

TFNL



Season 9 Issue 4
DECEMBER 2015

The Track and Field Newsletter of MAWA



Kep Knudson and Todd Ingraham
run past the crossover line in the
Patron's Trophy 800m at WA
Athletics Stadium.

Trophy action

Game Clothing



Sue Bourn wears the Game Clothing top as Mike Bryant wears the current MAWA singlet. BELOW: Bob Schickert in the Game Clothing singlet.

Powerplay



Delia Baldock shows off the running singlet from Powerplay.

Game Clothing



Uniform trials

MAWA is currently trialling products from two manufacturers to supply a new club singlet. For some months, you would have seen some members wearing a design from Game Clothing.

In November, a second version of the initial design hit the tracks and roads manufactured for the Western Australian Powerplay company in Thailand.

A different material is used by both companies and the club is looking for feedback from members on comfort and design.

Game Clothing manufactures the new Australian uniforms which several WA athletes wore at the world championships in Lyon, France.

The company's products are manufactured in Brisbane.

ROLL OF HONOUR

Wendy Seegers	W35	200m	24.42	13/11/2015	*AR
*Pending record					

Sue and David lead



SUE BOURN



DAVID CARR

With five events left, the Patron's Trophy race enters crunch time for competitors to improve their positions.

At this stage, Sue Bourn and David Carr have been the stand-out performers in the early events.

David has a string of high eighty per cent results in the track events and at this stage looks unchallenged to retain the trophy.

Distance runner Todd Ingraham has been the best of the rest and Kep Knudson will have to keep performing with evergreen Bob Schickert and John Dennehy close behind.

Another battle is brewing in the women's event with Carol Bowman, Karyn Tolardo and Janne Wells fighting for positions. Out to upset these three will be Lynne Schickert who had the highest percentage in the high jump for both women and men last year.

Despite the drop in numbers in this year's event, the remaining five events will be fascinating to watch as competitors fight for those all important extra percentage points.

Unofficial Performances

	10000	5000	3000	1500	800	400	200	100	HJ	LJ	TJ	Jav	Shot	Discus
Women														
Sue Bourn	72.95	72.52	73.36		71.07	77.24		80.54			N		40.25	21.77
Carol Bowman	N	76.37	76.25		72.65	75.96		75.52			36.77		38.06	25.64
Karyn Tolardo	66.09	64.56	65.71		58.29	57.47		61.04			42.45		36.36	21.15
Janne Wells	N	53.12	54.9		59.19	63.26		71.14			57.77		N	25.49
Lynne Schickert	N	N	57.93		58.96	55.84		63.36			64.09		48.48	33.86
Men														
David Carr	86.63	83.98	87.09		89.6	86.96		77.86			61.66		49.09	37.83
Todd Ingraham	78.77	80.22	77.87		77.84	73.71		73.79			N		31.5	N
Kep Knudson	N	63.57	63.06		65.07	67.72		74.4			58.79		32.52	26.61
John Dennehy	N	55.66	55.79		63.09	64.74		67.51			48.99		31.83	22.57
Bob Schickert	N	63.99	62.36		68.88	61.2		70.87			N		34.72	34.93
David Adams	N	59.45	56.76		57.59	63.23		68.78			38.82		21.34	14.27
Ivan Brown	N	N	69.97		71.99	71.6		73.06			N		N	N
Andrew Brooker	N	N	73.88		N	80.03		80.38			N		N	36.23

Man on a mission

Andrew Brooker puts everything into the final metres of the 400m.



In the 400m, Andrew Brooker (M45) attempted to maintain contact with Wendy Seegers and was rewarded with a 60.2 and an 80%, recording the fastest time and highest age-grading of the evening, although he would have been aiming for a sub-60 run.

Todd Ingraham (M40) ran even splits to finish in 63.3 (73.71%) with Ivan Brown smoothly lapping in 82.4, earning him a 71.60%. Carol Bowman gained 74.65% from an 86.2 run, not quite as fast as her

(84.0) Thursday night effort. John Dennehy (M55) went under his aim of 80 seconds giving him 64.74% and a 2.5 second improvement from his run at Ern Clark Athletic Centre.

David Carr topped the percentage table at ECAC with 86.96% followed by Kep Knudson's 67.72%. Sue Bourn led the women posting 77.24%. Janne Wells headed the next group with 63.26% followed by Karyn Tolardo (57.47%) and Lynne Schickert (55.84%).



JANNE WELLS



KARYN TOLARDO

400m ECAC October 29

			% pts
Sue Bourn	W45	73.8	77.24
Carol Bowman	W60	84.0	75.96
Janne Wells	W45	89.2	63.26
Karyn Tolardo	W50	1:41.2	57.47
Lynne Schickert	W70	2:21.5	55.84
Kep Knudson	M35	66.2	67.72
John Dennehy	M55	82.1	62.76
David Carr	M80	88.8	86.96
Bob Schickert	M70	1:44.1	61.20

WAAS November 3

			% pts
Wendy Seegers	W35	57.9	n/a
Andrew Brooker	M45	60.2	80.03
Todd Ingraham	M40	63.1	73.71
Bruce Wilson	M70	80.0	n/a
Nick Best	Vis	58.9	n/a
Doug Peyman	Vis	68.5	n/a
David Adams	M35	72.5	63.23
Barrie Kernaghan	M75	75.4	n/a
Fiona Leonard	W45	69.3	n/a
Ivan Brown	M70	82.4	71.60
Henri Cortis	M65	85.9	n/a
Carol Bowman	W60	86.2	74.65
Andrew Brooker	M45	71.3	n/a
Juliana Kelly	W50	78.3	n/a
John Dennehy	M55	79.6	64.74

Patron's Trophy

Running to the max



It was all out effort in the 100m sprint as Carol Bowman, David Carr and Bob Schickert blast down the straight at Ern Clark Athletic Centre.

100m ECAC November 5

			% pts
Kep Knudson	M35	13.4	74.40
Owen Richards	M35	13.6	n/a
Sue Bourn	W45	14.9	80.54
John Dennehy	M55	17.0	67.12
Carol Bowman	W60	18.3	74.70
Bob Schickert	M70	18.4	70.87
David Carr	M80	19.2	77.86
Janne Wells	W45	16.7	71.14
Karyn Tolardo	W50	20.1	61.04
Lynne Schickert	W70	24.7	63.36

WAAS November 10

			% pts
Kep Knudson	M35	12.9	77.29
Andrew Brooker	M45	13.3	80.38
Doug Peyman	Vis	13.8	n/a
Todd Ingraham	M40	14.0	73.79
Lisa Limonas	W45	14.2	n/a
David Adams	M35	14.8	68.78
Barrie Kernaghan	M75	15.2	n/a
Steve White	Vis	15.7	n/a
Nick Best	Vis	14.0	n/a
Brian Kinneen	Vis	14.3	n/a
John Dennehy	M55	16.9	67.51
Irwin Barrett-Lennard	M85	20.2	78.12
Tracey Bauer	Vis	16.5	n/a
Peggy Macliver	W70	16.7	n/a
Ivan Brown	M70	17.0	73.06
Carol Bowman	W60	18.1	75.52

The early breeze dropped completely as events got underway at ECAC resulting in perfect conditions for the Patron's Trophy 100m. Sue Bourn's 14.9s earned her a healthy 80.54%; all the more impressive considering she has still not completely recovered from her recent cold. Carol Bowman came in next with 74.70%. David Carr again led the men in points with 77.86% followed by new member Kep Knudson on 74.40%.

On the following Tuesday night at WA Athletics Stadium, Andrew Brooker scored the highest age-graded percentage of 80.38 with his effort of 13.3 following Kep Knudson's 12.9 (77.29%).

Other high scorers were Irwin Barrett-Lennard with his 20.2 giving him 78.12%, Carol Bowman (W60) 75.52% and Ivan Brown running 17 neat and scoring 73.06%.



KEP KNUDSON



JANNE WELLS

Patron's Trophy

All out effort

Sue Bourn keeps her eye on the discus after her throw at Ern Clark Athletic Centre.



JANNE WELLS



KARYN TOLARDO

At ECAC, the Patron's trophy discus throwers made an early start so that they could concentrate on the 100m which was more in their comfort zone. A couple of throwers dented the paint-work on the cage and a couple stepped out of the circle the wrong way, but all managed a score in the end. Thank you to Jackie Halberg and Michelle De Silva for officiating.

David Carr topped the discus points with 37.83% followed by Bob Schickert with 34.93%. In the women's comp, Lynne Schickert scored well with 33.86% followed by Carol Bowman who was

pleased with her 25.64%, just ahead of Janne Wells on 25.49%.

The following Tuesday at WAAS the discus was less well supported with the three competitors watching on as the 'real' throwers showed their enviable techniques. Andrew Brooker was once again the standout competitor, looking comfortable in the circle and gaining valuable percentage points of 36.23 with his best effort of 25.08m. John Dennehy threw less than his ECAC effort and David Adams gained a wealth of experience in discus technique with a solid competition.

Discus ECAC November 5

			% pts
Kep Knudson	M35	19.71m	26.61
Bob Schickert	M70	16.43m	34.93
Janne Wells	W45	15.80m	25.49
John Dennehy	M55	14.85m	22.57
Sue Bourn	W45	13.26m	21.77
David Carr	M80	13.19m	37.83
Karyn Tolardo	W50	12.44m	21.15
Carol Bowman	W60	12.10m	25.64
Lynne Schickert	W70	11.33m	33.86

WAAS November 10

			% pts
Andrew Brooker	M45	25.08m	36.23
John Dennehy	M55	13.53m	20.57
David Adams	M35	10.57m	14.27



LYNNE SCHICKERT



DAVID CARR

Going the distance



Bob Schickert leads David Carr and John Dennehy in the 5000m at Ern Clark Athletic Centre.

The 5k was, not unexpectedly, led out by Todd Ingraham (M40). Looking very strong and comfortable for the entire journey, he stopped the clock with the impressive time of 16:46 and an age grade percentage of 80.22. Steve Weller (M35) was rewarded for his consistent effort with 18:08.6 (73.58%) having run an 18:06.9 on Thursday at Ern Clark Athletic Centre.

Sue Bourn (W45) bettered her ECAC time of 23:07.7 by running a seemingly effortless 22:28.3 gaining valuable points (72.52%). Carol Bowman (W60) showed determination to run 25:28.0 (76.37%) after not completing her Thursday night run. John Dennehy (M55) ran almost two minutes quicker (27:13.9) than his ECAC run (29:10.4) to give him an age-graded percentage of (55.66%).



JIM LANGFORD



ANDREW DAVISON

5000m ECAC November 12

			% pts
Steve Weller	M40	18:06.9	73.69
Andrew Davison	M50	18:14.0	n/a
Mike Bryant	M40	21:44.3	n/a
Jim Langford	M70	21:52.4	n/a
Andy Abbey	Vis	22:19.7	n/a
Sue Bourn	W45	23:07.7	70.46
Karyn Tolardo	W50	25:53.3	64.56
David Carr	M80	26:32.6	83.98
Bob Schickert	M70	28:28.9	63.99
John Dennehy	M55	29:10.4	51.95
Janne Wells	W45	30:18.1	53.12

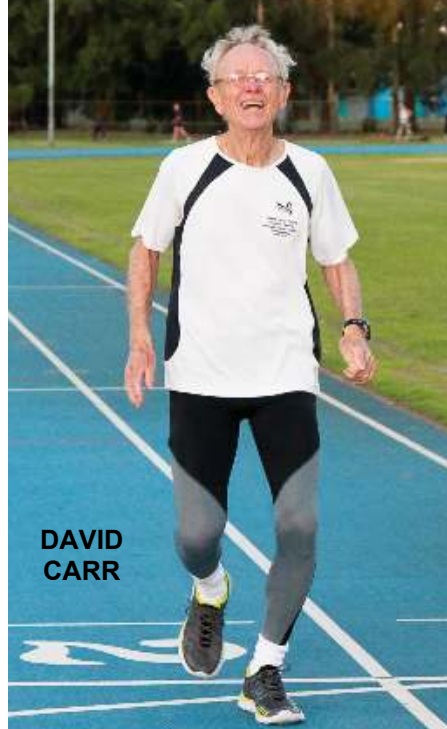
WAAS November 17

			% pts
Todd Ingraham	M40	16:46.0	80.22
Steve Weller	M40	18:08.6	73.58
Kep Knudson	M35	20:24.0	63.57
Brian Kinneen	Vis	21:04.7	n/a
David Solomon	M50	21:19.9	n/a
Mark Dawson	M50	21:34.5	n/a
David Adams	M35	22:17.4	59.45
Alan Gray	M50	22:18.9	n/a
Sue Bourn	W45	22:28.3	72.52
Steve White	Vis	22:55.1	n/a
Nick Best	Vis	24:19.4	n/a
Carol Bowman	W60	25:28.0	76.37
John Dennehy	M55	27:13.9	55.66

Pushing the limits



BOB SCHICKERT



DAVID CARR



JOHN DENNEHY

David Carr produced the top result on the opening round of the 800m at Ern Clark Athletic Centre with an 89.60% run. Sue Bourn's 71.07% topped the women. There was less than one per cent between Janne Wells, Lynne Schickert and Karyn Tolardo. The following Tuesday at WAAS, Todd Ingraham (M40) was sim-

ply in a different league to his competitors tonight, blithely ignoring the windy conditions, to record one of the easiest 2:17.9 runs you will ever see. He gained the most points for the event (77.84%). Chris Groom (M45) 2:33, leading the field in behind him, with Kep Knudson (M35), running out slightly too fast, re-

cording 2:37.3 for 65.07% and Sue Bourn (W45), straight from a tough training session, still managed a 2:56.9 (70.59%). David Adams was next to finish gaining 57.59% from his 3:02.9. Ivan Brown (M70), running 3:12.4 for a mighty 71.99%, John Dennehy (M55) on his coat tails, recorded 3:13.8 for 63.09%.

800m

ECAC November 19

			% pts
Sue Bourn	W45	2:55.7	71.07
John Dennehy	M55	3:15.2	62.63
David Carr	M80	3:17.7	89.60
Janne Wells	W45	3:29.2	59.19
Bob Schickert	M70	3:33.9	68.88
Karyn Tolardo	W50	3:37.9	58.29
Lynne Schickert	W70	5:34.0	58.96

WAAS November 24

			% pts
Todd Ingraham	M40	2:17.9	77.84
Chris Groom	M45	2:33.3	n/a
Kep Knudson	M35	2:37.3	65.07
Sue Bourn	W45	2:56.9	70.59
David Adams	M35	3:02.9	57.59
Ivan Brown	M70	3:12.4	71.99
John Dennehy	M55	3:13.8	63.09
Carol Bowman	W60	3:24.6	72.65



KARYN TOLARDO



JANNE WELLS

Patron's Trophy

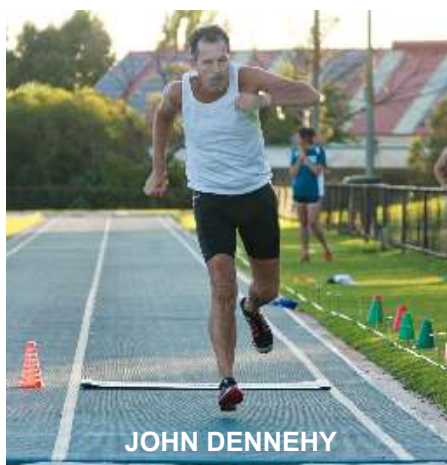
Measuring up



Lynne Schickert keeps an eye on the tape as her jump is measured.

Lynne Schickert scored the highest percentage of the triple jump round with a jump of 64.09% at Ern Clark Athletic Centre. David Carr's 61.66% aided his quest for another Patron's Trophy win. Janne Wells was close behind with 57.77%

At WA Athletics Stadium, Kep Knudson jumped 10.50m to secure 58.79%. John Dennehy recorded a jump of 6.79m (48.99%), David Adams, just behind with 6.70m and an age-graded performance of 38.82% and Carol Bowman's 3.74m jump giving her 36.77%.



Triple jump ECAC November 19

			% pts
Janne Wells	W45	7.21m	57.77
John Dennehy	M55	6.60m	47.62
David Carr	M80	5.27m	61.66
Lynne Schickert	W70	5.14m	64.09
Karyn Tolardo	W50	5.09m	42.45

WAAS November 24

			% pts
Kep Knudson	M35	10.50m	58.79
John Dennehy	M55	6.79m	48.99
David Adams	M35	6.70m	38.82
Carol Bowman	W50	3.74m	36.77



I am hooked says

THE first thing to know about Christine Schelfhout is that she has a marvellous sense of humour! In the interests of journalistic integrity, the second thing I thought I should know is the correct pronunciation of her surname. It is a Belgian name which, in its anglicised form, is pronounced Shelf-out.

Chris is a Perth girl who grew up in the Mundaring hills. She is married and has three teenagers, one girl and two boys aged 19, 16 and 14 respectively. Chris says she has always been into sport and this led her into a career as a primary school PE teacher. As a child, netball was her number one sport and she also took part in athletics at school.

As so often happens with Masters competitors, Chris was re-acquainted with athletics 11 years ago when her children joined Little Athletics. As their centre is a small one it was a "roll your sleeves up" situation so Chris and her family have been heavily involved ever since; undertaking various committee, coaching, officiating and admin duties.

Three years ago Chris' boys started competing in Throws at the

Strive competition and it was there that she saw some Masters athletes competing. Chris says a year later



In focus

With Carmel Meyer

she decided that standing at the fence watching wasn't much fun so she started training with her sons' coach and started competing; the result? "Now I'm hooked!" she says. Chris' boys have achieved success in throws at a national level and are willing helpers when they come along to support her at Masters evenings. Chris comments wryly that they offer her throwing tips, whether she asks for them or not!

I asked Chris what her favourite throws event is: 'Hmm...*anyone when it actually works!*' As you can see Chris enjoys competing and doesn't take herself too seriously! She enjoys all the throws and, for this reason, her favourite event is the Throws Pentathlon which she competed in at this year's State Championships. Chris says '*I only had to beat myself to win gold*' but, in addition, she had a really enjoyable day with the ladies from the other age groups.

CONTINUED – Next page

Madam President

FROM – previous page

Chris describes throws coach Lindsey Glass as the 'guru' and says he is very patient. Any of us who have been coached by Lindsey will agree with that. Chris has found the throwers to be a great group of athletes who have made her feel very welcome and supported.

A highlight of Chris' short athletics career has been breaking the W45 State record for Hammer in December 2014. This was previously held by the great Eileen Hindle and set way back in 1999. Tongue firmly in cheek, Chris has sent out a warning to Kate Glass that in a few years she will be chasing Kate's W50 Hammer record! "*I'm dreaming*", says Chris. Thus far Chris hasn't ventured much past the circles/runways of throwing but she is tempted by the jumps and maybe a sprint or two. Any further than that and Chris is happy to cheer others on!

And what of her future aspirations? Like many of us, Chris has the World Masters Championships in her sights. She says that the dedication, talent and drive of the athletes she trains and competes with are big motivators and all the encouragement she needs to try World Masters. She is also keen to experience the Australian championships but only if she can fit it around her sons' competition calendar. In the short term, she aims to remain injury free and achieve as many PB's as possible. I asked Chris if she had any advice to pass on to those who may be considering a return to throws competition with the World Championships in mind. She replied that you can't see yourself throwing so if you don't train with a coach, become a YouTube junkie, see how it's "meant to look" and then have someone video you. This is a great way to check out your technique and is advice that really can be applied to any event.

I asked Chris if there was anything else readers might like to know about her...

"I have no plans at this stage to run for the US Presidency!"



Track etiquette



Track etiquette is “manners” on the track and in the field. This ensures the safety of yourself and other athletes as well as spectators. The set of “rules” is very simple and common sense should prevail at all times. However, it is so easy to get excited by competition and forget some basics. This may result in injury to yourself or the other athlete.

Before stepping onto a track, look left and right and remember to give way to all athletes, regardless of how fast they are approaching. Warm up on outside lanes or on the grass or pathway and stretch on the grassed area. Run anti-clockwise around the track unless you are the only athlete at the venue. This ensures that all athletes move in the same direction and helps to prevent collisions.

Always allow the fastest athletes to use the inside lanes. If you are approaching a slower athlete on the track call “track” to inform them you are about to pass them if they are



the edge

With Margaret Saunders

unaware you are behind them. If running with a group of athletes do not run three or four abreast as this prevents other athletes from passing you. iPods should not be worn unless the volume is very low so that you can hear athletes talking around you.

When you have completed your interval do not come to a complete stand still whilst still on the track if athletes are behind you. Move off the track to discuss your training.

Do not stand at the end of the jumping pit when athletes are training or competing unless you remain still as your movements can be a distraction. Never cross the run-up track for jumpers. Many athletes

place markers by the side of the track to help guide their run-ups to ensure they land on the board. Never move those placed by another athlete. Never mark the track with marker pens or scratch the surface of the track with your shoes.

Do not cut across the middle of the central grass area as there may be throwing events in progress and this will prevent you being hit by an implement. Do not distract the thrower by being too noisy as they are about to throw. Walk around the track on the outside of the fence near the throwing events.

On competition days or nights, be very quiet near the start area as noise may distract the competitors when they are starting. Once a race has commenced, however, cheering is highly recommended.

Respect others around you at all times and accidents and injuries should be minimised.

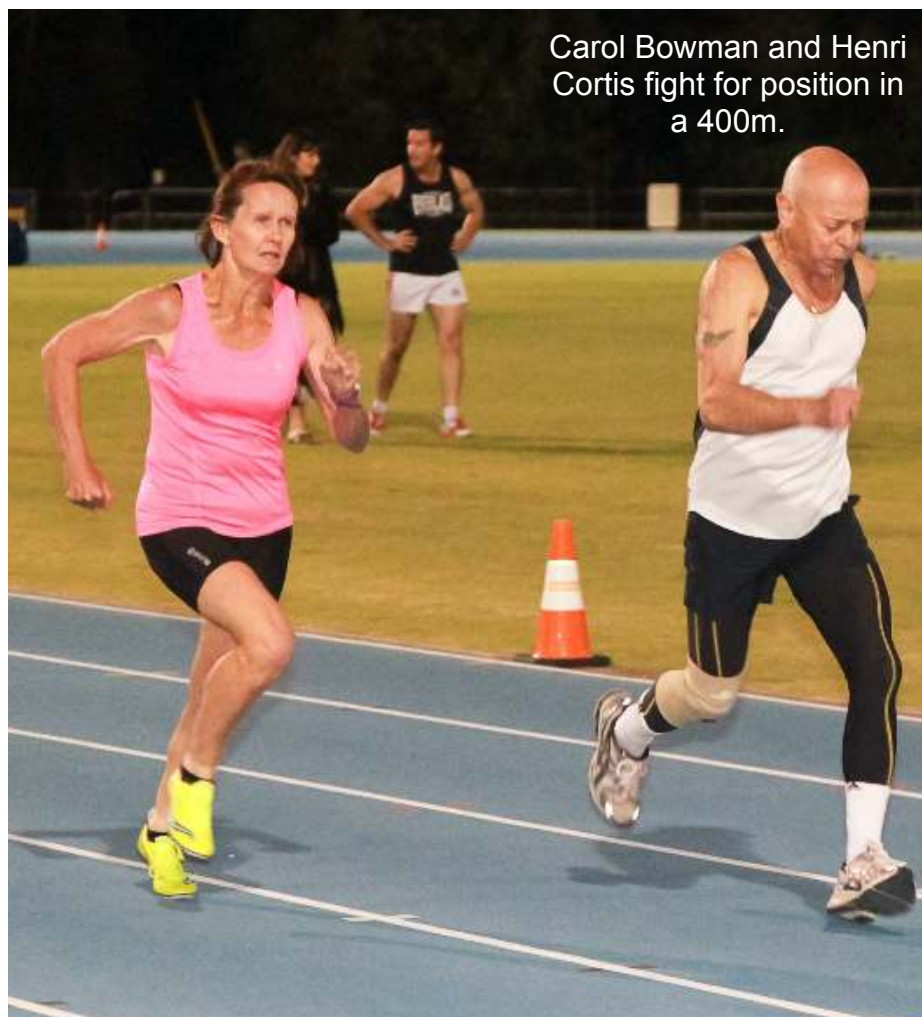
TUESDAY NIGHT ACTION AT WAAS



JULIANA KELLY



DAVE WYATT



Carol Bowman and Henri Cortis fight for position in a 400m.

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.

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

THURSDAY NIGHT ACTION AT ECAC



COLIN SMITH



MAUREEN
KESHWAR



Fran Cherry sails over the bar in the high jump at Ern Clark Athletic Centre. Fran cleared 1.05m.

2015-2016 Summer Track and Field Programme

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
Dec 15	03	60	800	5k r/w	200	U*	javelin	weight throw
	10	100	1 mile	200*	3k r/w	U	javelin*	shot
	17	100	1500 r/w	60	5k r/w	TJ	discus	javelin
Jan 16	07	200	1500 r/w	400	3k r/w	U	javelin	shot
	14	100	800	60	3k r/w	U	discus	weight throw
	21	200	1000	60	5k r/w	TJ	javelin	shot
	28	100	1500 r/w	400	3k r/w	U	discus	weight throw
Feb 16	04	Pentathlon + 200, 1500, 60, 2k				U	javelin	shot
	11	200	600	100	5k r/w	TJ	discus	weight throw
	18	100	400	60	3k r/w	U	javelin	weight throw
	25	60	1500	200	3k r/w	U	discus	shot
Mar 16	03	60	800	200	5k r/w	TJ	javelin	weight throw
	10	200	1500	100	****	U	discus	shot
	17	60	400	100	3k r/w	U	javelin	weight throw
	24	100	1 mile	300	2k r/w	TJ	discus	shot
	31	100	600	200	5k r/w	U	javelin	weight throw

**** State Championships 10,000m (start time to be announced after close of entries)

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

Sprinters lift in opening race



Wendy Seegers (second from right) leads Aaron Robers (left), Nick Best (right) and David Adams in the 100m sprint at WA Athletics Stadium.

By JOHN DENNEHY

On Melbourne Cup day with the commentary in their ears, Master's athletes gathered at WAAS with the wind in the home straight favouring the sprinters and those that came home 'with a wet sail' in the last hundred of their races. **Wendy Seegers** (W35) scored a safe one-second win in 11.8 from two visiting athletes, **Aaron Roberts** and **Nick Best**, with **David Adams** (M35) in 14.6. In the second heat, **Barrie Kernaghan** (M75) and **Fiona Leonard** (W45) tied in 14.6 dragging **Fran Cherry** (W50) to a 15.8. **Paul Foley** (M50) flashed home in 13.9 followed by **Juliana Kelly** (W50) 15.7.

Keeping her season's unbeaten sequence alive, **Wendy Seegers'** aggressive back straight sprinting saw her push out a substantial lead which she increased slightly in the home straight, courtesy of

WAAS – NOVEMBER 3

a strong core and lengthened stride recording a 57.9. Distance runner **Bruce Wilson** (M70) ran a very smart 80 in a rare appearance on the track. Visitor **Nick Best** was the only other athlete to crack the minute with an impressive 58.9. **Barrie Kernaghan** ran his usual determined race in 75.4. **Fiona Leonard** maintained great form clocking 69.3.

Henri Cortis (M65) showed his characteristic fighting qualities in grinding out an 86.2. A decade absence with injury hasn't dulled his competitive spirit and his improvements will be followed with great interest. **Juliana Kelly**, who is showing improvements over a range of distances this season, ran a clever tactical race to claim a 78.3 in heat four.

Todd Ingraham led home the 1km runners comfortably, winning in 2:58.8 from **Mark Dawson** (M50) 3:18, **Aaron Roberts** 3:30.4, **Campbell Till** (M55) in 3:34.3, **Bruce Wilson** 3:49.7, **Craig Campbell** 3:54.6, **Graeme Dahl** (M65) 3:56.0 and **Alan Gray** (M50) 3:56.5. **Ivan Brown** strode in just over the 4-minute barrier in 4:07 with **Juliana Kelly** warming up for her 400m recording 4:24 and **Delia Baldock** (W50) in 4:29.1. **Karyn Tolardo** (W50) walked the 1km in 5:23 as a warm up for other events, trailed by multiple walks state record holder, **Sylvia Byers** (W80) in 7:56.

Karyn Tolardo backed up in her more familiar event (3km walk) going 17:30.2. **Mark Dawson** comfortably covered the distance in 21:15. Runner up was **Alan Gray** in 22:08, **David Adams** in 23:32 followed by visitors **Craig Campbell** (24:37) and **Nick Best** (27:03).



DONNA ABBEY

By CARMEL MEYER

With the Trophy throws finished early the thrower cohort then had plenty of time to warm up for their discus throws before moving on to the shot circle. **Mark Hamilton** made a start to his throwing season tonight.

Mark and regular **Todd Davey** were joined by new members **Michelle De Silva** and **Julie Plackett**. Visitor **Zoe Richards** also threw well.

One heat took care of the 200m contestants. Visitor **Donna Abbey** ran her first 200m race in 32.5s and then stepped up

ECAC – November 5

for the 800m while still catching her breath. M55 **Randy Hobbs** started his summer campaign with the 800m. Walker and now Patron's Trophy competitor **Karyn Tolardo** brought along daughter **Isabella** to de-stress from her WACE exams.

The 3000m was won by visitor **Ryan Lance** who came in well ahead of the field in 12:13.4.

Nick the best on land and water

By JOHN DENNEHY

Visitor **Nick Best** (27.6) scored a win in the 200m over **Todd Ingraham** (M40) and **Doug Peyman** who crossed the line locked together in 28.9 with **David Adams** (M35) recording his fastest time (30.9). Heat two saw the return to the track of **Peggy Macliver**, MAWA's latest world record holder, being part of the W70 4x400m relay team from Lyon. Despite the lack of speed work, she belted out a very respectable 35.8 behind visitor **Brian Kineen** (29.3) and **Barrie Kernaghan** (M75) in 30.9.

The two lap event saw the athletes strung out like Brown's cows after **Chris Groom** (M45) led all the way in 2:34.0 from WAAS first timer, **Kep Knudson** (M35) in 2:41.2 visitor and track first timer, **Steve White** 2:51.7. Following in order; **Brian Kineen** (2:53.6), both **Graeme Dahl** (M65) 3:01.7 and **Alan Gray** (M50) **3:06.1** warming up for other events ran strongly. **Ivan Brown** (M70) cruised around in 3:10.5; visitor **Tracey Bauer** showed determination in holding off **Carol Bowman** by two-tenths of a second running 3:18.8, ahead of **Delia Baldock** (W50).

Sprinters in the non-Patron's Trophy 100m included **Barrie Kernaghan** 15.2, **Peggy Macliver** 16.7 and **Lisa Limonas** 14.2 with a host of visitors providing great competition.

The distance event (3km) provided an opportunity for prospective members to gain fitness or try an unfamiliar event. Visitor **Brian Kineen** tested himself running 12:47.9 pipping **Kep Knudson** by under two seconds with ever consistent

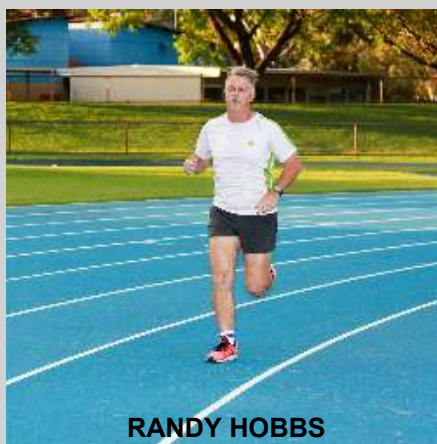


Alan Gray (left) and Nick Best splash through the water jump.

Graeme Dahl in third, unlike last week just running outside 13 minutes. **Steve White** (13:42), **Doug Peyman** (14:37) followed by state record holder **Irwin Barrett-Lennard** (M85) in 18:33. **Sylvia Byers** walked the distance in 24:19.2.

The 2km steeplechase brought the track program to a close in some cooler conditions than earlier in the evening. After being talked into competing **Nick Best** took out the event having been paced by the metronomic running of **Alan Gray**. These two ran strongly together for the

majority of the distance and ran down leader **David Adams** with a few hundred metres left. David's creative tackling of the water jump, particularly in the penultimate lap, gaining the attention of on-lookers, officials and competitors alike and resulted in his entire competition uniform being soaked. **John Dennehy** ran a solid race, with the indomitable **Cecil Walkley** scraping under 23 minutes. Recounts of the race by all competitors took longer than the event itself.



ECAC – November 12

With the main focus of the night on the 5000m Patron's Trophy event, small fields were the order of the evening.

In the 300m, **Delia Baldock** led home **Colin Smith** who was returning from injury.

The next event was the 1500m which was bolstered by a trio of walkers. **Karyn Tolardo** stopped the clock at 8:22.7 exactly a minute ahead of Robin King

with **Janne Wells** third in 9:41.9. **Andy Abbey** pipped **Randy Hobbs** by five-tenths of a second in the 1500m. The final event prior to the Patron's Trophy race was the 60m which attracted only two competitors. **Owen Richards** ran 8.5 secs with **Lynne Schickert** second.

The small fields continued in the long jump with visitor **Kristine Wells** jumping 2.76m and **Lynne Schickert** 2.33m.

With a new track to run on it is perplexing to see such a low turnout of competitors.

ECAC – November 19

Fiona Leonard strides out down the main straight in the 200m at Ern Clark Athletic Centre.

Hard work pays off for Fiona with two wins

Fiona Leonard's efforts in training were rewarded with victory in the 200m and 800m at Ern Clark Athletic Centre.

In the non-Patron Trophy's 800m, she blitzed the field to stop the clock at 2:40.8 with visitor **Ryan Lance** some ten seconds behind. **Delia Baldock** finished third.

Fiona's top night began in the first track event of the evening where she won the 200m by two seconds from **Donna Abbey**.

Visitor **Ryan Lance** dominated the 3000m in 11:28.8 with **Jim Langford** running 12:20.0 after returning from injury.

Another visitor **Sandra Keenan** ran on Thursday night for the first time and covered the 3000m in 14:23.3.

Wendy whips up a storm in 300m

By JOHN DENNEHY

Adding to her burgeoning portfolio of winning performances, **Wendy Seegers** ran strongly into the headwind down the back straight to lead the first heat of the 300m.

On the back of her recent Australian record 200m run at Strive on Friday evening of 24.42, she attacked right from the start. Running strongly, she recorded a time (39.7) two-tenths faster than she ran a few weeks ago, in perfect conditions.

Shadowing her all the way and giving her much needed competition was visitor **Nick Best** who ran a 40.4. The second heat was won by **Garry Ralston** (M60) 44.9 looking in good early season shape, posting a 44.9 to **David Solomon's** warm-up 47.7. **Sarah Thorn**, a visitor, surprised with a 53.7 and **Delia Baldock** (W50) loping around the bend just slipped under 58 seconds.

WAAS – November 17

Mark Dawson stamped his authority on the metric mile immediately, leading **Campbell Till** (M55) who is recovering from a back injury, the whole way in running a smart 5:30.5 to 5:46.1. This duo finished ahead of two visitors, then **Kep Knudson** (M35) in 6:48.1 followed by former member **Allan Billington** who, on his return to the track, ran well under 7 minutes (6:53). **Sylvia Byers** (W80) walked an honest 11:54.9.

The second sprint of the evening, the 60 metres, provided an opportunity for **Greg Brennan** (M40) to set a benchmark for his season, running a snappy 7.8, the only sub 8 second run of the night. **Garry Ralston** ran an easy 8.2. **Lisa Limonas** (W45) impressed stopping the watches in a time of 8.7. **David Solomon** (M50) and

David Adams (M35) warmed up for their distance events with 8.9 and 9.6 hit outs and **Irwin Barrett-Lennard** (M85) in his only event of the night ran 11.5.

In the Non Patron's Trophy 5km visitor **Brian Kinneen** ran smoothly in recording a very handy time of 21:04, closely followed by **David Solomon** in 21:19 with **Mark Dawson**, despite a very busy work schedule recording 21:34 and change. An excellent backup run from his 1500m. The long striding **Alan Gray** (M50) was next in 22:18, visitors **Steve White** in 22:55 and **Nick Best** 24:19 following him home.

In the long jump, versatile athlete **David Adams** improved on his previous best jumping a 3.71m with **Lisa Limonas** (W45) well on her way to her aim of a 5m jump, with a season opener of 4.48m. **Phil Smyth** (M65) jumped 3.57m and **Gay Wyatt** (W60) with sound technique, pencilled in a 3.24m.

Athletes battle windy conditions



Mark Dawson leads the pack on the first lap of an 800m at WA Athletics Stadium.

By JOHN DENNEHY

Once again a windy evening greeted master's athletes at WA Athletics Stadium in Claremont. Unfortunately, the 200m runners faced a headwind for much of the bend before the tailwind came into play, negating any benefit. **Wendy Seegers** (W35) came into the straight with great impetus, running a 24.9. At a recent Strive meet, she ran a pending national record of 24.42. **Garry Ralston** (M60) followed exactly two seconds back, in an impressively smooth effort and **David Adams** (M35) ran 31.0. Heat 2 saw the return of **Lee Stergiou** (M40) from his university exams running a strong 25.3 and **Barrie Kernaghan** (M75) in 30.6. **Doug Peyman** took out the next heat in a 29.4, with **Juliana Kelly** (W50) 32.6, **Fran Cherry** (W50) in 33.4 and **Peggy Macliver** (W70) 36 neat.

Mark Dawson won the 3km 12:04.3 in a canter, **David Adams** running 13:00.1.

WAAS – November 24

Cecil Walkley (M85) ran a 2km in 20:07.6 with three competitors running a kilometre. **Graeme Dahl** (M65) in 4:20.3, **Juliana Kelly** 4:38.5 trailed by **Allan Billington** in 4:42.1.

The wind gave the sprinters' times to smile about. Once again **Wendy Seegers** won, but not without a sterling battle with **Lee Stergiou**, running 12.0 to 12.2 respectively. **Kep Knudson** (M35) recorded 12.7 and **Doug Peyman** 13.9. Heat 2 saw **Garry Ralston** run 12.6 with **Lisa Limonas'** stylish 14.1, **Barrie Kernaghan** 14.7 and **Fran Cherry** in 15.6. **David Adams** ran 14.7 with **Juliana Kelly** surprising herself with a smart 15.1 and the ever elegant **Peggy Macliver** in 17 dead.

The 800m was, perhaps the race of the evening, with the lead changing several times and different tactics at play. A pack of five athletes led through the bell with **Campbell Till** (M55) surging from fourth to take the lead with 250m to go. The pack reacted immediately and visitors **Nick Best** and **Aaron Roberts** kicked strongly to head **Campbell** and battled aggressively around the curve. **Nick** maintained slightly more speed to get to the line in a time of 2:29.0 to **Aaron's** 2:32.0 and **Campbell** claiming 2:35.1. **Mark Dawson**, beginning to show the benefits of a new training regime, followed next in 2:38.7 to go with his fine 1500m from Strive of 5:11.06. Visitor **Steve White** followed in 2:48.6, with **Doug Peyman** (2:56.5), **Allan Billington** (3:07.6), then **Henri Cortis** (M65) running strongly in a promising 3:16.1 and **Delia Baldock** (W50) returning 3:24.0.

ECAC – November 26

With much of the focus on the Patron's Trophy high jump, the first event of the night attracted four runners with **Rob Colton** leading the field home in 70.8 for the 400m from **Donna Abbey** and **Colin Smith**. **Rob** finished second in the first heat of the 60m won by **Owen Richards** who also won the second heat in an identical time of 8.4.

Colton returned to the high jump where he cleared 1.15m in the non-Patron's Trophy event. **Gay Wyatt** cleared 1m, **Fran Cherry** 1.05m with visitor **Tom Harper** left the last man standing with a clearance of 1.60m.

Continuing with his busy night, **Colton** placed second in the 60m (9.6) and third in the 1500m (5:50.7).

In the 3000m, **Jim Langford** ran well to post a time of 12:07.3 followed by **David Adams** in 12:52.6



ROB COLTON

Athletes make mark on the field

WAAS – NOVEMBER 3

In field events action, triple jumpers used the tailwind to record some handy distances. **Dave Wyatt** (M60) jumping 8.90m, heading **Paul Foley** (M50) in 8.69m and the busy **David Adams** (M35) 6.63m. **Fran Cherry's** (W50) 7.12m and **Gay Wyatt** (W60) 6.47m were classy performances.

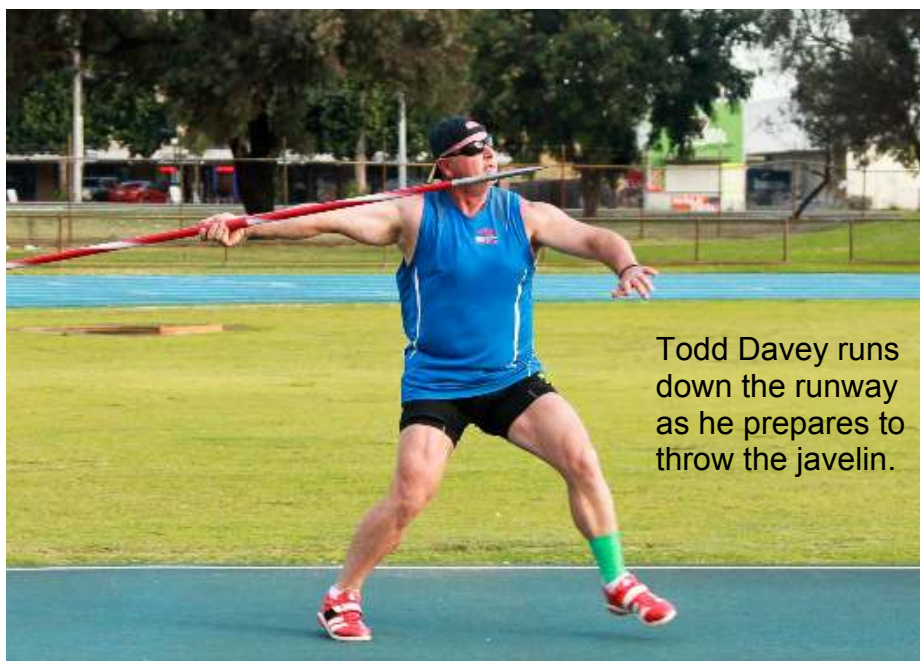
The weight and the javelin were the two throwing events on the program. In the weight event, **Geoff Gee** (M60) threw 16.78m ahead of **Byrony Glass** (W35) 16.75m just outside her state record. **Todd Davey** (M45) slightly off his recent record breaking efforts recorded 13.20m and **Andrew Ward** (M50) 10.48m. Ever improving **Sal Sims** (W35) showing the benefits of some coaching threw 8.41m.

The javelin saw four athletes with over thirty-metre performances with their respective implements. **Todd Davey** throwing the spear out to 39.09m closely followed by promising multi-eventer **Paul Foley** 38.73m, **Andrew Ward** 33.14m and **Rob Shand** (M80) 19.69m.

WAAS – NOVEMBER 10

The competition in the two field events was no less intense than on the track with several top class performers in several age groups present. In the shot, **Todd Davey** put a solid 13.59m with **Geoff Gee** (M60) 12.48m. Completing the strong trio of M60 throwers **Tom Gravestock's** 11.50m and **Ossi Igel's** 11.76m performances were commendable. **Mike Anderson** (M65) getting closer to the 6m mark with a 5.84m. **Byrony Glass'** excellent effort of 10.50m led the ladies competition with **Yolanda Carsten** (W50) within reach of a 10m throw in the near future with 9.34m. **Cheryl McMahon** 8.02m **Sal Sims** (W35) 7.21m and **Michelle De Silva** 6.72m.

Tom Gravestock's fine coaches eye is on every thrower and ensures technical guidance is at hand when and where appropriate. This attention certainly didn't detract from his own performance recording 44.85m favourably comparing with his own state record of 48.95. **Todd Davey** (M45) ably demonstrated (42.18m) **Tom's** technical points in throwing the disc to within touch of his state record of 44.95m. **Ossi Igel** and **Geoff Gee**, with efforts of 39.16m and 37.36m respectively filling the minor places amongst their



Todd Davey runs down the runway as he prepares to throw the javelin.

age group. **Mike Anderson** (M65) threw 14.97m. The battle of the W40 ladies was won by **Cheryl McMahon** recording 27.82m to **Michelle De Silva's** 17.43m.

WAAS – NOVEMBER 17

The throwing events, despite a wet and slippery circle and unfavourable winds, were of a high calibre, with **Cheryl McMahon** stealing the spotlight from inveterate record breaker **Todd Davey** when she heaved the weight out to 9.84m, easily besting the previous W40 record of **Ali Matautia's** 9.27m. The ever consistent **Davey**, showing the results of a strict weight training regime, produced a 13.66m effort. **Geoff Gee** (M60) with 16.70 and **Byrony Glass'** (W35) 16.65 and **Chris Schelfhout's** (W45) 7.89m all impressive performances in their own right.

In the hammer, **Todd's** distance of 36.66m was slightly down on his Strive 38.47m, but was still worth the price of admission. Fellow Strive competitor, **Chris Schelfhout**, threw 26.99 to her Friday night 25.75m. Her State record of 27.92m looks to be in danger in the very near future. **Geoff Gee** threw a 35.50m. **Cheryl's** 27.25 representing a satisfying evening's work for her.

WAAS – NOVEMBER 24

Versatile athlete **Nick Best** produced the longest triple jump in recent memory logging an 11.52m and drawing gasps

from those gathered around the pit. **Lee Stergiou**, using his great speed to advantage, jumped 10.30m. **Lisa Limonas**, with a 10m jump as her season's aim, showed how realistic it is with a 9.17m effort tonight.

MAWA treasurer, **Geoff Brayshaw**, always a consistent competitor, won the battle of the M65's, jumping 8.85m to **Phil Smyth's** 8.32m.

Fran Cherry, back in Perth from a work trip, showed good speed with a 7.44m best jump and **Gay Wyatt** (W60), well on her way to a 7m jump, delivered 6.76m on this occasion.

Todd Davey (M45) led the shot putters with a 13.42m effort, punctuated by a grunt heard all through the stadium. **Geoff Gee** (M60) heaved a quieter 11.67m. **Byrony Glass** (W35) also threw over 10m (10.40m) followed by **Yolanda Carstens** (W50) 9.28m. In order of distance, **Andrew Ward** (M50) recorded 8.60m, **Chris Shelflout** (W45) 7.25m **Michelle De Silva** (W40) 7.23m and **Mike Anderson** (M65) 5.77m.

Todd Davey also produced the longest throw of the evening in the javelin with a 41.05m. **Andrew Ward**, almost 10m back, threw 31.31m. **Geoff Brayshaw** managed a 28.79m and **Rob Shand** (M80) a 19.89m. **Chris Shelflout** threw 19.73m and **Todd Ingraham**, getting in a few practice throws for the Patron's Trophy, finished with a respectable 18.29m.

Looking ahead



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

Karyn Tolardo looks relaxed during competition at Ern Clark Athletic Centre.