

Season 11 Issue 3
DECEMBER 2017

The Track and Field Newsletter of MAWA

Sue pips Carmel



**David rewrites
record book**



**Patron's Trophy
review inside**

Forget Christmas and renew

It's December, the time of year when everyone is busy buying Christmas presents for the family (and extended family), writing last minute cards, going to Christmas functions, watching the cricket and preparing for the big day.

However, there is one other thing to remember in the festive season – renew your MAWA membership.

Go online to the MAWA website and do it now, before you forget. Remember there is one month's grace, but if you do not register by January 31 you will no longer be a current member and have to pay the new member fee to re-join. However, lapsed members re-joining keep their original number

For next year everyone must register as an individual and individual fees have been reduced by \$5. So if you were previously joint members you only pay a total of \$5 more than 2017.

Life Members still need to complete the online registration but are not charged

Fee Changes:

No longer joint membership

Individual Join \$50 Renew \$40

Country Join \$40 Renew \$30

If you request *Vetrun* to be posted to you will be charged an extra \$15 to cover costs

For those attending Sunday runs you need to nominate two runs that you can



help at during the year so check the 2018 programme.

Track and Field only athletes just help out on track nights

If you are unsure if you are a current member, check out the membership list

on the Our Club/Membership tab on the website.

2018 Membership – online only through website

www.mastersathleticswa.org/

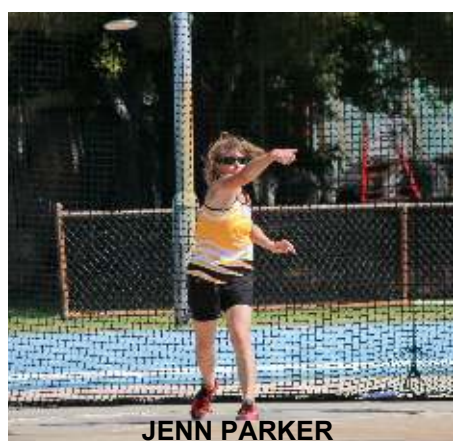
Just do it!

A brother's tribute

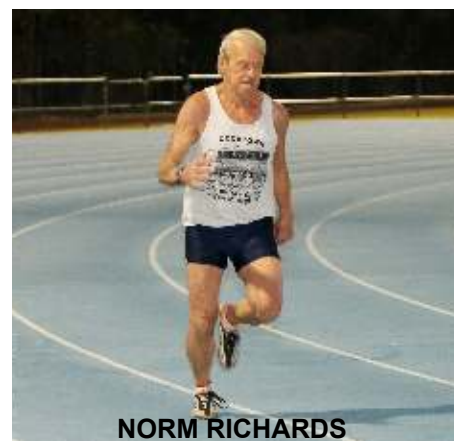
The headline on November's profiled athlete Bernard Riviere was "Positive People Inspire." At the time the profile was written Bernie felt unable to explain fully just how significant this headline was for him as it recalled a time of terrible grief and trauma for Bernie and his family. In the 2013 season, Bernie found out his older brother John had been diagnosed with cancer.

Bernie's brother lived for just ten short months following his diagnosis. He had always been a staunch supporter of Bernie's athletics pursuits and he never let his condition interfere with his continued support of his younger brother. Bernie said he gave it his all that season to honour his brother's struggle, knowing that whatever difficulties he faced on the athletics track paled into insignificance in comparison to what John faced from this terrible illness.

The 2013/14 athletics season was Bernie's most successful and he credits his brother's courage and positive attitude with the inspiration he needed to succeed.



JENN PARKER



NORM RICHARDS

Records

Jenn Parker	W45	Discus	32.90m	WAAS	14/11/2017	SR
Maureen Keshwar	W65	80m hurdles	18.7s	ECAC	16/11/2017	SR
Norm Richards	M80	High jump	1.10m	WAAS	21/11/2017	SR
Norm Richards	M80	60m	9.2s	WAAS	28/11/2017	SR
Norm Richards	M80	Triple jump	6.81m	WAAS	28/11/2017	SR
David Carr	M85	5000m	26:17.6	ECAC	30/11/2017	*AR
Norm Richards	M80	Long jump	3.25m	WAAS	05/12/2017	SR

*Pending Australian record

MAWA athletes feature

Three MAWA athletes feature in the Oceania Masters Athletes (OMA) nominees for the WMA Athlete of the Year Category Awards 2017.

The two individual nominees are Melissa Foster and Matt Staunton and Barbara Blurton is a member of the W65 relay nomination.

Melissa received her nomination in the W35 triple jump and Matt's is for the M40 hammer.

OMA secretary, Bob Schickert said the WMA Athlete of the Year Awards are the replacement for the IAAF Masters Athlete of Year Awards with the various category awards added this year for the first time.

Bob expressed his thanks to Wilma Perkins who had taken on the role of OMA Awards Research Officer.



Photo: DOUG SMITH

MELISSA FOSTER



MATT STAUNTON

WMA BEST ATHLETE OF THE YEAR AWARDS

The OMA Nominations for 2017 are:

Jenny Flynn	W65 Australia Sprinter:	400m	70.34s	WR
Peter Crombie	M70 Australia Sprinter:	60m	8.35s	

The 2017 awards will be presented to the winners during the WMA General Assembly in Malaga in September 2018.

Commencing in 2017, awards in seven categories for the top female and male performers each year have been introduced. Certificates will be provided for the winners. The OMA nominations are:

Sprint/Hurdles	Julie Brims W50	Australia	60m	8.08s
	Peter Crombie M70	Australia	60m	8.35s
Middle Distance	Lavinia Petrie W70	Australia	3000m	12.54.89 WR
	Ian Carter M65	New Zealand	800m	2.27.48
Long Distance	Caroline Campbell W70	Australia	Half Mar	2.05.24.40
	Michael Wray M50	New Zealand	Cross Country	28.30
Throws	Mary Thomas W70	Australia	Shot Put	8.08m
	Matt Staunton M40	Australia	Hammer	44.722m
Jumps	Melissa Foster W35	Australia	Triple Jump	11.80m
	George Schillinger M70	Australia	Pole Vault	2.90m
Combined Events/Relays	W65	Australia	4x400	4.2.76 WR
	Geoff Gibbins M40	Australia	Pentathlon	3564 pts
Race Walks	Heather Carr W65	Australia	3000m	16.57.9 WR
	Andrew Jamieson	Australia	10km RW	55.07

Only performances from athletes who had competed at WMA Indoors or Regional Champs could be considered. As OMA did not have a regional championship this year it meant that only athletes or teams that included athletes who had been at the WMA Indoors in Daegu could be considered.

David – the dominator



By JOHN DENNEHY

David Carr (M85) took out the Patron's Trophy for the twenty-third time, with a resounding effort in his best event, the 800m, on Thursday evening at Ern Clark Athletic Centre. Having set the world record earlier in the year it was no surprise that he was going to achieve a massive score (90.48 points).

A past Australian record holder in the field pentathlon, his throwing and jumping scores were unlikely to give his opponents a sniff of victory.

There are few chinks in his armour with a 5000m (26:17.6) Australian record and (87.16 points)

1st
671.27

and a state high jump record of 0.95m (73.08) in his events; it was never going to be an easy task to beat him. He has run 100m

significantly quicker than his 19.6 (86.59 points) effort so he could have done even more damage. He left in his wake competitors who are world class in their own right with several age-graded scores in the 80 point range; however, he was rarely outscored in any event across the competition.

David is a threat in any event, whilst not a physically imposing figure, anyone who has tried to pass him in a race of any kind will attest to his grit and determination. He has a positive outlook, never faltering into arrogance, but this belies his attention to detail and planning and he repeats each facet of the race until it becomes second nature. Winning seems to be second nature to him.

David Carr

Sue Aces Series



1st
598.26

Sue Coate

By **JOHN DENNEHY**

Sue Coate (W50) won her first Patron's Trophy with an incredible ability to score fairly evenly over the range of events. Her triple jump of 7.84m (61.73 pts) was 'top class' and a surprising gutsy 5km effort of 26:15.0 (62.92 pts) held her in good stead. She ran an excellent 100m in 14.7 (80.68 points) but rose to the threat of Gillian Young (W70) and Carmel Meyer (W55).

Gillian's very strong running was tempered by her field events. Carmel, looked to have pulled off an upset with her courageous 800m run

(3:08.8) where she put a distance on Sue (3:19.5) and finished 10.7 seconds ahead to pull back most, but crucially, not all the points between them in the very last event. Carmel's tactical nous brought her 72.33 points with Sue deservedly taking the trophy with another 65.20 points to her winning total.

Sue's ability to score so well across the variety of events is remarkable given her 5km age-graded score of 62.92% is comparable to her triple jump of 61.73% with these two events having very little crossover skills at all, save for a speed component. Add in

her throwing event of shot put for comparison and Sue's score of 56.10% (requiring a vastly different skill set) and she presents with only a 5% differential.

Moreover, her 73.10% for the high jump merely adds to her considerable talents and her scoring would suggest the makings of an exceptionally talented heptathlete. Given her speed and co-ordination, it is easy to imagine her mastering the hurdles without too much effort. It would deem her a most worthy winner of a trophy for an all-round athlete.

Patron's Trophy



Carmel Meyer



Gillian Young



Delia Baldock



Colin Smith



Giovanni Puglisi



Hans Venter

		1500m	400m	HJ	100m	shot	LJ	Discus	5000m	TJ	Javelin	800m	Total
Men													
M85	David Carr	95.26	90.50	73.08	86.59	39.97	47.77	38.14	87.16	60.46	29.01	90.48	671.27
M50	Colin Smith	72.02	83.89	59.24	83.69	26.10	58.65	22.36	63.47	60.94	14.19	81.35	589.35
M65	Giovanni Puglisi	80.57	75.17	62.15		35.37	64.69	30.63	78.75	61.17	24.46	78.10	566.60
M50	Hans Venter		68.51	66.35	76.62	42.17	58.38		58.95	58.26	29.70	64.14	523.08
M75	Bob Schickert	68.65	70.10	65.58	72.98	38.20	43.26	29.99	62.90		25.30	67.08	518.74
M50	John McShane	66.18	68.99	56.87	76.62	32.24		25.08	62.12	46.92		62.25	497.27
M55	Mark Dawson	73.65	73.82		71.20	36.37	51.17	17.22	68.17	48.15		54.75	494.50
M70	Ivan Brown	68.37	65.92		70.67		56.91	23.79	65.10	44.69	31.20	66.64	493.29
Women													
W50	Sue Coate	62.68	70.35	73.10	80.68	56.10	65.50	43.52	62.92	61.73	47.51	65.20	598.26
W55	Carmel Meyer	68.98	73.22	71.43	77.67	42.64	59.36	31.33	66.73	59.02	36.16	72.33	591.38
W70	Gillian Young	81.65	76.05		72.72	41.92	51.58	31.40	84.66		32.92	80.54	553.44
W55	Delia Baldock	66.21	68.65	68.32	71.80		61.50	17.69	62.09	60.71		66.45	543.42
W75	Lynne Schickert	57.43	54.73	72.95	60.85	39.43	53.73	35.83	57.93	62.79	27.51	55.00	514.84

Scores in red have been dropped so a total of nine events is counted.

Patron's Trophy



Bob Schickert is surrounded by an army of helpers after his Patron's Trophy long jump at Ern Clark Athletic Centre.

Revamped format debuts

By JOHN DENNEHY

Changes to the Patron's Trophy seemed to find favour with competitors this year with a healthy amount venturing into the competition after a year's absence due to World titles in Perth. It was pleasing to see a wider range of athletes, as the previous format appeared to favour the middle distance competitor.

The current competition allows two events of the eleven on offer, to be dropped with nine to be counted. Three field events must be included with at least one jump and one throw. Any serious contender needs to select their events very

carefully, matching them to their perceived strengths and possibly go 'out of their comfort zone' to obtain the ultimate prize.

Whether the results indicate the age-graded formula needs adjusting as could be suggested by some of the performances is open for debate, as always. That a thrower/jumper can score higher in a distance running event is a starting point. It certainly endorses the reality that Masters Athletics Western Australia has many world-class competitors and the mind contributes more to the performance than was previously accepted.



Patron's Trophy



The field is set for the start of the 100m pictured from left are Rob Antonioli, Hans Venter, Lisa Limonas and Mark Howard.

Sprinters sizzle

By JOHN DENNEHY

In the 100m some surprisingly high scores were recorded with Hans Venter, posting 14.2 for 76.62pts. The somewhat more lathesome Lisa Limonas also demonstrated her great sprinting prowess to run 14.1 and gain 80.92 points. Mark Dawson (M55), more familiar with the longer track events of late, surprised many with his 15.8 effort and 71.20 points with Carmel Meyer finishing the event strongly snatching 77.67 points with her 15.9 time.

Delia Baldock (W55) turned in an excellent short sprint to add to her tally by 71.80 points and dragged Carol Bowman through to a 17.7 which gave her 72.82 valuable points. Seasoned competitor, Tolti, stole the show with an eye-catching run of 14.1 for a haul of 85.60 points. Sue

Coate showed remarkable speed to run 14.7 and 80.68 points.

The following Thursday, Colin Smith sprinted to a very clear victory in 13.0 to claim 83.69 points and John McShane rolled back the years to his teenage athletics days by holding good form for a 14.2 and 76.62 points.

While Ivan Brown (M70) covered the ground well to record to add 70.67 points for his trouble. Bob Schickert (M75) held the gap to Ivan as long as he could to run 18.1 and 72.98 points with Gillian Young, using both her fast twitch fibres to run 19.5 over the unfamiliar territory and grasp 72.72 points.

However, David Carr ran a 19.6 which gave him the highest score of 86.59 points.



DELIA BALDOCK



NORM RICHARDS and SUE COATE

100m

WAAS November 7

			% pts
Mark Howard	M45	13.1	n/a
Lisa Limonas	W45	14.1	80.92
Rob Antonioli	M65	14.1	85.60
Hans Venter	M50	14.2	76.62
Sue Coate	W50	14.7	80.68
Norm Richards	M80	15.2	n/a
Barrie Kernaghan	M75	15.3	n/a
Ivo Davies	M70	15.7	n/a
Jane Lockwood	W35	14.8	n/a
Mark Dawson	M55	15.8	71.20
Carmel Meyer	W55	15.9	77.67
Des Walsh	M60	26.7	n/a
Delia Baldock	W55	17.2	71.80
Carol Bowman	W60	17.7	72.82

ECAC November 9

Bernie Riviere	M50	12.9	n/a
Mark Howard	M45	13.0	n/a
Colin Smith	M50	13.2	n/a
Jenn Parker	W45	15.3	n/a
John McShane	M50	14.2	76.62
Donna Abbey	W45	14.5	n/a
Kathy Lawson	W50	15.0	n/a
Nick Fairweather	Vis	15.9	n/a
Colin Smith	M50	13.0	83.69
Maureen Keshwar	W65	15.6	n/a
Olivia Carson	Vis	16.8	n/a
Cecil Walkley	M85	55.3	n/a
Ivan Brown	M70	17.8	70.67
Bob Schickert	M75	18.1	72.98
Gillian Young	W70	19.5	72.72
David Carr	M85	19.6	86.59
Andrea Penny	W40	17.5	n/a
Delia Baldock	W55	18.2	67.86
Julie Wilson	W60	19.7	n/a
Lynne Schickert	W75	24.8	60.85

Patron's Trophy



Glen Bartlett keeps an eye on Carmel Meyer's technique as the shot leaves her hand.

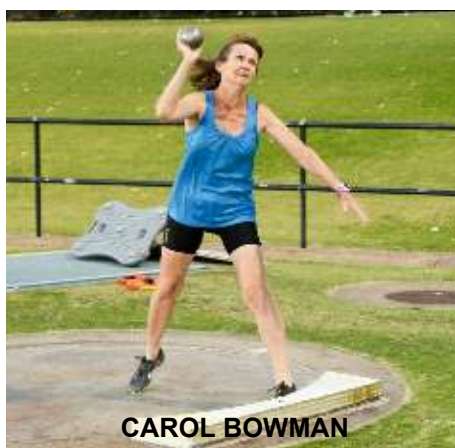
Shot tests athletes

By JOHN DENNEHY

Relatively speaking the field events are more difficult to score points in than the running events, so M50 Hans Venter's shot performance has quite some merit, with his best of 8.32m bolstering his score by 42.17 points at WA Athletics Stadium. Sue Coate (W50) showed great strength and technique in equal combination to gain a massive 56.10 pts with her 10.07m effort. Carmel Meyer remained in touch with the field with 7.04m for 42.64 pts.

Mark Dawson's 6.62m best gave him 36.37 points. Two nights later Gillian Young did her Patron's Trophy chances no harm with 41.92 pts from a 5.11m throw at Ern Clark Athletic Centre along with David Carr (5.48m) who collected 39.97 points.

John McShane (M50) scored well with 32.24 points and trophy tragic Bob Schickert (M75) put all his competitive spirit into a fine putt of 6.31m and redeemed his 38.20 points.



CAROL BOWMAN



LISA LIMONAS

Shot WAAS November 7

			% pts
Norman Stanger	M80	8.24m	n/a
Mike Anderson	M65	6.61m	n/a
Hans Venter	M50	8.32m	42.17
Sue Coate	W50	10.07m	56.10
Carmel Meyer	W55	7.04m	42.64
Lisa Limonas	W45	7.05m	37.20
Mark Dawson	M55	6.62m	36.37
Carol Bowman	W60	5.00m	33.18
Rob Antonioli	M65	6.29m	37.02

ECAC November 9

Ossi Igel	M65	12.01m	n/a
Jenn Parker	W45	8.74m	n/a
Maureen Keshwar	W65	7.64m	n/a
Garry Parker	Vis	7.04m	n/a
John McShane	M50	6.36m	32.24
Bob Schickert	M75	6.31m	38.20
Donna Abbey	W45	6.16m	n/a
Giovanni Puglisi	M65	6.01m	35.37
Janne Wells	W45	6.36m	n/a
David Carr	M85	5.48m	39.97
Colin Smith	M50	5.15m	26.10
Gillian Young	W70	5.11m	41.92
Carol Bowman	W60	4.91m	32.58
Lynne Schickert	W75	4.87m	39.43
Ivan Brown	M70	ND	0.00

Patron's Trophy



Colin Smith sails through the air under the watchful eye of Sue Coate.

Leaping lizards

By JOHN DENNEHY

The highest scoring long jump of the evening at WA Athletics Stadium came from Lisa Limonas (W45) who jumped 4.34m (67.92 points) after an excellent 400m. She was closely followed by Sue Coate (3.93m) and 65.50 pts. Giovanni Puglisi (M65) announced his title aspirations with a 3.81m jump and claimed 64.69 pts. Ivan Brown's 56.91

pts came from a 3.09m effort and Hans Venter scored 58.38 pts from a 4.25m jump.

At Ern Clark Athletic Centre, Delia Baldock (W55) gained the highest points (61.50) courtesy of a 3.45m effort. Carmel Meyer (3.29m) and Colin Smith (4.27m) both scored 58.65 pts with Lynne Schickert (53.73 pts) for her jump, Gillian Young (51.58 pts) and David Carr (47.77pts).

Long jump

WAAS November 14

			% pts
Lisa Limonas	W45	4.34m	67.92
Sue Coate	W50	3.93m	65.50
Mark Dawson	M55	3.49m	51.17
Carol Bowman	W60	2.72m	52.11
Giovanni Puglisi	M65	3.81m	64.69
Delia Baldock	W55	3.37m	60.07
Carmel Meyer	W55	3.33m	59.36
Hans Venter	M50	4.25m	58.38
Ivan Brown	M70	3.09m	56.91
Rob Antonioli	M65	3.77m	64.01

ECAC November 16

Mark Howard	M45	4.75m	n/a
Colin Smith	M50	4.27m	58.65
Donna Abbey	W45	4.12m	n/a
Delia Baldock	W55	3.45m	61.50
Janne Wells	W45	3.35m	n/a
Carmel Meyer	W55	3.29m	58.65
Maureen Keshwar	W65	3.13m	n/a
Carol Bowman	W60	2.89m	55.36
Gillian Young	W70	2.29m	51.58
Lynne Schickert	W75	2.16m	53.73
Bob Schickert	M75	2.15m	43.26
David Carr	M85	1.93m	47.77



LYNNE SCHICKERT



CAROL BOWMAN

Sue tops discus

By JOHN DENNEHY

Sue Coate (W50) prevailed in the Patron's Trophy discus at WA Athletics Stadium on November 21, with a superb throw of 25.46m which bolstered her total by 43.52 points. Carmel Meyer (W55) was able to boost her total with a throw of 16.70m garnering 31.33 points with John McShane (M50) deservedly pleased with his effort of 18.18m giving him 25.08 points. Ivan Brown (M70) with his inordinately long arms (to be fair they are in proportion to his legs) levered the platter out to a distance of 13.79m and 23.79 points.

Armed with this information the competition at Ern Clark Athletic Centre two days later was fierce. Top score of the evening of 38.14 points was David Carr (M80) harnessing all his considerable competitive armoury to throw 14.48m. Giovanni Puglisi (M65) went within 50cm of the 20m line to get 30.63 points. Lynne Schickert (W75) also gathered big points (35.83) with a fine 12.77m throw. Gillian Young (W70) did her chances no harm with her 11.74m performance adding 31.40 points to her tally.

Discus

WAAS November 21

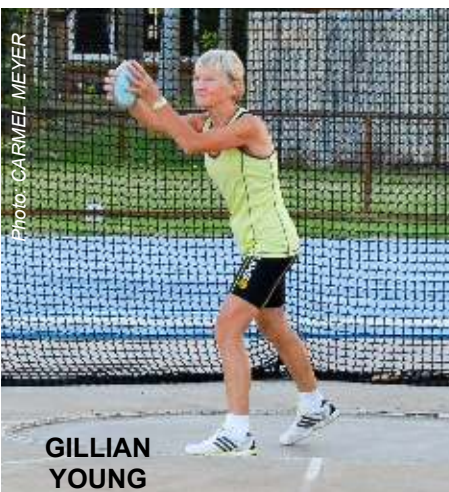
% pts

Bailey Dawson	Vis	42.43m	n/a
Andrew Ward	M55	30.40m	n/a
Sue Coate	W50	25.46m	43.52
Des Walsh	M60	23.76m	n/a
Rachel Coate	Vis	23.10m	n/a
John McShane	M50	18.18m	25.08
Carmel Meyer	W55	16.70m	31.33
Norman Stanger	M80	16.42m	n/a
Mike Anderson	M65	15.14m	n/a
Lisa Limonas	W45	14.28m	22.42
Ivan Brown	M70	13.79m	23.79
Mark Dawson	M55	11.49m	17.22
Carol Bowman	W60	10.17m	21.13
Delia Baldock	W55	9.43m	17.69

ECAC November 23

Giovanni Puglisi	M65	19.50m	30.63
Colin Smith	M50	16.21m	22.36
Bob Schickert	M75	15.50m	29.99
David Carr	M85	14.48m	38.14
Lynne Schickert	W75	12.77m	35.83
Gillian Young	W70	11.74m	31.40
Carol Bowman	W60	11.00m	22.86

Lisa Limonas puts everything into her Patron's Trophy discus at WA Athletics Stadium.



5000m challenge



MAIN PHOTO: Andy Abbey leads the field at the start of the Patron's Trophy 5000m at Ern Clark Athletic Centre.

INSET RIGHT: Shane Duryea laps Bob Schickert and a smiling Delia Baldock at WA Athletics Stadium.

By **JOHN DENNEHY**

Mark Dawson (M55) with a measured, strong performance stopped the clock at 21:30.7 and banked 68.17 points for the leading score over 5km at WAAS. Sue Coate (W50) with memories of her military days proved a trooper in completing the distance in 26:15.0 (62.92pts) and impressed with her guts, determination and focus.

Bob Schickert's 62.90 points were hard fought and well deserved as the M75 was somewhat below his best but never looked like stopping. Delia Baldock (W55)

tracked Bob for quite some time before her parkrun experience kicked in and she moved slowly, but inexorably away. Her time of 27:57.8 gave her 62.09 points. John McShane accumulated 62.12 points with a seemingly comfortable 22:41.2, with Hans Venter (M50) running 23:54.4 and grabbing 58.95 points. Lynne Schickert (W75) covered the ground easily to run 40:22.9 and gained 57.93 points for her efforts.

ECAC was the scene of equally meritorious running. Giovanni Puglisi (M65) set out determinedly and scored 78.75 points with a 20:18.0 solo effort. Specialist sprinter Colin Smith (M50) showed endurance with a 22:12.2 run and 63.47 points. Ivan Brown (M70) as elegant a runner as you will ever see scored well (65.10 pts) with his 25:54.6 run, just ahead of Carmel Meyer (W55) tickling the 26-minute mark (26:01.1) to grab 66.73 points. Gillian Young (W70) was undaunted by the distance and reaped the benefits of great pacing finishing in just over 25 minutes (25:02.7) adding 84.66 points to her total.

David Carr shattered the Australian record of Irwin Barrett-Lennard (28:28.5) by running 26:17.6 – a stunning performance with 87.16 points on to his total.



SUE COATE



5000m

WAAS November 28

			% pts
Shane Duryea	Vis	18:29.9	n/a
Paul Scott-Taylor	M60	21:28.5	n/a
Mark Dawson	M55	21:30.7	68.17
John McShane	M50	22:41.2	62.12
Hans Venter	M50	23:54.4	58.95
Andrew Roddy	M30	24:21.7	n/a
Sue Coate	W50	26:15.0	62.92
Delia Baldock	W55	27:57.8	62.09
Bob Schickert	M75	28:44.7	62.90
Lynne Schickert	W75	40:22.9	57.93

ECAC November 30

Giovanni Puglisi	M65	20:18.0	78.75
Colin Smith	M50	22:12.2	63.47
Matt Godfrey	M40	23:12.6	n/a
Alan Gray	M50	23:28.1	n/a
Gillian Young	W70	25:02.7	84.66
Claire Walkley	W50	25:49.7	n/a
Ivan Brown	M70	25:54.6	65.10
Carmel Meyer	W55	26:01.1	66.73
David Carr	M85	26:17.6*	87.16
Sheryl Woolley	W45	28:32.6	n/a
Karyn Tolardo (w)	W50	29:46.8	n/a

Hop, skip and jump

By JOHN DENNEHY

Lynne Schickert, a former world champion triple jumper, staked her claim as highest point scorer of the evening at WA Athletics Stadium, jumping out to 5.08m and 62.79 points, fending off Sue Coate (7.84m) on 61.73 points and Delia Baldock (7.20m) on 60.71 points.

Hans Venter gave a good account of himself with his 8.89m best contributing 58.26 points to his account. Carmel Meyer's total increased by 59.02 points from her 7m jump, with Mark Dawson (48.15 pts) and John McShane (46.92 pts) bumping up their totals with solid performances.

Ern Clark Athletic Centre was the scene of a close contest with several athletes hovering around the same mark. Giovanni Puglisi's 61.17 points (7.56m), Colin Smith's 60.94 points (9.30m) and David Carr's 60.46 points (5.03m) are rendered close on the age-graded table, although it was unknown to them at the time. Ivan Brown gained 44.69 points for his 5.09m jump, with Carol Bowman taking 38.48 points with a jump of 4.24m.

Delia Baldock leaps off the runway during the triple jump at Ern Clark Athletic Centre.

Triple jump WAAS November 28

			% pts
Hans Venter	M50	8.89m	58.26
Jenn Parker	W45	8.81m	n/a
Dave Wyatt	M65	8.32m	n/a
Sue Coate	W50	7.84m	61.73
Delia Baldock	W55	7.20m	60.71
John McShane	M50	7.16m	46.92
Carmel Meyer	W55	7.00m	59.02
Mark Dawson	M55	6.88m	48.15
Norm Richards	M80	6.81m*	n/a
Gay Wyatt	W60	6.54m	n/a
Lynne Schickert	W75	5.08m	62.79
Carol Bowman	W60	4.56m	41.38

*State record (+0.2)

ECAC November 30

Colin Smith	M50	9.30m	60.94
Giovanni Puglisi	M65	7.56m	61.17
Delia Baldock	W55	7.00m	59.02
Maureen Keshwar	W65	6.89m	n/a
Carmel Meyer	W55	6.46m	54.47
Ivan Brown	M70	5.09m	44.69
David Carr	M85	5.03m	60.46
Carol Bowman	W60	4.24m	38.48



JOHN McSHANE



MARK DAWSON

Patron's Trophy

Sue dominates

Sue Coate keeps an eye on the flight of her javelin on her way to topping the field with a throw of 26.38m and 47.51 points.

Javelin

WAAS December 5

% pts

Dan Smith	M30	46.08m	n/a
Yolanda Carstens	W50	26.93m	n/a
Cheryl McMahon	W40	26.89m	n/a
Sue Coate	W50	26.38m	47.51
Greg Wilson	M70	26.14m	n/a
Grace McMahon	Vis	24.83m	n/a
Hans Venter	M50	23.82m	29.70
Phil Smyth	M70	23.73m	n/a
Ivan Brown	M70	18.29m	31.20
Carmel Meyer	W55	17.64m	34.99
Rob Shand	M85	16.50m	n/a
Norman Stanger	M80	14.75m	n/a
Des Walsh	M60	13.91m	n/a
Bob Schickert	M75	13.16m	25.30
David Carr	M85	11.72m	29.01
Carol Bowman	W60	9.80m	21.64
Lynne Schickert	W75	8.81m	27.51

ECAC December 7

Carmel Meyer	W55	18.23m	36.16
Giovanni Puglisi	M65	15.42m	24.46
Gillian Young	W70	11.45m	32.92
Colin Smith	M50	11.38m	14.19
Carol Bowman	W60	10.24m	22.61

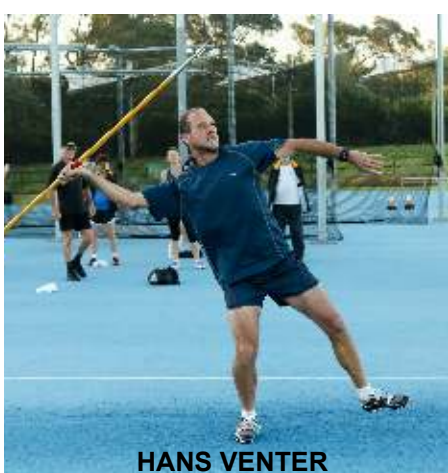
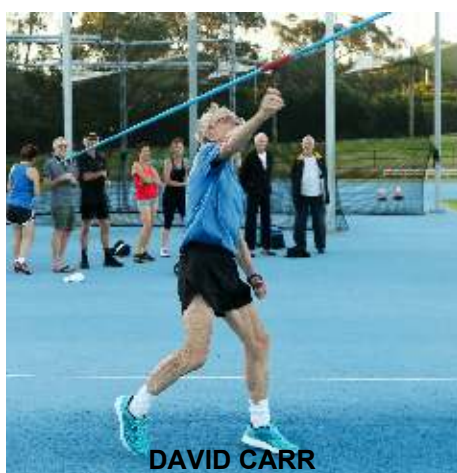
By JOHN DENNEHY

Fittingly the javelin is at the 'pointy end' of the competition for the Patron's Trophy and at WA Athletics Stadium. Sue Coate (W50) not only threw the furthest (26.38m) displaying a sound technique, but also earned the highest points (47.51) by a substantial margin. Ivan Brown was the top scorer for the men (31.20 pts) with his 18.29m throw that suggested more.

David Carr made his presence felt with a further 29.01 points from his 11.72m throw. Hans Venter's (M50) best was

measured at 23.82m and gained him 29.70 points with Bob Schickert scoring well (25.30 pts) throwing 13.16m. Two nights later, Carol Bowman (10.24m) and Carmel Meyer (18.23m) threw further at Ern Clark Athletic Centre, with 22.61 and 36.16 points added to their respective totals.

Gillian Young (W70) added 32.92 points from a good throw of 11.45m with her throwing coach on the night, Giovanni Puglisi (M65) throwing 15.42m for 24.46 points. Colin Smith (M50) scored 14.19 points from his best of 11.38m.



Last lap



David Carr leads
Carol Bowman
on the final lap of
the 800m..



**DELIA BALDOCK and
GILLIAN YOUNG**



COLIN SMITH

800m

WAAS December 12

% pts

Giovanni Puglisi	M65	2:46.5	78.10
Fiona Leonard	W50	2:47.3	n/a
Hans Venter	M50	2:58.2	64.14
Alan Gray	M50	3:01.9	n/a
John McShane	M50	3:03.6	62.25
Carmel Meyer	W55	3:08.8	72.33
Sue Coate	W50	3:19.5	65.20
Harrison Brown	Vis	2:59.3	n/a
Paul Scott-Taylor	M60	3:01.6	n/a
Olivia Carson	Vis	3:04.8	n/a
Vanessa Carson	W35	3:06.2	n/a
Ivan Brown	M70	3:24.5	66.64
Des Walsh	M60	3:28.2	n/a
Delia Baldock	W55	3:28.5	65.50
Mark Dawson	M55	3:37.5	54.75
Bob Schickert	M75	3:37.7	67.08
Lynne Schickert	W75	5:40.3	55.00

ECAC December 14

Colin Smith	M50	2:20.5	81.35
Ellaby Hanson	Vis	2:24.0	n/a
Andrew Spratt	M45	2:29.5	n/a
Chris Groom	M50	2:42.7	n/a
Andy Abbey	M45	2:45.8	n/a
Alan Gray	M50	2:58.6	n/a
Janne Wells	W45	3:32.7	n/a
Claire Walkley	W50	3:51.3	n/a
Rob Antonioli	M65	2:49.7	n/a
Kristine Wells	Vis	3:19.0	n/a
David Carr	M85	3:24.0	90.48
Julie Wilson	W60	3:24.6	n/a
Delia Baldock	W55	3:25.5	66.45
Gillian Young	W70	3:28.3	80.54
Des Walsh	M60	3:28.6	n/a
Barry Newell	M60	3:34.1	n/a
Cecil Walkley	M85	8:57.2	n/a

By JOHN DENNEHY

There were excellent performances in the 800m at WAAS as last-ditch attempts were made for final totals. Giovanni Puglisi (M65) headed to the front of the field as he could not afford to play tactics with valuable points at stake. His time of 2:46.5 handed him 78.10 points appropriately the top score of the evening. Hans Venter (M50) took away 64.14 points with his effort of 2:58.2 surprisingly in front of John McShane (M50) whose 3:03.6 clocking was down on previous efforts.

Carmel Meyer (W55) was warrior-like in her tactics with a steady first lap before summoning up courage battling the strong wind and finishing strongly running 3:08.8 (72.33 pts). Sue Coate (W50) did everything she could to maintain form in recording 3:19.5 and collected 65.20 points. Ivan Brown collected a hard fought 66.64 points from his 3:24.5 clocking as

he held off Delia Baldock (W55) 3:28.5 who banked 65.50 points. Integrity and dignity finished next. Mark Dawson (M55) ran despite injury simply because 'that's the man he is'. He has run around the 2:30 mark this season so his 3:37.5 is not representative of his ability. Likewise, Bob Schickert, currently adapting his training to the ravages of age and health issues, manages his body to run as often as circumstances allow, with cheerful quips of encouragement to others with no resentment of better times. Lynne Schickert displayed similar qualities on the evening.

At ECAC, Colin Smith (M50) ran a serious 800m, 2:20.5 and 81.35 points, off sprint training! David Carr almost meandered around (3:24.0) for his 90.48 points. Delia Baldock scored well (66.45 pts) for running 3:25.5 with Gillian Young (W70) following in 3:28.3 and 80.54 points.

Manjimup days ignite

It's hard to believe that Jenn Parker has only been back with MAWA since mid-2016 so great has been her impact not only as a multi-event athlete but also because she is great fun to have around.

Jennifer was born in the south-west town of Manjimup and raised in nearby Pemberton on a farm producing cattle and potatoes. Holidays and weekends were spent getting dirty on the potato harvester, chasing cattle and trying out the nearby dirt tracks on a motorbike! I'm not biased of course but Manjimup and surrounding districts have produced quite a few MAWA stalwarts, such as Gary Ralston, Garry Hastie and yours truly. Another Garry, Jenny's husband of 27 years, is also from a Pemberton farming family. They have three adult children and three grandchildren; the fourth is due in January. Jenn is one young, vivacious and energetic Grandma.

Aside from her active farm life, young Jenny competed in Little Athletics from 10-12 years of age. *"It was only a small group but I loved it!"* Another favourite was sports day where she entered any track event up to 800m and all jumps events. Unfortunately, says Jenn, the restrictive scissor kick was the only high jump technique permitted at that time. Athletics coaching was brought to Manjimup by Derek Bannister and a teenage Jenn hurried to enrol and learn. She enjoyed competing in Perth at the State School's competitions in running, long and triple jump. She also made trips to Bunbury Amateur Athletics Club where the competition was matched only by the hospitality!

The shift work that came with her nursing career restricted time for athletics. Then marriage, family life and a number of moves- first to the wheatbelt town of Three Springs then back to the southwest's Busselton and Pemberton meant athletics was put on hold. However, in 2000 when Jenn was in her early thirties and back farming with Garry in Pemberton she decided to enter the Gold Coast Asia Pacific



In focus

With Carmel Meyer

Masters Games. In preparation, she built herself a long jump pit on the farm and bought a rubber practice discus. Jenn competed in the 2000 MAWA State Championships and made the two-hour trip each fortnight to

compete at *"the lovely club"*, as she fondly describes Bunbury Athletics. She is forever grateful for all the throws tuition received there.

Jenn enjoyed her trip to the Games immensely, especially since Garry joined her in the throws comp. with limited training. This competition was a catalyst for Jenn and *"...really ignited my love for athletics."* She was delighted that at 31 years of age she could still execute the long jump, triple jump and turn out a *"reasonable"* 400m. Jenn says that she has learned to reset her goals to fit her current age and ability but still have the enjoyment of working towards those new goals and the thrill of achievement that all Masters strive for.

It was fortuitous that in 2001 Garry's work saw the family relocate to Bunbury. An excited Jenn could resume athletics -and hockey. However having their children swimming competitively at state and national level meant swimming, and rowing was the family focus. Ever the pragmatist Jenn also turned to rowing- and she also excelled – rowing in the State Masters Eight in 2014 and 2016.

CONTINUED – next page

Jenn's athletic passion



member Sheryl Woolley joined Jenn in refreshing their throwing skills. Jenn says that when they had enough courage to come along to MAWA events they were amazed at the ability, encouragement, and willingness of others to help them improve.

As the World's approached Jenn's Achilles was still troublesome but with her physiotherapist's help she was able to "...limp up the 100m track and hobble through the long jump and triple jump..." With enormous determination, she made it through to the finals of the discus, shot put and triple jump.

Jenn says, "After the Worlds I was hooked!" so naturally she set off for the 2017 Nationals in Darwin, coming away with an impressive list of wins:

T & F Pentathlon- silver, Discus throw – silver, Hammer throw – bronze, Weight throw – bronze, Long jump – bronze, shot put – fifth. A superb effort! "Darwin was so much fun on and off the field. I loved being Team WA, meeting fellow athletes and enjoying their journey as well."

Jenn thoroughly enjoys developing her athletic skills. She says this enjoyment has been increased by the "awesome" people who come along to the Master's events and the coaches who freely give of their time and expertise – Lyndsey Glass and Glenn Bartlett in throws and Tom Lenane for running. Jenn herself gained a Level 1 athletics coaching certification in order to help set up and

coach Little A's down south. Jenn is also full of praise for MAWA'S multi-talented throwers.

Whilst she is an all-rounder, the discus throw is Jenn's favourite. She hopes to put her broad range of skills to good use by participating in the Heptathlon at Strive in 2018 "just for fun." Her main focus for this season, however, is the 2018 Perth Nationals, where she will compete in Throws and Outdoor Pentathlon. To that end, she is working on her fitness, strength and technique, with a specific emphasis on lengthening her jumps. Strength and flexibility training are prioritised to deal with recurring Achilles and hip issues.

Whilst Jenn is very quiet as to her achievements, her performances did not escape the eye of the MAWA committee and Statistician and she received the Achievement Award for greatest improvement in Track and Field at the 2017 AGM. Jenn holds the W45 State records for Discus, Hammer, Weight Throw, Heavy Weight Throw, Outdoor Pentathlon, Throws Pentathlon and Weight Throw Pentathlon. And as she has always been one to give back, Jenn has been elected to the MAWA committee for 2017/18 as Track and Field Co-ordinator.

Having enjoyed international competition at Perth2016 Jenn hopes to broaden her experience in 2019 by participating in the World Indoor Championships to be held in Torun, Poland. Those four grandchildren will no doubt be cheering her on.

FROM – previous page

The lure of athletics was always going to be too strong to ignore and the prospect of participating in a World Championship saw Jenn begin a three-month journey back to competition. The short prep time in the lead up and a return to events which are renowned for extra stresses on the body meant "...bang, my Achilles let me know this". With running difficult, Jenn turned most of her attention to the discus and shot put. Another ex-rower and MAWA

The art of peaking



Annmarie O'Donovan competes in the pentathlon at the state championships.

This article has been written due to a request from a masters athlete. My thanks to members who suggest topics of interest.

Peaking is the art of competing to the best of your ability during the most important competition of the year. There are many theories on peaking and these philosophies are extremely contradictory. All athletes have individual traits so will have individual responses to a stimulus. This is an important consideration when planning the peaking training programme. An example is endurance athletes who may run similar times for an event but will have varying amounts of fast twitch or slow twitch fibres. This will change the peaking programme for each athlete as they will probably respond differently to training sessions due to these muscle fibre differences.

One peaking theory states that the athlete should increase or maintain training intensity. Another says to focus on faster pace workouts whilst another recommends reducing the volume of training. Or yet another recommends that the athlete changes very little in the training program. This philosophy believes that if you are competing well then do not change anything as what the athlete is doing is working well. So this is extremely confusing for the coach or

who have one or two days prior to competition where they do not undertake a training session of any type. Others will do an easy run or session the morning of competition. Both these athletes performed exceptionally well in major competitions.

In general terms, a more moderate taper, as opposed to a dramatic change in training, will definitely be psychologically better for most athletes. Intense sessions should incorporate a lowering of volume and increase in recovery. The number of sessions per week should not alter as the athlete's body is used to that regime. Over the last seven to 10 days gradually reduce the volume. Remember that peaking is highly individual so "listen" to your body or as a coach listen to your athlete. Be aware of what has worked in the past for you, or what was not effective. Learn from past decisions – both from what was effective and what was not.

The many theories differ greatly, but athletes have to believe that the tapering is going to be successful. They have been training in a particular routine and if that routine is changed then the mental aspect and confidence may be affected. Work on their strengths as this will enhance their mental positivity.



the edge

With Margaret Saunders

athlete who is trying to gain the best possible performance.

The general principles of training must be considered when planning the peaking programme. These are the intensity, duration and frequency of the training sessions. The total volume of training must also be measured. Additional factors such as massage, food intake, hydration and sufficient sleep also figure as important matters to consider. I am aware of some athletes



Mark Dawson leads the field at the start of a 1500m at WAAS.



MIKE ANDERSON

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	



ABOVE: Fiona Leonard leads Matt Godfrey and Patrick Jones in the early laps of the mile.

LEFT: Carol Bowman, Maureen Keshwar and Janne Wells get into stride at the start of the 60m.

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	shot
30th	60	1500	200	5000		TJ	javelin	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 steeples	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 steeples	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 steeples	LJ	hammer	weight
<i>Mar-18</i>								
1st	60	1500	200	short hurdles	5k r/w	LJ	discus	shot
8th	100	1 mile	400	3k r/w		TJ	javelin	weight
15th	60	800	100	5k r/w		LJ	hammer	weight
22nd	200	1500	3k r/w	400	2k steeples	HJ	shot	discus
29th	long hurdles	1000	60	5k r/w	200	LJ	weight	javelin

1500m opens night

A 1500m was the opening event at WA Athletics Stadium. Daniel Theunissen won the event in 5:06.5 with Mark Dawson (M55) second in 5:35.6 and Paul Scott-Taylor third (5:56.7). Rob Antonioli (M65) was next in 6:16.2 followed by Julie Wilson (W60) in 7:34.2.

Tolli won the 200m, running a smooth 29.7, heading Sue Coate (W50) in 31.6, Barrie Kernaghan (M70) in 33.0 and out leaning Carmel Meyer (W55) with 33.1. Norm Richards (M80) outlasted the fast-finishing Ivo Davies (M70) by .5 with 33.2. Delia Baldock (W55) finished in 36.9 followed by Julie Wilson and Des Walsh.

Daniel ran 11:28.9 in the 3km, leading Paul Scott-Taylor (M60) home in 12:44.9, Mark Dawson in 12:44.9

WAAS – November 7

with Hans Venter showing remarkable versatility in 13:48.6.

Dangerously, Lisa Limonas (W45) out jumped her triple jump coach with a fine 8.93m effort, Dave Wyatt (M65) managing an 8.68m jump with Sue Coate 7.58m.

Norman Stanger (M80) putted the shot 8.24m ahead of Mike Anderson (M65) with 6.61m.

Mark Howard (M45) blitzed the 100m in 13.1, with Norm Richards powering to a 15.2, Barrie ran 15.3 and Ivo finished quickly again in 15.7. Jane Lockwood (W35) ran 14.8 with Julie Wilson and Des Walsh both pleased with their sprinting.



Paul Scott-Taylor runs the bend at WA Athletics Stadium.

Vanessa stars in top class field

Such was the standard in the 1500m that the race was completed in less than seven and a half minutes with Vanessa Carson (W35) untroubled to win in 5:16.8, followed by two visitors, Julie Wilson (5:42.1) and Matt Godfrey (5:52.5). John McShane (M50) appears to be getting fitter every week ran 6:37.6 ahead of Gooseberry Hill's Bert Carse (M75) 7:05.6, Olivia Carson 7:11.3, Tom Lenane (7:19.8 Julie Wilson (W60) 7:22.3 and Claire Walkley (W50) in 7:22.7.

Last months TFNL *Athlete in Focus* Bernie Riviere (M50) didn't crumble under his increasing media profile by taking out the win in the 60m recording the same time as Colin Smith (M50) in an excellent 8.1. Mark Howard (M45) posted an 8.4 with Donna Abbey (W45) running 9.1. Kathy Lawson (W50) ran 9.4 to lead Maureen Keshwar (W65) 9.6 with Cecil Walkley completing the field.

Andrea Penny (W40) 10.5 headed Delia Baldock (W55) 11.00 followed by Julie Wilson (W60) 11.9 and Lynne Schickert (W75) 14.9.

ECAC – November 9

Vanessa Carson's return from injury gathered momentum as she carved up the field in a fine display of front-running. Home in 11:46.5 she will be after faster times from here on in. Newcomer, Matt Godfrey continues to impress running 12:55.0 to pip Jim Langford (M70) at the post (12:56.6) with little awareness of the pedigree of his opponent. Top class M75 athlete, Bert Carse (14:45.2) had company on the line with Claire Walkley (W50) running 14:45.3 both finishing behind Gillian Young (W70) who made easy work of the distance in 14:44.9. Bob Schickert (16:41.8) and David Carr (17:08.5) merely filled in the evening with a gentle run.

Half-a-dozen athletes took to the runway for the long jump with Bernie Riviere hitting the board well to produce a best of 4.63m. The trio of W45 women filled the next places, Jenn Parker recording 4.21m to Donna Abbey's 4.18m

and Janne Well's 3.35m efforts. Maureen Keshwar (W65) put her speed to good use in her 3.21m with Lynne Schickert (W75) going over her personal barrier quite consistently.

The tape measure was unfurled to 33.15m for the longest javelin throw of the evening which belonged to Mr Winner himself Bernie Riviere. Responding to this competition, Ossi Igel threw his implement 32.23m to challenge for the win. Liam Fukumoto also threw over 30 metres (30.94m).

The W45 trio was again competing and learning with Janne throwing the spear out to 21.08m, Donna 18.53m and Jenn Parker 18.04m. Garry Parker threw 16.75m and Maureen Keshwar can now throw 15.30m.

In the shot, Ossi won with 12.01m with Jenn on 8.74m. Maureen put her new found skills together for a best putt of 7.64m, Garry Parker close behind with 7.04m. Janne Wells and Donna Abbey continue to improve across a variety of events and throwing 6.36m and 6.16m respectively.

Mark sizzles as Vanessa shines

Tolli opened the evening's proceedings with a well constructed 400m unwittingly providing Lisa Limonas (W45) with a perfect pacemaker and take her to a season's best of 69.2. Daniel Theunissen tempered his enthusiasm running 64.5 with Des Walsh stunning observers with his comeback from a recent hip replacement, no less, returning a valiant effort in the one-lap event.

In the 1km, Mark Dawson (M55) had the field strung out behind him as he confidently strode to victory in 3:18.7. Vanessa Carson (W35) was only a few seconds outside the state record with 3:22.1, while Giovanni Puglisi (M65) ran 3:33.3. Jim Speirs (M55) debuted with a 3:43.9 ahead of Paul Scott-Taylor trialling his pacing with a 3:52.4. Alan Gray (M55) ran 3:57.8 and Ivan Brown (M70) completed the distance in 4:16.4.

Greg Brennan (M45) showed his winter work is paying off with his 100m only taking him 12.6 seconds. Tolli ran 14.3 to hold off Donna Abbey (W45) in 14.6. Daniel Theunissen ran 14 neat chased by Sue Coate (W50) in 14.6 and her Wyatt stable mate Carmel Meyer (W55) 16.0 who out-leaned Harold Membrey to score the same time.

A large field assembled for the distance events taking advantage of the sublime conditions that often occur in Perth at this time of the year. Vanessa Carson evenly ran 12:00.1 to lead the 3km athlete's home. Giovanni

WAAS – November 14

(12:21.9) and Mark Dawson (12:26.5) kept a respectable distance the whole journey with Tolli making the most of his entry fee and journey from Bunbury running 13:53.6 just ahead of Hans Venter (M50) 13:58.5. Olivia Carson smashed her PB going under 15 minutes with 14:55.8 and Carmel Meyer edged closer to the same mark with 15:10.6.

Paul Scott-Taylor continued his rise in the 5km running a very impressive 22:00.9 metronomically lapping the distance. Isabella Tolardo followed in 26:25.3 with her mum Karyn walking the distance in 29:21.7 to follow on from their recent Melbourne marathon and half exploits.

The 2km steeples show classed women's running at its best. Mia Lockwood was aggressive from the outset but was tracked the whole journey by debutante 15-year-old Ellerby Hansen. They were to finish in this order and accepted the plaudits of an appreciative crowd. Masters were not to be outdone with Vanessa Carson backing up from other races, looking the goods with a final time of 8:23.5. Her niece, Olivia also debuted and despite 'having a dip in the water jump' and an early 'blip' at the first barrier, completed the race in 10:54.5. Julie Wilson (W60) showed a pleasing return to form shadowing Olivia the whole way only being outsprinted from the last barrier.



Mark Dawson strides out at WA Athletics Stadium.



DONNA ABBEY

Long jumpers impress

Top honours in the long jump went to Mark Howard (M45) who was victorious with a bittersweet distance of 4.99m. Four other jumpers exceeded the 4m measurement with Jenn Parker (W45) 4.28m, Donna Abbey (4.27m), Dave Wyatt (M65) 4.20m and Geoff Brayshaw (M65) 4.08m. The ever consistent Gay Wyatt (W60) recorded a 3.11m jump.

Todd Davey (M50) provided a masterclass in discus technique sending the markers out to just shy of the 50m mark (49.56m) with his best effort. Maybe

it's the 'Davey' effect but Jenn Parker added to her growing collection of state records throwing 32.90m. Tolli threw 25.74m, Sue Coate 25.66m, a rehabbing Des Walsh followed with 24.57m, Harold Membrey (22.25m), Mike Anderson (18.98m) and Norman Stanger (M80) 17.89m.

In a low key hammer competition, Todd threw 41.44m ahead of Jenn Parker (30.38m and Norman Stanger with 22.67m.

Maureen breaks state record



Maureen Keshwar clears the hurdle on her way to a W65 state record.

The short sprint (60m) took Colin Smith (M50) precisely 8.2 seconds to complete as he warmed up for his long jump. Donna Abbey (W45) took slightly longer with 8.9 effort but looked just as comfortable. Sue Coate (W50) ran 9.3 crossing the line with Patrick Jones. Maureen Keshwar (W65) is becoming more consistent with her running performance having put some niggling injuries behind her running 9.5 in front of Janne Wells (W45) in 9.8.

Visitor, Patrick Murphy, finished the mile in 5:27.0 from Patrick Jones (M45) 5:36.6 and Matt Godfrey (M40) in 6:05.5. The gregarious Fiona Leonard (W50) announced her welcome return from road racing with a sterling 6:10.0 performance which augers well. Bert Carse (M75), as elegant as ever over any distance, ran 7:06.9 in his easy manner, with Claire Walkley (W50) warming up in 7:55.4 while keeping a wary eye out for her dad, Cecil who also ran. Karyn Tolardo (W50) prepared for her 3km walk with a hit out of 9:11.4.

Patrick Jones' foray into shorter events proved successful with a 66.4s 400m indicating he has very good raw speed. Matt Godfrey with 72.1 would do well to learn the intricacies of 400m running by learning from his pacer, Colin Smith (72.5).

The 80m hurdles was taken out by Donna Abbey (W45) in 16.1, but it was Maureen Keshwar's slightly refined style that caught the eye, returning a state record (pending)

ECAC – November 16

of 18.7 and the congratulations of those gathered. Donna welcomed the chance to run again and went 16.2 in heat two followed by Delia Baldock (W55) in 17.6 and Carol Bowman in 21.3.

Gillian Young stepped up a level with 15:02.9 performance over 3km pulling Bob Schickert well under the 17-minute barrier (16:48.7). Patrick Jones completed a treble for the evening with a 19:41.8 time for the 5km. Second was Matt Godfrey in 23.15.6, with Claire Walkley in more familiar territory running 26:14.2 and Carmel Meyer (W55) comfortably home in 26:57.7.

Karyn Tolardo showed her endurance capacities with a stylish walk over the 3km distance a covered it in 17:33.8.

Ossi Igel (M65) threw 34.41m for the hammer throw win. The immensely affable German-born field events athlete is an incredibly consistent performer and always cheerful and combined with a win in the weight throw took it up a notch. Glenn Barrett's son, Kyle, demonstrated his father's coaching is sound with a 27.33m effort with Janne Wells showing great potential heaving the implement out to 23.60m.

Ossi's best weight throw was 15.45m followed by Maureen Keshwar with 7.72m and Janne also over 7 metres with 7.19m.



Colin Smith (left) gets the jump on (left to right) Sue Coate, Patrick Jones and Donna Abbey at the start of a 60m at Ern Clark Athletic Centre.

Sprinters shine on top night

The sprinters' revelled in favourable conditions at WAAS with a helpful tailwind in the home straight. Newcomer, Rodney Lee looked powerful in returning a 12.6 100m result. Barrie Kernaghan (M75) gained the edge over Jane Lockwood (W35) who was putting the finishing touches on her training session, both given a 14.9. In heat two Norm Richards (M80) maintained his form to run 15.4 ahead of Ivo Davies (15.7) and Delia Baldock (W55) in 16.9. Nick Best (M40) ran 13 even with his daughter Charlotte showing eerily similar form next in 15.4. She was followed by Julie Wilson (W60) in 19.1, Des Walsh (M60) 19.9 and Johan Hagedoorn (M70) in 20.1.

South African ex-pat, Daniel Theunissen squished under the 5-minute barrier with 4:59.5 and a desperate lunge to the line. Wearing spikes for the first time he is coming into good form. Mark Dawson (M55) recorded 5:34.3 which is consistent with his recent form at Strive. Paul Scott-Taylor (M60) ran an even paced 6:03.4 with John McShane (M50) close behind in 6:09.5 before heading off to the discus. Alan Gray (M50) warmed up for the 3km with a 6:14.2 effort, with the organiser of Masters Tuesday evenings, Campbell Till (M60) making a welcome comeback after injury, to effortlessly run 6:22.4. Ivan Brown (M70) interrupted his Discus to run 6:55.3, with Julie Wilson (W60) returning a 7:20.3 with John Dennehy (M55) in 8:52.5.



Lisa Limonas powers off the bend in her 200m at WA Athletics Stadium.

WAAS – November 21

Rodney Lee and Nick Best provided a great spectacle in the 200m with a mighty battle all the way down the straight they were separated by .2 running 25.7 to 25.9 respectively – the competition bringing out the best in both athletes. Lisa Limonas was not distracted by the battle in front of her and ran 29.9. Barrie Kernaghan had to dig deep to keep Charlotte Best in second place in the next heat. He ran 31.9 with Charlotte running a nearly three-second

PB (32.2) by staying focused the whole journey. Close behind, Carmel Meyer finished strongly in 33.7 with Des Walsh (M60) looking fitter each week as he returns from his hip replacement. The third heat also featured a close finish with Delia and Norm given 36.6 with Norm doing everything to catch Delia as she held strong to the tape ahead of Julie Wilson in third.

Oliver Stevens, a visitor, ran 11:40.1 to win the 3km from Paul Scott-Taylor who may have gone out a touch too hard tonight. He still ran 12:48.0 ahead of Allan Gray (13:05.1).



Nick Best clears the bar on his way to a 1.50m height at WA Athletics Stadium.

Nick soars to winning jump

Technique tips from knowledgeable jumps coach Dave Wyatt were heeded by Nick Best as he upped his best jump by 10cm to 1.50m. Rachael Coate (daughter of Sue) also cleared this height easily. Decathlete Geoff Brayshaw (M65) soared over 1.35m with Charlotte Best over 1.27m. Lisa Limonas recorded a best of 1.25m but more importantly felt no knee pain doing it. Norm Richards wrote himself into the record books with his 1.10m clearance smashing the previous record. Gay Wyatt posted a 1.05m jump with Carol Bowman jumping .97m.

Alex De Silva showed his pedigree in the shot with a 10.93m throw. The son of Michelle De Silva, he is the grandson of Alex Brown the great thrower of the sixties and seventies, notable for his triple junior Australian titles in the shot put. Sue Coate putted 10.07m, Andrew Ward (M55) 9.05m, with Rachel Coate (8.80m), Norman Stanger (7.81m) and Mike Anderson (M65) with a 6.33m best.

Bailey Dawson threw 42.43m in the discus to win followed by Andrew Ward (30.40m). Des Walsh threw 23.76m just ahead of Rachel (23.10m), Norman Stanger (16.42m) and Mike Anderson 15.14m.

Winter build-up pays off

Lee Stergiou (M45) muscled his way to a victory over 300m to put his calf injury behind him and reveal the results of a sustained winter build up. The powerfully built athlete has weathered the commitments of University study, work and fatherhood to enjoy the fruits of his labour. Colin Smith (M50), content to stride out, filled second, with Barry Newell (M60) in 58.3 and Nick Miletic (M65) 59.3 enjoying a battle to the tape. Delia Baldock (W55) looked strong running 59.9 ahead of Kristine Wells. Des Walsh (M60) ran the devil's numbers 66.6 to head off Julie Wilson (W60) 67.2 with Cecil Walkley proving to be a medical marvel with another comeback run.

Mia Lockwood was untroubled to win the 800m in 2:30.0 and paced Vanessa Carson (W35) to a 2:39.2 closely tracked by new member, Matt Godfrey (M40) in 2:41.2. Mia's mother, Jane (W35) placed next in 2:43.0, with Alex Gray running a 'post-school exams' 2:49.8. Jane's son, Quinn followed in 2:58.7, with Alex's father, Alan, (M50) hitting three minutes exactly. Newcomers Harriet (3:01.4) and Trevor Noske (3:06.9) book-ended Donna Abbey's fine 3:02.0 effort, with Carmel Meyer (W55), also running well in 3:11.1. Mercurio Cicchini (M65) 3:17.1, led Julie Wilson (W60) 3:32.9, Claire Walkley (W50) 3:39.9, Barry Newell (3:41.6) and Cecil Walkley home.

Colin Smith ran a conservative 100m in 13.9 over Trevor Noske in 16.7, Nick Miletic (16.8, Harriet Noske in 17.1 and Mercurio in 17.6. Donna Abbey was back in more familiar territory running 14.7, pulling Chris Groom (M50) to a 15.3 clocking as he edged out Jenn Parker (W45) by .1. Jane Lockwood ran relaxed



Lee Stergiou returned to the track with a powerful run in the 300m.

ECAC – November 23

for a 15.8, with specialist hurdler Maureen Keshwar (W65) in 16.0. Des Walsh's comeback continued at pace with an 18.9 effort.

Vanessa Carson ran a solid if unspectacular evenly paced 3km (11:44.2) oblivious to the battle behind as Matt Godfrey (12:33.2) held off the tenacious Giovanni Puglisi (M65) 12:33.7. Alan

Gray ran a composed race in 12:42.2 while Jim Langford (M70) looked satisfied with his 13:03.7 effort. Jane Lockwood 'warmed down' in 14:01.1, with Claire Walkley, consistently lapping for a 14:47. Gillian Young (W70) 15:06.3, Julie Wilson 15:35.5 and Bob Schickert (M75) 16:14.0 would all be pleased with their times.

Janne Wells (W45) 20:42.5 enjoyed a win over David Carr (M85) 20:50.3 in the 3km walk after his WR 2km steeple effort where he outkicked her in the final lap. Knowing his incredible competitive spirit she savoured the victory, he planning revenge.

Jenn Parker tripled jumped to victory with 8.38m with Maureen Keshwar impressing with 7.17m. Carmel Meyer posted 6.53m and Lynne Schickert 5.04m.

Howie Ward (M45) led the shot with 9.07m, Jenn (8.81m), Maureen (7.95m) and Donna Abbey (6.26m) the best of the field.

In the discus, Jenn threw well, 30.63m her best, in front of Howie (28.03m), Nick Miletic (22.74m) and Janne (18.93m) amongst others.



NICK MILETIC

Sue and Yolanda battle in javelin

Almost every javelin weight was used at WAAS on the night; such was the spread of age groups competing, which enabled a top Masters' competition. Dan Smith (M30) threw furthest with 43.75m, ahead of Bernie Riviere (35.22m) and Andrew Ward (M55) 29.37m. Sue Coate posted 28.05m winning the head-to-head contest over Yolanda Carstens (27.92m) in a battle of the W50's. Greg Wilson and fellow M70, Phil Smyth, both threw well with Greg's best of 26.03m and Phil's 23.77m. Tim Lyons (M55) returned to the throws arena with a 22.55m throw ahead of Jenn Parker (21.14m) and daughter Olivia on 19.17m. Chris Schelfhout (W50) threw 20.23m with Rob Shand (M85) 17.61m, Norman Stanger (M80) 15.55m and Des Walsh on 16.94m.

Top place in the hammer went to Olivia Lyons with 36.98m, to put Chris Schelfhout into second (32.19m), her dad throwing 31.76m. The busy Jenn Parker threw 29.14m, Norman Stanger 21.29m and Rob Shand 15.38m.

Jenn Parker (W45) triple jumped 8.81m for the win ahead of Dave Wyatt (M65) 8.32m and Gay Wyatt (W60) 6.54m. Another state record went to Norm Richards courtesy of his stellar 6.81m (w+0.2) effort.

WAAS –
November 28

Yolanda Carstens prepares to run down the runway in the javelin at WA Athletics Stadium.

Sprints and 800m runners feature

The 60m dash opened the night and gave the true sprinters a chance to 'show their wares' before backing up in the more tactical 200m later. Showing explosive speed, Bernie Riviere (M50) recorded 7.8 to win the first heat with Barrie Kernaghan (M75) running 9.1 and Norm Richards (M80) setting a state record of 9.2 (w+1.9). Lynne Choate (W60) scorched through in 10.0 to debut for the season with Des Walsh (M60) edging out Julie Wilson (W60) by a tenth in 11.3.

The middle distance athletes, in the 800m, found the conditions to their liking with some quality performances across the board. Daniel Theunissen went through in 63 seconds, going on to record a swift 2:21.8. His pace judgement will change with experience and his rather modest aim of 2:15 will follow. Fiona Leonard (W50) would have regained confidence after her run of 2:43.4 with Campbell Till (M60) stunning all with 2:46.6 off meagre training. Mark Dawson (M55) warmed up in 2:55.8, with Paul Scott-Taylor (M60)



CARMEL MEYER

also sub three (2:56.1). A strong finish by Carmel Meyer (W55) brought her a 3:19.6 in front of Julie Wilson and Des Walsh.

The second sprint produced a pleasing performance for Greg Brennan's son, James, running the 200m in 25.0 helping Bernie to a 27.0 and Barrie to 32.9. Fiona Leonard equalled Barrie's time, with

'Stormin' Norman celebrating his state record in the 60m running 33.2 ahead of Lynne Choate (34.9.) Carmel Meyer cruised to a 35.1, with Carol Bowman (W60) 37.3 ahead of Des Walsh and Julie Wilson both in 40.0.

Daniel Theunissen revealed more of his talent with a massive improvement over 3km, desperately hanging onto Shane Duryea (5km) to record 10:54.3. Graeme Dahl (M65) ran an honest 13:35.5, Julie Wilson, in familiar territory, ran 15:20.6. Johan Hagedoorn (M70) walked 20:21.6 looking more comfortably legal with every outing.

In the 5km, newcomer, Shane Duryea, relieved the field of pace-making duties with a confident performance returning 18:29.9. Paul Scott-Taylor (M60) showed a maturity in his measured performance, with his splits indicating pace judgement and patience, being rewarded for his change in training with 21:28.5 and a PB. Andrew Roddy (M30) debuted in 24:21.7, untroubled by the demands of the distance.

Throwers relish Glen's input

Glen Bartlett's organisation meant three field events were held at Ern Clark Athletic Centre. Ali Matautia returned from a layoff to score a javelin victory with a distance of 25.23m. The consistent Jenn Parker (W45) threw 20.88m a mere 6cm ahead of Janne Wells, with Howie Ward on 20.44m. Des Walsh, Sheryl Woolley and Andrea Penny all took the opportunity to learn some throwing techniques.

MAWA has some top throwers and the line up in the weight tonight showed out strength. Todd Davey (M50) scored top honours with a 16.76m effort. Geoff Gee (M60) threw 15.43m with nominee for World Masters Athlete of the year 2017 for his hammer throw performances, Matt Staunton, credited with a 12.70m throw. Mal Clarke, a familiar name from years gone by to most throwers is back with a vengeance, blowing out the cobwebs with an 11.81m first up throw. Bev Hamilton (W70) also returned in good shape 9.85m her best on the evening. Ali was just behind (9.67m) shading Jenn Parker (9.55m), Howie (7.55m) Kristine Well (6.63m) and Andrea Penny with 5.07m.

The shot put attracted a 'big' field, Todd once again giving a master class in



Todd Davey prepares to launch the putt as Glen Bartlett watches on.

the event. His 14.00m best accompanied by a mandatory yell. Mal Clarke upped his game with 12.02m and spurred Matt Staunton to a 10.96m throw. Mixing it with 'the big boys' Jenn Parker refused to

be intimidated with 8.74m closely followed by Howie on 8.62m and Ali with 8.60m. Bev Hamilton threw on the 7m line, followed by Janne (6.83m) and Sheryl with 6.31m.

Lee stars as father and son step out



ALEX and ALAN GRAY

Lee Stergiou (M45) showed excellent speed to be credited with 8.0 in the 60m, Colin Smith (M50) filling second with 8.4. Maureen Keshwar (W65) ran 9.6 with Janne Wells (W45) 10.4 and Cecil Walkley following. Andrea Penney (W40) ran 10.6 ahead of the gracious Peggy MacIver (W70) who showed she has lost none of her speed clocking 10.9.

New member, Matt Godfrey (M40) ran a bold race for victory in the 'metric mile' returning a 5:37.9 ahead of a strong looking Andy Abbey (M45) in 5:50.9. The consummate athlete Bert Carse (M75) accounted for the distance in 6:37.0, in front of son-and-father Alex (6:43.9) and Alan Gray (M50) 6:44.6. Claire Walkley (W50) ran 7:40.9 with Karyn Tolardo (W50) walking the distance in 8:13.5. Running a strong bend set up Lee Stergiou's 200m victory in 27 neat, with Matt Godfrey (31.7), Alex Gray (32.1) and American visitor Bud Huning (46.6) following. Maureen Keshwar recorded a pleasing 35.3, with Peggy and Delia both running 37.7. Carol Bowman ran 38.

Rodney battles strong headwind

Visitor Rodney Lee ran a controlled 400m in 58.9 despite a significant headwind in the WAAS home straight, with Campbell Till (M60) and Mark Dawson (M55) enjoying the competition to produce quality times of 66.0 and 66.4 respectively. In heat two it was Barrie Kernaghan (M75) to the fore in 81.9 with Ivan Brown (M70) running 83.2, Carol Bowman (W60) in 83.3 and Delia Baldock (W55) in 89.9. Des Walsh (M60) moved his recovery up a notch to record 88.9, dragging out a 91.5 from Julie Wilson (W60) and Bob Schickert (M75) 93.8.

Mark Dawson employed a last lap kick to win the 1500m in fine style (5:56.2) with Paul Scott-Taylor (M60) running a steady 6:03.5, Alan Gray (M50) 6:14.0 and Des Walsh in 8:39.9.

Rodney Lee covered the 100m field easily in 12.5, with Sue Coate (W50) running 14.7 and Barrie running 15.3 and Ginny Mulvey (W60) debuting in 18.9. Des Walsh recorded 16.9, Peggy MacIver (W70) a sparkling 17.2 with David Carr (M85) in 18.2 with an illegal wind reading of +2.1. Delia ran 17.6 ahead of Julie Wilson (18.9) and Lynne Schickert (W75).

Paul Scott-Taylor mastered his pacing with aplomb, to run 12:44.5 never deviating from his target pace. Alan Gray looked comfortable posting 13:06.3, with Graeme Dahl (M65) next in with a pleasing 13:38.3, Hans Venter (M50) 13:45.7, with the consistent Carmel Meyer (W55) in 15:07.2 and Julie Wilson in 15:24.0.

Johan Hagedoorn (M70) walked strongly for a 20:27.4 with David Carr ending his evening walking 22:13.9 as a warm down.

A mid-season celebration was held by the generous Geoff Brayshaw after competition where many competitors gathered to enjoy each others company in a relaxed atmosphere.

Rodney Lee runs the final bend in the 400m at WA Athletics Stadium to win in 58.9 secs.

WAAS – December 5

Norm breaks state record

Sue Coate's winning long jump was measured at 3.89m ahead of Gay Wyatt (W60) on 3.34m. A legal wind reading of -1.3 allowed Norm Richard's best of 3.25m to set a state record. Carol Bowman posted a 2.90m jump with Lynne Schickert recording a 2.19m best.

In the shot, visitor Douglas Schorr introduced himself to Masters competition with a win putting the steel ball out to 12.15m. Yolanda Carstens (W50) threw 9.75m to edge out Sue Coate (9.68m). Dan Smith (M30) followed on 8.66m with

Norman Stanger (M80) on 7.52m. An ever smiling Cheryl McMahon (W40) threw 7.46m to best her daughter, Grace (7.41m).

Obviously no stranger to a javelin, Dan Smith sent it out into the night sky landing it 46.08m from the run way line. Less than a metre separated four competitors with Yolanda (26.93m), Cheryl (26.89m), Sue Coate (26.38m) and Greg Wilson (M70) 26.14m. Grace threw a 24.83m best, with Phil Smyth (M70) 23.73m and Rob Shand (M85) 16.50m, followed by Norman (14.75m) and Des (13.91m).



CHERYL McMAHON

Breeze puts paid to fast times

ECAC –
December 7

Bert Carse runs
up the main
straight at Ern
Clark Athletic
Centre.

A breeze greeted the athletes in the home straight at Ern Clark Athletic Centre which hindered fast times, nevertheless courage was not in short supply as the first heat of the 400m contained fine talent. Chris Neale (M45) is fine-tuning his pace judgement, which will bring greater rewards than the 57.6 he returned. Colin Smith (M50) hit his target 200m split, meaning he was running Chris down in the last 100m (57.9) and looking strong.

Lee Stergiou (M45) debuted over the distance, also showing strength with a 60.5 run. Lynne Schickert (W75) and Cecil Walkley (M85) were both pleased with their performances. In Heat Two, Vanessa Carson (W35) shrugged off the effects of the 'flu to run 75.6 and lead David Carr (M85) to an 84.5 from the fast-closing Barry Newell (M60) 85.6. Julie 'never say die' Wilson (W60) outlasted Bob Schickert (M75) running 89.2 to 90.5 respectively with Des Walsh completing the field.

Chris (13.2) and Colin (13.4) backed up well to run well over 100m with Des Walsh (M60) quickly returning to form clocking 17.0 from Andrea Penney (W40) in 17.6. Delia Baldock (W55) ran 18 even from David Carr in 19.1. Bob Schickert looked good with his 18.7 effort from Julie Wilson (19.9) Lynne Schickert (26.8) and Cecil Walkley.

Donna Abbey (W45) displayed classic 800m running both in style and pacing with a quality run, clocking 3:07.9 in the process. Carmel Meyer (W55) also delivered a stylish effort of 3:21.8 from the long-striding Carol Bowman (W60) in 3:26.0. Des Walsh (3:34.0) shaded Julie Wilson (3:34.4) and Delia Baldock (3:35.1) followed by Barry Newell (3:40.1) and Claire Walkley (3:59.3).

Vanessa got down to business in the 3km with an authoritative display of 11:56.7 indicating a return to pre-injury form. Bert Carse (M75) didn't disappoint his supporters with his 14:06.8 result with Gillian Young tracking Claire Walkley for most of the distance before Claire struck strongly for home over the final two laps. Claire posted a 14:30.4 with Gillian's typically even paced effort taking her 14:40.0. Maurice Creagh (M70) celebrated his return from abroad running steadily for a 16:44.5.

Fettus makes mark with early hammer distance

In the hammer throw at ECAC, John Fettus (M40) established a winning mark early on finishing with a best of 35.64m, with visitor Alex Cummings throwing 22.94m for second. Janne Wells (W45) had the better of daughter, Kristine, by less than a metre, with her 18.63m effort to Kristine's 17.89m. Yvette Ballard (W60) stayed with field events for the evening

with a 14.88m throw ahead of Sean Mousley (9.66m).

John also won the javelin courtesy of a 37.08m effort. Janne threw 18.77m to get the better of Donna Abbey (17.86m) and Des Walsh (17.62m). Kristine Wells (12.23m) held the advantage over Andrea Penney (11.76m) and Alex Cummings (11.71m).



ANDREA PENNEY

Sprinters impress in 300m dash

WAAS – December 12

A tricky cool, strong headwind down the back straight did not thwart the aspirations of Lee Stergiou (M45) for a fast 300m as he made light work of the distance returning an impressive 41.3 ahead of Cathy McCloskey (W50) debuting with very strong form in 52.3. Alan Gray (M50) ran 54.8 after a winter of four half marathons and Paul Scott-Taylor (M60) finished his warm up in 73.1. The diminutive Fiona Leonard (W50) returned from a series of road races to clock a handy 50.8 from Barrie Kernaghan (M75) in a pleasing 52.4 from Olivia Carson (53.8), her aunt, and Vanessa (W35) in 54.4 and Des Walsh (M60) in 62.4.

Cathy McCloskey backed up superbly to race to an 8.8 victory over Des Walsh (9.1) and Barrie Kernaghan 9.9 in the 60 metres. Harrison Brown, the grandson of Ivan, took out the second heat with a 9.8 run, from Johan Hagedorn (M70) in 12.1 and 'Sweet' Georgia Brown, Ivan's granddaughter ran a 13.7.

Kim Thomas (M40) made a welcome return to track racing supplementing his marathon training with a 'hitout' over 3km with training partner Rochelle Rogers (W30). Kim, Paul Mitchell and Vanessa Carson quickly formed a pack and gave a demonstration of aggressive running. Kim looked very strong and composed throughout making an assertive move two laps from home to complete the journey in 11:06.6. Paul finished with a kick on the final lap to gain on Kim and distance himself from Vanessa crossing in 11:13.8. Vanessa (11:22.3) mixed it with 'the big boys'

and although hampered by an injury would take confidence from the run.

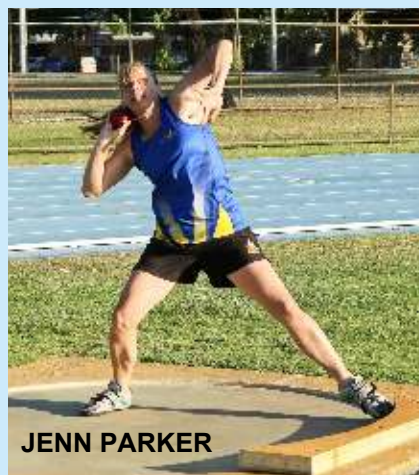
Rochelle, possessed of a Commonwealth Games marathon 'B' qualifier, looked comfortable in posting a handy 12:01.3 ahead of the consistent Paul Scott-Taylor (although hampered by a niggle), Hans Venter (M50) in 13:48.8 and Olivia Carson in 14:51.3 (a PB despite a break before her 'second' final lap). Johan walked the 3km, finishing with a 20:55.3.

Fiona Leonard ran a controlled 800m in 2:47.3 which should boost her confidence greatly with Alan Gray also showing good fitness (3:01.9). Harrison Brown continued the Brown legacy with a gutsy run in the second heat unleashing a devastating kick from the 300m mark to catch distant leader Paul Scott-Taylor with 50m to go, providing great entertainment for onlookers. He went 2:59.3, with a smile like a split watermelon. Paul was delighted running 3:01.6 with a withering burst bringing Olivia Carson through in 3:04.8. Vanessa finished in 3:06.2 with Des Walsh in 3:28.2

Alan Gray showed all the attributes of a good steeplechaser in posting a 9:20.0 for the 2km event. Cognisant of the 3km distance and higher barriers for his age group, he completed his race in a workmanlike fashion negotiating his way smoothly over the steeples. Julie Wilson (W60) always gives a good account of herself and this was no exception as she ran a sharp 10:52.5. Des Walsh washed his own tights in the water jump each lap to post a 13:17.8.

In the high jump, Rachel Coate displayed good technique to clear 1.65m, her mother, Sue locked in second with Greg Wilson (M70) at 1.25m. Jenn Parker (W45) had a best of 1.20m with Gay Wyatt (W60) over 1metre exactly and Carol Bowman (W60) over 0.94m.

Todd Davey (M50) took out the shot with a 14.87m effort, followed by visitor, Douglas Schorr with 12.25m. Sue Coate threw 9.94m, with Jenn Parker (9.00m) and organiser Mike Anderson out to a 6.54m best.



JENN PARKER



Fiona Leonard strides out at WA Athletics Stadium.

Sprint duo resumes battle



Bernie Riviere (left) and Colin Smith (second from left) accelerate after the start of the 60m. Rob Antonioli (third from left) and Alex Gray battle for the minor placings.

Rivals in the M50 age group, Colin Smith and Bernie Riviere, resumed their battle over 60m with Colin claiming victory by a tenth of a second in 8.0. In third place, Rob Antonioli (M65) ran a scintillating 8.8 with Alex Gray running 9.0 and Mercurio Cicchini (M65) in 10.4. Grace McMahon led home a women's heat in 9.3 followed W45, Jenn Parker in 9.5, Maureen Keshwar (W65) 9.8, Janne Wells (W45) 10.3 and Julie Wilson (W60) 11.7. In heat three, Andrew Spratt (M45) debuted in 10.9 as did Veronica Stevens. Sophie Spratt ran 11.3, Sarah Spratt 12.4,

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with Des Walsh (M60) in 20.8 and Cecil Walkley completing the field.

Bernie hugged the bend well in returning a 27.9 for the 200m, with "Tolli" running 30.4 edging out new school leaver, Alex Gray, in 30.8. Grace McMahon ran 31.55 with M50, Alan Gray completing his warmup with a 37.0 clocking ahead of Cecil Walkley. Maureen Keshwar is returning to form posting 35.8 with a strong finish to best Mercurio (37.2), Sophie Spratt and Veronica Stevens couldn't be separated by the judges, both given 39.9, with Julie Wilson (40.2) and Sarah Spratt (45.8) following.

Patrick Jones (M45) ran a controlled 19:10.3 to finish first in the 5km ahead of Mercurio in 24:00.3 and Claire Walkley (W50) in 26:15.7.

Over 3km, Gillian Young (W70) looked comfortable with her sub 15-minute run (14:52.4) as she outpaced the very busy Julie Wilson (15:52.4) and Des Walsh (18:14.3). David Carr (M85) strode purposely over the distance in 25:01.2.

Ellerby Hansen took the opportunity to race an 800m with unfamiliar competitors and came away with a fine 2:24.0 performance. Andrew Spratt took an easy 2:29.5 for the journey, with Chris Groom

(M50) running 2:42.7, followed by Andy Abbey (M45) 2:45.8, Alan Gray 2:58.6, Janne Wells (3:32.7) and Claire Walkley 3:51.3. 'Tolli' somehow found enough time and energy to run 2:49.7, with Kristine Wells running 3:19.0, Julie Wilson 3:24.0, Des Walsh 3:28.6, Barry Newell (M60) in 3:34.1 and Cecil Walkley.

Only two competitors long jumped with Grace McMahon (4.24m) out jumping a tiring "Tolli" (3.84m).

Leading WA U20 discus thrower Jessica Siviour kept her hopes of Australian representation alive with a series of impressive throws in the discus. Her winning effort was 42.48m and her technique served to inspire master's thrower, Jenn Parker to an excellent 31.70m best. "Tolli" threw 25.73m between other events with Des Walsh also recording a good throw of 21.91m. Janne Wells continues to grapple with many events mastering a 19.80m throw on this occasion, ahead of Maureen Keshwar with 19.23m. Alex Cummings (16.52m) and Sean Mousley (12.31m) also benefitted from Jessica's masterclass.

Jenn Parker won the shot put with 8.11m, followed by Grace McMahon (7.89m) Maureen Keshwar (7.83m) and W40 Sheryl McMahon (7.76m) in a closely fought contest. 'Tolli' threw 6.19m ahead of Janne (6.04m), Alex Cummings (5.85m) and Sean Mousley (5.28m).



JULIE WILSON

Looking ahead



**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**

Delia Baldock is a picture of concentration as she releases the platter in the Patron's Trophy discus.