

TFNL



Season 11 Issue 2
NOVEMBER 2017

The Track and Field Newsletter of MAWA



David Carr continues to break records, this time in the high jump during the Patron's Trophy at Ern Clark Athletic Centre.



Who am I? – Page 2

Trophy lift-off

Numbat toy sales to raise funds



The numbat is the mascot for the Australian Masters Athletics Championships in Perth next year.

A soft toy numbat will be on sale during the championships with the surplus, (around \$6 each), donated to the numbat conservation programme. The drawing was designed by Patrick O'Toole who designs alphabet animals, (his website is www.alphabetimals.com)

Did you know?

- The Numbat is the animal emblem for Western Australia.
- Numbats are small marsupials which feed on termites.
- They have reddish-brown fur with distinctive white bands across their back and a bushy tail.
- Numbats are endangered with fewer than 1000 left in the wild.
- Perth Zoo has a breeding program to release more numbats into the wild.
- Numbats are endemic to the south west of WA.

Website goes online

The website for the Australian Masters Athletics Championships from April 26-29 next year in Perth is now up and running. The site is the work of club member Sally Sims.

Entries will open online mid-January and close mid-March

MAWA Athletes need to wear the singlet available from MAWA shop on MAWA website and black shorts of own choice

Competitors must have the correct spikes – 7mm for track Christmas Tree or Pyramid shape. These can be obtained from Colin Smith at Ern Clark Athletic Centre on Thursday nights.

WA Masters State championships will be encompassed within the National competition and state placings will be awarded with certificates after the end of the event.

www.mastersathleticswa.org/perth2018/



Records

Ossi Igel	M65	Discus	43.34m	ECAC	12/10/2017	SR
Rochelle Rodgers	W30	Marathon	2:43.49	Melb	15/10/2017	SR
Jenn Parker	W45	Hammer	35.19m	ECAC	19/10/2017	SR
David Carr	M85	High jump	.95m	ECAC	02/11/2017	SR
David Carr	M85	10,000m	55:45.4	ECAC	03/11/2017	AR

Dave's training sessions are bags of fun



Are these body bags as a result of one of Dave Wyatt's Saturday morning training sessions or is wet weather imminent?

Photo: CARMEL MEYER

MAWA coaching clinics continue



Glenn Ross

Sprints
WAAS Saturday 8:00am
(N/A 25/11/2017)



Margaret Saunders

Middle distance
McGillvray Park
Thursday 3:45pm



Tom Lenane

Sprints/hurdles
ECAC
Wednesday 6:00pm



John Dennehy

Middle distance
WAAS
Saturday 8:00am



Dave Wyatt

Jumps
WAAS
Tuesday 5:30pm



Jim Barnes

Distance
McCallum Park
Saturday 6:00am

Towards Malaga 2018



Main Stadium: Malaga Athletics Stadium (left) and Athletes Village and Expo: Sports Centre Martin Carpena (next to the main stadium, 100m).

WMA CHAMPIONSHIPS STADIA MÁLAGA 2018																											
SCHEDULE (version 2) 19 september 2017																											
Changes on version 1 in green color / There will be no Qualifications in Jumps and Throwings																											
EVENT	ROUND	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80	M85	M90	M95+	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80	W85	W90	W95+
100m	Track	Heats	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5
		Semifinals	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6
		Finals	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6
200m	Track	Heats	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7
		Semifinals	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9
		Finals	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9
400m	Track	Heats	11	11	11	11	11	11	11																		
		Semifinals	12	12	12	12	12	12	12	12	12	12	12	12	12	12	12	12	12	12	12	12	12	12	12	12	12
		Finals	14	14	14	14	14	14	14	14	14	14	14	14	14	14	14	14	14	14	14	14	14	14	14	14	14
800m	Track	Heats	9	9	9	9	9	9	9																		
		Semifinals	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10
		Finals	11	11	11	11	11	11	11	11	11	11	11	11	11	11	11	11	11	11	11	11	11	11	11	11	11
1500m	Track	Heats	15	15	15	15	15	15	15	15																	
		Finals	16	16	16	16	16	16	16	16	16	16	16	16	16	16	16	16	16	16	16	16	16	16	16	16	16
5.000m	Track	Finals	12	12	12	12	12	12	12	12	12	12	12	12	12	12	12	12	12	12	12	12	12	12	12	12	12
Short Hurdles	Track	Heats	14	14	14	14	14	14	14	14	14	14	14	14	14	14	14	14	14	14	14	14	14	14	14	14	14
		Semifinals	15	15	15	15	15	15																			
Long Hurdles	Track	Heats	5	5	5	5	5	5	5	5	5	5	5	5	6	6	6	6	6	6	6	6	6	6	6	6	6
		Semifinals	6	6	6	6	6	6	6																		
Steeplechase	Track	Finals	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7
		Finals	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7
4x100m	Track	Finals	16	16	16	16	16	16	16	16	16	16	16	16	16	16	16	16	16	16	16	16	16	16	16	16	16
4x400m	Track	Finals	16	16	16	16	16	16	16	16	16	16	16	16	16	16	16	16	16	16	16	16	16	16	16	16	16
5.000m Walk	Track	Finals	6	6	6	6	6	5	4	4	4	4	4	4	4	5	5	5	5	5	4	4	4	4	4	4	4
EVENT	ROUND	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80	M85	M90	M95+	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80	W85	W90	W95+
High Jump	Finals	9	10	10	10	10	9	9	9	9	9	9	9	9	10	10	10	10	10	10	10	10	10	10	10	10	10
Pole Vault	Finals	11	11	11	11	12	12	11	12	12	12	12	12	12	12	12	12	12	12	9	9	12	12	12	12	12	12
Long Jump	Finals	10	9	9	9	9	10	10	10	10	11	11	11	11	9	9	9	11	11	11	11	11	11	11	11	11	11
Triple Jump	Finals	15	15	15	15	15	15	15	12	12	12	12	12	12	12	12	12	12	12	12	12	12	12	12	12	12	12
Shot Put	Finals	6	6	6	6	6	6	6	4	4	4	4	4	4	5	5	5	5	5	5	5	5	4	4	4	4	4
Discus	Finals	9	9	9	9	9	9	7	7	7	7	7	7	7	10	10	10	10	10	10	9	9	9	9	9	9	
Javelin	Finals	11	11	11	12	12	12	12	12	10	10	10	10	10	11	11	11	11	11	11	10	10	10	10	10	10	10
Hammer	Finals	4	4	4	4	4	4	4	4	6	6	6	6	6	6	6	6	6	6	6	6	6	5	5	5	5	5
Weight Throw	Finals	11	11	11	11	11	11	11	11	11	10	10	10	10	11	11	11	11	11	11	11	11	11	11	11	11	11
Decathlon/Heptathlon	Finals	4/5	4/5	4/5	4/5	6/7	6/7	6/7	6/7	6/7	4/5	4/5	4/5	4/5	5/6	5/6	5/6	5/6	5/6	5/6	5/6	5/6	5/6	5/6	5/6	5/6	5/6
Pentathlon Throws	Finals	14	14	14	13	14	13	14	15	15	12	12	12	12	15	15	15	16	16	16	16	12	12	12	12	12	12
EVENT	ROUND	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80	M85	M90	M95+	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80	W85	W90	W95+
10km	Road	Finals	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9
Half Marathon	Road	Finals	16	16	16	16	16	16	16	16	16	16	16	16	16	16	16	16	16	16	16	16	16	16	16	16	16
10km Walk	Road	Finals	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10
20km Walk	Road	Finals	14	14	14	14	14	14	14	14	14	14	14	14	14	14	14	14	14	14	14	14	14	14	14	14	14
Cross Country	Cross	Finals	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5

Patron's Trophy



Giovanni Puglisi leads Colin Smith in the Patron's Trophy 1500m.

Top scores posted

By **JOHN DENNEHY**

After a years respite the Patrons trophy has returned this season in a slightly changed format with less running events and a compulsory throw and jump.

In the 1500m some very high scores were recorded at WAAS with Irish expat Sue Zlnay (76.99%) the leading woman

and Henri Cortis (76.02%) the leading man. However, the Thursday ECAC competition drew out higher scoring performances. Giovanni Puglisi ran 5:39.6 for 80.57% but David Carr's superb 7:02.3 gained him 95.26% to lead after the first event. Gillian Young's 7:09.1 gave her the lead in the women's race with 81.65%.



CARMEL MEYER



BOB SCHICKERT

1500m

WAAS October 17

		% pts	
Vanessa Carson	W35	5:24.7	72.52
Mark Dawson	M55	5:35.5	73.65
Clare Wardle	W40	5:55.7	n/a
John McShane	M50	5:56.5	66.18
Paul Scott-Taylor	M60	6:05.6	n/a
Sue Zlnay	W55	6:07.7	76.99
Henri Cortis	M70	6:22.8	76.02
Olivia Carson	Vis	6:51.4	n/a
Dan Smith	Vis	7:04.9	n/a
Ivan Brown	M70	7:05.6	68.37
Sue Coate	W50	7:09.9	62.68
Delia Baldock	W55	7:43.5	61.08

ECAC October 19

Colin Smith	M50	5:27.6	72.02
Giovani Puglisi	M65	5:39.6	80.57
Carmel Meyer	W55	6:50.4	60.21
David Carr	M85	7:02.3	95.26
Gillian Young	W70	7:09.1	81.65
Delia Baldock	W55	7:14.1	66.21
Bob Schickert	M75	7:37.7	68.65
John Dennehy	M55	8:21.3	49.29
Lynne Schickert	W75	11:24.7	57.43

Lisa's stunning run



Lisa Limonas strides out at the start of the Patron's Trophy 400m. Lisa's 70.1 sec lap gave her an aged graded percentage of 75.59% – the highest of the night.

By JOHN DENNEHY

Lisa Limonas stunned the field at WA Athletics Stadium with an assertive display of strength and speed and a 70.1 sec time in the 400m (75.59%), deservedly the highest score of the evening in rather benign conditions.

Carol Bowman ran 86.0 sec (71.74%) and 'dark horse' Sue Coate went 78.9 sec (70.35%) both scoring well as did Delia Baldock with 84.9 sec and 68.65%. Mark Dawson's 69.2 sec run (73.82%) top-scored for the men with John McShane

(71.5 sec) gaining 68.99%. Hans Venter ran a strong 72.0 sec for 68.51%. At ECAC Colin Smith hit 83.89% (58.8 sec) in what was virtually a solo run, with Giovanni's 73.3 secs giving him 75.17%.

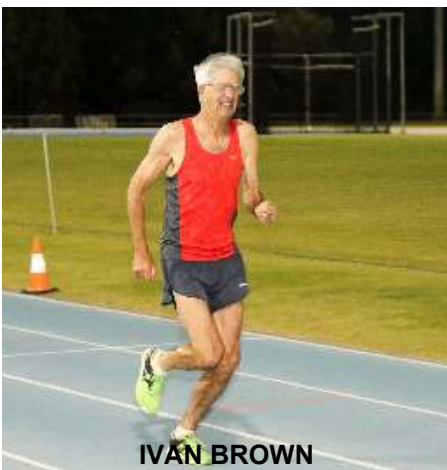
Defending Patron's Trophy Champion, David Carr battled gamely into the strong wind which threatened to thwart high scores, to run a fine 86.0 sec lap (90.50%). Carmel Meyer courageously went out hard and was rewarded with a time of 79.6 sec (73.22%) however, Gillian Young's 1:34.8 outscored this performance with 76.05%.

400m WAAS October 24

			% pts
Lisa Limonas	W45	70.1	75.59
John McShane	M50	71.5	68.99
Donna Abbey	W45	79.1	n/a
Ivan Brown	M70	87.8	65.92
Hans Venter	M50	72.0	68.51
Sue Coate	W50	78.9	70.35
Delia Baldock	W55	84.9	68.65
Carol Bowman	W60	86.0	71.74
Dan Smith	Vis	68.2	n/a
Mark Dawson	M55	69.2	73.82
David Baird	M70	76.3	n/a
Barrie Kernaghan	M75	86.1	n/a
John Dennehy	M55	89.0	57.39

ECAC October 26

Colin Smith	M50	58.8	83.89
Alan Stabler	M45	69.1	n/a
Giovanni Puglisi	M65	73.3	75.17
David Baird	M70	80.2	n/a
Carmel Meyer	W55	79.6	73.22
John Dennehy	M55	83.5	61.17
David Carr	M85	86.0	90.50
Delia Baldock	W55	86.9	67.07
Bob Schickert	M75	88.2	70.10
Gillian Young	W70	1:34.8	76.05
Lynne Schickert	W75	2:27.7	54.73



IVAN BROWN



CAROL BOWMAN

High flyers



Carol Bowman prepares for landing during the Patron's Trophy high jump at Ern Clark Athletic Centre.

By JOHN DENNEHY

The high jump proved an obstacle in more ways than one for many of the Patron's Trophy competitors. The competition was conducted under the auspices of high jump coach Dave Wyatt, known for his 'no fear or favour' attitude. Hans Venter cleared the bar at 1.40m (66.35%) for highest men's score of the evening. He was outscored by Sue Coate's 1.25m effort (73.10%) which was the same height that netted Lisa Limonas 69.44%.

Giovanni Puglisi scored 62.15% for his clearance at 1.10m, while John McShane's 1.20m gave him 56.87%. At ECAC competitors had the numbers from Tuesday as an incentive with some

athletes attempting to better their performance or replace their "no height" with a clearance on their cards. Conditions were consistent with Dave once again conducting the competition.

Sue Coate equalled her WAAS performance, with Carmel Meyer looking every bit the technician clearing 1.15m for 71.43%. In a drawn out and good-natured competition, Bob Schickert gained 65.58% by clearing the bar at 1.01m.

Carol Bowman netted 62.50% valuable points with a 0.95m effort. With a tortuous sense of inevitability, it was David Carr who delivered in a clutch situation with his 0.95m an inaugural pending state record and 73.08%.



DELIA BALDOCK



LYNNE SCHICKERT

High jump WAAS October 31

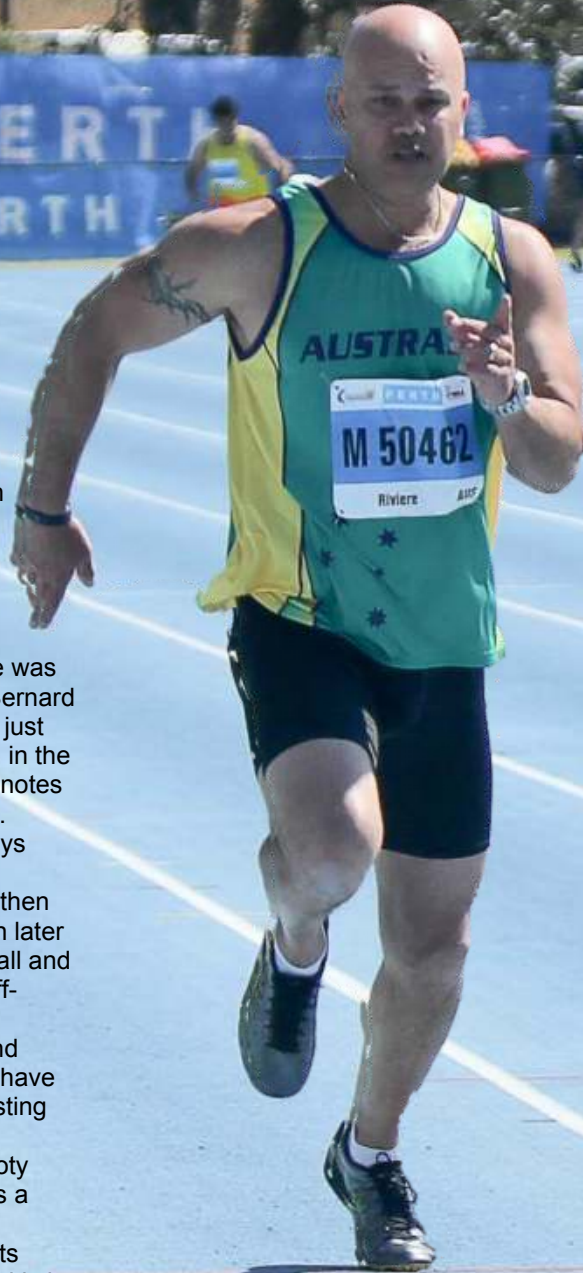
			% pts
Hans Venter	M50	1.40m	66.35
Greg Wilson	M70	1.25m	n/a
Sue Coate	W50	1.25m	73.10
Lisa Limonas	W45	1.25m	69.44
Jenn Parker	W45	1.25m	n/a
John McShane	M50	1.20m	56.87
Phil Smyth	M70	1.20m	n/a
Giovanni Puglisi	M55	1.10m	62.15
Gay Wyatt	W60	1.00m	n/a
Carol Bowman	W60	0.97m	63.82
Mark Dawson	M55	NH	
Delia Baldock	W55	NH	

ECAC November 2

Nick Best	M40	1.40m	n/a
Colin Smith	M50	1.25m	59.24
Sue Coate	W50	1.25m	73.10
Lisa Limonas	W45	1.25m	69.44
Donna Abbey	W45	1.20m	n/a
Carmel Meyer	W55	1.15m	71.43
Delia Baldock	W55	1.10m	68.32
Rob Antonioli	M65	1.10m	n/a
Mercurio Cicchini	M65	1.07m	n/a
Mark Howard	M45	1.04m	n/a
Bob Schickert	M75	1.01m	65.58
Janne Wells	W45	1.01m	n/a
Nick Fairweather	Vis	1.01m	n/a
Gay Wyatt	W60	0.98m	n/a
David Carr	M85	0.95m*	73.08
Carol Bowman	W60	0.95m	62.50
Lynne Schickert	W75	0.89m	72.95

*State record

Bernie's back in town



You know the summer athletics season is upon us when speedster Bernard Riviere returns to the track. Year-round competitors such as Colin Smith can then rejoice and enjoy tussles with Bernie in the short sprints.

Born in Mauritius young Bernard and his family immigrated to Australia when he was three years old. Answering to Bernard or Bernie, his family and friends just call him Bern. The family settled in the northern suburbs, which Bernie notes finished at Wanneroo back then. Sports of many kinds have always been a passion for Bernie. He competed in Little Athletics and then took part as a teenage helper. In later years he enjoyed Masters football and played beach volleyball in the off-season. He also served on the committee of his football club and worked as a gym manager. We have Bernie's dad to thank for suggesting MAWA as a possible change of direction when volleyball and footy injuries (Bernie played mostly as a midfielder) were taking their toll. Bernie's dad had seen the results Barrie Kernaghan publishes weekly in the West Australian. A quick internet search and Bernie was on his way back to athletics.

After 28 years working in the mining industry with BHP Bernie is currently responsible for training and development in "Remote Operations". His lovely wife Annette, whom he describes as both loving and tolerant, is a great supporter of his. I first met Annette when they travelled to Bunbury for the annual City vs Country event some years ago and she was, of course, cheering on from the stands at last year's World Championships in Perth. Between them, Bernie and Annette have five boys who are all off doing their own thing now. Bernie can't quite understand why they aren't mad

at a long jumper of note and is able to use his speed to power off the board. He feels these events come naturally but that doesn't mean he isn't keen to stray from his comfort zone. He would also like to look at middle distance events such as the 800m and 1500m - "John Oldfield would like that!" says Bernie. And then there's the Pentathlon; also on his list.

Bernie regrets not being able to schedule regular involvement in training groups as he lives a long way south of the river. Because of this, he is very grateful to fellow masters, in particular, Colin, Barrie, Rudy, Wendy, Chris and Gary for the great tips they have given him. Sometimes it's as simple as "just run faster!" Bernie also credits Coach Dave Wyatt for providing valuable long jump advice. He feels MAWA is a great place to chat to all comers for advice.

A year ago Bernie and Annette purchased a five-acre property at Barragup near Mandurah and hope to live there eventually to enjoy the serenity of a hobby farm. They are setting up the property, adding to the existing one-acre citrus orchard with stone fruits and native plants. "If the crop fails, the shops are only 10 minutes away" Eight years experience in the construction industry has enabled Bernie to tackle a very special project -- he and Annette are converting a sea container into weekend accommodation. Bernie says it is progressing well and the future vision is taking shape.

When asked about his favourite training regime Bernie has no hesitation in replying that it is running to the beach with his dog Zeus, an energetic mastiff/staffy cross. Bernie says Zeus is a great if competitive training partner who thinks the best way to beat Bernie at the start is to just cut him off, potentially taking Bernie's legs out from under him!

CONTINUED – over page



In focus

With Carmel Meyer

keen on sports like he is, but they are a close-knit family who have a great time when they all get together. Bernie's cousin Maurice Pascal is also well known to track regulars. "My Cuz is a top bloke", says Bernie. The cousins enjoy a chat and laugh about their athletic successes and "fails"! Whilst 100m and 200m are his favourite events, Bernie values the 400m as a training exercise. He is also

Positive people inspire



Bernard Riviere lands in a spray of sand during the Perth 2016 World Championships.

FROM – previous page

An ongoing "frozen shoulder" problem has interfered with Bernie's participation and is proving hard to recover from. He has difficulty swinging his arm properly and acknowledges that this is not great for a sprinter, or a jumper *"another event that has the arms flailing! I guess I can't complain- I am continually inspired by seeing other people going through much worse and still fronting up"*. Positive people fuel Bernie's motivation to stay healthy and feel good. He recalls an inspirational moment he and Gary Ralston came to the aid of a 90 plus competitor who had taken a tumble in the 1500m and who, despite bleeding from a head wound, had dusted himself off and set off on a "warm-down" lap. Bernie says Gary's reaction to this was priceless!

Like most MAWA members Bernie has his eye on the Perth 2018 Nationals and will work towards

"reasonable" times through the summer season. This will be the first time Bernie has competed in the Nationals but his appetite for broader competition was certainly whetted by the 2016 World Championships. Bernie says Perth2016 was a great experience- personal highlights were achieving bronze in the 4 x 100m relay with fellow West Australian Colin Smith and being the best placed Aussie in his age group for the long jump. Other members of Bernie's relay team were Darren Hughes and Stephen Jones. Bernie describes them as *"awesome athletes and great Aussies"*

Motorcycles also serve Bernie's need for speed. He has had a few bikes but started *"with a bang"* – his first bikes were a 1000cc road bike and 400cc dirt bike. He only has one bike now, a Victory Hammer 1731cc (1.8L). *"It puts a smile on my face every time I get on it!"* The lightning-

fast reflexes required for sprinting have been honed in the Boxing arena. Bernie travelled the country boxing for about 10 years as Lightweight, Light Welterweight and Welterweight. He says it is a fantastic sport for fitness and discipline. He recently noticed Max Sulejmani's name in the results. Parkrun enthusiast and MAWA member Max is a former state teammate of Bernie's. It's a small world.

I wondered if Bernie enjoyed any gentle pursuits. It seemed music could be one until I learned he had played mostly rock bands as part-time drummer and vocalist! However, songwriting has been an enjoyable pastime. He feels he is more suited to Blues and Ballads, preferring to do backing vocals for rock *"...way back!"*

Fishing and camping complete the list. Bernie says he aims to live life to the full. It is that full throttle attitude that brings out his best on the track.

When you have to go

Baños Públicos

\$500



This article has been written due to a request from a masters athlete. I am not a medical practitioner and certainly am not an expert on this subject. Therefore if there are other athletes who have any further knowledge or information which may prove useful to our athletes then please send your information to the editor of TFNL.

Urinary incontinence affects men and women, but is more common in women. It can affect people of all ages, but appears to be more prevalent as we get older. However, it is a topic which is rarely discussed. Many athletes and the general population will suffer from the condition and may think there is nothing which can be done to help.

There are different types of incontinence – stress, urge and overflow. Stress incontinence occurs when there is an involuntary leakage of urine during exercise, particularly when running or jumping. It appears as though the problem becomes more prevalent in the later stages of competition and training possibly due to the fatiguing of the associated muscle groups. Generally, the leakage is thought to be about two tablespoons. In men, overflow incontinence may be caused by an



the edge

With Margaret Saunders

enlarged prostate. For many people, incontinence will prevent them from continuing their exercise programme.

Arnold Kegel was an American gynaecologist who determined that a particular set of exercises would help strengthen the pelvic floor muscles and were recommended as a form of non-surgical intervention to help improve the condition. These were first published in 1948 and since then pelvic floor exercises have proved beneficial in reducing incontinence. It is important to do these exercises correctly as “perfect practice makes perfect” and if done incorrectly other problems may occur.

Kegel exercises, as they have become known, are simple exercises. I have a link listed below with

instructions for women and a different web page for men’s instructions. It is most important to identify the correct muscles. Physiotherapists and doctors can help you in this awareness if you are unsure you are using the correct muscles or doing the exercises appropriately. The exercises can be repeated several times a day. Studies have shown that the strengthening of the correct muscles can be effective in reducing urinary incontinence.

Lifestyle changes may be made and a specific exercise programme undertaken, but if these do not help then it is recommended the athlete speaks to their doctor as sometimes a specialist opinion may be required.

The following websites have information which may be relevant and informative. The first three websites are general information from Australian Government Department of Health, Continence Foundation of Australia and Mayo Clinic. The last two give the instructions for Kegel exercises for women and men.

<http://www.bladderbowel.gov.au/all/bladderproblems.htm>

<https://www.continence.org.au/>

<https://www.mayoclinic.org/diseases-conditions/urinary-incontinence/symptoms-causes/syc-20352808>

<https://www.mayoclinic.org/healthy-lifestyle/womens-health/in-depth/kegel-exercises/art-20045283>

<https://www.mayoclinic.org/healthy-lifestyle/mens-health/in-depth/kegel-exercises-for-men/art-20045074>



Dave Wyatt, Donna Abbey, Barrie Kernaghan and Sue Coate accelerate in the 100m at WAAS. Dave won from Donna and Sue.



DAN SMITH

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



ABOVE: Maureen Keshwar leads Carol Bowman to the line.

LEFT: Camera shy Colin Smith hides behind Gillian Young and Carmel Meyer in the 3000m at Ern Clark Athletic Centre.

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>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>
Oct-17								
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
Nov-17								
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
Dec-17								
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 steeples	TJ	weight	javelin
Jan-18								
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 steeples	TJ	hammer	javelin
Feb-18								
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 steeples	LJ	hammer	weight
Mar-18								
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 steeples	HJ	shot	discus
29th	long hurdles	1000	60	5k r/w	200	LJ	weight	javelin

Sprinters open summer season

The Western Australian Masters Athletics track and field 2017-2018 season opened at the WA Athletics Stadium (WAAS) with Garry Ralston (M60) running the 60m in a scintillating 8.2 ahead of Nick Best (M40) by a tenth of a second. Dave Wyatt (M65) returned to the track to run 9.0 with Ivo Davies (M70) also showing great form to record 10.4.

In the mile, Keith Hill (M55) showed his classic form to record a smart 5:56.7 with Vanessa Carson (W35) returning from injury in 6:00.4. Mark Dawson (M55) ran 6:12.1 with Paul Scott-Taylor (M60) 6:40.2, David Baird (M70) 7:24.9.

Nick Best strode easily around the track to put down a 61.2 400m time – easily the fastest of the evening with multi-eventer, Hans Venter (M50), second in 71 even, with David Baird 80.4 and Ivo Davies in 82.9.

WAAS – October 3

Paralympic 1500m gold medallist from Sydney 2000, Paul Mitchell, ran 19:32.6 to win the 5000m with Mark Dawson running a “progressive” (starting out steady but speeding up each km) 22:26.2, Paul Scott-Taylor followed in 23:10.5, with Vanessa Carson in 23:33.4, David Baird (24:54.4) and Vanessa’s niece Olivia recording a PB of 28:16.5.

The 3000m was taken out by Hans Venter in 14:01.3 ahead of Allan Billington (M55) 16:36.1 with Johan Hagedoorn (M70) walking the distance in 21:06.5.

Putting his undoubted speed on the runway to good effect, Garry Ralston long jumped 4.70m with Dave Wyatt 4.17m.

The amazing Best girls, Charlotte and Abigail, backed up superb sprint times and jumped 3.64m and 3.36m respectively, with a justifiably proud dad, Nick, beaming from the sideline.

Todd Davey (M50) threw 33.42m in the javelin, Andrew Ward (M55) 31.46m. Newcomer, Mish Iskra (W40) threw 20.43m with M80, Norman Stanger, 12.36m.

Todd Davey’s seemingly effortless discus throw was measured at 55.54m to surpass his own Australian record. The result was met with stunned applause from his fellow competitors. Andrew Ward threw 29.87m with Mish 24.50m and Bonny O’Laughlin (W45) 21.84 and Norman with 18.00m.

Chris heads Tolli in two-lap dash

At Ern Clark Athletic Centre (ECAC) in the 200m, the long-striding Chris Neale (M45) ran strongly to post a 26.3 ahead of Colin Smith (M50) 28.2. Bunbury’s Rob Antoniollo (M65) ran 30.3 out dipping John McShane (M50) by .3. Liam Fukumoto led his mother, Kathy Lawson 29.2 to 31.8 with John Dennehy (M55) in 35.2 and Delia Baldock (W55) in 37.2.

Showing the benefit of a solid winter build up, Chris Neale powered away in the 800m to record an easy 2:35.8, leaving the field in his wake. ‘Tolli’ went 2:56.1 with John McShane in 3:00.6. Alan Gray (M50), more at home on the roads in half-marathon distances, paced out a 3:12.0 for the two-laps to pip Kathryn Hough (3:12.6).

Despite the absence of any speedwork, Chris Neale ran the 100m in 12.7 and dragged Colin Smith (M50) to a 13 neat. Mark Howard (M45) ran 13.5 and Tolli 14.5. Liam ran 15.0, Kathy 15.4 with Janne Wells 16.8, John

ECAC – October 5

Dennehy 17.0 and Delia Baldock 17.8.

Chris’s fourth victory of the evening came in the 3km where he clocked 11:57.9 demonstrating good endurance. Alan Gray ran 13:24.9 with “Tolli” 13:42.2, Kathryn Hough 13:55.5, W70 Gillian Young in 14:47.4, David Carr (M85) 15:42.5, Carol Bowman (W60) 15:48.1, Bob Schickert (M75) 15:54.4 and Janne Wells (W45) 17:34.0.

Jenn Parker (W45) bested “Tolli” 3.85m to 3.57m respectively, in the long jump. Janne Wells went 3.09m with Kevin Collins (M45) 2.67m, Yvette Ballard (W60) 2.25m, Gillian Young (W70) 2.21m and Lynne Schickert (W75) 1.98m.

Jenn threw 27.25m in the hammer to edge out the effervescent Sally Sims (W35) 27.00m with Sally reversing the placings in the weight heaving a big 10.60m to Jenn’s 8.24m.



Rob Antoniollo strides out at Ern Clark Athletic Centre.

Garry cruises to head stylish Lisa

At WAAS Garry Ralston (M60) cruised the bend in the 200m to record a 28.3 ahead of the ever stylish Lisa Limonas (W45) in 30 even. David Baird (M70) warmed up with a 37.1. Ivo Davies (M70) powered away (34.2) from John Dennehy (37.1) and Mike Anderson.

Nick Best (M40) ran steadily to win the 800m in 2:20.6 with Clare Wardle (W40) in 2:39.2 and Vanessa Carson (W35) in 2:48.3 and Sue Zlnay (W55) 2:53.0. Paul Scott-Taylor (M60) 3:04.2 followed by David Baird (M70) 3:06.5, Alan Gray (M50) 3:10.2, Geoff Vine (M70) 3:14.1 and Delia Baldock 3:34.0.

Garry Ralston (M60) sprinted 13.5 to win the 100m once again ahead of Lisa Limonas in 14.6. Ivo Davies (16.2) surged away from John Dennehy in 16.8.

WAAS – October 10

Charlotte and Abigail Best were only separated by a tenth of a second (15.9 to 16.0) with Sue Zlnay surprising all with 16.4 speed over the distance.

The 3000m was completed in 11:38.1 by Clare Wardle who showed remarkable pacing with consistent laps. Vanessa Carson, returning from injury managed 12:06.4 with Alan Gray in 13:03.9, Paul Scott-Taylor 13:08.6, Hans Venter 13:37.5, Geoff Vine (M70) 13:45.7, David Baird (M70) 14:03.6 and Allan Billington (M55) returning to running fitness with 16:21.5. Johan Hagedoorn (M70) walked the distance in 20:47.8.

Madi Good, daughter of Lisa Limonas, and Sue Zlnay, a top-class performer over a range of distances competed in the 2km steeplechase. Madi showed increasing confidence over the barriers, especially the water jump, returning a time of 7:54.3 (a national qualifier). Sue backed up her other events with a strong 9:25.7.

The 'Best' high jump of the evening, Nick, soared over 1.40m for the win over Hans Venter (M50). Dave Wyatt and Charlotte Best both cleared 1.25m, with Sue Coate (1.20m), Abigail Best (1.04m) and Gay Wyatt (W60) .98m.

Sue Coate edged out Hans Venter in the javelin with her 26.34m throw. Hans threw 25.56m, Lisa Limonas (17.13m) and Gay Wyatt (11.64m) rounded out the field.

Ossi stars with record throw

Ossi Igel (M65) 'stretched the tape' out to a pending state record of 43.34m in the discus at Ern Clark Athletic Centre. In a 'top notch' competition Jenn Parker threw 32.15m, Howie Ward (M45) 27.75m, Liam Fukumoto 27.71m Sheryl Woolley (W45) 22.17m and Garry Parker 21.92m.

Ossi also took out the shot put, heaving an 11.28m effort. Sue Coate threw 9.49m, followed by Jenn Parker (9.06m), Howie Ward (8.42m), Kathy Lawson (7.64m), Maureen Keshwar (7.37m), Garry Parker (7.03m) and Donna Abbey (6.07m).

On the track, Colin Smith (M50) scampered over the 60m in 8.1 with fast closing Mark Howard (M45) a mere .1 behind. Kathy Lawson (9.1) had the same margin over fellow W50 Sue Coate. The ever-improving Maureen Keshwar (W65) ran 9.4 with Carmel Meyer (W55) running 10 neat and M75 Bob Schickert (12.1) finished ahead of his wife, Lynne (W75) in 15.0.

The classic mile distance was covered swiftly (6:16.1) by Andy Abbey (M45) in a steadily paced effort. Alan Gray (M50) was also comfortable in 6:54.4 with Carmel Meyer (7:31.0) completing the journey by edging out Tom Lenane (7:32.6) on the line followed by Gillian Young (W70) in 7:37.1.

Colin Smith maintained enviable 400m form in the one-lap event as he recorded a 59.3 with ease. Andy Abbey showed good

ECAC – October 12

basic speed to run 77.5 with honest efforts from Alan Gray (84.1) and Delia Baldock (88.1).

The newly purchased hurdles were set up for the W45 80m and the inaugural race was won by Donna Abbey (W45) in 16.7 with the versatile Jenn Parker second in 17.0. Liam Fukumoto ran smoothly to run 14.0 ahead of Delia Baldock (18.1) and Carol Bowman (W60) 25.0. Sue Coate ran 18.2 with all athletes effusive in their praise for the chance to race over the hurdles.

In the distance events, Andy Abbey completed the 3km in 13:22.5 ahead of Gillian Young in 15:13.8. In the 5km Alan Gray posted a brisk 22:13.1, Paul Scott-Taylor (M60) ran a 22:42.3 with David Carr (M85) continuing his preparation for an assault on the Australian record in the upcoming John Gilmour 10km, returning a 29:20.9.

Mark Howard long jumped 4.24m to underline the speed component of the event. Donna Abbey was nowhere near the board in jumping 3.65m and Jenn Parker (W45) sent the tape out to 3.42m. Maureen Keshwar (W65) flirted with the 3m distance with a best of 2.99m and Lynne Schickert easily jumped 2.15m on her final jump.



Ossi Igel competes in the discus at this year's state championships.

Chris shows class in sprint win



Competitors in the 100m (from left) Maureen Keshwar, Carmel Meyer, Mark Howard and Chris Neale blast off the start line at Ern Clark Athletic Centre.

Chris Neale (M45) showed why he is considered such a good all-round athlete with wins across a number of distances. The former 6m plus long jumper, who throws a mean javelin, dominated the 100m with a 12.7 effort and dragged Mark Howard to a 13.3. The powerful Maureen Keshwar (W65) ran 15.4 with Carmel Meyer (W55) in 16.4.

Chris was untroubled to win the 300m in 41.3 with plenty in reserve, suggesting a PB in the 400m is not far away. Maureen Keshwar ran a beautifully paced 300m in 59.1 holding out friend and rival Carol Bowman (W60) who finished in 59.8.

ECAC – October 19

Carmel Meyer narrowly missed breaking the 15-minute barrier in the 3000m, recording 15:01.0 with a withering sprint to the tape. Gillian Young (15:09.9) showed rapidly improving fitness staying in front of the venerable M85 David Carr (17:35.6).

Jenn Parker scored a win in the high jump clearing 1.25m to Carol Bowman's .98m effort and completed a busy evening throwing the javelin 18.20m for second

place behind Howie Ward's 21.33m. Talented athlete, Janne Wells (W45) is dabbling in many events and has taken to them with undoubted enthusiasm.

She threw the javelin 16.44m with Garry Parker 14.88m, Maureen Keshwar 11.87m Gillian Young 10.49m Carol Bowman 10.40m and Lynne Schickert 8.29m.

A pending state record was set in the hammer throw by Jenn Parker when she threw 35.19m to leave Howie Ward (18.21m) and her husband, Garry, (18.21m) in her wake.

Athletes splash out in wet weather

The drizzling rain at WAAS failed to dampen the enthusiasm of the Masters' athletes. Despite a flooded track, in the 400m, visitor, Dan Smith ran 73.5 ahead of proud new grandfather, Mark Dawson (M55) in 80.9. Vanessa Carson (W35) ran 74.4 as a pacemaker for her niece Olivia (81.8) with John Dennehy (M55) next in 87.6 and Clare Wardle's daughter Gabriella (1:32.2).

The coach/athlete order was maintained in the 60m with Dave Wyatt (M65) sprinting to a 9.1 followed by his protégé, Sue Coate (W50) hot on his heels in 9.2.

Paul Mitchell ran 19:14.5 in the 5000m with Mark Dawson 22:23.6 and Paul Scott-Taylor (M60) in 22:31.8. In the 3000m event Clare Wardle (W40) ran

WAAS – October 17

12:21.7 ahead of Vanessa Carson (W35) and Olivia Carson 16:37.5.

Todd Davey's (M50) 48.61m in the discus and his presence in the competition lifted the standard markedly as Liam Gartlan recorded 43.80m and Tom Gravestock (M60) 44.72m with their respective implements. The consistent Andrew Ward (M55) threw 27.89m with Sally Sims (W35) 20.90m.

Clare Wardle ran 5:55.7 in the 1500m with Paul Scott-Taylor (M60) 6:05.6, Olivia Carson 6:51.4 and Dan Smith in 7:04.9.



JOHN DENNEHY

Greg stars as Fiona shows pace



Fiona Leonard strides out in the 1000m event at WAAS.

At WAAS top notch M45 sprinter, Greg Brennan, supplemented his training with a rare Masters race over his preferred 100m distance, scoring a win with a slick 12.5 performance. Visitor, Dan Smith ran 13.2, with Lisa Limonas running 14 neat and Jane Lockwood (W35) 14.9. Dave Wyatt (M65) 'looked the goods' running 13.9 followed by Donna Abbey (W45) in 14.3, Sue Coate (W50) in 14.6 and Barrie Kernaghan (M75) 15.6. In heat two, Norm Richards (M80) showed he had lost little of his speed returning to Masters competition with 15.8 victory over John Dennehy (M55).

The rarely run 1000m was taken out by Mark Dawson in 3:24.9 with the effervescent Fiona Leonard (W55) in a consistently paced 3:33.5. Paul Scott-Taylor warmed up with a 3:54.0 effort and David Baird (M70) dipped under the 4-minute mark with 3:59.6 ahead of Dan Smith in 4:03.1.

John McShane (M50) employed his middle-distance runner's kick to good effect in the 3000m to run 12:31.3 after sitting behind the now consistently lapping Paul Scott-Taylor (12:33.3) who was nonetheless delighted with his effort. Hans Venter (M50) 13:46.7 and Mark Dawson (M55) 13:47.9, battled for the whole distance to push each other to good times. David Baird (M70) is gaining

WAAS – October 24

valuable track racing experience and ran steadily for 14:43.3 while Johann Hagedoorn (M70) has turned himself from runner to walker with 20:30.9.

Donna Abbey ran a tactically perfect 400m to dip under the 80-second mark (79.1) with David Baird (76.3) and Barrie Kernaghan (86.1) also running good 'quarters'.

A slimmed down Mark Howard (M45) long jumped out to 4.52m to score a victory ahead of Dave Wyatt (4.25m) and closely followed by Donna Abbey (4.19m). Lisa Limonas jumped 3.95m with Sue Coate posting 3.53m, Norm Richards (3.43m), Gay Wyatt (3.21m) and Carol Bowman (2.98m).

M60 Tom Gravestock spun the discus out to 44.97m while guiding fellow athletes with their techniques. Jenn Parker threw close to her state record of 32.44m with 30.72m ahead of her husband Garry (22.70m). Multi-eventer Hans Venter threw 19.88m with Norman Stanger (M80) on 19.26m and Mike Anderson (M65) 18.71m.

In the hammer, Jenn's best was 27.89m to consolidate her technique, with Norman and Garry both throwing 20.56m, albeit with different weighted implements.

Andy opens night with all the way win

At ECAC Andy Abbey (M45) opened proceedings in the 1km leading from 'Go-to-whoa' in a time of 3:40.7. He led home Cocos Island resident Kathryn Hough (4:01.6), David Baird (M70) 4:15.5 and Gillian Young (W70) 4:40.1.

Maureen Keshwar (W65) was the fastest 60m athlete of the evening in 9.8 with Carmel Meyer (W55) 10.6 and Andrea Penny (W40) 10.8 filling the minor placings.

The rewards of steady pacing were evident with Alan Stabler and Andy Abbey showing great restraint in the early stages of the 3km to produce times of

ECAC – October 26

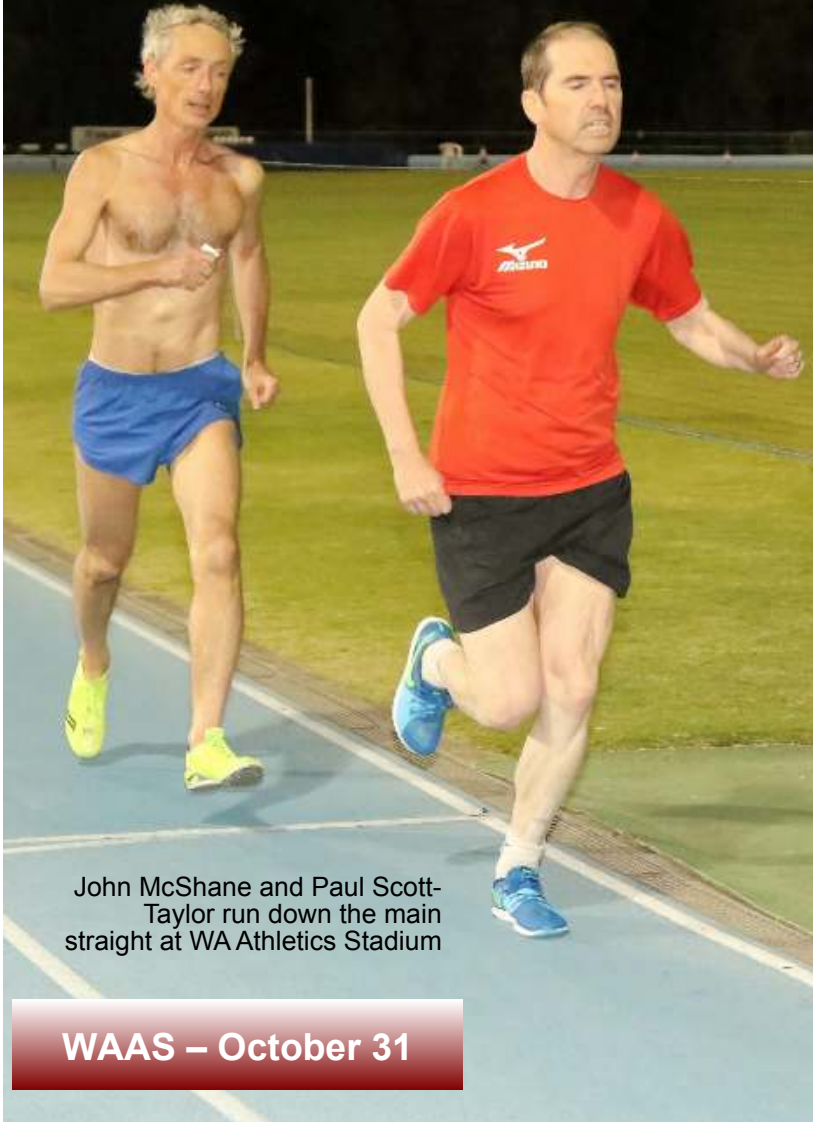
12:33.4 and 13:12.1 respectively. Gillian Young, with perhaps an eye to a record in an upcoming 2km steeplechase, ran her usual assertive race in 15:16.8 ahead of David Carr (M85) in 18:36.7. Kathryn Hough and David Baird both grabbed the opportunity to run the 5km with Kathryn finishing in 23:23.0 and David in 24:32.0.

Field events 'supervisor' Graham Bartlett, who kindly attends ECAC each Thursday, has availed himself to advise

anyone who wants to refine their throwing technique. The competition results indicate some technical improvements from a range of athletes. Jenn Parker heaved the weight out to 9.23m with Maureen Keshwar throwing 8.77m for second. Janne Wells (W45) edged over the 7m mark by a single centimetre, with Andrea Penny achieving 5.72m.

Completing her usual busy night, Jenn putted the shot 8.76m with Maureen surprising all with her stellar 7.62m result. Janne Wells sent the metal ball out to 5.93m with Carol Bowman rounding out the field with a best of 5.17m.

Athletes show tricks and treats



John McShane and Paul Scott-Taylor run down the main straight at WA Athletics Stadium

WAAS – October 31

Halloween night at WAAS was full of ‘tricks and treats’ for all. Lisa Limonas (W45) showed the benefits of 400m training treating onlookers to a classy sub 30-second effort over 200m (29.6). She tricked friend and squadmate Sue Coate (W50) with early speed, to a 31.3 clocking. Chasing the women (in a most respectful way) Barrie Kernaghan (M75) ran 32 neat with ‘Grandad’ Dawson in 35.7. Ivo Davies (M70) scored the win in heat two in 33.3 ahead of Norm Richards who was relentless in chasing him all the way to the tape. David Baird (M70) couldn’t take a trick as he aggravated his hamstring in finishing in 36.5.

Daniel Theunissen will hopefully sign up for Masters as he showed talent over a range of distances. In the 800m he led out passing through the 400m in 68 seconds before finishing in 2:27.2. Keith Hill (M55) showed good pace judgement recording 2:32.2 a stride in front of Mark Dawson (2:33.6). John McShane (M50) put together a fine race finishing in 2:54.0 with Paul Scott-Taylor warming up in 3:05.6 ahead of Julie Wilson.

Daniel sprinted to a win in the 60m in 8.7 with Barrie Kernaghan showing good cadence for a 9.5 and Ivo Davies 9.7. Norm Richards ran 9.7 ahead of Delia Baldock (W55) in 10.7 and Julie Wilson 11.8.

Daniel covered the 3km distance in 11:56.4 to treat himself to a triple for the evening. Paul Scott-Taylor completed the 5km event in a superb 21:57.1 a ‘snip’ faster than his state championships time from last season. Slight adjustments to his training programme have shown immediate benefits and his pace judgement has been refined to make the most of his talent.

Andrew shines

In the field events, it was Andrew Ward’s time to shine in the javelin with 30.16m his winning throw with the 700g spear. Sue Coate threw the spear 25.46m ahead of Phil Smyth (M70) 24.13m. Jenn Parker posted a 19.29m ahead of Lisa Limonas (16.68m) and Norman Stanger (M80) 15.50m.

Todd Davey (M50) threw 12.18m in the shot, scaring the assembled patrons with his ‘rebel yell’ that accompanies his efforts. Yolanda Carstens (W50) dispensed with her javelin for the evening and putted the shot 10.47m. Andrew Ward’s best effort was measured at 9.11m with Jenn Parker (8.85m), Norman Stanger (8.00m) and Mike Anderson (M65) with 6.56m.



Andrew Ward prepares to throw the javelin at the state championships.

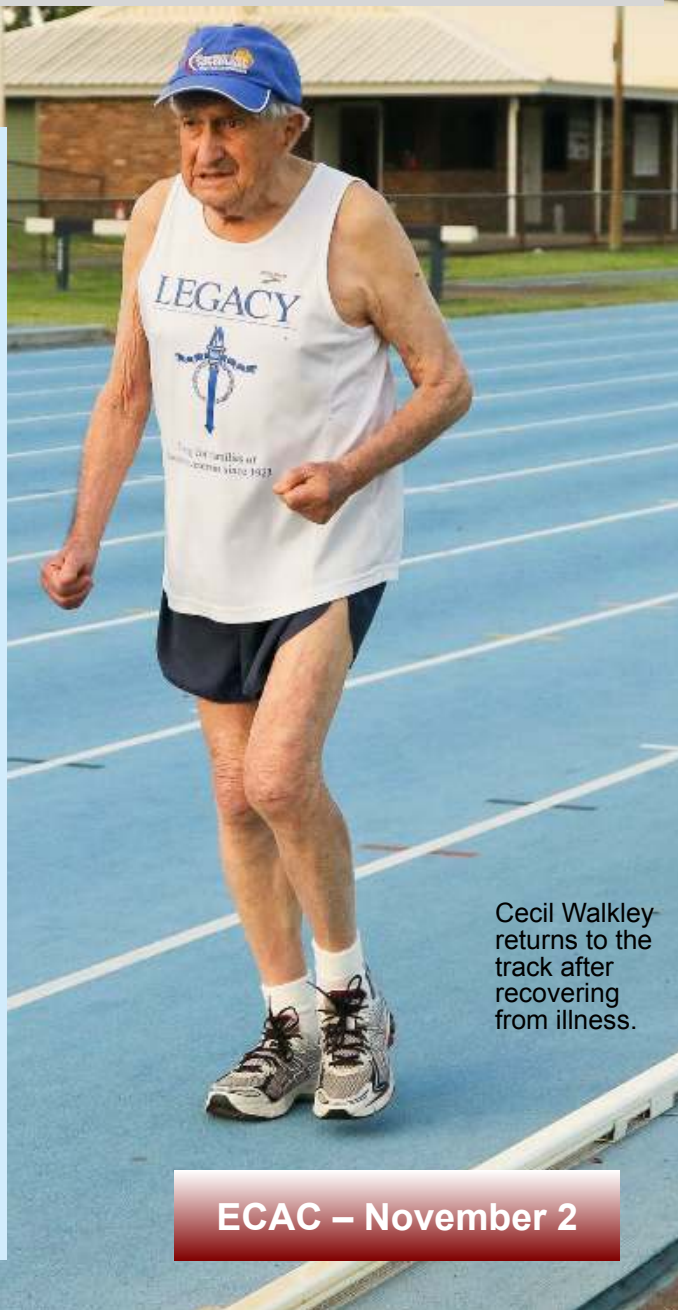
Colin snares 200m, Cecil returns

A balmy evening at ECAC gave the event a carnival atmosphere as a large crowd of Masters attended. Colin Smith (M50) held the stagger from Bernie Riviere (M50) in the 200m and gritted his teeth for a win in 26.5, Bernie finishing in 27 even. Visitor Calum Membrey (son of Harold) ran 29.9 with Rob Antonioli (M65) 30.1. Cecil Walkley (M85) announced his welcome return to competition running 2:12.5 to the loud applause of those gathered. Visitor, Matt Godfrey won heat two in 28.9 from Vanessa Carson (W35) in 32.6, Mr Membrey 'The Elder' (33.6), Maureen Keshwar (W65) 34.9, Mercurio Cicchini (M65) 36.2 Kristine Wells (39.5) and Julie Wilson (W60) in 40.1.

Nick Best (M40) continued with his experiment with tactics in the 800m, with a faster first lap to record a 2:28.3. Vanessa ran 2:36.7 for second-leading home Calum (2:49.2), Matt Godfrey (2:54.0), 'Tolli' (3:04.6), Kristine Wells (3:26), Gillian Young (W70) 3:31.7, Julie Wilson (3:32.3) and Claire Walkley (W50) in 3:46.7.

Colin also took out the 100m with 13 neat ahead of Bernie in 13.3. Calum was a second back with Nick Fairweather in 16.4 and Mercurio running 17.5. Maureen ran 16.0 to edge out Harold by the merest of margins, followed by Kristine in 17.5 and Julie in 20.2. 'Tolli' blitzed the 100m in 14.5 with Bob Schickert (M75) running 19.3, Lynne Schickert ran 25.6 with Cecil rejoicing in his effort as he rightly should.

Although not at full fitness, Vanessa Carson ran a mighty 3km, especially off the back of the recent Rottneest Island half marathon. She ran 11:28.3 to lead the amazing Jim Langford (M70) home. Jim ran deceptively easily for a 13:42.0 finish. Gillian completed the distance in 15:13.3 with Bob running 17:13.0. Over the 5km, Calum impressed with a 23:57.3, Matt Godfrey ran 26:21.1 and Claire finished in 28:17.5.



Cecil Walkley returns to the track after recovering from illness.

ECAC – November 2

Throwers make their mark

In the weight throw at Ern Clark Athletic Centre at Thursday night competition on November 2, Ossi Igel (M65) heaved 15.53m, Sally Sims (W35) 10.61m, Jenn Parker 9.89m Andrew Ward (M55) 8.55m, Howie Ward (M45) 7.98m, Janne Wells (W45) 7.06m and Todd Davey heaved the 56kg weight 9.04m.

Todd spun the disc way out to 50.10m, revealing more of the tape than we usually see. Ossi threw 43.14m with Jenn 31.46m.

Andrew Ward 28.37m ahead of Howie 27.16m. All-rounder 'Tolli' threw 26.47m, Harold 23.97m, Sally 22.59m and Janne 17.71m.

Showing few signs of fatigue, Todd's hammer throw was 44.36m, for the best performance of the evening. Ossi backed up well with 33.68m as did Sally with 27.09m, exactly a metre ahead of Andrew. Jenn threw 25.72m, Janne 20.35m and Howie 18.13m.



JENN PARKER

Track and field notes



John Gilmour starts the sub-40 minute 10,000m as MAWA runners Steve Weller (left) Rob Nichols (third from left), Kim Thomas and Rochelle Rodgers head off on the first lap.

Photos: CARMEL MEYER

David's record run continues

David Carr continued his record breaking season when he cut more than five minutes off the M85 10,000m Australian record with a time of 55:45.4 at the John Gilmour 10,000m at Ern Clark Athletic Centre on November 3.

The previous night David raised the M85 state high jump record to .95m during the Patron's Trophy at the same venue.



Photos: CARMEL MEYER



LEFT: David Carr runs past the start/finish line.

ABOVE: John Gilmour (left) catches up with Jim Langford.

Looking ahead

Melissa Foster competes in the high jump during the heptathlon at the Perth2016 World Championships.



Melissa eyes rare feat

Competing at four WMA Stadia Championships in the one age group is a rare achievement.

Will anyone else do the same?

Melissa Foster will achieve this oddity with having competed in Porto Alegre – October 2013 just after moving into the age group, Lyon in 2015, Perth in 2016 and Malaga in September 2018 with her birthday for the next age group being just after the first day of competition.

Is there anyone else who is in this rare category?

BOB SCHICKERT

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

AMA Championships, Perth, April 26-29, 2018

British Masters Championships, Birmingham, England August 25-26, 2018

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