

TFNL



Season 9 Issue 6
FEBRUARY 2016

The Track and Field
Newsletter of MAWA



**Entries
close
February 8**

**Race in
and enter
State champs**

Lee Stergiou powers
down the main
straight in a heat of
the 100m at WA
Athletics Stadium.



Geoff Brayshaw gets some air in last year's State Championships.

**Entries
close
February
8**

Leap into champs

Competition Rules

The competition will be conducted under IAAF and WMA rules subject to any special rules laid down by the local organising committee. Entry signifies that each competitor will abide by the rules.

Entry Rules

Financial members of MAWA are eligible to compete in this competition. Club uniform is to be worn by all MAWA members.

Non-members are also able to compete by paying an additional visitor fee (\$20) but are not eligible to set records. Refer to registration details on the entry form.

Age Groups

Competition will be conducted in the following five-year age groups for men and women:

30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95+

The age group for each competitor is determined by his/her age on the first day of the championships: ie on March 10, 2016, except for pole vault which is determined by age on March 3, 2016.

Awards and Results

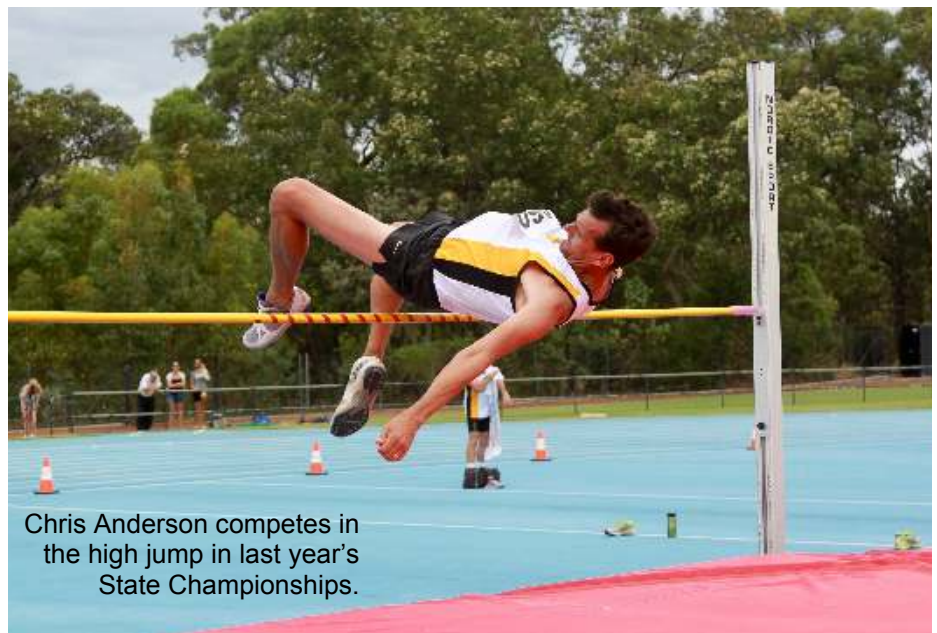
Medals will be presented to the first three competitors in each event. Results will be published on the website and in a Track & Field Newsletter special edition.

Champs return home

The State Championships are back at Ern Clark Athletic Centre (ECAC) now that the facility has been upgraded ready for Worlds later this year, with the advantage of having our own canteen and reduced entry fees. Unfortunately, the hammer cage will not be ready for March, so that event will take place at WAAS in conjunction with the AWA meeting on the evening of March 18. Also, the steeplechase events are at WAAS on Tuesday, March 15.

Online entry is the preferred method but if you need a paper form please contact Barbara on 9293 0190, allowing plenty of time to post. The closing date for entries is Monday, February 8 and no late entries will be accepted. A detailed timetable will be available on the website and at club events as soon as possible after the closing date.

An MAWA singlet or crop top must be worn by all members. The new uniform can be purchased from mid-February by contacting Colin Smith: colin.smith@netspace.net.au or 0407 598 226



Chris Anderson competes in the high jump in last year's State Championships.

Of course, the old uniform is still valid.

Please read carefully the information sheet members have been sent before entering. If you are not competing on any particular day, please consider

helping out in some way. No experience needed. Contact Barbara, preferably by email: vetrunners@iinet.net.au or speak to Richard Blurton at a Sunday run.

Barbara Blurton
Competition Director

Events at Ern Clark Athletic Centre

Thursday, March 10

6.30pm 10,000m

Saturday, March 12

8am Outdoor Pentathlon

Events at WA Athletics Stadium

Thursday, March 3

5.30pm Pole Vault

Tuesday, March 15

7.30pm 3000m steeplechase

7.50pm 2000m steeplechase

Friday, March 18

5.30pm Hammer

The final timetable will be on the website late February. Please check times of individual events then. Start times may vary but will not be before those shown

Main weekend events at Ern Clark Athletic Centre, Cannington

Saturday, March 19

TRACK

In the following order from 8am
5000m
5000m walk
200m
200/300/400m hurdles
800m
1500m walk
60m

Sunday, March 20

TRACK

In the following order from 8am
1500m
100m
3000m walk
80/100/110m hurdles
400m



FIELD EVENTS: Days and times for each field event will be decided after entries close and will be announced on the website and via email as soon as possible. Anyone without internet access will be contacted.

Bunbury clash beckons

The annual City versus Country clash in Bunbury is on once again giving athletes opportunity to sharpen their skills before the State Championships in March.

Held at the Bunbury Regional Athletics Arena, the meeting is on Saturday, February 13 at 2.30pm. Athletes are asked to arrive by 2pm.

Events planned are:

100m, 60m, 400m time permitting.

800m or 1500m depending on number of walkers,

3000m

Long jump or high jump or both if lots of jumpers.

Shot put and discus, extra throw if it can be organised

Final event multi relay.

If you intend to compete the Bunbury club asks that you email the club for catering purposes. Email is bunburyregionalathleticsclub@gmail.com

In previous years, a number of MAWA members have made the trek to compete on Bunbury's Mondo track. So bring the whole family to help MAWA in the points race and enjoy country hospitality and the sausage sizzle that ends the day. For further details telephone Rob Antonioli (Tolli) on (08) 97541412 (m 0439 285371), Garry Hastie on 04389 68850 or Colin Smith on 0407 598226. Entry fee is just \$5. The track is at Hay Park off Parade Road.

Orders to be taken for new club uniforms

MAWA has ordered the new uniforms from Game Clothing (which supply the Australian uniform) and these will be available in early March. Options will be singlets for men, and for women, singlets, and crop top.

A range of samples was given to members during the selection process, however none of these samples are the club uniform, and anyone possessing these will need to wear an official uniform to compete in the State or National Championships. The current uniform will remain valid.

Joan Pellier will endeavour to have some samples available for members to try over the next few Sundays.

The new look uniforms can be ordered in advance from Colin Smith at colin.smith@netspace.net.au. When the new stock of uniforms arrives, samples will be taken to club events so members can ascertain the size they want. The club will have men's S/M/L/XL/XXL/XXL and



women's sizes 8 to 18. Price for all items will be \$35.

The club will eventually move to online ordering using the club's PayPal account.

Uniforms will be available for purchase at all State Championship events.



The clock is ticking to renew your membership

There are just a few days remaining until the end of January to avoid the anguish of missing the deadline to renew your MAWA membership for 2016.

Membership fees were 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 online 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.

ROLL OF HONOUR

Cheryl McMahon	W40	Weight throw	11.20m	5/01/2016	SR
Ossi Igel	M65	Weight throw	14.35m	5/01/2016	SR
Wendy Seegers	W35	100m	12.01	15/01/2016	*AR
Paul Jeffery	M40	Decathlon	7007pts	14-15/01/2016	*AR
Mark Jeffery	M45	Decathlon	7299pts	14-15/01/2016	*AR
Mark Jeffery	M45	Pole vault	4.20m	14-15/01/2016	SR
Mark Jeffery	M45	Javelin	52.12m	14-15/01/2016	SR
Rob Nichols	M35	3000m steeple	10:11.0	15/01/2016	SR
Bev Hamilton	W70	Weight throw	10.41m	19/01/2015	SR

*Pending AR

It's time to enter the world

Entries for the Perth 2016 world championships were scheduled to open at the end of January and entries close on August 25.

In other Perth 2016 news, Alan Bell, Competition Director will visit Perth for discussions with the LOC in February. Alan will attend the Open State Championships at WAAS.

- The electronic timing and lap-scoring equipment have been ordered. Electronic lap-scoring will be trialed in MAWA State Championships 5000m on March 19.

- AWA and TriEvents will attend the AMA Championships in April to promote Perth 2016. The LOC will also attend the Asian Masters Championships in Singapore in May for promotional purposes.



ALAN BELL IN LYON



COMPETITION SCHEDULE - MEN

Numbers indicate event date 26-31 October, 1-6 November

Events	Round	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80	M85	M90	M95+
100m	Qualifications	28	28	28	28	28	28	28	28	28	28			
	Semi-finals	28	28	28	28	28	28	28	28	28	28	28	28	
	Finals	29	29	29	29	29	29	29	29	29	29	29	29	29
200m	Qualifications	31	31	31	31	31	31	31	31					
	Semi-finals	1	1	1	1	1	1	1	1	1	1	1		
	Finals	1	1	1	1	1	1	1	1	1	1	1	1	1
400m	Qualifications	2	2	2	2	2	2	2	2					
	Semi-finals	4	4	4	4	4	4	4	4	4	4	4		
	Finals	5	5	5	5	5	5	5	5	5	5	5	5	5
800m	Qualifications	27	27	27	27	27	27	27	27	27				
	Finals	28	28	28	28	28	28	28	28	28	28	28	28	28
1500m	Qualifications	4	4	4	4	4	4	4	4	4	4			
	Finals	5	5	5	5	5	5	5	5	5	5	5	5	5
5000m	Timed F	29	29	29	29	29	29	29	29	29	29	29	29	29
10000m	Timed F	1	1	1	1	1	1	2	2	2	2	2	2	2
110m H	Qualifications	2	2	2										
	Finals	5	5	5										
100m H	Qualifications				2	2	2	2						
	Finals				5	5	5	5						
80m H	Qualifications								2	2	2			
	Finals								5	5	5	5	5	5
400m H	Qualifications	29	29	29	29	29								
	Finals	31	31	31	31	31								
300m H	Qualifications						29	29	29	29				
	Finals						31	31	31	31				
200m H	Qualifications										29	29		
	Finals										31	31	31	31
3000m Steeple	Finals	6	6	6	6	6								
2000m Steeple	Finals						6	6	6	6	6	6	6	6
5000m Track Walk	Finals	26	26	26	26	26	26	26	26	26	26	26	26	26
4x100 Relay	Timed F	6	6	6	6	6	6	6	6	6	6	6	6	6
4x400 Relay	Timed F	6	6	6	6	6	6	6	6	6	6	6	6	6
High Jump	Finals	5	5	5	5	5	5	5	6	6	6	6	6	6
Pole Vault	Finals	29	29	1	1	1	31	31	2	2	2	2	2	2
Triple Jump	Finals	31	31	31	31	31	29	29	29	29	29	29	29	29
Long Jump	Qualifications	2	2	2	2	2	2	2						
	Finals	4	4	4	4	4	4	4	31	31	31	31	31	31
Hammer	Q/ Finals	27	27	27	27	27	27	28	28	28	28	28	28	28
Shot Put	Q/ Finals	1	1	1	1	1	1	29	29	29	2	2	2	2
Weight	Q/ Finals	26	26	26	26	26	26	27	27	27	27	27	27	27
Javelin	Q/ Finals	29	29	29	2	2	2	1	1	1	31	31	31	31
Discus	Q/ Finals	31	31	31	29	29	29	2	2	2	1	1	1	1
Decathlon	Finals	27-28	27-28	27-28	27-28	26-27	26-27	26-27	26-27	26-27	26-27	26-27	26-27	26-27
Throws Penthlon	Finals	6	6	6	6	5	5	5	5	5	5	5	5	5
8km Cross Country	Finals	26	26	26	26	26	26	26	26	26	26	26	26	26
Marathon/Half Marathon	Finals	6	6	6	6	6	6	6	6	6	6	6	6	6
10km Road Walk	Finals	31	31	31	31	31	31	31	31	31	31	31	31	31
20km Road Walk	Finals	4	4	4	4	4	4	4	4	4	4	4	4	4

COMPETITION SCHEDULE - WOMEN

Numbers indicate event date 26-31 October, 1-6 November

Events	Round	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80	W85	W90	W95+
100m	Qualifications	26	26	26	26	26	26	26						
	Semi-finals	26	26	26	26	26	26	26	26	26	26	26	26	
	Finals	27	27	27	27	27	27	27	27	27	27	27	27	27
200m	Qualifications	31	31	31	31	31	31	31	31	31	31	31		
	Semi-finals	1	1	1	1	1	1	1	1	1	1	1		
	Finals	1	1	1	1	1	1	1	1	1	1	1	1	1
400m	Qualifications	2	2	2	2	2	2	2	2	2	2	2	2	
	Semi-finals	4	4	4	4	4	4	4	4	4	4	4		
	Finals	5	5	5	5	5	5	5	5	5	5	5	5	5
800m	Qualifications	29	29	29	29	29	29	29	29					
	Finals	31	31	31	31	31	31	31	31	31	31	31	31	31
1500m	Semi-finals	4	4	4	4	4	4	4						
	Finals	5	5	5	5	5	5	5	5	5	5	5	5	5
5000m	Timed Finals	28	28	28	28	28	28	28	28	28	28	28	28	28
10000m	Timed Finals	31	31	31	31	31	31	2	2	2	2	2	2	2
100m H	Qualifications	2												
	Finals	4												
80m H	Qualifications		2	2	2	2	2	2						
	Finals		4	4	4	4	4	4	4	4	4	4	4	4
400m H	Qualifications	31	31	31										
	Finals	1	1	1										
300m H	Qualifications				31	31	31	31						
	Finals				1	1	1	1						
200m H	Qualifications								31	31	31	31		
	Finals								1	1	1	1	1	1
2000m Steeple	Timed Finals	6	6	6	6	6	6	6	6	6	6	6	6	6
5000m Track Walk	Timed Finals	27	27	27	27	27	27	27	27	27	27	27	27	27
4x100 Relay	Timed Finals	6	6	6	6	6	6	6	6	6	6	6	6	6
4x400 Relay	Timed Finals	6	6	6	6	6	6	6	6	6	6	6	6	6
High Jump	Finals	2	2	2	2	2	2	2	2	2	2	2	2	2
Pole Vault	Finals	26	26	26	26	26	26	26	26	26	26	26	26	26
Long Jump	Qualifications	4	4	4	4	4								
	Finals	5	5	5	5	5	5	5	5	5	5	5	5	5
Triple Jump	Finals	27	27	27	27	27	27	27	27	27	27	27	27	27
Hammer	Q/ Finals	26	26	26	26	26	26	26	26	26	26	26	26	26
Shot	Q/ Finals	2	2	2	29	29	31	31	1	1	1	1	1	1
Weight	Q/ Finals	28	28	28	28	28	28	28	28	28	28	28	28	28
Javelin	Q/ Finals	31	31	31	1	1	2	2	29	29	29	29	29	29
Discus	Q/ Finals	1	1	1	2	2	29	29	31	31	31	31	31	31
Heptathlon	Finals	28-29	28-29	28-29	28-29	28-29	28-29	28-29	28-29	28-29	28-29	28-29	28-29	28-29
Throws Pent	Finals	4	4	4	4	4	4	4	4	4	4	4	4	4
8km Cross Country	Finals	26	26	26	26	26	26	26	26	26	26	26	26	26
Marathon /Half Marathon	Finals	6	6	6	6	6	6	6	6	6	6	6	6	6
10km Road Walk	Finals	31	31	31	31	31	31	31	31	31	31	31	31	31
20km Road Walk	Finals	4	4	4	4	4	4	4	4	4	4	4	4	4

Brothers in arms star

By JOHN DENNEHY

In conjunction with the open State championships in January brothers, Mark and Paul Jeffery decided to compete as Masters' competitors in a practise for the forthcoming World Championships to be held in Perth in October this year.

Paul Jeffrey in the 40-44 age group marked his 42nd birthday by testing himself in a decathlon. He is still nationally ranked 26th on the Australian all-time list with his open bronze medal performance from Brisbane in 1993 of 7433 points as a very young decathlete. Two years earlier he had revealed great promise in winning the U18 National title with a total of 7188 points. He has also won a bronze medal in the U20 age group with a total of 6465 points. This wealth of experience would hold him in good stead as he mentally prepared himself for the task ahead. In the 100m, Paul got out cleanly and showed good cadence to record an excellent time of 11.92 giving him 769 points to provide great impetus for his competition. In the long jump, Paul once again displayed his speed to successfully leap a season's best of 6.13m. The 739 points were a just reward for his efforts in several Friday night Strive appearances. In the first strength/throwing event, the shot put, Paul's sound technique enabled him to throw a best distance of 11.25m and gave him 638 points. A key component of high jump is speed and Paul was able to convert his to vertical lift clearing 1.71m, only slightly below his own height. This effort was worth 619 points. The 400m brings the first day to an end and Paul was able to apportion his effort over the lap to run an absolutely superb time of 53.94 seconds, breasting the tape with an enviable high knee lift despite the requisite lactic acid and gained a massive 794 points and a day one tally of 3559 points.

Day two began with the 110m hurdles. Fighting the inevitable fatigue and tight



Paul Jeffrey competes at the State championships.

hamstrings, Paul negotiated his way over the ten barriers to a smart 16.74 seconds and 738 points, although he considered it a "reasonable time" and feels there is room for improvement. After a 'near disaster' with his first two throws in the discus, he needed a third to count. A combination of visualising his technique and a decathlete's mindset of 'do what has to be done' Paul spun the platter way out into the sector to secure 664 points from his last throw of 36.31m. Pole vault sessions on Saturday mornings paid off with a classy 3.90m effort valued at 673 points.

This is another discipline he is targeting for improvement. Paul sent the javelin out

to an impressive 51.14m and 671points although it was a clutch effort on his third throw. The final event is the 1500m. After calculating his desired time he wrote his splits on his hand and ran with Mark over 100m several times to establish his race pace. That Paul was able to formulate and carry out his race plan showed great determination and courage. He hit his first lap split, but ever so slightly dropped off in the next lap. Paul dug deep into whatever reserves he had and ground out the race, even managing to strongly kick home off the final bend to record a hard-fought 4:50.5 time and 702 precious points.

CONTINUED – next page

Decathlon										
	100	LJ	SP	HJ	400	110H	DT	PV	JT	1500
Jeffery, Paul M40	w: -0.3	w: 0.9				w: 2.1				
	11.92	6.13m	11.25m	1.71m	53.94	16.74	36.31m	3.90m	51.14m	4:50.5h
7007^A	769	739	638	619	794	738	664	673	671	702
Jeffery, Mark M45	w: -0.3	w: 0.2				w: 2.1				
	12.42	5.67m	10.15m	1.77m	56.26	18.76	37.65m	*4.20m	*52.12m	5:02.1h
7299^A	744	707	619	758	772	607	774	856	754	708

^APending AR

*State Record

with national records

FROM – previous page

After a rest, Paul is adding an endurance run to his program to improve his 1500m. His total was 7007 pts. A state and national record for the M40 age group.

Mark Jeffrey is in 45-49 age group and won the bronze medal at the World Championships in Sacramento in 2012 despite a broken wrist from a pre-departure hurdles accident. A one-armed pole vault kept him in the competition there, but, according to the eventual winner, cost him the gold medal. Unable to go to Lyon, Mark commented that this was a 'Revenge Decathlon' to beat the winning score. Mark had a good start in the 100m and got into his stride very quickly for a long-legged athlete. Running through the line in a time of 12.42 seconds to score 744 points. His best long jump of 5.67m gave him 707 points but his score could easily have been higher as in one jump his take off foot was well behind the line. In the shot put Mark's 'long levers' worked in his favour as he put the metal ball out to 10.15m to gain 619 points. Knowing when to enter the high jump is vital as more jumps rob the decathlete of precious energy. Start too early and fatigue sets in before the crucial heights. Start too late and a dreaded 'no height' can be on the cards. Mark was able to clear a season's best of 1.77m and pencilled in 758 points. The last discipline on day one is the 400m. Mark was out of the blocks smoothly and up to speed seemingly effortlessly. He held a good stride length down the back straight and coming out of the final bend dug deep and tried to fend off the effects of lactic acid by maintaining form. A tough last hundred ensued but his determination resulted in an exceptional time of 56.26 and 772 points to end day one with a total of 3600 points.



Flashback to Sacramento when Mark Jeffrey stuns his rivals with a one-armed pole vault.

An unstable foot placement over a the ninth hurdle put Mark's competition in jeopardy but his core strength enabled him to regain his balance and finish in 18.76 seconds and 607 points. A cleaner race will be part of his training regime before October and there are points to be had for him in this event.

Part of a decathlete's repertoire is the ability to be resilient and Mark tried to quickly put this 'mistake' behind him and reset his focus on the next discipline, the discus. Sending the 2kg platter out to 37.65m Mark added a substantial 774 points to his total.

The pole vault is a real strength for Mark, once a rival of Olympian Paul

'Budgie' Burgess as a junior. A pending state record was Mark's reward. Building on several Strive pole vault appearances this season, his 4.20m vault currently ranks him nationally in the open event and notably his lifetime best of 5.20m appears on the Australian all-time list. Mark's javelin is another strong event and after a few warm-up throws, he was able to send the spear out into the night sky to a distance of 52.12m and 754 points to add to his total.

Paying no heed to a sore left hammy and glute, Mark's race plan was written on his hand and he made every effort to adhere to it. He was able to resist the temptation to race the younger competitors early on, making a discernible effort to maintain his splits. Every time he looked in danger of dropping off the required pace he managed to lift. A determined and sustained effort over the last 300 metres enabled him to run a 5:02.1, worth 708 points and a cumulative score of 7299 points. A pending state and national record for the M45 age group. Russia's Viktor Grouzenkin, denied of a certain medal at the 1984 Los Angeles Olympics by the boycott, has the current World Record (1997) of 7687 points which is certainly not beyond Mark in October given his results so far and is his target.

Highlights

Both pending records supersede Justin Hanrahan's Australian records set when winning world titles in the respective age groups in the last two world championships.

It is interesting to note the small disparity in points over the given disciplines, an indication of the optimum balance amongst the requirements of each discipline.

Paul's highest scoring event was the 400m (794 points)

Mark's highest scoring event was pole vault (856 points)

Paul's range 794- 619 highest point scoring event compared to the lowest scoring event 175

Mark's range 856- 607 highest point scoring event compared to the lowest scoring event 223

The Bourn Identity



In focus

With Carmel Meyer

Sue Bourn's athletics ethos sees her take part in a wide variety of fitness pursuits which develop whole body strength and conditioning. More on that later... but the name 'Commando' should give you a hint...

Sue emigrated with her family from the UK at age seven to reside in Wanneroo. Leaving home at 18 she worked at the Central Law Courts for more than five years. Sue's next career move to Halliburton Energy Services was a fortuitous one as it was there that she met her husband Antony. Sue is now in admin at a Welshpool marine wholesaler. Their daughters are Hayley (studying Forensics at UWA) and Alisha (studying nursing at Curtin). Sue is not only a great athlete but also a great mum. At the 2014 State Championships, I was amused and touched to see Sue using her warm-up time to scan the track for 'recently deceased' bees. She was collecting them for Hayley's Forensics class! At the same championships, Leon Sander dubbed her 'Curly Sue' for her glorious head of curls! Sue, who was programme cover girl that year, took it all with her usual good humour and a big smile.

Sue enjoyed athletics and netball at school but the occasional game of netball was all she could manage to fit in when her children were young. The approach of her

40th birthday saw Sue decide a lifestyle change was in order. She started running with the Marathon club, saw those distinctive Masters singlets on some fellow runners and soon was sporting one herself! Sue is now not only a regular track and field participant and Sunday runner but is Race Director of the 'Barden Bash' in Maylands. Sue says she loves the atmosphere of Masters on a Sunday morning and at the track- *'there is always someone to have a joke and a laugh with'*.

Sue prefers distance over sprints -- 5km and 10km runs and the occasional 21km. In the 2015 Road Running Championships Sue was the first female with a 4:52min/km average speed over the three events. She is also up for the occasional sprint but is wary of the higher injury risk. Sue has put her all-rounder abilities to good use in the Patron's Trophy, finishing in the top three for the past three years.

Soon after she started running, a major quad. muscle injury which sidelined her for six months taught Sue the pitfalls of too much too soon. Sue says she slowly built herself back up, learnt the difference between 'good pain and bad pain' and also how far to push before having to rest or ease off. She is a firm believer in stretching after every session as a way to prevent injury.

CONTINUED – next page

Commando Curly Sue

FROM – previous page

But, says Sue, *'I only ever stretch on warm muscles after a session'*. When she is feeling discouraged Sue says she only needs to look to the older athletes for a dose of renewed enthusiasm. *'I feel if they can do what they do, then so should I be able to keep going.'*

Sue once coached her daughter's netball team to victory but admits she is not keen on the yelling that is sometimes necessary to get kids to focus and listen.

I suspect though that Sue is quite used to being yelled at herself!

By the 'Commando' and Michelle Bridges no less. Sue has been on a Warrior Weekend camp where the Commando led a three-hour training session. You can bet there was yelling involved! At the conclusion of the weekend, Sue's team was declared a champion team. Sue signed up for more punishment by participating in Fitness Expo sessions and in 2014, she came first on points in the online GetCommandoFit program. In 2015, Sue completed Michelle Bridges'

12WBT (12-week body transformation program).

A fully equipped home gym enables Sue to do two or three sessions of heavyweights each week. Motivational posters of the Biggest Loser trainers stare down from the gym walls. Sue also does group sessions named, terrifyingly, Bootcamp, Bodyworks and Build & Rip! She finds the encouragement and motivation provided by group training to be of huge benefit. Sue says *'I find doing all these different types of sessions during the week keeps my training interesting and works different muscles at every session.'*

Not a keen flyer, Sue is looking forward to competing on home soil in the 2016 WMA Championships. In December 2015 she started another 12WBT program; the '10km Advanced Program', to help improve her 10km time.

Just writing about Sue's training regime has exhausted me! She leaves no stone unturned in her fitness program and it shows in her great physique and results. While she is serious in her approach to developing her athletics skills 'Curly Sue' is great fun to be around at the track or Sunday runs.

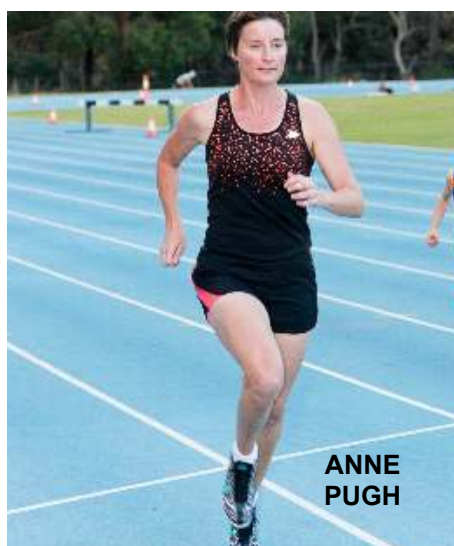
TUESDAY NIGHT ACTION AT WAAS



Mark Dawson runs the 800m prior to the 3000m distance event.



CHRIS GROOM



ANNE PUGH



Ewen Bradley (left) and Nick Best stride out on the first lap of the 800m. Ewen ran 2:10.4 to finish third with Nick fourth in 2:15.

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	
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



KRISTY DEVEREUX



David Solomon leads Bob Hull and Mike Bryant on the first lap of the 5000m.



DAVID CARR



BERT CARSE



BOB SCHICKERT

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
Feb 16	04	Pentathlon + 200, 1500, 60, 2k				LJ	javelin	shot
	11	200	600	100	5k r/w	TJ	discus	weight throw
	18	100	400	60	3k r/w	LJ	javelin	weight throw
	25	60	1500	200	3k r/w	LJ	discus	shot
Mar 16	03	60	800	200	5k r/w	TJ	javelin	weight throw
	10	200	1500	100	****	LJ	discus	shot
	17	60	400	100	3k r/w	LJ	javelin	weight throw
	24	100	1 mile	300	2k r/w	TJ	discus	shot
	31	100	600	200	5k r/w	LJ	javelin	weight throw

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

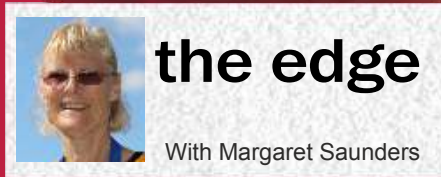
State Championship dates: Pentathlon – Saturday, March 12 at ECAC. Main weekend – March 19-20 at ECAC

Running on empty



I keep hearing comments such as “I am not improving” and other very similar statements. There is a myriad of reasons why improvement may not be occurring. Some of these may be weather based. If the conditions are very windy or very hot and humid, performances may be affected – depending on the event for which you are training. Obviously, a marathon runner and a sprinter will have a very different view of very hot weather. If an athlete is injured then performance is compromised until rehabilitation is completed and full training is resumed.

The training programme you are currently undertaking may be another reason for slow improvement. A good idea is to keep a training diary and regularly check it if you believe you should be showing greater improvement. Check back for any patterns that show areas of concern. My training philosophy is “train smarter not harder” particularly as athletes go up age groups. However, there are some general principles which are very



important if improvement is to be shown and maintained.

Recovery is an essential component of any training program but one that is often disregarded as not important by many athletes. The period of recovery allows the body to recuperate from the hard training sessions or competition and adapt to the stress of the hard sessions. It may also be that extra time is taken between efforts in interval training, again particularly as the athlete gets older. Post hard session recovery should begin with the cool down which should be a slow jog to increase the blood flow to reduce lactic acid. Stretching and using such equipment as spikey balls are also important in recovery. Post competition nutrition aids in replenishing electrolytes, glycogen and hydration.

Specificity of training refers to athletes making the greatest improvement when the training meets the needs of energy systems and the same muscle groups are utilised as will be in competition. If an athlete does not develop the required muscle structure, particularly in the throwing and jumping events, then there may be a lack of power demonstrated. If distance athletes complete all training sessions at low speed then they train their body to race slowly.

Overload signifies an athlete adapting to training which is harder than done previously. The extra loading should not occur too quickly. The overload can be achieved by varying the elements of duration, frequency or intensity of each effort in interval sessions.

Reversibility denotes that athletes lose the training effect when they cease training. This will be evident in all fitness components including flexibility, speed, aerobic fitness, and power. This detraining effect may happen fairly quickly. This is a good reason to maintain a base level of fitness all year round.

Wendy and Lee share 60m spoils

By JOHN DENNEHY

A large crowd of supporters attended WAAS to cheer on friends and loved ones in the first track and field event of 2016, the year Perth holds the World Masters Athletics Championships. Despite soreness from hard training sessions over the festive season, Wendy Seegers (W35) held Lee Stergiou (M40) off in the first heat of the short sprint (60m), both recording 7.5 with Doug Peyman (Vis) in third. Heat two was taken out by Garry Ralston (M60) in a very smart 8.4 from debutante Gavin Baldock (9.5) ahead of his wife Danielle (W35) more familiar in distance events, in 11.5. Three McMahon's lined up in heat three, with Dad, Rob, running 9.5 ahead of daughter, Grace, in 9.8 and Mum, Cheryl (W35), in 10 seconds neat. The final heat was taken out by Vanessa Carson (Vis) in 9.9 followed by Abi Best (Vis) 10.0 and her Dad, Nick (M35).

The 800m was well supported and split into two heats. Visitor Andrew Spratt and Mark Dawson (M50) led out strongly through the 400m mark closely followed by Campbell Till (M55) David Solomon (M50). Running in 'no girl's land' was Fiona Leonard (W45) and Jane Lockwood (W35) with a gap back to the 'just turned 55-year-old', Allan Billington and sprinter Garry Ralston. Campbell moved into another gear down the back straight to move into the lead ahead of Mark with Andrew's lack of race fitness coming into play. Campbell kicked strongly to run a perfect tactical race and huge season's best of 2:25.8 with Mark's determination rewarding him with a 2:27.8. David Solomon also went sub 2:30 with a 2:29.4. Andrew gamely finished in 2:33.3 closely followed by Fiona in 2:35.6. Jane fought on very strongly to run 2:40.5. Garry's competitive urges pushed him past his close friend Allan, both dipping under 3:12. Heat two was led out by debutante Vanessa Carson, who strung the field out with her brave front running tactics. Nick Best, biding his time, kicked strongly to edge past and take the win, both running 2:41.7 ahead of Allan Gray (M50) in 2:55.4. Henri Cortis (M65) ran evenly paced laps to record 3:03.1 and John Dennehy (M55) battled for a 3:14.3 ahead of Delia Baldock (W50) in 3:32.1 and Cecil Walkley (M85) in 7:12.7.

Once again Wendy and Lee battled out the 100m. Both recorded 12.0 with Wendy ever so slightly ahead courtesy of her exceptional start. Garry Ralston, back in familiar sprint territory, ran a sharp 12.6 with Doug Peyman in 13.8. Gavin Baldock notched up his second win running 14.9 with Fiona Leonard 15.1

WAAS – January 5



Lee Stergiou accelerates down the main straight.

and Vanessa Carson in 16.0. Abi beat Charlotte in the battle of Best sisters, showing great speed – 16.9 to 17.4, ahead of Delia Baldock in 19.9.

Winner of the 5km, David Solomon, was tracked the whole way by Mark Dawson, his lead after the first few laps remaining at or around the 20-second mark for the whole distance eventually finishing in 20:50.7 to 21:07.3. Alan Gray strode along in a comfortable rhythm running a 22:20.3, with Danielle Baldock buoyed by her family's cheering, ran a controlled 27:22.5. John Dennehy ran 17:20.7 for 3km.

Multiple World Champion walker Lorna Lauchlan (W85) was content to walk a 3km in a fine time of 25:24.1 and Sylvia Byers (W80) walked the extra 2km to record 40:24.4.

Scorching weather cuts Thursday numbers

With scorching temperatures, only a small number of competitors attended the first Thursday night meeting of the new year with Colin Smith (pictured) taking out the 200m (31.8) and 400m (69.8) events and Carol Bowman finishing second in both the events.

Delia Baldock won the 1500m walk from John Smith and she ran third in the 400m.

ECAC – January 7

In a small field, Bert Carse won the 3000m in 13:22.2 with Maurice Creagh second in 14:56.2.

In the field events, visitor Alex De Silva won the javelin (15.30m) from Michelle De Silva (11.04m).



Sprint star's sizzling success

By JOHN DENNEHY

Wendy Seegers (W35) displayed all the skills in her sprinting repertoire to take out the win in the 200m ahead of Lee Stergiou (M40). Currently Western Australian women's fastest sprinter, Seegers 'did the damage' early and held her speed all the way into the wind affected straight to record 24.4 to Lee's impressive 24.7. Visitor Stuart Evans debuted in 28.8 with Mark Dawson (M50) showing good speed for a middle distance runner to run 31.3.

Heat 2 was won 'in a canter' by Garry Ralston (M60) in 26.6 with more than one onlooker commenting on his effortless style. Maurice Pascal (M40), making a welcome return to the track, took second place in 28.3 with David Solomon (M50) and David Adams (M35) in 29.2 and 31.8 respectively.

Barrie Kernaghan (M75) ran a handy 31.9 to win Heat 3 ahead of Anne Pugh (Vis) in her promising debut of 32.6, Simone Solomon (W45) following in 33.5 and Grace McMahon (Vis) and Patron's Trophy winner Carol Bowman (W60) in 36.8.

Men's 35-39 age grouper Rob Nichols, in a warm up for his steeplechase, ran a controlled 1500m in 4:36.5. New member, Vanessa Carson (W35) ran a very smooth 5:27.8 and despite her nerves indicated an innate sense of pace judgement. In third place Mark Dawson, fresh from a best 800m run on Thursday's Strive meeting of 2:22 and change, recorded 5:43.5. David Adams ran 6:27.1 with Tracy Bauer (W35) once again squeezing under the 7-minute barrier with 6:58.1, with Allan Billington running 7:26.1 and Cecil Walkley (M85) 14:03.9.

With a view to the upcoming State championships two women walkers completed the 1500m distance in great times. Sylvia Byers (W80) chalked up an 11:49.6 and Lorna Lauchlan (W85)



Henri Cortis continues his comeback at WA Athletics Stadium.

WAAS – January 12

12:58.4. Both these times are just a few seconds outside their own state records.

Most athletes felt the wind affected the times in the one-lap event with most recording significantly slower results than expected. Nick Best (M35) headed the field in the first heat holding good form in the last 100m to run the only sub-sixty of the evening in 58.9 with Lee Stergiou missing the mark by one-tenth of a second in the runner-up position. Fast closing Campbell Till (M55) ran 61.8 followed by David Solomon 66.7 and Stuart Evans 67.6 who battled the entire way around with Allan Billington in 83.6.

Mark Dawson (66.5) edged out Maurice Pascal (66.8) with Garry Ralston showing his fitness with a 68.6. Jane Lockwood (W35) under no duress ran 71.5 followed by David Adams (76.1) and Simone Solomon (83.3).

Vanessa Carson took out heat 3 in running 73 neat with Anne Pugh next in 75.1 and Alan Gray (M50) close in 76.2.

Henri Cortis (M65) continued his impressive comeback running just outside the 80-second barrier in 80.3 ahead of Tracy Bauer 82.0 and Barrie Kernaghan 86.6. Delia Baldock (W50) ran 86.6 ahead of Danielle Baldock (W35).

Despite time constraints, two steeplechase races were held. In the 2km steeplechase, Alan Gray displayed good hurdling technique which, combined with his undoubted flat running speed, produced an excellent 9:20.6 and was never troubled by the rest of the field. Simone Solomon, in a rare venture into the 'chase, showed promise rolling out an easy 10:29.7. Carol Bowman, as usual, ran consistent laps to go sub 11 with a fine 10:55.2 followed by Danielle Baldock in 11:06.1 and John Dennehy ran 11:15.8.

In the 3km steeplechase, Rob Nichols literally ran away from the field from the gun. He recorded 11:12.2 comfortably maintaining a steady pace and finishing strongly. Conscious of his 'ragged' technique over the water jump on the last few laps, Rob immediately set out to rectify this with a mini-rep session after the race.

MAWA stalwart Colin Smith took out the sprint double with wins in the 100m (14.4) and 60m (8.3) sprints at Ern Clark Athletic Centre (ECAC) with Donna Abbey placing second in both events. In the second heat of the 60m, the Best family snared the first three positions with Abi heading Nick and Charlotte.

ECAC – January 14

Nick Best led home the field in the 800m just sneaking under the three-minute mark by .1 of a second with Bob Hull (3:07.8) and David Carr (3:09.7) filling the minor placings. John Dennehy

(3:18.7) headed Carol Bowman by .4 of a second for fourth place.

Steve Weller dominated the 3000m with a 10:24.0 run followed by Jim Langford in a time of 12:12.7 and Bob Hull in 13:43.1.

In the walks, Karyn Tolardo was successful in both the 800m and 3000m with John Smith second in the 800m.

It was a dark and stormy night ...

By **JOHN DENNEHY**

The dark clouds rolled in and looked threatening, but the predicted storm never eventuated. In fact, the wind dropped towards the end of the evening. All athletes were bolstered by delicious home cooking from Abi and Charlotte Best which contributed to several strong performances in the field and on the track. In easily the fastest time of the evening, M40, Lee Stergiou attacked the 100m and was justifiably rewarded with a 12.5 ahead of David Adams (M35) in 14.6 with visitor Stuart Evans sustaining a groin injury and limping over the line.

In Heat two Barrie Kernaghan (M75), putting recent injuries behind him, recorded a fine 15.1 just ahead of multi-eventer, Sue Coate (W45) in 15.5 and visitor Viktor Goytizolo in 16.3.

Middle distance runner, Mark Dawson (M50) ran 15.6 a second ahead of Anne Pugh (Vis) also a second ahead of Abi Best (Vis) and her sister Charlotte (18.0).

Three young visitors, Jesse Hunt (2:01.7), Mitchell Alco (2:02.3) and Ewen Bradley (2:10.4) ran in the first heat of the 800m, providing Nick Best (M35) the opportunity to negative split his race for the first time. The early fast pace paid off handsomely with a massive season's best of 2:15.0. Chris Groom (M45) followed home in 2:37.8 with Mark Dawson and David Adams completing the field.

Heat two was led out very strongly by Jane Lockwood (W35) in 73 seconds. Although faltering slightly in the second lap, the experience of leading a race will be of great value in the future. Her 2:43.2 was a hard fought for time. The race for the minor places was no less dramatic. Another athlete from the Suzi Graves stable, Anne Pugh, also showed great tenacity in holding off two athletes known for their determination, Henri Cortis (M65) and Graeme Dahl (M65). In her first 800m in 'quite a while' Anne displayed all the skills and strategies of a middle distance runner. A first up time of 2:54.6 augurs well for her season. Henri also ran a very aggressive race to run a superb 2:56.2, with Graeme's effort of 2:56.4 also of merit. These athletes were followed by John Dennehy (M55) and Delia Baldock (W50) and Cecil Walkley (M85).

Lee Stergiou gained his second win of the night in the 60m with a 7.8 a full



Sue Coate and Barrie Kernaghan accelerate from the start of the 100m. Barrie ran 15.1 to pip Sue by .4 of a second.

second in front of David Adams. Barrie Kernaghan recorded 9.5 ahead of the Best sisters, Abi (10.5) and Charlotte (10.8) chaperoned by dad, Nick in 10.9.

Scottish visitors, Donald Bradley and his son Ewen, quinellared the 3km. Many members will remember Donald from a series of scintillating 800m races from a few seasons ago. Showing an impressive turn of speed endurance, he lapped metronomically in posting a 10:53.4. Ewen ran a steady 12:05.4 with Mark Dawson in 12:16.0 and Graeme Dahl in 13:15.1, both excellent backup runs. In his fourth event of the evening, David Adams ran 14:09.3 and John Dennehy ran 16:31.9. The state record holder, Sylvia Byers (W80) walked the 3km in a stylish 12:53 neat well under her aim of 13 minutes.



DAVID ADAMS

Close finish tests judges in sprint

The judges had a tough time with the finish of the first heat of the 60m with Colin Smith and Wayne Bariolo recording the same time of 8.3 for the short sprint at Ern Clark Athletic Centre.

The duo filled the first two positions in the first heat of the 200m to open the night's competition with Colin recording 28.4 secs to edge out Wayne by .5 of a second. In the 200m, David Solomon posted a smart 29.1 sec run to fill the third place.

In the 1000m, visitor Rodrigo Garcia (3:30.1) led home Jim Langford (3:44.4) with Kristy Devereux third in 3:46.2. Carol Bowman ran a solid 4:17.7 a day after her weekly long run followed by John Dennehy (4:28.3).

Steve Weller showed no effects from his recent Hobart Half Marathon to post a time of 17:56.4 for the 5000m followed by David Solomon (21:13.7) and Mike Bryant (21:40.7).



ECAC – January 21

Colin Smith (left) and Wayne Bariolo are locked together in the final few metres of the 60m.

Lee dominates sprints with Colin second

ECAC – January 28

Lee Stergiou dominated the sprint events with victory in the opening 100m (12.2) and 400m (56.6) at Ern Clark Athletic Centre. In both events, Colin Smith finished second. Fiona Leonard (67.0) claimed the third placing in the 400m following her 14.2 sec 100m. In the other two 100m heats, Zoe Richards and Mercurio Cicchini were victors.

Visitor Eliza Griffin left the 1500m field in her wake in 5:20.2 with Chris Groom (5:34.3) and Ben Pope (5:35.0) filling the minor placings.

Jim Langford once again showed his class in the 3000m as he stopped the clock at 12:06.2 for the seven and a half laps. Keith Hill (12:48.0) gained the upper hand from Andy Abbey (12:57.4) in the battle for second place.



Fiona Leonard strides out in the early stages of her 400m at Ern Clark Athletic Centre.

Track and field notes



FAR LEFT: Todd Davey lets out a scream with his shot at Ern Clark Athletic Centre. Todd went on to record 14.80m.

ABOVE: Andrew Ward releases the shot on his way to a 9.67m throw.

LEFT: Zoe Richards prepares to release the javelin. Zoe's best for the night was 17.38m.

WAAS – January 5

In the long jump, husband and wife, Dave and Gay Wyatt, both in the 60-64 age group bookended the event's results, respectively recording 4.45m and 3.06m. Visitors Sophie Miller and Charlotte Best received jumping tips from the Wyatts and ended up with impressive best distances of 3.66m and 3.27m respectively.

Top class performers were in evidence in the throwing events also. World record holder, Byrony Glass while not throwing near her 18.02m performance from 2013, still threw well with a best of 15.51m. Ossi Igel (M65) threw a pending state record with his throw of 14.35m. Mr Consistency, Todd Davey (M45) produced a 13.46m effort. Cheryl McMahon also joined the record breaking club with a pending state record effort of 11.20m. Andrew Ward (M50) crept over the 11m mark with 11.02m. The irrepressible Sally Sims (W35) threw 9.12m with Chris Shelfhout (W45) 8.83m and Yolanda Carstens (W50) 8.71m. Alex De Silva got the better of his mum throwing 7.27m to Michelle's 6.48.

The hammer throw was no less competitive with Todd achieving a best attempt of 39.33m, Ossi Igel threw 34.61m and Cheryl 30.68m. Andrew

Ward's 23.34m edged out Chris Shelfhout's 23.23m and once again Alex De Silva's 21.96m effort was further than his mother, Michelle's 20.67m and Sally Sims best throw of 18.74m brought the evening's competition to a close.

WAAS – January 12

Respected sprint/jumps coach, Dave Wyatt (M60) put his knowledge to good use chalking up a 9.05m best in the triple jump. Grace McMahon, daughter of Cheryl, jumped 7.24m ahead of Dave's protégée and wife Gay (W60) who jumped 6.73m.

Differently weighted shots meant Todd Davey (M45) could exercise his competitive muscles and tussle with junior Liam Gartlan, eventually besting him 14.14m to 13.99m in a tight competition. Andrew Ward (M50) threw 9.47m to hold third place. Less than a metre separated the next four athletes, Sue Coate (W45) 7.81m Eesha Da Silva 7.62m, Chris Shelfhout (W45) 7.19m and Michelle De Silva (W40) 7.02m. Alex De Silva (Vis) putted 6.81m and Mike Anderson (M65) 5.75m.

In the javelin, visitor Jacob Shelfhout's javelin, sailed out to 40.41m ahead of Andrew Ward's 31.51m. Geoff Brayshaw (M65) threw 28.86m followed by Sue

Coate's effort of 23.21m. Rob Shand (M80) threw 21.25m and Chris Shelfhout 19.50m.

WAAS – January 19

Dave Wyatt (M60) soared over 1.35m to take out the high jump ahead of Sue Coate and Phil Smyth (M65) on 1.20m. Charlotte Best jumped 1.10m and Gay Wyatt (W60) jumped 1.00m.

The weight throw included several athletes backing up from the state weight pentathlon held the previous Thursday. Byrony Glass (W35) threw a best of 16.81m with Tom Gravestock (M60) 15.05m. Todd Davey (M45) 13.91m and Bev Hamilton (W70) adding to a plethora of records recently, threw a pending state record of 10.41m. M50 competitor Andrew Ward threw 10.21m Kate Glass (W65) 9.73m and Michelle De Silva (W40) 6.34m.

In the discus, Tom Gravestock threw the platter out to 48.67m, just outside his state record of 48.94m. Todd Davey was also over the 40m mark with a best effort of 41.11m. Byron Glass recorded a 32.40m with Andrew Ward now throwing over the 30m mark with his 30.38m. Bev Hamilton pencilled in a 21.22m edging out Michelle De Silva's 20.51m. Kate Glass threw 19.67m ahead of Mike Anderson with 15.92m and Alex De Silva 12.67m.

Looking ahead



MAWA State Championships

Pole vault – March 3

10,000m – March 10, 2016

Pentathlon – March 12, 2016

2k/3k Steeplechase March 15, 2016

Hammer – March 18

Main weekend March 19-20, 2016

Australian Championships

Saturday, April 16 to Tuesday, April 19

World Masters Championships

October 26, 2016 Perth

Wayne Bariolo prepares to throw the javelin at Ern Clark Athletic Centre. Wayne recorded a 36.70m throw.