

T F N L



Season 9 Issue 7
MARCH 2016

The Track and Field Newsletter of MAWA



**Perth
2016
entries
open**

Bernard Riviere and
Colin Smith battle for
position from Brian
Hewitt in a 200m at
Ern Clark Athletic
Centre

Set for champs



(Similar to above)

Orders taken for new look club T- Shirts

A significant number of members have indicated that they would like a MAWA T-shirt with the new club uniform design as modelled by Joan Pellier last Sunday. The club has ordered some from our supplier – at this stage contact Joan Pellier to request one. Price will be \$35.

But please be aware that AMA has told MAWA the T-shirt is not an acceptable alternative to a singlet at AMA Championships. The official MAWA uniform is singlet or crop top. If athletes want to wear a T-shirt at those Championships it must be worn under the club singlet.

At MAWA State Championships the club will allow the T-shirt to be worn as an alternative to the singlet. This is being done to recognise the additional sun-protection benefit of a T-shirt.



Tasmanian Phil Hniat leads Mark Dawson in the 5000m at WAAS.

Phil checks out tracks

Tasmanian Masters club member Phil Hniat took advantage of a trip to Perth to check out the two tracks for Perth 2016 World Masters Athletics Championships in October.

In Perth for a wedding, Phil said that he expected a number of Tasmanian Masters

to make the trip west for the world championships.

The long-striding distance runner made an impression with second in the 5000m at WAAS and second in the 3000m at Ern Clark Athletic Centre. At WAAS, he joined a mixed team for the 4 x 400m relay.

ROLL OF HONOUR

Bev Hamilton	W70	Hammer	25.90m	29/01/2016	SR
Byrony Glass	W35	56lb weight	5.71m	31/01/2016	*AR
Cheryl McMahon	W40	56lb weight	3.59m	31/01/2016	SR
Matt Staunton	M40	56lb weight	8.82m	31/01/2016	SR
Ossi Igel	M65	56lb weight	4.49m	31/01/2016	SR
Cheryl McMahon	W40	Weight throw	11.43m	31/01/2016	SR
Bev Hamilton	W70	Weight throw	10.43m	31/01/2016	SR
Matt Staunton	M40	HW pentathlon	3749pts	31/01/2016	*AR
Todd Davey	M45	Shot	15.03m	9/02/2016	SR
Ossi Igel	M65	Shot	11.63m	13/02/2016	SR
Bev Hamilton	W70	Weight	10.89m	11/02/2016	SR
Phil Smyth	M65	Pole vault	2.40m	20/02/2016	^SR
Ossi Igel	M65	Discus	42.72m	25/02/2016	SR
Phil Smyth	M65	Pole vault	2.50m	26/02/2010	SR

*Pending AR

^ equals Geoff Brayshaw's record

World Masters entry eligibility

There have been some questions raised recently regarding eligibility vis a vis passport and residency status. Athletes should be aware that this is a WMA Championships and will follow WMA rules. The Local Organising Committee have no influence on either the rules, or the eligibility of any specific athlete. Athletes with any concerns should contact the Secretary of the Regional Masters Association. In the case of Oceania this is Bob Schickert who can be contacted at rschicke@bigpond.net.au

Sprints/Hurdles

Most outstanding female athlete
Most outstanding individual performance



Wendy Seegers

Nominees for AMA awards in Adelaide

Each year at the Australian Masters Athletics Championships the top athletes from the previous year are announced at a dinner which will be held in Adelaide in April. MAWA has nominated the seven athletes on this page.

At last year's championships in Sydney, WA's Chris Anderson won the Jumps Award.

Middle distance



Scott Tamblin

Distance



Lorraine Lopes

Jumps



Melissa Foster

Walks



Lyn Ventris

Throws



Tom Gravestock

Multi events



Todd Davey

Record entries

Perth 2016 boosts State Championships



Ross Keane strides out in the 1500m at last year's State Championships.

With Perth hosting the World Masters championships in October, it was always likely that last year's record number of entries (172) would be surpassed. In fact, the total is 196 with many of our younger, newer athletes taking part.

This year we are returning to Ern Clark Athletic Centre (Coker Park, Cannington) for most of our events

now that the track has been upgraded. This has several advantages, including being able to have our own canteen, which will be run by Elaine Dance and her team of helpers. Thanks in advance for keeping us all fed and watered. Elaine will also provide a barbeque at the end of Sunday's programme for a nominal cost to athletes. You

are encouraged to stay on and socialise with your fellow competitors after a busy weekend.

Thanks must go to AWA for allowing us to hold the throws pentathlon and hammer as part of their Strive meetings, and also, for the first time, a pole vault competition for which six men have entered.

TIMETABLE OF EVENTS

Thursday, March 3

(WA Athletics Stadium)

5.30pm pole vault

Thursday, March 10

(Ern Clark Athletic Centre)

10,000m

19:00 W35+, M30+



Saturday, March 12

Pentathlon

(Ern Clark Athletic Centre)

M40+

8:30 long jump
9:30 javelin
10:15 200m
10:30 discus
11:20 1500m

W35+

8:40 100m
8:55 shot
9:30 long jump
10:15 javelin
11:00 800m

Tuesday, March 15

(WA Athletics Stadium)

Steeplechase

3000m

19:30 M35-59

2000m

19:50 W30+
20:20 M65+

Friday, March 18

(WA Athletics Stadium)

Hammer

17:30 W35+
18:30 M40+

Saturday, March 19 at Ern Clark Athletic Centre

8:00 W35+ triple jump	11:55 M45 200m	14:00 W35-49 discus
8:00 M40-64 discus	12:00 M50-59 200m	14:20 W35-49 60m
8:00 M65+ 5000m	12:05 M60-69 200m	14:25 W50-64 60m
9:00 M40+ triple jump	12:10 M70-79 200m	14:30 W70+ 60m
9:15 W35+ 5000m	12:15 M80+ 200m	14:35 M30-44 60m
9:15 W50+ discus	12:30 W50+ shot	14:40 M45 60m
9:15 M65+ shot	13:00 M65+ discus	14:45 W35+ high jump
9:50 M35-64 5000m	13:15 M40-64 shot	14:45 M50 60m
10:30 M35+ high jump	13:15 W30-49 800m	14:50 M55-69 60m
10:30 W35-49 shot	13:20 W50+ 800m	14:55 M70+ 60m
10:30 W45+ 5000m walk	13:30 M40-49 800m	15:15 W40 400m hurdles
10:30 M40+ 5000m walk	13:35 M50-64 800m	15:15 M45-59 400m hurdles
11:35 W35-44 200m	13:40 M65-74 800m	15:25 M60-79 300m hurdles
11:40 W45-54 200m	13:45 M75+ 800m	15:35 W50-64 300m hurdles
11:45 W55+ 200m	14:00 W40+ 1500m walk	
11:50 M35-44 200m	14:00 M40+ 1500m walk	

Sunday, March 20 at Ern Clark Athletic Centre

8:00 W35-54 long jump	9:30 M65-74 100m	10:55 M50-69 100m hurdles
8:00 W60+ javelin	9:35 M55-64 100m	11:05 M45 110m hurdles
8:00 M40-64 weight	9:40 W35-54 javelin	11:20 W40 400m
8:00 W30+ 1500m	9:40 M50 100m	11:25 W45-59 400m
8:20 M35-59 1500m	9:45 M45 100m	11:30 W60+ 400m
8:35 M60-69 1500m	9:50 M30-44 100m	11:30 M65+ weight
8:45 M30-54 long jump	10:05 M55+ long jump	11:35 M35-44 400m
8:45 M65+ javelin	10:10 W40+ 3000m walk	11:40 M45 400m
8:50 M70+ 1500m	10:10 M40+ 3000m walk	11:40 W55+ long jump
9:10 W35-49 100m	10:45 M40-64 javelin	11:45 M50 400m
9:15 W50-59 100m	10:45 W35+ weight	11:50 M55 400m
9:20 W60+ 100m	10:45 W40+ 80m hurdles	11:55 M60-69 400m
9:25 M75+ 100m	10:55 W35 100m hurdles	12:00 M70+ 400m

Perth scrutinised



Jake Trewin (Athletics WA), Bob Schickert, Kirsten Drower (TriEvents) and Alan Bell check out the cross country course at Perry Lakes.

Alan Bell, WMA Managing Director, World Masters competitions visited Perth for a week from Tuesday, February 16 to inspect facilities.

Alan will be Competition Director during the championships. During his visit to Perth from the United Kingdom discussions were held with Local Organising Committee (LOC) representatives including Event Managers TriEvents WA and Competition Managers Athletics WA.

He visited each of the competition sites WA Athletics Stadium, Ern Clark Athletic Centre, Perry Lakes Parklands, UWA Sports Field and the WAMC clubrooms. He is preparing a report for WMA and the LOC will be given a copy of that report. It appears he was impressed by the progress being made by the LOC towards the conduct of the championship. His report will be of assistance in the preparations.

Who is the Competition's Director

MWA members who attended the World Masters Championships in Lyon last year may have seen Alan Bell where he was Competition's Director.

The following details were posted on the North Shields Polytechnic Club's website on the one-time club member.

Alan was Chief Starter of the 2012 Olympic Games, the IAAF World Indoor Championships in Birmingham and he also started the fastest race in history- Usain Bolt's 9.58 in Berlin in 2009.

Alan began his athletics career as a high jumper at the Poly which he was advised to join by national coach Carl Johnson. As Alan says, the Poly was the leading track and field club for men in the area. So I travelled from home in Chester le Street for training every week. However, he had to give up jumping in 1975 when he suffered a rupture in the Achilles tendon of his take off foot which surgery was unable to correct successfully.

However, his life was to take a different and very successful turn when then Poly secretary John Kennedy encouraged Alan to become involved as an official. Alan enjoyed the experience so much that he went on to become chief starter for meetings throughout the UK, was one of the start team at the Manchester Commonwealth Games then

February Update

- New discus cage is under construction at UWA. Discussions continue with Canning Council on the new hammer cage at ECAC.
- Electronic scoreboard options will be reviewed during National Juniors, where the type of scoreboard we intend having will be in use.
- Electronic timing and lap scoring to be trialled at MAWA State Champs in March.
- Invitations to overseas officials have been sent out.
- Medical services have been booked.
- AWA promotional visits to WA regional centres were enthusiastically received, with indications that the marathon and half marathon will be popular.
- The contract for VenuesWest services has been signed.
- Kirsten Drower, Lynne Schickert and Richard Blurton will make a promotional visit to the Asia Masters Championships in Singapore in May.
- We now have 2350 Facebook followers.
- Posters and flyers will be printed and distributed this week.
- Delays to registration opening have been caused by the late change of entry currency to Australian dollars. The problems have been resolved and entries will open very soon.
- Volunteer registrations will open in April via the Perth 2016 website. MAWA members who wish to volunteer as helpers to T & F officials should apply directly to AWA.
- Meetings held with Perth airport officials to discuss meet and greet arrangements.
- Sponsorship agreement signed with Perth Integrated Health.

was appointed to the IAAF International Starters Panel in 2003. On his controversial decision to disqualify Usain Bolt in the 2011 World Championship

100m final in Daegu. Alan says, "My saddest moment was having to disqualify Usain Bolt. No disqualification gives an official pleasure."



Lawrence Baird (4306) celebrates with team-mates Richard Beardsell (left), David Brown (4354) and Liam Collins (4391) following their world record breaking run at the World Masters Championships in Lyon.

Like father, like son

Running well appears to be in the blood of the Baird family. Many MAWA members will be aware of David Baird's running feats. A strong road runner, his superhuman effort of running to the East coast of Australia from Perth pushing a wheelbarrow is a standout.

His son, Lawrence, starred at the World Masters in Lyon last year when he was a member of the M35 4x400m relay which broke the world record in a time of 3 mins 17.82 secs. In addition to the gold medal in the relay, Lawrence won a silver medal in the M35m 400m.

David will be a proud father when his son competes for Great Britain at the world masters championships in Perth later this year.

RIGHT: David Baird strides out during a MAWA Sunday run and (far right) David's son Lawrence wins the silver medal in the M35 400m final in 49.40 secs at Lyon.



Records fall at WAAS

By **TODD DAVEY**

What shaped to be a wet and very windy day delivered better weather than forecast with only some spot rain at WA Athletics Stadium on January 31. With 13 competitors participating in the Inaugural WA Heavy Weight Throws Pentathlon plus the 56 Pound Heavy Weight Individual Event competitors knew a record or two was up for grabs.

Arriving early, Lindsey and myself set up for a 9am start. The athletes all turned up on time and warmed up with some 'agog' at the size of the 56 Pound Implement as they had not seen it before!

Several State Records were set in both the HW Pentathlon and the 56 Pound HW Individual Event.

Outstanding performances were recorded by Matthew Staunton in the M40 age group when he broke the Australian HW Pentathlon Record and also to Byrony Glass for extending her existing W35 Australian 56 Pound HW individual record by more than a foot.

A special mention to Althea Mackie, W45 reigning 56 Pound HW Australian Record Holder, who flew across from Queensland to support our event and fell



ABOVE: Competitors and officials relax after the competition.

agonisingly short of the Australian W45 HW Pentathlon Record.

Lindsey Glass and Mike Anderson headed a four-person officials team and were fantastic.

Medals were gratefully received by all competitors and all of the officials were presented with medals too – which reflects the events commitment to acknowledging their time and effort.



Matthew Staunton breaking the M40 Australian HW Pentathlon Record. INSET: Lindsey Glass and Mike Anderson officiating

Heavy Weight Pentathlon and 56lb Heavy Weight



Byrony Glass extends her existing Australian 56 Pound HW Record in the W35 age group.

56lb Weight Throw

W35	Sally Sims	3.37
W35	Byrony Glass	5.71
W40	Michelle De Silva	2.00
W40	Cheryl McMahon	3.59
W45	Althea Mackie (Vis)	4.29
M40	Matthew Staunton	8.82
M65	Ossi Igel	4.49



Althea Mackie came across from Queensland to compete. Althea is the current W45 Australian Record Holder in 56 Pound HW.

Heavyweight throws pentathlon

		Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	PTS	
W35	Sally Sims	10.23	11.25	9.72	7.86	5.62	12lb, 16lb, 20lb, 25lb, 35lb	2317
W35	Byrony Glass	20.04	ND	16.78	13.62	10.29	12lb, 16lb, 20lb, 25lb, 35lb	3695
W40	Michelle De Silva	8.07	7.05	5.84	4.47	4.09	12lb, 16lb, 20lb, 25lb, 35lb	1479
W40	Cheryl McMahon	13.28	11.56	11.43	9.23	5.29	12lb, 16lb, 20lb, 25lb, 35lb	2939
W45	Althea Mackie	16.28	13.98	12.43	9.93	7.46	12lb, 16lb, 20lb, 25lb, 35lb	4015
W70	Bev Hamilton	9.69	10.53	10.43	7.37	5.64	3kg, 4kg, 12lb, 16lb, 20lb	3305
M40	Matt Staunton	19.69	16.38	13.27	10.48	8.50	20lb, 25lb, 35lb, 44lb, 56lb	3749
M45	Todd Davey	17.79	15.69	12.73	10.37	8.37	20lb, 25lb, 35lb, 44lb, 56lb	3883
M50	Andrew Ward	14.00	11.16	7.81	7.36	4.87	16lb, 20lb, 25lb, 35lb, 44lb	2035
M60	Tom Gravestock	18.81	13.58	13.57	11.58	8.05	12lb, 16lb, 20lb, 25lb, 35lb	3140
M60	Geoff Gee	19.94	ND	16.14	13.03	ND	12lb, 16lb, 20lb, 25lb, 35lb	2358
M65	Ossi Igel	16.42	16.13	11.63	10.32	7.38	12lb, 16lb, 20lb, 25lb, 35lb	3182

Speed Queen Wendy



In focus

With Carmel Meyer

MAWA competitors are delighted to claim Wendy Seegers as one of our superstars. On Tuesday evenings, it is always a thrill to watch her in a battle to the line, or at Strive where she races against competitors many years her junior. As determined as she is on the track, off the track Wendy is a quiet and unassuming lady who doesn't seek the spotlight but enjoys the camaraderie of her fellow runners. She's also very handy with the starter's gun!

South African-born Wendy grew up near Johannesburg. A university Science (chemistry and math) graduate, her career path was research but Wendy chose to teach instead, 'A great job with time to

train and do athletics seriously.' After five years of marriage, Wendy left athletics when she and husband Gys decided to start a family. They immigrated to Australia when their first child was eleven months old. Wendy and Gys now have three children plus Wendy's two step children who also decided to join the family here.

Athletics has always been a family affair for Wendy who joined Little Athletics U5s when she was just three years old! Both her parents were coaches and her four siblings also did athletics. Wendy was successful at the Nationals throughout her school days. She also won at a few University championships but missed two World Students Games due to injury. A diplomatic Wendy says that

despite her early successes she decided to quit athletics as she had faced 'many disappointments' with the South African Federation.

One of her greatest achievements, qualifying for the Sydney Olympics with an A standard, turned into one of her greatest disappointments when she was not selected for the national team due to the racial issues complicating South African sport at that time.

Wendy had considered her athletics career over but when they came to Perth Gys encouraged her to check out Masters Athletics. Reluctantly Wendy went along to a Tuesday WAAS evening where she found Graeme Dahl on hand to explain proceedings.

CONTINUED -- next page

has God on her side

FROM – previous page

Wendy says 'I felt welcomed into the group of friendly and kind people' and is especially grateful to John Dennehy and others for making her feel so comfortable. 'I enjoyed the Masters so much; it made me enjoy Athletics again.' With a break to have her third child, Wendy has now been back competing for three years. 'Running is the one time I have my mind for myself and I can enjoy that as "me time". Having no family in Australia and being with the kids all the time... running sure clears my mind!'

Wendy has endured sporting setbacks with the support of her husband and family and a deep commitment to her faith. She says she has come to realize there is 'Life after Athletics'. I now have a life with an awesome husband and three beautiful kids, who love and support me regardless of my performance, and that makes running enjoyable again'.

Wendy loves winter pre-season training; 'It is a lot harder but with fewer speed sessions I can train hard and hardly have any injuries. As soon as the sprint season starts, so many niggles seem to creep in.' Wendy's powerful physique suggests gym work and she confirms she used to do Powerlifting as a sport. She loved doing squats and bench press but doesn't have much free time for the gym now. I asked Wendy about injuries: 'Most of my injuries were hamstring related. Sprinting and Powerlifting has also resulted in two knee and two foot operations. I'm thankful to still be running!'

Wendy's favourite events are the 60m, 100m and 200m. She says she is 'slowly slowly' starting to like the 400m. As a fellow 400m competitor at the 2015 State Champs who was entering the home

straight as Wendy crossed the finish line, I'm sure the 400m likes Wendy! The 400m hurdles also appeals but her knee surgeries have unfortunately put that event out of contention.

Wendy was lucky to have her Mum on hand to coach her from childhood to Year 12. She was then coached at university and had three more coaches before leaving South Africa. South African Sports Psychologist Maryna Van Niekerk also provided assistance. Wendy entered the coaching realm in South Africa, working with a group of young elite athletes. In Perth Wendy manages her own training and Gys joins in some sessions as well.

No stranger to national and international competition, Wendy competed at the World Championships in Seville, Spain and the World Indoor Championships in Maebashi, Japan. She still holds the South African National records for the indoor 60m and 200m. Her personal best in 100m is 11.18s and 200m is 22.74s. A great memory for Wendy was competing against Marion Jones in South Africa but she was saddened by her drugs charge years later.

As a Masters Athlete Wendy has made a habit of breaking records and her goal is to try and better the 60m, 100m, 200m, and 400m Australian Masters records as she enters the W40 age group in February. Wendy has been making good use of her remaining days of W35! In November 2015, she broke her existing Australian records for 60m-7.61s* and 200m-24.42s*. In December 2015, she broke the 400m record set by Kath Holland in 1978 in 55.72s* and in January 2016, Wendy broke her own 100m record in a time of 12.01s*. (*AR pending)

Wendy says it will be a dream come true to compete for Australia for the first time at the 2016 WMA Championships. She hopes to do her country proud and go for medals in the 100m and 200m. Wendy's motto for this year: 'With God nothing is impossible- Go for Gold, World Masters, Perth 2016!'



TRACK ACTION



Brian Hewitt powers off the bend in a 200m race at Ern Clark Athletic Centre.



MELISSA FOSTER



NICOLETTE WHITTINGTON



Lynne Schickert takes off after receiving the baton from **Janne Wells** in the 4 x 800m walk relay.

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
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

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

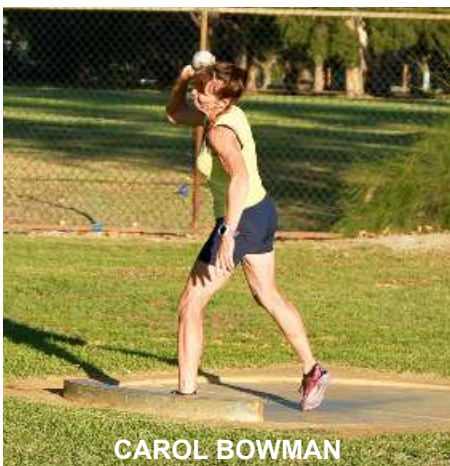
Please note starting times. Patron's trophy triple jump, high jump and long jump start at 6pm

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

Pentathlon – Ern Clark Athletic Centre, February 4



Melissa Foster sails through the air as Les Beckham keeps his eye on the jump.



CAROL BOWMAN



Zoe Richards prepares to jump during the pentathlon.

Women Pentathlon					
	100	SP	LJ	JT	800
W35					
1 Melissa Foster	13.6	8.45m	5.47m	25.95m	3:10.8
2579	650	449	771	430	279
W40					
1 Donna Abbey	15.3	5.98m	3.87m	12.30m	3:13.5
1669	478	311	376	180	324
2 Zoe Richards	17.1	8.33m	2.84m	20.16m	3:49.4
1314	264	480	133	347	90
W60					
1 Carol Bowman	18.9	5.53m	2.35m	10.66m	3:25.9
1761	374	419	176	237	555
W70					
1 Lynne Schickert	25.3	4.48m	2.13m	9.43m	5:46.9
1018	64	419	220	285	30



LYNNE SCHICKERT

Lisa pips David in opening sprint

By JOHN DENNEHY

Continuing a 'run' of good performances W45 Lisa Limonas took out the first heat of the 100m in windy conditions in 13.2, a tenth of a second ahead of David Solomon (M50) with new member Gin Ang (M50) third with 13.9. Mark Dawson (M50) warmed up by running a 15.2. In the second heat, Barrie Kernaghan (M75) ran a sterling 14.3 followed by Tracy Bauer (W30) in 15.4, Juliana Kelly (W50) in 15.5 and Simone Solomon (W45) in 15.8. Garry Ralston (M60) won heat three in the fastest time of the night (13.0) dragging Doug Peyman (Vis) to a 13.7 ahead of two visitors: Martyn Cavanagh 13.8 and Victor Goytizolo 16.3. Former member Andrew Taylor made a welcome return to the track running 13.3 in front of Gin Ang (again) in 14.3, Allan Billington (M55) in 15.9 and Irwin Barrett-Lennard (M85) 19.7.

Mark Dawson, fresh from a season's best of 5:01 at Strive on Friday evening cruised around the track for a 5:26.5 in the 1500m. Tracy Bauer ran 7:01.8 with Allan Billington and Garry Ralston running together recording 7:05.6. Juliana Kelly ran a 7:24.7 and Cecil Walkley (M85) in 14:29.5.

The 3km walk was contested by three women, with Delia Baldock walking strongly in 11:16.8, Sylvia Byers (W80) 11:42.8 and Lorna Lauchlan 12:53.5.

In order to protect a niggly quad injury, W35 Wendy Seegers has been doing some longer training runs but was still the only athlete to run under a minute in the 400m, running a strong and stylish 58.2. Campbell Till (M55) ran 62.2, a tenth of a second ahead of the fast finishing Maurice Pascal (M40) who was closing fast and David Solomon recording a 66.7.



Juliana Kelly runs up the main straight at WA Athletics Stadium.

WAAS – February 2

Mark Dawson ran 67.3 ahead of Garry Ralston in 68.9 Andrew Taylor 70.6 and 'Mr Consistent' Barrie Kernaghan in 75.4. In heat three Doug Peyman ran a very strong lap to record a 68.6, with perhaps the run of the evening, Henri Cortis (M65) running a 5 second season's best in a superb 75.5. Simone Solomon ran a strong second 200m to record 79.6. John Dennehy (M55) struggled home in 80.8, just holding off Juliana Kelly who ran 81.1 heading off Tracy Bauer in 82.0.

Mark Dawson took only 12:24.6 minutes to complete the 3km with David Solomon pacing his sister, Simone to a 13:57.6. New member Andrew Cuthbertson (M55), walked the distance in 23:36.4 and MAWA life member Lorna Lauchlan (W85) elegantly striding to a 25:39.5.

The 2km steeplechase comprised an equal mixture of 'age-group' and 'age-graded' athletes. Like sprinkled jewels on black velvet, brightly coloured singlets bounded off the start line from the moment the gun went off. In Indian file the athletes jumped, hurdled and scraped over the barriers with MJ Jansen Van Rensburg running 6:13.8 ahead of his younger brother Jaco in 6:34.1. Next was Brandon Wilman in 6:45.3 followed by Ollie Purser 7:05.2 and Mitch Thomas in 7:30.4. Kim followed his son in (M40) 8:42.8, despite doing an earlier training session. He, in turn, was followed by the David Carr the world M80 record holder, recording a fast time of 10:28.9. John Dennehy followed in 11:29.7. Irwin Barrett-Lennard looked very fresh in running 12:35.3, just outside his state record of 12:30.4 and Cecil Walkley brought home the field in 23:10.1 to the applause from the junior athletes who had stayed to cheer him home.

ECAC – February 4

With the main focus of the evening the pentathlon (results on previous page) it was a more condensed programme.

Bernard Riviere dominated the sprints with victory in the first heats of the 200m (27.5) and the 60m (8.2) at Ern Clark Athletic Centre. Colin Smith and Steve Werner filled the minor placings

in the 200m with Justin Vincent and Colin second and third in the 60m. In the second heat of the 200m Bob Hull (35.1) edged out Peggy Macliver (35.6) with Nicolette Whittington third.

Brian Hewitt returned to the track with a win in the second heat of the 60m (9.8) and second in the 1500m (5:55.1). Jim Langford took victory in the 1500m (5:49.9). Justin Vincent jumped 5.24m in the long jump with Nicolette Whittington second with a jump of 3:48m.



BERNARD RIVIERE

Wendy returns with swift 200m

By **JOHN DENNEHY**

Wendy Seegers announced her return to the track after a niggly quadriceps injury with a 24.6 200m win. Gary Ralston (M60) pulled a calf muscle in running a 25.9 and has put his State Champs performance in jeopardy. Maurice Pascal (M40) ran strongly to record a 26.7 with Campbell Till (M55) running 27 neat. Visitor Stuart Evans returned from injury to run 28.4 ahead of Mark Dawson (M50) running a great sub 30 (29.6) next was Barrie Kernaghan (M75), battling it out with Juliana Kelly (W50) 30.4 to 31.8 respectively. Heat three was taken out by visitor Doug Peyman 28.9 from newcomer Mark Whyte 31.5 with Geoff Brayshaw (M65) testing out his injured back with a 31.9. Field eventer Mike Anderson (M65) ran 43.3 and Cecil Walkley (M85) rounded out the field.

Mark Dawson's more familiar territory is the middle distance events and his metric mile time of 5:21.9 was impressive in its execution. Fellow squad member, Jane Lockwood (W35) ran a season's best of 5:43.1 on the back of several fast 800m runs at Strive meets where she has been accruing some valuable tactical strategies and race experience. Stuart Evans showed great tenacity in running 6:12.5 followed by Maurice Pascal in 6:20.7. Henri Cortis (M65), running his first 1500m in almost a decade, demonstrated his increasing fitness by churning out a 6:56.6. Juliana Kelly ran in 'no girl's land' the whole way in 7:30.9 with Mark Whyte jogging a few laps and then running, to record 7:42.0 with John Dennehy (M55) in 8:25.3 and Cecil Walkley 14:46.2. Andrew



Mark Dawson has posted some impressive runs recently.

WAAS – February 9

Cuthbertson (M55) walked the distance in 11:26.5.

In the 60m, Wendy Seegers drew gasps from onlookers with her amazing, but legal, start. Seegers was into her stride and up to speed using her exceptional core strength to balance and record a 7.7 ahead of Lisa Limonas (W45) in 8.9. Barrie

Kernaghan ran a 9.5 and Barbel Koribalski 9.6. Our most frequent visitor, Doug Peyman ran 8.4 with Mark Whyte 9.3, Jane Lockwood 9.6 and thrower Cheryl McMahon (W40) a 9.9 and Cecil Walkley 33.5.

Mark Dawson ran a tenacious 3km in 12:10.6 to lead visitor Mark Heathcote with 12:29.3. John Dennehy recorded a season's best of 19:48.0, with Sylvia Byers (W80) achieving her aim of a sub 14-minute performance with a 23:57.0.

David Solomon had a busy schedule on a hot night competing in two sprints and the 5000m distance race. In the opening 200m heat, he was one of four runners who went sub-30s and crossed the line first in the second heat of the 100m in 14.5s. Using the 5000m as a training hit-out, he followed Jim Langford (20:59.0) home in second crossing the line in 21:10.7.

Clare Wardle ran a solid 21:40.3 to finish third in the 5000m after placing second in the 600m in 2:05.1 behind Brian Hewitt (2:01.1) with Bert Carse third in 2:10.4.

ECAC – February 11

In the opening heat of the 200m Lee Stergiou (25.5) led home Bernard Riviere (27.5) and Colin Smith (27.8). Lee continued his success in the 100m with a 12.5 run from Colin (13.6) and Bernard (13.8).

Bev Hamilton returned to Ern Clark and set a provisional State record of 10.90m for the weight throw. Todd Davey took out both the discus (42.50m) and the weight throw (13.41m).



LEE STERGIU

Sprinters sharpen up

By JOHN DENNEHY

Showing great strength and speed, Wendy Seegers (W35) held out Maurice Pascal (M40) by a full two seconds running a 24.8 in the first heat of the 200m. Maurice is rapidly gaining form and the run will hold him in good stead for the upcoming State Championships. New member, Doug Peyman (M50) ran third in 28.2 with perennial American visitor Jim Woosley running a 34.3. Andrew Taylor (M45) led home heat two in a close finish, running 28.4 with Lisa Limonas (W45) 29.2 and Nicola Hibbert (W35) in 30.7, despite a recent sojourn to Argentina, closely followed by Barrie Kernaghan (M75) in 31.2. On a hot and humid evening, another new member, Mark Whyte (M45) scored a win in the third heat running 30.9 with Geoff Brayshaw testing out his injured back running 32.3 and Cecil Walkley (M85) completing the distance in 1:34.7.

Visitor James Doyle took out the 600m running an aggressive and assertive race in 1:27.5, to complete his preparations for the open WA champs on the weekend. Nick Best (M35) showed great poise with his 1:33.1 harnessing his speed and endurance more effectively now that he is a little more experienced. Doyle's coach, Neil Morfitt (M60) ran a superb 1:41.4 with Chris Groom (M45) in 1:45.3 and Mark Dawson (M50) 1:53.2. Next was Maurice Pascal, displaying good speed/endurance

WAAS – February 16

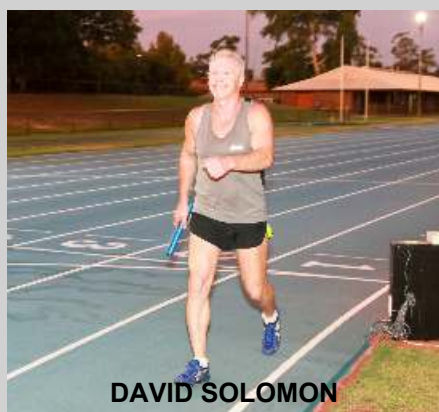
with a 1:56.0 and 5/10km specialist Vanessa Carson (W35) producing a fine 1:56.5. Henri Cortis (M65) ran 2:02.1 indicating a further improvement over 800m is imminent. He was followed by Tasmanian Masters visitor Phil Hniat in 2:12.3, with Mark Whyte running 2:19.8 and John Dennehy (M55) 2:22.7.

Wendy Seegers also took the 100m in a swift 12.4, Doug Peyman following in 13.6, Andrew Taylor in 13.8 and Nicola Hibbert with 14.8. Mark Whyte showed a fine turn of speed in heat two recording 14.5, a second ahead of Barrie Kernaghan with Jim Woosley in 16.4 and Cecil Walkley in 44.9.

Vanessa Carson produced a classy performance over her more favoured 5000m in running a comfortable 20:47.4 despite a lack of experience on the track. The long striding Phil Hniat ran 21:51.4 with Mark Dawson in 22:00.4. Karyn Tolardo (W50) walked the distance in a sterling effort recording 29:06.7 to complement her daughter Isabella's state title over the same distance on Friday evening. Sometime walker, John Dennehy went a 28-second PB recording a 19:20.0 from Andrew Cuthbertson (M55) in 23:52.4. Lorna Lauchlan (W85) was next in 25:55.6 from debutante Margaret Hooker (W70) in 26:02.3 and her son Nick Best (M35) in 26:03.3.



Vanessa Carson won her first 5000m on the track by more than a minute.



DAVID SOLOMON

Vanessa Carson followed up her impressive 5000m on Tuesday with a time of 11:37.1 in the 3000m. Filling out the minor placing were Tasmania Phil Hniat (11:44.8) and Oxford City club runner Giovanni Puglisi (11:58.5).

In the earlier 100m, Colin Smith (13.3) crossed the line ahead of David Solomon (14.1) and Gin Ang (14.5).

Lee Stergiou scored a double with victory in the 400m and 60m. Vanessa Carson (72.0) and Carol Bowman (83.8) each won their 400m heats.

ECAC – February 18

Karyn Tolardo warmed up for the relay with a time of 17:26.5 for the 3000m walk.

Two teams entered a 4 x 800m relay with the experienced team of Delia Baldock, Janne Wells, Lynne Schickert and Karyn Tolardo taking the spoils in 20: 51.1 from the men's team of John Dennehy, David Solomon, Maurice Creagh and Andrew Cuthbertson.

Lee runs hot as Gillian pips David

The weather was cold but the performances were hot at WAAS with Lee Stergiou (M40) leading the 100m field to record a 12.1 performance ahead of three M50 men. Quinton de Klerk announced his welcome return to the track with a typically aggressive 12.5, Doug Peyman followed in 13.2 and Gin Ang ran 13.8. In the second heat Nicola Hibbert (W35) ran a strong 14.5, Neil Fletcher (M50) ran 14.8 and Barrie Kernaghan (M75) finished in 15.2 just ahead of Tracy Bauer (W30) in 15.4. The third heat was taken out by the smiling Mark Whyte (M45) in a snappy 14.6, Jim Woosley (Vis) finished next in 16.3 with Cecil Walkley (M85) in 43.8. The fourth heat was won in 13.6 by Lisa Limonas (W45) with Sharon Davis (W40) 15.6 and Anne Pugh (W40) a season's best in 15.7.

In the first heat of the 'quarter', Nick Best (M35) was the only athlete to break the minute barrier on the evening running a seemingly easy 57.6. Campbell Till's (M55) 62.9 doesn't represent his fitness level but worthy of merit nonetheless. Newcomer Louise Soia appeared to enjoy being the youngest member in competition instead of being the oldest, ran a very solid 63.5 backing up her open state performance from the weekend of 64.5. Stuart Evans, returning from injury, recorded a 65.3. Heat two was won by Doug Peyman (M50) in a workmanlike performance of 71.5 ahead of Neil Fletcher (M50) in 78.9. Barrie Kernaghan ran a very hard 300m and cruised an 80.8. Sharon Davis showed her experience in running 68.1 to win the next heat ahead of a determined Nicola Hibbert in 70.3. Anne Pugh slashed several seconds off her last 400m time despite a chronic achilles



Gillian Young and David Carr battle for the lead in the steeplechase.

WAAS – February 23

injury that restricts her training, her 72.8 representing great tenacity and solid technique. Tracy Bauer showed her fitness to run 80.7. Brian Kineen (Vis) ran 70.8 for the win in the fourth heat dragging Mark Whyte to an impressive 74.1.

Lee Stergiou continued his dominance over Quinton de Klerk in the 60m running 7.7 to 8.0 respectively. Gin Ang was third in 8.7 with Jim Woosley in 10.3. Heat two was won by Doug Peyman in 8.5 from Lisa Limonas in 8.8. Mark Whyte ran 9.1 and Nick Fletcher 9.4. In heat three Nicola Hibbert ran 9 seconds 'neat' to deny Sharon Davis the win by a tenth of a second with the versatile Tracy Bauer in 9.6. Nick Best ran 10.9 to win heat four followed by Ted Miller (M70) in 11.3.

In the 2km walk, Andrew Cuthbertson (M55) showed the benefits of his research on technique with a 15:36.6 effort. Margaret Hooker's 16:38.3 represents an increase in fitness and the doyenne of WA walking, Lorna Lauchlan (W85) recorded a fine 17:07.6.

The 2km steeplechase was won by Gillian Young (M65) in 10:18.0, just outside her own state record of 10:02.49, but only after an absorbing battle with her coach, David Carr (M80). David had led the whole field with Gillian maintaining a 20-metre gap which she closed on the last lap to challenge him. Coming up to the final water jump the two competitors entered together but Gillian seemed to gain traction quicker than David and emerged with the 'bit between her teeth' and went for the line. David's 10:24.2 was slightly quicker than his last steeple and done under tougher circumstances.

ECAC – February 25

Donna Abbey had a successful evening with a win in the second heat of the 60m (9.5) and the second heat of the 200m (32.5). In the long jump, Donna recorded the longest jump of the night with a 3.89m leap.

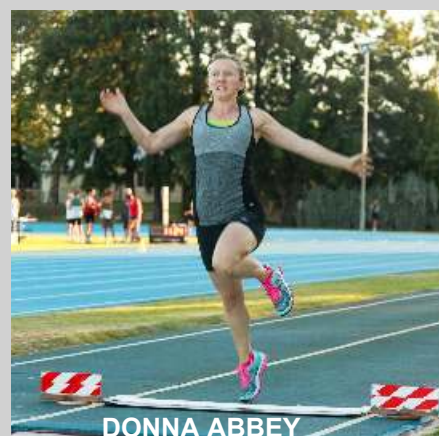
Bernard Riviere scored wins in the first and third heat of the 60m recording 8.1 and 8.3 for the two races.

Vanessa Carson ran 5:20.5 to win the 1500m from Bjorn Dybdahl (5:31.6) and Keith Hill (5:34.7).

David Solomon was the only runner to go sub 12 for the 3000m with a time of 11:54.9.

In the 4 x 400m relay the M70 team had to wait until the night for Henri Cortis to turn 70. Henri ran last with Bert Carse, Barrie Kernaghan and David Carr setting up the final time of 4:20.2

A W60 team of Carol Bowman, Peggy Macliver, Jackie Halberg and Margaret Saunders recorded 5:44.5.



Track and field notes

WAAS – February 2

Lisa Limonas' best long jump measured 4.65m, edging ever closer to the 5-metre mark. Versatile Phil Smyth (M65) jumped 3.75m to add to his Friday Strive pole vault effort and Gay Wyatt (W60) with a 3.23m.

In a low key shot put competition Todd Davey (M45) threw a very impressive 14.31m with Chris Schelfhout (W45) throwing 7.04m.

A slightly bigger javelin field included visitor Malcolm MacNeil, who threw 34.95m. State record holder, Rob Shand (M80) was within 2 metres of it with 20.47m. Chris Schelfhout recorded a 19.51m and Simone Solomon threw 15.80m. Todd Davey's discus best was 43.39m, not far off his state record of 45.30m. A superb effort considering he is at the very end of the age group.

WAAS – February 9

Dave Wyatt (M60) showed a return to form winning the high jump in 1.40m. Lisa Limonas sailed over 1.30m and the versatile Phil Smyth (M65) was just behind her with 1.25m. Barbel Koribalski made a 1.20m jump between her many other events with LOC secretary, Delia Baldock (W50) jumping 1.15m and Gay Wyatt (W60) displaying good technique with 1.03m.

Perhaps the highlight of the night was the extraordinary performance of multiple state record breaker and holder, Todd Davey (M45) in the shot put, with a pending state record. A massive effort of 15.04cm is the result of numerous gym sessions and technique adjustments to send the 7.26kg (16lb) shot this distance. His current WA record is a 'mere' 14.83m. Heralded by his now familiar yell, the metal tape was rolled out and the distance recorded. Fellow field event specialist, Yolanda Carstens (W50) threw 9.00m with Cheryl McMahon next on 8.47m. Debutante Barbel Koribalski recorded exactly 8m with Alex De Silva's 7.49m beating his mother Michelle's 7.45m. Mike Anderson was well over the 6m mark with 6.14m.

In the discus, Todd Davey backed up well from the shot with a very good 43.04m performance. Cheryl McMahon, who is also putting together a fine season of performances pencilled in a 27.75m. Alex and Michelle De Silva both threw 19.37m! Barbel Koribalski, who is proving to be an all-round athlete, threw 20.16m with Mike Anderson's best effort a fine 16.95m.



Byrony Glass dances across the circle in the hammer.

WAAS – February 16

Under the judicious eye of coach, Dave Wyatt (M60) a slew of impressive performances were demonstrated in the triple jump. Dave's own best jump was 9.32m, followed by Lisa Limonas with an impressive 9.08m. Geoff Brayshaw was able to go out to 8.15m, with Phil Smyth (M65) jumping 7.72m and Gay Wyatt (W60) with 6.83m.

Despite intermittent roars of laughter during the evening, there were some seriously good throws in both the weight and hammer competitions. In the weight throw Byrony Glass (W35) 'hurled' the hammer out to 50.49m with Geoff Gee (M60) on 37.73m. Chris Schelfhout (W45), recipient of another state record certificate on the night, threw a 26.12m. She was just ahead of Bev Hamilton (W70) who threw 25.53m. Kate Glass (W65) celebrated her birthday with a 24.74m effort and Michelle De Silva (W40) threw 19.99m to beat her son, Alex by just 58cm.

Byrony continued her good performances into the weight throw with her best performance a 17.36m. Geoff Gee's 16.16m took him into second place with Bev Hamilton throwing a 10.05m. Kate Glass threw 8.08m just ahead of Chris Schelfhout on 7.79m. Alex De Silva extracted some revenge on his mother throwing 6.62 to Michelle's 6.35m.

Delia Baldock's great organising skills were put to the test and she managed to get two teams to run a 4 x 400m relay, thereby sanctioning the official team. Western Australia will have an M40 representative team in the postal relays. Maurice Pascal, Doug Peyman, Mark Dawson and Campbell Till recorded 4:23.0 despite only Campbell (the oldest

member and running down three age groups) going into the event fresh. It was a fantastic performance, all things considered, and they all showed focus and determination in 'doing their job'. The mixed team of Vanessa Carson (track first timer), Phil Hniat (Tasmanian visitor), Nicola Hibbert (just returned from an overseas holiday) Mark Whyte (new member) were worthy of praise for generously competing over the distance despite completing several other races on the night. This team produced a time of 4:59.4 and gained much respect from their fellow competitors.

WAAS – February 23

Lisa Limonas, making the most of competitive opportunities, bested her jumps coach, Dave Wyatt (M60), 4.68m to 4.08m respectively. Neil Fletcher's best jump was a 3.94m and Gay Wyatt (W60) recorded a 3.17m effort.

In the absence of newly crowned open state shot put champion, Todd Davey (at 49 years of age!), Andrew Ward (M50) put his stamp on the competition recording a 9.32m distance. Yolanda Carstens (W50) just failed to crack the 9m mark with an 8.98m put. Effervescent Sally Sims (W35) threw 7.79m and Mike Anderson (M65) 5.74m.

Malcolm McNeil threw a best of 37.24m to win the javelin competition ahead of multi-eventer Geoff Brayshaw (M65) 31.62m. The consistent Andrew Ward threw 31.59m with sprinter Quintin de Klerk in unfamiliar territory, but able to not look out of place technique wise, throwing a respectable 23.69m. Club stalwart Rob Shand (M80) is edging closer to the 20m barrier with his 19.90m and Sally Sims threw 14.19m.

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

Lisa Limonas runs to the finish line in a 400m at Ern Clark Athletic Centre.