

T F N L



Season 8 Issue 4
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The Track and Field
Newsletter of MAWA



Suzi's Patron's Trophy

David wins by .07 of a point





Avoid the anguish and renew now

AVOID the anguish of missing the deadline to renew your MAWA membership for 2015 as time is ticking to do so. Membership fees are due on January 1 and you have until the end of January to renew and avoid paying the \$10 joining fee.

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

City of Churches 'cancels' Easter

IT'S official the City of Churches has cancelled Easter. Well not cancelled, but when it comes to the date for 2016 Australian Masters Championships the four-day Easter break has been overlooked.

The championships have been scheduled from Saturday, April 16 to Tuesday, April 19.

There will be no-one wearing Easter Bunny ears in Adelaide and Melissa Foster will not be able to hand out Easter Eggs as she did in Melbourne.

Traditionally the Australian Masters Championships have been held on the four-day Easter weekend until this year in Hobart when the date was moved away from the Easter break.

The move means that athletes will have to take the Monday and Tuesday off work to compete.



Toni Phillips in Melbourne

However next year the championships revert back to the Easter period when they are held in Sydney from April 3 to April 6, 2015.



ROLL OF HONOUR

Scott Tamblin	M35	1500m	Dec 5	WAAS	3:54.60	SR
Wendy Seegers	W35	60m	Nov 28	WAAS	7.75m	*AR
Andrew Brooker	M45	Javelin	Dec 16	WAAS	44.48m	SR

(*This is not a State record, but is a pending Australian one).

Wendy's top month

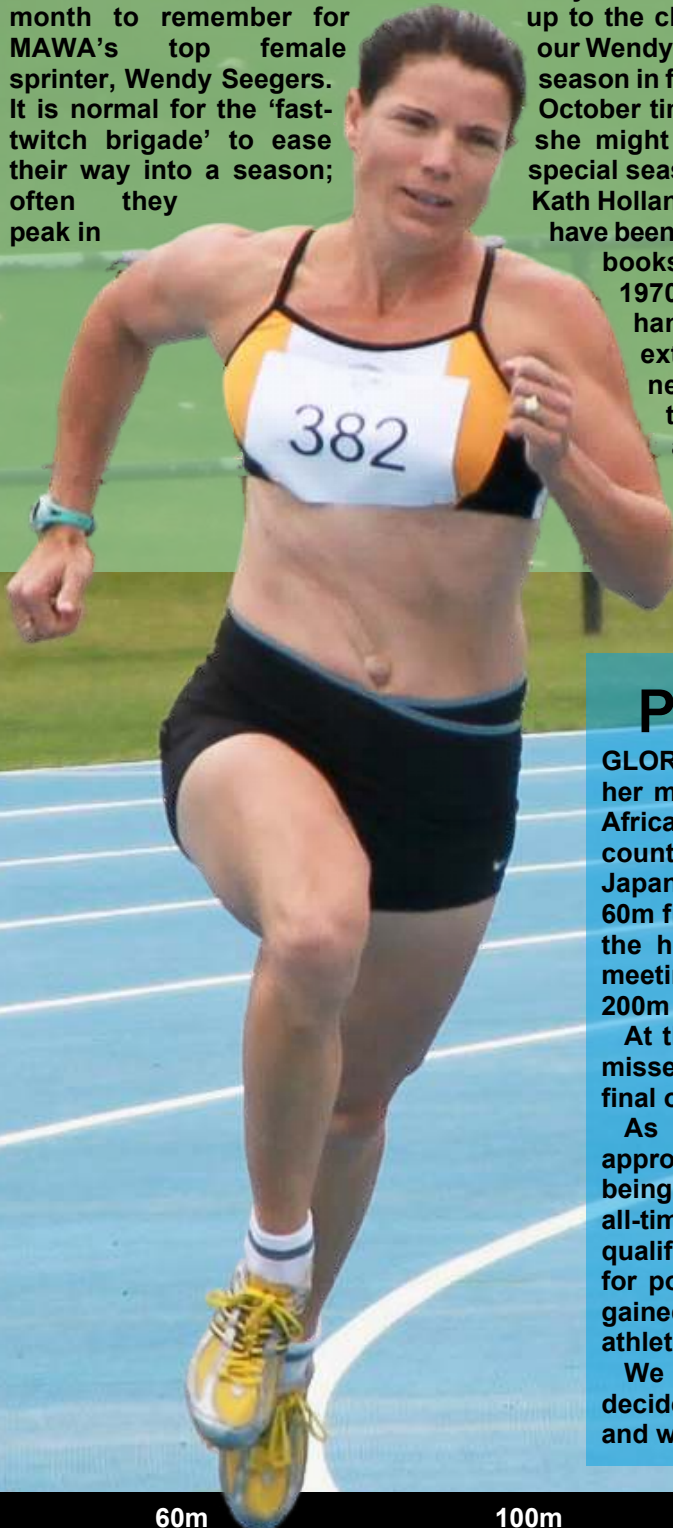
NOVEMBER has been a month to remember for MAWA's top female sprinter, Wendy Seegers. It is normal for the 'fast-twitch brigade' to ease their way into a season; often they peak in

January or February in their build-up to the championships. Not our Wendy! She came into the season in fine form with some October times indicating that she might be heading for a special season.

Kath Holland's times as a W35 have been on MAWA's record books since the late 1970s. These were hand-times but were extremely special nevertheless. It has taken 35 years for anybody to come even close to matching them. With the month

that Wendy has had there is every chance that she will consign those times to glorious history.

Her progression during November is shown in the table below. Although Kath Holland's 400m State and Australian records are still out of her sights, Wendy is inching ever closer to the others. Her electronic time for 60m, set at AWA's Strive meeting on November 28, is an Australian record, showing that this may be the first to replace Kath's name in the books. Wendy is now away on holiday with her husband and their three young children, preparing herself for the onslaught on the 100m and 200m marks in 2015.



Perth reinvigorates desire

GLORY is not new to this ex-South African speedster. Under her maiden name of Hartman she rose to be the top South African female sprinter in the late 1990s and represented her country at the World Indoor Championships in Maebashi, Japan, in March 1999. She just missed out on a place in the 60m final despite breaking the national record twice (7.17s in the heats and 7.15s in the semi-final). And, at the same meeting, another national record fell to her in the heats of the 200m (23.21s).

At the World Championships in Seville later that year she missed out again on a semi berth with 11.46s in the quarter final of the 100m.

As the team selection for the 2000 Sydney Olympics approached she was the top-ranked South African female, being record holder for the 60m and 200m and third on the all-time list over 100m. She was the only one to have an 'A' qualifier to her name, but controversially she was overlooked for political reasons as a native African with a 'B' qualifier gained the sole selection spot. Wendy turned her back on athletics, a disillusioned woman.

We at MAWA are grateful that after migrating here she decided to run again. Let's celebrate our top sprinting female and wish her well on her hopes for the year ahead.

	60m		100m		200m		400m
		04-Nov	12.3	SB			04-Nov 59.9 PBA
		07-Nov	12.23	PBA			
		11-Nov	12.2	PBA	11-Nov	25.1 SB	
					14-Nov	24.96 PBA	
18-Nov	7.8						
		25-Nov	12.1	PBA	25-Nov	24.9 PBA	
28-Nov	7.75 AR (p)						
02-Dec	7.7 PBA						02-Dec 59.6 PBA

Tight race to the end

By JOHN OLDFIELD

CONGRATULAIONS to **SUZI GRAVES** for her first Patron's Trophy success, and to **DAVID CARR** for his twenty-first!

I cannot recall a more exciting Patron's Trophy in the nine years that I have been covering this competition for TFNL. Both the men's and women's race has gone down to the wire. In the contest between our best three women which was only settled in the final week. **Carmel Meyer** and **Sue Bourn** each looked likely winners at some stage in the final weeks, but **Suzi Graves** was a woman on a mission, determined to carry off the trophy to compensate for her unavailability at the National championships next April.

The battle amongst the men went even beyond the 200m. **Andrew Brooker** surged down the home straight at WAAS in the 200m to clock a new PBA and climb into second place. His mammoth javelin throw looked as though it may just make up the lost ground on **David Carr**. Two different tapes were used, a steel tape verifying a new state record, but an agonising seven-hundredths of a point short of top spot. It was a fitting conclusion to a wonderful competition.

Not only that, but there were individual duos and trios in private duels all the way



Suzi Graves

down both ladders. This most enduring of all competitions has undergone many changes in its structure over the years since its inception in 1979, and there may be further tweaking in the future. But if it continues to produce such wonderful

competition as we have seen this year, nobody will bet against the Patron's Trophy still being alive and kicking in another 35 years. The only thing for sure is that it is highly unlikely that I will be reporting on it in 2049!

Patron's Trophy snapshot



David Carr

Patron's Trophy



Carmel Meyer



Sue Bourn



Lynne Schickert



Andrew Brooker



Giovanni Puglisi



Bert Carse

		10000	5000	3000	1500	800	400	200	100	HJ	LJ	TJ	Jav	Shot	Discus	Net Total
WOMEN																
1	Suzi Graves	N	80.68	80.41	81.23	78.93	82.25	82.08	82.76	66.86	60.16	57.87	47.6	42.08	29.35	742.96
2	Carmel Meyer	N	70.46	70.68	76.35	71.05	78.92	83.99	81.55	71.43	62.89	64.93	37.53	41.27	29.31	710.63
3	Sue Bourn	75.23	77.53	75.69	74.7	73.22	79.93	79.84	83.66	60	54.65	N	27.17	37.78	22.46	699.01
4	Lynne Schickert	N	62.78	61.15	59.96	63.28	N	63.2	68.58	76.27	56.76	66.06	N	49.85	27	627.89
5	Karyn Gower	73.52	71.38	75.89	75.47	69.82	65.87	67.81	70.16	50.31	40	43.51	14.16	N	18.65	616.52
6	Monique Thomas	49.57	N	52.46	50.49	46.61	48.59	46.08	46.49	N	37.34	N	11.19	24.78	N	413.6
MEN																
1	David Carr	82	88.17	92.5	90.06	91.23	N	88.66	N	53.44	60.14	59.19	36.34	52.15	N	757.54
2	Andrew Brooker	75.63	77.28	77.24	82.97	82.41	80.44	79.49	79.25	75.83	67.06	N	55.5	38.37	37.93	757.47
3	Giovanni Puglisi	80.46	82.99	82.11	86.39	81.21	75.66	76.47	80.47	66.86	65.77	64.02	30.13	40.6	33.34	743.33
4	Bert Carse	83.76	86	N	88.65	85.66	79.16	73.62	72.77	70	63.67	62.87	36.61	N	35.13	739.9
5	Colin Smith	N	63.76	68.83	75.92	77.97	84.37	86.81	86.33	68.18	62.22	62.99	N	30.62	23.84	705.78
6	Kim Thomas	77.68	77.68	73.71	77.6	73.16	70.5	72.33	70.27	54.05	54.04	52.64	38.39	31.72	32.72	669.14
7	Bob Schickert	70.09	74.01	71.82	76.04	76.73	N	78.32	77.13	66.67	40.32	N	N	34.29	29.53	665.42
8	Mercurio Cicchini	71.19	70.98	71.36	73.76	70.86	63.06	71.44	70.12	68.45	52.35	56.85	28.56	37.56	27.72	662.57
9	Dan Baldwin	62.08	63.45	65.88	68.88	70.53	69.52	74.96	74.86	63.93	N	58.66	24.32	35.29	24.69	645.96
10	Mark Dawson	71.8	N	73.52	79.6	78.71	76.55	77.3	N	64.43	38.05	49.52	18.91	34.41	N	643.89
11	Nick Miletic	61.99	58.3	56.37	58.89	62.81	64.51	70.52	74.44	69.77	54.81	53.17	31.25	41.98	35.96	618.02
12	John Dennehy	N	53.92	51.92	58.48	60.52	60.24	69.49	68.73	52.91	50.97	46.87	19.46	32.18	22.82	559.36

Patron's Trophy – Round Seven



SUZI GRAVES



Flat out

Colin Smith leads Mark Elms and Stuart MacKinnon into the straight in the 1500m.

1500m

ECAC November 27

			% pts
Kim Thomas	M40	4:42.8	77.60
Giovanni Puglisi	M60	5:14.8	85.43
Mitch Thomas	Vis	5:15.9	n/a
Mark Elms	M45	5:19.8	73.31
Stuart MacKinnon	M30	5:20.1	64.35
Colin Smith	M50	5:20.2	75.92
Dan Baldwin	M40	5:21.6	68.88
Aiden Hassan	Vis	5:27.1	n/a
Bert Carse	M70	5:36.6	88.65
Mercurio Cicchini	M65	6:12.6	73.36
David Carr	M80	6:25.4	90.06
Carmel Meyer	W50	6:27.2	74.28
Rosie Lehane	Vis	6:31.3	n/a
Bob Schickert	M70	6:32.4	76.04
Arianna Tolardo	Vis	6:42.5	n/a
John Dennehy	M55	7:11.8	58.31
Kem Hassan	M45	7:13.2	52.12
Carol Bowman	W60	7:15.0	72.86
Jean Hampson (Q)	W65	7:28.1	n/a
Silke Peglow	Vis	7:44.1	n/a
Monique Thomas	W35	7:54.6	50.49
Aubrey Davie	M75	8:28.9	63.99
Maureen Keshwar	W60	9:09.0	60.36
Lynne Schickert	W70	10:51.9	59.96

WAAS December 2

			% pts
Andrew Brooker	M45	4:37.5	82.97
Mark Dawson	M50	5:10.8	79.60
Giovanni Puglisi	M60	5:11.3	86.39
David Lee	M30	5:18.9	64.60
Chris Groom	M45	5:18.9	73.52
Grahak Cunningham	M35	5:25.1	65.47
Grant Schofield	M45	5:27.2	71.00
Suzi Graves	W45	5:32.1	81.23
Bert Carse	M70	5:39.1	87.99
Prabuddha Nicol	M55	5:44.2	75.01
David Brook	M50	5:46.6	70.14
Nicola Hibbert	Vis	5:54.2	n/a
Mercurio Cicchini	M65	6:10.6	73.76
Sue Bourn	W45	5:56.7	74.70
Carmel Meyer	W50	6:16.7	76.35
Karyn Gower	W50	6:26.2	75.47
John Dennehy	M55	7:10.6	58.48
Nick Miletic	M60	7:36.7	58.89
Christine Oldfield	W70	8:28.2	72.99

WOW! This is turning into a nail-biting finish in both men's and women's trophy races. With only three events to go any of three women could win, and any of three men also.

Both triple jump and 1500m were contested at each stadium in this round, with 12 PBAs recorded in the 1500m and another four in the highly technical triple jump. On the track, **David Carr** hit the 90% mark, followed closely by **Bert Carse** (88%), **Giovanni Puglisi** (86%), **Andrew Brooker** (83%) and **Suzi Graves** (81%).

It is all to play for as we enter the mathematical section with athletes able to drop lower scoring events.

And this is not just at the top of the ladders; all the way down there are private

contests between pairs and trios. With **Andrew Brooker** fairly safe in fourth place, only a handful of points separate the next seven men, so that extra few centimetres in the long jump pit, or tenths of a second over 200m could mean significant changes of position.

The top of the womens' ladder shows that the podium spots should go to **Suzi Graves**, **Carmel Meyer** and **Sue Bourn**; but in what order? **Karyn Gower** and **Lynne Schickert** are in a private battle behind these three.

An unfortunate injury to **Delia Baldock** in the triple jump pit at WAAS has counted her out, and the **Fawcetts** have both finally succumbed to their injury issues.



Andrew Brooker heads the field at the start of the 1500m

Patron's Trophy – Round Seven

Taking off



David Carr puts everything into his triple jump at ECAC.



Lynne Schickert recorded the highest percentage of the round at Coker Park.



LISA LIMONAS



KARYN GOWER

Triple Jump ECAC November 27

			% pts
Dan Baldwin	M40	9.89	58.66
Colin Smith	M50	9.00	60.57
Kim Thomas	M40	8.98	52.64
Giovanni Puglisi	M60	7.97	64.02
Carmel Meyer	W50	7.46	64.93
Mercurio Cicchini	M65	6.65	55.19
Jean Hampson (Q)	W65	6.58	n/a
Bert Carse	M70	6.57	62.87
John Dennehy	M55	6.56	46.66
Lynne Schickert	W70	5.41	66.06
David Carr	M80	5.12	59.19

WAAS December 2

			% pts
Colin Smith	M50	9.36	62.99
Lisa Limonas	W45	9.24	72.13
Geoff Brayshaw	M65	8.56	71.04
Grant Schofield	M45	7.75	48.87
Giovanni Puglisi	M60	7.71	61.93
Phil Smyth	M65	7.70	66.09
Carmel Meyer	W50	7.34	63.88
Mark Dawson	M50	7.16	49.52
Fran Cherry	W50	7.15	60.49
Suzi Graves	W45	7.13	57.87
Mercurio Cicchini	M65	6.85	56.85
Nick Miletic	M60	6.62	53.17
John Dennehy	M55	6.59	46.87
Angela Gorey	Vis	6.39	n/a
Karyn Gower	W50	4.93	43.51

Patron's Trophy – Round Eight



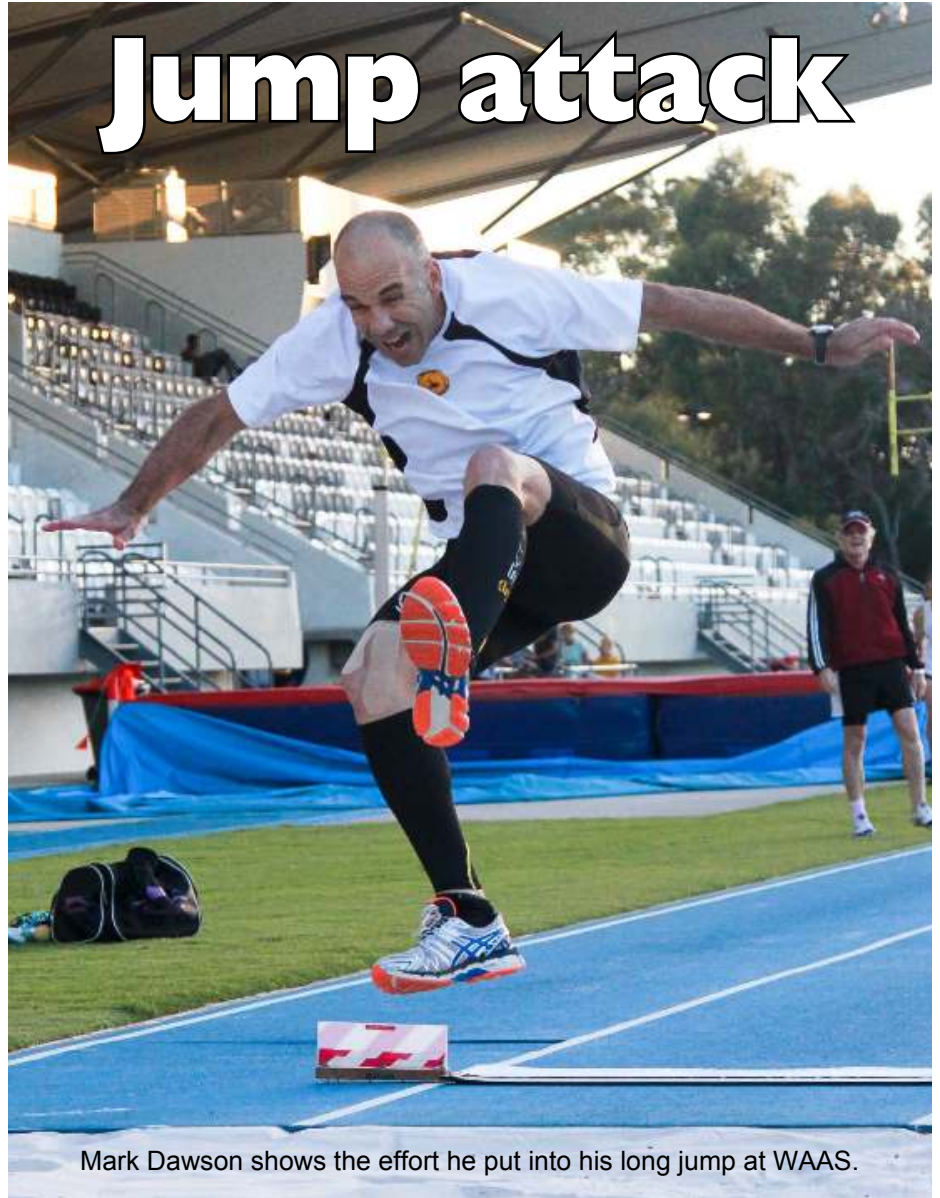
BERT CARSE

Long Jump ECAC December 4

			% pts
Justin Vincent	M30	4.79	53.52
Kim Thomas	M40	4.35	54.04
Colin Shaw	M50	4.26	60.51
Simon Johnson	M40	4.17	52.99
Colin Smith	M50	4.14	58.81
Carmel Meyer	W50	3.61	62.89
Sue Bourn	W45	3.41	54.65
John Dennehy	M55	3.40	50.97
Jean Hampson (Q)	W65	3.25	n/a
Nick Miletic	M60	3.25	54.81
Fran Cherry	W50	3.19	54.07
Mercurio Cicchini	M65	3.01	52.35
Monique Thomas	W35	2.64	37.34
David Carr	M80	2.49	60.14
Lynne Schickert	W70	2.31	56.76
Bob Schickert	M70	2.02	40.32
Carolyn Fawcett	W60	1.88	38.37

WAAS December 9

			% pts
Lee Stergiou	Vis	5.20	n/a
Andrew Brooker	M45	5.09	67.06
Colin Smith	M50	4.38	62.22
Geoff Brayshaw	M65	4.20	73.04
Giovanni Puglisi	M60	3.90	65.77
Christine Schelfhout	W45	2.72	43.59
Suzi Graves	W45	3.70	60.16
Phil Smyth	M65	3.62	65.11
Carmel Meyer	W50	3.56	62.02
Nicola Hibbert	Vis	3.47	n/a
Fran Cherry	W50	3.22	54.58
Bert Carse	M70	3.19	63.67
John Dennehy	M55	3.19	47.83
Jean Hampson (Q)	W65	3.16	n/a
Angela Gorey	Vis	3.07	n/a
Mark Dawson	M50	2.61	38.05
Karyn Gower	W50	2.26	40.00



Mark Dawson shows the effort he put into his long jump at WAAS.

THE penultimate week is often critical to the outcome of the trophy. It certainly has been influential with the women's race, but the situation with the men is wide open.

Suzi Graves' 60% in the long jump puts her in prime position to take out the trophy at her first attempt. The challenge is still there from both **Carmel Meyer** and long-time front-runner **Sue Bourn**, but they each have it all to do in the final week.

The contenders for the men's title all produced 60%-plus marks, keeping all four in contention going into this week's javelin and 200m events. **Giovanni Puglisi** (PBA, 66%), **Andrew Brooker** (67%), **Bert Carse** (PBA, 64%) each have it all to play for to prevent **David Carr** (60%) taking his twenty-first Patron's Trophy victory. Mention should also be made of **Colin Smith**, who has 'come good' in the last two weeks with some excellent results. Another PBA in the long jump (62%) has brought him on to the fringes of the podium race.

Further down the ladder there are still some interesting battles. It must be some time since the top twelve men all passed the 600 point mark, which is quite likely to happen in this year's very exciting trophy competition.



CARMEL MEYER

Patron's Trophy – Round Nine



Final blast

Carmel Meyer (left) and Sue Bourn lead David Carr, Bert Carse and Mercurio Cicchini into the main straight.

ALMOST all of the twenty remaining contestants had something to strive for in the last two events of a momentous Patron's Trophy competition. In particular, three women and four men had hopes of carrying off one of the trophies.

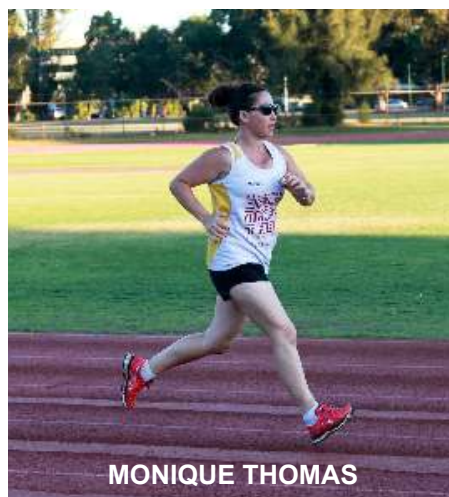
It looked as though the 200m would be decisive initially, with 8 PBAs and 9 SBs over the two days. Top scorer was **David Carr** (88%), but **Andrew Brooker** (79.5), **Colin Smith** (87), **Suzi Graves** (82), **Carmel Meyer** (84) and **Sue Bourn** (80) kept their hopes alive.



Dan Baldwin and Stuart Mackinnon round the bend.



JOHN DENNEHY



MONIQUE THOMAS

200m

ECAC December 11

			% pts
Dan Baldwin	M40	28.0	74.96
Kim Thomas	M40	28.8	72.33
Stuart MacKinnon	M30	29.1	67.73
Mike Bryant	M40	33.9	62.36
Nick Miletic	M60	34.7	70.52
Sue Bourn	W45	31.6	77.82
Carmel Meyer	W50	32.4	81.14
Mercurio Cicchini	M65	34.7	71.44
Fran Cherry	W50	35.4	72.68
David Carr	M80	35.8	88.66
Bert Carse	M70	36.7	73.62
Giovanni Puglisi	M60	32.0	76.47
Mitch Thomas	Vis	35.3	n/a
John Dennehy	M55	35.4	65.56
Kristine Wells	Vis	45.1	n/a
Monique Thomas	W35	47.2	46.08
Carolyn Fawcett	W60	58.1	50.15

WAAS December 16

			% pts
Justin Vincent	M30	25.9	74.59
Colin Smith	M50	26.0	86.81
Campbell Till	M55	27.1	86.79
Mark Dawson	M50	29.6	77.30
Andrew Brooker	M45	27.2	79.49
Suzi Graves	W45	30.3	82.08
Sue Bourn	W45	30.8	79.84
Carmel Meyer	W50	31.3	83.99
John Dennehy	M55	33.4	69.49
Bob Schickert	M70	34.5	78.32
Mercurio Cicchini	M65	35.2	70.43
Mike Anderson	M65	41.7	59.93
Lisa Limonas	M45	29.5	81.49
Nicola Hibbert	Vis	29.5	n/a
Juliana Kelly	W50	37.1	68.63
Karyn Gower	W50	39.2	67.81
Lynne Schickert	W70	50.6	63.20

Pushing the limits



Kim Thomas prepares to unleash the javelin and (inset) just keeps his foot behind the line.



WITH the javelin producing disappointing results on Thursday it was all to play for at WAAS on the final day. **Sue** produced a javelin PBA, but unfortunately not enough to move up the ladder. However, **Andrew Brooker** gave his all with a stunning state record throw of 44.48m, some five metres beyond his previous best, making the competition go right down to the wire, with both results keepers checking all their calculations.

In the end, it was not enough to topple the perennial winner **David Carr**, but surely there can never have been a closer result in the 36 years of the Trophies' history.

Javelin

ECAC December 11

			%	pts
Kim Thomas	M40	33.51	38.39	
Dan Baldwin	M40	20.88	24.32	
Nick Miletic	M60	19.51	31.25	
Bert Carse	M70	19.02	36.61	
Giovanni Puglisi	M60	18.81	30.13	
Carmel Meyer	W50	18.67	37.53	
Mercurio Cicchini	M65	16.78	28.11	
Bob Fawcett	M65	16.35	27.39	
David Carr	M80	15.89	36.34	
Sue Bourn	W45	11.87	21.38	
Carolyn Fawcett	W60	9.23	23.59	
Monique Thomas	W35	8.00	11.19	

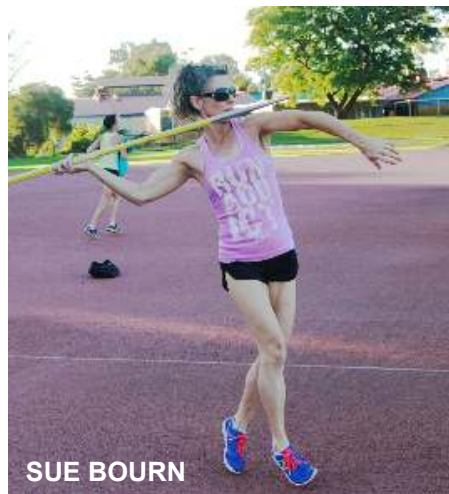
WAAS December 16

			%	pts
Andrew Brooker	M45	44.48*	55.48	
Suzi Graves	W45	25.66	47.60	
Carmel Meyer	W50	17.51	35.20	
Mercurio Cicchini	M65	17.05	28.56	
Sue Bourn	W45	15.08	27.17	
Mark Dawson	M50	13.77	18.91	
John Dennehy	M55	13.63	19.46	
Karyn Gower	W50	6.87	14.16	

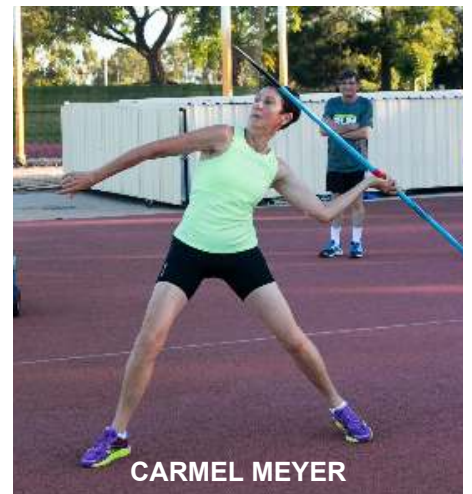
(* State record)



BERT CARSE



SUE BOURN



CARMEL MEYER

Running buzz



In focus

With Christine Oldfield

KEMAL Hassan is known to some as Karl but he prefers to be called Kem. Born in Cyprus, he arrived in Australia as a 3 year old in 1972. He came late to athletics but as a youngster he played lacrosse, rugby league, squash and indoor cricket. After school he went to business college and worked in an office whilst studying accounting part time. That didn't last long and from age 17 – 21 he managed a petrol station. Then, like most of his relations, he became involved with the food industry. For seven years he owned a pizza shop and he followed that, thirteen years ago, with a fish and chips business which he says now "*pretty much runs itself*", allowing him time to run, travel and play golf. He is married to Melissa (a recent MAWA member who does the Sunday runs and also parkruns) and they have two children, Aiden(13) and Aysha(11).

A few years ago, Aiden started running with Masters at ECAC along with Jamie Leonard whose father, Simon, another MAWA member, was training the two boys. Kem went along to watch and, after a while, decided to join in. Aiden is no longer running competitively but Kem has continued. His main motivation has been to control his weight. About seven years ago he weighed in at a hefty 130kg but these days fluctuates around the 90kg mark. He runs about 30 – 45km a week but admits "*I eat more than I run, hence my size.*"

Kem runs almost everything from 100m upwards and features in second or third place in the interim 2014/2015 Club Tops in no fewer than eight track events. But he thinks his biggest achievements in 2014 were in longer races. He got a "*great buzz*" running in the Sunday Road Running Championship, especially the 25km distance, and broke 2 hours in the Perth half marathon. He also ran the Bali half marathon with Kim Thomas. But he says "*Well, actually not with Kim - I was about 40 minutes behind him*".

Kem seems to have caught the running bug so perhaps, having recently entered the M45 age group, we will see him competing in the 2015 State T&F Championships.

Water

running

DEEP water running can give many benefits to athletes, being a form of cross training to maintain fitness whilst injured, or as an alternative form of training in your routine. The water should be deep enough so that your feet do not touch the ground. These sessions allow the athlete to complete a hard session without the stress of hard surface on legs as being in the water decreases the stress on the joints.

Use a flotation device and strap (or tether) attached to a pole at the edge of the pool or pool stairs.

Using the tether ensures the sessions have a greater training effect as the heart rate can be higher when tethered, rather than "running" up and down the length of the pool.

The technique is as similar as possible to running on land. The body is very slightly

forward of vertical and your back straight. Be as "tall" as possible with chest up and backside in, with the foot flat, the toes not pointed. Drive the knees up and then backward toward where the pool bottom meets the side of the pool (rather than straight down towards the bottom of the pool). The tether also allows you to maintain a better posture in the water. Swing the arms from the shoulder in a strong motion.

Start slowly and learn the correct technique, before you build up the speed in the water. Any training session you can do on a track you can do in the water – interval, tempo, long run or sprint session.

However you can do more intervals with less recovery in the water. Choose any session you do on land and do the same session but you can probably double the

intervals and have a very short recovery once you have learned the technique.

Some sample training sessions are as follows:

Continuous running – similar to a long run, however you can break it up into sections such as one minute easy, two minutes medium and three minutes harder. Breaking up the session this way relieves the boredom which may occur at running for an extended period of time.

Interval session – such as 8 x 45 seconds hard with 15 seconds recovery between each effort and then 10 x 30 seconds with 15 seconds recovery after each effort OR Count the arm beats of one arm – 3 x 10 x 30 beats with a recovery of 15 seconds.

I have been doing water running sessions since 2011 and can certainly vouch for their ability to both retain and increase fitness and speed whilst only doing sessions in the water. I initially used water running for many months for all my running sessions when I tore my Achilles tendon. Now I do one session a week which allows me to complete one more "hard" session whilst limiting the impact on my legs.



the edge

With Margaret Saunders

Running aids my life



In focus

With Christine Oldfield

TASMANIAN born Karyn Gower moved to Perth in 1977, the same year she married Alan. Soon after that, she developed a keen interest in the WA flora. She later took that interest further and, in 2009, graduated from Murdoch University with a BSc in biological sciences and, in 2010, with an honours degree in environmental science. Nowadays, although running is fundamental to her way of life, the 'bush' is her first passion and she is heavily involved in conservation and restoration.

She played netball at school and some social squash. Then in 1991, when taking her eldest son, Ron, to Little Athletics cross country training, she decided that, after sitting in an office all day, she should return to a bit of physical activity too. So she put on a pair of joggers and slunk off to do a couple of laps out of sight at a nearby oval. She obviously enjoyed this and developed into a very handy distance runner. That year she (and also Ron and Alan) joined Northern Districts AAC and they became a 'running family', competing mainly in cross country meetings and relays, always with their two younger children in tow. Karyn was awarded a service medal by Northern Districts after carrying out the roles of committee member, auditor and treasurer over the years.

Karyn has been a member of the WA Marathon Club since 1991 and her first ever track run was at Capel in

1992. She also joined the 'Vets' for a while in the mid-90s and she competed in the nationals in Perth in 1996, taking silver in the cross country. After developing Chronic Fatigue Syndrome in 1998 it was a couple of years before she returned to running and about ten years before she achieved a good level of recovery. CFS taught her "to be happy just to be able to run", whether she was running well or not.

In 2003 she re-joined Masters and, in addition to running cross country and relays with AthleticA, became a frequent competitor at the Tuesday night track sessions and state championships. She has had a go at most T&F events but her preference is for the 1500m, 3000m and 5000m distances. In the 2012 nationals in Melbourne she missed out on placings but acquitted herself well – as she did in the recent Patron's Trophy competition. She is aiming to compete at the world championships in Lyon in 2015, when she will just have entered the W55 age group, and in Perth in 2016. As yet she has no specific targets – except to run the best she can.

Karyn runs for fitness and health and is inspired by the achievements of athletes at all levels of ability. She hopes to keep running as long as possible and says "The athletic community, particularly Masters, are a great bunch of people, so taking part in competition is a joy".

THURSDAY NIGHT ACTION AT ECAC



KIM THOMAS



MIKE BRYANT



Dan Baldwin leads Bert Carse and David Carr in a 3000m at ECAC.

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
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



Grahak Cunningham, Nicole Hibbert, Maurice Pascal lead Keith Edmonds race to the finish line in an 800m.



LISA LIMONAS



JULIANA KELLY



JEAN HAMPSON and FRAN CHERRY

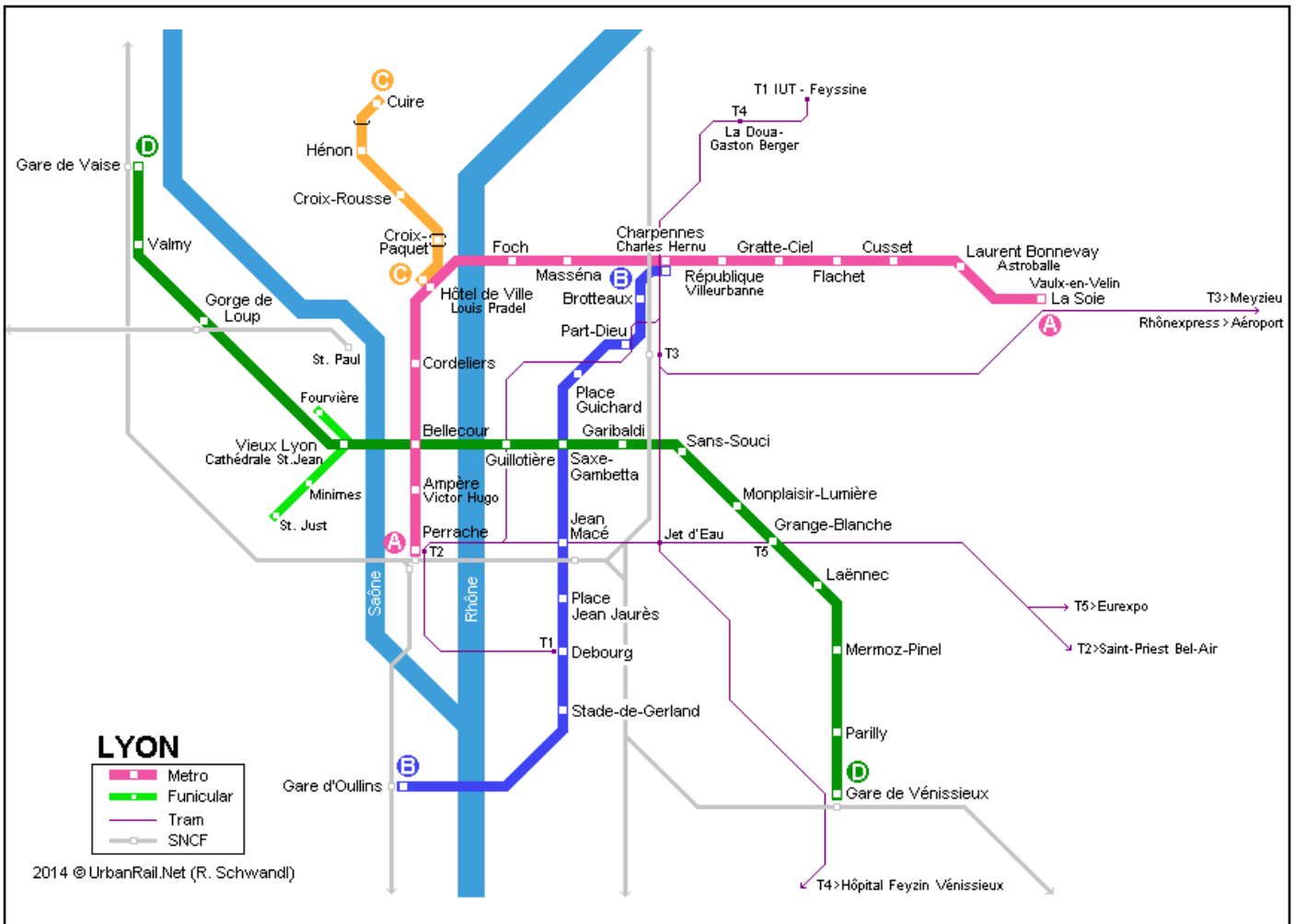
Track and Field Programme

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	steeples	
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	



Follow the green line in Lyon

IN a recent visit to Lyon Wilma and Stan Perkins checked out the metro system from the hotel that will be used by those travelling with Roy's Skuse's group.

A recent online update said that Wilma checked out the area around the hotel and found that staff spoke English and she was able to find someone in the area who also spoke English.

The update reported that the closest metro station to the Online Sports' hotel is the Place Jean Jaures (line B, blue), from here it is two stops to line D (green). From here the line takes you to Gare de Vaise where a shuttle bus will take you to the La Duchere stadium/TIC.

If you are going to the track at Parc de Parilly you take Line D (green) in the opposite direction. The accommodation is about half way between the two main tracks.





Jim Langford strides out at Ern Clark Athletic Centre.

ECAC – December 4

Jim continues recent form

This was probably the busiest evening of the season so far with lovely conditions for athletics. Lots of people did the trophy long jump covered elsewhere in this issue, but there were good entries in all other events.

Chris Neale took the eye with a swift 8.0s to win the top 60m heat, new member **Simon Johnson** taking the second with **Colin Shaw** bagging the win in heat three. A very high quality first 800m heat was taken out by **David Solomon**, **Stuart MacKinnon** notching up a new PB behind him. **Carol Bowman** and **Kem Hassan** recorded season's bests in heat two, with sprinter **Maureen Keshwar** claiming a new PBA too.

In the final event of the evening M70 **Jim Langford** and **Mercurio Cicchini** set new age bests; Jim's time of 20:20 for the 5000m continues the fine form he's been in for the past few weeks.

A final noteworthy time was a return to walking form for **Lynne Schickert**. Her 22:22.5 for 3000m is by some way her best of the season.

WAAS – December 2

ANOTHER busy trophy night, but there was a lot of other exciting athletics in pleasant conditions. **Karyn Tolardo** set yet another 1500m walk PBA, joined by **Sylvia Byers** (W80) on her first track outing for several years. We've missed you Sylvia.

There were 400m PBAs at both ends of the spectrum; **Wendy Seegers** yet again took line honours (59.6s) in the first heat; **Christine Oldfield** beat her previous best at the back of the second. Not too far behind speedster Wendy came **Campbell Till** (60.2s), his best of the season so far.

The main interest in the field was a good discus competition, with both **Tom Gravestock** and **Geoff Brayshaw** hurling out to season's bests.



KARYN TOLARDO

WAAS (Strive) – December 5

IT is always a privilege to watch **Scott Tamblin** in action. The grace and power shown in his running was tonight matched by an acute tactical sense. He sat on the shoulder of the leader for most of the 1500m race, producing a strong surge in the last 50 to clock a winning time of 3:54.60, another pending state record.

Other good MAWA track showings tonight came from M50s **Rudy Kocis** and **Quinton de Klerk** in the 100m and W45 **Fiona Leonard**, setting a new PBA over 400m.

Matt Staunton and **Byrony Glass** each threw good distances with the hammer and are both near their top form.

Tailwind aids sprinters

THE strong tailwind put smiles on the faces of all the sprinters tonight, but made conditions difficult for the 5000m entrants and steeplechasers.

Bernard Riviere (SB), **Lisa Limonas** (PBA), and **Fran Cherry** took line honours in the 60m. 200m winners were **Bernard** and **Lisa** (PBA) again, plus **Suzi Graves**, preparing for next week's 200m trophy climax.

The 5000m race put smiles on most faces at the end, despite having to grit the teeth into the strong headwind on the back straight. Season's bests for **Mark Dawson**, **John**

Oldfield and **Karyn Gower** were trumped by a PBA for race winner **Grahak Cunningham** and a similar accolade for ace walker **Karyn Tolardo**. Her third PBA in a month over the 5000m walk distance took her to within half a second of dipping under 30 minutes for the first time.

The final race, a steeplechase saw some disappointing times because of the tough conditions.

In the middle of the programme we saw a good quality 800m. This was taken out by **Neil Morfitt** but there were sub 3-minute times right down to eighth place.

ECAC – December 11

IT'S a shame that probably the most interesting programme of the summer season is on an evening when the final two trophy events are on the athletes' minds. 100m, 200m, mile and 3000m would capture the imagination on most evenings, but although these were well supported, few athletes used them for anything other than trophy event preparation or warm down.

A notable exception to this observation came from the evergreen **Jim Langford**. A new PBA in both the mile and 3000m continued his fine run of pre-Christmas form. The same can be said for race-walker **Karyn Tolardo**, who added yet another age-group improvement to her list in the mile walk.

Fran Cherry is also enjoying her return to the track. Season's bests were noted in long jump and 200m for her. Finally, welcome to the track new member **Mike Bryant**. Mike acquitted himself well in both the 200m and 3000m showing there is a range of potential for him.


WAAS (Strive) –
December 12

NINE MAWAnS tested themselves at Strive tonight and each came away feeling good.

Our two throwers **Matt Staunton** and **Byrony Glass** each notched a season's best. **Byrony** threw over 50m with the hammer once more (50.84m); **Matt's** SB came with the discus (41.06m), backed up with an excellent hammer throw too.

On the track, the highlight came from **Colin Smith**. Colin's times on a Tuesday are generally adversely affected by the organisation work he does. No such problem tonight, with PBAs and legal winds in both sprints (100m 12.82s, 200m 26.20s). **Barrie Kernaghan** and **Alan Deans** also recorded season's bests in the sprints, **Barrie** edging close to his PBA over the shorter distance.

Todd Ingraham is one of our masters club's top distance runners, and was close to his best over 5000m on the night (16:14), with excellent 800s coming from the trio of MAWAnS – **Neil Morfitt** (2:25), **Mark Dawson** (2:28) and **Fiona Leonard** (2:38).



Bernard Riviere heads into the home straight in the 200m at WAAS.

WAAS – December 9

Busy month at Bunbury



Rosemary Giles returned to the track at Bunbury.

It has been a busy month at Bunbury since we last reported. Two meetings per week, including a combined events meet, means there has been some top athletics in the “southern capital”.

The four regular November meetings again showed so much diversity across both track and field. Notable performances came from **Jim Davis** (M80, possible SR with the shot); **Brian Feutrill** (M50, 800m PBA, sprints, hurdles, 3000m, discus and high jump); **Ruth Johnson** (W70, personal landmarks across the range, including short hurdles to hammer throw!); **Sharon Moloney**, **Rob Young**, **Brian Waldhuter** and **Garry Hastie** – everything from the

heavy-weight throw to a top 2km walk; and not forgetting **Lyle James** who is always a great trier with a smile on his face. It was also good to see top distance runners **Rosemary** and **Steve Giles** back on the track.

Pride of place must, however, go to the combined events participants on the last weekend in November. **Brian** and new member **Robyn Feutrill** (Brian’s wife) did the combined events on November 29/30. Brian’s decathlon total of 5264 is very respectable indeed, with PBAs in high jump and pole vault, plus three other season’s bests. **Robyn’s** total of 2307 for the heptathlon is a pending W50 state record. Well done the Feutrills!

Heavy hitters excel in pentathlon

WITH the excellence of all-round athletics at the home of our southern neighbours, it is no surprise that a throws pentathlon event would attract some of the best masters’ throwers in the state. The ten competitors included seven MAWA members, at least two of whom had records on their mind. And, subject as usual to all the paperwork being in order, they both succeeded.

Todd Davey has been well lauded in these pages recently, but put your hands together also for M80 **Jim Davis**. Jim has re-surfaced this year with renewed vigour. Anyone his age that can throw the hammer a prodigious 33m deserves great respect.

With a discus of almost 25m and heavyweight over 12m, it is no surprise that his points total of 3463 is well above his own current record of 3112 set two years ago. **Todd Davey’s** new mark of 3779 cements his new found status as one of the top ten all-round throwers in the world.

Other entrants in this high-quality combined event competition were **Deb Cox** (W50, 1783pts), **Garry Hastie** (M50, 1918pts), **Sharon Moloney** (W50, 2276pts), **Rob Young** (M70 2268pts) and **Oswald Igel** (M60, 2842pts). *Note that all points totals could be subject to minor variations when finalised.*

THE excellent programme tonight was used to full advantage by the large attendance at WAAS on a very pleasant evening for running.

Although there were only eight mile runners, three recorded PBAs. **Todd Ingraham** was first over the line, dipping under five minutes for the first time with MAWA; The **Oldfield** duo each recorded their best mile time for three years, **Christine** back under 9 minutes (8:49) and **John** stopping the clock at 6:45.

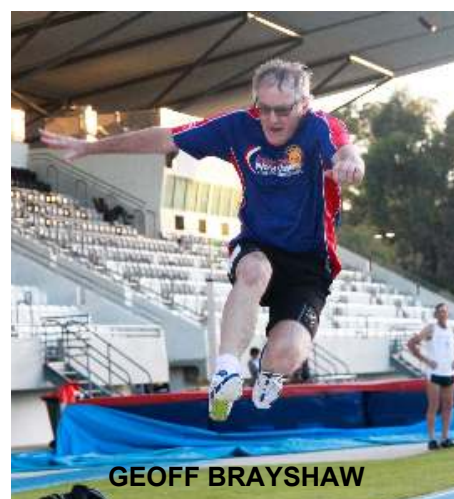
It was also a good evening for the sprinters. Apart from their 200m trophy run, covered elsewhere, there was a 100m event. **Lisa Limonas** (W45, 13.8) and

WAAS – December 16

Mark Dawson (M50, 14.3) each lowered their age-group bests, along with three other SBs in the field.

The long jumpers had the advantage of a good tailwind, with **Geoff Brayshaw** (4.25m) clocking a PBA and **Lisa Limonas** (4.31m) one of four athletes recording season’s bests.

It was a similar story in the final event, a 3000m run or walk. PBAs went to **David Brook** (run) and a revitalised **Sylvia Byers** (W80, race walking).



GEOFF BRAYSHAW

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

Kathy Lawson
strides out at Ern
Clark Athletic
Centre.