

# T F N L



The Track and Field  
Newsletter of MAWA

Season 10 Issue 5

APRIL 2017



**Masters  
do it  
indoors**

Australia's John Fienieg takes over from Peter Crombie on their way to a gold medal in the 4 x 200m relay. Germany's Klemens Grissmer loses his footing.

*Photo: DOUG SMITH*

**Pages 6-13**

# Sarah's world champs claims receive boost

By JOHN DENNEHY

At the recent 'SummerofAthletics' Grand Prix in Canberra, MAWA's Sarah Edmiston (F/44) competed in both the shot put and discus and managed to top her WA State open performances of 7.98m in the shot put and discus of 32.77m. Her current season's best in the discus is a mighty 35.97m (06/01/17).

To give this its due perspective, the 2017 World Para Athletics World Championships qualifiers for the F/44 classification are 31.95m (A) and 27.80m (B) and shot put 12.00m (A) and 10.00m (B) respectively.

Sarah's secondary event is the shot put with her best in the competition coming in the first round. As evidenced by her series of throws (8.25, 8.07, 7.75, 7.68, 7.03, 7.37) her technique is still to be refined somewhat. A reliance on brute



**SARAH EDMISTON**

strength rather than technique is usually indicated by a declining performance over the course of a competition. However,

mastery of the 4kg implement can be courtesy of harnessing this strength with several intense technique training sessions.

In the Canberra meet Sarah's best discus throw came in the fourth round in a remarkably consistent series of throws of 32.67, 33.08, 33.19, 34.88, 33.30, 33.19. Her superb technique here allowed for fine adjustments after each effort, notwithstanding the fact that every single throw was over the A qualifying mark.

This competition was conducted in front of the Para selectors and would have enhanced her already strong claims for a position in the London-bound team later in the year and shows how a top class competitor reacts to the pressure of competition.

Such a superb performance from Sarah marks her as an elite Para Athlete and Masters competitor.

## Winter programme expanded

With the Australian Masters Track and Field Championships being held in June this year a winter programme will be held at WA Athletics Stadium and Ern Clark Athletic Centre in the lead up to the Nationals in Darwin.

**ECAC:** Full winter track programme April 6 and then late April through to September. No throws and no jumps

competition but equipment is available if members want to come and practise.

**WAAS:** For the period leading up to the Nationals in Darwin, (ie April 4 and then late April and all of May), a full programme with track, throws and jumps.

From June to September there will be no programme at WAAS. This is based on the club's experience in recent years, (apart from 2016), where only a handful

of athletes attended which did not justify the time and effort of those who run the event.

The club is conscious that throwers will not have the opportunity to do Weight Throw ahead of Darwin. The circle at ECAC is probably too dark after around 6pm, but the ground is open by 5.30pm so throwers could come and practise then.

## Dunedin beckons

The Oceania Masters Athletics Championships are held every two years and include Australia, New Zealand and all the Pacific Islands.

In 2018 they will be held from January 20-27 in Dunedin, New Zealand. Following the championships you can holiday in this stunning location.

For further information click on the follow link, then future events.

<http://www.oceaniamastersathletics.org/>

## ROLL OF HONOUR

M50	Todd Davey	Hammer Throw	50.77m	5/1/2017
W45	Jenn Parker	Discus	30.17m	18/2/2017
M50	Todd Davey	Throws Pent	*4195pts	18/2/2017
M50	Todd Davey	Shot	15.00m	18/2/2017
M65	Ossi Igel	Shot	12.22m	23/2/2017
W45	Jenn Parker	Discus	30.26m	23/2/2017
M55	Nenad Peisker	High Jump	^1.55m	28/2/2017
W45	Toni Philips	80m Hurdles	13.70	18/3/2017
M85	Rob Shand	Javelin	18.57m	21/03/2017

^non MAWA member

\*Australian record

Records from Daegu – page 13

# Nominees for AMA awards in Darwin

Each year at the Australian Masters Athletics Championships the top athletes from the previous year are announced at a dinner which will be held in Darwin in June. MAWA has nominated the eight athletes on these pages.

At last year's championships in Adelaide, WA's Scott Tamblin won the middle distance award and Melissa Foster won the jumps award.

Sprints/Hurdles  
Most outstanding female athlete  
Most outstanding individual performance



Wendy Seegers

Most outstanding male athlete



Matt Staunton

Middle distance/Steeple



Rob Nichols

Distance



Janet Ferguson

Walks



Lynne Schickert

Jumps



Melissa Foster

Throws



Byrony Glass

Multi events



Mark Jeffery

# Entries boosted

Numbers break  
pre-2016 record



Delia Baldock  
clears the hurdle in  
last years State  
Championships.

As expected this year, many athletes have taken an extended break from competition after the World Championships and numbers at our Tuesday and Thursday meetings have been low. So we were pleased to see many making their return entering the State Championships – the

final entry of 183 being 11 higher than the pre-2016 record.

We are able to further consolidate holding the event at ECAC with the recent purchase of steeple – only the pole vault needing to be at a Strive meeting. Canning Council has further plans to develop and promote ECAC as a true Championship venue, so we

look forward to our State Championships being here for many years into the future.

However, there is not yet a permanent photo finish capability, so we again thank Barry Mullins for coming over from Queensland with his portable equipment.

**Barbara Blurton,  
Championship Director**

# TIMETABLE OF EVENTS

## Thursday, March 30

(Ern Clark Athletic Centre)

### 10,000m

19:00	W35+, M30+	M30+
		08:00 Long jump
		09:15 Javelin
		10:25 200m
		10:40 Discus
		11:30 1500m

## Thursday, April 6

(Ern Clark Athletic Centre)

### Steeplechase

19:00	M35-54 3000m Steeple	W35+
19:20	W35+ 2000m Steeple	12:00 Hammer
19:50	M60+ 2000m Steeple	12:45 Shot
		13:30 Discus
		14:15 Javelin
		15:00 Weight

## Saturday, April 1

(Ern Clark Athletic Centre)

### Pentathlon

W40+
08:30 100m
08:50 Shot
09:30 Long jump
10:20 Javelin
11:10 800m

### Throws Pentathlon

M40+
12:45 Hammer
13:40 Shot
14:15 Discus
15:05 Javelin
15:55 Weight

## Saturday, April 8 at Ern Clark Athletic Centre

08:00 M65+ 5000m	11:35 W50 200m	13:30 W35-49 Shot
08:15 M30+ Long Jump	11:40 W55+ 200m	13:30 M55-64 800m
08:15 M40-69 Hammer	11:50 M30-49 200m	13:35 M65-74 800m
08:15 M80 Hammer	11:55 M50-59 200m	13:40 M75+ 800m
08:15 W40+ Javelin	12:00 W50+ Discus	14:05 W45+ 1500m Walk
08:45 W35+ 5000m	12:00 M60 200m	14:05 M40+ 1500m Walk
09:25 M30-64 5000m	12:05 M65 200m	14:30 M45-59 Javelin
09:45 M60+ Javelin	12:10 M70-79 200m	14:35 W40-49 60m
09:45 W35+ High Jump	12:15 M80+ 200m	14:40 W50 60m
10:15 W45+ 5000m Walk	12:25 M60+ Shot	14:45 W55+ 60m
10:15 M40+ 5000m Walk	12:30 W40-49 400m Hurdles	14:50 M35-44 60m
10:15 W35-49 Discus	12:40 W50-69 300m Hurdles	14:55 M45-54 60m
10:30 W50+ Shot	12:50 M60-79 300m Hurdles	15:00 W45+ Triple Jump
10:45 M30+ High Jump	13:00 W70+ 200m Hurdles	15:00 M55-64 60m
11:30 M40-59 Shot	13:15 W30+ 800m	15:05 M65 60m
11:30 W35-49 200m	13:25 M30-54 800m	15:10 M70+ 60m

## Sunday, April 9 at Ern Clark Athletic Centre

08:00 W30+ 1500m	09:20 M70+ 100m	10:55 W60+ 80m Hurdles
08:15 M65+ Discus	09:25 M65 100m	11:00 M50-69 100m Hurdles
08:15 W35+ Weight	09:30 M60 100m	11:00 M40+ Weight
08:15 M30-59 1500m	09:35 M50-59 100m	11:15 W40-59 400m
08:30 M60-74 1500m	09:40 M35-49 100m	11:20 W60+ 400m
08:45 M75+ 1500m	10:00 M70 Hammer	11:30 M75+ 400m
09:00 W35-49 100m	10:15 W45+ 3000m Walk	11:40 M70 400m
09:05 W50 100m	10:15 M40+ 3000m Walk	11:45 M65 400m
09:10 W55+ 100m	10:15 M40+ Triple Jump	11:50 M60 400m
09:20 W40+ Long Jump	10:30 W35+ Hammer	11:55 M55 400m
09:20 M40-64 Discus	10:50 W40-59 80m Hurdles	12:00 M30-54 400m

# World Indoors – Daegu



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Lenore Lambert waits for the start of the 200m final. Aussie athletes scored a one-two with Lenore winning silver and Janelle Delaney gold. Photo: DOUG SMITH



대한체육회  
맹연상육대

# President congratulates Aussie team on success



Congratulations to the Australian Masters Athletes who represented our country at the World Masters Indoor Athletics Championships in Daegu from March 19-25. They certainly did our sport proud picking up medals on the track, in jumps and throws as well as in the non stadia events. Incredibly they finished on top of the medal tally with more gold and more medals than any other country even though they had less athletes than some.

Congratulations to all on their participation and medal achievements with particular note of the world records set by W65 Heather Carr in the 3000m walk, W65 Jenny Flynn in the 400m and W70 Lavinia Petrie in the 3000m run. A total of twenty four world records were set at the Championships.

**Wilma Perkins  
AMA President.**

**Medal Counts**

Team	Gold	Silver	Bronze	Total
Australia	59	40	25	124
Great Britain and Northern Ireland	50	35	33	118
United States of America	42	34	32	108
Spain	38	26	16	80
Germany	27	22	34	83
Korea	27	20	18	65
Japan	26	26	18	70
France	26	20	20	66
Poland	25	18	18	61
Finland	16	8	11	35
Czech Republic	14	13	18	45
New Zealand	14	12	7	33
Italy	10	18	9	37
Canada	10	12	8	30
Ukraine	10	6	3	19
Norway	10	6	1	17
Ireland	9	9	10	28
Latvia	8	12	6	26
Netherlands	7	8	7	22
Sweden	5	10	2	17

## Snapshots

What a great experience Daegu was. I ran 1:13:29 for the half marathon and won Gold in M50.

Two M35 guys took off after 2km. I was running with a Korean M50 (dropped him at 14k) and three M40 guys. Only one of them beat me. Finished fourth overall.

My next big race is the Boston Marathon on April 17.

**CLEMENS SCHMITT**

Big news is Australian team topped the medal table at end of competition, ahead of Great Britain and the United States. MAWA athletes all did well with medals to Melissa Foster, Rudy Kocis, Lynne Schicker, Clemens Schmitt, Matt and Shanell Staunton.

Facilities top class, weather warmer than expected, feels like Perth winter, mostly sunny about 15 degrees. Locals very formal but friendly and helpful. Food is a challenge, but we are finding things and ways to eat.

**BOB SCHICKERT**

I ran the 60 prelims and semis ...and re-ignited an old injury after the second race (tear in the meniscus).

I still ran the final and placed third, but it wasn't my best performance due to the injury. As a result I pulled out of the rest of the competition, so not much of a story to tell I am afraid.

Melissa Foster and the Stauntons have better stories to tell, as they have raked in a nice bag of medals between them.

**RUDY KOCIS**



W50 4 x 200m relay team gold medal winners celebrate, (from left) Philippa Wight, Gianna Mogentale, Julie Brims and Janet Naylor.

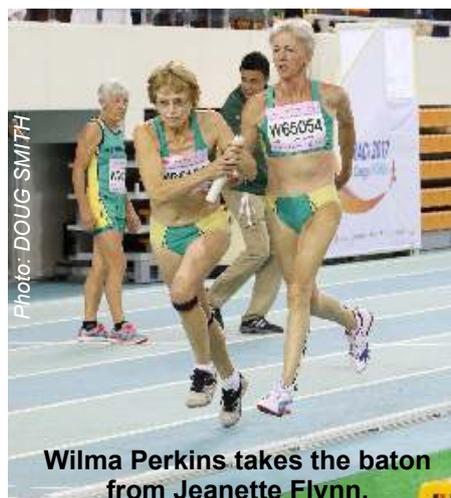


Photo: DOUG SMITH

**Wilma Perkins takes the baton from Jeanette Flynn.**

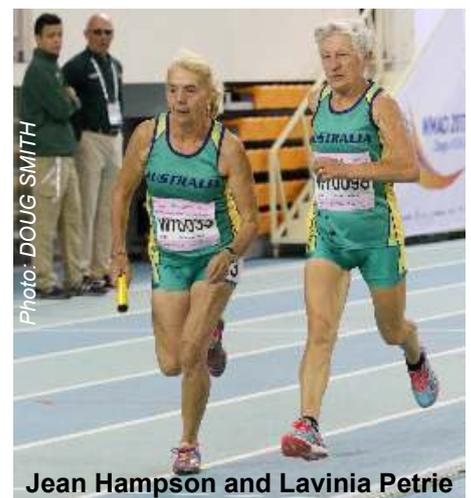


Photo: DOUG SMITH

**Jean Hampson and Lavinia Petrie**

# Cool Daegu surprises

For Deb and myself, this was our second indoor championships as we took part at Kamloops in Canada in 2010 – and hope to do so again.

We took the easy route to get to Korea with flights from Perth to Hong Kong and then to Seoul. Following an overnight stay in Seoul we took the speed train (270km/h) to Daegu which took three hours.

It was just coming into spring in South Korea with the start of the cherry blossom season, but we felt cold with the temperature close to zero at night, although it did reach up to 15 degrees C in the middle of the day.

Korea is a small country in area, but with more than 50 million people, living in high-rise apartments and the streets were very busy. Daegu is the third largest city with more than two million people.

The political tension in the area was visible with American soldiers staying at the hotel and noisy jet-fighters during the cross country races, but this did not seem to influence the daily life in the country too much. However, we did see some sign of the internal political tension too with minor demonstrations.

Daegu is quite clean and nice, but a busy city having an efficient transport system. All participants had free travel and it was an extremely efficient way to get around. In addition, taxis were very affordable too, so to be sure that we arrived at the stadium on time we used taxis.

We stayed downtown at the Novotel with short walks to both shopping and eating places. We tried both Korean



Bjorn Dybdahl (left) with fellow Australians Stuart Paterson (left) and Peter Sandery at the cross country.

versions of European food and the local Korean food and enjoyed the local one.

Where we stayed, the international clothing shops had items at affordable prices.

If one should look for one negative thing with being in Korea, it must be the air quality. The smog from the north hung over the mountains and clear blue sky was not really there.

Apart from coughing and a head cold, I enjoyed the running and meeting old and new friends.

The championship was exceptionally well organised with no delays and no hick-ups – just like a machine. All volunteers did a marvellous job getting everything to work so well. Even the

athlete's party was a treat, with good food, plenty of seating and music for our generation to dance to, but played by young Koreans.

In my age group (M60) there were around 30-40 entered in the 800m, 1500m, 3000m and the 8km cross country.

As I am in China when this is published, it was a pity to see that the Chinese team had withdrawn.

The top five in each race had athletes of a high international standard, but the numbers in the secondary standard (where I am) were missing.

Many South Koreans that had entered did not compete, so only 15-20 were actually taking part in the races I ran.

**BJORN DYBDAHL**

## Korean championships amaze

Daegu has been an amazing experience. The two stadiums were spotless and we had more than 400 officials and volunteers assisting us to move between events. The WMA Competition Team worked well with the Korean Officials, providing guidance on technical matters where necessary.

Having now been to three WMA Indoor Championships, each one has a special memory – snow each side of us at the 10km road walk in Jyvaskyla, a hilly 10km walk course in Budapest, and a very flat fast course here in Daegu, right

outside the main stadium so we had plenty of supporters cheering us on. Australians featured well in the walks, as they have done in all the other events.

The weather has been kind to us, with rain holding off until after the Half Marathon on Saturday. Of course, inside a warm stadium, the cold weather only affected us as we went off to catch a bus to the hotel.

The WMA headquarters hotel was very comfortable and the food in their buffet was exceptional. I have never seen such a variety of dishes, many with ingredients

we are not familiar with in Perth. We have eaten some very interesting things.

With free transport provided, our athletes have been able to travel around the city and beyond, enjoying the different landscapes and housing styles. This is what World Masters Athletics is all about – visiting new countries, meeting our friends from previous championships and enjoying new experiences.

We look forward to Malaga in Spain in 2018 and then the next Indoors in Torun, Poland in 2019. See you there.

**LYNNE SCHICKERT**

# World Indoor Championships – Daegu – 60m



Melissa Foster (third from left) picks up her first medal with a bronze in the W35 60m. Corinne Damas is far left.



Corinne Damas and Melissa Foster



Photos: DOUG SMITH

Julie Brims (left) heads to her first gold. Gianna Mogentale (right) was fourth.



Rudy Kocis and Robert Foster



Rudy Kocis (third from right) picks up a bronze in the M55 60m final.

### Golden girl reflects on championships

Daegu was the setting for this year's Indoor Championships. It was a successful event for Australia who topped the medal table with 59 gold and a total of 124 medals. It was an extraordinary effort from a team of approximately 80 athletes. This was the largest Australian team for an Indoor Championships. It was a phenomenal event for the West Aussies including Team Staunton coming home as the Hammer Throw World Champs and Lynne Schickert's medals in the walks.

I found it to be a well run event and the only holdup that I experienced was due to the no show of so many Korean athletes. There were several rumors for the no show including entrants being signed up at the local shops the weekend before entries closed and the major sponsors (Hyundai) being given entries for their employees to fill. The impact of this was most evident on the track when heats were collapsed from five to two or straight to finals or when they didn't collapse the heats and we had athletes competing in races of two or three people.

From a personal perspective, my results at this event far exceeded my wildest dreams (three gold – Triple Jump, Long Jump and Pentathlon, one silver – 60m Hurdles and one bronze – 60m). My triple jump came together and I had my best sequence of jumps since Lyon. To win the bronze medal in the 60m and take the Australian Record from renowned Aussie sprinter Ranell Hobson was unbelievable. My hurdles is still a work in progress but I successfully maintained my stride pattern in both runs. The winner of my 60m and 60m Hurdles was Beijing Olympian Dedeh Erawati, an absolute privilege for me to compete against such a talented athlete.

**MELISSA FOSTER**



Matt and Shanell Staunton display the green and gold in Daegu.

# Stauntons savour experience

So, here we sit in Tokyo reflecting on our first World Masters Athletics indoor Championships.

Firstly, Shanell and I agree that the facilities were the best we'd ever seen at any level. The three stadiums were within walking distance from each other, the shuttle service was well run and staffed by friendly efficient volunteers as was the entire championships.

There were some teething problems and some minor language hiccups but every problem was dealt with immediately.

The food on-site was great. Street food, inexpensive and great tasting ... for the most part. There were some extra spicy options best avoided.

The snack bar and restaurant were great for pre and post competition feeds too.

As for the competition itself there were a large number of disappearing Korean entrants but for the most part I don't think this affected the likely results.

Throwing indoors was a new experience which provided some challenges but I think we both did the best we could on the wooden circles and look forward to doing it again in two years time.

Shanell and I both set inaugural Australian indoor records for weight and shot which was an bonus to top off our combined six medal haul of two World Championships, three silvers and one bronze medal.

Time to continue our adventures now.

**Cheers from Tokyo**

**Matt and Shanell**

Husband and Wife World Masters (winter) Hammer Champions.

# World Indoor Championships – Daegu – 200m



**ABOVE:** Julie Brims (second from left) leads the field on her way to a gold medal in the 200m final. Gianna Mogentale (fifth) is second from right.

**RIGHT:** Julie and Gianna after the final.

*Photos: DOUG SMITH*



Janelle Delaney (third from left) and Lenore Lambert (right) catch their breath after scoring an Aussie one-two in the 200m final.



**PETER CROMBIE – Gold**



**JAY STONE – Gold**



## MAWA Diary

### Day 1, Sunday

Lynne Schickert picks up silver medal in 3000m race walk in 23:47.71.

### Day 2, Monday

The sprinters took to the track today with the 60m preliminaries. Melissa Foster (8.24) ran second to advance as did Perth visitor and Spanish team member Corinne Damas (8.83). Both Rudi Kocis (7.92) and Colin Smith (7.97) advanced to the semi-finals.

Lynne Schickert won gold in the high jump (.84m). A second gold medal for MAWA was won by Shanell Staunton in the hammer throw.

Matt Staunton won a silver in the weight throw with a distance of 13.63m.

Shanell Staunton throws the hammer 27.72m to win a gold medal.

In the evening 60m semi-finals, Rudi Kocis (7.81) won his M55 heat with the third quickest time of all heats. Colin Smith (8.06) missed out on advancing to the M50 finals.

Photos: DOUG SMITH



Melissa Foster  
in the 60m

### Day 3, Tuesday

The morning sessions featured the 60m finals with Melissa Foster (8.16) winning a bronze medal in the W35 final. Corinne Damas ran 8.83 in Melissa's final. A few hours later Corinne snuck into the semi-final of the 200m with a time of 29.28.

Rudi Kocis (7.84) won bronze in the M55 60m final.

Melissa Foster jumped 5.57m to win a gold medal in the W35 long jump shortly after her 60m final.

Matt Staunton added another silver medal to his collection in the M40 discus with his second throw of 38.20m.

Bjorn Dybdahl (2:37.58) finished third in his M60 800m heat to qualify for the final.

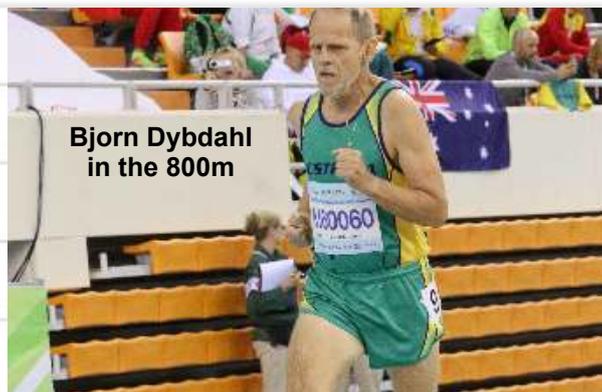
The 200m preliminaries were held in the early afternoon. First up for MAWA was Rudi Kocis (27.27) who placed third and advanced to the semis.

Colin Smith (26.18) ran in the final heat, from lane four he finished third but did not advance.

### Day 4, Wednesday

Matt Staunton adds a gold medal to his two silver medals with a throw of 44.72m in the M40 hammer.

Bjorn Dybdahl ran 2:47.19 to finish ninth in the final of the M60 800m.



Bjorn Dybdahl  
in the 800m

### Day 5, Thursday

Bob Schickert and Bjorn Dybdahl ran the 3000m with Bob (15:24.08) finishing seventh in M75 and Bjorn (11:51.39) finishing sixth in M60.

Lynne Schickert won bronze in the triple jump with a distance of 4.86m.

Matt Staunton won a bronze medal in the M40 shot.

Melissa Foster struck gold with a 11.80m triple jump.

### Day 6, Friday

Lynne Schickert won a bronze medal in the 10,000m walk and a gold team medal.

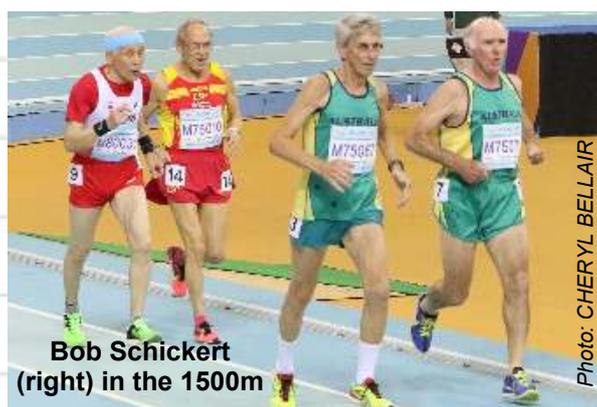
Colin Smith (58.35) ran third in his 400m heat to advance to the semi finals. Later in the day Colin ran (58.09) to place ninth in the 400m semi finals.

Melissa Foster won gold in the pentathlon with 2282 points and silver in the W35 60m hurdles.

### Day 7, Saturday

Clemens Schmitt (M50) won gold in the half marathon in a time of 73:29. He also won a silver medal in the teams category.

Bob Schickert (7:14.35) placed eighth in the M75 1500m final and Bjorn Dybdahl (5:25.62) places eight in the M60 1500m final.



Bob Schickert  
(right) in the 1500m

Photo: CHERYL BELLAIR

# World Indoor Championships – Daegu



Gold medallist Jeanette Flynn sits behind Kathryn Martin (USA) in the 800m.



Lavinia Petrie breaks the W70 3000m world record to win gold in 12:54:89.



Peter Sandery wins an 800m silver medal in 2:54.22.



Australian Female walkers after their 10km walk (from left to right) Lynne Schickert, Anne Weeks, Heather Carr and Joan Purcell.

	Prelims	Semis	Final	Place	Records		Prelims	Semis	Final	Place	Records
<b>Melissa Foster (W35)</b>						<b>Bjorn Dybdahl (M60)</b>					
60m	8.24Q		8.16	3rd	SR AR	800m	2:37.58		2:47.19	9th	SR
60m hurdles			9.79	2nd	SR AR	1500m	:		5:25.62	8th	SR
Long Jump			5.57m	1st		3000m			11:51.39	6th	SR
Triple Jump			11.80m	1st		Cross Country			33:56	10th	
Pentathlon			2282pts	1st	SR AR	<b>Bob Schickert (M75)</b>					
800m (within pentathlon)			3:00.62		SR AR	1500m			7:14.35	8th	SR
Shot (within pentathlon)			8.42m		SR AR	3000m			15:24.08	7th	SR
<b>Lynne Schickert (W75)</b>						<b>Clemens Schmitt (M50)</b>					
High Jump			0.84m	1st	SR AR	Cross Country			45:42.00	7th	
Long Jump			1.99m	3rd	SR	<b>Colin Smith (M50)</b>					
Triple Jump			4.86m	3rd	SR	60m	7.97q	8.06			SR
3000m walk			23:47.71	2nd	SR	200m	26.18				SR
10km Road Walk			1:20:59	3rd		400m	58.35q	58.09			SR AR
<b>Shanell Staunton</b>						<b>Matt Staunton (M40)</b>					
Hammer			27.72m	1st		Discus			38.20m	2nd	
Weight			10.55m	2nd	SR AR	Hammer			44.72m	1st	
<b>Rudy Kocis (M55)</b>						<b>Matt Staunton (M40)</b>					
60m	7.92Q	7.81Q	7.84	3rd	SR	Shot			12.40m	3rd	SR
200m	27.27q	DNS			SR =AR	Weight			13.63m	2nd	SR

# Masters leave mark



Melissa Foster sails through the air on her way to third place in the long jump with a distance of 5.77m

By JOHN DENNEHY

The Western Australian Open Track and Field Championships were held at WAAS on March 24-26 and although there were a plethora of athletes attempting to qualify for both senior and junior competitions, MAWA athletes left their marks on the competition and even scored medals.

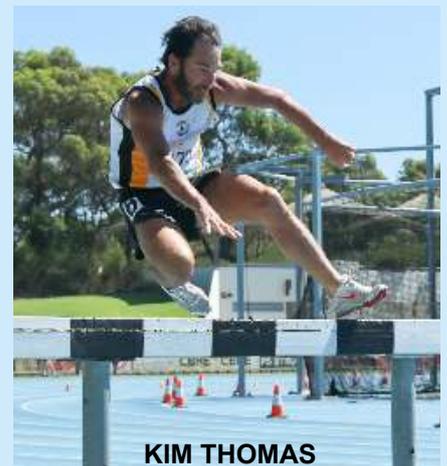
Platinum blonde, W35 competitor Melissa Foster, proved her fighting spirit in the tight battle for medals in the long jump with a best effort of 5.77m, a mere 1cm away from her own state record and 3cm from the silver medal. Coach, Anne Masters, and athlete tinkered with the run up to produce the medal-winning distance in the last round. In the triple jump, she was out to 11.50m for a fourth place finish. Melissa was disappointed with this distance as her strength to technique balance is 'out' at this stage of her World Indoors preparation. Heavy weight training and competition are not conducive to good performances and Melissa will hopefully see the benefits in South Korea.

Rob Nichols (M35) built on his strong season with a 3000m steeplechase time only 10 seconds outside his state record from last year (10:11.0) with a 10:21.99. M40 athlete Kim Thomas finished the event in 11:13.03 displaying the endurance that saw him finish the 2016

Melbourne Marathon in a 2:47.18 (seventh place in M40-44 age group) and 58<sup>th</sup> overall. The state champion in the 5km walk is Garry Hastie from the MAWA M55 age group. The Bunbury resident was content to concentrate on style rather than time but was still able to lap other competitors finishing in a time 30:21.6.



ROB NICHOLS



KIM THOMAS

# Byrony's open title

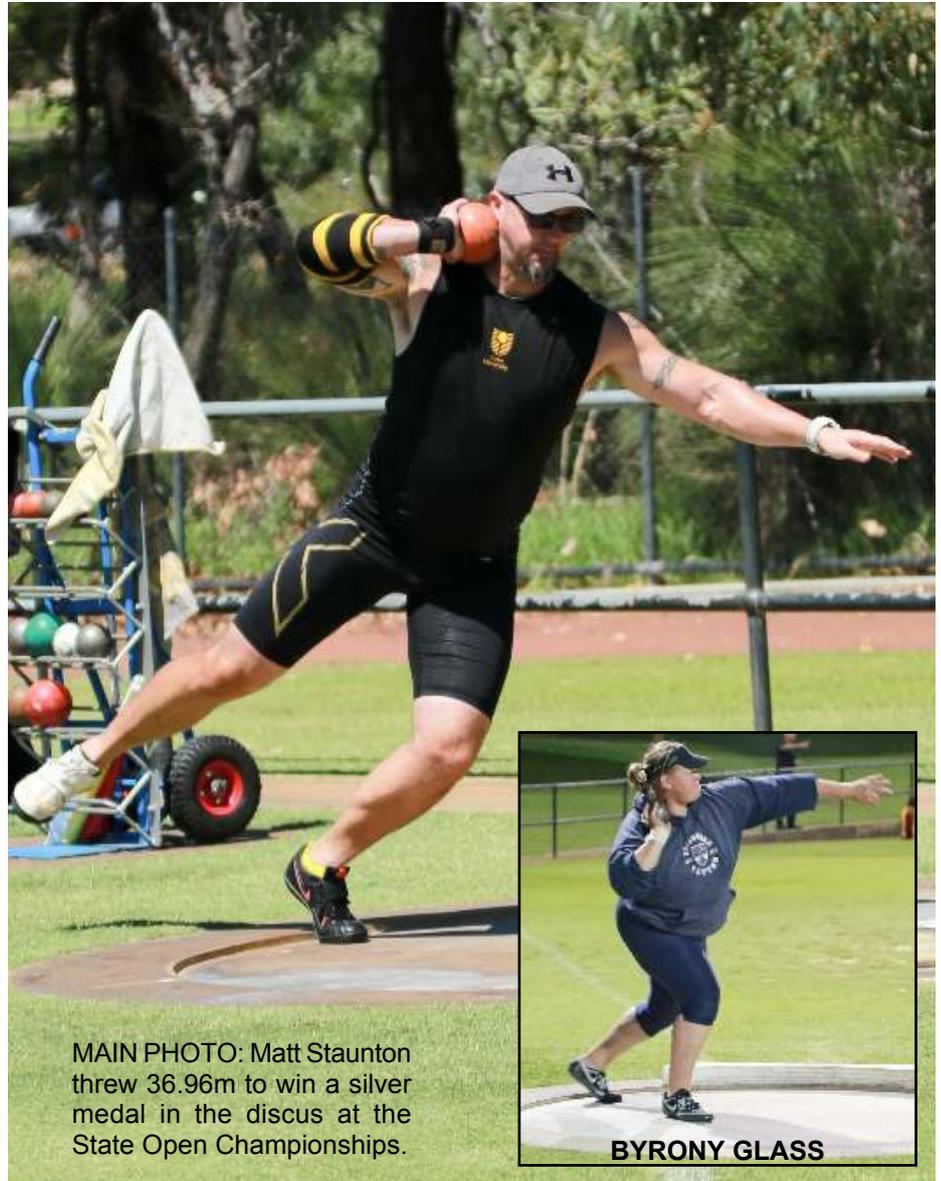
By JOHN DENNEHY

In the women's shot put Byrony Glass (W35) led the MAWA women in fifth place with 10.99m, Jasmin Karwacki (W35) 9.31m (seventh), Jennifer Parker (W40) eighth with 9.12m and Sally Sims (W35) 7.87m in ninth. In the discus, MAWA athletes claimed fifth place – Jennifer with 26.71m and sixth Jasmin 23.20m and Sally seventh with 28.62m.

In her favoured event, the hammer throw, Byrony showed all her championship qualities in winning the title. Her throw of 47.91m was 4.88m ahead of the 16-year-old silver medallist. Byrony's protégé and friend, Sally was seventh with 28.62m. A somewhat cursory investigation of past results indicates this is Byrony's 24<sup>th</sup> hammer throw title after 33 consecutive seasons of competing.

In the Ambulatory Para Throws, W40 competitor, Sarah Edmiston (T/F44) won the shot put with 7.98m, discus with 32.77m and javelin with 19.90m. Sarah is the worthy beneficiary of a WAIS scholarship and it is pleasing to see her hard work paying off with qualifiers for the World Championships in London later this year under her belt.

Matt Staunton (M40) scored a silver medal in the shot put with a 12.62m throw. A 36.96m effort in the discus was also worth a silver medal. Once again it was in the hammer throw that the MAWA competitor showed his class with a mighty 44.13m title-winning distance – more than 12m ahead of second place.



MAIN PHOTO: Matt Staunton threw 36.96m to win a silver medal in the discus at the State Open Championships.



BYRONY GLASS



JASMIN KARWACKI



SALLY SIMS



JENNIFER PARKER

# Pole vault bug bites



## In focus

With Carmel Meyer

Phil Smyth has risen to great heights, literally, since he joined the Pole Vault training group established by Geoff Brayshaw at the start of the 2014/15 season. Phil had previously been encouraged to join MAWA by Vic Quinlan but failed to follow it up.

The childhood pole vault bug was still in his system, however, and when he heard that Mark Jeffrey had offered to run a training course every third Sunday morning for the season- provided there were enough starters, "I joined MAWA straight away."

Phil has been keen on jumps events ever since his high school days when mobs of neighbourhood kids would come to the Smyth's big backyard in Geraldton to practice on the purpose-built high jump and pole vault set-

ups. With a masterful sense of ingenuity, the Smyth's used the longest bits of '4 x 2' they could find and bamboo crossbars. The vaulting poles were made from old dead aloes flowers which grew out of the spiky aloes plants nearby. Phil explains, "This 10 foot long stalks taper towards the top. They have a very hard outer surface and

*an inside core like balsa wood. We called them "ally poles". They are very light and strong and we never did break one.'* Sandpits beneath the jumps sufficed for landings.

Phil's

determination reaped rewards, with wins in both high jump and pole vault during his final years of high school. Phil's idol in those days was Trevor Bickle from WA who won the Perth Empire games pole vault gold medal in 1962.

Three generations of the Smyth family called Geraldton home. Phil remembers his childhood fondly- '...it was a fantastic place for kids with so much to do and plenty of mischief to get up to.' Phil was intrigued to discover that Barrie Kernaghan had spent a few of his prime athletics years in Geraldton from 1966. 'It turned out that the house he lived in was originally my grandparent's house in Deboulay Street.'

After high school, Phil applied for a cadetship in Surveying with the Dept of Lands and Surveys in Perth but wasn't successful. Instead, they offered him a cadetship in Cartography. Phil says with a smile, '...and after looking it up in the dictionary I accepted!' After having spent 47 years in the Lands Department he left in 2011, fully retiring in 2013. Phil is married with two children and two grandchildren.

CONTINUED – next page

Photo: John Forbes/MetroPhoto Australia

# as Phil aims high

FROM – previous page  
Below is Phil's exciting account of his pole vault journey with MAWA. The gallant battle between Phil and Geoff, two absolute gentlemen, is inspirational.

*"I was looking forward to getting started with the training squad and hoped that my body would hold together. Five of us started training but by the end of the season, Geoff, Andrew Brooker and I remained. Geoff and Andrew competed in pole vault at the 2015 nationals bringing home a silver and gold respectively. For the first couple of sessions, we went through the basics in the sand pit and then on grass. Mark would wisely stop us before we overdid it. Even so, it took me a good two weeks after each session to get over shoulder muscle soreness.*

*By mid-season, we were vaulting over a bar (Bungie) at the main pole vault stand but were yet to officially compete. Geoff and I were both M65 and we could see that the existing State record was quite gettable.*

*Geoff had first crack at it in the Strive competition setting a new State record of 2.30m. The following week was my turn and I upped the record to 2.35m. At those heights, we had to compete with 12 to 14-year-old girls, which felt a bit embarrassing but we did learn from them. Geoff went to the 2015 nationals and improved again to 2.40m.*

*For the 2015/16 season, we still practised on random Sunday mornings. It wasn't until the latter part of the season, in Bunbury, that I managed to equal Geoff's mark of 2.40m. A week later in Perth, I cleared 2.50m, which I repeated at the States.*

*The current season 2016/17 was to be significant because I was turning 70 in December. I nominated for M65 pole vault at the Worlds where I equalled my PB of 2.50m and finished equal seventh place. There was only*

*a short time left to improve on the State record before going into M70 and I did get it up to 2.55m but only a week later Geoff was back in front with a vault of 2.60m. With only one competition left in M65, I had to have a go but could not improve. Strangely enough, the first meet I went to as M70 under no pressure I had a vault of 2.70m which is now the M70 State record. I have really enjoyed the pole vault experience and I am grateful to Geoff Brayshaw for making it possible. We competed for three seasons in M65 and it is now fitting that we both hold State Records in our own age groups.'*

*Phil also enjoys the weekly Tuesday evening warm up sessions and jumps coaching provided by Dave Wyatt; 'Under Dave's guidance my M70 triple jump PB is now better than my M65 PB.'*

*As jumps events are particularly taxing on the body Phil has had his*

*fair share of injuries. He has suffered Achilles, Calf and Quad injuries all on the left side! Phil admits that most of his injuries resulted from attempting to return to competition/training too soon. 'Another lesson learnt.'*

*Phil doesn't just sail through the air he sails on the water –his other sporting passion. He currently sails a Hobie16 catamaran at Nedlands Yacht Club. Phil says, 'I started in 1974 in the smaller Hobie 14 winning two national titles in that class.' Phil also enjoys jive/rock and roll dancing once a week for one and a half hours - nonstop. 'This is great cardiac exercise and works most muscles in your body.'* Finally, gold prospecting during the winter months - '*...a lot of bushwalking hours are required to be successful.'*

*Phil has quite a few targets for this year. To equal the M70 State record (1.27m) for high jump. He recently cleared 1.25m but feels he is '*...off the game a bit at the moment.'* Phil acknowledges that the high jump record might not last long as the talented Greg Wilson is soon to turn 70. Phil also aims to equal the State record for M70 triple jump (8.82m). His M70 PB is 8.63m. Ever realistic and thoughtful, Phil admits, "*I am a slow runner for my age so I will need to run faster if I am to achieve any of the above.*"*

*Perhaps of greatest significance to Phil as he remembers those days in his Geraldton backyard is his desire to equal his schooldays pole vault PB of 2.95m. The boy who achieved success through ingenuity, determination and perseverance is still present in the man ... "*In our backyard now we have a pecan tree with a limb that is at a similar height and angle to a pole vault plant. Each time I walk past I do a few chin ups or leg raises*".*

# Corinne makes detour



Competing with the WA Masters in Perth has been a real blessing to me with my final preparation for the World Indoor Masters Championships in Daegu, South Korea. The WA Masters has a great social bond and a relaxed way to compete in joy and passion for athletics.

Perth must have made an impression on Corinne Damas-Sandiford as she returned to the city to train for the World Indoor Championships in Daegu. Corinne explains why she detoured to Perth.

My name is Corinne Damas Sandiford and I currently live as a resident in Palma de Mallorca, Spain (One of the Balearic Islands). I was born in Paris where my main family lives. I am an Anthropologist Filmmaker and Multimedia Project Manager from Background. Recently, I started as a Nutritionist Counsellor. I decided to come back to Perth to prepare for Daegu as I had an amazing experience during Perth World Masters Championships plus it offers perfect weather conditions for a sprinter as it was winter in Europe when I arrived on January 31st in Perth.

In 2012, I moved to Mallorca to further my passion for athletics. Since 2015, I have been part of the relay W35 4x100 and 4x400 for the Spanish team and won a bronze medal in Lyon 2015 (first World experience as well with my PBs) and two silvers in Perth.

I am a “work in progress” compared to most of my team-mates who have spent their life in athletics. It’s a challenge to know how far can I improve and how fast can I run as I am still learning the technique. In the past nine months, Running for Spain comes from within and I feel very happy with our team.

My fiancé, Holder da Silva, is an Olympian in 100 and 200 meters (Beijing, London and Rio). He has been very supportive in my journey and “to understand someone you need to live it with your heart” this is Life.

I was an unofficial ambassador for the world championships at Malaga 2018. For further information on Malaga click on the following link.

[http://www.rfea.es/competi/2018\\_Malaga\\_WMA/eng\\_index.htm](http://www.rfea.es/competi/2018_Malaga_WMA/eng_index.htm)

*(Corinne has an interesting family heritage as she was born French (French great grandfather) has a British mother, Portuguese father and Czechoslovakian grandmother.)*



MAIN PHOTO: Corinne Damas-Sandiford sets off on her leg of the 4x400m relay at the World Championships in Perth. INSET: Corinne powers off the line on a Tuesday night at WAAS.

# Perth hangover



Trevor Young and Rudy Kocis round the bend at the world masters in Perth.

2016 was the year of the world championships in Perth. Many athletes had this meeting as their main focus for a couple of years – since it was announced that our state had won the bid. It was the opportunity to compete on a home track in front of family and friends – some of whom have probably never seen you compete before.

Some athletes would have been very happy with their performances and some disappointed. Injury caused withdrawal from events or even prevented some athletes from entering their chosen events.

The world championships has seen a reduction in the number of athletes competing on Tuesday and Thursday evenings this year. This was to be anticipated as many athletes would need to have taken an extended break from hard training at the traditional beginning of our



## the edge

With Margaret Saunders

summer season. So, now the world championships are over the focus is now on the new challenges for the year – and the first major event is the state championships which are about to begin. Despite the low attendances at WAAS and Ern Clark venues, there have been a large number of entries into state championships

I hope all athletes are prepared for state championships. Set realistic goals based on what you have achieved recently in training not based on what you may have done last October or November. Positive self-talk will be important if you start feeling you are not quite as prepared as you would like to be for your events.

Remaining injury free is still important for you.

The national championships are traditionally held a few weeks after the state championships. However, this year with the event being held in early June in Darwin there are many months between the championships. This will create new challenges in being fit at that time of year. We will be training during our winter months.

There is a positive — this time frame allows athletes to go back to basics, undertake some strength training or work on any technique issues. Any weaknesses which have been determined can be monitored and assessed. It will also be good to allow any niggles or injuries to heal before starting hard sessions again.

I wish all athletes success in the following weeks during all state championship events. Enjoy the experiences.

# Eddie sizzles to double victory

By JOHN DENNEHY

Masters athletes had their final hit-out at WAAS before the close of entries for the State Championships. After battling through the massive crowd gathering at Patterson's Oval in Subiaco for the Adele concert, athletes were spared the ordeal of having to battle adverse conditions.

Geoff Allen (M50) showed his hard training is paying off with a stellar 100m in 13.8, edging out Spanish visitor Corinne Damas, although both were given the same time. Des Walsh (M60) ran 14.5. In heat two, Fran Cherry ran 16 seconds 'neat' ahead of fellow W50s Julianna Kelly in 16.2 and Delia Baldock in 17.5.

The delightfully named Eddie Beer (M45) had the fastest time of the evening blitzing the final heat in 12.5 and leaving a stunned field in his wake. Steve Pritchard (M65) gathered himself to post a 15.4 with Irwin Barrett-Lennard (M85) turning in a 19.7 effort.

Marathon aspirant, Vanessa Carson (W35) easily took the prize in the mile run. Despite another 100km week of training, she looked very fresh in running 5:36.5. Paralympic gold medallist, M45 Paul Mitchell, showed he hasn't lost his competitive spirit with his 5:42.7. Clare Wardle (W40) recorded a first-class 6:08.5 running in 'no woman's land' for most of the race. Paul Scott-Taylor (M55), who is noticeably

WAAS – February 28

gaining fitness each week, ran 6:58.7 closely followed by Graeme Dahl (M65) 7:07.7 and Ivan Brown (M70) in 7:19.9. Bob Schickert (M75) achieved his stated aim of going sub 8 minutes with a 7:50.7 dragging Julianna Kelly to an 8:09.7. John Dennehy's calf held up for 9 minutes of running and the amazing Cecil Walkley ran the journey in 18:00.6.

After a short recovery, the sprinters were back for another effort, this time over the 200m. Eddie Beer tested his speed endurance recording 26.8 and putting plans for 400m running away for another year. He was hotly pursued by Geoff Allen in 28.4 with Corinne Damas battling all the way for a 28.7 and Des Walsh well under the 30-second mark again in 29.2. Heat two saw Steve Pritchard win in 32.6, Fran Cherry after an excellent bend ran 35.9 despite a wobbly last 50m to hold off Delia in 36.4 and multi-eventer, Carol Bowman (W60) in 37.5. Julianna Kelly returned to her more favoured territory with a win in heat three returning a strongly run 35.5.

If the 3000m was a 'battle of the sexes' it was a 'lay-down-misere' as Vanessa Carson (11:29.4) and Clare Wardle (11:58.9) finished well ahead of the silver-haired duo of Graeme Dahl (13:13.1) and Paul Scott-Taylor (13:40.7).



**Eddie Beer powers towards the finish line to win the 200m in 26.8 secs.**

# King Colin continues to dominate sprints

A good number of track athletes faced the starter at Ern Clark Athletic Centre for Thursday night competition.

Colin Smith continued his winning ways with a commanding victory in the opening heat of the 400m stopping the clock at 59 secs flat. Similarly, second placegetter Grant Perry (67.6 secs) held a handy lead over Brian Hewitt (73.9 secs) who made up the minor placing.

In heat two of the 400m, Barry Newell (80.1 secs) led David Carr (83.4 secs) across the line with a blanket finish for third. Donna Abbey and Mike O'Reilly

ECAC – February 23

were both given the same time of 83.5 secs. A hairsbreadth away was Delia Baldock (83.6 secs).

Once again the queen of distance running, Vanessa Carson won the 1500m in 5 mins 11 secs and the 5000m in 19 mins 39.6 secs. Brian Hewitt (6 mins 8 secs) finished second in the 1500m and just dipped under the 13-minute mark to win the 3000m in 12 mins 59.3 secs.

Bob Hull ran 14 mins 6.5 secs 3000m to claim second place head of visitor Mike Meredith who recorded 14 mins 13.4 secs.

In the short distance sprint, Dawson Miller (8.6 secs) and Fran Cherry (10.1 secs) won their respective heats. In Dawson's heat, Donna Abbey (9.3 secs) and Brian Hewitt (9.4 secs) hit the line together and in the second heat, Bob Hull (10.4 secs) lead Delia Baldock (11 secs) over the line.

Fran Cherry and Lynne Schickert took part in the own private long and triple jump competition.

# Athletes prepare for State Champs



Paul Scott-Taylor looks relaxed as he runs down the straight in the 5000m .

By JOHN DENNEHY

WA Athletics Stadium looked resplendent surrounded by a halo of dramatic dark clouds as competitors continued their preparations for the upcoming state championships.

M55, Campbell Till, dropped more time off his 400m returning a 63.0 effort and dragging the field to some very good performances. Des Walsh (M60) was second in 67.0, with Ivo Davies (M70) in 83.4 and Juliana Kelly (W50) in 87.0. Carol Bowman (W60) took out the second heat running 84.8; Delia Baldock (W50) was next in 89.0 and John Dennehy (M55) in 1:37.2. Heat three was won by multi-eventer, Sue Coate (W50) in 1:31.5, followed by Norm Richards (M75) who made a very welcome return after years of illness and injury with a fine run/walk effort of 2:01.2 and Cecil Walkley (M85) in 3:49.9.

Vanessa Carson (W35) looked in superb shape as she recorded 5:07.5 to take the metric mile ahead of visitor, Louise Soia in 5:24.7. Clare Wardle (W40) completed the all-female 'podium' running 5:38.0. Akos Gyarmathy (M60) debuted on the track with a solid 5:52.8, with Paul Scott-Taylor (M55) in 6:09.0, closely followed by Graeme Dahl (M65) in 6:11.7. Club stalwart, M75 Bob Schickert, was tracked for most of the way by Juliana Kelly, using

## WAAS – March 7

his experience to move away on the last lap to record a 7:18.5 to Juliana's 7:33.1 ahead of Cecil Walkley.

Spanish visitor, Corinne Damas was a convincing winner of the 60m in 8.5 and backed up in a later heat to repeat the time, ahead of Geoff Allen (M50) and Des Walsh (M60) both in 8.8. Dave Wyatt (M60) recorded 8.9 in heat two, pulling Sue Coate to a 9.3 with Norm Richards, who looked far more comfortable sprinting to a 9.9 benchmark. Juliana Kelly went sub 10 seconds (9.8) with Peggy Macliver (W70) clocking a 10.3 and Delia Baldock in 10.6. Carol Bowman's 11.4 speed should help both her vertical and horizontal jumps. Specialist walker, Lynne Schickert (W75), ran a 15.2 in preparation for a variety of events at the World Championships to be held in South Korea later this month.

The 5km was a triumph for Vanessa Carson and vindicates her training program for the Perth Marathon. She produced a 19:29.2 winning time, despite a heavy training load (and a part-time job and three children!) Clare Wardle ran a controlled 20:45.6 for second with Alan Gray (M50) in 22:20.7 and Paul Scott-Taylor in 23:04.6.

# Bernie edges out Colin in sprint double

Bernard Riviere returned to competition at Ern Clark Athletic Centre with a double victory in the sprints.

In both the 60m and 100m sprints Bernard edged out Colin Smith by .1 of a second. The 60m opened competition for the night with Bernie stopping the clocks at 7.8 secs and Colin in 7.9 secs. Grant Perry was third in 8.6 secs. Jenn Parker won heat two of the 60m from Bob Hull.

The final heat of the 60m was won by Gin Ang (8.9 secs) from Maureen Keshwar (9.9) and Janne Wells (10.3)

## ECAC – March 2

edged out Delia Baldock (10.8) for third place.

Following the 60m, Chris Groom (2 min 44.8 secs) won the opening heat of the 800m from Grant Perry (2:45.1) and John McShane (2:53.7). Brian Hewitt dipped under the three minute mark in 2:57.4.

A bumper field contested the second heat of the 800m easily won by Vanessa

Carson (2:37.5) from Bob Hull (3:07.6) and Barbara Blurton (3:11.6). Vanessa also won the 3000m in 11 mins 22.3 secs from Grant Perry (12:07.6).

As previously mentioned Bernie Riviere (12.9) and Colin Smith (13.0) continued their battle in the 100m with Gin Ang (14.2) third. John McShane (14.7) won heat two from Barry Newell (15.0) and Greg Kennedy (16.0) It was an all female affair in the final heat with Maureen Keshwar (16.7) winning from Delia Baldock (17.8) and Andrea Penny (18.2).

# Storm clouds gather

Masters gathered at the WAAS on Tuesday, March 14 with a brewing storm in the background and heavy hearts as the news of the death of Masters' Icon and much-loved competitor, Canadian Ed Whitlock, reached them. The owner of 36 world masters records, the 86 year old was heralded as the greatest ever masters runner. Whitlock's marathon time of 2:54.48 at age 70 is considered one of the best ever records in the sport. He was the first over 70 to better 3 hours.

Eddie Beer (M40) showed excellent speed to head Rudi Kocis (M55) in the 60m with a friendly wind. Beer ran 7.6 to Rudi's 7.7. Geoff Allen (M50) was third in 8.7 with Spanish visitor Corinne Damas in 9.0 seconds. Cathy McCloskey (W50) out dipped Des Walsh (M60) although they both recorded 8.6. Long jumper Lisa Limonas (W45), was third with 8.8 and Norm Richards (M75) was fourth in 10.0. Juliana Kelly (W50) showed her strength recording 10.0 seconds with middle distance runner Sue Zlnay (W55) in second (10.2) and the amazing Peggy Macliver (W70) in 10.5. Delia Baldock (W50) finished strongly in 10.6. Des and Corinne ran another 60m to tie in 8.8.

The rain soaked track proved no barrier to visitor Bryce Greenwood as he displayed good running form to record a solid 2:44.8 for the 800m. John McShane (M50) ran a measured 2:57.3 ahead of Graeme Dahl (M65) in 3:03.1. Paul Scott-Taylor (M55) warmed up for the 3km with a 3:11.6 run, appearing very conservative with his pace judgement.

### WAAS – March 14

Bob Schickert (M75) kicked home beautifully in the straight to repass Delia and record a 3:34.9 to her 3:35.9 and Cecil Walkley (M85) looked relaxed posting an 8:42.3 effort.

Walkers Wendy Farrow (W45) and Lynne Schickert (W75), posted good times, respectively going the distance in 5:17.9 to 6:09.7.

Sprinter, Des Walsh has concentrated on his technique in recent times and the payoff came with a stylish 14.0 for the 100m. Lisa Limonas backed up from a tough training session to run 14.3 with Corinne in third (14.7) with Juliana Kelly's 16.3 indicating a slow but steady return to form and faster times to come. Talented all round runner, Peggy Macliver took out the next heat with her race-face showing she meant business, scoring the win in 17.0 over Delia in 17.2. Husband and wife team, Bob and Lynne Schickert, finished off their World Indoor preparations with the sprint. Bob ran 20.5, Lynne 26.6, which meant Lynne was cooking dinner that night!

Paralympic gold medallist, Paul Mitchell, took a commanding victory in the 3km with an 11:06.5. Bryce Greenwood, in his second outing for the evening, ran 11:42.3 with Sue Zlnay storming home in 12:46.6 just in front of John McShane in 12:48.9. In turn, Graeme Dahl was just behind him with a 12:55.7 closely followed by Paul Scott-Taylor in 13:05.8.



**JULIANNA  
KELLY**

# Two sprinters battle for supremacy

Colin Smith and Lee Stergiou took the honours in the two sprint races at Ern Clark Athletic Centre at regular Thursday night competition.

In the opening 200m heat, Lee (26.2) pipped Colin (26.8) over the line with Dawson Miller (27.4) third. Spanish team runner Corinne Damas-Sandiford (28.7) was fourth and backed up to win heat three.

Barry Newell (31.5) led Donna Abbey (32.5) in heat two with Jenn Parker (32.7) third. A large field faced the starter in heat three with Maureen Keshwar (34.9)

### ECAC – March 9

edging out Delia Baldock (35.8) for second position.

Colin Smith (58.5) turned the tables on Lee Steriou (59.4) in the 400m with Dawson Miller (80.7) placing third.

Des Walsh (69.9) dominated the second heat of the 400m from Barry Newell (75.8) and Carol Bowman (83.8) who edged out Delia Baldock (84.4) for third.

Following last week's return to the track in an 800m, Barbara Blurton (6:39.1) ran third in the 1500m which was won by Grant Perry (5:42.4) from John McShane (6:09.3).

A small field contested the distance events. In the 3000m Gillian Young (15:57.8) was a clear winner from Bob Schickert (16:44.0) and David Carr (18:25.1). Grant Perry (20:54.8) triumphed in the 5000m from distance legend Bert Carse (23:50.0) and Judy Davis (31:25.1).

# Paul shows class on dark night

Despite dark ominous clouds and a headwind in the home straight, Masters athletes turned out to WAAS to fine tune their preparations for the upcoming state championships. The predicted storm held off and by the evening's end conditions were perfect for the longer distance event.

Paul Jeffrey (M40), still the owner of the Australian junior decathlon record, showed he had lost none of his technique and competitiveness as he made a rare foray into masters' competition by running a 200m. Clocking a very handy 24.1 into the wind, his strength was evident as he blasted out of the blocks and held textbook form right through the line. In his wake, Geoff Allen (M50) managed to regain his composure to record a 29.4, followed by Greg Kennedy (M65) in 35.5 fending off the challenge of M70 Ivo Davies in 35.9.

Heat two was a battle royale as Juliana Kelly (W50) took out the event in 34.1, close behind, Peggy Macliver (W70) fought past Delia Baldock (W50) over the last 60m to run 35.8 to Delia Baldock's 36.5. John Dennehy (M55) tested his troublesome calf again finishing without further damage, ahead of (M85) Cecil Walkley.

Returnee, Andrew Spratt (M45) looked to be 'on' for a sub-five minute 1500m, only faltering on the run-in as he posted a 5:04.3; nonetheless, it was quite an impressive first-up performance that left the field strung out Indian file behind him. Visitor, Bryce Greenwood, looked comfortable for the

### WAAS – March 21

whole journey, recording 5:17.1 and Clare Wardle (W40), warmed for the 5km later in the programme by running an 'easy' 5:33.7. Next was John McShane (M50), his 5:51.3 a just reward for his increased training, with Paul Scott-Taylor (M55) just failing to break the six-minute barrier (6:01.9).

Competition manager, Campbell Till (M55), put aside his responsibilities briefly to take to the track in the one-lap event. Wanting the competition, but trying to avoid stressing his injured knee, he ran cautiously to post a 66.8. Ivo Davies (M70) held steady to run 82.8 with Cecil Walkley in 4:07.0. Possibly pushing the envelope, Campbell backed up in the very next heat to 'lope' around in 84.0 providing a pacemaker for both Juliana Kelly (84.3) and Delia Baldock (85.2).

'Woman Power' prevailed in the 5km after Clare Wardle asserted her dominance over the field from the gun, her only concern being time, rather than place. Wardle displayed great composure and maintained even laps until the penultimate lap, when, with an eye on the clock, she increased her cadence. However, the clock ticked over to 20:00.7. An effort worthy of merit nonetheless. Bryce Greenwood made a late charge to close the gap to the winner.



**CAMPBELL TILL**

The ever consistent, Paul Scott-Taylor stuck to his race plan and showed the benefits with a 22:27.3 establishing a solid pace early on and never deviating from it.

# Alan and Andy head steeplechasers

The steeplechase returned to the Ern Clark programme with seven competitors running the 2000m distance. Alan Gray (9:26.5) and Andy Abbey (9:50.0) showed their love of water to finish first and second respectively. Gillian Young (11:12.6) warmed up for the State championships to snare third place. David Carr (11:44.4) was fourth.

The two heats of the 800m were split with all runners in the first heat running sub-3 minutes and the all in the second heat 3 minutes plus. Vanessa Carson

### ECAC – March 16

(2:35.5) continued her domination of middle distance events leading Andy Abbey (2:45.5) across the line by ten seconds. Chris Groom (2:45.8) filled the minor placing.

In the second heat, Bob Hull (3:05.5) edged out Barbara Blurton (3:06.3) who continued her return to the track. M80's David Carr 800m exploits are legendary

and he ran a solid 3:10.3 to cross the finish line in third place.

In the sprint events, Barry Newell (15.3) and Maureen Kewshwar (16.8) won their 100m heats with Kim Taylor (8.2) and Janne Wells (10.3) taking the honours in the two heats of the 60m dash.

Vanessa Carson's second win of the night came in the 3000m when she ran 11:02.3 for the seven and a half laps. Jim Langford (12:51.9) was second with Tom Lenane third in 15:25.3. Karyn Tolardo walked the distance in 17:42.9.

# Vanessa pushes herself to the limit

With the State Championships just over two weeks away, the numbers at Ern Clark Athletic Centre were boosted with athletes fine tuning their preparations.

A bumper field contested the 1000m and it was girl power to the fore with Vanessa Carson (3:19.3) leading home Grant Perry (3:29.5) by ten seconds with Chris Groom (3:45.9) third. Another notable run was from Barbara Blurton (4:06.4) just outside Peggy Macliver's W65 record.

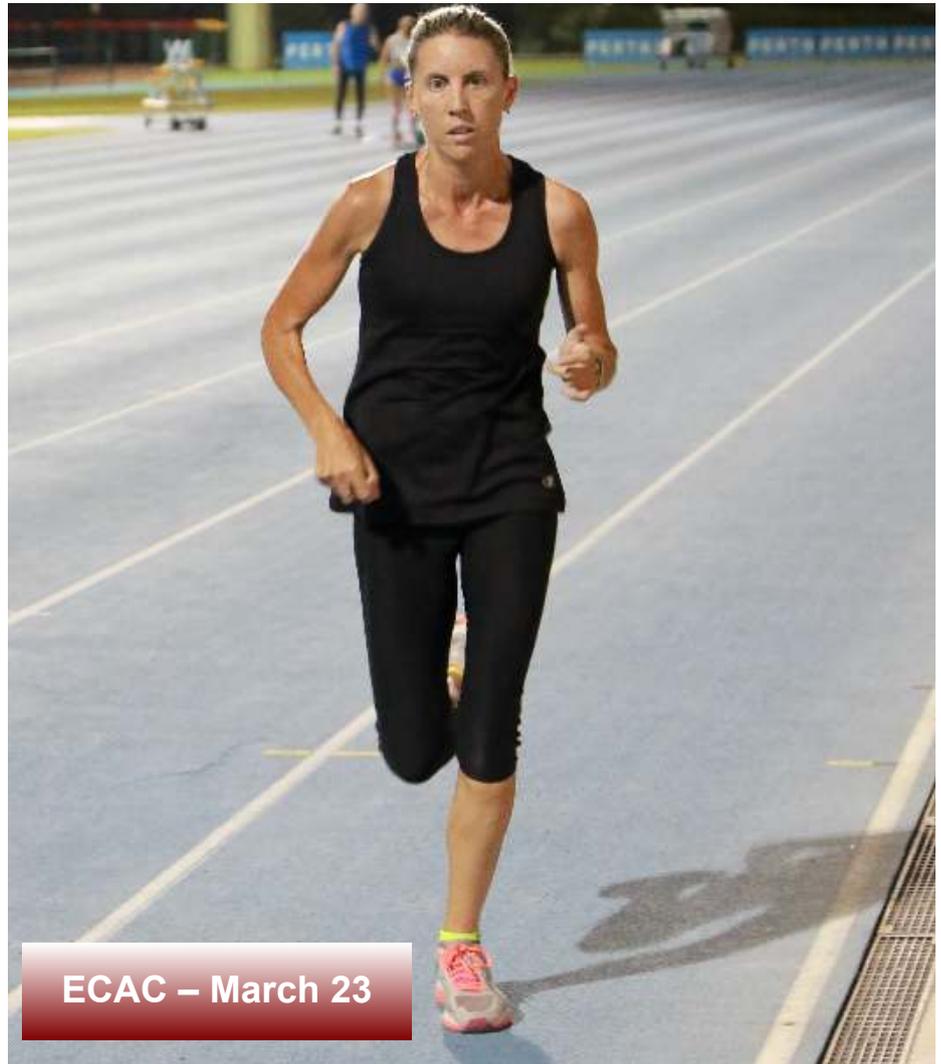
In the 1000m walk, Karyn Tolardo (5:31.3) led home visitor Kristine Wells (5:57.1) with Janne Wells (6:23.6) third.

Despite being in full marathon training, Vanessa continued her solid night with a 19:32.6 run for 5000m, won by the dominant Steve Weller (17:40.7). Grant Perry ran 21:01.2 to finish third. In the 3000m race, Brian Hewitt (12:47.9) had a solid run to win from Gillian Young (15:21.0) and Maurice Creagh (15:24.5).

Mark Elms scored a double in the sprint events winning the 200m in 27.8 and the 60m in 8.4. Des Walsh also scored wins in both his heats of the 60m and the 200m in 30.3 and 9.1 respectively.

In the field events, Jennifer Parker threw 30.83m in the discus.

**LEFT:** Vanessa Carson displays her effortless running style.



## Running legend remembered

Ed Whitlock, the first person over 70 years to run a sub-three hour marathon passed away in March.

Ed, an English-born Canadian long-distance runner, ran a marathon in 2:59:10 in 2003.

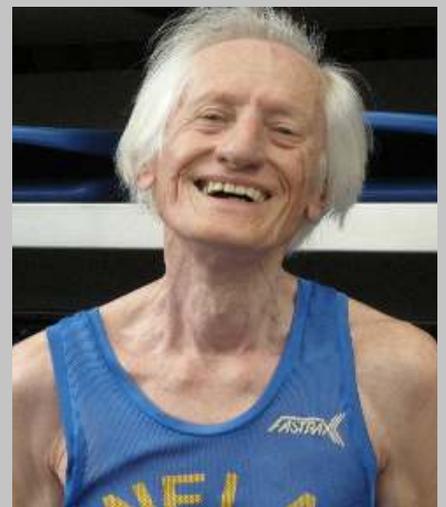
Whitlock, who ran as a teenager and took up the sport again in his forties, first became the oldest person to run a marathon in less than 3 hours in 2000, at the age of 69, with a time of 2:52:47.

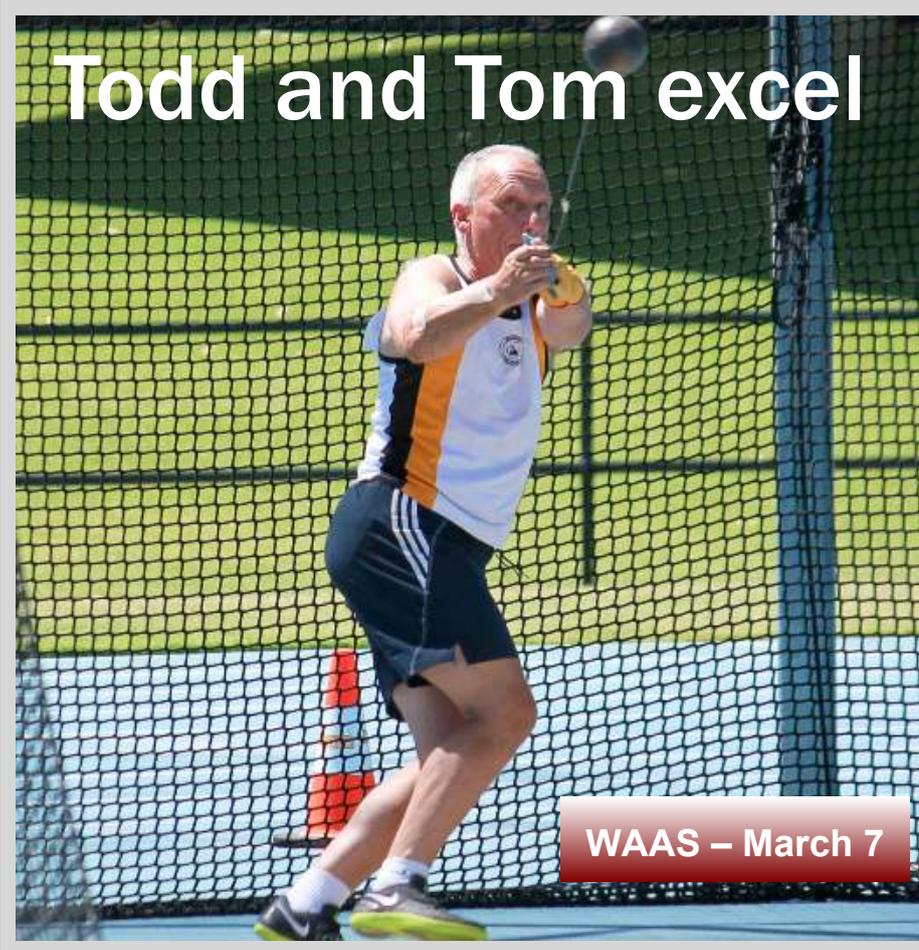
At 73, he set a world record in the marathon for men 70 to 74, running a 2:54:48, his fastest time after turning 70.

According to an article in The New York Times, if age-graded, this time would be equivalent to a 20-year-old running 2:03:57 and which would have been the fastest marathon ever run in 2010.

At the time of his death, Whitlock was known to be the only person over 70 to run a marathon in less than three hours. At age 85, he became the oldest person to run a marathon in less than four hours at 3 hours, 56 minutes 34 seconds at the Toronto Waterfront Marathon in October 2016

(Source: Wikipedia)





# Todd and Tom excel

WAAS – March 7

Dominant thrower, Todd Davey (M50), took both throws with fine performances chalking up 46.17m in the hammer throw and 52.04m in the discus at WAAS on March 7. Fellow world class competitor in the M60 division, Tom Gravestock, took second place in both events indicating he is 'on-song' for the major competitions of the season. Tom threw the hammer 37.83m and was able to spin the discus out to 45.45m. M50 Tim Lyons, best hammer effort was 34.03m and he threw the discus 35.71m.

Andrew Ward (M55) also doubled with 24.14m in the hammer, followed by a 25.19m discus. Mike Anderson (M65) continued to combine his obvious strength with a consistent technique in recording 17.81m in the discus.

Pre-empting a possible state championships showdown, M65's Dave Wyatt and Geoff Brayshaw battled out for bragging rights in the triple jump competition, Geoff coming out the victor by 1cm courtesy of an 8.79m jump. Phil Smyth (M70) took advantage of the ultra-competitive atmosphere to produce a 7.89m effort.

LEFT: Tom Gravestock dances across the circle in a hammer

## Coaches shows competitive spirit

By JOHN DENNEHY

During the track events at WA Athletics Stadium on February 28, the field athletes were producing quality performances of their own. State high jump coach, Nenad Peisker, showed his competitive side with a 1.55m effort, with fellow coach, Dave Wyatt (M65) responding with a 1.40m jump. M70 jumper, Phil Smyth cleared a best of 1.15m with Gay Wyatt (W60) over 1.06m. Carol Bowman was able to chalk up a .94m effort ahead of walker Lynne Schickert (0.85m).

Javelin specialist, Yolanda Carstens (W50) ventured over to the shot put circle to heave the implement out to 10.68m. Visitor, Norman Stranger, threw 6.82m with Mike Anderson (M65) also over the 6m barrier with 6.34m.

Phil Smith displayed his newly gained javelin skills with an impressive 24.93m throw. Multiple state champion, Rob Shand (M80) demonstrated his great technique with a best of 17.99m. Des Walsh laid claims to a multi-event title throwing the spear out to 16.22m, closely

followed by Noman Stanger with 15.74m. Julianna Kelly's 12.66m effort, after little training, was commendable, as were the distances of Mike Anderson (11.52m) and Gay Wyatt (9.92m) respectively.

### WAAS – March 14

Heavy rain put an end to the majority of field events at WA Athletics Stadium with the shot put the only field event safe enough to conduct in the conditions. Sue Coate (W50) showed the way with a technically sound 9.26m throw. Juliana Kelly prepared for the state pentathlon with a 6.27m effort. Consistent competitor, Mike Anderson (M65) again smashed the 6m barrier with 6.04m and Gay Wyatt put the shot out to 4.89m.

### WAAS – March 21

The discus circle provided enough purchase for Todd Davey (M50) to spin the 1.5kg disc out to a massive 53.18m with his accompanying vocals for emphasis. Tim Lyons, also M50, recorded 38.02m for second, with Paul Jeffrey

throwing the heavier (2kg) implement 37.91m, in preparation for an assault on his state pentathlon record at the state championships. Rob Shand (M85) threw 16.89m, enough to suggest Wilf Chapman's 18.82m state record is in imminent danger.

Paul Jeffrey completed his third event for the evening, the 800gm javelin piercing the soft ground 46.50m from the runway with his best throw. Todd was relegated to an unfamiliar second place overall, albeit with the 700gm 'spear' recording 35.03m. Ever the professionals, these two are notable for their reliance on good technique, strength and competitiveness. Wayne Byram ventured out to the javelin arena with his best effort a 28.52m effort. Tim Lyons threw 26.11m with Phil Smyth (M70) close behind with 24.12m. Rob Shand managed to upstage the younger throwers as a day after celebrating his eighty-fifth birthday; he set a state record of 18.57m. Undoubtedly stirred by this performance, Juliana went out and threw a four metre personal best of 16.20m.

# Looking ahead



George Jankowski takes off after Colin Smith's leg in the 4 x 200m relay on the final day of competition at the world indoor championships.  
*Photo: DOUG SMITH*

**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**

**AMA Championships, Perth,  
April 26-29**

**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**