

TFNL



Season 9 Issue 1
OCTOBER 2015

The Track and Field
Newsletter of MAWA

**Masters set
for new
year and
new track**

Season to start

Carmel takes over from Christine

CARMEL Meyer has taken over the reins from Christine Oldfield and will compile athlete profiles for TFNL. Carmel suffered a midlife crisis (aka an expanding waistline) in 2012 and joined MAWA in July of that year, first running on Sundays and then moving on to include track and field.

Up until then, athletics for Carmel had consisted of school sports days once a year in the 1960s and 70s. Aware of her athletics shortcomings Carmel has

sought to learn as much as possible and will be forever grateful to her fellow MAWA members for their generosity in sharing their knowledge and experience.

“As far as I am concerned every MAWA competitor is an inspiration and all have a story to tell, so I won't just be seeking out the high achievers and record holders. I hope many people will tell us about their goals, motivations and achievements, highs, lows and funny bits.”



New track rules

Winter competition on the resurfaced track at Ern Clark Athletic Centre (Coker Park) started in July. However, it is critically important that all users keep to the following Council rules to maximise track life. MAWA committee members will be checking spikes.

Note that a camera is now installed and any club seen to be breaking the rules will be debarred from the facility

Correct spikes will only be allowed and council will monitor,

with clubs being expelled from using track if not adhered to

- Using first three lanes should be avoided for training and warm ups, (for MAWA we will use outside lanes for sprints).
- Running backward is not allowed.
- No trolleys on track, equipment to be carried, (for MAWA the clock must be carried across the track and only wheeled on the grass).

- Camera will be installed so council can watch track at all times.
- Only entrance to track will be a single gate which is further down car park.
- Sand must be swept before and after use.
- Fence around track will be made higher to stop athletes from jumping over and there will only be one gate access to track.
- Athletes should avoid walking on concrete with spikes, which may roughen them up.

Draft timetable for Australian Track and Field Championships at Adelaide

Saturday AM	Sunday AM	Monday AM	Tuesday AM
10000m	5km Walk	5000m	10km Road Walk
Hammer	Discus	Triple Jump	Cross Country
Long Jump	Javelin	Throws Pentathlon	T&F Pentathlon
Shot	High Jump	Pole Vault	Weight Throw
	Short Hurdles	400m Finals	
Saturday PM	Sunday PM	Monday PM	Tuesday PM
Welcoming Ceremony	200m Heats/Finals	Triple Jump	T&F Pentathlon
60m Heats/Finals	High Jump	Throws Pentathlon	Weight Throw
Hammer	1500m	Pole Vault	Ch of Champ Throws
Shot	Discus	Ch of Champ 100m	4 x 400m Relays
Long Jump	Javelin	4 x 100m Relays	
1500m Walk	Steeplechase	Long Hurdles	
100m Heats/Finals	400m Heats	Dinner	
800m	Athletes Forum		

Where events are shown in both morning and afternoon sessions, the timing of particular age groups will be determined after the close of entries.

This is a non-Easter event to be held from Saturday, April 16 to Tuesday, April 19, 2016

Ready, set go

THE coming track and field competition is shaping up to be a stellar season book-ended by the early Patron's Trophy events and culminating with the State Championships in March.

For some the season will not end there with the Australian championships in April at Adelaide .

The new track at Ern Clark Athletic Centre (ECAC) is the venue for the first events of the season on Thursday, October 1 at 6pm followed by events at West Australian Athletic Stadium (WAAS) the following Tuesday.

This sequence continues throughout the season. At WAAS horizontal jumps and track events

start at 6.30pm. Note: Patron's Trophy jumps start at 6pm.

The Patron's Trophy begins with the 10,000m at ECAC on October 15 with the same distance on the following Tuesday at WAAS.

The summer programme can be found on pages seven and eight of this issue.



Competitors prepare for Patron's Trophy events



DAVID CARR



SUZI GRAVES

The Patron's trophy begin on Thursday, October 15. Athletes compete in a minimum of 10 events and maximum of 14. Points from their best 10 events are added to achieve a total score. The same event from Tuesday and Thursday cannot count twice. The 10 events must include three field events, including at least one jump and one throw.

Suzi Graves and David Carr are the current holders of the trophies.

Walk right in



KARYN Tolardo *walked* into MAWA two years ago and has become a regular race-walking competitor, both on the track and in the Sunday programme. She enjoys the feeling of being fit and healthy and is constantly inspired by our walker cohort and the athletic ability of all her fellow MAWA athletes.

Karyn was born and raised in Hobart and moved to Perth in the late 80s. She is a midwife at King Edward hospital and has worked night duty for the past 18 years -- which makes training and dealing with sleep deprivation a real challenge. Karyn is married to Mario who runs Osteria Dei Sapori restaurant in Nedlands and they have two teenage daughters, Isabella and Arianna. Both girls are well known to track regulars as they often come along to support Karyn or join in themselves.

Karyn admits she had no interest in athletics or sport in her youth. In fact, she took up running at the age of 42, motivated she says, by the thought that regular exercise would allow her to continue indulging in all the good things in life (chocolate, cakes, and food in general) without the fear of middle aged spread. We can all relate to that! However, Karyn had no idea that she would love running so much and she was soon signing up for every fun run Perth had to offer. She has even completed a couple of half-marathons, including the Cadbury marathon in Hobart.

This event should be on the bucket list of every sweet tooth as not only is it a very scenic course along the Derwent river but when you reach the finish at the Cadbury chocolate factory you are welcomed by people in Caramello Koala suits handing out free chocolates!



In focus

With Carmel Meyer

Well worth a marathon effort! Before you all rush off to enter Karyn does warn that despite the picturesque surrounds and the treats at the end, you are exposed to weather conditions from every season during those few hours! Her love of running faced a major setback when a fall during a mother-daughter netball competition resulted in Karyn needing a knee reconstruction. Karyn hadn't played netball before and her netball career lasted only six weeks before disaster struck! The new direction Karyn was looking for presented itself via her daughters' involvement in Little Athletics. The girls took up race-walking.

CONTINUED – NEXT PAGE

Taking it in her stride

FROM – PREVIOUS PAGE

THE parents generally sat around and chatted while the kids trained but then someone suggested they join in to improve their fitness. So in October 2013 Karyn started race-walking, with the goal of training up to be able to compete in the 2016 World Masters championships.

Karyn is also a member of the WA Race Walking club. It was during a 2012 club event in Wilson that Karyn witnessed her hero Lyn Ventris break her own 10km World record. Karyn says she was honoured to be on the track at the same time as Lyn. Karyn trains with Rose Holloway and credits Rose with providing a wealth of technique and training tips. Race-walking gives a full upper and lower body workout Karyn says, with less impact on the knees compared to running. Core strength exercises are essential and she tries to fit them into her busy schedule in addition to walking or running four or five days a week.

I asked Karyn about her approach to this highly technical event and she replied that you have to keep your concentration the whole time to make sure you're maintaining technique. A paddle from the judges can knock your confidence, but you have to remind yourself to correct your technique and stay focused. Karyn hasn't faced disqualification thus far. It wouldn't be the end of the world. She reminds herself that her main goals are to improve her PB's on each distance. She is, in her words, very slowly chipping away at those. A check through recent monthly results confirms Karyn is in fine form. I was happy to be present at WAAS in January to cheer her on when she achieved her PBA of a sub-30 min 5km.

Since joining MAWA Karyn has enjoyed participating in the State Championships. She also entered the National Race-Walking Championships in Albany in 2014, coming away with a bronze medal in the 10km race. The 10km is Karyn's favourite event although she enjoys all the distances. She doesn't rule out branching out into other athletic disciplines and has her eye on the high jump! Karyn's next big competition goal is the Masters Games in Adelaide in October.

Karyn is well aware that Joe Public can sometimes not appreciate the subtleties of race-walking but says you soon get over that. She has had her share of people trying to imitate her, odd stares and wolf whistles. "Noticeably, conversations stop as you pass people who are out strolling; they are obviously wondering what on earth I am doing."

Karyn takes it all in her stride – literally!



Master's motivation



WHAT is the motivation for masters athletes to train and compete? This interesting thought was prompted by the large number of West Australian athletes who entered the World Track and Field Championships in Lyon France this year. Western Australia had a large contingent of 42 athletes which was bettered only by New South Wales with 53 entries and Victoria with 46. The total number entered from all over the world is the amazing total of over 8000 athletes.

So what is it that keeps our athletes inspired to continue training in hot summers and wet winters? Each masters athlete would have their individual reasons but there are many which would be similar to each person. Understanding your own reasons enables you to create your own personalised goals which will help you attain your best performance.

Research has been undertaken at World Masters Games and many reasons were noted by the track and field participants. Olympic Games athletes compete for the desire to win medals or achieve excellent results. Is this the same motivation for masters athletes? Research found



the edge

With Margaret Saunders

that keeping fit and healthy was the prime motivation. The younger age groups were more motivated by performance whilst those over 65 enjoyed experiencing the social aspect of the event. However many over 65 year old athletes are motivated to achieve at a high level. WA has some outstanding athletes of this age who are very motivated to achieve and they are pursuing excellence in their area of the sport.

I have spoken to many masters athletes and many enjoyed school competitions. Some high jumped at school and decided to challenge themselves again and see how high they can jump now. Some were sprinters at school and now run marathons. Others have watched throwing events and wanted to learn new skills themselves. The desire to improve and have fun are definitely factors which influence involvement in the sport.

I am aware of some WA masters athletes who, as they grow older, may not be as competitive as they used to be but enjoy companionship. They still attend Sunday morning runs but may not run or walk. However they socialise after the event and enjoy a hot cup of coffee for morning tea in the company of their friends. The desire to have positive and friendly communication is a very strong motivation. The love of the sport, the fun of competition, the challenge of learning, improving skills and socialising with friends are very powerful reasons to remain a masters athlete.

Think of the many reasons that keep you involved in the sport. Consider the many hours spent training at the track, in the gym, at the physiotherapist or massage therapist. The reasons may have changed since you started but being aware of them will help you maintain the interest and keep you training appropriately.

If there are any topics you would like to have discussed in TFNL please inform me and I will endeavour to produce an article on your chosen subject.

2015-2016 Summer Track and Field Programme

Tuesday at WA Athletics Stadium, Mount Claremont

\$6.70 (\$3.60 for senior card holder) entry to WAAS. \$2 visitor fee – pay at sign in table by finish line

Please note starting times. Patron’s trophy triple jump, high jump and long jump start at 6pm

Patron’s Trophy: The Patron’s Trophy (marked with an asterisk on programme) start on Thursday, October 15. Athletes compete in a minimum of ten events and a maximum of 14. Points from their best ten events are added to achieve a total score. The same event from Tuesday and Thursday cannot count twice. The ten events must include three field events, including at least one jump and one throw.

TUES	WAAS STARTING AT 6.30pm							STARTING AT 7.15pm	
	event 1	event 2	event 3	event 4	jump	field 1	field 2	field 2	steeplechase
Oct 15	06 100	600	60	5k r/w	LJ	weight throw	hammer	hammer	
	13 400	3k r/w	200	1500 r/w	TJ	shot	javelin	javelin	2k steeplechase
	20 100	800	300	10k*	HJ	weight throw	discus	discus	
	27 60	1 mile	400	3k*	LJ	Shot*	hammer	hammer	
Nov 15	03 100	1000	400*	5k r/w	TJ	weight throw	javelin	javelin	
	10 200	800	100*	3k r/w	HJ	shot	Discus*	Discus*	2k steeplechase
	17 300	1500 r/w	60	5k*	LJ	weight throw	hammer	hammer	
	24 200	3k r/w	100	800*	TJ*	shot	javelin	javelin	
Dec 15	01 400	3k r/w	60	1500*	HJ*	weight throw	discus	discus	
	08 60	800	5k r/w	200	LJ*	shot	hammer	hammer	2k steeplechase
	15 100	1 mile	200*	3k r/w	TJ	weight throw	Javelin*	Javelin*	
	22 100	1500	60	3k r/w	HJ	shot	discus	discus	
Jan 16	05 60	800	100	5k r/w	LJ	weight throw	hammer	hammer	
	12 200	1500 r/w	400	3k r/w	LJ	shot	javelin	javelin	2k and 3k steeplechase
	19 100	800	60	3k r/w	HJ	weight throw	discus	discus	
	26 200	1500	60	5k r/w	TJ	shot	hammer	hammer	
Feb 16	02 100	1500 r/w	400	3k r/w	LJ	weight throw	javelin	javelin	2k steeplechase
	09 200	1500 r/w	60	3k r/w	HJ	shot	discus	discus	
	16 200	600	100	5k r/w	LJ	weight throw	hammer	hammer	
	23 100	400	60	3k r/w	LJ	shot	javelin	javelin	2k and 3k steeplechase
Mar 16	01 60	800	200	3k r/w	HJ	weight throw	discus	discus	
	08			WAAS	NOT	AVAILABLE			
	15 60	800	400	2k r/w	LJ	weight throw	javelin	javelin	STATE CHAMPS 2k/3k steeplechase
	22 100	1 mile	300	3k r/w	HJ	shot	discus	discus	
	29 200	400	100	5k r/w	LJ	weight throw	hammer	hammer	

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

\$3 club members, \$5 visitors

ECAC STARTING AT 6pm

THURS	event 1	event 2	event 3	event 4	jump	field 1	field 2
Oct 15	100	600	60	5k r/w	⊥	discus	weight throw
	400	3k r/w	200	1500 r/w	⊥	javelin	shot
	100	800	300	10k*	TJ	discus	weight throw
	60	1 mile	400	3k*	⊥	shot*	discus
	100	1000	400*	5k r/w	⊥	javelin	weight throw
Nov 15	200	800	100*	3k r/w	TJ	discus*	shot
	300	1500 r/w	60	5k*	⊥	javelin	weight throw
	200	3k r/w	100	800*	TJ*	discus	shot
	400	3k r/w	60	1500*	HJ*	shot	weight throw
Dec 15	60	800	5k r/w	200	LJ*	javelin	weight throw
	100	1 mile	200*	3k r/w	⊥	javelin*	shot
	100	1500 r/w	60	5k r/w	TJ	discus	javelin
Jan 16	200	1500 r/w	400	3k r/w	⊥	javelin	shot
	100	800	60	3k r/w	⊥	discus	weight throw
	200	1000	60	5k r/w	TJ	javelin	shot
	100	1500 r/w	400	3k r/w	⊥	discus	weight throw
Feb 16		Pentathlon + 200, 1500, 60, 2k			⊥	javelin	shot
	200	600	100	5k r/w	TJ	discus	weight throw
	100	400	60	3k r/w	⊥	javelin	weight throw
	60	1500	200	3k r/w	⊥	discus	shot
Mar 16	60	800	200	5k r/w	TJ	javelin	weight throw
	200	1500	100	****	⊥	discus	shot
	60	400	100	3k r/w	⊥	javelin	weight throw
	100	1 mile	300	2k r/w	TJ	discus	shot
	100	600	200	5k r/w	⊥	javelin	weight throw

****** State Championships 10,000m**

State Championship dates: Pentathlon – Saturday, March 12 at ECAC. Main weekend – March 19-20 at ECAC

A promotional poster for the Lyon TFNL edition of the World Masters Athletics event. It features four athletes (two men and two women) in athletic gear standing on a track. The background is a stylized blue and white geometric pattern. A yellow starburst graphic contains the text 'Lyon TFNL edition out soon'. The main title 'D'ATHLÉTISME MASTERS' is in large white letters, with 'CHAMPIONNATS DU MONDE' above it. The dates '4 > 16 AOÛT 2015 - LYON' and the website 'WWW.LYON2015.COM' are at the bottom.

**Lyon TFNL
edition out
soon**

CHAMPIONNATS DU MONDE
**D'ATHLÉTISME
MASTERS**

4 > 16 AOÛT 2015 - LYON

WWW.LYON2015.COM

Looking ahead



Niamh Keane heads down the back straight in the 1500m at the World Masters Athletics Championships in Lyon. Keep an eye on the MAWA website for a link to a special Lyon TFNL edition out soon.

MAWA State Championships

10,000m, March 10, 2016

Pentathlon March 12, 2016

2k/3k Steeplechase March 15, 2016

Main weekend March 19-20, 2016

Australian Championships

Saturday, April 16 to Tuesday, April 19

World Masters Championships

October 26, 2016 Perth