frequently to become effective and enable positive changes in your performances.



Todd's capital meeting



AMA Winter Throws, Canberra, October 4-6

Throws Pentathlon	HT	Sh	DT	JT	WT
Todd Davey M45	38.79	13.40	41.00	35.98	13.62
3582	PBA	PBA	PBA	PBA	PBA
	608	824	853	502	795
H'weight Pentathlon	20lb	25lb	35lb	45lb	56lb
Todd Davey M45	18.10	16.15	14.10	11.35	8.69
4323	739	800	856	964	964

Todd Davey competed in the AMA Winter Throws Championships in October.

Track and Field Programme

Thursday at Ern Clark Athletic Centre (ECAC), Wharf Street, Cannington

\$3 club members, \$5 visitors

Note that ECAC may not be available for part of this programme due to track resurfacing.
Please regularly check the MAWA website for further details.

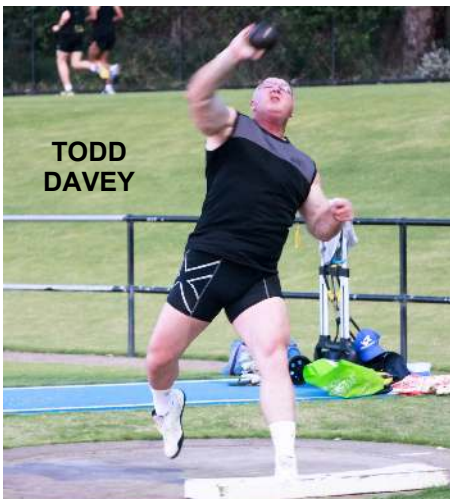
ECAC STARTING AT 6pm

THURS		event 1	event 2	event 3	event 4	jump	field 1	field 2
Nov 14	06	200	800	100*	3k r/w	TJ	discus*	shot
	13	300	1500 r/w	60	5k*	LJ	javelin	weight throw
	20	200	3k r/w	100	800*	HJ* + LJ	discus	shot
	27	400	3k r/w	60	1500*	TJ*	shot	weight throw
Dec 14	04	60	800	5k r/w	200	LJ*	javelin	weight throw
	11	100	1 mile	200*	3k r/w	LJ	javelin*	shot
	18	400	1500	60	5k r/w	HJ + TJ	discus	javelin
Jan 15	08	200	1500	400	3k r/w	LJ	javelin	shot
	15	100	800	60	3k r/w	LJ	discus	weight throw
	22	200	1000	60	5k r/w	HJ + TJ	javelin	shot
	29	100	1500 r/w	400	3k r/w	LJ	discus	weight throw
Feb 15	05	Pentathlon + 200, 1500, 60, 2k				LJ	javelin	shot
	12	200	800	100	5k r/w	HJ + TJ	discus	weight throw
	19	100	400	60	3k r/w	LJ	javelin	weight throw
	26	60	1500	200	3k r/w	LJ	discus	shot
Mar 15	05	100	2k r/w	400	****	TJ	javelin	weight throw
	12	60	800	200	3k r/w	HJ + LJ	discus	shot
	19	200	400	100	5k r/w	LJ	javelin	weight throw
	26	60	1500	300	3k r/w	TJ	discus	shot

******State Championships 10k**

start time to be announced after close of entries

TUESDAY NIGHT ACTION AT WAAS



TODD DAVEY



MATT STAUNTON



Kylie Baker (left) and Juliana Kelly power down the straight in the 60m at WAAS on Tuesday night.

Track and Field Programme

Tuesday at WA Athletics stadium, Mount Claremont

\$3 entry to WAAS. \$2 visitor fee – pay at sign in table by finish line

Please note starting times. Horizontal jumps start at 6pm

TUES	WAAS STARTING AT 6.30pm						STARTING AT 7.15pm		
	event 1	event 2	event 3	event 4	jump	field 1	field 2	steeplechase	
Nov 14	04 100	1000	400*	5k r/w	HJ + LJ	weight throw	javelin		
	11 200	800	100*	3k r/w	TJ	shot	Discus*	2k steeplechase	
	18 300	1500 r/w	60	5k*	LJ	weight throw	hammer		
	25 200	3k r/w	100	800*	HJ* + LJ	shot	javelin		
Dec 14	02 400	3k r/w	60	1500*	TJ*	weight throw	discus		
	09 60	800	5k r/w	200	LJ*	shot	hammer	2k steeplechase	
	16 100	1 mile	200*	3k r/w	LJ	weight throw	Javelin*		
	23 400	1500	60	3k r/w	HJ + TJ	shot	discus		
Jan 15	06 60	800	100	5k r/w	LJ	weight throw	hammer		
	13 200	1500 r/w	400	3k r/w	LJ	shot	javelin	2k and 3k steeplechase	
	20 100	800	60	3k r/w	TJ	weight throw	discus		
	27 200	1000	60	5k r/w	HJ + LJ	shot	hammer		
Feb 15	03 100	1500 r/w	400	3k r/w	LJ	weight throw	javelin		
	10 200	1500 r/w	60	2k r/w	TJ	shot	discus	2k steeplechase	
	17 200	800	100	5k r/w	HJ + TJ	weight throw	hammer		
	24 100	400	60	3k r/w	LJ	shot	javelin		
Mar 15	03 60	800	200	3k r/w	LJ	weight throw	discus		
	10 100	1000	200	1500	HJ + TJ	shot	hammer	STATE CHAMPS 2k/3k steeplechase	
	17 60	800	300	3k r/w	LJ	weight throw	javelin		
	24 200	400	100	5k r/w	LJ	shot	discus		

Suzi pushes Margaret

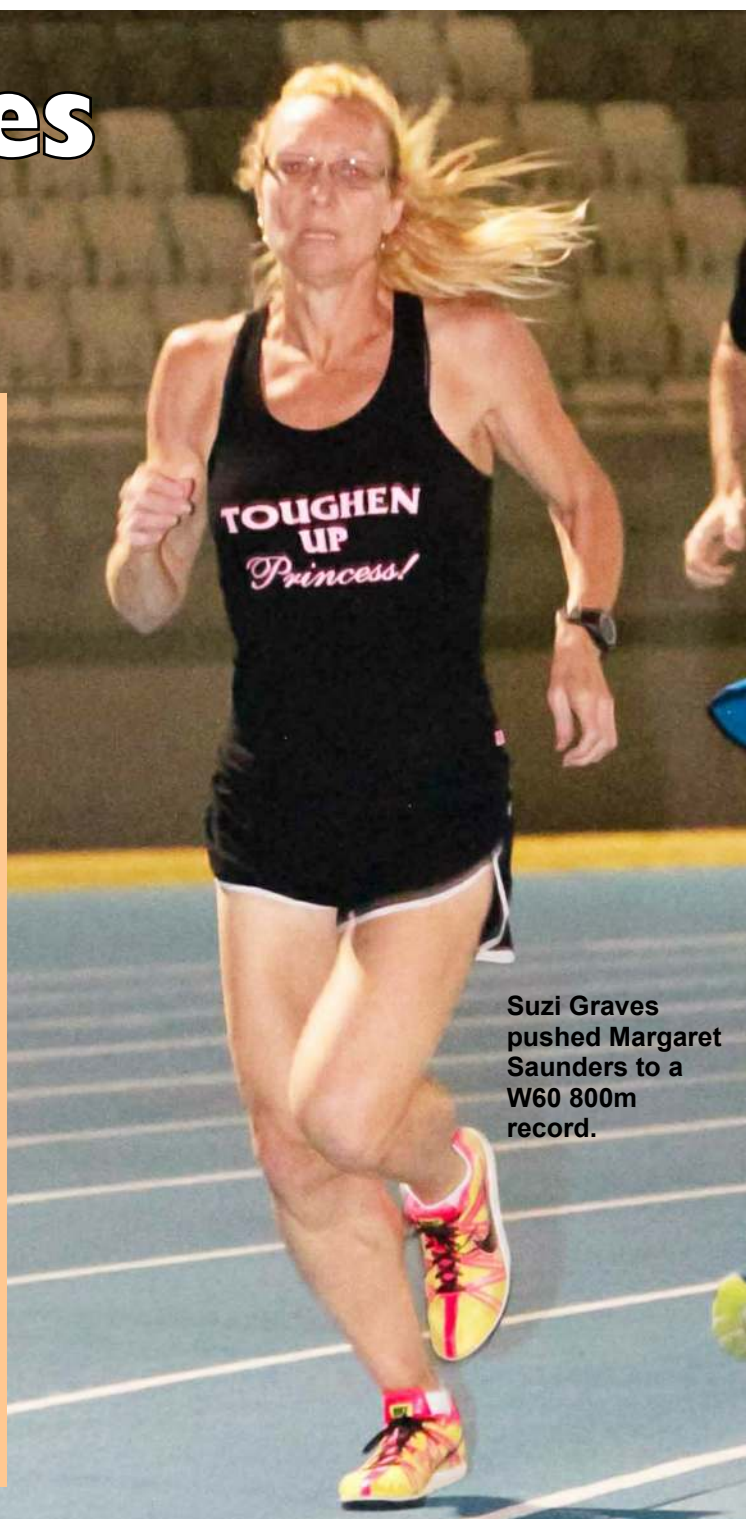
WAAS – October 7

Competition returned to WAAS after the winter break in cool conditions with the usual south-westerly breeze. It seemed to suit the good number of competitors with a number of fine performances.

The highlight was undoubtedly a new W60 800m state record (2:42.4) for **Margaret Saunders**, spurred on in a tight finish by **Suzi Graves**. **Bjorn Dybdahl** lifted his age best in the same race.

Lisa Limonas managed two new age bests in both 60m and 100m sprints, joined by **Melissa Foster** with a similar achievement in the shorter event. Aided by the stiff breeze, the sprints gave good joy to a number of athletes, particularly two recently joined members. **Paul Robinson** (M45) and **Lenz Keel** (M70) each showed they have much to offer with excellent times over both 100m and 60m. Welcome to the club.

There were few takers for the distance events tonight, but it was an impressive season's start in the field. Some good long jumping was complemented by solid performances in both throws. **Greg Urbanowicz**, now sporting Queensland colours, joined the MAWA regulars in the hammer and weight throw events. **Todd Davey** returned from his successful weekend in Canberra (AMA winter throws). He did not quite match his Canberra PBAs in the hammer and weight throw but showed he has wintered well and good distances lie ahead.



Suzi Graves pushed Margaret Saunders to a W60 800m record.

A MILD evening with the usual breeze heralded the start of the summer season at the Ern Clark Athletic Centre. The cohort of athletes was mainly those who had been running throughout the winter season, with two in particular showing the benefits of being competition-fit.

Stuart MacKinnon and **Frank Price** are at opposite ends of the

ECAC – October 2

age range, but each clocked two PBAs on the night. The two sprints this evening, 60m and 100m gave Frank his new marks; whilst Stuart raised his level in the longer 800m and 5000m races.

Field events were also under way for the first time since April, but as

usual there were limited takers at this first event of the year. It was good to see **Jim Davis** back in the fold, throwing the discus out beyond 25m on his return to competition.

Numbers would have been higher, but Todd Davey was already of his way to Canberra for this weekend's AMA Winter Throws Competition.

Kim heads field in 3000m



Kim Thomas strides down the main straight at Ern Clark Athletic Centre.

ECAC – October 9

A stunning 3000m performance by **Kim Thomas** stood out from tonight's meet. We are used to seeing Kim lap the field over the longer distances, but to lap everyone **twice** (except visitor, son Mitch) must set some sort of record in a field of 11. His time of 10:05.6 is a new PBA.

There was an improved turnout tonight making for an interesting evening on the track. Another big field saw an interesting 1500m in which **Trish Farr** and **John Talbot** each set PBAs; Kim again led everyone home in what was, for him, a fairly sedate 5:07. Competitive 200m (**Milton Mavrick PBA**) and 400m races added to the interest.

Todd Davey continued his fine early-season form with the shot. He is now throwing steadily in the mid-13m range, with tonight's effort setting a new age best for him of 13.64m.

WAAS – October 14

An early taste of summer weather brought the biggest attendance of the season to WAAS tonight. Was it the prospect of the water jump to cool down? The 'chase saw four visitors joining MAWA regulars through the water. **Rob Nichols** led the members' field home behind two young visitors.

There were also good entries in the four field events. With the shot, **Melissa Foster** and **Mike Anderson** each started the season well with PBAs, but the longest put of almost 12m came from the consistent **Geoff Gee**. Six javelin throwers made it a busy evening for throws, the two **Andrews Brooker** and

Ward, together with **Geoff Brayshaw** all within a few centimetres of each other at the top of the table.

The high jump completed the field events with good season openers from the four contestants.

The track athletes were not to be outshone. **Colin Smith** is coming into good early season form; a solid 400m was followed with an excellent 200m finish. His 26.4s was partly due to the tight finish where he was just pipped by the flying **Wendy Seegers**. **Suzi Graves** set a PBA behind these two, with **Barrie Kernaghan** sharpening up his form behind these three.

The highlight of the distance events saw **Rob Nichols** warm up for his steeplechase with a swift 3000m, dragging **Bjorn Dybdahl** to a new PBA in second place.

ECAC – October 16

With the main feature of the evening being the Trophy 10,000m a number of the athletes tonight were using the shorter events as warm-ups. So times were not spectacular. The twenty or so members were augmented by a clutch of younger visitors however and this made the three track races competitive.

Chris Neale certainly enjoyed himself in all three, crossing the finish line first in both 100m and 200m races and shepherding **Shannon Neale** through in the 800m. **Colin Smith**, **Lynne Schickert** and **Dan Baldwin** also enjoyed their evening. Dan competed not only in the three regular events but also the Trophy 10,000m. Lynne declined the 10,000m but finished the other three races, the 800m as a race-walk.

Another record falls

ECAC – October 23


Eight visitors swelled the turnout on this pleasant evening at ECAC. With the majority of members concentrating on the two trophy events (shot and 3000m), some of the races comprised only visitors!

Three heats of the 60m got us underway, **Chris Neale**, **Colin Smith** and new member **Simon Johnson** dominating the top heat in a fine finish. A lacklustre mile race was used mainly as a warm-up for the trophy 3000m, except for walker **Karyn Tolardo** who recorded an excellent 9:27 PBA.

Chris Neale left nothing in the blocks in the 400m top heat either, his 58.8s being only just shy of his best since turning 45.

Apart from the trophy shot put, the sole field event was a long jump. Just four entrants in this, but some good jumping was seen, with **Simon Johnson** (4.64m) again to the fore. **Colin Shaw** (4.43m) set a new PBA just behind Simon in the rankings.

WAAS – October 28



Margaret Saunders is a picture of concentration on her way to breaking the W60 mile record.



MIKE ANDERSON

It was a busy trophy night with both shot put and 3000m, but the headline of note comes once more from **Margaret Saunders**. Cheered on by the excited watchers, Margaret showed her impeccable middle distance pedigree with her second state record of the month.

This time it was the mile event, where **Barbara Blurton's** 6:37 from four years ago is no longer on the book. It was smashed by almost 30

seconds, an astonishing amount over this distance. The previous holders have also included our top middle distance W60s in the past ten years – **Peggy Macliver**, **Gillian Young** and **Jackie Halberg**. **Margaret** now takes her worthy place in this elite group.

Other notable performances tonight were PBAs in the 60m dash for **Mark Elms** and **Lisa Limonas**; and in the shot put to **Mike Anderson**.

WAAS (Strive) – October 24



BARRIE KERNAGHAN

Scott Tamblin celebrated his first competitive run as an M35 with an Australian record time in the 3000m at Strive tonight. His time of 8:38.1 knocked more than nine seconds off the previous best, **Geoff Moore's** 8:47.3 set in 1984.

The other main MAWA interest tonight was in the sprints, where **Rudy Kocis**, **Greg Brennan**, **Mark Elms** and **Barrie Kernaghan** were putting down early season markers. **Melissa Foster** is showing fine early season form in the triple jump. Tonight's 11.37m augurs well for the season ahead.

Summer has certainly arrived early this year. A warm evening with the regular tail wind in the home straight created another perfect evening for the sprinters. **Rudy Kocis** made the long trip from home to clock 12.0 for 100m and 25.0 for 200m as his season openers. Behind him, **Wendy Seegers** and **Colin Smith** also recorded extremely sharp times in each race.

But it was not just the top runners who enjoyed conditions. **Blakeney Tindall** (200m) and **Mike Anderson** (100m) each

WAAS – October 21

set PBAs; **Karyn Tolardo** went one better with a PBA over both distances.

Tom Gravestock was the pick in the throws events with leading distances for discus and heavyweight. Meanwhile, over in the sand-pit **Melissa Foster** started her triple jump season with a solid 11.07m ahead of both **Dan Baldwin** and **Geoff Brayshaw**.

Looking ahead



Tom Gravestock leaps in the air at the State Championships early this year.

Pan Pacific Masters Games
November 1-9, 2014 Gold Coast

MAWA State Championships
10,000m, March 5, 2015
Pentathlon March 7, 2015
2k/3k Steeplechase March 10, 2015
Main weekend March 14-15, 2015

World Masters Championships
August 4-16, 2015
Lyon, France

Oceania Masters Championships
October 5-10, 2015
Rarotonga, Cook Islands