

TFNL



Season 11 Issue 1
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The Track and Field Newsletter of MAWA



Juliana Kelly's dance skills are evident when landing after throwing the javelin at the state championships. Juliana's love of dance saw her enrol at adult ballet at The Perth School of Ballet for four years before a foot injury curtailed this endeavour.

Soft shoe shuffle



Photo: Cor Mooij

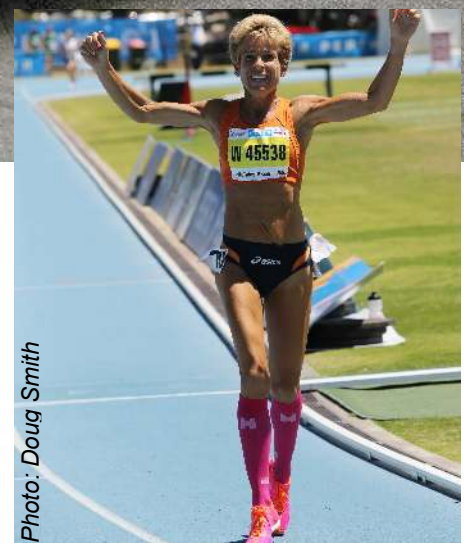


Photo: Doug Smith

Nicole shows off win

What do you do when you have won the 800m and 1500m double at the World Masters Championships in Perth? Commemorate the event with a photograph on the back of your new van.

Holland's Nicole Weijling-Dissel shows off her new van with a photographs of her winning the 1500m..

Nicole will use the van to get to running events throughout the Netherlands and Europe. The van is equipped with a kitchen and bed. Nicole says eat, sleep and run... freedom and independence.

Competing in the W45 age group Nicole won the 800m in 2:17.97 and the 1500m in 4:40.54.

Revised trophy starts

This summer season kicked off with Tuesday night competition at WA Athletics Stadium (WAAS) last week followed by competition on the Thursday night at Ern Clark Athletic Centre (ECAC).

A highlight of the season will be Perth hosting the Australian Masters Athletics Championships in April of next year.

A revised Patron's Trophy begins with a 1500m on October 17 at WAAS and the same distance the following Thursday at ECAC. The number of events have been reduced from 14 to 11 so that there is no need for more than one per week in the October to December period. There will be a better balance between track and

field, achieved by reducing the running events. All you need to do is to complete nine events and the best nine count.

The events are: 100m, 400m, 800m, 1500m, 5000m, LJ, HJ, TJ, Shot Put, Discus, Javelin, so with nine to count everyone has to do at least one run, one jump and one throw. Athletes will still be able to compete in the same events at ECAC and WAAS but only the best result in each event will count.

Consider entering the Patron's Trophy this year – it has a long tradition within MAWA. All finishers receive a commemorative certificate.

The Patron's Trophy was not held last season due to the World Championships in Perth. The current trophy holders are David Carr and Carol Bowman.

Records

David Carr	M85	800m	3:06.69	28/06/2017	^WR
David Carr	M85	400m	81.3	29/06/2017	SR
David Carr	M85	3000m	15:26.4	29/06/2017	SR
David Carr	M85	1500m	6:27.3	15/06/2017	^WR
David Carr	M85	3000m	14:54.8	20/07/2017	*AR
David Carr	M85	1 mile	7:16.7	17/08/2017	^WR
David Carr	M85	5000m	26:47.7	28/09/2017	*AR
Todd Davey	M50	Discus	55.64m	03/10/2017	*AR
*Pending AR		^Pending WR			

Cecil's "the legend"

Giovanni Puglisi is a proud member of the Oxford City Athletic Club and ran for the club when he lived in Oxford a couple of year's ago. Early this year Giovanni sent the details of a previous TFNL feature on Cecil Walkley, who ran in Oxford with Roger Bannister in their university days, to a friend in Oxford. The following is Giovanni's story.

I alerted Paul Grimsdale, (chief handicapper of the Wednesday lunch time run around University Parks, Oxford and general sports enthusiast) of a TFNL feature (April 2014) on Cecil Walkley and he was going to pass on the link and Carmel Meyer's photos from the State Steeplechase championships when he sends out the week's handicap marks and or the results. Paul is probably in his late 60's and a terrible accident in 2015, where he was knocked down while walking a large dog, resulted in horrendous knee and leg injuries.

It's been a slow and limited recovery for him thus far, but he turns up each week to run the handicap race, collate the results and scours each week's events to report on the results that the Oxford members have achieved in Parkruns, cross country, road relays, marathons etc. Result of former Oxford runners like the Mezzetti's that now live in York, UK or for my own results here in Perth are ferretted by Paul



CECIL WALKLEY



Cecil Walkley and Giovanni Puglisi relax at the State Steeplechase Championships early this year.
Photo: CARMEL MEYER

and then published for all to read. It can be very motivating for one's own running to see the progress and results that buddies are achieving.

A couple of days before the MAWA Age graded handicap run, for a bit of extra motivation, I contacted Paul to inform that I would be wearing my Oxford City Athletics singlet on the day and would dedicate my effort to all my old pals back in Oxford. So if the going got tough, I knew I wouldn't be easing up, but rather, battle to the bitter end!

On the eve of the Handicap race, Paul wished me luck and commented that if a runner that he had been following for some time, from the MAWA results, by the name of Cecil Walkley.

At the state championship 10,000m run I caught up with Cecil and told him that Oxford would prevail over Cambridge in the annual Boat race between the two university rowing eights. Cecil having gone to Cambridge to study medicine, although having lived in Oxford in his younger days, wouldn't have a bar of it. When Paul's handicaps were sent out by email on Monday for Wednesday's run, I responded by telling him that I would be running in the steeplechase on the

following Thursday night and listed to run in the same event was none other than Cecil Walkley the former Oxford runner who went on to earn a "Full Blue" for the 1500m/mile at Cambridge. I gave Paul the details of the April 2014 TFNL. I went on to say that I enjoyed the live streaming of this year's boat race on Sunday and I would delight in chatting to Cecil about the win by the "Dark Blues" of Oxford if he fronted up to do the steeple.

On reading the story about Cecil, Paul got back to me to say how it pays to do the research before grouping someone in the same humble class as himself. "Cecil Walkley, the man is a legend!" There aren't too many that can say they've run three miles in 14mins and change !!!!

I promised Paul, if Cecil turned up on Thursday for the steeple, I'd pass on his best wishes to Cecil.

Cecil on road to recovery

Following a recent break to his patella Cecil is cycling on a stationary bike up to 25 minutes. Last week he did his longest walk of around two kilometres and hopes to be allowed back running in two weeks.

The April 2014 feature appears on the following pages



Cecil Walkley leads fellow Cambridge runner Chris Brasher in a three mile event with Brasher winning in a time of 14min 36s to Walkley's 14min 44.4s on July 1, 1950 at White City Stadium. INSET: Chris Brasher paces Roger Bannister in the record run.

Bannister's mile run

ON August 28, 1937, Sydney Wooderson set the world record for the mile at London's Motspur Park in 4:06, then war broke out, all competitions were cancelled, and Britain felt robbed, believing that just a little more time and the sub-4 minute record would have been broken by them. The Swedes and US, not so affected by the war, kept trying and got very close. Post war Britain was thus desperate for the Commonwealth to be the first to run under four minutes.

On May 30, 1953, Bannister planned an attempt on the record with Chris Chataway and Cecil Walkley as pacers. It was

In May it will be 60 years since the four minute mile was broken. A group of university students who regularly race against each other hatched the plan to break the barrier. One of those runners was MAWA's Cecil Walkley, his daughter Claire tells the story.

scratched because of strong winds. Bannister believed he only had a certain number of good races in him and if he didn't think he could run an excellent race would pull out.

A further attempt was planned on May 6, 1954, again at Iffley Rd track, Oxford, with Chris Brasher and Chataway pacing

this time. Cecil was by now deep in medical training delivering babies at homes and Westminster hospital to get his required training hours.

It was nearly cancelled due to strong winds, but at the last minute the wind dropped and the record finally fell in 3m 59.4s.

Cecil's running world

CECIL Walkley was born on April 29, 1929 and thus is about to have his 85th birthday! You've possibly heard him say that the Comrades medal he has is the smallest and most precious he's ever received. But you might not know that in an earlier incarnation he ran with Roger Bannister (first man to run sub-4 minutes for the mile), Chris Brasher (Gold medal in the 1956 Melbourne Olympics 3000m steeplechase in 8m 41.2s and creator of the London Marathon) and Chris Chataway (5000m world record in 13m 51.6s in White City, London 1954). These three are, of course, the team that took Bannister to his record.

Dad first discovered he was good at running when he was sent to Eastbourne College, south of England, and won the cross country in 1948. A couple of months later he ran in an interschool match and broke the half and full mile records on grass tracks. However, he was also an excellent tennis player. He won the Oxfordshire 18 and under singles tennis and got through two rounds of the singles at the Eastbourne Open tennis championship, teaming up with the school master in the doubles.

He then went up to Cambridge on a Kitchener scholarship from the British Army in 1949 to read Medicine. Failing his studies would mean the end of the scholarship and his medical studies. He thus only had time for one sport, decided he was ultimately too short to have the required power in serving, plus running was cheaper!

At University, races were run on cinder tracks. Shoes were kangaroo leather, with spikes and laces. They were run anti-clockwise, four laps was 1760 yards, being a mile. Training was twice a week, a 30 minute walk to the track, three laps of the track, rest, repeat, walk home. Races on Saturday. It was believed to be detrimental to train too much!

He competed in the freshman's year races one mile and three mile and won them both, continuing on to run throughout the summer of 1949 for Cambridge and frequently at White City stadium (built for the 1908 summer Olympics) in local and international events for which his train fare would be paid by the Athletics Association. The photo is of Chris Brasher and Cecil competing in the three mile race against the



MAWA's Cecil Walkley still running... this time in a steeplechase at WAAS.

Ivy League (Princeton and Cornell this time) on Jul 1, 1950. Pacing was not yet in common use but Chris and Cecil conspired between them for Cecil to pace and wear out the US with Chris, having a slightly stronger finish, winning the race. It worked. Chris first (14m 36s), Cecil second (14m 44.4s). The papers reported:

"Competitors and the 15,000 crowd, with thunderous applause, voted Walkley, the Cambridge three-miler, top sportsman in a grand match. Walkley didn't win, but with England losing by 4-2, and scrambling for vital points, he sacrificed all hope of personal triumph to back Brasher's victory bid. ... it was a triumph of strategic manoeuvre and team spirit, translated into track action."

To win his blue (given to the fastest in the University in that year in that event) Cecil had to switch to the mile, Brasher was always 5secs faster in the three mile.

In 1952 he went down to Westminster Hospital, London University, to continue his medical training, and broke the London three mile record. He was designated a hopeful for the Helsinki Olympics and given extra rations of meat and eggs, Britain was still on post-war rationing.

Bannister and Cecil both took their oral examination for admission to the Royal College of Surgeons, passed and thus qualified, on the same day in 1954.

Cecil joined the Kings African Rifles in Kenya as a medical officer and was part of the team that discovered that the Kenyans could run. The times they were sending back to London were not believed by the Army, surely no-one could run that fast and especially untrained. Idi Amin was part of this group and Cecil reports that he was one of the few soldiers who would turn out to train even when not compulsory.

Sadly, Idi Amin's determination was later put to extremely sinister use and Uganda's history tells the awful legacy he left. Cecil represented Kenya in the mile event against Tanganyika and Uganda as a last minute substitute. This time he didn't win.

In 1995 Cecil raced Chataway and Brasher at Oxford in the mile and was elated to *finally* beat them both. Bannister was present but with a walking stick following a car accident. Brasher died in February 2003, Chataway recently in January 2014, Bannister is still alive but now in a wheelchair. Cecil is still running!

Leap into action



Alan Gray tackles the water jump in the state championships early this year.

Welcome to the summer track and field season. It is so hard to believe that the Perth World Championships were held here just over a year ago. We are now back to a more traditional summer season although the national championships are a little later than usual due to the Commonwealth Games on the Gold Coast.

Preparation is important if you are to remain fit and healthy throughout the entire summer season.

Establish a training routine involving a warm up specific to your event. Stretching exercises and using rollers and spikey balls should help reduce injury. Technique training is essential to improved results. A mix of hard and easy sessions should be incorporated into the training program to allow recovery time. Complete each session with a cool down. Check your equipment – do you require new competition or training shoes?

When athletes sweat, fluids are lost, and this can increase the possibility of heat stress on the body. As the days become warmer and the training intensity increases



the edge

With Margaret Saunders

this become an issue for many masters athletes. To reduce the risk, sip water during the day and continue drinking water during training sessions. Continue to drink water after the training sessions and possibly add an electrolyte additive to the water after a hard session. You can mix it yourself to ensure you have control over how much additive is mixed. As the days

become hotter, it is a good idea to undertake your training sessions outside of the hottest part of the day. It is important to listen to your own body and if you are sore and tired, then it is sensible to reduce the training load that day.

Planning is also essential. If you have not completed some "mock" competition training sessions then be gentle on yourself when you first compete. To reduce the risk, ensure a good warm up and set yourself a realistic target – do not compete in every event offered each evening. If you have not jumped, run or thrown for several years, then attend some training sessions to gain some advice regarding correct technique. Set realistic goals that you wish to achieve during the summer season. These may relate to technique, racing tactics or a time or distance you wish to achieve. Write down your goal and determine how you are going to accomplish it. There is always more than one solution to achieving them.

But most of all, have a wonderful summer season and may all your goals be fulfilled.



Winter Wrap

John Dennehy reviews the winter
track and field season

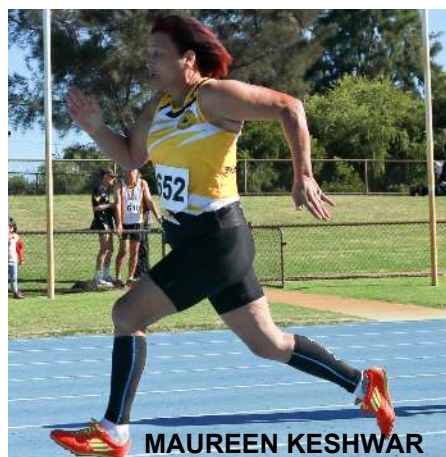
David's record haul

The winter track season was dominated by the world record setting of David Carr (M85) who bettered the 800m record of Canada's Earl Fee, running 3:06.69, to slash more than two seconds from the previous time. In the 1500m he bettered the time of the revered master Ed Whitlock, returning an astonishing time of 6:27.3 (Whitlock's time was 6:38.23). Over the mile, again the world record was Whitlock's and David shaved more than a second off, running 7:16.7. The 2km steeplechase was a 'soft' record according to David and he improved it to 11:04.2 to take 31 seconds off the time of Japanese Soichi Tamoi. David was also able to twice set Australian records in the 400m bringing it down to 80.5.

Janne Wells (W45) is proving to be more than just a talented walker recording stellar times over the steeples where she gamely battled David Carr in his successful record attempt. Her undoubted strength, speed, and determination have culminated in an impressive foray into the middle distance events where she is chipping away at her times.

Irish expat, Annemarie O'Donovan bravely competed at the UWA mini meet to run a sub 70 400m (69.7) and 300m hurdles (53.3) before her six-month sojourn around Australia. Juliana Kelly ran at the same series to gain experience and ran a PB 'during' a race! Also impressing at Ern Clark Athletic Centre is the irrepressible Maureen Keshwar (W65) who is revelling in coach, Tom Lenane's training, running a PB of 33.9 in the 200m. Carmel Meyer (W55) has returned with a vengeance with her trademark kick to strike fear into race leaders in any event.

Colin Smith (M50) raced sparingly over the winter to enable him to recover from a very long and arduous summer campaign setting himself up well for his



Since entering a new age group David Carr has been rewriting the record books. David is pictured at the state championships.

new age group at home nationals in 2018. He never looks out of form and even ventured into 800m territory as pacemaker and sprinted the last 200m. Both John McShane (M50) and Andrew Brooker (M45) have impressed over the same distance.

The vastly experienced Jim Langford and Bert Carse also raced sparingly, but with focus, at each outing. Elizabeth Bryson (W65) has added track racing to her repertoire and has shown great improvement over a brief time. Another newcomer, Yvette Ballard (W60) is a welcome addition to the Thursday track series attempting a range of events. Andy Abbey (M45), Alan Gray (M50) and Alan Stabler use the track events to hone their speed for parkruns and half-marathons.

Jenn Parker (W45), winner of 2017 MAWA Achievement Award, along with regulars Mike Meredith, Bob and Lyn Schickert, despite busy schedules, Des Walsh, Donna Abbey, Dawson Miller, Barry Newell, Keith Hill, Delia Baldock



and Carol Bowman are regular competitors who value the opportunities to compete each week.

Athletes appreciate the weekly efforts of recent Life Membership recipient Richard Blurton, Carol Bowman, ground manager and Tom Lenane, starter, who enable this series to run smoothly.

Sarah stars in London



Sarah Edmiston won a bronze medal with a throw of 33.80m in the discus at the World Para Athletics Championships in London in July.

Photo: ATHLETICS AUSTRALIA INSTAGRAM

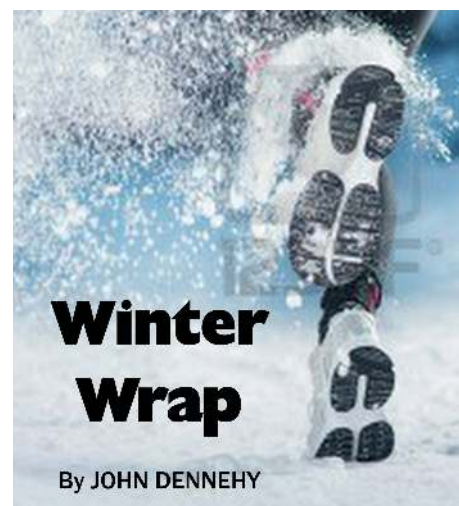
Although technically a former member, Sarah Edmiston's winter cannot go by without comment. Sarah qualified for the Para World championships in London in the (F44) discus and shot put. She was helped with her preparation by several Masters Athletes who provided important competition for her. Sarah excelled in the stadium to secure a bronze medal in the discus with a distance of 33.80m and now has her sights on the Tokyo Olympics in 2020. Her shot put of 8.04m placed her seventh.

The highlight of the winter for most throwers was the throws and weight pentathlons on the weekend of September

16-17 at ECAC, organised, financed and enticingly marketed as "The Big Event" by Todd Davey. Reminiscent of Ray Green's winter throws championships in Canberra, if supported, this may turn into the premier event on the WA throwing calendar and put throws into the spotlight.

World medallists galore with Davey, Sally Sims, Cheryl McMahon, Byrony and Kate Glass, Bev Hamilton, Ossi Igel, Tom Gravestock Matt Staunton Andrew Ward (M55) despite a recent knee operation, Byrony Glass (W40) set a new Australian record in the 56lb heavyweight throw obliterating the previous record of Althea Mackie, with a massive 5.07m effort. Byrony also set a state record for the Throws Pentathlon with a points score of 3512 and the weight pentathlon of 4408 points. Jenn Parker (W45) was awarded the Ladies Trophy courtesy of a pending state record in the weight throw of 10.28m. Christine Schelfhout and Yolanda Carstens had a close fought battle in the W50 age group, pushing each other to a series of best performances. Des Walsh and Wayne Byram, more familiar with the running side of Masters events, ventured to 'the other side' and came away with many technical pointers from the specialist throwers.

The aforementioned Australian Winter Throws Championships was held in



Wollongong, NSW on the last weekend of winter and despite a self-described 'so-so weekend' Todd Davey was named Male Athlete of the event. This huge honour places Todd at the pinnacle of throwing in Australia. His Australian record for the 100lb weight throw of 4.43m drew special attention, but it was his consistently exceptional performances across all throwing events that gained him the trophy.

A more comprehensive review of throwing events is to be found on the Western Australian Throwers Club website (wathrowersclub.com.au).



Syliva at home on

I first noticed Sylvia Byers' vibrant smile as she participated in a track Walk event. At first glance, I thought maybe she was grimacing, but no, it was a happy grin. Knowing Sylvia as I do now I understand that her megawatt smile expresses the joy, enthusiasm and confidence with which she approaches race walking and pretty much everything in life.

Born in Goomalling in 1934, Sylvia's family farmed at Wongan Hills while she was in primary school. High school years were at Northam where to keep up contact with friends and sport, she remained a boarder when the family moved to farm at Toodyay. Sylvia says she was lucky that her school had great athletics role models such as Shirley Strickland and MAWA's own Irwin Barrett-Leonard.

Sylvia has always been interested in sport of any kind including athletics; mainly long distance running at high school, due to encouragement from an older brother who was a pole vaulter. Some Saturdays in the 1950s brother and sister jumped on a train from Northam to compete in track and field at Leederville Oval. In one of those cringe-worthy "Dad moments" Sylvia recalls not wanting to stand near her dad when her brother was pole vaulting "...because one of dad's legs would rise and fall as my brother soared upwards."

Sylvia trained as a teacher and enjoyed a 60-year career with the Department of Education, specializing in students who learn differently and culminating as principal of Chidley Education Centre, a live-in government facility in Perth for "...primary aged intelligent kids from the bush who struggled with literacy." Sylvia is currently a casual teacher as well as a registered volunteer with the Retired Educator Volunteers for Isolated Student Education (REVISE) program; living with and helping tutors and students who are enrolled with one of the five Schools of the Air in this state.

At age 75 Sylvia took up race-walking. She had an interest in field events too but was discouraged from pursuing these by an inter-state field coach and is now content to tackle any walking event. Sylvia was encouraged to join the WA Race Walking Club (WARWC) by highly skilled MAWA walker Karyn Tolardo, something Sylvia also endorses – "I received excellent training and would



In focus

With Carmel Meyer

encourage new walkers to join this group where coaching is available to set you up for good technique." Sylvia also makes good use of the internet to help avoid getting those red cards Injuries haven't plagued her too much but she admits she ran out of puff for reasons since discovered so had to slow down for a bit. Despite warnings from WARWC coach Rosie, Sylvia says "I am inclined to go at things like a bull at a gate – as the saying goes".

Sylvia feels fortunate to have two of her three adult children alive and well, their partners, four grandchildren and two great-grandchildren who all help to make for wonderful family times. A kayaking enthusiast on both ocean and river, paddling as a family pursuit means so much to Sylvia. She tells of paddling off Penguin Island when a lone paddler asked what group they were. "We are the Byers family-come join us", was their friendly reply. Sylvia also likes to swim year-round at Cottesloe and brushes off concerns about sharks by saying "...we get warnings." As an experienced paddler, Sylvia had intended volunteering for kayaking events at the 2009 Sydney World Masters Games. Instead, she enrolled in athletics events with one of her sisters. This was the beginning of Sylvia's involvement with Masters and Walking. Sylvia is not one to shirk a challenge so, although she had just learned to swim properly, she entered two events in her age group. Sylvia says she came last in the 50m freestyle and second last in backstroke "...but I had swum in the Sydney Olympic pool and my sister and I had fun!"

Sylvia acknowledges "I have done well for an oldie taking up race walking late in life."

CONTINUED – next page



Photo: TOM LENANE

land, sea or sky

FROM - previous page

She competed in the 2016 World Championships in Perth coming second to a Canadian competitor in both the 5000m and 10,000m walks. One of her targets is to train for and compete in walks at the 2018 AMA championships in Perth. "Another target is to stay on my feet!" Sylvia also aims to compete in the 85 plus group at the 2020 World Athletics Championships in Toronto. She says it is easy to be motivated by the enthusiasm of other athletes of all ages as well as those who volunteer their time in all sorts of weather. She admires competitors and helpers of Little Athletics and the encouragement given to walkers of all ages on Sunday morning events held by the WARWC. As a 'raw beginner' Sylvia recalls fronting up for MAWA athletics and race-walking as fast as she could with young runners whizzing by. With her usual good humour Sylvia says, "I called out "wait for me" but no one seemed to hear!"

Always one who aims to give back, Sylvia is currently looking to help out by training as a walks judge. She says, "There is a lot involved in walk judging but by working at it I aim to be fair to all competitors." At a community level, Sylvia is heavily involved in the Rotary Foundation. This includes travel to check the value of Rotary-funded projects related to basic education and literacy. Sylvia went to Taiwan and India in 2016 and Tonga this year. "Walking shoes are always packed or worn." Digging a little deeper I discovered that Sylvia became a Member of the Order of Australia (AM) in 2002 for her contribution to the education of students rural and remote, state and national levels and to Rotary International. A great honour and obviously well deserved.

I wondered what other interests this fascinating lady might have and I wasn't disappointed – Sylvia is a pilot! She tells it so well in her own words:

I took up flying in 1979 because of the challenge it offered. It was something I thought beyond me – especially landing the plane. I will have a go at most things and when working in Bunbury saw a tiny advertisement in the local paper that read "Do you want to learn to fly?" That was it! I got my private pilot's licence in 1980 just before going to Indiana University in the USA to take up a Rotary scholarship. In order to fly in the USA and



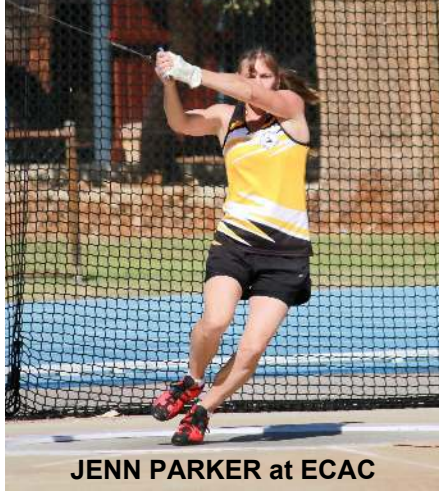
Sylvia Byers leads Lorna Lauchlan at the World Championships last year.

Photo: TOM LENANE

I had to transfer my licence and fronted up at a US office in Indianapolis to answer questions such as height, weight etc. To the latter, I replied '9 stone 4lbs' and was then asked 'big ones or little ones'? He took me off and weighed me. The US worked only in pounds. The local tower guys in Bloomington saw me as a sport and at one time told me to "go round – dingo sighted on the runway but they knew nothing about a tucker box and lamingtons!" As someone who enjoys the company and support of both masters and junior athletes Sylvia is disappointed when her competitive flying events clash with Sunday athletics. She competes in flying competitions at club level and enters for the annual National Light Aircraft Championships. For any women

out there who feel inclined, Sylvia aims to increase the number of female competitors. Over the last few years, she has been the oldest competitor, male or female, registered for the light aircraft nationals. "Age is not a factor in this sport," says Sylvia. She recounts a common saying in flying that any landing you can walk away from is a good landing, however, I don't think near enough is anywhere near good enough for Sylvia as her favourite events are the practice forced landing and precision spot landing!

So now you know; not only is Sylvia Byers a lady with a megawatt smile and fierce race walking skills she is also a lady who grabs life with both hands and... takes off!



JENN PARKER at ECAC

Throws judge and key improvements a boost

The summer competitions have started at WA Athletics Stadium (WAAS) and Ern Clark Athletic Centre (ECAC).

For this season throws judge Glen Bartlett has agreed to come each week, starting October 19, to judge the competitions at ECAC. This will greatly enhance the competitions and ensure that any records can be readily ratified.

With the new hammer cage, and new caged weight throw facility, ECAC is now the ideal venue, and it is the club's hope that many MAWA throwers will come take advantage of these improvements.

The club is also endeavoring to make sure that the WAAS Tuesday competitions are independently judged.

2017-2018 Summer Track and Field Programme

Patron's Trophy

The Patron's trophy (highlighted events) commences on Tuesday 17 October. Athletes compete in a minimum of 9 with the best 9 giving the total score. The same event from Tuesday and Thursday cannot count twice

TUESDAY at WA ATHLETICS STADIUM, MOUNT CLAREMONT at 6.30pm

\$8 (\$4 for senior card holder) entry to WAAS.

In addition - visitor fee: \$5 (\$2 under 18, members' children no fee) – pay at sign in table by finish line

<i>Oct-17</i>	<i>event 1</i>	<i>event 2</i>	<i>event 3</i>	<i>event 4</i>	<i>Jump</i>	<i>field 1</i>	<i>field 2</i>	<i>steeple</i>
3rd	60	1 mile	400	5k r/w	LJ	javelin	discus	
10th	200	800	100	3k r/w	HJ	hammer	javelin	2k steeple
17th	400	60	1500	5k r/w	TJ	shot	discus	
24th	100	1000	400	3k r/w	LJ	discus	hammer	
31st	200	800	60	5k r/w	HJ	javelin	shot	
<i>Nov-17</i>								
7th	100	1500	200	3k r/w	TJ	shot	hammer	
14th	400	1000	100	5k r/w	LJ	hammer	discus	2k steeple
21st	100	1500	200	3k r/w	HJ	discus	shot	
28th	60	800	200	5000	TJ	javelin	hammer	
<i>Dec-17</i>								
5th	400	1500	100	3k r/w	LJ	javelin	shot	
12th	300	60	800	3k r/w	HJ	shot	hammer	2k steeple
19th	200	1 mile	400	5k r/w	TJ	javelin	discus	
<i>Jan-18</i>								
9th	100	800	60	5k r/w	LJ	javelin	discus	
16th	200	1500	100	3k r/w	HJ	hammer	javelin	2k steeple
23rd	60	400	200	5k r/w	TJ	shot	discus	
30th	100	800	60	3k r/w	LJ	discus	hammer	
<i>Feb-18</i>								
6th	200	1500	100	5k r/w	HJ	javelin	shot	
13th	60	800	300	3k r/w	TJ	shot	hammer	2k steeple
20th	100	1000	200	5k r/w	LJ	hammer	discus	
27th	60	1 mile	400	3k r/w	HJ	discus	shot	
<i>Mar-18</i>								
6th	100	1500	200	5k r/w	TJ	javelin	hammer	
13th	60	800	100	3k r/w	LJ	javelin	shot	2k steeple
20th	400	1500	100	5k r/w	HJ	shot	hammer	
27th	200	1000	60	3k r/w	TJ	javelin	discus	

Carol Bowman and Julie Wilson prepare to tackle the water jump at the Oceania Games in Bendigo.



Dunedin entries open

Entries are now open for the Oceania Masters Athletics Championships to be held from January 20-27 next year at Dunedin in New Zealand.

There are no qualifying standards for entry but you will need to wear the Australian Uniform which if you do not already have is available from Australian Masters Athletics.

For further information and to register click on the following link:

www.mastersathleticsoceania.com

Entries close on December 8.

THURSDAY at ECAC STARTING at 6.00pm

Thursday at ECAC Wharf Street, Cannington \$3 entry fee

In addition - visitor fee: \$5 (\$2 under 18, members' children no fee)

<i>Oct-17</i>	<i>event 1</i>	<i>event 2</i>	<i>event 3</i>	<i>event 4</i>	<i>event 5</i>	<i>Jump</i>	<i>field 1</i>	<i>field 2</i>
5th	200	800	100	3k r/w		LJ	hammer	weight
12th	60	1 mile	400	short hurdles	5k r/w	LJ	discus	shot
19th	100	1500	300	3k r/w		HJ	hammer	javelin
26th	1000	60	400	5k r/w		TJ	weight	shot
<i>Nov-17</i>								
2nd	200	800	100	5k r/w		HJ	hammer	discus
9th	100	1500	60	3k r/w		LJ	shot	javelin
16th	60	1 mile	400	short hurdles	5k r/w	LJ	hammer	weight
23rd	300	800	100	3k r/w		TJ	discus	javelin
30th	60	1500	200	5000		TJ	shot	weight
<i>Dec-17</i>								
7th	400	100	800	3k r/w		LJ	javelin	hammer
14th	60	200	800	5k r/w		LJ	shot	discus
21st	1500	400	3k r/w	100	2k steeple	TJ	weight	javelin
<i>Jan-18</i>								
11th	long hurdles	60	1000	200	3k r/w	LJ	hammer	weight
18th	400	1500	100	5k r/w		LJ	discus	shot
25th	200	800	3k r/w	100	2k steeple	TJ	hammer	javelin
<i>Feb-18</i>								
1st	100	1500	200	short hurdles	5k r/w	LJ	weight	shot
8th	60	1 mile	400	3k r/w		LJ	hammer	discus
15th	100	1000	200	5k r/w		TJ	shot	javelin
22nd	800	300	3k r/w	60	2k steeple	LJ	hammer	weight
<i>Mar-18</i>								
1st	60	1500	200	short hurdles	5k r/w	LJ	discus	javelin
8th	100	1 mile	400	3k r/w		TJ	shot	weight
15th	60	800	100	5k r/w		LJ	javelin	hammer
22nd	200	1500	3k r/w	400	2k steeple	HJ	shot	discus
29th	long hurdles	1000	60	5k r/w	200	LJ	weight	javelin

Looking ahead



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

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

**WMA Stadia Championships,
Malaga Spain,
September 4-16, 2018**

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

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

Lisa Limonas sprints to the line
in the 200m at the Australian
Championships in Darwin.