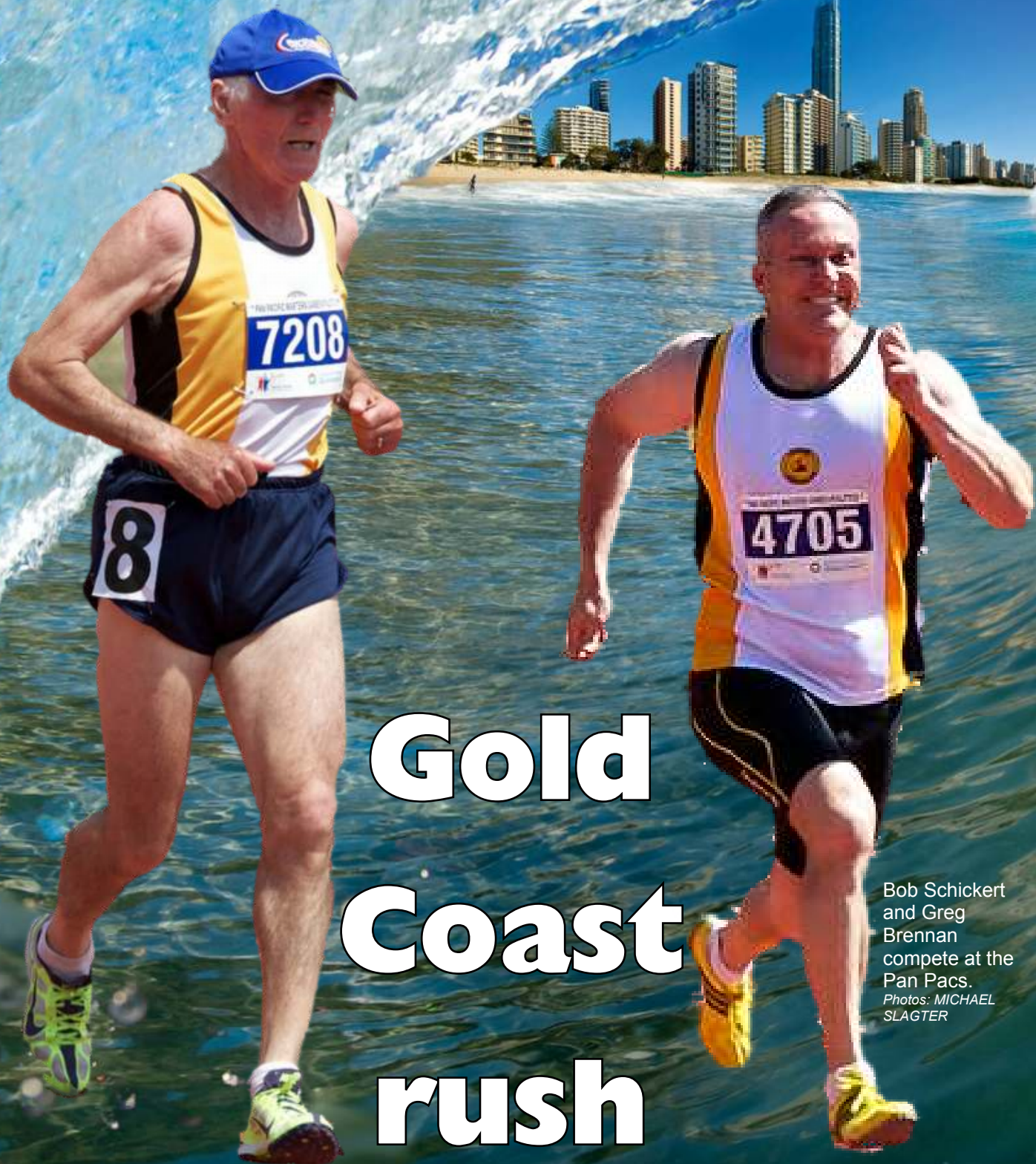


TFNL



Season 8 Issue 3
DECEMBER 2014

The Track and Field Newsletter of MAWA



Gold Coast rush

Bob Schickert
and Greg
Brennan
compete at the
Pan Pacs.
Photos: MICHAEL
SLAGTER

Record procedure

THE procedure for getting State records ratified has been tightened up a little, and this is now on the Records Tab of the website, along with the Australian/State record application form.

With the exception of State, Nationals and World Championships it is the athlete's

responsibility to ensure all requirements for records are met, and anyone who might break a record should read this procedure carefully.

If you believe you have broken a State record you will need to complete the Australian/State record application form and

forward it to the MAWA statistician at vetrunners@inet.net.au.

The other change is that the current records on the website have been converted to html format which means they will be updated as soon as a new record is ratified.

BARBARA BLURTON,
Statistician



Keeping time

WITHOUT timekeepers Tuesday and Thursday night competition would be non events.

So if you are between races your assistance on a watch will always be appreciated, especially by your fellow runners.

ROLL OF HONOUR

Scott Tamblin	M35	10,000m	Oct 31	ECAC	31:12.8	SR
Todd Davey	M45	Shot	Nov 1	Gold Coast	13.63m	SR
Todd Davey	M45	Hammer	Nov 3	Gold Coast	39.26m	SR
Todd Davey	M45	Shot	Nov 25	WAAS	14.54m	SR

Olympic star in full flight

Olympic Gold Medallist, Glynis Nunn-Cearns, competes in the hurdles at the Pan Pacs Masters Games on the Gold Coast.

Photos: MICHAEL SLAGTER



THE Pan Pacific Masters Games on the Gold Coast are over, and our 11 entrants returned with bags full of medals. Melissa Foster (pictured left) led the way with six golds and three silvers. Todd Davey snared five golds, one silver and two state records. Most came home with medals, showing MAWA, as usual, punches way above its weight on the national and regional scene. Well done to all for showing the black and gold colours over East.

Pan Pacs



Bjorn Dybdahl watches the athlete in front regain his balance.

Photo: MICHAEL SLAGTER



The Pan Pac Masters Games athletics competition was held in the first three days of November at the Griffith University track on the Gold Coast. Weather hot and humid as is usual in Queensland and therefore suited distance athletes less than throwers, jumpers or sprinters. However, I think the competition was an enjoyable experience for everyone.

The track was good to compete on and throwing and jumping facilities appeared to be up to the required standard. The Cross Country was a very demanding, hilly and rough 4k circuit, the 10k road walk course was uneven with tight turns and the Beach Mile held on November 5 was hard work on very soft sand.

BOB SCHICKERT

Pan Pacific Masters Games; 1-3 November, Gold Coast

60m prelims

Greg Brennan M45 7.99 0.0 Q

60m finals

Greg Brennan M45 7.86 +1.2 **SB**
Melissa Foster W35 8.31 -1.2 **SILVER**

100m prelims

Greg Brennan M45 13.14 -6.7 q

100m finals

Greg Brennan M45 12.91 -1.8 **SB**
Melissa Foster W35 13.58 -2.8 **SILVER**

200m

Melissa Foster W35 28.66 -0.7 **PBA GOLD**

400m

800m

Bjorn Dybdahl M60 2:29.25 **PBA SILVER**

1500m

Bjorn Dybdahl M60 5:13.15 **PBA SILVER**
Bob Schickert M70 6:34.01 **BRONZE**

5000m

Bob Schickert M70 24:47.28 **SB SILVER**

100m hurdles

Melissa Foster W35 19.50 -1.6 **GOLD**

3000m walk

Lynne Schickert W70 22:50.16 **SILVER**

5000m walk

Lynne Schickert W70 38:58.45 **SILVER**

10km road walk

Lynne Schickert W70 1:23:48 **BRONZE**

2km steeplechase

Bjorn Dybdahl M60 8:17:46 **SILVER**

Bob Schickert M70 10:55.78 **GOLD**

Lynne Schickert W70 16:41.44 **SILVER**

4km cross-country

Bjorn Dybdahl M60 16:17.3 **GOLD**

8km cross-country

Bob Schickert M70 46:00.2 **GOLD**

Pan Pacs

Photo: MICHAEL SLAGTER



BEV HAMILTON

Photo: JEAN HAMPSON



LYNNE SCHICKERT

Melissa Foster celebrates her win in the 200m with Cassie Neubauer (silver), Allison Tucker (bronze) and Glynis Nunn-Cearns.

Photo: JEAN HAMPSON.



Pan Pacific Masters Games; 1-3 November, Gold Coast

Long Jump

Melissa Foster W35 5.32 -1.3 **GOLD**

Triple Jump

Melissa Foster W35 11.45 nwi **SB GOLD**
Lynne Schickert W70 5.35 +2.0 **SILVER**

High Jump

Melissa Foster W35 1.30 **PBA SILVER**

Discus

Todd Davey M45 41.77 **SB GOLD**
Geoff Brayshaw M65 30.70 **BRONZE**
Rob Young M70 25.13
Michelle Link W50 13.54
Elizabeth Szczepanska W60 20.51 **SILVER**
Bev Hamilton W65 20.34 **GOLD**

Hammer

Todd Davey M45 39.26 **GOLD SR**
Rob Young M70 17.14
Michelle Link W50 15.37
Elizabeth Szczepanska W60 29.14 **SILVER**

Bev Hamilton W65 23.38 **SILVER**

Javelin

Todd Davey M45 42.60 **SILVER**
Rob Young M70 16.84 **PBA**
Melissa Foster W35 27.35 **PBA GOLD**
Michelle Link W50 17.24
Elizabeth Szczepanska W60 15.69 **SILVER**
Bev Hamilton W65 16.01 **SILVER**

Shot

Todd Davey M45 13.63 **GOLD SR**
Rob Young M70 8.96 **BRONZE**
Melissa Foster W35 9.71 **PBA GOLD**
Michelle Link W50 5.12
Elizabeth Szczepanska W60 8.10 **SILVER**
Bev Hamilton W65 7.37 **BRONZE**

Weight Throw

Todd Davey M70 13.86 **GOLD**
Rob Young M70 8.69
Michelle Link W50 5.89
Elizabeth Szczepanska W60 10.25 **SILVER**
Bev Hamilton W65 10.56 **SB GOLD**

Pole vault takes off

MAWA club member Don Chambers shows his pole vault skills at the Nationals in Canberra.



AN enthusiastic group took part in the first two pole vault clinics at West Australian Athletic Stadium recently with the next session on Saturday, December 6 at 9am.

The clinics are held under the guidance of Mark Jeffery who has been taking the group through basic skill techniques before raising the bar.

One of the key movers behind the clinics, Geoff Brayshaw, said there are

four participants at present, all novices but willing and keen learners. (Colin Smith, Phil Smyth, Andrew Brooker and Geoff).

“Mark is very patient with us and taking us through the basic skill techniques before raising the bar. Enthusiasm sometimes can get the better of us. I am sure however there will be some interesting levels achieved by the end of the programme, Geoff said.

“We are not too far through the programme and could include new participants although preferably not total novices.

“We intend to have an end of season State Champ competition for all members, however this is yet to be organised,” he said.

For details contact Geoff as follows: Email gfbayshaw@bigpond.com or telephone 0412387233.

Seniors Card avoids WAAS price rise

VENUES West have informed the club that the special entry price of \$3 that all MAWA members and visitors have been paying will now only be available to Seniors Card holders.

So if you have a Seniors Card please ensure you bring it with you. If not you will have to pay \$6. Note that this matter is totally out of MAWA's control.

2015 membership open

THE 2015 membership is now open for new members and for lapsed members re-joining. Access the online membership and paper form download from the right side-bar – the club prefers online membership. Anyone joining now will enjoy the full privileges of membership for the remainder of 2014 as well as 2015.

New members doing Sunday runs will need to select helper dates from the 2015 Sunday Programme. This programme is now on the website and is also accessed from the right sidebar.

The committee have agreed the following fees for 2015. For single

membership these fees have been held at 2014 levels, while for joint members there is a \$5 increase. New members and lapsed members re-joining will pay an additional \$10 joining fee.

Single metro hardcopy	\$60
Single metro electronic	\$45
Joint metro hardcopy	\$90
Joint metro electronic	\$75
Single Country hardcopy	\$50
Single country electronic	\$35
Joint country hardcopy	\$70
Joint country electronic	\$55

Renewal forms will be available from December 1st

Tight tussle



Sue Bourn surges to the finish line pursued by Giovanni Puglisi in the 400m at WAAS.

AFTER two distance events on the track and the shot put this was the time for the sprinters to enjoy. Four heats over 400m at each venue set the scene for the first shakedown in this year's trophy.

With **David Carr** sidelined after minor surgery, the men's field is wide open. **Andrew Brooker**, **Colin Smith** and **Bert Carse** each netted 80% or close, with the result that only 25 points separate the top four men. **Giovanni** still holds a slender lead over **Andrew**, with **Mark Dawson** and **Kim Thomas** close behind.

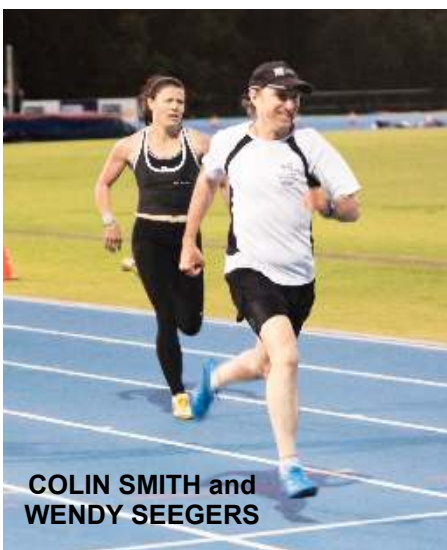
Sue Bourn extended her lead amongst the women with a near 80 per cent 400m

PBA, with **Karyn Gower**, **Suzi Graves** and **Carmel Meyer** contesting the podium spots. **Suzi's** 400m score of 82 per cent put her back in contention, with **Carmel** also scoring well at 79 per cent. **Karyn** also had a PBA, alongside an 85.7 per cent for **Wendy Seegers** and 81 per cent for **Lisa Limonas**.

We still have a long way until the trophy winners are decided, with the jumps and throws usually influencing the final outcome. Next week's discus and 100m could give us a much clearer picture of who is likely to be in contention in the second half of the trophy programme.



NICK MILETIC



COLIN SMITH and WENDY SEEGERS

400m

ECAC October 30

			% pts
Colin Smith	M50	61.8	80.68
David Solomon	M50	64.8	76.44
Kim Thomas	M40	65.5	70.50
Dan Baldwin	M40	66.9	69.52
Nick Miletic	M60	83.5	64.51
Mercurio Cicchini	M65	86.5	63.06
Sue Bourn	W45	72.8	77.51
Giovanni Puglisi	M60	73.4	73.39
Monique Thomas	W35	1:44.5	48.59
Bob Fawcett	M65	1:45.2	51.85
Carolyn Fawcett	W60	2:08.8	50.83

WAAS November 4

			% pts
Colin Smith	M50	59.1	84.37
Andrew Brooker	M45	59.5	80.44
Wendy Seegers	W35	59.9	85.71
Maurice Pascal	M40	60.1	78.49
Campbell Till	M55	61.5	84.33
Chris Groom	M45	65.1	74.52
Mark Dawson	M50	66.0	76.55
Grant Schofield	M45	66.7	72.23
Lisa Limonas	W45	68.0	81.38
Suzi Graves	W45	69.3	82.25
Barrie Kernaghan	M70	74.1	85.98
Carmel Meyer	W50	75.8	78.92
Sue Bourn	W45	70.6	79.93
Giovanni Puglisi	M60	71.2	75.66
Bert Carse	M70	78.9	79.16
Delia Baldock	W50	80.2	73.89
John Dennehy	M55	85.0	60.24
Karyn Gower	W50	91.7	65.87
Christine Oldfield	W65	1:53.0	62.71

Sprint action



Colin Smith, Chris Neale and Dan Baldwin blast off the line in the 100m sprint.

100m ECAC November 6

			% pts
Chris Neale	M45	12.7	83.62
Colin Smith	M50	13.0	85.00
Dan Baldwin	M40	13.8	74.86
Mercurio Cicchini	M65	17.2	70.12
Kevin Collins	M45	20.8	51.39
Kim Thomas	M40	14.6	70.27
Giovanni Puglisi	M60	15.9	74.91
Bob Fawcett	M65	19.8	60.91
Carolyn Fawcett	W60	24.6	56.59
Monique Thomas	W35	22.8	46.49

WAAS November 11

			% pts
Wendy Seegers	W35	12.2	87.87
Maurice Pascal	M40	12.7	82.44
Colin Smith	M50	12.8	86.33
Andrew Brooker	M45	13.4	79.25
Chris Groom	M45	14.1	76.31
Grant Schofield	M45	14.1	75.82
Nick Miletic	M60	16.0	74.44
Sue Bourn	W45	14.2	83.66
Suzi Graves	W45	14.5	82.76
Barrie Kernaghan	M70	15.0	86.93
Carmel Meyer	W50	15.5	81.55
Keith Edmonds	M45	14.7	73.20
Giovanni Puglisi	M60	14.8	80.47
Bob Schickert	M70	16.7	77.13
Bert Carse	M70	17.7	72.77
John Dennehy	M55	16.5	68.73
Delia Baldock	W50	16.7	74.97
Phil Smyth	M65	17.4	70.11
Karyn Gower	W50	18.2	70.16
Lynne Schickert	W70	22.5	68.58

BIG movements in this double-event week. **Sue Bourn** is still clear in the ladies' table, but **Suzi Graves, Karyn Gower** and **Carmel Meyer** are in touch with each having an event in hand. It's a similar story with the men; **Giovanni** still leads with **Andrew Brooker** now breathing down his neck. Podium contenders **Kim Thomas, Mercurio Cicchini, Nick Miletic** and **Dan Baldwin** are handily placed too, with **Colin Smith, Grant Schofield**, and **Bob Schickert** still not out of sight. and, an inside tip tells me that **David Carr** is ready to return to the fray and can still retain his trophy if all goes well.

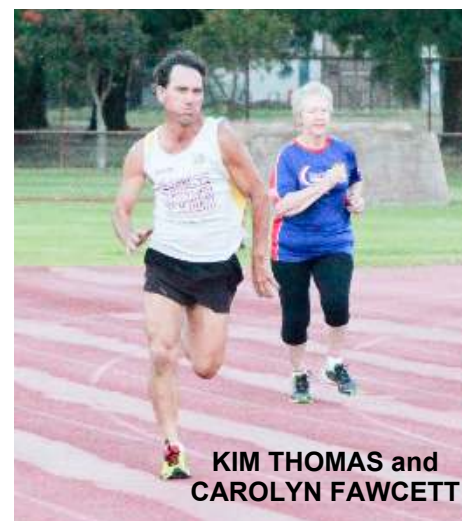
Leaders **Sue Bourn** and **Giovanni Puglisi** each pocketed a PBA in the 100m, sprint, along with **Suzi Graves, Karyn Gower** and **Dan Baldwin**. With the discus it was **Andrew Brooker, Delia Baldock, Dan Baldwin** and **Kim Thomas** – with the plaudits going to **Giovanni** for a double PBA.

This promises to be an epic trophy season, with at least 18 men and eight women aiming to complete. It could go down to the wire.

Although there are four more track events to come, your analyst suspects that the three jumps in the next four weeks may hold the deciding twist.



GIOVANNI PUGLISI and BOB FAWCETT



KIM THOMAS and CAROLYN FAWCETT

Patron's Trophy – Round Four

Stepping out of their comfort zones athletes were tested in the discus event of the Patron's Trophy. With a tight race for top position on the leader board Andrew Brooker clawed back 4.59 points to leader Giovanni Puglisi.

Nick Miletic scored the second highest points score to move up to fifth on the leader board.

In the women's event Suzi Graves consolidated her second position with the top points score in the discus. Sue Bourn's solid points score keeps her on top of the women's table.



Chris Neale prepares to unleash the discus at Ern Clark Athletic Centre.



COLIN SMITH



CARMEL MEYER



GIOVANNI PUGLISI

Discus			
ECAC November 6			
			% pts
Kim Thomas	M40	24.24	32.72
Dan Baldwin	M40	18.12	24.69
Kevin Collins	M45	10.05	14.52
Colin Smith	M50	17.34	23.84
Carmel Meyer	W50	16.31	29.31
Giovanni Puglisi	M60	18.35	29.64
Carolyn Fawcett	W60	10.42	23.11
Bob Fawcett	M65	20.74	35.03
Mercurio Cicchini	M65	16.41	27.72
WAAS November 11			
			% pts
Andrew Brooker	M45	26.76	37.93
Nick Miletic	M60	22.26	35.96
Grant Schofield	M45	21.83	31.53
Giovanni Puglisi	M60	20.64	33.34
Suzi Graves	W45	17.88	29.35
Bert Carse	M70	17.00	35.13
John Dennehy	M55	15.39	22.82
Bob Schickert	M70	14.29	29.53
Sue Bourn	W45	13.92	22.46
Delia Baldock	W50	12.65	22.31
Karyn Gower	W50	10.18	18.65
Lynne Schickert	W70	9.32	27.00

Trophy race tightens



David Carr leads Carmel Meyer as Bjorn Dybdahl prepares to pass them.

5000m

ECAC November 13

			% pts
Kim Thomas	M40	17:11.1	77.68
David Solomon	M50	19:25.9	74.23
Giovanni Puglisi	M60	19:33.4	82.37
Mike Bryant	M40	20:00.0	67.76
Jim Langford	M70	20:37.4	83.59
Stuart MacKinnon	M30	20:38.0	61.86
Sue Bourn	W45	20:45.7	77.53
Bert Carse	M70	20:52.0	86.00
Grant Schofield	M45	21:03.1	66.38
Colin Smith	M50	22:48.4	63.76
Mercurio Cicchini	M65	23:06.6	70.98
Bob Schickert	M70	24:14.8	74.01
Nick Miletic	M60	27:37.9	58.30
John Dennehy	M55	28:34.0	52.61
Kem Hassan	M45	29:07.4	46.88
Carolyn Fawcett	W60	33:50.0	59.24
Lynne Schickert	W70	37:42.3	62.78

WAAS November 18

			% pts
Bernard Rourke	Vis	17:54.7	n/a
Andrew Brooker	M45	17:56.6	77.28
Bjorn Dybdahl	M60	19:09.5	82.61
Alan Gower	M55	19:22.2	80.28
Giovanni Puglisi	M60	19:24.6	82.99
David Solomon	M50	20:11.8	71.42
Suzi Graves	W45	20:12.0	80.68
Dan Baldwin	M40	21:12.0	63.45
David Carr	M80	24:33.9	88.17
Carmel Meyer	W50	24:39.9	70.46
Karyn Gower	W50	24:40.6	71.38
John Dennehy	M55	27:52.5	53.92

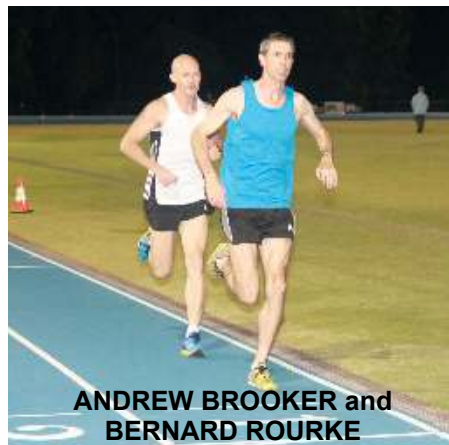
THIS round always keeps the few not participating busy, with often very few left to do the lap-scoring, starting, timekeeping duties. Perhaps this is a good time to remind everybody at the Tuesday and Thursday meetings of their obligation to help. Without help your athletics meetings could not happen. Please ALL do your bit.

The last of the trophy distance races is greeted with a sigh of relief by the sprinters and optimism by distance runners eager to bag big points.

David Carr's return to competition saw him signal his intentions with a massive 88% to send shockwaves through the ranks of the leaders. It is not all over yet for the perennial champion! There was

also a big signal sent in the ladies competition by **Suzi Graves**. A huge PB of 20:12 (80.68%) saw her close the gap with leader **Sue Bourn** by a few points. Both competitions are still wide open as we pass the half-way point.

Other notable performances came from the three leaders in the men's race. **Giovanni Puglisi** (83%) kept his nose ahead of **Andrew Brooker** and **Kim Thomas** (each 77%), with **Bert Carse's** 86% moving him closer to the leaders. It looks as though the final ladies podium spot is a battle between **Carmel Meyer** and **Karyn Gower** with only a couple of points separating them. The jumps are likely to be the decisive events for this battle.



ANDREW BROOKER and BERNARD ROURKE



DAVID SOLOMON and SUZI GRAVES

Patron's Trophy – Round Six



DAVID CARR



Nick Miletic watches Giovanni Puglisi push up over the bar at Ern Clark Athletic Centre.



LYNNE SCHICKERT



BOB SCHICKERT

The high jump proved to be a very popular introduction to the trophy events with almost all trophy contenders participating. Top scores went to **Lynne Schickert** and **Andrew Brooker** (both 76%).

High jump ECAC November 20

			% pts
Colin Shaw	M50	1.35	68.18
Colin Smith	M50	1.35	68.18
Kim Thomas	M40	1.20	54.05
Nick Miletic	M60	1.20	69.77
Carmel Meyer	W50	1.15	71.43
Giovanni Puglisi	M60	1.15	66.86
Mercurio Cicchini	M65	1.15	68.45
Bob Schickert	M70	1.00	66.67
Lynne Schickert	W70	0.90	76.27
David Carr	M80	0.70	53.44

WAAS November 25

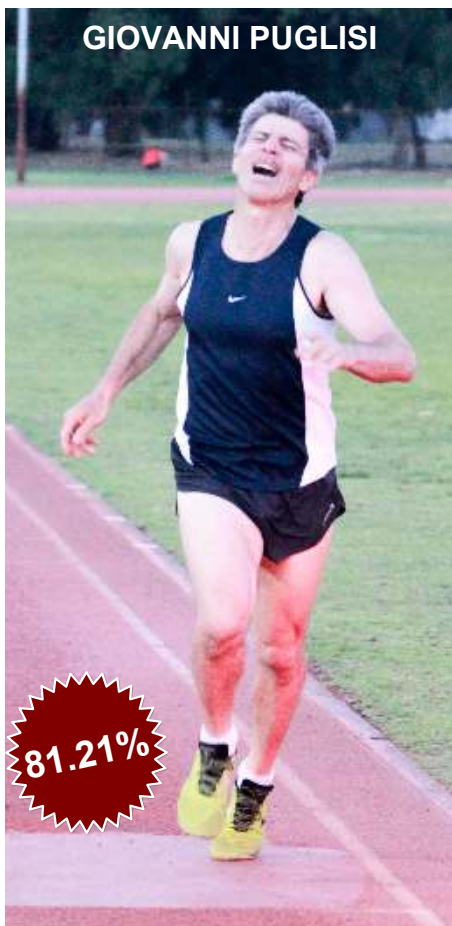
			% pts
Chris Anderson	M45	1.80	85.31
Andrew Brooker	M45	1.60	75.83
Paul Martin	Vis	1.50	n/a
Dan Baldwin	M40	1.40	63.93
Lisa Limonas	W45	1.35	75.42
Mark Dawson	M50	1.25	64.43
Colin Smith	M50	1.25	63.13
Grant Schofield	M45	1.20	57.42
Suzi Graves	W45	1.15	66.86
Delia Baldock	W50	1.15	70.12
Giovanni Puglisi	M60	1.15	66.86
Sal Sims	Vis	1.10	n/a
Phil Smyth	M65	1.10	67.48
Bert Carse	M70	1.05	70.00
Sue Bourn	W45	1.05	60.00
Gay Wyatt	W60	1.00	68.49
John Dennehy	M55	1.00	52.91
Karyn Gower	W50	0.80	50.31



Colin Smith sails over the bar.

Patron's Trophy – Round Six

GIOVANNI PUGLISI



ANDREW BROOKER



DAVID CARR



800m

ECAC November 20

		% pts	
Andrew Brooker	M45	2:15.1	82.41
Kim Thomas	M40	2:25.4	73.16
Giovanni Puglisi	M60	2:39.1	81.21
Mercurio Cicchini	M65	3:05.2	70.86
Nick Miletic	M60	3:25.7	62.81
Colin Smith	M50	2:30.4	77.97
Colin Shaw	M50	2:55.8	66.71
David Carr	M80	3:08.7	91.23
Bob Schickert	M70	3:09.0	76.73
John Dennehy	M55	3:29.4	57.92
Monique Thomas	W35	4:03.1	46.61
Lynne Schickert	W70	5:03.2	63.28

WAAS November 25

		% pts	
Bernie Bourke	M45	2:22.0	79.09
Mark Elms	M45	2:30.7	75.17
Mark Dawson	M50	2:31.5	78.71
Chris Groom	M45	2:33.0	74.04
Grant Schofield	M45	2:38.7	70.77
Dan Baldwin	M40	2:32.2	70.53
Suzi Graves	W45	2:38.2	78.93
Giovanni Puglisi	M60	2:39.4	81.05
Bert Carse	M70	2:49.3	85.66
Christine Oldfield	W70	4:06.6	72.28
Sue Bourn	W45	2:49.1	73.22
David Brook	M50	2:51.7	n/a
Carmel Meyer	W50	3:05.8	71.05
Karyn Gower	W50	3:11.6	69.82
Delia Baldock	W50	3:13.8	67.24
John Dennehy	M55	3:20.4	60.52

This was a critical round in this year's trophy. **Suzi Graves** is now a red-hot favourite to take the ladies' title from **Sue Bourn** with third place up for grabs between **Carmel Meyer** and **Karyn Gower**.

The men's race has been blown wide open with **Andrew Brooker** sneaking into

a one point lead over long-time favourite **Giovanni Puglisi**. Coming up on the rails are **Bert Carse** and 20-times winner **David Carr**. This one will go to the wire.

The highlights from this week's 800m races were – **David Carr** (92%), **Giovanni Puglisi** (82%), **Suzi Graves** (80%).



COLIN SHAW



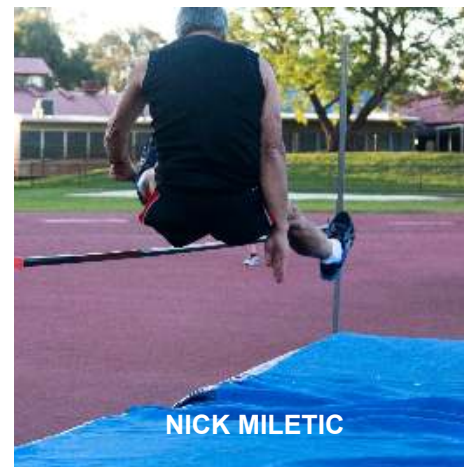
LYNNE SCHICKERT



Carmel Meyer grazes the bar during the Patron's Trophy high jump.



MERCURIO CICCHINI



NICK MILETIC

Patron's Trophy 2014 after round 6 (unofficial standings)

	10000	5000	3000	1500	800	400	200	100	HJ	LJ	TJ	Jav	shot	discus	total	events	net total
1 Sue Bourn	75.23	77.53	75.69		73.22	79.93		83.66	60				37.78	22.46	585.5	9	585.5
2 Suzi Graves	N	80.68	80.41		78.93	82.25		82.76	66.86				42.08	29.35	543.32	8	543.32
3 Carmel Meyer	N	70.46	70.68		71.05	78.92		81.55	71.43				41.27	29.31	514.67	8	514.67
4 Karyn Gower	73.52	71.38	75.89		69.82	65.87		70.16	50.31				N	18.65	495.6	8	495.6
5 Lynne Schickert	N	62.78	61.15		63.28	N		68.58	76.27				49.85	27	408.91	7	408.91
6 Delia Baldock	N	N	66.72		67.24	73.89		74.97	70.12				N	22.31	375.25	6	375.25
7 Carolyn Fawcett	N	59.24	60.16		N	50.83		56.59	N				34.89	23.11	284.82	6	284.82
8 Monique Thomas	49.57	N	52.46		46.61	48.59		46.49	N				24.78	N	268.5	6	268.5
MEN																	
1 Andrew Brooker	75.63	77.28	77.24		82.41	80.44		79.25	75.83				38.37	37.93	624.38	9	624.38
2 Giovanni Puglisi	80.46	82.99	82.11		81.21	75.66		80.47	66.86				40.6	33.34	623.7	9	623.7
3 Kim Thomas	77.68	77.68	73.71		73.16	70.5		70.27	54.05				31.72	32.72	561.49	9	561.49
4 Mercurio Cicchini	71.19	70.98	71.36		70.86	63.06		70.12	68.45				37.56	27.72	551.3	9	551.3
5 Dan Baldwin	62.08	63.45	65.88		70.53	69.52		74.86	63.93				35.29	24.69	530.23	9	530.23
6 Nick Miletic	61.99	58.3	56.37		62.81	64.51		74.44	69.77				41.98	35.96	526.13	9	526.13
7 Bert Carse	83.76	86	N		85.66	79.16		72.77	70				N	35.13	512.48	7	512.48
8 Colin Smith	N	63.76	68.83		77.97	84.37		86.33	68.18				30.62	23.84	503.9	8	503.9
9 Bob Schickert	70.09	74.01	71.82		76.73	N		77.13	66.67				34.29	29.53	500.27	8	500.27
10 Grant Schofield	N	66.38	66.33		70.77	72.23		75.82	57.42				37.49	31.53	477.97	8	477.97
11 David Carr	82	88.17	92.5		91.23	N		N	53.44				52.15	N	459.49	6	459.49
12 John Dennehy	N	53.92	51.92		57.92	60.24		68.73	52.91				32.18	22.82	400.64	8	400.64
13 Mark Dawson	71.8	N	73.52		78.71	76.55		N	64.43				34.41	N	399.42	6	399.42
14 Bob Fawcett	44.64	N	N		N	51.85		60.91	N				41.76	35.03	234.19	5	234.19

Country girl



"I should have been a sheep farmer" says Robin King. A real country girl, born in Gnowangerup, she grew up on a farm at Tambellup, in WA's Great Southern Region. But having been hospitalised after a fall from a bike, she decided to become a nurse. Starting out as a midwife, she spent about 12 years flying in and out of the Pilbara but eventually became, and still is, an occupational health nurse. She has three daughters and five grandchildren.

She always loved running, knowing she could *"go and go and go"* – but she wasn't a sprinter. She joined the Marathon Club in 1982 and was usually one of the back markers in races. But in the Pilbara, as a member of the Wickham Running Club and then the Hedland Running Club, she *"learned to run"*. She did all sorts of *"crazy races"* through the red dirt, dodging snakes and dealing with the heat. In addition she took part in races like the Black Rock Stakes, the Corporate Mile, the Golf to Golf relay, Cossack to Wickham and Hearson's Cove half marathon.

When she returned to Perth around 1994 she was a mother and running took a bit of a back seat for a while. She used to do intervals while her daughter was at soccer training. And at one of



In focus

With Christine Oldfield

the runs she met David Roberts who suggested she join the Vets. She had never heard of them but went along and joined. She really enjoyed the friendliness and the characters.

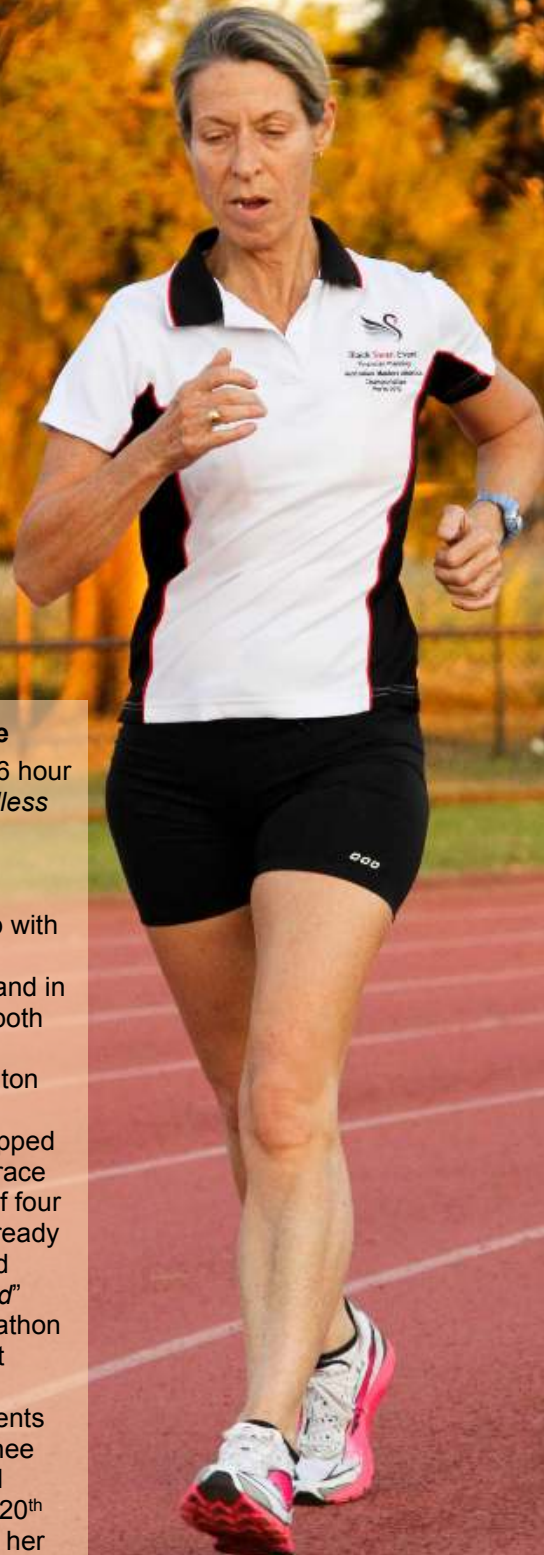
Running 10 kms a day for seven days, her times improved dramatically; so much so that, running with Jim Barnes, she clocked 3:24 in the 1996 Bunbury Marathon. Her aim had been to do just one marathon but she did Rottneest the same year and was first female home.

Her tally is now around two dozen with a best time of 3:08:13 in the 1998 Perth marathon.

Amongst her *"numerous memorable moments"*, her best memories are running with her good friend Anne Shaw, who died in 2003, and *"sloshing nearly ankle deep"* around a saturated track aiming for a sub 39 in one of the John Gilmour 10km races.

CONTINUED – Next page

Walking on a high



FROM – Previous page

AFTER a couple of Bunbury 6 hour races she “*gave up that mindless nonsense*” for World Masters Athletics Championships and Games – she loves attending these events and catching up with the ‘usual suspects’. She competed both out of stadia and in distance races on the track (both running and race walking) in Brisbane, Melbourne, Edmonton and San Sebastian. In Edmonton, in 2005, she lapped all the walkers in the 5000m race and came away with a total of four medals. This added to her already large collection of medals and trophies – the “*most treasured*” being her 1998 Rottneest Marathon Cup when she was again first woman home. She has been plagued by a few health ailments and some injuries and had knee surgery last year. So she had given up marathons until the 20th Rottneest marathon beckoned her in 2013. Her walk/run strategy netted her a time of 4:12.

Her 2013/2014 performances on the track gained her ten mentions for that year’s W55 Club Tops – for five runs (800m – 5000m) and five walks (1000m – 5000m). All the walks and two of the runs were first positions. In the 2014 state championships she won gold in the

1500m, 3000m and 5000m walks, all with times far better than the majority of the men. In 2015 Robin will compete in the state championships and also plans to go to the world championships in Lyon. Looking after her health and having fun is what motivates her to keep going and she is looking forward to Perth 2016.

But she doesn’t limit her participation to athletics. Whilst injured she has crossed over to other sports, doing parts of half Ironman and a full triathlon in Albany in 2014. She says she is not liked by the cycle car as she is too slow – but does make the cut off! She is very familiar with the paths through the Perth Hills, where she now lives, and, further afield, she likes to trek routes like the Bibbulmun Trail, Cape to Cape and the Stirling Ridge.

Being a person who likes to give something back, Robin can be found on track nights, summer and winter, sometimes competing, but more often than not, holding a watch or lap scoring. If someone gets hurt or is ill, she “*gets to play nurse also*”. She really appreciates all her “*masters mates*” who have provided help and comradeship over the years, “*especially those who constantly volunteer their services*”.

THURSDAY NIGHT ACTION AT ECAC



SIMONE SOLOMON



Bert Carse leads Giovanni Puglisi and Dan Baldwin in a 3000m.

Events discontinued

THE throws facilities at Ern Clark Athletic Centre (ECAC) have deteriorated and are now in a poor state of repair. Furthermore there has been virtually no interest from our throwers to compete there on Thursday evenings.

Therefore the club has decided to discontinue offering a programme of throws at ECAC (with the exception of the up-coming Patron's Trophy javelin). Throwers are welcome to come along and practise. Throws on Tuesdays at WAAS will continue as usual – normally Damien Hanson or Mike Anderson will be available to assist.

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
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



Geoff Brayshaw (left), Barrie Kernaghan and David Solomon drive off the line in the 60m.



DELIA BALDOCK



CARMEL MEYER



CAMPBELL TILL

Track and Field Programme

Tuesday at WA Athletics stadium, Mount Claremont

\$6 entry to WAAS, \$3 with Seniors Card. \$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	
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		

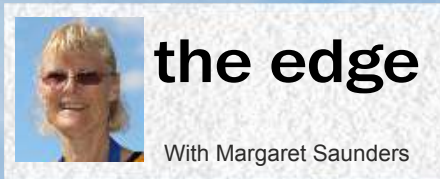
Jump to power uplift

PLYOMETRICS is a method of developing explosive power which is a combination of speed and strength. Jumping, sprint acceleration, throwing and endurance events athletes will all benefit. Reducing the possibility of injury by greater strength and flexibility in ankle joints is one possible benefit. The more explosive arm action will facilitate a more powerful leg drive and a greater release speed for throwers.

The aim of plyometric exercises is that under load the eccentric contraction causes the muscle to lengthen and this is followed by an immediate concentric (shortening) contraction. More elastic energy will be stored as the nervous system becomes conditioned.

Before plyometrics training is commenced, some strength and power should have been acquired through gym workouts in order to help prevent potential injury. Test before a programme is commenced and retest later to ensure that improvements are being made. Retesting will ensure the intensity is correct, or the correct exercises are being introduced to the program with sufficient recovery between sessions.

If you have joint pain or injury then plyometrics is possibly not suitable as a method of training. As plyometrics can be very fatiguing, proceed very slowly with regards the initial intensity and volume. Increase these only when the body has adapted to the



new loading. Warming up is essential to prepare the body in the same way as for any training session.

Training sessions should be short but intense and include a range of exercises. When training for lower body this includes hops, skips, jumps and bounds. Upper body training may include medicine ball exercises and clap push ups. The exercises should mimic as closely as possible the movement patterns of the chosen event.

Landing from toe to heel for jumping or bounding will allow the entire foot to distribute the force over a greater surface area. Avoid side to side movements as the knee is not stable in this position. If correct technique cannot be maintained then stop doing the exercise.

Double leg exercises are less stressful than single leg exercises. For example, the first exercise may be double leg hops. Once competent, then single leg hops can be introduced. Another series of progressions is to jump onto a low box, then jump off a low box and finally jump over a low box. The height of the box can be gradually increased. As you improve you can combine these, by jumping off one box and jumping onto another box. Examples of upper body exercises are medicine ball chest pass, overhead throw forward and backward overhead throw catches and throws.

Enjoy the variety of plyometric training.





Todd Davey delivers at Tuesday night competition at WAAS.

Todd races to world top three ranking

ANOTHER prodigious shot put of 14.54m shattered **Todd Davey's** own M45 state record on Tuesday night (November 25) at Western Australian Athletics Stadium takes him up to third on the 2014 World Masters M45 rankings for this event.

Todd has been in scintillating form recently with two state records in shot and hammer at the Pan Pacs Masters Games on the Gold Coast recently. He brought home five gold medals and one silver from the games.

His November performances preceded a successful competition at the AMA Winter Throws Championships at Canberra in October. At this event he set four state records in the throws pentathlon, weight throw, 56lb weight and 100lb weight.

Bunbury season moves into full stride



BRIAN FEUTRILL

OUR friends down at Bunbury run regular track and field meets on a Tuesday and Saturday during the summer season, similar to the MAWA weekly meetings. A number of BRAC members are also members of MAWA, often travelling up to Perth to join us.

BRAC's season began in mid-October and is already warming up with good competition on both Tuesday and Saturday. I have commented previously that there are a number of excellent all-round athletes there, showing good ability in both track and field. Notable already this season are two W50 women, **Sharon Moloney** and **Deb Cox**.

Sharon has already set new age bests over both 1500m and 2000m, also with the heavyweight. **Deb** matched her, with age bests on the same night for discus and javelin, then three days later with the hammer. **Ruth Johnson** (W70) has also hit good early-season form.

Amongst the men, **Brian Feutrill** and **Jim Davis** take pride of place. **Brian** (M50) has already recorded PBAs over 2000m and the pole vault bar; **Jim** (M80) hurled both hammer and shot prodigious distances on the same evening's programme, both being considered by MAWA statistician Barbara Blurton for state records.

Frequent flyer



Vicki Cobby took advantage of a quick trip to Perth with a solid 400m at Thursday night competition at ECAC.

An unusually cool evening kept numbers down in Cannington tonight. The number of visitors (8) almost matched competing members. The evening started with a 100m sprint. This was followed by a 1km race that was used as a warm up by most for the trophy 400m. Three heats of this trophy event are covered elsewhere in this issue.

The final distance event took a good group around the track twelve and a half times. **David Solomon** and **Kim Thomas** kept Kim's son **Mitch** company at the front of this pack, maintaining a

ECAC – October 30

long conversation over the final five laps. I was told afterwards that they were "discussing race tactics". Last month's cover-girl **Sue Bourn** was impressive behind this trio, with **Dan Baldwin** continuing his fine form with a PBA.

It was good to see ex-member **Simone Solomon** back tonight, and also to welcome **Vicki Cobby**, down from her Broome base for a few days.

WAAS – November 4

With almost all of the members tonight focussed on the trophy 400m, fields were small in the other three events. But that did not prevent some mighty performances.

The scene was set from the start; very sharp sprinting with a just-legal wind gave **Wendy Seegers** (12.3) and **Maurice Pascal** (12.5) notable times for their personal note-books. In the second heat too, **Barrie Kernaghan** and **Suzi Graves** were well pleased with good times. A 1000m run followed in which **Steve Weller** (3:40.2) faced no competition from the **Oldfield** duo stretching their legs some way distant.

After the trophy 400m it was time for tonight's 5000m run. Conditions were quite good despite a stiff headwind in the back straight. **Steve Weller** led the field home with an excellent 18:12.6 PBA, with **Mark Dawson** and **Sue Bourn** each recording season's bests too. **Karyn Tolardo** was the walker in this field and knocked two minutes off her own PBA with a superb 30:12.3,

Good early-season long jump and high jump competitions gave some top practice in preparation for the upcoming trophy events, and our two throwers tonight each set new season's bests with the heavyweight. **Andrew Ward** (9.81m) and **Tom Gravestock** (13.25m) will be looking to build on these distances in the weeks ahead.



STEVE WELLER

Analysis of the results

WAAS (Strive) – November 7

Wendy hits top form

There were some MAWA performances of note on a cool evening at WAAS. **Wendy Seegers** is in fine early-season sprinting form, running a legal 12.33 and inching ever-closer to Kath Holland's 1978 W35 record. **Rudy Kocis** is also in good form, clocking 12.16s. Another with a record in his sights is M35 **Rob Nichols**. His target is David Reid's 1989 3000m steeplechase mark. Rob's 10:21 tonight knocked 20 seconds off his own best with the record only 6 more seconds away.

Byrony Glass also started her hammer season well; tonight's 50.40m is shy of her best.

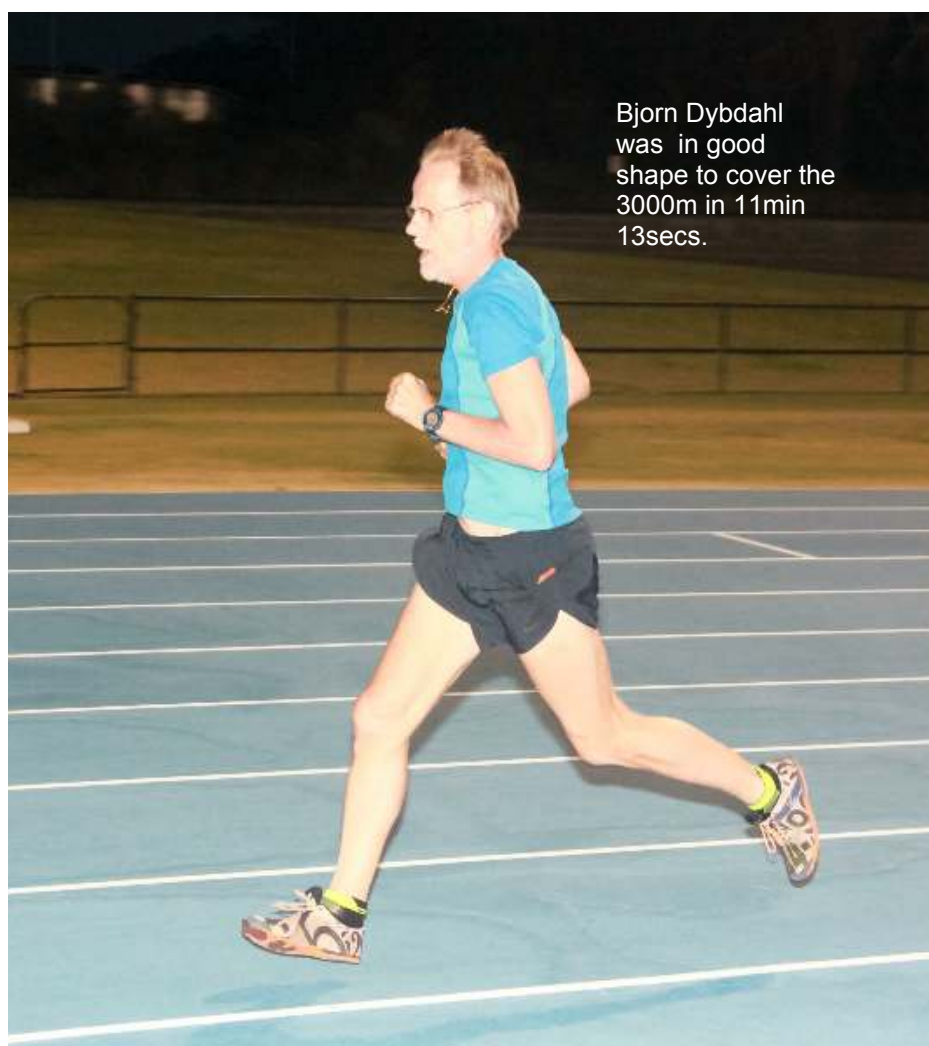


WAAS – November 11

A cool evening with two trophy events also brought the largest gathering of the season to the track tonight. Events got underway with two heats over 200m. The top heat saw excellent running; **Wendy Seegers** is in her best form since moving to Perth several years ago. 25.1s is excellent running, showing that both 100m and 200m state records are within her reach. **Maurice Pascal** and **Colin Smith** were also in excellent shape behind her.

In the triple jump, recent new member **Phil Smyth** and **Carmel Meyer** each jumped more than 7m, whilst **Andrew Ward** continued his early season progress with a new SB of 8.86m with the shot. **Mike Anderson** has taken on a partly administrative role since joining the committee, but tonight put all his efforts into his throwing and set a new discus PBA of 18.91m.

The entry in the 3000m was limited by the parallel discus competition for trophy points, but that did not reduce its quality. Of particular note was the performance of the two walkers – **Karyn Tolardo** and **Wendy Farrow** each set big new PBAs. Amongst the runners, pride of place went to winner **Bjorn Dybdahl** with a new PBA (11:13), **Sue Bourn** and **John Oldfield** each clocking season's bests in mid-field.



Bjorn Dybdahl was in good shape to cover the 3000m in 11min 13secs.

Sprinters set cracking pace



Dan Baldwin (left), Wendy Seegers and Campbell Till power off the line in the 60m at WAAS.

ON a cool evening at WAAS, with the major interest in the 5000m trophy event at the end there was still plenty to enjoy. We opened with two heats over the 300m training distance for the sprinters. Some used it as a warm-up for the subsequent 60m event with the heat winners **Wendy Seegers** and **David Solomon**.

Perhaps it was optimistic programming to put on a 1500m with the 5000m to follow. Only one runner took part, the newly W70 **Christine Oldfield**. "It was good to win a race at last" she opined after the event. The main interest was whether

WAAS – November 18

she would manage to lap her husband, race-walking for a change. She missed out on household bragging rights by about 30m; husband **John** did speed up to ensure that he did not suffer this ignominy, and in the process managed a walk PBA over the distance.

The 60m sprint saw average sort or times with the cool weather. Nevertheless it was great to see **Bernard Riviere** back after an early-season niggles, just missing

out on the dip to in-form speedster **Wendy Seegers**, each clocking 7.8s.

The jumpers and throwers were also present, albeit in small numbers as is the norm until after the Christmas break. **Matt Staunton** chucked the huge heavyweight to a season's best (13.35m), surpassed by top thrower these days **Todd Davey** with 13.66m. Matt's hammer throw also looked good and close to his best, with **Tom Gravestock** also throwing well. Highlight in the jumps pit was **Geoff Brayshaw** (4.14m) just edging **Ossie Igel** (3.96m).

WAAS (Strive) – November 14

Wendy Seegers' outstanding sprint form continued tonight on another unseasonably cool evening that was far from ideal sprint weather. A new PBA of 24.96 with a legal wind was notched up as she edges ever closer to the long-standing state record. Our other sprinters found the conditions tough and must be longing for this cool spell to end.

It was pleasing to see **Lisa Limonas** test her high jumping skills with the top athletes in the state on a Friday evening. Her 1.40m equalled the best this season so far, and is just 1 cm away from her age best.



So close

Lisa Limonas just misses breaking the W45 high jump record.

Analysis of the results

Times tumble

IT was a very busy evening with two trophy and three other popular track events. The longer of the two sprints (200m) saw **Colin Smith** and new member **Justin Vincent** taking line honours; **Stuart MacKinnon** keeps inching down his times, a new PBA of 29.1s being tonight's logging.

One would not have expected the 3000m to be raced hard with a trophy 800m later in the programme. Tell that to **Kim Thomas!** His M40 best has been getting ever closer to the 10-minute mark and this time he went inside this psychological barrier with a very swift 9:57. Another PBA went to **Stuart MacKinnon** (11:31), with **Karyn Tolardo** race-walking to her age best of 17:27 as well.

Justin Vincent showed his all-round ability tonight, giving notice that he has much to offer the club. A long jump of 5.27m, and decent discus throw and shot put show that he will probably enjoy the trophy next year. Meanwhile **Todd Davey** continued his fine throwing form.

ECAC – November 20

Todd Davey dances across the circle as he prepares to unleash the discus.

THE Friday night Strive competition provides an opportunity to test oneself against the best athletes in the state. Most often mentioned in these reports are those who are MAWA's top athletes. Tonight I am taking time to highlight two who regularly take this challenge, but rarely make the headlines.

Christine Schelfhout is now in her third season with MAWA. She does not throw huge distances, but tonight recorded two PBAs (hammer, 24.28m, javelin



WAAS (Strive) – November 21

17.96m), with a season's best of 18.43m in the discus throw as well. She went home a very happy lady.

Another who turns up week after week, never afraid to take the challenge of running the sprints at the back of the pack. **Alan Deans** would be the first to admit that he is not the world's best. Yet he is always there testing himself. Tonight's 17.95s for the 100m was a typical run for this M60. Well done Alan.

Switching to those who are more competitive at this level: **Rob Nichols** ran a very well-judged 1500m, pacing his challenge perfectly and finishing close to his best in 4:24. **Rudy Kocis** is regularly our top 100m runner. Tonight was no exception with 12.23s. **Mark Elms**, having his first Strive outing of the season, ran 12.86s. **Barrie Kernaghan** also clocked a season's best in the 400m with 72.91s. **Matt Staunton**, **Todd Davey** and **Byrony Glass** continued their good form as well with discus and hammer.

WAAS – November 25

ON a night when Olympian **Chris Anderson** graced the high jump event with a leap of 1.80m, another MAWA champion from the open world athletics stage, **Wendy Seegers**, put down two more excellent sprint times. 12.1s and 24.9s for the 100m and 200m respectively to continue her stunning form. **Mark Elms** joined her with PBAs in each event.

In the throws events. **Christine Schelfhout** (javelin) and **Mike Anderson** (shot) each improved their age best performances.



Looking ahead



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

Kim Thomas keeps an eye on the bar in the Patron's Trophy high jump