

T F N L



The Track and Field
Newsletter of MAWA

Season 10 Issue 3

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**WA duo
competes at
Pan Pacs**

Bjorn Dybdahl flew to the Gold Coast to compete at the Pan Pacs following his steeplechase at the World Masters Athletics Championships in Perth.

Making a splash

It's time to renew

THE 2017 Club Membership is now open for new members and renewals. The club prefers online membership. To do so, access the MAWA website and the relevant link is on the right side of the home page.

Please ensure you fill in the correct form and follow instructions carefully, particularly for joint membership.

Renewal is available until January 31. After that date, membership lapses, and an additional \$10 rejoining fee will be payable.

Helper dates are on a drop down list and when a helper date is full, that date will cease to be available. To ensure you get the helper dates you want, the club recommends you renew early.

Throws events return

Following the successful inaugural Heavy Weight Pentathlon and Heavy Weight Throw events in January, MAWA will hold a similar competition in early 2017.

The events will start at 8am on Sunday, January 22 at Ern Clark Athletic Centre. Entry fee will be \$10. All members are encouraged to compete and as usual, at club events, visitors pay an additional \$5.

● Sally Sims, pictured at the state championships, was one of a number of MAWA athletes who competed in the inaugural heavy weight competition.



Records

During World Championships

Men

High Jump	M40	Paul Jeffery	1.76m	27/10/2016
5000 Metres	M40	Roberto Busi	14:46.60	29/10/2016
10,000 Metres	M40	Roberto Busi	30:58.37	1/11/2016
400 Metres	M40	Daniel Stolp	51.47	5/11/2016
110 Metres Hurdles	M45	Mark Jeffery	17.88	28/10/2016
200 Metres	M45	Glenn Ross	23.33	1/11/2016
100 Metres	M55	Rudy Kocis	12.07	28/10/2016
200 Metres	M55	Rudy Kocis	24.61	1/11/2016
100 Metres	M60	Garry Ralston	12.57	28/10/2016
100 Metres Hurdles	M60	Garry Ralston	18.28	5/11/2016
Throws Pentathlon	M60	Geoffrey Gee	3676pts	5/11/2016
Shot Put	M65	Ossi Igel	11.95m	29/10/2016
Pole Vault	M65	Phil Smyth	2.50m	31/10/2016
Heavy Weight Throw	M65	Ossi Igel	15.52m	5/11/2016
Throws Pentathlon	M65	Ossi Igel	3704pts	5/11/2016
2000m Steeplechase	M65	Giovanni Puglisi	8:01.25	6/11/2016
5000 Metres	M75	Bert Carse	20:52.43	29/10/2016
High Jump	M75	Brian Waldhuter	1.20m	6/11/2016
Heavy Weight Throw	M80	Jim Davis	13.52m	27/10/2016
Hammer Throw	M80	Jim Davis	34.91m	28/10/2016
Marathon	M80	Alwyn Barnesby	47:59.00	6/11/2016
Long Jump	M85	Derry Foley	4.89m	29/10/2016
800 Metres	M95	John Gilmour	**9:19.93	28/10/2016
400 Metres	M95	Arthur Carbon	3:30.92	5/11/2016
1500 Metres	M95	John Gilmour	19:35.95	5/11/2016

Women

Discus Throw	W40	Sarah Edmiston	34.19m	4/11/2016
Pole Vault	W45	Vicki Cobby	1.90m	26/10/2016
Heavy Weight Throw	W45	Paula Kennedy	9.58m	4/11/2016
High Jump	W50	Sue Coate	1.39m	28/10/2016
Half Marathon	W55	Janet Ferguson	1:33:02	6/11/2016
Marathon	W60	Christine Pattinson	3:47:54	6/11/2016
80 Metres Hurdles	W60	Maureen Keshwar	18.25	4/11/2016

5000 Metres Walk	W60	Lyn Ventris	27:51.27	27/10/2016
Marathon	W65	Liz Neville	3:47:11	6/11/2016
100 Metres	W70	Peggy MacIver	16.34	26/10/2016
Discus Throw	W70	Bev Hamilton	22.07m	31/10/2016
Discus Throw	W70	Bev Hamilton	22.91m	4/11/2016
Javelin Throw	W70	Bev Hamilton	17.36m	29/10/2016
Heptathlon	W70	Brenda Painter	2582pts	29/10/2016
100 Metres	W75	Ruth Johnson	17.94	27/10/2016
400 Metres	W75	Ruth Johnson	**1:29.78	5/11/2016
5000 Metres	W75	Lorraine Lopes	**26:41.46	28/10/2016
Half Marathon	W75	Jill Bower	2:43:45	6/11/2016
2000m Steeplechase	W75	Lynne Schickert	16:59.78	6/11/2016
10K Road Walk	W75	Lynne Schickert	1:20:53	31/10/2016
20K Road Walk	W75	Lynne Schickert	2:52:27	4/11/2016
100 Metres	W90	Joy Duncan	1:43.91	27/10/2016

Since World Championships

10,000 Metres	M40	Roberto Busi	30:21.00	11/11/2016
60 Metres	M55	Rudy Kocis	7.68	12/11/2016
Pole Vault	M65	Phil Smyth	2.55m	18/11/2016
Pole Vault	M65	Geoff Brayshaw	2.60m	25/11/2016
Hammer Throw	M50	Todd Davey	46.63m	27/11/2016
Heavy Weight Throw	M50	Todd Davey	17.53m	1/12/2016
Shot Put	M50	Todd Davey	14.98m	10/12/2016

Pre World Championships

Throws Pentathlon	W40	Cheryl McMahon	2799pts	02/10/16
Throws Pentathlon	M50	Todd Davey	3978pts	02/10/16
Shot	M50	Todd Davey	14.43m	02/10/16
Weight	M50	Todd Davey	16.64m	02/10/16
Discus	M50	Todd Davey	**53.75m	02/10/16
60m	M55	Rudy Kocis	7.76	07/10/16
Half Marathon	W65	Liz Neville	1:48:57.9	09/10/16
Shot	M65	Ossi Igel	11.83m	18/10/16
Hammer	M65	Ossi Igel	35.80m	18/10/16

** Australian record

WA pair heads East

The week following the Perth World Championships Bjorn Dybdahl and Rudy Kocis flew to the Gold Coast to compete in the Pan Pacs which is held every two years.

Bjorn believed that he and Rudy were the only competitors from Western Australia.

"The Pan Pacs did attract a few Americans on their way home from Perth, but all in all there was poor participation in the middle/long distance – better in the sprints where Rudy took part," Bjorn said.

"I had four races in three days – 5000m, 800m, 2000m steeple and 1500m – it was only the 1500m where I had competition in my age group.

"I did okay in the 800m where I ran 2:34 and steeple in 8:07 (faster than in Perth) but the 5000m and 1500m were slower.

"There was a new venue this year at Runaway Bay Sports Super Centre which was in a way better than the University where the games were held

previously (better parking and food and new surfaced track).

"The numbers participating were disappointing but were divided into two groups where beach-mile, cross country, 5000m road and 10.5 trail were separated from the track and field and the standard of performance was thin.

"I have been in at least five Pan Pac now but this will possibly be the last – but took part due to tradition," Bjorn said.

My Pan Pacs

Having just entered the new age group, my goal was to make the most of every meeting I could whilst I could.

My goals were the world's first and then Pan Pacs straight after purely for selfish reasons....to capture the 60/100/200 records.

The Pan Pacs were poorly attended, probably due to the World's being so close. So it was difficult to get revved up compared to Perth.

With more than ten entered in each distance, in my age group, I was hoping all races would go straight to final as the thought of doing 2 x rounds of each race was making my brain tired, let alone weary body after Perth.

Fortune smiled on me as all three races went to final. I comfortably won all three races and got two out of the three records I was hoping to get, but a starting pistol mix-up ruined my chances of the 200 record.

The gun went off and all of us ran at least 50-60 metres before we were recalled.

Apparently not everyone had heard the gun and a few began slowly??



Several athletes had never used blocks before this event.

A few of us requested a five minute recovery period to re-start but the event organizers only gave us one minute to re-group.

Needless to say, I won the race, but the last 20 metres took its toll, and I tightened up badly, causing me to slow down due to insufficient recovery from the previous false start.

Never mind, I guess I can have a crack at it in two years time.

Next on the agenda will be World Indoors in Daegu (running on a banked track has me fascinated), with

the goal being the National 60 and 200 Indoor records.

State Champs to follow, then Nationals in Darwin (the goal being the 60 Record) thereafter.

I guess my motivation is to target as many records as I can as my personal goals, even as I progress through the age groups. It indicates to me that all is going well in my career as an athlete.

I feel fairly well honoured also to be taking them away from champion such as Barrie Kernaghan and Peter Crombie.

RUDY KOCIS

Dancing Queen

Brenda Painter is a lady full of humility and quiet determination. It has been an honour to profile this lovely person who has worked hard to achieve many goals during her lifetime, not the least on the athletics field. She is an inspiration to other ladies her age as she has absolutely no fear and will tackle any event with gusto. On her recent to-do list; learn the Fosbury Flop and take part in the Heptathlon— *'before I get any older'*. Her favourite events are the 60 and 100 metres, and the triple, high and long jumps. She says she was never one for arts and crafts, preferring to be more active. Brenda says joining Masters Athletics has helped her realize a lifelong dream.

Brenda was born in Pingelly in 1944 and is blessed with a fascinating ancestral history—Noongar, Danish and English. She grew up around the Pingelly/Brookton area; wherever her dad could get work. After primary school Brenda went into her first job at the old Brookton Nursing Home as a kitchen hand/wardsmaid, eventually being made a nursing assistant. She boarded with an aunty in Brookton and on her days off would cycle the twenty kilometers to Pingelly to see her mum and dad. Homesickness eventually got the better of her but thanks to a kind hospital Matron she was able to get a job at Pingelly Hospital where she stayed until she married her first husband. Brenda has four boys and four girls. At the age of 39, and showing the same determination she shows on the athletics field, Brenda went to Midland Tech to finish her education. Not surprisingly she received the highest achievement award.

Brenda now lives in Walpole and is proudly regarded by the locals. An article celebrating Brenda's achievements at the 2016 Adelaide Nationals, and advertising *Perth 2016*, appeared in the Walpole Weekly in May 2016. Brenda's form in Adelaide bears repeating— Gold in the triple jump and high jump, silver in the long jump and a creditable fifth place in the 60 metres.

Seven years ago Brenda left her job at the Walpole Visitors centre



In focus

With Carmel Meyer

when it became necessary for her to take over the care of four of her grandchildren. Their elder sister was already living with Brenda and her husband so it was going to be one busy household! Brenda is enormously proud of all her grandchildren and is delighted to see them reach an age where they are fulfilling their potential, both in the workplace and in sporting endeavours.

Brenda remembers being a fast runner as a teenager and always

wanting to take up athletics, but she never got the opportunity. A week before her 65th birthday she was in Albany and just happened to drive past the athletics track on a Masters competition night. Brenda says she thought she'd stop and make a few inquiries about joining costs etc. but Albany Masters stalwart Carey Dickerson invited her to join in the 100 metres.

Brenda says with typical understatement— *'Not having run for 30 years, I was a bit worried'* Needless to say, since that first race Brenda has not looked back and credits her mentors at the Albany Athletics club— Carey Dickerson, Barbara Wilson and Peter Mueller — with helping her develop as an athlete.

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When asked about her training regime Brenda says simply that she doesn't really have one. She just gets on with it; juggling her role as a wife, carer, and grandmother and fitting in training when she can. As the World championships approached, Brenda tried to make the long journey up to Perth every few weeks to take advantage of some hurdles coaching with Tom Lenane and to train with fellow heptathlete Carol Bowman. Brenda has brought her granddaughter Rhianna to the track with her on a number of occasions. In her gentle way she is still nurturing; encouraging the athletics talent that she can see in her granddaughter and trying to provide her with early experiences and opportunities that she herself didn't have.

Brenda's way of addressing the disadvantage and disempowerment of her people is by quietly setting an example for others to follow and by helping out when she can. To this end, she once coached the first Aboriginal women's hockey team in Pingelly and was instrumental in helping the girls to gain access to a sport that gave them all a lot of enjoyment. Brenda now helps out with jumps and sprints coaching for Walpole primary school children.

Brenda says "*touch wood*" when confirming that she has never had an athletics injury and she wryly adds that her only injuries have been "*self-inflicted ones 'around the house!'*" I am in awe of Brenda's ability to dodge the injury bullet. Must be all that bracing (a.k.a cold) fresh air in Walpole that makes you tough Brenda!

I asked Brenda if she had any sporting memories she'd rather forget. She recounted what she calls her Bad Moment (let's face it, we all have at least one!) When competing in the 60 metres in her first nationals she mistook the one mile start line for the finish line. Her husband and daughter later asked her what happened '*why did you stop, you weren't doing too bad*'.

Brenda hasn't travelled internationally to compete but has competed at a national level for the past six years and is keen to take part in Darwin's inaugural championships in 2017. She says her most memorable Nationals moment was at her first competition (Perth, 2010) when she won gold in the Triple Jump. The opportunity to take part in the recent World Championships in Perth was a dream come true for Brenda

Golden girl



Golden girl Brenda Painter (right) and Lynne Schickert (silver) at the Nationals in Adelaide.

and her individual results prove that she gave it her all, and then some-PBA's in Javelin (heptathlon), 100m and 200m, a whopping 20cm PB in Triple Jump and a State Record in W70 Heptathlon. And then to top it all off, there were the relays. Brenda says she was delighted when AMA President Wilma Perkins informed her that she had been chosen as first leg runner for the 4 x 100m W70 relay. (Brenda was also named first reserve for the 4 x 400m) She could hear Aussie team-mates calling out "Go Brenda" as she took to the track. Anxious about the start, Brenda was hoping fervently that the field would not be held too long, in case she "*got the wobble*". She needn't have worried; a fine start from Brenda got the team on their way to a gold medal win, with fellow MAWA champion Peggy MacIver taking care of the final leg. A gold medal at a World Championships! Another moment Brenda had only dreamed about.

Standing on the dais to receive her medal was "*awesome*", says Brenda. She was unprepared for how moved she would be on hearing the national anthem played as she stood proudly as part of the winning W70 team. On

returning to the stands with her gold medal around her neck she struck up a conversation with a young reporter who organized to interview Brenda for the National Indigenous Times on her impressions of the World Championships. Brenda was happy to oblige and hopes that indigenous athletes will gain something from her example and will also decide to join masters athletics.

Brenda recalled the gruelling 800m event she had to complete as part of the Heptathlon. She decided slow and steady was the best approach and on reaching the 400m mark said to herself "*well, I'm still alive*" in order to boost herself up for the second lap! Without looking back or losing her stride Brenda gave a quick wave to supporters in the stands and she continued on her way.

I wondered what else I could find out about this powerhouse of a lady. Well, Brenda loves to dance and sing. Unfortunately, I couldn't get her to give me any further details. She can certainly move on the athletics track and through the air in her jumps trifecta. After your recent performances at *Perth2016*, I think a little victory dance is in order Brenda!



Technical challenge

By JOHN DENNEHY

One of the most technical of track events the hurdles attracted a mixture of highly credentialed runners, athletes looking for a new challenge and former hurdlers looking to recapture childhood memories of the discipline.

In the long hurdles Sharon Davis and Annmarie O'Donovan competed with distinction, successfully negotiating the ten barriers. Exceeding their individual expectations they both medalled. Sharon's greater flat speed helped her record a 1:08.06, just outside Eileen Hindle's SR of 1:06.7 and saw her crowned world champion. Her differential was just under eight seconds. Annmarie's time of 1:21.16 indicates a superior differential from her flat 400m (79.5) and she is now the proud recipient of a world championship silver medal.

Broome's Vicky Cobby recorded a 1:17.34 and Kerriann Bresser a 1:23.87 to qualify for the W45 400m hurdles final, where they both came away with faster

times posting 1:15.63 for fourth and 1:23.00 for ninth respectively with relatively 'clean' races.

Delia Baldock, in the W50's division posted an 80m time of 17.66 and 300m time 1:06.77 over "the sticks" neither time representing Delia at her best. Her workload over the last few months before 'worlds' whilst valuable to the overall competition did her athletics endeavours no favours at all.

In the men's events, Stephen Meredith (M35) qualified for the final of the long hurdles running 1:09.57. He was able to back this up, shaving time off in the final, to record a 1:08.70 for ninth position.

David Scott (M40) ran both hurdles events, the 110m in 19.15 for ninth and the 400m in 1:13.08 for seventh place.

Mark Elms (M45) completed his 400m race in 1:10.88 for sixth in his heat, an admirable time given his work commitments as a FIFO employee have severely limited his training recently.

Sprinter Garry Ralston (M60) has taken an interest in the hurdles over the last few

seasons and was rewarded with a SR of 18.28 for the sprint (100m) distance for sixth place. In the long hurdles (300m) he started off in his usual rather languid style, fooling most onlookers but not the clock. Looking poised to strike at the last barrier, Garry succumbed to a combination of lactic acid and kidney stone pain he tumbled to the track, but remained in his lane. Several shaky steps later he fell again but was able to stagger to the line claiming a worthy silver medal behind the legendary American, George Haywood. His time was 48.51 significantly slower than his SR of 46.86. Two heavily skinned knees and a livestream replay providing entertainment for the Ralston household for quite some time.

The MAWA duo of Harold Membrey (1:08.90) and Nick Miletic (1:13.62) ran up to recent form, both running into fifth place in their respective heats of the 300m hurdles. Over the same distance but at the lower height of .686m Walter Groom (M70) ran a quality 300m 1:01.53.



Gillian Young (left) and Carol Bowman tackle the water jump.

Water jump test

By JOHN DENNEHY

The women's steeplechase is held over the 2km distance and WAMA was ably represented in the W45 event by Vicki Cobby, coming from a largely speed background and Keriann Bresser, primarily a trail runner. Keriann would have preferred the 3km distance open athletes run. Both seemed unconcerned with the unfamiliar water jump on the inside of the track at the Ern Clark Athletic Centre and were pleased with their respective times giving them eighth and ninth places respectively.

There were also two MAWA representatives in the W50 event, Simone Solomon and Jacqui McQueen, who were on familiar territory at WAAS with its outside water jump. Simone followed her athletic instincts and positioned herself perfectly to unleash a surprisingly strong kick and snare a prized bronze medal in 9:15.75. Jacqui acquitted herself well with a strong race to finish in 11:14.30 and ninth place.

Therese Carr (W55) finished ninth in her steeple (13:38.91) the only athlete to complete or attempt the discus/steeple double. Carol Bowman (W60) snuck under the eleven-minute barrier by the barest margin (10:59.99) recording a fourth place finish, just a few steps ahead of former SR holder, Julie Wilson in fifth, posting an 11:04.88. Margaret Saunders led home the event with an imperious performance of 9:21.63 to complete a third straight world title.

Gillian Young (W65) shrugged off recent injuries to run a creditable 10:38.18 and collect a silver medal. The current SR holder in this event she ran strongly and looks to be back to good form for the summer season. Lynne Schickert (W75) completed her arduous schedule with a bronze medal in a SR of 16:59.78. Never lacking endurance, she reeled off consistent laps and focused her energy on negotiating the barriers as easily as possible.

Robert Nichols (M35) reaped the rewards for several seasons of racing the 3km steeplechase at Strive and open State Championships with a bronze medal. He is the current SR holder at 10:11.00 and ran a superb tactical and aggressive race finishing in 10:21.84.

In the M50 event, triathlete Steve Smith (13:48.55) only needed his running skills to run into tenth place complementing his cross country result. Running 11:39.46 Trevor Scott placed fourth in the M55 steeple to complete his program in fine style. Bjorn Dybdahl placed fifth in his steeple, the M60s competing over the 2km distance with the barriers set at a lower height. Equally as adept over middle distances as he is over longer distances, Bjorn's power to weight ratio, experience, and hurdle technique combine to make him a formidable 'chaser.

Giovanni Puglisi (M65) took no prisoners in his steeplechase. He cleared the barriers quickly and cleanly and kept near the front of the field. Possessed of an

enviable sprint he lost no admirers with his race tactics. To cap it off he set a new SR recording an impressive time of 8:01.25 and ran himself into the silver medal position. Bruce Wilson with no less passion but with a much more measured approach also earned himself a medal in the M70 event. It took just 9:23.80 for him to complete the journey and he had garnered a bronze medal.

Sadly for the first time in many world championships, three of the most experienced steeplechasers were not racing the event in Perth. Bob Schickert, Bert Carse and David Carr, stalwarts of the art of steeplechasing were absent from the results. Bob was kept busy choosing to race the half marathon and Bert finding the steeple aggravating a recurrent foot injury. David, the reigning world record holder and title holder had injured himself before the championships and only ran the 800m (where he was edged out for the gold medal, no less). His influence was evident with many of his charges benefitting from his expertise and posting best times.

In the M85 age group, tradition was upheld as Irwin Barrett-Lennard won his world title in fine style finishing in 13:35.53, well outside his SR but a win none-the-less. He was joined on the podium by fellow MAWA member, Cecil Walkley in 25:55.47. Both competitors finished to a rousing reception by the crowd as befits top calibre athletes.

Record meeting

By JOHN DENNEHY

Most of the throws events were held at the Ern Clark Athletic Centre in Cannington, adding fuel to the perception that throwers are the poor relation to runners, although their performance would belie this. MAWA throwers, in particular, performed extremely well with a plethora of state records. A delegation of throwers was able to get an illegal shot put kick/toe board replaced, however, what appeared to be a throwing cage with low netting remained unchanged despite their efforts.

Jasmin Karwacki and Sally Sims (W35) both competed in the shot and discus, Jasmin placing eighth and fifth, Sally eleventh and tenth, respectively. Sally was joined in the hammer by Byrony Glass who won the event with a massive 50.95m effort, despite being ill for the duration of the championships. On the days she wasn't competing she was bedridden fighting off the effects of a virus. Sally was just one place away from a medal in the hammer. Byrony also outclassed all opposition in the weight throw (16.28m) while encouraging her less experienced friend, resulting in Sally's huge 10.90m throw, giving her a hard fought and highly prized bronze medal. Byrony's third gold came in the throws pentathlon (3436pts) where Sims gained seventh place, capping off a remarkable series of events for these Lyndsay Glass coached athletes.

Throws cheerleader Michelle De Silva (W40), putted the shot 7.76m for ninth place, going over the 20m barrier in the hammer to place eleventh; Larissa Turner placed seventh (8.77m) and Sarah Edmiston's best effort scored her a ninth. Sarah's discus of 33.53m put her in seventh with Michelle De Silva rounding out the top ten. Julie Daines was the sole representative in the javelin recording sixth place (29.73m). Cheryl McMahon heaved the weight out to 11.10m for eighth place. In the throws pentathlon, Cheryl edged out Sarah 2731 pts to 2696 pts for eighth and ninth respectively. Sarah set a new discus SR in the discus (34.19m) in an effort to keep in touch with Cheryl's points.

Paula Kennedy (W45) was fourteenth in the shot put with an 8.50m effort and Mel Tantrum, Athletics WA's High-



Julie Daines releases the javelin on her way to sixth place with a throw of 29.73m.

Performance Manager and Australian Team Manager, put the shot out to 7.90m for eighteenth. Christine Schelfhout stepped out of the shadows of her talented field event sons to establish herself as a capable athlete in her own right, with thirteenth in the discus and ninth place in both the hammer and throws pentathlon. Paula placed tenth in the discus, with Mel showing her competitive spirit by improving to throw over the 16m mark. Paula was seventh in the javelin and threw a shot SR (9.58m) in the throws pentathlon for eighth place overall.

Javelin specialist Yolanda Carstens (W50) placed a fine fifth also gaining a seventh in the shot put. Sharon Maloney put together a consistent series of efforts in the throws pentathlon placing twelfth.

Therese Carr (W55) carried MAWA hopes in the discus and made the final, refining her technique to surpass her medal winning throw at the recent Alice Springs Masters Games to 20.99m placing

her eighth. In the W60 event, Lisa Kirsch's weight throw was 11.86m for sixth and her hammer (28.73m) gained her seventh. Barbara Wilson competed in the shot put (10th), discus (9th) and javelin (7th) while Kate Glass's fifth place in the hammer was courtesy of a 24.12m effort. Elizabeth Szczepanska placed eighth in the throws pentathlon with 2960 points.

After a very successful season, Bev Hamilton continued on her record-setting way with impressive performances over a variety of throwing events. A 7.68m in the shot placed her just off the podium in fourth, but a SR in the discus (22.07m) resulted in a silver medal. Another SR in the javelin (17.36m) gave her another fourth place finish. Her hammer throw (25.64m) scored her bronze. In the throws pentathlon, she again set a SR in the discus (22.91m) for an overall total of 3822 points to add to her bronze medal collection.

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Big men perform

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Matthew Staunton's (M40) best of 12.80m in the shot put placed him in fifth with Robert Fettus (12.38m) in seventh. In the discus David Scott was seventeenth, Robert Fettus fifth (37.73m) and Matt gained fourth spinning the 7.26kg disc out to 37.98m. It was in the hammer that Matt made the podium, a tremendous 45.63m for silver with Robert 10m back in fifth. Consistency in the throws pentathlon gained Matt an overall total of 3247points for the world title. Robert accumulated 2954pts to be placed fourth.

In the M45 division, Richard Harris' shot put of 11.04m gave him a finals berth where he placed tenth. His discus best of 35.68m was one spot out of the medals. Wayne Bariolo threw the javelin out to 41.35m for eighth place.

Todd Davey (M50) did not have to better his recent SR to win the world title in the shot put, with his 14.41m effort, but he did have to overcome a formidable opponent in Steve Whyte (GB) whose lifetime best of 17.78m failed to intimidate him. His discus silver (50.94m) came after compatriot Martin Harland struck in the first round with 51.77m (the winning throw). In the javelin Robert Cassian was tenth (34.18m) and Peter Watene (23.92m) twelfth. Todd's hammer throw of 41.33m placed him sixth and Tim Lyons best of 34.74m was good enough for eighth. In the weight throw Todd's best of 16.55m left him agonisingly in fourth place with Tim in eighth (13.83m). The throws pentathlon was held at WAAS with the atmosphere helping Todd to produce a great total of 3684pts adding a silver to his medal haul. Tim Lyons finished in seventh with 2472 points.

Despite good performances in the M55 shot put, Andrew Ward (8.86m), Chris

Van Der Merwe (8.44m) and Jeff Peters (7.79m) failed to advance to the final. In the discus finals, William Biffin was eleventh and Andrew twelfth. Andrew was seventeenth (23.56m) in the hammer, fifteenth in the weight throw (9.13m) and rounded out his championships with a throws pentathlon performance of 2492 points for eleventh position.

In the M60 competition, the affable Geoff Gee posted a best shot put of 12.89m for fifth with Tom Gravestock's 12.33m good enough for tenth, such was the closeness of the competition. The discus proved a happier event for Tom, sending the platter out to 47.13m and gaining a silver medal for his effort. Geoff was unable to replicate his qualifying throw of 42.29m in the final and his 37.25m placed him eleventh. Bruce McGeorge's 32.12m was an admirable effort. Tom's best in the qualifying round of the hammer throw was 39.90m however he was slightly down on this in the final but still managed sixth place. The weight throw of 16.99m that Geoff produced for his bronze medal was outside his extraordinary 17.57m SR but was impressive nonetheless. Tom was able to lift his performance to a 16.00m for seventh. In their final event, the throws pentathlon, the MAWA duo ended up battling for the bronze medal. At competitions end only a meagre 14 points separated the two with Geoff's total of 3676 points giving him the bronze and a SR, Tom having to be content with a PB of 3652 points for fourth and memories of a hard-fought competition.

Competing for his native Germany, Ossi Igel (M65) continued his run of SRs. His shot put SR of 11.95m gave him eighth place and he went one place lower in the discus, unable to better his qualifying throw of 38.12m. His hammer throw best of 32.49m ranked him eleventh overall

and he was seventh in the weight (14.72m). Huge efforts in the throws pentathlon gained him two more SRs: weight throw 15.52m and points total of 3704 for sixth place.

Rob Young (M70) pushed the 4kg shot out 6.85m for a seventeenth place and his discus best of 21.83m saw him in eighteenth. Javelin specialist Stan Selby's only legal throw of 35.22m left him just short of the medals in fourth.

Both M80 shot put competitors had good series of throws, John Cochrane 8.30m for eighth and James Davis 10.23m for fourth. Jim outdid John again in the discus competition with his 26.65m placing him sixth while John's 17.98m was ninth overall. James threw the 400g javelin 16.12m for an eighth placing, Robert Shand sending it even further (18.11m) for a well-earned sixth. James set a SR of 34.91m with his fifth-placed hammer throw finish. He then backed up with a weight throw of 13.52m for fourth repeating this placing in the throws pentathlon where he accumulated 3483 points, a mere 59 points from the bronze medal.

Christian Tittel was MAWA's sole competitor in the M85's throws. He was able to place fourth in the discus (17.01m) and scored a bronze medal in the javelin (11.42m). His first and only legal throw in the hammer of 19.16m left him in fourth, the same place as his weight throw of 7.41m gave him. Showing consistency Christian also gained the same place in the throws pentathlon totalling 2265 points.

Throws coach and mentor to most of the MAWA competitors, Lyndsay Glass, was presented with a trophy to commemorate his input into the unprecedented success of his charges at the competition.



By JOHN DENNEHY

The multi events are often described as for those athletes that are 'Jack (or Jill) of all trades but masters of none'. The women's event is the heptathlon (seven disciplines) and the men's decathlon (ten disciplines).

Melissa Foster (W35) has added the 'hep' to her jumps repertoire in the last few years with the added bonus of all round strength supporting her long and triple jump endeavours. More than competent in all disciplines, she was able to finish with 3510 points for fifth place, identical to her Lyon placing. Primarily a speed based athlete, her high jump of 1.41m (599pts) was exceptional, with her 200m (685pts) earning her slightly more points than her specialist event, the long jump (680), her other strength is her focus. A winter build up, under the tutelage of Anne Masters, has brought rewards in raw speed and core strength. A superb technician in the long jump she ran a very strong 800m to complete her competition.

Donna Abbey (W40) placed seventh (2492 points), with temporary member Annmarie O'Donovan (2786 points) for a stellar sixth. This event was notable for the comradery of the competitors, although never at the expense of their performances. Annmarie leaped 4.01m in the long jump for 416 points and scored 402 points for a 3:04.67 800m. Donna's 200m was impressive but it was obvious that she has a future in 400m/800m running should time and desire allow. With little endurance training her 3:06.69 (384pts) was courtesy of tactical nous and determination. Both MAWA athletes are very inexperienced and improvements are to be expected over the coming season.



Pleasingly, both displayed excellent style in the two-lapper, taking up the running to more fancied athletes and recording much faster times than expected with subsequent good scores.

Noted multi-eventer Vicki Cobby (W45) accumulated 4000 points to place fifth, an indication of the high standard of the competition in the W45 event. A gifted athlete, Vicky ran 14.91 in the hurdles for 680 points and her high jump of 1.41m gained her a huge 771pts, displaying her obvious mastery of the more technical disciplines. Should whispers of the advent of a women's decathlon ever gain enough momentum to gain traction for masters, this is one athlete that would be suited.

Sue Coate's (W50) score of 3964 points placed her eighth. She was able to set a high jump SR of 1.39m (855pts) in the heat of the event. Sue's exceptional 9.93m 'heave' in the shot put provided a big boost to her total (695pts) and her 26.48m javelin gained 568 points. Equally

comfortable in track or field events, Sue can expect even continued improvement in all events with more experience in highly competitive situations as she is able to respond positively when under pressure to perform.

Carol Bowman (W60) managed a SR of 2480 points for a fourth place overall, with her strong performances in the running events of note. She has spent much of the past season learning the field events to present herself as a multi-eventer. Not surprising though, her running is her strength. She sprinted the 200m in 37.21 (524pts) and lapped the track twice to post a 3:29.82 for 520 valuable points. Julie Wilson finished in fifth position despite a disqualification in the hurdles. Julie is a former SR holder in the 2km steeplechase and although plagued with injury and disruptive travelling adventures over the preceding year, she always provides inspiration with her 'never say die' attitude and sheer determination in every event she enters. Her 800m of 3:40.60 was worth 432 points, bringing her total to 2230 points.

Brenda Painter (W70) totalled 2582 points and fourth place despite a disqualification in the hurdles. This is also a new SR. She has covered many kms in the past year venturing up to ECAC for training and competition and produced a quality points total. An athlete of ability, Brenda is set to refine her hurdles technique and add an endurance component to her training regime to cope with the rigours of the heptathlon and boost her points in the 800m. The valuable experience will pay dividends in the coming seasons. She produced an outstanding 200m sprint of 40.84 for 564 points.

Jefferys' strike silver

By JOHN DENNEHY

In the M40 decathlon, David Scott scored 4048 points for eighth place with excellent hurdles and running efforts in particular. Paul Jeffery scored the silver medal with 7388 points setting a SR in the high jump of 1.76m.

Mark Jeffery (M45) accumulated 7169 points for a silver medal. He competed with a cast in Sacramento and a subsequent one handed pole vault was well documented. Temporary member Andrew Watson finished in eighth place, accruing a worthy 4046 points with consistent performances across the event; undoubtedly mastering some demons on the journey as is the wont of most decathletes.

Geoff Brayshaw M65 recorded a very sad DNF in his bucket list decathlon unable to complete the 400m to keep momentum with his points score. His original targets were exceeded and he sat in fifth place overnight despite completing the four events to others' five. His 100m (14.88) gained him 637 points and an injured adductor. He followed this with a 4.03m long jump worth 610 pts. Sending the shot out to 7.91m gifted him 531 pts. A fourth equal placing in the high jump



PAUL JEFFERY

of 1.30m (627) meant he had 2405 points after just four events – an impressive score. Unfortunately, his earlier injury prevented him from anything after a perfunctory start in the 400m he was

unable to continue. Geoff then rubbed salt into his own wound, possibly to provide motivation for “next time,” by carefully watching “his competition” on the second day, wondering “what could have been...”



DAVID SCOTT



MARK JEFFERY

Photo: JOHN OLDFIELD

Walkers show style



Debra Bridges (left) and Marie Fitzsimons head the pack in the 10km road walk.

Photos: TOM LENANE

By JOHN DENNEHY

The 5km walks discipline is a track event and was held at the Ern Clark Athletic Centre in Cannington with both the 10km and 20km road walks held at Perry Lakes and Alderbury Reserve. The road walk course was partly shaded from the sun and provided many vantage points for the athletes' supporters. Many walkers who were sidelined by illness and/or injury were there to cheer on the competitors including Andrew Cuthbertson, Lorna Lauchlan, Dorothy and Jeff Whittam and of course advisor and coach to many of the walkers, the redoubtable Rosemary Holloway.

Meghann Blakeman (W35) competed in the 10km walk recording a time of 1:22.44 which gave her a fifth placing. Temporary MAWA walker Kellie Sadler (W40) walked a 1:07.51 for sixth placing combining with Wendy Farrow 1:05.21 (fifth in W45) for team gold in the W40 division.

Wendy's high cadence rate took her to a safe fifth placing on the track in 32:33.72 followed two places back by Janne Wells (34:02.15). On the road, Janne posted a stylish 1:12.02 for 12th place. In the longer event, Wendy took 2:18.23 for fifth place, Janne in next place with 2:25.58 both fast enough to make the team which scored a silver medal.



WENDY FARROW

Karyn Tolardo was disappointed with her fourth place finish in the W50 5km walk, not so much with the place as the time (30:09.08), around two minutes slower than she expected. Cheryl-Lee Dean recorded 33:21.95 for tenth. Karyn regrouped, showing great resilience, shortened her warm up and was aggressive and assertive in both road events. Her second equal place in the 10km event (1:00.42) had her many supporters willing her over the finish line and she showed restraint in never breaking form to claim the medal. Marie Fitzsimons was as steady as always to post a 1:02.42 to place sixth and Cheryl-Lee scraped into

the top ten with a 1:07.10. Barely a paddle was sighted by this impressive trio. Karyn and Cheryl-Lee were part of the gold-medal winning team.

In the 20km road walk, Karyn Tolardo strode into the silver medal position early on in the event, with 'as safe a technique as you are ever likely to see' and ticked off the 2km laps metronomically to claim the medal outright in 2:07.30 to the applause of friends and family. Marie, also a fine technician, walked strongly for a 2:13.09 and into fifth place. As a bonus, they were in the Australian team crowned world champions.

CONTINUED – next page

Sylvia snares silvers

FROM – previous page

Robyn King's eighth place finish (32:41.99) was a valiant effort by an athlete who has been battling injury for quite some time and was not able to compete at anywhere near her undoubted ability. She will be back stronger and faster than ever.

Although Lyn Ventris (W65) won a silver medal in a SR time (27:51.27), by her lofty standards it was a disappointment and unfortunately at a severe cost. She sustained a hamstring injury some time ago and aggravated it in an effort to compete at her best. Sadly, she took no further part in the championships.

The W65 5km walk contained the MAWA duo of Elaine Dance, 37:52.82 for eighth and Sarah Ladwig one place ahead in 37:30.14. Out on the roads several days later, Elaine showed great endurance to go 1:18.11 and tenth place, once again a place behind Sarah (1:16.03). Michelle Mison (1:30.38), in a rare display of sportsmanship, walked the whole distance with good friend Sylvia Byers (W80), to ensure Sylvia's safety after illness robbed her of some of her confidence and energy. The walks gods rewarded Michelle with her time being good enough for a coveted team position. The team went on to score a silver medal. In the 20km road walk, Elaine came through in 2:39.59. She was boosted by her husband John's smile as he ably manned a drink station on the course. Michelle backed up with a creditable 3:00.48 and they climbed to the top of the podium, feted as world champions.

A newcomer to the W75 age group, Lynne Schickert, clocked an impressive sub forty (39:05.39) for her 5km and sixth place. Barely dropping her rate in the 10km she set a SR of 1:20.53 (7th) to earn a team gold. Her 20km walk was a tale of persistence and determination as she again smashed through to a SR time of 2:52.27 and an individual bronze medal.

Sylvia Byers (W80) won a clutch of silver medals in the 5km and 10km events. Her times of 44:09.81 and 1:30.38 only slightly different in km rate, a just reward for her adherence to her thorough training regime. Both events were taken out by multiple world title holder Jean Horne of Canada.



Sylvia Byers and Lorna Lachlan enter the straight at Ern Clark Athletic Centre.

Photos: TOM LENANE

In the men's walks, Bunbury's Garry Hastie walked the 5km in a slightly disappointing 29:04.46 and tenth place. Driving up to Perth for the 10km he was involved in a car accident and made the start line with little time to spare. A minimal warm up and an eleventh place finish (1:01.18) placed Garry in the team that withstood the brutal (but fair) judging to climb to the top of the rostrum as gold medal winners. Christian D'argent's 1:10.43 for eighteenth was an excellent time. Garry also completed the 20km course several days later in a time of 2:05.10 for a drama-free ninth place.

John Russell in the M60 age group walked a 2:24.09 for 11th place and was part of the team that scored a bronze medal.



LYNNE SCHICKERT

Women impress

By JOHN DENNEHY

The World Masters cross country events were all held at the Perry Lakes and Alderbury Reserve on the first day of the championships. Two-kilometre laps on a firm grass and earth course were negotiated four times by the competitors and the weather was quite warm however there were several shady spots on the course. As if on cue, the first race was preceded by the raucous laughter of several kookaburras which a number of international athletes were on a tape recording!

Temporary MAWA member, Lauren Shelly was crowned W35 world champion after just over a half an hour of strong running (31:49.57). Lauren represented Australia at the open world titles in Moscow in 2011 in the marathon and was at her first Master's event. Contrasting with this experienced campaigner was bronze medallist Vanessa Carson in 33:47.32. Vanessa is still learning how to apportion her effort over the racing distance but gave a glimpse of her obvious talent on the big stage. Meghann Blakeman was fourteenth (44:27.95), Emma Gee was ninth in 36:32.94, Natalie Langford ran 42:18.39 for eleventh and Lisa Rowe was fifth in 34:40.75. Lauren, Vanessa and Lisa combined to take out the world team's title as a bonus.

In the W40 age group, Jody McGill recorded 37:07.70 for a fine eleventh placing. Clare Wardle is a consistent competitor and was unfazed by the early speed posting 33:14.75 for a seventh place. Eulalia van Blomestein paced herself well in the W45 division and ran into second place with an excellent time of 32:38.11, notably with even laps. A mere seventeen seconds covered the Eulalia, Sarah and Frina Potezny times in the team event, their grouping giving them the top place on the podium. Elizabeth Wright was twenty-first (46:20.76), Margaret Veal 40:04.07 (16th), Kerriann Bresser showed no sign of the Achilles injuries that dogged her preparations and went sub-five-minute km pace (39:47.41) for the fifteenth, Sandra Keenan one place ahead with 39:23.27.

Judy Davis wasn't even running a year ago so her thirty-third place in the W50 age group running sub six-minute kms represented a lifestyle change and new



WA athletes Anne Stingemore and Jackie Halberg run through the Perry Lakes reserve.

found health. Sheryl Munday was ahead in twenty-ninth (45:35.83) and Shirley Vine in twenty-sixth. Suzi Graves showed determination to race with two operations and several injuries severely interrupting her training. She displayed her customary determination and lost no admirers with her feat of completing the course in just over forty minutes and twenty-first spot. Sandra Stockman elegantly strode out the distance in 36:41.58 to gain fourteenth place and a team berth, picking up a silver medal for her efforts.

Karyn-Sue Gower took eighth place in the W55 race in just over forty minutes; Karen March two spots ahead in 39:17.30. It was world champion triathlete, Janet Ferguson who produced a stunning 33:12.61 performance to take the world title and led home the Australian team, which included Karen, to cap off a very successful day.

Ann Andersen was twenty-seventh in the W60 division; Anne Stingemore was twenty-third and Julie Wilson twenty-second all with solid runs. Wendy Grace was twentieth in a warm up for her

marathon and Carolyn Stephens was nineteenth. Temporary member, Jo Clarkson ran 36:33.46 to finish in fourth place but won the gold medal in the team's event.

Barbara Humphrey ran consistently and placed seventeenth in the W65 event. Carey Dickeson was thirteenth in 44:32.33 and Gillian Young ran well for eleventh despite an injury and illness plagued build up (42:58.61). Barbara Blurton ran conservatively for the first two laps before getting into her work and showing some of the grit and determination that brought world records and titles over a decade ago. Barbara, Gillian and Carey combined to claim the team bronze medal.

English domiciled Christine Oldfield was fifteenth in the W70's with Jackie Halberg in fourteenth and duly staking her claim for a position on the gold medal winning team. The enigmatic Lorraine Lopes cruised around the course and recorded an amazing time of 47:15.46 to win the silver medal in the W75 age group.

Park run



John Fisher leads fellow MAWA athletes Ross Keane and Alan Gray on the first lap.

MAWA was well represented in the M35 division with Andrew Shugg in fourteenth, Grant Langford in tenth. Temporary member, Asher Linquist ran into eighth with a 31:23.18 effort and steeplechaser Rob Nichols in fifth (28:01.91) and Scott Tamblin scoring a bronze medal in 25:51.97. Asher, Rob and Scott combined to be crowned world champions in the team's event.

In the M40's Thomas Walmsley went 28:54.35 to be fifth with Todd Ingraham, a former WA state marathon champion, grabbed a bronze medal and were part of the gold medal team. The strong M45's athletes, Wayne Byram was thirtieth, Philip Williams in twenty-eighth, Mark Keenan in twenty-seventh and Eldon George one spot ahead. Gary Grant, representing Great Britain scored fourteenth. Brett Roach ran a very strong race to be in thirteenth position and made the team which took out the silver medal.

A large contingent of M50 athletes headed out onto the course with the field taking some time to spread out enough to comfortably identify the various athletes. Popular former Great Britain athlete Alan Gray completed the course in 37:22.31 for thirty-sixth place; such was the class of the opposition. Ray Boyd finished in thirty-fourth and Steven Smith put in a determined effort to claim a top thirty position. Brian Kineen surprised with a twenty-fifth placing and Chris Gibbons was twenty-first. Clemens Schmitt won a team's gold medal.

Stuart Moore (42nd), John Hillen (41st) David Branston (40th) Dennis Devereaux (37th) John Fisher (36th) and Ross Keane (30th) all showed good endurance in the M55 race, with many of them running other events later on in the program. Trevor Scott, who won a silver medal in the 10km back in the world championships in Gateshead, showed his class with aggressive surges throughout the event, managing to break all but one in his age group. His silver medal proudly hanging around his neck, he also climbed to the top spot on the podium with a teams' gold.

Terry Humphrey (36th), Bruce McGeorge (30th), Brian Hewitt (24th), Mark Hewitt (23rd), Paul Ankers (22nd), Akos Gyarmathy (16th), Bjorn Dybdahl (14th) were prominent MAWA competitors in the M60 race and completed the picturesque course with honest efforts. Alan Gower, despite a season littered with injuries, hit form at the right time with an amazing kick home over the last 300m or so to catch the two athletes who had led for much of the race. He led his team to a silver medal with this popular and hard-fought victory.

In the M65 division, Frank Price (46th), Martin Watkins (39th), Nick Miletic (32nd), Ralph Henderson (30th) and triathlete Brian Bennett (30th) all began their championships with a steady cross country run. Gary Peace (32:37.31) showed fine style running himself into a top ten finish with Giovanni Puglisi also

finishing in this tight pack (32:24.71) for seventh. These placings gained them positions in the team event that went on to win a silver medal.

The M65s ran deep with talent with none of the MAWA competitors looking out of place. Maurice Creagh, off the back of an interrupted season, came in sixteenth (43:00.51) with John Oldfield, representing Great Britain, in tenth (38:34.85). Jim Klinge, who is also a fine track runner, was one place in front, grinding out a 37:38.28. The front pack battled hard all race, separating from the rest of the field early on. This small group was composed of different age groups adding to the confusion of spectators and competitors alike. Kalamunda's Jim Langford tried in vain to take the sting out of compatriot Don Mathewson's sprint, knowing Don's 800m pedigree. Mathewson was able to muster a sustained kick, after grimly hanging on for the last kilometre, winning by nine seconds, Jim having to be content with silver. This battle within a battle set Don and the two Jim's up for the team gold, which they won by a substantial margin.

Bob Schickert was thirteenth place in the M75 age group, with the stylish Moreland Smith one spot ahead in 45:52.07. Bert Carse placed fifth with 39:33.18 but was the second fastest in the team that took out the teams' world title. The distinctive high knee-lift running style of Irwin Barrett-Lennard took him to second place in the M85 race.

WA Athletics Stadium Summer Track and Field programme

Tuesday at WA Athletics stadium, Mount Claremount

\$6.90 (\$3.70 for senior card holder) entry to WAAS.

\$5 visitor fee (\$2 under 18) – pay at sign in table by finish line

TUES		WAAS STARTING AT 6.30pm							STARTING AT 7.15pm	
		event 1	event 2	event 3	event 4	Jump	field 1	field 2		steeples
Nov 16	29	100	800	60	5k r/w	LJ	javelin	discus		
Dec 16	06	400	1500	200	3k r/w	TJ	shot	hammer		2k steeplechase
	13	60	1 mile	400	5k r/w	LJ	discus	javelin		
	20	200	800	100	3k r/w	TJ	shot	discus		
Jan 17	10	100	1000	400	5k r/w	LJ	javelin	hammer		
	17	200	800	100	3k r/w	HJ	shot	javelin		
	24	400	1000	100	5k r/w	TJ	hammer	discus		
	31	300	1500	60	3k r/w	LJ	shot	hammer		
Feb 17	07	200	800	100	5k r/w	HJ	discus	javelin		
	14	400	1500	60	3k r/w	TJ	shot	discus		2k steeplechase
	21	60	800	200	5k r/w	LJ	javelin	hammer		
	28	100	1 mile	200	3k r/w	HJ	shot	javelin		
Mar 17	07	400	1500	60	5k r/w	TJ	hammer	discus		
	14	60	800	100	3k r/w	LJ	shot	hammer		
	21	200	1500	400	5k r/w	HJ	discus	javelin		
	28	100	800	60	3k r/w	TJ	shot	discus		
Apr 17	04	200	1000	60	5k r/w	LJ	shot	hammer		

Note: The weight throw is no longer permitted at WAAS and so has been removed from the Tuesday programme.

Ern Clark Athletic Centre Summer Track and Field programme

ECAC starting at 6pm Thursdays

THURS	event 1	event 2	event 3	event 4	jump	field 1	field 2	steeple
Dec 16	01 400	1500	200	3k r/w	LJ	javelin	weight throw	
	08 60	1 mile	400	5k r/w	LJ	discus	shot	
	15 200	800	100	3k r/w	TJ	hammer	javelin	
	22 100	1000	400	5k r/w	LJ	discus	weight throw	
Jan 17	05 200	800	100	3k r/w	LJ	shot	hammer	
	12 400	1000	100	5k r/w	TJ	weight throw	discus	
	19 300	1500	60	3k r/w	LJ	shot	javelin	2k steeplechase
	26 200	800	100	5k r/w	LJ	javelin	hammer	
Feb 17	02 400	1500	60	3k r/w	TJ	discus	weight throw	
	09 60	800	200	5k r/w	LJ	javelin	shot	
	16 100	1 mile	200	3k r/w	LJ	weight throw	hammer	
	23 400	1500	60	5k r/w	TJ	shot	discus	
Mar 17	02 60	800	100	3k r/w	LJ	javelin	weight throw	
	09 200	1500	400	5k r/w	LJ	hammer	javelin	
	16 100	800	60	3k r/w	TJ	shot	discus	2k steeplechase
	23 200	1000	60	5k r/w	LJ	discus	weight throw	
	30 100	800	60	10k*	LJ	shot	hammer	

Note: March 30 – 10,000m State Championships – start time tba after entries close

Other dates for State Championships:

Saturday	April 1 – both pentathlons
Thursday	April 6 – steeplechases
Sat/Sun	April 8/9 – main weekend

Looking ahead



AMA Multi Events Champs, Bendigo, January 7-8

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

MAWA Champs, 10,000m, March 30

MAWA Champs, Pentathlons, April 1

MAWA Champs, Steeplechase April 6

MAWA Champs, April 8-9

World Masters Games 2017, Auckland, New Zealand April 21-30.

AMA Championships, Darwin, June 9-12

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

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

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

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

Donna Abbey walks off the track following the heptathlon hurdles at Ern Clark Athletic Centre.