

TFNL



Season 8 Issue 6
MARCH 2015

The Track and Field
Newsletter of MAWA



Scott Tamblin (474)
battles with Alain
Dutton (310) in the
800m at the State
Open Championships.

*Photo: John Forbes,
MetroPhoto Australia,
www.metrophoto.com.au*

Records

fall

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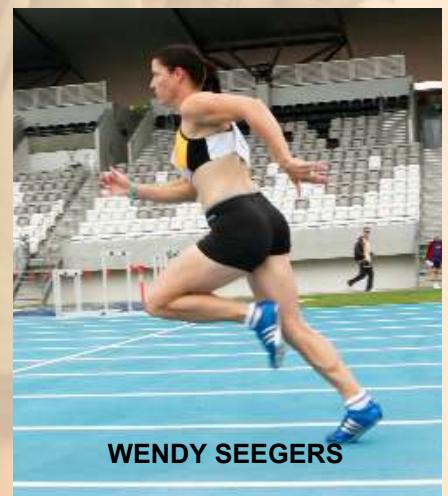
Giant steps



SCOTT TAMBLIN



MELISSA FOSTER



WENDY SEEGERS

WHAT a gigantic month we have had. Not only through the streets of Perth, but at the West Australian Athletics Stadium where five MAWA athletes set an Australian record. Four competitors in their 35 year age groups and one athlete in the W75 age group.

At the recent Track Classic Wendy Seegers won the 100m B open race to stop the electronic clock at 12.17s.

This run came on the back of breaking the 200m record the previous week and the 60m last

year. The three records were held by MAWA's Kath Holland.

Scott Tamblin has been in stunning form recently with an Australian 1500m and State 800m record at the State Open Championships. In the Herb Elliott Mile at the Track Classic he broke the Australian record with a time of 4:11.78. Less than one week later Scott showed his versatility when he reduced the State M35 5000m record to 14:50.8.

Not to be outone in the quest for records Melissa Foster set an Australian W35 Triple Jump record of

11.59m at State Open Championships. Previously Eileen Hindle held this record.

In addition to these track performances Byrony Glass set an Australian W35 56lb weight throw record of 5.40m.

To cap off a great month Lorraine Lopes cut more than three minutes off the W75 3000m record with at time of 14:40.2.

(The records are to be ratified by the AMA Statistician.)

ROLL OF HONOUR

Pending Australian records

M35	Scott Tamblin	1500m	3:51.01	30/01/15	M35	Scott Tamblin	800m	1:53.73	06/02/15
W35	Melissa Foster	TJ	11.59m	30/01/15	M40	Mark Jeffery	Pole vault	4.20m(=)	06/02/15
W35	Wendy Seegers	200m	24.79	06/02/15	M85	Irwin Barrett-Lennard	2000m S/C	12:54.6	10/02/15
W35	Wendy Seegers	100m	12.17	14/02/15	M35	Scott Tamblin	5000m	14:50.8	20/02/15
M35	Scott Tamblin	1 mile	4:11.78	14/02/15	M40	Matt Staunton	Hammer	46.95m	20/02/15
W35	Byrony Glass	56lb wt	5.40m	20/01/15	M60	Geoff Gee	56lb wt	6.03m	20/01/15
W75	Lorraine Lopes	3000m	14:40.2	24/02/15	M45	Todd Davey	56lb wt	9.57m	20/01/15
					W70	Peggy Macliver	400m	85.7	24/02/15
					W75	Lorraine Lopes	3000m	14:40.2	24/02/15

State records

M45	Todd Davey	Hammer	40.66m	22/01/15
W45	Lisa Limonas	High Jump	1.42m	27/01/15
W60	Margaret Saunders	1000m	3:32.3	27/01/15
M35	Scott Tamblin	1000m	2:29.0	27/01/15
M45	Todd Davey	Hammer	42.35m	30/01/15
W45	Christine Schelfhout	Hammer	17.13m	31/01/15

Inaugural State records

W35	Byrony Glass	56lb wt	5.40m	20/01/15
M35	Greg Urbanowicz	56lb wt	8.19m	20/01/15
M40	Matt Staunton	56lb wt	8.65m	20/01/15
M50	Andrew Ward	56lb wt	4.78m	20/01/15
M65	Mike Anderson	56lb wt	2.16m	20/01/15

And the nominees are ...

Each year at the Australian Masters Athletics Championships the top athletes from the previous year are announced at the dinner which will be held in Sydney at Easter. The nominations from MAWA are below.

Sprints/Hurdles



Wendy Seegers

Middle distance/Steeple



Scott Tamplin



David Carr

Distance



Irwin Barrett-Lennard

Walks



Garry Hastie

Jumps



Chris Anderson

Throws



Matt Staunton



Todd Davey

Multis



Paul Jeffery

Showtime

Record entries for State Championships



Xander van Rijen and Chris Neale run the bend in the 400m during last year's State Championships.

THIS year's State Championships, organised by Barbara Blurton for the 12th year in succession, will be the biggest ever, with 172 entries, 13 more than last year and six more than the previous record. The general format is similar to last year, but with a few differences, notably the 10,000m will be at WAAS due to

ECAC track closure for re-surfacing and the high jump will be spread over both days of the main weekend.

The competition schedule now has the 400m as the final event on Sunday to provide an exciting climax. Athletes are encouraged to stay through to the end, when the Patron's Trophy and Ann Shaw trophies will be awarded.

On race day make sure you allow time to check in and pick up your race number.

Remember to allow adequate time to warm up for your races.

If on the day you find you have time to spare and would like to help, make yourself known to Richard Blurton in case there has been a "no show".

TIMETABLE OF EVENTS

Thursday, March 5

10,000m

18.45: W35+, M35+

Saturday, March 7

M40+

8:30 Long Jump
9:15 Javelin
10:00 200m
10:20 Discus
11:05 1500m

Saturday, March 7

Throws Pentathlon

M40+

12:35 Hammer
13:20 Shot
13:55 Discus
14:40 Javelin
15:25 Weight Throw

Saturday, March 7

Pentathlon

W35+

8:30 100m
8:50 Shot
9:30 Long Jump
10:10 Javelin
10:50 800m

Saturday, March 7

Throws Pentathlon

W35+

12:00 Hammer
12:35 Shot
13:10 Discus
13:45 Javelin
14:20 Weight Throw

Tuesday, March 10

Steeplechase

19:30 M35-59 3000m
19:50 W30+ 2000m
20:20 M60-79 2000m

Saturday, March 14 at WAAS

8:15 M60+ 5000m	11:55 M30-44 200m	13:50 W30-49 800m
8:15 M30-49 long jump	12:00 M45-54 200m	13:55 W50+ 800m
8:15 M40-59 hammer	12:05 M55-69 200m	13:55 M55+ high jump
8:15 W35-54 javelin	12:10 M70+ 200m	14:10 W45+ 1500m walk
8:30 W60+ shot	12:45 W40 400m hurdles	14:10 M35+ 1500m walk
9:15 W35+ 5000m	12:45 M45 400m hurdles	14:35 W35-49 60m
9:15 W60+ long jump	12:45 M35-54 high jump	14:35 M40-59 shot
9:15 M60+ shot	13:00 W50 300m hurdles	14:35 M60+ hammer
10:00 M35-59 5000m	13:00 M60-69 300m hurdles	14:40 W50-64 60m
10:15 W60+ hammer	13:00 W35-54 long jump	14:45 W70 60m
10:30 W45+ 5000m walk	13:15 M60+ javelin	14:50 M30-39 60m
10:30 M35+ 5000m walk	13:15 W30-54 hammer	14:50 W60+ javelin
10:30 M50+ long jump	13:25 M35-54 800m	14:55 M40-49 60m
11:15 W35-54 shot	13:30 M55 800m	15:00 M50 60m
11:45 W35-54 200m	13:35 M60-69 800m	15:05 M55-69 60m
11:45 M40-59 javelin	13:40 M70+ 800m	15:10 M70-79 60m
11:50 W60+ 200m		15:15 M80+ 60m

Sunday, March 15 at WAAS

8:00 W30+ 1500m	9:35 M50-59 100m	11:00 M65+ discus
8:00 W35+ triple jump	9:40 M40-49 100m	11:15 W60+ 400m
8:00 W30-54 weight	9:45 M30-39 100m	11:15 W35+ high jump
8:00 M40-64 discus	10:00 W45+ 3000m walk	11:20 W35-54 400m
8:20 M60+ 1500m	10:00 M35+ 3000m walk	11:25 M75+ 400m
8:45 M35-59 1500m	10:00 M40+ triple jump	11:30 M60-74 400m
8:45 M70+ weight	10:00 W35-54 discus	11:30 W60+ weight
9:15 W50+ 100m	10:40 M40 110m hurdles	11:35 M55 400m
9:20 W35-49 100m	10:50 W35 100m hurdles	11:40 M45-54 400m
9:20 W60+ discus	10:50 M65 100m hurdles	11:45 M35-44 400m
9:25 M75+ 100m	10:50 M40-64 weight	
9:30 M60-74 100m	11:00 W40-74 80m hurdles	

Masters make a splash

Rob Nichols powers out of the water jump during the steeple at the State Open Championships.

*Photo: John Forbes,
MetroPhoto Australia,
www.metrophoto.com.au*



Athletes shine



Melissa Foster sends the sand flying on her way to recording 5.66m in the long jump.

Photos: John Forbes, MetroPhoto Australia, www.metrophoto.com.au



WENDY SEEGERS

By JOHN OLDFIELD

A SELECT group of MAWA members entered the AWA State Open Championships conducted over three evenings in late January/early February. Almost all came away with medals, three with Australian records.

Scott Tamblin set a stunning new 1500m Australian M35 best with 3:51.01, backing this up by breaking his own 800m state record (1:53.73). **Melissa Foster** leapt out to 11.59m at the end of her triple jump, extending the W35 AR significantly.

Finally, but by no means least significant, **Wendy Seegers** ran 24.79 with a legal wind in the 200m semi-finals. She was prevented from taking her place

in the final, although the fastest qualifier, because this took place after sunset on the Friday evening. Kath Holland's existing 1978 record was hand-timed at 24.6, so these two times will stand alongside each other on the books for the time being. Wendy also lowered her own best for 400m to 57.02, bringing her within touching distance of the 400m record as well.

Other competitors over the three days, most of whom pocketed medals and glory, were **Greg Brush** (long jump), **Matt Staunton** (Hammer and Shot put), **Todd Davey** (Hammer), **Byrony Glass** (hammer), **Christine Schelfhout** (hammer), **Rob Nichols** (steeplechase) and **Mick O'Toole** (javelin).



Mick O'Toole threw 43.43m to place second in the javelin.



MATT STAUNTON

Passion motivates

BORN in Messina Sicily in 1951, Giovanni Puglisi moved to Perth with his parents when he was two years old, in search of a better life. And, as is usually the way with Italians, he made good and ended up as a primary school teacher with a career spanning more than forty years. As a teacher he had the opportunity to coach numerous sporting and athletics teams – and had great satisfaction in leading several schools to top honours. In 2005 he paid his first and only visit to his birth place but hopes to visit again some time in the future.



In focus

With Christine Oldfield

His passion was soccer and he was fortunate enough to be a member of Subiaco City's U16 and U18 state champion teams. Living around Subiaco, with its wealth of open spaces, he made good use of facilities with his "equally sporty mates". At Claremont Teachers' College in 1970 one of the lecturers encouraged him to join Melville Districts AC. He participated in middle distance events "with limited success". Then his country postings as a teacher reduced his soccer activity but gave him slightly more opportunity for athletics.

He married Lesley in 1976 and on their USA/Europe/UK honeymoon they fell in love with Oxford. They renewed acquaintance with that city in 1996 when Giovanni did a Commonwealth Teachers' Exchange there for twelve months. Currently, one of their two sons (both scientists) is based in England and Finland and the other in Perth so in 2013 they purchased a "little Victorian town house" in Oxford to enable them to "be with both chapters of the growing Puglisi clan".

Sports after he was married were limited to jogging and sailboarding on Logue Brook dam and at Australind. He and Lesley lived in Harvey at the time, teaching, bringing up a young family and also running a small thoroughbred horse stud. One of their stallion's daughters produced the 1999 Melbourne Cup winner, ROGAN JOSH - the last WA bred horse to win the Melbourne Cup.

With just a couple of breaks in membership Giovanni has been with the vets/masters since the early 90s. Middle distance is his forte but he has competed in all distances of 400m and above and also some of the throws and jumps. M60 Club Tops of 2013/14 show him in the top three in no fewer than nine events and so far, for 2014/15, he is in first place for the 1500m, mile, 3000m and 5000m and second for the 400m.

CONTINUED – next page



Giovanni's desire

With 200m to go Giovanni is on target to record a 19mins 23.42secs 5000m at the State Championships.

FROM – previous page

FOR the past three years he has run David Carr very close for the Patron's Trophy, taking the competition right down to the wire. Whilst he is pleased with the steady improvement in his running – he's disappointed that he is "still a bridesmaid".

Last year was his best year as a Masters athlete. He came first out of 72 starters in the 60 to 69 age bracket in the City to Surf 12km and achieved scores of more than 86%, for the first time, in the 1500m, 5000m and parkruns. He has also taken Age Category Records in various parkruns both in Perth and the UK. His career highlights with masters are his first places in the state championships cross country in 2013 and 2014 along with the 1500m and 5000m in 2014.

One of Giovanni's strengths is that he is a very motivated competitor and is always looking for ways to bring the best out of himself. He enjoys studying the methods and techniques of successful athletes (both famous ones and WA masters) and hopes that incorporating some of them into his own training might help take him a bit closer to performances of 90%. So he is working on making his training techniques more consistent and varied and improving his flexibility and diet.

Before a race which is of some importance to him he likes to dedicate his effort to a friend or family member to ensure that he puts in maximum effort – this way he says "I never quit and battle hard right to the end to avoid embarrassment."

Giovanni is quite passionate about masters' athletics and says "Often the

competition and rivalry couldn't be any fiercer but the camaraderie and friendship couldn't be any more solid!"

Giovanni and Lesley are currently in Oxford at their "little Victorian townhouse", from where, for the next six months, or more if he is granted a visa extension, Giovanni hopes to build on his steady progress in athletics of the last two to three years. It will be his training base for the 2015 Worlds in Lyon, where he looks forward to meeting up again with his Ozzie running mates. He hopes Lyon will be a "platform for Perth 2016" when he will have just entered the M65 category.

Bunbury turns it on

By JOHN OLDFIELD

THE annual City versus Country clash is organised by Bunbury Regional Athletic Club, taking place at Hay Park, Bunbury each February. It is not so much a serious athletic competition, more a social gathering allowing like-minded masters athletes from all over the southern part of the state to renew acquaintances or to make new ones.

As well as the dozen or so Bunbury and Busselton folk, it was a great pleasure to catch up with Rob Young from Collie, Ross Goulden from Capel again, and also to meet Brenda Painter and Peter Muller who had travelled up from Albany. This pair are long standing MAVA members; Peter first joined back in the 1980s, and was a regular at Sunday runs until David Carr "persuaded me to take up the track and field". Since moving to Albany in the mid-90s he has continued with sprints and jumps "whenever the table-tennis and tennis commitments permit". He says he will have to give the Worlds a miss next year because it clashes with the Australian table-tennis championships in Queensland!

This meeting is a real delight; as well as giving the opportunity to maintain friendships, the leisurely après, with beer, wine, snacks and Ruth Johnson's legendary cheesecake are recommended.



Peter Muller prepares for landing in the long jump in Bunbury.
INSET: Robyn Feutrill
Photos: JOHN OLDFIELD

Long Jump

Brian Waldhuter	BUN	3.60
Rob Antonioli	VASSE	3.60
Ross Goulden	CAPEL	3.52
Robyn Feutrill	VASSE	3.25
Peter Muller	ALB	3.15
Brenda Painter	ALB	2.59

1000m

Andrew Brooker	CITY	3:20.7
Courtney Butlion	BUN	3:21.2
Rosemary Giles	BUN	**3:21.5

Garry Hastie	BUN	3:48.4
Ross Goulden	CAPEL	4:23.3
Robyn Feutrill	VASSE	4:32.0
John Oldfield	CITY	4:38.0
Christine Oldfield	CITY	5:48.4
Harold Membrey	BUN	4:49.9
Lyle James	BUN	6:53.0

** Pending SR

Pole Vault

Brian Feutrill	VASSE	2.70
Andrew Brooker	CITY	2.50
Jo Gibellini	BUN	1.50

60m

Brian Feutrill	VASSE	8.6
Barrie Kernaghan	CITY	8.9
Harold Membrey	BUN	9.2
Brian Waldhuter	BUN	9.7
Peter Muller	ALB	10.5
Rob Antonioli	VASSE	8.95
Jo Gibilini	BUN	9.0
Robyn Feutrill	VASSE	9.8
Brenda Painter	ALB	10.9
Lyle James	BUN	12.5
Christine Oldfield	CITY	14.7

100m

Brian Feutrill	VASSE	13.4
Barrie Kernaghan	CITY	13.9
Peter Muller	ALB	17.2
Harold Membrey	BUN	15.2
Brian Waldhuter	BUN	15.7
Robyn Feutrill	VASSE	16.9
Brenda Painter	ALB	17.8
Lyle James	BUN	29.8

Hammer

Matt Staunton	CITY	45.99
Todd Davey	BUN	38.79
Peter Tua	BUN	29.88
Sharon Maloney	BUN	26.73
Bruce Cornish	BUN	26.63
Shanell Staunton	CITY	24.01

Rob Young	COLLIE	22.15
Sally Sims	CITY	19.67
Deb Cox	BUN	19.19
Garry Hastie	BUN	17.56
Jo Gibellini	BUN	13.35

Discus

Todd Davey	BUN	40.97
Matt Staunton	CITY	38.41
Peter Tua	BUN	28.96
Garry Hastie	BUN	24.65
Harold Membrey	BUN	24.59
Peter Muller	ALB	24.54
Rob Young	COLLIE	24.28
Deb Cox	BUN	18.17
Shanell Staunton	CITY	12.18
Lyle James	BUN	9.03

Heavy Weight

Matt Staunton	CITY	13.96
Todd Davey	BUN	13.76
Sally Sims	CITY	9.39
Shanell Staunton	CITY	8.77
Rob Young	COLLIE	8.55
Peter Tua	BUN	8.43
Sharon Maloney	BUN	8.32

Tapering



WITH the state and national track and field championships to be held very soon, it is time to think of working to achieve your personal best performance in those competitions. The purpose of tapering is to ease up on your training as important races approach. However peaking at the right time can be difficult to achieve as there are so many aspects to consider.

Tapering is individualised so it may be a good idea to practise it as part of your general training sessions. I know of some athletes who rest completely for three days prior to major competitions and other athletes who go for a very easy run the morning of major races. However most athletes will have a rest day, or very easy session, the day before a major competition.

Tapering generally occurs in the final two weeks before the planned major competition. For some athletes it may start 12 days before



the edge

With Margaret Saunders

the competition and others will have a shorter taper.

Training load can be altered by several means. Varying how hard you train, the number of times a week you train and the intensity of the training session can all be modified.

Research has concluded that the intensity of each session should be maintained. However, within each session the volume of training should be reduced by up to 50%. Progressively reduce this intensity of the training sessions over the days. Athletes generally have set days of training and it is important to continue with that routine so the frequency of training should also be maintained. Weight training should include no heavy lifting.

Maintaining good hydration and nutrition in the days leading to the competition should enhance your performance. The tapering should boost glycogen which is the fuel store in the body.

Resistance training should be stopped about 10-15 days prior to allow time for the muscles to rebuild and regenerate. Tapering should reduce muscle fatigue, therefore running or throwing technique and efficiency should be improved.

Psychological aspects also need to be considered. Training sessions may include some race modelling to prepare for the event. Reflect on your training to build confidence prior to the big day. Remain positive and visualise yourself competing well. Tapering is essential and it is a challenge to ensure your peak performance is achieved in the major competitions of the year.

I hope all Masters' athletes have an extremely successful competition.

Fleet of foot



UNFORTUNATELY we don't see much of Garry Hastie at our weekly T&F meetings since he has been based in Bunbury since 1963, when he was two. His move there from the cold of Bridgetown led to an improvement in the lung problems he had been suffering. He grew up playing football (AFL) but at 15 he weighed just 35kg so regularly got injured "taking on the big guys".

Garry was married for 15 years and has two sons. For almost 32 years he has worked for BHP Billiton and is now a Process Analysis and Improvement



In focus

With Christine Oldfield

specialist with training as his main role.

As a junior in Little Athletics, Garry was "handy at middle distance running but hopeless at race walking". He also did the odd bit of racing at Perry Lakes as a teen. In his early twenties, having broken his collarbone twice, he gave up football and got back into athletics. He gave

race walking another go and did a 1500m walk on grass in 7:13.00 and thus began his race walking career. Over the years he has competed with the WA Race Walking Club and in 2014 he did the national 20k in Albany. In the early days he raced against Terry Jones, Don Stone, George Audley and Jim Turnbull, amongst others. But his success could not keep him away from football and he broke that collarbone another three times before learning his lesson and concentrating on athletics.

CONTINUED – next page

Known primarily
as a walker
Garry Hastie
shows his
versatility in the
high jump and
as a sprinter.



High flyer

FROM – previous page

HE won his first state open walk title in 1987 and thirteen more followed, at various distances. His most recent title was the 2014 open 10,000m track walk. It is interesting to note that his 1987 5000m title came with a time 30s slower than the 24:59.28 he did in the masters' national championships in 2014.

Garry began competing with the Vets in 1996 shortly after the M30 age group was introduced. The nationals were held in Perth that year and, for the first and only time, he was disqualified in the 5000m walk. But he went on to win gold in the 20k road walk, setting a state record which still stands today – as do his M30 state records for 1500m and 3000m walks.

By the late 90s, having stopped enjoying athletics, he gave up the sport, not rejoining masters until 2005 after the break-up of his marriage. He is known primarily as a walker but he does not limit himself to this – as he demonstrated in the 2014 masters state championships where he performed well in the high

jump, javelin and pentathlon. He also runs with the Bunbury Runners Club.

In recent years he has won medals at the nationals in distances from 1500m to 20 km. He says *“it is great to catch up with everyone, including the great friends I have made from interstate”*. In 2009 he attended the World Masters Games in Sydney and won gold in the 10,000m road walk. Two years later at the World Masters Athletics Championships in Sacramento he was *“lucky enough to win gold and silver in the team walks”*.

No such luck in 2013 in Brazil where he competed just three months after suffering a smashed wrist in a cycling accident and had been unable to prepare properly. This season his training has been curtailed by a foot injury so he has had only about six weeks to prepare for the upcoming state championships and eight weeks for the nationals.

Garry has been involved in the administration of Bunbury Regional Athletics Club on and off for the past 30 years or so. He has been President for three different periods

and now looks after their website and officiates at the weekly club meetings. He is a qualified walk judge and coached juniors when his boys were doing Little A's. For the Eaton Boomers Football Club he has been an assistant coach, runner, fitness advisor and mentor. And he is proud of two of his more unusual achievements – scoring a hole in one in competitive golf and a 276 in ten pin bowling.

Garry enjoys athletics and being active and what he lacks in talent he makes up for with determination [his words]. He has a heart murmur, so if he is feeling good he goes for it, if not, he backs off. But his motto is *“If you don't use it, you lose it”* and he wants to compete as long as he can – *“I get my free drugs from exercise. All those endorphins”*.

This year, he aims to concentrate on supporting his boys with their cycling so he's giving Lyon a miss - but then, he says, *“Bring on Perth 2016”*. He will have just entered the M55 category and would love to win a world title. But he knows that *“everything has to fall into place as well as doing all the hard work”*.

TUESDAY NIGHT ACTION AT WAAS



ABOVE: Suzi Graves (right) gets an early jump on Barrie Kernaghan (left) and Fran Cherry.



PEGGY MACLIVER and DELIA BALDOCK

RIGHT: Race winner Melissa Foster is already out of picture as (from left) Nicole Hibbert, Lisa Limonas and Geoff Brayshaw step up the pace.



End of an era

After several years returning to Australia for the track and field season Christine and John Oldfield head back to England at the end of March and will not return until the 2016 world championships. This edition marks the final regular contribution from the couple who have been an integral part of this newsletter which was conceived by John.



CHRISTINE OLDFIELD



JOHN OLDFIELD



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 near finish line.

Please note starting times. Horizontal jumps start at 6pm.

Note: State Championships 10,000m on Thursday, March 5.

Start times to be announced depending on entries.

		WAAS STARTING AT 6.30pm					STARTING AT 7.15pm		
TUES		event 1	event 2	event 3	event 4	jump	field 1	field 2	steeplechase
Mar 15	03	60	800	200	3k r/w	LJ	weight throw	discus	
	05								STATE CHAMPS 10k
	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	

THURSDAY NIGHT ACTION AT ECAC



Les Beckham keeps an eye on Carmel Meyer during the long jump.



LYNNE SCHICKERT



COLIN SMITH and KIM THOMAS



CAROLYN FAWCETT



CLARE WARDLE

Track upgrade

The Ern Clark Athletic Centre will be closed for track re-surfacing from March 2, 2015 to May 1, 2015. There will be no MAWA Thursday night programme between these dates.



The newly resurfaced track is ready for the nationals.

Australian uniforms available

IF you are after an Australian uniform for World Championships in Lyon in August, there will be uniforms (see photos below) for sale at the Australian Masters Athletics Championships in Sydney at Easter.

Hazel McDonnell has advised that she is trying to keep a small amount of stock on hand but if she does not have what

someone wants, then the manufacturers have a six week turnaround meaning you will need to order at least seven weeks before departure. Hazel will be taking a supply to Sydney for the Nationals.

Uniforms order details are at this link: <http://www.australianmastersathletics.org.au/australian-competition-uniforms/>

ENTRIES for the Australian Masters Athletics Championships close on Friday, March 6, 2015. To enter online go to the website www.amasydney2015.com.au



LYNNE CHOATE



ED WALL



On Sunday April 5 NSW Daylight Savings ends at 3am, so put your clock back one hour to 2am if you are in Sydney.

Throwers head south to Bunbury

OUR Bunbury friends closed their January programme with a well-contested throws pentathlon. No less than ten MAWA members completed the five events on a hot, humid Saturday afternoon.

Ages ranged from spring-chicken **Greg Urbanowicz** (M35) to full-grown rooster **Jim Davis** (M80). The women were all of a more modest age, looking resplendent despite the muscles heaving the various implements prodigious distances.

Pride of place must always go to a record, and **Jim Davis** provided that for us, subject, as always, to the requisite steel tape and paperwork confirmation. His overall score of 3687 is an improvement on his own state mark, with the javelin also appearing to raise the current M80 record.

Other than these records, there were nine PBAs, with nine other



Photo: PETER TUA

performances also being season's bests. All the results can be seen in the analysed results on the MAWA website (<http://www.mastersathleticswa.org/system/wp-content/uploads/track-meet->

[result/2015/Jan15.pdf](http://www.mastersathleticswa.org/system/wp-content/uploads/track-meet-result/2015/Jan15.pdf)), but, apart from the statistics, the mere achievement of 10 masters athletes completing such a physically demanding pentathlon deserves huge credit to all.

Records fall on a hot night

THREE state records tonight at a scintillating meeting. **Scott Tamblin** plans his race schedule carefully to make the most of his wonderful talent. Tonight's target was the M35 1000m record set by **Tony Heppener** in 1991. He was joined by **Margaret Saunders** who was attempting to beat **Barbara Blurton's** W60 mark from 2011.

A storming 57s first lap for **Scott** set up his 2:29.0 new record, some ten seconds inside the old time. **Margaret** was equally successful, with her 3:32.3 more than 15 seconds inside the previous record. Simultaneously, **Lisa Limonas** was clearing 1.42m in the high jump, a centimetre higher than her own previous state record. Brilliant stuff!

The evening had opened with PBAs for W45s **Suzi Graves** and **Fiona Leonard** over 200m, **Fiona** also notching another age-best for herself in the 1000m. There were some good 60m races too, particularly the "ladies' special" second heat, with the timekeepers challenged to separate **Fiona, Lynne Choate** and **Fran Cherry. Lee Stergiou** and **Peggy Macliver** took the win in the other two heats.

Grahak Cunningham led the 5000m runners home in style, with two race-walkers each recording PBAs some 20 minutes after Grahak's finish! W80 **Sylvia Byers**, paced by your analyst apologised for keeping all waiting, but PBAs made sure we both went home happy.

Apart from Lisa's high jump record, **Phil Smyth** and **Geoff Brayshaw** also took home PBAs over the bar. Phil had improved his long jump best earlier in the evening. It was a good day for the throwing ladies as well. **Sal Sims** and **Christine Schelfhout** went home happy with new age-bests in the shot put.



Margaret Saunders strides down the back straight at the State Championships.

WAAS – January 27

Distance runners step up in track's twilight

THE sprinters continue to shun ECAC as it enters its final few weeks before the new track is laid, but there was plenty of action over the longer distances tonight.

The 1500m race saw three PBAs. **Jim Langford** is looking very strong in the M70 group – his 5:29 knocked almost 20 seconds off his PBA, with another to follow later in the evening. **Clare**

ECAC – January 29

Wardle and **Aubrey Davie** are two others hitting good form, each notching strong new 1500m bests.

Kim Thomas took the win in both 1500m and 3000m, leading home **Jim**

Langford again in the longer race with another solid PBA of 11:38.

Sandwiched between the two longer races were two heats over 400m. **Mickey Muroi** and **Fran Cherry** were each mid-field in their two heats but will be well pleased with their age group bests. **Colin Smith** and **Kim Thomas** were first across the line in the two heats.

Geoff shines in early events

THE main feature on the programme tonight was the outdoor pentathlon, but only three entrants meant the large throng on the track took centre stage.

Despite big numbers in most events, the state of the track made good times difficult. The relaying of the new surface is now only a month away. **Stuart MacKinnon** ran a fine PBA over 200m behind winner **Colin Smith**, with new member **Alex Tinniswood** (M30) taking heat two. A huge throng in the 1500m saw PBAs to **Clare Wardle** and **Maureen Keshwar**. Another new member, M40 **Peter Frediani** joined Alex in mid-pack.

It was a similar story in the combined 2000m/3000m race with few able to record top times.

Geoff Brayshaw was delighted with his first three events in the pentathlon – PBAs in both long jump and javelin, with a solid solo 200m set him up for a good overall total before, in his own words, he “ran out of puff”. The two women **Carmel Meyer** and **Fran Cherry** enjoyed their evening’s work, although not improving their overall bests over the five events. **Fran** put the shot to a new W50 mark for herself, with **Carmel** long jumping a new PBA.

Geoff Brayshaw prepares to throw the javelin.

ECAC – February 5

Rudi and Maurice take honours in 100m

LIGHTNING, strong winds and rain forced the cancellation of the jump and long run tonight, but a small number of stoic athletes turned out to run the shorter distances.

Rudy Kocis (12.2s) and **Maurice Pascal** (12.7s) were the 100m heat winners, with **Mark Elms**, **Lisa Limonas** and **Barrie Kernaghan** each producing gale-assisted PBAs behind them. **Mark** (56.0s) repeated his success over the full-lap 400m, showing he was in fine form not only because of the wind strength. He was matched by **Margaret Saunders** in heat two, with a PBA of 72.8s.

Four competitors battled round almost four laps to complete the 1500m, with the remaining events cut short and an early finish was called.



WAAS – February 3

David sets standard in steeple

THE busiest evening of the summer so far saw one state record, no less than 20 PBAs and a similar number of season's bests. Five heats in each of the sprints plus a full programme of distance and field events kept the organisers and helpers on their toes until well after the official closing time.

The state record came in the final event – a 2000m steeple-chase. The five competitors included a W35, but still had an average age of more than seventy! David Carr (M80) led the field home in a good SB, warming up nicely for the championships on the horizon. The SR went to M85 Irwin Barrett-Lennard as he continues his re-write of the record book this season. Another M85, Cecil Walkley also completed the event in style.

Sprint ace Wendy Seegers is in the form of her life. Having broken the Australian 60m and 200m records in the past month, she was inside both those times again, but does not claim hand-times as records. Lee Stergiou pushed her hard in each race, but

could not catch our speedster. More PBAs than there is space to mention were also recorded, with Quinton de Klerk, now M50 the other with a double PBA.

The two middle distance events this evening, a 1500m and a 2000m, saw the welcome return to the track of Lorraine Lopes. Lorraine has most of the W70

WAAS – February 10

records, but is now in the next age-group and is looking ominous for another clutch in the next couple of months.

A busy jumps pit was also the scene for some excellent athletics. Melissa Foster recorded 11.62m, which is beyond her new Australian record set at the open championships, but there was no wind gauge. Other good marks were set by several others, Dave Wyatt the pick of the men with 9.43m and Fran Cherry's PBA of 7.54m also noteworthy.

Last, but definitely not least, the throws were also well-attended this evening. New member Tim Lyons is already showing good form with shot and discus, Murray Tolbert and Andrew Ward also impressing with the championships approaching. Regulars Matt Staunton and Todd Davey flexed their muscles in advance of another assault on the record book at Bunbury this coming weekend.

Photo: David Carr clears the hurdle and prepares for splashdown.



Bernadette impresses before Italian world champs

A COOLISH, overcast evening made for good distance running conditions, but not so good for sprinting. **Jim Langford** and **Bernadette Benson** each impressed in the long race over 5000m. **Jim** is now consistently inside the 20-minute barrier, which at age 70 is a great achievement, **Bernadette**, having made the Australian Ultra team for the 24-hour world championships in Turin, Italy in April, is sharpening up with some speed work. Her 20:10.4 tonight was an excellent PBA. **Aubrey Davie** was another with a 5000m age-best.

Brian Hewitt took the first heat over 800m, with **David Carr** impressing in

ECAC – February 12

mid-pack as he prepares for the three championships soon to begin. Sprinting is not easy at ECAC on this worn track, but **Justin Vincent** and **Stuart MacKinnon** showed that they will be battling hard against each other in the state championships on the blue track at WAAS. **Aubrey Davie** pocketed another PBA in the 200m. Finally, **Karyn Tolardo** lowered her best for the 5000m walk by a second, dipping under 30-minutes for only the second time.



BERNADETTE BENSON

Jim steps up 3000m pace

The penultimate meeting of the season at ECAC before the closure for relaying of the new track was a busy one. With three heats in each of the shorter events and sixteen runners in the distance race, officials/volunteers were kept busy.

The opening 400m event gave us five PBAs. **Stuart MacKinnon** and **Clare Wardle** (in heat 1), **Fran Cherry**, **Mike O'Reilly** in heat 2 and **M79 Aubrey Davie** in heat 3 each recorded a new age best. Also noted was **David Carr** cruising to a new season's high as he fine-tunes his championships preparation.

Clare and **Aubrey** repeated the achievement over 100m as well. Heat winners were **Colin Smith**, **Fran Cherry** and newly-rejoined M45 member **Glen Gillett**.

Although **Kim Thomas** almost inevitably won the 3000m race, he will not mind me saying that the performance of the evening was evergreen M70 **Jim Langford's** 11:35.5. Jim has been very solid throughout the past few months in his training and racing, lowering his times week-on-week. I can confirm that the other M70s are wondering what they can do to match his performances. **Clare Wardle** was the other distance runner to notch a PBA in 12:13, compared to her previous best of 12:30.

ECAC –
February 19

Jim Langford
strides out in
the 3000m at
Ern Clark
Athletic Centre.

Byrony tops field in busy night

AN extremely busy evening with more than forty athletes saw some excellent performances across the range of nine events.

The two throws tested sinews and vocal chords with both heavyweight and hammer on the programme. **Byrony Glass** is world class in these two events, but chose only the weight throw tonight, leading the field with 16.41m. **Andrew Ward** (10.41m) and **Chris Schelfhout** (8.31m) set PBAs, **Bev Hamilton** (10.41m) settling for a season's best.

Six athletes took the final opportunity to practise the high jump before next month's championships, showing once more the revival in popularity of this event at the club, entirely down to the great organisational efforts of **Dave Wyatt**. Similar thanks go to **Les Beckham** for making the jumps available each week. Tonight's major beneficiaries in the triple

WAAS – February 17

jump were **Murray Tolbert** and **Fran Cherry**, each netting PBAs.

Each of the track events was also well populated. **Wendy Seegers**, proud holder now of all three sprint Australian records, led the 200m sprinters home as usual. PBAs also going to **Maurice Pascal**, **Lee Stergiou** (200m) and the two W50s **Fran Cherry** and **Carmel Meyer** over the shorter 100m.

Two full heats of 800m produced a win for **Mark Dawson** with a season's best time, and PBAs for **Grahak Cunningham**, **Suzi Graves** and **Fiona Leonard**.

Grahak also took line honours in the 5000m, leading **Bernadette Benson** (20:09) and **David Brook** (20:23) to new age bests for themselves.

WAAS (Strive) –
February 20

THE highlight of this evenings meeting was the state championships 5000m race. Once more, the ever-versatile **Scott Tamblin** showed that he is the supreme M35 over both middle distance and the longer races. His 5000m time of 14:50.8 knocked more than 20 seconds off Phil Wall's mark that had stood since 1980. Not to be out-done on the evening, **Matt Staunton** improved the state M40 hammer throw record to a massive 46.95m.

There were a number of other performances of note. **Todd Ingraham** was over a minute behind Scott in the 5000m race, but his 15:52 was still a significant PBA. **Paul Jeffery** leapt almost 6 metres in the long jump, his javelin throw also only a smidgeon under 50m, and his 400m time of 55.25s demonstrating his hugely versatile talents.

Lorraine smashes record



David Carr leads Lorraine Lopes on her way to set a provisional Australian W75 3000m record.

IT was not a good night for distance running, with the temperature still in the low-30s. Despite the conditions **Lorraine Lopes** cut more than three minutes off the Australian 3000m W75 record with a time of 14:40.2 and **David Brook** shrugged off a troublesome Achilles problem to dip under 12 minutes for a new PBA of 11:48.

The warm humid evening with a light breeze on the super-fast WAAS track was guaranteed to bring out the sprinters in numbers; and our prescient programmer **Barbara Blurton** had the foresight six months ago to allocate three sprints for their pleasure.

A few of the gathered throng attempted all three events, but most were selective. It still meant three 100m heats, four over the full lap and another four satisfying the 60m dash entrants. The 400m produced PBAs for **Lee Stergiou** (winner of the top heat), **Suzi Graves** and **Ivan Brown**, with **Peggy Macliver** capturing the W70 state record in the last heat. Four others from the twenty competitors recorded season's bests.

The 100m saw PBAs for **Wendy Seegers** and **Colin Smith** in the top heat, **Melissa Foster**, **Fran Cherry** and **Ted Miller** adding SBs to the growing number of satisfied customers. Mention also here of two of the heat winners who have recently joined the club – **Suresh Sivacolundhu** and **Kevin Hagan**, each showing they are likely to

WAAS –

February 24

have much to offer. Welcome to the club, gents!

There were yet more outstanding results in the 60m dash. **Wendy Seegers** and **Lee Stergiou** were difficult to separate at the front in heat 1 (both 7.5s), leading **Quinton de Klerk** through to a new PBA of 7.7s. **Lisa Limonas** and **Suzi Graves** continued their excellent form equalling their PBAs in heats 2 and 3, with **Tony Downey** also showing well in winning the other heat.

The field events also gave us a number of noteworthy performances, **Jim Davis**, our top M80 all-round thrower, put the shot out to 10.64m. This is definitely a PBA, and potentially a new state record if the paperwork can be sorted out. **Chris Schelfhout** also increased her best javelin throw to 21.08, **Ossie Igel** matching the feat with a distance of 33.59m, some way beyond his previous M60 best.

Not to be outdone, the long jump pit also produced a few highlights. Top of the list must be **Suresh Sivacolundhu's** 5.32m and a new PBA for **Phil Smyth** of 3.80m.

John Oldfield clocks off at 'old' Coker track finale

THERE are two farewells in this report. Firstly it was goodbye to the 10-year old, worn track at ECAC, with a packed programme.

The distance events were again well-populated, with **Kim Thomas** pacing **Jim Langford** to excellent wins over both 1500m and 3000m.

Another great pacing job was performed by the ever-helpful **Lynne Schickert**. She led your analyst all the

ECAC – February 26

way through the 3000m walk, helping him to a 45-second PBA in preparation for his championship walks on the horizon. **Monique Thomas** (1500m) and **Brian Hewitt** (200m) were the other PBAs on the night.

The second farewell is a sad one for me. This will be my last report after eight

seasons covering some amazing athletics in Perth and the country areas. There have been so many highlights, but most of all Christine and I will miss the friendship and camaraderie at MAWA meetings.

Thank you for reading my screeds; I trust that I have given back to you, the athletes, just a small portion of the pleasure that you have given to me.

John.

Looking ahead

A woman with her hair in a braid, wearing a pink tank top, black shorts, and yellow headphones, stands on a blue running track. She is pointing her right index finger upwards and holding a black device in her left hand. The background shows a green field and a fence.

MAWA State Championships

10,000m, March 5, 2015

Pentathlon March 7, 2015

2k/3k Steeplechase March 10, 2015

Main weekend March 14-15, 2015

Australian Masters Athletics Championships

April 3-6, 2015

Sydney

World Masters Championships

August 4-16, 2015

Lyon, France

Oceania Masters Championships

October 5-10, 2015

Rarotonga, Cook Islands

Don't mess with this lady, not only is Wendy Seegers quick on the track, but quick on the trigger. Wendy took on the role as starter for the 400s at WAAS on February 24.