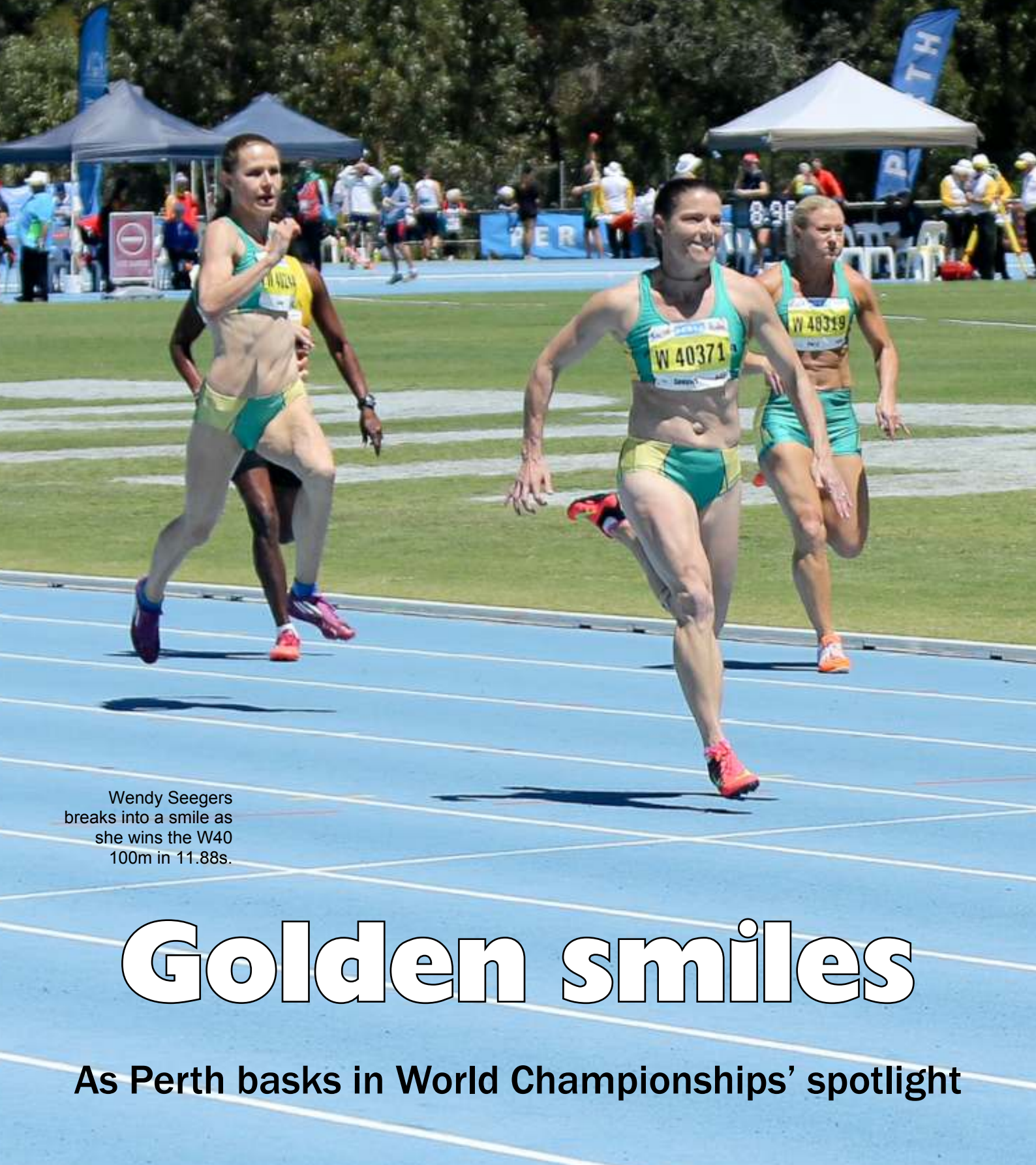




Season 10 Issue 2
NOVEMBER 2016

The Track and Field Newsletter of MAWA



Wendy Seegers
breaks into a smile as
she wins the W40
100m in 11.88s.

Golden smiles

As Perth basks in World Championships' spotlight

The party is over



By **LYNNE SCHICKERT**

Six years in the planning and in a blink of the eye it was over. A sad feeling but a tremendous relief to hear over and over again "it's the best organised World championships we have been to".

Being part of the journey from the initial contact by Tourism WA about putting in a bid for Perth to host a World Masters Athletics championship to staging it over the past couple of weeks has been an amazing experience. There were highs and lows along the way, and the email traffic from all around the world has been enormous, but we got there. It was a team effort complimented by the generous commitment of time and effort from our officials, many of whom came from overseas, and from our volunteers. Thank you all for your contribution.

Perth has been showcased to the rest of the world. Our lovely city looked its best, being springtime and the weather was near perfect for most of the competition. The Welcoming Ceremony at Elizabeth Quay set the scene for what was a very friendly, enjoyable event. The live streaming around the world gave those who could not attend a glimpse of some outstanding performances – our Masters Olympics!

In addition to being a competitor, being part of the WMA Council had its



FUTURE DATES

2017: WMA Indoor Championships, Daegu South Korea, 19-25 March

2018: OMA T&F Championships, Dunedin New Zealand, 20-27 January

2018: WMA Stadia Championships, Malaga Spain, 5-16 September

2019: WMA Indoor Championships, Torun Poland, 24-30 March

2020: WMA Stadia Championships, Toronto Canada, 22 July – 1 August

own challenges, as my role was to ensure the Council members were fully informed on transport timetables, meeting schedules and attendance at the various functions to meet key stakeholders. Two days of meetings on the non-competition days also

meant we were busy with delegates from the 92 countries in attendance.

Little wonder that both Bob and I did not achieve 'personal bests' in our events, there were too many other distractions to be fully focused. However, we have both come away well happy with our results, and what is more satisfying to us is that so many of our local members who have never been able to go to a World event before now have a medal or two themselves.

So, to all our MAWA members, the Perth 2016 LOC and the WMA Council hope you have enjoyed this great event and we look forward to welcoming you to future WMA and Oceania championships. Put the highlighted dates in your diary.



Medal ceremony team



Melbourne Cup fun



Aussie supporters

Medal count – Top 20

(includes non stadia teams)

Team	Gold	Silver	Bronze	Total
Australia	211	181	143	535
United States of America	74	51	56	181
Great Britain and Northern Ireland	52	66	51	169
Germany	44	54	51	149
France	39	21	16	76
Finland	29	35	19	83
Japan	24	20	20	64
New Zealand	21	23	35	79
Poland	19	21	15	55
South Africa	19	18	9	46
Italy	14	25	14	53
Norway	14	7	4	25
Spain	13	17	11	41
China	11	9	15	35
Canada	9	4	8	21
Latvia	8	4	6	18
Denmark	8	4	5	17
Austria	8	3	4	15
Czech Republic	7	9	15	31
Sweden	7	9	13	29



Hello up there!

Photo: ANDREW BROOKER

Return of a legend



Photo: JOHN OLDFIELD

John Gilmore made an emotional debut at the championships also running both middle distance events, establishing SRs. From the gun, the crowd was on its feet and remained that way while he completed his races. For many, it was their first chance to see this legend and the photographers preserved this icon's image for all to enjoy.



Celebrating a record 4x100m relay run are (from left) John Wall, John Wight, Neville McIntyre and Peter Crombie.

Records set at Perth World Masters

Australian Records:

M70 5k Walk	Andrew Jamieson	26:42.08	93.8%	W60 200m	Margaret Tweedie	29.99s	96.2%
M40 Weight Throw	Richard Meiring	16.65m	72.4%	W50 200m	Julie Brims	25.84s	98.5%
W75 Hammer	Jan Banens	34.25m	101.3%	M40 200m	Ashley McMahon	22.05s	95.2%
W50 100m	Julie Brims	12.39s	99.0%	W50 Javelin	Sueli Dashwood	38.12m	73.0%
M55 Decathlon	Peter Murray	6130pts		W75 80m Hurdles	Frances Harris	21.24s	88.3%
W75 Weight Throw	Jan Banens	13.48m	108.4%	M40 110m Hurdles	Geoffrey Gibbons	15.29s	88.3%
M95 800m	John Gilmore	9:19.93	62.8%	W75 400m	Ruth Johnson	89.78s	90.2%
W75 5k	Lorraine Lopes	26:41.46	93.8%	W80 400m	Cory Collins	92.75s	97.0%
M40 Decathlon	Geoffrey Gibbons	7496pts	-	M80 Throws Pent	Tom Hancock	4741pts	-
W65 80m Hurdles	Wilma Perkins	15.09s	99.9%	W70 Half Marathon	Lavinia Petrie	101:00	101.2%
W65 Heptathlon	Wilma Perkins	5475pts	-	M80 High Jump	Tom Hancock	1.22m	90.4%
W75 Heptathlon	Frances Harris	4215pts	-	M40 Weight Throw	Richard Meiring	17.26m	75.1%
				W75 2k Steeple	Frances Harris	14:54	72.2%

Pending World Record:

W65 4x400m: Paula Moorhouse NSW, Carol Davis Qld, Kathryn Heagney Vic, Lyn Peake SA 5:06.10

Australian Records:

W55 4x100m:	Sue Bourke ACT, Michele Hossack Vic, Christine Shaw NSW, Gabrielle Whelan NSW	56.82s
W60 4x100m:	Lynne Choate WA, Margaret Tweedie Vic, Leanne Monk Vic, Marlene Reid ACT	58.55s
W65 4x100m:	Wilma Perkins Qld, Lyn Peake SA, Kathryn Heagney Vic, Carol Davis Qld	61.67s
W70 4x100m:	Brenda Painter WA, Marge Allison Qld, Anne Lang SA, Peggy MacIver WA	69.00s
W75 4x100m:	Ruth Johnson WA, Miriam Cudmore SA, Jo Klemke ACT, Francis Harris ACT	77.32s
M70 4x100m:	John Wall NSW, John Wight Qld, Neville McIntyre NSW, Peter Crombie NSW	53.67s
M75 4x100m:	Graeme Noden Vic, Michael Stevenson Tas, Pio Bunin Qld, Barrie Kernaghan WA	59.95s
M85 4x100m:	Jack Thackray ACT, Derry Foley WA, Jim Sinclair Vic, Leo Coffey Vic	83.82s
W55 4x400m:	Sue Bourke ACT, Victoria Gunn Tas, Gabrielle Whelan NSW, Michele Hossack Vic	4:37.85
W75 4x400m:	Ruth Johnson WA, Cory Collins ACT, Jo Klemke ACT, Carol Melling Qld	7:11.20
M35 4x400m:	Graham Scully Qld, Scott Tamblin WA, Mark Rossiter ACT, Jay Stone NSW	3:31.29
M75 4x400m:	Michael O'Reilly WA, Pio Bunin Qld, Michael Stevenson Tas, Barrie Kernaghan WA	5:12.41

www.world-masters-athletics.org/resultsperth.htm

Opening ceremony



JANNE WELLS



**DELIA
BALDOCK**



**LYNNE CHOATE and
GARRY HASTIE**



**LAVINA PETRIE
and LYN VENTRIS**



NICK MILETIC



**JULIANA
KELLY**



"Entertainment



Media scrum takes aim at ...



the 90 plus athletes



*Alan Bell
escorts
athletes*



LOC head, Richard Blurton works the crowd



WMA family says goodbye

Sprints



Margaret Tweedie (centre) leads Lynne Choate (left) with Lynne winning bronze.

By JOHN DENNEHY

Western Australian athletes acquitted themselves well in the sprints. W35 competitors Catherine Payne (13.97/29.98), Rachel Sherborne (14.12) and Nicola Hibbert (29.40) ran well without advancing. Jane Lockwood (W35) got to the 400m final with a 1:06.41 and backed up with a 1:06.77 for ninth. Wendy Seegers (W40), carrying a significant knee injury, managed it well to command victory in the 100m and 200m by significant margins. The only female to run sub 12 seconds in the 100m with 11.88 (+3.8) she led home both relays to go undefeated and collected four gold medals from four events.

Sharon Davis made the 400m final placing fifth with a 1:00.91 tantalizing close to her season's aim of a sub 60. Lisa Limonas and Cate Mansfield (W45) ran 13.83 and 15.4 respectively. Lisa's runs were particularly meritorious, gaining her a late call-up for the short relay. Sharon Maloney, Fran Cherry, Juliana Kelly, Cathy McCloskey and Kathy Lawson all ran impressive legal sub 16 100m races with Kathy advancing to run in both 100m and 200m semis. Fiona Leonard looked strong the whole way in the 400m final, winning a bronze medal in 1:06.10. In the W55 age group, both Carmel Meyer (15.53/32.86/1:19.41) and Nicolette Whittington (14.97/32.11) ran well, with the latter getting another run in the final of the 100m, running ninth.

Former world title-holder, Lynne Choate won bronze in the W60 100m and fifth place in the 200m with Maureen Keshwar's calf holding out for her run.

Margaret Saunders ran a strong 400m and improved her heat time to run 1:12.89 for a fourth place finish. Peggy Macliver (W70) ran season's bests in all sprints (SR 16.34 100m). Her "glory leg", in the short relay was very impressive and she finished with two relay gold medals. Brenda Painter ran season's bests in both sprints.

Ruth Johnson (W75) ran a SR in the 100m final (17.94) for fifth and her 200m silver medal took 36.79 seconds to secure. Her 400m bronze medal took a SR of 1:29.78. Silver medallist Joy Duncan (W90) set a SR for the 100m by running 1:34.91.

Andrew Taylor (24.04) advanced to the 200m semi where he ran 24.91 in the M35s. Daniel Stolp (M40) made all three sprint semis and in the 400m final set a SR (51.47) to put him on the gold medal-winning relay. Wayne Bariolo, Greg Brennan, Rob Colling Jan Peyper, Glenn Ross and Lee Stergiou (M45) all ran the 100m heats with Lee, Glenn and Rob advancing to the semis; Rob running eight in the final. Glenn elected not to protest what appeared to most observers, to be a false start in the semi. A similar protest in a later race enabled that athlete to progress to the final, which he duly won. Rob's SR in the semi of the 200m got him a finals berth where he again ran eight. Glenn suffered an injury when looking dangerous in the final. Due to placings, Chris and Lee missed the 200m semi, despite having faster times than several of those competitors. Mark Whyte ran a massive six second PB in his 400m and Richard Williams ran a sterling 1:02.91.

Chris Neale's 56.75 secured him a relay spot in the bronze medal winning team.

Colin Smith (M50) made all sprint semis recording excellent times (12.41/25.19/56.46) and narrowly missed the 400m final. A brilliant relay runner, he was able to battle to two relay bronze medals. Quinton De Klerk Dawson Miller, Doug Peyman, Bernie Riviere and Mark Schutze all ran the M50 100m with Bernie securing his spot on the relay with a semi run in 12.54. He also made the 200m semi.

Rudi Kocis (M55) ran aggressively in both short sprints to win silver and bronze medals respectively. He was edged out by compatriot David Isaacson by .1 in the 200m final described by brilliant English sprinter Steve Peters as "shoulders and knees and heads bobbing all over the place..." a study in bad running form. Interestingly, Dennis Devereaux ran the 100m in 15.18 and competed in many other running events including the marathon (4:17.13).

Garry Ralston equalled a SR getting to the final of the M60 100m where he finished in seventh place. Richard Parker's fine 400m got him into the semis where he ran faster (1:02.37). Des Walsh ran all three sprints despite a severe calf injury. Michael Byrne was the pick of the M60 sprinters running all three sprints (14.22/28.94/1:06.19) and close to making all three finals.

Henri Cortis (M70) slashed five seconds from his season's best 400m time to go close to 70 seconds.

Barrie Kernaghan (M75) went so close to the sprint treble after wins in the 100m and 200m. He went close to his German friend in the 400m, running sub seventy.



Perth 2016

100m

NICOLETTE WHITTINGTON



RUTH JOHNSON



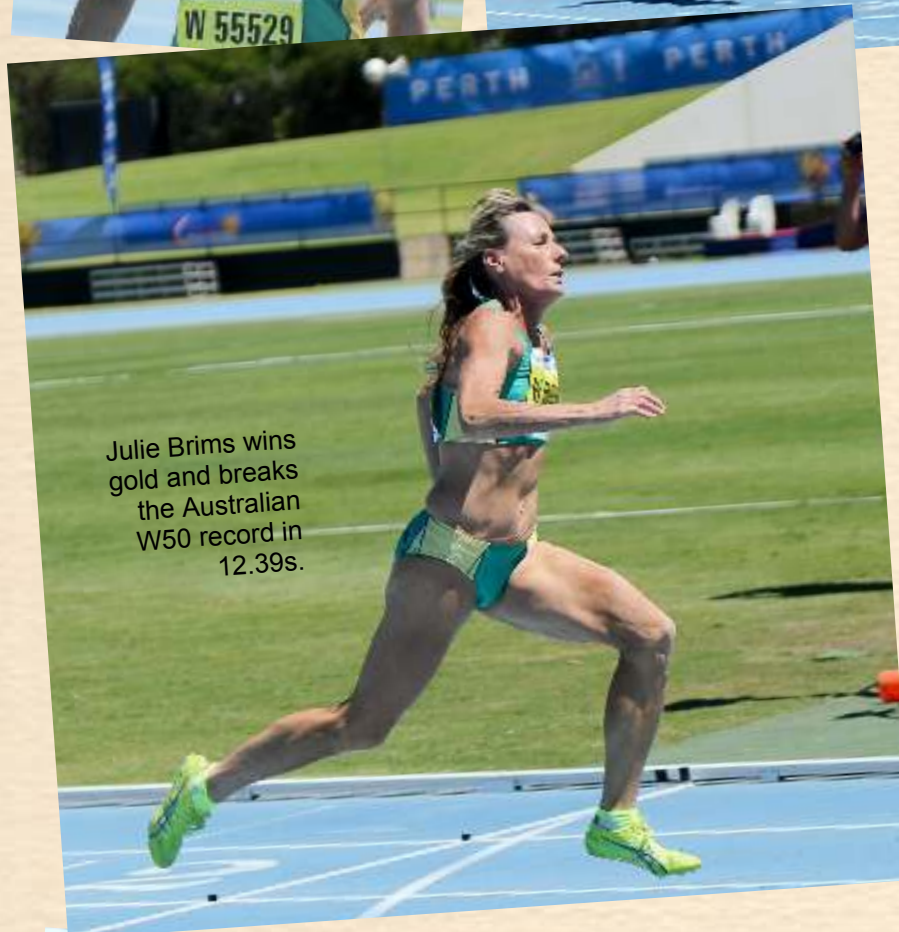
ANNE LANG



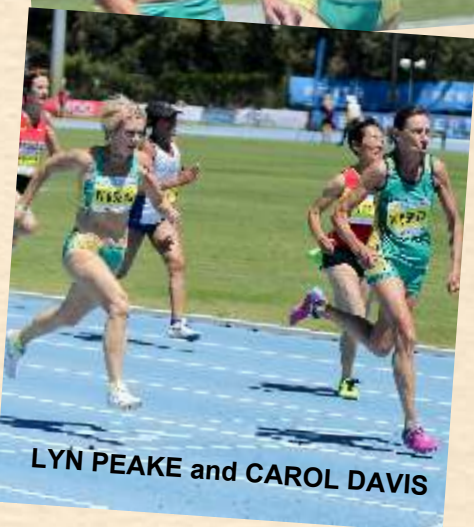
KYLIE STRONG and
LENORE LAMBERT



Julie Brims wins
gold and breaks
the Australian
W50 record in
12.39s.



LYN PEAKE and CAROL DAVIS



LYNNE
CHOATE

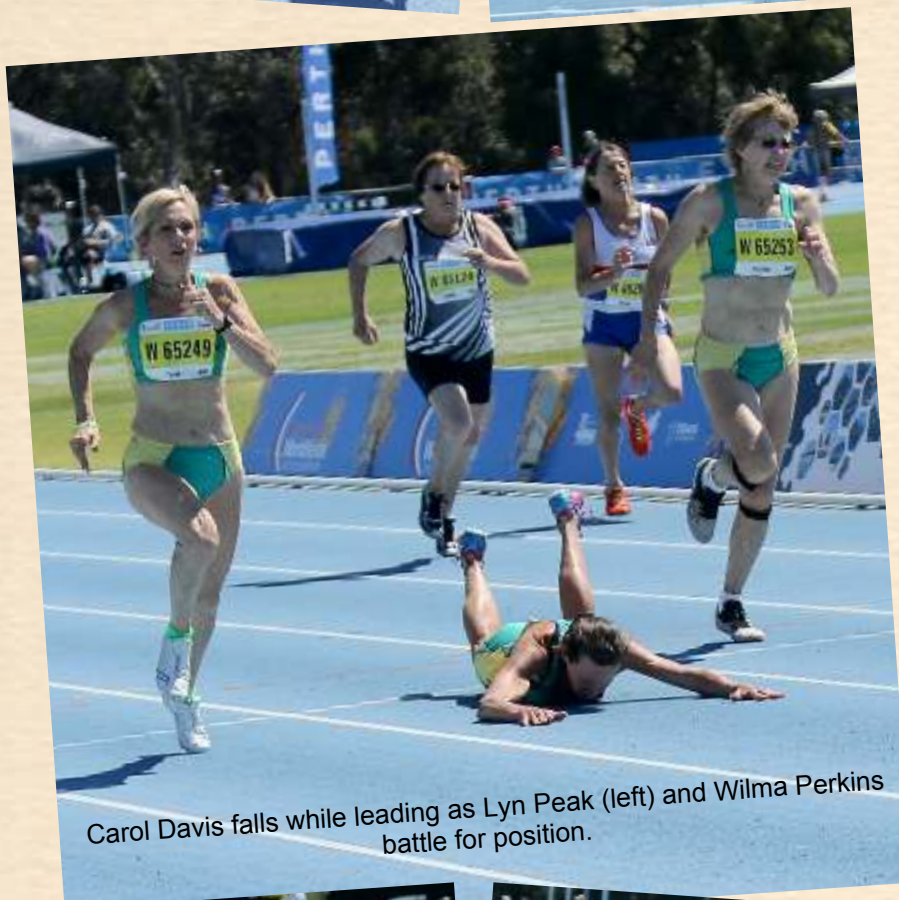
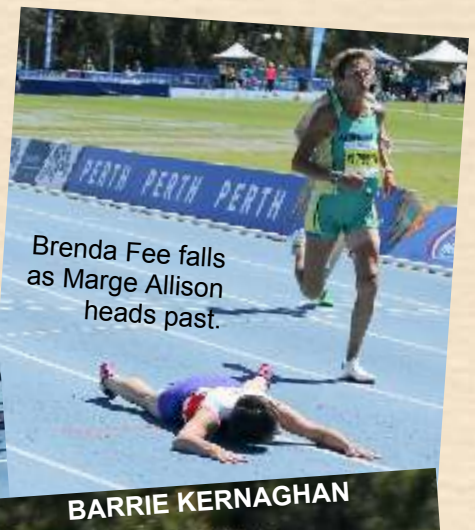


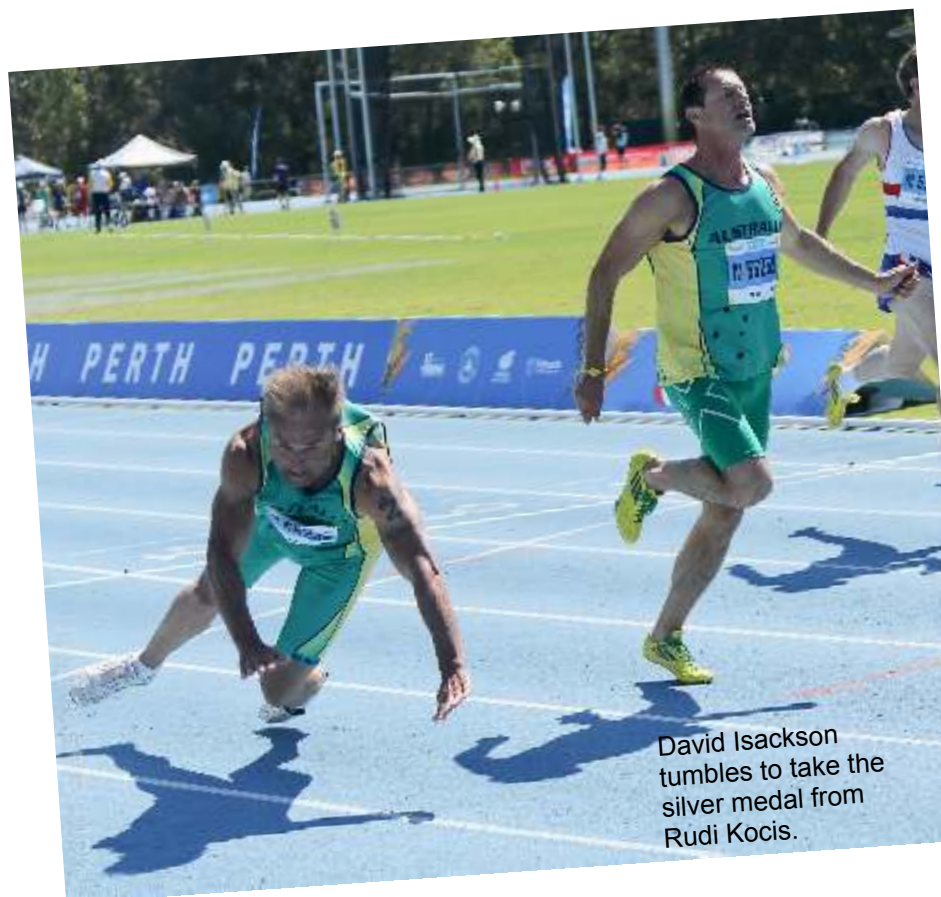
Aletta Ungerer (centre) and Brenda Fee (right) fight for the gold medal.



Perth 2016

200m





David Isackson
tumbles to take the
silver medal from
Rudi Kocis.



CARMEL
MEYER



WENDY
SEEGRS

My Worlds

The World Masters Athletics Championships in Perth was the best ever that I have attended.

This was my fourth World Championship and everything from the venue, sunny blue skies, all the volunteers and the officials had everything running like clockwork.

More importantly being in Australia my husband Ross finally came to watch me for the first time.

I had two goals for this meet, one was to just be there to compete, the other was to prove a statement that was made to me wrong.

Some people may know I have had some health issues, which I'm still dealing with, but when I returned to training late last year I did have someone coaching me. After my very first competitive run in November, my coach asked me if I was happy with my time, I replied: "Yes, but it's a shame the tailwind was so strong" (+3.8) which technically wasn't really as good a time as it looked. My coach than "discussed" with me that the wind doesn't count or matter what the reading is and I should count that time

as a new PB! We all know that not to be the case, then my coach blurted out the two words that should never be spoken to a masters athlete — "Anyway Julie, that's your new PB and you're TOO OLD to ever run fast again!" After further discussions on that subject and no apology in sight, I decided to coach myself with the help from my exercise rehabilitation physiotherapist Matt Parish and prove this coach wrong.

I was really happy to have run the times I did as I did get to 2/100ths off my best ever 100m time (2007). I still have some work to do on my 200m but I have plenty of time to do this as I don't see age as a factor to stop you from doing anything you set your mind to.

My only disappointment was not being able to run relays with all the fantastic Aussie ladies! Relays are the most fun and exciting of all the events, congratulations to all our amazing relays teams.

I would again like to thank Australian Masters and the Perth organisers for



conducting a spectacular
World Championships.
JULIE BRIMS

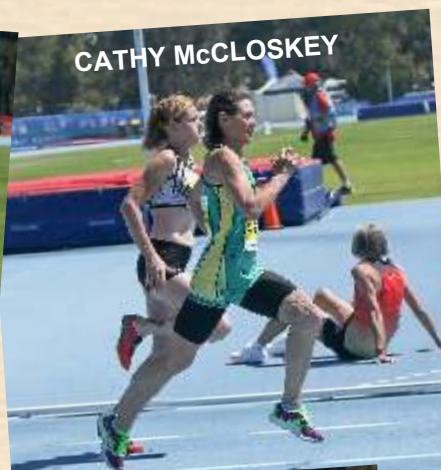


Perth 2016

400m



MARGE ALLISON



CATHY McCLOSKEY



PEGGY MACLIVER



LEFT: South Africa's Aletta Ungerer broke the world record for W70 400m twice, on her way to the gold medal.



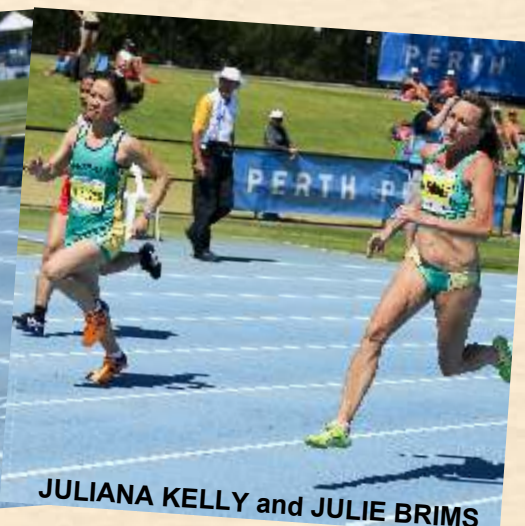
FIONA LEONARD



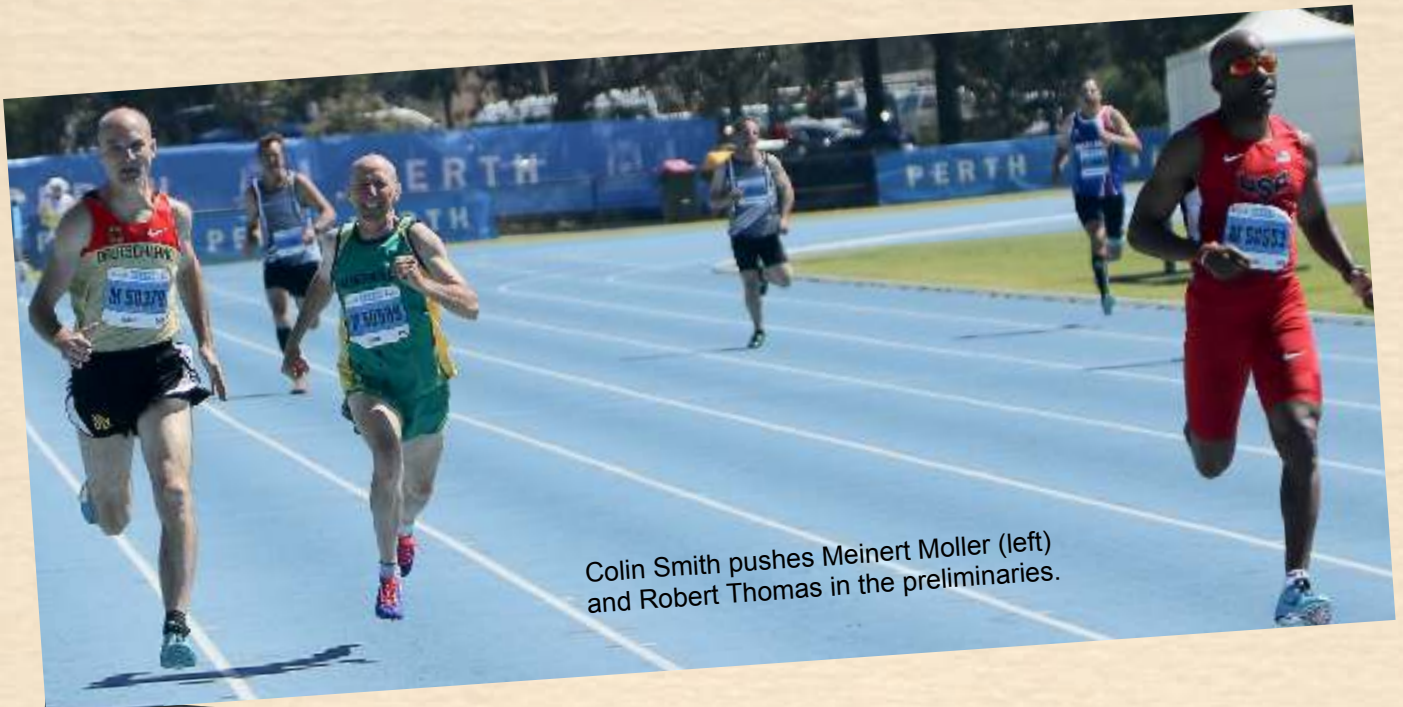
CARMEL MEYER



CAROL BOWMAN



JULIANA KELLY and JULIE BRIMS



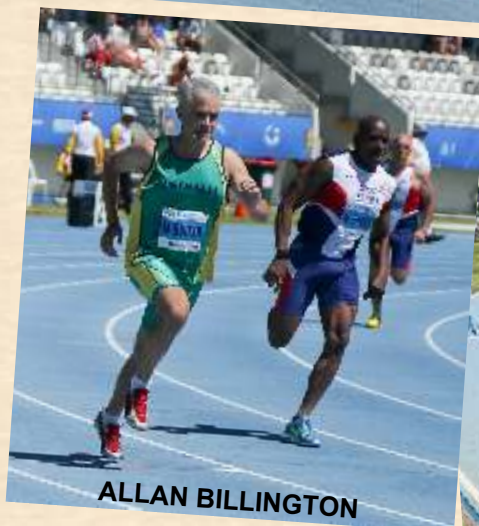
Colin Smith pushes Meinert Moller (left) and Robert Thomas in the preliminaries.



William Yelverton falls as Trevor Young (left) heads to the finish line to win silver with Britain's Richard White winning the bronze.



MIKE O'REILLY



ALLAN BILLINGTON



ROBERT CASSIAN



BARRIE KERNAGHAN

Relays

MAIN PHOTO:

Kylie Strong crosses the finish line to win gold in the W45 4x100m with team-mates Lenore Lambert, Janelle Delaney and Jacinta Burns.

INSETS: Lenore hands the baton to Janelle.





Kriszta Kovacs, Wendy Seegers, Sharon Davis and Karen Long are all smiles after their gold medal performance in the 4x400m relay.



Jane Lockwood (right) celebrates with Ranell Hobson, Kate Dix and Jeanette van den Bulk with their bronze medal in the 4x400m relay.

My Worlds

If anybody had told me years ago that I would be competing in the World Masters Athletics Championships in Perth I would have told them they were dreaming.

Well, that dream became a reality on the October 26 at the 100m start line where I stood nervous, excited, sizing up the competition thinking I definitely didn't do enough gym work! I ran one of my best 100m's

The first run calmed the nerves and I was excited for the next event Triple Jump, my favourite, although my knees would probably disagree.

I arrived at the stadium early next morning I wanted to cheer on my fellow athletes and soak up the atmosphere with my Masters family.

As I went to the call room the thought of a medal was far from my mind. It was a good day for jumping all the training with Dave Wyatt came together at the right time and my jump of 9.74m was good enough for a bronze medal. Yes, a medal, another dream that suddenly became a reality.

I was so proud standing on the dais, representing my country with a



smile the size of the stadium and a tear in my eye.

I didn't think things could get any better I was having so much fun, competing better than I ever thought possible, meeting with old and new friends and watching amazing athletes compete, John Gilmour, what an inspiration!

The 200m was next, smashed my PB with a little help from the wind, but I'll take it!

Happy with my performance in High Jump I proceeded to watch Tatjana from Germany clear 1.63m the way it should be done, I was taking notes so watch out for next time!

One more event and my Championships was nearing to an end or so I thought.

The relay teams had been posted and I was more than excited to see my name down as a reserve. It always pays to stay around and be that proud reserve. It is all a bit of a blur, but, before I knew it I was running the third leg of the W40 4 x 100m in the Gold Medal team of Ranell, Karen, Lisa and Wendy!

I don't think I need to explain how I was feeling after this as I think you would have a fair idea.

I am so proud to have shared my first Worlds experience. A big thanks for the amazing support from my family, friends, Dave and "Dave's Girls", Shane and the Baldivis Harriers.

To the organisers, volunteers and officials a big thank you for making it a fantastic Championships, See you in Spain!!

LISA LIMONAS



Perth 2016

4x100m relays



RUTH JOHNSON to
MIRIAM CUDMORE



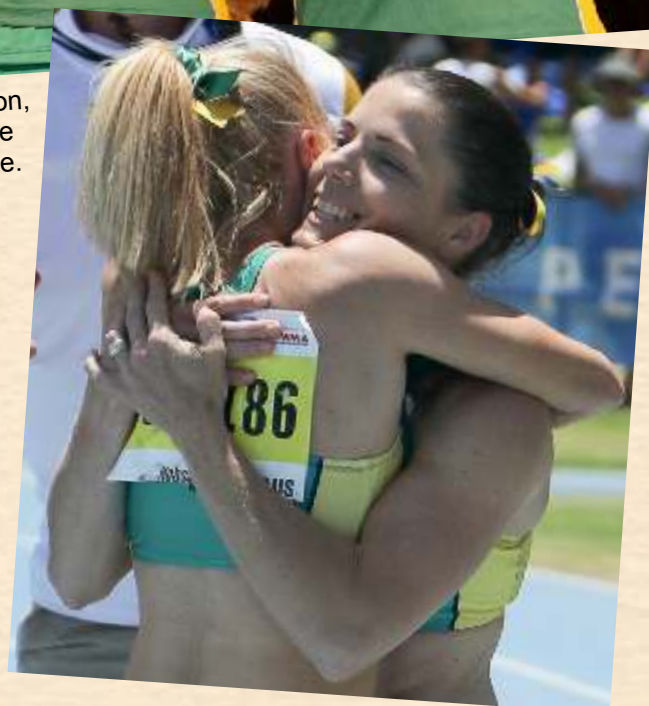
PEGGY MACLIVER



WILMA PERKINS
to LYN PEAKE



Winners of the W40 4x100m relay (from left) Ranell Hobson, Karen Long, Lisa Limonas and Wendy Seegers celebrate their victory. BELOW RIGHT: Ranell and Wendy embrace.



LYNNE CHOATE to MARGARET TWEEDIE



Perth 2016

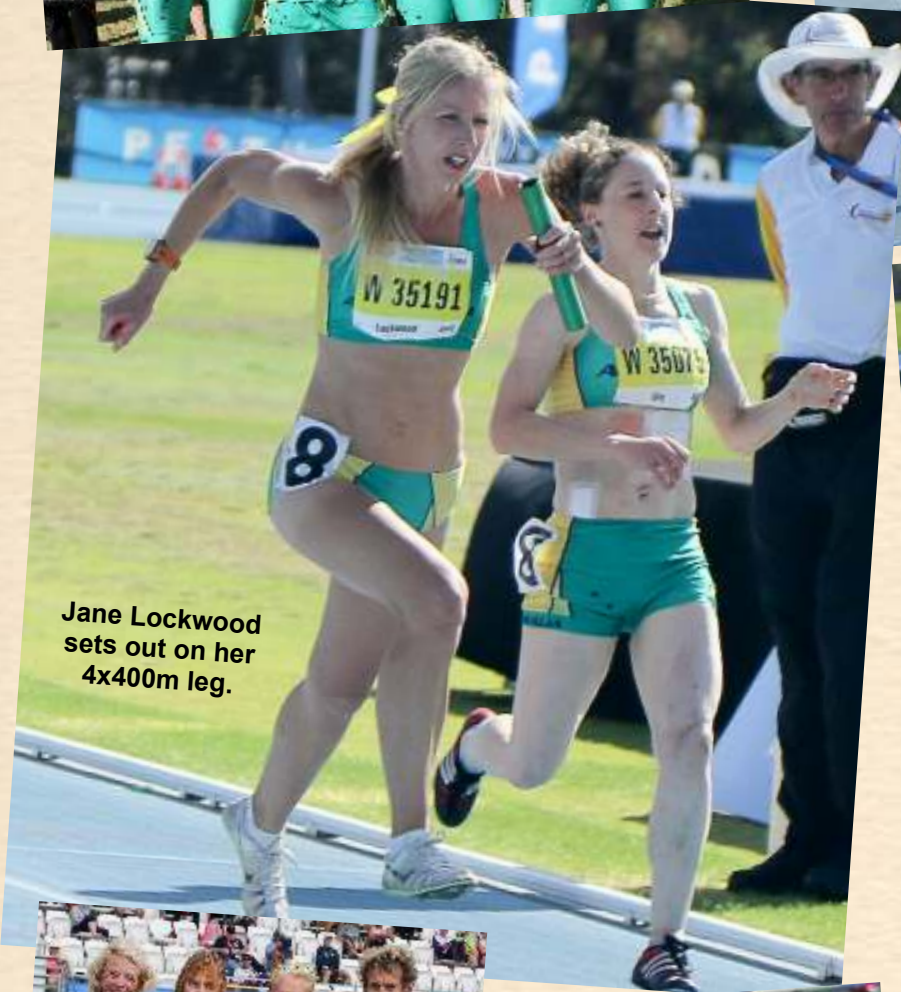
4x400m relay



COLIN SMITH and friends



SCOTT TAMBLIN



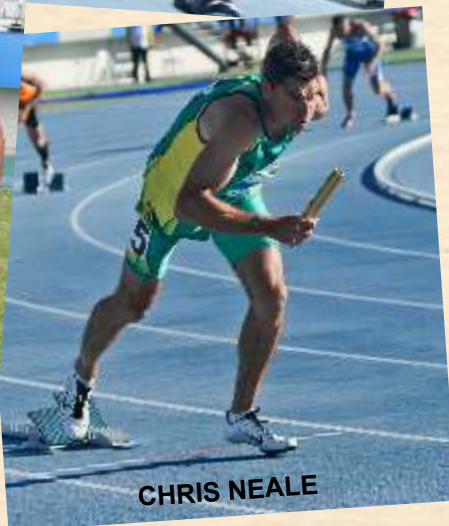
Jane Lockwood
sets out on her
4x400m leg.



JANELLE
DELANEY



Anne Lang, Peggy Macliver, Jean
Hampson and Marge Allison



CHRIS NEALE



FIONA
LEONARD

Middle distance

By JOHN DENNEHY

Elegant and long striding Jane Lockwood (W35) was hampered by a competitor's sharp left-hand turn when at the break in the 800m final but showed great composure to finish just .01 outside her PB an indication of faster times ahead. Vanessa Carson and Sasha Zarebski ran superb 1500m races gaining fifth and seventh placings in the final.

Sharon Davis (W45) advanced to the final of the 800m running a tactically superb race and showed determination and courage to stick to her race plan and place a gallant fourth. She has made major gains in speed and tactical nous this season to become a threat in a variety of events.

Suzi Graves (W50), despite a season punctuated by two major operations, braved an 800m with Niamh Keane also running injured, running a 1500m. Fiona Leonard (W50) showed the benefit of Strive outings over the past seasons and ran beautifully all carnival. She recovered from a start that should have been recalled, to compose herself quickly and valiantly ran a fifth place in the 800m final. Her 1500m heat showed glimpses of where her future may lie.

In the W55 Karyn-Sue Gower and Sue Zlnay ran the 1500m final and lost no fans with their efforts. Representing Ireland, Sue gained sixth place with a 5:36.00 and Karyn-Sue 16th in 6:21.01.

Margaret Saunders (W60) was tactically sound in sitting for most of the 800m final. Showing her great strength she won the bronze medal in fine style. Jackie Halberg (W70) ran a tactically superb race covering all moves on a stifflingly hot day to run fourth in the metric mile. Ruth Johnson's effort gained her a similar place in the W75 event.

New father Scott Tamblin (M40) qualified for the 800m final despite a lack of speed work. Audaciously he ran 1:57.79 in the final for fifth. In the 1500m he won silver with 3:56.50 after a sustained sprint over the final lap.

Xander Van Rijen (M45) despite an arthritic knee, proudly pulled on his Netherlands vest and raced to the best of his ability pushing the pace in his 800m to just miss the final. Surprisingly, given his curtailed training regime, he controlled the 1500m heat to gain a final spot. Beautifully balanced, Xander raced

superbly to finish in 12th place in 4:31.24. Andy Abbey ran 2:35.15 and 5:20.52, Mark Whyte with another slashing PB by seven seconds (2:46.53) and Richard Williams (2:26.83) all ran very well.

M50s Brian Kineen and Colin Smith ran the 800m in 2:24.70 and 2:23.58 respectively, before Brian ran a huge race (5:00.87) to make the 1500m final, smashing his time again with a 4:53.50 for 12th place.

Mark Dawson (M55) ran a gallant race to make the 800m final where he ran close to his goal of 2:20, courageously moving up on the final curve to shake the field as they kicked for home, later delightfully describing his performance as being "as happy as a pig rolling and rip-snorting in a pool of mud". His 1500m was no less remarkable with a SB (5:01.08). Martin Kennedy, Stuart Moore and Keith Hill ran strongly to record times that did not advance them, as did Allan Billington in the 800m.

Brian Hewitt (M60) ran 2:52.19 in the 800m before being joined by Alan Gower and Bjorn Dybdahl in the 1500m. Alan and Bjorn made the final with Bjorn gaining seventh place. Alan had the crowd willing him home in the last lap. Edging ever closer, he just missed his target with a brave effort recording 4:45.96 for silver.

Frank Price and Graeme Dahl (M65) both ran up to form, Graeme's finals performance was a huge 10 seconds quicker than his heat (5:27.68). Henri Cortis (M70) slashed his seasons best in the 800m by a massive 11 seconds to make the final where he ran within two seconds of it for ninth place. Jim Klinge, Bob Hull, Ivan Brown and David Baird all made the 1500m final; Jim placing the highest with sixth with 5:42.42. In the M75 division Bert Carse won a silver medal with an outstanding 5:42.87.

David Carr (M80) was unable to defend his title, going down by less than a second for a silver medal and sending the crowd into a frenzy while battling down the home straight with his British opponent. David's injuries prevented him from competing again this carnival. Cecil Walkley (M85) ran both middle distance events placing ninth and seventh respectively.



Jane Lockwood skips down the main straight in her 800m race.

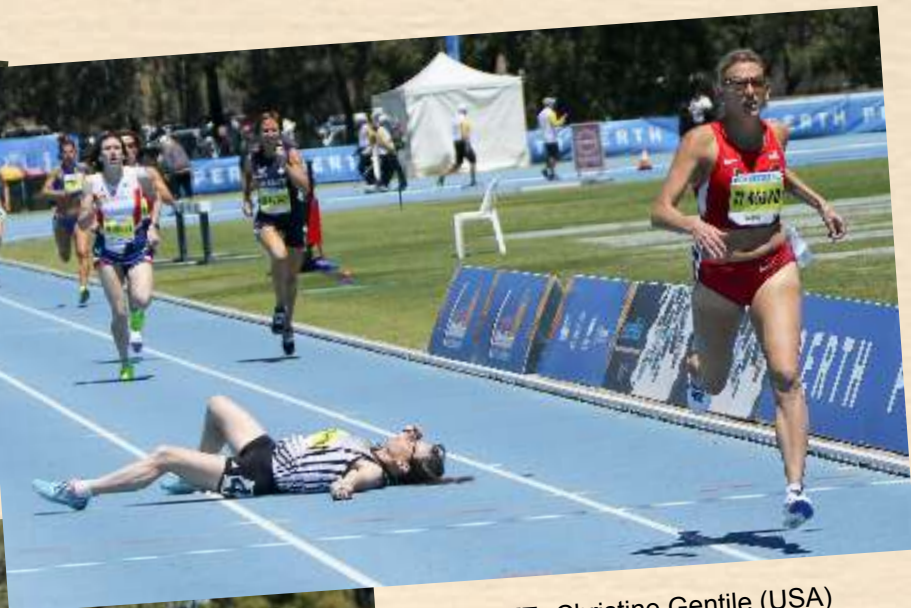


Perth 2016

800m



BELINDA MARTIN



ABOVE: Christine Gentile (USA) runs past Andrea Harris (NZ) on the home straight.



LEFT: Margaret Saunders (left) sits on Liz Alexander followed by race winner Jeanette Flynn. Liz won silver with Margaret the bronze.



SHARON DAVIS



RUTH JOHNSON



Fiona Lenard runs in the pack.



ANNE LANG



Andy Abbey (left) and David Page sprint in the early stages of their 800m preliminary.



Powering away from the start line are (from left) Brian Kinneen, Colin Smith and Rob Italia.



BRIAN HEWITT



KEITH HILL

MARK DAWSON



ALLAN BILLINGTON



**NIAMH
KEANE**



**BELINDA
MARTIN**



**KATHY WELLHAM and
VANESSA CARSON**

My Worlds

Feelings of excitement and anticipation of the unknown surrounded me in the lead-up to the World Championships. Being a new member of MAWA, running on a track was like learning a new sport. My idea of training was a nice run around a park pushing my four-year-old in a pram. I had a lot to learn! Balancing life with three young children and training was challenging at times but I did what I could with the help of John Dennehy and many of the athletes.

At first, I was sceptical about entering the championships but after a bit of consideration, I thought hey what have I got to lose. I entered the cross country, 5000m, 10,000m and the 1500m. My cross country was the second last event of the first day. The weather was glorious and I was happy to see many of the athletes still there to cheer us on. As the race got under way I found it challenging but was happy to finish in third position. Standing on

the podium to receive a bronze medal and again for a gold in the team event was definitely a highlight.

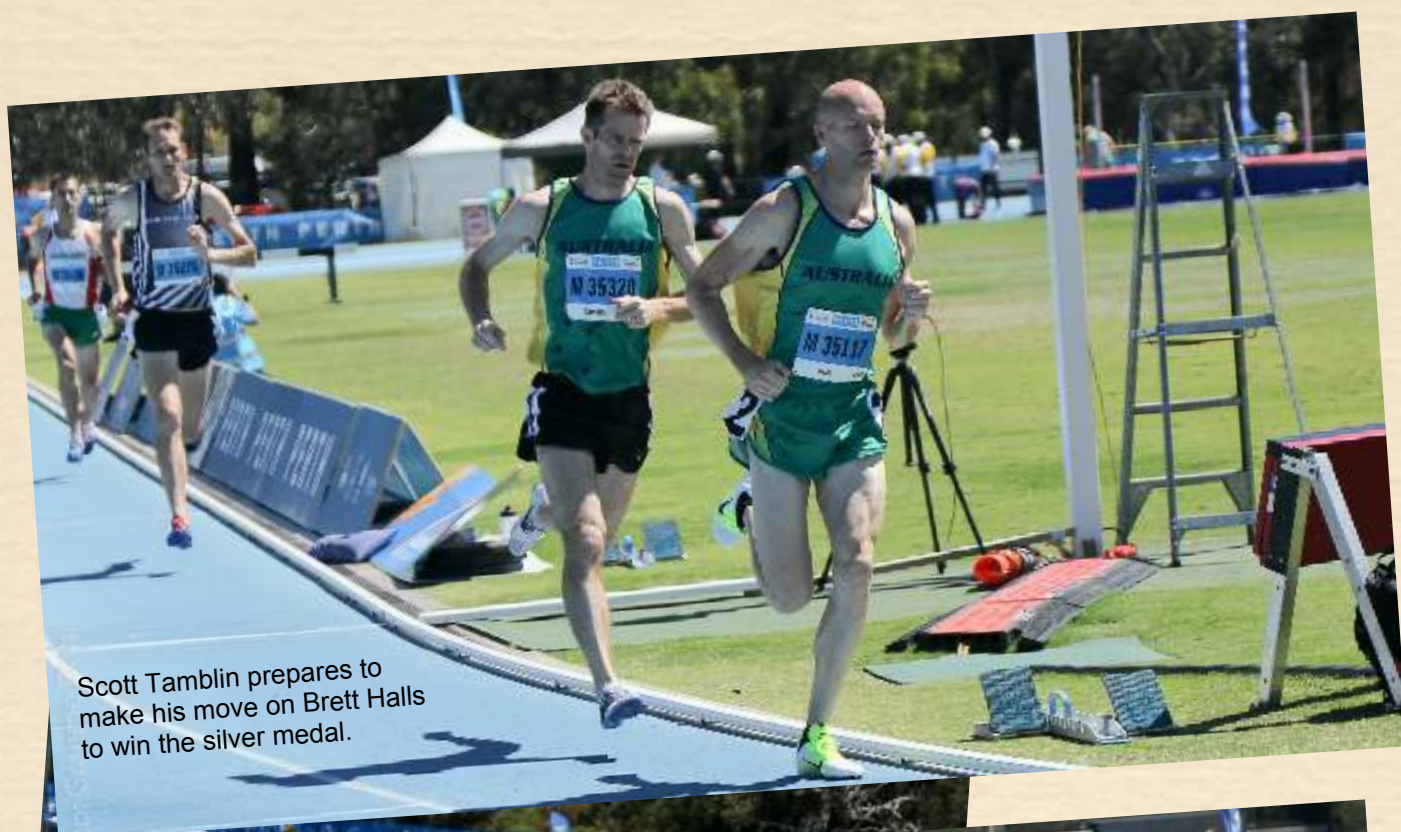
I travelled to Ern Clark for the 5000 and 10,000m. It was set up well and the atmosphere was fantastic. I was happy with my performance, especially as it was my first time running 10,000m on the track. My 1500m event was at WAAS on the Saturday afternoon. I worked hard throughout the winter for this race. It was a proud moment walking to the start line with my Australian uniform on, looking at the crowd cheering. My aim was to run a PB which I was two seconds off, but I ran the best I could do and I'm pleased with that.

This whole experience has been fantastic. I have learnt a lot from many beautiful people along the way and it gives me more determination to run a sub-five minute 1500m.

See you in Spain.

VANESSA CARSON

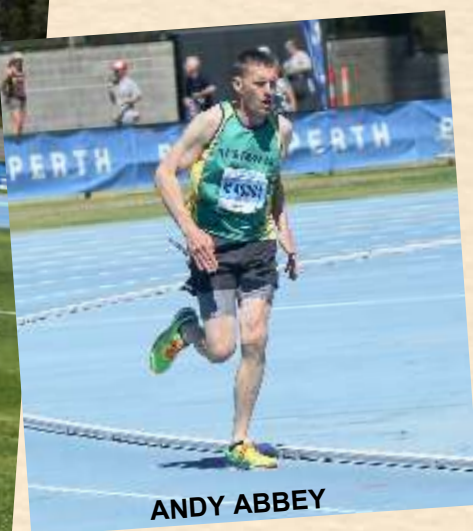




Scott Tamblin prepares to make his move on Brett Hall to win the silver medal.



Xander van Rijen follows David Page.



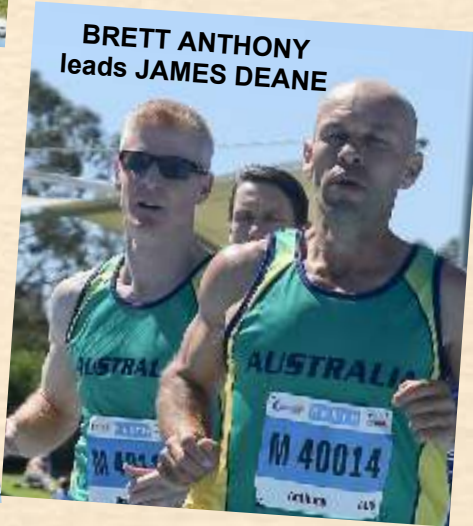
ANDY ABBEY



ROB ITALIA leads BRIAN KINEEN



ALAN GRAY



BRETT ANTHONY leads JAMES DEANE



MAIN PHOTO: Vicki Cobby prepares for touchdown after clearing the hurdle.



DAVID SCOTT



LENORE LAMBERT



SHARON DAVIS



DEAN TAYLOR

Distance



Trevor Scott moves over on the first lap of the 5000m.

By JOHN DENNEHY

The distance events on the track were well supported with many MAWA members doing "the double". Vanessa Carson (W35) ran 19:42.17 for an impressive fifth place with Danielle Baldock taking 10th place. Vanessa's 41:24.45 placed her fourth in the 10km. Clare Wardle (W40) also completed the double (seventh in 19:17.84 and sixth 41:30.24) joined by Linda Hannig in 10th place (58:36.29) in the 10km.

Sue Bourn (W45) made a welcome return to the track running the 5km in 24:24.56 for 15th place. Rochelle Airey ran into ninth place in the 10km with a performance of 51:16.25. In the W50s Simone Solomon led the MAWA competitors home with a 17th placing (22:32.63) followed by a close group of Anne Brinkworth (22th), Sheryl Munday (24th) and Judy Davis (25th). Sheryl and Judy finished further up the field in the 10km (16th and 17th) with Claire Walkley ahead of them (13th).

Janet Ferguson took out the W55 5km world title running a superb 19:21.05, removing the great Anne Shaw's name from the record books (19:23.9) and adding to her world triathlon crown. MAWA's other entrants gave good accounts of themselves, Kim Chandler running into eight place (22:35.10) and the diminutive Karyn-Sue Gower just making the top ten (22:51.90). Noleen Treen gained the same place in the longer event (54:27.16).

Gillian Young and Carey Dickason both ran the double in the W65 age group. Gillian scored eight in the 5 km (24:35.26) and fifth in the 10km (52:26.52) with Carey's double taking slightly longer but no less impressive, placing ninth (26:23.27) and seventh (56:08.06).

Jackie Halberg flew the flag for WA in the W70 5km her 28:55.45 giving her seventh place. Lorraine Lopes ran a W75 SR of 26:41.46 to win bronze.

In the M35 age group, Scott Tamblin carved out a 15:23.77 bronze medal-winning time. He was joined in the 5km by Rob Nichols sixth (16:08.06), Michael Hennessy 11th (17:50.15), Darren Miller 13th (19:37.08) and Andrew Shugg 14th (21:39.68). Italian-born temporary member Roberto Busi (M40), set two SRs in winning silver and gold medals respectively. His 5km time (14:46.60) bettered the former record of Jon Kappler (15:39.0). Thomas Waumsley filled sixth place (16:57.72) with Steve Weller in 18:10.59 (12th), Bryant Burman 13th and Michael Burman 16th. Busi removed the record of Trevor Scott (31:49.32). The new SR is 30:58.37. MAWA athlete, Gary Grant (M45) represented Great Britain in the 5km running 18:05.41 with Brett Roach finishing one place behind in 20th (18:08.72). Former Paralympic gold medallist, Paul Mitchell OAM, ran strongly to place 24th. Brett led Paul home in the 10km, the pair running to 10th and 13th places respectively.

MAWA was represented by Steven O'Halloran (14th), Chris Gibbons (25th), Brian Kineen (27th) and David Solomon (28th) in the M50 5km. Chris then backed up in the 10km to finish 13th in 41:45.12.

Trevor Scott (M55) finished just four seconds out of the medals (fourth) in the 5km returning a 17:13.50. In a close race, Chris Maher was seventh but less than a second behind in 17:14.49. In this large field, Keith Hill was the next to finish (24th) followed by Mark Dawson (26th), Bob Colligan (36th), John Fisher (37th) and Dennis Devereaux (38th).

Mark and Dennis returned for the 10km with Mark running 43:18.28 (16th) and Dennis 49:14.42 (18th), but it was Chris Maher who stole the show with a supreme effort of 35:44.07 to run himself into the bronze medal position.

Alan Gower (M60) secured another medal running 18:32.49 for bronze. The consistent Bjorn Dybdahl was 12th (20:11.13), followed by Kevin Goodman (21st), Brian Hewitt (27th) and Bruce McGeorge (31st). Bruce returned to run the 10km in 51:10.00.

Giovanni Puglisi was our highest placed M65 runner in the 5km with his ninth-place finish (19:43.10). In 16th was our photographer, Graeme Dahl (20:32.79) ahead of Keith Miller (28th), Brian Danby (32nd) and Frank Price (35th). Brian doubled to run the 10km gaining 21st place with Brian Bennett (16th) and Gary Peace in an exceptional sixth place running 42:17.36.

Jim Klinge, looking very much the track runner, was very impressive in recording a top effort in the M70 5km of 21:25.31 for seventh place. Bruce Wilson (12th), Bob Hull (14th) and Ivan Brown (16th) all ran strong consistent laps. Jim Langford finished the 10km in fourth place despite running 46:30.96 just 10 seconds from the bronze medal.

The silver medallist in the M75 5km was Bert Carse, eclipsing his SR with a 20:52.43 (previous SR 21:40.8). Bob Schickert just headed Hamish McGlashan coming in 13th and 14th respectively. Bob returned for the 10km finishing in a creditable 6th place.

Irwin Barrett-Lennard won silver in both distance track races, joined on the 5km podium by Cecil Walkley in bronze medal position.



Perth 2016

5000m



VANESSA CARSON



CLARE WARDLE
leads LISA DAVIS



SANDRA VOESELEK



LEFT: Gold medal winner Janet
Ferguson keeps an eye on
Robyn Basman. Janet's
19:21.05 run broke Anne
Shaw's state record.



SUE
BOURN



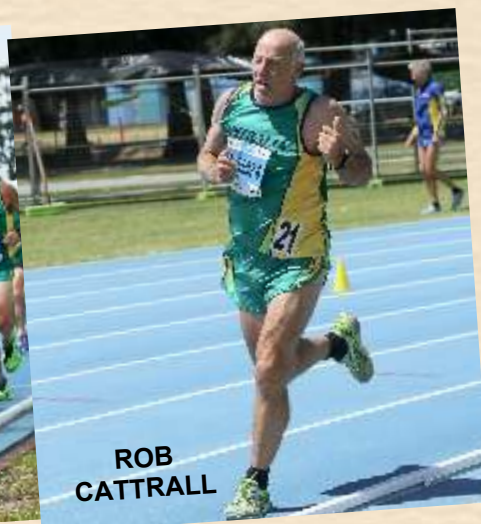
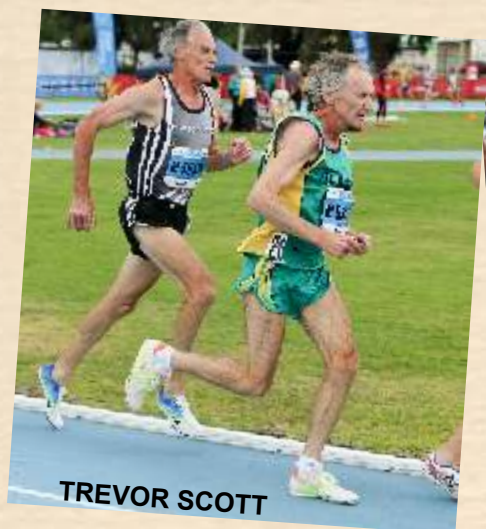
Hong Li ran
18:16.1 to win
W45 gold



DENISE TAPPATA



KARYN
GOWER



My Worlds

The road to the 2016 World Athletics Championships began in July 2011, when Perth was competing against Lyon and Bydgoszcz to host the 2015 World Championships. My wife, Karyn, and I hoped Perth would win, but on the eve of the vote, we decided that if Lyon won, we would go to the Championships. We awoke the next day to the news that Lyon had won – we were off to France! Then, to our surprise and delight, Perth was chosen to host the 2016 Championships.

I had been in good form in Lyon, but in the lead up to Perth, plantar fasciitis and upper hamstring tendonopathy were proving hard to manage. A couple of months before the Championships, I started racing every Tuesday at the Stadium (a big thank you to Campbell Till, Delia Baldock and crew). I introduced hill sessions to training and ran a few WAMC 10km races. My form started to improve and I was making weekly gains, but the Championships were looming! I had entered three events – the 8km Cross Country, 5000m and 1500m, but was still feeling underdone.

The day of the Cross Country arrived. The 4x2km lap course suited me – grassy, flat and fast. The Colombian runner, Jose Ramirez Riano, was favourite as he had finished second in this race in Lyon. I ran a controlled race, sitting in third place most of the way, behind the Colombian and Tony Price from New Zealand. On the final lap, with the urging of the crowd, I managed to reel them in, passing Tony Price in the last

30 metres for the win. I don't know who was more excited, myself or Raf Baugh, the commentator. It was an honour to be presented with my medal by Lynne and Bob Schickert, who put so much work into organising the Championships. I was also fortunate to be part of the Australian silver medal team.

The 5000m was held three days later in blustery conditions. I felt confident and thought I had a good chance. The pace was quite slow early, but when the leaders kicked down with 2kms to go, I had no answer. I produced a token sprint at the end but was well beaten in third place. Paul Thompson of Great Britain well deserved his win as he had faced the wind for most of the race.

In the 1500m final, I was up against the big strong Ukrainian, Olexandr Lysenko, the favourite and a well-credentialed runner. Olexandr went out hard. I tried to stick with him, but the pace was too fast for my current form, so I had to let him go. With 500m to go, I decided to give it everything, and slowly pegged him back. On the home turn, I thought I could make a race of it. In the straight, the crowd was making such a noise that my opponent looked over his shoulder to see what was happening. I finished full of running, but Olexandr was too good, and well deserved his win. I enjoyed the race and was thrilled with a season best.

All in all a great 2016 World Championships – well organised and with great officials.

ALAN GOWER



**BJORN
DYBDAHL**



**MARK DAWSON
leads MARK
BATTEN**

My Worlds

Wow. Here I am, on a lovely Perth evening, marching into the WMA opening ceremony with thousands of the top Master's athletes in the world.

The opening ceremony set the tone for the next couple of weeks. It was well timed with short official speeches and an indigenous welcome and dance.

Competing, I recorded three age PBs from three races; a satisfying return for someone who, from July to mid-September, had struggled with a leg injury. In the 800m I started too quickly, passing 400m faster than I'd run 400m in 35 years. Inevitably I struggled through the second lap; need to relax. My 5000m, on a windy Saturday, was good for 3K but then I struggled over the final three laps; not enough miles in the legs. Daughter Emily was delighted to hear the announcer mention my name as someone looking good and in contention. It was the 'B' race and I finished fifth. My 1500m was solid. This time I finished strongly, the last lap being my quickest; I'm learning. I loved all my races. The intensity of track racing is thrilling.

Volunteering gave an insight into what goes on behind the scenes; the hard work involved to set up then remove hurdles on a warm day; how

inspiring it is to watch W80-89 long jump competitors close up; how rewarding it is to have athletes from the world over shake your hand offering sincere thanks.

On Saturday 5th the temperature headed for 37 degrees. After a nine hour shift in the sun I was ready for a rest, but feeling pleased with my efforts. My Sunday shift in the post event tent was interesting. Calming, corralling, and ushering to a medal ceremony 12 excited relay medallists was a challenge as races finished in rapid succession. There were rewards. One W35 relay medallist said she really needed a big hug and asked if would I oblige; who was I to refuse?

Spectating, I was fortunate to spend much of my time with the Australian team, soaking up the passion and support directed at the athletes. This struck home when, on the back straight of my 1500m, I could hear my name shouted (you know who you are) from the stands.

At the start of the year, I hadn't been on a track for almost 40 years. How had I come by this uplifting and motivational experience? Thank you MAWA. Finally, congratulations Perth on a showcase event.

KEITH HILL

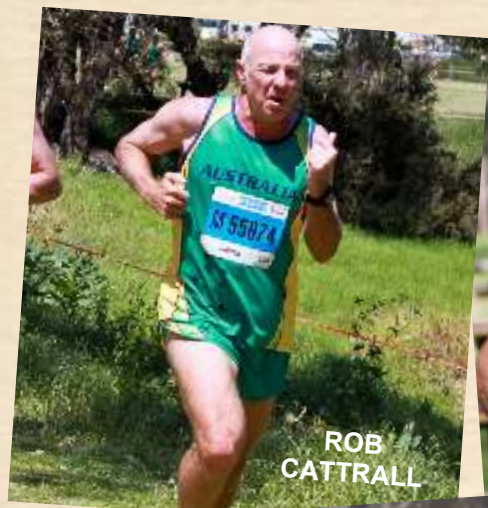
(Keith is the new MAWA treasurer)





Perth 2016

Cross Country



ROB
CATTRALL



BOB
SCHICKERT



BERT
CARSE



LEFT: Jim Langford leads fellow Aussies Bob Hull (left) and Don Matthews. Don won the gold medal with Jim taking the silver medal in W70.



MAURICE CREAGH



MORLAND
SMITH



JIM
KLINGE



JOHN
OLDFIELD



ABOVE: Gold medal winner Janet Ferguson (left) rounds the bend at the start.



BARBARA BLURTON



CAREY DICKASON and JULIE WILSON



LORRAINE LOPES



JACKIE HALBERG



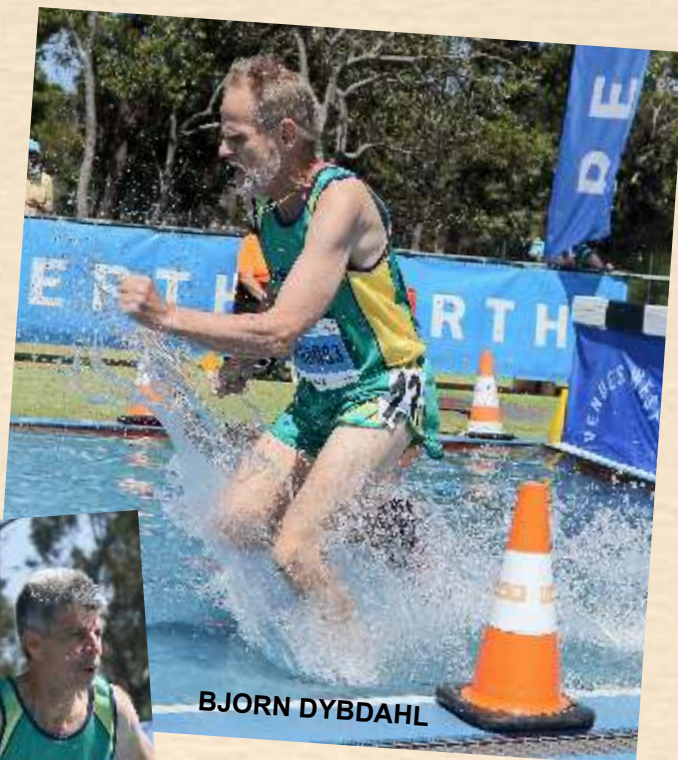
SANDRA STOCKMAN



KERRIANN BRESSER



DOUG SMITH



BJORN DYBDAHL



Allan Mayfield (left) and Giovanni Puglisi power out of the water.



IRWIN BARRETT-LENNARD



BRUCE WILSON



CECIL WALKLEY



ELWYN EGAN



Margaret Saunders scored her third straight steeplechase gold medal.



SIMONE SOLOMON



Julie Wilson and Carol Bowman tackle the water jump.



LYNNE SCHICKERT



THERESE CARR



JACQUI McQUEEN

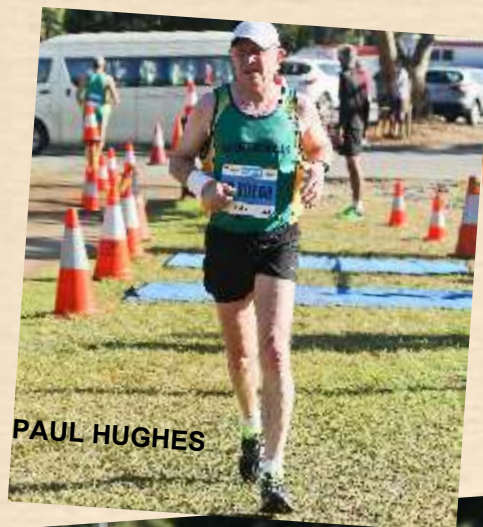


GILLIAN YOUNG



Perth 2016

Half and marathon



PAUL HUGHES



CLAIRE
WALKLEY



BERT
CARSE



KAREN
MARCH



STEVE WELLER



RICHARD
BLURTON



BRIAN
DANBY



JANE ELTON

Photo: CHRISTINE OLDFIELD



My Worlds

At 39 years old, I don't feel like a master yet. My last PB may have been nine years ago, but I was still performing close to that level until the age of 36 when I represented Australia in the World Championships Marathon in Moscow in 2013. At that time, I hadn't quite given up hope of another PB ...

Fast forward three years on, and my times are definitely slipping! I'm four minutes off my 10km PB, 10 minutes off my half PB, and I've not even attempted a marathon. I put my current "blip" in form down to having different training goals, a few body niggles, and other distractions in life. But maybe it's time to admit that I'm on the downward spiral. Has age really crept up on me? Is it really time I stopped chasing the clock and started looking at the percentage tables? Should I listen to all those friends who compete in Masters Athletics and join them?

Well if there's any time to give it a go, Perth 2016 seemed like the logical choice – the World Masters Championships in my home city, with training partners, friends and family all lining up to compete – why not join them and find out what masters is all about, and see what lies ahead?

And Perth 2016 did not disappoint – from the 8km cross country on day 1 to the half marathon on the final day, being part of the World Masters was fantastic.



My two races went well and I was happy with my performances, coming away with a gold medal in each, and with some strong support from my Aussie team-mates added another couple of team gold medals – so had a real quokka family by closing day!

But I must also confess that in both my events I was soundly beaten by older athletes, with competition fierce in the 40-44s and even those in the 50-54 age group running far quicker than I. How can they go so fast, at their age? And why can't I do that anymore?

But age is just a number, after all. It gives us a guide as to how we should look, how fast we should run, or how much we might expect to slow down, but we still have the capacity to

challenge that and improve ourselves, even despite the relentless advancement of age.

I realize none of the other athletes look or act like "masters" either. They are a fit and healthy bunch with lean and mean bodies; they are motivated and positive; they are people that I have something in common with – a love of competing and challenging ourselves; they are people I admire. They're not letting age get the better of them, and they're not letting other people tell them they're too old and they should stop!

For a 39-year-old, I think about getting older a lot – not just in relationship to my own diminishing running performances (will I still be able to run at 70, or will my joints have had enough?) but when dealing with patients during my work as a physiotherapist. "The doctor says it's arthritis and I'll just have to live with it," my patient tells me. I try to put a positive spin on things – "I can't fix your arthritis, but if we keep you mobile and strong ...", or one of my favourite lines, "maybe it's not age, it's just a stage – you'll get over this episode and move well and enjoy life again ..."

So maybe my current "blip" isn't age either – maybe it's a stage I'm going through. Maybe, with some more focused training, there might just be another PB in me. But if not, I'll have no hesitation in competing with the masters again.

LAUREN SHELLEY



BAERBEL KORIBALSKI



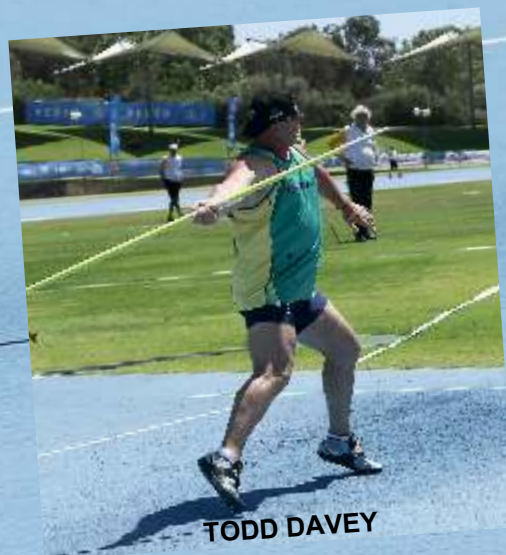
MAIN PHOTO:
Yolanda Carstens
steps down the
runway.



JULIE DAINES



DALE MCPHERSON



TODD DAVEY



Garry Hastie powers on as Finland's Ari Valiniemi walks off the track. Photos: TOM LENANE



Barbara Nell (left) and Lyn Ventris battle for the gold medal in the 5000m race walk. Barbara won gold and Lyn claimed the silver medal.



TOM LENANE



KARYN TOLARDO



JANNE WELLS



JULIE WILSON



**MARIE
FITZSIMONS**



ELAINE DANCE



**SARAH
LADWIG**



LEFT: Lynne Schickert
(centre), Luella Jenkins
(right) and Canada's Jean
Horne step out in the
10km road race.

Photos: TOM LENANE



GARRY HASTIE



**SYLVIA BYERS and
MICHELE MISON**



**JANNE
WELLS**



**HEATHER
CARR**

Jumps



MAIN PHOTO: Sue Coate is all smiles with her high jump in the heptathlon. **INSET:** “Did you get that?” Sue raised the State W50 high jump record to 1.39m.





Wayne Bariolo sails through the air in the long jump.

By JOHN DENNEHY

Melissa Foster replicated her jumps medals from Lyon with a silver in the long jump and a golden performance in the triple jump. Her best long jump of 5.74m was very close to her SR but she was beaten by a triple Olympian, with a best of 6.72m done in qualifying for Rio. In the triple jump, she bested the field with a strong performance of 11.42m.

Lisa Limonas (W45) is realising her potential with a more consistent training program and reaped the rewards with a best jump of 4.56m (fifth) in the long jump then exceeded her expectations to win a bronze medal for her triple jump of 9.74m. Vicky Cobby tripled a distance of 8.82m for sixth place. Lisa's 1.34m effort in the high jump also scored her a sixth place finish.

Somehow Fran Cherry (W50) found time to compete when not performing duties as an official. She managed to place 13th in the long jump and 12th in the triple jump. Sue Coate set a new SR in the vertical jump with a 1.33m effort. Nicolette Whittington (W55) used her new found speed to great effect to improve on her preliminary round performance of 4.09m to jump into seventh place in the finals with a 4.18m.

Gay Wyatt (W60), seemingly enjoyed the pressured atmosphere as she had a consistent series of jumps to place seventh in the triple jump with her best of 7.11m.

In the W65's Barbara Wilson placed eighth in the long jump with a 2.78m and was joined in the triple by Carey Dickason. Barbara was placed fifth and Carey right behind her in sixth place. Brenda Painter (W70) competed in a range of events as befits a multi-eventer and was placed eighth in the long jump (2.61m) and just missed the medals, by 4cm, in the triple with her 6.37m effort. In the high jump, she cleared 0.95m for fifth place.

Ruth Johnson (W75) competed in all three jumps. She scored a bronze medal in the long jump (2.82m), a bronze in the triple with a 6.03m and placed fourth in the high jump.

David Scott and Jeff Bilman in the M35 division competed in the triple jump jumping 10.48m for fourth and 10.40m for fifth places respectively. Wayne Bariolo and Chris Neale (M45) resumed their rivalry after over 30 years in the long jump, Chris advancing to finals where he placed seventh with his best distance of 5.64m. Kevin Collins joined Wayne in the triple jump and placed 12th with Wayne's 10.54m placing him ninth. Former World and Olympic representative Chris Anderson (M45) won a silver medal with his best high jump but despite tactically passing at several heights, Andrew Brooker was unable to medal, finishing in fourth with 1.60m. His season has been severely disrupted with an operation on

his leg, leaving him unable to compete at his best.

Bernie Riviere and Mark Schutze (M50) both made the long jump final with Bernie able to lift to perform a commendable 5.31m jump for a sixth place finish, Mark placing tenth. Mark's 9.64m triple jump saw him in fourth place. Mark's high jump performance of 1.50m placed him ninth, with Nick Bocardo's 1.30m giving him 14th position.

Mark Hewitt placed 15th in the M60 long jump but it was Garry Ralston who collected a silver medal with a mighty 5.23m effort, just 10cm short of David Clive's state record. Dave Wyatt was able to get Garry to transform his enviable speed into distance in a few short sessions. He was beaten by a multiple world indoor champion from Sweden.

Jumps coach Dave Wyatt (M65) finished in eighth place in both horizontal jumps and one place better in the vertical jump by virtue of focus and determination. In the M70's Murray Tolbert tripled his way to a fourth place jumping 8.95m. Ivan Brown added the high jump to his athletics repertoire and placed a very respectable ninth.

David Clive (M75) competed in both horizontal jumps, his 3.85m long jump put him one place out of the medals and his triple of 7.76m placed him sixth. Brian Waldhuter's 1.20m high jump gave him a SR and a bronze medal. Derry Foley (M85) long jumped 2.21m for fifth place.



Perth 2016

High jump



WILMA PERKINS



MARGARET TAYLOR



IVAN BROWN



Lisa Limonas sails over the bar



LENORE LAMBERT



ANDREW BROOKER

PHOTO: BASE IMAGERY



Perth 2016

Long/Triple jump





This series of shots shows Lenore Lambert at full stretch throwing the javelin during the heptathlon.



My Worlds

This year's championships were so different to previous ones. Sleeping in my own bed, going to work on non-competition days and watching results come through on Facebook just made things seem a little surreal.

The joys and challenges of home championships. Tuesday night saw the opening ceremony take place at Elizabeth Quay. An amazing venue and a wonderful opportunity to catch up with friends: local, interstate and international. Two days later I achieved the hat-trick in the Triple Jump. My third gold medal in a row for the event, following success in Porte Alegre and Lyon.

On Friday and Saturday, I was out at Cannington for the Heptathlon where I finished fifth matching last year's result. Wednesday rolled around and off to the zoo for the athletes' party. Another great venue and opportunity to catch up with friends and meet new ones. Fast forward to Saturday and the Long Jump. On the drive in, I was so unsure of how this was going to go. The take off board and I haven't been friends lately! My warm-up went well and I found the take off board on my first jump. 5.74m the second best jump of my life and in the end — enough for the silver medal.

Congratulations to everyone who competed at these championships. Looking at the results, a lot of medals were won and PBs set. Thank you to the LOC who put in the successful bid several years ago. The opportunity to compete on the world stage at home in front of family and friends is an experience I will never forget.

MELISSA FOSTER



VICKI COBBY



KAREN CARAH

My Worlds

Wednesday, October 26 dawned and I awoke thinking, "What have I done?" My heat for the W40 100m was at 12.30pm and I had no idea what to expect. I only joined Masters in October 2015 and that was to have fun sprinting not doing competitions. I was firmly encouraged to enter the Worlds as it was "the chance of a lifetime to compete with international athletes here in Perth."

Once I'd learnt what the Call room was and where it was, I entered the track for the 100m and my nerves were remarkably calm. In my heat, I came eighth out of nine and overall 25th out of 27 — two places higher than expected. First time under 15 seconds and I loved it. The WAAS was exciting and the atmosphere was great. But the whole experience was over too quickly so I was glad I had the heptathlon coming up.

I entered Ern Clark Stadium for Day 1 of the W40 Heptathlon with eight other competitors. There was one person who'd never done a heptathlon before — me. We started with the 80m hurdles. It was only the second time I'd ever raced over eight hurdles and I did okay. Next was the



high jump which I'd only been practising for two months. Embarrassingly I was out before the bar had even reached the starting height for seven of the competitors. But the support and encouragement from the other girls were amazing. Next, the shot put. My least favourite event and the less said about that the better. The final event of the day was the 200m. A good event for me. What I was really unprepared for was how exhausted I felt at the end of Day 1. Would I be able to come back tomorrow?

Yes. Day 2 welcomed us with rain and wind but loud cheers from the

friends and family who were watching so near (a bonus of competing at Ern Clark). Difficult conditions for the long jump. My speedy run up means I like this event but my three jumps were not my best. Even worse conditions for the javelin meant my first two throws were disqualified. Advice from my Swedish and American competitors was to stand at the line and just "chuck it" to get some points. So I did. And I laughed as I heard the cheers from the heptathletes (sheltering under blankets), pleased that I hadn't scored zero. The final event was the dreaded 800m. I watched most of the other girls disappear but I finished with a great PB. At the end of the heptathlon, I finished seventh out of nine. Again two places higher than expected.

What can I say about my first World Masters Competition other than it was brilliant. My best memory is the camaraderie and support from the other heptathlon competitors. I've heard that is common during multi-events so I'm looking forward to my next one. It was a really great experience for me. I'm so glad I was talked into entering!

DONNA ABBEY



BERND KUEGLER

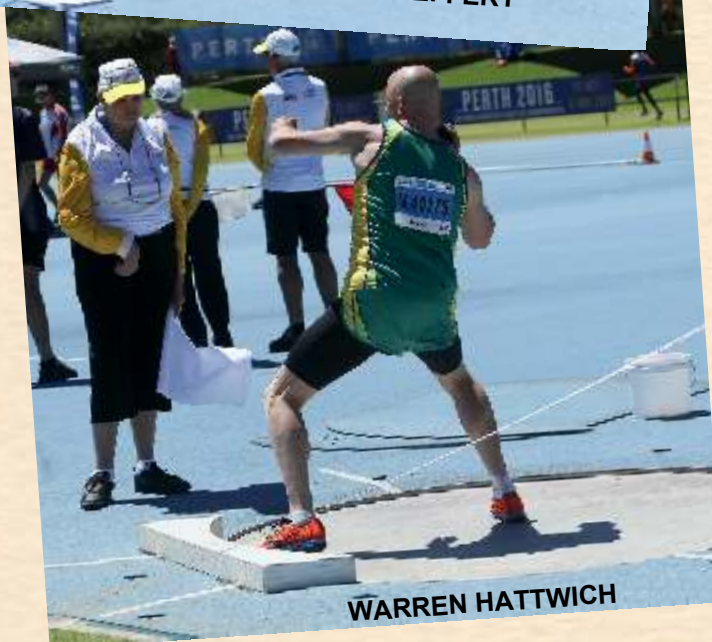


PAUL JEFFERY



Photo: JOHN OLDFIELD

MARK JEFFERY



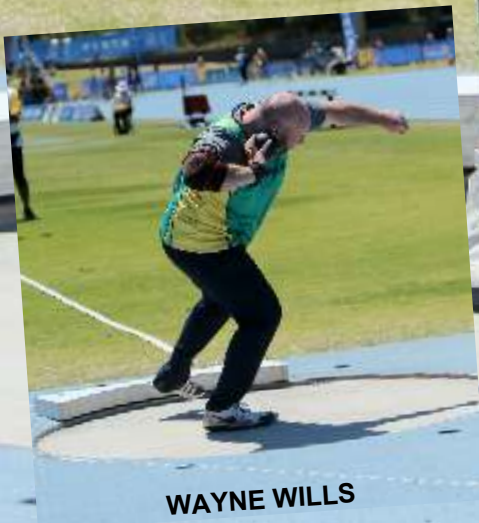
WARREN HATTWICH



FERNANDO COELHO



MAIN PHOTO: Matt Staunton dances across the circle as he prepares to launch the shot.



WAYNE WILLS



BEV HAMILTON

Looking ahead



Julie Brims powers off the bend in the 200m semi. In the final the sprint star lowered the Australian W50 record to 25.84s with an aged graded percentage of 98.5.

**WMA Indoor Championships, Daegu
South Korea, March 19-25, 2017**

**AMA Championships, Darwin, June
9-12, 2017**

**OMA T&F Championships, Dunedin
New Zealand, January 20-27, 2018**

**WMA Stadia Championships, Malaga
Spain, September 5-16, 2018**

**WMA Indoor Championships, Torun
Poland, March, 24-30 2019**

**WMA Stadia Championships, Toronto
Canada, July 22 – August 1, 2020**