

# TFNL



The Track and Field  
Newsletter of MAWA

Season 10 Issue 4

MARCH 2017



**State  
champs  
hit-out**

Colin Smith runs down the back straight to record a 57.37 secs 400m at the Strive meeting at WA Athletics Stadium on February 17. Colin leaves for the World Indoor Championships in March and then returns for the State Championships.

**Entries  
close  
March 2**

# Your club needs you



The club has had a large number of new members over the past year or so, and I want to encourage more members to get involved in running the club. Members frequently comment on how reasonable our fees are, and this is because we have no employees -- all work is carried out by volunteer members. Many members who work hard to run the club have done so for many years, so it is time for a new younger generation to get more involved.

I have some specific tasks in mind that you might consider:

- We are forming a committee to manage the 2018 AMA National Championships. A wide range of tasks needs to be covered.
- We plan to have photo finish timing equipment installed at Ern Clark Athletic Centre and I would like to eventually move to a position where we use it every Thursday night as well as at our Championships. The technology is advanced and will be of great interest to anyone so minded. The guru from Queensland will be here in April and will be giving a training course
- Be a Race Director
- Consider standing for the Committee – we will be looking for nominations in July/August

If you are interested in the above, suggest you speak to me on a Sunday or Thursday evening and I can provide more details. Alternatively, email me at [r.blurton@iinet.net.au](mailto:r.blurton@iinet.net.au)

**Richard Blurton,**  
President MAWA

## Vale Derry Foley

It is with sadness we report the passing of Derry Foley. Derry was a fine sprinter. He would always lament his lack of "wind". A true fast twitch man. He competed in the Perth Worlds in the M85 100m and jumps, gaining an Australian record in the 4x100m.

His jump records have lasted a few years. As an M80 he was playing 18 holes of golf and then turning up at the track to jump. He was a humble and cheerful Irishman. His daughter Marie-Claire joined the club in 1997. Derry is survived by his wife Geraldine.



Photo: CARMEL MEYER

## ROLL OF HONOUR

Throws Pentathlon	M50	Todd Davey	4049pt	17/12/16
Weight	M50	Todd Davey	17.77m	22/12/16
Hammer Throw	M50	Todd Davey	48.17m	5/01/17
Heavy Weight Throw	M50	Todd Davey	18.10m	22/01/17
56lb Weight	M40	Matthew Staunton	9.10m	22/01/17
56lb Weight	M50	Todd Davey	9.39m	22/01/17
56lb Weight	M55	Andrew Ward	4.54m	22/01/17
56lb Weight	M65	Ossi Igel	5.84m	22/01/17
Weight Throw Pentathlon	M40	Matthew Staunton	*3918pt	22/01/17
Weight Throw Pentathlon	M50	Todd Davey	4465pt	22/01/17
Weight Throw Pentathlon	M55	Andrew Ward	2338pt	22/01/17
Weight Throw Pentathlon	M65	Ossi Igel	3848pt	22/01/17
Pole Vault	M70	Phil Smyth	2.70m	29/01/17
Discus	M50	Todd Davey	*53.98m	3-Feb-17
Decathlon	M65	Geoff Brayshaw	5143pt	4-5/02/17
Discus	M50	Todd Davey	*55.26m	7/02/17
Discus	M65	Ossie Igel	*42.79m	14/02/17

\* Pending Australian Record

Discus Throw	W40	Sarah Edmiston	35.97m	6/01/17
Heptathlon	W60	Carol Bowman	2499pt	8/01/17
Hammer Throw	W45	Christine Schelfhout	29.20m	10/01/17
56lb Weight	W40	Cheryl McMahon	3.62m	22/01/17
56lb Weight	W45	Chris Schelfhout	2.57m	22/01/17
Weight Throw Pentathlon	W45	Jennifer Parker	2304pt	22/01/17
Weight Throw Pentathlon	W70	Bev Hamilton	3524pt	22/01/17
Heptathlon	W45	Vicki Cobby	3925pt	4-5/02/17
Heptathlon	W50	Sue Coate	3606pt	4-5/02/17



# State records fall at multi-events

Four MAWA athletes contested the multi-events in early February at the WA Athletics Stadium.

Sue Coates, Vicky Cobby and Carol Bowman competed in the gruelling heptathlon held over two days.

Sue (3606 points) and Vicky (3925 points) set state records and Carol (2482 points) missed her own state record by eight points.

Geoff Brayshaw scored 5143 points to set a state record in the decathlon.

LEFT: Vicki Cobby, Sue Coate and Carol Bowman are all smiles after the end of the heptathlon.

Photos: LISA LIMONAS

BELOW: Geoff Brayshaw reaches for the clouds during the pole vault.



## Sharon strides at Strive



Sharon Davis runs the final bend to clock a 62.17 secs 400m at the Strive meeting at WA Athletics Stadium on February 17.

## Colin's new love

Australian M50 400m champion Colin Smith's love of the Fremantle Dockers hit a new high when he met a couple of the Dockers Women's team when they shared the WAAS track on a Saturday morning training day.

A number of the women Dockers have been regular visitors to the stadium training with javelin thrower and now Docker Kim Mickle.

BELOW: Colin Smith with Fremantle Docker's players Gemma Houghton (left) and vice-captain Kirby Bentley.





# Prepare for champs



**Entries  
close  
March  
2**

Karyn Tolardo heads into the main straight at last year's state championships.

## **Competition Rules**

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

## **Entry Rules**

The relevant club uniform is to be worn according to entry.

Entry is \$10 per event (\$15 per pentathlon) plus \$10 registration.

Non MAWA members must pay an additional \$20.

Events may be added online **prior to closing date** (no extra registration fee).

No refunds other than in exceptional medical circumstances.

## **Age Groups**

Competition will be conducted in the following five-year age groups for men and women: 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95+

The age group for each competitor is determined by his/her age on the first day of the championships: ie on 30 March 2017, except for pole vault which is determined by age on 24 March 2017.

## **Awards and Results**

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

# Entries to close soon

This year's State Championships come only some six months after the marvellous World Championships that we hosted here in Perth. We know many athletes are taking a long break after their efforts at Worlds and that entry numbers will be down on last year. The initial response has been very slow, but after further reminders that the closing date is soon (March 2), the rate of entry has picked up.

A detailed information sheet is on the website and this year we are using an enhanced online entry system developed by Ernie Leseberg whose system is used for Nationals. The entry is online only following similar arrangements for Worlds where all MAWA entrants successfully managed their online entries.

With the purchase of steeple at Ern Clark Athletic Centre (ECAC) for Worlds, we are now able to hold all events at that venue apart from the Pole Vault which will be held at an AWA meeting on March 24. Once again Barry Mullins from Queensland will provide the electronic timing service. We are optimistic that ECAC will have their own photo finish equipment before our next championships and we would like any member interested



Nick Miletic throws the discus in last year's State championships.

in learning how to use this equipment to let Richard Blurton know.

The other change this year is we are moving to a true 'State Championships' model. Athletes can enter under their own club name and wear that club uniform. This particularly affects Bunbury and those entrants can select Bunbury from a drop-down list on the entry form should they wish to compete in Bunbury colours. However, as MAWA are underwriting the

Championship all non-MAWA entrants pay a supplemental \$20 fee.

MAWA entrants must wear the MAWA uniform which can be purchased from the online MAWA shop accessed from the website.

If you are not competing please consider helping – as always contact me at [vetrunners@iinet.net.au](mailto:vetrunners@iinet.net.au)

**Barbara Blurton,**  
Competition Director

## Events at WA Athletics Stadium

**Friday, March 24**

5.30pm Pole Vault

Entry is by online application only and closes on Thursday, March 2 – no late entries.

The final timetable will be on the website soon after March 2. Please check times of individual events then. *Start times may vary but will not be before those shown.*

## Events at Ern Clark Athletic Centre

**Thursday, March 30**

6.30pm 10,000m

**Saturday, April 1**

8am Outdoor Pentathlon

11.30am Throws Pentathlon

**Thursday, April 6**

7pm 3000m steeplechase

7.20pm 2000m steeplechase

## Main weekend events at Ern Clark Athletic Centre, Cannington

**Saturday, April 8 at ECAC**

### TRACK

In the following order from 8.00am

5000m

5000m walk

200m

200/300/400m hurdles

800m

1500m walk

60m

### FIELD EVENTS

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

**Sunday, April 9 at ECAC**

### TRACK

In the following order from 8.00am

1500m

100m

3000m walk

80/100/110m hurdles

400m





## Matt's record throw

In late January the second Heavy Weight Pentathlon (HWP) took place at Ern Clark Athletic Centre. A weight throw competition with the 56 lb weight was also held. The events had been organised by Todd Davey with the help of Lindsey Glass and the expenses were shared between MAWA and the throwers.

As Western Australia is the home of some good throwers hopes were high that several of the existing records would be improved. Queensland's Althea Mackie travelled west for the event which turned out to be a records festival.

The highlight was the improvement of Matt Staunton's (M40) own Australian record by 200 points to 3918. Overall six SRs were broken in the HWP; four SRs were broken in the 56 lb weight throw and one SR with the 25lb was established.

The award for the outstanding female athlete went to Cheryl McMahon for her SR with the 56lb weight. Matt was honoured with the award for the outstanding result in the men's competition. All throwers and officials received a beautiful medal and all are looking for next HWP.

The HWP is a relatively new event which was created around the Australian Winter throwing championships about 10 to 15 years ago. Australian records were only established a few years ago. MAWA recently listed HWP records.

The HWP consists of weight throws with five different weights; two of them are lighter and two are heavier compared



Taking a break for competition are (from left to right) Todd Davey, Ossi Igel, Jennifer Parker, Matt Staunton, Bev Hamilton, Byrony Glass, Cheryl McMahon, Andrew Ward, Chris Schelfhout, Geoffrey Gee, Althea Mackie, John Fettus and Sally Sims.

to the standard weight. For example the W40 age group the standard weight is 20 lbs. Therefore the weights to be used are 12, 16, 20, 25 and 35 lbs. The athletes starting throwing with the 12 lbs and continue with the heavier weights. The final result is based on points. The table for the scoring of the points was developed by ACT's Bob Banens.

Throwing with implements of different weights is challenging. The lighter or

heavier implements have significant influence to the technique, but most of the athletes mastered it. Only the 56 lb weight turned to be out a challenge with several attempts fouled.

All the throwers who competed expressed their gratitude to Lindsay Glass and Glenn Bartlett who managed the formal duties.

*(Information supplied by Ossi Igel.)*

		HWP Points	Record	56lb weight	Record
Byrony Glass	W35	4183		4.99	
Sally Sims	W35	2348		2.97	
Cheryl McMahon	W40	2874		3.62	SR
Althea Mackie	W45	3602		3.91	
Chris Schelfhout	W45	2070		2.57	SR
Jennifer Parker	W45	2304		2.56	
Bev Hamilton	W70	3524	SR	-	
John Fettus	M40	2990		7.46	
Matt Staunton	M40	3918	AR + SR	8.31	
			SR 9.10(56lb)		
Todd Davey	M50	4465	SR	9.39	SR
			SR 18.10 WT		
Andrew Ward	M55	2338		4.54	SR
Geoffrey Gee	M60	3055	-		
Oswald (Ossi) Igel	M65	3848	SR	5.84	SR



Matt Staunton and Cheryl McMahon



# Heading to Daegu

Australia boasts a record number of entries for a world indoor masters championships with 84 entries.

Eleven MAWA athletes have entered this year's World Masters Indoor Championships at Daegu in South Korea.

New South Wales dominates the state by state numbers with 35 of the national 84 entries followed by Victoria (16) and Western Australia (11).

However, WA's numbers will be reduced by one following a late scratching of one competitor. The championships run from March 19-25

	W	M	
NSW	22	13	35
ACT	3	3	6
QLD	6	3	9
SA	3	2	5
VIC	3	13	16
WA	5	6	11
TAS	-	1	1
NT	-	1	1
<b>TOTAL</b>	<b>42</b>	<b>42</b>	<b>84</b>



**LYN VENTRIS**



**BOB SCHICKERT**



**BJORN DYBDAHL**



**LYNNE SCHICKERT**



**COLIN SMITH**



**MELISSA FOSTER**



**RUDY KOCIS**



**CLEMENS SCHMITT**



**SHANELLE STAUNTON**



**MATT STAUNTON**



# \$85,000 boost for NT

Western Australian athletes can look forward to the Australian Masters Athletics Championships in Darwin in the knowledge that the championships have received a major funding boost.

The organisers have received a substantial financial boost with an \$85,000 sponsorship from the Northern Territory Government.

The Territory will host the national competition for the first time from June 8-12, with more than 700 athletes expected to participate.

In addition to the \$85,000 sponsorship grant, Athletics NT has already received \$5500 from Tourism NT for interstate marketing and promotion.

The website for the event is <http://ntmastersathletics.com.au/> and the closing date for registration is May 1.

The Sage Resort is offering very reasonable accommodation rates and will be the venue for the Dinner and Awards night. Virgin Australia is offering 10% discount on flights. Both deals can be accessed through the event website.



MAIN PHOTO: Tourists enjoy the scenery from an airboat on Mary River.  
Photo: Tourism NT



Florence Falls, Litchfield National Park

Photo: Tourism NT

## Darwin to attract visitors

Photo: MATTHEW PAUL PHOTOGRAPHY



With spectacular scenery and attractions WA masters will have several reasons to head north for the Australian Masters Athletics Championships in June.

Attractions include the Tiwi islands a short boat ride across the harbour. The spectacular waterfall in Litchfield National Park and the Mary River region of the Kadadu National Park.

Several masters athletes have indicated that they will stay for the weekend follow the championships for the Darwin round of the V8 Supercars championships at Hidden Valley.





Varsity Stadium and Varsity Arena are in the heart of downtown Toronto. The facility will be available for training for three days before the championships.

# Toronto goes online

In the three months since being announced as host city for the 2020 World Masters Athletics Championships, Toronto LOC has posted details of the venues for the championships online.

The official website states that the LOC's mission is to provide a world class championship-calibre competition for athletes of all nations and of all abilities, and to embrace a multicultural, multi-race, and multi-spiritual sports exchange which will foster better understanding across our diverse landscape.

Toronto has the honour of hosting the inaugural "First World Masters Track & Field Championships" in 1975 and now are the hosts again 45 years later.

The Championships will take place Tuesday, July 21 to Sunday, August 2, 2020 at the finest athletic stadium facilities in Toronto, Varsity Stadium at the University of Toronto, and York Lions Stadium at York University, in addition to the Toronto Track and Field Centre. Centennial Park and the Toronto Islands will host non-stadia events such as cross country and race walks.

Although the championships are three years away MAWA members can keep abreast of developments at the following website.

[www.wmatoronto2020.com](http://www.wmatoronto2020.com)





# Running is the best

## In Focus: Mark Dawson



I was born in 1961, in Katherine NT, the second of five children. I started primary school in PNG, where my Civil engineer father had been transferred. School sports there provided enjoyment and freedom. My first memory of running on a proper track was just prior to the 1969 South Pacific Games in Port Moresby; my father had some technical role in the track engineering.

I remember bolting around the track and being totally out of breath after 200m. This grown-up's track was much bigger than the primary school oval!

In 1969 when I was in Grade 4, the family moved from PNG to Brisbane. In Grade 7 I was running the 800m; THE long-distance event at school. So when I started high school, with youthful naïveté, I told the Sports-master that this was my distance. The die was cast! Throughout high school, middle distance running — 800m and 1500m — became my forte. In 1977, in my final school year, I represented Queensland Schools in the National titles in the 3000m. On looking back, this was the acme of my running talent. I also enjoyed swimming, soccer and rowing. I ran my first marathon as a schoolboy,

doing a time of 2hrs 58min. Three more Marathons followed. After struggling to finish the last of these I have not had a hankering to run another! I have a lot of respect for my Masters' colleagues who conquer this distance.

Following high school, I went straight to Medical School at the University of Queensland. I kept up running, my mantra being *Mens Sana in Corpore Sano* (A sound mind in a sound body). I was running

with a small talented group, two of whom - Mike Hillardt and Brett Crew - went on to represent Australia in the Commonwealth or Olympic Games. Long hours as a Hospital Intern overtook running in 1984. In 1987 I was a country doctor in rural Queensland when I married my sweetheart Yvette (a Physiotherapist). Together, we moved around Australia — Alice Springs, Rockhampton and Broome. Our three children were born during this time. In 2002 we moved to Perth for the children's high school education.

How I got back into running in Perth is quite an odd-sounding story. At the start of 2004, I was sick of the usual New Year's resolutions to get fit and healthy — I was jaded and had swung away from the 'sound mind/sound body' principle. So I formulated a resolution from 'out of left field' — it was to 'get unfit, fat, and slobby'. Wow, was this an easy resolution to keep! Whenever I felt the slightest urge to exercise, I'd go to the fridge, grab a snack, and sit on the couch. I enjoyed this for one and a half years, with my weight blossoming to 95kgs. I cracked in mid-2005, six weeks before the City-to-Surf — I decided to run the 12km event, at a steady 6minute/km pace.

**CONTINUED – next page**



# medicine

## FROM – previous page

The pet dog dragged me around the block when I started training! I intended to run the course, and then revert back to my “Homer Simpson” lifestyle. As it turns out, I was so chuffed at attaining my goal of finishing in 72mins that I decided to push on and return to the sport of my schooldays. The rest is history.

I first joined the Marathon Club, but in 2007 after hearing about MAWA, I started track running on Tuesday evenings at McGillivray Oval. I will always have a soft spot for the Mosman Park Sunday run, as it was my first Sunday Club run, in November 2007. Over the ensuing years, I still enjoy the track (8’s, 15’s, 3k, 5k’s) and Sunday runs, up to the Half-Marathon distance.

Without a coach since about 1982, I was happy to run and train on intuition; if it felt fast and exhaustive, then it was a worthwhile training session! About a year out from the Perth World Championships and wanting to do well, I put some plans into place. I attended the 2015 Oceania Masters Athletics Championships in Rarotonga, Cook Islands to get a taste of international competition (in a tropical island setting to boot).

This was indeed well worth it. I then heard about one of our MAWA colleagues, Suzi Graves, who coaches talented junior athletes. Suzi was also gearing up for Perth 2016 so I joined her training group. It was a revelation to be exposed to modern training principles – just the warm-up and plyometric drills were about as much effort as I was doing beforehand, let alone the proper repetitions! I also entered Athletics WA Strive track events for extra competition and race experience.

The final piece to complete the training puzzle was via my second coach and MAWA colleague, the worldly, irrepressible and racy John Dennehy – his Saturday morning middle-distance training sessions focused on the needed speed and strength to run the last 200m of the 800m with grit and intent to win. I still train with both Suzi and John each week – two superb coaches.

How do you run the ideal 800m or 1500m? My start line mantra comes from Shakespeare – *to thine own*

*self be true, meaning, run my own race, run as only you know how.* For me, these races are long controlled sprints – there’s no time to take-it-easy; just find your nice speed rhythm as soon as possible, maintain the feeling and cadence of being *poetry in motion*, – find your poetic metre and prepare to run a bit faster over the final 200m. The aim is to get to 801m at full speed, and then collapse in lactic acidosis – it’s no good seizing up at the 600m mark, nor is it good to have so much in reserve that you feel you could have raced on for another 100m.

The Perth World Championships were a buzz! Besides the actual racing, for me there were three highlights: Firstly as a competitor; the overall organisation and running of the event was second-to-none, hence deep thanks to Richard Blurton and the entire team of organisers, helpers and volunteers. Secondly, there were the bright colours worn by the teams from around the world and the equally colourful personalities of the athletes. Thirdly, Yvette and I enjoyed a unique experience of having an athlete, German Josef Conrad, M65, live with us for the duration of the championships. We both enjoyed his stories of Europe and of previous World Masters Championships. I also enjoyed the fact that Yvette came to realise that there are runners out there who are more fanatical and obsessed than me! — I’d do a daily half hour run; Josef would do a daily two-hour run. Consequently, he was faster than me in the Half-Marathon.


To finish up, I reflect on my profession as a GP, and the advice I give people to maintain wellness and avoid illness – find that healthy lifestyle; find that sport or exercise that keeps you active, that you want to do daily

no matter what, and find a like-minded group of friends. Having experienced both lifestyles – fit and healthy or unfit and slobby, I know which I choose. The ancient Greeks were right — *Mens Sana in Corpore Sano.*





# Talk to yourself



Negative self-talk is when you criticise yourself for errors or poor performances in either training or competition. This may cause you to feel anxious, angry or frustrated and hence adversely affect the performance. Positive self-talk is important to improve the possibility of achieving a better outcome. However it can be difficult to achieve as so many things can distract you – and the voice in your head continues to give you negative ideas and thoughts. This does not just occur in athletic performances – think about the voices in your head for everyday activities. How many times do you think you cannot achieve something or do not try because of the nagging doubts you have darting into your head?

The first stage is to actually acknowledge these thoughts, ideas, words and phrases which pop into your head. Stop and listen to the messages – are they telling you the truth? For example, if someone throws further than you have in a competition during the early rounds, does the voice tell you that you cannot achieve that distance, even though you have in every training session and competition during the season? Of if someone runs past you on a Sunday morning run do you think that they are so much faster than you so you do not try and keep up with them, even if you generally finish ahead of them?

Also, listen to athletes when they first arrive at a competition or training and listen to the negative comments that they say such as I feel very sore from training, my leg is still injured and other such negative statements. This can be another form of negative self-talk.

The second stage is to change the message to a more positive one. This sounds so easy – but it needs plenty of practice! The positive thought must be achievable to the athlete and an example may be “I am going to clear the bar”. Use simple words or phrases or even visualisation. “I am strong; I am fast; or strong arm swing”. See yourself landing on the long jump board. The combination of visualisation and saying the positive phrase to yourself should create a better performance. Practice this in your training sessions.

Thanks to Vic Waters for choosing the topic of this month’s article. I was chatting with him last year about him being constantly sore. I suggested that he thank the part of the body talking to him and then ask it to stop being sore. He did try this approach and to his delight, the leg was less sore. This may seem to be very strange – talking to your body – but it is another version of the self-talk.



**the edge**

With Margaret Saunders





# Keith and Bjorn fight out 800m

By JOHN DENNEHY

The 2017 year for Masters track and field got underway at the Western Australia Athletics Stadium, Claremont on Tuesday, January 17. The 200m was won by sprinter Geoff Allen in 29.1 secs leading home fellow M50, David Solomon in 30.0 secs, Geoff Brayshaw (M65) in 31.9 secs, Carol Bowman (W60) and Cecil Walkley, who is in the M85 age group.

In the 800m Keith Hill (M55) displayed great tactics and form to head off Bjorn Dybdahl (M60) 2:37.9 to 2:38.7. Returning from a severe calf injury, M45 Lee Stergiou strode around in 2:59.9 just ahead of David Solomon and Bruce Wilson (M70). Visitor John McShane and world medallist in the 400m hurdles, Annmarie O'Donovan finished next both running sub 3:10. Liz Neville (W65) ran a controlled 3:32.4 to head off Delia Baldock

## WAAS – January 17

(W50) and Cecil Walkley rounded out the field.

The 100m was taken out by 200m winner, Geoff Allen in 13.5 secs followed by Mark Crook (M55) in 13.8 secs, David Solomon was third in 14.4 with Delia Baldock in 17.5 secs and Cecil Walkley in 54.6 secs.

Triathlete Alexandra Meek (W30) looked strong and fast in pacing out the 3km event leading from “go-to-whoa” in an 11:32.6. Her partner, Daniel Sly (M30) was edged out for second by a stirring finish on the last lap by Bjorn Dybdahl – 11:51.6 to 11:53.8. John McShane was impressive running consistent laps and finishing in 13:29.4. In his fourth event for the night, David Solomon used the 3km as a training run and produced a 13:41.7 to lead Liz Neville home to a 14:08.5.

# Colin starts new year with double victory

Competition for the new year began with good numbers at the Thursday night meeting at Ern Clark Athletic Centre on January 5.

In the sprints, Colin Smith showed his class with victory in the 200m (27.8) and the 100m (13.3). Jennifer Parker (W45) also scored a double with wins in the second heat of the 200m (34.4) and the 100m (16.1).

In the middle distance event, Andy Abbey led home Vanessa Carson stopping the clock at 2 mins 42.7 secs for the 800m. Vanessa's busy night was followed by running 16.5 for the 100m and then posting 11 mins 39.3 sec to finish second to Steve Weller (10:58.8) in the 3000m. Grant Perry completed the top three with

## ECAC – January 5

a time of 12 min 30.7 sec for the seven and a half lap event. Lynne Schickert dipped under the 25-minute mark in the 3000m walk in 24 mins 48.9 secs.

## ECAC – January 12

The 1000m event attracted 11 starters at Thursday night competition on January 12 at Ern Clark Athletic Centre.

Vanessa Carson ran 3 mins 25.1 to win from Andy Abbey (3:44.7) and Grant Perry (3:45.8). Steve Weller used the race to warm up for the 5000m two races later.

Steve dominated the 5000m to cross the line in 18 mins 19 secs with Vanessa just dipping under the 20-minute mark in 19 mins 58.3 secs. Jim Langford (21:01.9) filled the minor placings followed by Grant Perry (21:10.6).

Brian Hewitt won the 3000m in 14 mins 15.1 secs followed by David Carr (15:28.5) and Maurice Creagh (15:35.5).

Colin Smith once again triumphed in the two sprint events with an easy 64.3 sec for the one lap followed by a 14.3 secs 100m. In both events, he was followed by Brian Hewitt with Andy Abbey third in the 400m and Maureen Keshwar in the 100m.

Cecil Walkley had a busy night with the 400m, 1000m and 100m in succession.



# Vanessa increases her training regime

By JOHN DENNEHY

The West Australian Athletics Stadium at Claremont was the scene for intense racing on Tuesday, January 24, following the news that entries for the State Championships close on March 2.

Athletes were honing their racing skills with two W35's going head-to-head in the 400m. Long-striding and elegant Jane Lockwood prevailed over Vanessa Carson by a second – 68.4 to 69.4 secs.

Vanessa is adding more distance to her training as she hopes to run the Perth Marathon later in the year. Des Walsh (M60), took third in 70.1 secs with Cecil Walkley (M85) looking better than a man in his mid-eighties has a right to, finishing in 3:51.1.

In the 1km Mark Dawson (M55) took the lead immediately and set off at a very fast clip with Vanessa Carson hot on his heels. They finished in this order, Mark returning a time of 3:18.2 with Vanessa an unofficial state record of 3:18.2. Meet organiser, Campbell Till (M55) continued his fine comeback from injury with a steady run of 3:42.6

## WAAS – January 24

with no ill effects. John McShane (M50) also ran a sub 4-minute km (3:51.5) followed by Bruce Wilson (M70) in 4:04.3. Cecil Walkley completed the distance in 10:08.4.

In the 100m, Des Walsh (13.8) dragged Lisa Limonas (W45) through to a fast time of 13.9 secs. Jane Lockwood (W35) ran a personal best of 14.8 secs for third with Mark Dawson showing a handy turn of speed for a 15.9 sec run. In heat 2 Fran Cherry (W50) ran 16.2 secs to hold off Delia Baldock (W50) by a second. Danielle Baldock (W35) warmed up for the 3km with a 20 second 100m and Cecil ran his third event of the evening recording 56.8 seconds.

The 3km showcased Vanessa at her best. Looking very comfortable the entire distance, this mother of three children, displayed her talent to post a 12:23.9 despite carrying an ankle injury. Bruce Wilson recorded 13:35.6.



VANESSA CARSON

# Distance runners step up to steeplechase



JANE LOCKWOOD

It was a busy night for distance runners with a 3000m and a 2000m steeplechase at Ern Clark Athletic Stadium.

Steve Weller once again dominated the 3000m with a 10 mins 28.5 secs run. Jim Langford showed his class to run second in 12 mins 37.1 secs with Abdul Mohamed-Isa hot on his heels to record a time of 12 mins 41.6 secs.

Mia Lockwood (7:45.7) led home Bjorn Dybdahl (8:38.5) in the steeple and Vanessa Carson (8:40) showed her versatility to place third. Earlier Vanessa won the 1500m in 5 mins 17.1 secs with Steve Weller (5:28.1) and Rob Colton (5:46.1) filling the minor placings.

Colin Smith tasted victory in the opening 300m heat crossing the line in

## ECAC – January 19

41.3 secs. Abdul Mohamed-Isa (46.3 secs) placed second with the elegant Jane Lockwood (48.6 secs) third. Des Walsh (48.9 secs) scored a win in the second heat of the 300m followed by Delia Baldock (61 secs) and Carol Bowman 62.8 secs).

Visitor Peter Otto (7.9 secs) tasted success in the 60m with Colin Smith (8.2 secs) and Abdul Mohamed-Isa (8.4 secs) second and third respectively. In heat two of the 60m, Kat Martin and Jane Lockwood both recorded 9.6 secs. The third heat was won by Delia Baldock in 10.9 secs.



# Athletes battle humid conditions



JULIANNA KELLY

By JOHN DENNEHY

Masters athletes were greeted with windless but humid conditions at the West Australian Athletics Stadium on the final day of January.

The 300m was taken out by M50 Geoff Allen in a superb time of 47.6 secs in front of fellow M50 athlete David Solomon in 48.1 secs and Des Walsh (M60) 48.7 secs. Heat two allowed Vanessa Carson (W35) to warm up for the middle distance events with a 51.3-second sprint. She was closely followed by John McShane (M50) in 52.6 secs and Julianna Kelly (W50) in her comeback race a fine 56.2 secs. Heat three saw Delia Baldock (W50) score a win in 60.6 secs in front of national Heptathlon champion Carol Bowman (W60) in 62.1 secs and the venerable Cecil Walkley at 87 years of age finishing in 2:57.4.

The metric mile provided Vanessa Carson with the platform to display her fitness with consistent laps contributing to a 5:12.4 result. Keith Hill (M55) looked comfortable in 5:25.3 for second and Bjorn Dybdahl (M60) prepared for the 3km with a 'hitout' in 5:37.8 for third. Campbell Till (M55) continued his comeback from injury venturing into 1500m territory shading the six-minute barrier (6:01.8) with John McShane recording 6:14:0. Cecil Walkley ran 18:57.5 for his race. It may sound unfair to compare him to his glory days, but in his prime Cecil was a contemporary of Dr Roger Bannister, the first man to

WAAS – January 31

break four minutes for the mile and they frequently raced each other. Only one of them is still racing today!

The 60m sprinters had the wind to help or hinder them but managed some quick times anyway. Geoff Allen had the fastest time of the evening with an 8.7 win over Des Walsh's 8.8. Lisa Limonas ran 8.9 after a strenuous long jump competition. Her coach, Dave Wyatt (M65) was disappointed with his 9 seconds 'neat' time ahead of multi-eventer, Sue Coate (W50) in 9.4 secs and Julianna Kelly in 9.8 secs. Cecil ran his third event of the evening posting a 39.3 secs time.

The 3000m was quite easily won by Vanessa Carson who showed the benefit of increased mileage in her quest to complete the upcoming Perth marathon. Undaunted by the distance Vanessa took a few laps to get going and then increased her pace to the finish in a very respectable time of 11 min 10 secs. Alexandra Meek (W30) seized the opportunity to run a personal best of 11:24.3 which indicates a huge improvement for this talented triathlete and augers well for her preferred event. Bjorn Dybdahl used his vast track racing experience to outkick Daniel Sly (M30) over the last lap to record 11:36.5 to 11:41.3 respectively. David Solomon did the 3km as a tempo run in 14:02.3.

## Numbers down on holiday

A public holiday and heatwave conditions resulted in reduced numbers at Thursday night competition held at Ern Clark Athletic Centre.

Once again Colin Smith scored wins in the sprint events with a 29.3 secs run in the 200m and stopping the clocks at 14.5 secs for the 100m dash.

Rob Colton had a busy night running in all four races. Rob won the 800m in 2 mins 44.4 secs, ran 32.2 secs to place third in the opening 200m, placed second in the 100m in 16 secs flat and finished the night with second in the 5000m in 22 mins 41.6

ECAC – January 26

secs. Steve Weller showed his class in the 5000m with a solo run in 18 mins 44.1 secs. Earlier, Steve ran a 2 min 48.8 secs 800m in a warm-up for the 5000m.

Maurice Creagh and David Carr were the sole runners in the 3000m. Maurice running 15 mins 26 secs and David 20 mins 20.7 secs.

Cecil Walkley was another to have a big night competing in three events.



MAURICE CREAGH



# Conditions challenge

By JOHN DENNEHY

Strong swirling winds aided the sprinters but provided a real challenge to the middle and long distance masters athletes at the WAAS on Tuesday, February 7.

Garry Ralston (M60) ran a beautifully controlled bend and made the best use of the tailwind to record a fine 27.2 secs and the win in the 200m. Edward Beck (M40) made his track debut in second place with a 27.9 secs performance, followed by Geoff Allen (M50) in 28.3 secs. Barrie Kernaghan (M75) strode purposely over the distance to mark his return from injury. In heat 2 Des Walsh (M60) looked the goods the whole way to go sub 30 (29.7 secs) for the first time. Delia Baldock (W50) took second place in 36.7 secs a mere tenth of a second ahead of new member Ivo Davies (M70).

Rob Nichols (M35) went straight to the front in the 800m and displayed impressive fitness to cover the two laps in 2:20.5. The big-hearted Henri Cortis (M70) ran even paced laps to go under the magic 3-minute mark.

Excited sprinters ran great wind-aided 100m races, with Garry Ralston again taking out first place in a scintillating 12.8 secs boosting his confidence for the upcoming state

## WAAS – February 7

championships. Edward Beck carved out a 13.4 secs to Des Walsh's 13.7 secs and Geoff Allen's 13.8 secs. Delia Baldock and Barrie Kernaghan battled down the straight neck-and-neck both recording 16.9 secs Barrie gallantly giving the win to Delia. Cecil Walkley completed his third event of the evening much to the newcomer's amazement and went off home to a well-earned meal.

Despite the unabated windy conditions, Rob Nichols ran the 5km in an excellent 16:48.6. Looking to be in brilliant shape he reeled off a succession of even laps including floating through the first kilometre in 3 mins 20 secs. Impressive running from the steeplechase medallist from the recent world titles in Perth. Judy Davis continued her comeback from illness and injury to 'go the distance' in under 30 minutes.

The elegant Karyn Tolardo (W50) proud mother of 2017 state open champion 10km walks winner, Isabella Tolardo, showed where the talent comes from with a superb 5km walk in 30:46.1. Alan Gray (M50) shook off the effects of a recent bout of pneumonia to run a 3km in 13:30.4.



ROB NICHOLS

# Top two post sub 12 minute 3000m



JIM LANGFORD

Steve Weller and Vanessa Carson were the class of the field, the only runners to run sub 12 minutes for the 3000m at Ern Clark Athletic Centre. The two dominated the race with Steve posting 10 mins 27.2 secs and Vanessa exactly 60 seconds behind.

Distance specialist Jim Langford showed his abundant class to cross the line third in 12 mins 21.1 secs and Grant Perry (12:42.8) pipped Suzi Graves (12:43.9) for fourth.

Karyn Tolardo had a solid night with a time of 8 mins 46.2 secs for the 1500m walk and 18 mins 19.9 secs for the 3000m walk. Janne Wells walked the 2000m in 11 mins 29.4 secs.

## ECAC – February 2

The middle distance race was the 1500m with Vanessa Carson (5:14.8) heading Grant Perry (5:52.7) and Brian Hewitt (6:20.6) across the line.

In the sprint races, Colin Smith and Abdul Mohamed-Isa filled the first two positions in the 400m and 60m events. Colin ran 58.8 secs for the 400m and 8.1 secs for the 60m. Suzi Graves (76.3) ran third in the 400m with Donna Abbey (9.2) third in the 60m.

Fran Cherry picked up a win in the second heat of the 60m in 10.1 secs.



# Valentine's Day massacre

By **JOHN DENNEHY**

On Valentine's Day 2017 Campbell Till completed his comeback to Masters Athletics by 'slaughtering' the field in the 400m at the WA Athletics Stadium. Till (M55) has spent the best part of six months out with a plantar fascia injury and has slowly made his way back to racing fitness over the last few weeks, culminating in his 65.3 secs performance. He dragged Des Walsh (M60) to a PB of 66.8 secs. Brian Hewitt (M60) took out heat two with 73.2 secs followed by Delia Baldock (W50) in 88.1 secs and Cecil Walkley (M85) in 4:01.1.

Mark Dawson (M55) won the metric mile in 5 min 31.3 secs looking relaxed and confident throughout. In second place was Brian Hewitt recording 6:08.8 a mere tenth of a second in front of Alan Gray (M50). Cecil Walkley 'did the rounds' 16:15.3.

The 60m event leaves no room for error and Eddie Beer (M40) showed excellent leg speed to post a 7.9 second win. Geoff Allen, 8.5 secs, Des Walsh,

**WAAS – February 14**

8.7 secs, Delia Baldock, 10.4 secs and Cecil Walkley, 36.7 secs were all left in his wake.

The 3000m was conducted in humid but still conditions with Mark Dawson displaying his fitness with a time of 12 mins 6 secs after going through the first kilometre in 4:13 just behind Keith Hill who used the race as a training session and finished in 12:21.2. Sue Zlnay (W55) warmed up for the steeplechase with a time of 12:37.0.

The four entrants in the 2km steeplechase ran in Indian file the whole way with Sue Zlnay moving up on the leader, eight-year-old Quinn Lockwood every few laps, with Alan Gray doing the same to her. John McShane ran consistent laps in his debut over the distance. Quinn rebuffed Sue's ferocious challenge in the last lap to record a brave 9:14.1, with Sue in 9:16.6 and Alan finishing in third with 9:19.5 and John in 9:37.2

CAMPBELL TILL



LEE STERGIU

## Lee sets the pace in sprints

Competitors were greeted with good conditions at Ern Clark, just warm and no wind. Following last week's heatwave and public holiday, numbers were back to just under the 30 mark.

Lee Stergiou returned to the Coker Park track with a swift 12.6 secs in the first heat of the 100m. Lee backed this up with a win in the 200m stopping the clock at 26.2secs. In the 100m, Lee was followed over the line by Dawson Miller (13.4) and Colin Smith (14.2). Dawson ran second to Lee in the 200m in 27.5 secs.

In the other two heats of the 100m Sam Wong (13.2) and Brian Hewitt (17.2) led

**ECAC – February 16**

the field home. In Sam's heat, Kathy Lawson (14.8) and Jenn Parker (15.4) filled the minor placings. Delia Baldock (17.5) and Andrea Penny (17.6) placed second and third respectively in heat three.

Chris Groom (6:16.5) pipped Grant Perry (6:16.6) in the mile with David Solomon (6:19.3) third.

Later in the evening, Grant (12:36.5) won the 3000m from Andy Abbey (13:04.9) and David Solomon (14:44.7).



# Athletes brave arctic conditions

By JOHN DENNEHY

A hardy bunch of Masters athletes braved the unseasonably cool weather conditions with the wind providing the sprinters with a tail wind but stymying any chance of quick times for the longer distances.

In the 60m Rudi Kocis (M55) displayed impressive form in claiming the win with a 7.6-second effort. Geoff Allen (M50) grabbed second from Des Walsh (M60) 8.7 to 8.8. Fran Cherry (W50) won the second heat in 9.8 from Barrie Kernaghan (M75) who made a welcome return from injury in 10.1 and Delia Baldock (W50) in 10.4. Des Walsh backed up in the third heat recording another 8.8 time well ahead of visitor Warwick Dixon in 15.2 and Cecil Walkley (M85).

Mark Dawson (M55) led the field into the wind down the back straight looking relaxed and controlled in the 800m. Never taking his foot off the proverbial pedal he stormed home in an excellent time of 2:31.8. Vanessa Carson (W35) used the race as a warm-up for the 5km with an effortless 2:36.2 followed by Bjorn Dybdahl (M60) in 2:45.1.

Edward Beck (M40) ran his first 800m in many years recording a sterling time of 2:46.0 by wisely tracking the experienced Bjorn. John McShane (M50) produced an honest 2:56.5. Graeme Dahl (M65) tested his fitness running a 3:02.5 with Alan Gray (M50) in 3:14.0 closely followed by Des Walsh, returning a classy 3:16.9 effort. Paul Scott-Taylor (M55) announced his return to competition running 3:25.7. Julianna Kelly (W50) tested her hip injury by striding purposely around in 3:55.1 with John Dennehy (M55) testing his calf with a 4:07.5 run. Cecil Walkley ran 9:21.2 for his second race of the evening.



In preparation for the upcoming World Masters Indoor Championships in Korea, Rudi Kocis ran a wide bend and came onto the inside of his lane to replicate the tight indoor conditions in accordance with known tactics. A cramp in his calf slowed his last 50m but he still managed an excellent 26.5. John McShane (30.6) shaded Bjorn Dybdahl (30.8) with Barrie Kernaghan chalking up a 35 neat result. In his third event, Cecil Walkley ran 2:09.8. In heat two, Geoff Allen held off fierce rival Des Walsh running 28.9 to the latter's 29.8, with Fran Cherry taking third courtesy of a stylish 35.5. In heat four Delia Baldock hit the lead early, unfortunately having to surrender it to Julianna just before the line, finishing in 36.1 to 36.5 respectively. Carol Bowman (W60) stretched her legs with a 38.4 run.

Paralympic gold medallist over 1500m, Paul Mitchell (M45) showed a pleasing return to form with a withering sprint to win the 5km posting a 19:13.5 to Vanessa Carson's 19:13.8. At one stage Paul had a lead of around 60m before Vanessa 'got into her work' and even took the lead, relinquishing within sight of victory. No less impressive was W40 Clare Wardle's 20:25.0 performance. Mark Dawson produced another quality run, going the distance in 21:16.0, with Alan Gray looking comfortable in 22:24.7 and Paul Scott-Taylor's 23:31.6 representing a step up in class for him.

Bjorn Dybdahl lapped consistently in taking the 3km victory in 12:09.1 ahead of Edward Beck (13:03.5) who looked relaxed as he tackled some unfamiliar events.

## Jumpers look ahead to multi-events

Jumps coach, Dave Wyatt (M65), leapt 4.32m for the long jump win with multi-eventer Sue Coate (W50) out to 3.59m at WAAS on February 21. The indefatigable Des Walsh, possibly with an eye to multi-events, jumped 3.35m and Fran Cherry had a best of 3.04m.

Gay Wyatt (W60) scraped over the 3m barrier by 4cm and Carol Bowman just missed the mark with 2.96m. Such is his

talent that Todd Davey (M50) was still able to take out the win in his least favoured event, the javelin, with a top throw of 38.51m on February 21.

Sue Coate kept her 'throwing arm in' with a 23.37m ahead of visitor, Thomas Murrell with 21.07m. The consistent Rob Shand (M80) threw 18.05m, with Norman Stanger next with 16.95m and Gay Wyatt rounding out the field.

Todd continued on his winning way in the hammer throw hurling the projectile out to 43.52m accompanied by his usual 'rebel yell' for emphasis. Todd has been a record breaking machine recently, check out the record list on page two. Fellow M50, Tim Lyons, was able to throw a very good 34.88m with Thomas Murrell's 33.62m completing a high-level competition.



# Dave comes in from the cold

By JOHN DENNEHY

Dave Wyatt celebrated his return from a 10-week sojourn in Canada to equal fellow M65 Geoff Brayshaw's 1.30m high jump at WA Athletics Stadium on January 17. Heptathletes Sue Coate (W50) and Annmarie O'Donovan recorded excellent 1.20 efforts with Gay Wyatt (W60) suffering jetlag not up to her best.

Sue Coate took out the shot put with a 9.41m best, with Henri Cortis (M70) heaving the metal ball out to 7.66m. Mike Anderson's (M65) best put was just below the 6m mark with a 5.97m mark. Gay Wyatt and Carol Bowman recorded 5.15m and 5.13m respectively in the W60s.

The javelin concluded the night with Sue Coate throwing 23.76m marginally in front of newly turned M70, Phil Smyth 20.19m. M80 javelin specialist, Rob Shand, threw 18.35m with Annmarie O'Donovan fourth in 16.27m. Carol Bowman, the recent winner of the W60 Australian Heptathlon title in Bendigo, threw 10.64m with Mike Anderson (9.75m) and Gay Wyatt with 8.66m.

### WAAS – January 24

Conditions were conducive to good triple jumping with Lisa Limonas a mere centimetre below 9m. New state pole vault record holder, M70 Phil Smyth jumped 7.84m. He was just ahead of Kat Martin (W30) with 7.82m and Fran Cherry's 7.29m effort.

Todd Davey (M50) won the hammer throw with an impressive 46.76m throw. Tom Gravestock (M60) was also over 40m with a 40.26m best. Chris Schelfhout (W45) also a new state record holder threw 28.27m in response to British visitor Warwick Dixon's 26.99m. Andrew Ward announced his return to competition with a distance of 21.95m.

Todd also won the discus, throwing the platter out to a massive distance of 51.77m. Tom lifted his effort to get a 45.73m throw. Andrew Ward came through for third place with an excellent 31.36m ahead of Warwick's 28.59m best. Christine backed up her hammer with a 23.22m discus and Mike Anderson (M65) threw 18.55m.

### WAAS – January 31

Lisa Limonas jumped 4.41m to win the long jump by just 2 cm from her coach Dave Wyatt. Des Walsh was third with 3.70m also 2cm ahead of Sue Coate. Carol Bowman jumped 2.70m.



Gay Wyatt prepares to clear the bar in the high jump.

In the shot put M65 Ossi Igel heaved a huge 11.68m effort to win the event with Sue Coate in second place courtesy of a 9.19m put. Chris Schelfhout (W45) was in third with 7.10m.

Ossi also had the winning hammer throw of the evening with a 32.67m distance. Chris threw 26.67m.

### WAAS – February 7

Five intrepid high jumpers competed on the night with W60s Carol Bowman and Gay Wyatt clearing a metre. Pole vaulter Phil Smyth (M70) cleared 1.15m with Sue Coate (W50) over 1.25m and the master of the high jump, Dave Wyatt (M65) winning the event with 1.30m.

Dave surprised to post a javelin throw of 21.02m. Sue Coate backed up her heptathlon efforts from the weekend with a 14.04m effort and Tim Lyons (M55) threw 19.16m despite carrying an injury.

Tim threw the discus 35.89m and Mike Anderson (M65) showed improved technique to record a 16.74m. Tom Gravestock (M60) consistently throws the platter over 40m and tonight was no exception with a best of 41.07m. Perhaps the highlight of the evening was courtesy

of Man Mountain, Todd Davey (M50). He threw the discus 55.26m to eclipse the Australian Record. This was also Todd's one hundred and first state, Oceania or National record in his five-year Master's career!

### WAAS – February 14

The two triple jumpers both recorded impressive performances with coach Dave Wyatt (M65) besting M70 athlete, Phil Smyth, 8.90m to 8.63m respectively.

Multiple State record holder, Ossi Igel (M65), 'put' the shot out to 11.05m and was the only athlete over 10m. Eddie Beer ventured into the throwing arena to chalk up a 9.05m effort. He was followed by Jasmin Karwacki (W35) with 8.76m and visitor, Norman Stanger, with 6.96m

The discus is where Ossi was able to show his true metal with a new state record of 42.79m! A huge throw. He inspired Eddie Beer to a promising effort of 28.56m. Jasmin Karwacki completed her evening's performances with a fine 25.23m throw. Norman Stanger was pleased with his 22.05m with Des Walsh surprised with his 19.74m distance.



# Todd breaks record

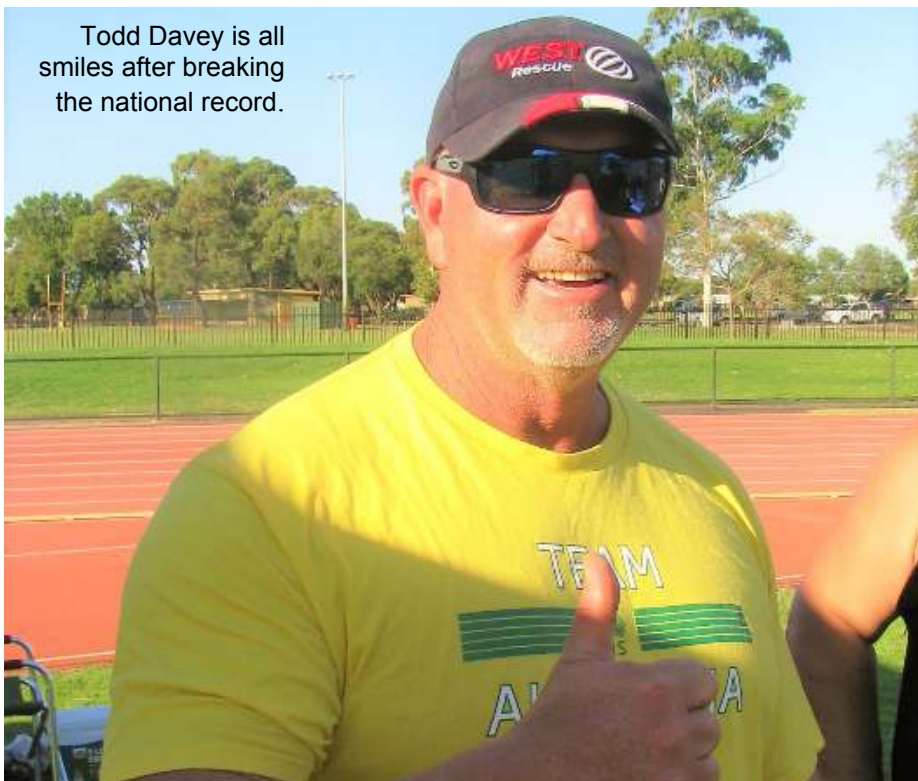
On February 18 the second throws pentathlon was held in Bunbury. Six athletes from Bunbury and seven from Perth lined up and were hoping for good results in the “throwers paradise”. The mercury went up to 34°C with a mild wind.

The man of the day was Todd Davey (M 50) who was aware that it will be very challenging to break the National record. His hammer throw of 47.79m was a good start and an excellent shot put of exactly 15m. This was a PB and a state record. In his favoured event, the discus throw, Todd had some very good warm ups.

In the competition, the discus landed at 53.16 m and the record was in good sight. Javelin is for most of the throwers the event which causes some difficulties. But Todd managed to throw a good distance of 41m. After nearly three hours of competition, the heat started to take its toll. In the final event, the weight throw, the magic distance was 17.07m. As the officials read out 17.12m, the old record was history by the very small margin of three points with a new record (pending) of 4195 points.

Beside Todd’s record, no other records were broken. However several good results were achieved. The highest number of points among the women was from Cheryl McMahon with 2723. She threw a PB of 29.06m with the javelin. Followed

Todd Davey is all smiles after breaking the national record.



by Ruth Johnson (2526), Luella Jenkins (2476), Jen Parker (2396), Sally Sims (1948) and Shanell Staunton (1907).

In the men’s division, Ossi Igel scored 3482 points with help of a good discus throw (41.15m). Matt Staunton, the TP World champion in the M40 age group,

finished with a fine result of 3298 points. That was 50 points above his WMA winning score. Jo Peters from Bunbury was just 10 points behind. John Fettus (2871) and Steve Chilcott (2121) completed the field.

*(Information supplied by Ossi Igel.)*

## Throwers relish top Bunbury conditions

One week before Christmas several throwers competed at a throws pentathlon in Bunbury. The throwing conditions are considered to be some of the best in Australia. In Bunbury, there is a gentle wind blowing from the south-west as a headwind for the discus throwers. These are just a few of the reasons why many PB’s and records were achieved.

Ruth Johnson (W75) set a new Bunbury Club record with 2486 points. Her best event was hammer with 19.11m. Luella Jenkins and Bev Hamilton (both W70), achieved 2481 and 3604 points. Bev was happy with her hammer of 24.27 m. Sharon Moloney (W50) got 2135 points. Her best result was also with the hammer: 21.35m. Sally Sims (W35) set a new PB

of 17.20m with the javelin. Her overall result was 1843 points.

Having set a number of state records after the world championships Todd Davey improved his personal best and the state record by more than 100 points to 4046 points. Todd is the first WA athlete to crack the 4000 points mark in a throws pentathlon. The highlight was his discus throw of 51.52 m.

Ossi Igel (M65) posted a shot put of 11.68m. In the M60 age group, three athletes were hopeful for good results. However, Geoff Gee, bronze medal winner at Perth 2016 achieved 500 points less than at the world championships. His best was a weight throw of 15.43m. On the other hand, Tom Gravestock and Jo Peters performed well. Tom finished with

3634 points, just 18 points below his PB and 42 points shy of Geoff’s SR. His best single result was 45.43 m in the discus.

Jo Peters, who competed at the worlds for his native Canada achieved PBs in the TP (3386 points) and weight throw (14.83m). Both results were Bunbury club records. With the help of a javelin throw of 30.71m, Gary Hastie (M50) ended up with 2081 points. In the M40 age group, Matt Cooper travelled from Queensland to WA and achieved 2088 points.

John Fettus (M40) had bad luck by fouling all of his hammer throws. His other events went well, with a shot put of 12.36m.

Special thanks to Robyn Feutrill and Rob Antonioli for organising the event.  
*(Information supplied by Ossi Igel.)*



# Throwers return with a vengeance

Perth 2016 was a once in a lifetime opportunity to attend a world championship with Western Australian throwers produced three world champions, several medal winners and several top eight finishers. No wonder that many athletes took a few weeks off.

As weight throw is not allowed at the WA Athletics Stadium this competition is now held at Ern Clark Athletic Centre.

Despite reduced numbers following the world championships, a number of throwers remained performed well. Todd Davey (M50) relished his new age group, setting six state records before Christmas. He improved the SR with the hammer to 46.63m and in December to 48.17m. The weight throw record was extended twice to 17.53m and 17.77m. The SR in shot put stands now at 14.98m and the SR for the throws pentathlon (see report on page 6) at 4046 points. Besides these records, Todd now throws the discus regularly more than 50m.

Bev Hamilton (W70) set a hammer PBA with 26.09m at a Strive competition. Andrew Ward (M55) threw the weight 10.25m and his beloved javelin 33.70m. Jasmin Karwacki (W35) posted a 8.96m good shot and improved her hammer to 23.96 m. Jennifer Parker (W45) competes regularly at ECAC, sending the shot out to 8.91m and the discus to 28.20m. World champions Matt Staunton and Byrony Glass competed in the hammer throw. Matt recording 43.82m and Byrony a respectable 48.45m. Shortly before Christmas Tom Gravestock returned to the circles. His 47.63m with the discus and 12.05m with the shot proved that Tom has not lost any form.



Enjoying the evening's competition are (from left) Sheryl Woolley, Jennifer Parker and Andrea Penny.

### January

Following the Christmas and New Year break the first SR was set by Todd Davey with a hammer throw of 50.77m. Matt Staunton (M40, 45.13m) and Geoffery Gee (M60, 36.44m) completed the good hammer throw evening. A real highlight was the discus throw by Sarah Edmiston (W40) in early January. She broke the Australian record (pending) in the handicap class F44 and the W40 SR. This throw is also a 2017 IPC London World Championships AAA qualifier. Just a few days later, Chris Schelfhout (W45) established a SR with a hammer throw of

29.22m. Andrew Ward (M55) and Geoff Brayshaw (M65) had a close competition with the javelin. Andrew had 60cm more on the tape with his 32.87m throw. So far the biggest turnout was on January 12. Ossi Igel (M65) broke the 40 mark with a throw of 40.54m followed by Geoff Gee with 39.33m and Matt Staunton's 37.03m. Jennifer Parker's discus landed at 27.74m. Sheryl Woolley (W45) could send her discus to 23.73m. Andrea Penny (W40), returned to track and field after a break of almost 20 years. The three women also competed in the weight throw. For Sheryl and Andrea it was the first time that they threw the 20 pounder. All three managed reasonable throws. Geoff Gee threw 16.93m and Ossi Igel 15.13m.

On January 17 the javelin was the popular event of the evening. Sue Coate (W50) threw 23.76m. Rob Shand (M80) returned to the competition with 18.35m. It was good to see that Gay Wyatt (M60), one of our best jumpers, sharpening her skills with the javelin. The following week in the hammer Sally Sims (W35) broke the 30m mark for the first time with a throw of 30.10m. Todd Davey and Matt Staunton had throws of 47.62m and 43.66m. Jennifer Parker sent the hammer out 24.26m and Todd Davey javelin flew 40.91m.

*(Information supplied by Ossi Igel.)*



### Record breaker

February was the month of Todd Davey (M50). Todd threw three Australian records within two weeks. On two occasions Todd improved his own record with the discus. He achieved 4195 points in the throw pentathlon (see separate report). His stream of records started on February 3 at Strive where he threw 53.98m. But this record would last only until the following Tuesday. At WAAS he had a mighty throw to set an Australian record (pending) with a distance of 55.26m.



# 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	steeple				
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	<b>10k*</b>	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



Rob Nichols flew the MAWA colours at the Strive meeting at WA Athletics Stadium on February 18. Rob ran 10 mins 23.33 secs for the 3000m steeplechase.

**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**