

TFNL



Season 9 Issue 5
JANUARY 2016

The Track and Field Newsletter of MAWA



Carol pips Sue

as David secures another trophy

Wendy's sizzling run

Wendy Seegers set a stunning pending Australian W35 400m record to break a 37-year-old record held by Kath Holland.

At a recent Strive meeting at WAAS, Wendy stopped the clock at 55.72 to break the previous record of 56.0. Her form has been stunning recently when she ran 56.3 for 400m at Tuesday competition.

Three weeks previously Wendy set an Australian record in the 60m in 7.61.

Her record-breaking run is, even more, remarkable as she moves up an age group in early 2016.

Women 400 Metre Sprint			Year Team	Finals
Name				
Section 1				
1	806 Newton, Rebekah	96 University o		55.57
2	278 Seegers, Wendy	76 Masters Athl		55.72
3	598 Yukich, Alanah	98 University o		56.71

ROLL OF HONOUR

Wendy Seegers	W35	60m	7.61	27/11/2015	*AR
Scott Tamblin	M35	3000m	8:35.3	27/11/2015	*AR
Mark Jeffery	M45	pole vault	4.10m	11/12/2015	SR
Bev Hamilton	W70	hammer	25.22m	11/12/2015	SR
Todd Davey	M45	throws pent	3876pts	12/12/2015	SR
Todd Davey	M45	discus	45.30m	12/12/2015	SR
Ossi Igel	M65	shot	11.58m	12/12/2015	SR
Ossi Igel	M65	weight	13.09m	12/12/2015	SR
Wendy Seegers	M35	400m	55.72	17/12/2015	AR
Ossi Igel	M65	throws pent	3492pts	12/12/2015	SR

*Pending record

Renew now

AVOID the anguish of missing the deadline to renew your MAWA membership for 2016 as time is ticking to do so. Membership fees are due on January 1 and you have until the end of January to renew and avoid paying the \$10 joining fee.

Access the online membership and paper form download from the right side-bar – the club prefers on-line membership. New and existing members doing Sunday runs will need to select two helper dates from the 2016 Sunday Programme. This programme is on the website and is also accessed from the right sidebar.

Perth 2016 entries to open late January



David receives prestigious honour

David Carr was one of three winners of the RAC Insurance Service to Sport award presented on December 7 as part of the WA Sport Awards 2015. He was nominated by Athletics WA for his contribution to athletics as an official and an athlete.

The other two winners were Judith Pilatti (netball) and William Sinclair (baseball).

LEFT: David Carr is interviewed after receiving his award.

Photo: JACKIE HALBERG.

Date change for throws

Throws pentathlon entries to close on January 7

2016 MAWA Track & Field Championships – Throws Pentathlon and Hammer events

As you may know, MAWA has been working with Perth 2016 Ltd to ensure that we have a hammer cage available at ECAC for the World Championships. We had been given assurance that regardless of the progress of this work, the cage could be restored for use during our Championships next March. However, we have only just been advised that recent checks on both the structure and the net indicate it is no longer usable as a hammer cage. It is highly unlikely that a new cage would be installed by next March.

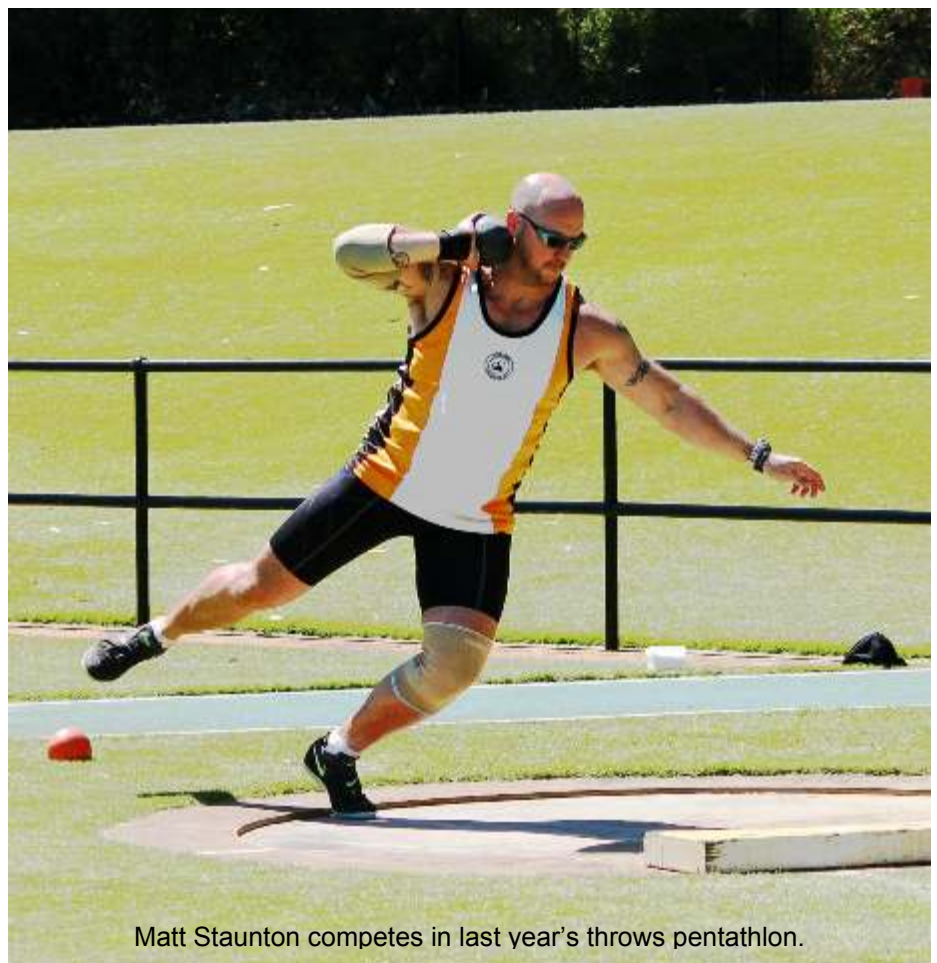
We have therefore reached agreement with AWA that these events will be held at WAAS as part of their programme:

Throws Pentathlon

This will be part of the AWA Multi-events Championships and will be on the evening of Thursday, January 14. Entries for the Throws Pentathlon close on Thursday, January 7 with no late entries, so please do not delay. Cost \$15.

Follow this link to enter:

<https://www.registernow.com.au/secure/Register.aspx?E=19326>



Matt Staunton competes in last year's throws pentathlon.

If you are unable to enter online or have any problems please contact me at: vetrunners@iinet.net.au

Hammer

This will be on the evening of Friday, March 18 as part of the AWA Strive event, starting time to be advised. Entry

will be part of the normal MAWA Championships entry process which will open early January.

We look forward to receiving your entries.

**Barbara Blurton,
Championship Director**

David dominates

By JOHN DENNEHY

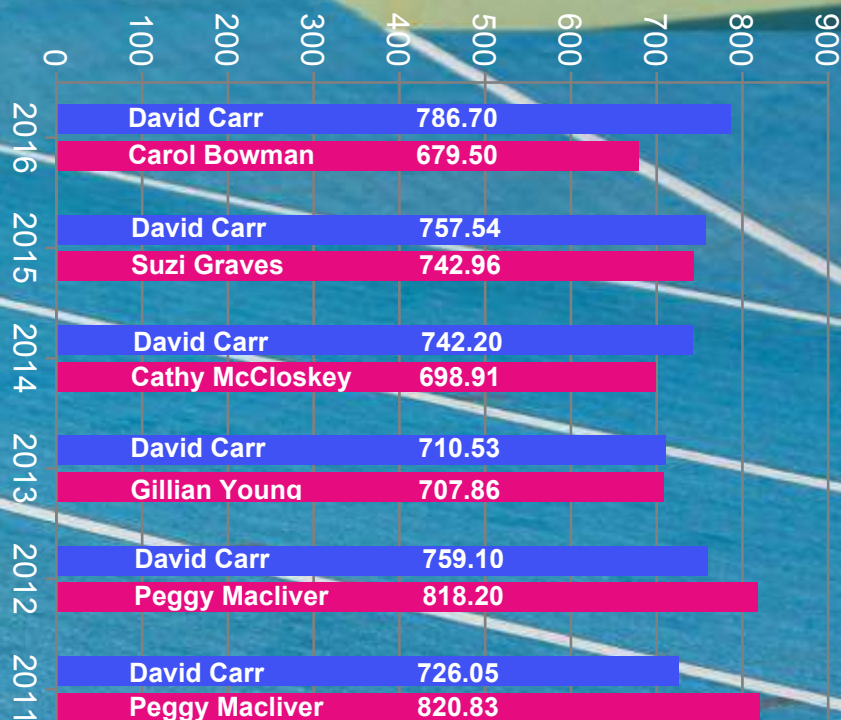
Whereas last year the men's event went down to the wire, David Carr holding off Andrew Brooker by a mere seven-hundredths of a point in the last event, the 2015 version was a procession after David scored a commanding 86.63% in the very first event, the 10km. Eventual runner-up, Todd Ingraham, a former state marathon champion, would have to out-score David by a significant amount to have any chance of taking out the title. However, he could 'only' manage a 78.77% and this set

the pattern for the competition. His lack of jumps meant he had to drop his 400m score, adversely affecting his score.

David showed incredible consistency and quality, as befits the 2015 runner up in the IAAF's athlete of the year, outscoring everyone in every single event he contested.

His variation in the running events from his age-graded percentage was from a high of 89.60% (800m) to 81.18% (200M). His total was up from last year 757.70 to 786.70. Todd's 5km gave him the only

other score over 80% with 80.22%. Kep Knudson put himself well outside his comfort zone, throwing and jumping for the first time in years, his highest scoring events being his 100m and 200m. Bob Schickert, a former two-time winner, scored best in the 200m with 75.41% in the last event to reward him with fourth overall. John Dennehy and David Adams in fifth and sixth places, respectively, displayed newly developed skills in unfamiliar events. David, in particular conquering previously untried field events and gaining a range of skills.



1st
786.70

David Carr

Carol's winning strategy



1st
679.50

Carol Bowman

By **JOHN DENNEHY**

Carol Bowman was the fourth different women's winner in the past four years. A cursory glance at the result indicates that relying on two throws and one jump is unlikely to give an optimal score. Carol's judicious strategy gave her an edge that proved fortuitous. Sue Bourn finished in second place after her weakest event was discounted to accommodate the jump/throw rules.

Sue's 100m gave her the highest age graded with an 80.54%. Significantly, Carol was even more, consistent across the running events than David Carr (78.32% - 72.65%). Lynne Schickert

scored more than 600 points, with her high jump (78.26%) easily the highest scoring field event from all athletes. She slashed seconds off her 200m time with a more tactical approach, securing her third place.

Janne Wells gave a very good account of herself, showing a previously unseen aptitude for both vertical and horizontal jumping events, noticeably scoring well in the heptathlon events. Harnessing her speed and strength with technique will improve her score further.

Karyn Tolardo, previously regarded as a walker, displayed a significant talent for

long distance running with her highest scores coming in the distance events revealing a tenacious and focused athlete. Opening her competition with an impressive 10km (66.09%) she scored well in distance events, but also mastered a range of field events. She also scored well in the triple and high jump, with little experience in either and was the only athlete to complete all events.

Our congratulations are extended to all competitors and sincere thanks to the organisers and officials who contributed to the success of the competition.

Patron's Trophy



Sue Bourn



Lynne Schickert



Janne Wells



Todd Ingraham



Kep Knudson



Bob Schickert

	10k	3k	400	100	5k	800	1500	200	shot	discus	javelin	TJ	HJ	LJ	TOTAL	
Men																
David Carr	86.63	87.09	86.96	<i>77.86</i>	83.98	89.6	86.87	81.18	49.09	<i>37.83</i>		61.66	73.64		786.7	
Todd Ingraham	78.77	77.87	<i>73.71</i>	73.79	80.22	77.84	79.92	74.43	31.5		27.14			51.76	653.24	
Kep Knudson		63.06	67.72	77.29	63.57	65.07	61.08	76.48	32.52	<i>26.61</i>	<i>27.17</i>	58.79	60.87		626.45	
Bob Schickert		62.36	61.2	70.87	63.99	68.88	64.52	75.41	<i>34.72</i>	34.93			60.81	41.67	604.64	
John Dennehy		55.79	64.74	67.51	55.66	63.09	61.37	69.32	31.83	<i>22.57</i>	<i>22.07</i>	<i>48.99</i>	53.48	53.04	575.83	
David Adams		56.76	63.23	68.78	59.45	57.59	58.8	64.8	21.34	<i>14.27</i>	<i>13.57</i>	<i>38.82</i>	44.64	47.98	543.37	
Women																
Carol Bowman		76.25	75.96	75.52	76.37	72.65	78.32	77.04	<i>38.06</i>	<i>25.64</i>	<i>26.4</i>	<i>36.77</i>	59.03	50.3	679.5	
Sue Bourn	72.95	73.36	77.24	80.54	72.52	<i>71.07</i>	73.75	79.97	40.25	<i>21.77</i>	27.94			62.6	661.12	
Lynne Schickert		57.93	55.84	63.36		58.96	57.16	60.66	48.48	<i>33.86</i>	<i>34.56</i>	64.09	78.26	56.26	601	
Janne Wells		54.9	63.26	71.14	<i>53.12</i>	59.19	58.4	70.26		25.49		57.77	65.71	57.37	583.49	
Karyn Tolardo	66.09	65.71	<i>57.47</i>	61.04	64.56	58.29	65.05	59.63	36.36	<i>21.15</i>	<i>18.65</i>	42.45	62.5	<i>39.9</i>	581.68	

Scores that are in italics with a yellow background have been dropped. Points from the best ten events must include three field events, including at least one jump and one throw.

Todd sets pace



Todd Ingraham (left) laps David Carr to dominate the 1500m with a time of 4:37.2.

The Patron's Trophy 1500m saw Kep Knudson add 61.08% to his score, courtesy of running a 5:45.0. Ivan Brown, however, recorded the highest point score of the event with his 6:35.1 giving him 73.22%. John Dennehy (M55) improving on his ECAC performance ran a 6:53.7 and scored 61.37%.

At the round on the previous Thursday, David Carr posted an 86.87% result followed by Todd Ingraham's 79.92% from his 4:37.2 run on the new Ern Clark Athletic Centre track. Carol Bowman topped the women's results with 78.32% from Sue Bourn's 73.75% and Karyn Tolardo with 65.05%.



CAROL BOWMAN



KEP KNUDSON

1500m ECAC November 26

			% pts
Todd Ingraham	M40	4:37.2	79.92
Ryan Lance	Vis	5:18.7	n/a
Rob Colton	M50	5:50.7	n/a
Sue Bourn	W45	6:05.8	73.75
David Adams	M35	6:09.4	58.80
Bob Hull	Vis	6:39.9	n/a
David Carr	M80	6:50.0	86.87
Carol Bowman	W60	6:50.6	78.32
John Dennehy	M55	7:01.6	60.22
Karyn Tolardo	W50	7:05.3	65.05
Kristine Wells	Vis	7:24.2	n/a
Janne Wells	W45	7:36.3	58.40
Bob Schickert	M70	7:49.9	64.52
Lynne Schickert	W70	11:36.4	57.16

WAAS December 1

			% pts
Chris Groom	M45	5:37.5	n/a
Nick Best	Vis	5:44.6	n/a
Kep Knudson	M35	5:45.0	61.08
Jane Lockwood	W35	5:57.4	n/a
Alan Gray	M50	6:07.5	n/a
Steve White	M30	6:27.8	n/a
Ivan Brown	M70	6:35.1	73.22
John Dennehy	M55	6:53.7	61.37
Tracy Bauer	Vis	6:59.8	n/a

Patron's Trophy

Lynne tops round



Lynne Schickert attacks the high jump at Ern Clark Athletic Centre. Lynne's score of 78.26% was the highest of the round.

Lynne Schickert continued her good work from last year with the highest percentage of the round. Lynne posted a 78.26% score at Ern Clark Athletic Centre.

David Carr recorded a 73.64% round which was beaten the following Tuesday by Ivan Brown with his best of 1.15m giving him 74.19%. Ironically, this is slightly higher than his preferred running performance.

AT ECAC, Janne Wells and Karyn Tolardo continued their closely fought battle with Janne's 1.15m (65.71%) pipping Karyn's 1.05m (62.50%). Bob Schickert jumped the same height of .90m as Lynne to post a 60.81% score.

At WAAS the following Tuesday, Kep Knudson jumped 1.40m for 60.87% and Carol Bowman (W60) gaining 59.03% by jumping 0.85m.

High jump ECAC November 26

		% pts	
Janne Wells	W45	1.15m	65.71
Karyn Tolardo	W50	1.05m	62.50
David Adams	M35	1.00m	44.64
John Dennehy	M55	1.00m	53.48
David Carr	M80	0.95m	73.64
Lynne Schickert	W70	0.90m	78.26
Bob Schickert	M70	0.90m	60.81

WAAS December 1

		% pts	
Kep Knudson	M35	1.40m	60.87
Ivan Brown	M70	1.15m	74.19
Carol Bowman	W60	0.85m	59.03



IVAN BROWN



KARYN TOLARDO

Sue leap tops round



Les Beckham keeps an eye on the board as Sue Bourn puts in one of her jumps. Sue topped the round with a jump of 3.85m scoring 62.60%.

The long jump was the Patron's Trophy event for the evening with athletes hoping a slight tailwind would help their performances. Carol Bowman (W60) jumped a 10cm improvement from Thursday with a 2.55m effort, giving her an age-graded performance of 50.30%.

David Adams' jump of 3.91m gave him 47.98%, however, John Dennehy's 3.25m was down on his ECAC best. The surprise of the event was marathoner Todd Ingraham (M40) showing a rare

turn of speed on the runway enabling him to jump over 4 metres (4.12m) and gaining 51.76%.

At Ern Clark Athletic Centre, the previous Thursday evening, Sue Bourn scored a convincing 62.60% to top the performances from both nights. Janne Wells posted an excellent 57.37% to placed second overall in the long jump. Lynne Schickert jump resulted in 56.26% which placed her third overall. Bob Schickert scored 41.67%.



JANNE WELLS



JOHN DENNEHY



KARYN TOLARDO

Long jump				
ECAC December 3				
				% pts
Sue Bourn	W45	3.85m	62.60	
Janne Wells	W45	3.58m	57.37	
John Dennehy	M55	3.49m	53.04	
Carol Bowman	W60	2.45m	48.32	
Karyn Tolardo	W50	2.39m	39.90	
Lynne Schickert	W70	2.24m	56.26	
Bob Schickert	M70	2.05m	41.67	
WAAS December 8				
				% pts
Todd Ingraham	M40	4.12m	51.76	
David Adams	M35	3.91m	47.98	
John Dennehy	M55	3.25m	49.39	
Carol Bowman	W60	2.55m	50.30	

Pushing for points



ABOVE: Competitors in the first heat of the 200m run the bend (from left) Janne Wells, Bob Schickert, Carol Bowman and Sue Bourn battle for position. Sue won in 31.8 to post a score of 78.21 points. The following Tuesday she ran 31.1 to increase her score to 79.97.

In the final chance to gain points for the 2015 Patron's Trophy the 200m contained several athletes taking a chance to improve on their Thursday evening performances. Kep Knudson (26.4) ran a very fast bend and held on impressively ahead of Todd Ingraham (28.2) giving them 76.48% to 74.43% respectively. Next was David Adams in a smart 31.9 (64.80%) with John Dennehy (M55) running 33.7 (69.32%) and Bob Schickert (M70) in a creditable 36.4 (75.41%).

Sue Bourn (W45) ran 31.1 (79.97%) the highest percentage of the evening, ahead of Carol Bowman (W60) 37.9 (75.41%). Lynne Schickert ran a much superior 200m to her ECAC performance finishing in 53.2 compared to 58.5 giving her 60.66%.

At Ern Clark Athletic Centre, on the previous Thursday night, David Carr continued with his march to another Trophy win scoring 81.18% in a time of 40 for the half-lap distance.

200m

ECAC December 10

		% pts	
Sue Bourn	W45	31.8	78.21
Janne Wells	W45	35.0	70.26
Carol Bowman	W60	37.1	77.04
Bob Schickert	M70	37.8	72.62

John Dennehy	M55	34.2	68.30
David Carr	M80	40.0	81.18
Karyn Tolardo	W50	42.7	59.63
Lynne Schickert	W70	58.5	55.16

WAAS December 15

		% pts	
Kep Knudson	M35	26.4	76.48
Todd Ingraham	M40	28.2	74.43
David Adams	M35	31.9	64.80
John Dennehy	M55	33.7	69.32
Bob Schickert	M70	36.4	75.41

Sue Bourn	W45	31.1	79.97
Carol Bowman	W60	37.9	75.41
Lynne Schickert	W70	53.2	60.66



KARYN TOLARDO



LYNNE SCHICKERT

Patron's Trophy

Damien keeps check



John Dennehy runs down the runway under the watchful eye of Damien Hanson at Ern Clark Athletic Centre.



KARYN TOLARDO

The javelin saw Kep Knudson produce increasingly better throws in each round to score an age-graded performance of 27.17%, marginally the evenings highest with his 25.26m. Close behind, Todd Ingraham threw 23.30m for 37.14%, with John Dennehy throwing slightly further than Thursday evening (15.15m) gaining 22.07%. David Adams threw 12.04m for 13.57%. Sue Bourn stretched the tape out to 12.53m for 23.24% and Carol Bowman's 10.80m throw earned her 26.40%.

Carol's throw earned her an extra 2.3 points from the previous Thursday's round at Ern Clark where she threw 9.86m. At that round, Sue Bourn scored 27.94% from a 15.06m throw. Thursday night regular Karyn Tolardo threw 9.98m for 18.65 points and Lynne Shickert threw 10.11m for 34.56 points.



SUE BOURN



LYNNE SCHICKERT

Javelin

ECAC December 10

		% pts	
Donna Abbey	Vis	10.57m	n/a
Sue Bourn	W45	15.06m	27.94
John Dennehy	M55	14.35m	20.90
Lynne Schickert	W70	10.11m	34.56
Karyn Tolardo	W50	9.98m	18.65
Carol Bowman	W60	9.86m	24.10

WAAS December 15

		% pts	
David Adams	M35	12.04m	13.57
John Dennehy	M55	15.15m	22.07
Carol Bowman	W60	10.80m	26.40
Kep Knudson	M35	25.26m	27.17
Todd Ingraham	M40	23.30m	27.14
Sue Bourn	W45	12.53m	23.24

Garry loves the 60m



In my quest to profile athletes from different disciplines, I was considering our male sprinters when I noticed the photo of Garry Ralston on the MAWA website banner. Like many athletes, Garry has always had a lot of energy and consequently, a lot of interests and I am grateful he agreed to share his story.

Garry joined MAWA about 10 years ago along with work colleague at the time and fellow speedster, Chris Neale. Garry played football and cricket for many years, but he and Chris decided they were *'getting a bit too old for combative sports'*. As a junior Garry participated in South West and State athletics teams but as a Master he soon realised that anything over about 200m was too exhausting. He decided that sprinting was the go for him, *'Love that 60m!'* Long jump and hurdles complete his repertoire.

Garry spent his formative years in Manjimup and Busselton, returning to Manjimup in Year 10 and eventually working in the Commonwealth

Bank.

Moving to Perth in 1974, Garry has worked long term as a Mortgage Broker and remains a part-owner of Select Mortgage Services. He also enjoys board positions in several public and private companies involved in mining, saw milling, hoist hire and finance. Garry says that perhaps the most interesting small business he helped start was "BlueHawk Presents" which tours international acts out of the US and Europe – Burt Bacharach, Sting and Paul Simon are personal favourites.

Toni, Garry's wife of 24 years, competed internationally in junior dance



In focus

With Carmel Meyer

and now runs Ballroom Blitz studio. However, Garry says for anyone wondering... *'I'm the original guy with two left feet!'* Their three children are pursuing diverse career paths; Megan - photography (weddings etc) with Verge Studios, Kate-Science at UWA and Matthew is studying Commerce. This variety of specialties must make for interesting dinner table conversation!

Garry says he has joined a growing band of admirers who *'...marvel at the performances of athletes including Peggy, David, Barrie and Irwin...'* Garry also has high praise for our Perth 2016 WMA committee. He says that securing the championships for Perth is *'...a great fillip for WA Athletics and a real endorsement of the committee charged with the bidding process.'*

CONTINUED – next page

High flyer



FROM – previous page

Garry is hoping to progress his times enough to maybe reach a final at 'Perth2016'.

He attended the 2007 WMA championships in Riccione Italy. Garry says he loved seeing the top athletes do their thing and came to understand better the friendly but competitive nature of Masters athletes. Garry also enjoys the camaraderie at the State Championships.

Garry credits his friend Allan Billington, a MAWA participant and Pilates instructor, with teaching him the value of a proper warm up incorporating some Pilates techniques. Coach and former champion sprinter Jayne Mitchell also provided Garry with advice and training techniques, especially for fast starts. Garry says Jayne may have been a little disappointed with his lack of work ethic in training, but he still practises the habits she taught.

Although he has not had hurdles coaching 'anyone who has seen me

do the 100m hurdles will attest to my lack of style', Garry hopes to add 300m hurdles to his repertoire. He feels an extra dose of courage will be needed. I think the Pilates stretches will definitely come in handy as well!

Garry says injuries have played a bigger than desired part in his Masters career. He comments wryly that hamstring tears tend to mend a lot more slowly as you age! To top things off, a regular checkup ended with a specialist finding '*...some interesting complications with my heart, and more particular the surrounding veins...*' Nothing to worry about so long as one stays fit, watches their alcohol intake and eats correctly. '*Well, two out of three ain't bad!*'

Garry loves watching the top athletes compete. Sitting in the stands one rainy night, he watched David Carr complete about 20 practise run-throughs of the water jump from around 40 metres away. He thought, '*that's what it takes to keep performing at the top level.*' A humble Garry

mentioned that a highlight for him personally was running well and winning 'a few' gold medals at the Melbourne 2012 AMA championships. I checked the results for more detail –6 gold, 1 silver and M55 60m Australian record. Garry also holds State records for 60m and 100m (M55) plus 100m Hurdles (M50 and M55).

Garry's favourite hobby also involves speed; he nominates his race horses as his biggest interest away from business and family. The best by far Garry says was his pacer 'I'm TheMightyQuinn' aka 'Quinnie', a three-time Interdominion winner. Of the current group with an exciting future, look out for Beaudiene Boaz.

Garry says he's not sure he can give advice to newly minted Masters athletes, but it helps him to remember a piece of sprinting wisdom uttered by a well known Masters thrower/sprinter ... '*I don't get uptight in the sprints, I just think of it as going for a run against six or seven friends...*'

Rest and roll



Rest and recovery are essential elements of any training programme. The main role of recovery is to allow the athlete to adapt to the training session just completed and allow them to be ready for the next session. There are many ways an athlete can aid the recovery and there are different systems involved in recovery. The systems may be structural, neurological or hormonal. I am focussing on the structural system which includes muscles, tendons, ligaments and bones.

Recovery methods involve increasing hydration during and after training, post training nutrition, stretching, self-myofascial release, compression clothing and massage.

One of the latest trends is self-myofascial release using a foam roller. Athletes are frequently seen with a foam roller, or it may be a spikey ball or "stick". These are considered essential elements of their training bag. Foam rolling can help prevent injury and hence improve performance.



the edge

With Margaret Saunders

Foam rolling can be done daily. Roll along the entire length of the tendon or muscle group. For example, when rolling the IT band roll from the hip area to the knee area. Apply moderate pressure, roll slowly and when you find areas that are tight or painful, maintain the pressure for several seconds in a relaxed manner on that particular point. The pressure should be bearable but uncomfortable. The area should slowly start to feel less sore.

If the area is too painful, apply pressure around the area. The aim is not to be in a lot of pain or cause more injury or soreness. Bruising should not occur. The soreness should diminish with regular use of the foam roller. One advantage of foam rolling over massage is that

you can feel at the time exactly how it feels and slightly move the pressure to find the exact spot that needs attention. Roll different spots on your body to determine if there is tightness of which you are unaware. Do not roll over a joint or bone as these can be more sensitive.

Another use of the foam roller is to aid in stretching and increasing core stability as it is an unstable surface when you lie on it. One exercise is to lie on the roller, feet flat on the floor and arms out to the side on the floor. Lift one leg to your chest, hold for a few seconds and then lower to the ground. Repeat several times on each leg. When competent at this exercise you can try the next exercise. Lie on the roller, lift your legs into the air with knees bent at 90 degrees and arms out to the side on the floor. Slowly lower one leg and touch the floor with your toes and then raise the leg back again to the bent position in the air. Repeat several times and then change to the other leg.

TUESDAY NIGHT ACTION AT WAAS



Lee Stergiou, Lisa Limonas, Steven Michael and Wendy Seegers blast off the start in a 60m at WA Athletics Stadium.



JULIANA KELLY



TRACY BAUER

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

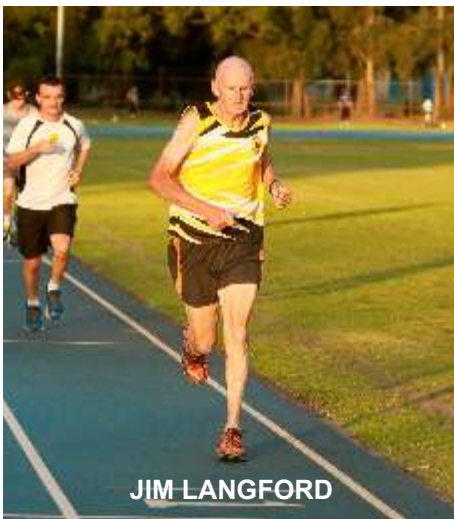
Please note starting times. Patron's trophy triple jump, high jump and long jump start at 6pm

TUES		WAAS STARTING AT 6.30pm						STARTING AT 7.15pm	
		event 1	event 2	event 3	event 4	jump	field 1	field 2	steeplechase
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



Dave Wyatt keeps an eye on wife Gay as she clears the bar in the high jump.



JIM LANGFORD



Geoff Brayshaw prepares to unleash the javelin at ECAC.

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
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

Wendy's parents fly in for top run

By JOHN DENNEHY

On the first day of summer, thankfully the wind dropped just before the first event, leaving perfect conditions for the athletes at WAAS. In the 400m, Wendy Seegers put her unbeaten reputation on the line in contesting her least favoured event. Some good natured banter from her opponents stirred her competitive spirit and produced a stellar result for all. Her recent 200m Australian record of 24.42 enabled her to go through the first half quicker than usual, with less effort.

The race for the line was fierce, with visitor Nick Best and Lee Stergiou (M40) gradually closing the gap on her. Seegers, prevailing in a season's best of 56.3 and threatening the Australian record of 56.0 from WA's Kath Holland, was cheered on by her first coach, her mother from the stands. Her parents had arrived earlier that day from South Africa (via Singapore) in time to see her race. Any race where Campbell Till (M55) is left trailing is of an exceptional standard. Best ran 56.5, Stergiou 57.6 and Till 61.2.

Heat two saw Steve White (M30), still running a wide variety of distances in order to find his best event, run a handy 71.1 followed by Barrie Kernaghan (M75) in 75.3. Henri Cortis (M65) recorded a significant drop in time with an 81.2 by battling Ivan Brown (M70) 81.9 all the way up the home straight. Heat three provided an opportunity for Juliana Kelly (W50) to run a more measured race and another season's best of 77.2 ahead of Delia Baldock (W50) in 81.9 and Tracey Bauer (Vis) in 84.1.



Wendy Seegers powers towards the finish line in her 400m.

WAAS – December 1

The 3km had only two competitors, Allan Gray (M50) running 12:50 dead, reeling off consistent laps ahead of Steve White in 14:01.8. Cecil Walkley (M85) ran a 2km in 19:06 just over a minute quicker than last weeks 20:07.

In the short sprint (60m), Lee Stergiou did what no one else has managed this season, albeit by a tenth of a second, by finishing ahead of Wendy Seegers, 7.5 to 7.6. After her brilliant 400m, Seegers couldn't be disappointed as it was a great back up by both athletes. All-rounder

Lisa Limonas (W45) ran a creditable 8.7. The second heat produced triple identical times of 9.6 for Fran Cherry (W50) Barrie Kernaghan and Juliana Kelly. Heat three heralded the return of Sue Coate (W45) state pentathlon record holder, to the track, taking it out in 9.5 from Tracey Bauer (Vis) 9.8 and Peggy Macliver (W70) in 10.5.

The metric mile was taken out by Chris Groom (M45) in a smart 5:37.5 ahead of Nick Best in 5:44.6 and Jane Lockwood (W35), in her first 1500m in 'quite a while' running a very promising 5:57.4. Alan Gray eased his way to a 6:07.5 ahead of the energetic Steve White 6:27.8 and Tracey Bauer in 6:59.8.



Jim Langford and Sue Bourn lead the field on the first lap of the 5000m at Ern Clark Athletic Centre.

ECAC – December 3

Jim Langford showed his class when he won the 5000m in 20:40.4. Rob Colton ran a solid 21:18 with visitor Alan Stabler third in 21:58.3.

In the previous race, Alan and Rob fought out a close battle in the 800m with Alan's 2:44 edging out Rob by .5 of a second. Jim Langford dipped under the three-minute mark with 2:59.2. Colin Smith and Delia Baldock ran as one to record identical times of 3:20.1.

Visitor Owen Richards won the 60m (8.6) and 200m (29.0).

Lee's aggressive sprint win

By JOHN DENNEHY

Lee Stergiou (M40), displaying admirable purpose, aggression and focus, easily ran the fastest 60m of the evening (7.5) to take out the first heat, followed by visitors Steven Michael (8.0) and Gin Wah Ang (8.8). Regular visitor Doug Peyman ran 8.5 in winning heat two from Geoff Brayshaw (M65) in a handy 8.9, David Adams (M35) in 9.1 and Barrie Kernaghan (M75) 9.4. The third heat was won by Juliana Kelly (W50) courtesy of a superb dip on the line from Tracey Bauer in 9.6 to 9.7 respectively.

The 800m quickly turned into a procession with athletes strung out along the track like Brown's cows, although Ivan Brown had 'pinged' a hammy in his warm up and was already on his way home. Visiting triathlete David Wrighton, strode out strongly from the outset, hotly pursued by new member Nick Best (M35) and Mark Dawson (M50). Suzi Graves (W45), making a welcome return to the track, was in 'no girl's land' for much of the race. Wrighton, sensing a kick from Best gently increased his speed at the 200m mark and drew away to win in 2:17.7 to 2:18.6. This was a huge improvement on Nick's 2:29 from a fortnight ago. Mark Dawson's 2:29.5 was

WAAS – December 8

also an improvement on his 2:38. Graves' 2:45.5 was an excellent run, all things considered, and Doug Peyman's 2:54.4 was also noteworthy. Alan Gray (M50) who seems able to run sub three with little discernible effort, ran 2:58.8 and Henri Cortis clocked a 14 second season's best of 3:02.7. He looks certain to go sub three in his next attempt at the distance. Ever improving Juliana Kelly ran 3:15.6 closely followed by Tracey Bauer (3:16.5) and Carol Bowman (W60) in 3:17.0. Delia Baldock (W50) completing the field in 3:28.8.

Rob Nicholls (M35) eschewing his usual steeplechase in favour of the 5km, ran a textbook race tactically, by settling into a solid pace early and increasing the pace over the closing stages, winning the event unchallenged in 16:52.0. In second place was visitor Jasmine Pugh, the U14 1500m gold medallist from the weekend's Australian All Schools Championships in Melbourne, also taking bronze in the 800m. Coached by Suzi Graves, she displayed great form casually running 19:19.9 just ahead of David Solomon

(M50) in 19:43.5 and David Adams in 22:15.6.

Suzi Graves ran a 3km in 12:56.0 while Cecil Walkley (M85) ran 2km in 19:19.8. The 5km walk was completed in superb style by Karyn Tolardo (W50), who joined the '28 minute club' in a personal best of 28:38.2 and Sylvia Byers (W80).

The first heat of the 200m was won by Nick Best in a slick 25.9 in front of Jasmine Pugh in 27.7 followed by Campbell Till (M55) 30.0 and Mark Dawson 31.1. Steven Michael led the field home in the second heat running 28.0 ahead of fast finishing Doug Peyman in 28.2. David Adams ran 32.0 ahead of Delia Baldock in 36.4 and Carol Bowman in 37.9.

An eclectic group of athletes fronted up for the 2km steeplechase. Mark Dawson headed fellow M50 Alan Gray 8:58.2 to 9:08.2 respectively. Nick Best, showing increased fitness ran a fine 10:16.2.

David Carr (M80), fresh from his WA Sports Award for service to sport, the previous evening, ran 10:36.6 after trailing John Dennehy (10:56.1) for a few laps before asserting his dominance. David is both the current world champion and world record holder in this event and his mere presence noticeably lifts the performances of his competitors.

Donna snares double victory

Donna Abbey completed a busy night with a victory in the 100m (15.6) and the 200m (32.9). In her 100m heat, she beat home John Dennehy (17.1) and Colin Smith (17.5). Delia Baldock won the second 100m heat in 17.7 from Carol Bowman (18.5).

In the 200m, Donna beat Colin Smith (36.0), Peggy Macliver (36.1) and Delia Baldock (36.4).

Jim Langford scored a couple of second places in the distance events, the mile (6:23.5) and 3000m (12:09.8).

Visitors won both races with Andrew Spratt (6:07.4) successful in the mile and Ryan Lance (11:17.2) taking out the 3000m.



Peggy Macliver leads Delia Baldock in the 200m.

ECAC – December 10

Lee and Juliana snare victories

By JOHN DENNEHY

Lee Stergiou (M40) showed great strength and speed in scoring a win in the first heat of the 100m breasting the tape in 12.3 ahead of Lisa Limonas (W45) in 14.2, David Adams (M35) 14.6 and Suzi Graves (W45) 15.3. The second heat was taken out convincingly by the ever improving Juliana Kelly (W50) in 15.1 followed by Tracey Bauer (15.6) with John Dennehy (M55) 17.1 and Bob Schickert (M70) 19.8 having a hitout before the Patron's Trophy 200m later in the program. Newcomer and prospective member Penny Taylor and Victor Goytizolo both ran 15.3 in heat 3 ahead of Ivan Brown (M70) 17.9 and Lynne Schickert (W70) 24.6.

The mile saw an intriguing battle between M50 athletes David Solomon and Mark Dawson, with the former prevailing by .4. Jane Lockwood (W35) ran a very strong last lap to finish impressively in 6:18.0 in front of David Adams (6:27.8). Ivan Brown (M70) was supported from the sidelines by son Marcus and grandchildren Georgia and Harrison, to run a 7:03.5 with Tracey Bauer, watched proudly by her mother visiting from Adelaide, finishing in 7:20.8. Sylvia Byers (W80) completed the walk over the same distance in a very smart 13:10.2.

In the 200m Lee Stergiou came off the bend ahead of the field, straightened up and held the distance running 24.6 a full second from a smooth striding Nick Best. David Solomon (M50) 29.3 holding off Lisa Limonas in 29.6. Jane Lockwood, showing a surprising turn of speed, running a 31.4 finished in front of a fast finishing Juliana Kelly in 31.8. Suzi



Juliana Kelly sprints down the main straight at WAAS.

**WAAS –
December 15**

Graves followed a second back with Delia Baldock (W50) in 35.6 over Peggy Macliver (W70) in 36 'neat'.

The 3km was led out by Mark Dawson, who slowly, but surely, drew away from his coach, Suzi Graves, who, in turn, drew away from Alan Gray finishing in this order recording, 11:51.6, 12:19.2 and 12:36.0 respectively. The elegant Campbell Till (M55) 'glided' around in 12:47.8, looking none the worse for wear. Nick Best ran a sub 14 minute race

(13:55.2) as did David Solomon, in his warm down run (13:57.2). Two 'grande dames' of WAMA walking completed the 3km. Sylvia Byers (W80) triumphed over current world champion in the 5km and 10km Lorna Lauchlan (W85), 24:28.6 to 25:19.1. Both these times are under state records, putting these competitors in a good position come state championships where the presence of qualified judges will enable records to be set. Lynne Schickert walked a 1km in 7:55.3.

ECAC – December 17

Although the final night of competition at Ern Clark Athletic Centre for the year resulted in reduced numbers, the night attracted a number of MAWA members for the first time this season.

Kathy Lawson returned with a win in the 100m (15.2) with Mercurio Cicchini third in 17.2. Colin Smith split the two returnees in 16.9.

Visitors filled the first two places in the 1500m with Ryan Lance winning the 1500m in 5:23.5 from Ben Pope in 5:44.7. Mike Bryant placed third in 5:51.6.

Kathy Lawson continued her winning ways in the 60m when she ran 9.4 to edge out Colin Smith in 9.7. Mercurio Cicchini placed third in 10.6.

Jim Langford ended the year with a win in the 5000m (20:44.0) followed by Ryan Lance in 25:08.3. Mike Bryant won the 3000m (13:57.3) from a returning Maurice Creagh (16:34.2).



JIM LANGFORD

Final event draws competitors

By JOHN DENNEHY

The final track meet before Christmas brought out several families to compete despite the high temperatures earlier in the day. Lee Stergiou (M40) ran his equal best time in the 100m (12.3) ahead of M35 Nick Best (14.1) who ran an impressive 400m in his first Strive meet the previous Thursday. David Solomon (14.4) and Mark Dawson (15.7), both M50, completed their warm-ups for the 1500m running in the first heat. Geoff Brayshaw (M65) generous host of last weeks athlete's gathering, took out heat two in a smart 14.6, visitor Vic Goytizolo followed in 15.7 with field event specialist, Cheryl McMahon (W40) being beaten by her daughter Grace, 15.9 to 16.4. Part of Nick Best's support crew, Abi Best also ran 16.4.

In the middle distance event, the 1500m, Rob Nichols (M35) just slipped under 4:30 by 3 tenths of a second, in a display of good pacing. Mark Dawson edging out David Solomon 5:20.3 to 5:25.4 with rising star Maddie Good, daughter of Lisa Limonas, running a stylish 5:27.5 holding off Campbell Till (M55) 5:28.3. Suzi Graves (W45) showing a welcome return to form ran 5:32.9 and Cecil Walkley completed the journey in 15:36.5. Karyn Tolardo (W50) walked the distance in 8:05.7.

The 60m saw a return of top class sprinter Rudi Kocis (M50) from a winter spent rebuilding his form to stave off injury. He crossed the line with Lee Stergiou, both athletes given 7.5 ahead of Nick Best running 8.9. Lisa Limonas took out the second heat in a swift 8.8 shading Broome resident and frequent visitor, Vicki Cobby (W45) 9.0 with Delia Baldock in third (10.2). Heat three,



WAAS – December 22

comprising of athlete's relatives, was won by Abi Best (10.2) from Charlotte Best (10.8) and Jorja Cobby (11.9).

Several athletes chose to double up and run the 3km. Rob Nichols showed enviable endurance backing up his 1500m by

leading home the field in 10:08.7. Coach, Suzi Graves ran on her athlete's heels to notch up a 12:25.1 to Mark Dawson's 12:16.4. Alan Gray (M50) strode around effortlessly in 13:23.3 with the brother and sister pairing of David and Simone Solomon helping each other to 14:38.9. Cecil took the opportunity to run a 2km in 20:45.9.



ABOVE: Nick Best strides out during competition at WA Athletics Stadium. Nick has produced some impressive performances in his first track and field season with MAWA.

LEFT: Alan Gray displays his effortless running style as he heads down the main straight during a distance race at WAAS.

High jumpers raise bar



Sue Coate in action at high jump competition at WAAS. Sue went on to clear 1.20m

WAAS – December 1

The high jump was, as always, conducted under the calm auspices of Dave Wyatt. Nick Best, a consistent performer over a range of events, cleared 1.45m for the win. The coach/athlete combination of Dave Wyatt and Lisa Limonas battled each other all competition to tie on 1.35m. Simon Temby (Vis) jumped 1.30m while Phil Smyth (M65) more familiar with the horizontal jump, finished with 1.25m. Sue Coate jumped a season debut of 1.20m,

which augurs well for her season, and Fran Cherry, also usually a long/triple jumper clearing 1.00m.

The first of the evening's throwing events was the weight throw. Geoff Gee (M60) led the way with a best of 16.34m slightly outside his own State record of 17.57m. Multiple state record holder Todd Davey (M45) threw 14.18m within sight of his state record of 14.37m. Andrew Ward's (M50) best throw of 10.26m and Michelle De Silva's (W40) 5.81m were recorded in an event of high standards.

No less competitive in the discus, Todd Davey registered a fine throw of 41.76m compared to his state record of 44.95m. Andrew Ward threw 29.29m and Michelle De Silva, watched by her parents, produced her first 20m effort in a season's best of 20.90m. Simon Temby, availing himself of the wealth of knowledge from his fellow competitors, threw a more than respectable first up 18.17m with Mike Anderson's (M65) 17.25m also an impressive performance.

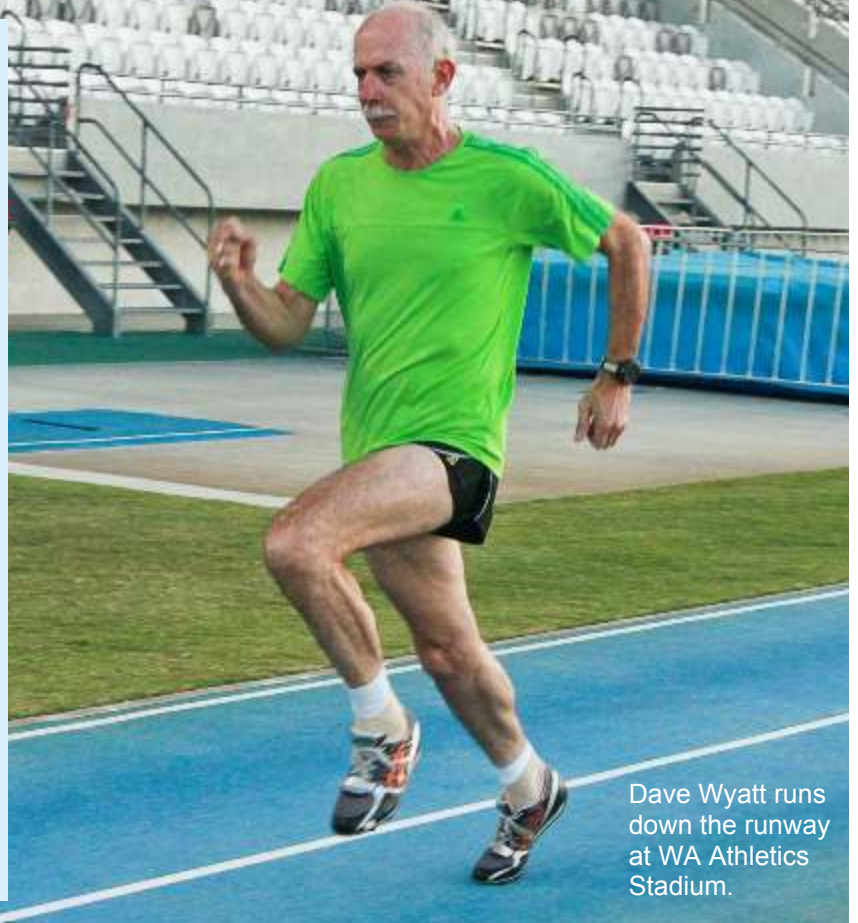
Jumpers come out to play

WAAS – December 8

The long jump competition saw Steven Michael jump 4.71m followed by fellow long jump coach, Dave Wyatt (M60) with 4.53m. Gay Wyatt (W60), recorded 3.20m getting towards the state record of 3.87m by Dorothy Whittam. Phil Smyth's (M65) best jump was 3.75m and new member Kim Chandler (W55) in her debut event jumped 3.10m.

Longest put of the shot put competition belonged to Todd Davey (M45) with his best effort of 13.50m. Consistent putter Geoff Gee (M60) recorded 11.80m with Mike Anderson (M65) knocking on the door of the 6m mark with a 5.93m. W50 competitor, Yolanda Carstens threw 8.99m and Michelle Da Silva (W40) 6.60m.

Cheryl McMahon (W40) edged ever closer to the W40 state record of Lynn Carter's 34.52m with 33.12m in the hammer throw. The 'battle of the Da Silva's' was won by Alex, heading his mum 18.96m to 18.72m and reversing the placings from the shot. Yolanda Carstens threw just a centimetre under 21m and Kate Glass (W65) threw 25.45m.



Dave Wyatt runs down the runway at WA Athletics Stadium.

WAAS – December 15

Todd Davey (M45) perhaps inspired by his state record certificate for his weight pentathlon threw the weight 13.88m. Geoff Gee (M60) 16.49m. Andrew Ward (M50) 11.09m Byrony Glass (W35) 16.34m and Yolanda Carstens (W50) 25.57m

Despite the javelin being his least favourite event, Todd Davey still had the longest throw of the evening sending the spear out to 38.60m. Andrew Ward (33.89m) and Geoff Gee (M60) 32.47m both over 30m. Yolanda Carstens recorded 25.57m just ahead of Phil Smyth, making his javelin debut, throwing 24.05m. Penny Taylor (20.59m) edged out Rob Shand (M80) 19.52m and the irrepressible Sally Sims (W35) with a 12.98m.

The triple jump competition was won by Nick Best (M35), his best jump of 11.10m. Lisa Limonas, getting closer to a 10m jump, with a 9.35m ahead of her coach Dave Wyatt (M60) with 9.10m. Gay Wyatt (W60) jumped a 6.61m and Phil Smyth jumped 7.96m



Todd tops javelin

Todd Davey starts his run-up as he prepares to throw the javelin.

Athletes end year on a high

Lisa Limonas in action during high jump competition at WA Athletics Stadium.



WAAS – December 22

Nick Best high jumped 1.40m to head Dave Wyatt (M60) and Vicki Cobby, both on 1.35m. Lisa Limonas cleared 5cm higher than Phil Smyth (M65) with a 1.30m effort. Charlotte Best cleared 1.10m, with Gay Wyatt (W60) on 0.95m and Jorja Cobby on 0.85m.

Todd Davey (M45) putted the shot 13.70m with Geoff Gee besting fellow M60 competitor Tom Gravestock 12.21m to 11.82m. Ossi Igel, throwing in his new age group (M65) was next on 11.45m,

ahead of the listed state record of 10.62m, followed by Andrew Ward (M50) with 9.41m. Cheryl McMahon threw 8.17m edging out Sally Sims (W35) by a mere 6cm. Multi-talented Geoff Brayshaw recorded a 7.87m put, with Chris Shelflout (W45) going over 7m by the smallest of margins. Grace McMahon threw 6.54m and Mike Anderson's 5.95m rounded out the competition.

The discus event saw Tom Gravestock come to the fore recording a superb 45.09m comparing favourably to his own state

record of 48.94m. Todd Davey's effort of 42.33m was even closer to his state record which presently stands at 44.95m. Ossi Igel threw the platter out to 36.88m just 7cm ahead of Geoff Gee.

Cheryl McMahon's best effort was 29.29m, closely followed by Andrew Ward with 28.86m. Chris Shelfhout pencilled in a 24.21m and three competitors recorded throws in the 17m range; Grace McMahon 17.94m, Sally Sims 17.73m and Mike Anderson 17.33m.

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

Fran Cherry prepares to leap over the bar in high jump competition at Ern Clark Athletic Centre.